

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

> [pooboo](#) /

> [Pooboo D525 Indoor Spinning Bike User Manual](#)

**pooboo D525**

# Pooboo D525 Indoor Spinning Bike User Manual

*Model: D525*

---

## 1. INTRODUCTION

---

This manual provides essential information for the safe assembly, operation, and maintenance of your Pooboo D525 Indoor Spinning Bike. Please read all instructions carefully before use to ensure proper function and user safety. Retain this manual for future reference.

The Pooboo D525 is designed for indoor exercise, offering a robust and adjustable platform for cardiovascular workouts. Key features include a heavy flywheel, silent belt drive, adjustable resistance, and customizable seat and handlebar positions.



Figure 1: Pooboo D525 Indoor Spinning Bike, black and yellow design.

## 2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is important to follow these safety guidelines:

- Ensure all bolts and nuts are securely tightened before each use.
- Place the bike on a flat, stable surface. Use a protective mat if necessary.
- Keep children and pets away from the equipment during operation.
- The maximum user weight for this bike is 150 kg (approximately 330 lbs). Do not exceed this limit.

- Wear appropriate exercise clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not attempt to modify the equipment.



Figure 2: The bike's stable triangular frame design for enhanced safety and support.

### 3. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all parts listed below. If any parts are missing or damaged, contact customer support.

- Main Frame
- Front and Rear Stabilizers
- Handlebar Post and Handlebar
- Seat Post and Seat
- Pedals (Left and Right)
- LCD Monitor

- Water Bottle Holder
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

## 4. ASSEMBLY

---

Follow these steps to assemble your Pooboo D525 Indoor Spinning Bike. It is recommended to have two people for some assembly steps.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly attached for stability.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Tighten them securely to the crank arms.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and adjust to your desired height. Secure it with the adjustment knob. Attach the seat to the seat post.
4. **Install Handlebar Post and Handlebar:** Insert the handlebar post into the main frame and adjust its height. Attach the handlebar to the post and secure it.
5. **Attach LCD Monitor:** Connect the sensor wires from the main frame to the LCD monitor. Mount the monitor onto the handlebar.
6. **Install Water Bottle Holder:** Attach the water bottle holder to the designated area on the frame.



Figure 3: Overview of the assembled bike, showing the handlebar, LCD monitor, and tablet holder.

## 5. OPERATING INSTRUCTIONS

Your Pooboo D525 Indoor Spinning Bike is equipped with an LCD monitor to track your workout data and an adjustable resistance system.

### 5.1 Adjusting Resistance

The bike features a magnetic resistance system controlled by a red knob located on the frame. To adjust:

- Turn the knob clockwise (+) to increase resistance.
- Turn the knob counter-clockwise (-) to decrease resistance.
- Press the knob down firmly to engage the emergency brake and stop the flywheel immediately.

# Perfect Indoor Exercise Bike



Figure 4: The red knob controls resistance and acts as an emergency stop.

## 5.2 Using the LCD Monitor

The LCD monitor displays various workout metrics. It typically activates automatically when you start pedaling. Functions usually include:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Odometer:** Total accumulated distance.
- **Pulse:** Heart rate (if equipped with pulse sensors on handlebars).
- **Scan:** Cycles through all metrics automatically.



Figure 5: The LCD monitor displays workout data, with an integrated iPad holder for convenience.

## 6. ADJUSTMENTS

Proper adjustment of the seat and handlebars is crucial for comfort and effective exercise.

### 6.1 Seat Adjustment

The seat can be adjusted both vertically and horizontally.

- **Vertical Adjustment:** Loosen the knob on the seat post, slide the seat to the desired height, and tighten the knob securely. Your leg should have a slight bend at the knee when the pedal is at its lowest point.
- **Horizontal Adjustment:** Loosen the knob beneath the seat, slide the seat forward or backward, and tighten the knob. This allows you to find a comfortable position relative to the handlebars.

### 6.2 Handlebar Adjustment

The handlebar height can be adjusted to suit your preference.

- Loosen the knob on the handlebar post, raise or lower the handlebars, and tighten the knob firmly.

The handlebars should be at a comfortable height that allows for a slight forward lean without straining your back or shoulders.



Figure 6: Arrows indicate the vertical and horizontal adjustment capabilities of the seat and the vertical adjustment of the handlebars.

## 7. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your spinning bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Fasteners:** Periodically check all bolts, nuts, and screws to ensure they are tight. Tighten any loose fasteners.
- **Lubrication:** The belt drive system is designed for low maintenance. No lubrication is typically required for the belt.
- **Pedals:** Ensure pedals are securely attached and spin freely.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 8. TROUBLESHOOTING

Refer to this section for solutions to common issues.

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Loose fasteners; uneven floor	Check and tighten all bolts. Adjust the leveling feet on the stabilizers.
Squeaking or grinding noise	Loose parts; friction from resistance pad (if applicable); debris	Inspect for loose components and tighten. Clean around the flywheel and resistance mechanism.
LCD monitor not displaying data	Loose sensor connection; dead battery	Check sensor wire connections. Replace the monitor battery (typically AA or AAA).
Resistance not changing	Resistance knob mechanism issue	Ensure the resistance knob is properly engaged and turning the internal mechanism. Contact support if the issue persists.

## 9. SPECIFICATIONS

Detailed specifications for the Pooboo D525 Indoor Spinning Bike:

- **Model Name:** D525
- **Brand:** pooboo
- **Color:** Black and Yellow
- **Drive System:** Chain (Note: Product description mentions 'Silent Belt Drive', please verify with actual product)
- **Resistance Mechanism:** Magnetic
- **Power Source:** Battery Powered (for LCD monitor)
- **Maximum Weight Recommendation:** 150 Kilograms (approx. 330 lbs)
- **Item Weight:** 72.75 Pounds (approx. 33 kg)
- **Item Dimensions (D x W x H):** 43.8D x 21.6W x 48.1H inches (approx. 111.25D x 54.86W x 122.17H cm)
- **Special Features:** Adjustable Seat, LCD Monitor, iPad Holder, Transportation Wheels, Non-slip Pedals
- **UPC:** 733444102435



Figure 7: Key dimensions of the Pooboo D525 bike, showing height, length, and width.

## 10. WARRANTY AND SUPPORT

For specific warranty details, please refer to the documentation included with your purchase or contact the seller directly. Extended warranty options may be available from third-party providers.

If you encounter any issues not covered in this manual or require further assistance, please contact Pooboo customer support or your retailer.