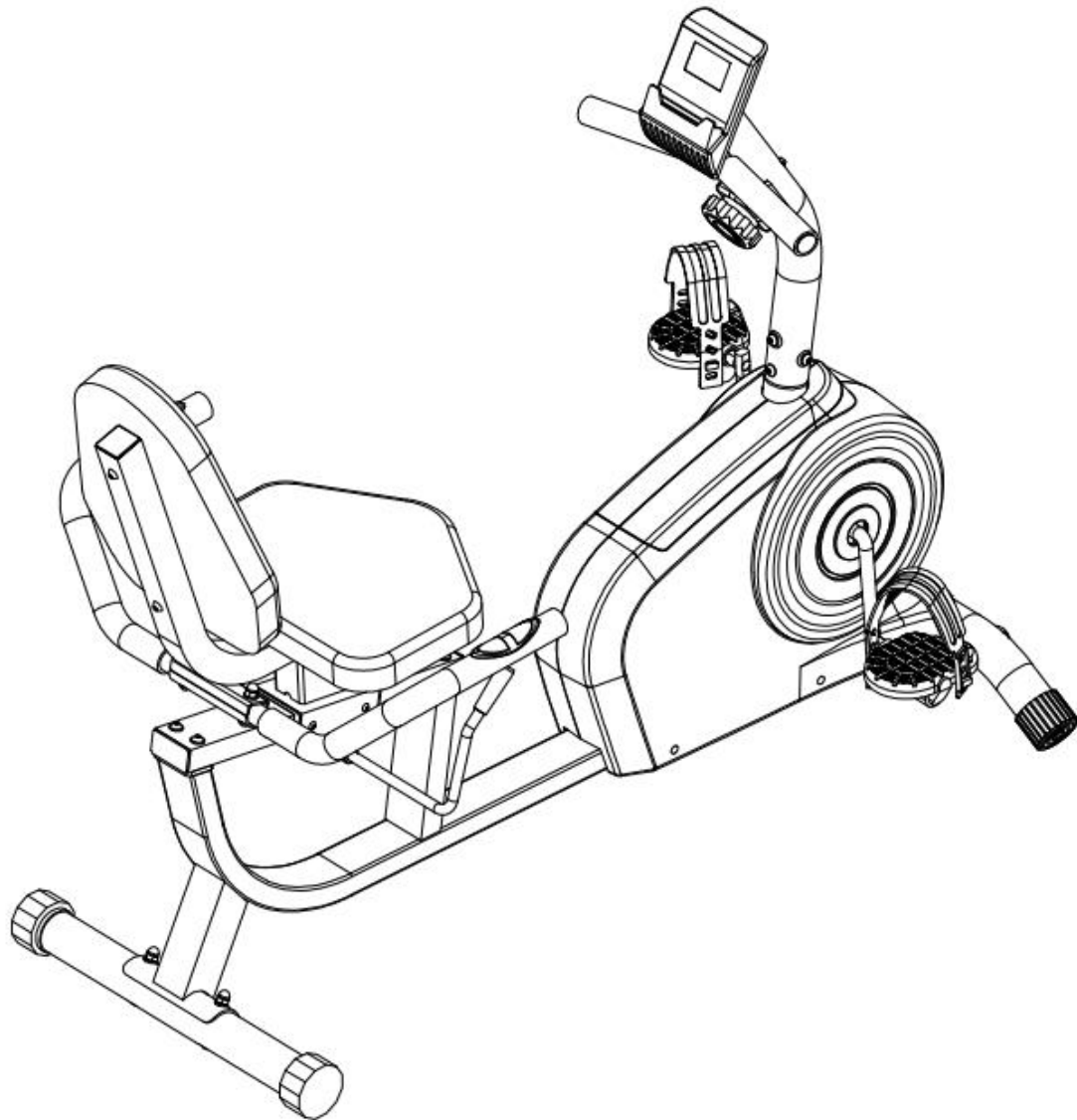


YOSUDA Recumbent Exercise Bike Assembly Manual

Model: RC-PRO



IMPORTANT

Please read this manual before assembling and using.

Retain owner's manual for using instructions.

CATALOGUE

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CUSTOMER SERVICE

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

① Contact us via email: yosudasports@gmail.com

② Contact us via Amazon:

>Login your Amazon account

>choose “Your orders”

>find the order ID

>click “Contact seller”

We are very grateful that you can actively keep in touch with us, and we will definitely do our best to provide satisfactory service for everyone!

ASSEMBLING VIDEO

① From YouTube:

Search “YOSUDA Recumbent exercise bike RC-Pro Assembly” on YouTube.

② From the Amazon:

>open the Amazon shopping application on your phone.

>scan the ***transparency barcode*** on the packaging box.



IMPORTANT SAFETY INFORMATION

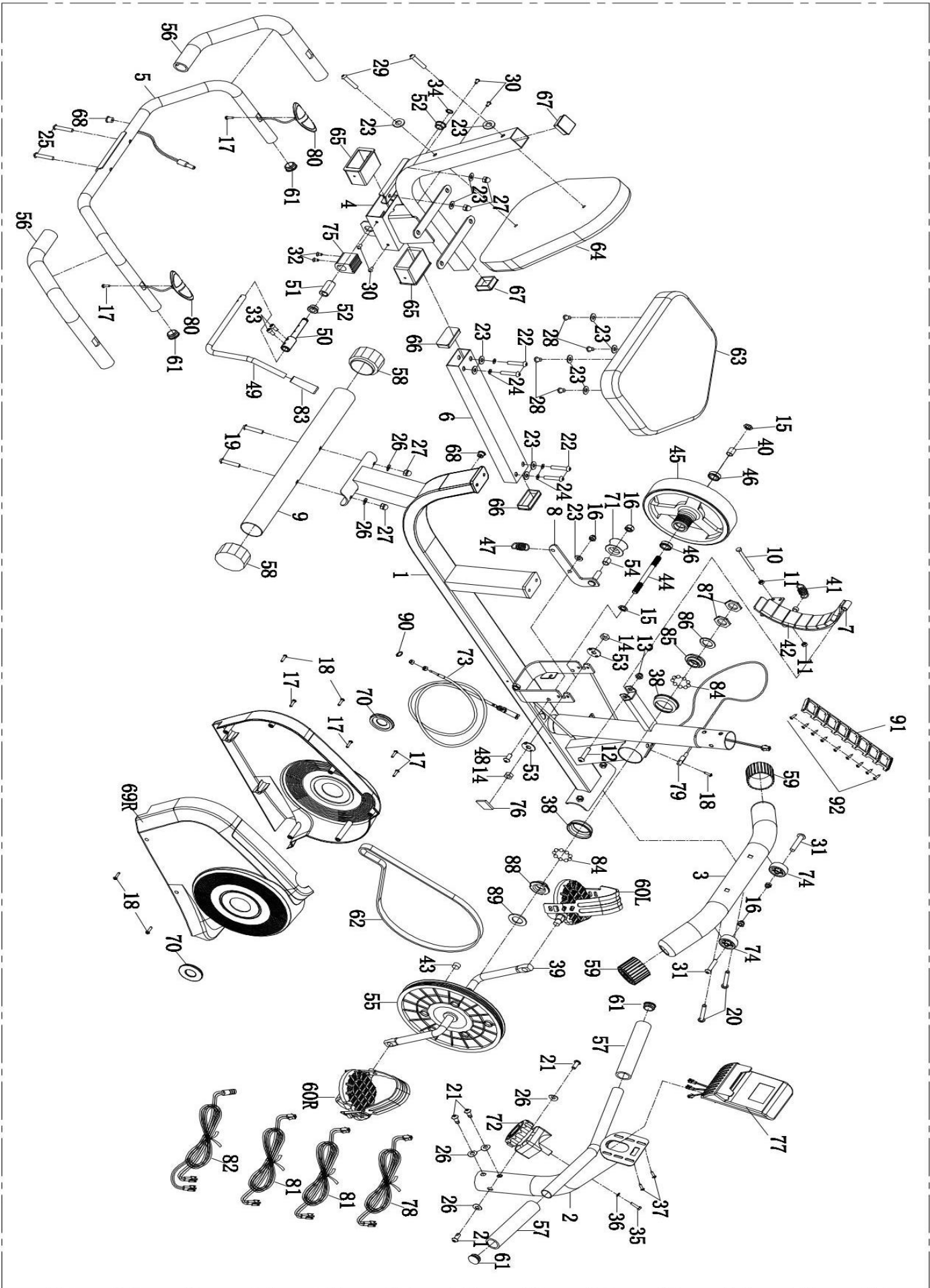
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 4 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. It is recommended that you lubricate all moving parts on a monthly basis.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the equipment.
10. The maximum weight capacity of this unit is 350LB.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
14. This equipment is designed for indoor use only! It is not intended for commercial use!

