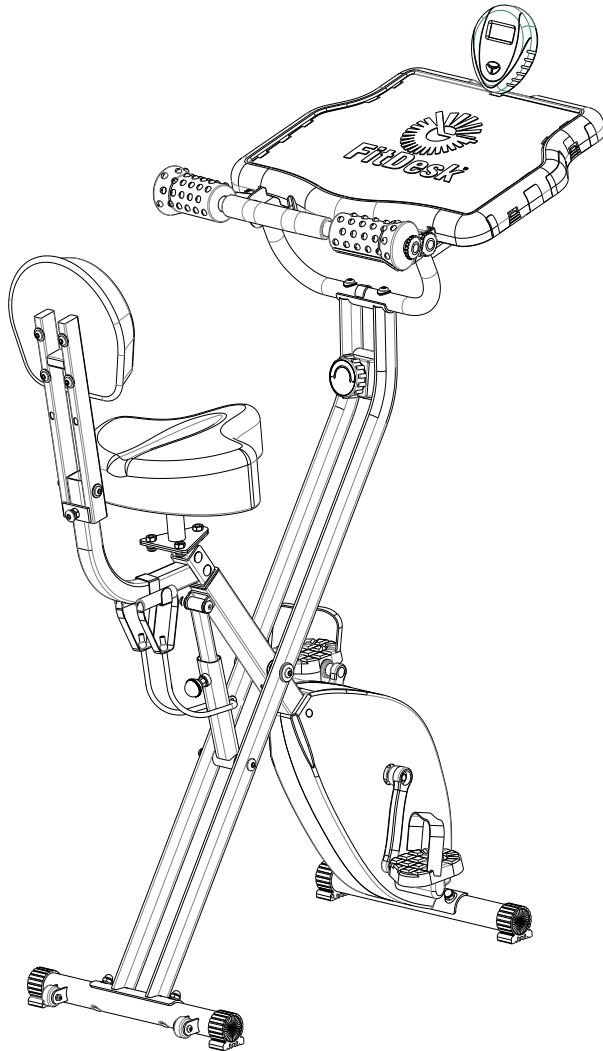


Assembly Instructions Operations Manual



CAUTION!

READ ALL INSTRUCTIONS.

TAKE THE TIME TO READ THE SAFETY TIPS AND MAINTENANCE SECTIONS. NO EXERCISE EQUIPMENT IS SAFE UNLESS YOU LEARN HOW TO SAFELY OPERATE THE EQUIPMENT. REGULAR MAINTENANCE IS VERY IMPORTANT!

THIS PRODUCT HAS MOVING PARTS. TAKE ALL PRECAUTIONS WHEN CHILDREN, PETS AND OTHER OBJECTS NEEDING CARE ARE IN THE AREA OF THIS PRODUCT. USE RESPONSIBLY, MACHINE CAN TIP, ITEMS CAN GET CAUGHT IN THE PEDALS. TAKE EXTRA CARE WHEN FOLDING, TRANSPORTING, UNFOLDING AND MAKING ANY ADJUSTMENTS TO PRODUCT. WHEN USING DESK AREA TO PLACE ITEMS ON – ALWAYS USE SAFETY STRAP TO HOLD ITEM DOWN. IF YOU DO NOT HAVE A STRAP. CONTACT US. WE CAN HELP.

WE WANT YOU TO SAFELY USE THIS PRODUCT. PLEASE DO NOT HESITATE TO EMAIL, CALL OR TEXT IF YOU HAVE ANY QUESTIONS.

EMAIL: CUSTOMERSERVICE@FITDESK.NET

PHONE: 615-669-9004



Where Productivity and Health Converge

If you need to return:

**PLEASE CONTACT US FOR REPACKAGING
INSTRUCTIONS**

OR

**FOR ASSEMBLY INSTRUCTIONS,
MISSING PARTS, OR FOR HELP WITH A
QUESTION at :**

Customerservice@fitdesk.net

Also we have a detailed FAQ section at our website
www.FitDesk.net

Or call Monday to Friday 9am to 5pm CST
615-669-9004

For fastest possible service please have:

- Model # (refer to this manual)
- Serial # (located on stabilizer bar sticker)



Technical Specs Table of Contents

Technical Specifications

Recommended User Height Range = 4'10" to 6'5" (147cm to 199cm)

Recommended Max User Weight = 300lbs (136kgs)

Weight of Bike: 47lbs

Foot Print in OPEN position = 16" wide X 26" long X 45" high

Table of Contents

- [] Precautions
- [] Parts and Maintenance
- [] Get to know your FitDesk 2.0
- [] Assembly Instructions
- [] Meter Instructions
- [] Contact Information



