

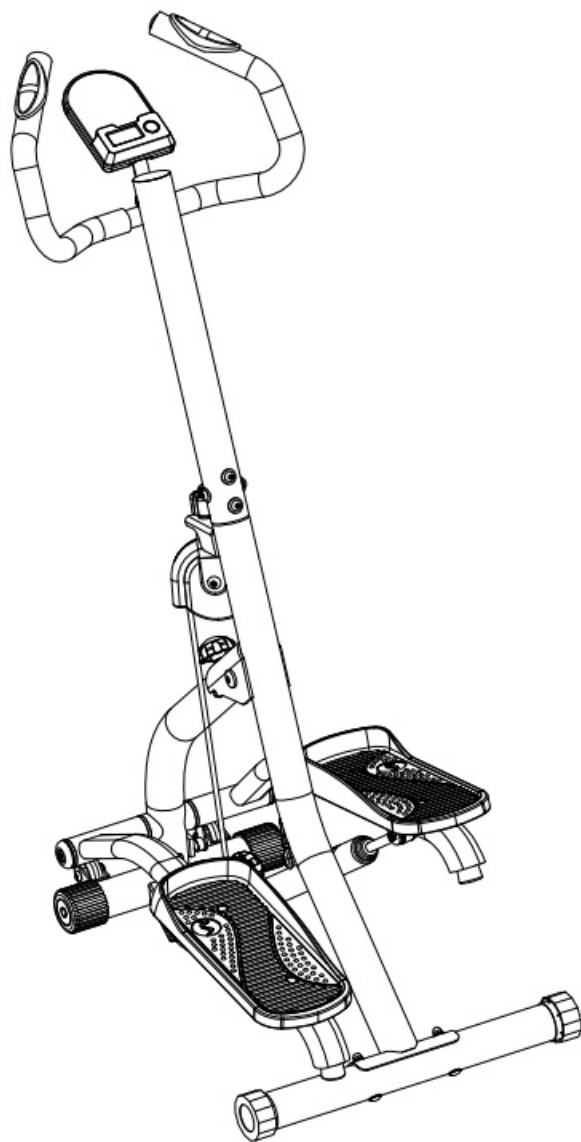


SUNNY SF-S021001 Climber Stepper with Handlebar User Manual

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**CLIMBER STEPPER WITH
HANDLEBAR
SF-S021001
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).



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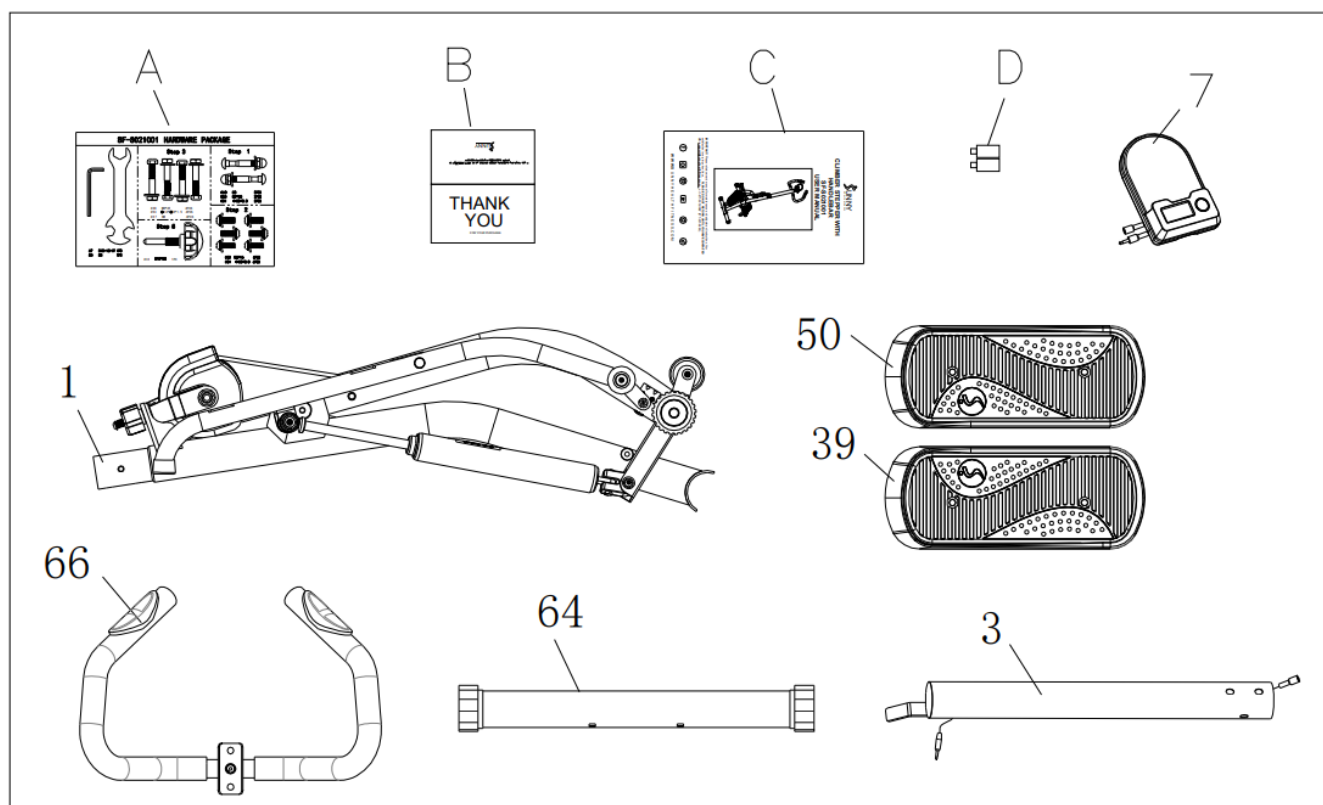
IMPORTANT SAFETY INFORMATION

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 condition 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 265 lbs (120kgs).
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 extremely 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 | Rear Support Tube | | 1 |
| 3 | Handlebar Post | | 1 |
| 7 | Computer | BJ-HT087 | 1 |
| 39 | Left Pedal | 354*140*46 | 1 |
| 50 | Right Pedal | 354*140*46 | 1 |
| 64 | Rear Stabilizer | 138*138*94 | 1 |
| 66 | Handlebar | | 1 |
| A | Hardware Package | | 1 |
| B | Thank You Card | | 1 |
| C | Manual | | 1 |
| D | Battery | 1.5V AAA | 2 |

