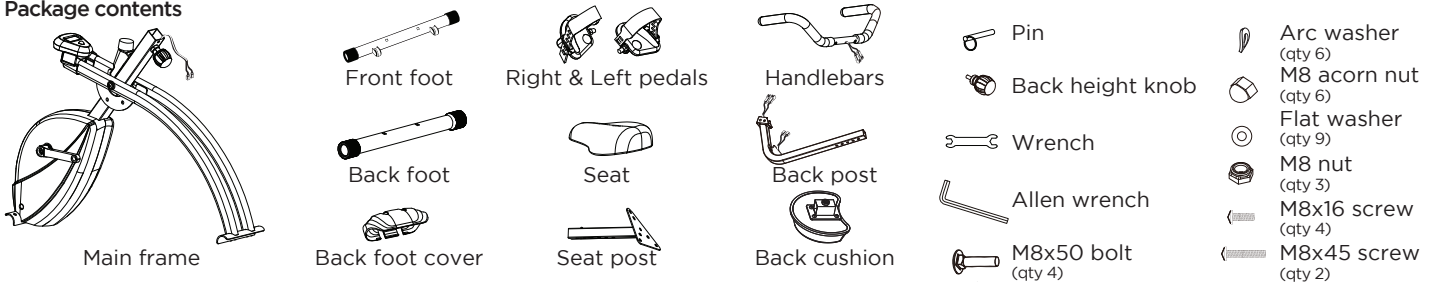


UPLIFT DESK®

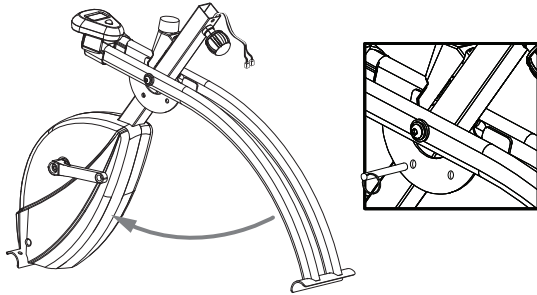
E3 Under Desk Exercise Bike Instructions MVT003

Package contents



Step 1

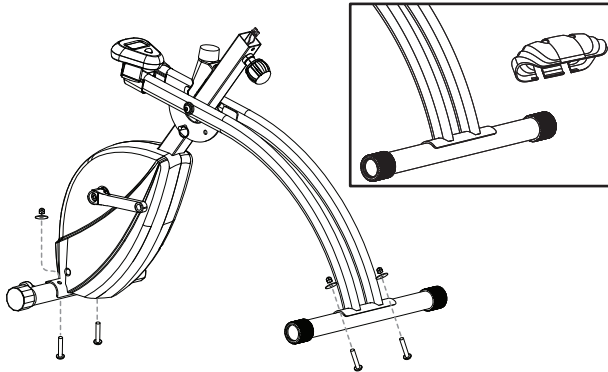
Unfold the bike so that it rests upright on the floor with both legs steady on the ground. Then insert the pin into the middle hole at the axis of the Main frame.



Step 2

Attach the Front foot with two (2) M8x50 bolts and two (2) Arc washers and lock them in place with two (2) M8 acorn nuts. Tighten using the Wrench.

Attach the Back foot to the Main frame with two (2) M8x50 bolts and two (2) Arc washers and lock them in place with two (2) M8 acorn nuts. Finish by clipping the Back foot cover over the Back foot.



Step 3

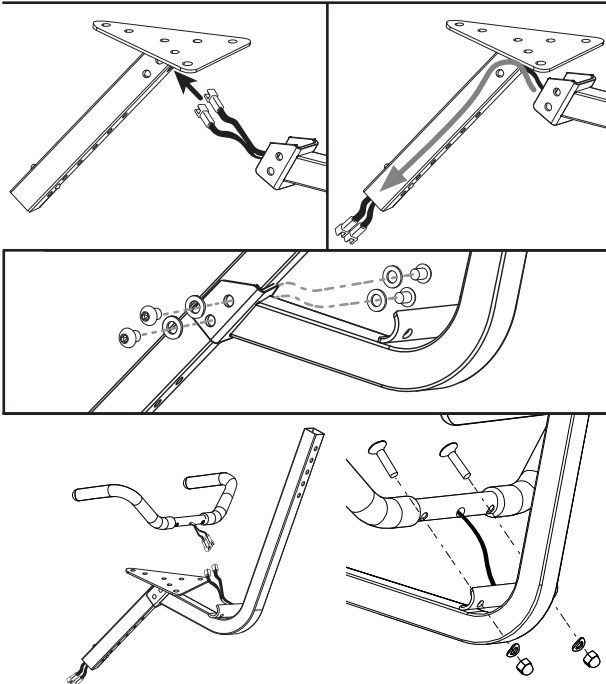
It's now time to thread the wires for the heart rate monitor through the back and seat of the bike. Insert the lower wires of the Back post into the large hole on the Seat post and feed them through to the opening at the bottom. When you start to see the wires come out of the bottom, hold the wire end still, and slide the Seat post up closer to the Back post to reduce the slack between the parts.

