

YESOUL

G1M PLUS

YESOUL Bike

Before using this product, carefully read and properly keep this manual.

YESOUL Smart Cycling Bike

G1M PLUS Product Manual

Product model: YS-001

Product Parameters	
Screen size	21.5 inch (1920*1080 pixels)
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply input	24V= 3A
Bluetooth	5.0
Height limit	150 ~ 188cm
Rated maximum load	120kg
Net weight	35kg
Gross weight	41kg
Overall dimensions	(Length) 1295mm × (Width) 530mm × (Height) 1450mm

Routine Maintenance	
1. Keep the cycling bike on a dry, ventilated and flat floor. If not used in a long time, the bike should be covered to keep its body clean and tidy.	
2. Wipe off sweat on the frame with cloth after exercise. Do not wipe the bike with wet cloth, in order to avoid rusting.	
3.Adjust or replace the belt timely if the belt pulley is cracked and deviated.Regularly clean the belt groove to prevent the belt from jumping out of the groove.	
4. Regularly check the screws of all body parts for loosening or falling, and tighten or replace them in time.	
5. Regularly Check the resistance knob for looseness or dislodgement and reasonable resistance values so that the resistance value can be calibrated in time.	
6. Regularly check the screws of pedals and cranks for loosening, and tighten them in time.	
7. Regularly check whether the saddle is loose and tighten it in time. Wipe the saddle with cotton cloth to keep it dry.	
8. Regularly check the power cable for cracking and deviation, and replace the damaged one in time.	

Monitor specifications	
Panel type	VA
Curvature	Flat screen
Proportion	16:9
Size	21.5 inches
Backlight type	Side entry LED
Display size (H*V)	476mm*268mm
Resolution	1920*1080
Refresh rate	75Hz (Max.), 60Hz (Typ.)
Brightness	200cd/m2(Typ.), 150cd/m2(Min.)
Default color temperature	6500K
Contrast	3000:1(Typ.)
Color number	16.7M
Color gamut	72% (Typ.);65% (Min) NTSC
Viewing angle (horizontal/vertical)	178°
Responding speed	7ms
Interface version (HDMI/DP)	HDMI/Audio Out/DC IN+USB+serial port
Speaker specifications	None
Input voltage	DC input: 24V
Indicator mode (power on, standby)	Green when starting up, breathing green when standby
Storage temperature	-20°C ~+55°C
Operating temperature	5°C ~ +40°C
Operating humidity	20% ~ 80%
Storage humidity	20% ~ 80%
Control method	5 physical buttons

Please read them carefully. Improper use may result in personal injury or death!

1. This product is for household use (Class H) and not medical fitness equipment.

2. This product must not be used for medical rehabilitation.

3. Keep children and pets away from this product. This product is for those over 16 years old only.

4. Never expose this product in a humid place. This product must not be used outdoor or in any humid place.

5. Never use this product with inappropriate shoes or barefoot.

6. Use this product on a flat and clean ground.

7.Lift the rear tube and the roller on the front tube can move the product freely or be placed in a suitable position.

8. If the product fails, immediately stop using it.

9. Check whether the bike for loosening or damage before each use.

10. Never stretch any object or body part into the openings of the bike.

11. When using the screen holder, ensure the device is centered to prevent it from falling off.

12. Never refit this bike or use non-original accessories without permission. The casing must be opened by professionals, in order to avoid damage.

13. Make sure that the saddle height adjustment knob is secured correctly, and will not affect motion during exercise.

14. Turn the knob to the right end to lock the corresponding component.

15. Never turn pedals by hand, or touch any rotating mechanical part; otherwise, personal injury may be caused.

16. Get off the bike until flywheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.

17. Wear professional cycling clothes or tight-fitting sportswear and sports shoes, and tighten foot straps to avoid injury caused by pulling or entanglement by this product.

18.The product should have at least 0.5 meters of free space all around it.

