

此页为备注页, 不用印刷

骑马钉整面展开 296*210mm

装订版单页尺寸 148*210mm

整面出血线 3mm

双面印刷

共18面

封面封底铜板纸 128g

内页铜板纸 80g

■ PANTONE 193 C

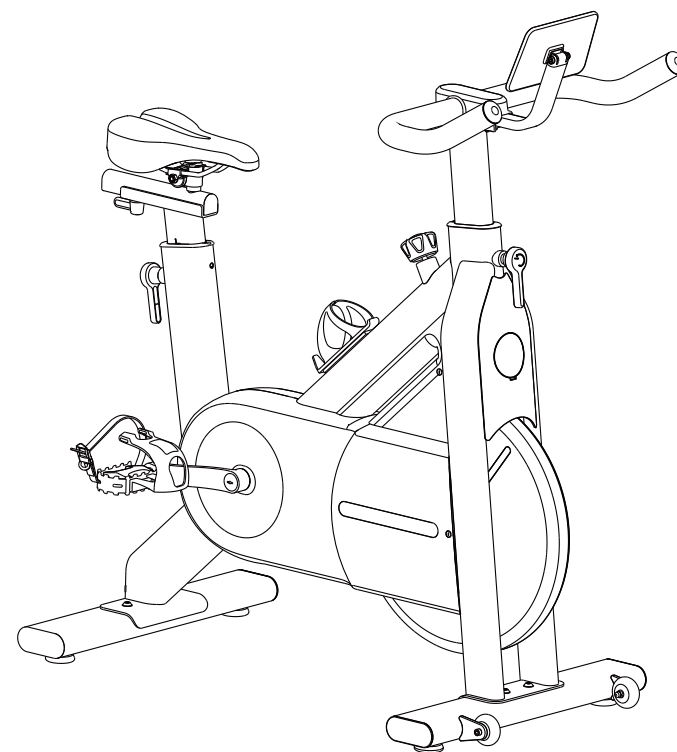
■ PANTONE Black 6 C

CUSTOMER SUPPORT

North America service@yesoulfitness.com



YESOUL BIKE C1



Please read this important information booklet carefully before you use the machine and save it for further future reference.

MADE IN CHINA

V2.0

WARRANTY

30-Day Money-Back Guarantee for Any Reason



You may return your product within 30 days of purchases to receive a FULL REFUND for any reason. But if the reason for return isn't quality-related, the customer must pay for the return shipping.

6-Month Warranty for Quality-Related Issues



YESOUL warrants its products to be free from defects in material and workmanship, under normal use, during the warranty period. Within 6 months, YESOUL will provide a replacement and cover any return shipping costs for products that fail in normal use.

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IMPORTANT PRECAUTIONS



To reduce risk of injury to persons, read carefully all precautions and instructions before operating the bike. It is the owner's responsibility to ensure that all users are aware of all warnings and precautions. Use only as described. Improper use of this equipment may result in serious injury or death. MEKBELT is not responsible for damage or injury caused by inappropriate use.

1. Consult a physician before beginning any exercise program. Inappropriate training may result in serious accident or injury during exercise.
2. If you experience a shortness of breath, chest pains or a heavy feeling around your sternum, suffer serious headaches, deep, raspy coughing fits, or feel dizzy or cannot stand up straight, stop exercising and consult your physician.
3. The appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
4. To prevent injury, keep children under 14 and pets away from the exercise bike, keep a close eye on children or pets when they close to the machine.
5. The maximum weight limits **265** pounds, do not use the bike if you are in excess of **265** pounds.
6. Set up and operate this exercise bike on a firm level surface.
7. This bike is for indoor use only. Do not store the bike outdoors, near water, or at high humidity levels.
8. To prevent injury and ride comfortably, always check the seat and handlebars are securely fastened and adjust their angles to your personal need.
9. Examine this machine for loose parts or signs of wear. Pay special attention to the seat, pedals, and crank arms.
10. The resistance knob can be used as an emergency brake. Push straight down on the resistance knob to engage the emergency brake.
11. Keep hands, hair and loose clothing items (like shoelaces) away from the moving parts during use.
12. Be especially careful when mounting or dismounting the exercise bike, and always be cautious when getting on and off.
13. Never ride the bike barefoot.
14. Metrics on the APP may be inaccurate. Values should be used for reference only.

FCC Caution:

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

Note:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition without restriction.

Q3. Exercise bike cannot connect to APP.

- Perhaps the AA battery is out of energy, replace new batteries and make sure the new batteries are correctly positioned.
- In order to activate your bike, and to connect it to your mobile devices, Bluetooth must be turned on on your mobile devices.
- Stop other devices from connecting to your bike, and try connecting again.
- Riding your bike at least 5 seconds to pair with mobile devices.

STORAGE AND MAINTENANCE

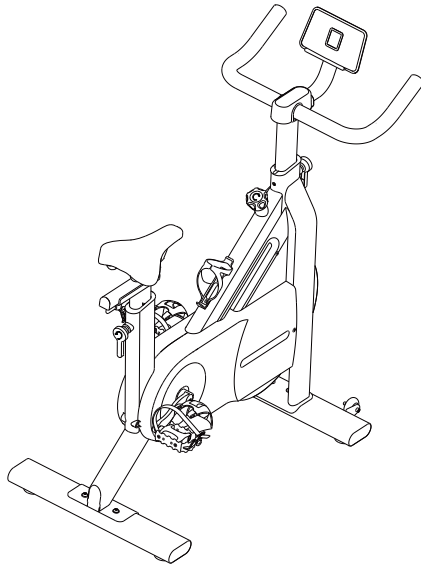
01 DAILY MAINTENANCE

1. Wiping the bike clean at the end of class or workout to prevent rust from building up.
2. Never spray cleaner directly on the frame, and never use abrasive or oil based cleaning products, as this can strip the paint from the frame.
3. Never use wet cloth to clean the exercise bike.

02 MONTHLY MAINTENANCE

1. Check pedals to make sure there is no grinding noise.
2. Inspect belt/chain for wear.
3. Inspect crank arm and drive sprocket, adjust as required.
4. Inspect and lube seat post.
5. Test and adjust belt tension.

