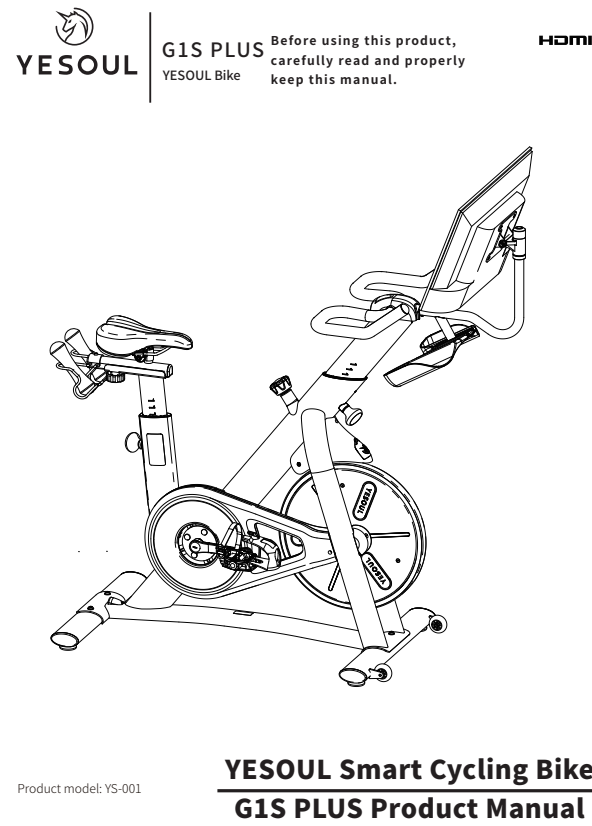
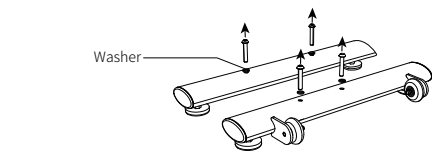




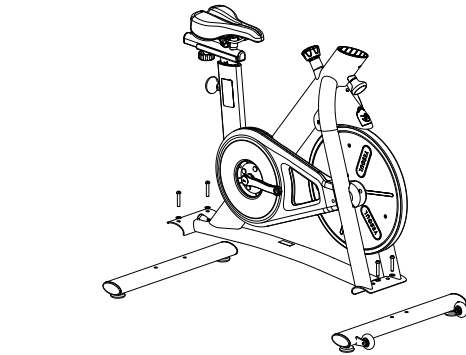
Installation Guide

STEP 2: Installation of bottom tube

1. Take L-type cross head hex wrench 6# (D) out of the ziplock bag.
2. Remove four 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# (D).

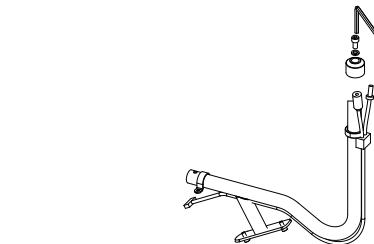


3. Align the holes of the front and rear front tube 2 and rear tube 3 with the bottom holes of the frame 1, manually screw the washers and hexagon socket button head screws (M8×45), and tighten then via the L-type cross head hex wrench 6# (D).



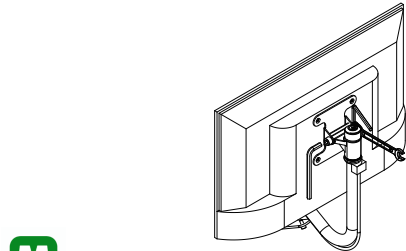
Installation Guideline

3. Use the L-type cross head hex wrench 6# (D) to remove the screws fixed on the support ⑥, and remove the knob's upper cover; insert the pre-assembled TV from top to bottom into the sleeve, and use the tool D to put the removed parts back in order and tighten them;



*** Note: check that the screen support's rotary joint should be locked tightly.**

4. After installation, check whether the screen will fall off when flipping up and down. If this happens, use the L-shaped head six corner wrench 8#(F) and the 14-17 open-end wrench (A) to tighten it, as shown in the figure; (If there is looseness during usage or it is required to adjust the joint, please follow this step for adjustment).



