

Deskbike

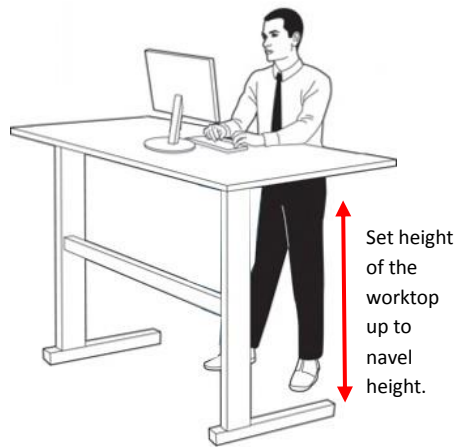


Fit at work with the Deskbike!

Less sitting and more moving at work? You will do just that with the Deskbike®. By cycling during your work you will stay fit. And also get smarter, because by working out your mind stays active, which will bring you to great ideas.

And now get to work

- 1 Set up your desk at standing height.
Set height of the worktop up to navel height.
- 2 Make sure your elbows do not touch the worktop, so no 90 degrees.
- 3 Distribute your weight evenly on both feet and bend your knees slightly.
- 4 Keep your shoulders back and your head upright so you do not bend over.



Set up your Deskbike®

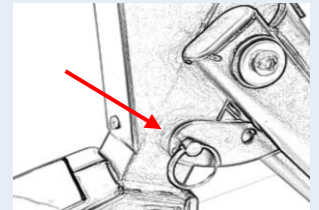
- 1 Set up the seat to the right height by pulling the adjust button under the seat.
- 2 Place the Deskbike® under your desk.
- 3 Make sure your stomach touches the worktop while cycling.
- 4 Place your mobile on your worktop and download the Deskbike® App.



TIP: It is not the intention to cycle 8 hours straight during your working day. Switch cycling on your Deskbike® with standing and keep on the move all day. We recommend an hour standing, 30 minutes of cycling, again an hour standing, 30 minutes of cycling and so on. Your body will be grateful at the end of your working day.

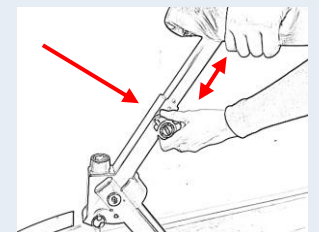
Instruction card

- ✓ Weight on this product should not exceed 120 kg
- ✓ Make sure that the safety pin is fastened:



- ✓ Use a foot mat to prevent possible damage to the floor

- ✓ Tighten the adjust button securely and make sure that the seat is fastened by pulling it:



- ✓ There are 4 wheels underneath the Deskbike®, place it under the desk and step on calmly