

What if you could optimize your hours and days spent behind the desk to achieve higher performance, better health, greater optimism, and stronger motivation?



Workspace Fitness Devices stimulate both body and mind, turning office hours from passive downtime into a total body multitasking experience. In combination with our Smart Sit and Stand Desk, our Under-the-Desk Bike is the perfect addition to the office workstation or home office.

At work

Studies show that people who exercise before or during work are happier, suffer less stress, and are more productive. Using our Under-the-Desk Bike enhances your working hours with the following benefits:

- Burns calories – more than double what you burn doing typical desk activities
- Improves cognitive function – stimulates your brain's problem-solving, decision-making, and creative abilities
- Brightens your mood – releases neurotransmitters that reduce depression, stress, and anxiety
- Inhibits diabetic symptoms – helps reduce blood glucose levels and helps people with type 2 diabetes avoid long-term complications
- Low impact – gentle on your joints (hips, knees, ankles)

Monitor your goals in your smartphone or laptop



Calories

Monitor each calorie burned on the way to your goals



Intensity

Evaluate the power of your efforts



Distance

Measure an equivalent simulation of the distance travelled while behind the desk



Challenges

Challenge yourself. Invite friends, family and colleagues to be part of your fitness experience

At leisure

Using the Smart Under-the-Desk Bike at home offers all of the benefits mentioned before for the whole family and lets you optimize activities like reading, doing homework, watching television, and surfing the web. Plus, by multitasking, you reduce the obligatory hours and dollars spent at the health club or the gym.

Features and Benefits

- Made of high quality, durable components
- Smooth pedal motion
- Low vibration
- Adjustable magnetic resistance system
- Precision-sealed bearings to reduce noise
- Maintenance free
- Adjustable height settings
- Go Green - 100% powered by the user
- No batteries to replace or cables to stumble over
- Foldable for easy storage



Side view under-the-desk bike

Part	Component	Description	Specification	
Workspace Fitness Device Controller	Physical Specifications	Weight	350 gr	
		Desk Dimensions	1200x600x25 mm	
		Operating Temperature	0~40°C	
		Noise	<55dB	
	Electronic Specifications	Ports	1 USB	
		Processor	1GHz, single-core CPU 512MB RAM	
	Connectivity	Wireless		802.11 b/g/n wireless LAN
				Bluetooth 4.1
				Bluetooth Low Energy (BLE) NFC 13.56MHz
	Power Management	Power Input		
Power Consumption				
Software	Operating System	Raspbian OS		
Bike Features		Wheel	2.5kg	
		Frame	1077x700x520 mm	
		Max weight capacity	110kg	

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