

YOSUDA Classical Model (Model 002)

YOSUDA Exercise Bike Instruction Manual

Model: Classical Model (Model 002)

Brand: YOSUDA

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your YOSUDA Exercise Bike, Classical Model (Model 002). Please read this manual thoroughly before assembly and operation. Retain this manual for future reference.



Figure 1: YOSUDA Exercise Bike, Classical Model (Model 002).

2. SAFETY INFORMATION

Before starting any exercise program, consult with your physician. Improper or excessive training can result in health injuries. Always follow these safety guidelines:

- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a mat underneath to protect flooring and enhance stability.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight capacity for this bike is **300 lbs**. Do not exceed this limit.
- Adjust the seat and handlebars to a comfortable and safe position before beginning your workout.
- To stop the flywheel instantly, press down on the resistance bar.
- Regularly inspect the bike for any signs of wear or damage. Do not use if damaged.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged upon unpacking. If any parts are missing or damaged, contact customer support.

- Main Frame
- Handlebar Assembly
- Seat Assembly
- Pedals (Left and Right)
- Front and Rear Stabilizers
- Monitor Console
- Water Bottle Holder
- Toolkit
- Extra Brake Pad
- Installation Manual

4. ASSEMBLY INSTRUCTIONS

Assembly typically takes approximately 30-60 minutes. A detailed assembly video is available online to assist with the process. Follow the steps provided in the included installation manual.



Figure 2: Assembly of the YOSUDA Exercise Bike, designed for solo setup.

1. Attach the front and rear stabilizers to the main frame.
2. Install the pedals, ensuring the left (L) and right (R) pedals are on the correct sides and tightened securely.
3. Mount the seat post and seat assembly.
4. Install the handlebar post and handlebar assembly.
5. Connect the monitor console and any necessary sensor cables.
6. Attach the water bottle holder.

5. PRODUCT FEATURES

The YOSUDA Exercise Bike is designed with several features to enhance your indoor cycling experience:

- **30 lbs Heavy-Duty Flywheel:** Provides smooth and consistent resistance for an effective workout.
- **Belt Drive System:** Offers a quieter and smoother ride compared to chain drives.
- **Adjustable Resistance:** A knob allows for precise control over resistance levels, from light to intense.
- **Sturdy Construction:** Heavy-duty steel frame supports users up to 300 lbs.
- **Multi-function Monitor:** Tracks time, speed, distance, calories burned, and odometer.
- **App Connectivity:** Bluetooth support for the exclusive FED fitness app, offering personalized classes and riding scenarios.
- **Adjustable Components:** 4-way adjustable padded seat and 2-way adjustable handlebars for ergonomic comfort.
- **Cage-Type Pedals:** Designed to prevent slipping during exercise.



Figure 3: The 30lb heavy-duty flywheel ensures smooth inertia and jerk-free cycling.

