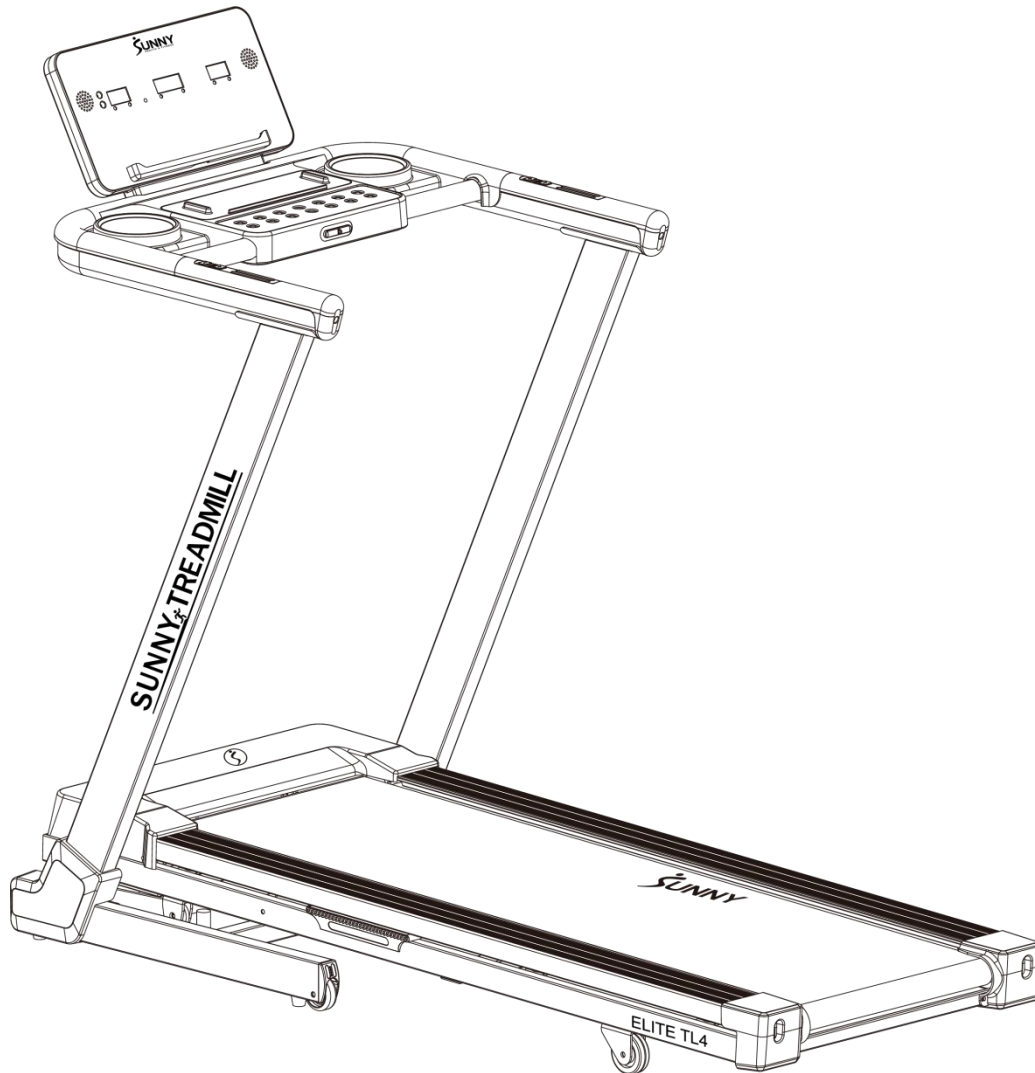




User Manual



Smart Elite TL4 Treadmill

SF-T724943
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

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

DANGER -To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Please contact Customer Service at support@sunnyhealthfitness.com.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors. Household use only.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. CAUTION: Risk of Injury to Persons - To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
14. REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN, AS APPLICABLE) WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.
15. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

SAVE THESE INSTRUCTIONS

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s) and Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1) This device may not cause interference.
- 2) This device must accept any interference, including interference that may cause undesired operation of the device.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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.
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 240cm (8 feet) of free space behind it and 60cm (2 feet) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
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. This 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!

Important Operating Information

1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt. This may result in serious injury.
5. This unit starts at a very low speed. To begin use, hold onto the handrails, and stand on the side rails while it starts up, then step onto the belt once it is in motion.
6. Always hold the handrail when making changes in the settings.
7. A safety key is provided for emergency use. The machine will function only if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should always be supervised by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after exercise.



IMPORTANT NOTE:

The running belt must be lubricated before the first use! Please see *Page 15* for instructions on how to properly apply lubricant.

Statement of Purpose

The treadmill is a cardio workout machine that provides indoor running at various speeds.

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


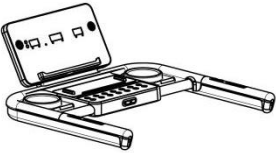






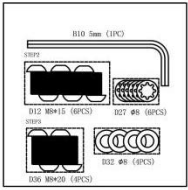
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

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

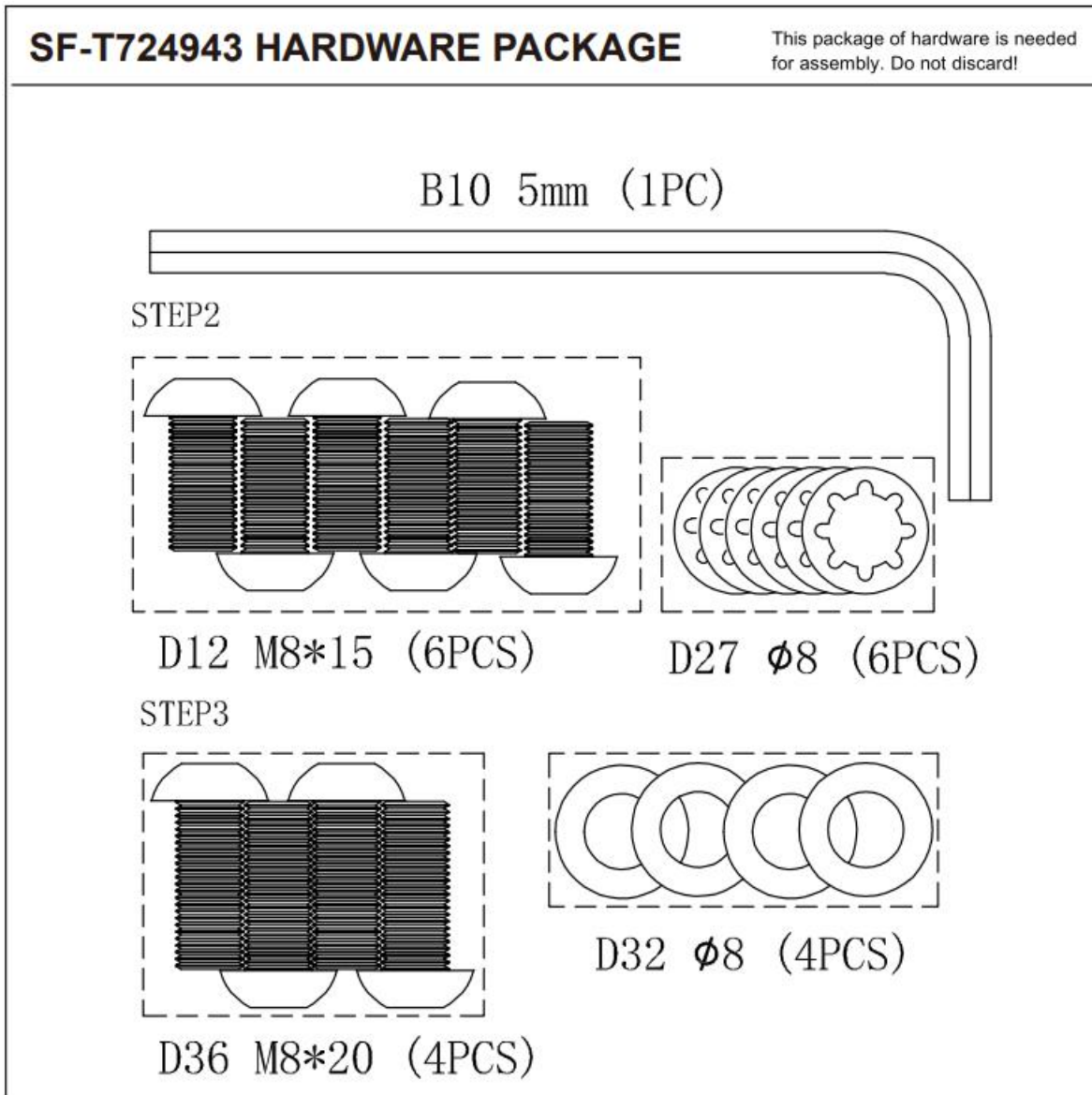
Pre-Assembly Check List

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

 <p>A</p>	 <p>B</p>	 <p>C05</p>	 <p>C06</p>
 <p>E15</p>	 <p>E21</p>	 <p>C</p>	 <p>F</p>
 <p>HP</p>			

No.	Description	Spec.	Qty.
A	Main Frame		1
B	Console Assembly		1
C05	Left Upright Tube Cover		1
C06	Right Upright Tube Cover		1
E15	Safety Key		1
E21	Power Wire		1
C	Lubricant Oil		1
F	Manual		1
HP	Hardware Package		1

Hardware Package



Ordering Replacement Parts

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

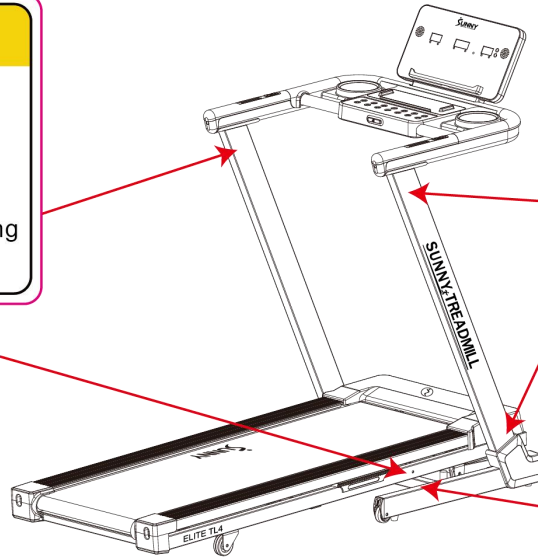
- ✓ The model number
- ✓ The product name
- ✓ The part number

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

Warning Labels

CAUTION

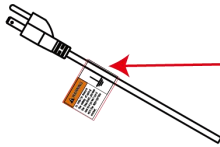
Risk of injury to persons: To avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.
To reduce risk of injury from moving parts-unplug before servicing.



