

*Unity / Unity Junior
Bike Desk
Owner's Manual*

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Welcome

Congratulations on choosing the Unity, by LifeSpan. Your new bike desk is the perfect complement to studying, screen time, or working from home. It provides a healthy opportunity to add light exercise to sedentary activities you're already engaged in.

Per the President's Council on Fitness, family-wide need for exercise is pronounced. Fewer than 5 percent of adults achieve the suggested 30 minutes of daily activity, while office-working professionals are inactive for an average of 10 hours per day. Modest movement, such as pedaling on your new Unity bike, helps avoid these common pitfalls while improving your family's mental and physical health.

The Unity has been designed to feature a sophisticated aesthetic, modest footprint, and smooth, distraction-free pedaling, perfect for your TV area, living room, or home office. To ensure zero costs of use and allow placement anywhere, the bike operates without electricity or batteries. Just sit and pedal!

Before you assemble or operate your product, please read this manual thoroughly. Important information, including safety precautions, assembly instructions, and proper operation information are included. After assembly is complete, review the Final Inspection section to ensure safe operation.

Should you need to contact LifeSpan customer service, please visit the customer service section of www.LifeSpanFitness.com. Submitted service requests will be responded to within one business day. Consumers in the United States and Canada can also dial (877) 654-3837, option 4.

Neither LifeSpan Fitness nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

Warranty

Your LifeSpan Unity comes with the following limited warranty valid in North America.

Warranty	Unity Bike Desk
Frame	3 Years
Parts	1 Year

LifeSpan warrants the equipment it manufactures is free from defects in materials and workmanship under normal use and services. The periods above are based on the date of purchase. During these periods, LifeSpan will replace defective parts. Should your Unity Bike Desk need service or assistance during the warranty period, do not return it to the store that it was purchased. Instead, please visit our website at www.LifeSpanFitness.com, click on "Customer Service" and complete the form to request assistance or call 877.654.3837 option 4 for a customer service agent. To get assistance you will need the unique product serial number located on the underside of the frame.

LifeSpan reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by LifeSpan are used.

Exclusions and Limitations:

- This warranty does not apply to any defects caused by negligence, misuse, improper assembly, or maintenance, accident, or "act of God."
- Physical damage to table top due to misuse or accident.
- This warranty does not apply to discoloration of paints or plastics.
- LifeSpan shall not be responsible for incidental or consequential damages.
- This warranty is non-transferable from the original owner.

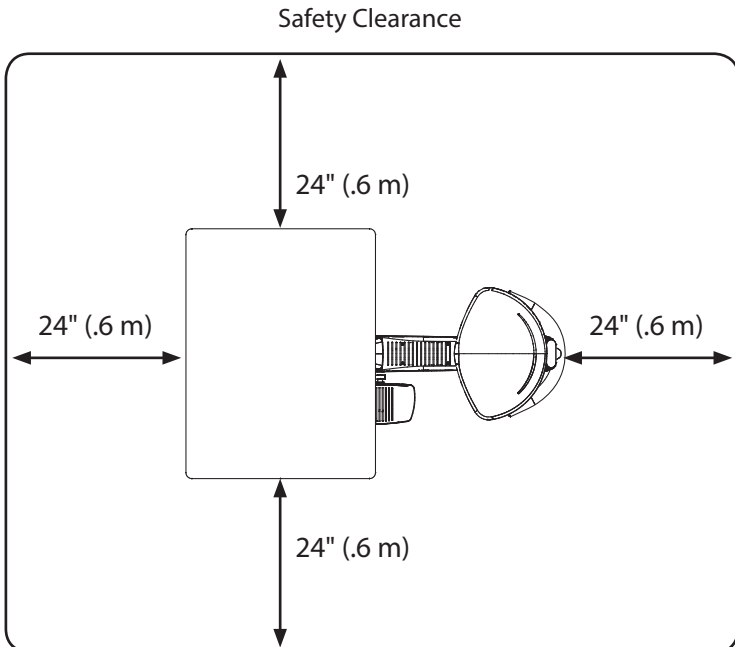
Registration

Should you need to process a warranty claim make sure you retain your purchase receipt to verify the date of purchase and register your LifeSpan product online. To complete the registration go to www.LifeSpanFitness.com and select "Product Registration".

Safety

When using your Unity bike desk, basic precautions should always be followed, including:

- Never operate this bike desk if it has been damaged.
- Do not use outdoors or in areas of high humidity or extreme temperature changes.
- Use this product for its intended use as described in this Owner's Manual.
- Do not use attachments that are not recommended by LifeSpan.
- Always keep a clear path around this product for access to, passage around and emergency dismount. At a minimum there should be a clear path on at least one side and front or back of the product. Minimum clearances are specified below.



