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> [pooboo D618 Magnetic Resistance Indoor Cycling Bike User Manual](#)

pooboo D618

pooboo D618 Magnetic Resistance Indoor Cycling Bike User Manual

Model: D618

1. INTRODUCTION

Thank you for choosing the pooboo D618 Magnetic Resistance Indoor Cycling Bike. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new exercise equipment. Please read this manual thoroughly before use and retain it for future reference.

The pooboo D618 is designed for home gym use, offering a smooth and quiet cycling experience with its magnetic resistance and belt drive system. It features adjustable components to accommodate various user heights and includes a basic LCD monitor for tracking workout data.



Figure 1: pooboo D618 Magnetic Resistance Indoor Cycling Bike. This image displays the full assembled bike from a front-side angle, highlighting its robust design and key features like the flywheel, pedals, seat, and handlebars.

2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is important to understand and follow all safety precautions to prevent injury and ensure proper operation of the equipment.

General Safety Warnings:

- Always place the exercise bike on a flat, stable surface.
- Ensure adequate space around the bike for safe operation and movement.
- Keep children and pets away from the equipment during use.
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Inspect the bike for loose or damaged parts before each use. Do not use if any components are

compromised.

- Do not exceed the maximum user weight of 300 lbs (136 kg).
- The emergency brake knob (push down on the resistance knob) should be used to stop the flywheel quickly in case of an emergency.
- Do not dismount the bike until the flywheel has completely stopped.

User Requirements:

- **Height Range:** 4'8" – 6'4" (142 cm – 193 cm)
- **Weight Maximum:** 300 lbs (136 kg)
- **Inseam Capacity:** 27.5" – 36.6" (70 cm – 93 cm)



Figure 2: Robust Construction. This image highlights the bike's sturdy frame and indicates a maximum weight capacity of 300 lbs, emphasizing its solid and durable build.

3. PACKAGE CONTENTS

Before assembly, ensure all parts are present. Some screws may be pre-assembled on the main frame. Refer to the included parts diagram for identification.

- Main Frame
- Front Stabilizer
- Rear Stabilizer
- Handlebar Post
- Handlebars
- Seat Post
- Seat
- Left Pedal
- Right Pedal
- LCD Monitor
- Tablet Mount
- Water Bottle Holder
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

4. ASSEMBLY INSTRUCTIONS

Assembly typically takes about 20-30 minutes. Follow these general steps. Refer to the detailed assembly diagram provided in your package for specific bolt and part placements.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are tightened securely for stability.
2. **Install Pedals:** Identify the Left (L) and Right (R) pedals. The left pedal tightens counter-clockwise, and the right pedal tightens clockwise. Thread them carefully into the crank arms and tighten firmly.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and adjust to a preliminary height. Attach the seat to the seat post.
4. **Install Handlebar Post and Handlebars:** Insert the handlebar post into the main frame. Attach the handlebars to the handlebar post. Connect any sensor wires if applicable.
5. **Attach LCD Monitor and Tablet Mount:** Secure the LCD monitor to the handlebar assembly. Install the tablet mount onto the handlebars.
6. **Install Water Bottle Holder:** Attach the water bottle holder to the designated location on the frame.
7. **Final Check:** Review all connections and ensure all bolts are tightened. Test the stability of the bike before first use.

5. ADJUSTMENTS

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

Seat Adjustment:

- **Height:** Loosen the adjustment knob on the vertical seat post. Raise or lower the seat until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Forward/Backward:** Loosen the adjustment knob under the seat. Slide the seat forward or backward to achieve a comfortable position relative to the handlebars. Ensure the knob is fully tightened after adjustment.

Handlebar Adjustment:

- Loosen the adjustment knob on the handlebar post. Raise or lower the handlebars to a comfortable height that allows for a relaxed posture without excessive strain on your back or shoulders. Tighten the knob securely.

Pedal Strap Adjustment:

- Adjust the straps on the toe-caged pedals to secure your feet firmly. This prevents your feet from slipping during intense cycling.



Figure 3: Adjustable Components. This image illustrates the various adjustable points on the bike, including seat height, seat fore/aft, and handlebar height, with approximate dimension ranges.

