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## YESOUL YS-BC1EV

# YESOUL Self-Powered-Fan Exercise Bike User Manual

Brand: YESOUL | Model: YS-BC1EV

## INTRODUCTION

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This manual provides essential information for the safe and effective operation and maintenance of your YESOUL Self-Powered-Fan Exercise Bike. Please read this manual thoroughly before assembly and use, and retain it for future reference.



Figure 1: YESOUL Self-Powered-Fan Exercise Bike. This image displays the complete exercise bike with its sleek black design, integrated fan, and tablet holder.

## SAFETY INFORMATION

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Always consult with a healthcare professional before starting any new exercise program. Ensure all components are securely fastened before each use. Keep children and pets away from the exercise bike during operation. Do not exceed the maximum weight recommendation of 300 pounds.

- Ensure the bike is placed on a flat, stable surface.
- Wear appropriate athletic footwear during use.
- Keep hands and feet clear of all moving parts.
- Do not attempt to modify the exercise bike.

## PACKAGE CONTENTS

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Upon unpacking, verify that all components are present and undamaged:

- Main Frame Assembly
- Handlebar Assembly with Integrated Fan and Tablet Holder
- Seat Post and Seat
- Pedals (Left and Right)
- Stabilizer Bars (Front and Rear)
- Hardware Kit
- User Manual



Figure 2: All components of the YESOUL Exercise Bike laid out for assembly. This image shows the main frame, seat, handlebars, pedals, and tools, indicating a straightforward setup process.

## SETUP AND ASSEMBLY

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Assembly typically takes approximately 30 minutes for one person. Follow the detailed instructions provided in the included assembly guide for step-by-step procedures.

### Adjusting the Seat and Handlebars

The YESOUL Exercise Bike offers extensive adjustability for user comfort and proper form:

- **Seat Adjustment:** The seat can be adjusted 4-ways (up/down and forward/backward). 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). Loosen the adjustment knob, raise or lower the handlebars to your preferred height, and tighten the knob firmly.

# Family Fitness Available



Figure 3: Demonstrates the 4-way seat and 2-way handlebar adjustment features, highlighting the bike's adaptability for various users.

## Foot Straps

The pedals are equipped with adjustable foot straps to secure your feet during intense workouts, preventing accidental slips and ensuring efficient power transfer.

## OPERATING INSTRUCTIONS

### Powering the Bike and Fan

The YESOUL Exercise Bike is self-powered. As you pedal, it generates its own energy, eliminating the need for external power sources or batteries. This energy powers the integrated fan and LED lights.



## 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.



Self-Powered



Powers the fan and LED lights



Eco-friendly & Energy-saving



Figure 4: Illustration of the self-powered fan and dynamic LED light effects, showing how pedaling generates power for these features.

### Integrated Airflow System

The bike features a built-in fan that provides a refreshing breeze during your workout. The fan has three adjustable speeds to help keep you cool and comfortable.

# Innovative Fan-Designed Bike

Feel the cool outdoor riding experience



Figure 5: Close-up of the innovative fan design on the handlebars, emphasizing its role in providing an immersive outdoor-like cooling experience.

## Magnetic Resistance Adjustment

The bike utilizes a smooth and silent magnetic resistance system with 100 levels of adjustment. Turn the red lever located on the main frame to increase or decrease the resistance, tailoring your workout intensity from warm-up to high-intensity interval training (HIIT).





Figure 6: Detailed view of the resistance knob, illustrating the 100 levels of magnetic resistance for individualized workouts.

### Dynamic LED Feedback

Vibrant LED lights on the bike provide real-time feedback on your performance, responding to your intensity and helping you optimize your workout for fat-burning or cardio modes.

### App Connectivity and Training

Connect your device to the YESOUL app for an enhanced training experience. The app allows you to monitor your progress, explore immersive scenic rides, and join live training sessions with professional coaches. The tablet holder on the handlebars securely holds your smartphone or tablet (iPad not included).

- Access massive courses and live sessions.
- Set training goals and track daily progress.
- Explore various training modes including Free Workout and AR Mode.
- Integrates with other fitness apps like ZWIFT and KINOMAP.