19. Incorrect or excessive training may cause injury.

20. Use this product according to the instructions in this manual. Warm up fully before exercise.

21. Keep the body hydrated as needed during riding.

22. Without the preliminary determination of baseline fitness level and medical certificate signed by a doctor, never be engaged in high-speed or high-intensity sports. Before attempting any high-intensity short sprints, pay attention to the body state and posture, and apply a controllable speed.

23. In case of any discomfort such as dizziness or chest pain during exercise, stop exercising immediately and go to a hospital for examination.

24. Those pregnant or with high blood pressure, heart disease, lumbar spondylosis or reduced mobility must not use this product without the permission of doctors.

25. The weight of the user must not exceed the maximum load.

26. Carry out preventive maintenance regularly.

27. Please use the standard power adapter. Replacement of the power adapter without authorization may cause serious consequences.

Installation Guide - List of Parts				
Parts List (Components List)	NO.	Name	Quantity	Picture
	①	Frame	1	
	②	Front tube	1	
	③	Rear tube	1	
	④	Pedal set left/right	1	
	⑤	Handlebar assembly	1	
	⑥	Monitor Stand	1	
	⑦	Audio	1	
	⑧	Screen	1	
	⑨	24V=3A power adapter	1	
	⑩	Hexagon socket cap screw M6 × 35	1	

Installation Guide - List of Parts

Parts List (Components List)	NO.	Name	Quantity	Picture
	⑪	Hexagon socket cap screw M6×12	4	
	⑫	Head tube	1	
	⑬	Screen fastener	1	
	⑭	Bottle holder	1	
	⑮	screen mirroring adapter (Android)	1	
	⑯	screen mirroring adapter (IOS)	1	
	⑰	instructions	1	
	⑱	Oval hole plug	3	

Installation Guide - List of Parts

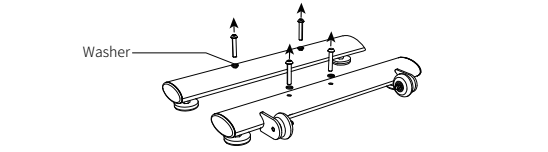
Accessories List (Tools List)	NO.	Name	Quantity	Picture
	A	L-shaped head six corner wrench, 5#	1	
	B	L-type cross head hex wrench, 6#	1	
	C	L-shaped head six corner wrench, 8#	1	
	D	Open-ended wrench, 13-15#	1	
	E	Open-ended wrench, 14-17#	1	

*In order to facilitate assembly, some accessories have been installed on the body before delivery.

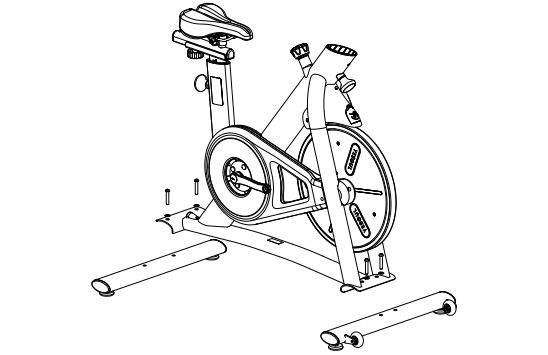
Installation Guide

STEP 2: Installation of bottom tube

- Take L-type cross head hex wrench 6# (B) out of the ziplock bag.
- Remove four hexagon socket button head screws (M8×45) and washers of the front tube ② and rear tube ③ via the L-type cross head hex wrench 6# (B).



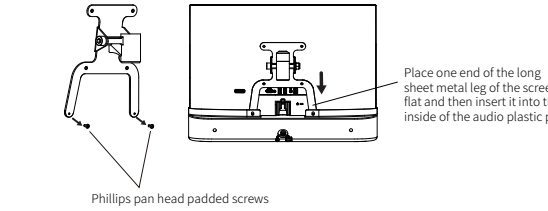
- Align the holes of the front and rear front tube ② and rear tube ③ with the bottom holes of the frame ①, manually screw the washers and hexagon socket button head screws (M8×45), and tighten then via the L-type cross head hex wrench 6# (B).



