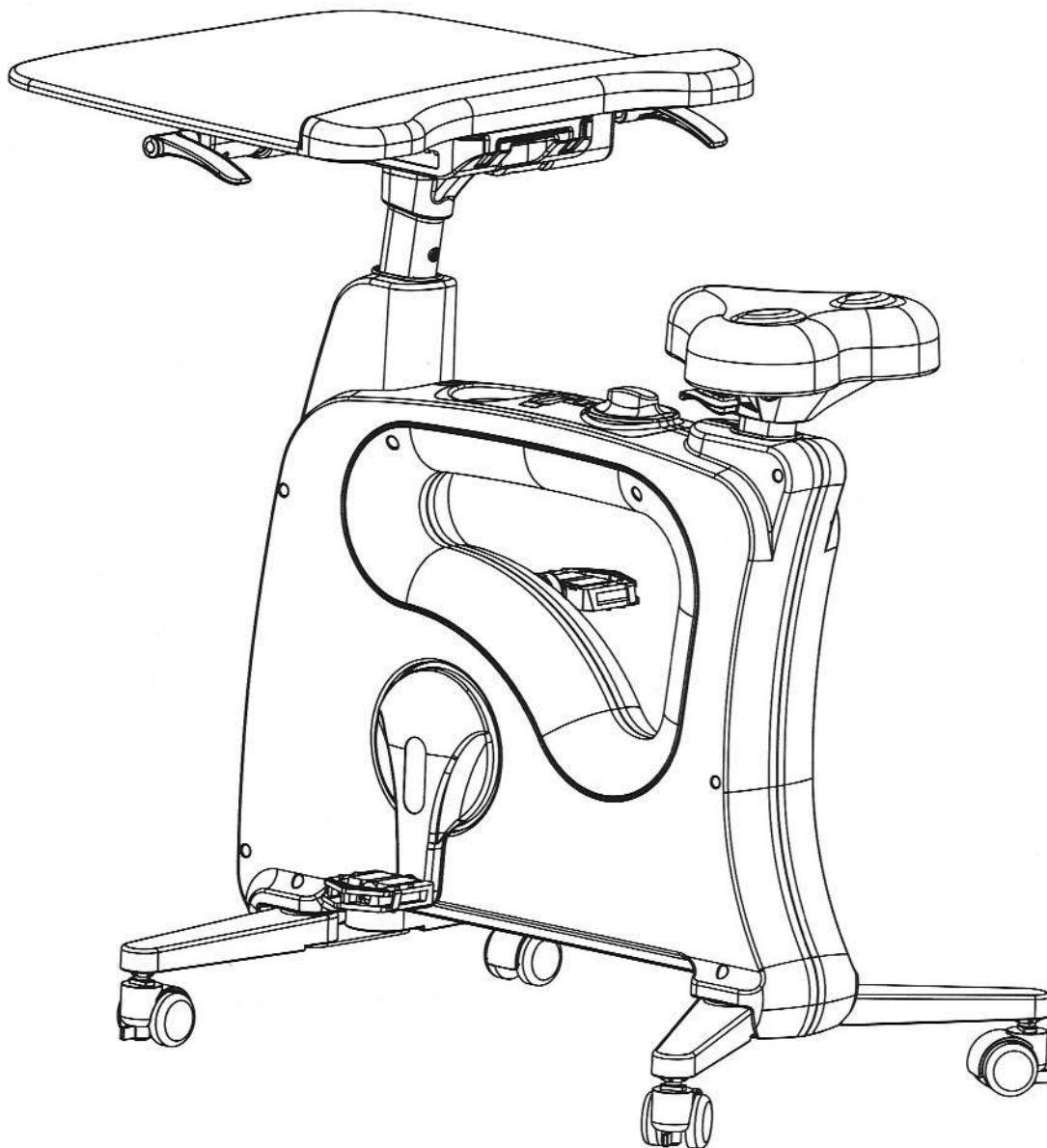


# FLEXISPOT

DESKCISE PRO



BOOM Kantoorprojecten

[kantoormeubilair.nl](http://kantoormeubilair.nl)

**Item No. V9 / V9B**

**INSTALLATION GUIDE**

# Warranty

Your FlexiSpot V9 Bike comes with the following limited warranty.  
V9 meet all the safety and test requirements of ISO 20957.

Warranty	FlexiSpot Bike Desk
Frame	3 Years
Electronics	1 Year

FlexiSpot warrants the equipment it manufactures is free from defects in materials and workmanship under normal use and services. The periods above are based on the date of purchase. During these periods, FlexiSpot will replace defective parts.

FlexiSpot reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your FlexiSpot product, only authorized parts can be used.

The warranty is void if any parts other than those provided by FlexiSpot are used.

Exclusions and Limitations:

This warranty does not apply to any defects caused by negligence, misuse, improper assembly, or maintenance, accident, or "act of God."

