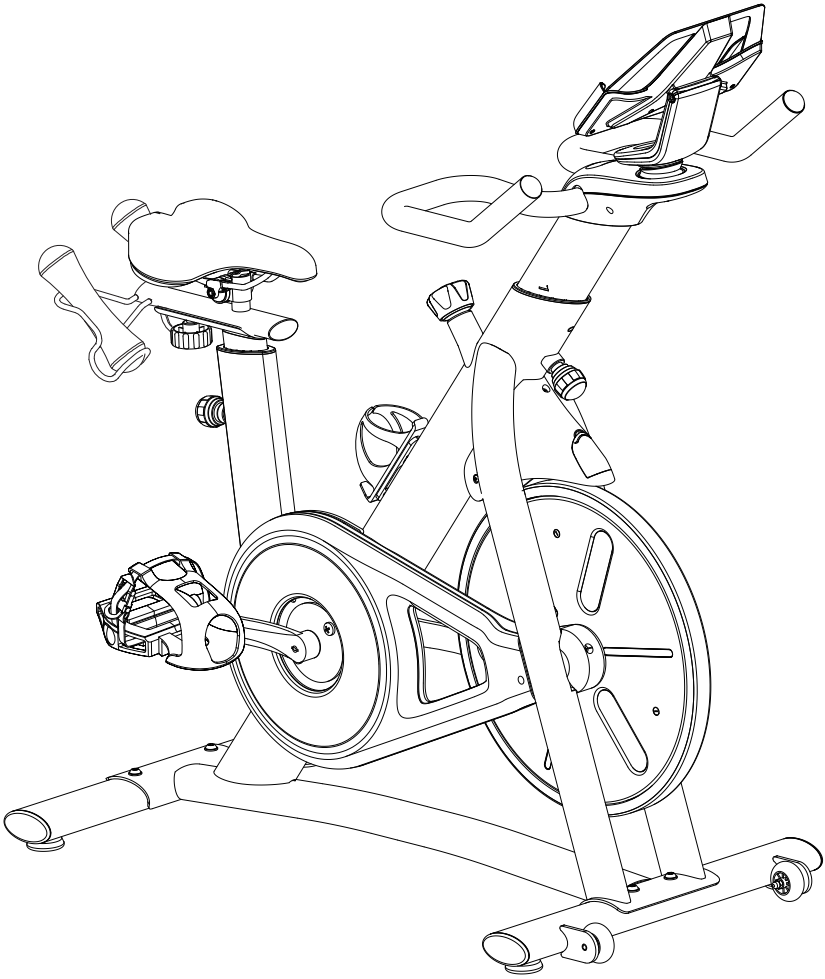
JASPORT

S3
SMART CYCLING

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

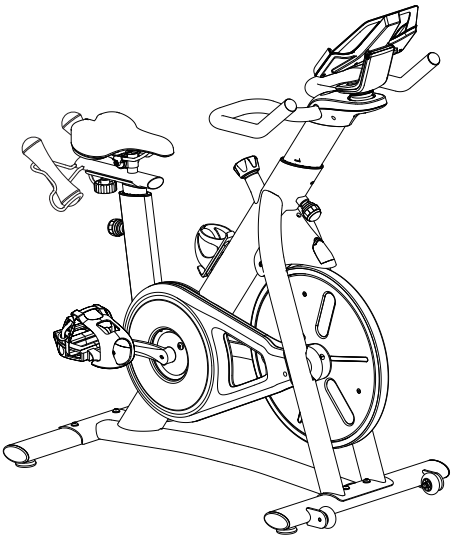


JASPORT SMART CYCLING

S3 Product Manual

Produkttyp: JAS-SB003

JASPORT Smart Cycling Bike S3



Product parameter

Tablet (mobile phone) holder size	Maximum tablet width: 260mm
Supporting software version	iOS 12.0 or higher, Android 5.1 or higher
Resistance system	Magnetron resistance system
Drive mode	Belt drive
Power supply	Button battery (model: CR2477)
Sensing system connection	Bluetooth
Height limit	150 ~ 188cm
Rated maximum load	120kg
Net weight	29.7kg
Gross weight	35.7kg
Overall dimensions	(length) 1010 × (width) 510 × (height) 1165 (mm)

