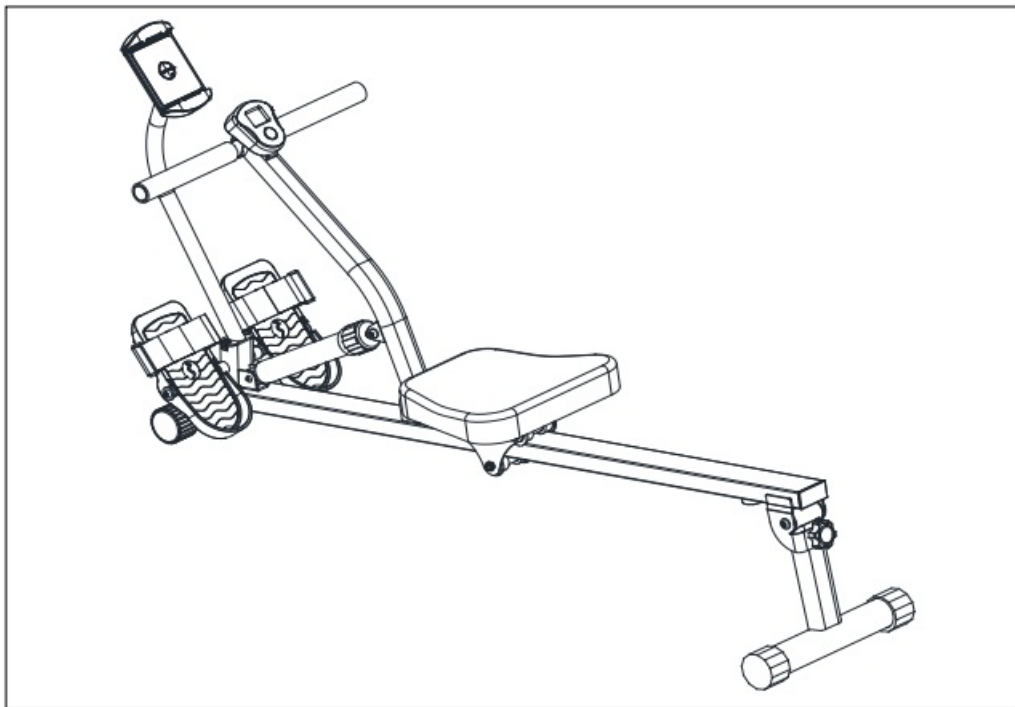


SUNNY SF-RW1205SMART SMART Compact Adjustable Rowing Machine User Manual

[Home](#) » [Sunny](#) » SUNNY SF-RW1205SMART SMART Compact Adjustable Rowing Machine User Manual 

SUNNY SF-RW1205SMART SMART Compact Adjustable Rowing Machine



Contents

- 1 IMPORTANT!
- 2 IMPORTANT SAFETY INFORMATION
- 3 PRE-ASSEMBLY CHECK LIST
- 4 HARDWARE PACKAGE
- 5 ASSEMBLY INSTRUCTIONS
- 6 BATTERY INSTALLATION & REPLACEMENT
- 7 ADJUSTMENTS & USAGE GUIDE
- 8 EXERCISE METER
- 9 PARTS LIST
- 10 EXPLODED DIAGRAM
- 11 Documents / Resources
 - 11.1 References
- 12 Related Posts

