

# Excy Corporation

P.O. Box 647  
Bothell, WA 98041  
425-205-9444  
[excy@excy.com](mailto:excy@excy.com)

## Excy XCS 240, XCS 260, XCS Pro Owner's Manual

The logo consists of the word "Excy" in a large, white, cursive-style font. It is centered on a solid black rectangular background.

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](http://www.excy.social). Call or email us anytime with questions at 425-205-9444 or [excy@excy.com](mailto:excy@excy.com).

Crank on,

Michele Mehl and Mike Rector

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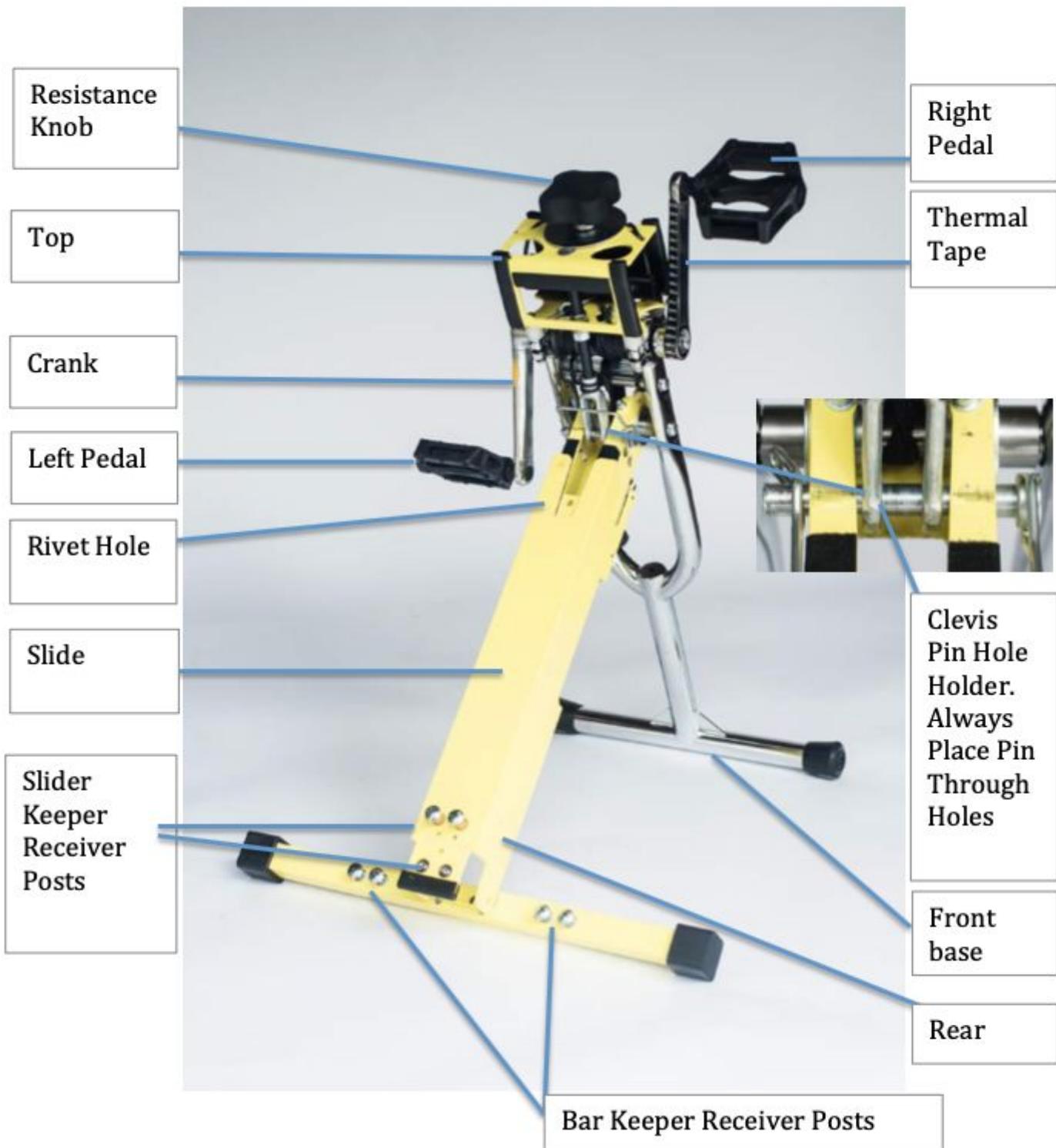
## Top 10 Safety Tips Before Riding

