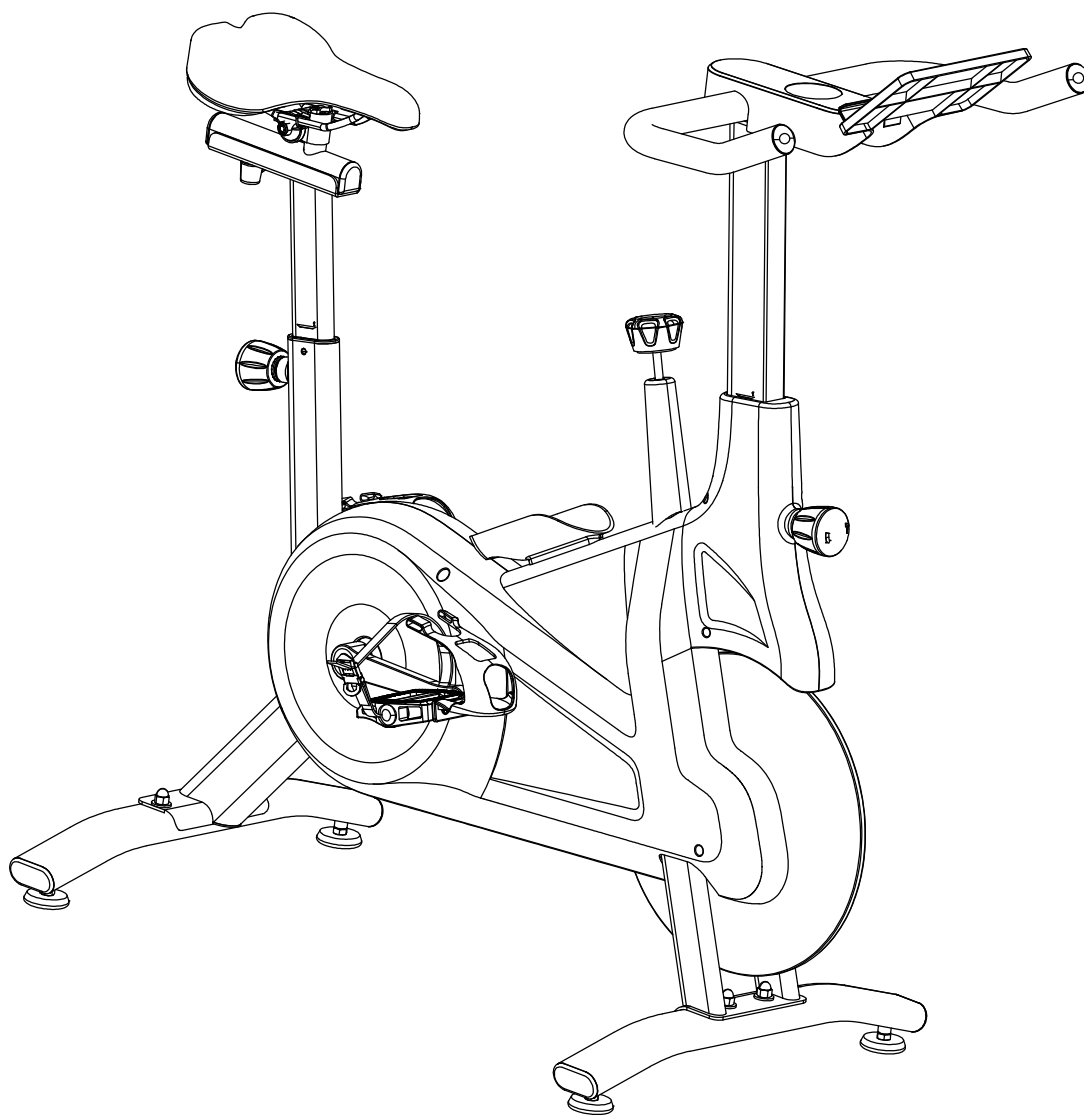




YS-BA6
SPNNING BIKE

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



Product model: YS-BA6

SPNNING BIKE

Product Manual

Product Parameters

Tablet (mobile phone) holder size	Maximum tablet width: 10.1-inch
Supporting software version	iOS 12.0 or higher, Android 5.1 or higher(inclusive)
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply	AA battery
Communication mode	Bluetooth
Height limit	155 ~ 185cm
Rated maximum load	100kg
Net weight	19.5kg
Gross weight	22.3kg
Overall dimensions	(Length) 1015 mm × (Width) 502 mm × (Height) 1172mm

Routine maintenance

1. Keep the cycling bike on a dry, ventilated and flat floor. If not used in a long time, to keep the machine 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. Check the belt pulley for cracking and deviation, and adjust or replace the belt in time. Regularly clean the belt groove to prevent the belt from jumping out of the groove.
4. Always check the screws of all body parts for loosening or falling, and tighten or replace them in time.
5. Always check the resistance adjustment knob for loosening or falling. Check whether the resistance is reasonable, so as to calibrate resistance in time.
6. Always check the screws of pedals and cranks for loosening, and tighten them in time.
7. Always check whether the saddle is loose and tighten it in time. Wipe the saddle with cotton cloth to keep it dry.

Important Safety Instructions



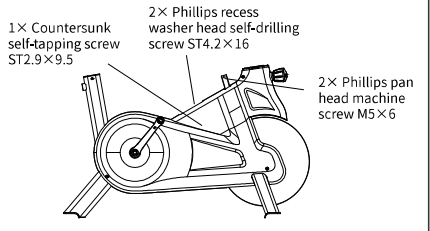
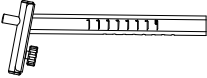
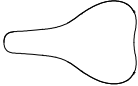
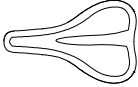
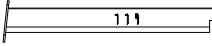
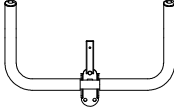
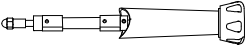
Please read them carefully. Improper use may result in personal injury or death!

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. If the product fails, stop using it immediately.
8. Check whether the bike for loosening or damage before each use.
9. Never stretch any object or body part into the openings of the bike.
10. When using the bicycle holder, ensure the device is centered to prevent it from falling off.
11. Never refit this bike or use non-original accessories without permission. The casing must be opened by professionals, in order to avoid damage.
12. Make sure that the saddle height adjustment knob is secured correctly, and will not affect motion during exercise.
13. Turn the knob to the right end to lock the corresponding component.
14. Instructions for using the emergency brake: When you want to stop movement, press down on the emergency brake until it stops.
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/inertial wheel 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 0.6 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.

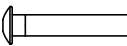
Installation Guide – Parts List

STEP 1: Check of parts

List of Parts

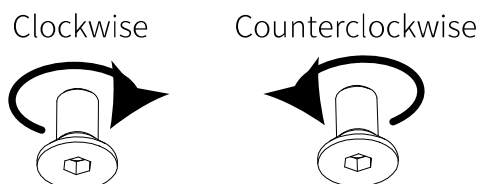
Parts List (Components List)	NO.	Name	Quantity	Picture
	①	Frame	1	
	②	Front tube	1	
	③	Rear tube	1	
	④	Adjustable foot pads	4	
	⑤	Rear upright knob	1	
	⑥	Seat adjustment tube	1	
	⑦	Seat assembly	1	
	⑧	Seat cover	1	
	⑨	Lower armrest trim cover	1	
	⑩	Armrest adjustment tube	1	
	⑪	Armrest assembly	1	
	⑫	Upper armrest trim cover	1	
	⑬	Resistance rod	1	
	⑭	Water bottle holder	1	

Installation Guide – Parts List

Parts List (Components List)	NO.	Name	Quantity	Picture
	⑮	Pedal set left/right	2	(L)  (R) 
	⑯	Flat washer D8	4	
	⑰	Carriage bolt M8×40	4	
	⑱	Acorn nut M8	4	
	⑲	Hex socket head cap screw M8×10	3	
	⑳	Phillips pan head self-tapping screw ST4.2×16	2	
	㉑	AA battery	2	
	㉒	Instructions	1	
	㉓	Spare parts	1	

Accessories List (Tools List)	NO.	Name	Quantity	Picture
	A	L-type cross head hex wrench 6#	1	
	B	Open-ended wrench 13-15#	1	

***Some fixing screws are pre-locked on the corresponding parts at the factory. Please remove them before installing the corresponding parts during assembly. Spare parts are subject to actual conditions.**

