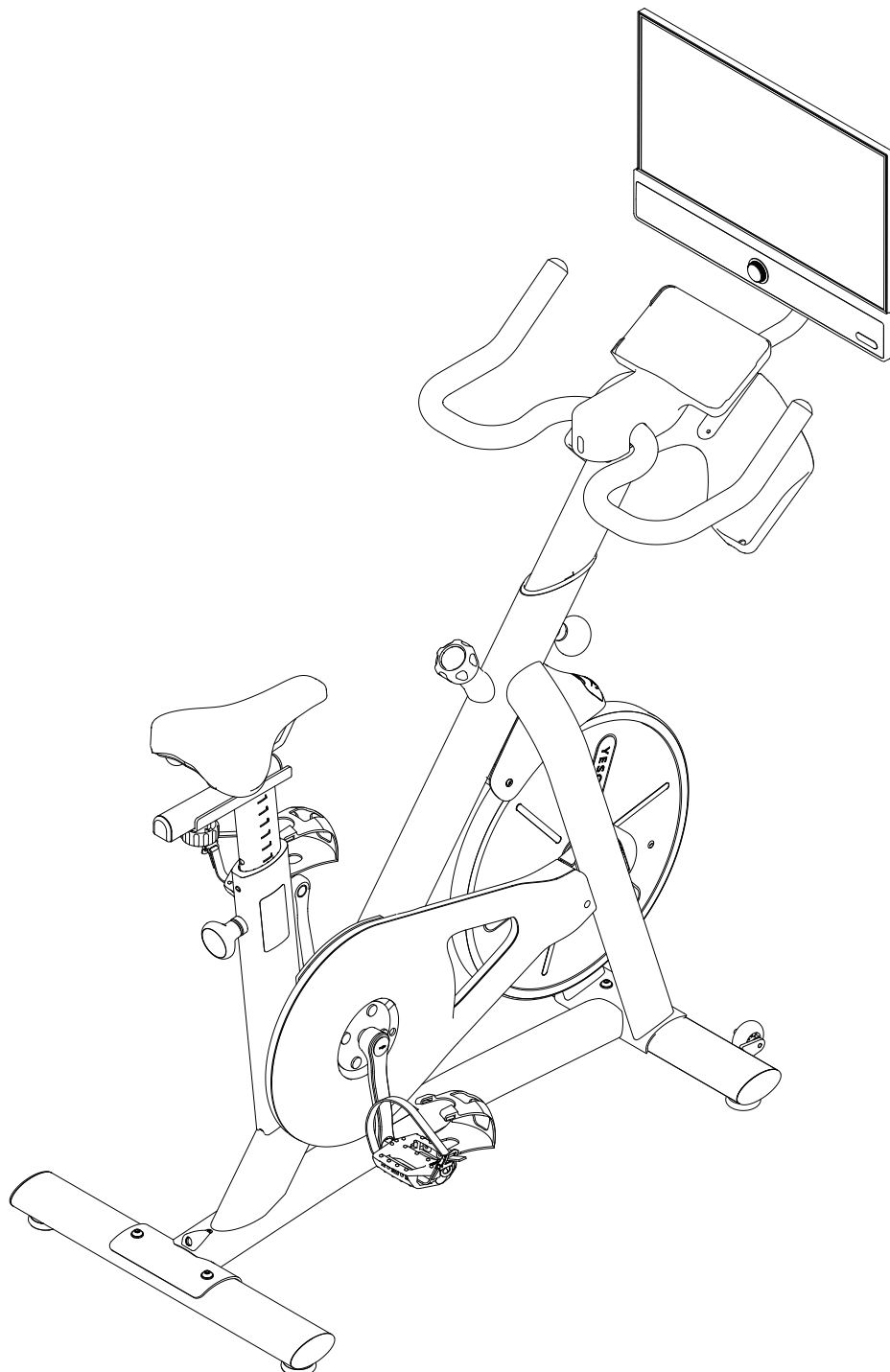




G1M PLUS

YESOUL Bike

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



Please scan the QR code to watch
the installation guide video
Product model: YS-001
Item NO.: G1MPLUS

EN

YESOUL Smart Cycling Bike G1M PLUS 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 = 2A
Wireless connection method	Bluetooth® wireless technology
Bluetooth	Bike: V5.0, Speaker: V5.3
Height limit	155~195cm
Rated maximum load	120kg
Net weight	34kg
Gross weight	39.5kg
Overall dimensions	(Length) 1295mm × (Width) 530mm × (Height) 1450mm

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 specifications

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

Important Safety Instructions

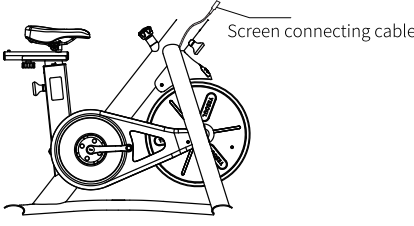
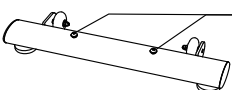
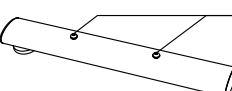
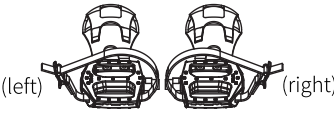
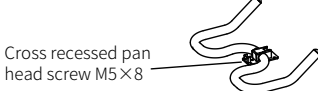
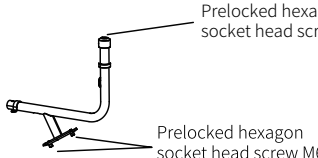
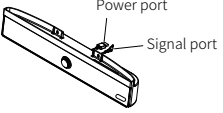

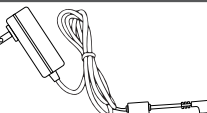
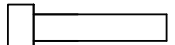
Please read them carefully. Improper use may result in personal injury or death!

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 foot straps 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.









