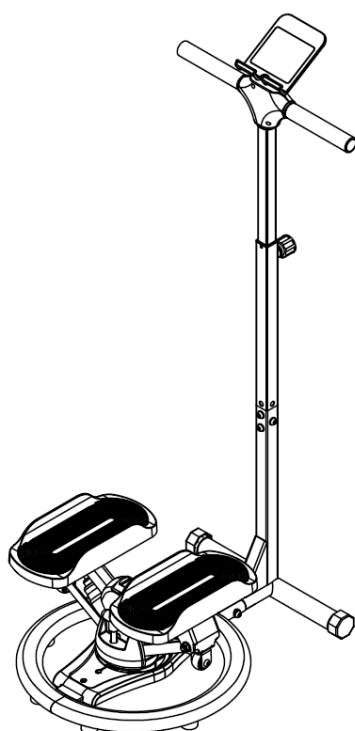




User Manual



Swivel Stepper with Handlebar

SF-S026007

EN

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.**

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 300 lbs (135 kg).
10. This 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.

Statement Of Purpose

The Swivel Stepper with Handlebar is designed to simulate natural stepping movements while adding a rotational component that increases workout intensity and promotes improved balance, coordination, and core stability.

Waste Disposal



SUNNY HEALTH & FITNESS products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

EU Declaration Of Conformity

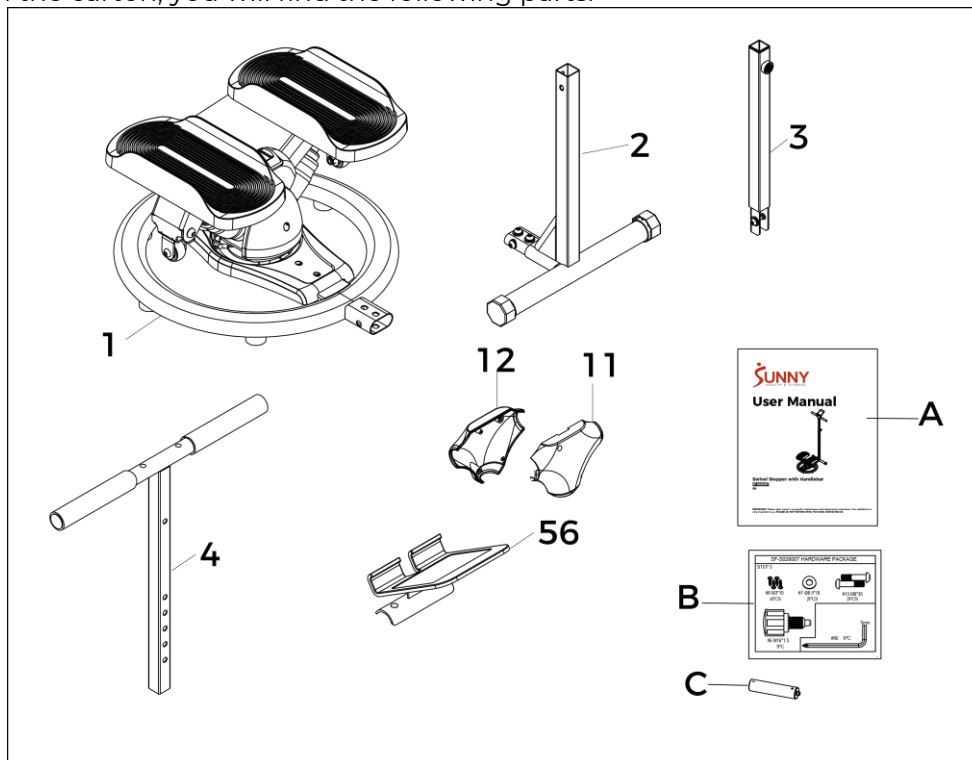
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

Connectivity: Bluetooth LE
Frequency Range: 2400~2483.5 Mhz
Transmitting Power: 0 dBm