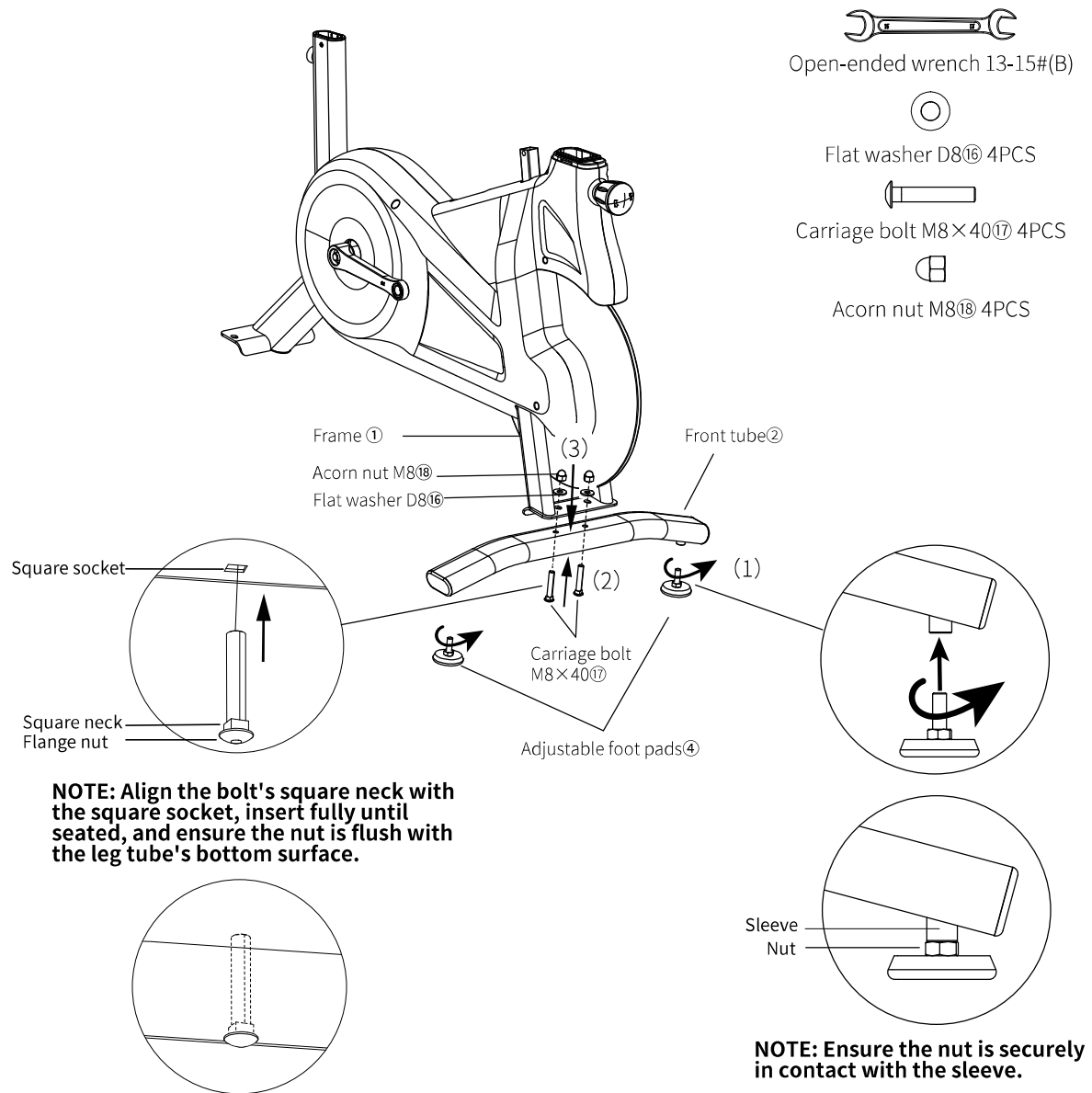


***Bolt fastening method: tighten clockwise, loosen counterclockwise.**

Installation Guide

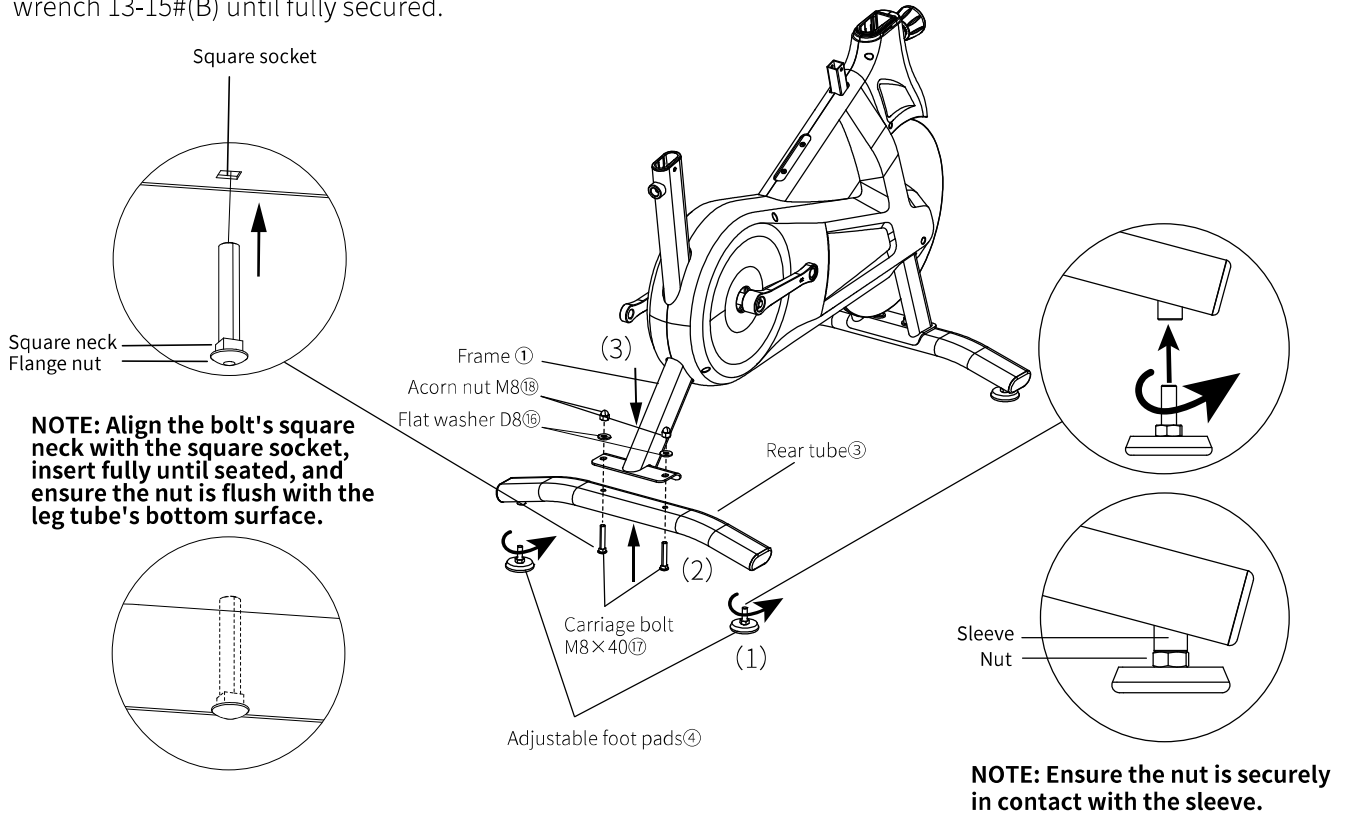
STEP 2: Install bottom tube

1. Tighten the adjustable foot pads④ in the direction indicated by the arrow.
2. Align the hole on the front tube② with the hole on the bottom of the frame①. Insert a carriage bolt (M8×40)⑰ upwards from beneath the leg tube to connect it to the frame's base plate. At the top, thread on a flat washer D8 ⑱ and a acorn nut M8⑲. Tighten clockwise with an open-ended wrench 13-15#(B) until secure.



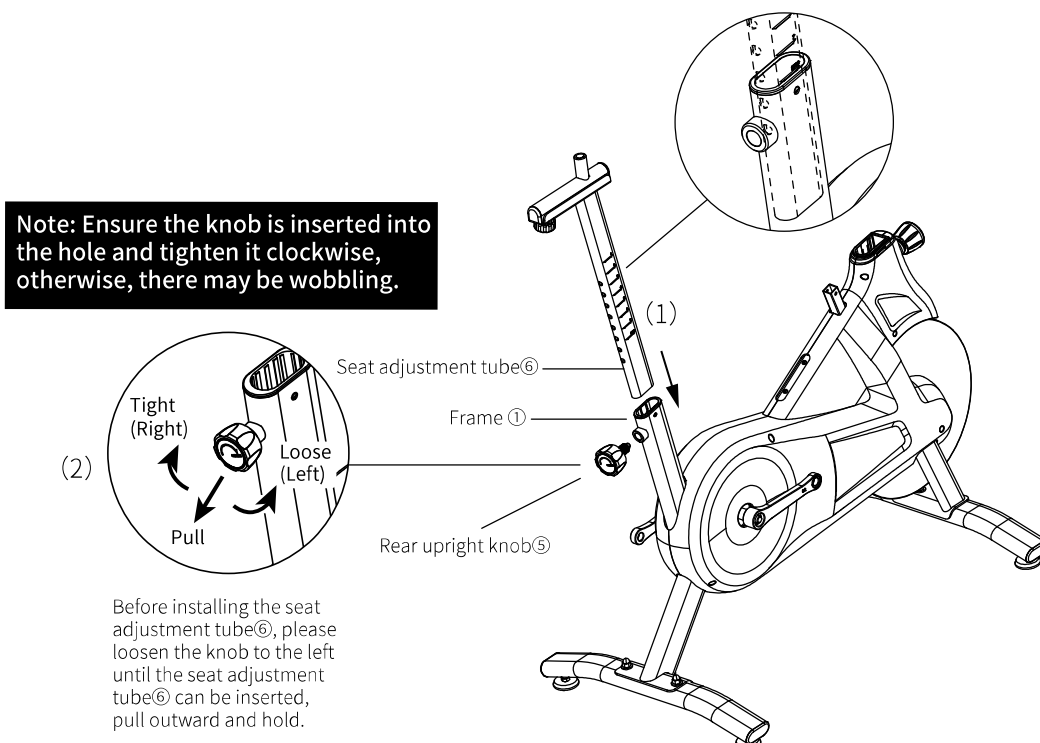
Installation Guide

3. Turn the adjustable foot pads ④ counterclockwise in the direction of the arrow to tighten.
4. Align the hole on the rear tube ③ with the hole at the bottom of the main frame ①. From beneath the leg tube, insert the carriage bolt M8×40 ⑰ upward to connect the leg tube and the frame's base plate. At the upper end, thread on the D8 flat washer ⑱ and dome nut M8 ⑲. Tighten clockwise using an open-ended wrench 13-15#(B) until fully secured.



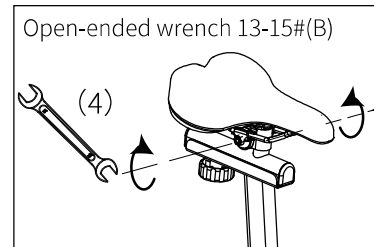
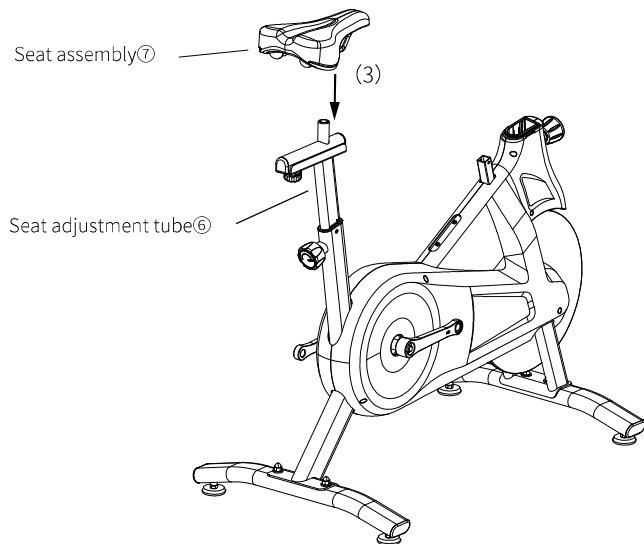
STEP 3: Install seat cushion and seat adjustment tube

1. Insert seat adjustment tube ⑥ into the mount socket of frame ①, align at desired position ensuring scale markings snap flush with tube top surface. Thread in rear upright knob ⑤ hand-tight (no need to fully tighten yet). Gently move pillar vertically allowing spring to auto-reset. (When audible click confirms knob engagement in pillar groove), rotate knob clockwise to full tightness.