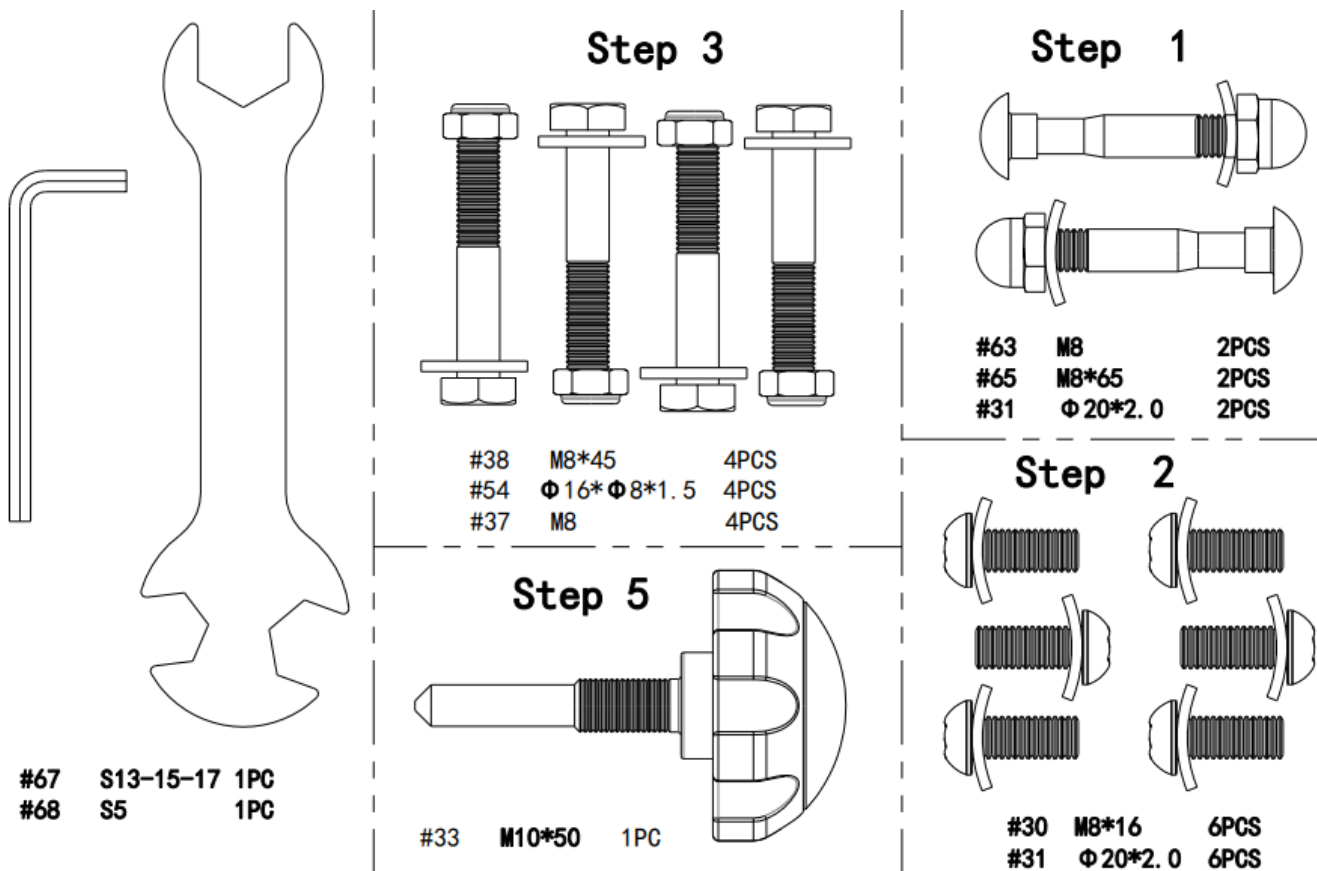
Ordering Replacement Parts (U.S. and Canadian Customers only)

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 13)

HARDWARE PACKAGE

SF-S021001 HARDWARE PACKAGE

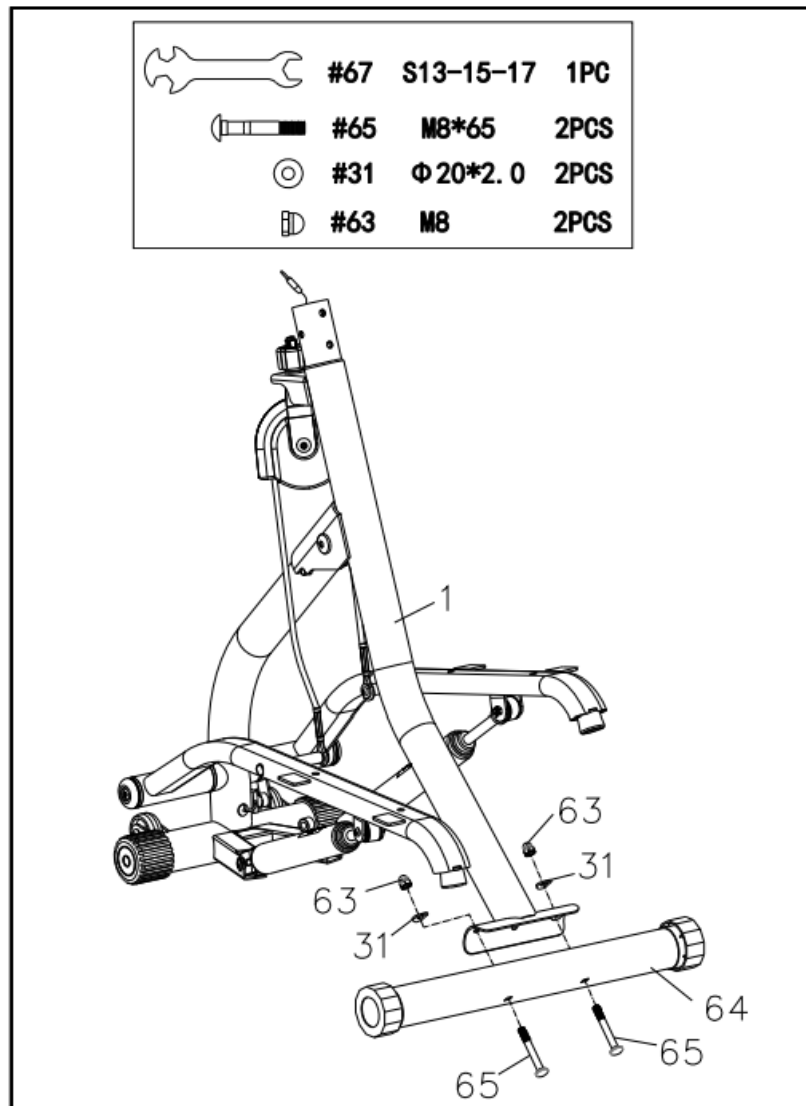


ASSEMBLY INSTRUCTIONS

STEP 1:

Remove the Rear Support Tube (No. 1) from the box. Open the Rear Support Tube (No. 1) as shown in the picture on the left.

