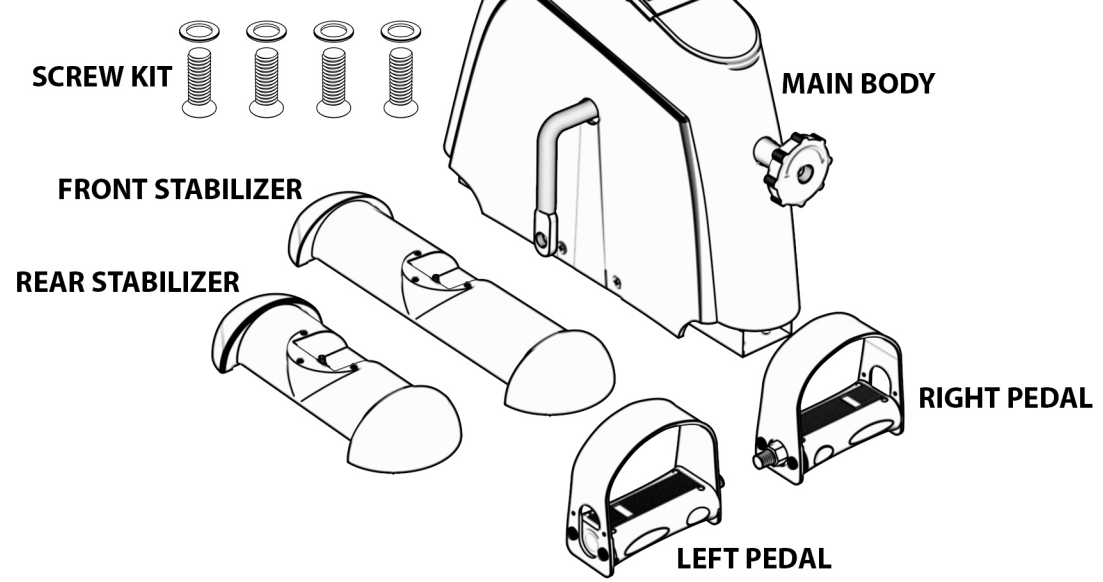
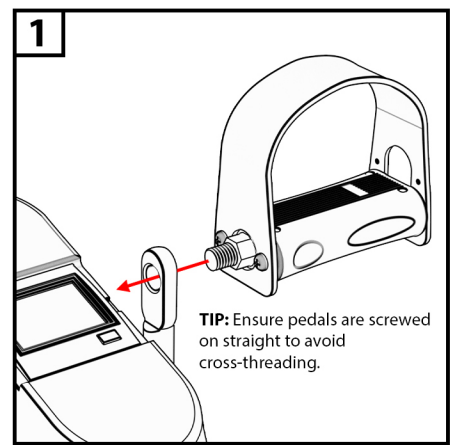


# SYNERGEE DESK BIKE MANUAL

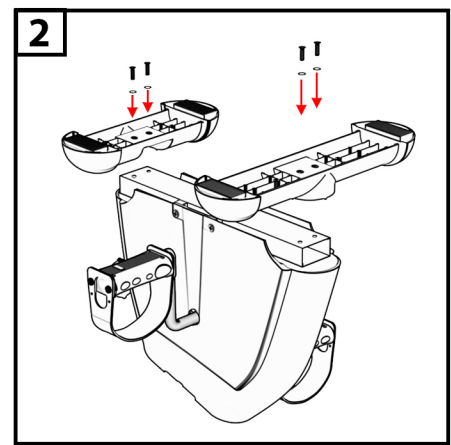


## ASSEMBLY INSTRUCTIONS



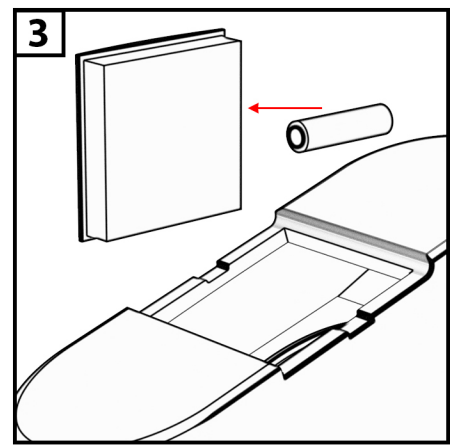
**1**

**Installing the pedals**  
Attach the right and left pedals identified by R(right) and L(left). Tighten the pedal by hand and use the included wrench to ensure the pedals are on **TIGHTLY**.



**2**

**Installing the stabilizers**  
Place the pedal bike upside down. Mount the front and rear stabilizers using the included screws.  
**TIP:** Ensure screws are tight to avoid wobble.



**3**

**Installing the battery**  
Remove the display by grabbing from the sides and lifting out of the slot. The battery compartment is situated behind the counter. Install or replace a 1.5V AAA battery (NOT INCLUDED). Place display back in slot.

### MONITOR OPERATION

Press the red button to turn on the display. You can select the desired function by pressing the red button. Refer to the right upper corner of the display for functions.

TIME	Total time pedaled.
DISTANCE	Total distance pedaled, in meters.
COUNT	Total movement times during the workout session.
TOTAL COUNT	Total movement times during different sessions. This value cannot be reset unless you replace the battery
CALS	Total calories burned.

**IMPORTANT:** The calculation of calories burned is an estimation and should not be considered medically reliable. We suggest consulting your doctor or dietician to adapt your diet and energy consumption depending on your physical condition, and the sporting activities you intend to be involved in. We also recommend that you consult your doctor prior to beginning any new exercise.

### NOTES

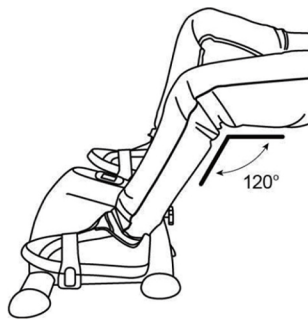
- The display will automatically switch on when you start exercising or press the red button.
- The display will automatically switch off after 4 minutes of no use.
- Reset the monitor by pressing the red button for 3 to 5 seconds.

# WARNINGS

- Keep away from children.
- Do not use if damaged or defective.
- Keep hands, feet, and loose articles away from moving parts.
- Only use this pedal bike if you are physically capable.
- Product intended for indoor use only.
- Do not place in direct sunlight or expose to high temperatures or excessive humidity.
- Ensure the pedals are screwd on tightly, lose pedals will slowly come undone and cause damage to the threads.
- Do not wear loose or baggy clothing as it may get caught in the machine.
- It is important to consult your physician before starting an exercise program.
- Always be sure to place the bike on a level surface.
- Make sure the pedals are as tight as you can possibly make them. This is especially important if you pedal backwards!
- Do not stand on the pedals. The pedal was not designed to be used while standing!

# ATTENTION

- The pedals are close to the ground so your feet are very likely to touch the ground if you sit on a low chair. Please sit on a chair with proper heigh to accomodate the Pedal Bike.
- It is recommended to keep the angle between your thigh and claf less than  $120^{\circ}$ , otherwise the bike may slide forward.



**NEED HELP?  
OR MISSING PIECES?  
CONTACT US!**



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