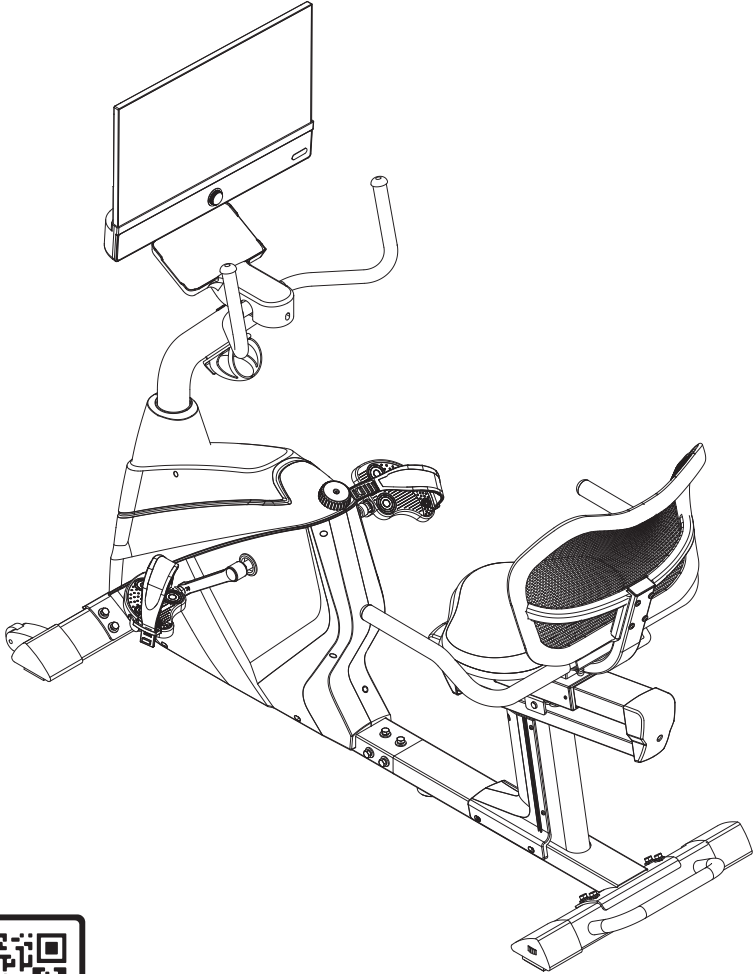




**YESOUL**

**J1 PLUS  
EXERCISE BIKE**

Please read all the details of  
this manual before use,  
and keep it for future reference.



Scan for Installation Guide

Scan the QR code to get the  
installation guide video to watch  
Product model: YS-BJ1  
Item NO.: J1PLUS

**EN**

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**YESOUL EXERCISE BIKE  
J1 PLUS Product Manual**

## Product Specifications

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Supported software version	iOS 12.0 or above, Android 5.1 or above (inclusive)
Wireless connection method	Bluetooth
Bluetooth	Exercise bike: V5.0, Speaker: V5.3
Power supply input	24V $\pm$ 2A
Applicable Height	140 ~ 195cm
Net weight	42.5kg/93.7lbs
Gross weight	48kg/105.8lbs
Rated maximum load	120kg
Overall dimensions	(Length) 1535mm $\times$ (Width) 600mm $\times$ (Height) 1480mm

## 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 <sup>2</sup> (Typ.);150cd/m <sup>2</sup> (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

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**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 a other people 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

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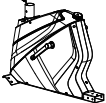
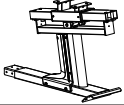
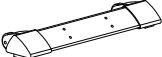
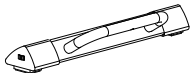


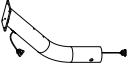






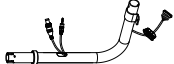


**Please read them carefully. Improper use may result in body injury or death!**

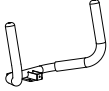

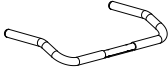




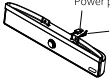





- ◆ During exercise, your hands need to be firmly held on the fixed armrests (or movable handles).
- ◆ Please follow the installation instructions and only use the components configured with this equipment.
- ◆ If you feel dizziness, nausea, chest pain or other abnormal symptoms, please stop exercising 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	
	Seat 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	
	Seat cushion	1	
	Backrest tube	1	
Monitor holder	1		


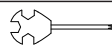

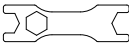
# Installation Guide - List of Parts

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	 <p data-bbox="720 895 893 919">4× Pre-locked cross pan head screws with pads M4×10</p>
	Speaker	1	 <p data-bbox="748 951 804 962">Power port</p> <p data-bbox="781 975 841 986">Signal port</p>
	Screen fixing element	1	 <p data-bbox="706 1086 880 1121">2× Pre-locked cross pan head screws with pads M4×10</p>
	Upper connection seat	1	
	Screen mirroring adapter	1	
	Power adapter	1	
Instructions	1	 <p data-bbox="725 1385 777 1398">Instructions</p>	

# Installation Guide - List of Parts

Parts List (Components List)	Name	Quantity	Picture
	Hexagon socket head screw M6*45*S5	1	
	Spring pad d6	11	
	Arc washer d6*Φ16*1.5*R16	3	
	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	14	
	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*25*S13	4	
	Hexagon socket head screw M6*20*S5	1	
	Cross recessed pan head screws with pad M4*10	4	
	Cross recessed pan head screws with pad M4*10	2	
	Washer d6*Φ12*1.2	4	
Spare parts	1		

Accessories 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		

\*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.

