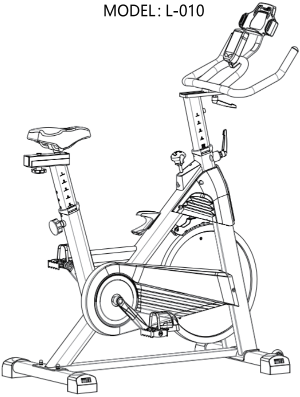
YOSUDA CYCLING BIKE MANUAL

MODEL：L-010



Please read this manual before installing and using. In accordance with the principle of sustainable development, the product may be updated when necessary, and no notice will be given at that time. In case of any discrepancy between the specification and the product, the actual product shall prevail.

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Customer Service

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

- yosudasports@gmail.com
- **www.yosudabikes.com**
- Contact us via Amazon: **Login your Amazon account** > **choose "Your orders"** > **find the order ID** > **click "Contact seller"**

Safety Instructions

ATTENTION All EXERCISERS MUST READ ALL INSTRUCTIONS BEFORE USING THE BIKE.

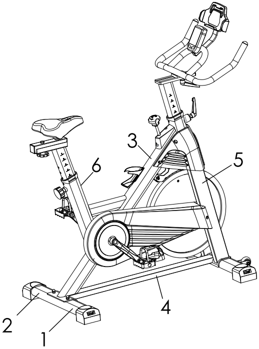
- Please wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use this product in bare feet. Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not use this product outdoors, near water, while wet, or in areas if high humidity including extreme temperature changes.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Children shall not play with the appliance.
- Close supervision is necessary when used near children under the age of 15, or disabled people.
- Do not exceed maximum user weight of 350 lbs(158KG).

⚠ CAUTION:

- When using this exercise machine, basic precautions should always be followed.
- Health related injuries may result from incorrect or excessive use of exercise equipment.
- Never operate this product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Use correct ergonomic positioning while operating the bike.
- Avoid exiting bike while the pedals are still in motion.
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with
- lids are recommended.
- Do not attempt to use this bike at high speeds or in standing positions until you have practiced and are comfortable at lower speeds.
- Do not allow animals on or near the equipment while in operation.
- Do not reach into or underneath the unit, or tip it on its side during operation.

- Only one person allowed at a time on the bike while it's operating.
- Do not use if you have a cold or fever.
- Avoid the possibility of bystanders being struck or caught between moving parts by making sure that they are out of reach of the bike while it is in motion.
- Keep your hands away from all moving parts.
- Do not use if there is any crack on the outside shell or any welding part.
- Do not exposed the machine with direct sunlight, oven nearby or any high temperature places, and heating appliances, which may causing the monitor broke.
- Do not suddenly do intensive exercise for those who usually exercise less on the spinning bike.
- Do not use after drinking, or doing great sports.
- Do not hold any hard items in your pockets when exercising.

YOSUDA **STRONGLY** recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year. Additionally, YOSUDA recommends consulting a fitness professional on the correct use of this product. If at any time while exercising the user experiences faintness, dizziness, pain or shortness of breath, he or she must stop immediately.



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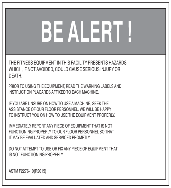

BE ALERT !

THE FITNESS EQUIPMENT IN THIS FACILITY PRESENTS HAZARDS WHICH, IF NOT AVOIDED, COULD CAUSE SERIOUS INJURY OR DEATH.

PRIOR TO USING THE EQUIPMENT, READ THE WARNING LABELS AND INSTRUCTION PLACARDS AFFIXED TO EACH MACHINE.

IF YOU ARE UNSURE ON HOW TO USE A MACHINE, SEEK THE ASSISTANCE OF OUR FLOOR PERSONNEL. WE WILL BE HAPPY TO INSTRUCT YOU ON HOW TO USE THE EQUIPMENT PROPERLY.

IMMEDIATELY REPORT ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY TO OUR FLOOR PERSONNEL SO THAT IT MAY BE EVALUATED AND SERVICED PROMPTLY.

