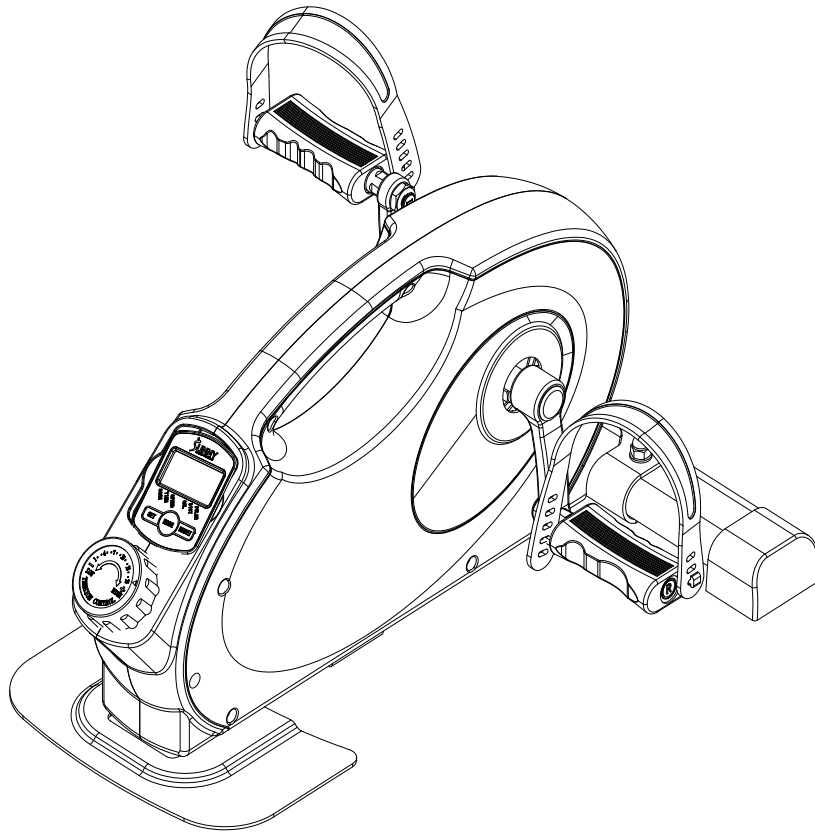




User Manual



Smart Under Desk Cycle

SF-B024973

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 equipment is not suitable for therapeutic use.
10. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
11. 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.
12. This equipment is designed for indoor and home use only; it is not intended for commercial use.

⚠ IMPORTANT NOTE: DO NOT STAND ON THE UNIT!

Statement of Purpose

The mini exercise bike is designed to help people stay active while sitting at a desk or table. It provides a low-impact workout to improve circulation, burn calories, and strengthen leg muscles. The smart features let users track their progress easily. It's a simple and convenient way to stay healthy at home or at work.

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

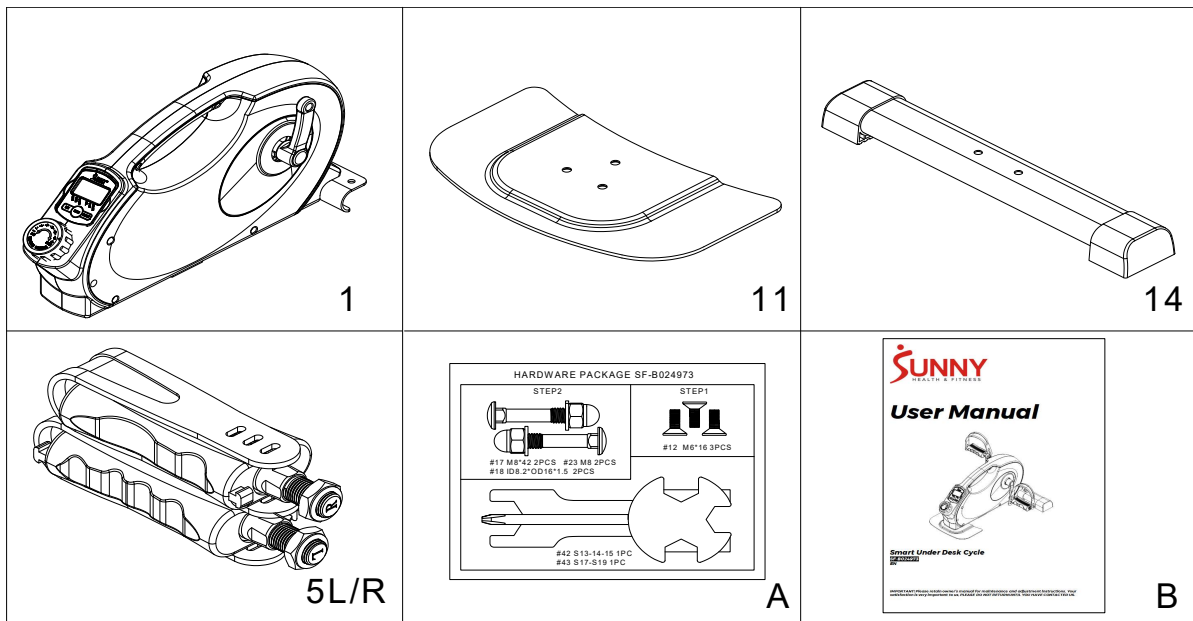
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