Product Parameters

Screen size	23.6 inch (1366*768 pixels)
Supporting software version	Android 5.1
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply input	12V= 3A
wireless connection	The device only supports Wi-Fi 2.4G&BT network connection, do not use Wi-Fi 5G network connection
Height limit	150 ~ 188cm
Rated maximum load	120kg
Net weight	33.5kg
Gross weight	37kg
Overall dimensions	(Length) 1295mm × (Width) 530mm × (Height) 1420mm

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. Check the belt pulley for cracking and deviation, and adjust or replace the belt in time. Regularly clean the belt groove to prevent the belt from jumping out of the groove.
4. Always check the screws of all body parts for loosening or falling, and tighten or replace them in time.
5. Always check the resistance adjustment knob for loosening or falling. Check whether the resistance is reasonable, so as to calibrate resistance in time.
6. Always check the screws of pedals and cranks for loosening, and tighten them in time.
7. Always check whether the saddle is loose and tighten it in time. Wipe the saddle with cotton cloth to keep it dry.
8. Always check the power cable for cracking and deviation, and replace the damaged one in time.
9. The product should have at least 0.5 meters of free space all around it.
10. Lift the rear tube and the roller on the front tube can move the product freely or be placed in a suitable position.

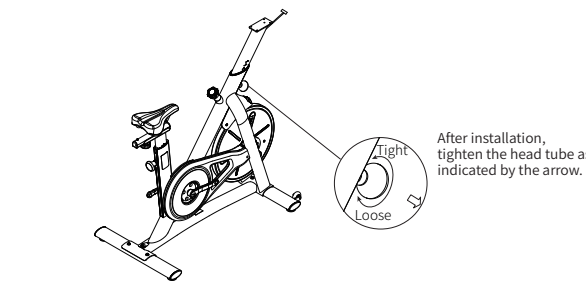
Installation Guide

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 tube 13 to the cable in the bike 1 (as shown in the figure). After the screen connection cable is connected, align the head tube 13 to the mounting hole of the frame 1 (Note: Place the surface with a hole in the head tube 13 outwards. Do not press the cable);



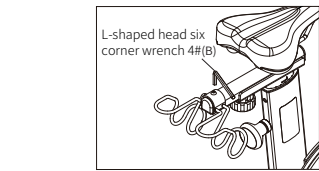
2. Insert the head tube 13 into the frame1, and keep the scale parallel to the top surface of the tube. Align the hole on the head tube 13 with the hole on the frame1. Then, tighten the adjustment knob as indicated by the arrow.



Installation Guide

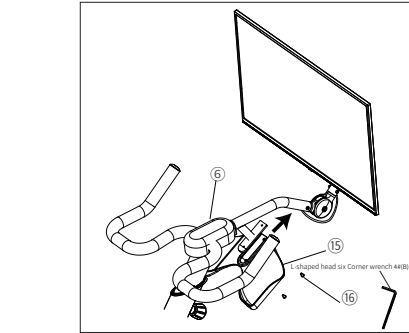
STEP 6: Installation of dumbbell rack

1. Use the L-shaped head six corner wrench 4# (B) to remove the screws (M6×12) from the slide tube;
2. Put the dumbbell rack 11 on the slide tube and align the holes;
3. Manually install screws through the holes, and use the L-shaped head six corner wrench 4# (B) to lock.
4. Place the dumbbell on the dumbbell rack.



STEP 7: Installation of bottle holder

As shown in the figure, remove the two hexagon socket button head screws pre-installed in the screen bracket 6; and align the bottle holder with the slot in the screen bracket 6, and push it in along the direction shown in the figure. Then, use the L-shaped head six corner wrench 4# (B) to align two hexagon socket button head screws with the holes, and lock the bottle holder.



Important Safety Instructions

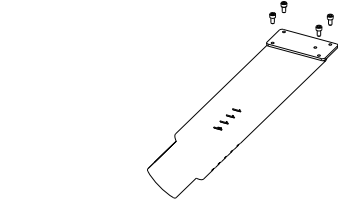
⚠ Please read them carefully. Improper use may result in personal injury or death!