Important Safety Instructions

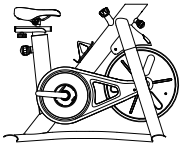
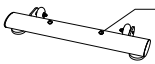
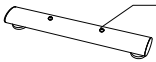
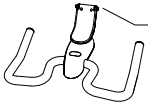
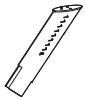
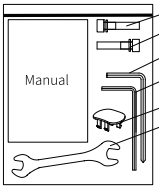
Please read them carefully. Improper use may result in personal injury or death!

1. Make sure that the saddle height adjustment knob is secured correctly, and will not affect motion during exercise.
2. Keep children and pets away from this product. This product is for those over 16 years old only.
3. Never stretch any object or body part into the openings of the bike.
4. The weight of the user must not exceed the maximum load.
5. Get off the bike until flywheel and pedals stop rotating. Otherwise, severe injuries may be caused due to control failure.
6. If you feel any discomfort, such as dizziness or breathing difficulty, stop riding the bike and carefully get off.
7. Never turn pedals by hand or touch any rotating mechanical part; otherwise, personal injury may be caused.
8. Keep the body hydrated as needed during riding.
9. Use this product according to the instructions in this manual. Warm up fully before exercise.
10. 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.
11. 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.
12. Never use this product with inappropriate shoes or barefoot.
13. Incorrect or excessive training may cause injury.
14. Check whether the bike for loosening or damage before each use.
15. Never refit this bike or use non-original accessories without permission. The casing must be opened by professionals, in order to avoid damage.
16. Those pregnant or with high blood pressure, heart disease, lumbar spondylosis or reduced mobility must not use this product without the permission of doctors.
17. In case of any discomfort such as dizziness or chest pain during exercise, stop exercising immediately and go to a hospital for examination.
18. If the product fails, immediately stop using it.
19. This product must not be used for medical rehabilitation.
20. Use this product on a flat and clean ground.
21. Carry out preventive maintenance regularly.
22. Never expose this product in a humid place. This product must not be used outdoor or in any humid place.

Installation Guide - List of Parts

STEP 1: Check of parts

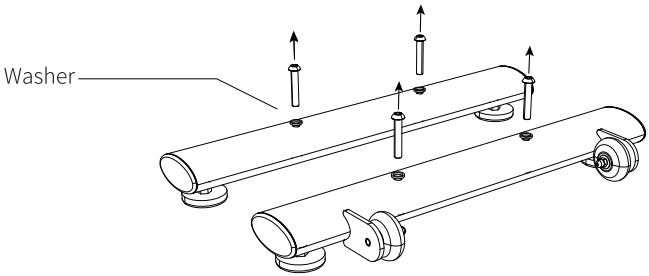
List of Parts

NO.	
①	 Frame
②	 2×hexagon socket button head screw M8×45/washer Front tube
③	 2×hexagon socket button head screw M8×45/washer Rear tube
④	 Pedal (left: L; right: R)
⑤	 2× hexagon socket cap screw M6×16/washer Handlebar assembly
⑥	 Tablet (mobile phone) holder
⑦	 Head tube
⑧	 Dumbbell rack
⑨	 Dumbbell
⑩	 2× hexagon socket cap screw M8×45 2× washer L-shaped cross head hexagon wrench 6# Hex wrench, 5# Decorative cover Open-ended wrench Ziplock bag (manual, tools)