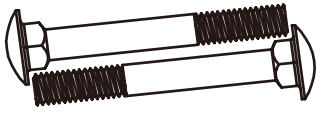
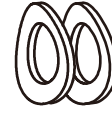
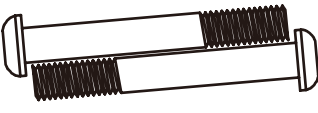

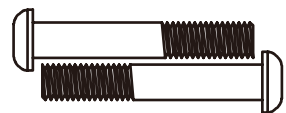
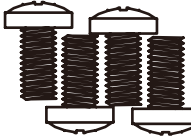

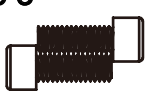
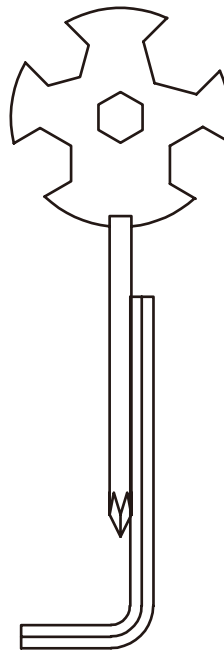
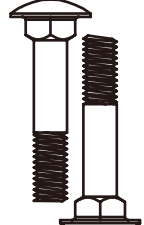


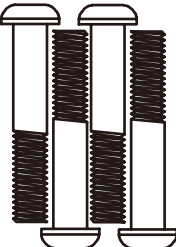


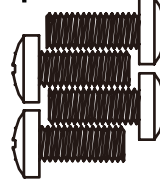
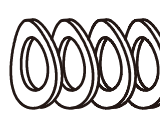


WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to www.P65Warnings.ca.gov.

EXPLODED DRAWING



HARDWARE PACKAGE

HARDWARE PACKAGE			Step 3
<p>Step 1</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>#19 Carriage Bolt 2PCS</p> </div> <div style="text-align: center;">  <p>#26 Arc Washers 2PCS</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;">  <p>#20 Bolts 2PCS</p> </div> <div style="text-align: center;">  <p>#27 Cap Nuts 2PCS</p> </div> </div>	<p>Step 2</p> <div style="text-align: center; margin-bottom: 10px;">  <p>#29 Bolts 2PCS</p> </div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>#28 Bolts 2PCS</p> </div> <div style="text-align: center;">  <p>#23 Flat Washers 6PCS</p> </div> </div>	<div style="text-align: center; margin-bottom: 10px;">  <p>#33 Screws 2PCS</p> </div> <p>Spanner Tool</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Allen Wrench</p>	
<p>Step 4</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>#25 Carriage Bolts 2PCS</p> </div> <div style="text-align: center;">  <p>#27 Cap Nuts 2PCS</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;">  <p>#23 Flat Washers 2PCS</p> </div> </div>	<p>Step 5</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>#22 Bolts 4PCS</p> </div> <div style="text-align: center;">  <p>#24 Spring Washers 4PCS</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;">  <p>#23 Flat Washers 4PCS</p> </div> </div>	<p>Step 6</p> <div style="text-align: center; margin-bottom: 10px;">  <p>#21 Bolts 4PCS</p> </div> <div style="text-align: center;">  <p>#26 ArcWashers 4PCS</p> </div>	

PARTS LIST

No.	Part Name	Quantity			
			45	External magnetic flywheels, 200*72.5/3kg	1
1	Main frame	1	46	Bearing 6000z	2
2	Front post	1	47	Tension spring, 18*48, Wire 2	1
3	Front stabilizer	1	48	Tap bolts, 9.8*4*M8*15, similar with BU3501	1
4	Cushion frame	1	49	Brake handle, 12*380	1
5	Handle bar	1	50	Eccentric shaft, 12*105	1
6	Adjusting tube	1	51	Eccentric wheel, 20*38	1
7	Magnetic board	1	52	Powder metallurgy set, 23*12.2*11	2
8	Idler link	1	53	Lock washer, 30*2	2
9	Rear stabilizer	1	54	Idler spacer, 16*10.2*10	1
10	Hex tap bolt, M6*70	1	55	Pulley, 240/J6, Hexagonal hole	1
11	Hex nut, M6	2	56	Foam grip for handle bar 1, 3*33*450	2
12	Hex tap bolt, M8*40	1	57	Foam grip for handle bar 2, 3*33*160	2
13	Plastic nut, M8 S13	1	58	End cap for rear stabilizer, with 50	2
14	Hex thin nut, M10*1*H5	2	59	End cap for front stabilizer, with 50	2
15	Taper thin nut, M10*1*H4	2	60	Pedals (left and right)	2
16	Plastic nut, M8 S13	4	61	Round end cap, 25*1.5 tube	4
17	Screws, ST4.2*20	8	62	Leather belt, 370PJ6	1
18	Self-drilling screws, ST4.2*20	4	63	Seat Cushion, 360*280*40	1
19	Carriage bolt, M8*60, 8, 20	2	64	Backrest cushion, 380*290*40	1
20	Bolts, M8*60, teeth20, S5	2	65	Sleeve, Outer Recipe tube, 80*40*1.5	2
21	Bolts, M8*20, full teeth, S5	4	66	Rectangular end cap, 60*30*1.5 wire	2
22	Bolts, M8*45, 20, S5	4	67	Rectangular end cap, 38*38*1.5 wire	2
23	Flat washers, 16*8.5*1.5	12	68	The thread plug, with 12 holes	2
24	Spring washer, D8	4	69	Shell	1
25	Carriage bolt, M8*42	2	70	Crank plug	2
26	Arc washer, 16*8.5*1.5	6	71	Arc idler 43.5*25, included a 6000 Bering	1
27	Cap nut, M8	4	72	Tension control wire, line 280mm	1
28	Bolts, M8*16, S5	4	73	Tension control wire 55 max/long760mm	1
29	Bolts, M8*50, 20, S5	2	74	Idler wheel, 41*8.5*20	2
30	Screws, M5*8	4	75	Brake block, 40*38*32	1
31	Screws, M8*38, 15 S5	2	76	EV washer, 40*20*3	1
32	Screws, M5*15	2	77	Monitor	1
33	Screws, M6*15 S5	2	78	Trunk Line 1, 600mm	1
34	Lock washers for shafts, D12	1	79	Needle sensor, 500mm, with seat	1
35	Bolts M5*45, full teeth	1	80	Hand Pulse Sensors, 700mm	2
36	Arc washer, 20*6*1	1	81	Hand pulse wire 1, 600mm	2
37	Bolts, M5*10, full teeth	2	82	Hand pulse wire 2, 1600mm	2
38	Bead bowl, Ø56*15.5	2	83	Brake handsets 24*77*holes 12	1
39	Crank, 140*220, 1/2	1	84	Bead frame, Ø46*8	2
40	Flywheels spacer, 16*10.2*17	1	85	Two groove nut, Ø46*12 teeth on left	1
41	Tension spring, 18*48, wire2	1	86	Locking washers, Ø46*2	1
42	Black magnet, 40*25*10	9	87	Hex nut, 32*32*4	2
43	Round magnet, 15*6, without seat	1	88	Three slot nut, Ø46*12	1
44	Inertia wheel, 10*125*M10*1*17	1	89	Washer, Ø40.5*3	1

