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## YESOUL YS-BC1

# YESOUL Indoor Exercise Bike YS-BC1

## INSTRUCTION MANUAL

### 1. Introduction

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Thank you for choosing the YESOUL Indoor Exercise Bike YS-BC1. This manual provides essential information for the safe assembly, operation, and maintenance of your new exercise bike. The YS-BC1 features silent magnetic resistance, smart app connectivity, self-generating power, and an integrated airflow system to enhance your home workout experience.

Please read this manual thoroughly before using the product and retain it for future reference.

### 2. Safety Information

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- Consult a physician before starting any new exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the exercise bike during operation.
- The maximum user weight capacity for this bike is 300 pounds (136 kg). Do not exceed this limit.
- Place the bike on a flat, stable surface.
- Wear appropriate athletic footwear and clothing during workouts.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

### 3. Package Contents

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Carefully unpack all components and ensure you have received all items listed below. If any parts are missing or damaged, contact customer support immediately.

- Main Bike Frame
- Handlebar Assembly
- Seat Post and Seat
- Left and Right Pedals
- Front and Rear Stabilizers

- Tablet Holder
- Assembly Hardware and Tools
- User Manual

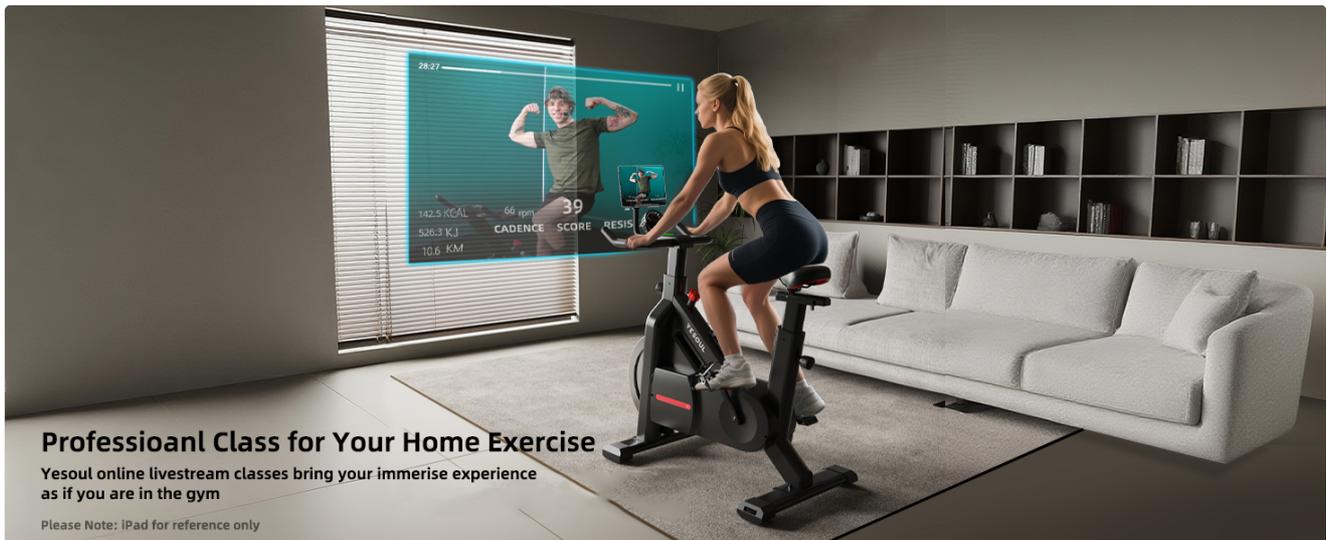


Image: All components of the YESOUL YS-BC1 exercise bike laid out for assembly, including the main frame, handlebars, seat, pedals, and tools.

## 4. Setup and Assembly

Assembly of the YESOUL YS-BC1 is designed to be straightforward, typically taking about 30 minutes for one person. Follow these steps carefully:

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 screws counter-clockwise, and the right pedal screws clockwise. Ensure they are tightened securely.
3. **Mount Seat:** Insert the seat post into the frame and adjust to your desired height. Attach the seat to the seat post.
4. **Attach Handlebars:** Connect the handlebar assembly to the main frame. Ensure all cables are properly routed and not pinched.
5. **Install Tablet Holder:** Attach the tablet holder to the handlebar assembly.
6. **Final Checks:** Verify all bolts and nuts are tightened. Ensure the bike is stable on a level surface.

# Space-Saving & Easy Move

Perfect for home workouts without the bulk



Image: A woman demonstrating the ease of moving the YESOUL YS-BC1 exercise bike, highlighting its space-saving design and transport wheels.

