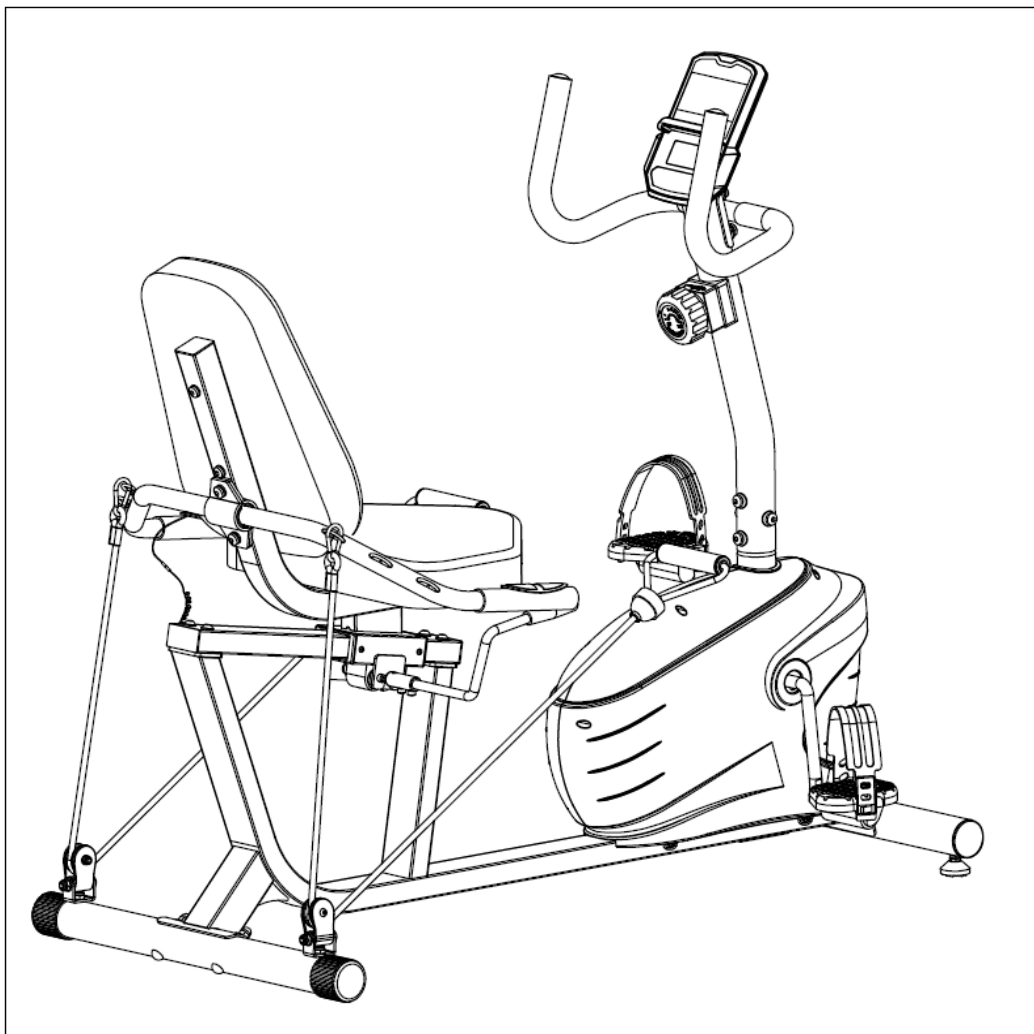




PERFORMANCE INTERACTIVE SERIES RECUMBENT BIKE

SF-RB420031

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).



