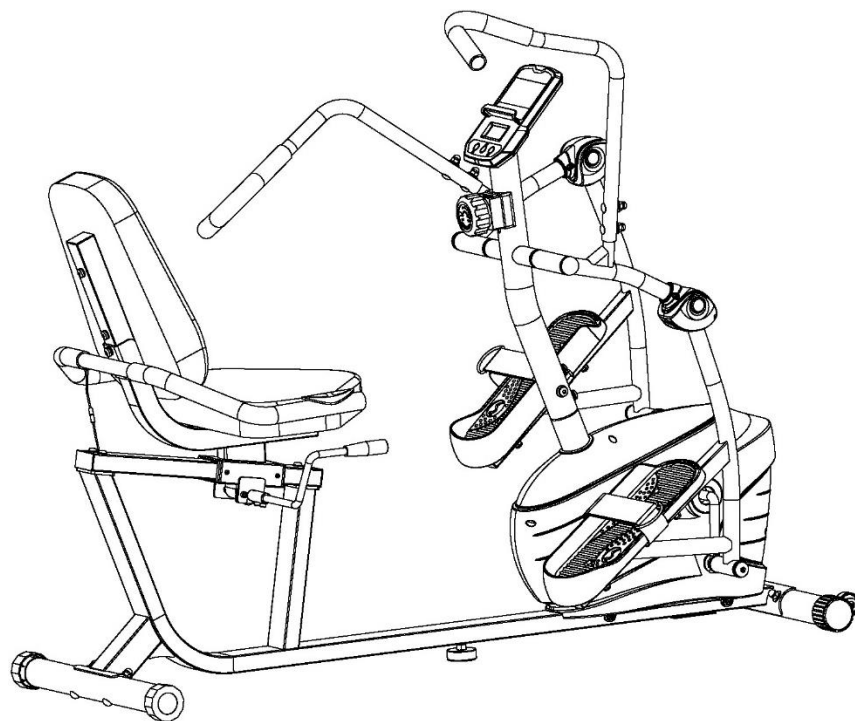




User Manual



Dual Action Elliptical-Recumbent

SF-RBE424835

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 4 feet (120 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 (120 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 recumbent elliptical is a cardio workout machine that provides cross-training at various speeds and levels of resistance.

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

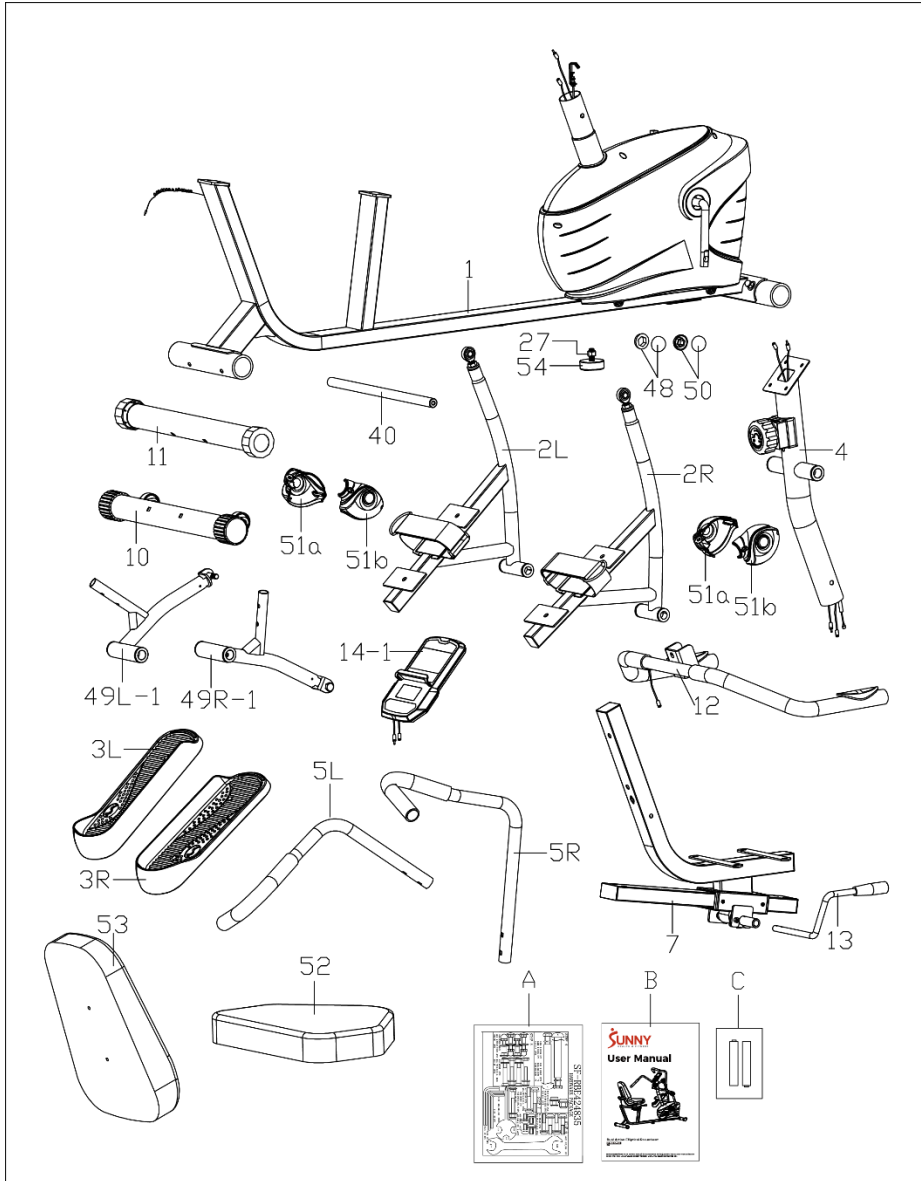
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

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:



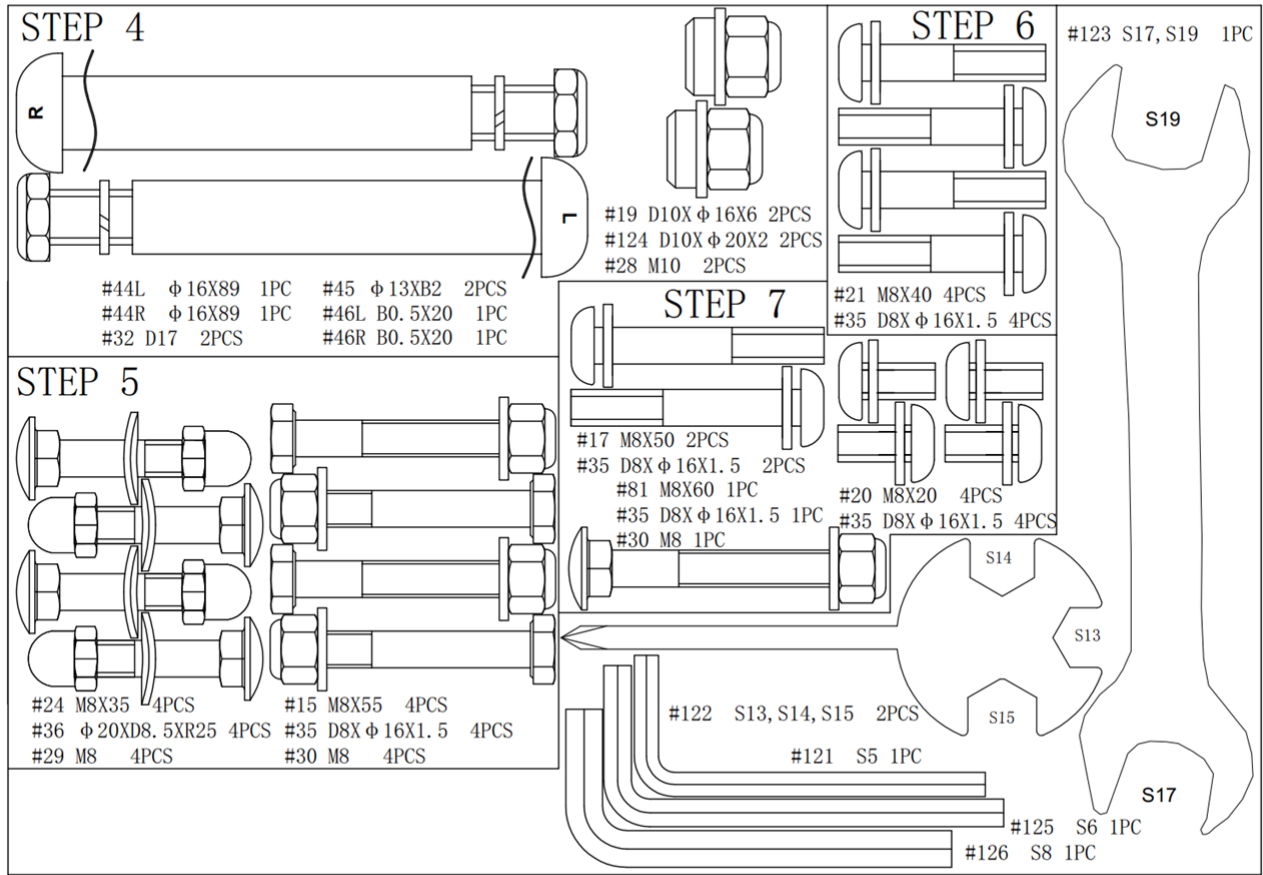
No.	Description	Spec.	Qty.
1	Main Frame		1
2L	Left Pedal Support Tube		1
2R	Right Pedal Support Tube		1
3L	Left Pedal		1
3R	Right Pedal		1
4	Handlebar Post		1
5L	Left Handlebar		1
5R	Right Handlebar		1
7	Seat Rail		1
10	Front Stabilizer		1
11	Rear Stabilizer		1
12	Rear Handlebar		1
13	Adjustable Handle		1
14-1	Meter	TZ4112	1

No.	Description	Spec.	Qty.
27	Hex Nut	M10	1
40	Long Axle	Φ19x386	1
48	Nut Cap	S19	2
49L-1	Left Swing Bar		1
49R-1	Right Swing Bar		1
50	Nut Cap	S13	2
51a	Protective Cover A		2
51b	Protective Cover B		2
52	Seat		1
53	Backrest		1
54	Adjustable Pad	M10x30	1
A	Hardware Package		1
B	Manual		1
C	Battery	AAA	2



Hardware Package

SF-RBE424835 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

Hinge Bolt Installation & Maintenance Guide

Before installation, make sure you have the **Left Hinge Bolt (No. 44L)** in hand. Attach the **Left Pedal Support Tube (No. 2L)** to the left side of the **Crank (No. 41)** with **Left Hinge Bolt (No. 44L)** and **Wave Washer (No. 32)**. Turn the **Left Hinge Bolt (No. 44L)** counter-clockwise as tightly as you can with your hand. Secure by tightening **Spring Washer (No. 45)** and **Left Nylon Nut (No. 46L)** clockwise. Then use **Allen Wrench (No. 126)** and **Open End Wrench (No. 123)** to tighten securely. Finally cover with the **Nut Cap (No. 48)**. Always tighten by hand first then finish with the open end wrench and allen wrench.

NOTE: Reverse pedaling may loosen the hinge bolts and damage the threads. Always check the hinge bolts to ensure that they're secured tightly. If the hinge bolts have loosened, secure the threads with the provided open end wrench and allen wrench to ensure safety.

L

Hinge Bolt Installation & Maintenance Guide

Before installation, make sure you have the **Right Hinge Bolt (No. 44R)** in hand. Attach the **Right Pedal Support Tube (No. 2R)** to the right side of the **Crank (No. 41)** with **Right Hinge Bolt (No. 44R)** and **Wave Washer (No. 32)**. Turn the **Right Hinge Bolt (No. 44R)** clockwise as tightly as you can with your hand. Secure by tightening **Spring Washer (No. 45)** and **Right Nylon Nut (No. 46R)** counter-clockwise. Then use **Allen Wrench (No. 126)** and **Open End Wrench (No. 123)** to tighten securely. Finally cover with the **Nut Cap (No. 48)**. Always tighten by hand first then finish with the open end wrench and allen wrench.

NOTE: Reverse pedaling may loosen the hinge bolts and damage the threads. Always check the hinge bolts to ensure that they're secured tightly. If the hinge bolts have loosened, secure the threads with the provided open end wrench and allen wrench to ensure safety.

R

Hinge Bolt Installation & Maintenance Guide

Before installation, make sure you have the **Left Hinge Bolt (No. 44L)** in hand. Attach the **Left Pedal Support Tube (No. 2L)** to the left side of the **Crank (No. 41)** with **Left Hinge Bolt (No. 44L)** and **Wave Washer (No. 32)**. Turn the **Left Hinge Bolt (No. 44L)** counter-clockwise as tightly as you can with your hand. Secure by tightening **Spring Washer (No. 45)** and **Left Nylon Nut (No. 46L)** clockwise. Then use **Allen Wrench (No. 126)** and **Open End Wrench (No. 123)** to tighten securely. Finally cover with the **Nut Cap (No. 48)**. Always tighten by hand first then finish with the open end wrench and allen wrench.

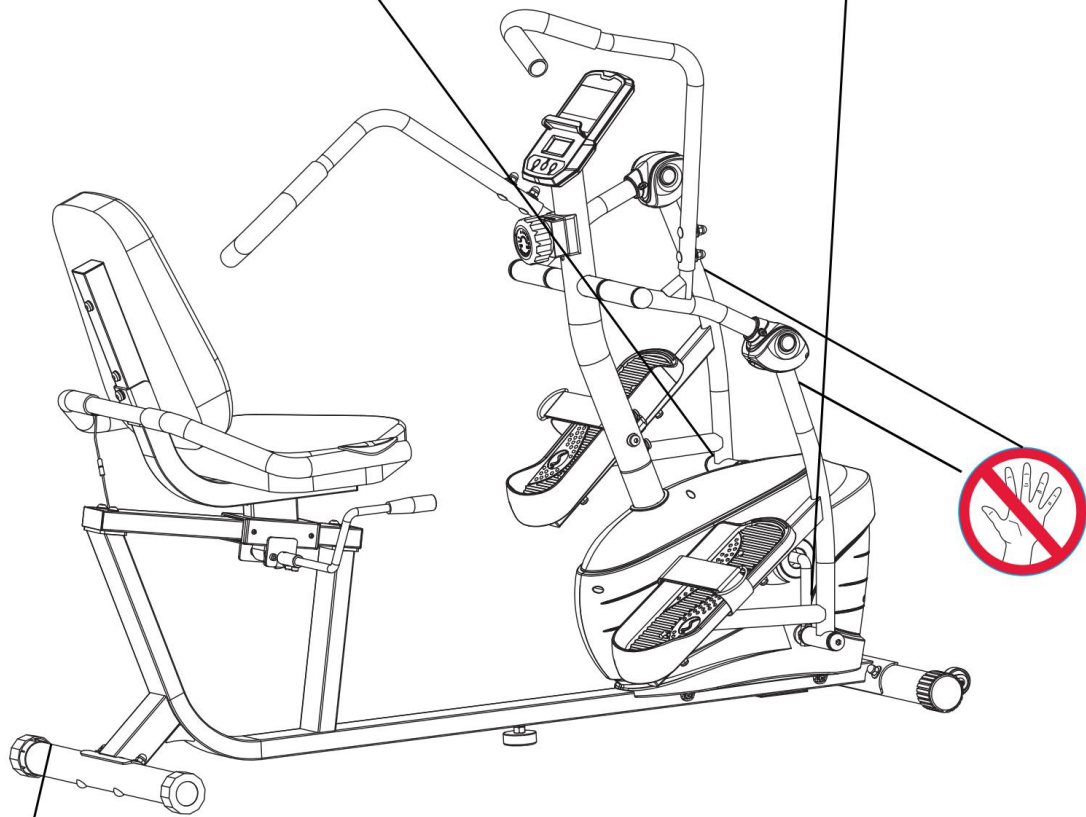
NOTE: Reverse pedaling may loosen the hinge bolts and damage the threads. Always check the hinge bolts to ensure that they're secured tightly. If the hinge bolts have loosened, secure the threads with the provided open end wrench and allen wrench to ensure safety.