Physical damage to table top due to misuse or accident.

This warranty does not apply to discoloration of paints or plastics.

FlexiSpot shall not be responsible for incidental or consequential damages.

This warranty is non-transferable from the original owner.

## Safety

When using your FlexiSpot V9 bike desk, basic precautions should always be followed, including:

Never operate this bike desk if it has been damaged.

Do not use outdoors or in areas of high humidity or extreme temperature changes.

Use this product for its intended use as described in this Owner's Manual.

Do not use attachments that are not recommended by FlexiSpot.

## Children and Pets

Keep children under 13 years of age away from your bike desk at all times. Keep other children from playing on or using your bike desk. When in use, keep other children away from moving parts including the pedals and cranks.

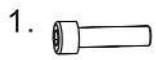
Although the V9 Bike Desk is not intended for serious exercise, always consult a physician before beginning an exercise program. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing. Keep the product on a solid and level surface at all times. Wear shoes with high traction rubber soles during use.

## Storage

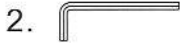
When storing your FlexiSpot bike desk, keep it in a clean, dry environment. To prevent dust and dirt build up, cover the product with a clean, non-abrasive cover.

# Package Included

## Accessory package list



Bolt  
M8x 35 MM  
(1 PC)



Hex key  
6x6mm  
(1 PC)

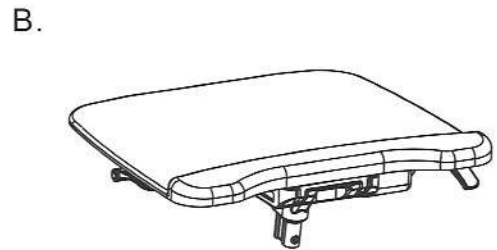
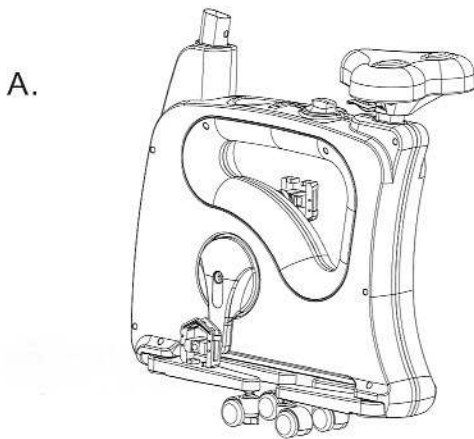


Coaster  
Φ89 x 2 mm  
(1 PC)



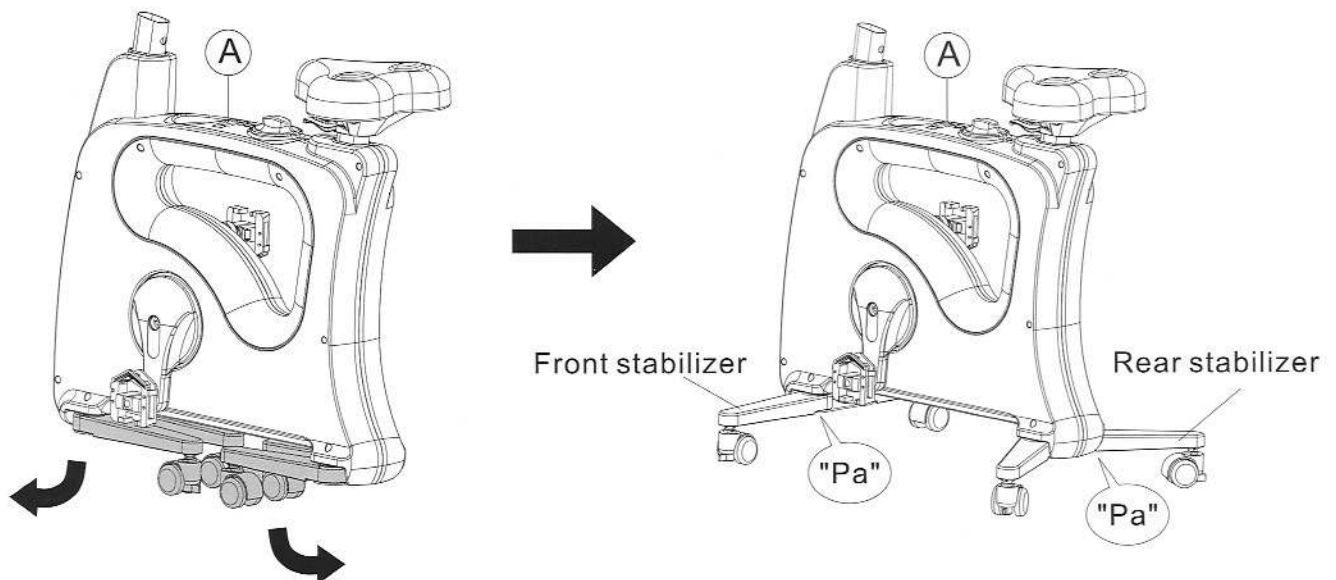
Pedal Cover  
(2 PCS)

