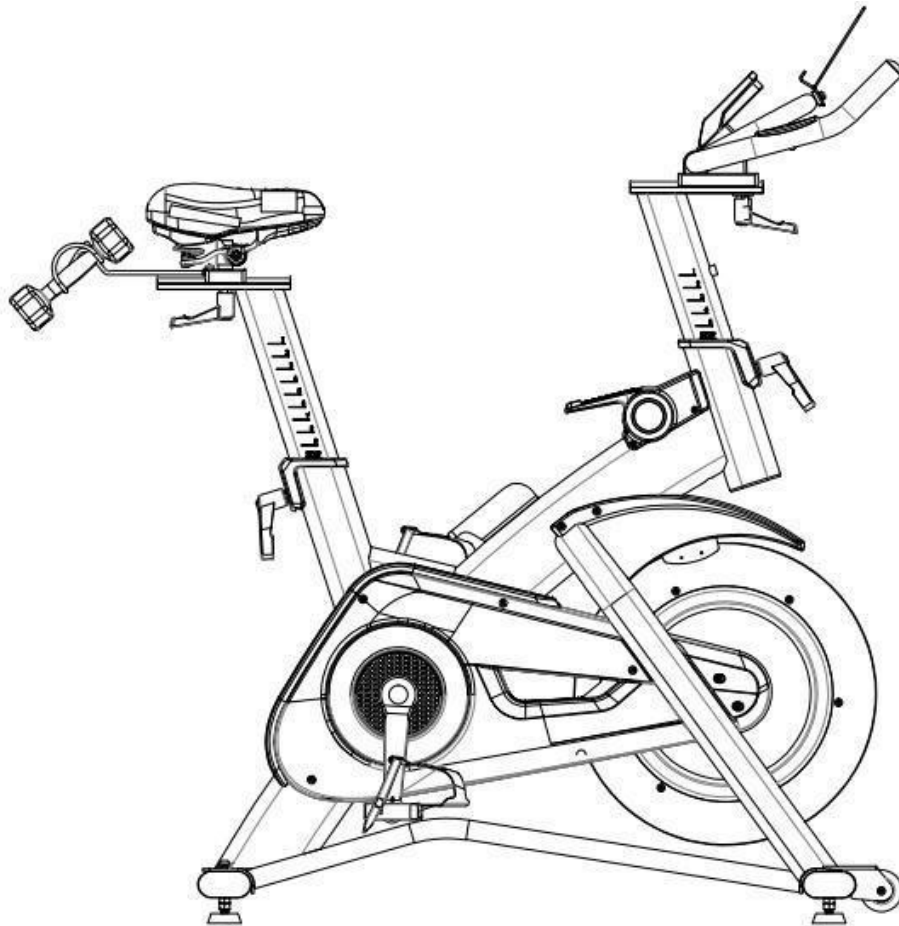


Instructions for installation and use of the spinning bike

Pro-R



Please read this manual before installing and using the spinning bike. Following the principle of continuous development, the product may be updated when necessary, and no further notice will be given at that time. If the manual does not match the product, the actual product shall prevail.

Customer Service

If you have any concerns, please feel free to contact our customer service:

Email address: service@yosudabikes.com

Search "YOSUDA Exercise Bike" on YouTube to get the assembly video

Our website: www.yosudabikes.com

Contact Us



Assembly Video

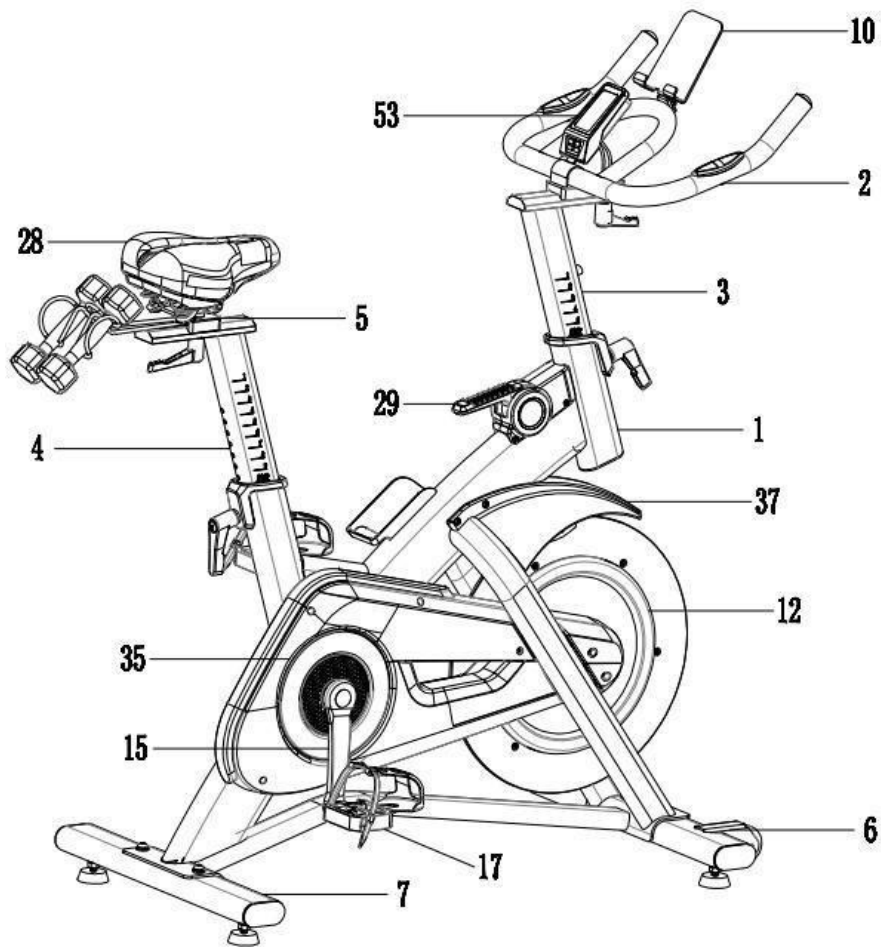


Catalog

I. Product introduction	1
II. Safety Precautions and Warning Notes	2
III. BOM and Parts List	5
IV. Installation Instructions	8
V. Daily Maintenance	17

