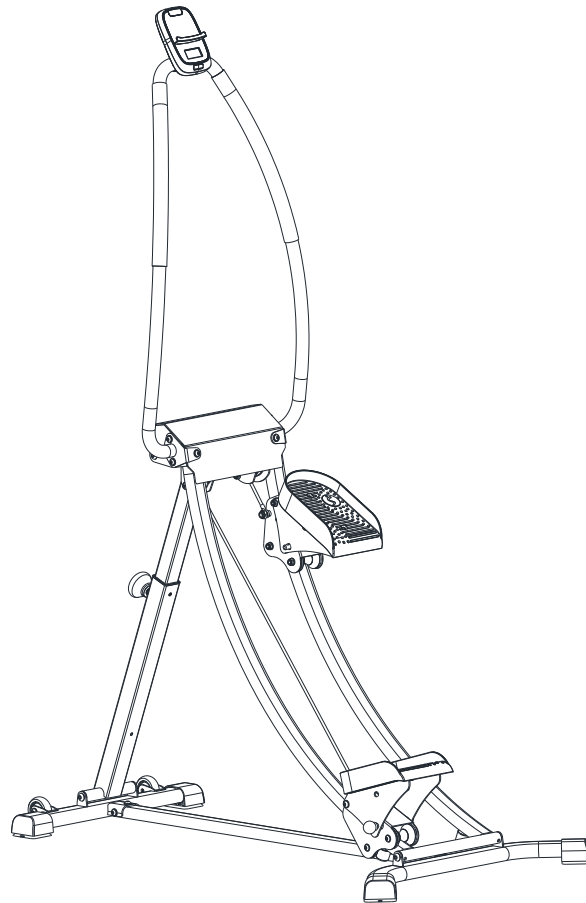




User Manual



Adjustable Curved Climber

SF-S023051

EN

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

Important Safety Information

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

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 330 lbs (150 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 Adjustable Curved Climber is designed for full-body cardio and strength training, allowing users to adjust resistance and intensity for a customized, low-impact climbing workout that improves endurance, coordination, and muscle tone.

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

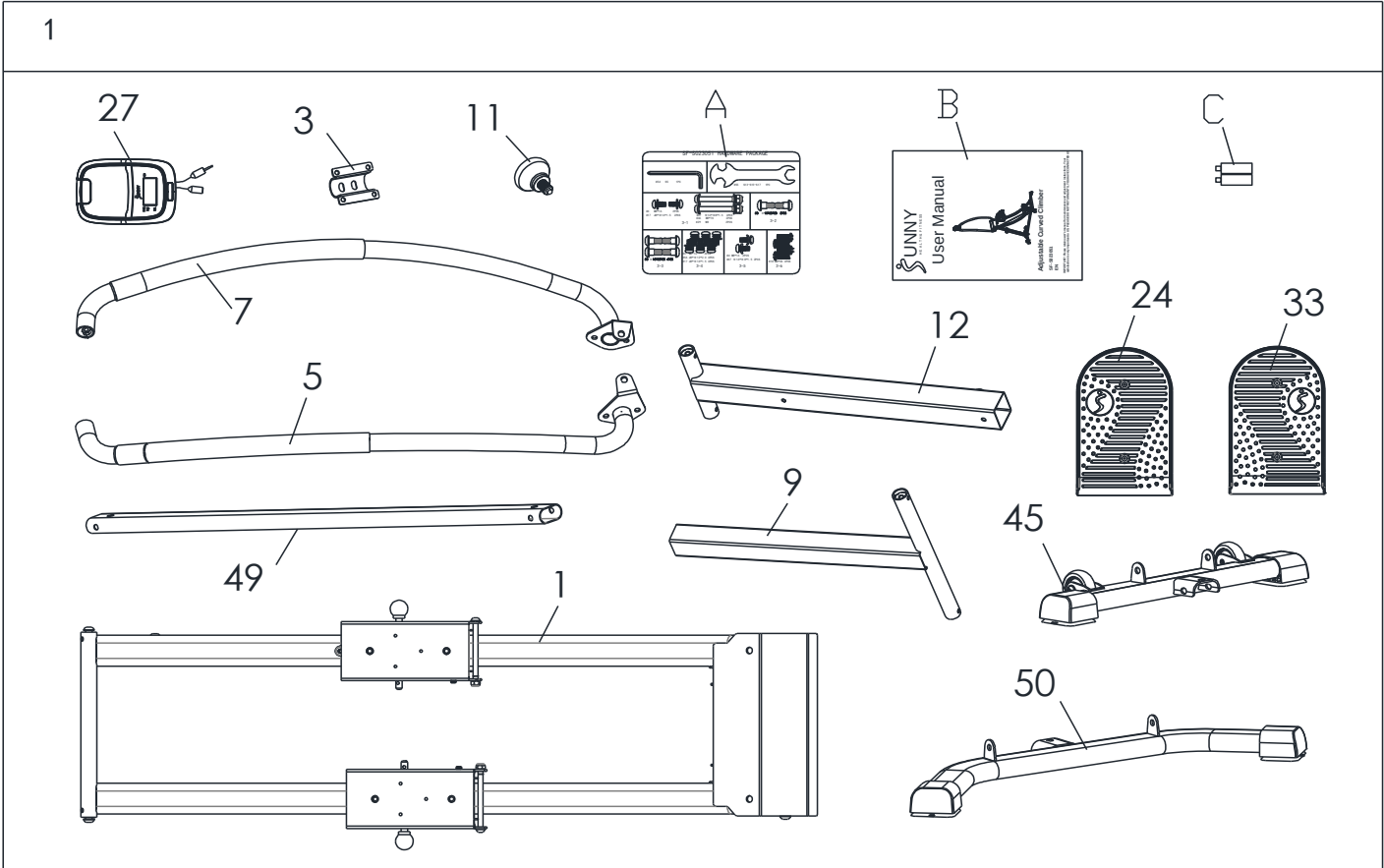
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

