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> [pooboo H188 Dual Wind & Magnetic Resistance Rowing Machine User Manual](#)

## pooboo H188

# pooboo H188 Dual Wind & Magnetic Resistance Rowing Machine User Manual

Model: H188

## 1. IMPORTANT SAFETY INFORMATION

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Before operating the pooboo H188 Rowing Machine, please read and understand all instructions in this manual. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult your physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity of 400 lbs (181 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 2. PRODUCT OVERVIEW

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The pooboo H188 Rowing Machine is designed for comprehensive full-body workouts at home. It features a dual wind and magnetic resistance system with 14 adjustable levels, a 360-degree rotating handlebar for natural rowing motion, and Bluetooth connectivity for app integration. The machine is foldable for easy storage and supports users up to 400 lbs.

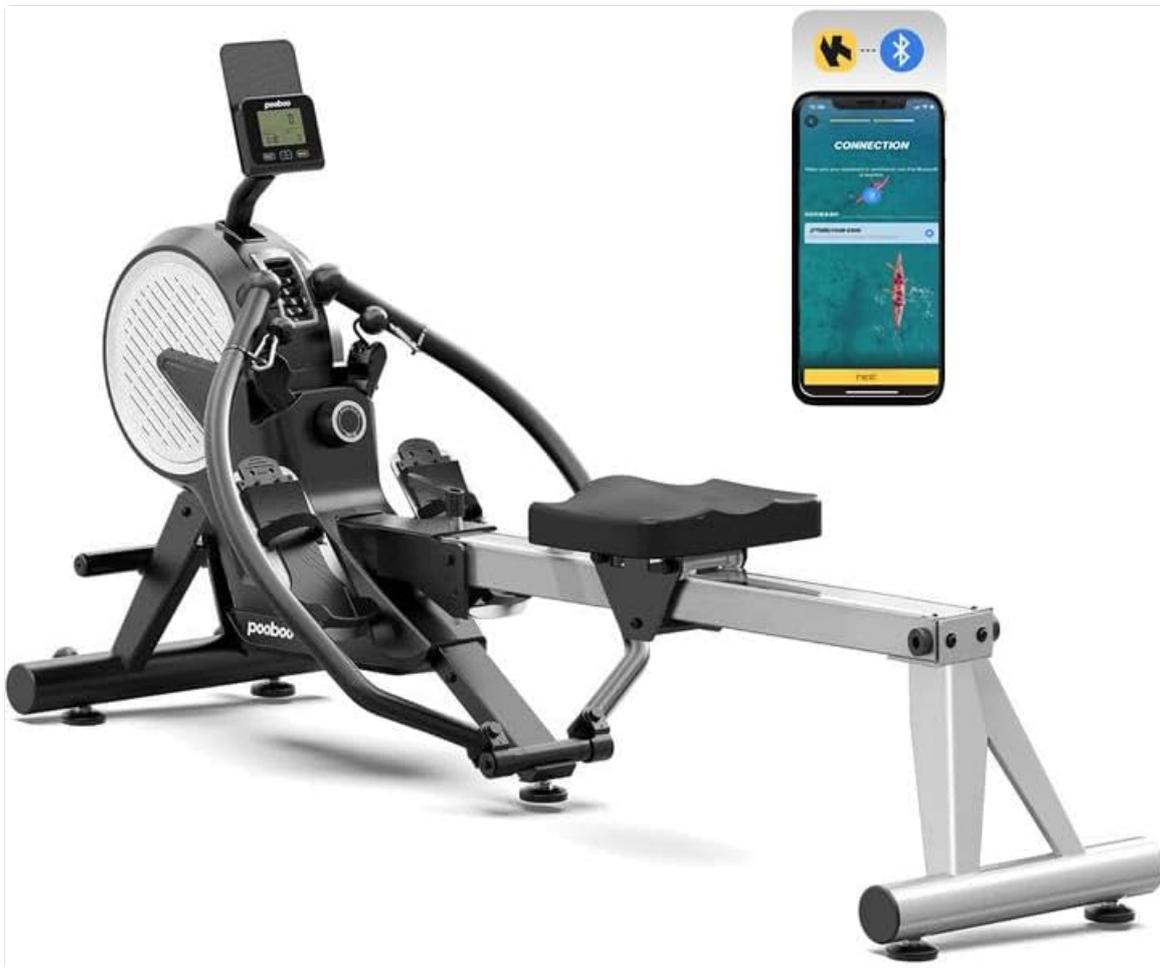


Figure 2.1: pooboo H188 Rowing Machine with its digital monitor and app connectivity.