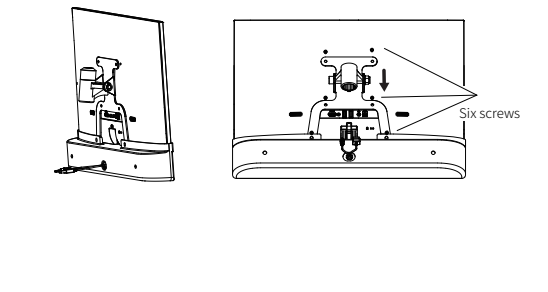
Installation Guide

STEP 5: Install screen and stereo

- Use the L-type cross head hex wrench 6# (B) to remove the four screws, pre-installed on the screen ⑧, as shown below.
- * Please put the screen on the desk flatly. Do not collide with the screen with hard objects to avoid screen damage!



- Align the holes on the metal to the holes on the TV and stereo, pre-lock the six removed screws in sequence, adjust the parallelism between the metal and the screen, and then tighten all the screws.



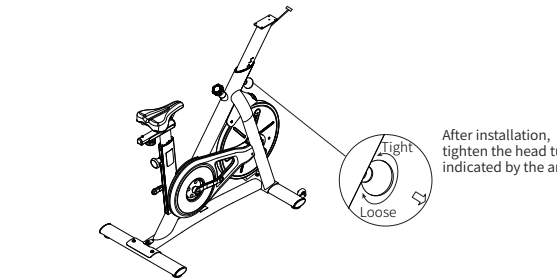
Installation Guide

STEP 3: Installation of head tube

- Screw out the adjustment knob as indicated by the arrow, and connect the screen connection cable in the head tube⑩ to the cable in the bike ① (as shown in the figure).After the screen connection cable is connected, align the head tube ⑩to the mounting hole of the frame ① (Note: Place the surface with a hole in the head tube⑩ outwards. Do not press the cable);

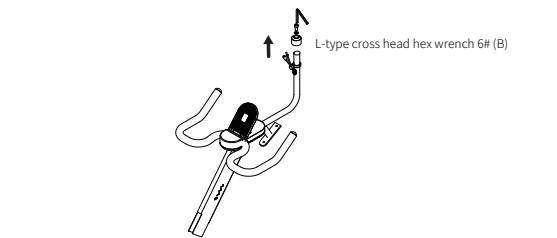


- Insert the head tube⑩ into the frame①, and keep the scale parallel to the top surface of the tube. Align the hole on the head tube⑩ with the hole on the frame ①. Then, tighten the adjustment knob as indicated by the arrow.

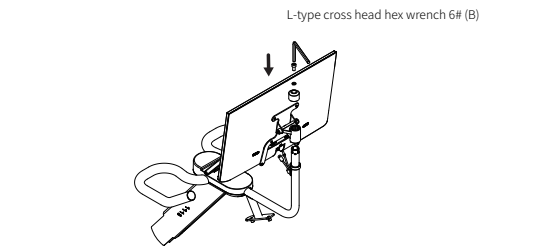


Installation Guide

- Use L-type cross-head hex wrench 6# (B) to remove the screws originally fixed on the monitor stand ⑥, and remove the upper cover of the knob (note to keep it);



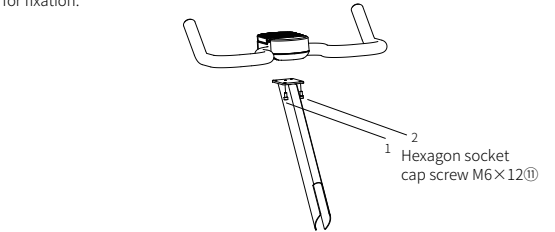
- Put the previously assembled display into the tube from top to bottom, and use an L-type cross-head hex wrench 6# (B) to install the originally removed parts back in the order they were removed and lock them;