ASSEMBLY INSTRUCTIONS

1) Preparatory work:

- A. Please make sure there has enough space around the machine before assembly.
- B. Ensure that you have the right tool.
- C. Check the parts and the hardware first.

2) Assembly instructions:

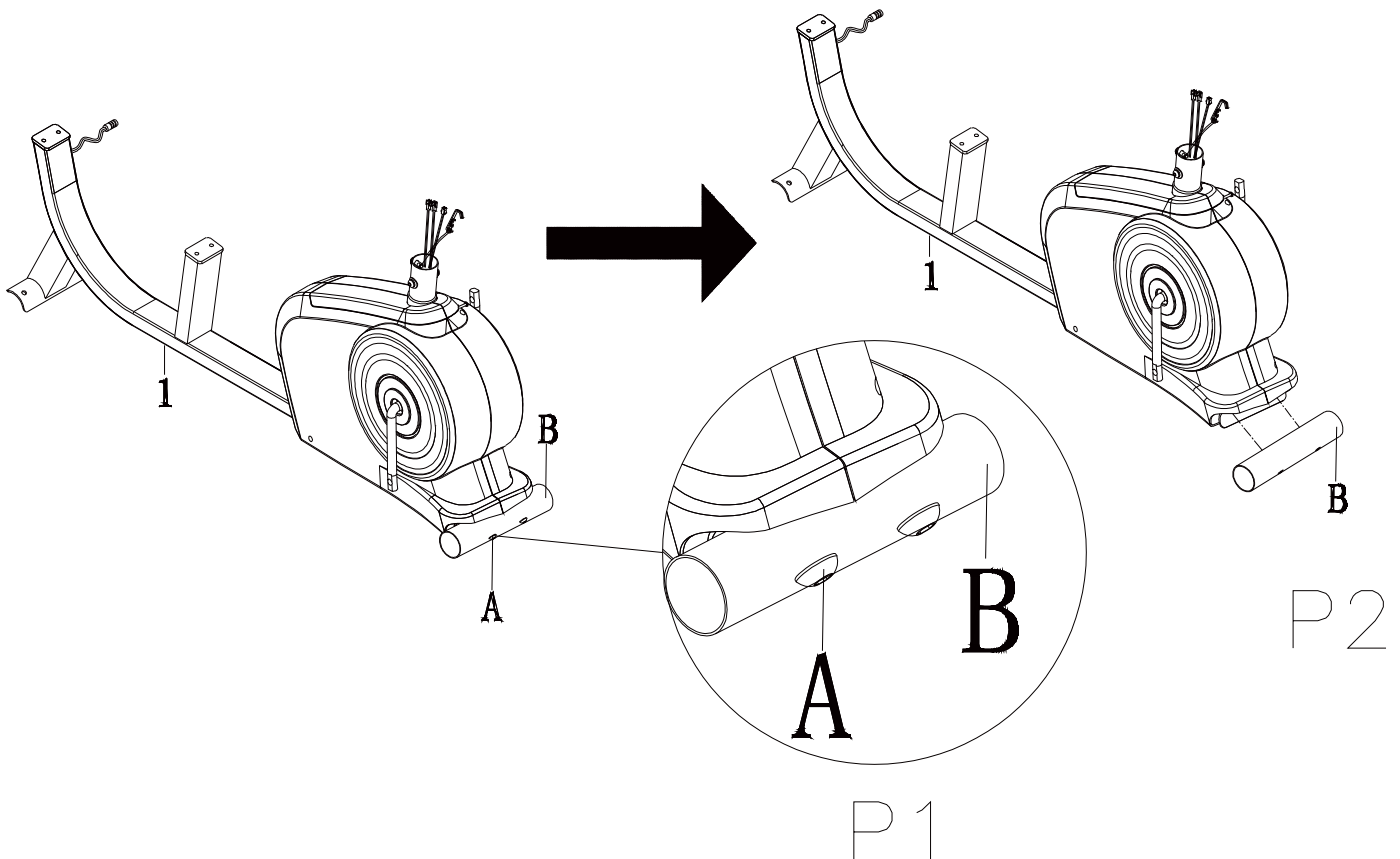
Step1: Install the front and rear stabilizers