Pre-Assembly Check List

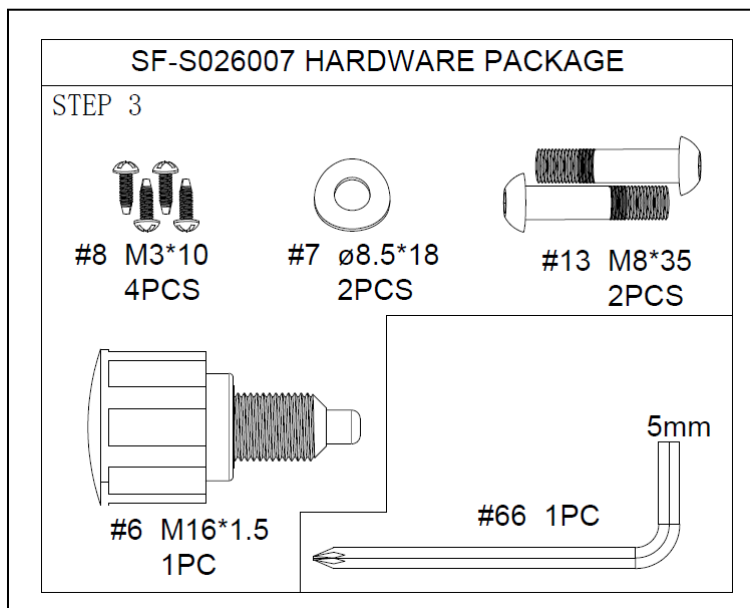
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Nether Handlebar Post		1
4	Handlebar		1
11	Front Handlebar Cover		1

No.	Description	Spec.	Qty.
12	Rear Handlebar Cover		1
56	Tablet Holder		1
A	Manual		1
B	Hardware Package		1
C	Battery	AAA	1

