

FLEXISPOT V9-Max-AR

FLEXISPOT V9-Max-AR Exercise Bike with 2D Desktop User Manual

Model: V9-Max-AR (Exercise Bike with Desk)

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your FLEXISPOT V9-Max-AR Exercise Bike with 2D Desktop. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

Important Safety Information

- Ensure all parts are securely fastened before each use.
- Do not exceed the maximum weight recommendation of 300 pounds.
- Keep children and pets away from the exercise bike during operation.
- Consult a physician before starting any new exercise program.
- Use the product on a stable, level surface.

2. PRODUCT OVERVIEW AND COMPONENTS

The FLEXISPOT V9-Max-AR is a versatile exercise bike designed for indoor use, featuring an integrated 2D adjustable desktop. It combines a stationary bike with a functional workspace, allowing for simultaneous exercise and productivity.





Figure 2.1: User operating the FLEXISPOT V9-Max-AR Exercise Bike with the desktop in use.

Key features include an 8-level quiet magnetic resistance system, an LCD display for tracking workout metrics, and a robust design supporting up to 300 lbs. The adjustable seat and desktop accommodate various user heights and preferences.

FlexiSpot V9 SERIES



**V9 PRO
FR**



**V9 PRO
AR**



**V9 MAX
AR**

COLOR



RESISTANCE

Magnetic
1-Level Fixed

Magnetic
8-Level Adjustable

Magnetic
8-Level Adjustable

WEIGHT CAPACITY

300lbs for seat
50lbs for desk

300lbs for seat
50lbs for desk

300lbs for seat
50lbs for desk

ADJUSTABILITY

Seat Position
Desk Position

Seat Position
Desk Position

Seat Position
Desk Position

SPACE

Space Saving
5 sq.ft

Space Saving
5 sq.ft

Space Saving
5 sq.ft

CYCLING MECHINISM

Standard

Upgraded **Pro**

Profess **Max**

Figure 2.2: Comparison of FlexiSpot V9 series models, highlighting features like resistance and adjustability.

Main Components:

- Main Frame with Flywheel and Resistance Mechanism
- Adjustable Seat
- Adjustable Desktop
- Pedals
- LCD Display Console
- Transport Wheels

3. SETUP AND ASSEMBLY

The FLEXISPOT V9-Max-AR is designed for quick and straightforward assembly, typically requiring about 10 minutes.

Assembly Steps:

1. Unpack all components and verify against the packing list.
2. Attach the front and rear stabilizers to the main frame using the provided screws.
3. Install the pedals, ensuring the left pedal is tightened counter-clockwise and the right pedal clockwise.
4. Mount the seat post and seat onto the main frame, securing them firmly.
5. Attach the desktop support column to the main frame.
6. Secure the desktop to its support column.
7. Insert batteries into the LCD display (batteries not included) and connect the sensor wire.
8. Ensure all screws and connections are tightened before first use.

PERSONALIZED EXERCISE BIKE WITH DESKTOP

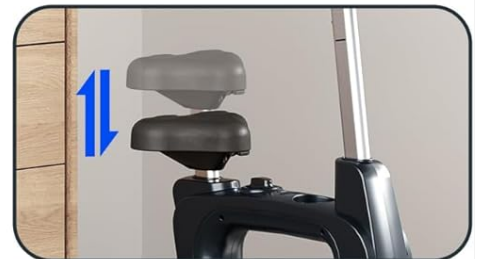


Figure 3.1: Illustration of adjustable components for personalized setup.

4. OPERATING INSTRUCTIONS

Adjusting Seat and Desktop:

- **Seat Height:** Use the quick-release lever located on the seat post to adjust the seat to a comfortable height. Ensure your leg has a slight bend at the knee when the pedal is at its lowest point.
- **Desktop Height:** The desktop can be adjusted vertically. Locate the adjustment lever beneath the desktop and raise or lower the desktop to your desired working height.
- **Desktop Depth:** The desktop can also be adjusted horizontally (forward/backward) to optimize your working posture.

Resistance Levels:

The V9-Max-AR features 8 levels of quiet magnetic resistance. Rotate the resistance knob, located below the desktop, clockwise to increase resistance and counter-clockwise to decrease it.

Track Your Performance

LCD display provides key performance stats like mileage, calories burned, and time spent cycling



Figure 4.1: LCD display and resistance control knob.

Using the LCD Display:

The built-in LCD display monitors your workout statistics. It tracks:

- Time
- Speed

- Distance
- Calories Burned
- Total Distance Covered (Odometer)
- Rotation Speed

Press the button on the display to cycle through different metrics or hold it to reset values (refer to display specific instructions for exact operation).

Using the 2D Desktop:

The spacious desktop (20" x 22.8") is designed to hold a laptop, notebook, mobile phone, or water cup. It provides a stable surface for working or entertainment while exercising.

