

YOUSTEEL[®]

ESSENTIAL FAN BIKE

OWNER'S MANUAL

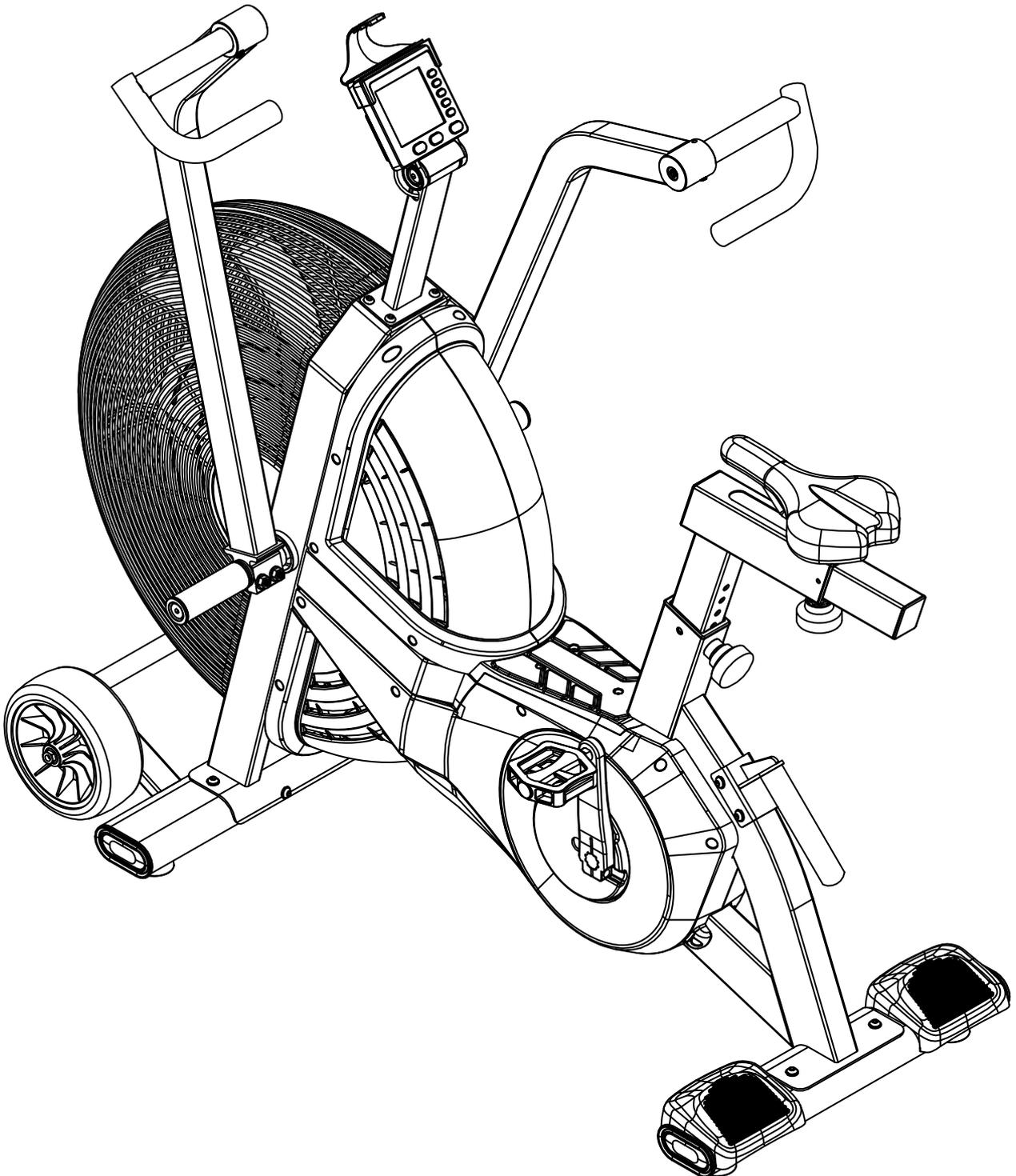


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(2025-06 ESSENTIAL FAN BIKE)

Important Safety Information

WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **350 pounds.(160 Kilograms)**
3. The bike is NOT equipped with a freewheel system which means that when the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying backward pressure to pedals while they are turning as knee injury may occur.
4. Do not attempt to turn the pedal cranks by hand. Do not touch any driving mechanism while it is in motion as possible injury could occur.
5. In a home setting, keep children away from the bike when it is not in use. Keep children and pets away from the unit while it is in use.
6. Do not attempt to perform dip movements on handlebars.
7. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. We recommend a mat be placed under the unit to protect floor or carpet and for easier cleaning.
8. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
9. Always examine your unit before using to ensure all parts are in working order.
10. Allow the unit to fully stop before dismounting.
11. Pets should never be allowed near the unit.
12. Do not leave children unsupervised near or on the unit.
13. Never operate the unit where oxygen is being administered, or where aerosol products are being used.

14. Never insert any object or body parts into any opening.
15. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
16. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
17. Failure to follow these instructions will void the unit warranty.

Machine Maintenance Guide

(1) Maintenance-RECOMMENDED MAINTENANCE SCHEDULE

A. After first five Hours of Use

- Check all fasteners for tightness.

Daily

- Clean saddle, handlebars, step pad and flywheel cover with a cloth and cleaner after use.
- Do not use bleach or coarse abrasives.

B. Every 250 Hours of Use

- Check that the crank arms are tight on the crank axle.
- Check all fasteners for tightness.
- Check for dust inside Fan Blade Bracket Set with a flashlight. Vacuum if needed.

Safety Using Instruction

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

1



Head rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

5



Toe touches

Slowly bend forward from your waist, letting your back and shoulder relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds.

2



Shoulder lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

6



Quadriceps stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

3



Side stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

7



Hamstring stretches

Sit with your right leg straight in front of you. Straighten your leg out while trying to hold on to your outstretched leg with your hand. Starting up with your back straight. Slowly exhale and try to bring your chest to the knee of your outstretched leg. Hold, then repeat on the other side for 15 seconds.

4



Inner thigh stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

8



calf/ Achilles stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 seconds.

Before You Start

Thank you for purchasing this new **ESSENTIAL FAN BIKE** !! This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

Proper installation and regular maintenance are required to ensure user's safety. Maintenance is the sole responsibility of the owner.

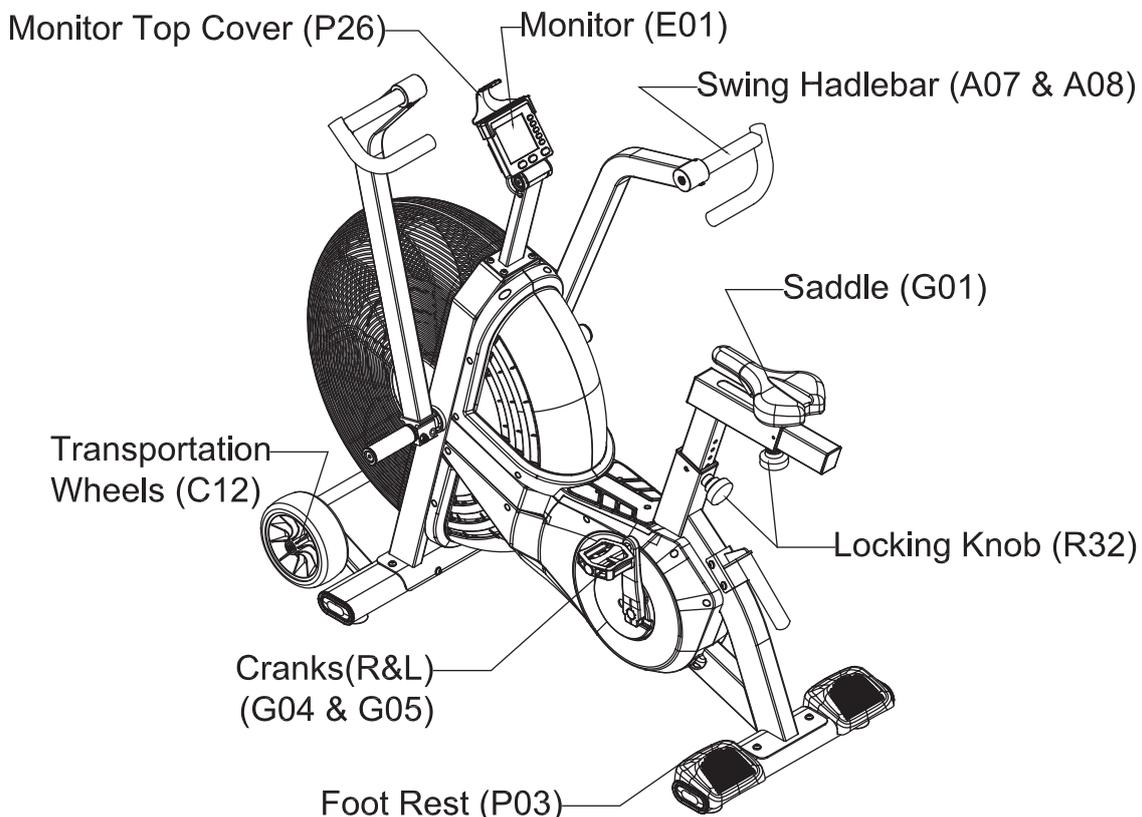
Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. We recommend a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



