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> pooboo 4 IN 1 Indoor Cycling Bike Instruction Manual D720

pooboo D720

pooboo 4 IN 1 Indoor Cycling Bike Instruction Manual

Model: D720

1. SAFETY INFORMATION

Before operating the pooboo 4 IN 1 Indoor Cycling Bike, please read and understand all safety instructions. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight: 149.69 kg (330 lbs).

2. SETUP AND ASSEMBLY

The pooboo 4 IN 1 Indoor Cycling Bike is designed for quick assembly. Follow these steps to set up your bike.



30-MIN QUICK INSTALLATION

Detailed instructions and
installation video

Figure 2.1: All components included for quick installation.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components are present against the parts list in your separate assembly guide.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
3. **Install Pedals:** Attach the left and right pedals to their respective cranks. Note that pedals are often marked 'L' and 'R'.
4. **Mount Seat and Backrest:** Slide the seat post into the main frame and secure it at your desired height. Attach the seat and backrest.
5. **Install Handlebars and Monitor:** Attach the handlebars to the front post. Connect the LCD monitor cables and mount the monitor onto the handlebar post.
6. **Final Check:** Ensure all connections are tight and the bike is stable before first use.

3. OPERATING INSTRUCTIONS

3.1 Adjusting Seat Position

The bike offers both upright and recumbent positions. Adjust the seat height and position for optimal comfort and

exercise effectiveness.

SUPERIOR DESIGN STRUCTURE



Excessive height in the structure hampers exercise

A comfortable ergonomic design facilitates a more convenient workout

Figure 3.1: Ergonomic design facilitates comfortable workouts in various positions.

- To adjust seat height, loosen the adjustment knob located on the seat post, pull the knob out, slide the seat to the desired height, and re-tighten the knob.
- To switch between upright and recumbent positions, adjust the main frame hinge and secure it with the locking pin. Refer to the specific instructions in your assembly guide for detailed steps.

3.2 Adjusting Magnetic Resistance

The bike features 8 levels of magnetic resistance to customize your workout intensity.

MULTI-FUNCTION ELECTRONIC WATCH



Speed



Time



Distance



Calories



Pulse



Scan



< 20DB
Eliminates
Noise

8-LEVEL

Adjustable Resistance



Figure 3.2: Resistance adjustment knob and LCD monitor.

- Turn the resistance knob clockwise to increase resistance (higher intensity).
- Turn the resistance knob counter-clockwise to decrease resistance (lower intensity).

3.3 Using the LCD Monitor

The multifunctional LCD monitor displays key workout data.

- **Scan:** Automatically cycles through all functions.
- **Time:** Displays your workout duration.
- **Speed:** Shows your current speed.
- **Distance:** Tracks the distance covered during your workout.
- **Calories:** Estimates calories burned.
- **Pulse:** Displays your heart rate when holding the pulse sensors on the handlebars.
- **OdO (Odometer):** Shows total accumulated distance.
- To reset values, press and hold the button on the monitor.

3.4 Using Arm Resistance Bands

The integrated arm resistance bands allow for simultaneous upper body workouts.

- Grasp the handles of the resistance bands while pedaling.
- Perform various arm exercises such as curls, rows, or presses to engage upper body muscles.

4. MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check for any moving parts that may require lubrication. Consult your assembly guide for specific lubrication points if necessary.
- **Tightness Check:** Regularly inspect all bolts, nuts, and connections to ensure they are secure. Tighten any loose components immediately.
- **Storage:** When not in use, the bike can be folded for compact storage. Ensure it is stored in a dry, cool place away from direct sunlight.

FOLDABLE FOR EASY STORAGE



Figure 4.1: The bike folds for easy storage, reducing its footprint.

5. TROUBLESHOOTING

If you encounter issues with your pooboo 4 IN 1 Indoor Cycling Bike, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation	Loose bolts or components; lack of lubrication.	Check and tighten all visible bolts and nuts. Apply lubricant to moving parts if specified in the assembly guide.
LCD monitor not displaying data	Loose cable connection; dead batteries.	Ensure all monitor cables are securely connected. Replace the batteries in the LCD monitor.
Resistance not changing or inconsistent	Issue with the resistance mechanism or cable.	Inspect the resistance cable for any kinks or disconnections. If the issue persists, contact customer support.

Problem	Possible Cause	Solution
Seat adjustment knob not securing properly	Damaged knob or internal threading.	Inspect the knob and the seat post for damage. If a part is broken, contact customer support for a replacement.

6. SPECIFICATIONS

- **Model:** D720
- **Resistance Mechanism:** Magnetic
- **Resistance Levels:** 8
- **Maximum User Weight:** 149.69 kg (330 lbs)
- **Product Dimensions (D x W x H):** 22.9D x 63.5W x 27.9H Centimetres (Unfolded)
- **Item Weight:** 18.14 kg (40 Pounds)
- **Material:** Alloy Steel
- **Power Source:** Battery Powered (for LCD monitor)
- **Special Features:** Foldable, Upright Position, Recumbent Position, Arm Resistance Bands

7. WARRANTY AND CUSTOMER SUPPORT

pooboo provides dedicated customer support for your product.

- **Warranty:** This product comes with a 1-year warranty covering all expenses for manufacturing defects.
- **Contact Support:** If you encounter any issues or require assistance, please contact us.
- **How to Contact:** Log in to your Amazon account, navigate to "Your orders," locate your order ID, and click "Contact seller."
- Expect a response from our customer service team within 24 hours.