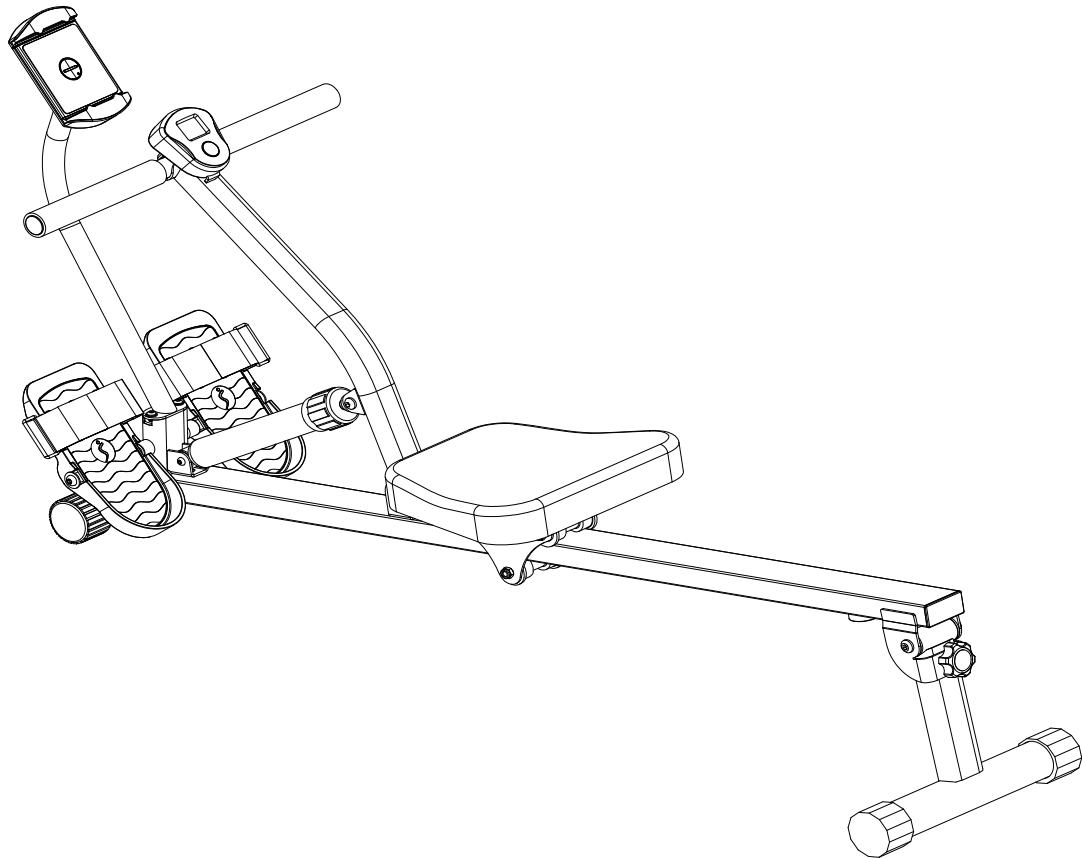




User Manual



Smart Adjustable Rower

SF-RW524960

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. 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 ft (60 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 lbs (135 kg).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool, 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

