



SUNNY SF-RB420032 Performance Interactive Series Recumbent Bike User Manual

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IMPORTANT SAFETY INFORMATION

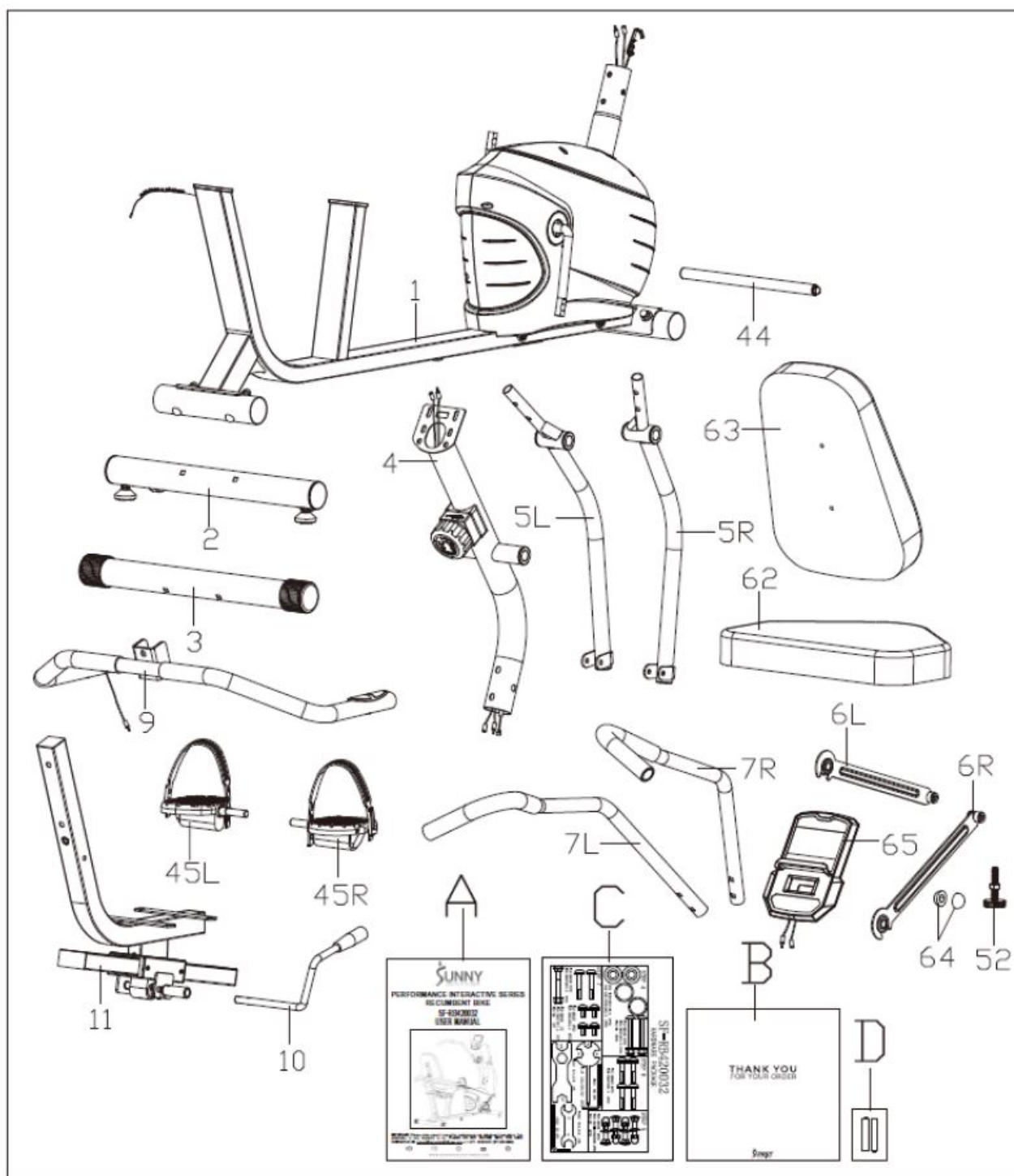
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.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

