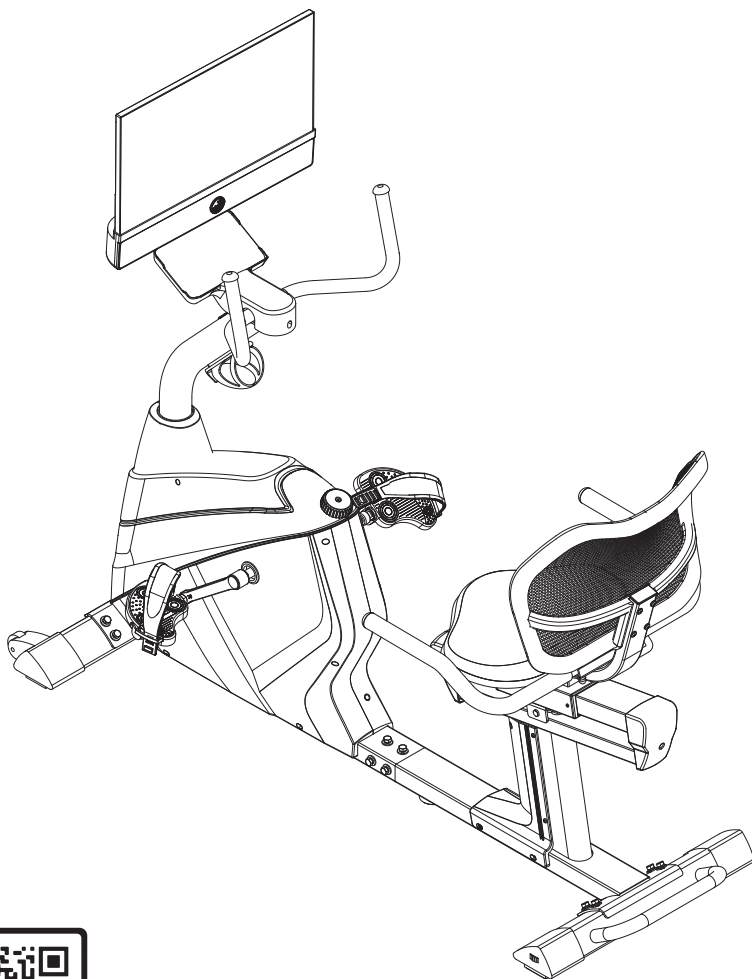


Scan the QR code to get the
installation guide video to watch
Product model: YS-BJ1PLUS
Item NO.: J1PLUST

YESOUL EXERCISEBIKE

J1 PLUST Product Manual

Product Specifications

Supported software version	iOS 12.0 or above, Android 5.1 or above (inclusive)
Wireless connection method	WiFi2.4Ghz/BT/BLE
Bluetooth	Exercisebike: V4.2, Speaker: V5.3
Power supply input	24V $\pm$ 2A
Applicable Height	140 ~ 195cm
Net weight	44.8kg
Gross weight	50kg
Rated maximum load	120kg
Overall dimensions	(Length) 1570mm $\times$ (Width) 600mm $\times$ (Height) 1380mm
Executive standards	EN ISO 20957-1: 2013 EN ISO 20957-10: 2017

Monitor Specifications

Panel type	VA
Curvature	Flat screen
Aspect ratio	16:9
Size	21.5 inches
Backlight type	LED
Display size (H*V)	476mm*268mm
Resolution	1920*1080
Refresh rate	Max:60HZ
Port 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

Important Safety Instructions



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

- ◆ This equipment is only suitable for indoor and household use. Maximum user weight and load capacity is 120kg.
- ◆ This equipment is classified as Class H and is not suitable for medical use.
- ◆ This equipment is for adults only. Children and pets should stay away from this equipment. It can only be operated under the guidance of adults.
- ◆ Before assembly, you need to fully understand this manual and check the parts list provided with this equipment, and install it in full accordance with the instruction manual.
- ◆ The product must be installed carefully by adults. Under uncertainty, please ask someone with mechanical experience to help.
- ◆ Applicable tools must be used during installation. If necessary, ask other people to assist you in the installation.
- ◆ Fitness equipment needs to be placed on a flat, non-slip floor. If placed in a humid space, the long-term use of the equipment will be affected by corrosion.
- ◆ Please check whether each screw component is tight before use, and ensure that there is a 0.6-meter space around the equipment, and there should be no protruding adjustable devices.
- ◆ Regularly check whether all connecting parts of the equipment are tight and in normal condition to ensure the safety level of the equipment.
- ◆ Do not use corrosive cleaning agents during maintenance and cleaning to avoid liquid entering the equipment from the tail or gaps.
- ◆ Replace defective parts immediately. Do not use the equipment until it is replaced. If you have any questions, please consult a professional after-sales service or dealer.
- ◆ This equipment can only be used by one person at a time. Please alert possible dangers to those around you, such as the dangers caused by moving parts during exercise.
- ◆ Please use this equipment according to the instructions in the manual and warm up fully before exercising.
- ◆ Wear well-fitting clothes when exercising to prevent baggy clothes from being caught by equipment or restricting movement.
- ◆ Please do not exercise before or after meals.
- ◆ Please pay attention to the exercise methods and resistance adjustment methods in the instructions.
- ◆ Lift the rear tube, and the rollers on the front tube can move the product freely or place it in a suitable position.
- ◆ The resistance of this equipment has nothing to do with speed. The resistance has nothing to do with the rotation speed during the driving process of the equipment and remains constant.

Important Safety Instructions

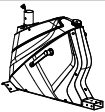
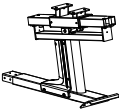
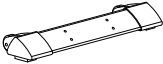
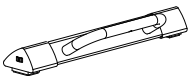
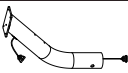
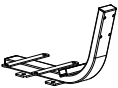
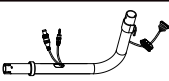


Please read them carefully. Improper use may result in body injury or death!

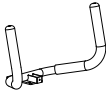
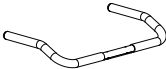
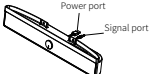
- ◆ During exercise, your hands need to be firmly held on the fixed armrests (or movable handles).
- ◆ Please follow the installation instructions and only use the components configured with this equipment.
- ◆ If you feel dizziness, nausea, chest pain or other abnormal symptoms, please stop exercising immediately and consult your doctor.
- ◆ Patients with high blood pressure, heart disease, lumbar spondylosis, pregnant women, people with limited mobility, etc., please obtain the consent of a doctor before use.
- ◆ Children or people with disabilities must use this equipment under the guidance of skilled personnel.
- ◆ Do not put any part of your body into the sports area.
- ◆ In the adjustable parts of the equipment, pay special attention to the marked maximum limit adjustment.
- ◆ Check whether all components are not missing according to the parts list.
- ◆ Before starting assembly, please read the installation instructions thoroughly and understand the corresponding schematic diagram.
- ◆ Please note that when using tools and assembling, there may be a risk of injury, so be careful when installing the product.
- ◆ After assembling the product according to the instructions, please carefully check whether the screws, nuts, and knobs are installed correctly and tightened in place.
- ◆ After installation, please do not place the tools randomly.
- ◆ It is recommended that you place a protective pad (not included in the product scope) under the product to protect the floor, because the rubber of the product will inevitably leave traces.