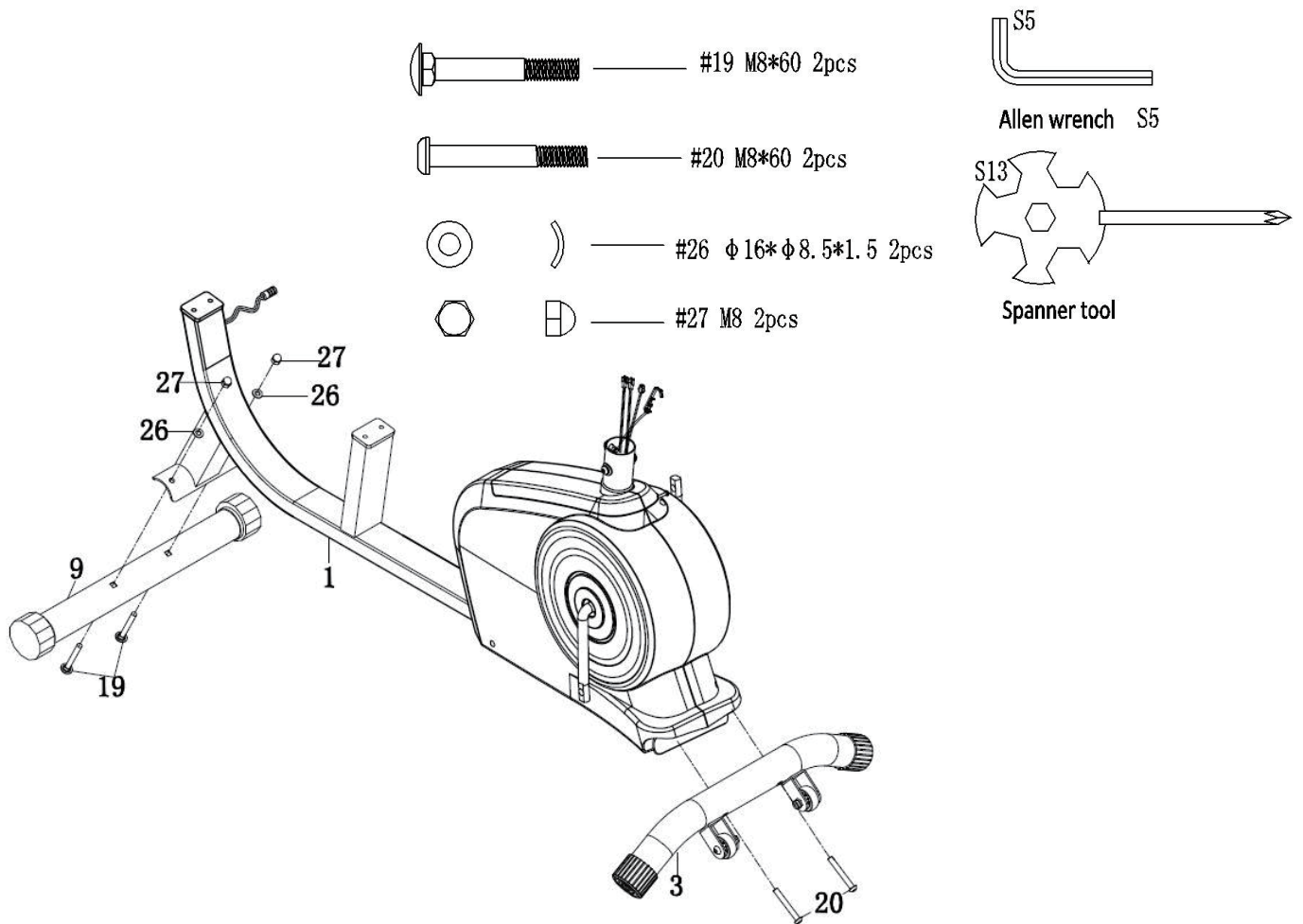
Required parts:

The Front Stabilizer(#3), Rear Stabilizer(#9) and the screws and tools in the picture below.

1. Pull out **Stabilizer (#B)** and 2 **Bolt (#A)** that prelocked in **Main Frame (#1)** as Pic 2 .
2. Attach the **Front Stabilizer (#3)** to the **Main Frame (#1)** using 2 **Bolts (# 20)** and tighten them with the Allen wrench.
3. Attach the **Rear Stabilizer (#9)** to the **Main Frame (#1)** using 2 **Carriage Bolts (#19)**, 2 **Arc Washers (#26)**, and 2 **Cap Nuts (#27)**. Make sure the bolts have been tightly fastened by the Spanner Tool.

Note: If the ground is flat, place the thicker side of the end cap for the rear stabilizer (#58) facing up. Also, the end cap for rear stabilizer(#58) is adjustable, if the machine is located on uneven ground, the end cap can be adjusted to make the machine more stable.



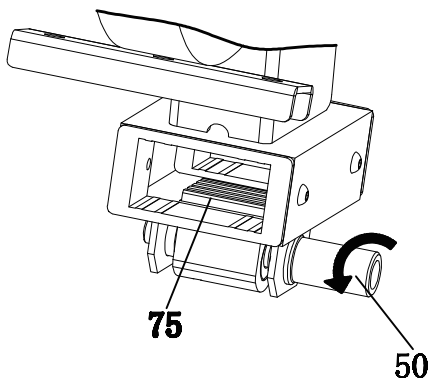


Step 2: Install the seat and backrest cushion

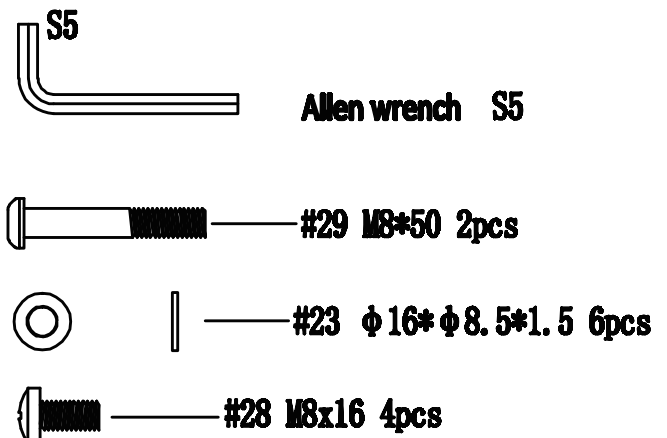
Required parts:

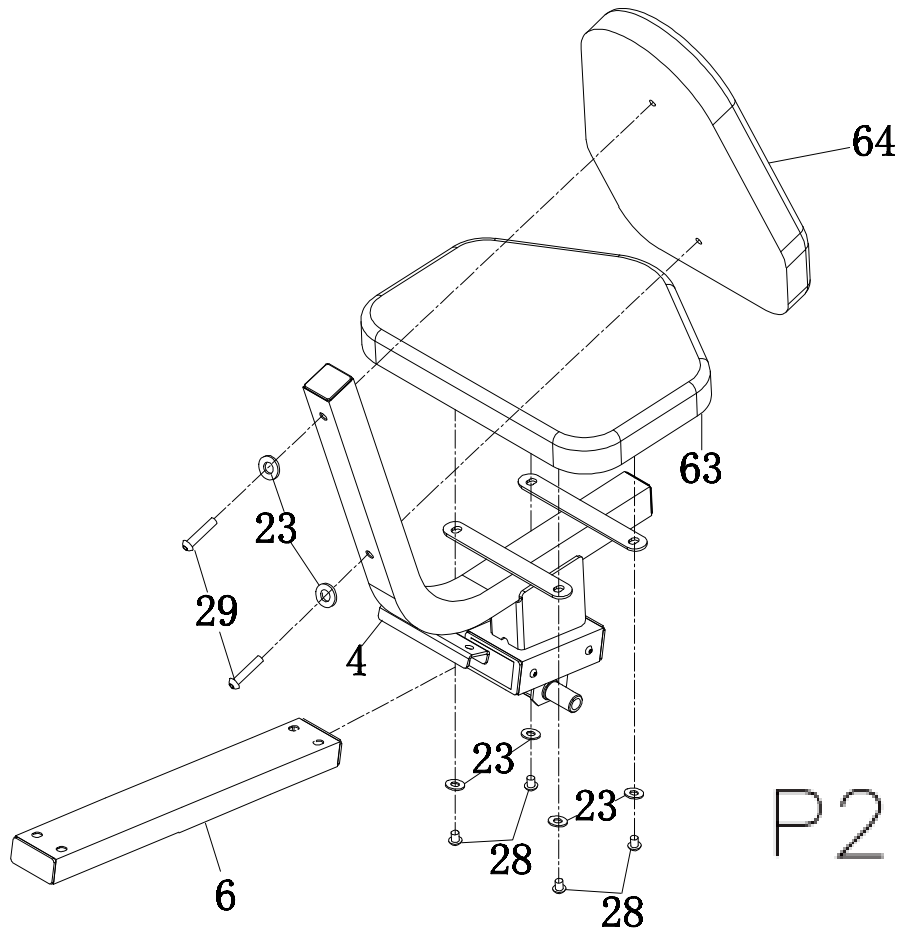
The Seat Cushion (#63), Backrest Cushion (#64) and the screws and tools in the picture below.

