

YESOUL C1EV

YESOUL Self-Powered-Fan Exercise Bike C1EV User Manual

Model: C1EV

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your YESOUL Self-Powered-Fan Exercise Bike C1EV. Please read it thoroughly before assembly and operation. Regular cycling can contribute to improved cardiovascular health, increased stamina, and overall fitness.



Image: The YESOUL Self-Powered-Fan Exercise Bike C1EV, a stationary indoor cycling bike.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the exercise bike during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not place fingers or other objects into the fan blades.
- Maximum user weight: 300 Pounds.

3. PACKAGE CONTENTS

Before assembly, verify that all components are present and undamaged. Refer to the installation video for visual identification of parts.

- Frame
- Front Tube
- Rear Tube
- Seat
- Seat Post
- Head Tube
- Handlebar Assembly
- Pedal Set (Left/Right)
- Fan
- Tablet Holder
- Decorative Cover
- Rotating Bracket
- Parts Package (bolts, nuts, washers, hex wrenches, open-ended wrench)
- Manual

4. SETUP AND ASSEMBLY

For a detailed visual guide, please watch the official installation video provided below. Assembly typically takes approximately 30 minutes for one person.

Video: Official YESOUL C1EV Exercise Bike Installation Guide. This video demonstrates the step-by-step assembly process for the exercise bike.

4.1 Unboxing

1. Keep the bottom of the box side up.
2. Cut the tape on the box.
3. First, take out the Leg tube.
4. Flip the box.
5. Hold both sides of the box with both hands, then lift the box to remove the main unit.
6. Cut the tape and remove the polyfoam packaging.
7. Carefully remove all accessories from the polyfoam.

4.2 Installation of Bottom Tubes (Front and Rear)

- **Tools:** Open-ended wrench 13-15#(D), Cap nut & D8 flat spacer & Carriage bolt.
- Unscrew the pre-installed nuts from the front and rear tubes.
- Insert the front tube into the lower part of the frame, aligning the holes.
- Screw the nuts onto the bolts and tighten securely with the wrench.
- Repeat the process for the rear tube.

4.3 Installation of Seat & Seat Post

- Loosen the knob on the seat post until the seat post can be inserted into the frame. Pull the knob outward and hold.
- Insert the seat post into the frame to your desired height (indicated by numbers 1-9). Release the knob to secure.
- Insert the seat against the seat post holes.
- Tighten the fixed knob of the seat sliding tube.
- Tighten the nuts on both sides of the seat using the open-ended wrench 13-15#(D).
- Use your hands to check that the seat is securely fastened.

4.4 Installation of Head Tube

- First, connect the adjustment pipeline to the bike connection line.
- Rotate the front column tightening knob in the left direction for 4-5 turns using one hand, then pull the handle out and hold it.
- Insert the head tube into the frame to your desired height (indicated by numbers 1-4).
- Then turn the knob to the right direction to the tightest position.

4.5 Installation of Handlebar Assembly

- **Tools:** Hex wrench 5#(B), D6 elastic washer 2PCS, M6-12 bolt 5 2PCS, M6-35 bolt 1PC.
- Untie the fixed line's rope.
- Insert the D6 elastic washers into the nuts.
- Use a Hex wrench size 5 (B) to pre-tighten the nuts.
- Plug the rotating bracket into the handrail.
- Use an M6-35 bolt to secure the rotating bracket.
- Tighten each nut individually.

4.6 Installation of Fan

- **Tools:** Hex wrench 5#(B), M6x35 hex socket flathead screw.
- Align the fan with the holes on the rotating bracket.
- Insert the hex socket flat head screw from below and tighten it with a hex wrench 5#(B).
- Connect the Type-C connector of the power cable to the fan's charging port.
- Secure the wire using Velcro.
- Adjust the gear level by operating the fan switch.

4.7 Installation of Tablet (Mobile Phone) Holder

- **Tools:** M10 bolt 1PC, M10 jam nut 1PCS, Hex wrench 8#(A), wrench 13-15-17-19#.
- Insert the tablet (mobile phone) holder into the slot of the rotating bracket.
- Manually fasten the M10 bolt and M10 jam nut into the holes.
- Use hex wrench 8#(A) and multi-function wrench 13-15-17-19# to tighten the nut.

4.8 Installation of Pedals

- **Tools:** Open-ended wrench 13-15#(D), Multi-function wrench 13-15-17-19#(C).

- Remove the nut pre-installed on the left pedal.
- Rotate the right pedal clockwise into the crank.
- Tighten the foot pedal using an open-ended wrench 13-15#(D).
- Screw the left foot pedal counterclockwise into the crank.
- Tighten the nut clockwise.

5. PRODUCT FEATURES

- **App Connectivity with Real-Time Stats & Interactive Classes:** Easily connect to the YESOUL app to monitor your progress, explore immersive scenic rides, or join live training sessions.
- **Ride Anywhere with Self-Generating Power:** This innovative bike generates its own energy as you pedal, eliminating the need for an external power source or costly battery replacements.
- **Built-In Airflow System for Immersive Outdoor-Like Cooling:** An integrated fan mimics natural airflow, keeping you cool and energized during your workout.
- **Stable Structure with Adjustable Handlebar and Seat:** Features a 2-way adjustable handlebar and 4-way adjustable bike seat. The durable stainless steel dual-triangle frame supports up to 300 pounds.
- **Dynamic LED Feedback for Real-Time Performance:** Vibrant LED lights respond to your intensity, providing clear feedback to keep you motivated and optimize your workout.
- **Smooth & Silent Magnetic Resistance with 100 Levels:** Experience ultra-quiet, smooth rides with an advanced magnetic resistance system. Adjust across 100 levels for warm-up, HIIT, or recovery training.

