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> pooboo Under Desk Bike Pedal Exerciser E355008 User Manual

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Model: E355008

INTRODUCTION

Thank you for choosing the pooboo Under Desk Bike Pedal Exerciser. This compact and versatile exercise device is designed to help you stay active and maintain fitness while working, relaxing, or during rehabilitation. It features 16 levels of magnetic resistance, quiet operation, and supports both arm and leg workouts. Please read this manual thoroughly before initial use to ensure proper assembly, operation, and maintenance.

IMPORTANT SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exerciser on a flat, stable surface. Use the included floor mat to prevent slipping and protect floors.
- Ensure all parts are securely assembled before each use.
- Do not stand on the pedals. This device is designed for seated use only.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight recommendation: 300 pounds.

PACKAGE CONTENTS

Verify that all components are present before assembly.

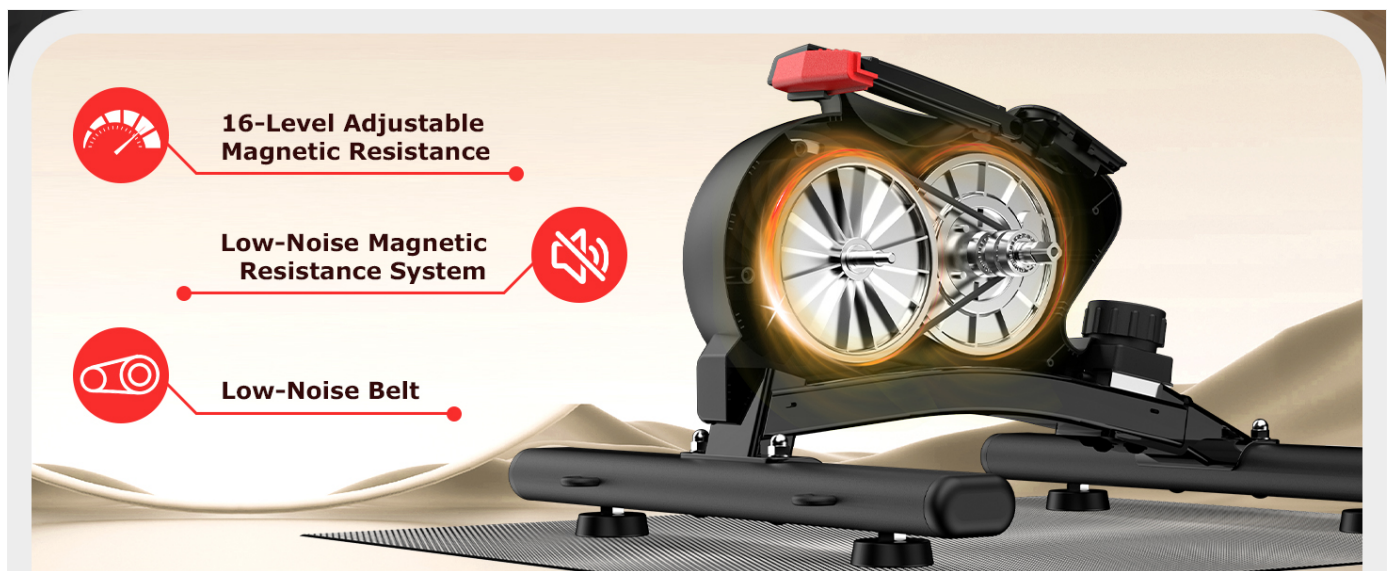


Image: All items included in the package: 1 Under Desk Bike, 2 Resistance Bands, 1 PVC Pad, 1 User Manual.

- 1 x pooboo Under Desk Bike Unit
- 2 x Resistance Bands
- 1 x PVC Floor Mat
- 1 x User Manual (this document)
- Assembly Tools (wrenches)

SETUP AND ASSEMBLY

The pooboo Under Desk Bike arrives approximately 95% assembled. Follow these steps to complete the setup:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Attach Stabilizer Bars:** Securely attach the front and rear stabilizer bars to the main unit using the provided bolts and wrenches. Ensure they are tightened to prevent wobbling.
3. **Install Pedals:** Identify the left (L) and right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten firmly.
4. **Attach Pedal Straps:** Adjust the pedal straps to fit your foot size.
5. **Place Mat:** Position the PVC floor mat on your desired exercise surface.
6. **Position Exerciser:** Place the assembled under desk bike on the mat. Ensure the anti-slip foot pads are making full contact with the mat.