## Part list



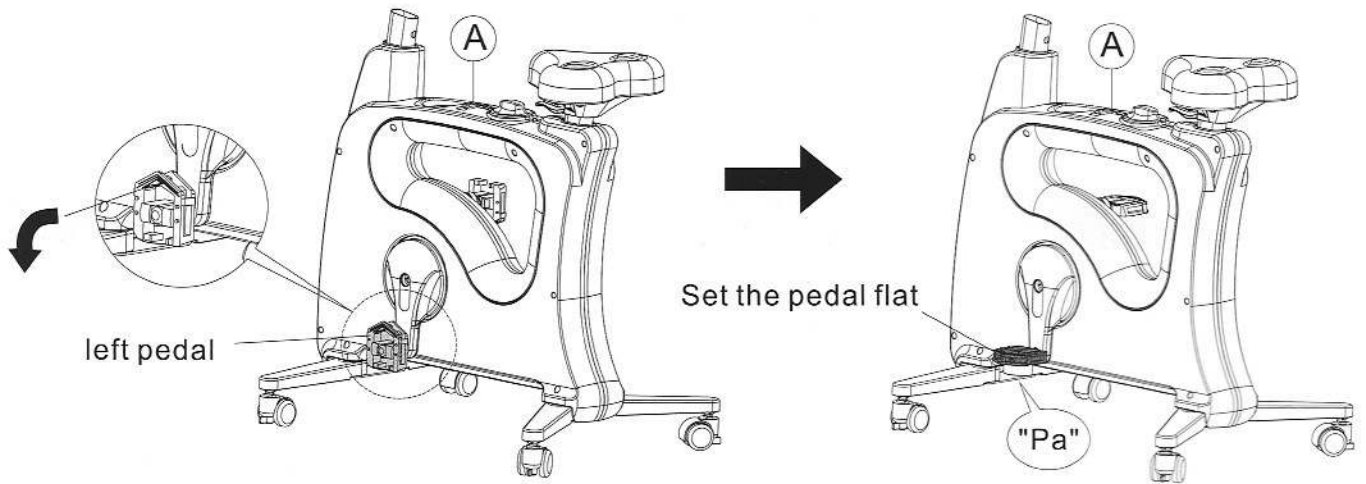
## Assembly step 1

Outspread the 4 legs of bike base (A), which will be fully extended when you hear the sound "Pa".