SPECIFICATIONS



Brand	YESOUL
Product Name	Exercise Bike
Model Number	YS-BC1
Resistance Mechanism	Magnetic Resistance
Connection Method	Bluetooth
Battery Type	2 x 1.5V AA Battery
Drive System	Belt
User Height Range	4'11"-6'3"/150-190 cm
Maximum User Weight	265 lb/120 kg

TROUBLE SHOOTING

This part summarizes the most common problems you could encounter with the stationary bike. If you are unable to solve the problem with the information below, please feel free to contact service@yesoulfitness.com for assistance.

Q1. The exercise bike make a grinding noise when ride it.

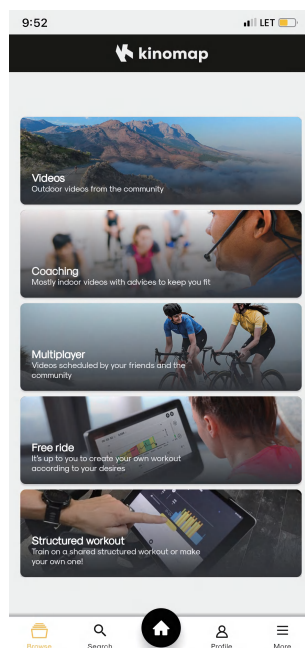
- Some noise from the stationary bike is normal during operation due to the movement of parts and friction.
- Ensure the bike is sitting flat on the floor, try a different floor position or adjust the screw feet if required.
- Perhaps the pedal is loose or something wrong with the crank connection. Remove pedals, and make sure there is no debris on threads, and reinstall the pedals.
- Loose fixings on pedals, seats and handlebars can cause 'clicking' and knocking noises. Tighten any loose bolts and screws on your bike from top to bottom, ensure they are snug.

Q2. The seat is unstable.

- There is a maximum value of the seat height adjustment. For safety concerns, please make sure not to exceed the maximum height.
- Perhaps bolts of your seat are loose, tighten bolts to make seat stable.

5 Choose training mode



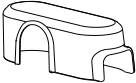




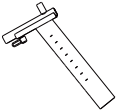
Take "Free ride" as an example.



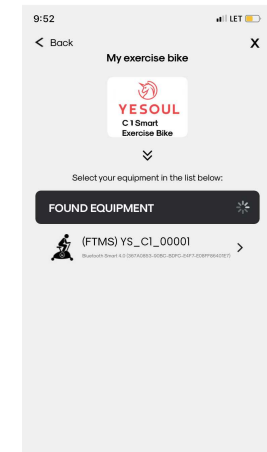
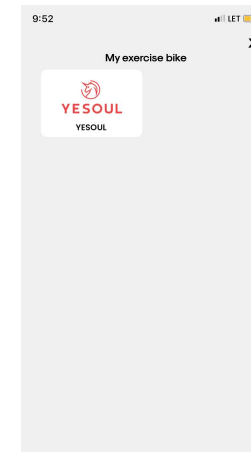
SETTING UP YOUR BIKE

PACKING LIST

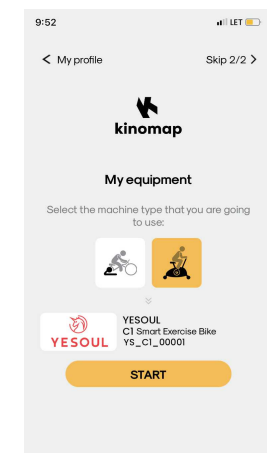
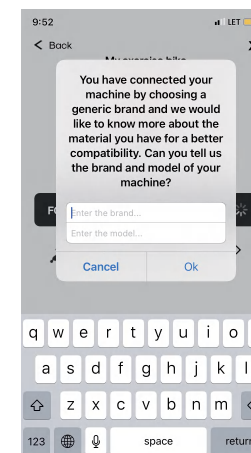
Number	Name	Quantity	Accessory Drawing
①	Main Frame	1	
②	Front Stabilizer (With two screws)	1	
③	Rear Stabilizer (With two screws)	1	
④	Pedals (Left & Right)	2	
⑤	Handlebars	1	
⑥	Tablet Holder	1	
⑦	Handlebar Post	1	

Number	Name	Quantity	Accessory Drawing
⑧	Tablet Holder Post (with 2 screws)	1	
⑨	3 x Washer	3	
⑩	Cover	1	
⑪	3 x Hexagon Socket Head Screw M6 x 30mm	3	
⑫	1 x Hexagon Socket Head Screw M8 x 12mm	1	
⑬	Bottle Holder	1	
⑭	Seat	1	
⑮	Seat Post	1	

3 Click "YESOUL", then click "C1 Smart Exercise Bike" and pedal your bike to complete the pairing.



4 Enter the brand and model



How to Connect **Kinomap** APP

Via bluetooth connection, Kinomap App helps record your workout data on the bike, enabling a visible performance analysis and tracing of your riding. Kinomap App provides multiple training modes

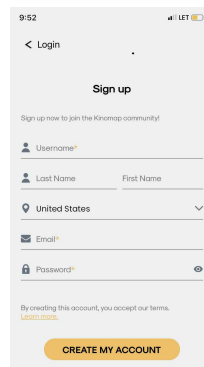
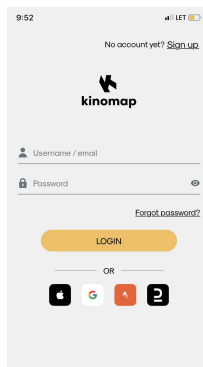
Download Kinomap from App Store/ Google Play.



