



**Free courses**

Schematic diagram:  
Downward the mobile phone software

Connect to G1-MAX



**1. Account registration:**


- 1) Please connect to the G1-MAX cycling bike, and open the display. Use the third-party software in the mobile phone to scan the QR code on the screen, or input the short link in the screen to download the YESOUL APP;
- 2) After installing the YESOUL APP in the mobile phone, register the mobile phone APP account;
3. After account registration, click the "+" in the top-right corner of the mobile phone to connect the mobile phone APP to the G1-MAX device. After WIFI configuration, start to use the G1-MAX;

**2. Start riding:**

- 1) When you connect the mobile phone APP to the G1-MAX, the connection status can be checked in the left top corner of the APP;
- 2) You can select any training mode or course in the mobile phone APP to start riding;
- 3) Use the mobile phone APP to adjust the quality and control the voice for G1-MAX during riding.

**3. About our membership:**

- 1) Newly registered users of the Chinese version of APP-YESOUL will get the membership free of charge granted along with the cycling bike;
- 2) Registered users of the international version of YESOUL FITNESS will get 30-day experience period free of charge for the first signing subscription.

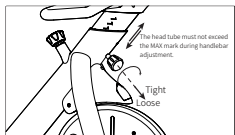
Company Name	FUJIAN YESOUL HEALTH TECHNOLOGY CO., LTD.
Product Name	YESOUL BIKE G1 MAX
Add	RM B616, BLDG., No.1, STRAIT ECONOMIC AND TRADE PLAZA, FUZHOU FREE TRADE ZONE.
Grade	HC
Executive standard	ISO 20957-1:2007/ISO 20957-10:2007 (GB 17496.1-2008 GB 17496.10-2008 ASTM F 1226/ASTM F 2276
FCC ID	2A3YB-VSGB1MAX
	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.



**How to Adjust Bike**

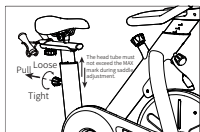
**1. Handlebar height adjustment:**

Turn the handle to the right with one hand, and hold the middle part of the handlebar with the other hand, and lift (or press) the handlebar to the desired position. Then turn the handle to the left until it is tightened.



**2. Saddle height adjustment:**

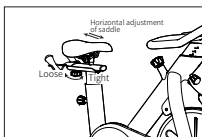
Turn the handle to the left with one hand, and hold the middle part of the handlebar with the other hand, and lift (or press) the handlebar to the desired position. Then turn the handle to the right until it is tightened.



**How to Adjust Bike**

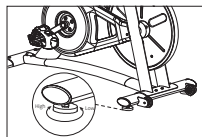
**3. Horizontal adjustment of saddle:**

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.



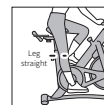
**How to Determine Correct Riding Posture**

**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, and step on the pedals loosely until they are stopped at 9 o'clock and the leg can be fully stretched (Fig. 2).



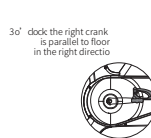
(Fig. 1)



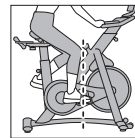
(Fig. 2)

**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.  
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)

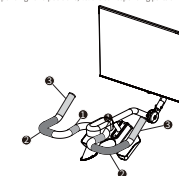


(Fig. 2)

**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.

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



**FCC Statement:**

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.

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.

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 equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This radiator should be installed and operated with minimum distance 20cm between the radiator & your body.

**RF exposure warning:**

This radiator complies with radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with Minimum distance 20cm between the radiator and your body.

此页为备注页,不用印刷

双胶纸70g

425\*360mm

双面印刷

1页30面

单色印刷