I. Product introduction

Part description:



Serial	Name	Quantity	Serial	Name	Quantity
1	Main supports	one	12	Flywheel	one
2	Armrest	one	15	Left and right cranks	one
3	Armrest adjusting tube	one	17	Left and right pedals	one
4	Seat cushion adjusting tube	one	28	Seating washer	one
5	Seat cushion slider	one	29	Brake lever	one
6	Forefoot tube	one	35	Chain guard (of a bicycle)	one
7	Hind leg tube	one	37	Bow cap	two
10	Mobile phone bracket	one	53	Electronic watch	one

II. Safety Precautions and Warning Notes

Please read the instruction carefully before use and pay attention to the following safety precautions:

- Before exercise, please wear appropriate sports clothes and sneakers to avoid accidents caused by contact between clothes, shoes and hats and spinning bikes. Strict ban on barefoot sports on spinning bikes, and do a whole body stretching exercise before exercise.
- Children should stay away from the machine to avoid accidents.
- Please do not store and use the spinning bike in a dusty space, and keep a certain humidity in the room to avoid strong static electricity.
- Please keep indoor air circulation when using spinning bikes.
- If you feel uncomfortable during use, please stop exercising and consult your doctor.
- The weight of this machine is limited to 120KG, and it is not allowed to be overweight. Warning: To reduce accidents or injuries to others, please observe the following regulations:
- Please check whether the clothes are fastened or zipped, or the clothes are too loose before using the spinning bike.
- Don't wear clothes that are easy to be hooked by the bike.
- Don't let children get close to the bike.
- Do not use spinning bikes outdoors.
- Non-professional personnel are not allowed to disassemble the machine without authorization, otherwise serious consequences may occur.
- If you feel dizzy, chest pain, nausea, or shortness of breath during exercise, please immediately stop exercising and consult your fitness trainer or doctor if necessary.
- Patients who are receiving medical treatment or the following patients must consult a professional doctor before use.
 - 1) Those with lumbar pain or those who have suffered injuries to their legs, waist and neck in the past. Numbness of legs, waist, neck and hands (patients with diseases such as intervertebral disc protrusion, spondylolisthesis and cervical vertebra protrusion).
 - 2) Deformable arthritis, rheumatism and gout.

- 3) Patients with abnormal osteoporosis.
 - 4) Circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
 - 5) Respiratory organ dysfunction.
 - 6) Those who are using artificial heart rate regulators to implant in-vivo medical electronic instruments.
 - 7) Those with malignant tumors.
 - 8) Have thrombosis or severe aneurysm, acute venous aneurysm and other blood circulation disorders or various skin infections and other symptoms.
 - 9) Have high peripheral circulation disorders caused by diabetes and other perceptual disorders.
 - 10) Skin trauma.
 - 11) High fever due to illness (above 38 degrees).
 - 12) The back bone is abnormal or the back bone is bent.
 - 13) Women who are pregnant or may be pregnant or are in menstrual period.
 - 14) Feel abnormal body, need to rest.
 - 15) Obvious poor physical condition.
 - 16) For the purpose of rehabilitation.
 - 17) In addition to the above situation, especially feel abnormal body. –may cause accidents or poor health.
- When you feel pain in your waist, numbness in your legs and feet, dizziness, heartbeat and other body pain different from usual or abnormal feeling during exercise, you should immediately stop using it and consult your doctor.
 - Do not allow children to use the product and do not allow children to play around the product. - risk of injury if not followed.
 - Make sure that no one or pets are around (behind, under, and in front of the product) during use or when the product is loaded or taken out and slid.



FORBIDDEN!

- Do not use it when the shell is cracked, cracked or detached (the internal structure is exposed) or when the welding part is cracked.

-Accidents or injuries may occur if you don't follow the suggestion.

- Do not use and keep the cycling bike outdoors or in wet places near the bathroom.
- Do not use or protect the tubes on places with direct sunlight, places with high temperatures such as around the stove, and heating appliances such as electric carpets. – may result in damage to the electronic system if you don't follow the suggestion.
- Don't use it if you can't express yourself or you can't operate. -accidents or injuries may occur. Verboten!
- People who usually do little exercise should not suddenly do strenuous exercise on a spinning bike.
- Do not use it after eating or when you are tired, just exercising or when your physical condition is abnormal. -may cause health damage.
- Do not use it when eating, drinking or doing other activities.
- Do not use it after drinking or when feeling dull. –may cause accidents or injuries.
- Do not use it with hard objects in your pants pockets. -may cause accident or injury.