Precautions Please read this section

Precautions... Please read before assembly or operations

1. Read the entire manual before assembling and using the equipment. Safe use can only be achieved if the equipment is assembled, maintained and used properly. All users of the equipment must be informed of all warnings and precautions.
2. Before starting or using this equipment including massage roller you should consult your doctor to determine if you have any health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Before using massage roller it is your responsibility to learn if use of this can cause or aggravate conditions regarding your health. Your doctor's advice is essential if you are taking any medication.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions or any other signs that concern you, Please consult your doctor before continuing with your exercise program.
4. Fingers can get pinched when picking up the bike. Lift by seat and handlebar only.
5. The frame must be in the closed and locked position prior to transport. Frame locks in closed position.
6. Read and follow the warning stickers on the FitDesk®.
7. Warm-up stretching is recommended before exercise. ALWAYS USE GOOD POSTURE
8. Make sure your all devices are tightly secured to the desk top by the strap provided. Keep wires from getting tangled while pedaling.
9. Mount and dismount carefully.
 - Extreme movements CAN TIP MACHINE
 - INJURY AND EQUIPMENT DAMAGE CAN OCCUR
 - Do not use while standing on pedals
10. Keep pets and young children away from the equipment.
11. Use the equipment on a solid, level surface with a protective cover for your floor or carpet. The equipment should have at least one yard of free space all around it.

Precautions... Please read before assembly or operations

12. Inspect and tighten all parts often. Replace any worn parts immediately. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

13. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.

14. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or clothing that may restrict or prevent movement.

15. Do not exceed maximum recommended user weight of :300lbs, 136 kg
Recommended for ages 13+

16. The equipment is suitable for home and office use only. Do not use in commercial or rental settings. This item was not intended or designed for use in commercial or public places.

17. Keep wires from getting tangled in pedals. Suggestion is to wrap computer-charging wires over meter holder to keep away from pedals and in center of desk, NOT on side.

18. Do not stand while pedaling.
For light use only

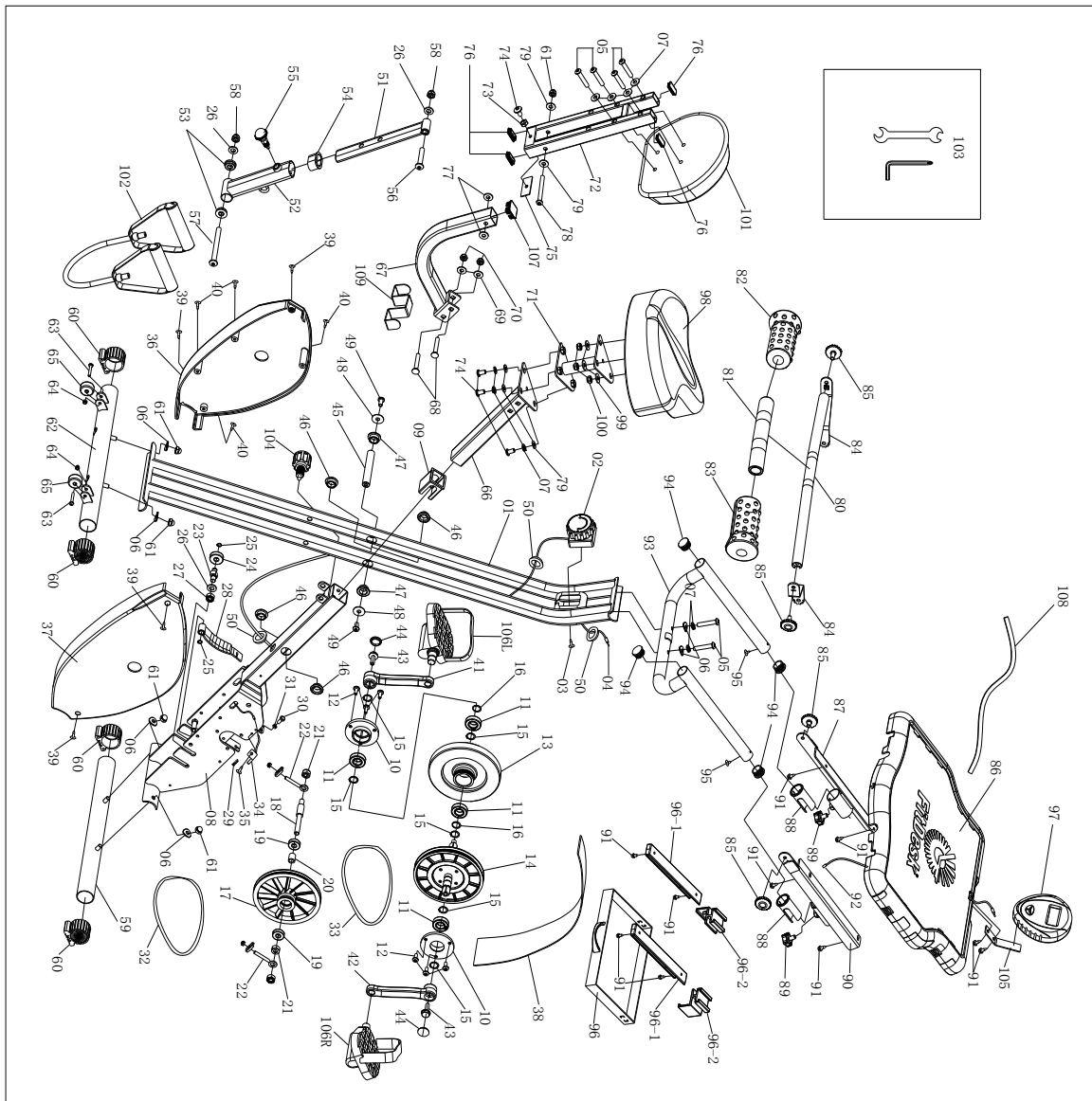
19. SADDLE COMFORT We here at Revo Innovations LLC love cycling and try to ride everyday. But we do remember how painful it was to “adjust” to cycling saddles. There is no “magic” way to ease the discomfort caused when spending time on a saddle. The good news is it can be a “one time” event. As a safety precaution we recommend you consult with a doctor if you feel pain or are concerned about issues that are outside the explanation here about saddle comfort. We recommend these tips to help make adjusting easier.

