



3D Innovations™

DeskCycle™

USER'S MANUAL



Visit us at www.DeskCycle.com for,

- Usage Tips
- Calorie Calculator
- Accessories
- And More

QUESTIONS / PROBLEMS

Support for US Customers
TOLL-FREE SUPPORT
877-426-3292

EMAIL SUPPORT
support@3dinnovations.com



Support for Non-US Customers
The support contact link for your country can be found on the *Contacts* page at www.3dinnovations.com

Order# _____

Serial# _____

The serial number is on the bottom of the DeskCycle.



Precautions And Safety

Precautions

Failure to observe these warnings could result in physical injury or damage to the DeskCycle.

- Use the DeskCycle indoors on a level surface. Keep the DeskCycle away from moisture and dust.
- Make sure that the pedals are on tight. Loose pedals will slowly come undone. Using the bike with loose pedals can damage the threads on the crank arms. Stripped crank-arm threads are not covered by the warranty.
- Do not subject the bike to heavy shock or treat it excessively. Do not disassemble or modify it. Doing so will void the warranty.
- The DeskCycle has sealed bearings and is maintenance free. Lubricants are not necessary and can actually damage the bike.
- Do not place the bike in a location where it will be in contact with direct sunlight or where it will be exposed to high temperatures or excessive humidity.
- Do not stand on the pedals. The DeskCycle was not designed to be used while standing.

Safety

Warning! To reduce the risk of serious injury, please read the following safety precautions before using the DeskCycle.

- Read all instructions in this manual before using the DeskCycle. Use the DeskCycle only as described.
- It is the responsibility of the owner to ensure that all users of the DeskCycle are adequately informed of all precautions.
- Never use this device after drinking alcohol; doing so is dangerous and could in serious injury or accident.
- Do not place this device in a location where it may cause an obstruction.

Consult Your Physician

It is always important to consult your physician before starting an exercise program. This is particularly true if any of the following apply to your current medical condition:

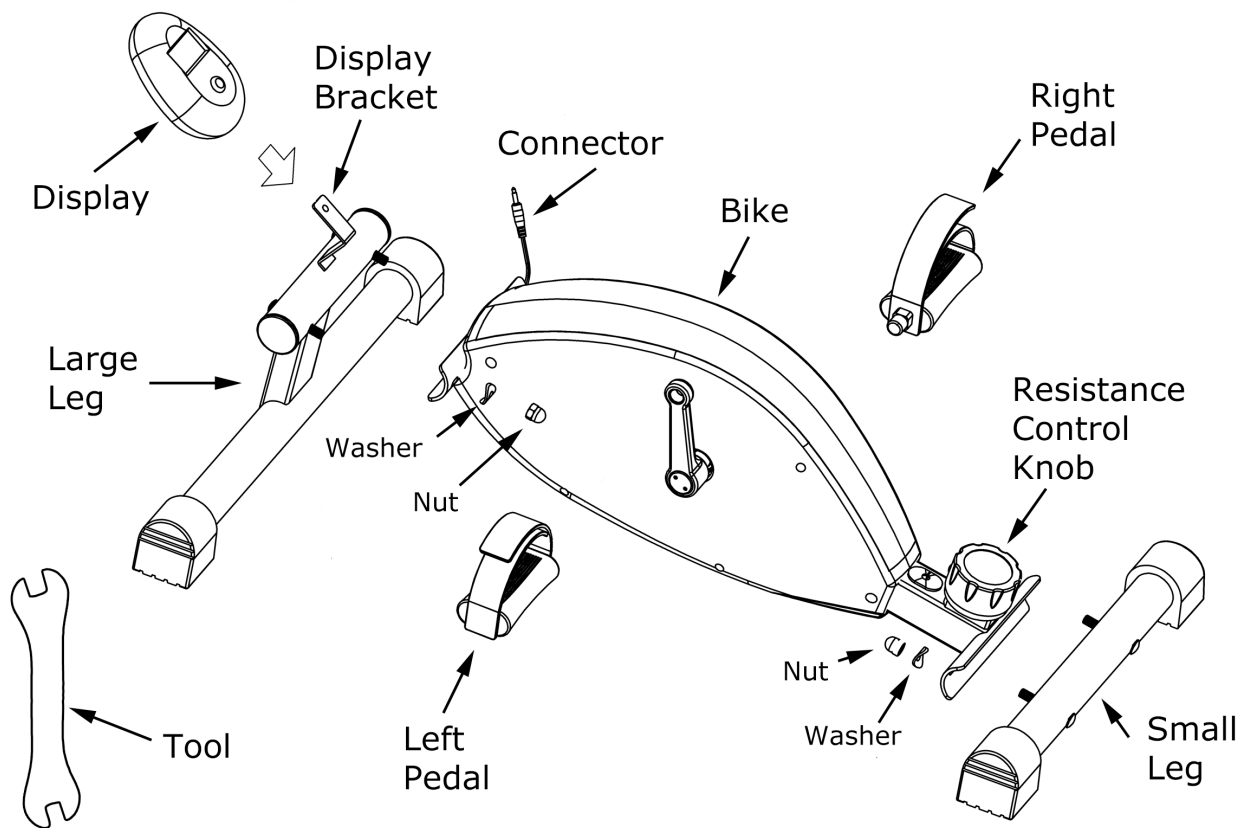
- Chest pain or pain in the neck and/or arm
- Shortness of breath
- A diagnosed heart condition
- Joint and/or bone problems
- Currently taking cardiac and/or blood pressure medications
- Have not previously been physically active
- Dizziness or blurred vision
- Those with physical handicaps should use this device only under supervision.