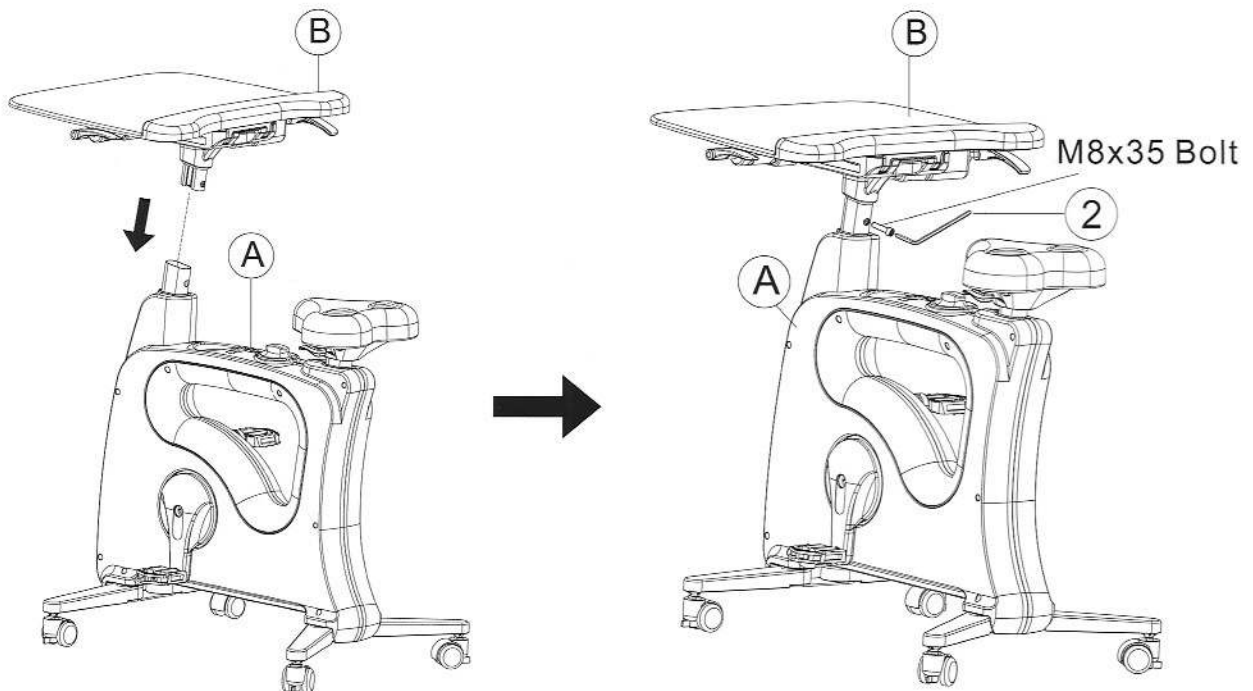
## Assembly step 2

Outspread both left and right pedals until you hear the sound "Pa".



## Assembly step 3

Insert desktop (B) into the bike base (A), locking the screw on the base firmly with a screw (1) using a hex key (2).



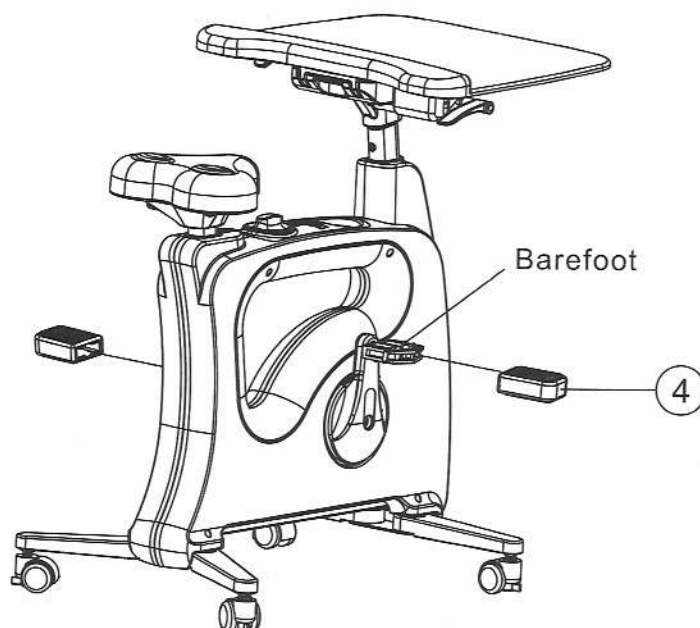
## Assembly step 4

Insert the anti-skid pad into the cup holder.



## Assembly step 5

Slip the pedal cover into each pedal so that you can use the bike even you are barefoot.



## LCD display operation guide

Press the key button to turn on the LCD display. The following activity readings will appear on the display: TMR (timer), SPD (speed), DIS (distance), CAL (calories), ODO (odometer), RPM (revolutions per minute). The LCD display will turn off when pedaling stops for more than 4 minutes. To reactivate the LCD display, start pedaling again or press the key button.

