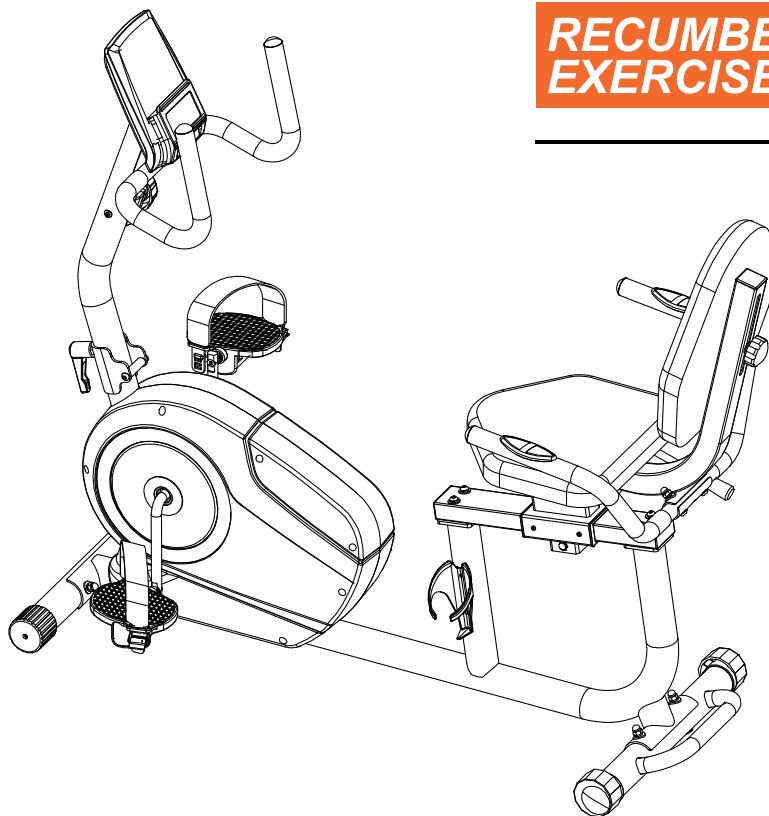


YOSUDA

Model: RC-MAX

RECUMBENT EXERCISE BIKE //



Please read this manual before installing and using the recumbent bike. In accordance with the principle of sustainable development, the product may be updated when necessary and without notice, if the manual does not correspond to the product, the actual product shall prevail.

USER MANUAL

CONTENTS

Safety Instructions	01
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Parts List	07
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SAFETY INSTRUCTIONS

IF YOU HAVE ANY NEEDS, FEEL FREE TO CONTACT OUR CUSTOMER SERVICE:

- Contact us via email: AvaBestcustomerservice@outlook.com
- Contact us via Amazon:
 - login your Amazon account
 - choose “Your orders”
 - find the order ID
 - click “Contact seller”
- We are very grateful tyou can actively keep in touch with us, and we will definitely do our best to provide satisfactory service for everyone!

ASSEMBLY VIDEO

PROPER USE GUIDELINES

- From YouTube:
Search “YOSUDA Recumbent exercise bike RC-Max Assembly” on YoTube.
- From Amazon:
Open the Amazon shopping application on your phone, scan the transparency barcode on the packaging box.

SAFETY INSTRUCTIONS

PLEASE READ THE INSTRUCTIONS CAREFULLY BEFORE USE, AND PAY ATTENTION TO THE FOLLOWING SAFETY MATTERS

- Before exercising, please wear suitable sportswear and sports shoes to avoid accidents caused by contact between clothing, shoes, hats, etc. and the exercise bike. It is strictly forbidden to exercise on the exercise bike with bare feet, and do some whole-body stretching exercises before exercising.
- Children should stay away from the machine to avoid accidents.
- Please do not store or use the exercise bike in a space with high dust, and keep the room at a certain humidity to avoid strong static electricity.
- Please ensure good ventilation when using the exercise bike.
- If you feel any discomfort during use, please stop exercising and consult a doctor.
- The maximum weight limit for this machine is 110kg.
- Warning: To reduce the risk of accidents or injury to others, please observe the following:
- Before using the exercise bike, please check that your clothing is fastened securely or that the zippers are fully zipped, and that your clothing is not too loose.
- Do not wear clothing that can get caught in the bike.
- Keep children away from the bike.
- Do not use the bike outdoors.
- Do not attempt to disassemble the bike yourself. Serious injury may result.
- If you feel dizzy, have chest pains, feel nauseous, or experience shortness of breath during exercise, stop immediately and consult your fitness instructor or doctor.
- If you are under medical care or have the following conditions, please consult a doctor before use.
- Those with back pain or previous leg or neck injuries. Those with numbness in the legs, waist, back, neck or hands (those with diseases such as a herniated disc, slipped disc, or cervical spondylosis).
- Those with degenerative arthritis, rheumatism, or gout.
- Those with abnormal osteoporosis.
- Those with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
- Those with respiratory disorders.
- Those who are using an artificial heart rate regulator implanted in the body type of medical electronic equipment.
- Those with malignant tumors.
- Those with blood circulation disorders such as thrombosis or severe aneurysms, acute varicose veins, or various skin infections.
- Those with sensory disorders caused by high peripheral circulation disorders caused by diabetes or other causes.

SAFETY INSTRUCTIONS

- Those with skin trauma.
- Those with high fever (above 38 degrees) due to illness or other causes.
- Those with abnormal or curved spines.
- Women who are pregnant or may be pregnant, or who are menstruating.
- Those who feel unwell and need to rest.
- Those who are obviously in poor health.
- Those who are using the product for rehabilitation purposes.
- Those who feel unwell, except in the above circumstances. - May lead to accidents
Accidents or poor physical condition may occur.
- If you experience any unusual pain or coordination during exercise, such as lower back pain, numbness in the legs or feet, dizziness, or rapid heartbeat, stop using the product immediately and consult a doctor.
- Do not allow children to use this product or play around it. - Failure to comply may result in injury.
- When using the product or loading or unloading it, make sure that there are no people or pets in the vicinity (behind, below, or in front of the product) when it is being slid.