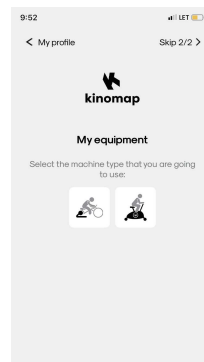
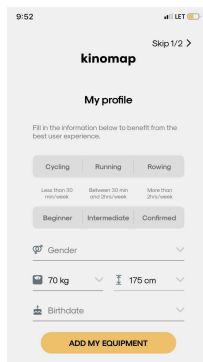
Kinomap



1 Create and Log in your Kinomap account.

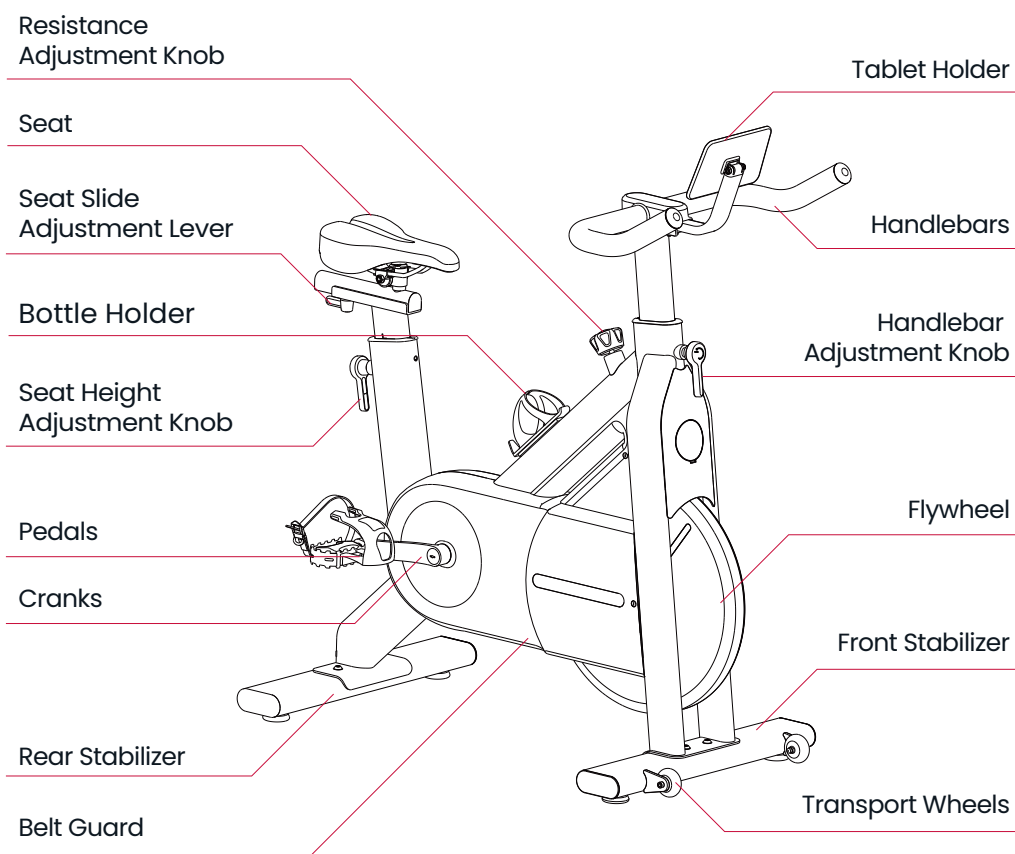


2 Create your own profile, and choose the second icon "Exercise Bike".



Number	Name	Quantity	Accessory Drawing
A	Hex Key with Philips Screwdriver Head(#6)	1	
B	Hex Key(#5)	1	
C	Hex Key(#4)	1	
D	Wrench	1	
For easy installation, some accessories have been pre-installed on the body of the bike			

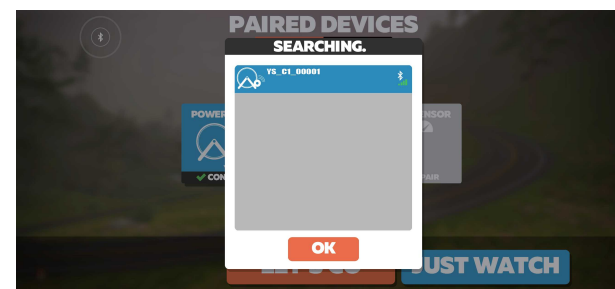
Overview



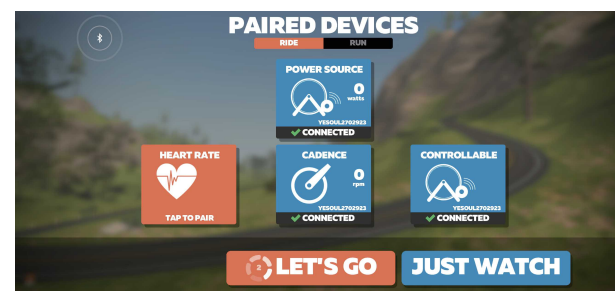
Due to different batches production, the illustrations of some accessories may slightly differ from actual items.

Please refer to the actual items.

3 Select your bike and click "OK" to confirm.



4 After paired successfully, click "LET'S GO" to start your training.



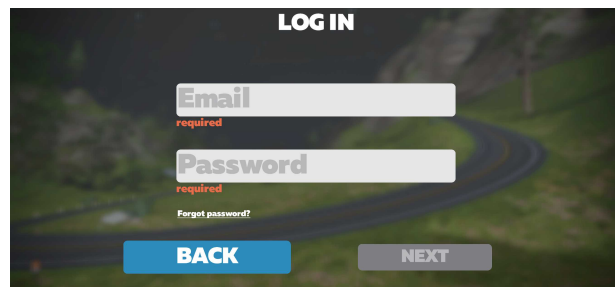
How to Connect **Zwift** APP

Zwift is an app for cyclists, runners, and triathletes that makes indoor training fun. Reach your fitness goals within virtual worlds designer for riding alongside a global community.

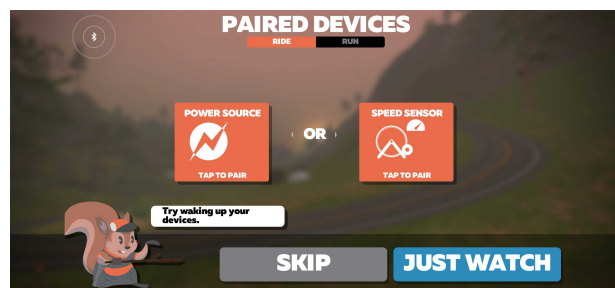
Download Zwift from App Store/ Google Play.



