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> [YOSUDA Classic Folding Exercise Bike \(Model X-Bike\) Instruction Manual](#)

YOSUDA X-Bike

YOSUDA Classic Folding Exercise Bike (Model X-Bike) Instruction Manual

Model: X-Bike | Brand: YOSUDA

INTRODUCTION

Thank you for choosing the YOSUDA Classic Folding Exercise Bike. This manual provides essential information for the safe and efficient use of your exercise bike. Please read it thoroughly before assembly and operation, and keep it for future reference.

1. SETUP

1.1 Unpacking and Component Check

Carefully remove all components from the packaging. Ensure all parts listed in the assembly guide are present and undamaged. All screws and bolts are preinstalled for convenience.

One-Person Assembly in 20 Minutes



Professional
Guide



Installation
Video



Image: All components of the YOSUDA Classic Folding Exercise Bike laid out for assembly, including the main frame, seat, handlebars, pedals, and monitor. This illustrates the parts required for one-person assembly.

1.2 Assembly Instructions

The YOSUDA Classic Folding Exercise Bike is designed for easy, one-person assembly, typically completed within 20 minutes. Follow the detailed instructions provided in the included guide. For visual assistance, refer to the assembly video below.

Your browser does not support the video tag.

Video: A step-by-step guide demonstrating the assembly process of the YOSUDA Folding Exercise Bike. This video covers attaching the stabilizers, pedals, seat, handlebars, and connecting the monitor.

1.3 Seat Adjustment

The oversized seat cushion offers 8 positions for adjustment, ensuring comfortable support for various user heights. To adjust the seat, loosen the adjustment knob, slide the seat to the desired height, and then tighten the knob securely.

Ride in Comfort All Day



Oversized Seat



8 Positions Seat Adjustment

Image: Close-up view of the oversized seat cushion and the mechanism for 8-position seat adjustment on the YOSUDA Folding Exercise Bike, highlighting comfort and adaptability.

Your browser does not support the video tag.

Video: Demonstration of the comfortable ride and large seat cushion of the YOSUDA Folding Exercise Bike, emphasizing its strong bearing capacity and stability.

2. OPERATING INSTRUCTIONS

2.1 Performance Monitor

The large-screen computer accurately monitors your workout data, including time, count, distance, speed per minute, calories burned, and pulse. This helps you track progress and clarify workout goals. The pulse is measured by holding the handles with integrated sensors.

Tracks Your **Progress Live**



Time



Kcal



Speed



Dis



ODO



Pulse



Image: Close-up of the YOSUDA Folding Exercise Bike's digital monitor, showing various metrics like time, calories, speed, distance, and pulse, with heart rate sensors on the handlebars.

2.2 Resistance Adjustment

The bike features an 8-level adjustable magnetic resistance system. Level one is suitable for beginners, while level eight provides a challenging workout for experienced users. Adjust the resistance by turning the tension control knob located on the main frame.

8-level Adjustable Resistance

Matches Every Fitness Level



Image: A detailed view of the 8-level adjustable resistance knob on the YOSUDA Folding Exercise Bike, indicating different intensity settings for various fitness levels.

2.3 Arm Resistance Bands

Engage your upper body with the integrated arm resistance bands. These bands provide an additional workout dimension, allowing for a full-body exercise experience while cycling.

2.4 Folding and Storage

The YOSUDA Folding Exercise Bike is designed for easy storage. Simply pull out the pin to fold the bike, reducing its footprint by 50%. Transportation wheels allow for effortless movement and storage.



Image: The YOSUDA Folding Exercise Bike shown in both its compact, folded state and its expanded, ready-to-use state, demonstrating its space-saving design and portability with wheels.

Your browser does not support the video tag.

Video: A demonstration of the YOSUDA Upgraded 3-in-1 Folding Exercise Bike, highlighting its compact folding mechanism and ease of storage.

3. MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check and lubricate moving parts as recommended in the detailed user manual (if applicable).
- **Inspection:** Regularly inspect all bolts and nuts to ensure they are securely tightened. Check pedals and straps for wear.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

4. TROUBLESHOOTING

If you encounter any issues with your YOSUDA Classic Folding Exercise Bike, please refer to the following common troubleshooting tips:

- **Squeaking Noises:** Check all connections and tighten any loose bolts. Lubricate moving parts if necessary.
- **Inaccurate Monitor Readings:** Ensure all sensor cables are securely connected to the monitor. Replace batteries if the display is dim or unresponsive.
- **Resistance Issues:** Verify the tension control knob is functioning correctly. If magnetic resistance feels inconsistent, contact customer support.

For further assistance, please contact YOSUDA customer support.

5. SPECIFICATIONS

Feature	Detail
Brand	YOSUDA
Model Name	X-Bike
Special Feature	Foldable
Color	Black & Silver
Power Source	Pedal-powered (non-electric)
Recommended Uses	Indoor
Item Weight	30 Pounds
Material	Alloy Steel
Resistance Mechanism	Magnetic
Product Dimensions	27.9"D x 15.3"W x 40.9"H
Maximum Weight Recommendation	270 Pounds
Number of Resistance Levels	8
Drive System	Belt

6. WARRANTY AND SUPPORT

YOSUDA aims for 100% customer satisfaction. For any concerns or issues, please reach out to our dedicated online service team via your Amazon order. We commit to responding within 12 hours and covering all replacement parts costs. For more information or to contact support, visit the [YOSUDA Store on Amazon](#).

