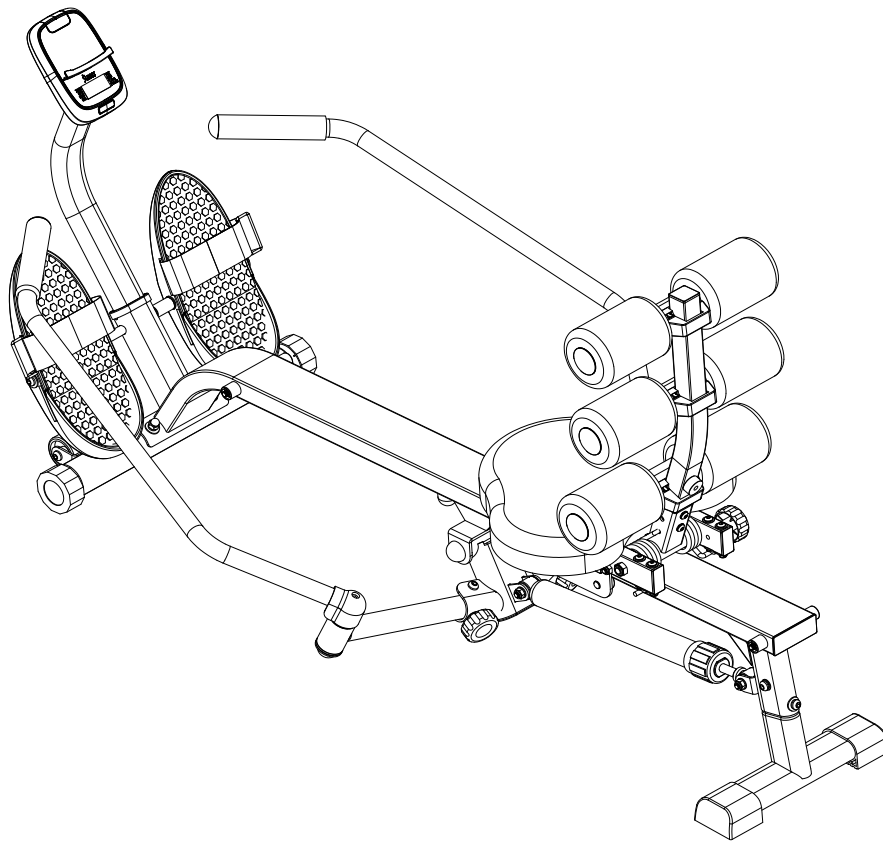




User Manual



Full Motion Rower with Ab Trainer

SF-RW525023

EN

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US.**

Important Safety Information

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment.
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 400 lbs (180 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 extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use.

Statement Of Purpose

The rowing machine is designed to give a full-body workout by copying the motion of rowing a boat. It helps improve heart health, build strength, and increase flexibility, all while being easy on the joints. It's a great option for people of all fitness levels.

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

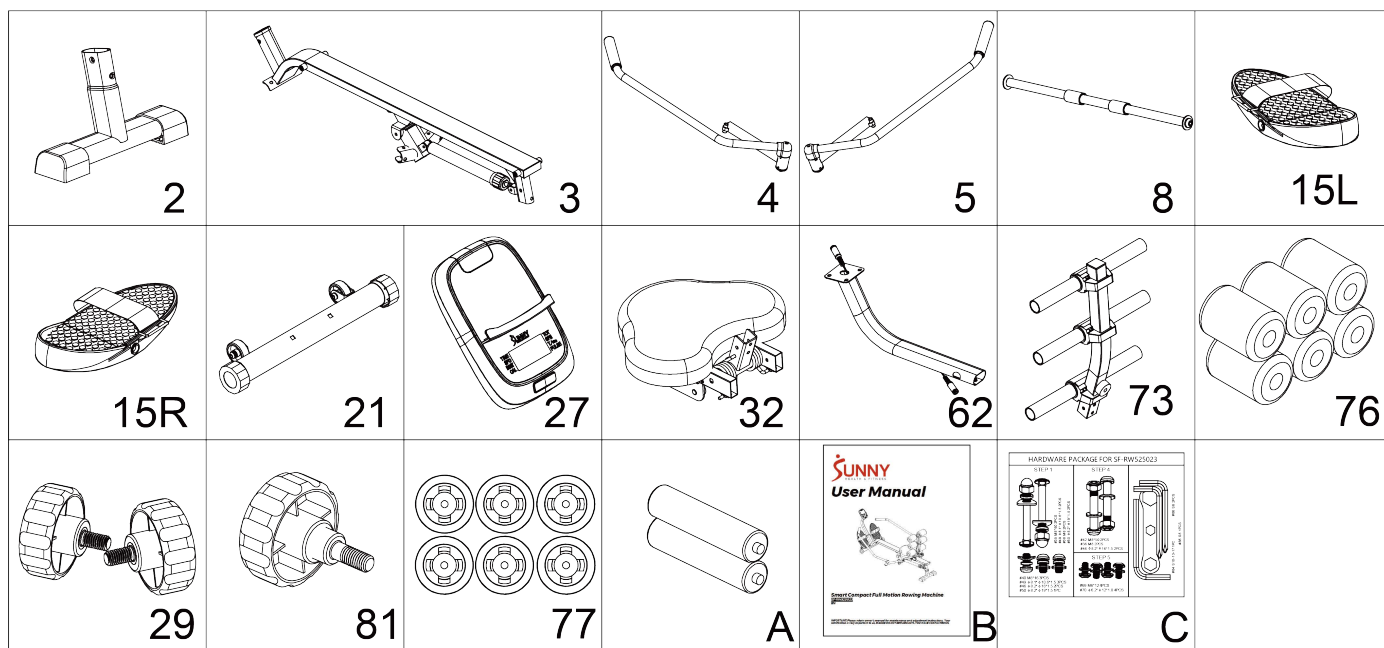
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