R

Hinge Bolt Installation & Maintenance Guide

Before installation, make sure you have the **Right Hinge Bolt (No. 44R)** in hand. Attach the **Right Pedal Support Tube (No. 2R)** to the right side of the **Crank (No. 41)** with **Right Hinge Bolt (No. 44R)** and **Wave Washer (No. 32)**. Turn the **Right Hinge Bolt (No. 44R)** clockwise as tightly as you can with your hand. Secure by tightening **Spring Washer (No. 45)** and **Right Nylon Nut (No. 46R)** counter-clockwise. Then use **Allen Wrench (No. 126)** and **Open End Wrench (No. 123)** to tighten securely. Finally cover with the **Nut Cap (No. 48)**. Always tighten by hand first then finish with the open end wrench and allen wrench.

NOTE: Reverse pedaling may loosen the hinge bolts and damage the threads. Always check the hinge bolts to ensure that they're secured tightly. If the hinge bolts have loosened, secure the threads with the provided open end wrench and allen wrench to ensure safety.



⚠ WARNING

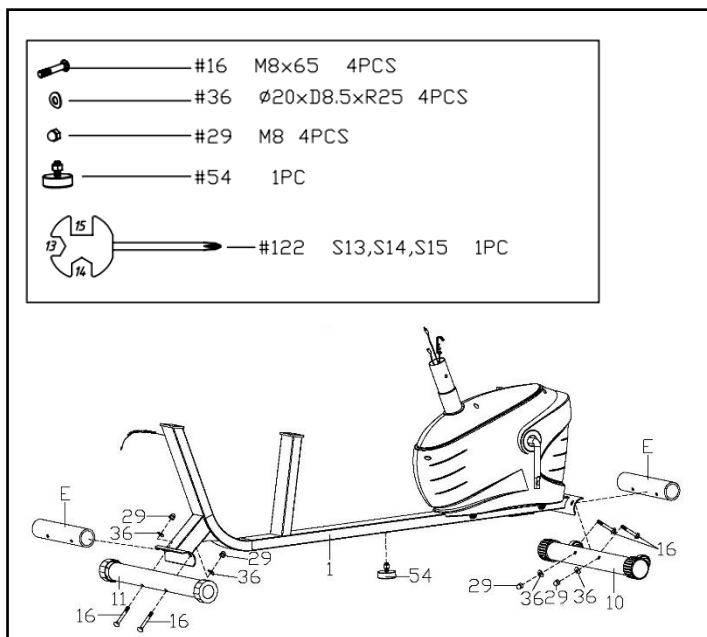
265LBS/120KG Weight Capacity

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).



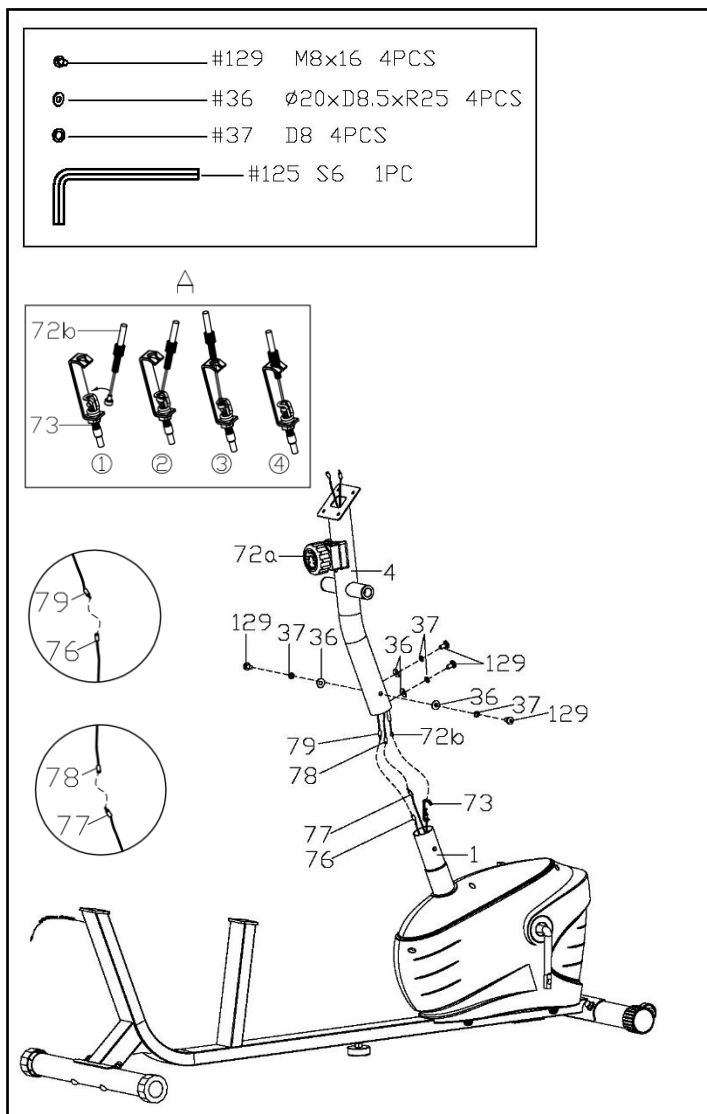
STEP 1:

Remove 2 **Paper Tubes (No. E)**, 4 **Carriage Bolts (No. 16)**, 4 **Arc Washers (No. 36)** and 4 **Cap Nuts (No. 29)** from the **Main Frame (No. 1)** with **Spanner (No. 122)**.

NOTE: You may discard the **Paper Tubes (No. E)** or save them to repackage the item in the future.

Attach **Adjustable Pad (No. 54)** to the **Main Frame (No. 1)**.

Attach the **Front Stabilizer (No. 10)** and the **Rear Stabilizer (No. 11)** to the **Main Frame (No. 1)** with 4 **Carriage Bolts (No. 16)**, 4 **Arc Washers (No. 36)** and 4 **Cap Nuts (No. 29)** that were just removed. Tighten and secure with **Spanner (No. 122)**.



STEP 2:

NOTE: Make sure the **Tension Controller (No. 72a)** is at the lowest level before you connect the cable. This ensures the wires are at their longest point. We recommend the assistance of a second person to help hold the **Handlebar Post (No. 4)**. This will make the connection easier when you are attaching **Tension Hook (No. 73)** to the **Tension Cable (No. 72b)**.