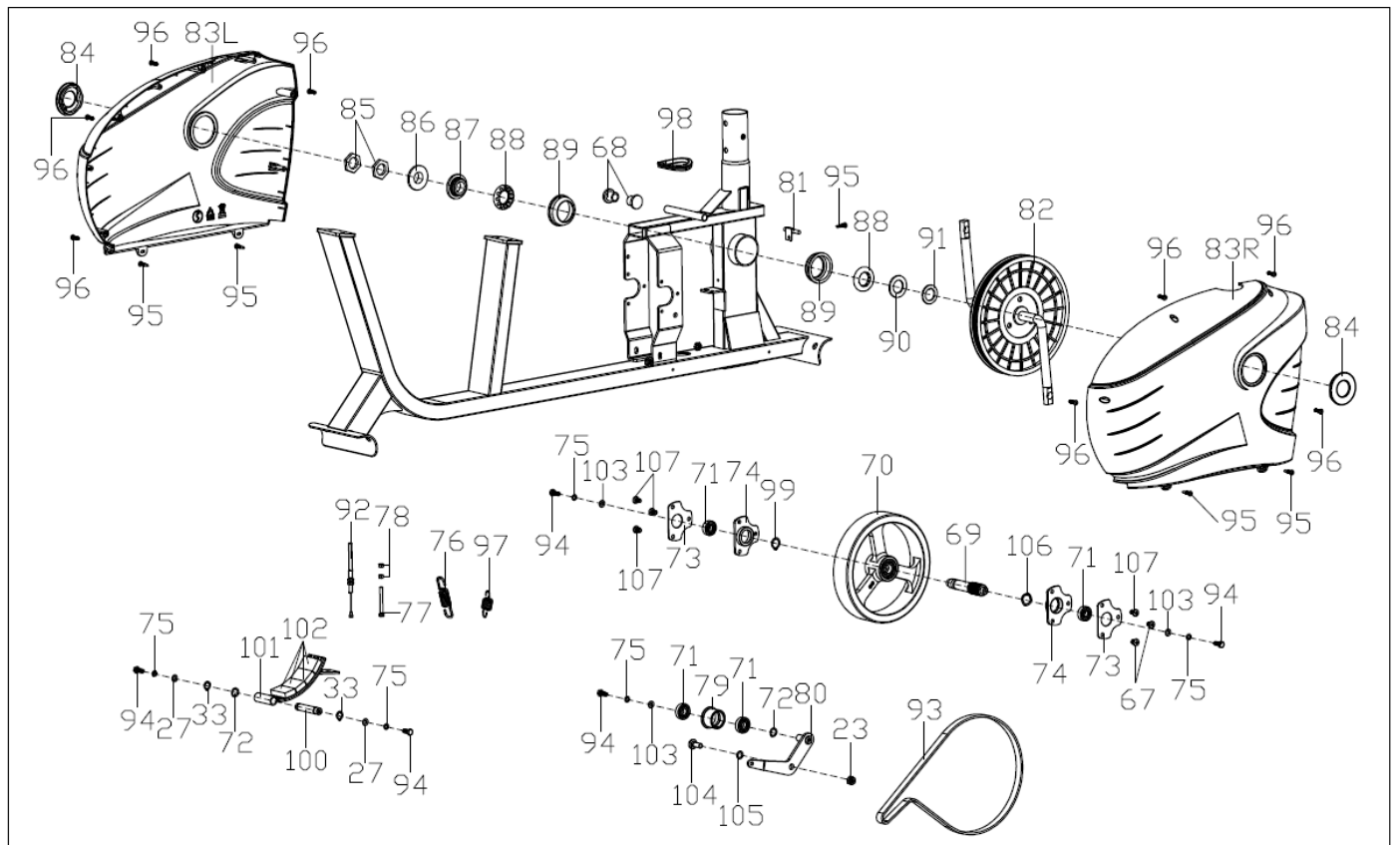
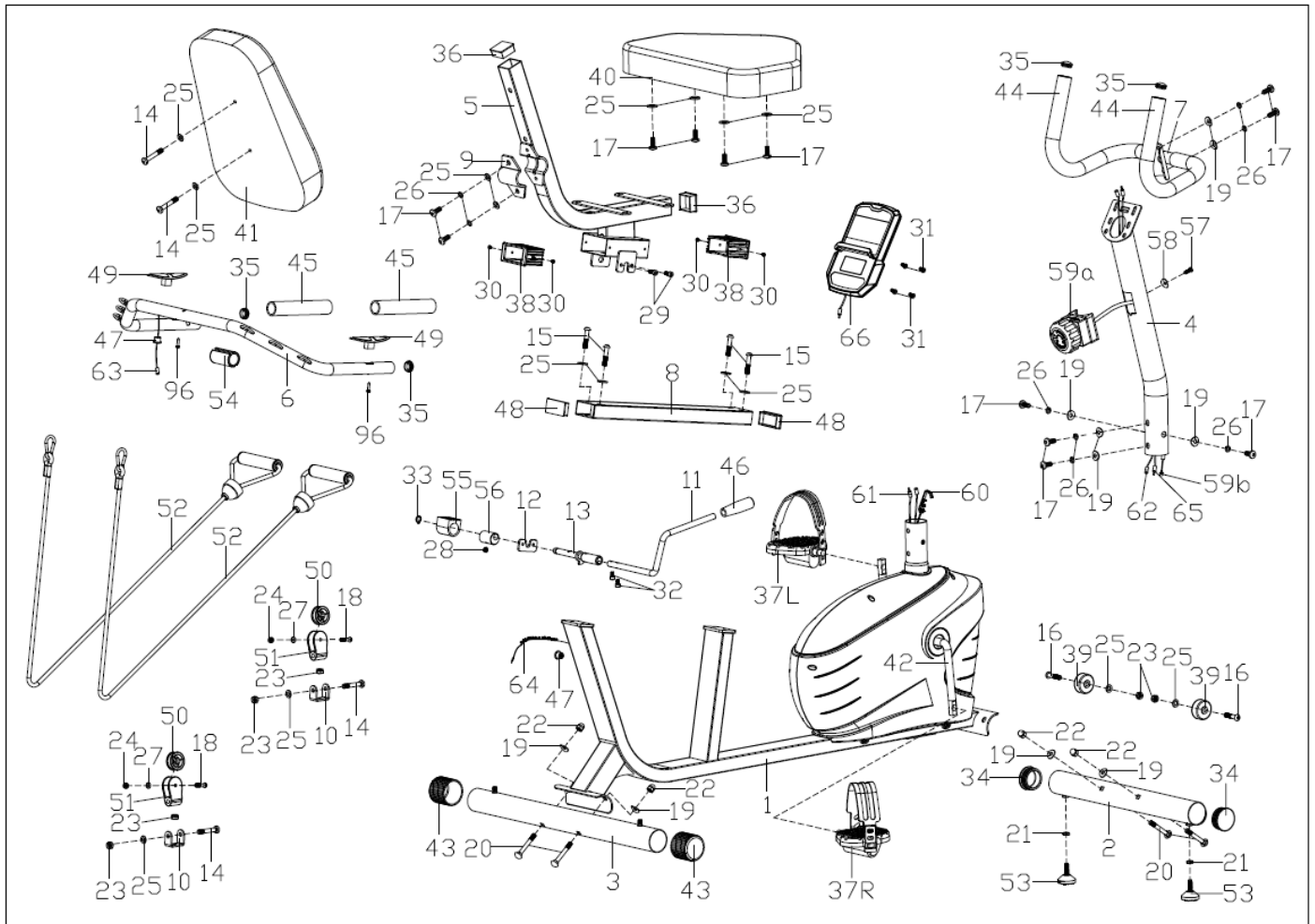
WWW.SUNNYHEALTHFITNESS.COM

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 (1.2 M) 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 265 pounds (120 KG).
10. The equipment is not suitable for therapeutic use.
11. Use caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
12. Your product is intended for use in cool, 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!

