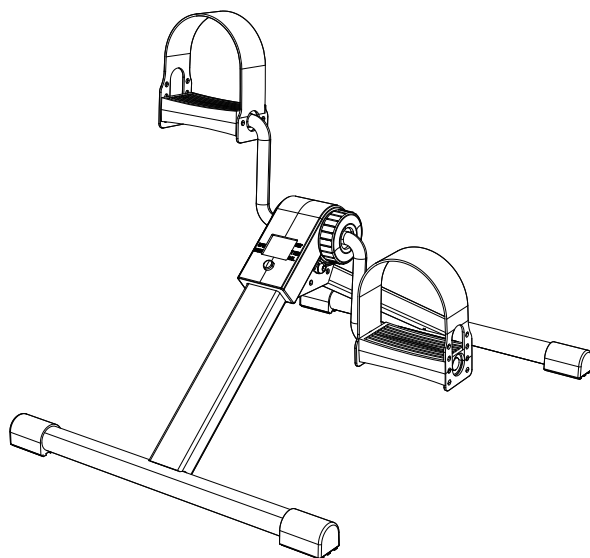




# UNDER DESK BIKE

## INSTRUCTION MANUAL

### 01



Please read this manual carefully and keep it properly before using the product!

# FCC Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- \* Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

- \* Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

- \* Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

## RF Exposure Information

The device has been evaluated to meet general RF exposure requirement.

The device can be used in 0mm exposure condition, compliance with exposure requirements.

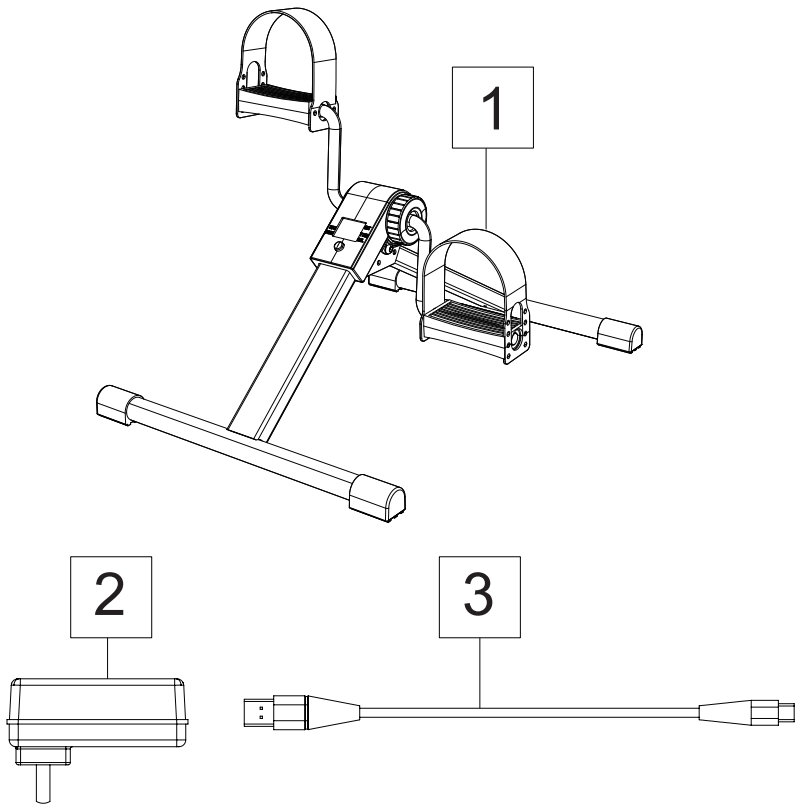
Only in the stated conditions, the device is shown to fully comply with the FCC RF Exposure requirements of KDB 447498.

