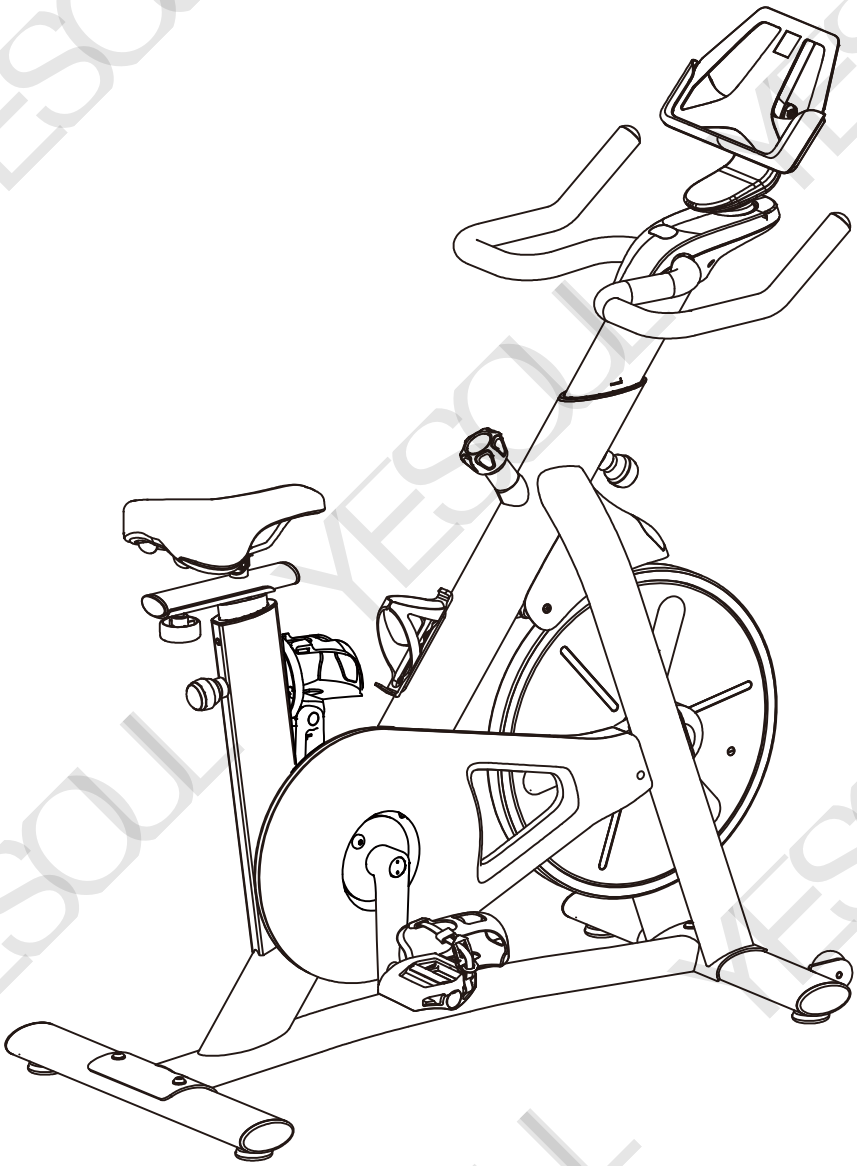
YESOUL

YESOUL Bike S3



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

1 IMPORTANT PRECAUTIONS P2

2 STORAGE AND MAINTENANCE P3
- Daily Maintenance
- Monthly Maintenance

3 SPECIFICATIONS P4

4 SETTING UP YOUR BIKE P5
- Packing List
- Overview
- Assembly

5 GETTING STARTED P12
- Before Doing Exercise
- Seat Adjustment
- Handlebar Adjustment
- Pedal Strap Adjustment
- Resistance Adjustment

6 CONNECTING YOUR MOBILE DEVICES P16
- How to Connect Yesoul Sports APP
- How to Connect Zwift APP

7 TROUBLE SHOOTING P21

8 WARRANTY P23

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. Yesoul 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 limit is 265 lbs, 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 saddle 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 saddle, 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.

STORAGE AND MAINTENANCE

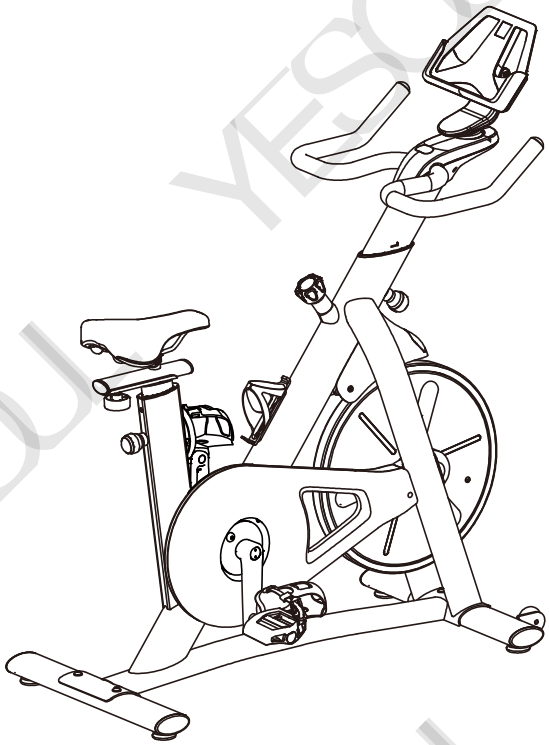
01 DAILY MAINTENANCE

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. Lubricate drive chain.
4. Inspect crank arm and drive sprocket, adjust as required.
5. Inspect and lube seat post.
6. Test and adjust belt tension.