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5	Seat Bracket		1
6	Handlebar		1
7	Armrest		1
8	Rail		1
9	Rear Fixing Plate		1
10	U Bracket		2
11	Adjustment Handle		1
12	Fixing Plate 3		1
13	Axle		1
14	Screw	M8×50	4
15	Screw	M8×40	4
16	Screw	M8×38	2
17	Screw	M8×20	12
18	Screw	M6×30	2
19	Arc Washer	D8×Φ20×2×R25	10
20	Carriage Bolt	M8×60×20×H5	4
21	Hex Nut	M8	2
22	Cap Nut	M8	4
23	Nylon Nut	M8	7
24	Nylon Nut	M6	2
25	Flat Washer	D8×d16×1.5	16
26	Spring Washer	D8	8
27	Flat Washer	D6×D12×1.2	4
28	Screw	M8×10	1
29	Screw	M6×16	2
30	Screw	ST3.5×8	4
31	Screw	M5×10	4
32	Screw	M6×10	2
33	Spring Washer	D12	3
34	Round Cap 1		2
35	Round Cap 2		4
36	Square Cap		2
37L/R	Pedal		1PR
38	Bushing		2
39	Transport Wheel		2
40	Seat		1
41	Backrest		1
42	Crank		1
43	End Cap		2
44	Foam Grip 1		2
45	Foam Grip 2		2
46	Foam Grip		1
47	Plug		2
48	Square Plug		2
49	Pulse Sensor		2
50	Roller		2
51	Roller Bracket		2
52	Rope		2

No.	Description	Spec.	Qty.
53	Adjustment Pad		2
54	Plastic Spacer		1
55	Upper Block		1
56	Eccentric Wheel		1
57	Screw		1
58	Arc Washer		1
59a	Tension Controller		1
59b	Tension Cable		1
60	Tension Hook		1
61	Sensor Wire		1
62	Sensor Extension Wire		1
63	Pulse Wire		1
64	Pulse Extension Wire 1		1
65	Pulse Extension Wire 2		1
66	Meter		1
67	Screw	M6×8	2
68	Plug		2
69	Flywheel Axle		1
70	Flywheel		1
71	Bearing	6001RS	4
72	Wave Washer	Φ12×φ15.5×0.3	2
73	Lock Plate		2
74	Bearing Bracket		2
75	Spring Washer	D6	5
76	Spring	Φ18×Φ3×L79.5	1
77	Screw	M5×60	1
78	Hex Nut	M5	2
79	Idler Wheel		1
80	Idler Wheel Linkage		1
81	Sensor		1
82	Belt Pulley		1
83L/R	Chain Cover		2
84	Crank Cover		2
85	Nut		2
86	Washer		1
87	Two-slot Nut		1
88	Ball Bearing		2
89	Bearing Housing		2
90	Three-slot Nut		1
91	Big Flat Washer		1
92	Tension Extension Wire		1
93	Belt		1
94	Screw	M6×15	5
95	Screw	ST4.2×19	5
96	Screw	ST4.2×18	10
97	Spring	Φ1.6×Φ15×L47.2	1
98	Sealing Ring		1
99	Spring Washer	D17	1
100	Magnetic Board Axle		1
101	Magnetic Board		1
102	Magnetic		4
103	Flat Washer	D6×Φ16×1.5	3

104	Screw		1
105	Flat Washer	D10×Φ14×1	1
106	Wave Washer	Φ17×Φ25×0.3	1
107	Screw	M6×10	4

107	Screw		2
108	Wrench	S5	1
109	Spanner	S10,13,14,15,17	1
110	Wrench	S6	1

HARDWARE PACKAGE



————— #17 M8X20 4PCS



————— #26 D8 4PCS



————— #19 D8XΦ20X2XR25 4PCS



————— #15 M8X40 4PCS



————— #25 D8XΦ16x1.5 6PCS



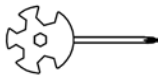
————— #14 M8X50 2PCS



————— #108 S5 1PC



————— #110 S6 1PC



————— #109 S10,13,14,15,17 1PC

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

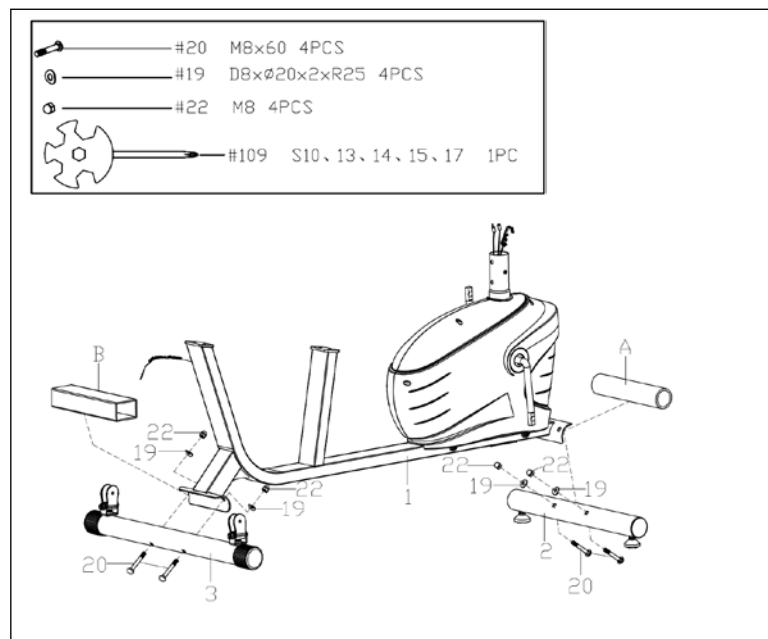
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 front of the manual)

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).