Do not pinch the console cable during assembly!

CAUTION

Keep hands and feet away from this area while treadmill is running.



WARNING

In order to ensure the safety of using the treadmill, please use the power cord with the appropriate socket.



WARNING

In order to ensure the safety of using the treadmill, please use the power cord with the appropriate socket.



WARNING

Please read all warnings and instructions before using the machine.

Risk of personal injury-Keep children under the age 13 and pets away from the machine.

Remove control box (or key, or safety pin, as applicable) when not in use, and store out of reach of children.

To reduce the risk of electric shock-unplug before cleaning or servicing.

265 LBS/120 KG Weight Capacity

Failure to comply with these warnings could result in serious injury or death.

Make sure all nuts and bolts are securely tightened before each use.



DO NOT PLACE YOUR HAND NEAR OR BETWEEN THE REAR END CAPS & REAR ROLLER!



DO NOT STAND ON THE REAR END CAPS! ALWAYS WEAR SHOES WHEN USING THE EQUIPMENT.

RUNNING BELT ADJUSTMENT

LOOSEN

TIGHTEN

TO ADJUST RUNNING BELT USE ALLEN WRENCH



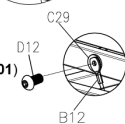
Remove the safety wirerope before use

CAUTION

1. Open the carton to remove the equipment and place it on the ground. Do NOT lay the unit on its side!

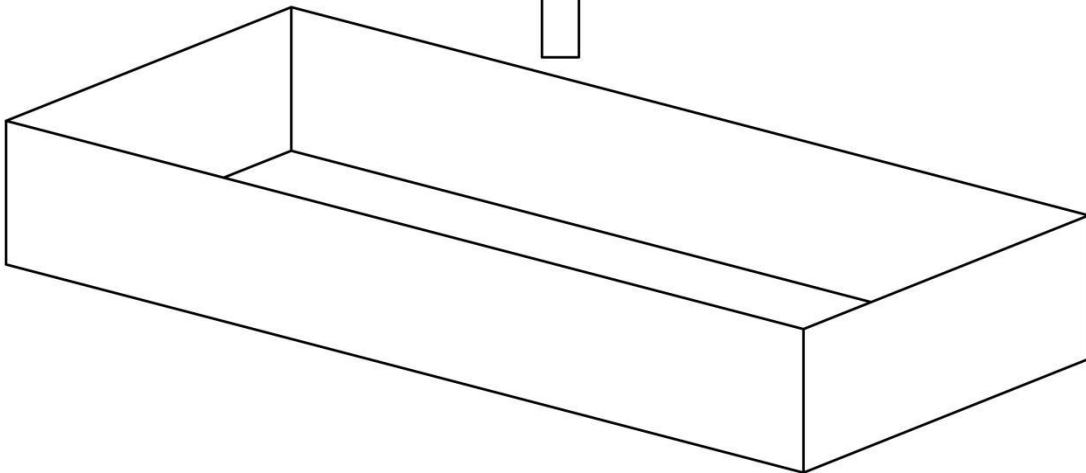
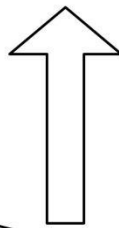
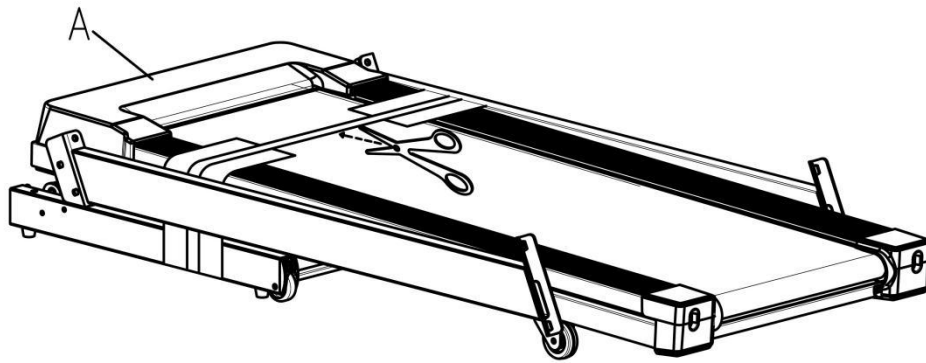
2. Assemble the treadmill by following the manual instructions.

3. Remove the 2 Bolt (No. D12), 2 Plastic Gasket 1 (No. C29), and Safety wirerope (No. B12) from the Base Assembly (No. A01) & the Main Frame (No. A02) using the Allen Wrench (No. B10).






