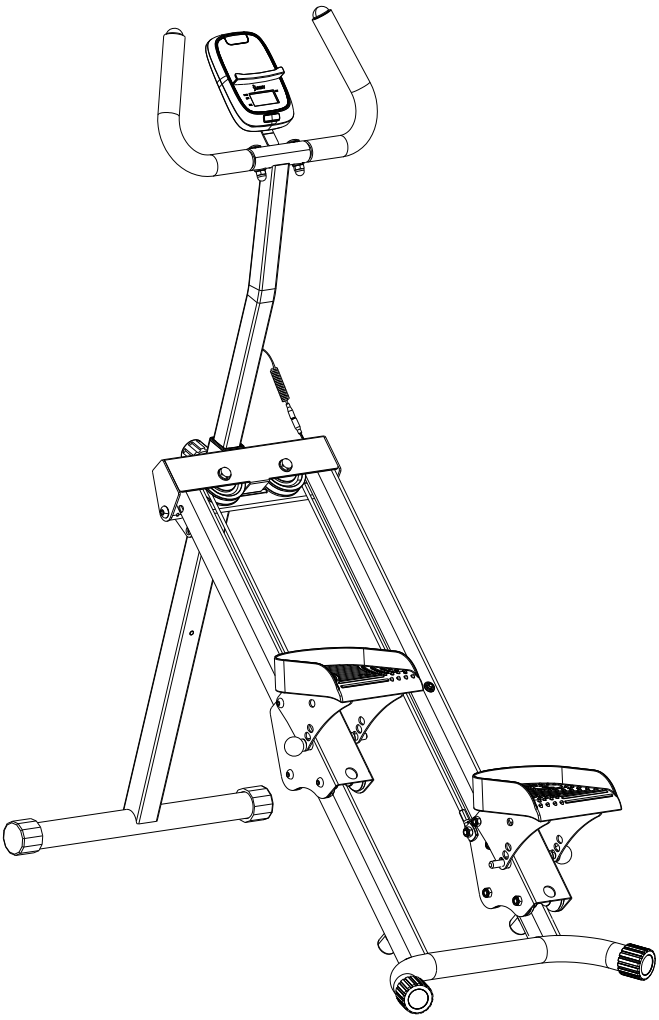
SUNNY
HEALTH & FITNESS

User Manual



Smart Foldable Stair Climber

SF-S024035

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 330 lbs (150kg).
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 Smart Foldable Stair Climber delivers a full-body, low-impact workout at home, combining cardio and strength training in a compact, space-saving design.

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

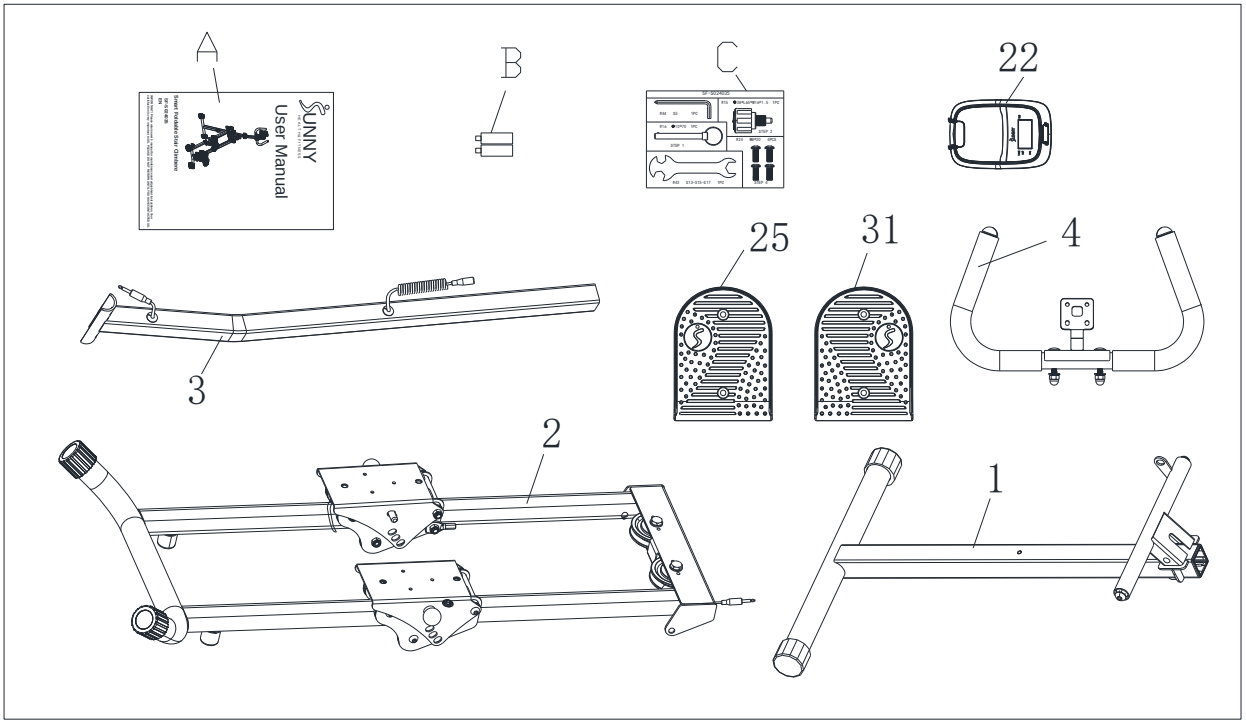
You can find the declaration of conformity at the following link:
https://sunnyhealthfitness.com/pages/declaration-of-conformity