If none of these apply to you then start gradually and sensibly. However, if you feel any of the physical symptoms listed above when you start your exercise program, contact your physician right away. If one or more of the statements listed above applies for you, see your physician before beginning an exercise program. An exercise-stress test may be used to help plan your exercise program.

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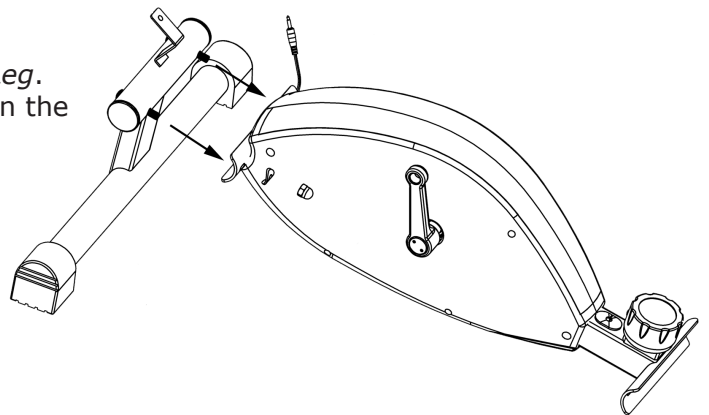
Assembly



Step 1: Install the Large Leg

- Remove the nuts and washers from the *Large Leg*.
- Align the bolts of the *Large Leg* with the holes in the *Bike*, and push the bolts through the holes.
- Attach a *Washer* and a *Nut* to each bolt.

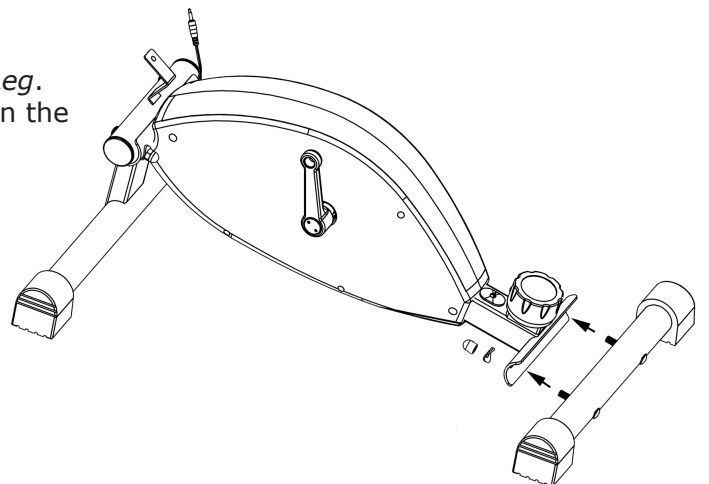
Do NOT tighten the nuts until step 3.



Step 2: Install the Small Leg

- Remove the nuts and washers from the *Small Leg*.
- Align the bolts of the *Small Leg* with the holes in the *Bike*, and push the bolts through the holes.
- Attach a *Washer* and a *Nut* to each bolt.

Do NOT tighten the nuts until step 3.

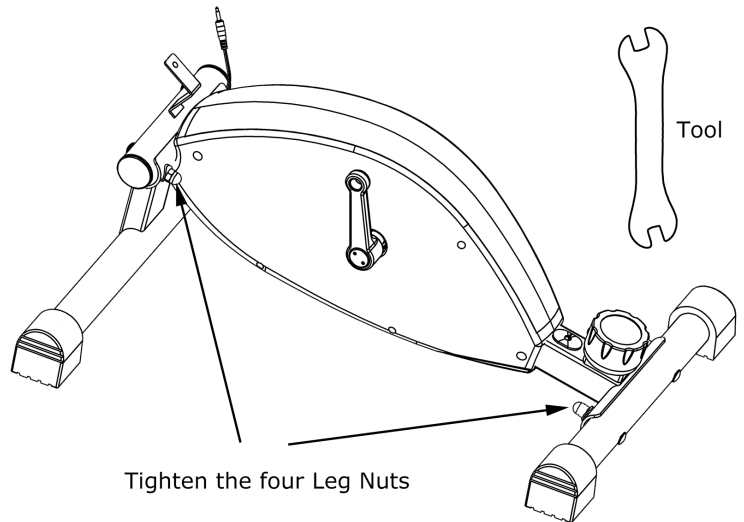


Assembly (continued)

Step 3: Level the Bike & Tighten Nuts

At this point the four nuts that attach the legs to the *Bike* should be loose.