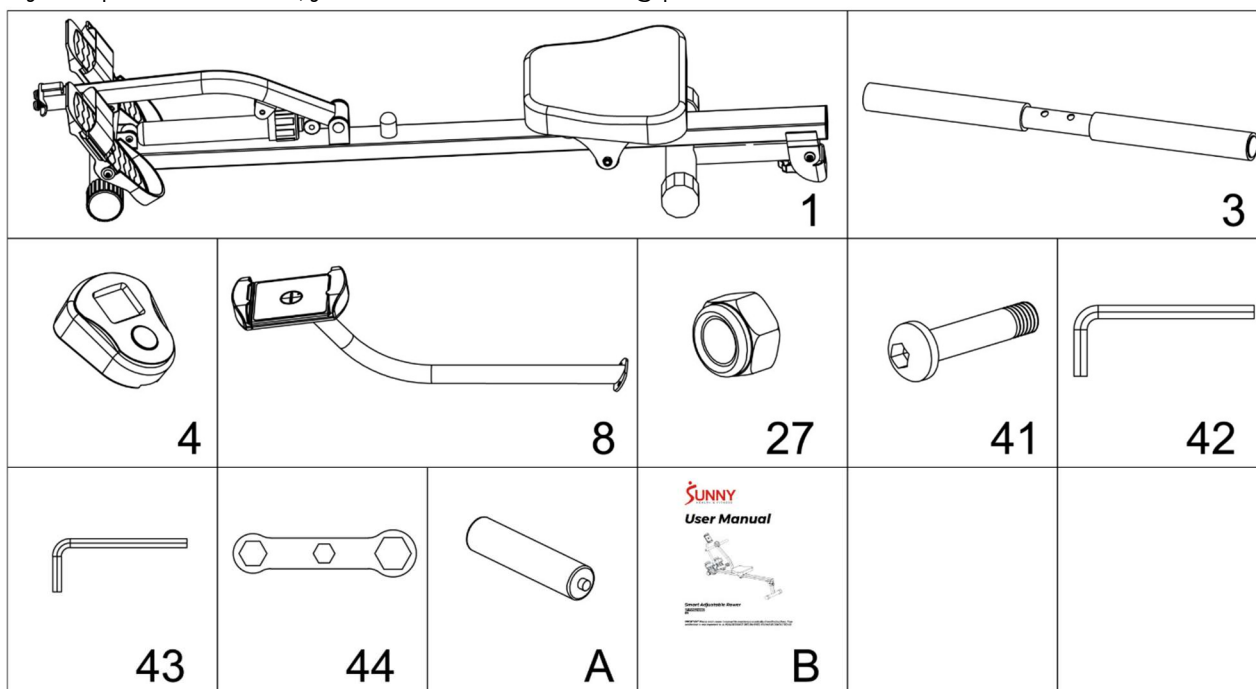
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

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

Pre-Assembly Checklist

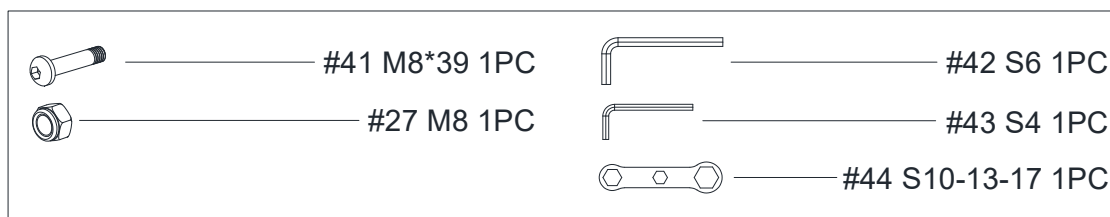
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Main Frame		1
3	Handlebar		1
4	Meter		1
8	Device Holder Assembly		1
27	Nut	M8	1
41	Bolt	M8*39	1

No.	Description	Spec.	Qty.
42	Allen Wrench	S6	1
43	Allen Wrench	S4	1
44	Spanner	S10-13-17	4
A	Batteries	AA	2
B	User Manual		1