Basic Assembly Tips

Before Assembly

1. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. We recommend a mat be placed under the unit to protect floor or carpet and for easier cleaning.

2. Follow these basic points when you assemble your machine:

- Read and understand the “Important Safety Instructions” before assembly.
- Collect all the pieces necessary for each assembly step.
- Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
- When attaching 2 pieces, carefully lift and look through the bolt holes to help insert the bolt through the holes.
- The assembly requires 2 people.

3. Specifications

Maximum User Weight: 160 kgs (350 lb)

Machine Weight: 62.96 Kgs (138.51 lb)

Set Up Dimension

:1390MM(L)X765 MM(W)X1320 MM (H)(54.72 in(L) x30.12 in(W) x51.97 in(H))

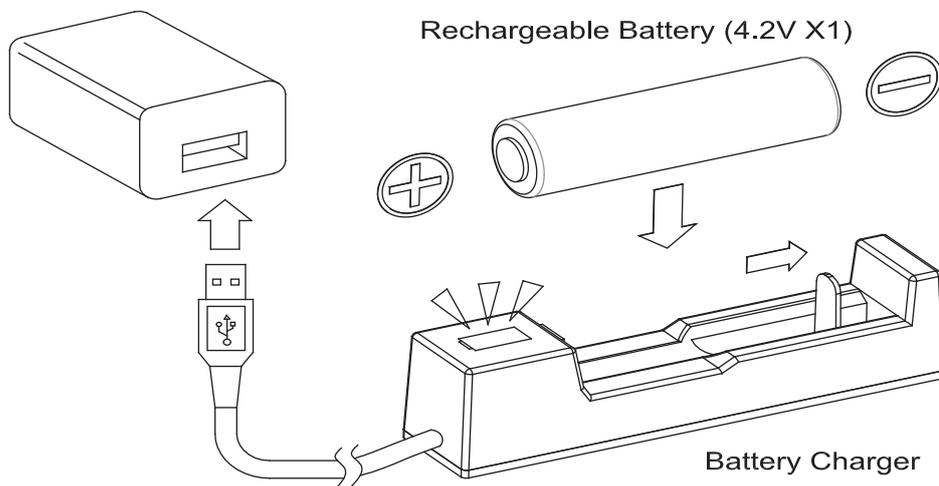
Power Requirement : Rechargeable Battery (4.2V X1)

****Notice ****

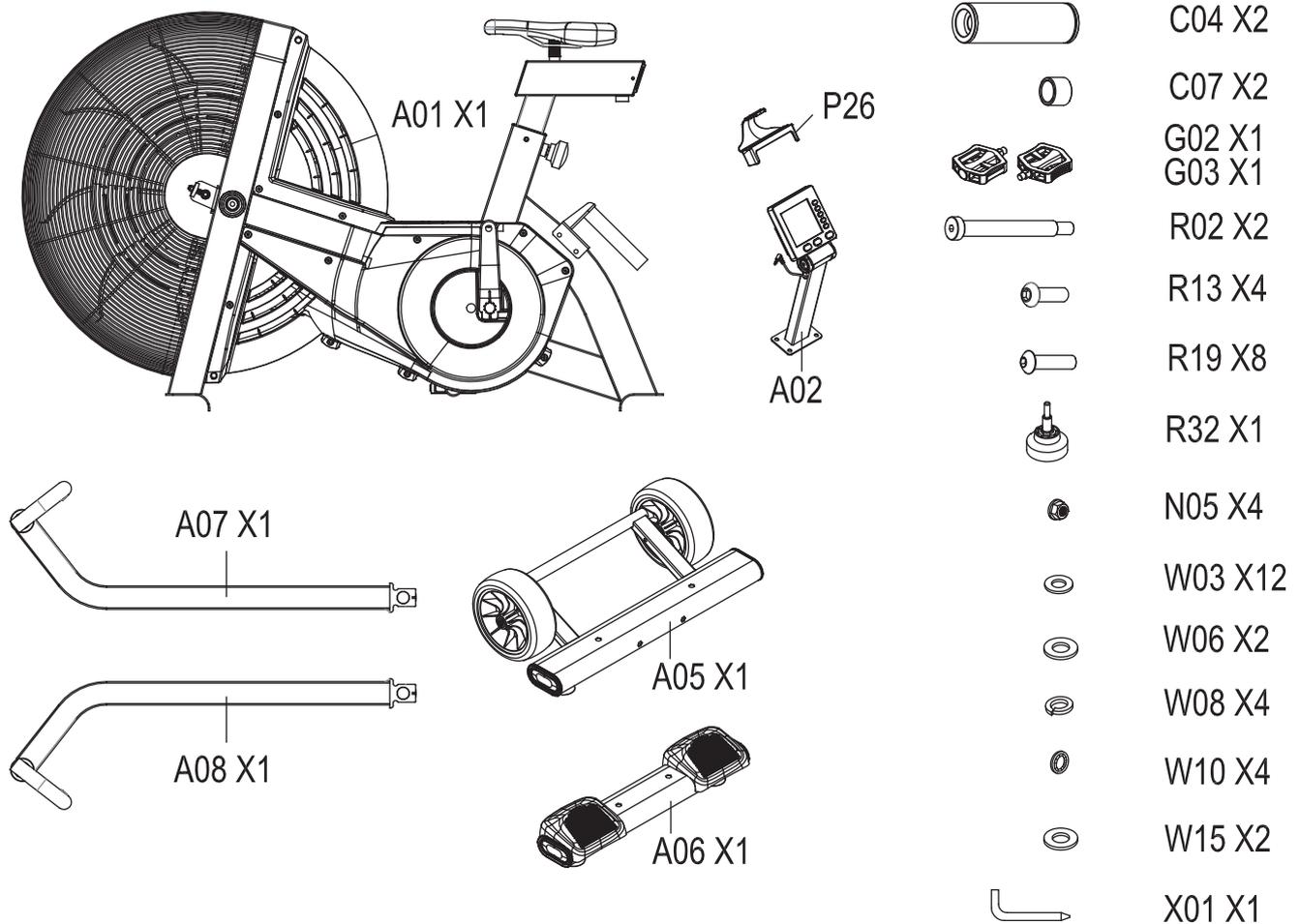
(The battery can be recharged the power by using a battery charger when it run down ,also the battery charger can be purchased at an additional cost)

WARNING

- ※ The battery charger indicator light is red when charging ,and green when fully charged
- ※ Do not overcharge the battery or leave it in the battery charger for more than 12 hours.
- ※ Do not place batteries near high temperatures or fire, and keep them dry.



