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YOSUDA PRO

YOSUDA PRO Magnetic Exercise Bike User Manual

Model: PRO
Brand: YOSUDA

1. INTRODUCTION

Thank you for choosing the YOSUDA PRO Magnetic Exercise Bike. This indoor cycling bike is designed to provide a quiet, smooth, and effective workout experience in the comfort of your home. Featuring a robust 350 lbs weight capacity, a silent belt drive, and 100 micro-adjustable magnetic resistance levels, it is built for long-term use and customizable exercise routines. This manual provides essential information for safe assembly, operation, maintenance, and troubleshooting.



Figure 1.1: YOSUDA PRO Magnetic Exercise Bike

2. SAFETY INFORMATION

Please read all instructions carefully before using the exercise bike. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the bike during operation.
- Place the bike on a stable, level surface. Use a mat to protect flooring.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise attire and athletic shoes. Avoid loose clothing that could get caught in moving parts.

- Do not place hands or feet near moving parts of the bike.
- The maximum user weight capacity for this bike is 350 lbs.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PACKAGE CONTENTS

Verify that all parts are present before assembly. If any parts are missing or damaged, contact customer support.

- Main Frame (pre-assembled drive system)
- Front and Rear Stabilizers
- Handlebar Post and Handlebar
- Seat Post and Seat
- Pedals (Left and Right)
- LCD Monitor
- Tablet Holder
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