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

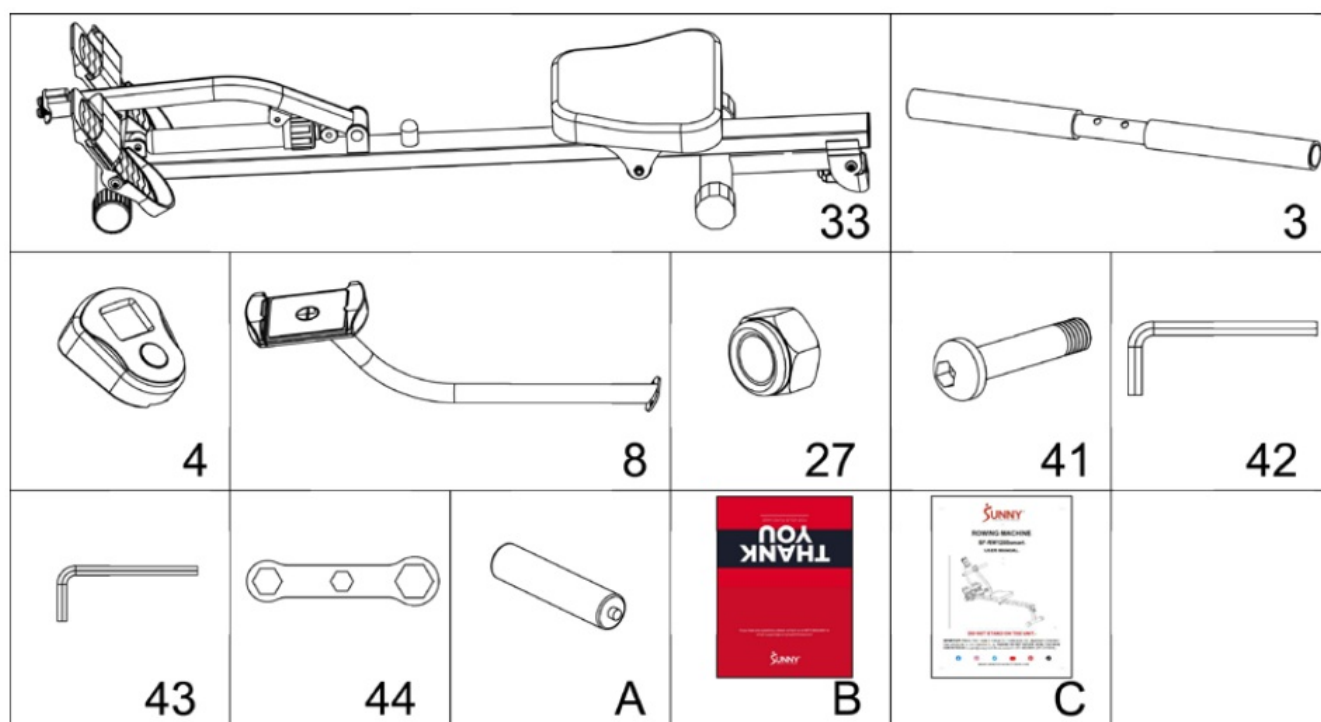
IMPORTANT SAFETY INFORMATION

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.

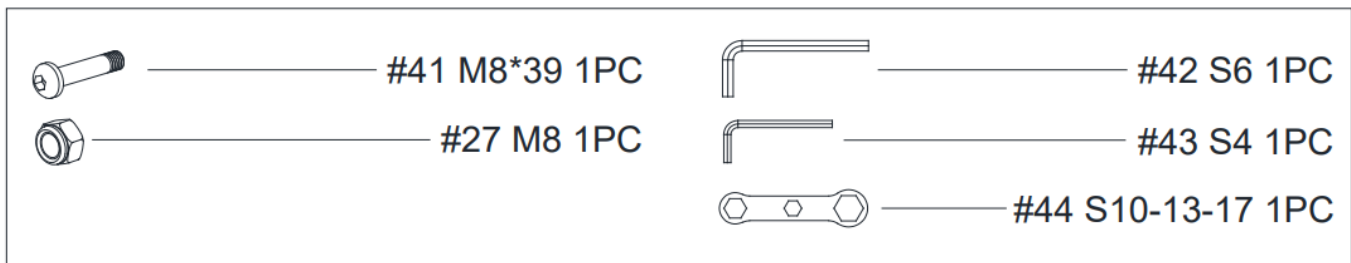
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 220 lbs (100 kgs).
10. The equipment is not suitable 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, 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



No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
33	Main Frame		1	42	Allen Wrench	S6	1
3	Handlebar		1	43	Allen Wrench	S4	1
4	Meter		1	44	Spanner	S10-13-17	4
8	Phone Holder Assembly		1	A	Battery	AA	2
27	Nut	M8	1	B	Thank You Card		1
41	Bolt	M8*39	1	C	User Manual		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 12) and “PARTS LIST” (page 11).