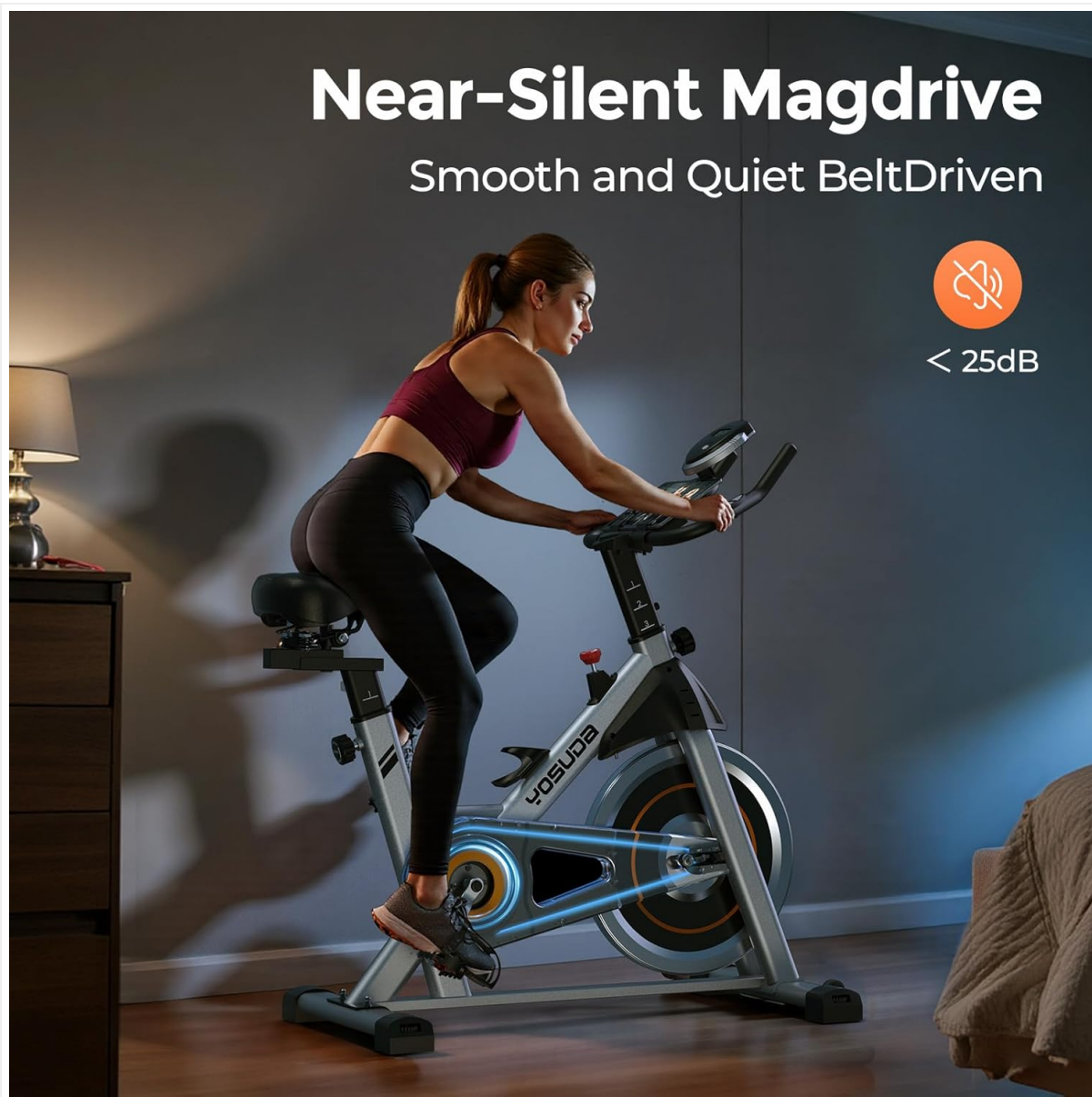


Figure 4: The near-silent belt-driven system operates below 25dB, ideal for quiet environments.

6. OPERATING INSTRUCTIONS

6.1 Adjusting Resistance

The resistance level is controlled by the red knob located on the frame below the handlebars. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. To engage the emergency brake and stop the flywheel instantly, press the knob down firmly.



Figure 5: The resistance knob allows for instant adjustment of workout intensity, up to 70 lbs of drag.

6.2 Using the Monitor Console

The multi-function monitor displays key workout data. It typically tracks:

- **TIME:** Duration of your workout.
- **SPD (Speed):** Current cycling speed.
- **DIST (Distance):** Distance covered during the current workout.
- **CAL (Calories):** Estimated calories burned.
- **ODO (Odometer):** Total accumulated distance.
- **PUL (Pulse):** Heart rate (if applicable and sensors are used).

Use the button on the monitor to cycle through display modes or reset values as needed. The tablet holder allows you to place your device for entertainment or app use during your workout.