- Wear padded cycling shorts
- When you feel pain exit cycle and walk around for a few minutes before getting back on
- Use padded saddle cover (we like the sheepskin type)
- Try different saddles (we have adapter available for lowest possible costs) with free return shipping.

20. Resistance Bands: Do not use when person is in area. Never let go of handles while stretching. Do not stretch too far. Replace when you see any signs of wear. Do not take off of bike to use. Do not allow children to play with them. Do not twist while using.

TIP:

- Check Pedal tightness with 15mm wrench WHEN NEW THEN AFTER 30 miles. KEEP VERY TIGHT. IF you hear a “click” noise when pedaling the pedals are loose. Retighten and install **THREAD LOCK TO PEDAL THREADS**.
- Tighten Crank Arms with 14mm socket after initial 100 miles use.
- Check Crank Arm and Pedal tightness every 300 miles
- Check Base Stabilizers for tightness every 300 miles
- FitDesk® uses a low maintenance twin belt drive mechanism and rarely ever needs adjusting. However if belt slipping is noticed remove gearbox covers, loosen Idle wheel nuts (21) and tighten adjuster nuts (22) till slipping stops. Re-tighten and Re-assemble
- Check frame, seat mount, handlebar mounting areas for wear. Do not use if any sign of frame cracking. Contact us here at Revo Innovations LLC.



Complete Exploded View

NO	DESCRIPTION	QTY.	NO	DESCRIPTION	QTY.	NO	DESCRIPTION	QTY.
1	Main Frame	1	38	Front Cover	1	75	EVA Foam Rubber Cushion 20*33*3t	1
2	Resistance Adjuster	1	39	Oval Head Cross Drill Tapping Screw ST4.2*19L	4	76	Rectangle Tube Plug	4
3	Oval head cross screws M5*20L	1	40	Oval Head Cross Self-tapping Screw ϕ 8.5*ST4.2*20L	4	77	Plastic Washer ϕ 20* ϕ 8.5*2t	2
4	Meter Wire L:1000	1	41	Left Crank 9/16"*127	1	78	Flat Head Socket Head Screw M8*75L	1
5	Oval Head Socket Head ScrewM8*45L	6	42	Right Crank 9/16"*127	1	79	Flat Washer ϕ 16* ϕ 8.2*1.5t	5
6	Curved Washer ϕ 8.2* ϕ 20*1.6t	6	43	Flange Hexagonal Bolt M10*1.25*7t	2	80	Armrest Arm	1
7	Spring Washer for M8	9	44	Crank End Plug M20	2	81	Foam Cover for Armrest Arm	1
8	Gearbox Plate	1	45	Axis of Support ϕ 15.9*95	1	82	Left PU Roller	1
9	Inner Tube Gunn Cover	1	46	Metal Collar ϕ 28* ϕ 22*10	4	83	Right PU Roller	1
10	Zinc Alloy Bearing Bracket	2	47	Plastic Collar ϕ 28* ϕ 22*10	2	84	Armrest Adjustment Plate	2
11	Bearing 6003Z2	4	48	M8 Special Washer ϕ 8.2* ϕ 26*1.6t	2	85	Armrest Adjustment Knob M8	4
12	Oval Head Cross Screws M6*1.0*15L	6	49	Flat Head Socket Head Screw M8*15L	2	86	Desk	1
13	Flywheel	1	50	Rubber Meter Wire Plug 26*21*11.5	3	87	Left Desk Slider	1
14	Main Belt Wheel	1	51	Upper Support Bar	1	88	Cover for Slider	2
15	Axial Spring Ring ϕ 17	6	52	Adjusting Support Bar	1	89	Adjusting Knob	2
16	Curve Type Washer ϕ 17	2	53	Shaft Sleeve	2	90	Right Desk Slider	1
17	Idle Wheel ϕ 150*29	1	54	Gunn Cover for Support Bar	1	91	Flange Hexagon Cross Self-tapping Screw ST5.0*15L	10
18	Drive Shaft ϕ 14*98	1	55	Frame Lock Pin M12*1.75* ϕ 8	1	92	Meter Wire	1
19	Bearing	2	56	Oval Head Socket Head Screw M10*50L	1	93	U shaper Handlebar	1
20	Drivepipe	1	57	Oval Head Socket Head Screw M10*100L	1	94	Round Tube Plug	4
21	Hex Nut M10*1.25	3	58	Hooded Nut Nickel-plated M10	2	95	Stop Pin	2
22	Pull Block Bolt M6*50L	2	59	Front Stabilizer	1	96	Drawer	1
23	Idle Axis	1	60	Stabilizer Cap	4	96-1	Drawer Rails	2
24	Bearing 6200Z2	1	61	Hooded Nut M8*1.25	5	96-2	Sliding blocks	2
25	Circlip	2	62	Back Stabilizer	1	97	Meter	1
26	Flat Washer ϕ 10.2* ϕ 20*2t	3	63	Oval Head Cross Screw M6*45L	2	98	Saddle	1
27	Nylon Nut M10*1.25	1	64	Nylon Nut M6	2	99	Flat Washer ϕ 20* ϕ 8.2*1t	3
28	Magnet Plate	1	65	Universal Moving Wheel ϕ 22* ϕ 6.5*30L	2	100	Nylon Nut M8*1.25	3
29	Spring	1	66	Saddle Adjusted Tube	1	101	Seat Back	1
30	Hex Screw M6*15	1	67	Seat Back Bent Pipe	1	102	Resistance Bands	1
31	Hex Nut M6*1.0	1	68	Carriage Bolt M8*1.25*50L	2	103	Spanner & Hex Wrench	1
32	Belt 230J	1	69	Flat Washer ϕ 20* ϕ 8.2*1t	2	104	Plum flower Pull Pin M16	1
33	Belt 230J	1	70	Nylon Nut M8*1.25	2	105	Meter Holder	1
34	Meter Wire bottom part	1	71	Universal Saddle Extender	1	106	Paddle set right&left 9/16"	1
35	Oval Head Cross Screw M4*10	1	72	Backing Tube	1	107	Square Tube Plug	1
36	Left Chain Cover	1	73	Hex Nut M8*1.25	1	108	Hold Down Straps 105cm	1
37	Right Chain Cover	1	74	Oval Head Socket Head Screw M8*15L	4	109	Resistance Band Hooks	1



