

YOSUDA L-007C

YOSUDA PRO Magnetic Exercise Bike L-007C User Manual

Model: L-007C

1. INTRODUCTION

Thank you for choosing the YOSUDA PRO Magnetic Exercise Bike L-007C. This manual provides essential information for the safe assembly, operation, and maintenance of your new indoor cycling bike. Please read this manual thoroughly before using the product and retain it for future reference.

2. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions. Failure to follow these instructions can result in serious injury.

- Always place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise attire and footwear. Avoid loose clothing that could get caught in moving parts.
- Inspect the bike for loose parts or damage before each use. Do not use if damaged.
- The maximum user weight capacity for this bike is 400 lbs (181 kg).
- Ensure all bolts and nuts are securely tightened before use.
- Use the emergency brake to stop the flywheel quickly if needed.
- Do not attempt to modify the equipment.

400LBS Weight Capacity



Image: The YOSUDA PRO Magnetic Exercise Bike features a triangular stable design and is constructed from commercial-grade steel, supporting a maximum user weight of 400 lbs.

3. ASSEMBLY INSTRUCTIONS

The YOSUDA PRO Magnetic Exercise Bike is designed for one-person fast assembly, with approximately 80% of the unit pre-assembled. Tools required for final assembly are included.

3.1 Package Contents

Verify all parts are present before beginning assembly. Refer to the included parts diagram for identification.

3.2 Step-by-Step Assembly

1. Attach the front and rear stabilizers to the main frame using the provided bolts and washers.
2. Install the pedals. Note that the left pedal (L) and right pedal (R) are threaded differently. Turn the left pedal counter-clockwise and the right pedal clockwise to tighten.
3. Insert the seat post and seat into the main frame. Adjust to your desired height and secure with the adjustment knob.

4. Attach the handlebar post and handlebars. Adjust the handlebar height and fore/aft position, then secure.
5. Connect the monitor cables and mount the monitor onto the handlebar post.



Image: The YOSUDA PRO Magnetic Exercise Bike is designed for quick assembly, with most major components pre-assembled. Necessary tools are included.

4. OPERATING INSTRUCTIONS

4.1 Adjusting for Comfort

The YOSUDA PRO Magnetic Exercise Bike offers multiple adjustment points to ensure a comfortable and effective workout for users of various heights (inseam height 25-36 inches).

- **Seat Adjustment:** The seat can be adjusted 4-ways (up/down and fore/aft). Loosen the adjustment knob, slide the seat to the desired position, and tighten securely.
- **Handlebar Adjustment:** The handlebars can be adjusted 2-ways (up/down and fore/aft). Loosen the adjustment knob, move the handlebars to the preferred position, and tighten firmly.
- **Pedal Straps:** Adjust the toe-caged pedal straps to secure your feet firmly in place.

Adjustable Comfort Fits Everyone



Suitable Height
4'8"-6'4"



Image: The exercise bike features 4-way seat and 2-way handlebar adjustments to accommodate various user heights and preferences.

4.2 Resistance System

The bike features a hyper-quiet magnetic resistance system with a 50 lbs flywheel, offering 100 micro-adjustable resistance levels. This allows for precise control over your workout intensity.

- **Adjusting Resistance:** Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease it.
- **Emergency Stop:** Press the resistance knob down firmly to engage the emergency brake and stop the flywheel immediately.

100-Level Climb Resistance Doubles **Fat Burn**



Image: The bike's 50 lbs flywheel and 100 micro-adjustable magnetic resistance levels provide a wide range of workout intensities.

4.3 Using the Monitor and Tablet Holder

The integrated monitor displays key workout data, and the tablet holder allows for entertainment during your session.

- **Monitor Functions:** The large screen monitor displays RPM, time, speed, distance (in miles), calories burned, and odometer. Refer to the monitor's specific instructions for detailed operation.
- **Tablet Holder:** Place your tablet securely in the holder located on the handlebars. (Note: Tablet is not included).

Monitor Your Real-time Progress



TIME



SPEED



DIST



KCAL



ODO



Image: The easy-to-read monitor tracks your real-time progress, while the integrated tablet holder provides convenience for entertainment.

4.4 Bluetooth Connectivity

The YOSUDA PRO Magnetic Exercise Bike features Bluetooth connectivity, allowing it to sync with sports apps for real-time data recording and access to exercise courses.

- **Pairing:** Follow the instructions provided by your chosen sports app to pair it with the exercise bike via Bluetooth.
- **Data Tracking:** Once connected, the app can display and record your workout metrics, enhancing your training experience.

Visual Rides Through **Top Apps**



Image: The bike's Bluetooth feature allows connection to various sports apps for visual rides and detailed workout data tracking.

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.
- **Lubrication:** Periodically check and lubricate moving parts as recommended in the detailed assembly guide (if applicable).
- **Bolt Check:** Regularly inspect all bolts and nuts to ensure they are tight. Re-tighten if necessary.
- **Belt Drive:** The silent belt drive system is designed for low maintenance. Avoid exposing it to excessive moisture or debris.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your YOSUDA PRO Magnetic Exercise Bike.

Problem	Possible Cause	Solution
Bike is noisy or squeaks	Loose bolts, lack of lubrication, uneven surface.	Check and tighten all bolts. Apply lubricant to moving parts if specified in the detailed guide. Ensure bike is on a level surface.
Monitor not displaying data	Loose cable connection, dead batteries.	Check that all monitor cables are securely connected. Replace batteries in the monitor.
Resistance not changing	Resistance mechanism issue, knob not fully engaged.	Ensure the resistance knob is properly engaged and turning freely. If the issue persists, contact customer support.
Bike feels unstable	Uneven floor, loose stabilizers.	Adjust the leveling feet on the stabilizers to ensure stability. Tighten stabilizer bolts.

7. SPECIFICATIONS

- **Model Name:** L-007C
- **Brand:** YOSUDA
- **Resistance Mechanism:** Magnetic
- **Flywheel Weight:** 50 lbs
- **Maximum Weight Recommendation:** 400 Pounds
- **Product Dimensions:** 50"D x 22"W x 44.5"H
- **Item Weight:** 86 Pounds
- **Material:** Alloy Steel
- **Special Features:** Light Commercial, Magnetic, Smart with Bluetooth
- **Power Source:** Corded Electric (for monitor, if applicable)
- **Recommended Uses:** Indoor
- **Minimum User Height:** Approximately 25 Inches (inseam)

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or visit the official YOSUDA website. If you encounter any issues not covered in this manual or require further assistance, please contact YOSUDA customer support.

YOSUDA Customer Support: Please visit [the YOSUDA Store on Amazon](#) for contact information or support resources.