- Place the *Bike* onto a smooth flat surface.
- Tighten the four leg nuts using the supplied *Tool*. **Do not over-tighten the nuts!**



Step 4: Install the Pedals

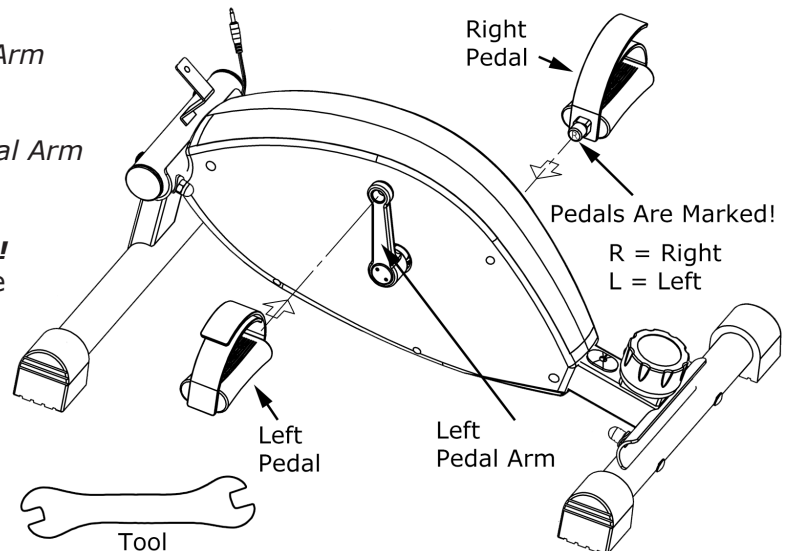
There is a *Left Pedal* and a *Right Pedal*. They are marked with an *L* for *Left* or an *R* for *Right* on the end of the pedal shaft.

- Screw the *Left Pedal* into the *Left Pedal Arm* COUNTER-CLOCKWISE. ↻
- Screw the *Right Pedal* into the *Right Pedal Arm* CLOCKWISE. ↻

MAKE THE PEDALS AS TIGHT AS POSSIBLE!!!
Using the bike with loose pedals will damage the pedal arm threads!

Tips for Installing the Pedals:

1. Make sure the pedal is straight when you screw it in.
2. Rotate the shaft with your fingers to get the threads started.
3. If you can't get the threads started with your fingers then it is cross threaded. Unscrew the pedal, make sure the pedal is straight, and then try again.

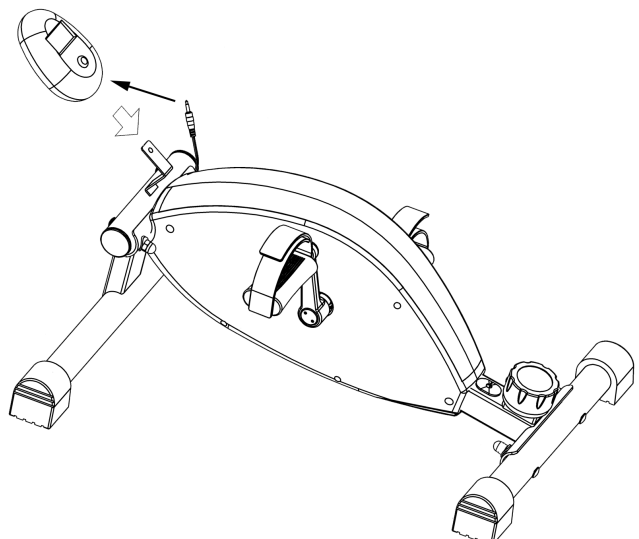


Step 5: Insert the Battery into the Display

- There is a door on the back of the *Display*. It snaps in and out. The latch is at the top. Pry the top of the door out with your index finger.
- Remove any plastic wrapping from the Battery.
- Insert the Battery. Pay attention to the polarity.
- Press the door back into the display. Insert the bottom edge first.

Step 6: Install the LCD Display

- Plug the *Connector* into the *Display*.
- Carefully slide the *Display* onto the *Display Bracket* as shown in the picture.