1. Make sure that the saddle height adjustment knob is secured correctly, and will not affect motion during exercise.
2. Keep children and pets away from this product. This product is for those over 16 years old only.
3. Never stretch any object or body part into the openings of the bike.
4. The weight of the user must not exceed the maximum load.
5. Get off the bike until flywheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.
6. If you feel any discomfort, such as dizziness or breathing difficulty, stop riding the bike and carefully get off.
7. Never turn pedals by hand. or touch any rotating mechanical part; otherwise, personal injury may be caused.
8. Keep the body hydrated as needed during riding.
9. Use this product according to the instructions in this manual. Warm up fully before exercise.
10. 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.
11. 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.
12. Never use this product with inappropriate shoes or barefoot.
13. Incorrect or excessive training may cause injury.
14. Check whether the bike for loosening or damage before each use.
15. Never refit this bike or use non-original accessories without permission. The casing must be opened by professionals, in order to avoid damage.
16. Those pregnant or with high blood pressure, heart disease, lumbar spondylosis or reduced mobility must not use this product without the permission of doctors.
17. In case of any discomfort such as dizziness or chest pain during exercise, stop exercising immediately and go to a hospital for examination.
18. If the product fails, immediately stop using it.
19. This product must not be used for medical rehabilitation.
20. Use this product on a flat and clean ground.
21. Carry out preventive maintenance regularly.
22. Never expose this product in a humid place. This product must not be used outdoor or in any humid place.
23. This product is for household use (Class H) and not medical fitness equipment.
24. Get off the bike or enable the emergency brake until inertia wheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.
25. Turn the knob to the right end to lock the corresponding component.
26. Please use the standard power adapter. Replacement of the power adapter without authorization may cause serious consequences.

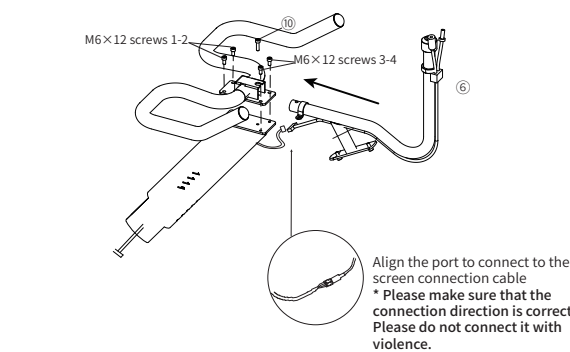
Installation Guide

STEP 4: Installation of handlebar assembly

1. Remove the four M6×12 hexagon socket bolts pre-locked on the head tube1.



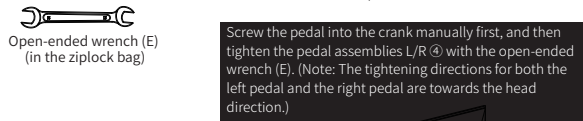
3. Align the holes at the connection of the handlebar assembly 5, and place the M6×12 bolts 1-2 (as shown in the figure) into the holes, and manually rotate the screws (at this point, do not screw them tightly); then, connect the screen connection cable to the cable inside the display holder 6 (as shown in the figure). Then, insert the display holder 6 into the round hole of the handlebar as indicated by the arrow.



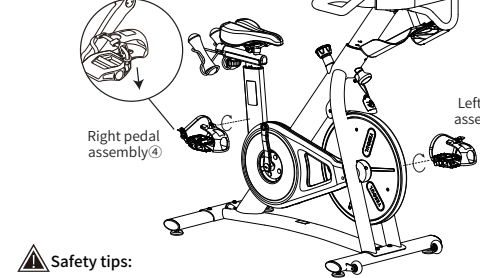
Installation Guide (for reference only, subject to the actual product)

STEP 8: Installation of pedal

1. Take the pedals from the package.
2. Distinguish left and right pedals. The right pedal is marked blue "R", and the left pedal is marked red "L" (Pay attention to distinguish left and right pedals. If they are not installed correctly, crank threads will be damaged!)
3. Stand behind the seat and face the handlebar. Install the right pedal on the right crank, and ensure that the pedal is vertical to the crank mounting hole. Use an open-ended wrench (C) to lock it toward the head direction. Install the left pedal to the left crank, and ensure that the pedal is vertical to the crank mounting hole. Use an open-ended wrench (C) to lock it toward the head 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.



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.

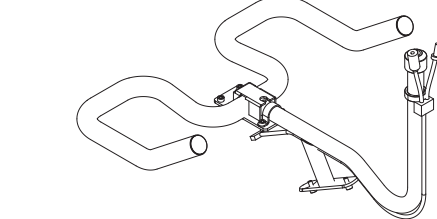
Installation Guide - List of Parts

STEP1: Check of parts

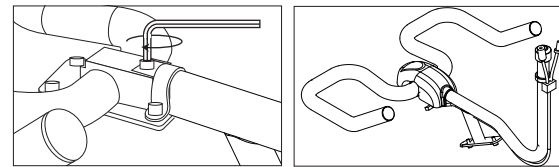
NO.	Name	Quantity	Picture
①	Frame	1	
②	Front tube	1	
③	Rear tube	1	
④	Pedal set left/right	1	
⑤	Handlebar assembly	1	
⑥	Display holder	1	
⑦	Decorative cover	1	
⑧	Screen	1	
⑨	12V=3A power adapter	1	
⑩	Hexagon socket cap screw M6×35	1	

