



DeskCycle Ellipse Under Desk Elliptical Machine User Manual

[Home](#) » [Support](#) » DeskCycle Ellipse Under Desk Elliptical Machine User Manual 

Contents

- 1 DeskCycle Ellipse Under Desk Elliptical Machine
- 2 Precautions And Safety
 - 2.1 Safety
- 3 Assembly
 - 3.1 Installing the Foot Panels
- 4 Installing and Removing the Display
- 5 Using the Display
- 6 Display Stand for Your Desk
 - 6.1 Free Online Calorie Calculator
- 7 Foot Placement for Motion Type
- 8 How does it work?
- 9 Carrying the Bike
- 10 Adjusting the Resistance
- 11 Optional Accessories
- 12 Care and Maintenance
- 13 Warranty
- 14 Contact Information
- 15 Frequently Asked Questions
- 16 Video- Product Overview
- 17 References
- 18 Related Posts





DeskCycle Ellipse USER'S MANUAL

Precautions And Safety

Precautions

Failure to observe these warnings could result in physical injury and/or damage to the DeskCycle.

- Do not stand on the pedals! Use the DeskCycle only while sitting.
- Standing on the pedals can damage the bike.
- Use the DeskCycle indoors on a level surface. Keep the DeskCycle away from moisture and dust.
- Make sure that the pedals are screwed in as tightly as possible. Loose pedals will slowly come undone. Using the bike with loose pedals can damage the threads on the crank arms.
- Do not subject the bike to heavy shock or treat it excessively. Do not disassemble or modify it. Doing so will void the warranty.
- The DeskCycle has sealed bearings and is maintenance free. Lubricants are not necessary and can actually damage the bike.
- Do not place the bike in a location where it will be in contact with direct sunlight or where it will be exposed to high temperatures or excessive humidity.

Safety

- **Warning!** To reduce the risk of serious injury, please read the following safety precautions before using the DeskCycle.
- Read all instructions in this manual before using the DeskCycle. Use the DeskCycle only as described.
- It is the responsibility of the owner to ensure that all users of the DeskCycle are adequately informed of all precautions.
- Do not stand on the pedals! Use the DeskCycle only while sitting.
- Do not place this device in a location where it may cause an obstruction.

Consult Your Physician

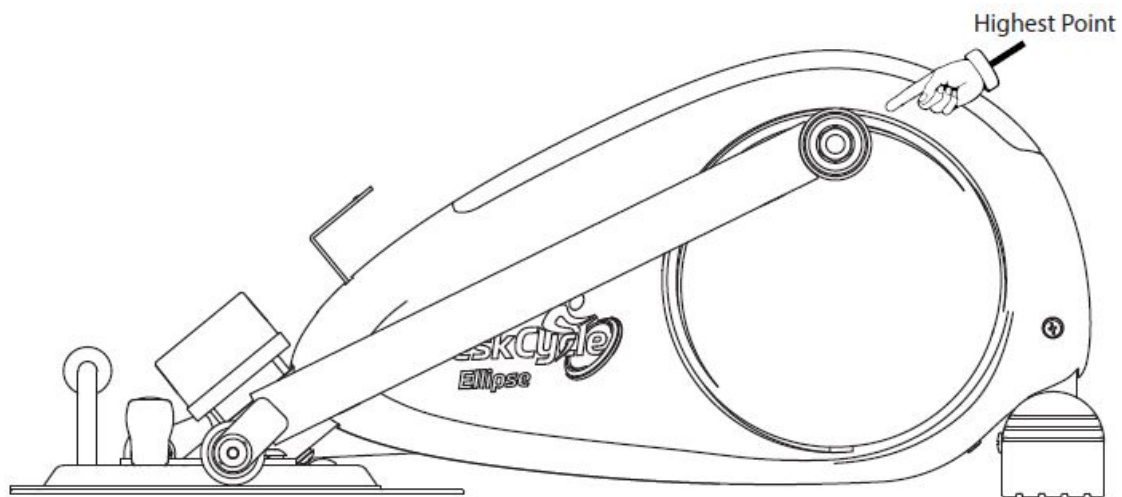
- It is always important to consult your physician before starting an exercise program. This is particularly true if any of the following apply to your current medical condition:
 - Chest pain or pain in the neck and/or arm
 - Shortness of breath
 - A diagnosed heart condition
 - Joint and/or bone problems
 - Currently taking cardiac and/or blood pressure medications
 - Have not previously been physically active
 - Dizziness or blurred vision
 - Those with physical handicaps should use this device only under supervision.
- If none of these apply to you then start gradually and sensibly. However, if you feel any of the physical symptoms listed above when you start your exercise program, contact your physician right away. If one or more of the statements listed above applies for you, see your physician before beginning an exercise program. An exercise-stress test may be used to help plan your exercise program.

