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## Sunny Health & Fitness SF-B020026

# Sunny Health & Fitness Dual Function Under-Desk Bike Trainer User Manual

Brand: Sunny Health & Fitness | Model: SF-B020026

## IMPORTANT SAFETY INFORMATION

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Please read this entire manual before assembling or operating the Sunny Health & Fitness Under-Desk Bike Trainer. Keep this manual for future reference. Adhere to all warnings and precautions.

- Consult your physician before beginning any exercise program.
- This equipment is designed for home use only.
- Ensure all parts are securely fastened before each use.
- Do not exceed the maximum user weight of 400 pounds.
- Keep children and pets away from the equipment during operation.
- Use the equipment on a stable, level surface.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

**WARNING: This product can expose you to chemicals including Lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).**

## PACKAGE CONTENTS

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Verify that all components are present before assembly:

- Mini Exercise Cycle Bike Unit
- Exercise Meter (Digital Monitor)
- Assembly Hardware & Tools
- 1 AAA Battery (for Exercise Meter)
- User Manual (this document)

## ASSEMBLY INSTRUCTIONS

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The Sunny Health & Fitness Under-Desk Bike Trainer requires minimal assembly. Detailed step-by-step instructions

and diagrams are provided in the physical user manual included with your product. Please follow these instructions carefully to ensure proper and safe assembly.

Ensure all bolts, nuts, and washers are correctly aligned and tightened. Do not overtighten. Once assembled, confirm the unit is stable and all moving parts operate smoothly.

For visual guidance, official assembly video tutorials may be available from Sunny Health & Fitness. Please refer to the manufacturer's website or support channels for access to these resources.

## SETUP

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Proper setup ensures optimal performance and comfort during your workout.

### 1. Placement

Place the Under-Desk Bike Trainer on a flat, stable surface. The unit features slip-resistant feet to prevent movement during use. It can be used under a desk for leg exercises or placed on a table for arm exercises.



**Image:** The Under-Desk Bike Trainer positioned for leg exercise, demonstrating its compact design and ease of use in a seated

position.



Pedal with your legs to target your lower body.

## Dual Functional Exercise

2-in-1 pedal design allows for upper and lower body workouts.



Pedal with your arms to tone upper body.

**Image:** Detail view of the trainer in use for lower body workouts, fitting comfortably under a standard desk.

# Ultra **Quiet** Design

Experience 8 levels of **near-silent** magnetic resistance, perfect for use in any environment. Enjoy smooth, quiet workouts, whether it's late-night session at home or a quiet office setting.



**Image:** The trainer configured for upper body exercise, placed on a table surface.

## 2. Adjusting Resistance

The trainer features 8 levels of adjustable magnetic resistance. Turn the tension control knob clockwise to increase resistance (higher intensity) and counter-clockwise to decrease resistance (lower intensity).

# Low-Impact Stress Free Exercise

Strengthen your knees, calves, glutes, elbows, and shoulders with easy, **low-impact** exercises. Enjoy the flexibility to work out **anywhere** in your home or office, anytime.



**Image:** The resistance knob, allowing users to select from 8 levels of magnetic tension for varied workout intensity.

### 3. Digital Monitor Setup

Insert the included AAA battery into the exercise meter. The LCD screen will activate, displaying various workout metrics. Use the 'MODE' button to cycle through Scan, Time, Speed, Distance, and Calories Burned.

# Easy-to-Read LCD Screen

The digital monitor clearly displays key metrics such as **calories burned, time, distance**, and more. Effortlessly track your performance to optimize your workouts and watch your progress



**Image:** The digital monitor, providing real-time feedback on workout metrics such as time, speed, distance, and calories burned.

## OPERATING INSTRUCTIONS

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The Under-Desk Bike Trainer offers a versatile, low-impact exercise experience for both upper and lower body workouts.

### Dual Functionality (Arm & Leg Workouts)

This unit is designed for both leg and arm exercises. For leg workouts, place the unit on the floor in front of your chair. For arm workouts, place the unit on a sturdy table at a comfortable height.

- **Leg Workout:** Sit comfortably in a chair. Place your feet onto the pedals, securing them with the adjustable straps. Begin pedaling in a smooth, controlled motion.
- **Arm Workout:** Place the unit on a stable table. Grip the pedals with your hands. Begin rotating the pedals in a smooth, controlled motion.



Pedal with your legs to target your lower body.

## Dual Functional Exercise

2-in-1 pedal design allows for upper and lower body workouts.



Pedal with your arms to tone upper body.

**Image:** The trainer in use for lower body exercise, ideal for maintaining activity while seated.

# Ultra Quiet Design

Experience 8 levels of **near-silent** magnetic resistance, perfect for use in any environment. Enjoy smooth, quiet workouts, whether it's late-night session at home or a quiet office setting.



**Image:** The trainer adapted for upper body exercise, providing a versatile workout option.

## Adjustable Magnetic Resistance

The magnetic resistance system provides a smooth and quiet workout. Adjust the resistance level using the knob (1-8) to match your fitness level and desired intensity. Lower numbers provide less resistance, while higher numbers increase the challenge.