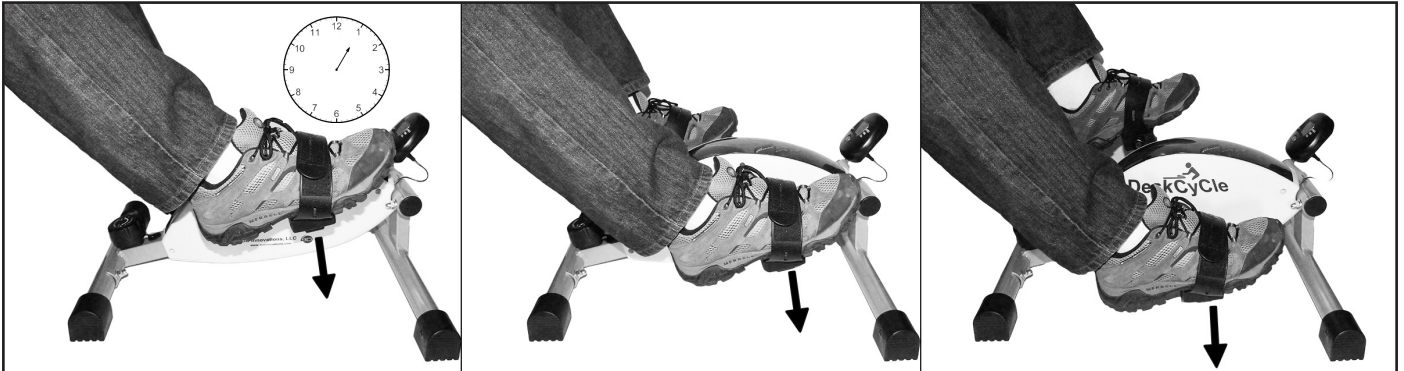
Tips for Using the DeskCycle

TIP 1. PEDAL DOWNWARD (MOST IMPORTANT!!!)

The most important advice we can give you is to pedal downward. This will keep the bike in place. If the bike moves around, then you are not pedaling downward.

How to Pedal Correctly

1. Start pushing down on the pedal when the pedal arm is around the 1 o'clock position (just past the highest pedal position).
2. Stop applying force to the pedal when it's at the lowest position.
3. You should pedal downward throughout this range as shown by the arrows in the picture.
4. Point your toes forward on the downward stroke. This keeps your heels from hitting the floor or the rear leg.



TIP 2. START OUT SLOW; LISTEN TO YOUR BODY

Start out at the minimum resistance (level 1) and pedal the bike at 10 to 15mph. This will give you time to get used to pedaling downward. For those who don't ride a bike regularly, it will give also you a chance to get your muscles used to using the bike. Increase the resistance as you get used to the bike.

TIP 3. KEEP YOUR UPPER BODY STILL

Keeping your body still makes it easy to focus on your work. Your head should not move when pedaling the bike.

- Pedal with your legs, not your body.
- Don't rock from side to side.
- Pedaling downward makes it easier to keep your upper body still.

TIP 4. SIT UP STRAIGHT

Don't slouch. Sit up straight. Sitting up straight while using the DeskCycle will help strengthen your core. It's also good for your spine.

TIP 5. KEEP YOUR BACK SUPPORTED

If your chair seat is too deep, you may need to sit towards the front of your chair in order to use the bike. In this case you can place a lumbar cushion behind your back for support. You can find these on Amazon.

TIP 6. EXTEND YOUR LEGS

When the pedals are at their farthest point, your legs should be bent at about 25 to 30 degrees from fully extended. This is healthiest for your knees.



For more information go to www.DeskCycle.com and click on the 'How To Use' menu item.

Tips for Using the DeskCycle (continued)

If your Knees Hit your Desk

If your desk is short or if you are tall, your knees may hit the underside of your desk when you pedal the bike.

Below are some tips that will lower your knees.

- Lower your chair. This can lower your knees by several inches. In most cases this is all you need to do.
- Point your toes upward on the upward pedal stroke. When your toes are pointing upward, your knees will be lower by an inch or two. Then point your toes forward on the downward pedal stroke. This will exercise your calves as well.
- Move the bike farther away from you and extend your legs more. Extending your legs lowers your knees. You may not be able to do this if your desk is not very deep underneath.

For more information go to www.DeskCycle.com and click on the 'How To Use' menu item.

Guidelines For Pedaling While Typing.

- Keep the resistance low. A setting of 3 or less will work for most people.
- Find a pedal speed that's comfortable. 15mph or less is a good target.
- Keep your upper body still. See *TIP 3* on the previous page.
- Sit up straight. See *TIP 4* on the previous page.
- Keep your back supported. See *TIP 5* on the previous page.

Other Opportunities to Use the Bike

Use the DeskCycle while sitting,

- At your desk,
- On the couch,
- Or in a comfortable chair.

Use it while,

- Working,
- Watching television,
- Playing video games,
- Reading a book,
- Or on the phone.

