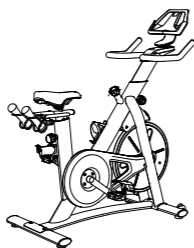


Including the installation guide of G1/G1PRO/G1PLUS  
Product model: YS-001  
**YESOULBike**  
**G Series Product Manual**

**YESOUL Bike G Series**



**Product Parameters**

Tablet (cellphone) holder size	The maximum width for the tablet is 260mm (only for G1)
Supporting software version	IOS 10.0 or later, Android 5.0 or later (included)
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply	GI:Button cell (model: CR2477); G1PRO/G1PLUS: 110V mains electricity
Connection mode of sensing system	Bluetooth
Height limit	150 ~ 195cm
Rated maximum load	G1:120kg ;G1PRO:120kg ;G1PLUS:120kg
Net weight	G1:35kg ; G1PRO:35.7kg ;G1PLUS:35.7kg
Gross weight	G1:38kg ; G1PRO:39kg ;G1PLUS:39kg
Overall dimensions	(length)1010mmx (width)510mm x (height)810mm

**Important Safety Instructions**

**Please read them carefully. Improper use may result in personal injury or death!**

- Make sure that the saddle height adjustment knob is secured correctly, and will not affect motion during exercise.
- Keep children and pets away from this product. This product is for those over 16 years old only.
- Never stretch any object or body part into the openings of the bike.
- The weight of the user must not exceed the maximum load.
- Get off the bike until flywheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.
- If you feel any discomfort, such as dizziness or breathing difficulty, stop riding the bike and carefully get off.
- Never turn pedals by hand.
- Never touch any rotating mechanical part, otherwise, personal injury may be caused.
- Keep the body hydrated as needed during riding.
- Use this product according to the instructions in this manual. Warm up fully before exercise.
- Without the preliminary determination of baseline fitness level and medical certificate signed by a doctor, never be engaged in high-speed or high-intensity sports.
- Before attempting any high-intensity short sprints, pay attention to the body state and posture, and apply a controllable speed.
- Wear professional cycling clothes or tight-fitting sportswear and sports shoes, and tighten foot straps to avoid injury caused by pulling or entanglement by this product.
- Never use this product with inappropriate shoes or barefoot.
- Incorrect or excessive training may cause injury.
- Check whether the bike for loosening or damage before each use.
- Never refit this bike or use non-original accessories without permission. The casing must be opened by professionals in order to avoid damage.
- Those pregnant or with high blood pressure, heart disease, lumbar spondylosis or reduced mobility must not use this product without the permission of doctors.
- In case of any discomfort such as dizziness or chest pain during exercise, stop exercising immediately and go to a hospital for examination.
- If the product fails, immediately stop using it.
- This product must not be used for medical rehabilitation.
- Use this product on a flat and clean ground.
- Carry out preventive maintenance regularly.
- Never expose this product in a humid place. This product must not be used outdoor or in any humid place.
- This product is designed for household use (Class H) and is not a medical fitness equipment.
- During the exercise, it is necessary to wait for the inertia wheel and pedal to stop rotating before getting off or using emergency braking. Otherwise, severe injuries may be caused due to control failure.
- The component knob is rotated to the right to lock the component of corresponding device.

**Installation Guide - G1 List of Parts**

**STEP1: Check of parts**

List of Parts

	NO.	Name	Quantity	Picture
Parts List (Components List)	①	Frame	1	
	②	Front tube	1	
	③	Rear tube	1	
	④	Pedal(left: L; right: R)	1	
Parts List (Components List)	⑤	Handlebar assembly	1	
	⑥	Tablet (cellphone) holder	1	
	⑦	Head tube	1	

**Installation Guide - G1 List of Parts**

	NO.	Name	Quantity	Diagram
Parts List (Components List)	⑧	Hexagon socket cap screw M8x45	2	
	⑨	Washer	2	
	⑩	Decorative cover	1	
	⑪	dumbbell rack	1	
	⑫	Dumbbell	1	

	NO.	Name	Quantity	Diagram
Accessories List (Tools List)	A	L-type cross head hex wrench, 6#	1	
	B	Hex wrench, 5#	1	
	C	Open-ended wrench	1	

\*In order to facilitate your assembly, some parts have been installed on the body before leaving the factory.