DO NOT ATTEMPT TO USE OR FIX ANY PIECE OF EQUIPMENT THAT IS NOT FUNCTIONING PROPERLY.

ASTM F2276-10(R2015)

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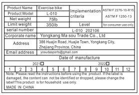

Product Name	Exercise bike	Implementation criteria	ASTM F 2276-10-R15 ASTM F 1250-13
Product Model	L-010		
Net weight	75lb		
Limit weight	350lb	Level	for consumer use only
serial number	L-010 202106		
Corporate name	Yongkang Ma sou Trade Co., Ltd		
Address	386 Huajin Road, Huajie Town, Yongkang City, Zhejiang Province, China		
Email address	yosudasports@gmail.com		

Date of manufacture

2021☐ 2022☐

1	2	3	4	5	6	7	8	9	10	11	12

Note: Please read the instructions before using the product. If the label is damaged, the content can not be identified or dropped, please change the label! This product is for household use only.

MADE IN CHINA

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CAUTION
Refer to Instruction Manual

5

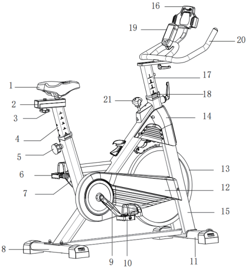
CAUTION
Do not touch the flywheel

6

MAX
350lb
Warning

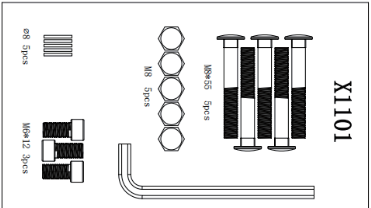
Product Overview

Bike Overview：



NO	MAIN ACCESSORIE LIST						
	NAME	UNIT	QTY	NO	NAME	UNIT	QTY
1	Seat	pcs	1	12	Belt Cover	set	1
2	Seat Slider	set	1	13	Flywheel	pcs	1
3	Plum Blossom Knob	pcs	1	14	Flywheel Cover	pcs	1
4	Seat Post	set	1	15	Main Frame	set	1
5	Adjustment Pull Pin	pcs	1	16	IPad Holder	pcs	1
6	Left Pedal	pcs	1	17	Handlebar Post	set	1
7	Left Crank	pcs	1	18	Inner Bush	pcs	2
8	Rear Stabilizer	set	1	19	Monitor	pcs	1
9	Right Crank	pcs	1	20	Handlebar	set	1
10	Right Pedal	pcs	1	21	Brake Knob	set	1
11	Front Stabilizer	set	1				

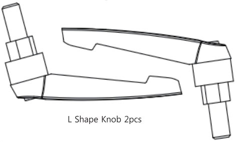
TOOLS:



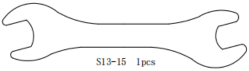
S5 1pcs

ø6 3pcs

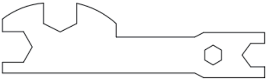
ø10 1pcs



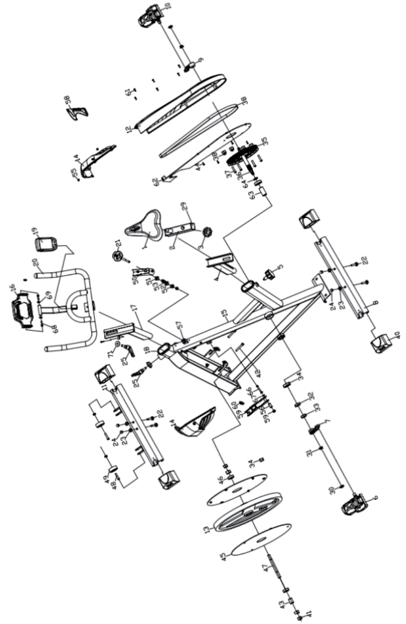
L Shape Knob 2pcs



S13-15 1pcs



S10-13-17-19 1pcs



NO	NAME	QTY	NO	NAME	QTY
1	Seat	1	2	Seat Slider	1
3	Plum Blossom Knob	1	4	Seat Post	1
5	Adjustment Pull Pin	2	6	Left Pedal(With Bolts)	1
7	Left Crank	1	8	Rear Stabilizer	1
9	Right Crank	1	10	Right Pedal(With Bolts)	1
11	Front Stabilizer	1	12	Belt Cover	1
13	Flywheel	1	14	Flywheel Cover	1
15	Main Frame	1	16	IPAD Holder	1
17	Handlebar Post	1	18	Inner Bush	2
19	Monitor	1	20	Handlebar	1
21	Brake Knob	1	22	Carriage Nut M8x55	4
23	Plain Washer 8x16	4	24	High Cap M8	5
25	L Shape Knob	2	26	Spring Pad 8	8
27	6#Inner Hexagon Spanner	1	28	Multi-functional WrenchⅡ S13-15	1
29	Square Plug	2	30	Crank Cover	2
31	Flange Nut M10*1.25	2	32	Lock Nut M20	1
33	Hexagon Nut M20	1	34	Axis 6004	2
35	Belt Tray	1	36	Crank Axis	1
37	Half Round Head Inner Hexagon Screws M8*16	4	38	Lock Nut M8	8
39	Belt 500	1	40	Foot Cap	4
41	Lock Nut M14	2	42	Head Inner Hexagon M8*55	2
43	Flywheel Axle Sleeve	1	44	Umbrella Cross Nut4*14	5
45	Round Tray	2	46	Bearing 6300	2
47	Core Shaft of Flywheel	1	48	Half Round Head Inner Hexagon Screws M8*35	2
49	Wheel	2	50	Brake Cover	1
51	Square Brake Block	2	52	Square Nut	1
53	Compression Spring	1	54	Buckle	1
55	Umbrella Cross Nut 4.2x16	8	56	Axis of Magnetic Component	1
57	Cross Nut 5*6	4	58	Cup Holder	1
59	5*6Magnetic Component	1	60	Tension Spring	1
61	Umbrella Cross Nut 4*16	1	62	Belt Sheet	1
63	Distance Sleeve of Bearing	1	64	Distance Sleeve of Axis	1
65	Multi-functional Wrench Ⅰ S13-15-17-19	1	66	Head Inner Hexagon M6*35	1
67	Circlip	2	68	Head Inner Hexagon M6*16	2
69	Plain Washer 6*13	2	70	5# Inner Hexagon Spanner	1
71	Plain Washer 10*30	1			

Assembly Instructions

STEP 1. Install the Front and Rear Stabilizer

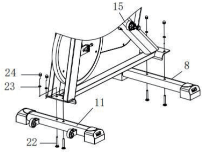
Required parts:

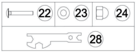
#8-Rear Stabilizer #11-Front Stabilizer #23-Plain Washer (8x16, 4pcs)

#22-Carriage Bolt (M8x5, 4pcs) #24-High Cap (M8, 4pcs)

#28-Multi-functional Wrench Ⅱ

1. Attach the #8-Rear Stabilizer and #11-Front Stabilizer to the #15-Main Frame.
2. Insert the #22-Carriage Bolts to the holes from bottom, and then install the #23-Plain Washer and #24-High Cap, tighten and secure the #24-High Cap with #28-Multi-functional Wrench Ⅱ.





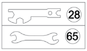
STEP 2. Install the Left and Right Pedal

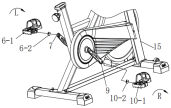
Required parts:

#6-Left Pedal #10-Right Pedal

#28-Multi-functional Wrench Ⅱ

#65-Multi-functional Wrench Ⅰ





Turn the Brake Knob **CLOCKWISE** as tightly as you can with your hand.

1. **Install the Left Pedal:**

Unscrew the #6-2 nut from the #6-1 Left Pedal.

