

KINGSMITH Desk Exercise Bike W1B

KINGSMITH Foldable Under Desk Bike User Manual

Model: Desk Exercise Bike W1B

INTRODUCTION

The KINGSMITH Foldable Under Desk Bike is an innovative exercise solution designed for home and office use. This all-in-one stationary bike allows you to integrate physical activity into your daily routine, whether you're working, studying, or relaxing. Its compact and foldable design ensures it fits seamlessly into various living and working environments, providing a quiet and effective way to stay active.



Image: The KINGSMITH Foldable Under Desk Bike in its upright, ready-to-use configuration, featuring the integrated desk and adjustable seat.

SAFETY INFORMATION

Please read all safety instructions carefully before using the KINGSMITH Foldable Under Desk Bike. Improper use can lead to injury or damage to the product.

- Ensure the bike is placed on a flat, stable surface before use.

- The maximum weight recommendation for this bike is **264 pounds**. Do not exceed this limit.
- Always check that all locking mechanisms (e.g., seat adjustment, desk adjustment, foldable legs) are securely fastened before beginning your workout.
- Utilize the **emergency stop button** for immediate cessation of pedaling motion if needed.
- Keep children and pets away from the bike during operation.
- Consult a physician before starting any new exercise program.

STABLE, SAFE & RELIABLE STRUCTURE



Resistance
Adjustment Button



Stowable Legs



Emergency
Stop Button



Image: A visual representation highlighting the stable, safe, and reliable structure of the bike, including the resistance adjustment button, stowable legs, and emergency stop button, with a maximum weight capacity of 264 lbs.

Familiarize yourself with the key components of your KINGSMITH Foldable Under Desk Bike:

- **Adjustable Seat:** Ergonomic and comfortable, with 4-way adjustment for various user heights (4'7" to 6'2").
- **Removable Desktop Tray:** Provides a spacious surface (21.5" x 12.7") for laptops, tablets, or other items. Features a cup holder and phone/tablet slot.
- **Resistance Knob:** Allows selection of 8 adjustable magnetic resistance levels.
- **Emergency Stop Button:** Red button for immediate braking.
- **Pedals with Adjustable Straps:** Securely hold your feet during exercise.
- **Transport Wheels:** Built-in wheels for easy mobility when folded.
- **Stowable Legs:** Provide stability during use and fold for compact storage.

REMOVABLE TABLE BOARD

Detachable and Easy to Store



SPACIOUS DESKTOP

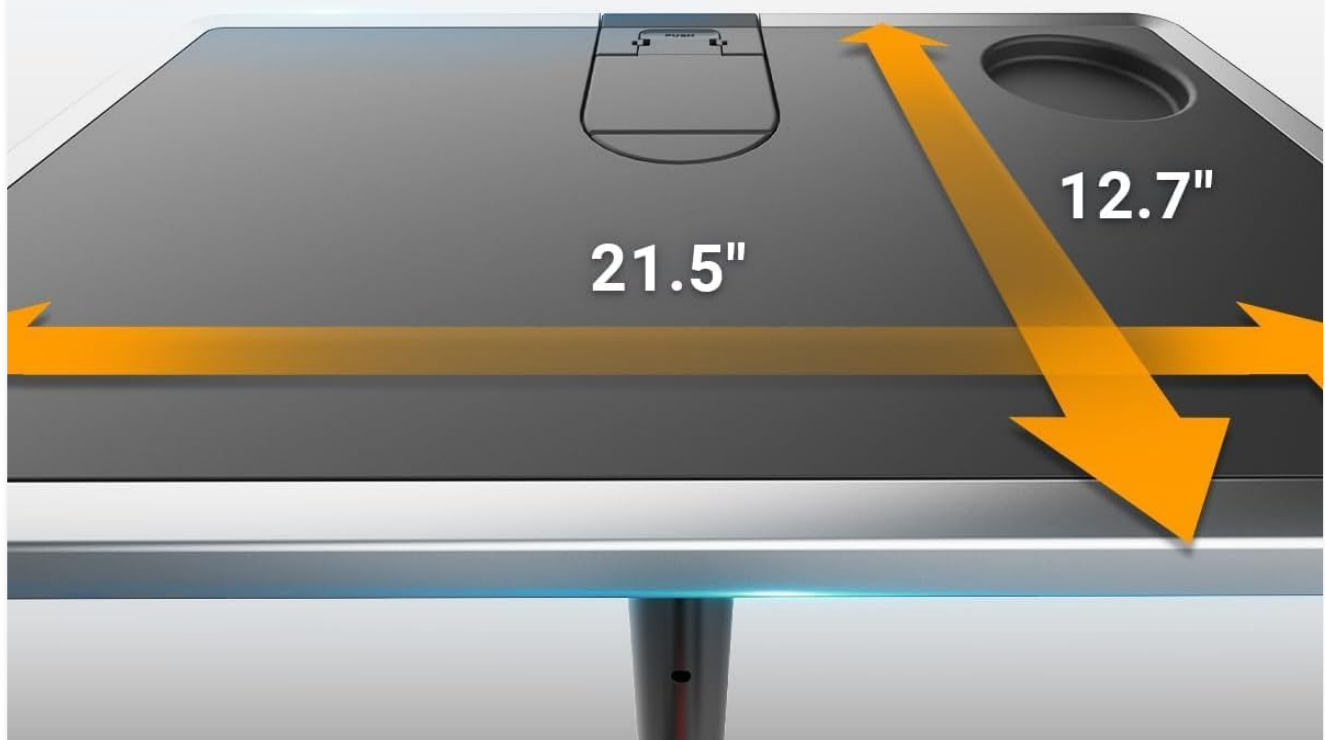


Image: Close-up view of the removable desktop board, showing its detachable nature and spacious dimensions (21.5" x 12.7").