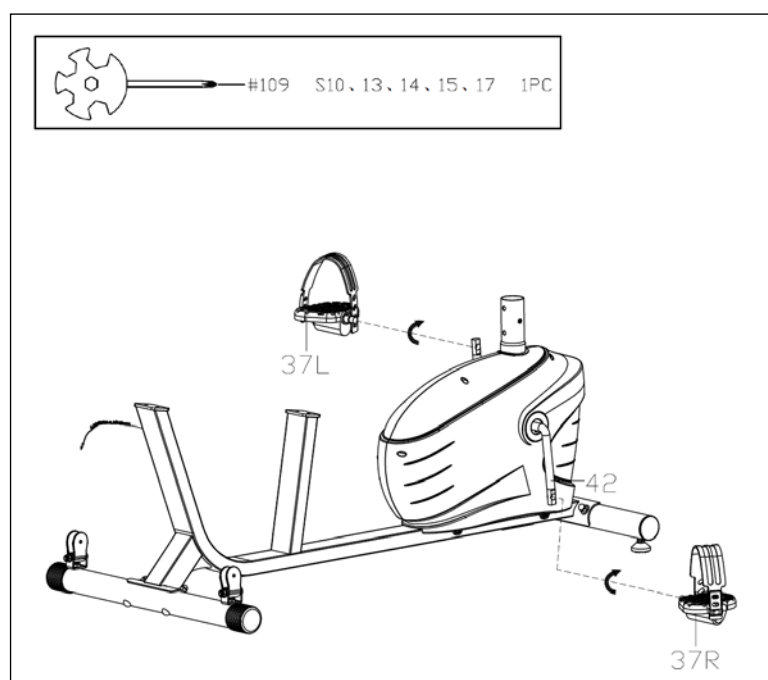


STEP 1

Remove the 2 **Paper Tubes (No. A & B)** from the **Main Frame (No. 1)**

Remove the 4 **Carriage Bolts (No. 20)**, 4 **Arc Washers (No. 19)** and 4 **Cap Nuts (No. 22)** from the **Front Stabilizer (No. 2)** and the **Rear Stabilizer (No. 3)** using **Spanner (No. 109)**.

Attach the **Front Stabilizer (No. 2)** and the **Rear Stabilizer (No. 3)** to the **Main Frame (No. 1)** with 4 **Carriage Bolts (No. 20)**, 4 **Arc Washers (No. 19)** and 4 **Cap Nuts (No. 22)** that were just removed using **Spanner (No. 109)**.

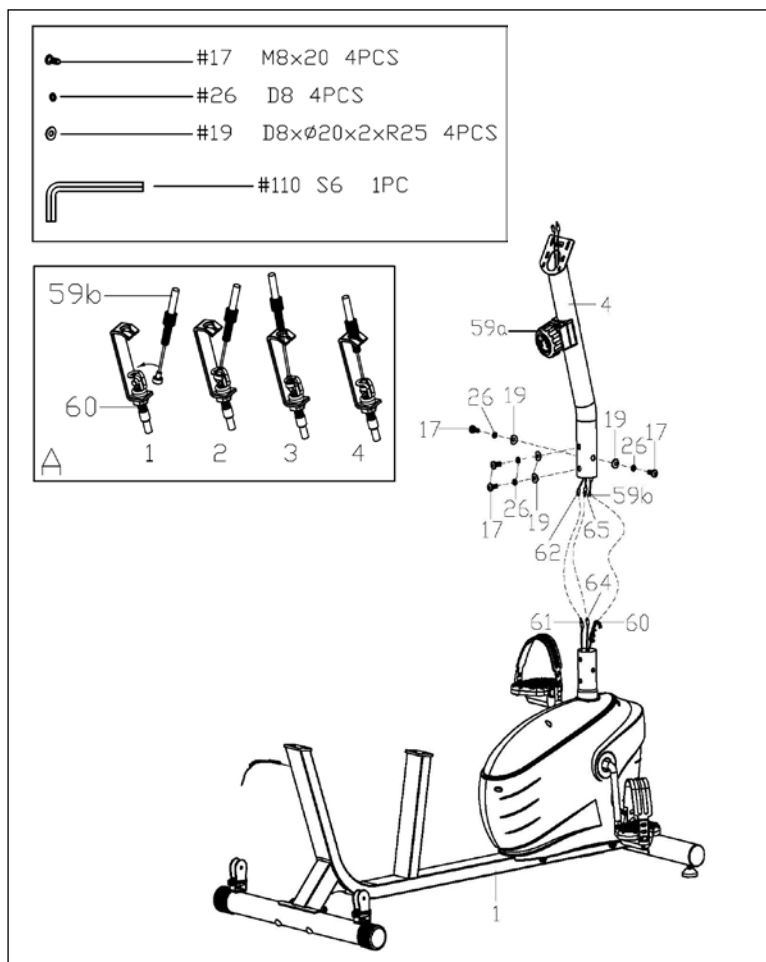


STEP 2

Attach the **Pedals (No. 37L/R)** to the **Crank (No. 42)** using the **Spanner (No. 109)**.

NOTE: Make sure to attach **Right Pedal (No. 37R)**, marked (R), to the right side of the **Crank (No. 42R)**. It should be tightened clockwise. Attach the **Left Pedal (No. 37L)**, marked (L), to the left side of the **Crank (No. 42L)**. It should be tightened counter-clockwise. Attaching the **Pedals (No. 37L/R)** to the wrong **Crank (No.42)** or turning it the wrong direction can damage the **Crank (No. 42)**.

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).



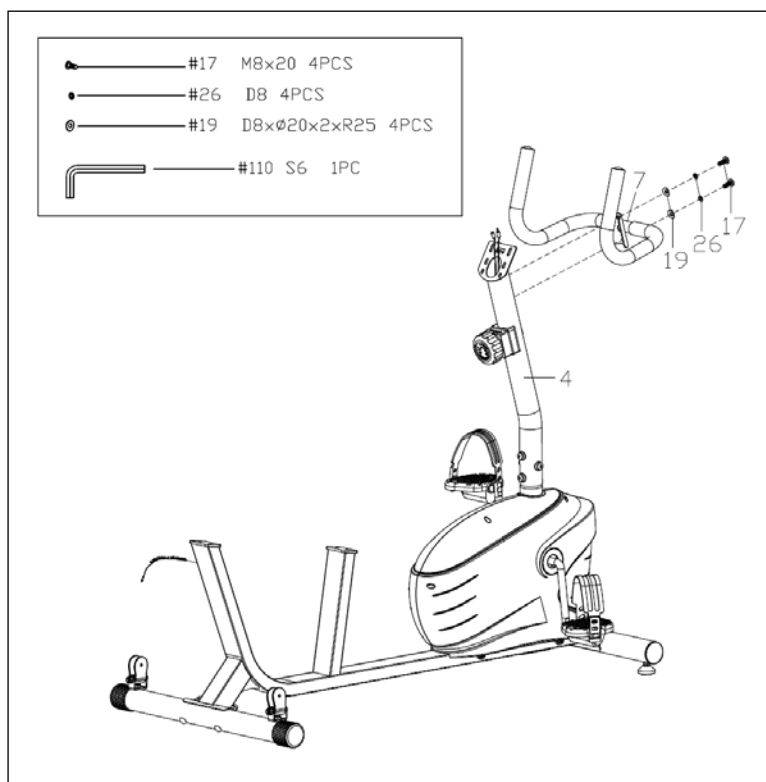
STEP 3

Connect the **Pulse Extension Wire 2 (No. 65)** to the **Pulse Extension Wire 1 (No. 64)** and connect the **Sensor Wire (No. 61)** to the **Sensor Extension Wire (No. 62)**. Then connect **Tension Hook (No. 60)** with **Tension Cable (No. 59b)** as shown in Diagram A.