## 5. Operating Instructions

### 5.1 Adjusting Seat and Handlebars

The YESOUL YS-BC1 offers customizable adjustments for optimal comfort and fit:

- **Seat Adjustment:** The seat can be adjusted 4 ways (up/down, forward/backward) to accommodate various user heights and preferences. Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.
- **Handlebar Adjustment:** The handlebars can be adjusted 2 ways (up/down) to find a comfortable riding posture. Loosen the adjustment knob, raise or lower the handlebars, and tighten the knob firmly.

# Innovative Fan-Designed Bike

Feel the cool outdoor riding experience



Image: A family demonstrating the 2-way handlebar and 4-way seat adjustments on the YESOUL YS-BC1 exercise bike, illustrating its suitability for various users.

## 5.2 Adjusting Resistance

The bike features a magnetic resistance system with 100 levels, allowing for precise control over your workout intensity:

- **Resistance Knob:** Turn the red knob located on the main frame clockwise to increase resistance and counter-clockwise to decrease it.
- **Levels:** Resistance levels range from 0 (gentle start/recovery) to 100 (challenge/power training), providing options for all fitness levels.



## Professional Class for Your Home Exercise

YESOUL online livestream classes bring your immersive experience as if you are in the gym

Please Note: iPad for reference only

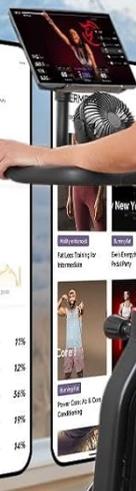
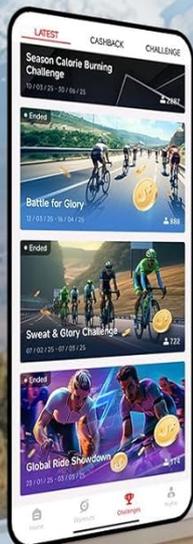
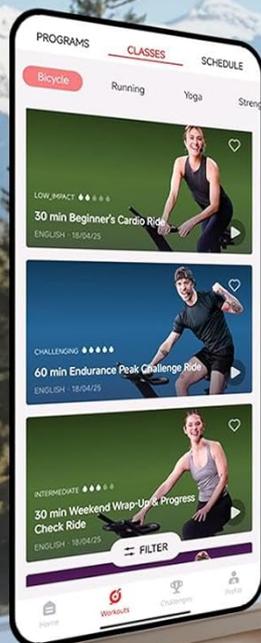
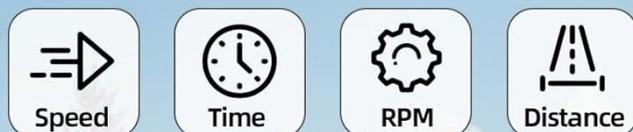
Image: Close-up of the red resistance knob on the YESOUL YS-BC1, showing the 100 levels of adjustable magnetic resistance for varied workouts.

### 5.3 App Connectivity and Smart Features

Enhance your workout with the YESOUL app and other compatible fitness applications:

- **YESOUL App:** Download the official YESOUL app from your device's app store. Connect your bike via Bluetooth to access real-time stats (speed, time, RPM, distance), immersive scenic rides, and live training sessions.
- **Third-Party Apps:** The bike is compatible with popular fitness apps like Zwift and Kinomap, offering a wider range of virtual experiences and training programs.
- **Dynamic LED Feedback:** The bike features LED lights that provide real-time visual feedback on your workout intensity, helping you stay motivated.

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



Please note: iPad for reference only. sold separately



Image: A woman riding the YESOUL YS-BC1 exercise bike while viewing the YESOUL app interface on a tablet, showcasing app connectivity and data tracking.

## 5.4 Self-Generating Power and Airflow System

The YS-BC1 is designed for convenience and comfort:

- **Self-Powered:** The bike generates its own energy as you pedal, eliminating the need for external power sources, cords, or batteries. This powers the bike's internal systems, including the fan and LED lights.
- **Built-in Airflow System:** An integrated fan provides a refreshing breeze during your workout, mimicking outdoor cycling. The fan has 3 powerful speeds and a 30-degree range of swing for personalized cooling.

## Self-powered Fan & Dynamic LED Lights Effects

The fan can be powered by pedaling the bicycle without external power supply, which is environmentally friendly and saves money.



Image: A woman exercising on the YESOUL YS-BC1, illustrating the self-powered fan and dynamic LED light effects that activate as she pedals.



## Wider Cushion

Reduces pressure on hips & tailbone

Image: A close-up view of the innovative fan integrated into the YESOUL YS-BC1 exercise bike, showing its design for an outdoor-like riding experience with adjustable speed and swing.

### 6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your YESOUL YS-BC1 exercise bike:

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are secure. Tighten any loose connections.
- **Belt Drive:** The belt drive system is designed for low maintenance and quiet operation. No lubrication is typically required.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures.



