YOSUDA DSJ-01

YOSUDA Pro Cardio Climber Stepping Elliptical Machine

Model: DSJ-01 | User Manual

1. Safety Information

Please read all instructions carefully before using the YOSUDA Pro Cardio Climber. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the machine on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 300 lbs (136 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. Product Overview

The YOSUDA Pro Cardio Climber is a versatile 3-in-1 fitness machine designed for a comprehensive full-body workout. It combines the benefits of an elliptical, stair stepper, and treadmill in a compact design.

Key Features:

- **3-in-1 Functionality:** Offers vertical and horizontal stride for elliptical, stair stepper, and calorie-burning treadmill-like motions.
- **18 lbs Flywheel & 16 Resistance Levels:** Features an 18 lbs flywheel and 16 levels of magnetic resistance for varied workout intensity and a 45° climbing stride motion.
- **Solid Build:** Constructed with a 15mm thickened frame tube, supporting up to 300 lbs user weight, ensuring stability.
- **Quiet and Smooth Operation:** Utilizes a magnetic system to minimize noise (below 26 dB) and provides a

smooth motion, protecting joints.

- **Data Tracking:** Tracks calories, time, speed, distance, ODO (odometer), and pulse for effective workout monitoring.
- **Space-Saving Design:** Compact dimensions (38 x 21 x 62 inches) with front rollers for easy relocation.



Image: The YOSUDA Pro Cardio Climber Stepping Elliptical Machine, showcasing its compact design and main components.



Image: Diagram illustrating the 3-in-1 functionality: Elliptical, Stair Stepper, and Treadmill, highlighting 90%+ muscle workout.

3. Setup and Assembly

The YOSUDA Pro Cardio Climber requires assembly. It is recommended to have two people for assembly due to the weight of some components. All necessary tools are included.

Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components are present against the parts list provided in the separate assembly guide.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and wrenches. Ensure they are tightly fastened for stability.
3. **Install Main Frame and Pedals:** Follow the detailed instructions in the assembly guide to connect the main frame, flywheel, and pedal arms. Pay close attention to the left and right markings on the pedals.
4. **Assemble Handlebars:** Attach the stationary and moving handlebars. Ensure all connections are secure and allow for smooth movement.
5. **Connect Console:** Mount the console to the designated bracket and connect all sensor wires. Ensure wires

are not pinched.

6. **Final Check:** Before first use, double-check all bolts and connections to ensure they are secure. Test the movement of the pedals and handlebars.

Note: Some parts may be pre-greased. It is advisable to have a cloth handy during assembly.



Image: Visual representation of the machine's dimensions (38"L x 21"W x 62"H) and 300 lbs weight capacity, emphasizing stability.

4. Operating Instructions

The YOSUDA Pro Cardio Climber offers a dynamic workout experience. Familiarize yourself with its functions before beginning your exercise routine.

Getting Started:

1. **Step On:** Carefully step onto the pedals, one foot at a time, ensuring a firm grip on the handlebars for balance.
2. **Adjust Resistance:** Use the resistance knob located on the main frame to adjust the workout intensity. Turn clockwise to increase resistance (up to 16 levels) and counter-clockwise to decrease it.

3. **Begin Movement:** Start pedaling in a smooth, continuous motion. Engage both your legs and arms for a full-body workout. The machine supports both elliptical and stair-stepping motions.

Console Functions:

The integrated console displays key workout metrics to help you track your progress:

- **TIME:** Displays the duration of your current workout.
- **CALORIE:** Estimates the calories burned during your session.
- **SPEED:** Shows your current workout speed.
- **DISTANCE:** Displays the distance covered during your workout.
- **ODO (Odometer):** Shows the total accumulated distance.
- **PULSE:** Measures your heart rate when hands are placed on the pulse sensors on the stationary handlebars.
- **SCAN:** Automatically cycles through all display functions.

Use the "SET", "MODE", and "RESET" buttons on the console to navigate through display modes and reset values as needed.



Image: Close-up of the advanced magnetron system, highlighting the 18 lbs flywheel and 16 levels of magnetic resistance.



Image: Depiction of the smooth and quiet operation, emphasizing sound below 26dB and knee protection.



Image: The console display showing various workout metrics like time, calorie, speed, distance, ODO, and pulse.

Official Product Video:

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Video: A demonstration of the YOSUDA 3-in-1 Elliptical Machine & Stair Stepper Trainer in use, showcasing its various exercise modes and smooth operation. This video highlights the ease of use and the full-body workout potential of the machine.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your YOSUDA Pro Cardio Climber.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for smooth operation. Apply a silicone-based lubricant if any squeaking or friction is noticed (refer to assembly guide for specific points).
- **Tighten Fasteners:** Every few months, inspect all bolts, nuts, and screws to ensure they are tight. Re-tighten as necessary.

- **Storage:** When not in use, store the machine in a dry, cool place away from direct sunlight and moisture. The front rollers allow for easy relocation.



Image: Close-up of the elliptical pedal, showing its textured surface for grip and dimensions (13.5 inches long, 5.5 inches wide).



Image: Detail of the aluminum alloy double-slide rails, contributing to the smooth and quiet operation of the machine.

6. Troubleshooting

If you encounter any issues with your YOSUDA Pro Cardio Climber, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking or Grinding Noise	Loose bolts; lack of lubrication; worn parts.	Tighten all visible bolts. Apply silicone lubricant to moving joints. If noise persists, contact customer service.
Console Display Not Working	Loose sensor connection; dead batteries.	Check all console wire connections. Replace batteries in the console.
Resistance Not Changing	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the flywheel and the adjustment knob. Ensure it's properly seated.
Machine Feels Unstable/Wobbly	Uneven surface; loose stabilizer bolts.	Ensure the machine is on a level surface. Tighten all bolts on the front and rear stabilizers.

7. Specifications

Specification	Value

Specification	Value
Model Name	DSJ-01
Brand	YOSUDA
Color	Black
Product Dimensions (LxWxH)	38"D x 21"W x 62"H
Material	02 Climber Stepping Elliptical
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	300 Pounds
Maximum Stride Length	18 Inches
Item Weight	94.6 Pounds
Number of Resistance Levels	16
Manufacturer	YOSUDA
First Available Date	July 29, 2022

8. Warranty and Support

YOSUDA provides a 5-year service for the Cardio Climber. For any concerns or assistance, please contact our online service team. Your inquiries will be addressed within 12 hours.

Warranty Description: Long-life

For further support, visit the official YOSUDA store: YOSUDA Store on Amazon

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