



Manuals.plus /

- › Sunny Health & Fitness /
- › Sunny Health & Fitness Compact Adjustable Rowing Machine SF-RW1205 User Manual

## Sunny Health & Fitness SF-RW1205

# Sunny Health & Fitness Compact Adjustable Rowing Machine SF-RW1205 User Manual

Model: SF-RW1205  
Brand: Sunny Health & Fitness

## 1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Sunny Health & Fitness Compact Adjustable Rowing Machine, Model SF-RW1205. Please read this manual thoroughly before assembly and operation to ensure proper usage and to prevent injury.



*Image 1: Sunny Health & Fitness Compact Adjustable Rowing Machine (SF-RW1205) in use.*

## **2. IMPORTANT SAFETY INFORMATION**

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not overexert yourself. Stop immediately if you feel faint, dizzy, or experience pain.
- The hydraulic cylinder may become hot during prolonged use. Avoid touching it immediately after a workout.
- Maximum user weight: 220 Pounds.

### 3. PRODUCT COMPONENTS

Familiarize yourself with the main parts of your rowing machine:

- **Main Frame:** The primary structural support.
- **Seat:** Cushioned for comfort, slides along the rail.
- **Foot Pedals:** Pivoting design with adjustable straps to secure feet.
- **Handlebars:** Foam-padded for grip and comfort.
- **Hydraulic Cylinder:** Provides 12 levels of adjustable resistance.
- **Digital Monitor:** Tracks workout data.
- **Stabilizers:** Located at the front and rear for leveling the machine.



Image 2: Key components including the digital monitor and hydraulic cylinder.



Image 3: Detailed view of the cushioned seat, non-slip pedals, and handlebars.

#### 4. ASSEMBLY INSTRUCTIONS

The SF-RW1205 rowing machine is designed for straightforward assembly. Refer to the included user manual for detailed, step-by-step instructions and diagrams. Generally, assembly involves:

1. Unpacking all components and verifying against the parts list.
2. Attaching the handlebars to the main frame using the provided hardware.
3. Connecting the hydraulic piston to the main frame.
4. Ensuring all bolts and connections are securely tightened.
5. Connecting the digital monitor cable.

Tools required for assembly are typically included with the product.

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*Video 1: A user demonstrating the setup and review of the Sunny Health & Fitness 1205 Rowing Machine. This video provides a visual guide to the assembly process.*

## 5. OPERATING INSTRUCTIONS

### 5.1. Getting Started

1. Sit on the cushioned seat and place your feet firmly on the foot pedals.
2. Secure your feet with the adjustable straps on the pedals.
3. Grasp the foam handlebars with both hands.

### 5.2. Adjusting Resistance

The hydraulic cylinder offers 12 levels of resistance. To adjust:

- Locate the adjustment knob on the hydraulic cylinder.
- Turn the knob clockwise for higher resistance (more challenging workout).
- Turn the knob counter-clockwise for lower resistance (easier workout).
- Adjust resistance before starting your workout.

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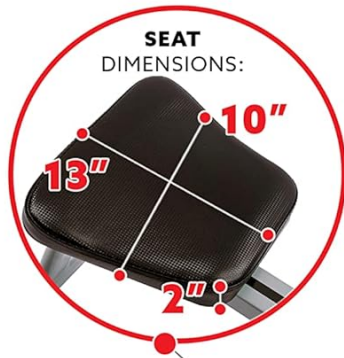
*Video 2: A user demonstrating the compact nature and ease of use of the rowing machine, including adjusting resistance.*

### 5.3. Digital Monitor Functions

The digital monitor tracks your workout progress:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout.
- **COUNT (CNT):** Shows the number of strokes during the current workout.
- **TOTAL COUNT (TOT.CNT):** Displays the total accumulated strokes.
- **CALORIES (CAL):** Estimates calories burned during the workout.
- **REPS/MIN:** Shows strokes per minute.
- Use the red button to cycle through modes or reset values (hold to reset).

**WEIGHT CAPACITY: 220 LB**



**SLIDE RAIL LENGTH: 45.27"**

**SLIDE RAIL INSEAM: 40.16"**



*Image 4: Close-up view of the digital monitor displaying workout metrics.*

#### 5.4. Proper Rowing Technique

To maximize effectiveness and prevent injury, maintain proper form:

1. **Catch:** Start with knees bent, arms extended forward, and back straight.
2. **Drive:** Push off with your legs, then lean back slightly, and pull the handlebars towards your abdomen.
3. **Finish:** Legs extended, back slightly reclined, handlebars at your core.
4. **Recovery:** Extend arms forward, then lean forward, and bend knees to return to the catch position.

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*Video 3: A seller-provided video demonstrating proper rowing form and the full-body workout benefits.*

## 6. MAINTENANCE

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten as needed.
- **Lubrication:** The hydraulic cylinder is generally maintenance-free. Do not attempt to lubricate it unless specified by the manufacturer.
- **Storage:** The compact design allows for easy storage. Store in a cool, dry place away from direct sunlight.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
No display on monitor	Batteries are dead or incorrectly installed.	Replace batteries (2 AA batteries required). Ensure correct polarity.
Resistance feels too easy/hard	Resistance knob not set correctly.	Adjust the resistance knob on the hydraulic cylinder to your desired level (1-12).
Squeaking or unusual noises	Loose bolts or moving parts.	Inspect and tighten all bolts and connections.
Hydraulic cylinder gets hot	Normal operation during prolonged use.	Allow the machine to cool down between extended workout sessions. Avoid touching the cylinder.