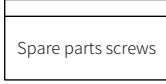
Installation Guide - List of Parts

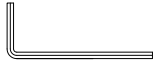




STEP 1: Check of parts

List of Parts

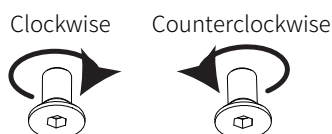
Parts List (Components List)	NO.	Name	Quantity	Picture
	①	Frame	1	
	②	Front tube	1	 <p>2× hexagon socket button head screw M8×45/washer</p>
	③	Rear tube	1	 <p>2× hexagon socket button head screw M8×45/washer</p>
	④	Pedal set left/right	1	
	⑤	Handlebar assembly	1	 <p>Cross recessed pan head screw M5×8</p>
	⑥	Monitor Stand	1	 <p>Prelocked hexagon socket head screw M8×20 Prelocked hexagon socket head screw M6</p>
	⑦	Speaker	1	
	⑧	Display screen	1	 <p>4× Pre-locked cross pan head screws with pads M4×10</p>
	⑨	24V $\overline{\text{---}}$ 2A power adapter	1	
⑩	Hexagon socket head screw M6×35	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	1	
	⑰	One-piece hood	1	
	⑱	Instructions	1	
	⑲	Spare parts	1	

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.**



***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 (M8×45) and washers of the front tube ② and rear tube ③ via the L-type cross head hex wrench 6# (B);



L-type cross head hex wrench 6#(B)

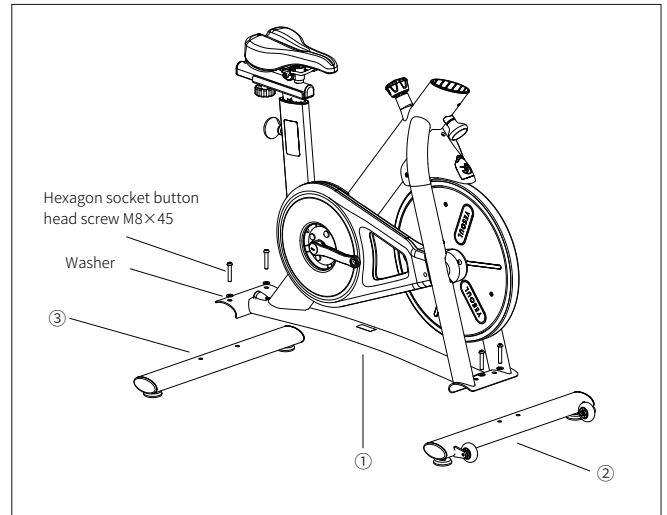
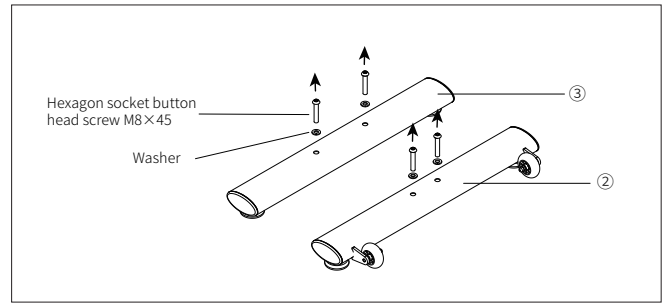


Hexagon socket button head screw M8×45 4PCS



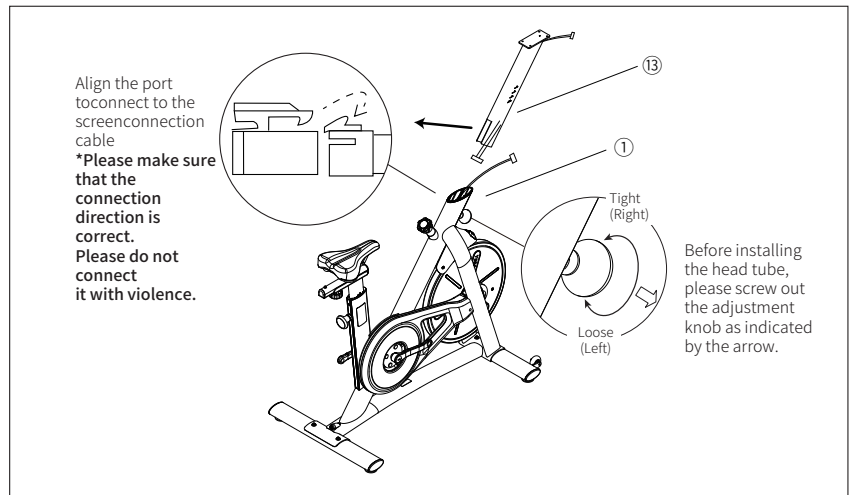
Washer 4PCS

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 (M8×45) in sequence. Then, use the L-type cross head hex wrench 6# (B) to fully tighten them.

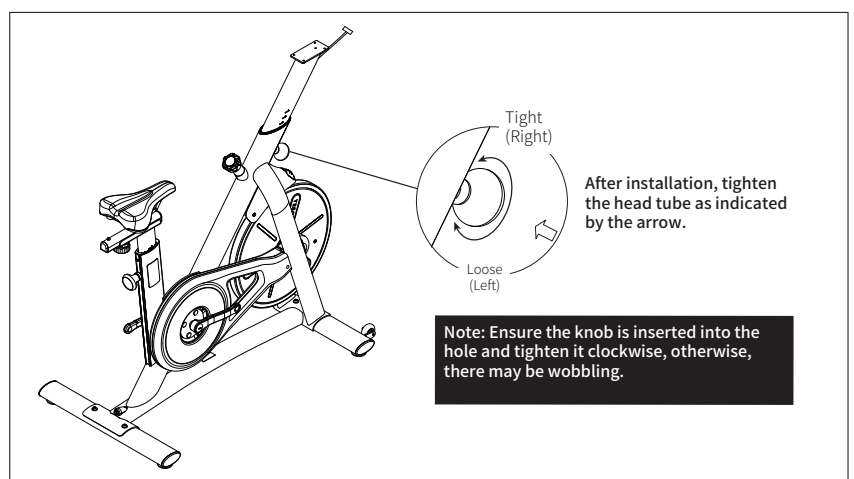


STEP 3: Installation of head tube

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);



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.