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 surfaces 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

REAR

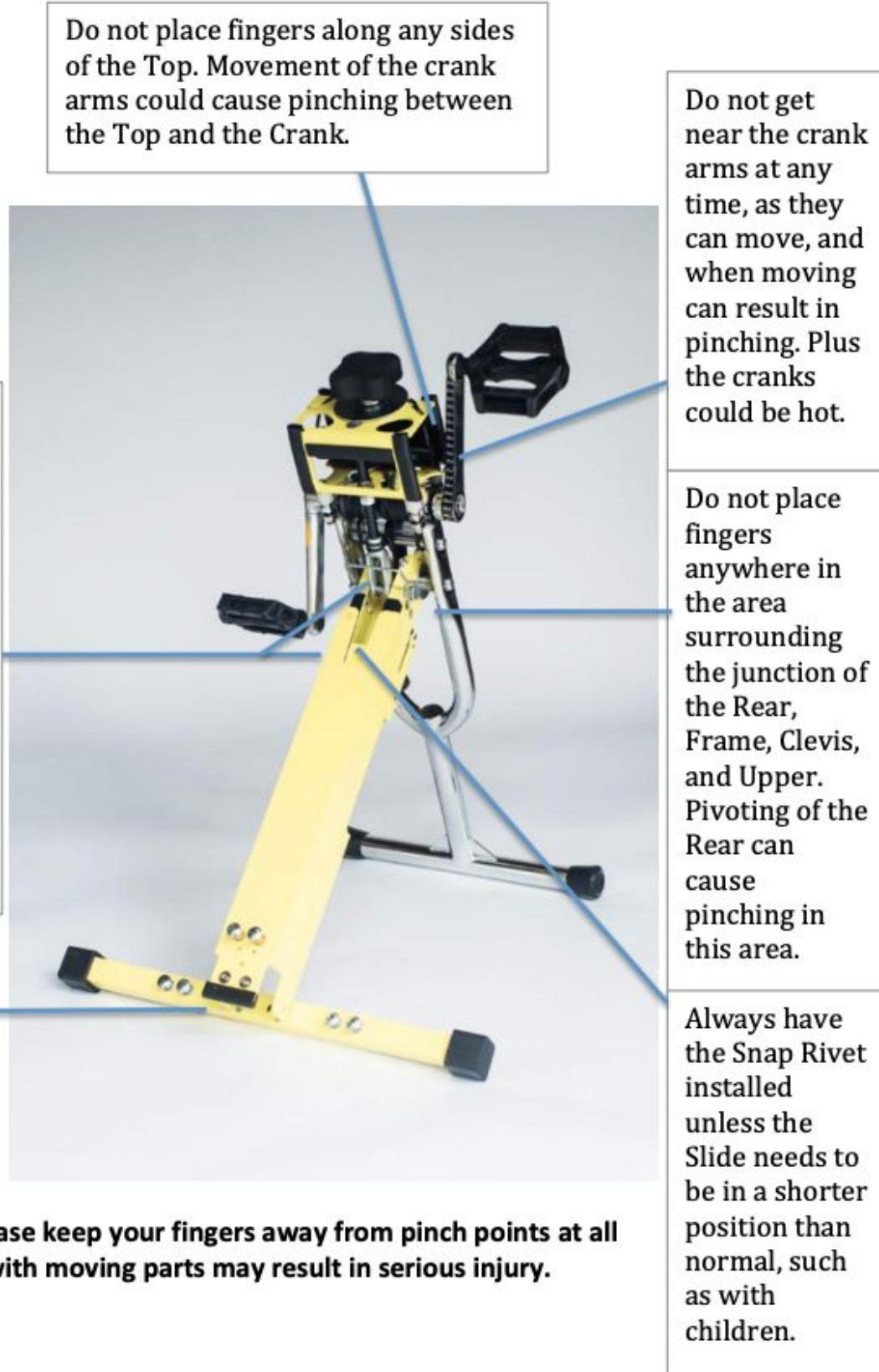


# FRONT

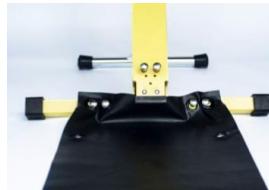
[ExcY Setup Tips to Get Started Cycling. Ready When You Are!](#)



