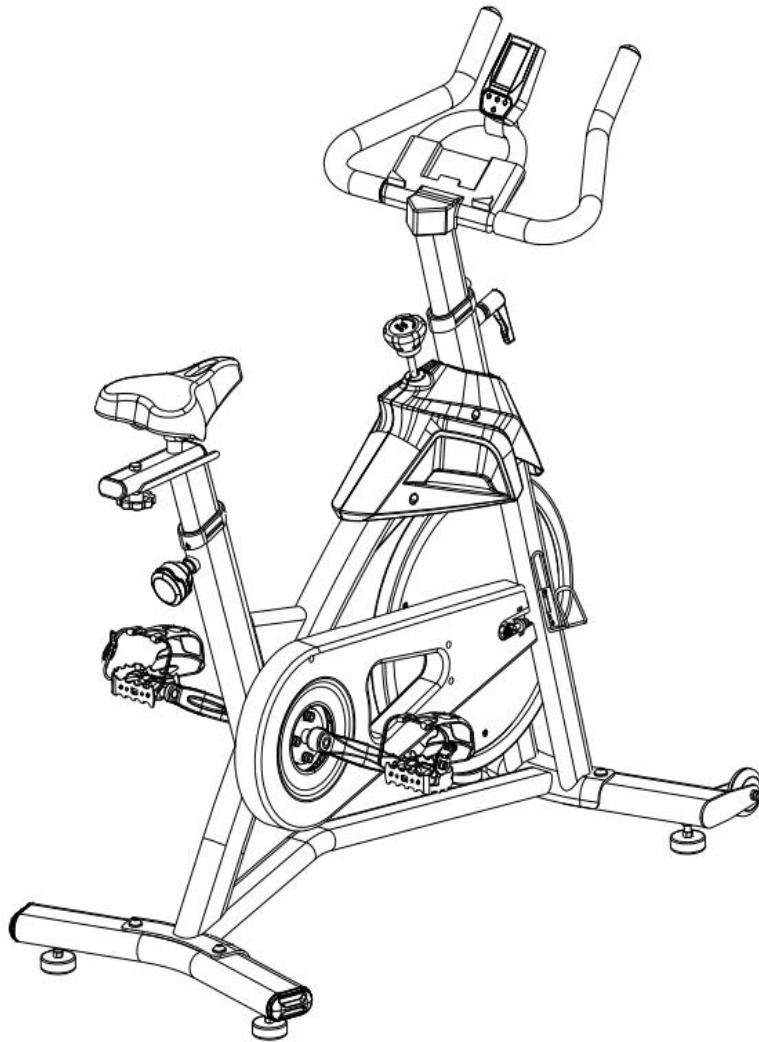


Installation and Operation Manual of Spinning Bike

L-007A



Please read this manual before installing and using spinning. 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 questions or concerns, please feel free to contact us.

Email address: service@yosudabikes.com

Contact Us



Safety Attentions & Warning Descriptions

Please properly keep this instruction book, so that you can refer to it.

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 medication that affects your heart rate, blood pressure, or cholesterol level.
2. Please make sure that you have carefully read this manual before installing or using this instrument. Only properly install, maintain and use this instruction, can the safety and efficient use can be achieved. Please make sure that all the users of this instrument are all informed the various warnings and precautions.
3. Please know all kinds of signals from your body. **Warnings: Improper or excessive sports activities will harm your health.** Once you feel pain, cardiac congestion, irregular heartbeat, shortness of breath, collapse, dizziness or any discomfort, please stop exercising right immediately, and please consult the doctor before you plan to continue to exercise.
4. **Please take care of your babies and keep them away from this instrument.** This instrument is only applicable to adults.
5. Please place this instrument on the hard, horizontal floor with a protective layer or carpet. In order to ensure use safety, please keep at least 0.5 meters of free space around.
6. Before excise, please check all the screws, nuts and other hardware have been completely installed firmly.
7. **Warnings: this equipment can only be used safely only under the condition of regular inspection to the wear/destructive parts.**
8. **Warnings: Place the instrument on stable and completely flat floor for installation.** Please use it according to the instruction. On the progress of installation or checking the instrument, if damaged component are found, or abnormal sound is heard during usage, please stop using it immediately. Please do not use the equipment until the relevant problems are solved.