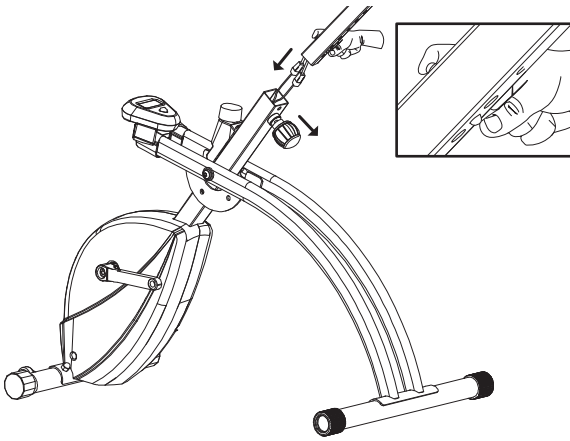
NOTE: Be careful to not pull the top end of the wire inside the Back post. Both ends of the wire should be accessible.

Align the holes as shown, and insert four (4) M8x16 screws and four (4) Flat washers, and tighten using the Allen wrench.

Step 4

Connect the wires on the Handlebars to the top end of the wires in the Back post. Hold on to the lower end of the wires and pull it in enough to bring the Handlebar and Back post together and attach using two (2) M8x45 screws, two (2) Arc washers, and two (2) M8 nuts and tighten using the Wrench.



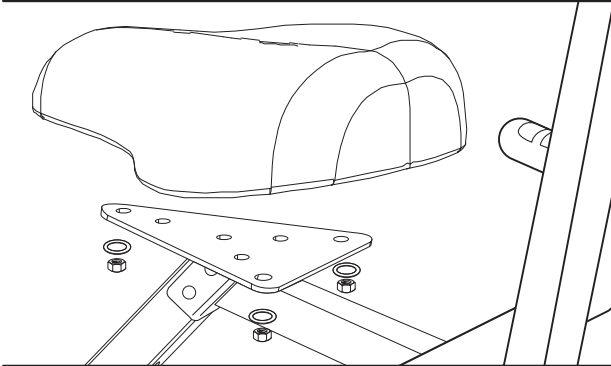


Step 5

Connect the wires from the Main frame to those in the seat and back assembly. Tuck all the wires down into the Main frame.

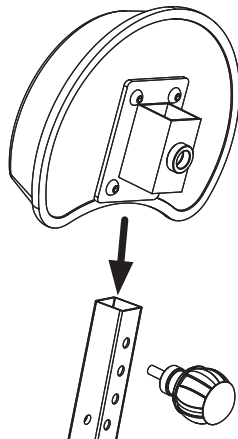
Insert the seat assembly by pulling the Seat height knob out, squeeze the spring-loaded balls on the Seat post together, and slide the Seat post into the Main frame.

Allow spring-loaded pin on Seat height knob to engage in a hole at the height you prefer. Tighten the Seat height knob to lock in place.



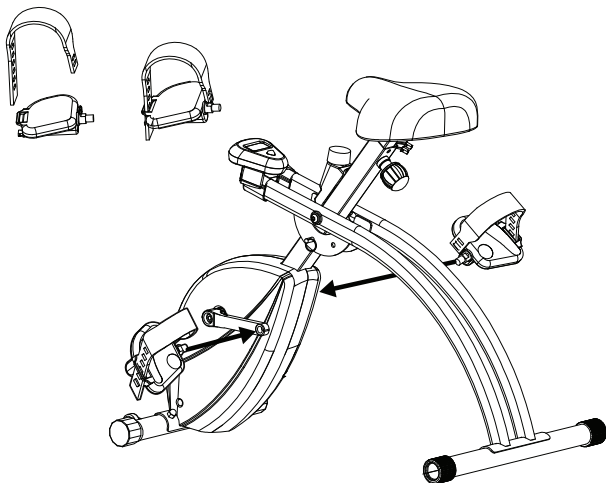
Step 6

Attach the Seat to the Seat post with three (3) M8 Nuts and three (3) Flat washers, and tighten using the Wrench.



Step 7

Slide the Back cushion over the Back post and insert the Back height knob. Allow spring-loaded pin on Back height knob to engage in the hole at the height you prefer. Tighten the Back height knob to secure it in place.