Note: Make sure the **Tension Controller (No. 59a)** is at the lowest level before you connect the cable. This ensures the wires are at their longest point. We recommend the assistance of a second person to help hold the **Handlebar Post (No. 4)**. This will make the connection easier when you are attaching **Tension Hook (No. 60)** to the **Tension Cable (No. 59b)**.

Insert the **Handlebar Post (No. 4)** into the post of the **Main Frame (No. 1)**; secure with 4 **Arc Washers (No. 19)**, 4 **Spring Washers (No. 26)** and 4 **Screws (No. 17)** using **Wrench (No. 110)**.

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

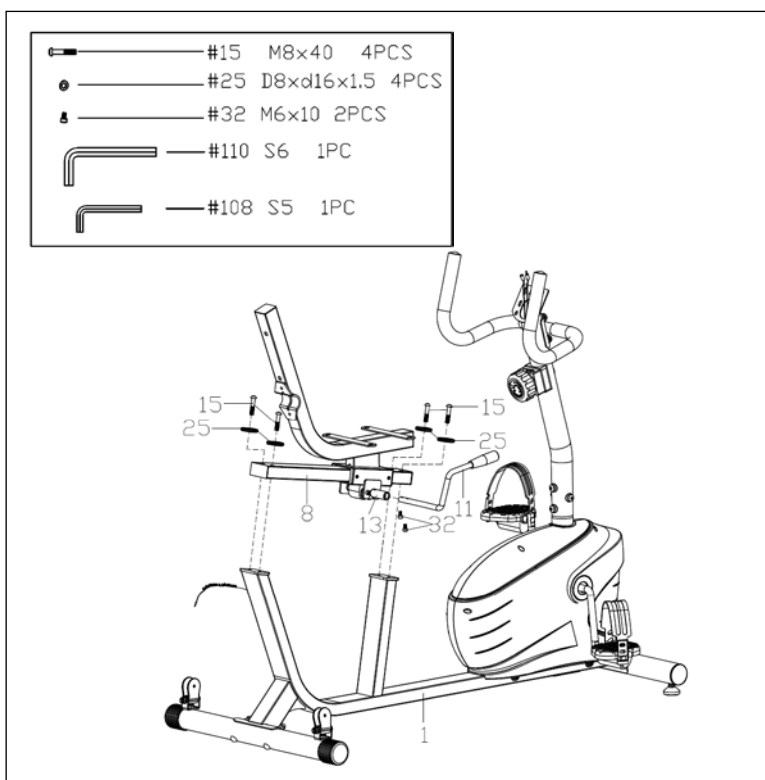


STEP 4

Remove 2 **Arc Washers (No. 19)**, 2 **Spring Washers (No. 26)** and 2 **Screws (No. 17)** from **Handlebar Post (No. 4)** with **Wrench (No. 110)**.

Attach the **Armrest (No. 7)** to the bracket of the **Handlebar Post (No. 4)** with 2 **Arc Washers (No. 19)**, 2 **Spring Washers (No. 26)** and 2 **Screws (No. 17)** that were just removed with **Wrench (No. 110)**.

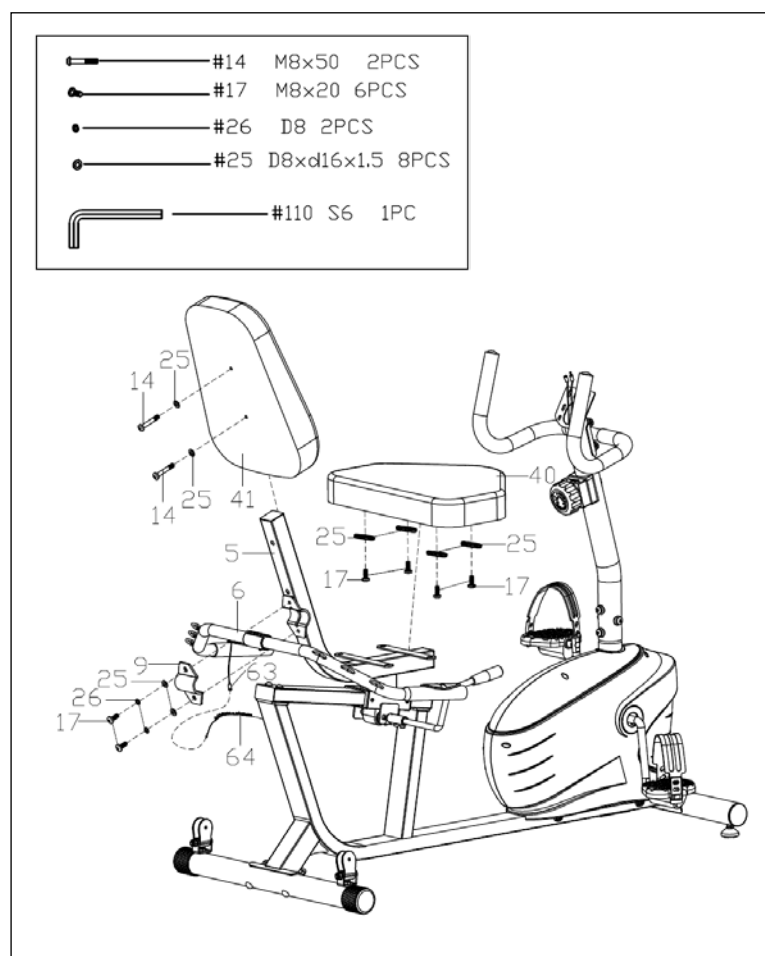
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5

Lock the **Rail (No. 8)** to the **Main Frame (No. 1)** with 4 **Screws (No. 15)** and 4 **Flat Washers (No. 25)** using **Wrench (No. 110)**.