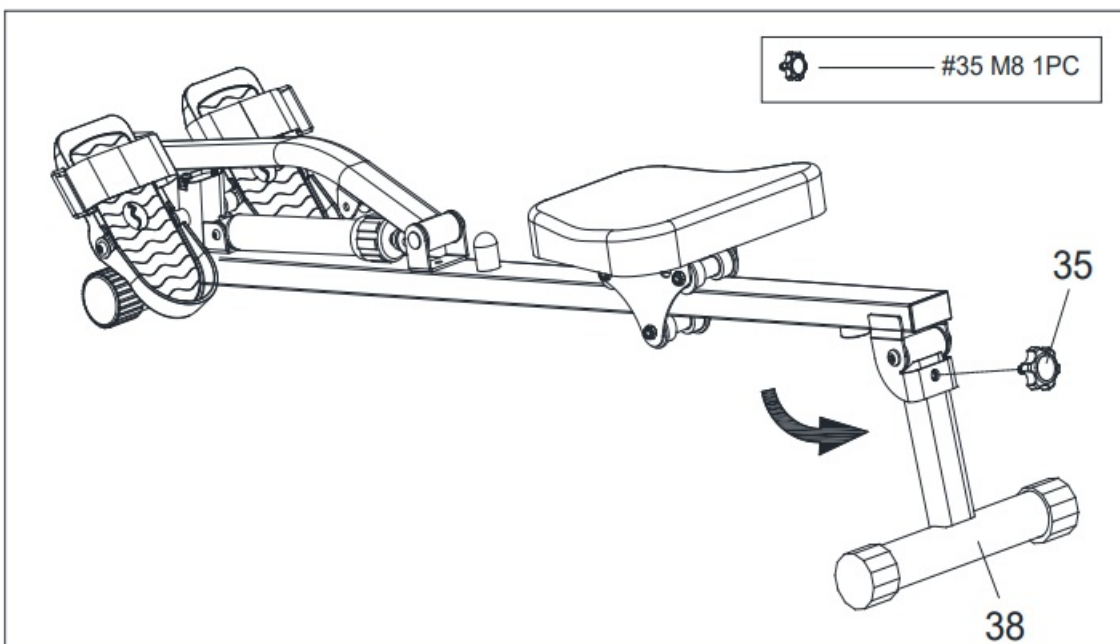
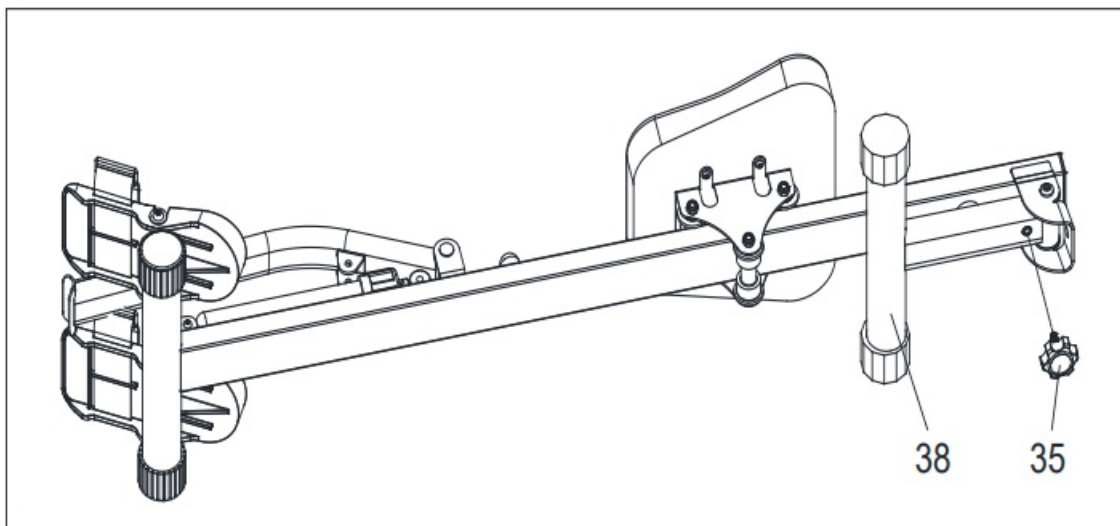
Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

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:

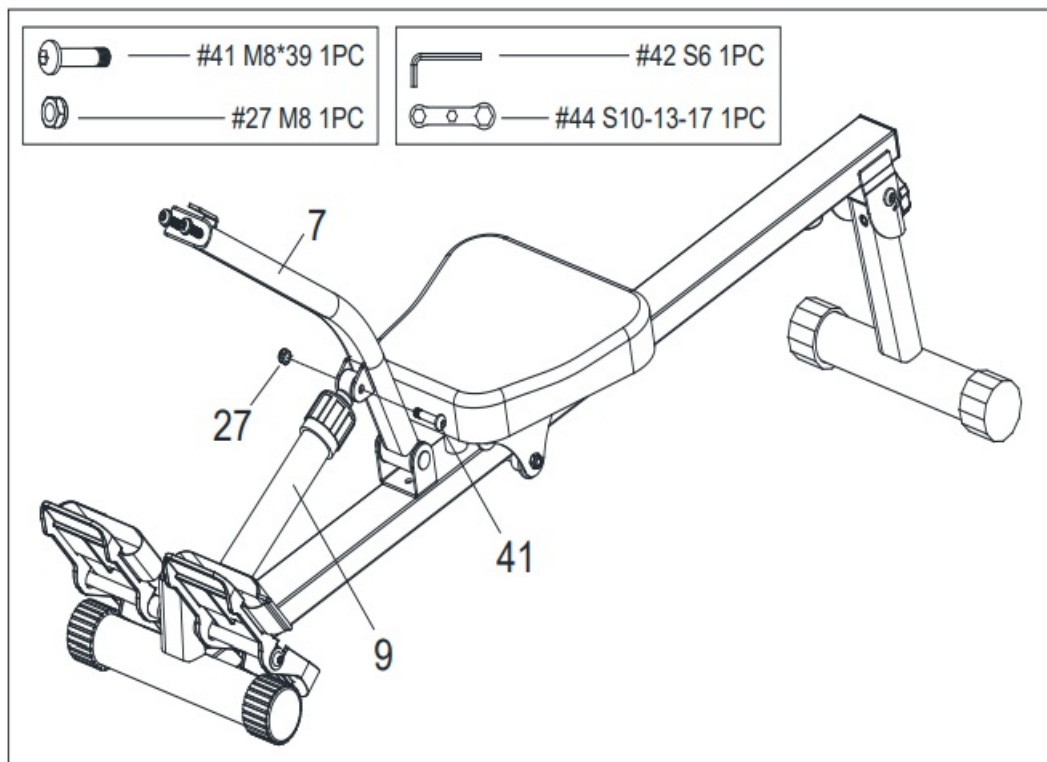
Loosen and remove the Adjustment Knob (No. 35) and unfold the Rear Stabilizer (No. 38). Reinsert and tighten the Adjustment Knob (No. 35) to secure the Rear Stabilizer (No. 38) in place.



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).

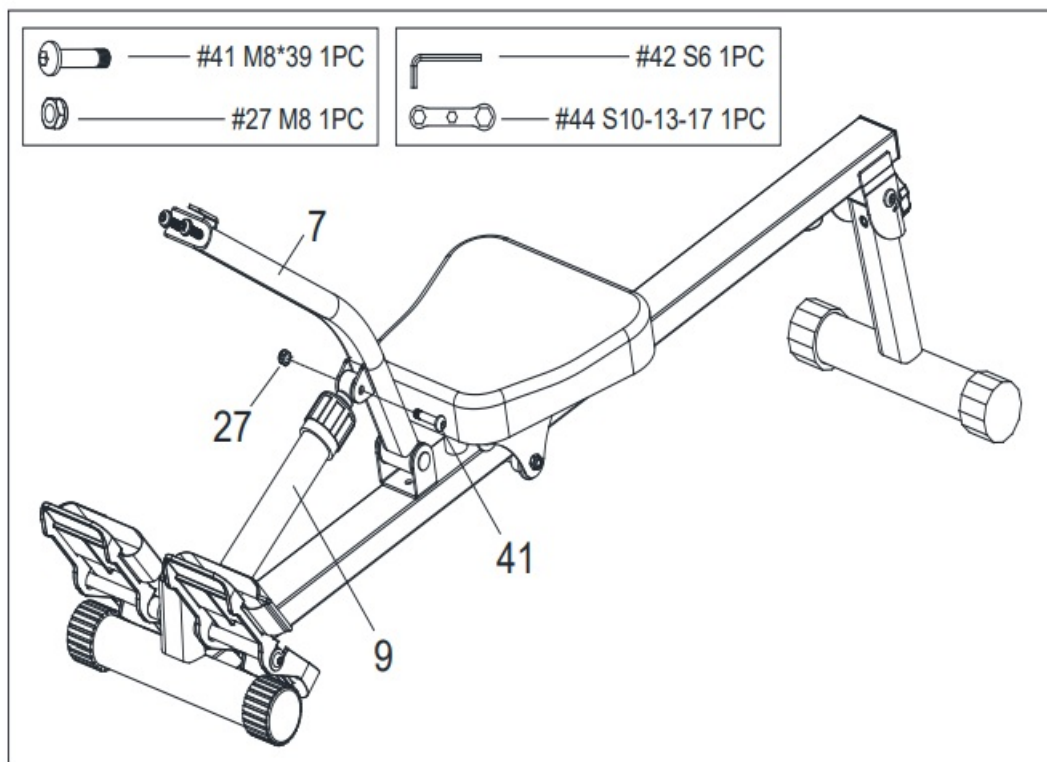
STEP 2:

Attach the Hydraulic Cylinder (No. 9) to the bracket on the Front Support Tube (No. 7) using Bolt (No. 41) and Nut (No. 27). Secure and tighten with Allen Wrench (No. 42) and Spanner (No. 44).



STEP 3:

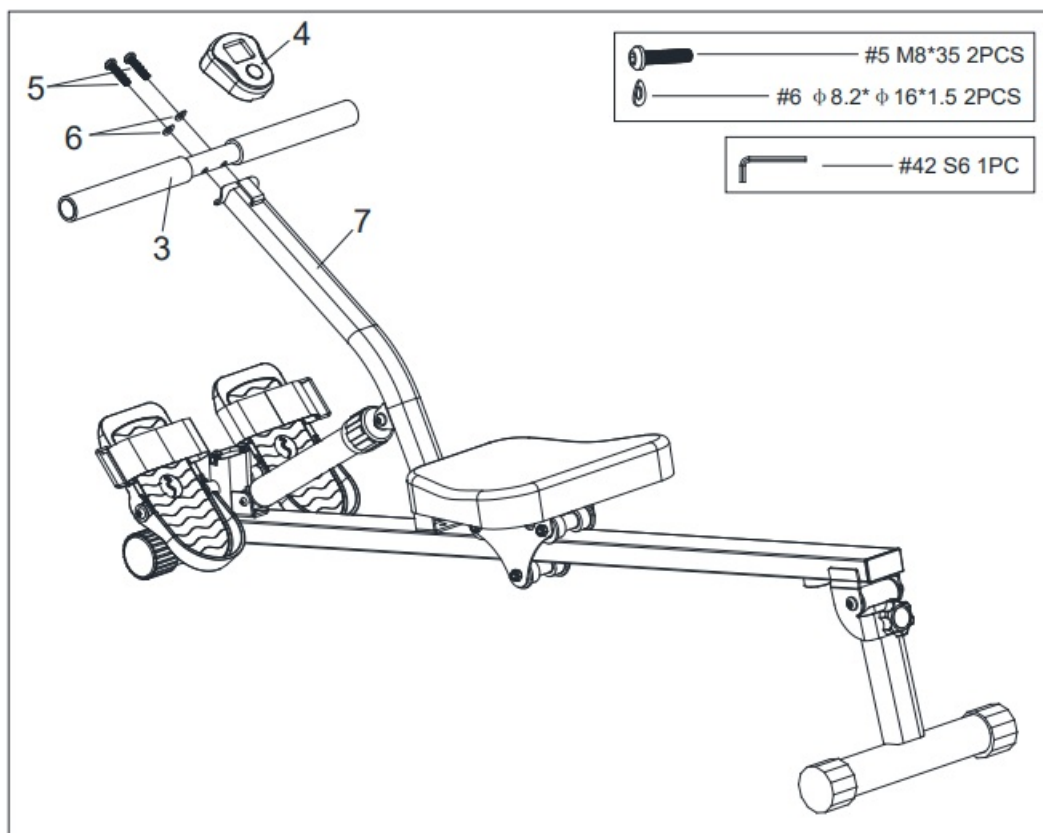
Remove 2 Bolts (No. 5) and 2 Arc Washers (No. 6) from Front Support Tube (No. 7) using Allen Wrench (No. 42). Place the Handlebar (No. 3) onto the Front Support Tube (No. 7) and secure using 2 Bolts (No. 5) and 2 Arc Washers (No. 6) that were removed. Tighten and secure with Allen Wrench (No. 42). Slide the Meter (No. 4) onto the bracket on the Front Support Tube (No. 7).



