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› YOSUDA Indoor Cycling Bike Plus Model - Instruction Manual

YOSUDA Plus Model

YOSUDA Indoor Cycling Bike

PLUS MODEL INSTRUCTION MANUAL

Brand: YOSUDA | Model: Plus Model

1. Introduction

Thank you for choosing the YOSUDA Indoor Cycling Bike Plus Model. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new exercise bike. Please read all instructions carefully before use and retain this manual for future reference.



Figure 1: YOSUDA Indoor Cycling Bike Plus Model - Overall View

2. Important Safety Instructions

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the equipment.
- Place the exercise bike on a flat, stable surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise attire and footwear.

- Do not exceed the maximum user weight of 270 pounds.
- Use the resistance bar to stop the flywheel immediately in case of emergency.

3. Package Contents

Your YOSUDA Indoor Cycling Bike package includes:

- YOSUDA Indoor Cycling Bike (Main Frame)
- All necessary assembly tools
- Instruction Manual
- Tablet Holder
- Water Bottle Holder (pre-installed)
- Extra Brake Pad (for replacement)

4. Assembly Instructions

Assembly of the YOSUDA Indoor Cycling Bike is designed to be straightforward and can typically be completed within 30 minutes. Follow these steps:

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are tightly fastened for stability.
2. **Install Pedals:** Attach the left and right pedals to their respective cranks. Note that pedals are marked 'L' and 'R' for Left and Right. Ensure correct orientation to avoid damage to threads.
3. **Install Seat Post:** Insert the adjustable seat post into the main frame. Adjust to your desired height and secure with the adjustment pull pin. The seat can also be adjusted forward and backward for optimal comfort.
4. **Install Handlebar Post:** Insert the handlebar post into the main frame. Adjust its height and secure it. The handlebar offers multiple grip positions for varied workouts.
5. **Attach LCD Monitor and Tablet Holder:** Secure the LCD monitor to the handlebar post. Insert the tablet holder into its designated slot above the monitor.
6. **Connect Sensor Cables:** Connect the sensor cables from the bike to the LCD monitor to ensure data tracking functions correctly.

7-Type Data Display

Easily Track Your Fitness



Figure 2: Quick Assembly Overview

For detailed visual guidance, refer to the included instruction manual's diagrams.

5. Operating Instructions

5.1 Adjusting Resistance

The bike features a friction resistance mechanism. To increase resistance, turn the red knob clockwise (+). To decrease resistance, turn it counter-clockwise (-). For an emergency stop, press the red knob down firmly.

30 Minutes Sweat to Burn Fat



Figure 3: Resistance Knob and Workout Zones

5.2 Seat and Handlebar Adjustments

- **Seat:** The 4-way adjustable padded seat allows for vertical (25-39 inches inseam height) and horizontal adjustments. Loosen the adjustment knob, move the seat to your desired position, and tighten securely.
- **Handlebar:** The 2-way adjustable non-slip handlebar can be moved up or down to suit your height and riding preference. Loosen the knob, adjust, and re-tighten.

One Bike for the Whole Family



Figure 4: Personalized Fit Adjustments

5.3 LCD Monitor and Tablet Mount

The LCD monitor tracks your time, speed, distance, calories burned, and odometer. Use the mode button to cycle through display options. The integrated tablet mount allows you to place your device for entertainment or guided workouts.

30 Mins Quick Assembly



Guide



Video



Figure 5: 7-Type Data Display and Tablet Mount

6. Maintenance

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and moving parts to ensure they are secure. Tighten if necessary.
- **Brake Pad:** The friction brake pad may wear down over time. An extra brake pad is included for replacement when needed.

7. Troubleshooting

- **Squeaking Noise:** If you hear squeaking, check the seat's horizontal bar and the front fork connections. Ensure all bolts are tight. Applying a thin piece of paper or rubber sheet between rubbing parts might help.
- **Instability:** Ensure the bike is placed on a flat surface and all stabilizer feet are properly adjusted and tightened.
- **LCD Monitor Not Working:** Check the battery installation and ensure sensor cables are securely connected.

8. Specifications

Brand	YOSUDA
Model Name	Plus Model
Material	Carbon Steel
Resistance Mechanism	Friction
Drive System	Belt
Product Dimensions (LxWxH)	40.16" x 21.65" x 46.06"
Maximum Weight Recommendation	270 Pounds
Seat Inseam Height	25-39 Inches
Special Feature	Water Bottle Holder



Figure 6: YOSUDA Indoor Cycling Bike Dimensions

9. Warranty & Support

The YOSUDA Indoor Cycling Bike comes with a 3-month warranty on the overall framework and a 12-month warranty on parts. For any support needs, parts replacement, or technical service, please contact YOSUDA customer support. Online instruction video support is also available.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question