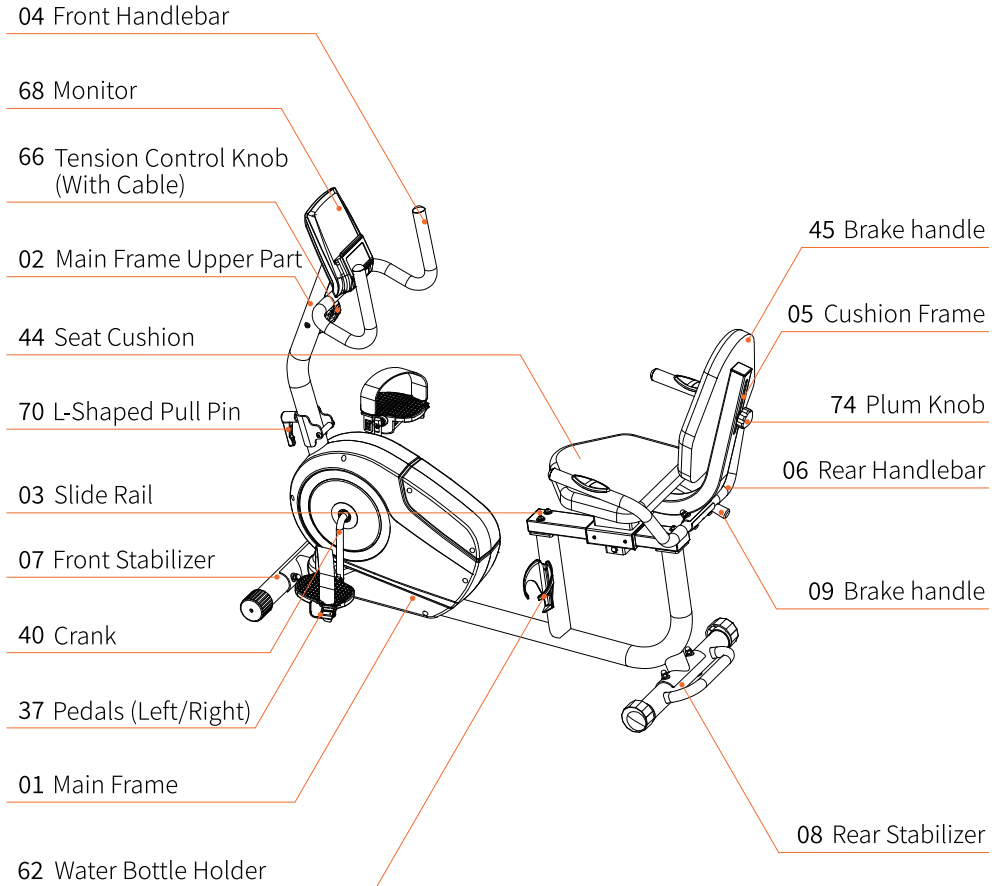
PROHIBITED!

- Do not use the product if the casing is cracked, broken or peeling (with the internal structure exposed) or if the welds are cracked. ----Otherwise, accidents or injuries may occur.
- Do not use or store the exercise bike outdoors or in humid places such as near the bathroom.
- Do not use or store it in direct sunlight, in places with high temperatures such as near a stove, or on top of heating appliances such as electric carpets. ----This may damage the electronic system.
- Do not use the exercise bike if you are unable to express yourself or operate it yourself. – This may result in accidents or injuries.

DO NOT DO THIS!

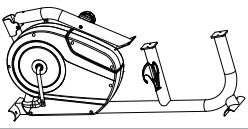
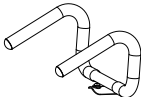
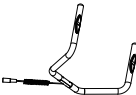
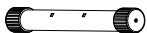
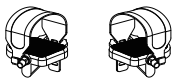
- People who do not normally exercise should not suddenly engage in strenuous exercise on the exercise bike.
- Do not use after eating or drinking, when tired, immediately after exercise or when not in a normal state of health. - This may lead to health damage.
- Do not use while eating, drinking or carrying out other activities.
- Do not use when you are feeling unwell, e.g. after drinking alcohol. - This may lead to accidents or injuries.
- Do not use with hard objects in the trouser pockets. - This may lead to accidents or injuries.

PRODUCT OVERVIEW

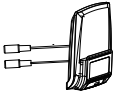
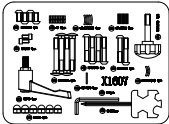


DESCRIPTION OF PARTS

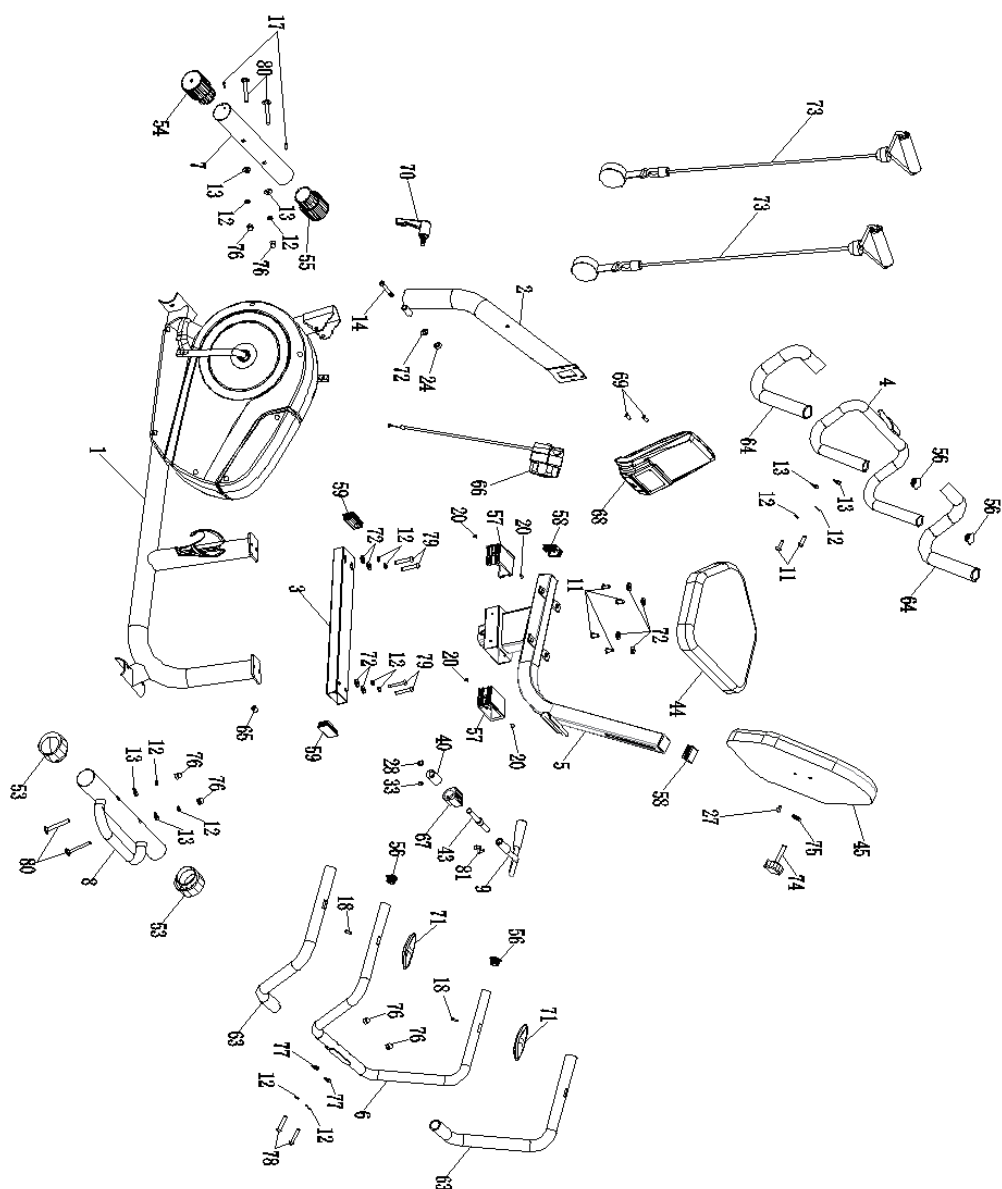
PACKAGE CONTENTS

Number	Name	Accessory Drawing	Qty.
01	Main Frame		1
03	Slide Rail		1
04	Front Handlebar		1
05	Cushion Frame		1
06	Rear Handlebar		1
07	Front Stabilizer		1
08	Rear Stabilizer		1
37	Pedals (Left/Right)		1
44	Seat Cushion		1

