

YESOUL A6EV

YESOUL Indoor Exercise Bike A6EV User Manual

Model: A6EV | Brand: YESOUL

1. INTRODUCTION

Thank you for choosing the YESOUL Indoor Exercise Bike A6EV. This stationary bike is designed to provide an effective and engaging indoor cycling experience. Featuring silent magnetic resistance, a self-powered design, and smart app connectivity, it offers a versatile workout solution for your home.

This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your exercise bike. Please read it thoroughly before use and retain it for future reference.



Image 1.1: The YESOUL Indoor Exercise Bike A6EV.

2. SAFETY INFORMATION

Before using the YESOUL Indoor Exercise Bike, please observe the following safety precautions:

- Consult your physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the bike on a stable, level surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity of 300 pounds (136.08 kg).
- Use the emergency stop function (push-to-stop resistance knob) if you feel unwell or need to stop quickly.

3. SETUP AND ASSEMBLY

Follow these steps to assemble your YESOUL Indoor Exercise Bike. Ensure you have enough space around the installation site.

3.1. Install Front and Rear Stabilizers

1. Take out Tool D-Allen Key, 4x Hexagon socket flat round head screws M10*16(35), and 4x Washer 10(36) from the tool kit.
2. Place the Rear Stabilizer (6) and align it with the fixing holes on the frame. Secure it to the frame with Tool D, Hexagon socket flat round head screw M10*16(35), and the Washer 10(36).
3. Place the Front Stabilizer (7) and align it with the fixing holes on the frame. Secure it to the frame with Tool D, Hexagon socket flat round head screw M10*16(35), and the Washer 10(36).

3.2. Install Left & Right Pedals

1. Remove the left Hexagonal nut (102) on the left pedal (56) and the right Hexagonal nut (99) on the right pedal (40) respectively with Tool B #19 and put them aside.
2. Install the left pedal (56) by vertically aligning it with the left crank hole. Rotate the left pedal (56) 3 turns by hand towards the direction of the flywheel, and then lock the pedal with the Tool A #15. Finally, install the removed Hexagonal nut (102) back onto the pedal with Tool B #19.
3. Install the right pedal (40) in the same way. Note that the direction of tightening is toward the flywheel.

3.3. Install Seat Post

1. Lightly turn the knob (29) 3 turns to fix it on the frame.

3.4. Install Seat Slider and Seat

1. Take out Seat Slider Assembly from the inner package. Remove the Carriage screw (26), Washer (74), and Lock Knob (24) and put them aside.
2. Place assembled Seat (9) on the Seat Post (2), and then use carriagescrew (26) & Washer (74) & Lock Knob (24) to lock it. Make sure the front of the seat is facing straight ahead when locking.

3.5. Install Sensor Middle Wire and Handlebar Post

1. Pull the uppermost end of the steel wire to drive the Sensor Middle Wire (95) through out the inside of the Handlebar Post (4) to the top and hold it in place.
2. Untie the steel wire fixed at the bottom of the Handlebar Post (4). Secure the Sensor Middle Wire (95) with the end of the steel wire.
3. Hold the Knob (29) Handle and pull it outward while installing the Handlebar Post (4) into the MainFrame (1) to the proper position. And rotate the knob (29) to lock the Handlebar Post (4).

3.6. Install Handlebar

1. Remove the 4x Hexagon Socket Head Cap Screw (10) and Washer (17) and put them aside for using.
2. Pull the steel wire to bring the Sensor middle wire (95) connector passes through the slot in the center of the Handlebar mounting piece.

3. Place Handlebar (5) on Handlebar Post (4). Make sure the holes are aligned. Secure it by using Tool D #6, Hexagon socket head capscrews (10) and Washers (17).

3.7. Install iPad Holder Support Tube and iPad Holder

1. Take out the IPAD Holder Support Tube (8) from the inner package, and remove the 2X Hexagon socket flat round head screws (101) on the tube and the 2x Hexagon socket flat round head screws (12) at the backward of the tube and put them aside.
2. Place the IPAD Holder Support Tube (8) on the Handlebar (5). Then lock it by using Tool C and Hexagon socket flat round head screws (101).
3. Align the holes in the back of the IPAD Holder (11) with the holes on the top of the IPAD Holder Support Tube (8). Then secure it by using Tool C and Hexagon socket head capscrews (12), Elastic pad (13), and Washers (14).

3.8. Install Bottle Holder

1. Align the screw holes on the Bottle holder (16) with the screw holes on the IPAD Holder Support Tube (8). Then tighten the Bottle holder by using the removed Hexagon Socket Head Flat Round Head Screw (12) in Step 7 and Tool C.

3.9. Install Batteries

1. Remove the back cover by hand, then prepare the batteries and install two 2A batteries. And install the back cover to complete the battery installation.
2. Plug the wire from the backward of the Monitor Decoration Cover (98) and the Sensorwire (95) coming out of the Handlebar (5). Then snap the Monitor Decoration Cover (98) onto the Handlebar.

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Video 3.1: Detailed installation guide for the YESOUL S26 Exercise Bike.

4. OPERATING INSTRUCTIONS

Your YESOUL Indoor Exercise Bike is designed for intuitive use, offering various features to enhance your workout.