Grip & Track Heart Rate

7-Type Data Display



Figure 6: The monitor console provides 7-type data display, including heart rate tracking.

6.3 Smart App Support

The YOSUDA Exercise Bike supports Bluetooth connectivity with the exclusive FED fitness app. Download the app from your device's app store. Follow the in-app instructions to pair your bike and access personalized fitness courses, track your progress, and engage in various riding scenarios.

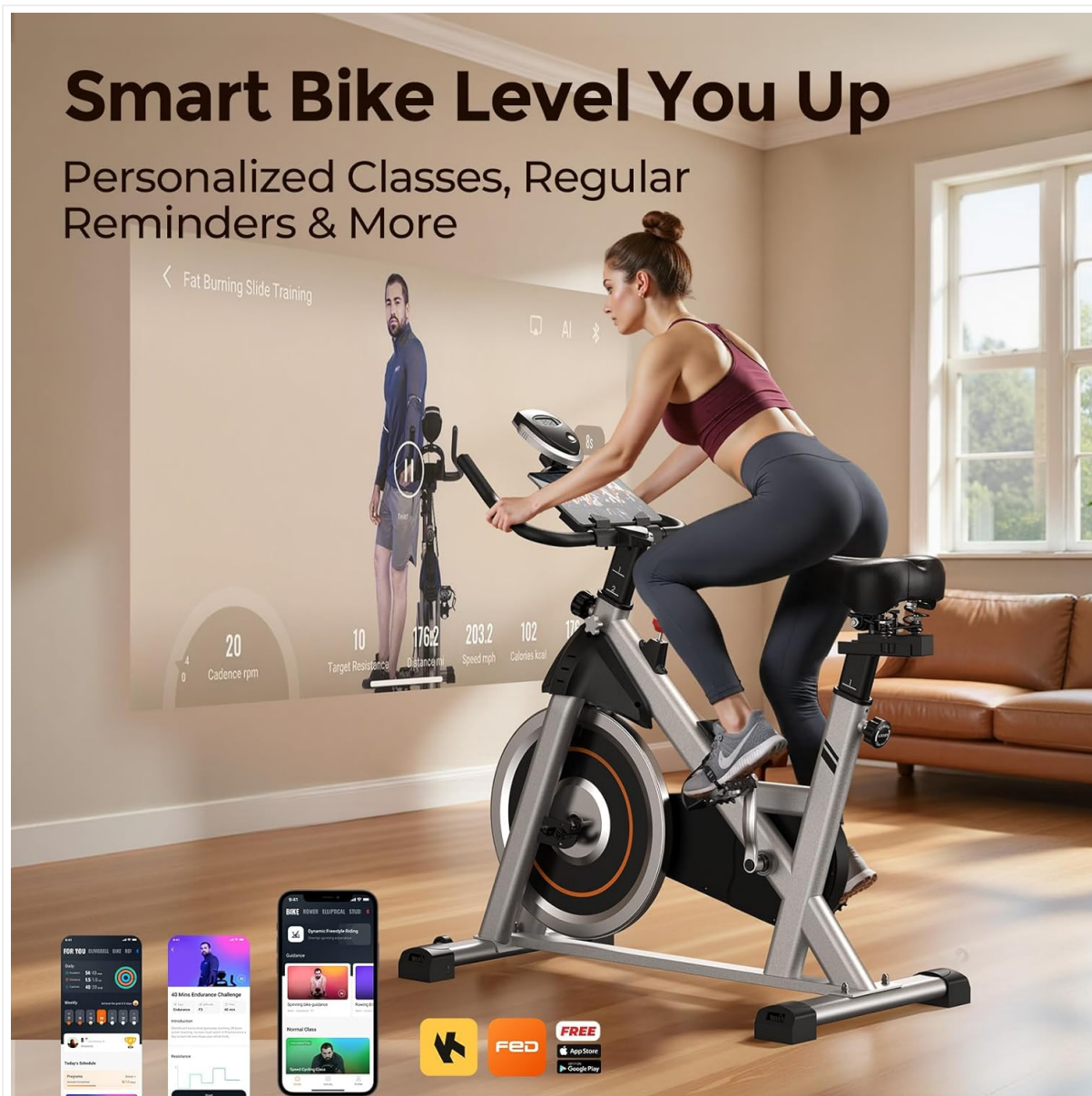


Figure 7: The smart app integration offers personalized classes and regular reminders to enhance your fitness journey.

