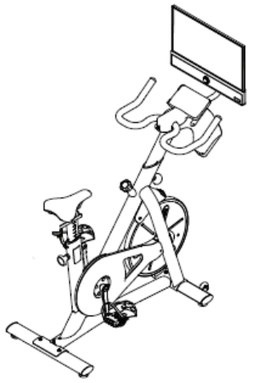
YESOUL

YESOUL Bike

Before using this product, carefully read and properly keep this manual.

Model：YS-001
FCC ID: 2A3YB-YS-001
IC:30451-YS001



Please scan the QR code to watch the installationguide video
Product model：YS-001
Item NO.：G1MMAX

YESOUL Smart Cycling Bike
Product Manual

Product Parameters

Screen size	21.5 inches (1920*1080 pixels)
Supporting software version	iOS 12.0 or higher, Android 5.1 or higher (inclusive)
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply input	24V⎓ 3A
Wireless connection method	WiFi2.4Ghz/BT/BLE
Bluetooth	Bike: V4.2, Speaker: V5.3 （Optional）
Height limit	140 ～ 195cm
Rated maximum load	120kg
Net weight	35kg
Gross weight	40.5kg
Overall dimensions	(Length) 1374mm × (Width) 528mm × (Height) 1429mm

Routine Maintenance

1. Keep the cycling 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.
2. Wipe off sweat on the frame with cloth after exercise. Do not wipe the bike with wet cloth, in order to avoid rusting.
3.Adjust or replace the belt timely if the belt pulley is cracked and deviated.Regularly clean the belt groove to prevent the belt from jumping out of the groove.
4. Regularly check the screws of all body parts for loosening or falling, and tighten or replace them in time.
5. Regularly Check the resistance knob for looseness or dislodgement and reasonable resistance values so that the resistance value can be calibrated in time.
6. Regularly check if the screws between the pedals and the crank are loose. Tighten them promptly if necessary.
7. Regularly check if the saddle is loose. Tighten it promptly if necessary. Use a cotton cloth to wipe the saddle and keep it dry.
8. Regularly inspect the power cord for any cracks or damage, and replace it promptly if needed.

Monitor Parameters

Panel type	VA
Curvature	Flat screen
Proportion	16:9
Size	21.5 inches
Backlight type	LED
Display size (H*V)	476mm*268mm
Resolution	1920*1080
Refresh rate	Max:60HZ
Interface version	1*USB+Type-c+TTL+Audio out+DC-IN
Indicator mode (power on, standby)	Blue light indicates power on, light turns off when power is off, and blinks every 0.5 seconds in standby mode.
Storage temperature	-20°C~60°C
Operating temperature	0°C~40°C
Operating humidity	10~90%RH
Storage humidity	10~90%RH
Control method	Five-way joystick buttons

Front Speaker Parameters （Optional）

Product Size	Front speaker：498*72*82mm
Product weight	1080g

Note: After the speaker is installed and turned on for the first time, you need to double-click the button to pair.

Important Safety Instructions

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

1. This product is for household use (Class H) and not medical fitness equipment.
2. This product must not be used for medical rehabilitation.
3. Keep children and pets away from this product. This product is for those over 16 years old only.
4. Do not place the equipment in damp or wet environments.
5. Never use this product with inappropriate shoes or barefoot.
6. Use this product on a flat and clean ground.
7.Lift the rear tube and the roller on the front tube can move the product freely or be placed in a suitable position.
8. If the product fails, immediately stop using it.
9. Check whether the bike for loosening or damage before each use.
10. Never stretch any object or body part into the openings of the bike.
11. When using the screen holder, ensure the device is centered to prevent it from falling off.
12. Never refit this bike or use non-original accessories without permission. The casing must be opened by professionals, in order to avoid damage.
13. Ensure all screws and bolts are securely tightened before use.
14. When not in use,turn the knob to the right end to lock the corresponding component.
15.Instructions for using the emergency brake: When you want to stop movement, press down on the emergency brake until it stops.
16. Never turn pedals by hand,or touch any rotating mechanical part,otherwise personal injury may be caused.
17. Get off the bike until flywheel/inertial wheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.
18. 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.
19.The product should have at least 0.6 meters of free space all around it.
20. Incorrect or excessive training may cause injury.
21. Use this product according to the instructions in this manual. Warm up fully before exercise.
22. Keep the body hydrated as needed during riding.
23. 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.
24. If you experience any discomfort while using the equipment, stop immediately and consult a doctor.
25. Those pregnant or with high blood pressure, heart disease, lumbar spondylosis or reduced mobility must not use this product without the permission of doctors.
26. The weight of the user must not exceed the maximum load.
27. Carry out preventive maintenance regularly.
28. Please use the standard power adapter. Replacement of the power adapter without authorization may cause serious consequences.