PRE-ASSEMBLY CHECK LIST

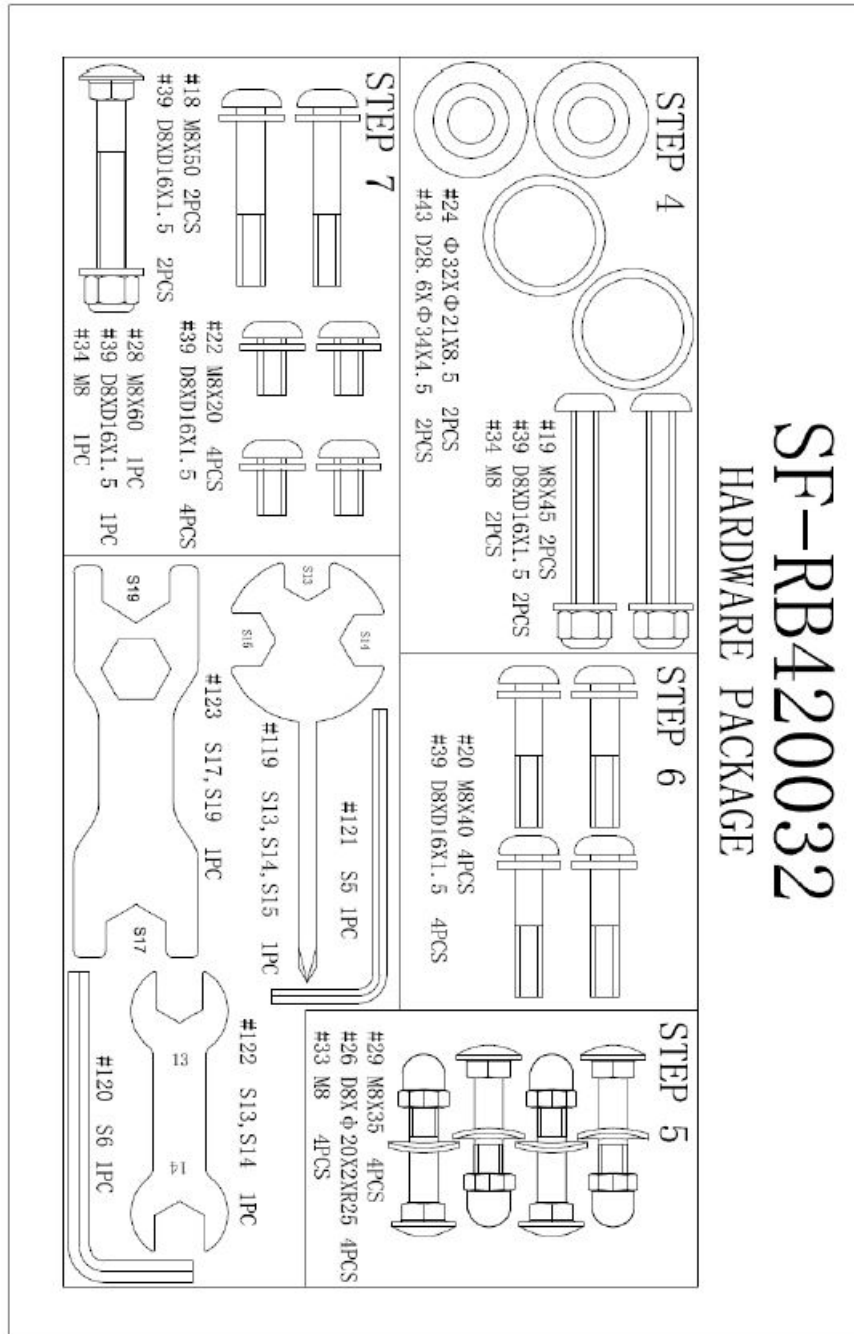
.Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5L/R	Swing Bar		1PR.
6L/R	Connecting Arm		1PR.
7L/R	Handlebar		1PR.
9	Rear Handlebar		1
10	Adjustable Handle		1
11	Seat Rail		1
44	Long Axle		1

No.	Description	Spec.	Qty.
45L/R	Pedal		1PR.
52	Support Pad		1
62	Seat		1
63	Backrest		1
64	Nut Cap	S13	2
65	Meter		1
A	Manual		1
B	Thank You Card		1
C	Hardware Package		1
D	Battery		2

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” and “PARTS LIST” (found near the end of the manual)

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

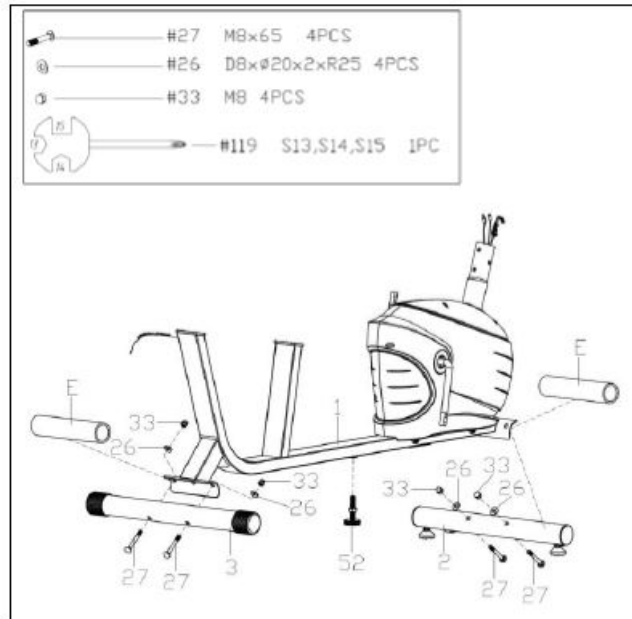
ASSEMBLY INSTRUCTIONS

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).

1. STEP 1

Remove the 2 Paper Tubes (No. E), 4 Carriage Bolts (No. 27), 4 Arc Washers (No. 26) and 4 Cap Nuts (No. 33) from the Main Frame (No. 1).

NOTE: You may discard the 2 Paper Tubes (No. E) or save them to repackage the item in the future. Attach the Front Stabilizer (No. 2) and the Rear Stabilizer (No. 3) to the Main Frame (No. 1) with 4 Carriage Bolts (No. 27), 4 Arc Washers (No. 26) and 4 Cap Nuts (No. 33) that were just removed using Spanner (No. 119). Tighten the Support Pad (No. 52) to the bottom of the Main Frame (No. 1).



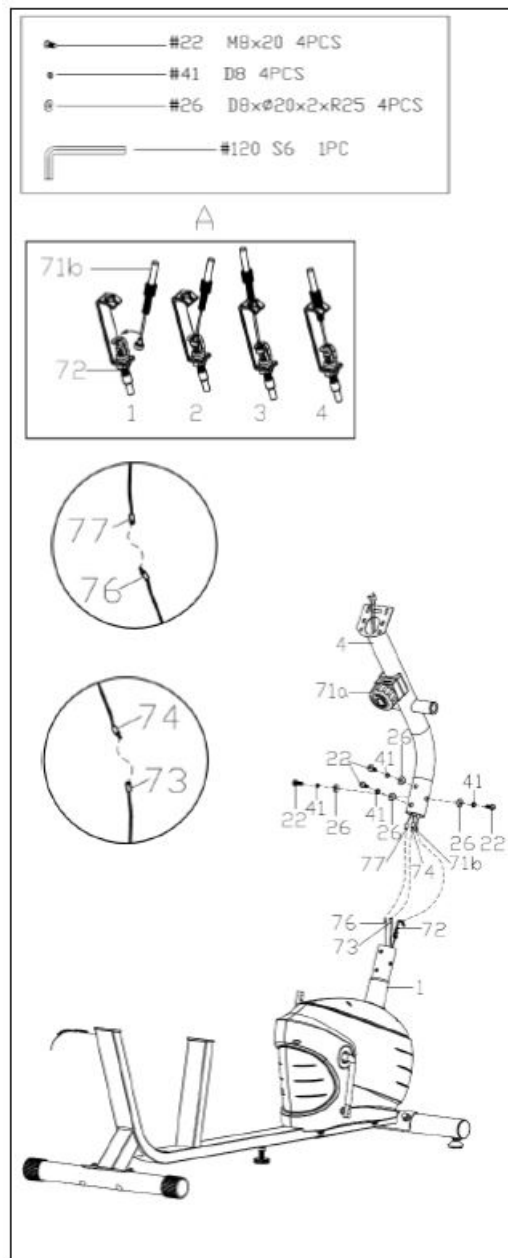
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2. STEP 2

