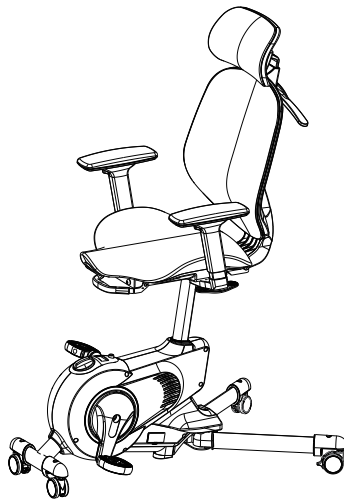




ANNEKA OFFICE CHAIR

ASSEMBLY GUIDE



SCAN ME

www.furniturebox.co.uk

Scan QR code for more tips,
advice and assembly video or visit
furniturebox.co.uk/club/anneka



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Important - Please read these instructions fully before starting assembly



**SAFETY AND
CARE ADVICE**



NO POWER TOOLS

SAFETY AND CARE ADVICE

- Check you have all the components and tools listed.
- Remove all fittings from the plastic bags and separate them into their groups.
- We do not recommend the use of power drills/drivers for inserting screws, as this could damage the unit. Only use hand screwdrivers and Allen keys.
- Keep children and animals away from the work area, small parts could cause choking if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Do not overtighten the nuts to avoid causing damage to the threads.
- Only clean using a damp cloth and mild detergent, do not use bleach or abrasive cleaners.
- From time to time check that there are no loose screws on this unit
- This product should not be discarded with household waste. Take to your local authority waste disposal centre



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IMPORTANT INFORMATION



1 HOUR
BUILD



TWO
PERSON



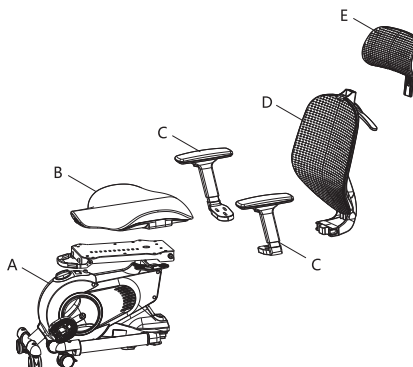
MAXIMUM
CAPACITY
100Kg

PLEASE CHECK CAREFULLY AND MAKE SURE YOU HAVE ALL FITTINGS AND TOOLS LISTED BELOW BEFORE YOU START.

No.	Accessory	Spec	Qty
1		M6x35	2
2		M6x45	4
3		M6x25	4
4		Washer 6-φ6.5xφ22x2	4
5		M8x16	3
6		5x5 Allen Key	1

A		1	B		1	C		1
D		1	E		1			

Installation diagram



NOTE: The quantities above are the correct amount to complete the assembly. In some cases more fittings may be supplied than are required.



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Important Announcement

1. For the health and safety of you and your family, be sure to consult a doctor to determine the appropriate exercise load before exercising; you must read related instructions and precautions before use, so that you will get more pleasure during exercise; when you start to use the F216DBU desk bike, we default that you have read this manual carefully.
2. The precautions and instructions for use shown here are for the safe and correct use of this product; In order to make it clear that the great harm caused by your wrong use, we divided use error into "warning" and "attention"; because each item is related to safety, so please be sure to comply; Those who are not in accordance with the requirements of the manual need to take the responsibility of any consequences.
3. After reading, please keep it where you can see it at all times.

Warning

Please consult a doctor if you have a medical condition!

The following people should consult a professional doctor or sports instructor before exercising:

People with heart disease (angina, myocardial infarction, etc.), people with diabetes, people with respiratory disease (asthma, chronic bronchitis, emphysema, etc.), people with deforming arthritis, rheumatism, gout, and people with abnormal or unstable physical symptoms.

Older people and people who usually lack exercise, for safety reasons, please do a physical examination (diagnosis of whether doing exercise hinders your health) after consulting with a professional doctor or sports coach.