Assembly

Installing the Foot Panels

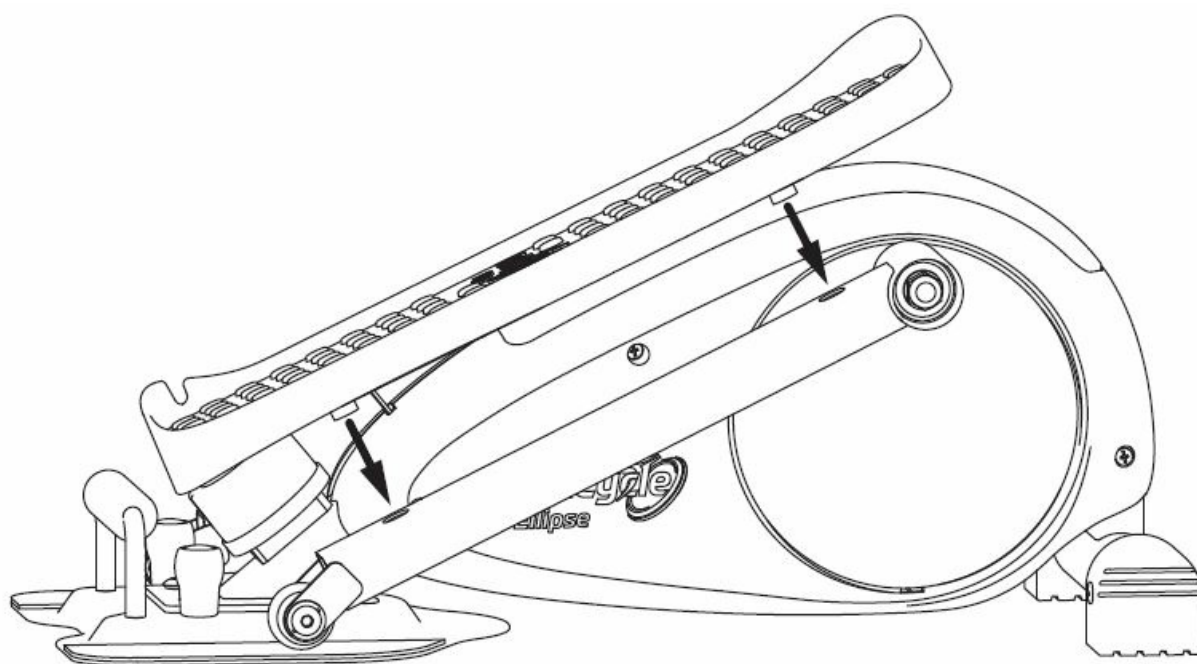
Step 1: Orient the Arm

- Place the DeskCycle on a flat surface.
- Orient the arm so the axle is at a the highest point, as shown in the drawing below.



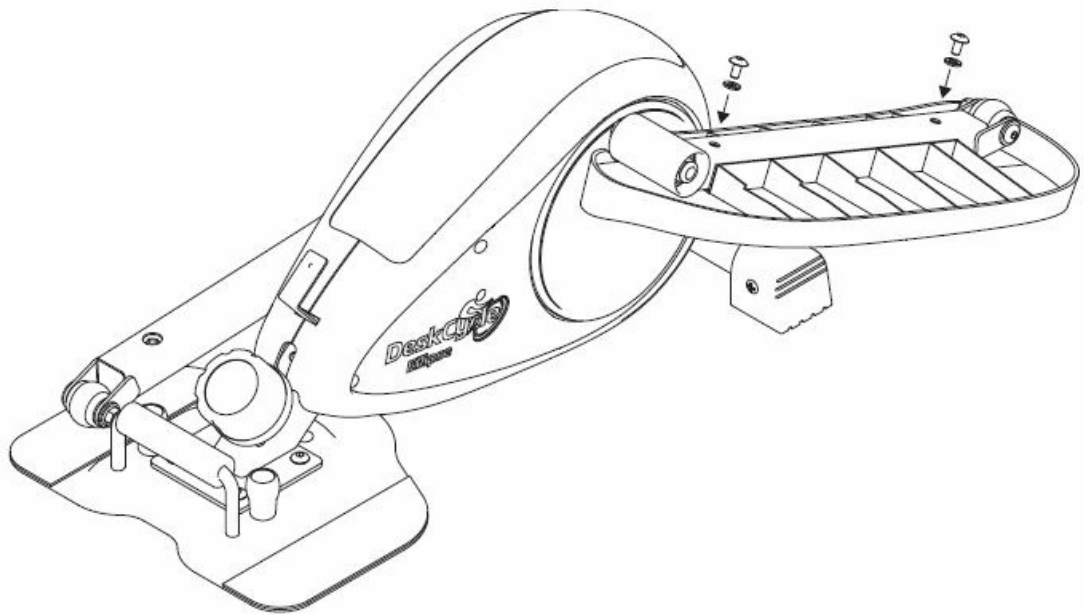
Step 2: Install the Right Pedal

- There is a Right pedal and a Left pedal. The pedals are marked on the bottom side.
- Insert the Right pedal into the holes of the Right arm as shown in the drawing below.