Remove 2 **Screws (No. 32)** from **Adjustment Handle (No. 11)** using **Wrench (No. 108)**. Lock the **Adjustment Handle (No. 11)** to the **Axle (No. 13)** with 2 **Screws (No. 32)** that were just removed using **Wrench (No. 108)**.



STEP 6

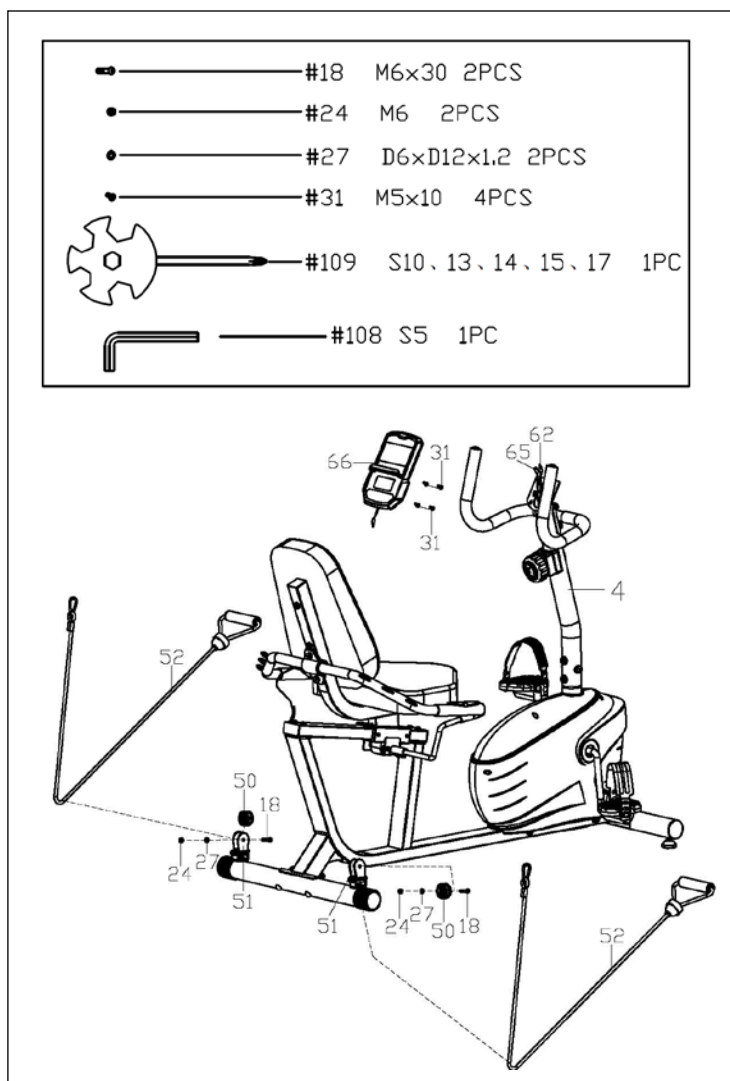
Connect the **Pulse Extension Wire 1 (No. 64)** to the **Pulse Wire (No. 63)**.

Remove the 2 **Screw (No. 17)**, 2 **Spring Washer (No. 26)**, 2 **Flat Washer (No. 25)** and **Rear Fixing Plate (No. 9)** from **Seat Bracket (No. 5)** using **Wrench (No. 110)**. Lock the **Handlebar (No. 6)** to the **Seat Bracket (No. 5)** with the 2 **Screw (No. 17)**, 2 **Spring Washer (No. 26)**, 2 **Flat Washer (No. 25)** and **Rear Fixing Plate (No. 9)** that were just removed using **Wrench (No. 110)**.

Remove the 4 **Flat Washers (No. 25)** and 4 **Screw (No. 17)** from **Seat (No. 40)** using **Wrench (No. 110)**. Lock the **Seat (No. 40)** to the **Seat Bracket (No. 5)** with 4 **Flat Washers (No. 25)** and 4 **Screw (No. 17)** that were just removed using **Wrench (No. 110)**.

Lock the **Backrest (No. 41)** to the **Seat Bracket (No. 5)** with 2 **Flat Washers (No. 25)** and 2 **Screw (No. 14)** using **Wrench (No. 110)**.

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 7

Remove the preassembled 4 **Screws (No. 31)** from the **Meter (No. 66)** with **Spanner (No. 109)**.

Plug the **Pulse Extension Wire 2 (No. 65)** jack to the back of the **Meter (No. 66)**. Then connect the **Sensor Extension Wire (No. 62)** to the wire from the **Meter (No. 66)**.

Attach the **Meter (No. 66)** to the bracket of the **Handlebar Post (No. 4)** with 4 **Screws (No. 31)** that were just removed using **Spanner (No. 109)**.

Note: To avoid damaging the wires, please insert them inside the **Handlebar Post (No. 4)** before securing the **Meter (No. 66)** onto the bracket.

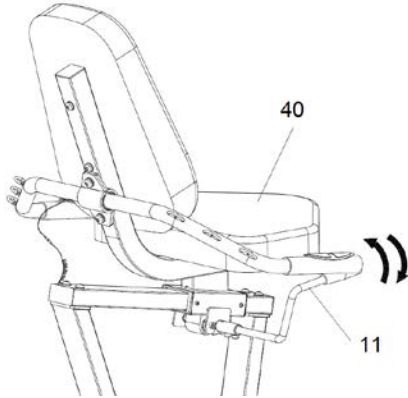
Remove the preassembled 2 **Screws (No. 18)**, 2 **Flat Washers (No. 27)** and 2 **Nylon Nuts (No. 24)** and 2 **Rollers (No. 50)** from **Roller Bracket (No. 51)** with **Spanner (No. 109)** and **Wrench (No. 108)**. Insert the 2 **Ropes (No. 52)** through the **Roller Bracket (No. 51)**, put the 2 **Rollers (No. 50)** onto the 2 **Ropes (No. 52)**, then secure with 2 **Screws (No. 18)**, 2 **Flat Washers (No. 27)** and 2 **Nylon Nuts (No. 24)** that were just removed with **Spanner (No. 109)** and **Wrench (No. 108)**.

