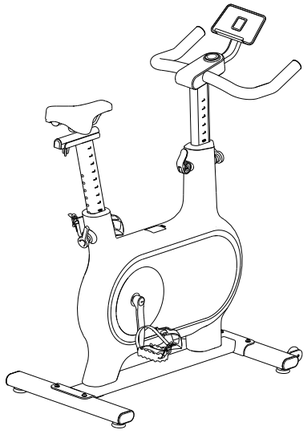
YESOUL

M2H
Spinning bike

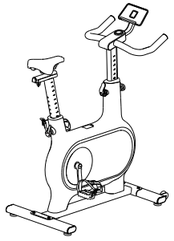
Before using this product, carefully read and properly keep this manual.



Product model: YS-BM2

YESOUL Spinning Bike
M2H Product Manual

YESOUL Spinning Bike M2H



Product Parameters

Tablet (mobile phone) holder size	Maximum tablet width: 10.1-inch
Supporting software version	iOS 10.0 or higher, Android 5.0 or higher
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply	AA battery
Sensing system connection	Bluetooth
Height limit	150 ~ 190cm
Rated maximum load	120kg
Net weight	31kg
Gross weight	35kg
Overall dimensions	(Length) 1010mm × (Width) 510mm × (Height) 1165mm

Important Safety Instructions

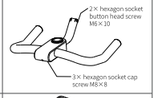
⚠ Please read them carefully. Improper use may result in personal injury or death!

1.Make sure that the saddle height adjustment knob is secured correctly, and will not affect motion during exercise.
2.Keep children and pets away from this product. This product is for those over 16 years old only.
3.Never stretch any object or body part into the openings of the bike.
4.The weight of the user must not exceed the maximum load.
5.Get off the bike until flywheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.
6.If you feel any discomfort, such as dizziness or breathing difficulty, stop riding the bike and carefully get off.
7.Never turn pedals by hand or touch any rotating mechanical part; otherwise, personal injury may be caused.
8.Keep the body hydrated as needed during riding.
9.Use this product according to the instructions in this manual. Warm up fully before exercise.
10.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.
11.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.
12.Never use this product with inappropriate shoes or barefoot.
13.Incorrect or excessive training may cause injury.
14.Check whether the bike for loosening or damage before each use.
15.Never refit this bike or use non-original accessories without permission. The casing must be opened by professionals, in order to avoid damage.
16.Those pregnant or with high blood pressure, heart disease, lumbar spondylosis or reduced mobility must not use this product without the permission of doctors.
17.In case of any discomfort such as dizziness or chest pain during exercise, stop exercising immediately and go to a hospital for examination.
18.If the product fails, immediately stop using it.
19.This product must not be used for medical rehabilitation.
20.Use this product on a flat and clean ground.
21.Carry out preventive maintenance regularly.
22.Never expose this product in a humid place. This product must not be used outdoor or in any humid place.
23.This product is for household use (Class H) and not medical fitness equipment.
24.Get off the bike or enable the emergency brake until inertia wheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.
25.Turn the knob to the right end to lock the corresponding component.
26.If used, the screen bracket should be set up at the center to prevent falling.

Installation Guide - List of Parts

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	Pedal set left/right	1	(left) (right)
⑤	Handlebar assembly	1	
⑥	Tablet (mobile phone) holder	1	
⑦	Seat cushion	1	

Installation Guide - List of Parts

Parts List (Components List)

NO.	Name	Quantity	Picture
⑧	Hexagon socket cup screw M8×10	3	
⑨	AA battery	2	
⑩	Washer	3	

Accessories List (Tools List)

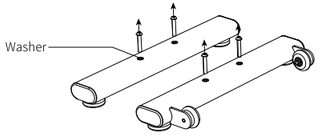
NO.	Name	Quantity	Picture
A	L-type cross head hex wrench, 6#	1	
B	L-type cross head hex wrench, 4#	1	
C	Open-ended wrench	1	

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

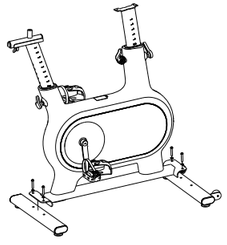
Installation Guide

STEP 2: Installation of bottom tube

1.Take L-type cross head hex wrench 6# (A) out of the ziplock bag.
2.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# (A).