Step 3: Install the Screws

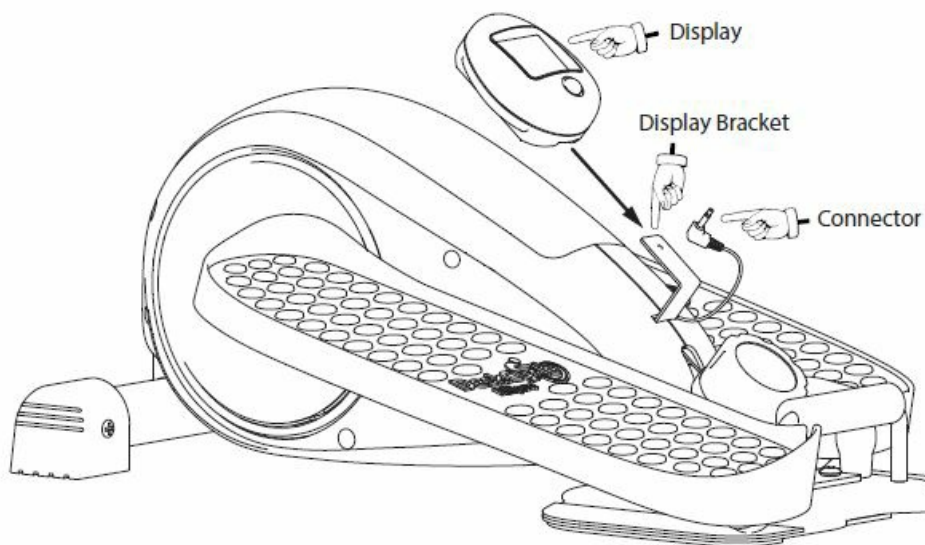
- Flip the arm over as shown in the drawing.
- Install the two bolts and washers into the pedal.
- Tighten the bolts with the provided hex wrench.
- Flip the pedal back over.



Step 4: Repeat Steps 1 through 3 for the Left Pedal.

Installing and Removing the Display

- Plug the Connector into the Display.
- Carefully slide the Display onto the Display Bracket as shown in the picture. When removing the display, be sure to unplug the connector first.



Using the Display

There are two numbers on the display; one on the top and one on the bottom. See the image below.

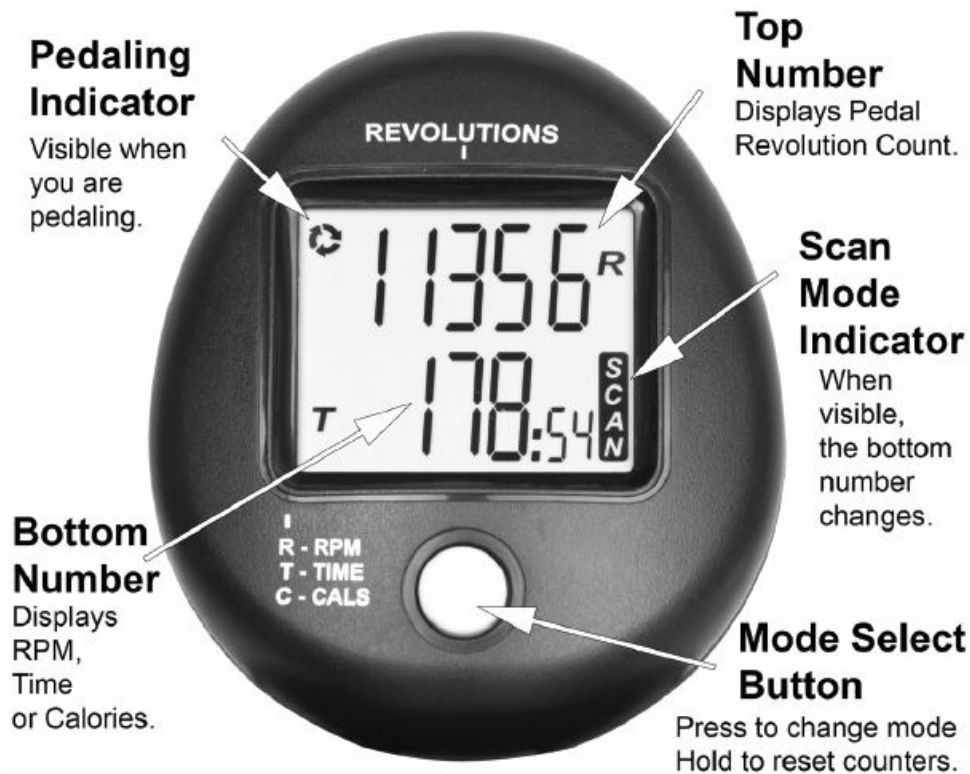
- The Top Number always displays the total number of revolutions you've pedaled the bike since the display was last reset. The display will keep track of up to 99,999 revolutions.
- The Bottom Number displays RPM, Time or Calories.

The Mode Select Button

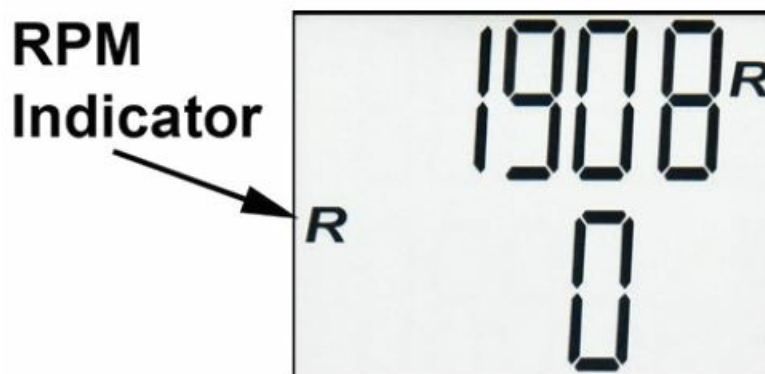
- Press the Mode Select Button to select what the bottom number displays.
- Each time you press the Mode Select Button, the mode changes between the 4 modes below:
 - SCAN (RPM, TIME and CALS)
 - RPM (Revolutions Per Minute)
 - TIME (Time)
 - CALS (Estimated Calories)