### 3. SETUP AND ASSEMBLY

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The pooboo H188 Rowing Machine arrives 90% pre-assembled, allowing for quick setup in approximately 20 minutes. Follow these steps for complete assembly:

#### 3.1 Unpacking and Component Identification

Carefully remove all components from the packaging. Verify that all parts listed below are present:

- Main frame (pre-assembled with resistance unit)
- Sliding rail
- Seat cushion fixing plate
- Leg tubes (front and rear stabilizers)
- Electronic watch stand (monitor)
- Hardware kit (bolts, washers, nuts, tools)

#### 3.2 Assembly Steps

1. Attach the front and rear leg tubes to the main frame using the provided bolts and tools. Ensure they are securely tightened.
2. Connect the sliding rail to the main frame. Align the holes and secure with the designated hardware.
3. Mount the seat cushion onto the sliding rail, ensuring it slides smoothly.
4. Install the electronic watch stand (monitor) onto its designated post on the main frame. Connect any necessary sensor cables.

5. Perform a final check to ensure all bolts are tightened and the machine is stable.

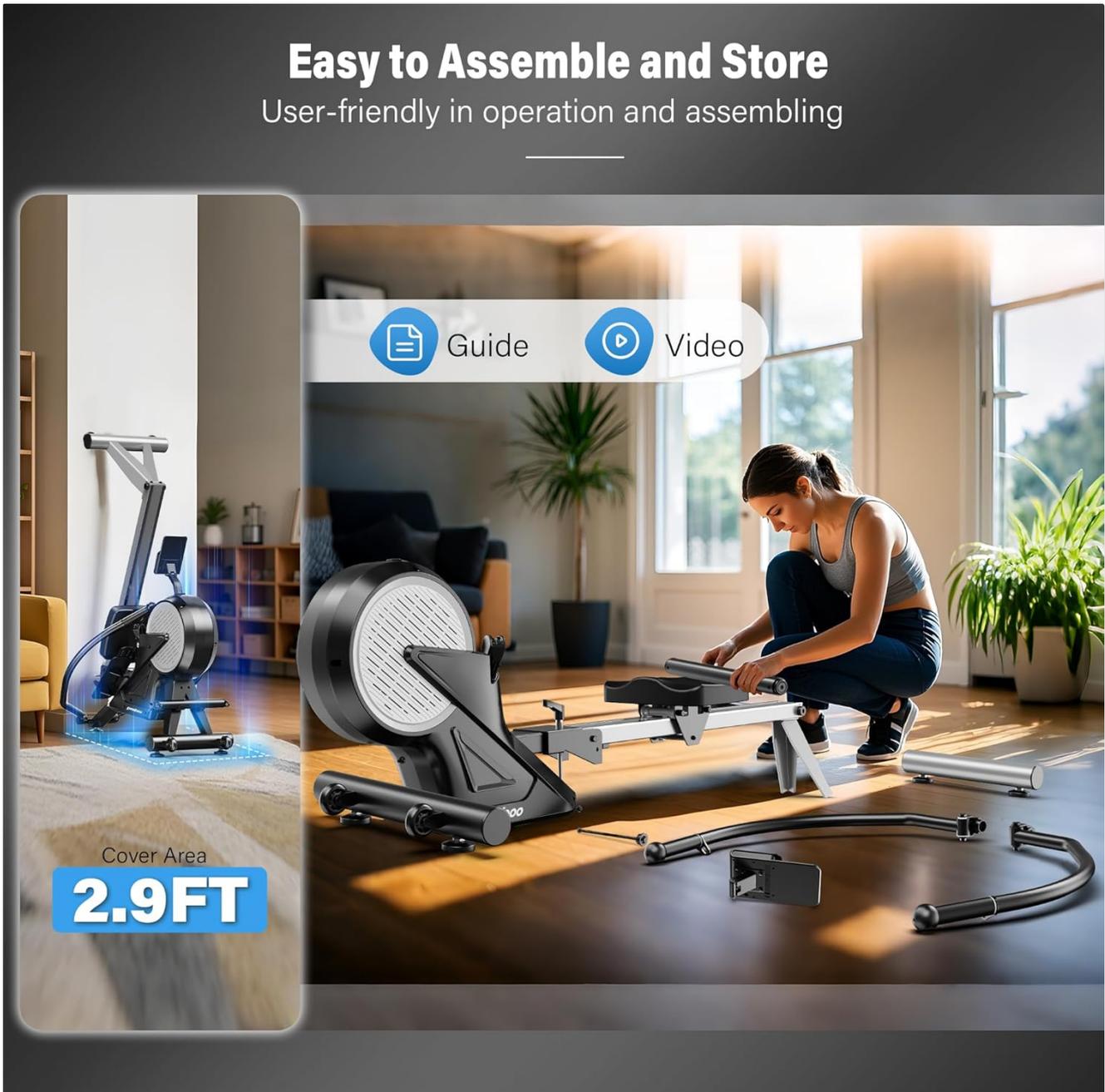


Figure 3.1: Assembly overview and folded storage position of the rowing machine.