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

Pre-Assembly Checklist

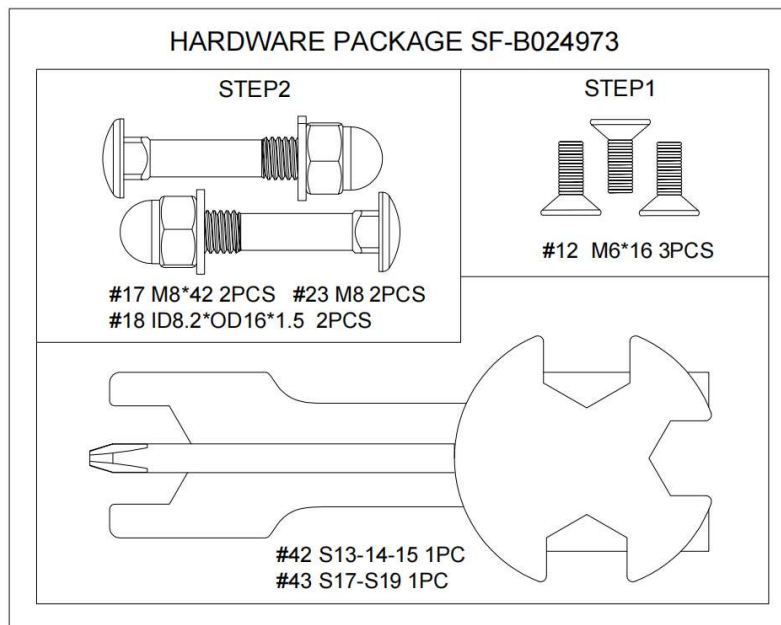
When you open the carton, you will find the following parts:



| No. | Description | Spec. | Qty. |
|-----|-------------------------|-------|------|
| 1 | Main Frame | | 1 |
| 5L | Left Pedal | | 1 |
| 5R | Right Pedal | | 1 |
| 11 | Rear Fixed Bottom Plate | | 1 |

| No. | Description | Spec. | Qty. |
|-----|------------------|-------|------|
| 14 | Front Stabilizer | | 1 |
| A | Hardware Package | | 1 |
| B | User Manual | | 1 |
| | | | |

Hardware Package



Ordering Replacement Parts

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

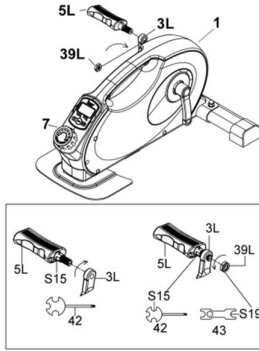
- ✓ The model number
- ✓ The product name
- ✓ The part number

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

Warning Labels

L

Pedal Installation & Maintenance Guide



L

Align the **Left Pedal (No. 5L)** with the **Left Crank (No. 3L)** at 90°. Gently insert the **Left Pedal (No. 5L)** into the **Left Crank (No. 3L)** and turn the **Left Pedal (No. 5L)** **counter-clockwise** as tightly as you can with your hand. Use **Spanner (No. 42)** to tighten and secure.

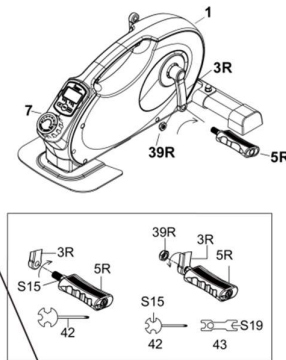
NOTE: The **Left Nylon Nut (No. 39L)** is blue on the inside.

Turn the **Left Nylon Nut (No. 39L)** **clockwise** as tightly as you can with your hand. Use **Spanner (No. 42)** to hold the pedal bolt on the **Left Pedal (No. 5L)** and use **Spanner (No. 43)** to turn the **Left Nylon Nut (No. 39L)** **clockwise** at the same time, until it is tightened on to the **Left Crank (No. 3L)**.

NOTE: Reverse pedaling may loosen the pedal and damage the threads. Always check the pedals to ensure that it's secured tightly. If the pedals have loosened, secure the threads with the provide spanner to ensure safety.

R

Pedal Installation & Maintenance Guide



R

Align the **Right Pedal (No. 5R)** with the **Right Crank (No. 3R)** at 90°. Gently insert the **Right Pedal (No. 5R)** into the **Right Crank (No. 3R)** and turn the **Right Pedal (No. 5R)** **clockwise** as tightly as you can with your hand. Use **Spanner (No. 42)** to tighten and secure.

NOTE: The **Right Nylon Nut (No. 39R)** is white on the inside.

Turn the **Right Nylon Nut (No. 39R)** **counter-clockwise** as tightly as you can with your hand. Use **Spanner (No. 42)** to hold the pedal bolt on the **Right Pedal (No. 5R)** and use **Spanner (No. 43)** to turn the **Right Nylon Nut (No. 39R)** **counter-clockwise** at the same time, until it is tightened on to the **Right Crank (No. 3R)**.

NOTE: Reverse pedaling may loosen the pedal and damage the threads. Always check the pedals to ensure that it's secured tightly. If the pedals have loosened, secure the threads with the provide spanner to ensure safety.