Installation Guide - List of Parts

STEP1: Check of parts

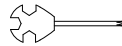
Parts List (Components List)	Name	Quantity	Picture
	Main frame	1	
	Sitting frame	1	
	Front foot tube	1	
	Rear foot tube	1	
	Bottom tube	1	
	Adjustable foot pad	1	
	Handlebar riser	1	
	Riser cover	1	
	Slide rail cover	2	
	Adjustment handle	1	
	Pedal set left/right	1	(Left)  (Right) 
	Seated cushion	1	
	Back tube	1	
	Monitor holder	1	

Installation Guide - List of Parts

Parts List (Components List)	Name	Quantity	Picture
	Armrest assembly	1	
	Handlebar cover	1	
	Handlebar	1	
	Water bottle cage	1	
	One-piece hood	1	
	Backrest	1	
	Screen	1	
	Speaker	1	
	Monitor fixing element	1	
	Speaker mount	1	
	Upper connection seat	1	
	C to C data cable	1	
	C to Lightning data cable	1	
	Power adapter	1	
	Instructions	1	

Installation Guide - List of Parts

Parts List (Components List)	Name	Quantity	Picture
	Hexagon socket head screw M6*45*S5	1	
	Spring pad d6	9	
	Arc washer d6*Φ16*1.5*R16	1	
	Hexagon socket head screw M6*16*S5	4	
	Washer d6*Φ12*1.5	5	
	Hexagon socket pan head screw M8*16*S5	4	
	Spring pad d8	12	
	Arc washer d8*Φ20*2*R30	4	
	Washer d8*Φ16*1.5	2	
	Cross recessed pan head screw M6*40*Φ12	4	
	Hexagon socket pan head screw M8*20*S5	4	
	Washer d8*Φ20*2	8	
	Square neck bolt M8 * 47 * 20 * H5	2	
	Cap nut d8*H16*S13	2	
	Hexagonal bolt M8*20*S13	4	
	Hexagon socket head screw M6*20*S5	1	
	Cross recessed pan head screws with pad M4*10*Φ10.5	8	
	Washer d6*Φ12*1.2	4	

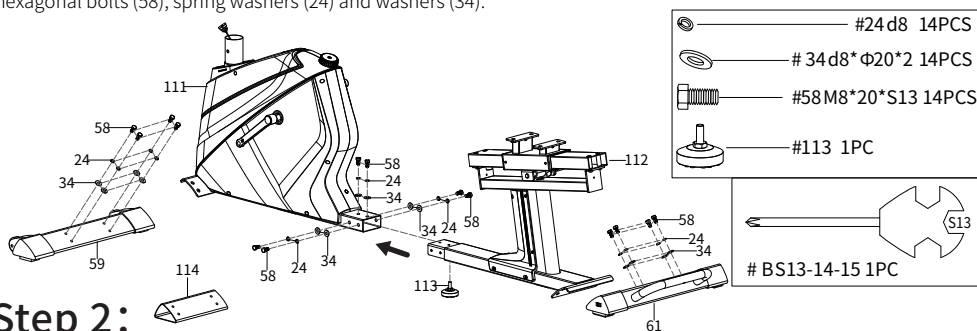
Implements List (Tools List)	Name	Quantity	Picture
	Allen wrench S5	1	
	Cross wrench S13-14-15	1	
	Allen wrench S8	1	
	Multi functional wrench S17-18-19	1	

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

Installation Guide

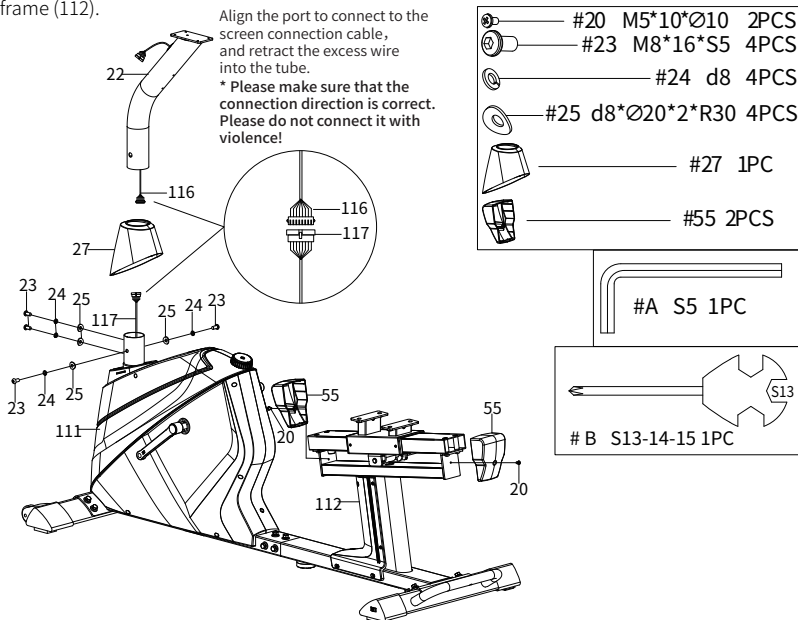
Step 1:

1. Use the cross wrench (B) to remove the bottom tube (114), hexagonal bolt (58), spring washer (24) and washers (34) pre-installed on the main frame (111);
2. Screw the adjusting foot pad (113) clockwise into the seat frame (112) as shown in the figure;
3. Use a cross wrench (B) to secure the front bottom tube (59) and rear bottom tube (61) with the hexagonal bolts (58), spring washers (24) and washers (34). Lock on the main frame (111) and the seat frame (112) respectively;
4. Use a cross wrench (B) to remove the hexagonal bolts (58), spring washers (24) and washers (34) pre-installed on the seat frame (112);
5. First insert the sitting frame (112) into the main frame (111) in the direction shown by the arrow in the figure, and then use the cross wrench (B) to secure the sitting frame (112), The main frame (111) locked together with hexagonal bolts (58), spring washers (24) and washers (34).



Step 2:

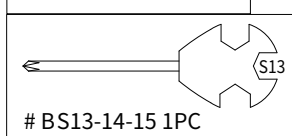
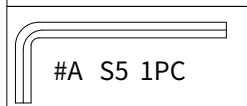
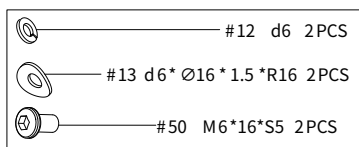
1. First put the riser cover (27) into the handlebar riser (22), then connect the trunk line (116) to the trunk line (117), and then put the handlebar riser (22) into the main frame (111);
2. Use an allen wrench S5(A) to tighten the riser (22) on the main frame (111) with the allen screws (23), spring washers (24) and washers (25);
3. Buckle the riser cover (27) into the main frame assembly (111);
4. Use a cross wrench (B) to remove the cross recessed pan head screws (20) pre-installed on the seat frame (112), and use a cross wrench (B) to secure the slide rail cover (55) with the cross recessed pan head screws (20) tightly locked on the seat frame (112).