III. BOM and Parts List



Serial	Name	Quantity	Serial	Name	Quantity
1	Main supports	1	2	Armrest	1
3	Armrest adjusting tube	1	4	Seat cushion adjusting tube	1
5	Seat cushion sliding	1	6	Forefoot tube	1
7	Hind leg tube	1	8	Brake pads	1
9	Brake lever	1	10	Mobile phone bracket	1
11	Dumbbell rack	1	12	Flywheel	1
13	Flywheel aluminium sheet	1	14	Celestial core	1
15	Left and right cranks	1	16	Belt pulley	1
17	Left and right pedals	1	18	Middle axle	1
19	Bearing spacer	1	20	Celestial core spacer sleeve	1
21	Stop plug	1	22	L-shaped quick release 05	2
23	Counter-lock screw 01	2	24	Rear jack	2
25	Rear jack	2	26	Induction magnet	1
27	Magnetite	6	28	Seating washer	1
29	Brake lever	1	30	Copper sleeve 01	4
31	Copper sleeve 02	2	32	Copper sleeve 03	2
33	Copper sleeve 04	2	34	Counter lock screw 02	2
35	Chain guard (of a bicycle)	1	36	Chain piece	1
37	Bow cap	1	38	Left and right flywheel trim covers	1
39	Seat cushion inner liner	1	40	Armrest inner bushing	1
41	Left and right brake trim covers	1	42	Fastener	1
43	Elliptical plug 40*80	5	44	Elliptical plug 30*70	2
45	Adjusting foot pad	4	46	Front roller	2
47	Cable plug	2	48	Leather belt	1
49	Five-way sleeve	1	50	Kettle rack	1
51	Crank cover	2	52	Brake pads	1
53	Electronic watch	1	54	Sensor cable	1
55	Heart rate tablet	2	56	Heart rate line	1
57	Bearing 608	4	58	Bearing 6004	2
59	Bearing 6202	2	60	Hexagon nut M10*1.5*8	4
61	Hexagon nut M20*1.0*9	1	62	Hexagon nut M20*1.0*5	1
63	Hexagon nuts with flange M12*1.25*8	2	64	Hexagon nut M14*1.5*8	4
65	Flat cushion φ14	1	66	Flat cushion φ10	4
67	Flat cushion φ8	4	68	Flat cushion φ6	2
69	Flat cushion φ5	3	70	Locknut M5	2
71	Locknut M6	2	72	Locknut M8	6
73	Spring pad M6	4	74	Spring pad M8	4

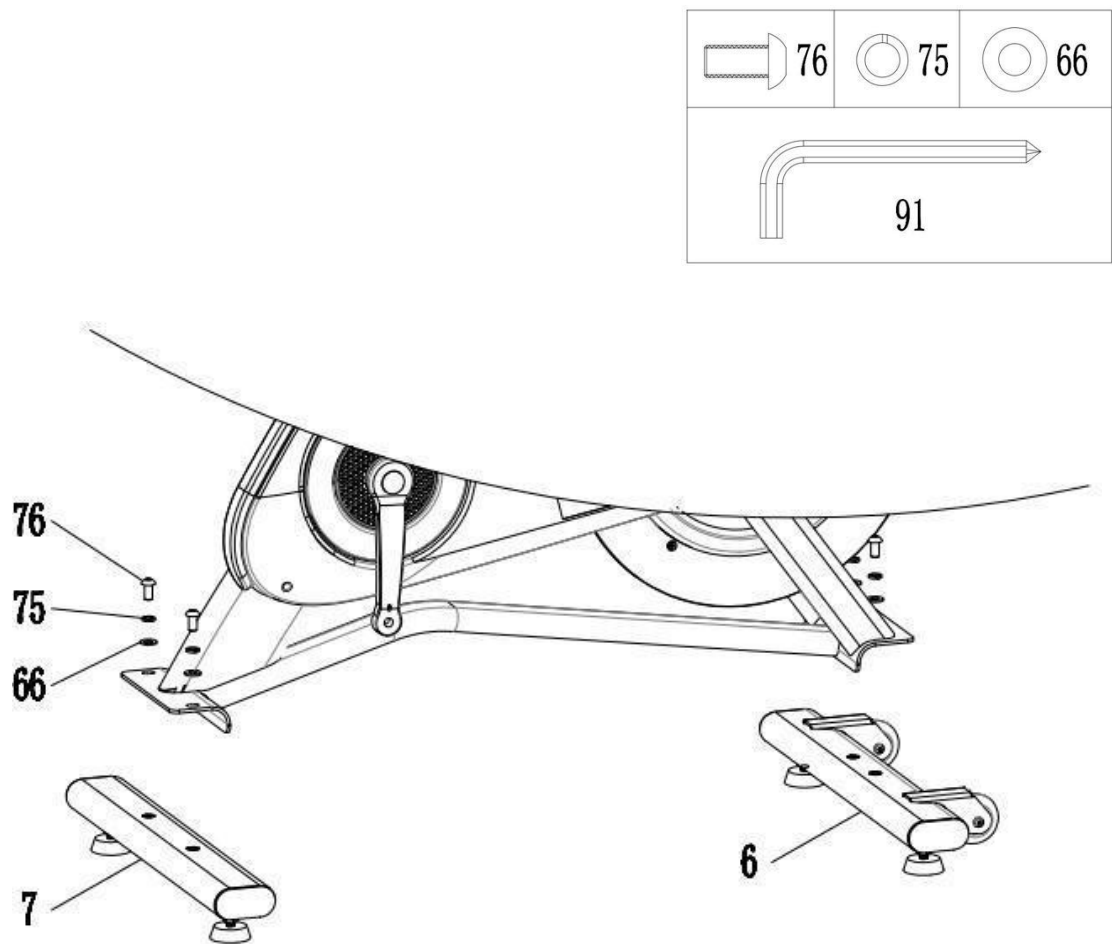
75	Spring pad M10	4	76	Hexagon socket head cap screws	4
77	Hexagon socket head cap screws	1	78	Hexagon socket head cap screw	1
79	Hexagon socket head cap screws	4	80	Hexagon socket head cap screws	5
81	Countersunk head Phillips screw	6	82	Pan head drill tail M4.2*22	2
83	Pan head drill tail M4.2*16	15	84	Pan head drill tail M4.2*13	6
85	Cross round head tapping screw	4	86	Cross round head tapping screw	3
87	Flat cushion $\phi 10 \times 30$	2	88	Umbrella head cross screw M6*1.0*12	2
89	L-shaped quick release 04	2	90	Dumbbell	2
91	Hex wrench	1	92	Multifunctional spanner	1
93	Battery (No.7)		94	Sensor cable	1
95	Cable plug	1			