Accessory List



1	MAIN FRAME ASSY (#A01)X 1 SET
2	LEFT SWING HANDLEBAR (#A07)X1PC
3	RIGHT SWING HANDLEBAR (#A08)X1PC
4	CONSOLE MAST WITH MONITOR ASSY (#A02) X 1 SET
5	FRONT STABILIZER ASSY (A05) X1 SET (WITH TRANSPORTATION WHEELS)
6	REAR STABILIZER ASSY (#A06) X1SET (WITH FOOT RESTS &END CAPS)
7	FOOT PEG (#C04)X2PCS
8	D21 X12.50 SPACER (#C07)X2PCS
9	M12X 130 L HEX ROUND HEAD SCREW (BLACK)(#R02)X2PCS
10	M8X20 BUTTON HEAD SOCKET SCREW (BLACK)(#R13)X4PCS
11	M8X20 CYLINDRICAL HEAD SOCKET SCREW (CARBON) (BLACK)(#R19) X8PCS
12	Locking Knob(#R32)X1PC
13	S13 Hex Nylon Nut (M8XP1.25X7.6T)(Black)(#N05)X4PCS
14	8X16X1.5T FLAT WASHER (#W03)X12PCS
15	13X17X3.0T FLAT WASHER (#W06) X2PCS
16	8.3X13.6X1.8T SPRING WASHER (#W08)X4PCS
17	4x16x1.5T Flat Washer(#W10)X4PCS
18	Pedal (R&L) (#G02& G03) X1SET
19	6mm Allen Wrench(#X01)X1PC
20	Monitor Top Cover (#P26)X1PC
21	5x8x1.0T Spring Washer (#P15) X2PCS

Assembly Instruction

**REMOVE ALL SECURITY TAPE AND WRAPPING
BEFORE BEGINNING**

FIGURE 1 Stabilizers Assembly

STEP 1

Assemble the **Front and Rear Stabilizers Assemblies (A05)&(A06)** to the **Main Frame (A01)** with eight **Flat Washers (W03)** , and eight **Screws (R19)** as show on the following picture .

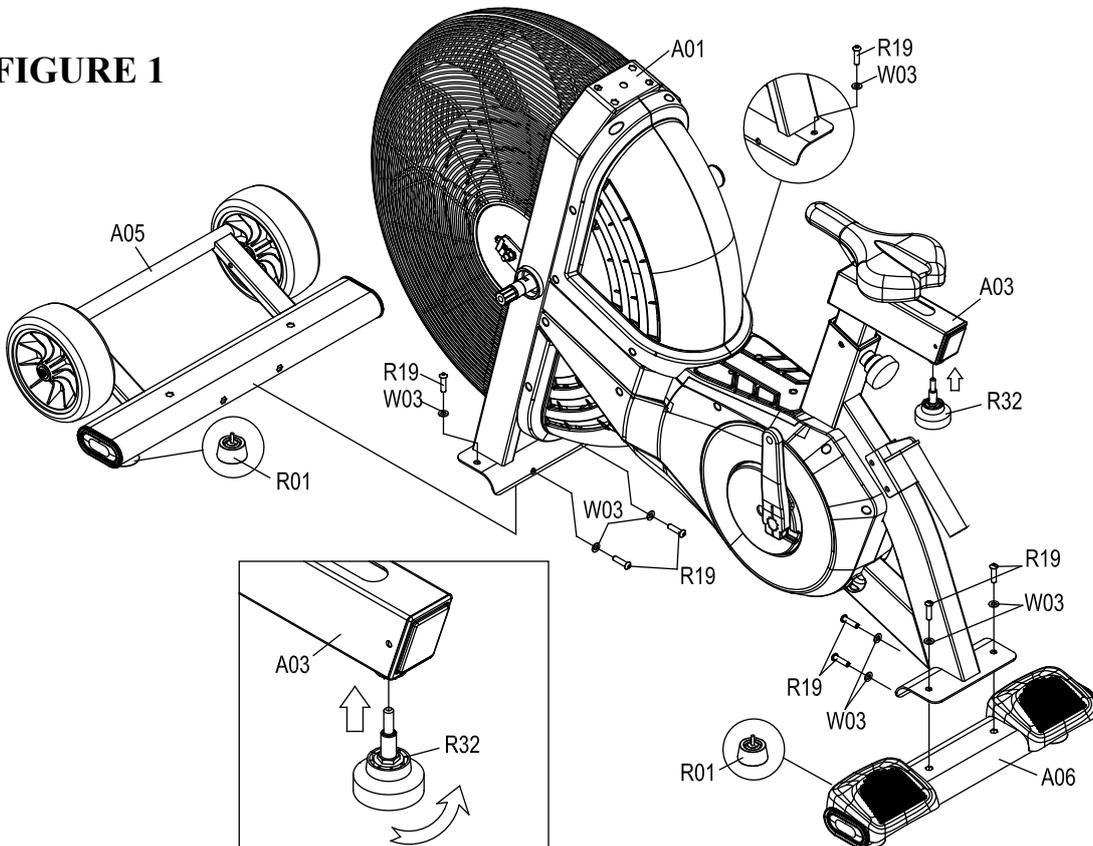
STEP 2

Install the **Locking Knob (R32)** onto the hole below the **Seat Post(A03)** at proper Seat position as show as drawing ,then turn it clockwise tightly.

NOTE :

- 1.) Each **Stabilizer (A05 , A06)** have two **Foot Adjusters (R01)** , you can turn **Foot Adjusters (R01)** to adjust each side banlance for the bike when the ground is uneven.
- 2.) Please be sure that the **Stabilizers(A05, A06)** already screwed firmly with **Main Frame (A01)** before riding onto the bike .
- 3.) **Locking Knob (R32)** must be locked tightly into hole below the **Seat Post (A03)** before you sit on the seat.

FIGURE 1



Assembly Instruction

FIGURE2 Pedals Assembly

Step 1:

Thread the Right Pedal (G03) into the hole of Right Crank (G05). Secure in place by turning it **clockwise** to tighten.

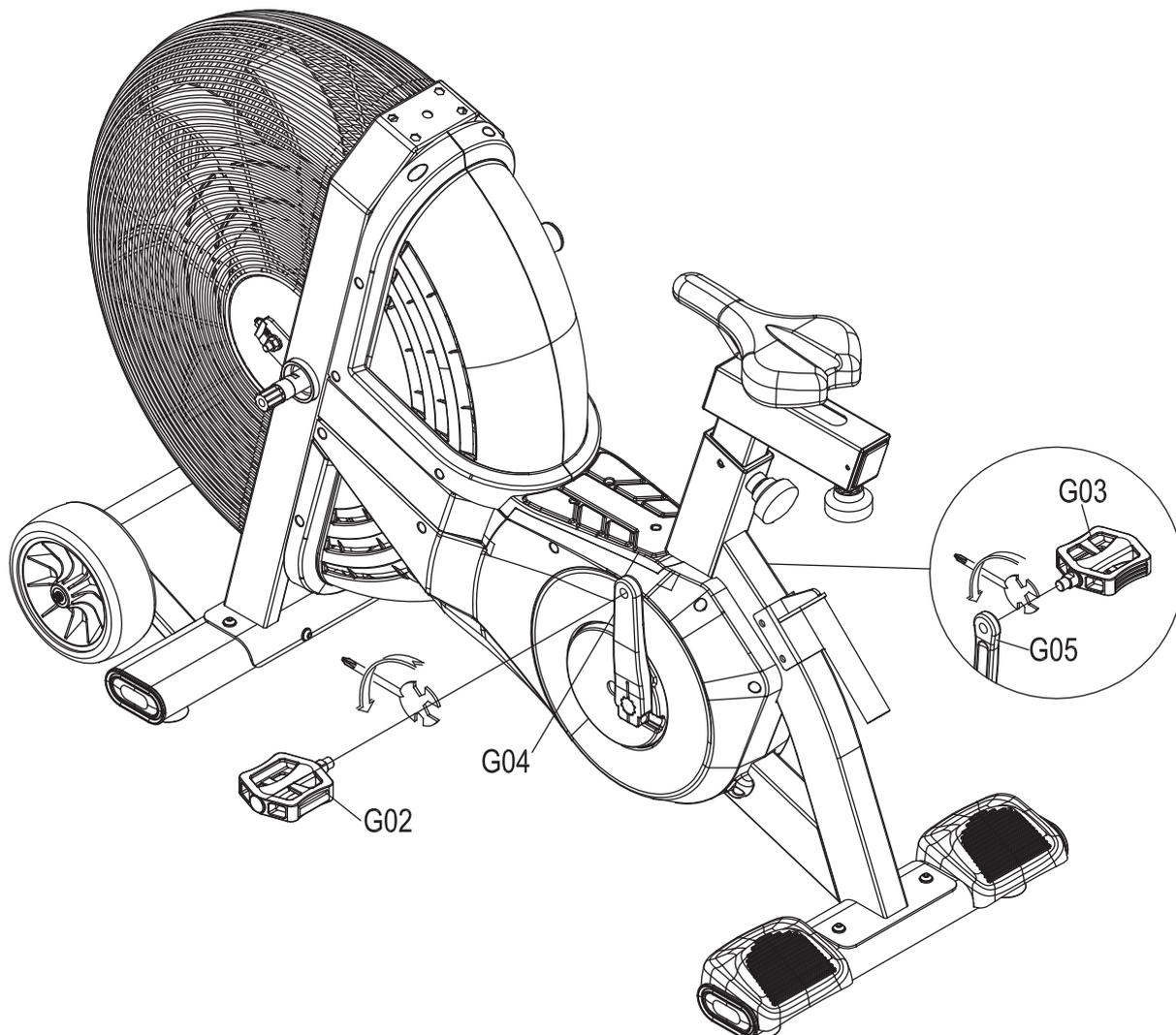
Note: Right Pedal (G03) is marked with an “R”.