Hardware Package



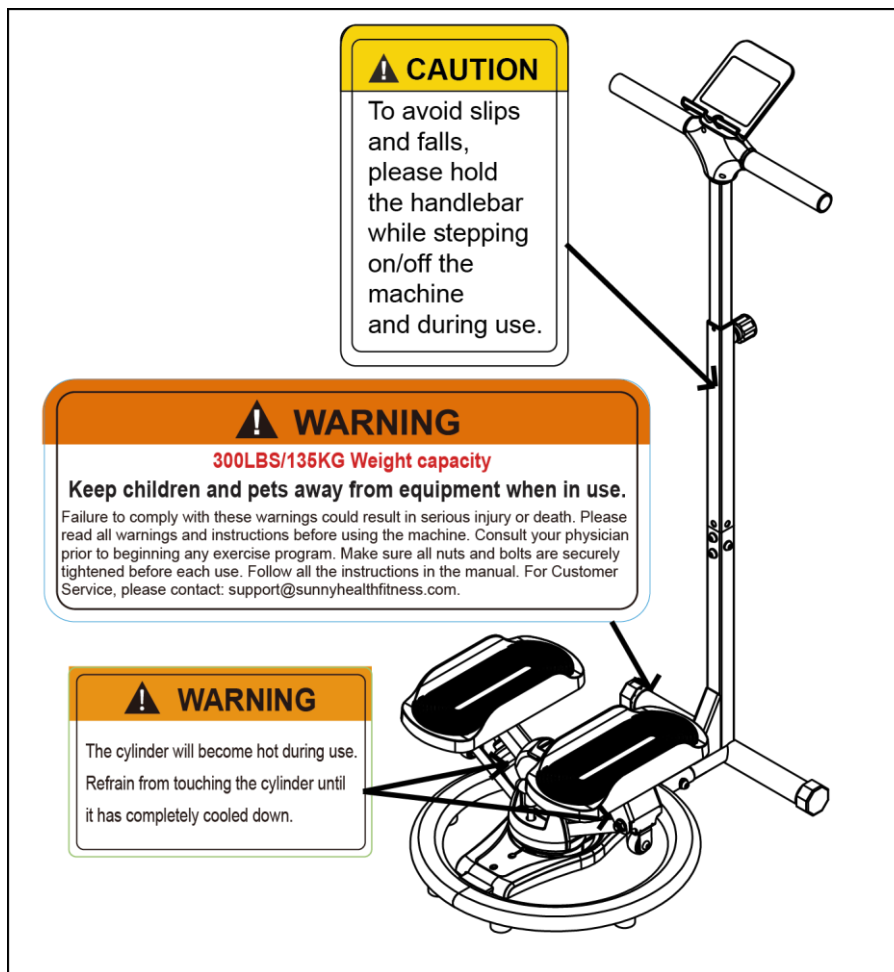
Ordering Replacement Parts

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

- ✓ The model number
- ✓ The product name
- ✓ The part number

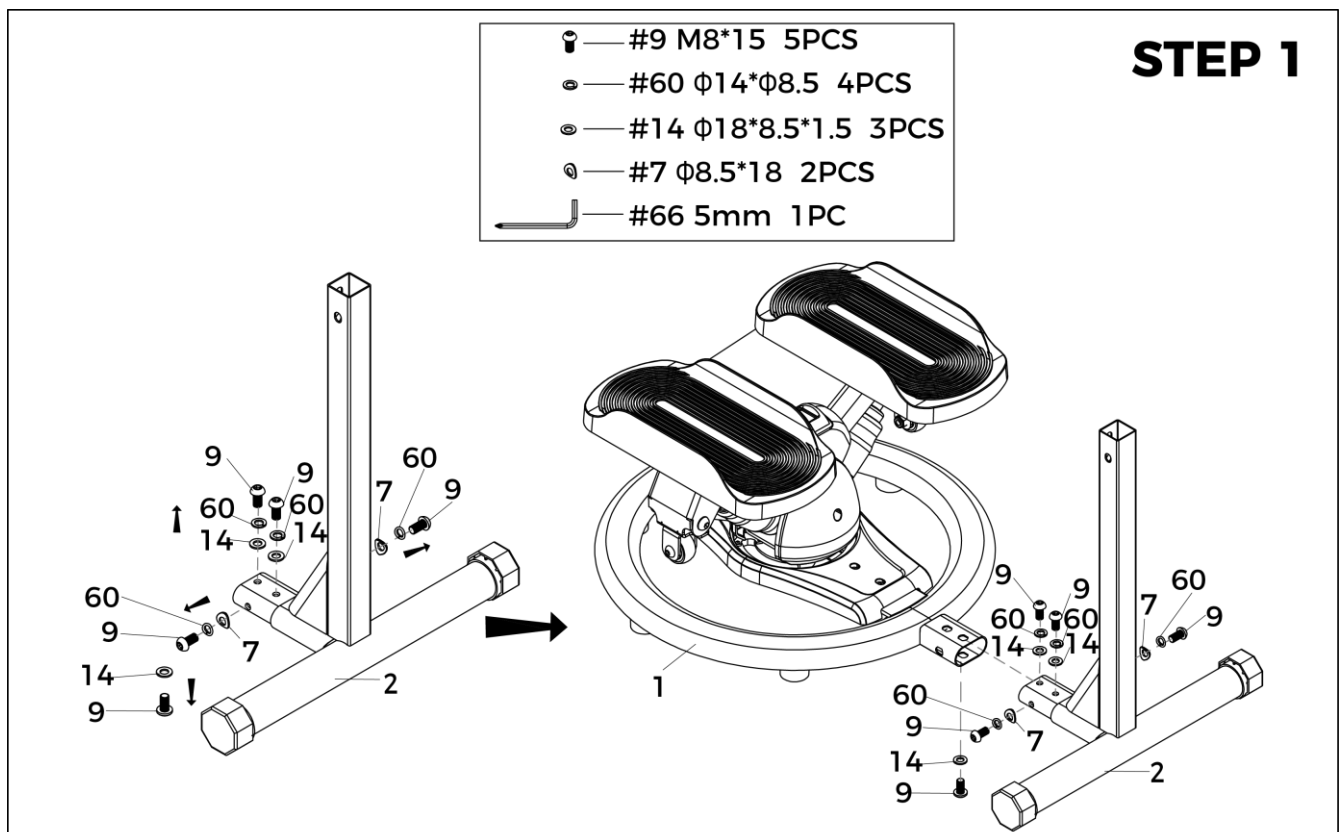
Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