Attach the **Tension Cable (No. 72b)** into the metal bracket of **Tension Hook (No. 73)** as shown in drawing A-①. Then, pull **Tension Cable (No. 72b)** upward and insert it into the slot of metal bracket of **Tension Hook (No. 73)** as shown in drawing A-③. Make sure the metal fitting on **Tension Cable (No. 72b)** is secured in the metal bracket.

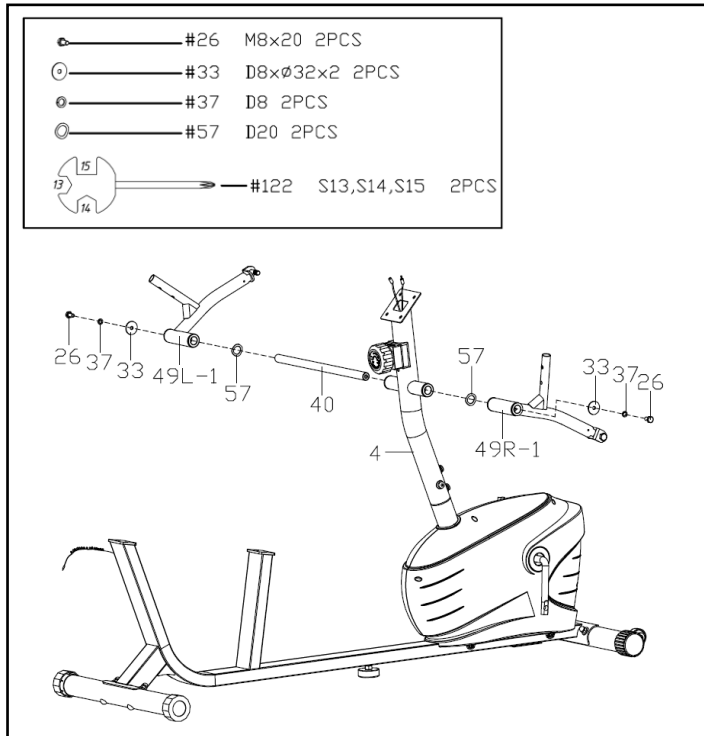
Connect the **Pulse Extension Wire 2 (No. 79)** to the **Pulse Extension Wire 1 (No. 76)** and connect the **Sensor Extension Wire 1 (No. 77)** to the **Sensor Extension Wire 2 (No. 78)**.

Remove 4 **Screws (No. 129)**, 4 **Spring Washers (No. 37)** and 4 **Arc Washers (No. 36)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 125)**.

Attach the **Handlebar Post (No. 4)** to the **Main Frame (No. 1)** with 4 **Screws (No. 129)**, 4 **Spring Washers (No. 37)** and 4 **Arc Washers (No. 36)** that were just removed. Tighten and secure with the **Allen Wrench (No. 125)**.

NOTE: Do not cut or pinch any wires when attaching the **Handlebar Post (No. 4)**.

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).



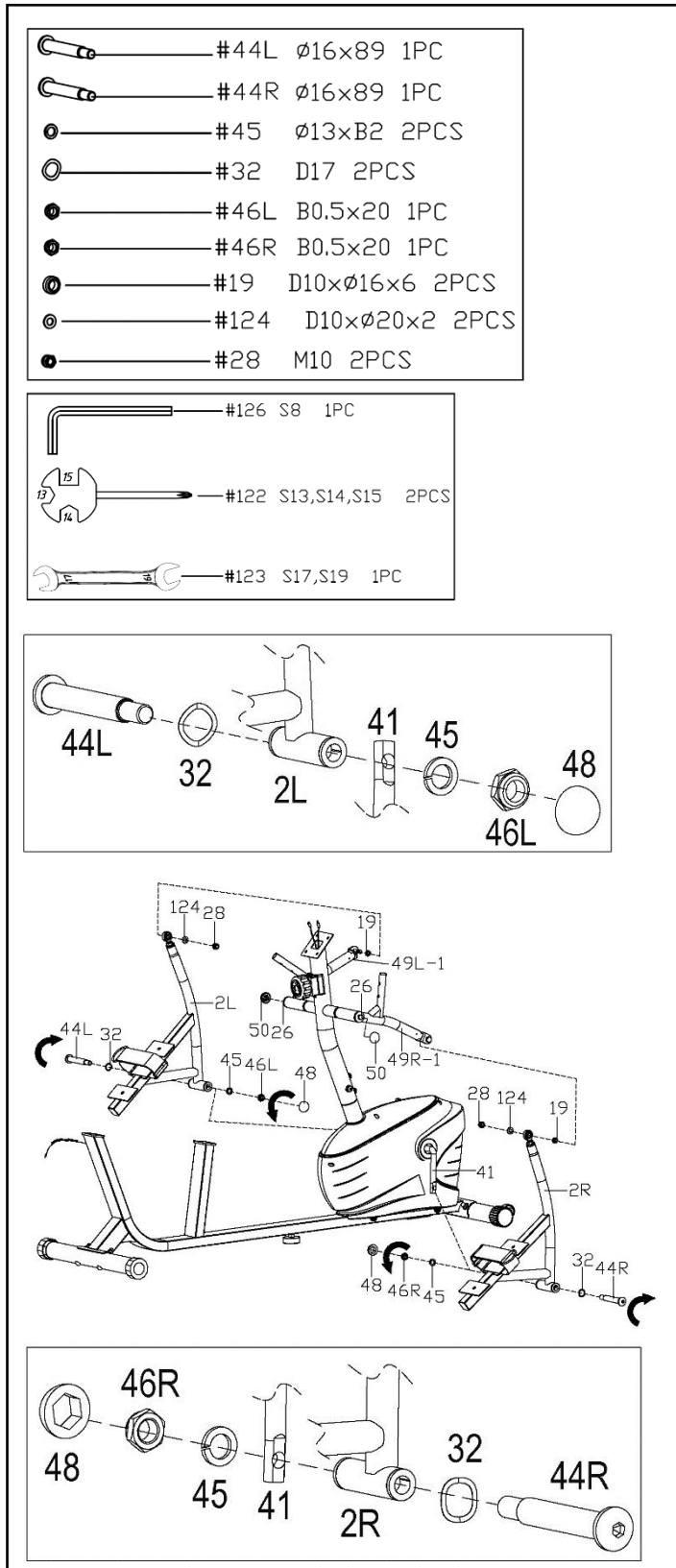
STEP 3:

Remove 2 **Hex Screws (No. 26)**, 2 **Spring Washers (No. 37)**, 2 **Flat Washers (No. 33)** and 2 **Wave Washers (No. 57)** from the **Long Axle (No. 40)** using 2 **Spanners (No. 122)**.

Insert the **Long Axle (No. 40)** into the **Handlebar Post (No. 4)**, then insert 2 **Wave Washers (No. 57)** that were just removed from both sides of **Long Axle (No. 40)**. Attach the **Left and Right Swing Bars (No. 49L-1 & No. 49R-1)** to both sides of the **Long Axle (No. 40)** using 2 **Flat Washers (No. 33)**, 2 **Spring Washers (No. 37)** and 2 **Hex Screws (No. 26)** that were just removed. Pre-secure with 2 **Spanners (No. 122)**.

NOTE: Do not completely tighten the **Hex Screws (No. 26)** yet.

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).



NOTE: If the bike is making unusual noises when in use, inspect the bike carefully and tighten any loose bolts and nuts especially the 2 Nylon Nuts (No. 28).

STEP 4:

Attach **Left and Right Swing Bars (No. 49L-1 & No. 49R-1)** to **Left and Right Pedal Support Tubes (No. 2L & No. 2R)** with 2 **Spacers (No. 19)**, 2 **Flat Washers (No. 124)** and 2 **Nylon Nuts (No. 28)** and pre-secure with the **Open End Wrench (No. 123)**.