Technical Data

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

Pre-Assembly Checklist

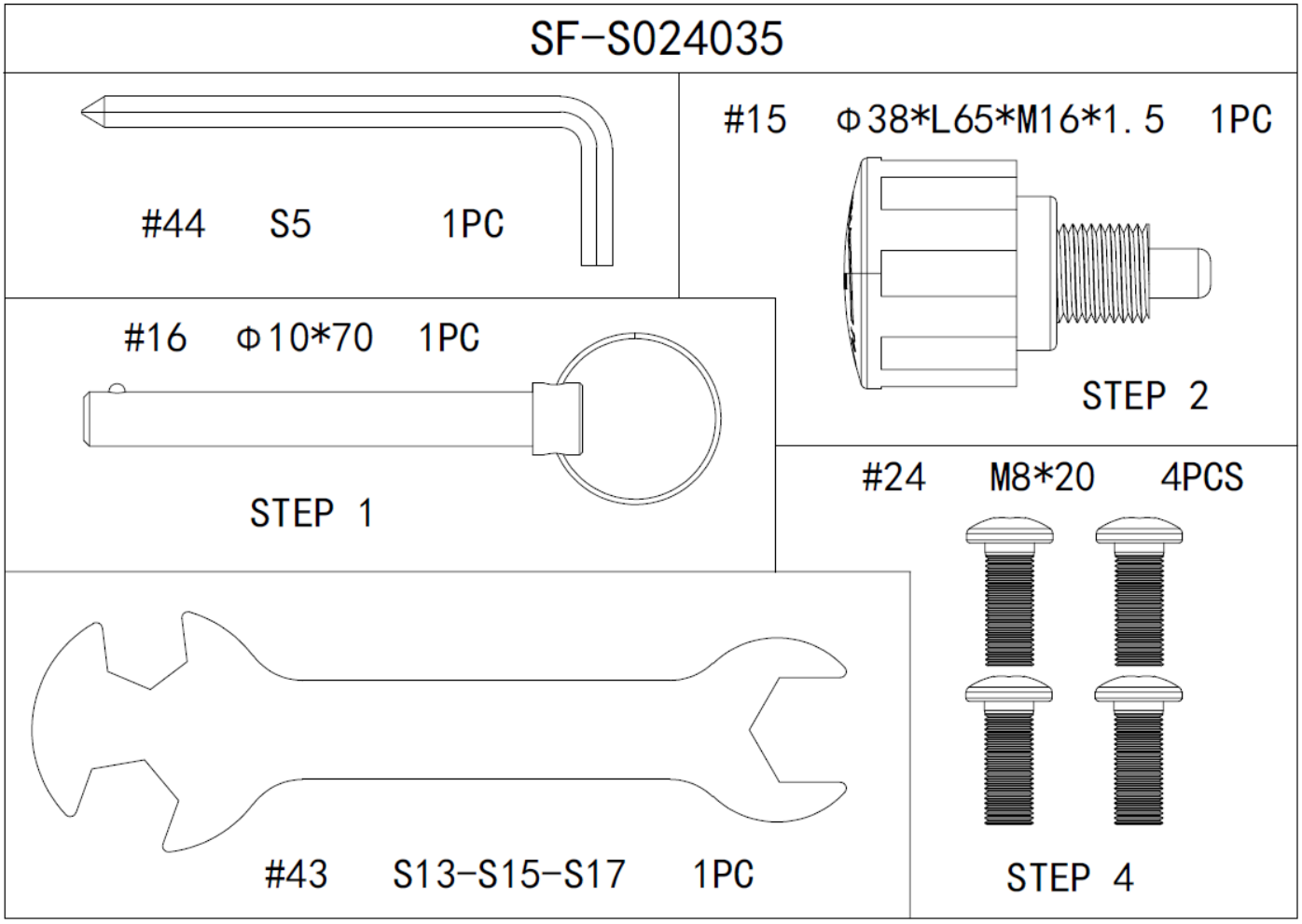
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Front Support Tube		1
2	Main Frame		1
3	Handlebar Post		1
4	Handlebar		1
22	Computer	DSC03676	1

No.	Description	Spec.	Qty.
25	Left Pedal	120	1
31	Right Pedal	120	1
A	Manual		1
B	Battery	AAA 1.5V	2
C	Hardware Package		1