Step 2:

Thread the Left Pedal (G02) into the hole of Left Crank(G04). Secure in place by turning it **counter-clockwise** to tighten.

Note: Left Pedal (G02) is marked with an “L”

FIGURE2



Assembly Instruction

FIGURE 3 Monitor & Monitor Top Cover Assembly

Step 1

Lead the **Reed Switch Wire (E02)** which is out from the **Main Frame (A01)** to get through the **Console Mast (A02)** till the top opening of **Console Mast (A02)**

Step 2

Assemble **Console Mast (A02)** onto the **Main Frame (A01)** per the following parts as show as below drawing .

Qty 4 – (R13) M8X20 Button Head Socket Screw(Black)

Qty 4 – (W08) 8.3x13.6x1.8T Spring Washer

Qty 4 – (W03) 8x16x1.5T Flat Washer

Step 3

Plug the **Reed Switch Wire (E02)** connector end into the jack sits on the backside of the **Monitor (E01)** as show as **FIGURE 3-1**

Step 4

Then insert the **Monitor Top Cover (P26)** to **Monitor (E01)** as show as **FIGURE 3-2**

FIGURE 3-1&&3-2

Figure 3-2

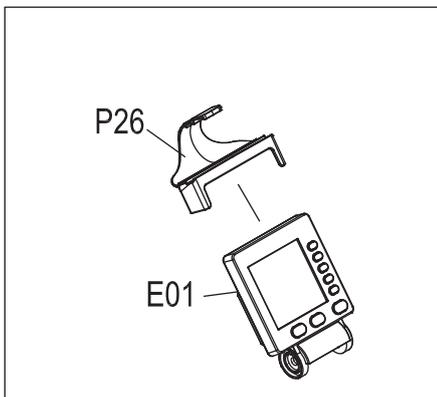
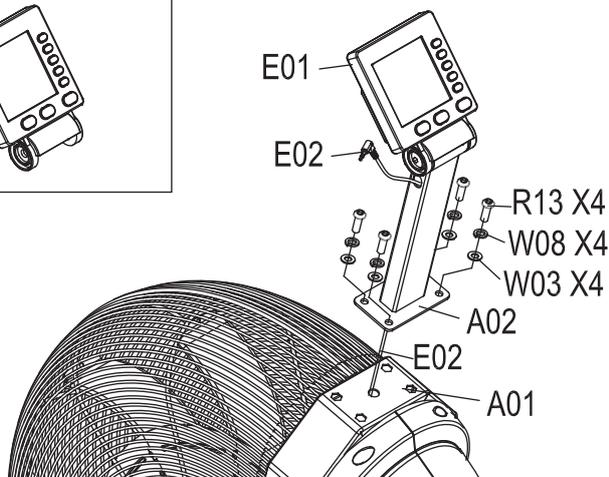
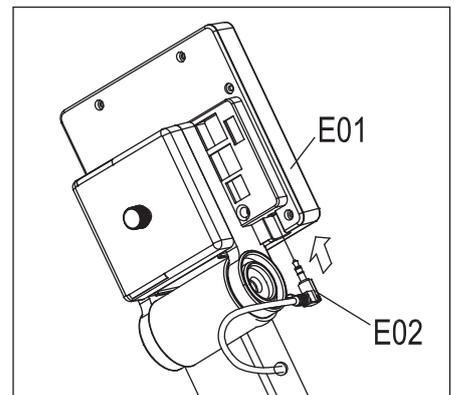


Figure 3-1



Assembly Instruction

FIGURE 4 Right & Left Swing Handlebars and Linkage Arms Assembly

Step 1.

Remove the **Screws (R21), Washers (W08 & W10)**, and the **Nylon Nuts (N05)** from the **Swing Handlebar (A07 & A08)** as show as **FIGURE 4-1**, but they will be re-tightened up till next assemble **STEP** at **Figure 5** on **Page 15**

Step 2.

Firstly pls align the axis groove of the **Linkage Arms (A11 & A12)** onto the slot of **Swing Handlebar (A07 & A08)** carefully as show as **FIGURE 4-2** before proceeding the **STEP3**

Step3 .

Attach the **Right Swing Handlebars (A08)** onto **Right Linkage Arm (A12)** by threading the slot sits on the bottom part of the **Right Swing Handlebar (A08)** separately as show as **FIGURE 4-2**, but will be tightened up till next assemble **STEPS** at **Figure 5** on **Page 15**

Step 4.

Repeat **Step 2 & Step 3** for proceeding the **Left Swing Handlebar (A07)** and **Left Linkage Arm (A11)** Assembly.

FIGURE 4-1 & 4-2

Figure 4-1

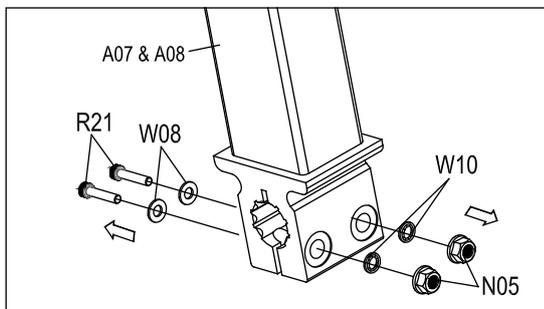
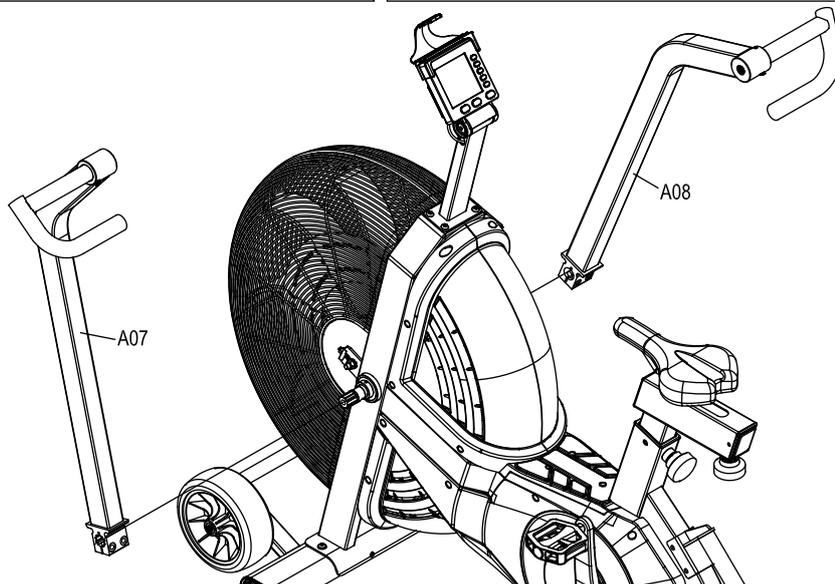
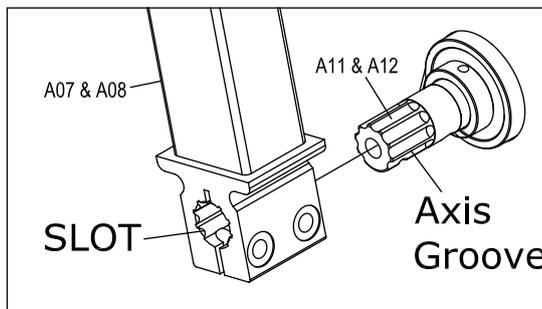


