

How do you use a Deskbike?

SWITCH IT UP



STAND

↓
CYCLE

↓
SIT



Free Deskbike app

Challenge yourself and save your achievements with the app

Available on the App Store

GET IT ON Google Play



Desk at navel height

Cycle forward on the Deskbike

To adjust the seat, turn the adjustment knob and pull it. Then retighten properly



1 SLICE OF
BREAD
WITH CHEESE

= 74 MIN

on the Deskbike