Get to know your
New FitDesk® 2.0

Precautions... Please read before assembly or operations

SEE OUR COMPLETE LINE OF ACCESSORIES TO CUSTOMIZE YOUR NEW FITDESK® AT www.fitdesk.net



Sliding Desk for comfortable daily use

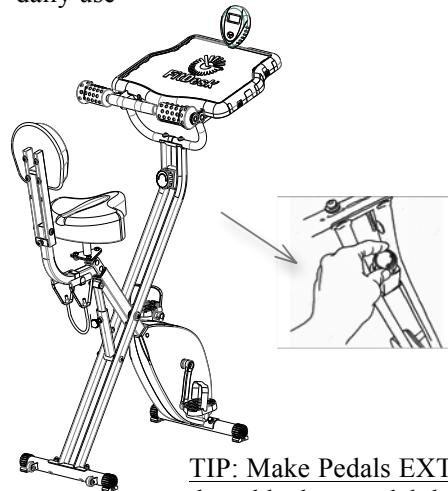
Cycle computer tracks Time, Speed, Distance, Calories and Total miles

PRESS MODE BUTTON AT VERY BOTTOM

Seat Back for multi-position use

Resistance Bands provides convenient and effective upper body exercise

Easy and safe folding frame design

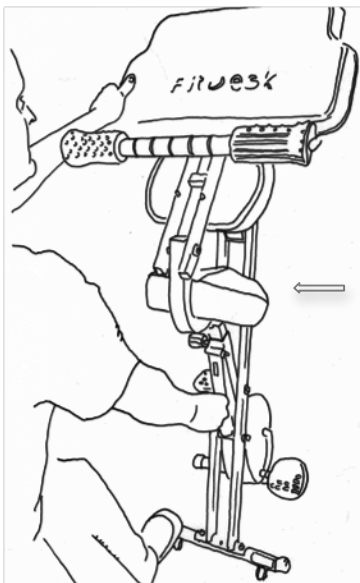


Under desk storage drawer.

Resistance knob adjusts pedal tension with plenty of room to grow into

FRAME UNLOCK OPERATION

TIP: Make Pedals EXTRA Tight during Assembly. Use thread lock on pedal threads during assembly



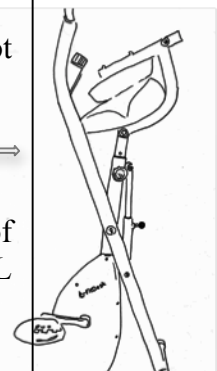
This model FitDesk® uses a Quick release frame unlock design.

As a safety precaution please use the technique shown here to Open and Close

To Open: pull pin on frame support while placing foot on base. Then release

To Close:

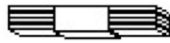
1. Remove any items on desk and in drawer.
2. Pull pin and close frame by lifting on bottom of saddle and desk. Frame is locked when PULL PIN clicks in.



