

Original User Manual
Desk Cycle



Please follow all security measures in this user's manual to ensure a secure use.



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Thank You!

Thank you for purchasing our product. Please read the operating instructions carefully before using the product for the first time. If you give the product to a third party, this manual must be handed over with it. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.



Safety Instructions

Your safety is of the most importance to us. Please make sure that you read this instruction booklet before attempting to install and use the appliance. If you are unsure of any of the information contained in this booklet, please contact the Retailer where you purchased your unit.

WARNING: Read all safety and usage instructions. Failure to follow the safety information and instructions can cause electric shock, fire and/or serious injury. Keep all safety and usage instructions for future reference.

DO NOT use the product until you read the instruction manual.

Make sure you have read the instruction manual thoroughly and understand the contents before you start the installation.

The instructions are in the interest of your safety.

Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.



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Safety Instructions

Introduction


This user manual is intended to familiarize you with the installation, use and maintenance of the product. To install the device safely and correctly, please read the user manual before you begin.


Please read the following instruction carefully and use the product accordingly. Please

keep this manual and hand it over when you transfer the product.

This summary may not include every detail of all variations and considered steps. Please contact us when further information and help are needed.

Symbol explanation

 **WARNING:** This signal symbol/word refers to a hazard with a medium degree of risk which, if not avoided, may result in death or serious injury.

 **CAUTION!** This signal symbol/word refers to a low-risk hazard which, if not avoided, may result in minor or moderate injury.

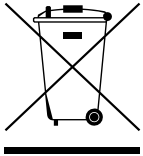
Note! This signal symbol/word warns of possible property damage.

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Warning! Read the safety instructions carefully. Failure to comply with safety instructions may cause electric shock, fire, and severe injury. **Keep all safety instructions and instructions for the future.**



This product must not be disposed of with household waste!



WARNING! This device can pose dangers if it is used improperly or not as intended by persons who have not been instructed! Note that the device is not a toy and does not belong in children's hands.

Suffocation! Do not leave the packaging material carelessly. It could become a dangerous toy for children.



Based on a CE marking, it can be recognized that a product complies with the legal provisions of European legal standards and may therefore be traded within the European Community.

1

Safety Instructions

Important Safety Information

Please keep this manual in a safe place for reference.

- It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.6 meter of free space all around it.
- Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., are easy to be worn away.
- The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

1

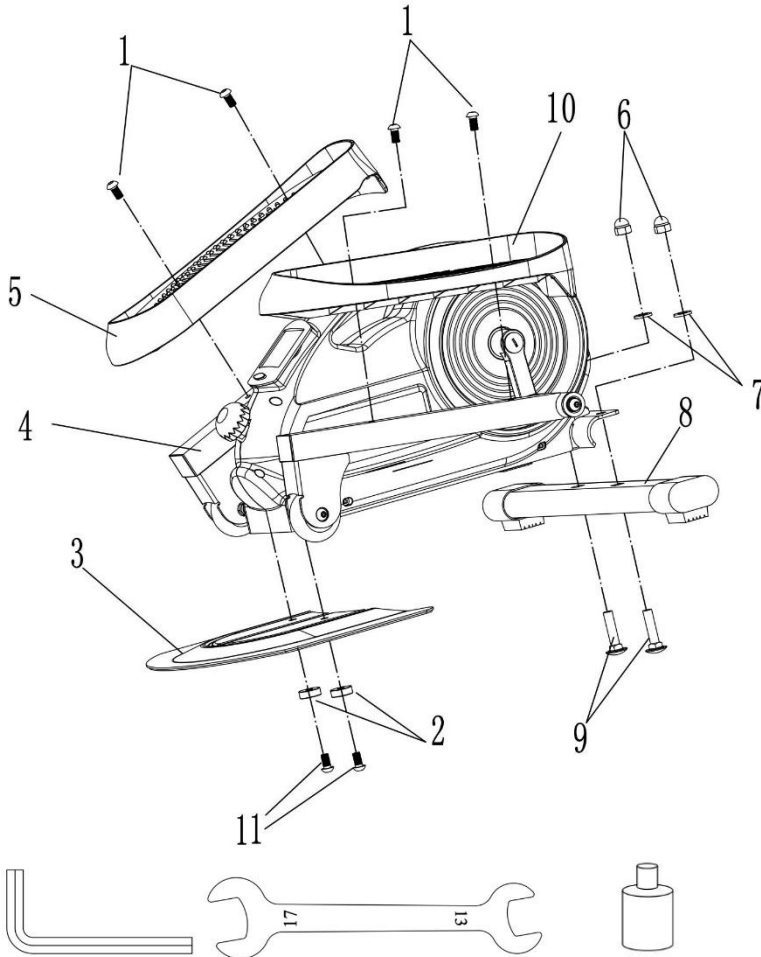
Safety Instructions

Important Safety Information

- Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- The equipment has been tested and certified to EN20957 under class H.C. Suitable for domestic use only. Maximum weight of using is 100kg.
- The equipment is not suitable for therapeutic use.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

