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› Sunny Health & Fitness SF-RW5515 Magnetic Rowing Machine Instruction Manual

## Sunny Health & Fitness SF-RW5515

# Sunny Health & Fitness SF-RW5515 Magnetic Rowing Machine Instruction Manual

Model: SF-RW5515

## 1. IMPORTANT SAFETY INFORMATION

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Before operating the Sunny Health & Fitness SF-RW5515 Magnetic Rowing Machine, please read and understand all safety instructions. Keep this manual for future reference.

- 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.
- The maximum user weight for this machine is 250 pounds.
- **Proposition 65 Warning:** This product may contain chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

## 2. PRODUCT OVERVIEW

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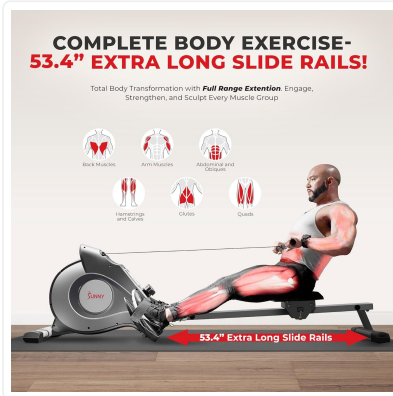
The Sunny Health & Fitness SF-RW5515 Magnetic Rowing Machine provides a full-body, low-impact workout designed for home use. Its compact and foldable design allows for easy storage.

### Key Features:

- **Total Body Workout:** Engages legs, glutes, core, back, arms, and shoulders.
- **Extended Slide Rail:** 48-inch slide rail length and 44-inch inseam length, accommodating users up to 6 feet 8 inches tall.
- **Supreme Comfort:** Ergonomically designed cushioned seat.

- **Customizable Resistance:** 8-level magnetic resistance system for varied workout intensity.
- **Space-Efficient Design:** Foldable steel rail for upright storage.
- **Smooth & Quiet Operation:** Magnetic resistance ensures silent workouts.
- **Interactive Digital Monitor:** Displays Time, Count, Calorie, Total Count, and Scan.
- **Safety Assurance:** Non-slip foot pedals with adjustable straps and anti-slip handlebars with foam grip.

## Product Images:



The SF-RW5515 Magnetic Rowing Machine provides a comprehensive full-body workout, engaging major muscle groups.



Adjust the workout intensity with the 8-level magnetic resistance knob.



Designed for comfort with an ergonomic seat and anti-slip handlebars for extended workouts.



The rowing machine features a portable and foldable design for convenient storage.



Track your progress with the interactive digital monitor, showing time, count, and calories.



### 3. ASSEMBLY INSTRUCTIONS

The SF-RW515 Magnetic Rowing Machine is designed for straightforward assembly. It typically involves attaching the main rail to the resistance unit and securing the footrests.

#### General Assembly Steps:

1. Unpack all components and verify against the parts list provided in the packaging.
2. Attach the rear stabilizer to the main rail.
3. Connect the main rail to the front resistance unit.
4. Secure the footrests to the front unit.

5. Install the seat onto the main rail.
6. Ensure all nuts and bolts are securely tightened before first use.

## Assembly Video:

Your browser does not support the video tag.

Official video demonstrating the assembly process for the Sunny Health & Fitness SF-RW5515 Rowing Machine.

## 4. OPERATING INSTRUCTIONS

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Follow these guidelines for effective and safe operation of your rowing machine.

### Adjusting Resistance:

- The SF-RW5515 features an 8-level magnetic resistance system.
- Locate the tension control knob on the front unit of the machine.
- Turn the knob clockwise to increase resistance (higher numbers for more challenge).
- Turn the knob counter-clockwise to decrease resistance (lower numbers for easier workouts).

### Using the Digital Monitor:

- The monitor automatically turns on when you begin rowing or press any button.
- Press the 'MODE' button to cycle through display functions: Time, Count, Calories, Total Count, and Scan.
- 'SCAN' mode will automatically cycle through all functions every few seconds.
- Press 'RESET' to clear current workout data.
- The monitor is powered by 2 AA batteries (included).

### Proper Rowing Technique:

1. **Catch:** Sit with knees bent, shins vertical, arms extended forward, and hands gripping the handle.
2. **Drive:** Push off with your legs, then lean back slightly, and finally pull the handle towards your abdomen.
3. **Finish:** Legs extended, body leaned back, handle at your abdomen.
4. **Recovery:** Extend arms forward, lean body forward, then bend knees to return to the catch position.

## 5. MAINTENANCE

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

- **Cleaning:** Wipe down the machine, especially the seat track, with a damp cloth after each use to prevent sweat buildup and ensure smooth operation.
- **Fasteners:** Periodically check all nuts, bolts, and connections to ensure they are tight. Tighten as necessary.
- **Lubrication:** If a spring clicking noise develops, it may indicate a need for lubrication in the spring box. Clean out any old grease and apply a high-temperature, tacky grease. Ensure the inner nuts holding the front shaft are tightened correctly to prevent lubricant leakage.
- **Foot Straps:** Inspect foot straps for wear and tear. Replace if they show signs of damage or no longer provide a secure fit.

## 6. TROUBLESHOOTING

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This section addresses common issues you might encounter with your rowing machine.

- **Screeching Noise During Use:** This can occur if the strap rubs on the plastic guide. Ensure proper rowing form to maintain a narrow and correct range of angles for the pull.
- **Spring Clicking Noise:** This issue can be resolved by cleaning and re-lubricating the spring box. Ensure the four nuts holding the front shaft are tightened correctly, with the inner nut resting lightly against the spring box cover to create a seal.
- **Foot Strap Slippage/Breakage:** If the metal oblong rings on the foot straps slip or the plastic of the foot pads breaks, replacement straps are available. Ensure not to over-tighten replacement straps to prevent damage to the foot pads.
- **Digital Monitor Not Displaying:** Check if the 2 AA batteries are correctly installed and have sufficient charge. Replace batteries if necessary.

## 7. SPECIFICATIONS

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Feature	Detail
Brand	Sunny Health & Fitness
Model Name	SF-RW5515
Resistance Mechanism	Magnetic
Tension Level	8
Product Dimensions (LxWxH)	81.8"D x 18.9"W x 23.6"H
Item Weight	60.9 Pounds
Maximum Weight Recommendation	250 Pounds
Frame Material	Alloy Steel
Color	Grey
Display Type	LCD
Metrics Measured	Time, Count, Calories, Scan
Power Source	Electric (2 AA batteries included)
Included Components	Rowing Machine

## 8. WARRANTY AND SUPPORT

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### Warranty Information:

The Sunny Health & Fitness SF-RW5515 Magnetic Rowing Machine comes with a **3 Year Structural Frame warranty** and **180 Days warranty on Other Parts and Components**.

**Customer Support:**

For any questions, assistance, or warranty claims, please contact Sunny Health & Fitness customer support. Refer to the contact information provided in your product packaging or visit the official Sunny Health & Fitness website.