IV. Installation Instructions

Step 1. Install the front and rear foot tubes

Required accessories: rear foot tube (7), front foot tube (6), 4 gaskets (66), 4 spring pads (75), 4 semi-circular hexagon socket head screws (76), using hexagon wrench (91). (please refer to the figure below)

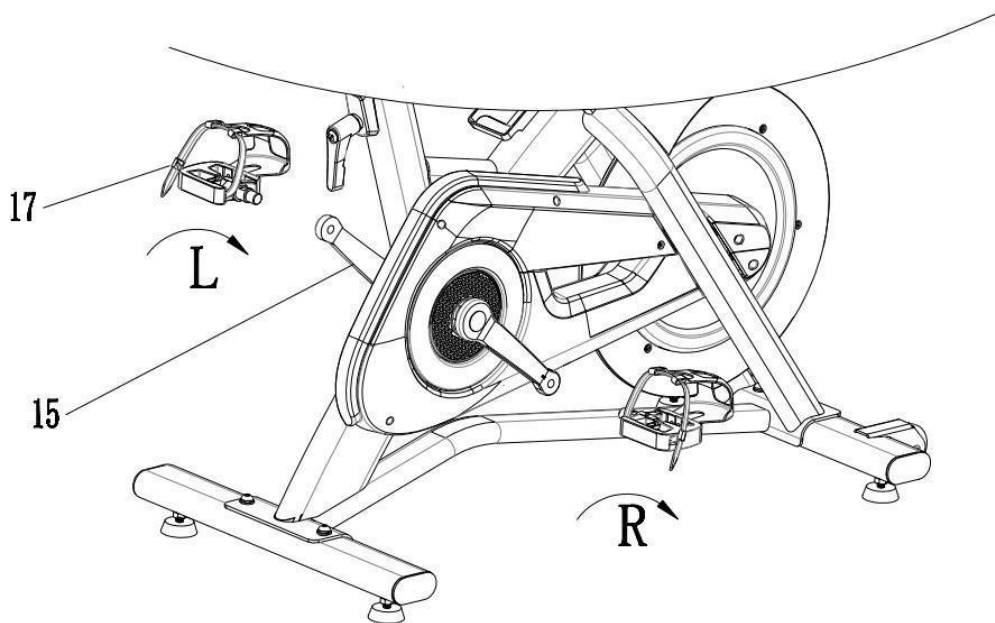
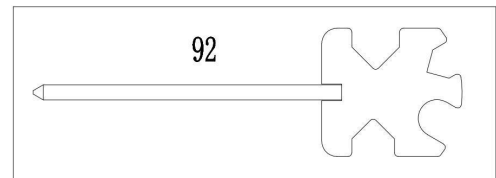
Locate the rear foot tube (7), and the front foot tube (6) lift the frame up by hand and move the foot tube to the butt joint of the frame hole for alignment and installation. Then install and lock the gasket (66), spring pad (75) and semicircle hexagon socket head cap screw (76) with hexagon socket wrench (91) as shown in the following figure.



Step 2. Install the left and right pedals

Required accessories: left and right pedals (17), multi-function wrench (92) (please refer to the following figure) Install the right pedal, take out the right pedal (17) (Note: R is marked on the pedal), and then make the right pedal horizontally aligned with the thread hole of the right crank (15) (the crank is marked with the word R) clockwise, and the thread can not be rotated with a multi-function wrench (92).