1. Rotate **Eccentric Shaft (#50)** to keep inner plane of **Brake block (#75)** in line with Pipe orifice plane of it as Pic 1. Then, insert **Adjusting tube (#6)** to **Brake block (#75)** and tighten **Eccentric Shaft (#50)** as Pic 2.
2. Attach the **Seat Cushion (#63)** to the **Cushion Frame (#4)** using 4 Bolts (#28) and 4 Flat Washers (#23), making sure the correct side is facing up.
3. Attach the **Backrest Cushion (#64)** to the **Cushion Frame (#4)** using 2 Bolts (#29) and 2 Flat Washers (#23) as shown. Tighten with the Allen Wrench S5.



P 1





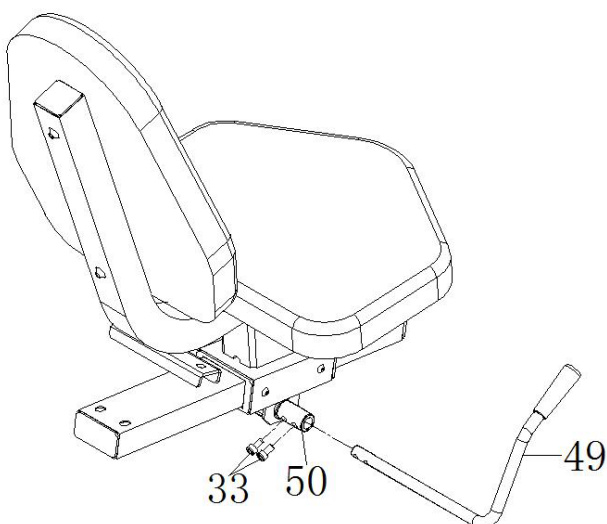
P2

Step 3: Install the brake handle

Required parts:

The Brake Handle (#49), Screws (#33) and the Allen wrench.

Insert the **Brake Handle (#49)** into the hole of the **Eccentric Shaft (#50)**, make sure the correct side is facing up, and then lock it with the 2 **Screws(#33)**, as shown in the diagram. Tighten with Allen Wrench S5.



#33 M6*15 2pcs



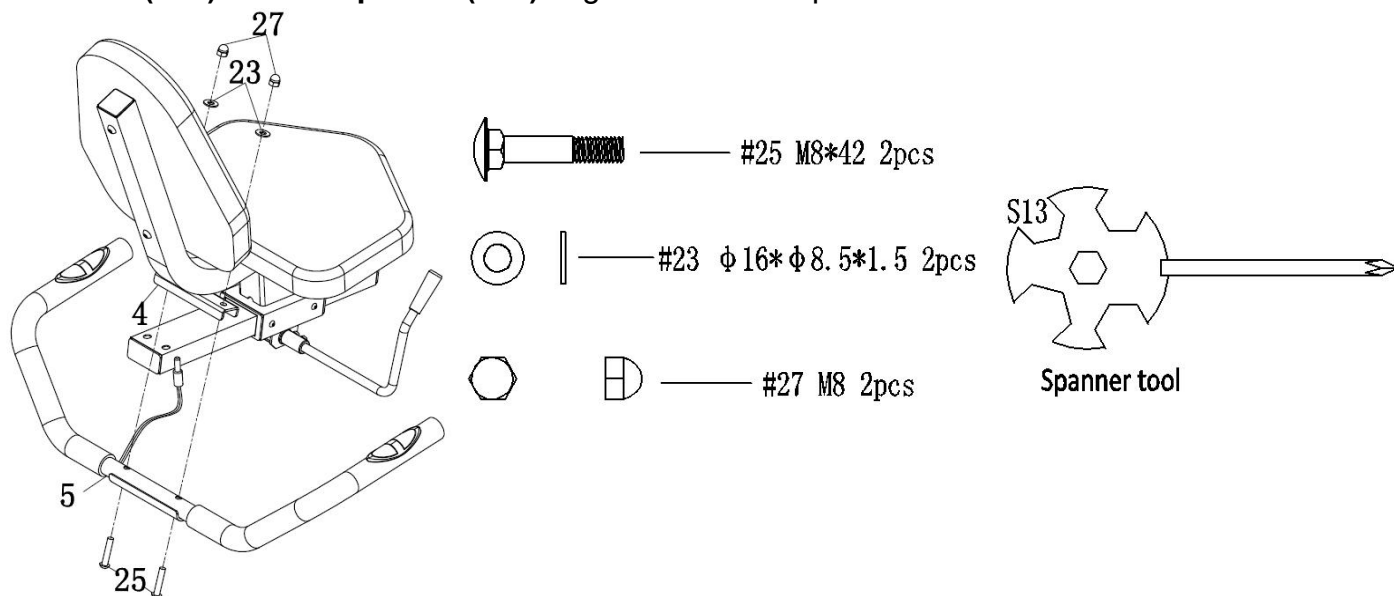
Allen wrench S5

Step 4: Install the handle bar

Required parts:

The Handle Bar (#5) and the screws and tools in the picture below.

Attach the **Handle Bar (#5)** to the **Cushion Frame (#4)** using 2 **Carriage Bolts (#25)**, 2 **Flat Washers (#23)** and 2 **Cap Nuts (#27)**. Tighten with the **Spanner tool**.