Attach the Rear Stabilizer (No. 64) to the Rear Support Tube (No. 1) using 2 Bolts (No. 65), 2 Cap Nuts (No. 63) and 2 Arc Washers (No. 31). Tighten and secure with the Spanner (No. 67).

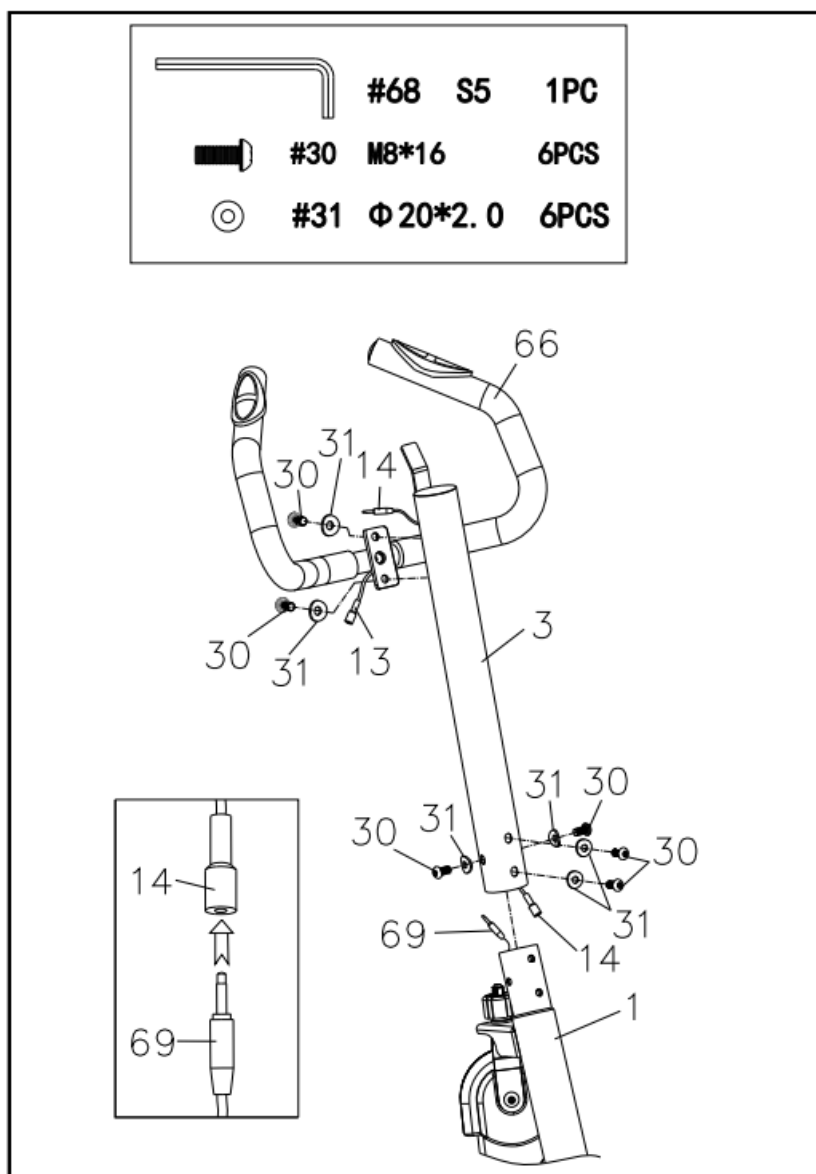


STEP 2:

Connect the lower end of the Sensor Wire (No. 14) with the Extension Wire (No. 69).

Insert the Handlebar Post (No. 3) into the Rear Support Tube (No. 1) with 4 Hexagon Bolts (No. 30) and 4 Arc Washers (No. 31). Tighten and secure with the Allen Wrench (No. 68).

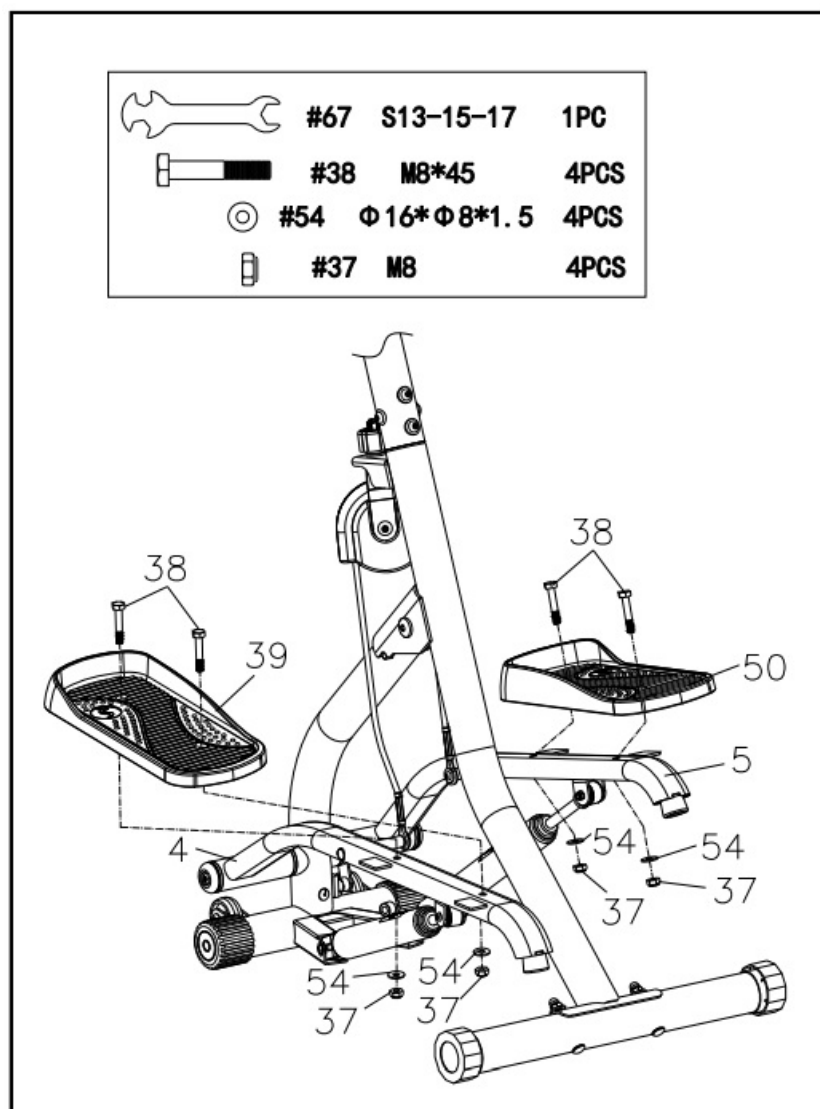
Attach the Handlebar (No. 66) onto the Handlebar Post (No. 3) with 2 Hexagon Bolts (No. 30) and 2 Arc Washers (No. 31). Tighten and secure with the Allen Wrench (No. 68).



