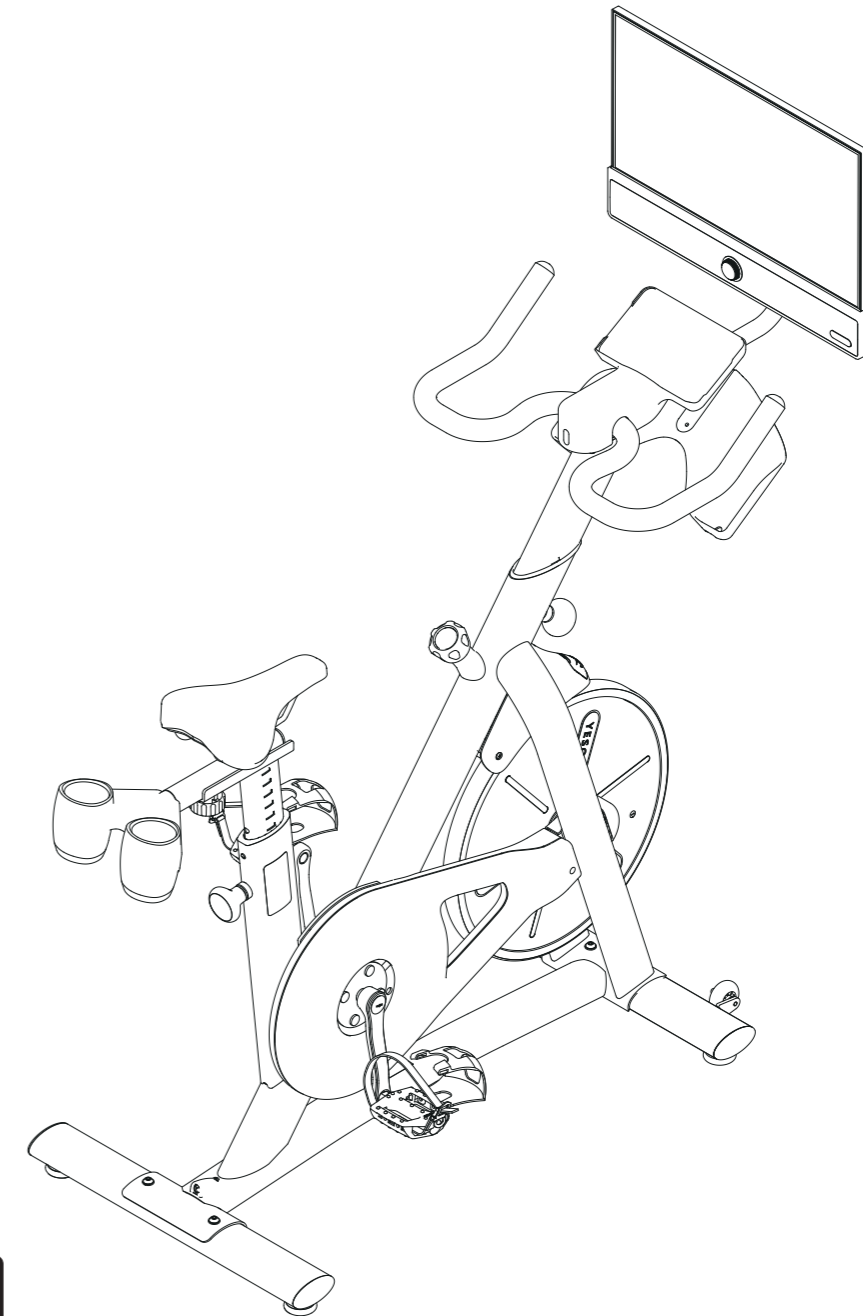




G1M MAX YESOUL Bike

Before using this product,
carefully read and properly
keep this manual.



Please scan the QR code to watch
the installationguide video
Product model: YS-001
Item NO.: G1MMAX

YESOUL Smart Cycling Bike G1M MAX Product Manual

Product Parameters

Screen size	21.5 inches (1920*1080 pixels)
Supporting software version	iOS 12.0 or higher, Android 5.1 or higher (inclusive)
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply input	24V= 3A
Wireless connection method	Bluetooth® wireless technology
Bluetooth	Bike: V5.0, Speaker: V5.3
Height limit	155~195cm
Rated maximum load	120kg
Net weight	34.5kg
Gross weight	40kg
Overall dimensions	(Length) 1374mm × (Width) 528mm × (Height) 1429mm

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. 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.
4. Regularly check the screws of all body parts for loosening or falling, and tighten or replace them in time.
5. Regularly Check the resistance knob for looseness or dislodgement and reasonable resistance values so that the resistance value can be calibrated in time.
6. Regularly check if the screws between the pedals and the crank are loose. Tighten them promptly if necessary.
7. Regularly check if the saddle is loose. Tighten it promptly if necessary. Use a cotton cloth to wipe the saddle and keep it dry.
8. Regularly inspect the power cord for any cracks or damage, and replace it promptly if needed.

Monitor Parameters

Panel type	VA
Curvature	Flat screen
Proportion	16:9
Size	21.5 inches
Backlight type	Side entry LED
Display size (H*V)	476mm*268mm
Resolution	1920*1080
Refresh rate	75Hz (Max.);60Hz (Typ.)
Brightness	200cd/m ² (Typ.);150cd/m ² (Min.)
Default color temperature	6500K
Contrast	3000:1(Typ.)
Color number	16.7M
Color gamut	72% (Typ.);65% (Min.) NTSC
Viewing angle (horizontal/vertical)	178°
Responding speed	7ms
Interface version (HDMI/DP)	HDMI/Audio Out/DC IN+2USB+serial port
Speaker specifications	None
Input voltage	DC input: 24V
Indicator mode (power on, standby)	Green when starting up, breathing green when standby
Storage temperature	-20°C ~+55°C
Operating temperature	5°C ~ +40°C
Operating humidity	20% ~ 80%
Storage humidity	20% ~ 80%
Control method	5 physical buttons

Front/Rear Speaker Parameters

Product size	Front speaker: 498*72*82mm Rear speaker: 98*83*82mm
Product weight	1080g

Note: After the speaker is installed and turned on for the first time, you need to double-click the button to pair.

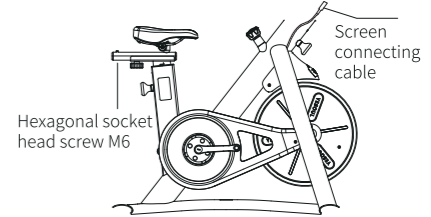
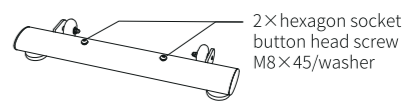
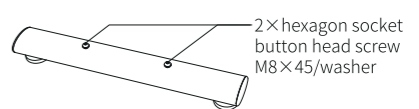
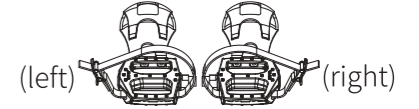
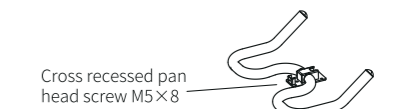
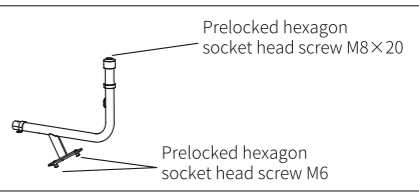
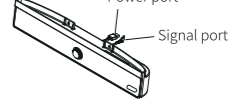
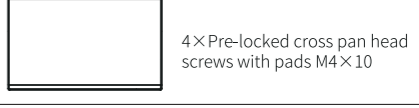

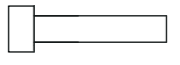
Important Safety Instructions

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







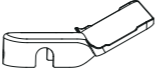


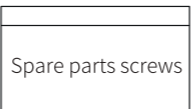
1. This product is for household use (Class H) and not medical fitness equipment.
2. This product must not be used for medical rehabilitation.
3. Keep children and pets away from this product. This product is for those over 16 years old only.
4. Do not place the equipment in damp or wet environments.
5. Never use this product with inappropriate shoes or barefoot.
6. Use this product on a flat and clean ground.
7. Lift the rear tube and the roller on the front tube can move the product freely or be placed in a suitable position.
8. If the product fails, immediately stop using it.
9. Check whether the bike for loosening or damage before each use.
10. Never stretch any object or body part into the openings of the bike.
11. When using the screen holder, ensure the device is centered to prevent it from falling off.
12. Never refit this bike or use non-original accessories without permission. The casing must be opened by professionals, in order to avoid damage.
13. Ensure all screws and bolts are securely tightened before use.
14. When not in use, turn the knob to the right end to lock the corresponding component.
15. Instructions for using the emergency brake: When you want to stop movement, press down on the emergency brake until it stops.
16. Never turn pedals by hand, or touch any rotating mechanical part, otherwise personal injury may be caused.
17. Get off the bike until flywheel/inertial wheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.
18. Wear professional cycling clothes or tight-fitting sportswear and sports shoes, and tighten footstraps to avoid injury caused by pulling or entanglement by this product.
19. The product should have at least 0.6 meters of free space all around it.
20. Incorrect or excessive training may cause injury.
21. Use this product according to the instructions in this manual. Warm up fully before exercise.
22. Keep the body hydrated as needed during riding.
23. 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.
24. If you experience any discomfort while using the equipment, stop immediately and consult a doctor.
25. Those pregnant or with high blood pressure, heart disease, lumbar spondylosis or reduced mobility must not use this product without the permission of doctors.
26. The weight of the user must not exceed the maximum load.
27. Carry out preventive maintenance regularly.
28. Please use the standard power adapter. Replacement of the power adapter without authorization may cause serious consequences.

Installation Guide - List of Parts






STEP 1: Check of parts

	NO.	Name	Quantity	Picture
Parts List (Components List)	①	Frame	1	
	②	Front tube	1	
	③	Rear tube	1	
	④	Pedal set left/right	1	
	⑤	Handlebar assembly	1	
	⑥	Monitor stand	1	
	⑦	Front speaker	1	
	⑧	Display screen	1	
	⑨	24V --- 3A power adapter	1	
	⑩	Hexagon socket head screw M6 x 35	1	

Installation Guide - List of Parts

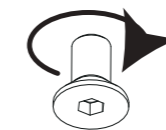
Parts List (Components List)	NO.	Name	Quantity	Picture
	⑪	Hexagon socket head screw M6×12	2	
	⑫	Hexagon socket head screw M6×16	2	
	⑬	Head tube	1	
	⑭	Screen fixing part	1	 2× Pre-locked cross pan head screws with pads M4×10
	⑮	Bottle holder	1	
	⑯	Screen mirroring adapter (Android)	1	
	⑰	One-piece hood	1	
	⑱	Rear speaker assembly	1	
	⑲	Instructions	1	
⑳	Spare parts	1		

Installation Guide - List of Parts

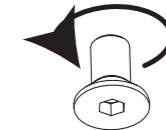
Accessories List (Tools List)	NO.	Name	Quantity	Picture
	A	L-shaped head six corner wrench 5#	1	
	B	L-type cross head hex wrench 6#	1	
	C	L-shaped head six corner wrench 8#	1	
	D	Open-ended wrench 13-15#	1	
	E	Open-ended wrench 14-17#	1	

***Some fixing screws are pre-locked on the corresponding parts at the factory. Please remove them before installing the corresponding parts during assembly. Spare parts are subject to actual conditions.**