Warning Labels



Assembly Instructions

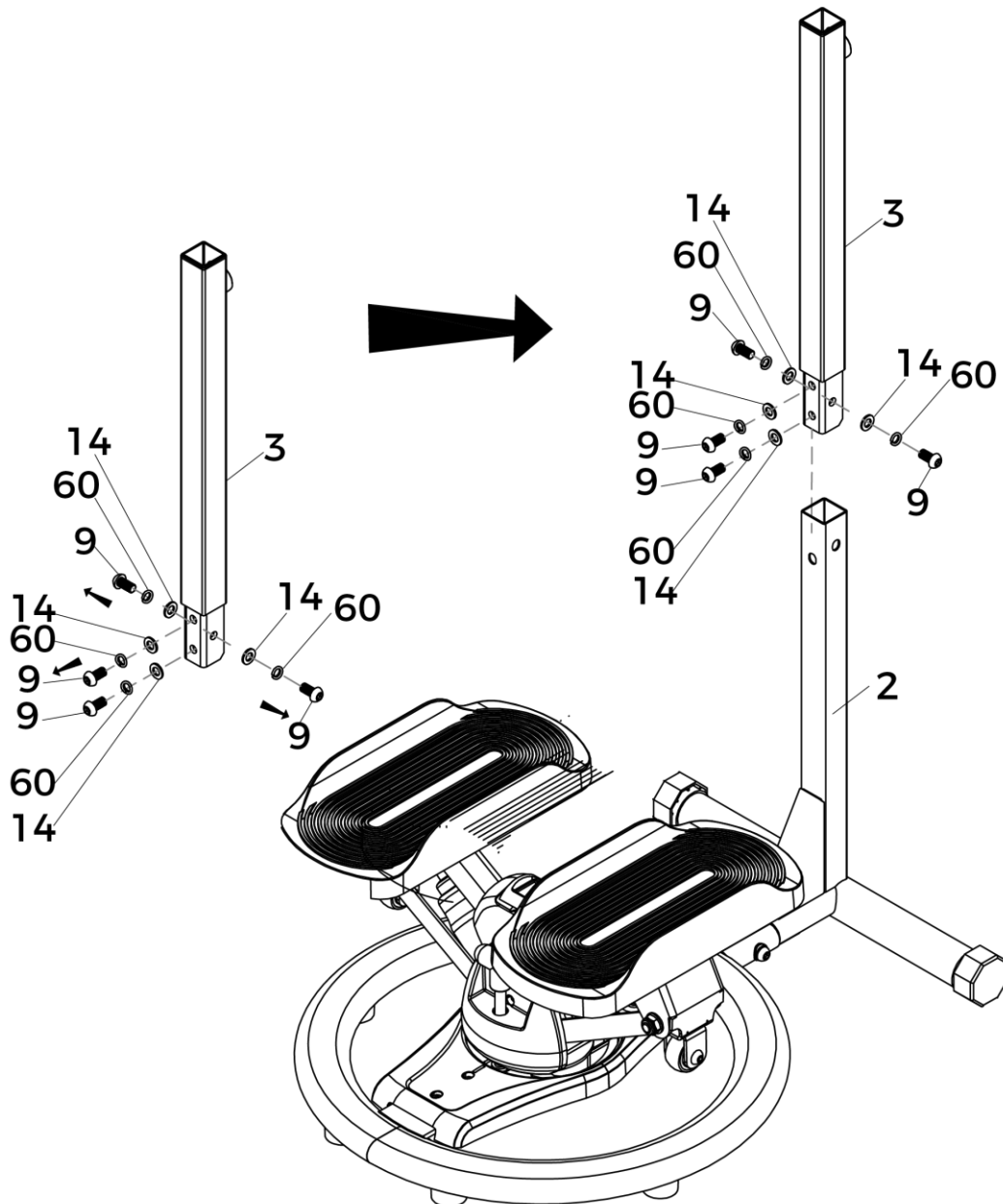
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



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STEP 2

- 🔑 — #9 M8*15 4PCS
- 🔩 — #14 $\phi 18*8.5*1.5$ 4PCS
- 🔩 — #60 $\phi 14*\phi 8.5$ 4PCS
- └ — #66 5mm 1PC