Align the #6-1 Left Pedal with the #7-Left Crank at **90°**, note to align the threads of the #6-1 Left Pedal bolt to the threads of the #7-Left Crank. Turn the #6-1Left Pedal bolt **COUNTER-CLOCKWISE** (follow the arrow direction on the #7-Left Crank) as tightly as you can, then use #28 and #65 Multifunctional Wrench to tighten and secure the pedal. Later, install the #6-2 nut to the #6-1 Left Pedal axle, turn the #6-2 nut **CLOCKWISE** as tightly as possible with the #28 and #65 Multifunctional Wrench.

2. **Install the Right Pedal**:

Unscrew the #10-2 nut from the #10-1 Right Pedal.

Align the #10-1 Right Pedal with the #9-Right Crank at 90°, note to align the threads of the #10-1 Right Pedal bolt to the threads of the #9-Right Crank. Align the #10-1 Right Pedal with the #9-Right Crank at 90°, note to align the threads of the #10-1 Right Pedal bolt to the threads of the #9-Right Crank. Turn the #10-1 Right Pedal bolt **CLOCKWISE** (follow the arrow direction on the #9-Right Crank) as tightly as you can, then use #28 and #65 Multifunctional Wrench. Later, install the nut to the #9-Right Pedal axle, turn the nut

COUNTER-CLOCKWISE as tightly as possible with the #28 and #65 Multifunctional Wrench.

NOTE:

*The Pedals are marked "L" and "R" for Left and Right. Be sure to attach Pedals on the proper side of the Bike. Orientation is based from a seated position on the bike.

*The threads for pedals and cranks will be damaged if the install directions are not following above instructions.

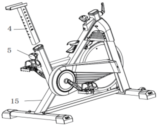
STEP3. Install the Adjustable Seat Post

Required parts :

#4-Seat Post

#5-Adjustment Pull Pin

#15-Main Frame



1. The #5-Adjustment Pull Pin holds the seat at the correct height. The pull pin aligns the height with a hole in the #4-Seat Post.
2. Unscrew #5-Adjustment Pull Pin counter-clockwise until you can pull on it and the seat tube is clear to insert #4-Seat Post.
3. Insert #4-Seat Post into the seat tube of #15-Main Frame while pulling the #5-Adjustment Pull Pin to allow it in.
4. Adjust the seat height to a suitable location and release the pin into the closest notch hole and screw down clockwise to tighten.

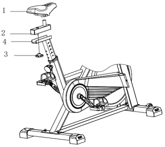
STEP 4. Install the Seat

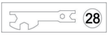
Required parts :

#1-Seat #2-Seat Slider #28-Multi-functional Wrench Ⅱ

#3-Plum Blossom Knob

1. Unscrew the #3-Plum Blossom Knob on the #2-Seat Slider, put #2-Seat Slider on the #4-Seat Post.
2. Adjust the #2-Seat Slider to a proper position, re-insert and tighten #3-Plum Blossom Knob to secure the slider in place.
3. Place the #1-Seat on the #2-Seat Slider. Use #28-Multi-functional Wrench Ⅱ in clockwise to tighten the nuts on both sides of the #1-Seat.

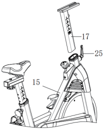




Note: Before you fully tighten the seat, you can adjust the front of the seat higher or lower to meet your needs.

STEP 5. Install the Handlebar Post

Required parts :



#17-Handlebar Post

1. Unscrew #25-L Knob counter-clockwise, and insert the #17-Handlebar Post to the handlebar tube.

2. Adjust the #17-Handlebar Post height to a suitable location and screw down clockwise the #25-L Knob.

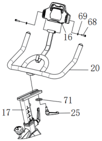
Step 6. Install Handlebar & iPad Holder

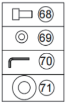
Required parts :

#20-Handlebar #16-iPad Holder #25-L Shape Knob

#68-Inner Hexagon Screws #69-Plain Washer #70-Inner Hexagon Spanner

#71-Plain Washer

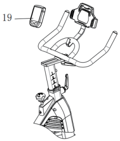




1. Secure #20-Handlebar to the #17-Handlebar Post with #71-Plain Washer and #25-L Shape Knob.

2. Attach #16-iPad Holder on the #20-Handlebar by using #68-Inner Hexagon Screws and #69-Plain Washer, tighten and secure with #70-Inner Hexagon Spanner.