Clockwise



Counterclockwise

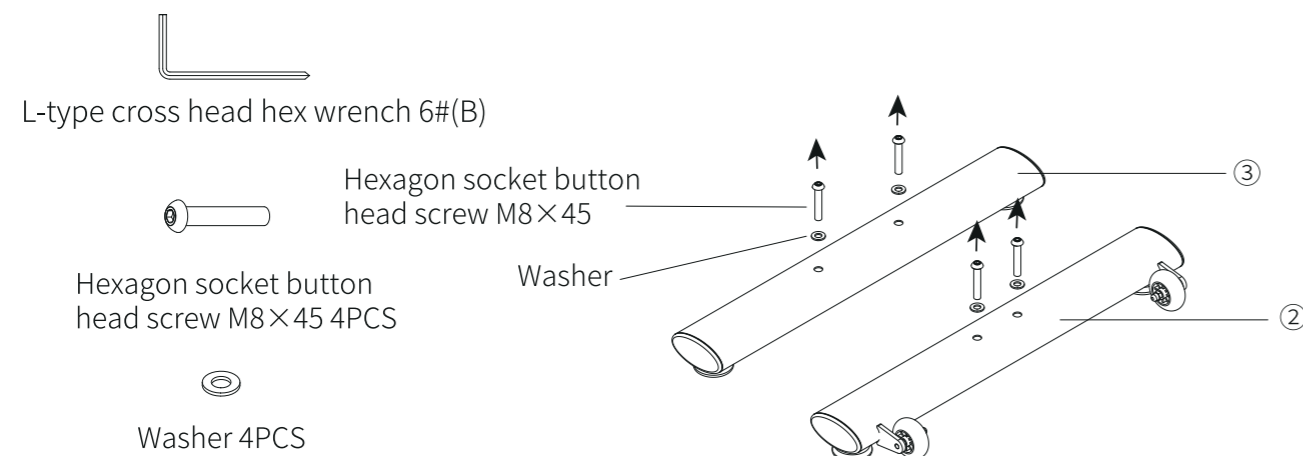


***Bolt fastening method: tighten clockwise, loosen counterclockwise.**

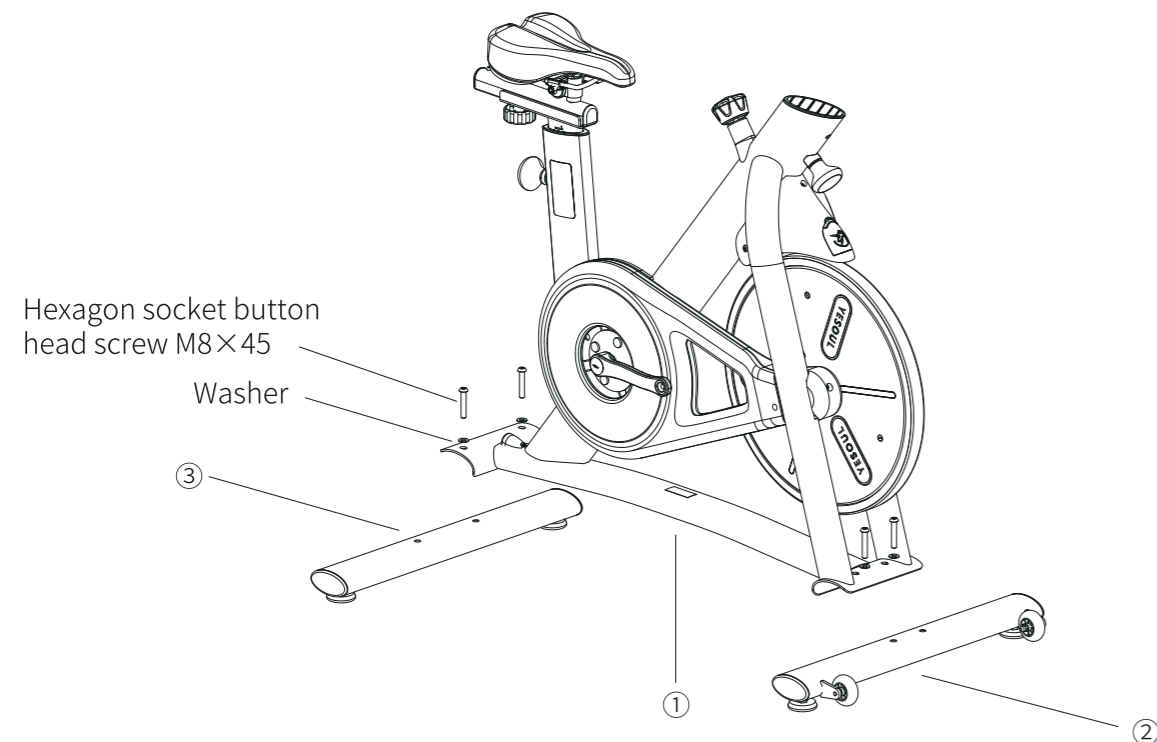
Installation Guide

STEP 2: Installation of bottom tube

1. Take L-type cross head hex wrench 6# (B) out of the ziplock bag;
2. Remove 4 hexagon socket button head screws (M8 X45) and washers of the front tube ② and rear tube ③ via the L-type cross head hex wrench 6# (B);



3. Align the holes of the front tube ② and rear tube ③ with the holes at the bottom of the frame ①. Hand-thread the washers and hexagon socket pan head screws (M8 X 45) in sequence. Then, use the L-type cross head hex wrench 6# (B) to fully tighten them.



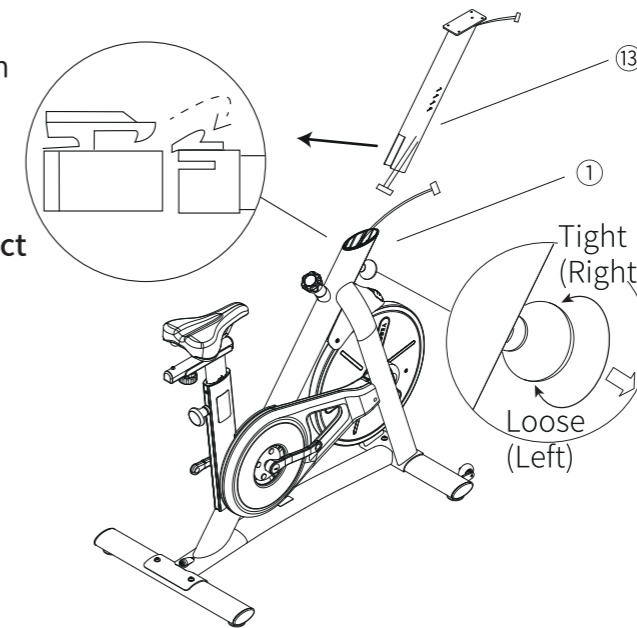
Installation Guide

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 frame 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.

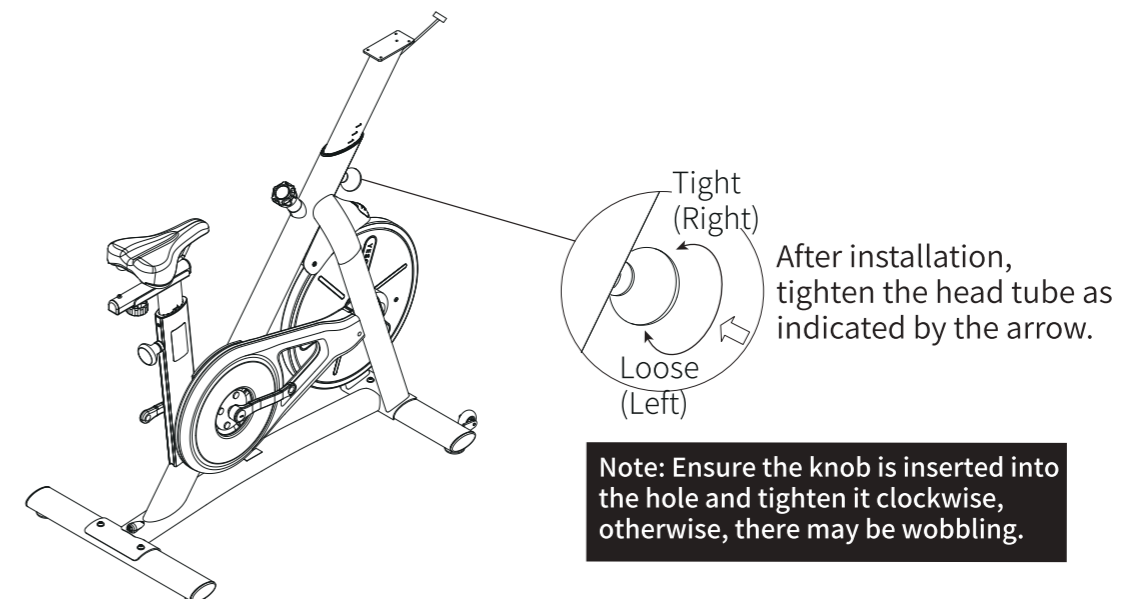
(Note: Place the surface with a hole in the head tube ⑬ outwards. Do not press the cable);

Align the port to connect to the screen connection cable
*** Please make sure that the connection direction is correct. Please do not connect it with violence.**



Before installing the head tube, please screw out the adjustment knob as indicated by the arrow.

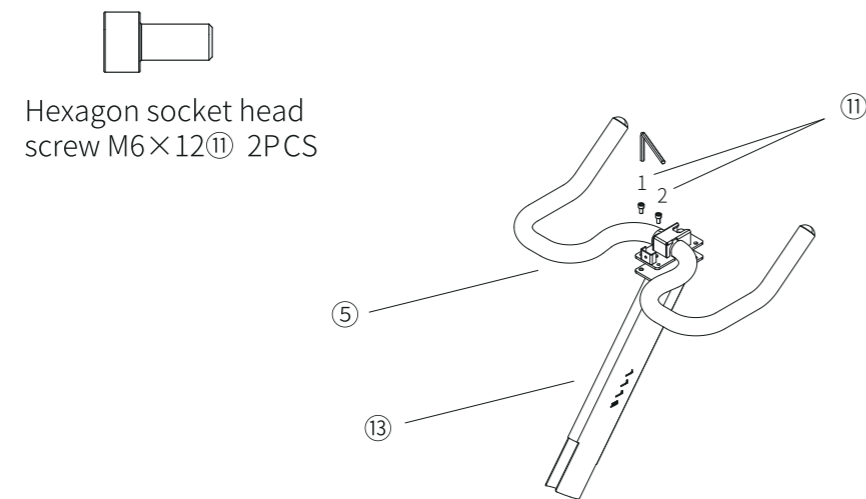
2. Insert the head tube ⑬ into the frame ①, and keep the scale parallel to the top surface of the tube. Align the hole on the head tube ⑬ with the hole on the frame ①. Then, tighten the adjustment knob as indicated by the arrow.



