

YESOUL YS-BC1EV

YESOUL Self-Powered Exercise Bike C1EV User Manual

Model: YS-BC1EV | Brand: YESOUL

1. INTRODUCTION

Thank you for choosing the YESOUL Self-Powered Exercise Bike C1EV. This indoor cycling fitness equipment is designed to provide an immersive and effective workout experience with its self-generating power system, integrated cooling fan, and smart app connectivity. This manual provides essential information for assembly, operation, maintenance, and troubleshooting to ensure safe and optimal use of your exercise bike.



Figure 1: YESOUL Self-Powered Exercise Bike C1EV

2. SAFETY INFORMATION

Please read all instructions carefully before using the exercise bike. Keep this manual for future reference.

- Consult your physician before starting any new exercise program.

- Ensure all parts are securely assembled and tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate athletic attire and footwear.
- Do not insert fingers or objects into the fan blades or moving parts.
- Maximum user weight capacity: 300 lbs.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged before assembly. Refer to Figure 2 for a visual overview of the parts.



Figure 2: Unboxing and Components Overview

- Main Frame
- Front Tube

- Rear Tube
- Handlebar Assembly
- Head Tube
- Seat
- Fan
- Tablet Holder
- Pedal Set (Left/Right)
- Decorative Cover
- Rotating Bracket
- Parts Package (screws, nuts, washers, wrenches)
- User Manual

4. SETUP AND ASSEMBLY

Follow these steps carefully for proper assembly. An installation video is available for visual guidance.

Video 1: Yesoul C1EV Installation Video. This video provides a step-by-step guide for assembling the exercise bike.

4.1. Unboxing and Preparation

1. Keep the bottom of the box side up.
2. Cut the tape on the box.
3. First, take out the Leg tube.
4. Flip the box.
5. Hold both sides of the box with both hands, then lift the box to reveal the bike and foam packaging.
6. Cut the tape and remove the polyfoam packaging.
7. Carefully remove all accessories from the polyfoam.

4.2. Installation of Bottom Tubes (Front and Rear)

You will need: Cap nut & D8 flat spacer & Carriage bolt, Open-ended wrench 13-15#(D).

1. For the Front Tube: Unscrew the pre-installed nut. Invert the bottom tube and insert the screw from the bottom. Support the screw with your left hand.
2. Lift the main frame with your other hand and insert the front tube into the lower part of the frame.
3. Screw the nut onto the screw. Use an open-ended wrench 13-15#(D) to tighten the nut securely.
4. For the Rear Tube: Repeat the process. Unscrew the pre-installed nut. Insert the rear tube into the lower part of the frame.
5. Screw the nut onto the screw. Use an open-ended wrench 13-15#(D) to tighten the nut securely.

4.3. Installation of Seat & Seat Post

You will need: Seat Post, Seat, Open-ended wrench 13-15#(D).

1. Loosen the knob on the main frame to the left until the seat post can be inserted. Pull the knob outward and hold it.
2. Insert the seat post into the frame to your desired height. Release the knob to secure it.
3. Insert the seat against the seat post holes.
4. Tighten the fixed knob of the seat sliding tube.

5. Tighten the nuts on both sides of the seat using the open-ended wrench 13-15#(D).
6. Use your hands to check that the seat is securely fastened.



Figure 3: Wider Cushion for reduced pressure on hips and tailbone.

4.4. Installation of Head Tube

You will need: Head Tube.

1. First, connect the adjustment pipeline from the head tube to the bike connection line.
2. Rotate the front column tightening knob in the left direction for 4-5 turns using one hand, pull the handle out and hold it.
3. Insert the head tube into the frame, then turn the knob to the right direction to the tightest position.