Figure 4-2



Assembly Instruction

FIGURE 5 Foot Pegs & Swing Handlebars Assembly

Step 1

Secure the Screw(R02) into axle of Foot Peg (C04) on each side separately as show as below diagram.

Step 2

Install each side axle of Foot Peg(C04) with Screw(R02) &Washer (W15)by threading the D21 Spacer (C07) &Flat Washer (W06) onto the slot sits on the Swing Handlebars (A07&A08) respectively as below drawing .

Step 3

Re-secure the assembled Swing Handlebars(A07&A08) with Linkage arms(A11&A12) per the following parts as show as below diagram .

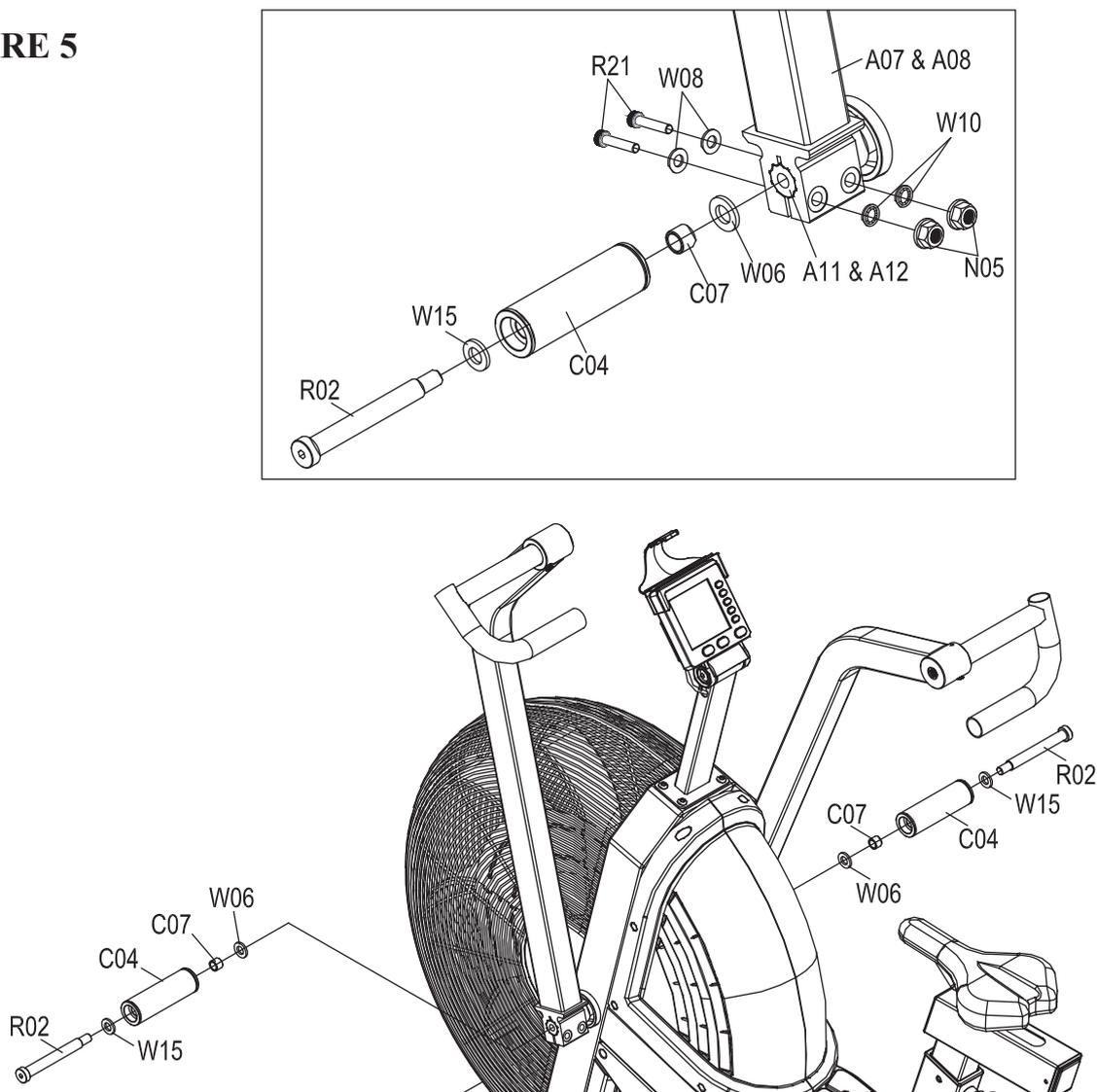
Qty 4 – (R21) M8X50 Cylindrical Head Socket Screw(Loctited) (Black)

Qty 4 – (W08) 8.3x13.6x1.8T Spring Washer

Qty 4 – (W10) 4x16x1.5T Flat Washer

Qty 4 – (N05) S13 Hex Nylon Nut (M8XP1.25X7.6T)(Black)

FIGURE 5



Assembly Instruction

FIGURE 6 Seat Pad Assembly Adjustment

The Seat Post (A03) with Seat Post Slider (A04) is assembled completely at the proper position when removing the machine from the shipping box .

. The Seat post (A03) can be moved up and down by operating the Locking Knob (R32) till your desired seat height position. .

Note :For adjusting the seat height position- available in 250 mm height level adjustment as show as below drawing

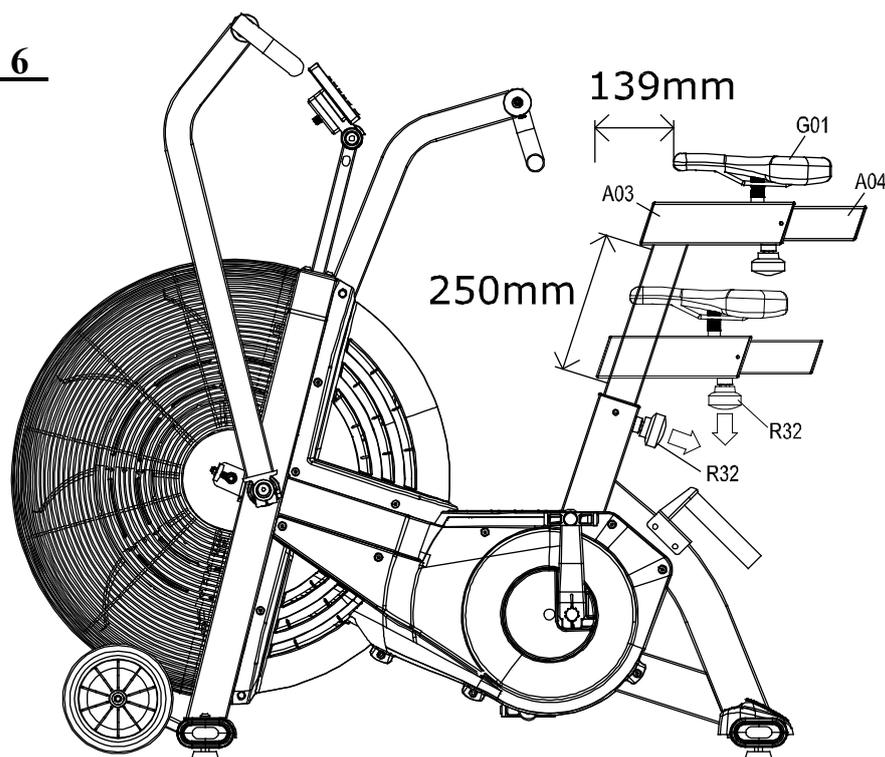
.The Seat Post Slider (A04) can be moved forward and backward by operating the Locking Knob (R32) till your desired seat horizontal position. .

