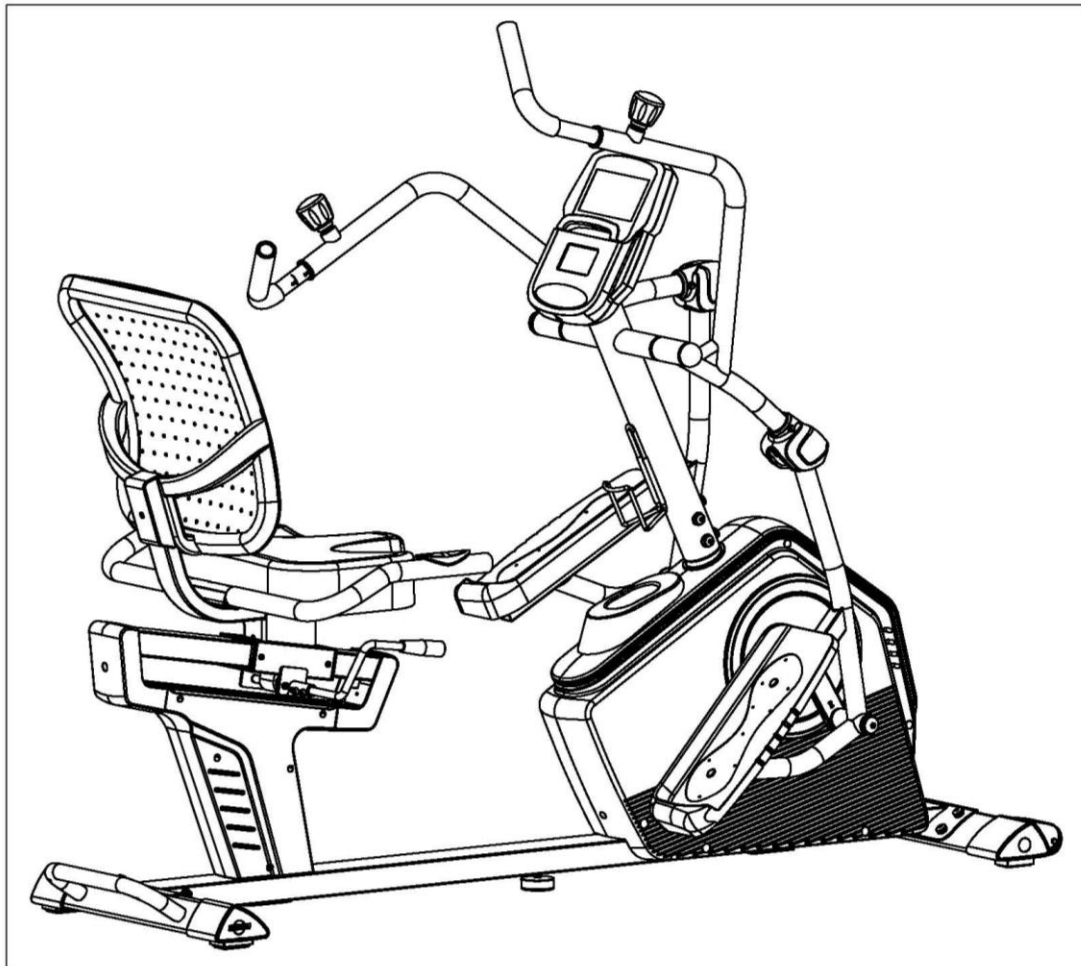




SMART RECUMBENT CROSS TRAINER ELLIPTICAL EXERCISE BIKE

SF-RBE4886 SMART 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

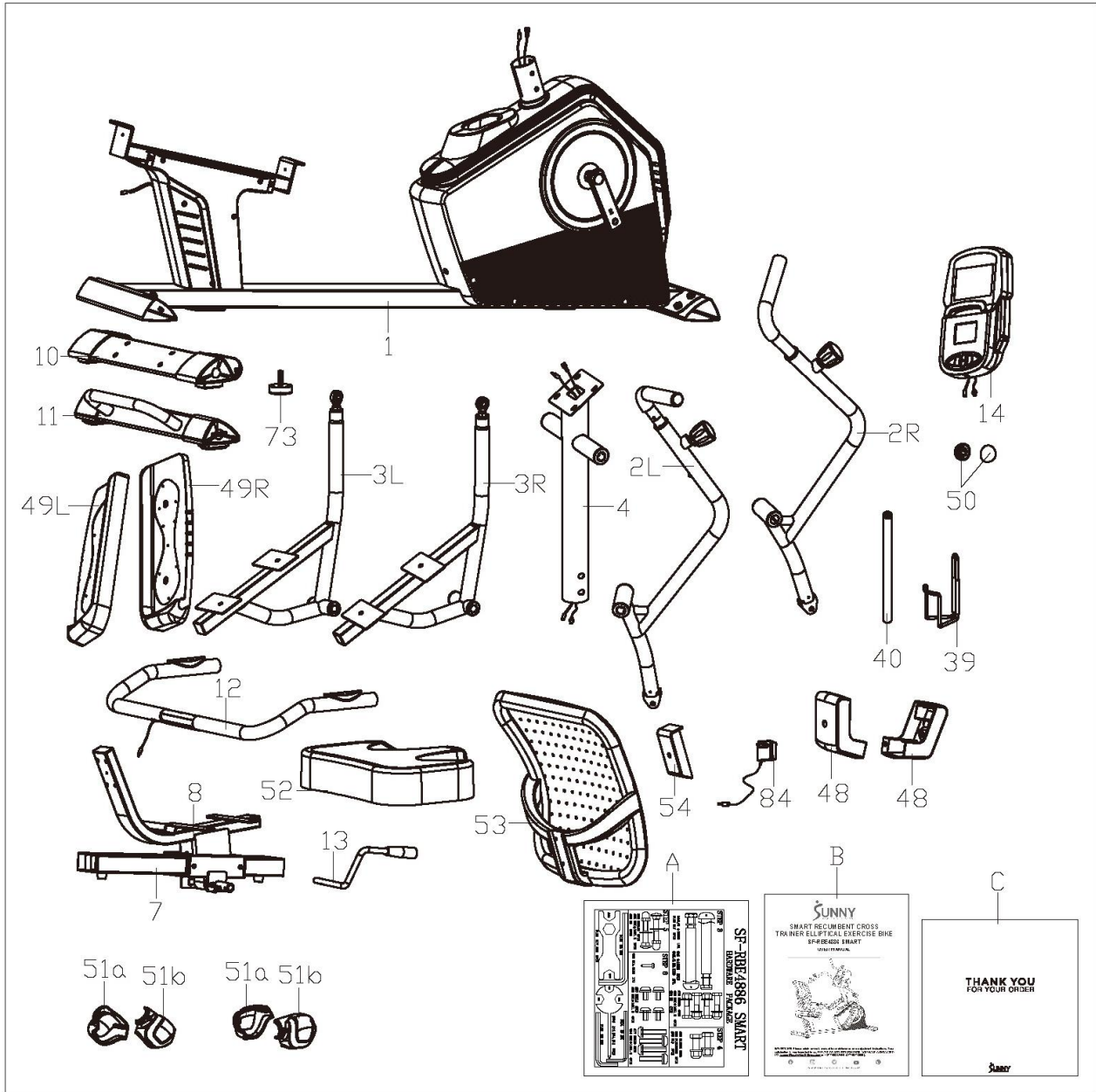
IMPORTANT SAFETY INFORMATION

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 4 feet (120 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 pounds (135 KG).
10. The 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.



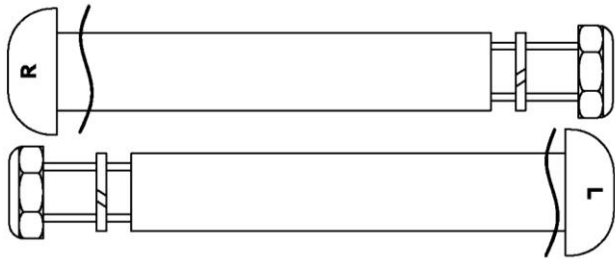
No.	Description	Spec.	Qty.
1	Main Frame		1
2L/R	Swing Bar		1 pr.
3L/R	Pedal Support Tube		1 pr.
4	Handlebar Post		1
7	Seat Rail		1
8	Seat Support		1
10	Front Stabilizer		1
11	Rear Stabilizer		1
12	Rear Handlebar		1
13	Adjustable Handle		1
14	Meter		1
39	Bottle Holder		1
40	Long Axle		1

No.	Description	Spec.	Qty.
48	Seat Rail Cover		2
49L/R	Pedal		1 pr.
50	Cap	S13	2
51a/b	Protective Cover		2 prs.
52	Seat		1
53	Backrest		1
54	Backrest Cover		1
73	Adjustable Pad		1
84	Adaptor		1
A	Hardware Package		1
B	Manual		1
C	Thank You Card		1

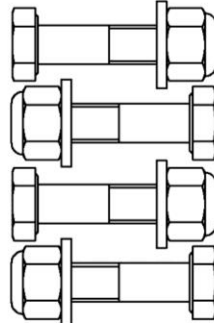
HARDWARE PACKAGE

SF-RBE4886 SMART HARDWARE PACKAGE

STEP 3

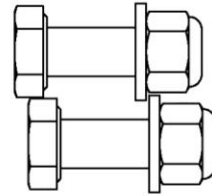


#44L/R ϕ 16X89 1PR. #45 ϕ 13XB2 2PCS
#125 D17 2PCS #46L/R B0.5X20 1PR.