Compact & Easy to Store

Ultra-Light Design — Lift & Move with Ease



Arrives 95% Assembled
— Start Your Workout Faster

Net Weight Only

19 Lbs



Image: The compact and lightweight design of the pooboo Under Desk Bike allows for easy movement and storage.

OPERATING INSTRUCTIONS

Resistance Adjustment

The pooboo Under Desk Bike features 16 levels of magnetic resistance. To adjust the resistance, turn the tension control knob located on the top of the unit. Turn clockwise for higher resistance and counter-clockwise for lower resistance. Start with a low resistance level and gradually increase as your fitness improves.

16-Level Adjustable Magnetic Resistance



Image: Adjusting the 16-level magnetic resistance knob for varied workout intensity.

Using the LCD Monitor

The integrated LCD monitor tracks your workout data in real-time. It displays:

- **TIME:** Duration of your workout.
- **SPEED:** Current pedaling speed.
- **DISTANCE:** Distance covered during the current session.
- **CALORIES:** Estimated calories burned.
- **ODO (Odometer):** Total accumulated distance.

Press the red button on the monitor to cycle through the display modes or to reset the current workout data.

Track Your Progress

Real-time workout data keeps you motivated



Image: The LCD monitor tracks time, speed, distance, calories, and total odometer readings.

Arm and Leg Workouts

This exerciser is designed for both upper and lower body workouts:

- **Leg Workout:** Place the unit on the floor in front of your chair. Sit comfortably and place your feet into the pedal straps. Adjust the straps for a secure fit. Begin pedaling.
- **Arm Workout:** Place the unit on a sturdy table or desk. Sit comfortably and grasp the pedals with your hands. Begin rotating the pedals.



Image: The pooboo Under Desk Bike can be used for both arm and leg exercises, suitable for various settings like an office or home.

Forward and Reverse Pedaling

You can pedal in both forward and reverse directions. Pedaling forward primarily engages quadriceps and calves, while reverse pedaling can target hamstrings and glutes more effectively, offering a more comprehensive muscle engagement.

Smooth & Whisper-Quiet Pedaling

Silent Magnetic Resistance Perfect for Home & Office



Image: The quiet magnetic resistance system allows for discreet use, and the pedals support both forward and reverse motion.

Using Resistance Bands

The included resistance bands can be attached to the exerciser for simultaneous arm and leg workouts, providing a full-body exercise experience. Attach the bands to the designated points on the unit and use the handles for arm exercises while pedaling with your legs.

Versatile Arm & Leg Exerciser

Comes with 2 Resistance Bands for a Full-Body Workout



Non-slip Mat

Non-Slip Foot Covers

Adjustable Pedal Straps

Image: The included resistance bands allow for simultaneous arm and leg exercises.

Official Product Video

Your browser does not support the video tag.

Video: An official product video demonstrating the features and usage of the pooboo Under Desk Bike.

MAINTENANCE

- **Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight and moisture.
- **Inspection:** Periodically check all bolts and connections to ensure they are tight. Tighten if necessary.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Unit wobbles during use	Loose stabilizer bars or uneven surface.	Ensure stabilizer bars are tightened. Place on a flat, level surface. Use the included floor mat.
Pedals are stiff or make noise	Pedals not properly installed or internal mechanism issue.	Re-install pedals, ensuring they are threaded correctly and tightened. If noise persists, contact customer support.
LCD monitor not displaying	Battery drained or loose connection.	Replace the battery (typically a button cell battery). Check for any loose wire connections to the monitor.
Resistance not changing	Tension knob mechanism issue.	Ensure the tension knob is turning freely. If the issue persists, contact customer support.

PRODUCT SPECIFICATIONS

- **Model:** E355008
- **Brand:** pooboo
- **Color:** Black
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 16
- **Power Source:** Battery Powered (for LCD monitor)
- **Material:** Alloy Steel, Plastic
- **Item Weight:** 18.9 Pounds (approx. 8.57 kg)
- **Product Dimensions (D x W x H):** 22" x 16" x 14" (approx. 55.9 cm x 40.6 cm x 35.6 cm)
- **Maximum Weight Recommendation:** 300 Pounds (approx. 136 kg)
- **Special Features:** Adjustable Footstrap, Adjustable Resistance Level, Calories Monitor, Dual Function (Arm & Leg), Lightweight

WARRANTY AND SUPPORT

The pooboo Under Desk Bike Pedal Exerciser comes with a **1-year warranty** for peace of mind. This warranty covers manufacturing defects and ensures the quality of your product.

For any questions, technical assistance, or warranty claims, please contact pooboo customer support through the retailer where you purchased the product or visit the official pooboo website for contact information.

Please have your model number (E355008) and proof of purchase ready when contacting support.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question