Installation Guide

2. Remove the seat assembly⑦ from the resealable bag.
3. Align seat assembly⑦ with seat adjustment tube⑥'s sockets and insert fully. Press the headrest downward and adjust to a comfortable angle. (Tilt the headrest down by one notch for optimal position). Use open-end wrench 13-15#(B) to tighten both bottom nuts clockwise firmly. (Verify no wobbling exists.).



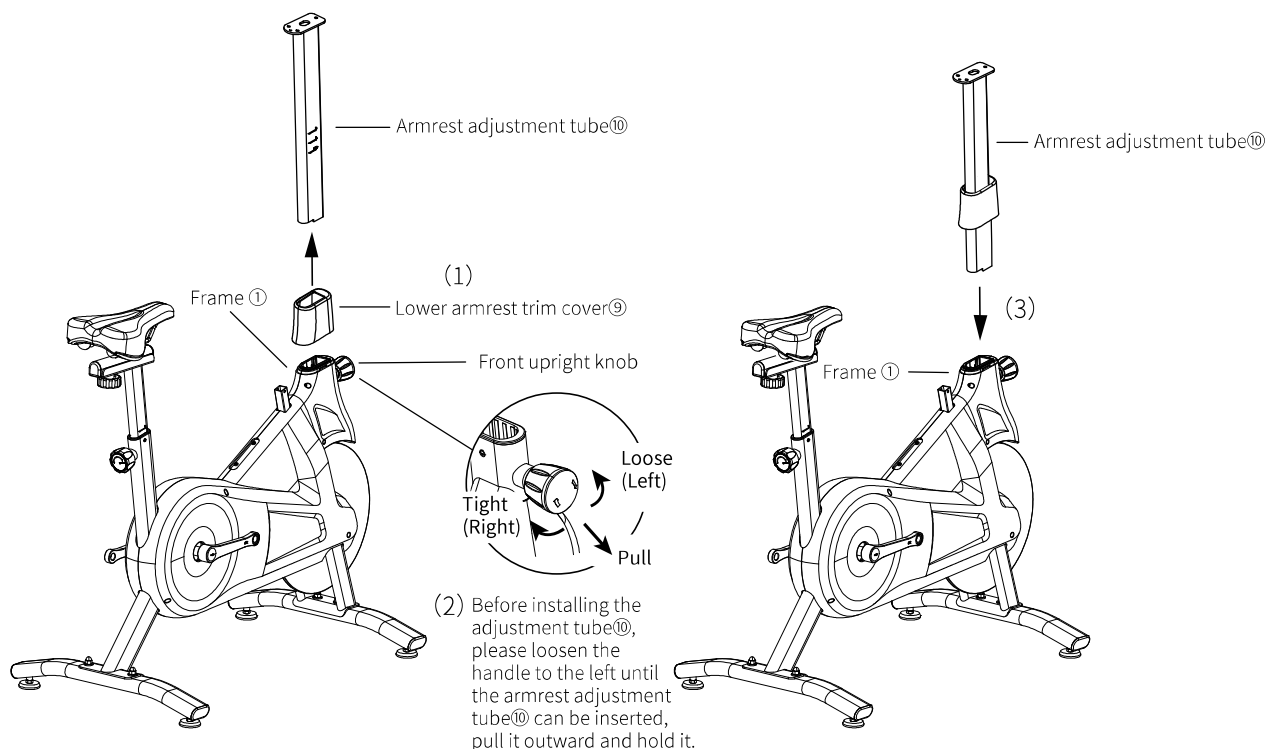
**Nut tightening: Turn clockwise;
Nut loosening: Turn counterclockwise.
Nuts on both sides of the seat must be
tightened simultaneously. Do not tighten
only one side.**

Kind reminder:

When installing the seat, tilt the front of the seat forward by 1–1.5°. A slightly lower front and higher rear angle can help relieve discomfort or soreness.

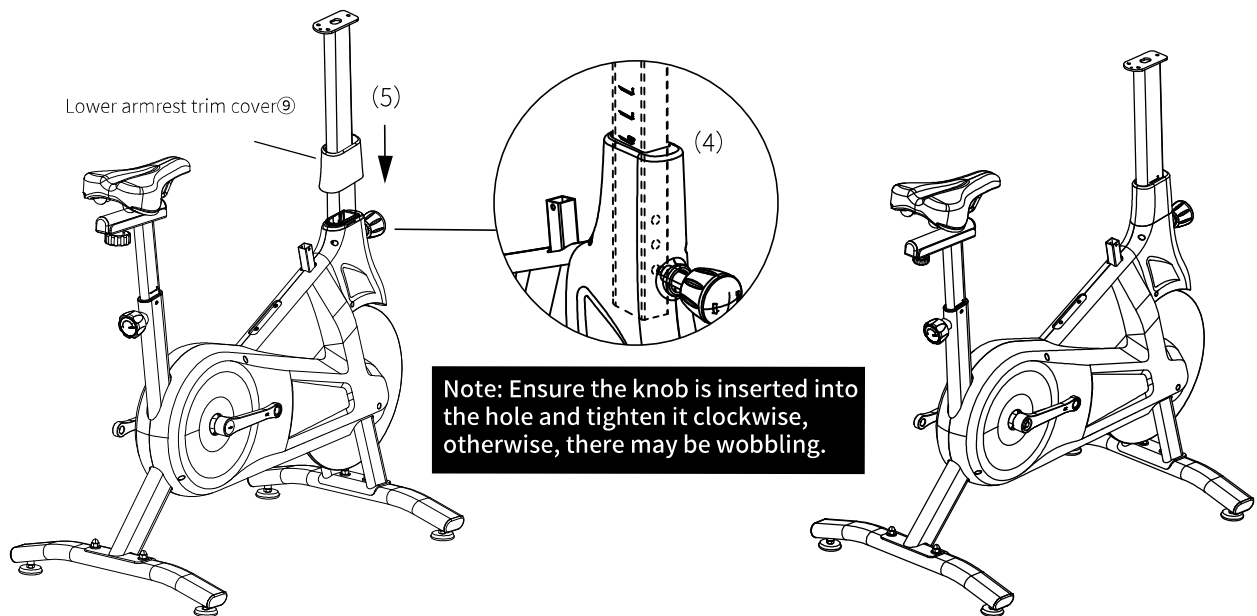
STEP 4: Install armrest lower cover and armrest adjustment tube

1. Thread the lower armrest trim cover⑨ upward through the armrest adjustment tube⑩ in the direction of the arrow.
2. Rotate the front upright knob in the left direction for 4-5 turns using one hand, pull it out and hold it.
3. With the other hand, align armrest adjustment tube⑩ with the mount socket on frame① and insert fully.



Installation Guide

4. Adjust to desired position, ensuring scale markings snap flush with tube top surface into positioning groove. Release knob. Gently move upright column vertically allowing spring to auto-reset. When audible "click" confirms knob engagement in column hole, tighten clockwise until fully secured.
5. Press lower armrest trim cover⑨ downward in arrow direction until flush-mounted.



STEP 5: Install the armrest

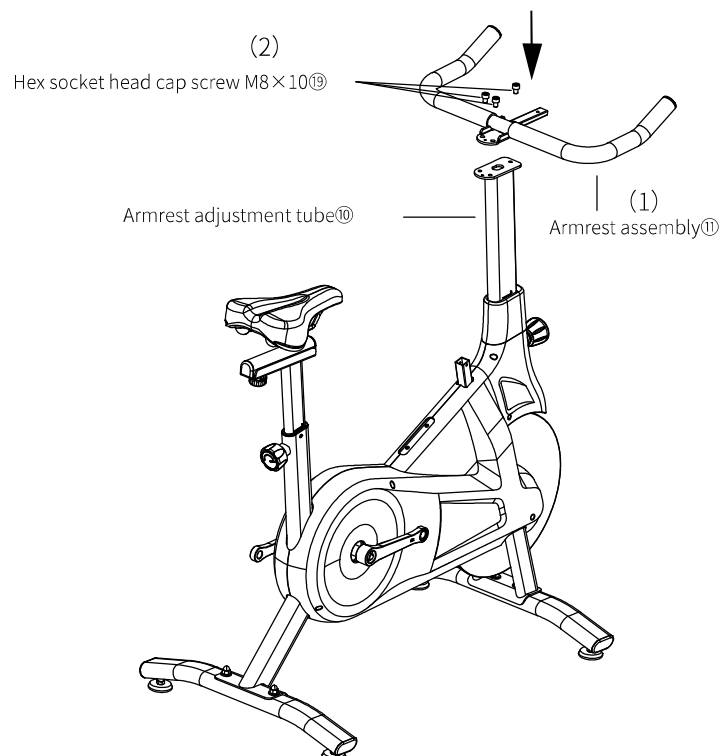
1. Align the holes at the connection point of armrest adjustment tube ⑩ with armrest assembly ⑪. Insert 3 hex socket head cap screws M8×10 ⑲ and tighten clockwise in the direction of the arrow using l-type cross head hex wrench 6#(A).