4.1. Adjusting Seat and Handlebars

- **Seat Adjustment:** The seat can be adjusted in four ways (up/down, forward/backward) to ensure optimal comfort and posture. Loosen the adjustment knobs, slide the seat to your desired position, and tighten securely.
- **Handlebar Adjustment:** The handlebars can be adjusted up and down. Loosen the adjustment knob, move the handlebars to a comfortable height, and tighten firmly.



Image 4.1: Adjusting the seat and handlebars for a personalized fit.

4.2. Resistance Control

The bike features 100 levels of silent magnetic resistance. Rotate the red knob located on the frame to increase or decrease resistance. Turn clockwise for higher resistance, counter-clockwise for lower resistance. Press the knob down firmly to activate the emergency stop function.



0-100% Micro-Resistance Adjustment Range



0-20% warming up



20-50% body shaping



50-80% fat burning



80-100% strengthening muscle

Image 4.2: The resistance adjustment knob and its range.

4.3. LCD Screen and App Connectivity

The integrated LCD screen displays key workout metrics such as distance, calories burned, and resistance level. For an enhanced experience, connect your bike to the YESOUL Fitness App via Bluetooth.

- **YESOUL Fitness App:** The app offers scenic global routes, professional coaching programs, and live studio classes. Track your performance, compete on leaderboards, and join interactive community rides.
- **Self-Powered Design:** The bike generates its own power as you pedal, eliminating the need for external power outlets. This also activates dynamic LED lights that illuminate as you ride.



Image 4.3: The YESOUL Smart Fitness Center app interface.

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Video 4.1: A review showcasing the features and app integration of the YESOUL S26 Exercise Bike.

5. 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.
- **Check Connections:** Periodically check all bolts, nuts, and moving parts to ensure they are secure. Tighten as necessary.
- **Pedals:** Ensure pedals are securely fastened to the crank arms.

- **Belt Drive:** The silent belt drive system requires minimal maintenance. Avoid exposing it to excessive moisture or debris.

6. TROUBLESHOOTING

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

- **No Display on LCD:** Check if the batteries are correctly installed and have sufficient charge. Replace if necessary.
- **Unstable Bike:** Ensure the bike is placed on a flat surface. Adjust the leveling feet on the stabilizers to eliminate wobbling.
- **Resistance Issues:** If resistance is not changing or feels inconsistent, check the resistance knob for proper function and ensure no debris is obstructing the magnetic system.
- **App Connectivity Problems:** Ensure Bluetooth is enabled on your device and the YESOUL Fitness App is updated. Restart both the app and your device if issues persist.
- **Noise During Operation:** Check for any loose parts and tighten them. Ensure pedals are securely attached.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	93.98 x 19.05 x 60.96 cm (37 x 7.5 x 24 inches)
Item Model Number	A6EV
Color	Led-black
Drive System	Belt
Material	Kohlenstoffstahl (Carbon Steel)
Power Source	Battery Powered (Self-generating)
Special Features	Full Filled Solid Flywheel, Heavy Duty, Magnetic Resistance, Reinforce the Anti-loosening Nuts of the Pedals
Maximum Weight Capacity	300 Pounds (136.08 kg)
Item Weight	22 kg (48.5 lbs)
Resistance Mechanism	Magnetic

8. WARRANTY AND SUPPORT

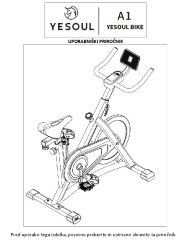
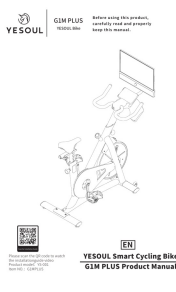
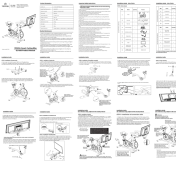
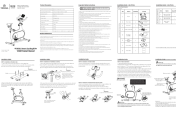

For warranty information, product support, or to purchase replacement parts, please visit the official YESOUL store or contact customer service.

Official YESOUL Store: [Visit the YESOUL Store on Amazon](#)

Please have your model number (A6EV) and purchase date ready when contacting support.

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Related Documents - A6EV

	<p>YESOUL BIKE A1 User Manual - Assembly, Safety, and Operation Guide</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>YESOUL G1M PLUS Smart Cycling Bike - User Manual and Installation Guide</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>Yesoul G1 Max Smart Cycling Bike Installation and User Manual</p> <p>Comprehensive guide for installing and maintaining the Yesoul G1 Max Smart Cycling Bike, including product specifications, assembly steps, parts list, and troubleshooting.</p>
	<p>YESOUL Smart Cycling Bike M2M User Manual and Installation Guide</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>YESOUL S3 Spin Bike: Installation, Adjustment, and Maintenance Guide</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>

A6EV
Spinning Bike

Bevor Sie dieses Produkt verwenden,
lesen Sie die Bedienungsanleitung sorgfältig durch
und beachten Sie die Sicherheitsregeln.



Produktmodell: A6EV
Artikelnummer: A6EV

SE
Spinning Bike
A6EV Bedienungsanleitung

[A6EV Spinning Bike: Installations- und Bedienungsanleitung](#)

Umfassende Anleitung für das A6EV Spinning Bike von YESOUL. Enthält Details zur Installation, Produktparametern, Wartung, Sicherheitshinweisen und App-Nutzung.