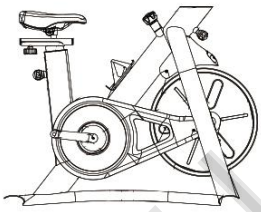
SPECIFICITIONS



Product Name	YESOUL Bike S3
Model Number	YS-001
Resistance Mechanism	Magnetic Resistance
Connection Method	Bluetooth
Bluetooth Version	Bluetooth® 5.0
Drive System	Belt
Battery Model	CR2477
Voltage - Rated	3V
Battery Capacity	1000mAh
User Height Range	4'11"-6'5"/150-195cm
Maximum User Weight	265 lbs/120 kg

SETTING UP YOUR BIKE

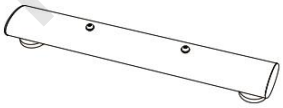
PACKING LIST



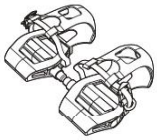
Frame of the Bike



Front Stabilizer
(With two foot bolts)



Rear Stabilizer
(With two foot bolts)



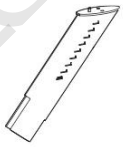
Pedals
(Left & Right)



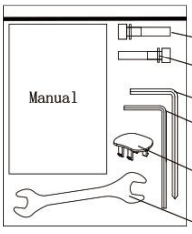
Handlebars
(with two handlebar bolts)



Tablet Holder



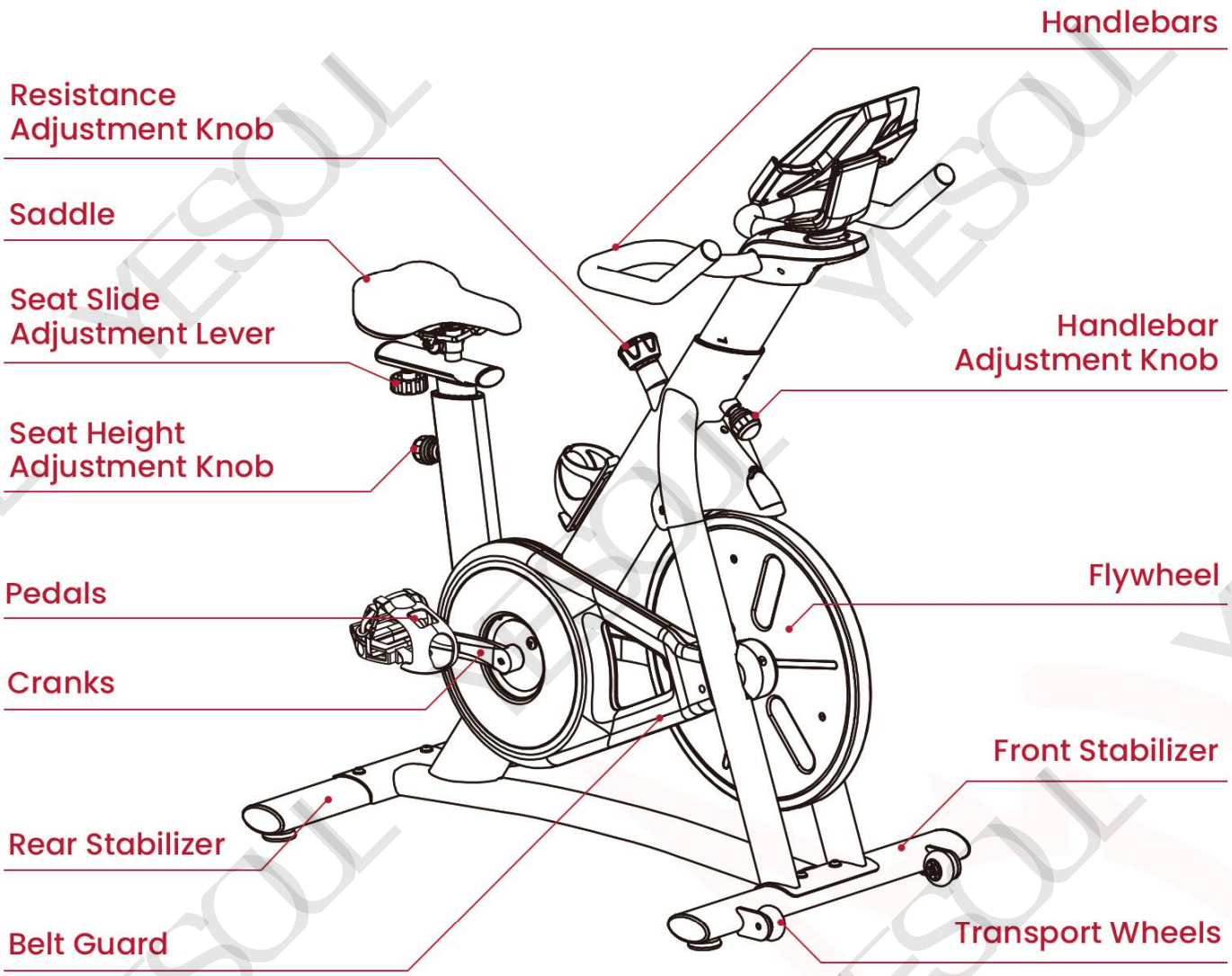
Handlebar Post



Hardware Bag

2× Hexagon Head Bolt M8 x 45mm
2× Flat Washer
1× Hex Key with Philips Screwdriver Head (#6)
1× Hex Key (#5)
1× Cover
1× Wrench

OVERVIEW


Handlebars
Resistance Adjustment Knob
Saddle
Seat Slide Adjustment Lever
Handlebar Adjustment Knob
Seat Height Adjustment Knob
Flywheel
Pedals
Cranks
Front Stabilizer
Rear Stabilizer
Belt Guard
Transport Wheels

ASSEMBLY

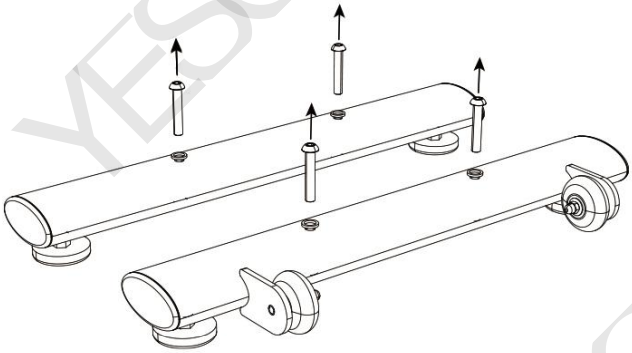
Basic Assembly Tips

- It is better to use a mat to avoid damage to the floor.
- Allow a workout area of 24" (60cm) on each side of the bike.
- The assembly requires two people.