- **SCAN Mode**

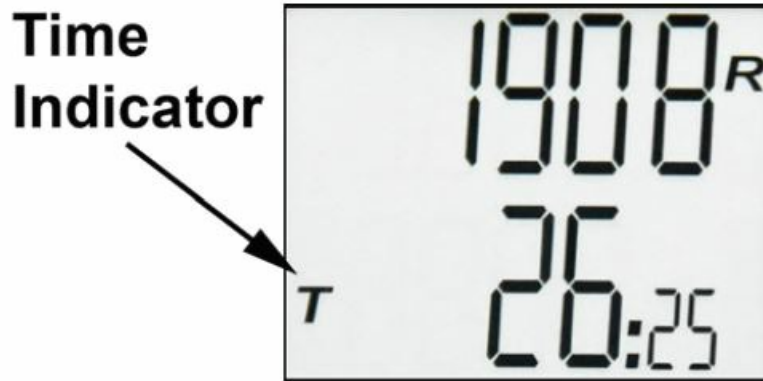
When the Scan Mode Indicator is visible, the lower number will cycle between displaying RPM, Time and Calories. Each will be displayed for about 5 seconds at a time.



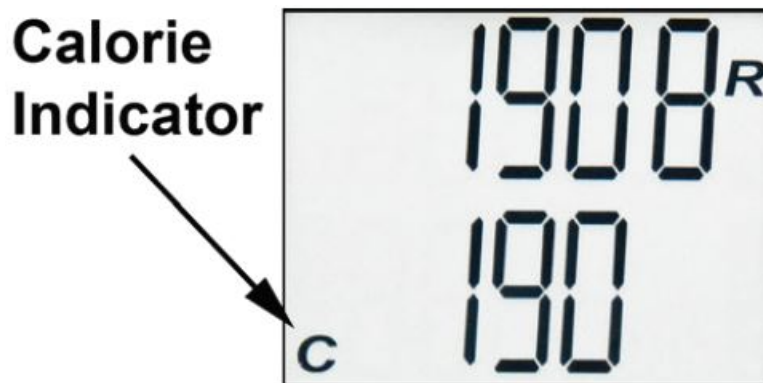
- **RPM Mode**: When the RPM Indicator is visible, the bottom number displays your average pedal speed in Revolutions Per Minute. The image to the right shows 0 RPM, which means the bike is not being pedaled. Also note that the Pedaling Indicator is not displayed.



- **TIME Mode**: When the Time Indicator is visible, the bottom number displays the total time you've used the bike since the display was last reset. The image to the right shows 26 minutes and 25 seconds.



- **CALS Mode:** When the Calorie Indicator is visible, the bottom number displays an estimate of the number of calories burned since the display was last reset. The image to the right shows 190 calories.



- **How to Reset Revolutions, Time and Calories**

Time, Distance and Calories are accumulated as you pedal. To reset these all to zero, simply press and hold the Mode Button for about 3 seconds.

- **How to Turn the Display On and Off**

The display automatically turns on when you pedal the bike. You can also turn the display on by pressing the Mode Button. The display automatically turns off a few minutes after you stop pedaling.

Display Stand for Your Desk

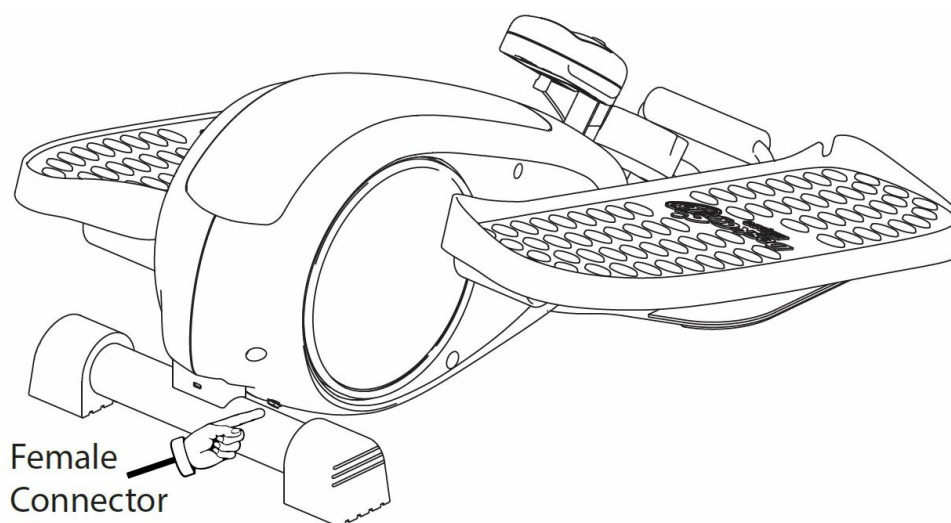
The DeskCycle comes with a display stand for those who use the DeskCycle at their desks.

The Display Stand lets you place your display anywhere on your desktop.



