

Using the DeskCycle at Your Desk

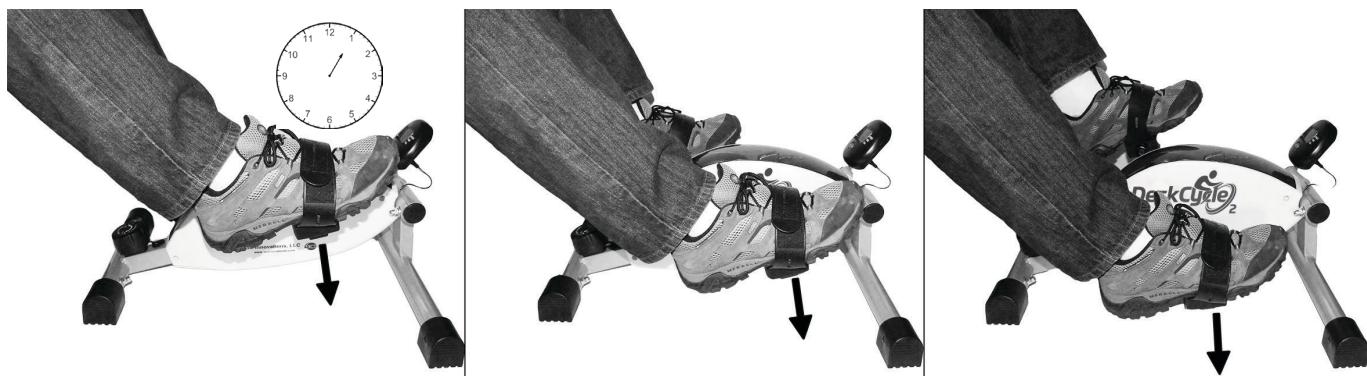
The Proper Technique for Using the DeskCycle

Using the DeskCycle correctly will keep your upper body still, keep your chair from swiveling, and prevent you from pushing the bike away from you. For best results, practice using the DeskCycle as described in the steps below at the minimum resistance. Do this for a week before you increase the resistance to 2. Then use it at 2 for at least a week before increasing to 3.

Step 1. Pedal Downward

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

1. Begin 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.



Step 2. Keep Your Upper Body Still. Pedal with Your Legs, Not Your Body.

Keeping your upper body still makes it easy to focus on your work. Your body should not move from side to side and your chair should not swivel when pedaling the bike.

- Pedal with your legs, not your body
- Don't rock from side to side
- Pedal downward

Step 3. Keep Your Feet Level on the Downward Stroke

When pedaling downward, point your toes forward so that your feet are level to the ground. This will prevent your heel from hitting the ground or the rear bar. See the picture below for reference.



Keep the Resistance Low (3 or less) When Working at Your Desk

Most people should not exceed the resistance setting of 3 when working at their desk.

Higher resistances can be distracting. However, some people do just fine on level 4. The key is to train yourself using the proper technique at the lower resistances. See the previous section for details.

Using the DeskCycle at Your Desk (continued)

Ergonomic Considerations

1. 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.

2. Sit up Straight

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

If Your Knees Hit the Under Side of Your Desk

The DeskCycle-2 has the lowest pedal height (only 9 inches) of all mini exercise bikes. Because of this it can work at a desk as short as 27 inches by a person who is 5 foot 10 inches or shorter. If you are taller than this, you will likely need a taller desk. We don't recommend it for desks shorter than 27 inches.

Below are some things 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. Some chairs go as low as 15 inches.
- Point your toes upward on the upward pedal stroke. Then point your toes forward on the downward pedal stroke. When your toes are pointing upward, your knees will be lower by an inch or two. This technique will exercise your calf muscles 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 details information go to DeskCycle.com and click on the 'How To Use' menu item.

Other Uses

Getting Cardio Workout with the DeskCycle

The following steps demonstrate how to do this.

1. Set the pedal resistance to 4.
2. Sit in a taller chair so that you pedal downward on the pedals.
3. Pedal the bike at a speed of at least 30 mph.