L-type cross head hex wrench 6# (A)



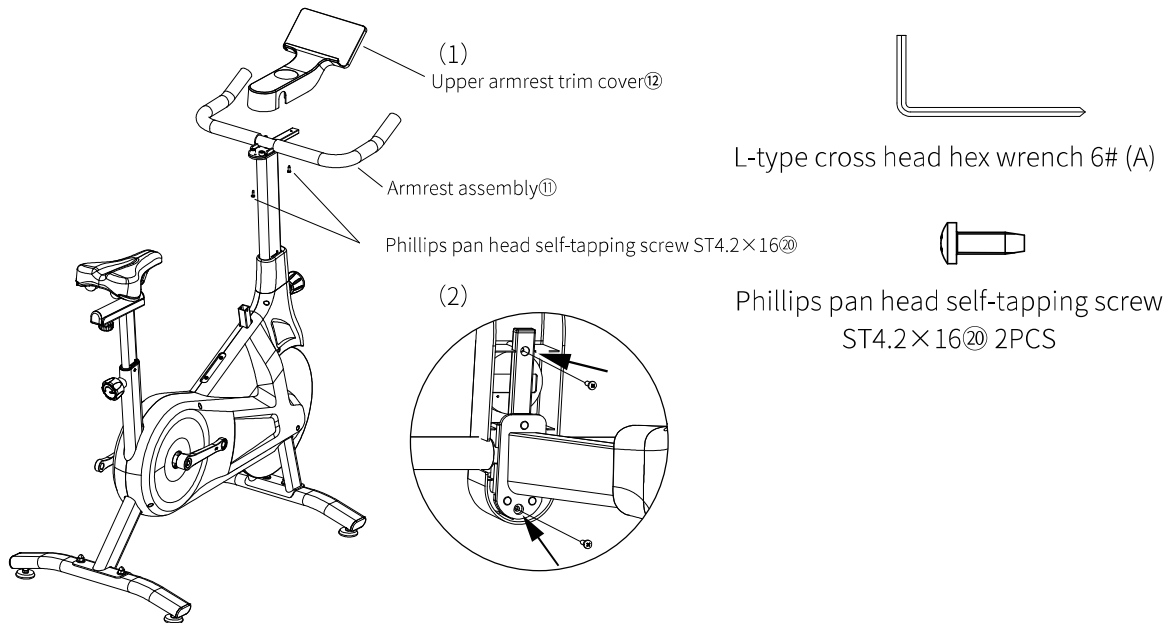
Hex socket head cap screw
M8×10 ⑲ 3PCS



Installation Guide

STEP 6: Install armrest upper cover

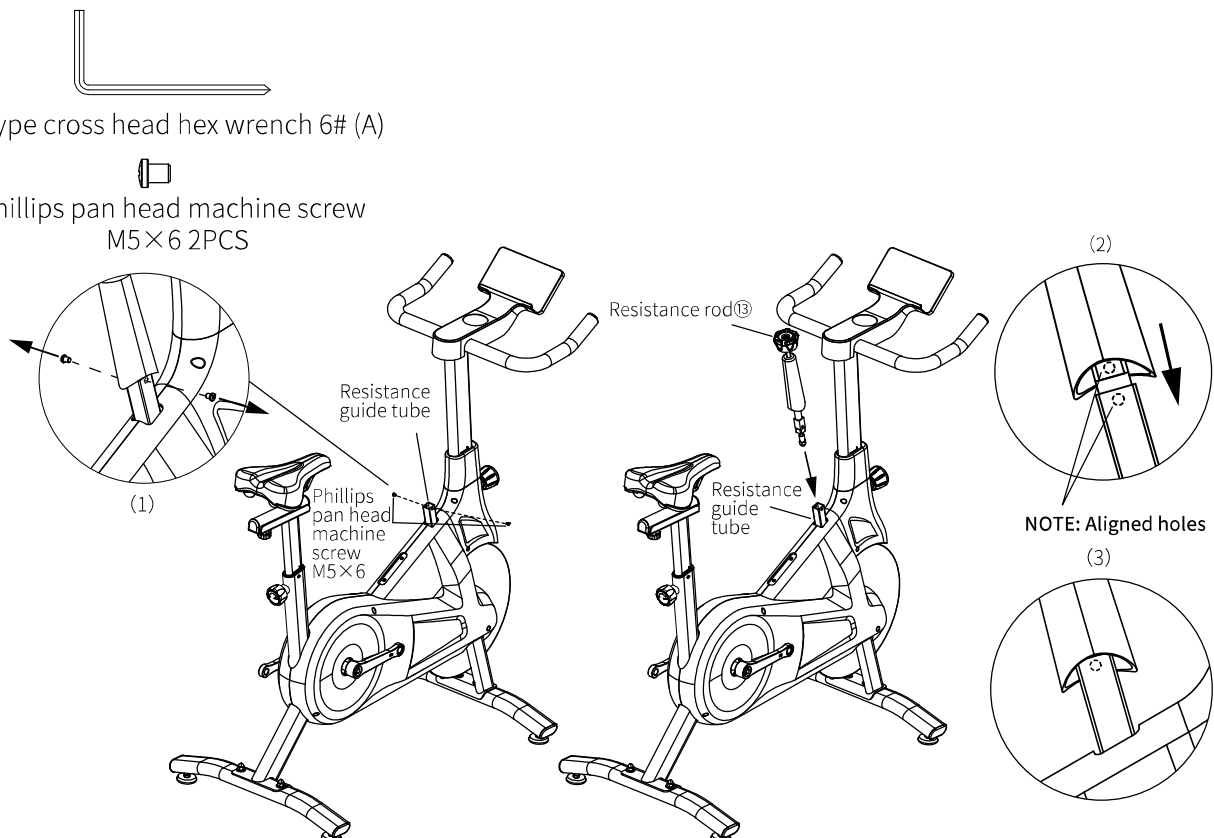
- 1.Position armrest upper armrest trim cover^⑫ onto armrest assembly^⑪ and press to secure.
- 2.Use l-type cross head hex wrench 6# (A) to tighten 2 phillips pan head self-tapping screw ST4.2×16^⑳ clockwise.



STEP 7: Install the resistance rod

- 1.Using l-type cross head hex wrench 6#(A), unscrew two factory-installed Phillips pan head machine screw M5×6 counterclockwise from resistance guide tube.
- 2.Align holes of resistance rod ^⑬ with resistance guide tube and insert fully.

Note: Ensure connecting rod's square block aligns with tube direction during insertion to prevent misalignment and installation failure.



Installation Guide

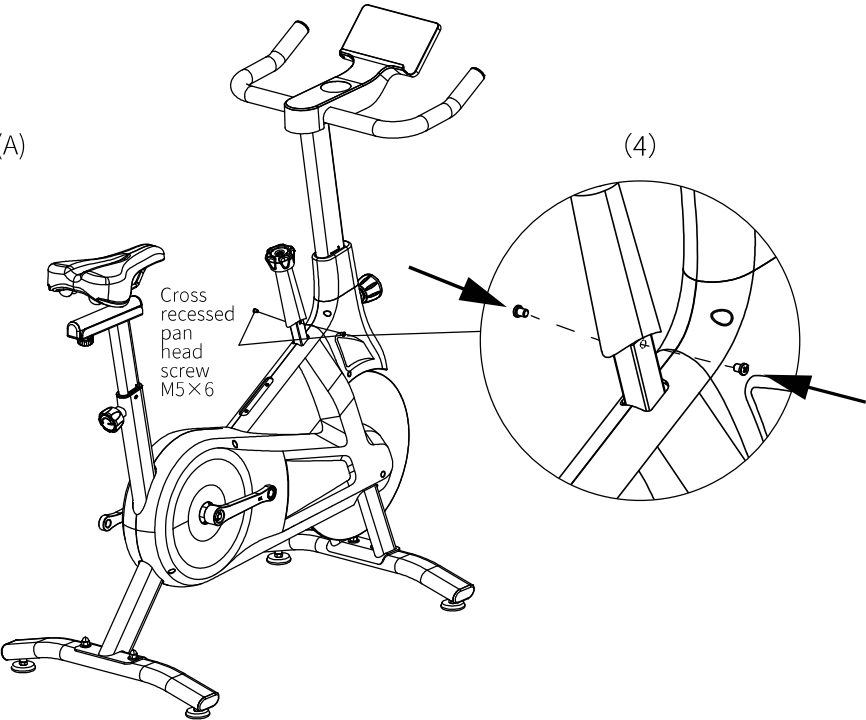
3. Use the L-type cross head hex wrench 6# (A) to tighten two cross recessed pan head screws M5×6 clockwise.



L-type cross head hex wrench 6# (A)

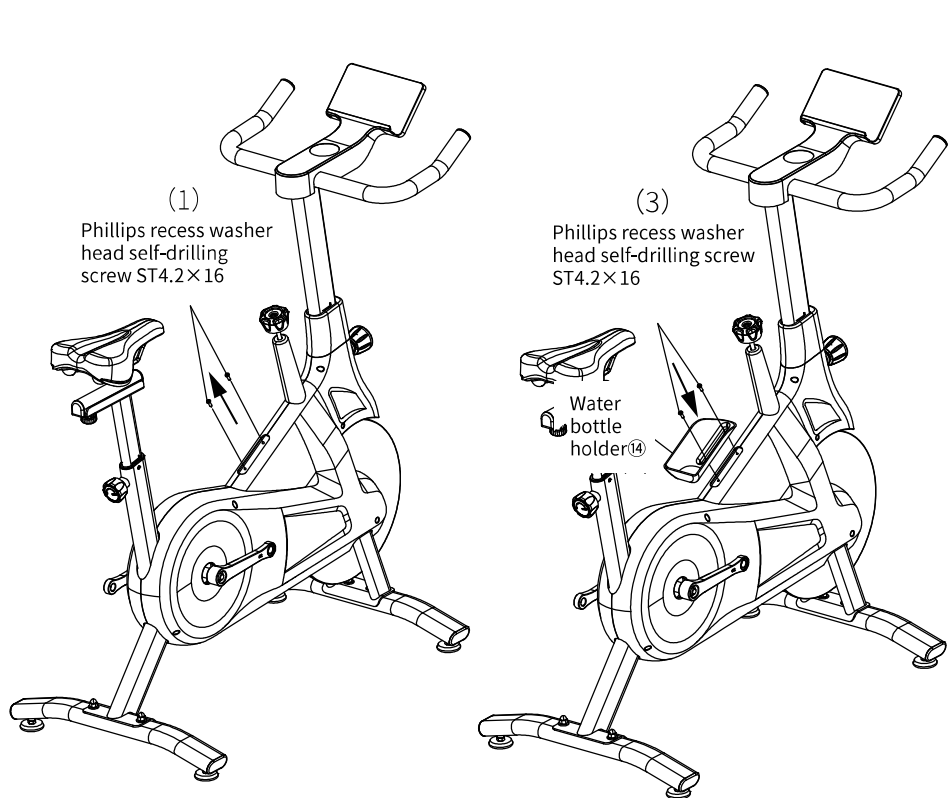


Cross recessed pan head screw
M5×6 2PCS



STEP 8: Install water bottle holder

- 1. Using L-type cross head hex wrench 6# (A), unscrew two factory-installed Phillips recess washer head self-drilling screw ST4.2×16 counterclockwise from main frame.
- 2. Position water bottle holder ⑭ onto frame, then tighten both screws clockwise using the same wrench.