Abnormal phenomena during or after exercise:

If you feel dizziness, nausea and other abnormal reactions during or after exercise, please immediately stop exercising and consult with a professional doctor or sports coach.

Attention

- Do not start exercising immediately after a meal;
- If possible, determine your workout based on your heart rate;
- Warm up by doing some relaxation or stretching exercises before starting your workout;
- Do some stretching exercises at the end of your workout.

Since there are some people with high and low pulse, their individual optimal heart rate zones may be different from the general public, in which case the workout will have to be set according to personal experience. If a beginner encounters this situation, consult your doctor first about your ability to exercise healthily. In general, we recommend that everyone consult a doctor before starting any exercise.



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Maintenance Guide

Electronic light bar failure

Open the battery box cover and check if the battery is installed backwards or wrong.

The cushion cannot be pressed down

Based on the consideration of load capacity, the gas spring has moving resistance. For teenagers and children, please press with the assistance of parents.

Product Specifications

Resistance system	Magnetron resistance system
Transmission system	Belt drive
Height limit	155-190cm
Max. load capacity	100KG
Net weight	31.2KG
Gross weight	37.2KG
Product dimension	918mmx626mmx1410mm


Installation Guidelines

- Please check first that the parts are complete and that all the parts (please refer to the list) are intact, if you have any questions during the installation process, please contact dealers;
- Place all the individual parts in order on the floor. To avoid scratching the parts or your floor, please place these parts on a cardboard box or on a liner;
- Please place the main frame (for later installation and use) on a flat field;
- Before installing the equipment, please read the installation procedures carefully and follow the steps of the diagram to install.
- Equipment must be installed by an adult. If you need any help from others, please find someone who is technically competent;
- Please install the device carefully and pay attention to your safety to avoid injuries caused by careless use of tools or manual operation;
- Please ensure that your operating environment is free from any dangerous sources, such as not leaving your tools lying around, and handle packaging materials carefully to avoid various possible hazards, such as children playing with plastic bags, which may cause choking hazards!
- The fasteners required for the installation procedure are identified in the illustrations, please follow the instructions strictly to use the fasteners;
- Please fix all the parts first but do not tighten them first, then check if they are installed correctly;
- Finally, tighten all the bolts completely with the allen wrench and check that all the bolted connections are tightened;
- For technical reasons, we reserve the right to perform preliminary installation work;
- If necessary, please retain the original packaging of the device for future transport.



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Safety Guidelines

- Please consult your doctor before exercising to ensure that you are able to use the equipment. Please follow your doctor's advice to choose the right exercise program for you, incorrect exercise or excessive exercise will cause damage to your health.
- The equipment should only be used for the function it was designed for, such as adult physical exercise;
- Improper use of the equipment is prohibited. Improper use of the equipment may result in danger, and the manufacturer is not responsible for any injuries caused by improper use of the equipment.
- The equipment is designed in accordance with the latest safety standards. Avoid any personal injury caused by the shape of the design, as far as possible to protect the safety of users.
- Incorrect repairs and structural modifications, i.e., removal or replacement of original parts, may endanger the safety of the user.
- Damaged parts can endanger your safety or shorten the service life of the equipment, therefore, aging or damaged parts must be replaced immediately, and the use of equipment must be stopped immediately before the parts are well-replaced, and the replacement of parts can only use the original manufacturer's parts;
- If you use the equipment normally, it is recommended that all parts be thoroughly inspected every 1-2 months, and special attention must be paid to tightening screws and nuts to avoid loosening and disintegration of the equipment;
- In order to ensure that the equipment always maintains a high level of safety, it is recommended to have the equipment maintained by a professional retailer on a regular basis (once a year) according to the structure of the product;
- Any possible hazards during exercise must be explained to those who use the equipment (especially children) in order to avoid unnecessary injuries;
- Any conflict of product parts not described in the manual may damage the equipment or endanger the user, and these major repairs should only be performed by a professional dealer or qualified personnel trained by the manufacturer;
- Please maintain supervision of your desk bike to avoid injury to children;
-  Do not use the bike if it is placed on a wet surface or if the bike is not guaranteed to function normally.
- Please pay attention to the distance between the desk bike and the heat source;
- Please consult with the dealer if you have any question.