Use it just about any time you're sitting down and your legs are free.

Adjusting the Resistance

Adjusting the Pedal Resistance

- There are 8 tension settings.
- The *Tension Indicator* arrow points to the current tension setting.
- The higher the number, the higher the pedal resistance.

Tension Indicator



Using the Display

How to Read the Display

There are two numbers displayed on the monitor, one on the top and one on the bottom.

Top Number:

The top number always displays your pedal speed, in miles per hour.

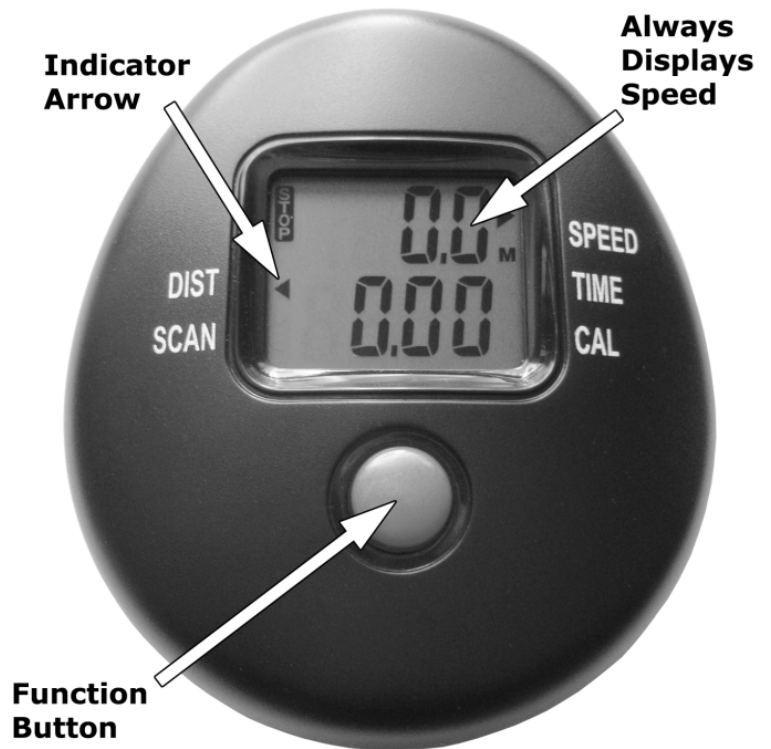
Bottom Number:

The bottom number can display Distance, Calories or Time.

The Function Button

Press this button to change what is displayed by the bottom number. Each time you press the *Function Button* the *Indicator Arrow* moves between,

- TIME (total Time pedaled),
- DIST (total Distance pedaled, in miles),
- CAL (total Calories burned),
- SCAN.



The *Indicator Arrow* points to the function that is being displayed. For example, in the picture the *Indicator Arrow* is pointing to *DIST*, so the lower number displays the total *distance* pedaled.

What is SCAN?

When *SCAN* is selected, the lower number will cycle between displaying Time, Distance and Calories. Each will be displayed for about 5 seconds. Another *Indicator Arrow* will point to the function (Time, Distance or Calories) that is being displayed.

How to Reset Total Time, Total Distance and Calories

Time, Distance and Calories are accumulated as you pedal. To reset these all to zero, press and hold the *Function Button* for at least 3 seconds.

How to Turn the Display On and Off

The display turns on automatically when you pedal the bike. You can also turn the display on by pressing the *Function Button*. You do not need to turn the display off. It will turn off automatically a few minutes after you stop pedaling.

Are the Calories on the Display Accurate?

The Calories are most accurate if the pedal resistance is at maximum.

All mini exercise bikes (and many full-sized bikes) do not measure the power put into the bike.

Measuring power is very expensive, but it is required for a reasonable calculation. We've come up with a solution that does not add cost to the bike.

How to Get Accurate Calorie Counts

You can use our [free Online Calorie Calculator](#) to improve the accuracy of the calorie calculation. It uses your gender, height, weight, age, pedal speed and the DeskCycle knob position to calculate Calories burned. See the [Online Calorie Calculator](#) section on the next page for more information.

If You Use the DeskCycle for More than 100 Minutes per Day

After the display reaches 100 minutes, the time starts over at zero. However, you can use the [Online Calorie Calculator](#) to calculate the actual time that you used the bike. Just enter the Time and Distance values from the display, and your actual exercise duration will be calculated.