L-type cross head hex wrench 6# (A)



Phillips recess washer head self-drilling screw
ST4.2×16 2PCS

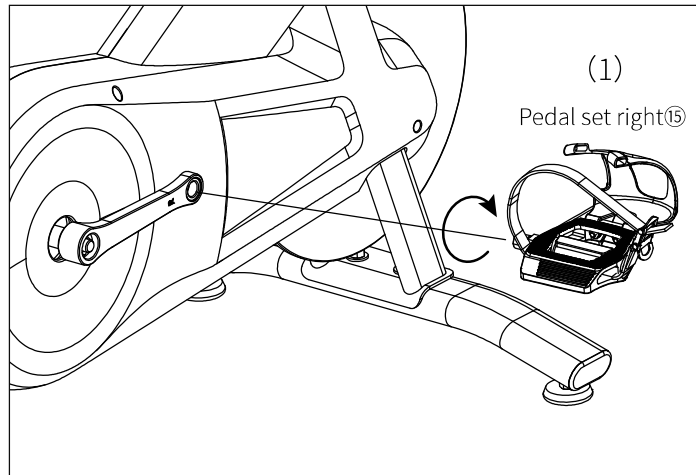
Installation Guide

STEP 9: Install pedals

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 seat facing handlebar. Install right pedal onto right crank arm, ensuring pedal shaft is perpendicular to crank opening. Tighten clockwise toward handlebar using open-ended wrench 13-15#(B).

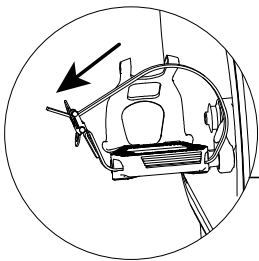


Open-ended wrench
13-15#(B)

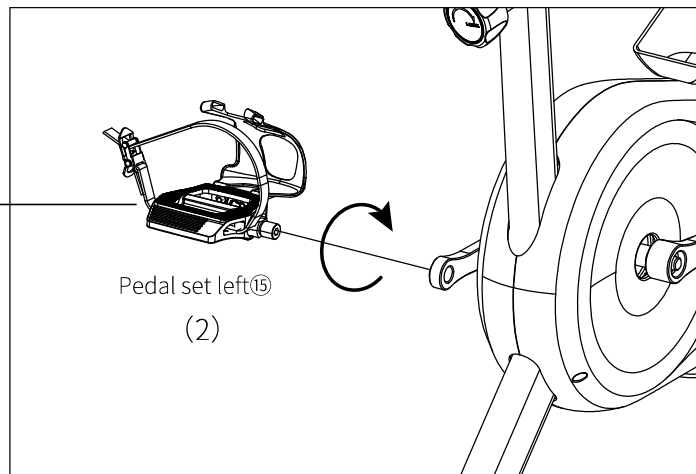


4. Install the pedal set left 15 onto the left crank arm. Ensure the pedal shaft is perpendicular to the crank opening. Tighten counter-clockwise toward the bicycle head using Open-ended wrench 13-15#(B).

NOTE: Always match red markings on crank to red pedal markings, and blue to blue. never reverse installation!



Note: Check whether the pedalstraps are tightened before riding. Tighten them by pulling them down.



Screw the pedal into the crank manually first, and then tighten the pedal set L/R 15 with the open-ended wrench 13-15#(B). (Note: The tightening directions for both the left pedal and the right pedal are towards the head direction, the tightening direction of the nuts is towards the tail direction.)



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.

Installation Guide

STEP 10: Battery installation and removal

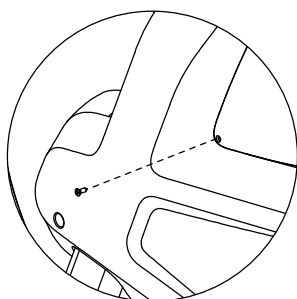
1. Using L-type cross head hex wrench 6#(A), unscrew the factory-installed countersunk self-tapping screw ST2.9×9.5 counterclockwise from the battery compartment cover.



L-type cross head hex wrench 6#(A)

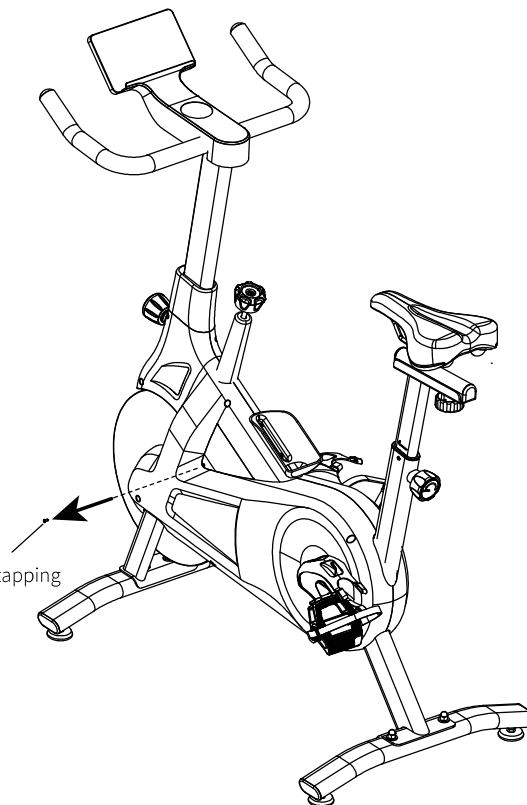


Countersunk self-tapping screw
ST2.9×9.5 1PC



(1)

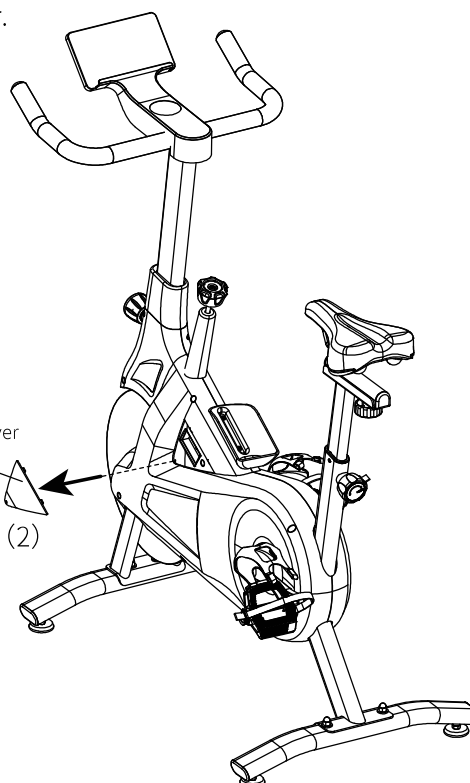
Countersunk self-tapping
screw ST2.9×9.5



2. Remove the battery compartment cover.

Battery compartment cover

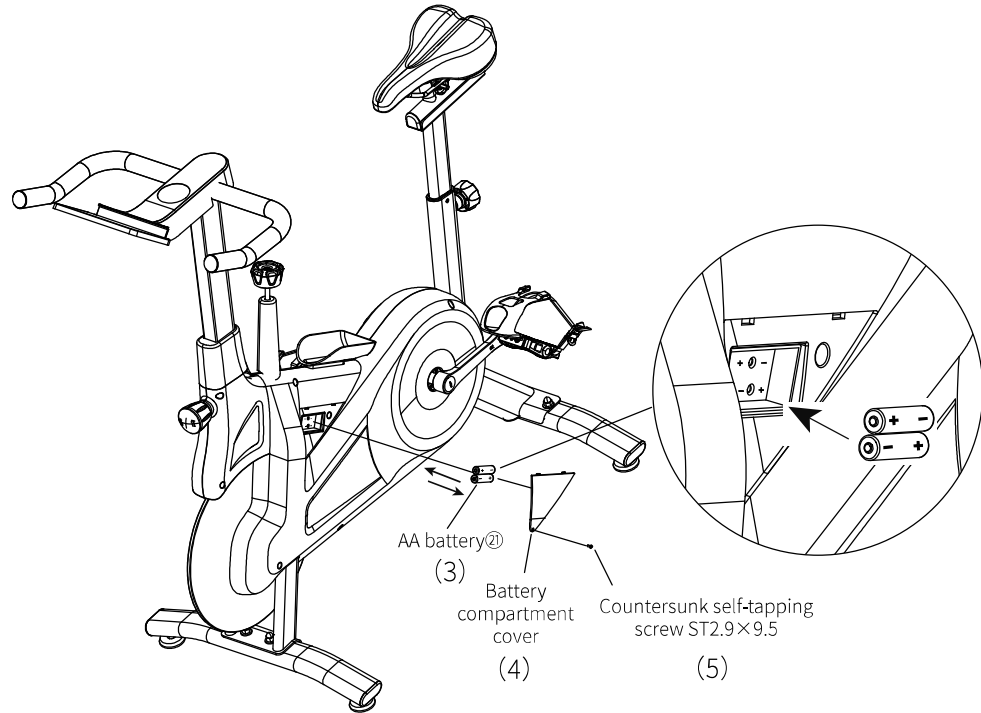
(2)



Installation Guide

3.Insert the aa battery^② into the battery compartment, aligning the polarity (refer to +/- marks on housing). Secure the battery cover to complete installation. For replacement: Remove cover, extract old battery, insert new battery with correct polarity alignment, then re-secure cover.

4.Assemble sequentially: AA battery^② → Battery compartment cover → Countersunk self-tapping screw ST2.9×9.5. Tighten screw clockwise with l-type cross head hex wrench 6#(A).