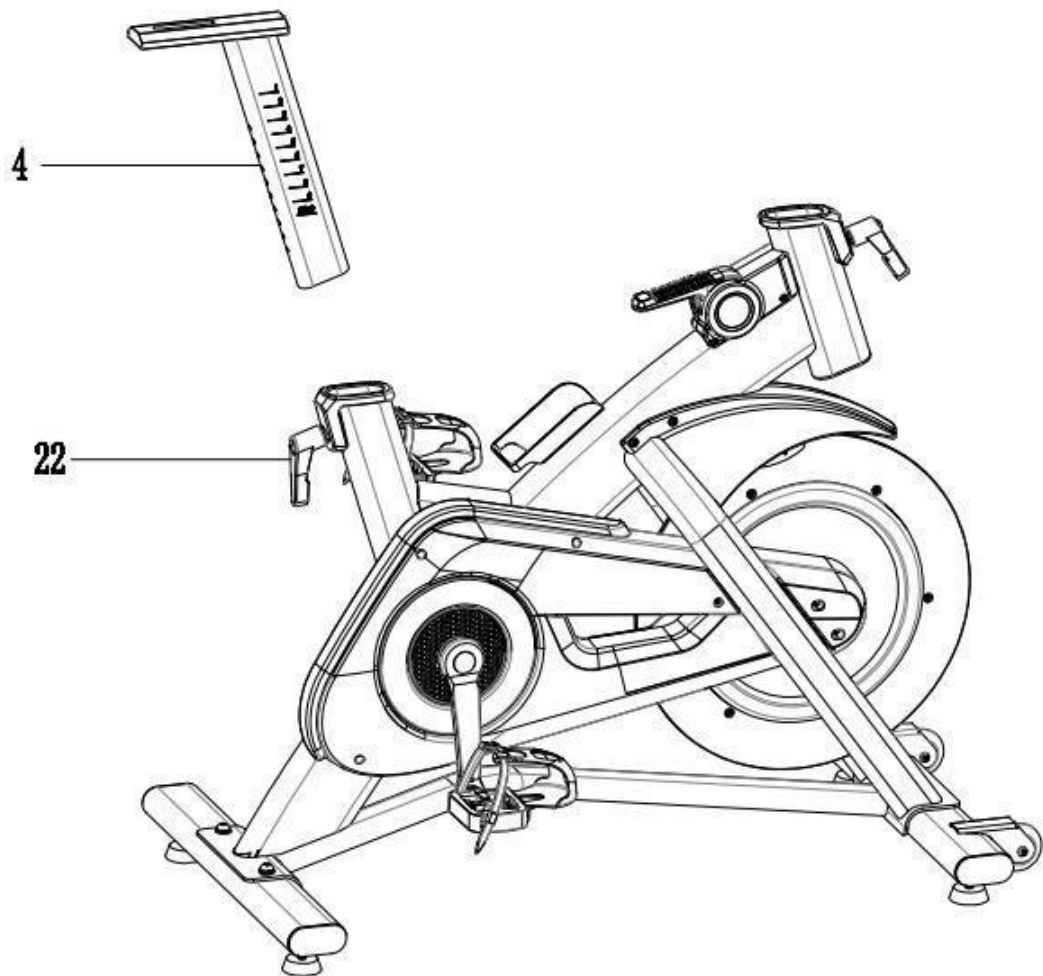
Install the left foot pedal, take out the left foot pedal (17) (note: L is marked on the foot pedal), then align the end of the left foot pedal horizontally to the thread hole of the left crank (15) (L is marked on the crank) counterclockwise, and use the multi-function wrench (92) to screw the thread until it cannot rotate.



Step 3. Install the seat cushion adjustment tube

Required accessories: seat cushion adjustment tube (4) (see figure below)

Locate the seat cushion adjusting tube (4) and unscrew the L-shaped quick release (22) counterclockwise. Insert the seat cushion adjusting tube into the frame as shown in the figure, adjust it to a position suitable for its own height, and then tighten the L-shaped quick release clockwise.

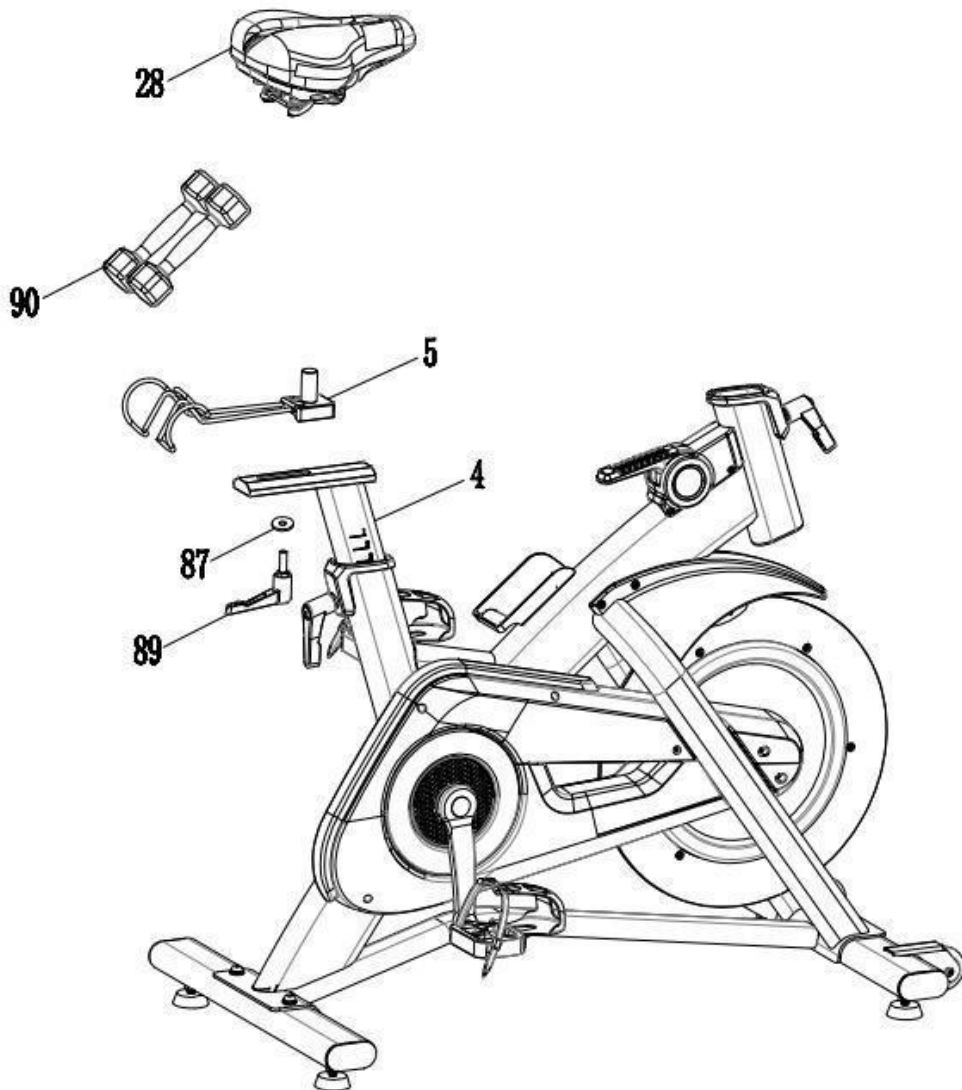
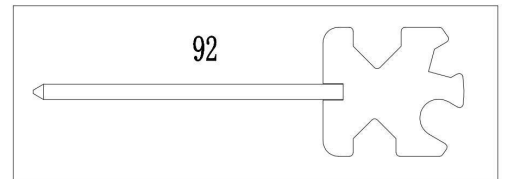


