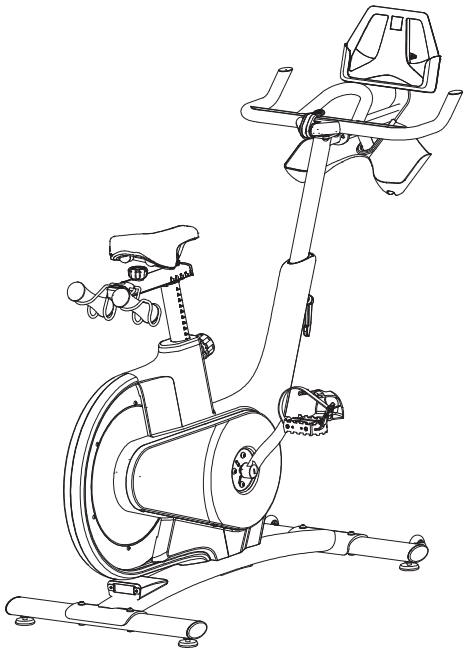
YESOUL 野小兽

V1 动感单车

在使用此产品前
请您仔细阅读使用说明手册
并请妥善保管

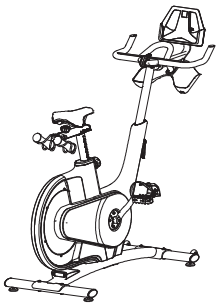


扫码查看安装视频

产品型号 :YS-003

YESOUL动感单车
V1产品说明手册

YESOUL 动感单车 V1



产品参数

平板(手机)支架尺寸	可放置平板的宽度最大为 260mm
软件支持版本	iOS 10.0 以上版本、安卓 5.0 以上版本(含)
阻力系统	磁控阻力系统
传动方式	皮带传动
电源	纽扣电池(型号：CR2477)
身高限定	150 ～ 195cm
额定最大载重	120kg
净重	45kg
毛重	48kg
占地尺寸	(长)1450mmx(宽)530mm x(高)1300 mm

重要的安全说明

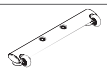
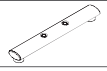
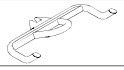
⚠请认真阅读,不规范的使用可能会导致人身伤害或死亡!

1. 确保坐垫高度调节旋钮固定正确,并且在运动中不会干扰运动范围。
2. 请让儿童和宠物远离该产品,本产品只为 16 岁以上的人士设计。
3. 请勿将任何物体、身体部位伸入单车任何开口的地方。
4. 使用人员体重不可超过最大承重。
5. 必须等飞轮和脚踏板停止转动后,才可以下车,若不遵守可能导致身体失去控制而受到严重伤害。
6. 如感到身体有任何不适如头晕或呼吸困难,请逐渐停止踩踏,并小心地下车。
7. 请勿用手转动踏板。不要触碰任何正在转动的机械装置,否则可能造成身体上的伤害。
8. 请根据需要在整个骑行过程中,保持身体水分。
9. 请按照说明书上的指示使用本器材,运动前要充分热身。
10. 在没有初步确定基线健身水准并获得医生的体检合格证明的情况下,不要用较高的速度和较高的强度进行运动。在尝试任何高强度的短距离冲刺之前,请先注意身体状态、姿势和建立可控制的速度。
11. 请穿专业骑行服或紧身运动装,并穿着运动鞋、拉紧脚套,以免被设备拉扯、卷入,导致运动伤害。
12. 请勿在没有合适鞋子的情况下使用产品,请勿赤脚使用产品。
13. 不正确或过度的训练可能会导致伤害。
14. 每次使用前请检查单车是否有松动或者损坏。
15. 请勿擅自改装本车或使用非原装配件,非专业人员请勿打开机壳,以免损坏设备。
16. 高血压及心脏病、腰椎病患者、孕妇、行动不便者等,请征得医生同意后使用。
17. 运动过程中如感到头晕或胸痛等不适症状,请马上停止运动并至医院检查。
18. 当产品出现故障时,请马上停止使用。
19. 本产品不可做医疗康复用途。
20. 请在平坦、干净的地面上使用产品。
21. 请定期进行预防性维护。
22. 请勿暴露产品于潮湿环境,此产品不适合室外或任何潮湿环境使用。