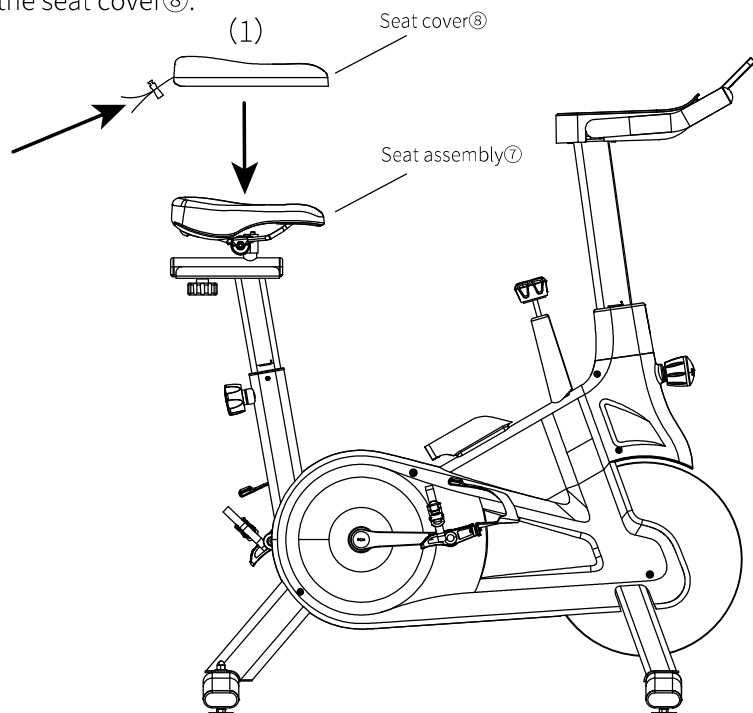
Safety tips:

- Install batteries with correct polarity ("+" to "+", "-" to "-"). Failure to comply may cause short circuit, overheating, or device damage.
- Replace batteries every 3 months.

STEP 11: Install seat cover

1.Cover the install seat assembly^⑦ with the seat cover^⑧.

Note: Securely tighten the seat cover drawstring to prevent slipping.

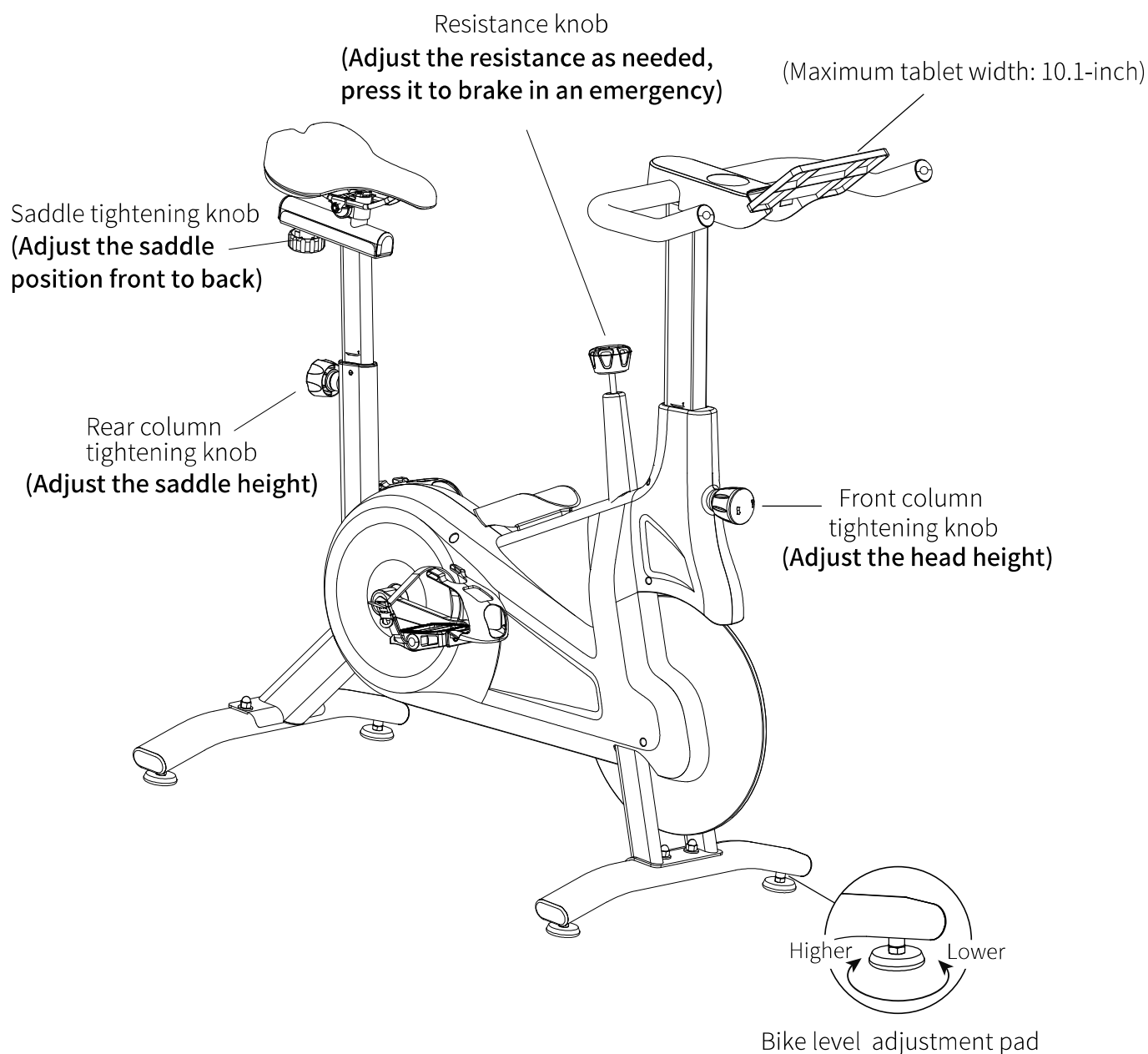


Installation Guide (for reference only, subject to the actual product)



Safety tips:

Adjust the bike and tighten the body tightening knob as needed before using it.



Statement:

This manual contains the functional introduction and operating instructions as much as possible when printed.

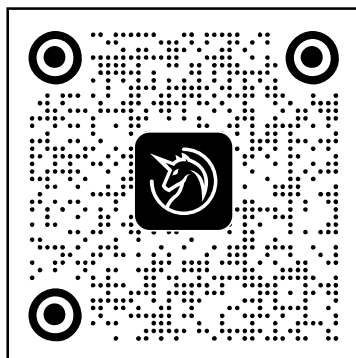
With the continuous improvement of hardware and software and optimization of design, this manual may be inconsistent with the purchased product.

In case of any discrepancy in appearance, interface and color, the actual product shall prevail.

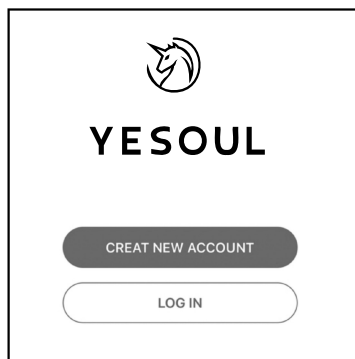
APP Usage Instructions

APP installation registration

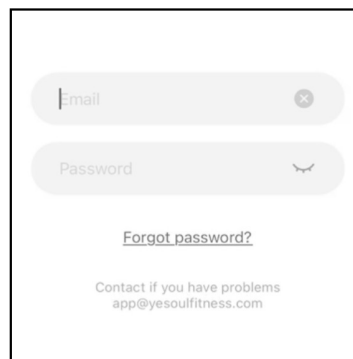
· You can scan the QR code below to download the YESOUL FITNESS APP and register an APP account.



1. Scan the QR code and download the APP



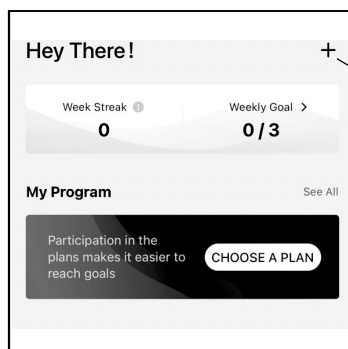
2. Enter the APP login page



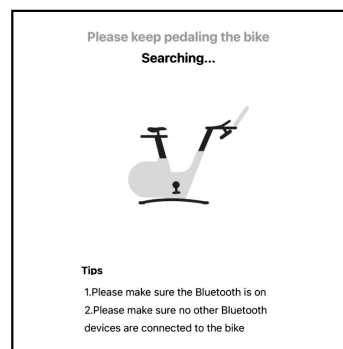
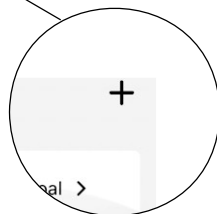
3. Register an APP account

Connect devices

· When using for the first time, click the 「+」 in the upper right corner of the 「Home」 or enter the course and connect the device according to the interface prompts.



4. Enter the APP homepage



5. Search for devices

- For subsequent use, simply step on the device and open the exercise mode or course of the APP and tap the  button to connect automatically.
- Please ensure that the Bluetooth of your phone/tablet is turned on.
- The device does not support connecting multiple cell phones at the same time. Please confirm that no other users are connected to the device at this time before use.
- The equipment will disconnect 10 minutes after stopping.
- In addition to connecting with YESOUL FITNESS APP, Bluetooth can also be connected with Kinomap and Zwift software.



Kinomap



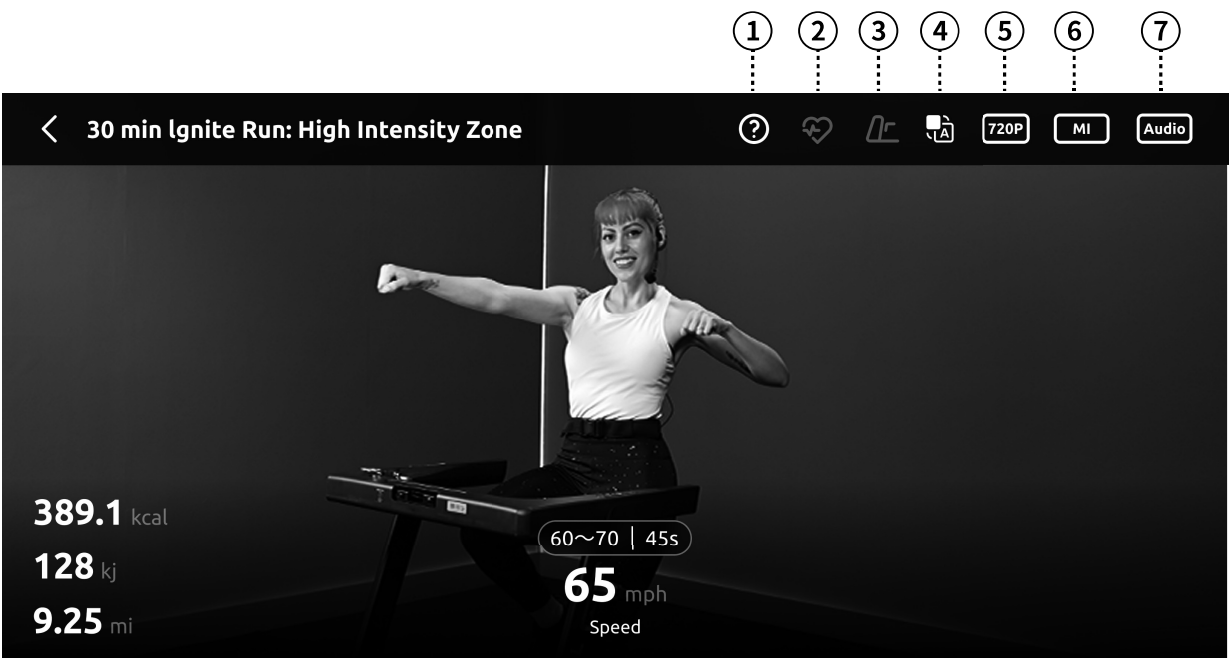
Zwift

Purchase APP membership

Open the APP and find 「Homepage」 - 「Settings」 - 「Member Rights」, and follow the interface prompts to complete the membership purchase.

