

[Manuals.plus](#) /

- › [Sunny Health & Fitness](#) /
- › Sunny Health & Fitness Elite Water Rowing Machine User Manual

Sunny Health & Fitness SF-RW5910

Sunny Health & Fitness Elite Water Rowing Machine

Model: SF-RW5910

Brand: Sunny Health & Fitness

INTRODUCTION

The Sunny Health & Fitness Elite Water Rowing Machine (SF-RW5910) is designed to provide an intense yet enjoyable full-body workout. Featuring a high dynamic water resistance system, a comprehensive performance monitor, and a space-saving foldable design, this rower is an excellent addition to any home gym. This manual will guide you through its setup, operation, and maintenance to ensure a safe and effective fitness experience.



Image: Sunny Health & Fitness Elite Water Rowing Machine in use.

SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is essential to read and understand all instructions in this manual before assembling or using the rowing machine. Keep children and pets away from the equipment during use. Ensure all parts are securely fastened before each workout. Do not use the machine if it is damaged. Always wear appropriate athletic footwear.

SETUP

The Sunny Health & Fitness Elite Water Rowing Machine arrives mostly assembled for your convenience. Detailed assembly instructions are provided in the included user manual PDF. Ensure you have adequate space for assembly and operation. Verify all bolts and connections are tightened before first use.



Image: The rowing machine ready for assembly or use.

OPERATING INSTRUCTIONS

Water Resistance System

The rower utilizes a vertical water tank with 16 hydro blades to simulate real water rowing resistance. The resistance is dynamic; the harder you row, the more resistance you will experience. You can adjust the base resistance by adding or removing water from the tank. The tank has seven marked levels (MIN to MAX) to guide you.

