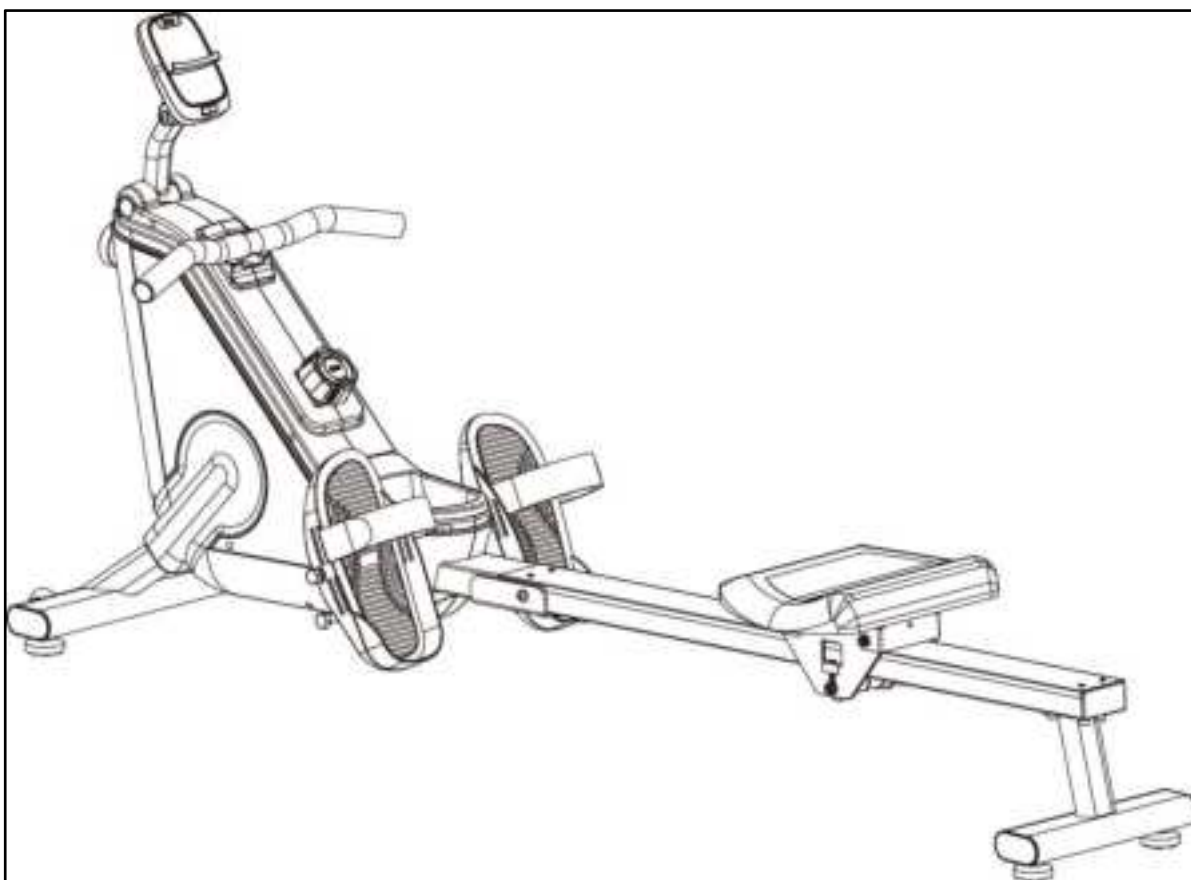




COREZY SMART MAGNETIC ROWING MACHINE SF-RW523043 USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:**
support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