STEP 3:

Attach the Left Pedal (No. 39) onto the Left Pedal Bar (No. 4) with 2 Nuts (No. 37), 2 Hexagon Bolts (No.38) and 2 Flat Washers (No.54). Tighten and secure with the Spanner (No. 67).

Attach the Right Pedal (No. 50) onto the Right Pedal Bar (No. 5) with 2 Nuts (No. 37), 2 Hexagon Bolts (No.38) and 2 Flat Washers (No.54). Tighten and secure with the Spanner (No. 67).

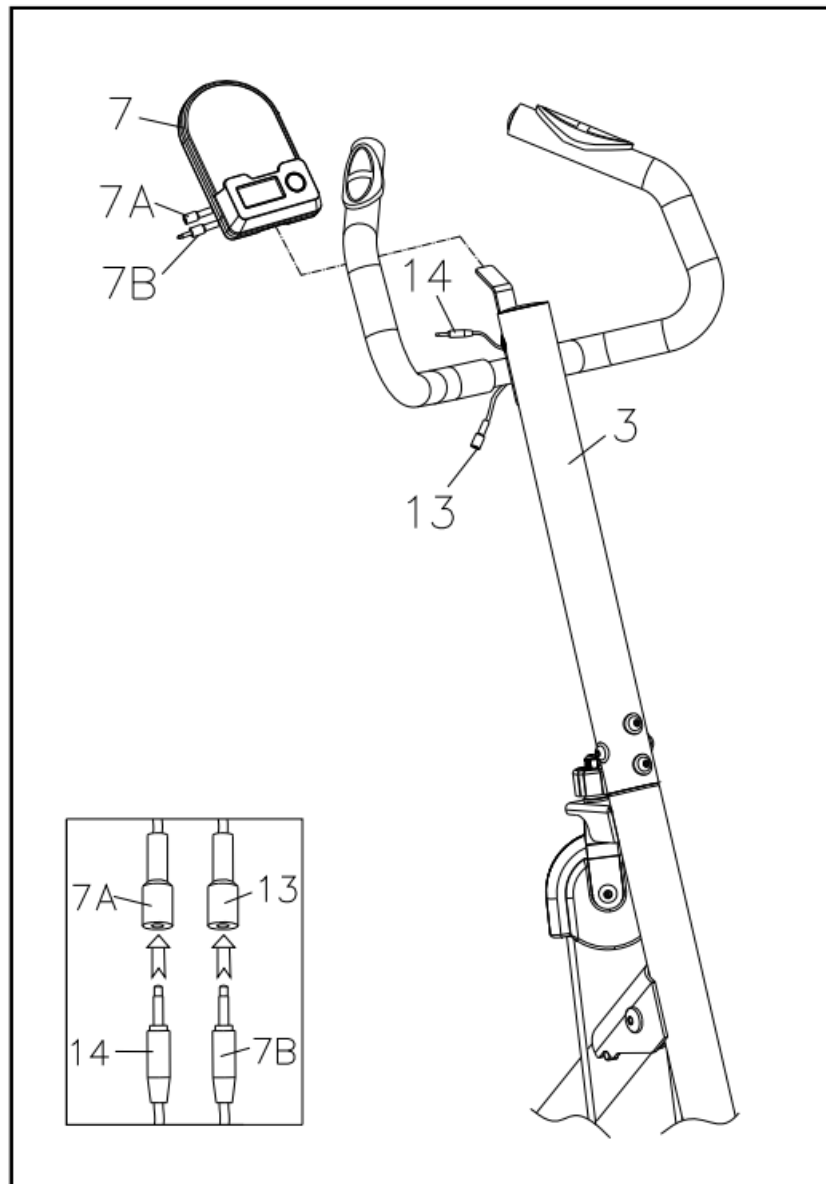


STEP 4:

Connect the Computer Wire A (No. 7A) with the Sensor Wire (No. 14).

Connect the Computer Wire B (No. 7B) with the Pulse Wire (No. 13).

Insert the Computer (No. 7) onto the tab on the Handlebar Post (No. 3).

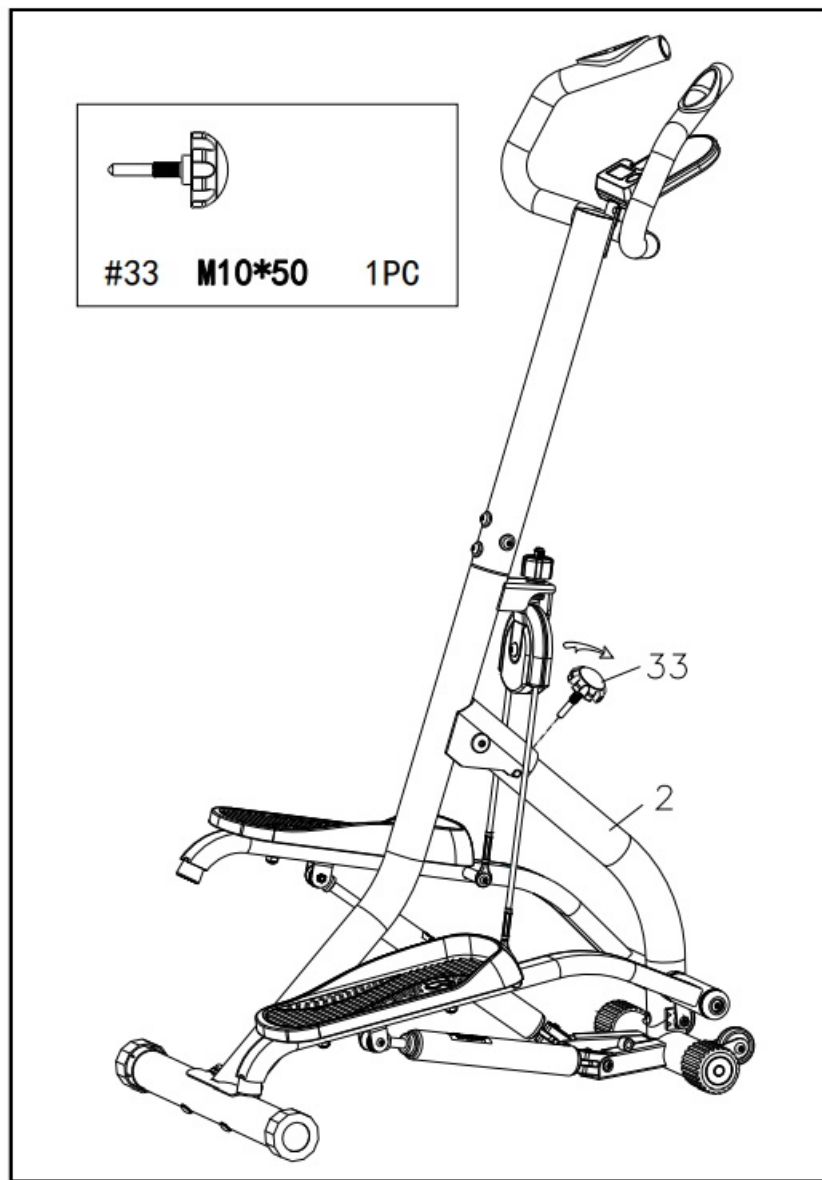


STEP 5:

Take out the Adjustment Knob (No. 33) from the hardware package.