1 Create and Log in your Zwift account.



2 Select POWER SOURCE on the main interface, and try riding your bike to pair.



ASSEMBLY

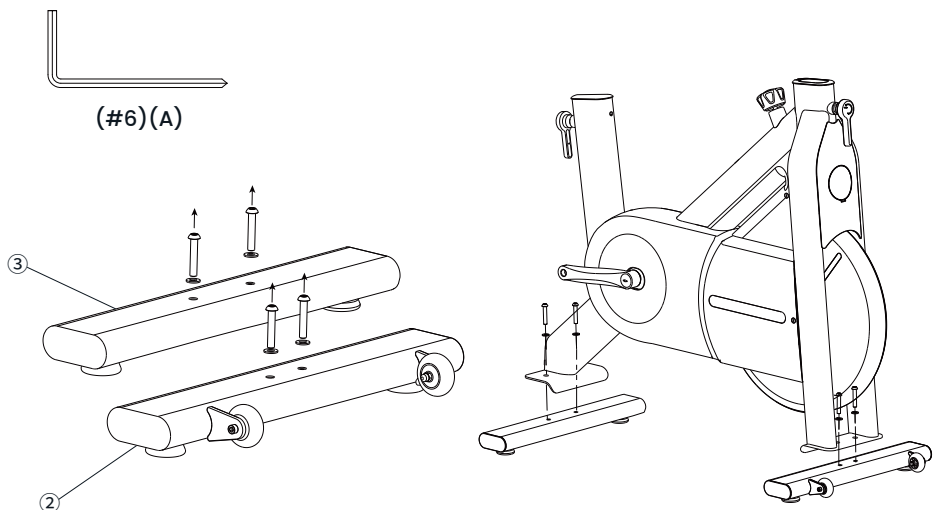
Basic Assembly Tips

- Place the bike on a solid, level and horizontal surface.
- It is better to use a mat to avoid damage to the floor.
- Allow a workout area of 24" (60cm) each side of the bike.
- The assembly requires two people.
- Please follow the instructions step by step, otherwise damage may occur to the bike.

1 Attach Stabilizers to the Main Frame of the Bike

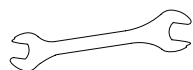
Note: The foot screws are pre-installed and not in the ziplock bag, please remove them with provided hex key (#6)(A) and set them safely aside.

- Attach Front/ Rear Stabilizer②③ to frame with two washers and two hexagonal screws and then tighten firmly by using provided hex key (#6)(A).

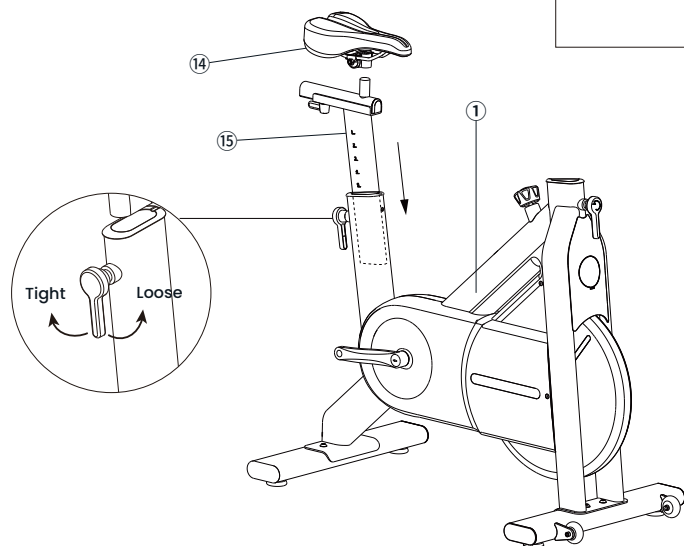
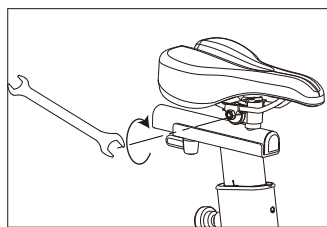


2 Install Seat and Seat Post

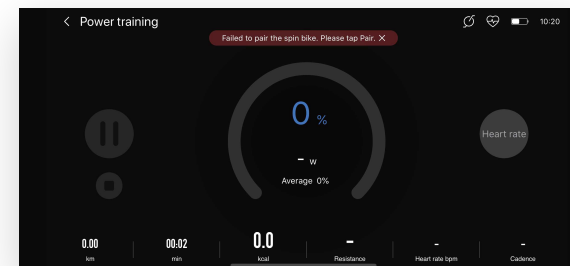
- Insert Seat Post¹⁵ into Main Frame¹ in the direction indicated by the arrow, make sure the scale on the seat post coincides with the top surface of the tube of bike frame, and then tighten by hand turning the handle clockwise.
- Place the Seat¹⁴ onto the Seat Post¹⁵, and tighten clockwise with the provided open-ended wrench (D).



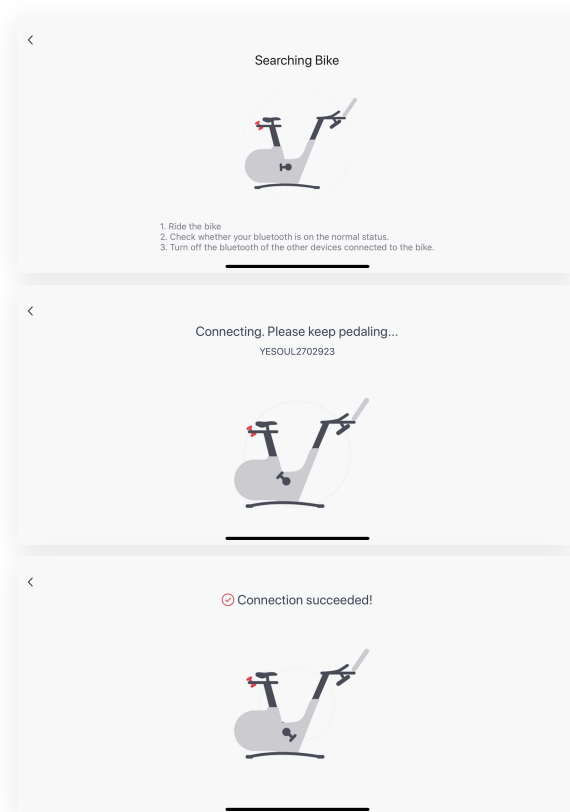
(D)