**Installation Guide - G1PRO List of Parts**

**STEP1: Check of parts**

List of Parts

	NO.	Name	Quantity	Diagram
Parts List (Components List)	①	Frame	1	
	②	Front tube	1	
	③	Rear tube	1	
	④	Pedal(left: L; right: R)	1	
	⑤	Handlebar assembly	1	
	⑥	10.1 Screen	1	
	⑦	Head tube	1	

**Installation Guide - G1PRO List of Parts**

	NO.	Name	Quantity	Diagram
Parts List (Components List)	⑧	Hexagon socket cap screw M8x45	2	
	⑨	Washer	2	
	⑩	Decorative cover	1	
	⑪	dumbbell rack	1	
	⑫	Dumbbell	1	
Accessories List (Tools List)	⑬	1.5A 12V power adapter	1	

	NO.	Name	Quantity	Diagram
Accessories List (Tools List)	A	L-type cross head hex wrench, 6#	1	
	B	Hex wrench, 5#	1	
	C	Open-ended wrench	1	

\*In order to facilitate your assembly, some parts have been installed on the body before leaving the factory.

**Installation Guide - G1PLUS List of Parts**

**STEP1: Check of parts**

List of Parts

	NO.	Name	Quantity	Diagram
Parts List (Components List)	①	Frame	1	
	②	Front tube	1	
	③	Rear tube	1	
	④	Pedal(left: L; right: R)	1	
Parts List (Components List)	⑤	Handlebar assembly	1	
	⑥	Screen 21.5	1	
	⑦	Head tube	1	
	⑧	Hexagon socket cap screw M8x45	1	

**Installation Guide - G1PLUS List of Parts**

	NO.	Name	Quantity	Diagram
Parts List (Components List)	⑨	3A 12V power adapter	1	
	⑩	Display holder	1	
	⑪	dumbbell rack	1	
	⑫	Dumbbell	1	
	⑬	Decorative cover	1	

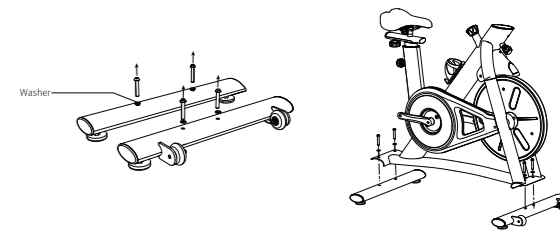
	NO.	Name	Quantity	Diagram
Accessories List (Tools List)	A	L-type cross head hex wrench, 6#	1	
	B	Hex wrench, 5#	1	
	C	Open-ended wrench	1	
	D	Hex wrench, 4#	1	
	E	Open-ended wrench(8#)	1	

\*In order to facilitate your assembly, some parts have been installed on the body before leaving the factory.

**Body Installation Guide (G1/G1PRO/G1PLUS)**

**STEP 2: Installation of bottom tube**

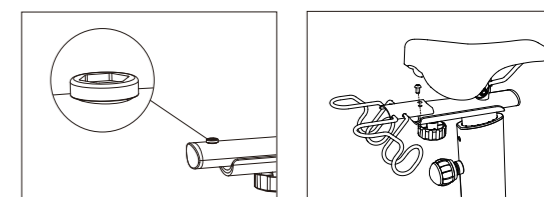
- Take the L-type cross head hex wrench, 6#(A) out of the ziplock bag.
- Remove four hexagon socket button head screws (M8x45) and washers of the front tube ② and rear tube ③ via the L-type cross head hex wrench, 6#.
- Align the hole of front tube ② and rear tube ③ with the bottom hole of the frame①, manually screw hexagon socket button head screws (M8x45) and washer into frame, and tighten it via the L-type cross head hex wrench, 6#(A).



