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Excy Bed Bike Owner's Manual



Welcome to the Excy Family!

We're excited to have you join the Excy Family! Before your first ride, please read this guide and make sure you understand all aspects of the Excy training system, safety precautions, and exercise positions.

We invite you to follow us on social media for training ideas. Our social channels can be found at www.excy.social. Call or email us anytime with questions at 425-205-9444 or excy@excy.com.



Crank on,

Michele Mehl and Mike Rector

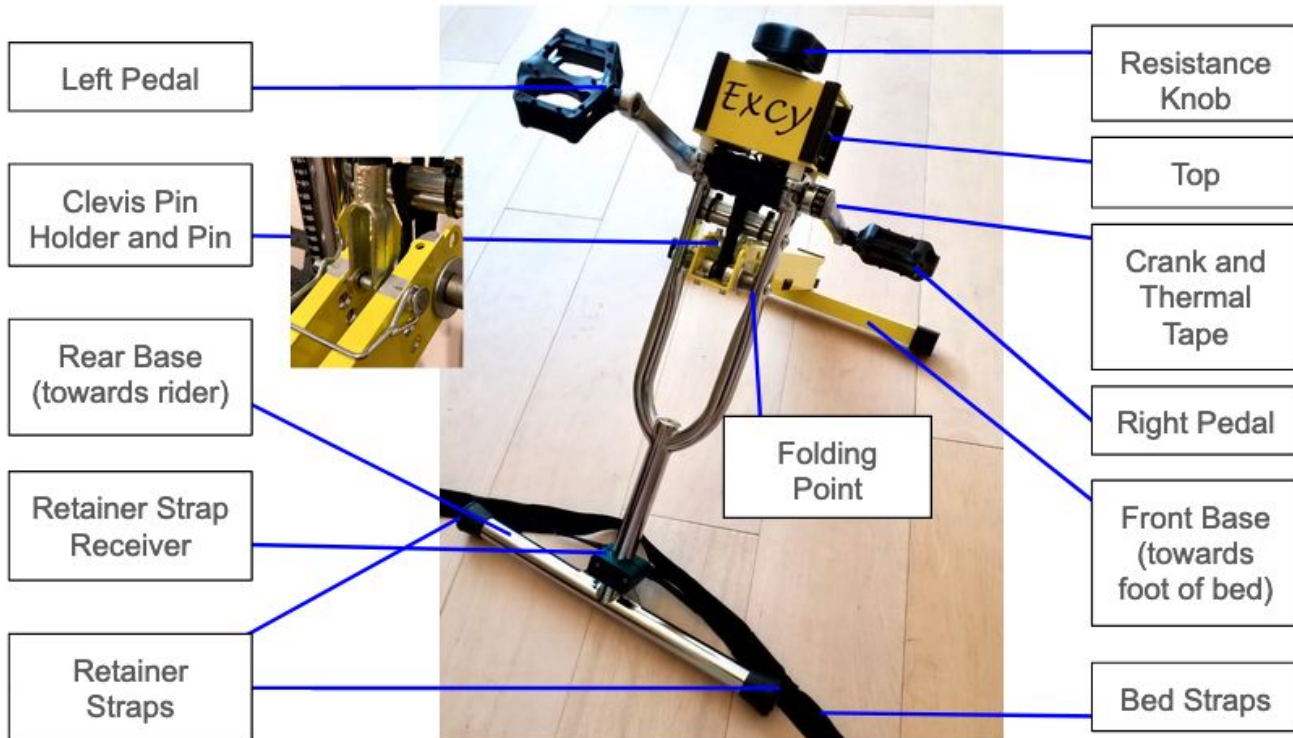
Top 10 Safety Tips Before Riding

1. Consult a physician prior to commencing an exercise program. If at any time, you feel faint or dizzy, or experience pain, stop and consult your physician.
2. If you have an injury or medical condition, work directly with your physical therapist and doctor.
3. Read and understand the complete Owner's Manual.
4. Read and understand all ***WARNINGS**.
5. Do not use Excy with unstable beds, chairs, tables, or other surfaces. Doing so can result in serious injury and property damage. Protect all surfaces with towels or mats.
6. Always make sure Excy is firmly attached to the bed prior to use.
7. If using the Clevis Pin, make sure it is always inserted into the Clevis Pin Holder. Do not use the Clevis Pin during body weight exercises (standing or planking).
8. Make sure that all pedal accessories are securely engaged.
9. Do not have children or animals directly next to Excy while pedaling.
10. Do not use petroleum-based products to clean your system.

