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pooboo XB-820

pooboo Foldable Exercise Bike with Elliptical Mode (Model XB-820) User Manual

Model: XB-820 | Brand: pooboo

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating the pooboo Foldable Exercise Bike, please read and understand all instructions. Retain this manual for future reference.

- Consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a mat to protect flooring.
- Keep children and pets away from the equipment during operation.
- Maximum user weight capacity: 300 lbs.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of all moving parts.

2. PRODUCT OVERVIEW

The pooboo Foldable Exercise Bike (Model XB-820) offers a versatile 2-in-1 design, functioning as both an elliptical and an upright stationary bike. It features 8 levels of magnetic resistance for varied workout intensity and a quiet operation suitable for home use. The adjustable seat and handrail ensure a comfortable fit for various user heights.

Key Features:

- **Dual-Mode Design:** Easily switch between elliptical and upright bike modes for comprehensive full-body training.
- **8-Level Magnetic Resistance:** Customize your workout intensity with a smooth and quiet magnetic resistance system.

- **Adjustable Comfort:** Features 5-level seat height adjustment and 4-level handrail height adjustment for ergonomic positioning.
- **Space-Saving & Portable:** Foldable design with built-in transport wheels for easy storage and mobility.
- **LCD Monitor:** Tracks essential metrics including time, speed, distance, odometer, and calories burned.
- **Quiet Operation:** Advanced magnetic control ensures workouts are under 30dB.



Figure 1: pooboo Foldable Exercise Bike (Model XB-820)

3. PACKAGE CONTENTS

Verify all components are present and undamaged before assembly.

- 1 x pooboo Elliptical Exercise Bike (main frame and pre-assembled parts)

- 1 x User Manual
- 1 x Tools Set for Assembly (wrenches, Allen keys)
- Seat and Backrest
- Handlebars and Moving Arms
- Pedals with Straps
- Front and Rear Stabilizers
- LCD Monitor
- Resistance Bands (if included with your model)
- All necessary bolts, nuts, and washers

4. ASSEMBLY INSTRUCTIONS

Follow these steps carefully for proper assembly. Refer to the installation video for visual guidance.

Video 1: X820 Installation Guide (5:41)

This video provides a step-by-step visual guide for assembling your pooboo Foldable Exercise Bike. It covers unpacking, attaching stabilizers, installing the seat and backrest, connecting moving arms, and attaching pedals and the LCD monitor.

Step-by-Step Assembly:

1. **Unpack and Identify Parts:** Carefully remove all components from the packaging. Lay them out and compare with the parts list in your manual to ensure everything is present.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and wrenches. Ensure they are firmly tightened for stability.
3. **Install Seat:** Attach the seat cushion to the seat post, then insert the seat post into the main frame. Use the spring-loaded pull pin knob to secure it at your desired height.
4. **Install Backrest:** Attach the backrest to its support frame, then connect the backrest support to the main frame behind the seat.
5. **Attach Moving Arms:** Connect the moving arm assemblies to the main frame. Pay attention to 'L' (left) and 'R' (right) markings. Secure with the provided bolts and nuts.
6. **Attach Pedals:** Identify the 'L' and 'R' pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them into the crank arms and tighten securely with a wrench. Attach the foot straps.
7. **Connect Sensor Wires:** Locate the sensor wires extending from the main frame and the LCD monitor. Carefully connect them.
8. **Install LCD Monitor:** Insert 2 AAA batteries (not included) into the monitor. Mount the LCD monitor onto its bracket on the handlebars and secure it with screws.

5. OPERATING INSTRUCTIONS

The pooboo Foldable Exercise Bike offers two primary modes and adjustable resistance for a customized workout.

Video 2: pooboo Foldable Exercise Bike Overview (0:47)

This video demonstrates the dual-mode functionality, resistance adjustment, and LCD monitor features of the pooboo Foldable Exercise Bike.

5.1. Switching Between Modes:

The bike can be used in two configurations:

- **Upright Bike Mode:** For traditional cycling, providing a focused lower-body workout.
- **Elliptical Mode:** Engage the moving arms simultaneously with your legs for a full-body, low-impact workout that coordinates upper and lower body.

