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Sunny Health & Fitness SF-RB4631

Sunny Health & Fitness Recumbent Bike SF-RB4631 User Manual

Model: SF-RB4631

INTRODUCTION

This manual provides essential information for the safe and effective use of your Sunny Health & Fitness Recumbent Bike SF-RB4631. Please read all instructions carefully before assembly and operation. This recumbent exercise bike is designed for comfortable, low-impact cardio workouts, featuring an arm exerciser, adjustable magnetic resistance, and Bluetooth connectivity for an enhanced fitness experience.



Image: A woman comfortably exercising on the Sunny Health & Fitness Recumbent Bike, demonstrating its ergonomic design and dual-action capabilities.

SAFETY INFORMATION

Before beginning any exercise program, consult your physician. It is important to ensure you are physically able to perform the exercises. Always follow these safety guidelines:

- Ensure all parts are securely assembled before each use.
- Place the bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight capacity of 265 pounds (120 kg).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

SETUP AND ASSEMBLY

Your recumbent bike requires some assembly. Please refer to the included assembly guide for detailed step-by-step instructions and a list of all components. Key assembly points include:

1. **Base Stabilizers:** Attach the front and rear stabilizers to the main frame.
2. **Seat and Backrest:** Securely attach the padded seat and backrest to the adjustable frame.
3. **Pedals:** Attach the left and right pedals, ensuring they are tightened correctly (note L and R markings).
4. **Handlebars and Arm Exerciser:** Mount the main handlebars and the arm exerciser assembly.
5. **Console:** Connect the console cables and mount the digital monitor.

Ergonomic Design

Adjustable sliding cushioned seat and foldable handlebars for easy access.



Image: Close-up view of the recumbent bike's ergonomic features, highlighting the adjustable sliding cushioned seat and the foldable handlebars designed for easy access.

Adjusting for Comfort

- **Seat Adjustment:** The seat can be adjusted forward or backward to accommodate different leg lengths. Loosen the adjustment knob, slide the seat to the desired position, and tighten the knob securely.

- **Handlebar Adjustment:** The handlebars are foldable for easy entry and exit. Ensure they are in the upright and locked position during exercise.

OPERATING INSTRUCTIONS

Starting Your Workout

Once assembled and adjusted, sit comfortably on the seat with your feet on the pedals and hands on the arm exerciser handles.



Image: An illustration demonstrating the dual-action design of the recumbent bike, allowing for simultaneous leg and arm exercises to engage various muscle groups like biceps, shoulders, quads, hamstrings, and calves.

Adjusting Resistance

- **Bike Resistance:** The bike features 8 levels of magnetic resistance. Turn the tension control knob located on the main frame clockwise to increase resistance (higher number) and counter-clockwise to decrease resistance (lower number).

- **Arm Exerciser Resistance:** The arm exerciser has micro-adjustable resistance. Turn the small knob on the arm exerciser assembly to fine-tune the resistance for your upper body workout.



Image: A close-up of the smooth magnetic resistance knob on the recumbent bike, showing the 8 levels of resistance, along with an illustration of the micro-adjustable arm exerciser resistance.

Using the Digital Monitor

The integrated digital display tracks your workout data. Use the "MODE" button to cycle through different metrics:

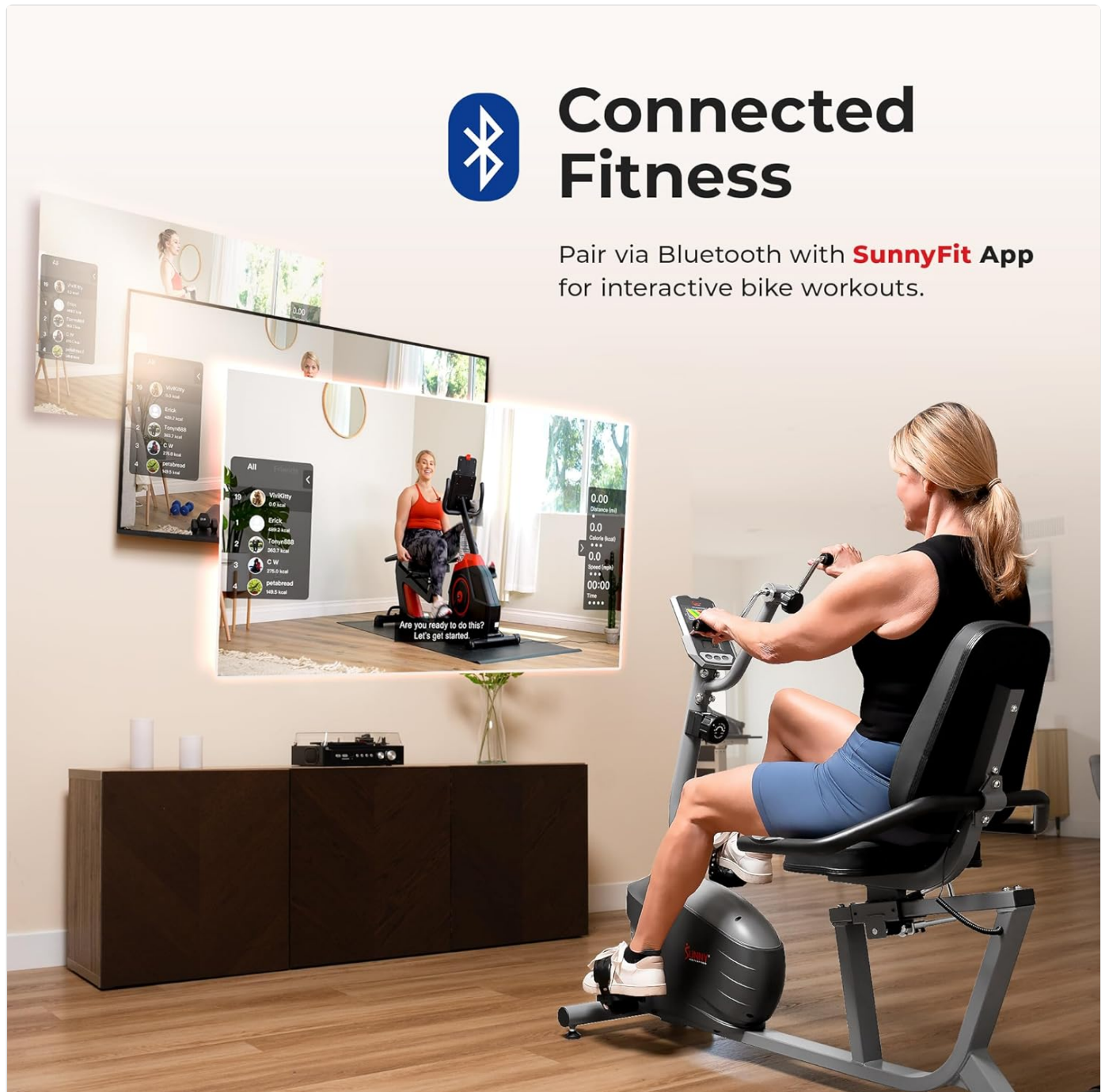
- **TIME:** Duration of your workout.
- **SPEED:** Current speed.
- **DISTANCE:** Total distance covered.
- **CALORIES:** Estimated calories burned.
- **ODOMETER:** Total accumulated distance.
- **PULSE:** Heart rate (if equipped with pulse sensors on handlebars).

Press "SET" to confirm selections or "RESET" to clear current workout data.

Connected Fitness (Bluetooth)

Your recumbent bike can connect to the SunnyFit App via Bluetooth for an interactive experience.

1. Download the SunnyFit App from your device's app store.
2. Ensure Bluetooth is enabled on your mobile device.
3. Open the SunnyFit App and follow the on-screen instructions to pair with your SF-RB4631 bike.
4. Once connected, you can access training videos, virtual tours, and track your progress within the app.



Connected Fitness

Pair via Bluetooth with **SunnyFit App** for interactive bike workouts.

Image: A visual representation of the connected fitness feature, illustrating how the recumbent bike pairs via Bluetooth with the SunnyFit App for interactive workouts, displaying app content on a large screen.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your recumbent bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.

- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system.
- **Storage:** Store the bike in a cool, dry place away from direct sunlight and extreme temperatures. Utilize the built-in transportation wheels for easy repositioning.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital monitor not displaying.	Batteries are dead or incorrectly installed.	Replace batteries (AA or AAA, refer to console for type) or ensure correct polarity.
Resistance not changing.	Tension cable disconnected or damaged.	Inspect the cable connection to the resistance mechanism. Contact customer support if damaged.
Bike is unstable or wobbles.	Not on a level surface; loose bolts.	Adjust floor levelers on stabilizers; tighten all assembly bolts.
Bluetooth connection issues.	Bluetooth off; app not updated; interference.	Ensure Bluetooth is on; restart app/device; move closer to bike; check app for updates.

SPECIFICATIONS

Feature	Detail
Model Name	SF-RB4631 (also known as RB423034+RB420031)
Brand	Sunny Health & Fitness
Resistance Mechanism	Magnetic (8 levels)
Arm Exerciser Resistance	Micro-adjustable
Maximum User Weight	265 Pounds (approx. 120 kg)
Item Weight	29.48 kg (approx. 65 lbs)
Material	Alloy Steel
Power Source	Battery Powered (for console)
Dimensions (LxWxH)	142 x 67.1 x 117.1 Centimeters (approx. 55.9" x 26.4" x 46.1")
Special Features	Adjustable Footstrap, App Connectivity, Calories Monitor, Distance Traveled Monitor, Foldable Handlebars, Transportation Wheels

Product Dimensions

265 lb max weight



Image: A diagram illustrating the key dimensions of the recumbent bike, including its length (55.9"), height (46.1"), and width (26.4"), along with the 265 lb maximum weight capacity.

WARRANTY AND SUPPORT

Sunny Health & Fitness stands by the quality of its products. Your SF-RB4631 Recumbent Bike comes with a **1-year warranty on the structural frame**.

For warranty claims, technical assistance, or any questions regarding your product, please contact Sunny Health & Fitness customer service. Refer to the contact information provided with your purchase documentation or visit the official Sunny Health & Fitness website for support details.

Note: Warranty terms and conditions may vary. Please retain your proof of purchase.

