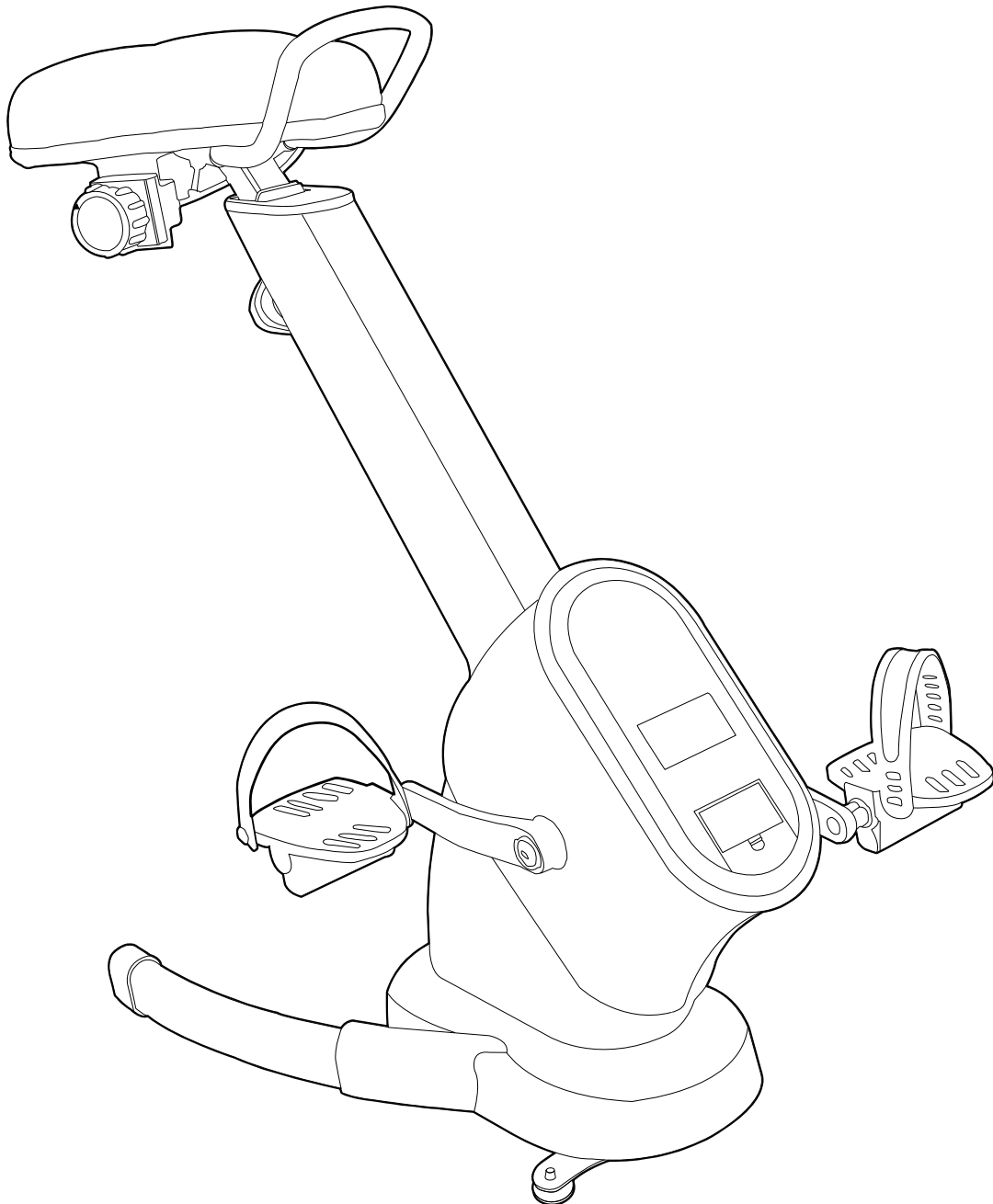


GYMSTICK™

DESK BIKE USER MANUAL



Read all instructions carefully before using this product. Retain this owner's manual for future reference.

