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› pooboo E399 Elliptical Machine User Manual

pooboo E399

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Model: E399

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the pooboo E399 Elliptical Machine. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or equipment damage.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the elliptical on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and athletic shoes.
- The maximum user weight capacity for this machine is **350 lbs**.
- Ensure all bolts and nuts are securely tightened after assembly and periodically thereafter.

2. SETUP AND ASSEMBLY

The pooboo E399 Elliptical Machine comes 80% pre-assembled to simplify the setup process. A tool kit and manual are included in the box.

2.1 Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts listed in the manual are present and undamaged. It is recommended to have a second person assist with assembly.

2.2 Assembly Steps

Follow the detailed instructions provided in the included manual. For visual guidance, refer to the official installation video below.

Simple Installation 80% Pre-assembled



Figure 2.1: The pooboo E399 elliptical machine with its main body pre-assembled and additional components like pedals, handlebars, and the digital monitor ready for final assembly.

Installation Video Guide:

Your browser does not support the video tag.

Video 2.1: Detailed installation guide for the pooboo E399 Elliptical Machine, demonstrating step-by-step assembly of the basic model.

3. OPERATING INSTRUCTIONS

The pooboo E399 is designed for a smooth, quiet, and effective full-body workout.

3.1 Getting Started

- Step onto the non-slip pedals, ensuring your feet are centered and secure.
- Grasp the handlebars firmly. The D-shape handlebars offer three grip positions for varied workouts and heart rate monitoring.

- Begin pedaling in a smooth, elliptical motion. The machine supports both forward and reverse motion to engage different muscle groups.

3 Hand Grip Positions

3 exercise experience

Relax



Warm up



Speed up



Figure 3.1: Illustration of various hand grip positions on the elliptical, allowing for different exercise intensities and muscle engagement.

3.2 Adjusting Resistance

The E399 features a **16-level magnetic resistance knob**. Rotate the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session.

- **Levels 1-5: Soothing and Relaxing Mode** - Ideal for warm-ups or low-intensity recovery.
- **Levels 6-10: Moderate Intensity Mode** - Suitable for improving physical flexibility and endurance.
- **Levels 11-16: Highly Effective Fat Burning Mode** - For high-intensity cardio and calorie burning.

16-levels Adjustable Resistance

Customize Your Exercise Routine



Figure 3.2: The resistance adjustment knob and its corresponding intensity levels for customizing your workout.

3.3 Digital Monitor Functions

The integrated digital monitor tracks your workout data. It displays:

- **SCAN:** Automatically cycles through all metrics.
- **TIME:** Duration of your workout.
- **SPEED:** Current speed.
- **DISTANCE:** Distance covered (in kilometers).
- **CALORIES:** Estimated calories burned.
- **PULSE:** Heart rate (when holding the pulse sensors on the handlebars).
- **ODO:** Total accumulated distance.

Use the 'MODE' button to select specific display functions and 'RESET' to clear current workout data.



Figure 3.3: The digital monitor interface, showing various workout data points.

3.4 App Connectivity

The E399 is equipped with a built-in sensor compatible with fitness applications such as **KINOMAP** and **ZT APP**. Connect your device via Bluetooth to record and view training data, and share your fitness progress.



Figure 3.4: The elliptical machine connected to a fitness app on a tablet, displaying workout metrics.

KINOMAP Connection Guide:

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Video 3.1: Instructions on how to connect and use the pooboo E399 with the KINOMAP fitness application.

ZWIFT Connection Guide:

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Video 3.2: Instructions on how to connect and use the pooboo E399 with the ZWIFT fitness application.

4. MAINTENANCE

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

- **Cleaning:** Wipe down the machine 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:** If any squeaking or friction occurs in moving joints, apply a small amount of silicone-based lubricant.
- **Storage:** When not in use, the foldable design allows for compact storage. Use the transportation wheels to move the machine easily.



Figure 4.1: The compact design and transport wheels facilitate easy movement and storage of the elliptical machine.

5. TROUBLESHOOTING

If you encounter any issues with your pooboo E399, refer to the common problems and solutions below.

Problem	Possible Cause	Solution
Squeaking or Noise during Operation	Loose fasteners or lack of lubrication in moving joints.	Check and tighten all assembly bolts and nuts. Apply silicone-based lubricant to any moving joints that are causing noise.

Problem	Possible Cause	Solution
Digital Monitor Not Displaying	Loose cable connection or depleted batteries.	Ensure all cables connecting to the monitor are securely plugged in. Replace the batteries in the monitor if necessary.
Inconsistent Resistance	Issue with the magnetic resistance mechanism or control cable.	Inspect the resistance control cable for any kinks or damage. If the problem persists, contact customer support.
Machine Feels Unstable	Uneven floor surface or loose stabilizer caps.	Adjust the stabilizer caps on the base of the machine to level it. Ensure the machine is on a firm, flat surface.

If these solutions do not resolve the issue, please contact pooboo customer support for further assistance.

6. SPECIFICATIONS

Feature	Detail
Model Name	E399
Brand	pooboo
Product Dimensions (D x W x H)	49.2" x 29.92" x 62.2"
Material	Alloy Steel
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Maximum Stride Length	15.5 inches
Maximum Weight Recommendation	350 pounds
Display Size	15 inches
Included Components	Elliptical (1), Tool Kit (1), Manual (1)

7. WARRANTY AND SUPPORT

pooboo is committed to providing high-quality products and excellent customer service.

7.1 Warranty Information

pooboo guarantees a **lifetime service** for the E399 elliptical machine. We offer a **one-year free replacement parts warranty**. If any replacement parts are needed due to quality issues, they will be provided free of charge.

7.2 Customer Support

Should you encounter any quality issues, assembly problems, or require assistance with your pooboo E399 Elliptical Machine, please do not hesitate to contact our customer support team. All inquiries will receive a response within 24 hours. For support, please refer to the contact information provided in your product packaging or visit the official pooboo website.

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