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



Speed



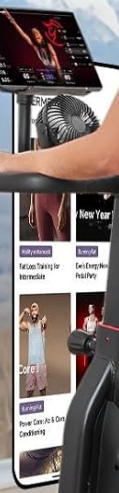
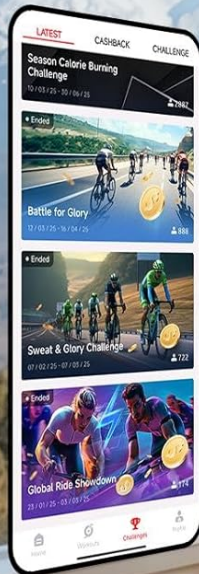
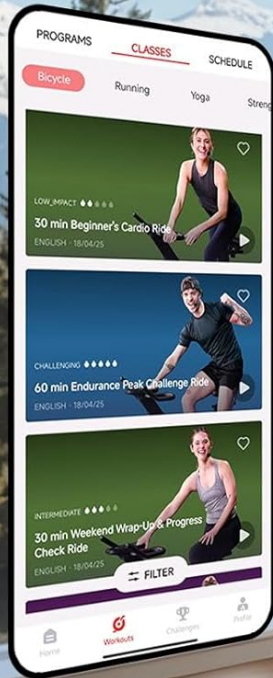
Time



RPM



Distance



Please note: iPad for reference only. sold separately

Figure 7: Screenshot of the YESOUL app interface, showcasing options for courses, live classes, planning, and diet tracking, along with real-time data.





Figure 8: A user engaging in a professional livestreaming class on the YESOUL bike, demonstrating the immersive experience.

## 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.
- **Lubrication:** Periodically check and lubricate any moving parts as recommended in the full assembly guide.
- **Tightness Check:** Regularly inspect all bolts and nuts to ensure they are securely tightened.
- **Belt System:** The belt drive system is designed for durability and quiet operation, requiring minimal maintenance.

## TROUBLESHOOTING

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

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No power to fan/LEDs	Not pedaling or insufficient pedaling speed.	Begin pedaling or increase pedaling intensity to generate power.
Resistance not changing	Resistance knob not fully engaged or internal mechanism issue.	Ensure the red resistance knob is turned firmly. If issue persists, contact customer support.
App connectivity issues	Bluetooth not enabled, app outdated, or bike not discoverable.	Ensure Bluetooth is on. Restart the app and bike. Check for app updates.
Unstable during use	Bike not on a level surface or stabilizer feet not adjusted.	Adjust the leveling feet on the stabilizer bars to ensure stability.

## SPECIFICATIONS

Feature	Detail
Brand	YESOUL
Model Name	C1EV
Part Number	YS-BC1EV
Power Source	Self Powered
Resistance Mechanism	Magnetic
Number of Resistance Levels	100
Maximum Weight Recommendation	300 Pounds
Item Weight	60.66 Pounds
Product Dimensions (LxWxH)	41"D x 22.8"W x 49"H
Material	Kohlenstoffstahl (Carbon Steel)
Special Features	App Connectivity, Cooling Fan, Personalized Training Program, Self-Powered, Water Bottle Holder

## WARRANTY AND SUPPORT


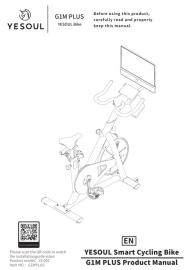
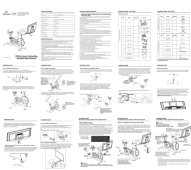

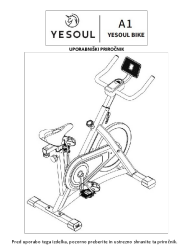

For warranty information, product support, or to purchase protection plans, please visit the official YESOUL website or contact their customer support directly. Protection plans are available for purchase separately.

**Customer Support:** [Contact YESOUL Fitness Seller](#)

**Protection Plans:** Available for 2-Year Protection Plan and Complete Protect (monthly billing option).



Related Documents - YS-BC1EV

	<p><a href="#">YESOUL Smart Cycling Bike M2M User Manual and Installation Guide</a></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><a href="#">YESOUL G1M PLUS Smart Cycling Bike - User Manual and Installation Guide</a></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><a href="#">YESOUL G1 MAX Smart Cycling Bike User Manual</a></p> <p>Comprehensive user manual for the YESOUL G1 MAX Smart Cycling Bike, covering setup, adjustments, riding posture, and app connectivity.</p>
	<p><a href="#">YESOUL S3 Spin Bike: Installation, Adjustment, and Maintenance Guide</a></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><a href="#">YESOUL BIKE A1 User Manual - Assembly, Safety, and Operation Guide</a></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><a href="#">YESOUL G1M MAX Smart Cycling Bike User Manual and Installation Guide</a></p> <p>This document provides comprehensive instructions for the YESOUL G1M MAX Smart Cycling Bike, covering product specifications, safety precautions, detailed assembly steps, routine maintenance, and adjustment guides for optimal user experience.</p>