安装指南——配件清单

STEP 1:请先确认配件是否齐全

配件清单

	NO.	名 称	数 量	图 示
配件清单(配件表)	①	前贴地管组装总成	1	
	②	后贴地管组装总成	1	
	③	内六角平圆头螺钉 M8*P1.25*50L	4	
	④	弹性垫圈 8*2.1t	6	
	⑤	平垫片M8(D16×d8.5×1.5t)	4	
	⑥	车把手	1	
	⑦	内六角平圆头螺钉 M8*P1.25*16L	6	
	⑧	屏幕支架	1	
	⑨	水壶架	1	
	⑩	内六角平圆头螺钉 M6*P1.0*10L	2	

安装指南——配件清单

	NO.	名 称	数 量	图 示
配件清单（配件表）	⑪	平板(手机)支架	1	
	⑫	内六角圆柱头螺钉 M6*P1.0*12L	2	
	⑬	脚踏组左/右	1	(L) (R)
	⑭	哑铃组1KG/个	2	
	⑮	弹性垫圈 6*1.6t	2	

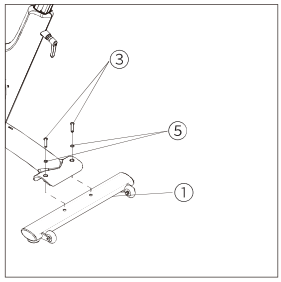
	NO.	名 称	数 量	图 示
零件清单（工具表）	A	L型六角扳手 4mm/70LX25L	1	
	B	L型六角扳手 5mm /100LX30L	1	
	C	双口开口扳手 8/10mm	1	
	D	双口开口扳手 13/14/15/17mm	1	

***为方便您的组装，部分配件出厂时已安装好在车身。**

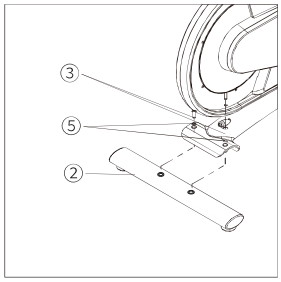
安装指南

STEP 2：安装贴地管

1. 放置前贴地管组装总成①，使用 L 型六角扳手（B）组装总成，如图所示。
2. 依照图示锁附件 2 组内六角平圆头螺钉 ③、平垫片⑤，请锁紧，否则可能发生变形。
3. 请确认调整脚垫完全锁入前贴地管组装总成。



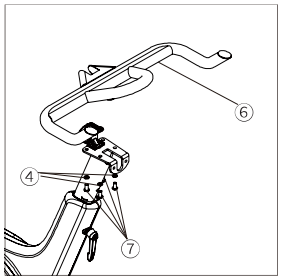
1. 放置后贴地管组装总成②，使用 L 型六角扳手（B）组装总成，如图所示。
2. 依照图示锁附件 2 组内六角平圆头螺钉 ③、平垫片⑤，请锁紧，否则可能发生变形。
3. 请确认调整脚垫完全锁入后贴地管组装总成。



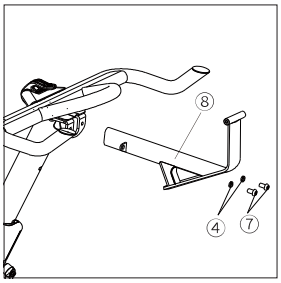
安装指南

STEP 3：车把手组装

将车把手⑥放在车把手固定座上，用L型六角扳手（B）将4组弹性垫圈④、内六角平圆头螺钉⑦锁附。



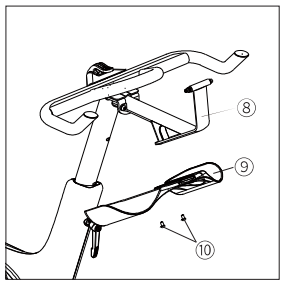
将屏幕支架⑧接头插在固定座接口上，用 L 型六角扳手（B）将 2 组内六角平圆头螺钉⑦穿过弹性垫圈④锁附于立杆上。



安装指南

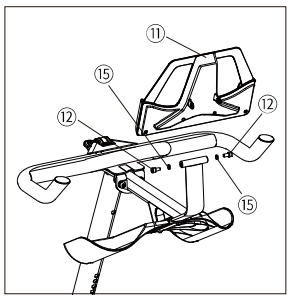
STEP 4：安装水壶支架

如图所示，将水壶架⑨中间卡槽夹在屏幕支架⑧下端，以 2 组内六角平圆头螺钉⑩锁附于支架上。



STEP 5：安装平板(手机)支架

取出平板 (手机) 支架⑪, 将支架背后的支撑对准屏幕支架，用 L 型六角扳手（B）将 2 组弹性垫圈⑮和内六角圆柱头螺钉⑫锁于支架上。



安装指南

STEP 6：安装脚踏

1.将脚踏组 ⑬取出；

2.注意区别左右脚；

3.请将脚踏组左⑬锁入左曲柄，请使用双口开口扳手（D）向箭头方锁紧；

4.请将脚踏组右⑬锁入右曲柄，请使用双口开口扳手（D）向箭头方锁紧；

扳手(D)