THE ASSEMBLY IS COMPLETE!

ADJUSTMENT GUIDE

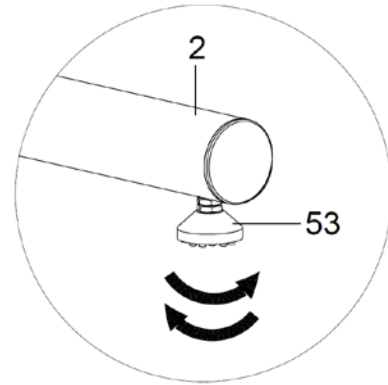
ADJUSTING THE SEAT POSITION

To move the **Seat (No. 40)** forward or backward, while seated on the bike, put your feet on the floor. Shift the **Adjustment Handle (No. 11)** down to loosen. Move the **Seat (No. 40)**. Shift the **Adjustment Handle (No. 11)** up to secure.



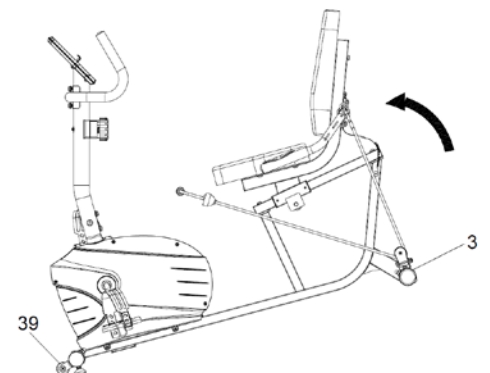
ADJUSTING THE LEVEL

If at any point the bike does not feel leveled, you can adjust the **Adjustment Pads (No. 53)** on the **Front Stabilizer (No. 2)**.



MOVING THE BIKE

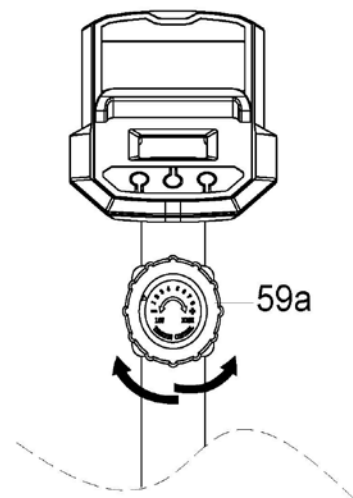
Lift the bike by the **Rear Stabilizer (No. 3)** until the **Transport Wheels (No. 39)** touch the floor. You can now move the bike to your desired location with ease.



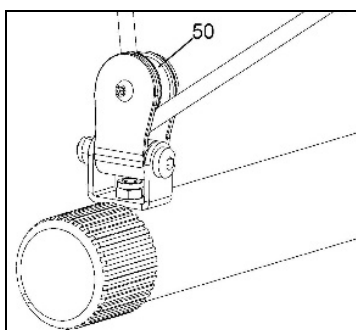
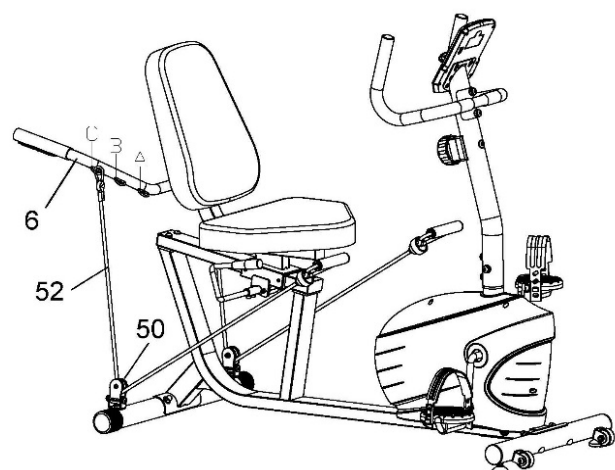
ADJUSTING THE TENSION

Adjust the tension by rotating the **Tension Controller (No. 59a)** clockwise to increase the level of resistance. Rotate the **Tension Controller (No. 59a)** counter-clockwise to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 8 being the highest.