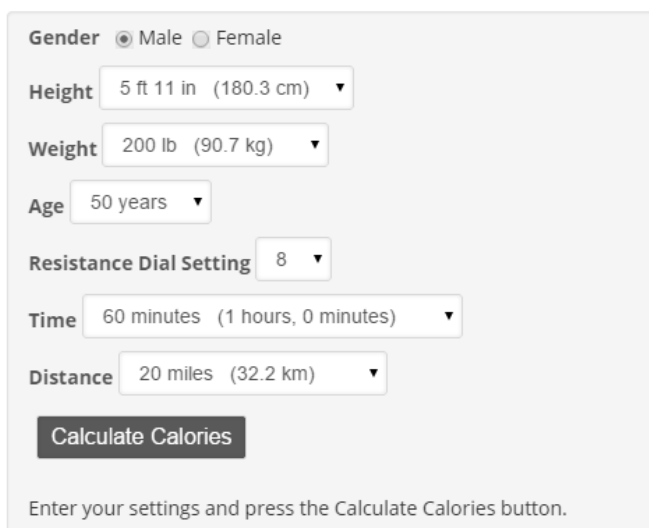
Online Calorie Calculator

Online Calorie Calculator – Provides accurate calculation of Calories burned when using the bike. The Calorie Calculator is located at www.deskcycle.com/CalorieCalculator.html .

The Calorie Calculator uses your,

- Height,
- Weight,
- Gender,
- And age for improved accuracy.

It also calculates the wattage of the bike from the knob setting and the pedal speed.



The screenshot shows a web form for calculating calories. It includes the following fields and options:

- Gender:** Radio buttons for Male (selected) and Female.
- Height:** Dropdown menu showing 5 ft 11 in (180.3 cm).
- Weight:** Dropdown menu showing 200 lb (90.7 kg).
- Age:** Dropdown menu showing 50 years.
- Resistance Dial Setting:** Dropdown menu showing 8.
- Time:** Dropdown menu showing 60 minutes (1 hours, 0 minutes).
- Distance:** Dropdown menu showing 20 miles (32.2 km).

Below the form is a dark button labeled "Calculate Calories" and a note: "Enter your settings and press the Calculate Calories button."

Display Stand for Your Desk

The DeskCycle comes with a Display Stand for those who use the DeskCycle at their desks.

The Display Stand lets you move your display to your desktop.



Connection Instructions:

1. Plug one end of the extension cable into the back of the display.
2. Slide the display onto the display stand.
3. Place the stand on your desk.
4. Plug the other end of the cable into the female connector on the DeskCycle. The female connector is shown in the picture to the right.
5. Route the wire so that there is no chance that you will hit it with your feet while pedaling.



Using the Tether for Slippery Floors

The DeskCycle comes with a long Velcro® strap. It can be used to tether the bike to the chair as shown in the picture below. The strap is made from Velcro® *loop* material. On the back side of one end is Velcro® *hook* material.

Most People Do Not Need the Tether

Most people do NOT need the tether. Pedaling the bike downward will keep it in place on carpet even if your chair has wheels. The tether may be needed if you use the bike on a slippery surface. Before you decide to use the tether, read the section “Tips for Using the DeskCycle” in this manual.

Installation:

1. Position the bike in front of your chair.
2. Sit in your chair and pedal the bike. Your knees should be bent about 25 degrees from fully extended when the pedal is farthest away from you.
3. Route the Velcro strap as shown in the picture below. Notice that the strap goes over the rear bike leg and under the frame. Keep the strap as low as possible.
4. Stretch the loop tight and attach the end with the *hook* material to the *loop* material to make a tight loop.
5. Pedal the bike to make sure the distance is correct. Adjust if necessary.
6. Cut away the excess Velcro strap using a pair of scissors. This will make it easy to quickly create the same size loop later.



Removing the Pedal Straps

Some people prefer to use the bike without the pedals straps. When the pedal straps are removed the top of the pedal will always face up. This makes it easier to quickly place your feet on the pedals.

- The top and bottom pedal halves snap together.
- You can remove the straps whether the pedals are attached to the bike or not.

Follow the steps below to remove the straps.

Step 1:

Insert a flat screwdriver into one of the slots. Rotate the screwdriver downward to pry the halves apart. You should hear a slight pop as one of the snap-fittings comes loose. There are 4 snap-fittings holding the pedals together.

Step 2:

Insert the screwdriver into the 2nd slot and repeat step 1.

Step 3:

Now insert the screwdriver into the gap on the side of the pedal. Twist the screwdriver to pry the halves apart.

Step 4:

Slide the screwdriver to the right and twist again. Repeat until you hear the snap-fitting release.