9. Please wear proper sport suits during the exercise, please don't wear loose clothes, to avoid getting involved in any movable parts.

10. This instrument has already pass through the relevant test of ASTM, it is applicable to the household appliance. Maximum user weight limit is 330 lbs.

11. When lifting up or moving this instrument, please operate carefully to avoid hurting your back. Please use the correct lifting methods, if necessary, please ask assistance.

12. All the movable parts are needed to be maintained regularly (such as crank, flywheel etc). Please check them carefully before use it, if some parts are found loosen or damaged, please repair or replace them immediately, it can't be used until it restore to the good condition.

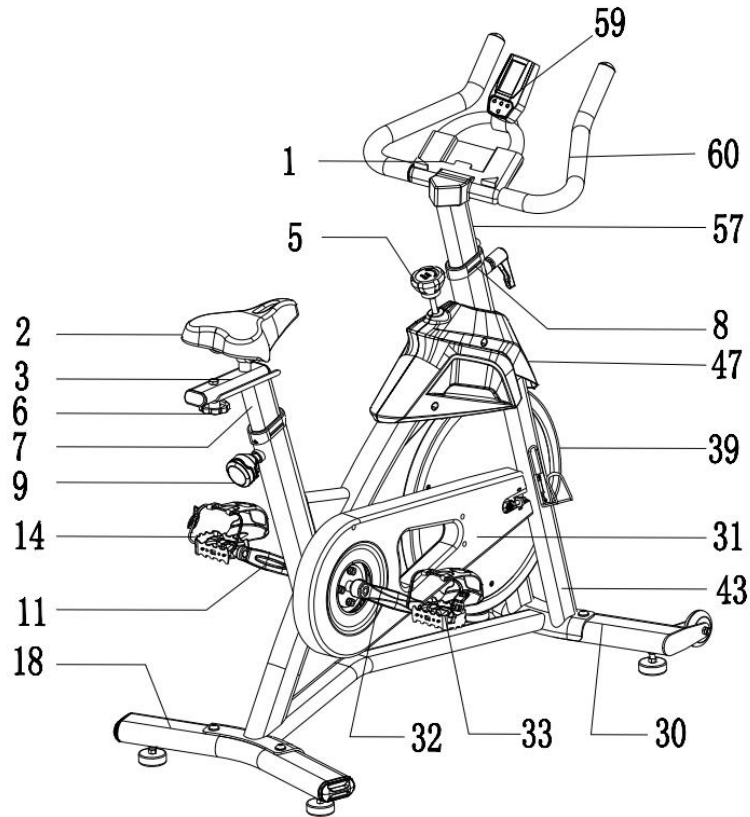
13. Please pay special attention to the wearable parts.

14. As this training instrument is equipped with flywheel inertial system, foot, ankle, leg and knee injuries may occur during exercise. Please remember to press the breaker lever. If you want to stop the movement, first press the brake knob to stop the crank.

15. Warnings: Please make sure that the adjustment knob is always on locking condition.

16. When you don't use this instrument, please rotate the resistance clockwise and fine-tune the knob to the end to lock the crank and flywheel.

Product Profile



Main configure list							
S/N	Name	Qty	S/N	Name	Qty	S/N	Name
1	IPAD Holder	piece	1	30	Front Stabilizer	piece	1
2	Seat	piece	1	31	Belt Cover	piece	1
3	Seat Slider	set	1	32	Right Crank	piece	1
5	Brake Knob	piece	1	33	Right Pedal	piece	1
6	Plum Blossom Knob	piece	1	39	Flywheel	piece	1
7	Seat Post	set	1	43	Main Frame	piece	1
8	Inner Bush	piece	1	47	Flywheel Cover	set	1
9	Adjustment Pull Pin	piece	1	57	Handlebar Post	set	1
11	Left Crank	piece	1	59	Monitor	piece	1
14	Left Pedal	set	1	60	Handlebar	set	1
18	Rear Stabilizer	piece	1	70	Washer $\phi 10$ * $\phi 20$ *t3	set	1