Installation Guide - List of Parts

STEP1: Check of parts

Parts List (Components List)

NO.	Name	Quantity	Picture
①	Frame	1	Screen connecting cable
②	Front tube	1	2×hexagon socket button head screw M8×45,washer
③	Rear tube	1	2×hexagon socket button head screw M8×45,washer
④	Pedal set left/right	1	(left) (right)
⑤	Handlebar assembly	1	
⑥	Monitor stand	1	Prelocked hexagon Socket head screw M8×16; Prelocked hexagon socket head screw M6
⑦	Front speaker	1	power port; Signal port
⑧	Display screen	1	
⑨	24V⎓3A power adapter	1	
⑩	Hexagon socket head screw M6×35	1	
⑪	Hexagon socket head screw M6×12	4	

Installation Guide - List of Parts

Parts List (Components List)

NO.	Name	Quantity	Picture
⑫	Head tube	1	
⑬	Screen fixing part	1	
⑭	Bottle holder	1	
⑮	C to C data cable	1	
⑯	C to Lightning data cable	1	
⑰	One-piece hood	1	
⑱	Cross pan head screw with washer M4 × 10	8	
⑲	Cross recessed pan head screw M5×8	1	
⑳	Speaker holder	1	
㉑	Rear speaker connector	1	
㉒	Instructions	1	Instructions
㉓	Spare parts	1	Spare parts screws

Installation Guide - List of Parts

Accessories List (Tools List)

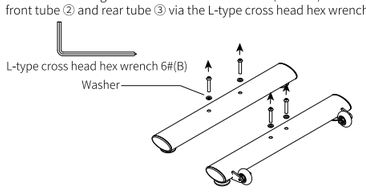
NO.	Name	Quantity	Picture
A	L-shaped head six corner wrench 5#	1	
B	L-type cross head hex wrench 6#	1	
C	L-shaped head six corner wrench 8#	1	
D	Multi-function wrench	1	

***Some fixing screws are pre-locked on the corresponding parts at the factory. Please remove them before installing the corresponding parts during assembly. Spare parts are subject to actual conditions.**

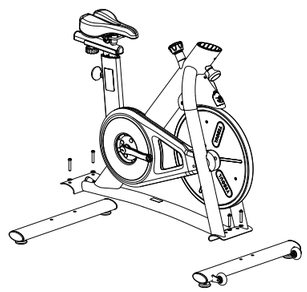
Installation Guide

STEP 2: Installation of bottom tube

1. Take L-type cross head hex wrench 6# (B) out of the ziplock bag;
2. Remove 4 hexagon socket button head screws (M8×45) and washers of the front tube ② and rear tube ③ via the L-type cross head hex wrench 6# (B);



3. Align the holes of the front tube ② and rear tube ③ with the holes at the bottom of the frame ①. Hand-thread the washers and hexagon socket pan head screws (M8×45) in sequence. Then, use the L-type cross head hex wrench 6# (B) to fully tighten them.