4.5. Installation of Handlebar Assembly

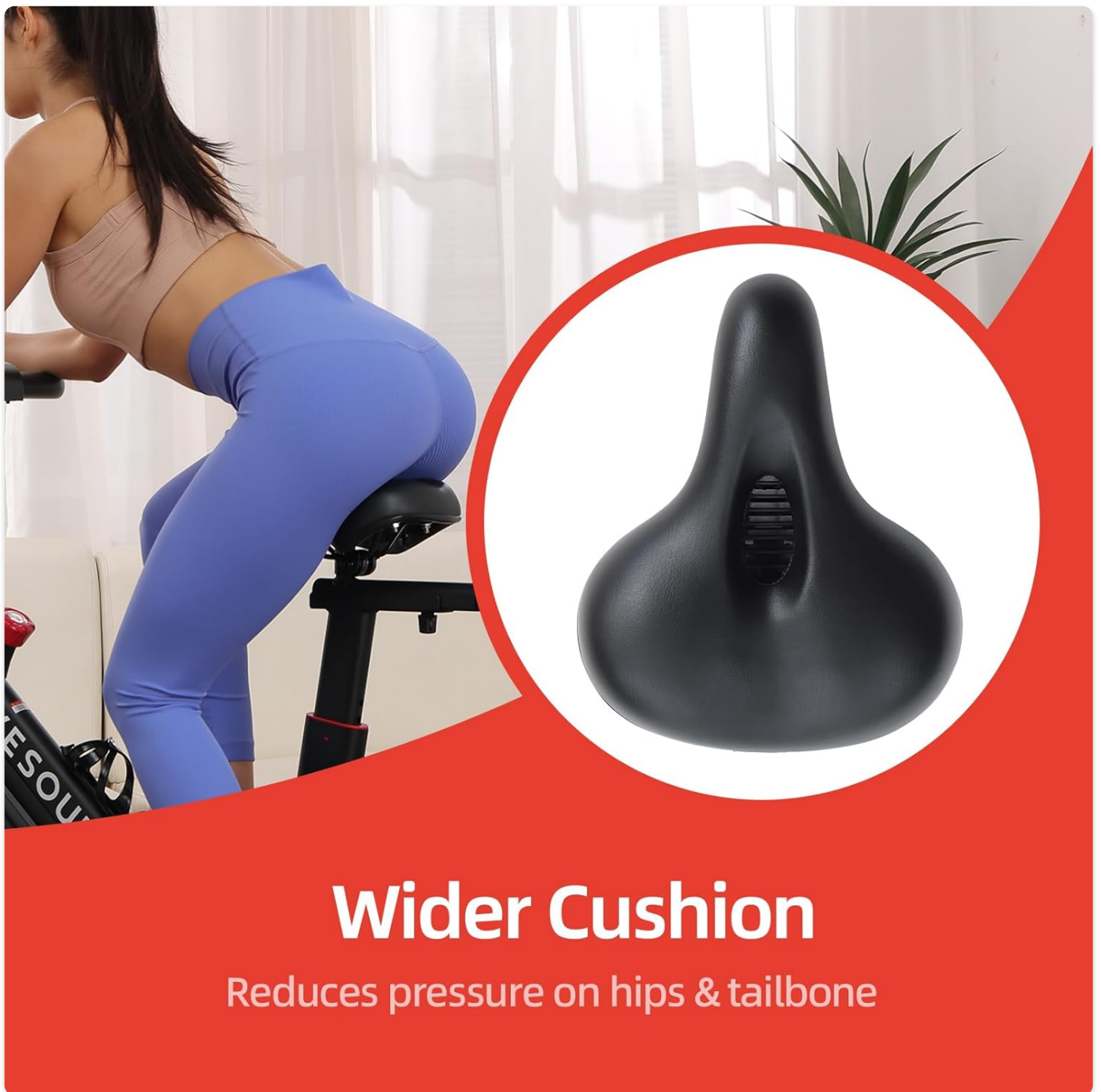
You will need: Handlebar Assembly, Hex wrench 5#(B), D6 elastic washer 2PCS, M6-12 bolt 2PCS, M6-35 bolt 1PC.

1. Untie the fixed Line's rope from the handlebar assembly.
2. Insert the D6 elastic washers into the M6-12 nuts.
3. Use a Hex wrench size 5 (B) to pre-tighten the two M6-12 nuts on the handlebar assembly.
4. Plug the rotating bracket into the handrail.
5. Use an M6-35 bolt to secure the rotating bracket.
6. Tighten each nut individually using the Hex wrench.

4.6. Installation of Fan

You will need: Fan, Hex wrench 5#(B), M6x35 hex socket flathead screw.

1. Align the fan with the holes on the rotating bracket.
2. Insert the M6x35 hex socket flat head screw from below and tighten it with a hex wrench 5#(B).
3. Secure the wire using the attached Velcro strap.
4. Connect the Type-C connector of the power cable to the fan's charging port.



Wider Cushion

Reduces pressure on hips & tailbone

Figure 4: Integrated fan provides cooling during workouts.

