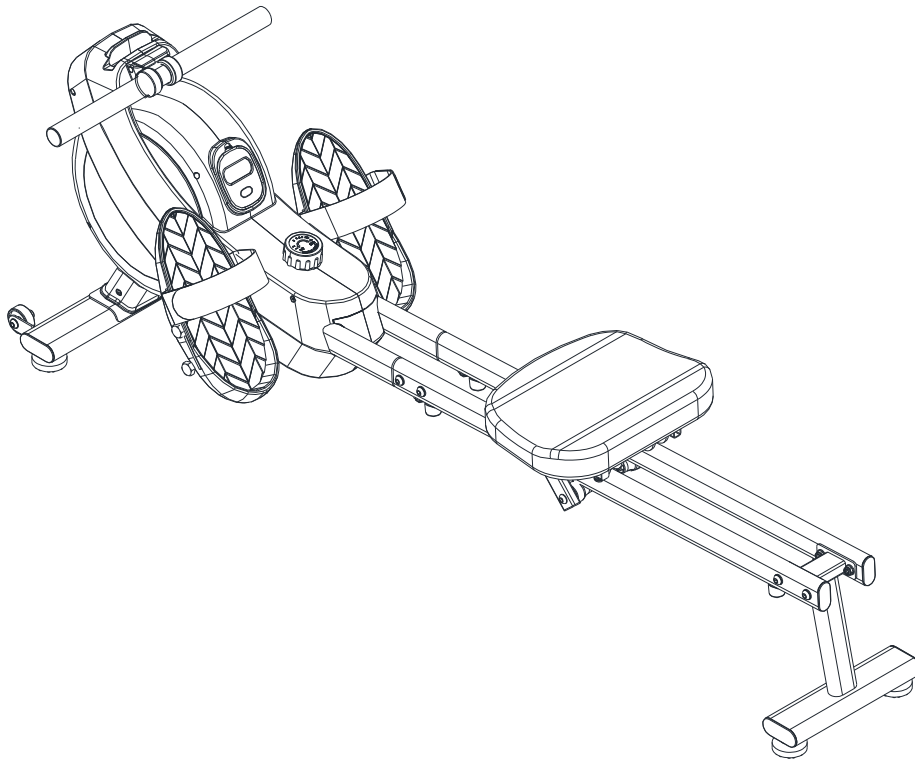




User Manual



Dual Rail Magnetic Rowing Machine

SF-RW524079

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 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 300 lbs (135 kg).
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.

Statement Of Purpose

The Dual Rail Magnetic Rowing Machine is designed to provide a smooth, quiet, and stable full-body workout, combining magnetic resistance with a dual-rail system to enhance performance, improve fitness, and support users in achieving their training goals efficiently and comfortably.

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

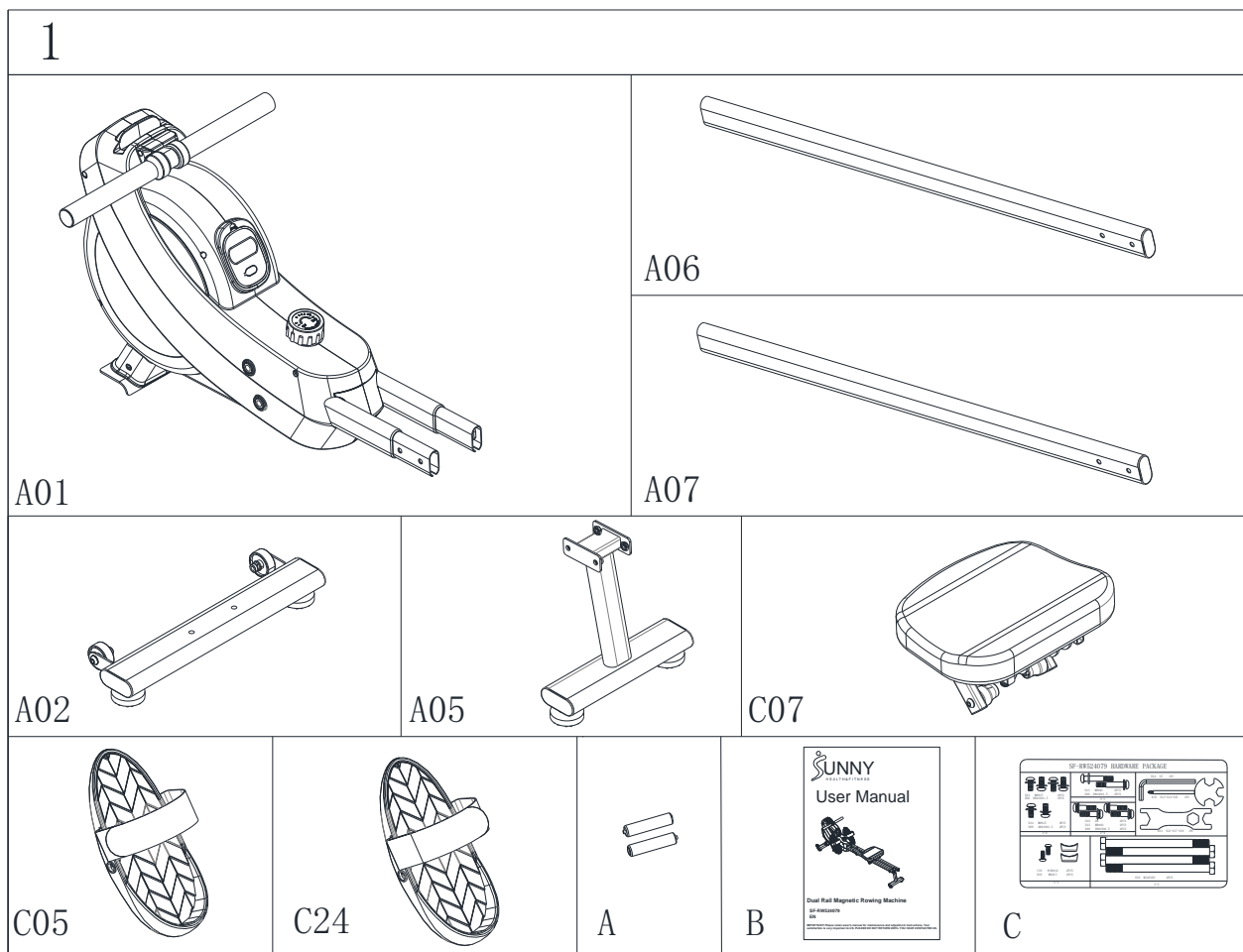
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