# CONTENTS

---

1.DESCRPTIONS AND LIST OF PARTS .....	1
2.SPECIFICATION.....	2
3.SAFETY INSTRUCTIONS .....	3
4.MANUAL GUIDELINES .....	4
5.DISPLAY & INDICATION FUNCTION.....	5
6.MAINTENANCE/CLEANING/STORAGE .....	7
7.SAFE EXERCISE MEASURES .....	8
8.SERVICE COMMITMENTS.....	9

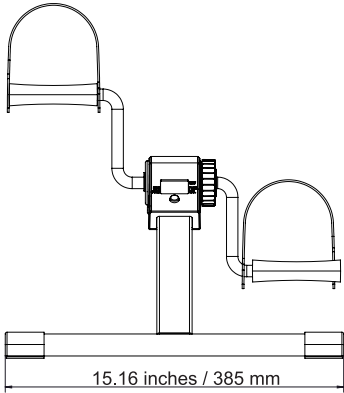
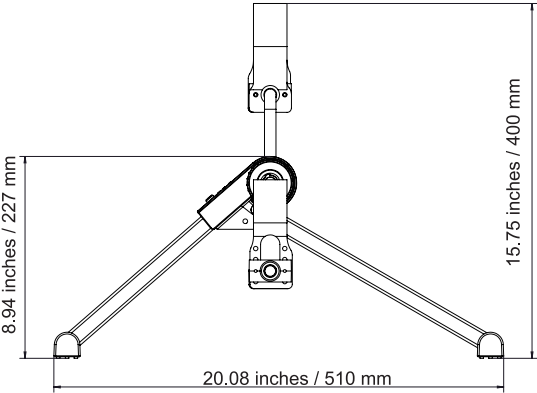
# 1 DESCRIPTIONS AND LIST OF PARTS



No.	Name	Qty.
1	Unit board	1
2	Power adapter	1
3	Power cord	1

# 2 SPECIFICATION

Model	O1
Unfolded size of product (inches / mm)	20.08 * 15.16 * 8.94 / 510 * 385 * 227
Packing size (inches / mm)	19.29 * 3.94 * 16.14 / 490 * 100 * 410
Weight (lbs / kg)	5.51 / 2.5
Power adapter	5V1A
Product grade	HC (for households)/Not suitable for treatment



# 3 SAFETY INSTRUCTIONS

## Attention!

Please read instructions carefully and place them in a safe place.

Improper treatment of product may lead to personal injury.

This product is not suitable for therapeutic purposes.

When exercising, please keep relaxed, sit up straight and keep your back straight.

Note: Improper or excessive exercise may cause damage to health.

Check if all parts fit tightly and are worn before use each time. If the product has no resistance during use, it indicates that the friction plate is worn and must be replaced.

Keep the areas surrounding the product unblocked around 20 inches / 0.5 m when using the product.

Children cannot deal with cleaning and user maintenance without supervision. This product is designed for individuals. It can be used only by one person simultaneously.

Wear appropriate clothing and shoes, such as sports shoes, when exercising. Don't wear loose clothing to avoid being clamped during exercise. Do not disassemble any original parts or modify the machine improperly. Check if there is any obvious defect of the machine regularly.

## Danger!

Do not leave packaging materials within children's reach, for there is a risk of suffocation.

This product is not a toy, so make sure that users, especially children, do not stand on it.

Children cannot play with it.

This product can be used by children aged 14 and above, as well as by people with reduced physical, sensory or mental abilities or lack of exercise. The personnel above shall use it under safety supervision and guidance, and understand the resulting hazards before use.

Consult your doctor before using this product or if feeling unwell.

## Risk of injury

Do not stand on the product with full weight, but use it according to instructions.

Ensure that product is placed stably before use. Check whether the product is damaged or worn before each use.

If there is damage or wear, replace the damaged or worn parts immediately; otherwise functions and safety of the product will be affected.

This product can only be used for its intended purpose. After use, do not touch the metal parts of the product (especially the pedal arm), for they will become hot during use.

# 4 MANUAL GUIDELINES

## 1.Assembly

---

This product is assembly-free, which can be used directly after unpacking by connecting the power supply.

## 2.Instructions

---

Decrease/Increase resistance

Place the product in front of you and turn the resistance knob clockwise (tighten it) to increase resistance; turn the resistance knob counterclockwise (loosen) to decrease resistance.

## 3.Exercising Techniques

---

Contact your doctor before using this product.

Stop using the product, as soon as you feel uncomfortable during exercise.