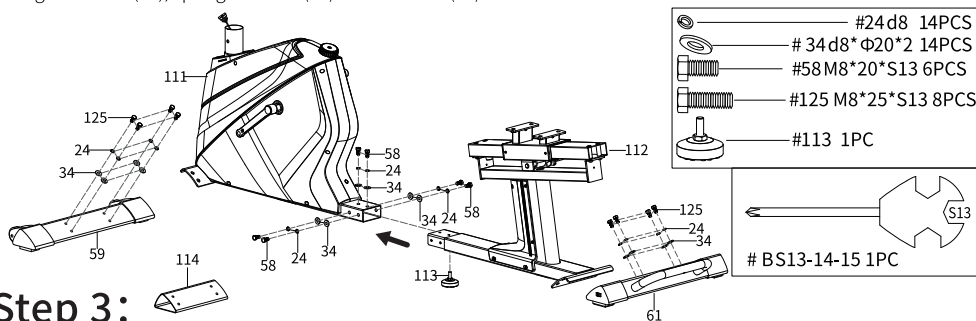


\*Bolt fastening method: tighten clockwise, loosen counterclockwise.

# Installation Guide

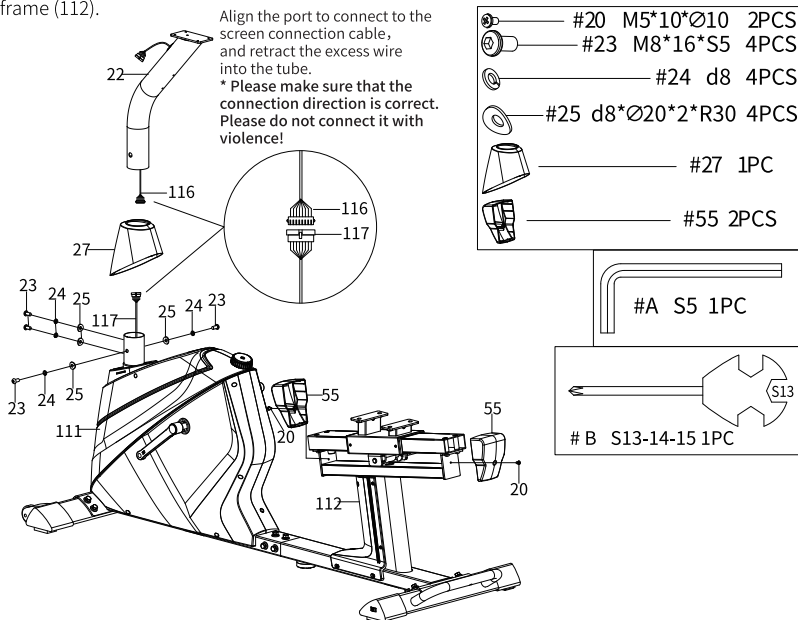
## Step 2:

1. Use the cross wrench (B) to remove the bottom tube (114), hexagonal bolt (125), 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 foot tube (59) and rear foot tube (61) with the hexagonal bolts (125), 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 3:

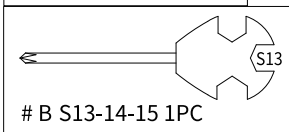
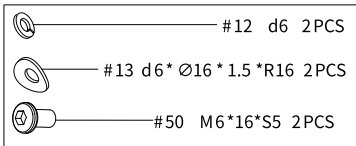
1. First put the riser cover (27) into the handlebar riser (22), then connect the trunk line (116) to the trunk line (117), and then put the handlebar handlebar riser (22) into the main frame (111);
2. Use an allen screw S5(A) to tighten the handlebar riser (22) on the main frame (111) with the allen 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

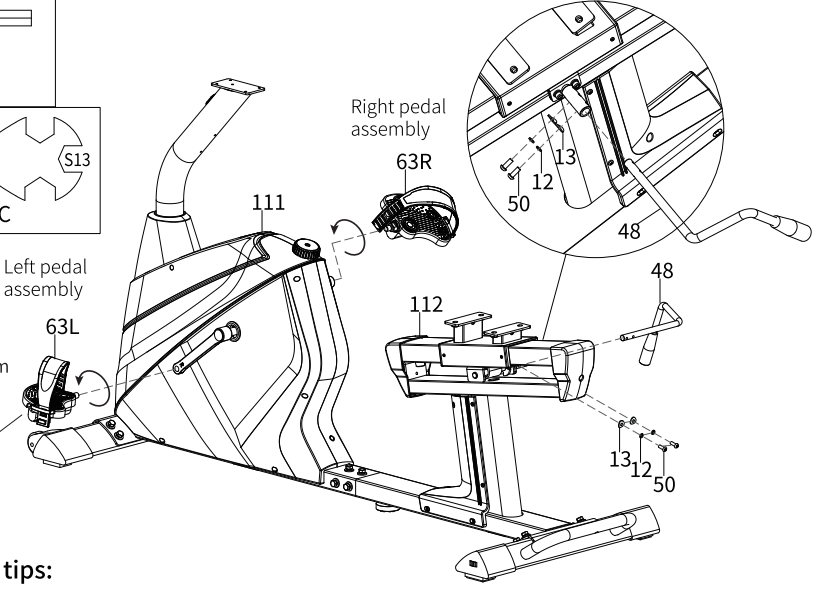
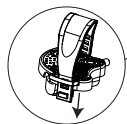
## Step 4:

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:

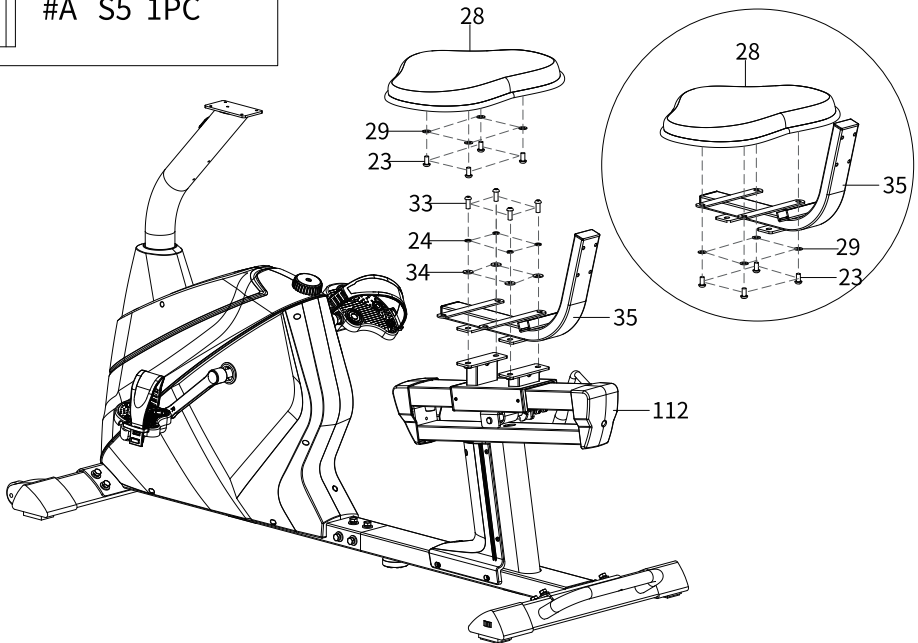
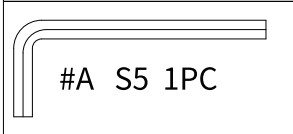
Reverse riding is not recommended, as it is likely to loosen pedals. After reverse riding, check whether the pedals are locked, in order to avoid safety issues arising from loose pedals.

# Installation Guide

## Step 5:

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 backrest 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 backrest tube (35) with the allen screws (23) and washers (29).

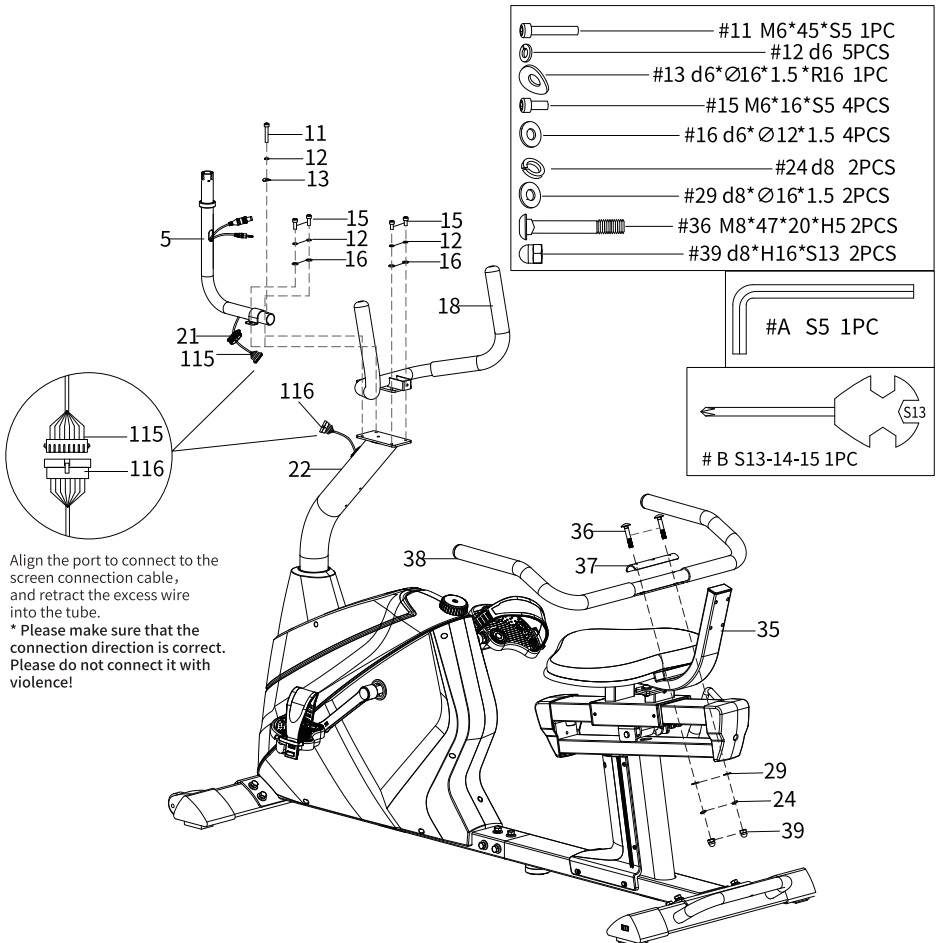
	#23 M8*16*S5 4PCS
	#24 d8 4PCS
	#29 d8*Ø16*1.5 4PCS
	#33 M8*20*S5 4PCS
	#34 d8*Ø20*2 4PCS