Step 4. Install the seat cushion

Required accessories: seat cushion (28), seat cushion sliding part (5), dumbbell (90), flat cushion (87), L-shaped quick release (89)

(please refer to the figure below)

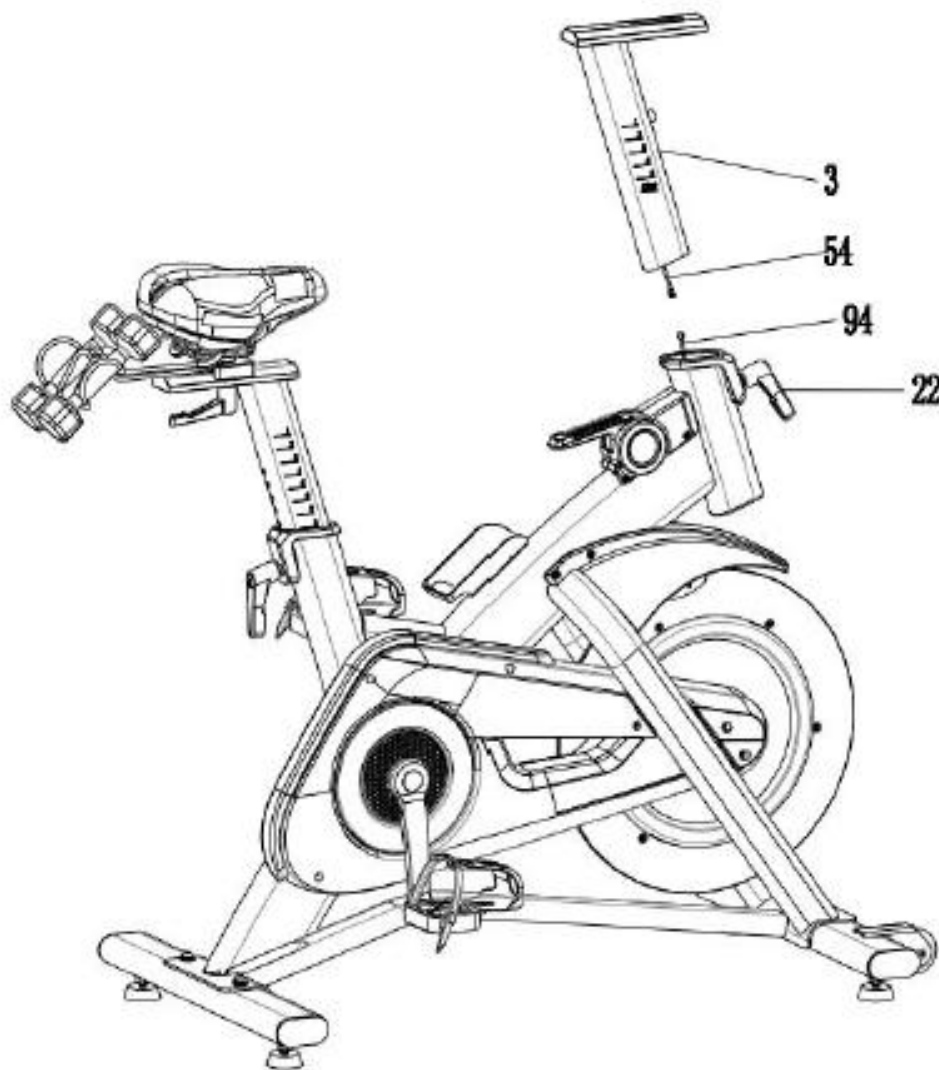
Clamp the seat cushion sliding part (5) to the seat cushion adjusting tube (4), and then tighten with the flat cushion (87) and the L-shaped quick release (89). Then align the snap hole on the seat cushion (28) with the knurled bar on the seat cushion sliding part, use a multi-function wrench to lock the nuts on both sides under the seat cushion clockwise, and then place the dumbbell.



Step 5. Install the armrest adjustment tube

Required accessories: armrest adjustment tube (3) (see figure below)

Locate the armrest adjustment tube (3) and connect the sensor cables(54)(94) of the armrest adjustment tube and the main frame, then unscrew the L-shaped quick release (22) counterclockwise. Insert the armrest adjusting tube into the frame as shown in the picture, adjust it to a position suitable for your height, and then tighten the L-shaped quick release clockwise.