2

Explode Drawing



Allen wrench
(L5)

Allen wrench
S13 S17

Silicone oil
bottle

Part List

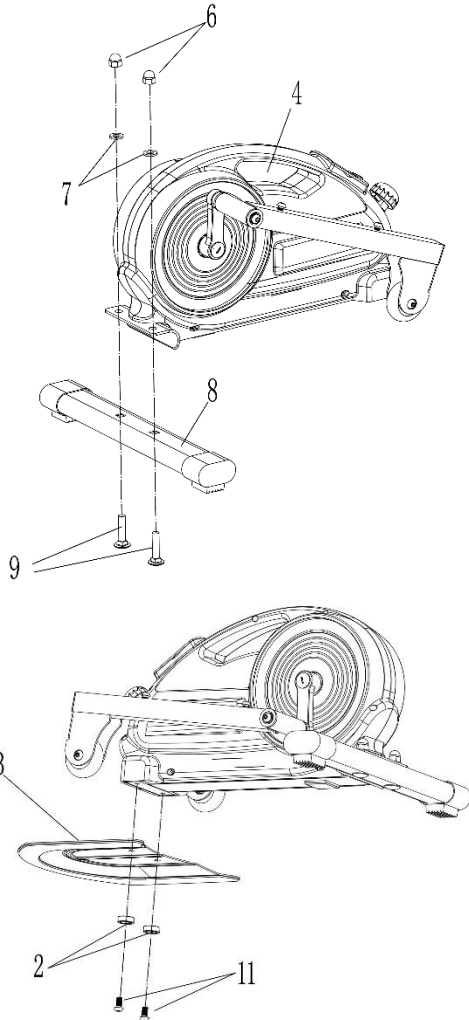
No	Name	Description	Qty
1	Screw	M8*20	4
2	Support Washer		2
3	Base plate		1
4	Main Body		1
5	Pedal L	38*13.5*7.4CM	1
6	Nut	M10	2
7	Washer	Ø10	2
8	Foot Tube		1
9	Screw	M10*45	2
10	Pedal R	38*13.5*7.4CM	1
11	Screw	M8*16	2
12	Monitor		1
	Silicone oil bottle		1
	Tools	L5 Allen wrench	1
	Tools	Allen wrench	1
	AAA batteries		2

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Product Assembly



Step 1

Take all the accessories out of the carton, assemble the foot tube (8) to the main body (4), with the Nut (6) , washer (7) and Screw (9). Completely tighten all bolts, as pictured.

Step 2

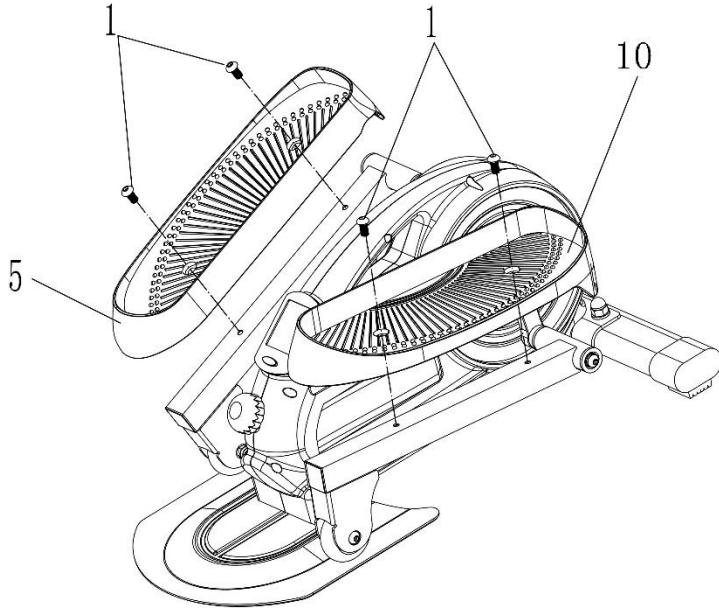
Assemble the base plate (3) to main body with support washer(2) and screw (11). Completely tighten all bolts.