Thank you for choosing Gymstick Desk Bike. We're proud to offer you a quality product to enhance your health and productivity.

The Desk Bike is not a typical exercise bike. It is intended for long-duration exercise and has customizable resistance options, for use in both your home and office.

CAUTION: WEIGHT ON THIS PRODUCT SHOULD NOT EXCEED 120 KGS/265 LBS

Important - please read these instructions before assembly or using.

These instructions contain important information which will help you get the most out of the equipment by ensuring safe and correct assembly, use and maintenance.

1. SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read through the following safety instructions.

1. Read all the warnings posted on the equipment.
2. Read this owner's manual and follow it carefully before using the equipment. Make sure that it is properly assembled and that every screw is tightened before use.
3. Do not allow children to use or play on the equipment. Always keep children and pets away from the equipment when it is in use.
4. Set up and operate the equipment on a solid, level surface. Do not position the equipment on loose rugs or uneven surfaces.
5. Inspect the equipment for worn or loose components prior to each use.
6. Tighten/replace any loose or worn components prior to using the equipment.
7. Always choose the workout which best fits your physical ability. Know your limits and train within them.
8. Don't wear loose clothing which might get caught in the pedals.
9. Never exercise in bare feet or socks; always wear correct footwear such as trainers.
10. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
11. The equipment should not be used by persons weighing over 120 kgs / 265 lbs .



WARNING

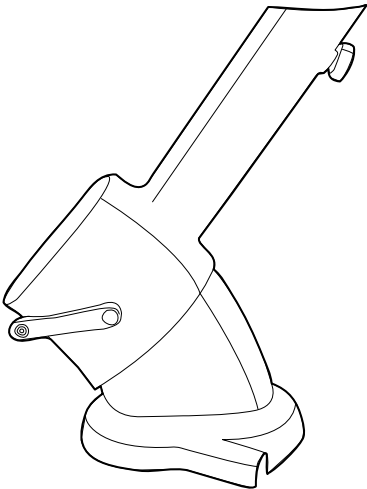
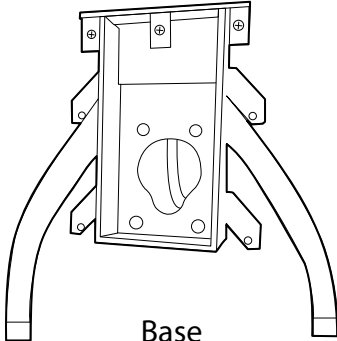
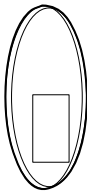
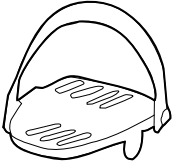
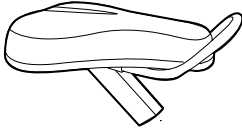
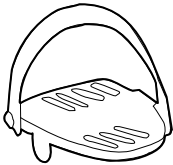
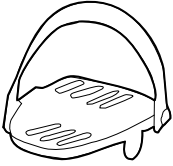
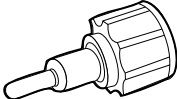
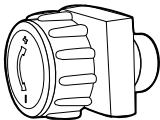
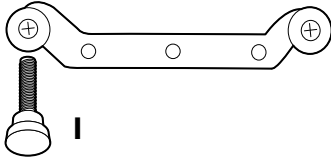
Warning: Be careful to maintain your balance while getting on and off this product. Loss of balance may result in a serious injury.


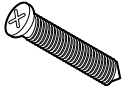


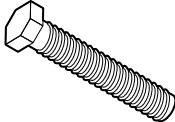

WARNING

Warning: Before starting any exercise, consult your physician. This is especially recommended if you are over 35 years old, are pregnant, have never exercised, or suffer from any illnesses.