Hardware Package



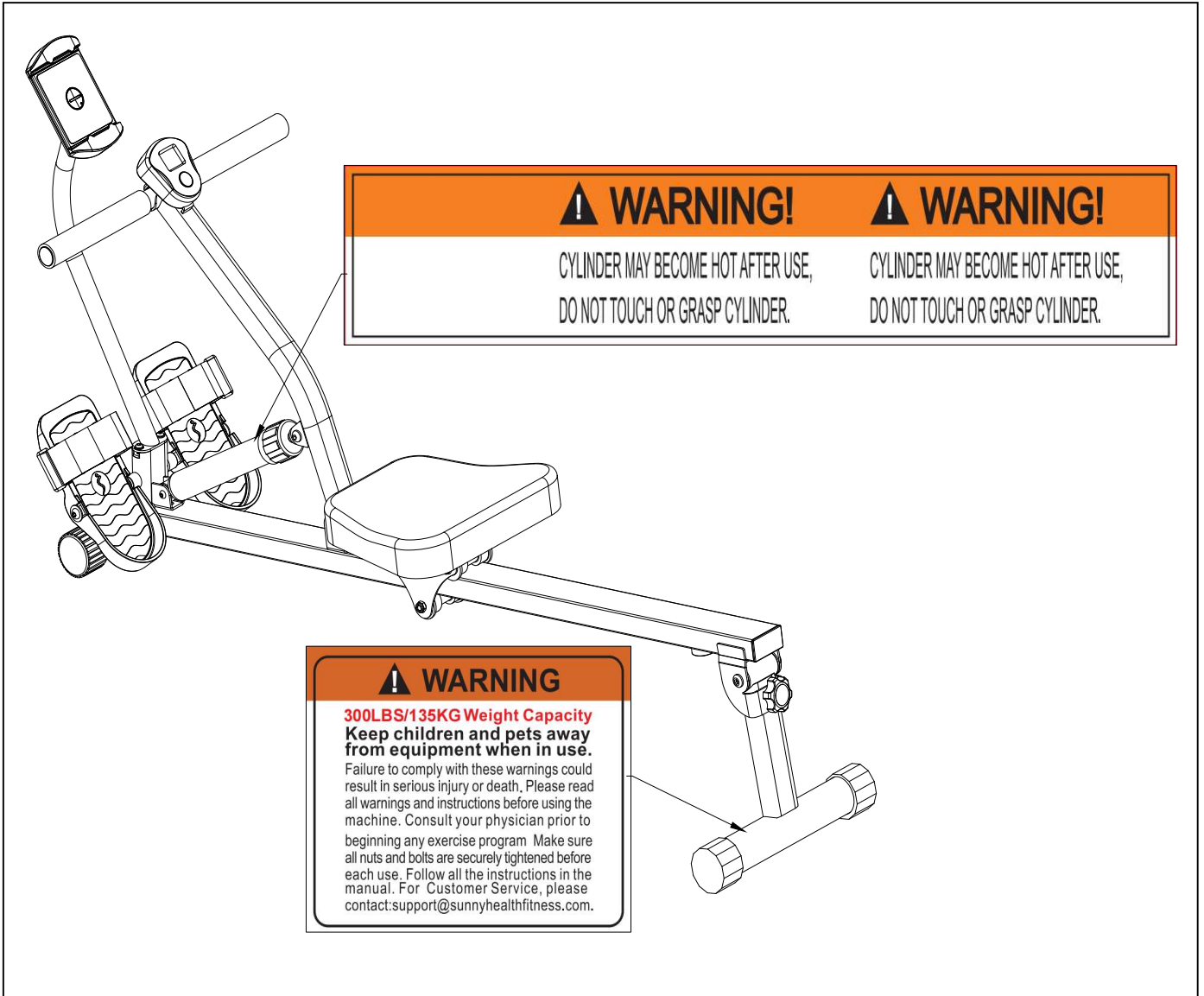
Ordering Replacement Parts

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

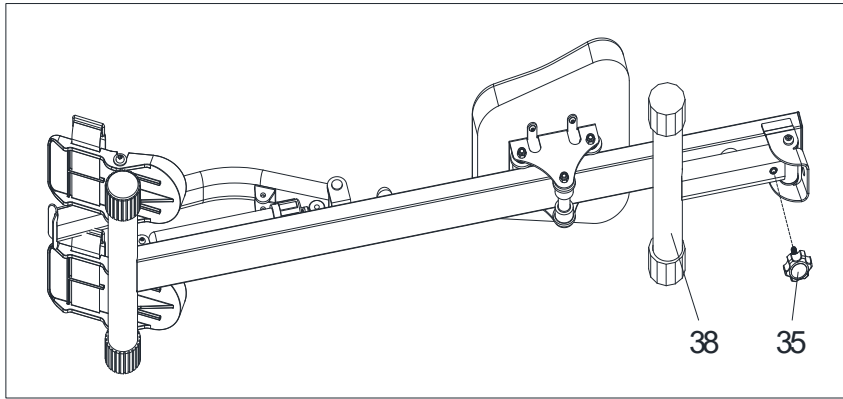
Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