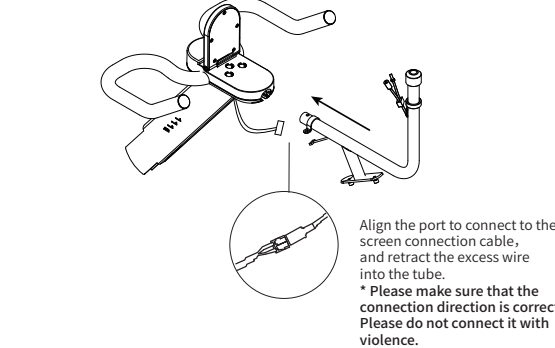
Installation Guide

STEP 4: Installation of handlebar assembly

- Align the hole in the joint of the handlebar assembly ⑤ with the hole in the head tube ⑩, take out the hexagonal socket cap screw M6×12⑪, and screw in the screws 1-2 clockwise by hand as shown in the picture (no need to lock at this time) for fixation.



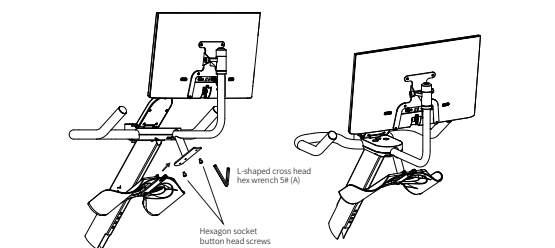
- Connect the screen cable to the cable in the monitor bracket ⑥ (as shown in the picture). Insert the monitor bracket ⑥ into the handle in the direction of the arrow.



Installation Guide

STEP 6: Installation of bottle holder

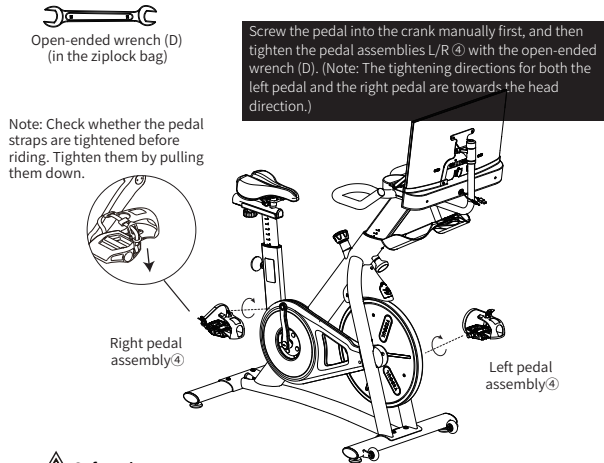
As shown in the figure, remove the two hexagon socket button head screws pre-installed in the monitor stand ⑥; and align the bottle holder ⑭ with the slot in the monitor stand⑥, and push it in along the direction shown in the figure. Then, use the L-shaped head six corner wrench 5# (A) to align two hexagon socket button head screws with the holes, and lock the bottle holder.



Installation Guide

STEP 7: Installation of pedal

1. Take the pedals from the package.
2. Distinguish left and right pedals. The right pedal is marked blue “R”, and the left pedal is marked red “L”. (Pay attention to distinguish left and right pedals. If they are not installed correctly, crank threads will be damaged!)
3. Stand behind the seat and face the handlebar. Install the right pedal on the right crank, and ensure that the pedal is vertical to the crank mounting hole. Use an open-ended wrench (D) to lock it toward the head direction. Install the left pedal to the left crank, and ensure that the pedal is vertical to the crank mounting hole. Use an open-ended wrench (D) to lock it toward the head direction. Note: During installation, correspond the red mark on the crank to the red mark on the pedal, and the blue mark on the crank to the blue mark on the pedal.



Safety tips:
Reverse riding is not recommended, as it is likely to loosen pedals. After reverse riding, check whether the pedals are locked, in order to avoid safety issues arising from loose pedals.