Self-powered Fan & Dynamic LED Lights Effects

The fan can be powered by pedaling the bicycle without external power supply, which is environmentally friendly and saves money.



Image: The bike's self-powered fan and dynamic LED light effects, highlighting energy efficiency.



Wider Cushion

Reduces pressure on hips & tailbone

Image: A close-up of the wider cushion seat, designed to reduce pressure on hips and tailbone.

Space-Saving & Easy Move

Perfect for home workouts without the bulk



Image: The compact design of the bike, illustrating its space-saving nature and ease of movement.

6. OPERATING INSTRUCTIONS

6.1 Adjusting Resistance

The bike features 100 levels of magnetic resistance. To adjust, turn the red knob located on the frame. Turning clockwise increases resistance, making your workout more challenging. Turning counter-clockwise decreases resistance for an easier ride.



Image: The resistance knob with indicators for 100 levels of adjustment.

6.2 Adjusting Seat and Handlebar

Both the seat and handlebar are adjustable to accommodate various user heights and preferences. Loosen the respective knobs, adjust to the desired position, and then tighten the knobs securely.

Family Fitness Available



Image: Illustration of the 2-way handlebar and 4-way seat adjustment for family use.

6.3 Using the Self-Powered Fan

The integrated fan is self-powered by your pedaling. It offers 3 powerful speeds to keep you cool. Use the fan switch to cycle through the speed settings. The fan can be tilted to direct airflow.

Innovative Fan-Designed Bike

Feel the cool outdoor riding experience



Image: Close-up of the innovative fan design, showing its tilt range and speed settings.

6.4 App Connectivity

Connect your device to the YESOUL app via Bluetooth to track real-time stats, access livestreaming classes, and explore scenic rides. The app provides personalized training programs and data tracking.

Yesoul APP Offers Classes, Live, Immersive Rides and Data Tracking



Image: A user interacting with the YESOUL app on a tablet mounted on the bike, displaying various workout metrics and class options.

Video: A demonstration of the YESOUL app's workout programs and features.

7. MAINTENANCE

- Regularly wipe down the bike with a damp cloth after each use to remove sweat and dust.
- Check all bolts and nuts periodically to ensure they remain tight. Tighten if necessary.
- Inspect pedals and straps for wear and tear. Replace if damaged.
- Keep the bike in a dry environment to prevent rust.

8. TROUBLESHOOTING

- **No Power to Fan/LEDs:** Ensure you are pedaling to generate power. Check the Type-C cable connection to the fan.
- **Difficulty Adjusting Resistance:** Verify the resistance knob is functioning correctly and not jammed.



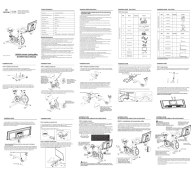

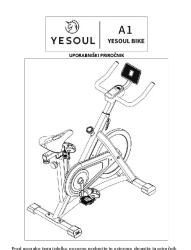

- **Unstable Bike:** Ensure the bike is on a flat surface. Adjust the leveling feet on the bottom tubes to stabilize.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your device. Restart the app and the bike if connection fails.

9. SPECIFICATIONS

Feature	Detail
Brand	YESOUL
Model Name	C1EV
Part Number	YS-BC1EV
Special Feature	App Connectivity, Cooling Fan, Personalized Training Program, Self-Powered, Water Bottle Holder
Color	Self Powered Fan-Black
Power Source	Self Powered
Recommended Uses	Indoor
Item Weight	60.66 Pounds
Material	Kohlenstoffstahl (Carbon Steel)
Resistance Mechanism	Magnetic
Product Dimensions	41"D x 22.8"W x 49"H
Maximum Weight Recommendation	300 Pounds
Minimum Height	33 Inches
Number of Resistance Levels	100
Drive System	Belt

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your product or visit the official YESOUL website. You may also contact the seller directly for assistance.

	<p><u>YESOUL Smart Cycling Bike M2M User Manual and Installation Guide</u></p> <p>Comprehensive user manual for the YESOUL Smart Cycling Bike M2M (YS-BM2). Includes product parameters, routine maintenance, important safety instructions, detailed installation guide, operation instructions, correct riding posture guidance, adjustment procedures, and app integration.</p>
	<p><u>YESOUL G1M PLUS Smart Cycling Bike - User Manual and Installation Guide</u></p> <p>Comprehensive user manual and installation guide for the YESOUL G1M PLUS Smart Cycling Bike, covering product specifications, safety instructions, assembly steps, maintenance, and app usage.</p>
	<p><u>YESOUL G1 MAX Smart Cycling Bike User Manual</u></p> <p>Comprehensive user manual for the YESOUL G1 MAX Smart Cycling Bike, covering setup, adjustments, riding posture, and app connectivity.</p>
	<p><u>YESOUL S3 Spin Bike: Installation, Adjustment, and Maintenance Guide</u></p> <p>Comprehensive guide for the YESOUL S3 Spin Bike, covering installation, parts list, safety instructions, adjustment procedures, correct riding posture, and routine maintenance. Learn how to set up and use your YESOUL S3 for optimal performance.</p>
	<p><u>YESOUL BIKE A1 User Manual - Assembly, Safety, and Operation Guide</u></p> <p>This comprehensive user manual provides detailed instructions for assembling, operating, and maintaining the YESOUL BIKE A1 stationary exercise bike. Includes safety guidelines, adjustment tips, and app connectivity information.</p>
	<p><u>YESOUL G1M MAX Smart Cycling Bike User Manual and Installation Guide</u></p> <p>This document provides comprehensive instructions for the YESOUL G1M MAX Smart Cycling Bike, covering product specifications, safety precautions, detailed assembly steps, routine maintenance, and adjustment guides for optimal user experience.</p>