**Installation of dumbbell rack (G1/G1PRO/G1PLUS)**

**STEP3: Installation of dumbbell rack**

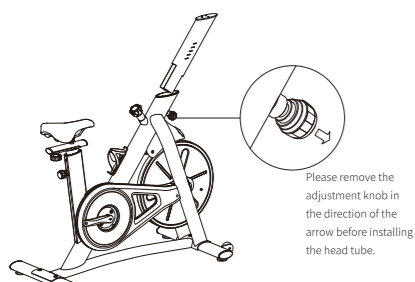
- Remove screws ( M6x12 ) from the slip tube via hex wrench, 5#(B).
- Place the dumbbell rack ⑪ on the slip tube and align it with the hole;
- Manually screw the bolt into the hole and lock it via hex wrench (B).



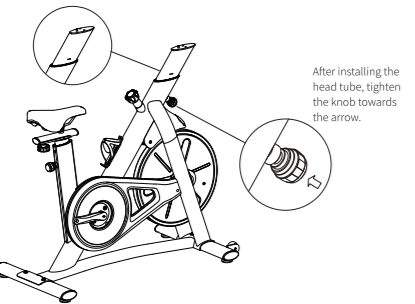
**Head Tube Installation Guide(G1)**

**STEP4: Installation of the head tube**

- First remove the adjustment knob towards the arrow and use the other hand to hold the head tube ⑦ to align with the hole of the frame.



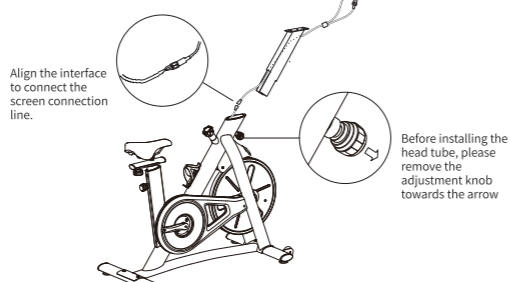
- Insert the front tube ② into the frame ①, keeping the scale parallel to the top of the tube; loosen the adjustment handle into the slot (a sound of "click" indicates that the knob has clamped in the hole of the column), and then tighten the adjustment knob towards the arrow.



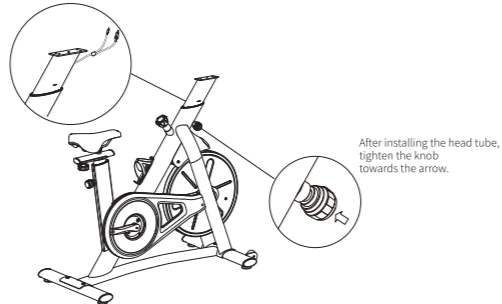
**Head Tube Installation Guide(G1PRO/G1PLUS)**

**STEP4: Installation of the head tube**

- First remove the adjustment knob towards the arrow, and then pass the screen connection line through the front tube ⑦ and connect it with the line inside the frame ①. After completing the connection, align the head tube ⑦ with hole of frame ①.



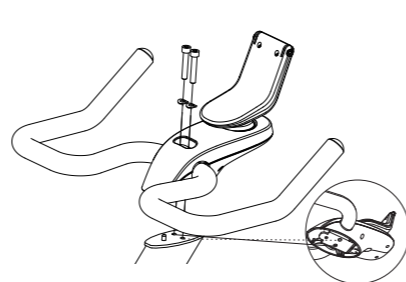
- Insert the front tube ⑦ into the frame ①, keeping the scale parallel to the top of the tube, loosen the adjustment handle into the slot (a sound of "click" indicates that the knob has clamped in the hole of the column), and then tighten the adjustment knob towards the arrow.



