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YOSUDA Friction Spin Bike with 16KG Flywheel

YOSUDA Friction Spin Bike with 16KG Flywheel User Manual

Model: Friction Spin Bike with 16KG Flywheel

1. INTRODUCTION

Thank you for choosing the YOSUDA Friction Spin Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.

2. SAFETY INFORMATION

Before starting any exercise program, consult with your physician. Improper or excessive training can result in injury. Always ensure the spin bike is placed on a flat, stable surface. Keep children and pets away from the equipment during use. Regularly inspect all parts for wear and tear. Do not use the bike if any part is damaged.

3. ASSEMBLY INSTRUCTIONS

The YOSUDA Friction Spin Bike is designed for straightforward assembly. Follow these steps carefully:

1. Unpack all components and verify against the parts list (not provided in this document, refer to included packaging).
2. Attach the front and rear stabilizers to the main frame using the provided bolts and washers.
3. Install the pedals, ensuring the left pedal is tightened counter-clockwise and the right pedal clockwise.
4. Mount the seat post and seat, adjusting to your desired height and position.
5. Attach the handlebar post and handlebars, securing them firmly.
6. Connect the monitor cables as instructed.

For visual guidance, please refer to the assembly video provided by the manufacturer (if available with purchase).

極安定仕様、無酸素運動までも対応可能

いいボディを目指し、フィットネス生活を楽しもう



心肺機能アップ



ダイエット



筋トレ効果



Image: Main view of the YOSUDA Friction Spin Bike, illustrating its overall structure.

4. OPERATING INSTRUCTIONS

4.1 Getting Started

1. Adjust the seat and handlebars to a comfortable position (refer to Section 5).
2. Place your feet securely in the pedal straps.

3. Begin pedaling at a comfortable pace.

4.2 Resistance Adjustment

The YOSUDA Friction Spin Bike features stepless resistance adjustment. Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease it. This allows for precise control over your workout intensity, suitable for beginners to advanced users.



Image: Close-up of the stepless resistance adjustment knob, allowing for fine-tuning of workout intensity.

4.3 Emergency Brake

For immediate stopping, press down firmly on the resistance knob. This acts as an emergency brake, ensuring safety during your workout.

4.4 Monitor Functions

The integrated monitor displays key workout data, including speed and calories burned. Refer to the monitor's specific instructions for detailed usage.

動画を見ながら漕ぐことができ

運動の時間、速度、距離、カロリー消費が表示可能
幅が他社より2倍に大きいスタンド付き



Image: The exercise bike's console, featuring a display for workout metrics and a secure holder for tablets or smartphones.

5. ADJUSTMENTS

5.1 Handlebar Adjustment

The handlebars can be adjusted to 6 different height levels to accommodate various user heights and riding preferences. Loosen the adjustment knob, raise or lower the handlebars, and then tighten the knob securely.

5.2 Seat Adjustment

The seat offers 11 levels of vertical adjustment and horizontal adjustment to ensure optimal comfort and ergonomic positioning. Loosen the adjustment knobs, move the seat to your desired position, and then tighten the knobs firmly.

各筋肉が鍛えることが可能、握り方は三つ

脚部はもちろん、体幹部、腕なども筋肉トレーニング
座り漕ぎでも立ち漕ぎでも前傾姿勢でもかなり実現可能

3 前傾の漕ぐ姿勢に最適

2 立ちながら漕ぐ姿勢に最適

1 座りながら漕ぐ姿勢に最適

YOSUDA

Image: Illustrates three different handlebar grip positions, suitable for seated, standing, and forward-leaning riding styles.

5.3 Cushioned Saddle

The bike is equipped with a comfortable, high-rebound saddle designed for extended use without discomfort. Its ergonomic design promotes airflow and reduces pressure.

長時間漕いでもお尻は痺れなくて痛くない

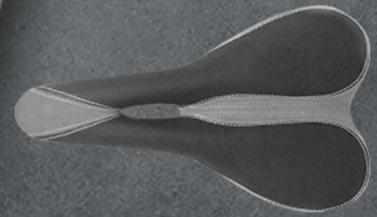
もっと楽しく漕ぎましょう



高通気、高反発サドル



人間工学に基づいたデザイン



他製品は狭くて硬い

Image: A detailed view of the ergonomic, cushioned saddle, highlighting its design for comfort during long workouts.

6. KEY FEATURES

- **16KG Flywheel:** Provides a smooth and stable riding experience, ideal for effective muscle training and calorie burning.
- **Quiet Operation:** Designed for minimal noise (under 25dB), allowing for use without disturbing others.
- **Stable Triangular Frame:** Ensures high stability during intense workouts, supporting users up to 120KG.
- **Double Lock Handlebar Mechanism:** Enhances stability and prevents wobbling during use.
- **Tablet/Smartphone Holder:** Securely holds your device, allowing you to enjoy media or follow workout apps.
- **Enclosed Flywheel:** The flywheel is fully enclosed for safety, protecting children and pets from moving parts.
- **Transport Casters:** Equipped with casters for easy movement and storage, even for a single user.
- **Non-Slip Pedals:** Designed with a secure mechanism to prevent feet from slipping during exercise.
- **Water Bottle Holder:** Conveniently located for easy hydration during your workout.