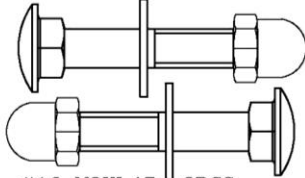
#15 M8X50 4PCS
#35 D8X ϕ 16X1.5 4PCS
#30 M8 4PCS

STEP 4



#19 M10X35 2PCS
#32 D10XD20X2 2PCS
#28 M10 2PCS

STEP 5

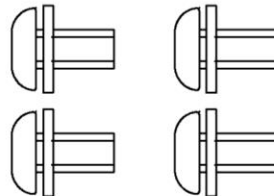


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#35 D8X ϕ 16X1.5 2PCS
#29 M8 2PCS

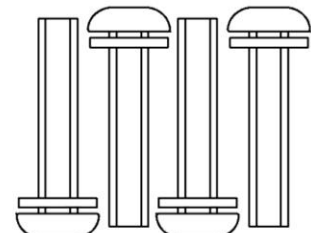
STEP 6



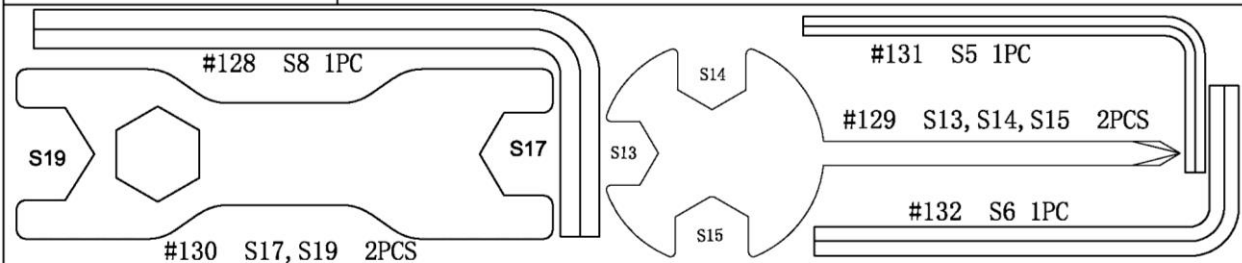
#23 ST4.2X18 1PC



#20 M8X16 4PCS
#35 D8X ϕ 16X1.5 4PCS



#17 M6X40 4PCS
#34 D6X ϕ 12X1.2 4PCS



#128 S8 1PC

S19

S17

#130 S17, S19 2PCS

S14

S13

S15

#131 S5 1PC

#129 S13, S14, S15 2PCS

#132 S6 1PC

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

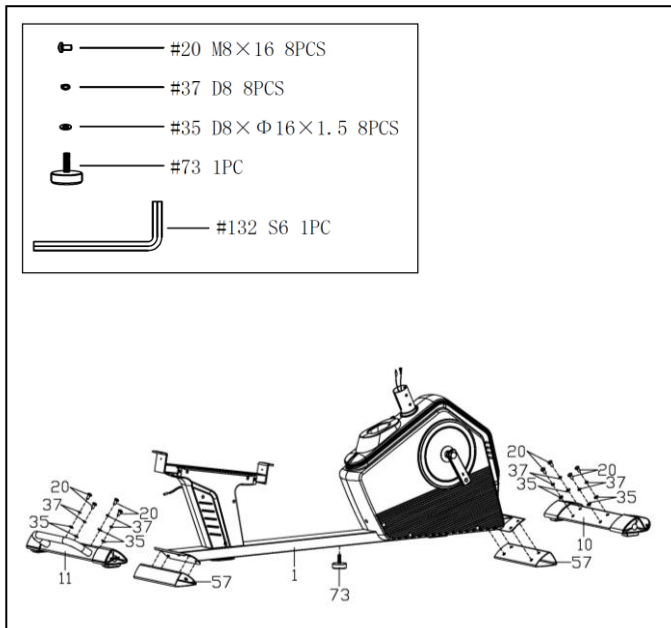
Please provide the following information in order for us to accurately identify the part(s) needed:

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

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

ASSEMBLY INSTRUCTIONS

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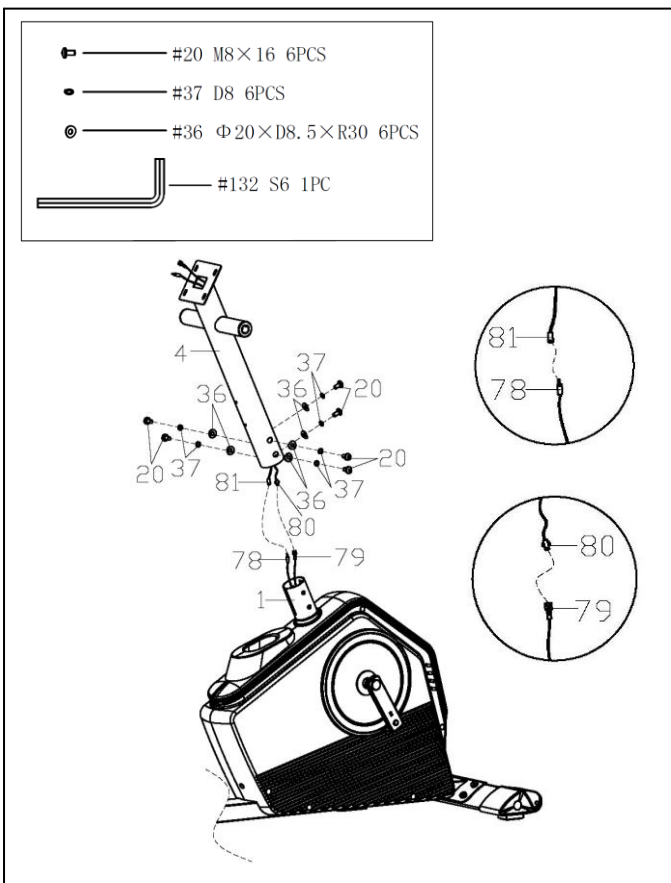
STEP 1:

Remove 2 **Shipping Tubes (No. 57)**, 8 **Screws (No. 20)**, 8 **Spring Washers (No. 37)** and 8 **Flat Washers (No. 35)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 132)**.

NOTE: You can discard the 2 **Shipping Tubes (No. 57)** or save them to repackage the item in the future.

Attach the **Front Stabilizer (No. 10)** and **Rear Stabilizer (No. 11)** to the **Main Frame (No. 1)** with 8 **Screws (No. 20)**, 8 **Spring Washers (No. 37)** and 8 **Flat Washers (No. 35)** that were just removed. Tighten and secure with **Allen Wrench (No. 132)**.

Attach the **Adjustable Pad (No. 73)** to the **Main Frame (No. 1)**.



STEP 2:

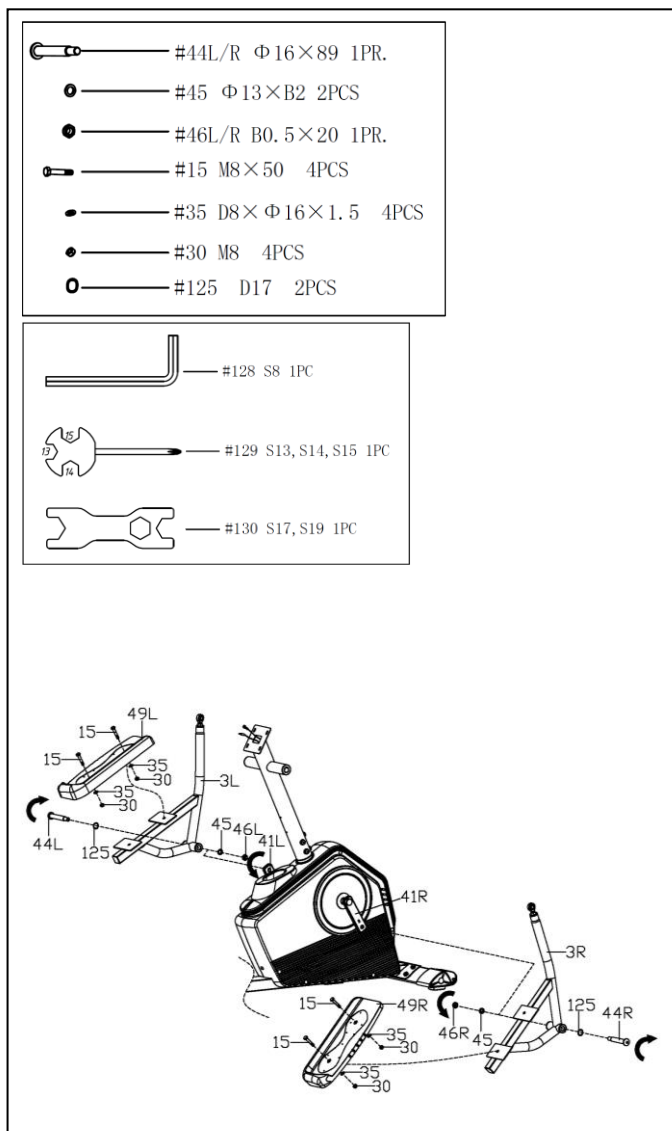
Remove 6 **Screws (No. 20)**, 6 **Spring Washers (No. 37)** and 6 **Arc Washers (No. 36)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 132)**.

