



FLEX DESK PLUS

INSTRUCTION MANUAL



FITNESS APP FOR SMARTPHONES AND TABLETS



LIVE / ON-DEMAND CLASSES

lead by certified instructors

"THE EXTRA MILE"

to warm-up and cool-down

SCENIC RIDES

recorded in beautiful locations

STAY TOGETHER

by connecting with family & friends

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READ MANUAL BEFORE OPERATING

Requires 2 AA batteries (included). Do not mix old and new batteries.

Do not mix alkaline, standard (carbon-zinc), or rechargeable (NiCd, Ni-Mh, etc) batteries.

WARNINGS

BEFORE starting any fitness or strength program, consult with your physician or health official. This will ensure that you engage in the proper strength or fitness program for your age and physical condition.

Before using the FITNATION™ Flex Desk Plus answer these questions:

- Have you been sick recently?
- Have you had prolonged dizziness recently?
- Have you been out of breath for no reason recently?
- Have you have had chest pain recently?
- Do you currently have any injuries preventing you from exercise?
- Are you pregnant?
- Do you have any conditions or reasons you shouldn't exercise?
- Are you over 35 years old and physically inactive?
- Have you been told by a doctor that you shouldn't exercise?
- IF YOU ANSWER "YES" TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD SEEK FURTHER ADVICE FROM YOUR DOCTOR PRIOR TO USING THE FITNATION™ FLEX DESK PLUS.
- ALWAYS read the user's manual fully and follow all instructions, this ensures your safety.
- ALWAYS use the FITNATION™ Flex Desk Plus on solid, level ground and in a well lit and ventilated area. Check that the seat and handlebars are securely fastened before use.
- NEVER allow children to play on or around the bike. Injury could ensue from a child's curiosity in the moving parts of the stationary bike.
- ALWAYS set the bike up properly for your specific body type. The FITNATION™ Flex Desk Plus offers up/down and fore/aft adjustments that are clearly marked to ensure a quick and

WARNINGS

easy customization for each workout.

- **ALWAYS** check the stationary bike before use.
- **NEVER** use the stationary bike if it is not properly/completely assembled or is damaged in any way.
- **NEVER** use FITNATION™ Flex Desk Plus when sick or fatigued.
- **NEVER** exceed the weight limit for this bike. The weight limit for this bike is 300 pounds. Do not use the FITNATION™ Flex Desk Plus if your body weight is in excess of 300 pounds.
- **ALWAYS** wear proper attire and footwear that fully covers your feet. Long hair should be tied back or tucked away. Ensure that any shoelaces are tucked into your shoes.
- **ALWAYS** warm up/stretch before starting to exercise.
- **ALWAYS** be cautious when getting on and off the FITNATION™ Flex Desk Plus.
- **ALWAYS** wait until the pedals have come to a complete stop before taking your feet off of the pedals or dismounting. Do not stand or climb on the handlebars.
- **ALWAYS** keep hands away from moving parts and ensure that hands are never placed where there is no rubber handlebar grip.
- **NEVER** overexert yourself or work to exhaustion. If you feel faint, dizzy, short of breath, or if you have chest or other pains, **STOP IMMEDIATELY!** Consult your physician before using the FITNATION™ Flex Desk Plus again.
- **ALWAYS** ensure that you have a water bottle filled with at least 12 oz. of water and a towel close by to absorb sweat from your body and the handlebars.
- **NEVER** use the FITNATION™ Flex Desk Plus in a standing position at high revolutions per minute (RPM).
- **ALWAYS** keep your pelvis positioned over the center line of the FITNATION™ Flex Desk Plus stationary bike.

WARNINGS

- **NEVER** adjust the resistance of the flywheel and the resistance of the FITNATION™ Flex Desk Plus Handlebar System whilst standing.
- **NEVER** use accessory attachments that have not been recommended by the manufacturer – using these attachments may cause injury or damage to the bike and will affect the warranty of the bike.
- Please ensure that the FITNATION™ Flex Desk Plus is wiped down after each use to keep it sanitary.
- If any problems arise affecting the performance of the FITNATION™ Flex Desk Plus, please contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.
- **THIS SAFETY INFORMATION AND USER'S MANUAL DOES NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE STATIONARY BIKE!**

Do not mix old and new batteries.

Do not mix alkaline, standard (carbon-zinc), or rechargeable (Ni-Cd, Ni-MH, etc) batteries.

FCC Compliance Statement

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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.