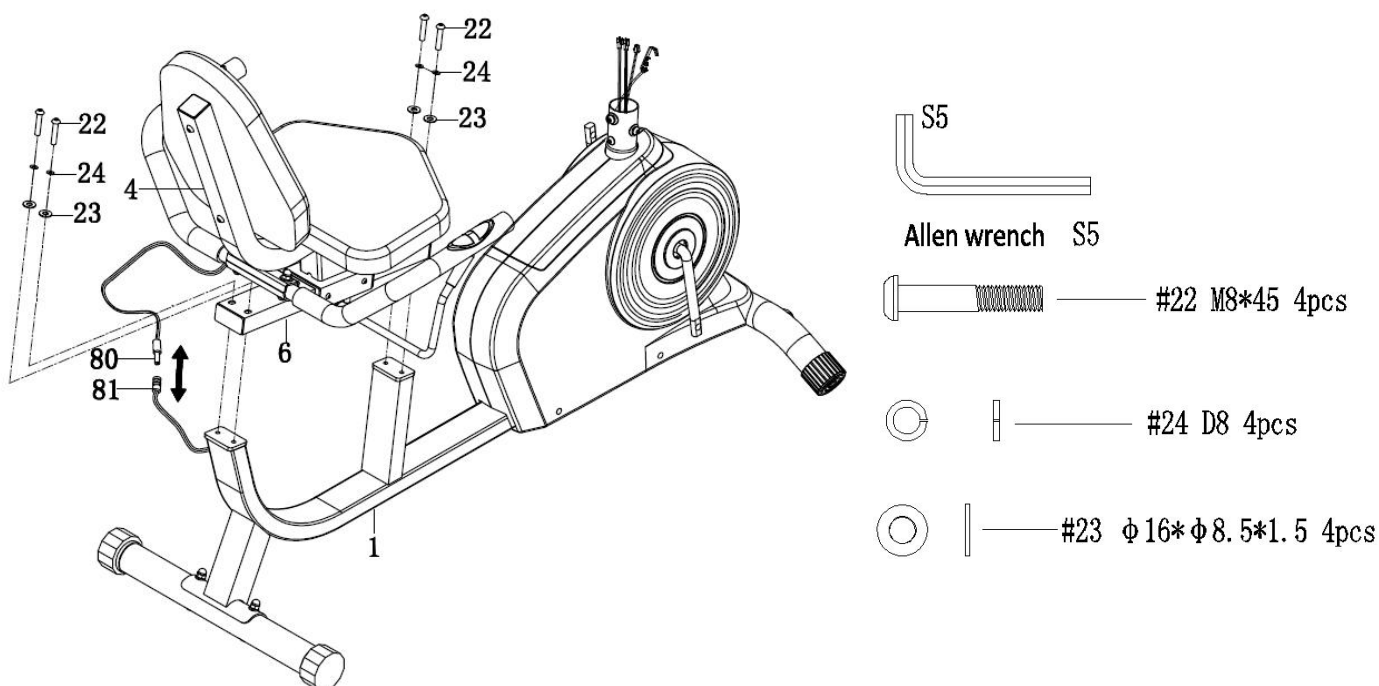
Step 5: Install the cushion frame

Required parts:

The Cushion Frame (#4) and the screws and tools in the picture below.

1. Attach the **Cushion Frame (#4)** to the **Main Frame (#1)** using 4 **Bolts (#22)**, 4 **Spring Washers (#24)**, and 4 **Flat Washers (#23)**. Tighten with Allen Wrench S5.

2. Connect the **Hand Pulse Sensors (#80)** with the **Hand Pulse Wire (#81)**, as the diagram shows.



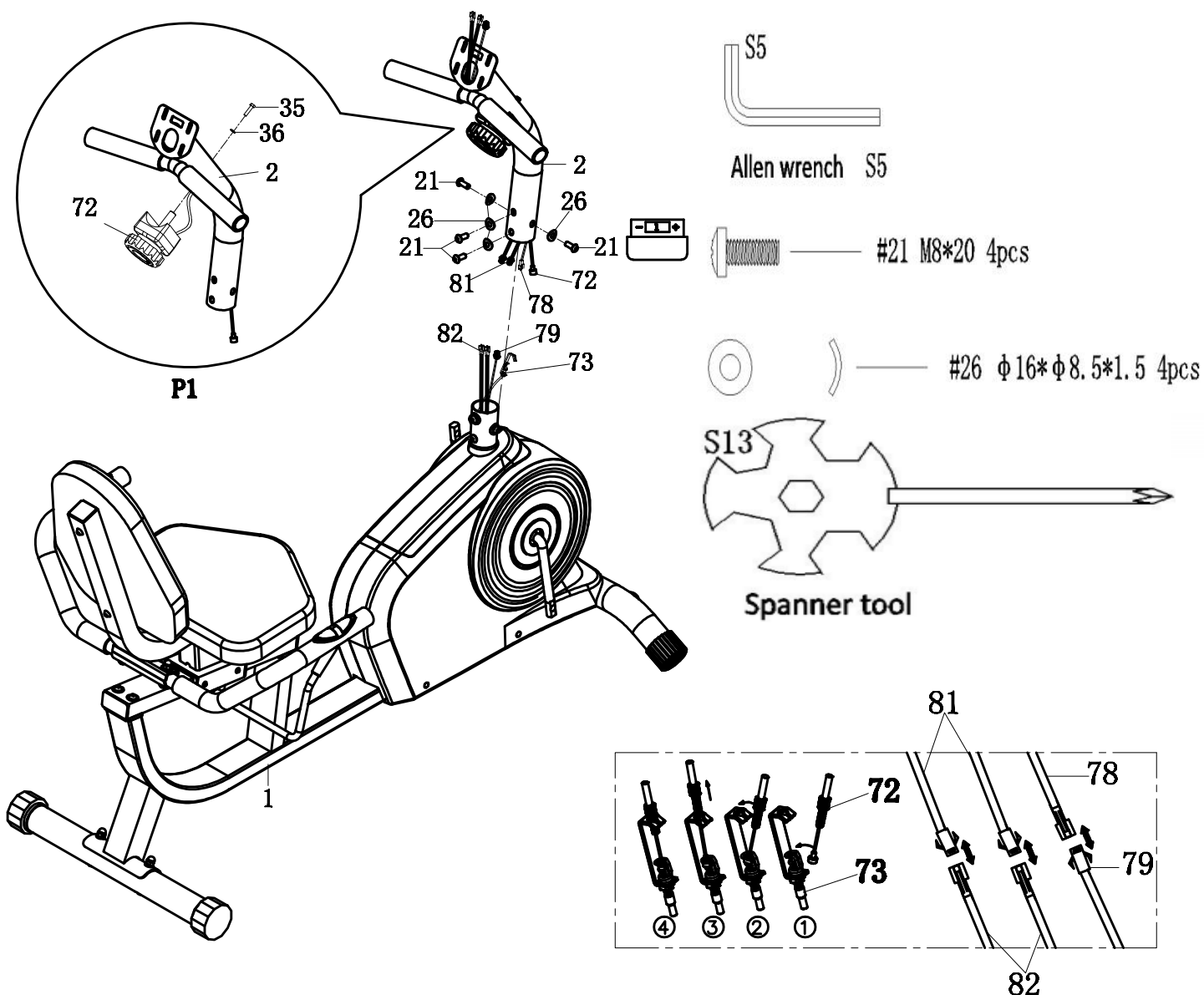
Step 6: Install the front post

Required parts:

The Front Post (#2), Main Frame (#1), Tension Control Wire (#72) and the screws and tools in the picture below.