STEP 7. Install the Monitor



Required parts :

#19-Monitor

Take out the #19-Monitor and put battery on, insert the #19-Monitor in the handlebar according to the direction shown on the picture, adjust the #19-Monitor view angle well, put the spring wire remaining part into the speed hole of the #19-Monitor.

Note: There are two ends of the sensing cable, one is on the monitor and the other one is near the left crank. Make sure all the steps are finished, and tighten all bolts for safety.

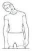
Care & Maintenance

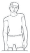
Care

▪ **WARM-UP**

A successful exercise program consists of three parts: warm-up, aerobic exercise, and cool-down. Warm-up is a very important part of your exercise routine and should be done before each exercise session. Warm-up exercises relax your body and stretch muscles so your body is ready for more strenuous work.

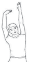
Cool-down exercises after a workout can help relax your muscles and reduce soreness. We recommend the following warm-up / cool-down exercises before and after every session. Follow the illustrations below.





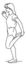
▪ **HEAD ROTATION**

Slowly bend your head towards your right shoulder. Circle clockwise. Next, bend your head towards your left shoulder. Circle counterclockwise.



▪ **SHOULDER LIFT**

Bring your left shoulder up towards your ear. Circle forward five times, then circle back five times. Repeat the same movement with your right shoulder.

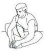


▪ **STRETCHING**

Lift both arms straight up over your head. With your left hand, take your right wrist and extend upwards for five seconds. Repeat this with your right hand gently stretching your left wrist upward for five seconds.

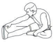
▪ **QUADRICEPS STRETCH**

With your right hand on a wall for balance, use your left hand to hold your left foot and bend it as close as you can to your buttocks. Hold for 15 seconds. Release, then repeat with the left hand on the wall, and the right hand stretching the right quadriceps towards the buttocks. Hold for 15 seconds.



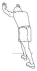
- **INNER THIGH STRETCH**

Sit on the floor with the bottoms of your feet touching. Holding your feet, pull gently towards your body. Hold for 15 seconds.



- **FOOT AND CALF STRETCH**

Extend your right leg out, tucking your left leg at and angle beneath your right thigh. Reach forward and pull gently back on your right foot. Hold for 15 seconds. Repeat with left leg extended and right leg tucked.



- **CALF STRETCH**

Leaning against a wall, with legs about two feet from the wall base, make up and down walking motions to loosen calf muscles.

Maintenance

This general information for daily, weekly, and monthly maintenance to be performed on your bike.

Daily Maintenance

After each exercise session, wipe down all the equipment: seat, frame, and handlebars. Pay special attention to the seat post, handlebar post, and belt guard. Sweat is very corrosive and may cause problems that require parts replacement later.

1. Get on the bike and engage the drive train.
2. Pay attention to any vibrations felt through the pedals. If you feel any vibrations, you may need to tighten the pedals, bottom bracket, or adjust the drive belt tension.
3. Use a wrench to tighten the pedals until they are secure.

Weekly Maintenance

4. Inspect moving parts and tighten the hardware.
5. Inspect pull pin frame fittings to make sure the fittings are secure. Loose frame fittings may strip out threads over time and cause extensive damage.
6. Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft.
7. Tighten the seat hardware to make sure the seat is level and centered.
8. Brush and treat the brake pads. Remove any foreign material that may have collected on the pads. Spray the pads with a few drops of water. This helps to reduce noise from friction between the pads and the flywheel.
9. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten.

Monthly Maintenance

10. Check if all hardware is secure, such as: water bottle holder, flywheel nuts, belt guard bolts, brake caliper lock nuts, and brake caliper tension rod nuts.
11. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod.
12. Clean and lubricate the seat post, handlebar post and seat slider. Remove any built up of foreign material.