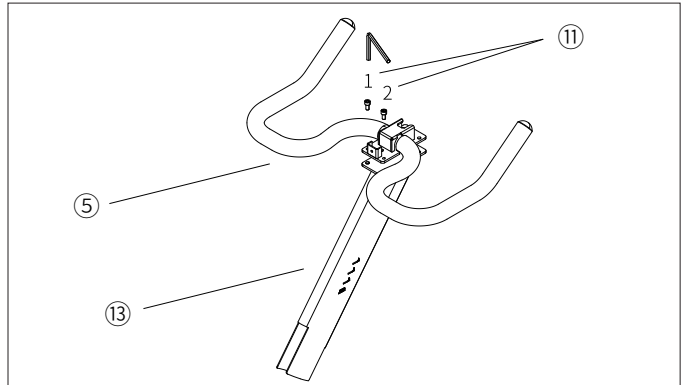
Installation Guide

STEP 4: Installation of handlebar assembly

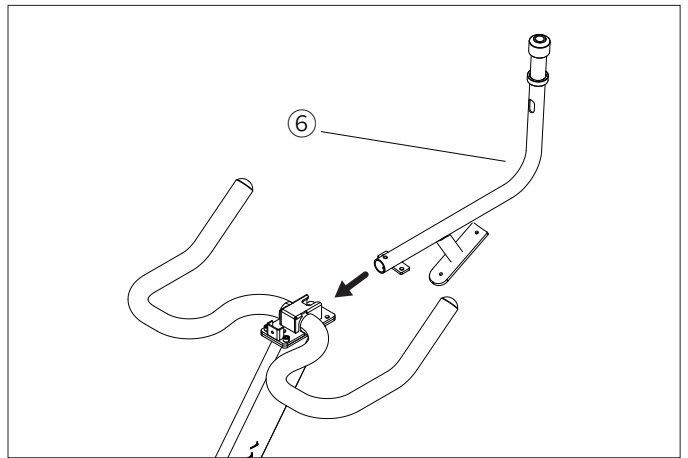
1. Align the holes on the handlebar assembly ⑤ with the holes on the head tube ⑬. Take out the hexagon socket head screws (M6×12) ⑪-2. As shown in the figure, hand-tighten the screws 1-2 clockwise (do not fully tighten them yet) to temporarily hold them in place;



Hexagon socket head screw M6×12⑪ 2PCS



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



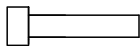
3. After correctly aligning the hole position, use L-shaped head six corner wrench 5#(A) the hexagonal socket head screws (M6×16)⑩3-4 and the socket head screw (M6×35)⑩ into the holes and lock them. Next, tighten the hexagonal socket head screws (M6×12)⑪1-2; 4. Finally, connect the screen connection cable to the cable inside the monitor stand ⑥ (as shown in the figure).



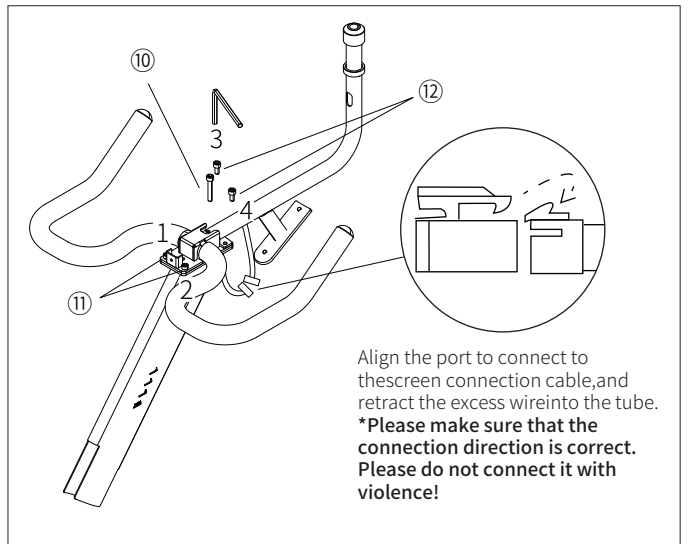
L-shaped head six corner wrench 5#(A)



Hexagon socket head screw M6×16⑩ 2P CS



Hexagon socket head screw M6×35⑩ 1P C



Installation Guide

STEP 5: Installation of one piece hood

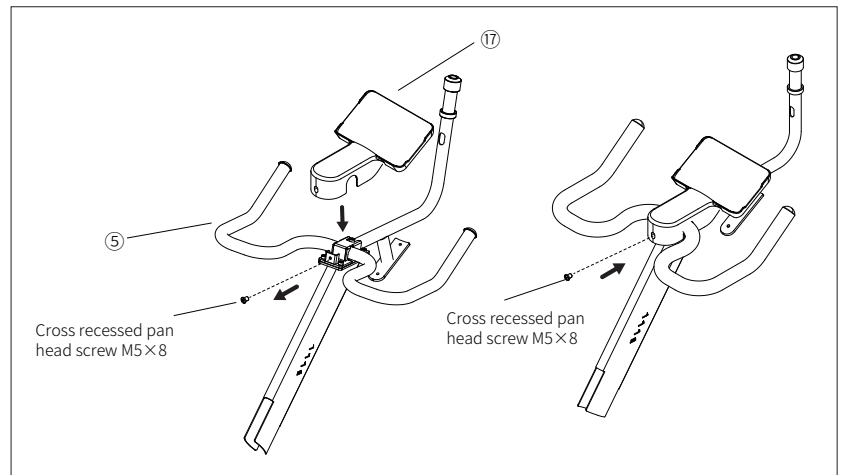
1. Use the L-type cross head hex wrench 6# (B) to remove the cross recessed pan head screw (M5×8) that was pre-installed on the handlebar assembly⑤;
2. Gently snap the one piece hood⑩ onto the handlebar assembly⑤;
3. Use the L-type cross head hex wrench 6# (B) to screw the cross recessed pan head screw (M5×8) into the cross recess of the one piece hood⑩.