Then insert the Adjustment Knob (No. 33) into the Front Support Tube (No. 2) and adjust the tightness of the Adjustment Knob (No. 33) to the desired position.

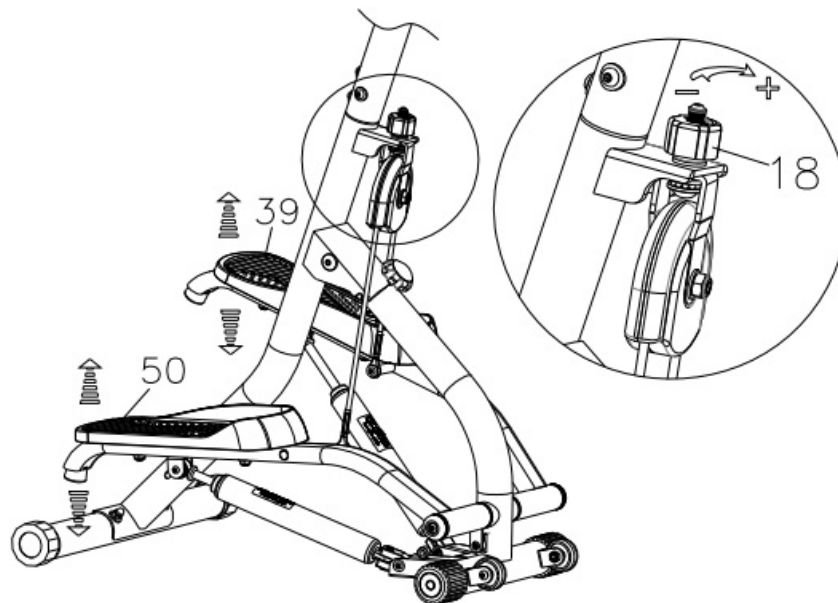
The assembly is complete



MAINTENANCE & ADJUSTMENT GUIDE

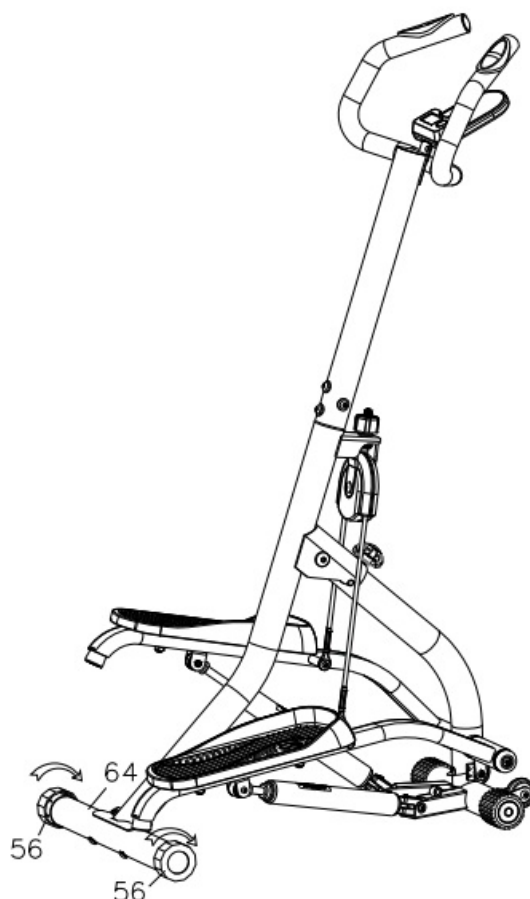
ADJUSTING THE PEDAL STEPPING HEIGHT

Before adjusting the stepping height, raise the Left Pedal (No. 39) and Right Pedal (No. 50) first. Then turn the Adjustment Knob (No. 18) clockwise to increase the stepping height. Turn the Adjustment Knob (No. 18) counter-clockwise to decrease the stepping height.



ADJUSTING THE BALANCE

To achieve a smooth and comfortable use, you must ensure that the stepper is stable and secured. If you notice the stepper is unbalanced during use, adjust the Adjustable Plug (No. 56) located on the Rear Stabilizer (No. 64) until the stepper becomes levelled with the floor surface.



CLEANING

The stepper can be cleaned with a soft, clean, and damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the stepper after each use. Be careful not to get excessive moisture on the computer display panel as this might cause electrical hazards or electronics failure.

Please keep the stepper, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the stepper for proper tightness every week.

STORAGE

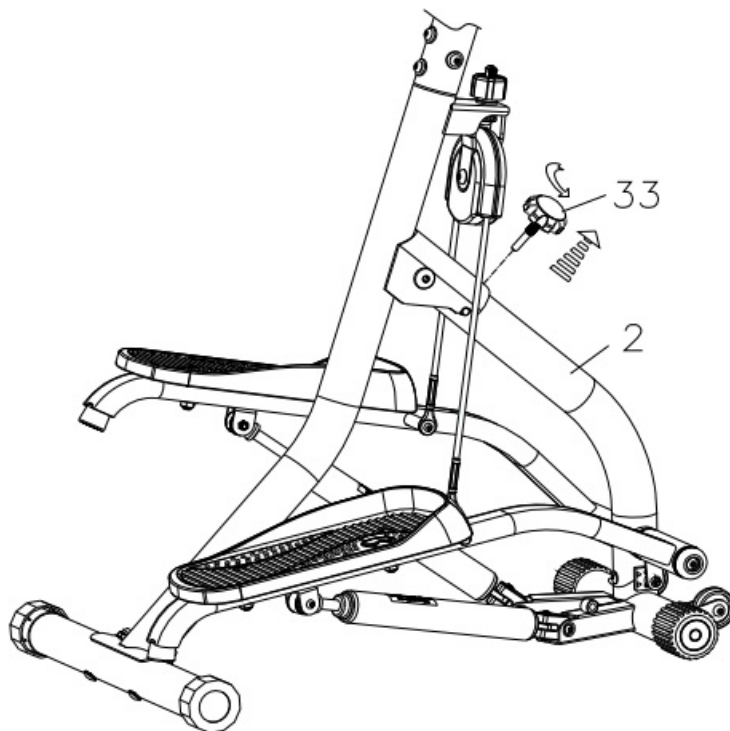
Store the stepper in a clean and dry environment, away from children.