WWW.SUNNYHEALTHFITNESS.COM

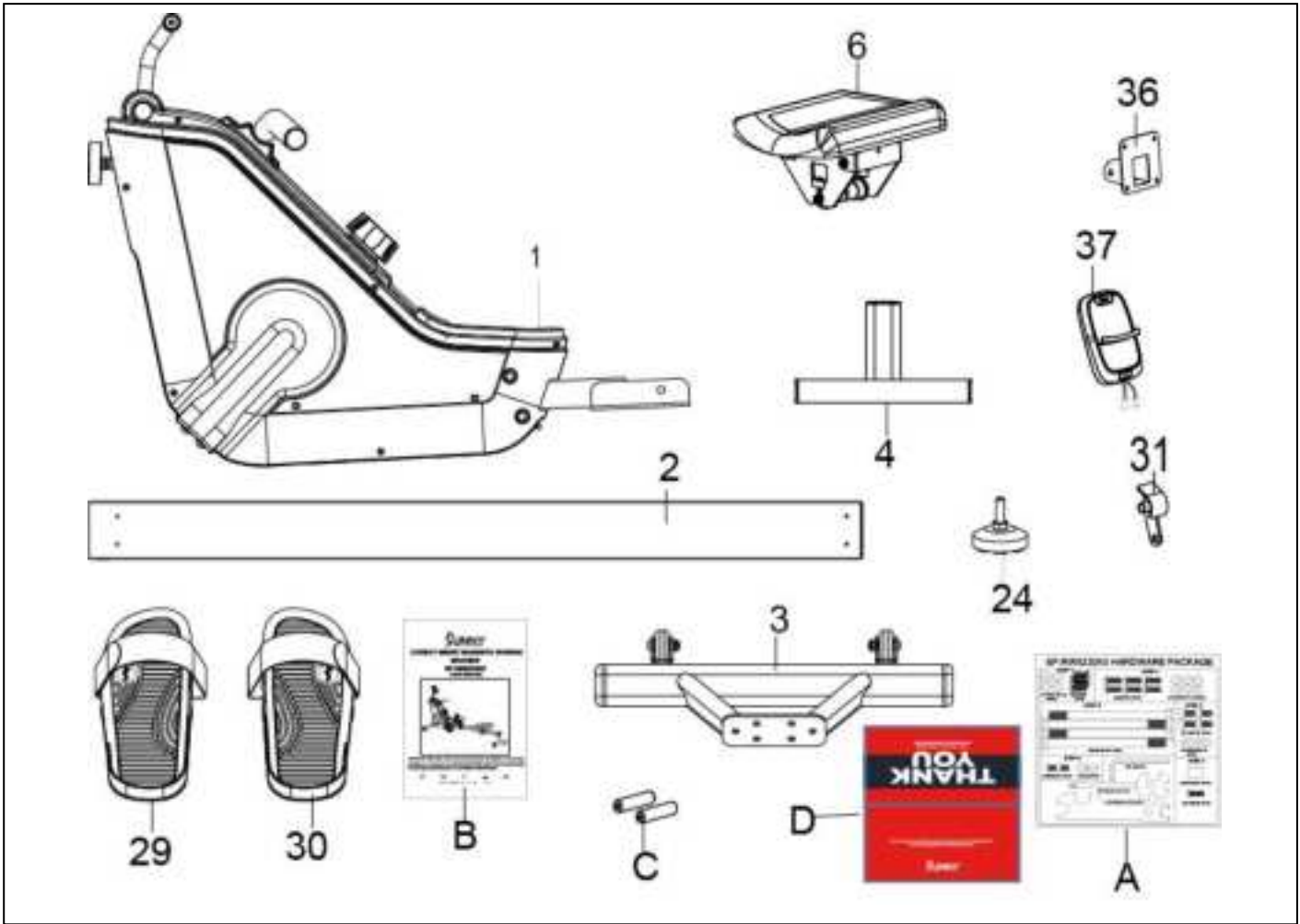
IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 lbs (135kgs).
10. This equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

PRE-ASSEMBLY CHECK LIST

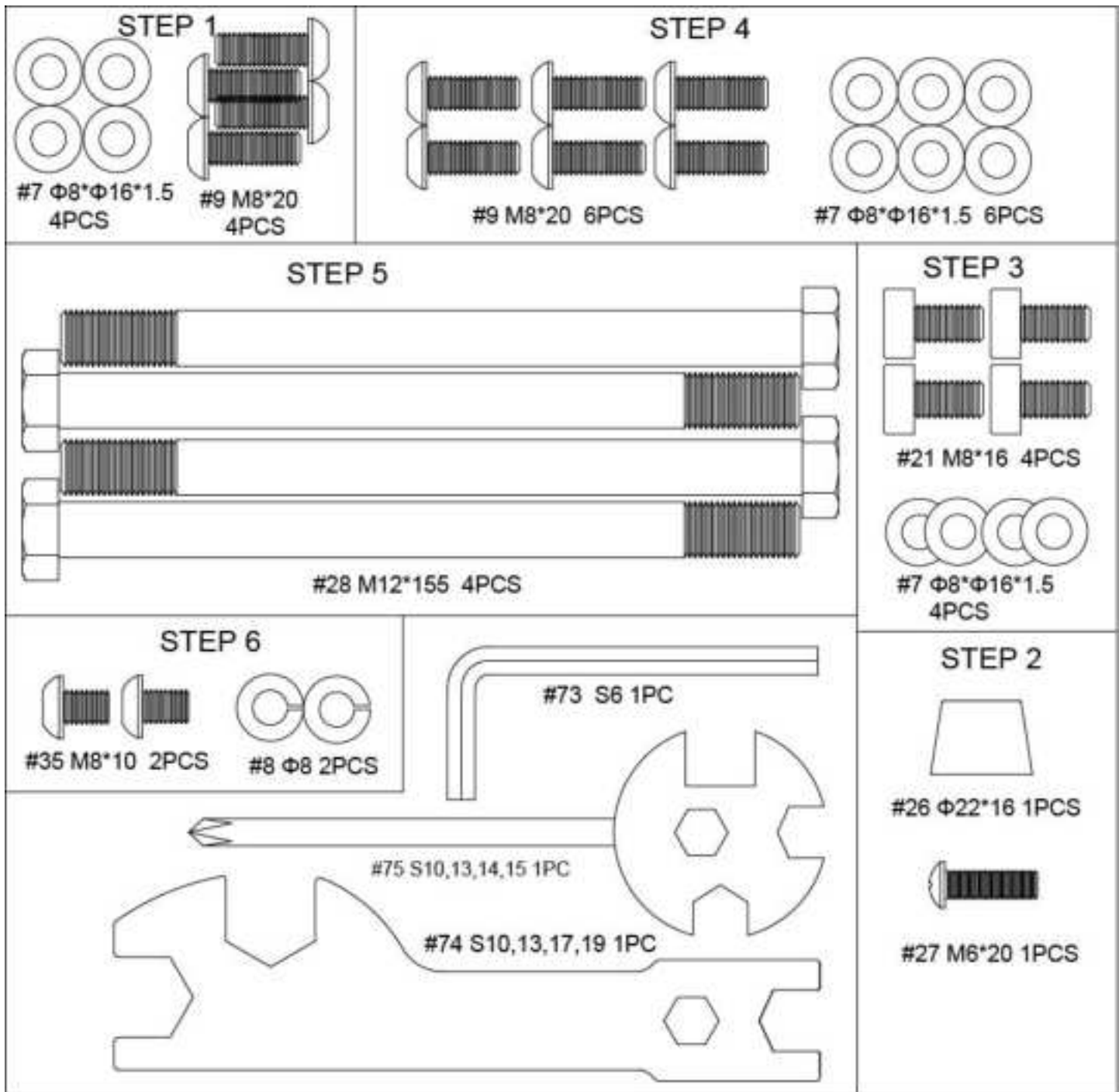
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
6	Seat		1
24	Foot Pad		4
29	Left Pedal		1
30	Right Pedal		1