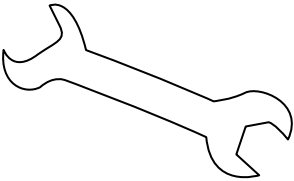
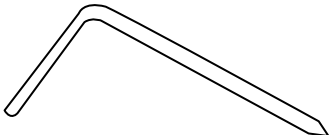
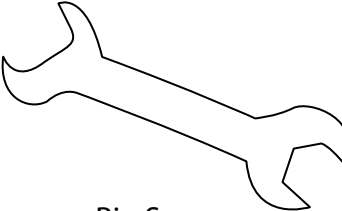
2. ASSEMBLY PARTS

COMPONENTS - Main Parts

<p>A</p>  <p>Main Frame</p>	<p>B</p>  <p>Base</p>	<p>C</p>  <p>Panel</p>	
<p>F</p>  <p>Right Pedal</p>	<p>D</p>  <p>Seat Cushion</p>	<p>E</p>  <p>Left Pedal</p>	
<p>F</p>  <p>Right Pedal</p>	<p>G</p>  <p>Pin</p>	<p>H</p>  <p>Adjustable Knob</p>	<p>J</p>  <p>Front Support Foot</p>

<p>O</p>  <p>(M4x16mm) Screw x 4pcs</p>	<p>P</p>  <p>(M10x20mm) Screw x 4pcs</p>	<p>Q</p>  <p>(ø10m) Washer x 4pcs</p>	<p>R</p>  <p>(ø10) Washer x 4pcs</p>	<p>S</p>  <p>(M8x30mm) Screw x 3pcs</p>	<p>T</p>  <p>(M14mm) Nut x 2pcs</p>
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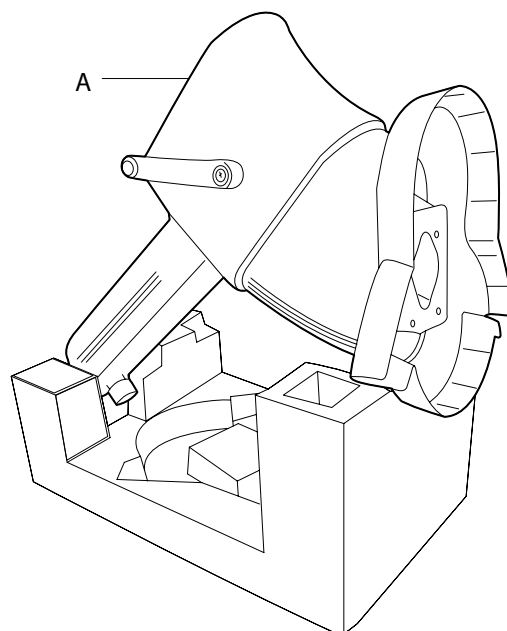
TOOLS

<p>K</p>  <p>Spanner</p>	<p>L</p>  <p>Allen Wrench</p>	<p>M</p>  <p>Big Spanner</p>
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3. ASSEMBLY INSTRUCTIONS