6. OPERATION

Magnetic Resistance System:

- The pooboo D618 features an infinite magnetic resistance system. To increase resistance, turn the red knob clockwise. To decrease resistance, turn it counter-clockwise.
- For emergency stops, press the red resistance knob down firmly. This will engage the emergency brake and quickly stop the flywheel.

100 MICRO-ADJUSTABLE MAGNETIC RESISTANCE

REAL RIDING
EXPERIENCE FROM FLAT TO MOUNTAIN



Figure 4: Resistance Control. This image shows the red resistance knob, indicating its function for adjusting magnetic resistance and serving as an emergency stop when pressed down.

LCD Monitor Functions:

The integrated LCD monitor tracks your workout data. Insert 2 AAA batteries (not included) into the monitor before first use.

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays your workout duration.
- **SPEED:** Shows your current cycling speed.
- **DIST (Distance):** Tracks the distance covered during your workout.
- **CAL (Calories):** Estimates calories burned.
- **ODO (Odometer):** Displays total accumulated distance.
- **PULSE:** Displays your heart rate when holding the pulse sensors on the handlebars.

Press the red button on the monitor to switch between modes or reset values (hold for a few seconds to reset most values).

ACCURATE FITNESS DATA

MAKE A MORE EXACT TRAINING SCHEDULE FOR
YOUR EXERCISE GOAL



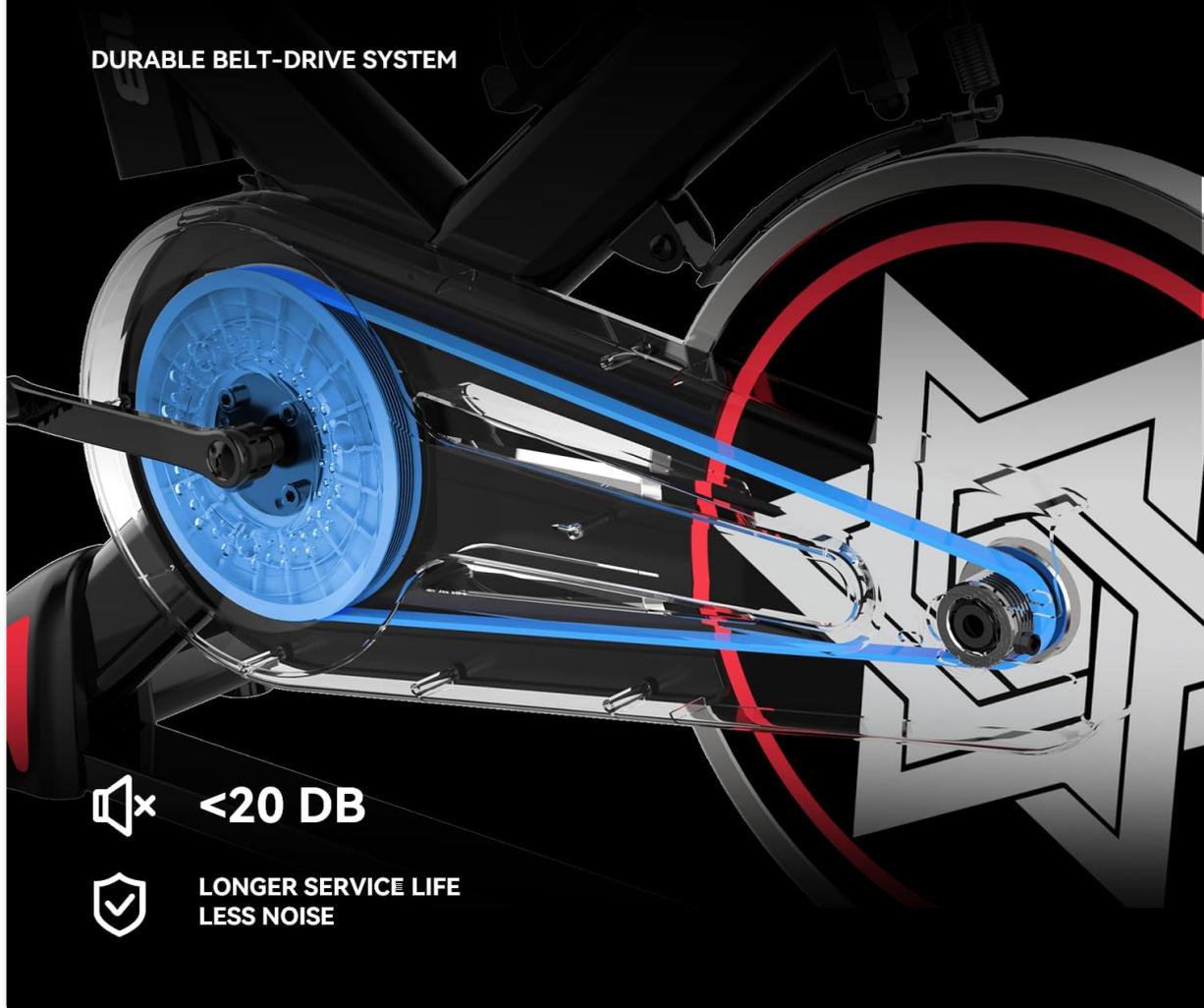
Figure 5: LCD Monitor. This image provides a close-up view of the LCD monitor, illustrating the various metrics it tracks, such as time, speed, distance, calories, and pulse.