Note :For adjusting the seat horizontal position -available in 139 mm horizontal level adjustment as show as below drawing

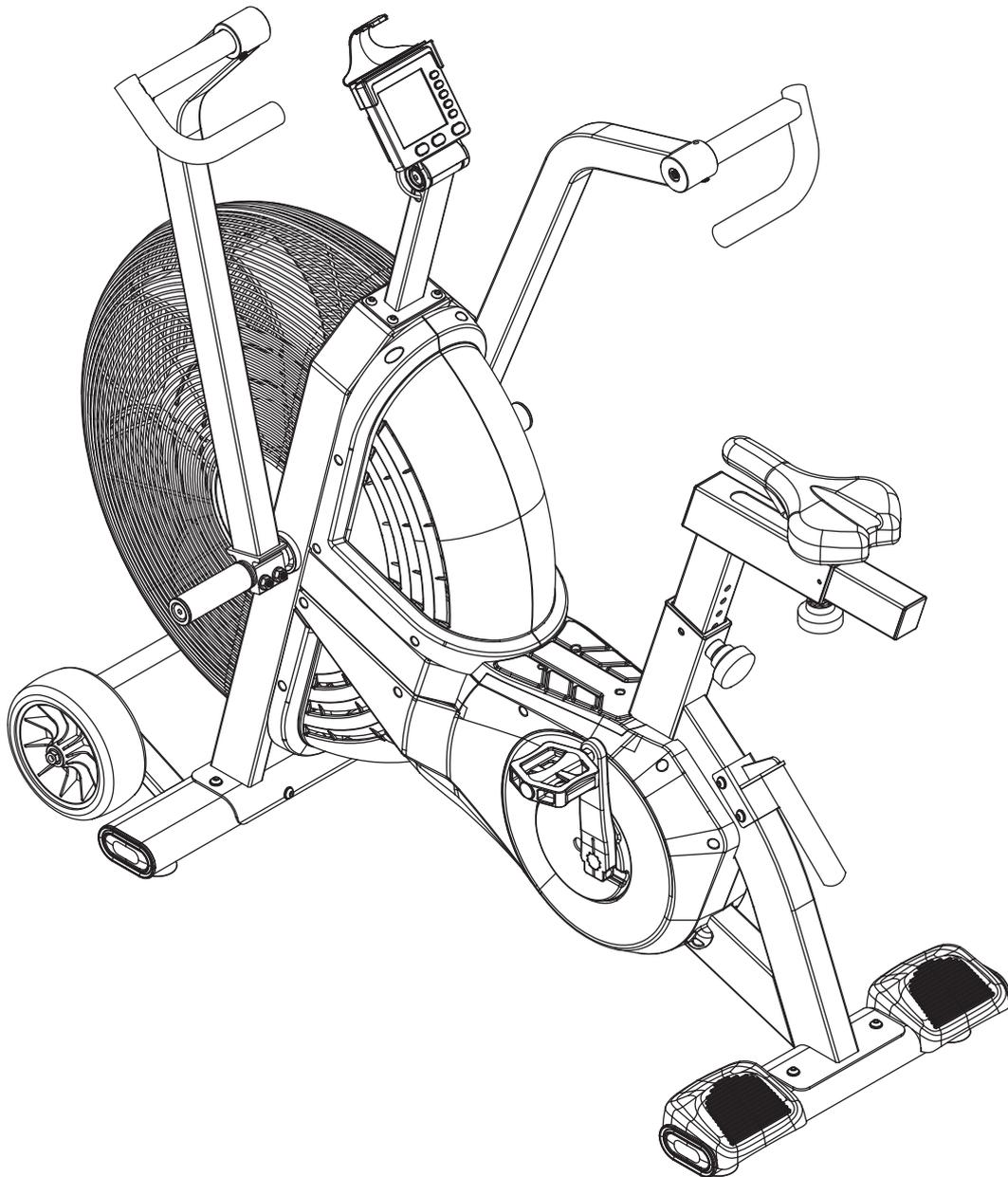
*** IMPORTANT**

Locking Knobs (R32) must be locked tightly into the holes located in Seat Post (A03) & Seat Post Slider (A04) respectively as show as below drawing before you sit on the seat.

FIGURE 6



Assembly Instruction



Congratulations!

You have completed the assembly of your new Essential Fan Bike !

Console Instruction

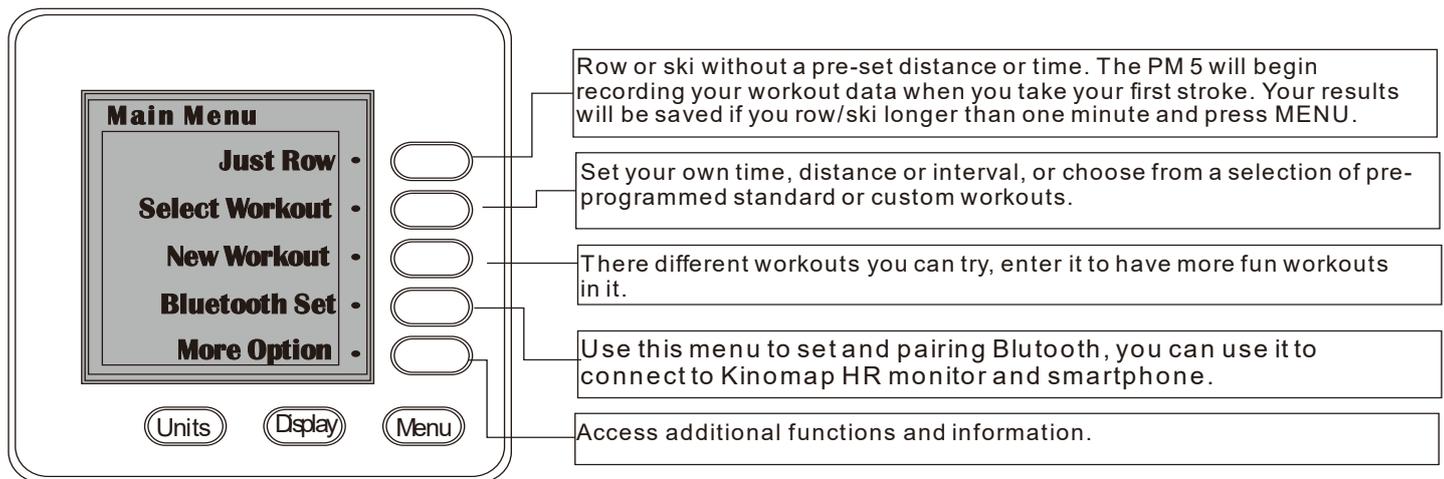
OVERVIEW OF THE PERFORMANCE MONITOR (V2)

For Dynamic Indoor Air Rower, and the Air Skier.