No.	Description	Spec.	Qty.
31	Foot Limit Assembly		2
36	Computer Support		1
37	Computer		1
A	Hardware Package		1
B	Manual		1
C	Battery	AAA	2
D	Thank You Card		1

HARDWARE PACKAGE



Ordering Replacement Parts (U.S. and Canadian Customers only)

Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” (page 13) and “PARTS LIST” (page 14)

Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS

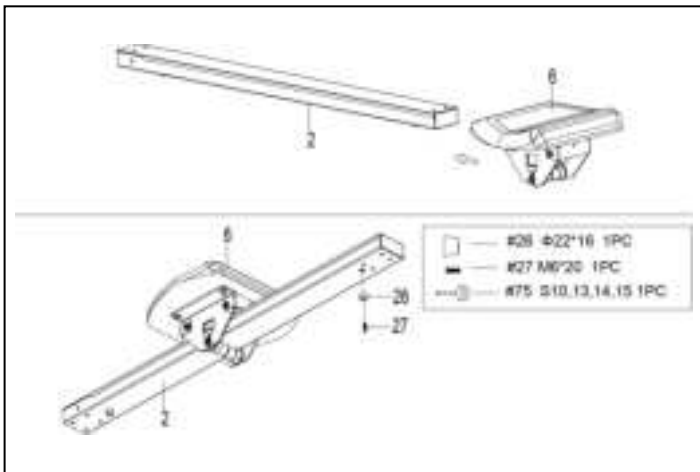
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach **Front Stabilizer (No. 3)** to **Main Frame (No. 1)** using 4 **Bolts (No. 9)** and 4 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 73)**.

Attach the 2 **Foot Pad (No. 24)** to the **Front Stabilizer (No. 3)** by hand.

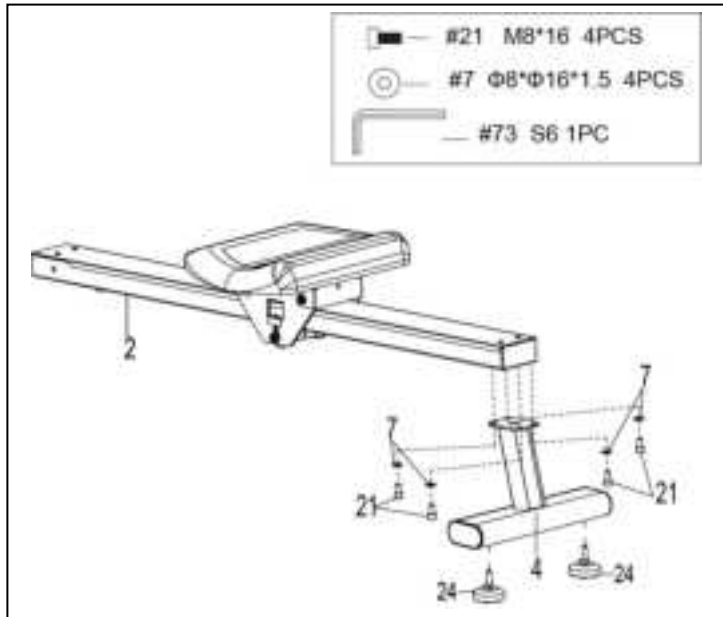


STEP 2:

Slide the **Seat (No. 6)** into the **Sliding Rail (No. 2)**.

Attach 1 **Limit Mat (No. 26)** onto the **Sliding Rail (No. 2)** using 1 **Screw (No. 27)**, then tighten with **Spanner (No. 75)**.

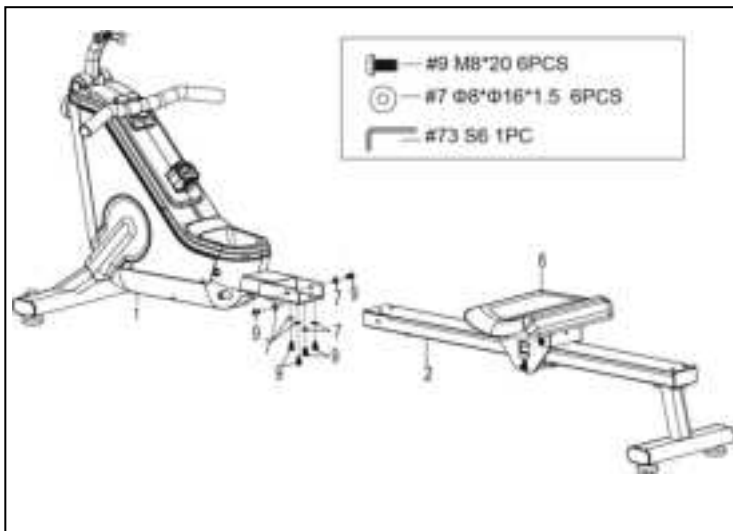
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Attach the 2 **Foot Pads (No. 24)** to the **Rear Stabilizer (No. 4)** by hand.