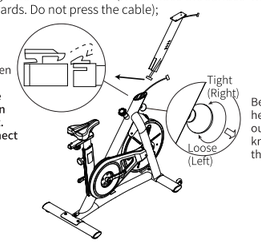


Installation Guide

STEP 3: Installation of head tube

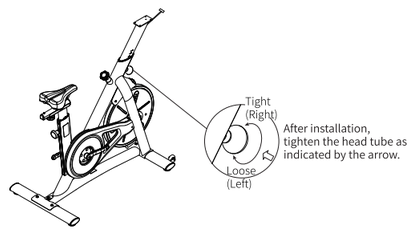
1. Screw out the adjustment knob as indicated by the arrow, and connect the screen connection cable in the head tube⑫ to the cable in the bike ① (as shown in the figure). After the screen connection cable is connected, align the head tube ⑫to the mounting hole of the frame ① (Note: Place the surface with a hole in the head tube⑫ outwards. Do not press the cable);

Align the port to connect to the screen connection cable
*** Please make sure that the connection direction is correct. Please do not connect it with violence.**



Before installing the head tube, please screw out the adjustment knob as indicated by the arrow.

2. Insert the head tube⑫ into the frame①, and keep the scale p arallel to the top surface of the tube. Align the hole on the head tube⑫ with the hole on the frame①. Then, tighten the adjustment knob as indicated by the arrow.

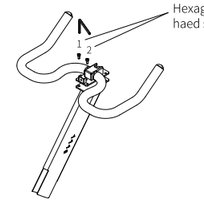


After installation, tighten the head tube as indicated by the arrow.

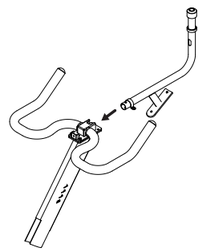
Installation Guide

STEP 4: Installation of handlebar assembly

1. Align the holes on the handlebar assembly ⑤ with the holes on the head tube ⑫. Take out the hexagon socket head screws (M6×12) ⑪1-2. As shown in the figure, hand-tighten the screws 1-2 clockwise (do not fully tighten them yet) to temporarily hold them in place;

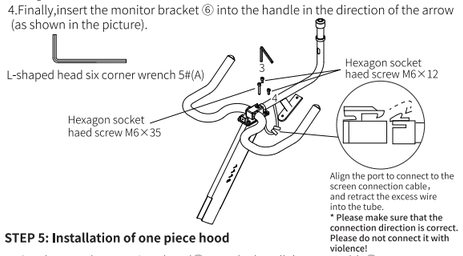


2. Insert the monitor stand ⑥ into the handlebar following the direction of the arrow.



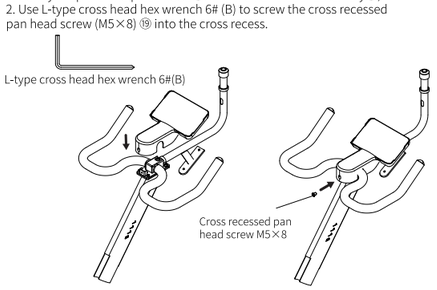
Installation Guide

3. After correctly aligning the hole position, use L-shaped hex wrench 5# (A) to screw the hexagonal socket head screw M6×12⑪3-4 and the hexagonal socket head screw(M6×35)⑩ into the holes and lock them.Next, tighten the hexagonal socket head screw(M6×12)⑪1-2;
4.Finally,insert the monitor bracket ⑥ into the handle in the direction of the arrow (as shown in the picture).



STEP 5: Installation of one piece hood

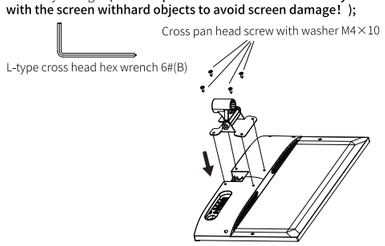
1. Gently snap the one piece hood⑰onto the handlebar assembly⑤;
2. Use L-type cross head hex wrench 6# (B) to screw the cross recessed pan head screw (M5×8) ⑲ into the cross recess.