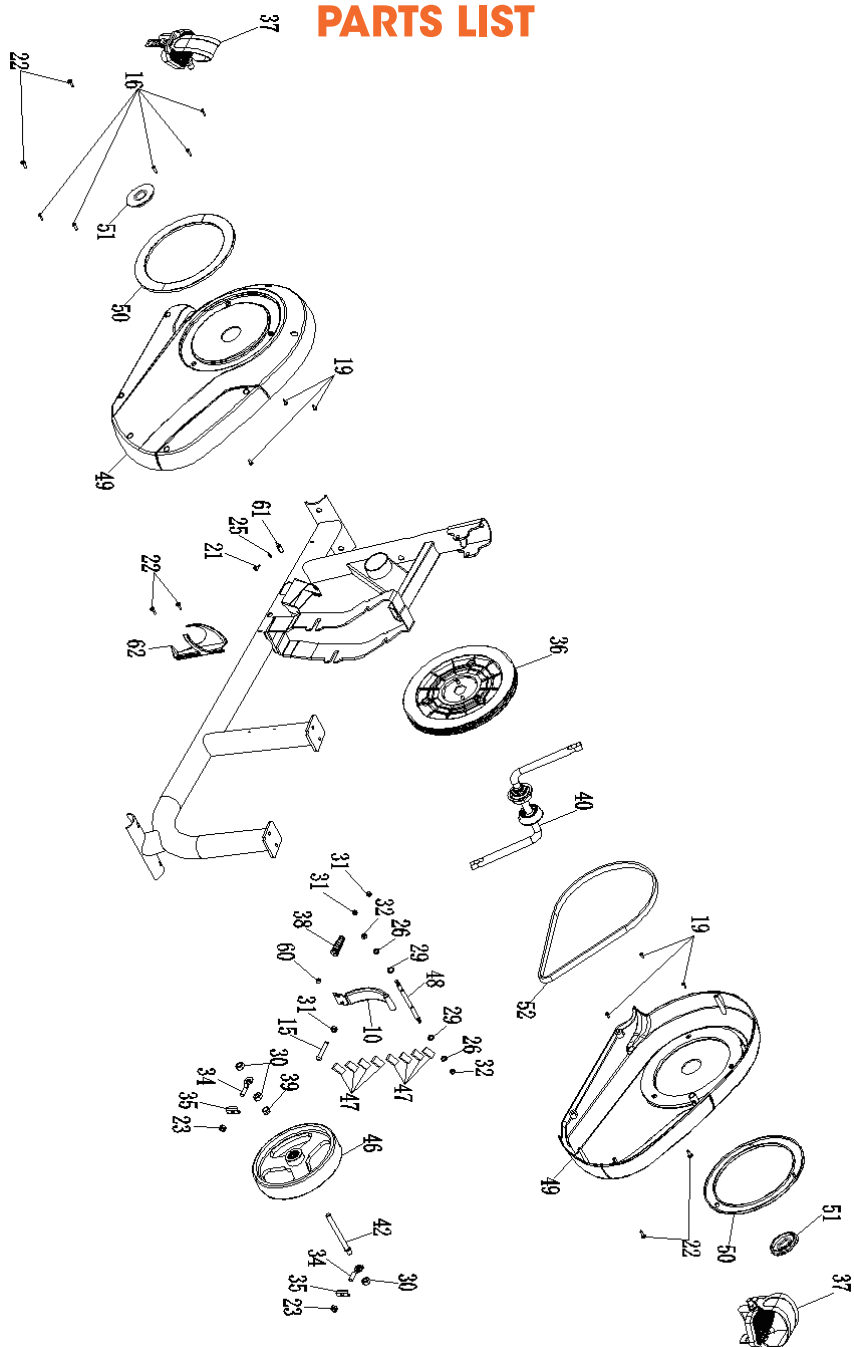
PACKAGE CONTENTS

Number	Name	Accessory Drawing	Qty.
45	Backrest Cushion		1
68	Monitor		1
73	Resistance band		1
/	Blister Pack		1

PARTS LIST



PARTS LIST



PARTS LIST

NO.	NAME	QTY	NO.	NAME	QTY
1	Main Frame	1	2	Main Frame Upper Part	1
3	Slide Rail	1	4	Front Handlebar	1
5	Cushion frame	1	6	Rear Handlebar	1
7	Front Stabilizer	1	8	Rear Stabilizer	1
9	Brake handle	1	10	Magnetic board	1
11	Button Head Hex Socket Screw (M8×16)	6	12	M8 Spring Washer	12
13	Arc Washer (φ8, R28)	6	14	Button Head Hex Socket Screw (M8×70)	1
15	Socket Head Cap Screw (M6×35)	1	16	Phillips Round Head Self-Tapping Screw (ST4×16)	5
17	Phillips Round Head Self-Tapping Screw (ST4×12)	2	18	Phillips Round Head Self-Tapping Screw (ST4×18)	2
19	Phillips Round Head Self-Tapping Screw (ST4×8)	6	20	Phillips Round Head Self-Tapping Screw (ST5×8, Flat Tip)	4
21	Pan Head Self-Drilling Screw (ST4.2×13)	1	22	Pan Head Self-Drilling Screw (ST4.2×16)	6
23	M6 Lock Nut	2	24	M8 Lock Nut	1
25	Flat Washer (φ5)	1	26	Flat Washer (φ6)	2
27	Socket Head Cap Screw (M6×12)	1	28	Retaining Ring (φ12)	1
29	Retaining Ring (φ8)	2	30	M10×1.0 Hex Nut	3
31	M6 Hex Nut	3	32	M6×1.0 Flange Nut	2
33	Flat-End Set Screw (M8×10)	1	34	Rear Jack (M6×45)	2
35	Rear Jack Plate	2	36	Plastic Belt Pulley	1
37	Pedals (Left/Right)	2	38	Compression Spring	1
39	Flywheel Axle Sleeve	1	40	Brake Bushing	1
41	Crank	1	42	Central Axle	1
43	Handle Shaft	1	44	Seat Cushion	1
45	Backrest Cushion	1	46	Flywheel	1
47	Magnet	8	48	Magnetic Control Shaft	1
49	Chain Covers (Left/Right)	2	50	Chain Cover Decorative Caps (Left/Right)	2
51	Dust Ring	2	52	Belt	1
53	Rear Foot Cover	2	54	Roller Foot Cover (Left)	1
55	Roller Foot Cover (Right)	1	56	Handlebar Tube End Cap	4
57	Inner Bushing	2	58	Square Tube Cap (38×38)	2
59	Square Tube Cap (30×60)	2	60	Hole Plug	1