Connect the **Sensor Extension Wire 2 (No. 80)** with **Sensor Extension Wire 1 (No. 79)** and connect **Pulse Extension Wire 2 (No. 81)** with **Pulse Extension Wire 1 (No. 78)**.

Attach the **Handlebar Post (No. 4)** to the **Main Frame (No. 1)** with 6 **Screws (No. 20)**, 6 **Spring Washers (No. 37)** and 6 **Arc Washers (No. 36)** that were just removed. Tighten and secure with **Allen Wrench (No. 132)**.

NOTE: Do not cut or pinch any wires when attaching the **Handlebar Post (No. 4)**.

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STEP 3:

Attach the **Left Pedal Support Tube (No. 3L)** to the **Left Crank (No. 41L)** with 1 **Left Hinge Bolt (No. 44L)** and 1 **Wave Washer (No. 125)**. Turn the **Left Hinge Bolt (No. 44L)** counter-clockwise with your hand. Then attach 1 **Spring Washer (No. 45)** and 1 **BLACK Left Nylon Nut (No. 46L)** to the end of **Left Hinge Bolt (No. 44L)** and turn the **BLACK Left Nylon Nut (No. 46L)** clockwise. Pre-Secure by **Allen Wrench (No. 128)** and **Spanner (No. 130)**.

Attach the **Right Pedal Support Tube (No. 3R)** to the **Right Crank (No. 41R)** with 1 **Right Hinge Bolt (No. 44R)** and 1 **Wave Washer (No. 125)**. Turn the **Right Hinge Bolt (No. 44R)** clockwise with your hand. Then attach 1 **Spring Washer (No. 45)** and 1 **WHITE Right Nylon Nut (No. 46R)** to the end of **Right Hinge Bolt (No. 44R)** and turn the **WHITE Right Nylon Nut (No. 46R)** counter-clockwise. Pre-Secure by **Allen Wrench (No. 128)** and **Spanner (No. 130)**.

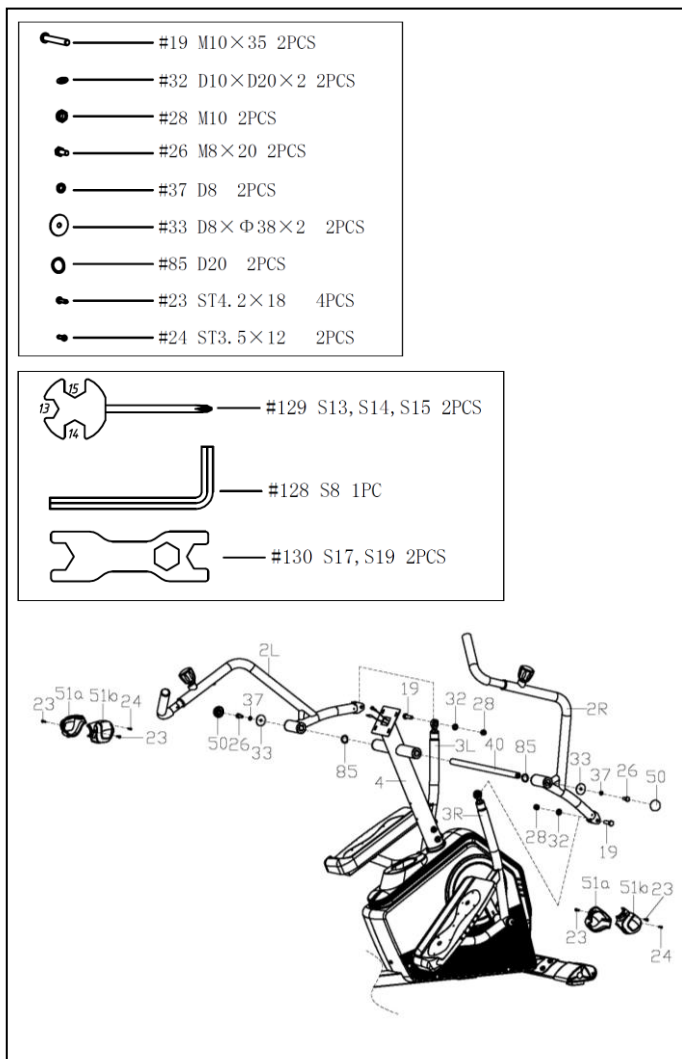
NOTE: The **Left Hinge Bolt (No. 44L)** is labeled L, while the **Right Hinge Bolt (No. 44R)** is labeled R.

NOTE: Please do not fully tighten **Hinge Bolts (No. 44L/R)** and **Nylon Nut (No. 46L/R)** at this time

Attach 2 **Pedals (No. 49L/R)** to the 2 **Pedal Support Tubes (No. 3L/R)** with 4 **Hex Bolts (No. 15)**, 4 **Flat Washers (No. 35)** and 4 **Nylon Nuts (No. 30)** using **Spanner (No. 129)**.

NOTE: The **Left Pedal (No. 49L)** is labeled L, while the **Right Pedal (No. 49R)** is labeled R.

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STEP 4:

Remove 2 **Hex Screws (No. 26)**, 2 **Spring Washers (No. 37)**, 2 **Flat Washers (No. 33)** and 2 **Wave Washers (No. 85)** from the **Long Axle (No. 40)** by 2 **Spanners (No. 129)**.

Insert the **Long Axle (No. 40)** into the **Handlebar Post (No. 4)**, then put on 2 **Wave Washers (No. 85)** that were just removed to the both sides of the **Long Axle (No. 40)**. Attach the 2 **Swing Bars (No. 2L/R)** to both sides of the **Long Axle (No. 40)** using 2 **Flat Washers (No. 33)**, 2 **Spring Washers (No. 37)** and 2 **Hex Screws (No. 26)** that were just removed. Pre-secure with 2 **Spanners (No. 129)**.

NOTE: Do not completely tighten the **Hex Screws (No. 26)** yet.

Attach 2 **Swing Bars (No. 2L/R)** to 2 **Pedal Support Tubes (No. 3L/R)** with 2 **Screws (No. 19)**, 2 **Flat Washers (No. 32)** and 2 **Nylon Nuts (No. 28)** using 2 **Spanners (No. 130)**.

Firstly, fasten 2 **Hinge Bolts (No. 44L/R)** and 2 **Nylon Nuts (No. 46L/R)** tightly for STEP 3 using **Allen Wrench (No. 128)** and **Spanner (No. 130)**.

Secondly, fasten 2 **Hex Screws (No. 26)** using 2 **Spanners (No. 129)**.

Then fasten 2 **Screws (No. 19)** and 2 **Nylon Nuts (No. 28)** using 2 **Spanners (No. 130)**.