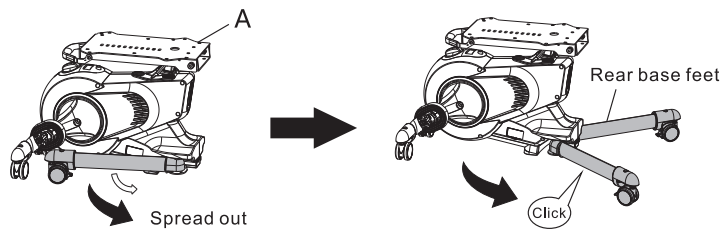
Operating Equipment

- Before using the equipment for exercise, please check carefully to make sure the equipment has been installed completely and correctly;
- Before using the equipment for the first time, please familiarize yourself with all the functions and program settings of the equipment;
- It is recommended not to use or store the equipment in a wet room to avoid rusting;
- The device is suitable for adult use;
- The maximum user weight is 100kg/220lbs;
- The minimum safe distance around each exercise bike is recommended to be 500mm;
- Please ensure that sweat or other liquids do not enter the equipment;
- The equipment is not suitable for high-precision sports using Class C crank equipment;
- The slight noise of the multi-mode belt or brake system caused by the structure will not have any effect on the use of the equipment;
- It is forbidden to use corrosive or abrasive materials to clean the equipment, please use cleaners that do not pollute the environment;
- Please wear suitable shoes and clothes to use the equipment;
- Please check that all screws are properly installed before use;
- Do not place radiation-intensive devices (such as mobile phones) directly next to the electronic meter or electronic control system during the operation of the device, as this may affect the accuracy of the displayed values;
- Please ensure that no one is moving around the device to avoid them being hurt by the moving parts.

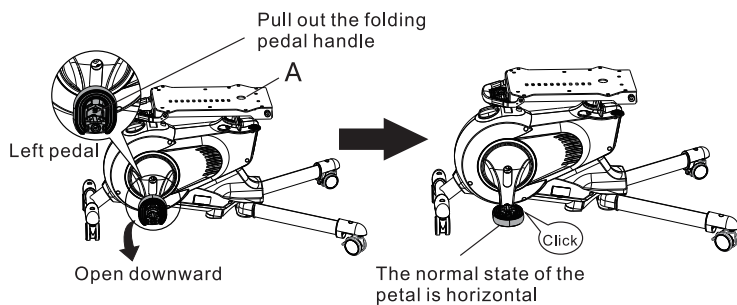


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Assembly step 1

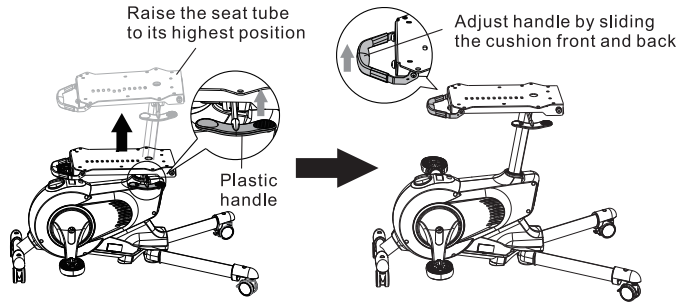


Assembly step 2



Note: If you need to put away it, please hold the folding pedal handle inward and fold the pedal upward to complete the storage of the pedal part.