Start exercising slowly first and then increase intensity as needed.

You're suggested to exercise your legs and arms for 30 min a day.

Wear comfortable clothing when using this product. However, make sure trouser legs or sleeves are not too wide, as they may get stuck on pedals. Do stretching exercise slightly before use every time. Start with slow and simple movements. Gradually increase until the desired speed is reached.

Stretch and warm up before exercising each time. Keep relaxed after finishing exercising each time.

### Leg exercise

1. Place the product on a flat and stable floor in front of you, sit upright in a chair with your back straight.

(Note: Make sure the chair is stable and comfortable)

2. Put your feet on the pedal. Adjust the pedal strap to secure your feet.

3. Move your legs like you're riding a bicycle.

4. Exercise like this in front and at back.

### Arm exercising

1.Place the product on a flat and stable surface in front of you (such as table height) and sit up right in the chair.

2.Place your palm on the pedal and let the pedal strap pass through your hand.

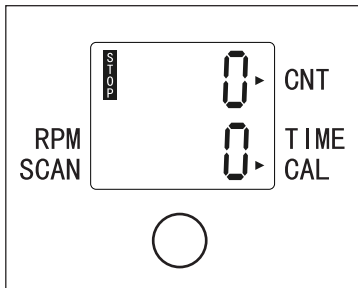
3.Move your arms like you're riding a bicycle.

4.Exercise like this in front and at back.

# 5 DISPLAY & INDICATION FUNCTION

## 1.Parameters

---



Setting Parameter	Display range
Time	0:00-99:59
Number of turns (CNT)	0.00-9999
Speed (R.P.M)	0.00-9999
Calories (CAL)	0.00-9999
Scan (SCAN)	
LCD size ( inches / mm)	1.18 * 0.984 / 30 * 25

## 2.Operation steps

---

**Step 1:** Press the pedal or button of the product. At this time, the arrow corresponding to SCAN will light up. LCD display screen will display CNT (number of exercise cycles), TIME (exercise time), CAL (calories) and R.P.M (speed) alternately at an interval of 5 s.

**Step 2:** Press the button to select the appropriate data display

**Step 3:** If you want to obtain exercise data after restarting exercise or start counting from zero, press and hold the button for 3 s, and CNT (number of exercise cycles), TIME (exercise time), CAL (calories) and R.P.M (speed) data will be cleared, but the total mileage and total time will not be cleared.

CNT (number of exercise cycles), TIME (exercise time), CAL (calories) and R.P.M (speed) data are cleared, but total mileage and total time will not.

**Step 4:** Download and install our "PitPat", open the APP and pair with the instrument Bluetooth through mobile phone Bluetooth communication. After the link is successful, the APP will display the corresponding data.



### 3.Operational Guidelines for the PitPat Application

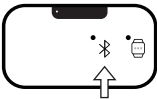
---



Note: System requirements:  
ios13 or above ; android  
6.0 or above.

The fitness equipment supports a Bluetooth connection to your mobile device, allowing for comprehensive connectivity options. Simply:

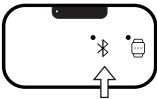
01. Download the PitPat application onto your smartphone or scan the QR code scan for easy download.
02. Launch the PitPat software and navigate through the user prompts to register or login with your account.
03. Secure your workout equipment connection by following these steps:
  - (1) Activate the Bluetooth function on your smartphone and ensure the location service is switched on as well.
  - (2) Access the PitPat application and consent to any requested permissions.
  - (3) Navigate to the home screen of your mobile device and tap the fitness equipment icon located at the top right corner. This will direct you to the search interface within the program. Your phone will automatically detect nearby connected devices, including your fitness equipment with an identifier beginning with "PitPat-B01". Once detected, select your fitness equipment to establish a successful link. A single beep from your fitness equipment indicates a completed connection, which is accompanied by brightening of the Bluetooth icon displayed on its panel display.



After registration, click the fitness equipment icon in the upper right corner



01 Waiting for the fitness equipment to connect  
02 Searching for Wifi



Display "Green" to complete the connection

Note that during this connection process, it's essential to maintain an active internet connection on your smartphone in order to have full control over the fitness equipment via Bluetooth. The complete network configuration specifics can be found in the app description.