How to adjust the speakers

Audio function operation

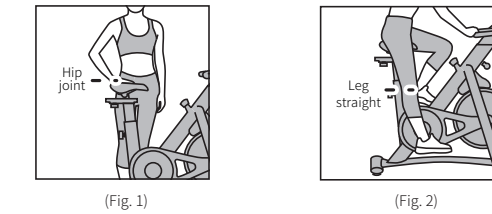
Knob keys		AUX audio input cable		USB power cable	
Testing Item	Pre-Condition	Operation	Effect	Tone	LED
Sleep and Wake	Power On	Connected the power/ audio wire	Power on	The tone of Power on	Blue led on 2s
	Power Off	Connected the power/ audio wire	Power off	The tone of Power off	Blue led on 2s
Control Function	Volume up	/	Turn the switch Clockwise	The volume increases gradually as your rotation	/
	Volume down	/	Turn the switch anticlockwise	The volume decreases gradually as your rotation	/
Mode Switch	Power on	Short press the rotary switch	Switch AUX mode and Bluetooth mode	/	/
	Power on	Default bluetooth mode	1. Enter Pairing status 2. Power off if no connect with device within 5 mins.	The tone of Power off	Blue led flash quickly
Bluetooth function	Switch pairing mode (the bluetooth can be used by other device)	Power on	Find bluetooth pairing name "YESOUL" and connect it; connected successful with tone "du"	The tone of successful connection	Blue LED always on
	Disconnected	Connected	Close your device Bluetooth function Cancel the pairing by the device Disconnect the bluetooth connection by device	1. The tone "Disconnected" 2. Speaker enter the pairing mode	Blue LED flash quickly
Reconnected-back to BT range	Disconnected	1. Connected with device, the Bluetooth disconnected after move the device out of the BT range. 2. It reconnected successful if back in BT range within 5mins	1. After disconnected, speaker enter the pairing mode; Blue LED flash 2. Power off if no connect with the device within 5mins. Reconnected successful with device	The tone of the disconnected	Blue LED flash quickly
	Reconnected	Bluetooth mode (paired with device before)	Switch to bluetooth mode, speaker try to reconnect with the last device	The tone of the connected	Blue LED always on
Factory Reset (In Bluetooth mode)	Power On	In Bluetooth mode, Triple-click the rotary switch	Factory reset 1. Clear the pairing history 2. Enter AUX mode	The tone of the factory reset	Blue LED flash quickly

Note: When your phone is connected to the speaker via Bluetooth and connected to wired screen projection, please switch the speaker to AUX mode.

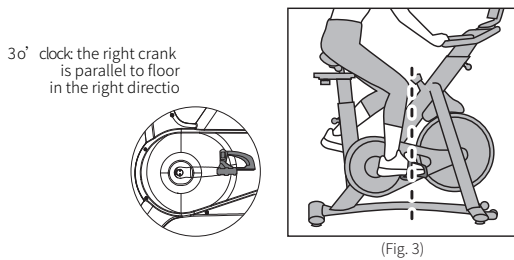
How to Determine Correct Riding Posture

1. Setup of correct saddle position

Saddle height
Put the feet together, stand on one side of the saddle and adjust the saddle to the hip height (Fig. 1). Then sit on the saddle, and step on the pedals forcibly until they are stopped at 6 o' clock and the leg can be fully stretched (Fig. 2).



Horizontal position of saddle
Put the right foot into the clamp, and step on the pedals, until the right pedal is at 3 o' clock and the front side of the knee joint is on the same vertical line as the pedal, that is, the saddle is in the correct position (Fig. 3).