请先用手将脚踏旋入曲柄，再用双口开口扳手(D)将脚踏组左/右 ⑬锁紧。（注意：左右脚踏的拧紧方向都是朝向车头的方向。）

安全提示：

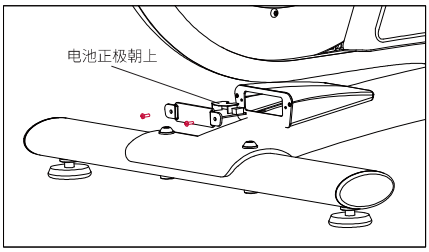
我们不建议反踩骑行，反踩骑行容易导致脚踏松动，请在反踩骑行结束后再次检查脚踏是否锁紧，避免脚踏松动带来安全问题。

安装指南

STEP 7：电池的拆卸与安装

1.单车若装有电池，使用前请将电池盖缝隙处的绝缘条抽出。

2.若需要更换电池,请卸下位于尾部的电控固定板上的两颗十字槽螺钉,向后拉出电控固定板(背面电线连接车身,请勿用力拖拽),取出旧电池后,将新电池正极朝外(+号朝外)插入电池槽,合上盖子后锁紧螺钉。

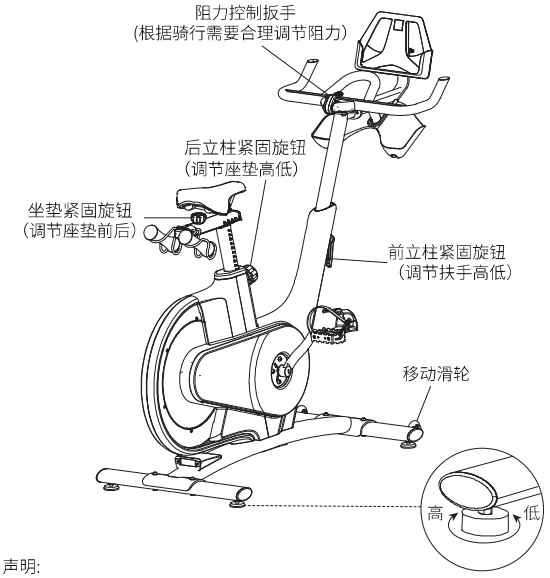


完整安装(下方仅作参考，请以实际购买为主)

安全提示：

使用前请先根据自身情况调节单车；

并拧紧车身紧固旋钮。



声明:

本手册在印刷时已尽可能的包含产品的各项功能介绍和使用说明。

但由于产品硬件和软件功能不断完善、设计优化等，仍可能与您购买的实际产品有不符处。

由此造成的差异，如外观、界面、颜色等，请以实际产品为准。

首次使用（APP下载）

请先扫码下载YESOUL APP

YESOUL 安卓/ios手机客户端

中文版　　国际版

APP安装注册

1、您可以扫描上方二维码下载中文版 APP 或国际版 APP，注册 APP 账号；

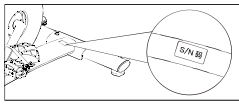
2、注册完成进入 APP 内的动感单车课程，首次使用请根据课程中界面提示连接单车。再次使用时，只需要踩动单车接着打开 APP 的运动模式或课程即可自动连接。

3、APP 首次连接单车时请确保手机 / 平板电脑的蓝牙处于开启状态，并且没有被其它设备连接。

关于APP会员

1、中文版 APP-Yesoul 的新注册用户首次连接单车，即可自动获得随车赠送的会员，不同型号的单车赠送的会员名额与会员权益时长不同，购买前请与销售客服确认。（如果您未自动获得我们赠送的会员，那么您可以通过手动输入 SN 码的方式获取会员：在【我的】页面中，点击头像下方的会员立即开通，进入会员页面点击右上角兑换会员，输入车体上的 SN 码即可兑换会员。）