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

Pre-Assembly Checklist

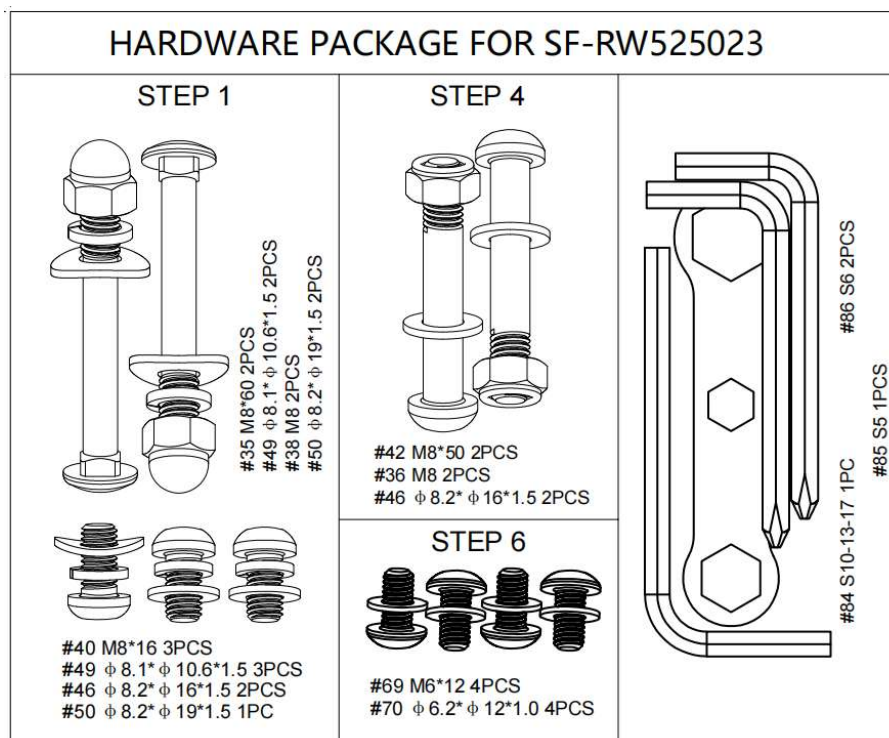
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
2	Rear Stabilizer		1
3	Seat Rail		1
4	Left Handlebar		1
5	Right Handlebar		1
8	Long Shaft		1
15L	Left Pedal		1
15R	Right Pedal		1
21	Front Stabilizer		1
27	Meter	DSC03676	1
32	Seat	380*296*50	1

No.	Description	Spec.	Qty.
62	Support Tube		1
73	Backrest Frame Assembly		1
76	Foam	φ90*φ30*125	6
29	Knob	M8*15	2
81	Knob	M8*30	1
77	Plastic clasp		6
A	Battery	AAA	2
B	User Manual		1
C	Hardware Package		1

Hardware Package



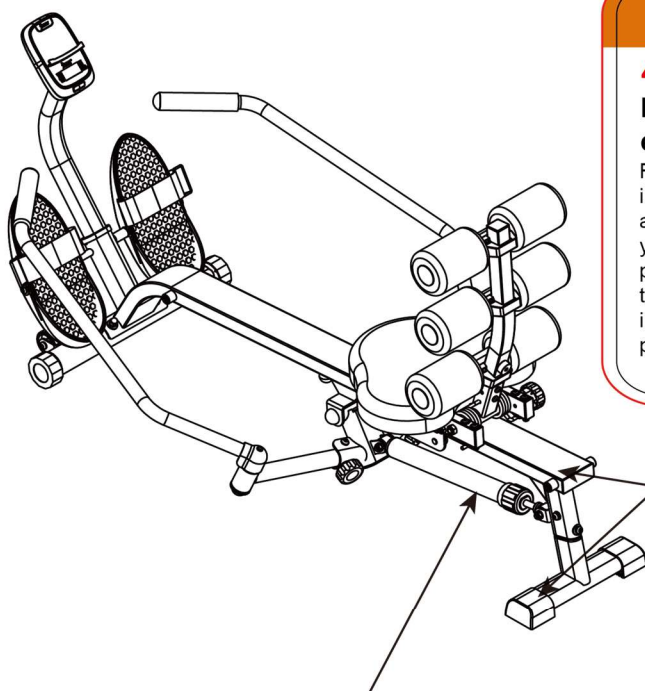
Ordering Replacement Parts

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



! WARNING

400LBS/180KG 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.

! WARNING



Do not adjust the tension levels while operating the machine. Moving parts can crush and cut. Keep hands clear!

! WARNING!