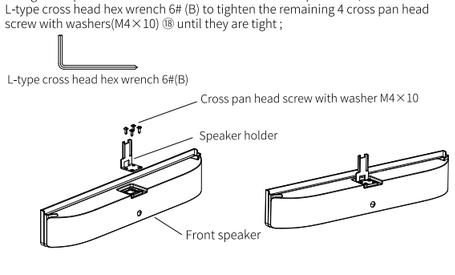
Installation Guide

STEP 6: Installation of screen and speaker （Optional）

1.Take out the screen fixing piece ⑬, and use the L-type cross head hex wrench 6# (B) to lock the 4 cross pan head screw with washers(M4×10) ⑱ until they are tight **(* Please put the screen on the desk flatly. Do not collide with the screen withhard objects to avoid screen damage!);**

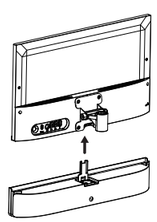


2. Align the speaker holder ⑳ with the slot of the front speaker ⑦, and use the L-type cross head hex wrench 6# (B) to tighten the remaining 4 cross pan head screw with washers(M4×10) ⑱ until they are tight ;

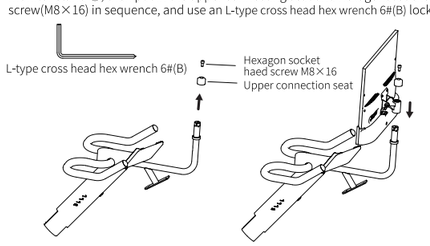


Installation Guide

3. Align the speaker assembly with the slot of the screen assembly and insert the buckle connection;



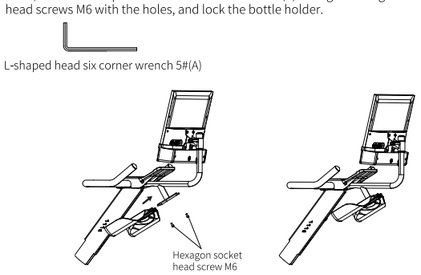
4. Loosen the hexagonal socket head screw(M8×16) pre-installed on the monitor stand ⑥ with an L-type cross head hex wrench 6#(B), and then remove the upper connecting seat;
5. Insert the screen and speaker components assembled in the previous step into the monitor stand ⑥, then put in the upper connecting seat and hexagonal socket head screw(M8×16) in sequence, and use an L-type cross head hex wrench 6#(B) lock until secure.



Installation Guide

STEP 7: Installation of bottle holder

As shown in the figure, remove the 2 hexagon socket head screw M6 pre-installed in the monitor stand ⑥,and align the bottle holder ⑭ with the slot in the monitor stand⑥,and push it in along the direction shown in the figure. Then, use the L-shaped head six corner wrench 5# (A) to align 2 hexagon socket head screws M6 with the holes, and lock the bottle holder.

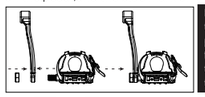


Installation Guide

Installation Guide

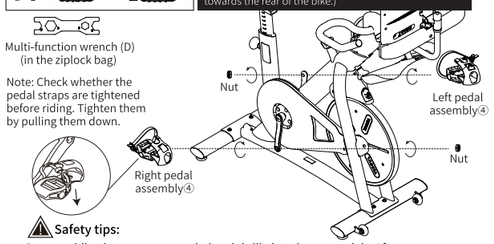
STEP8: Installation of pedal

1.Take the pedals out of the package;
2.Distinguish between the left and right pedals. The right pedal is marked with a blue "R" and the left pedal is marked with a red "L". (Pay attention to distinguishing the left and right pedals. If they are installed incorrectly, the crank threads will be damaged!);
3.Stand behind the seat and face the handlebar.Remove the nut pre-installed on the right pedal and install the right pedal to the right hand side on the crank, the foot pedal should be perpendicular to the crank installation opening.
Use a multi-function wrench (D) to lock it by turning it towards the front of the bike. Then align the removed nut with the thread and use a multi-function wrench (D) to lock it towards the tail direction;
4.Remove the nut pre-installed on the left pedal and install the left pedal to the left hand side on the crank,the foot pedal should be perpendicular to the crank installation opening. Use a multi-function wrench (D) to lock it by turning it towards the front of the bike. Then align the removed nut with the thread and use a multi-function wrench (D) to lock it towards the tail direction.
Note: During installation, correspond the red mark on the crank to the red mark on the pedal,and the blue mark on the crank to the blue mark on the pedal.