Remove 4 Screws (No. 22), 4 Spring Washers (No. 41) and 4 Arc Washers (No. 26) from the Main Frame (No. 1) using Allen Wrench (No. 120).

NOTE: Make sure the Tension Controller (No. 71a) is at the lowest level before you connect the cable. This ensures the cables 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. 72) to the Tension Cable (No. 71b). Attach the Tension Cable (No. 71b) into the metal bracket of Tension Hook (No. 72) as shown in drawing A-①. Then, pull Tension Cable (No. 71b) upward and insert it into the slot of metal bracket of Tension Hook (No. 72) as shown in drawing A-③. Make sure the metal fitting on Tension Cable (No. 71b) is secured in the metal bracket. Connect the Pulse Extension Wire 2 (No. 77) to the Pulse Extension Wire 1 (No. 76) and connect the Sensor Extension Wire 2 (No. 74) to the Sensor Extension Wire 1 (No. 73). Attach the Handlebar Post (No. 4) to the Main Frame (No. 1) with 4 Screws (No. 22), 4 Spring Washers (No. 41) and 4 Arc Washers (No. 26) that were just removed. Tighten and secure with the Allen Wrench (No. 120).

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

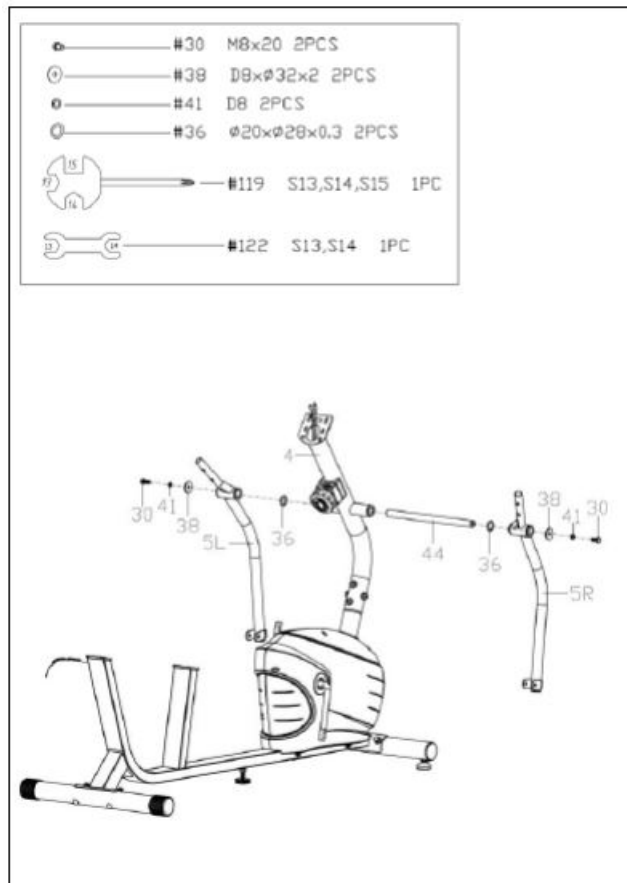


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3. STEP 3

Remove 2 Hex Screws (No. 30), 2 Spring Washers (No. 41), 2 Flat Washers (No. 38) and 2 Wave Washers (No. 36) from the Long Axle (No. 44) using the Spanner (No. 119) and the Spanner (No. 122). Insert the Long Axle (No. 44) into the Handlebar Post (No. 4), then insert 2 Wave Washers (No. 36) that were just removed to the both sides of Long Axle (No. 44). Attach the 2 Swing Bars (No. 5L/R) to both sides of the Long Axle (No. 44) using 2 Flat Washers (No. 38), 2 Spring Washers (No. 41) and 2 Hex Screws (No. 30) that were just removed. Pre-secure with the Spanner (No. 119) and the Spanner (No. 122).

NOTE: Do not completely tighten the Hex Screws (No. 30) yet.