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:

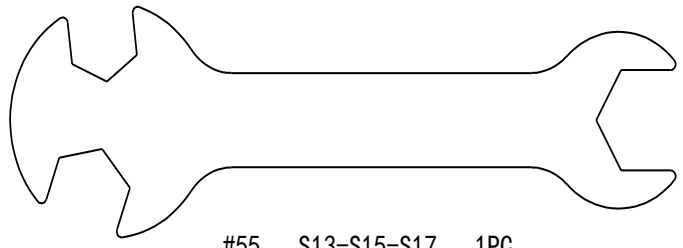
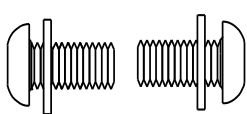
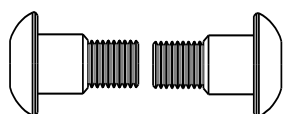
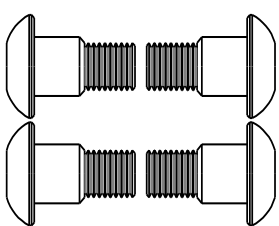
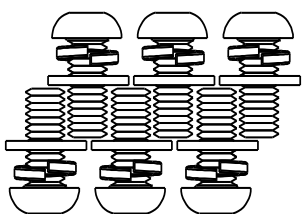
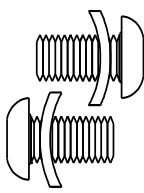
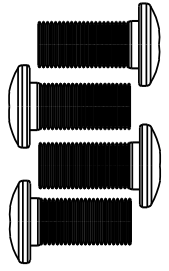


No.	Description	Spec.	Qty.
1	Main Frame		1
3	Computer Board		1
5	Left Handlebar		1
7	Right Handlebar		1
9	Upper Front Support Tube		1
11	Knob	M16*1.5*25	1
12	Lower Front Support Tube		1
24	Left Pedal		1

No.	Description	Spec.	Qty.
27	Computer	DSC03676	1
33	Right Pedal		1
45	Front Stabilizer		1
49	Bottom Tube		1
50	Rear Stabilizer		1
A	Hardware Package		1
B	Manual		1
C	Battery	AAA	2



Hardware Package

2		SF-S023051 HARDWARE PACKAGE	
 #54 S5 1PC		 #55 S13-S15-S17 1PC	
 #4 M8*16 2PCS #17 d8*Φ16*1.5 2PCS		 #47 Φ16*Φ8*1.5 4PCS #46 M8*70 2PCS #29 M8 2PCS	
 #8 Φ10*M8*20 2PCS		3-1 3-2	
 #8 Φ10*M8*20 4PCS		 #4 M8*16 6PCS #56 d8*Φ12*2.0 6PCS #17 d8*Φ16*1.5 6PCS	
3-3		 #4 M8*16 2PCS #47 Φ16*Φ8*1.5 2PCS	
3-4		 #18 M8*20 4PCS	
3-5		3-6	