Introduction

FITNATION™ FLEX DESK PLUS

Congratulations on purchasing the FITNATION™ Flex Desk Plus, one of the highest performance stationary bikes on the fitness market. The FITNATION™ Flex Desk Plus will offer you an excellent whole body workout through the inclusion of upper and lower resistance band sets on the bike. Accelerating, pushing up from the saddle, and recovering are all natural and dynamic total body movements for outdoor cyclists. Climbing steep hills and sprinting involves significant engagement through the core and upper-body to control the lower-body and propel the bike forward. The FITNATION™ Flex Desk Plus uses a unique and revolutionary handlebar system to mimic and access this level of realistic intensity. Welcome to the FITNATION™ Flex Desk Plus Revolution!

BEFORE YOU START

Prior to leaving the factory, your FITNATION™ Flex Desk Plus was inspected and thoroughly tested for proper operation. In order to minimize damage through shipping, the bike was examined and carefully packaged.

Your FITNATION™ Flex Desk Plus stationary bike will have arrived in 1 carton. When receiving the package check for any damage. Discuss and point out any damage to the delivery person and have them record any damage on the delivery paperwork. Contact Customer Service to report any damage (see details on the back of this manual). If you follow the detailed instructions, then the FITNATION™ Flex Desk Plus will be unpacked and assembled with ease.

PARTS LIST



- | | |
|--|---|
| <p>1. Handlebars</p> <p>2. Upper resistance handles (x2)</p> <p>3. Rear Foot</p> <p>4. Front foot with rollers</p> <p>5. Seat Post</p> <p>6. Backrest support</p> <p>7. Seat handles</p> <p>8. Main Frame</p> <p>9. Control Panel with Tablet Holder</p> <p>10. Pedals</p> <p>11. Pedal Straps</p> | <p>12. Console adjust knob</p> <p>13. Washers and screws
· 2 screws for backrest
(Other screws, washers, and nuts come installed in parts. See ASSEMBLY INSTRUCTIONS for details.)</p> <p>14. Large hex key tool.</p> <p>15. Wrench</p> <p>16. Seat Cushion</p> <p>17. Backrest</p> <p>18. Left and right cranks (Pre-installed)</p> <p>19. AA batteries (x2) (Not shown)</p> |
|--|---|

ASSEMBLY INSTRUCTIONS

1.



Loosen circular knob on main frame and pull outward to adjust recline angle to 1 (tallest setting).

2.



Take both nuts and washers off of rear foot.

3.



Place the nuts and washers to the side for now.

4.



Install rear foot onto rear main frame leg. See image to ensure rear foot is installed on correct leg.

5.



Place the washer onto screw.

6.



Screw on the nut.

ASSEMBLY INSTRUCTIONS

7.



Tighten nut onto screw with included wrench. Repeat on other side.

8.



Take both nuts and washers off of front foot with rollers.

9.



Place the nuts and washers to the side for now.

10.



Install front foot onto front main frame leg.

The rollers help to move the bike when it is tilted forward and should not touch the floor when the bike is in a regular standing position. When properly installed, the rollers will face outward from the front of the bike (see images). If the rollers touch the floor, uninstall the foot, turn around, and reinstall.

11.



Place the washer onto screw.

12.



Screw on the nut.

ASSEMBLY INSTRUCTIONS

13.



Tighten nut onto screw with included wrench. Repeat on other side.

14.



Take nuts and washers off of the seat cushion.

15.



Place the nuts and washers to the side for now.

16.



Fit seat post onto seat cushion screws.

17.



Place the washers over the screws from seat cushion.

18.



Finger tighten each nut onto the screws from seat cushion. If difficult to tighten, nut may be upside-down.

ASSEMBLY INSTRUCTIONS

19.



Tighten nut onto screw with included wrench. Repeat on other two nuts.

20.



Loosen circular knob.

21.



Pull knob outward and insert seat post into main frame.

22.



Secure knob back into place at desired height.

23.



Remove screw, nut, and washer from the backrest support.

24.



Remove screw, nut, and washer from fix plate on backrest support.

ASSEMBLY INSTRUCTIONS

25.



Place nuts and washer on the side for now.

26.



Align backrest support with hole in seat post.

27.



Insert screw through hole in backrest support.

28.



Place washer onto screw.

29.



Place nut on screw and finger tighten. If difficult to tighten, nut may be upside down. Tighten fully with included wrench.

30.



Align seat handles with holes on bottom of backrest support.

ASSEMBLY INSTRUCTIONS

31.



Place fixed plate onto seat handles.

32.



Place screw with washer into holes and tighten with included large hex key/screwdriver tool. The handle bars will rotate back and forward when properly installed.

33.



Align backrest against backrest support. Insert screws and finger tighten (see parts diagram).

34.



Tighten down screws with included large hex key/screwdriver tool.

35.



Open iron sheet.

36.



Place handlebar on.