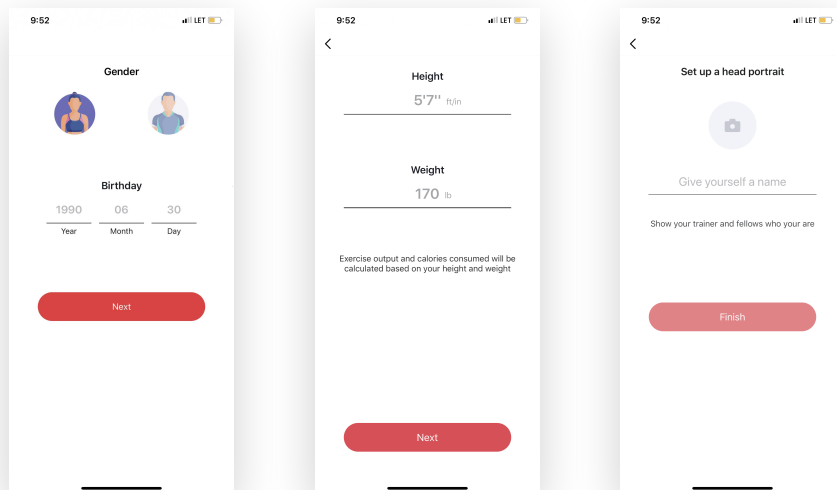
5 Make sure to turn on bluetooth on your smartphone/tablet.



6 Ride your bike when pairing with your smartphone/tablet.

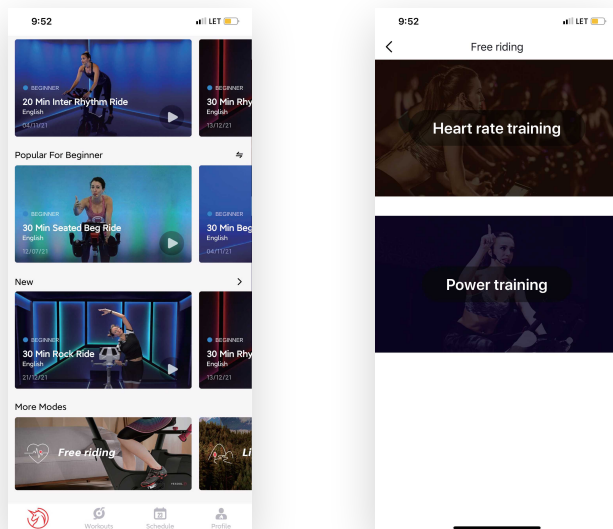


2 Creat your Own profile.



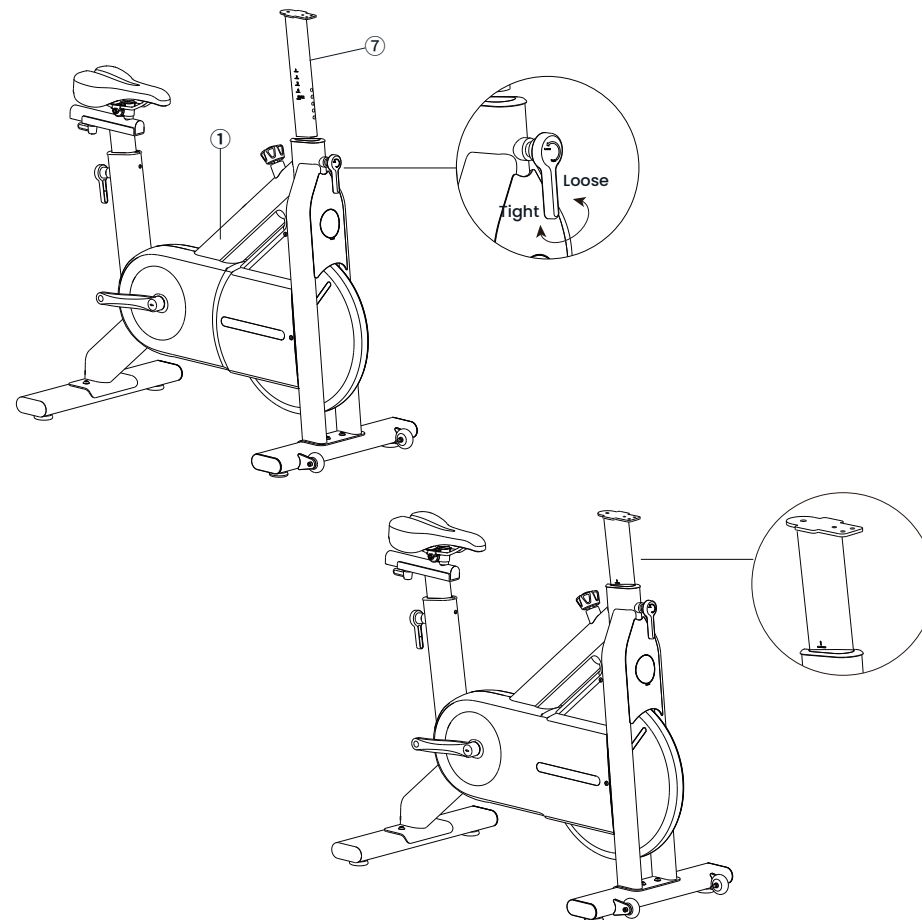
3 Connect bike to your smartphone/ tablet via Bluetooth.

Take Free riding > Power training as an example.