# Pinch Hazards



# Parts

<u>The Keeper</u>	<u>Clevis Pin</u>	<u>Keeper Post Band(s)</u>	<u>Snap Rivet (XCS 260 Only)</u>	<u>Toggle Ties</u>
The Excy Keeper uses your body weight, whether standing, kneeling, lying, or sitting, to ensure that the Excy system does not scoot during use. The Keeper Holes are designed to be placed over the Bar Keeper Receiver Posts and Slider Receiver Posts. Additional holes are for use with the Toggle Ties.	The Clevis Pin is used to adjust the heights of the Excy system. The pin should be removed for all weight-bearing exercises (standing and planking). It should always be aligned and placed through the Clevis Pin Hole Receiver.	The Keeper Post Bands help keep the Excy Keeper in place using the Slide Keeper Receiver Posts and the Bar Keeper Receiver Posts.	Required for assembly (insert into Snap Rivet Hole). Assures Locking Holes are accessible. See <a href="http://www.excy.tips">www.excy.tips</a> .	Toggle Ties are optional to firmly tie the Excy Keeper to a chair in the recumbent position or to tie Excy to a chair as a floor cycle.
				

## Bike Set-Up ([www.excy.tips](http://www.excy.tips))

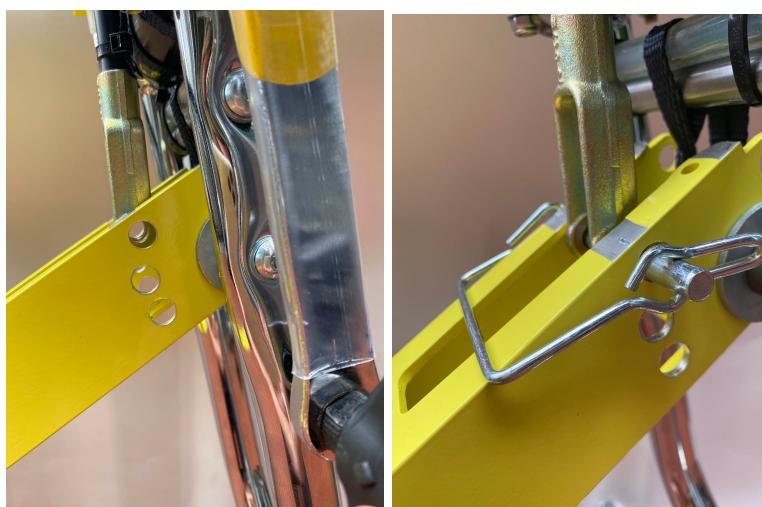
### Opening, Closing, and Locking the System

The Excy XCS 200 Series 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 XCS 200 Bike, make sure the Clevis Pin is removed, pivot the Rear downward and close completely. Always tighten Slide in the XCS 260 model prior to opening and closing. Make sure the Slide is fully inserted until the Slide snuggles against the Snap Rivet Hole during transport.

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

### Height Adjustment Positions

The Excy XCS 240 and XCS 260 can be adjusted to four heights (without the Clevis Pin, the Clevis Pin placed in the first, middle, or top hole). 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 slide and clip it over the end of the pin. To remove the Adjustment Pin, release the spring part from around the end and rotate it to the other side of the pin where it is attached. Grab the free end of the spring and pull the pin out while twisting back and forth.



## Pin Suggestions (See [www.excy.tips](http://www.excy.tips) for more ideas)

1. Without Pin. It is mandatory to remove the pin for [unicycle standing](#) and [planking](#) workout positions and suggested for cycling and step cycling at a desk, as it's the lowest position to the floor.
2. Hole #1 (bottom): This position is recommended for using the Excy Keeper while seated on a couch or chair in the [recumbent bike position](#).
3. Holes 2 and 3: These positions place Excy higher off floor or table surfaces. You can choose which of these holes works best in combination with how far you have the Slide extended. With variations of Slide extension and the use of Holes 2 or 3, you can go from being very tall and cranking while [standing with Excy on a table](#), to having Excy on the floor and you are [cranking arms from a seated position](#).
4. Use the bottom hole while riding Excy in the [recumbent bike position](#) from a chair or couch. Without it, it will not feel as stable.

**\*WARNING:** Do not stand or place body weight on your Excy system 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.