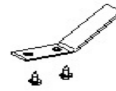
Parts List



SADDLE



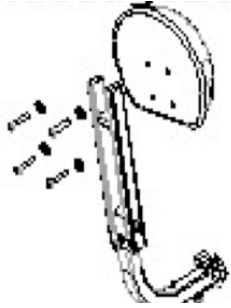
DESK STRAP



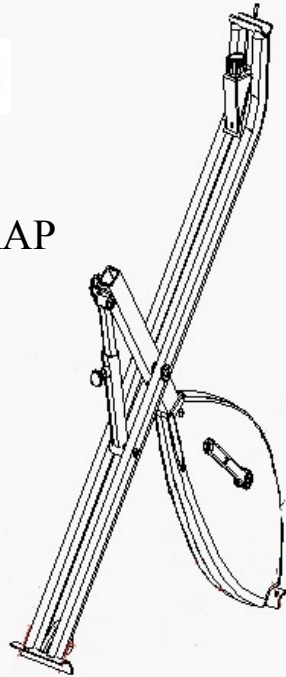
METER
HOLDER



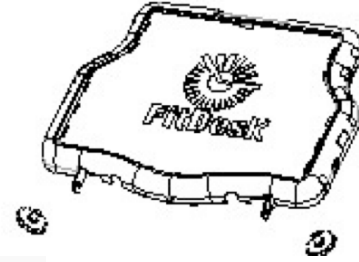
METER



SADDLE
BACK
ASSEMBLY



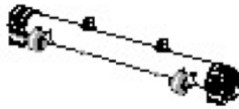
MAIN FRAME



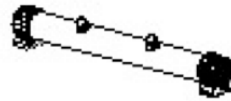
DESK



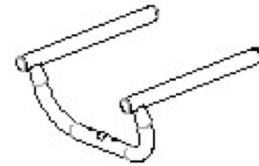
SADDLE POST



REAR
STABILIZER



FRONT
STABILIZER



DESK FRAME
SUPPORT



SADDLE
HEIGHT



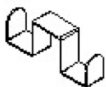
RESISTANCE BANDS



PEDALS



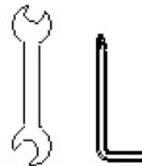
MESSAGE BAR



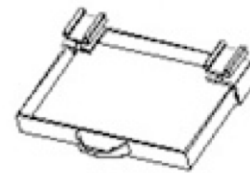
RESISTANCE
BAND
HOLDER



SADDLE
HEIGHT
ADJUSTER
KNOB



ASSEMBLY
TOOLS



DESK DRAWER

MOUNTING HARDWARE IS LOCATED
ON PARTS THEY ARE TO BE
INSTALLED ON FOR EASY IDENTITY

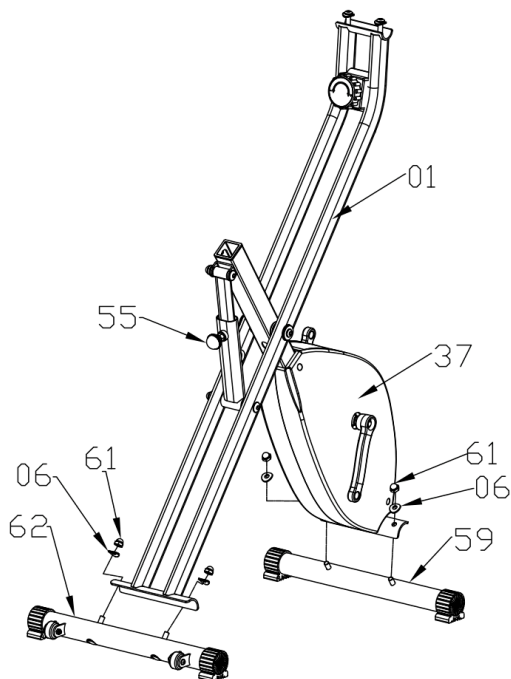
Assembly Instructions

Step #1 Install Stabilizers

Remove Main Frame (01) and all components and place on a clean durable surface. Note: most mounting hardware is pre-installed for easy matching during assembly. Tools are provided

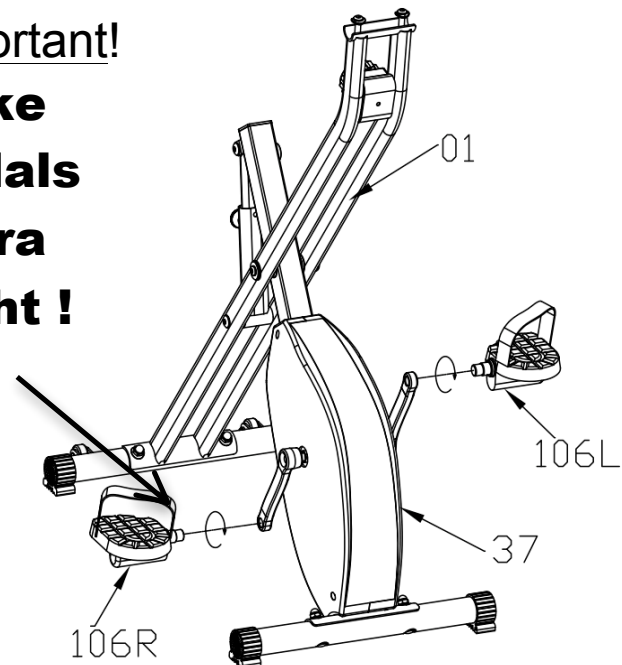
- Unlock Main Frame (01) to “Open” position by pulling Frame Lock Pin (55) while pushing lightly with foot on stabilizer, then release.
- Install front (59) and rear (62) stabilizers to Main Frame (01) with hex cap nuts (61) and curved washer (06), tighten securely. Rear Stabilizer has transport wheels.