Children and Pets

- Keep children under 10 years of age away from playing on or using your bike desk at all times.
- When in use, keep others away from moving parts including the pedals and cranks.
- This desk bike can be used by children 10 years of age and older and those with reduced physical ability or sensory capacity under supervision and instruction concerning proper use in a safe manner.
- Although the Unity Bike Desk is not intended for serious exercise, always consult a physician before beginning an exercise program. If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physical before continuing.
- Keep the product on a solid and level surface at all times.
- Wear shoes with high traction rubber sole during use.

Transportation

The Unity comes with integrated transport wheels, located on the front of the bike's frame. To safely transport the desk, position yourself in front of the desk, facing the seat. To place the bike on the transport wheels, tip the desk forward until the roller wheels contact the floor. You can then pull or push the Unity to the desired location. Prior to lowering the bike to its regular position, verify the rear seat area is clear of walls and other objects.



Storage

When storing your Unity bike desk, keep it in a clean, dry environment. To prevent dust and dirt build up, cover the product with a clean, non-abrasive cover.

Unity Bike Desk

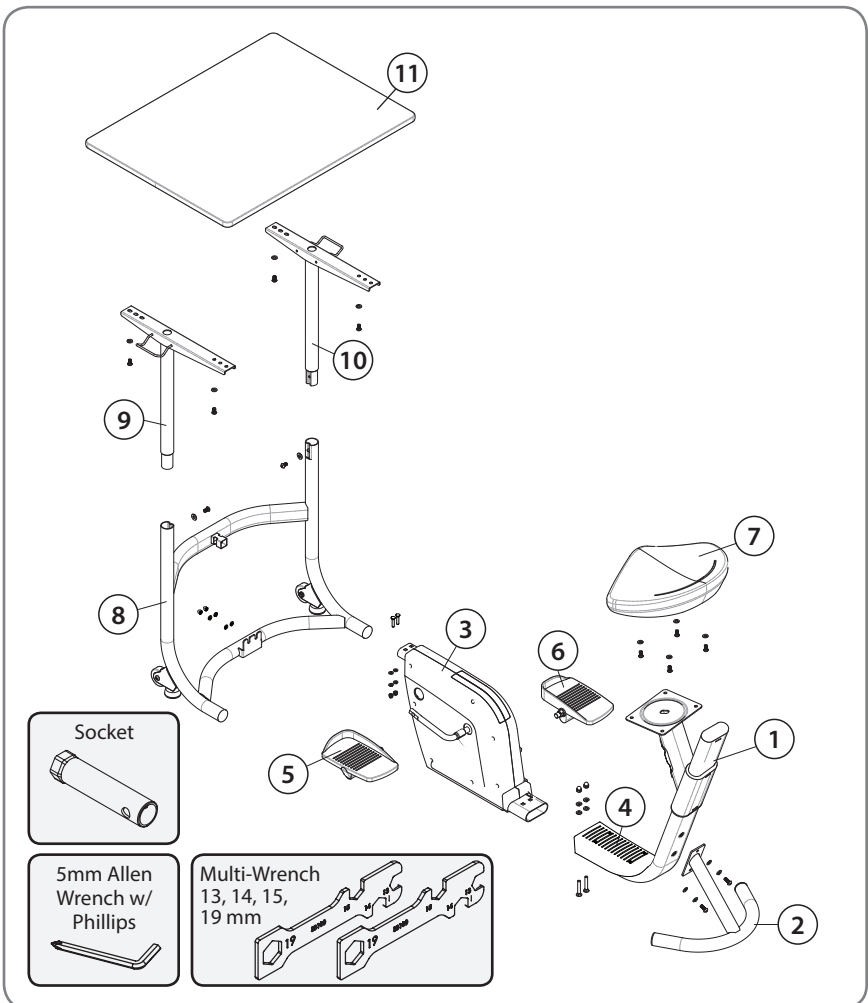
Seat	Adjustable; Polyurethane Foam
Pedaling	Bi-Directional; forward and backward
Max User Weight	400 lb (181.4 kg)
Desk Size*	31.5 W x 24D in / 80 W x 61 D cm
Net Weight	80.5 lb (36.5 kg)
Power	None
Assembled Size	47L x 31.5W x 41H in / 120 L x 80 W x 104 H cm
Frame	Welded Steel Frame Construction

Assembly Instructions

At LifeSpan we strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the product line.

Prior to starting the assembly process, take all the parts out of the box, remove plastic bags and lay everything out on the floor to become familiar with the components. Lay the desktop face down on a non abrasive surface.

Since your desk is a heavy piece of equipment, it is recommended that you use two people during assembly and follow these assembly instructions to reduce any problems that may occur.