STEP 1

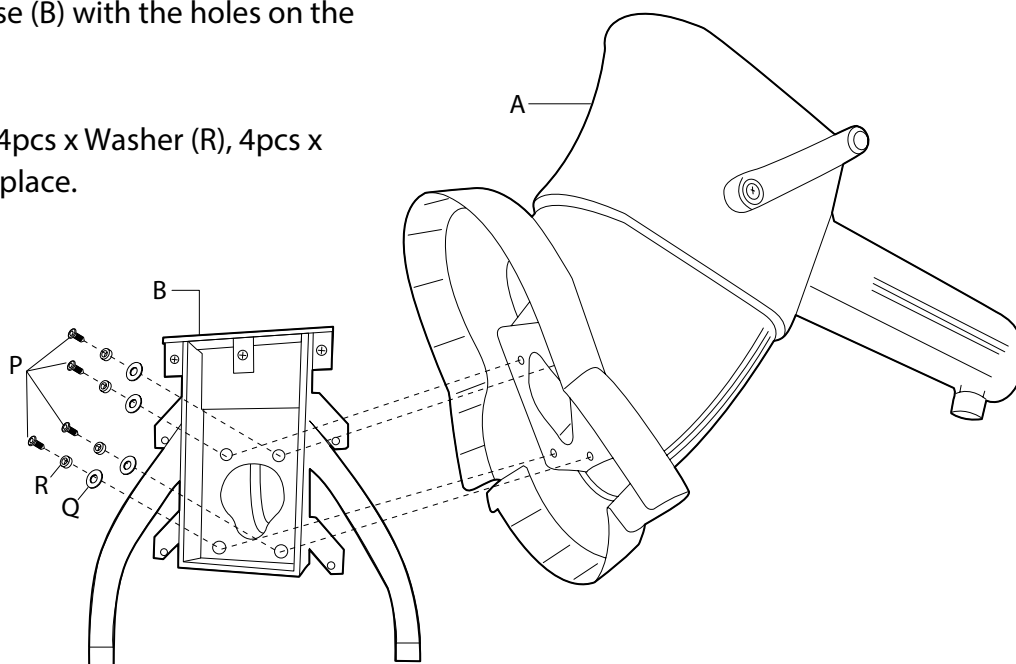
Remove the Main Frame (A) from the foam. Place Main Frame (A) on the foam, making sure that it is balanced.



STEP 2

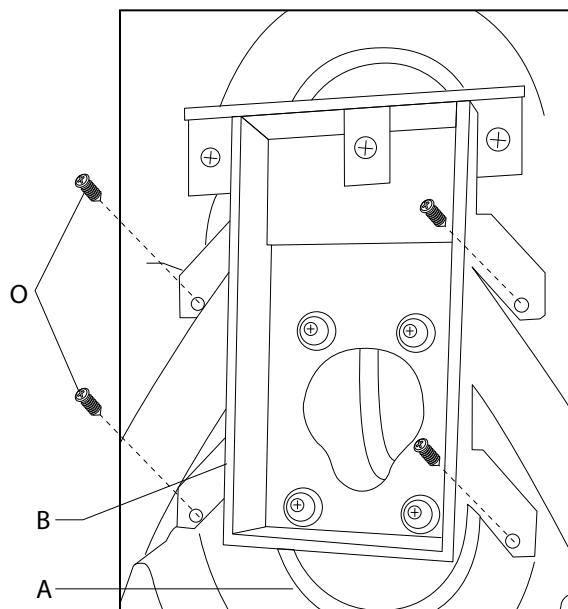
Mount the Base (B) onto the Main Frame (A). Align the holes on the Base (B) with the holes on the Frame (A)

Use 4pcs x Screw (P) and 4pcs x Washer (R), 4pcs x Washer (Q) to fasten into place.



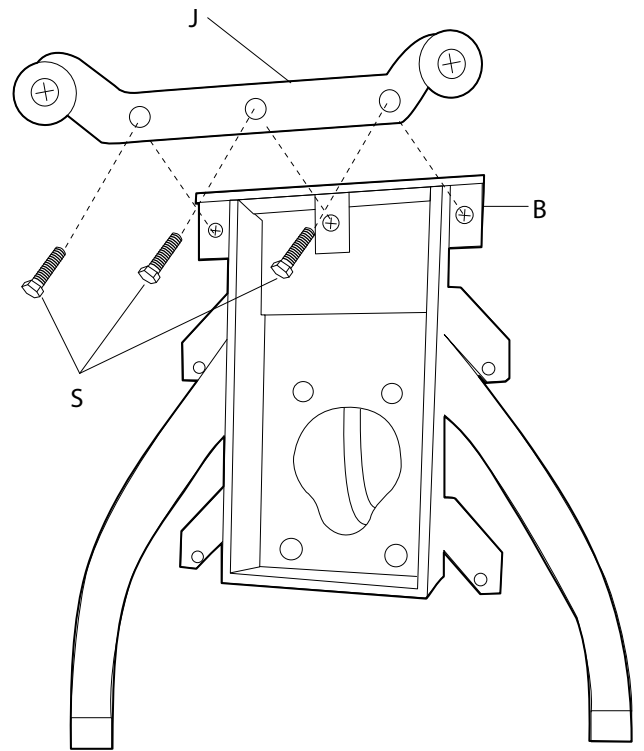
STEP 3

Use 4pcs x Screw (O) into the 4 outer holes to fasten into place.



