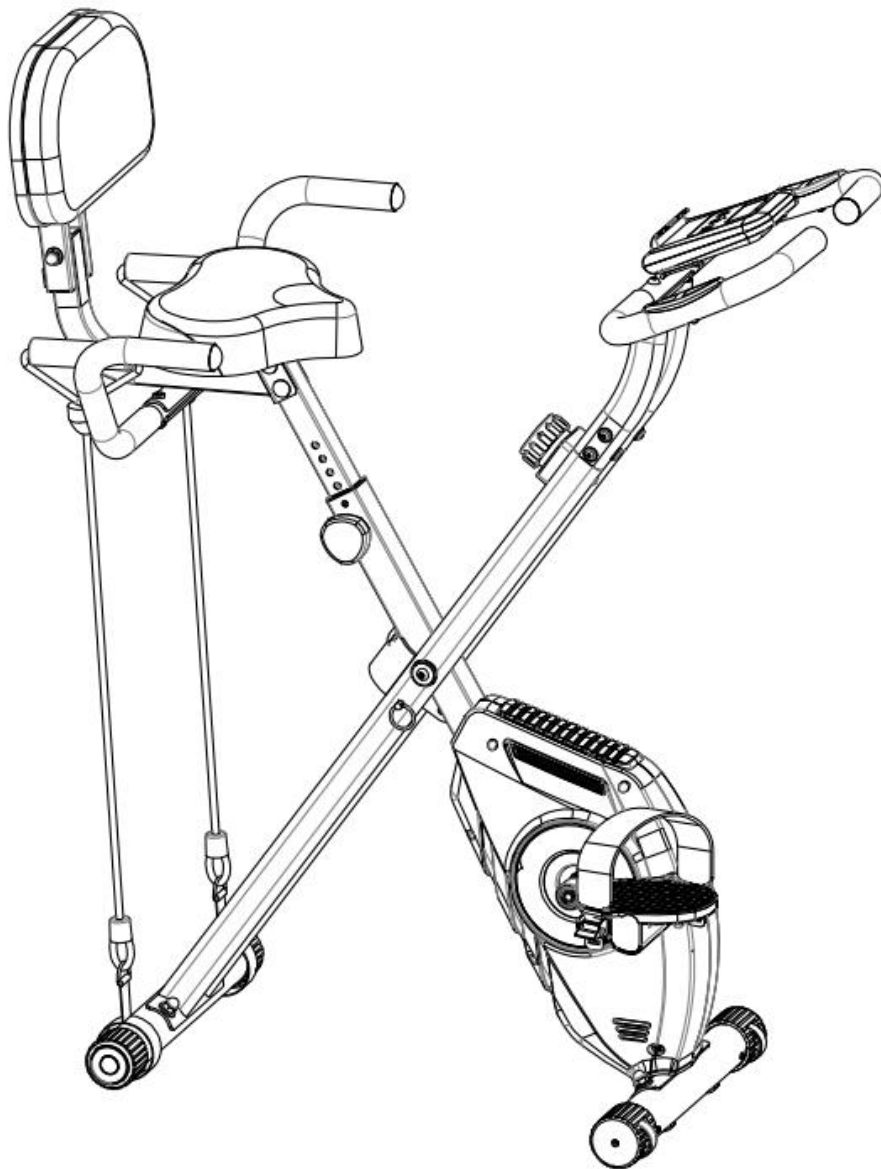


YOSUDA X-BIKE ASSEMBLY MANUAL

X-1-01A



IMPORTANT! Please read this manual before assembling and using. Retain owner's manual for using instructions. Your satisfaction is very important to us, **PLEASE CONTACT US:** yosudasports@gmail.com

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CUSTOMER SERVICE

Feel free to contact our customer service if any needs:

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

ASSEMBLING VIDEO

- ◆ Download the Amazon Shopping APP
- ◆ Scan the *transparency barcode below or on the packaging*



- ◆ View the assembling video

IMPORTANT SAFETY INFORMATION

Please note the following safety warnings and precautions before assembling and using the equipment. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Wear suitable sports clothes and sports shoes while using the equipment, especially the sports shoes must fit. Avoid wearing loose clothing that may become entangled in the equipment. Warm up before exercises.
2. Keep children and pets away from the equipment.
3. Please do not store and use the equipment in dusty environment, and maintain a certain humidity in the room to avoid strong static electricity.
4. Keep the room ventilated when using the equipment.
5. 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.
6. Please consult your physician before your exercise, if you are under medical treatment or suffer from the following illnesses:
 - 1) Those who have back pain or those who have suffered leg, waist and neck injuries in the past. Numbness of legs, waist, neck and hands (with disc herniation, spondylolisthesis, cervical spondylosis and other diseases).
 - 2) Those who have deformed arthritis, rheumatism and gout.
 - 3) Those with abnormal osteoporosis.
 - 4) Those with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
 - 5) Those with respiratory disorders.
 - 6) Those who are using artificial heart rate regulator implanted in vivo medical electronic equipment.
 - 7) Those with malignant tumor.
 - 8) Those who have symptoms such as thrombosis, severe aneurysm, acute venous aneurysm and other blood circulation disorders or various skin infections.
 - 9) People with perceptual impairment caused by high peripheral circulatory disorder

caused by diabetes, etc.

10) Those with skin trauma.

11) Those who have a high fever (38 degrees or more) due to illness, etc.

12) Abnormal or curved back bones.

13) Women who are pregnant or may become pregnant or are menstruating.

14) Those who feel abnormal in their body and need to rest.

15) Those who are obviously in poor physical condition.

16) Those whose purpose is rehabilitation.

17) In addition to the above conditions, especially those who feel abnormal in their body. ---

Those who may cause an accident or poor physical condition.

7. This machine can only be used by one person at a time.

8. 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 checked for damage and/or wear.

9. Do not place fingers or objects into the moving parts of the equipment.

10. The maximum weight capacity of this unit is 270lbs (122kg).

11. This equipment is designed for indoor and home use only; it is not intended for commercial use.



WARNING

12. DO NOT use this bike when its outer casing is cracked, cracked and detached (internal structure exposed) or its welded part is cracked. ---- Otherwise, accident or injury may occur.

13. DO NOT use or store the equipment in damp places such as outdoors or near bathrooms.

14. DO NOT use or store the equipment in places exposed to direct sunlight and with high temperature, such as around stoves, or on top of heating appliances such as electric heating carpets. ---- Otherwise it may cause damage to the electronic system.

15. DO NOT use it if you can't express your consciousness or you can't operate it yourself. ---- Accident or injury may occur.