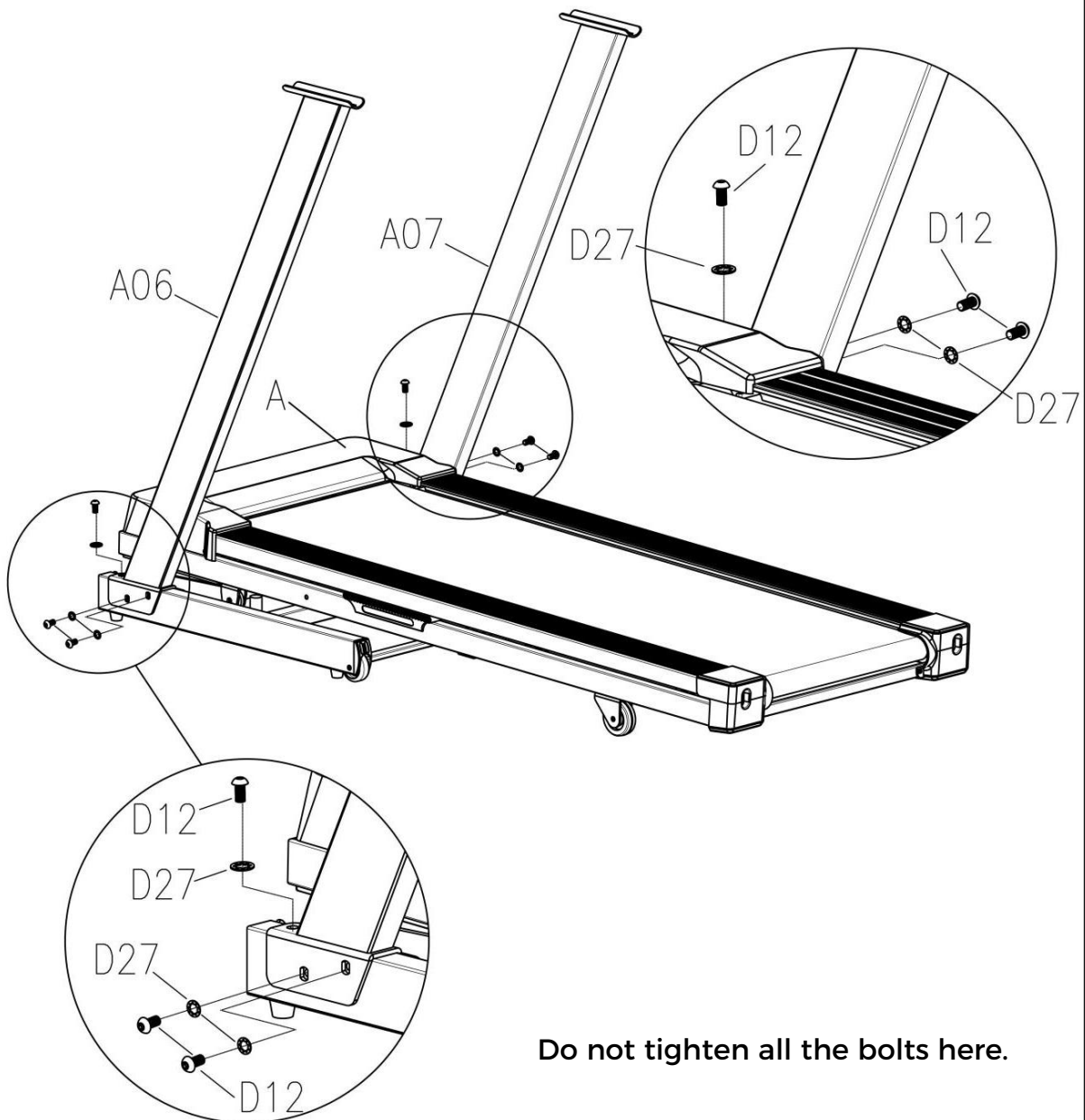
Assembly Instructions

STEP 1






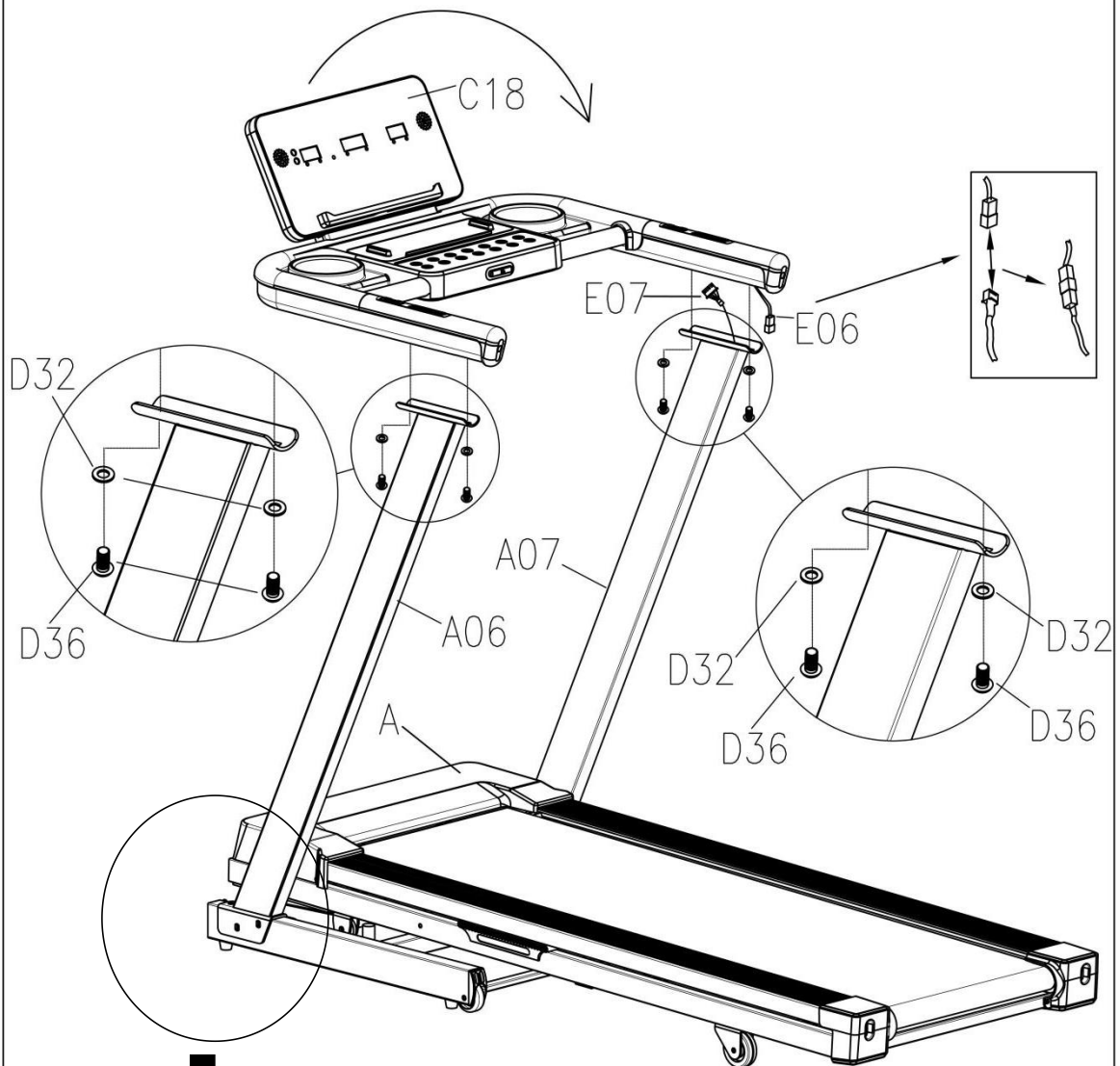
STEP 2

	---	B10	S5	1PC
	---	D12	M8*15	6PCS
	---	D27	ø8	6PCS



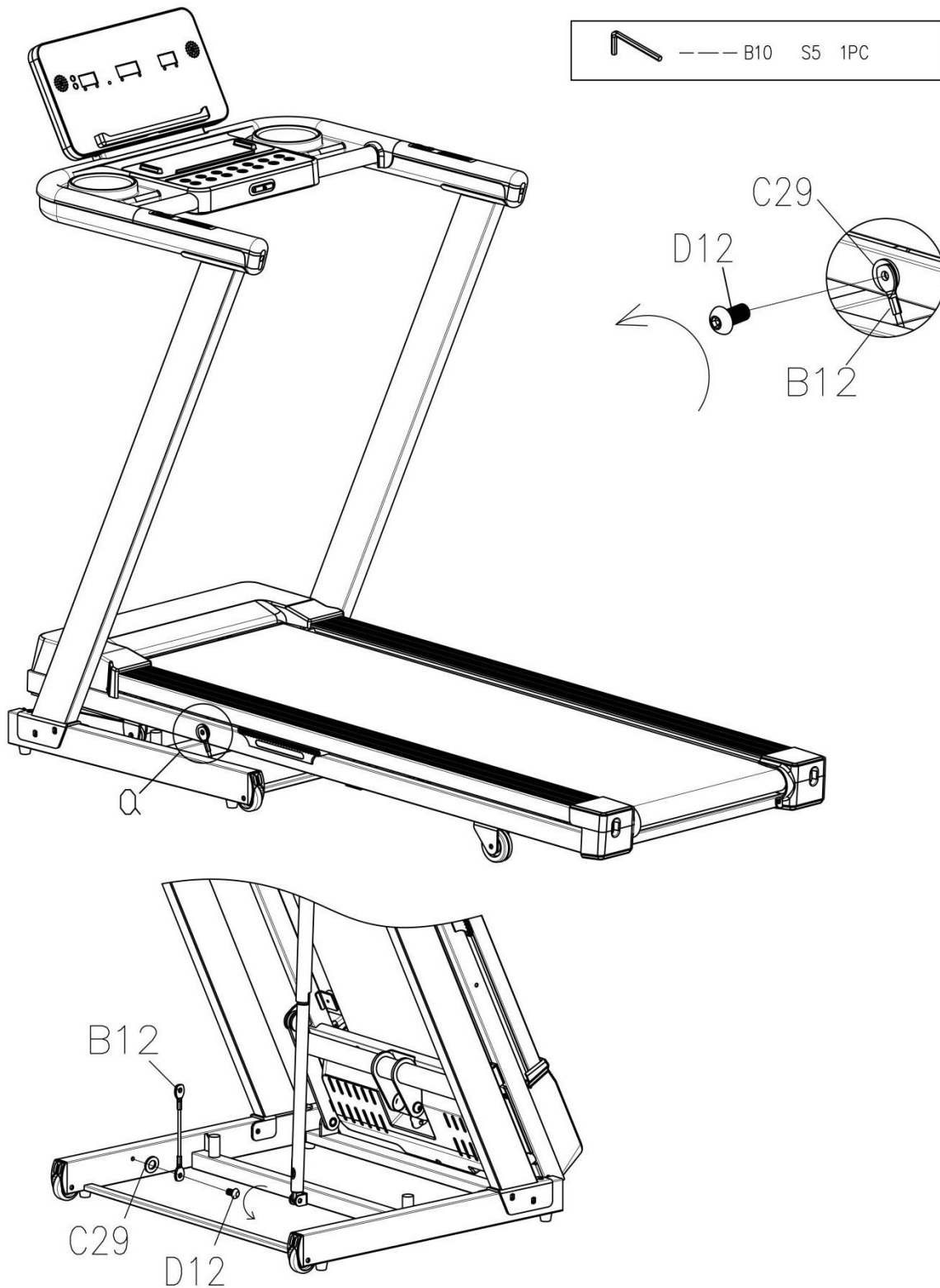
STEP 3

	---B10	S5	1PC
	---D36	M8*20	4PCS
	---D32	ø8	4PCS

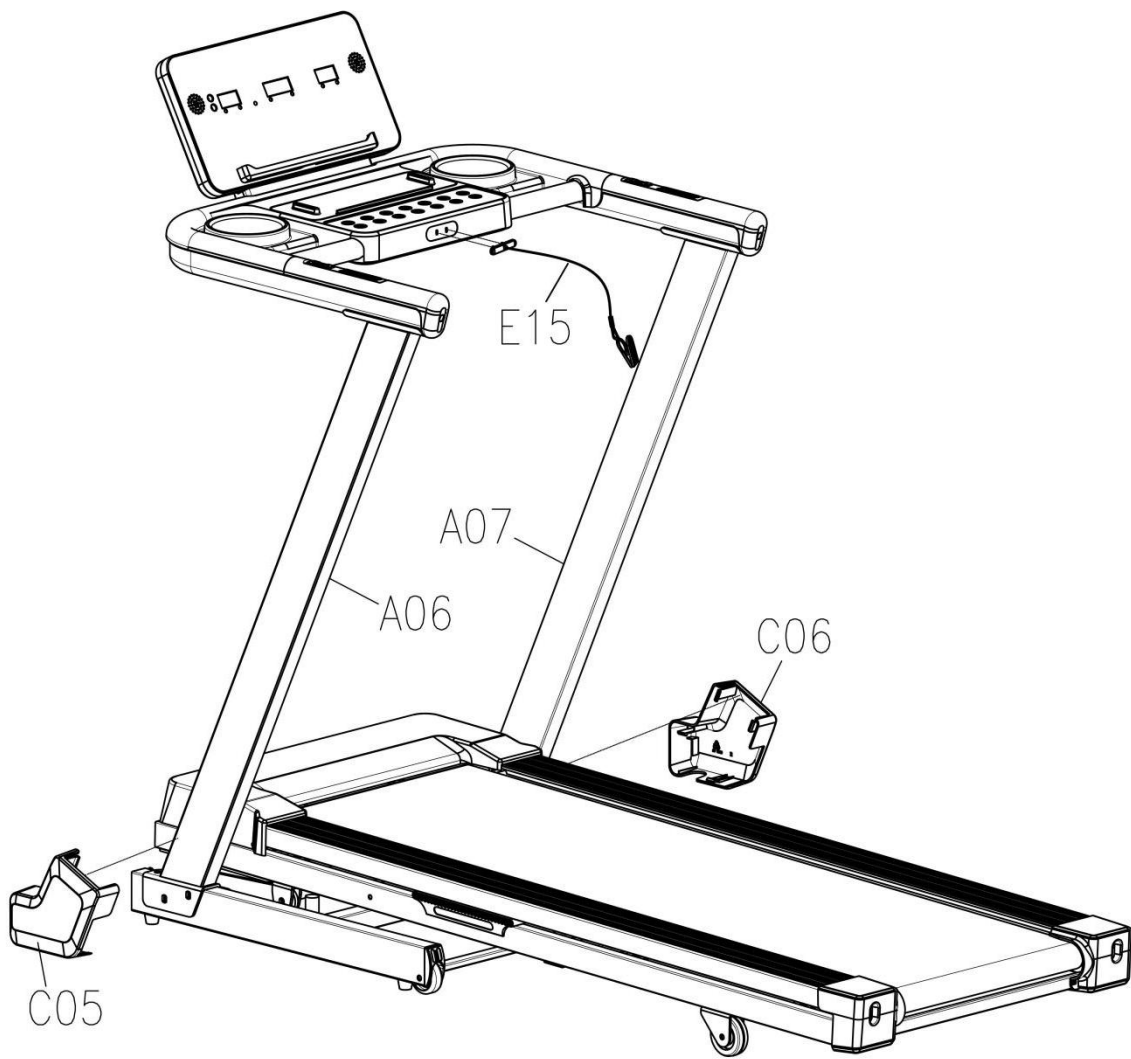


Tighten all the bolts after assembling console part.