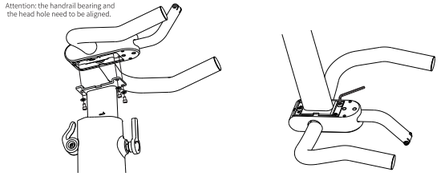
3.Align the holes of the front and rear front tube ② and rear tube ③ with the bottom holes of the frame ①, manually screw the washers and hexagon socket button head screws (M8×45), and tighten then via the L-type cross head hex wrench 6# (A).



Installation Guide

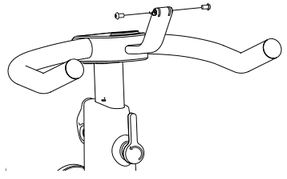
STEP 3: Installation of handlebar assembly

1.Take three hexagon socket cap screws (M8×10 ⑧) out of the ziplock bag.
2.Align the handlebar assembly ⑤ with the hole from top to bottom, and manually fasten washer and screws into the holes.
3.Lock the screws with the L-type cross head hex wrench 6# (A).



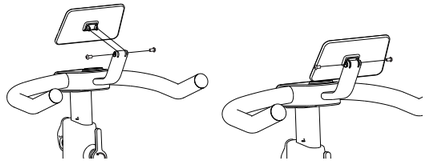
STEP 4: Installation of tablet (mobile phone) holder

1.Remove two hexagon socket cup button screws (M6X10) of the handle assembly ⑤ via the L-type cross head hex wrench 4# (B).



Installation Guide

2.Insert the tablet (mobile phone) holder ⑥ into the slot of the handlebar assembly ⑤, manually fasten the screws (with gaskets) into holes, and lock them via the hex wrench 4# (B).



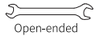
STEP 5: Seat cushion installation

1.Take the seat cushion ⑦ out of the ziplock bag.
2.Align the seat cushion ⑦ with the rear seat hole of the frame ① and insert the seat cushion.
3.Tighten it with the box-ended wrench (C) along the direction indicated by the arrow.

Installation Guide

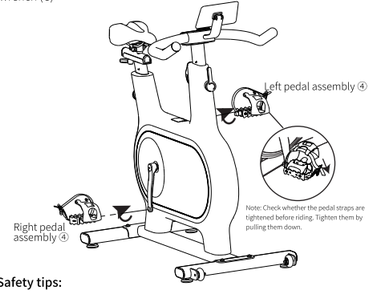
STEP 6: Pedal installation

1.Take out the left/right pedal assembly ④.
2.Pay attention to distinguish left and right pedals. If they are not installed correctly, crank threads will be damaged!!!
3.Lock the left pedal assembly ④ into the left crank, and tighten with the box-ended wrench (C) along the direction indicated by the arrow.
4.Lock the right pedal assembly ④ into the right crank, and tighten with the box-ended wrench (C) along the direction indicated by the arrow.
5.The illustrations of pedals may differ from the actual product.
Please refer to the actual product.



Open-ended wrench (C)

Screw the pedal into the crank manually first, and then tighten the pedal assemblies L/R ④ with the open-ended wrench (C). (Note: The tightening directions for both the left pedal and the right pedal are towards the head direction.)

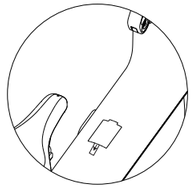


⚠ Safety tips:
Reverse riding is not recommended, as it is likely to loosen pedals. After reverse riding, check whether the pedals are locked, in order to avoid safety issues arising from loose pedals.

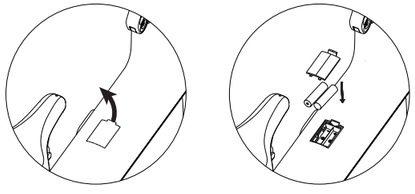
Installation Guide

STEP 7: Battery Dismantling and Installation

1.Pull the insulation strip out of the gap of the battery cover before using this product.

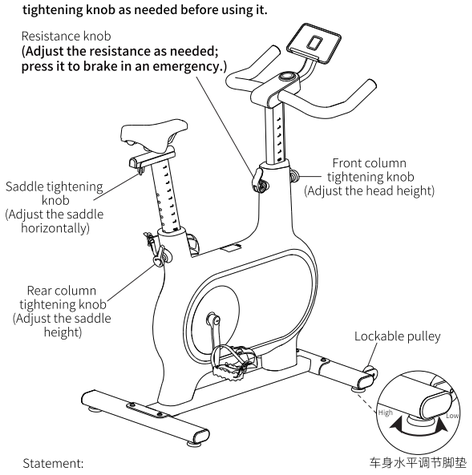


2.Battery replacement: Open the battery cover, and take out the circuit board (never forcibly pull it as its back wire is connected to the body) of the battery holder. Remove the old battery, and insert a new battery into the battery slot, with its anode and cathode aligned correctly. Reinstall the circuit board and close the cover.