Installation Guide

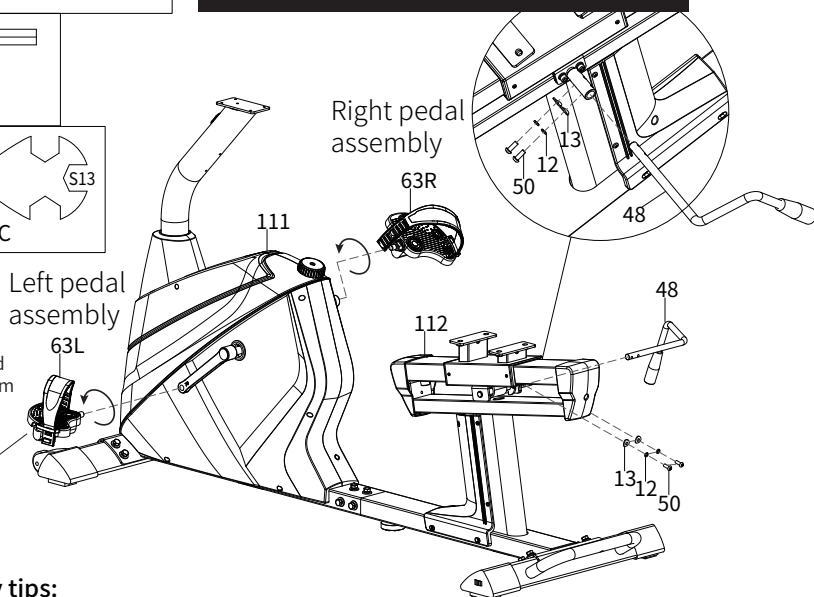
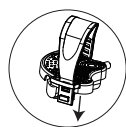
Step 3:

1. Take the pedals from the package(63L/R);
2. Distinguish between the left and right pedals. The right pedal is marked with a "R" and the left pedal is marked with a "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. Install the right pedal on the right crank, and ensure that the pedal is vertical to the crank mounting hole. Use a cross wrench (B) to lock it by turning it towards the front of the bike. Install the left pedal to the left crank, and ensure that the pedal is vertical to the crank mounting hole. Use a cross wrench (B) to lock it by turning it towards the front of the bike;
Note: During installation, correspond the L mark on the crank to the L mark on the pedal, and the R mark on the crank to the R mark on the pedal;
4. Use the allen wrench S5(A) to remove the allen pan head screws (50), spring washers (12) and washer(13) pre-installed on the adjustment handle (48);
5. Use the allen wrench S5(A) to tighten the adjustment handle (48) on the seat frame (112) with the allen pan head screw (50), spring washer (12), and washer (13).



Screw the pedal into the crank manually first, and then tighten the pedal assemblies L/R ④ with the cross wrench (B). (Note: The tightening directions for both the left pedal and the right pedal are towards the head

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.

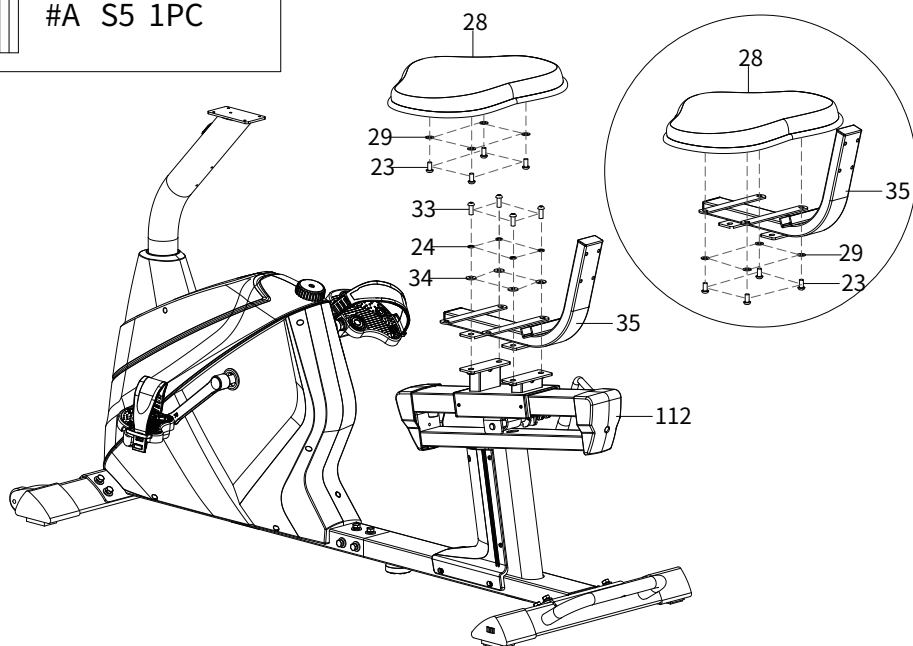
Installation Guide

Step 4:

1. Use the allen wrench S5 (A) to remove the allen screws (33), spring washers (24) and washers (34) pre-installed on the seat frame (112);
2. Use the allen wrench S5(A) to secure the back tube (35) to the seat frame (112) with the allen screws (33), spring washers (24), and washers (34). Ensure everything is tightened securely;
3. Use the allen wrench S5(A) to remove the allen screws (23) and washers (29) pre-installed on the seat cushion (28);
4. Use the allen wrench S5(A) to attach the seat cushion (28) on the back tube (35) with the allen screws (23) and washers (29).

	#23 M8*16*S5 4PCS
	#24 d8 4PCS
	#29 d8*Ø16*1.5 4PCS
	#33 M8*20*S5 4PCS
	#34 d8*Ø20*2 4PCS

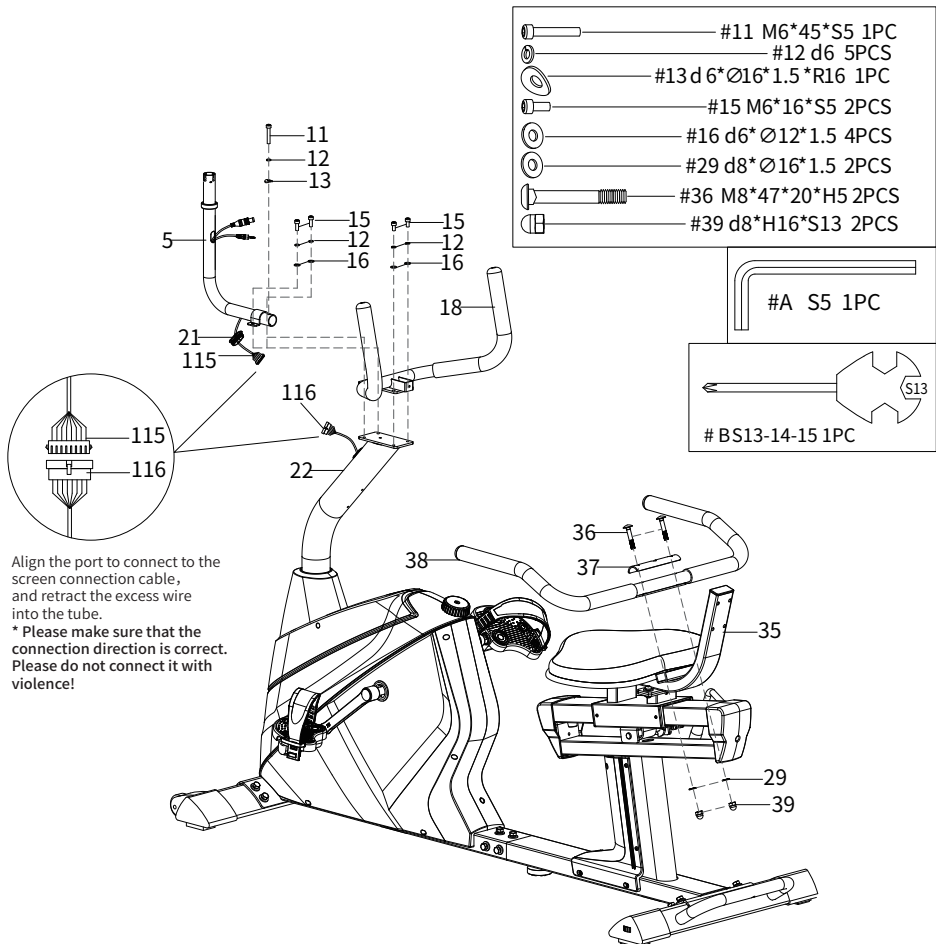
#A S5 1PC



Installation Guide

Step 5:

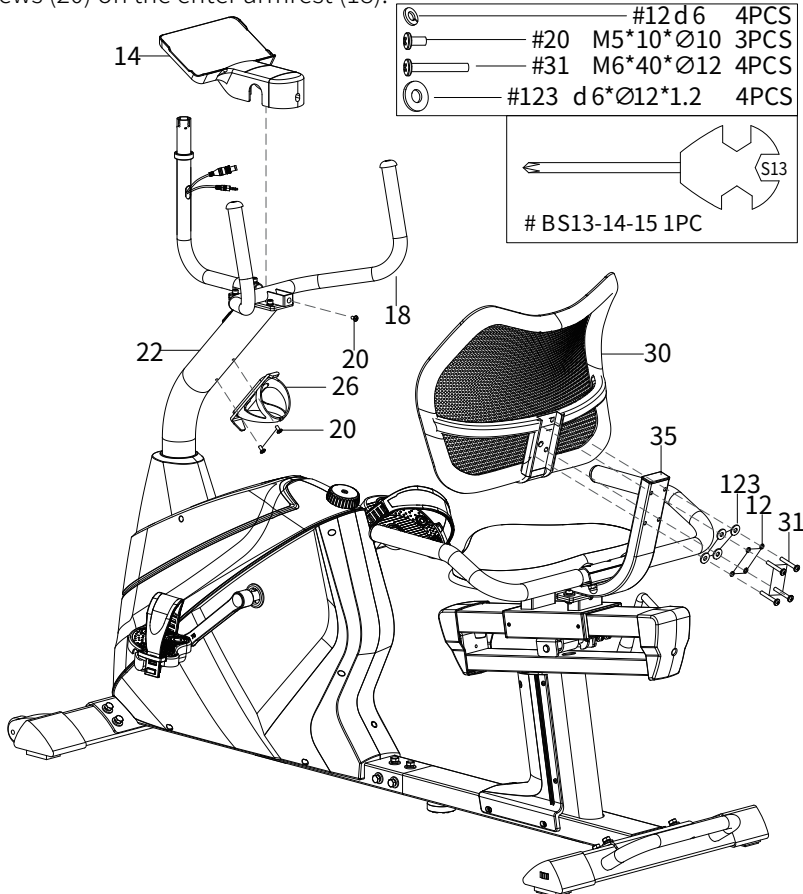
1. Use an allen wrench S5(A) to tighten the armrest assembly (18) on the handlebar riser (22) with the allen cylindrical head screws (15), spring washers (12), and washers (16);
2. Use the allen wrench S5(A) to secure the watch tube (5) to the handlebar riser (22) with the hexagon socket head screws (11), spring washers (12), washers (13), allen socket head screws (15), and another set of spring washers (12). Ensure the washer (16) is tightly locked in place;
3. Use a cross wrench (B) to attach the handlebar (38) to the backrest tube (35) with the square neck bolt (36), handlebar cover (37), washer (29), and cap nut (39) superior;
4. Connect trunk line 1 (115) to trunk line 2 (116), then insert the connector into the cable hole on the handlebar riser (22), finally, secure the cable hole plug (21).



Installation Guide

Step 6:

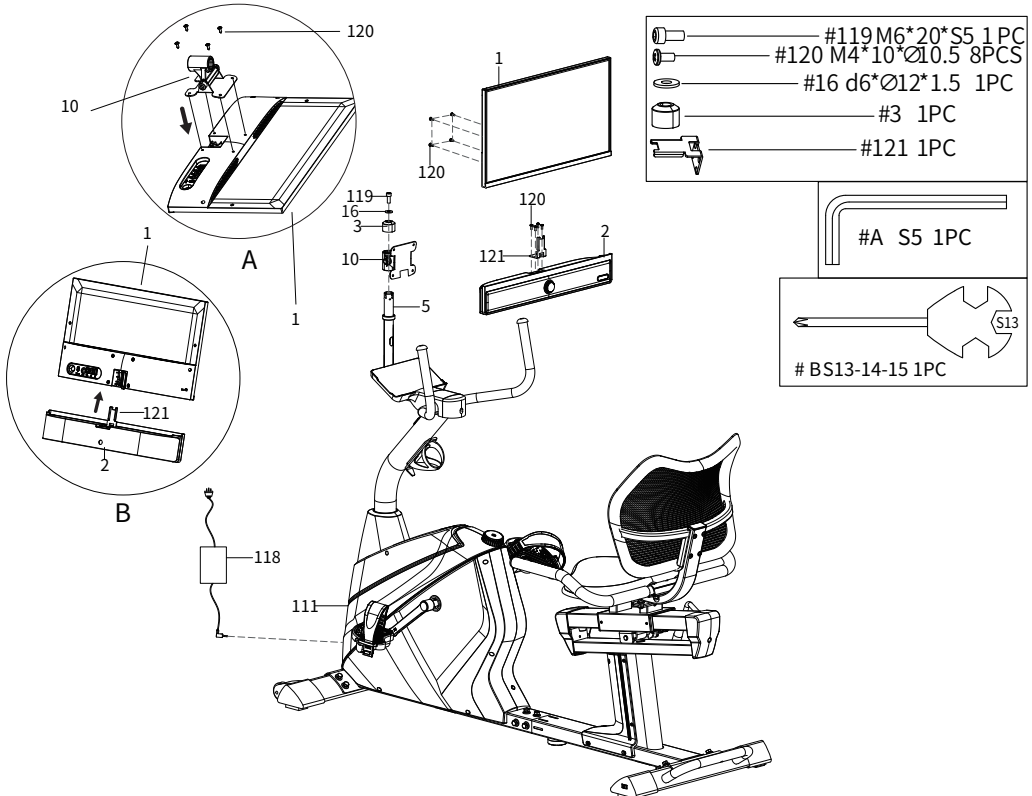
1. Use a cross wrench (B) to remove the cross-recessed pan head screws (20) pre-installed on the handlebar riser (22)、center armrest (18);
2. Use a cross wrench (B) to remove the cross recessed pan head screws (31), spring washers (12) and washers (123) pre-installed on the backrest (16);
3. Use a cross wrench (B) to secure the backrest (30) to the backrest tube (35) with the cross-recessed pan head screws (31), spring washers (12), and washers (123);
4. Use a cross wrench (B) to tighten the water bottle cage (26) on the handlebar riser (22) with the cross recessed pan head screws (20);
5. Snap the one-piece hood(14) onto the enter armrest (18), then use the cross wrench (B) to tighten it to the stem with the cross-recessed pan head screws (20) on the enter armrest (18).