2、国际版 APP-Yesoul Sports 注册用户，进入产品会员页面根据界面引导操作获得免费会员。



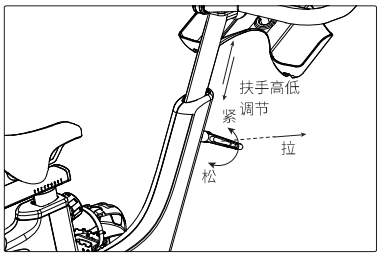
S/N码贴在车架下方
（包装箱上也贴有）

* 由于软件不停的更新迭代，请以实际使用为准。

如何调节单车

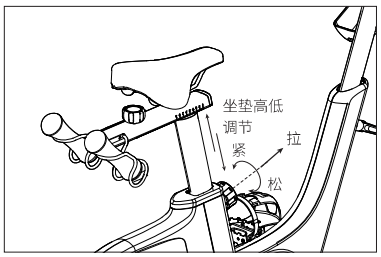
1、调节扶手高度：

用一只手松开前立柱旋钮往外拉并保持，另一只手握住扶手中间部位往上提（或往下压），调节到所需位置，然后松开旋钮，上下轻轻拔动立柱，让弹簧自动复位（听到“咔”的一声，说明旋钮已滑入立柱卡孔），再将旋钮拧到最紧状态。



2、调节坐垫高度：

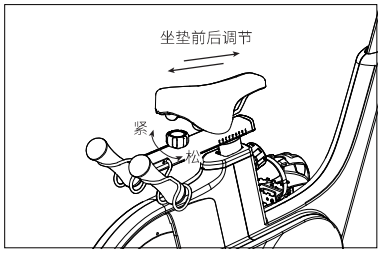
用一只手松开后立柱旋钮往外拉并保持，另一只手握住坐垫往上提（或往下压），调节到所需位置，然后松开旋钮，上下轻轻拔动立柱，让弹簧自动复位（听到“咔”的一声，说明旋钮已滑入立柱卡孔），再将旋钮拧到最紧状态。