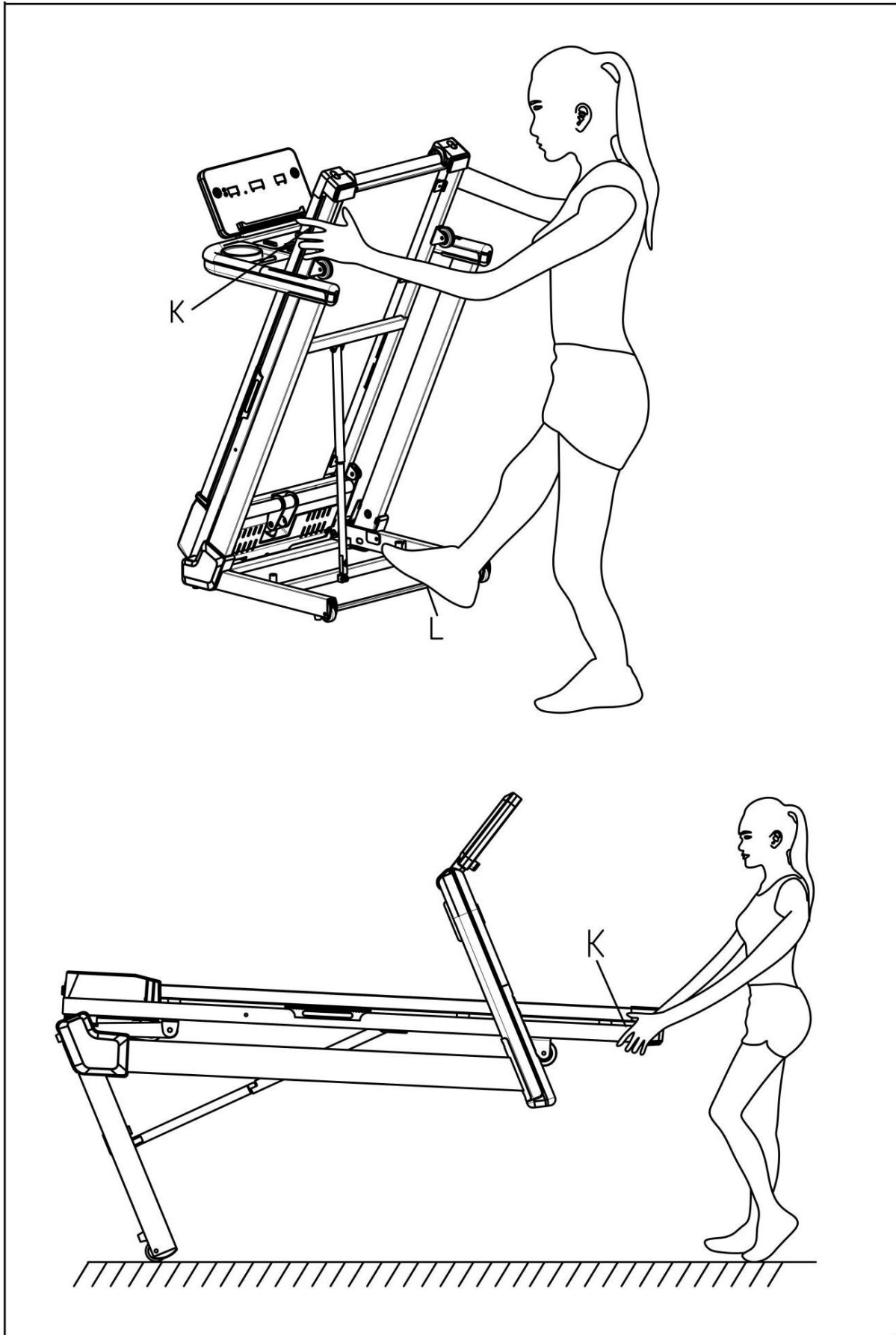
STEP 4



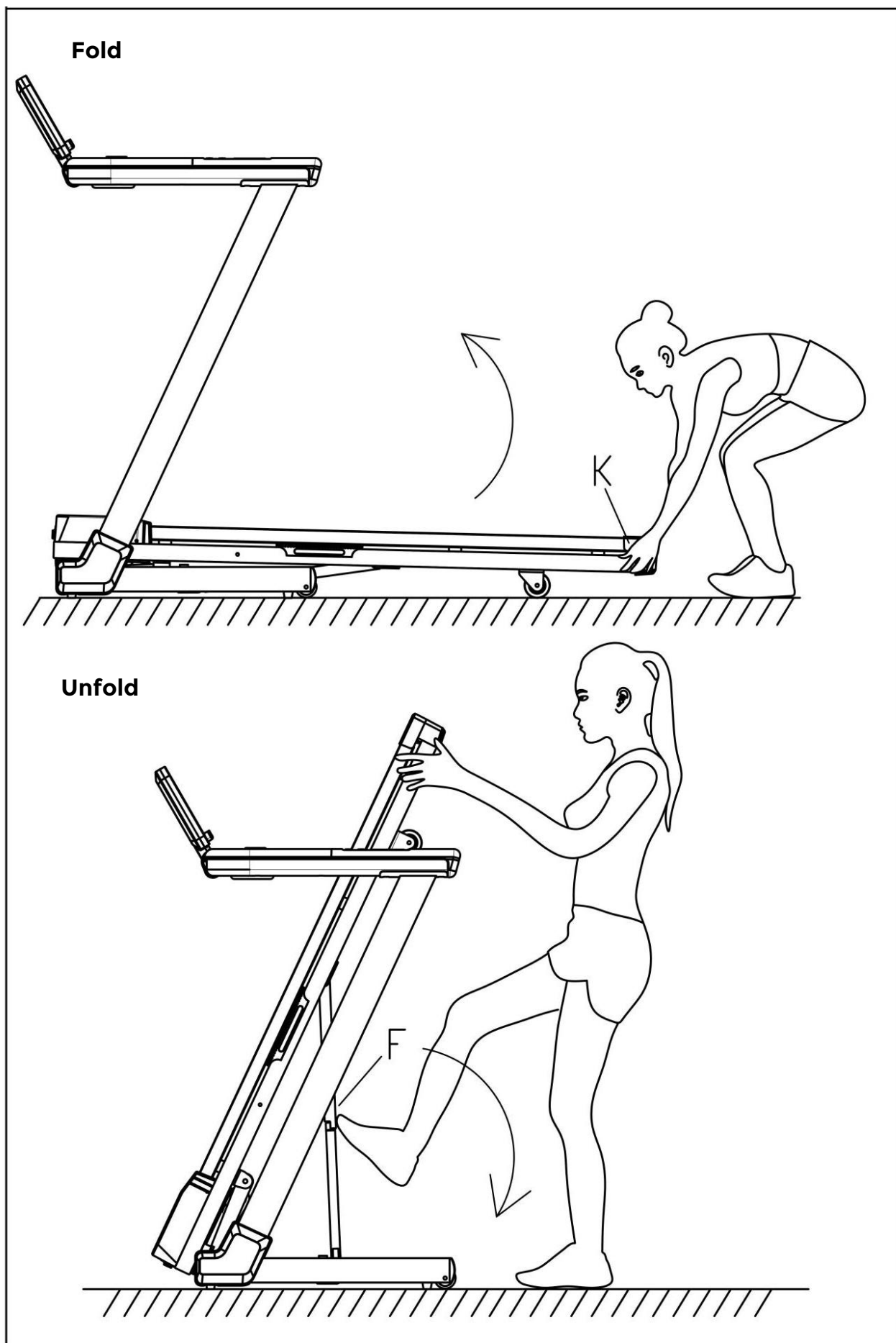
STEP 5



How To Move the Machine



How to Fold/Unfold the Machine



Lubricating The Treadmill

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

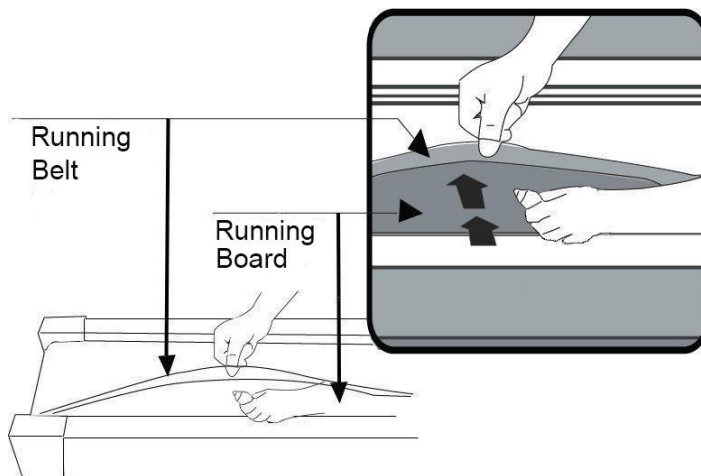
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the **Running Board** and **Running Belt** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Belt** and **Running Board** regularly. If you find any wear on the **Running Board**, please contact us at: support@sunnyhealthfitness.com.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

HOW TO LUBRICATE:

1. To apply lubricant, lift one side of the **Running Belt** and apply oil to the middle of the **Running Board**. Next, start the treadmill and place it at the lowest speed setting and allow the oil to spread over the **Running Board**. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. **DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT.** A loose **Running Belt** will result in the runner sliding off during use, while too tight of a **Running Belt** will negatively affect the motor's performance and create more friction between the roller and **Running Belt**. The most suitable tightness for the **Running Belt** is when it is pulled out **50-75mm** from the **Running Board**.



The following timetable is recommended:

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

Maintenance & Care

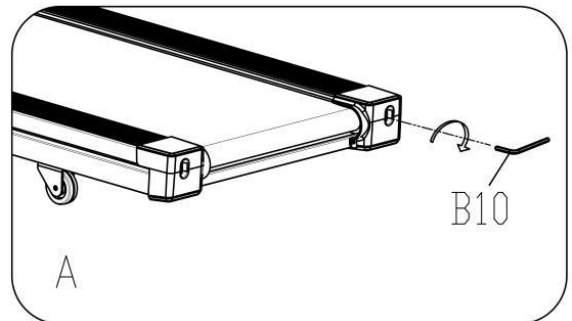
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt** to prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear the **Running Board** and **Running Belt**. Clean the surface of the **Running Belt** with a clean, damp cloth. Keep liquids away from electrical parts and **Running Belt**.

To better maintain the treadmill and prolong its life, it is suggested that the treadmill be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

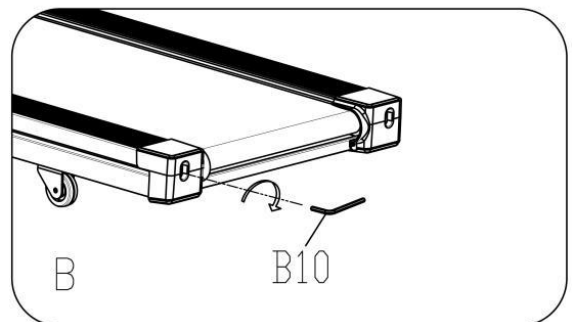
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5MPH to check if the **Running Belt** drifts from the center.

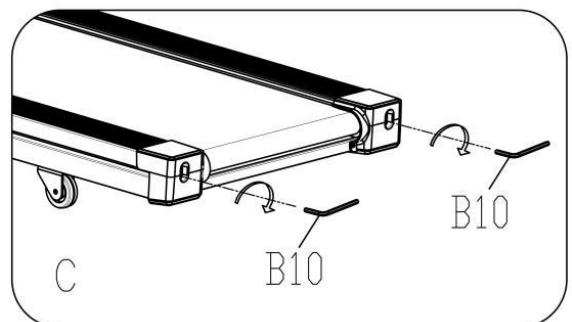