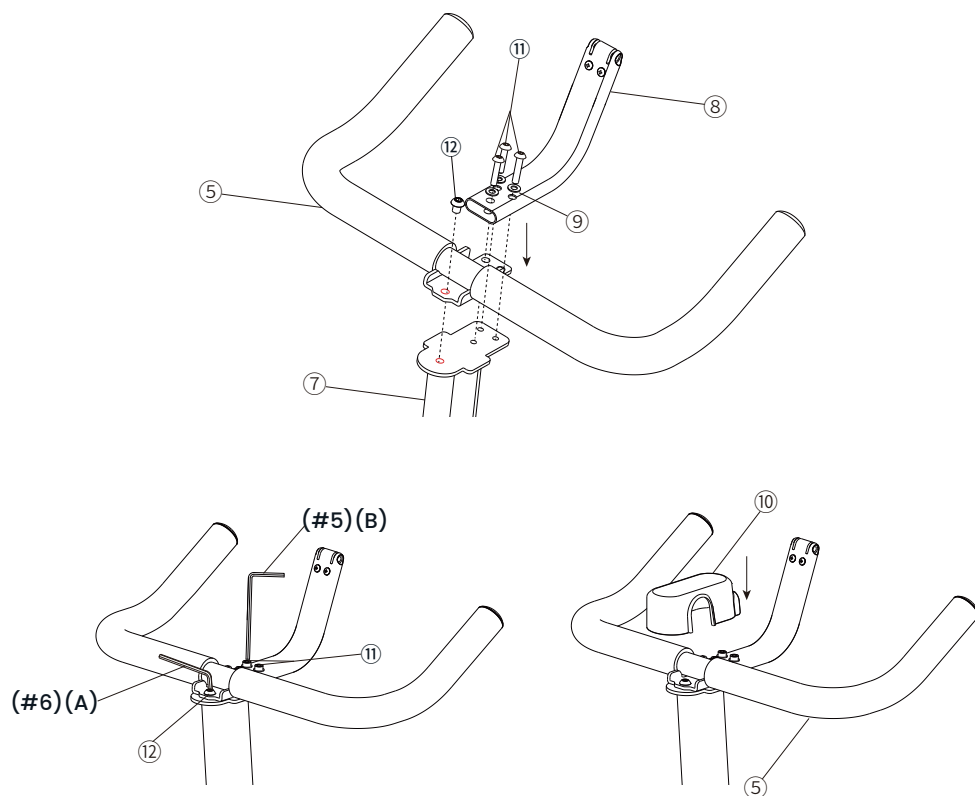
3 Install Handlebar Post to Main Frame

- Turn handlebar adjustment lever counterclockwise to loose it, then insert Handlebar Post⑦ into the Main Frame①.
- Hold the handlebar adjustment lever and move the Handlebar Post⑦ upwards or downwards to desired position.
- Full tighten by hand turning the handlebar adjustment lever clockwise.



4 Install Handlebars to Handlebar Post

- Take one hexagon socket head screw M8x12^⑫, three hexagon socket head screws M6x30^⑪ and three Washers^⑨ out of the ziplock bag.
- Align the holes on the Handlebar Post^⑦ with the holes on Handlebars^⑤, and manually rotate the hexagon socket head screw M8x12^⑫ into the hole as indicated (no need to tighten at this time); Align the holes on the handle of the Tablet Holder Post^⑧ to the hole on the Handlebars^⑤, and secure using 3 hexagon screws and 3 washers to tighten them.
- Use the hex key (#6)(A) to secure the hexagon socket head screw M8x12^⑫, and then tighten 3 hexagon socket head screws M6x30^⑪ with hex key (#5)(B).
- Fasten the cover^⑩ on the handlebars^⑤.



CONNECTING YOUR MOBILE DEVICES

How to Connect Yesoul Sports APP

Via bluetooth connection, Yesoul Sports App helps record your workout data on the bike, enabling a visible performance analysis and tracing of your riding. Yesoul Sports App offers a variety of online courses that meet different training goals, bringing you professional and scientifically effective fitness guidance.

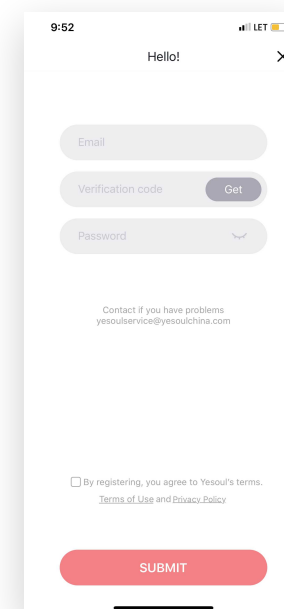
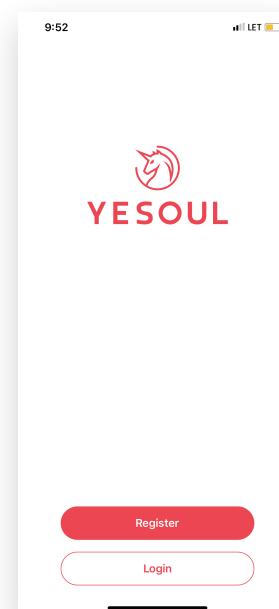
Download Yesoul Sports from App Store/ Google Play or by scanning QR code.



Yesoul Sports

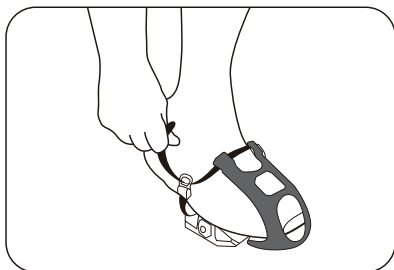


1 Create an Account and Log in.



Pedal Strap Adjustment

- Pedals with straps ensure secure footing to the exercise bike, to ensure a healthy foot position, the front half of your foot should be placed on the pedal with strap tightened over the top of your foot. Be careful not to strap too tight or too loose, too tight may cut off circulation to your feet while riding, while your feet may slip out of the pedals and cause injury if it is too loose.



Resistance Adjustment

- To increase the resistance and workload, turn the resistance adjustment knob clockwise. To reduce the resistance, turn the **Resistance Adjustment Knob** counter-clockwise. The range of movement of the **Resistance Adjustment Knob** is 0% to slightly past the 100% level of resistance (locked Flywheel). Do not turn the **Resistance Adjustment Knob** past the range of movement. If turned past the range of movement, damage to the machine may occur.

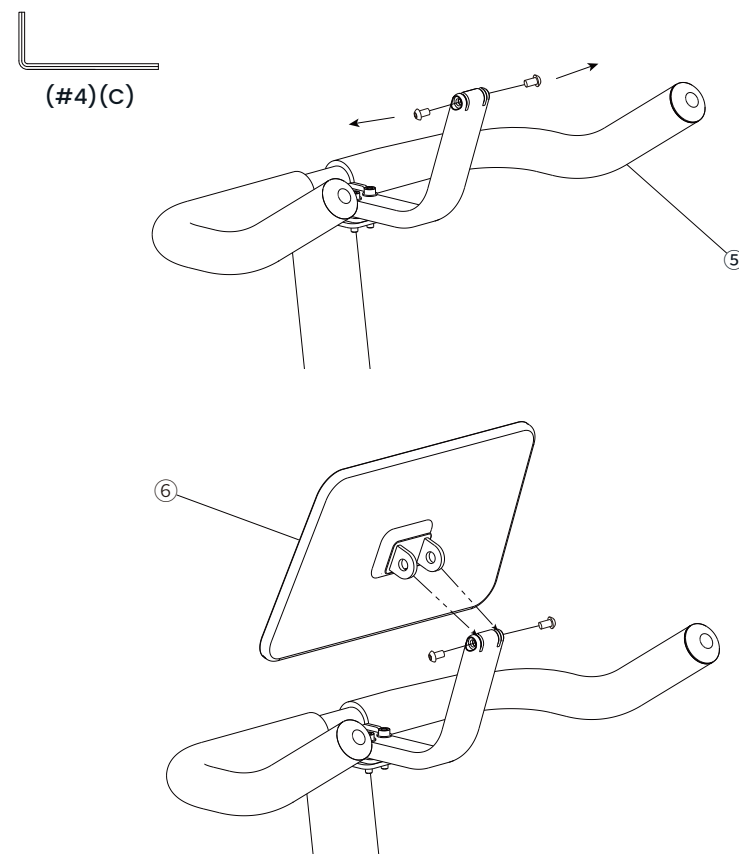
- **Note:** The **Resistance Adjustment Knob** can be used as an emergency brake. Push straight down on the resistance knob to engage the emergency brake.