L-type cross head hex wrench 6#(B)



Cross recessed pan head screw M5×8 1PC



STEP 6: Installation of screen and speaker

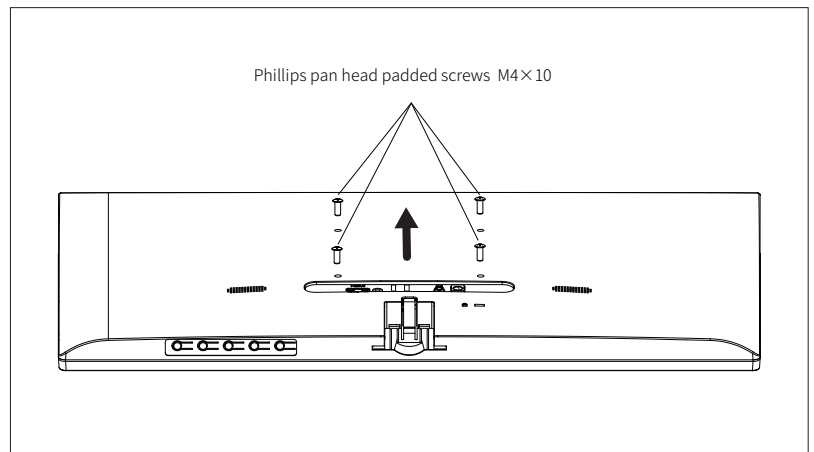
1. Use the L-type cross head hex wrench 6# (B) to remove the phillips pan head padded screws (M4×10) pre-installed on the screen⑧, as shown below;
Please put the screen on the desk flatly. Do not collide with the screen with hard objects to avoid screen damage!



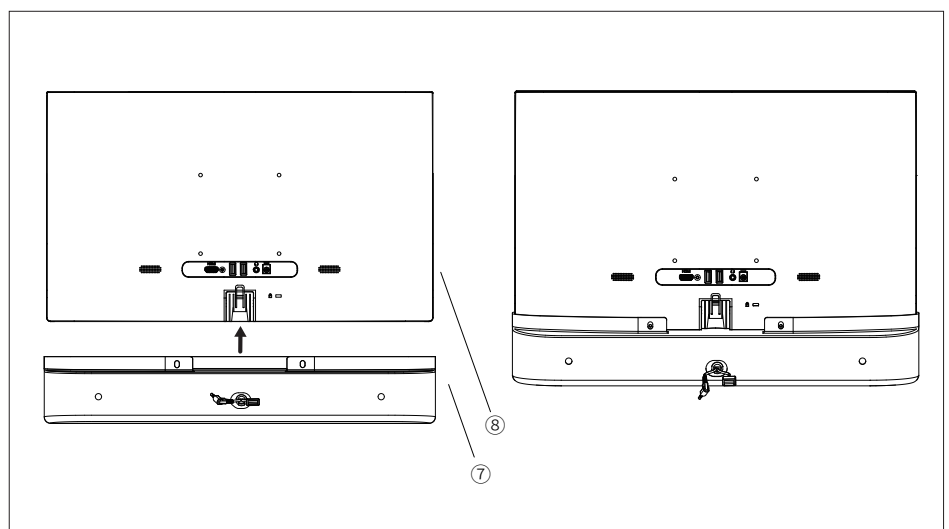
L-type cross head hex wrench 6#(B)



Phillips pan head padded screws M4×10 4PCS



2. After taking out the speaker⑦ and placing it parallel to the screen⑧, place the screen⑧ in the groove of the speaker⑦, 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

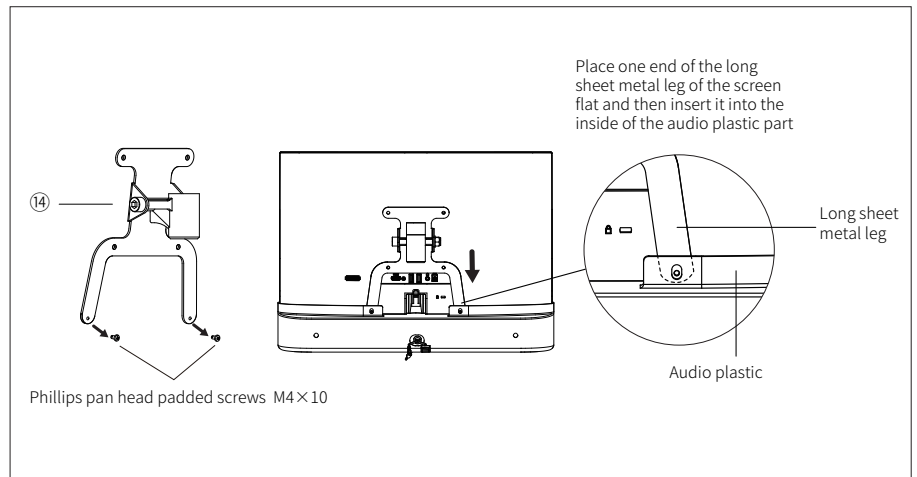
3. Take out the screen fixing part ⑭ and use L-type cross head hex wrench #6 (B) to remove the phillips pan head padded screws (M4×10) pre-locked on the screen fixing part ⑭. Place the screen fixing part ⑭ on the back shell of the screen (Note: Place one end of the long sheet metal leg of the screen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



L-type cross head hex wrench 6#(B)