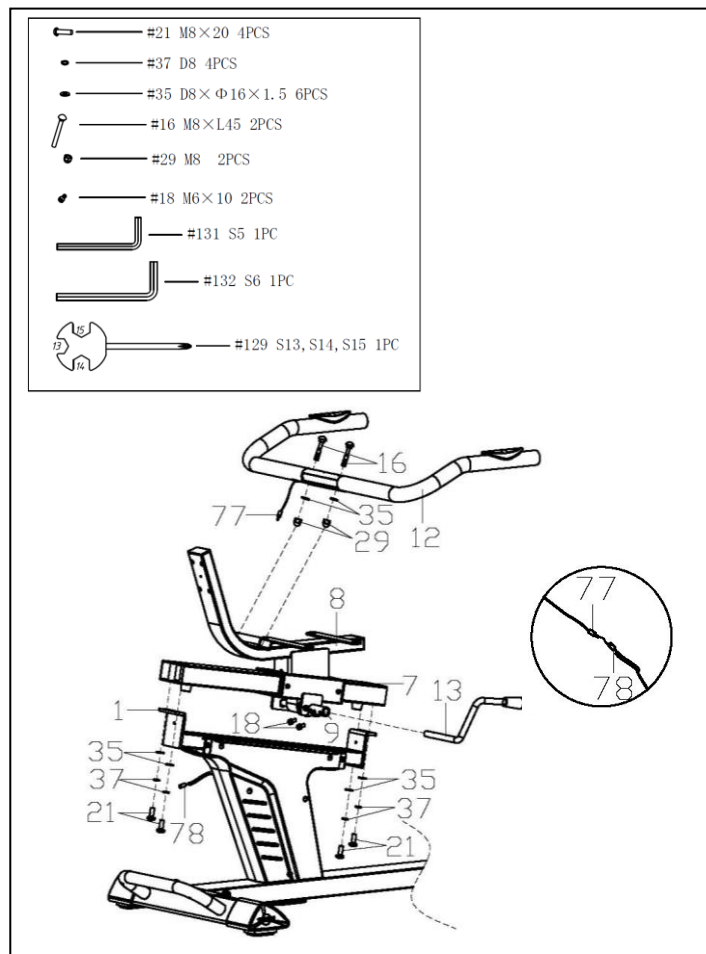
Finally, cover with the 2 **Caps (No. 50)**.

NOTE: Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.

Remove 4 **Screws (No. 23)** from 2 **Swing Bars (No. 2L/R)** and remove 2 **Screws (No. 24)** from 2 pairs **Protective Covers (No. 51a/b)** using **Spanner (No. 129)**.

Attach the 2 pairs **Protective Covers (No. 51a/b)** to the 2 joints of the 2 **Swing Bars (No. 2L/R)** and 2 **Pedal Support Tubes (No. 3L/R)** with 4 **Screws (No. 23)** and 2 **Screws (No. 24)** that were just removed using **Spanner (No. 129)**.

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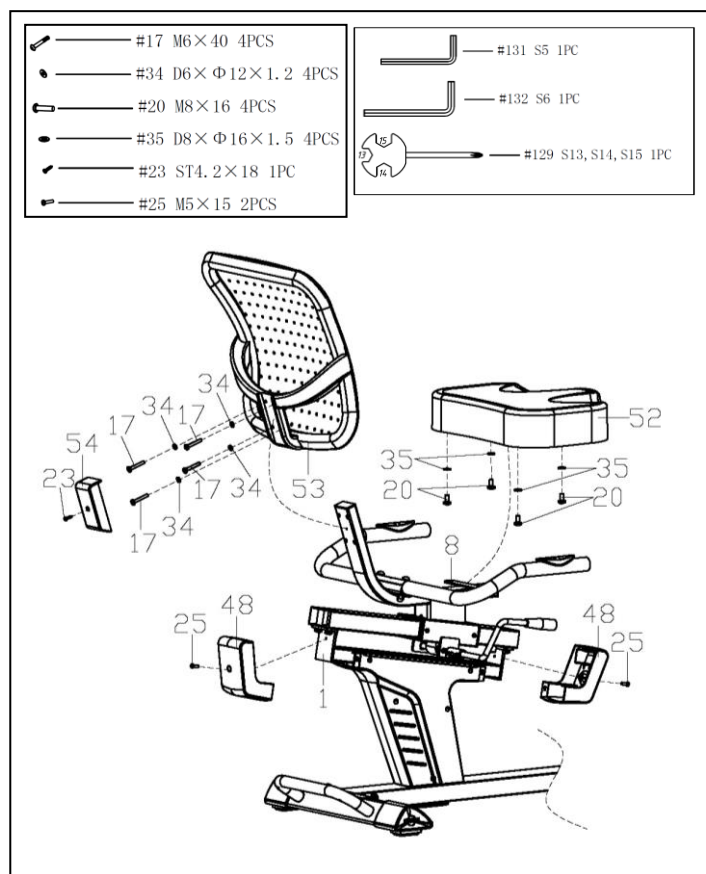
STEP 5:

Remove 4 **Screws (No. 21)**, 4 **Spring Washers (No. 37)** and 4 **Flat Washers (No. 35)** from the **Seat Rail (No. 7)** with **Allen Wrench (No. 132)**. Then attach the **Seat Rail (No. 7)** to the **Main Frame (No. 1)** with 4 **Screws (No. 21)**, 4 **Spring Washers (No. 37)** and 4 **Flat Washers (No. 35)** that were just removed using **Allen Wrench (No. 132)**.

Remove the 2 **Screws (No. 18)** from the **Adjustable Handle (No. 13)** using **Allen Wrench (No. 131)**. Then attach the **Adjustable Handle (No. 13)** to the **Axle (No. 9)** with 2 **Screws (No. 18)** that were just removed using **Allen Wrench (No. 131)**.

Attach the **Rear Handlebar (No. 12)** to the **Seat Support (No. 8)** with 2 **Carriage Bolts (No. 16)**, 2 **Flat Washers (No. 35)** and 2 **Cap Nuts (No. 29)** using **Spanner (No. 129)**.

Connect the **Pulse Wire (No. 77)** with the **Pulse Extension Wire 1 (No. 78)**.



STEP 6:

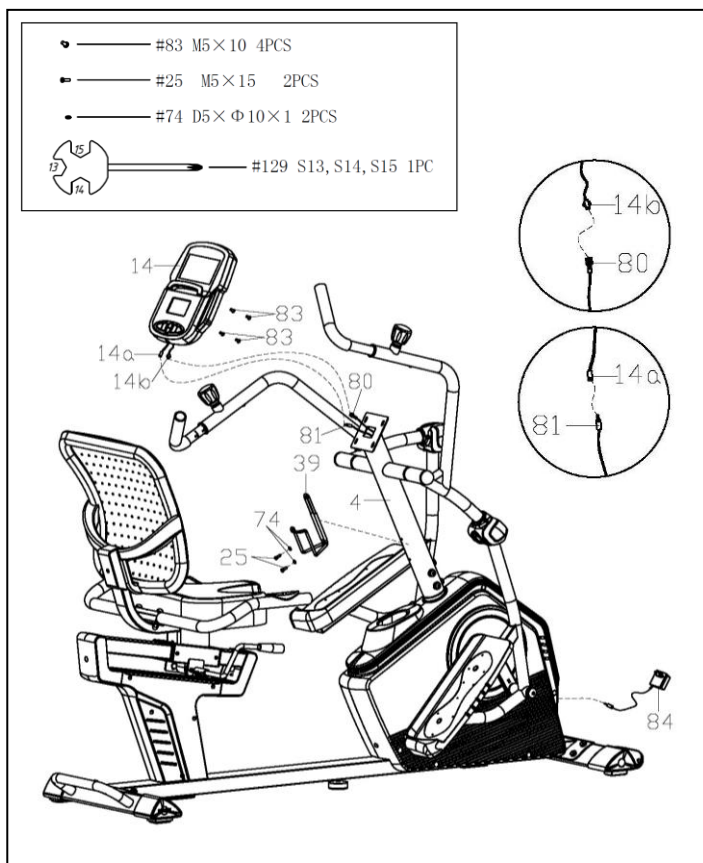
Remove 2 **Screws (No. 25)** from the **Main Frame (No. 1)** using **Spanner (No. 129)**. Then attach 2 **Seat Rail Covers (No. 48)** to the **Main Frame (No. 1)** with 2 **Screws (No. 25)** that were just removed using **Spanner (No. 129)**.

Attach the **Seat (No. 52)** to the **Seat Support (No. 8)** with 4 **Screws (No. 20)** and 4 **Flat Washers (No. 35)** using **Allen Wrench (No. 132)**.

Attach the **Backrest (No. 53)** to the **Seat Support (No. 8)** with 4 **Bolts (No. 17)** and 4 **Flat Washers (No. 34)**. Tighten and secure with **Allen Wrench (No. 131)**.

Attach the **Backrest Cover (No. 54)** to the **Seat Support (No. 8)** with the **Screw (No. 23)**. Tighten and secure with **Spanner (No. 129)**.

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STEP 7:

Remove 4 **Screws (No. 83)** from the **Meter (No. 14)** with **Spanner (No. 129)**.

Connect the **Pulse Extension Wire 2 (No. 81)** with **Meter Wire A (No. 14a)**, and connect **Sensor Extension Wire 2 (No. 80)** with **Meter Wire B (No. 14b)**. Insert all the wires into the tube of **Handlebar Post (No. 4)**. Then attach the **Meter (No. 14)** to the bracket of **Handlebar Post (No. 4)** with 4 **Screws (No. 83)** that were just removed. Tighten and secure with the **Spanner (No. 129)**.