Within a few minutes your legs will burn and your heart rate will quickly elevate. Most people won't be able to maintain 30 mph for more than a few minutes.

Note, this is for demonstration purposes only!

For actual workout suggestions, see the following web page.
DeskCycle.com/pages/exercisesuggestions

Other Times to Use the DeskCycle

Use the DeskCycle while,

- Working at your desk,
- Watching television,
- Playing video games,
- Reading a book,
- Using your phone,
- Or other times when you're sitting and your legs are free.



Using the Display

There are two numbers on the display; one on the top and one on the bottom. See the image below.

- The *Top Number* always displays your pedal speed. An **M** on the right side of this number indicates miles per hour. In some countries this will be a **K**, indicating kilometers per hour.
- The *Bottom Number* displays RPM, Distance, Time or Calories.

The Mode Select Button

Press the *Mode Select Button* to select what the bottom number displays.

Each time you press the *Mode Select Button*, the mode changes between the 5 modes below:

1. SCAN (RPM, DIST, TIME and CALS)
2. RPM (Revolutions Per Minute)
3. DIST (Distance)
4. TIME (Time)
5. CALS (Estimated Calories)

SCAN Mode

When the *Scan Mode Indicator* is visible, the lower number will cycle between displaying RPM, Distance, Time and Calories. Each will be displayed for about 5 seconds at a time.

RPM Mode When the *RPM Indicator* is visible, the bottom number displays your average pedal speed in Revolutions Per Minute. The image to the right shows 0 RPM, which means the bike is not being pedaled. Also note that the *Pedaling Indicator* is not displayed.

DIST Mode

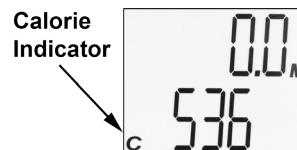
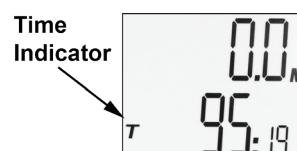
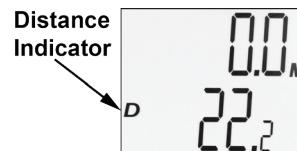
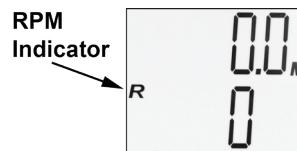
When the *Distance Indicator* is visible, the bottom number displays an estimate of the total distance you've pedaled since the display was last reset. The image to the right shows 22.2 miles. Note the **M** in the picture to the right indicates miles. If your display shows a **K**, then the reading would be 22.2 kilometers.

TIME Mode

When the *Time Indicator* is visible, the bottom number displays the total time you've used the bike since the display was last reset. The image to the right shows 95 minutes and 19 seconds.

CALS Mode

When the *Calorie Indicator* is visible, the bottom number displays an estimate of the number of calories burned since the display was last reset. The image to the right shows 536 calories.



How to Reset DISTANCE, Time and Calories

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

How to Turn the Display On and Off

The display automatically turns on when you pedal the bike. You can also turn the display on by pressing the *Mode Button*. The display automatically turns off a few minutes after you stop pedaling.

Free Online Calorie Calculator

A Much more Accurate Calorie Estimate

Only very expensive ergometers measure power. Power measurement is required for a decent Calorie estimate. However most true ergometers don't take into account the physical characteristics of the person using the bike. Without these, the Calorie estimate can be off by more than 100%.

Our online Calorie Calculator calculates the power and also includes the persons physical characteristics to improve the Calorie estimate.

Our Calorie Calculator calculates the power that you put into the bike using the resistance dial setting and your pedal speed.

It also uses your:

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

The Calorie Calculator is free and is located at DeskCycle.com.

Gender Male Female

Height 5 ft 11 in (180.3 cm)

Weight 200 lb (90.7 kg)

Age 50 years

Resistance Dial Setting 8

Time 60 minutes (1 hours, 0 minutes)

Distance 20 miles (32.2 km)

Calculate Calories

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 place your display anywhere on 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 Don't 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 at about 30 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.