Hardware Package



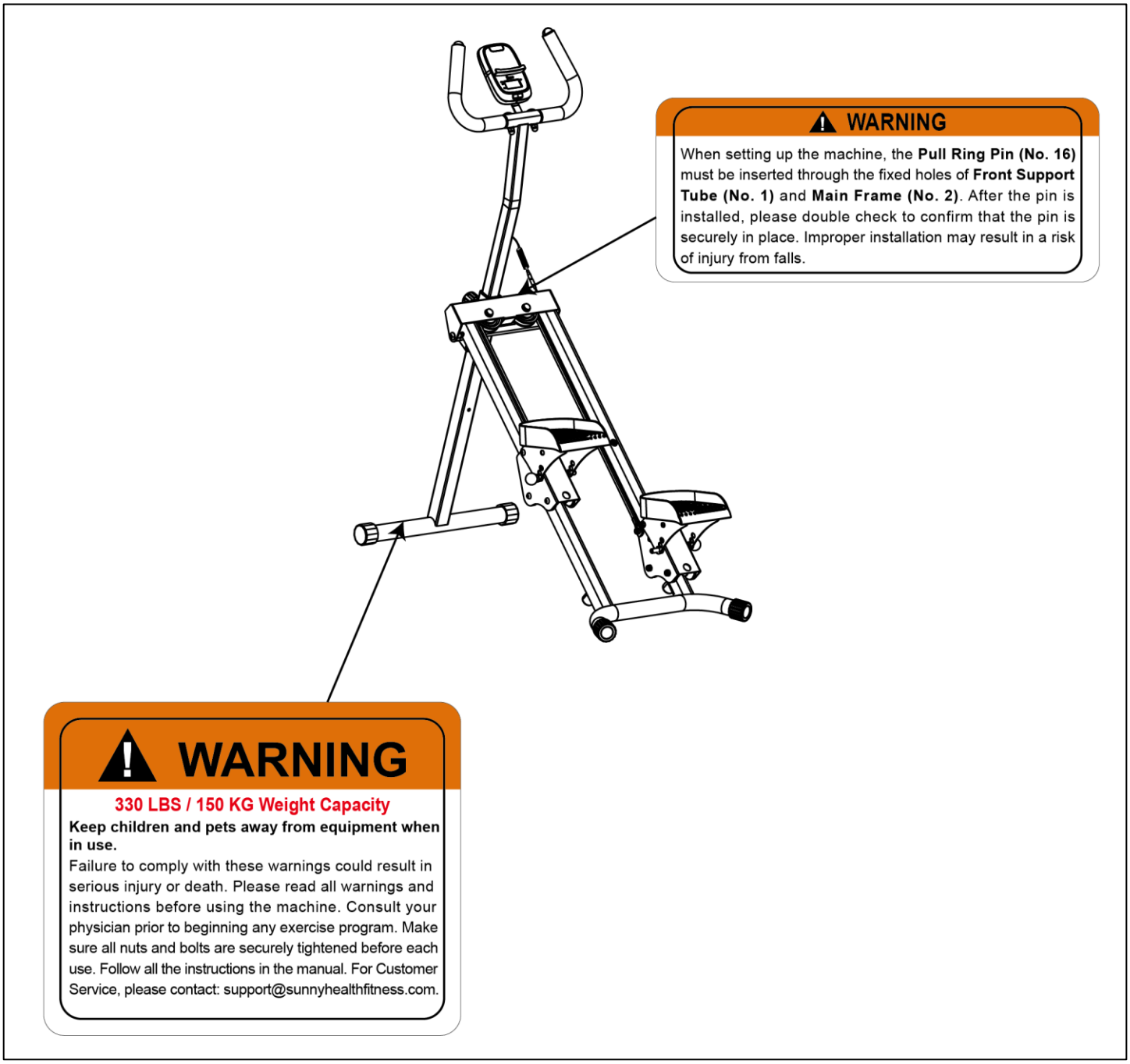
Ordering Replacement Parts

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

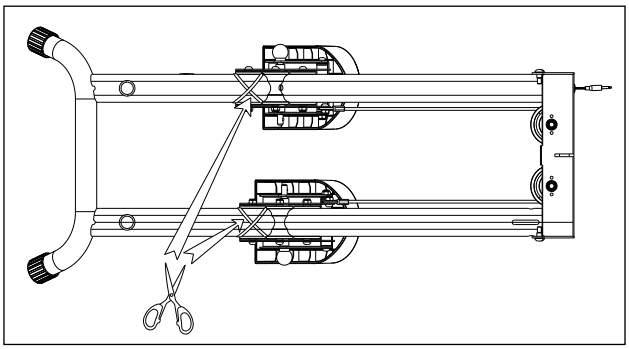
Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

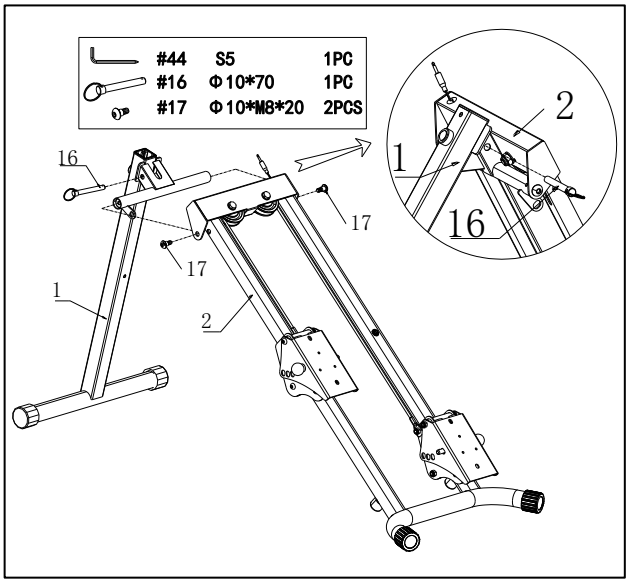
Warning Labels



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).





STEP 1:

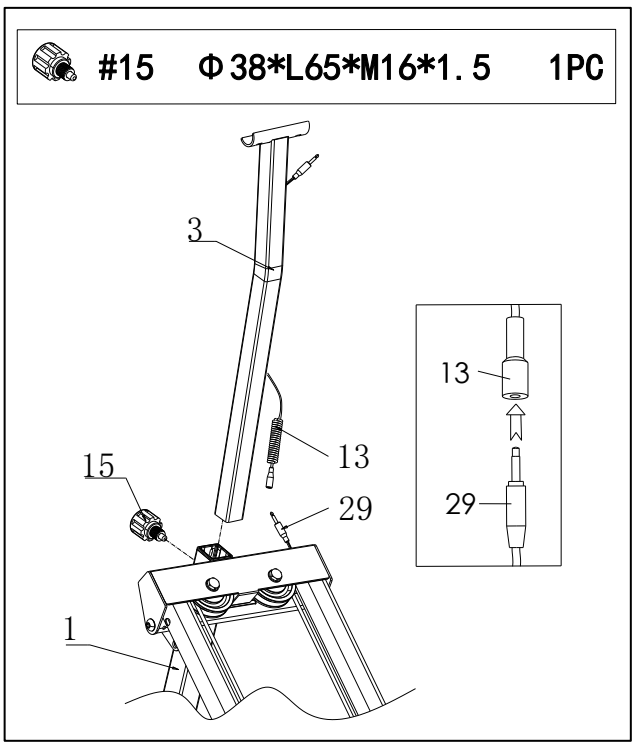
Please cut the nylon ties before assembly.