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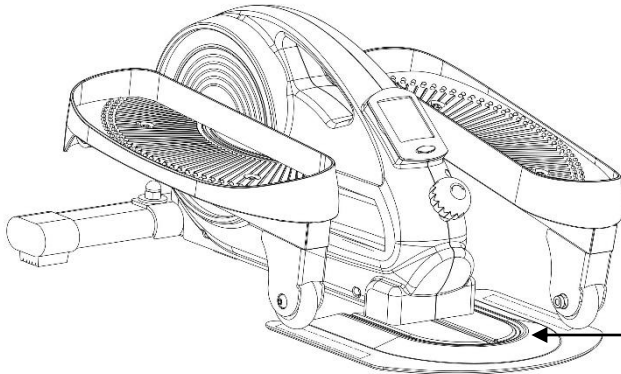
Product Assembly



Step 3

Align the hole of the pedal(L&R) (5 and 10) to the pedal bracket, use screw (1) to tighten the pedal. Tighten all fasteners now.

Please note there are L&R pedals. The stickers (L&R) are pasted on the bracket and pedals to help you to distinguish them.



Step 4

For keep silence and more smoother when you exercise, pls use the silicone oil to the base plate before you use it.

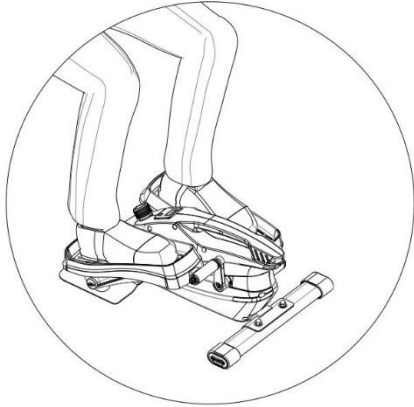
Please use the silicone oil to this areas both side.

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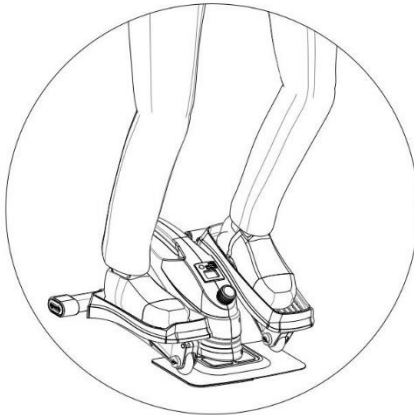
13

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How to use



You can use it by sit down, as the left picture show.



Or you can use it by stand up, as the left picture show.

⚠ WARNING: You should find a support object for keep balance when you use the equipment by stand up. Be aware of the incorrect exercise can damage your Health.



Exercise Tips

The use of this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control the intake of calories, and can help you achieve the overall effect of toning your body.



Warm-Up Phase

This phase not only helps stimulate circulation and warm up the muscles, but also reduces the risk of cramps and pulled muscles. It is advisable to do a few stretching exercises as shown in the picture. The muscle tension during each stretch should be maintained for about 30 seconds. Stretch your muscles slowly, without abrupt jerks and motions. If pain occurs, stop stretching immediately.



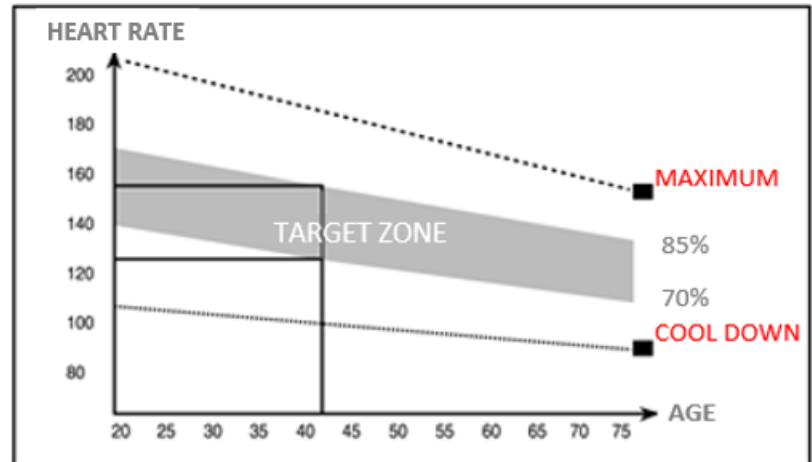
Cooling Down Phase

The use of this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control the intake of calories, and can help you achieve the overall effect of toning your body.