Phillips pan head padded screws M4×10 2PCS



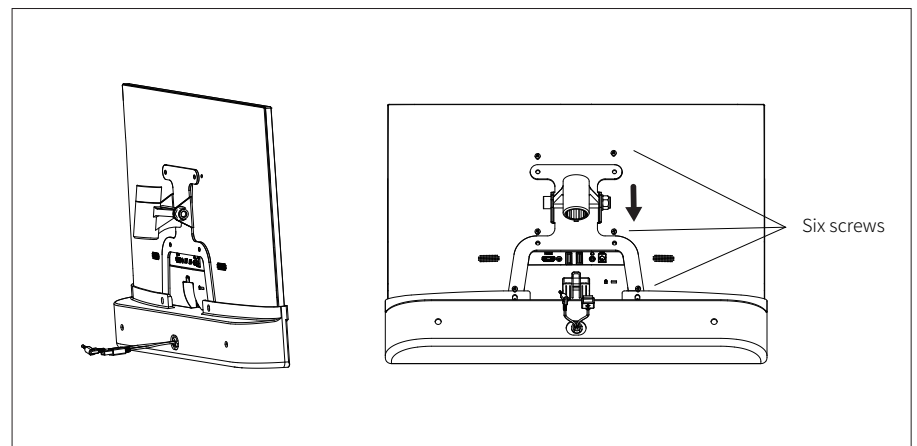
4. Align the holes on the screen fixing part ⑭ to the holes on the speaker ⑦ and screen ⑧, pre-lock the six removed screws in sequence, adjust the parallelism between the screen fixing part ⑭ and the screen ⑧, and then tighten all the screws clockwise;



Phillips pan head padded screws M4×10 4PCS



Phillips pan head padded screws M4×10 2PCS



5. 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;

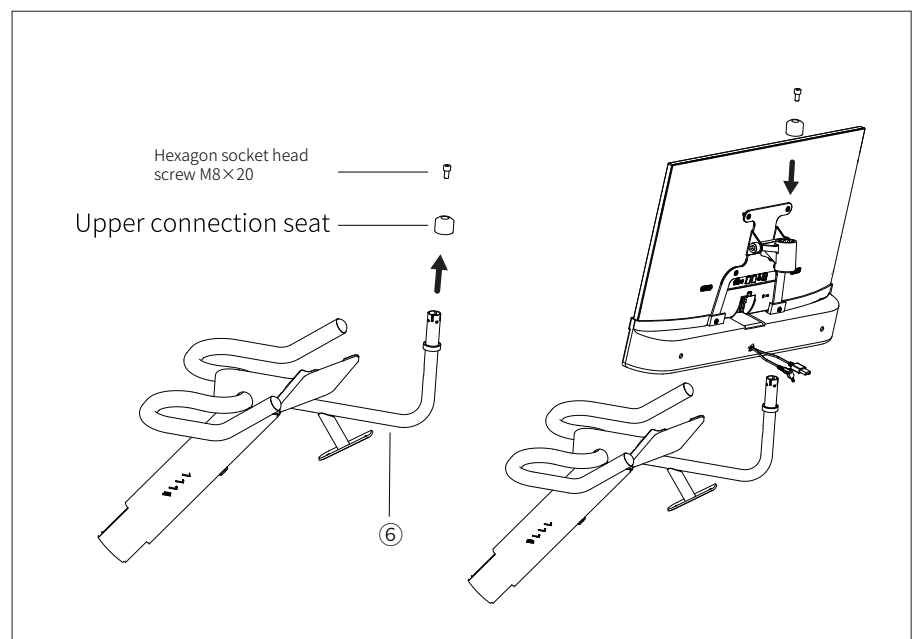
6. Insert the screen and speaker components assembled in the previous step into the monitor stand ⑥, then put in the upper connecting seat and hexagonal socket head screw (M8×20) in sequence, and use an L-type cross head hex wrench 6#(B) lock until secure.



L-type cross head hex wrench 6#(B)



Hexagonal socket head screw M8×20 1PC



Installation Guide

STEP 7: Installation of bottle holder

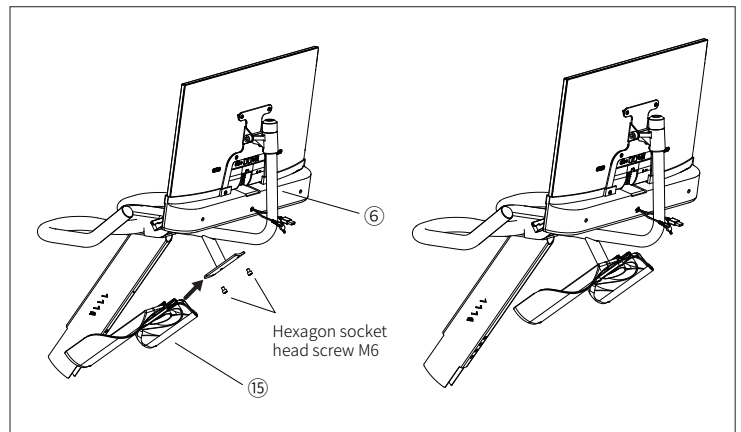
As shown in the figure, remove the 2 hexagon socket head screws M6 pre-installed in the monitor stand ⑥, and align the bottle holder ⑮ with the slot in the monitor stand ⑥, and push it in along the direction shown in the figure. Then, use the L-shaped head six corner wrench 5# (A) to align 2 hexagon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



L-shaped head six corner wrench 5#(A)



Hexagon socket head screw M6 2PCS

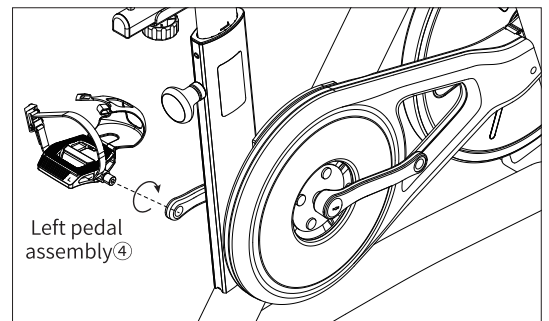


STEP 8: Installation of pedal

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 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;

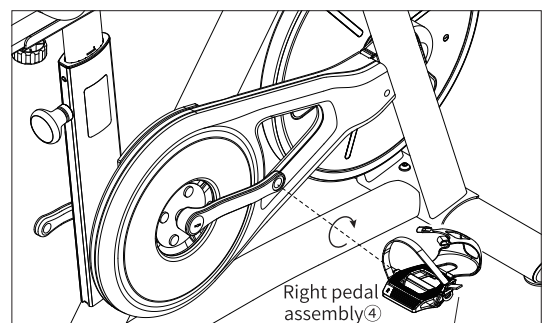


Open-ended wrench (D)
(in the ziplock bag)



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.