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

Pre-Assembly Check List

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

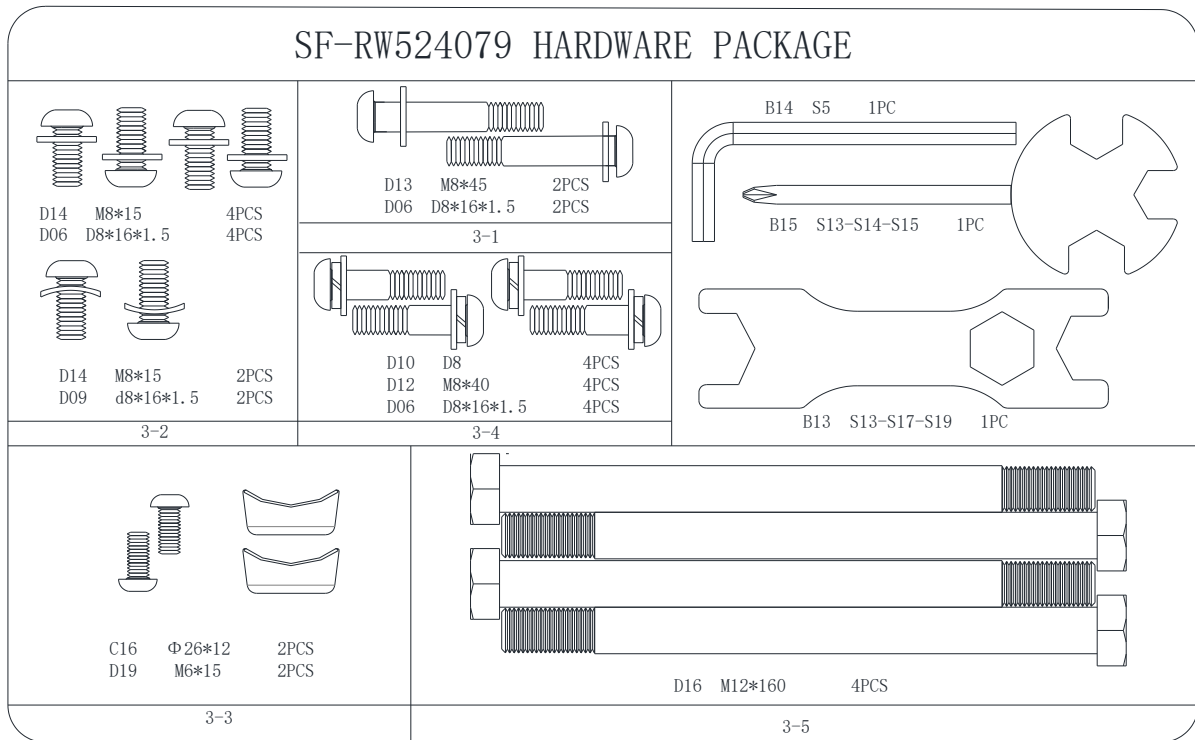


No.	Description	Spec.	Qty.
A01	Main Frame		1
A02	Front Stabilizer		1
A05	Rear Support		1
A06	Right Slide Rail		1
A07	Left Slide Rail		1
C05	Left Pedal		1

No.	Description	Spec.	Qty.
C07	Seat Cushion		1
C24	Right Pedal		1
A	Battery	1.5V AAA	2
B	Manual		1
C	Hardware Package		1