Installation Guide

Step 7:

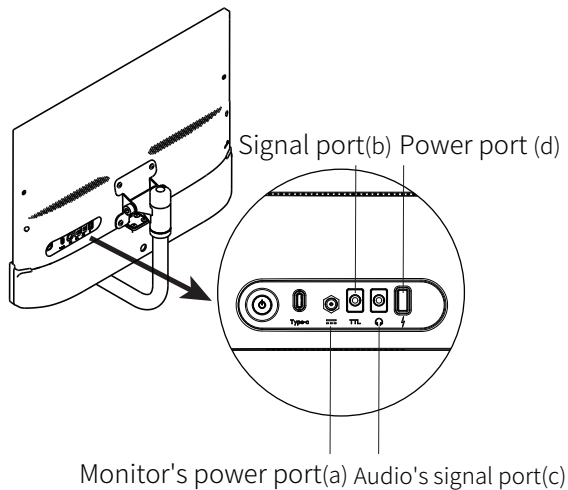
1. Use a cross wrench (B) to remove the cross-recessed pan-head padded screws (120) pre-installed on the back of the screen (1), and take out the screen fixing piece (10) **(make sure the side with the sticker faces up!)**, such as shown in figure A, use a cross wrench (B) to tighten the cross-recessed pan-head padded screws (120) to the screen (1) (Place the screen flat on a surface and avoid pressing it with hard objects to prevent damage);
2. Use a cross wrench (B) to align the speaker connection base (121) with the slot of the speaker holder (2), tighten it with a cross-recessed pan head padded screw (120), Then, as shown in figure B, align the speaker holder (2) with the slot on the screen (1) and insert it;
3. Insert the screen and speaker components assembled in the previous step into the monitor bracket (5), then put in the upper connecting seat (3), washer (16) and hexagonal cylinder head screws (119) in sequence, tighten everything using an allen wrench S5(A) ;
4. Insert the round plug of the power adapter (118) into the corresponding port of the main frame (111), connect the other end to the power supply, and start using it. Please store the power adapter (118) when not in use.



Installation Guide

Step 8:

1. Insert the monitor's power port (a)、 signal port (b)、 audio's signal port (c) and power port (d) into the jacks at the bottom of the back of the monitor. Be sure to plug them in securely (**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**).



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

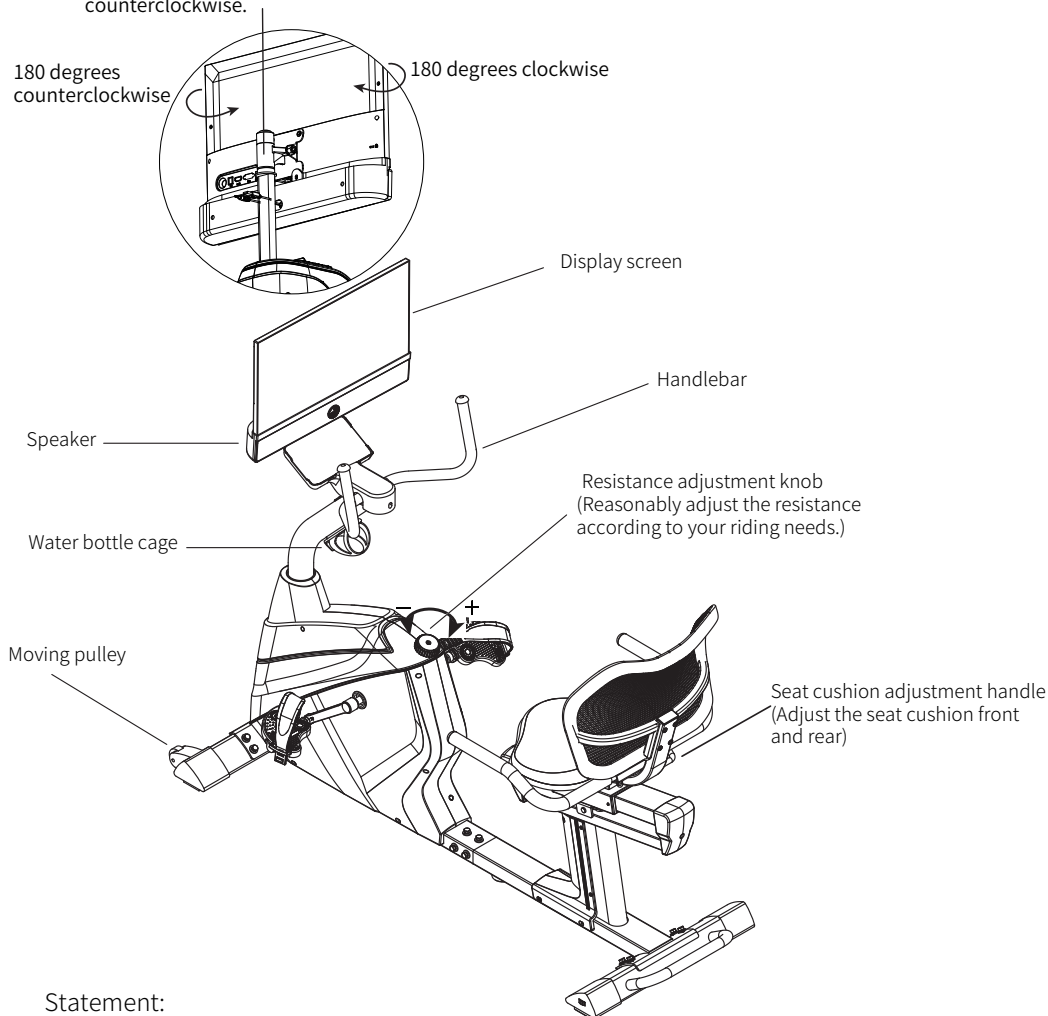
(for reference only, subject to the actual product)



Safety tips: Please adjust the exercise bike according to your own conditions before use, and tighten the body fastening knob.

When using it for the first time, please loosen the resistance adjustment knob counterclockwise, otherwise it may not be possible to pedal!

The screen supports 360 degrees of rotation, allowing it to rotate 180 degrees clockwise or counterclockwise.



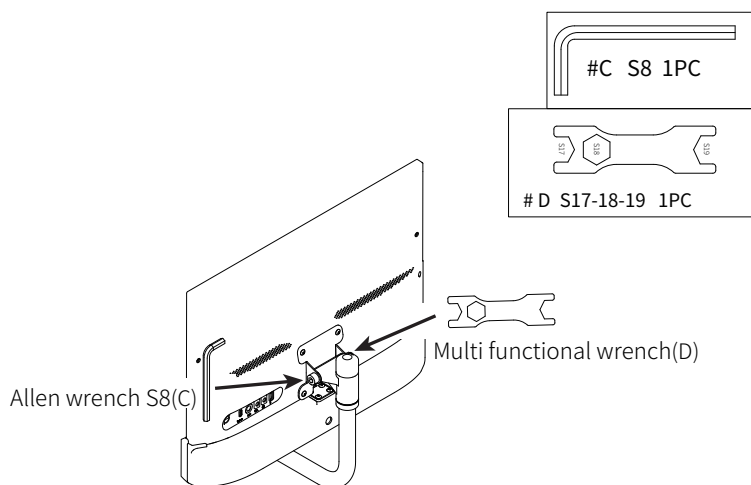
Statement:

This manual provides a comprehensive provides to the product's functions and operating instructions as of the time of printing. However, due to continuous improvements in hardware, software, and design, there may be differences between this manual and the product you purchased. In the event of any discrepancies in appearance, interface, or color, please refer to the actual product.

Precautions

Check screen

After installation, check if the screen falls when turned upside down. If it falls, use the allen wrench S8(C) and the Multi functional wrench(D) to tighten it as shown in the figure. (If the screen becomes loose during use or if the joint needs adjustment, follow these steps to make the necessary corrections)



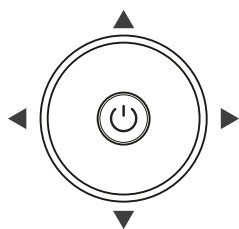
How to adjust the screen

Screen Adjustment:

1. Press and hold the "OK" button for 6 seconds to power off the phone, and for 1-2 seconds to power it on.
2. Press the "OK" button when the display is powered on and a signal is detected. Press the "OK" button within 1 second to open the main menu.
3. Use the "arrow" button to navigate through the main menu and select the desired item for adjustment. After selecting the item, press the "OK" button to adjust it. Press the "OK" button again to save changes and return to the previous menu.
4. Press and hold the left shortcut key for 10 seconds to display the version number.