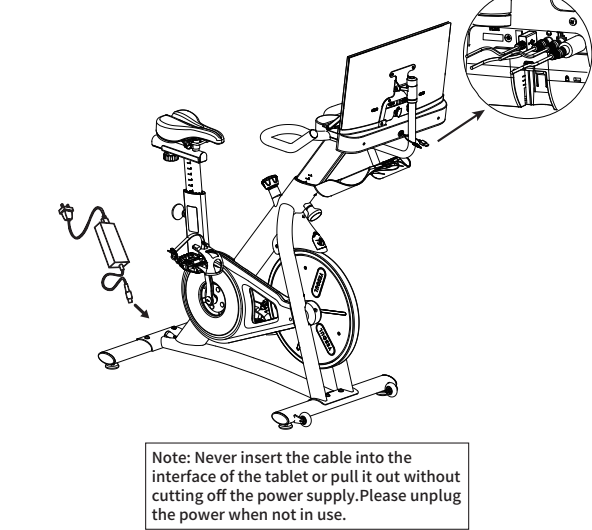
3o' clock the right crank is parallel to floor in the right directio

Installation Guide

STEP 8: Installation of connection cable

1. Insert the monitor's power port (a), signal port (b), audio power port (c) and signal port (d) into the jacks at the bottom of the back of the monitor. Be sure to plug them in tightly(Pay attention to distinguish the colors and specifications of the sockets,plug the same color into the socket of the same color, the power cord port must be tightened,do not insert it loosely)
2. Select the appropriate HDMI interface of the projection cable and insert it into the HDMI jack under the monitor (Note the difference between IOS and Android, for Android, the power interface needs to be inserted into the socket,secure the excess wire with Velcro)
3. Connect the power adapter ⑨ to the power jack at the rear under the frame ①. The indicator light is always on.

(Please use the standard power adapter, replacing the power adapter without authorization may cause serious consequences)



First Use

Scan the QR code to download YESOUL FITNESS APP

APP installation and registration

1. Scan the QR code to download the APP, and register an APP account.
2. Upon registration, open the bike course in the APP. Please connect the bike according to the interface prompts in the course for the first use. Then, once you ride the bike, the exercise mode of the APP will be enabled or the course will be automatically accessible.
3. Before connecting the APP with bike, make sure that the Bluetooth of your mobile phone/tablet PC has been enabled and no other devices are connected.

About APP membership

Registered users can get the membership free of charge on the product membership page as indicated on the interface.Different models of bicycles have different membership quotas and membership benefits.

- After the first connection, the APP will automatically match the bike. Directly ride the bike when it is used for the second time.
- The bike does not support the simultaneous connection of multiple mobile phones. Before using this product, make sure that other users are not connected to the bike.
- The bike will be disconnected 10 min after riding.

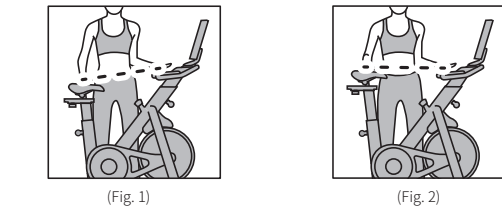
In addition to connection with YESOUL FITNESS APP, the Bluetooth can also be connected with Kinomap and Zwift software.

*Due to software upgrades, the actual product will prevail.

How to Determine Correct Riding Posture

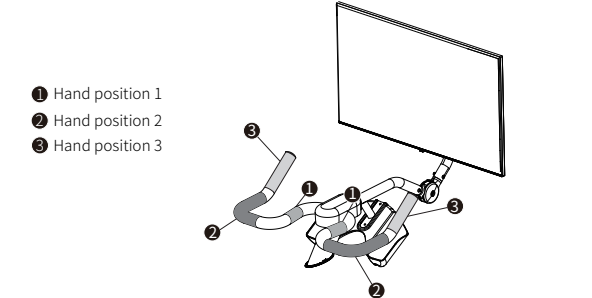
2. Setup of appropriate handlebar height

Each user can set up the appropriate handlebar height based on his or her body height and riding experience. Recommendation: The handlebar should be slightly higher than the saddle for new users (Fig. 1) and flush with or slightly lower than the saddle for experienced users (Fig. 2). Users subject to lumbar muscle strain and lumbar spondylosis may ride the bike with the consent of doctors. It is recommended to adjust the handlebar into a higher position.