Remove 2 **Bolts (No. 17)** from the **Front Support Tube (No. 1)** with **Allen Wrench (No. 44)**.

Attach **Front Support Tube (No. 1)** to **Main Frame (No. 2)** using 2 **Bolts (No. 17)** that were removed. Tighten and secure with **Allen Wrench (No. 44)**.

Insert and secure the **Pull Ring Pin (No. 16)** into the **Front Support Tube (No. 1)** & **Main Frame (No. 2)**.

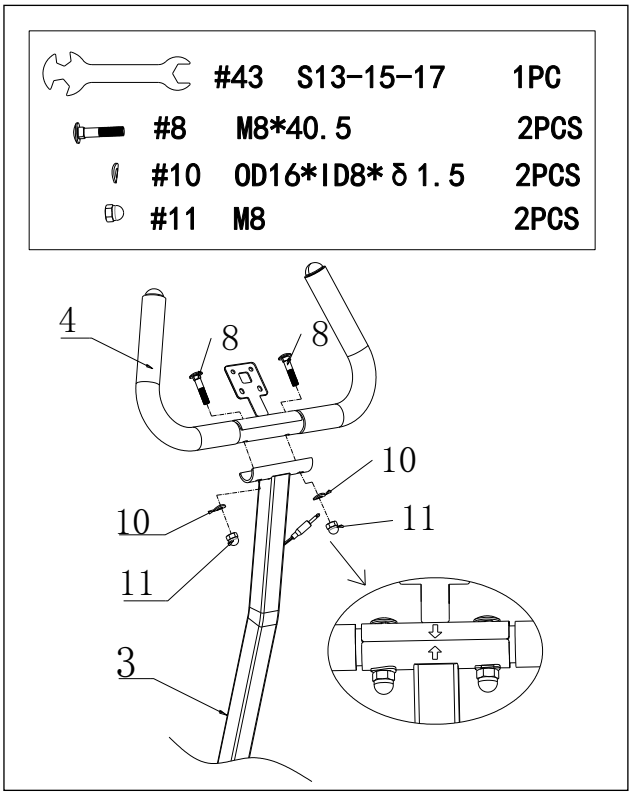
ATTENTION: When setting up the machine, the **Pull Ring Pin (No. 16)** must be inserted through the fixed holes of **Front Support Tube (No. 1)** and **Main Frame (No. 2)**. After the pin is installed, please double check to confirm that the pin is securely in place. Improper installation may result in a risk of injury from falls.



STEP 2:

Insert the **Handlebar Post (No. 3)** into the **Front Support Tube (No. 1)**, adjust the **Handlebar Post (No. 3)** to desired height, then secure it in place by inserting and tightening the **Knob (No. 15)**.

Connect the **Middle Sensor Wire (No. 13)** with the **Sensor Wire (No. 29)**.

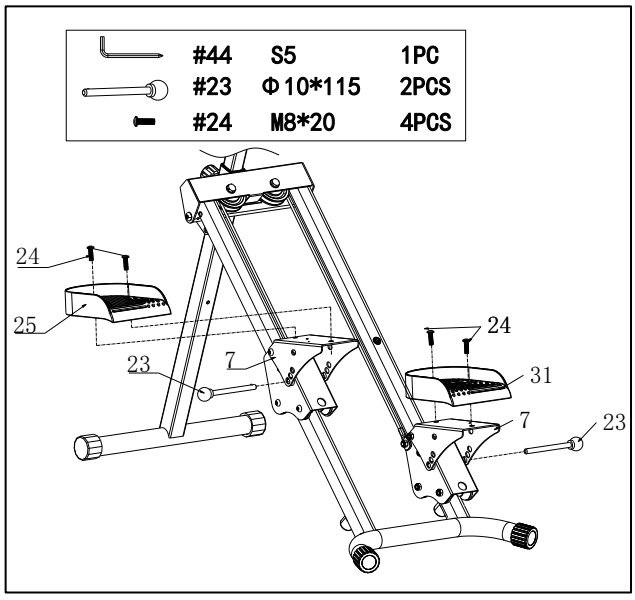


STEP 3:

Remove 2 **Bolts (No. 8)**, 2 **Curved Gaskets (No. 10)** and 2 **Cap Nuts (No. 11)** from the **Handlebar (No. 4)** with **Spanner (No. 43)**.

Attach **Handlebar (No. 4)** to **Handlebar Post (No. 3)** using 2 **Bolts (No. 8)**, 2 **Curved Gaskets (No. 10)** and 2 **Cap Nuts (No. 11)** that were removed. Tighten and secure with **Spanner (No. 43)**.

NOTE: To properly install **Handlebar (No. 4)**, make sure the arrows are on the same side and pointing to each other.



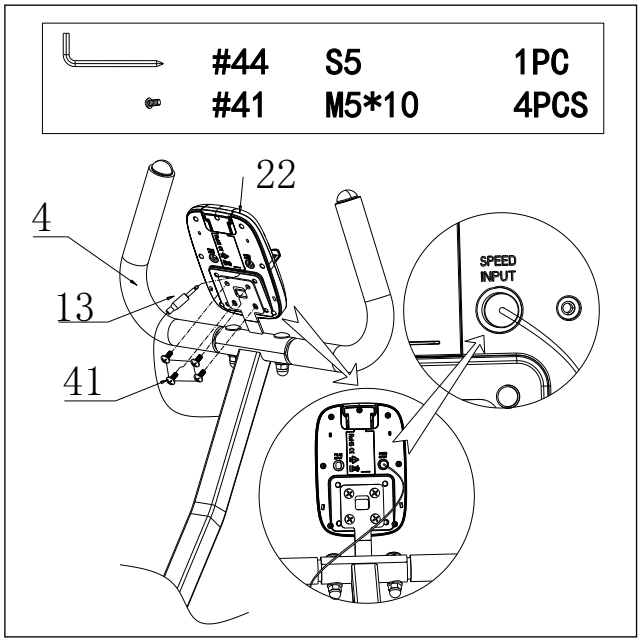
STEP 4:

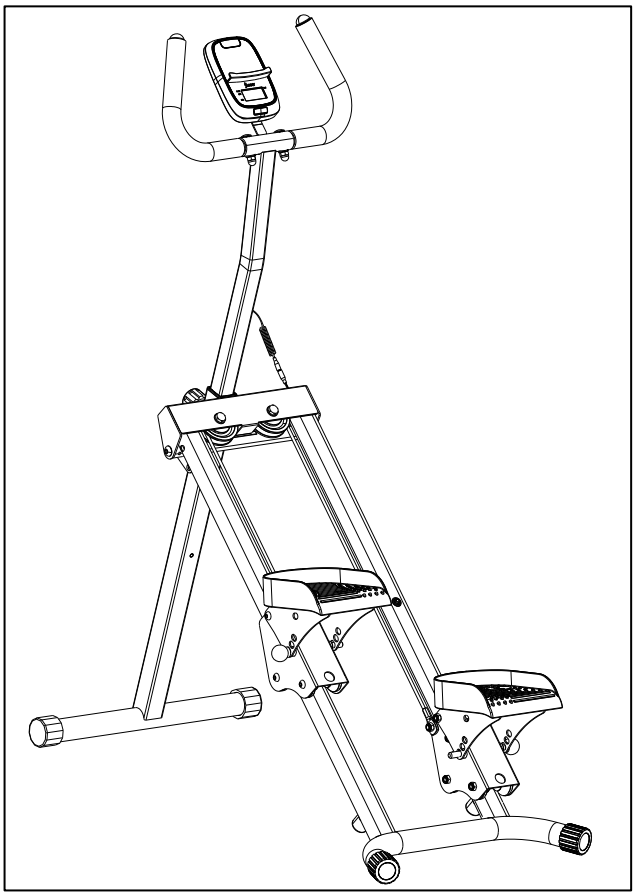
Remove 2 **Ball Head Pins (No. 23)** from the 2 **Pedal Adjustment Plates (No. 7)**.

Attach the **Left Pedal (No. 25)** onto the **Pedal Adjustment Plate (No. 7)** on the left side with 2 **Hexagon Bolts (No. 24)**. Tighten and secure with the **Allen Wrench (No. 44)**. Adjust the **Pedal Adjustment Plate (No. 7)** to desired height, then secure it in place by inserting the **Ball Head Pin (No. 23)** that were removed.

Please repeat this assembly step to the right side.

NOTE: Make sure to keep the **Left** & **Right pedals (No. 25** & **No. 31)** at the same angle to ensure safer use.





STEP 5:

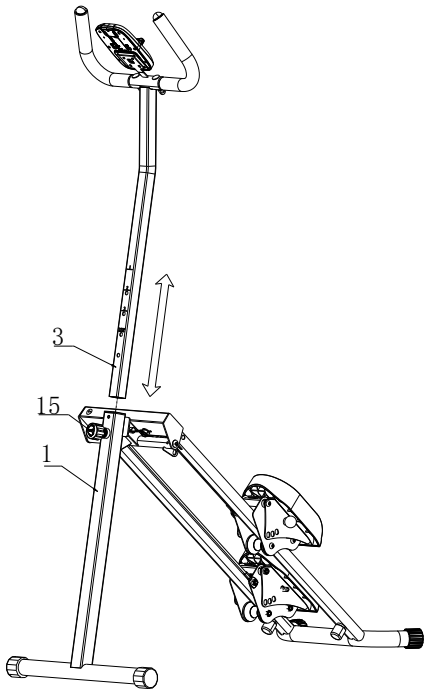
Remove 4 **Screws (No. 41)** from the back of the **Computer (No. 22)** by using **Allen Wrench (No. 44)**.

Attach the **Computer (No. 22)** onto the bracket of the **Handlebar (No. 4)** with 4 **Screws (No. 41)** that were removed. Tighten and secure with **Allen Wrench (No. 44)**.

Insert the **Middle Sensor Wire (No. 13)** into the SPEED INPUT of the **Computer (No. 22)**.

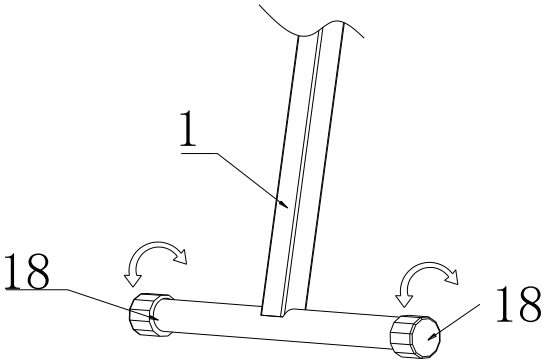
The assembly is complete!

Adjustment & Usage Guide



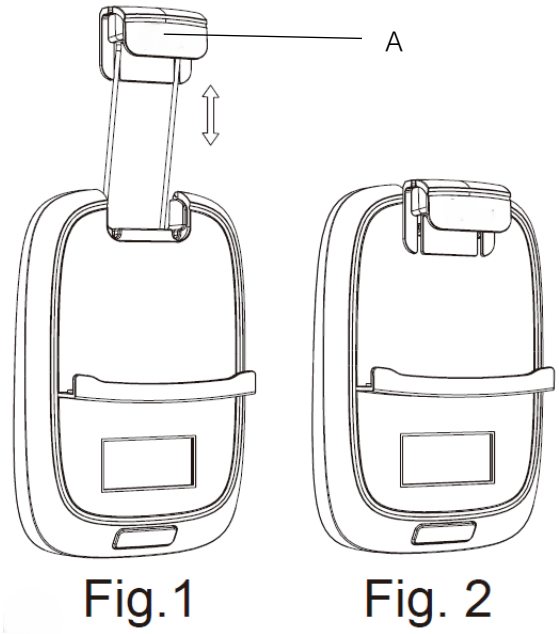
ADJUSTING THE HANDLEBAR

Loosen the **Knob (No. 15)** and pull out. Raise or lower the **Handlebar Post (No. 3)** to desired height. Then reinsert and tighten the **Knob (No. 15)**.