⚠ WARNING

The machine is intended to use in a sitting position only, do not stand on the machine. Failure to follow all warnings and instructions could result in serious injury or death.



⚠ WARNING

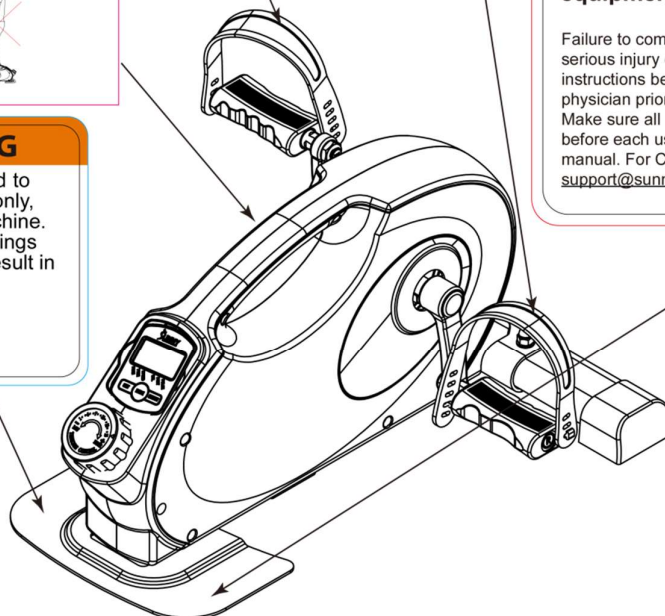
The machine is intended to use in a sitting position only, do not stand on the machine. Failure to follow all warnings and instructions could result in serious injury or death.



⚠ WARNING

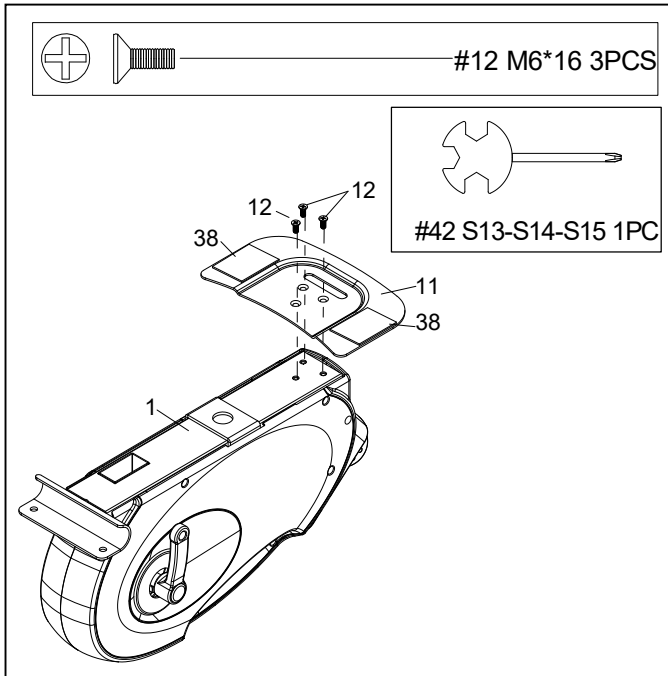
Keep children and pets away from equipment when in use.

Failure to comply with these warnings could result in serious injury or death. Please read all warnings and instructions before using the machine. Consult your physician prior to beginning any exercise program. Make sure all nuts and bolts are securely tightened before each use. Follow all the instructions in the manual. For Customer Service, please contact: support@sunnyhealthfitness.com.



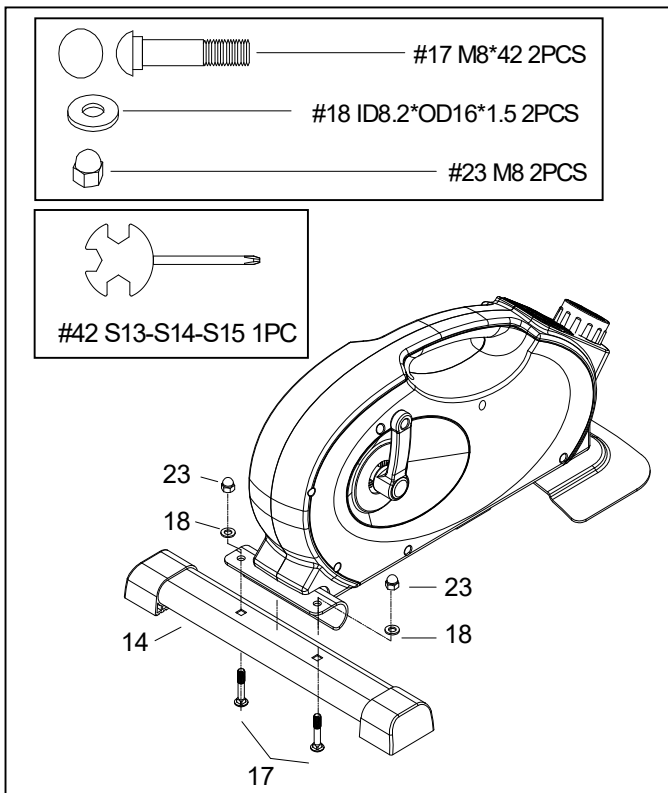
Assembly Instructions

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).