# Installation Guide

## Step 6:

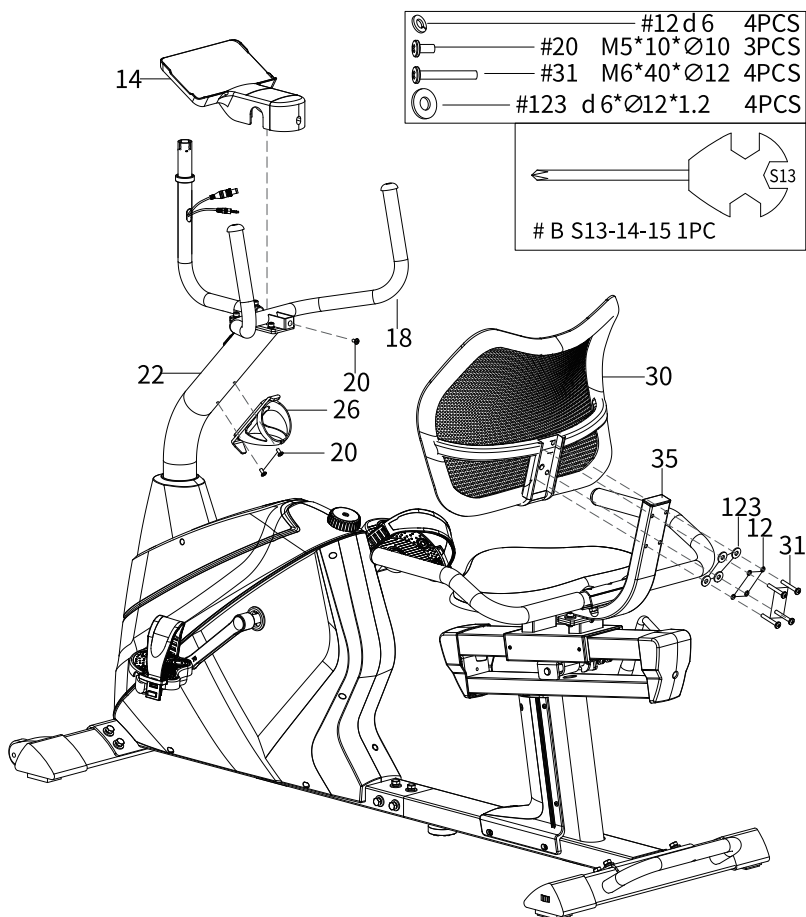
1. Use an allen wrench S5(A) to tighten the armrest assembly (18) on the handlebar riser (22) with the hexagon socket head screws (15), spring washers (24), and washers (16);
2. Use the allen wrench S5(A) to secure the watch tube (5) to the handlebar riser (22) with the hexagon socket head screws (11), spring washers (24), washers (13), hexagon socket head screws (15), and another set of spring washers (24). 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), spring washers (24) and cap nut (39). Ensure all components are fastened securely;
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 7:

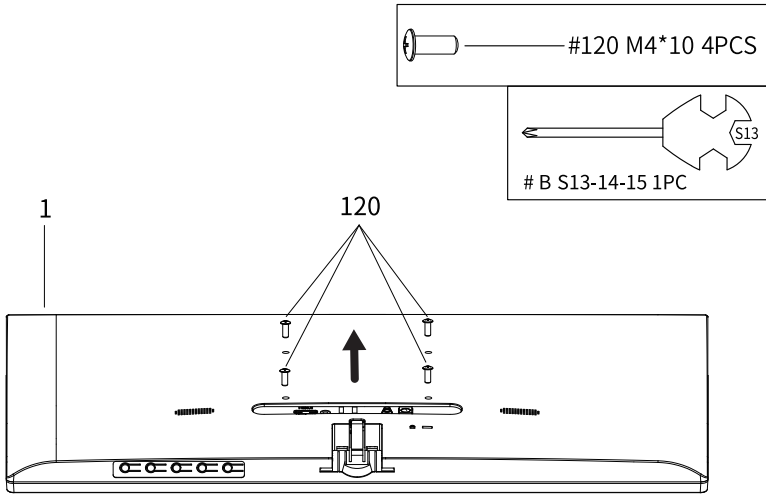
1. Use a cross wrench (B) to remove the cross-recessed pan head screws (20) pre-installed on the handlebar riser (22)、center armrest (18);
2. Use a cross wrench (B) to remove the cross recessed pan head screws (31), spring washers (12) and washers (123) pre-installed on the backrest (30);
3. Use a cross 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 center armrest (18), then use the cross wrench (B) to tighten it to the stem with the cross-recessed pan head screws (20) on the center armrest (18).



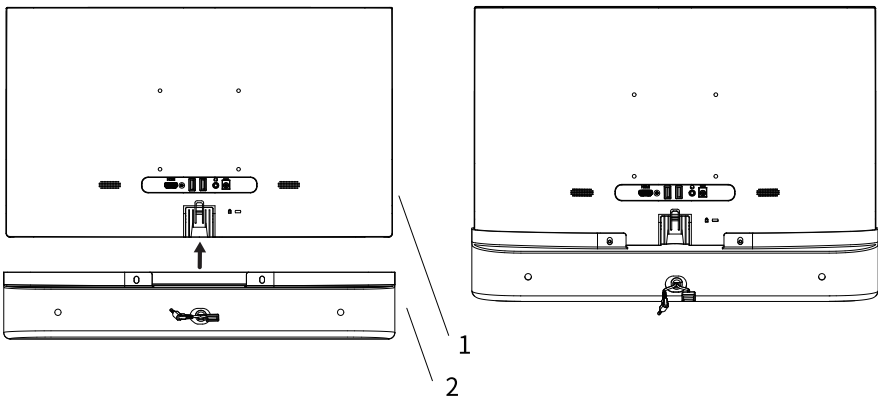
# Installation Guide

## Step 8:

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

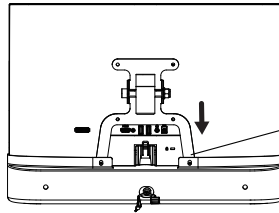
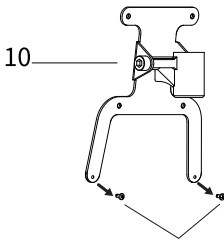
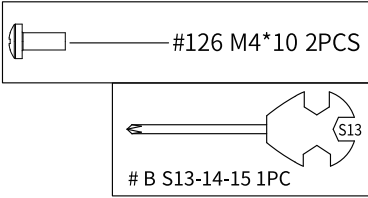