APP Usage Instructions

APP course icon descriptions



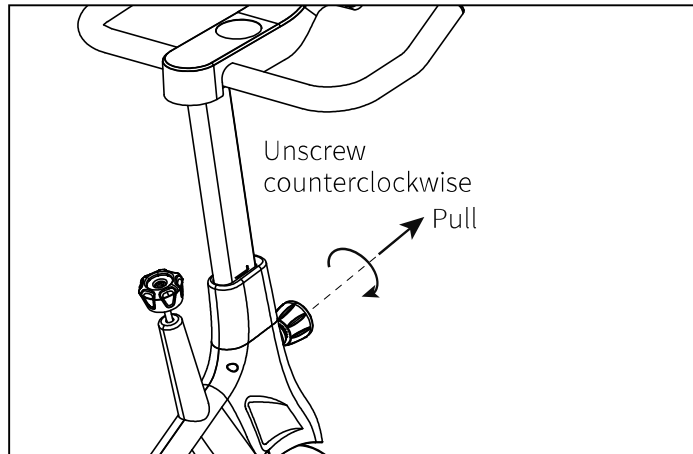
- | | |
|--|-------------------------------------|
| 1 ? Step-by-step Exercise Guide | 5 720P Adjustvality On Screen |
| 2 ❤️ Connect & Monitor Heart Rate | 6 MI Switch Imperial/Metric Display |
| 3 ⌚ (⌚ / ⌚) Sync Data with Gym Equipment | 7 Audio Adjust Voice & Music Volume |
| 4 🗣️ Translate Audio & Subtitles | |

- The "Bluetooth Device Connection" icon may vary depending on the type of device supported by each course. Please follow the on-screen instructions to connect the appropriate device.
- Due to variations in terminal device configurations, certain features may not function properly. Please select a compatible device based on your actual situation.
- The illustrations and data above may differ slightly from the actual product. Due to continuous software updates and manufacturing tolerances, please refer to the actual usage for accuracy.

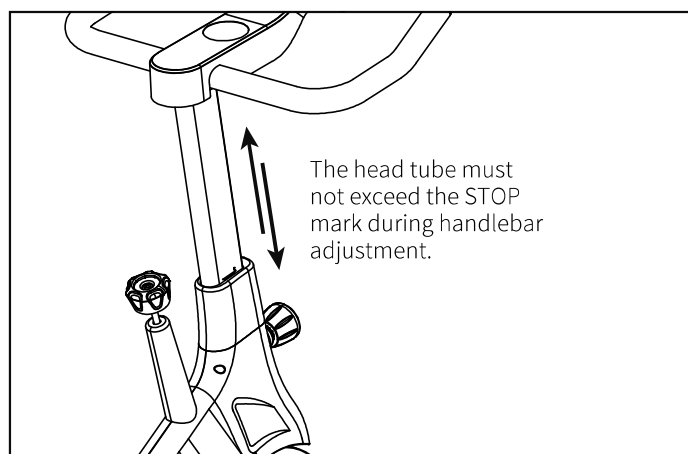
How to Adjust Bike

1. Handlebar height adjustment:

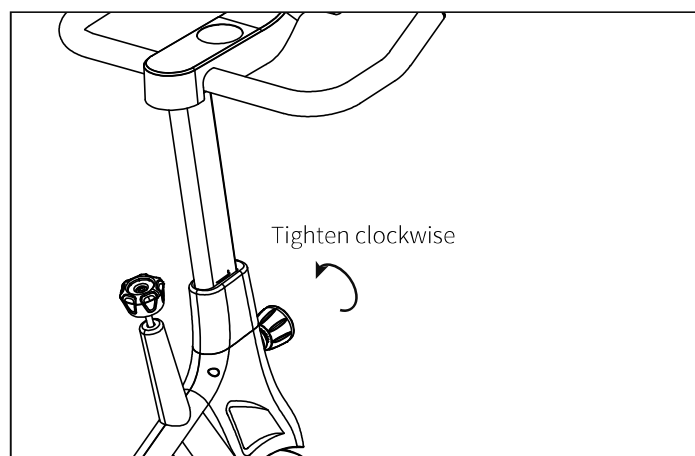
(1) With one hand, rotate the Front Upright Knob counterclockwise 4-5 turns, pull outward and hold.



(2) Hold and lift up (or press down) the handlebar using another hand to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the "click" sound indicates that the knob has slipped into the column slot hole);



(3) Finally, turn the knob clockwise to the tightest position.

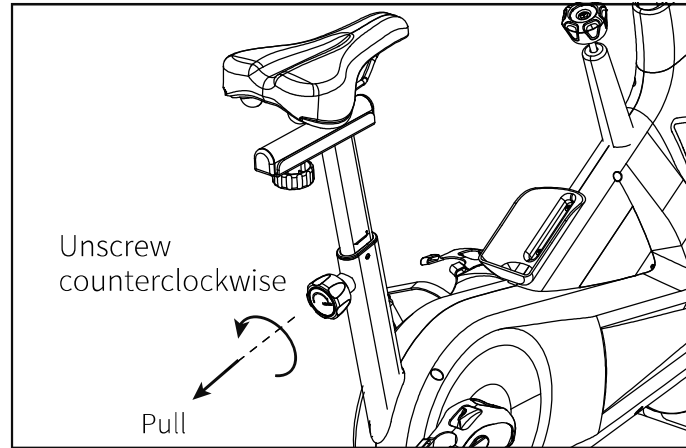


***Note:** Before locking, please make sure to align the holes and do not exceed the STOP line.

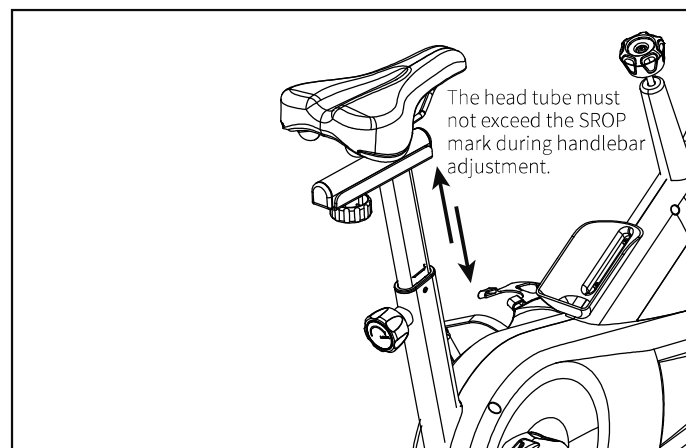
How to Adjust Bike

2. Saddle height adjustment:

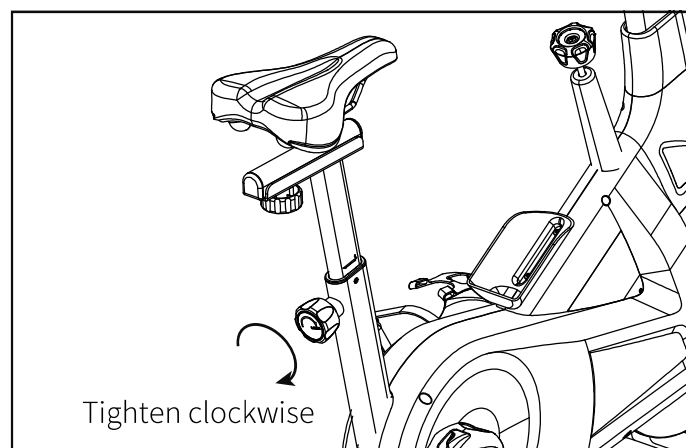
(1) With one hand, rotate the rear upright knob counterclockwise 4-5 turns, pull outward and hold.



(2) Hold and lift up (or press down) the seat using another hand to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the “click” sound indicates that the knob has slipped into the column slot hole).



(3) Finally, turn the knob clockwise to the tightest position.