5 Install the Tablet Holder

Note: The tablet holder screws are pre-installed and not in the ziplock bag. Please remove with provided hex key (#4)(C) and set them safely aside.

- a. Take the hex key (#4)(C) out of the ziplock bag.
- b. Remove the tablet holder screws with provided hex key (#4)(C)
- c. Attach the Tablet Holder⑥ to the Handlebars⑤ and finger tighten the screws, and then secure with provided hex key (#4)(C).



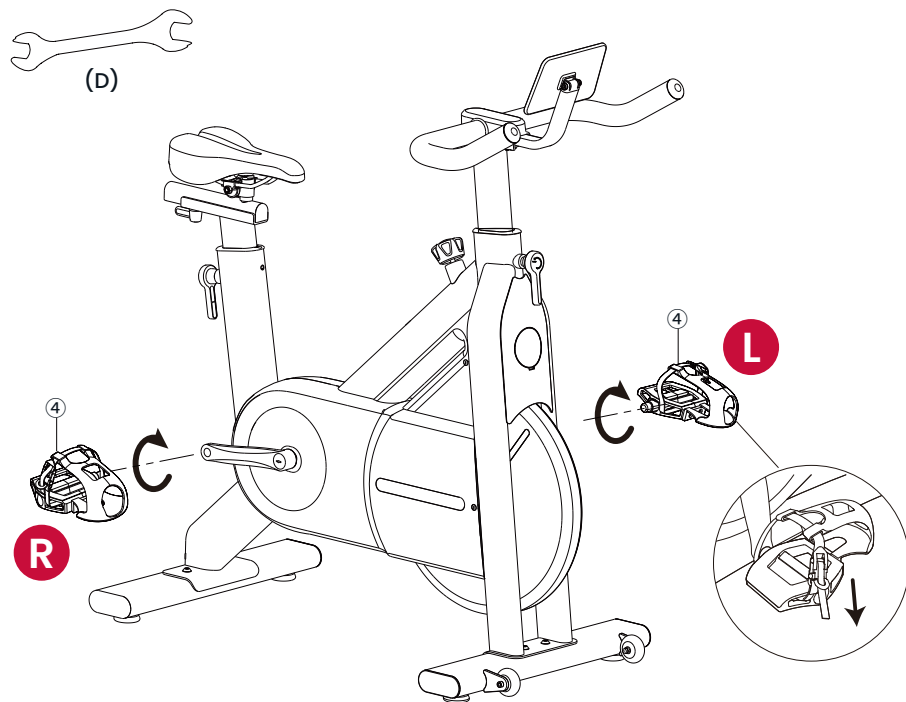
6 Install Pedals to the Exercise Bike.

Note:

1. Begin by identifying the right and left pedals. Look for "L" and "R" marking on Pedals④.
2. For easy installation, set the resistance to maximum value before installing the Pedals④.

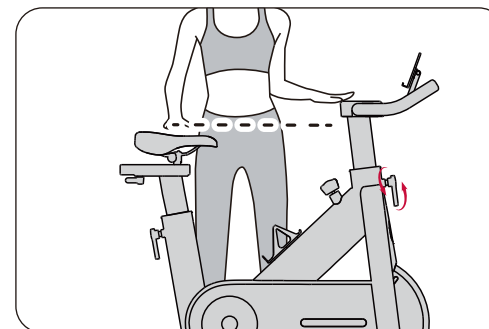
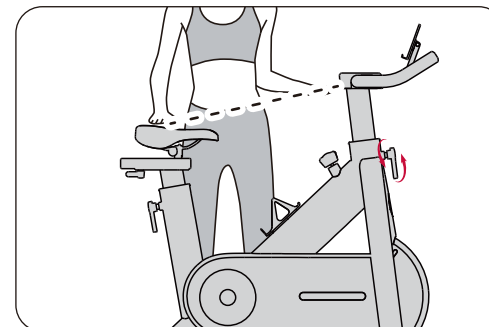
- a. Thread right side pedal into right crank by hand turning the pedal axle **towards the front of the bike (Clockwise)** with your **left hand**, and full tighten them with the provided wrench (D).
- b. Thread left side pedal into left crank by hand turning the pedal axle **towards the front of the bike (Counterclockwise)** with your **right hand**, and full tighten them with the provided wrench (D).

Note: We will not recommend for anyone with a bike to ride backward. Pedaling backward may loosen the pedals and result in damage or injury.



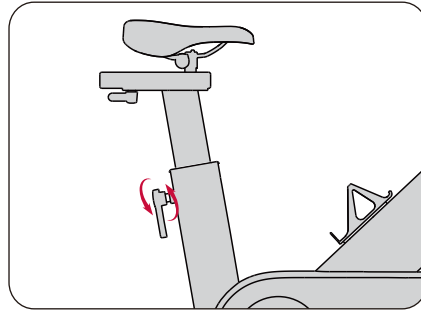
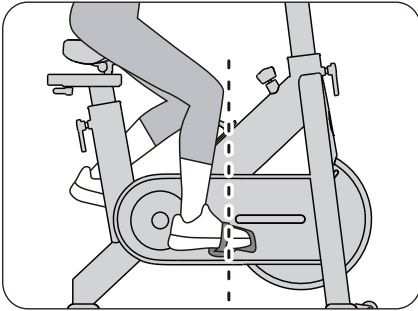
Handlebar Adjustment

- The position of the handlebars is determined by your riding style and desired comfort. A higher handlebar position is more forgiving than lower position. A position that is too low will lead to discomfort in the low back and put unnecessary tension into the neck and shoulders.
- **Recommendation:**
The handlebars should be within a few inches higher than the saddle for fitness beginners. While the handlebars can be slightly lower than the saddle for experienced exercisers.
- Loosen and pull the **Handlebar Adjustment Knob** to adjust the handlebars to your desired height.
- **Note:** Check the height of your handlebars. When your hands are resting on grips, your spine should be in a neutral position, meaning no arch or curve.