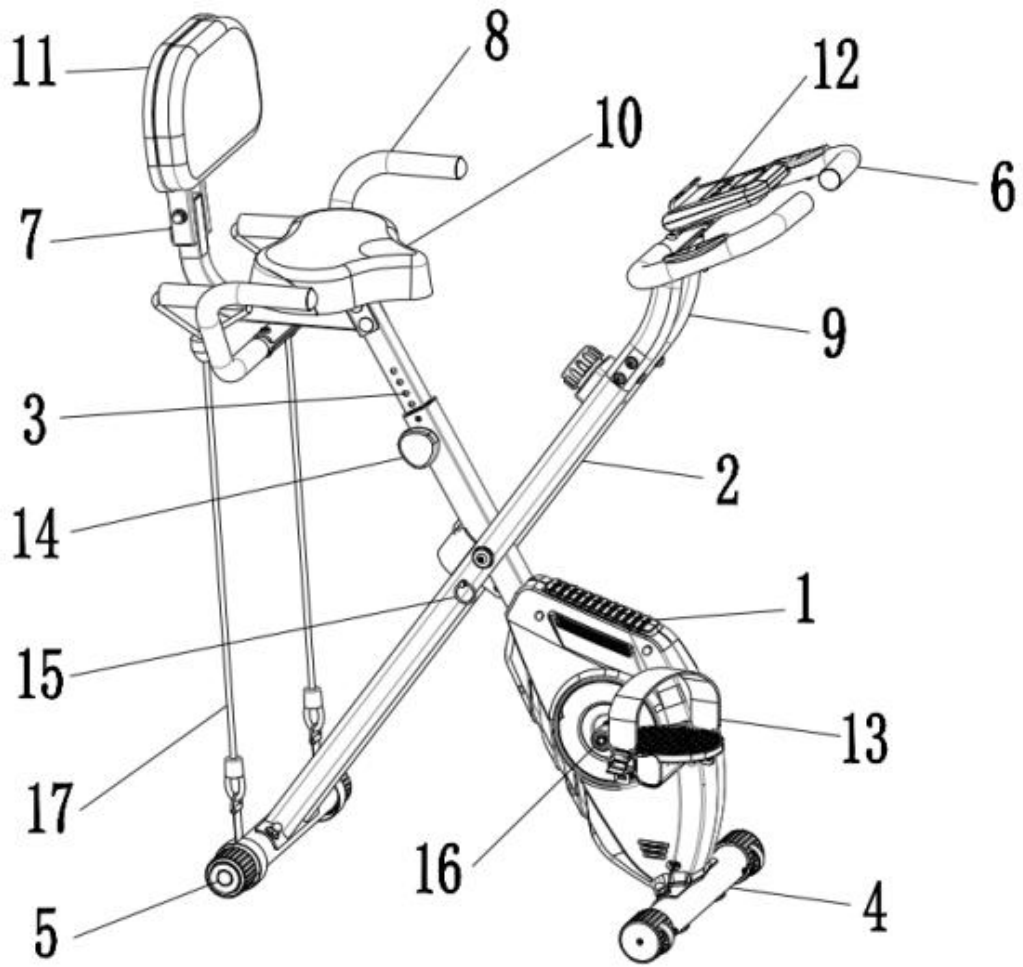


CAUTION

16. People who lack of exercise should not suddenly do any violent exercise on the equipment.

17. DO NOT use it after eating, when you are tired, when you have just exercised or when your physical state is abnormal. ---- May cause damage to health.
18. DO NOT use it while eating or doing other activities.
19. DO NOT use it when your senses blunt after drinking alcohol. --- May cause accident or injury.
20. DO NOT use it when there are hard objects in your trouser pockets. ---- May cause accident or injury.

PRODUCT PROFILE



Main configure list

S/N	Name	Qty	S/N	Name	Qty	S/N	Name
1	Main Frame	set	1	2	Support Tube	set	1
3	Seat Post	set	1	4	Front Stabilizer	set	1
5	Rear Stabilizer	set	1	6	Handlebar with Hand Pulse Grips	set	1
7	Backrest Support	piece	1	8	Seat Handlebar	set	1
9	Handlebar Support	set	1	10	Seat Cushion	piece	1
11	Backrest Cushion	piece	1	12	Monitor	piece	1
13	Left & Right Pedal (L/R)	set	1	14	Triangle Knob	piece	1
15	Lock Pin	piece	1	16	Left & Right Crank (L/R)	set	1
17	Resistance Band	piece	2	18	Carriage Bolts (M8*65)	piece	4
19	Wave Washer $\phi 8*18*2$	piece	4	20	Screw M8	piece	4
21	Lock Nut 9/16 inch	piece	2	22	Flat Washer $\phi 8*19*1.5$	piece	3
23	Lock Nut M8	piece	3	24	Flat Washer $\phi 8*19*1.5$	piece	2
25	Screw M8	piece	4	26	Carriage Bolts (M8*45)	piece	2
27	Half Round Head Inner Hexagon Bolt M8*45	piece	4	28	Half Round Head Inner Hexagon Bolt M8*35	piece	2
29	Wave Washer $\phi 6.5*\phi 13*2$	piece	2	30	Flat Washer $\phi 6.5*13*2$	piece	4
31	Round Head Inner Hexagon Bolt M6*12	piece	6	32	Cross Recessed Pan Head Tapping Screw M5*10	piece	2
33	Socket Head Screw Wrench S5	piece	1	34	Multifunctional Wrench S13~15	piece	1
35	Multifunctional Wrench S17~19	piece	1	36	Half Round Head Inner Hexagon Bolt M8*40	piece	2
37	Wave Washer $\phi 8*\phi 18*2$	piece	2				

ASSEMBLY INSTRUCTIONS

NOTE: All screws and bolts are preinstalled.

Step1: Install the Front and Rear Stabilizer

Required parts:

1 Front Stabilizer (with wheels) (#4)	1 Rear Stabilizer (#5)
4 Carriage Bolts (#18)	4 Wave Washers (#19)
1 Screw M8 (#20)	1 Multifunctional Wrench S13~15 (#34)

