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yoyomax Exercise Bike

yoyomax Exercise Bike User Manual

Model: Exercise Bike (B0CP5DVXYH)

IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the yoyomax Exercise Bike. Keep this manual for future reference.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the equipment.
- Place the exercise bike on a flat, stable surface. Ensure at least 2 feet (0.6 meters) of clear space around the equipment.
- Inspect the bike before each use for loose parts or signs of wear. Do not use if damaged.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight for this exercise bike is 300 pounds (136 kg).
- Adjust the seat and handlebars to a comfortable and safe position before starting your workout.
- Do not dismount the bike until the pedals have come to a complete stop.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.

SETUP AND ASSEMBLY

The yoyomax Exercise Bike requires some assembly. Follow these steps carefully.

1. Unpacking

Carefully remove all components from the packaging. Lay them out on a clean, flat surface. Verify that all parts listed in the packing list are present. If any parts are missing or damaged, do not proceed with assembly and contact customer support.



Figure 1: Main view of the yoyomax Exercise Bike.

2. Base Stabilizer Installation

1. Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are securely tightened.
2. Adjust the leveling feet on the stabilizer bars to ensure the bike is stable and does not wobble on your floor.

3. Pedal Installation

1. Identify the left (L) and right (R) pedals. The left pedal has a reverse thread.
2. Thread the right pedal clockwise into the right crank arm.
3. Thread the left pedal counter-clockwise into the left crank arm.
4. Tighten both pedals firmly with a wrench.

4. Seat and Handlebar Installation & Adjustment

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



Figure 2: Adjusting the seat and handlebar positions.

- **Seat Height:** Loosen the adjustment knob on the seat post. Raise or lower the seat until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Seat Forward/Backward:** Loosen the adjustment knob under the seat. Slide the seat forward or backward to ensure your knee is directly over the pedal spindle when the pedals are horizontal. Tighten the knob.
- **Handlebar Height:** Loosen the adjustment knob on the handlebar post. Raise or lower the handlebars to a comfortable height that allows for a relaxed upper body posture. Tighten the knob securely.
- **Pedal Straps:** Adjust the toe-caged pedal straps to secure your feet firmly to the pedals.

1. Digital Monitor Functions

The integrated digital monitor tracks your workout data in real-time.

- **Time:** Displays the duration of your workout.
- **Speed:** Shows your current cycling speed.
- **Distance:** Tracks the total distance covered during your session.
- **Calories:** Estimates the calories burned during your workout.
- **Pulse:** Displays your heart rate when holding the pulse sensors on the handlebars.
- The monitor typically cycles through these metrics automatically. Press the MODE button to manually select a display.

2. Adjusting Resistance

The yoyomax Exercise Bike features 8 levels of magnetic resistance for varied workout intensity.

FREE-WILL RIDING

YOYOMAX

8-level resistance



Figure 3: Resistance adjustment lever with 8 levels.

- Locate the red resistance adjustment lever on the main frame.
- Turn the lever clockwise to increase resistance, making pedaling harder.
- Turn the lever counter-clockwise to decrease resistance, making pedaling easier.
- The lever also functions as an emergency brake. Press it down firmly to quickly stop the flywheel.

3. Bluetooth Connectivity (Kinomap & Zwift)

Enhance your cycling experience by connecting your yoyomax Exercise Bike to Kinomap and Zwift via Bluetooth.







Figure 4: Bluetooth connectivity for Kinomap and Zwift applications.

1. Download the Kinomap or Zwift application from your device's app store (App Store for iOS, Google Play for Android).
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Open the chosen application and follow the in-app instructions to search for and connect to your yoyomax Exercise Bike. The bike will typically appear as "yoyomax Bike" or similar.
4. Once connected, the application will display your real-time workout data and allow for interactive training sessions.

MAINTENANCE

Regular maintenance ensures 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 or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Retighten as necessary.
- **Lubrication:** The magnetic resistance system and belt drive are designed for low maintenance and typically do not require lubrication. If you notice any unusual noises, consult the troubleshooting section or customer support.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures.

Full-coverage Shell

YOYOMAX



Unique Bonding Technique
No gaps & No cracks



Encased Flywheel
enhanced safety

Figure 5: The full-coverage shell design protects internal components and simplifies cleaning.

Problem	Possible Cause	Solution
Bike wobbles during use.	Uneven floor surface; loose stabilizer feet.	Adjust the leveling feet on the front and rear stabilizer bars until the bike is stable. Ensure all assembly bolts are tightened.
Digital monitor not displaying data.	Batteries are dead or incorrectly installed; loose sensor connection.	Check and replace batteries in the monitor. Ensure all cables connecting to the monitor are securely plugged in.
Resistance feels inconsistent or too easy/hard.	Resistance mechanism issue; adjustment lever not fully engaged.	Ensure the resistance adjustment lever is fully engaged at the desired level. If the issue persists, contact customer support.
Unusual noise (e.g., squeaking, grinding).	Loose parts; foreign object; worn component.	Inspect all visible parts for looseness and tighten if necessary. Check for any foreign objects near the flywheel or pedals. If noise continues, contact customer support.
Bluetooth connection issues.	Bluetooth not enabled; app issues; bike not discoverable.	Ensure Bluetooth is on your device. Restart the app and the bike (if possible, by removing batteries from monitor for a moment). Try connecting from a different device. Ensure no other devices are connected to the bike.

SPECIFICATIONS

Feature	Detail
Brand	yoyomax
Model Name	Indoor Cycling Bike/Magnetic Stationary Bike
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Drive System	Belt
Maximum Weight Recommendation	300 Pounds (136 kg)
Item Weight	77 Pounds (35 kg)
Product Dimensions (L x W x H)	46"D x 21"W x 48"H (116.8 cm x 53.3 cm x 121.9 cm)
Material	Carbon Steel
Special Feature	Adjustable Seat, Adjustable Handlebar, Digital Display, Pulse Sensors, Bluetooth Connectivity
Power Source	Battery Powered (for monitor)
UPC	768872072258
ASIN	B0CP5DVXYH

STEADY RIDING

YOYOMAMA



Flywheel 28.6 lbs



Max Weight 300 lbs



Figure 6: Key specifications including flywheel weight and maximum user weight.

QUIET RIDING

YOYOMAX

Integrate Magnet and Wool Pad



Quiet



Smooth



Durable



Wool pad is used for emergency brake, giving stronger pressure

Figure 7: Illustration of the quiet magnetic resistance and belt drive system.

WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or visit the official yoyomax website.

If you encounter any issues not covered in the troubleshooting section or require further assistance, please contact yoyomax customer support. Have your model number (B0CP5DVXYH) and purchase date ready when contacting support.

You can also refer to the official User Manual PDF for additional details. [Download User Manual \(PDF\)](#)