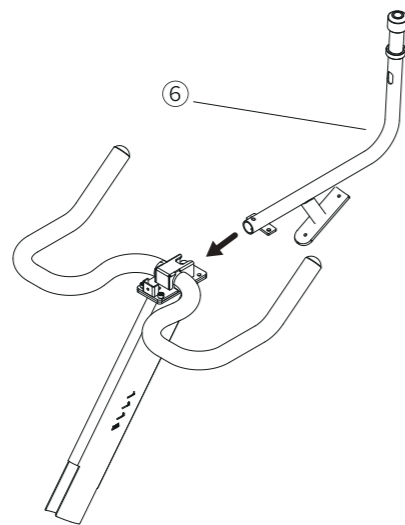
Installation Guide

STEP 4: Installation of handlebar assembly

1. Align the holes on the handlebar assembly ⑤ with the holes on the head tube ⑬. Take out the hexagon socket head screws (M6X 12) ⑪ 1-2. As shown in the figure, hand-tighten the screws 1-2 clockwise (do not fully tighten them yet) to temporarily hold them in place;

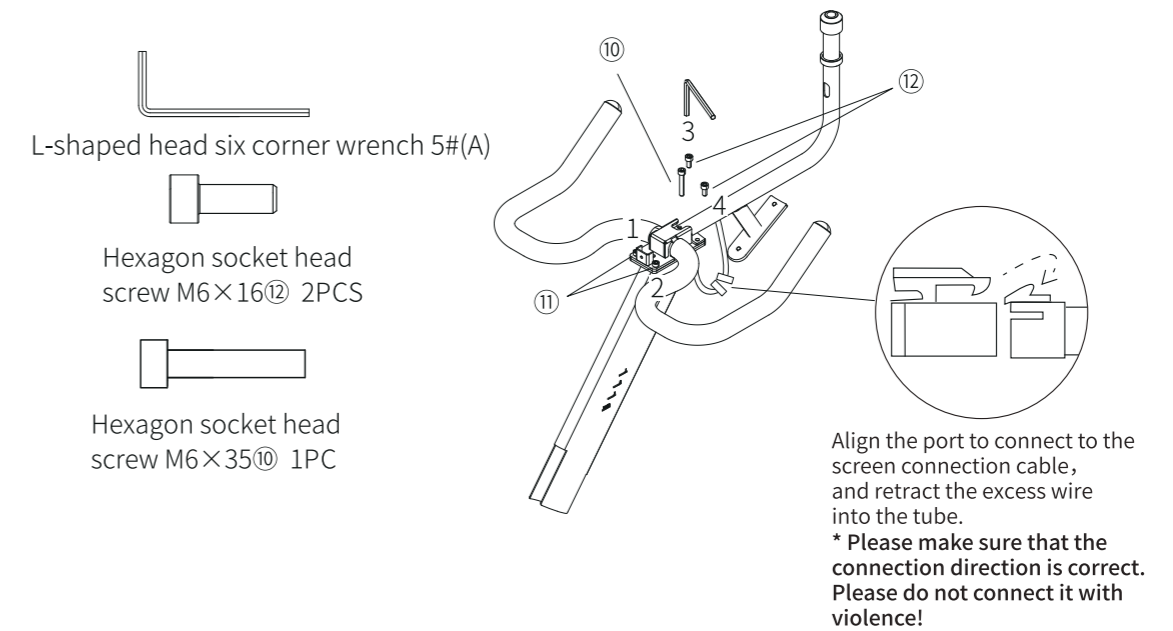


2. Insert the monitor stand ⑥ into the handlebar following the direction of the arrow;



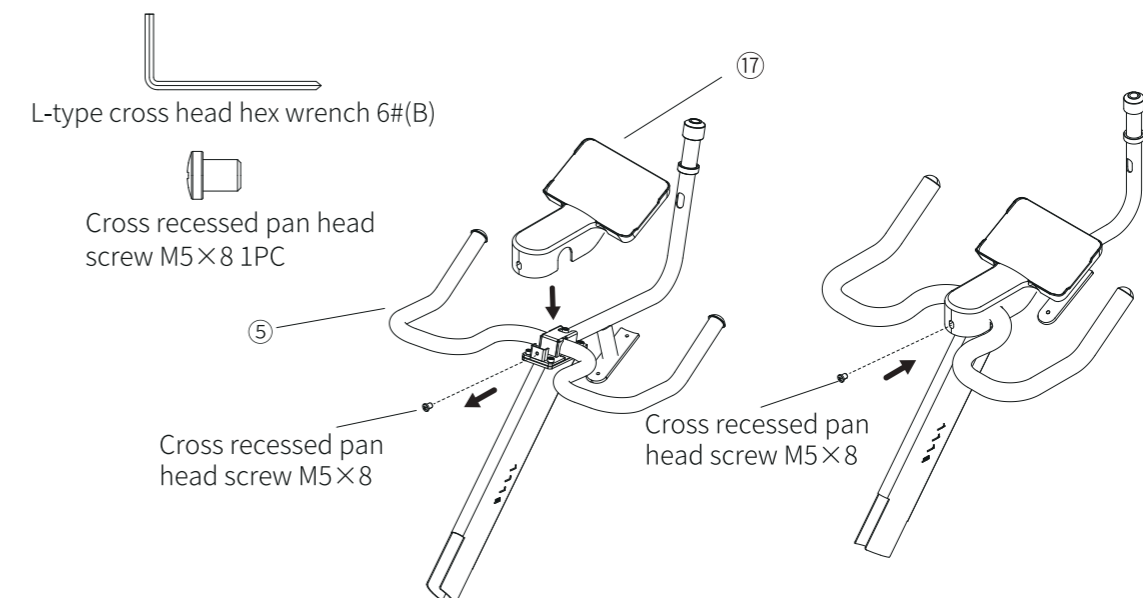
Installation Guide

3. After correctly aligning the hole position, use L-shaped head six corner wrench 5#(A) the hexagonal socket head screws (M6×16)⑫3-4 and the socket head screw (M6 × 35)⑩ into the holes and lock them. Next, tighten the hexagonal socket head screws(M6×12)⑪1-2;
4. Finally, connect the screen connection cable to the cable inside the monitor stand ⑥ (as shown in the figure).



STEP 5: Installation of one piece hood

1. Use the L-type cross head hex wrench 6# (B) to remove the cross recessed pan head screw (M5×8) that was pre-installed on the handlebar assembly⑤;
2. Gently snap the one piece hood⑰ onto the handlebar assembly⑤;
3. Use the L-type cross head hex wrench 6# (B) to screw the cross recessed pan head screw (M5×8) into the cross recess of the one piece hood⑰.

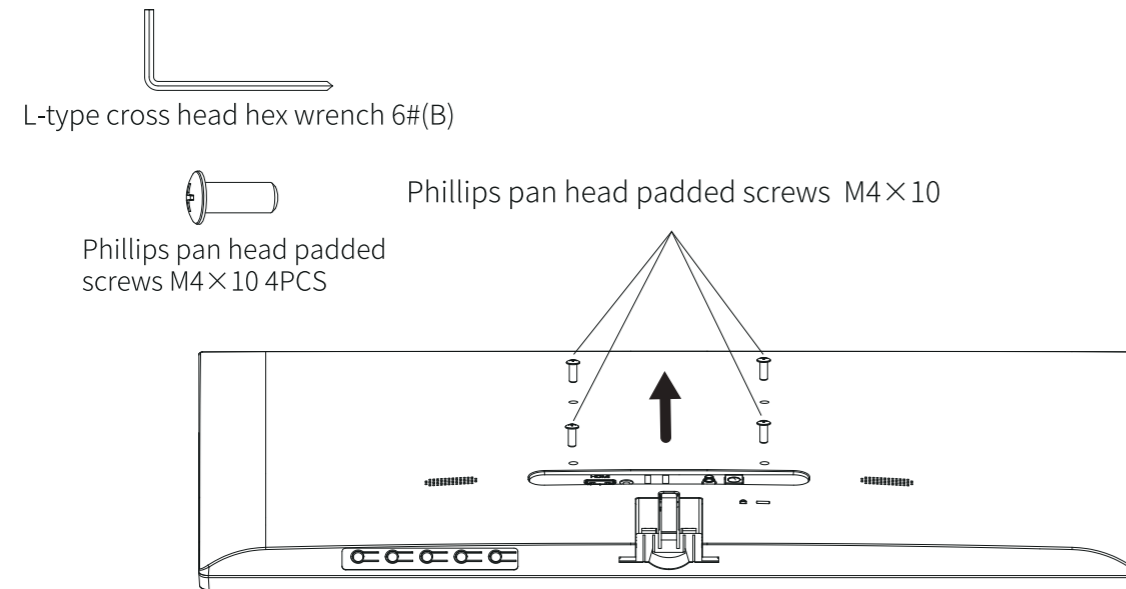


Installation Guide

STEP 6: Installation of screen and speaker

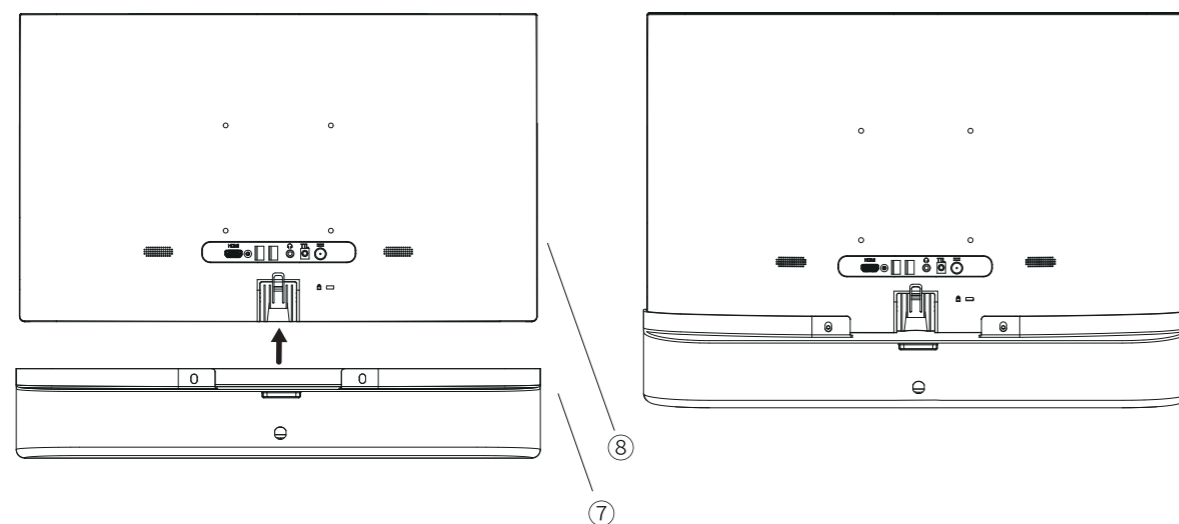
1. Use the L-type cross head hex wrench 6# (B) to remove the Phillips pan head padded screws (M4 × 10) pre-installed on the screen ⑧, as shown below;

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



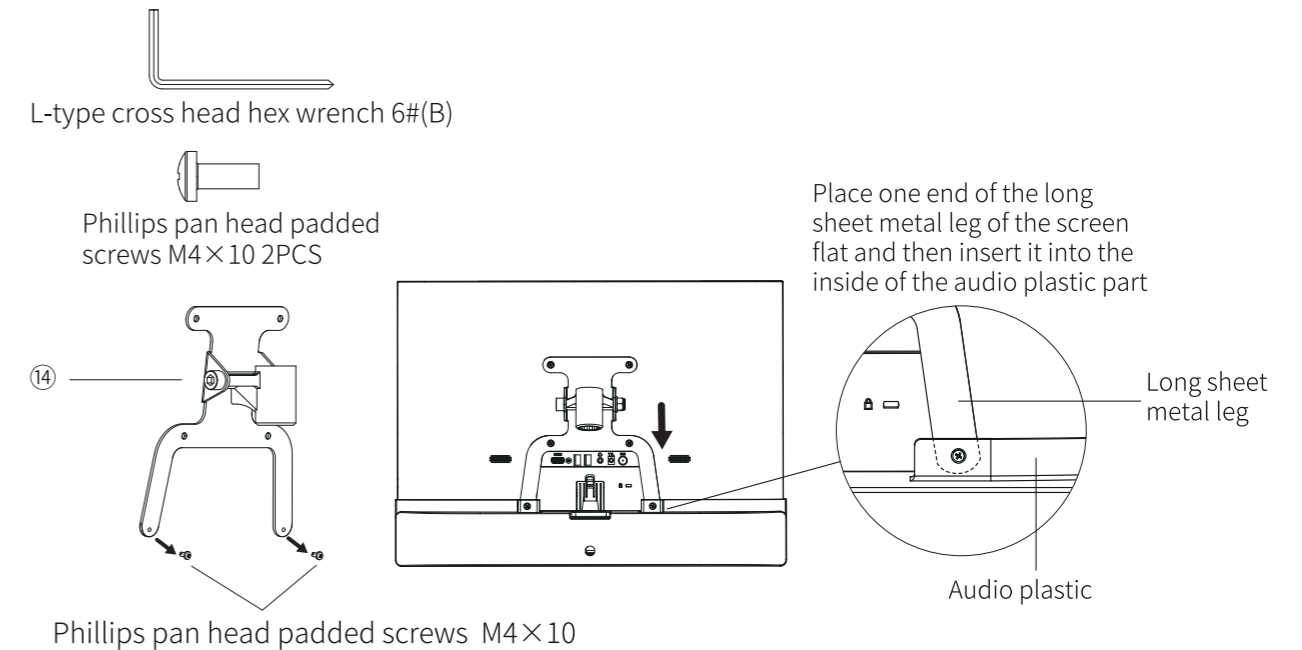
2. After taking out the speaker ⑦ and placing it parallel to the screen ⑧, place the screen ⑧ in the groove of the speaker ⑦, as shown in the picture;