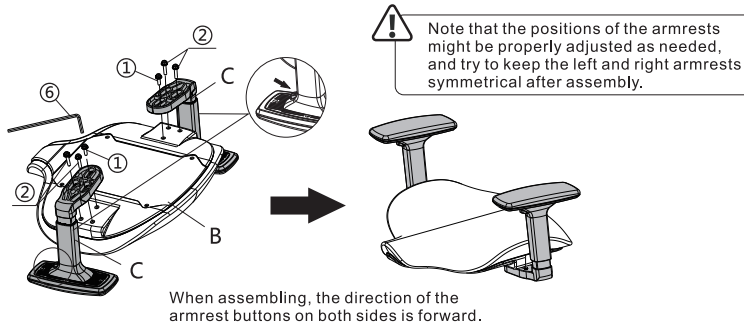
Assembly step 3



Pull up the plastic handle to raise the seat tube to its highest position.

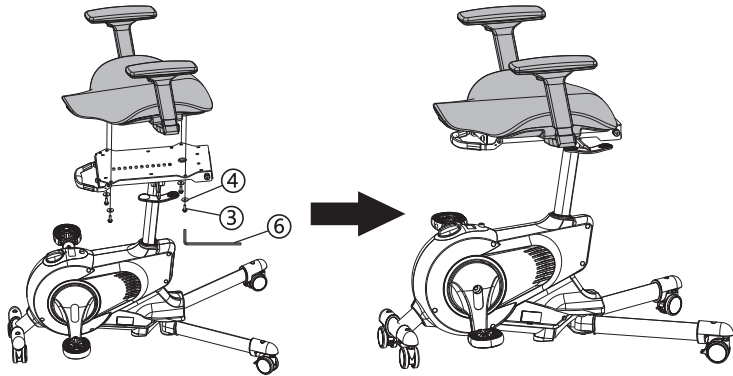
Firstly pull up the cushion and adjust the handle front and back, then sliding the cushion to the middle, release the handle to fix it.

Assembly step 4

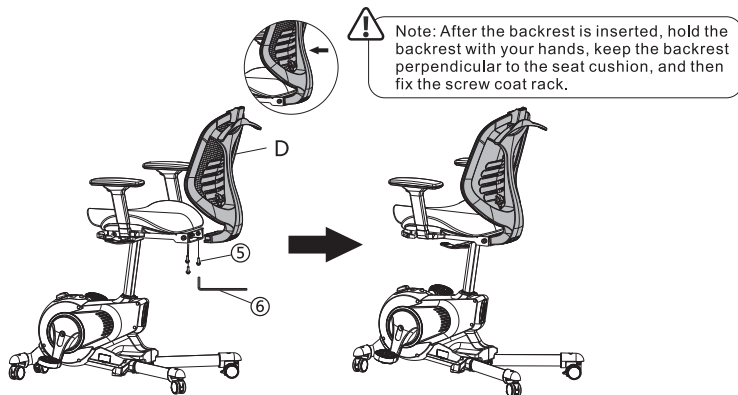


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Assembly step 5



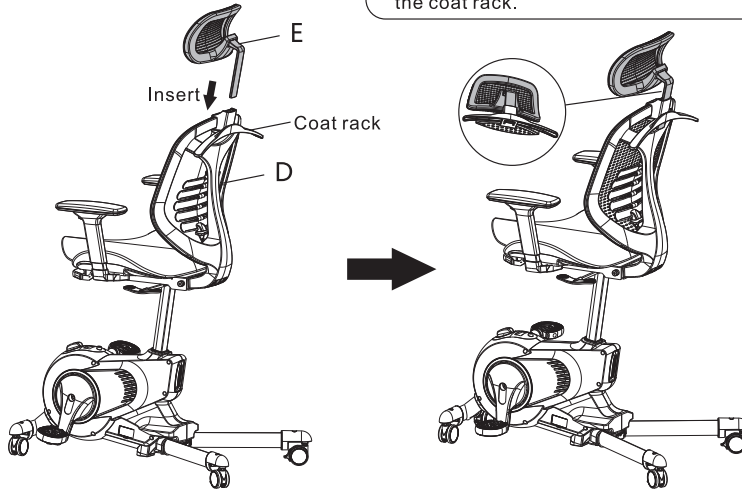
Assembly step 6



Assembly step 7

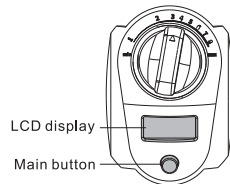


Note: It can only be inserted with force for the first insertion, and the maximum height of the headrest E can not exceed the bottom end of the coat rack.