1 Attach Stabilizers to the Main Frame of the Bike

Note: The foot bolts are pre-installed and not in the hardware bag. please remove with included hex key(#6) and set them safely aside.

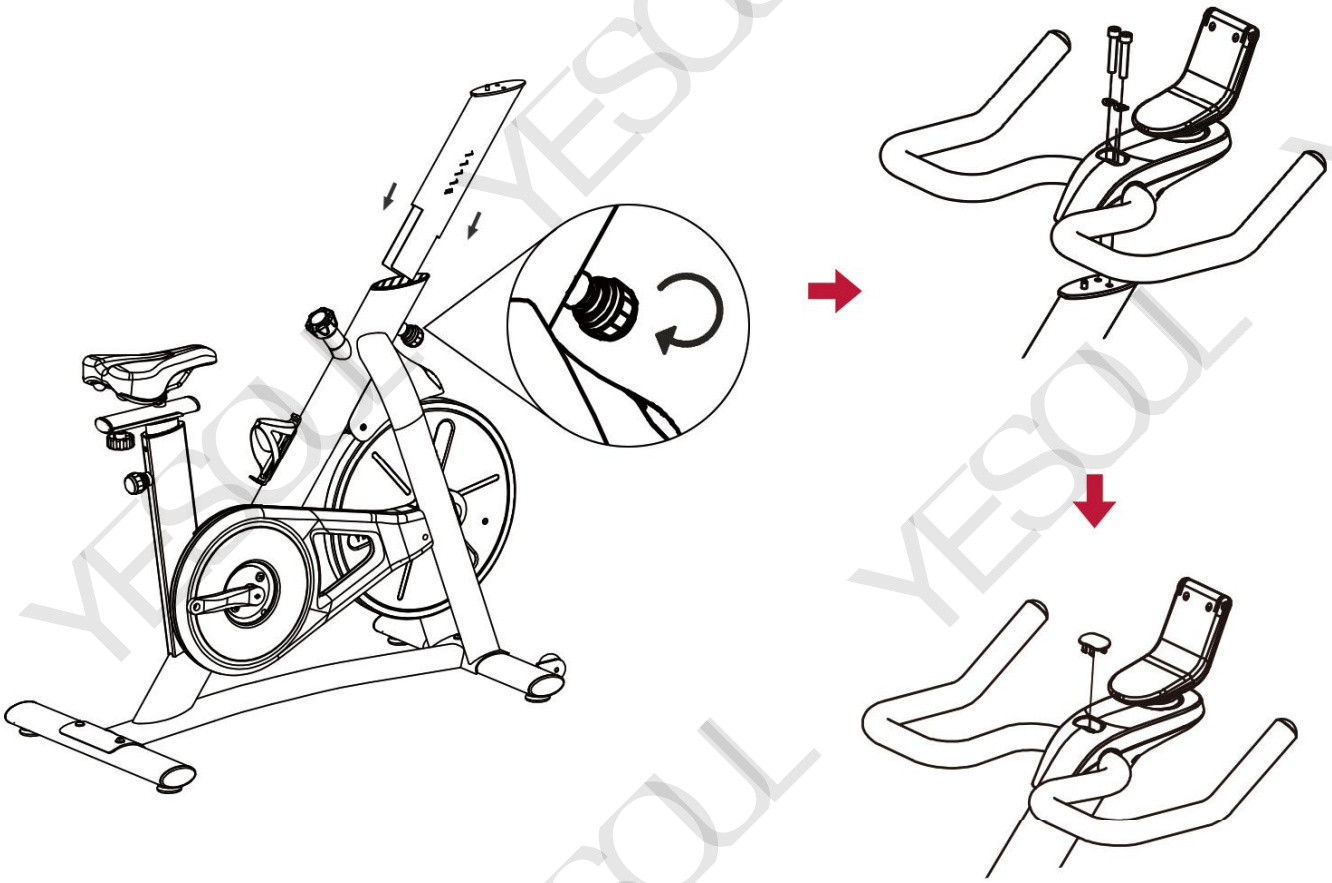
Align the hole of the front/rear with the holes on the frame of the bike, insert foot bolts into the stabilizers and tighten down the foot bolts with included hex key (#6).