Multi-function wrench (D)
(in the ziplock bag)

Please first hand-thread the pedal into the crank, then use the multi-function wrench (D) to tighten the pedal assemblies L/R ④. (Note: The tightening directions for both the left and right pedals are towards the front of the bike, while the tightening directions for the nuts are towards the rear of the bike.)



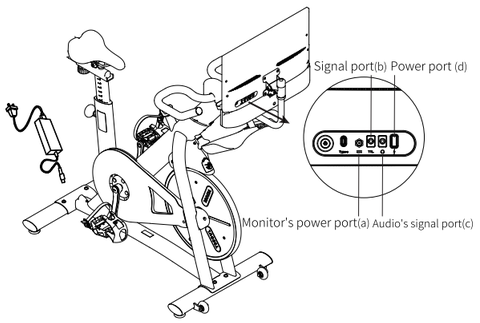
Note: Check whether the pedal straps are tightened before riding. Tighten them by pulling them down.

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 Guide

STEP 9 : Installation of connection cable

1. We recommend first insert the signal port (c) and power port (d) of the speaker into the jack at the bottom of the back of the monitor, then plug the power port (a) and signal port (b) of the monitor into the jack at the bottom of the back of the monitor. Be sure toplug them in tightly **(Matching the colors and specifications of the sockets. Ensure that the power cord is properly inserted and securely fastened);**
2. Select the appropriate full-featured C to C data cable (which supports DisplayPort (DP) signal output)and insert it into the Type C jack under the monitor**(Secure any excess wire with velcro)**;
3.Connect the power adapter ⑨ to the power jack at the rear under the frame ①. the indicator light is always on **(Please use the standard power adapter, unauthorized replacement of the power adapter may cause serious consequences).**

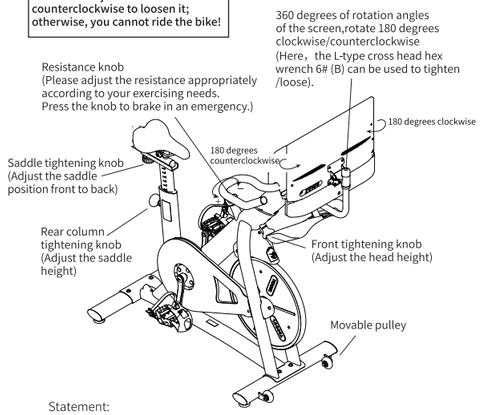


Note: Do not plug or unplug the monitor's interface without cutting off the power supply. Please unplug the power when not in use.

Installation Guide
(for reference only, subject to the actual product)

Safety tips:
Please adjust the back accordingto your physical condition before use; and tighten the body fastening knob.

Before the first use, please turn the resistance adjustment knob counterclockwise to loosen it; otherwise, you cannot ride the bike!

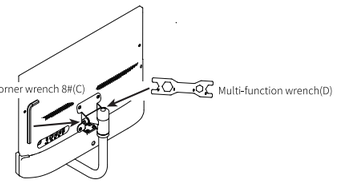


Statement:
This manual contains the functional introduction and operating instructions as much as possible when printed. With the continuous improvement of hardware and software and optimization of design, this manual may be inconsistent with the purchased product.
In case of any discrepancy in appearance,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

Precautions

Check screen

After the installation is complete, please check whether the screen will fall down when flipped up and down. If this happens, use an L-shaped head six corner wrench 8#(C) and an multi-function wrench (D) to tighten them as shown in the picture.(If there is any looseness during use or adjustments needed for the joints,you can adjust them according to this operation)



How to adjust the screen

Screen Adjustment:

1. Press and hold the "OK key" button for 6 seconds to power off the phone, and for 1-2 seconds to power it on.
2. The monitor is turned on, and when there is a screen projection signal, press the "OK key" button to activate the main menu within 1 second.
3. Use the Arrow key to navigate the main menu and select the desired item for adjustment. After selecting the item, press the "OK key" to adjust it. Press the "OK key" again to save changes and return to the upper-level menu.
4.Press and hold the left shortcut key for 10 seconds to display the version number.
5. After confirming the adjustment, move the joystick to the left to exit the current option.