Operations to close the data window during screen projection:

1. Connect the screen projector and start projecting.
2. Press the "Confirm" button to access the main menu.
3. Scroll down and select "Settings," then scroll right to enter the settings menu.
4. Scroll down and select "BikeOsd," and then scroll right to enter the "BikeOsd" setting interface.
5. Choose "OFF" and press the "Confirm" button to select this option.
6. Scroll left three times in a row to exit the main menu.



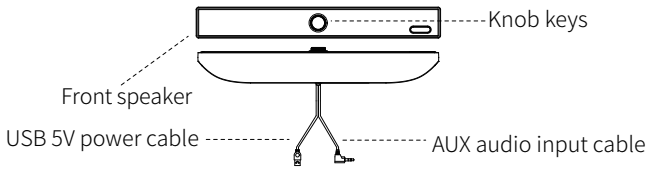
①  (OK key)

②     (Arrow key)

(Five-way joystick buttons)

How to adjust the speakers

Audio function operation



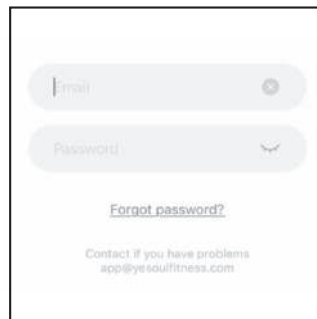
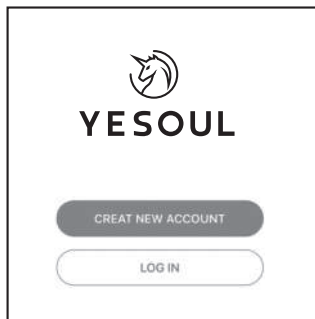
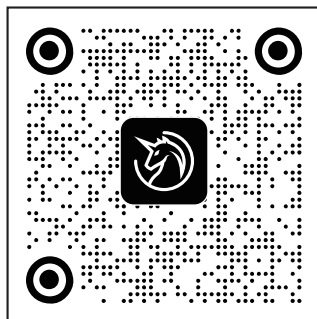
	Project	Pre-Condition	Operation steps	Effect	Tone	LED
On/Off	Power On	/	Short press the Rotary switch	Power On	Power-on beep (hello)	Red LED always on
	Power Off	/	Press and hold the knob button for 3 seconds	Power off	Shutdown tone (Shutdown sound effect)	Red LED goes out
Sleep state	Power On	/	The speaker has no AUX signal or Bluetooth signal input for more than 10 mis	The speaker goes to sleep	/	Red LED goes out
Wake-up function	Sleep mode	Sleep state	When clicking the knob button (clicking will 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 (beep)	Red LED always on
	Volume down	/	Turn the switch anticlockwise	The volume decreases gradually as your rotation	/	Red LED always on
	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
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 (Shutdown sound)	Red LED flash quickly
	Switch to Pairing mode (the bluetooth can be found by other devise)	Power on	Open the bluetooth and Search on the devise	Bluetooth device searches for "Speaker" and connects, successful pairing announces a tone	The tone of successful connection (Paired (dong))	Red LED always on
	Disconnected	Connected	Close your devise bluetooth function	1. Announcement tone (Pairing) 2. Speaker enter the pairing mode	Disconnect tone (Pairing)	Red LED flash quickly
			Cancel the pairing by the devise			
			Disconnect the bluetooth connection by Devise			
	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 mis, no device is connected and the speaker enters sleep state	Disconnect tone (Pairing)	Red LED flash quickly
				Reconnected successful with devise	The tone of successful connection (Paired)	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 (Paired)	Red LED always on
	Factory Reset (In Bluetooth mode)	Power On	In 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 (hello)	Red LED always on

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.



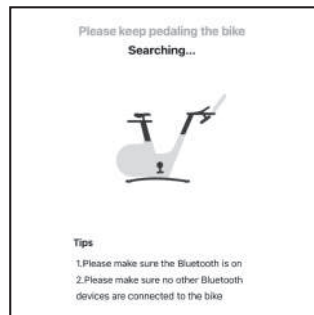
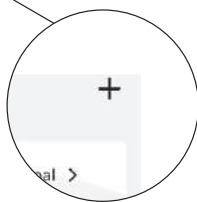
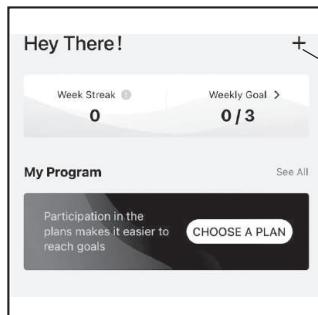
1. Scan the QR code and download the APP

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, simply step on the device and open the exercise mode or course of the APP can be connected automatically.

· The device does not support connecting multiple cell phones at the same time. Please make sure the device is not connected to other users 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

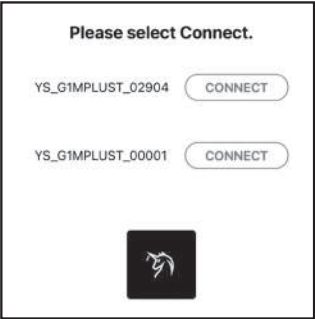


Zwift

APP usage instructions

Device connected to Wi-Fi

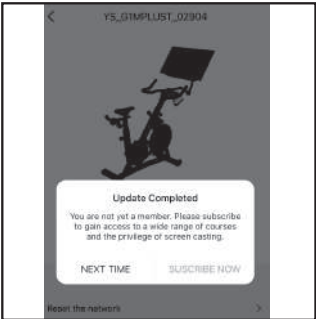
- After connecting the device, follow the page prompts and select the corresponding Wi-Fi to complete the network connection to the device.
- The device only supports connecting to 2.4G networks.



6. Select the device to connect
7. Select the corresponding Wi-Fi connection device

Purchase APP membership

- For first time use, the page will automatically jump to the membership purchase page after completing the network settings, and follow the page prompts to complete the membership purchase.
- If you need to purchase a membership again in the future, please open the APP and find 「Homepage」 - 「Settings」 - 「Member Rights」 , and follow the interface prompts to complete the membership purchase.



8. Follow the interface prompts to complete the membership purchase.

*The above illustrations are for reference only. As the software is constantly updated and iterated, please refer to actual use.

About wired projection screen

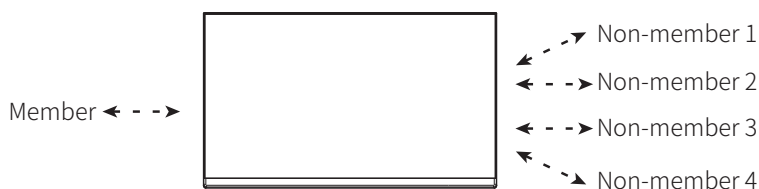
Screen casting permissions (Membership):

1. After registering on the app and becoming a member, connecting the equipment will activate screen casting permissions, allowing you to use the screen casting function.

2. Once the equipment has activated screen casting permissions, the feature can be shared with up to 4 other non-member accounts (for a total of 5 shared accounts).

Note: (1) At least one of the 5 accounts most recently paired with the equipment must be a member, otherwise the screen cast function will be disabled.