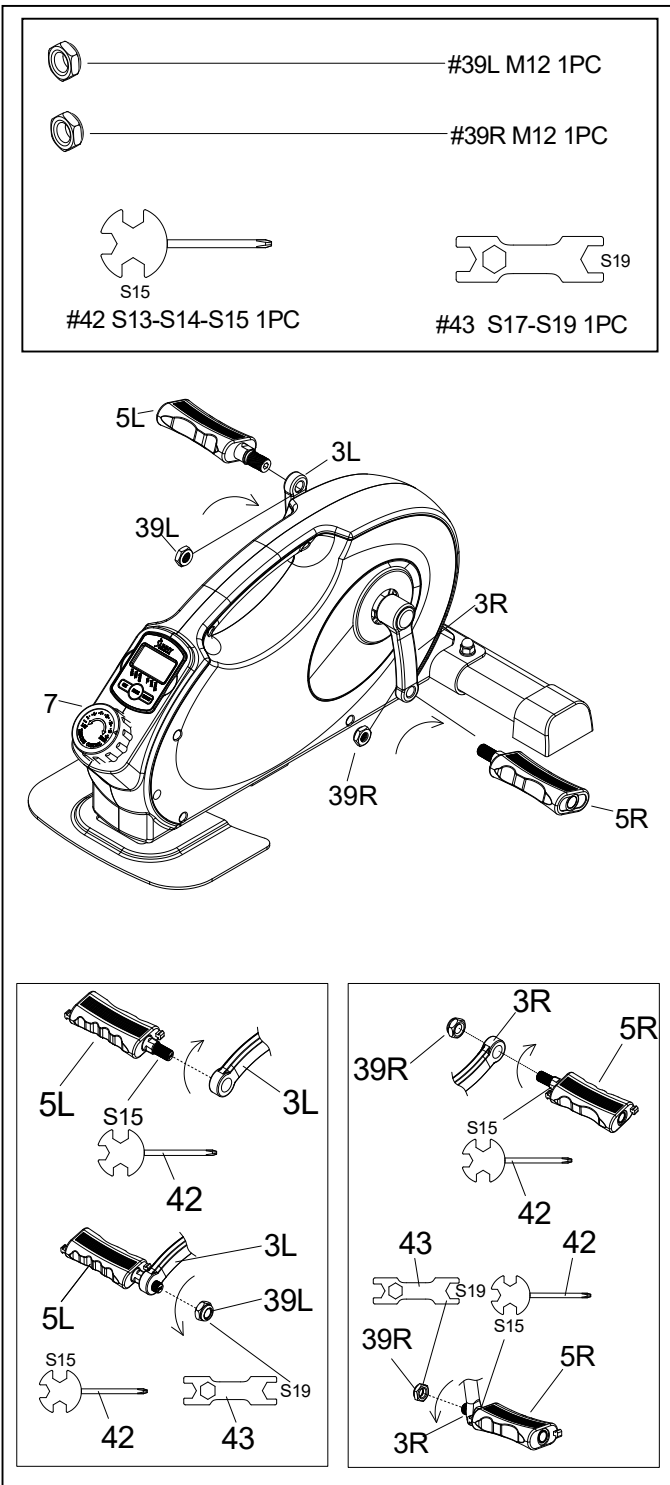
STEP 1:

Attach **Rear Fixed Bottom Plate (No. 11)** to the **Main Frame (No. 1)** with 3 **Bolts (No. 12)**. Tighten and secure with **Spanner (No. 42)**.



STEP 2:

Attach **Front Stabilizer (No. 14)** to the **Main Frame (No. 1)** with 2 **Carriage Bolts (No. 17)**, 2 **Washers (No. 18)**, and 2 **High Cap Nuts (No. 23)**. Tighten and secure with **Spanner (No. 42)**.



STEP 3:

NOTE: The **Pedals (No. 5L & No. 5R)** are marked "L" and "R" for Left and Right.

WARNING! Read instructions carefully as improper assembly may cause permanent damage to your bike.

NOTE: **Left Nylon Nut (No. 39L)** is blue on the inside and **Right Nylon Nut (No. 39R)** is white on the inside.

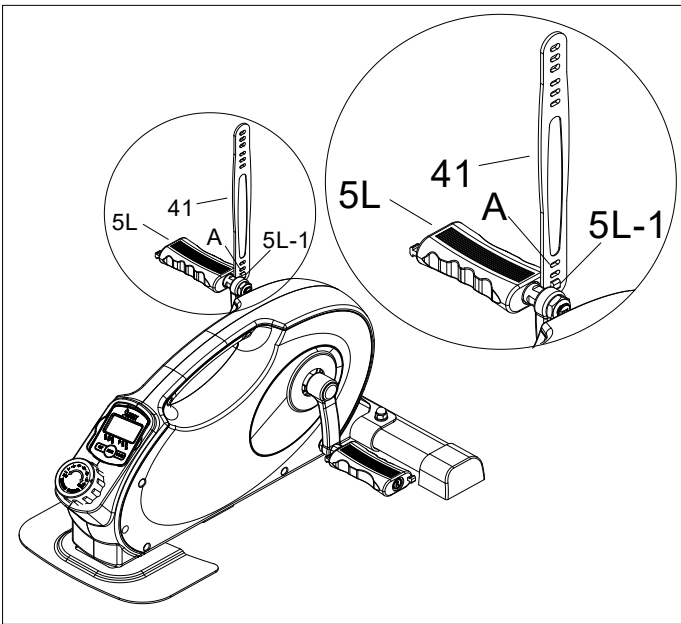
Remove the 2 **Left & Right Nylon Nuts (No. 39L & No. 39R)** located on the **Pedals (No. 5L & No. 5R)**.