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4. STEP 4

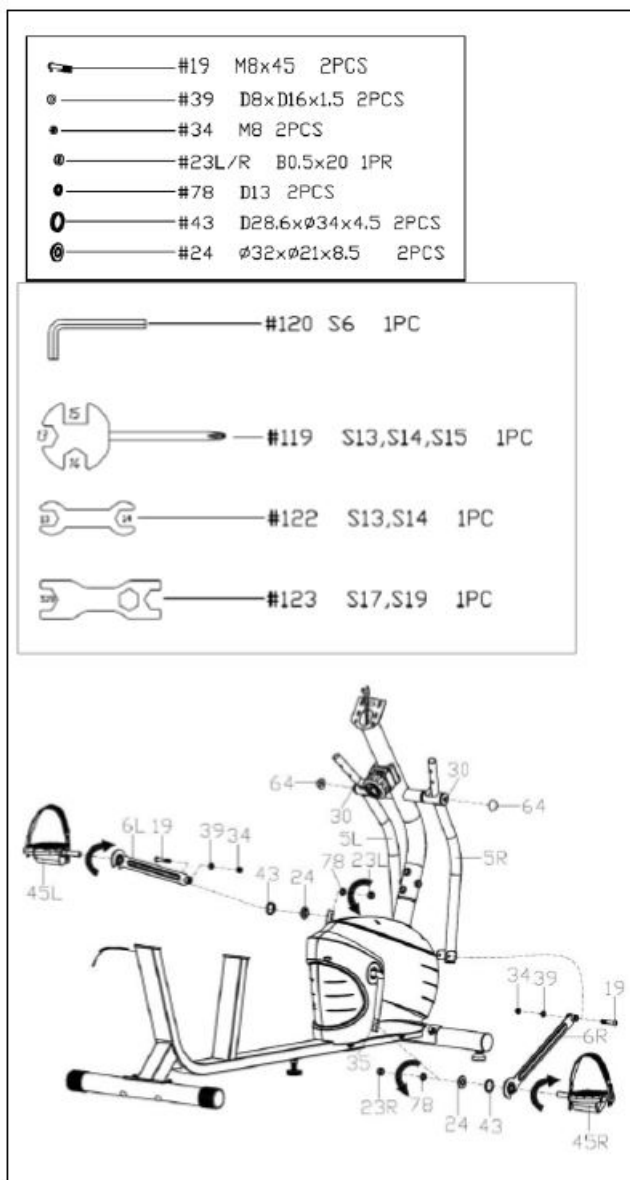
Remove the 2 Nylon Nuts (No. 23L/R) and 2 Spring Washers (No. 78) from the Pedals (No. 45L/R) by Spanner (No. 123). Attach the Left Pedal (No. 45L) to the left side of Crank (No. 35) with 1 Left Connecting Arm (No. 6L), 1 Spacer (No. 43) and 1 Alloy Bushing (No. 24). Turn the Left Pedal (No. 45L) counter-clockwise as tightly as you can with your hand. Then attach 1 Spring Washer (No. 78) and secure with 1 BLACK Left Nylon Nut (No. 23L) that was just removed. Pre-secure the BLACK Left Nylon Nut (No. 23L) clockwise using Spanner (No. 123). Attach the Right Pedal (No. 45R) to the right side of Crank (No. 35) with 1 Right Connecting Arm (No. 6R), 1 Spacer (No. 43) and 1 Alloy Bushing (No. 24). Turn the Right Pedal (No. 45R) clockwise as tightly as you can with your hand. Then attach 1 Spring Washer (No. 78) and secure with 1 WHITE Right Nylon Nut (No. 23R) that was just removed. Pre-secure the WHITE Right Nylon Nut (No. 23R) counter-clockwise using Spanner (No. 123).

NOTE: Please do not fully tighten 2 Nylon Nuts (No. 23L/R) at this time.

NOTE: Attaching the Pedals (No. 45L/R) to the wrong side of the Crank (No. 35) or turning it the wrong direction can damage the Crank (No. 35). Attach 2 Swing Bars (No. 5L/R) to 2 Connecting Arms (No. 6L/R) with 2 Bolts (No. 19), 2 Flat Washers (No. 39) and 2 Nylon Nuts (No. 34) using Allen Wrench (No. 120) and Spanner (No. 119).

NOTE: Please do not fully tighten 2 Bolts (No. 19) at this time. Firstly, fasten Pedals (No. 45L/R) and 2 Nylon Nuts (No. 23L/R) using Spanner (No. 123). Secondly, fasten 2 Bolts (No. 19) and 2 Nylon Nuts (No. 34) using Allen Wrench (No. 120) and Spanner (No. 119). Then fasten 2 Hex Screws (No. 30) using Spanner (No. 119) and the Spanner (No. 122). Finally, cover with 2 Nut Caps (No. 64).

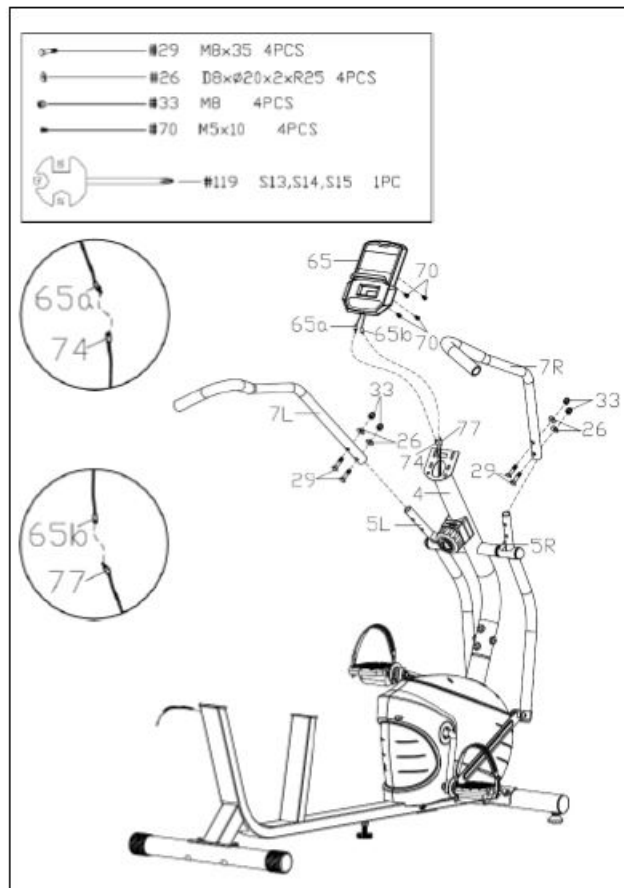
NOTE: Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.