Step 8

Attach the Right and Left pedals to each crank arm, and tighten them with the Wrench. Tighten the Right pedal clockwise, and tighten the Left pedal counterclockwise. Each foot's pedal straps can be adjusted to fit different users' feet sizes.

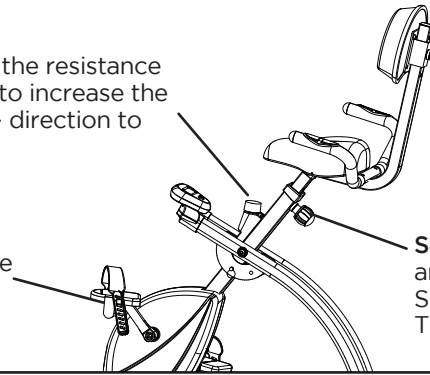
NOTE: Pedaling backwards will loosen pedals.

Adjustment Guide



Cycling tension: Turn the resistance dial in the + direction to increase the resistance and in the - direction to reduce the resistance.

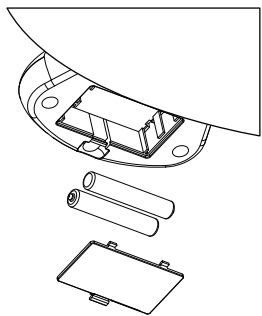
Foot Straps: Adjust the straps to fit your foot.



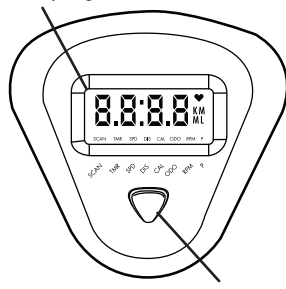
Back height: Turn counterclockwise to unlock, and raise or lower the Back to your ideal back height. Spring loaded pin should engage in a hole. Turn clockwise to tighten.

Seat height: Turn counterclockwise to unlock, and pull out to free the seat for height adjustment. Spring loaded pin should engage in a hole. Turn clockwise to tighten.

Console and settings



LCD Display



Mode Key

To turn on the Console, insert two (2) AA 1.5V batteries.

Mode Key under the LCD Display lets you select a desired function. Reset the data to zero by pressing the Mode Key for several seconds. To reset the odometer, remove and replace the batteries.

The processor turns off automatically when the spin sensor has no signal input or no key is pressed for approximately 4 minutes.

The LCD Display can be activated again by pressing the Mode Key or by rotating the pedals.

Modes:

SCAN: Scans through all functions

TMR: Timer

SPD: Speed (MPH)

DIS: Distance (miles)

CAL: Calories burned

ODO: Odometer (total miles pedaled in multiple sessions)

RPM: Revolutions per minute

P: Pulse - Place the palms of your hands on the pulse sensors on the handlebars for 4-5 seconds. It will display your current heart rate in beats per minute (bpm).



CAUTIONS & WARNINGS



CAUTION: Read all instructions before assembly. Failure to assemble properly may result in damage or personal injury.



CAUTION: Make sure you read and fully understand this instruction manual.



CAUTION: It is the user's responsibility to read and understand all potential hazards of this exercise equipment.



CAUTION: Consult a physician before you begin a new exercise program. If you should experience pain, or you feel faint, short of breath, or dizzy, stop exercising and consult a physician. Incorrect or excessive use of this machine can result in injury.



CAUTION: Your exercise bike should be operated on a stable, level surface.



CAUTION: You should mount and dismount your exercise bike carefully.



CAUTION: Loose clothing, untied shoelaces, jewelry and towels should be kept away from the bike pedals.



CAUTION: This machine is not a toy. Keep children away from this exercise bike, especially while in use. Children should be taught to never put their fingers near any moving parts on this machine.



CAUTION: Please keep children away from this exercise bike, especially while in use. Minors are strongly recommended not to use this product, since it's designed for adults.



CAUTION: Remain seated while using the bike, do not stand on pedals.



CAUTION: Maximum weight capacity of this bike is 300 lb (135 kg). Ignoring the warnings in this manual could lead to hazardous situations that might result in serious injury or death.



CAUTION: Pedal forward only. Pedaling backwards will loosen pedals, and may cause damage to your bike.



Copyright Notice: These instructions are a component of the UPLIFT Desk E3 Under Desk Exercise Bike. These instructions are part of the scope of delivery, even if the item is resold. These instructions are also available on the UPLIFT Desk website: upliftdesk.com. Excerpts or copies may not be forwarded to third parties or used in any other published form without the prior written consent of UPLIFT Desk. These instructions are subject to United States copyright law.