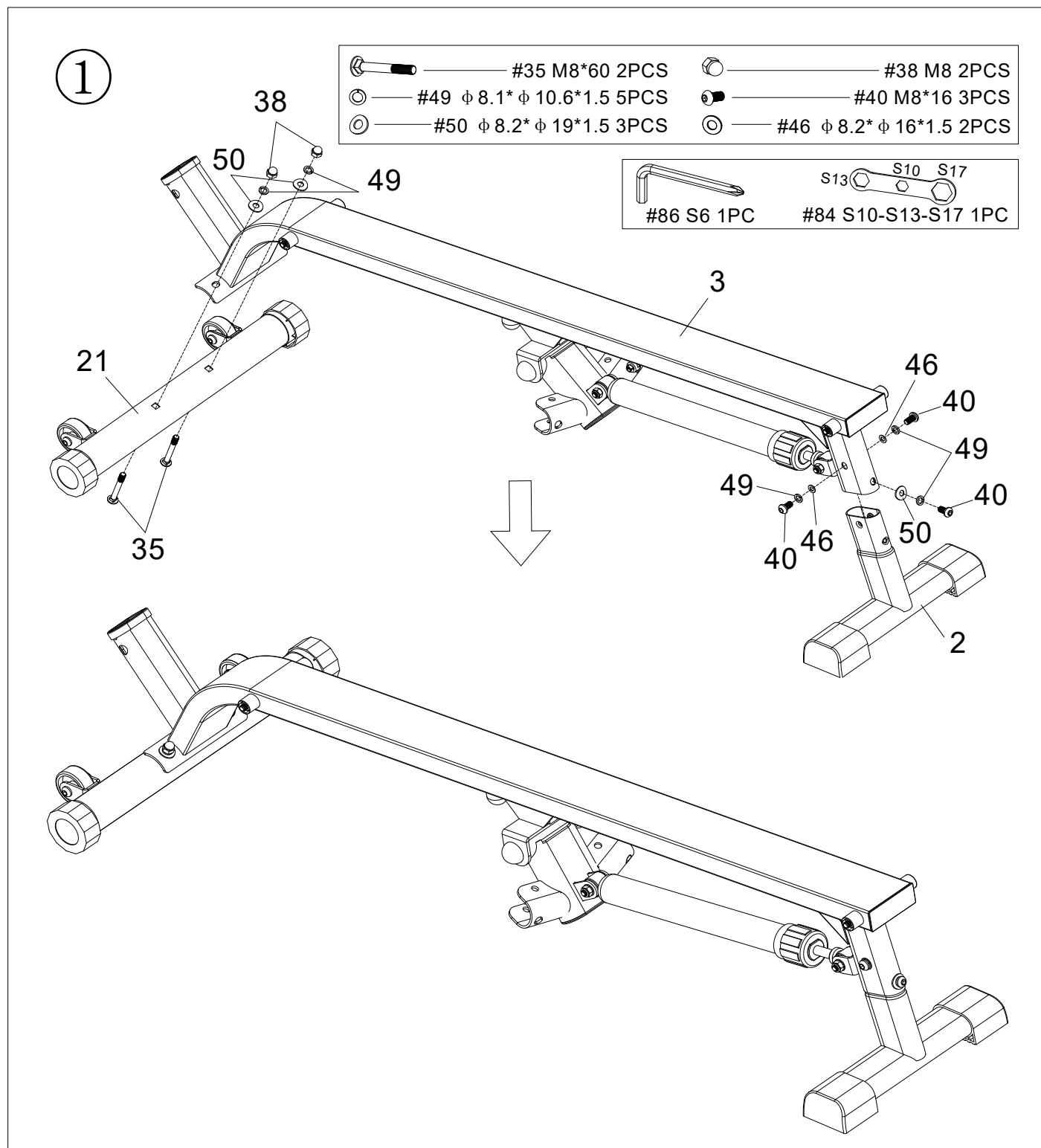
CYLINDER MAY BECOME HOT AFTER USE,
DO NOT TOUCH OR GRASP CYLINDER.

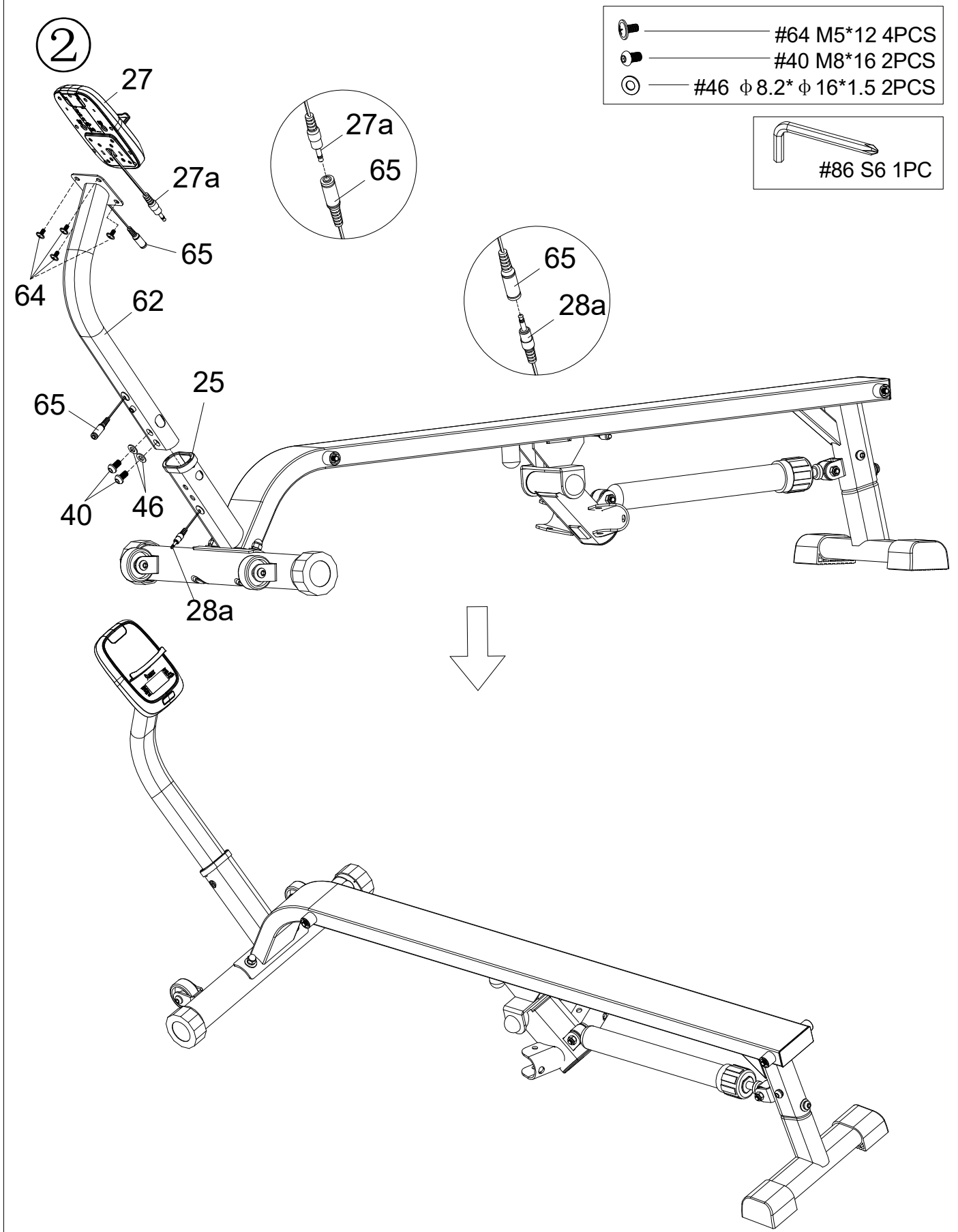
! WARNING!