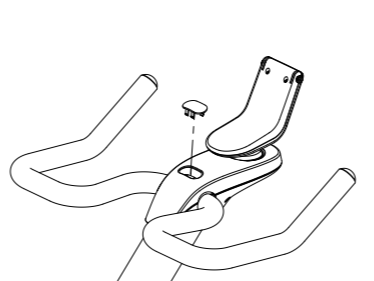
**Handlebar Installation Guide(G1/G1PRO)**

**STEP 5: Installation of handlebar assembly**

- Take two Hexagon socket cap screws M8x45 ⑧ and washers ⑨ out of the ziplock bag;
- Align the connection holes of handlebar assembly ⑤, and manually turn screws and washers into the holes
- Then tighten the crews via L-type cross head hex wrench, 6#(A).



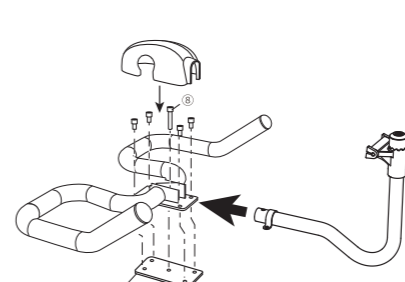
- Snap the decorative cover ⑩ onto the handlebar assembly ⑤.



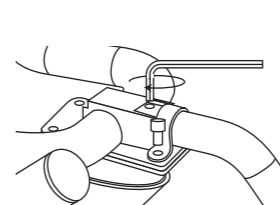
**Handlebar Installation Guide(G1PLUS)**

**STEP 5: Installation of handlebar assembly**

- Remove four hex bolts from the head tube.
- Align the connection holes of handlebar assembly, and manually turn screws into four holes (without tightening). Insert the display holder into the round hole of the handlebar as indicated by the arrow, and correctly align the holes. Manually turn the other long hex bolt (in the tool kit) into the corresponding holes.



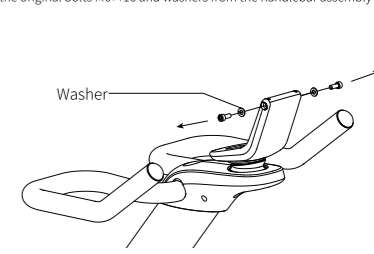
Finally, tighten all bolts via the hex wrench5# (B).



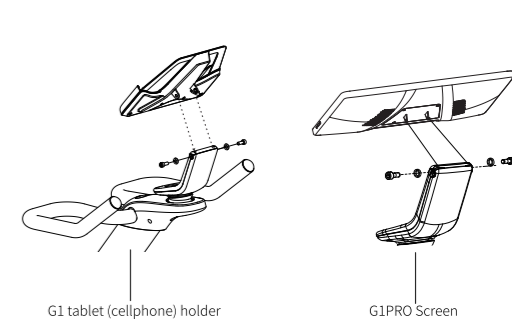
**Installation of tablet holder and screen (G1/G1PRO)**

**STEP 6: Installation of tablet(cellphone) holder and screen**

- Take the hex wrench 5# (B) out of the ziplock bag.
- Remove the original bolts M6x16 and washers from the handlebar assembly 5#(B) via the wrench.



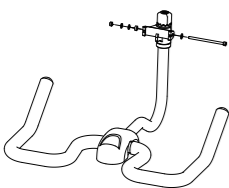
- Insert the tablet (cellphone) holder ⑥ into the slot of handlebar assembly ⑤. Manually turn screws and washers into the holes and tighten them up via hex wrench, 5#(B).



## Installation of screen(G1PLUS)

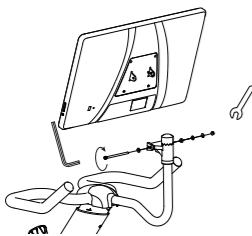
### STEP 6: Display fixing

1. Remove bolts, nuts and washers which pre-installed on the monitor bracket® with provided 4# hexagon wrench(D).



2. Align the fixing hole of the display® with the hole of the screen bracket, secure with bolts, nuts and washers with provided (8#)open-end wrench(E) and 4# Allen key(D) to tighten them.

\* The surface of disc washer is slightly curved, stacking disc springs in Parallel to make sure they are assembled "nested" inside each other.