## Digital Monitor Functions

The digital monitor tracks your progress:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current pedaling speed.
- **DIST (Distance):** Tracks the distance covered during your workout.
- **CAL (Calories):** Estimates the calories burned during your workout.

Press the 'MODE' button to select a specific function to display continuously, or select 'SCAN' to view all functions in sequence.

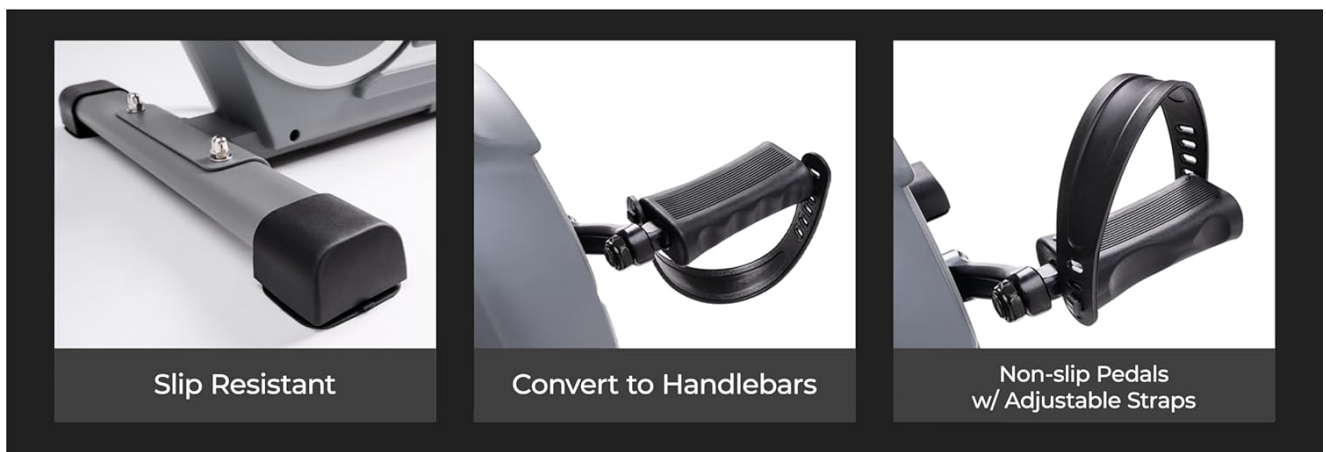
## MAINTENANCE

Regular maintenance helps ensure the longevity and optimal performance of your Under-Desk Bike Trainer.

- **Cleaning:** Wipe down the unit with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are secure. Tighten any loose components.
- **Lubrication:** The magnetic mesh-belt mechanism is designed to be virtually maintenance-free and does not require lubrication.
- **Storage:** Store the trainer in a cool, dry place away from direct sunlight and extreme temperatures. The compact design and built-in handle make it easy to move and store.



Designed to be compact, portable and lightweight for **effortless mobility**.



**Image:** Overview of the trainer's compact dimensions and key features like slip-resistant base and versatile pedals, highlighting its portability and stability.

## TROUBLESHOOTING

If you encounter issues with your Under-Desk Bike Trainer, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Digital monitor not displaying data.	Battery is dead or incorrectly installed.	Replace the AAA battery. Ensure it is inserted with correct polarity.
Unit slides during use.	Not on a stable or appropriate surface; feet are dirty.	Ensure the unit is on a flat, non-slippery surface. Clean the slip-resistant feet. Consider placing on a mat or carpet.
Pedals are stiff or make noise.	Loose components; debris in mechanism.	Check and tighten all assembly bolts. Inspect for any foreign objects obstructing the pedals.
Resistance not changing.	Tension knob mechanism issue.	Ensure the tension knob is fully engaged. If the issue persists, contact customer support.

If you experience a problem not listed here, or if the suggested solutions do not resolve the issue, please contact Sunny Health & Fitness customer support for assistance.

## SPECIFICATIONS

Feature	Detail
Model Name	Mini Exercise Bike (SF-B020026)
Style	Magnetic
Maximum Weight Recommendation	400 Pounds
Number of Resistance Levels	8
Controls Type	Knob
Display Type	LCD
Operation Mode	Manual
Batteries Required	1 AAA (included, for monitor)
Item Dimensions (LxWxH)	21.6" x 18.7" x 14.4"
Item Weight	20.5 Pounds
Material	Metal
Color	Silver
UPC	815749014511, 372893553278

## WARRANTY AND SUPPORT

Sunny Health & Fitness stands behind the quality of its products.

### Warranty Information

This product comes with the following limited warranty:

- **Structural Frame:** 1 year
- **Other Parts and Components:** 180 days

Please retain your proof of purchase for warranty claims. The warranty covers manufacturing defects and does not cover normal wear and tear, misuse, or damage caused by improper assembly or maintenance.

## Customer Support

For any questions, assistance with assembly, troubleshooting, or warranty inquiries, please contact Sunny Health & Fitness customer service. Their dedicated support team is available to provide assistance.

Visit the official Sunny Health & Fitness website for contact details, FAQs, and additional resources: [Sunny Health & Fitness Store](#)