

# FAQs: KC-757

Q: Is there resistance on the KC-757?

A: Yes, The resistance on the 757 is through a magnetic resistance. There is a set of magnets that come closer or further away from the flywheel that increase or decrease the resistance.

Q: Is there a motor or a plug in required to power this bike?

A: No, This bike does not have an electric motor and there is no need to plug it in.

Q: How do I change the resistance?

A: The resistance on the KC-757 pedal desk can be changed by twisting the knob from level 1-10, which slowly increases the resistance level from easy to difficult. Part of the reason for creating the KC-757 was for larger students with more muscle tone, particularly boys. With this being said, a higher resistance level for older boys is recommended. We haven't had any issues, since these resistance levels mimic a typical adult exercise bike you will see in fitness facilities.

Q: What is the weight limit?

A: The maximum weight for using the KC-757 is 250lbs.

Q: Are there preventative maintenance guidelines?

A: Yes, the two key points for preventative maintenance are simple, but vital for maintaining the lifespan of the kinesthetic desks:

1. The desks have several bolts that should remain tightened at all times. Over time, high frequency use may loosen the bolts and it is very important they stay tight. This can be done using any adjustable wrench and allen key set. If the bike is used with loose bolts, this will cause instability, or could cause other parts of the bike to malfunction.
2. Students using the bike must be under adult supervision at all times. The tabletop and seat height are only to be adjusted by an adult. The knobs to adjust this are made to be more difficult for younger students to do without adult assistance. This prevents the tabletop/seat from slamming on fingers, etc. The pedal desk is meant to be used while seated, with the tabletop and seat height properly set, as recommended by the supervisor. (Without adult supervision, students have found many ways to improperly use the desk, such as standing while pedaling, or one student standing on the left pedal, while another student puts all their body weight on the right pedal, etc.)