The following definition applies to the word "**WARNING**" found in this guide ***WARNING!** Indicates a potentially hazardous situation, if not avoided, could result in serious injury and property damage.

Get to Know Your Excy

PARTS

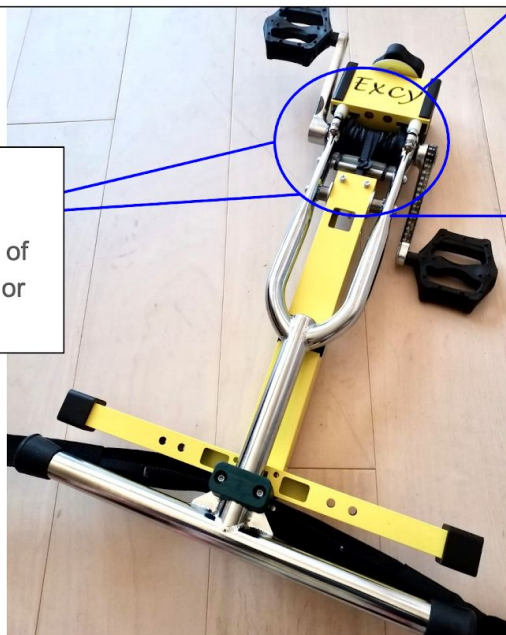


Pinch Hazards

Do not place fingers along any sides of the Top, Crank Arms, or Folding Point.

Do not place fingers anywhere in the area surrounding the junction of the Rear, Frame, Clevis or Folding Area.

Always lock in the Clevis Pin before using.



Set-Up

www.excy.tips

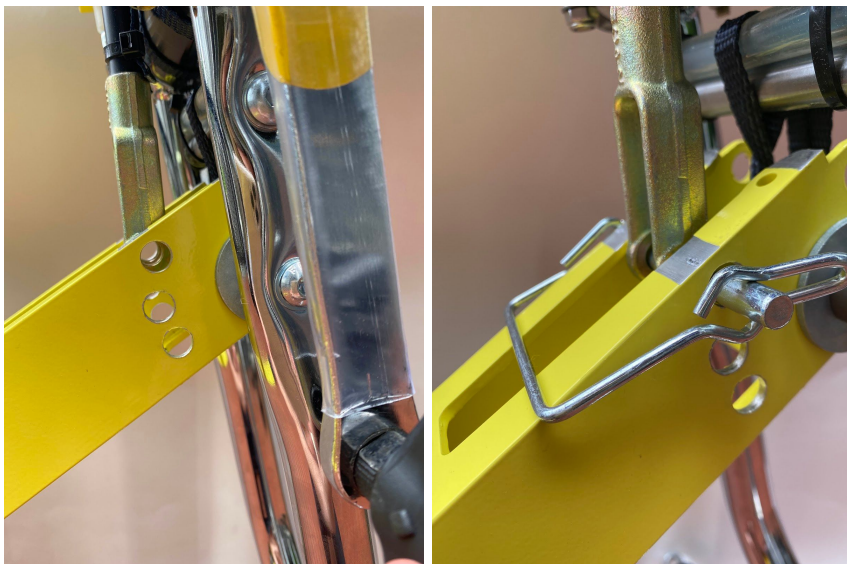
Opening, Closing, and Locking the System

The Excy Bed Bike was designed to open and close for easy storage and transport. Simply grab the Front and Rear and pull them apart to your desired height. To close your Excy Bed Bike, make sure the Clevis Pin is removed, pivot the Rear downward and close completely.

***WARNING:** Avoid pinch points when opening, closing, and locking the system

Height Adjustment Positions

The Excy Bed Bike can be adjusted to three heights (without the Clevis Pin, the Clevis Pin placed in the first or second hole). It is not advised to use the Top Hole as the system then becomes top-heavy. Always remove the Clevis Pin for standing and body weight positions. The Clevis Pin is used in coordination with the Locking Holes to secure workout positions. Once the Clevis Pin is inserted into the Clevis Pin Holes, rotate the Clevis Spring to the other side and clip it over the end of the pin.



***WARNING:** Do not stand or place body weight on the Excy Bed Bike unless the pin is fully removed and the Excy is placed in its lowest position (weight limit 220 lbs for these positions).