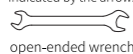


## Installation of pedal(G1/G1PRO/G1PLUS)

### STEP7: Installation of pedal

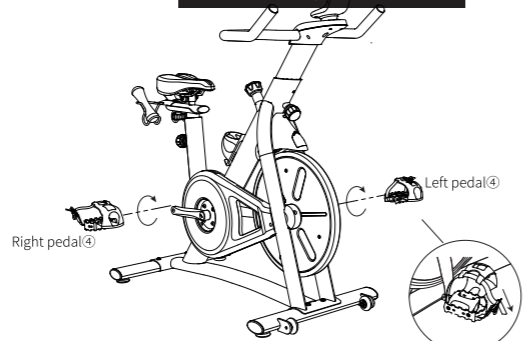
1. Take out pedals (left/right) ④;  
2. There are two pedals: left (L) and right (R). If the left and right pedals are installed backwards, the crank threads will be damaged!  
3. Please lock the left pedal ④ into the left crank, and use an open-ended wrench (C) to tighten it as indicated by the arrow.

4. Please lock the right pedal ④ into the right crank, and use an open-ended wrench (C) to tighten it as indicated by the arrow.



open-ended wrench (C)

Manually screw the pedals into the crank, and then lock the left/right pedal with an open-ended wrench (C)  
(Note: The direction of tightening the left and right pedal is towards the front of the bike)



Note: Before riding, please check whether the pedal strap is tight and can be tightened downward.

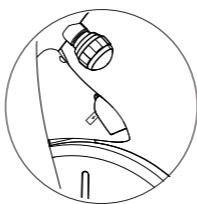
### ⚠ Safety tips:

Reverse riding is not recommended, as it is likely to loosen pedals. After reverse riding, check whether the pedals are locked, in order to avoid safety issues arising from loose pedals.

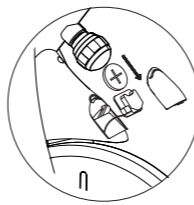
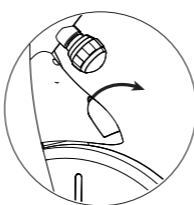
## Installation of battery(G1)

### STEP8: Battery removal and installation

1. Remove the insulation strip from the gap of the battery cover before use.



2. If the battery needs replacement, open the cover of the battery box and take out the circuit board of the battery holder (the back wire is connected to the body, and do not drag it). After taking out the old battery, insert the positive pole of the new battery outward (the sign + outward) into the battery slot. Place the circuit board in the original position, and close the cover. The installation is completed.



## Power up the bike(G1PRO)

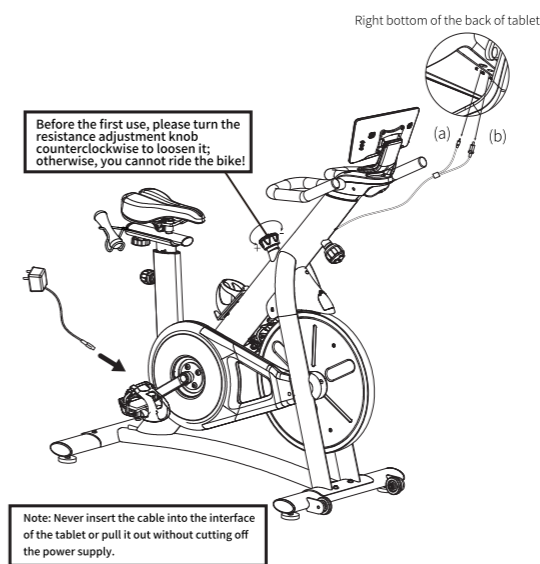
### STEP8: Power-on

1. Plug the cable of the power port (a) and signal port (b) of the display into the jack at the bottom of the back of the tablet.

2. Connect the power adapter ⑧ to the power jack on the rear part of the frame.

(Please use the standard power adapter. Replacement of the power adapter without authorization may cause serious consequences.)