Warning Labels



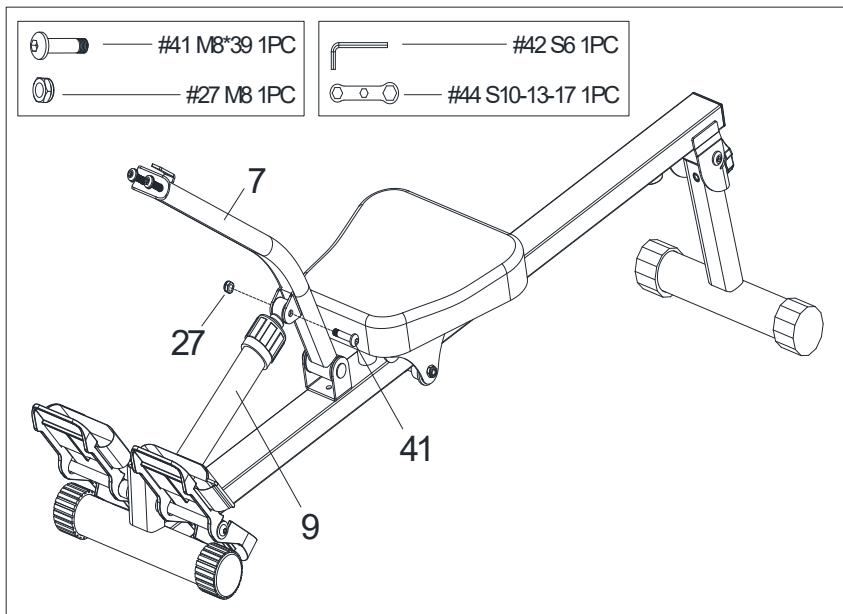
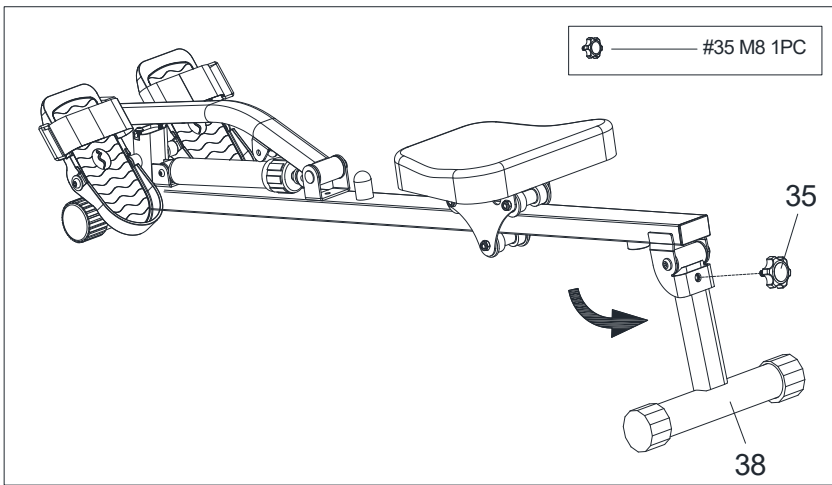
Assembly Instructions

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).



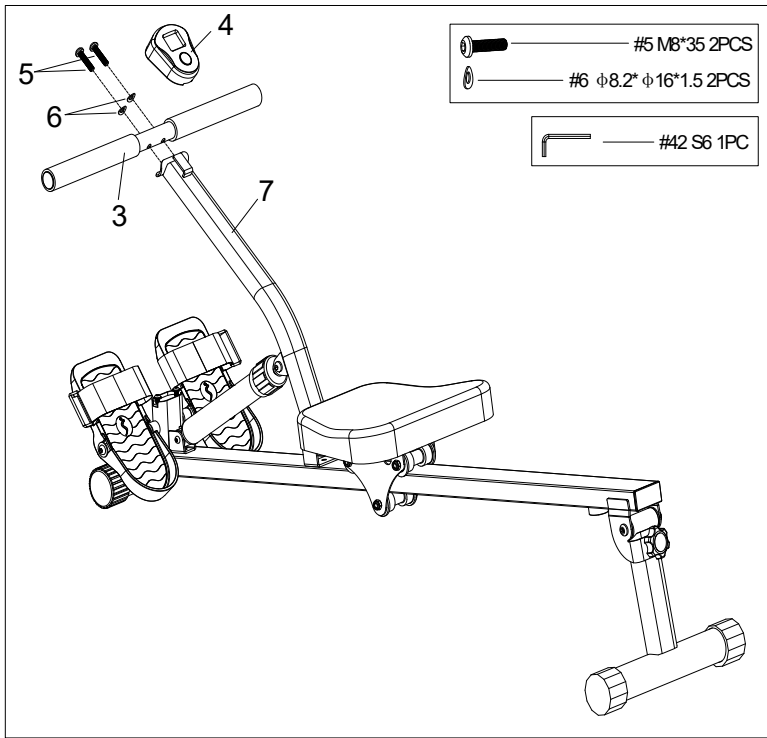
STEP 1:

Loosen and remove the **Adjustment Knob (No. 35)** and unfold the **Rear Stabilizer (No. 38)**. Reinsert and tighten the **Adjustment Knob (No. 35)** to secure the **Rear Stabilizer (No. 38)** in place.