ROPE USAGE



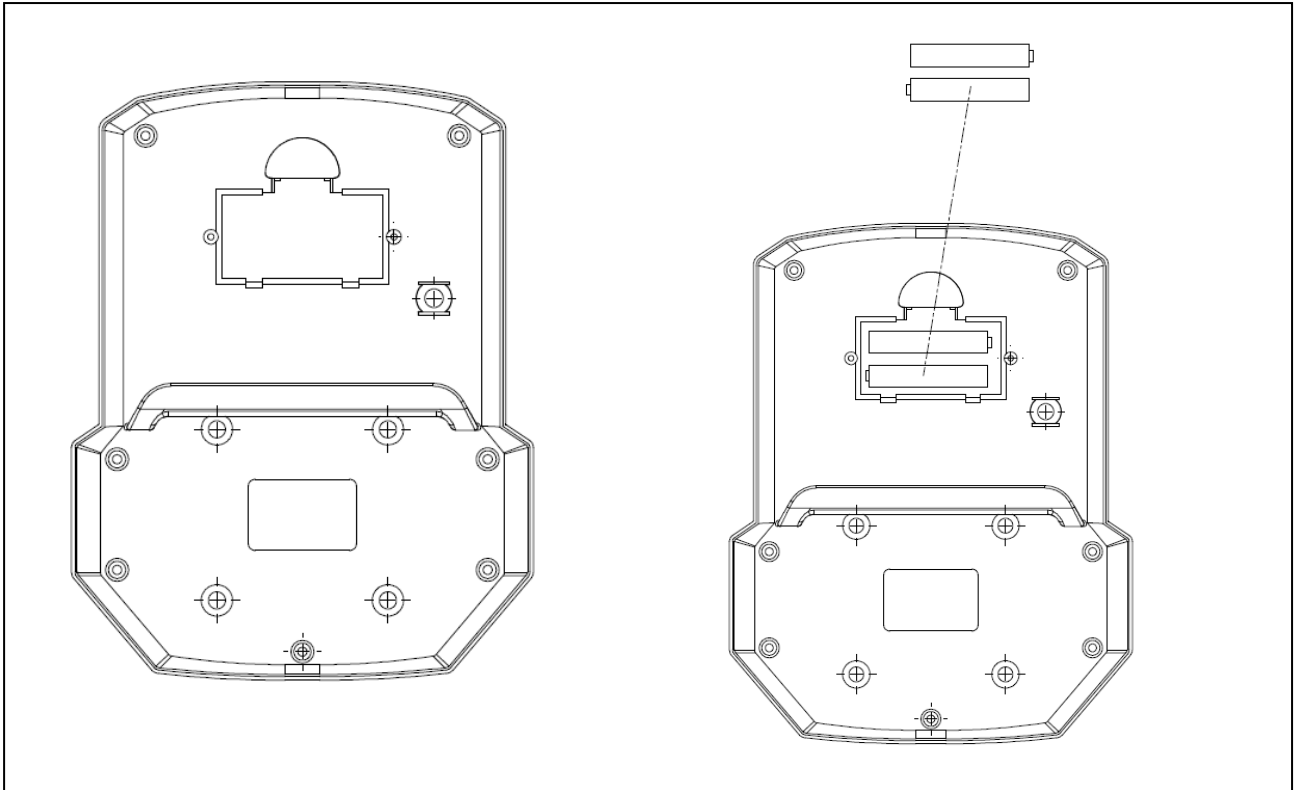
Rope Usage

Before using the **Ropes (No. 52)**, flip the **Handlebar (No. 6)** up. Attach the **Ropes (No. 52)** on the **A** or **B** or **C** position on **Handlebar (No. 6)**. Now you can use the **Ropes (No. 52)** in sitting or standing position.

Different levels of resistance can be achieved by changing the position of **Ropes (No. 52)**. Position **A** has the lowest resistance, position **B** has middle resistance, position **C** has highest resistance.

The **Rollers (No. 50)** follow the direction of **Ropes (No. 52)**, it can rotate 360 degrees.

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

The meter uses 2 AAA 1.5V batteries. Open the battery cover from the back of meter, then put 2 batteries into the battery compartment. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back.

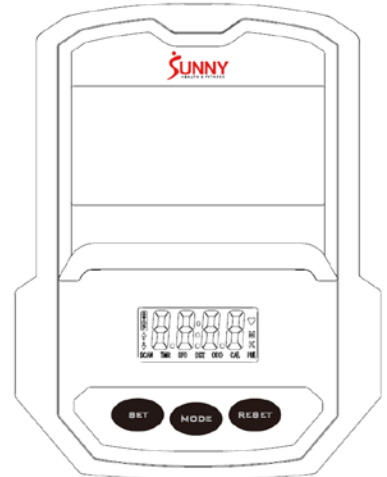
BATTERY REPLACEMENT

Open the battery cover, remove the old batteries, and replace with new batteries. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back. When changing batteries, always replace both with new batteries. Do not mix old and new batteries.

EXERCISE METER

FUNCTION BUTTONS:

- MODE:** Press the button to select TIME, DISTANCE, and CALORIES to preset.
Press the button for selection function display value on LCD or enter after setting.
Press the button and hold for 3 seconds to reset all values except odometer to zero.
(When user replaces the batteries, all the values will reset to ZERO automatically).
- SET:** To set up the target value of TIME, DISTANCE, and CAL.
Press the button and hold for 2 seconds to speed up the increment.
- RESET:** Press the button to reset function value when setting.
Press the button and hold for 3 seconds to reset all values except odometer to zero (When the user replaces batteries, all the values will reset to ZERO automatically).



FUNCTIONS & OPERATIONS:

1. BATTERY INSTALLATION:

Please install 2 AAA 1.5V batteries in the battery case on the back of computer. (Whenever batteries are removed, all the function values will be reset to zero.)

2. AUTO ON/OFF:

Once the user begins to exercise, the computer will show the workout value automatically. After about 4 minutes of inactivity, the computer will turn off. Odometer value does not reset to 0 when the computer turns off. When the user starts to exercise again, the workout value of odometer will accumulate continuously.

3. AUTO SCAN:

After the computer is powered on, press MODE button and the LCD will display all function values from TIME-SPEED-DISTANCE-CALORIES-ODOMETER-PULSE. Each value will be held for 6 seconds.

4. SPEED:

Displays the current training speed from 0.0 to 99.9 MPH (Miles per hour).

5. DISTANCE:

Accumulates total distance from 0.0 up to 9999 M (miles). The user may preset target distance by pressing the SET & MODE buttons. Each increment is 0.1 M (Miles).
Automatically counts down from targeting value during exercise.

6. TIME:

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE buttons. Each increment is 1 minute.
Automatically counts down from targeting value during exercise.

7. CALORIES:

Accumulates calories burned during training from 0 to 9999 (Cal). The user may also preset the target calories before training by pressing the SET & MODE buttons. Each setting increment is 1 Cal.

Automatically counts down from targeting value during exercise.

Note: This data is a rough guide which cannot be used in medical treatment.

8. ODOMETER:

Displays the total accumulated distance from 0 to 9999 M (miles). User can also press MODE button to display the odometer value.

9. PULSE:

The computer will display the user's heart rate in beats per minute (BPM) during training.

Note: This data is a rough guide which cannot be used in medical treatment.

10. RESET:

Press the button and hold for 3 seconds to reset all values except odometer to zero.


NOTE:

1. If the computer display is abnormal, please re-install the new batteries and try again. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries.
2. Battery Spec: 1.5V UM-4 or AAA (2PCS).
3. Dispose the batteries safely, according to your state and regional guidelines.

APP CONNECTION

1. Scan below QR code to enter the app store and download the Sunny Health & Fitness app to your mobile phone.



2. Press the Bluetooth switch  to connect. Then you can use the app through your mobile phone.

Version 1.0

CONNECT WITH US

FOR FITNESS
ARTICLES, VIDEOS
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS

WWW.SUNNYHEALTHFITNESS.COM