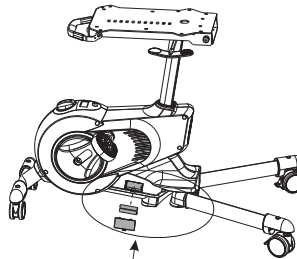


Instructions for use

Operation of electronic panel and description of button functions



1. Press the main button below the LCD display to switch parameters such as exercise time, speed, distance, calories, total distance, rotation speed, etc.
2. If you stop exercising for more than 4 minutes, the display module will enter sleep mode, and the LCD display will automatically turn off.
3. Press the main button or step on the pedals of the bike to reactivate the LCD display.



AA (No. 5) 1.5V, 2 sections battery for electronic meter

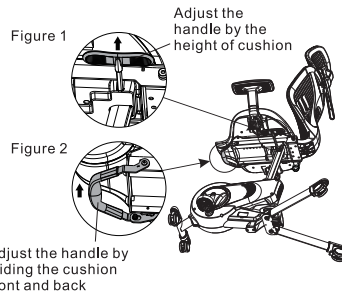


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Instruction 1



Instruction 2



1. Resistance adjustment mode: rotate the governor handwheel to "max" direction to increase the resistance; to "min" direction to reduce the resistance.

2. Cushion ascending and descending height adjustment mode: slightly lift the hips, pull up the handle of the cushion to adjust height (shown in Figure 1). When the cushion goes upward, release the handle to lock the current position of the cushion; Pull up the seat cushion height adjustment handle, and rely on the body's own weight to make the cushion height lower. The current position of the cushion will be locked by releasing the handle. According to the above way, the cushion can be adjusted to the most comfortable position of the human body.

Cushion front and back sliding adjustment method: as in Figure 2, the handle will be pulled upward to the highest position, you can push and pull the cushion back and forth until the cushion is adjusted to the appropriate position, release the handle and use the hips to slide back and forth slightly, so that the limit pin under the cushion can smoothly into the limit hole to fix the cushion position.

Instruction 3

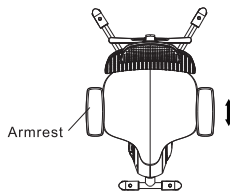


Figure 3

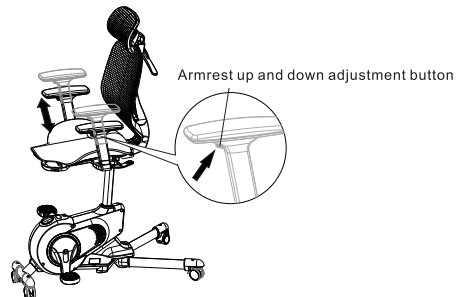


Figure 4

3. Left and right direction adjustment: turn in the direction shown by the arrow in Figure 3, you can adjust the angle of the armrest left and right.

Front and rear direction adjustment : push in the direction shown by the arrow in Figure 3, you can adjust the position of the armrest forward and backward.

Up and down direction adjustment: As in Figure 4, trigger the armrest up and down adjustment button, you can lift the armrest up or down; Adjust to the appropriate height and then release the button, the armrest can be fixed in the current position.

Instruction 4



Figure 5

4. Backrest front and rear angle adjustment: Turn the backrest handle backward. At this time, rely on the gravity of the back to lean back, and the backrest has a free angle of 0°-12°; move the backrest adjustment handle forward, and at this time The backrest will reset and lock at a vertical angle.