Hardware Package

2



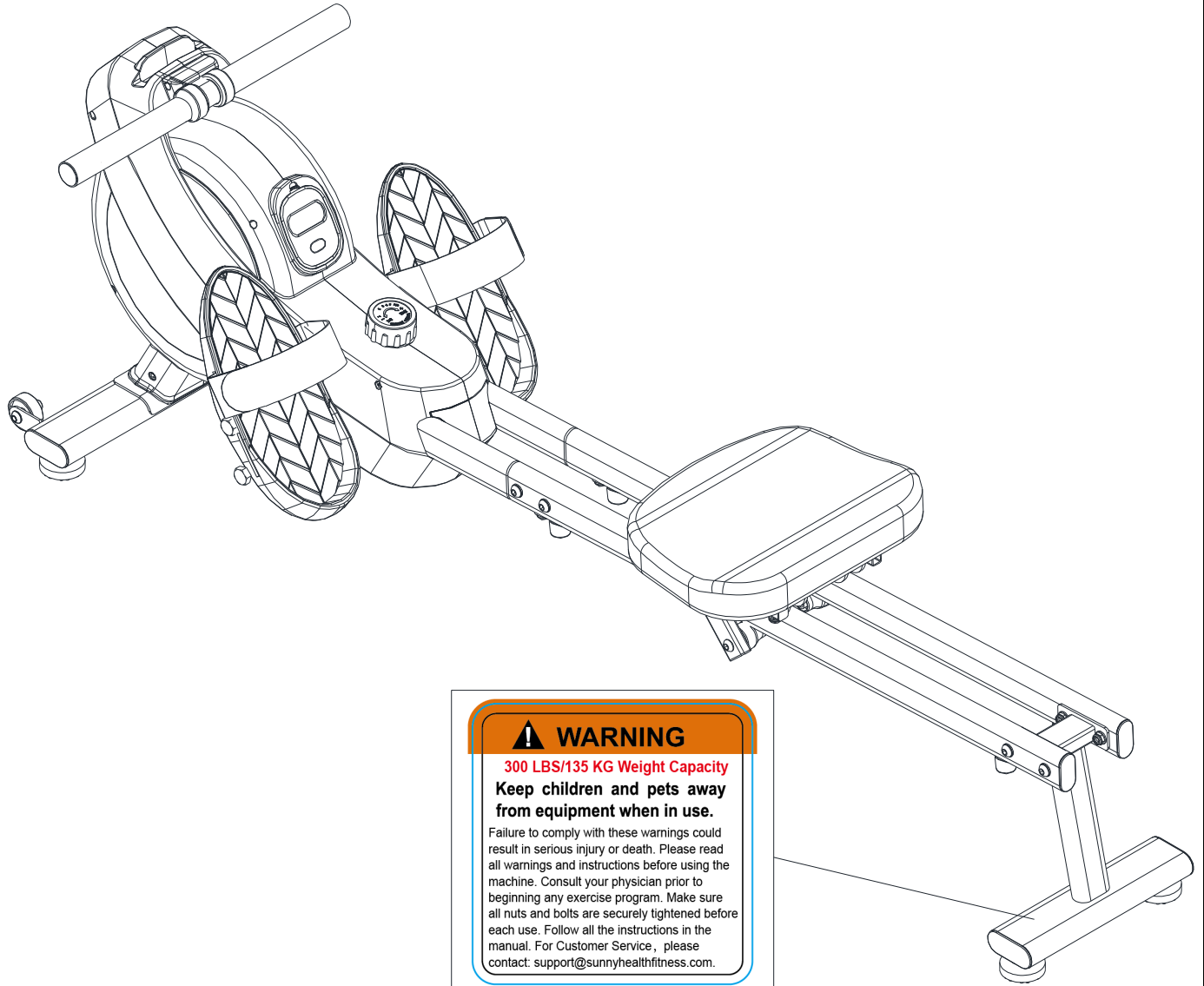
Ordering Replacement Parts

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