7. ADJUSTMENTS

Proper adjustment of the seat and handlebars is crucial for comfort and injury prevention. The YOSUDA Exercise Bike accommodates users from 4 feet 8 inches to 6 feet 1 inch tall.

7.1 Seat Adjustment

The padded seat offers 4-way adjustment:

- **Height Adjustment:** Loosen the knob on the vertical seat post, adjust to the desired height, and re-tighten. Your knee should have a slight bend at the bottom of the pedal stroke.
- **Forward/Backward Adjustment:** Loosen the knob under the seat, slide the seat forward or backward to align your knee with the pedal axle when the pedal is at the 3 o'clock position, then re-tighten.

7.2 Handlebar Adjustment

The handlebars offer 2-way adjustment:

- **Height Adjustment:** Loosen the knob on the handlebar post, adjust to a comfortable height that allows for a slight bend in your elbows, and re-tighten.



Figure 8: The YOSUDA Exercise Bike features 4-way seat and 2-way handlebar adjustments for optimal comfort.

8. MAINTENANCE

Regular maintenance ensures the longevity and safe operation 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 screws to ensure they are tight. Re-tighten if necessary.
- **Brake Pad:** The brake pad is a wear-and-tear item. Replace it when it shows significant wear or if resistance becomes inconsistent. An extra brake pad is included in your package.
- **Lubrication:** The belt drive system is generally maintenance-free. Do not apply lubricants to the belt or flywheel unless specifically instructed by YOSUDA support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

9. TROUBLESHOOTING

If you encounter issues with your YOSUDA Exercise Bike, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Bike is wobbly	Uneven floor; loose stabilizers	Adjust the leveling feet on the stabilizers; ensure all stabilizer bolts are tight.
Squeaking or grinding noise	Loose parts; worn brake pad; foreign object	Check and tighten all bolts; inspect and replace brake pad if worn; check for obstructions.
Monitor not displaying data	Dead batteries; loose sensor connection	Replace monitor batteries; check that all sensor cables are securely connected.
Resistance not changing	Resistance mechanism issue; worn brake pad	Ensure the resistance knob is functioning correctly; inspect and replace the brake pad.
Pedals feel loose	Pedals not tightened correctly	Re-tighten pedals, ensuring the left pedal is tightened counter-clockwise and the right clockwise.

If the problem persists after attempting these solutions, please contact YOSUDA customer support for further assistance.

10. SPECIFICATIONS

Specification	Detail
Brand	YOSUDA
Model Name	exercise bike 002 (Classical Model)
Resistance Mechanism	Friction
Flywheel Weight	30 lbs
Maximum Weight Recommendation	300 Pounds
Item Weight	64 Pounds
Product Dimensions (D x W x H)	29.9" x 7.5" x 38.6"
Material	Alloy Steel (Frame), Aluminum (Handle)
Power Source	Battery Powered (for monitor)
Special Features	Adjustable Resistance Level, Adjustable Seat, App Connectivity, Console Display, Water Bottle Holder
Recommended Uses	Indoor

11. WARRANTY AND SUPPORT

YOSUDA is committed to providing high-quality products and customer satisfaction.