To switch between modes, adjust the position of the main frame by pulling the spring-loaded pin. Ensure the frame is securely locked in the desired position before use.



Figure 2: Adjusting the bike's mode using the spring-loaded pull pin.

5.2. Adjusting Magnetic Resistance:

The bike features 8 levels of magnetic resistance. Turn the resistance knob located on the main frame clockwise to increase resistance (harder workout) and counter-clockwise to decrease resistance (easier workout).

Home Fitness and Rehab Training

Elliptical mode enables hand foot linkage, helpful for rehabilitation training



Figure 3: Resistance knob and elliptical motion.

5.3. Using the LCD Monitor:

The LCD monitor displays your workout data. Press the 'MODE' button to cycle through the following metrics:

- **TIME:** Duration of your current workout.
- **SPEED:** Current speed.
- **DIST:** Distance covered during the current workout.
- **ODO:** Total accumulated distance (odometer).
- **CALORIE:** Estimated calories burned during the current workout.

To reset the current workout data, press and hold the 'MODE' button for a few seconds.

ACCURATE DATA TRACKING

5 Types LCD data tracking offer real-time exercise data when cycling.



Figure 4: LCD Monitor for tracking workout data.

6. ADJUSTMENTS

Proper adjustment of the seat and handrail ensures comfort and effectiveness during your workout.

6.1. Seat Height Adjustment:

The seat offers 5 levels of vertical adjustment. To adjust, pull out the spring-loaded knob located on the seat post, slide the seat to the desired height, and release the knob to lock it into place. Ensure the knob is fully engaged in a hole before use.

6.2. Handrail Height Adjustment:

The handrail provides 4 levels of vertical adjustment. Similar to the seat, pull out the spring-loaded knob on the handrail post, adjust the height, and release the knob to secure it. Confirm it is fully engaged.



Figure 5: Seat and Handrail Adjustment Points.

6.3. Folding for Storage:

To fold the bike for compact storage, pull the spring-loaded pin on the main frame and carefully fold the bike. The built-in transport wheels on the front stabilizer allow for easy movement.

Compact Design | Easy to Move

Folding storage and easy to move built-in wheels make your movement more convenient



Figure 6: Transport wheels for easy mobility.

7. 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.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

If you encounter issues, refer to the following common solutions:

Problem	Possible Cause	Solution
LCD Monitor not displaying	Dead batteries; Loose sensor connection	Replace AAA batteries; Check sensor wire connection.
Unusual noise during operation	Loose bolts; Friction from moving parts	Tighten all bolts and nuts; Ensure no parts are rubbing.
Resistance not changing	Resistance cable issue; Magnetic mechanism fault	Check if the resistance cable is properly connected; Contact customer support if the issue persists.
Bike feels unstable	Uneven surface; Loose stabilizers	Place on a level surface; Tighten stabilizer bolts.

If you cannot resolve the issue using these steps, please contact customer support.

9. SPECIFICATIONS

- **Model Name:** XB-820
- **Brand:** pooboo
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 8
- **Maximum User Weight:** 300 Pounds
- **Product Dimensions (Unfolded):** 41.53"D x 25.59"W x 47.24"H
- **Item Weight:** 44 Pounds
- **Material:** Alloy Steel, Acrylonitrile Butadiene Styrene (ABS), Rubber
- **Drive System:** Belt
- **Special Features:** Adjustable Resistance Level, Adjustable Seat, Foldable, Heavy Duty, Portable
- **Recommended Uses:** Indoor Fitness, Rehabilitation Training

10. WARRANTY AND SUPPORT

Your pooboo Foldable Exercise Bike (Model XB-820) is backed by a **1-year warranty** from the date of purchase, covering manufacturing defects.

For technical assistance, warranty claims, or any questions regarding your product, please contact our customer service team:

- **Customer Service Email:** LBX820@outlook.com
- **Seller:** newlifelily (via Amazon)

Please provide your model number (XB-820) and proof of purchase when contacting support to expedite service.