

YOSUDA DSJ-01

YOSUDA DSJ-01 3-in-1 Elliptical Exercise Machine User Manual

Model: DSJ-01 | Brand: YOSUDA

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembling or using the YOSUDA DSJ-01 Elliptical Exercise Machine. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the machine during operation.
- Place the machine on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 300 lbs (136 kg).
- Use the machine only for its intended purpose as described in this manual.

2. PRODUCT OVERVIEW

The YOSUDA DSJ-01 is a versatile 3-in-1 exercise machine designed for home use, combining the benefits of an elliptical, cardio climber, and stair stepper. It features a quiet magnetic resistance system and 16 adjustable resistance levels.



Image 2.1: The YOSUDA DSJ-01 3-in-1 Elliptical Exercise Machine. This image shows the overall design of the machine, highlighting its compact footprint and integrated console.

2.1 Key Features

- **3-in-1 Functionality:** Elliptical, Cardio Climber, and Stair Stepper modes.
- **16 Resistance Levels:** Adjustable magnetic resistance for varied workout intensity.
- **Quiet Operation:** Advanced magnetic system ensures smooth and silent workouts.
- **Compact Design:** Space-saving footprint suitable for home environments.
- **Integrated Display:** Tracks time, speed, distance, calories, ODO, and pulse.
- **45° Incline & 15.5-inch Stride:** Mimics climbing motion for effective cardio.



Image 2.2: Illustration of the YOSUDA DSJ-01's 3-in-1 functionality. This image visually explains how the machine can be used as an elliptical, vertical climber, and stair stepper, demonstrating its versatility.

3. SETUP AND ASSEMBLY

The YOSUDA DSJ-01 comes with detailed instructions and necessary tools for assembly. It is recommended to have assistance during the assembly process due to the weight and size of some components.

3.1 Unpacking

1. Carefully open the packaging and remove all components.
2. Verify that all parts listed in the included parts diagram are present.
3. Place all small parts in a tray to prevent loss.

3.2 Assembly Steps

Refer to the included instruction manual for step-by-step assembly. An assembly video may also be available online for visual guidance.

- Attach the front and rear stabilizers to the main frame.
- Install the upright post and connect the tension cable.
- Mount the handlebars and pedal arms.
- Secure the pedals to the pedal arms.
- Install the console and connect its wires.
- Ensure all bolts and nuts are securely tightened before first use.



Image 3.1: The YOSUDA DSJ-01 in a folded position and upright, showing its compact dimensions and transport wheels. This image illustrates how the machine can be stored and moved easily after assembly.

4. OPERATING INSTRUCTIONS

4.1 Getting Started

1. Step onto the pedals, ensuring your feet are centered and secure.
2. Grasp the moving handlebars for full-body engagement or the stationary handlebars for pulse monitoring.
3. Begin pedaling in a smooth, controlled motion.

4.2 Adjusting Resistance

The YOSUDA DSJ-01 features 16 levels of magnetic resistance. To adjust the intensity of your workout:

- Locate the resistance knob, typically found below the console.
- Turn the knob clockwise to increase resistance (levels 1-16).
- Turn the knob counter-clockwise to decrease resistance.

16 Adjustable Resistance Meets All Goals

Heavier Flywheel, Greater Resistance, Higher Fat-burning Effect



Image 4.1: Close-up of the resistance knob and internal flywheel mechanism. This image demonstrates the 16 adjustable resistance levels and the magnetic system that provides varied workout intensity.

4.3 Console Functions

The integrated console displays various workout metrics:

- **TIME:** Duration of your current workout.
- **SPEED:** Current speed in miles per hour (MPH) or kilometers per hour (KM/H).
- **DISTANCE:** Distance covered during your workout.
- **CALORIES:** Estimated calories burned.
- **ODO:** Total accumulated distance.
- **PULSE:** Heart rate reading from the hand pulse sensors on the stationary handlebars.
- **SCAN:** Automatically cycles through all display functions.

Use the "MODE" button to select a specific display function or "RESET" to clear current workout data.

Live Heart-Rate & Fat-Burn Tracking



Image 4.2: The digital console display showing various workout metrics. This image highlights the data tracking capabilities, including distance, calories, time, speed, ODO, and pulse.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your YOSUDA DSJ-01 Elliptical Exercise Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. If any squeaking or unusual noises occur from moving parts, consult the manufacturer's support.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and moisture. Utilize the transport wheels for easy relocation.