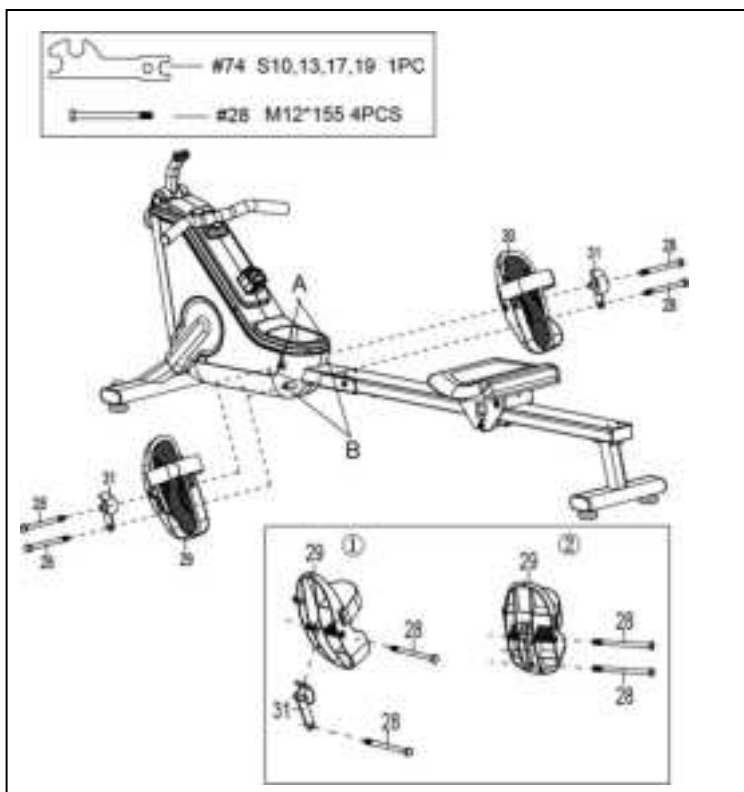
Attach the **Rear Stabilizer (No. 4)** to the **Sliding Rail (No. 2)** using 4 **Bolts (No. 21)** and 4 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 73)**.



STEP4:

Attach the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** by 6 **Bolts (No. 9)**, 6 **Washers (No. 7)**, and tighten and secure with **Wrench (No. 73)**.

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5:

Insert 2 **Bolts (No. 28)** through the **Left Pedal (No. 29)** and **Right Pedal (No. 30)** through **Foot Limit Assembly (No. 31)** into the upper hole at position A of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74)**.

Insert 2 **Bolts (No. 28)** through **Foot Limit Assembly (No. 31)** into the bottom hole at position B of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74)**.

NOTE: The **Left Pedal (No. 29)** and **Right Pedal (No. 30)** should rest on the bottom **Bolts (No. 28)** at position B.

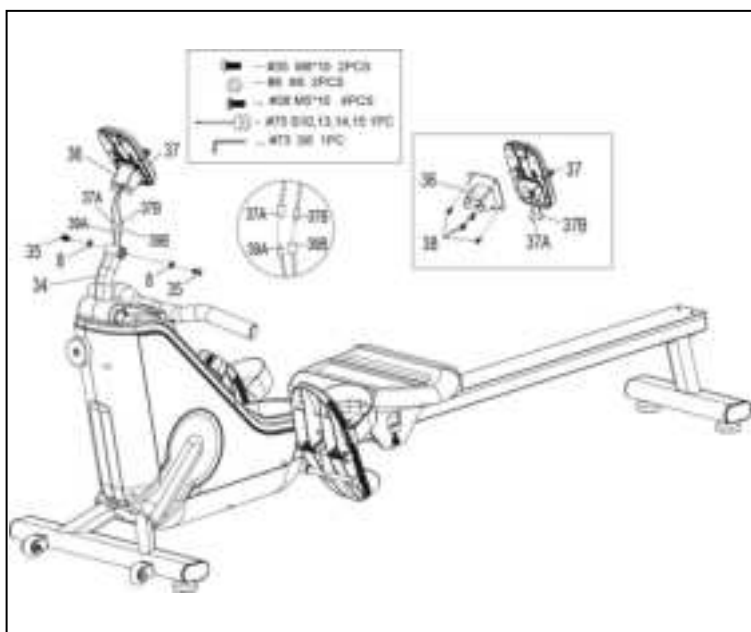
STEP 6:

Remove 4 **Bolts (No. 38)** from the back of the **Computer (No. 37)** with the **Spanner (No. 75)**.

Attach the **Computer (No. 37)** to the **Computer Support (No. 36)** using 4 **Bolts (No. 38)** that were removed. Tighten and secure with **Spanner (No. 75)**.

