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› Sunny Health & Fitness Recumbent Bike SF-RB4631 User Manual

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Sunny Health & Fitness SF-RB4631 Recumbent Bike User Manual

Model: SF-RB4631

INTRODUCTION

Thank you for choosing the Sunny Health & Fitness SF-RB4631 Recumbent Bike with Arm Exerciser. This manual provides important information on the safe assembly, operation, and maintenance of your fitness equipment. Please read this manual thoroughly before use and keep it for future reference.

The SF-RB4631 recumbent bike is designed to provide a comfortable and effective workout. It features a large seat and back cushion, adjustable height to accommodate various user sizes, and an 8-level adjustable magnetic resistance system for varied workout intensity. The integrated digital monitor tracks your time, count, total count, calories burned, and count per minute. It also includes dual-position handgrips and transport wheels for easy portability.

SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions. Sunny Health & Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the recumbent bike on a clear, level surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight capacity of 158.9 kg (350 lbs).
- If you experience any pain, dizziness, or shortness of breath, stop exercising immediately.
- This product is for indoor use only.

SETUP

Unpack all components and ensure you have all parts listed in the assembly guide (not included in this manual, refer to

the separate assembly instructions provided with your product). Assemble the unit on a flat, stable surface.

Component Overview



This diagram highlights key components such as the digital monitor, adjustable arm tension knob, pulse sensors on the handlebars, the 8-level resistance adjustment lever, and the arm exerciser cranks.



This image illustrates the comfortable wide cushion seat, the convenient lever for easy seat adjustment, and the self-leveling pedals equipped with adjustable straps for secure foot placement.



This view details the non-slip handlebars for a secure grip, the floor stabilizers that ensure the bike remains steady during use, and the transport wheels for easy relocation.

Adjusting the Seat

To adjust the seat position, locate the yellow adjustment lever beneath the seat. Pull the lever to release the locking mechanism, then slide the seat forward or backward to your desired position. Release the lever to lock the seat in place. Ensure the seat is securely locked before use.

Stabilizing the Unit

The recumbent bike is equipped with floor stabilizers at the base. If the bike wobbles on an uneven surface, rotate the end caps of the stabilizers until the unit is stable.

OPERATING INSTRUCTIONS

Getting Started

Sit comfortably on the seat with your back against the backrest. Place your feet securely in the pedals, using the adjustable straps to fasten them if desired. Grip the handlebars firmly.



A user demonstrates the proper posture and engagement with the recumbent bike, utilizing both the leg pedals and the arm exerciser for a full-body workout.

Adjusting Resistance

The SF-RB4631 features an 8-level adjustable magnetic resistance system. To increase resistance, turn the resistance knob clockwise. To decrease resistance, turn it counter-clockwise. Start with a lower resistance level and gradually increase it as your fitness improves.



A detailed view of the resistance adjustment knob, showing the plus and minus indicators for increasing or decreasing workout intensity.

Using the Digital Monitor

The integrated digital monitor displays your workout data. It typically shows:

- **TIME:** Duration of your current workout.

- **COUNT:** Number of rotations (pedal strokes or arm rotations) during the current workout.
- **TOTAL COUNT:** Total accumulated rotations since the monitor was reset.
- **CALORIES:** Estimated calories burned during the current workout.
- **COUNT PER MINUTE (CPM):** Your current speed in rotations per minute.

Press the MODE button to cycle through the display functions. Press and hold the MODE button to reset the values.



The digital monitor displays real-time workout data, including time, count, total count, calories, and count per minute, allowing users to track their progress.

Using the Arm Exerciser

The SF-RB4631 includes an arm exerciser for upper body workouts. Simply grasp the arm cranks and rotate them. The resistance for the arm exerciser is linked to the main resistance system.



A close-up image of the arm exerciser cranks, which allow for an upper body workout in conjunction with the lower body pedaling.

MAINTENANCE

Regular maintenance is crucial for the longevity and safe operation of your recumbent bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The internal magnetic resistance system requires no lubrication. If you notice any squeaking from moving parts, apply a small amount of silicone-based lubricant.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures. Use the transport wheels to move the bike carefully.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Bike is wobbly or unstable.	Uneven floor surface; loose stabilizers.	Adjust the floor stabilizers at the base of the bike until stable.
Resistance feels inconsistent or too loose/tight.	Resistance knob not properly adjusted; internal mechanism issue.	Ensure the resistance knob is turned fully to the desired level. If problem persists, contact customer support.
Digital monitor not displaying.	Batteries are dead or incorrectly installed.	Check and replace batteries (AA or AAA, refer to monitor compartment for type). Ensure correct polarity.
Squeaking or grinding noise.	Loose parts; lack of lubrication on non-magnetic components.	Inspect and tighten all bolts and nuts. Apply silicone lubricant to any pivot points or joints if necessary.

SPECIFICATIONS

Feature	Detail
Model Number	SF-RB4631
Color	Gray
Material	Steel
Type	Exercise & Fitness
Power Source	Battery
Recommended Use	Indoor
Maximum User Weight	158.9 kg (350 lbs)
Product Dimensions (L x W x H)	129.54 x 63.5 x 133.35 cm (51 x 25 x 52.5 inches)
Product Weight	41.32 kg (91.1 lbs)
Resistance Levels	8-level Magnetic Resistance
Monitor Functions	Time, Count, Total Count, Calories, Count Per Minute
Seat Dimensions	36.8 cm (width) x 25.4 cm (depth) x 5 cm (thickness)
Inseam Length	68.6 cm - 86.4 cm (27 - 34 inches)

耐荷重: **158.9 KG**



This diagram provides detailed measurements of the recumbent bike, including its overall length (130cm), width (63.5cm), height (133.3cm), seat dimensions (36.8cm x 25.4cm x 5cm), and adjustable inseam length (68.6cm-86.4cm), along with the maximum weight capacity of 158.9 kg.

WARRANTY AND SUPPORT

Sunny Health & Fitness products are manufactured with quality and care. For warranty information, please refer to the warranty card included with your product or visit the official Sunny Health & Fitness website. For customer support, parts, or technical assistance, please contact Sunny Health & Fitness directly through their official channels.

You can find more information and contact details on the [Sunny Health & Fitness Brand Store](#).