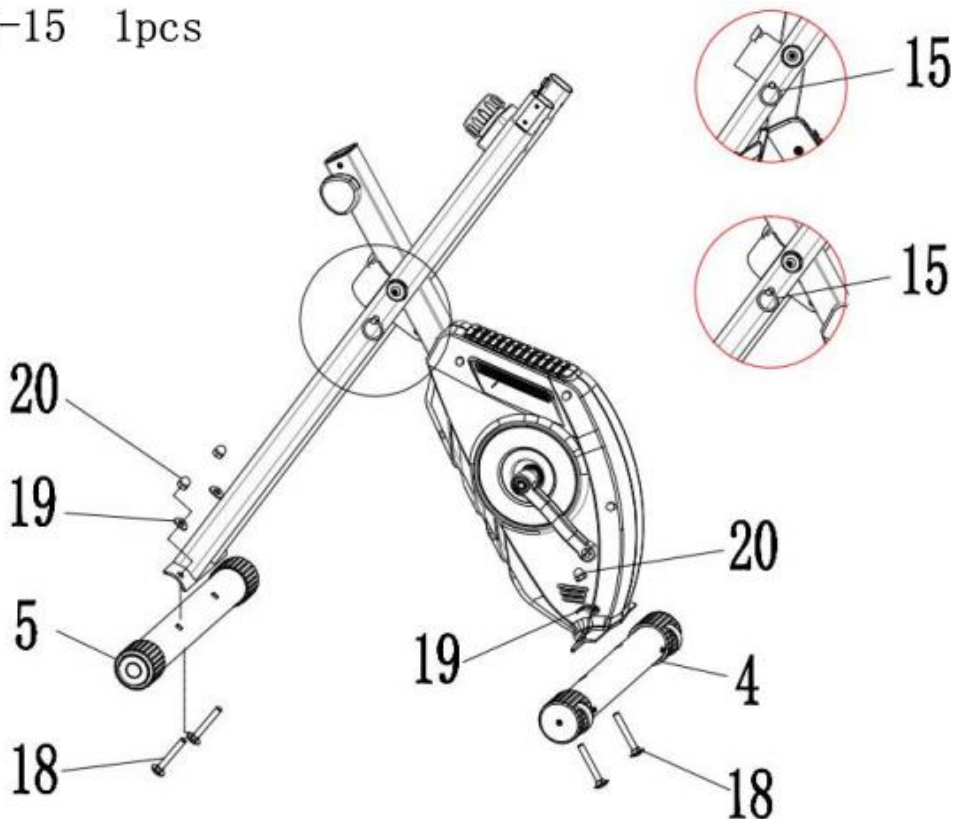
1. Pull out the Lock Pin (#15) from the Main Frame (#1) and adjust Main Frame (#1) to the correct position, then insert Lock Pin (#15) to tighten the Main Frame (#1).

2. Lift the Main Frame (#1) up by hand and attach the Front Stabilizer (with wheels) (#4) to the Main Frame (#1), the frame holes should align to stabilizer holes for installation, tighten with Carriage Bolts (#18), Wave Washers (#19), Screw M8 (#20) and Multifunctional Wrench S13~15 (#34).



S13-15 1pcs

3. Repeat the procedure for Rear Stabilizer (#5).



Step2: Install the Left and Right Pedal

Required parts:

1 Left & Right Pedal (L/R) (#13)

1 Lock Nut (#21)

1 Multifunctional Wrench S13~15 (#34)

1 Multifunctional Wrench S17~19 (#35)

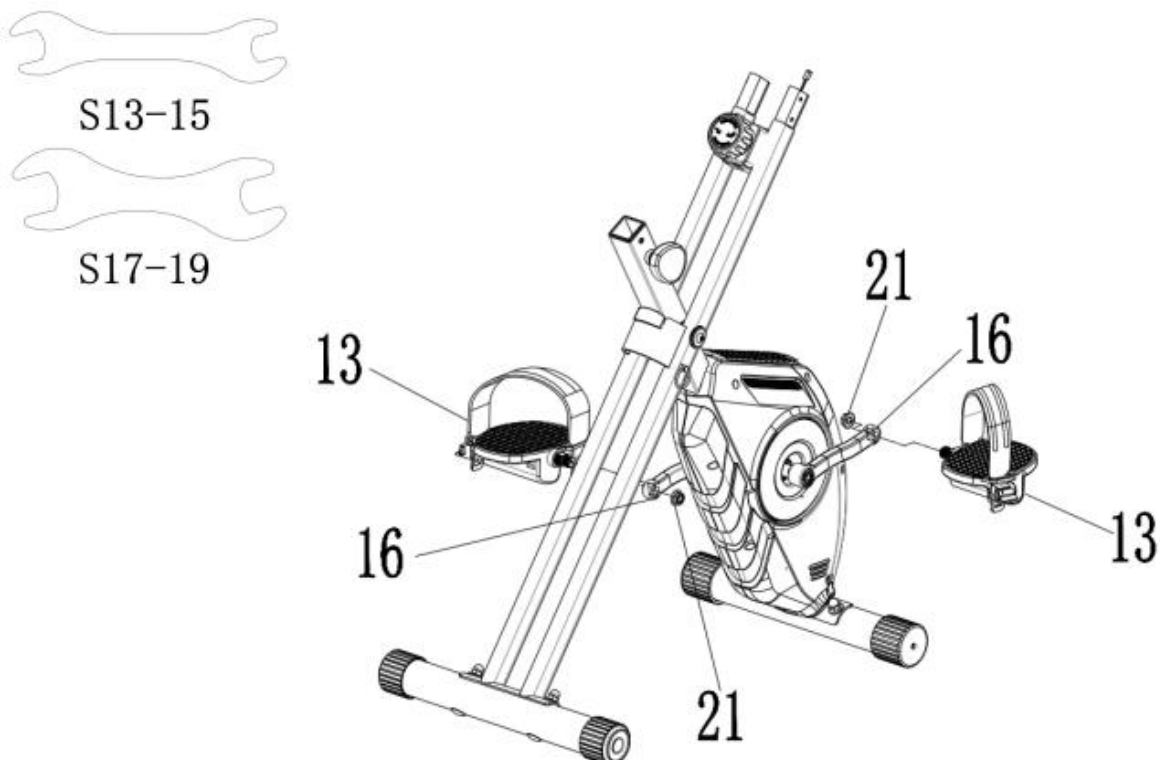
1. Turn the resistance of the Brake Knob to level 8.

2. Install the Left Pedal (with L mark):

Unscrew the Lock Nut (#21) from the Left Pedal (#13). Align the Left Pedal (#13) with the Left Crank (#16) at 90°, note to align the threads of the Left Pedal (#13) bolt to the threads of the Left Crank (#16). Turn the Left Pedal (#13) bolt COUNTER-CLOCKWISE by hand as tightly as you can, then use Multifunctional Wrench S13~15, S17~19 to tighten and secure. Then, install the Lock Nut (#21) to the Left Pedal (#13) axle, turn the Lock Nut (#21) CLOCKWISE as tightly as possible with the Multifunctional Wrench S13~15, S17~19. Attach the Left Foot Strap (with L mark).

3. Install the Right Pedal (with R mark):

Unscrew the Lock Nut (#21) from the Right Pedal (#13). Align the Right Pedal (#13) with the Right Crank (#16) at 90°, note to align the threads of the Right Pedal (#13) bolt to the threads of the Right Crank (#16). Turn the Right Pedal (#13) bolt CLOCKWISE by hand as tightly as you can, then use Multifunctional Wrench S13~15, S17~19 to tighten and secure. Then, install the Lock Nut (#21) to the Right Pedal (#13) axle, turn the Lock Nut (#21) COUNTER-CLOCKWISE as tightly as possible with the Multifunctional Wrench S13~15, S17~19. Attach the Right Foot Strap (with R mark).