ASSEMBLY INSTRUCTIONS

37.



Cover the iron sheet.

38.



Place the T-shaped knob and tighten.

39.



Assemble the console.

40.



Insert the screws.

41.



Tighten the screws with included hex key tool.

42.



Connect heart rate wire with console.

ASSEMBLY INSTRUCTIONS

42.



Connect sensor wire to the sensor port on the console.

43.



Wire connection completed.

ASSEMBLY INSTRUCTIONS

→ **READ THIS SECTION CAREFULLY** ←

47.



Connect the right pedal to the right crank arm. Both parts are marked **R**.

48.



Hold the right pedal with one hand and screw the pedal bolt onto the crank arm with the other hand in a **standard clockwise** motion. Finish tightening with the included wrench.



**RIGHT bolt screws in CLOCKWISE
(standard direction)**

49.



Connect the left pedal to the left crank arm. Both parts are marked **L**.

50.



Hold the left pedal with one hand and screw the pedal bolt onto the crank arm with the other hand in a **non-standard counterclockwise** motion. Finish tightening with the included wrench.



**LEFT bolt screws in COUNTERCLOCKWISE
(NON-standard direction)**

51.



The strap marked R goes on the right pedal. The strap marked L goes on the left pedal. With the R or L marking facing upward, attach the end of the strap with 3 holes to the inside of the pedal.

52.



Attach the end of the strap with 4 holes to the outside of the pedal. Adjust to your preference.

CONTROL PANEL BATTERY INSTALLATION

Requires 2 AA batteries (included).

Do not mix old and new batteries.

Do not mix alkaline, standard (carbon-zinc),
or rechargeable (NiCd, Ni-Mh, etc) batteries.



Open battery compartment door on back of bike control panel. Install 2 AA batteries (included) according to the correct polarity indicated on the inside of the battery compartment. Replace battery compartment door when finished.

ADJUSTING CONSOLE



To change angle of console, unscrew tension handle at base of console and adjust. Tighten tension handle once desired angle is achieved.



To change angle of tablet holder, press in adjustment knob located on the right side while supporting tablet holder with opposite hand. Adjust to desired angle then release adjustment knob. Tablet holder should click when locking into place. To adjust tablet holder clamp, loosen adjustment knob on back of console and lift tablet holder clamp to accommodate tablet size. Tighten to secure.

CONTROL PANEL

BUTTONS:

[RESET] clears data from selected mode.

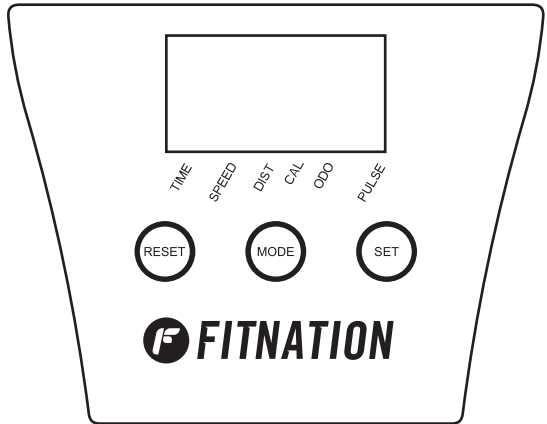
- To reset all stored information from previous workout, press for 3 seconds.
- Does not clear total exercise miles (**ODO**).

[MODE] selects mode.

- To reset all stored information from previous workout, press for 3 seconds.
- Does not clear total exercise miles (**ODO**).

[SET] programs new setting for selected mode.

- To increase setting more quickly, press for 3 seconds. Release and press again to program.



DISPLAY:

Display turns off after 4 minutes when not in use.

TIME, DIST, CAL, and PULSE: Default to previous setting until reset (**[RESET]**) or programmed with new setting (**[SET]**).

TIME: Press **[RESET]** to time workout or **[SET]** to program a countdown timer. When countdown reaches 0, alarm will sound. Press any button to silence.

SPEED: Displays estimated MPH.

DIST: Press **[RESET]** to display distance in miles for current workout or **[SET]** to program a countdown from distance goal. When countdown reaches 0, alarm will sound. Press any button to silence.

CAL: Press **[RESET]** to display estimated calories expended or **[SET]** to program a countdown from calorie goal. When countdown reaches 0, alarm will sound. Press any button to silence.

ODO: Displays total exercise miles of all workouts.

PULSE: Press **[RESET]** to display heart rate or **[SET]** to program a target heart rate. User must hold the heart rate monitor grips on the handle bars for heart rate to display. Whenever target heart rate is surpassed, alarm will sound. To silence, remove hands from heart rate monitor grips or press **[RESET]**.