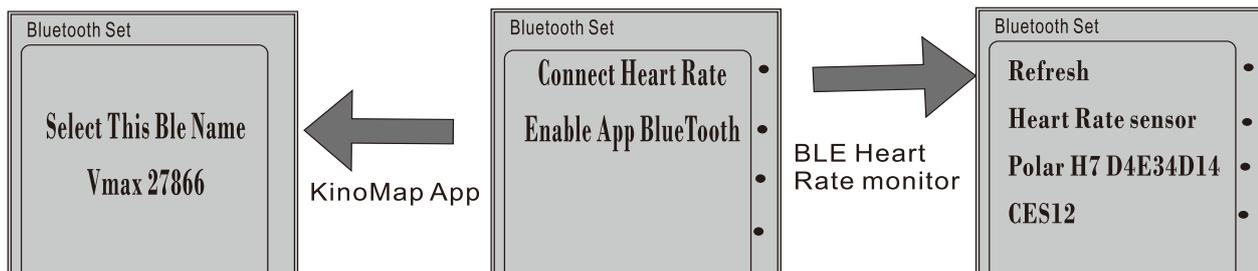
Getting Started:

General Operation

- The V2 will automatically displays your workout data as you start your workout on the machine , or press the MENU button/Any buttons to power up the V2 monitor .
- Press MENU button to go back to the previous display .
- Use the MENU button to access all features.



Bluetooth Device Pairing & Select.



BLE Heart Monitor Connection: use Bluetooth Set at Menu, Once enter Bluetooth Set display will shows Connect Heart Rate and Enable App Bluetooth, select Connect Heart Rate, V2 will find all the BLE heart rate monitor and showing on the display, please select device you have. Then it will connect each together, if you can not find your device, please use Refresh to re-find all BLE device.

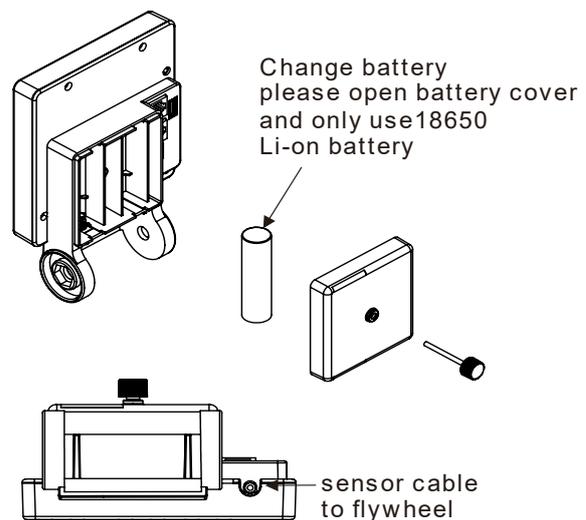
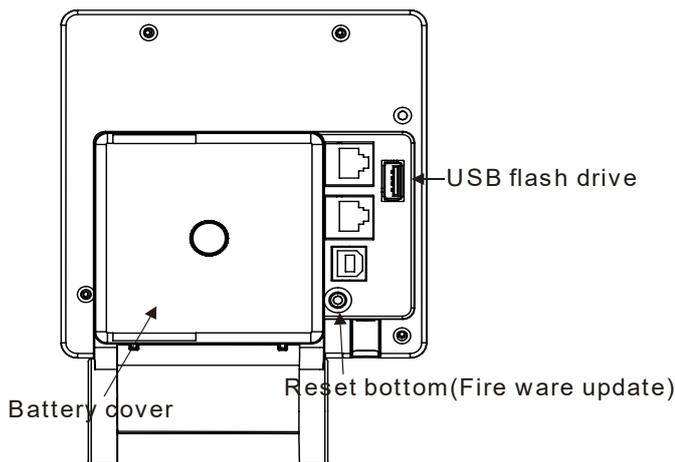
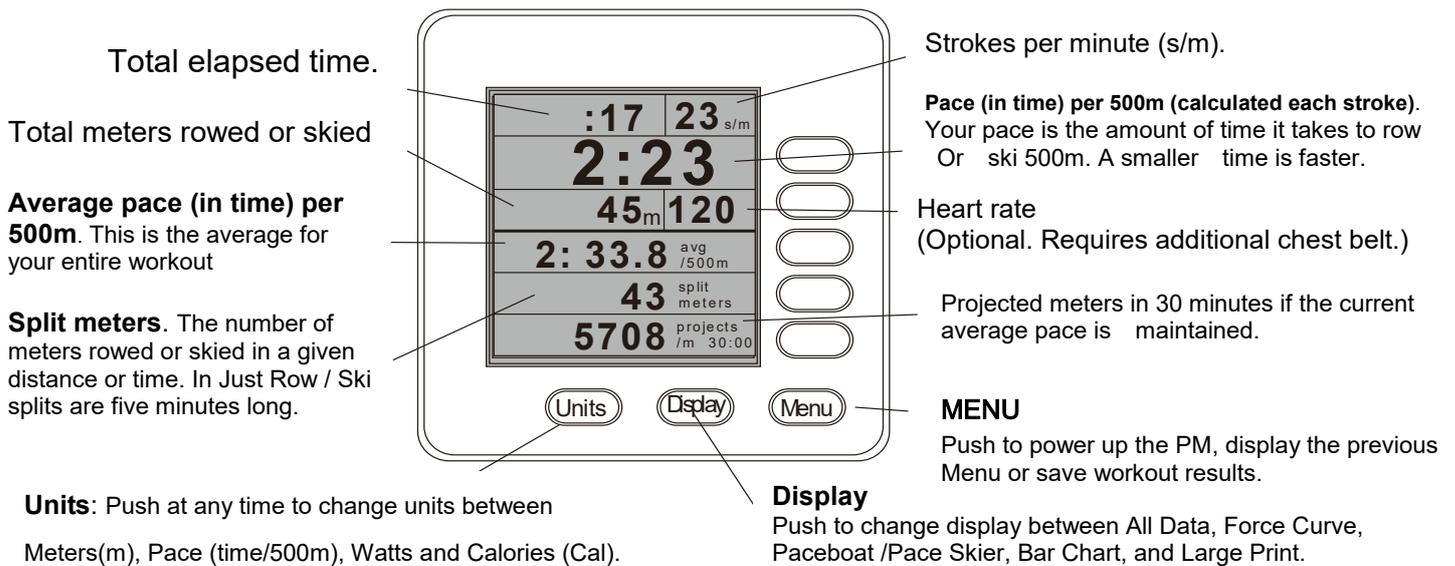
KinoMap APP connection: Turn your Bluetooth of smart phone, the use system setting to finding Vmax XXXXX(BLE SERIAL NUMBER), Once VmaxXXXXX (BLE SERIAL NUMBER) is found on smart phone, please connect it, then you can work it on your phone.

Memory Workout: from Kinomap all of your workout can be saved in your workout database. You can review it any time.

Firmware : Firmware is the internal software that runs your Performance Monitor(V2). Your V2 comes pre-installed with the latest firmware, however, new and improved versions are offered regularly. The free V2 software makes posted regularly. The free V2 Utility Software makes it easy to update your software with the latest firmware version at any time. When V2 detect flash drive (USB) with newest version software, it will automatic update software,

Caution: don't unplug flash drive (USB)until update finished.

V2 Menu Map



MAINTENANCE REMINDER FUNCTION :

After a long period time workout when the accumulated workout distance is over **500 KM (500,000 METERS)** ---the Monitor screen will be coming up with **MAINTENANCE** on the top right of the screen automatically , this signal will remind you to proceed the general maintenance on the machine as below :

* General Maintenance :

Daily

Wipe the monorail with a cloth or non-abrasive scouring pad after use. You can use soap and water or any glass cleaner. Do not use mineral acids, bleach, or coarse abrasives.

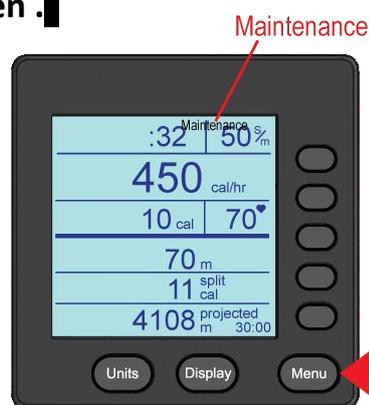
Every 500 KM, Weekly for Institutional Users

Lubricate the chain with a teaspoon of purified mineral oil, 3-IN-ONE® oil, or 20W motor oil. Apply oil to a paper towel, and rub the paper towel along entire length of chain. Wipe off the excess. Repeat if needed. Do not clean the chain with any kind of cleaner or solvent, e.g. WD-40®.