**\*WARNING! Do not forcibly turn the Resistance Knob beyond its loosening stop point or it will break and void your warranty.**

## Adjusting the Slide (XCS 260 Model Only)

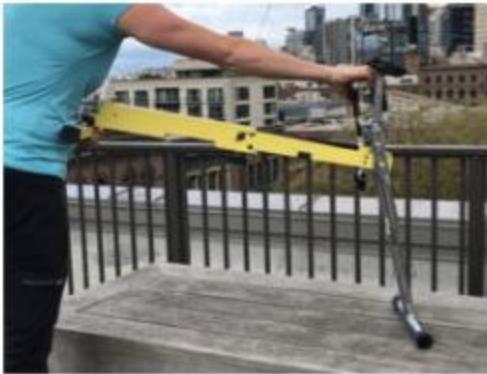
The Excy Slide allows Excy to be easily adjusted to your inseam for cycling your legs or to your height when using Excy as an upper body arm cycle. The configuration is made possible by lightly pulling out the Slide in the XCS 260 and XCS Pro model and locking it into position using the Slide Knob.

1. Loosen the Slide Knob by turning it clockwise while facing the back of Excy (stop once you feel increased knob rotation resistance). It requires only a small turn (designed to be easy).
2. Hold the Rear in one hand and use the other hand to hold the Top firmly.
3. Grab the Rear Bar and pull the Slide out (Slightly wiggling will help with adjusting).
4. Adjust the Slide extent as is suitable for to your height (25-30 degree angle for knees 5-10 degree angle for elbows).
5. Once you have the Slide adjusted to suit your height, twist the Slide Knob into a tight position. Do not tighten more than necessary to keep the Slide from moving. Over tightening may cause damage or make it unnecessarily hard to loosen.
6. To close the Slide, reverse the procedure and push the Slide in until it reaches the Snap Rivet.

<https://youtu.be/hxnUUGTCCfQ>



Turn Slide Knob  
Clockwise to Open



Pull the Slide Out By  
the Slide Bumpers.  
Adjust to Workout  
Height Position



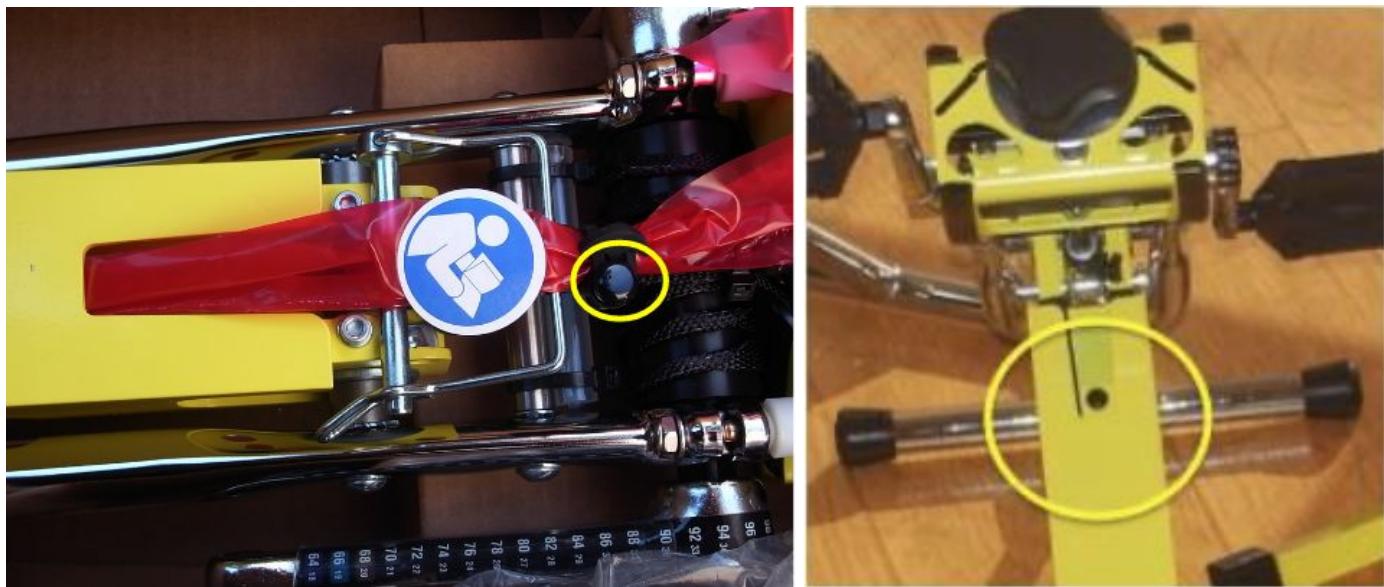
Twist the Slide Knob  
into a Tight Position

**\*WARNING! Always have the Slide Knob firmly tightened when using or transporting. Do not over tighten the Slide Knob (it requires only a small turn to loosen and tighten).**

## Adding the Rivet (XCS 260 Only)

If you have ordered a version with a Slide (the XCS 260 or XCS Pro), it will be shipped more compressed than intended for normal use. Slightly open the Slide (see above directions). Then, locate the Snap Rivet which is held to the clevis area with a black rubber band alongside the red plastic.