STEP 2:

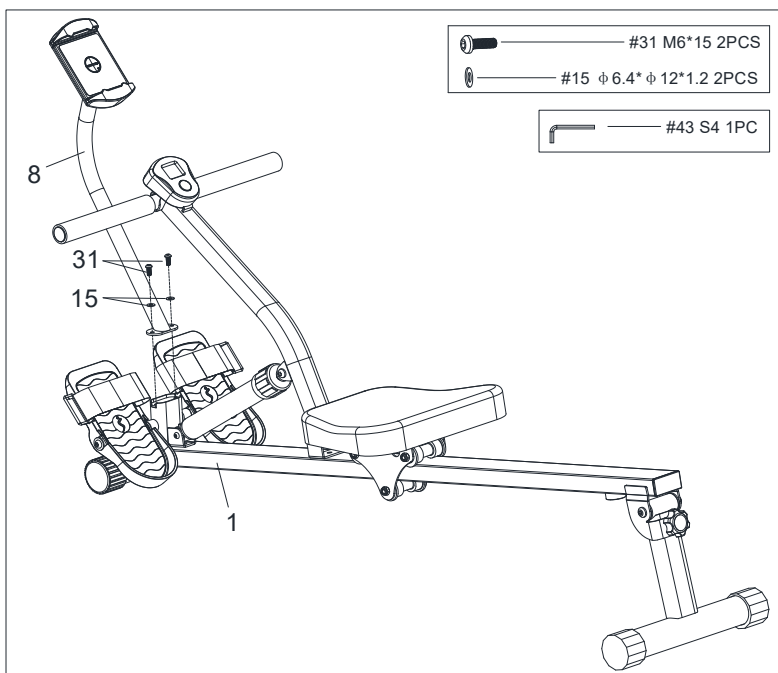
Attach the **Hydraulic Cylinder (No. 9)** to the bracket on the **Front Support Tube (No. 7)** using **Bolt (No. 41)** and **Nut (No. 27)**. Secure and tighten with **Allen Wrench (No. 42)** and **Spanner (No. 44)**.



STEP 3:

Remove 2 **Bolts (No. 5)** and 2 **Arc Washers (No. 6)** from **Front Support Tube (No. 7)** using **Allen Wrench (No. 42)**.

Place the **Handlebar (No. 3)** onto the **Front Support Tube (No. 7)** and secure using 2 **Bolts (No. 5)** and 2 **Arc Washers (No. 6)** that were removed. Tighten and secure with **Allen Wrench (No. 42)**. Slide the **Meter (No. 4)** onto the bracket on the **Front Support Tube (No. 7)**.



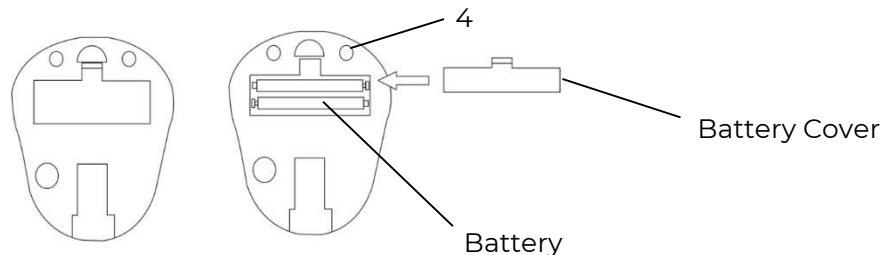
STEP 4:

Remove 2 **Bolts (No. 31)** and 2 **Flat Washer (No. 15)** from **Main Frame (No. 1)** using **Allen Wrench (No. 43)**.

Place the **Phone Holder Assembly (No. 8)** onto the **Main Frame (No. 1)** and secure using 2 **Bolts (No. 31)** and 2 **Flat Washers (No. 15)** that were removed. Tighten and secure with **Allen Wrench (No. 43)**.