Installation Guide

4. Align the holes correctly, and put the M6×12 bolts 3-4 (as shown in the figure) into the holes, and screw them tightly respectively. Then, take one hexagon socket cap screw M6×35 10 from the part bag, and manually screw it into the corresponding hole. (Pay attention to protecting the cable and avoid damage) (The picture on the right shows the effect after placing the screen bracket6 into the handlebar assembly 5).



5. Finally, tighten all bolts via the L-shaped head six corner wrench 5# (C) and cover the decorative cover.

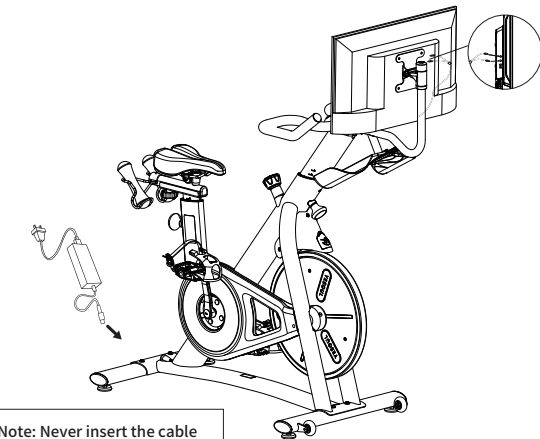


Installation Guide (for reference only, subject to the actual product)

STEP 9: Installation of connection cable

1. Plug the cable of the power port (a) and signal port (b) of the display into the jack at the bottom of the back of the display. Make sure that the cable is inserted tightly. Make sure to distinguish the ports specifications. The power cable port should be tightened without looseness.
2. Connect the power adapter 9 to the power jack on the rear part of the frame 1.

(Please use the standard power adapter. Replacement of the power adapter without authorization may cause serious consequences.)



Note: Never insert the cable into the interface of the tablet or pull it out without cutting off the power supply.

Installation Guide - List of Parts

NO.	Name	Quantity	Picture
⑪	Dumbbell rack	1	
⑫	Dumbbell	2	
⑬	Head tube	1	
⑭	Screen fastener	1	
⑮	Bottle holder	1	
⑯	instructions	2	

NO.	Name	Quantity	Picture
A	Open-ended wrench, 14-17#	1	
B	L-shaped head six Corner wrench, 4#	1	
C	L-shaped head six Corner wrench, 5#	1	
D	L-type cross head hex wrench, 6#	1	
E	Open-ended wrench, 13-15#	1	
F	L-shaped head six Corner wrench, 8#	1	

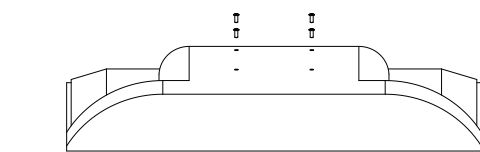
***In order to facilitate assembly, some accessories have been installed on the body before delivery.**

Installation Guide

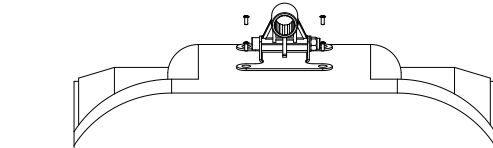
STEP 5: Fix the Display

1. Use the L-type cross head hex wrench 6# (D) to remove the 4 screws pre-installed on the screen ⑧, as shown below.

* Please put the screen on the desk flatly. Do not collide with the screen with hard objects to avoid screen damage!



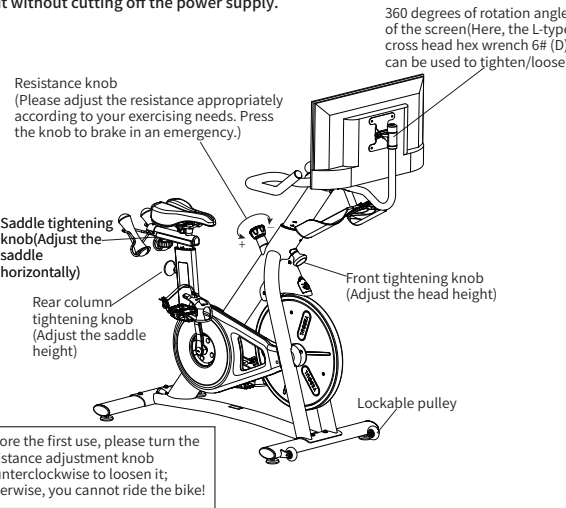
2. Align the screen's fixed part ④ with the hole position (the two protruded holes on the screen's fixed part shall be parallel with the screen). Use the L-type cross head hex wrench 6# (D) to fix the screen's fixed part ④ on the screen ⑧ through the hole positions on the screen's fixed part ④ through the 4 screws;