3. Power-on



## Power up the bike(G1PLUS)

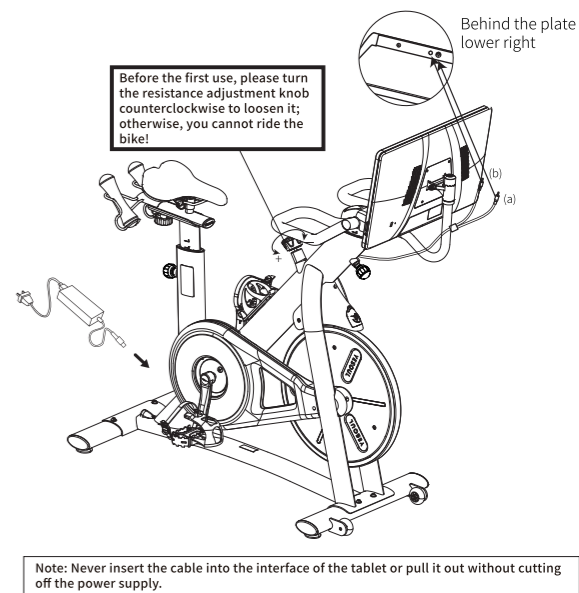
### STEP8: Power-on

1. Plug the cable of the power port (a) and signal port (b) of the display into the jack at the bottom of the back of the tablet.

2. Connect the power adapter ⑧ to the power jack on the rear part of the frame.

(Please use the standard power adapter. Replacement of the power adapter without authorization may cause serious consequences.)

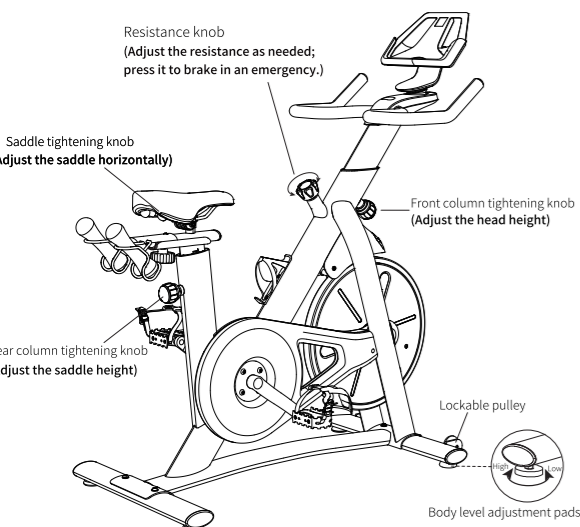
3. Power-on



## Installation Guide(G1)

### ⚠ Safety tips:

Please adjust the bike according to your own condition before use. And tighten the fastening knob.



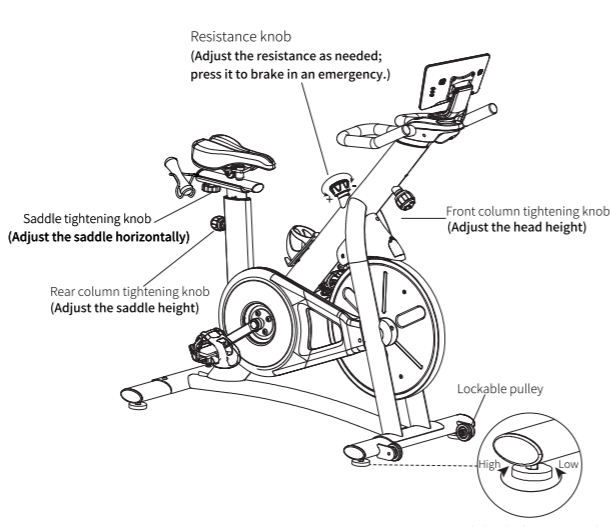
### Statement:

This manual contains the functional introduction and operating instructions as much as possible when printed. With the continuous improvement of hardware and software and optimization of design, this manual may be inconsistent with the purchased product. In case of any discrepancy in appearance, interface and color, the actual product shall prevail.

## Installation Guide(G1PRO)

### ⚠ Safety tips:

Please adjust the bike according to your own condition before use. And tighten the fastening knob.



