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› YOSUDA Magnetic Exercise Bike Model 002C-EU-PRO User Manual

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YOSUDA Magnetic Exercise Bike Model 002C-EU-PRO User Manual

Model: 002C-EU-PRO | Brand: YOSUDA

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembling and using the YOSUDA Magnetic Exercise Bike. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a flat, stable surface. Ensure adequate clearance around the bike.
- Inspect the bike for loose or damaged parts before each use. Do not use if any parts are damaged.
- Wear appropriate exercise clothing and footwear.
- The maximum user weight capacity for this bike is **136 kg (300 lbs)**.
- Adjust the seat and handlebars to a comfortable and safe position before starting your workout.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

Pieds Élargis 50% d'Adhérence



Tubes Renforcés
3 mm



MAX
136 KG



Figure 1.1: The YOSUDA bike's reinforced structure supports up to 136 kg, ensuring stability during workouts.

2. PACKAGE CONTENTS

The YOSUDA Magnetic Exercise Bike comes 80% pre-assembled. Carefully unpack all components and verify that all parts are present before beginning assembly. Refer to the detailed assembly manual included in the box for a complete list of parts.

Typical package contents include:

- Main frame (pre-assembled)
- Stabilizer bars (front and rear)
- Pedals (left and right)
- Seat and seat post
- Handlebar and handlebar post
- LED monitor
- Tablet holder
- Hardware kit (bolts, washers, tools)

- User manual

3. ASSEMBLY INSTRUCTIONS

The YOSUDA Magnetic Exercise Bike is designed for quick and easy assembly, with 80% of the unit pre-assembled. Most users can complete the assembly within 30 minutes by following the step-by-step instructions provided in the included manual.

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten securely.
3. **Assemble Seat:** Attach the seat to the seat post, then insert the seat post into the main frame. Adjust height as needed.
4. **Install Handlebars:** Attach the handlebars to the handlebar post, then insert the handlebar post into the main frame.
5. **Connect Monitor:** Connect the sensor wires from the main frame to the LED monitor. Mount the monitor onto the handlebar post.
6. **Attach Tablet Holder:** Secure the tablet holder to the handlebar assembly.

For visual guidance, refer to the detailed assembly video tutorials available on the YOSUDA official website or by scanning the QR code in your printed manual.

Montage en 30 min - seul(e)

Compact pour appartement



Figure 3.1: The YOSUDA bike is 80% pre-assembled, allowing for quick setup in approximately 30 minutes.

4. PRODUCT OVERVIEW AND FEATURES

The YOSUDA Magnetic Exercise Bike is designed for a stable, quiet, and comfortable indoor cycling experience. Key features include:

- **Reinforced Double-Triangle Structure:** Constructed with thicker steel, providing enhanced stability and safety. Dimensions: 121 x 96 x 56 cm.
- **Continuous Adjustable Resistance:** Offers 0-100% resistance levels, suitable for various fitness goals from gentle warm-ups to intense muscle strengthening.
- **Ultra-Silent Magnetic Resistance System:** Advanced magnetic resistance combined with a silent belt drive ensures a smooth and quiet workout experience (below 25dB).
- **Ergonomic Design:** Features two-way adjustable non-slip handlebars and a four-way adjustable wide, soft saddle for optimal comfort. Includes a bottle holder and transport wheels.

- **Intelligent Training Monitor:** An HD LCD screen displays heart rate, time, speed, distance, calories burned, and odometer. Connects to an application for tracking progress and setting goals.



Figure 4.1: Overview of the YOSUDA Magnetic Exercise Bike, featuring its quiet magnetic resistance and belt drive.



Figure 4.2: Explanation of the silent and durable magnetic resistance system.

5. OPERATION

5.1 Adjusting Resistance

The YOSUDA bike features a continuously adjustable magnetic resistance system. To increase resistance, turn the red knob clockwise. To decrease resistance, turn the knob counter-clockwise. Push the knob down to engage the emergency brake and stop the flywheel immediately.

- **0-20% Resistance:** Ideal for gentle warm-ups and cool-downs.
- **30-70% Resistance:** Suitable for endurance training and moderate workouts.
- **80-100% Resistance:** For intense muscle strengthening and high-intensity interval training (HIIT).

Entraînement Magnétique quasi silencieux

Transmission par courroie fluide et silencieuse



Figure 5.1: Resistance adjustment knob and recommended training zones.