NOTE: Please do not fully tighten at this time.

Attach the **Left Pedal Support Tube (No. 2L)** to the left side of the **Crank (No. 41)** with 1 **Left Hinge Bolt (No. 44L)** and 1 **Wave Washer (No. 32)**. Turn the **Left Hinge Bolt (No. 44L)** *counter-clockwise* with your hand. Then attach 1 **Spring Washer (No. 45)** and 1 **Left Nylon Nut (No. 46L)** to the end of **Left Hinge Bolt (No. 44L)** and turn the **Left Nylon Nut (No. 46L)** *clockwise*.

Attach the **Right Pedal Support Tube (No. 2R)** to the right side of the **Crank (No. 41)** with 1 **Right Hinge Bolt (No. 44R)** and 1 **Wave Washer (No. 32)**. Turn the **Right Hinge Bolt (No. 44R)** *clockwise* with your hand. Then attach 1 **Spring Washer (No. 45)** and 1 **Right Nylon Nut (No. 46R)** to the end of **Right Hinge Bolt (No. 44R)** and turn the **Right Nylon Nut (No. 46R)** *counter-clockwise*.

The **Left Hinge Bolt (No. 44L)** is labeled L, while the **Right Hinge Bolt (No. 44R)** is labeled R. The **Left Nylon Nut (No. 46L)** is BLACK and **Right Nylon Nut (No. 46R)** is WHITE.

First, fasten **Left and Right Nylon Nuts (No. 46L & No. 46R)** and **Left and Right Hinge Bolts (No. 44L & No. 44R)** using **Allen Wrench (No. 126)** and **Open End Wrench (No. 123)**.

Second, fasten 2 **Nylon Nuts (No. 28)** using **Open End Wrench (No. 123)**.

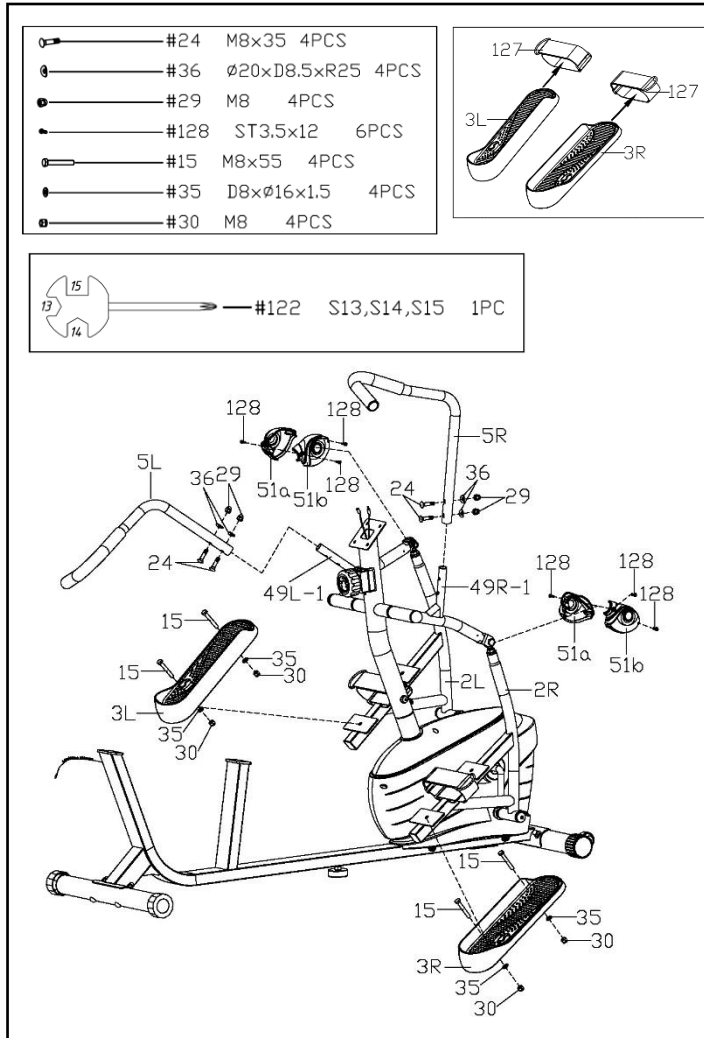
Then fasten 2 **Hex Screws (No. 26)** for STEP 3 using 2 **Spanners (No. 122)**.

Finally, cover 2 **Nut Caps (No. 50)** and 2 **Nut Caps (No. 48)**.

NOTE: Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.



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).



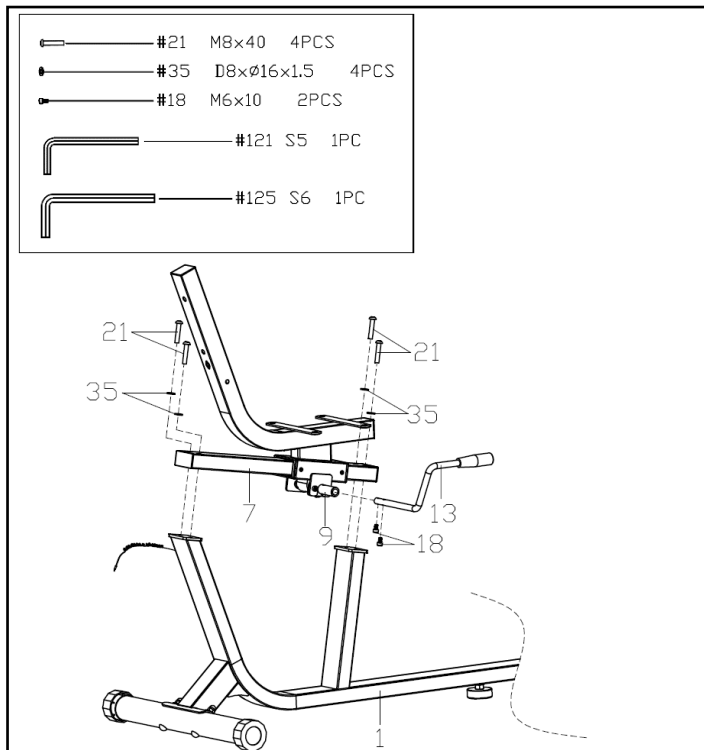
STEP 5:

Attach **Left and Right Handlebars (No. 5L & No. 5R)** to **Left and Right Swing Bars (No. 49L-1 & No. 49R-1)** with **4 Bolts (No. 24)**, **4 Arc Washers (No. 36)** and **4 Cap Nuts (No. 29)**. Tighten and secure with **Spanner (No. 122)**.

Remove **4 Screws (No. 128)** from **Left and Right Swing Bars (No. 49L-1 & No. 49R-1)** and remove **2 Screws (No. 128)** from **2 Protective Covers A (No. 51a)** and **2 Protective Covers B (No. 51b)** using **Spanner (No. 122)**.

Attach the **2 Protective Covers A (No. 51a)** and **2 Protective Covers B (No. 51b)** to the **2 joints of the Left and Right Swing Bars (No. 49L-1 & No. 49R-1)** and **Left and Right Pedal Support Tubes (No. 2L & No. 2R)** with **6 Screws (No. 128)** that were just removed. Tighten and secure with **Spanner (No. 122)**.

Insert **Left and Right Pedals (No. 3L & No. 3R)** through **2 Pedal Straps (No. 127)**, then attach **Left and Right Pedals (No. 3L & No. 3R)** to the **Left and Right Pedal Support Tubes (No. 2L & No. 2R)** using **4 Hex Bolts (No. 15)**, **4 Flat Washers (No. 35)** and **4 Nylon Nuts (No. 30)**. Tighten and secure with **Spanner (No. 122)**.



