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YOSUDA EU-BIKE-002C

YOSUDA EU-BIKE-002C Stationary Bike User Manual

Model: EU-BIKE-002C

INTRODUCTION

Thank you for choosing the YOSUDA EU-BIKE-002C Stationary Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and keep it for future reference.

Ultimate Stable Even at Full Sprint

Triple Triangle Structure & Commercial-grade Steel



Image: A person exercising on the YOSUDA EU-BIKE-002C stationary bike, highlighting its stable triple triangle structure and commercial-grade steel frame, suitable for intense workouts.

Safety Information

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely tightened before each use.
- Keep children and pets away from the bike during operation.
- Place the bike on a flat, stable surface. Use a mat to protect flooring.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity is 136 kg (300 lbs).

SETUP AND ASSEMBLY

The main frame of your YOSUDA EU-BIKE-002C is 80% pre-assembled. The remaining assembly typically takes about 20 minutes with the provided tools and detailed instructions.

1. Unpack all components and verify against the parts list in your separate assembly guide.
2. Attach the front and rear stabilizers to the main frame using the provided bolts and tools.
3. Install the pedals, ensuring the left pedal is tightened counter-clockwise and the right pedal clockwise.
4. Mount the seat post and seat, then the handlebar post and handlebars.
5. Connect the monitor cables and attach the LCD display to the handlebar post.
6. Perform a final check to ensure all bolts are securely fastened and the bike is stable.



Image: A person assembling the YOSUDA EU-BIKE-002C stationary bike, demonstrating the quick and easy setup process. The main frame is largely assembled, with only a few key components needing attachment.

OPERATING INSTRUCTIONS

Adjusting the Bike

The YOSUDA EU-BIKE-002C offers multiple adjustment points for a comfortable and effective workout for users between 140 cm and 195 cm (4'8" to 6'1").

- **Seat Adjustment:** The seat can be adjusted in 4 directions (up/down and forward/backward). Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.
- **Handlebar Adjustment:** The non-slip handlebars can be adjusted vertically (2-way adjustment). Loosen the adjustment knob, raise or lower the handlebars, and tighten the knob firmly.



Image: Two individuals adjusting the seat and handlebars of the YOSUDA EU-BIKE-002C stationary bike, highlighting the 4-way seat and 2-way handlebar adjustment features for personalized comfort.

Resistance System

The bike features an advanced magnetic resistance system with a 13.6 kg (30 lbs) high-density cast iron flywheel, providing a smooth and silent riding experience. Resistance is adjusted via a knob located on the main frame.

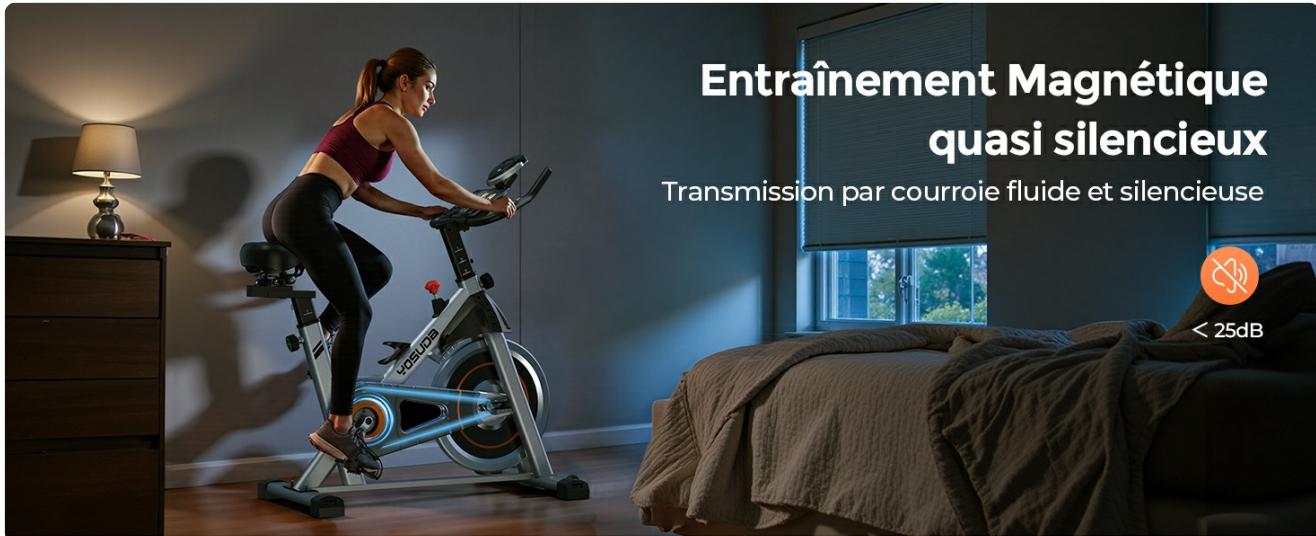


Image: A person exercising on the YOSUDA EU-BIKE-002C stationary bike in a bedroom, illustrating the nearly silent magnetic drive system and smooth belt transmission, ensuring minimal disturbance.

- **Increasing Resistance:** Turn the resistance knob clockwise to increase the magnetic resistance, making pedaling more challenging.
- **Decreasing Resistance:** Turn the resistance knob counter-clockwise to decrease the magnetic resistance, making pedaling easier.
- **Emergency Stop:** Press down firmly on the resistance knob to engage the emergency brake and quickly stop the flywheel.

30 Minutes Sweat to Burn Fat



0-30%
Warm Up



40-70%
Sitting Climb Ride



80-100%
Standing Climb Ride

Image: A close-up of the YOSUDA EU-BIKE-002C stationary bike's resistance knob, illustrating different resistance levels (0-100%) and corresponding workout intensities like warm-up, sitting climb, and standing climb rides.