4.7. Installation of Tablet (Mobile Phone) Holder

You will need: Tablet Holder, M10 bolt 1PC, M10 jam nut 1PCS, Hex wrench 8#(A), Multi-function wrench 13-15-17-19#.

1. Insert the tablet (mobile phone) holder into the slot of the rotating bracket.
2. Manually fasten the M10 bolt and M10 jam nut into the holes.
3. Use hex wrench 8#(A) and multi-function wrench 13-15-17-19# to tighten the nut securely.

4.8. Installation of Pedals

You will need: Right Pedal, Left Pedal, Open-ended wrench 13-15#(D), Multi-function wrench 13-15-17-19#(C).

1. For the Right Pedal: Remove the nut pre-installed on the right pedal. Rotate the pedal clockwise into the crank. Tighten the foot pedal using an open-ended wrench 13-15#(D).
2. For the Left Pedal: Remove the nut pre-installed on the left pedal. Screw the foot pedal counter-clockwise into the crank.

Tighten the foot pedal using an open-ended wrench 13-15#(D).

5. OPERATING INSTRUCTIONS

Your YESOUL Exercise Bike is designed for intuitive operation. Here's how to get started and make the most of your workout.

Video 2: YESOUL Self-Powered Exercise Bike Overview. This video highlights key features and usage of the bike.

5.1. Self-Generating Power

The bike features a self-powered system. Your pedaling motion generates electricity to power the integrated cooling fan and LED indicator lights. No external power source is required, offering flexibility in placement.

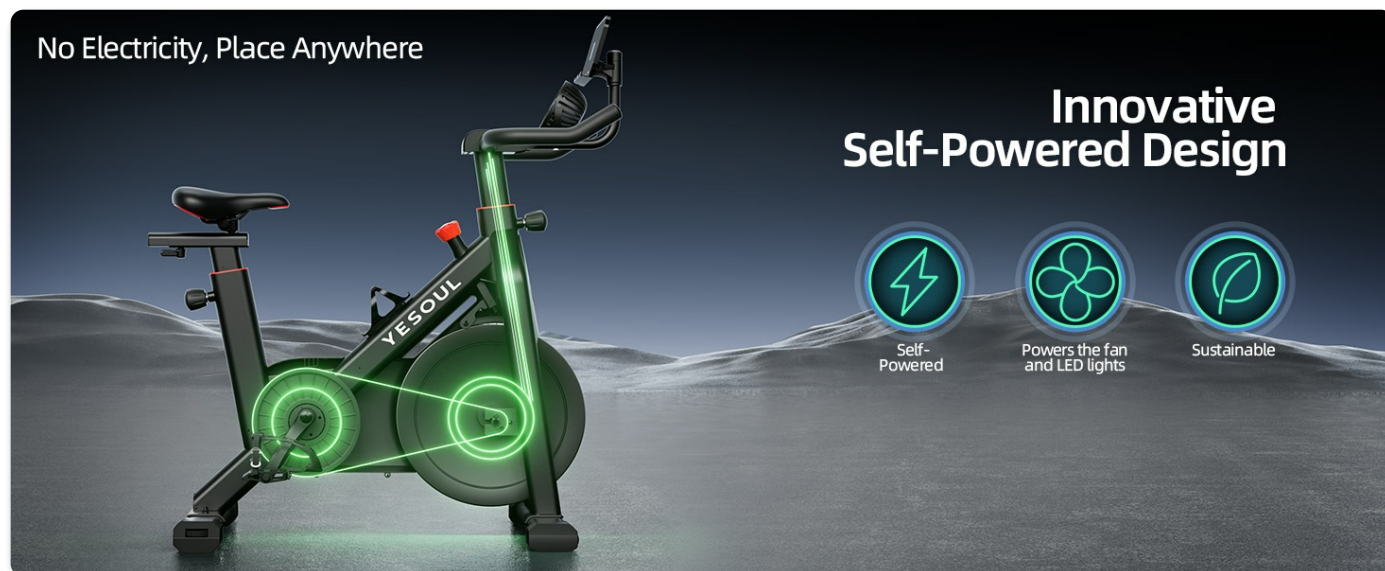


Figure 5: The bike's self-powered design generates electricity from your pedaling.

5.2. Cooling Fan Operation

The built-in fan provides a refreshing breeze during your workout. Adjust the gear level by operating the fan switch located on the fan unit. The fan has multiple speed settings to suit your preference.