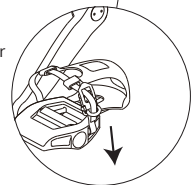


Screw the pedal into the crank manually first, and then tighten the pedal assemblies L/R ④ with the open-ended wrench (D). (Note: The tightening directions for both the left pedal and the right pedal are towards the head direction.)

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.

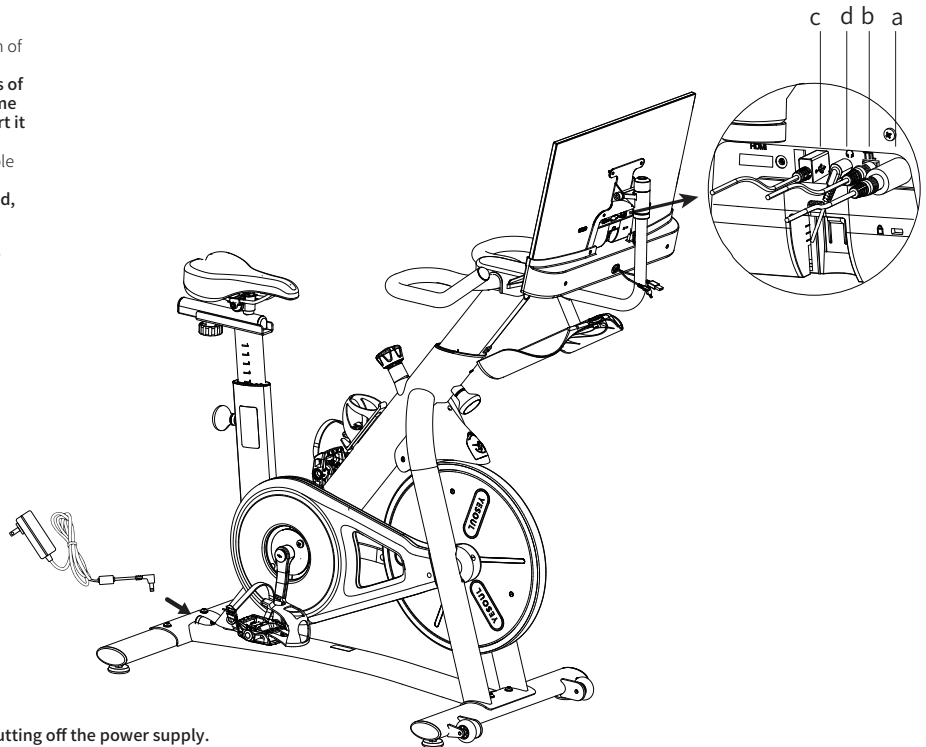
Note: Check whether the pedal straps are tightened before riding. Tighten them by pulling them down.



Installation Guide

STEP 9: Installation of connection cable

1. Insert the monitor's power port (a), signal port (b), audio power port (c) and signal port (d) into the jacks at the bottom of the back of the monitor. Be sure to plug them in tightly; (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 ⑩. 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.)

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/loosen).

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

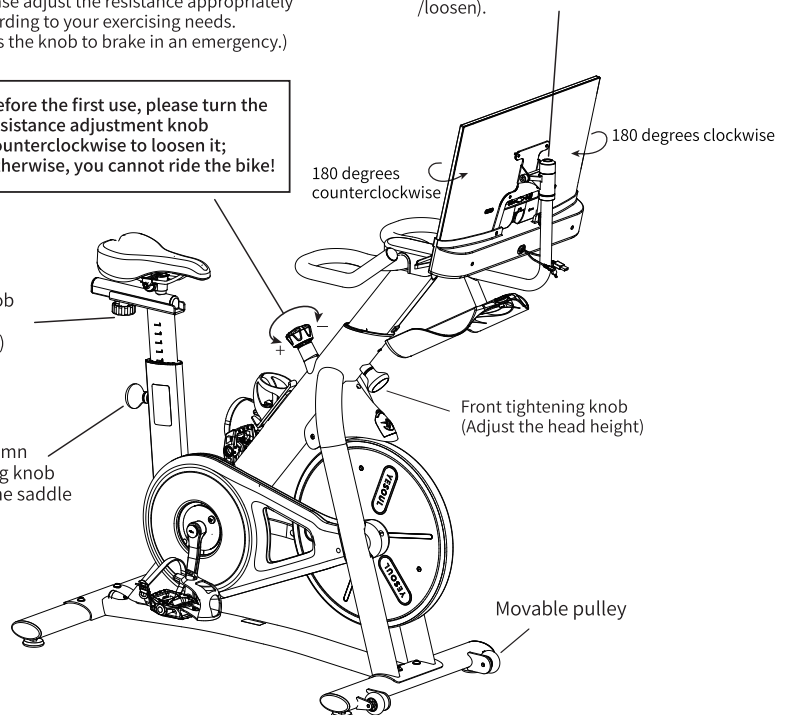
Saddle tightening knob
(Adjust the saddle position front to back)

Rear column tightening knob
(Adjust the saddle height)

Front tightening knob
(Adjust the head height)