1. Put the **Tension Control Wire (#72)** into the **Front Post (#2)** and lock the tension control knob by using **Arc washer (#36)** and **Bolts (#35)**.
2. Connect the **Trunk Line (#78)** with the **Needle Sensor Line (#79)** and connect the **Hand Pulse Wire 1 (#81)** with the **Hand Pulse Wire 2 (#82)** as shown.
3. Insert the **Tension Control Wire (#72)** to **Tension Control Wire (#73)** and then pull it up to ensure a tight connection.
4. Attach the **Front post (#2)** to the **Main Frame (#1)** using 4 **Bolts (#21)**, 2 **Arc Washers (#26)** and Allen wrench as shown and make sure the screws and the holes are aligned.

Note: Set the Tension Control Knob at 1 to ensure the Tension Control Wires (# 72 and #73) can be easily connected.

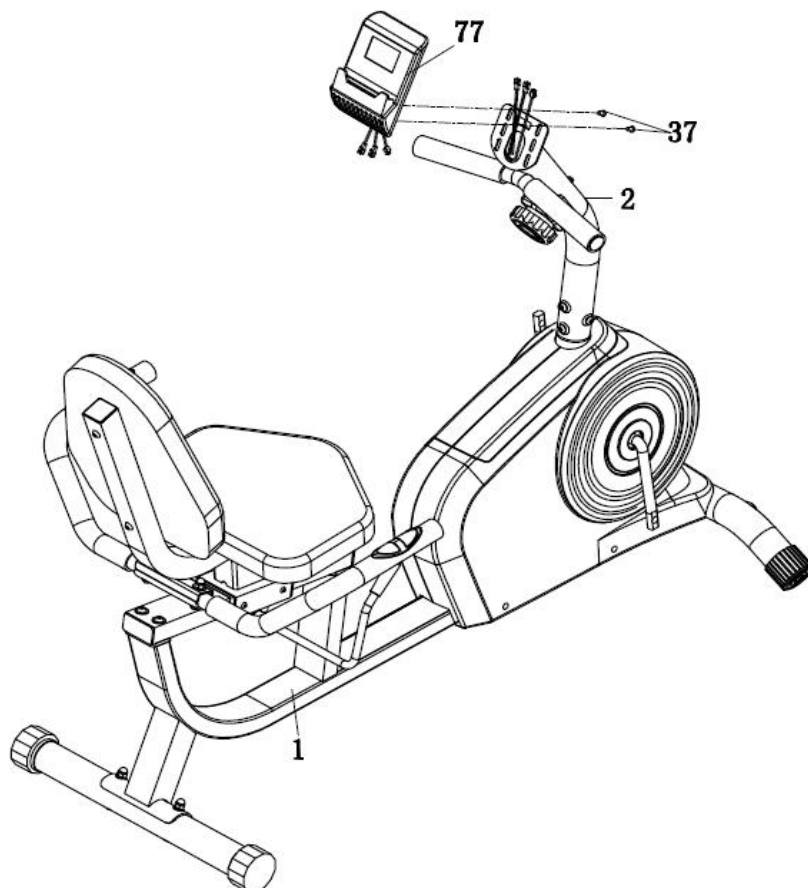
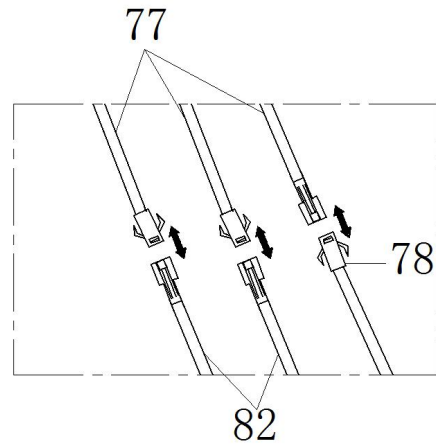
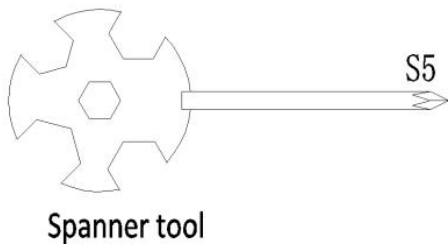


Step 7: Install the computer

Required parts:

The Computer (#77), 2 bolts (#37), and Spanner Tool.

Connect the Computer (#77) lines with the **Hand Pulse Wire 2 (#82)** and **Trunk Line (#78)** in turn as shown. Then attach the **Monitor (#77)** to the **Front Post (#2)** using 2 **Bolts (#37)** and Spanner tool.



Step 8: Install the left & Right Pedals

Required parts:

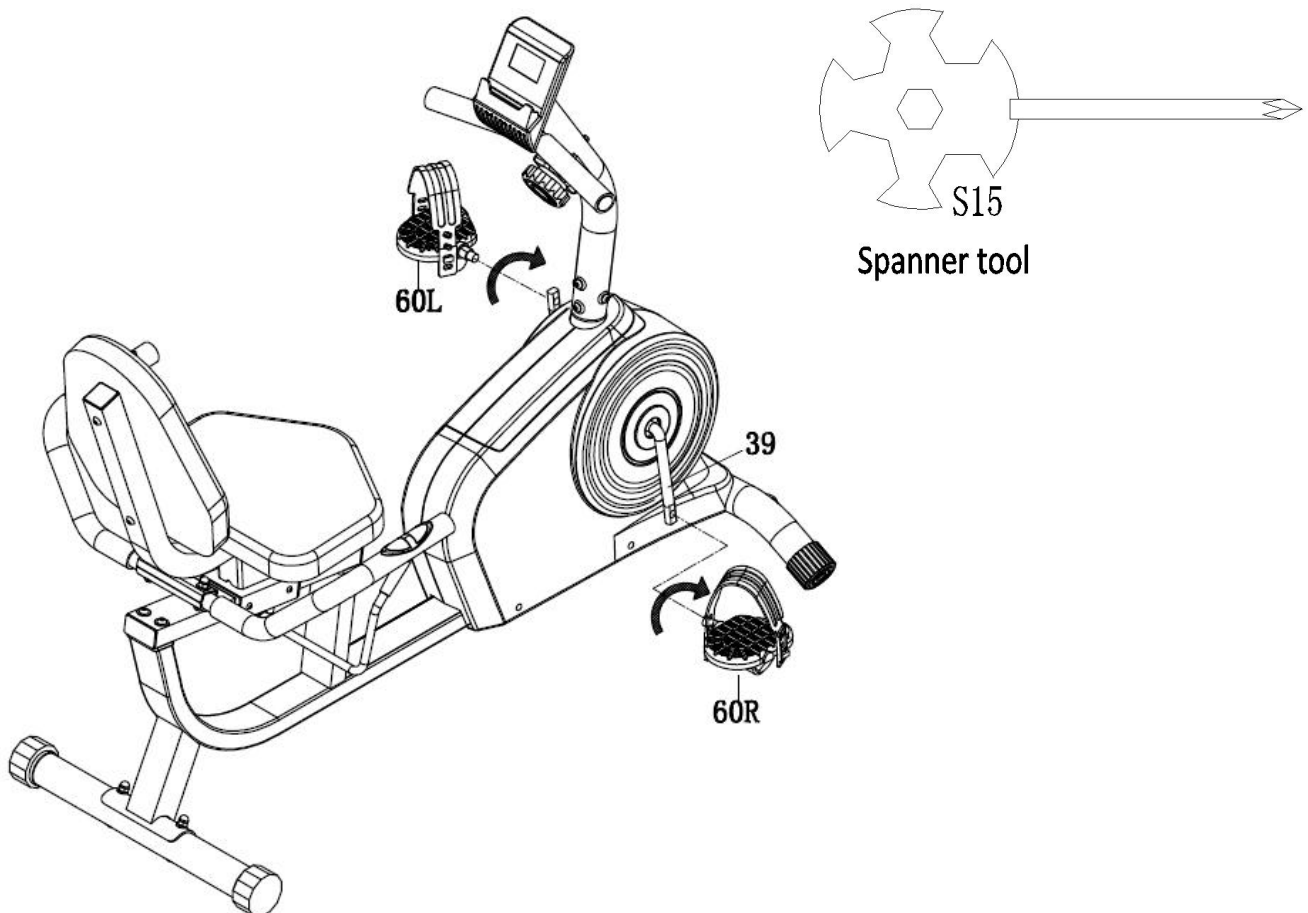
The Left & Right Pedal (#60) and Spanner Tool.