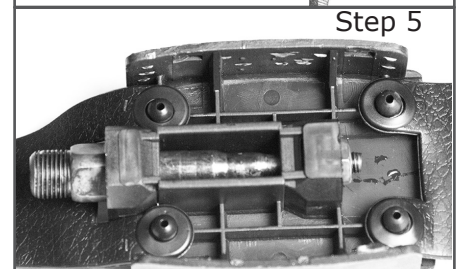
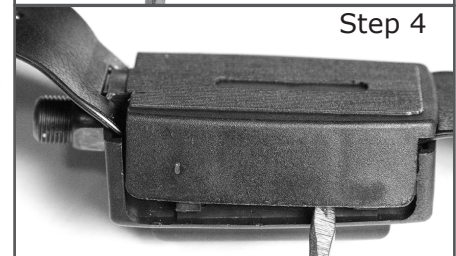
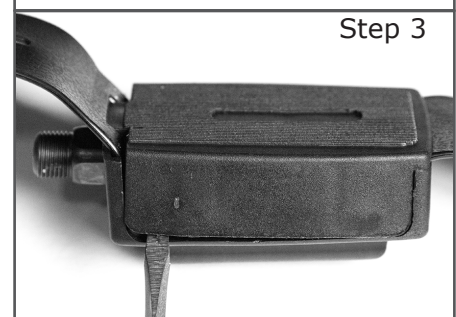
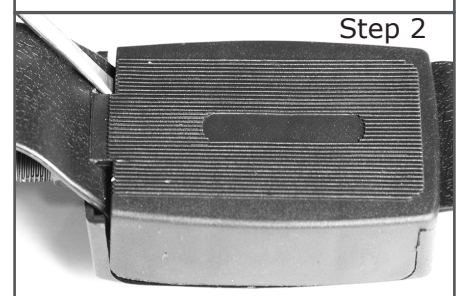
Repeat steps 3 and 4 on the other side of the pedal. At this point you should be able to pull the halves apart.

Step 5:

The straps are pressed onto the posts as shown in the picture on the right. Just pull up on the ends of the straps to remove them.

Step 6:

Press the halves back together.



Optional Accessories

Below are some of the accessories available for the DeskCycle.
Visit the DeskCycle website www.DeskCycle.com for a complete list of accessories.

Display with Large Text

Pros:

- The numerals are twice the size as the numerals of the standard display.

Cons:

- It only displays one function at a time. You can press the button on the front to select which functions is displayed.
- The Large Display is not needed when using the DeskCycle at your desk. The *Display Stand* lets you place your display on your desk as close as you need it to be.



Short Front Leg

Pros: This leg gives you another inch of clearance between your knees and the underneath side of your desk.

Cons:

- It places your feet closer to the ground. It becomes more important to point your toes forward on the downward pedal stroke to prevent your heels from hitting the ground.
- Some people may have a physical condition that limits how much they can point their toes.

Before purchasing this leg, read the section "Tips for Using the DeskCycle" in this manual. The paragraph "If your Knees Hit your Desk" has suggestions for lowering your knees.



10 Inch Rear Leg

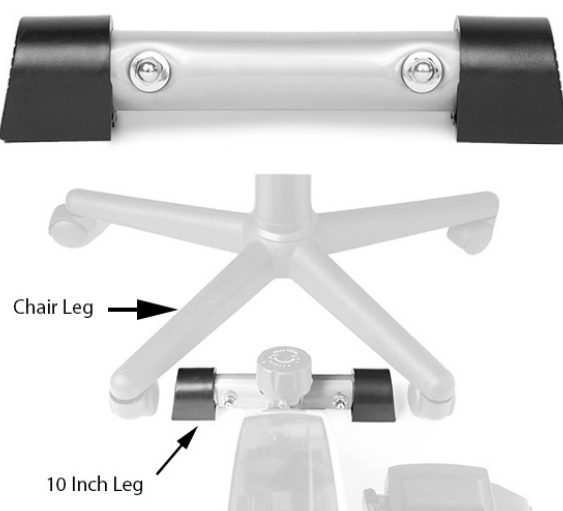
In rare cases a shorter person may not be able to reach the pedals. This is because their chair legs prevent them from placing the DeskCycle close enough. The 10 inch leg fits between chair legs better than the 15 inch leg.

Only a very small number of people may actually need this leg. As an approximation you would have to be shorter than 5 feet tall, and your chair legs would have to be close together. Even then you may not need this leg. Lowering your chair may solve the problem.

Pros: Lets you place the DeskCycle closer to your chair.

Cons: None.

Contact us if you need this leg. We'll send you one for free.



Care and Maintenance

Care

- Make sure the pedals are as tight as you can possibly make them. This is especially important if you pedal backwards. If the pedals come loose, you should apply *Blue Loctite*® to the pedal threads. See the "Troubleshooting" section for details.
- Do not stand on the pedals. The DeskCycle was not designed to be used while standing.

Maintenance

The DeskCycle requires no maintenance.

Do Not Lubricate

The DeskCycle contains sealed bearings for years of maintenance-free use. No lubrication is needed. Some lubricants contain chemicals that can actually harm the bearings.

Support (US Customers)

The best place to look for answers is the DeskCycle website www.DeskCycle.com. If you don't find what you're looking for, feel free to call or email us with your questions or suggestions.