Step 3: Install the Seat Cushion and Seat Post

Required parts:

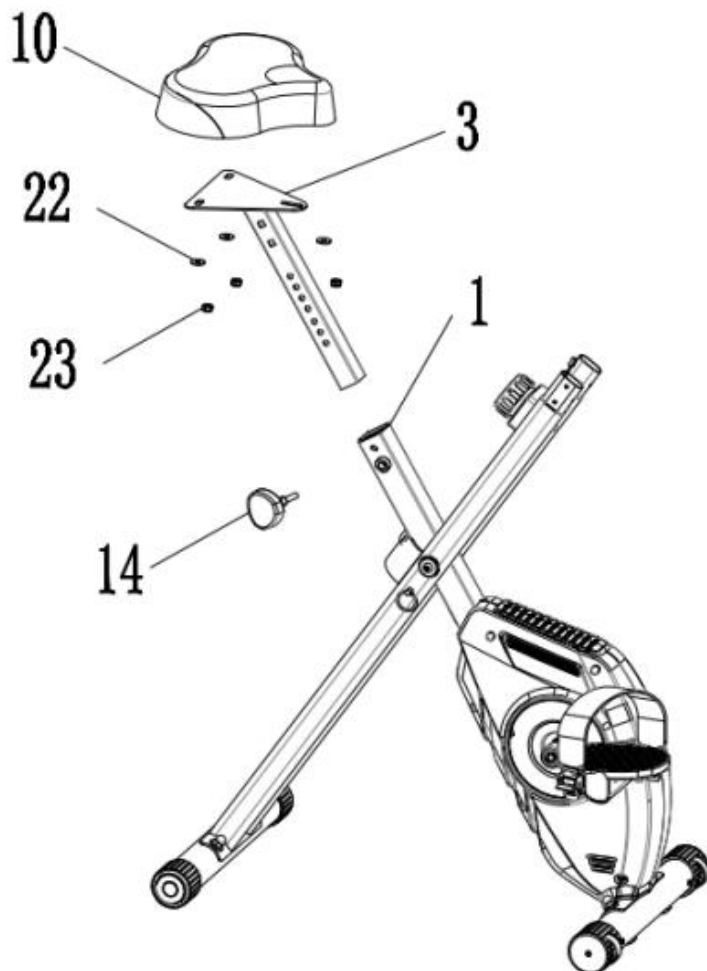
1 Seat Cushion (#10)	1 Seat Post (#3)
1 Triangle Knob (#14)	3 Flat Washers (#22)
3 Lock Nuts (#23)	1 Multifunctional Wrench S13~15 (#34)

1. Screw off 3 Flat Washer (#22) and 3 Lock Nut (#23) from the back of Seat Cushion (#10). Attach the Seat Cushion (#10) to the Seat Post (#3), tighten with 3 Flat Washers (#22), 3 Lock Nuts (#23) and Multifunctional Wrench S13~15 (#34).

2. Insert the Seat Post (#3) to the Main Frame (#1), fasten with the Triangle Knob (#14).



S13-15 1pcs



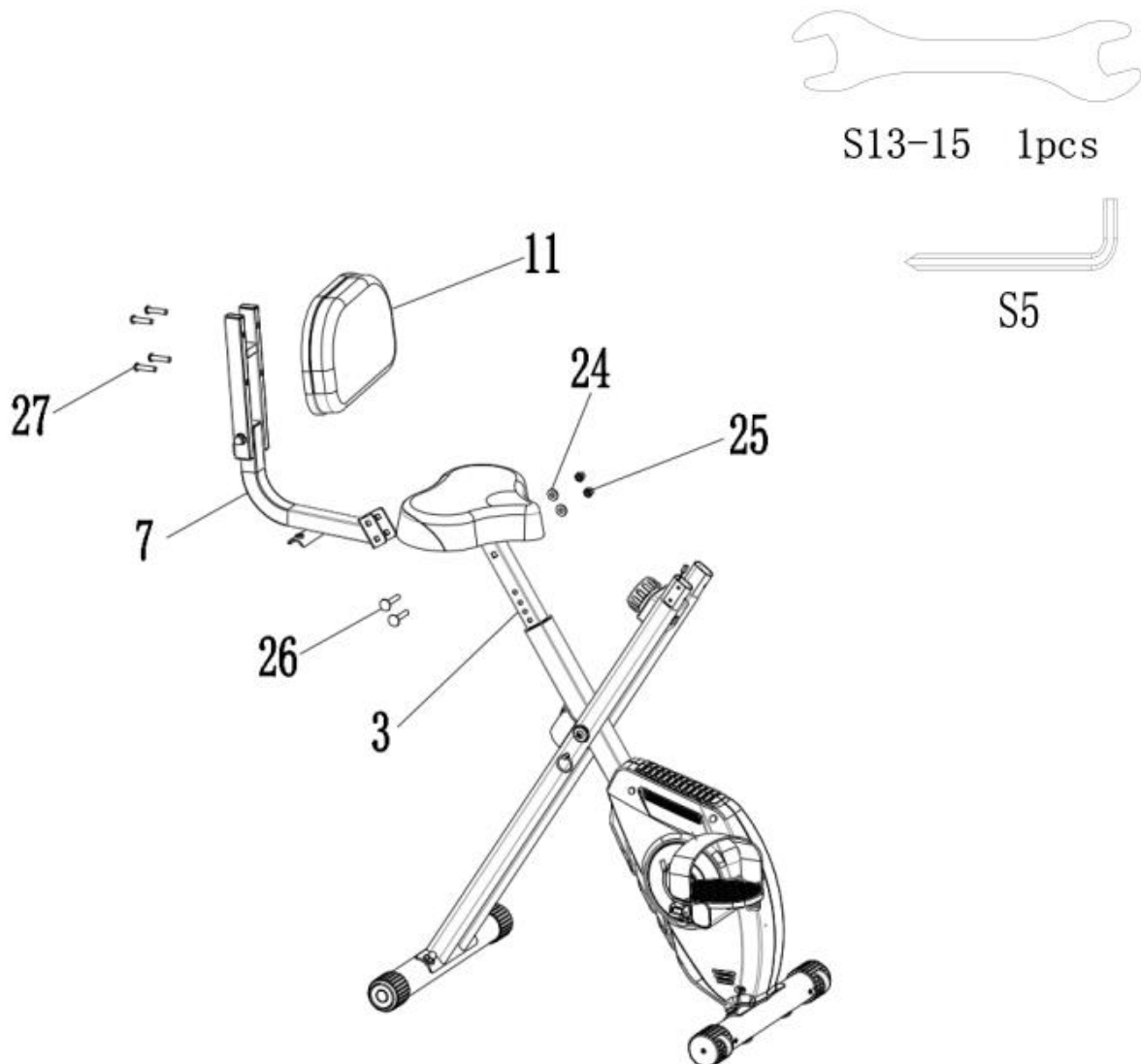
Step 4: Install the Backrest Cushion and Backrest Support

Required parts:

1 Backrest Cushion (#11)	1 Backrest Support (#7)
2 Carriage Bolts (#26)	2 Flat Washers (#24)
2 Screws M8 (#25)	4 Half Round Head Inner Hexagon Bolts (#27)
1 Socket Head Screw Wrench S5 (#33)	1 Multifunctional Wrench S13~15 (#34)

1. Align the Backrest Support (#7) with the two holes on the Seat Post (#3). Use Carriage Bolts (#26), Flat Washer (#24), and Screw M8 (#25) to secure it, and then tighten with the Multifunctional Wrench S13~15 (#34).