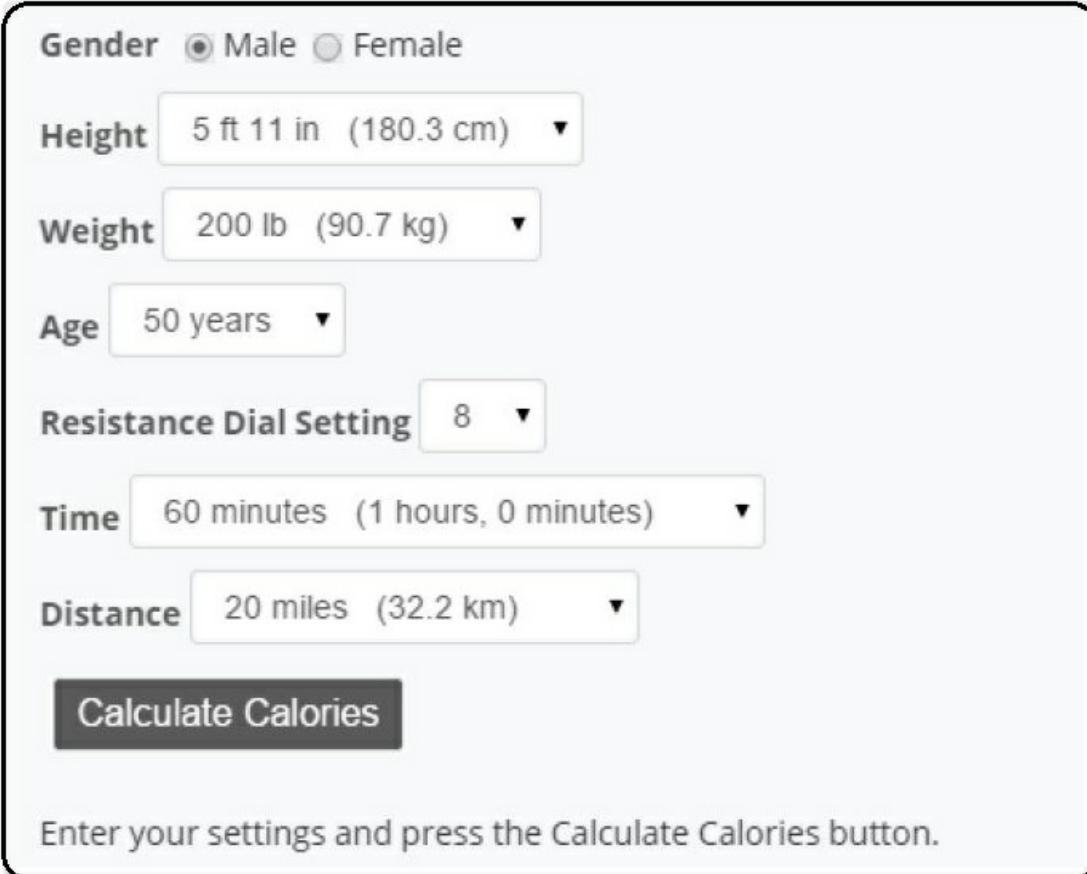
Connection Instructions:

1. Plug one end of the extension cable into the back of the display.
2. Slide the display onto the stand.
3. Place the stand on your desk.
4. Plug the other end of the cable into the female connector on the DeskCycle. The female connector is shown in the picture to the right.
5. Route the wire under the front leg so that there is no chance that you will hit it with your feet while pedaling.



A Much More Accurate Calorie Estimate

- Only the expensive ergometers measure power. Power measurement is required for a decent Calorie estimate. However most true ergometers don't take into account the physical characteristics of the person using the bike. Without these, the Calorie estimate can be off by more than 100%.
- Our online Calorie Calculator calculates the power and also includes the persons physical characteristics to provide a more accurate Calorie estimate than many of the expensive ergometers.
- Our Calorie Calculator calculates the power that you put into the bike using the resistance dial setting and your pedal speed.
- It also uses your:
 - Height,
 - Weight,
 - Gender,
 - And age to improve the accuracy.
- The Calorie Calculator is free and is located at deskcycle.com.



The image shows a web form for calculating calories burned on a desk cycle. The form is light blue with a black border. It contains several input fields and a button. The inputs are: Gender (radio buttons for Male and Female, with Male selected), Height (a dropdown menu showing 5 ft 11 in (180.3 cm)), Weight (a dropdown menu showing 200 lb (90.7 kg)), Age (a dropdown menu showing 50 years), Resistance Dial Setting (a dropdown menu showing 8), Time (a dropdown menu showing 60 minutes (1 hours, 0 minutes)), and Distance (a dropdown menu showing 20 miles (32.2 km)). Below these inputs is a dark grey button with the text 'Calculate Calories'. At the bottom of the form, there is a line of text: 'Enter your settings and press the Calculate Calories button.'

Gender ☒ Male ☐ Female

Height 5 ft 11 in (180.3 cm) ▼

Weight 200 lb (90.7 kg) ▼

Age 50 years ▼

Resistance Dial Setting 8 ▼

Time 60 minutes (1 hours, 0 minutes) ▼

Distance 20 miles (32.2 km) ▼

Calculate Calories

Enter your settings and press the Calculate Calories button.

