

pooboo E399

pooboo E399 Elliptical Machine User Manual

Model: E399

1. INTRODUCTION

Thank you for choosing the pooboo E399 Elliptical Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your elliptical trainer. Please read all instructions carefully before use to ensure optimal performance and user safety. Keep this manual for future reference.

2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is important to ensure you are physically able to perform the exercises. Improper or excessive training can result in injury.

- Always place the elliptical machine on a flat, stable surface.
- Ensure adequate clear space around the machine (at least 0.6 meters or 2 feet).
- Keep children and pets away from the machine during operation.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight capacity for this machine is 350 LBS (approximately 158 kg).
- Regularly inspect the machine for loose parts or signs of wear. Do not use if damaged.
- Do not attempt to adjust or repair the machine beyond what is described in this manual. Contact customer support for assistance.

3. WHAT'S IN THE BOX

Carefully unpack all components and ensure you have received the following items:

- pooboo E399 Elliptical Machine (main unit)
- Tool Kit (for assembly)

- User Manual (this document)

If any parts are missing or damaged, please contact pooboo customer service immediately.

4. SETUP AND ASSEMBLY

The pooboo E399 Elliptical Machine is designed for simple installation and comes 80% pre-assembled. Follow the included assembly instructions carefully. It is recommended to have two people for assembly.

4.1 Assembly Overview

The main frame, flywheel, and drive system are largely pre-assembled. You will primarily need to attach the handlebars, pedals, and monitor console.



Figure 4.1: The pooboo E399 elliptical machine with 80% pre-assembled components, ready for final assembly.

4.2 Step-by-Step Assembly (Refer to included manual for detailed diagrams)

1. **Base Stabilization:** Ensure the machine is placed on a level surface. Adjust the leveling feet if necessary to prevent wobbling.
2. **Handlebar Attachment:** Securely attach the moving handlebars and fixed handlebars using the

provided bolts and tools.

3. **Pedal Installation:** Attach the left and right pedals to their respective crank arms. Pay attention to the 'L' and 'R' markings.
4. **Monitor Console Setup:** Connect the sensor cables from the main frame to the monitor console. Mount the console onto its designated bracket.
5. **Tablet Holder:** Attach the rotatable tablet holder to the console post.
6. **Final Check:** Double-check all bolts and connections to ensure they are tight and secure before first use.

5. OPERATING INSTRUCTIONS

5.1 Powering On and Off

The LCD monitor typically powers on automatically when you begin exercising or press any button. It will power off after a period of inactivity.

5.2 LCD Monitor Functions

The digital monitor displays various workout data to help you track your progress:

- **SCAN:** Automatically cycles through all display functions.
- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current speed.
- **DISTANCE:** Indicates the distance covered during your workout.
- **CALORIES:** Estimates the calories burned.
- **PULSE:** Displays your heart rate when holding the pulse sensors on the fixed handlebars.
- **ODO (Odometer):** Shows the total accumulated distance.

Hyper Silent Magnetic Resistance

Help you achieve your exercise goals



Figure 5.1: The LCD monitor displaying workout data and the rotatable tablet holder.

5.3 Resistance Adjustment

The E399 elliptical features a 16-level magnetic resistance knob. Rotate the knob clockwise to increase resistance and counter-clockwise to decrease it.

- **Levels 0-5:** Soothing and Relaxing Mode, ideal for warm-up or light exercise.
- **Levels 6-10:** Moderate Intensity Mode, suitable for improving physical flexibility.
- **Levels 11-16:** Highly Effective Fat Burning Mode, for intense workouts.