Hold the top of the Snap Rivet in your hand, making sure that there is a gap between the bottom of the top and the bottom part of the snap rivet. Then put the bottom part of the snap rivet (with the washer still in place) into the Snap Rivet Hole. Then push the top of the snap rivet until it seats against the bottom part of the snap rivet. It should now be securely in place, and the Slide will not go any farther forward than where the snap rivet is. Tighten your Slide until ready to ride.



## Accessory Set-Up

### Using the Keeper

While using, the connection between Excy and the Keeper MUST be firm and not flimsy. Use a yoga mat or consider using pillows for added comfort (sit on a pillow, put your back against a couch with a pillow between, use a ball as a back support against a wall or couch). When using high forces, you can hold onto the Bar or Keeper.

#### [Chair/Couch Set Up](#)

1. Lay the Keeper on a chair or couch with the Keeper End Holes being slightly in front of the seat (place a towel down to protect your surface). It is easiest to use the end of the Keeper that has just two holes along the edge. Optionally and only when used with a Bar, the end that has four holes along the edge can be used.
2. Sit on the Keeper. Make sure it stays slightly in front of the seating surface. Adjust the Slide.
3. Place the Keeper Edge Holes over the Slide (or Bar) Keeper Receiver Posts. First work one of the Keeper Holes over one of the Posts and press it down and over so that the second Keeper Hole has space to go over the second Post.
4. Place the supplied Retainer between the Posts to prevent the Keeper from coming loose. Take the end without the rubber loop and press it between the Posts. Then take the rubber loop and wrap it around the outside of each post and fully over the other side of the Posts (see photos).
5. Place one foot on an Excy pedal and one on the floor. Add the other foot and start cycling.



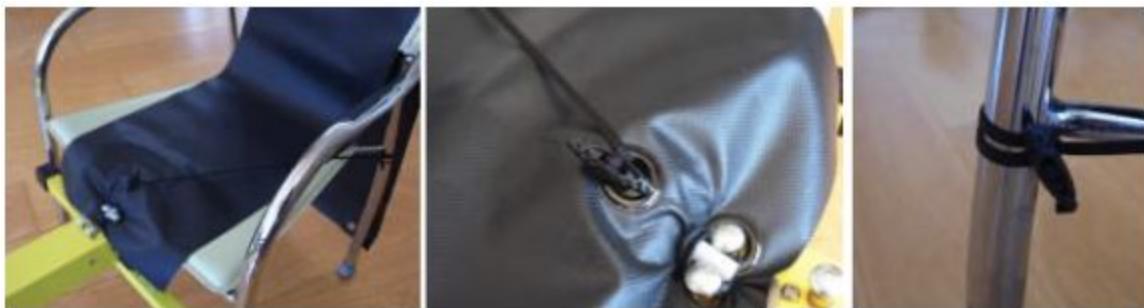
## Floor /Bed Set Up

1. To get started, lay the Keeper on the floor or bed.
2. Attach the Excy System and the Keeper by placing the dual centered Keeper End Holes over the Slide or Rear upward facing Receiver Posts.
3. Sit on the Keeper as close as you can to where the Receiver Posts and Keeper meet the floor, while making sure that your knees are bent at a 25-30 degree angle or your arms are bent at a 5-10 degree angle.



## Using the Toggle Ties

The Excy Keeper comes with two Toggle Ties that can be used to tether the Keeper to the chair as shown in the picture below. In MOST circumstances, MOST people do NOT need the tether. The tether may be needed if you use Excy at very high resistance for maximum strength training or if using Excy at high intensity with high resistance. Before you decide to use the tether, try using the Keeper simply using your body weight. Tethering can also be helpful for seniors and children to make it easier to start and stop riding Excy. Tethering can also make repeated use of the Keeper on the same chair easier, as tethering holds the Keeper in the desired position.