# 6 MAINTENANCE/CLEANING/ STORAGE

Clean the product using a damp cloth and mild detergent. Prevent moisture from entering the monitor.

Store products in a dry place. Wear parts: If the product no longer has pedal resistance, it indicates that the friction plate is worn. Accessories need replacing.

## **Handling of packaging**

Packaging shall be classified according to types.

Cardboard, cartons and waste paper belong to the same category while plastic film should be recycled together with recyclables.

## **Recycling**

Please dispose of the product by authorized waste treatment companies or municipal waste treatment facilities in accordance with local laws and regulations. If the product is used according to the requirements of EU and other European countries, it can be recycled separately.

- Send the product to recycling center. For plastic and metal parts used, the metal parts can be separated and recycled by type.

Please consult your local waste disposal company or our service center.



**Do not discard the machine as household garbage!**

# 7 SAFE EXERCISE MEASURES

## 1. Beginner's Exercise Guide

---

### Preparation:

If you are over 35 or have health problems and this is your first time for exercise, please consult a doctor or professional before using.

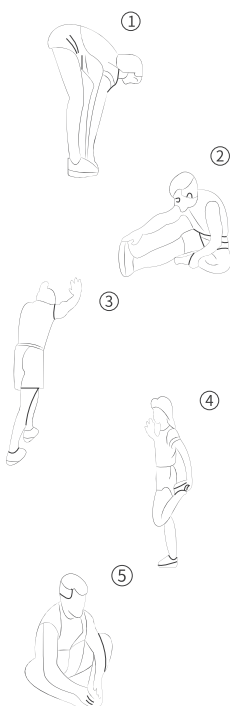
Consult a professional before exercising. The professional will recommend frequency, intensity, and time matched with your age and physical condition. Stop exercising immediately, if feeling chest tightness or pain, irregular heartbeat, shortness of breath, dizziness or other discomfort during exercise! Consult a professional before continuing your exercise.

If you use your spinning regularly, choose the speed of your normal ride.

## 2. Warm-Up before

---

You're highly suggested to stretch before exercising. Warm muscles can stretch more easily, so do warm-up for 5 to 10 min first. Then stop and stretch as follows—do five stretches of 10 s or more on each leg, and do it again after finishing exercising.



### 1. Downward stretch:

Bend your knees slightly, bend your body forward slowly, relax your back and shoulders, and touch your toes with your hands as much as possible. Hold for 10 to 15s, and then relax. Repeat 3 times (see Figure 1).

### 2. Hamstring stretch:

Sit on a clean seat cushion and straighten your one leg. Bring the other leg inward so that it fits snugly against the inside of the straight leg. Try to touch your toes with your hands. Hold for 10 to 15s, and then relax. Repeat 3 times for each leg (see Figure 2).

### 3. Calf and heel tendon stretch:

Stand with both hands on a wall or tree, with one foot behind. Keep your hind legs upright and heels on the ground and lean toward a wall or tree. Hold for 10 to 15s, and then relax. Repeat 3 times for each leg (see Figure 3).

### 4. Quadriceps stretch:

Hold the wall or table with your left hand to keep balance, then stretch your right hand backward, grab the right heel and slowly pull it toward the hips until you feel muscles in the front of your thighs are tense. Hold for 10 to 15s, and then relax. Repeat 3 times for each leg (see Figure 4).

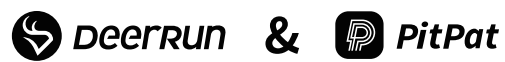
### 5. Sartorius (inner thigh muscles) stretch:

Sit with your feet facing each other and knees facing outward. Grab your feet with both hands and pull towards your groin. Hold for 10 to 15s, and then relax. Repeat for 3 times (see Figure 5).

# 8 SERVICE COMMITMENT

This product is intended for domestic use only. The Company is not responsible for any anomalies associated with commercial use.

For any problems with product functions, please feel free to contact your local distributor!



✉ Email: [service@fitnesspitpat.com](mailto:service@fitnesspitpat.com)