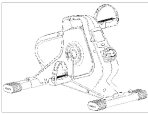

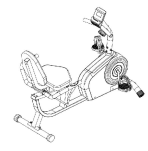
- **Return/Exchange Policy:** 30-days unconditional return/exchange from the date of purchase.
- **Parts Replacement:** 6 months replacement of parts, with **a one-year free parts replacement** policy.
- **Technical Service:** 24/7 technical support is available for a superior customer experience.

For warranty claims, technical assistance, or any product-related inquiries, please contact YOSUDA customer

support through the retailer where the product was purchased or visit the official YOSUDA website.

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Related Documents - Classical Model (Model 002)

<div><div>YOSUDA CYCLING BIKE MANUAL</div><div>Pro</div><div></div><div><p>1. Please read this manual before assembling and using the exercise bike for the purpose of ensuring the safety of the user. The manual must be read and understood before use, and no person will be held responsible for any damage or injury caused by improper use of the product.</p></div></div>	<p>YOSUDA Cycling Bike Pro User Manual</p> <p>Comprehensive user manual for the YOSUDA Cycling Bike Pro, covering safety instructions, product overview, assembly, and maintenance guidelines.</p>
<div><div>Installation and Operation Manual of Spinning Bike</div><div>L-007A</div><div></div><div><p>1. Please read this manual before assembling and using the exercise bike for the purpose of ensuring the safety of the user. The manual must be read and understood before use, and no person will be held responsible for any damage or injury caused by improper use of the product.</p></div></div>	<p>YOSUDA L-007A Spinning Bike: Installation and Operation Manual</p> <p>This manual provides comprehensive instructions for the installation, operation, and maintenance of the YOSUDA L-007A spinning bike. It includes safety precautions, a product overview, parts list, assembly steps, and activity guidelines for home fitness.</p>
<div><div>Usage & Installation Instructions</div><div></div><div><p>1. Please read this manual before assembling and using the exercise bike for the purpose of ensuring the safety of the user. The manual must be read and understood before use, and no person will be held responsible for any damage or injury caused by improper use of the product.</p></div></div>	<p>Yosuda Pedal Exerciser: Usage and Installation Manual</p> <p>Comprehensive guide for the Yosuda pedal exerciser, covering safety precautions, product components, step-by-step installation, monitor usage, and resistance adjustment. Includes detailed parts lists and contact information.</p>
<div><div>YOSUDA X-BIKE ASSEMBLY MANUAL</div><div>X-1-01A</div><div></div><div><p>IMPORTANT: Please read this manual before assembling and using the exercise bike for the purpose of ensuring the safety of the user. The manual must be read and understood before use, and no person will be held responsible for any damage or injury caused by improper use of the product.</p></div></div>	<p>Yosuda X-Bike Assembly Manual and User Guide (Model X-1-01A)</p> <p>Comprehensive assembly manual and user guide for the Yosuda X-Bike (Model X-1-01A), detailing safety precautions, step-by-step assembly instructions, product specifications, computer functions, and exercise routines.</p>
<div><div>YOSUDA Recumbent Exercise Bike Assembly Manual</div><div>Model: RC-PRO</div><div></div><div><p>IMPORTANT: Please read this manual before assembling and using the exercise bike for the purpose of ensuring the safety of the user. The manual must be read and understood before use, and no person will be held responsible for any damage or injury caused by improper use of the product.</p></div></div>	<p>YOSUDA RC-PRO Recumbent Exercise Bike Assembly Manual</p> <p>Detailed assembly manual for the YOSUDA RC-PRO Recumbent Exercise Bike, including safety information, parts list, step-by-step instructions, and adjustment guides.</p>

Instructions for installation and use of the spinning bike.

Pro-R



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Please read the manual before handling and using the spinning bike. Following the provision of necessary instructions, the product can be safely used. Please read the manual carefully.

[YOSUDA Pro-R Spinning Bike Installation and User Manual](#)

Comprehensive guide for the installation, use, safety precautions, and maintenance of the YOSUDA Pro-R spinning bike. Includes detailed parts list and assembly instructions.