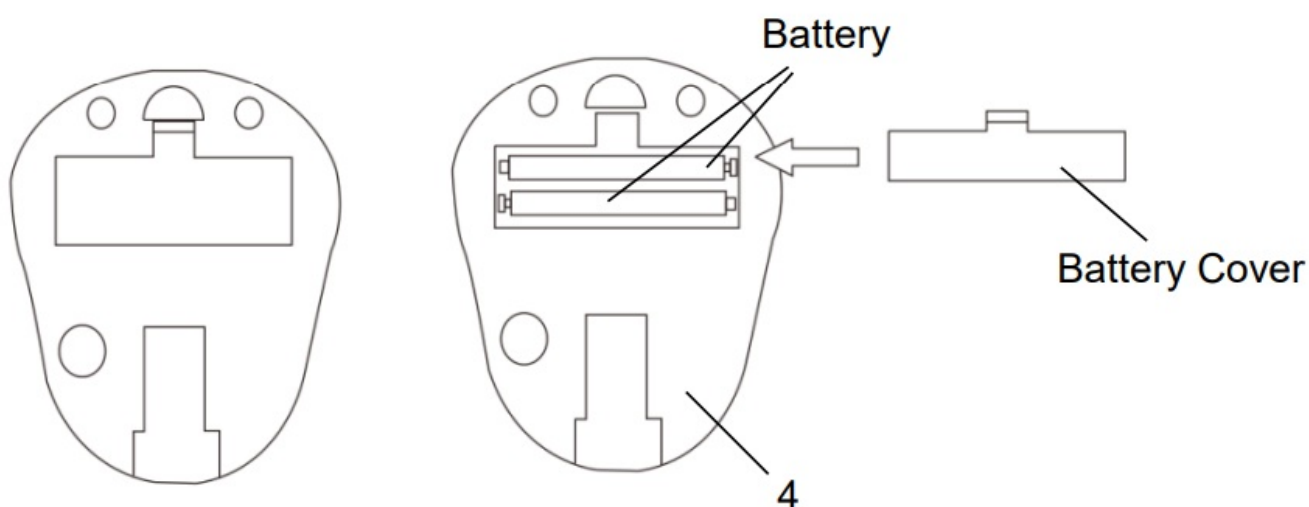
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

STEP 4:

Remove 2 Bolts (No. 31) and 2 Flat Washer (No. 15) from Main Frame (No. 33) using Allen Wrench (No. 43). Place the Phone Holder Assembly (No. 8) onto the Main Frame (No. 33) and secure using 2 Bolts (No. 31) and 2 Flat Washers (No. 15) that were removed. Tighten and secure with Allen Wrench (No. 43). The assembly is complete!



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AA batteries from the meter box.
2. Press the buckle of battery cover on the Meter (No. 4), then remove battery cover.

3. Install 2 AA batteries into the battery case on the back of the Meter (No. 4). 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. 4).

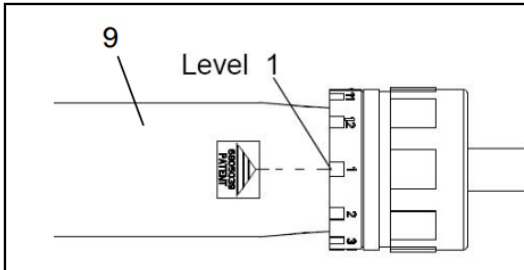
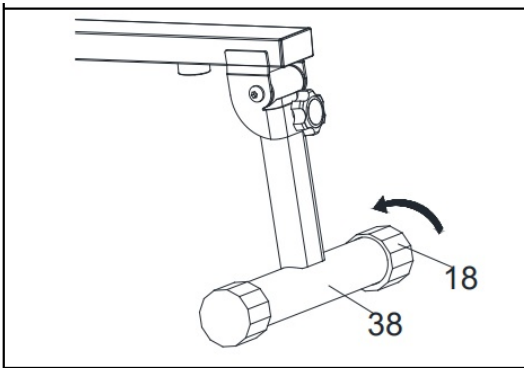
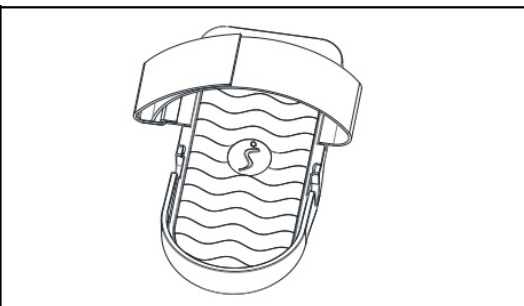
The installation is complete!