5.3. Magnetic Resistance Adjustment

The bike features 100 levels of magnetic resistance for a smooth and quiet ride. Rotate the red knob located on the main frame to increase or decrease the resistance. This allows for precise control over your workout intensity, from warm-up to high-intensity interval training (HIIT).

Family Fitness Available



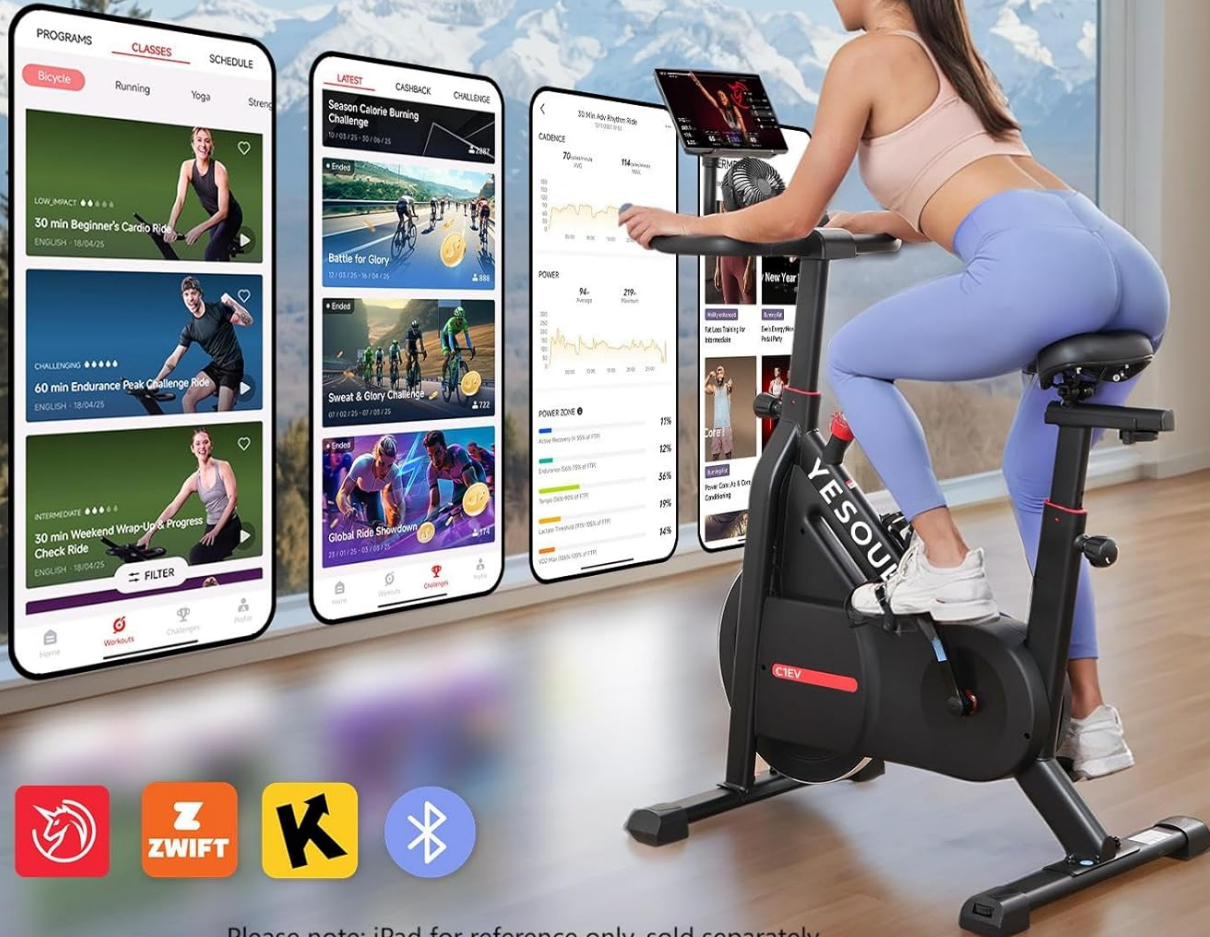
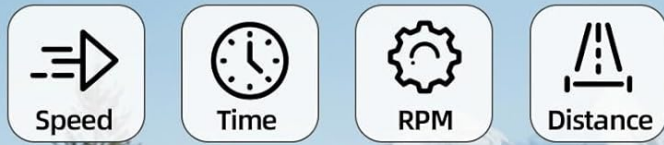
Figure 6: Adjust resistance with the red knob for customized workouts.

