YOSUDA Classic Folding Exercise Bike

YOSUDA Folding Exercise Bike User Manual

Model: Classic Folding Exercise Bike

1. Important Safety Information

Please read all instructions carefully before using the YOSUDA Folding Exercise Bike. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure the bike is placed on a flat, stable surface during use.
- Keep children and pets away from the exercise bike during operation.
- The maximum user weight capacity for this exercise bike is **270 Pounds**. Do not exceed this limit.
- Wear appropriate exercise attire and footwear.
- Inspect the bike for any loose or damaged parts before each use. Do not use if any components are compromised.

2. Package Contents

Verify that all components are present before assembly:

- Main Frame Assembly
- Seat and Backrest
- Pedals (Left and Right)
- Handlebar and Digital Monitor
- Stabilizer Bars (Front and Rear)
- Hardware Kit and Assembly Tools

3. Setup and Assembly

The YOSUDA Folding Exercise Bike is designed for straightforward assembly. Most bolts are pre-installed for convenience.

3.1 Unfolding the Bike

To unfold the bike from its compact storage position:

1. Locate the locking pin on the main frame.
2. Pull out the locking pin to release the frame.
3. Carefully unfold the bike until it forms a stable 'X' shape.
4. Re-insert the locking pin into the designated hole to secure the frame in the unfolded position. Ensure it is fully engaged.



The YOSUDA Folding Exercise Bike is designed to save approximately 50% space when folded, making it ideal for home use.

3.2 Seat Adjustment

The oversized seat cushion offers 8 positions for height adjustment to accommodate various user heights. To adjust the seat:

1. Loosen the adjustment knob located below the seat.
2. Slide the seat post up or down to your desired height.
3. Tighten the adjustment knob firmly to secure the seat in place.



The comfortable, oversized seat cushion provides stable support and features 8 adjustment positions for optimal user fit.

3.3 Transporting the Bike

The bike is equipped with transportation wheels for easy movement. Once folded, simply tilt the bike and roll it to your desired storage location.



The large-screen computer accurately monitors workout data, including time, speed, distance, calories, and pulse.

4. Operating Instructions

4.1 Resistance Adjustment

The YOSUDA Folding Exercise Bike features an 8-level magnetic resistance system. Turn the resistance knob located below the handlebars to increase or decrease the workout intensity.

- Levels 1-2: Suitable for rehabilitation or light warm-up.
- Levels 3-4: Ideal for cardio workouts.
- Levels 5-6: Designed to improve endurance.
- Levels 7-8: For stabilizing muscle and intense training.



The 8-level magnetic resistance system allows for varied workout intensities, from rehabilitation to muscle stabilization.

4.2 Digital Monitor Functions

The integrated digital monitor tracks your workout progress. Use the 'MODE' button to cycle through different display modes:

- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current cycling speed.
- **DIST (Distance):** Tracks the distance covered during your session.
- **CAL (Calories):** Estimates calories burned.
- **ODO (Odometer):** Displays total accumulated distance.
- **PULSE:** Measures your heart rate via the handlebar sensors.
- **SCAN:** Automatically cycles through all display modes.

Press 'RESET' to clear current workout data. Press 'SET' to configure specific settings (refer to monitor instructions for advanced use).

4.3 Quiet Operation

The YOSUDA Folding Exercise Bike utilizes a non-contact magnetic drive system, ensuring a hyper-quiet and smooth ride. This design minimizes noise, making it suitable for use in apartments or shared living spaces without disturbing others.



The magnetic drive system ensures quiet and smooth operation, eliminating noise below 18dB.

5. Maintenance

Regular maintenance helps prolong the life 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, nuts, and moving parts to ensure they are secure. Tighten any loose fasteners.
- **Pedals:** Ensure the pedal straps are in good condition and securely fastened.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight.

6. Troubleshooting

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

Problem	Possible Cause	Solution
Digital monitor not displaying data.	Loose cable connection, dead batteries.	Check all cable connections to the monitor. Replace batteries in the monitor.
Resistance feels inconsistent or too easy/hard.	Resistance knob not properly adjusted.	Turn the resistance knob to a different level. Ensure the knob is fully engaged.
Bike is unstable or wobbles during use.	Uneven surface, loose stabilizer bolts.	Ensure the bike is on a flat surface. Check and tighten all bolts on the stabilizer bars.
Unusual noise during operation.	Loose parts, internal issue.	Check all visible bolts and connections. If noise persists, contact customer support.

If the problem persists after attempting these solutions, please contact YOSUDA customer support.

7. Specifications

- **Brand:** YOSUDA
- **Model:** Classic Folding Exercise Bike
- **Color:** Black & Silver
- **Special Feature:** Foldable
- **Recommended Uses:** Indoor
- **Item Weight:** 15 Kilograms (approx. 33 lbs)
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 8
- **Drive System:** Belt
- **Product Dimensions (Unfolded):** 27.9"D x 15.3"W x 40.9"H
- **Maximum Weight Recommendation:** 270 Pounds
- **Handle Material:** Rubber or Alloy Steel
- **Maximum Height (Adjustable Seat):** 48.4 Inches

8. Warranty and Support

YOSUDA is committed to 100% customer satisfaction. For any concerns, questions, or replacement parts, please reach out to our dedicated online service team through your Amazon order. Our team will respond to your inquiries within 12 hours and cover all replacement parts costs.

For further assistance, please visit the YOSUDA Store on Amazon.

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