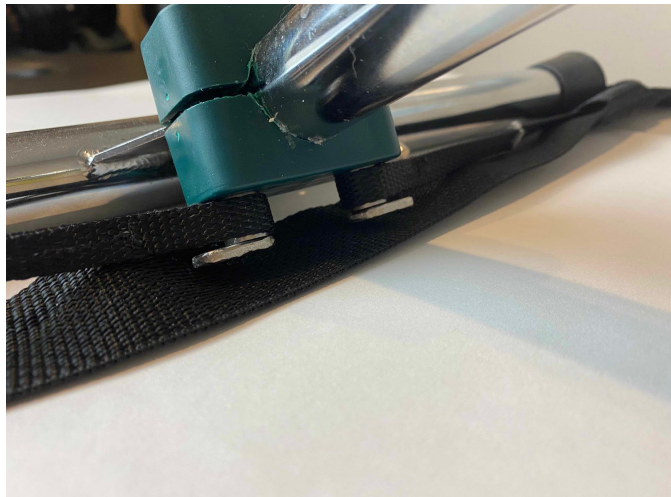
***WARNING:** Always make sure the Clevis Pin is placed through the Clevis Pin Holder. Failure to use properly will bend the Clevis Pin Holder.

Adjusting Resistance

Resistance is bi-directional and can be easily dialed up or down with the simple twist of the Resistance Knob. Turn right for harder resistance. Turn left to make the tension easier. It is best to start with an easier resistance level while your body gets use to new exercises. You generally can use easier resistance levels for aerobic type exercise and higher resistance levels for strengthening type exercises. At higher tensions, turning the Resistance Knob will be easier if a reverse direction is applied to one of the pedals.

Attached to Hospital Bed / Therapy Table

To attach Excy to a hospital bed or therapy table, start by feeding the Retainer Straps through the Bed Strap Loops (it is shipped this way). Next, place Excy on the bed/table in the positioned desired (with or without the Clevis Pin prior to strapping down). Extend the Top Straps to the sides of the bed where best to buckle to the Bottom Straps and loop together under the bed/therapy table. Adjust buckles so they hold the Top Strap and Excy in the desired position tightly. Excess length of the Bottom and Top Straps can be cut off.



Attached to Bed with Legs/Frame

If the bed has a frame/legs, unloop the Bottom Straps. Secure each Bottom Strap around the bed frame/leg by looping around it while passing the end of the strap through the loop in the strap at the other end. Attach and adjust buckles at the end of the Top and Bottom Straps so that they are tight in a convenient location (i.e. off the sides of the bed). If wanting to remove the Top Strap while keeping the Bottom Straps in place, the Side Buckles can be slid tight against the Connecting Buckles so that the straps won't loosen. Excess length of the Bottom and Top Straps can be cut off.

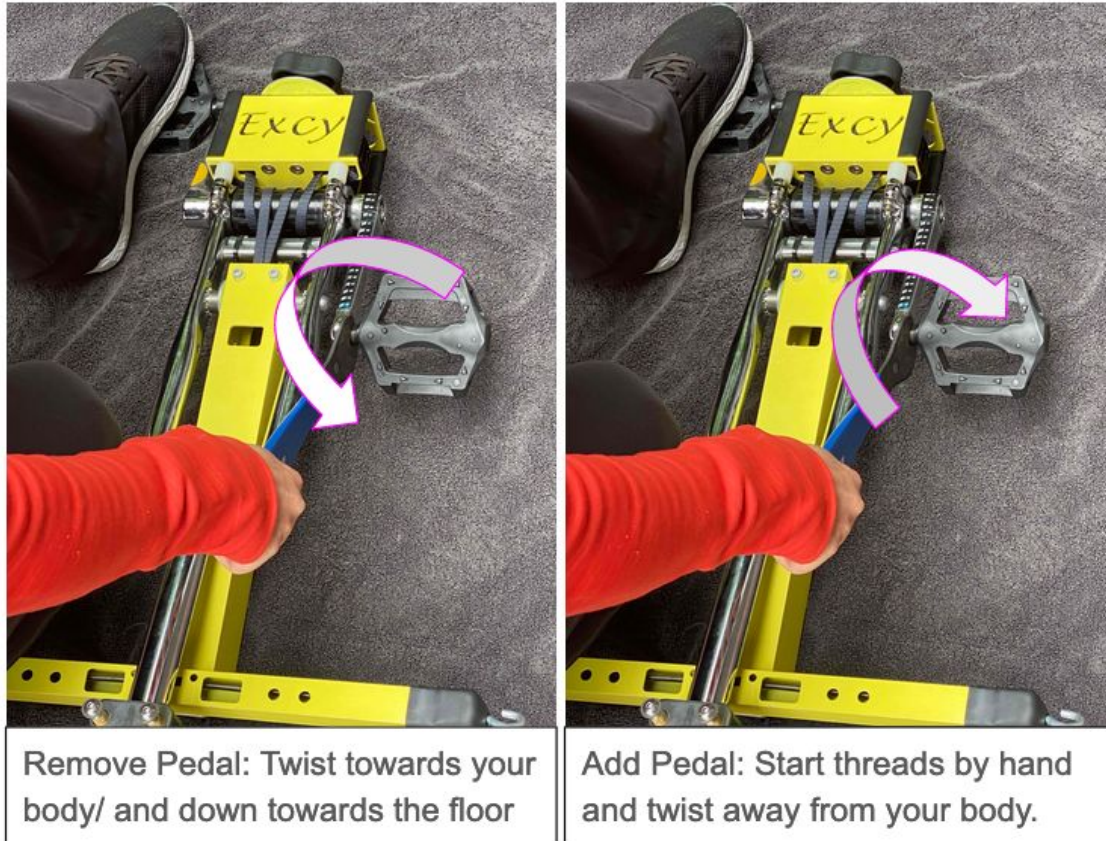
Excy can be removed while the strap stays in place on the bed. Undo the Retainer Straps by working the end loops off the Retainer Strap Receiver in the center. Withdraw the Retainer Straps from the loops in the bed Top Strap. Place the Retainer Straps Loops' ends back over the Receiver Hooks. Excy can then be removed from the bed. Reverse these steps to put it back.