2. After taking out the speaker (2) and placing it parallel to the screen (1), place the screen (1) in the groove of the speaker (2), as shown in the picture;  
**(Note: The speaker is equipped with a casing. When taking it out, ensure that the front side of the carton is facing up to prevent damage.)**

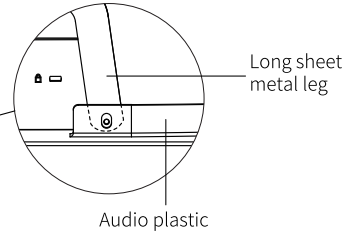


# Installation Guide

3. Take out the screen fixing part (10) and use cross wrench (B) to remove the phillips pan head padded screws (M4×10) pre-locked on the screen fixing part (10). Place the screen fixing part (10) 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.)**

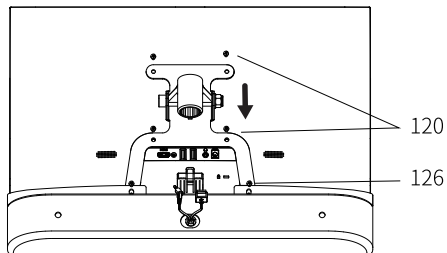
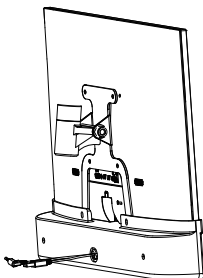
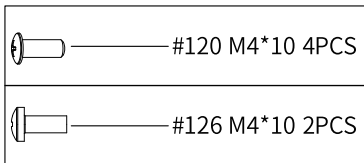


Place one end of the long sheet metal leg of the screen flat and then insert it into the inside of the audio plastic part



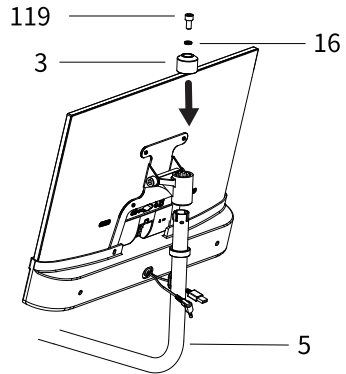
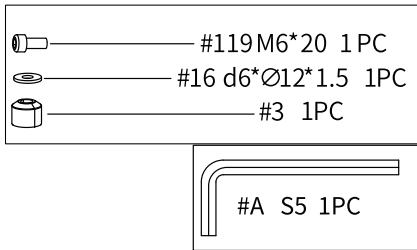
Phillips pan head padded screws M4×10

4. Align the holes on the screen fixing part (10) to the holes on the speaker(2) and screen(1), pre-lock the six removed screws in sequence, adjust the parallelism between the screen fixing part (10) and the screen(1), and then tighten all the screws clockwise;



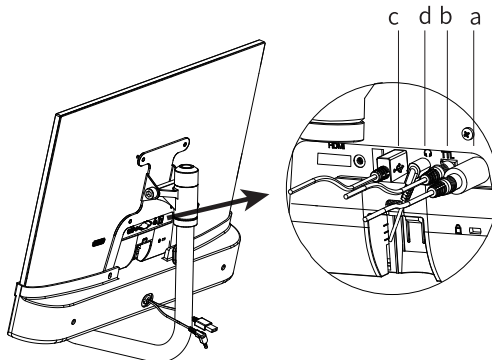
# Installation Guide

5. Insert the screen and speaker components assembled in the previous step into the monitor stand (5) , then put in the upper connecting seat(3)and hexagonal socket head screws (119) and washer (16) in sequence, and use an allen wrench S5 (A) lock until secure.



## Step 9:

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)**

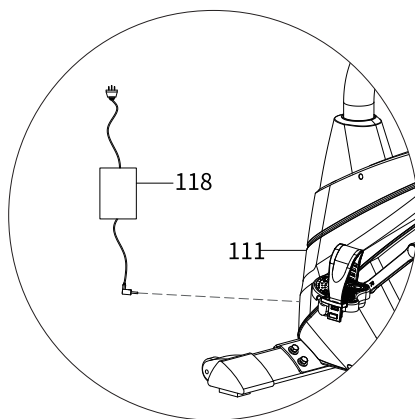


## Installation Guide

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3. 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.

**(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!
- Please use the provided adapter plug in accordance with the standards and regulations of your region.