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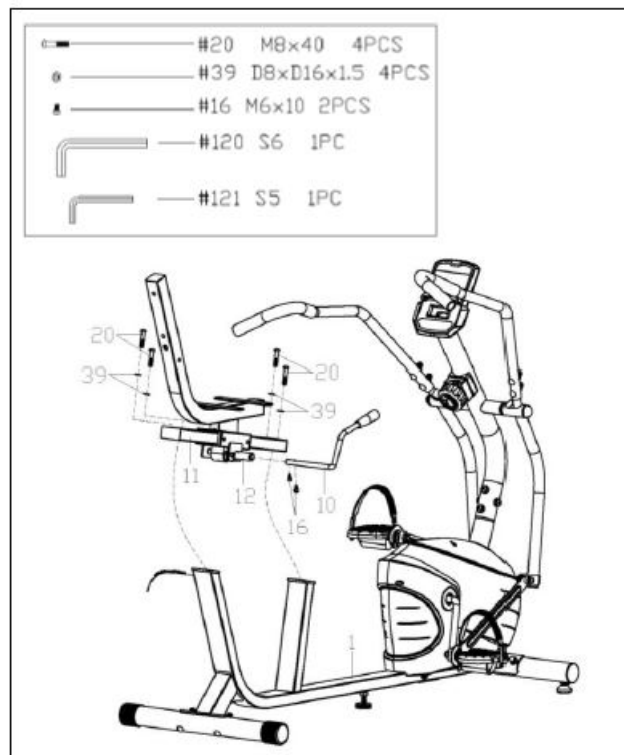
5. STEP 5

Attach 2 Handlebars (No. 7L/R) to 2 Swing Bars (No. 5L/R) with 4 Carriage Bolts (No. 29), 4 Arc Washers (No. 26) and 4 Cap Nuts (No. 33). Tighten and secure with Spanner (No. 119). Remove the preassembled 4 Screws (No. 70) from the Meter (No. 65) with Spanner (No. 119). Connect the Pulse Extension Wire 2 (No. 77) with Meter Pulse Connecting Wire (No. 65b), and connect the Sensor Extension Wire 2 (No. 74) with Meter Sensor Connecting Wire (No. 65a). Attach the Meter (No. 65) to the bracket of the Handlebar Post (No. 4) with 4 Screws (No. 70) that were just removed using Spanner (No. 119).



6. STEP 6

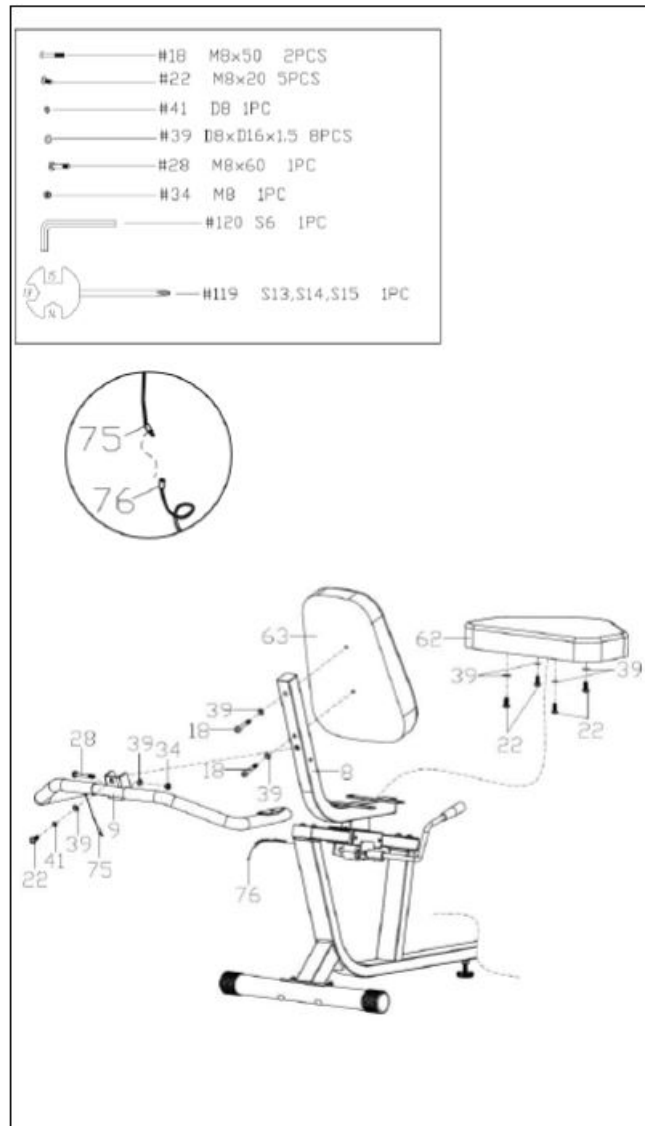
Attach the Seat Rail (No. 11) to the Main Frame (No. 1) with 4 Bolts (No. 20) and 4 Flat Washers (No. 39). Tighten and secure with Allen Wrench (No. 120). Remove 2 Screws (No. 16) from the Adjustable Handle (No. 10) using Allen Wrench (No. 121). Attach the Adjustable Handle (No. 10) to the Axle (No. 12) with 2 Screws (No. 16) that were just removed. Tighten and secure with Allen Wrench (No. 121).