If the **Running Belt** moves to the right, turn the right adjusting bolt $\frac{1}{4}$ turn *clockwise*, then turn the left adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt** does not move, repeat this step until it centers. Refer to Figure A.



If the **Running Belt** moves to the left, turn the left adjusting bolt $\frac{1}{4}$ turn *clockwise*, then turn the right adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt** does not move, repeat this step until it centers. Refer to Figure B.



Over time, the **Running Belt** will loosen. To tighten the **Running Belt**, turn the left & right adjusting bolts one full turn *clockwise*, check the tension of the **Running Belt**. Continue this process until **Running Belt** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to Figure C.



Important Electrical Information

WARNING: This treadmill requires a power source of 10 amps (100-120V) in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides a path of the least resistance for electrical current to reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adapter for this product.

This product is for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated in sketch A.

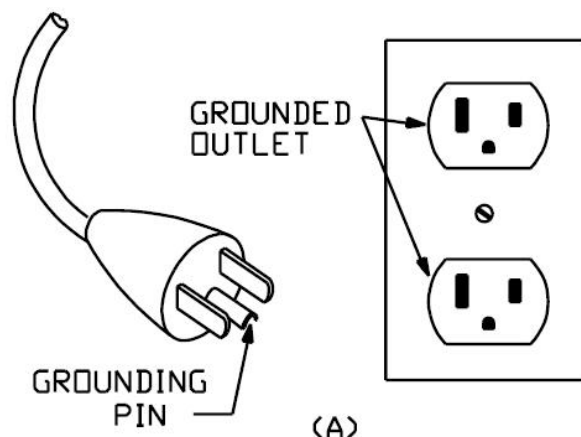
DANGER:

Improper connection of the equipment can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

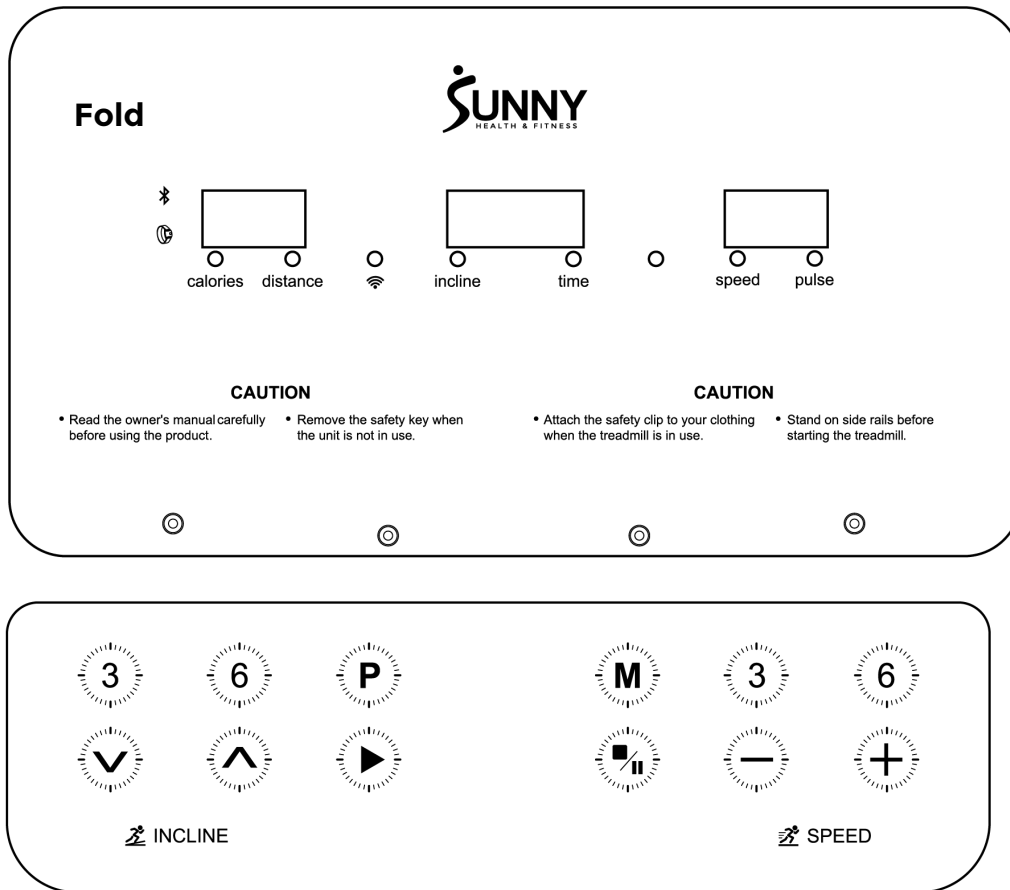
WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from all moving parts of the treadmill, including the elevation mechanism and transportation wheels.
2. **NEVER** operate the treadmill using a generator or UPS power supply.
3. **NEVER** remove any cover on the treadmill without first disconnecting power cord.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD



The Display Console



Quick Start:

1. Insert the pin end of the **Safety Key** into the holes on the **Console**.
2. Press the **START** button, and the system will automatically display a 3 seconds countdown. Once the countdown reaches zero, the **Running Belt** will start at the initial **default speed of 0.6 MPH or 1.0 KM/H**.
3. To adjust the speed, you can use the **SPEED +/-** buttons on the **Console**, or the **QUICK SPEED** buttons 3,6.
4. To adjust the incline, you can use the **INCLINE ^/∨** buttons on the **Console**, or the **QUICK INCLINE** buttons 3,6.