STEP 6:

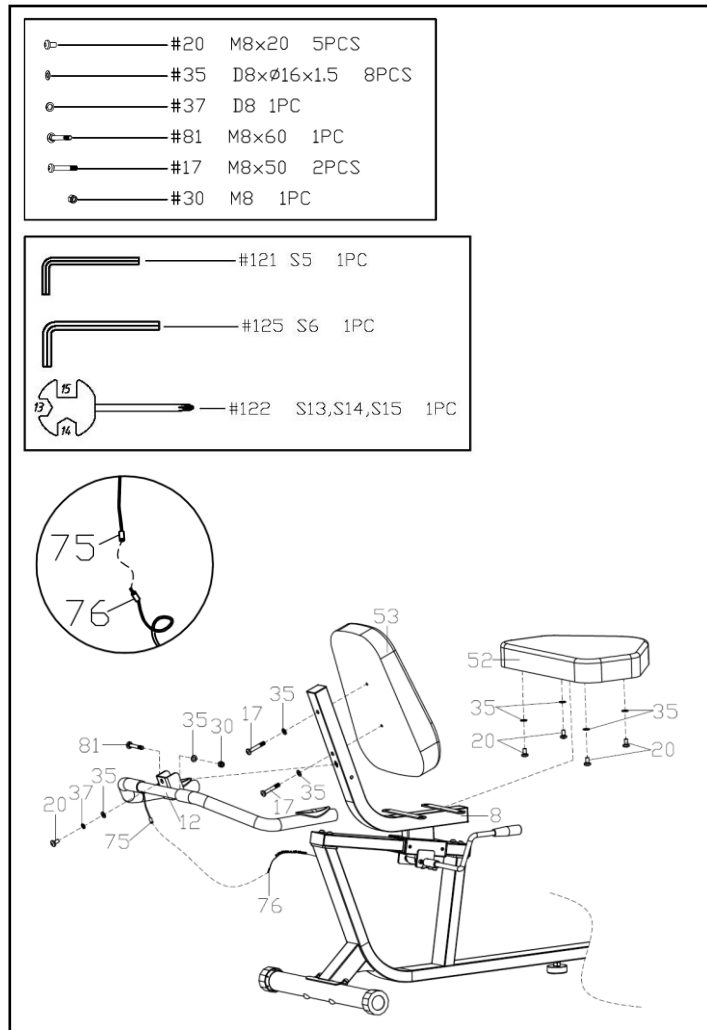
Attach the **Seat Rail (No. 7)** to the **Main Frame (No. 1)** with **4 Bolts (No. 21)** and **4 Flat Washers (No. 35)**. Tighten and secure with **Allen Wrench (No. 125)**.

Remove **2 Screws (No. 18)** from the **Adjustable Handle (No. 13)** using **Allen Wrench (No. 121)**.

Attach the **Adjustable Handle (No. 13)** to the **Axle (No. 9)** with **2 Screws (No. 18)** that were just removed. Tighten and secure with **Allen Wrench (No. 121)**.



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 7:

Remove 1 **Screw (No. 20)**, 1 **Spring Washer (No. 37)** and 1 **Flat Washer (No. 35)** from the **Seat Support (No. 8)** using **Allen Wrench (No. 125)**.

Attach the **Rear Handlebar (No. 12)** to the **Seat Support (No. 8)** with 1 **Screw (No. 20)**, 1 **Spring Washer (No. 37)** and 1 **Flat Washer (No. 35)** that were just removed. Don't tighten the **Screw (No. 20)** now.

Attach the **Rear Handlebar (No. 12)** to the **Seat Support (No. 8)** with 1 **Hex Bolt (No. 81)**, 1 **Flat Washer (No. 35)** and 1 **Nylon Nut (No. 30)**. Then tighten the **Screw (No. 20)** with **Allen Wrench (No. 125)** and tighten the **Hex Bolt (No. 81)** with **Spanner (No. 122)** at the same time.

Connect the **Pulse Extension Wire 1 (No. 76)** to the **Pulse Wire (No. 75)**.

Attach the **Seat (No. 52)** to the **Seat Support (No. 8)** with 4 **Flat Washers (No. 35)** and 4 **Screws (No. 20)**. Tighten and secure with **Allen Wrench (No. 125)**.

Attach the **Backrest (No. 53)** to the **Seat Support (No. 8)** with 2 **Flat Washers (No. 35)** and 2 **Bolts (No. 17)** using **Allen Wrench (No. 121)**.



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).

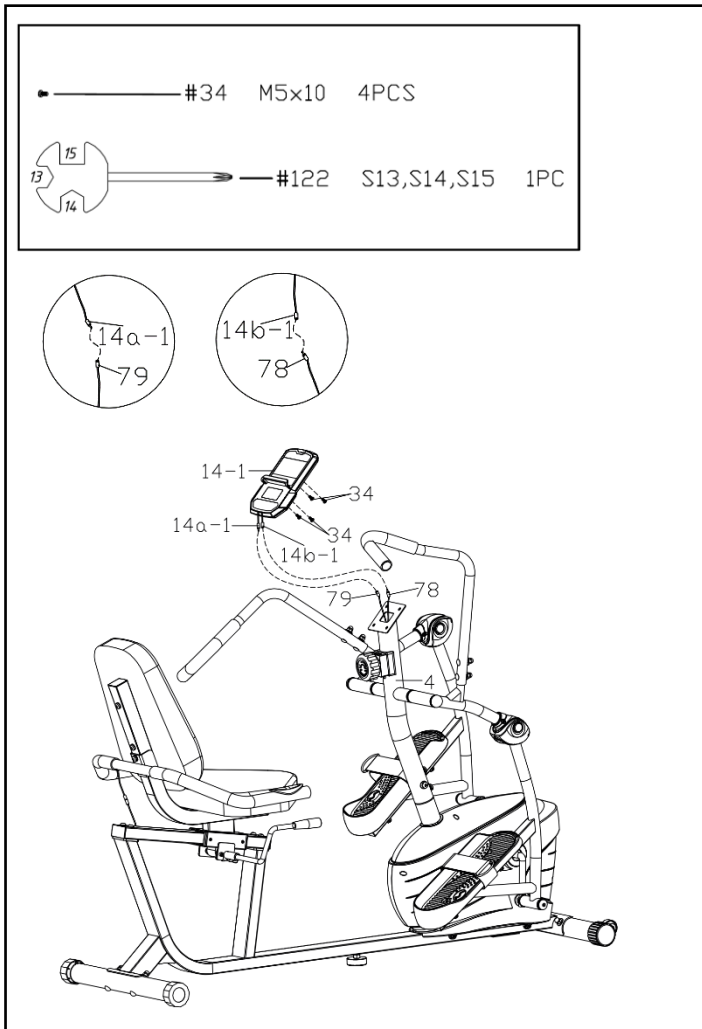
STEP 8

Remove 4 **Screws (No. 34)** from the **Meter (No. 14-1)** with **Spanner (No. 122)**.