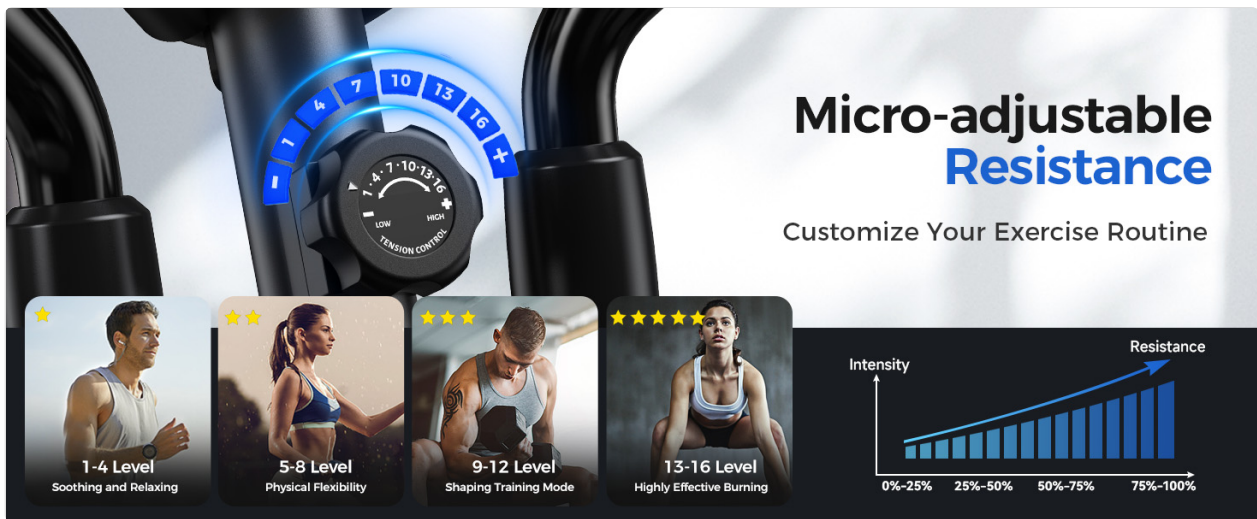


Figure 5.2: The 16-level resistance knob for customizing workout intensity.

5.4 Hand Grip Positions

The E399 offers three distinct hand grip positions for varied exercise experiences:

- **Fixed Low Position:** Located on the fixed handlebars, these have built-in pulse sensors for heart rate monitoring. This position is suitable for lower height users or for focusing on glute activation.
- **D-shape Wide Outer Position:** Used for arm stretching exercises, suitable for users with higher height and wider arm spans.
- **D-shape Wide Inner Position:** A comfortable handle position for exercising the waist and back.

3 Hand Grip Positions 3 exercise experience

D-shape and pulse sensor handlebar, provides a multi-function exercise handle position, meet the needs of diverse exercise experience.



Figure 5.3: Illustration of the three hand grip positions for diverse workouts.

5.5 App Connectivity

The E399 elliptical machine features a built-in sensor compatible with fitness applications such as KINOMAP and Z APP. Connect your smart device via Bluetooth to record and view training data, and share your fitness progress on social media.

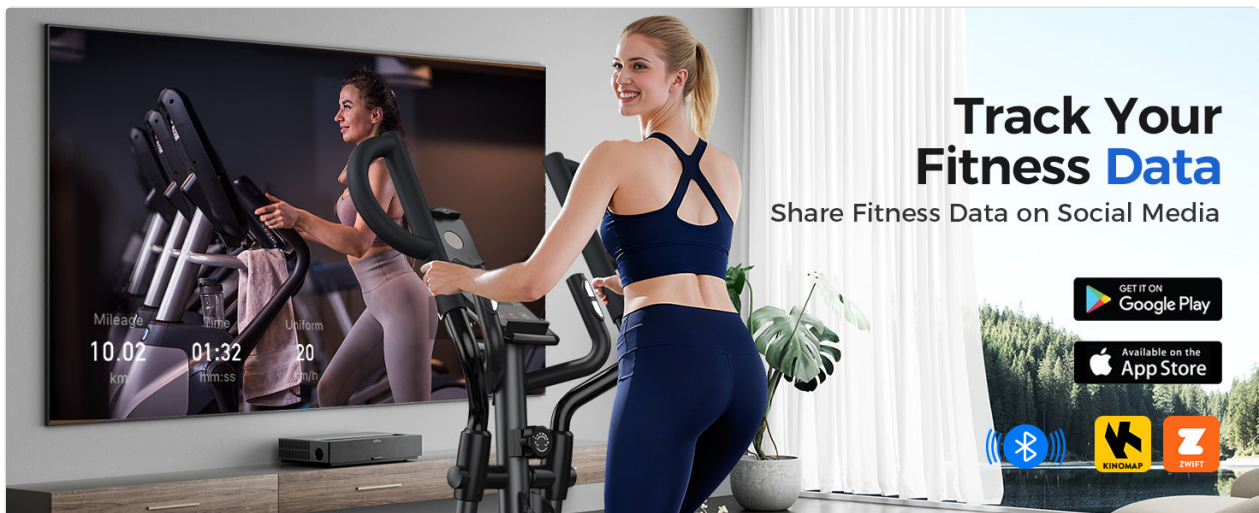


Figure 5.4: Connecting the elliptical to fitness apps for tracking and sharing data.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your elliptical machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for smooth operation. Lubricate as needed with a silicone-based lubricant, following the instructions in the detailed assembly manual.
- **Bolt Tightness:** Regularly check and tighten all bolts and nuts, especially on the handlebars and pedal arms, to prevent loosening during use.
- **Storage:** When not in use, store the elliptical in a dry, cool place away from direct sunlight and moisture. The machine features transport wheels for easy movement.