2. Align the Backrest Cushion (#11) with the four holes on the Backrest Support (#7). Use the Half Round Head Inner Hexagon Bolts (#27) to secure it, and then tighten with the Socket Head Screw Wrench S5 (#33).

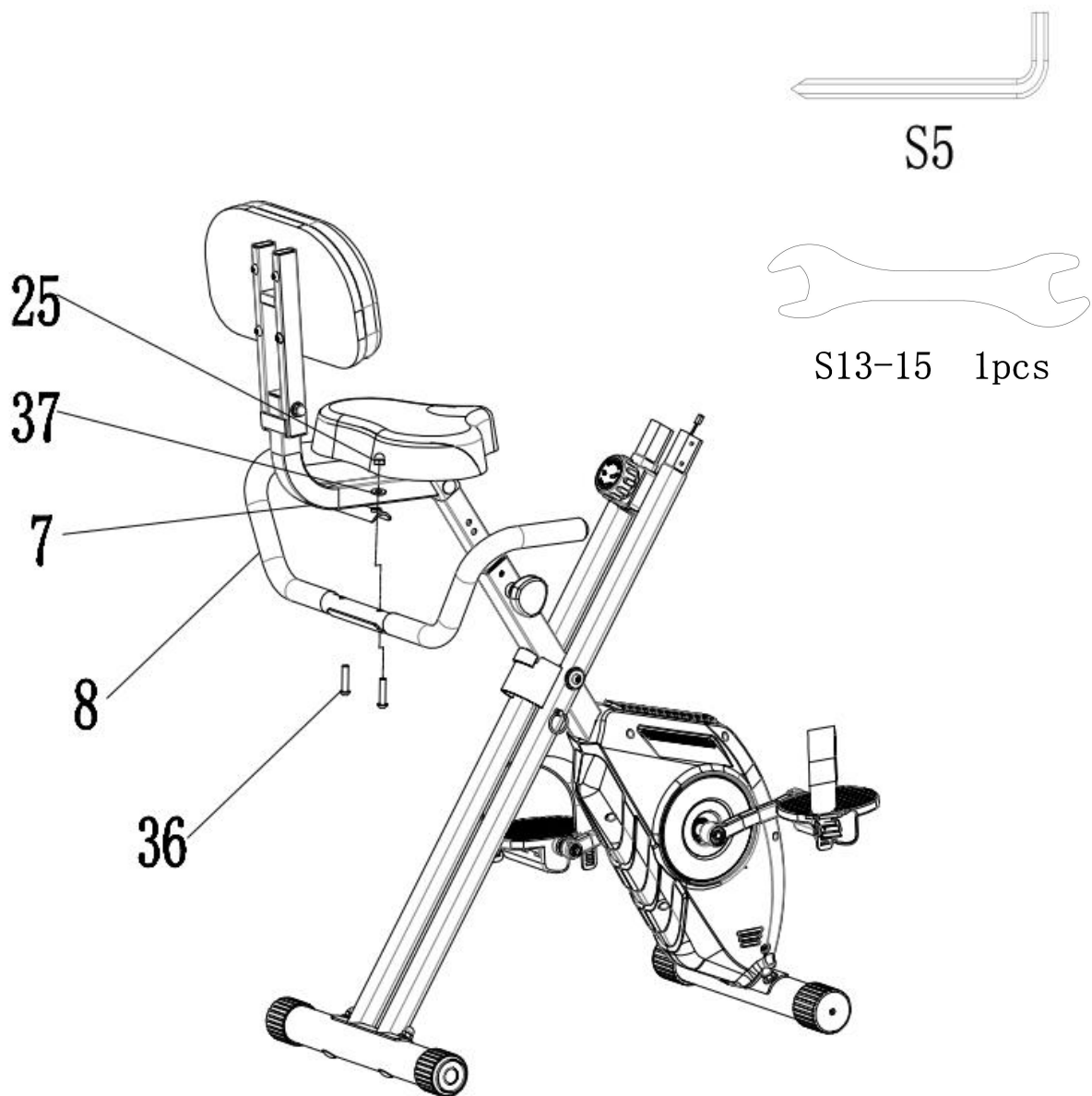


Step 5: Install the Seat Handlebar

Required parts:

1 Seat Handlebar (#8)	2 Half Round Head Inner Hexagon Bolts M8*40 (#36)
2 Wave Washers $\phi 8 * \phi 18 * 2$ (#37)	2 Screws M8 (#25)
1 Socket Head Screw Wrench S5 (#33)	1 Multifunctional Wrench S13~15 (#34)

1. Align Seat Handlebar (#8) with the two holes on the bottom of the Backrest Support (#7). Use Half Round Head Inner Hexagon Bolts (#36), Wave Washers (#37), and Screws M8 (#25) to secure it, and then tighten with Socket Head Screw Wrench S5 (#33) and Multifunctional Wrench S13~15 (#34).