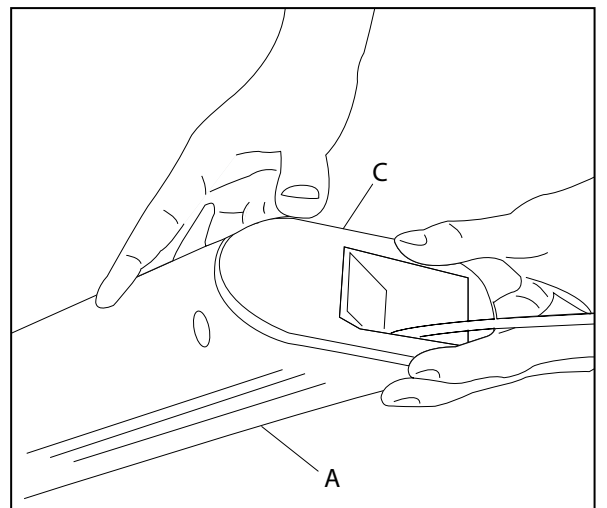
STEP 4

Attach Front Support Foot (J) with the bottom of Base (B). Place Front Support Foot (J) corresponding to the three holes on Base (B). One by one put 3pcs x Screw (S) into Front Support Foot (J).



STEP 5

Stand the bike up. Put the Panel (C) on top of the Main Frame (A) and attach manually to fix it into place.

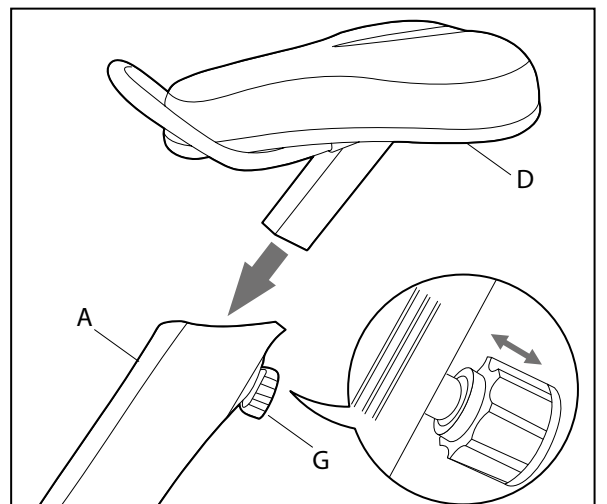


STEP 6

Slide the Bike Cushion (D) into the seat post at the top of the Main Frame (A).

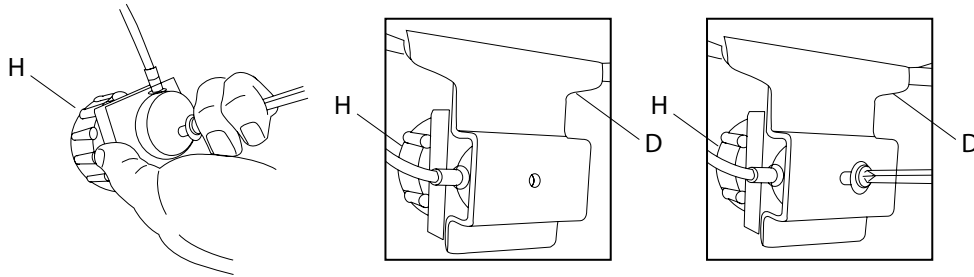
Pull the Pin (G) outwards and push down the Bike Cushion (D).