SCAN : Readout will be changed automatically one by one per 5 seconds

TMR : Time you exercised

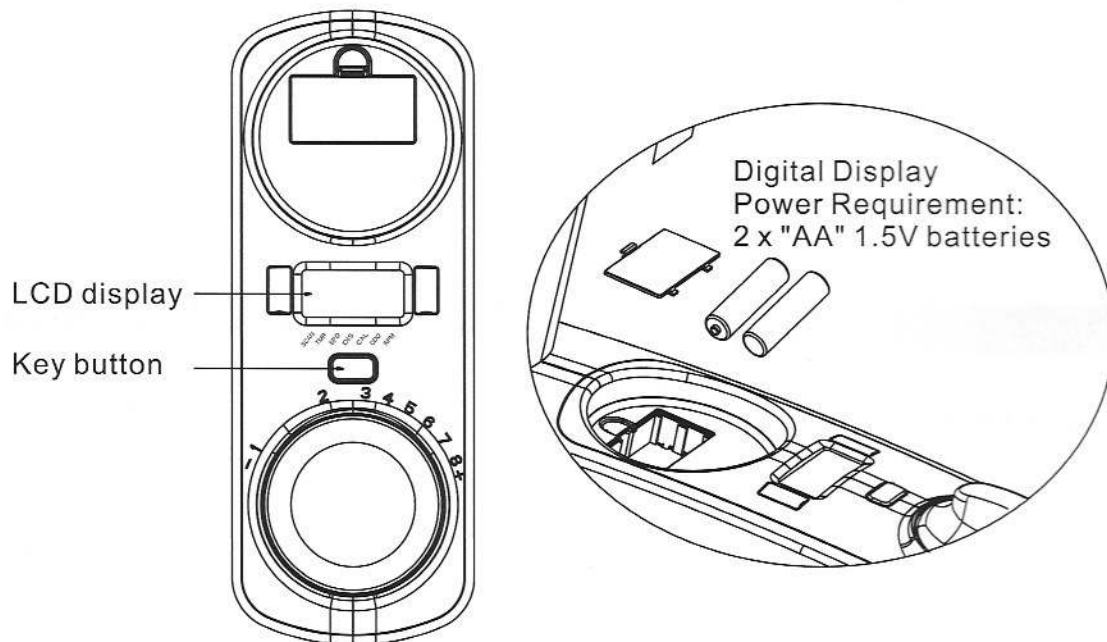
SPD : The speed when you exercise

DIS : Distance you exercised

CAL : Calorie you burned during your exercise

ODO : Total distance you exercise

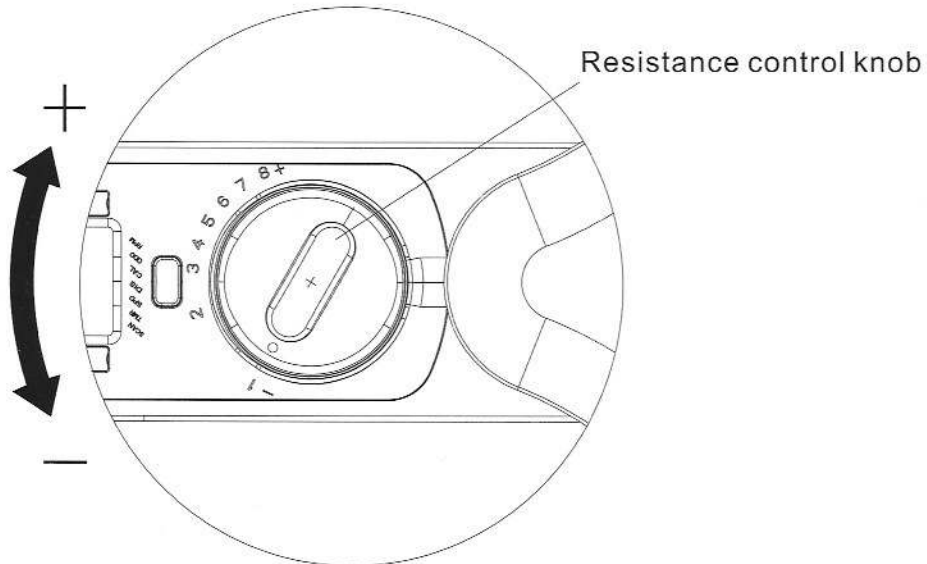
RPM : Speed of the wheel



## Using the Bike

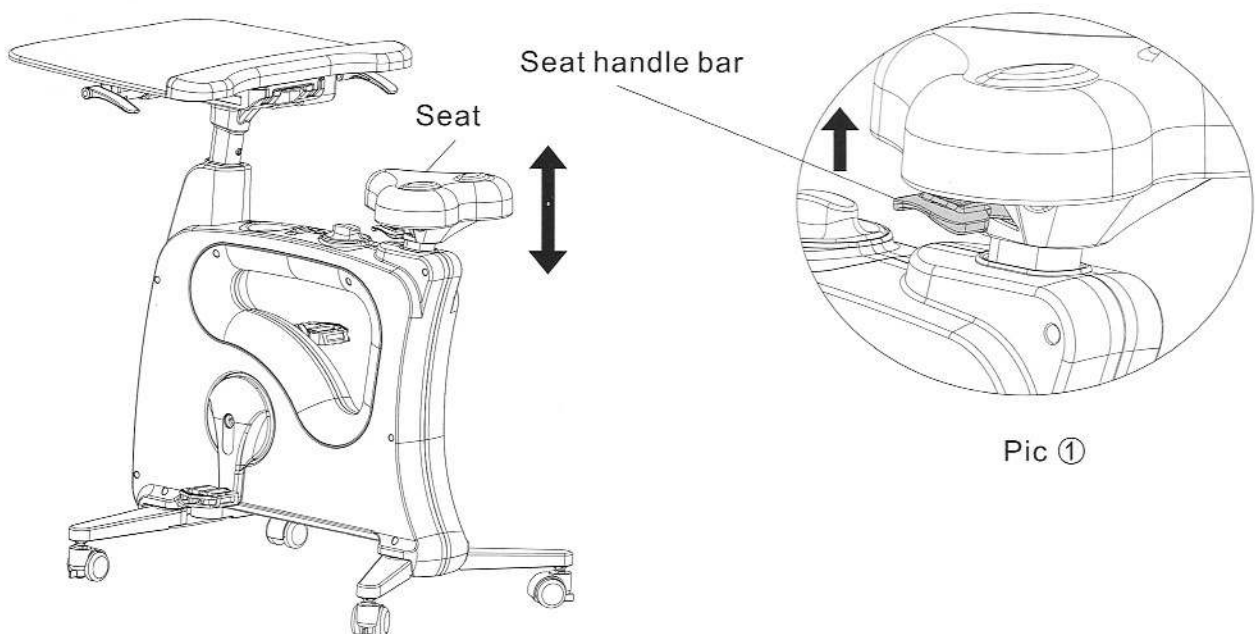
### 1. Magnetic resistance adjustment

The resistance control knob allows you to adjust the resistance level in increments from 1 to 8, with level 8 offering the most resistance. To increase the resistance level, turn the resistance control knob in the "+" direction. To reduce the resistance level, turn the knob in the "-" direction.