Image: A woman riding the YESOUL YS-BC1 exercise bike in a quiet room, emphasizing the smooth and silent belt drive system, ideal for home workouts without disturbance.

## 7. Troubleshooting

If you encounter any issues with your YESOUL YS-BC1, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Uneven floor; loose stabilizers	Adjust the leveling feet on the stabilizers; tighten stabilizer bolts.
Resistance not changing	Resistance knob not fully engaged; internal mechanism issue	Ensure the resistance knob is turned firmly; contact customer support if the issue persists.
Difficulty connecting to app via Bluetooth	Bluetooth off on device; app not updated; bike not active	Ensure Bluetooth is enabled on your device; update the YESOUL app; pedal to activate the bike's power.
Unusual noises during operation	Loose parts; friction from moving components	Check and tighten all bolts and connections; ensure no foreign objects are near moving parts.

If troubleshooting steps do not resolve the issue, please contact YESOUL customer support.

## 8. Specifications

Detailed specifications for the YESOUL Indoor Exercise Bike YS-BC1:

- **Model Number:** YS-BC1
- **Product Dimensions:** 104.14 x 57.91 x 124.46 cm (41"L x 23"W x 49"H)
- **Item Weight:** 27.5 kg (60.66 lbs)
- **Maximum Weight Capacity:** 300 lbs
- **Material:** Kohlenstoffstahl (Carbon Steel)
- **Drive System:** Belt
- **Resistance Mechanism:** Magnetic, 100 levels
- **Power Source:** Pedal-powered (self-generating, non-electric)
- **Special Features:** Compact, Full Filled Solid Flywheel, Heavy Duty, Magnetic Resistance, Integrated Airflow System, App Connectivity

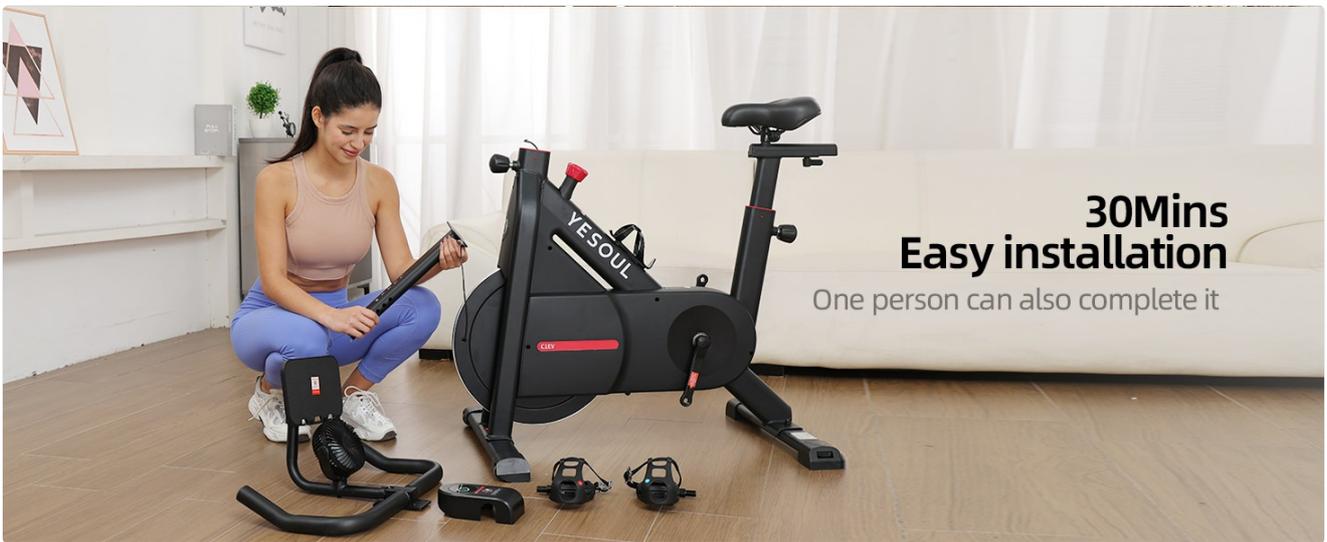


Image: The YESOUL YS-BC1 exercise bike, emphasizing its high-quality steel construction for durability and a 300 lbs weight capacity.

## 9. Warranty and Support

YESOUL products are manufactured with quality and performance in mind. For specific warranty details, please refer to the warranty card included with your purchase or visit the official YESOUL website.

For technical assistance, troubleshooting, or to inquire about replacement parts, please contact YESOUL customer support through the following channels:

- **Online Support:** Visit the [YESOUL Store on Amazon](#) for product information and support options.
- **Email:** Refer to your product packaging or the official website for customer service email addresses.