

POOBOO EXERCISE BIKE MANUAL

Model: Indoor Cycling Bike

Version: 2024

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SAFETY INFORMATION

IMPORTANT: Read all instructions before using this equipment.

General Safety Guidelines

- Consult your physician before beginning any exercise program
- This equipment is designed for home use only
- Maximum user weight: 300 lbs (136 kg)
- Keep children and pets away from the equipment during use
- Ensure adequate clearance around the bike (2 feet on all sides)
- Always wear appropriate athletic footwear
- Do not wear loose clothing that may catch in moving parts

Before Each Use

- Inspect the bike for any loose bolts or damaged parts
- Ensure the seat and handlebars are properly secured
- Check that the resistance knob functions properly
- Verify the pedals are tight and secure

During Exercise

- Start with low resistance and gradually increase
 - Maintain proper posture throughout your workout
 - Stay hydrated and stop if you feel dizzy or unwell
 - Do not exceed your physical limitations
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PACKAGE CONTENTS

Please verify that all parts are included before beginning assembly:

Main Components

- Main frame assembly
- Front stabilizer
- Rear stabilizer
- Seat post
- Adjustable seat
- Handlebar post
- Multi-position handlebars
- Flywheel (pre-installed)
- Drive belt (pre-installed)

Hardware Kit

- M8 x 75mm bolts (4 pieces)
- M8 x 20mm bolts (8 pieces)
- M6 x 15mm screws (6 pieces)
- Washers (12 pieces)
- Spring washers (8 pieces)
- End caps (4 pieces)

Accessories

- Adjustable pedals with toe cages (2 pieces)
- Water bottle holder
- Phone/tablet holder
- Assembly tools
- User manual

Optional Features (Model Dependent)

- LCD display monitor
 - Heart rate sensors
 - Bluetooth connectivity module
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ASSEMBLY INSTRUCTIONS

Estimated Assembly Time: 45-60 minutes

Tools Required: Included allen keys and wrench

Step 1: Prepare the Workspace

- Clear a flat, stable surface with adequate lighting
- Lay out all parts and hardware
- Keep the instruction manual nearby for reference

Step 2: Attach Front Stabilizer

- Position the main frame upright
- Align the front stabilizer with the mounting points
- Insert M8 x 75mm bolts through stabilizer and frame
- Add washers and spring washers
- Tighten securely but do not over-tighten

Step 3: Install Rear Stabilizer

- Repeat the process for the rear stabilizer
- Ensure the bike sits level when both stabilizers are attached
- Install transport wheels on front stabilizer if included

Step 4: Mount Seat Post and Seat

- Insert seat post into the main frame
- Secure with quick-release lever or bolt mechanism
- Attach seat to seat post using provided hardware
- Ensure seat is level and properly aligned

Step 5: Install Handlebar Assembly

- Insert handlebar post into front of main frame
- Attach handlebars to post using M8 x 20mm bolts

- Tighten all connections securely
- Check that handlebars are straight and stable

Step 6: Attach Pedals

- Thread right pedal (marked "R") clockwise into right crank arm
- Thread left pedal (marked "L") counter-clockwise into left crank arm
- Tighten pedals firmly using included pedal wrench
- Adjust toe cage straps to accommodate your shoe size

Step 7: Install Accessories

- Mount water bottle holder in desired location
- Attach phone/tablet holder to handlebars
- Connect display monitor if equipped
- Install any additional accessories per their specific instructions

Step 8: Final Inspection

- Check all bolts and connections for tightness
 - Spin flywheel to ensure smooth operation
 - Test resistance adjustment knob
 - Verify seat and handlebar adjustments work properly
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OPERATING INSTRUCTIONS

Initial Setup

Seat Adjustment

- Loosen seat adjustment knob or lever
- Adjust seat height so your leg has a slight bend when pedal is at lowest position
- Ensure seat is level and comfortable
- Tighten adjustment mechanism securely