PARTS LIST

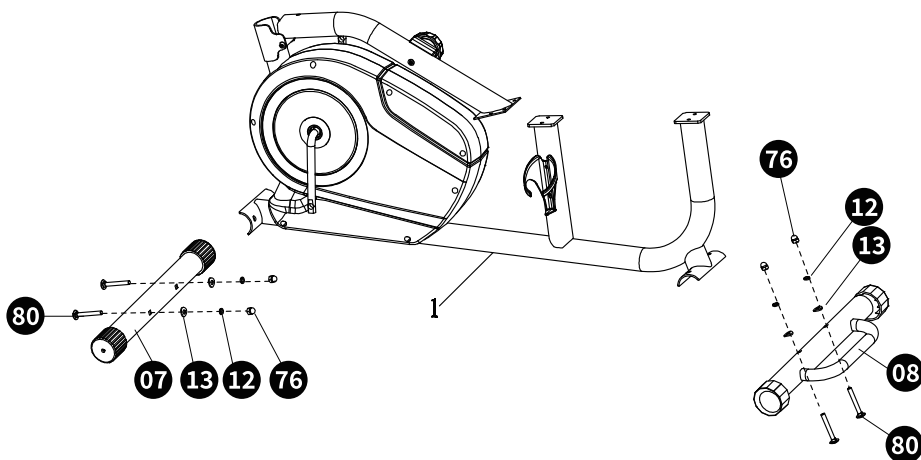
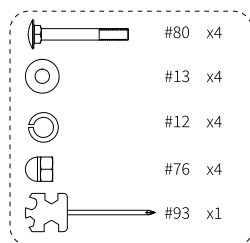
NO.	NAME	QTY	NO.	NAME	QTY
61	Clip	1	62	Water Bottle Holder	1
63	Tear-Resistant Strip (Rear)	2	64	Tear-Resistant Strip (Front)	2
65	Wire Plug	1	66	Tension Control Knob (With Cable)	1
67	Clamping Block	1	68	Monitor	1
69	Phillips Oval Head Screw (M4×12)	2	70	L-Shaped Pull Pin (M10×20)	1
71	Heart Rate Sensor	2	72	Flat Washer (φ8)	8
73	Resistance band	2	74	Plum Knob	1
75	Flat Washer (φ10)	1	76	High-Cap Nut (M8)	6
77	Arc Washer (φ8, R16)	2	78	Button Head Hex Socket Screw (M8×40)	2
79	Button Head Hex Socket Screw (M8×45)	4	80	Carriage Bolt (M8×65)	4
81	Hex Socket Head Cap Screw (M6×8)	2	82	5# Hex Wrench	1
83	Multifunctional Wrench (S13-15-17-19)	1	84	AA Battery	2

ASSEMBLY INSTRUCTIONS

Step 1. Installation of Front and Rear Stabilizers

Required Parts: Front Stabilizer (7), Rear Stabilizer (8), Arc Washer (13), Spring Washer (12), Carriage Bolt (80), High-Cap Nut (76). Tools: Multifunctional Wrench (83). (Please refer to the image below.)

- Locate the Front Stabilizer (7) and Rear Stabilizer (8). Lift the frame by hand and align the stabilizers with the corresponding holes on the frame, ready for installation.
- Insert the Carriage Bolt (80) through the hole of the stabilizer, then place the Arc Washer (13), Spring Washer (12), and High-Cap Nut (76) in sequence. Tighten them using the Multifunctional Wrench (83) as shown in the image.

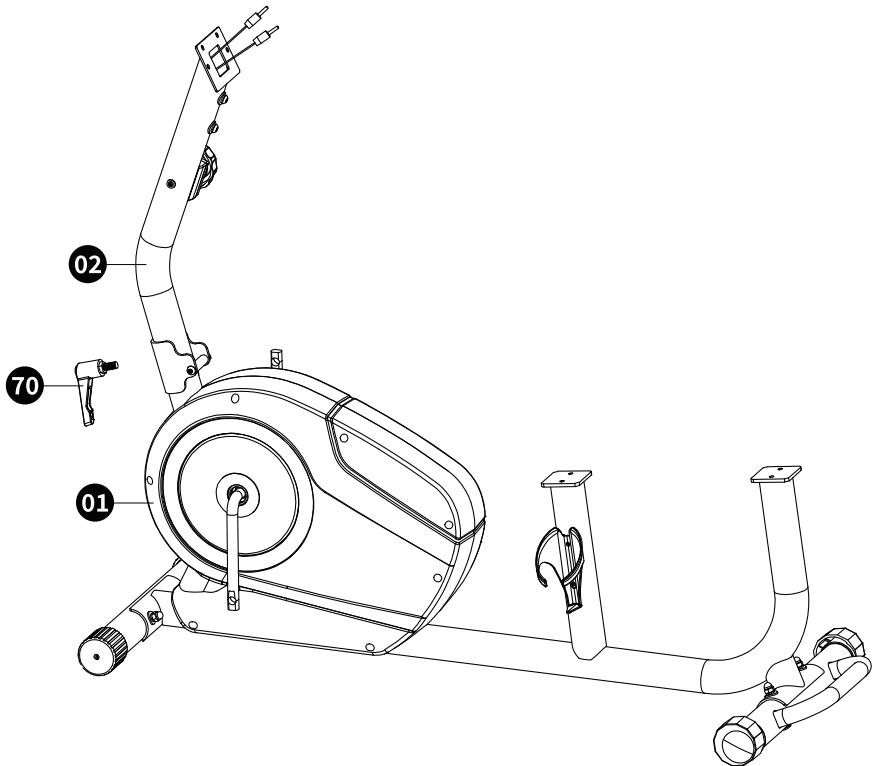


ASSEMBLY INSTRUCTIONS

Step 2. Installation of Main Frame Upper Part

Required Parts: L-Shaped Pull Pin (70). (Please refer to the image below.)

- Pull the Main Frame Upper Part (2) upward into position.
- Insert the L-Shaped Pull Pin (70) into the screw hole of the Main Frame (1) and tighten it clockwise.

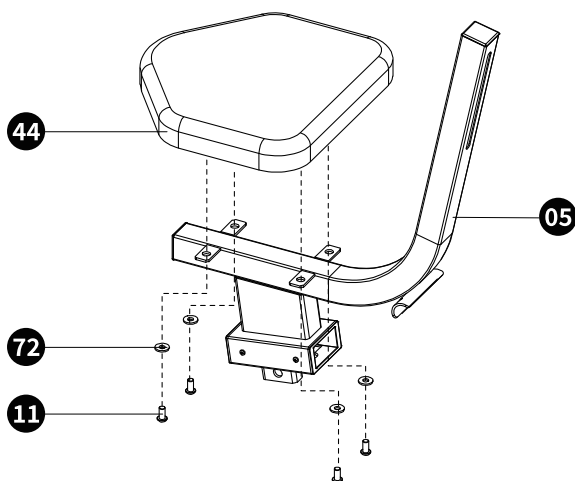
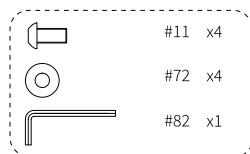


ASSEMBLY INSTRUCTIONS

Step 3. Seat Installation

Required Parts: Seat Cushion (44), Cushion Frame (5), Button Head Hex Socket Screw (M8×16) (11), Flat Washer (φ8) (72), 5# Hex Wrench (82). (Please refer to the image below.)