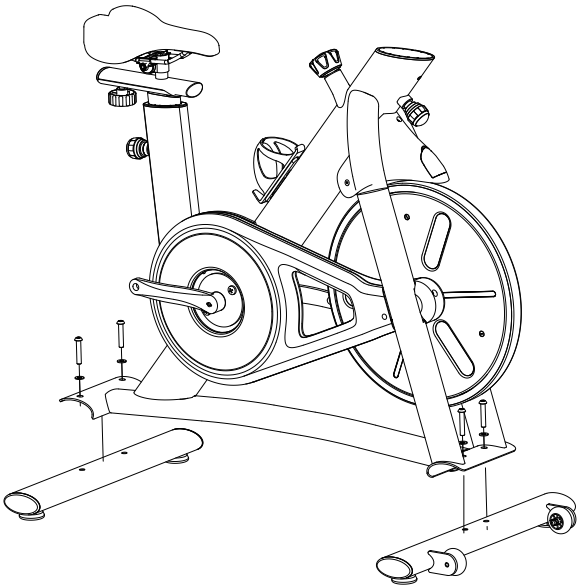
Installation Guide

STEP 2: Installation of bottom tube

1. Take the hex wrench (6#) out of the ziplock bag.
2. Remove four screws (M8×45) and washers of the bottom tube via the wrench.



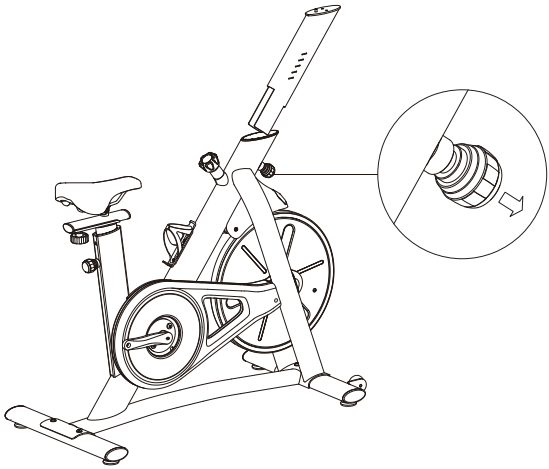
3. Align the hole of the bottom tube with the bottom hole of the frame, manually screw the bottom tube into frame, and tighten it via the wrench.



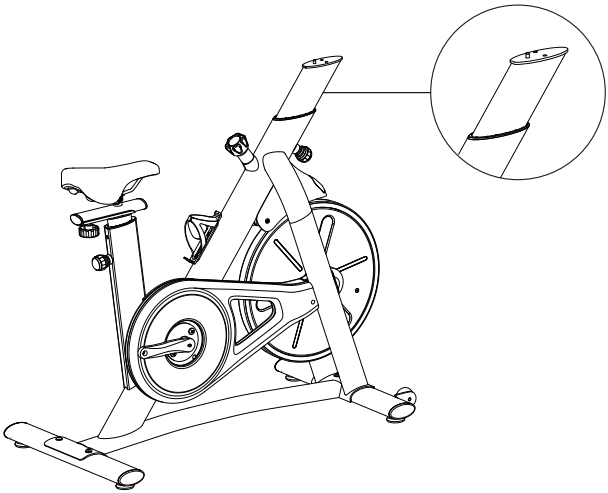
Installation Guide

STEP 3: Installation of head tube

1. Pull out the adjusting handle with one hand, while holding the head tube and align it with the mounting hole of the frame with the other hand.



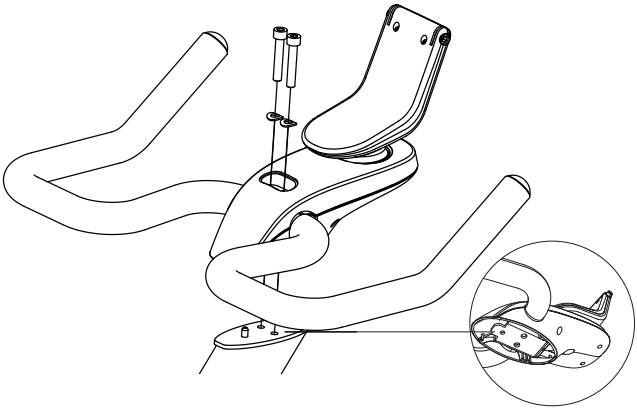
2. Insert the head tube into the frame , and keep the scale parallel to the top surface of the tube. Loosen the adjusting handle and clamp the head tube into the slot (until a click sound is heard, which means the knob has been clamped in the hole of the column). Then tighten the handle to the right.