如何调节单车

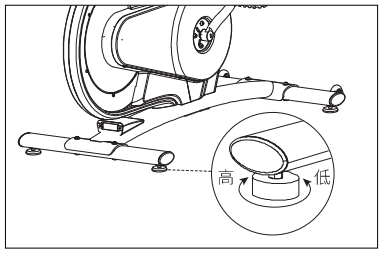
3、坐垫前后调节：

松开坐垫下方的旋钮，前后滑动坐垫，调节到所需位置，将旋钮拧到最紧状态。



4、调节车身水平：

在前后脚管底部分布着四个调节脚垫，旋转脚垫使它紧贴地面，直到车身不会晃动。



如何找到正确的骑行姿势

1、设置正确的坐垫位置

坐垫高度

双脚并拢，在车座侧面站直，将坐垫调节到与髋关节同高（图 1），然后坐上车座，用脚后跟踩住脚踏板，将其停在 6 点钟方向，以腿部能完全伸直为宜（图 2）。

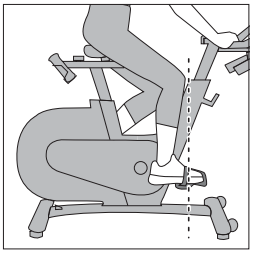
（图 1）

（图 2）

坐垫前后位置

将右脚的鞋子穿进脚套，踩住脚踏，将其停在 3 点钟方向，让膝关节前侧与脚踏板在一条垂直线上，即为正确位置（图 3）。

右侧曲柄
朝右平行于地面
即为 3 点钟方向



（图 3）

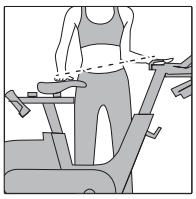
如何找到正确的骑行姿势

2、设置合适的扶手高度

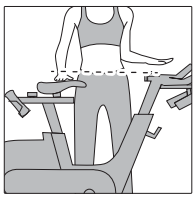
每个用户可以根据自己的身高和骑行经验设置合适的扶手高度。

我们建议：新手用户（图 1），扶手高度略高于坐垫；有经验的用户（图 2），扶手高度与坐垫平行或略低于坐垫。

对于腰肌劳损、腰椎病的用户，在征得医生同意的情况下骑行，建议将扶手调节至更高位置。



（图 1）

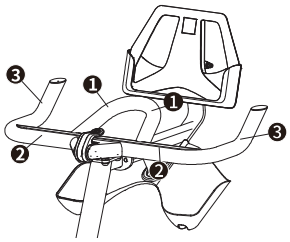


（图 2）

3、动感单车手位分布图

骑行过程中，教练会提示相应的手位，即是扶手的对应位置，如图：

❶ 一手位
❷ 二手位
❸ 三手位



日常维护

日常使用：
动感单车应放在干燥、通风、平整的地面上。长时间不使用，需用车罩罩住，以保持车身干净整洁。

车架的保养：
运动后应用干布将车架上的汗水擦干，请勿用湿布擦拭，以免生锈。

皮带的保养：
检查皮带盘是否有龟裂破损、偏离位置，及时调整或更换皮带；定期清理皮带沟槽，防止皮带跳动脱槽。

检查车身螺丝：
经常检查车身各个部位的螺丝是否有松动或者脱落，需及时紧固或更换。

检查阻力调节旋钮：
经常检查阻力旋钮是否松动或脱落、阻力值是否合理，以便及时校准阻力值。

检查脚踏和曲柄：
经常检查脚踏和曲柄间的螺丝是否松动，需及时紧固。

坐垫的保养：
经常检查坐垫是否松动，需及时紧固。请使用棉布擦拭坐垫，保持坐垫干爽。

产品信息	产品型号：	
	名称：	
	颜色：	
用户档案	姓名：	
	联系电话：	
	购买地：	
	家庭地址：	
	发票号码／网络订单号：	
	购买日期：　　服务单号：	
维修记录	维修日期	
产品编码：		

注：本保修卡不补发，保修期内请妥善保管，用户要求维修服务时，应出示本保修卡、购买发票及保修卡对应的机器。本公司保留对售后服务条款的最终解释权。

产品保修卡

野小兽动感单车V1
YESOUL BIKE V1

承蒙选购 YESOUL 动感单车，谨致谢意！我们将根据保修卡上的有关条款，在确认您的购买凭证后提供保修服务。请妥善保管本保修卡，在维修时请您出示。

V1
动感单车

友情提示：因运输过程中需使用包装箱保护产品运输安全，建议您自签收之日起保留包装箱 30 天。

第一部分：保修说明

YESOUL动感单车售后服务严格依照《中华人民共和国消费者权益法》、《中华人民共和国产品质量法》实行售后三包服务，服务内容如下：

1. 自您签收起7日内，本产品出现非人为因素、不可抗力因素所产生的故障，经由我司授权经销商售后服务中心检测确定后，可免费享受退货或换货服务；
2. 自您签收起8日-15日内，本产品出现非人为因素、不可抗力因素所产生的故障，经由我司授权经销商售后服务中心检测确定后，可免费享受换货或维修服务；
3. 自您签收起12个月（壹年）内，本产品出现非人为因素、不可抗力因素所产生的故障，经由我司授权经销商售后服务中心检测确定后，可免费享受维修服务。

第二部分：非保修条例

1. 无相关购机凭证或发票；
2. 因使用者使用不当、误用、滥用（超出产品负荷）、自然磨损和不适当的维护保养、意外（火灾、爆炸）或自然灾害（如雷电、地震、台风等）所导致之故障或损坏；
3. 未经我司授权的维修人员维修、误装、误用、碰撞、疏忽、滥用、改动；
4. 撕毁、涂改贴标流水码、防伪标识；
5. 产品或配件超出保修期；
6. 因客户自行拆装（或非本公司认证售后人员拆装）而导致传感设备及其引发其他配件故障；
7. 产品因其他非产品自身质量问题所导致的故障或损坏，如因用户不良搬运运输所造成的产品损坏。

合　格　证

生产日期：.....

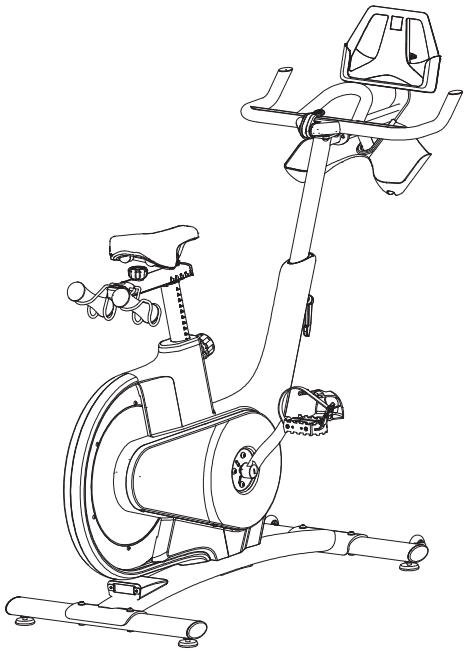
检 验 员：.....

产地：福建泉州
公司：福建野小兽健康科技有限公司
地址：福建省福州保税区海峡经贸广场1#楼

YESOUL 野小兽

V1 YESOUL BIKE

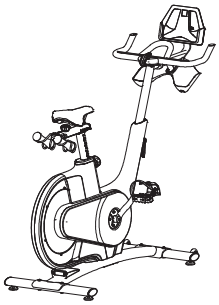
Before using this product, carefully read and properly keep this manual.