TOLL-FREE: 877-426-3292

EMAIL: support@3dinnovations.com

Support (Outside of the US)

The support contact link for your country can be found on the *Contacts* page at, www.3dinnovations.com

Warranty (US Customers)

We stand behind our products. The DeskCycle and its accessories are covered by a one year warranty on all parts and labor.

This warranty is for US customers only. Outside of the US, the warranty depends on your local distributor.

What Is Covered

3D Innovations warrants the DeskCycle and accessories against defects in material or workmanship for a full year from the date of purchase. 3D Innovations will, at its option, repair or replace the object.

- **Parts:** All parts are covered under this warranty.
- **Labor:** All labor is covered under this warranty. In most cases a local bike shop can perform the repairs and the labor charge is reimbursed to the customer.
- **Shipping:** For the first 30 days, 3D Innovations pays for all shipping. After the first 30 days, 3D Innovations pays for the shipping to the customer and the customer pays for the shipping to 3D Innovations. In most cases there will be no shipping cost since a local bike shop can perform most repairs. The labor charge of the bike shop is reimbursed to the customer by 3D Innovations.

What Is Not Covered

This warranty does not cover damage caused by neglect, abuse or misuse. This includes using the bike with loose pedals. Using the bike with loose pedals will damage the threads. See the "Troubleshooting" section if the pedals come loose.

How do I get Service?

Contact us by phone or by email to request a warranty repair.

Please provide your order number, serial number and a description of the problem.

Phone: 877-426-3292

Email: support@3dinnovations.com

Warranty (Outside of the US)

Outside of the US, the warranty depends on your local distributor.

The support contact link for your country can be found on the *Contacts* page at, www.3dinnovations.com

Troubleshooting

PROBLEM: I CAN'T INSTALL ONE OR BOTH OF THE PEDALS

Are You Installing The Correct Pedal Into The Correct Pedal Arm?

The first thing to keep in mind is that there is a left pedal and a right pedal. They are different from each other.

- The *Left* pedal is marked with an *L*.
- And the *Right* pedal is marked with an *R*.
- The marking is on the end of the pedal shaft.
- The pedal arms are also marked.

Make sure you install the left pedal into the left pedal arm and the right pedal into the right pedal arm. See the "Assembly" section in this manual for more details.

Are You Screwing The Pedals In Correctly?

- Make sure the pedal is straight when you screw it in. The pedals should not be screwed in at an angle. This will cause cross-threading which can damage the threads.
- Rotate the shaft with your fingers to get the threads started.
- If you can't get the thread started with your fingers then it is cross threaded. Unscrew the pedal, make sure the pedal is straight, and then try again.
- The right pedal screws in clockwise
- The left pedal screws in counter-clockwise.

If you are still having problems, contact us for assistance.

PROBLEM: THE DESKCYCLE MAKES NOISE WHEN I PEDAL IT

Try each solution below to see if it solves your problem. If the noise is still there after you've tried these solutions, contact us so that we can help you solve the problem.

Solution 1: Tighten The Pedals

Make the pedals as tight as possible using a 15mm wrench.

Important! Using the bike with loose pedals will eventually damage the pedal arm threads. If the pedals ever come loose, you should immediately stop using the bike and apply *Blue Loctite*® to the pedal threads. See section below for instructions.

Solution 2: Tighten The Nuts That Attach The Legs

Each leg is attached to the bike using two nuts. You can use a 13mm wrench to tighten these nuts. Be careful not to over-tighten the nuts.

PROBLEM: THE PEDALS CAME LOOSE WHEN I USE THE BIKE

This can happen if the pedals were not properly tightened when the bike was first assembled.

If this happens you should immediately stop using the bike and apply *Blue Loctite*® to the pedal threads. See section below for instructions.

PROBLEM: THE PEDALS WON'T STAY TIGHTENED OR ARE STRIPPED

Using the bike with loose pedals will eventually damage the pedal arm threads. If caught early, applying *Blue Loctite*® to the pedal threads will solve the problem. See section below for instructions.

If the threads are too damaged, the pedal won't stay tightened even with *Blue Loctite*® applied.

In this case you can contact us about replacing the pedal arm. If the bike is under warranty we will replace the first pedal arm for free. Important! Once the pedal arm has been replaced, you should apply *Blue Loctite*® to the threads of both pedals. This will eliminate the chance of this happening again.

How to Apply Blue Loctite to the Threads

1. Unscrew the pedal. Use a 15mm wrench.
2. Spread *Blue Loctite*® on the threads of the pedal shaft. You can get *Blue Loctite*® at any hardware store or on Amazon.
3. Screw the pedal back into the pedal arm. Make the pedal as tight as you possibly can.
4. Wait 24 hours before using the bike.



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