STEP#1



STEP#2

Important!
**Make
Pedals
Extra
Tight !**



Note: Pedals must be made extra tight. USE 5/8” or 15mm Wrench

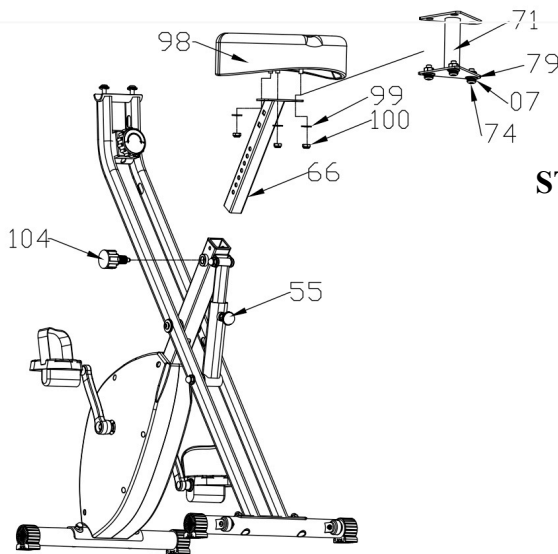
TIP: Tap end of wrench with Hammer till EXTRA Tight. Use thread lock on pedal threads.

Step #2 Install Pedals

- **Note: Left Pedal installs counter clockwise.** Install by rotating to LEFT. Use care that Pedal Shaft is Perpendicular to Crank Shaft. Use 5/8” or 15mm wrench or supplied wrench to tighten. Check pedals often for tightness when new.
- **Note:** Crank arms should be checked for tightness using 14mm socket after first couple hours of use.

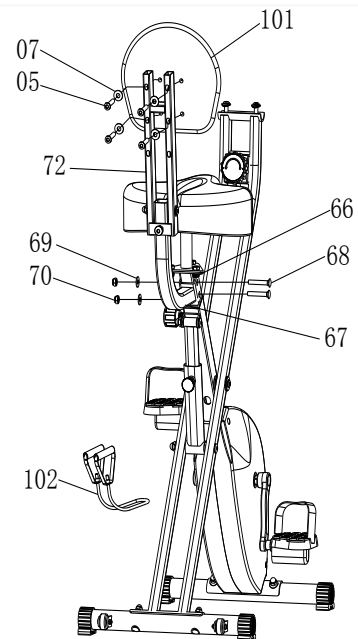
Step#3 Install Saddle Tube and Saddle

- Install Saddle Tube Adjuster Knob (104)
- Assemble Saddle (98) to Seat Tube (66) using Nut (100) and Washer (99)
- **Note: FitDesk® is supplied with optional saddle height extender (71) for increased leg extension if needed. Recommended for use if taller than 5'9" / 175cm**
- Height is adjusted using Knob (104). You do not have to remove to adjust. Loosen and Pull – retighten.



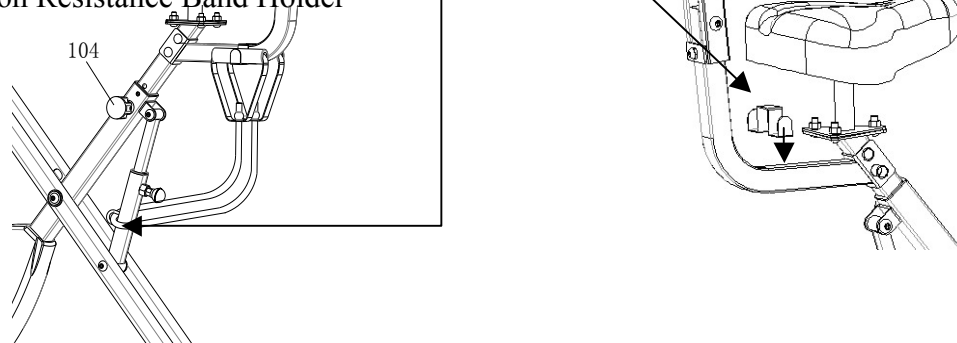
STEP#4 Install Saddle Back

- Mount Saddle Back Assembly (67) to Saddle Post (66) with Carriage Bolt (68), Nuts (70), Washers (69)
- Choose High or Low Position and Mount Saddle Back Cushion (101) to Saddle Back (72) using bolt (05) and washer (07).



