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› Node Fitness Under Desk Exercise Bike Pedal Exerciser User Manual

Node Fitness PED-Z195

Node Fitness Under Desk Exercise Bike Pedal Exerciser User Manual

Brand: Node Fitness

Model: PED-Z195

1. INTRODUCTION

Thank you for choosing the Node Fitness Under Desk Exercise Bike Pedal Exerciser. This manual provides essential information for the safe and effective use of your new exercise equipment. This pedal exerciser is designed to provide a low-impact workout for both arms and legs, promoting circulation, increasing range of motion, and burning calories. Its compact design allows for use in various settings, including under desks or for physical therapy.



Image 1.1: The Node Fitness Under Desk Exercise Bike Pedal Exerciser.



Image 1.2: The exerciser is suitable for various home or office environments.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the exerciser. Keep this manual for future reference.

- Consult your physician before starting any exercise program, especially if you have pre-existing medical conditions.
- Ensure the exerciser is placed on a stable, flat surface to prevent sliding during use. Non-skid rubber feet are provided for stability.
- Always check that all parts are securely assembled before each use.
- Do not stand on the exerciser. It is designed for seated use only.
- Keep children and pets away from the exerciser during operation.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- The maximum recommended user weight for this device is 250 pounds.
- Ensure adequate space around the exerciser to avoid obstruction during use.

3. PACKAGE CONTENTS

Verify that all components are present before assembly:

- 1 x Main Exerciser Unit
- 2 x Pedals with adjustable straps
- 1 x Instruction Manual (this document)
- Necessary assembly tools (usually a wrench or Allen key)



Image 3.1: Overview of the exerciser's components including the main unit, pedals, LCD display, and tension knob.

4. SETUP AND ASSEMBLY

Minor assembly is required. Follow these steps:

1. **Attach the Pedals:** Identify the Left (L) and Right (R) pedals. The pedals are threaded to screw into the corresponding crank arms. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Ensure they are tightened securely to prevent loosening during use.

2. **Insert Battery for LCD Display:** Locate the battery compartment on the back of the LCD display unit. Insert 1 AAA battery (not always included, check packaging) ensuring correct polarity.
3. **Position the Exerciser:** Place the exerciser on a firm, level surface. The non-skid rubber feet will help keep it in place. For optimal stability, especially on smooth floors, consider placing it on a mat.

5. OPERATING INSTRUCTIONS

5.1 Using the Exerciser for Legs

For leg exercises, place the unit on the floor in front of your chair or desk. Sit comfortably and place your feet into the pedal straps. Adjust the straps for a secure fit.



Image 5.1: Using the exerciser under a desk for leg workouts.

5.2 Using the Exerciser for Arms

For arm exercises, place the unit on a sturdy table. Sit in front of the table and grasp the pedals with your hands. Adjust the straps if necessary for comfort.



Image 5.2: The exerciser can also be used on a tabletop for arm workouts.

5.3 Adjusting Tension

The exerciser features an adjustable tension knob. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session.

5.4 LCD Display Functions

The large digital LCD screen monitors your workout data. Press the red button to cycle through the following functions:

- **TIME:** Displays the duration of your current exercise session.
- **DISTANCE (DIST):** Shows the estimated distance covered during your workout.
- **SPEED:** Indicates your current pedaling speed.
- **CALORIES (CAL):** Estimates the calories burned during your session.

- **RPM:** Revolutions Per Minute, showing your pedaling cadence.
- **SCAN:** Automatically cycles through all the above functions, displaying each for a few seconds.

To reset the display, press and hold the red button for a few seconds.

6. MAINTENANCE AND CARE

- **Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures. The built-in handle facilitates easy transport and storage.
- **Inspection:** Periodically inspect all nuts, bolts, and moving parts to ensure they are secure. Tighten any loose components.
- **Pedal Tightness:** Regularly check the tightness of the pedals. They can loosen over time with use. Re-tighten them as needed to prevent them from unscrewing.



Image 6.1: The integrated handle allows for easy portability and storage.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Exerciser slides during use.	Smooth floor surface; insufficient pressure.	Place on a carpet or non-slip mat. Ensure proper seating position to apply downward pressure.
LCD display not working.	Battery low or incorrectly installed.	Replace battery (1 AAA). Check battery polarity.
Clicking or grinding noise during pedaling.	Loose pedals; internal friction.	Ensure pedals are tightly screwed in. Apply a small amount of silicone lubricant to moving parts if accessible and safe to do so.
Pedals feel too easy/hard.	Tension knob setting.	Adjust the tension knob clockwise for more resistance, counter-clockwise for less.

8. SPECIFICATIONS

- **Model:** PED-Z195
- **Dimensions (L x W x H):** 15.5"D x 13.63"W x 12"H
- **Weight:** Approximately 9 Pounds
- **Material:** Aluminum, Rubber
- **Color:** Black
- **Maximum Weight Recommendation:** 250 Pounds
- **Display Type:** LCD
- **Power Source:** Battery Powered (1 AAA battery required for display)
- **Controls Type:** Knob (for tension adjustment)



Image 8.1: Product dimensions for the Node Fitness Under Desk Exercise Bike.

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the purchase documentation or contact Node Fitness customer service. Keep your proof of purchase for any warranty claims.

For further assistance, please visit the official Node Fitness website or contact their support team directly.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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