Foot Placement for Motion Type

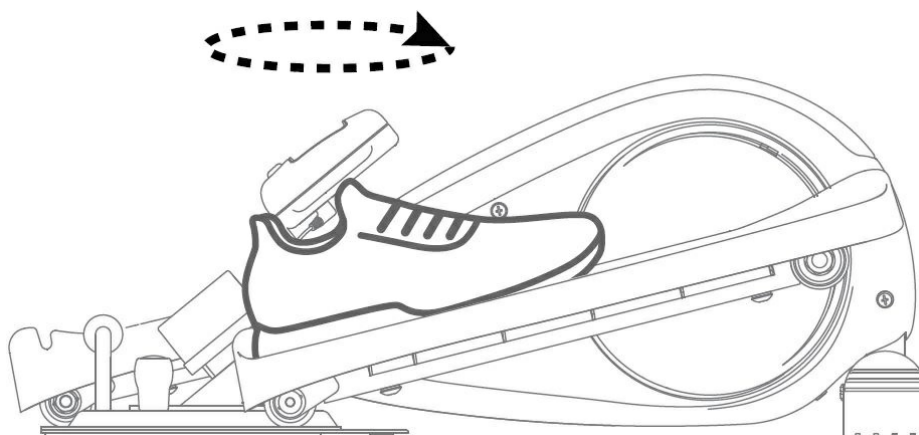
The DeskCycle has longer pedals than the other desk ellipticals. This lets you choose the type of pedal motion you want. You control the type of pedal motion by where you place your feet on the pedals.

Rear Foot Position for Flatter Motion

- Placing your heels against the rear of pedal makes your pedal motion the flattest.

Provides the Best Desk Clearance

- This position also provides the most clearance between your knees and the under side of your desk because:
 - Your foot position is lower.
 - Your vertical knee motion is minimum.

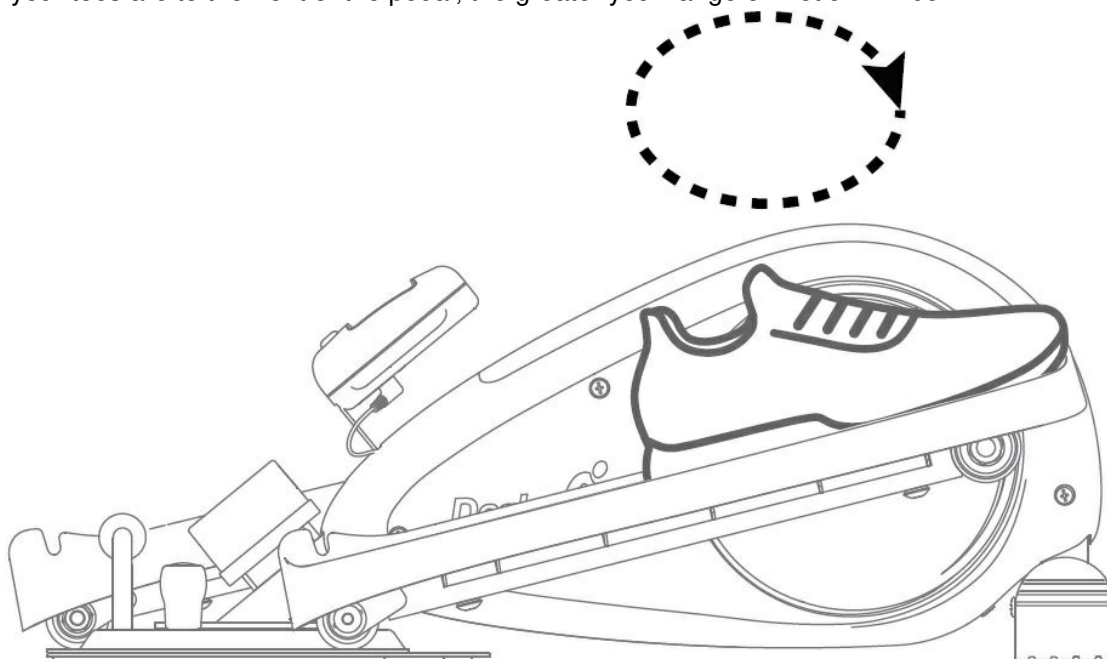


Front Foot Position for More Circular Motion

Placing your toes against the front of the pedal makes your pedal motion more circular.