- Place the Seat Cushion (44) onto the Cushion Frame (5), aligning it with the screw holes.
- Using the 5mm Hex Wrench (82), secure the assembly by tightening the Flat Washer (72) and Button Head Hex Socket Screw (11) in sequence into the screw holes. (As shown in the diagram.)

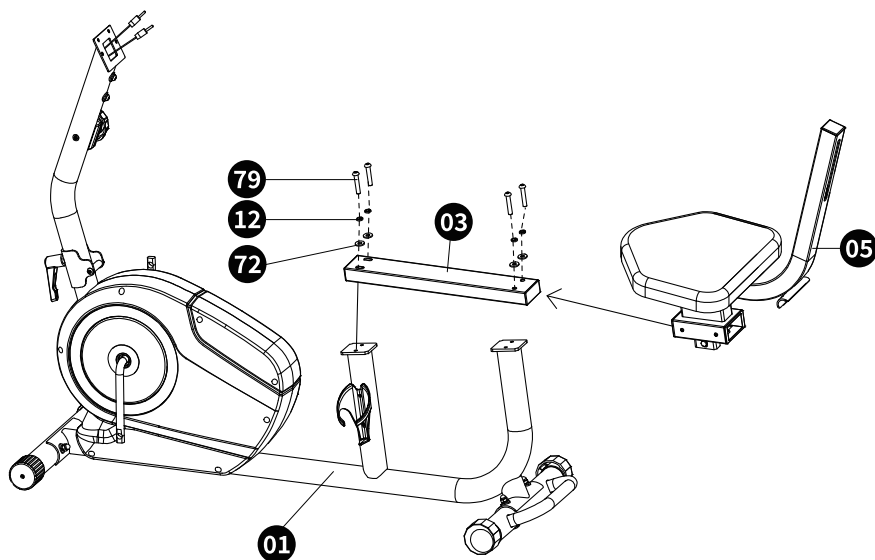
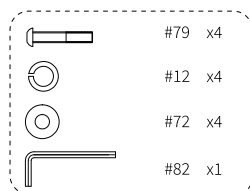


ASSEMBLY INSTRUCTIONS

Step 4. Installation of Cushion Frame and Slide Rail

Required Parts: Slide Rail (3), Cushion Frame (5), Button Head Hex Socket Screw (M8×45) (79), M8 Spring Washer (12), Flat Washer (φ8) (72), 5# Hex Wrench (82). (Please refer to the image below.)

- Required Parts: Slide Rail (3), Cushion Frame (5), Button Head Hex Socket Screw (M8×45) (79), M8 Spring Washer (12), Flat Washer (φ8) (72), 5# Hex Wrench (82). (Please refer to the image below.)
- Place the Flat Washer (72), Spring Washer (12), and Button Head Hex Socket Screw (79) in sequence. Tighten and secure them using the 5# Hex Wrench (82). (As shown in the diagram.)

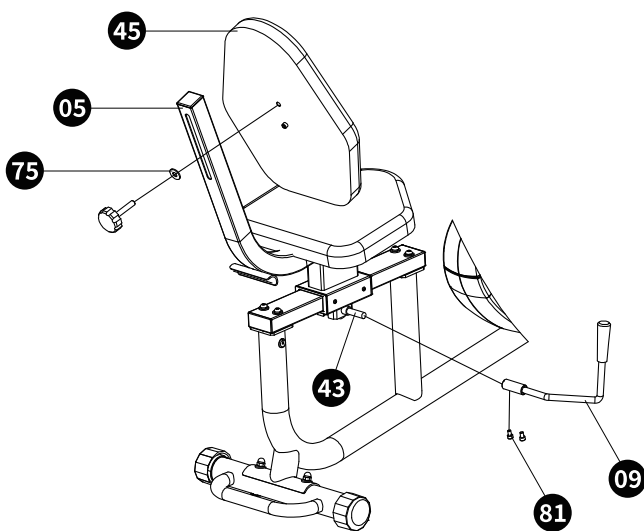
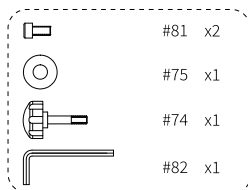


ASSEMBLY INSTRUCTIONS

Step 5. Installation of Backrest and Adjustment Handle

Required Parts: Backrest Cushion (45), Flat Washer ($\phi 10$) (75), Plum Knob (74), Brake Handle (9), Hex Socket Head Cap Screw (M6 $\times$ 8) (81), 5# Hex Wrench (82). (Please refer to the image below.)

- Take out the Backrest Cushion (45) and align the pre-installed screw (27) with the slot on the Cushion Frame (5).
- Place the Flat Washer (75) on the Plum Knob (74), then align and tighten it into the screw hole on the backrest to secure. (As shown in the diagram.)
- Insert the Brake Handle (9) into the Handle Shaft (43). Align the screw holes on both the adjustment handle and handle shaft, then secure them with the Hex Socket Head Cap Screw (81) using the 5# Hex Wrench (82). (As shown in the diagram.)

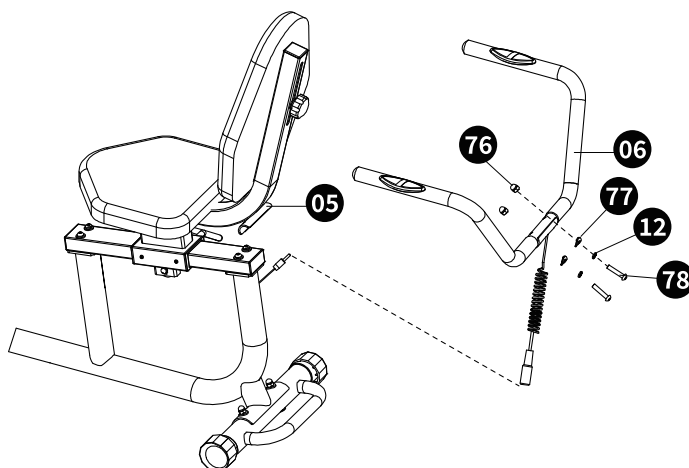
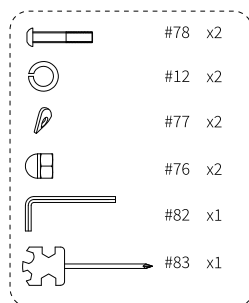


ASSEMBLY INSTRUCTIONS

Step 6. Rear Handlebar Installation

Required Parts: Rear Handlebar (6), Arc Washer (77), Spring Washer (12), Button Head Hex Socket Screw (78), High-Cap Nut (76), 5# Hex Wrench (82), Multifunctional Wrench (83).

- Connect the sensor wires from the main frame to the Rear Handlebar (6).
- Align the screw holes on the Rear Handlebar (6) with the Cushion Frame (5). Place the Arc Washer (77), Spring Washer (12), and Button Head Hex Socket Screw (78), then tighten with the 5# Hex Wrench (82). Finally, secure the High-Cap Nut (76) using the Multifunctional Wrench (83).