**WARNING! Do not use Excy with unstable chairs, tables, or other surfaces. Doing so can result in serious injury. Always make sure Excy is firmly attached to the Excy Keeper prior to use. Failure to secure firm connections and tension between Excy and the Keeper can result in property damage or injury.**

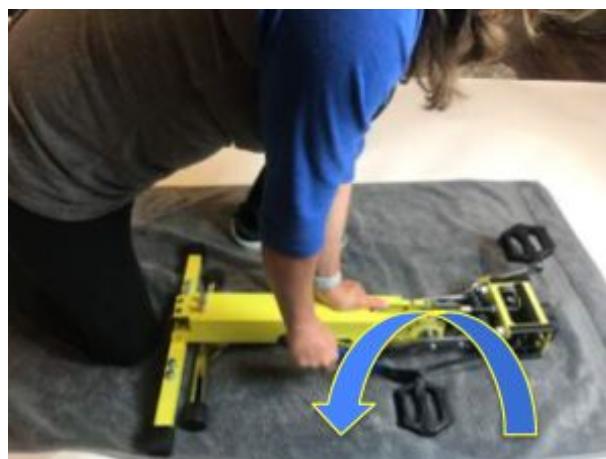
**\*WARNING! Always place a towel or yoga or workout style mat on a seated surface to protect your property. You can use Excy with the Keeper with or without the Excy Bar. If you use the Excy Bar, consider grabbing it with your hands to add an upper body workout.**

## Adding and Removing Pedals

Any 9/16" pedal can be added to the Excy system. 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 down and the Rear (where the Keeper attaches) towards you. Use a cloth to protect your surface.

## Remove Pedals

Rotate the crank arms to position the pedal you are removing to be closest to you and against the hard surface. Put the wrench over the flats on the pedal axle right next to where it connects to the crank arm. Have the other end of the wrench towards you. Pull the wrench back towards you and also press the wrench down towards the hard surface. With your other hand, press and hold Excy down against the hard surface, as it will want to lift upward in response to your pulling/pressing on the wrench. Keep your fingers away from the direction you are moving the wrench. The pedal should start unthreading. Keep turning the pedal axle in that same direction until it is loose. Repeat for the other pedal / side.



## Adding Pedals

Position Excy in the normal open operating position with the Excy name faced away from you. Most pedals have L or R (left or right) markings on them. Align the pedal axle threads with those in the crank arm, and rotate the pedal axle with your fingers to get started. Rotate such that the top of the pedal axle spins away from you ("forward" direction). Do the same for the other side. If the threads do not start, then most likely you have the wrong pedal for that side. Simply try it on the other side. After you have tightened the pedal treads as much as you can with your fingers, fold the system and lay it on a hard surface with the Excy name face down and use the wrench to continue turning in the forward direction (away from you) until the threads are as tight as you can make it. Repeat for the other pedal.



## Safety Information

### Heat Awareness

Exc'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 Exc 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 Exc 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 Exc 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](http://www.excy.com)

## Specifications

### Weight Limits

#### No Weight Limit for Exercise Bike and Arm Bike Exercises

- 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 chair that you will use Excy with prior to use and follow manufacturer guidelines. Only use Excy as an upper body arm bike on stable surfaces.

#### Standing / Full Body Weight Maximum User Weight

- 220 pounds (with Bar). Body weight positions like standing and planking have a weight limit of 220 pounds. Always remove the pin and add Bar.

# Excy System Specs

## Weight

- 14 pounds
- Measurements: L18.5" x W1.5" XH 1.5"
- Keeper Weight: Weight: .7 pounds / Measurements: L61" x W12" (unrolled) / L12" x W1.5" x H 1.5" (rolled)

## Footprint

- Portable / Closed (with Rivet / XCS 260 Slide version): L30" x W15"x H5.5"
- No Pin: L33"x W18.5" x H16.75"
- Hole 1: L31" x W18.5" x H19"
- Hole 2: L28"x W18.5"x H22"
- Hole 3: L33" x W18.5"x H25"

## Resistance

- 2 to 70 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.

## **Body Positioning ([www.excy.rehab](http://www.excy.rehab))**

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 or even make Excy fall. 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 any 9/16” standard pedal threads if you prefer to use a different pedal.



## 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

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, which is why we added the cushion on one side. 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 on the floor or 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 if they cushions aren't sufficient for your needs.