Product model: YS-003

YESOUL BIKE
V1 Product Manual

YESOUL BIKE V1



Product Parameters

Tablet (mobile phone) holder size	Maximum tablet width: 260mm
Supporting software version	iOS 10.0 or higher, Android 5.0 or higher
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply	Button battery (model: CR2477)
Height limit	150~195cm
Rated maximum load	120kg
Net weight	45 kg
Gross weight	48 kg
Overall dimensions	(Length) 1450mm x (Width) 530mm x (Height) 1300 mm

Important Safety Instructions

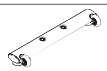
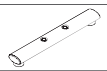
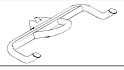
⚠ Please read them carefully. Improper use may result in personal injury or death!

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.

Installation Guide - List of Parts

STEP 1: Check of parts

List of Parts

	NO.	Name	Quantity	Picture
Parts List (Components List)	①	Front ground pipe assembly	1	
	②	Rear ground pipe assembly	1	
	③	Hexagon socket button head screw M8*P1.25*50L	4	
	④	Elastic washer 8*2.1t	6	
	⑤	Flat washer M8 (D16×d8.5×1.5t)	4	
	⑥	Handle	1	
	⑦	Hexagon socket button head screw M8*P1.25*16L	6	
	⑧	Screen bracket	1	
	⑨	Bottle holder	1	
	⑩	Hexagon socket button head screw M6*P1.0*10L	2	

Installation Guide - List of Parts

Parts List (Components List)	NO.	Name	Quantity	Picture
	⑪	Tablet (mobile phone) holder	1	
	⑫	Hexagon socket cap screwM6*P1.0* 12LM6*P1.0*12L	2	
	⑬	Pedal set left/right	1	(L) (R)
	⑭	Dumbbell set (1kg/EA)	2	
	⑮	Elastic washer 6*1.6t	2	

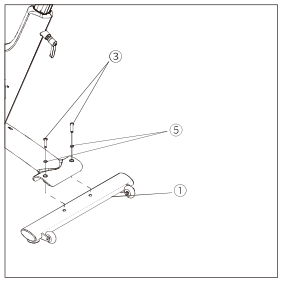
Accessories List (Tools List)	NO.	Name	Quantity	Picture
	A	Hex key 4mm/70LX25L	1	
	B	Hex key 5mm/100LX30L	1	
	C	Box-ended wrench 8/10mm	1	
	D	Box-ended wrench 13/14/15/17 mm	1	

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

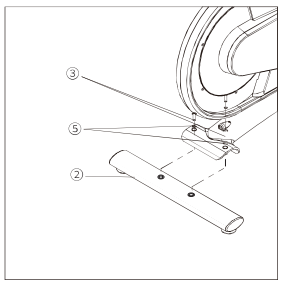
Installation Guide

STEP 2: Install ground pipes

1.Install the front ground pipe assembly ①, and tighten it with the hex key (B), as shown in the figure.
2.Lock it with two sets of hexagon socket button head screw ③ and flat washer ⑤ as shown in the figure, make sure to lock the pipe tightly; otherwise, it may result in deformation.
3.Check and confirm the adjusting footpad is fully locked into the front ground pipe assembly .



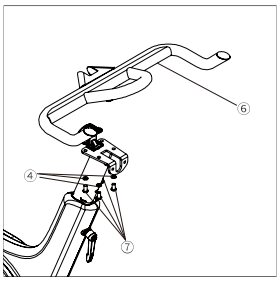
1.Install the rear ground pipe assembly ②, and tighten it with the hex key (B), as shown in the figure.
2.Lock it with two sets of hexagon socket button head screw ③ and flat washer ⑤ as shown in the figure, make sure to lock the pipe tightly; otherwise, it may result in deformation.
3.Check and confirm the adjusting footpad is fully locked into the rear ground pipe assembly .



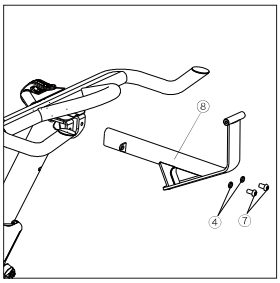
Installation Guide

STEP 3: Assemble handle

Place the handle ⑥ on the handle bracket, and lock the same with 4 sets of elastic washers ④ and hexagon socket button head screws ⑦ via the hex key (B).