Tools & Screws



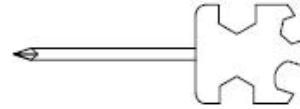
#16 M10*25 5pcs



#64 S6 1pcs



#17 $\varnothing 10 * \varnothing 20 * 2$ 5pcs



#65 S13-15-17-19 1pcs



#66 M4*10 3pcs



#61 M8*16*S6 5pcs



#62 $\varnothing 8 * \varnothing 12 * 2$ 5pcs

Installation Instructions

Step1: Install the Front and Rear Stabilizer

Required parts:

#18-Rear Stabilizer

#30-Front Stabilizer

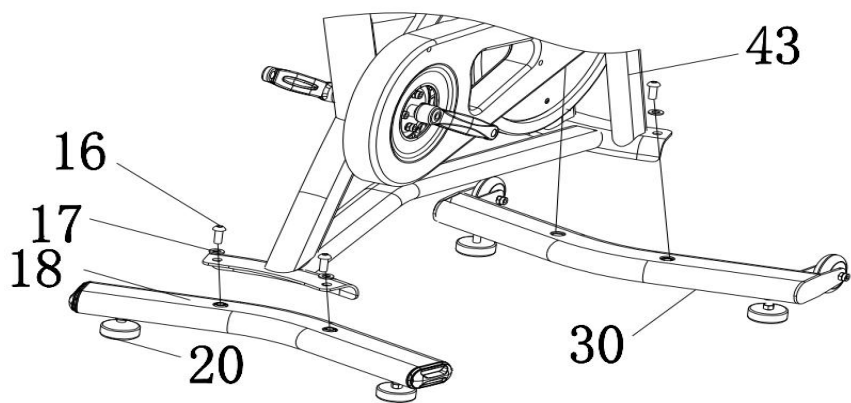
#16-Bolts 4Pcs

#17-Washer 4Pcs

#43-Main Frame

#64-Inner Hexagon Spanner

1. Attach the #18-Rear Stabilizer and #30-Front Stabilizer to the #43-Main Frame.
2. Put the #17-Washers into the #16-Bolts, tighten and secure with #64-Inner Hexagon Spanner.



Step2: Install the Left and Right Pedal

Required parts:

#14-Left Pedal

#11-Left Crank

#32-Right Crank

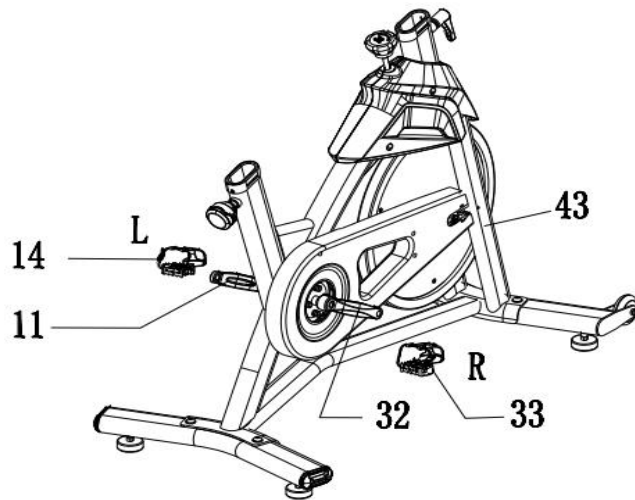
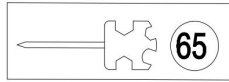
#33-Right Pedal

#65-Allen 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.

1. Turn the Brake Knob **CLOCKWISE** as tightly as you can with your hand.
2. Align the #14-Left Pedal with the #11-Left Crank at 90°. Turn the pedal bolt on the #14-Left Pedal **COUNTER-CLOCKWISE** as tightly as you can with your hand. Then use #65- Allen Wrench to tighten and secure.

3. Align the #33-Right Pedal with the #32-Right Crank at 90°. Turn the pedal bolt on the #33-Right Crank **CLOCKWISE** as tightly as you can with your hand. Then use #65- Allen Wrench to tighten and secure.