LCD Monitor and App Connectivity

The integrated LCD monitor displays key workout data, and the bike supports connectivity with fitness applications for enhanced tracking and personalized training.

- LCD Display:** The high-definition LCD screen shows Time, Speed, Distance, Calories burned, and Pulse (heart rate via handlebar sensors). Press the button to cycle through display modes.
- Tablet Holder:** A built-in tablet holder allows you to securely place your device for following online classes or using fitness apps.
- App Synchronization:** Connect your bike to compatible fitness applications to track and record your progress, access personalized programs, and engage in interactive workouts. Refer to the app's instructions for pairing.

7-Type Data Display

Easily Track Your Fitness



Image: A user interacting with the YOSUDA EU-BIKE-002C stationary bike's LCD monitor and tablet holder. The monitor displays various data points like speed, distance, time, and calories, while a tablet shows a fitness application.

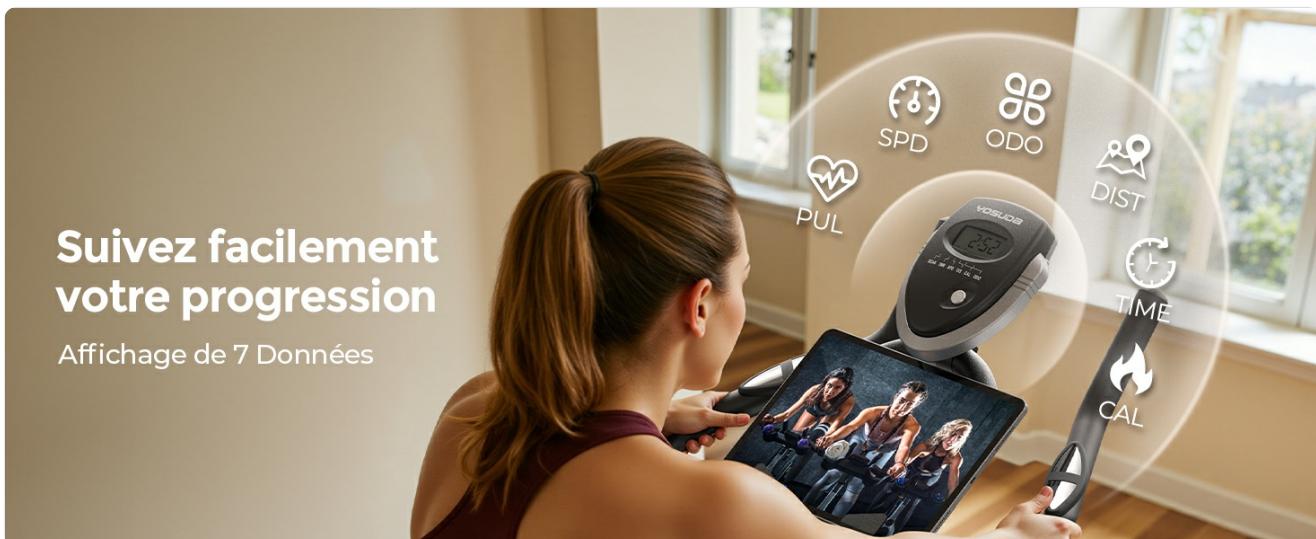


Image: A user viewing real-time data tracking and personalized workout programs on a smartphone connected to the YOSUDA EU-BIKE-002C stationary bike, demonstrating app integration for progress monitoring.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your YOSUDA EU-BIKE-002C Stationary Bike.

- Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- Lubrication:** The magnetic resistance system is generally maintenance-free. If you notice any squeaking from moving parts (e.g., seat post), apply a small amount of silicone-based lubricant.
- Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The compact design allows for easy storage.

TROUBLESHOOTING

This section addresses common issues you might encounter with your stationary bike.

Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Uneven floor surface; loose stabilizers.	Adjust the leveling feet on the stabilizers. Ensure all stabilizer bolts are tight.
Squeaking or grinding noise during use.	Loose parts; lack of lubrication on moving joints (rare for magnetic systems).	Check and tighten all visible bolts and nuts. If noise persists from seat or handlebar posts, apply a small amount of silicone lubricant.
LCD monitor not displaying data.	Batteries are dead or incorrectly installed; loose sensor cable connection.	Replace the AAA batteries (2 required). Check that the sensor cables from the bike to the monitor are securely connected.
Resistance not changing or inconsistent.	Resistance knob mechanism issue.	Ensure the resistance knob is fully engaged and turning freely. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	EU-BIKE-002C
Brand	YOSUDA

Feature	Detail
Resistance Mechanism	Magnetic
Flywheel Weight	13.6 kg (30 lbs)
Drive System	Belt
Material	Alloy Steel
Maximum Weight Recommendation	136 kg (300 lbs)
Recommended User Height	140 cm - 195 cm (4'8" - 6'1")
Product Dimensions (L x W x H)	71 x 104 x 39 cm (27.9 x 40.9 x 15.3 inches)
Item Weight	27 kg (59.5 lbs)
Power Source	Battery Powered (2 AAA batteries included)
Special Features	Adjustable non-slip base, customizable comfort, smart training features, quick and silent installation, heavy resistance (100 levels)

WARRANTY AND SUPPORT

YOSUDA is committed to providing excellent customer service and support for your fitness equipment.

- Technical Support:** YOSUDA offers 24/7 technical service and lifetime technical support for products purchased on Amazon. For assistance, please refer to your purchase documentation for contact details or visit the official YOSUDA brand store on Amazon.
- Warranty Information:** For specific warranty terms and conditions, please refer to the warranty card included with your product or your purchase receipt.