Align the **Left Pedal (No. 5L)** with the **Left Crank (No. 3L)** at 90°. Gently insert the **Left Pedal (No. 5L)** into the **Left Crank (No. 3L)** and turn the **Left Pedal (No. 5L)** *counter-clockwise* as tightly as you can with your hand. Use **Spanner (No. 42)** to tighten and secure.

Turn the **Left Nylon Nut (No. 39L)** *clockwise* as tightly as you can with your hand. Use **Spanner (No. 42)** to hold the pedal bolt on the **Left Pedal (No. 5L)** and use **Spanner (No. 43)** to turn the **Left Nylon Nut (No. 39L)** *clockwise* at the same time, until it is tightened on to the **Left Crank (No. 3L)**.

Align the **Right Pedal (No. 5R)** with the **Right Crank (No. 3R)** at 90°. Gently insert the **Right Pedal (No. 5R)** into the **Right Crank (No. 3R)** and turn the **Right Pedal (No. 5R)** *clockwise* as tightly as you can with your hand. Use **Spanner (No. 42)** to tighten and secure.

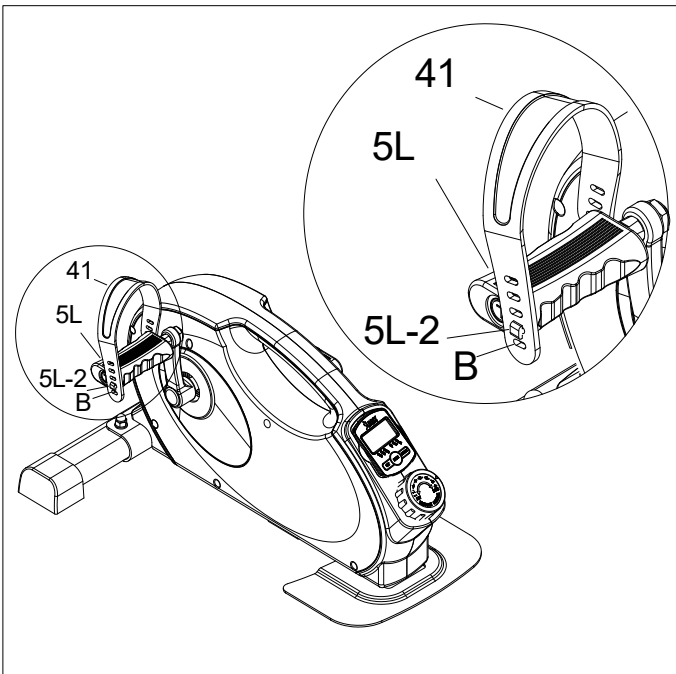
Turn the **Right Nylon Nut (No. 39R)** *counter-clockwise* as tightly as you can with your hand. Use **Spanner (No. 42)** to hold the pedal bolt on the **Right Pedal (No. 5R)** and use **Spanner (No. 43)** to turn the **Right Nylon Nut (No. 39R)** *counter-clockwise* at the same time, until it is tightened on to the **Right Crank (No. 3R)**.

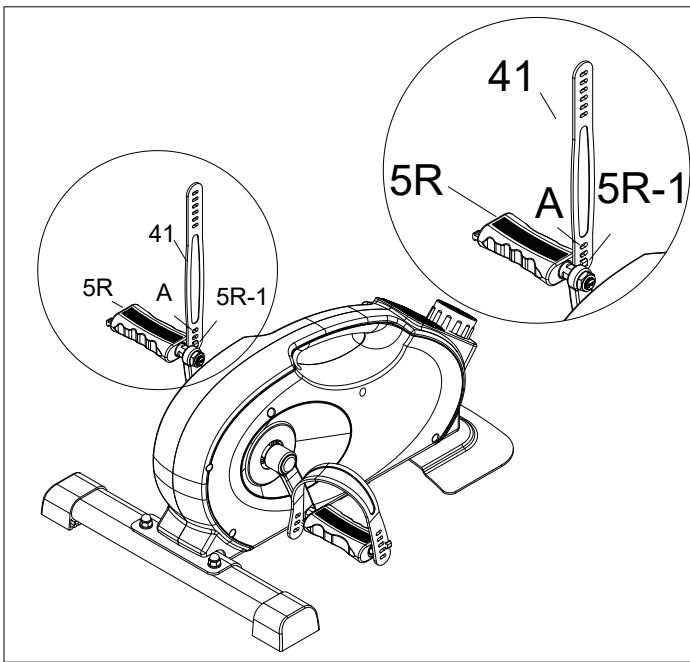


STEP 4:

Insert the fixing hole (A) of the **Pedal Strap (No. 41)** into the card slot (#5L-1) of the **Left Pedal (No. 5L)**.

Insert the fixing hole (B) of the **Pedal Strap (No. 41)** into the card slot (#5L-2) of the **Left Pedal (No. 5L)**.