2 Install Handlebar Assembly on Frame

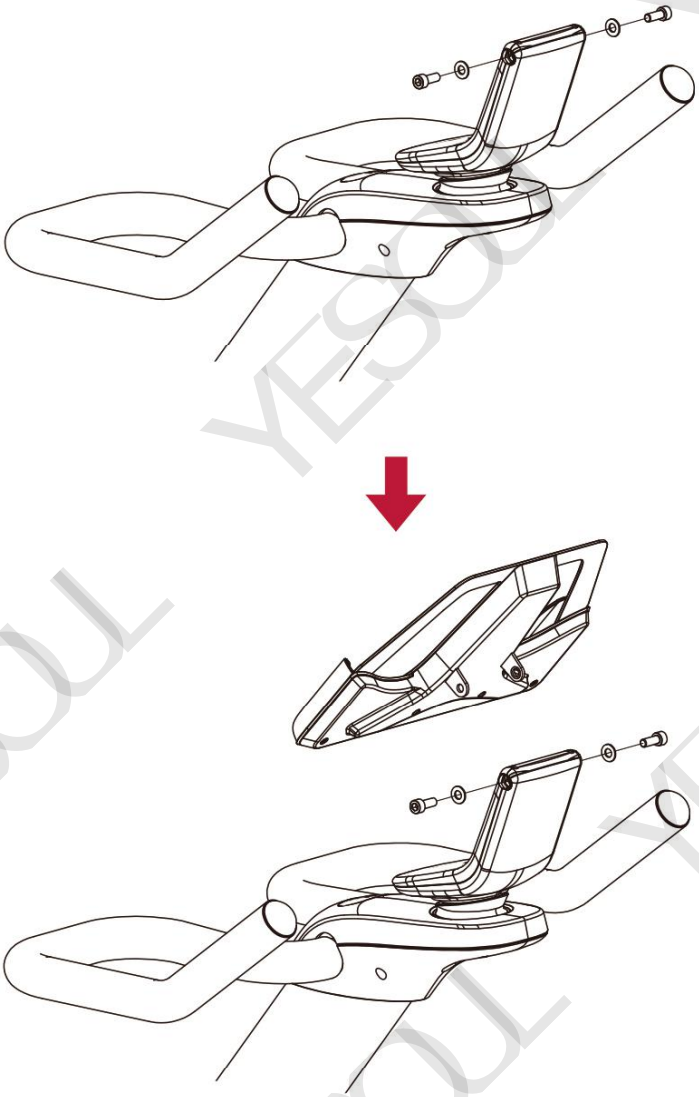
1. Insert post into the frame while pulling out handlebar adjustment knob.
2. Take two handlebar bolts from the hardware bag.
3. Place handlebars on handlebar post, while holding handlebars in place, insert the handlebar bolts and finger tighten.
4. Tighten the bolts and secure the handlebars with the included hex key (#6).
5. Fasten the small cover onto the handlebar assembly.



3 Install the Tablet Holder

Note: The tablet bracket bolts are pre-installed and not in the hardware bag. Please remove with included hex key (#5) and set them safely aside.

Attach the tablet holder to handlebar and tighten the bolts with the included hex key(#6).



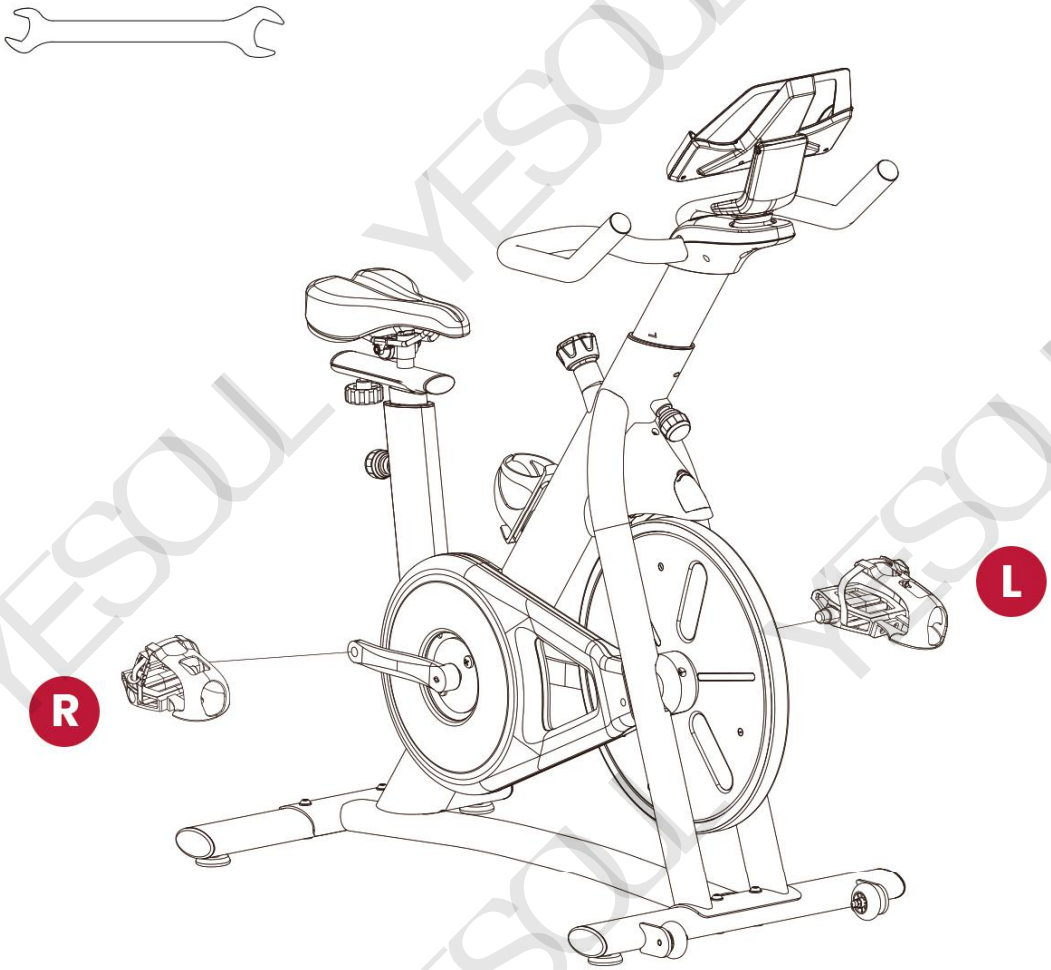
4 Install Pedals to Exercise Bike

Note: Begin by identifying the right and left pedals. Look for “L” and “R” marking on pedals.