NOTE: The maximum speed on this treadmill is 8.0MPH or 13KM/H.

Window Display:

SPEED/ PULSE: The speed range is **0.6-8MPH(1.0-13.0KM/H)**. 0.6MPH(1.0KM/H) is the default running speed. When the runner holds both hands on the pulse sensors (located on the handles), the system will calculate the runner's heartbeat and display it in this window. The pulse range is 50-200 beats/min. This treadmill also can be connected to a wireless heart rate monitor, (heart rate monitor not included). Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200.

NOTE: This data is for reference only and cannot be used for medical purposes.

INCLINE/TIME: Displays incline and time, switches display every 5 seconds. When displaying incline, the range of display is 0-12 section; When displaying time, the range of time is 0:00-99:59 MINS. If the time reaches 99:59, the treadmill will stop smoothly and display "End" then automatically reset to 0:00 after 5 seconds. When in Countdown Mode, it will countdown from the set time to 0:00. When the clock reaches 0:00, the treadmill will stop smoothly and display "End" then automatically reset itself after 5 seconds. Maximum Countdown time is 99:00 minutes.

CALORIES/ DISTANCE: Displays calories and distance, switches display every 5 seconds. Displays the number of calories burned from 0.0 to 999 KCAL and the distance traveled (0.00-99.9 KM/MILE). When the count reaches 999 KCAL, it will reset and start back from 0. When in Countdown Mode, it will count down

from the set calories to 0. Once it reaches 0, the treadmill will stop smoothly and display “End”, then automatically reset to the initial setting after 5 seconds. When the distance reaches 99.9 KM/MILE, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will countdown from the set distance to 0.00. When it reaches 0.00, the treadmill will stop smoothly and display “End” and automatically reset to the initial setting after 5 seconds.

When setting PROGRAMS, the speed is programmed in intervals; PROGRAMS are from P01-P02-P03-...P14-P15-FAT.

Note: Calories and distance are not counted when nobody is walking or running on the machine.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME (MIN:SECOND)	0:00	15:00	5:00-99:00	0:00—99:59
INCLINE	0	0	0-12	0-12
SPEED (KM/H or MPH)	0.0	1.0KM/H 0.6MPH	1.0-13.0KM/H 0.6-8.0MPH	1.0-13.0KM/H 0.6-8.0MPH
DISTANCE (KM or MILE)	0.00	1.00	0.50-99.9	0.00-99.9
PULSE (BPM)	P	N/A	N/A	50-200
CALORIE (KCAL)	0	50	10-999	0—999

Function Keys:

PROGRAM: Press the “P” button to set your desired interval setting. Programs are displayed as P1-P15, and FAT and the various intervals are shown on the face of the treadmill. P1-P15 are preset programs.

MODE: When the machine is stopped. Press “M” button to select a Countdown mode.

15:00 MINS is the set Countdown for TIME.

1.0 KM/Mile is the set Countdown for DISTANCE.

50 KCAL is the set Countdown for CALORIES.

When setting each Countdown Mode, you can press the speed +/- buttons or incline \wedge / \vee buttons to increase or decrease from the set data. Press START to start the treadmill.

START: To start the treadmill, insert the pin end of the **Safety Key** into the **Console** and then press the START button. This treadmill requires the **Safety Key** in order to start. 1.0KM/H or 0.6MPH is the default start speed.

STOP/PAUSE: This button has the functions of PAUSE and STOP. When in use, press this button once to PAUSE your workout and the current workout data will still be shown. Press STOP again to terminate your workout session completely and all data will be deleted and reset to the initial setting.

In the STOP state, press and hold this **STOP/PAUSE** button for 6 seconds to disconnect the heart rate monitor. To reconnect the heart rate monitor, press and hold this button for 6 seconds again.

SPEED +/- : Press the +/- buttons to increase or decrease the speed in increments of 0.1 KM/H or MPH.

Pressing and holding either of these buttons for a duration of over ½ of a second will increase or decrease the speed continuously.

3, 6 (QUICK SPEED BUTTONS): These buttons are preset to 3, 6 KM/H or MPH speeds for convenience.

INCLINE \wedge / \vee : Press the \wedge / \vee buttons to increase or decrease the incline in increments of 1. Pressing and holding either of these buttons for a duration of over ½ of a second will increase or decrease the incline continuously.

3, 6 (QUICK INCLINE BUTTONS): These buttons are preset to 3, 6 incline for convenience.

Lubrication Reminder:

Your treadmill needs lubrication maintenance every 300km (188 Miles). The system will release a beeping sound every 10 seconds and display an "OIL" icon on your display to remind you when it is time. Please read LUBRICATING THE TREADMILL to learn the proper steps to lubricate your treadmill. Apply the lubricant to the middle of the running board on both sides. After application, press and hold the STOP button for 3 seconds to clear the "OIL" reminder.

How To Switch Between Metric and Imperial Mode:

In standby mode, remove the safety key, press SPEED+ and SPEED- buttons at the same time and hold for 5 seconds until you hear a beep. The treadmill should switch between metric and imperial mode. The speed window will show "1.0" in Metric mode and show "0.6" in Imperial mode.

Interval Programs (P1-P15):

Press the PROGRAM button to select an interval setting. Programs are displayed as P1-P15. Select the desired program, and the Console will display a countdown starting from 10:00 MINS, press SPEED +/- or INCLINE \wedge / \vee buttons if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will be changed according to the set interval. Press SPEED +/- or INCLINE \wedge / \vee buttons to change the SPEED. After finishing one program, the system will beep and display "End." The machine will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

PROG \ TIME		TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED (KM/H)	3	3	5	5	7	7	5	5	3	3
	INCLINE	1	1	2	2	2	3	3	2	1	1
P2	SPEED (KM/H)	10	3	5	7	3	7	5	7	5	3
	INCLINE	1	2	2	2	2	3	3	2	3	3
P3	SPEED (KM/H)	3	3	5	7	7	9	7	5	5	1
	INCLINE	2	3	3	2	2	3	3	3	4	4
P4	SPEED (KM/H)	3	5	3	7	1	5	7	5	3	1
	INCLINE	2	3	3	2	2	3	3	3	4	0
P5	SPEED (KM/H)	5	5	5	7	9	11	9	7	7	5
	INCLINE	3	3	3	4	4	5	5	5	5	2
P6	SPEED (KM/H)	3	5	9	11	7	12	9	11	5	3
	INCLINE	3	5	5	5	4	4	4	3	4	2
P7	SPEED (KM/H)	3	7	9	11	9	9	9	7	5	5
	INCLINE	4	4	4	4	3	3	6	6	8	3
P8	SPEED (KM/H)	5	5	9	9	11	5	11	11	5	3
	INCLINE	4	5	5	5	6	6	6	7	10	3
P9	SPEED (KM/H)	2	5	5	8	8	4	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	8	2
P10	SPEED (KM/H)	2	3	4	6	7	5	5	6	7	3
	INCLINE	5	6	6	6	7	5	8	8	5	3
P11	SPEED (KM/H)	3	4	5	9	5	9	5	5	6	3
	INCLINE	3	6	5	3	5	3	5	5	4	2

P12	SPEED (KM/H)	1	2	3	10	7	7	10	5	4	3
	INCLINE	2	5	5	3	5	5	3	3	6	2
P13	SPEED (KM/H)	1	1	3	5	5	5	9	3	1	1
	INCLINE	5	5	8	8	8	3	3	7	8	0
P14	SPEED (KM/H)	3	4	7	3	4	6	3	4	5	3
	INCLINE	2	4	4	4	4	2	3	3	1	0
P15	SPEED (KM/H)	2	3	5	5	7	7	7	6	4	3
	INCLINE	3	3	5	5	5	5	2	2	1	0