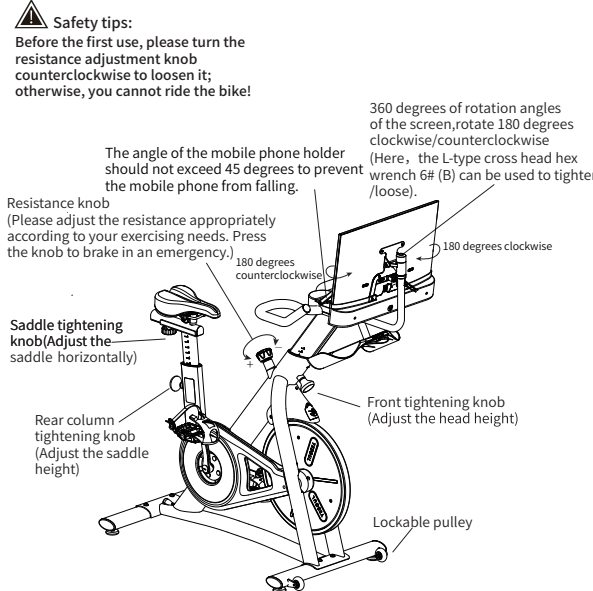


3. Handle position layout of bike

During riding, coaches will show the corresponding hand positions, i.e. the corresponding parts of the handlebar, as shown below.



Installation Guide (for reference only, subject to the actual product)

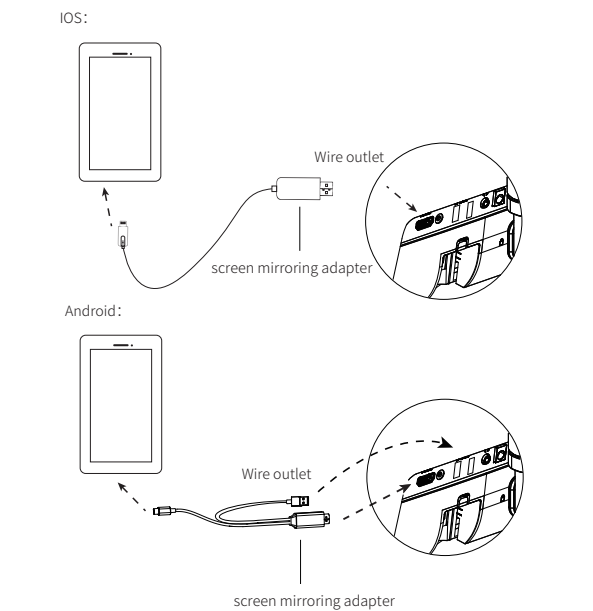


Statement:
This manual contains the functional introduction and operating instructions as much as possible when printed. With the continuous improvement of hardware and software and optimization of design, this manual may be inconsistent with the purchased product. In case of any discrepancy in appearance, interface and color, the actual product shall prevail.

Wired projection screen

1. Take out the screen mirroring adapter.
- Note: There are two screen mirroring adapter for Android and IOS in the package. Please use them according to the model of your phone;
2. Connect the HDMI interface of the same screen device to the screen;
3. Connect the Type-c or Lightning interface of the screen mirroring adapter adapter to the mobile phone.

Note: Android phones need to support DisplayPort (DP) signal output in order to use the wired screen projection function normally.