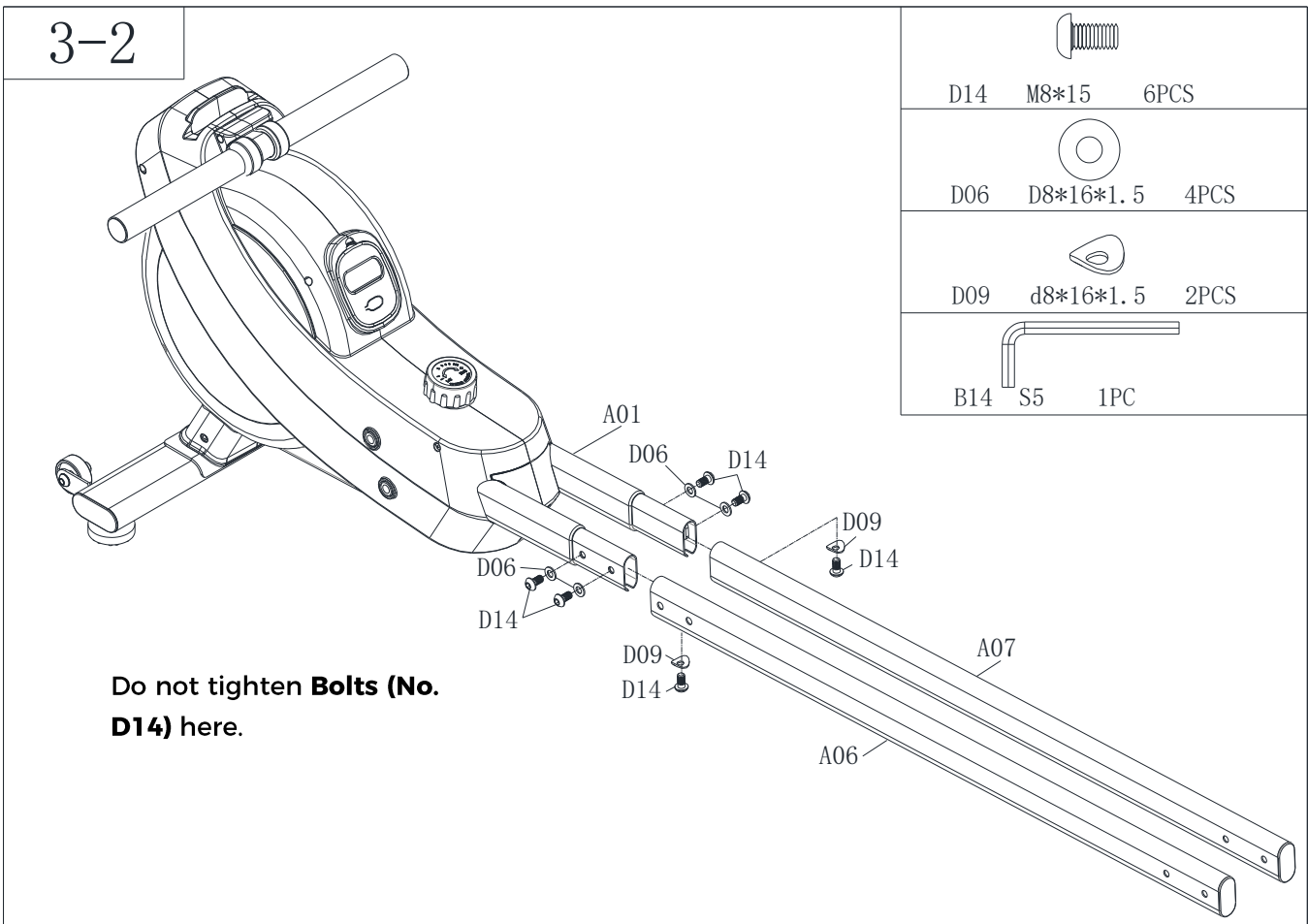
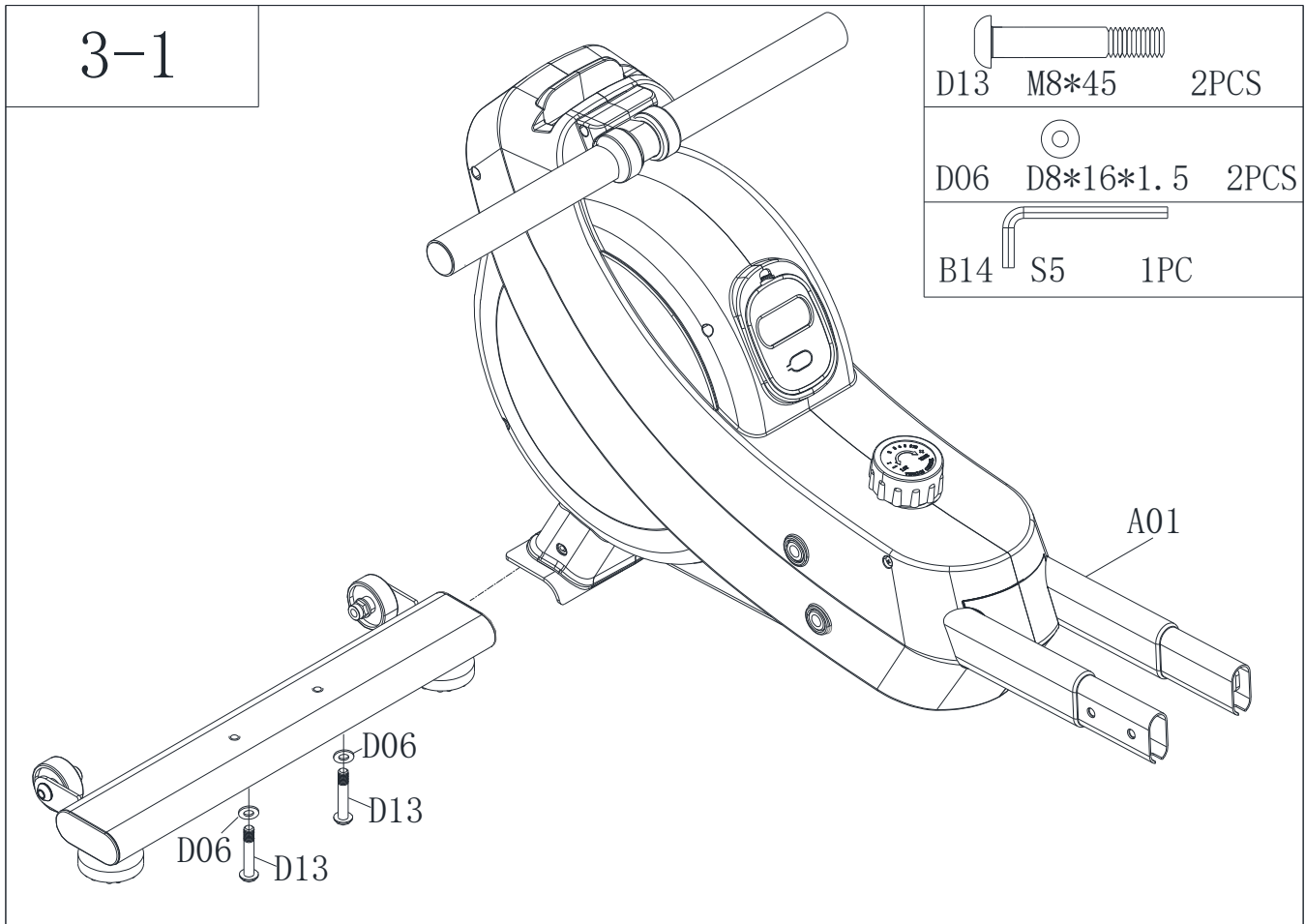
- ✓ The model number
- ✓ The product name
- ✓ The part number