(Note: The speaker is equipped with a casing. When taking it out, ensure that the front side of the carton is facing up to prevent damage)

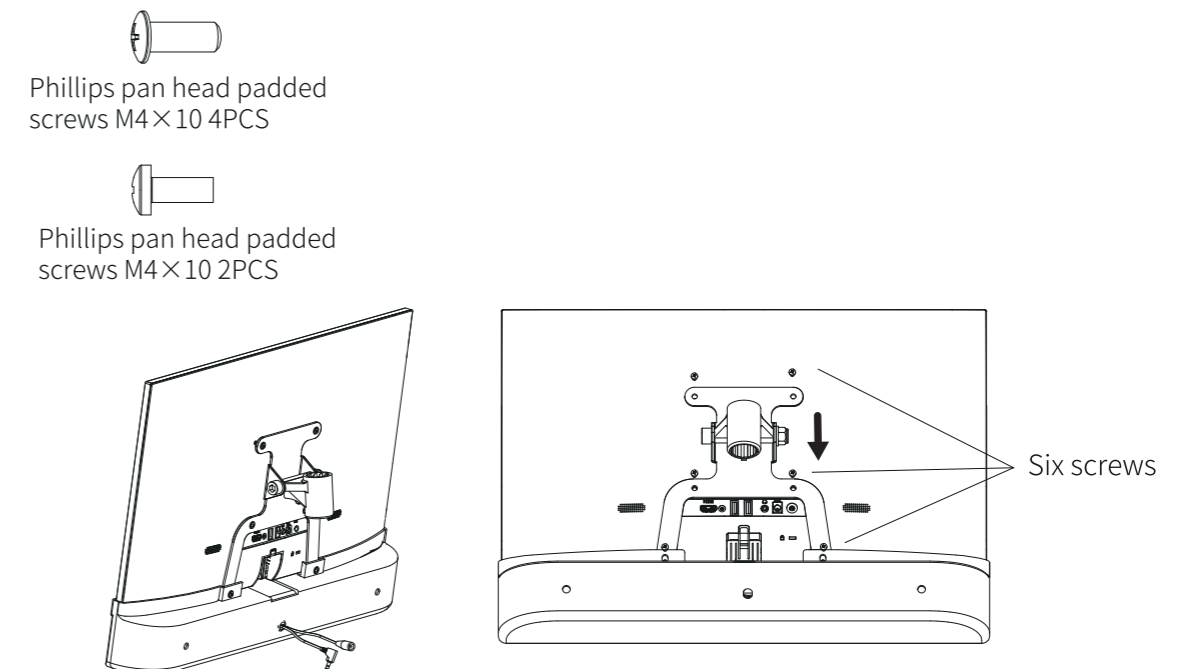


Installation Guide

3. Take out the screen fixing part ⑭ and use L-type cross head hex wrench #6 (B) to remove the Phillips pan head padded screws (M4 × 10) pre-locked on the screen fixing part ⑭. Place the screen fixing part ⑭ on the back shell of the screen (Note: Place one end of the long sheet metal leg of the screen flat and then insert it into the inside of the audio plastic part.)

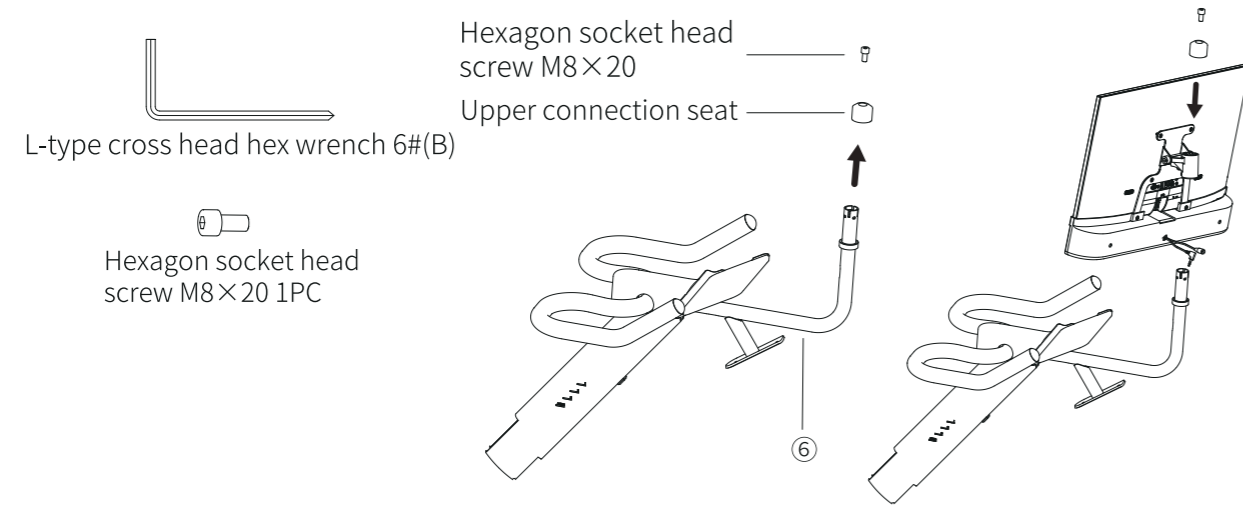


4. Align the holes on the screen fixing part ⑭ to the holes on the speaker ⑦ and screen ⑧, pre-lock the six removed screws in sequence, adjust the parallelism between the screen fixing part ⑭ and the screen ⑧, and then tighten all the screws clockwise;



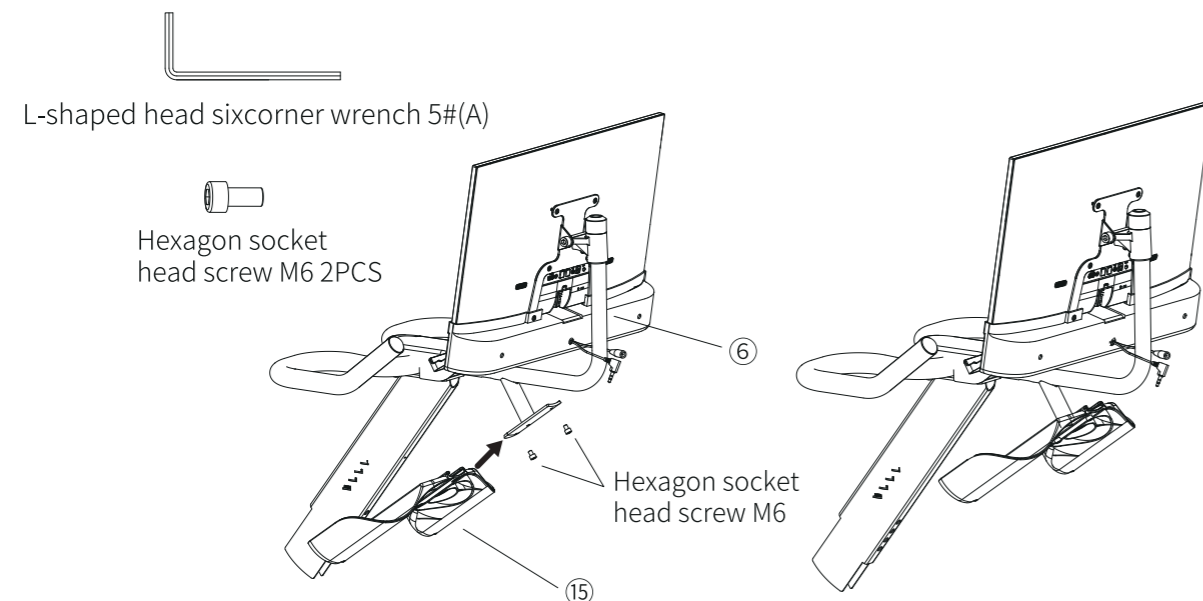
Installation Guide

- Loosen the hexagonal socket head screw(M8×20) pre-installed on the monitor stand ⑥ with an L-type cross head hex wrench 6#(B), and then remove the upper connecting seat;
- Insert the screen and speaker components assembled in the previous step into the monitor stand ⑥, then put in the upper connecting seat and hexagonal socket head screw(M8×20)in sequence, and use an L-type cross head hex wrench 6#(B) lock until secure.



STEP 7: Installation of bottle holder

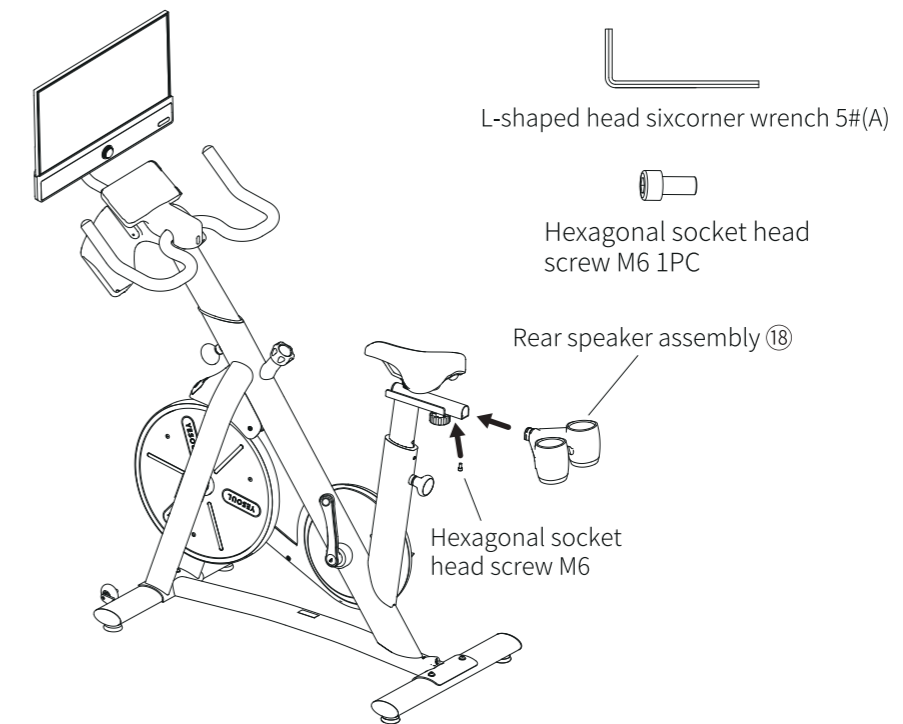
As shown in the figure, remove the 2 hexagon socket head screws M6 pre-installed in the monitor stand ⑥, and align the bottle holder ⑮ with the slot in the monitor stand ⑥, and push it in along the direction shown in the figure. Then, use the L-shaped head six corner wrench 5# (A) to align 2 hexagon socket head screws M6 with the holes, and lock the bottle holder.