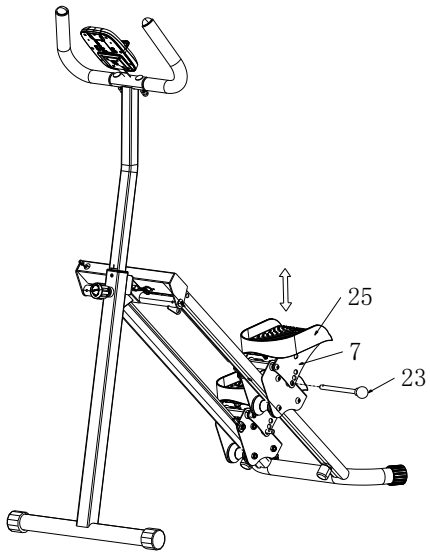


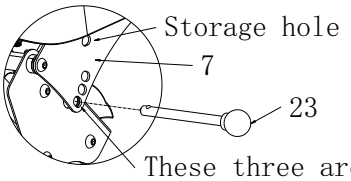
ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the stair climber is stabled and secured. If you notice that the stair climber is unbalanced during use, you should adjust the 2 **End Caps (No. 18)** located on the **Front Support Tube (No. 1)** until the stair climber becomes levelled with the floor surface.

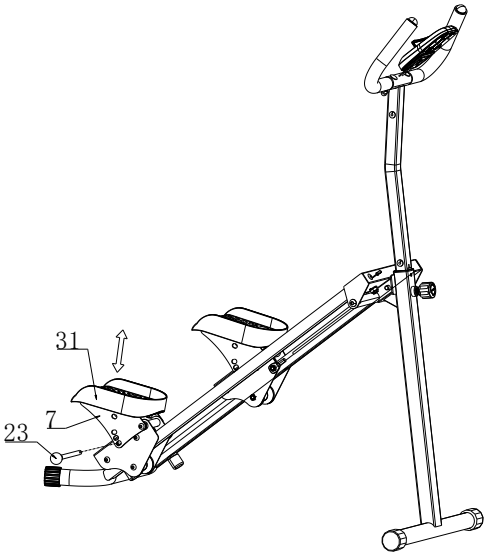


The insert (No. A) can be pulled upward to secure the mobile device in place (as shown in Fig. 1). When the mobile device is placed horizontally, please move the insert (No. A) in front of the computer after it is pulled out (as shown in Fig. 2) to avoid the insert from returning back into the meter.





These three are the
pedal angle adjustment holes

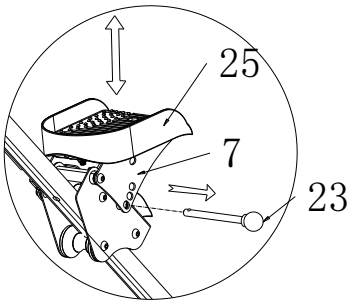


ADJUSTING THE PEDAL

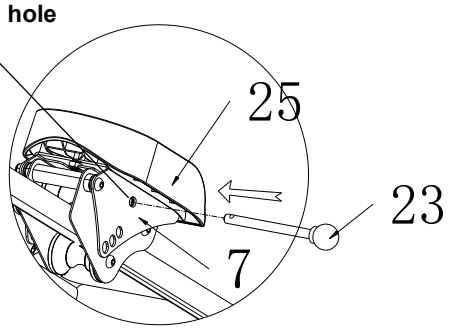
To adjust the **Left** & **Right Pedal (No. 25** & **No. 31)**, remove the 2 **Ball Head Pins (No. 23)** and rotate the **Left** & **Right Pedal (No. 25** & **No. 31)** to desired position. Re-insert the 2 **Ball Head Pins (No. 23)** to secure.

NOTE:
Keep the two pedals at the same angle to ensure safer use.

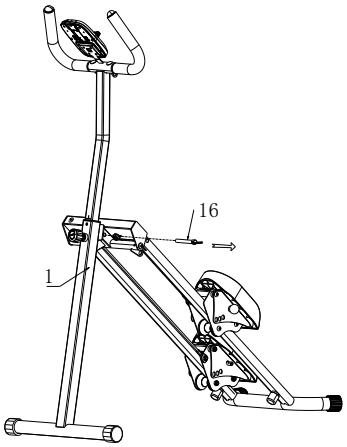
Folding Instructions



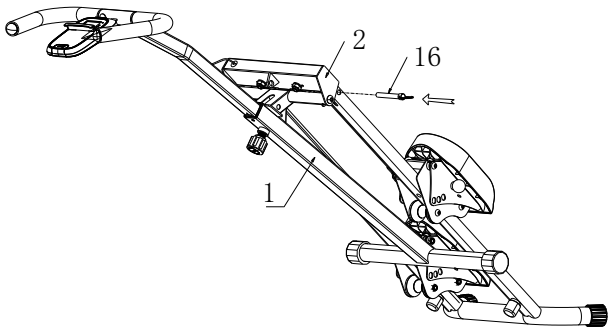
Storage hole



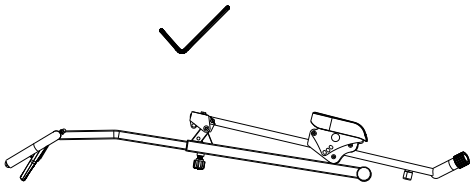
A. Remove the **Ball Head Pins (No. 23)** from the **Pedal Adjustment Plates (No. 7)**.
Bring the **Pedal Adjustment Plate (No. 7)** and the **Left Pedal (No. 25)** closer to each other.
Insert the **Ball Head Pins (No. 23)** into the storage hole on the **Pedal Adjustment Plate (No. 7)**.
Then repeat the same step for right side.