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

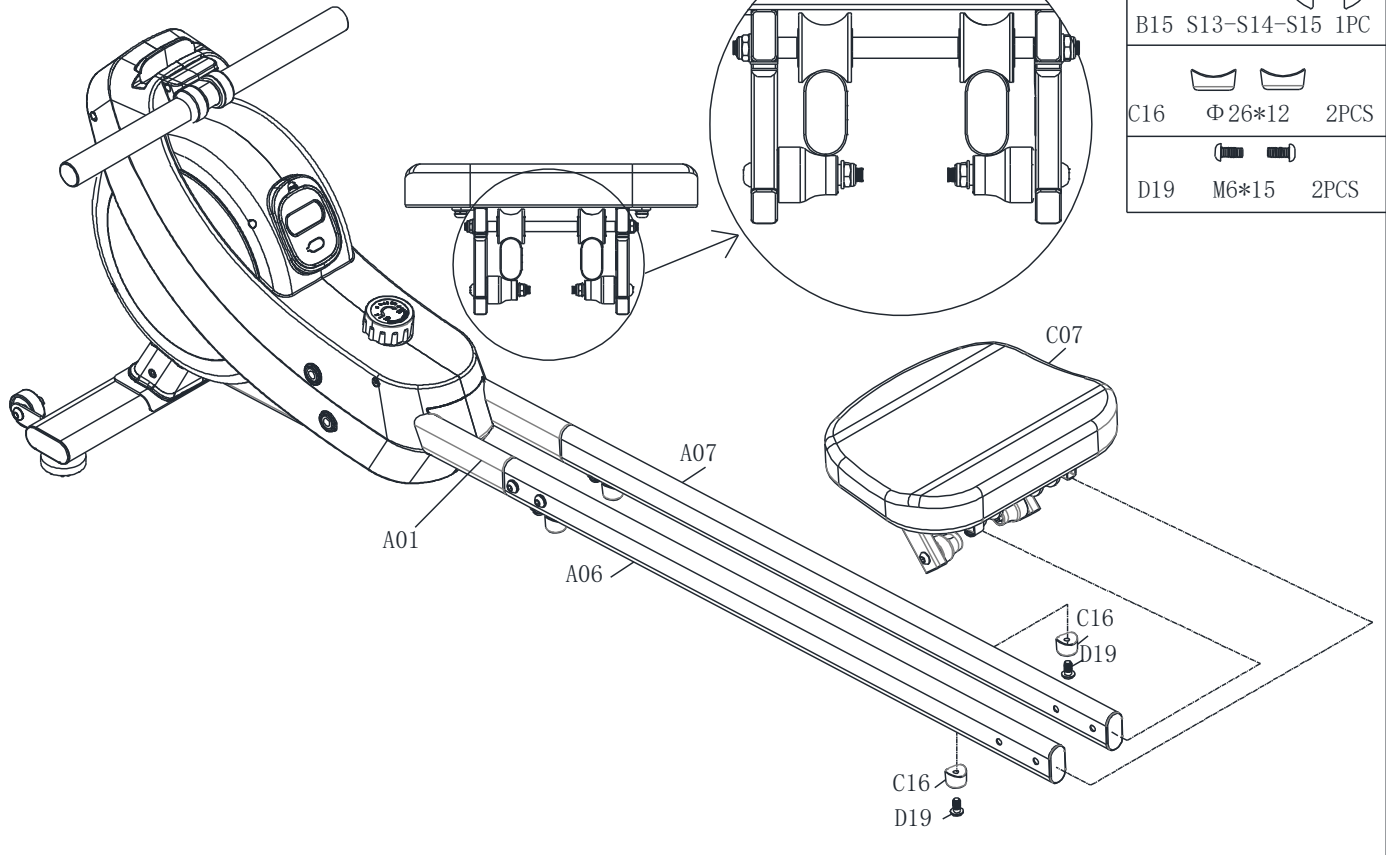
Warning Labels



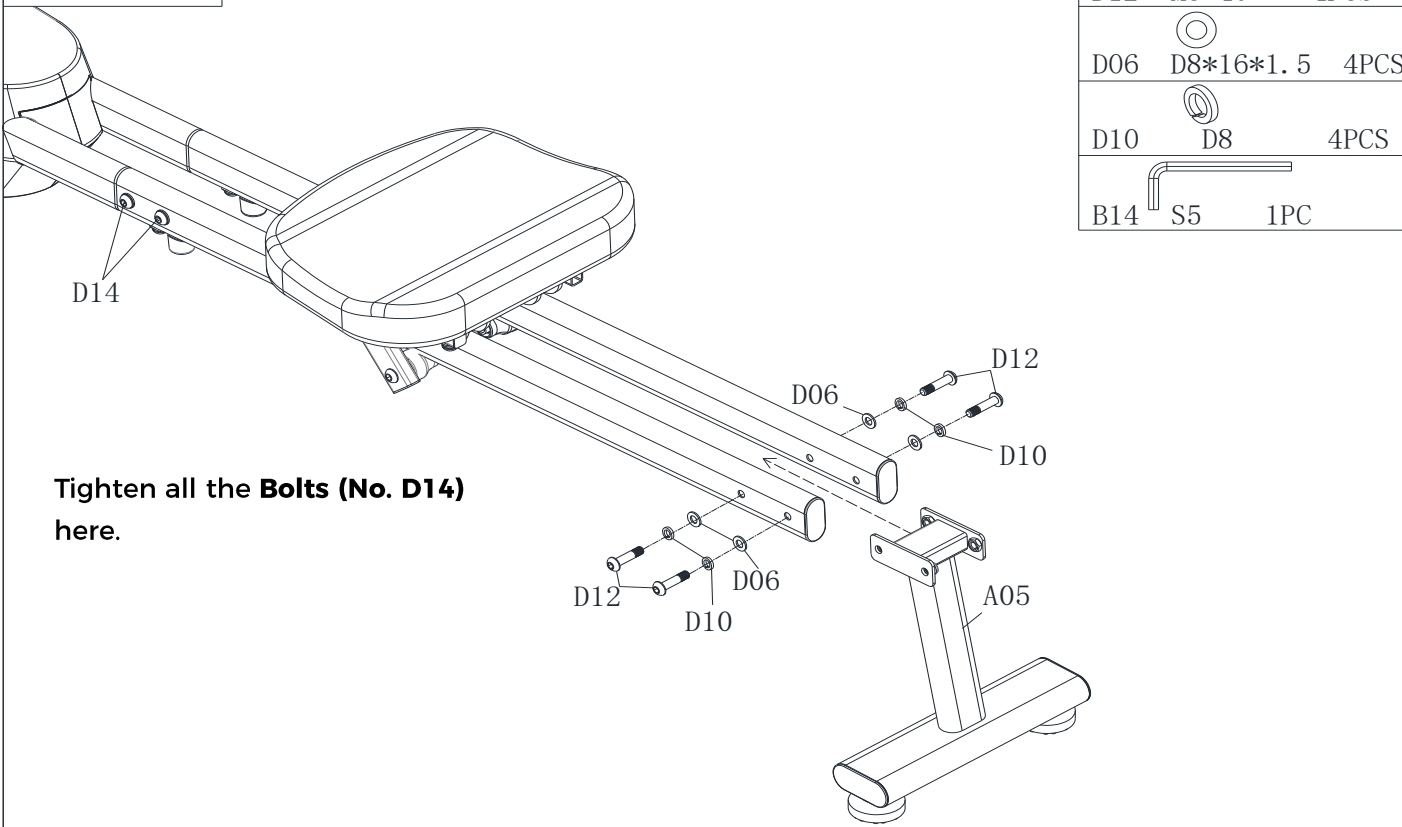
Assembly Instructions





3-3