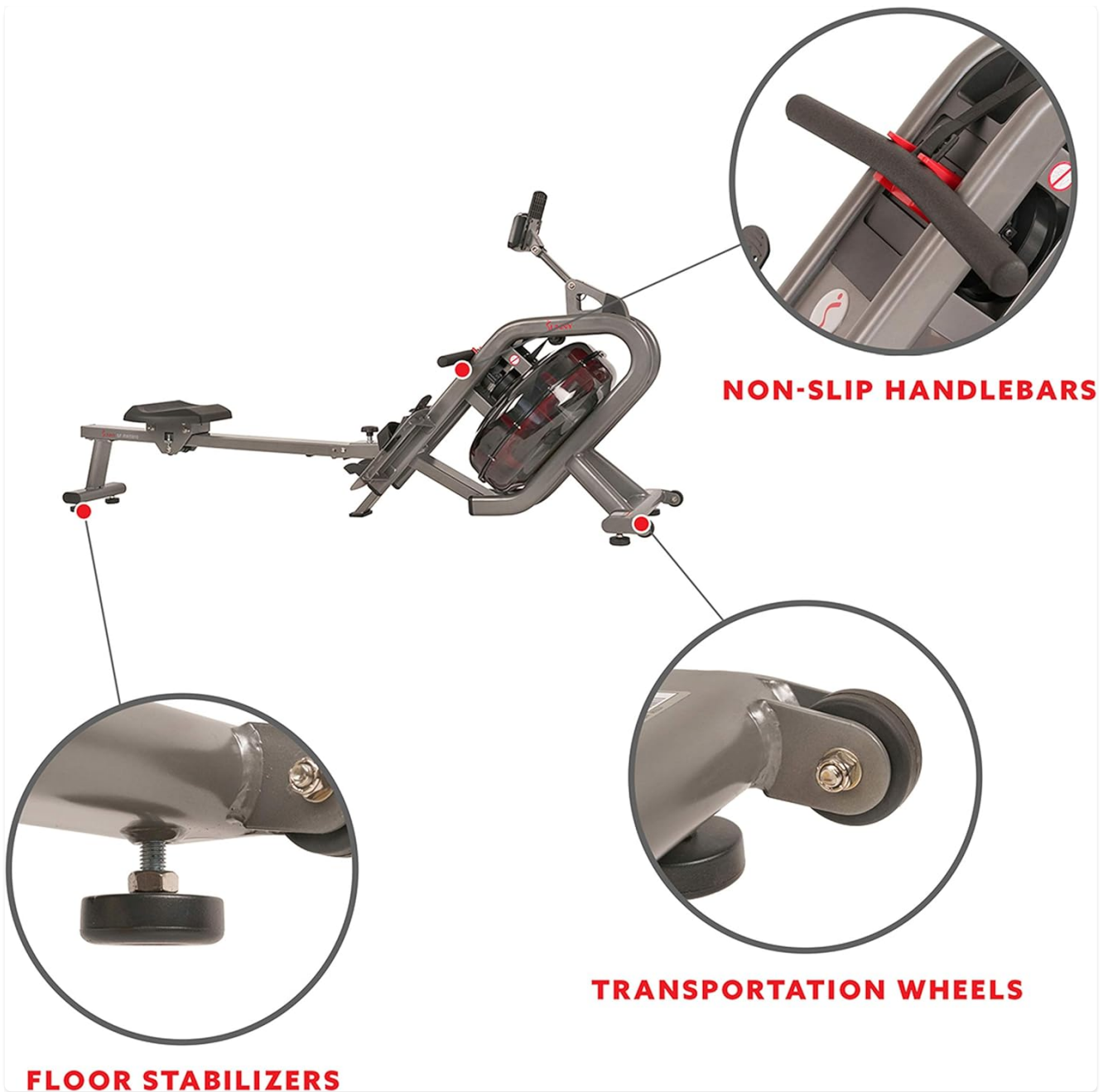


Image: Close-up of the water tank showing water level indicators.

Performance Monitor

The large LCD console tracks essential workout metrics including time, distance, strokes, total strokes, strokes per minute (SPM), time/500m, calories, pulse, calendar, and temperature. The monitor swivels for optimal viewing angles. It also features a device holder, allowing you to place your smartphone or tablet to follow SunnyFit App workouts or enjoy media during your session.



HYDRO BLADES

2-WAY ADJUSTABLE FOOT PEDAL

WIDE CUSHIONED SEAT

Image: Detailed view of the performance monitor.

Foot Pedals and Seat

The rower is equipped with large, anti-slip foot pedals that are adjustable for both width and height, ensuring a secure fit for various foot sizes. Wide straps hold your feet firmly in place. The fully padded seat provides comfort during extended workouts.



Image: Adjustable foot pedals for secure placement.

Storage and Portability

For convenience, the rowing machine features a foldable design, allowing it to be stored upright to save space when not in use. Built-in transportation wheels make it easy to move the rower around your home.



Image: The rowing machine in its folded, space-saving configuration.

MAINTENANCE

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

- **Cleaning:** Wipe down the frame and seat with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Water Tank:** Periodically check the water quality in the tank. If the water becomes cloudy or discolored, it may need to be replaced. Refer to the user manual for specific instructions on water treatment and replacement.
- **Moving Parts:** Inspect all moving parts, such as the seat rollers and foot pedal straps, for wear and tear. Lubricate as needed according to the detailed user manual.
- **Fasteners:** Regularly check all nuts and bolts to ensure they are securely tightened.

TROUBLESHOOTING

If you encounter any issues with your rowing machine, please refer to the following common troubleshooting tips:

- **No Display on Monitor:** Check if the batteries are correctly installed and have sufficient charge. Replace batteries if necessary.
- **Unusual Noises:** Ensure all bolts are tightened. Check the seat rollers and slide rail for any obstructions or debris.
- **Inconsistent Resistance:** Verify the water level in the tank is appropriate for your desired resistance. Ensure the hydro blades are free from obstruction.
- **Difficulty Folding/Unfolding:** Ensure the locking pin or mechanism is fully disengaged/engaged. Do not force the folding mechanism.

For more complex issues or if troubleshooting steps do not resolve the problem, please contact Sunny Health & Fitness customer support.

SPECIFICATIONS

Feature	Detail
Brand	Sunny Health & Fitness
Model Name	SF-RW5910
Color	Black
Resistance Mechanism	Water
Product Dimensions	21.2"D x 81.5"W x 39.5"H
Maximum Weight Recommendation	300 Pounds
Metrics Measured	Time, Distance, Strokes, Total Strokes, SPM, Time/500m, Calories, Pulse, Calendar, Temperature
Frame Material	Alloy Steel
Item Weight	88.2 Pounds
Power Source	Battery Powered (2 AA batteries included)
Display Type	LCD

WARRANTY AND SUPPORT

The Sunny Health & Fitness Elite Water Rowing Machine comes with a **3-Year Structural Frame Warranty** and a **180-Day Warranty** on other parts and components. For detailed warranty information, product support, or to download the full user manual, please visit the official Sunny Health & Fitness website or refer to the PDF document provided with your purchase.

You can also access the user manual directly via this link: [Sunny Health & Fitness SF-RW5910 User Manual \(PDF\)](#)