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STEP 3

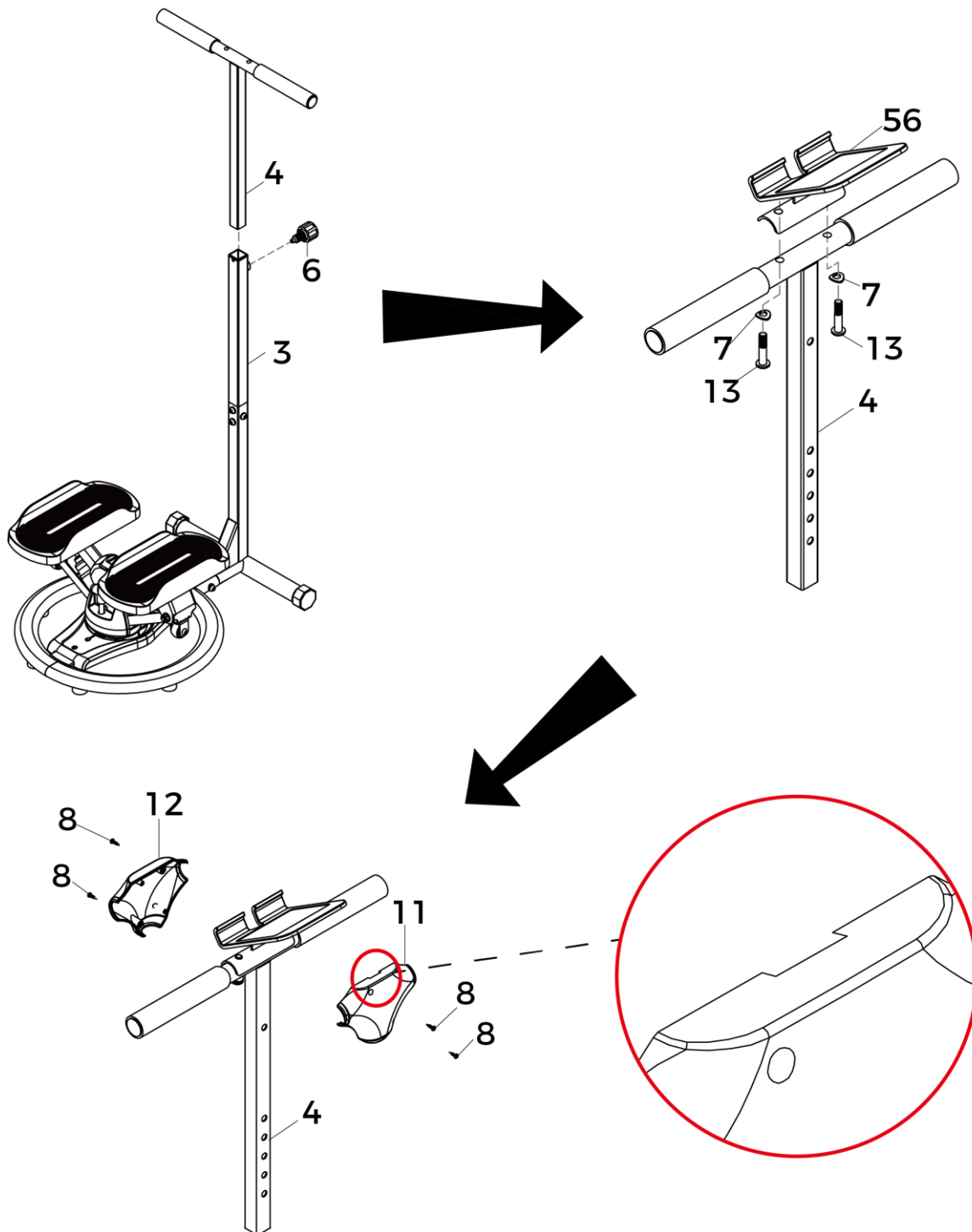
 — #6 M16*1.5 1PC

 — #8 M3*10 4PCS

 — #13 M8*35 2PCS

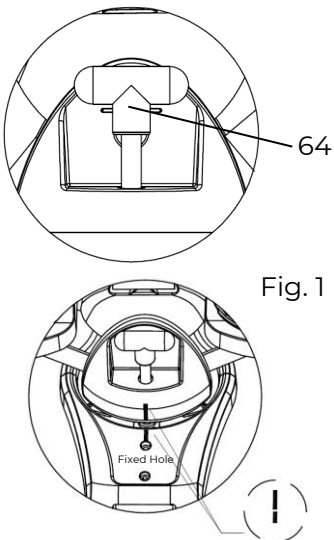
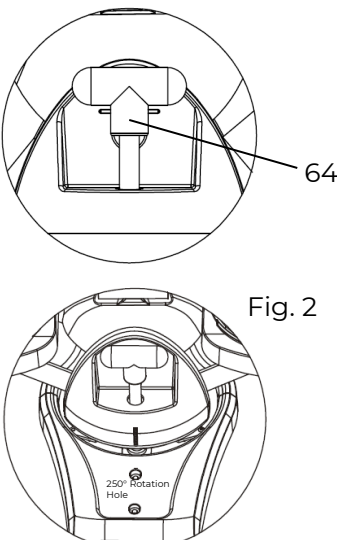
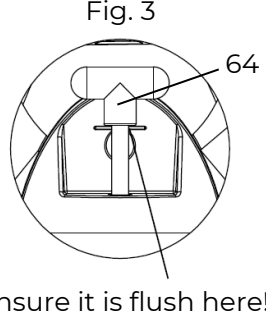
 — #7 $\phi 8.5 \times 18$ 2PCS

 — #66 5mm 1PC

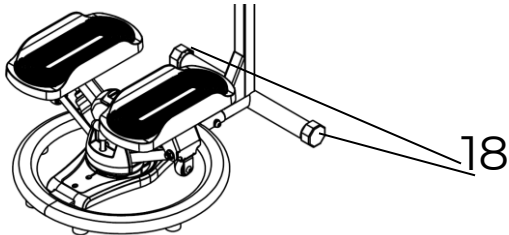
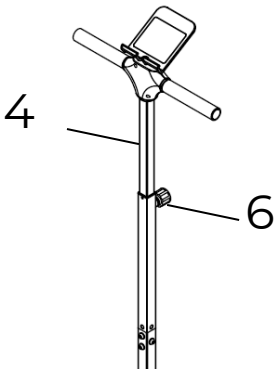


Modes

There are 3 swivel modes: fixed mode, 250° rotation mode, 360° rotation mode. You could change the swivel mode by inserting the **T-shape Pin (No. 64)** into the corresponding hole.