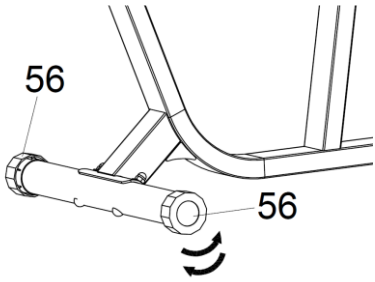
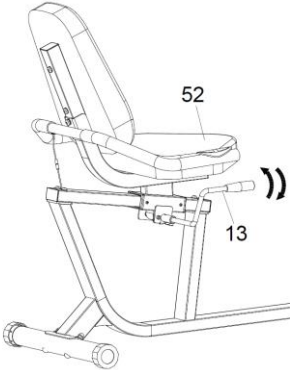
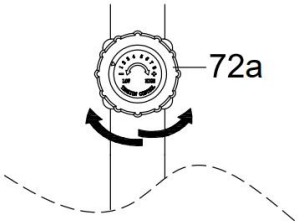
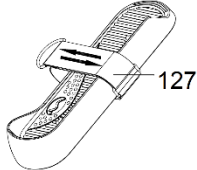
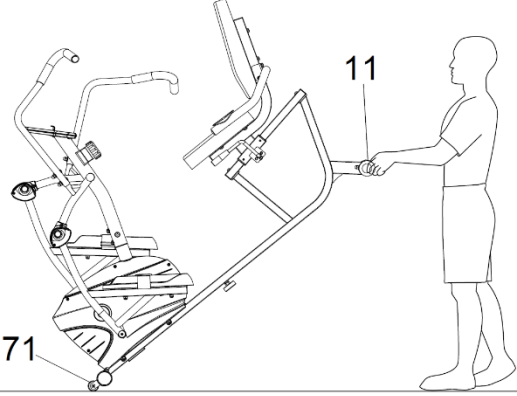
Connect the **Pulse Extension Wire 2 (No. 79)** with **Meter Wire A (No. 14a-1)** and connect the **Sensor Extension Wire 2 (No. 78)** with **Meter Wire B (No. 14b-1)**.

Attach the **Meter (No. 14-1)** to the bracket of the **Handlebar Post (No. 4)** with 4 **Screws (No. 34)** that were just removed using **Spanner (No. 122)**.

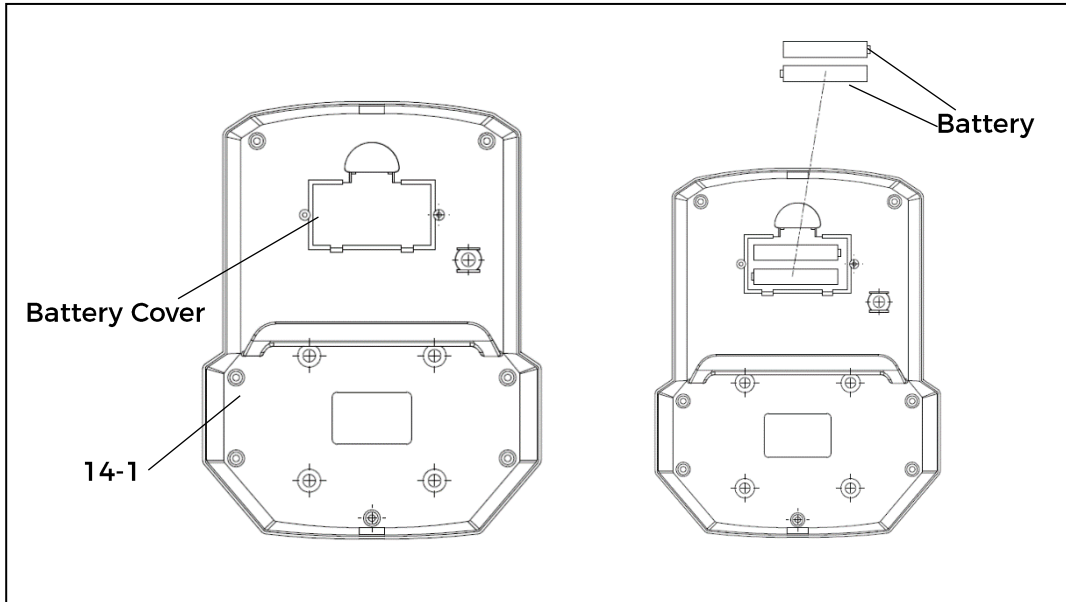
The assembly is complete!



Adjustment Instructions

	<p>Adjusting The Balance</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the recumbent elliptical is stable and secure. If you notice that the recumbent elliptical is unbalanced during use, you should adjust the Rear End Caps (No. 56) located on the rear stabilizer until the recumbent elliptical becomes levelled with the floor surface.</p>
	<p>Adjusting The Seat</p> <p>To move the Seat (No. 52) forward or backward, while seated on the recumbent elliptical, put your feet on the floor. Shift the Adjustable Handle (No. 13) down to loosen. Adjust the Seat (No. 52) to your desired position, then shift the Adjustable Handle (No. 13) up to secure.</p>
	<p>Adjusting The Tension</p> <p>Adjust the tension by rotating the Tension Controller (No. 72a) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Controller (No. 72a) <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p>Pedal Adjustment</p> <p>The pedal strap is adjustable and can be personalized to fit the user's foot size.</p>
	<p>Moving The Recumbent Elliptical</p> <p>Lift the recumbent elliptical by the Rear Stabilizer (No. 11) until the Transportation Wheels (No. 71) touch the ground. With the Transportation Wheels (No. 71) on the ground, you can transport the recumbent elliptical to the desired location with ease.</p>

Battery Installation & Replacement



Battery Installation:

1. Take out 2 AAA batteries from meter box.
2. Press the buckle of battery cover on the **Meter (No. 14-1)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 14-1)**. 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 **Meter (No. 14-1)**.

The installation is complete!

Battery Replacement:

1. Press the buckle of battery cover on the back of the **Meter (No. 14-1)**, 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 **Meter (No. 14-1)**. Pay attention to the battery + and - poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 14-1)**.

The replacement is complete!

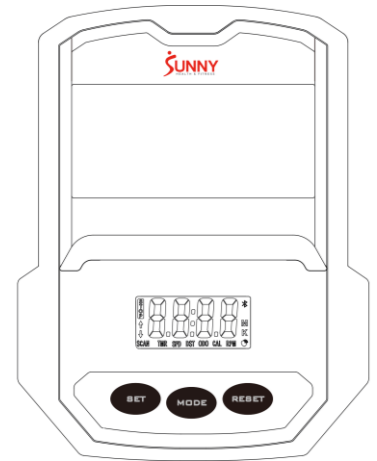
Battery Disposal

Dispose the batteries 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

FUNCTION BUTTONS:

- MODE:** Press the button for selection function display value on LCD or display all function values from TMR (TIME) - SPD (SPEED) - DST (DISTANCE) - CAL (CALORIES) - ODO (ODOMETER) - RPM-PUL (PULSE). Each value will be held for 6 seconds.
When Bluetooth is not connected, press the button and hold for 2 seconds, and the LCD will be all displayed. After releasing the button, all values except ODO (ODOMETER) will reset to zero.
(When user replaces the batteries, all the workout values will reset to ZERO automatically).
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.
- SET:** To set up the target value of TMR (TIME), DST (DISTANCE), and CAL (CALORIES).
Press the button and hold for 2 seconds to speed up the increment.
- RESET:** Press the button to reset function value when setting.



FUNCTIONS & OPERATIONS:

1. BATTERY INSTALLATION:

Please install 2 AAA 1.5V batteries in the battery case on the back of the meter. (Whenever batteries are removed, all the workout values will be reset to zero.)

2. AUTO ON/OFF:

When the user begins exercise, the meter will show the workout value automatically. When there is no sensor signal for 10 seconds, the meter will display "STOP". After about 4 minutes of inactivity, when Bluetooth is not connected, the meter will turn off.

3. AUTO SCAN:

After the meter is powered on, press MODE button and the LCD will display all function values from TMR (TIME) - SPD (SPEED) - DST (DISTANCE) - CAL (CALORIES) - ODO (ODOMETER) -RPM- PUL (PULSE). Each value will be held for 6 seconds.