Assembly Instructions

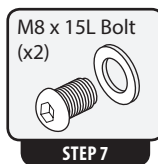
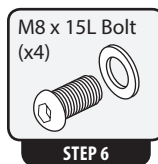
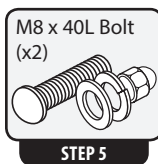
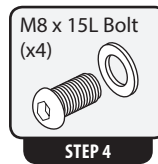
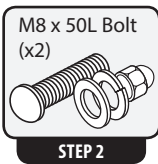
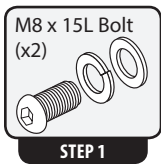
Hardware Included

Item#	Part Description
1	Seat Slide Frame
2	Rear Base Foot
3	Drive System
4	Seat Slide Frame Base Cover
5	Left Pedal
6	Right Pedal
7	Seat

Item#	Part Description
8	Desk Base Frame
9	Left Desk Attachment Frame
10	Right Desk Attachment Frame
11	Desktop

All Hardware is Pre-Installed

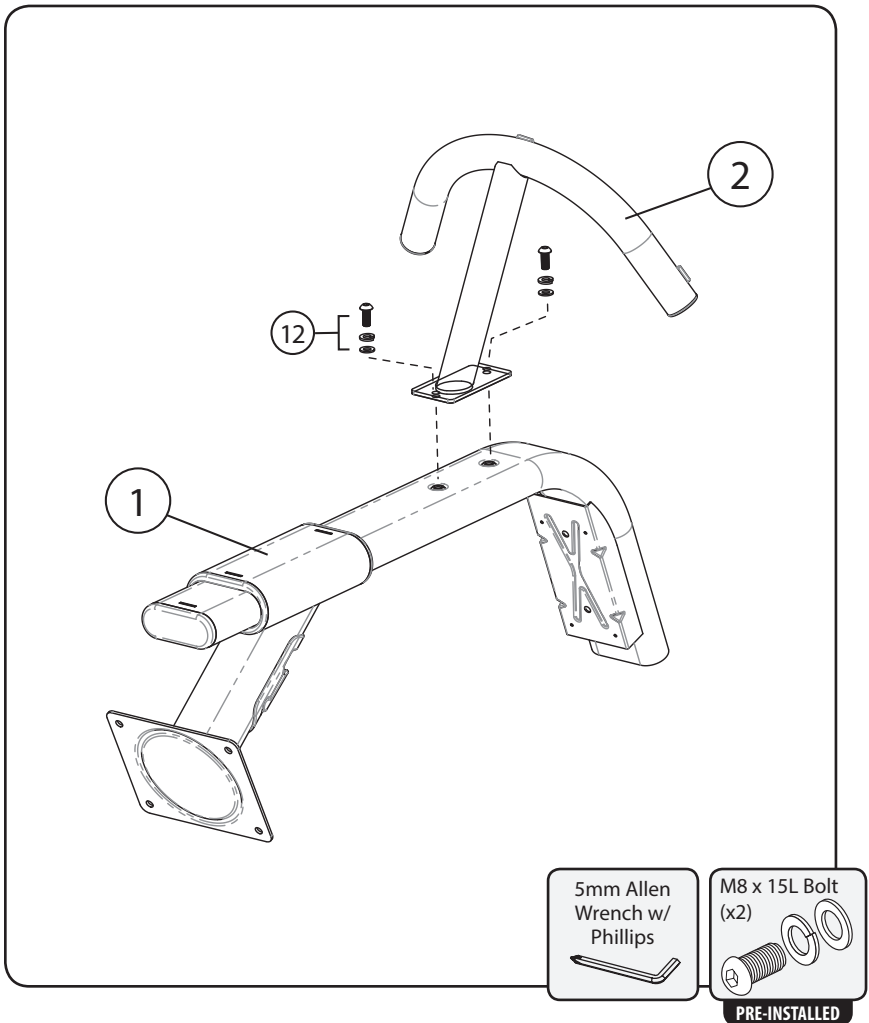
Step #	Item #	Qty.	Part Description
1	12	2	M8x15L Bolt, Lock Washers, Washers
2	13	2	M8X50L Bolt, Lock Washer, Washer, Nut
2	14	4	Phillip Head Screw
4	15	4	M8x15L Screw, Washer
5	16	2	M8 Lock Washer, Washer, Nut
5	17	2	M8x40L Bolt, Lock Washer, Washer, Nut
6	18	4	M8x15L Screw/Washer
7	19	2	M8x15L Screws/Washers