# Standing Position

To get started in the standing position, the Adjustment Pin MUST BE REMOVED completely and the Slide fully inserted. Place the Adjustment Pin in the top Pin Holder when not in use to avoid losing it. The stability Bar must be attached. 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!** Failure to attach the stability Bar while using Excy in the standing position can result in serious injury. Always remove the Adjustment Pin when using the standing position.

## **Free Mobile Coaching Application**

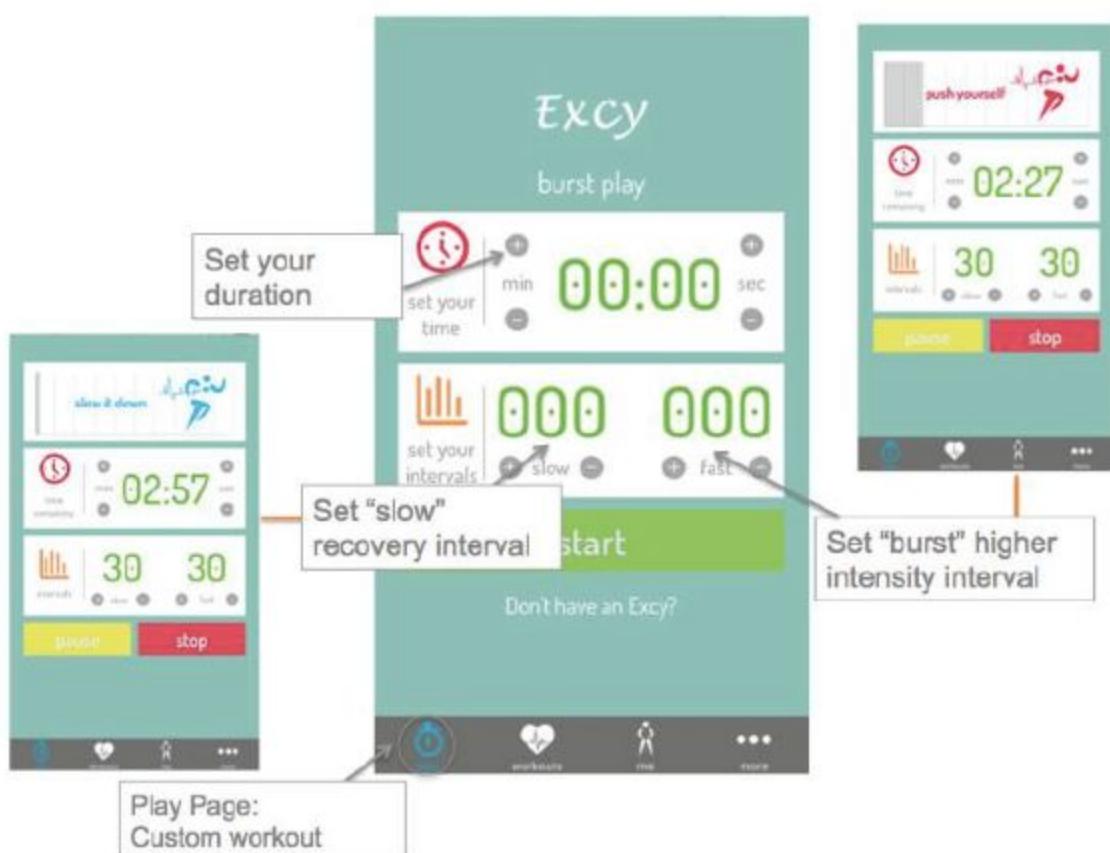
The Excy Mobile Coach interval training application and tutorial videos are not intended in any way to be substitute for professional training advice or professional education. It is simply an informational tool for convenience purposes only. Before starting or changing an exercise routine, talk with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



## Keeping Track of Goals and Workouts



## Guided Workouts





- Live Stream Workouts
- Workout Videos
- Tips to Explore
- Ergonomic Set-Up



# 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](mailto: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, 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 technician. 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](http://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.

# Excy

## Helpful Links

- [www.excy.guide](http://www.excy.guide) (This Owner's Manual)
- [www.excy.live](http://www.excy.live) (Live Streaming videos)
- [www.excy.video](http://www.excy.video) (YouTube Channel)
- [www.excy.tips](http://www.excy.tips) (Setup Tips)
- [www.excy.rehab](http://www.excy.rehab) (Ergonomic Tips from Physical Therapists)



## Ready When You Are

[www.excy.com](http://www.excy.com)