4. SPD (SPEED):

Displays the current training speed from 0.0 to 99.9 MPH (Miles per hour) or KM/H.

5. DST (DISTANCE):

Accumulates total distance from 0.0 up to 999.9 M (miles) or KM. The user may preset target distance by pressing the SET & MODE buttons. Each increment is 0.1 M (Miles) or KM. Automatically counts down from targeting value during exercise.

6. TMR (TIME):

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE buttons. Each increment is 1 minute. Automatically counts down from targeting value during exercise.

7. CAL (CALORIES):

Accumulates calories burned during training from 0.0 to 999.9 (Cal). The user may also preset the target calories before training by pressing the SET & MODE buttons. Each setting increment is 1 Cal. Automatically counts down from targeting value during exercise.

8. ODO (ODOMETER):

Displays the total accumulated distance from 0.0 to 9999 M (miles) or KM. User can also press MODE button to display the odometer value.

9. RPM:

The average number pedal revolutions per minute.

10. PUL (PULSE):

The meter will display the user's heart rate in beats per minute (BPM) during training from 30 to 240.

11. SWITCH BETWEEN IMPERIAL AND METRIC SYSTEM:

Press and hold the SET & RESET buttons for about 0.2 seconds to switch between imperial and metric system.

NOTE:

1. If the meter display is abnormal, please install new batteries and try again. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries.
2. Battery Spec: 1.5V UM-4 or AAA (2PCS).
3. Dispose the batteries 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. 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!

App 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.

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 meter when the wireless heart rate icon is flashing.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2L	Left Pedal Support Tube		1
2R	Right Pedal Support Tube		1
3L	Left Pedal		1
3R	Right Pedal		1
4	Handlebar Post		1
5L	Left Handlebar		1
5R	Right Handlebar		1
6	Cardan Joint		2
7	Seat Rail		1
8	Seat Support		1
9	Axle		1
10	Front Stabilizer		1
11	Rear Stabilizer		1
12	Rear Handlebar		1
13	Adjustable Handle		1
14-1	Meter	TZ4112	1
14a-1	Meter Wire A		1
14b-1	Meter Wire B		1
15	Hex Bolt	M8×55	4
16	Carriage Bolt	M8×65	4
17	Bolt	M8×50	2
18	Screw	M6×10	2
19	Spacer	D10×Φ16×6	2
20	Screw	M8×20	5
21	Bolt	M8×40	4
22	Screw	ST3.5×8	4
23	Screw	ST4.2×18	15
24	Bolt	M8×35	4
25	Screw	M8×38	2
26	Hex Screw	M8×20	2
27	Hex Nut	M10	3
28	Nylon Nut	M10	2
29	Cap Nut	M8	8
30	Nylon Nut	M8	8
31	N/A		-
32	Wave Washer	D17	2
33	Flat Washer	D8×Φ32×2	2
34	Screw	M5×10	4
35	Flat Washer	D8×Φ16×1.5	18
36	Arc Washer	Φ20×D8.5×R25	12
37	Spring Washer	D8	7
38	Eccentric Wheel	Φ25×38	1

No.	Description	Spec.	Qty.
39	Axle Spring Washer	D12	3
40	Long Axle	Φ19×386	1
41	Crank	B0.5×20	1
42	Screw	M6×16	2
43	Adjusting Bolt	M6×36	1
44L	Left Hinge Bolt	Φ16×89	1
44R	Right Hinge Bolt	Φ16×89	1
45	Spring Washer	Φ13×B2	2
46L	Left Nylon Nut	B0.5×20	1
46R	Right Nylon Nut	B0.5×20	1
47	Handle Fixed Plate	4×25×50	1
48	Nut Cap	S19	2
49L-1	Left Swing Bar		1
49R-1	Right Swing Bar		1
50	Nut Cap	S13	2
51a	Protective Cover A		2
51b	Protective Cover B		2
52	Seat		1
53	Backrest		1
54	Adjustable Pad	M10×30	1
55	Front End Cap	Φ50	2
56	Rear End Cap	Φ50	2
57	Wave Washer	D20	2
58	Round Cap	Φ25×1.5	4
59	Square Cap 1	30×30×1.5	2
60	Square Cap 2	38×38×1.5	2
61	Foam Grip 1	Φ24×T3×270	2
62	Foam Grip 2	Φ24×T3×480	2
63	Plug	Φ12.5	2
64	Plastic Bushing	Φ24×16×Φ16.1	4
65	Plastic Bushing	Φ26.8×28	6
66	Nylon Nut	M6	1
67	Set Bolt	M8×10	1
68	Grip	Black	1
69	Bushing	80×40×1.5	2
70	Upper Block	38×34×36.2	1
71	Transportation Wheel	Φ42×Φ8×L21	2
72a	Tension Controller		1
72b	Tension Cable		1
73	Tension Hook	1150 mm	1
74	Pulse Sensor		2
75	Pulse Wire	700 mm	1
76	Pulse Extension Wire 1	2000 mm	1

No.	Description	Spec.	Qty.
77	Sensor Extension Wire 1	650 mm	1
78	Sensor Extension Wire 2	650 mm	1
79	Pulse Extension Wire 2	650 mm	1
80	Square Cap 3	60×30×1.5	2
81	Hex Bolt	M8×60	1
82	Arc Washer	D5	1
83	Screw	M5×15	1
84	Flywheel	φ200×40	1
85	Bearing	6001-2RS	4
86	Wave Washer	D12	2
87	Bearing Fixed Plate	72×56×1.5	2
88	Bearing Bracket	72×56×11	2
89	Spring Washer	D6	5
90	Spring	φ3.5×φ18.5×L43.5	1
91	Hex Bolt	M5×60	1
92	Hex Nut	M5	2
93	Idler Wheel	φ39×24	1
94	Idler Wheel Linkage		1
95	Screw	M6×10	4
96	Belt Pulley	φ220	1
97L	Left Belt Cover		1
97R	Right Belt Cover		1
98	Crank Cover	φ60×φ30	2
99	Nut	4.5×32×32	2
100	Washer	φ22.6×φ28×2.5	1
101	Locking Nut-L	φ45×H3.5	1
102	Open Face Bearing	φ45.8×8.8	2

No.	Description	Spec.	Qty.
103	Bearing Housing	25×76×76	2
104	Locking Nut-R	φ45×H3.5	1
105	Big Flat Washer	φ25.2×φ38×1	1
106	Sensor Bracket		1
107	Belt	350 PJ6	1
108	Hex Screw	M6×15	5
109	Screw	M6×8	2
110	Screw	φ14×φ10×M8x20.5	1
111	Spring	φ1.6×φ15×L47.2	1
112	Sealing Ring	φ50	1
113	Plug	φ25×22	2
114	Magnetic Board Axle	φ12×61	1
115	Magnetic Board		1
116	Magnet	40×25×10	4
117	Flat Washer	D6×φ16×1.5	3
118	Flat Washer	D10×φ14×1	1
119	Flat Washer	D6×φ12×1.2	2
120	Flywheel Axle	φ20×103	1
121	Allen Wrench	S5	1
122	Spanner	S13, S14, S15	2
123	Open End Wrench	S17, S19	1
124	Flat Washer	D10×φ20×2	2
125	Allen Wrench	S6	1
126	Allen Wrench	S8	1
127	Pedal Strap	T1.5×50×700	2
128	Screw	ST3.5×12	6
129	Screw	M8×16	4

Register

Register your product and verify warranty terms:
[Sunnyhealthfitness.com/warranty](https://www.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