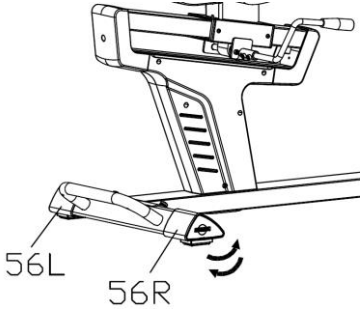
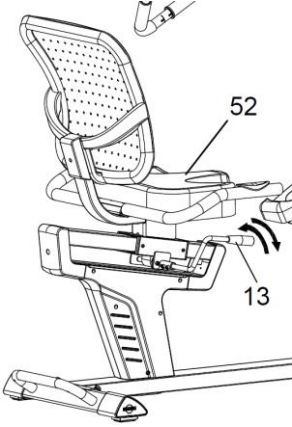
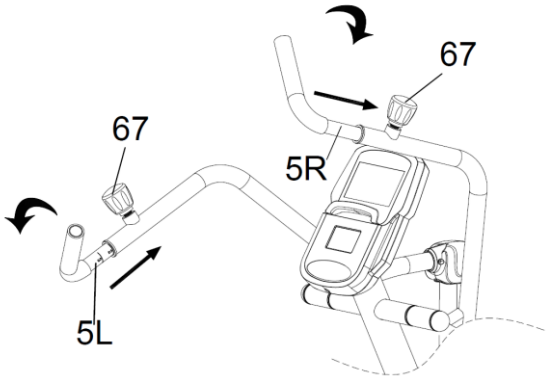
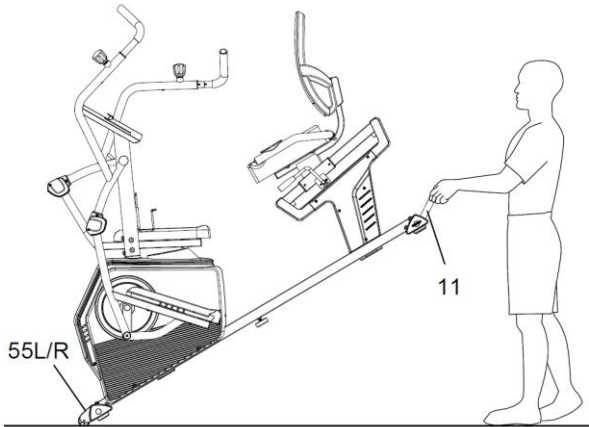
NOTE: Do not cut or pinch any wires when attaching the **Meter (No. 14)**.

Remove 2 **Screws (No. 25)** and 2 **Flat Washers (No. 74)** from the **Handlebar Post (No. 4)** using **Spanner (No. 129)**. Then attach the **Bottle Holder (No. 39)** to the **Handlebar Post (No. 4)** with 2 **Screws (No. 25)** and 2 **Flat Washers (No. 74)** that were just removed. Tighten and secure with the **Spanner (No. 129)**.

Insert the jack from **Adaptor (No. 84)** to adaptor input on the front of **Main Frame (No. 1)**, then plug the **Adaptor (No. 84)** into an outlet.

The assembly is now complete!

ADJUSTMENT GUIDE

	<p>ADJUSTING THE LEVEL</p> <p>If the recumbent bike is not level, turn the dials on the Rear End Caps (No. 56L/R) to adjust. Turn <u>counter-clockwise</u> to raise and turn <u>clockwise</u> to lower.</p>
	<p>ADJUSTING THE SEAT</p> <p>To move the Seat (No. 52) forward or backward, while seated on the recumbent bike, put your feet on the floor. Shift the Adjustable Handle (No. 13) down to loosen. Adjust the Seat (No. 52) to your desired position, then shift the Adjustable Handle (No. 13) up to secure.</p>
	<p>ADJUSTING THE HANDLEBAR</p> <p>To adjust the Handlebars (No. 5L/R) in different directions and length, loosen and pull the Knobs (No. 67) outward, then slide the Handlebars (No. 5L/R) to the desired direction or length position. Once positioned, re-insert and tighten the Knobs (No. 67) to secure the Handlebars (No. 5L/R) in place.</p>
	<p>MOVING THE RECUMBENT BIKE</p> <p>There are transportation wheels located on the Front End Caps (No. 55L/R). Hold the handlebar on the Rear Stabilizer (No. 11) and pull forward to lift the rear of the recumbent bike off the floor. Now you can move the recumbent bike.</p>

IMPORTANT RECUMBENT BIKE INFORMATION

WARNING: This recumbent bike requires a power source of **1 amp (100-240V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and or user.

OPERATING INSTRUCTIONS

Plug the adaptor into the recumbent bike and into the outlet.

The meter will turn on.

The meter will turn off if there is no activity for 4 minutes. Press any button on the meter to turn it on again.

NOTE: You can still use the recumbent bike when it is not plugged in. However, the meter will not be working and you cannot adjust the resistance level or use any of the functions.



EXERCISE METER

KEY FUNCTIONS:

BUTTON	FUNCTION
START/STOP	Start and pause workouts Start body fat measurement
DOWN	Lower the resistance level during workout. Decrease value of selected parameter
UP	Increase the resistance level during workout. Increase value of selected parameter
ENTER	Input the value or mode
RECOVERY	Enter Recovery function when the meter displays the heart rate value. Recovery displays F1-F6 F1 is excellent recovery heart rate F6 is poor recovery heart rate
MODE	During workout, switch display from RPM to SPEED, ODO to DIST and WATT to CALORIES Hold for 3 seconds to reset all function values to zero, except ODO.

WORKOUT SELECTION:

After turning the meter on by plugging in the adaptor or if already plugged in, pressing any button on the meter, use the UP or DOWN button to make a selection. Then press ENTER button to choose the desired mode.

There are 7 basic workout modes:

Manual, Pre-set Programs, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Programs, and User Programs.

FUNCTIONS:

SPEED: Displays current training speed. Maximum speed is 99.9 MPH.

RPM: Displays current rotation per minute.

TIME: Accumulates the workout time from 0:00 to 99:59. Users can preset the target time they want.

DIST (DISTANCE): Accumulates the workout distance from 0.00 to 999.9 Miles. Users can preset the target distance they want to reach.

ODO (ODOMETER): Displays the total accumulated distance from 0 to 9999 Miles.

CAL (CALORIES): Accumulates the calories burned from 0 to 9999. Users can preset the target calories they want to burn.

WATT: Displays current watt.

HEART RATE: Displays the current heart rate in beats per minute.

TARGET HR. (TARGET HEART RATE): Users can preset their Target Heart Rate.

PROGRAM: There are 24 different programs to choose for training.

LEVEL: The program has 10 columns of bars and 8 bars in each column. Each column represents a 1-minute workout and each bar represents 2 resistance levels.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

SETTING WORKOUT PARAMETERS

After selecting the desired workout mode: Manual Programs, Pre-set Programs, Watt Control Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Programs, and User Programs. You may pre-set several workout parameters for desired results.

NOTE: Some parameters are not adjustable in certain programs. Time and Distance cannot be set up at the same time.

Once a program has been selected, press ENTER button and TIME will flash.

Using the UP or DOWN button, you may select the desired time value. Press ENTER button to input the values. The flashing prompt will move to the next parameter. Continue using the UP or DOWN button. Press the START/STOP button to begin the workout.

More About Setting Workout Parameters

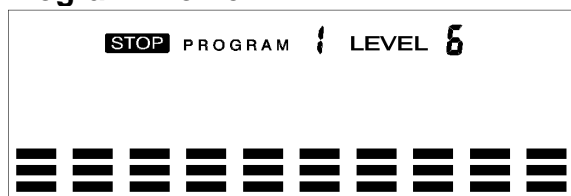
Field	Setting Range	Default Value	Increment/Decrement	Description
TIME	0:00~99:00	0:00	±1:00	1. When display is set as 0:00, TIME will count up. 2. When TIME is set as 1:00-99:00, it will count down to 0.00.
DIST (DISTANCE)	0.00~999.0	0.00	±1.00	1. When display is set as 0.00, DISTANCE will count up. 2. When DISTANCE is set as 1.00~999.0, it will count down to 0.00.

CAL (CALORIES)	0.00~9995	0.00	±5.00	1. When display is set as 0.00, CALORIES will count up. 2. When CALORIES is set as 5.00~9995, it will count down to 0.00.
WATT	50~250	100	±5	User can set watt value only in the Watt Control Program.
AGE	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target HR, the Heart Rate number will flash.
TARGET HEART RATE	60~220	90	±1	Setting Parameters for Target Heart Rate.