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.

First use (APP download)

Scan the QR code to download YESOUL APP

YESOUL
Android/iOS mobile client

APP installation and registration

1.Scan the QR code to download the APP, and register an APP account.
2.Upon registration, open the spinning bike course in the APP. Please connect the spinning bike according to the interface prompts in the course for the first use. Then, once you ride the spinning bike, the exercise mode of the APP will be enabled or the course will be automatically accessible.
3.Before connecting the APP with spinning 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.

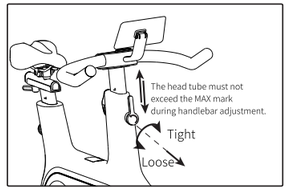
- **After the first connection, the APP will automatically match the bike. Directly ride the bike when it is used for the second time.**
- **The bike does not support the simultaneous connection of multiple mobile phones. Before using this product, make sure that other users are not connected to the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

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

How to Adjust Bike

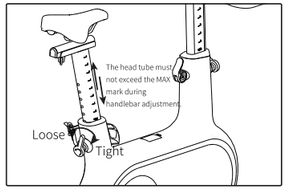
1 .Handlebar height adjustment:

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:

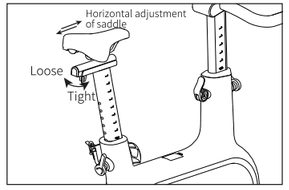
Turn the handle to the left with one hand, and hold the middle part of the handlebar with the other hand, and lift (or press) the handlebar to the desired position. Then turn the handle to the right until it is tightened.



How to Adjust Bike

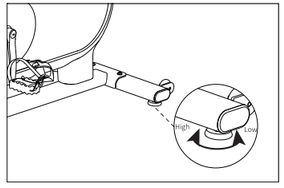
3.Horizontal adjustment of saddle:

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.



How to Determine Correct Riding Posture

1. Setup of correct saddle position

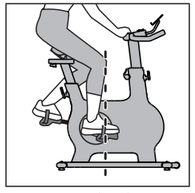
Saddle height
Put the feet together, stand on one side of the saddle and adjust the saddle to the hip height (Fig. 1). Then site on the saddle, and step on the pedals forcibly until they are stopped at 6 o' clock and the leg can be fully stretched (Fig. 2).

(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.
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.

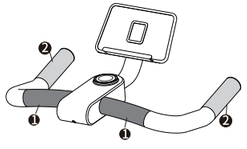
(Fig. 1)

(Fig. 2)

3. Handle position layout of spinning bike

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

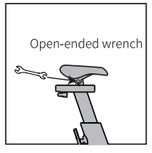
❶ Hand position 1
❷ Hand position 2



Seat cushion angle adjustment

1.Seat cushion angle adjustment

Slightly loosen two nuts (fig. 1) on the left and right at the bottom of the seat cushion via the open-ended wrench (C), and press the front part of the seat cushion to a comfortable angle (it is recommended to adjust the seat cushion until its front part is one division lower), Then tighten the two nuts at the bottom.



(Fig. 1)

(Fig. 2)

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

Routine Maintenance

Daily use:
Keep the spinning 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.

Frame maintenance:
Wipe off sweat on the frame with cloth after exercise. Do not wipe the bike with wet cloth, in order to avoid rusting.

Belt maintenance:
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.

Inspection of body screws:
Always check the screws of all body parts for loosening or falling, and tighten or replace them in time.

Inspection of resistance adjustment knob:
Always check the resistance adjustment knob for loosening or falling. Check whether the resistance is reasonable, so as to calibrate resistance in time.

Inspection of pedals and cranks:
Always check the screws of pedals and cranks for loosening, and tighten them in time.

Saddle maintenance:
Always check whether the saddle is loose and tighten it in time. Wipe the saddle with cotton cloth to keep it dry.

FCC Warning

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.

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

Note: This equipment 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 equipment 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 equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment 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 equipment and receiver.

-Connect the equipment 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.