Step 3: Install the Adjustable Seat Post

Required parts:

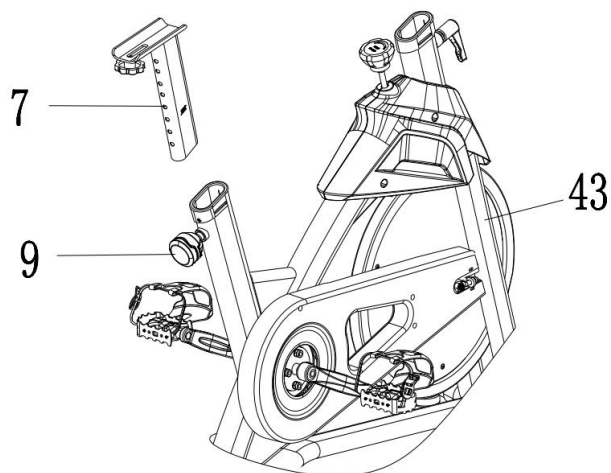
#7 - Seat post #9 - Adjustment Pull Pin 1PC

1. The #9- Adjustment Pull Pin holds the seat at the correct height. The pull pin aligns the height with a hole in the #7 - Seat post.

2. Unscrew #9 - Adjustment Pull Pin counter-clockwise until you can pull on it and the seat tube is clear to insert #7 - Seat post.

3. Insert #7 - Seat post into the seat tube of #43 - Frame while pulling the #9 - 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:

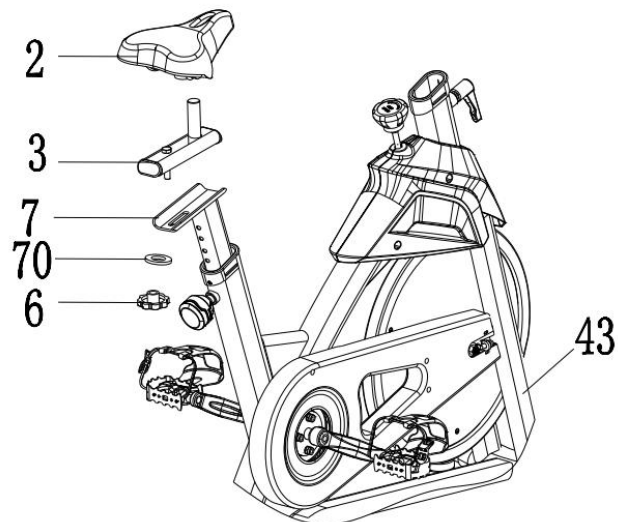
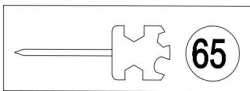
#2- Seat #3- Seat Slider #6- Plum blossom knob
#65- Allen Wrench #70-Washer

1. Unscrew the #6- Plum Blossom Knob on the #3- Seat Slider, put #3- Seat Slider on the #7-Seat Post.

2. Adjust the #3- Seat Slider to the desired position, put the #70-Washer to #6- Plum Blossom Knob, re-insert and tighten #6- Plum blossom knob to secure the slider in place.

3. Place the #2- Seat on the #3- Seat Slider. Use #65- Allen Wrench to clockwise tighten the nuts on both sides of the #2- Seat.

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



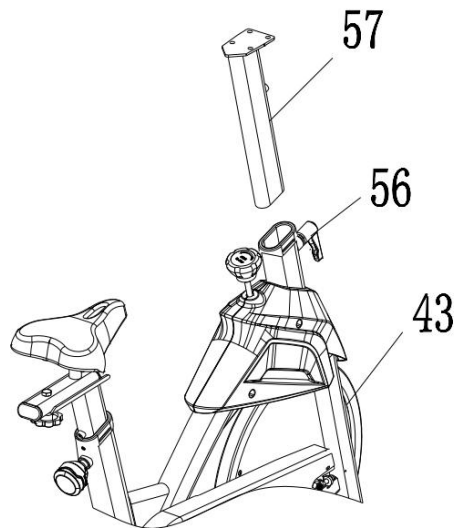
Step 5: Install the Handlebar Post

Required parts:

#56-L Knob 1PC #57-Handlebar Post

1. Unscrew #56-L Knob counter-clockwise, and insert the #57 - Handlebar Post to the handlebar tube.
2. Adjust the #57 - Handlebar Post height to a suitable location and screw down clockwise the #56-L Knob to tighten.

NOTE: There is no hole in the #57 - Handlebar Post. It is intentional design, not defect.