Assembly Instructions

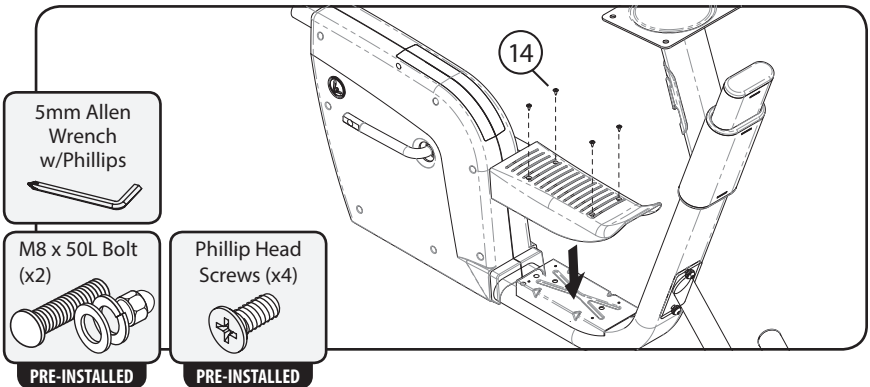
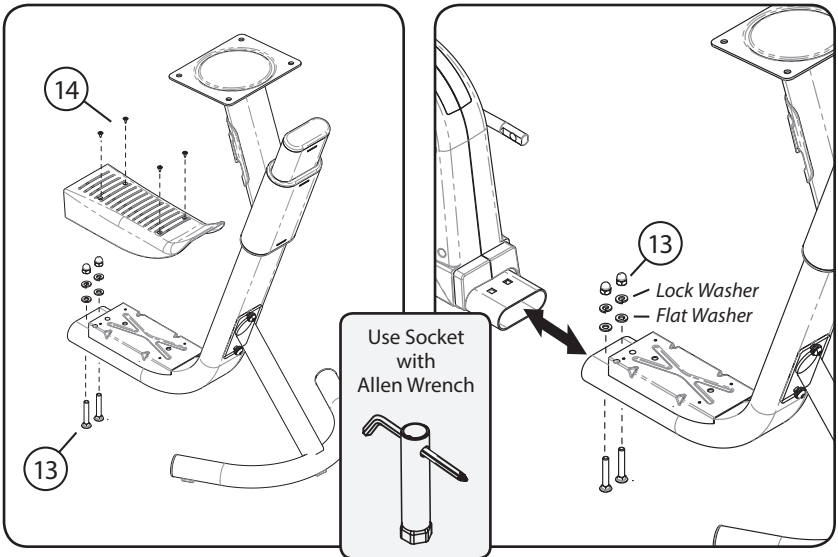
Step 1: Attach Base Foot to Seat Slide Frame

- A. Position *Seat Slide Frame (1)* on floor as shown in figure 1.
- B. Remove the two pre-installed *M8X15L Bolts, Lock Washers and Washers (12)* from *Seat Slide Frame*.
- C. Connect the *Rear Base Foot (2)* to the *Seat Slide Frame (1)* with the two *M8x15L Bolts, Lock Washers and Washers (12)*.



Step 2: Attach Drive System to Seat Slide Frame

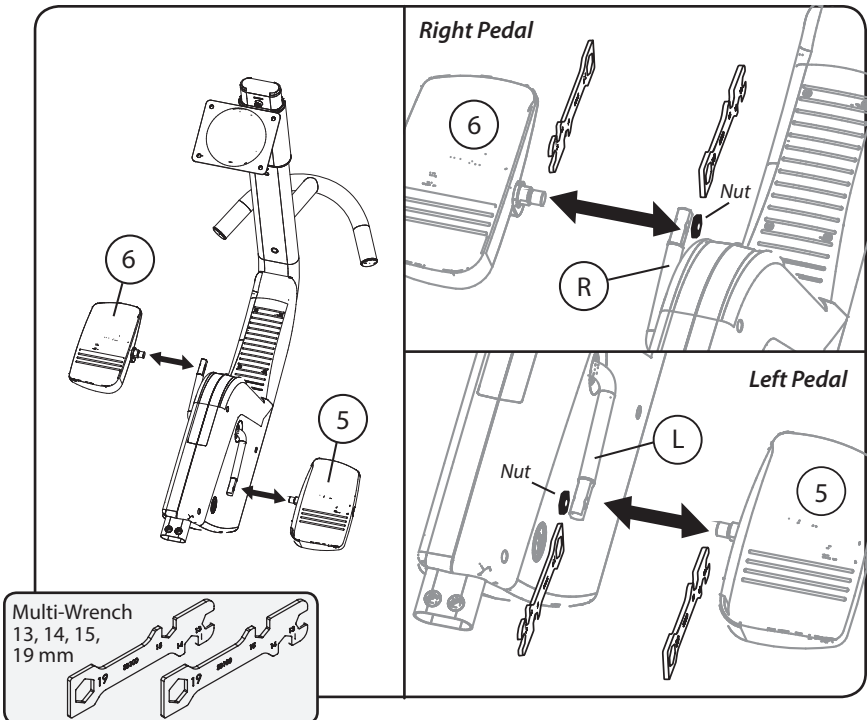
- A. Remove the four *Phillips Head Screws*(14) attaching the *Seat Slide Frame Base Cover* (4) to the *Seat Slide Frame* (1) and remove the *Cover*.
- B. Remove the two pre-installed *M8x50L Bolts, Lock Washers, Washers and Nuts* (13) from the *Seat Slide Frame* (1).
- C. Slide the *Drive System* (3) and the *Seat Slide Frame* (1) together and connect with the *M8x50L Bolts, Lock Washers and Washers* (13). **Fully tighten all hardware.**
- D. Re-attach *Seat Slide Frame Base Cover* (4) with the four *Phillips Head Screws*(14).