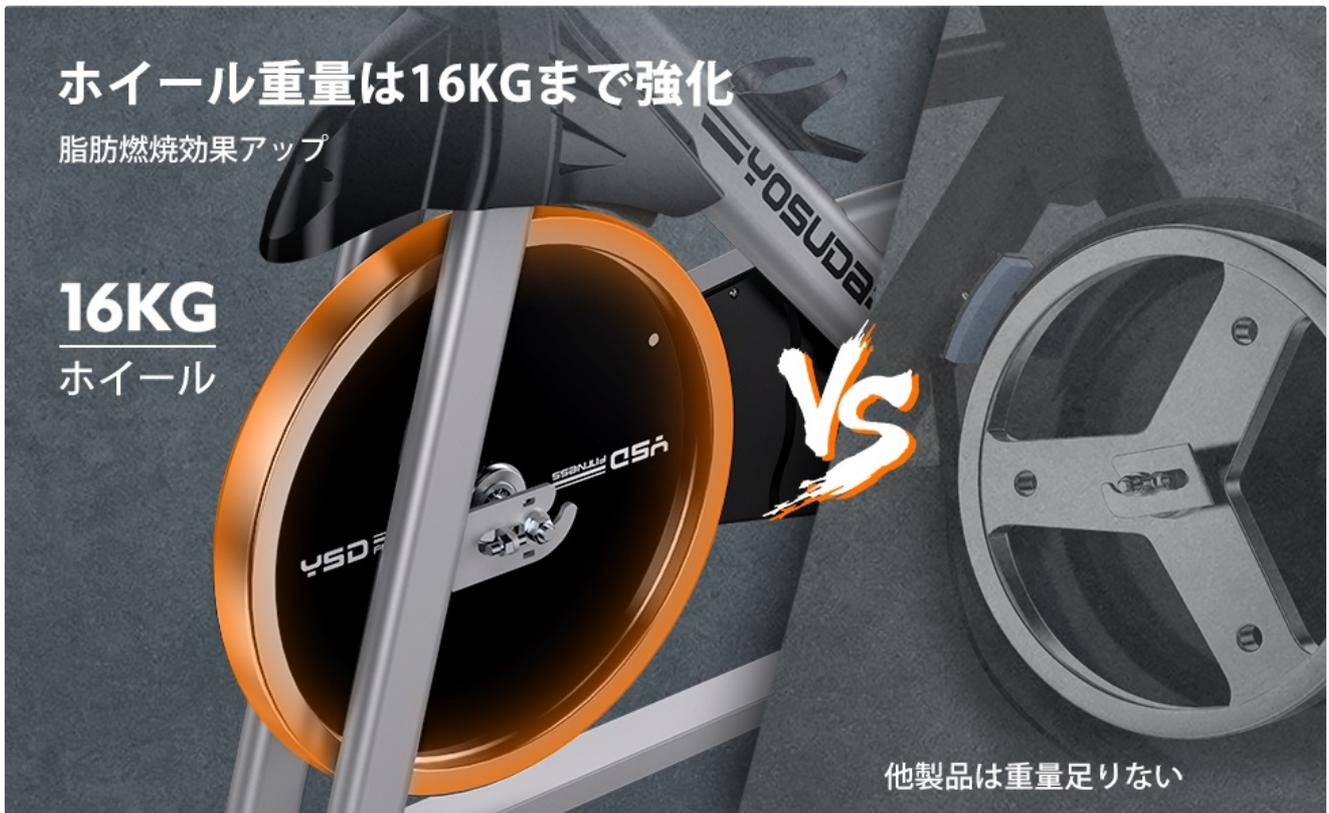


Image: Comparison highlighting the robust 16KG flywheel for enhanced workout effectiveness.



Image: Close-up of the transport casters, demonstrating how easily the bike can be moved.

7. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your spin bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts to ensure they are securely tightened.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving parts as needed to maintain smooth operation.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking noise during use	Loose parts, dry friction pad, or lack of lubrication.	Check and tighten all bolts. Apply lubricant to moving parts. If noise persists from friction pad, contact support.
Unstable during workout	Bike not on a level surface, loose stabilizers, or handlebar/seat not securely tightened.	Ensure bike is on a flat surface. Check and tighten stabilizer bolts. Securely tighten handlebar and seat adjustment knobs.
Monitor not displaying data	Loose cable connection, dead batteries.	Check monitor cable connections. Replace batteries in the monitor.

9. SPECIFICATIONS

- **Brand:** YOSUDA
- **Model:** Friction Spin Bike with 16KG Flywheel
- **Color:** Gray
- **Product Dimensions:** 101.6 x 56 x 124 cm (40 x 22 x 48.8 inches)
- **Product Weight:** 31 kg (68.3 lbs)
- **Power Source (Monitor):** Battery
- **Recommended Use:** Home
- **Features:** Calorie Display, Speed Display

10. WARRANTY AND SUPPORT

YOSUDA provides a **180-day return and exchange guarantee** for this product. Our internal quality control ensures that only products meeting our standards are shipped. In the event of any defect or malfunction, please contact our customer support team for assistance. We are committed to providing high-quality products and support.

For further inquiries or support, please visit the YOSUDA store on Amazon or contact our customer service directly.