NOTES:

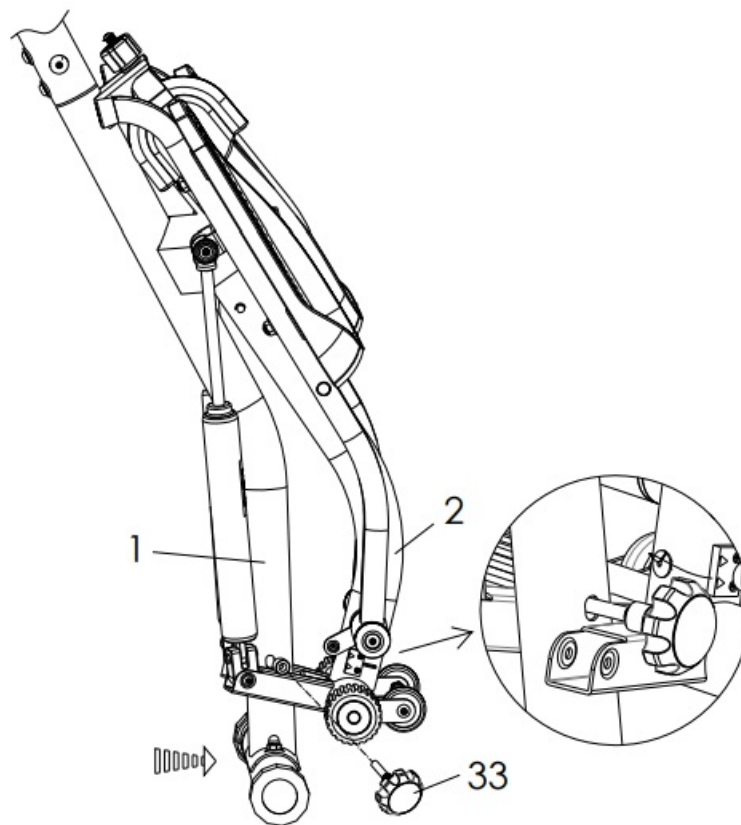
Do not use the stepper for more than 15 minutes as the hydraulic cylinders may overheat and become damaged. Allow at least 30 minutes rest in between sessions.

FOLDING INSTRUCTIONS

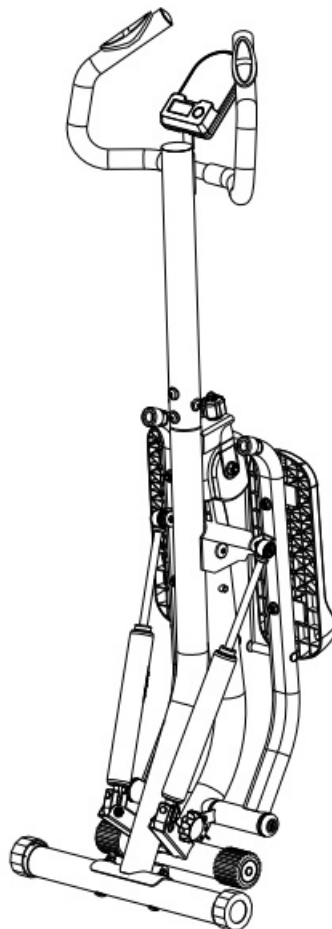
A. Remove the Adjustment Knob (No. 33) from the Front Support Tube (No. 2).



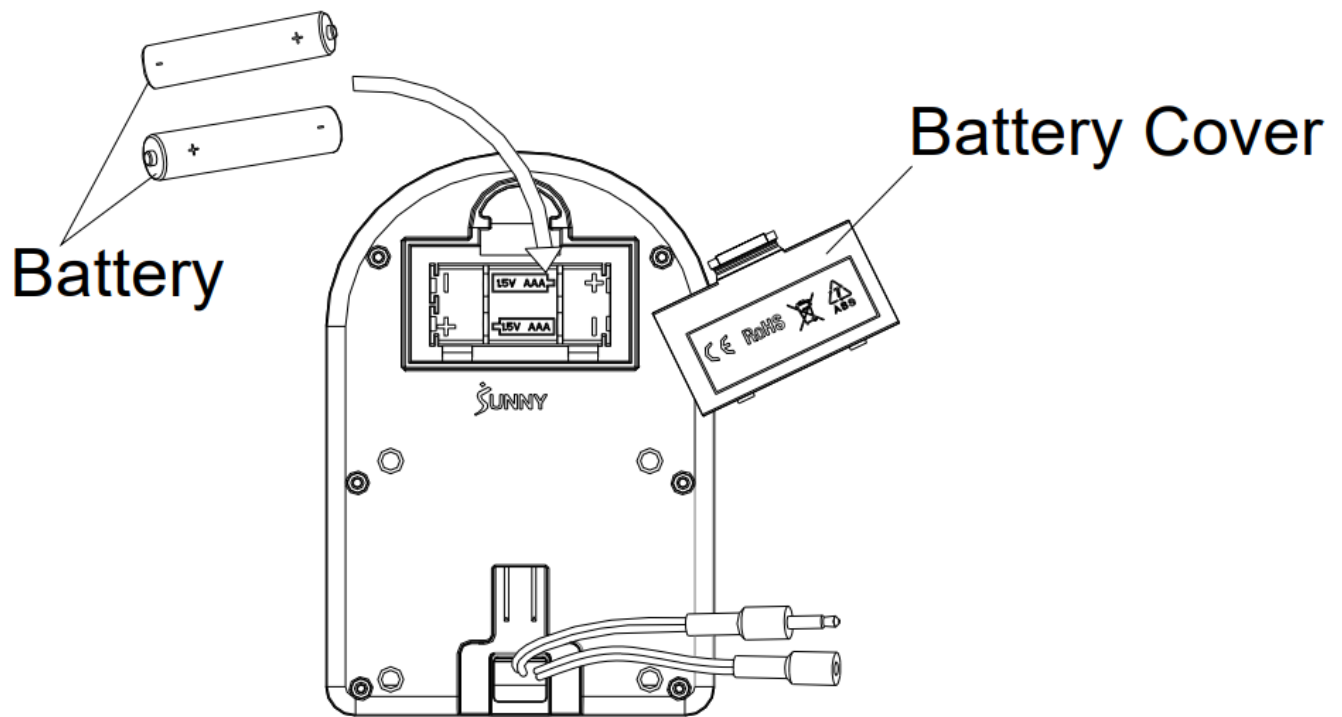
B. Bring the Rear Support Tube (No. 1) and the Front Support Tube (No. 2) closer to each other. Insert the Adjustment Knob (No. 33) into the hole on the Rear Support Tube (No. 1), tighten and secure with your hand.



C. The folding is complete



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the back of the Computer (No. 7), then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the Computer (No. 7). Pay attention to the battery + and – ends before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the Computer (No. 7).

The installation is complete!