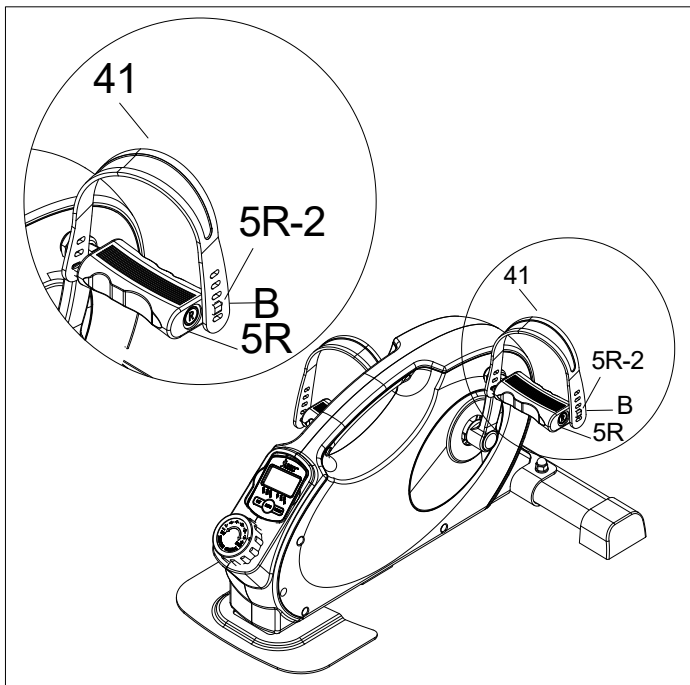
STEP 5:

Insert the fixing hole (A) of the **Pedal Strap (No. 41)** into the card slot (#5R-1) of the **Right Pedal (No. 5R)**.

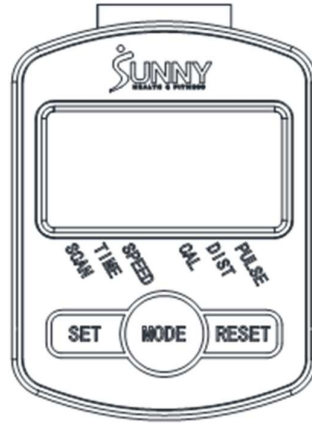
Insert the fixing hole (B) of the **Pedal Strap (No. 41)** into the card slot (#5R-2) of the **Right Pedal (No. R)**.

NOTE: The position of fixing holes and card slots can be adjusted according to the size of your feet.

The assembly is complete!



Exercise Meter



FUNCTION KEYS:

MODE:

1. Press the MODE key repeatedly to select the desired value (TIME/SPEED/CAL/DIST/PULSE/SCAN).
2. Hold the MODE key for 2 seconds to reset all values when the Bluetooth is not connected. You can hold the button to increase the value fast.
3. Press and hold the MODE key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the meter will enter sleep mode.

SET: To set up the target value of TIME, DISTANCE and CALORIES when not in scan mode. You can hold the button to increase the value fast.

RESET: Press the key to reset time, distance and calories when setting.

FUNCTIONS:

1. SCAN: Press "MODE" button until "SCAN" appears, monitor will rotate through all the 5 functions.
2. TIME: Accumulates the total time from 00:00 up to 99:59. The user may preset target time by pressing the SET & MODE buttons. Each increase is 1 minute.
3. SPEED: Display current speed.
4. CALORIES: Accumulates calories burned during training from 0.0 to max. 9999 calories. The user may also preset the target calories before training by pressing the SET & MODE buttons, by increments of 1 cal.
5. DISTANCE: Accumulates total distance from 0.00 up to 9999 m (miles). The user may preset target distance data by pressing the SET & MODE buttons, by increments of 0.1 mile.
6. PULSE: Display current heart rate value when pulse signal detected. The data comes from the matching Bluetooth heart rate monitor.

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.

WIRELESS HEART RATE

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 computer when the wireless heart rate icon is flashing.

UNIT CONVERSIONS FROM IMPERIAL TO METRIC SYSTEM

Pressing the "SET" and "RESET" button together to convert Imperial/Metric System. The display will show "K" or "M". It's in Imperial System when "M" is displayed. It's in Metric System when "K" is displayed.

NOTE: If bike is converted to Metric System, speed and distance will be measured in Kilometers.

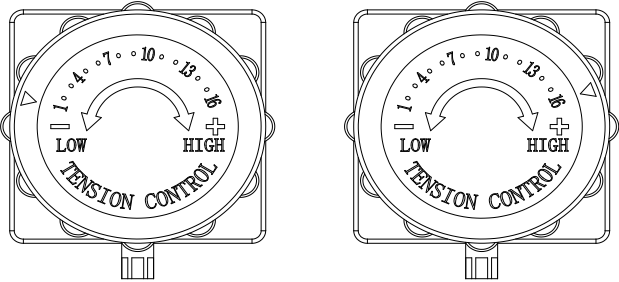
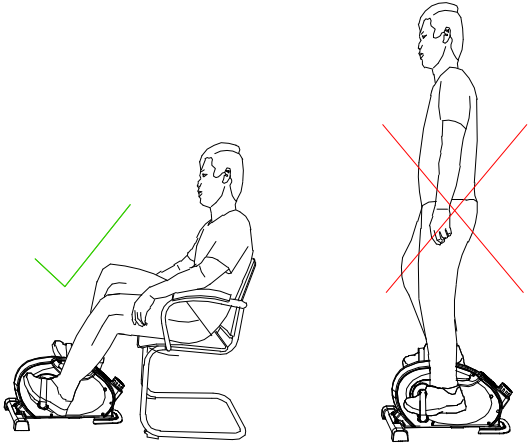
SPECIFICATIONS:

| | | |
|-----------------------|----------------|-------------------------------|
| FUNCTION | SCAN | Every 6 seconds |
| | TIME | 00:00'~99:59' |
| | SPEED | 0.00~9999 MPH or KM/H |
| | CAL(CALORIES) | 0.0~9999kCAL |
| | DIST(DISTANCE) | 0.00~9999(ML)KM |
| | PULSE | 40-240BPM |
| BATTERY TYPE | | 2pcs of SIZE –AAA or UM –4 |
| OPERATING TEMPERATURE | | 0°C ~ +40°C (+32°F~ +104°F) |
| STORAGE TEMPERATURE | | -10°C ~ +60°C (+14°F~ +140°F) |

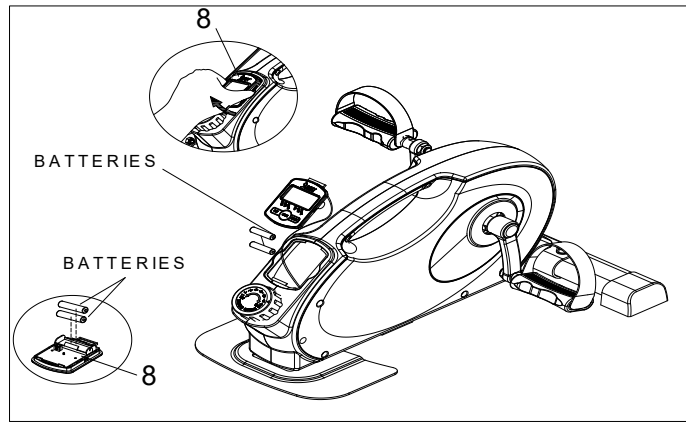
NOTE:

1. If the display is faint or shows no figures, please replace the batteries.
2. The meter will shut off automatically and disconnect the heart rate monitor if there is no activity for 4 minutes when the Bluetooth is not connected.
3. The meter will be automatically turned on when starting to exercise or push button signal in.
4. The meter will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.
5. This device can be connected to a mobile app. Please refer to the app user manual for specific operation steps. If the connection is successful, the Bluetooth icon will no longer flash.

Adjustment & Usage Guide

| | |
|---|--|
|  | <p>ADJUSTING THE TENSION Adjust the tension by rotating the Tension Control Knob (No. 7) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. 7) <i>counter-clockwise</i> to decrease the level of resistance. Tension levels are set at Level 1 being the lowest and Level 16 being the highest.</p> |
|  <p>USE ONLY WHILE SITTING! DO NOT STAND ON THE MACHINE!</p> | <p>WARNING The machine is intended to use in a sitting position only, do not stand on the machine. Failure to follow all warnings and instructions could result in serious injury or death.</p> |

Battery Installation & Replacement



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from the manual bag.
2. Remove the **Meter (No. 8)** from **Main Frame (No. 1)**.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 8)**. Pay attention to the battery + and - poles before installing.
4. Attach the **Meter (No. 8)** onto **Main Frame (No. 1)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Remove the **Meter (No. 8)** from **Main Frame (No. 1)**.
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. 8)**. Pay attention to the battery + and - poles before installing.
3. Attach the **Meter (No. 8)** onto **Main Frame (No. 1)**.

The replacement is complete!

NOTE: Always change both batteries at the same time. Dispose batteries according to your state and 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:



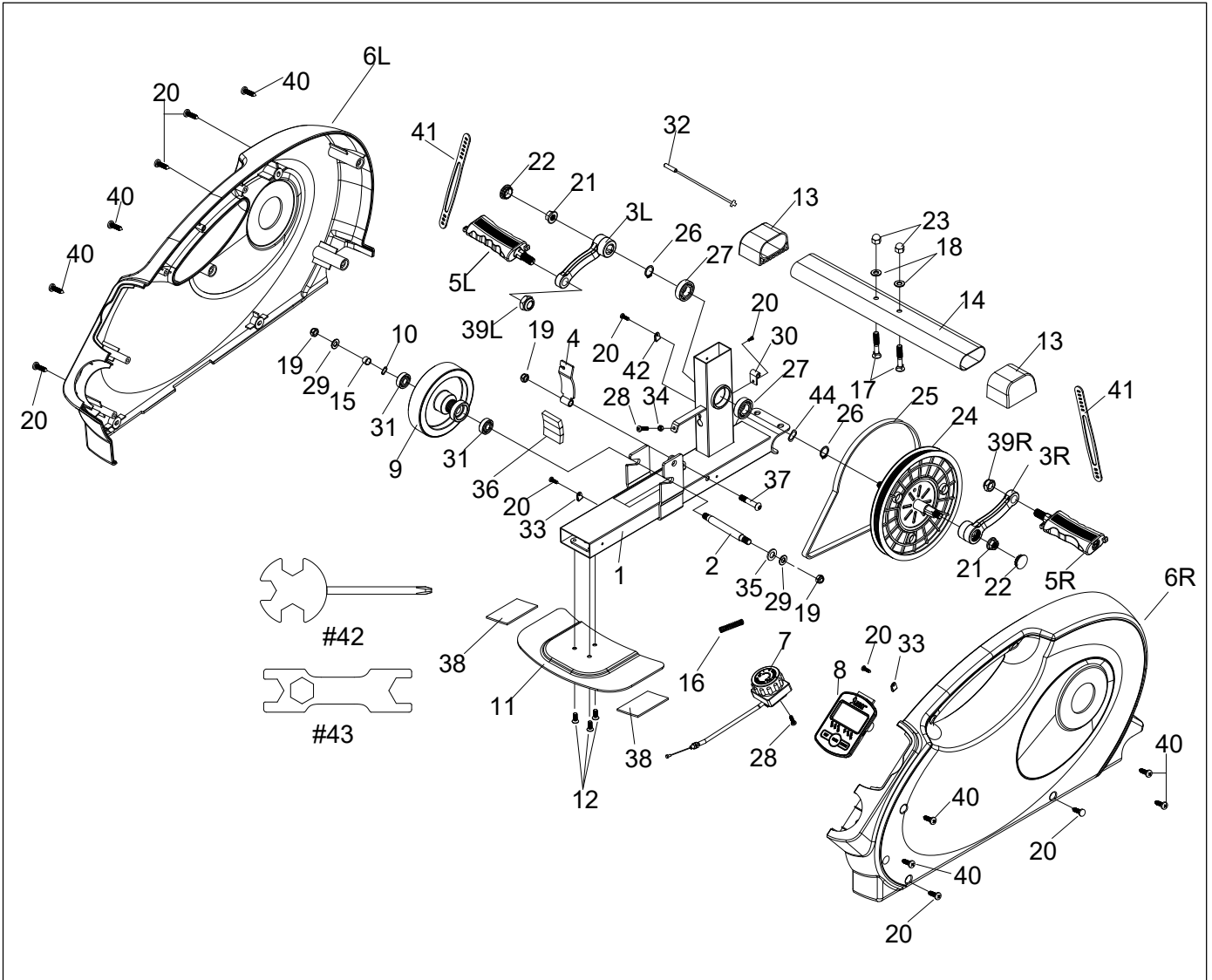
- If you require additional support, please contact support@sunnyfit.com.

Parts List

| No. | Description | Spec. | Qty. |
|-----|-------------------------|----------------|------|
| 1 | Main Frame | | 1 |
| 2 | Spindle | | 1 |
| 3L | Left Crank | | 1 |
| 3R | Right Crank | | 1 |
| 4 | Magnetic Board | | 1 |
| 5L | Left Pedal | | 1 |
| 5R | Right Pedal | | 1 |
| 6L | Left Belt Cover | | 1 |
| 6R | Right Belt Cover | | 1 |
| 7 | Tension Control Knob | | 1 |
| 8 | Meter | JJD-2605 | 1 |
| 9 | Inertial Wheel | | 1 |
| 10 | Wave Washer | | 1 |
| 11 | Rear Fixed Bottom Plate | | 1 |
| 12 | Bolt | M6*16 | 3 |
| 13 | End Cap | | 2 |
| 14 | Front Stabilizer | | 1 |
| 15 | Sleeve | | 1 |
| 16 | Spring | | 1 |
| 17 | Carriage Bolt | M8*42 | 2 |
| 18 | Washer | ID8.2*OD16*1.5 | 2 |
| 19 | Nylon Nut | M8 | 3 |
| 20 | Screw | ST4.2*19 | 8 |
| 21 | Flange Nut | M10 | 2 |
| 22 | End Cap | | 2 |

| No. | Description | Spec. | Qty. |
|-----|------------------|---------------|------|
| 23 | High Cap Nut | M8 | 2 |
| 24 | Belt Wheel | | 1 |
| 25 | Belt | J300 | 1 |
| 26 | C-clip | | 2 |
| 27 | Bearing | 6003 | 2 |
| 28 | Screw | M5*15 | 2 |
| 29 | Flat Washer | Φ8.2*Φ16*1.5 | 2 |
| 30 | Inductor Seat | | 1 |
| 31 | Bearing | 6000 | 2 |
| 32 | Inductor | | 1 |
| 33 | Wire Clip | | 2 |
| 34 | Nut | M5 | 1 |
| 35 | Washer | Φ10.2*Φ20*1.5 | 1 |
| 36 | Magnet | | 3 |
| 37 | Bolt | M8*35*15 | 1 |
| 38 | EVA Non-slip Pad | | 2 |
| 39L | Left Nylon Nut | M12 | 1 |
| 39R | Right Nylon Nut | M12 | 1 |
| 40 | Screw | ST4.2*15 | 7 |
| 41 | Pedal Strap | 277mm | 2 |
| 42 | Spanner | S13-S14-S15 | 1 |
| 43 | Spanner | S17-S19 | 1 |
| 44 | Wave Washer | | 1 |
| | | | |
| | | | |

Exploded Diagram



Version 1.0

Register

Register your product and verify warranty terms:

Sunnyhealthfitness.com/warranty



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