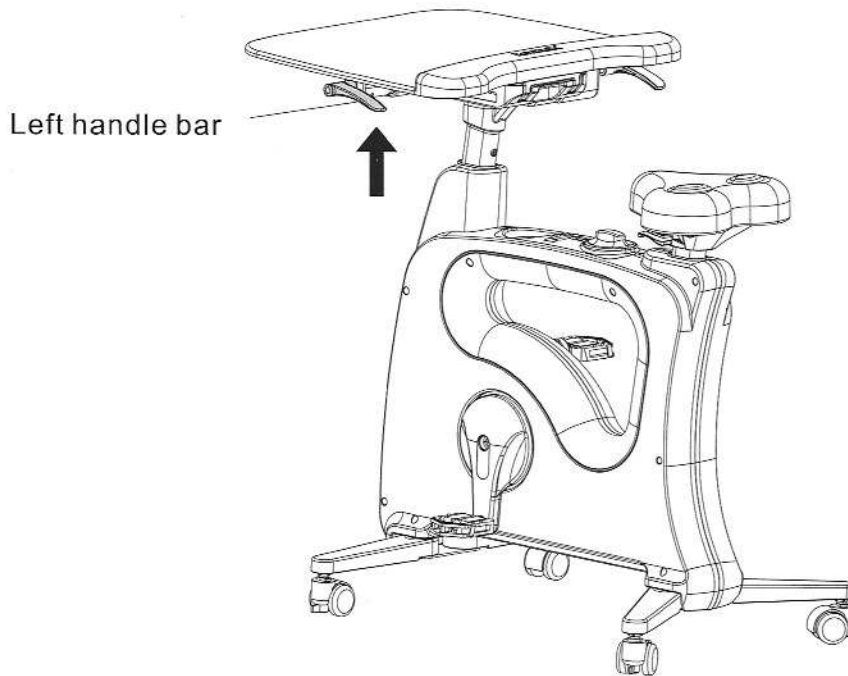
### 2. Adjusting the seat

Proper seat adjustment is essential to a comfortable ride when using the desk bike. If your leg is too straight or your foot cannot touch the pedal, you will need to move the seat down. If your leg is bent too much, you will need to move the seat up by lifting up your hip and pressing the handle bar. The seat handle bar locate below the seat (see picture).



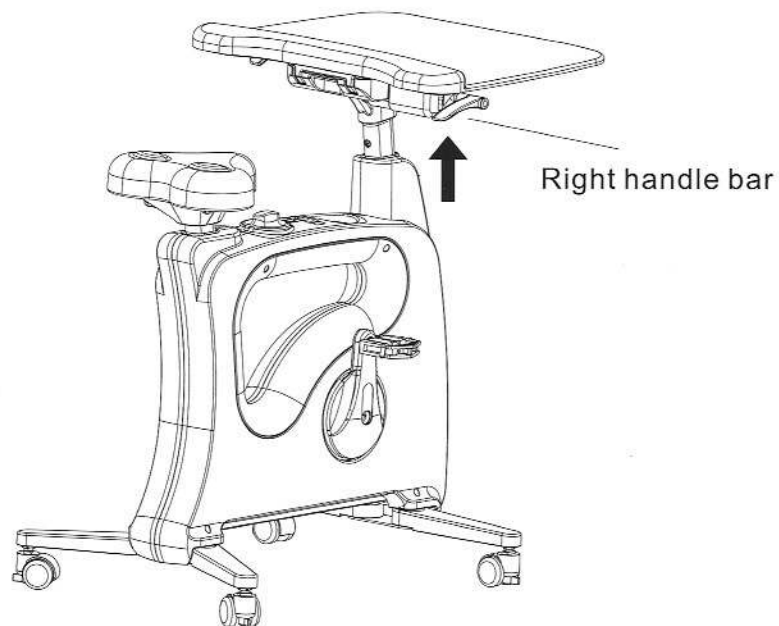
### 3. Adjusting the desktop forward/backward

To make it easy to read at a comfortable eye distance while cycling, the desktop can be adjusted forward or backward. Simply press the left handle bar below the desktop to adjust it backward and forward.