Let go of the Pin (G) to fix into place.



STEP 7

Find the metal plate under the Bike Cushion (D). Use the Allen Wrench (L) to take out bolt and washer of the Adjusting Knob (H). Slot the Adjusting Knob (H) into the groove of the metal plate. Align the screw holes and use Allen Wrench (L) to fix into place.



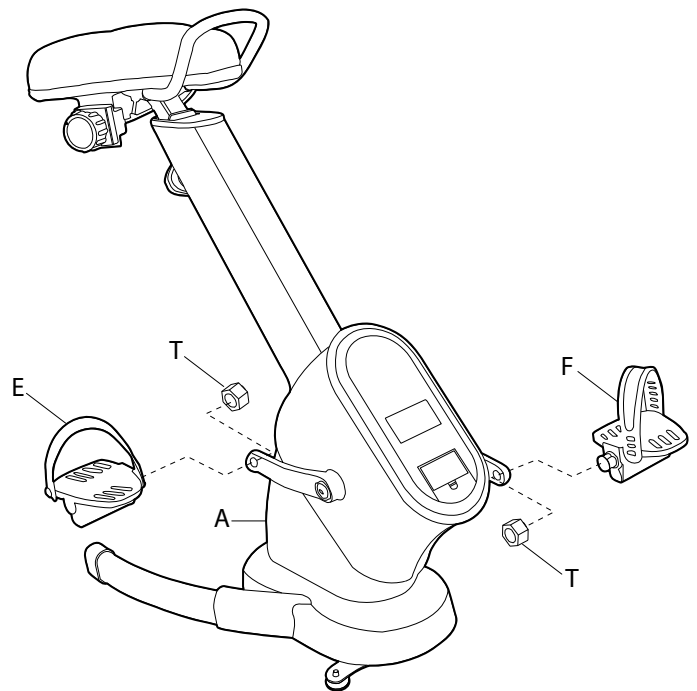
STEP 8

Identify the Left Pedal marked with "L" (F). Align the pedal with the hole on the left crank arm from the Main Frame (A). Place the pedal screw through the hole and tighten with the Spanner (K). Then tighten the Pedal (F) and Nut (T) with Big Spanner (M).

Repeat for the Right Pedal marked with "R" (E).

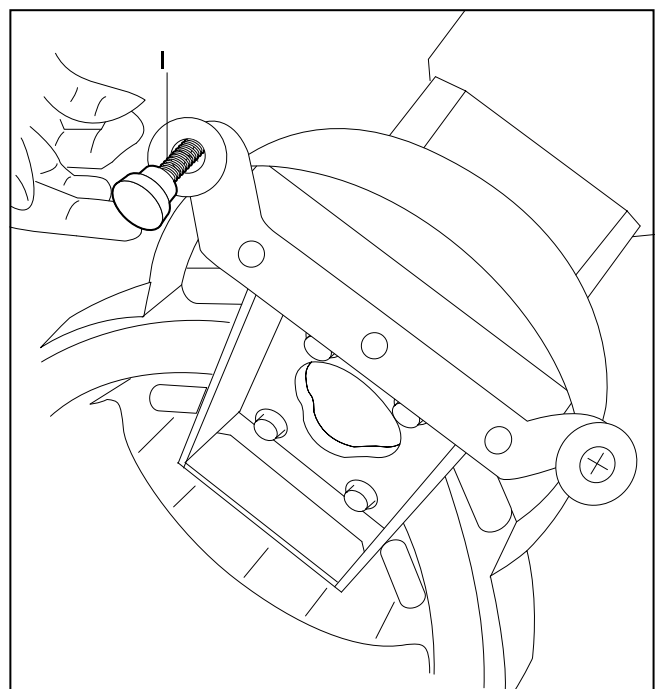
Note!

Screw the Left pedal (F) counter-clockwise onto the Left crank arm and the Right pedal (E) clockwise onto the Right crank arm.