PROGRAM OPERATION:

MANUAL PROGRAM (P1)

Program Profile

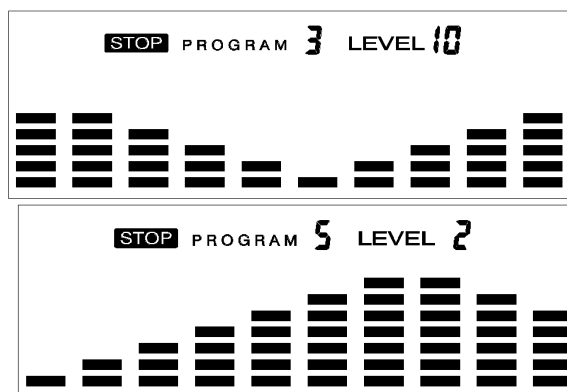
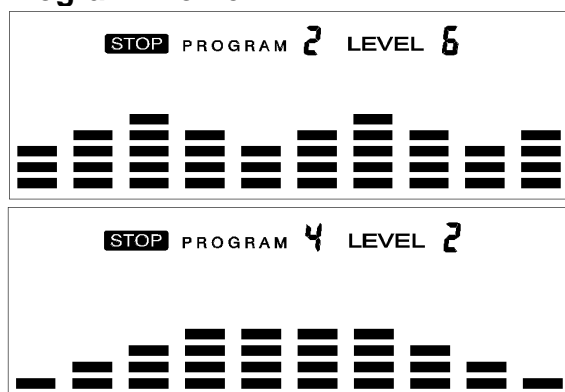


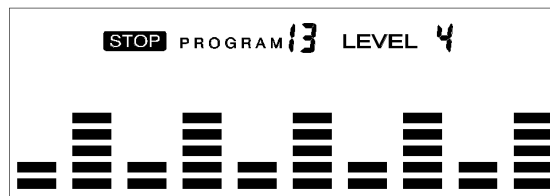
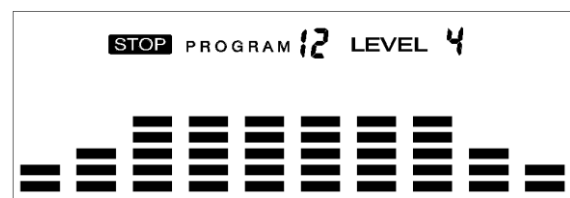
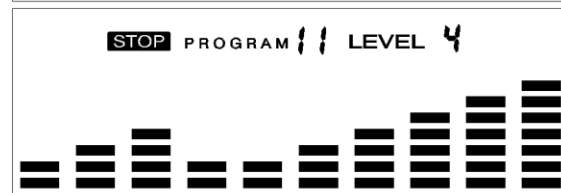
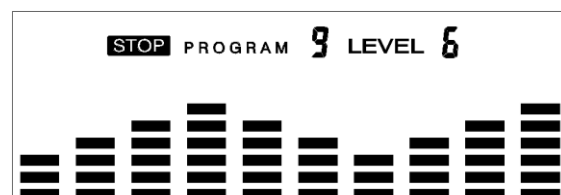
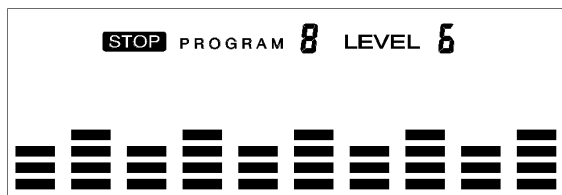
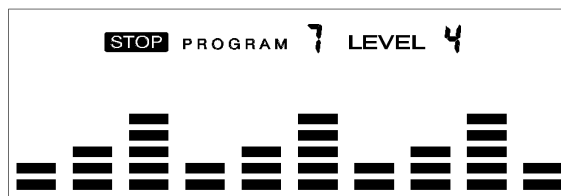
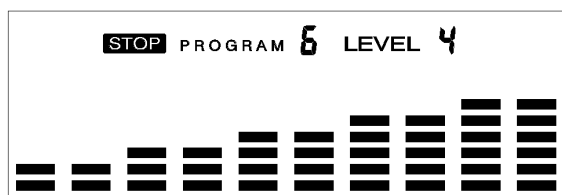
SETTING PARAMETERS FOR MANUAL PROGRAM

1. Select **Manual Program (P1)** using the UP or DOWN button, then press ENTER button.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.
NOTE: If you set up the target time for workout, then the next parameter of DISTANCE cannot be adjusted.
4. Continue through all desired parameters and press the START/STOP button to begin the workout.
NOTE: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

PRE-SET PROGRAMS (P2~P13)

Program Profile





There are 12 pre-set programs ready for use. All program profiles have 16 levels of resistance.

SETTING PARAMETERS FOR PRE- SET PROGRAMS

1. Select one of the **Pre-set Programs** using the UP or DOWN button, then press ENTER button. TIME will flash so the value can be adjusted using the UP or DOWN key.
2. Press the ENTER button to save value and move to the next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

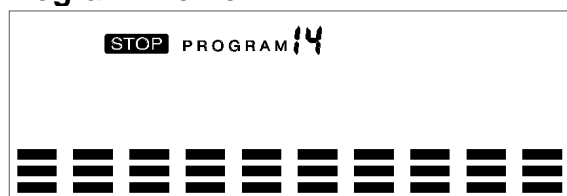
WORKOUT IN ANY PRE-SET PROGRAM

You can adjust the level of resistance by pressing the UP or DOWN button during the workout.

NOTE: If you set up the target time for workout, then the next parameter of **DISTANCE** cannot be adjusted. Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the **START** button to continue the unfinished parameter.

WATT CONTROL PROGRAM (P14)

Program Profile



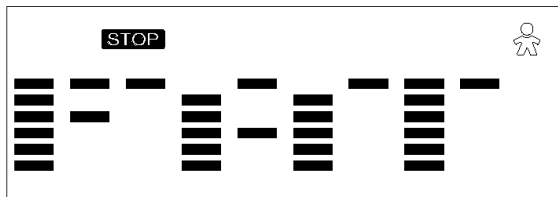
SETTING PARAMETERS FOR THE WATT CONTROL PROGRAM

1. Select **Watt Control Program (P14)** using the UP or DOWN button, then press ENTER button.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.

3. Press ENTER button to save the value and move to the next parameter to be adjusted.
NOTE: If you set up the target time for workout, then the next parameter of DISTANCE cannot be adjusted.
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.
NOTE: Once the workout parameters count down to zero, it will beep and stop the workout automatically.
5. Press the START button to continue the workout to reach the unfinished workout parameter.
The meter will adjust the resistance load automatically depending on the speed to maintain the constant watt value. You can use the UP or DOWN button to adjust the watt value during the workout.

BODY FAT PROGRAM (P15)

Program Profile



SETTING DATA FOR BODY FAT

Select **BODY FAT Program (P15)** using the UP or DOWN button, then press ENTER button. "MALE" will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data.

"5'8 (inches)" of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER button to save the value and move to the next data.

"154 (lbs)" of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER button to save the value and move to the next data.

"30" of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER button to save the value.

Press the START/STOP button to start the measurement. Please also remember to grasp the hand pulse sensors. After 15 seconds the display will show Body Fat %, BMR, BMI, & BODY TYPE.

Body Types:

There are 9 body types divided according to the FAT % calculated.

Body Type	FAT %	Body Type	FAT %	Body Type	FAT %
Type 1	5% - 9%	Type 4	20% - 24%	Type 7	35% - 39%
Type 2	10% - 14%	Type 5	25% - 29%	Type 8	40% - 44%
Type 3	15% - 19%	Type 6	30% - 34%	Type 9	45% - 50%

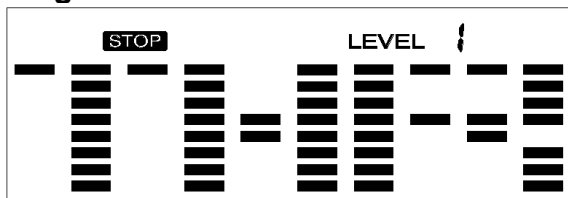
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP button to return the main display.