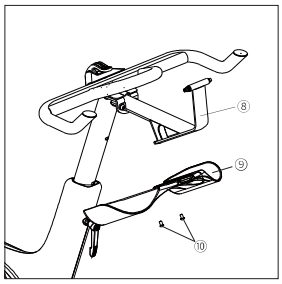
Load the screen bracket ⑧ onto the fixed seat, and lock the same onto the stand column with 2 sets of hexagon socket button head screws ⑦ and elastic washers④ via the hex key (B).



Installation Guide

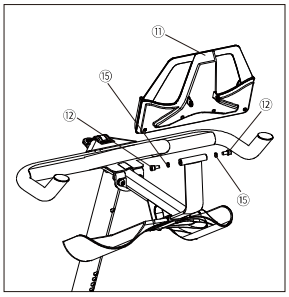
STEP 4: Install bottle holder

As shown in the figure, clip the bottle holder⑨ by the middle under the screen bracket ⑧, and lock the same onto the bracket with 2 sets of Hex socket screws⑩.



STEP 5: Installation of tablet (mobile phone) holder

Take out the PAD (cellphone) holder ⑪, align the support on the back of the holder with the screen bracket, lock two sets of elastic washer ⑮ and hexagon socket screw ⑫ on the bracket via the hex key (B).



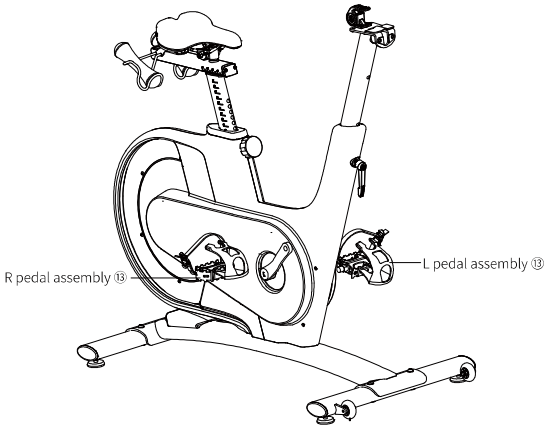
Installation Guide

STEP 6: Pedal installation

1.Take out the pedal assembly ⑬.
2.Pay attention to distinguish left pedal and right pedal.
3.Lock the left pedal assembly ⑬ into the left crank, and tighten with the box-ended wrench (D) along the direction indicated by the arrow.
4.Lock the right pedal assembly ⑬ into the right crank, and tighten with the box-ended wrench (D) along the direction indicated by the arrow.

Wrench (D)

Screw the pedal into the crank manually first, and then tighten the left/right pedal assembly ⑬ with the box-ended wrench (D). (Note: The tightening directions for both the left pedal and the right pedal are towards the head direction.)



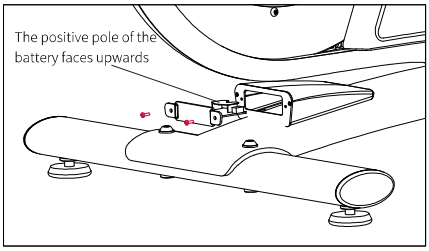
Safety tips:

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

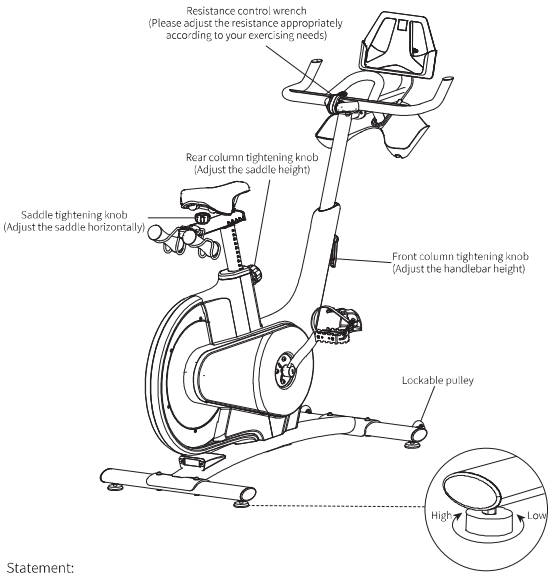
1.If the bike is provided with a battery, pull the insulation strip out of the gap of the battery cover before using this product.
2.When battery replacement is required, remove the two cruciform slot screws on the electronic control plate, and pull out the plate from the back (do not pull hard for the power cord on the back are connected to the cycle body), remove the used battery, load the new battery into the battery holder with the positive pole facing upwards ("+" mark facing upwards), close the cover, and tighten the screws.



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

Safety tips:

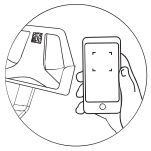
Please adjust the back according to your physical condition before use; and tighten the body fastening knob.