# Installation Guide

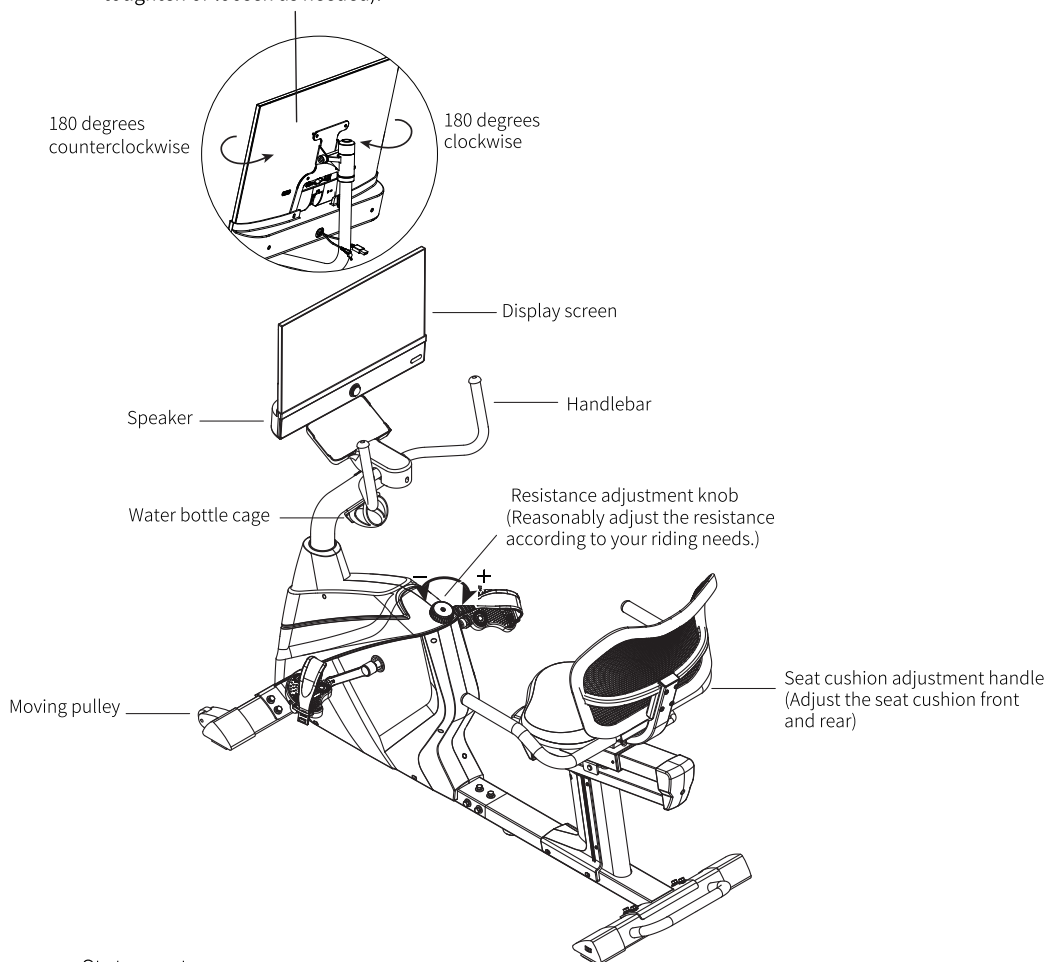
## (for reference only, subject to the actual product)



**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. (Use the allen wrench S5(A) to tighten or loosen as needed).



Statement:

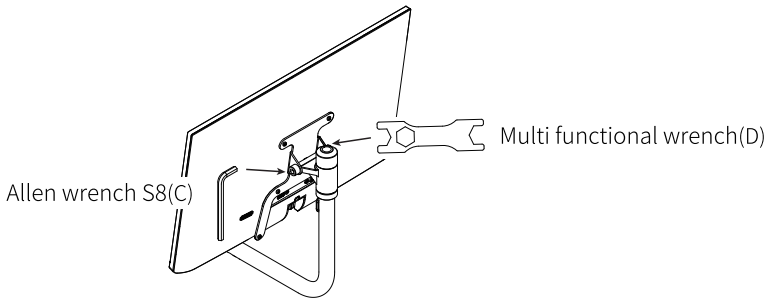
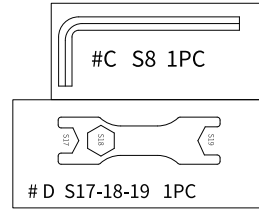
This manual provides a comprehensive provides to the product's functions and operating instructions as of the time of printing. However, due to continuous improvements in hardware, software, and design, there may be differences between this manual and the product you purchased. In the event of any discrepancies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

# Precautions

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## 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)



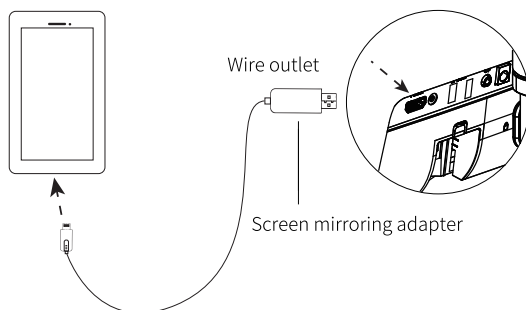
# How to adjust the screen

## Screen Adjustment

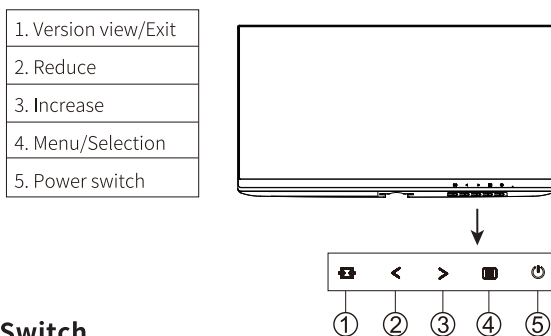
If you need to adjust the monitor screen, please use a cross wrench 6#(B) to remove the cross-head padded screws on the speaker housing, place it up and down, remove the speaker, and then follow the button operation instructions (as shown in the figure), make adjustments before reinstalling the speaker.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

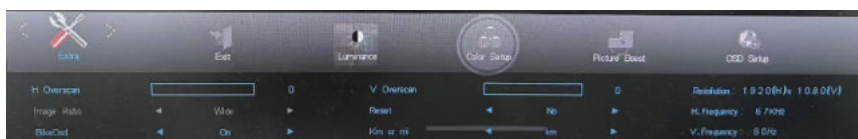
Mobile devices:



(2) Adjust the monitor screen



## Km or mi Switch

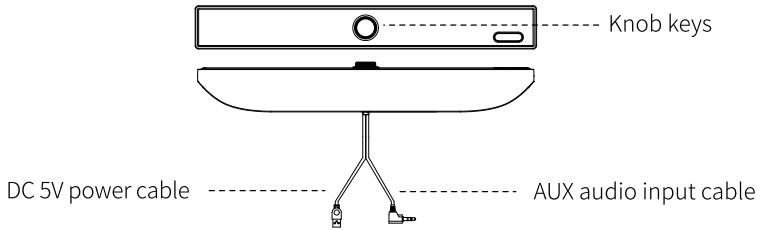


Km or mi

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



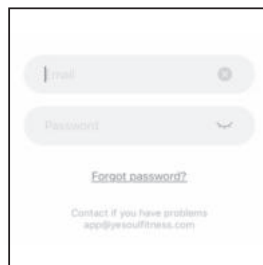
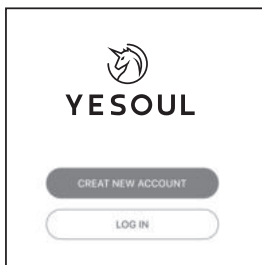
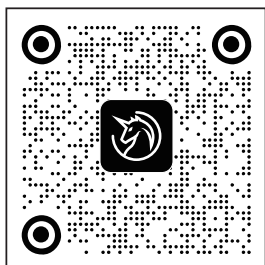
	Project	Pre-Condition	Operation steps	Effect	Tone	LED
On/Off	Power On	/	Short press the Rotary switch	Power On	Power-on beep (hello)	Red LED always on
	Power Off	/	Press and hold the knob button for 3 seconds	Power off	Shutdown tone (Shutdown sound effect)	Red LED goes out
Sleep state	Power On	/	The 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 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 (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. If 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 (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, speaker 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 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

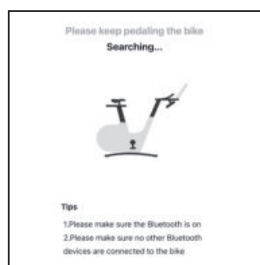
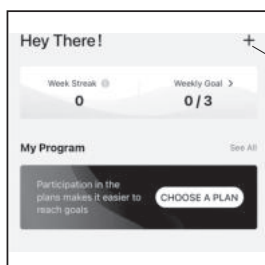
· You can scan the QR code below to download the APP and register an APP account.



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



Kinomap



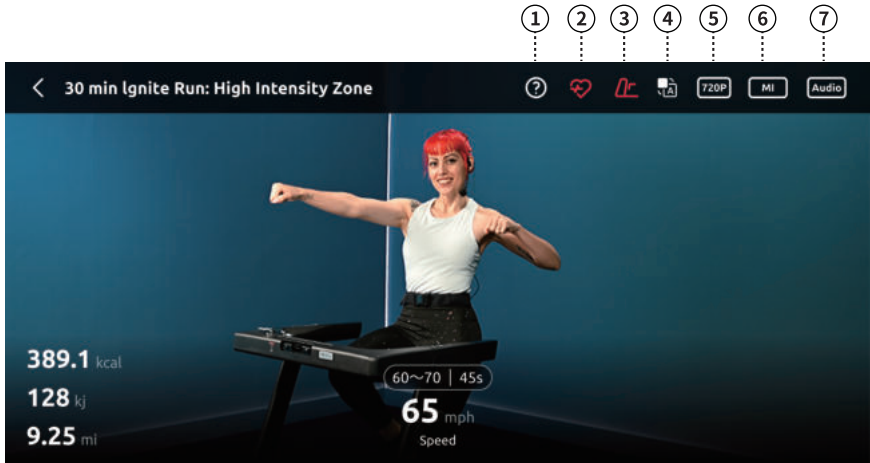
Zwift

## 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 720P Adjust Video Quality On Screen

6 MI Switch Imperial/Metric Display

7 🎧 Audio 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.

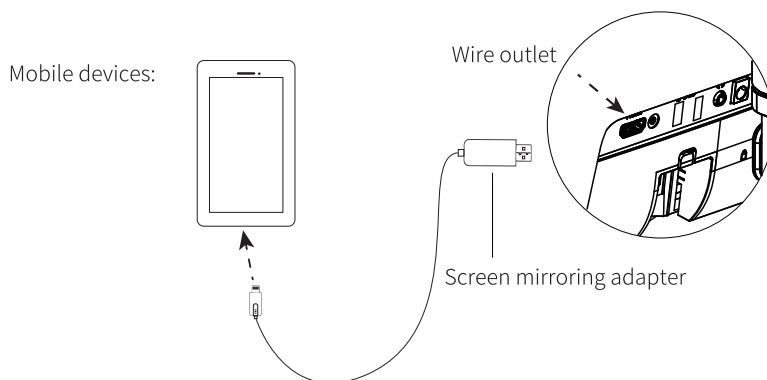
## About wired projection screen

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### 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).

**Note:** There are two screen mirroring adapters for Android and IOS in the package. Please use them according to the model of your phone.

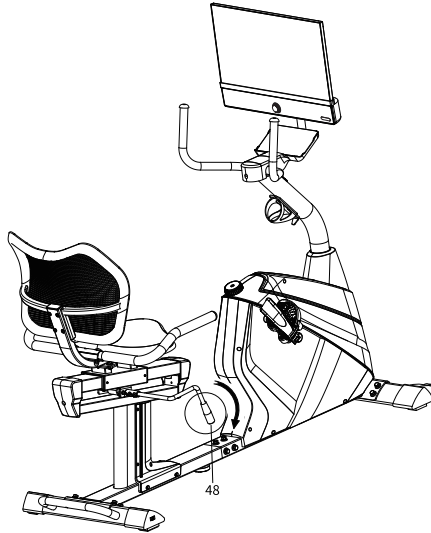


## How to adjust exercise bike

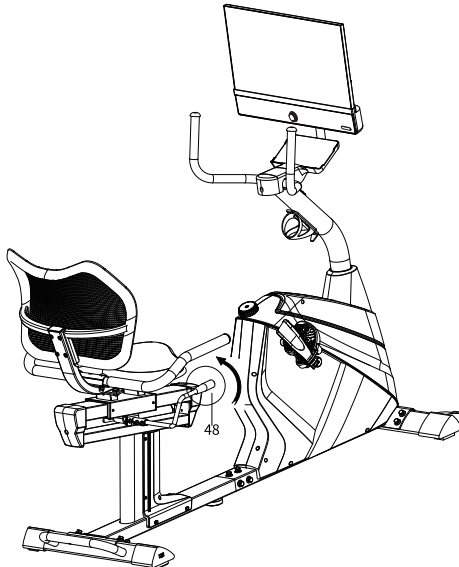
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### 1. Adjust the seat cushion front and back:

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.