SMART HOME EXERCISE BIKE



Real-time
data



Coaching
course



Virtual
route



Multiplayer
interaction

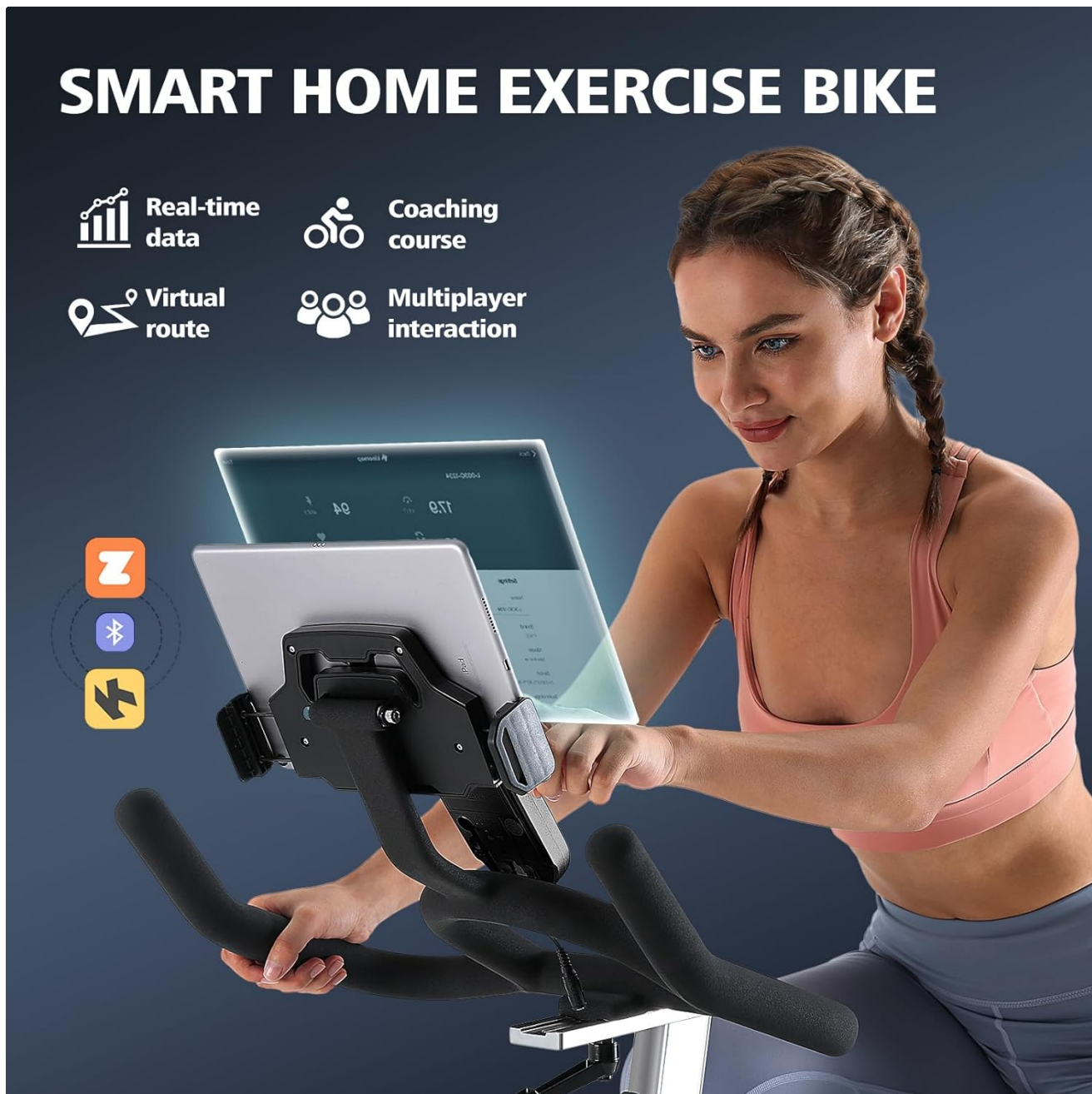


Figure 3.1: Main components included in the package

4. SETUP AND ASSEMBLY

The YOSUDA PRO Magnetic Exercise Bike features a pre-assembled drive system for easier setup. Only the feet, handlebars, and LCD display require assembly.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened for stability.
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 fully tightened to prevent loosening during use.
3. **Assemble Seat:** Attach the seat to the seat post, then insert the seat post into the main frame. Adjust to your desired height and secure with the locking knob.
4. **Assemble Handlebar:** Insert the handlebar post into the main frame. Attach the handlebar to the post and secure it.
5. **Connect LCD Monitor:** Attach the LCD monitor to its designated slot on the handlebar. Connect the sensor wire from the bike to the monitor. Install batteries into the monitor if required.
6. **Attach Tablet Holder:** Secure the tablet holder to the handlebar post above the LCD monitor.

350LBS WEIGHT CAPACITY



DURABLE

Light Commercial-grade Material



SAFE

Full Load-bearing Frame

LBS
350



Figure 4.1: Illustration of key assembly steps

5. OPERATING INSTRUCTIONS

5.1 Adjusting Seat and Handlebar

Proper adjustment of the seat and handlebar is crucial for comfort and effective exercise. The bike features 4-way adjustable handlebar and seat (inseam height 27-35 inches).

- **Seat Height:** Loosen the locking knob on the seat post, adjust the seat to a height where your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Seat Forward/Backward:** Loosen the knob under the seat to slide the seat forward or backward. Adjust so your knee is directly over the pedal spindle when the pedals are horizontal. Tighten the knob.
- **Handlebar Height:** Loosen the locking knob on the handlebar post, adjust the handlebar to a comfortable height that allows for a slight bend in your elbows. Tighten the knob.
- **Handlebar Forward/Backward:** Some models allow for horizontal adjustment of the handlebar. Adjust for comfortable reach.

2025 MAGNETIC RESISTANCE SMOOTH BELT DRIVE

Quiet Ride Technology



Quiet



Smooth



Durable



Figure 5.1: Adjusting seat and handlebar for personalized fit

5.2 Adjusting Magnetic Resistance

The YOSUDA PRO bike features 100 micro-adjustable magnetic resistance levels, providing a smooth and quiet ride. Turn the red resistance knob clockwise to increase resistance and counter-clockwise to decrease it. Push down on the knob to engage the emergency brake and stop the flywheel immediately.