Removing and Adding Pedals

To change the pedals you will need a 15MM pedal wrench (we recommend the Park Tool PW-5 or a similar in quality bike wrench). To get started, fold Excy flat (in its closed position) and lay it on a hard surface with the Excy name face up and the Front base (chrome color) on top. Use a cloth to protect your surface. Rotate the crank arms to position the pedal you are removing to be closest to you. Put the wrench over the flats on the pedal axle right next to where it connects to the crank arm. Pull the wrench back towards you and also press the wrench down towards the hard surface. With your other hand or foot, press and hold Excy down against the hard surface to keep steady. Keep

your fingers away from the direction you are moving the wrench. The pedal should start unthreading. To add pedals, do the opposite. Make sure to tighten pedals firmly.



Safety Information

Heat Awareness

Excy's approach to resistance is based on a tensioning mechanism that can be easily dialed up or down. As workout intensity and the amount of power being produced increases, the friction creates heat that extends into the Cranks. Today, we measure the power of exercise output using Thermal Tape with colors that brighten to represent your intensity. The temperature colors will fluctuate throughout your workout based on the power you produce during your workouts.

Do not touch the Cranks or axle during or immediately after a workout. During your first few very intense workouts, the system might produce a smell, which is normal.

Touching the Upper or Cranks above temperatures of 130 degrees can cause injury if

the person doesn't immediately let go. In particular, children should always be supervised and not be allowed to touch Excy in any capacity during use or immediately following a workout until the temperature subsides.

***WARNING!** To avoid a burn injury, do not touch the Cranks after a workout. Do not let children touch the Cranks.

Special Note to Parents (Human and Furry)

Children will be naturally curious and may articulate a strong desire to play with the Excy cross training system. Children should not be allowed to spin the cranks or open and close the device without adult supervision and assistance. Do not allow them to sit in your lap while using Excy as this causes instability and could result in injury. Do not allow them to touch Excy for any reason while you are using it. Do not allow children or pets to sit, stand, or play near the Front Base or directly on either side of Excy while in use, as you could lose stability and it could fall on them and cause injury. We strongly encourage using Excy as a family. So, if you want your children or animals present, have them sit, stand, or play outside the fall surface area of the Excy cross training system.

***WARNING!** Do not allow children or animals near the Rear or Front Base while pedaling.

Caution Materials

Excy is crafted with a steel frame and durable metal pieces. The system is powder coated and has heavy-duty steel crank arms and uses lubricants. Should you come into contact with particles and substances like: paint chips; lubrication particles or any other chemical substances, avoid inhaling and wash hands after contact. Swallowing small amounts during normal handling is not likely to cause harmful effects, but keep small children away or under constant supervision.

California Proposition 65

Product components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our website at www.excy.com

Specifications

Weight Limits

- No Weight Limits for Bed Bike, Recumbent Bike or Arm Bike Positions.
- The Excy system has no weight limitations as an exercise bike or upper body arm bike since you will be using your own surface. Please confirm the weight limitations and stability of any therapy table or chair that you will use Excy with prior to use and follow manufacturer guidelines.

Standing / Full Body Weight User Weight

- 220 pounds. Body weight positions like standing and planking have a weight limit of 220 pounds. Always remove pin.