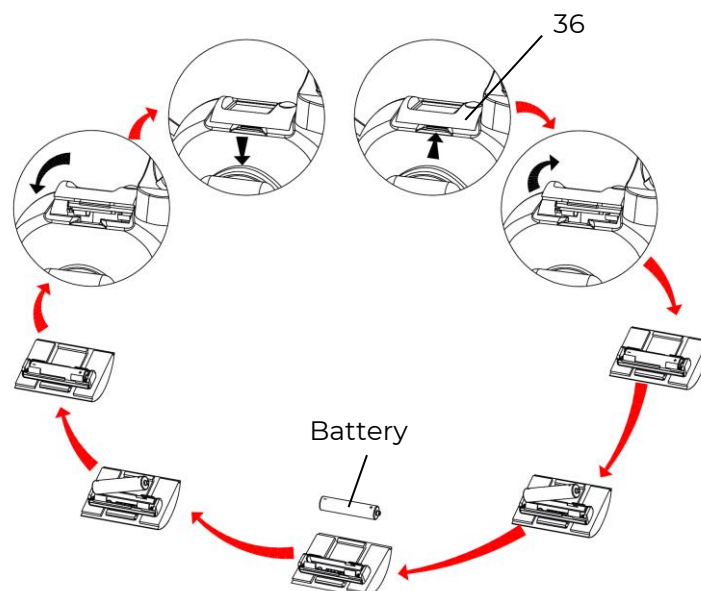
FIXED MODE	250° ROTATION MODE	360° ROTATION MODE
Pull up on the T-shape Pin (No. 64), then rotate the stepper to the fixed hole side. Align the markings as Fig. 1 shows. Push down on the T-shape Pin (No. 64) into the fixed hole fully to secure the pedal in place. Stepper will be locked and unable to swivel.  Fig. 1	Pull up on the T-shape Pin (No. 64), then turn the stepper to the 250° rotation side, and push down on the T-shape Pin (No. 64) into the 250° rotation side, as Fig. 2 showed. Stepper will now be able to rotate up to 250°.  Fig. 2	Pull up on the T-shape Pin (No. 64) as Fig. 3 showed. Now stepper will be able to rotate 360°.  Fig. 3 Ensure it is flush here!

Adjustment Guide

	ADJUSTING THE BALANCE To achieve a smooth and comfortable pedal, you must ensure that the stepper is stable and secure. If you notice that the stepper is unbalanced during use, you should adjust the End Caps (No. 18) located on the front stabilizer until the stepper becomes leveled with the floor surface.
	ADJUSTING THE HANDLEBAR To adjust the height of the Handlebar (No. 4), loosen and pull the Adjustment Knob (No. 6) outward, then raise or lower the Handlebar (No. 4) to the desired height. Once adjusted, re-insert and tighten the Adjustment Knob (No. 6) to secure the Handlebar (No. 4) in place.

NOTE: The **Cylinder (No. 29)** may become excessively hot after prolonged use and may be dangerous to touch. Allow the **Cylinder (No. 29)** to cool between uses.

Battery Installation & Replacement



BATTERY INSTALLATION:

1. Remove **Meter (No. 36)** from **Main Frame (No. 1)**.
2. Take out 1 AAA battery from the manual bag.
3. Insert the battery into the back of **Meter (No. 36)**. Pay attention to the battery + and – poles before installing.
4. Insert the **Meter (No. 36)** back into **Main Frame (No. 1)**.

BATTERY REPLACEMENT:

1. Remove **Meter (No. 36)** from **Main Frame (No. 1)**.
2. Remove the old battery from the back of **Meter (No. 36)**.
3. Insert 1 new AAA battery into the back of **Meter (No. 36)**. Pay attention to the battery + and – poles before installing.
4. Insert the **Meter (No. 36)** back into **Main Frame (No. 1)**.

The replacement is complete!

BATTERY DISPOSAL

Dispose the battery 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

SPECIFICATIONS:

TIME -----00:00~99:59 MIN: SEC
COUNT -----0~9999 TIMES
CALORIE -----0~9999 KCAL
SPM -----0~9999 TIMES/MIN
PULSE -----30~240 BPM



KEY FUNCTION:

MODE/RESET: Press the button for selection function display value on LCD.
When Bluetooth is not connected, press the button and hold for 3 seconds, all values will reset to zero.
Press and hold the button for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the meter will enter sleep mode.