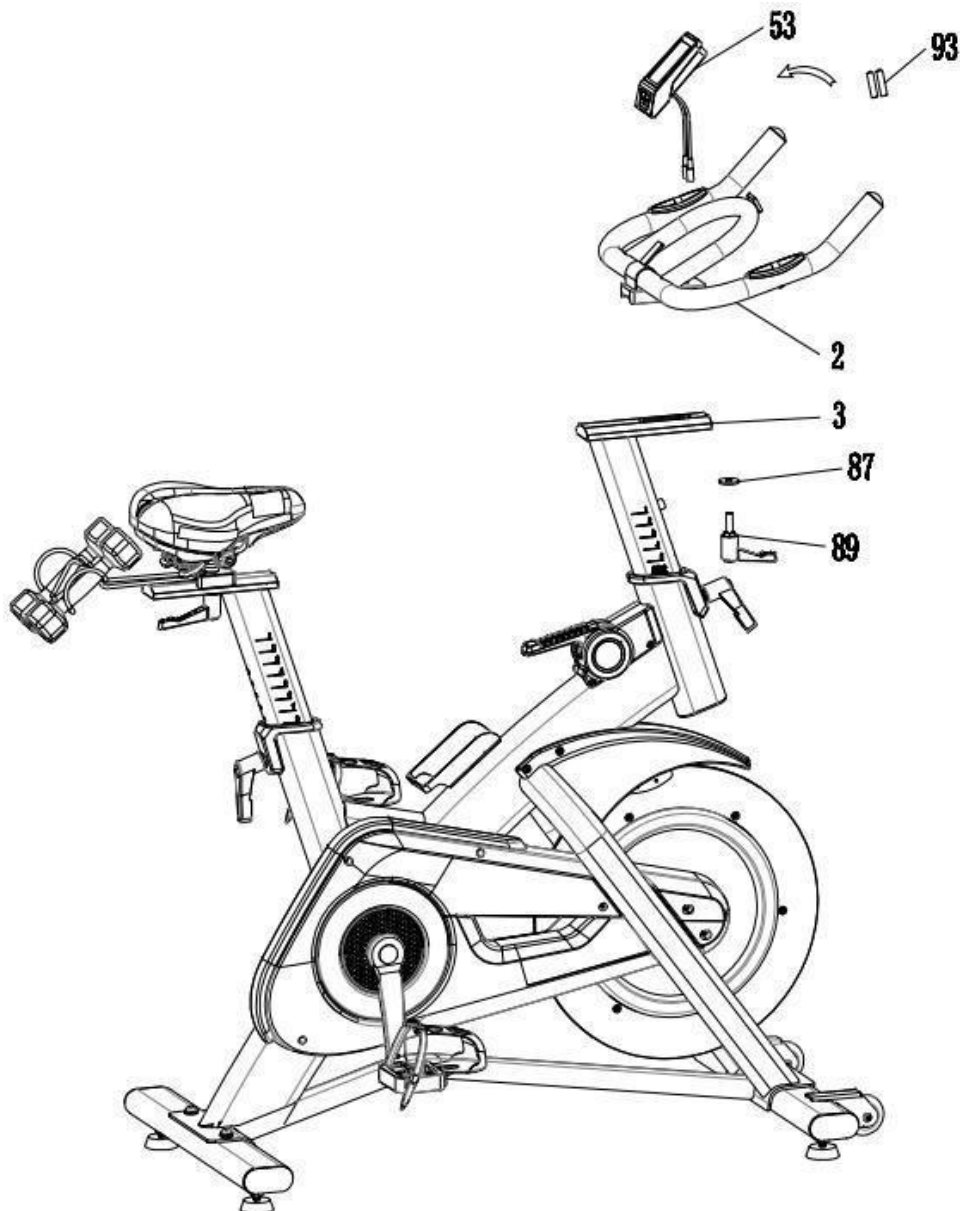


Step 6. Install the armrest and electronic watch

Required accessories: armrest (2), electronic watch (53), flat pad (87), L-shaped quick release (89), battery (93).

(please refer to the figure below)