Thread right side pedal into right crank by hand turning the pedal axle towards the back of the bike(clockwise), and full tighten them with the included wrench.

Repeat process for left pedal, but threading pedal axle towards the front of the bike(counter-clockwise) to install.

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.



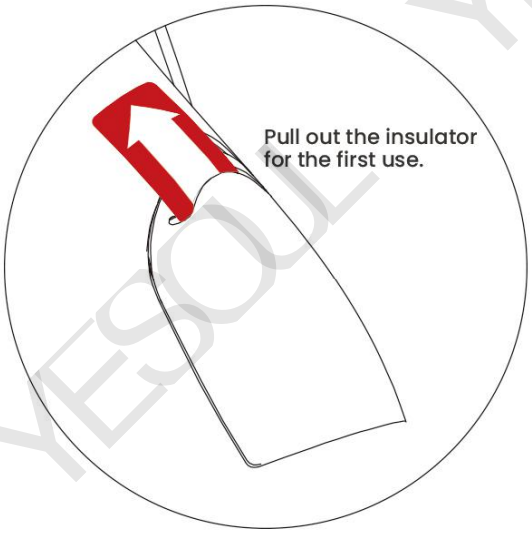
5 Activate and Replace Battery

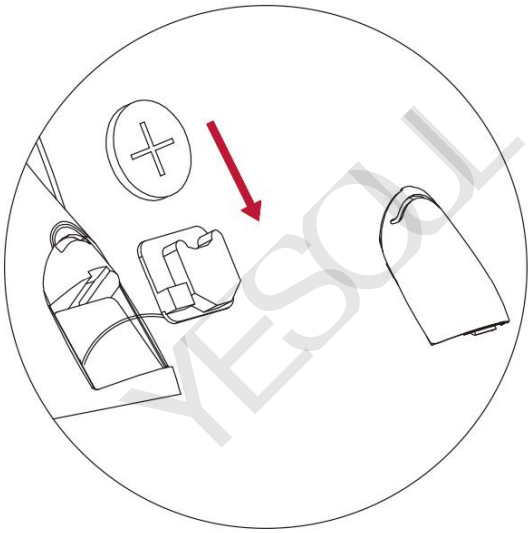
1. To activate the battery:

- 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 via bluetooth.

2. To replace battery:

- Remove the battery cover and carefully take the circuit board out of the battery housing.
- Position a new CR2477 battery in place of the old one, make sure new battery is correctly positioned.
- Re-install the battery cover.





GETTING STARTED

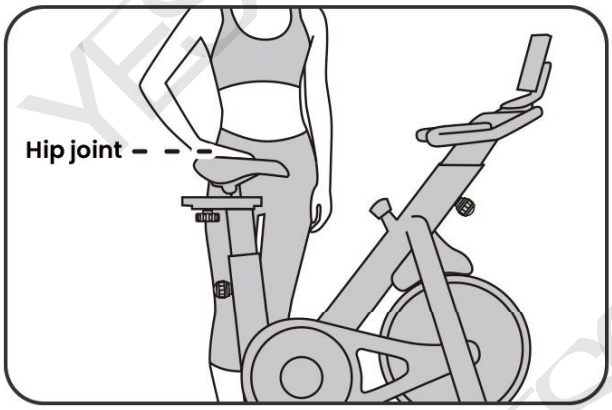
Before Doing Exercise

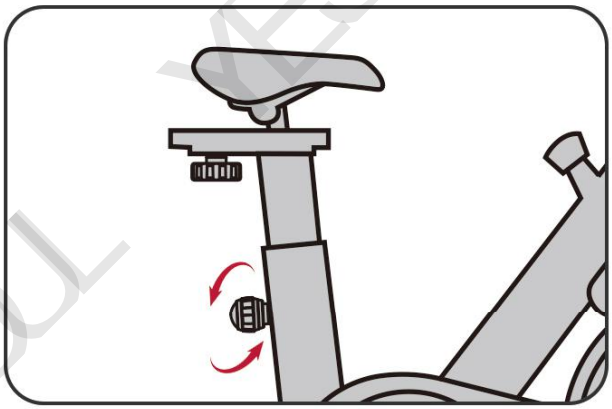
- Consult a physician before you start an exercise program, and stop exercising if you experience a shortness of breath, serious headaches, or feel dizzy. Contact your doctor before you use the machine again.
- Use the values collected by Apps for reference purpose only.
- Wear rubber-soled athletic 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 hipbone. Place your thumb on top of your hipbone 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.

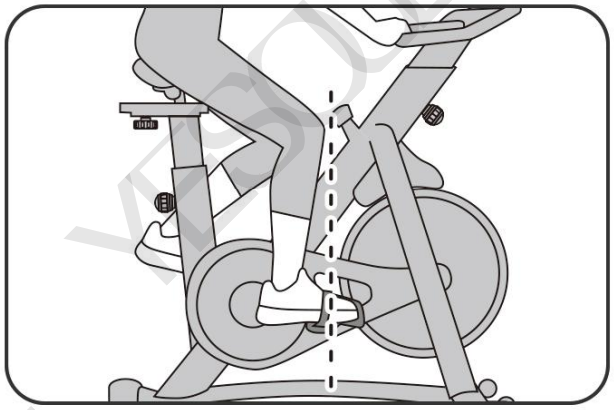


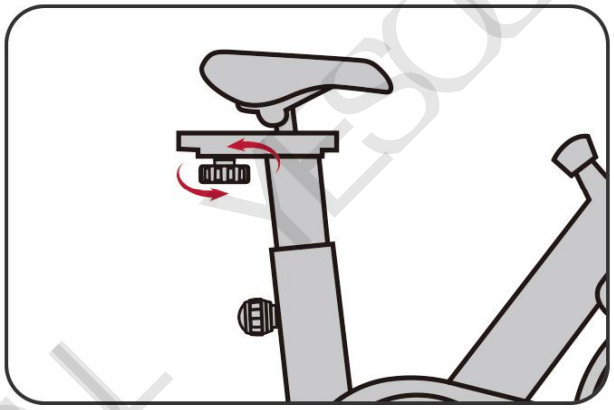


Saddle Distance Adjustment

- 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 Knob** to adjust the seat to your preferred distance.