TARGET HEART RATE PROGRAM (P16)

Program Profile

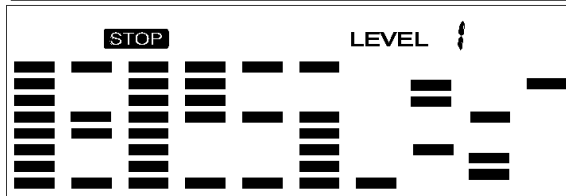
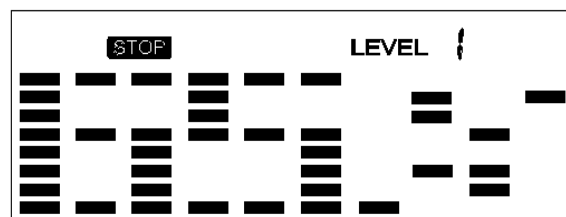
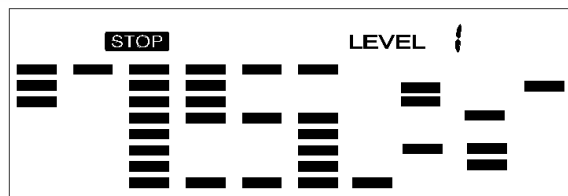
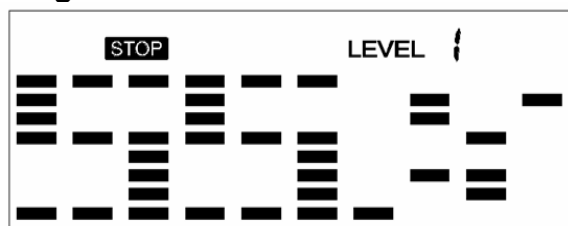


SETTING PARAMETERS FOR TARGET HEART RATE PROGRAM

1. Select **TARGET HR (P16)** using the UP or DOWN button, then press ENTER button.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.
NOTE: If you set up the target time to workout, then the next parameter of DISTANCE cannot be adjusted.
4. Continue through all desired parameters, pressing START/STOP button to start workout.
NOTE: If heart rate is above the set TARGET HR, the Pulse value will flash to remind the user.

HEART RATE CONTROL PROGRAM (P17-P20)

Program Profile



There are 4 selections for target pulse (HR):

- | | |
|-----------|-----------------------------|
| HRC - 55% | TARGET HR= 55% of (220-AGE) |
| HRC - 65% | TARGET HR= 65% of (220-AGE) |
| HRC - 75% | TARGET HR= 75% of (220-AGE) |
| HRC - 85% | TARGET HR= 85% of (220-AGE) |

SETTING PARAMETERS FOR HEART RATE CONTROL

1. Select one of the **Heart Rate Control Programs** using the UP or DOWN button, then press ENTER button.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.
NOTE: If you set up the target time to work out, then the next parameter of DISTANCE cannot be adjusted.
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.
**NOTE: If heart rate is above or below (± 5) the TARGET HR, the meter will adjust the resistance load automatically. It will check every 20 seconds approx. 1 resistance load will increase or decrease (NOTE: each resistance load represents 2 levels of loading).
If one of the workout parameters counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach unfinished workout parameter.**

USER PROGRAM

Program Profile (P21-P24)



The 4 user programs allow the user to set their own program that can be used immediately.

SETTING PARAMETERS FOR USER PROGRAM

1. Select the **User Program** using the UP or DOWN button then press ENTER button.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the values and move to the next parameter to be adjusted.
NOTE: If you set up the target time to work out, then the next parameter of DISTANCE cannot be adjusted.
4. Continue through all desired parameters.
5. After finishing the setup of the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished. (There are 10 times total). Press the START/STOP button to begin the workout.

NOTE: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.

APP CONNECTION:

1. Scan the QR code below to enter the app store and download the SunnyFit app to your mobile phone.



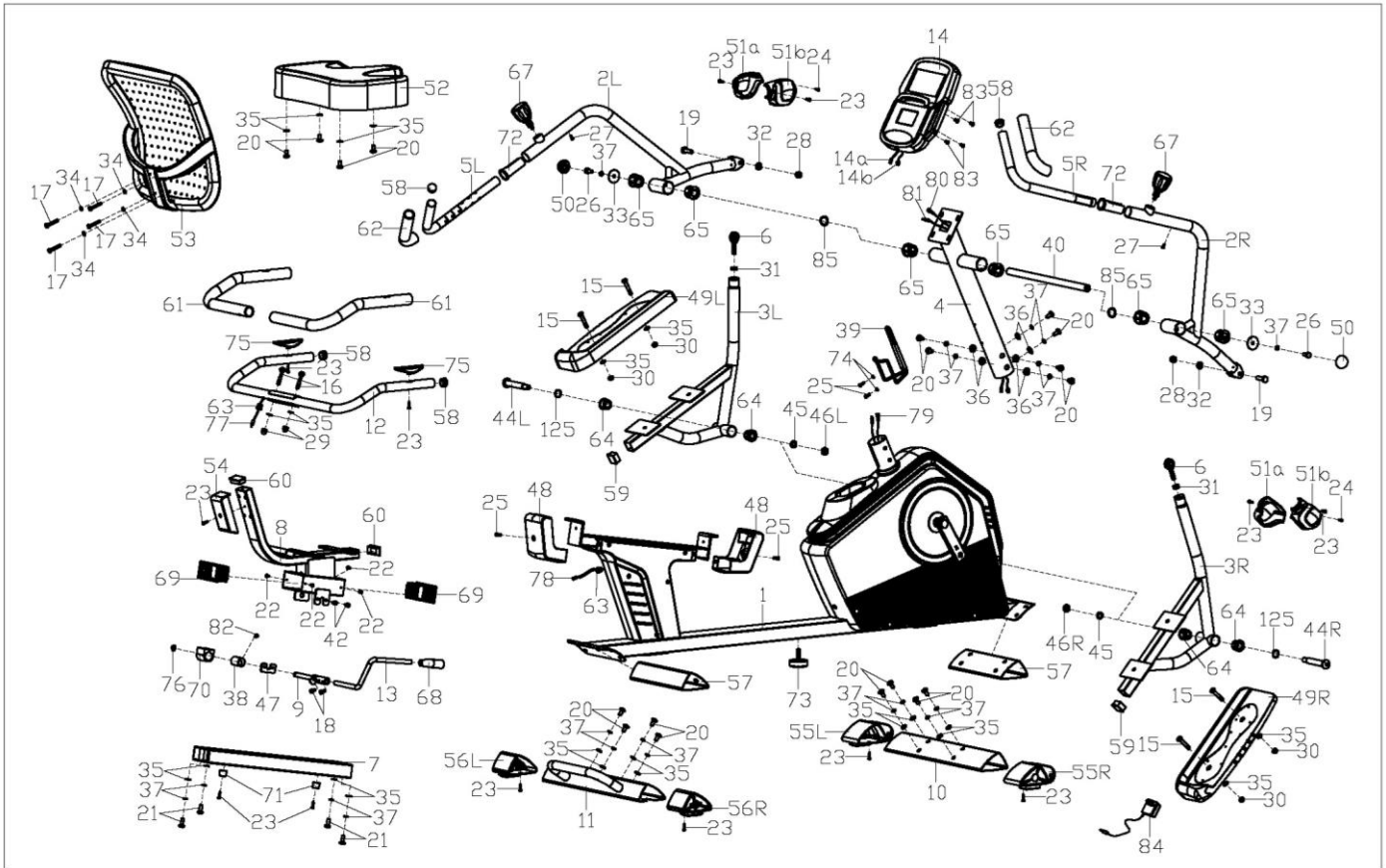
2. Ensure that the Bluetooth function is turned on from your phone.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. To connect the equipment to the SunnyFit app:
 - a. From the "Workout" tab, press on the "Search" button to search for your equipment.
 - b. Once your equipment appears on the list, tab on the "Select" button.
 - c. **NOTE:** If your equipment does not appear on the "Searching for Equipment" list, check the EXERCISE METER on your equipment to ensure that it is not in sleep mode and your phone's Bluetooth function is on, then tap "Retry" to search again.
 - d. Once your equipment shows up on the "Workout" tab as "Currently Selected", your equipment is now ready to display, track, and record your equipment's workout stats on the app!

