

05. Monitor Instructions



MODE



SCAN

Monitor Instructions

1.Button Operation

MODE (Mode Button): Short press to switch between functions: Time, Speed, Distance, Calorie, and Pulse .

Long press for 3 seconds to reset all data .

2.Function Display

To view a specific function, press the **MODE** button until its corresponding symbol appears on the LCD screen.

- **SCAN**: Displayed as "**SCAN**." Shows the carousel mode is activated, data will switch at 3-second intervals. (Time<Speed<Distance<Calorie< Pulse)
- **TIME**: Displayed as "**TIME**." Shows your current exercise duration.
- **SPEED**: Displayed as "**SPD**." Shows your current speed.
- **DISTANCE**: Displayed as "**DIST**." Shows the total distance covered.
- **CALORIE**: Displayed as "**CAL**." Shows the estimated calories burned.
- **PULSE**: Displayed as "**Pulse**." Shows your current heart rate.

3. How to Measure Your Pulse

1.Press the **MODE** button until the "**PULSE**" symbol appears on the screen.

2.For the contact pulse sensor, place your palms on the contact pads first before measuring your pulse rate .



Auto Shutdown:

The monitor will shut down automatically if there is no operation for 4 minutes. Data will be retained. Press the **MODE** button or resume exercise to wake it up.

Abnormal Display:

If the screen shows abnormal information, try removing and reinstalling the batteries to troubleshoot. Battery Specification : 1.5V AAA (2PCS)

06. Warranty



MANUFACTURER'S LIMITED WARRANTY

We warrants to the original purchaser that this product is free from defects in material and workman-ship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with owner's



COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year For Home Use Only
All Other Components 90 days For Home Use Only



Exclusions from Warranty Coverage:

ypoo does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation or failure to follow installation guidelines.
2. Use beyond normal home use or in inappropriate applications.
3. Cosmetic issues like scratches, dents, or discolorations.
4. Damage from normal wear and tear, vandalism, accidents, or animals.
5. Acts of nature (fire, flooding, snow, ice, hurricanes, earthquakes, lightning), environmental conditions (pollution, mold, mildew), or staining from foreign substances (dirt, grease, oil).

07. Workout Guide



This routine helps improve flexibility and reduce muscle tension. Remember to perform each stretch gently and avoid bouncing or pushing too hard.



1. Stretch down:

Stand with feet shoulder-width apart, bend knees slightly, and slowly stretch downward to touch. Hold for 10-15 seconds and repeat 3 times per leg.



2. Hamstring stretch:

Sit with one leg straight and the other bent inward, reaching towards the toes of the straightened leg.

Hold for 10-15 seconds and repeat 3 times per leg.



3. Calf and achilles stretch:

Stand with one foot behind the other, hands on a wall, and lean forward, keeping back leg straight and heels on the ground.

Hold for 10-15 seconds and repeat 3 times per leg.



4. Quadriceps Stretch:

Stand with one hand on a wall for balance, reach back with the other hand to pull your heel towards your hips, feeling the stretch in your thigh.

Hold for 10-15 seconds and repeat several times per leg.



5. Inner thigh stretch:

Sit with the soles of your feet together and knees outward, pulling your feet gently towards your groin.

Hold for 10-15 seconds and repeat 3 times.

08. App Control



Note: System require-ments:
ios13 or above ; android 6.0 or above.

ADD DEVICE

✱ NOT CONNECTED



ADD DEVICE

✱ ALREADY LINKED

Display "Device Bluetooth
Name" to completethe connection

Exercise Bike supports connection to mobilephone via Bluetooth

- Download YPOOFIT app on your phone and install it Search for YPOOFIT in the app store or scan the following QR code to download and install the app.
- Configure YPOOFIT app account Open YPOOFIT app and follow the app instructions to log in or register account information.
- Connect the Exercise Bike
 1. Turn on the Bluetooth function ofthe mobile phone (the android mobile phone also needs to turn on the positioning function).
 2. Open the YPOOFIT app (if the app prompts for authorization, please grant the apprel-ated permissions).
 3. Enter the app home page, click the Add Device in the upper left corner of the home page to enter the search interface.



After the Exercise Bike makes a beep, the connection is successful
Note: Please make sure your phone is connected to the internet when connecting the Exercise Bike via Bluetooth.
Please refer to the App description for detailed networking configuration.

FCC Caution

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.

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