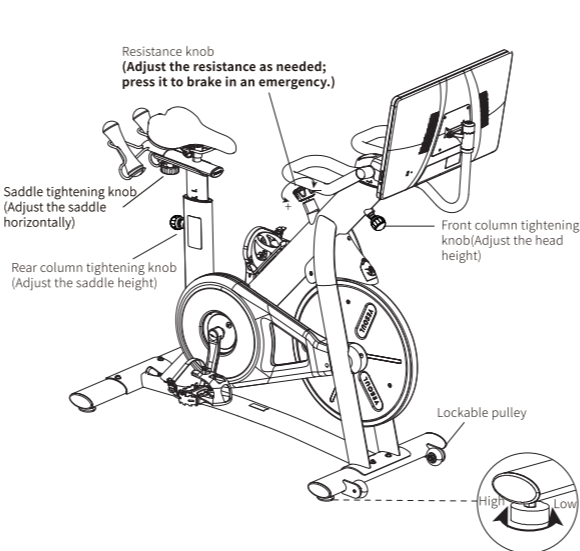
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## Installation Guide(G1PLUS)

### ⚠ Safety tips:

Please adjust the bike according to your own condition before use. And tighten the fastening knob.

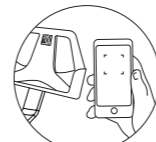


### Statement:

This manual contains the functional introduction and operating instructions as much as possible when printed. With the continuous improvement of hardware and software and optimization of design, this manual may be inconsistent with the purchased product. In case of any discrepancy in appearance, interface and color, the actual product shall prevail.

## First use (APP download)

Scan the QR code to download YESOUL APP YESOUL Android/iOS mobile client



### APP installation and registration

1. Scan the QR code to download the APP, and register an APP account.  
2. Upon registration, open the bike course in the APP. Please connect the bike according to the interface prompts in the course for the first use. Then, once you ride the bike, the exercise mode of the APP will be enabled or the course will be automatically accessible.  
3. Before connecting the APP with bike, make sure that the Bluetooth of your mobile phone/tablet PC has been enabled and no other devices are connected.

### About APP membership

Registered users can get the membership free of charge on the product membership page as indicated on the interface.

- After the first connection, the APP will automatically match the bike. Directly ride the bike when it is used for the second time.
- The bike does not support the simultaneous connection of multiple mobile phones.
- Before using this product, make sure that other users are not connected to the bike.
- The bike will be disconnected 10 min after riding.
- In addition to connection with YESOUL APP, the Bluetooth can also be connected with kinomap and zwift software.

\*Due to software upgrades, the actual product will prevail.

## First Use (G1PRO/G1PLUS)

### 1. Power-on

Connect to wireless: Open your tablet, open the YESOUL APP, click on the wireless icon, and connect to the wireless network.

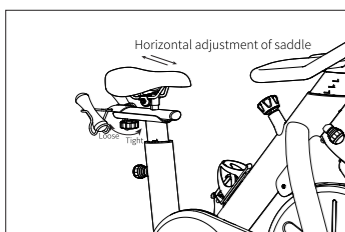
### 2. Register

1. New user registration: Click "I don't have an account yet. To the registration"  
Verify the email and follow the instructions to complete the registration.  
2. Register and log in to YESOUL APP to receive free video courses.

## How to Adjust Bike(G1/G1PRO/G1PLUS)

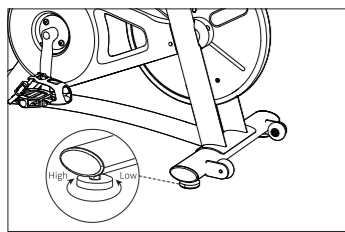
### 3. Horizontal adjustment of saddle

Loosen the knob under the saddle, slide the saddle back and forth to the desired position, and tighten the knob as much as possible.



### 4. Body level adjustment

There are four adjustment pads at the bottom of the front and rear pedal tubes. Screw these pads until they are tightly secured on the floor and the body does not shake.