CYLINDER MAY BECOME HOT AFTER USE,
DO NOT TOUCH OR GRASP CYLINDER.

Assembly Instructions

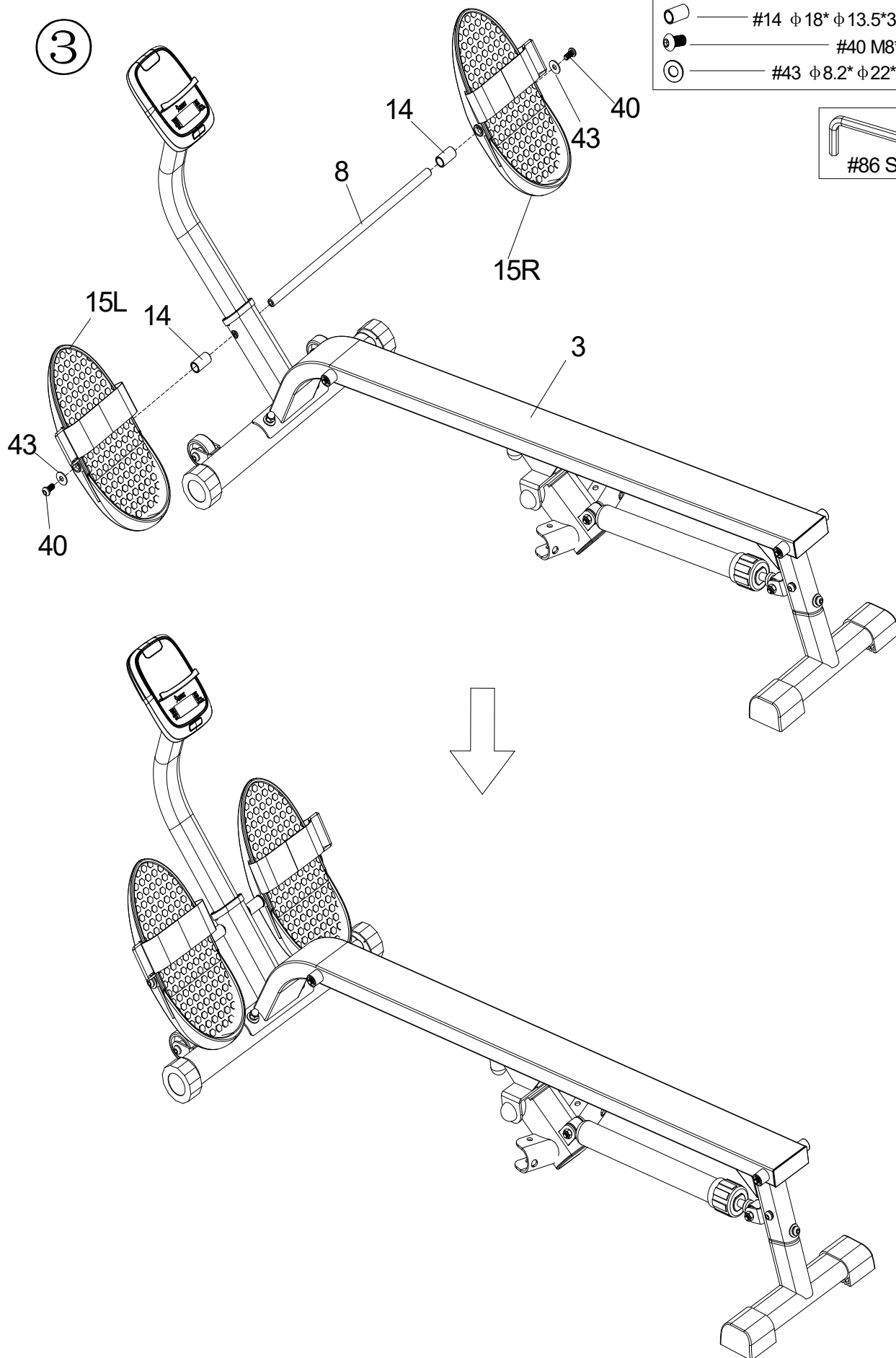
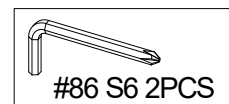
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).





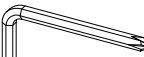
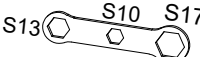
③