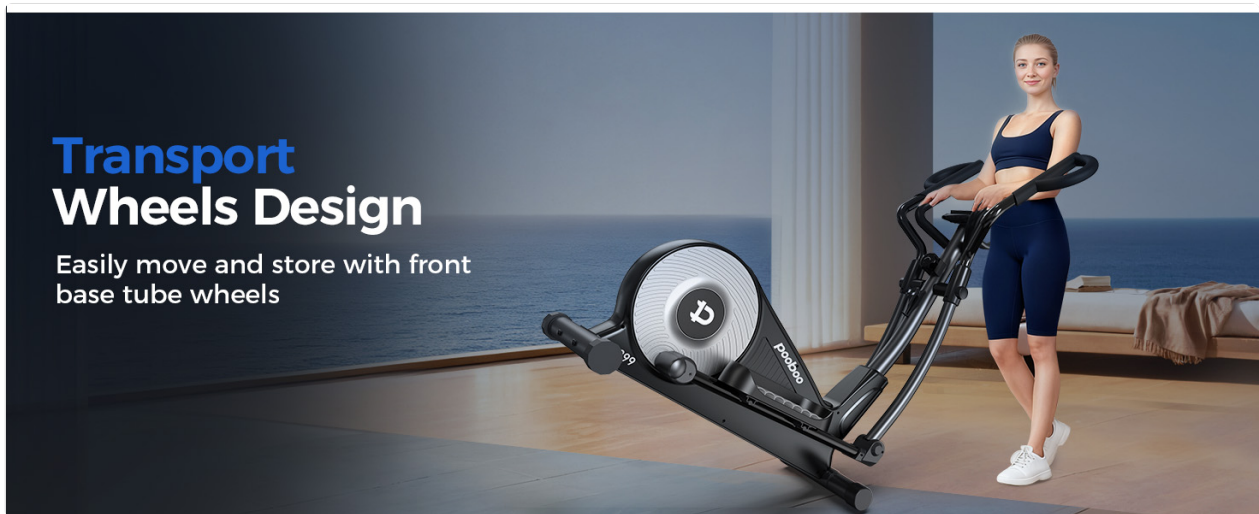


Figure 6.1: Transport wheels for easy relocation and storage.

7. TROUBLESHOOTING

If you encounter issues with your pooboo E399 elliptical, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine is unstable or wobbles	Uneven floor surface; loose bolts	Adjust leveling feet on the base; tighten all assembly bolts.
Squeaking or grinding noise	Loose connections; lack of lubrication on moving parts	Check and tighten all bolts; apply silicone lubricant to pivot points as per assembly manual.
Resistance not changing	Resistance cable disconnected or damaged; magnetic system issue	Check resistance cable connection to the knob and flywheel. If issue persists, contact customer support.

Problem	Possible Cause	Solution
LCD monitor not displaying	Loose sensor cable; dead batteries (if applicable); monitor malfunction	Ensure sensor cables are securely connected. Replace batteries if battery-powered. Contact support if issue continues.
Bluetooth connectivity issues	Device not discoverable; app issues	Ensure Bluetooth is enabled on your device and the elliptical is powered on. Restart both devices. Check app permissions.

For problems not listed here or if solutions do not resolve the issue, please contact pooboo customer support.

8. SPECIFICATIONS

Feature	Detail
Model Name	E399
Brand	pooboo
Product Dimensions (D x W x H)	49.2" x 29.2" x 62.2" (125 cm x 74 cm x 158 cm)
Material	Alloy Steel
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Maximum Stride Length	17 Inches (43 cm)
Flywheel Weight	16 LBS (7.25 kg)
Maximum Weight Recommendation	350 Pounds (158 kg)
Noise Level	Below 20 DB
Included Components	Elliptical Machine, Tool Kit, User Manual

9. WARRANTY AND SUPPORT

9.1 Warranty Information

pooboo guarantees a **ONE YEAR FREE REPLACEMENT PARTS** warranty for the E399 elliptical machine. This warranty covers manufacturing defects and component failures under normal use.

9.2 Customer Support

If you have any questions, concerns, or require assistance with assembly, operation, or warranty claims, please do not hesitate to contact pooboo customer service. All messages will receive a response within 24 hours.

Please refer to your purchase documentation or the pooboo official website for the most current contact

information.