TROUBLESHOOTING

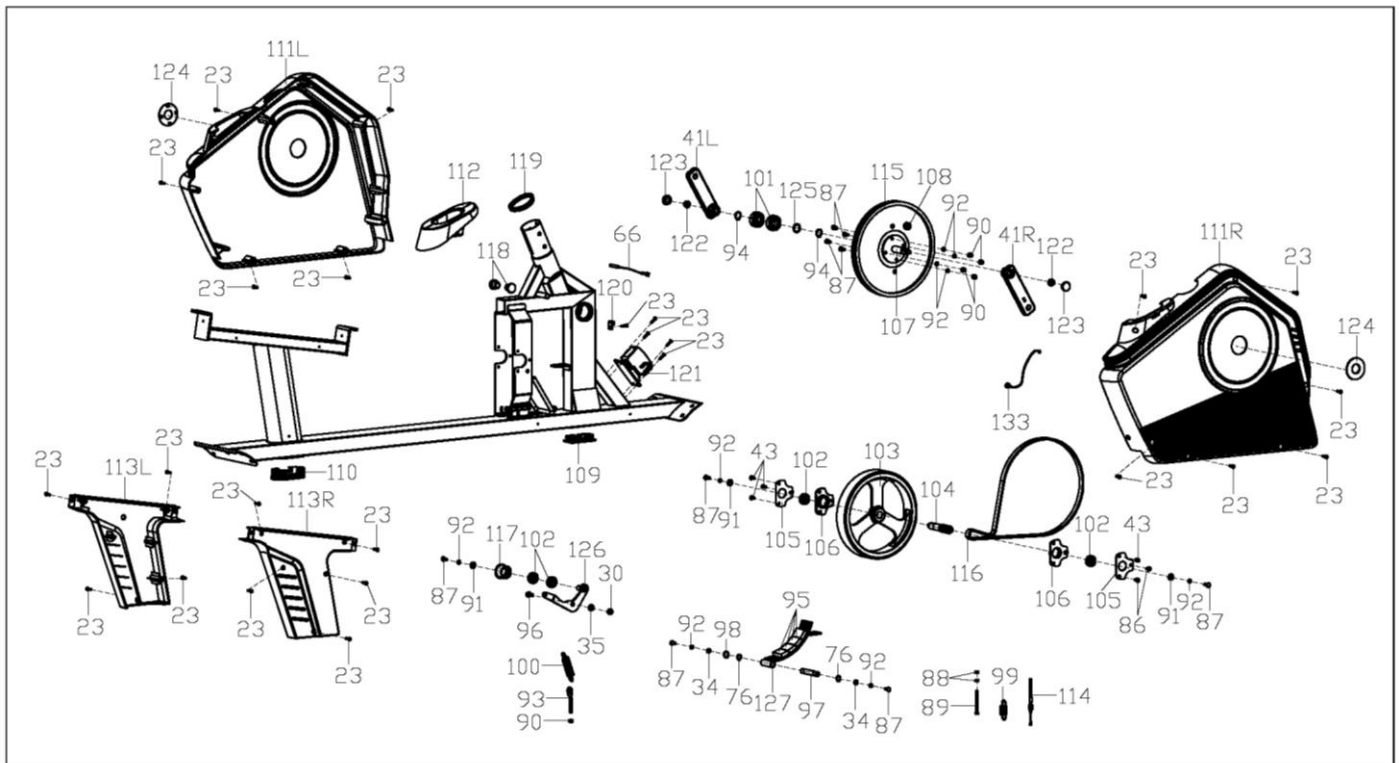
PROBLEM	POSSIBLE CAUSE	CHECK	SOLUTION
E1-1	The motor couldn't find its start point.	Check if all the cables are well plugged in or check if the pins on the cables are improperly inserted. Or check if the motor is well connected.	Plug in the cables again and power on, then press MODE and ENTER buttons at the same time to enter the correction mode to correct errors.
E1-2	The motor signal has no induction.	Check if all the cables are well plugged in or check if the pins on the cables are improperly inserted. Or check if the motor is stuck.	Plug in the cables again or change a new motor.
E1-3	The motor has exceed the maximum resistance level.	Check if all the cables are well plugged in or check if the pins on the cables are improperly inserted.	Plug in the cables again and power on, 1 second later disconnect the cables then re-plug in the cables and power on again, wait about 6 seconds let the motor come back to its start point, then press MODE and ENTER buttons at the same time to enter the correction mode to correct errors.
E2	No EEPROM data was read.		Re-connect the meter.
	The EEPROM data reading error.		Power on the meter again to re-read the data.
E4	Hands aren't put on the two handle pulses immediately after pressing START button.		Put the hands on the two handle pulses immediately after pressing START button.
	Body Fat Function cannot receive the signal for pulse.	Check if the handle pulse wires are well connected.	Plug in the handle pulse wires again or change the handle pulse wires.
		Check if the pulse is working when not in Body Fat Program.	Change the meter.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at support@sunnyhealthfitness.com.

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2L/R	Swing Bar		1 pr.
3L/R	Pedal Support Tube		1 pr.
4	Handlebar Post		1
5L/R	Handlebar		1 pr.
6	Cardan Joint		2
7	Seat Rail		1
8	Seat Support		1
9	Axle		1
10	Front Stabilizer		1
11	Rear Stabilizer		1
12	Rear Handlebar		1
13	Adjustable Handle		1
14	Meter		1
14a	Meter Wire A		1
14b	Meter Wire B		1
15	Hex Bolt	M8X50	4
16	Carriage Bolt	M8XL45	2
17	Bolt	M6X40	4
18	Screw	M6X10	2
19	Screw	M10X35	2
20	Screw	M8X16	18
21	Screw	M8X20	4
22	Screw	ST3.5X8	4
23	Screw	ST4.2X18	38
24	Screw	ST3.5X12	2
25	Screw	M5X15	4
26	Hex Screw	M8X20	2
27	Screw	M4X10	2
28	Nylon Nut	M10	2
29	Cap Nut	M8	2
30	Nylon Nut	M8	5
31	Hex Nut	M10	2
32	Flat Washer	D10XD20X2	2
33	Flat Washer	D8XΦ38X2	2
34	Flat Washer	D6XΦ12X1.2	6
35	Flat Washer	D8XΦ16X1.5	23
36	Arc Washer	Φ20XD8.5XR30	6
37	Spring Washer	D8	20
38	Eccentric Wheel		1
39	Bottle Holder		1
40	Long Axle		1
41L/R	Crank		1 pr.
42	Screw	M6X16	2
43	Phillips Screw	M6X10	4
44L/R	Hinge Bolt	Φ16X89	1 pr.
45	Spring Washer	Φ13XB2	2
46L/R	Nylon Nut	B0.5X20	1 pr.

No.	Description	Spec.	Qty.
47	Handle Fixed Plate		1
48	Seat Rail Cover		2
49L/R	Pedal		1 pr.
50	Cap	S13	2
51a/b	Protective Cover		2 prs.
52	Seat		1
53	Backrest		1
54	Backrest Cover		1
55L/R	Front End Cap		1 pr.
56L/R	Rear End Cap		1 pr.
57	Shipping Tube		2
58	Round Cap	Φ25x1.5	4
59	Square Cap 1	30x30x1.5	2
60	Square Cap 2	50x25x1.5	2
61	Foam Grip	Φ30xΦ24x550	2
62	Foam Grip	Φ30xΦ24x220	2
63	Plug		2
64	Plastic Bushing	Φ16XΦ31X23	4
65	Plastic Bushing	Φ38XΦ19.5X26	6
66	Sensor Wire		1
67	Knob		2
68	Grip		1
69	Square Bushing		2
70	Upper Block		1
71	Cushion		2
72	Round Bushing		2
73	Adjustable Pad		1
74	Flat Washer	D5XΦ10X1	2
75	Pulse Sensor		2
76	Axle Spring Washer	D12	3
77	Pulse Wire		1
78	Pulse Extension Wire 1		1
79	Sensor Extension Wire 1		1
80	Sensor Extension Wire 2		1
81	Pulse Extension Wire 2		1
82	Screw	M8X10	1
83	Screw	M5X10	4
84	Adaptor		1
85	Wave Washer	D20	2
86	Screw	M6X8	2
87	Hex Screw	M6X15	9
88	Hex Nut	M5	2
89	Hex Bolt	M5X60	1
90	Nylon Nut	M6	5
91	Flat Washer	D6XΦ16X1.5	3
92	Spring Washer	D6	9
93	Bolt	M6X50	1
94	Axle Spring Washer	D17	2

No.	Description	Spec.	Qty.
95	Magnet		4
96	Axle Screw	Φ14XΦ10XM8X20.5	1
97	Magnetic Board Axle		1
98	Wave Washer	Φ12XΦ15.5X0.3	1
99	Tension Spring	Φ1.6XΦ15XL47.2	1
100	Tension Spring	Φ18XΦ3XL67.5	1
101	Bearing	6203	2
102	Bearing	6001	4
103	Flywheel		1
104	Flywheel Axle		1
105	Bearing Fixed Plate		2
106	Bearing Bracket		2
107	Middle Axle		1
108	Sensor Magnet		1
109	Square Cap 3	80X40X1.5	1
110	Oblate Cap		1
111L/R	Belt Cover		1 pr.
112	Storage Box		1
113L/R	Seat Bracket Cover		1 pr.
114	Tension Cable		1

No.	Description	Spec.	Qty.
115	Belt Pulley		1
116	Belt	410 PJ6	1
117	Idler Wheel		1
118	Tube Plug		2
119	Sealing Ring		1
120	Sensor Seat		1
121	Motor		1
122	Flange Nut		2
123	Crank Cap		2
124	Crank Cover		2
125	Wave Washer	D17	3
126	Idler Wheel Linkage		1
127	Magnetic Board		1
128	Allen Wrench	S8	1
129	Spanner	S13,S14,S15	2
130	Spanner	S17,S19	2
131	Allen Wrench	S5	1
132	Allen Wrench	S6	1
133	DC Cable		1

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