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› YOSUDA Classic Under Desk Bike Pedal Exerciser User Manual

YOSUDA Classic Under Desk Bike

YOSUDA Classic Under Desk Bike Pedal Exerciser User Manual

Model: Classic Under Desk Bike (M-1-01)

Brand: YOSUDA

1. INTRODUCTION

The YOSUDA Classic Under Desk Bike Pedal Exerciser is a compact and efficient fitness device designed for both arm and leg exercise. Its magnetic resistance system ensures smooth and quiet operation, making it ideal for use in home or office environments without causing disturbance. This mini exercise bike is 95% pre-installed for user convenience and features a portable handle for easy movement and storage. It is a versatile tool for maintaining physical activity, aiding in rehabilitation, and promoting overall well-being.



Image: YOSUDA Classic Under Desk Bike Pedal Exerciser, showcasing its compact design.

2. SAFETY INFORMATION

Please read all safety instructions before operating this device. Failure to follow these instructions may result in injury or damage to the product.

- Consult a physician before beginning any exercise program.
- Place the exerciser on a stable, flat surface. For smooth floors, consider using a non-slip mat to prevent movement during use.
- Ensure all parts are securely assembled before each use.
- Keep hands and feet clear of moving parts.
- Do not stand on the exerciser. It is designed for seated use only.
- Keep children and pets away from the device during operation.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- YOSUDA Mini Exercise Bike (95% pre-installed)
- All necessary tools for final assembly
- Instruction Manual
- 2 AA batteries (for LCD monitor)
- Anti-slip mat (included with some models)

4. SETUP

The YOSUDA Classic Under Desk Bike is largely pre-assembled. Follow these steps for final setup:

1. **Attach Pedals:** Identify the left (L) and right (R) pedals. Note that one pedal may have a reverse thread (lefty-tighty). Securely screw the pedals into their respective cranks.
2. **Attach Foot Straps:** Slide the adjustable foot straps onto the pedals. Ensure the side with multiple adjustment holes is on the outside for easier access.
3. **Install LCD Monitor:** Carefully align one side of the LCD monitor with its slot on the main unit. Push the buckle inside with your hand, then push the LCD monitor firmly into place until it clicks.
4. **Insert Batteries:** Open the battery compartment on the back of the LCD monitor and insert the 2 AA batteries provided.

SUPER SMOOTH AND QUIET



► Smooth Magnetic drive system

< 5 DB



QUIET WHILE EXERCISING



WON'T SLIDE WHEN EXERCISE

Image: Visual guide for attaching pedals and installing the LCD monitor.

Video: How to Install the Monitor

Video: A step-by-step guide on installing the LCD monitor for the YOSUDA Under Desk Bike Pedal Exerciser.

5. OPERATING INSTRUCTIONS

The YOSUDA pedal exerciser can be used for both arm and leg workouts, offering a low-impact exercise solution.

Leg Exercise

Place the exerciser on the floor in front of your chair or couch. Adjust the foot straps to comfortably secure your feet. Begin pedaling forward or backward. This is excellent for maintaining leg strength and circulation, especially during long periods of sitting.

ARM-TRAIN

- A great gift for elder
- Physical rehabilitation
- Protect elbow joint
- Arm exerciser



GIFT FOR ELDER



PROTECT ELBOW JOINT



FORWARD AND
REVERSE MOTION



PROTECT
ELBOW JOINT



LEG-TRAIN

- A great partner for indoor-exercises
- Pedal forward and backward
- Protect knee joint
- Leg Exerciser

Image: Demonstrates leg exercise with the YOSUDA Under Desk Bike, highlighting its use for physical rehabilitation and knee joint protection.

Arm Exercise

Place the exerciser on a sturdy table or desk. Sit comfortably and grasp the pedals with your hands. Begin rotating the pedals forward or backward. This helps improve arm strength and circulation.



Image: A woman performing arm exercises with the YOSUDA Under Desk Bike placed on a table.

Adjusting Resistance

The YOSUDA pedal exerciser features 8 adjustable levels of magnetic tension. Turn the tension control knob located on the front of the unit to increase (HIGH) or decrease (LOW) the resistance according to your fitness level and workout goals.



Image: Detailed view of the exerciser's features, including the 8 magnetic resistance levels and the LCD monitor.

Using the LCD Monitor

The easy-read LCD monitor tracks your workout data:

- **TIME:** Duration of your workout.
- **DISTANCE:** Estimated distance covered.
- **SPEED:** Current pedaling speed.
- **CALORIES:** Estimated calories burned.
- **ODO:** Total accumulated distance.
- **SCAN:** Automatically cycles through all display functions.

Press the red button to cycle through the modes or hold it down to reset values (except ODO).

Official Product Videos

Video: An overview of the YOSUDA Magnetic Mini Exercise Bike, demonstrating its features and quiet operation.

Video: A short demonstration of the YOSUDA Under Desk Bike Pedal Exerciser in use for arm and leg exercise.

Video: Another demonstration of the YOSUDA Magnetic Mini Exercise Bike Pedal Exerciser, highlighting its versatility.

6. MAINTENANCE

To ensure the longevity and optimal performance of your YOSUDA pedal exerciser, follow these maintenance guidelines:

- **Cleaning:** Wipe down the unit with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design and portable handle make it easy to store in small spaces.
- **Inspection:** Periodically check all bolts, nuts, and moving parts to ensure they are secure. Tighten if necessary.



Image: The YOSUDA Under Desk Bike is shown being easily moved and stored, emphasizing its portability.

7. TROUBLESHOOTING

If you encounter any issues with your YOSUDA pedal exerciser, refer to the common problems and solutions below:

- **Unit slides during use:** This is a common issue, especially on smooth surfaces. Ensure you are using the included anti-slip mat. For maximum stability, consider placing the exerciser against a wall or a sturdy piece of furniture. Some users also find success by placing a rubber mat specifically designed for exercise equipment underneath.
- **Pedals feel loose:** Check that the pedals are screwed in tightly. Remember that one pedal (typically the left) may have a reverse thread (turn counter-clockwise to tighten).
- **LCD monitor not displaying:** Check if the batteries are correctly inserted and have sufficient charge. Replace batteries if necessary.

- **Unusual noises during operation:** Ensure all bolts and nuts are tightened. If noises persist, contact customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	YOSUDA
Model Name	Mini Exercise Bike
Item Weight	17.9 Pounds
Product Dimensions (LxWxH)	21.26 x 14.37 x 12.28 inches
Material	Alloy Steel, Acrylonitrile Butadiene Styrene (ABS)
Color	Black
Power Source	Battery Powered (2 AA batteries included)
Operation Mode	Manual
Number of Resistance Levels	8 (Magnetic Tension)
Maximum Weight Recommendation	25 Pounds (for device stability, not user weight)

9. WARRANTY AND SUPPORT

YOSUDA provides a one-year warranty for parts replacement at no cost. For any questions, concerns, or warranty claims, please do not hesitate to reach out to our customer service support team. We are committed to 100% satisfaction. For further assistance, you may also refer to the official user manual PDF available online:[YOSUDA User Manual \(PDF\)](#)

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