Movable pulley

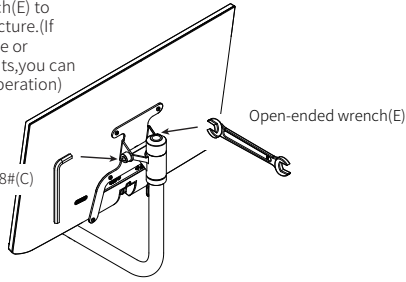
Statement:
This manual contains the functional introduction and operating instructions as much as possible when printed. With the continuous improvement of hardware and software and optimization of design, this manual may be inconsistent with the purchased product. In case of any discrepancy in appearance, 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)

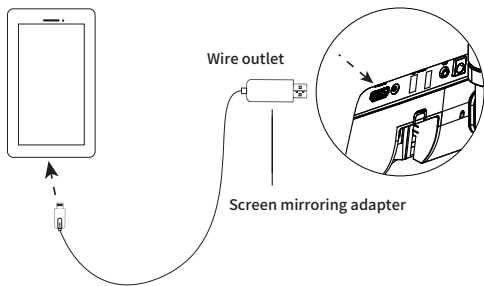


How to adjust the screen

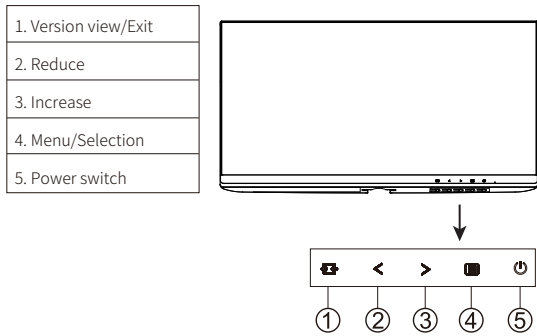
Screen Adjustment

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 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.)

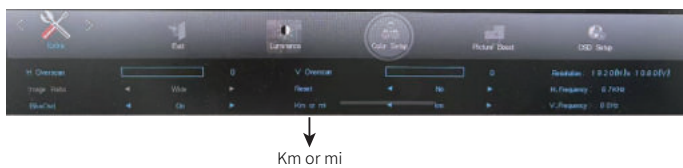
(1)Connect to the screen mirroring device
Mobile devices:



(2)Adjust the monitor screen



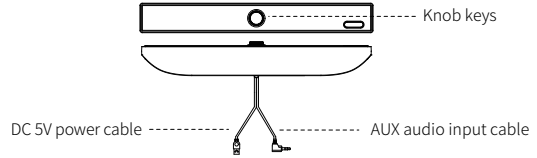
Km or mi Switch



- 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



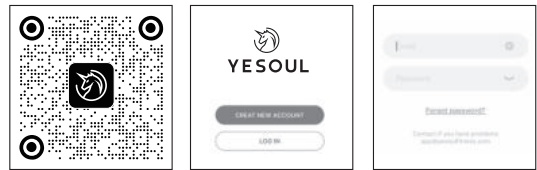
	Project	Pre-Condition	Operation steps	Effect	Tone	LED	
On/Off	Power On	/	Short press the Rotary switch	Power On	Power-on beep (hello)	Red LED always on	
	Power Off	/	Press and hold the knob button for 3 seconds	Power off	Shutdown tone (Shutdown sound effect)	Red LED goes out	
Sleep state	Power On	/	The speaker has no AUX signal or Bluetooth signal input for more than 10 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 mode), inputting audio signals, adjusting the volume and connecting Bluetooth can wake up	Enter pre-wake state	/	Red LED always on	
	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	
Control function	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	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 device)	Power on	Open the bluetooth and Search on the device	Bluetooth device searches for "Speaker" and connects, successful pairing announces a tone	The tone of successful connection (Paired (long))	Red LED always on	
	Disconnected	Connected	Close your device bluetooth function	1. Announcement tone (Pairing) 2. Speaker enter the pairing mode	Disconnect tone (Pairing)	Red LED flash quickly	
			Cancel the pairing by the device				
	Reconnected-back to BT range	Disconnected	Disconnect the bluetooth connection by Device				
			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 flashes quickly 2. After 10 mins, no device is connected and the speaker enters sleep state	Disconnect tone (Pairing)	Red LED flash quickly	
Reconnected	Bluetooth mode (paired with device before)	Switch to bluetooth mode, speaker try to reconnect with the last device	1. After over-distance disconnection, the speaker enters the pairing state and the red light flashes quickly 2. After 10 mins, no device is connected and the speaker enters sleep state	Reconnected successful with device	The tone of successful connection (Paired)	Red LED always on	
Factory Reset (In Bluetooth mode)	Power On	In Bluetooth mode, triple-click the speaker knob button	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

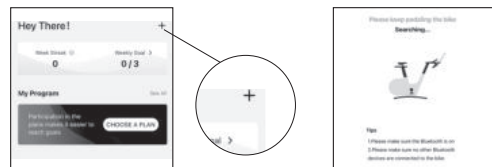
You can scan the QR code below to download the APP and register an APP account.



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

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.

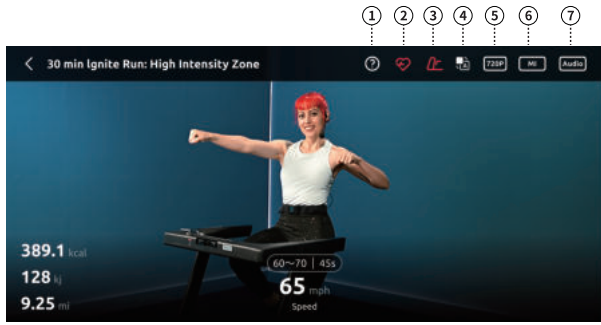
The display will automatically go to sleep 10 minutes after you finish exercising.