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

⚠ Safety tips:

Never insert the cable into the interface of the tablet or pull it out without cutting off the power supply.



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.

Connect your bike with phone
to start your Yesoul riding journey

Note: G1S-PLUS needs to be used with the **YESOUL FITNESS** App on the smartphone (hereinafter referred to as: APP).

Step 1 - Download and Install the App on your iPhone or Android phone(following three ways to choose from)

- Search for "YESOUL FITNESS" in App Store or Google Play (recommended).
- Scan the QR code on the screen of the bike to download and install the App.
- Visit <https://yesoul.net/t/t/A45c3> via web browser on your phone to download and install th App .

Step 2 - Account Registration

- Open the APP on your mobile phone and complete the account registration.
- During registration, you need to authorize the application to use **Bluetooth and Location Service**, otherwise the application will not be able to connect to your bike normally.

Step 3 - APP Connection with G1S-PLUS

- Enter the APP, click on the "+" in the upper right corner of the Home page to connect your bike.

- Select your bike for connection and network wiring in the list of searched devices.

-According to guidelines, select WIFI and enter the correct password, the APP will help to complete the network wiring.

Note: Please keep your phone's Bluetooth permission on and make sure the "YESOUL FITNESS" in your phone setting list has been authorized to use Bluetooth and Location Service.

Step 4 - Start your Yesoul riding journey

- When the calendar shows up on the screen of your bike, it means the connection is successful.
- You can select any workout or riding mode in the APP and start your Yesoul riding journey.

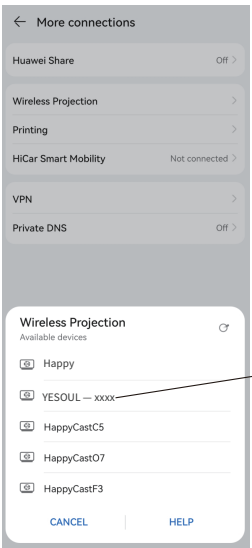
Monitor Specifications

Size	23.6" diagonal
Backlight	DLED direct Type
Maximum resolution	1366x768
Contrast ratio(Typ)	1000:1
Response time(Typ)	14ms
Display scale	16:09
Color Gamut(NTSC)	≥NTSC 62%
CPU Frame	ARM Cortex-A55/1.45GHz/Quad core
GPU	Mali G31 MP2/Dual core
RAM(DDR)	1GB
ROM(Flash)	8GB
Audio power(Output)	6W+6W
WiFi(Type)	2T2R (MT7663BUN BL-M7663BU4 (IEEE 802.11a/b/g/n/ac) Bluetooth v5.1 2T2R 2.4GHz/5GHz)
USB 2.0	2
RJ-45	1
Bluetooth(Versio)	5.1
HDMI	1
Operation system	Android 11
Standby power	≤0.5W
Rated power	38W
Working condition	Temperature:5°C~40°C humidity:20%~80% atmosphere:86kPa~106kPa
Storage condition	Temperature: -20°C~55°C humidity:20%~80% atmosphere:86kPa~106kPa

Cast

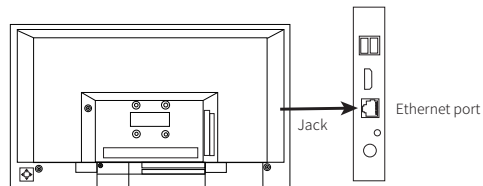
Cast to "YESOUL-xxxx"

Please enable wireless projection feature, cast to "YESOUL-xxxx"

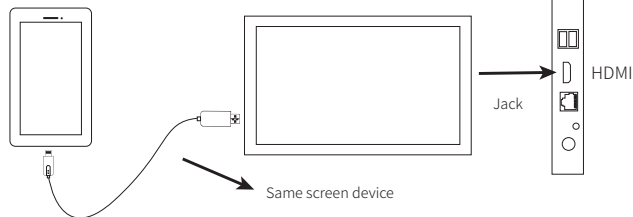


Wired projection screen

1.Wired network connection

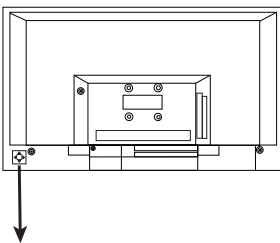


2.Connect one end of the screen mirroring device to your phone and the other end to the HDMI port of the screen to mirror your phone's content on the screen.