ADJUSTING RECLINE ANGLE



Twist circular knob on main frame to the left to loosen the bolt (do not fully remove). While stepping on the rear foot, lift up on the bike while pulling the knob to adjust angle.



Level 1



Level 2



Level 3

ADJUSTING SEAT HEIGHT



Level 1: Seat is lowered as far as the seat post will go. Twist knob to the left to loosen the bolt (do not fully remove). Pull up on seat to move levels. Screw knob back into place at desired level.



Level 1



Level 2



Level 3



Level 4

MOVING HANDLE BARS



Seat handlebars rotate forward for use in recumbent position and backward for easier mount and dismount of bike.

ADJUSTING PEDAL TENSION

Turn the tension control knob to adjust pedal tension from 1 to 8.



ADJUSTING RESISTANCE BANDS

The resistance bands have three levels of resistance. To change the resistance, step on the resistance band pedal and push down or allow it to slide up until it clicks into place at the desired resistance level. Ensure the resistance band pedal is locked in place before using bands.



Level 1

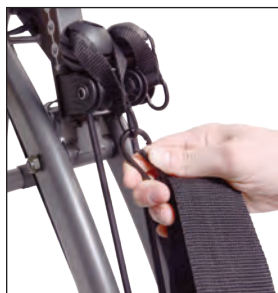


Level 2



Level 3

ATTACHING LEG RESISTANCE BANDS



1. Hook leg resistance strap onto resistance band loop.



2. Open leg resistance strap by unlatching the hook and loop fastener.



3. Wrap the strap around desired ankle and fasten hook and loop so that is secure but still comfortable.

USING FITNATION™ FLEX DESK PLUS



Lean back against backrest and hold handles attached under seat. Keeping your back straight, pedal at desired pace.



Lean forward and hold onto handlebars where the heart rate monitor grips are located. Keeping your back straight, pedal at desired pace.

USING FITNATION™ FLEX DESK PLUS



Lean back against backrest and hold both resistance band handles. Keeping your back straight and elbows close to torso, pull the right handle towards right shoulder. Repeat with left arm.



Lean back against backrest and hold both resistance band handles. Keeping your back straight and elbows close to torso, pull both resistance band handles toward body. Lower slowly and repeat.

USING FITNATION™ FLEX DESK PLUS



Keeping your back straight and arms locked out straight, hold the resistance band handles and pull to shoulder height. Lower slowly and repeat.



Attach leg resistance strap to ankle and stand facing away from bike. Holding seat backrest for support, extend foot forward while keeping leg straight. Lower foot slowly without resting on the ground and repeat motion. Attach resistance strap to opposite foot and repeat.

USING FITNATION™ FLEX DESK PLUS



Attach leg resistance strap to ankle and stand with bike to the side. Holding seat backrest for support, extend foot to the side while keeping leg straight. Lower foot slowly without resting on the ground and repeat motion. Attach resistance strap to opposite foot and repeat.



Attach leg resistance strap to ankle and stand facing bike. Holding seat backrest for support, extend foot backwards while keeping leg straight. Lower foot slowly without resting on the ground and repeat motion. Attach resistance strap to opposite foot and repeat.

NOTES

NOTES

NOTES

QUESTIONS?

CONTACT CUSTOMER SERVICE

1-888-784-2835



Read Instructions
Before Operating

MADE IN
CHINA



PATENT
PENDING

Rev: 010319

VIATEKPRODUCTS.COM

**For questions, assistance, or replacement parts, do not return to your retailer. Contact Viatek® customer service below.
For refunds on items not purchased from Viatek® directly, please contact your retailer.**

VIATEK® 1-YEAR LIMITED WARRANTY

Viatek® warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Viatek® will replace the entire product or, at its option, repair or replace the defective part(s) without charge. Contact Viatek® customer service at 888.784.2835 or at cs@viatek.com to determine whether it is necessary to return the unit. To return, securely pack the entire unit. Be sure carton clearly identifies sender by name and address. Attach a letter or card describing defect and original sales receipt. Mail prepaid to Viatek Consumer Products Group, Inc. 6011 Century Oaks Dr. Chattanooga, TN 37416.

This warranty is void if damage or malfunction is due to abuse or failure to operate product in accordance with instructions and on recommended electrical current. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If you have any questions, or would like to learn more about Viatek®, please contact us at 888.784.2835 or at cs@viatek.com.

Register your product online at viatekproducts.com/register-your-product-warranty/

Customer Service / Le service a la clientele / Servicio al Consumidor

☎ 888.784.2835 (+1.423.402.9010) ✉ cs@viatek.com

Model:

BIKEDESKPL

DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES PER LOCAL & FEDERAL GUIDELINES.

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