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› YOSUDA Recumbent Exercise Bike Instruction Manual

YOSUDA Classic

YOSUDA Recumbent Exercise Bike Instruction Manual

Model: Classic

1. INTRODUCTION

The YOSUDA Recumbent Exercise Bike is designed to provide a comfortable and effective low-impact cardio workout. Ideal for adults, seniors, and individuals seeking joint-friendly exercise, this bike offers a smooth and quiet operation, making it suitable for any home environment. With adjustable resistance levels and a customizable seat, it caters to a wide range of fitness levels and user preferences.



Figure 1: YOSUDA Recumbent Exercise Bike (Black model)

2. SAFETY INFORMATION

- **Maximum Weight Capacity:** This exercise bike supports users up to 350 pounds (158.7 kg).
- **User Height Range:** Suitable for users from 4'9" (145 cm) to 6'2" (188 cm).
- **Joint Protection:** Designed for low-stress workouts, making it suitable for individuals with knee or waist injuries, seniors, and pregnant users.
- **Stable Surface:** Always place the exercise bike on a flat, stable surface to prevent tipping.
- **Clearance:** Ensure adequate clear space around the bike during use.
- **Consult a Professional:** Before starting any new exercise program, consult with a healthcare professional.
- **Children and Pets:** Keep children and pets away from the exercise bike during operation.
- **Proper Attire:** Wear appropriate athletic clothing and footwear during exercise.

Protect Your Knees

YOSUDA recumbent exercise bike,
low impact sport



Figure 2: Low-impact design for joint protection.

3. SETUP & ASSEMBLY

Most parts of the YOSUDA Recumbent Exercise Bike come pre-installed for quick and easy setup. Follow the steps below for complete assembly. An assembly video is also provided for visual guidance.

Assembly Video Guide:

Your browser does not support the video tag.

Video 1: YOSUDA Recumbent Exercise Bike Assembly Video (RC-PRO, Black). This video demonstrates the step-by-step assembly process for the exercise bike.

Step-by-Step Assembly:

1. **Install Front and Rear Stabilizers:** Attach the front and rear stabilizer bars to the main frame using the provided bolts.

(Refer to video timestamp 0:05)

2. **Install Seat and Backrest Cushion:** Secure the seat cushion and backrest to the seat support frame. (Refer to video timestamp 2:54)
3. **Install Rear Handlebar:** Attach the rear handlebar assembly to the seat support frame. Ensure all connections are secure. (Refer to video timestamp 3:31)
4. **Install Cushion Frame:** Connect the front and rear sections of the bike by installing the cushion frame. Ensure proper alignment of screw holes. (Refer to video timestamp 4:04)
5. **Install Front Post:** Carefully feed the resistance control wire through the front post and connect it. Then, secure the front post to the main frame. (Refer to video timestamp 5:23)
6. **Install Monitor:** Connect the monitor wires to the corresponding cables from the front post. Secure the monitor to the monitor bracket. (Refer to video timestamp 6:26)
7. **Install Left & Right Pedals:** Attach the left and right pedals to the crank arms. Note that the left pedal is tightened counter-clockwise, and the right pedal is tightened clockwise. (Refer to video timestamp 6:26)



Figure 3: Assembly is quick and easy with pre-installed parts.

4. OPERATING INSTRUCTIONS

4.1 Resistance Adjustment:

The YOSUDA Recumbent Exercise Bike features 16 levels of magnetic resistance, providing a wide range of intensity for your workouts. To adjust the resistance, simply turn the tension knob located on the front post. Turn clockwise to increase resistance (making pedaling harder) and counter-clockwise to decrease resistance (making pedaling easier).

16 Progressive Resistance

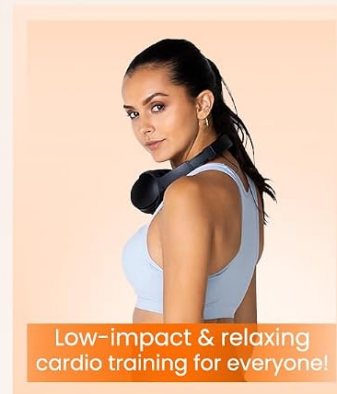


Figure 4: Adjusting the 16 progressive resistance levels.

4.2 Seat Adjustment:

The seat can be quickly adjusted to accommodate users of different heights. To adjust the seat, rotate and pull out the knob located beneath the seat. Slide the seat forward or backward to your desired position, then release the knob to fix it in place. The infinitely adjustable seat ensures comfort and proper leg extension for users between 4'9" and 6'2".