SETUP

The KINGSMITH Foldable Under Desk Bike arrives **95% pre-assembled**, making setup quick and effortless. No complex tools are required, except for installing the foot pedals.

1. **Unpack the Bike:** Carefully remove the bike from its packaging. It is recommended to have two people for unboxing due to its weight.
2. **Unfold the Legs:** Locate the stowable legs at the base of the bike and unfold them into their stable position. Ensure they click securely into place.
3. **Install Pedals:** Attach the left and right pedals to their respective cranks. Note that the tool provided is only needed for this step. Ensure they are tightened securely.
4. **Attach Desktop Tray (Optional):** If you plan to use the integrated desk, slide the desktop tray onto its designated post until it locks into place.
5. **Adjust Seat and Desk:** Adjust the seat height and desk height to your preferred position for comfortable use.

COMPACT & CONVENIENT

It easily folds down to the size of a suitcase and moves even easier with built-in wheels.



Image: A user demonstrating the ease of moving the bike using its built-in transport wheels, highlighting its compact and convenient design.

OPERATING INSTRUCTIONS

Adjusting for Comfort

The KINGSMITH bike offers customizable comfort to suit various users and workout intensities:

- **Seat Adjustment:** The seat can be adjusted 4-ways (up, down, forward, backward) to accommodate users from 4'7" to 6'2". Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.
- **Desktop Tray Adjustment:** The desktop tray can be adjusted vertically to align with your preferred working height. Loosen the adjustment knob, move the tray, and tighten.

CUSTOMIZABLE COMFORT FOR EVERY WORKOUT

Adjust the seat and handlebars for stability, perfect for work.
Set up higher for an intense workout.



Image: Visual guide demonstrating the adjustable seat and desktop positions for customized comfort during workouts or work sessions.

Resistance Levels

The bike features 8 adjustable magnetic resistance levels, controlled by a mechanical knob. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it.

- **Levels 1-3:** Ideal for gentle pedaling, body shaping, and staying active while working.
- **Levels 4-6:** Suitable for aerobic exercise and moderate cardio sessions.
- **Levels 7-8:** Designed for more intense workouts and effective fat burning.

Usage Modes

The versatile design allows for multiple usage scenarios:

- **Home Leisure Office Mode:** Use the integrated desktop for work or entertainment while pedaling.
- **Meeting Mode:** Engage in light activity during virtual meetings.
- **Used with a Standing Desk:** The compact base allows it to fit under most standing desks for active sitting.
- **Calorie Crushing After Work:** Remove the desktop and adjust the seat for a more intense, traditional cycling workout.
- **Side Table:** When folded, the bike can serve as a compact side table.



HOME LEISURE OFFICE MODE

MEETING MODE



USED WITH A STANDING DESK

SUITABLE FOR ELDERLY EXERCISE



Image: Examples of the bike's versatility, showing its use in a home office, during a meeting, with a standing desk, and for elderly exercise.

Quiet Operation

Thanks to its belt drive and magnetic resistance system, the KINGSMITH bike operates at a whisper-quiet level (less than 30dB). This ensures minimal disturbance to others, allowing you to focus on your work or enjoy your surroundings without noise interference.

ENJOY EXERCISE WITHOUT DISTURBING OTHERS

< 30dB

Note: Measured in a quiet room, measurements may vary in different environments.



Image: A user exercising quietly on the bike while a baby sleeps nearby, illustrating the low noise level (less than 30dB).

Official Product Video

Watch the official product video for a comprehensive demonstration of the KINGSMITH Foldable Under Desk Bike's features and usage scenarios.

Your browser does not support the video tag.

Video: "kingsmith exercise bike for home & office" - This video showcases the various ways the KINGSMITH bike can be used, from working at a desk to intense workouts, and highlights its portability and quiet operation.

MAINTENANCE

Regular maintenance will help prolong the life of your KINGSMITH Foldable Under Desk Bike:

- **Cleaning:** Wipe down the bike regularly with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose components.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues with your KINGSMITH Foldable Under Desk Bike, please refer to the following common solutions:

- **Unusual Noises:** Check for any loose parts or obstructions around the pedals or drive system. Ensure the bike is on a level surface.
- **Resistance Issues:** Verify that the resistance knob is turning smoothly and that the magnetic mechanism is engaging. If resistance feels inconsistent, ensure no debris is interfering with the system.
- **Stability Concerns:** Confirm that all four legs are fully extended and locked into place. Ensure the bike is on a firm, flat floor.

For issues not covered here or if problems persist, please contact KINGSMITH customer support.

SPECIFICATIONS

Feature	Detail
Brand	KINGSMITH
Model Name	Desk Exercise Bike W1B
Special Feature	Adjustable Seat, Foldable
Color	Desk Bike * Black
Power Source	NO (Manual)
Recommended Uses	Indoor
Item Weight	65 Pounds
Material	Plastic, Polyvinyl Chloride (PVC) for handle
Resistance Mechanism	Magnetic
Product Dimensions (D x W x H)	27.8"D x 18.7"W x 30.7"H (Folded)
Maximum Weight Recommendation	264 Pounds
Number of Resistance Levels	8
Drive System	Belt



Image: Detailed dimensions of the KINGSMITH bike, showing both its unfolded and folded states with measurements.

WARRANTY AND SUPPORT

KINGSMITH is committed to providing a satisfactory shopping experience and reliable after-sales service. If you have any questions, concerns, or require assistance with your Desk Bike, please do not hesitate to contact our customer service team. We are dedicated to providing customized solutions to ensure your satisfaction.

For support, please refer to the contact information provided with your product packaging or visit the official KINGSMITH website.