### 4. Adjusting the desktop height

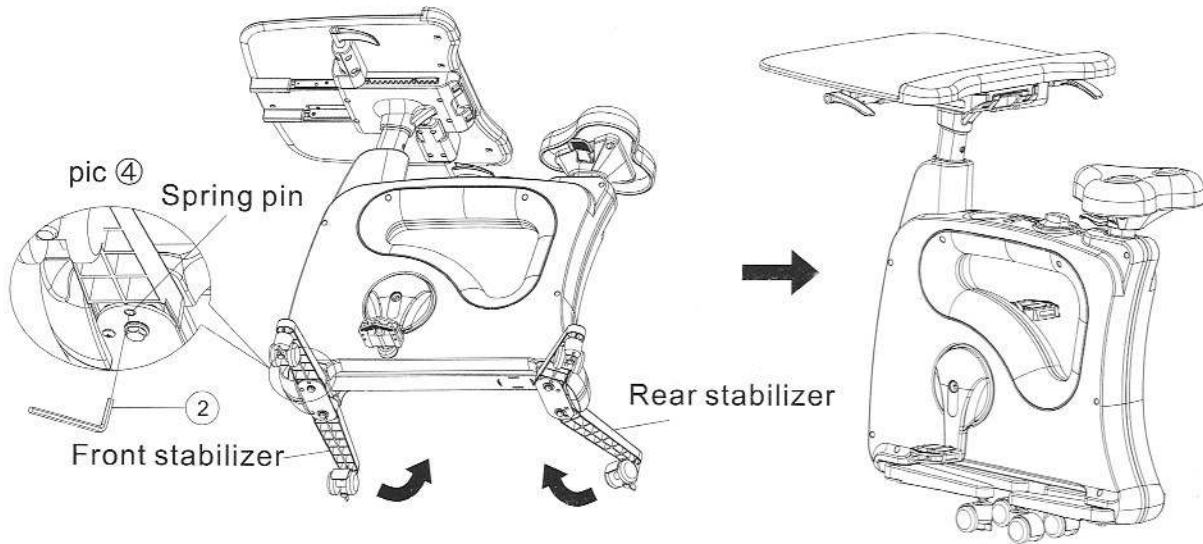
Press the right handle bar to adjust the height of the desktop.



## 6. Repacking the bike for storage

If you will not be using the bike for an extended period and would like to repack it for compact storage, please do the following:

First, lower the bike onto its side, then locate the button under the legs (shown in pic ④). Use the hex key (2) to push the button. This will allow you to fold the front and rear stabilizers neatly beneath the bike.



### ⚠ Caution

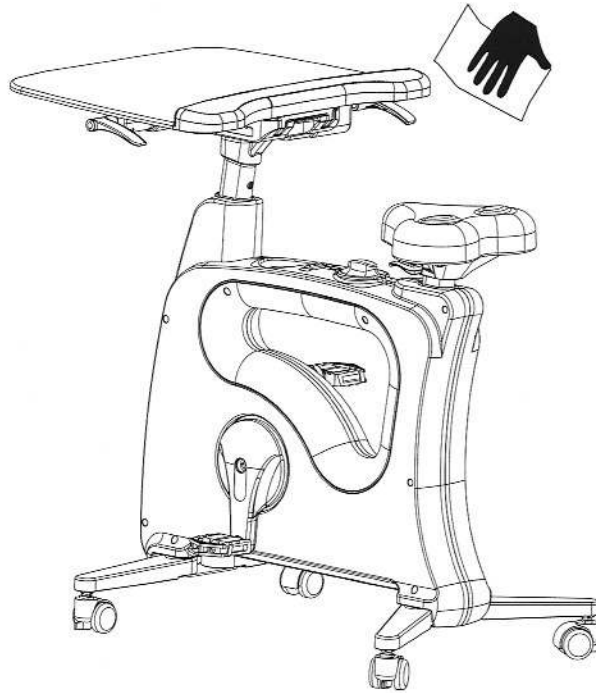
Please read all instructions carefully before using this product. Retain this manual for future reference. The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

1. Make sure you read and fully understand this instruction manual.
2. It is the user's responsibility to read and understand all potential hazards of this exercise equipment.
3. 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.
4. Your exercise bike should be operated on a stable, level surface.
5. You should mount and dismount your exercise bike carefully.
6. Loose clothing, untied shoelaces, jewelry, and towels should be kept away from the bike pedals.
7. 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.
8. Please keep children away from this exercise bike, especially while in use. Minors are strongly recommended not to use this product, since its designed for adults.
9. Remain seated while using this bike - do not stand on pedals.
10. The maximum weight capacity of this bike is 136 kg / 300 lbs.