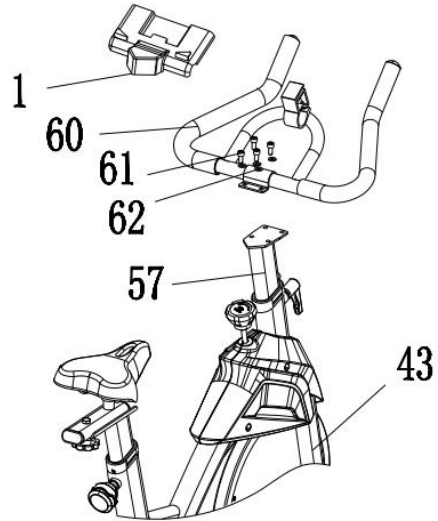


Step 6: Install the Handlebar and IPAD Holder

Required parts:

#60-Handlebar #1-IPAD Holder #61-Inner Hexagon Screws 4PCS
#62-Spring Washer 4PCS #64- Inner Hexagon Spanner

1. Secure #60-Handlebar to #57-Handlebar Post, using 4Pcs #61-Inner Hexagon Screws and 4Pcs #62-Spring Washers. Tighten and secure with #64-Inner Hexagon Spanner.
2. Attach #1-IPAD Holder on the #60-Handlebar.



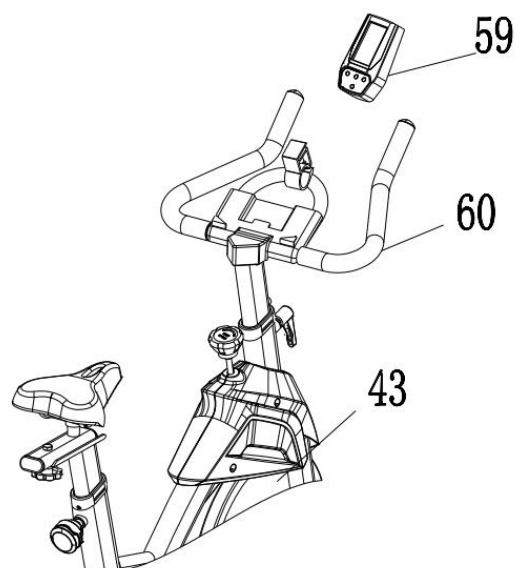
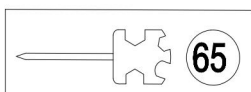
Step 7: Install the Monitor

Required parts:

#59- Monitor #60-Handlebar

Insert the #59-Monitor in the #60-Handlebar according to the direction shown on the picture, adjust the monitor view angle well, insert the Sensing Cable which remained from the #43-Main Frame into the speed hole of monitor.

Note: There are two ends of the Sensing Cable. One is on the monitor and the other one is Near the left Crank.

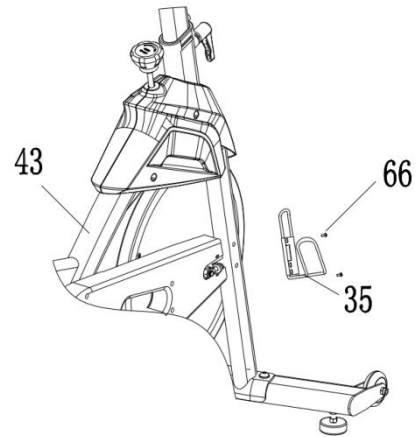
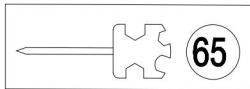


Step 8. Installation of water bottle holder

Required parts:

#35- Water Bottle Holder

Place #35- Water Bottle Holder on the flywheel support pipe, and fix it with #65 - Allen Wrench.



Attentions: After completing the installation of exercise bike as the above steps, lock all bolts and check them again, ensure all bolts are firmly locked, then you can use the exercise bike. And we have an extra brake pad in the package. Please keep it.

Maintenance

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

1. 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.