## 4. OPERATING INSTRUCTIONS

This section details how to use your pooboo H188 Rowing Machine for an effective workout.

### 4.1 Adjusting Resistance

The H188 features 14 levels of dual wind and magnetic resistance. To adjust the resistance, locate the resistance knob or lever on the main unit. Turn it clockwise to increase resistance for a more challenging workout, or counter-clockwise to decrease resistance for lighter exercise.

# 14 Levels of Silent Powerful Magnetic Control & Wind Resistance

A silent workout tailored for a smooth, unobtrusive workout at home or in the office.



Figure 4.1: The 14 levels of resistance provide customizable workout intensity.

## 4.2 Rowing Technique

The 360-degree rotating handlebar allows for both single-arm and dual-arm rowing motions, mimicking natural water rowing. Proper technique is crucial for maximizing effectiveness and preventing injury:

- **The Catch:** Start with knees bent, arms extended forward, and back straight.
- **The Drive:** Push off with your legs, then lean back slightly, and finally pull the handle towards your abdomen.
- **The Finish:** Legs extended, body leaned back, handle at your abdomen.
- **The Recovery:** Extend arms forward, lean body forward, then bend knees to return to the catch position.

# Powerful Magnetic Control & Wind Resistance

High efficiency in burning fat



STABLE



SMOOTH



QUIET



Figure 4.2: Full-range rowing workout demonstrating single-arm and dual-arm movements.

## 4.3 Using the Digital Monitor

The integrated LCD monitor displays 9 types of workout data to help you track your progress. It typically includes:

- Time
- Average time per 500 strokes (Tiem/500M)
- Strokes per minute (SPM)
- Distance (DIS)
- Calories burned (CAL)
- Power output (Watt)
- Total number of strokes (Count)
- Total distance traveled (TOC)
- App connection status (APP)

Use the 'MODE' button to cycle through display modes and the 'RESET' button to clear current workout data.

## 9-Type Data Display

Easily Track Your Fitness with Digital Monitor & Device Holder



Figure 4.3: The 9-type data display on the LCD monitor.

### 4.4 Bluetooth Connectivity and App Support

The H188 rowing machine supports Bluetooth connectivity, allowing you to connect to the KINOMAP APP for an immersive workout experience. Place your smartphone or tablet on the integrated holder.

1. Download the KINOMAP APP from your device's app store.
2. Enable Bluetooth on your device.
3. Open the KINOMAP APP and follow the on-screen instructions to pair with your pooboo H188 rowing machine.
4. Once connected, the app will display real-time workout data and offer virtual rowing simulations.



Figure 4.4: Bluetooth connectivity with the Kinomap App for enhanced workouts.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your rowing machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspecting Connections:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose connections.
- **Rail Cleaning:** Keep the sliding rail clean and free of debris to ensure smooth seat movement.
- **Storage:** When not in use, fold the machine for vertical storage to save space. Ensure it is stable in the folded position.

## 6. TROUBLESHOOTING

If you encounter issues with your pooboo H188 Rowing Machine, refer to the following common troubleshooting steps:

- **No Display on Monitor:** Check if the monitor batteries are correctly installed or need replacement. Ensure all cable connections to the monitor are secure.
- **Resistance Not Changing:** Verify that the resistance adjustment knob/lever is functioning correctly and not stuck. Inspect the resistance mechanism for any obstructions.
- **Unusual Noises:** Check all bolted connections for tightness. Lubricate moving parts if necessary, referring to the maintenance section.
- **Seat Not Sliding Smoothly:** Clean the sliding rail thoroughly. Ensure there are no obstructions or debris on the rail.
- **Bluetooth Connection Issues:** Ensure Bluetooth is enabled on your device and the rowing machine. Restart both devices and try pairing again. Check the KINOMAP APP for specific connection instructions or updates.

If problems persist, please contact pooboo customer support for assistance.

## 7. SPECIFICATIONS

Feature	Specification
Model Name	H188
Resistance Mechanism	Dual Wind & Magnetic Resistance
Resistance Levels	14
Maximum Weight Capacity	400 lbs (181 kg)
Product Dimensions (L x W x H)	195.58 x 83.82 x 109.19 cm (77 x 33 x 43 inches)
Item Weight	43.09 kg (95 lbs)
Slide Rail Length	38 inches
Seat Height	15 inches
Accommodates User Height	Up to 6 feet 6 inches
Display Type	LCD
Data Displayed	Time, Avg. Time/500M, SPM, Distance, Calories, Watt, Count, Total Count, App Status
Connectivity	Bluetooth (KINOMAP APP supported)
Frame Material	Alloy Steel
Special Features	Foldable, Ergonomic Design, Low Noise

## 8. CUSTOMER SUPPORT

For any questions, concerns, or technical assistance regarding your pooboo H188 Rowing Machine, please contact pooboo customer service. Refer to your purchase documentation or the official pooboo website for contact information.