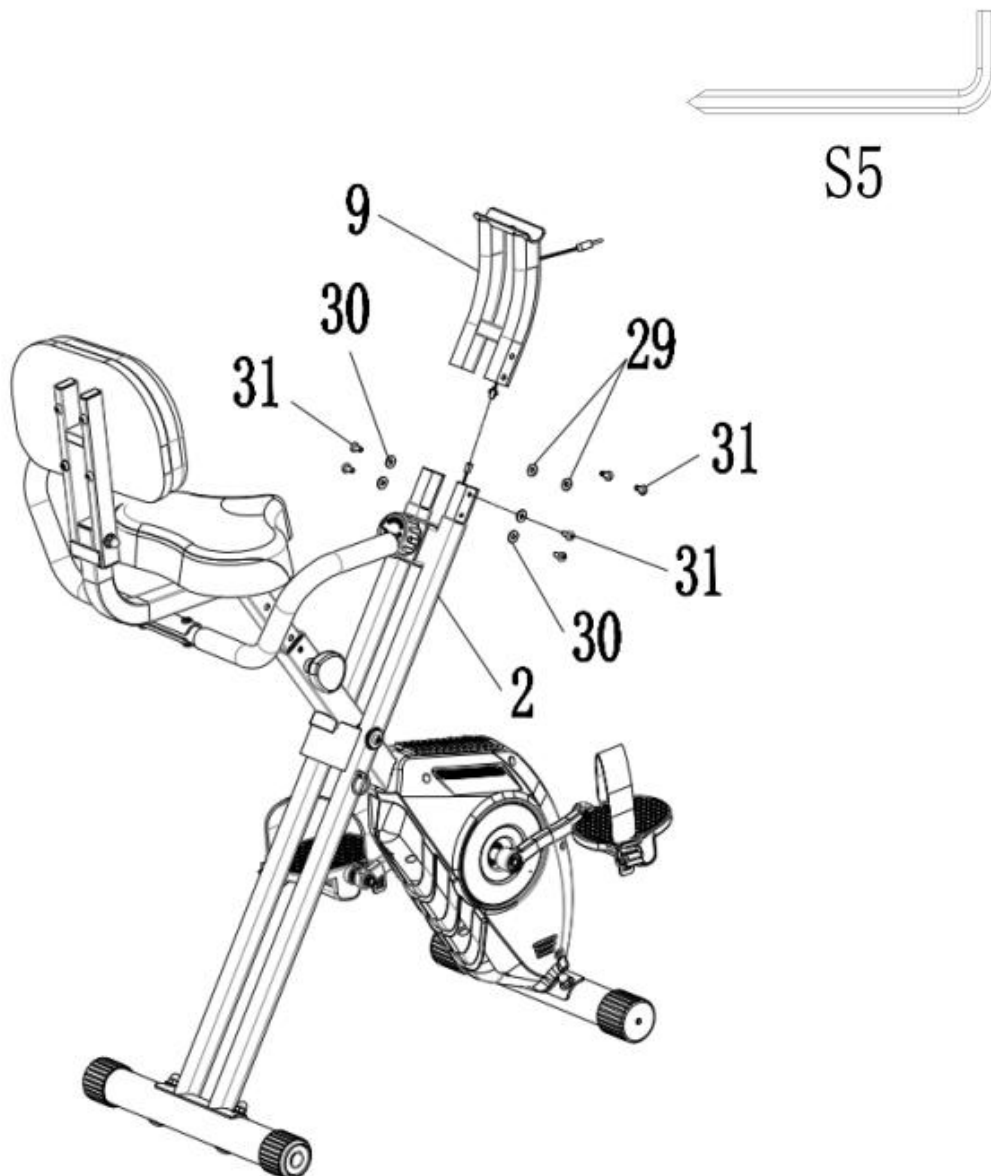
Step 6: Install the Handlebar Support

Required parts:

1 Handlebar Support (#9)	2 Wave Washers (#29)
4 Flat Washers (#30)	6 Round Head Inner Hexagon Bolts (#31)
1 Socket Head Screw Wrench S5 (#33)	

1. Connect the sensor wire of the bottom of the Handlebar Support (#9) with the sensor wire of the Support Tube (#2).

2. Insert the Handlebar Support (#9) to the Support Tube (#2), secure with 4 Flat Washers (#30) at the side, 2 Wave Washers (#29) at the front, and 6 Round Head Inner Hexagon Bolts (#31), then tighten with Socket Head Screw Wrench S5 (#33).



Step 7: Install the Handlebar

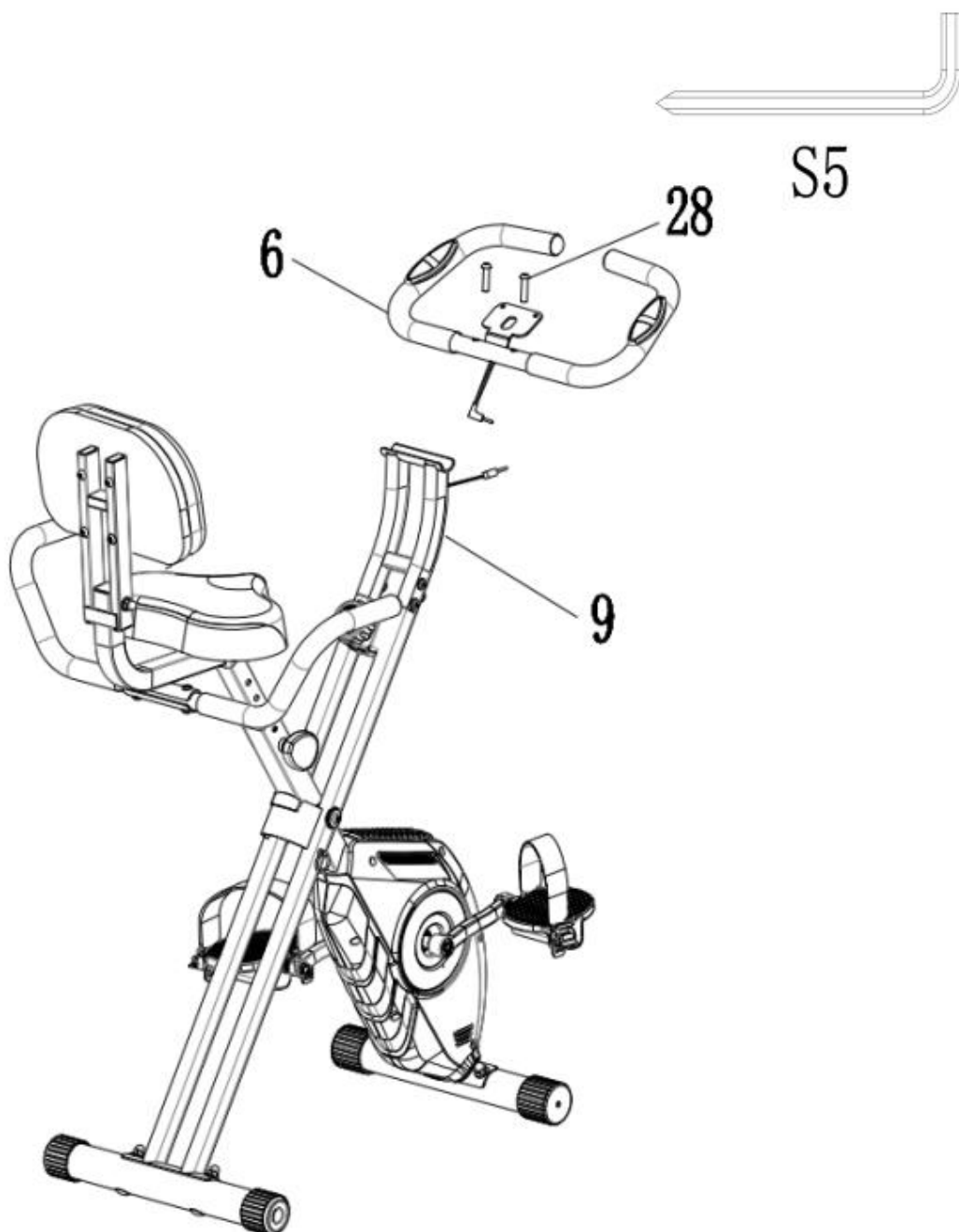
Required parts:

1 Handlebar (#6)

2 Half Round Head Inner Hexagon Bolts (#28)

1 Socket Head Screw Wrench S5 (#33)

1. Align Handlebar (#6) with the two holes on the Handlebar Support (#9). Secure with 2 Half Round Head Inner Hexagon Bolts (#28), and tighten with Socket Head Screw Wrench S5 (#33).