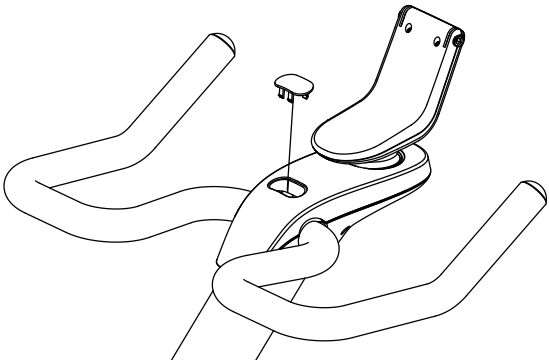
Installation Guide

STEP 4: Installation of handlebar assembly

1. Take two hexagon socket cap screws (M8×45) and washers out of the ziplock bag.
2. Align the handlebar assembly with the hole from top to bottom, and manually fasten screws into the holes.
3. Lock the screws with the 6# hex wrench.



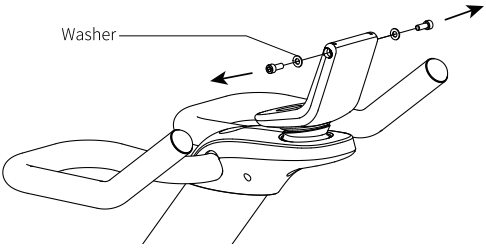
4. Fasten the small decorative cover onto the handlebar assembly.

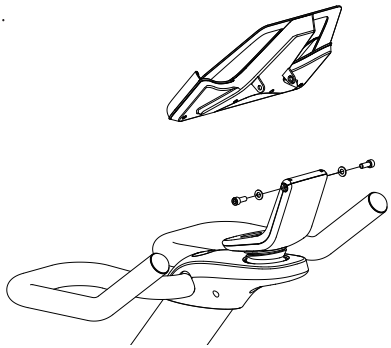


Installation Guide

STEP 5: Installation of tablet (mobile phone) holder

1. Take the hex wrench (5#) out of the ziplock bag.
2. Remove the screws (M6×16) and washers of the handlebar assembly via the wrench.
3. Insert the tablet (mobile phone) holder into the slot of the handlebar assembly, manually fasten the screws into holes, and lock them via the wrench.

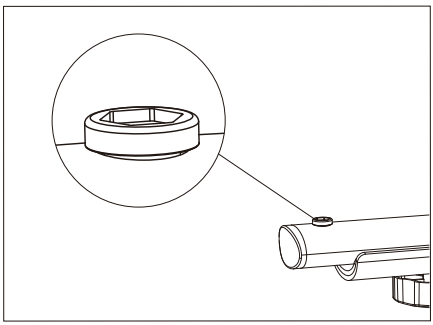


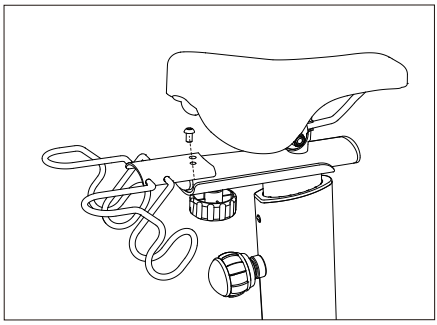


Installation of dumbbell rack

STEP6: Installation of dumbbell rack

1.Remove screws (M6x12) from the slip tube via hex wrench.
2.Place the dumbbell rack on the slip tube and align it with the hole;
3.Manually screw the bolt into the hole and lock it via hex wrench.