BATTERY REPLACEMENT:

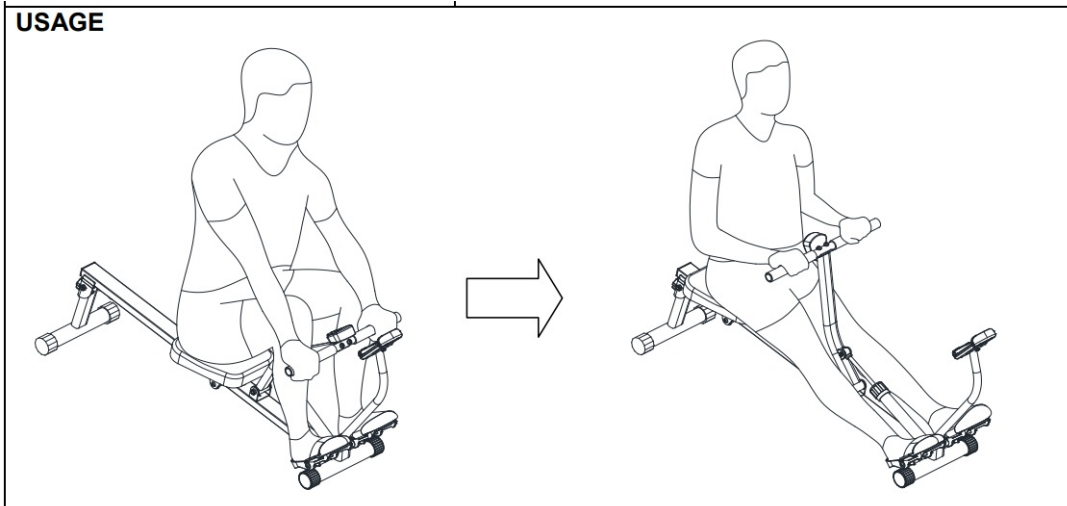
1. Press the buckle of battery cover on the back of the Meter (No. 4), then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the Meter (No. 4). Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the Meter (No. 4).

The replacement is complete!

ADJUSTMENTS & USAGE GUIDE

	<p>ADJUSTING THE TENSION</p> <p>To adjust the tension level, turn the adjustment knob on the Hydraulic Cylinder (No. 9) to the desired level. The tension levels range is from Level 1 to Level 12, with Level 1 being the lowest resistance.</p>
	<p>ADJUSTING THE BALANCE</p> <p>Before using your product, check the balance of the product to ensure that it is safe for use. Put the product on a flat, even surface. If you find that the product is slightly uneven, you can adjust the product to compensate for uneven ground. To do so, rotate the Rear Caps (No. 18) on the Rear Stabilizer (No. 38) until they are even with the ground.</p>
	<p>PEDAL STRAP ADJUSTMENT</p> <p>The Pedal Strap (No. 40) is adjustable and can be personalized to fit the user's foot size.</p>

USAGE



EXERCISE METER

Our exercise meter on the Sunny Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the exercise meter will alternately and repeatedly display your Time, Count, Calories, Total Count, and Scan (alternates all of the above). With our easy-to-use meter, the user can efficiently track their fitness improvements from one workout to the next.

FUNCTION KEY:

MODE: To select your specification mode and/or turn on exercise meter.



FUNCTIONS:

1. **SCAN:** Repeatedly displays all functions alternately.
2. **TIME:** Counts the total time elapsed (counts up to 99:59 MIN).
3. **CNT (COUNT):** Displays the total count from start of current workout (0-9999).
4. **CAL (CALORIES):** The rate of calories burned per hour (0-9999 KCAL).
5. **TOT.CNT (TOTAL COUNT):** Accumulates the total count from all your workouts.

BATTERIES

This Meter (No. 4) uses 2 AA batteries, which are included. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change all batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose of old batteries according to your 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.