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.

Initial use (APP download)

Scan the QR code to download YESOUL APP



YESOUL Android/iOS mobile client

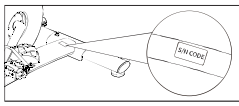
Chinese version **International version**

APP installation and registration

1、You can scan the QR code above to download the Chinese or international version of 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

1、Newly registered users of the Chinese version of APP-Yesoul will get the membership free of charge granted along with the spinning bike. The number and rights of membership granted vary depending on the models of spinning bike. Please consult customer service personnel before purchasing the spinning bike. (If you didn' t receive this freebie automatically, you may get it by manually typing in the SN code: Under [My] page, tap on Become a Member Now under the portrait to access the membership page. Tap on Redeem Membership to the upper right, enter the SN code on your machine, and you are now a member.)
2、Registered users of the international version of APP-Yesoul Sports can get the membership free of charge on the product membership page as indicated on the interface.



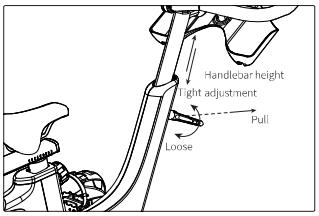
The S/N is at the bottom of the frame (and also on the packing box).

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

How to Adjust Bike

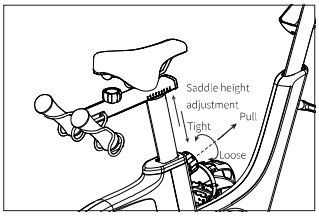
1. Handlebar height adjustment:

Loosen, pull out and hold the front column knob with one hand, hold the middle part of the handlebar with the other hand, and lift the handlebar to the desired position. Then release the knob, and gently pull the column up and down until the spring is automatically reset (when a “click” sound is heard, it means that the knob has been clamped in the hole of the column). Tighten the knob as much as possible.



2. Saddle height adjustment:

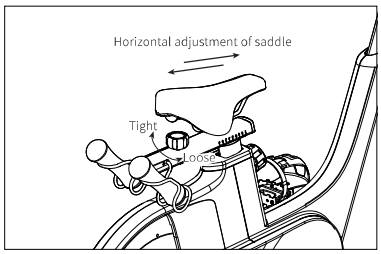
Loosen, pull out and hold the rear column knob with one hand, and lift (or press) the saddle with the other hand to the desired position. Loosen the knob and gently pull the column up and down until the spring is automatically reset (when a “click” sound is heard, it means that the knob has been clamped in the hole of the column). Tighten the knob as much as possible.



How to Adjust Bike

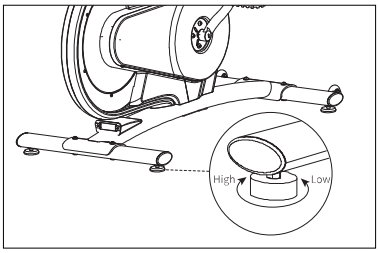
3. Horizontal adjustment of saddle:

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. 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.

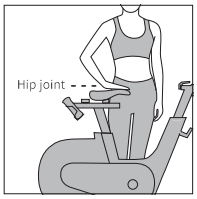


How to Determine Correct Riding Posture

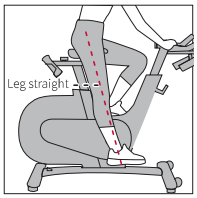
1. Setup of correct saddle position

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)

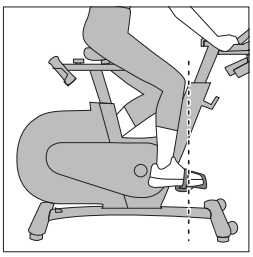


(Fig. 2)

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)

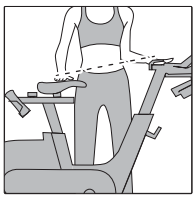
How to Determine Correct Riding Posture

2. Setup of appropriate handlebar height

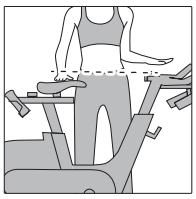
Each user can set up the appropriate handlebar height based on his or her body height and riding experience.

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)

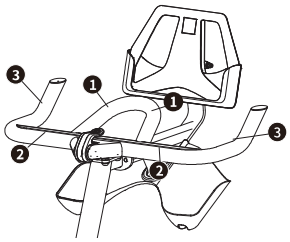


(Fig. 2)

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.

1. Hand position 1
2. Hand position 2
3. Hand position 3



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.

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

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.

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