Assembly Instructions

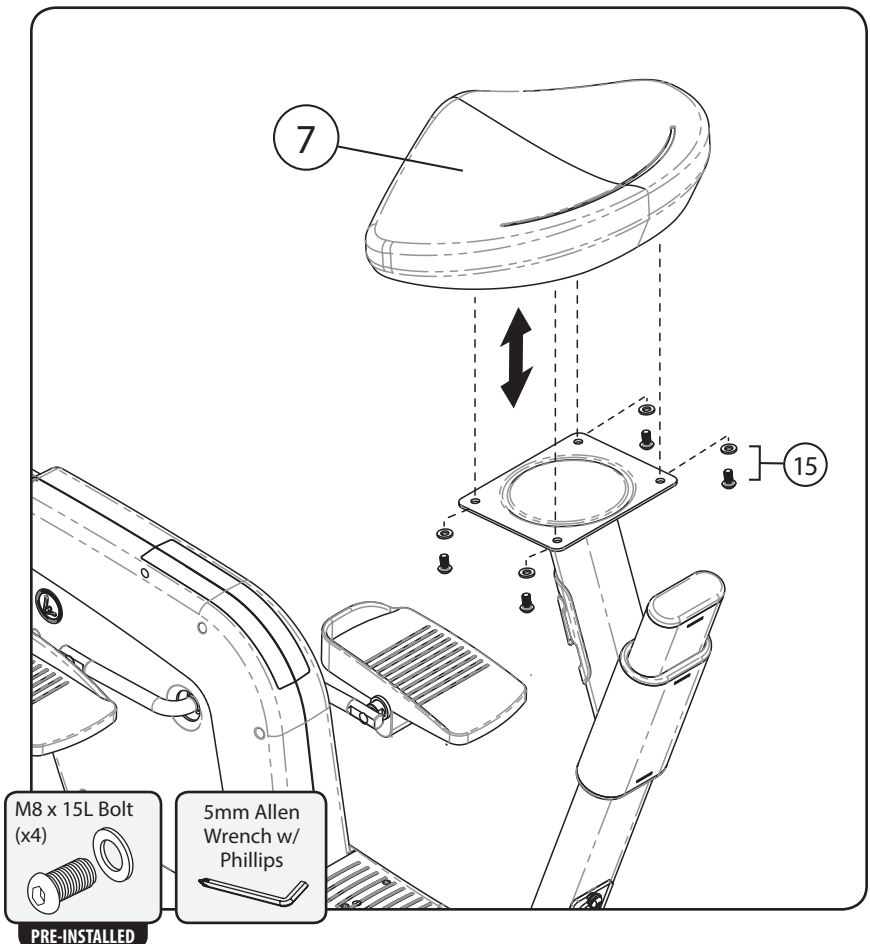
Step 3: Right and Left Pedal Assembly

- A. Identify which pedal goes on the right side and which goes on the left side by locating the "R" on the back of the Right Pedal (6) and the "L" on the back of the Left Pedal (5).
- B. Remove the nut from the Right Pedal (6) and hand tighten the Right Pedal into the Right Crank Arm (R) by turning **clockwise**. Tighten the pedal with the provided wrench.
- C. Install the Nut removed in Step B. Using the provided wrenches, fully tighten both the nut and the pedal to the crank arm as shown. Use the 15mm portion of the wrench on the Pedal and the 19mm portion of the wrench on the Nut.
- D. Remove the nut from the Left Pedal (5) and hand tighten the Left Pedal to the Left Crank Arm (L) by turning **counter clockwise**. Tighten the pedal with the provided wrench.
- E. Install the Nut removed in Step D. Using the provided wrenches, fully tighten both the nut and the pedal to the crank arm as shown. Use the 15mm portion of the wrench on the Pedal and the 19mm portion of the wrench on the Nut.



