

[Manuals.plus](#) /

› [YOSUDA](#) /

› YOSUDA Magnetic Exercise Bike L-007C Instruction Manual

YOSUDA L-007C

YOSUDA Magnetic Exercise Bike L-007C

Instruction Manual

1. SAFETY INFORMATION

Before using the YOSUDA Magnetic Exercise Bike L-007C, please read and understand all instructions. Retain this manual for future reference.

- **Maximum Weight Capacity:** This exercise bike supports users up to 400 lbs (181 kg). Do not exceed this weight limit.
- **Consult a Physician:** Before starting any new exercise program, consult with a healthcare professional, especially if you have pre-existing health conditions.
- **Proper Use:** Use the bike only for its intended purpose as described in this manual.
- **Children and Pets:** Keep children and pets away from the exercise bike during operation.
- **Stable Surface:** Place the exercise bike on a flat, stable surface to prevent tipping.
- **Clearance:** Ensure adequate clear space around the bike for safe operation.
- **Check Components:** Regularly inspect all parts for wear or damage. Do not use the bike if any components are damaged.

2. ASSEMBLY INSTRUCTIONS

The YOSUDA Magnetic Exercise Bike L-007C arrives 80% pre-assembled. All necessary tools for the remaining assembly are included in the package. Follow the step-by-step instructions provided in the included guide for proper setup.

One-Person Fast Assembly

80% Pre-Assembled



Tools



Guide



Video

The YOSUDA Magnetic Exercise Bike is designed for fast, one-person assembly, arriving 80% pre-assembled with all required tools.

2.1. Seat Installation

Attach the seat to the seat post and secure it using the provided hardware. Ensure the seat is firmly attached before use.

Your browser does not support the video tag.

This video demonstrates the correct procedure for installing the seat onto the exercise bike.

2.2. Footrest Installation

Install the footrests (pedals) onto the crank arms. Pay attention to the left and right pedal markings (L and R) to ensure correct orientation. Tighten securely.

Your browser does not support the video tag.

This video provides a visual guide for installing the footrests (pedals) on the exercise bike.

3. ADJUSTMENTS

Proper adjustment of the seat and handlebars is crucial for comfort and effective exercise.



The exercise bike features 4-way seat adjustment and 2-way handlebar adjustment to accommodate users with varying heights (inseam height 25-36 inches).

3.1. Seat Adjustment

The seat can be adjusted 4 ways: up, down, forward, and backward. Loosen the adjustment knob, move the seat to the desired position, and securely tighten the knob. Ensure the seat is stable before beginning your workout.

3.2. Handlebar Adjustment

The handlebars can be adjusted 2 ways: up and down. Loosen the adjustment knob, raise or lower the handlebars to a comfortable height, and securely tighten the knob.

3.3. Pedal Straps

The toe-caged pedals are equipped with adjustable straps. Adjust the straps to secure your feet firmly in place, ensuring comfort and preventing slippage during exercise.

4. OPERATING INSTRUCTIONS

4.1. Resistance Control

The exercise bike features a 50 lbs flywheel and 100 micro-adjustable magnetic resistance levels. Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease it. This allows for precise control over workout intensity.



The magnetic system provides 100 levels of micro-adjustable resistance for varied workout intensities.

4.2. Monitor Functions

The integrated monitor displays key workout data including RPM, time, speed, distance (in miles), calories burned, and odometer readings. Use the buttons on the monitor to cycle through display modes or reset values.

Monitor Your Real-time Progress



TIME



SPEED



DIST



KCAL



ODO



Note: Tablet is not included

The large screen monitor provides real-time tracking of your workout progress. A tablet holder is included for convenience (tablet not included).

4.3. Bluetooth Connectivity and App Integration

The exercise bike features Bluetooth connectivity, allowing it to pair with compatible sports applications. This enables real-time recording of exercise data and access to structured exercise courses.

Visual Rides Through **Top Apps**



Connect the bike to various fitness applications via Bluetooth for interactive and data-rich workout experiences.

4.4. Quiet Operation

The magnetic system is designed for quiet operation, maintaining sound levels at approximately 20 dB. This allows for use without significant disturbance to others in the household.

20dB Quieter than Whisper

24/7 Free Ride • No Disturbance



The bike's magnetic system ensures quiet operation, suitable for use at any time without disturbing others.

5. MAINTENANCE

Regular maintenance helps ensure the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and other connections to ensure they are securely tightened. Tighten any loose components.
- **Pedal Inspection:** Check pedals and crank arms for any signs of wear or looseness. Ensure pedals are securely attached.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking noise from seat	Seat post or seat attachment too tight.	Slightly loosen the tension on the seat adjustment knobs.
Monitor display is difficult to read	Lack of backlight or poor lighting conditions.	The monitor does not have a backlight. Ensure adequate ambient lighting or use an external light source for better visibility.
Pedals feel loose or unstable	Pedals not securely tightened or wear on crank arm.	Ensure pedals are fully tightened onto the crank arms. Inspect crank arms for any signs of damage or wear.
Unusual noises during operation	Loose components or internal issue.	Stop using the bike immediately. Check all visible connections and contact customer support if the noise persists.

7. SPECIFICATIONS

Feature	Detail
Brand	YOSUDA
Model Name	L-007C
Special Features	Light Commercial, Magnetic, Smart with Bluetooth
Color	Black Orange
Power Source	Pedal-powered (non-electric)
Recommended Uses	Indoor
Item Weight	37.65 kg (83 lbs)
Material	Alloy Steel
Resistance Mechanism	Magnetic
Product Dimensions (D x W x H)	50" x 22" x 44.5"
Maximum Weight Recommendation	400 pounds
Number of Resistance Levels	100
Drive System	Belt
Minimum User Height (Inseam)	25 inches
Maximum User Height (Inseam)	36 inches
Handle Material	Alloy Steel

8. WARRANTY AND SUPPORT

YOSUDA provides 24/7 technical support for its products. For assistance with assembly, operation, or troubleshooting, please contact YOSUDA customer service.

This product is eligible for a 30-day easy return policy. Please refer to your purchase documentation for specific warranty terms and conditions.



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