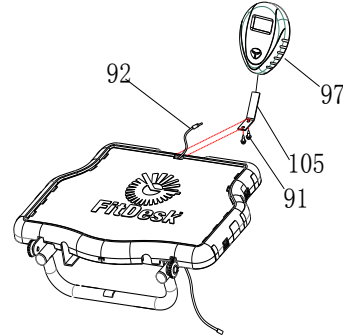
STEP#5 Install Resistance Bands

- Clip Resistance Band Holder to Seat Back Tube here –
- Place one RB Handle through opening here:
- Place Tube in metal loop
- Hang handles on Resistance Band Holder



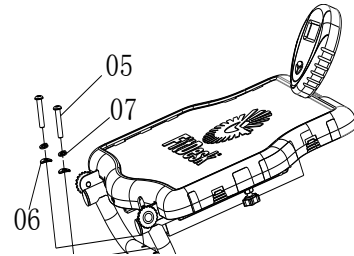
STEP#6 Install Meter Holder to bottom of desk

- Slide Meter Holder (105) and meter wire through opening in top center
- Install and tighten 2 screws (91) through Meter Holder (105)
- Slide Meter (97) on to Meter Holder (105) and plug meter wire in to back of meter



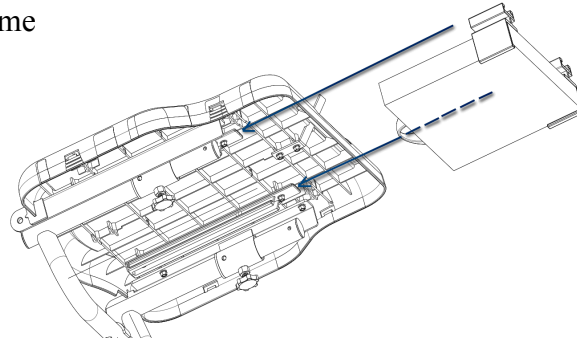
STEP#7 Install Desk Assembly to bike frame

- Locate and remove 2 handlebar mounting bolts (05) with washers (07,06) in bike main frame.
- Place Desk over bike main frame and install the 2 bolts with washers in to threaded holes as shown to right.
- Tighten with 5mm hex wrench to a snug fit. Do NOT over tighten
- Connect Meter wire (92) to wire from frame



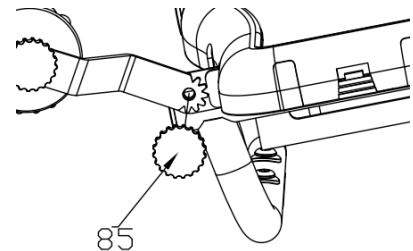
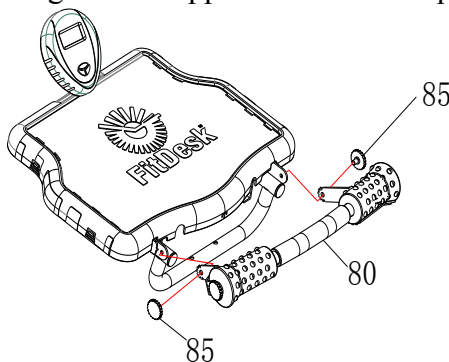
STEP#8 Install Drawer to Desk

- Align and Slide Drawer Assembly to Desk Rails located on bottom of Desk.
- Push through to rider side



STEP#9 Assemble Massage Bar Arm Rests

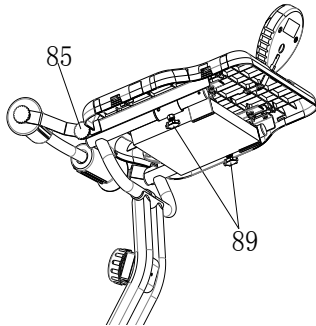
- Bolt Massage Bar (80) to Desk using Knob Bolts (85)
- Massage Bar (80) can be set in 3 positions above Horizontal. Choose a desired height. Align each Support Arm in same position on each side. Tighten Knob Bolt (85)



3 position armrest height adjustment

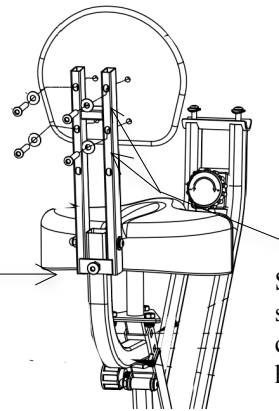
STEP#9 Adjust for comfort

- Massage Bar has 3 positions for supporting arms while in use. Remove knob (85) and lift or lower to best position. Re-install and Tighten Knob
- Desk and ride position can be adjusted by loosening Knobs (89) located on underside of Desk. Slide to comfortable position and Tighten Knobs.
- Saddle Height can be adjusted for comfortable use while pedaling. Loosen Knob (104), Pull to release pin, adjust to height, release and tighten Knob.

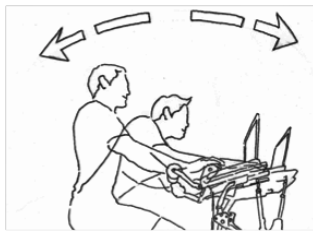


Loosen knobs (89) to slide desk.
Raise or Lower Massage Bar with Knob (85)

Adjust Saddle Back Tilt Forward or Backward Here Use 5mm Hex Key

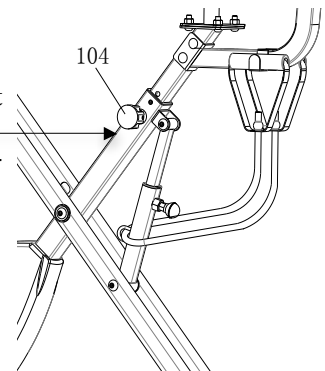


Saddle Back can be set lower or high by choosing mounting hole.