SPACIOUS DESKTOP (20"×22.8")

Extra-wide desktop surface provides plenty of space to use any size laptop and mouse or to spread out your books for homework



Figure 4.2: Desktop in use for studying or working.

Portability:

Equipped with movable silent wheels, the exercise bike can be easily relocated within your home or office. Simply tilt the bike and roll it to your desired position.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your FLEXISPOT V9-Max-AR Exercise Bike.

- **Cleaning:** Wipe down the bike regularly with a damp cloth and mild detergent. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components immediately.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your exercise bike.

Problem	Possible Cause	Solution
LCD display not working	Batteries are dead or incorrectly installed.	Replace batteries (AAA, not included) or ensure correct polarity.
Unstable or wobbly bike	Loose bolts or uneven surface.	Check and tighten all assembly bolts. Ensure the bike is on a flat, stable surface.
Resistance not changing	Resistance mechanism issue.	Ensure the resistance knob is properly engaged. If the issue persists, contact customer support.
Squeaking or unusual noises	Loose components or friction.	Inspect all connections and tighten any loose parts. Ensure no foreign objects are interfering with moving parts.

7. SPECIFICATIONS

Detailed specifications for the FLEXISPOT V9-Max-AR Exercise Bike:

- Model:** V9-Max-AR (Exercise Bike with Desk)
- Brand:** FLEXISPOT
- Color:** Black
- Resistance Mechanism:** Magnetic
- Number of Resistance Levels:** 8
- Maximum Weight Recommendation:** 300 Pounds
- Product Dimensions (D x W x H):** 37.6" x 23.2" x 47.2"
- Desktop Dimensions:** Approximately 20" x 22.8"
- Minimum Height (Seat):** 29.6 Inches
- Maximum Height (Overall):** 47.2 Inches (desktop height can go up to 47.2")
- Power Source:** Pedal-powered (non-electric)
- Drive System:** Belt
- Special Feature:** Adjustable Seat, Adjustable Desktop
- Recommended Uses:** Indoor
- Space Occupied:** Approximately 5 sq ft



Figure 7.1: Product dimensions.

8. WARRANTY AND SUPPORT

FLEXISPOT is committed to providing quality products and customer satisfaction.






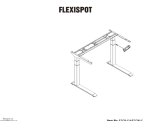
- **Returns:** This product is eligible for 30-day easy returns. Please refer to your purchase platform's return policy for details.
- **Warranty:** For specific warranty terms and conditions, please refer to the official FLEXISPOT website or contact their customer support directly.
- **Customer Support:** For any questions, assistance, or troubleshooting not covered in this manual, please contact FLEXISPOT customer support. Contact information can typically be found on the manufacturer's website or your purchase documentation.

9. ADDITIONAL INFORMATION

While no specific official product videos were provided in the product data, users may find helpful assembly or usage guides on the manufacturer's official website or their authorized channels. Always ensure the source is official for accurate information.



Related Documents - V9-Max-AR

	<p>FlexiSpot V9 Desk Bike: Assembly, Operation, and Warranty Guide</p> <p>A comprehensive guide for the FlexiSpot V9 Desk Bike (DeskCISE PRO), detailing assembly, operation, maintenance, and warranty information. Learn how to set up, use, and care for your FlexiSpot V9.</p>
	<p>FlexiSpot DT3B-EU User Manual and Warranty Information</p> <p>Comprehensive user manual for the FlexiSpot DT3B-EU height adjustable desk frame, including detailed assembly instructions, parts list, and warranty coverage information.</p>
	<p>MAX Bike MAX-J02QB917G User Manual - Maxcare</p> <p>Comprehensive user manual for the Maxcare MAX Bike (model MAX-J02QB917G). Covers safety guidelines, component identification, assembly instructions, maintenance, troubleshooting, and operational details for this home exercise bike.</p>
	<p>GEEMAX Exercise Stationary Bike SKUF63516 User Manual</p> <p>This document provides instructions for the GEEMAX Exercise Stationary Bike, model SKUF63516. It features an LCD monitor for cardio fitness, suitable for indoor cycling workouts with a maximum weight capacity of 265 lbs.</p>
	<p>FlexiSpot M1B/M1W Sit-Stand Desk Converter Installation Guide</p> <p>Step-by-step installation guide for the FlexiSpot M1B/M1W sit-stand desk converter, including specifications, parts list, safety warnings, and assembly instructions.</p>
	<p>FlexiSpot E7CB-CA/E7CW-CA Standing Desk Installation Guide</p> <p>Comprehensive installation guide for the FlexiSpot E7CB-CA/E7CW-CA standing desk, covering specifications, parts included, assembly steps, operating instructions, troubleshooting, and warranty information.</p>