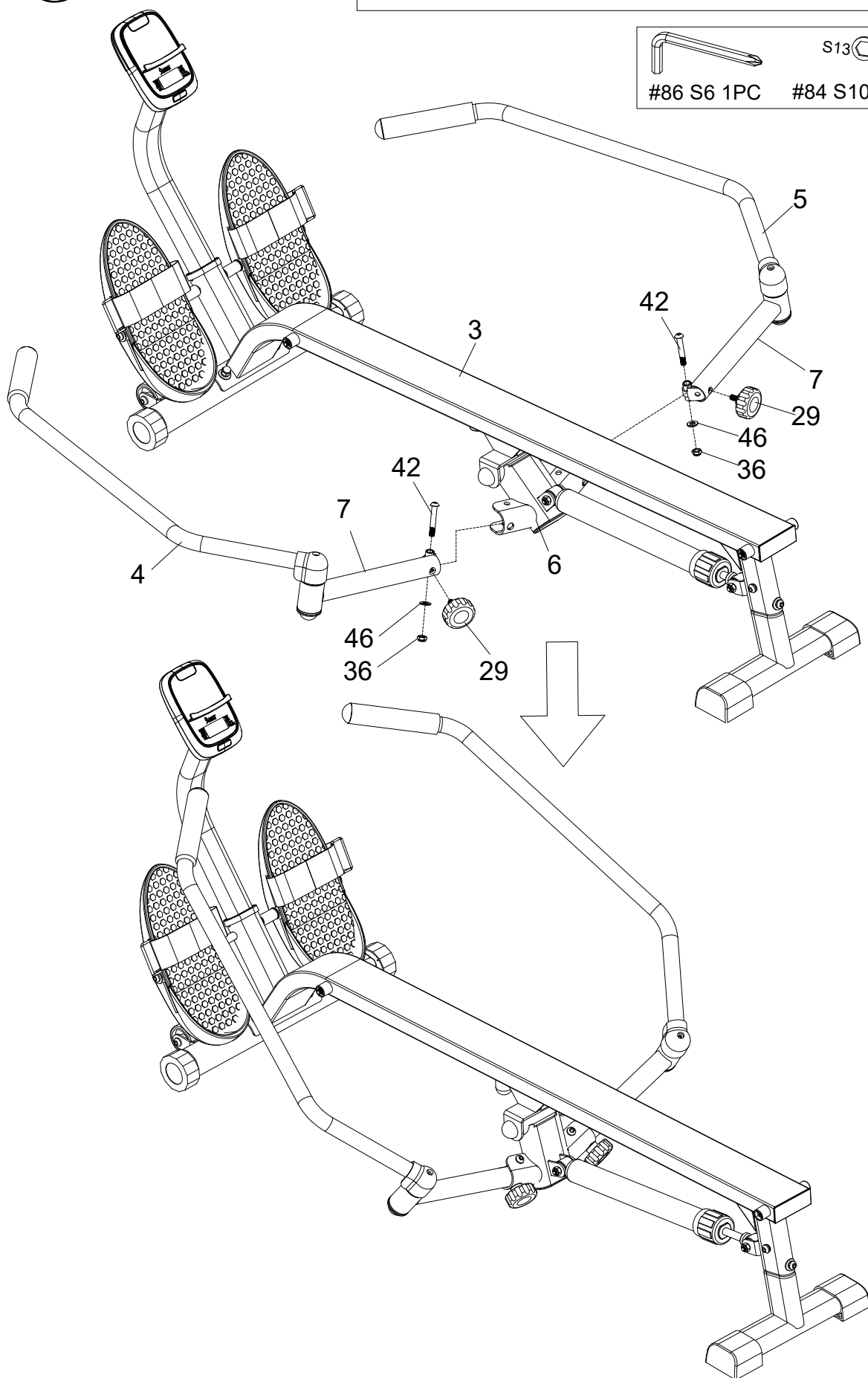
-  #14 $\phi 18^* \phi 13.5^* 31.5$ 2PCS
-  #40 M8*16 2PCS
-  #43 $\phi 8.2^* \phi 22^* 1.5$ 2PCS



4

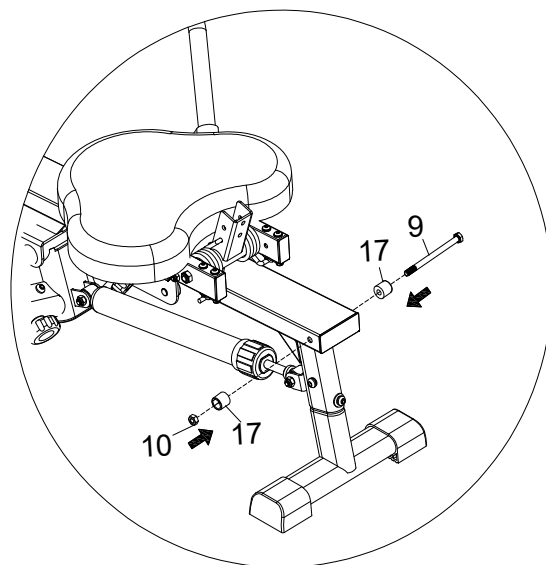
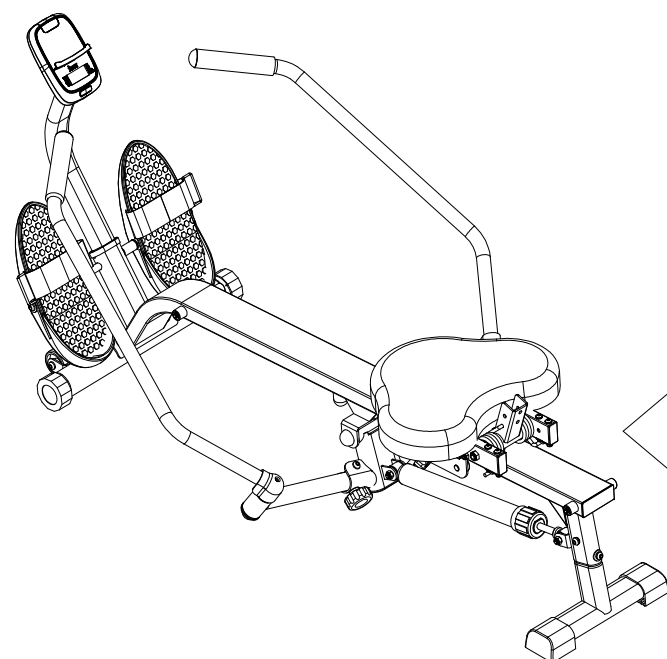
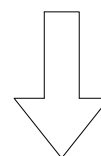
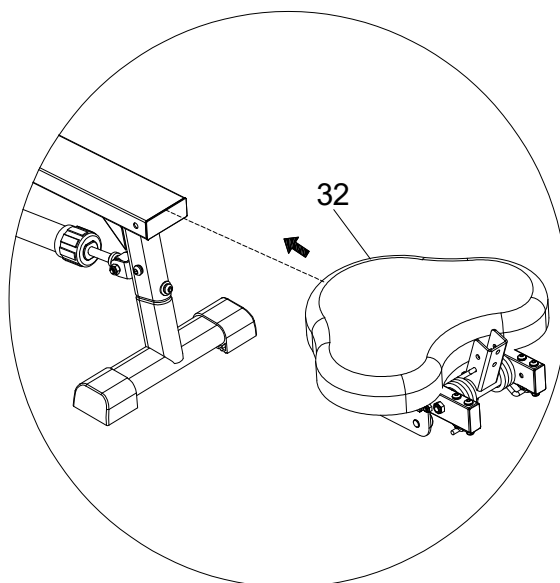
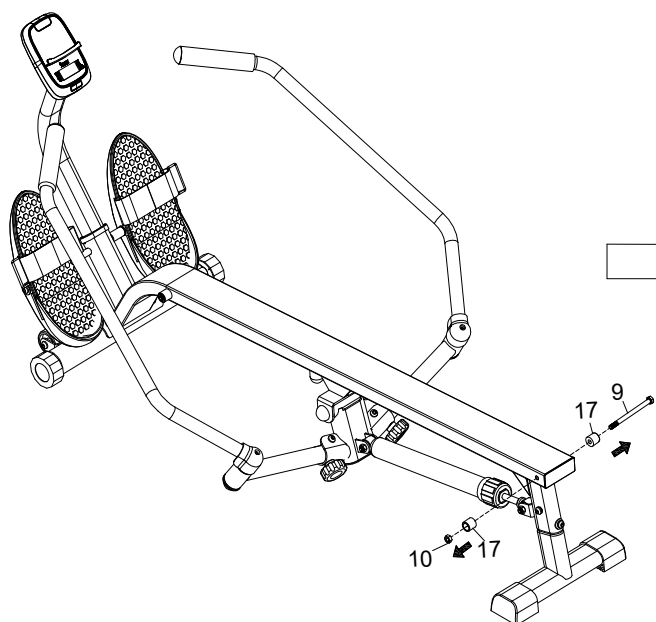
 #42 M8*50 2PCS  #29 M8*15 2PCS
 #46 ϕ 8.2* ϕ 16*1.5 2PCS  #36 M8 2PCS

