

YOSUDA YBM-2

YOSUDA YBM-2 Magnetic Under Desk Cycling Bike User Manual

Model: YBM-2

INTRODUCTION

Thank you for choosing the YOSUDA YBM-2 Magnetic Under Desk Cycling Bike. This manual provides essential information for the safe assembly, operation, and maintenance of your new exercise equipment. Please read this manual thoroughly before using the product and retain it for future reference.

IMPORTANT SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the bike on a flat, stable surface. Do not use on uneven ground.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- This product is designed for indoor use only.
- Maximum user weight capacity: Please refer to specifications.

PACKAGE CONTENTS

Please check the box for the following components:

1. Main Frame (1)
2. Front Stabilizer (1)
3. Rear Stabilizer (1)

- Pedals (Left & Right) (2)
- Resistance Bands (2)
- Tool Kit (Wrenches, Screws, Washers) (1 set)
- User Manual (1)



Figure 1: All components included in the YOSUDA YBM-2 package. Ensure all parts are present before assembly.

ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your YOSUDA YBM-2 cycling bike. It is recommended to have two people for easier assembly.

1. Attach Stabilizers:

Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are securely fastened.



Figure 2: Securely attach the front and rear stabilizers to the main unit.

2. Install Pedals:

Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them carefully into the crank arms and tighten with the wrench.



Figure 3: Correctly install the left (L) and right (R) pedals. Note the threading direction.

3. Attach Resistance Bands:

Hook the resistance bands to the designated attachment points on the main frame. Ensure they are firmly secured.



Figure 4: Attach the resistance bands to the designated points for full body engagement.

OPERATING INSTRUCTIONS

Using Under a Desk

- Place the YBM-2 on a non-slip surface under your desk.
- Ensure there is enough clearance for your knees to pedal comfortably without hitting the underside of the desk.
- Adjust your chair height for optimal pedaling posture.

Adjusting Magnetic Resistance

The YBM-2 features adjustable magnetic resistance. Locate the resistance knob on the front of the unit.

- Turn the knob clockwise to increase resistance for a more challenging workout.
- Turn the knob counter-clockwise to decrease resistance for an easier workout.

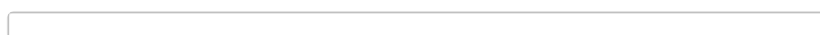


Figure 5: The resistance knob allows for easy adjustment of workout intensity.

Using Resistance Bands

The included resistance bands can be used for upper body exercises while cycling or separately.

- Hold the handles of the bands and perform various arm and shoulder exercises (e.g., bicep curls, shoulder presses) while seated.
- Ensure the bands are securely attached before use.

MAINTENANCE

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts and nuts to ensure they are tight. Tighten if necessary.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and moisture.

TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|---------------------------------|--|--|
| Pedals feel loose or wobbly. | Pedals are not fully tightened. | Tighten pedals securely with the provided wrench. Remember left pedal is reverse threaded. |
| Unusual noise during operation. | Loose bolts or components. | Check all assembly bolts and nuts and tighten them. Ensure the bike is on a flat surface. |
| Resistance not changing. | Resistance knob not functioning correctly. | Ensure the resistance knob is turning freely. If the issue persists, contact customer support. |

SPECIFICATIONS

Model: YBM-2

Brand: YOSUDA

Power Source: Pedal-powered (non-electric)

Material: Metal, Plastic

Recommended Use: Indoor

Resistance Type: Magnetic

UPC: 788362672225

(Note: Specific dimensions and weight capacity may vary slightly. Refer to product packaging for precise details.)

WARRANTY AND CUSTOMER SUPPORT

YOSUDA products are designed for durability and performance. For warranty information, please refer to the warranty card included with your purchase or visit the official YOSUDA website. If you encounter any issues or have questions regarding your YBM-2 cycling bike, please contact our customer support team:

Website: www.yosudafitness.com

Email: support@yosudafitness.com

Phone: (Refer to website for regional contact numbers)

Please have your model number (YBM-2) and purchase date ready when contacting support.