Handlebar Adjustment

- Adjust handlebar height to comfortable riding position
- Generally, handlebars should be at or slightly below seat level
- Tighten handlebar adjustment mechanism

Pedal Straps

- Adjust toe cage straps for secure but comfortable fit
- Straps should hold foot firmly without restricting circulation

Getting Started

Mounting the Bike

- Approach bike from the side
- Hold handlebars for stability
- Step onto pedal and swing leg over seat
- Settle into comfortable riding position

Resistance Control

- Turn resistance knob clockwise to increase difficulty
- Turn counter-clockwise to decrease resistance
- Start with minimal resistance for warm-up
- Gradually increase as you build strength and endurance

Emergency Stop

- To stop quickly, push down firmly on resistance knob
- This engages the emergency brake pad against flywheel
- Come to a complete stop before dismounting

Display Monitor Operation (If Equipped)

Basic Functions

- TIME: Shows workout duration
- SPEED: Displays current cycling speed
- DISTANCE: Tracks total distance covered
- CALORIES: Estimates calories burned
- PULSE: Heart rate monitoring (requires hand sensors)

Using the Monitor

- Press MODE button to cycle through display options
- Press and hold RESET to clear current workout data
- Monitor automatically turns on when pedaling begins
- Auto-sleep function activates after 4 minutes of inactivity

Workout Guidelines

Warm-Up (5-10 minutes)

- Begin with low resistance
- Maintain comfortable pedaling pace
- Focus on smooth, controlled movements
- Gradually increase intensity

Main Workout

- Adjust resistance based on fitness goals
- Maintain proper posture throughout exercise
- Keep core engaged and shoulders relaxed
- Breathe steadily and deeply

Cool-Down (5-10 minutes)

- Gradually reduce resistance and speed
 - Continue light pedaling to lower heart rate
 - Perform stretching exercises after dismounting
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MAINTENANCE GUIDELINES

Daily Maintenance

- Wipe down frame and seat with clean, damp cloth
- Check that all adjustment knobs are secure
- Inspect pedals and crank arms for tightness
- Clean display monitor with soft, dry cloth

Weekly Maintenance

- Lubricate chain or belt if applicable
- Check all bolts and connections for tightness
- Inspect seat and handlebar adjustment mechanisms
- Clean and organize workout area

Monthly Maintenance

- Perform thorough inspection of all components
- Check flywheel alignment and smooth operation

- Lubricate any moving parts as needed
- Inspect and clean resistance system

Lubrication Schedule

- Drive belt: Check tension monthly, replace as needed
- Seat post: Apply thin layer of grease every 3 months
- Handlebar post: Lubricate adjustment mechanism quarterly
- Pedal threads: Apply grease annually or as needed

Storage Recommendations

- Store in dry, temperature-controlled environment
 - Cover bike if not used regularly
 - Ensure adequate ventilation around equipment
 - Keep away from direct sunlight and moisture
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TROUBLESHOOTING

Common Issues and Solutions

Bike Wobbles or Rocks

Possible Causes:

- Uneven floor surface
- Loose stabilizer bolts
- Worn floor protectors

Solutions:

- Adjust stabilizer feet to level bike
- Tighten all connection bolts
- Replace worn end caps or floor protectors

Resistance Not Working Properly

Possible Causes:

- Loose resistance cable
- Worn brake pads
- Misaligned resistance mechanism

Solutions:

- Check and tighten all cable connections
- Inspect and replace brake pads if worn
- Contact customer service for adjustment procedures

Squeaking or Grinding Noises**Possible Causes:**

- Dry or worn drive belt
- Lack of lubrication on moving parts
- Loose components

Solutions:

- Apply appropriate lubricant to moving parts
- Check belt tension and alignment
- Tighten all bolts and connections

Display Monitor Not Working**Possible Causes:**

- Dead batteries
- Loose connections
- Damaged display unit

Solutions:

- Replace batteries (usually 2 AA batteries)
- Check all wire connections
- Contact customer service for replacement

Pedals Feel Loose or Wobbly**Possible Causes:**

- Loose pedal threads
- Worn pedal bearings
- Damaged crank arms

Solutions:

- Tighten pedals using proper technique

- Inspect and replace worn components
 - Ensure proper thread engagement
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TECHNICAL SPECIFICATIONS

Dimensions and Weight

- Overall Length: 48 inches (122 cm)
- Overall Width: 22 inches (56 cm)
- Overall Height: 48 inches (122 cm)
- Net Weight: 88 lbs (40 kg)
- Shipping Weight: 95 lbs (43 kg)

Performance Specifications

- Maximum User Weight: 300 lbs (136 kg)
- Flywheel Weight: 35 lbs (16 kg)
- Resistance Levels: Infinite adjustment
- Drive System: Belt driven
- Frame Material: Heavy-duty steel construction

Adjustment Ranges

- Seat Height: 32-42 inches (81-107 cm)
- Handlebar Height: 42-48 inches (107-122 cm)
- Seat Horizontal: 2 inches (5 cm) forward/backward
- Handlebar Reach: Fixed position

Electrical Specifications (If Applicable)

- Power Source: 2 AA batteries
 - Display Type: LCD
 - Heart Rate: Contact sensors
 - Connectivity: Bluetooth 4.0 (select models)
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WARRANTY INFORMATION

Warranty Coverage

Frame Warranty

- Duration: 5 years from date of purchase
- Coverage: Manufacturing defects in welding and materials
- Exclusions: Damage from misuse, normal wear, or accidents

Parts Warranty

- Duration: 2 years from date of purchase
- Coverage: All mechanical components and hardware
- Includes: Drive system, resistance mechanism, adjustment parts

Electronics Warranty

- Duration: 1 year from date of purchase
- Coverage: Display monitor and electronic components
- Includes: Sensors, wiring, and connectivity features

Warranty Conditions

- Proof of purchase required for all warranty claims
- Product must be used according to manual instructions
- Warranty valid for original purchaser only
- Professional assembly recommended but not required

Warranty Exclusions

- Damage from commercial use
- Normal wear and tear items (pedals, seat, grips)
- Damage from improper assembly or maintenance
- Cosmetic damage that doesn't affect function

Customer Service Contact

- Website: <https://pooboo.net/>
- Email: support@pooboo.net
- Phone: 1-800-POOBOO1
- Hours: Monday-Friday, 9 AM - 6 PM EST

Warranty Claim Process

1. Contact customer service with purchase information
2. Provide clear description of issue and photos if requested
3. Follow troubleshooting steps provided by support team

4. Receive replacement parts or return authorization if needed
 5. Return defective parts using provided shipping label
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ADDITIONAL RESOURCES

Online Support

Visit <https://pooboo.net/> for:

- Assembly videos and tutorials
- Maintenance tips and schedules
- Replacement parts ordering
- Firmware updates for smart models
- Community forums and workout tips

Mobile App (Select Models)

- Download the POOBOO Fitness app from your device's app store
- Compatible with iOS 12.0+ and Android 8.0+
- Features include workout tracking, virtual classes, and progress monitoring
- Bluetooth connectivity required for full functionality

Replacement Parts

Common replacement parts available:

- Drive belts and chains
- Brake pads and resistance components
- Seats and seat posts
- Pedals and toe cages
- Display monitors and sensors

Professional Assembly

- Assembly service available in select areas
 - Contact customer service for availability and pricing
 - Recommended for customers uncomfortable with assembly
 - Includes setup, adjustment, and basic operation tutorial
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IMPORTANT NOTICE: This manual contains important safety and operating information. Keep this manual accessible for future reference. For the most current version of this manual and product updates,

visit <https://pooboo.net/>

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