B. Remove the **Pull Ring Pin (No. 16)** from the **Front Support Post (No. 1)**.

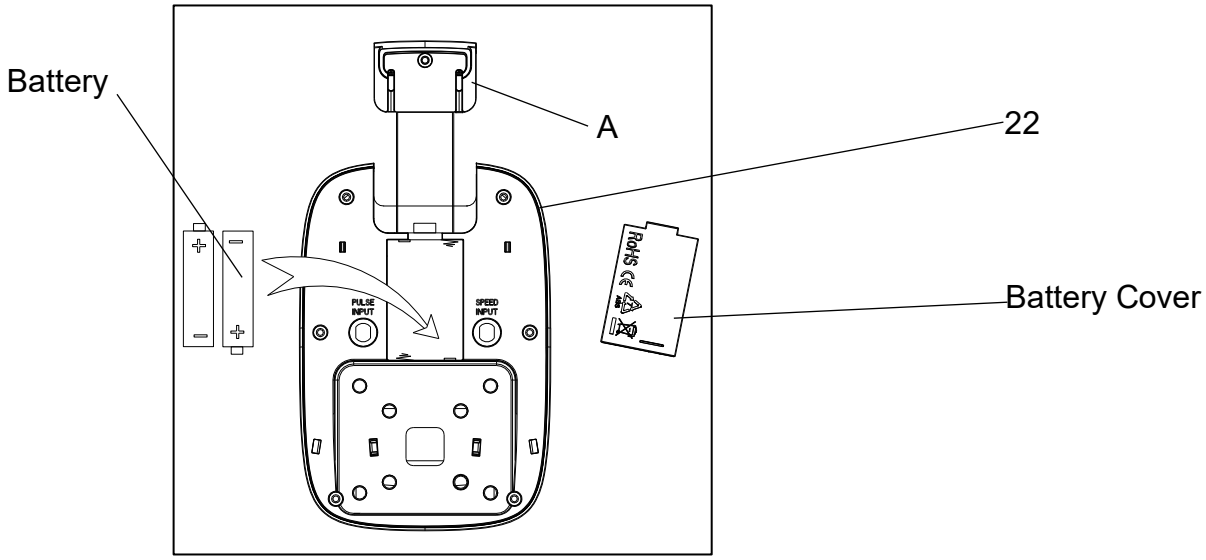


C. Bring the **Front Support Tube (No. 1)** and the **Main Frame (No. 2)** closer to each other. Insert the **Pull Ring Pin (No. 16)** into the hole on the **Main Frame (No. 2)**.





Battery Installation and Replacement



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from computer box.
2. Pull out the SUNNY insert (No. A), press the buckle of battery cover on the **Computer (No. 22)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 22)**. 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 **Computer (No. 22)**.

The installation is complete!

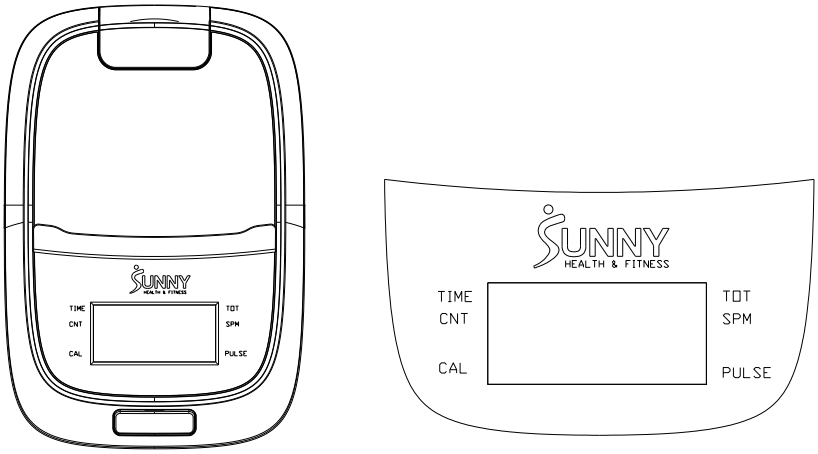
BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 22)**, 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. 22)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of the battery cover, then put the battery cover back to the back of the **Computer (No. 22)**.

The replacement is complete!

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



BLUETOOTH :

1. The Bluetooth icon will flash when the computer 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 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 (COUNT)-- >CAL (CALORIES)-->TOT (TOTAL COUNTS)-->SPM-->PULSE-->SCAN

4.TIME

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

5.CNT (COUNT)

Display current training count from 0 up to 99999.

6.CAL (CALORIES)

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.

7.TOT (TOTAL COUNTS)

Accumulates training count from 0 up to 99999K.

8.SPM

Displays current step per minute.

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

Display the user's heart rate from 30-240 upon pulse signal detected with pulse symbol flashing. The pulse graphic will not flashing upon no pulse signal detected.

NOTE:

1.If the computer displays abnormally, please re-install the battery and try again.

2.The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.

3. 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.

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.