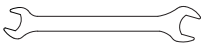




Installation Guide

STEP 6: Pedal installation

1. Take out the pedal assembly .
2. Pay attention to distinguish left pedal and right pedals.
3. Lock the pedal assembly L into the left crank, and tighten with the box-ended wrenchalong the direction indicated by the arrow.
4. Lock the pedal assembly R into the right crank, and tighten with the box-ended wrench along the direction indicated by the arrow.



Open-ended wrench
(in the ziplock bag)

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



Safety tips:

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

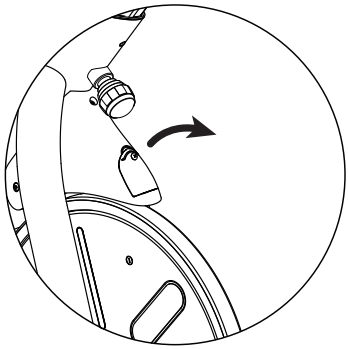
Installation Guide

STEP 7: Battery Dismantling and Installation

1. If the bike is provided with a battery, pull the insulation strip out of the gap of the battery cover before using this product.
2. If you need to replace the battery, use an L-shaped cross head hexagon wrench 6# to loosen the cross screw (turn it until the screw can move slightly);
3. Open the battery compartment cover, first remove the battery holder circuit board (the wires are connected to the body on the back, do not pull it forcefully), then take out the old battery, insert the new battery (model: CR2477, rated voltage: 3V) with the positive side facing out (+ symbol facing outward) into the battery slot, close the battery compartment cover, and finally tighten the cross screw with the L-shaped cross head hexagon wrench 6#.