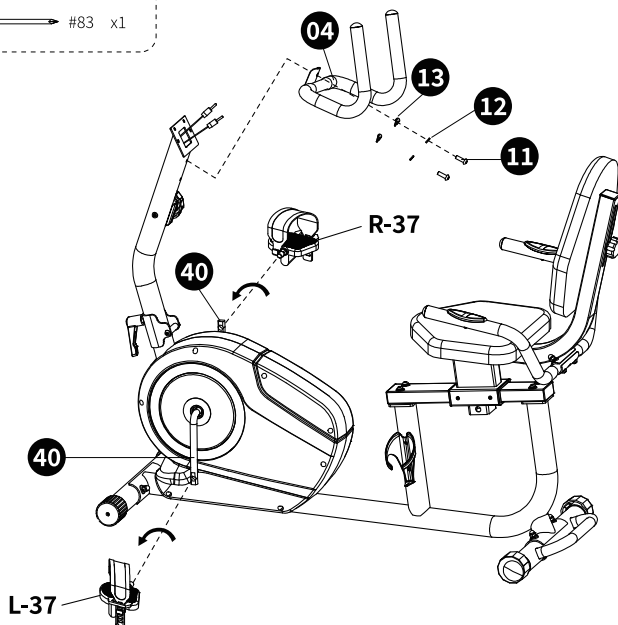
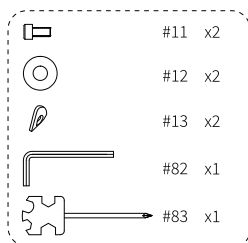


ASSEMBLY INSTRUCTIONS

Step 7. Installation of Pedals and Front Handlebar

Required Parts: Front Handlebar (4), Arc Washer (13), Spring Washer (12), Button Head Hex Socket Screw (11), Pedals (37), 5# Hex Wrench (82), Multifunctional Wrench (83).

- Right Pedal Installation: Take the right pedal (37) (marked "R"). Align horizontally with the right crank (40) (marked "R") and turn clockwise until tight. Fully tighten using the Multifunctional Wrench (83) clockwise.
- Left Pedal Installation: Take the left pedal (37) (marked "L"). Align horizontally with the left crank (40) (marked "L") and turn counterclockwise until tight. Fully tighten using the Multifunctional Wrench (83) counterclockwise.
- Insert the Brake Handle (9) into the Handle Shaft (43). Align the screw holes on both the adjustment handle and handle shaft, then secure them with the Hex Socket Head Cap Screw (81) using the 5# Hex Wrench (82). (As shown in the diagram.)

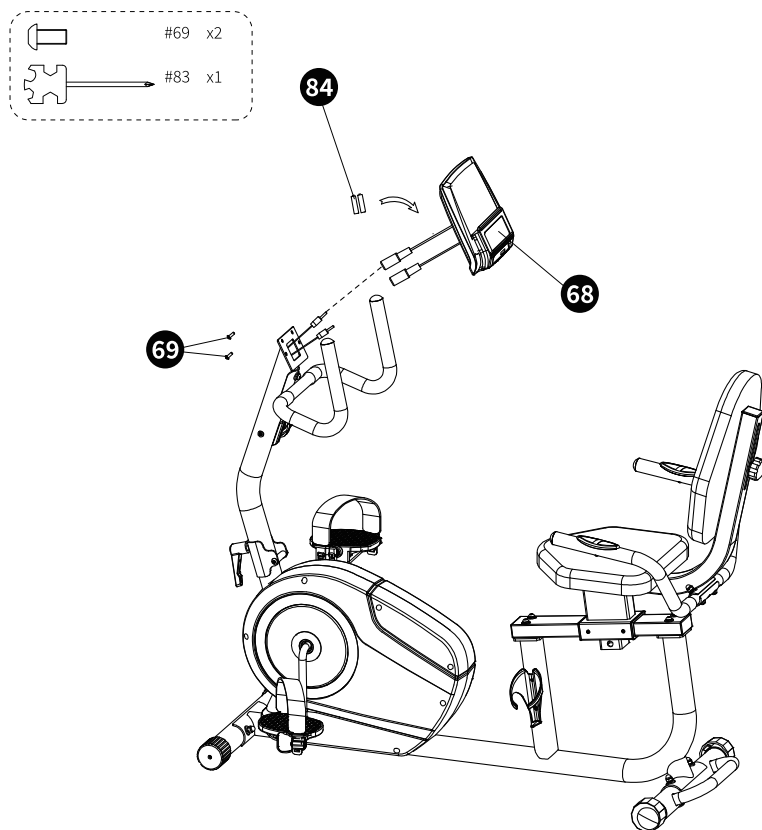


ASSEMBLY INSTRUCTIONS

Step 8. Monitor Installation

Required Parts: Monitor (68), AA Battery (84), Phillips Oval Head Screw (69), Multifunctional Wrench (83).

- Install the AA Battery (84) into the Monitor (68). Remove the Phillips Oval Head Screw (69) from the monitor backplate and set aside.
- Connect the headphone jack on the Main Frame Upper Part (2) to the monitor's headphone socket.
- Position the Monitor (68) on the Main Frame Upper Part (2). Using the Multifunctional Wrench (83), secure the monitor by tightening the Phillips Oval Head Screw (69) through the monitor's mounting bracket.

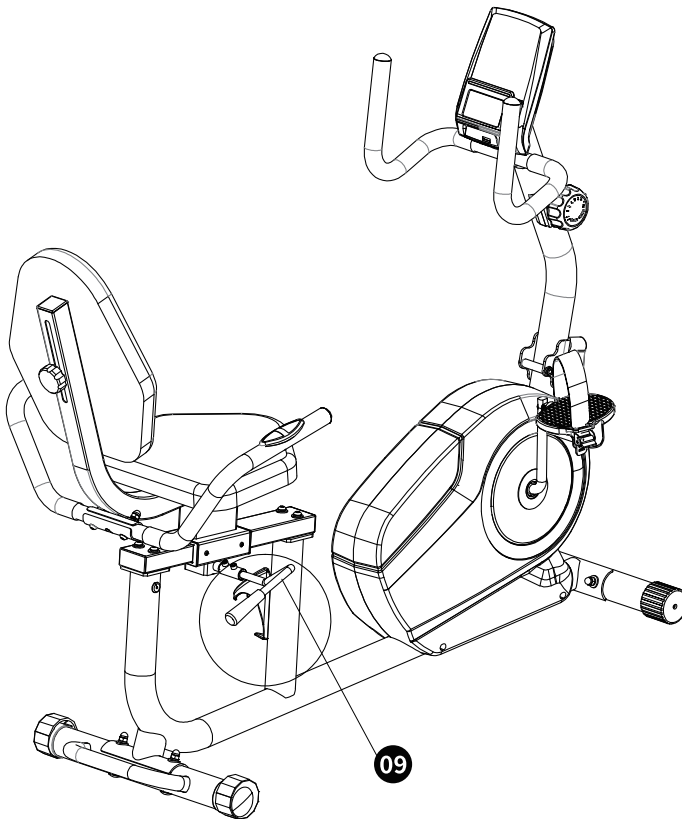


Note: Be sure to lock all bolts uniformly after confirming that the installation has been completed according to the above requirements, and check that nothing has been left out before using it.