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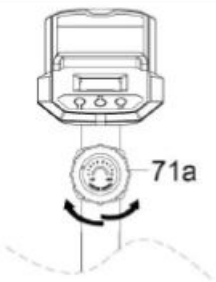
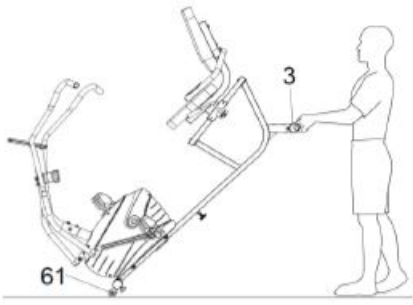
7. STEP 7

Remove 1 Screw (No. 22), 1 Spring Washer (No. 41) and 1 Flat Washer (No. 39) from the Seat Support (No. 8) using Allen Wrench (No. 120). Attach the Rear Handlebar (No. 9) to the Seat Support (No. 8) with 1 Screw (No. 22), 1 Spring Washer (No. 41) and 1 Flat Washer (No. 39) that were just removed. Tighten and secure with Allen Wrench (No. 120). Tighten the Rear Handlebar (No. 9) to the Seat Support (No. 8) with 1 Carriage Bolt (No. 28), 1 Flat Washer (No. 39) and 1 Nylon Nut (No. 34) using Spanner (No. 119). Connect the Pulse Extension Wire 1 (No. 76) to the Pulse Wire (No. 75). Attach the Seat (No. 62) to the Seat Support (No. 8) with 4 Flat Washers (No. 39) and 4 Screws (No. 22). Tighten and secure with Allen Wrench (No. 120). Attach the Backrest (No. 63) to the Seat Support (No. 8) with 2 Flat Washers (No. 39) and 2 Bolts (No. 18) using Allen Wrench (No. 120).

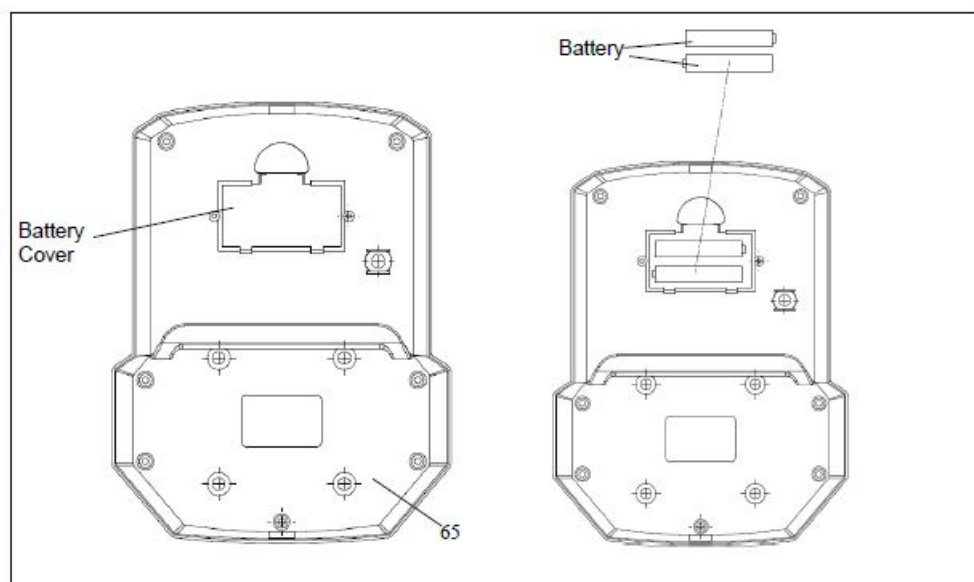


THE ASSEMBLY IS COMPLETE!

ADJUSTMENT GUIDE

	<p>ADJUSTING THE BALANCE</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the bike is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the Adjustable Pads (No. 51) located on the Front Stabilizer (No. 2) until the bike becomes levelled with the floor surface.</p>
	<p>ADJUSTING THE SEAT</p> <p>To move the Seat (No. 62) forward or backward, while seated on the bike, put your feet on the floor. Shift the Adjustable Handle (No. 10) down to loosen. Adjust the Seat (No. 62) to your desired position, then shift the Adjustable Handle (No. 10) up to secure.</p>
	<p>ADJUSTING THE TENSION</p> <p>Adjust the tension by rotating the Tension Controller (No. 71a) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Controller (No. 71a) <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p>MOVING THE BIKE</p> <p>Lift the bike by the Rear Stabilizer (No. 3) until the Transportation Wheels (No. 61) touch the ground. With the Transportation Wheels (No. 61) on the ground, you can transport the bike to the desired location with ease.</p>

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 2 AAA batteries from meter box.
2. Press the buckle of battery cover on the Meter (No. 65), then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the Meter (No. 65). 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 Meter (No. 65).

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the Meter (No. 65), 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 Meter (No. 65). 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 Meter (No. 65).

The replacement is complete!

BATTERY DISPOSAL

Dispose of the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

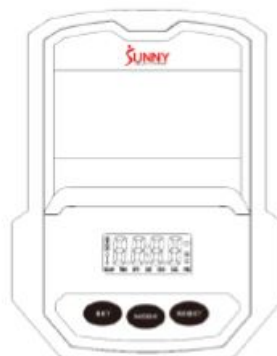
EXERCISE METER

FUNCTION BUTTONS:

MODE: Press the button to select TIME, DISTANCE, and CALORIES to preset. Press the button for the selection function to display the value on LCD or enter after setting. Press the button and hold for 3 seconds to reset all values except the 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 CALORIES. Press the button and hold for 2 seconds to speed up the increment.

RESET: Press the button to reset the function value when setting. Press the button and hold for 3 seconds to reset all values except the 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 the meter. (Whenever batteries are removed, all the function values will be reset to zero.)

2. AUTO ON/OFF:

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

3. AUTO SCAN:

After the meter 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 0.00 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 0.0 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. 8. ODOMETER:

Displays the total accumulated distance from 0.0 to 9999 M (miles). User can also press MODE button to display the odometer value.

9. PULSE:

The meter 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 meter 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.