Connect the **Left & Right Pedal (#60L&R)** onto the **Left & Right Crank (#39)**.

Left Pedal: Align the **Left Pedal (#60L)** with the **Left Crank Arm (#39)** at 90° and gently insert the pedal into the crank arm. Turn the pedal **counter-clockwise** as tightly as you can with your hand then secure with **Spanner Tool**.

Right Pedal: Align the **Right Pedal (#60R)** with the **Right Crank Arm (#39)** at 90° and gently insert the pedal into the crank arm. Turn the pedal **clockwise** as tightly as you can with your hand then secure with **Spanner Tool**.

Note: The figure shows the pedal tightening direction overlooking from the rear right perspective, and the **clockwise** and **counterclockwise** in the steps refer to the pedal tightening direction when we are facing the main frame when installing. It is only due to the difference caused by different viewing angles, and the pictures are not wrongly marked.



Assembly is complete!

ADJUSTING THE SADDLE

Pull the **Brake Handle (#49)** up to loosen (see *Fig 1*). Keep your feet on the floor as leverage, then move the **Cushion Frame (#4)** to the desired position. Push the **Brake Handle (# 49)** down to tighten (see *Fig 2*).

Fig. 1

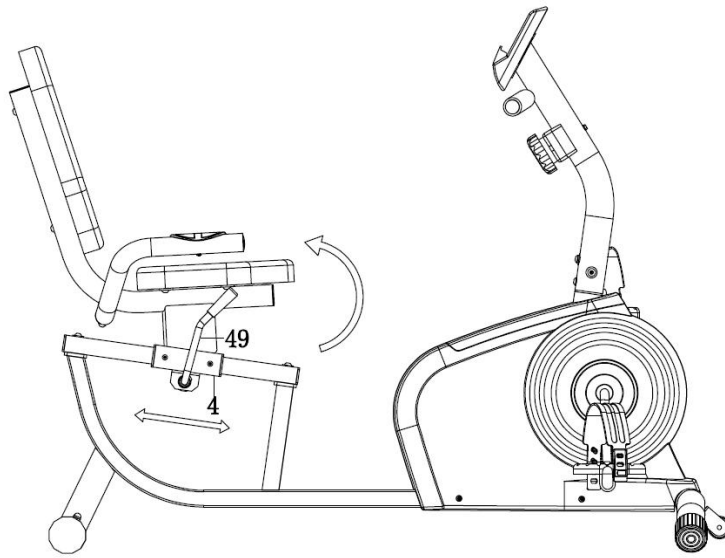
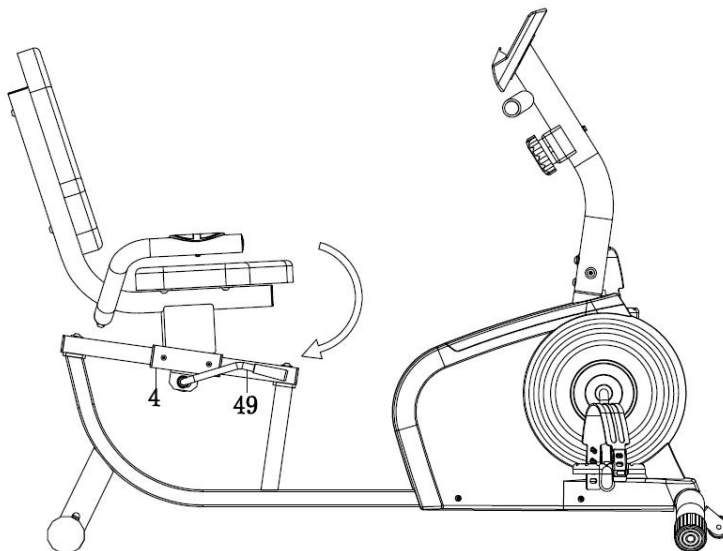
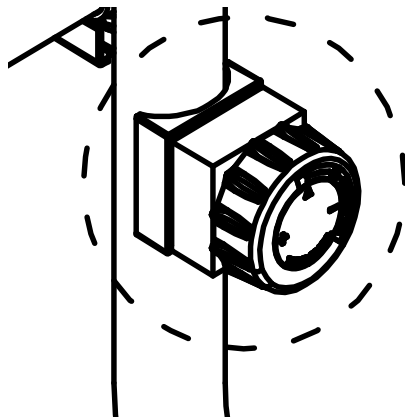


Fig. 2



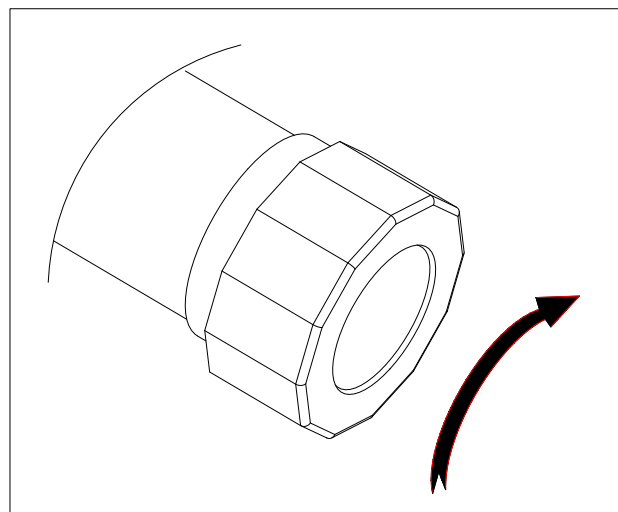
ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Control (#72)**. Increase the level of resistance by turning the tension knob to the **RIGHT** (*clockwise*), decrease the level of resistance by turning the tension knob to the **LEFT** (*counter-clockwise*).



ADJUSTING THE HEIGHT AND BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stable. If you notice that the bike is unbalanced during use, you should adjust the end caps located beneath the **Rear Stabilizer (#9)**. To do so, turn it *clockwise*.



HOW TO MOVE THE BIKE

Hold the **Rear Stabilizer (#3)** and lift the bike until wheels on the **Front Stabilizer (#9)** touch the ground. Now you can wheel the bike to the desired location.