Step 4: Attach Seat

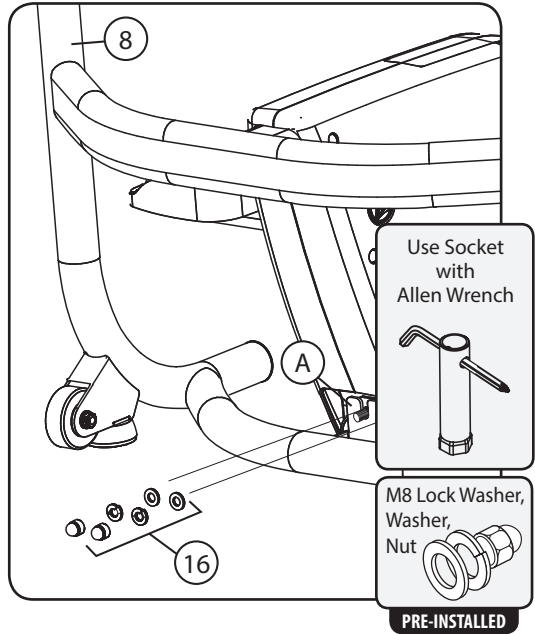
- A. Remove the four M8x15L Screws and Washers (15) from the base of the Seat (7).
- B. Attach the Seat (7) to the Seat Side Frame (1) with the four M8x15L Screws and Washers (15).



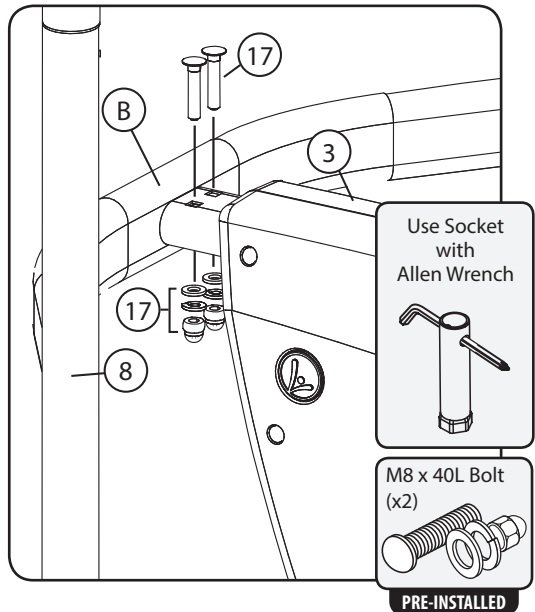
Assembly Instructions

Step 5: Attach Desk Base Frame to Drive System

- A. Remove the two pre-installed *M8 Nuts, Washers and Lock Washers (16)* on the *Low Connection Point(A)* of the *Drive System (3)* as shown in the image to the right.
- B. Remove the two pre-installed *M8x40L Bolts, Washers and Lock Washers(17)* on the *Top Connection Point(B)* of the *Drive System (3)*.
- C. Slide together the *Desk Base Frame (8)* to the *Drive System(3)*. They will connect at the bottom and top.



- D. Slide the *M8x40L Bolts, (17)* into place for the top connection.
- E. Using *Washers, Lock Washers, and Nuts (16)* attach *Desk Base Frame (8)* to *Drive System (3)* on the bottom. **Fully tighten all hardware.**
- F. Finish the top connection using *M8x40L Washers, Lock Washers, and Nuts(17)* to attach *Desk Base Frame(8)* to the *Drive System(3)*. **Fully tighten all hardware.**