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:

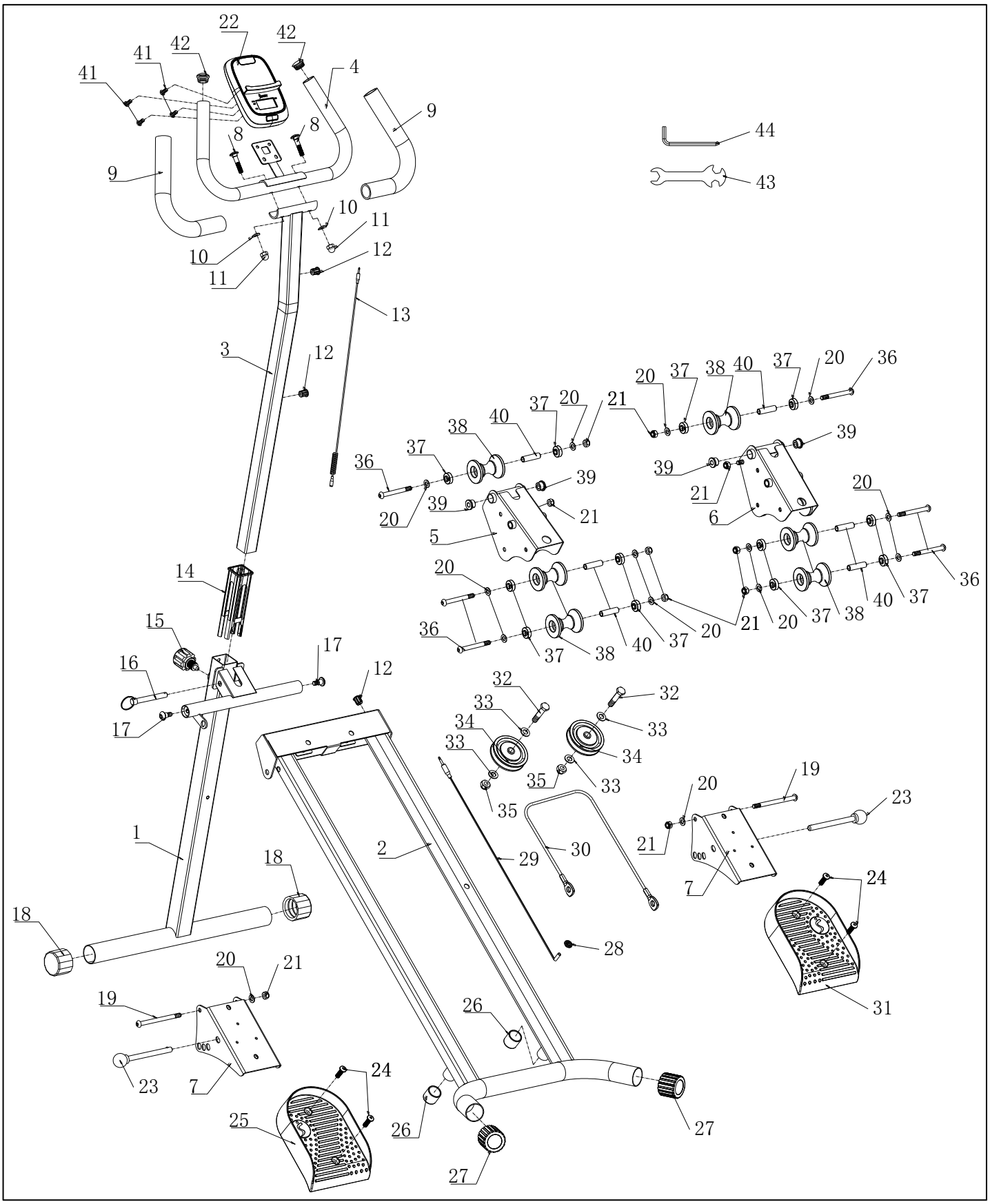
- If you require additional support, please contact support@sunnyfit.com

Parts List

No.	Description	Spec.	Qty.
1	Front Support Tube		1
2	Main Frame		1
3	Handlebar Post		1
4	Handlebar		1
5	Left Pedal Support		1
6	Right Pedal Support		1
7	Pedal Adjustment Plate		2
8	Bolt	M8*40.5	2
9	Foam Grip	Φ30*Φ24*285	2
10	Curved Gasket	OD16*ID8*δ1.5	2
11	Cap Nut	M8	2
12	Grommet	Φ12	3
13	Middle Sensor Wire	L500	1
14	Bushing	38*1.5，L153	1
15	Knob	Φ38*L65*M16*1.5	1
16	Pull Ring Pin	Φ10*70	1
17	Bolt	Φ10*M8*20	2
18	End Cap	Φ38*1.5	2
19	Hexagon Bolt	M8*105	2
20	Flat Washer	d8*Φ16*1.5	14
21	Lock Nut	M8	10
22	Computer	DSC03676	1

No.	Description	Spec.	Qty.
23	Ball Head Pin	Φ10*115	2
24	Hexagon Bolt	M8*20	4
25	Left Pedal	120	1
26	Cushion	Φ30*Φ25*27	2
27	End Cap	Φ38*1.5	2
28	Round Clasp	Φ16.5*6.7	1
29	Sensor Wire	L=600	1
30	Wire Rope	Φ5*940	1
31	Right Pedal	120	1
32	Hexagon Bolt	M10*45	2
33	Flat Washer	d10*Φ20*1.5	4
34	Pulley	Φ75*22	2
35	Lock Nut	M10	2
36	Hexagon Bolt	M8*80	6
37	Bearing	608ZZ	12
38	Roller	Φ47*Φ12*59	6
39	Spacer	Φ20*Φ8.5*11	4
40	Spacer	Φ11*Φ8.1*40.1	6
41	Screw	M5*10	4
42	End Cap	Φ25*1.5	2
43	Spanner	S13-15-17	1
44	Allen Wrench	S5	1

Exploded Diagram



Version: 1.3

Register

Register your product and verify warranty terms:
Sunnyhealthfitness.com/warranty

Download

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

GET IT ON Google Play | Download on the App Store | GET IT ON Google TV | Download on the Apple TV

Follow

Find us on social media

Contact

Get in touch with us for any questions

1-877-90SUNNY (877-907-8669)
support@sunnyhealthfitness.com