L-shaped cross head hexagon wrench 6#

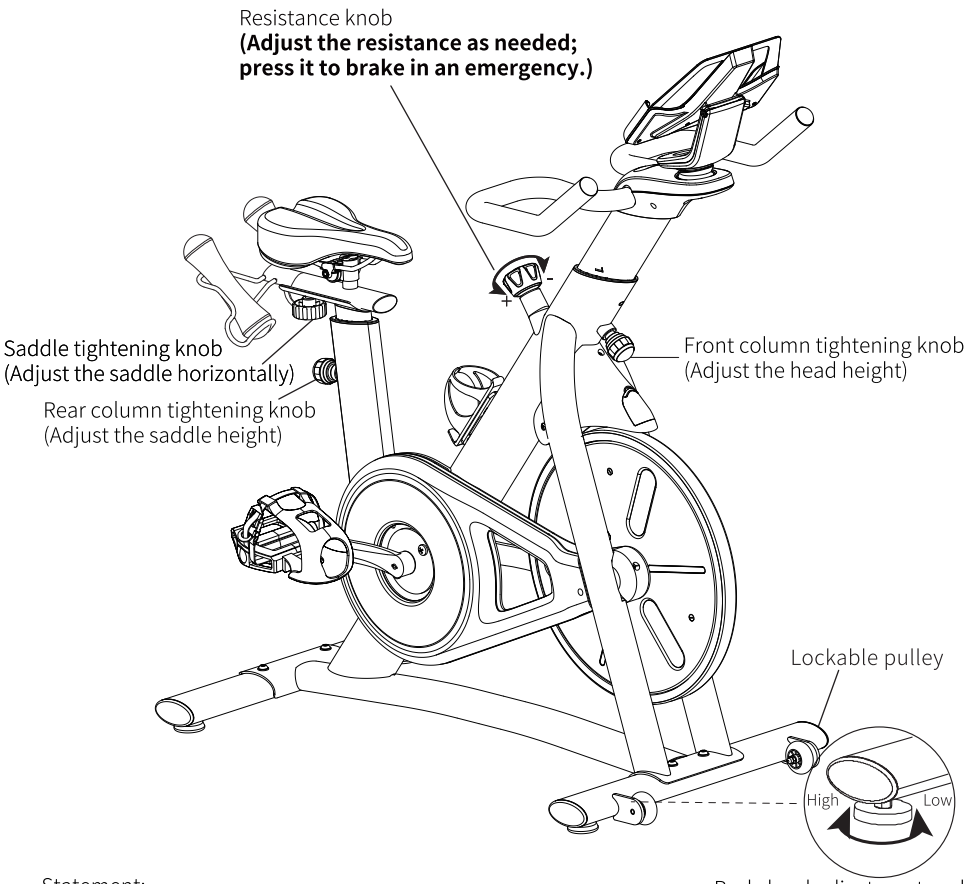


Installation Guide (for reference only, subject to the actual product)

Safety tips:

Please adjust the back according to your physical condition before use;

and tighten the body fastening knob.



Statement:

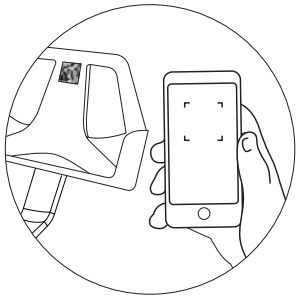
This manual contains the functional introduction and operating instructions as much as possible when printed.

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.

First Use

Scan the QR Code to download YESOUL APP first



YESOUL

1. Registration

Download the APP, and register an account as per the instructions.

2. Connect device through Bluetooth

Make sure that the Bluetooth of the mobile phone/tablet is enabled.

Launch the APP, enter into any course or mode, click the device icon, and connect such device as per the prompts.

· The APP will automatically pair the device after the first connection. Please use the device directly for the second use.
· The device will not be accessed by multiple mobile phones simultaneously. Please make sure that no other users are connected to the device before use.
· Connection will be disabled after the device stops for 10min.
· Apart from YESOUL APP, connection with kinomap, zwift and other software is also possible through Bluetooth.

Connect heart rate band

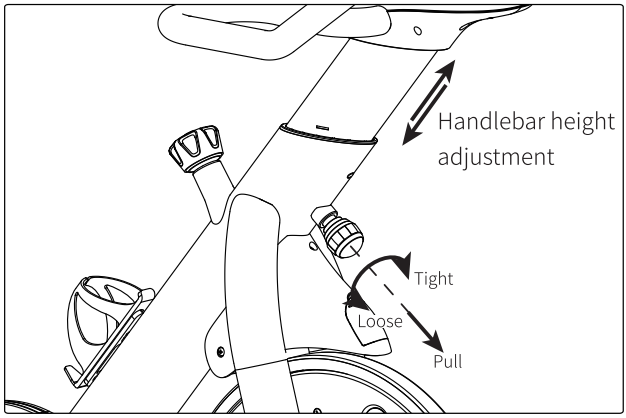
3. Connect heart rate band

Make sure that the Bluetooth of the mobile phone/tablet and heart rate band is enabled, and wear the heart rate band as required.
Launch the APP, enter into any course or mode, click the device icon, and connect such device as per the prompts.

How to Adjust Bike

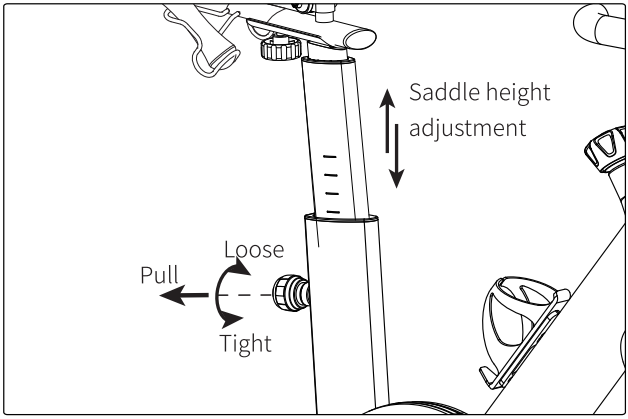
1 - Handlebar height adjustment:

Loosen, pull out and hold the front column knob with one hand, hold the middle part of the handlebar with the other hand, and lift the handlebar to the desired position. Then release the knob, and gently pull the column up and down until the spring is automatically reset (when a “click” sound is heard, it means that the knob has been clamped in the hole of the column). Tighten the knob as much as possible.