PROG \ TIME		TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED (MPH)	1.8	1.8	3.1	3.1	4.3	4.3	3.1	3.1	1.8	1.8
	INCLINE	1	1	2	2	2	3	3	2	1	1
P2	SPEED (MPH)	6.2	1.8	3.1	4.3	1.8	4.3	3.1	4.3	3.1	1.8
	INCLINE	1	2	2	2	2	3	3	2	3	3
P3	SPEED (MPH)	1.8	1.8	3.1	4.3	4.3	5.6	4.3	3.1	3.1	0.6
	INCLINE	2	3	3	2	2	3	3	3	4	4
P4	SPEED (MPH)	1.8	3.1	1.8	4.3	0.6	3.1	4.3	3.1	1.8	0.6
	INCLINE	2	3	3	2	2	3	3	3	4	0
P5	SPEED (MPH)	3.1	3.1	3.1	4.3	5.6	6.8	5.6	4.3	4.3	3.1
	INCLINE	3	3	3	4	4	5	5	5	5	2
P6	SPEED (MPH)	1.8	3.1	5.6	6.8	4.3	7.5	5.6	6.8	3.1	1.8
	INCLINE	3	5	5	5	4	4	4	3	4	2
P7	SPEED (MPH)	1.8	4.3	5.6	6.8	5.6	5.6	5.6	4.3	3.1	3.1
	INCLINE	4	4	4	4	3	3	6	6	8	3
P8	SPEED (MPH)	3.1	3.1	5.6	5.6	6.8	3.1	6.8	6.8	3.1	1.8
	INCLINE	4	5	5	5	6	6	6	7	10	3
P9	SPEED (MPH)	1.2	3.1	3.1	5	5	2.5	3.7	1.8	1.8	1.2
	INCLINE	5	5	5	6	6	6	4	4	8	2
P10	SPEED (MPH)	1.2	1.8	2.5	3.7	4.3	3.1	3.1	3.7	4.3	1.8
	INCLINE	5	6	6	6	7	5	8	8	5	3
P11	SPEED (MPH)	1.8	2.5	3.1	5.6	3.1	5.6	3.1	3.1	3.7	1.8
	INCLINE	3	6	5	3	5	3	5	5	4	2
P12	SPEED (MPH)	0.6	1.2	1.8	6.2	4.3	4.3	6.2	3.1	2.5	1.8
	INCLINE	2	5	5	3	5	5	3	3	6	2
P13	SPEED (MPH)	0.6	0.6	1.8	3.1	3.1	3.1	5.6	1.8	0.6	0.6
	INCLINE	5	5	8	8	8	3	3	7	8	0
P14	SPEED (MPH)	1.8	2.5	4.3	1.8	2.5	3.7	1.8	2.5	3.1	1.8
	INCLINE	2	4	4	4	4	2	3	3	1	0
P15	SPEED (MPH)	1.2	1.8	3.1	3.1	4.3	4.3	4.3	3.7	2.5	1.8
	INCLINE	3	3	5	5	5	5	2	2	1	0

Body Mass Index:

Press the PROGRAM button until the window displays FAT to access Body Mass Index. Press MODE to enter F-1, F-2, F-3, F-4, F-5.

F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 is Body Mass Index

Press SPEED +/- BUTTONS to set F1-F4 (refer to the chart below). Once you have finished setting F1-F4, press MODE. This will enter you into the set up for F-5 (Body Mass Index). To set F-5, grasp the Pulse Sensors located on the handles with both hands and hold them for 3 seconds. The window will display your body mass index. The Body Mass Index is used to test the relation between your height and weight. It is only for reference only and not suitable for medical use. The Body Mass Index is suitable for both male and female.

NOTE: General **Body Mass Index** score is **20-25%**

Underweight	Below 19.0
Normal	19.0 - 25.0
Overweight	26.0 - 29.0
Obesity	30.0 - and above

Body Mass Index (BMI) Chart:

F-1	Sex	1 Male	2 Female
F-2	Age	10---99	
F-3	Height	100---200 CM (40---80 INCHES)	
F-4	Weight	20---150 KG (44---330 LBS)	
F-5	BMI	≤19	Underweight
	BMI	=(20---25)	Normal Weight
	BMI	=(26---29)	Overweight
	BMI	≥30	Obesity

Bluetooth :

1. The Bluetooth icon will flash when the console is on or wakes from power saving 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 stay on when the heart rate monitor is connected.
2. The console can be connected to the heart rate monitor at any time except in power saving mode.
3. The wireless heart rate icon will flash when the console is on. If the heart rate monitor is not connected within 3 minutes, the wireless heart rate icon will turn off.

NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200.

WIFI :

1. If access point is not configured or fails to be configured, the WIFI indicator light will turn off.
2. After configuring access point, the WIFI indicator light will flash during the connection to the server.
3. The WIFI indicator light will stay on when the server is successfully connected.

NOTE:

1. WIFI function only supports 2.4G frequency, not 5G frequency.
2. Please use SunnyFit APP to configure WIFI and configure it according to the wizard on SunnyFit APP.

Treadmill Functions

Safety Lock Function:

Removing the **Safety Key** from the **Console** while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the console will show “- - -” and the speaker will beep 3 times. To start the treadmill again, insert the pin end of the **Safety Key** into the **Console** and press the **START** button.

Power Save Function:

When the treadmill has been inactive for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the **Console** will be turned off. To turn it back on, press any button.



Flick the power switch to this symbol to turn on the treadmill.



Flick the power switch to this symbol to turn the treadmill off at any time. This includes during exercise.

Safety Note:

We recommend that you maintain a slow speed at the beginning of a session and hold the **Left & Right Handlebar Foam** handrails until you have become familiar with the treadmill.

Insert the pin end of the **Safety Key** into the **Console** and attach the opposite end (with the safety clip) to your clothing before starting your workout. To end your workout, press the **STOP** button or remove the **Safety Key** and the treadmill will stop immediately.

Exercise Instructions

Getting Started:

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.

Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. Once you get on, you can stand with your feet on the **Side Rails** and stabilize yourself by holding onto the handrails.
2. Next, attach the clip end of the **Safety Key** to your clothes and insert the pin end of the key into the holes on the **Console Top Cover**.
3. Press the **START** button to start the treadmill.
4. The treadmill will start at the system default setting speed of **0.6MPH(1.0KM/H)**. When you feel comfortable, you may slowly increase this speed.
5. When you are finished with your exercise, press the **STOP** button to stop the treadmill or you can remove the pin end of the to stop the treadmill.

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:

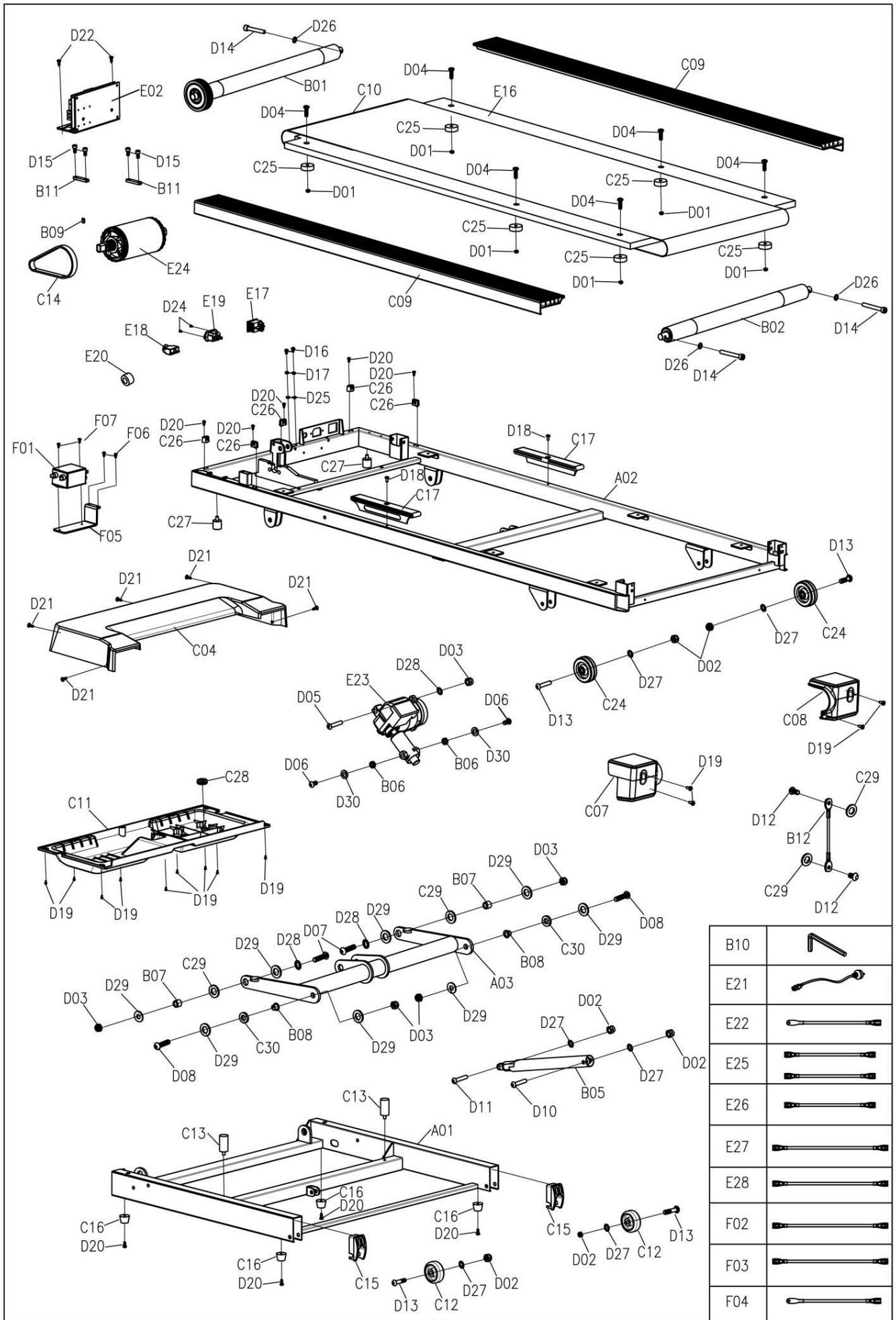


- If you require additional support, please contact support@sunnyfit.com.