(2) Member accounts can only activate the exercise bike they are initially paired with. For any changes, please contact customer service.



Installation instructions for wired screen projection:

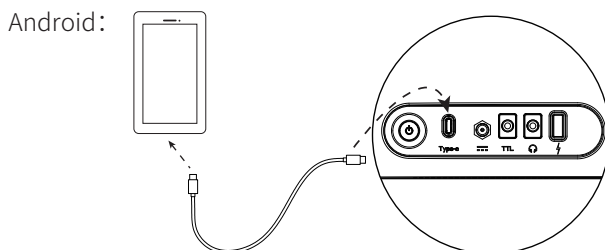
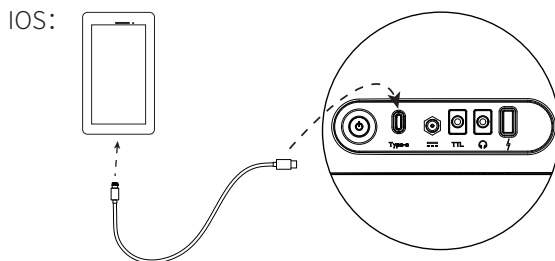
1. Remove the data cable,

Note: There are two data cables for Android and iOS included in the package. Please use the appropriate cable according to your cell 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.

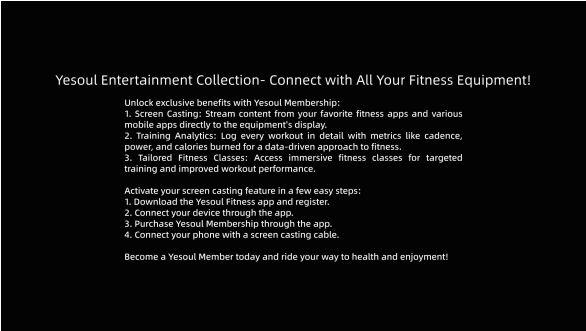
Note: Android phones need to support DisplayPort (DP) signal output in order to use the wired screen projection function properly.



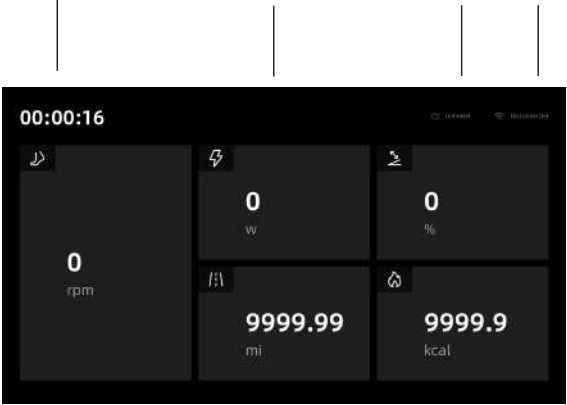
About display interface

Display interface description:

The screencasting device has been connected.
No membership purchased



Exercise time Instantaneous power Non-member ID WI-FI signal



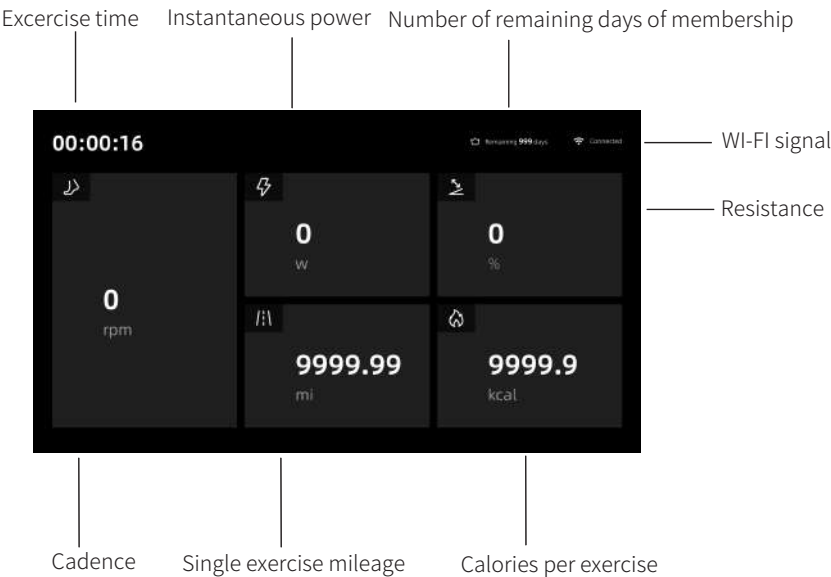
No screen projection interface

Resistance

Cadence Single exercise mileage Calories per exercise

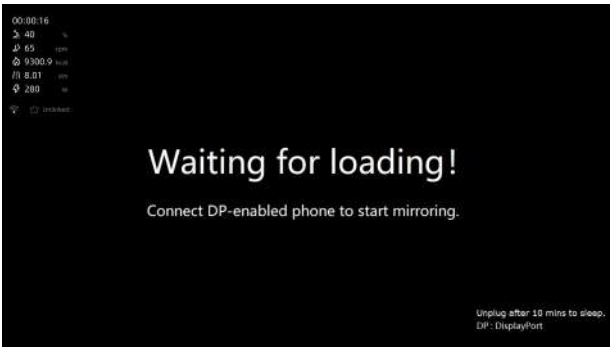
About display interface

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.



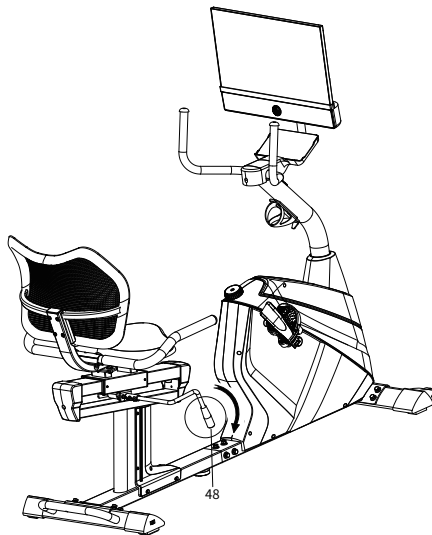
Member screen mirroring connection



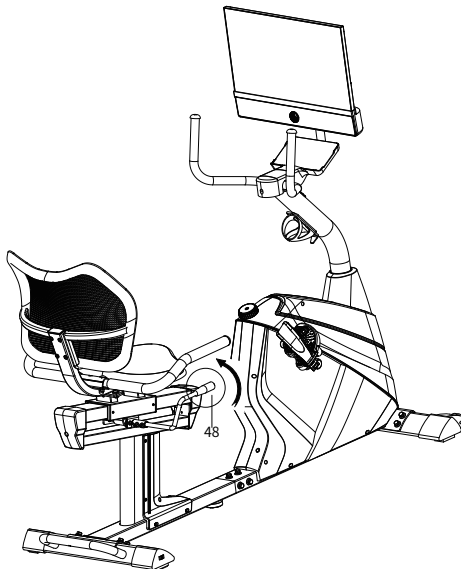
How to adjust exercise bike

1. Adjust the seat cushion front and back:

Press down the adjustment handle (48), step on the pedals, and the saddle can move forward and backward.