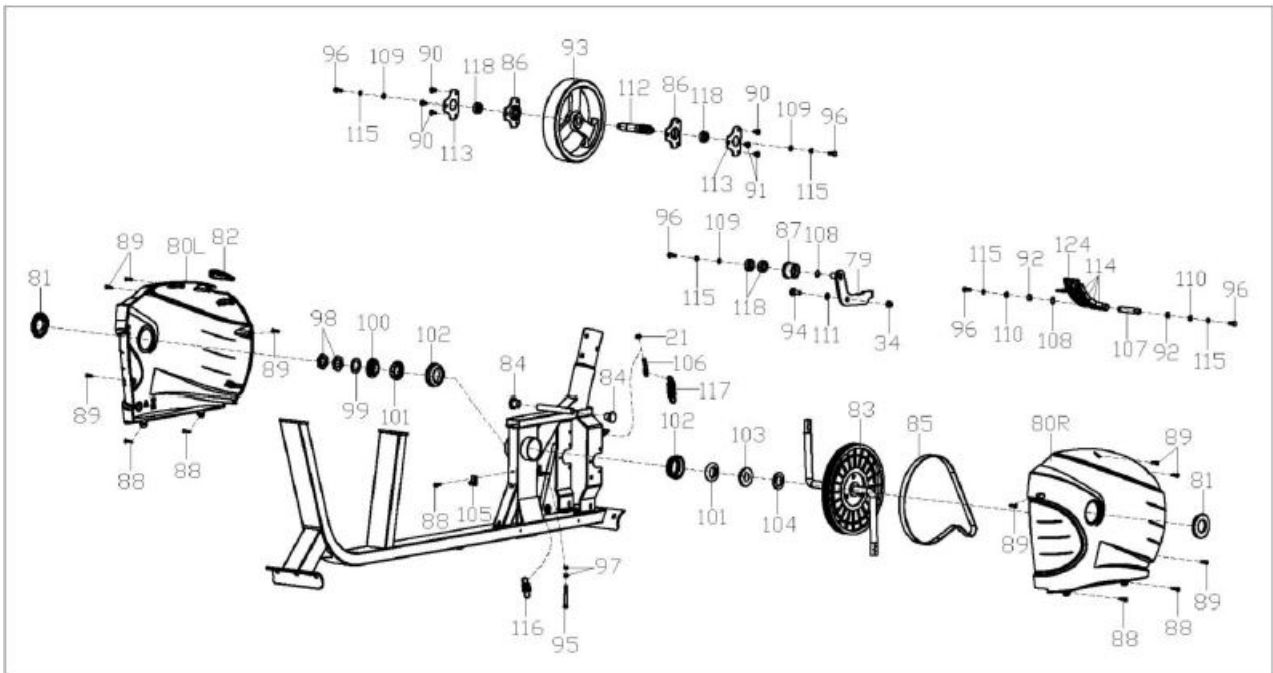
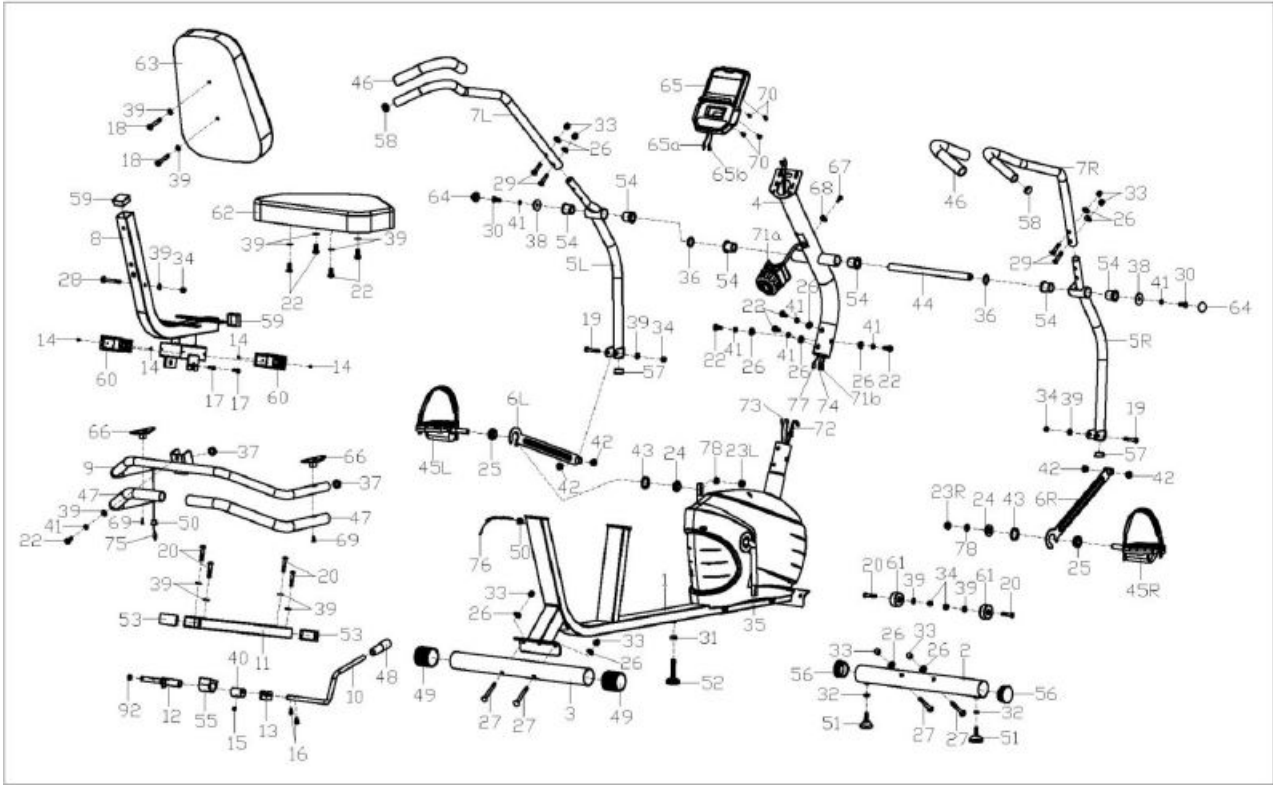
APP CONNECTION

1. Scan the QR code below to download the SunnyFit app onto your mobile device.
2. 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.