OPERATIONS:

AUTO ON/OFF: When the user begins to exercise or press the MODE key, the meter will turn on automatically. Meter will turn off automatically if no sensor signal is detected after 4 minutes and when Bluetooth is not connected.

FUNCTION

1. **TIME:** Display the workout time elapsed during exercise.
2. **COUNT:** Accumulate the count of steps taken while exercising. The meter counts 1 step after you step once with each foot.
3. **CALORIE:** Display calories burned during exercise.
4. **SPM:** Display the count of steps per minute during exercise. In STOP mode, the value returns to zero.
5. **PULSE:** Display current heart rate value. The data comes from the matching Bluetooth heart rate monitor.
6. **SCAN:** Automatically scan each function in the following order: TIME- CALORIE- SPM- PULSE.

IMPORTANT NOTE: Values are counted only in STEP mode. When using the rotation function without stepping, meter will stop counting and turn off after 4 minutes.

NOTE:

1. If the meter display is abnormal, please install new battery and try again.
2. Battery Spec: 1.5V AAA (1PC).
3. Dispose the battery safely, according to your state and regional guidelines.
4. The information displayed is an estimate only. Actual values may vary depending on factors such as body weight, resistance level, workout intensity, and other individual conditions. The information is provided for reference purposes only and should not be used for medical or dietary purposes.

✓

APP CONNECTION:

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



2. Ensure that the Bluetooth function is turned on from your mobile device.
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. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session and recorded in your account profile!

Troubleshooting:

- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:



- If you require additional support, please contact support@sunnyfit.com.



BLUETOOTH

1. The Bluetooth icon will flash when the meter is on or wakes from sleep mode. If no Bluetooth connection is established within 3 minutes, the Bluetooth icon will turn off.
2. The Bluetooth icon will stay on when it is connected.

1. The wireless heart rate icon will flash when the meter is on. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
2. After exercise resumes, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
3. When the meter wakes from sleep mode, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
4. The wireless heart rate icon will flash when the MODE key is pressed. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
5. The wireless heart rate icon will stay on when the heart rate monitor is connected.