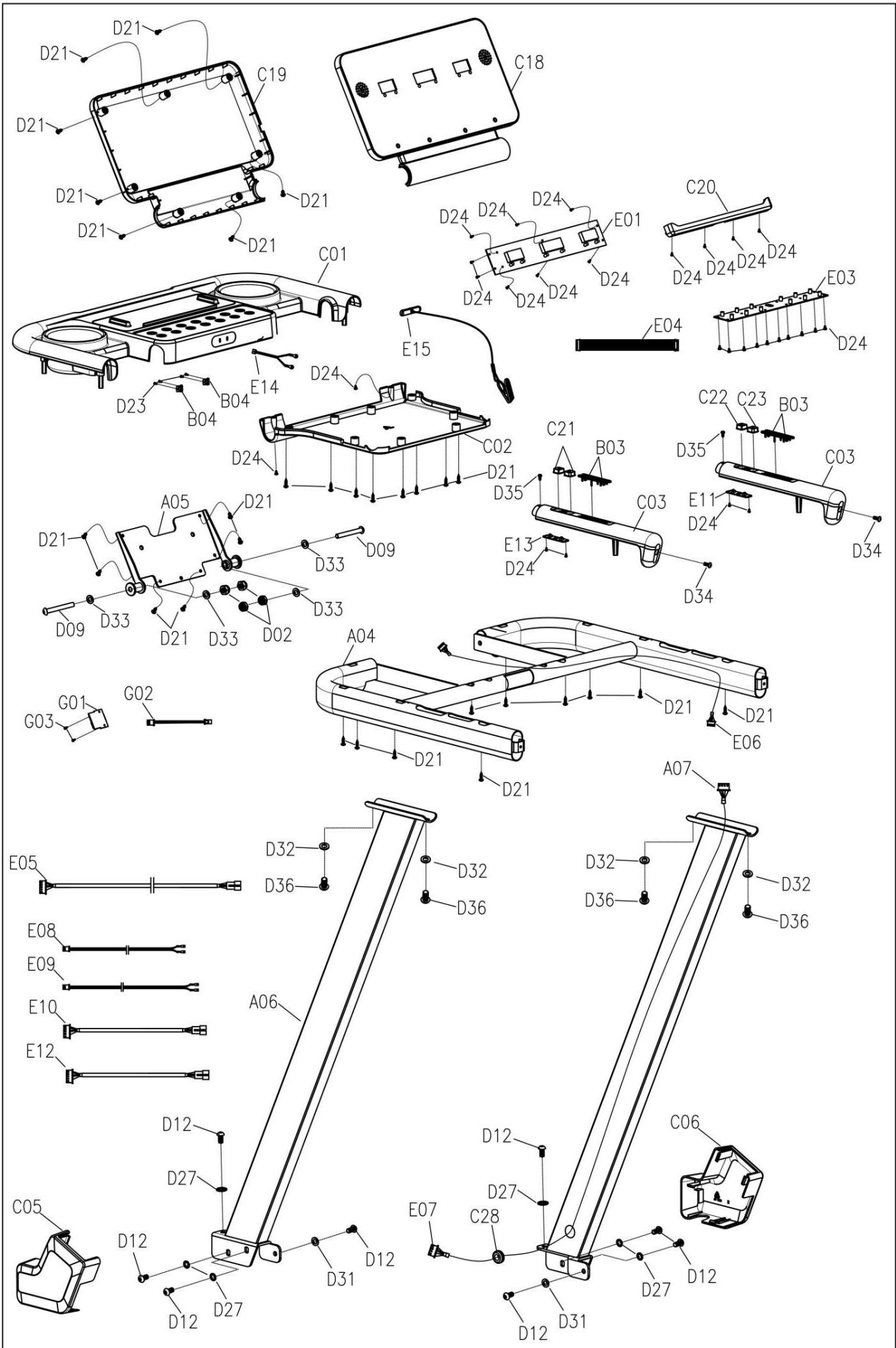
Troubleshooting

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in.	Plug cord into outlet.
	Safety Key is not inserted.	Insert Safety Key.
Running belt not centered	Running belt tension is not correct on the left or right sides of the running board.	Tighten the left and right adjusting bolts of the rear roller.
E01&E15: Message failure---Computer not working	Wires from the console and bottom control board are not properly connected.	Check wire from the console to the control board.
	Transformer is damaged.	If the transformer is damaged, contact customer service.
E03: Without speed sensing signal	Speed sensing wire is damaged.	Check if the wire is normal or not. If it is normal, replace the control board.
E04: Incline self-checking	The wire of incline motor is damaged, or control board / incline motor is damaged.	Check if the wire is normal or not. If it is normal, replace the control board or incline motor.
E07: Overheating protection	Mainly due to high temperature, or control board is damaged.	Stop using the machine. Wait till the machine temperature drops before using the machine again. If the problem persists, replace the control board.

Exploded Diagram 1



Exploded Diagram 2



Parts List

No.	Description	Specification	Qty.
A01	Base Assembly		1
A02	Main Frame		1
A03	Incline Assembly		1
A04	Console Base Bracket		1
A05	Panel Fixed Bracket		1
A06	Left Upright Tube		1
A07	Right Upright Tube		1
B01	Front Roller		1
B02	Rear Roller		1
B03	Hand Pulse Sheet		4
B04	Sleeving		2
B05	Air Cylinder		1
B06	Incline Rotatable Sleeve		2
B07	Rotatable Bushing		2
B08	Incline Frame Bushing		2
B09	Grounding Copper Sheet		1
B10	Allen Wrench		1
B11	Motor Pressing Plate		2
B12	Safety Wirerope		1
C01	Console Top Cover		1
C02	Console Bottom Cover		1
C03	Armrest Cover		2
C04	Motor Top Cover		1
C05	Left Upright Tube Cover		1
C06	Right Upright Tube Cover		1
C07	Left Rear Cover		1
C08	Right Rear Cover		1
C09	Side Rail		2
C10	Running Belt		1
C11	Motor Bottom Cover		1
C12	Transport Wheel		2
C13	Cylindrical Cushion		2
C14	Motor Belt		1
C15	Roller Cover		2
C16	Foot Pad		4
C17	Silicone Pad		2
C18	Panel Top Cover		1
C19	Panel Bottom Cover		1
C20	Device Holder		1
C21	Button		2
C22	Button+		1
C23	Button-		1
C24	Adjustable Wheel		2
C25	Blue Cushion		6
C26	Cover Fixing Seat		5
C27	Cushion		2
C28	Ring Protective Plug		2
C29	Plastic Gasket 1		4
C30	Plastic Gasket 2		2
D01	Nut	M6	6
D02	Nut	M8	10

No.	Description	Specification	Qty.
D03	Nut	M10	5
D04	Bolt	M6*35	6
D05	Bolt	M10*40	1
D06	Bolt	M10*15	2
D07	Bolt	M10*30	2
D08	Bolt	M10*35	2
D09	Bolt	M8*60	2
D10	Bolt	M8*45	1
D11	Bolt	M8*30	1
D12	Bolt	M8*15	10
D13	Bolt	M8*40	4
D14	Bolt	M6*45	3
D15	Bolt	M6*15	4
D16	Bolt	M5*12	2
D17	Spring Washer	Φ5	2
D18	Head with Washer Tapping and Drilling Screw	ST4.2*20	2
D19	Head with Washer Tapping and	ST4.2*12	13
D20	Screw	ST4.2*20	9
D21	Screw	ST4.2*12	36
D22	Head with Washer Tapping Screw	ST4.2*12	2
D23	Screw	ST2.0*6	4
D24	Screw	ST2.9*8	30
D25	Locking Washer	Φ5	2
D26	Locking Washer	Φ6	3
D27	Locking Washer	Φ8	12
D28	Locking Washer	Φ10	3
D29	Big Washer	Φ10*Φ26*2.0	8
D30	Flat Washer	Φ10	2
D31	Flat Washer	Φ8	2
D32	Arc-shaped Washer	Φ8	4
D33	Big Washer	Φ8*Φ22*2.0	4
D34	Bolt	M5*10	2
D35	Screw	ST2.9*8	2
D36	Bolt	M8*20	4
E01	Console		1
E02	Control Board		1
E03	Button Board		1
E04	Button Board Wire		1
E05	Upper Signal Wire		1
E06	Middle Signal Wire		1
E07	Lower Signal Wire		1
E08	Left Hand Pulse Signal Wire		1
E09	Right Hand Pulse Signal Wire		1
E10	Quick Speed Top Wire		1
E11	Quick Speed Bottom Wire		1
E12	Quick Incline Top Wire		1
E13	Quick Incline Bottom Wire		1
E14	Safety Key Connecting Wire		1
E15	Safety Key		1
E16	Running Board		1
E17	Square Switch		1



No.	Description	Specification	Qty.
E18	Overload Protector		1
E19	Power Socket		1
E20	Magnetic Core		1
E21	Power Wire		1
E22	Grounding Wire	350mm	1
E23	Incline Motor		1
E24	Motor		1
E25	AC Single Line	Brown 200mm	2
E26	AC Single Line	Blue 200mm	1
E27	AC Single Line	Brown 350mm	1
E28	AC Single Line	Blue 350mm	1

No.	Description	Specification	Qty.
F01	Filter		1
F02	AC Single Line	Brown 350mm	1
F03	AC Single Line	Blue 350mm	1
F04	Grounding Wire		1
F05	Filter Connection Wire		1
F06	Screw	ST4.2*12	2
F07	Bolt	M4*10	2
G01	USB Module		1
G02	USB Charging Wire		1
G03	Screw	ST2.9*6.0	2

Register

Register your product and verify warranty terms:

Sunnyhealthfitness.com/warranty



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