5.4. App Connectivity and Features

Connect your exercise bike to the YESOUL app via Bluetooth for an enhanced training experience. The app allows you to:

- Monitor real-time workout statistics (speed, time, RPM, distance).
- Explore immersive scenic rides.
- Join live training sessions and instructor-led classes for all skill levels.
- Track your progress over time.

Yesoul APP Offers Classes, Live, Immersive Rides and Data Tracking



Please note: iPad for reference only. sold separately

Figure 7: The YESOUL App provides exclusive exercise plans and data tracking.

Note: iPad/tablet for reference only, sold separately.

6. 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.
- **Inspection:** Periodically check all bolts and nuts to ensure they are tight. Re-tighten if necessary.
- **Belt Drive:** The belt drive system is designed for low maintenance and quiet operation. No lubrication is required.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your YESOUL Exercise Bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Uneven floor; loose bolts	Adjust the leveling feet on the base stabilizers. Tighten all assembly bolts.
Resistance not changing	Resistance knob not fully engaged or mechanism issue	Ensure the resistance knob is turned firmly. If the issue persists, contact customer support.
Fan not working	Not enough pedaling speed; power cable disconnected; fan switch off	Pedal faster to generate more power. Check the Type-C power cable connection to the fan. Ensure the fan switch is turned on.
App not connecting to bike	Bluetooth off; app issue; bike not generating power	Ensure Bluetooth is enabled on your device. Restart the app and/or your device. Pedal the bike to activate its power generation.

8. SPECIFICATIONS




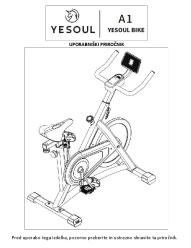

Detailed specifications for the YESOUL Self-Powered Exercise Bike C1EV:

Feature	Detail
Brand	YESOUL
Model Name	C1EV
Color	Self Powered Fan-Black
Power Source	Self-Powered (Battery Powered for fan)
Recommended Uses	Indoor
Item Weight	60.7 Pounds
Material	Kohlenstoffstahl (Carbon Steel)
Resistance Mechanism	Magnetic
Number of Resistance Levels	100
Product Dimensions (LxWxH)	41"D x 22.8"W x 49"H
Maximum Weight Recommendation	300 Pounds
Drive System	Belt
Special Feature	App Connectivity, Cooling Fan, LED Indicator Lights

9. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the warranty card included in your package or visit the official YESOUL website. You can also contact customer service through the retailer where you purchased the product.

Related Documents - YS-BC1EV

	<p>YESOUL Smart Cycling Bike M2M User Manual and Installation Guide</p> <p>Comprehensive user manual for the YESOUL Smart Cycling Bike M2M (YS-BM2). Includes product parameters, routine maintenance, important safety instructions, detailed installation guide, operation instructions, correct riding posture guidance, adjustment procedures, and app integration.</p>
	<p>YESOUL G1M PLUS Smart Cycling Bike - User Manual and Installation Guide</p> <p>Comprehensive user manual and installation guide for the YESOUL G1M PLUS Smart Cycling Bike, covering product specifications, safety instructions, assembly steps, maintenance, and app usage.</p>
	<p>YESOUL S3 Spin Bike: Installation, Adjustment, and Maintenance Guide</p> <p>Comprehensive guide for the YESOUL S3 Spin Bike, covering installation, parts list, safety instructions, adjustment procedures, correct riding posture, and routine maintenance. Learn how to set up and use your YESOUL S3 for optimal performance.</p>
	<p>YESOUL BIKE A1 User Manual - Assembly, Safety, and Operation Guide</p> <p>This comprehensive user manual provides detailed instructions for assembling, operating, and maintaining the YESOUL BIKE A1 stationary exercise bike. Includes safety guidelines, adjustment tips, and app connectivity information.</p>
	<p>YESOUL G1 MAX Smart Cycling Bike User Manual</p> <p>Comprehensive user manual for the YESOUL G1 MAX Smart Cycling Bike, covering setup, adjustments, riding posture, and app connectivity.</p>



[YESOUL Bike C1H: User Manual, Installation Guide, and Safety Information](#)

Comprehensive user manual for the YESOUL Bike C1H. Includes product specifications, essential safety warnings, detailed step-by-step installation instructions, guidance on adjusting the bike for optimal riding posture, and routine maintenance tips for long-term use.