BATTERY REPLACEMENT:

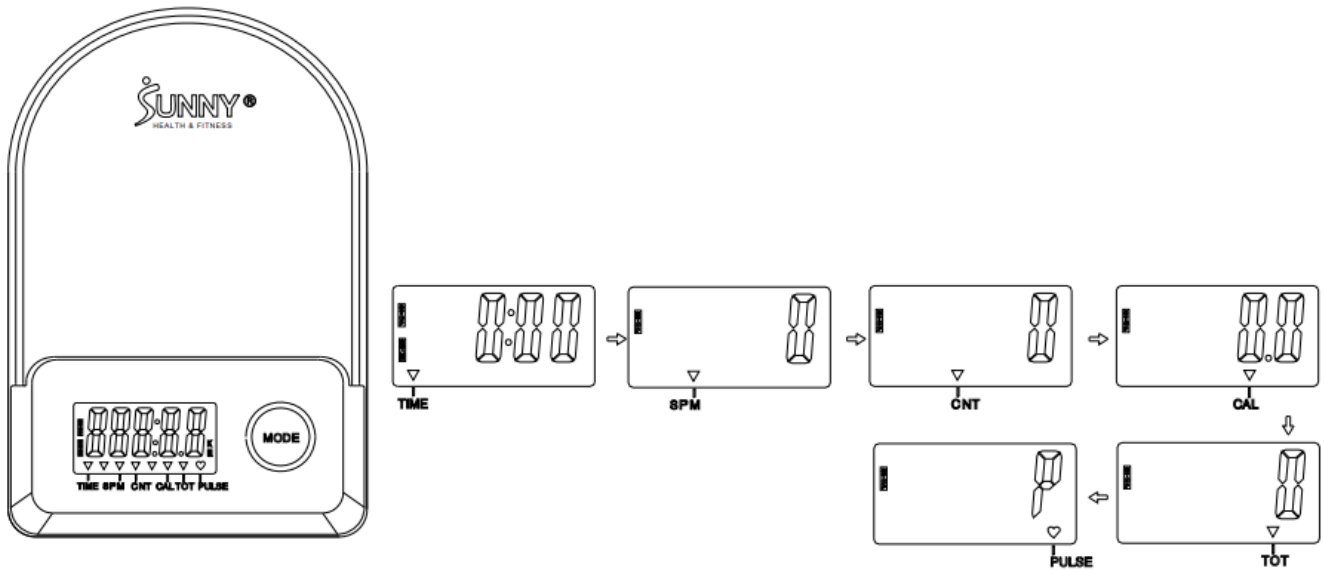
1. Press the buckle of battery cover on the back of the Computer (No. 7), then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the Computer (No. 7). Pay attention to the battery + and – ends before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the Computer (No. 7).

The replacement is complete!

BATTERY DISPOSAL

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

EXERCISE COMPUTER



KEY FUNCTIONS

- Pressing the MODE key to select and lock on a function for following sequence:
- TIME→ SPM→ CNT→CAL→TOT→PULSE.
- Pressing and holding the MODE key for 3 seconds to reset the value to zero (without TOT).

SLEEP MODE

- The system turns on when the MODE key is pressed or system senses a signal input from the sensor.
- The system turns off automatically when the sensor has no signal input or no key is pressed for approximately 4 minutes.

FUNCTIONS:

- TIME: The total working times with starting exercise.
- SPM: Number of strokes per minute, indicating the stroke speed during exercise.
- CNT: The current count with starting exercise.
- CAL: The calories burned with starting exercise.
- TOT: The total count which this function refers to from battery capacity period runs.
- PULSE: The current pulse rate with starting exercise.

SPECIFICATIONS:


| | | |
|-----------------------|-------|-----------------------|
| FUNCTION | TIME | 999: 59M:S |
| | SPM | 0~199 |
| | CNT | 0~99999 |
| | CAL | 0.0-9999.9 |
| | TOT | 0~99999 |
| | PULSE | 40-240BPM |
| BATTERY | | SIZE-AAA *2 |
| Operating temperature | | 0~40°C (32°F -104°F) |
| Storage temperature | | -10~60°C(14°F-140°F) |

APP CONNECTION:

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

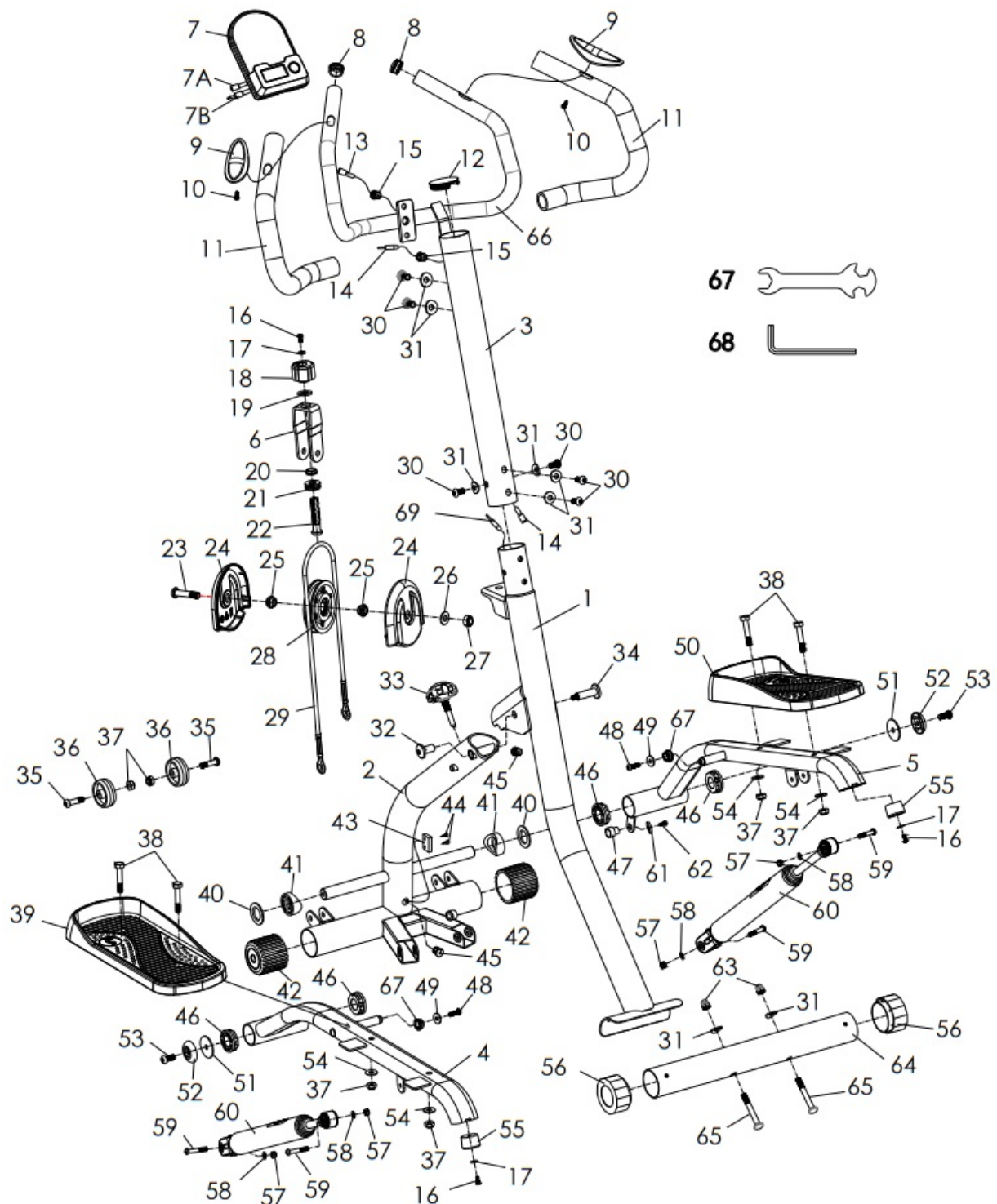


https://sunnyfitapp.sng.link/Alaco/k0a8?_dl=sunny-nebula%3A%2F%2Fsunny.amoyyg.com&_smttype=3

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 EXERCISE COMPUTER 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”).

EXPLODED DIAGRAM



PARTS LIST

| No. | Description | Spec. | Qty. |
|-----|-------------|-------|------|
|-----|-------------|-------|------|

| | | | |
|----|--------------------|-----------------|---|
| 1 | Rear Support Tube | | 1 |
| 2 | Front Support Tube | | 1 |
| 3 | Handlebar Post | | 1 |
| 4 | Left Pedal Bar | | 1 |
| 5 | Right Pedal Bar | | 1 |
| 6 | U-shaped Bracket | | 1 |
| 7 | Computer | BJ-HT087 | 1 |
| 7A | Computer Wire A | | 1 |
| 7B | Computer Wire B | | 1 |
| 8 | End Cap | Φ 25*1.5 | 2 |
| 9 | Grip Piece | | 2 |
| 10 | Screw | ST4.2*19 | 2 |
| 11 | Foam Grip | Φ 32*Φ24*460 | 2 |
| 12 | Handle Post End | Φ 50*1.5 | 1 |
| 13 | Pulse Wire | L500 | 1 |
| 14 | Sensor Wire | L500 | 1 |
| 15 | Grommet | Φ 14.5*Φ12*Φ4.0 | 2 |
| 16 | Hexagon Bolt | M5*10*S3 | 3 |
| 17 | Flat Washer | D5.5*Φ12.5*1.0 | 3 |
| 18 | Adjustment Knob | Φ38*29*M12 | 1 |
| 19 | Flat Washer | D 13*Φ24*2 .5 | 1 |

| | | | |
|----|-------------------|----------------|---|
| 20 | Powder Metallurgy | Φ 19*Φ16*Φ12*6 | 1 |
| 21 | Bearing | Φ 26*cD12*9 | 1 |
| 22 | Hexagon Bolt | M12*M5*60, | 1 |
| 23 | Hexagon Bolt | M10*45*15*S6 | 1 |
| 24 | Pulley Guard | 119*114*19.5 | 2 |
| 25 | Powder Metallurgy | Φ 21*Φ1 O*8 | 2 |
| 26 | Flat Washer | D 10*Φ022*2 .0 | 1 |
| 27 | Nut | M10 | 1 |
| 28 | Pulley | Φ 102.5*28 | 1 |
| 29 | Wire Rope | Φ6.5*795 | 1 |
| 30 | Hexagon Bolt | M8*16 | 6 |
| 31 | Arc Washer | Φ20*2.0 | 8 |
| 32 | Bolt | Φ 12*22.5*M8 | 1 |
| 33 | Adjustment Knob | M 10*50 | 1 |
| 34 | Bolt | Φ 12*32*M8 | 1 |

| No. | Description | Spec. | Qty. |
|-----|--------------|---------------|------|
| 35 | Hexagon Bolt | M8*35*S5 | 2 |
| 36 | Roller | Φ50*Φ8.6*20.5 | 2 |
| 37 | Nut | M8 | 6 |
| 38 | Hexagon Bolt | M8*45 | 4 |
| 39 | Left Pedal | 354*140*46 | 1 |

| | | | |
|----|--------------------|------------------|---|
| 40 | Flat Washer | Φ38*Φ19.1*1.0 | 2 |
| 41 | Spacer | Φ38*Φ19.1 | 2 |
| 42 | End Cap | Φ50*1.5 | 2 |
| 43 | Sensor Base | | 1 |
| 44 | Screw | ST3.2*10 | 2 |
| 45 | Grommet | Φ14.5*Φ12.2*Φ3.0 | 2 |
| 46 | Bushing | Φ38*Φ9.1*12 | 4 |
| 47 | Magnet | | 1 |
| 48 | Hexagon Bolt | M6*20*S5 | 2 |
| 49 | Flat Washer | D6*Φ18*2.0 | 2 |
| 50 | Right Pedal | 354*140*46 | 1 |
| 51 | Flat Washer | D8*Φ38*2 | 2 |
| 52 | Cover | Φ38*Φ8.2*7.5 | 2 |
| 53 | Hexagon Bolt | M8*20*S5 | 2 |
| 54 | Flat Washer | Φ16*Φ8*1.5 | 4 |
| 55 | Cushion | Φ30*20 | 2 |
| 56 | Adjustable Plug | Φ 50 | 2 |
| 57 | Nut | M6 | 4 |
| 58 | Flat Washer | D6*Φ12*1.2 | 4 |
| 59 | Hexagon Bolt | M6*36*8*S4 | 4 |
| 60 | Hydraulic Cylinder | 038 | 2 |
| 61 | Magnet Cover | Φ15*Φ3*3.5 | 1 |
| 62 | Screw | ST3*8 | 1 |

| | | | |
|----|-----------------|-----------|---|
| 63 | Cap Nut | M8 | 2 |
| 64 | Rear Stabilizer | | 1 |
| 65 | Bolt | M8*65 | 2 |
| 66 | Handlebar | | 1 |
| 67 | Spanner | S13-15-17 | 1 |
| 68 | Allen Wrench | S5 | 1 |
| 69 | Extension Wire | | 1 |
| | | | |

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Documents / Resources

| | |
|---|---|
|  | <p>SUNNY SF-S021001 Climber Stepper with Handlebar [pdf] User Manual SF-S021001 Climber Stepper with Handlebar, SF-S021001, Climber Stepper with Handlebar, Stepper with Handlebar, Handlebar</p> |
|---|---|

References

- [User Manual](#)

Manuals+, Privacy Policy

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