100 MICRO-ADJUSTABLE MAGNETIC RESISTANCE

Customize your exercise routine

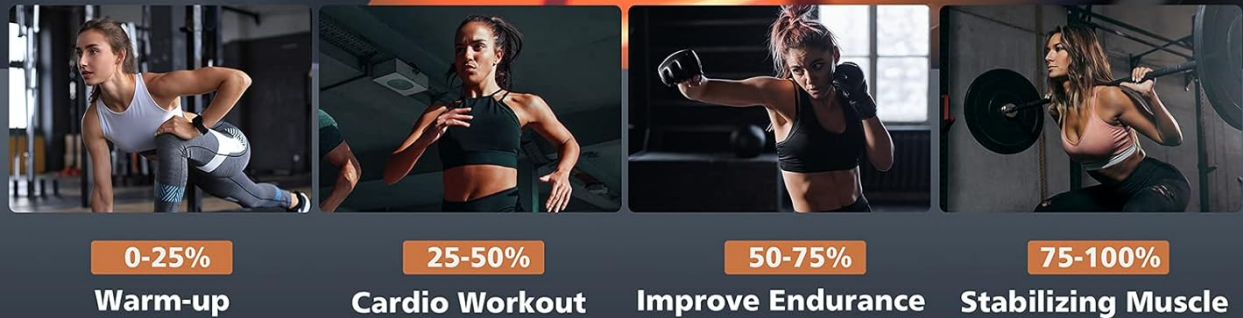


Figure 5.2: The resistance knob and its functions

5.3 Using the LCD Monitor

The easy-to-read large screen monitor displays key workout data to help you track your progress.

- **RPM:** Revolutions Per Minute (pedal cadence)
- **TIME:** Duration of your workout
- **SPEED:** Current speed
- **DISTANCE:** Distance covered in miles
- **CALORIES:** Estimated calories burned
- **ODOMETER:** Total accumulated distance

The universal tablet holder is designed to keep your device from blocking the display screen and can extend up to 11 inches, pivoting for optimal viewing.

ADJUSTABLE SEAT & HANDLE

Fit for whole family workout



Figure 5.3: LCD monitor and tablet holder for tracking data and entertainment

5.4 Silent Belt Drive System

The YOSUDA PRO bike utilizes a hyper-quiet magnetic drive system and a silent belt drive, ensuring minimal noise (below 20dB) during your workout. This allows for exercise without disturbing others, even while working, reading, or sleeping at home.

EXACTLY CALCULATED DATA

Make a more exact training schedule for your exercise goal



Figure 5.4: Illustration of the quiet and smooth belt drive system

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your YOSUDA PRO 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 check all bolts, nuts, and screws to ensure they are tight. Re-tighten if necessary.
- **Lubrication:** Apply a small amount of silicone lubricant to the seat post and handlebar post if you experience squeaking during adjustment.
- **Pedal Straps:** Inspect pedal straps for wear and tear. Replace if damaged.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Loose bolts; uneven surface	Ensure all assembly bolts are tightened. Adjust leveling feet on stabilizers.
Squeaking noise from seat post or crank	Lack of lubrication; loose parts	Apply silicone lubricant to the seat post. Check and tighten crank arm bolts. If noise persists, contact customer support.
LCD monitor display is dim or not working	Low battery; poor viewing angle; loose connection	Replace batteries in the monitor. Adjust viewing angle for better visibility. Check that the sensor wire is securely connected.
Pedals feel loose or fall off	Pedals not tightened correctly	Ensure pedals are screwed in fully and tightly (Left pedal is reverse threaded).

8. SPECIFICATIONS

Feature	Specification
Model Name	PRO
Brand	YOSUDA
Color	Orange
Resistance Mechanism	Magnetic
Drive System	Belt
Flywheel Weight	40 lbs
Number of Resistance Levels	100 (Micro-adjustable)
Maximum Weight Recommendation	350 Pounds
Product Dimensions (D x W x H)	41" x 22" x 42.5"
Item Weight	86 Pounds
Minimum Seat Height (Inseam)	27 Inches
Maximum Seat Height (Inseam)	35 Inches
Special Feature	Light-Commercial, LCD-Display (RPM)

9. WARRANTY AND SUPPORT

YOSUDA provides lifetime technical support for the PRO Magnetic Exercise Bike. For any questions regarding assembly, operation, maintenance, or troubleshooting, please contact YOSUDA customer service. Details for contacting support can typically be found on the product packaging, warranty card, or the official YOSUDA store on Amazon.

Please note that no official seller videos were available for direct embedding in this manual. For additional visual guides or support, please refer to the YOSUDA brand store on Amazon or their official website.