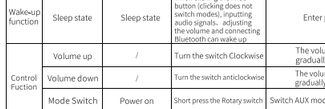
Operations to close the data window during screen projection:

1. Connect the screen projector and start projecting.
2. Press the "OK key" button to enter the main menu.
3. Scroll down using the remote to select "Settings," and then scroll right to enter the setting options.
4 Scroll down using the remote to select "BikeOsd," and then scroll right to enter the "BikeOsd" setting interface.
5. Select "OFF," and press the "OK key" button to confirm the option.
6. Continuously scroll left three times using the remote to exit the main menu.

(Five-way joystick buttons)

How to adjust the speakers -Optional

Audio function operation



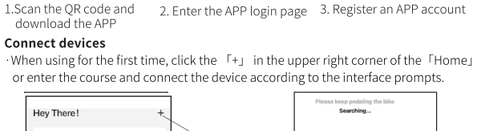
	Project	Pre-Condition	Operation steps	Effect	Tone	LED
On/Off	Power On	/	Short press the Rotary switch	Power-on beep (sound effect)	Red LED always on
	Power Off	/	Press and hold the knob button for 3 seconds	Power off	Shutdown tone (Power off)	Red LED goes out
Sleep state	Power On	/	The speaker has no AUX signal or Bluetooth signal input for more than 10 mins	The speaker goes to sleep	/	Red LED goes out
Wake-up function	Sleep state	Sleep state	When clicking the knob button (clicking does not switch modes), inputting audio signals、adjusting the volume and connecting Bluetooth can wake up	Enter pre-wake state	/	Red LED always on
Control Fuction	Volume up	/	Turn the switch Clockwise	The volume increases gradually as your rotation	Volume up to maximum with a tone (Tone)	/
	Volume down	/	Turn the switch anticlockwise	The volume decreases gradually as your rotation	/	/
	Mode Switch	Power on	Short press the Rotary switch	Switch AUX mode and Bluetooth mode	Switch to Bluetooth mode with beep (Bluetooth pairing on)	1.AUX mode: red light always on 2. Bluetooth mode: red light flashes quickly
	TWS pairing	Front and rear speakers powered on	Double-click the knob button of one of the front and rear speakers to pair	Front and rear speakers combined to play music simultaneously	Beep when pairing 3 times when pairing is successful (sound effects)	1.Red light flashes quickly 2. Pair pairing successful: red light always on
Pairing function	Bluetooth pairing	Power on	Click the knob button to switch the mode to Bluetooth mode	1. Pairing search status, red light flashes quickly 2. If pairing times out in 10mins, it will enter sleep state	Shutdown tone (Power off)	Red LED flash quickly
	Switch to Pairing mode if the bluetooth can be found by other devices	Power on	Open the bluetooth and Search on the devise	Bluetooth device searches for "Wireless Speaker" and connects, successful pairing announces a tone(Connected)	The tone of successful connection (Connected)	Red LED always on
	Disconnected	Connected	Close your devise bluetooth function Cancel the pairing by the devise Disconnect the bluetooth connection by Devise	1. Announcement tone (Disconnected) 2. Speaker enter the pairing mode	Disconnect tone (Disconnected)	Red LED flash quickly
	Reconnected-back to BT range	Disconnected	1. Connected with devise, the bluetooth disconnected after move the devise out of the BT range 2. It reconnected successful if back in BT range within 10mins	1. After over-distance disconnection, the speaker enters the pairing state and the red light flashe quickly 2. After 10 mins, no device is connected and the speaker enters sleep state	Disconnect tone (Disconnected)	Red LED flash quickly
				Reconnected successful with devise	The tone of successful connection (Connected)	Red LED always on
	Reconnected	Bluetooth mode (paired with devise before)	Switch to bluetooth mode, spkeaker try to reconnect with the last devise	If unable to reconnect within 10mins, enter sleep state	The tone of successful connection (Connected)	Red LED always on
	Factory Reset (In AUX mode and Bluetooth mode)	Power On	In AUX mode or Bluetooth mode, triple-click the button on one of the front and rear speakers	1. Restore to the default boot state (enter AUX mode) 2. Clear Bluetooth connection records and clear front and rear speakers Pairing record, volume restored to default volume (maximum volume 50%) 3. Enter AUX state	Recovery success tone (Audio mode)	Red LED always on
				4. The rear camera enters the pairing state	/	Red LED flash quickly

