

# Deskbike

## Instructions



### WARNING

Follow the instructions to prevent harm or damage to your health.

The Deskbike® is developed to train the body. However the Deskbike is not developed for use as a medical device (class 1).

In case of illness or handicap, contact a doctor or physiotherapist to find a medical device that is suitable for you.

If you feel drowsy or weak, immediately stop using the Deskbike. Serious injury can occur if the Deskbike is not assembled and used correctly.

Keep others and pets out of reach when the Deskbike is in use. Please ensure that all bolts and screws are securely tightened. Follow the safety instructions in this manual.

### PACKAGING

Dispose the packaging material at a proper waste location.

### NOTE:

Weight on this product should not exceed 120 kg.

## How to put together the Deskbike?

### Step 1. Unpack the box



### Step 2. Install the Safety pin

Remove the safety pin from the Deskbike, open the wheel bars, place safety pin back in the opening at the front.



### Step 3. Wheel tubes:

Fasten the wheel tubes to the frame with the wheels facing downwards.

The bolts and rings are assembled at the top side of the tube. Tighten securely.



**CAUTION!**

The wheels needs to be facing downwards, as shown in the picture.

If the Deskbike doesn't roll well on the floor, turn the tube 180 degrees.



**Step 4. Expand paddles:**

Pull up the paddle until it is horizontal and you hear a click.



**Step 5. Tighten seat:**

Tighten the bolts with open-ended spanner 13 which is included.



**Step 6. Tighten adjust button:**

Place the seat tube in the frame and screw in the adjust button. By pulling the button, you can change the height of the seat.



**Step 7. Place safety screw:**

Use the included screwdriver to place the safety screw in the frame.



**Step 8. Put on the sensor:**

Remove the red plastic strip and stick the sensor at the back of the Deskbike. Plug in the sensor and download the Deskbike App.



**And now get to work!**