Silent Belt Drive System:

The pooboo D618 utilizes a durable belt drive system, ensuring a smooth and quiet operation, typically below 20 dB. This design minimizes noise, allowing for workouts without disturbing others.

SMOOTH & QUIET MAGNETIC EXERCISE BIKE

DURABLE BELT-DRIVE SYSTEM



<20 DB



LONGER SERVICE LIFE
LESS NOISE

Figure 6: Belt Drive System. This image offers an internal view of the bike's belt drive mechanism, highlighting its design for quiet and smooth operation.

7. MAINTENANCE

Regular maintenance helps prolong the life of your exercise bike and ensures safe operation.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Lubrication:** The belt drive system is generally maintenance-free. Do not apply lubricants to the belt or flywheel unless specifically instructed by customer support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. The front transport wheels allow for easy relocation.

8. TROUBLESHOOTING

If you encounter issues with your pooboo D618 bike, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Bike is unstable or wobbles	Loose bolts; uneven floor	Check and tighten all assembly bolts. Adjust the leveling feet on the stabilizers if your floor is uneven.
Resistance not changing or inconsistent	Resistance mechanism issue; knob not fully engaged	Ensure the resistance knob is turning freely and engaging the magnetic system. If the issue persists, contact customer support.
LCD monitor not displaying data	Dead batteries; loose connection	Replace batteries (2 AAA). Check the connection cable from the bike to the monitor.
Seat rotates during pedaling	Seat adjustment knob not tightened sufficiently	Ensure the seat adjustment knob (for fore/aft movement) is torqued down very tightly. If the issue persists, inspect the seat post for damage.
Unusual noise during operation	Loose parts; friction	Stop exercising immediately. Inspect all parts for looseness or rubbing. Tighten any loose bolts. If noise continues, contact customer support.

9. SPECIFICATIONS

Feature	Detail
Brand	pooboo
Model Name	D618
Item Model Number	TS0403-HL700ML-B1010
Resistance Mechanism	Magnetic
Drive System	Belt
Color	Red - Magnetic New Model
Product Dimensions	86.4D x 15.2W x 71.1H centimetres (approx. 34D x 6W x 28H inches)
Item Weight	65 Pounds (approx. 29.48 kg)
Maximum User Weight	300 lbs (136.08 kg)
Recommended User Height	4'8" – 6'4"
Power Source (Monitor)	Battery Powered (Batteries not included)
Special Features	Adjustable Seat, Tablet Mount, Silent Belt Drive

10. WARRANTY AND CUSTOMER SUPPORT

pooboo is committed to providing excellent customer satisfaction.

Warranty:

Your pooboo D618 Magnetic Resistance Indoor Cycling Bike comes with a **1-year Free Replacement for all parts** from the date of purchase. This warranty covers manufacturing defects and component failures under normal use.

Customer Support:

If you have any questions regarding assembly, operation, maintenance, or warranty claims, please do not hesitate to contact pooboo customer service. Our team is available to assist you with any concerns.

Please refer to the contact information provided on your purchase receipt or the official pooboo website for the most current support channels.