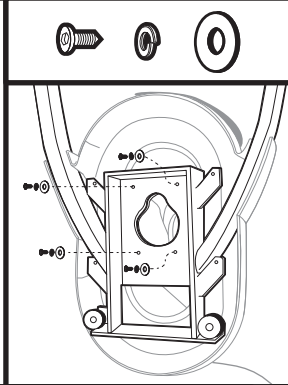
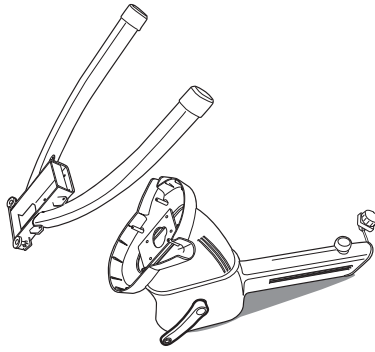
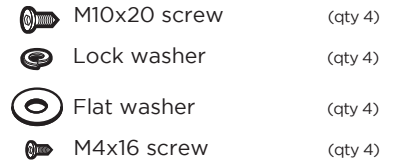
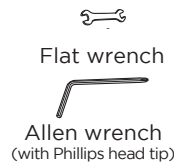
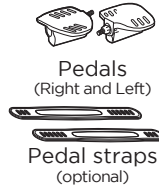
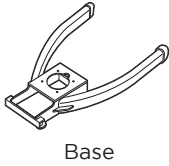
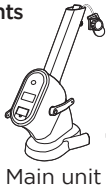


# UPLIFT DESK<sup>®</sup> E3 Under Desk Exercise Bike

MVT008

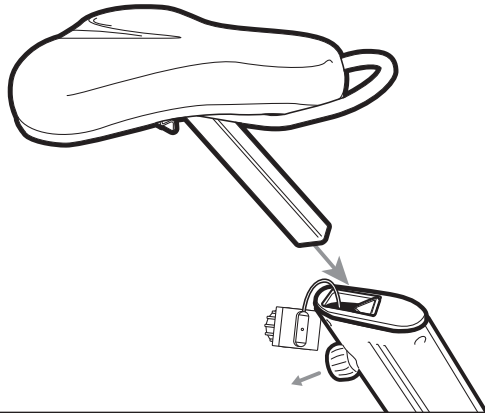
## Package Contents



### Step 1

Tilt the Main unit forward on the Display face, so you have clear access to the underside of the bike. To avoid any damage to your floor or bike, assemble on top of a debris-free carpeted area or a blanket.

Line up the four center holes on the Base with the corresponding holes on the metal part inside of the Main unit. Take a Lock washer and a Flat washer, and insert a M10x20 Screw. Insert the screw assembly into one of the center holes and tighten. Repeat for all four holes.

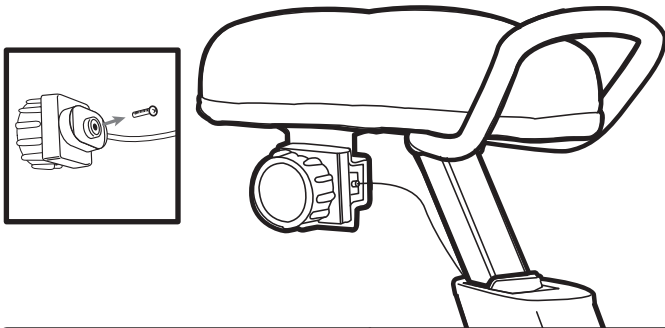


### Step 2

Stand the bike upright, and start the post of the Seat into the opening of the square pipe in the seat column.

Keep the resistance adjustment knob out of the way of the square pipe in the bike's seat column.

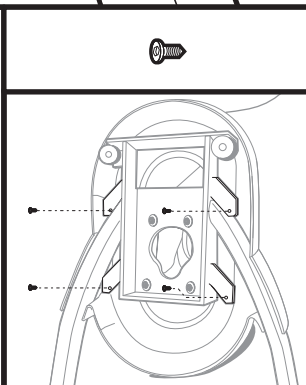
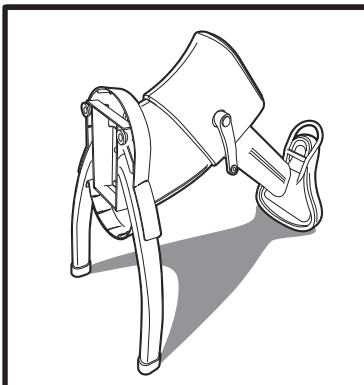
Loosen the Seat adjustment knob slightly by turning it counter-clockwise. Pull back on the knob to disengage the spring-loaded pin, and slide the seat post in. The seat post has six holes for height adjustment. Allow the spring-loaded pin to 'pop' into the new hole location. Once the seat is in place, turn the knob clockwise to tighten.



### Step 3

Use a Phillips head screwdriver to remove the screw from the Main unit's resistance adjustment knob. Slide the resistance adjustment knob into the bracket on the Seat, then re-insert the screw and tighten, keeping the Adjustment knob in place.

Make sure that the knob is positioned so the wire is coming from the front. If it is mounted with the wire at the back, it will be pulled too tight and limit the seat's height adjustability.