Every 2500 KM, Monthly for Institutional Users

1. Inspect the chain for stiff links. If stiff links are found, and if thorough lubrication does not help, replace the chain.
2. Inspect the chain-handle connection for wear. If the hole has become elongated, or the U-bolt is worn halfway through, replace the entire connection.
3. Tighten the shock cord if the handle does not return all the way to the fan enclosure.
4. Check screws for tightness, including those used for assembly.
5. Loosen or tighten the nuts on the Performance Monitor arm joints as necessary..
6. Check for dust inside flywheel with a flashlight. Vacuum if needed.

After proceeding the General Maintenance on the machine ,you can follow up the below monitor operation Steps to remove the “MAINTENANCE “ reminder words from the screen .



Maintenance

STEP 1.
When the main screen appears Maintenance . Press Menu to enter the Main Menu



STEP 2.
Press to enter More Options



STEP 3.
Press to enter Summary



STEP 4.
Press and hold Press til Reset for more than 3 seconds to reset the Maintenance value to zero

PART LIST

ITEM	PART NAME	QTY
A01	Main Frame	1
A02	Console Mast	1
A03	Seat Post	1
A04	Seat Post Slider	1
A05	Front Stabilizer	1
A06	Rear Stabilizer	1
A07	Left Swing Handlebar	1
A08	Right Swing Handlebar	1
A09	Left Handle	1
A10	Right Handle	1
A11	Left Linkage Arm	1
A12	Right Linkage Arm	1
A13	Left Connecting Arm	1
A14	Right Connecting Arm	1
A15	Fan Blade Bracket Set	1
A16	Lift Bar	1
B01	#6001 Precise Bearing	4
B02	#6005 Precise Bearing	6
B03	#6005 Precise Bearing (Double Buckle Slot)	4
B04	#6201 Precise Bearing	2
B05	#608 Precise Bearing	4
C01	Pulley	1
C02	Fixed Ring	2
C03	D40x9.1 Spacer	1
C04	Foot Peg	2
C05	Idler Pulley (Front)	1
C06	Idler Pulley (Rear)	1
C07	D21x12.50 Spacer	2
C08	D16x25.00 Spacer	1
C09	D16x37.00 Spacer	1
C10	Crank Spacer	2

C11	D18x5.00 Spacer	2
C12	Transportation Wheel	2
E01	Monitor	1
E02	Reed Switch Wire	1
E03	Generator	1
G01	Saddle	1
G02	Left Pedal	1
G03	Right Pedal	1
G04	Left Crank	1
G05	Right Crank	1
G06	Fan Cage	1
G07	Connection Block	1
G08	PJ10 V-BELT (1880mm)	1
G09	Lift Bar Sleeve	1
K01	Fan Bracket Shaft	1
K02	Pulley Axle	1
K03	Seat Fixing Rod	1
N01	S14 3/8"-16 UNC Hex Nut (Stainless)	1
N02	S17 3/8"-26 UNF-5.0T Hex Nut (Black)	4
N03	S7 Hex Nut (M4XP0.7X3.6T)(Black)	3
N04	S10 Hex Nylon Nut (M6XP1.0)(Black)	2
N05	S13 Hex Nylon Nut (M8XP1.25X7.6T)(Black)	7
N06	Closed End Acorn Nut (TP4X8.3X0.6T)	8
N07	S15 3/8"-26 UNF Acorn Nut Cap(Black)	2
P01	Magnet Cap	1
P02	50x100 mm Oval End Cap	4
P03	Foot Rest	2
P04	Foot Peg Spacer (D38*20.5)	4
P05	Generator Front Cover	1
P06	Generator Rear Cover	1
P07	Left Wind Shield (Upper)	1

P08	Right Wind Shield(Upper)	1
P09	Foot Rest Cover	1
P10	Left Wind Shield (Lower)	1
P11	Right Wind Shield(Lower)	1
P12	Left Crank Cover	1
P13	Right Crank Cover	1
P14	Crank Cover Plug	1
P15	Fan Cage (Lower)	1
P16	Console Mast Spacer	2
P17	Chain Guard (Left)	1
P18	Chain Guard (Right)	1
P19	Wire Plug	3
P20	Plastic Pin	4
P21	40x60 Bushing	1
P22	50x75 Seat Post Bushing (Front)	1
P23	40x60 Seat Post Slider Bushing (Front)	1
P24	40x60 Seat Post Slider Bushing (Rear)	1
P25	40x60 Seat Post Bushing (Rear)	1
P26	Monitor Top Cover	1
P27	Battery Cap	1
R01	Foot Adjuster	4
R02	M12x 130 L Hex Round Head Screw (Black)	2
R03	M8x 53 L Hex Round Head Screw (Black)	1
R04	M4X6 Flat Phillips Screw (Black)	6
R05	M4X12 Flat Phillips Screw (Black)	25
R06	M4X20 Flat Phillips Screw (Black)	3
R07	TP4X16L Phillips Screw (Black Silver)	2
R08	TP4X20L Phillips Screw (Black Silver)	10
R09	TP5X15L Phillips Screw (Black Silver)	8
R10	3/16 " Phillips Screw(STAINLESS)	2
R11	M5X12 Button Head Socket Screw(Black)	1
R12	M6X12 Button Head Socket Screw(Black)	1
R13	M8X20 Button Head Socket Screw(Black)	8
R14	M10X20 Button Head Socket Screw(Loctited) (Black)	4
R15	M6x10 Cylindrical Head Socket Screw(Black)	2

R16	M6x12 Hex Set Screw(Loctited) (Black)	2
R17	M6XP1.0X15 Cylindrical Head Socket Screw(Loctited) (Silver)	4
R18	M8X15 Cylindrical Head Socket Screw(Loctited) (Black)	1
R19	M8X20 Cylindrical Head Socket Screw(Carbon) (Black)	8
R20	M8X25 Cylindrical Head Socket Screw (Black)	1
R21	M8X50 Cylindrical Head Socket Screw(Loctited) (Black)	6
R22	M10XP1.25X35 Cylindrical Head Socket Screw (Black)	2
R23	M10X30 Cylindrical Head Socket Screw (Black)	2
R24	M10XP1.25X50 Cylindrical Head Socket Screw (Black)	1
R25	3/8"-16 UNC-3 Hex Head Screw)(Stainless)	1
R26	M6x10 Hex Head Screw (Carbon) (Black)	1
R27	M6X40 Eye Bolt (Black)	2
R28	M4X10 Flat Head Phillips Screw (Black)	4
R29	M6x15 Flat Head Hex Screw(Black)	2
R30	M10x30 Flat Head Hex Screw(Black)	1
R31	Battery Cap Grommet	1
R32	Locking Knob	2
S01	Magnet	1
W01	Internal Tooth Lock washer(10.5X18X0.9T)	5
W02	Cir –Clip	8
W03	8x16x1.5T Flat Washer	18
W04	8x30x2.0T Flat Washer	2
W05	10x19x2.0T Flat Washer	2
W06	13x17x3.0T Flat Washer	2
W07	14x37x3.0T Flat Washer	1
W08	8.3x13.6x1.8T Spring Washer	14
W09	Adjustment Channel	2
W10	4x16x1.5T Flat Washer	4
W11	5x16x2.0T Flat Washer	9
W12	12x30x2.0T Flat Washer	1
W13	8x24x2.0T Flat Washer	1
W14	20.7X29X0.3T Wave Washer (Black)	2
W15	16x21.8x1.0T Flat Washer	2
W16	Internal Tooth Lock washer(6,4X11X0,6T)	2

X01	6mm Allen Wrench	1

EXPLODED VIEW