## How to Determine Correct Riding Posture

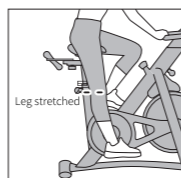
### 1. Setup of correct saddle position

#### Saddle height

With feet together, stand up straight on the side of the seat and adjust the saddle to hip height (Fig. 1). Then sit on the saddle, and step on the pedals forcibly until they are stopped at 6 o'clock and the leg can be fully stretched (Fig. 2).



(Fig. 1)



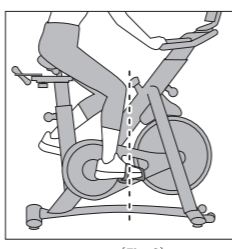
(Fig. 2)

#### Setup of the horizontal saddle position

Put the right foot into the clamp and step on the pedals until the right pedal is at 3 o'clock and the front side of the knee joint is on the same vertical line as the pedal. That is, the saddle is in the correct position (Fig. 3).



The right crank facing to the right parallel to the ground is the 3 o'clock direction.

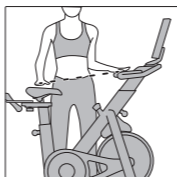


(Fig. 3)

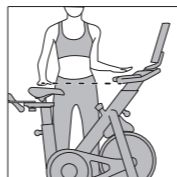
## How to Determine Correct Riding Posture

### 2. Setup of appropriate handlebar height

Each user can set up the appropriate handlebar height based on his or her body height and riding experience.  
Recommendation: The handlebar should be slightly higher than the saddle for new users (Fig. 1) and flush with or slightly lower than the saddle for experienced users (Fig. 2). Users subject to lumbar muscle strain and lumbar spondylosis may ride the bike with the consent of doctors. It is recommended to adjust the handlebar into a higher position.



(Fig. 1)

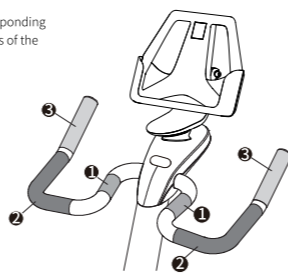


(Fig. 2)

### 3. Handle position layout of bike

During riding, coaches will show the corresponding hand positions, i.e. the corresponding parts of the handlebar, as shown below.

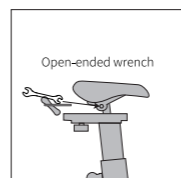
- 1 Hand position 1
- 2 Hand position 2
- 3 Hand position 3



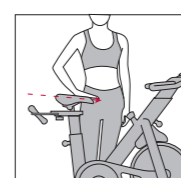
## Saddle Adjustment

### 1. Saddle angle adjustment

Use an open-ended wrench(C) to slightly loosen the two nuts on the left and right sides of the bottom of the saddle (Fig. 1). Manually press the head of the saddle down, and adjust it to a comfortable angle (it is recommended that the head of the saddle tilt down one notch). After adjustment, lock the two nuts on the left and right sides of the bottom.



(Fig. 1)



(Fig. 2)

Recommendation: If the hip is slightly uncomfortable during riding, you can adjust the saddle slightly downward.

## Routine Maintenance

### Daily use:

Keep the bike on a dry, ventilated and flat floor. If not used in a long time, the bike should be covered to keep its body clean and tidy.

### Frame maintenance:

Wipe off sweat on the frame with cloth after exercise. Do not wipe the bike with wet cloth, in order to avoid rusting.

### Belt maintenance:

Check the belt pulley for cracking and deviation, and adjust or replace the belt in time. Regularly clean the belt groove to prevent the belt from jumping out of the groove.

### Inspection of body screws:

Always check the screws of all body parts for loosening or falling, and tighten or replace them in time.

### Inspection of resistance adjustment knob:

Always check the resistance adjustment knob for loosening or falling. Check whether the resistance is reasonable, so as to calibrate resistance in time.

### Inspection of pedals and cranks:

Always check the screws of pedals and cranks for loosening, and tighten them in time.

### Saddle maintenance:

Always check whether the saddle is loose and tighten it in time. Wipe the saddle with cotton cloth to keep it dry.