ASSEMBLY INSTRUCTIONS

Adjustment Handle Operation

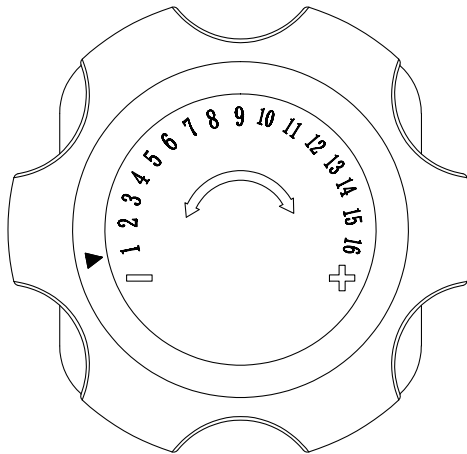
- Push the Brake Handle (9) downward to release the seat. Slide the seat forward or backward to find a comfortable position.
- Push the Brake Handle (9) upward to lock the seat in position.



ASSEMBLY INSTRUCTIONS

Resistance Adjustment

- This product features 16-level resistance adjustment (Level 1=minimum resistance, Level 16=maximum resistance). To adjust, manually rotate the Tension Control Knob (66) clockwise/counterclockwise as needed.



MONITOR SPECIFICATIONS

Specifications



Auto scan.....	Switch data every 5 seconds
TIME	00:00'~99:59'
SPEED	Maximum speed 999.9 km/h
DISTANCE	0.00~999999kilometers
CALORIES	0.0~99999 kcal
TOTAL DISTANCE	0.0~99999km
PULSE	40~240 times/min

MONITOR USER MANUAL

Basic Function

- This product features 16-level resistance adjustment (Level 1=minimum resistance, Level 16=maximum resistance). To adjust, manually rotate the Tension Control Knob (66) clockwise/counterclockwise as needed.

1. KEY FUNCTIONS

MODE	Press to select function, and long press to reset time/distance/calorie.
SET	Set time/distance and calories while in non-scanning mode.
RESET	Press this button to clear the set time/distance and calories.

2. FUNCTION OPERATION INSTRUCTIONS

SCAN: Press the "MODE" button until "SCAN" is displayed, the monitor will switch the display content every 5 seconds in the following order: Time, Speed, Distance, Calories, ODO, and Pulse

TIME: The time from the start of exercise to the end of exercise. Press the "MODE" button until the time "TIME" is displayed, and press the "SET" button to set the target exercise time. When the set time counts down to 0, it will stay for about 1 second and start counting up

SPEED: Displays the current speed.

DISTANCE: The distance from the start to the end of the movement. Press the "MODE" button until the distance "DIST" is displayed, and press the "SET" button to set the target movement distance. When the set distance counts down to 0, it will stay for about 1 second and start counting up.

CALORIES: calculates calories burned from start to finish of exercise. Press the "MODE" button until the distance "CAL" is displayed, and press the "SET" button to set the target calorie consumption. When the set calorie counts down to 0, it will stop for about 1 second and start counting up.

ODOMETER: The total distance from when the battery is installed.

PULSE : Press the MODE button until "PULSE" is displayed. Hold the sensor sheet lightly with both hands, and after 6-7 seconds, the meter will display the current heart rate (times/minute)

Note: In the first 2-3 seconds of the test, because the test is unstable, the heart rate data may be slightly higher than the actual value, and then it will be normal.

MONITOR USER MANUAL

3. PARAMETER DESCRIPTION:

FUNCTION	Auto scan	Switch data every 5 seconds
	Time	00:00' ~99:59'
	Speed	Maximum speed 999.9 km/h
	Distance	0.00~9999 kilometers
	Calories	0.0~9999 kcal
	Total distance	0.0~9999 km
	Pulse	40~240 times/min
Battery model		2 sections of AAA Or UM -4
Operating temperature		0 °C ~ +40 °C
Storage temnperature		-10 °C ~ +60 °C

Note:

1. If there is no display or the display is blurred, replace the battery.
2. After 4 minutes of non-use, the monitor will automatically shut down.
3. After resuming the exercise or pressing a key, the monitor will automatically power on.
4. After the exercise starts, the monitor will automatically calculate the exercise data, and after 4 seconds of stopping the exercise, the monitor will stop calculating the exercise data.
5. As soon as the Bluetooth device is connected, the monitor screen turns off immediately.

FUNCTIONS OF BLUETOOTH

1. FUNCTIONS OF THE BLUETOOTH:

1.1. Working frequency: This wireless transmitter is a Bluetooth BLE 4.2 device. Its working frequency is 2.4GHz.

1.2. Mobile phone system requirements: 1.2.1. The IOS mobile phone system must not be lower than version 7.1, and must support Bluetooth BLE 4.2, iPhone 4S or above mobile phones.

1.2.2. The Android system is required to be version 4.3 or above, and it needs to support Bluetooth BLE 4.2.

1.3. The wireless transmitter in the device only records the user's data and sends it to the mobile App when it is connected to the mobile phone. Before starting the sports equipment, please

connect the application to the equipment to ensure that the data recorded in the mobile application is true and valid.

1.4. When the transmitter does not receive any signal for 4 minutes, it will enter sleep mode. In sleep mode, the mobile phone will not be able to search for the transmitter. At this time, you

need to use the device to wake up the Bluetooth transmitter.

2. APP OPERATING INSTRUCTIONS

2.1. Description of KINOMAP connection

Tips: Since the KINOMAP official software connection steps will be updated in real-time, this

connection process is only for reference, when the APP is connected, The monitor will not display any data. 2.1.1. Search "KINOMAP" in mobile app store to download app.

APP INSTRUCTIONS

1. FUNCTIONS OF THE BLUETOOTH:

1.1. Working frequency: This wireless transmitter is a Bluetooth BLE 4.2 device. Its working frequency is 2.4GHz.

1.2. Mobile phone system requirements:

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1.3. The wireless transmitter in the device only records the user's data and sends it to the mobile App when it is connected to the mobile phone. Before starting the sports equipment, please connect the application to the equipment to ensure that the data recorded in the mobile application is true and valid.

1.4. When the transmitter does not receive any signal for 4 minutes, it will enter sleep mode. In sleep mode, the mobile phone will not be able to search for the transmitter. At this time, you need to use the device to wake up the Bluetooth transmitter.

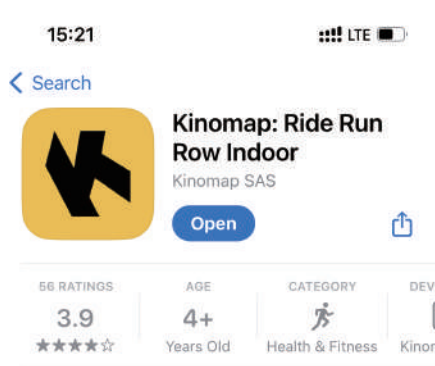
2. APP OPERATING INSTRUCTIONS

2.1. Description of KINOMAP connection

Tips:

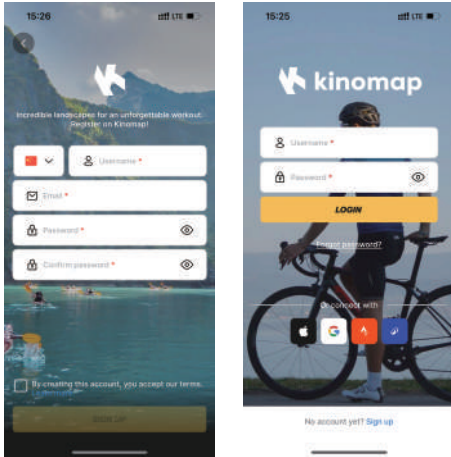
Since the KINOMAP official software connection steps will be updated in real-time, this connection process is only for reference, when the APP is connected, The monitor will not display any data.