2 - Saddle height adjustment:

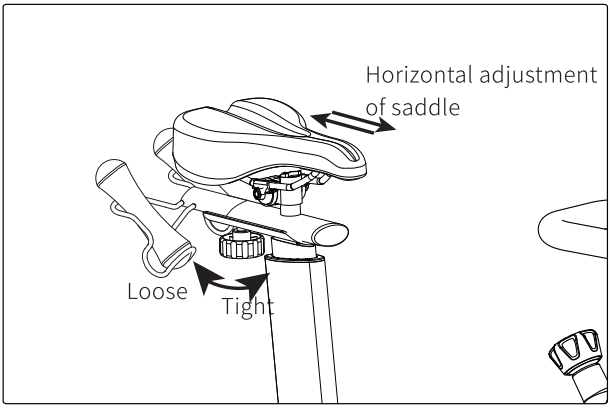
Loosen, pull out and hold the rear column knob with one hand, and lift (or press) the saddle with the other hand to the desired position. Loosen the knob and gently pull the column up and down until the spring is automatically reset (when a “click” sound is heard, it means that the knob has been clamped in the hole of the column). Tighten the knob as much as possible.



How to Adjust Bike

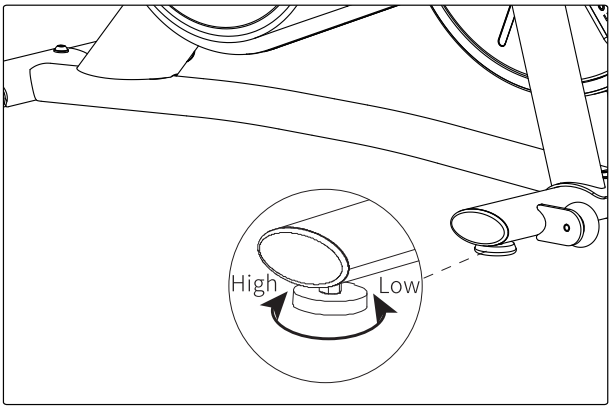
3 - Horizontal adjustment of saddle:

Loosen the knob 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.

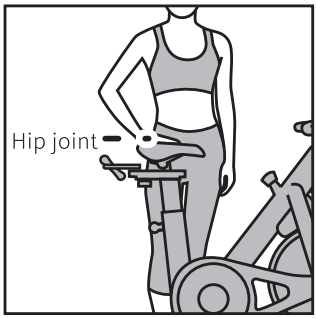


How to Determine Correct Riding Posture

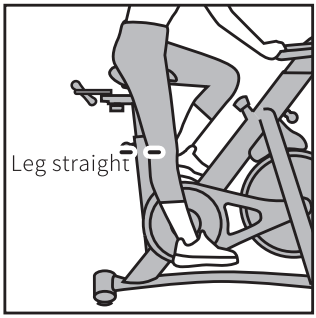
1 - Setup of correct saddle position

Saddle height

Put the feet together, stand on one side of the saddle and adjust the saddle to the hip height (Fig. 1). Then site on the saddle, and step on the pedals forcibly until they are stopped at 6 o'clock and the leg can be fully stretched (Fig. 2).



