



Adjustable Bike Fitness Desk



Instruction Manual

Thanks for choosing Alpcour! This product was ergonomically designed to fit over a bike during workout and also function as a normal workstation. With its sturdy steel construction, the fitness desk is adjustable from 33.5 inches all the way up to 47 inches, and can be easily rolled from one place to the other with its durable locking caster wheels.

Product Features

- **Adjustable Height:** The height can be adjusted from 33.5” to 47” with the push of a button.
- **Non-slip surface:** The desktop has a non-slip surface that features built-in slots for tablets, smartphones and bottled water.
- **Portable:** The locking caster wheels allows for secure positioning and movement from one location to the other.
- **Cable management:** The tabletop has small holes to keep cables and wires organized.
- **Durable:** Manufactured with sturdy steel and polymer finish, the desk is designed to last for years.

Included In The Pack

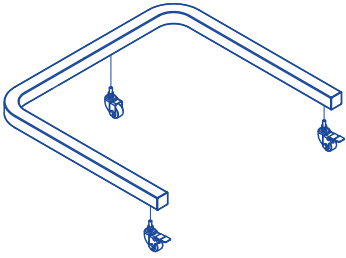
- Base
- Caster wheels ×3
- Legs ×2
- Tabletop
- Screws and nuts

How To Use

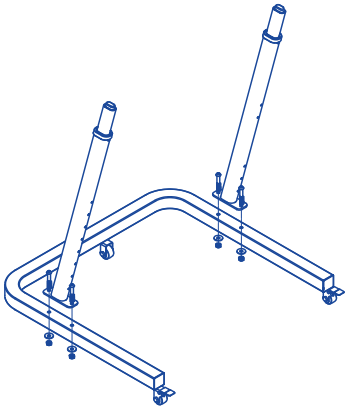
1. Place the bike stand on the floor and position the fitness bicycle on it.
NOTE: It is advised that a mat is placed underneath the bicycle to protect the floor.
2. Roll the fitness desk over the bicycle, making sure the tabletop is directly on top of the bicycle handle.
3. You can place your tablet, smartphone, or bottled water in the designated slots, then begin your workout.

Assembly Instructions

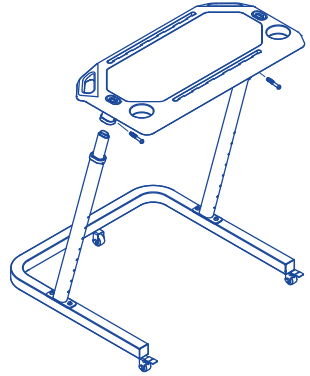
1. Install the wheels on the underside of Base and screw it in clockwise, until secure.



2. Attach Legs to the Base and align the holes, then insert the screws and tighten.



3. Place the tabletop on the legs and press down until the blue button comes out from the hole, then secure with screws.



4. Simply press the blue button to raise or lower the table.