 #86 S6 1PC  #84 S10-S13-S17 1PC



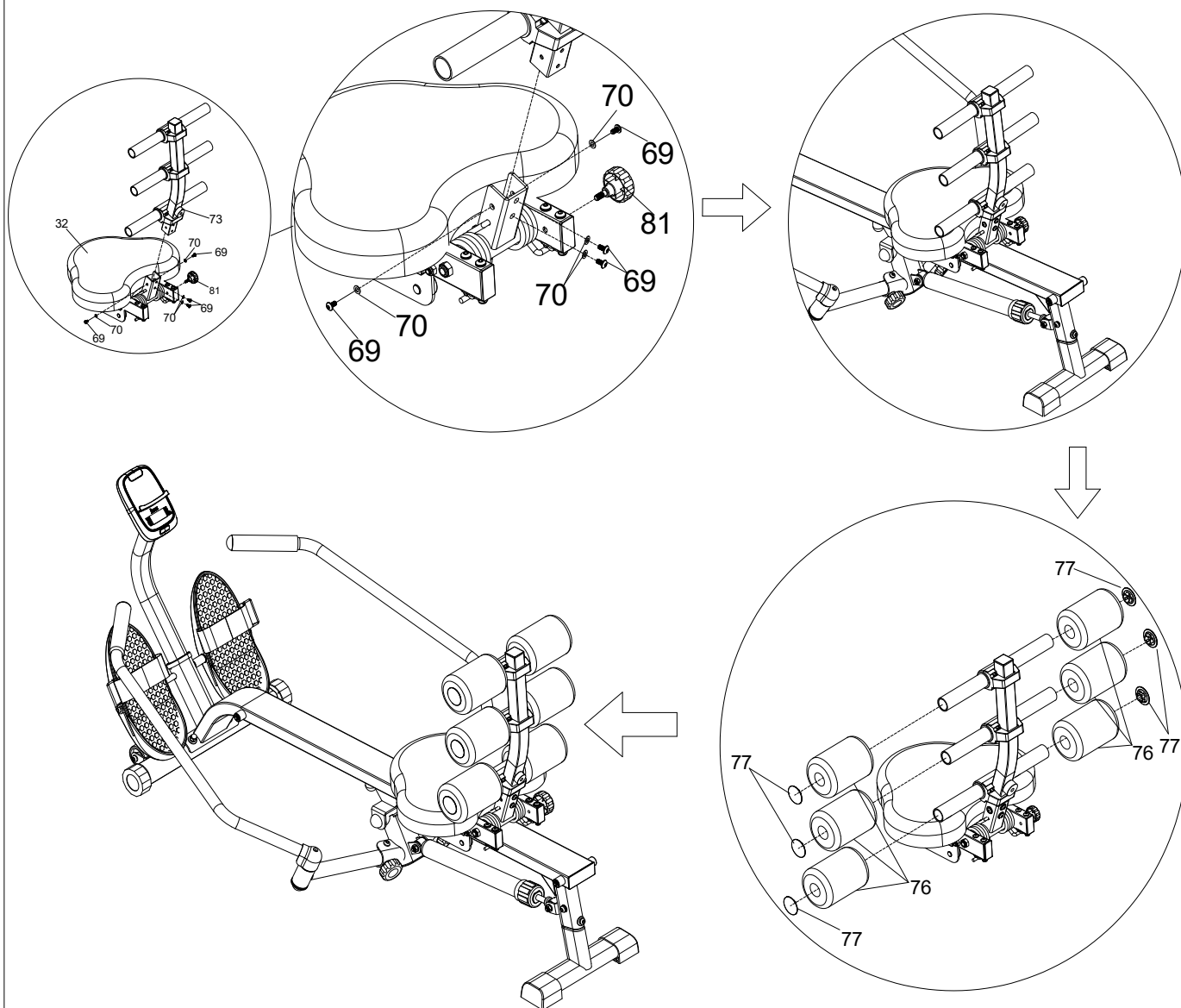
5

#9 M8*105 1PC
#10 M8 1PC

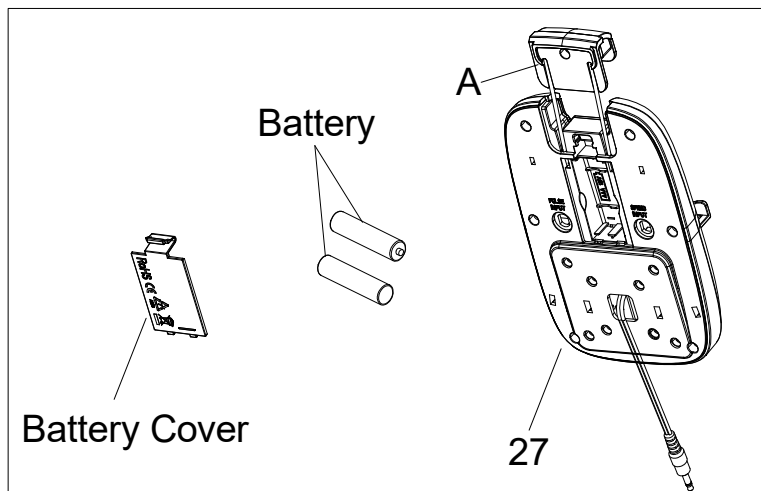


6

- | | |
|---|--------------------|
| ⊙ — #70 $\phi 6.2 \times \phi 12 \times 1.0$ 4PCS | ⊙ — #81 M8*30 1PCS |
| ⌚ — #69 M6*12 4PCS | ⌚ — #85 S5 1PCS |

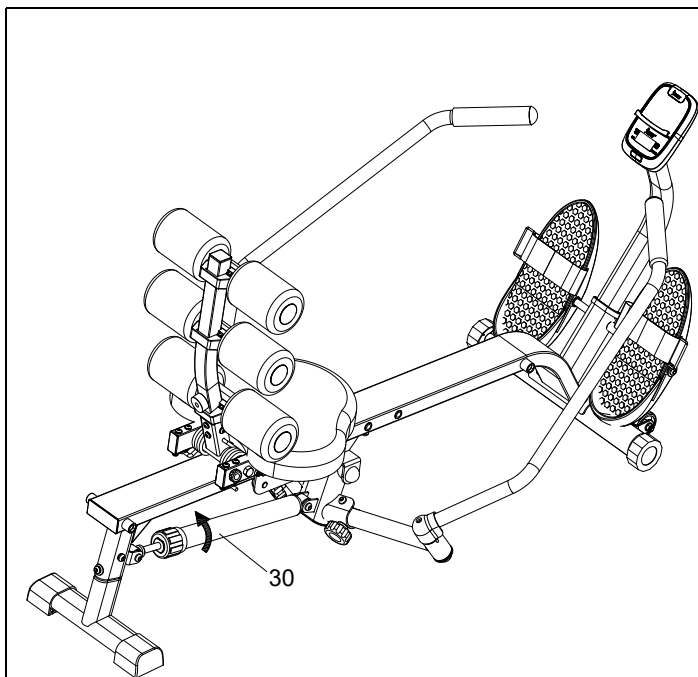


Battery Installation & Replacement



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.

Adjustment & Usage Guide

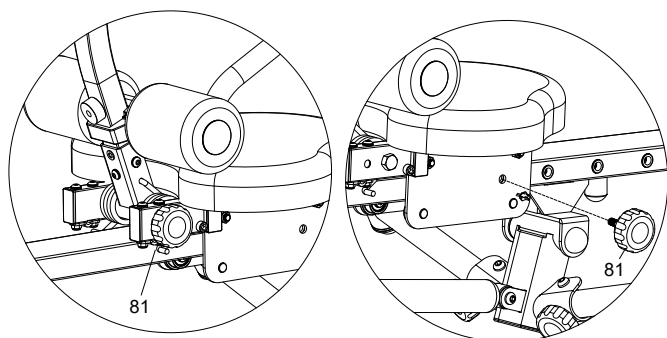


ADJUSTING THE RESISTANCE

This rowing machine is designed with 12 levels of resistance. Turn the upper ring on the **Hydraulic Cylinder (No. 30)** so the arrow points to the desired resistance level, as shown on the drawing.

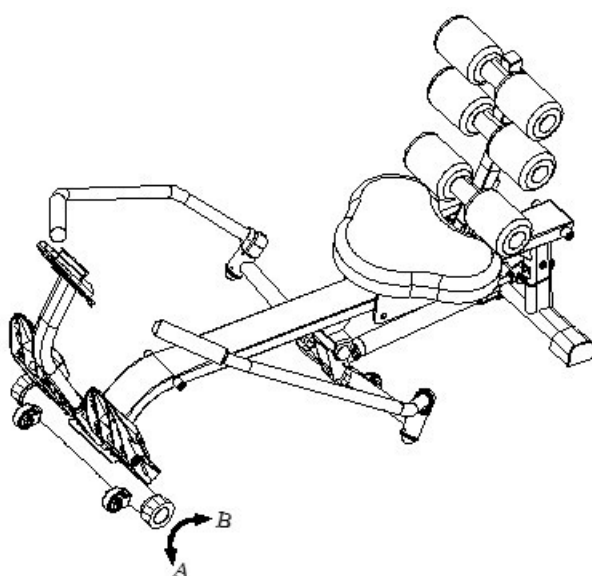
NOTE: Please do not adjust the resistance of the **Hydraulic Cylinder (No. 30)** during operation to avoid injury and damage to the rowing machine.

CAUTION: The **Hydraulic Cylinder (No. 30)** can generate excessive heat after long periods of use, making it unsafe to touch. Allow the **Hydraulic Cylinder (No. 30)** to cool before moving the rowing machine.



ADJUSTING THE SEAT

If you want to fix the **Seat (No. 32)** when using the rowing machine. Using the **Knob (No. 81)** to fix the **Seat (No. 32)** on the location hole.



BALANCE ADJUSTMENT

Before using, check the balance of the product to ensure it is safe for use. Put the product on a flat, even surface. If the product is slightly uneven, rotate the **End Caps (No. 24)** on the **Front Stabilizer (No. 21)** to compensate for the uneven ground.