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Handlebar Adjustment

- The position of the handlebars is determined by your riding style and desired comfort. A higher handlebar position is more forgiving than a low position. A position that is too low will lead to discomfort in the low back and put unnecessary tension into the neck and shoulders.

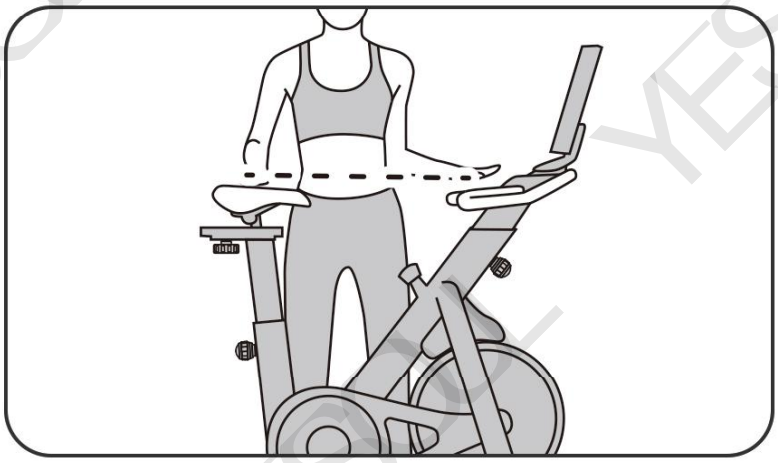
Recommendation:

The handlebar should be within a few inches higher than the saddle for fitness beginner. While the handlebar can be slightly lower than the saddle for experienced exercisers.

- Loosen and pull the **Handlebar Adjustment Knob** to adjust the handlebar 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.





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 adjust 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.



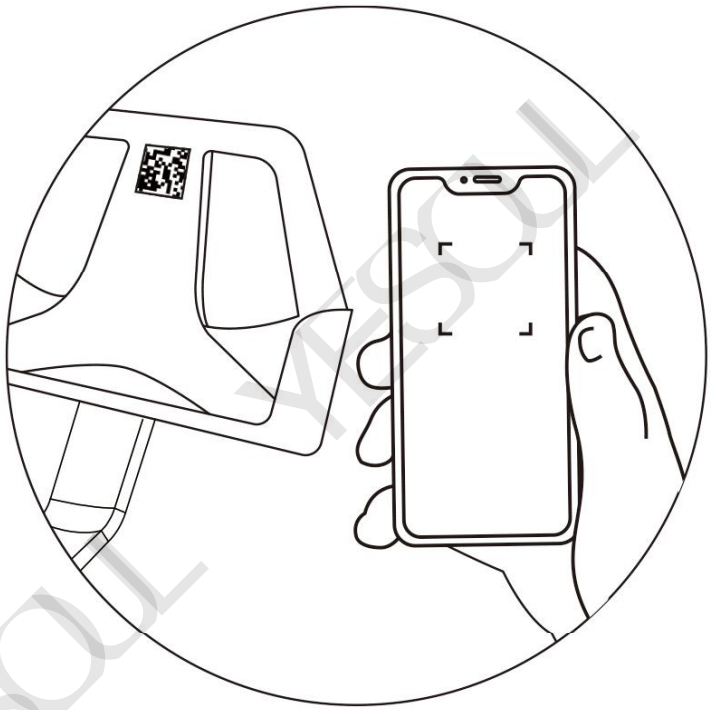
CONNECTING YOUR MOBILE DEVICES

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.