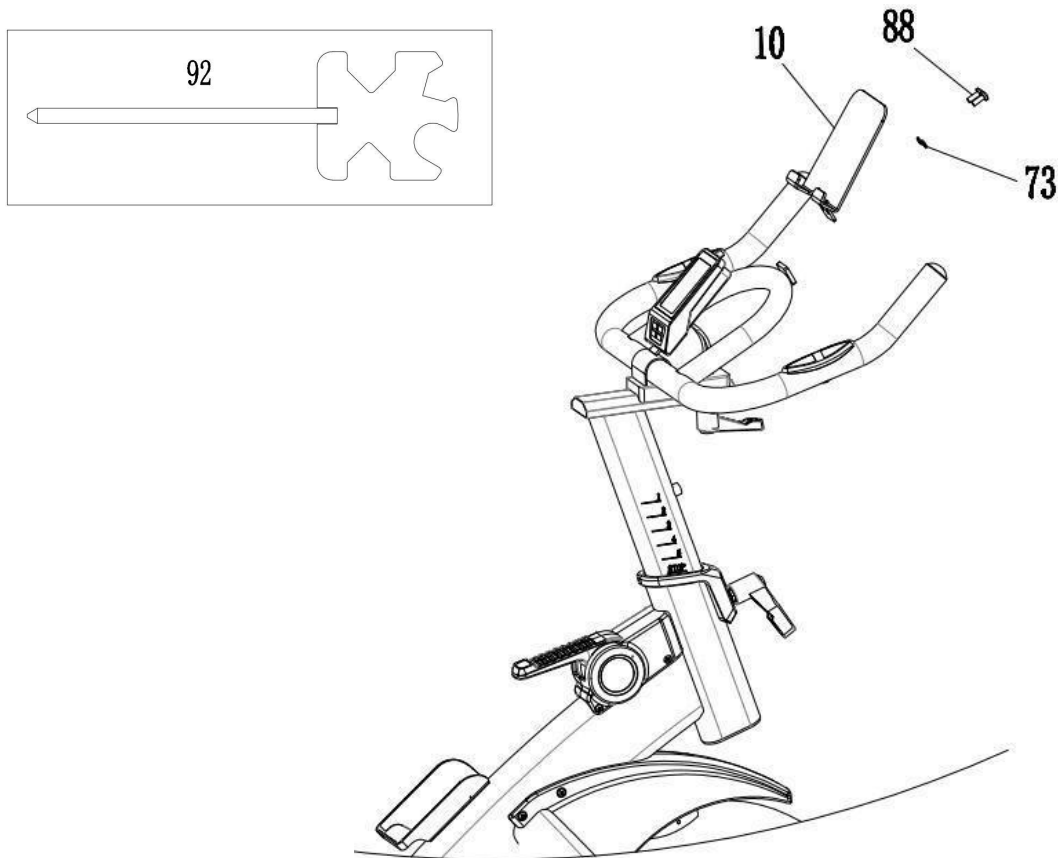
The handrail (2) is fixed on the handrail adjusting pipe (3) and is tightly fixed by a flat pad (87) and an L-shaped quick release. After the hand is fixed, the battery (93) is inserted into the electronic watch (53) and then inserted into the armrest fixing piece, the visual angle of the electronic watch is adjusted, the spring wire left on the vehicle body is inserted into the hole position of the electronic watch, and then the heart rate wire on the armrest is inserted into the hole position of the electronic watch.



Step 7. Install the IPAD holder

Required accessories: IPAD holder (10), umbrella head cross screw (88)2, spring pad (73)2, multifunctional spanner (92). (please refer to the figure below)

Take out the IPAD holder (10) and fix it to the armrest with the umbrella head cross screw (88) and the spring pad (73) with the multi-function wrench (92).



Please note that all bolts must be uniformly locked after confirming that all the bolts have been installed in accordance with the above requirements, and can only be used after checking that there are no omissions.

IV. Sports Suggestions and Guidelines

Warm-up and soothing exercise

A successful exercise program consists of three parts: warm-up exercise, aerobic exercise and soothing exercise. Warm-up exercise is a very important part of exercise. Warm-up exercise must be performed before every exercise. Warm-up exercises can warm up the body, stretch the muscles, and allow the body to adapt to more intense exercises. Repeated warm-up exercises at the end of the exercise can help to relieve muscle soreness. We recommend that you do the corresponding warm-up and relaxation exercises according to the following diagram:



Head movement: the head is stretched to the right shoulder first, the left neck is straightened, and the head rotates clockwise and backwards once; The head stretches to the left shoulder and makes one counterclockwise turn back. Then repeat.



Shoulder lifting exercise

Lift the left shoulder and make one backward turn, repeat 5 times; Then lift the right shoulder backward, repeat 5 times, then alternately do it.



Stretching exercise

Raise your hands straight over your head, then grab your right wrist with your left hand, and stretch upward until you feel that the tendons in your right hand are completely straightened, lasting for 5 seconds. Use your right hand to do the same thing.



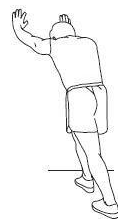
The quadriceps muscle stretches, the right hand holds the wall, keeping the body balanced, the left hand lifts the left foot backward, keeping the left heel as close as possible to the hip, holding for 15 seconds, changing the other foot.



Stretch the inner thigh and sit on the floor, keep the soles of your feet together, hold your feet with both hands and pull them towards your body so that your feet are as close as possible, and slowly press down on your heels to maintain this position for 15 seconds.



The hamstring is stretched to sit down, the right leg is straight, the left leg is bent, the left hand holds the ankle and pushes inwards, so that the left foot is as close as possible to the body and the soles of the feet are close to the inner side of the right thigh, and then the body presses down, stretches left and right forward to touch the toes, the larger the pressing down amplitude, the better, the posture is kept for 15 seconds, and the left leg is changed.



Calf stretch

With both hands supporting the wall, the body forms a 45 degree angle with the ground, and the left and right feet are alternately stretched backwards to do walking exercises.

V. Daily Maintenance

Suggestions for maintenance and care of each part of the equipment

1. Before using this equipment, please check whether all the screws and nuts are locked and in a safe condition. Please check your equipment regularly, if you find any damaged parts, please replace them immediately, and do not exercise until the relevant worn parts are repaired.
2. Please pay special attention to the most wearable parts. Before each use, please check whether the brake friction pad has fallen off or failed. If found, please replace them.
3. Before each use, please check if the crank and pedal are loose, if so, please repeat the assembly steps for fixing.
4. After each exercise, please use a damp cloth, water and mild soap to dry the sweat and moisture left on the product, do not use solvents containing petroleum ingredients to clean the product to avoid damaging the surface of the product.