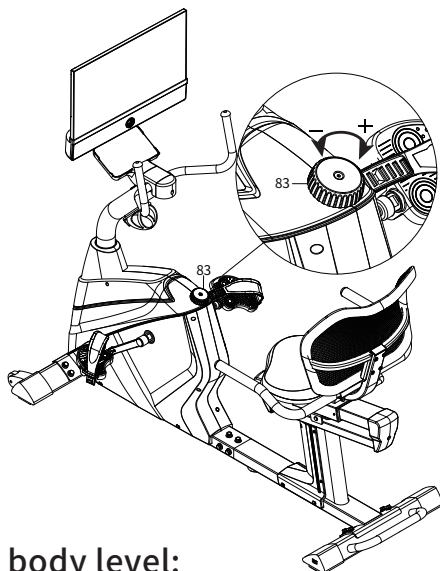
Adjust the seat cushion to the appropriate position, pull up the adjustment handle (48) to the horizontal position, and then lock it.



How to adjust exercise bike

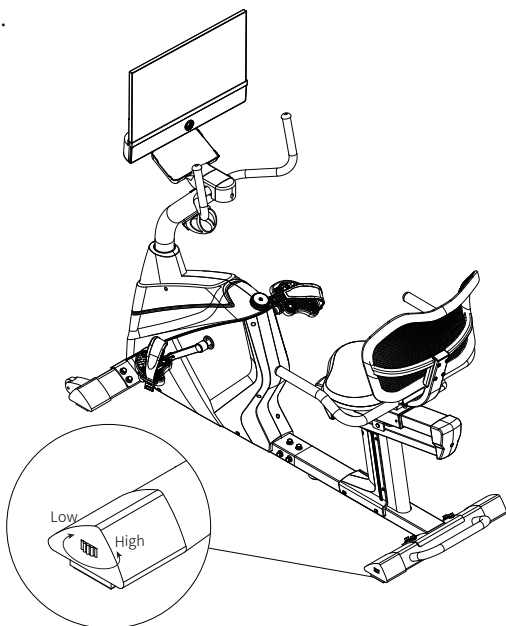
2. Adjust the resistance:

Turn the knob (83) clockwise to increase the resistance, and turn the knob (83) counterclockwise to decrease the resistance.



3. Adjust the body level:

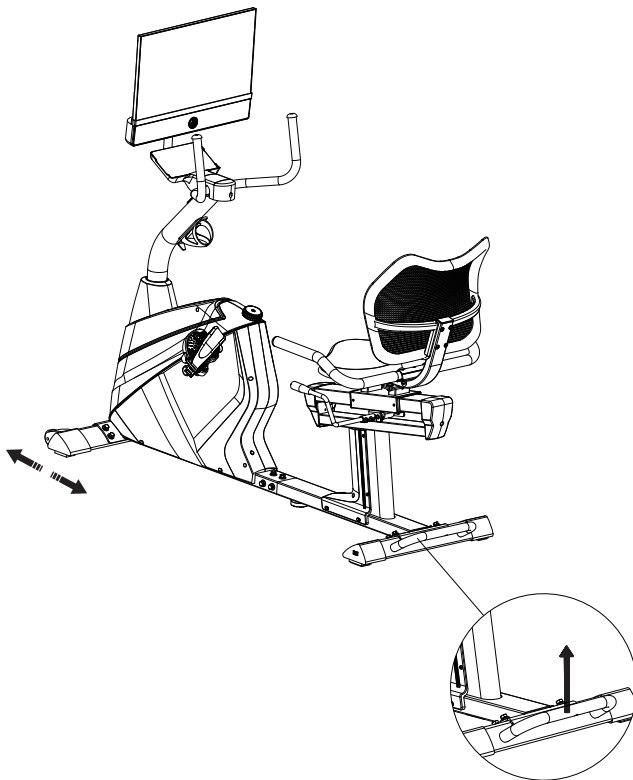
There are two adjustment foot pads at the bottom of the rear leg tube. Rotate the foot pads to keep them close to the ground until the body stops shaking.



How to adjust exercise bike

4. Adjust the position:

Lift the rear tube and use the moving pulley of the front tube to move the product freely or place it in a suitable position.



Warm up

Before exercising, it is best to do stretching exercises. Warm muscles stretch more easily, so warm up for 5 to 10 minutes first. Then stop and stretch as follows - 5 times for 10 seconds or more on each leg, then do it again at the end of the exercise.

1.Stretching by touching toes

Stand with your knees slightly bent and your hips moving slowly forward. Touch your toes as far as possible, while relaxing your back and shoulders. Keep this posture for 15s and then relax. Repeat the exercise three times.

Stretched parts: Ligaments, internal parts of knees, and back. (See Figure 1)

2.Ligament stretching exercise

Sit with one leg stretched forward. Put the other sole close to your body and on the inner side of the thigh of the stretched leg. Touch your toes as far as possible. Keep this posture for 15s and then relax. Exercise both legs three times, respectively.

Stretched parts: Ligaments, back and groin. (See Figure 2)

3.Calf/heel stretching exercise

Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15 seconds and then relax. Repeat the exercise three times for each leg.

Stretched parts: Quadriceps and hip muscles. (See Figure 3)

4.Quadriceps femoris stretching exercise

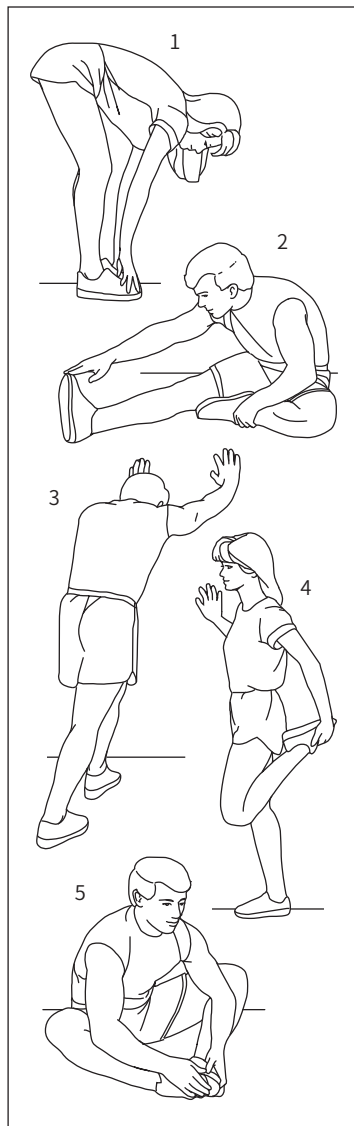
Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15 seconds and then relax. Repeat the exercise three times for each leg.

Stretched parts: Quadriceps and hip muscles. (See Figure 4)

5.Inner thigh stretching exercise

Sit with the soles of your feet together and your knees turned out. Make your feet as close as possible to the groin. Keep this posture for 15s and then relax. Repeat the exercise three times.

Stretched parts: Quadriceps and hip muscles. (See Figure 5)



Note: This product is a full-body training equipment, please follow the above steps to perform warm-up exercises.

Routine Maintenance

Daily use:

Keep the 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.

Frame maintenance:

Wipe off sweat on the frame with a dry cloth after exercise. Do not wipe the bike with wet cloth, in order to avoid rusting.

Belt maintenance:

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.

Inspection of body screws:

Regularly check the screws of all body parts for loosening or falling, and tighten or replace them in time.

Inspection of resistance adjustment knob:

Regularly check the resistance knob for looseness or dislodgement and reasonable resistance values so that the resistance value can be calibrated in time.

Inspection of pedals and cranks:

Regularly check if the screws between the pedals and the crank are loose. Tighten them promptly if necessary.

Saddle maintenance:

Regularly check if the saddle is loose. Tighten it promptly if necessary. Use a cotton cloth to wipe the saddle and keep it dry.

Check the power cord:

Check the power cord frequently to see if it is cracked or damaged, and replace it in time.