1 Download Yesoul Sports into your mobile device from App Store/ Google Play or by scanning QR code.

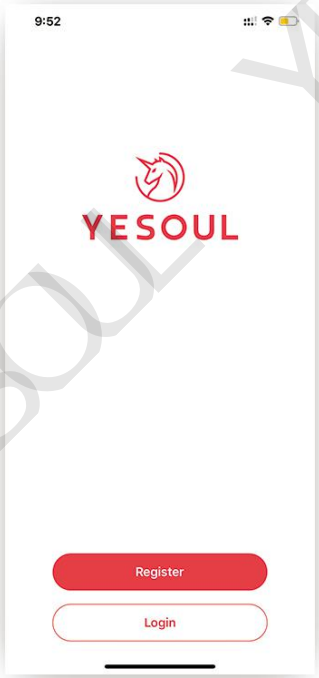
YESOUL

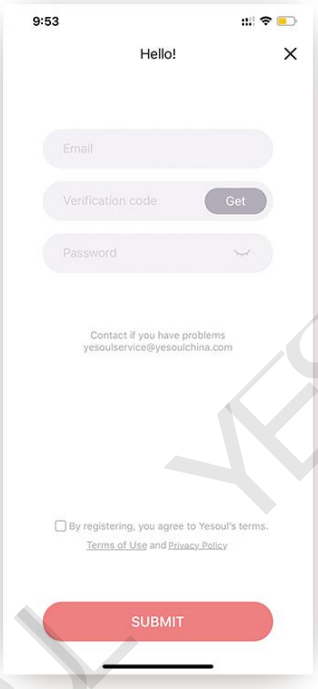


Download on the App Store

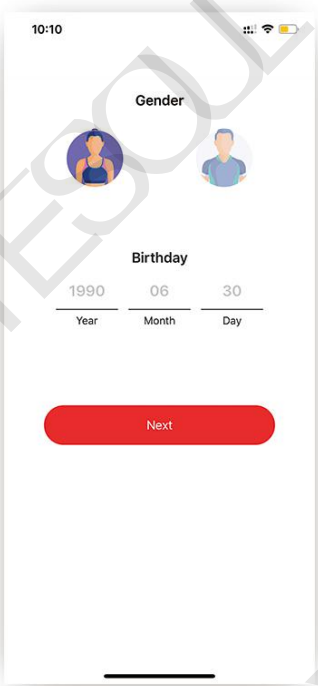
GET IT ON Google Play

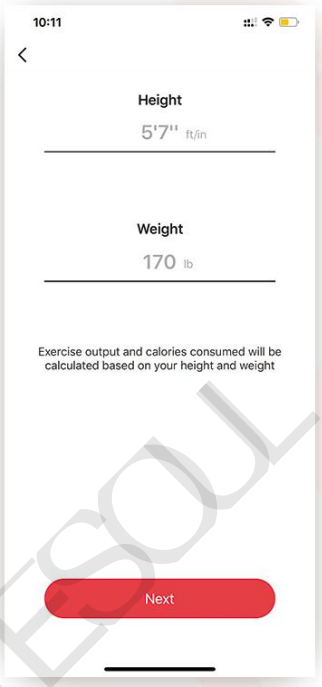
2 Create an Account and Log in.

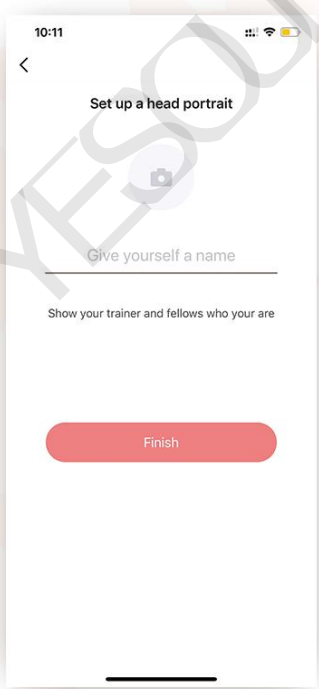




3 Create your Own profile.

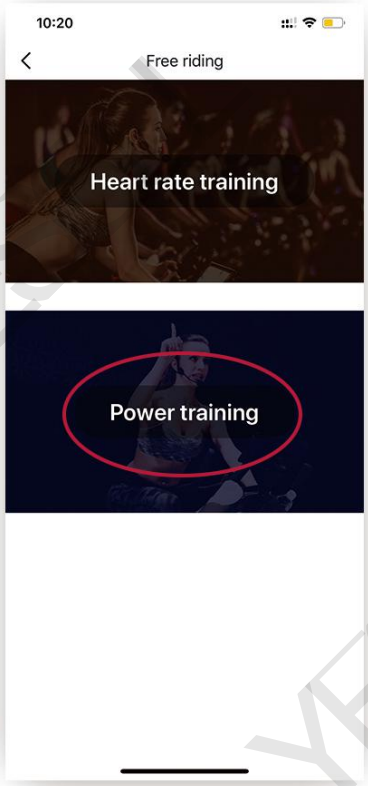


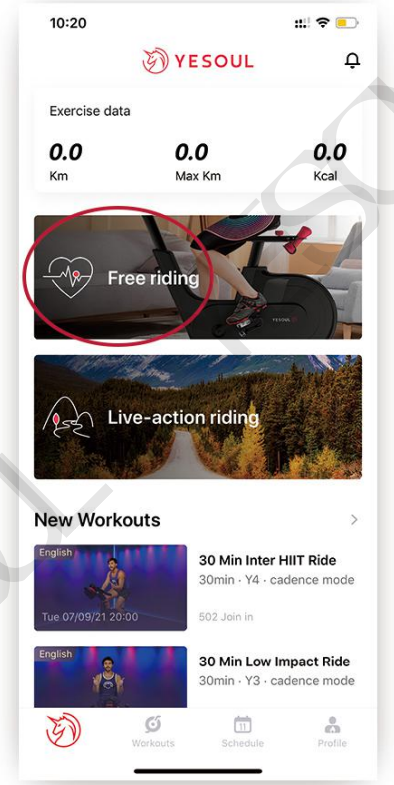




4 Connect bike to your smartphone/tablet Via bluetooth.

Take Free riding > Power training as an example.