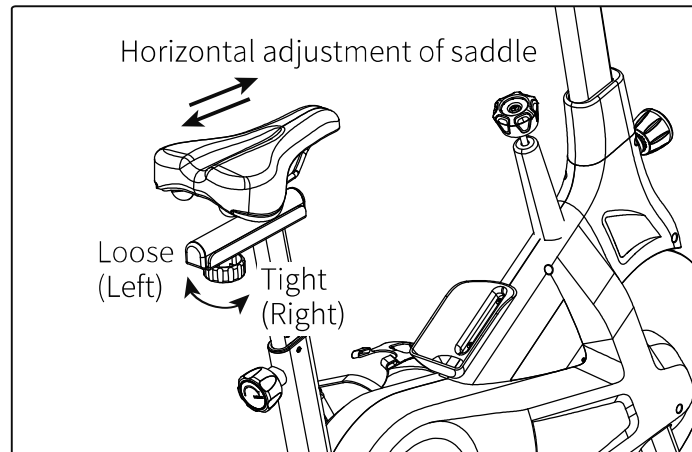


***Note:** Before locking, please make sure to align the holes and do not exceed the STOP line.

How to Adjust Bike

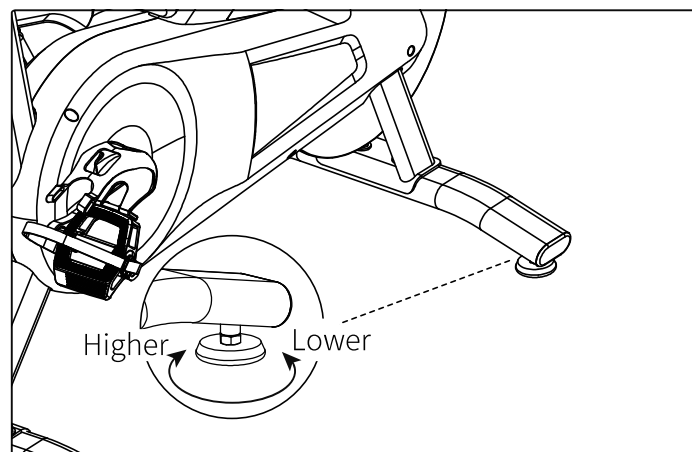
3. Horizontal adjustment of saddle:

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



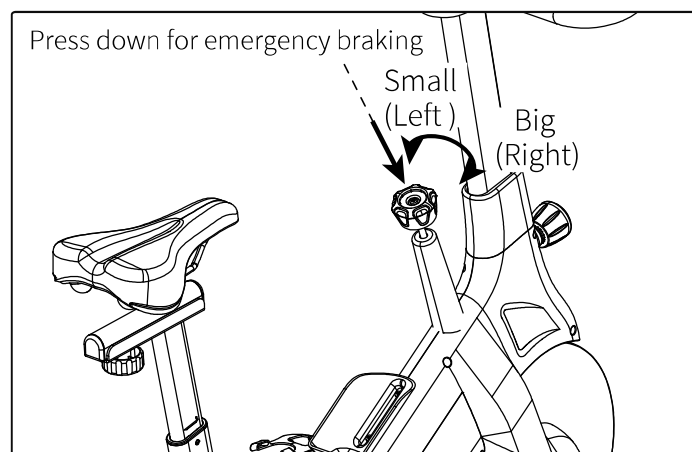
4. Bike level adjustment:

There are two adjustment pads at the bottom of the rear pedal tubes. Screw these pads until the bike does not shake.



5. Emergency brake adjustment:

When not in use, turn the knob to the right to the bottom to lock it. When riding, turn the knob to the left to the top to unlock the knob (you can turn the knob left and right to adjust the resistance according to your riding needs). In case of emergency braking or stopping movement, press the knob all the way down until it stops.

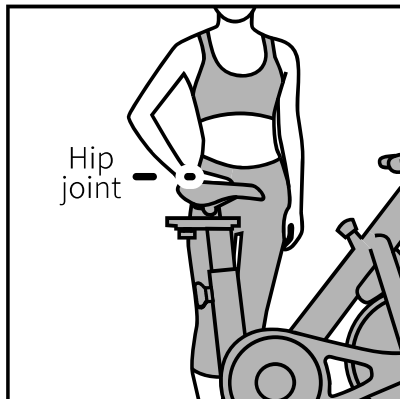


How to Determine Correct Riding Posture

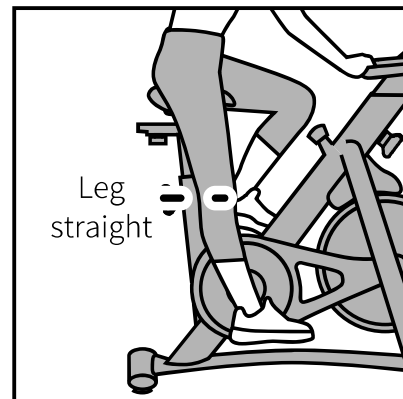
1. Setup of correct saddle position

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, step on the pedals forcibly until they are stopped at 6 o' clock and the leg can be fully stretched (Fig. 2).



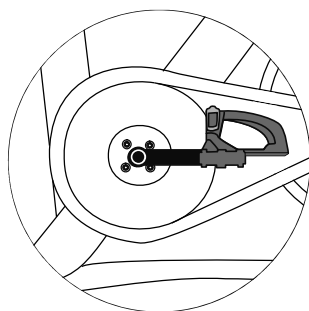
(Fig. 1)



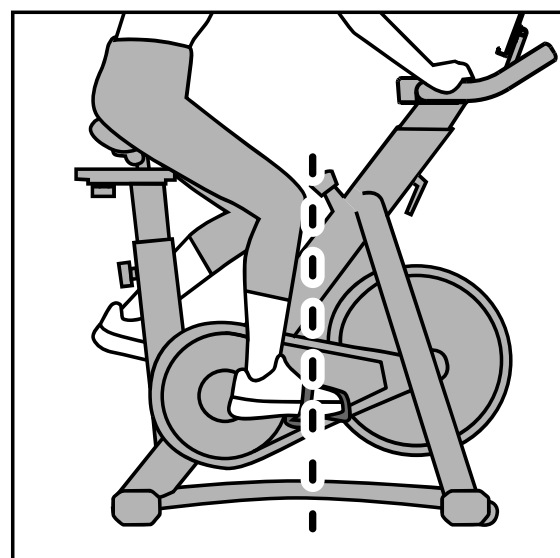
(Fig. 2)

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).



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



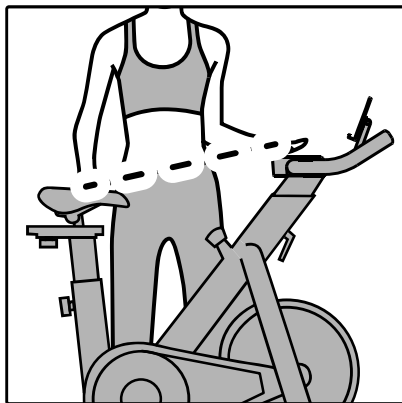
(Fig. 3)

How to Determine Correct Riding Posture

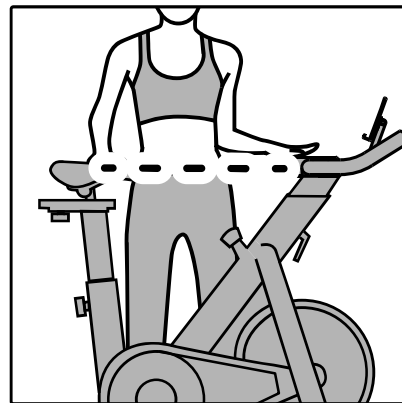
2. Setup of appropriate handlebar height

Each user can set up the appropriate handlebar height based on his or her body height and riding experience.

We recommend: For new users (Fig. 1), the handlebar height should be slightly higher than the saddle, for experienced users (Fig. 2), the handlebar height should be level with or slightly lower than the saddle. For users with lumbar muscle strain or lumbar spondylosis, it is recommended to ride with a doctor's consent and to adjust the handlebar to a higher position.



(Fig.1)

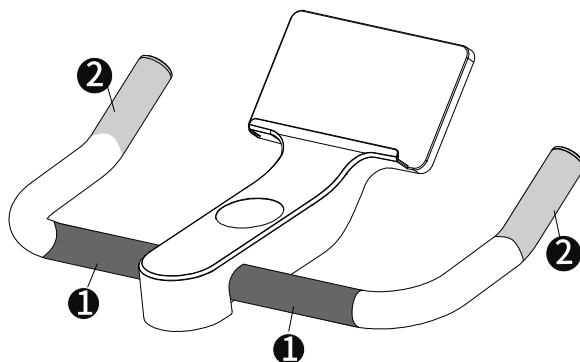


(Fig.2)

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.

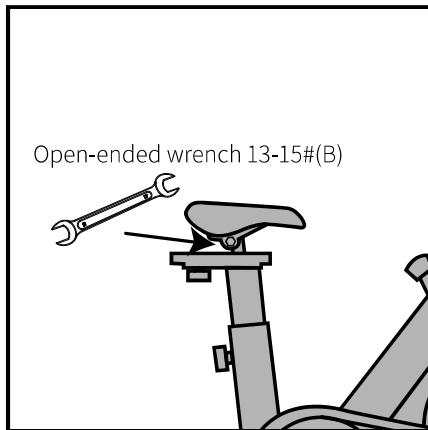
- ① Hand position 1
- ② Hand position 2



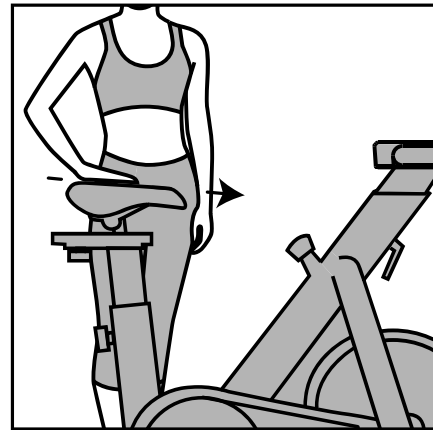
Seat Cushion Angle Ddjustment

1. Seat angle adjustment

Slightly loosen the two nuts on the left and right at the bottom of the seat cushion (Fig. 1) by turning them counterclockwise using the open-end wrench 13-15# (B). Press down the front part of the seat cushion by hand to adjust it to a comfortable angle (it is recommended to tilt the front part downward by one notch). After adjustment, tighten the two nuts clockwise.



(Fig.1)



(Fig.2)

Recommendation: The seat cushion may be lowered slightly in case of any hip discomfort during riding.

*The above illustrations are for reference only. Product specifications are subject to the actual delivered unit.

This device complies with Part 15 of the FCC Rules

Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

This device has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This device generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this device does cause harmful interference to radio or television reception, which can be determined by turning the device off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the device and receiver.
- Connect the device into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.



Product Model: YS-BA6

PMN: SPNNING BIKE

IC: 30451-YSBA6

HVIN: YS-BA6

ISED statement

English:

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) This device may not cause interference. (2) This device must accept any interference, including interference that may cause undesired operation of the device.

French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux RSS exemptés de licence d'Innovation, Sciences et Développement économique Canada. L'exploitation est soumise aux deux conditions suivantes : (1) Cet appareil ne doit pas provoquer d'interférences. (2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment. Cet équipement est conforme aux limites d'exposition aux rayonnements du Canada établies pour un environnement non contrôlé.

The device has been evaluated to meet general RF exposure requirement. This equipment should be installed and operated with minimum distance 0mm between the radiator & your body. L'appareil a été évalué pour répondre aux exigences générales d'exposition aux RF. Cet équipement doit être installé et utilisé avec une distance minimale de 0 mm entre le radiateur et votre corps.

此页为备注页，不用印刷

骑马钉

140*210mm

铜板纸105g

双面印刷

单色印刷

24页