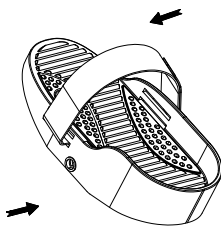

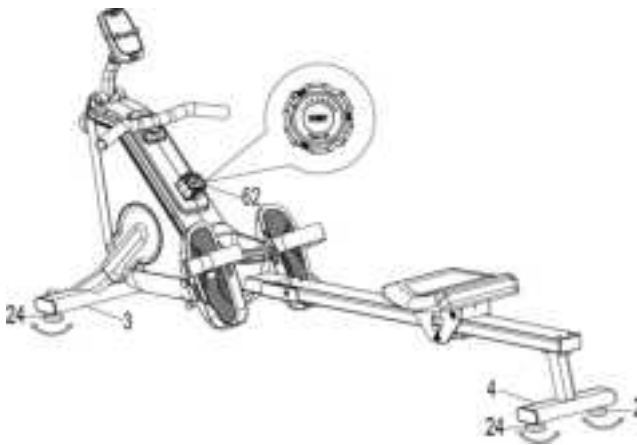
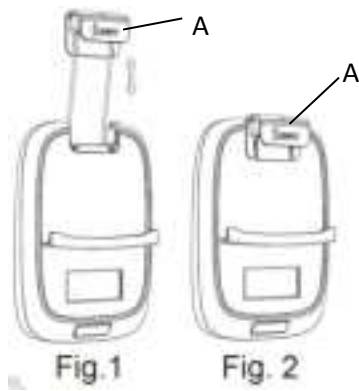
Connect the **Sensor Wire A (No. 39A)** to the **Computer Wire A (No. 37A)** and connect the **Sensor Wire B (No. 39B)** to the **Computer Wire B (No. 37B)**. Next, insert the connected wire into **Computer Supporting Tube (No. 34)**.

Attach the **Computer Support (No. 36)** to **Computer Supporting Tube (No. 34)** using 2 **Bolts (No. 35)** and 2 **Spring Washers (No. 8)**. Tighten and secure with **Allen Wrench (No. 73)**.