Excy System Specs

Weight

- 12 pounds

Footprint

- Portable / Closed for Storage: L29" x W18" x H5"
- Open
 - No Pin: L28" x W18" x H16"
 - Hole 1: L26.5" x W18" x H17"
 - Hole 2: L23 ¼" x W18" x H19 ½"

Resistance

- 2 to 50 pounds adjustable / bi-directional

Cranks

- 6"

***WARNING!** Standing or planking on Excy with a person's weight above 220 pounds can cause the Excy system to collapse and result in injury and void your warranty

Excy Cycling Positions

Bed or Floor Cycling

Suggested without Clevis Pin or with Clevis Pin in the bottom or second hole.



Partially Sitting Up and Cycling

Suggested without Clevis Pin or with Clevis Pin in the bottom or second hole.



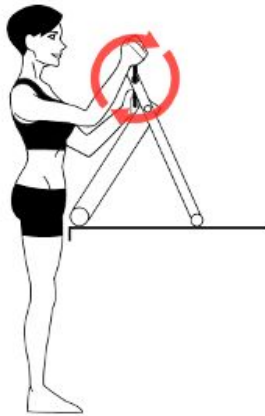
Recumbent Chair Cycling

Suggested without Clevis Pin or with Clevis Pin in the bottom hole.



Tabletop Upper Body Ergometer

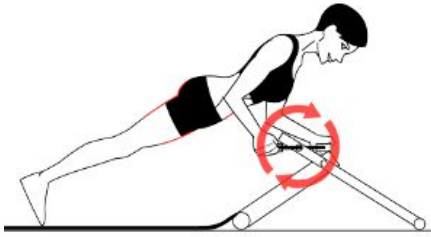
Suggested without Clevis Pin or with Clevis Pin in the bottom hole.



Standing Unicycle (no pin)



Planking Position (no pin)



Body Positioning

Take time to pedal slowly at the easiest levels until it feels smooth and controlled to get a feel for how it works. Applying too much resistance or trying to go too hard at the easiest or hardest levels without first getting a feel for how to perform this new way of cycling could cause you frustration. It won't take you long to get a feel for it, so use your first ride to familiarize yourself with keeping it smooth at the easiest level, which will allow you to more quickly appreciate all the Excy rotation features, controls, and performance. In addition to its small form factor and resistance levels, there is no flywheel, so the system doesn't assist you throughout your workout. At first, this might feel strange, almost like it's "sticking" at the top of the rotation. There's a big advantage to pedaling, spinning or cranking Excy with controlled forces through that feeling of it "sticking" that you can't get from a flywheel experience.



Foot Position

You should cycle with the balls of your feet on the pedals and with your feet facing straightforward. Your feet should be close to the crank arm, but never so close that your ankle will hit on its way through the stroke. Avoid splaying your feet outwards or rotating them inwards while cycling a full rotation and try to drive your feet forward, backward, and around in a smooth circle or cranking position at higher levels of resistance (at higher levels of resistance, the experience will feel more like cranking up a hill). Our favored foot position is barefoot or in socks, as that allows your toes to get involved in pedaling in smooth circles. When wearing shoes, make sure they are suitable to allow you to maintain a fixed and stable position on the pedals, especially if standing on the system. Also, remember you can use our Adaptive Pedal any 9/16" standard pedal threads that you prefer.

Knee Position

While cycling Excy, you should always have a bend in your knee, about a 25-30 degree angle for the greatest pedaling power, comfort, and to prevent injury. This includes pedaling while sitting, standing, or lying down.

Hand Position

Using an upper body arm cycle workout is likely one of the most underutilized workouts around for getting an amazing cardio and strength-training workout . But don't dismiss it! You can burn more calories with arm cycling than most spin classes, so don't forget to cycle those arms! It might feel unnatural at first, but it's a great way to use Excy.

There is likely a common default perception that some type of special pedal should be used for arm cranking. That is true, but the type of pedal that would provide a marginal benefit over our flat pedal would cost several hundred additional dollars. We believe we have found the perfect alternative with our flat pedal with the addition of our cushion on the opposite side that makes it easy to transition between pedaling your feet and your hands.