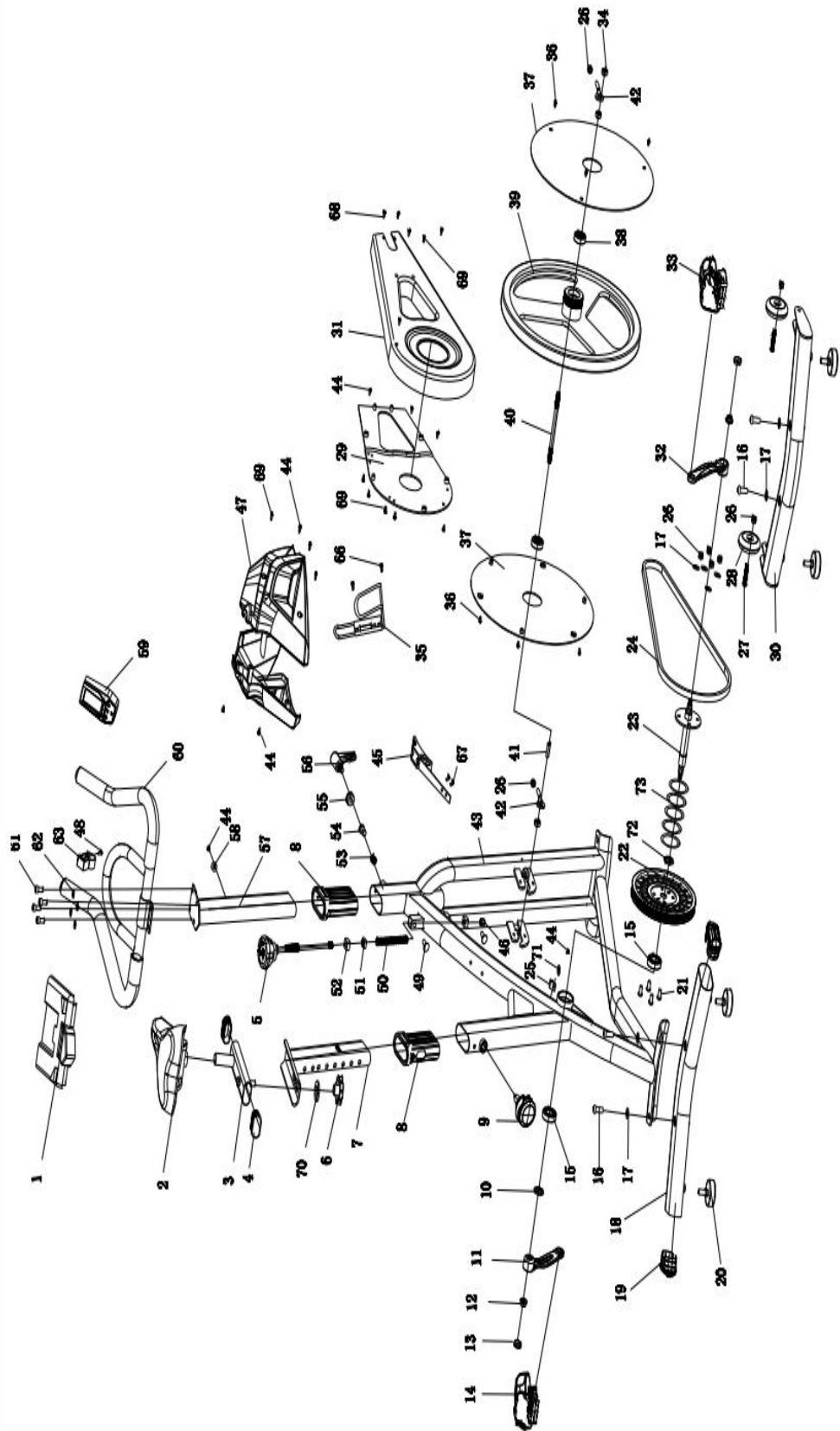
1. Get on the bike and engage the drive train.
2. Pay attention to any vibrations felt through the pedals. If you feel any vibrations, you may need to tighten the pedals, bottom bracket, or adjust the drive belt tension.
3. Use a wrench to tighten the pedals until they are secure.

2. Weekly Maintenance

1. Inspect moving parts and tighten the hardware.
2. 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.
3. Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft.
4. Tighten the seat hardware to make sure the seat is level and centered.
5. Brush and treat the brake pads. Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel.
6. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten.

3. Monthly Maintenance

1. 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.
2. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod.
3. Clean and lubricate the seat post, handlebar post and seat slider. Remove any built up of foreign material.