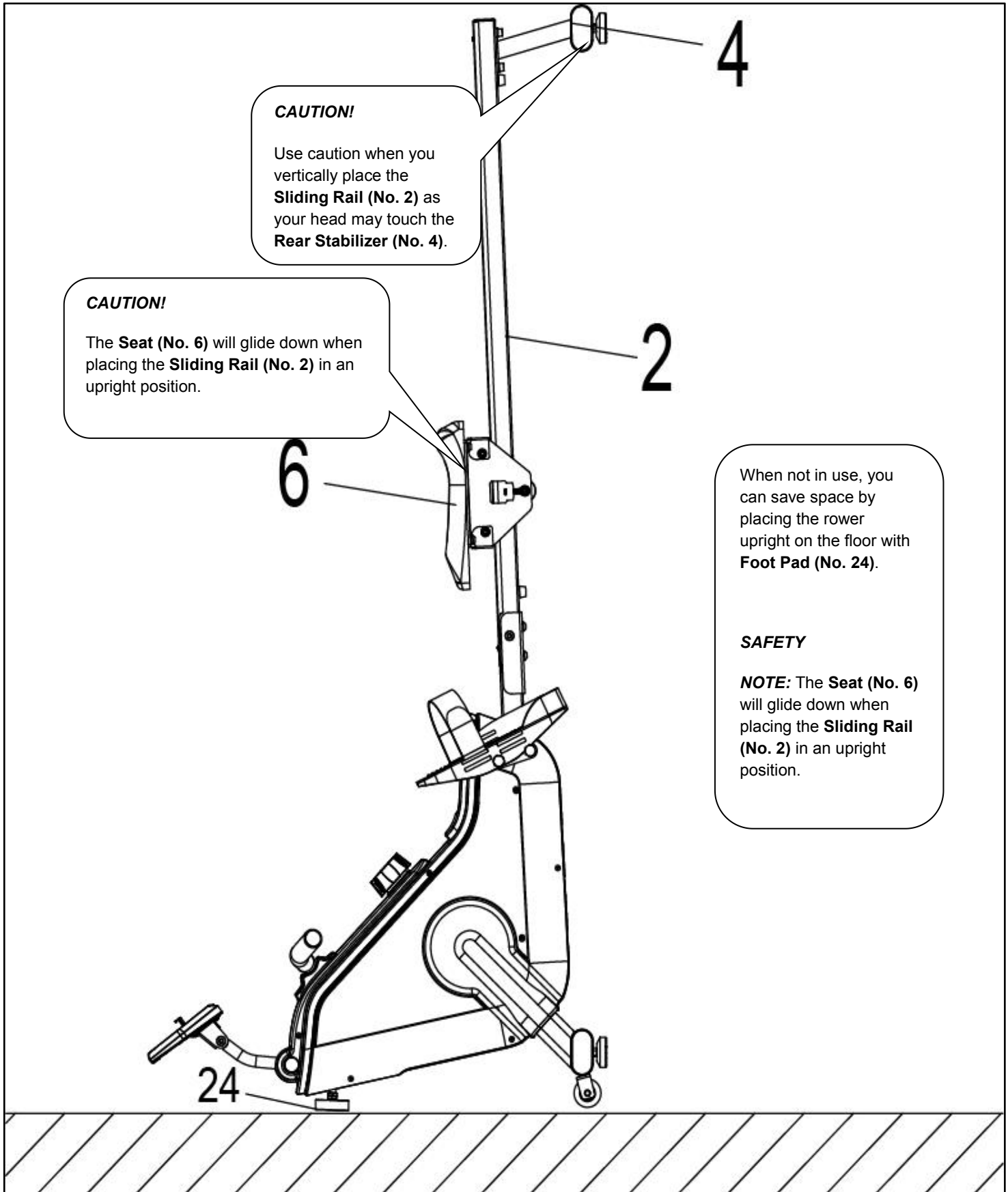


ADJUSTMENTS & USAGE GUIDE

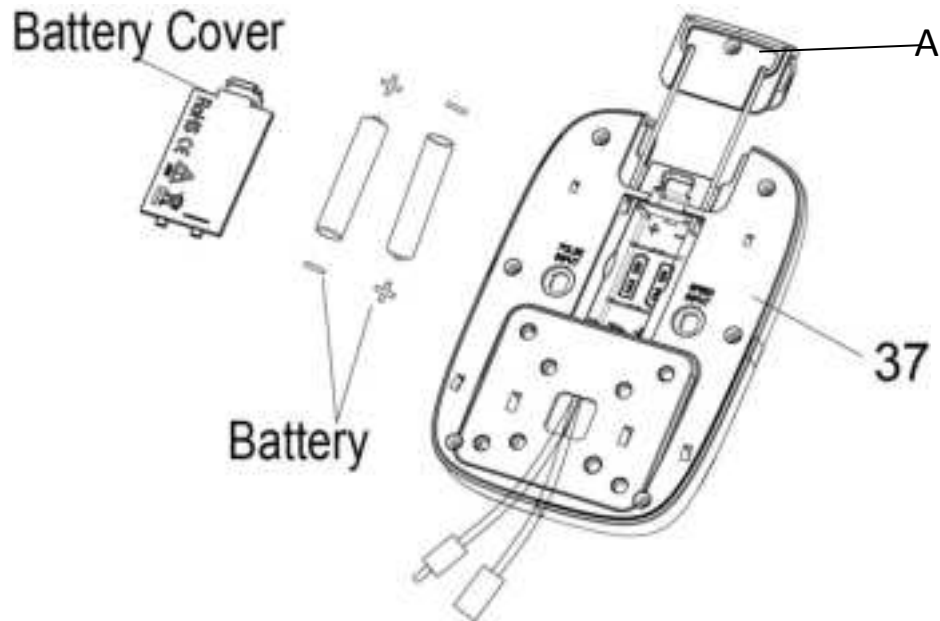
CAUTION! Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!

	<p>PEDAL STRAP ADJUSTMENT</p> <p>The Pedal Straps (No. 42) are adjustable and can be personalized to fit the user's foot size.</p> <p>NOTE: To avoid injury, please adjust the pedal straps to user's foot before exercise.</p>
	<p>MOVING THE ROWER</p> <p>To move the rower, lift up the Rear Stabilizer (No. 4) until the Transportation Wheels (No. 33) touch the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.</p>
	<p>ADJUSTING THE BALANCE AND RESISTANCE</p> <p>Adjust the Foot Pad (No. 24) on the Front Stabilizer (No. 3) and Rear Stabilizer (No. 4) of the rower if the rower is unbalanced during use.</p> <p>Turn the Tension Control Knob (No. 62) <u>clockwise</u> to increase the level of resistance.</p> <p>Turn the Tension Control Knob (No. 62) <u>counter-clockwise</u> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 16 being the highest.</p>
	<p>The SUNNY insert (No. A) can be pulled upward to secure the mobile device in place (as shown in Fig. 1). When the mobile device is placed horizontally, please move the SUNNY insert (No. A) in front of the meter after it is pulled out (as shown in Fig. 2) to avoid the insert from returning back into the meter.</p>

STORAGE GUIDE



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from computer box.
2. Pull out the SUNNY insert (No. A), press the buckle of battery cover on the back of the **Computer (No. 37)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 37)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 37)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 37)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. 37)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 37)**.

The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

EXERCISE COMPUTER



BLUETOOTH :

1. The Bluetooth icon will flash when the meter is on or wakes from sleep mode. If no Bluetooth connection is established within 3 minutes, the Bluetooth icon will turn off.
2. The Bluetooth icon will stay on when it is connected.

WIRELESS HEART RATE :

1. The wireless heart rate icon will flash when the meter is on. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
2. After exercise resumes, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
3. When the meter wakes from sleep mode, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
4. The wireless heart rate icon will flash when the MODE key is pressed. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
5. The wireless heart rate icon will stay on when the heart rate monitor is connected.

NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the computer when the wireless heart rate icon is flashing.

FUNCTION BUTTON

(MODE)

Press the button to switch display or automatically display through each function value in sequence every 6 seconds.

Hold the MODE key for 2 seconds to reset all values except TOT when the Bluetooth is not connected.

Press and hold the MODE key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the meter will enter sleep mode.

Operation

1 Power on –

Installs 2 pieces of 1.5V AAA batteries. (Whenever batteries are removed, all the functions values will be reset to zero.)

2. Sleep mode/wake up

After entering speed signal, each function will skip to display. STOP will be displayed once no speed signal detected for 10 seconds.

The meter will shut off automatically and disconnect the heart rate monitor if there is no activity for 4 minutes when the Bluetooth is not connected.

Sleep mode:

A. No connection with Bluetooth module.

B. No speed signal and button operation input

It will enter the sleep mode then the screen and broadcast will turn off and the pulse measurement will stop if A and B exist simultaneously.

3. SCAN

After power on or press the mode button, automatically scan through each function value in sequence every 6 seconds. SCAN-->TIME-->CNT-->DIST-->CAL-->TOT-->SPM-->T/500M-->PULSE-->SCAN

4. TIME: Accumulates total training time from 00:00 up to 999:59.

5. CNT: Display current training frequency from 0 up to 99999.

6. DIST: Accumulates training distance from 0 up to 99999 Meter.

7. CAL: Accumulates calories consumption during training from 0.0 up to 9999.9 kcal

Note: This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.