Ordering Replacement Parts

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

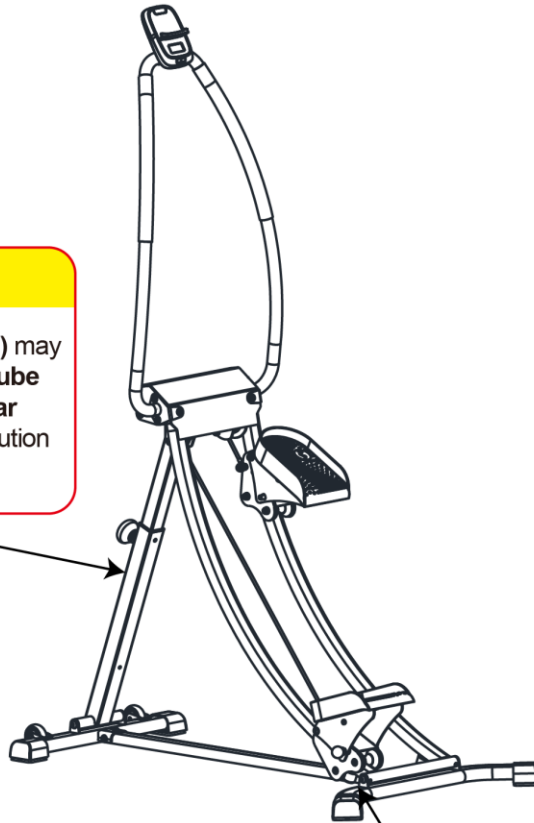
- ✓ The model number
- ✓ The product name
- ✓ The part number

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

Warning Labels

⚠ CAUTION

When pulling out the **Knob (No. 11)** may cause the **Upper Front Support Tube (No. 9)** and **Left & Right Handlebar (No. 5 & 7)** to fall suddenly. Use caution to avoid being struck or injured.