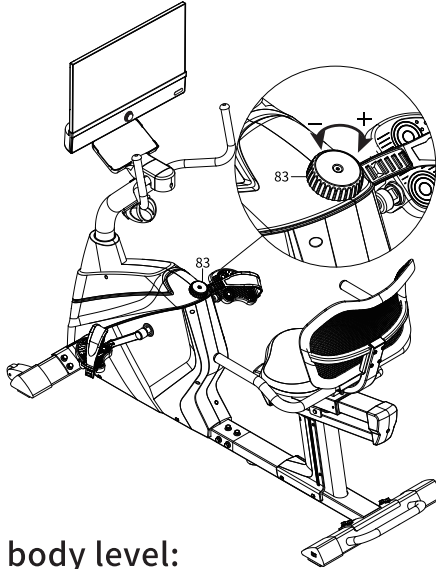


# How to adjust exercise bike

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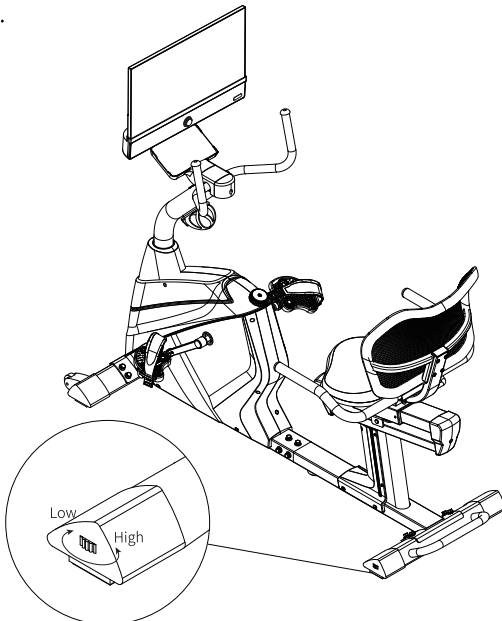
## 2. Adjust the resistance:

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.

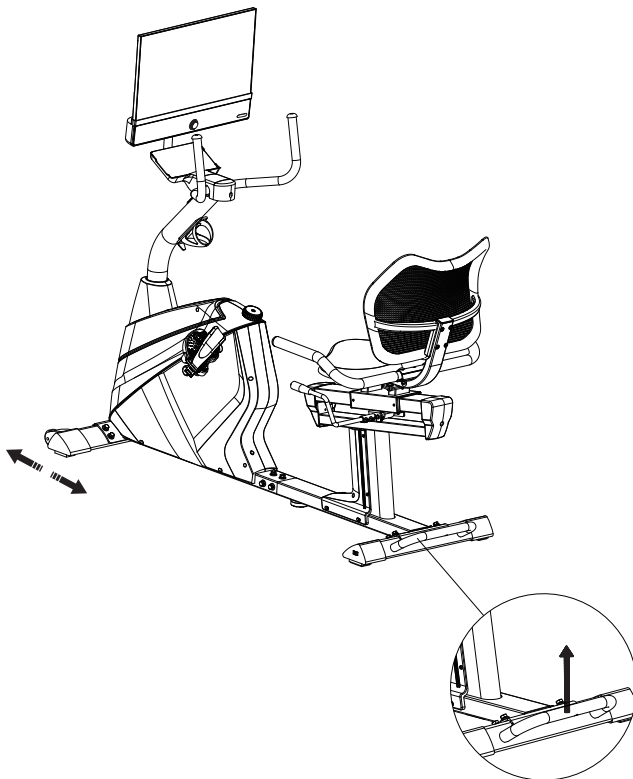


## How to adjust exercise bike

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### 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

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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

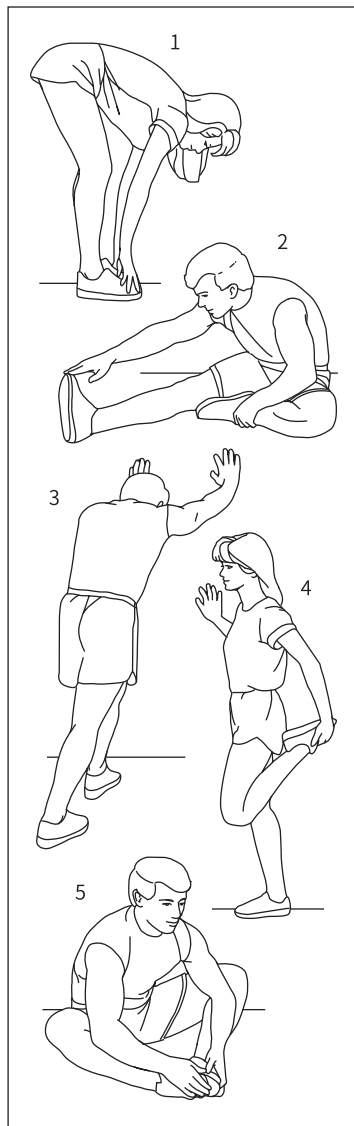
Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15 seconds and then relax. Repeat the exercise three times for each leg.

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

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### 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 a 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.

## **This device complies with Part 15 of the FCC Rules**

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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.

# EU Declaration of Conformity

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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 EXERCISE BIKE

Model name: YS-BJ1

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: 2025-10-29