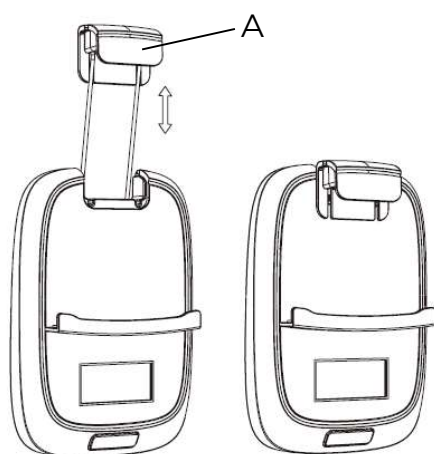
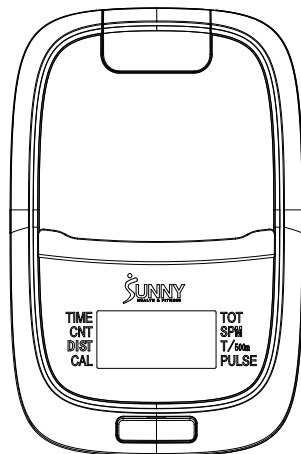


Fig.1

Fig. 2

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 SUNNY insert (No. A) in front of the meter after it is pulled out (as shown in Fig. 2) to avoid the insert from returning back into the meter.

Exercise 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.

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 meter 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. SLEEP MODE / WAKE UP

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

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

SLEEP MODE:

A. No connection with Bluetooth module.

B. No speed signal and button operation input.

It will enter the sleep mode then the screen and broadcast will turn off and the pulse measurement will stop if A and B exist simultaneously.

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 training frequency from 0 up to 99999.

6. **DIST:** Accumulates training distance from 0 up to 99999 Meter.

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 cannot be used in medical treatment.

8. **TOT:** Display the total counts from the battery has been installed, and the data will be re-counted after replacing the battery.

9. **SPM:** Displays current stroke per minute.
10. **T/500M:** Displays Time for training of 500 Meter
11. **PULSE:** (Needs to pair with the Bluetooth device)
Display the user's heart rate from 30-240 upon pulse signal detected with pulse symbol glittering.
The pulse graphic will not glitter upon no pulse signal detected.

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.

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	Seat Bracket		1
2	Rear Stabilizer		1
3	Seat Rail		1
4	Left Handlebar		1
5	Right Handlebar		1
6	Connecting Joint		1
7	Junction Piece		2
8	Long Shaft	φ13*398	1
9	Hex Bolt	M8*105	2
10	Hexagon Nut	M8	3
11	Handlebar Cover		2
12	Alloy Wrap	Φ38*Φ19.2	4
13	Alloy Wrap	Φ32*Φ10.2	4
14	Spacer	φ18*13.5*31.5	2
15L	Left Pedal		1
15R	Right Pedal		1
16	Shaft Sleeve	Φ26*51	1
17	Limit Mat	φ20*18	4
18	Tube Plug		1
19	End Cap		2
20	Circle End Cap		2
21	Front Stabilizer		1
22	Hold Plug		3
23	Circle Cap		2
24	End Cap		2
25	Bushing		1
26	End Cap		1
27	Meter	DSC03676	1
27a	Meter Wire		1
28	Sensor		1
28a	Sensor Wire		1
29	Knob	M8*15	2
30	Hydraulic Cylinder		1
31	Pedal Strap		2
32	Seat	380*296*50	1
33	Foam Grip		2
34	Bearing	φ11*19.5	4
35	Bolt	M8*60	2
36	Non-Slip Nut	M8	9
37	Nut	M10	4
38	Cap Nut	M8	2
39	Phillips Screw	M5*12	2
40	Inner Hex Screw	M8*16	11
41	Inner Hex Bolt	M8*40	2
42	Inner Hex Bolt	M8*50	2

No.	Description	Spec.	Qty.
43	Flat Washer	Φ8.2*Φ22*1.5	2
44	Bearing	608ZZ	8
45	Phillips Screw	ST4.2*19.0	1
46	Flat Washer	Φ8.2*Φ16*1.5	16
47	Flat Washer	Φ10.3*Φ20*2.0	2
48	Flat Washer	Φ10.5*Φ38*2.0	2
49	Spring Washer	Φ8.1*Φ10.6*1.5	5
50	Arc Washer	Φ8.2*Φ19*1.5	3
51	Hex Bolt	M10*120	1
52	Screw	M6*8	4
53	Sleeve		2
54	Nylon Nut	M6	4
55	Wheel		2
56	Bolt	M8*110	2
57	Fixed Plate		2
58	Wave Washer	Φ20*Φ27*0.3	2
59	Flat Washer	Φ19.2*Φ38*1.0	2
60	Bolt	M8*160	1
61	Bolt	M10*160	1
62	Support Tube		1
63	Screw	M6*12	1
64	Screw	M5*12	4
65	Sensor Wire 1	400mm	1
66	Transport Wheel	ODΦ49	2
67	Square Inner Plug		4
68	Backrest Connect Plate		1
69	Bolt	M6*12	4
70	Flat Washer	φ6.2*φ12*1.0	12
71	Left Spring		1
72	Bolt	M8*40*15 ,S6	2
73	Backrest Frame Assembly		1
74	Square Plug		1
75	Foam Roller		6
76	Foam	φ90*φ30*125	6
77	Plastic Clasp		6
78	Upper Fastener		3
79	Down Fastener		3
80	Bolt	M6*50,S5	4
81	Knob	M8*30	1
82	Cushion Plug	φ25*11.5	1
83	Right Spring		1
84	Spanner	S10-S13-S17	1
85	Allen Wrench	S5	1
86	Allen Wrench	S6	2

This diagram is an exploded view of a mechanical assembly, likely a piece of exercise equipment. It shows numerous components, each labeled with a number. The parts are arranged to show their relative positions and how they fit together. Key components include a main frame (3), a large curved arm (5), a handle (27), a foot pedal (15L, 15R), a motor (77), and various rollers (76). The diagram is a technical drawing with clear lines and numbers, typical of a user manual or parts list.

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