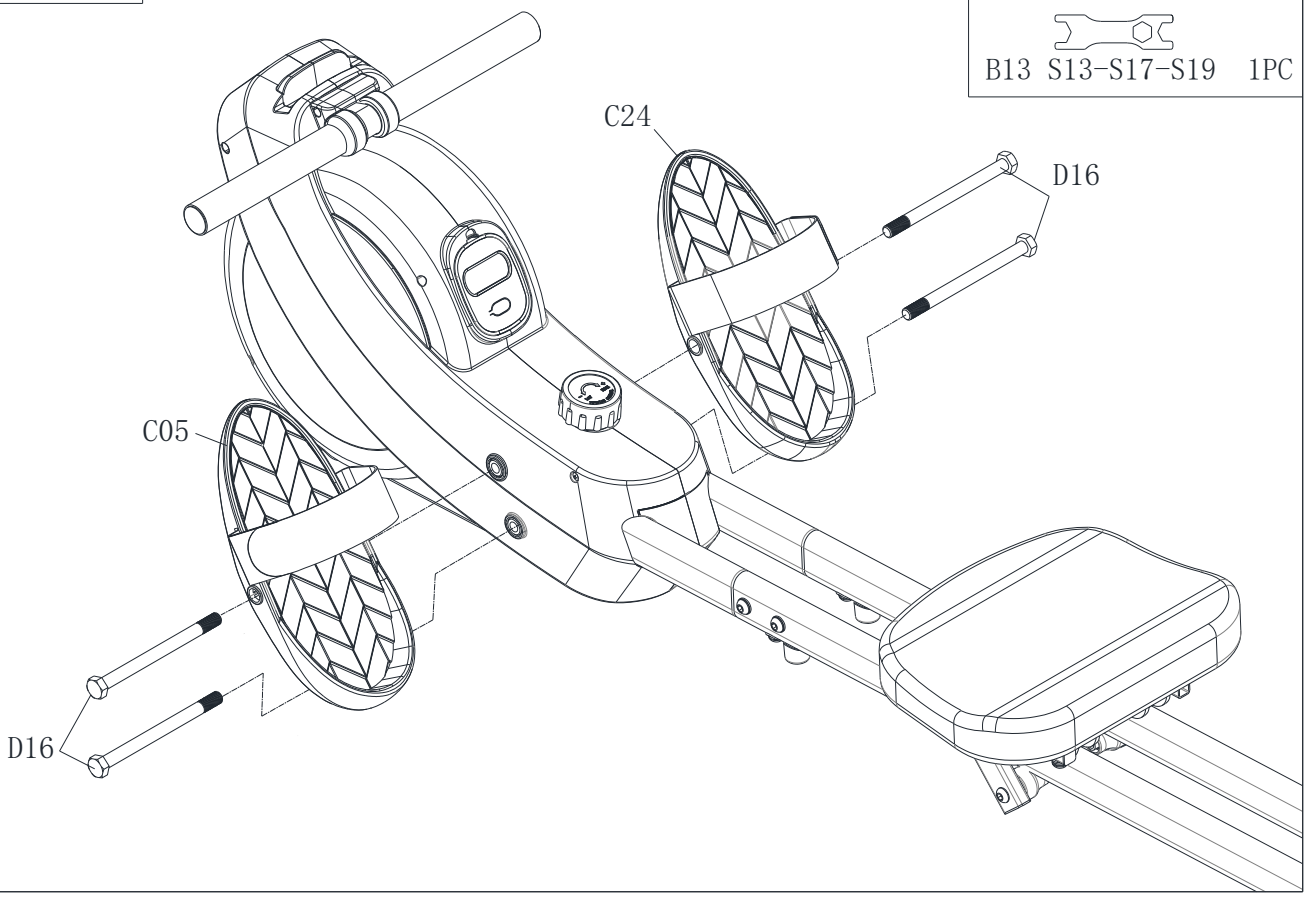


3-4

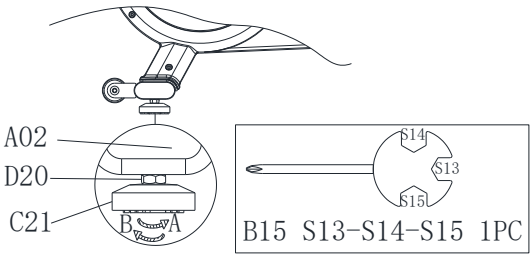
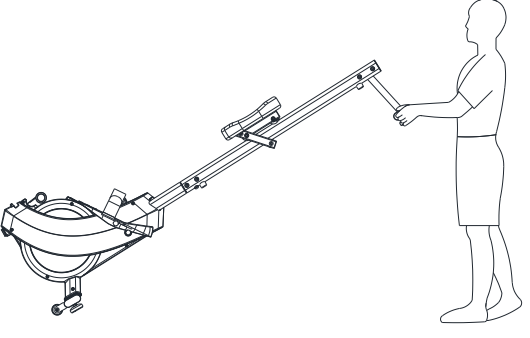
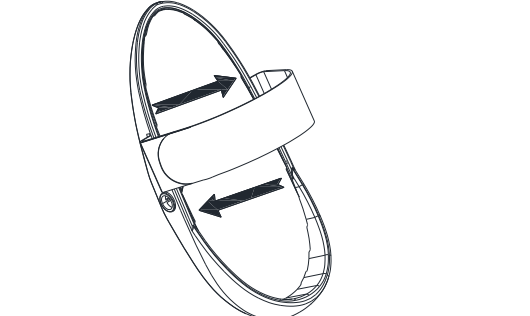
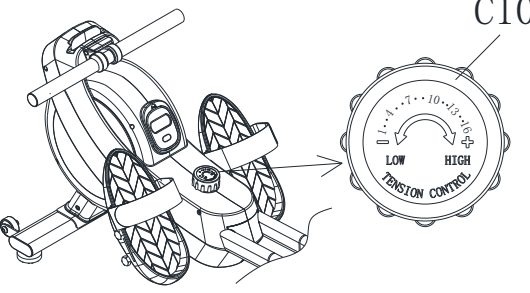