The most ergonomically comfortable and safe hand position is grabbing the end of the pedals with palms facing each other. But having your palms flat on the pedal might be more comfortable for you. Whatever your hand position, make sure your thumb is not near the crank arm as it may get pinched during cranking. You should always have a slight bend in the elbow when the crank is in the furthest position away from the body (focus on a 5-10 degree bend at the elbow). Avoid locking arms at extension by adjusting your position while standing or sitting. Initially, intensity, resistance, and duration should be kept fairly low. Try starting with 5-10 minutes at a light resistance level. Most will find even this is quite difficult. The muscles of the upper body are smaller and weaker than their lower body counterparts, and they are not accustomed to working in this manner, making even 5-10 minutes seem quite challenging . Don't be discouraged; you will improve with time just as you would with any other form of aerobic or strength training . Whether using Excy to cycle your arms while seated or standing at a table surface, proper posture is critical while training . Keep your chin up; back straight, shoulders back, and your torso/core strong. Hand cycling gloves can be used for added comfort.

Standing Position

To get started in the standing position, the Adjustment Clevis Pin **MUST BE REMOVED** completely. Add a moderate amount of resistance the first time. Place one hand on a stable surface that you can hold onto while cycling. Then place one and then both feet on Excy. It's often easier to coordinate getting familiar with this workout while starting in reverse first. Always hold onto a stable surface like a countertop, table, bench, desk, etc. when using Excy in the standing position. Walking or trekking sticks can be used with Excy, but require athletic coordination and can be dangerous. Do not use poles with springs.

***WARNING!** Improper foot, knee, and elbow angles while using Excy as a recumbent cycle or arm cycle can result in serious injury or aches and pain. Besides normal muscle exercise temporary discomfort, if it hurts or is beginning to hurt, then stop doing that exercise or change that exercise so that it does not hurt.

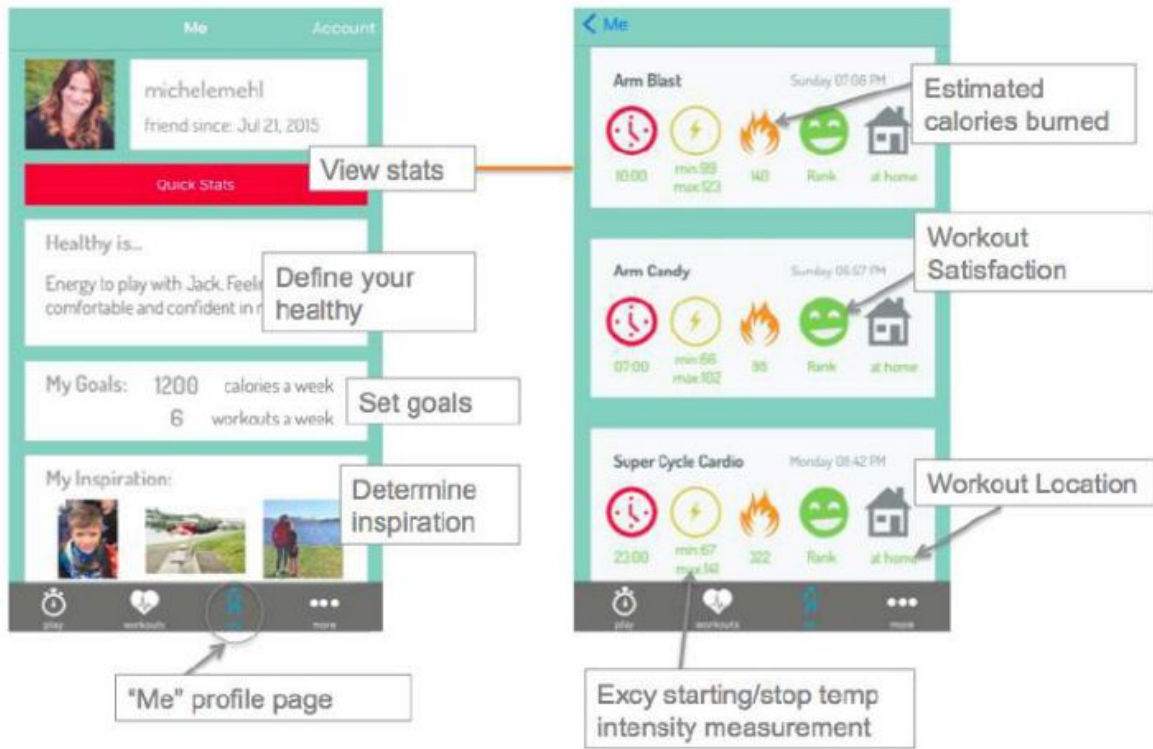
***WARNING!** Always remove the Adjustment Pin when using the standing position.

Free Mobile Coach

The Excy Mobile Coach interval training application and tutorial videos are not intended in any way to be substitute for professional training advice or professional education. It is simply an informational tool for convenience purposes only. Before starting or changing an exercise routine, talk with your healthcare provider about how much and what kind of physical activity is safe for you.