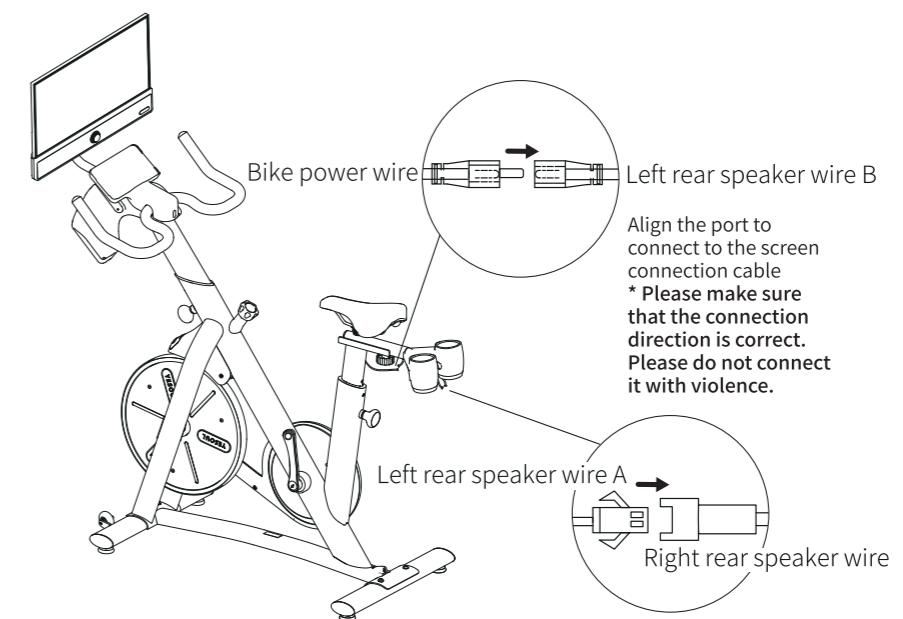
Installation Guide

STEP 8: Installation rear speaker

- Remove the pre-installed hexagonal socket head screw M6 from the seat sliding tube on the body. Then insert the rear speaker assembly ⑱ into the seat sliding tube, align the hexagonal socket head screw M6 with the holes, and following the arrow direction, use the L-shaped head six corner wrench 5# (A) to securely tighten;



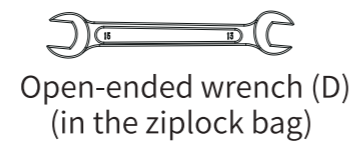
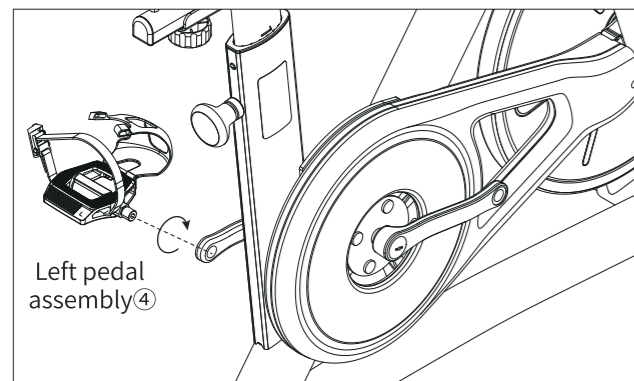
- Connect the left rear speaker wire A to the right rear speaker wire, and the bike power wire to the left rear speaker wire B.



Installation Guide

STEP 9: Installation of pedal

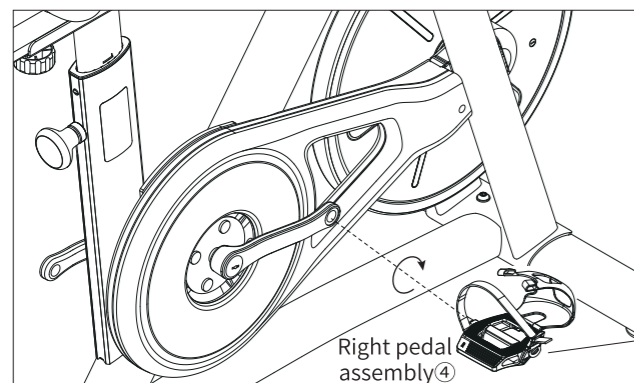
1. Take the pedals from the package;
2. Distinguish left and right pedals. The right pedal is marked blue "R", and the left pedal is marked red "L"
(Pay attention to distinguish left and right pedals. If they are not installed correctly, crank threads will be damaged !);
3. Stand behind the seat and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



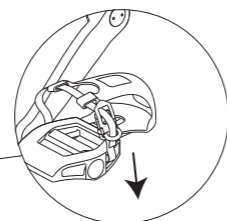
Open-ended wrench (D)
(in the ziplock bag)

4. 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 (D) to lock it by turning it towards the front of the bike.

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.



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

⚠ 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 10: Installation of connection cable

1. Insert the monitor's power port (a), signal port (b), and the speaker's signal port (d) into the sockets located on the lower rear side of the monitor. Then connect the speaker's power port (c) by plugging it into its matching connector.

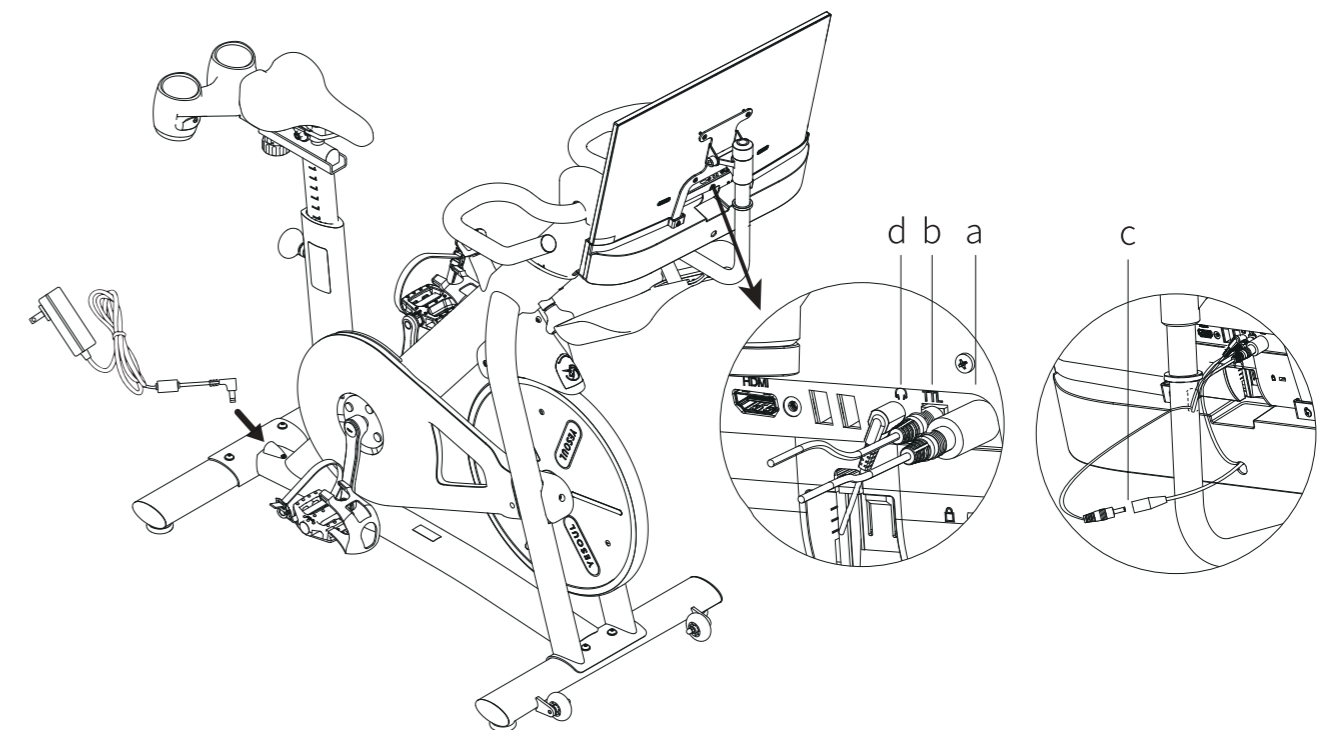
(Pay attention to distinguish the colors and specifications of the sockets, plug the same color into the socket of the same color, the power cord port must be tightened, do not insert it loosely)

2. Select the appropriate HDMI interface of the projection cable and insert it into the HDMI jack under the monitor;

(Note the difference between IOS and Android, for Android, the power interface needs to be inserted into the socket, secure the excess wire with Velcro)

3. Connect the power adapter ⑨ to the power jack at the rear under the frame ①. The indicator light is always on.

(Please use the standard power adapter, replacing the power adapter without authorization may cause serious consequences)



⚠ Safety tips:

- Do not plug or unplug the monitor's interface without cutting off the power supply.
- Please unplug the power when not in use.
- Do not use this device during thunderstorms. Disconnect the power immediately!

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

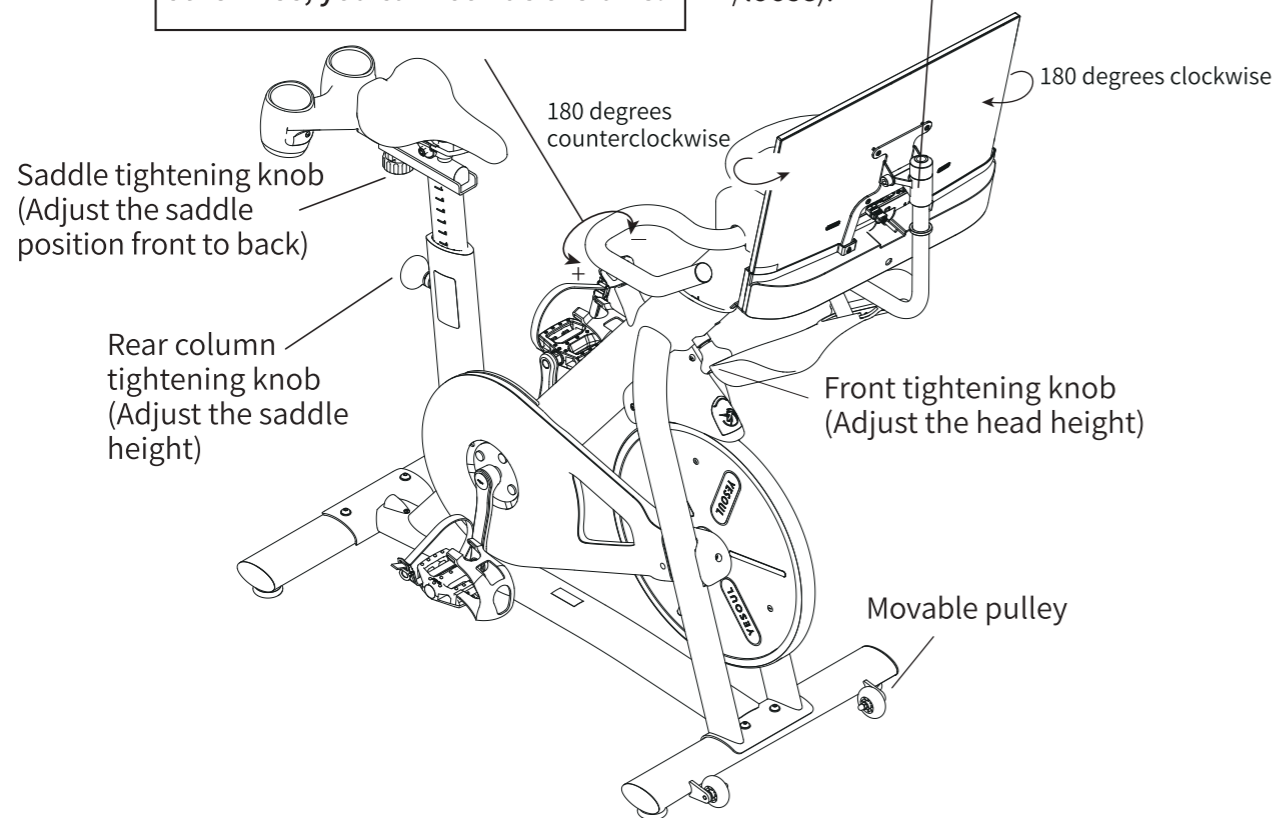
Safety tips:

Please adjust the back according to your physical condition before use; and tighten the body fastening knob.