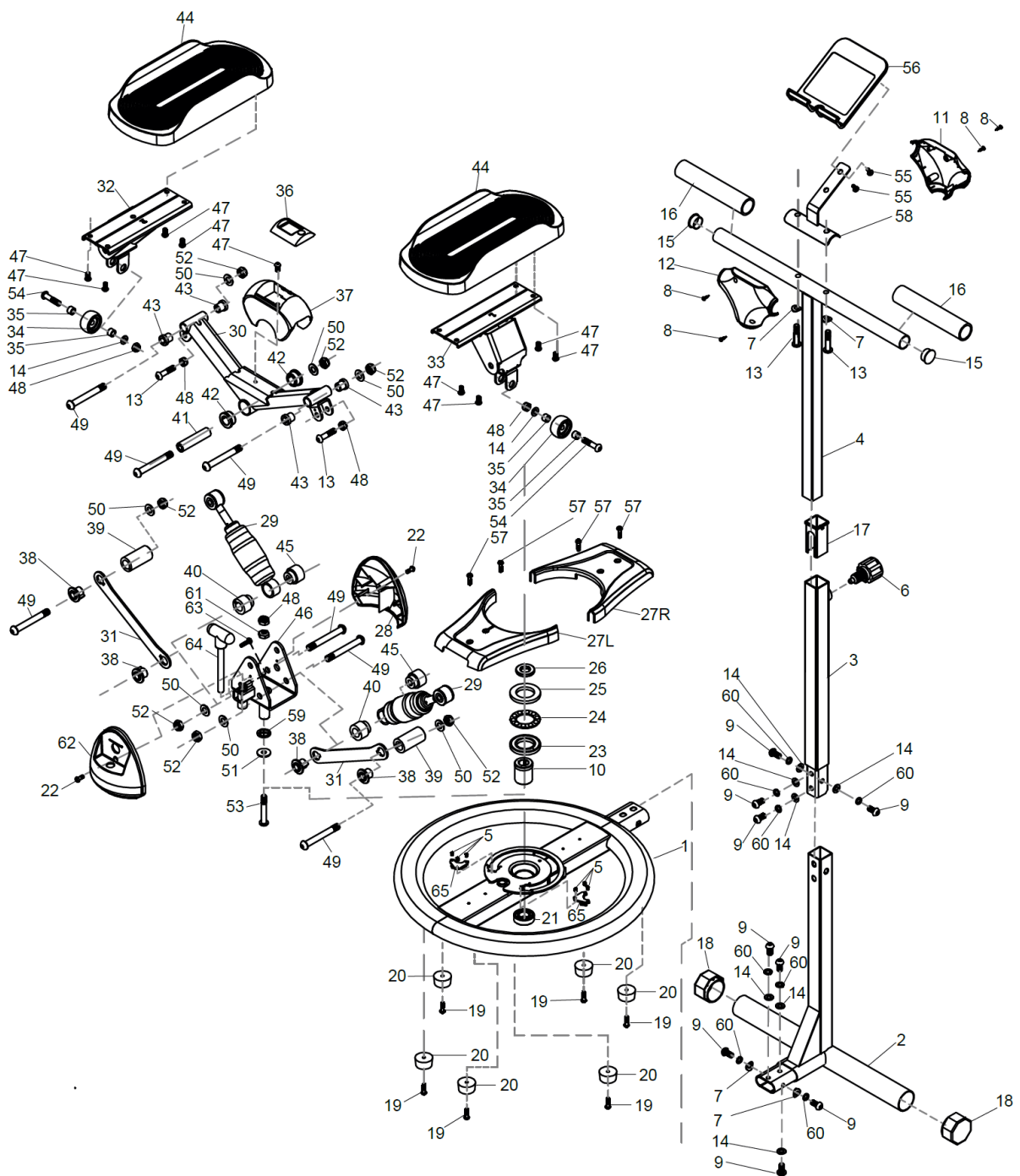
NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the meter when the wireless heart rate icon is flashing.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Nether Handlebar Post		1
4	Handlebar		1
5	Screw	M3*5	6
6	Adjustment Knob	M16*1.5	1
7	Curved Washer	Φ8.5*18	4
8	Screw	M3*10	4
9	Bolt	M8*15	9
10	Long Bearing Spacer	Φ30*27mm	1
11	Front Handlebar Cover		1
12	Rear Handlebar Cover		1
13	Bolt	M8*35	4
14	Flat Washer	Φ18*8.5*1.5	9
15	Cap	Φ25	2
16	Foam Grip	Φ22*3*160mm	2
17	Bushing	Φ25*25*60mm	1
18	End Cap	Φ38mm	2
19	Screw	M4*20	6
20	Cushion		6
21	Bearing	6003	1
22	Screw	M4*5	2
23	Bottom Bearing Bracket		1
24	Bearing Roller	Φ52mm	1
25	Upper Bearing Bracket	Φ52mm	1
26	Short Bearing Spacer	Φ32*17mm	1
27L	Front Base Frame Cover		1
27R	Rear Base Frame Cover		1
28	Main Frame Cover		1
29	Cylinder		2
30	V-shape Tube		1
31	Connecting Bar		2
32	Left Pedal Plate		1
33	Right Pedal Plate		1

No.	Description	Spec.	Qty.
34	Roller	6081Φ38*17mm	2
35	Bushing		4
36	Meter	JJD2602-Sunny	1
37	Meter Cover		1
38	Short Spacer	Φ26*10.1*18.5mm	4
39	Long Spacer	Φ28*4*24*10*14L	2
40	Left Cylinder Spacer	Φ28*25mm	2
41	V-shape Axle	Φ60*16mm	1
42	Large Bushing	Φ28*13mm	2
43	Small Bushing	Φ19*18mm	4
44	Pedal	305*140*52mm	2
45	Right Cylinder Spacer	Φ27*28mm	2
46	Rotation Frame		1
47	Screw	M6*12	9
48	Nylon Nut	M8	5
49	Bolt	M10*80	7
50	Flat Washer	Φ10.5*20*1.5	7
51	Flat Washer	Φ20*8*2.0	1
52	Nylon Nut	M10	7
53	Bolt	M8*75	1
54	Bolt	M8*40	2
55	Screw	M3*5	2
56	Tablet Holder		1
57	Screw	M4*20	4
58	Tablet Holder Bracket		1
59	D-shape Washer		1
60	Spring Washer	Φ14*Φ8.5	8
61	Nut	M8*T4*1.25	1
62	Upper Base Cover		1
63	Screw	M5*21	1
64	T-shape Pin	T10*95mm	1
65	Cushion	28*19*8mm	2
66	Allen Wrench	5mm	1

Exploded Diagram



Version: 1.0

Register

Register your product and verify warranty terms:



Download

Track your fitness progress & join **FREE** workout courses!
Download SunnyFit App today!



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Contact

Get in touch with us for any questions

📞 1-877-90SUNNY (877-907-8669)

✉️ support@sunnyhealthfitness.com

www.sunnyhealthfitness.com