## 8. SPECIFICATIONS

- **Model Name:** SF-RW1205
- **Brand:** Sunny Health & Fitness
- **Resistance Mechanism:** Hydraulic
- **Tension Levels:** 12
- **Maximum Weight Recommendation:** 220 Pounds
- **Product Dimensions:** 20"D x 23"W x 54"H
- **Item Weight:** 20.5 Pounds
- **Frame Material:** Alloy Steel
- **Metrics Measured:** Time, Count, Calories, Scan
- **Power Source:** Battery Powered (2 AA batteries included)
- **Color:** Grey/Black

# Download the FREE SunnyFit App Today!

- Track your progress with live metrics.
- 1,000+ training videos for any level.
- 10,000+ real workout maps around the world.
- Customize your workout plans.
- And lots more!

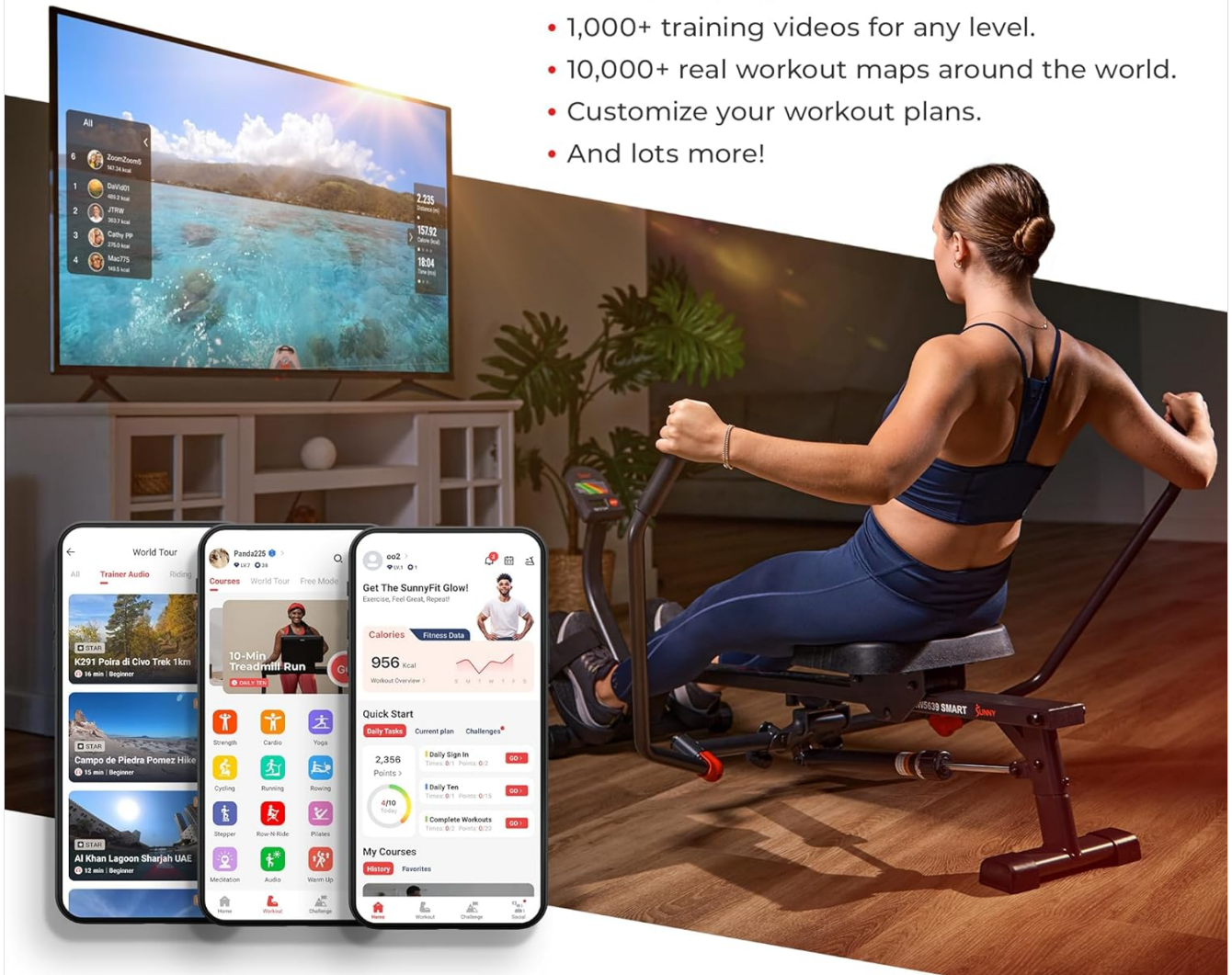


Image 5: Product dimensions and seat measurements for the SF-RW1205.

## 9. SUNNYFIT APP ENHANCED CONNECTIVITY

Enhance your workout experience with the optional free SunnyFit App. The app allows you to:

- Track your progress with live metrics.
- Access over 1,000 training videos for all fitness levels.
- Explore over 10,000 real workout maps from around the world.
- Customize your workout plans.

Download the SunnyFit App from your device's app store.



*Image 6: SunnyFit App features and download information.*

## 10. WARRANTY AND SUPPORT

Your Sunny Health & Fitness SF-RW1205 Rowing Machine comes with the following warranty:

- **Structural Frame:** 3 Year Limited Warranty
- **Other Parts and Components:** 180 Days Limited Warranty

For customer service, technical support, or warranty claims, please visit the official Sunny Health & Fitness website or contact their customer support team. Ensure you have your model number (SF-RW1205) and proof of purchase available.