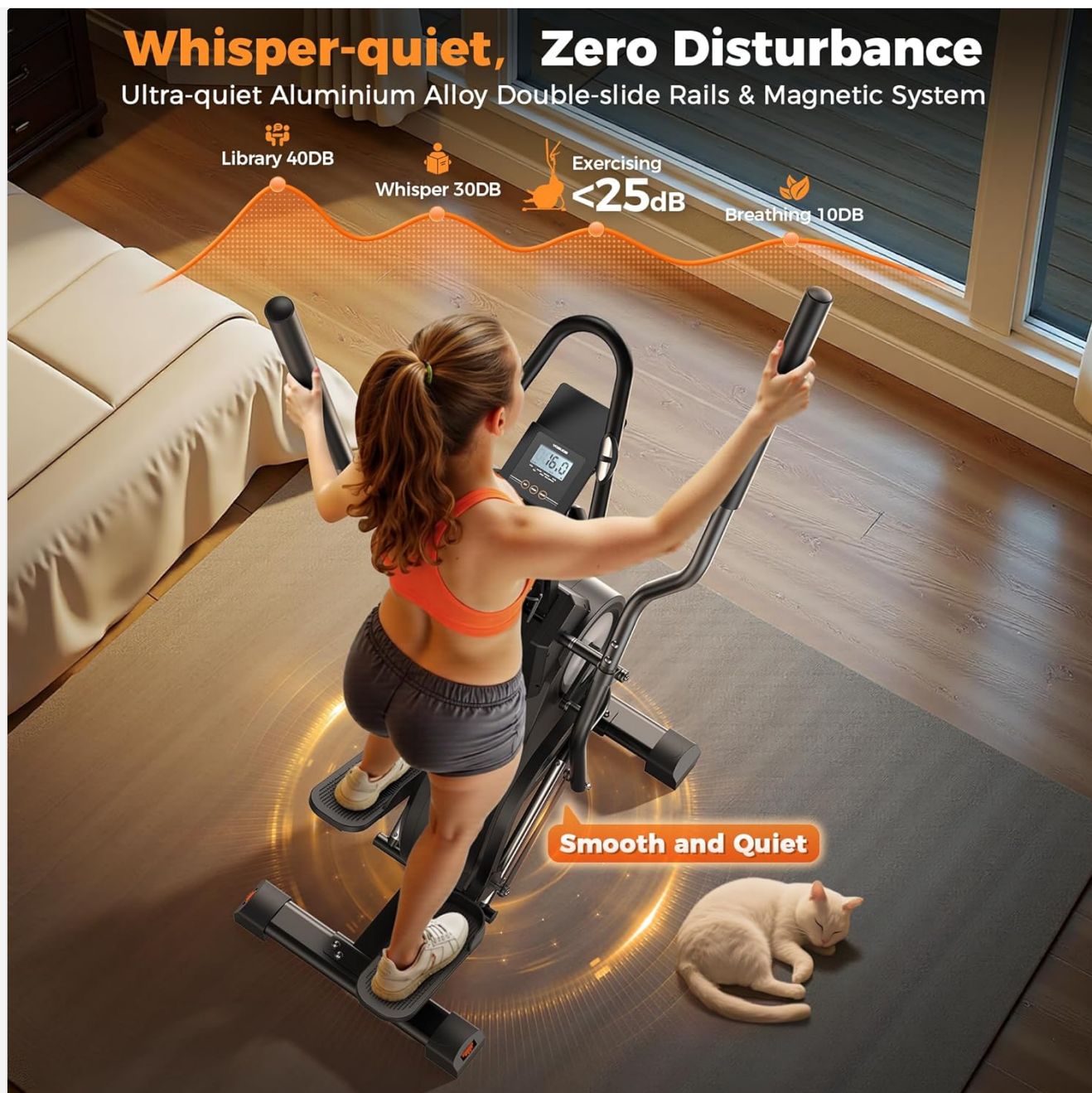


Image 5.1: A user exercising on the YOSUDA DSJ-01, emphasizing its quiet operation. This image illustrates the machine's low noise level, making it suitable for shared living spaces.

6. TROUBLESHOOTING

If you encounter any issues with your YOSUDA DSJ-01, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Console not displaying data	Loose cable connection, dead batteries.	Check all cable connections to the console. Replace batteries in the console.
Squeaking or grinding noise	Loose bolts, lack of lubrication on moving joints.	Inspect and tighten all assembly bolts. Contact customer service if noise persists.
Resistance not changing	Tension cable disconnected or damaged.	Check the connection of the tension cable to the resistance mechanism. Contact customer service for assistance.