8. TOT: Display the total counts from the battery has been installed, and the data will be re-counted after replacing the battery.

9. SPM: Displays current stroke per minute.

10. T/500M: Displays Time for training of 500 Meter

11. PULSE (Needs to pair with the Bluetooth device)

Display the user's heart rate from 30-240 upon pulse signal detected with pulse symbol glittering. The pulse graphic will not glitter upon no pulse signal detected.

Note:

1. If the computer displays abnormally, please re-install the battery and try again.

2. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.

APP CONNECTION:

CONNECT SMART EQUIPMENT TO SUNNYFIT APP:

1. Scan to download SunnyFit from the app store.



2. Ensure that the Bluetooth function is turned on from your mobile device.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!

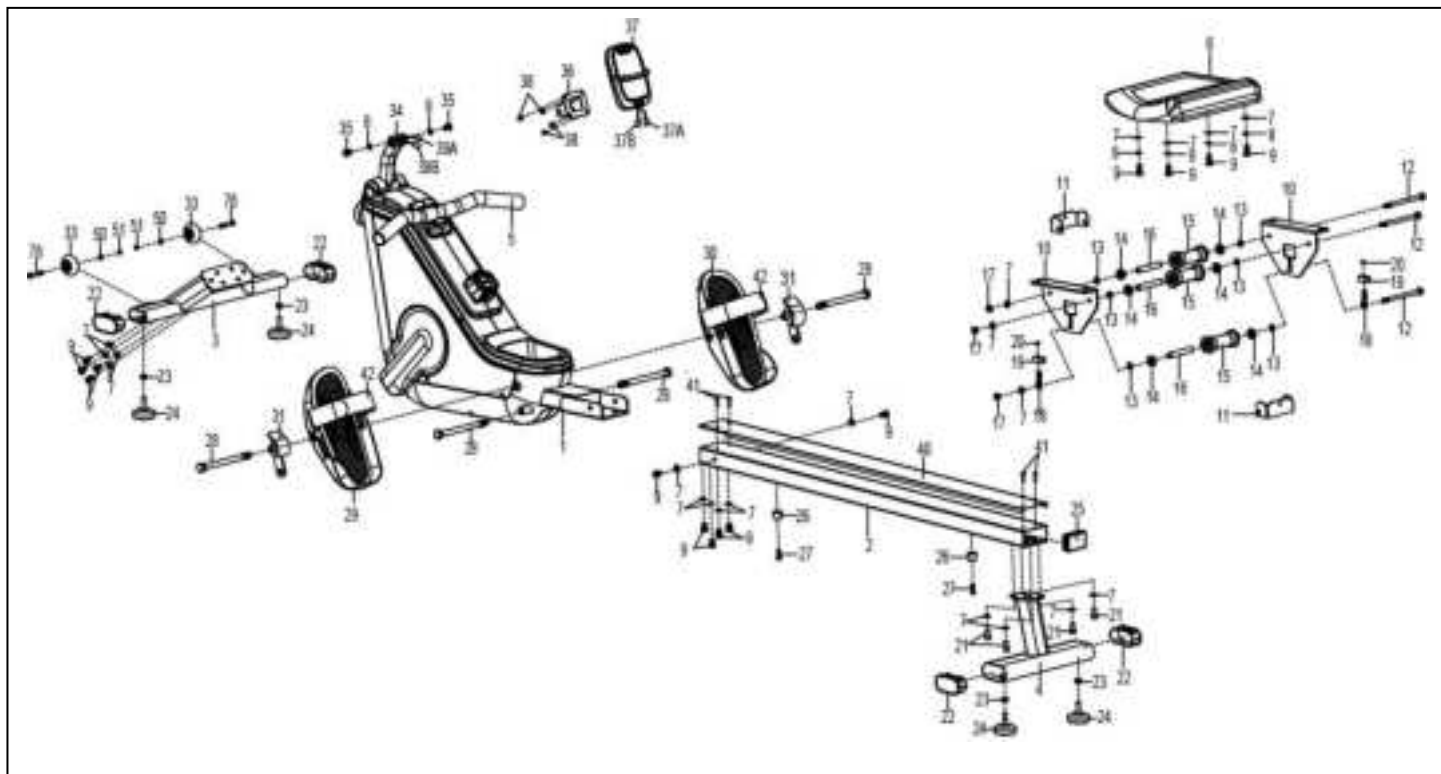
TROUBLESHOOTING:

- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:

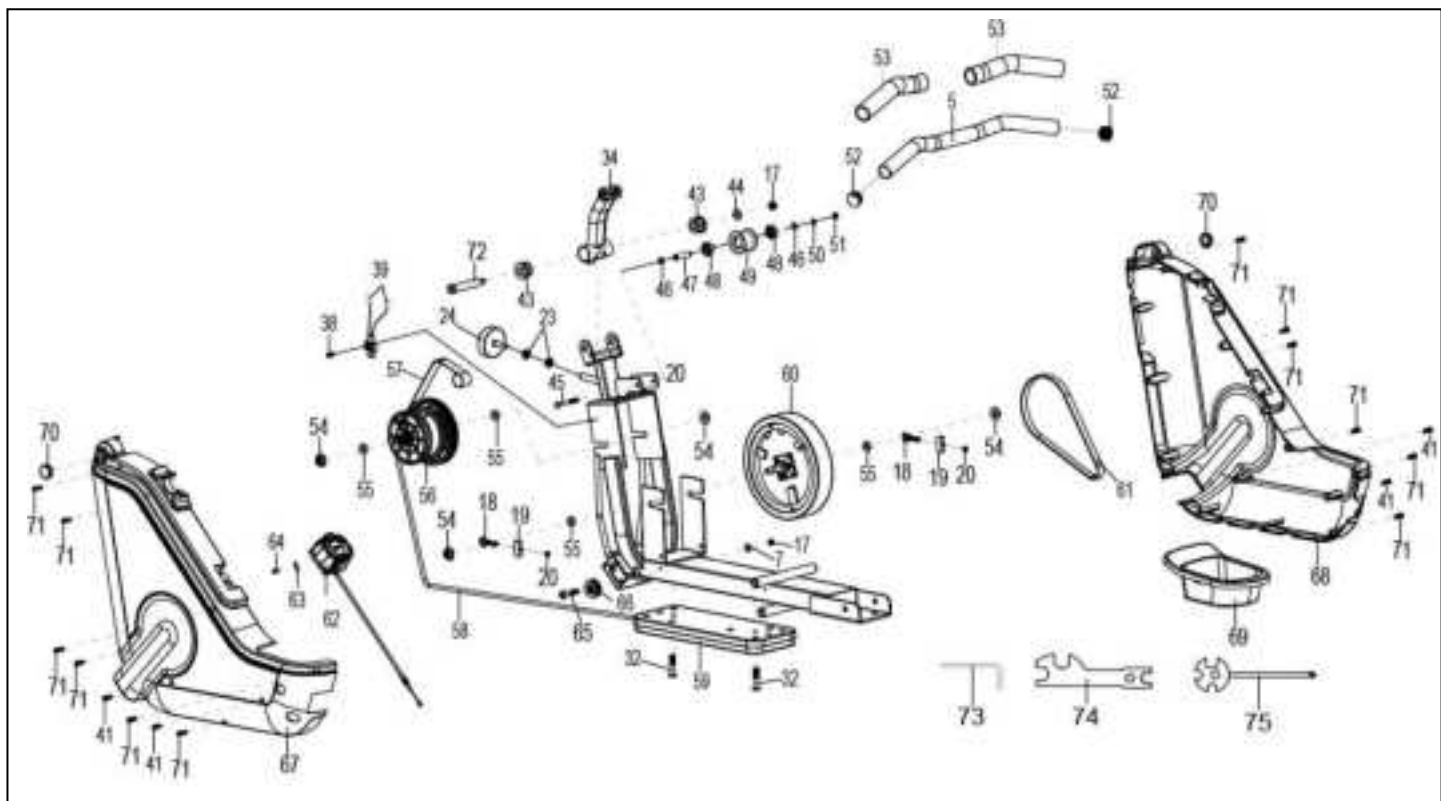


- If you require additional support, please contact support@sunnyfit.com.

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

No.	Description	Spec.	Qty
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
5	Handlebar		1
6	Seat		1
7	Washer	Φ8*Φ16*1.5	22
8	Spring Washer	Φ8	6
9	Bolt	M8*20	14
10	Seat Supporting Board		2
11	U Shape Bracket		2
12	Bolt	M8*155	3
13	Spacer		6
14	Bearing	608	6
15	Wheel		3
16	Casing Pipe for Idler Wheel		3
17	Nut	M8	5
18	Adjusting Screw	M6*36	4
19	U Shape Baffle		4
20	Nut	M6	5
21	Bolt	M8*16	4
22	End Cap		4
23	Nut	M8	6
24	Foot Pad	M8*25	5
25	Square plug		1
26	Limit mat	Φ22*16	2
27	Screw	M6*20	2
28	Bolt	M12*155	4
29	Left Pedal		1
30	Right Pedal		1
31	Foot Limit Assembly		2
32	Bolt	M8*40	2
33	Transportation Wheel		2
34	Computer Supporting Tube		1
35	Bolt	M8*10	2
36	Computer Support		1
37	Computer		1
37A	Computer Wire A		1
37B	Computer Wire B		1
38	Bolt	M5*10	5

No.	Description	Spec.	Qty
39	Sensor Wire	L=330mm	2
39A	Sensor Wire A		1
39B	Sensor Wire B		1
40	U Shape Stainless Steel Sheet		1
41	Screw	ST4.2*20	8
42	Pedal Strap		2
43	Axle Sleeve		2
44	Big Washer	Φ8*Φ20*2.0	1
45	Bolt	M6*55	1
46	Shaft snap ring		2
47	Belt pulley shaft		1
48	Bearing	6000	2
49	Mesh Belt Pulley	Φ45*35	1
50	Washer	Φ6*Φ16*1.0	3
51	Nut	M6	3
52	Round End Cap		2
53	Foam Grip	φ27*φ33*244	2
54	Nut	M10*1.0*9	4
55	Nut	M10*1*B5	4
56	Volute Spring Complete sets		1
57	Mesh Belt		1
58	Elastic String		1
59	Box assembly		1
60	Inertial Wheel		1
61	Belt	PJ6	1
62	Tension Control Knob		1
63	Washer	φ5	1
64	Bolt	M5*12	1
65	Bolt	M8*35	1
66	Wheel		1
67	Left Cover		1
68	Right Cover		1
69	Bottle holder		1
70	Cover		2
71	Screw	ST4.2*25	12
72	Bolt	M8	1
73	Allen Wrench	S6	1
74	Spanner	S10,13,17,19	1
75	Spanner	S10,13,14,15	1
76	Bolt	M6*40	2

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