2.1.1. Search "KINOMAP" in mobile app store to download app.

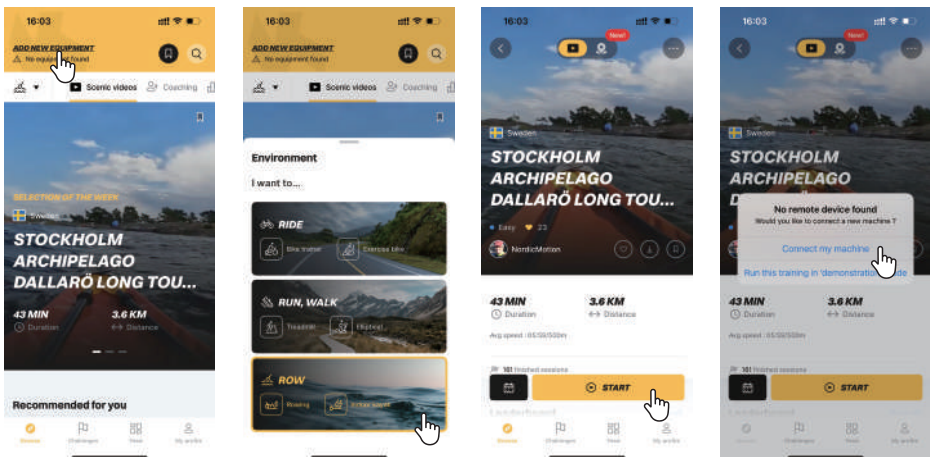


APP INSTRUCTIONS

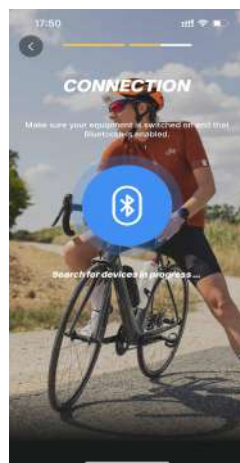
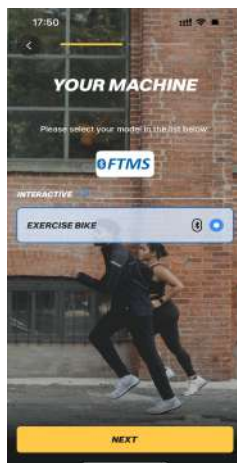
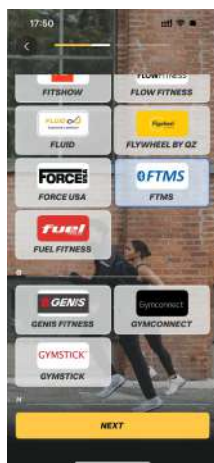
2.1.2. After the download is completed, open the app and register the personal information. Turn on the Bluetooth of the mobile phone to ensure that the transmitter is powered on and in the wake-up state.



2.1.3. Add sports equipment as follow:



APP INSTRUCTIONS



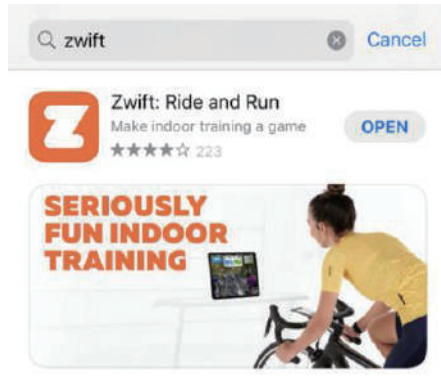
APP INSTRUCTIONS

2.2.Description of Zwift connection

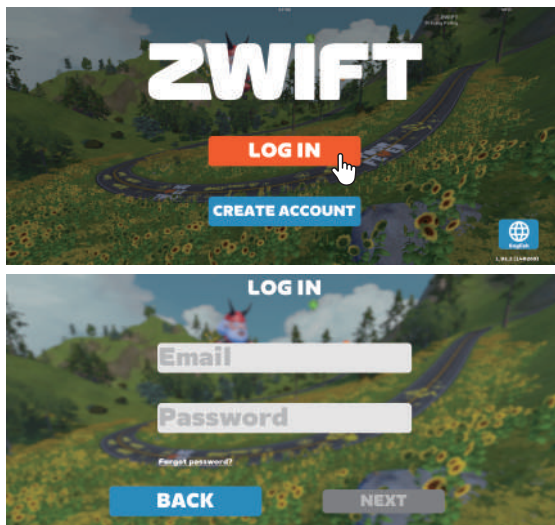
Tips:

Since the Zwift official software connection steps will be updated in real-time, this connection process is only for reference; when the APP is connected,The monitor will not display any data.

2.2.1. Search "Zwift" in mobile app store to download app.



2.2.2. After the download is completed, open the app and register the personal information. Turn on the Bluetooth of the mobile phone to ensure that the transmitter is powered on and in the wake-up state.



APP INSTRUCTIONS

2.2.3. Connect the sports equipment as follows:



2.2.4. Connect equipment to complete, start your exercise!

WARM-UP

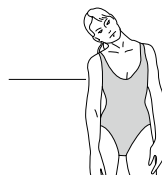
WARM-UP

A well-rounded exercise program includes three key components: warm-up, aerobic exercise, and cool-down. Warm-up is essential before every workout, as it helps relax your body and stretch your muscles, preparing you for more intense activity.

Cool-down exercises are equally important after a workout, as they help relax your muscles and alleviate soreness. We recommend performing the following warm-up and cool-down exercises before and after each session.

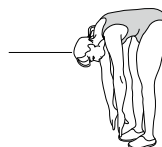
Head Rotation

Gently tilt your head towards your right shoulder and make a slow clockwise circle. Then, tilt your head toward your left shoulder and circle counterclockwise.



Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.



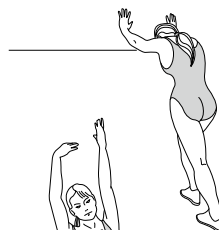
Shoulder Lift

Lift your left shoulder towards your ear and make five forward circles, then five backward circles. Repeat the same movement with your right shoulder.



Calf Stretch

Stand facing a wall, with your feet about two feet away from it. Lean forward and perform up-and-down walking motions to loosen your calf muscles.



Side Stretch

Lift both arms straight up over your head. With your left hand, grasp your right wrist and gently stretch upward for five seconds. Repeat on the other side, using your right hand to stretch your left wrist upward for five seconds.



WARM-UP

Inner Thigh Stretch

Sit on the floor with the soles of your feet touching. Hold your feet and gently pull them towards your body. Hold for 15 seconds.



Foot and Calf Stretch

Extend your right leg out and tuck your left leg beneath your right thigh. Reach forward and gently pull back on your right foot. Hold for 15 seconds. Repeat on the other side with the left leg extended and the right leg tucked.



YOSUDA

Email: support@yosuda.fit
Website: www.yosudabikes.com