Purchase APP membership

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

APP course icon descriptions



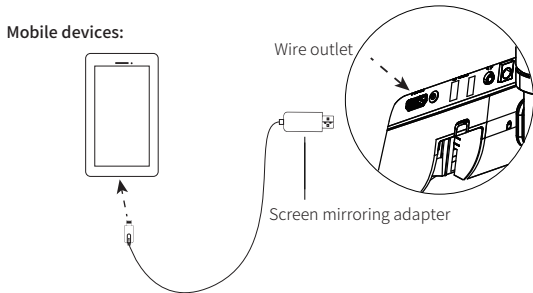
- 1 Step-by-step Exercise Guide
- 2 Connect & Monitor Heart Rate
- 3 Sync Data with Gym Equipment
- 4 Translate Audio & Subtitles
- 5 Adjust Video Quality On Screen
- 6 Switch Imperial/Metric Display
- 7 Adjust Voice & Music Volume

-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:

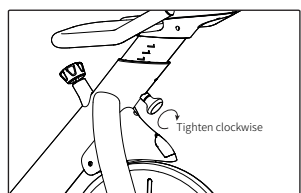
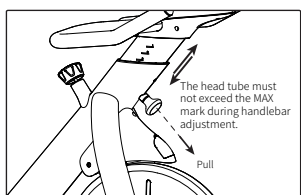
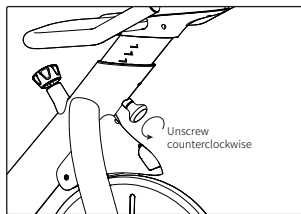
1. Download the Yesoul Fitness app and register.
2. Connect your device within the app.
3. Connect your phone with a screen casting cable. (Phone must support DisplayPort).



How to Adjust Bike

1.Handlebar height adjustment:

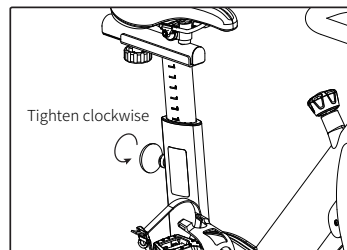
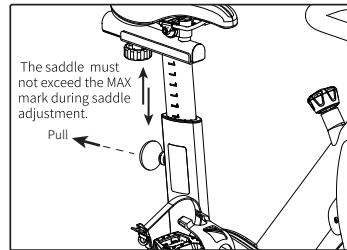
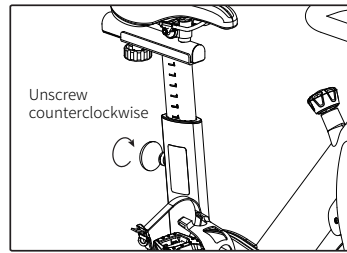
Rotate the front column knob in the left direction for 4-5 turns using one hand, pull it out and hold it, hold and lift up (or press down) the handlebar using another hand to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the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

2.Saddle height adjustment:

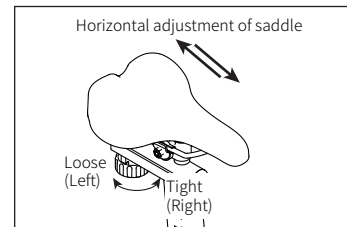
Rotate the front column knob in the left direction for 4-5 turns using one hand, pull it out and hold it, hold and lift up (or press down) the seat using another hand to the desired position, then release the knob, gently pull the column up and down, so that the spring can automatically reset (the "click"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

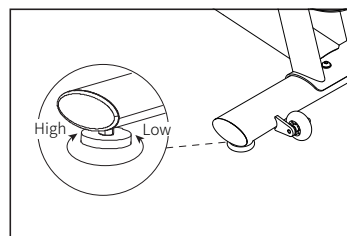
3.Horizontal adjustment of saddle:

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



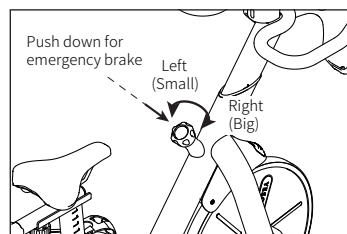
4.Body level adjustment:

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.

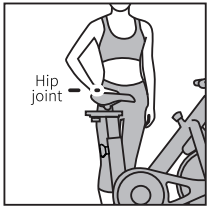


How to Determine Correct Riding Posture

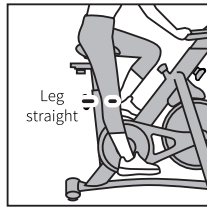
1. Setup of correct saddle position

Saddle height

Put the right foot into the clamp, 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)



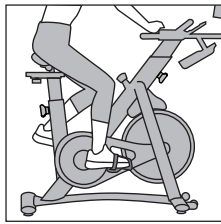
(Fig. 2)

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



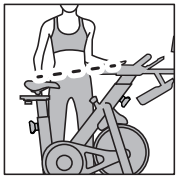
(Fig. 3)

2. Setup of appropriate handlebar height

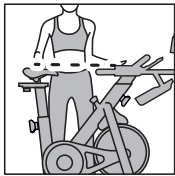
Each user can set up the appropriate handlebar height based on his or her body height and riding experience.

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.

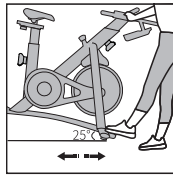
For users with lumbar muscle strain or lumbar spondylosis, it is recommended to ride with a doctor's consent and to adjust the handlebar to a higher position. Press down the armrest to raise the foot tube by more than 25°, and use the moving pulley to drag the dynamic bicycle (Fig. 3).



(Fig. 1)



(Fig. 2)

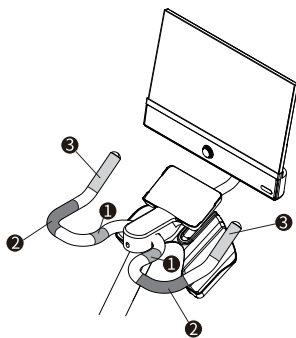


(Fig. 3)

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 test methods

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

(Signature of authorized person)

Name: Wenbin Hong

Title: Director of Key Account Operations

Date: 2025-04-14



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 PLUS2605V0