Note: When your phone is connected to the speaker via Bluetooth and connected to wired screen projection, please switch the speaker to AUX mode.

APP usage instructions

APP installation registration

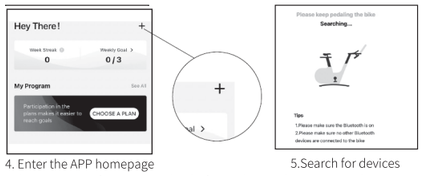
·You can scan the QR code below to download the APP and register an APP account.



1.Scan the QR code and download the APP
2. Enter the APP login page
3. Register an APP account

Connect devices

·When using for the first time, click the 「+」 in the upper right corner of the「Home」 or enter the course and connect the device according to the interface prompts.



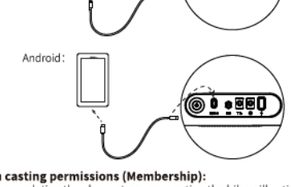
4. Enter the APP homepage
5.Search for devices

·For subsequent use, just step on the device and open the sports mode or course of the APP to automatically connect.
·The device does not support simultaneous connection of multiple mobile phones. Please confirm that no other users are connected to the device at this time before use.
·After shutting down, Bluetooth will be automatically disconnected.
·In addition to connecting with YESOUL FITNESS APP, Bluetooth can also be connected with Kinomap and Zwift software.

Kinomap Zwift

About wired projection screen

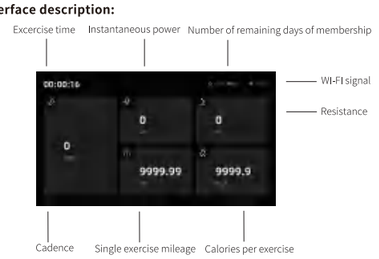
Installation instructions for wired screen projection:
1. Take out the data cable,
Note: There are two data cables for Android and iOS included in the package. Please use the appropriate one according to your phone model;
2. Connect the Type-C interface of the data cable to the screen;
3. Connect the Type-C or Lightning interface of the data cable to the phone.
Note: Android phones need to support DisplayPort (DP) signal output in order to use the wired screen projection function normally.



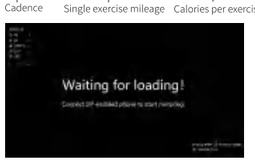
Screen casting permissions (Membership):
1. After completing the above steps, connecting the bike will activate screen casting permissions, allowing you to use the screen casting function.
2. Once the bike has activated screen casting function permissions, it can share the function with up to 4 other non-member accounts (a total of 5 shared accounts).
Note: (1) Among the 5 most recently paired accounts with the bike, at least 1 must be a member; otherwise, the screen casting function will be disabled.
(2) Member accounts can only activate the bike they are initially paired with.
For any changes, please contact customer service.

About display interface

Display interface description:



No screen projection interface



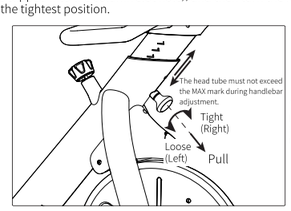
This interface will appear under the following circumstances:
1. Waiting for screen casting.
2. The access device does not support screencasting.
3.ipad or iPhone first time access untrusted devices.
If this interface suddenly appears during normal use, please follow the steps below:
1. Turn off the phone and device, power off and restart both;
2. Check if there is dust or debris in your phone' s charging port and clean the port;
3. Insert the data cable into the phone, make sure it is inserted tightly and firmly, and try to establish the connection again.