Provides More Range of Motion

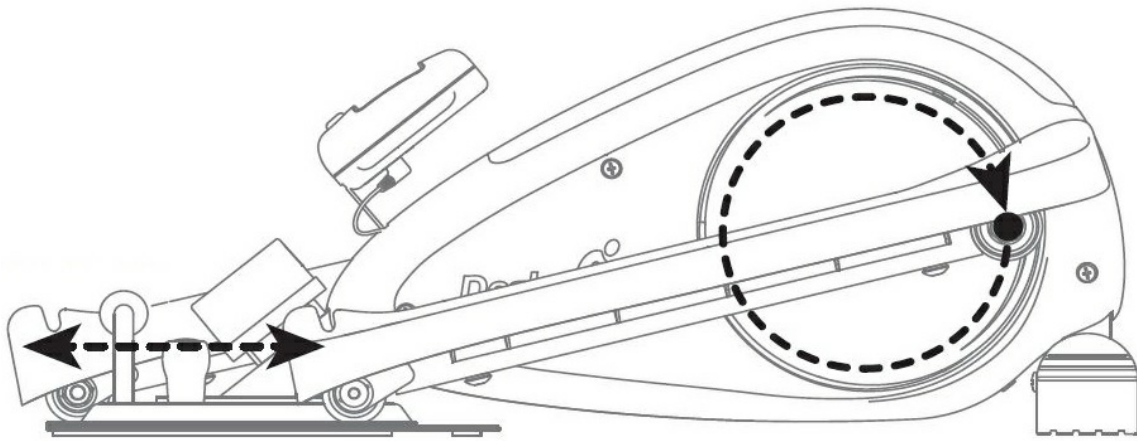
The closer your toes are to the front of the pedal, the greater your range of motion will be.



How does it work?

- The front of the pedal travels in a circle.
- The back of the pedal travels in a straight line.

The position of your foot determines how circular your pedal motion is.



Carrying the Bike

Securing the Pedals

- The pedals can be secured for travel. Follow the steps below to secure the pedals.
 - Align the notches in the pedals with the bungee grips.
 - Pull each bungee grip out and secure it to the pedal notch as shown in the picture to the right.
- Note, securing the pedals for an extended period of time will leave temporary dimples in the rubber pads. These dimples will go away about an hour after the bungee grips are removed from the pedals.



Carrying the Bike

The handle on the DeskCycle can be carried with one hand or two. Important! Secure the pedals before carrying the bike with one hand.



Adjusting the Resistance

Adjusting the Pedal Resistance

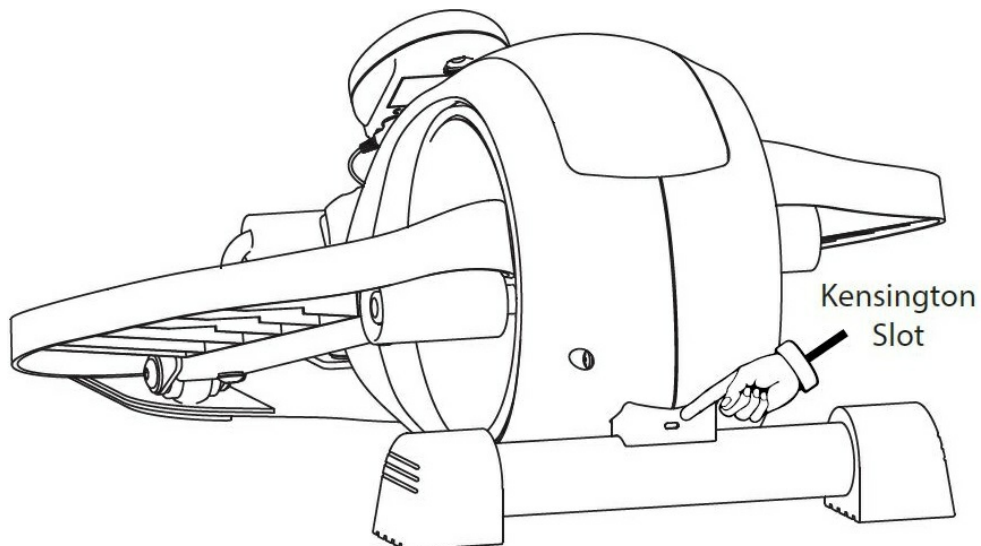
- There are 8 tension settings.
- The Tension Indicator arrow points to the current tension setting.
- The higher the number, the higher the pedal resistance.

Tension Indicator

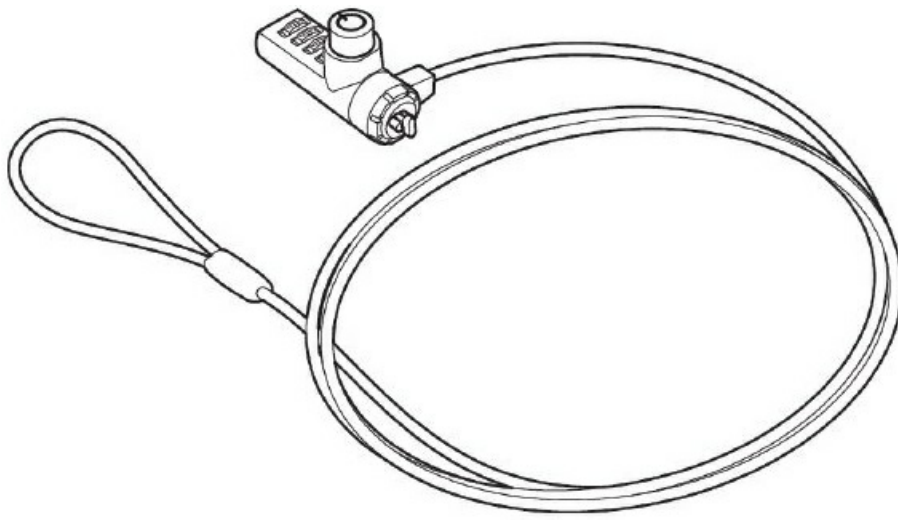


Locking the DeskCycle to Your Desk

- There is a Kensington slot on the front leg of the DeskCycle. See the picture below.
- You can use this slot to secure the DeskCycle to one of your desk legs with a standard Kensington laptop lock (sold separately).