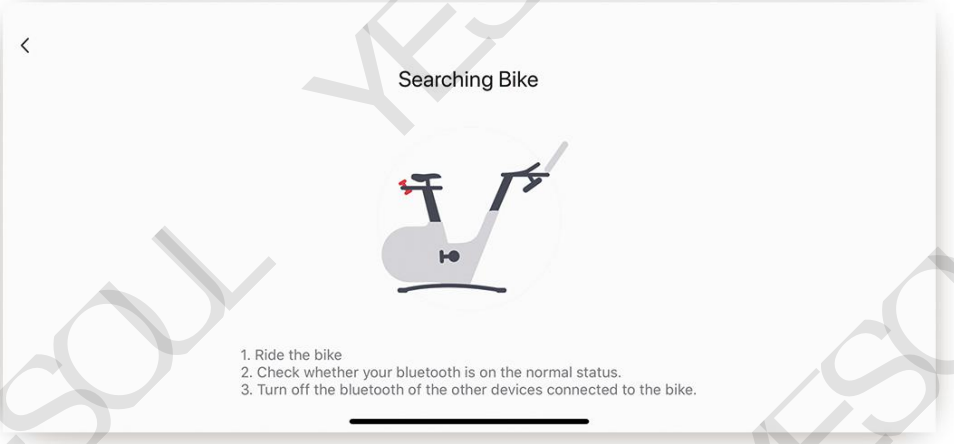


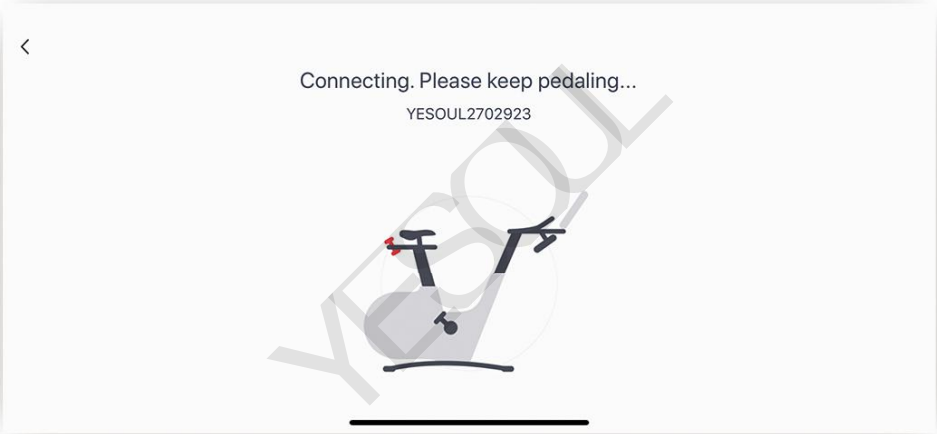


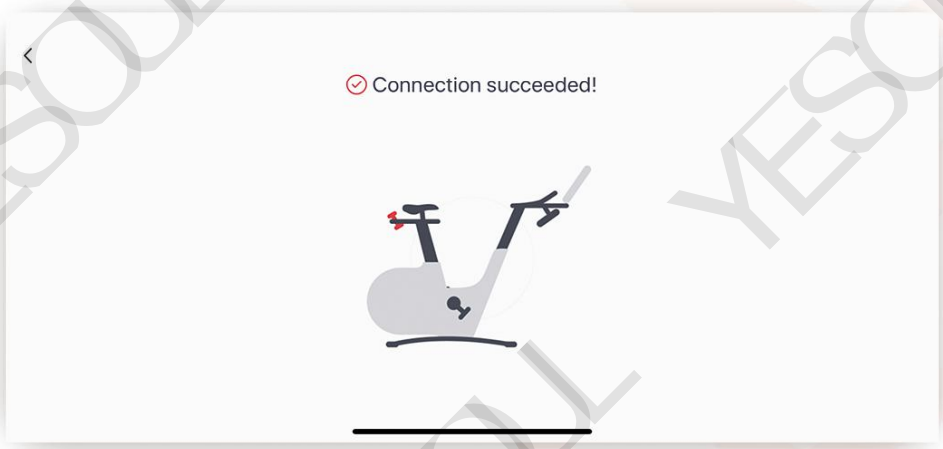
1. Make sure to turn on bluetooth on your smartphone/tablet.



2. Riding your bike as pair with your smartphone/tablet.

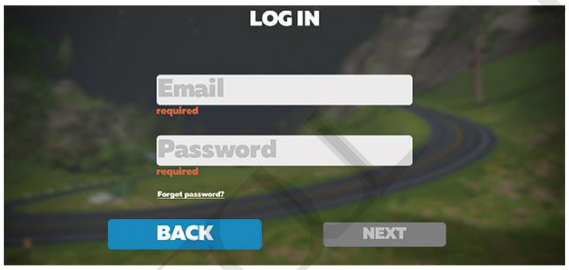




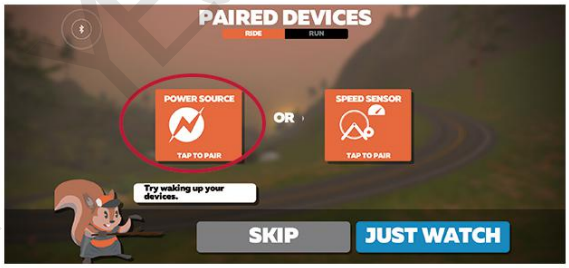


How to Connect Zwift APP

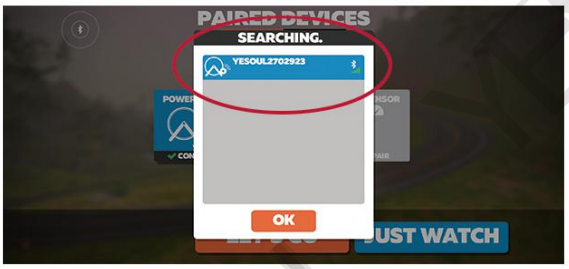
Zwift is an app for cyclists, runners, and triathletes that makes indoor training fun. Reach your fitness goals within virtual worlds designer for riding alongside a global community.



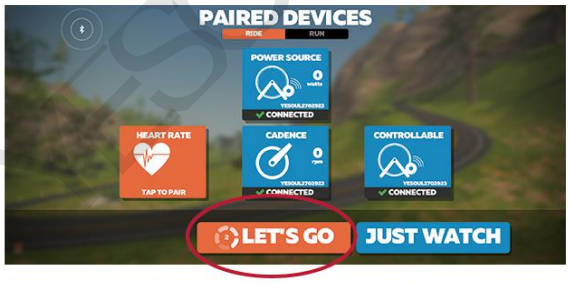
1 Create and Log in your Zwift account.



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



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





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

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.
- Clicking sound to means the pin goes in, so that you can make sure the pin is in the hole, and then tighten it up.
- Perhaps bolts of your saddle are loose, tighten bolts to make seat stable.

Q3. Exercise bike cannot connect to App.

- Perhaps the coin battery is out of energy, replace a new CR2477 battery and make sure the new battery is 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.

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.

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.

CUSTOMER SUPPORT

North America service@yesoulfitness.com

MADE IN CHINA