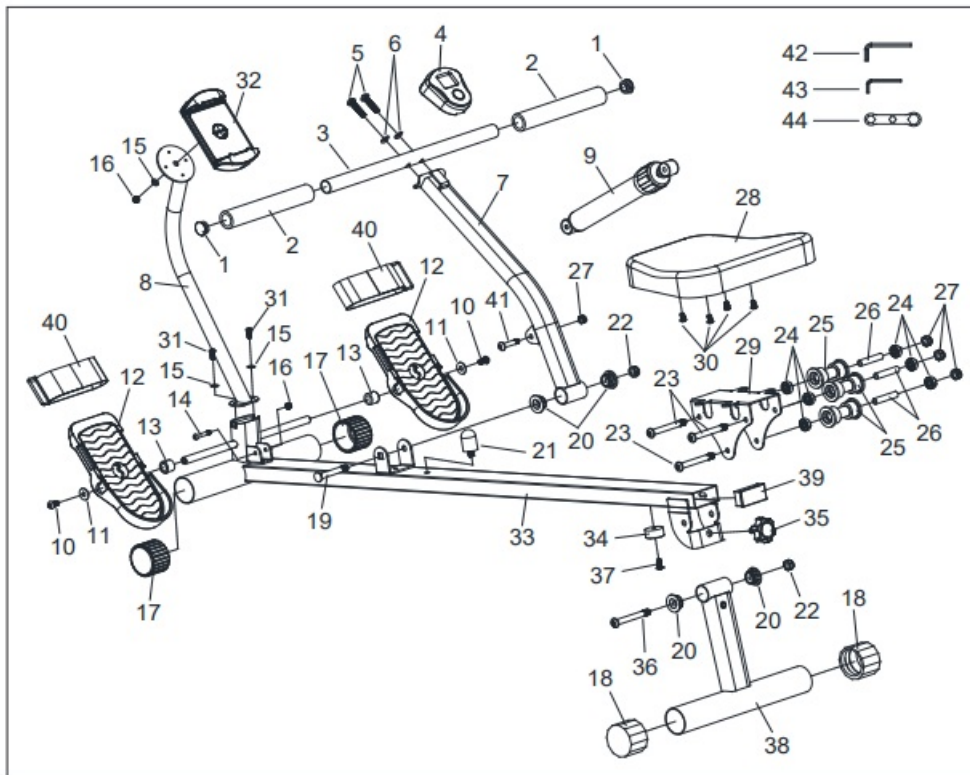


3. Ensure that the Bluetooth function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
 - a. From the "Workout" tab, press on the "Search" button to search for your equipment.
 - b. Once your equipment appears on the list, tap the "Select" button to confirm.
 - c. NOTE: If your equipment does not appear on the "Searching for Equipment" list, check the 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!
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").

PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Cap	φ25	2	23	Bolt	M8*82	3
2	Sponge	φ23*φ33*205	2	24	Bearing	608ZZ	6
3	Handlebar		1	25	Roller	φ38*φ31*68	3
4	Meter		1	26	Casing Pipe for Idler Wheel	φ11*1.4*53.8	3
5	Bolt	M8*35	2	27	Nut	M8	4
6	Arc Washer	φ8.2*φ16*1.5	2	28	Seat		1
7	Front Support Tube		1	29	Seat Support		1
8	Phone Holder Assembly		1	30	Bolt	M6	4
9	Hydraulic Cylinder	φ38*300	1	31	Bolt	M6*15	2
10	Bolt	M8*16	2	32	Phone Holder		1
11	Flat Washer	φ8.2*φ22*1.5	2	33	Main Frame		1
12	Pedal		2	34	Cushion		1
13	Spacer	φ21*φ13.5*17	2	35	Adjustment Knob	M8	1
14	Bolt	M6*35	1	36	Bolt	M10*82	1
15	Flat Washer	φ6.4*φ12*1.2	3	37	Bolt	M6*16	1
16	Nut	M6	2	38	Rear Stabilizer		1
17	Front Cap	φ50	2	39	Inner Cap		1
18	Rear Cap	φ50	2	40	Pedal Strap		2
19	Bolt	M10*72	1	41	Bolt	M8*39	1
20	Bearing Sleeve	φ33*φ10*16	4	42	Allen Wrench	S6	1
21	Cushion	φ26*51	1	43	Allen Wrench	S4	1
22	Nut	M10	2	44	Spanner	S10-13-17	1

EXPLODED DIAGRAM



CONNECT WITH US FOR FITNESS ARTICLES, VIDEOS & WORKOUTS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



SUNNYHEALTHFITNESS



SUN NYH EAL THAN DFITNESS

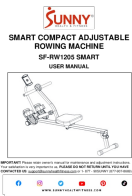


@SUNNYHEAL TH FITNESS

WWW.SUNNYHEALTHFITNESS.COM



Documents / Resources

	<p>SUNNY SF-RW1205SMART SMART Compact Adjustable Rowing Machine [pdf] User Manual</p> <p>SF-RW1205SMART SMART Compact Adjustable Rowing Machine, SF-RW1205SMART, SMART Compact Adjustable Rowing Machine, Adjustable Rowing Machine, Rowing Machine, Machine</p>
--	--

References

- [User Manual](#)