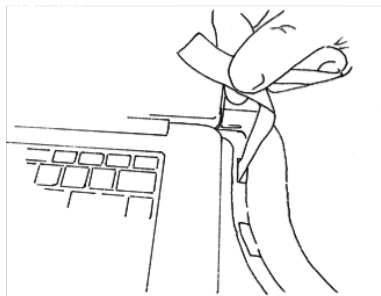
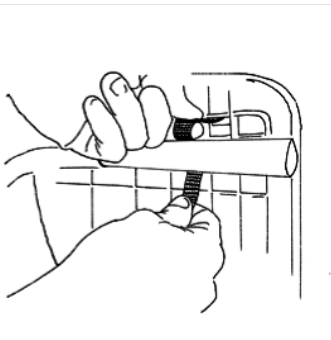
Use upright or semi-recumbent

Easy adjust seat height knob
Loosen, pull, adjust, re-tighten



Hold Down Strap

Thread Hold Down Strap Through Openings in Desk and around device. Wrap Thru "D" rings and pull tight



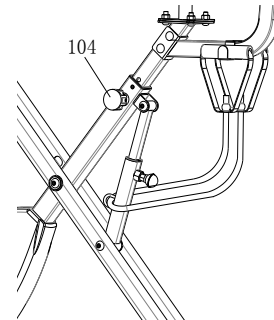
Resistance Bands

Your FitDesk® is supplied with a Premium Latex Resistance Band. Having this proven fitness staple near you throughout the day is a great option for more exercise. Here we want you to take a look at ways you can use your FitDesk® Resistance Bands and also show you how to maintain them for maximum safety.

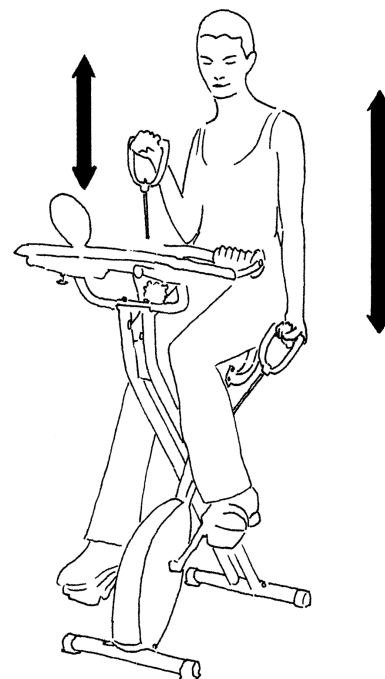
 **Warning**

Never stretch the tube more than 2 times its length.

Never use bands with people near you so if you loose grip of band you will hit them or yourself. Do not direct resistance band too close to your face. Always inspect the tube, handle and locking device before use. Look for cracks, cuts, wear marks. Handles must be checked they are free of cracks and all components are secure. Use caution to assure the tube is passing only through “Loop” in frame support tube. Do not use bands in a “sawing” motion through frame loop. Take care of bands to assure they are safe before each use.. Contact us for replacements. Use caution when reaching under saddle to mount handles on hanger. Stop pedaling, drop handles on floor and dismount and put handles on. Do not pedal bike and do arm exercises at the same time. Use caution not to get the resistance bands caught in the pedal arms. Fitness training can result in serious injury or death if not done safely and properly. Risk can be reduced if take common safety measures to avoid injuring yourself or others. Over stretching the bands can cause damage to band which may result in the band breaking unexpectedly. These bands are for light use.

**Handle rest on Hanger Under Saddle****How to use the FitDesk® Resistance Bands:**

- Stop pedaling
- Reach under saddle and grab hold of both handles.
- Raise 1 arm at a time while holding the other arm in position.
- Repeat the other side.





Meter Instructions

Performance Monitor Operation Manual and Troubleshooting

Specifications:

Speed = Miles per hour

Distance = Mi

Calories = Kcal

Odometer = Mi

Button Functions:

Mode: (Select/Reset) Press BELOW THE PRINTING "MODE"

Clear (Reset)

Set: Toggles data

OPERATION PROCEDURES:

1. AUTO ON/OFF

◆ The system turns on when any key is pressed or when it senses input from the speed sensor.

2. RESET

The unit can be reset by pressing the RESET key. Make sure NOT in SCAN MODE. Each field resets independent from each other.

3. MODE – tap twice to take out of SCAN MODE.

To choose a function, press the MODE key when the pointer is on the function you want. It will begin blinking. Press MODE key in lower area of button.

FUNCTIONS:

1. TIME: Press the MODE key until the pointer is on TIME. The time of the workout will be displayed.

2. SPEED: Press the MODE key until the pointer advances to SPEED. The current speed will be shown.

3. DISTANCE: Press the MODE key until the pointer advances to DISTANCE. The distance of each workout will be displayed.

4. CALORIE: Press the MODE key until the pointer advances to CALORIE. The calories burned will be displayed.

5. ODOMETER Press the MODE key until the pointer advances to ODOMETER. The total accumulated distance will be displayed.

SCAN: Automatically display changes every 4 seconds.

Trouble Shooting

BATTERY: If there are problems with the display try reinstalling the battery.

Connection: If no reading when pedaling disconnect, clean and reconnect link.



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