Resistance knob
(Please adjust the resistance appropriately according to your exercising needs. Press the knob to brake in an emergency.)

Before the first use, please turn the resistance adjustment knob counterclockwise to loosen it; otherwise, you cannot ride the bike!

360 degrees of rotation angles of the screen, rotate 180 degrees clockwise/counterclockwise (Here, the L-type cross head hex wrench 6# (B) can be used to tighten /loose).



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.

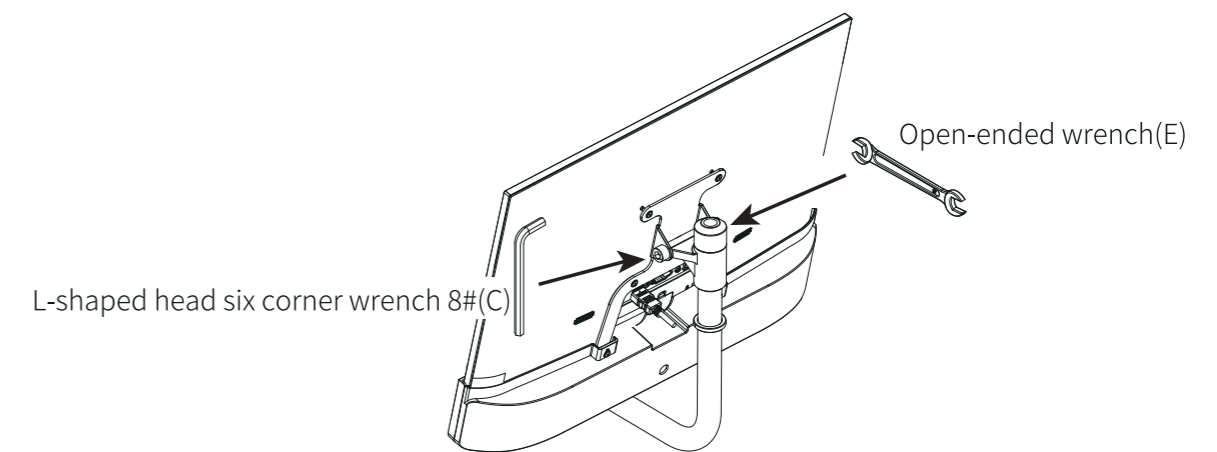
In case of any discrepancy in appearance, interface and color, the actual product shall prevail.

Precautions

Check screen

After the installation is complete, please check whether the screen will fall down when flipped up and down. If this happens, use an L-shaped head six corner wrench 8#(C) and an open-ended wrench(E) to tighten them as shown in the picture.

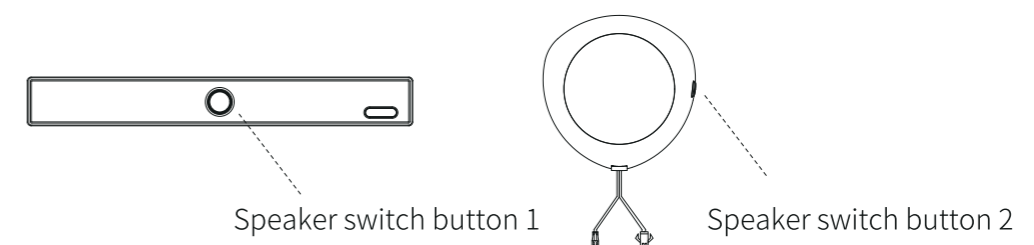
(If there is any looseness during use or adjustments needed for the joints, you can adjust them according to this operation)



How to Pair Rear Speakers

Pairing Instructions

If there is no sound from the rear speakers and the red light keeps flashing, manual pairing is required. The specific pairing steps are as follows: Rear speaker pairing: Double-click the switch button of either front or rear speaker, when you hear a prompt sound, the pairing is successful. Unpairing: Double-click the switch button of either front or rear speaker, when you hear a prompt sound, the unpairing is successful.



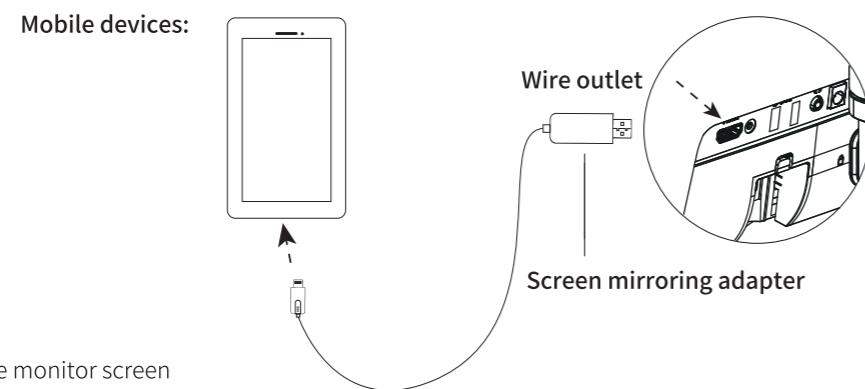
How to adjust the screen

Screen Adjustment

If you need to adjust the monitor screen, please use an L-type cross head hexagon wrench 6#(B) to remove the cross-head padded screws on the speaker housing, place it up and down, remove the speaker, and then follow the button operation instructions (as shown in the figure), make adjustments before reinstalling the speaker.

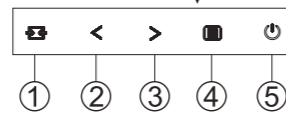
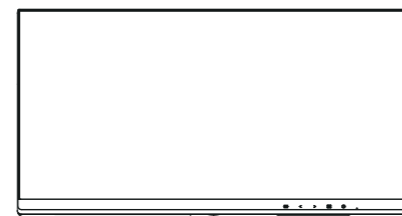
(Please ensure the screen mirroring device is connected before adjusting the screen; otherwise, the OSD menu cannot be accessed.)

(1) Connect to the screen mirroring device



(2) Adjust the monitor screen

1. Version view/Exit
2. Reduce
3. Increase
4. Menu/Selection
5. Power switch



Km or mi Switch

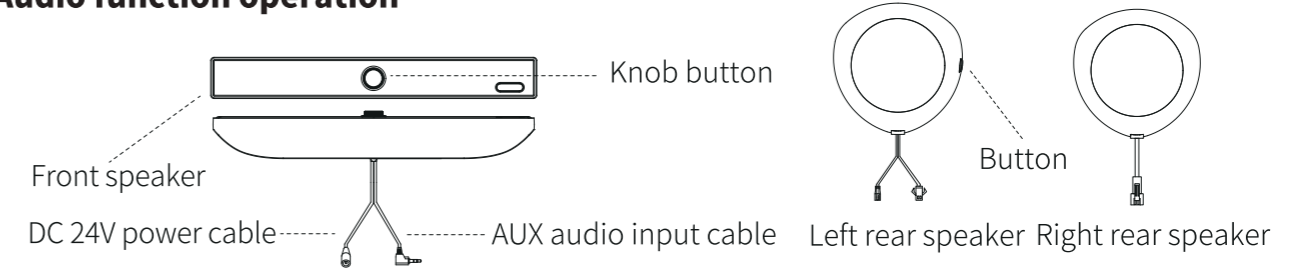


Km or mi

1. Make sure the monitor is powered on and in screen mirroring mode;
2. Press the "Menu" button to enter the OSD menu;
3. Press the "Reduce/Increase" buttons to select the desired option (the unit switch option is under "Extra"), then press the "Selection" button to enter;
4. Press the "Reduce/Increase" buttons to find "Km or mi", then press the "Selection" button to enter adjustment mode;
5. Press the "Reduce/Increase" buttons to choose the desired unit, then press the "Selection" button to save the setting;
6. Press the "Exit" button to exit the OSD menu and return the speaker unit to its original position.

How to adjust the speakers

Audio function operation



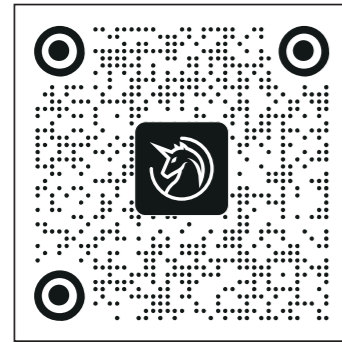
	Project	Pre-Condition	Operation steps	Effect	Tone	LED
On/Off	Power on	/	Short press the rotary switch	Power on	Power-on beep (sound effect)	Red LED always on
	Power off	/	Press and hold the knob button for 3 seconds	Power off	Shutdown tone (Power off)	Red LED goes out
Sleep state	Power on	/	The speaker has no AUX signal or Bluetooth signal input for more than 10 mins	The speaker goes to sleep	/	Red LED goes out
Wake-up function	Sleep state	Sleep state	When clicking the knob button (clicking does not switch modes), inputting audio signals, adjusting the volume and connecting Bluetooth can wake up	Enter pre-wake state	/	Red LED always on
Control function	Volume up	/	Turn the switch clockwise	The volume increases gradually as your rotation	Volume up to maximum with a tone (Tone)	/
	Volume down	/	Turn the switch anticlockwise	The volume decreases gradually as your rotation	/	/
	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
	TWS pairing	Front and rear speakers powered on	Double-click the knob button of one of the front and rear speakers to pair	Front and rear speakers combined to play music simultaneously	Beeps when pairing (TWS pairing) Beeps when pairing is successful (sound effects)	1. Rear pairing: red light flashes quickly 2. Rear pairing successful: red light always on
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 (Power off)	Red LED flash quickly
	Switch to pairing mode (Bluetooth is now discoverable by other devices)	Power on	Open the Bluetooth and search on the device	Bluetooth device searches for "Wireless Speaker" and connects, successful pairing announces a tone(Connected)	The tone of successful connection (Connected)	Red LED always on
	Disconnected	Connected	Close your device Bluetooth function Cancel the pairing on the device Disconnect the Bluetooth connection by device	1. Announcement tone (Disconnected) 2. Speaker enter the pairing mode	Disconnect tone (Disconnected)	Red LED flash quickly
	Reconnected-back to BT range	Disconnected	1. Connected with device, the Bluetooth disconnected after move the device 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 mins, no device is connected and the speaker enters sleep state	Disconnect tone (Disconnected)	Red LED flash quickly
	Reconnected	Bluetooth mode (paired with device before)	Switch to Bluetooth mode, speaker try to reconnect with the last device	1. Reconnected successful with device 2. If unable to reconnect within 10mins, enter sleep state	The tone of successful connection (Connected)	Red LED always on
	Factory reset (In AUX mode and Bluetooth mode)	Power on	In AUX mode or 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 4. The rear camera enters the pairing state	Recovery success tone (Audio mode)	Red LED always on
					/	Red LED flash quickly

Note: When your phone is connected to the speaker via Bluetooth and connected to wired screen projection, please switch the speaker to AUX mode.