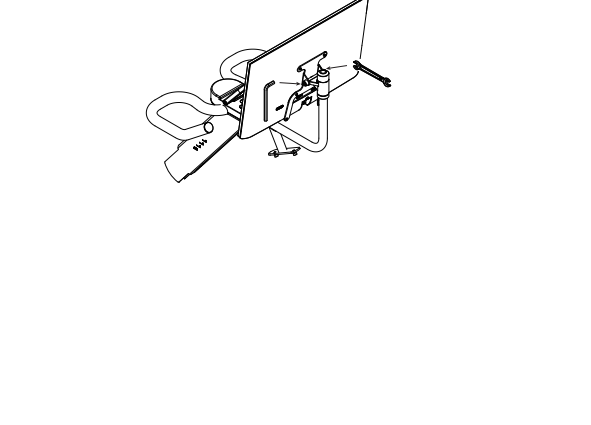


Precautions

Check screen

- 2.After the installation is complete, please check whether the screen will fall down when flipped up and down. If this happens, use an L-shaped head six corner wrench 8#(C)and an open-end wrench (E) to tighten them as shown in the picture.

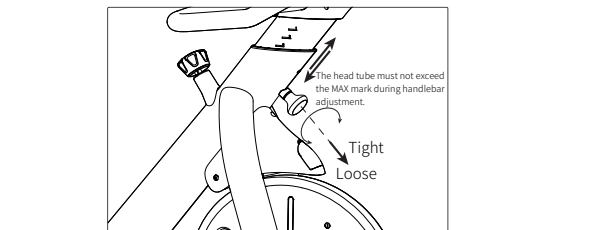
(If there is any looseness during use or adjustments needed for the joints, you can adjust them according to this operation)



How to Adjust Bike

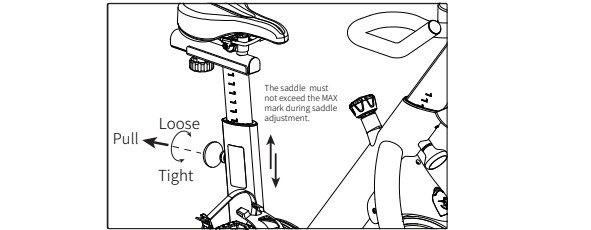
1. Handlebar height adjustment:

Turn the handle to the right with one hand, and hold the middle part of the handlebar with the other hand, and lift (or press) the handlebar to the desired position. Then turn the handle to the left until it is tightened.



2. Saddle height adjustment:

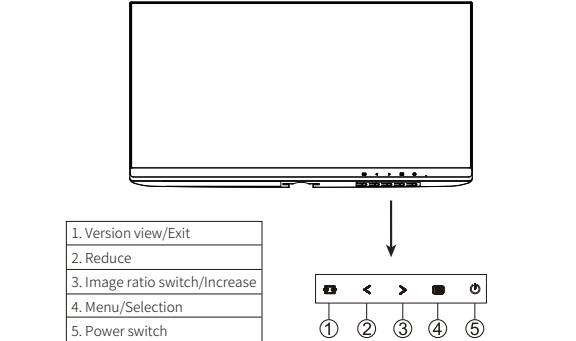
Turn the handle to the left with one hand, and hold the middle part of the handlebar with the other hand, and lift (or press) the handlebar to the desired position. Then turn the handle to the right until it is tightened.



How to adjust the screen

Screen adjustment

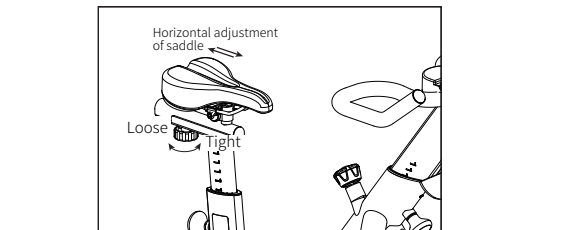
- 3.If you need to adjust the monitor screen, please use an L-type cross-head hex wrench 6# (B) to remove the cross-head padded screws on the speaker housing, place it up and down, remove the speaker, and then follow the button operation instructions (as shown in the figure), make adjustments before reinstalling the speaker.



How to Adjust Bike

3.Horizontal adjustment of saddle:

Loosen the handle under the saddle, slide the saddle back and forth to the desired position, and tighten the knob as much as possible.



4.Body level adjustment:

There are four adjustment pads at the bottom of the front and rear pedal tubes. Screw these pads until they are tightly secured on the floor and the body does not shake.