5.2 Using the LED Monitor

The integrated HD LCD monitor tracks your workout data. It displays the following metrics:

- **PUL (Pulse/Heart Rate):** Measures your heart rate (if connected to a compatible sensor, not explicitly mentioned as included, but implied by feature bullet).
- **SPD (Speed):** Current cycling speed.
- **ODO (Odometer):** Total accumulated distance.
- **DIST (Distance):** Distance covered during the current workout.
- **TIME (Time):** Duration of the current workout.
- **CAL (Calories):** Estimated calories burned during the current workout.

Press the MODE button to cycle through the display functions or hold it to reset values (consult your specific monitor manual for exact operation).

Suivez facilement votre progression

Affichage de **7 Données**



Figure 5.2: LED monitor displaying 7 types of workout data.

5.3 App Connectivity (Smart Bike Features)

Enhance your training by connecting your device to compatible fitness applications. The tablet holder allows you to place your smartphone or tablet for easy viewing during your workout. These applications can help you track sessions, set goals, and monitor your progress over time.

Smart Bike : Votre nouvel niveau

Cours personnalisés,
rappels réguliers & plus



Figure 5.3: Smart bike features with app connectivity for personalized training.

6. ADJUSTMENTS

Proper adjustment of the seat and handlebars is crucial for comfort and effective training, accommodating users between 142 cm and 188 cm in height.

• Seat Adjustment (4-way):

- **Height:** Loosen the adjustment knob on the vertical seat post. Raise or lower the seat until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Forward/Backward:** Loosen the adjustment knob under the seat. Slide the seat forward or backward to ensure your knee is directly above the pedal axle when the pedals are horizontal. Tighten the knob securely.

• Handlebar Adjustment (2-way):

- **Height:** Loosen the adjustment knob on the handlebar post. Raise or lower the handlebars to a comfortable height that allows for a slight bend in your elbows and a relaxed upper body posture. Tighten the knob securely.

Réglage facile du siège

Pour une taille de 142 cm à 188 cm

4 Sens

Selle Réglable

2 Sens

Guidon Réglable



Figure 6.1: Seat and handlebar adjustment points for personalized comfort.

7. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your YOSUDA exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system and belt drive are designed for low maintenance and typically do not require lubrication. If you notice any unusual noises, contact customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The integrated transport wheels allow for easy relocation.

8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Bike is unstable or wobbly.	Uneven floor; loose stabilizer bolts.	Adjust the leveling feet on the stabilizer bars. Ensure all assembly bolts are securely tightened.
Squeaking or grinding noise.	Loose parts; foreign object; worn belt (unlikely for new bike).	Check all connections and tighten. Inspect for any obstructions. If noise persists, contact customer support.
Resistance not changing or inconsistent.	Resistance knob not fully engaged; internal mechanism issue.	Ensure the resistance knob is turned fully. If the issue continues, contact customer support.
Monitor not displaying data.	Loose sensor cable; dead batteries; monitor malfunction.	Check that the sensor cable is securely connected. Replace monitor batteries. If still not working, contact customer support.

9. SPECIFICATIONS

Feature	Detail
Brand	YOSUDA
Model Number	002C-EU-PRO
Color	Orange Pro (as per variant)
Material	Metal
Product Dimensions (L x W x H)	123P x 56l x 110H centimeters (approx. 48.4 x 22 x 43.3 inches)
Resistance Type	Magnetic
Number of Resistance Levels	Continuously adjustable (0-100%, indicated as 99 levels in some specs)
Max User Weight	136 kg (300 lbs)
Adjustable Seat	4-way (height, forward/backward)
Adjustable Handlebars	2-way (height)
Monitor	HD LCD (displays Time, Speed, Distance, Calories, Odometer, Pulse)
Connectivity	App compatible (via tablet holder)

10. WARRANTY AND SUPPORT

The YOSUDA Magnetic Exercise Bike comes with a **2-year warranty**. YOSUDA is committed to providing high-quality fitness equipment and excellent customer service.

If you have any questions, require assistance with assembly, or encounter any issues with your product, please do not hesitate to contact our customer service team. Our team aims to respond to all inquiries within 24 hours.

Contact Information:

- Refer to the contact details provided in your product packaging or on the official YOSUDA website.
- Online support is available through the YOSUDA store on Amazon: [YOSUDA Amazon Store](#)

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

What is the flywheel weight for the YOSUDA Magnetic Exercise Bike model B0GKG2LN1L / 002C-Y-PRO?

Based on the available documentation for the YOSUDA Magnetic Exercise Bike (Model 002C-EU-PRO / 002C-Y-PRO), the specific weight of the flywheel in kilograms is not explicitly listed in the technical specifications section of the...

[Read full answer](#)