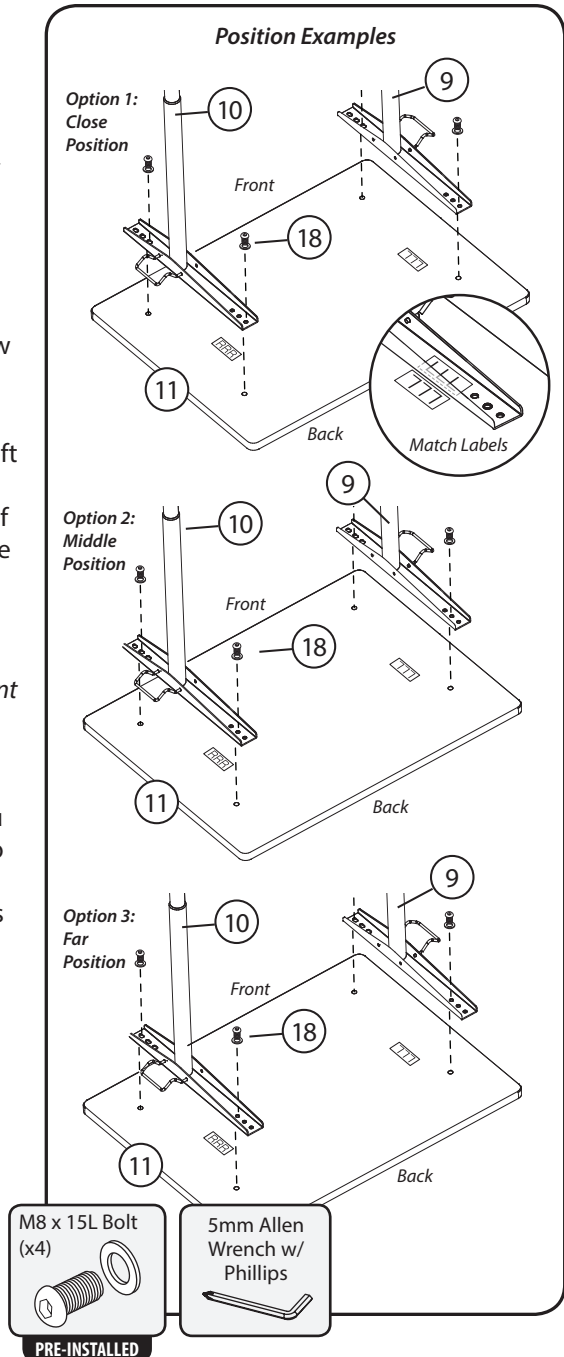


Step 6: Positioning Desktop

The Unity Bike Desk allows you to position the *Desktop(11)* in one of three positions for your preference; close, middle and far.

The image to the right shows an example of how this can be achieved.

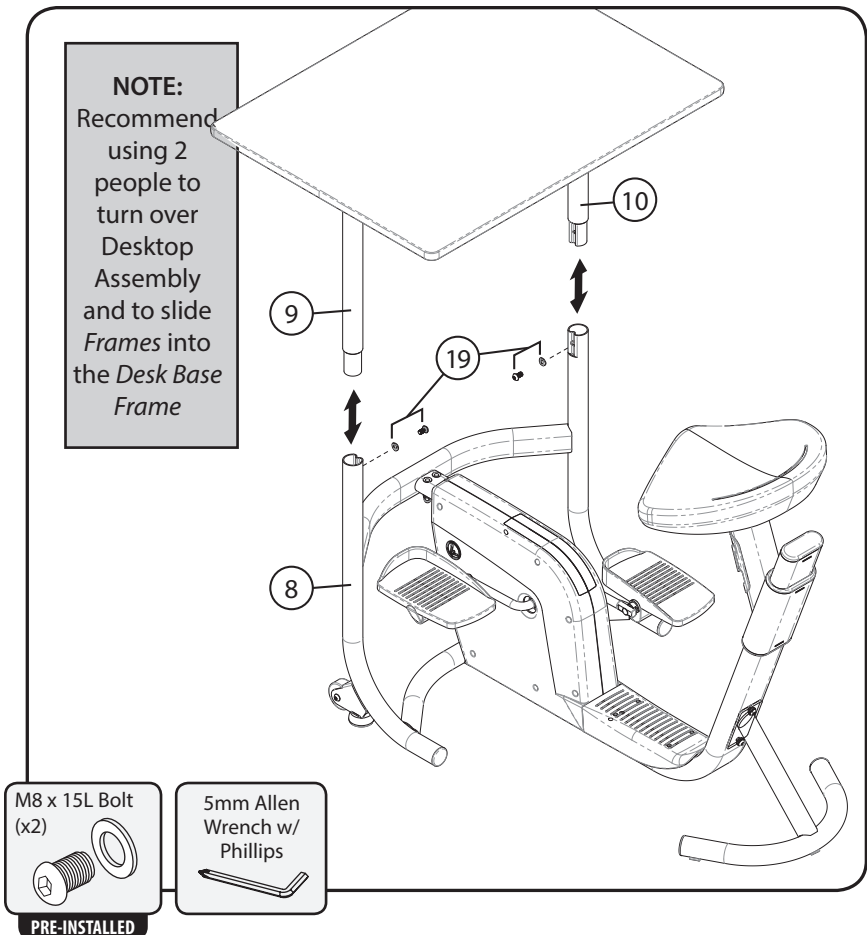
- A. Turn the *Desktop(11)* upside down on a soft surface so as to not scratch the surface of the desk. Remove the four *M8x15L Screws and Washers(18)*.
- B. Position the *Left and Right Desk Attachment Frames(9)(10)* to the bottom of the *Desktop(11)* for how close or far away you prefer the *Desktop* to be from you when in use. Match the labels 'RRR' for the right frame and 'LLL' for the left frame to the labels on the desk.
- C. Re-install the four *M8 x 15L Screws and Washers (18)* previously removed from the *Desktop*. **Hand tighten only at this time.**