3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
 1. From the "Workout" tab, press on the "Search" button to search for your equipment.
 2. Once your equipment appears on the list, tap the "Select" button to confirm.
 3. 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.
 4. 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!
5. If you are unable to replicate these steps, or have any other issues with the SunnyFit app, please contact SunnyFit support at support@sunnyfit.com, or use the in-app "Contact Us" form to request support ("Me" tab -> "Contact Us").

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5L/R	Swing Bar		1PR.
6L/R	Connecting Arm		1PR.
7L/R	Handlebar		1PR.
8	Seat Support		1
9	Rear Handlebar		1
10	Adjustable Handle		1
11	Seat Rail		1
12	Axle		1
13	Fixed Plate		1
14	Screw	ST3.5×8	4
15	Set Bolt	M8×10	1
16	Screw	M6×10	2
17	Screw	M6×16	2
18	Bolt	M8×50	2
19	Bolt	M8×45	2
20	Bolt	M8×40	6
21	Nylon Nut	M6	1
22	Screw	M8×20	9
23L/R	Nylon Nut	B0.5×20	1PR.
24	Alloy Bushing	Φ32×Φ21×8.5	2
25	Bearing	Φ28.6×11×Φ13	2
26	Arc Washer	D8×Φ20×2×R25	12
27	Carriage Bolt	M8×65	4
28	Carriage Bolt	M8×60	1
29	Carriage Bolt	M8×35	4
30	Hex Screw	M8×20	2
31	Hex Nut	M10	1
32	Hex Nut	M8	2
33	Cap Nut	M8	8
34	Nylon Nut	M8	6
35	Crank		1
36	Wave Washer	Φ20×Φ28×0.3	2
37	Round Plug	25×3	2
38	Flat Washer	D8×Φ32×2	2
39	Flat Washer	D8×D16×1.5	16
40	Eccentric Wheel		1
41	Spring Washer	D8	7
42	Alloy Bushing	Φ18×Φ8.1×10	4
43	Spacer	D28.6×Φ34×4.5	2
44	Long Axle		1
45L/R	Pedal		1PR.
46	Foam Grip	Φ24×T3×290	2
47	Foam Grip	Φ24×T3×480	2
48	Grip		1
49	Rear End Cap		2
50	Wire Plug		2
51	Adjustable Pad		2
52	Support Pad		1
53	Square Plug		2
54	Plastic Bushing		6
55	Upper Block		1
56	Front End Cap	Φ50×1.5	2
57	Round Plug	Φ28×1.5	2
No.	Description	Spec.	Qty.
112	Flywheel Axle		1
113	Bearing Bracket		2
114	Magnet		4
115	Spring Washer	D6	5
116	Spring	Φ1.6×Φ15×L47.2	1
117	Spring	Φ3×Φ18×L58.5	1
118	Bearing	6001RS	4

No.	Description	Spec.	Qty.
58	Round Plug	Φ25×1.5	2
59	Square Plug	38×38×1.5	2
60	Sleeve		2
61	Transportation Wheel		2
62	Seat		1
63	Backrest		1
64	Nut Cap	S13	2
65	Meter		1
65a	Meter Sensor Connecting Wire		1
65b	Meter Pulse Connecting Wire		1
66	Pulse Sensor		2
67	Screw		1
68	Arc Washer		1
69	Screw	ST4.2×18	2
70	Screw	M5×10	4
71a	Tension Controller		1
71b	Tension Cable		1
72	Tension Hook		1
73	Sensor Extension Wire 1		1
74	Sensor Extension Wire 2		1
75	Pulse Wire		1
76	Pulse Extension Wire 1		1
77	Pulse Extension Wire 2		1
78	Spring Washer	D13	2
79	Idler Wheel Linkage		1
80L/R	Belt Cover		1PR.
81	Crank Cover		2
82	Sealing		1
83	Belt Pulley		1
84	Plug		2
85	Belt	350 PJ6	1
86	Bearing Housing		2
87	Idler Wheel		1
88	Screw	ST4.2×19	5
89	Screw	ST4.2×18	8
90	Screw	M6×10	4
91	Screw	M6×8	2
92	Spring Washer	D12	3
93	Flywheel		1
94	Screw	Φ14×Φ10×M8×2 0.5	1
95	Hex Bolt	M5×60	1
96	Hex Screw	M6×15	5
97	Hex Nut	M5	2
98	Nut		2
99	Washer		1
100	Locking Nut-L		1
101	Open Face Bearing		2
102	Bearing Housing		2
103	Locking Nut-R		1
104	Big Flat Washer		1
105	Sensor Bracket		1
106	Adjustable Belt Bolt	M6×36	1
107	Magnetic Board Axle		1
108	Wave Washer	D12×Φ15.5×0.3	2
109	Flat Washer	D6×Φ16×1.5	3
110	Flat Washer	D6×D12×1.2	2
111	Flat Washer	D10×Φ14×1	1
No.	Description	Spec.	Qty.
119	Spanner	S13,S14,S15	1
120	Allen Wrench	S6	1
121	Allen Wrench	S5	1
122	Spanner	S13,S14	1
123	Spanner	S17,S19	1
124	Magnetic Board		1

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Documents / Resources

	<p>SUNNY SF-RB420032 Performance Interactive Series Recumbent Bike [pdf] User Manual SF-RB420032 Performance Interactive Series Recumbent Bike, SF-RB420032, Performance I nteractive Series Recumbent Bike, Interactive Series Recumbent Bike, Recumbent Bike</p>
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