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Exercise Instruction

- Using your mini elliptical will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet, help you lose weight.
- The Warm Up Phase. Do a quick warm up on the bike before stretching. Warm up at a slow pace to prepare muscles for stretching.**
- This stage helps get the blood flowing around the body and the muscles working properly. It will also help reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



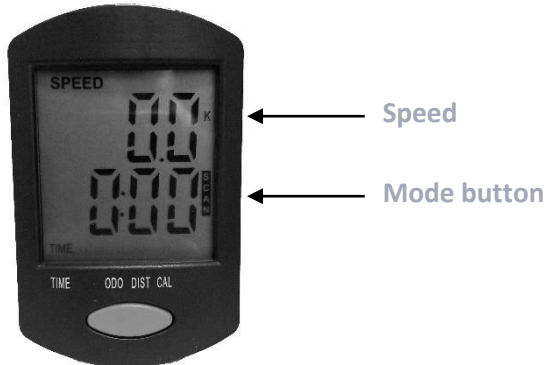
- This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

Monitor Specification

Key Function

Mode:

This key lets you to select and lock on to a particular function you want.



Speed

Mode button

Specification

SPEED (SPD)	0.0-99.9 KM/H
TIME (TMR)	00:00-99:59 Min
DISTANCE (DST)	0.00-999.9 KM
ODO (Total Distance)	0.0-999.9 KM
CALORIES (CAL)	0.0-9999 KCAL

Operation Procedures

- AUTO ON/OFF:** The system turns on when 'MODE' key is pressed or when its sensor receives an input from the speed sensor. The system turns off automatically when the speed sensor has no signal input or no key are pressed for approximately 4 minutes.
- SCAN:** When 'SCAN' shown on the screen ,automatic display of the functions in the order shown.
- SPEED:** Current speed will be shown all the time while exercising.
TIME: The time of exercise will be displayed.
DISTANCE(DIST): The distance of each workout will be displayed.
ODO: The total distance of total workout will be displayed.
CALORIES(CAL): The estimated calories burned will be displayed .
SCAN: Automatic display of the functions in the order shown.

RESET: The unit can be reset by changing battery or pressing the 'MODE' key for 3 seconds.

BATTERY: This monitor uses 2pcs AAA battery. If the monitor is displaying incorrectly or is blank, please replace the battery for best results.

Cooling Down After Workout



1 Shoulder Stretch



2 Triceps Stretch



3
Hip Flexor
Stretch



4
Overhead
Stretch



5
Chest
Stretch



6 Forward Bend



7 - Toe Touch



8 - Child's Pose



9 Quadriceps Strech



10 Cobra Pose



11 Thigh Hug



6

Maintenance tips

- Keep the product in a dry place, don't clean it with water.
- Make sure to tighten all parts before use for security.
- Never use a chemical reagent to clean the equipment.
- Clean the product with a clean, dry cloth after every use.
- Clean the product with a clean cloth and mild detergent after use every week.
- Regularly check the product if there are cracked or bent parts on the equipment; if any, stop using and immediately contact our customer service.

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Technical data

Parameter	Value
Model	KM-HE-CT706
Capacity	100 KG
Dimensions	55 x 38,5 x 33 cm
Weight	11,5 KG

In the course of product improvements, we reserve the right to make technical and visual changes to the article.

Environmentally Friendly Disposal

⚠ Warning Danger of suffocation! Packaging material is dangerous for children. Never let children play with packaging material.

1. Disposal

The packaging of your unit consists of materials that are necessary to guarantee effective protection during transport. These materials are fully recyclable and therefore reduce the environmental impact. Dispose of the packaging in a bin for recyclable materials.

2. Disposal of

Old appliances must be disposed of in accordance with the guidelines and regulations of the local waste disposal authority. Check with your local administration for the address of the nearest recycling centre and deliver your appliance there.



EU Declaration of Conformity



We, the
KM-Fit by Canbolat Vertriebsgesellschaft mbH, Gneisenaustraße 10-11, 97074 Würzburg, Germany,
hereby declare that the equipment described below, by virtue of its design and construction and in the versions placed on the market by us, complies with the relevant essential health and safety requirements of the EU directives.

Product name: **Desk Cycle**
Model number: **KM-HE-CT706**
Article number: **4252023106368**

This device complies with the following EU/EC directives:
2014/30/EU / 2005/84/EC

The assessment shall be based on the following harmonised standards applied:
EN 55014-1:2017 / EN 55014-2:2015 / EN ISO 20957-1:2013
AFPS GS 2019:01 PAK / EN ISO 20957-9:2016+A1:2019

Other applied technical standards and specifications:
(EC) No. 1907/2006 / No. 552/2009 / (EU) 2018/2005
(EC) No. 1907/2006 / No. 552/2009

Place and date of issue: Würzburg, 28.11.2022

Signature:

A handwritten signature in black ink, appearing to read 'Korhan', is written over a light grey circular stamp.

Dipl.-Inform. (Univ.)
Korhan Canbolat, Managing Director

If the device is modified without our consent, this declaration of conformity loses its validity.

Contact With Us

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km-fit.com