The assembly is complete!

Battery Installation & Replacement



BATTERY INSTALLATION

1. Take out 2 AA batteries from the meter box.
2. Press the buckle of battery cover on the **Meter (No. 4)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 4)**. 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. 4)**.

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the **Meter (No. 4)**, then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Meter (No. 4)**. 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. 4)**.

The replacement is complete!

This **Meter (No. 4)** uses 2 AA batteries, which are included. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change all batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

Adjustment & Usage Guide

	<p>ADJUSTING THE TENSION</p> <p>To adjust the tension level, turn the adjustment knob on the Hydraulic Cylinder (No. 9) to the desired level. The tension levels range is from Level 1 to Level 12, with Level 1 being the lowest resistance.</p> <p>CAUTION: The Hydraulic Cylinder (No. 9) may become excessively hot after prolonged use and may be dangerous to touch. Allow the Hydraulic Cylinder (No. 9) to cool between uses.</p>
	<p>ADJUSTING THE BALANCE</p> <p>Before using your product, check the balance of the product to ensure that it is safe for use. Put the product on a flat, even surface. If you find that the product is slightly uneven, you can adjust the product to compensate for uneven ground. To do so, rotate the Rear Caps (No. 18) on the Rear Stabilizer (No. 38) until they are even with the ground.</p>
	<p>PEDAL STRAP ADJUSTMENT</p> <p>The Pedal Strap (No. 40) is adjustable and can be personalized to fit the user's foot size.</p>
<p>USAGE</p>	

Exercise Meter

Our exercise meter on the Sunny Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the exercise meter will alternately and repeatedly display your Time, CNT (COUNT), CAL (CALORIES), TOT.CNT (TOTAL COUNT), and Scan (alternates all of the above). With our easy-to-use meter, the user can efficiently track their fitness improvements from one workout to the next.



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 KEY:

MODE: To select your specification mode and/or turn on exercise meter.

Hold the MODE key for 2 seconds to reset all values except TOT when the 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 PROCEDURES:

AUTO ON/OFF: 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.

FUNCTIONS:

SCAN: Repeatedly displays all functions alternately: TIME-CAL-TOT.CNT-P (PULSE).

TIME: Counts the total time elapsed (counts up to 99:59 MIN).

CNT (COUNT): Displays the total count from start of current workout (0-9999).

CAL (CALORIES): The rate of calories burned per hour (0-9999 KCAL).

TOT.CNT (TOTAL COUNT): Accumulates the total count from all your workouts.

P (PULSE): Display current heart rate value. The data comes from the matching Bluetooth heart rate monitor.

SPECIFICATIONS:

CNT (COUNT)	-----0—9999 TIMES
TIME	-----0:00—99:59 MIN:SEC
CAL (CALORIES)	-----0.0—9999 KCAL
TOT.CNT (TOTAL COUNT)	-----0—9999 TIMES
P (PULSE)	-----40-240 BPM

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:



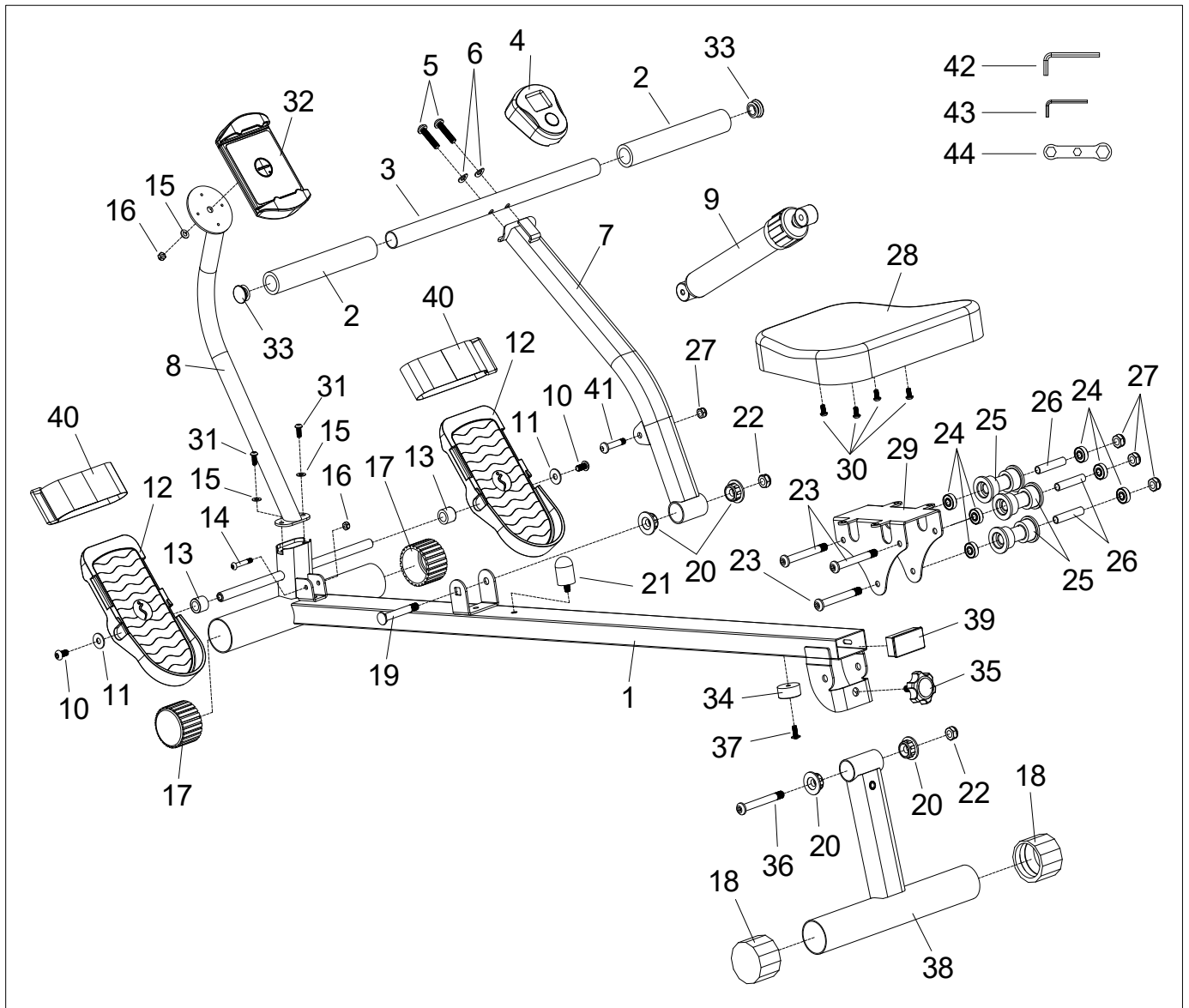
- If you require additional support, please contact support@sunnyfit.com.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sponge	φ23*φ33*205	2
3	Handlebar		1
4	Meter		1
5	Bolt	M8*35	2
6	Arc Washer	φ8.2*φ16*1.5	2
7	Front Support Tube		1
8	Device Holder Assembly		1
9	Hydraulic Cylinder	φ38*300	1
10	Bolt	M8*16	2
11	Flat Washer	φ8.2*φ22*1.5	2
12	Pedal		2
13	Spacer	φ21*φ13.5*17	2
14	Bolt	M6*35	1
15	Flat Washer	φ6.4*φ12*1.2	3
16	Nut	M6	2
17	Front Cap	φ50	2
18	Rear Cap	φ50	2
19	Bolt	M10*72	1
20	Bearing Sleeve	φ33*φ10*16	4
21	Cushion	φ26*51	1
22	Nut	M10	2

No.	Description	Spec.	Qty.
23	Bolt	M8*82	3
24	Bearing	608ZZ	6
25	Roller	φ38*φ31*68	3
26	Casing Pipe for Idler Wheel	φ11*1.4*53.8	3
27	Nut	M8	4
28	Seat		1
29	Seat Support		1
30	Bolt	M6	4
31	Bolt	M6*15	2
32	Device Holder		1
33	Cap	φ25	2
34	Cushion		1
35	Adjustment Knob	M8	1
36	Bolt	M10*82	1
37	Bolt	M6*16	1
38	Rear Stabilizer		1
39	Inner Cap		1
40	Pedal Strap		2
41	Bolt	M8*39	1
42	Allen Wrench	S6	1
43	Allen Wrench	S4	1
44	Spanner	S10-13-17	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