Member screen mirroring connection

How to Adjust Bike

1 .Handlebar height adjustment:

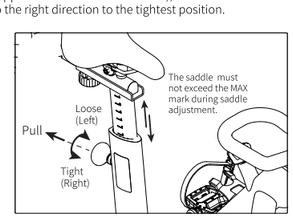
Rotate the front column knob in the left direction for 4-5 turns using one hand, pull it out and hold it, hold and lift up (or press down) the handlebar using another hand to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the "click" sound indicates that the knob has slipped into the column slot hole), and then turn the knob to the right direction to the tightest position.



***Note: Before locking, please make sure to align the holes and do not exceed the MAX line.**

2. Saddle height adjustment:

Rotate the front column knob in the left direction for 4-5 turns using one hand, pull it out and hold it, hold and lift up (or press down) the seat using another hand to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the "click" sound indicates that the knob has slipped into the column slot hole), and then turn the knob to the right direction to the tightest position.

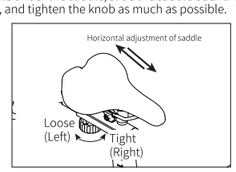


***Note: Before locking, please make sure to align the holes and do not exceed the MAX line.**

How to Adjust Bike

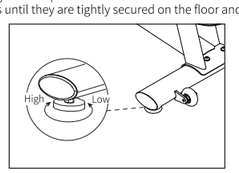
3.Horizontal adjustment of saddle:

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



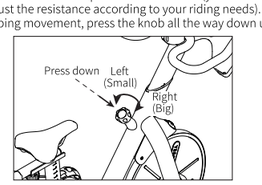
4.Body level adjustment:

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.



5.Emergency brake adjustment:

When not in use, turn the knob to the right to the bottom to lock it. When riding, turn the knob to the left to the top to unlock the knob (you can turn the knob left and right to adjust the resistance according to your riding needs).In case of emergency braking or stopping movement, press the knob all the way down until it stops.



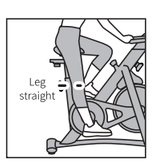
How to Determine Correct Riding Posture

1. Setup of correct saddle position

Saddle height

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

(Fig. 1)

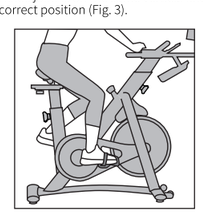


(Fig. 2)

Horizontal position of saddle

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).

3 o' clock: the right crank is parallel to floor in the right direction

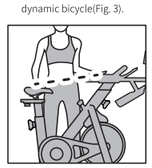


(Fig. 3)

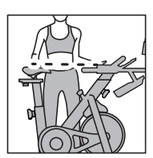
How to Determine Correct Riding Posture

2. Setup of appropriate handlebar height

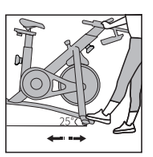
Each user can set up the appropriate handlebar height based on his or her body height and riding experience.
We recommend: For new users (Fig. 1), the handlebar height should be slightly higher than the saddle, for experienced users (Fig. 2), the handlebar height should be level with or slightly lower than the saddle. For users with lumbar muscle strain or lumbar spondylosis, it is recommended to ride with a doctor's consent and to adjust the handlebar to a higher position.
Press down the armrest to raise the foot tube by more than 25 °, and use the moving pulley to drag the dynamic bicycle(Fig. 3).



(Fig. 1)

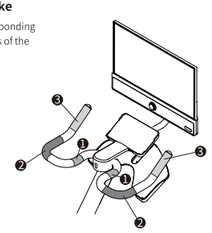


(Fig. 2)



(Fig. 3)

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.

❶ Hand position 1
❷ Hand position 2
❸ Hand position 3