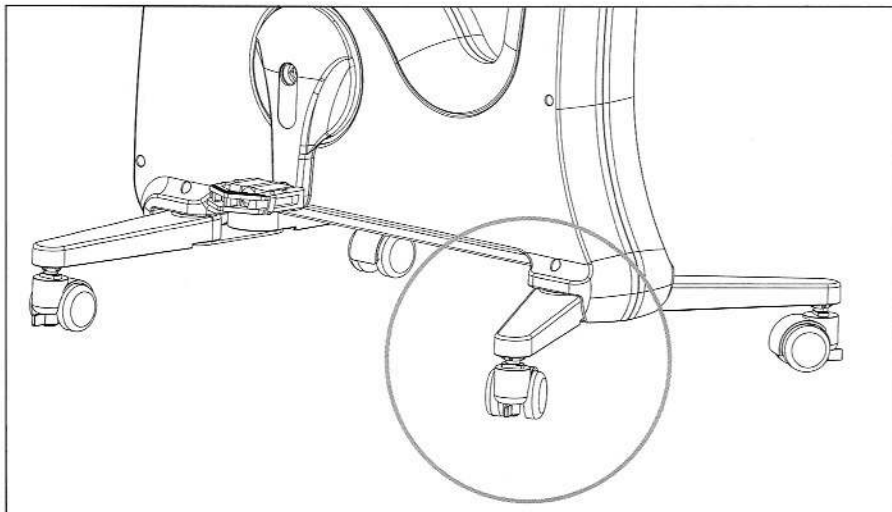
**Ignoring the warnings in this manual could lead to hazardous situations that might result in serious injury or death.**

## V9 Maintenance Guide

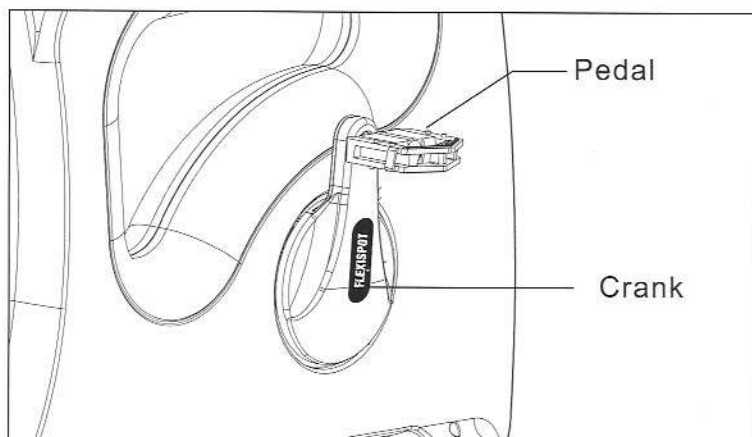
1. Keep the unit clean, dry, and sanitized. After a workout, it is a good idea for each user to wipe clean and sanitize the unit so it will be ready for next use.
2. Spray the desktop with a sanitizer and wipe clean with a dry towel as needed.



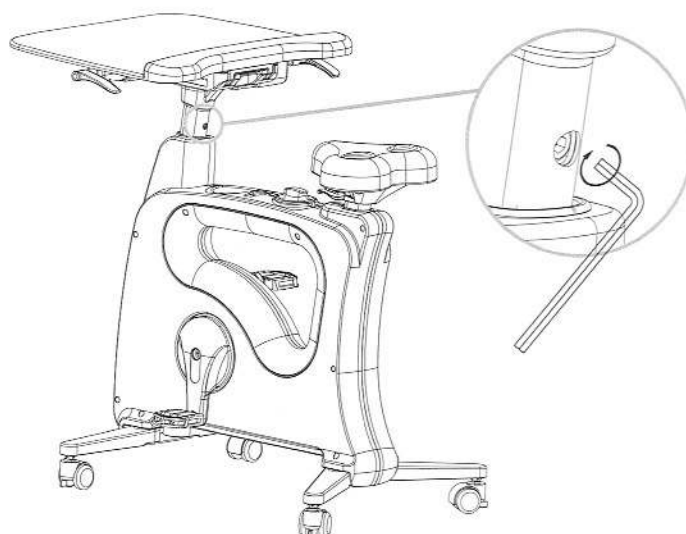
3. It is a good idea to store the unit in a clean environment.
4. The transportation wheels can be substituted for new ones if they don't work properly.



5. After an extended period of cycling, the pedals may become unusable, please contact us to substitute for this part.
6. If there is a noise coming from the crank component, tightening the screw, which is under the logo label, may help to stop the noise. If it still has a noise after you try this step, please contact us and we will provide further assistance.



7. If the display does not turn on after you receive it, please check that the batteries are in good condition, and placed correctly.
8. The bike has 8 settings for resistance intensity levels: Level 1-2 is soft as in walking; level 3-4 is moderate as in yoga exercises.
9. After you assemble the bike and find that the desktop is not stable, please check and tighten the screw on the tube.



10. Please feel free to contact us if you have any other problems with our product or services.