Saddle Distance Adjustment

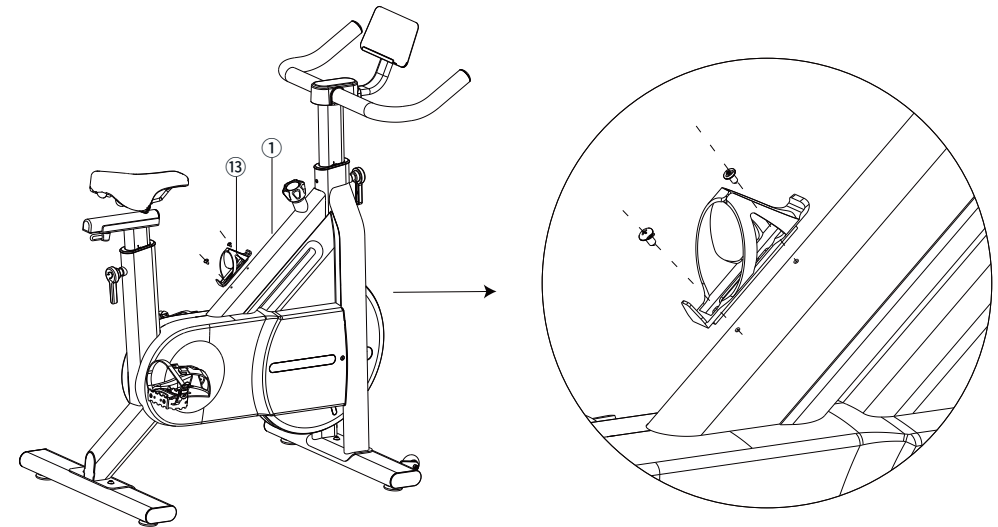
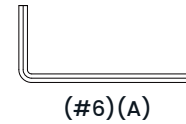
- The position of the saddle forward and backward is determined in part by your height, but your flexibility and riding approach will also impact the position. As you riding on the bike, make sure that your front knee should be right down to the middle of the pedal.
- Loosen and pull the **Seat Slide Adjustment Lever** to adjust the seat to your preferred distance.



7 Install the Bottle Holder

Note: The bottle holder screws and washers are pre-installed and not in the ziplock bag. Please remove them with provided hex key (#6) (A) and set them safely aside.

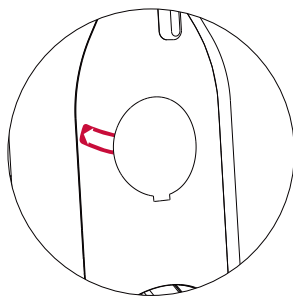
- Remove the bottle holder screws with the hex key (#6) (A).
- Align the holes on Bottle Holder¹³ with the holes on Main Frame¹, secure using 2 washers and 2 bottle holder screws with the provided hex key (#6) (A) to tighten them.



8 Activate and Replace Battery

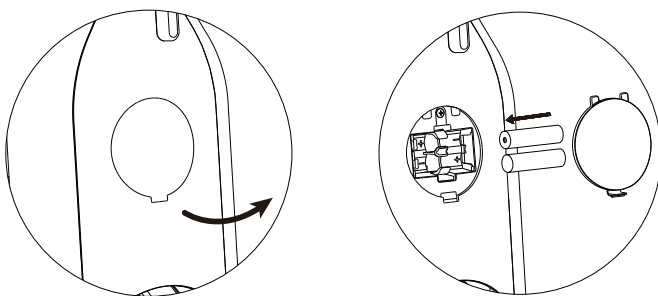
1. To activate the battery

- The battery is attached a battery insulating pull tab, it will protect battery and circuitry during shipping and handling. The insulator should be pulled out to activate the battery before you would like to connect to your mobile devices.



2. To replace battery

- Remove the battery cover, position 2 x AA battery in place of the old one, make sure new batteries are correctly positioned.
- Re-install the battery cover.



GETTING STARTED

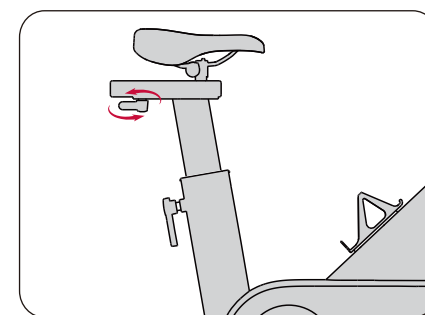
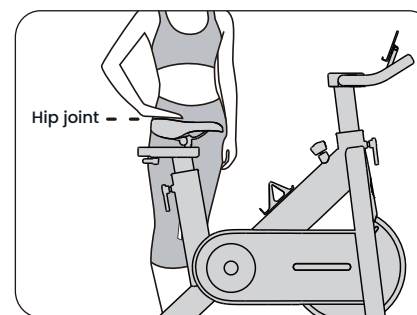
Before Doing Exercise

- Consult a physician before you start an exercise program, and stop exercising if you experience a shortness of breath, serious headaches, or feel dizzy. Contact your doctor before you use the machine again.
- Use the values collected by Apps for reference purpose only.
- Wear rubber-soled athletic shoes, and wear appropriate clothes for exercise that allow you to move freely.

Saddle Adjustment

Saddle Height Adjustment

- Suitable seat placement encourages exercise efficiency and comfort, while reducing the risk of injury.
- The top of the seat should be in line with your hip joint. Place your thumb on top of your hip joint and make sure your palm lies flat on top of the bike seat.
- Loosen and pull the **Seat Height Adjustment Knob** to adjust the seat to your desired height.



FCC Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.