No.	Name	Qty.	No.	Name	Qty.
1	IPAD Holder	1	2	Seat	1
3	Seat Slider	1	4	End Cap 50*25	2
5	Brake Knob	1	6	Plum Blossom Knob	1
7	Seat Post	1	8	Inner Bush	2
9	Adjustment Pull Pin	1	10	C-Type Buckle M20*1.0	1
11	Left Crank	1	12	Flange Nut M10*1.25	2
13	Crank End Cap	2	14	Left Pedal	1
15	Bearing 6004	2	16	Bolt M10*25	4
17	Washer ϕ 10 * ϕ 20 * t2	4	18	Rear Stabilizer	1
19	Foot Wear 40*80	2	20	Adjusting Gaskets	4
21	Umbrella Head Inner Hexagon M8*16	4	22	Belt Tray	1
23	Crank Shaft 20	1	24	Belt 500	1
25	Buckle	1	26	Loose Protection M8	8
27	Umbrella Head Inner Hexagon M8*40	2	28	Wheel	2
29	Belt Sheet	1	30	Front Stabilizer	1
31	Belt Cover	1	32	Right Crank	1
33	Right Pedal	1	34	Hexagon Nut M10*1.0	4
35	Water Bottle Holder	1	36	Umbrella Head Cross Self Tapping M4*10	6
37	Round Tray	2	38	Bearing 6300	2
39	Flywheel	1	40	Core Shaft Of Flywheel	1
41	Flywheel Spacer Sleeve	1	42	Back Jack M8	2
43	Main Frame	1	44	Umbrella Head Cross Self Tapping M4.2*16	8
45	The Brake Components	1	46	Back Jack M8	1
47	Flywheel Cover	1	48	Umbrella Head Cross Self Tapping M4*16	1
49	KB 5*6	4	50	Compress Spring	1
51	Square Brake Fix Block	2	52	Square Nut	1
53	Compression Spring	1	54	Arc Lock	1
55	Lock Braces	1	56	L Knob	1
57	Handlebar Post	1	58	Limit Plug	1
59	Monitor	1	60	Handlebar	1

61	Inner Hexagon Screws M8*16	4	62	Spring Washers $\varnothing 8$	8
63	Meter Carrier	1	64	Inner Hexagon Spanner	1
65	Allen Wrench	1	66	Umbrella Head Inner Hexagon M4*10	2
67	Umbrella Head Cross Self Tapping 4.8*16	2	68	Umbrella Head Cross Self Tapping 4.2*13	2
69	Umbrella Head Cross Self Tapping 4*14	9	70	Washer $\varnothing 10$ * $\varnothing 20$ *t3	1
71	Washer $\varnothing 5$ *12*t1.5 \varnothing	1	72	C-Type Buckle 20	1
73	Wave Cushion 20	5			

Sports Advice & Guideline

▪ Warm up and leisurely movement

A successful exercise schedule formed with three parts of warm up movement, aerobic exercise and leisurely movement.

Warm up movement is one very important part of exercise, must do warm up exercise before each exercise.

The warm up exercise can warm up body, stretch muscle, make the body Suit more strength movement.

Repeat warm up exercise after finished movement can help relax muscle Soreness.

We advise you do the related warm up and relax movement according the Pictures:

Head movement

Head first stretching to right shoulder, left neck stretching straightly, Clockwise about face one ring;

Head stretching to left shoulder, anticlockwise about face one ring. Repeat so with circle.



Shoulder lift movement

Lift up left shoulder and about face one ring, repeat 5 times; then lift up right shoulder about face, repeat 5 times, supersede so.



Stretching movement

Hands straightly lift over the head, then left hand hold the right hand wrist, up stretching till feel the right hand muscle completely straight, keep 5 seconds, change to right hand.



Musculus quadriceps stretching movement

Right hand hold up the wall, keep body balance, the left hand manual back lift the left foot, make the left foot heel do best close to buttocks, keep 15 seconds, change to another foot.



Thigh inside stretching

Sit on the ground, sole of feet parallel buckle, hands hold feet and inside pull, make feet do best close to body, and slowly down press feet heel, keep this posture 15 seconds.



Foot muscle stretching

Sit down, right foot unbend, left foot bend, left hand hold ankle inside pull, make the left foot do best close body and the sole of feet close to inside of right thigh, then body down press, left and right spread to touch the tiptoe, more big down press range more better, keep this posture 15 seconds then change to left foot.



Shank stretching

Hands support wall, to be 45° between body and ground, left and right foot supersede back unbend to do walk movement.

