

Sportneer Under Desk Bike Pedal Exerciser

Sportneer Under Desk Bike Pedal Exerciser Instruction Manual

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1. INTRODUCTION

The Sportneer Under Desk Bike Pedal Exerciser is a compact and portable fitness device designed for both arm and leg workouts. It allows users to engage in low-impact exercise while seated, making it suitable for home or office use. This manual provides essential information for the safe and effective operation and maintenance of your exerciser.

Key features include:

- **Arm & Leg Exercise:** Features a 3-grade adjustable strap loop for versatile use.
- **Quiet Operation:** Designed to function silently, minimizing disruption.
- **Adjustable Resistance:** A tension knob allows for customization of workout intensity.
- **LCD Digital Display:** Tracks time, speed, distance, and calories burned.
- **Portable Design:** Compact and easy to move, with an included anti-skid mat for stability.

2. SAFETY INFORMATION

Please read all safety instructions before using the Sportneer Under Desk Bike Pedal Exerciser. Failure to follow these instructions may result in injury or damage to the product.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Use the exerciser on a flat, stable surface. Always place the included anti-skid mat underneath the unit to prevent movement during use.
- Ensure all parts are securely assembled and tightened before each use.
- Keep children and pets away from the exerciser during operation.
- Do not stand on the exerciser. It is designed for seated use only.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Maintain proper posture while exercising to avoid strain.
- Keep hands and feet clear of moving parts.

3. WHAT'S IN THE BOX

Carefully unpack the box and ensure all items are present:

- 1 x Sportneer Mini Exercise Bike
- 1 x Anti-Skid Mat
- Assembly Tools (if required, typically a wrench)

4. SETUP

Follow these steps to assemble your Sportneer Under Desk Bike Pedal Exerciser:

1. **Attach Pedals:** Identify the left (L) and right (R) pedals. Attach them to the corresponding crank arms by screwing them in firmly. The right pedal screws in clockwise, and the left pedal screws in counter-clockwise. Use the provided wrench to ensure they are tight.



Detailed view of pedal attachment using a wrench.

2. **Position Anti-Skid Mat:** Place the anti-skid mat on the floor where you intend to use the exerciser. This mat helps prevent the unit from sliding during use.
3. **Place Exerciser:** Position the mini exercise bike on top of the anti-skid mat.
4. **Adjust Pedal Straps:** The pedal straps are adjustable. Ensure they are set to comfortably secure your feet or hands, preventing them from slipping off during exercise.

MORE PERFECT DESIGN DETAILS



Overview of design details including adjustable pedal loops and anti-skid features.

5. OPERATING INSTRUCTIONS

5.1. Using for Leg Exercise

1. Sit comfortably in a chair with your feet placed firmly in the pedal straps.
2. Ensure the exerciser is positioned at a comfortable distance from your chair, allowing for full pedal rotation without hitting your knees on a desk (if applicable). A minimum desk height of 32 inches is recommended for under-desk use, with approximately 4 inches clearance between your knees and the desk.
3. Begin pedaling in a smooth, controlled motion.

5.2. Using for Arm Exercise

1. Place the exerciser on a stable table or flat surface at a comfortable height.
2. Place your hands in the pedal straps, gripping the pedals.
3. Begin rotating the pedals with your arms in a smooth, controlled motion.

ARM WORKOUT



Tone up
arms muscle



Protect the
joints



LEG WORKOUT



Promote blood
circulation



Relieve
muscle stress



Illustration of arm and leg workout positions.

WIDE APPLICATION

For a better experience under the table, please keep the floor height at least 32in from the table height. And keep your knees 4 inches away from the table.



The pedal exerciser in an under-desk application.

5.3. Adjusting Resistance

To increase or decrease the pedaling resistance, turn the tension knob located on the front of the unit. Turn clockwise to increase resistance and counter-clockwise to decrease it. Start with a low resistance and gradually increase as your fitness improves.

5.4. Using the LCD Display

The exerciser features an LCD display that tracks your workout data:

- **SCAN:** Cycles through all metrics automatically.
- **TIME:** Displays the duration of your current workout.
- **DIST (Distance):** Shows the estimated distance covered.
- **COUNT:** Displays the total number of pedal rotations.
- **T-COUNT (Total Count):** Accumulates the total pedal rotations over multiple sessions (resets when battery is removed).

- **CALORIES:** Estimates the calories burned during your workout.

Press the red button on the display to cycle through the different metrics. Long press the button to reset the current workout data to zero.



The LCD display showing various workout metrics.

5.5. Instructional Videos

Under Desk Exercise!

Your browser does not support the video tag.

This video demonstrates the general use of the under desk exerciser for a quick workout.

Convenient, Space Efficient Exercise Equipment You Tuck Away

Your browser does not support the video tag.

This video highlights the portability and ease of storage of the exercise equipment.

6. MAINTENANCE

Regular maintenance helps ensure the longevity and optimal performance of your exerciser:

- **Cleaning:** Wipe down the unit with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Check Connections:** Periodically check that all screws and bolts, especially those on the pedals and base, are tight. Tighten if necessary.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** The LCD display requires 1 AAA battery. Replace the battery when the display becomes dim or stops functioning.

7. TROUBLESHOOTING

If you encounter issues with your Sportneer Under Desk Bike Pedal Exerciser, refer to the following common solutions:

Problem	Possible Cause	Solution
Exerciser slides during use	Not using anti-skid mat; uneven surface; mat not properly placed.	Ensure the anti-skid mat is placed under the unit on a flat surface. Consider placing a heavier mat or rug under the anti-skid mat for added stability on smooth floors.
Jerky pedaling motion	Resistance set too high; improper posture; loose pedals.	Lower the resistance setting. Adjust your seating position to be more directly above the exerciser. Check and tighten pedals.
LCD display not working or dim	Dead battery; loose battery connection.	Replace the AAA battery. Ensure the battery is inserted correctly.
Noise during operation	Loose parts; internal friction.	Check and tighten all visible screws and connections. If noise persists, contact customer support.

8. SPECIFICATIONS

- **Brand:** Sportneer
- **Material:** Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
- **Controls Type:** Push Button
- **Number of Batteries:** 1 AAA batteries required (included)
- **Number of Resistance Levels:** 3
- **Operation Mode:** Manual
- **Power Source:** Self-Powered
- **Included Components:** 1 Anti-Skid Mat, 1 Mini Exercise Bike

9. WARRANTY

The Sportneer Under Desk Bike Pedal Exerciser comes with a **365-day warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the product packaging or contact Sportneer customer

support.

10. CUSTOMER SUPPORT

For any questions, concerns, or assistance with your Sportneer Under Desk Bike Pedal Exerciser, please contact Sportneer customer support. You can typically find contact information on the product packaging, the official Sportneer website, or through your retailer.

When contacting support, please have your product model name (Sportneer Under Desk Bike Pedal Exerciser) and purchase details ready.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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.

Submit question