Step 8: Install the Monitor

Required parts:

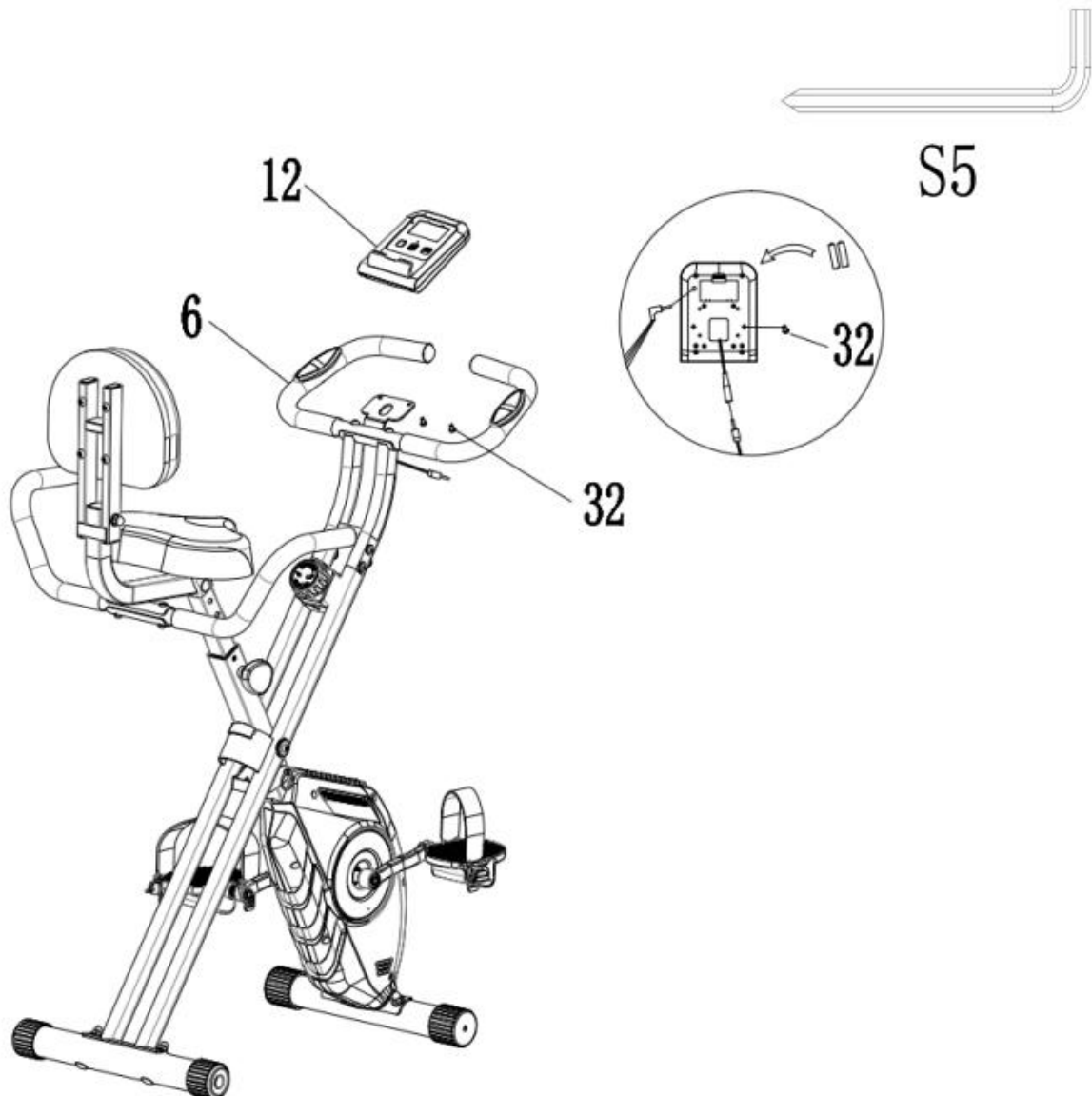
1 Monitor (#12)

2 AAA Batteries

2 Cross Recessed Pan Head Tapping Screws (#32)

1 Socket Head Screw Wrench S5 (#33)

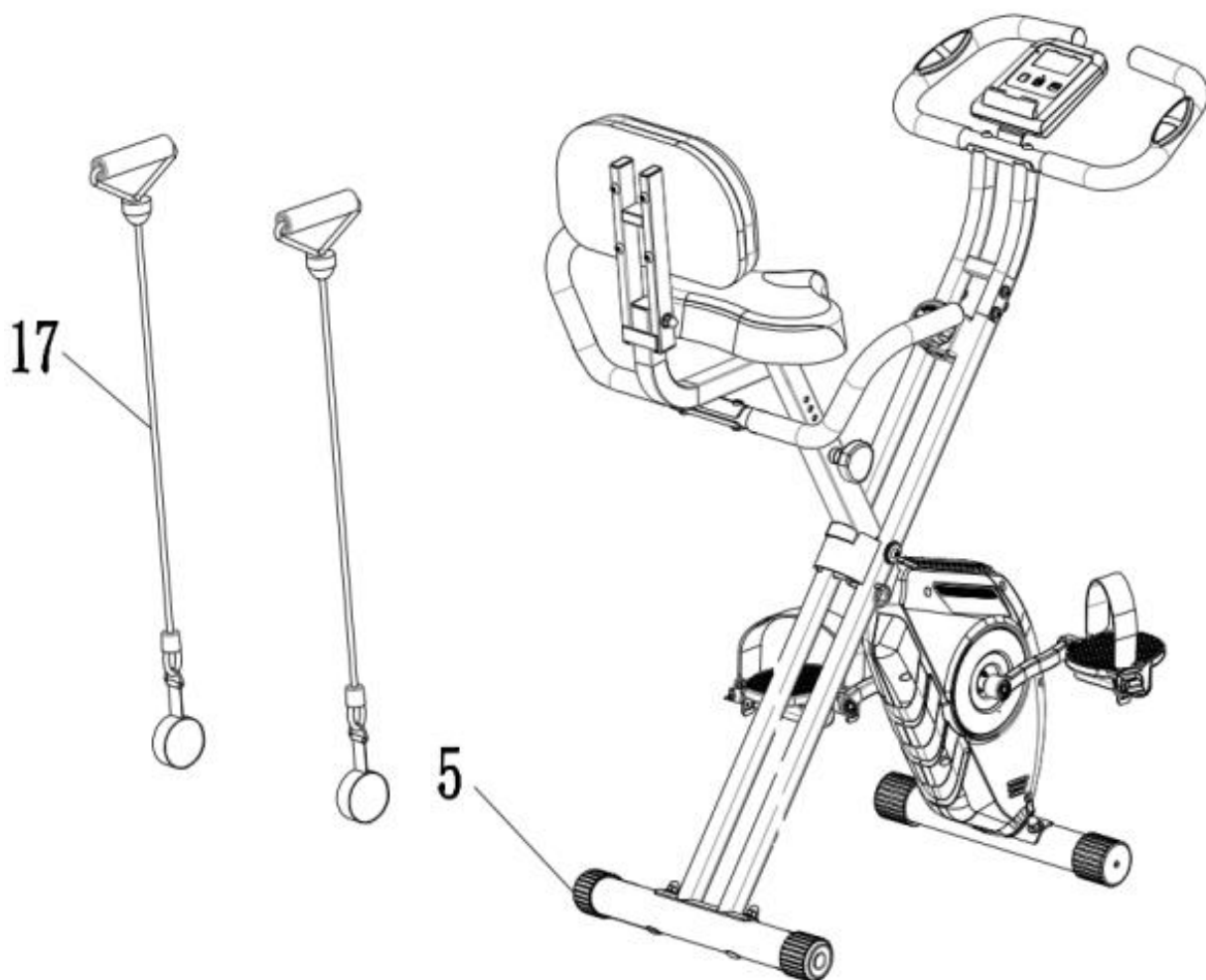
1. Load two pieces of AAA batteries to the Monitor (#12).
2. Remove the pre-installed 2 Cross Recessed Pan Head Tapping Screws (#32) from the Monitor (#12), align the Monitor (#12) with the two holes on the monitor support of the Handlebar (#6), secure with 2 Cross Recessed Pan Head Tapping Screws (#32) that you just removed, and tighten with Socket Head Screw Wrench S5 (#33).
3. Insert the sensor wire to the holes on the bottom of the Monitor (#12).