Assembly Instructions

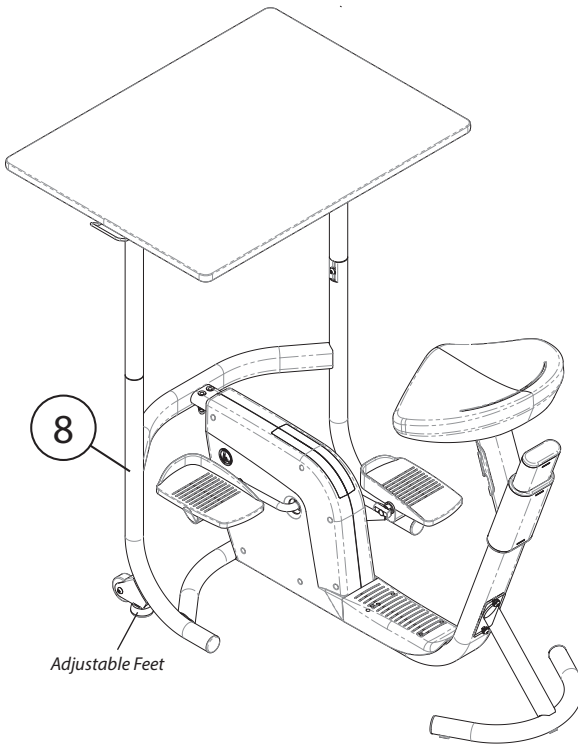
Step 7: Attach Desk & Supports to Desk Base

- A. Remove the two *M8x15L Screws and Washers (19)* from the ends of the *Left and Right Desk Attachment Frames (9)(10)*.
- B. Position the *Desktop* over the *Desk Base Frame(8)* and slide the *Left and Right Desktop Attachment Frames(9)(10)* into the *Desk Base Frame*.
- C. Slide the frames all the way down and tighten the two *M8 x 15 screws with Washers(19)*, one on each side. **Fully tighten all hardware.**
- D. **Fully Tighten** the the four *M8x15L Screws and Washers(18)* to fully secure the *Desktop* to the *Attachment Frames (9)(10)* from Step 6C.



Leveling

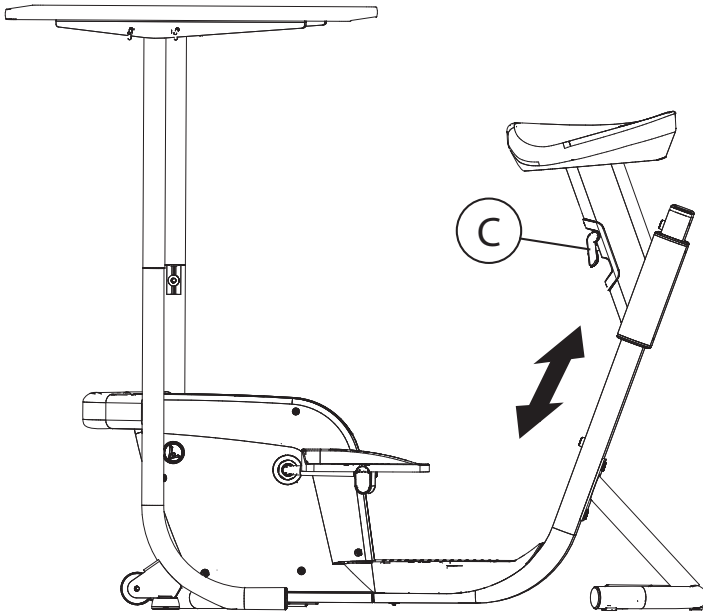
LifeSpan's Unity Bike Desk comes with two leveling feet located on bottom of *Desk Base Frame (8)*. Locate your Unity Bike Desk on a solid, level surface. Try to rock in all directions to see if any of the feet are not touching the floor. If the Unity Bike Desk rocks, adjust the feet that are not touching the floor downward to eliminate any rocking. Once the frame is completely stable, secure the feet in place by tightening the lock nut on each foot.



Seat Adjustment

Seat Adjustment

Pull the blue *Seat Height Adjustment Lever(C)* and move the *Seat* up or down to desired position. Release and allow the mechanism to lock into place.



Final Inspection

After your Unity bike desk has been assembled it is necessary to perform a final visual inspection and test of features. Thoroughly look at the bike from all angles. After visually checking your finished product, does anything look out of place? If so, please review assembly instructions for those areas and make needed adjustments. Next, confirm all bolts have been properly tightened. Then test the adjustment of the seat, making sure it fully locks in different selected positions. Check the pedals, inspecting for smooth movement and normal function. Next verify the work surface. Is the desktop placed in a comfortable position? If not, review Step 6 and make needed adjustments before use.

**Unity / Unity Junior
Bike Desk**

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Unity Bike Desk patent(s) pending

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