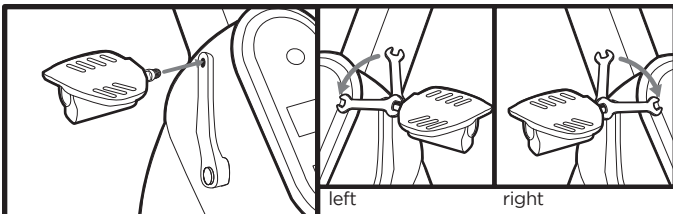
### Step 4

Flip the bike so the back of the seat and the two back feet are on the ground.

Install the four M4x16 screws into the holes on the metal plates tightening into the plastic tubes underneath. Do not overtighten the screws. Once they are all in place, rotate the Bike back to an upright position.



If you find the bike is not level, you can adjust it by twisting the leveling pads on the front of the bike.



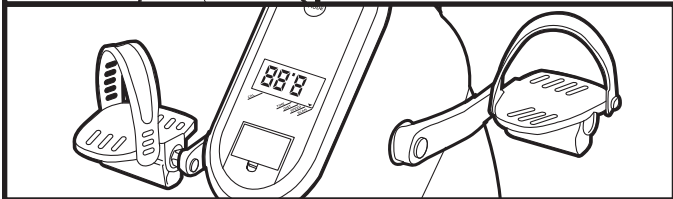
## Step 5

Attach the pedals. Look for the R and the L on the bottom of each pedal, and screw into the similarly labeled R or L leg.

Use the flat wrench to tighten each pedal onto the leg. The right (R) pedal will need to be tightened clockwise, and the left (L) pedal will need to be tightened counter-clockwise.

## Optional Pedal straps

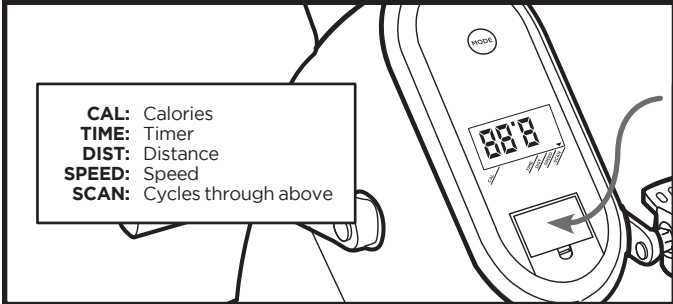
We recommend using the bike without the pedal straps, in case you need to get your feet to the floor quickly, in order to steady yourself. But if you prefer to use the pedal straps, they are included for your convenience.



## Step 6

To use the digital features of this bike, you will need a AAA battery (not included). Insert your battery into the battery compartment.

To activate the display, just begin pedaling. The display will turn off automatically after pedaling has stopped. Press the Mode button to cycle through the modes. **NOTE:** The display is oriented so you can see it while sitting on the bike.



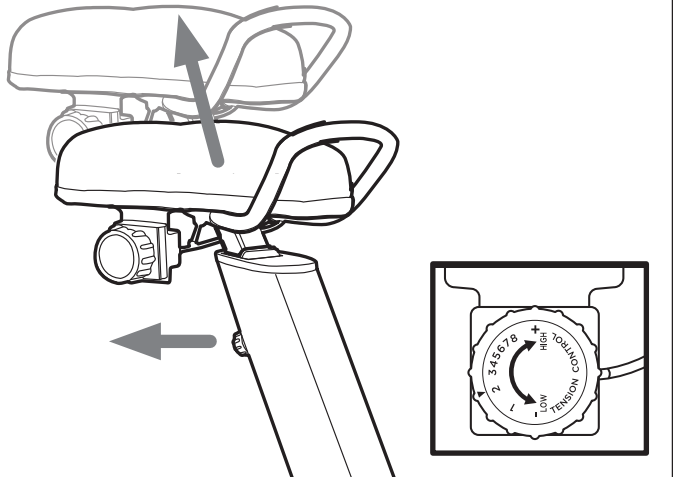
## Adjust your seat

Loosen the Seat adjustment knob slightly by turning it counter-clockwise one full turn. Pull back on the knob to disengage the spring-loaded pin, and slide the seat up or down to the preferred location. Allow the pin to “pop” back into place in the new hole location. Once in place, turn the knob clockwise to tighten.

Consider seated comfort when adjusting the seat’s height. You should be comfortable and able to mount and dismount the bike easily. While seated, with the pedal at the lowest point, you want your knee slightly bent over the ball of the foot.

## Resistance adjustment

The resistance control knob allows you to adjust the bike’s resistance level in increments, from 1 to 8. Start at 1 for the least resistance, gradually moving toward 8 for more resistance.



## ! CAUTIONS & WARNINGS

- ⚠ **CAUTION:** Read all instructions before assembly. Failure to assemble or operate properly may result in damage or personal injury. Retain manual for future reference.
- ⚠ **CAUTION:** Read all instructions before exercise. It is your responsibility to read and understand all potential hazards of this equipment.
- ⚠ **WARNING:** Consult a physician before you begin a new exercise program. If you should experience pain or 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:** Operate your bike on a stable, level surface. Mount and dismount the bike carefully.
- ⚠ **WARNING:** Do not stand on the pedals. Remain seated while operating.
- ⚠ **WARNING:** Keep loose clothing, untied shoelaces, jewelry, and towels away from the bike pedals.
- ⚠ **CAUTION:** Do not play on this product. Keep fingers away from any moving parts of this machine.
- ⚠ **CAUTION:** This bike is designed for adults. Children may use only the bike under adult supervision, and must be tall enough to safely sit, balance and pedal.
- ⚠ **CAUTION:** Maximum weight capacity is 250 lbs. (113.4 kg)