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## FitDesk 3040

# FitDesk Under Desk Elliptical Pedal Machine User Manual

**Brand:** FitDesk

**Model:** 3040

## INTRODUCTION

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If you spend part of your day sitting actively, wishing you could get more activity and feel more alert without leaving your introduction, the FitDesk Under Desk Elliptical is for you. Unlike most under-desk peddlers, the FitDesk Under Desk Elliptical uses a smooth forward and backward blending motion. This movement is found in larger elliptical machines. It creates a fluid motion for your legs while preventing your knees from hitting the bottom of your desk. Includes a desktop stand for your digital meter so you can easily track your progress without looking under your desk. The gear lever allows for hands-free tension adjustment so you can stay focused on the task at hand. With FitDesk, you can change your environment, not your lifestyle.



*Image: The FitDesk Under Desk Elliptical, showing the main unit and the detached digital performance meter.*

## KEY FEATURES

- **Low Pedal Rotation Height:** Works with many desks, featuring the lowest pedal rotation height available at only 8 inches (20.3 cm), suitable for desks as low as 25 inches (63.5 cm).
- **Smooth and Quiet Operation:** Equipped with 8 magnetic resistance positions and a balanced flywheel to ensure fluid and silent pedal motion.
- **Convenient Digital Display:** Includes a desktop stand for easy access to the 6-function digital display, allowing you to monitor speed, distance, calories, and time without looking under your desk.
- **Hands-Free Tension Adjustment:** Features a foot-shifter for easy, hands-free adjustment of resistance levels.
- **Bi-directional Movement:** Supports both forward and backward pedaling, creating a smooth elliptical motion for your legs.
- **Portable and Compact Design:** Designed to be easily moved and stored, weighing approximately 31 pounds (14.06 kg).



**HEAVY FLYWHEEL FOR UNMATCHED PERFORMANCE**  
*Smooth & whisper quiet*



**NO REACH EASY FOOT SHIFTER**  
*Never struggle to change the resistance*



**MOUNTED METER**  
*For use on cycle or removes for desktop use*



**LARGE PEDALS ARE EASY TO LOCATE UNDER DESK**  
*Comfortable when in use or not*



**LOWEST PEDAL HEIGHT UNDER 8 INCHES**  
*Can work with desks as low as 25 inches*

**GET A GREAT WORKOUT  
WHILE SEATED**

*Image: Diagram highlighting key features such as the heavy flywheel, no-reach easy shifter, mounted meter, large pedals, and lowest pedal height.*

# PRODUCT DIMENSIONS



Image: Visual representation of exercise features including foot-shifter, digital meter, 8-position magnetic resistance, low pedal rotation height, and bi-directional pedaling.

## SETUP AND ASSEMBLY

The FitDesk Under Desk Elliptical comes partially assembled. Follow these general steps for complete setup:

- 1. Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the packing list (not provided in this manual, refer to product packaging) are present.
- 2. Attach Pedals:** Securely attach the left and right pedals to their respective crank arms. Ensure they are tightened properly to prevent wobbling during use.
- 3. Connect Digital Meter:** Connect the cable from the elliptical unit to the digital performance meter. Place the meter on its included desktop stand for easy viewing.
- 4. Insert Batteries:** Install 2 AAA batteries into the digital meter as indicated in the battery compartment.
- 5. Position the Unit:** Place the elliptical on a flat, stable surface under your desk. Ensure there is enough clearance for your knees and legs to move freely without hitting the desk.

# BUILD A MORE ACTIVE LIFESTYLE WITH **FITDESK**



*Image: A user demonstrating the FitDesk Under Desk Elliptical in use beneath a desk, highlighting its compact fit.*

## OPERATING INSTRUCTIONS

To get the most out of your FitDesk Under Desk Elliptical, follow these operating guidelines:

- **Placement:** Position the elliptical directly under your desk. Ensure your chair allows for comfortable pedaling without strain. The low pedal height is designed to fit under most desks.
- **Adjusting Resistance:** Use the foot-shifter located on the unit to adjust the magnetic resistance. There are 8 levels of resistance. Push the lever forward or backward with your foot to increase or decrease the intensity of your workout.
- **Using the Digital Meter:** The digital meter displays your workout data.
  - **SCAN:** Cycles through all functions automatically.
  - **SPEED:** Shows your current pedaling speed.
  - **DISTANCE:** Displays the distance covered during your session.
  - **TIME:** Tracks the duration of your workout.
  - **CALORIES:** Estimates the calories burned.

- Press the "MODE" button to select a specific function or to start/stop the timer. Press and hold "RESET" to clear all data.
- **Pedaling Motion:** The elliptical supports both forward and backward pedaling. Experiment with both directions to engage different muscle groups and vary your workout.
- **Stability:** For optimal stability, especially on smooth floors, consider placing the unit on a non-slip mat or against a wall.

## MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your FitDesk Under Desk Elliptical.

- **Cleaning:** Wipe down the unit regularly with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners or solvents that could damage the finish.
- **Inspection:** Periodically check all bolts and connections to ensure they are tight. Re-tighten if necessary.
- **Storage:** When not in use, store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace the AAA batteries in the digital meter when the display becomes dim or stops functioning.

## TROUBLESHOOTING

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If you encounter issues with your FitDesk Under Desk Elliptical, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Unit is noisy or squeaks during use.	Loose bolts or connections; friction between moving parts.	Check and tighten all assembly bolts. Ensure the unit is on a flat, stable surface.
Resistance feels too high or too low.	Resistance setting is incorrect; internal mechanism issue.	Adjust the resistance using the foot-shifter. If the issue persists, contact customer support.
Digital meter not displaying data.	Dead batteries; loose cable connection.	Replace the AAA batteries. Check that the meter cable is securely plugged into the unit.
Unit slides on the floor during use.	Smooth floor surface; lack of grip.	Place the unit on a non-slip mat or carpet. Position it against a wall or sturdy furniture for added stability.

## PRODUCT SPECIFICATIONS

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Image: Diagram illustrating the key dimensions of the FitDesk Under Desk Elliptical, including length, height, and width.

Specification	Detail
Brand	FitDesk
Model Name	Under Desk Elliptical
Item Model Number	3040
Color	White
Main Material	Aluminum
Product Dimensions (L x W x H)	76.2 x 25.4 x 50.8 cm (30 x 10 x 20 inches)
Item Weight	14.06 kilograms (31 Pounds)
Maximum Weight Capacity	300 Pounds
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Maximum Stride Length	18 Inches
Screen Size (Digital Meter)	8 Inches
Meter Functions	Calories Burned, Distance, Time, Speed
Batteries Required	2 AAA (included)
Included Components	Under Desk Elliptical, Digital Meter with Desktop Stand
Special Features	Hands-free Resistance Change

## WARRANTY AND SUPPORT

For warranty information, technical support, or replacement parts, please contact FitDesk customer service. Refer to the product packaging or the official FitDesk website for the most current contact details and warranty terms.

**Manufacturer:** FD Products Inc.