Step 9: Install the Resistance Bands

2 Resistance Bands (#17)

1. Locate the 2 Resistance Bands (#17), and lift the Rear Stabilizer (#5) to insert the two ends of the stabilizer into the rings of the bands.

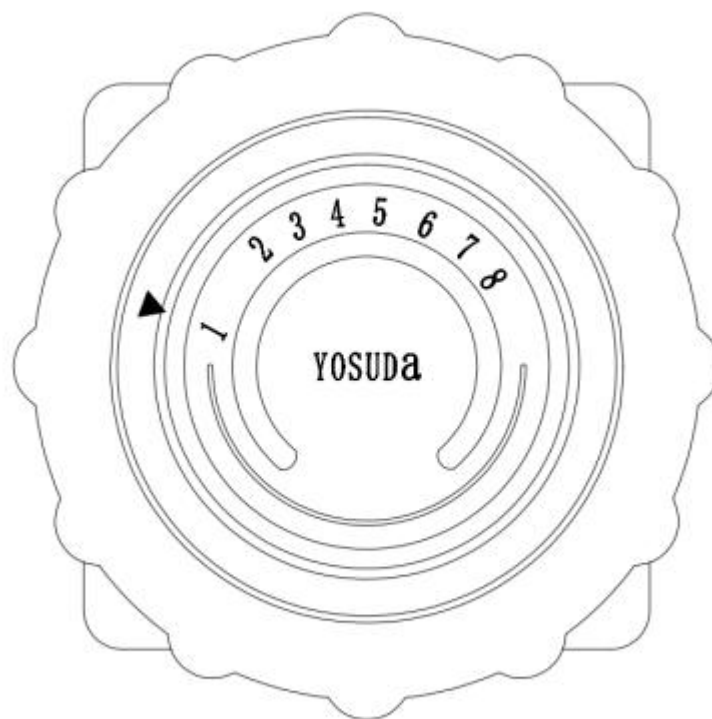


PLEASE NOTE: For safety, confirm that all the installations are completed according to the above requirements, and make sure all nuts and bolts are securely tightened before using this product.

ADJUST THE RESISTANCE

Turn the resistance knob clockwise to increase the resistance;

Turn the resistance knob counterclockwise to reduce the resistance.



COMPUTER WITH PULSE INSTRUCTIONS

Functional Button:

MODE - Push down for selecting functions. If the long time holds down MODE button will turn completely 0.

SET - To set the values of time, distance pulse and calories when not in scan mode.

RESET - Push down for resetting time, distance and calories. The current data change is 0. If the long time holds down RESET, besides the ODO position, other data will turn completely 0.

Functional and Operations:

1. SCAN: Press "MODE" button until "SCAN" appears, monitor will rotate through all the 5 functions: Time, speed, distance, calorie, ODO, and pulse, each display will be hold 5 seconds.
2. TIME:
 - (1) Count the total time from exercise start to end.
 - (2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "SET" is zero, the computer will alarm 10 seconds.
3. SPEED: Display current speed.
4. DIST:
 - (1) Count the distance from exercise start to end.
 - (2) Press "MODE" button until "DIST" appears, Press "SET" button to set exercise distance. When the "SET" is zero, the computer will alarm 10 seconds.
5. CALORIES:
 - (1) Count the total calories from exercise start to end.
 - (2) Press "MODE" button until "CAL" appears, Press "SET" button to set exercise calories. When the "SET" is zero, the computer will alarm 10 seconds.
6. ODO: The total distance which this function is refers to from battery capacity period runs.
7. PULSE RATE: Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place your palms of your hands on both of your contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 6~7 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.
8. ALARM: The computer will "Beep" when press "MODE", "SET" and "ESET" buttons.
9. AUTO ON/OFF & AUTO START/STOP:

Without any signal for 4 minutes, the power will turn off automatically. As long as the wheel is in motion or press any button, the monitor is in action.

Specifications:

FUNCTION	Auto Scan	Every 5 seconds
	Running Time	00:00-99:59
	Current Speed	0.00~999.9 (ML)KM
	Trip Distance	0.00~9999 (ML)KM
	Total Distance (ODO)	0.0~9999 (ML)KM
	Calories	0.0~9999 Kcal
	Pulse Rate	40~240BPM
Battery Type		2pcs of size - AAA or UM - 4
Operating Temperature		0°C ~ +40°C
Storage Temperature		-10°C ~ +60°C

JJD-2633SPEED scan time speed dist cal ODO pulse 3V

EXERCISE INSTRUCTIONS

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.

1. Down Stretch

Bend your knees slightly and bend body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10 ~15 seconds, repeat 3 times.

2. Hamstring Stretch

Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg. Try to touch your toes. Keep it for 10 ~15 seconds, and then switch leg, repeat 3 times.

3. Calf and Foot Stretch

Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent). Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg and repeat 3 times.

4. Quadriceps Stretch

Stand on your left leg and hold onto a support with your left hand. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Switch leg and repeat 3 times.

5. Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows, repeat 3 times.