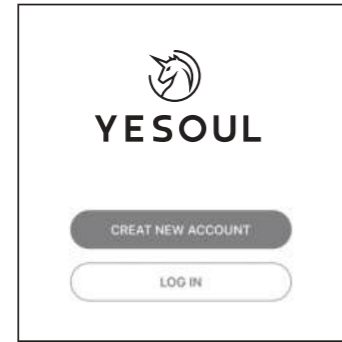
APP usage instructions

APP installation registration

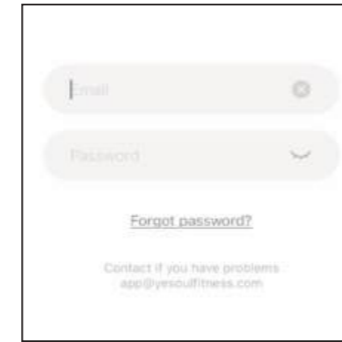
· You can scan the QR code below to download the APP and register an APP account.



1. Scan the QR code and download the APP



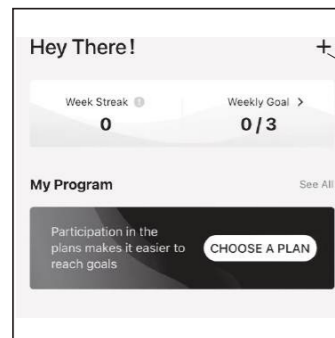
2. Enter the APP login page



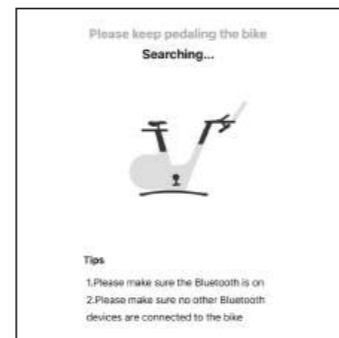
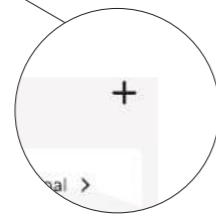
3. Register an APP account

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, just step on the device and open the sports mode or course in the APP and tap the (/) button to connect automatically.
- The device does not support simultaneous connection of multiple mobile phones. Please confirm that no other users are connected to the device at this time 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.
- The display will automatically go to sleep 10 minutes after you finish exercising.



Kinomap



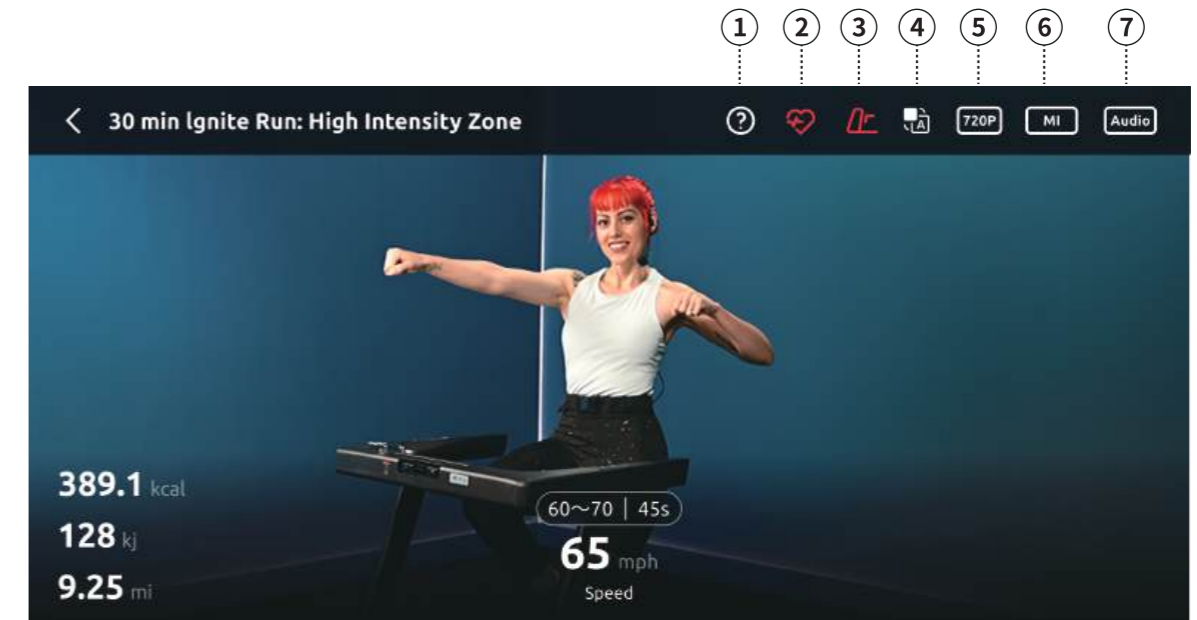
Zwift

Purchase APP membership

Open the APP and find 「Homepage」 - 「Settings」 - 「Member Rights」, and follow the interface prompts to complete the membership purchase.

APP usage instructions

APP course icon descriptions



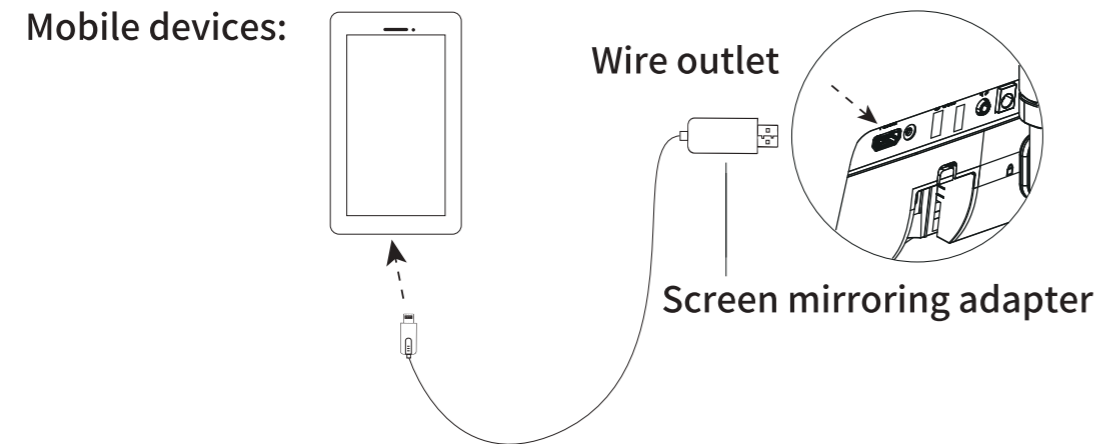
- 1 Step-by-step Exercise Guide
- 2 Connect & Monitor Heart Rate
- 3 (/) Sync Data with Gym Equipment
- 4 Translate Audio & Subtitles
- 5 Adjust Video Quality On Screen
- 6 Switch Imperial/Metric Display
- 7 Adjust Voice & Music Volume

- The "Sync Data with Gym Equipment" icon may vary depending on the type of device supported by each course. Please follow the on-screen instructions to connect the appropriate device.
- Due to variations in terminal device configurations, certain features may not function properly. Please select a compatible device based on your actual situation.
- The illustrations and data above may differ slightly from the actual product. Due to continuous software updates and manufacturing tolerances, please refer to the actual usage for accuracy.

About wired projection screen

Installation instructions for wired screen projection:

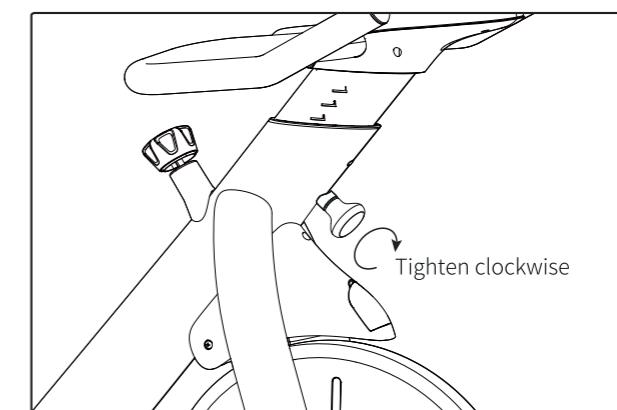
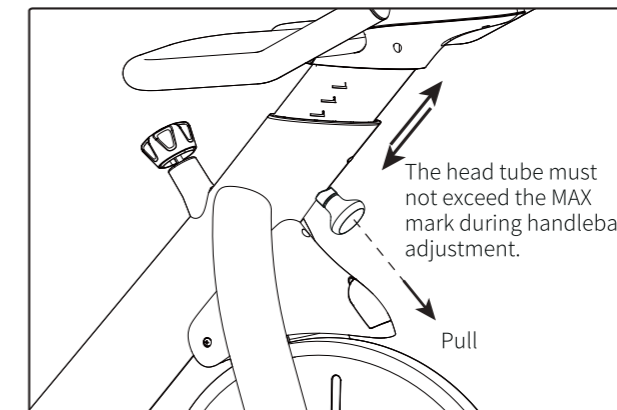
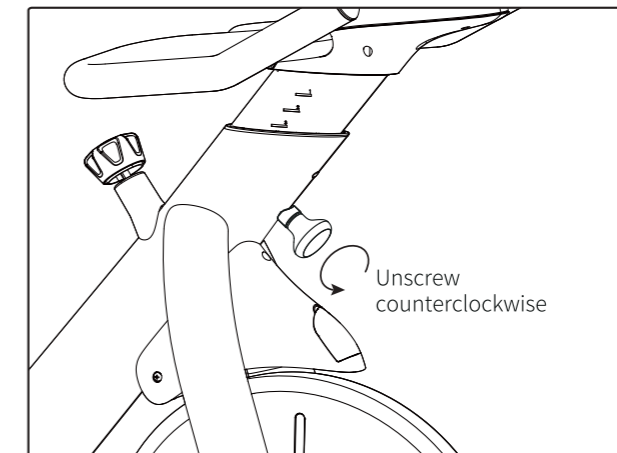
1. Download the Yesoul Fitness app and register.
2. Connect your device within the app.
3. Connect your phone with a screen casting cable.
(Phone must support DisplayPort).



How to Adjust Bike

1. Handlebar height adjustment:

Rotate the front column knob in the left direction for 4-5 turns using one hand, pull it out and hold it, hold and lift up (or press down) the handlebar using another hand to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the "click" sound indicates that the knob has slipped into the column slot hole), and then turn the knob to the right direction to the tightest position.

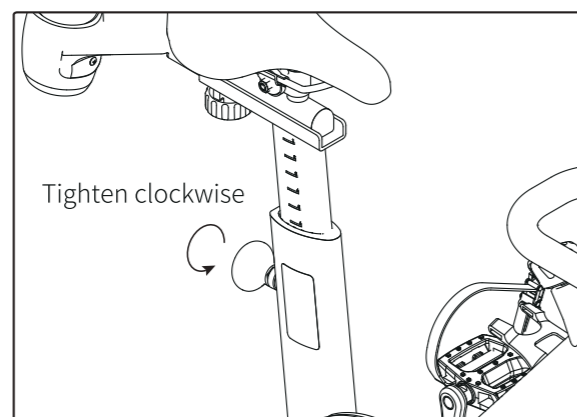
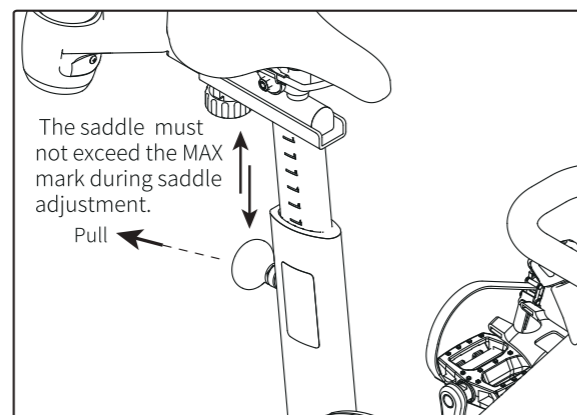
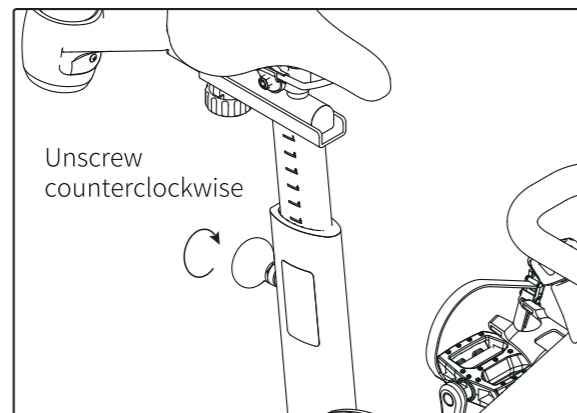


*Note: Before locking, please make sure to align the holes and do not exceed the MAX line.