3-5

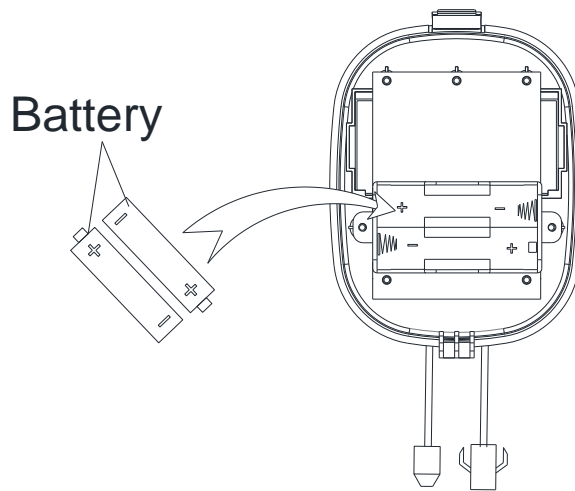
	D16 M12*160	4PCS
	B13 S13-S17-S19	1PC



Adjustment & Usage Guide

	<h3>ADJUSTING THE HEIGHT AND BALANCE</h3> <p>In order to achieve a smooth and comfortable use, you must ensure that the stability of the rowing machine is secured. If you notice that the rowing machine is unbalanced during use, you should adjust the Foot Pads (No. C21) located beneath the Front Stabilizer & Rear Support (No. A02 & No. A05) of the rowing machine. To do so, use Spanner (No. B15) to loosen Hexagon Socket Nut (No. D20) by turning it <i>clockwise</i> (direction B). With the Hexagon Socket Nut (No. D20) loosened, rotate the Foot Pads (No. C21) until it sits level with the surface that the rowing machine is on. When you have finished adjusting the Foot Pads (No. C21), use Spanner (No. B15) to re-tighten the Hexagon Socket Nut (No. D20) by turning it <i>counter-clockwise</i> (direction A). If required, repeat this process to adjust the remaining Foot Pads (No. C21).</p>
	<h3>TRANSPORTING THE ROWING MACHINE</h3> <p>To move the rowing machine, hold the Rear Support (No. A05) and tilt the rowing machine until the Transportation Wheels (No. C22) located on the Front Stabilizer (No. A02) touch the ground. With the Transportation Wheels (No. C22) on the ground, you can transport the rowing machine to the desired location with ease.</p>
	<h3>PEDAL STRAP ADJUSTMENT</h3> <p>The Pedal Strap is adjustable and can be personalized to fit the user's foot size.</p>
	<h3>ADJUSTING THE TENSION</h3> <p>Adjust the tension by rotating the Tension Control Knob (No. C10) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. C10) <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 16 being the highest.</p>

Battery Installation & Replacement



Dispose the old battery (1.5V, AAA) according to your regional guidelines.

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!

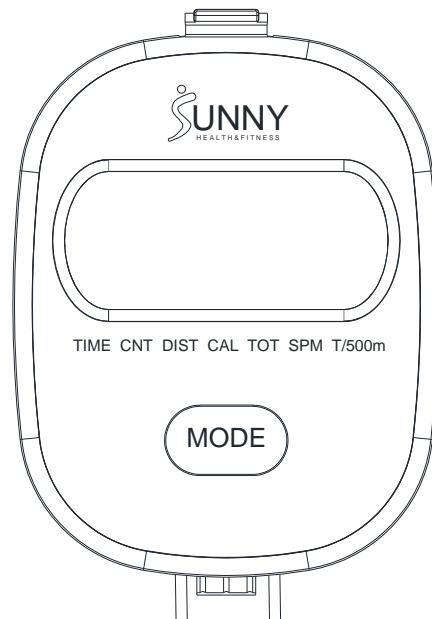
Troubleshooting:

- 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

Exercise Computer



WIRELESS HEART RATE



1. The wireless heart rate icon will flash when the computer 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 computer 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 computer when the wireless heart rate icon is flashing.

FUNCTION BUTTON

MODE

Press the button to switch display or automatically display through each function value in sequence every 6 seconds.

Hold the MODE key for 2 seconds to reset all values except TOT when Bluetooth is not connected.

Press and hold the MODE key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the computer will enter sleep mode.

OPERATION

1. POWER ON

Installs 2 pieces of 1.5V AAA batteries. (Whenever batteries are removed, all the functions values will be reset to zero.)

2.1 WAKE UP

After entering speed signal, each function will skip to display. STOP will be displayed once no speed signal detected for 10 seconds.

2.2 SLEEP MODE

The computer will shut off automatically and disconnect the heart rate monitor if there is no activity for 4 minutes when Bluetooth is not connected.

3.SCAN

After power on or press the mode button, automatically scan through each function value in sequence every 6 seconds. SCAN-->TIME-->CNT-- > DIST-- >CAL-->TOT--> SPM-->T/500M--> PULSE--> SCAN

4.TIME

Accumulates total training time from 00:00 up to 999:59.

5.CNT

Display current exercise times of the user from 0 up to 99999.

6.DIST

Displays the current movement distance of the user, with the display range of 0 to 99999 Meters.

7.CAL

Accumulates calories consumption during training from 0.0 up to 9999.9 kcal

Note: This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.

8.TOT

Display current exercise times of the user from 0 up to 99999k.

9.SPM

Strokes per minute.

10. T/500M

Time used for 500 meters.

11. PULSE (Needs to pair with the Bluetooth device)

Display the user's heart rate from 40-240 upon pulse signal detected with pulse symbol flashing. The pulse graphic will not be flashing upon no pulse signal detected. and when there is no heart rate, "P" is displayed.

NOTE:

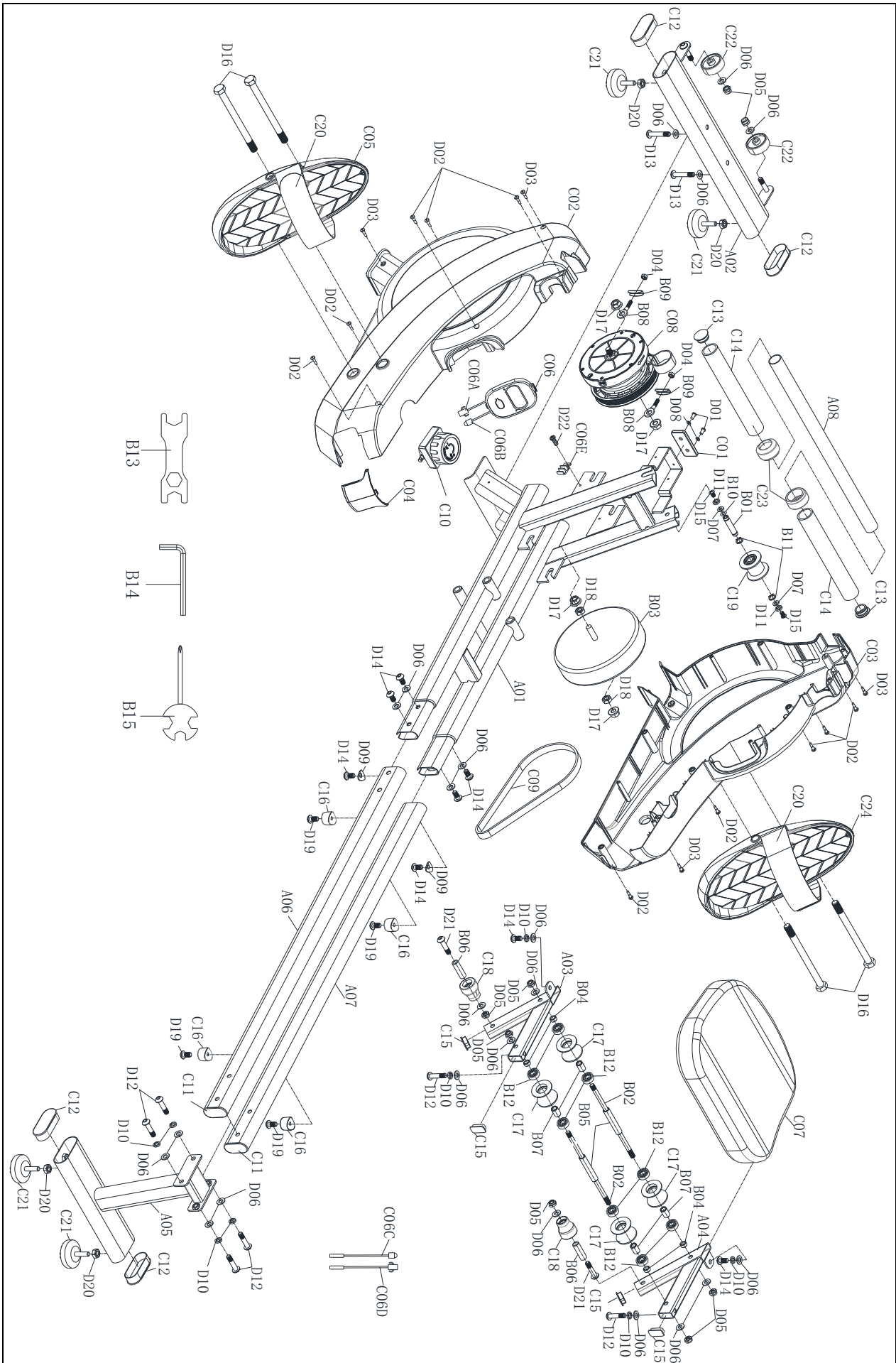
1. If the computer displays abnormally, please re-install the battery and try again.
2. Battery Spec: 1.5V or AAA (2PCS).
3. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.
4. The information displayed is an estimate only. Actual values may vary depending on factors such as body weight, resistance level, workout intensity, and other individual conditions. This information is provided for reference purposes only and should not be used for medical or dietary purposes.

Parts List

No.	Description	Spec.	Qty.
A01	Main Frame		1
A02	Front Stabilizer		1
A03	Left Support		1
A04	Right Support		1
A05	Rear Support		1
A06	Left Slide Rail		1
A07	Right Slide Rail		1
A08	Handle Tube	Φ25*1.5*400	1
B01	Webbing Shaft	Φ10*83(M6)	1
B02	Double Ended Stud	M8*199	2
B03	Magnetic Control Wheel	Φ172*114 (2KG)	1
B04	Spacer Sleeve	Φ12*Φ8.1*12	4
B05	Spacer Sleeve	Φ12*Φ8.1*62	2
B06	Support Shaft	Φ12*2*37	2
B07	Spacer Sleeve	Φ12*Φ8.1*17.6	4
B08	Bolt	M6*36	2
B09	U-shaped Clip	L30*w10*h8	2
B10	Wave Shaped Washer	d10*Φ13.5*0.3	1
B11	Shaft Retaining Ring	D10	2
B12	Bearing	608ZZ	8
B13	Open End Wrench	S13-S17-S19	1
B14	Allen Wrench	S5	1
B15	Spanner	S13-S14-S15	1
C01	Rubber Pad	62*26*5	1
C02	Left Belt Cover		1
C03	Right Belt Cover		1
C04	Rear Decorative Cover		1
C05	Left Pedal		1
C06	Meter		1
C06A	Meter Wire a		1
C06B	Meter Wire b		1
C06C	Sensor Wire	L=400	1
C06D	Sensor Wire	L=400	1
C06E	Sensor Base		1
C07	Seat Cushion	380*280*50	1
C08	Webbing Turntable	Φ148.5*133	1
C09	Belt	PJ6/230	1

No.	Description	Spec.	Qty.
C10	Tension Control Knob	L=460MM	1
C11	End Cap	50*25*2.0	2
C12	End Cap	70*30*1.5	4
C13	Round Pipe Plug	Φ25*1.5	2
C14	Foam	Φ26*3*185	2
C15	Rectangular Tube Plug	30*15*1.5	4
C16	Arc-shaped Pad	Φ26*12	4
C17	Pulley	Φ40xΦ25x30.2	4
C18	Limit Pulley	Φ32*35	2
C19	Webbing Pulley	Φ44*35	1
C20	Pedal Strap	600*50*1.5	2
C21	Foot Pad	M8*25	4
C22	Transportation Wheel	Φ40.8*Φ8.2*20	2
C23	Handrail Bushing	Φ41.4*Φ26*22.1	2
C24	Right Pedal		1
D01	Screw	M5*10	2
D02	Screw	ST4.2*19	10
D03	Screw	ST4.2*16	4
D04	Nylon Nut	M6	2
D05	Nylon Nut	M8	8
D06	Washer	D8*16*1.5	22
D07	Washer	D6	2
D08	Washer	D6*10*1.0	2
D09	Arc-shaped Gasket	d8*Φ16*1.5	2
D10	Elastic Pad	D8	8
D11	Elastic Pad	D6	2
D12	Bolt	M8*40	6
D13	Bolt	M8*45	2
D14	Bolt	M8*15	8
D15	Bolt	M60*10	2
D16	Hexagon Socket Bolt	M12*160	4
D17	Hexagon Socket Flange Nut	M10*1.0	4
D18	Hexagon Socket Nut	M10*1.0	2
D19	Screw	M6*10	4
D20	Hexagon Socket Nut	M8	4
D21	Screw	M8*65	2
D22	Screw	M4*10	1

Exploded Diagram



Register

Register your product and verify warranty terms:

Sunnyhealthfitness.com/warranty



Download

Track your fitness progress & join **FREE** workout courses!

Download SunnyFit App today!



Follow

Find us on social media



Contact

Get in touch with us for any questions

 1-877-90SUNNY (877-907-8669)

 support@sunnyhealthfitness.com

www.sunnyhealthfitness.com