Reminder: Screen mirroring devices that support Android or IOS need to be purchased separately. If you need one, please consult customer service personnel.
Note: Android phones need to support DisplayPort (DP) signal output in order to use the wired projection function normally.

Five-Button Control

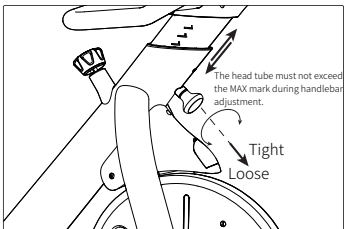


1. On/Off button: After power on, press once to turn on the device, and press again to turn off the device;
2. Volume button: Press the right button to increase the volume, and press the left button to decrease the volume;
3. Screen brightness button: Press the up button to increase the brightness, and press the down button to decrease the brightness;
4. Reset button: Press and hold the power on/off button for 7 seconds to enter the system recovery mode.

How to Adjust Bike

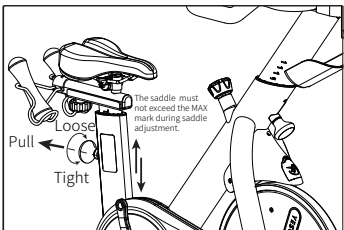
1. Handlebar height adjustment:

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:

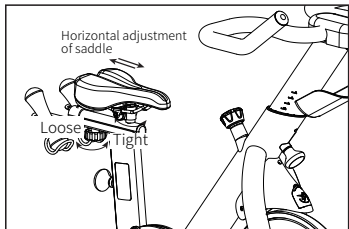
Turn the handle to the left with one hand, and hold the middle part of the handlebar with the other hand, and lift (or press) the handlebar to the desired position. Then turn the handle to the right until it is tightened.



How to Adjust Bike

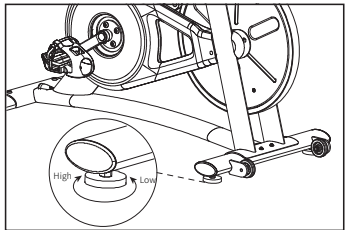
3.Horizontal adjustment of saddle:

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

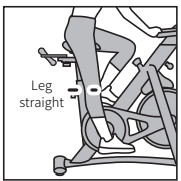
1. Setup of correct saddle position

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 forcibly until they are stopped at 6 o' clock and the leg can be fully stretched (Fig. 2).



(Fig. 1)

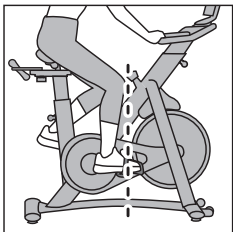
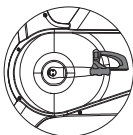


(Fig. 2)

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).

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

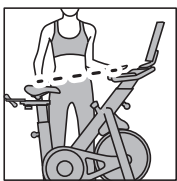


(Fig. 3)

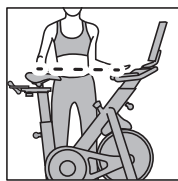
How to Determine Correct Riding Posture

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)

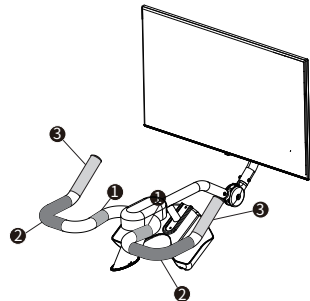


(Fig. 2)

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.

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



Company Name	FUJIAN YESOUL HEALTH TECHNOLOGY CO., LTD.
Product Name	YESOUL BIKE G1S PLUS
Add	RM B616, NO.1 Building, Strait Economic and Trade Plaza, Fuzhou Free Trade Zone, Fujian Province (Free Trade Zone)
Grade	For Consumer Use Only
Executive standard	ISO 20957-1:2007 ISO 20957-10:2007 GB 17498.1-2008 GB 17498.10-2008 ASTM F 1250 ASTM F 2276
FCC ID	2A3YB-YSBG1SPLUS
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."	