STEP 9

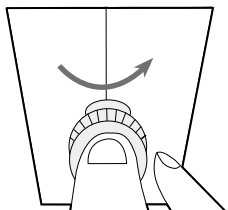
If the Office Bike is not steady, turn the Adjustable Leveler (I) on both sides until even. Check all of screws are tightened. Your bike is complete!



4. ADJUSTING THE SEAT

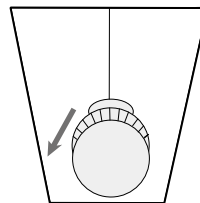
STEP 1

To loosen the Seat Cushion (D), turn the Adjustable Knob (G) anti-clockwise.



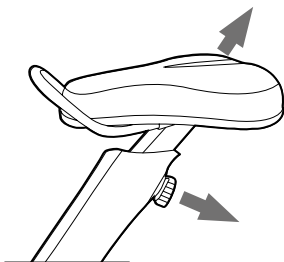
STEP 2

To release the Seat Cushion (D), pull the Adjustable Knob (G) outwards.



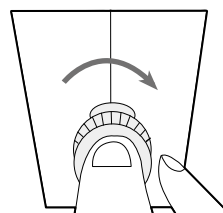
STEP 3

When the Seat Cushion (D) is released, you can move it up and down to suit your preference. To lock the Seat Cushion (D) into place, let go of the knob and slowly push the seat downward until it snaps into place. Ensure that the Seat Cushion (D) is not movable, by pulling up and down, before use.



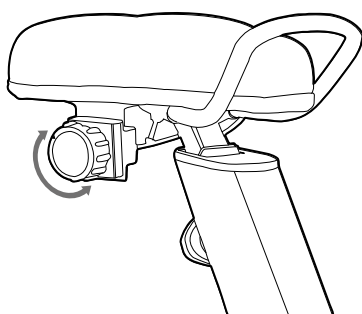
STEP 4

Fully tighten the Seat Cushion (D) position by turning the Adjustable Knob (G) clockwise.



5. ADJUSTING THE RESISTANCE

1. There are numbers on the resistance dial ranging from 1 to 8. Number 1 is the least amount of resistance offered and number 8 is the maximum amount offered.
2. To increase the resistance, turn the dial clockwise.
3. To decrease the resistance, turn the dial counter-clockwise.



WARNING

Warning: Be careful to maintain your balance while getting on and off this product. Loss of balance may result in a serious injury.

6. COMPUTER INSTRUCTION

1. Open the battery cover. Insert one battery (1 x AAA) and close the cover gently. Note that the battery is not included in the package.
2. Display turns on automatically when you start pedaling. You can also switch on the display by pressing the MODE button.



3. LCD display shows time, distance, speed (km/h) and calories.
4. SCAN displays each function automatically for 3 seconds before displaying the next.
5. If you want a certain function to be displayed press MODE button. The small black arrow indicates which function is showing.
6. Press MODE button for few seconds to reset the computer.



NOTE!

Battery not included.

5. IMPLIED WARRANTY

The importer of this machine assures that this device is manufactured with high quality materials.

The prerequisite for the implied warranty is the proper setup in accordance with the operating instructions. Improper use and /or incorrect transportation will void the warranty.

The implied warranty for wear parts is valid for 1 year and for frame 3 years, beginning from the date of purchase. For eventual defects please contact the dealer of this product within the guarantee period.

The warranty applies to the following parts (as far as included in the scope of delivery): frame, cable, electronic devices, wheels and pedals.

The guarantee does not cover:

- Damage effected by outer force
- Intervention by unauthorized parties
- Incorrect handling of the product
- Non-compliance of the operating instructions

Wear parts and expendable parts are also not covered.

The device is only intended for home and office use. The warranty does not apply to commercial use of any kind.

Manufactured for:

Gymstick International Oy

Ratavartijankatu 11

15170 Lahti, FINLAND