Keeping Track of Goals and Workouts



Guided Workouts

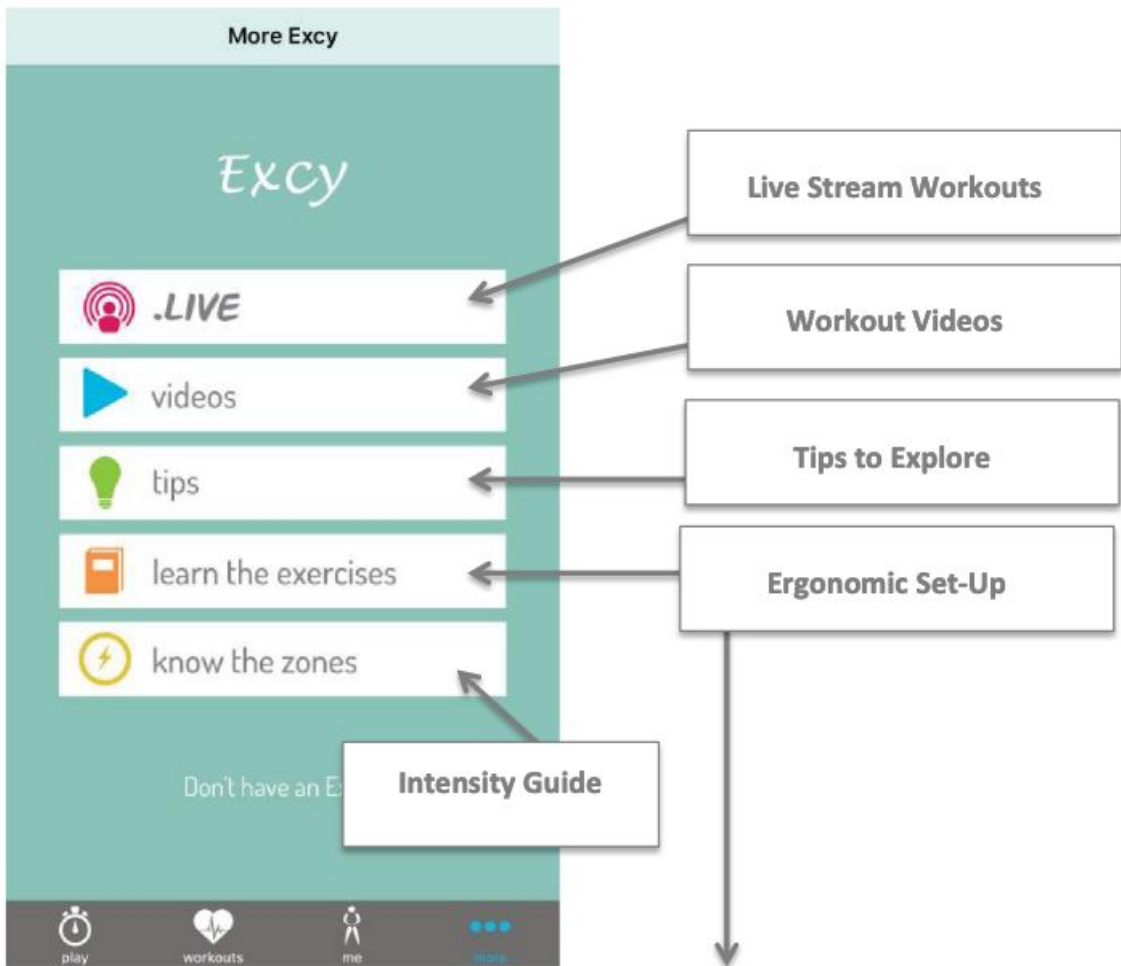
The first screenshot shows the 'Excy' app's main menu with a list of workouts: Arm Candy (7 min arm strength workout), Super Cycle Cardio (23 min high intensity interval), Cycle Leg Blast (15 min interval spin), Core Floor Explosion (10 min core training), Arm Blast (10 min interval arm spin), and Ultimate Arm & Leg Toning (7 min arm strength workout). A callout 'Workout Page' points to the heart icon in the bottom navigation bar.

The second screenshot shows the 'Arm Candy' workout start screen. It displays a timer at 05:02, a progress bar, and power zone information: 75 (starting zone) and 5 (target zone). Callouts include 'Duration' pointing to the timer, 'Interval targets and progression' pointing to the progress bar, and 'Power zone goal' pointing to the power zone numbers. A 'pause' button is visible.