Instruction 5

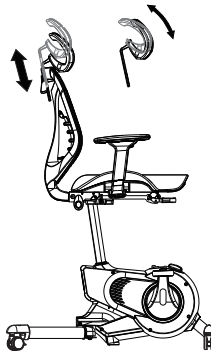


Figure 6

5. Up and down height adjustment of the seat headrest: The height of the headrest can be adjusted up and down to a suitable position by pushing and pulling the headrest fixing rod up and down.
Seat headrest angle adjustment: The headrest angle can be adjusted to a suitable position manually or by the force of the head resting on the headrest.



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Instruction 6



Attention: It is strictly forbidden to hang heavy objects to prevent damage to the coat rack!

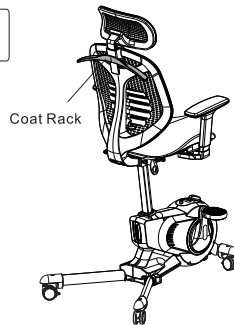


Figure 7

6. Coat rack: convenient for hanging clothes, hats, etc.

Instruction 7



Note: When adjusting to the highest gear, it is necessary to force upward to make it reset.

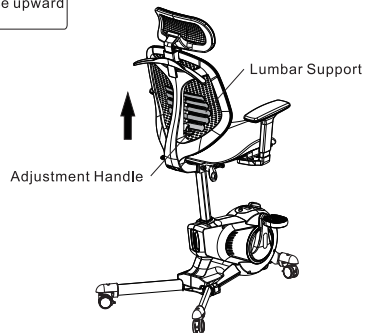



Figure 8

7. Adjustment method of lumbar support: Sit on the seat and pull the handle upwards with both hands to make the lumbar support piece more fit to the contour of the human waist, until it is adjusted to a comfortable position for the waist, loosen the adjustment handle; Adjustment handle reset: when the adjustment handle is pulled to the top, release the adjusting handle, and the adjusting handle will automatically reset to the bottom position.

Instruction 8

 Note that the four wheels need to be locked when pedaling, and it is recommended to release the wheels when moving the product.

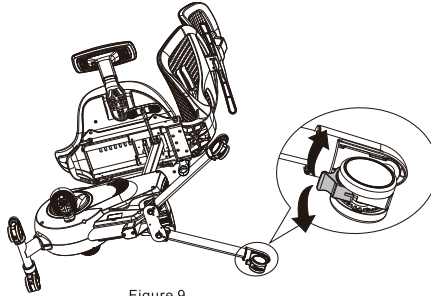

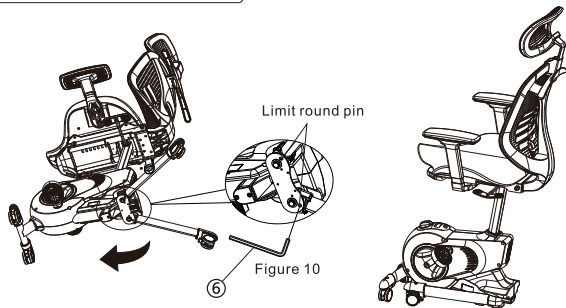


Figure 9

8. Foot brake wheel function: turn the brake wheel wrench downward to lock the wheel, and upward turn the wheel to loosen (as shown in Figure 9).

Instruction 9

 Note that this behavior is only recommended for use before returning or exchanging goods



9. The function of folding the rear feet inward: tilt the product properly, push the limit round pin into the hole with the allen key (6) (shown in Figure 10), and fold the rear feet inward in the direction of the arrow to the bottom at the same time.



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our products come with a 2 year guarantee to give you peace of mind shopping at Furniturebox

*excludes some garden furniture items which have a 1 year guarantee



WHAT THE GUARANTEE COVERS



PRE-INSERTED FIXINGS
e.g. lose metal threads



FAULTY JOINTS
e.g. legs bending



EXTERNAL FIXING FAULTS
e.g. bonding/glue



STRUCTURAL INTEGRITY
e.g. the frame of the product



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