How to Adjust Bike

2. Saddle height adjustment:

Rotate the front column knob in the left direction for 4-5 turns using one hand, pull it out and hold it, hold and lift up (or press down) the seat using another hand to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the "click" sound indicates that the knob has slipped into the column slot hole), and then turn the knob to the right direction to the tightest position.

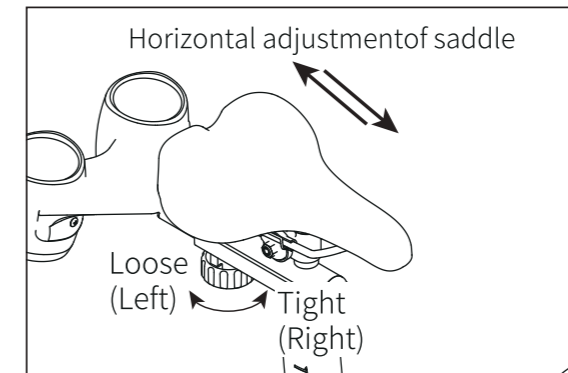


*Note: Before locking, please make sure to align the holes and do not exceed the MAX line.

How to Adjust Bike

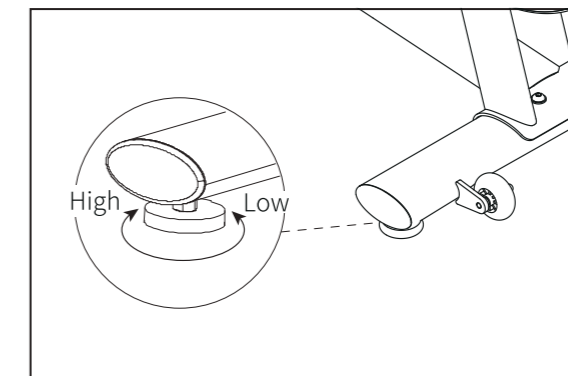
3. Horizontal adjustment of saddle:

Loosen the handle under the saddle, slide the saddle back and forth to the desired position, and tighten the knob as much as possible.



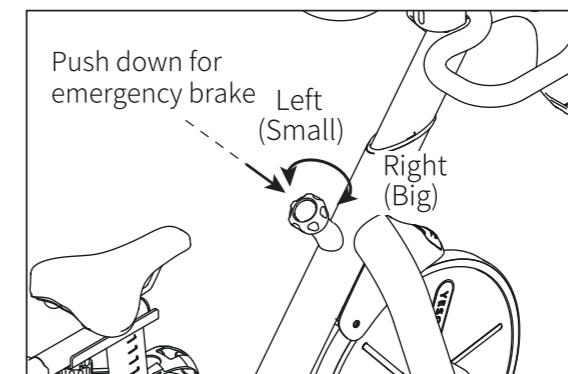
4. Body level adjustment:

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.



5. Emergency brake adjustment:

When not in use, turn the knob to the right to the bottom to lock it. When riding, turn the knob to the left to the top to unlock the knob (you can turn the knob left and right to adjust the resistance according to your riding needs). In case of emergency braking or stopping movement, press the knob all the way down until it stops.

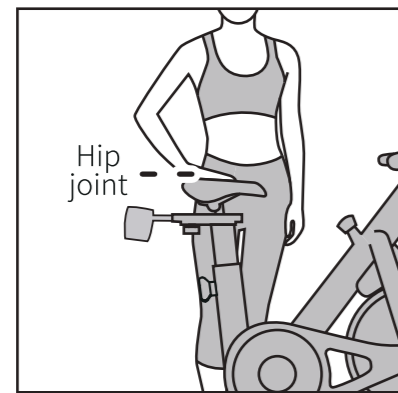


How to Determine Correct Riding Posture

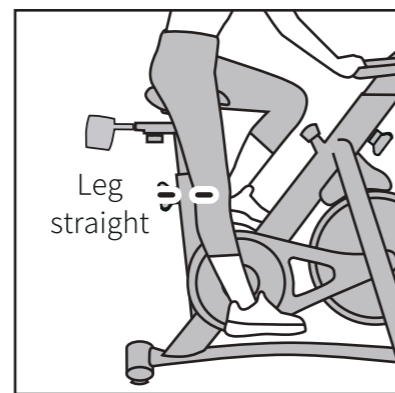
1. Setup of correct saddle position

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



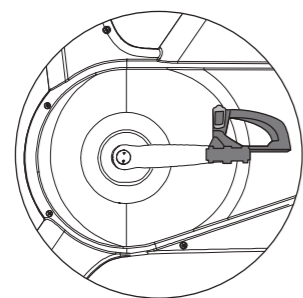
(Fig. 1)



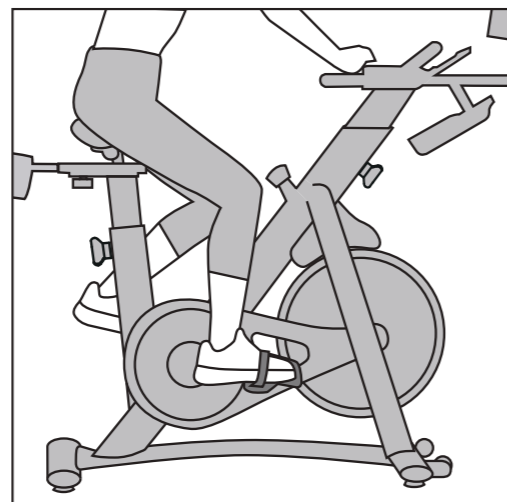
(Fig. 2)

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).



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



(Fig. 3)

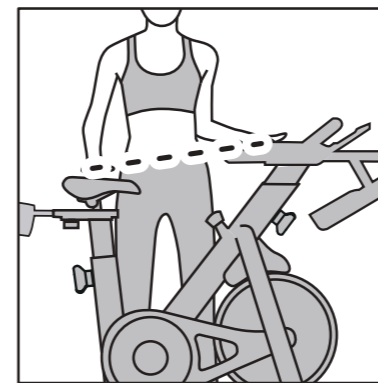
How to Determine Correct Riding Posture

2. Setup of appropriate handlebar height

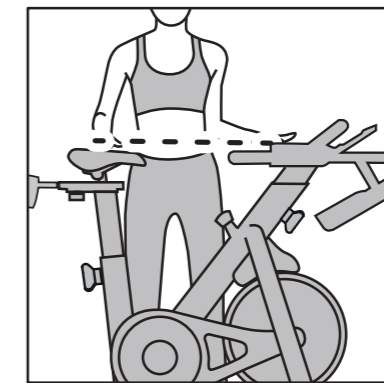
Each user can set up the appropriate handlebar height based on his or her body height and riding experience.

We recommend: For new users (Fig. 1), the handlebar height should be slightly higher than the saddle, for experienced users (Fig. 2), the handlebar height should be level with or slightly lower than the saddle. For users with lumbar muscle strain or lumbar spondylosis, it is recommended to ride with a doctor's consent and to adjust the handlebar to a higher position.

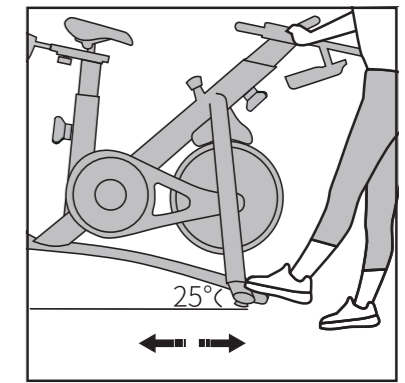
Press down the armrest to raise the foot tube by more than 25°, and use the moving pulley to drag the dynamic bicycle (Fig. 3).



(Fig. 1)



(Fig. 2)

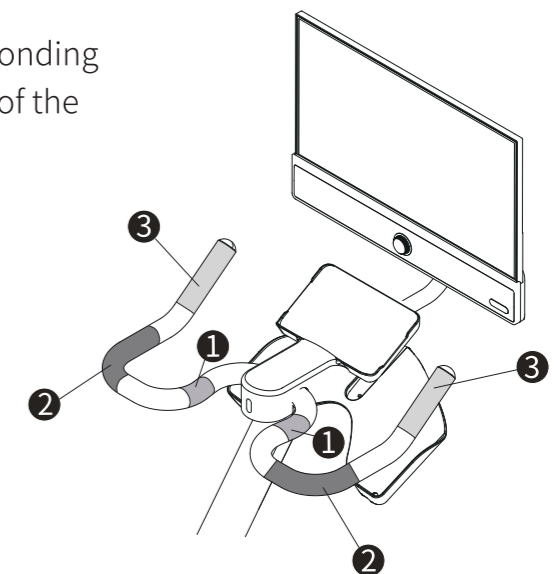


(Fig. 3)

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



EU Declaration of Conformity

In accordance with EU Directives and Regulations
FUJIAN YESOUL HEALTH TECHNOLOGY CO., LTD.

Add: Unit 1A-3, Qianhai International Industrial Park, No. 920 Binhu South Road, Quanzhou
Taiwanese Investment Zone, Fujian Province, China

as the manufacturer, hereby declares under our sole responsibility that
product(s): YESOUL BIKE

Model name: YS-001

is in conformity with the essential requirements of the Radio Equipment Directive 2014/53/EU:

Radio ETSI EN 300 328 V2.2.2

EMC ETSI EN 301 489-1 V2.2.3

Article 3.1(b) ETSI EN 301 489-17 V3.3.1

Safety EN60335-1-2012+AC-2014+A11:2014+A13-2017

+A1:2019+A14:2019+A2:2019+A15:2021+A16:2023

EN 62233:2008

Health

Article 3.1(a) EN 50663:2017*EN 62479:2010

is in conformity with the essential requirements of the EMC Directive 2014/30/EU

EMC

EMCD Clause 1(a) EN IEC 55014 - 1:2021

EN IEC 61000 - 3 - 2:2019+A2:2024

EN 61000 - 3 - 3:2013+A2:2021+AC:2022 - 01

EMCD Clause 1(b) EN IEC 55014 - 2:2021

is in conformity with the essential requirements of the GPSD, General product Safety

Directly, 2001/95/EC

EN ISO 20957-1:2024 Stationary training equipment Part 1: General safety requirements and test methods

EN ISO 20957-10:2017 Stationary training equipment - Part 10: Exercise bicycles with afixed wheel or

without freewheel - Additional specific safety requirements and testmethods

Signed on behalf of FUJIAN YESOUL HEALTH TECHNOLOGY CO., LTD.

(Signature of authorized person)

Name: Wenbin Hong

Title: Director of Key Account Operations

Date: 2025-06-30



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 device 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 device 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 device does cause harmful interference to radio or television reception, which can be determined by turning the device 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 device and receiver.

--Connect the device 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.

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

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.



G1M MAX 2605V0