The third screenshot shows a 'Minimum temperature' input screen with a numeric keypad. A callout 'Excy starting temp' points to the input field.

The first screenshot shows the custom workout configuration screen. It has fields for 'set your time' (00:00), 'set your intervals' (000), and 'slow'/'fast' interval settings. Callouts include 'Set your duration' pointing to the time field, 'Set "slow" recovery interval' pointing to the 'slow' interval field, and 'Set "burst" higher intensity interval' pointing to the 'fast' interval field.

The second screenshot shows the 'burst play' workout in progress. It displays a timer at 02:27, interval settings of 30/30, and a 'start' button. A callout 'Play Page: Custom workout' points to the heart icon in the bottom navigation bar.



Maintenance

Monthly or after your first 20 hours: Make sure all bolts and screws are tight. Tighten as necessary. Always check pedals to make sure they are tight, especially if you are swapping out pedals frequently. If you wish to clean your Excy system, use a water diluted mild detergent on painted parts only. Disinfectant wipes can be used on the painted parts and the Excy Keeper. Do not attempt to clean the bands used for resistance. Do not use petroleum-based products. Should your system ever squeak during use, we have found that a couple of drops of water (a teaspoon) placed directly onto the resistance webbing will eliminate squeaking (loosen it first and then dampen). A small spray bottle with water will also work. It does not require a lot of water.

Limited Warranty

Excy Corp. shall cover the labor cost for the repair of defective Excy cross training system parts for a period of 12 months from the date of original purchase, so long as the Excy cross training system remains in the possession of the original owner. If there is a defective component, we will arrange to return it and fix it at our cost. Limited Home-Use Warranty valid only in the United States. If you believe your Excy system has a defective component, contact us at excy@excy.com. You may be asked to provide a detailed description, photographs or a video to explain the problem. We will try to make this process as easy as possible, but we do need to understand the problem to help you get it fixed.

Limits to Coverage

This limited warranty does not cover defects that did not exist before the date of purchase. Specifically, this limited warranty does not cover any defect caused by:

- Damage or failure due to normal wear and tear, improper maintenance, theft, or installation of parts or accessories not originally intended for or compatible with the Excy System as sold.
- Surface scratches, surface corrosion or rust, discoloration of paint, or anything related to improper use.
- Damage or failure due to accident, abuse, corrosion, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, unusual

atmospheric conditions, collision, introduction of foreign objects into the resistance webbing, or modifications that are unauthorized or not recommended by Excy Corp.

- Incidental or consequential damages. Excy Corp. is not responsible or liable for indirect, special, incidental or consequential damages, economic loss, loss of property or profits, loss of enjoyment or use, or other consequential damages of any nature whatsoever in connection with the purchase, use, repair or maintenance of the equipment. Excy Corp. does not provide monetary or other compensation for any such repairs or replacement parts costs.
- Equipment used for commercial purposes or for any use other than a single family or household, unless endorsed by Excy for coverage.
- Shipping, Delivery, assembly, installation, Set-Up for original or replacement units or labor or other costs associated with removal or replacement of Excy.
- Any attempt to repair this equipment creates a risk of injury. Excy is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of, any repair or attempted repair of your Excy equipment by other than an authorized service technician. All repairs attempted by you on your Excy equipment are undertaken AT YOUR OWN RISK and Excy Corp. shall have no liability for any injury to person or property arising from such repairs.
- The warranty is limited to replacing or repairing, at the servicer's and/or manufacturers sole option, the same or a comparable model.
- Replacement units, parts and electronic components reconditioned to as-new condition by Excy Corp. or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- If returning your system, properly store it in the shipping box. This warranty gives you specific legal rights, and your rights may vary from state to state.

Normal Wear and Tear

The wear and tear of these parts is excluded from any warranty. The service life of these parts will depend on the conditions under which the Excy cross training system is used. As with all mechanical components, the Excy cross training system is subjected to wear and tear and high stresses. If the design life of a component has been exceeded, it may fail possibly causing injury or property damage. If the life of a component has been

reached, it should be replaced. You can order replacement parts directly through Excy at excy.com.

Bumpers

Due to their use, the Bumpers are subject to wear and tear, especially when used on outdoor surfaces. You will need to replace the bumpers when visibly worn and they have reached their wear limit.

Voiding Your Warranty

You void your warranty by:

- Improper use for which the Excy cross training system is not intended.
- Making any unauthorized modifications to the Excy frame or components.



Helpful Links

- www.excy.guide (This Owner's Manual)
- www.excy.live (Live Streaming videos)
- www.excy.video (YouTube Channel)

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