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DeskCycle DSK-SPO-ELLIPSE-BK

DeskCycle Ellipse Leg Exerciser User Manual

Model: DSK-SPO-ELLIPSE-BK

1. INTRODUCTION

Welcome to the DeskCycle Ellipse Leg Exerciser user manual. This compact under-desk elliptical machine is designed to help you stay active and productive while sitting.

The DeskCycle Ellipse allows you to burn calories, boost energy levels, increase productivity, and reduce stress, making it an ideal exercise solution for office environments, home use, physical therapy, or general fitness.

2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the DeskCycle Ellipse is placed on a stable, level surface during use to prevent tipping.
- Maintain adequate clearance around the unit to avoid obstruction during operation.
- Keep children and pets away from the exerciser during use.
- Do not stand on the pedals. This device is designed for seated use only.
- If you experience any pain, dizziness, or discomfort, stop exercising immediately and consult a physician.
- Do not attempt to modify or disassemble the unit. Refer all servicing to qualified personnel.

3. PACKAGE CONTENTS

Upon opening your DeskCycle Ellipse package, please verify that all components are present and undamaged.

- DeskCycle Ellipse Main Unit
- Removable LCD Display
- Display Stand (for desktop placement)
- Extension Cable for LCD Display
- 2 x AAA Batteries (pre-installed or included separately for the LCD display)
- User Manual (this document)



Image: The DeskCycle Ellipse main unit, showing the elliptical machine with its large pedals and the attached LCD display unit.

4. SETUP AND ASSEMBLY

The DeskCycle Ellipse comes largely pre-assembled. Follow these steps for quick setup:

1. **Unpacking:** Carefully remove the unit from its packaging.
2. **Pedal Installation (if required):** The pedals are typically pre-attached. If not, ensure they are securely pushed down into the arm and fastened with the provided screws.
3. **LCD Display Setup:**
 - Insert the 2 AAA batteries into the LCD display unit if not already installed.
 - Connect the display cable to the port on the main unit.
 - You can either mount the display directly onto the front of the machine or use the included display stand and extension cable to place it on your desk for easier viewing.
4. **Placement:** Position the DeskCycle Ellipse under your desk or in your desired exercise area. Ensure there is enough clearance for your legs and the elliptical motion.

A FLEXIBLE FIT

for Fitness



EXTRA LONG PEDALS

Fit Exercise Anywhere



PLACE FEET BACK

For lower, flatter motion



PLACE FEET FORWARD

For full, circular rotation



Image: A close-up view of the removable LCD display, showing its functions for tracking revolutions, RPM, time, and calories burned. The display can be placed on a desk for convenience.

5. OPERATING INSTRUCTIONS

5.1 Getting Started

Once set up, simply sit in your chair and place your feet on the pedals. Begin pedaling in a smooth, controlled motion.

5.2 Adjusting Resistance

The DeskCycle Ellipse features 8 levels of magnetic resistance.

- Locate the tension control knob on the front of the unit.
- Turn the knob clockwise to increase resistance (making pedaling harder).
- Turn the knob counter-clockwise to decrease resistance (making pedaling easier).
- Start with a low resistance level and gradually increase as your fitness improves.

CUSTOMIZE

Your Workout

8 magnetic resistance levels offer anyone a challenge



Image: The DeskCycle Ellipse with a close-up on the tension control knob, illustrating the 8 resistance levels from low to high.

5.3 Understanding the LCD Display

The LCD display tracks your workout metrics. Press the button on the display to cycle through different functions:

- **Revolutions (R):** Total number of pedal rotations.
- **RPM:** Revolutions Per Minute (current pedaling speed).
- **Time (T):** Elapsed workout time.
- **Calories Burned (C-CALS):** Estimated calories burned during your session.
- **Scan Mode:** Automatically cycles through all metrics.

5.4 Foot Placement for Varied Workouts

The extra-long and wide pedals allow for flexible foot placement to target different muscle groups and vary the elliptical motion:

- **Feet on Top/Middle of Pedal:** Maximizes the up/down movement, similar to a traditional elliptical.

- **Feet Towards the Bottom/Heel of Pedal:** Encourages a flatter, more horizontal stride, engaging different leg muscles.
- **Feet Towards the Front/Toe of Pedal:** Promotes a fuller, more circular rotation.



Image: A visual guide demonstrating how different foot positions on the pedals (forward, middle, back) can alter the elliptical motion and engage various leg muscles.

6. MAINTENANCE

The DeskCycle Ellipse is designed for low maintenance. Follow these guidelines to ensure longevity:

- **Cleaning:** Wipe down the unit regularly with a damp cloth. Avoid abrasive cleaners or solvents.
- **Lubrication:** If you notice any clicking noises from the wheels or base, apply a small amount of silicone-based lubricant to the wheel track. This is typically not required for the magnetic resistance system itself.
- **Storage:** When not in use, the unit can be stored on its side. The hidden pedal locks help keep the pedals in place during transport or storage.
- **Battery Replacement:** Replace the AAA batteries in the LCD display when the screen becomes dim or unresponsive.

Work Out **ANYWHERE**



Image: A person demonstrating the portability of the DeskCycle Ellipse, holding it by its cushioned carry handle. This highlights its ease of movement and storage.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Clicking noise during operation	Lack of lubricant on wheel track; debris on track.	Apply a small amount of silicone-based lubricant to the wheel track. Ensure no debris (e.g., pet hair) is on the track.
LCD display is dim or not working	Low or dead batteries; loose cable connection.	Replace the 2 AAA batteries. Check that the display cable is securely connected to the main unit.
Unit slides on floor during use	Smooth flooring surface (e.g., wood, tile) without proper grip.	Place the unit on a carpeted surface or use a non-slip mat underneath.

Problem	Possible Cause	Solution
Feet slide on pedals	Using without appropriate footwear (e.g., socks only); high resistance setting.	Wear athletic shoes with good grip. Consider lowering the resistance if sliding persists.

8. SPECIFICATIONS

Feature	Detail
Brand	DeskCycle
Model Number	DSK-SPO-ELLIPSE-BK
Product Dimensions (D x W x H)	23"D x 18"W x 10"H
Item Weight	30.1 pounds (13.68 Kilograms)
Material	Steel and High-Impact Plastic
Resistance Mechanism	Magnetic
Resistance Levels	8
Maximum Stride Length	18 Inches
Screen Size (LCD Display)	2.2 Inches
Batteries Required	2 x AAA (included)

9. WARRANTY AND SUPPORT

For specific warranty information regarding your DeskCycle Ellipse, please refer to the documentation included with your purchase or visit the official DeskCycle website.

If you require technical assistance, have questions about operation, or need to report an issue, please contact DeskCycle customer support. Contact details can typically be found on the manufacturer's website or on your purchase receipt.

Online Resources:

- Official DeskCycle Store: [Visit the DeskCycle Store on Amazon](#)
- User Manual (PDF): [Download PDF Manual](#)