Typical Kensington Lock (sold separately)



Optional Accessories

Sit-Brake Casters & Dycem Pads

- An alternative is to replace the casters on your chair with sit-brake casters. These keep your chair in place when you are sitting down, and allow the chair to roll when you are not sitting on your chair. These come with Dycem® pads which keep the DeskCycle in place on slick floors.
- Go to DeskCycle.com for a complete list of accessories.



Care and Maintenance

Care

- Do not stand on the pedals! The DeskCycle was not designed to be used while standing.

Maintenance

- The DeskCycle requires no maintenance.

Do Not Lubricate

- The DeskCycle contains sealed bearings that provide many years of maintenance-free use. No lubrication is needed. Some lubricants contain chemicals that can actually harm the bearings.

Support

For answers and support go to DeskCycle.com.

Warranty

Full 1-Year Warranty in the US

We stand behind our products. The DeskCycle and its accessories are covered by a full one-year warranty on all parts and labor. This warranty is for US customers only. Outside of the US, the warranty depends on your local distributor. The support contact link for your country can be found on deskcycle.com.

What Is Covered?

We warrant the DeskCycle against defects in material or workmanship for a full year from the date of purchase.

- **Parts:** All parts are covered under this warranty.
- **Labor:** All labor is covered under this warranty.
- **Shipping:** All shipping is covered by this warranty.

What Is Not Covered?

- This warranty does not cover damage caused by neglect, abuse or misuse.

How do I get Service?

- Contact us through 3dinnovations.com, deskcycle.com or contact the store that you purchased it from.

No Need to Register for the Warranty

- We don't put our customers through the hassle of registering for their warranty. If you purchased the bike in the US and use it in the US, you are already covered.



3DInnovations.com

© 2018 3D Innovations, LLC All Rights Reserved

Contact Information

Visit us at www.DeskCycle.com for:

- Usage Tips
- Calorie Calculator
- Accessories
- And More

QUESTIONS / PROBLEMS

- **Support and Contact:** See the support link at [DeskCycle.com](https://www.DeskCycle.com)
- **Phone (US customers):** 877-426-3292
- **Order#** _____
- **Serial#** _____

The serial number is on the bottom of the DeskCycle.

Frequently Asked Questions

Can I stand on the pedals while using the DeskCycle Ellipse?

No, it is not recommended to stand on the pedals while using the DeskCycle Ellipse. It should only be used while sitting.

Can the DeskCycle Ellipse be used outdoors?

No, the DeskCycle Ellipse is designed for indoor use only. It should be used on a level surface indoors and kept away from moisture and dust.

Is any maintenance required for the DeskCycle Ellipse?

The DeskCycle Ellipse requires no maintenance. It contains sealed bearings that provide maintenance-free use. It is recommended not to lubricate the DeskCycle Ellipse as some lubricants can damage the bearings.

How do I adjust the resistance on the DeskCycle Ellipse?

The DeskCycle Ellipse has 8 tension settings for adjusting pedal resistance. You can adjust the resistance using the tension control knob.

Is there a warranty for the DeskCycle Ellipse?

Yes, the DeskCycle Ellipse comes with a full 1-year warranty on all parts and labor for US customers. The warranty covers defects in material or workmanship for one year from the date of purchase. Outside of the US, warranty coverage may vary depending on the local distributor.

Can the DeskCycle Ellipse be used for physical therapy or rehabilitation?

Yes, the DeskCycle Ellipse can be used for physical therapy or rehabilitation purposes. It provides low-impact

exercise and can help improve blood circulation and muscle tone.

How do I reset the display on the DeskCycle Ellipse?

To reset the display on the DeskCycle Ellipse, simply press and hold the Mode button for about 3 seconds. This will reset the time, distance, and calories to zero.

Can I secure the DeskCycle Ellipse to my desk?

Yes, the DeskCycle Ellipse has a Kensington slot on the front leg that allows you to secure it to your desk using a standard Kensington laptop lock (sold separately).

Where can I find accessories for the DeskCycle Ellipse?

You can find accessories for the DeskCycle Ellipse on the official website DeskCycle.com. Accessories include sit-brake casters, Dycem pads, and more.

How do I contact support for the DeskCycle Ellipse?

For support and contact information, you can visit the support link on DeskCycle.com or call the phone number provided (US customers: 877-426-3292).

How do I use the DeskCycle Ellipse?

To use the DeskCycle Ellipse, simply place it on a level surface under your desk, adjust the resistance level to your preference, and start pedaling while seated. You can choose different modes on the display to track your progress.

Can I use the DeskCycle Ellipse while working at my desk?

Yes, the DeskCycle Ellipse is designed to be used while working at your desk. Its compact size and quiet operation make it ideal for use in an office environment.

Video- Product Overview



[Download The PDF Link- DeskCycle Ellipse 2024/02/ DeskCycle Ellipse User Manual Desk-Elliptical-Machine-video.mp4](#)

Reference: [DeskCycle Ellipse Under Desk Elliptical Machine User Manual-device.report](#)

References

- [User Manual](#)

Manuals+, Privacy Policy

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.