Problem	Possible Cause	Solution
Machine feels wobbly	Uneven surface, loose stabilizers or frame bolts.	Ensure the machine is on a level surface. Check and tighten all bolts on the frame and stabilizers.

If the problem persists after attempting these solutions, please contact YOSUDA customer service.

7. SPECIFICATIONS

Feature	Detail
Model Name	DSJ-01
Brand	YOSUDA
Color	Black Orange
Product Dimensions (LxWxH)	38"D x 21"W x 62"H (96.5 cm D x 53.3 cm W x 157.5 cm H)
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Maximum Weight Recommendation	300 Pounds (136 kg)
Stride Length	Approximately 15.5 inches (39.4 cm)
Item Weight	94.6 Pounds (43 kg)
Flywheel Weight	18 lbs (8.16 kg)
Included Components	Elliptical machine, Instruction manual, Assembly tools

8. WARRANTY AND CUSTOMER SUPPORT

YOSUDA provides comprehensive support for your DSJ-01 Elliptical Exercise Machine.

8.1 Warranty Information

The YOSUDA DSJ-01 comes with a **5-year service warranty**. This warranty covers manufacturing defects and significant operational issues under normal use. Please retain your proof of purchase for warranty claims.

8.2 Customer Service

For any questions, concerns, or assistance with assembly, operation, or troubleshooting, please contact the YOSUDA online service team. Your inquiries will typically be answered within 12 hours.

For further support, visit the official YOSUDA store on Amazon: [YOSUDA Store](#)



<div><div>YOSUDA</div><div>CARDIO CLIMBER MANUAL</div><div></div><div><small>IMPORTANT: Please read this manual before using the machine. It contains important safety information and instructions. Failure to follow these instructions could result in injury or death.</small></div></div>	<p>YOSUDA Cardio Climber Manual: Assembly, Operation, and Safety Guide</p> <p>Comprehensive user manual for the YOSUDA Cardio Climber, covering assembly instructions, safety precautions, computer functions, exercise tips, and specifications. Get your YOSUDA elliptical trainer set up and running safely.</p>
<div><div>User Manual</div><div>BE5033</div><div></div><div><small>1</small></div></div>	<p>Yosuda BE5033 Elliptical Trainer User Manual</p> <p>Comprehensive user manual for the Yosuda BE5033 elliptical trainer, covering assembly instructions, safety precautions, monitor operation, and exercise guidance.</p>
<div><div>YOSUDA</div><div>Electric Under Desk Ellipse User Manual</div><div></div><div><small>WARNING: Please read this manual carefully before using the machine. If necessary, we may update this manual from time to time. The instruction manual is not intended to be a substitute for proper safety practices. Please read the manual carefully.</small></div></div>	<p>YOSUDA Electric Under Desk Ellipse: User Manual, Operation, and Safety Guide</p> <p>Comprehensive user manual for the YOSUDA Electric Under Desk Ellipse, covering operation instructions, part lists, maintenance, troubleshooting, and safety precautions for optimal use.</p>
<div><div>YOSUDA Recumbent Exercise Bike</div><div>Assembly Manual</div><div>Model: RC-PRO</div><div></div><div><small>IMPORTANT: Please read this manual before assembling and using. Please refer to the manual for safety instructions.</small></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>
<div><div>User Manual</div><div>YOSUDA</div><div>ROWING MACHINE RM002</div><div></div><div><small>Please read this manual carefully before using the machine. If necessary, we may update this manual from time to time. The instruction manual is not intended to be a substitute for proper safety practices. Please read the manual carefully.</small></div></div>	<p>YOSUDA ROWING MACHINE RM002 User Manual - Assembly, Operation, and Safety Guide</p> <p>Comprehensive user manual for the YOSUDA ROWING MACHINE RM002, covering safety information, parts list, assembly instructions, warm-up and exercise stages, and exercise monitor functions.</p>
	<p>YOSUDA YSD-ME-01 Electric Under Desk Ellipse User Manual</p> <p>User manual for the YOSUDA YSD-ME-01 Electric Under Desk Ellipse, providing detailed operation guides, safety precautions, troubleshooting tips, and product specifications for home fitness and rehabilitation.</p>