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› YOSUDA YSD-DC001 Magnetic Foldable Fitness Bike User Manual

YOSUDA YSD-DC001

YOSUDA YSD-DC001 Magnetic Foldable Fitness Bike User Manual

Model: YSD-DC001 | Brand: YOSUDA

INTRODUCTION

This manual provides essential information for the safe and effective use of your YOSUDA YSD-DC001 Magnetic Foldable Fitness Bike. Please read it thoroughly before assembly and operation. This fitness bike offers a quiet exercise experience with adjustable magnetic resistance and a compact, foldable design, making it suitable for various users and home environments.

SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the bike on a flat, stable surface. Use a mat to protect flooring.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 135 kg.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of all moving parts.

PACKAGE CONTENTS

Upon unpacking, verify that all components are present. The main frame of the fitness bike comes 70% pre-assembled. The package includes:

- Main Bike Frame (partially assembled)
- Handlebar Assembly
- Seat Assembly
- Pedals (Left and Right)
- Front and Rear Stabilizers

- LCD Monitor
- Hardware Kit (bolts, washers, nuts)
- Assembly Tools
- User Manual



Image: All components of the YOSUDA Fitness Bike laid out for assembly, including the main frame, pedals, seat, and tools.

SETUP AND ASSEMBLY

The YOSUDA Fitness Bike is designed for quick and easy assembly, with approximately 70% of the unit pre-assembled at the factory. Most users can complete the remaining assembly within 30 minutes using the provided tools and instructions.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal tightens counter-clockwise, and the right pedal tightens clockwise. Ensure they are securely fastened.
3. **Mount Seat:** Attach the seat post to the main frame, then secure the seat to the seat post. Adjust the height and position as needed.
4. **Attach Handlebar:** Slide the handlebar assembly onto the main frame and secure it with the designated knob or bolts.
5. **Connect LCD Monitor:** Attach the LCD monitor to the handlebar post and connect any necessary sensor cables.

Your browser does not support the video tag.

Video: A demonstration of the YOSUDA Fitness Bike assembly and basic usage. This video provides a visual guide to help with the setup process.

OPERATING INSTRUCTIONS

Your YOSUDA Fitness Bike features a non-contact magnetic resistance system, ensuring a smooth and quiet workout. The operational sound level is typically below 25dB, comparable to a library environment.

Resistance Adjustment

The bike offers seamless resistance adjustment from 0% to 100% by simply turning the resistance knob. This allows for precise control over your workout intensity, catering to various fitness levels and goals, from light warm-ups to high-intensity training.

0→38.5KG

全段階抵抗調整対応！
入門者からプロまで、
1台で全てを満たす



Image: Close-up of the resistance adjustment knob, indicating a range from 0 to 38.5 KG, allowing for precise control over workout intensity.

Riding Postures

The bike supports various riding postures to target different muscle groups and workout intensities:

- **Basic Aerobic Training:** Ideal for general fitness and endurance.
- **Riding Position:** Engages both arm and thigh muscles simultaneously.
- **Forward-Leaning Position:** For high-intensity, full-body conditioning.

姿勢を自由に切り替え、入門者から上級者まで、段階別に対応



Image: Three different riding postures demonstrated on the YOSUDA Fitness Bike, illustrating versatility for various workout types.

ADJUSTMENTS

The YOSUDA Fitness Bike is designed with ergonomic adjustments to accommodate users between 146 cm and 190 cm in height, ensuring a comfortable and efficient riding position.

- **Seat Height:** Adjust the seat to one of 4 available height levels.
- **Seat Position:** The seat can be adjusted forward and backward to optimize your reach to the pedals.
- **Seat Angle:** The saddle angle is adjustable from 0 to 15 degrees for personalized comfort.
- **Handlebar Height:** Adjust the handlebar to one of 2 available height levels.

サイズ調整可能！様々な身長の方に使用ニーズに応える



適応身長範囲：
1.46m から 1.9m まで

シート高さ：
4段階調整対応

アームレスト：
2段階調整対応

シート前後調整：前後の距離
を好みに合わせて調整



1.17m

1m

0.55m

Image: Diagram showing the adjustable seat height (4 levels), seat front/back position, seat angle (0-15 degrees), and handlebar height (2 levels) on the YOSUDA Fitness Bike.

DISPLAY MONITOR

The integrated LCD monitor provides real-time tracking of your workout data with a single button operation. It displays:

- **Scan:** Cycles through all metrics.
- **Heart Rate:** Monitors your pulse during exercise.
- **Speed:** Current cycling speed.
- **Distance:** Distance covered during the current session.
- **Total Distance:** Cumulative distance.
- **Calories:** Estimated calories burned.

A dedicated stand is included to securely hold your smartphone or tablet, allowing you to enjoy media while exercising.

運動データを追跡可能

リアルタイム運動監視機能！健康管理に役立ち、心身をしっかり守る



スキャン



心拍数



スピード



距離



総距離



カロリー



Image: The LCD display showing workout metrics and a tablet securely placed in the integrated holder on the YOSUDA Fitness Bike.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your fitness bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspecting Bolts:** Periodically check all bolts and nuts for tightness. Re-tighten if necessary.
- **Lubrication:** The magnetic resistance system is maintenance-free. No lubrication is required for the flywheel or belt drive.
- **Storage:** When not in use, fold the bike for compact storage. Store in a dry, cool place away from direct sunlight and moisture.

Problem	Possible Cause	Solution
LCD monitor not displaying data	Loose cable connection; dead batteries	Check all cable connections to the monitor. Replace batteries if applicable.

SPECIFICATIONS

Feature	Detail
Brand	YOSUDA
Model Number	YSD-DC001-WH-1
Color	White
Resistance Mechanism	Magnetic
Resistance Adjustment	Adjustable, stepless (0-100%)
Drive System	Belt
Material	Alloy Steel
Product Weight	29.2 kg
Item Dimensions (D x W x H)	100 x 55 x 117 cm
Minimum User Height	146 cm
Maximum Recommended Weight	135 kg
Assembly Time	Approx. 30 minutes (70% pre-assembled)
Special Features	Adjustable resistance, LCD monitor, tablet holder, transport wheels

WARRANTY AND SUPPORT

YOSUDA is committed to providing high-quality fitness equipment and excellent customer service. Your YSD-DC001 Fitness Bike comes with a comprehensive warranty.

- **Warranty Period:** Enjoy a 3-year warranty period from the date of purchase.
- **Customer Service:** YOSUDA offers 24-hour after-sales support. For any inquiries, technical assistance, or warranty claims, please contact our customer service team.
- **Contact Information:** Refer to the contact details provided on the YOSUDA official website or your purchase documentation.

なぜ YOSUDA を選ぶのか



24時間3年間アフターサービス
3年間の保証期間を提供し、
優れた顧客体験を実現



20年の歴史
健康・フィットネス業界で
20年にわたりサービスを提供



300万の家族
300万以上の家族に
選ばれてきた実績

Image: An illustration representing YOSUDA's commitment to customer satisfaction, highlighting 24-hour support, a 3-year warranty, and 20 years of industry experience.