(Fig. 1)

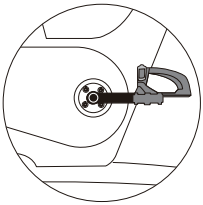


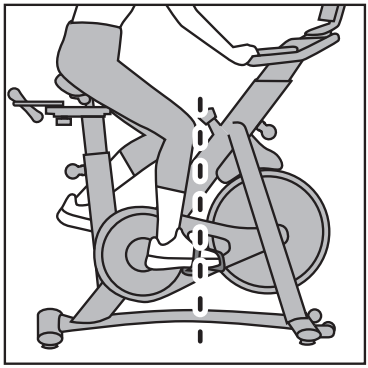
(Fig. 2)

Horizontal position of saddle

Put the right foot into the clamp, and step on the pedals, until the right pedal is at 3 o'clock and the front side of the knee joint is on the same vertical line as the pedal, that is, the saddle is in the correct position (Fig. 3).

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



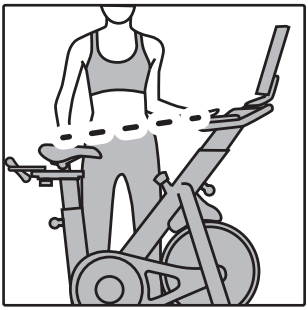


(Fig. 3)

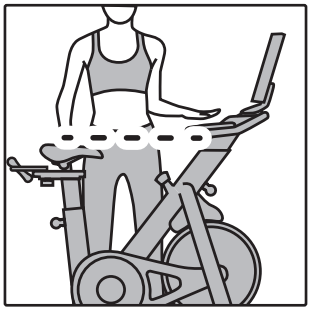
How to Determine Correct Riding Posture

2 - Setup of appropriate handlebar height

Each user can set up the appropriate handlebar height based on his or her body height and riding experience.
Recommendation: The handlebar should be slightly higher than the saddle for new users (Fig. 1) and flush with or slightly lower than the saddle for experienced users (Fig. 2).
Users subject to lumbar muscle strain and lumbar spondylosis may ride the bike with the consent of doctors. It is recommended to adjust the handlebar into a higher position.



(Fig. 1)

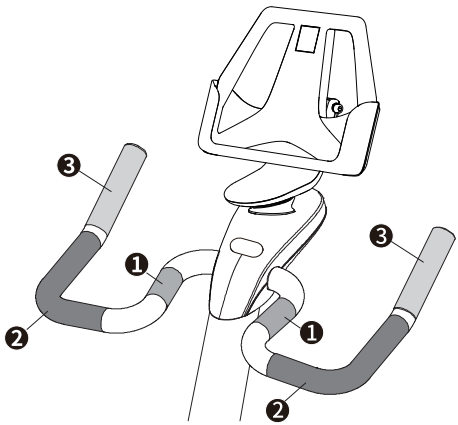


(Fig. 2)

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.

❶ Hand position 1
❷ Hand position 2
❸ Hand position 3



Routine Maintenance

Daily use:

Keep the bike on a dry, ventilated and flat floor. If not used in a long time, the bike should be covered to keep its body clean and tidy.

Frame maintenance:

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

Belt maintenance:

Check the belt pulley for cracking and deviation, and adjust or replace the belt in time. Regularly clean the belt groove to prevent the belt from jumping out of the groove.

Inspection of body screws:

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

Inspection of resistance adjustment knob:

Always check the resistance adjustment knob for loosening or falling. Check whether the resistance is reasonable, so as to calibrate resistance in time.

Inspection of pedals and cranks:

Always check the screws of pedals and cranks for loosening, and tighten them in time.

Saddle maintenance:

Always check whether the saddle is loose and tighten it in time. Wipe the saddle with cotton cloth to keep it dry.

Disclaimer

Welcome to visit: **www.jasport.de**

JASPORT Brands Holding GmbH

Address: Rehmendamm 20, 21217 Seevetal, Germany

Disclaimer

The information contained in this manual just for reference. The product described above may be subject to alteration owing to the manufacturer's continuing research and development plans, without making an announcement in advance.

We shall not bare any legal responsibility for any direct or in direct, accidental or special damages, losses and expenses arising from or in connection with this manual or the contained product.