Slide Lever Seat Adjustment

Abundant legroom for users



Figure 5: Easy slide lever for seat adjustment.

4.3 Quiet Operation:

The YOSUDA Recumbent Exercise Bike features a magnetic resistance mechanism and a noise-reducing belt drive, ensuring a silky smooth and quiet workout experience. This allows you to exercise without disturbing others, whether you're watching TV, reading, or exercising in a shared living space.

Magnetic Flywheel Silky Smooth Experience

riding experience without disturbing neighbors



Magnetic
System



Noise Reduct
Belt Drive



< 10dB
Barely Sound

Figure 6: Magnetic flywheel ensures quiet and smooth operation.

5. MONITOR USAGE

The integrated monitor tracks your workout data to help you stay motivated and monitor your progress. It displays various metrics and includes a convenient holder for your phone or tablet.

5.1 Display Functions:

- **SCAN:** Automatically cycles through all display functions.
- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current pedaling speed.
- **DIST (Distance):** Tracks the distance covered during your session.
- **CAL (Calories):** Estimates the calories burned.

- **ODO (Odometer):** Displays the total accumulated distance.
- **PULSE:** Shows your heart rate when holding the pulse sensors on the rear handlebars.

5.2 Buttons:

- **RESET:** Press to clear all current workout data (Time, Distance, Calories, etc.) to zero.
- **MODE:** Press to select a specific display function (e.g., only show Time, only show Speed). In SCAN mode, it will cycle through all functions.
- **SET:** Use to set target values for Time, Distance, or Calories before starting your workout.



Figure 7: Monitor displaying exercise status.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your YOSUDA Recumbent Exercise Bike.

- **Cleaning:** Wipe down the bike regularly with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners or solvents.
- **Check Connections:** Periodically inspect all bolts, screws, and connections to ensure they are tight and secure. Tighten any loose fasteners.
- **Pedals:** Ensure pedals are securely tightened. The left pedal tightens counter-clockwise, and the right pedal tightens clockwise.
- **Storage:** When not in use, store the bike in a clean, dry place away from direct sunlight and extreme temperatures. The transport wheels allow for easy movement.

7. TROUBLESHOOTING

If you encounter any issues with your YOSUDA Recumbent Exercise Bike, refer to the common troubleshooting tips below:

- **Monitor Not Displaying:**
 - Check if the monitor wires are securely connected to the main frame.
 - Ensure batteries (if applicable) are correctly installed and not depleted.
- **Unusual Noises During Operation:**
 - Verify that all assembly bolts and screws are tightened. Loose connections can cause squeaking or rattling.
 - Check pedals for tightness.
- **Resistance Not Changing:**
 - Ensure the resistance control wire is properly connected and not kinked or damaged.
 - Confirm the tension knob is functioning correctly and engaging the magnetic resistance.
- **Seat Wobbles:**
 - Tighten the seat adjustment knob firmly after positioning the seat.
 - Check the bolts securing the seat to its frame.

For further assistance, please contact YOSUDA customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	YOSUDA
Model Name	Recumbent Exercise Bike (Classic)
Color	Black
Material	Alloy Steel
Resistance Mechanism	Magnetic

Number of Resistance Levels	16
Maximum Weight Recommendation	350 Pounds (158.7 kg)
Product Dimensions (LxWxH)	45"D x 20"W x 39"H (114.3 x 50.8 x 99.1 cm)
Item Weight	26.5 Kilograms (58.4 lbs)
Power Source	Pedal-powered (non-electric)
Recommended Uses	Indoor
Special Feature	Quick Adjust Seat, 16 Level Resistance, Protect Joints

9. WARRANTY & SUPPORT

YOSUDA is committed to providing high-quality fitness equipment and excellent customer service.

- **Product Experience:** YOSUDA has 20 years of experience in designing and producing exercise machines, serving over 3,000,000 families.
- **Technical Service:** Enjoy 24/7 lifetime technical support available on Amazon for a superior customer experience.
- **Returns:** The product is eligible for 30-day easy returns.
- **Protection Plans:** Additional protection plans are available for purchase, including a 2-Year Protection Plan and a Complete Protect plan covering eligible past and future purchases.

For any inquiries or support, please refer to your purchase platform or the official YOSUDA website.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question