WARNING

330 LBS / 150 KG 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

3-1

#4	M8*16	2PCS	#17	d8*Φ 16*1.5	2PCS
#46	M8*70	2PCS	#47	Φ 16*Φ 8*1.5	4PCS
#29	M8	2PCS	#54	S5	1PC
			#55	S13-S15-S17	1PC

3-2

#54	S5	1PC
#8	Φ 10*M8*20	2PCS



3-3



#54

S5

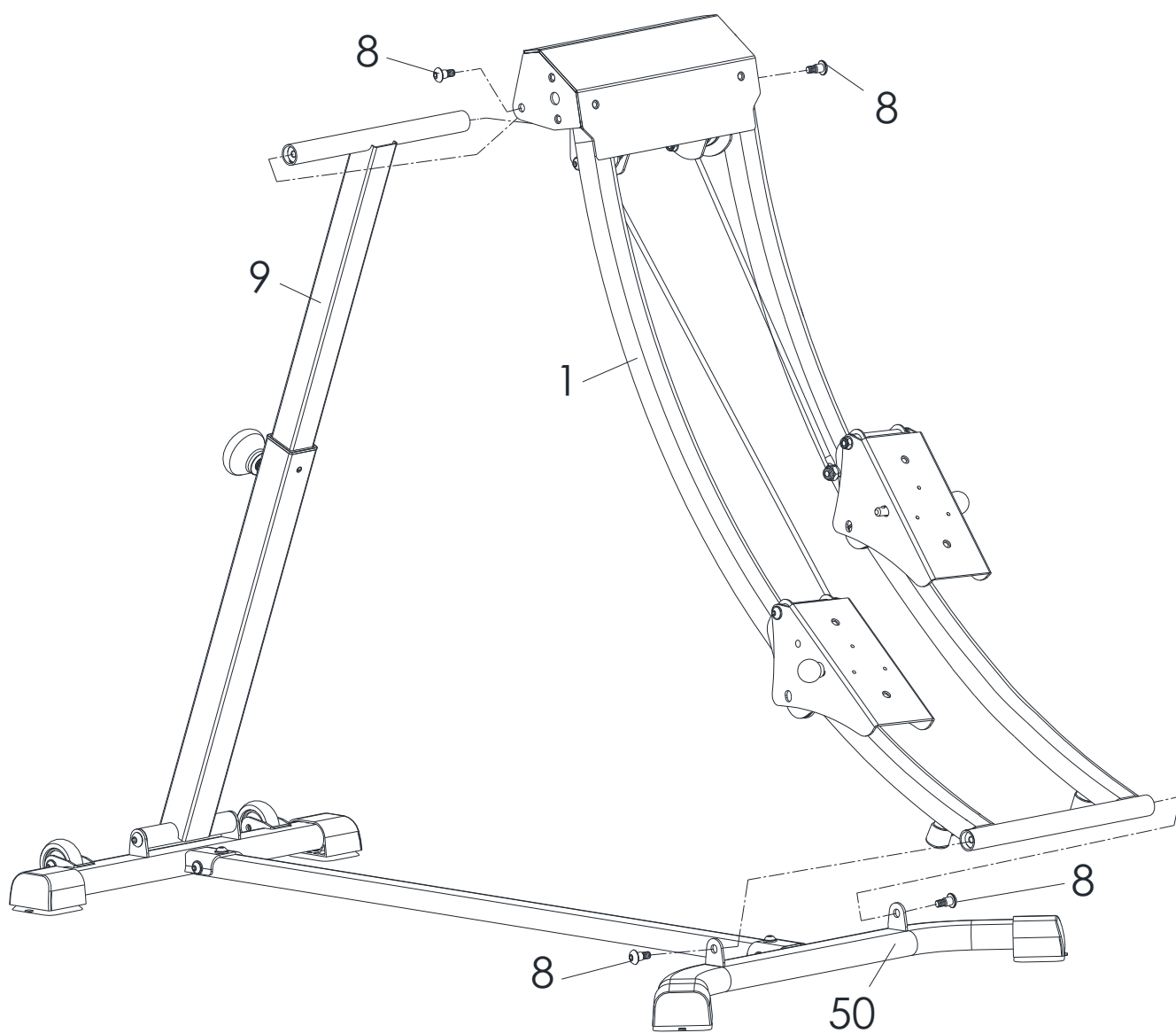
1PC



#8

Φ 10*M8*20

4PCS



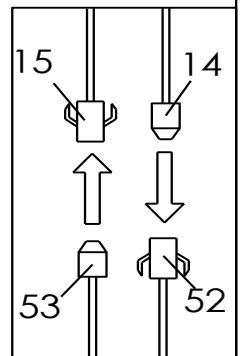
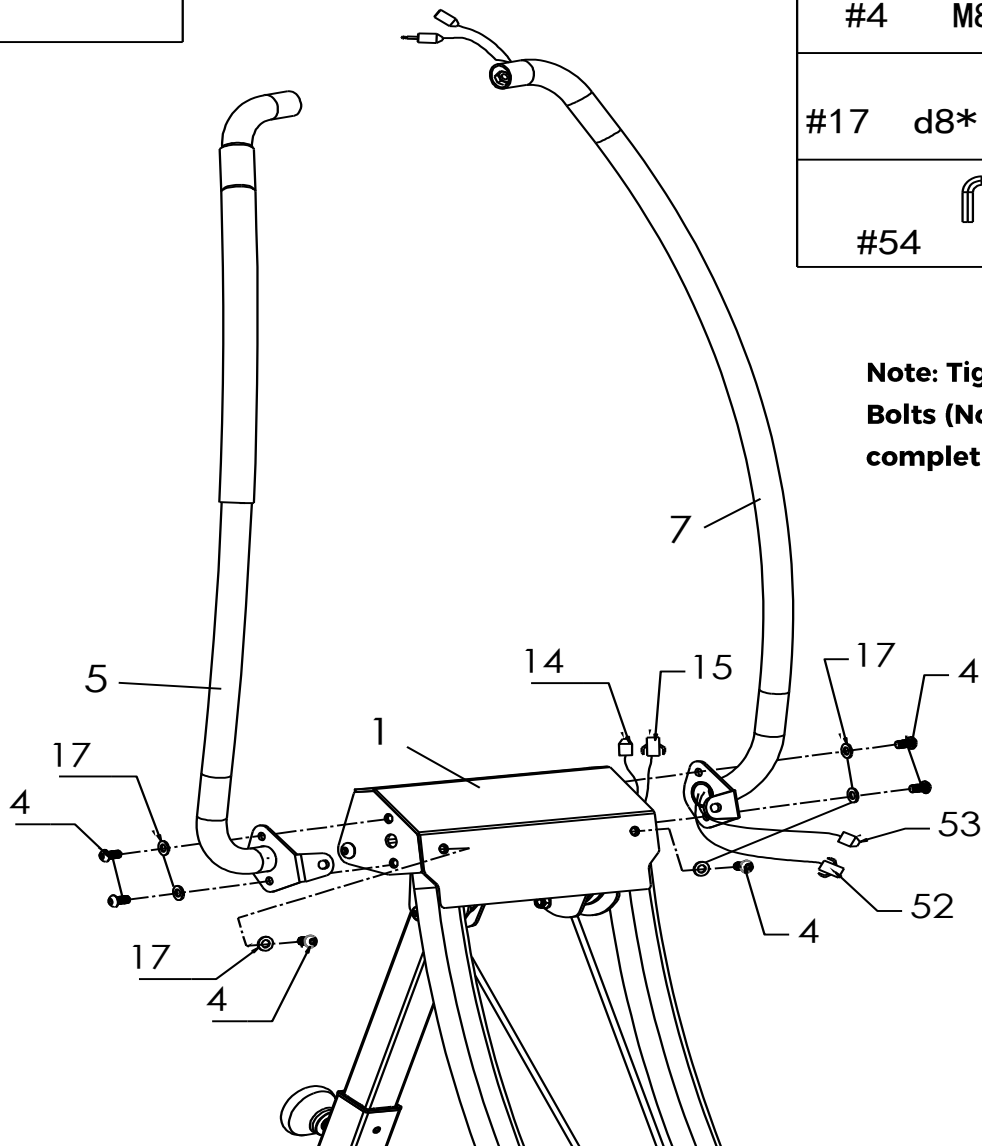
3-4

#4 M8*16 6PCS

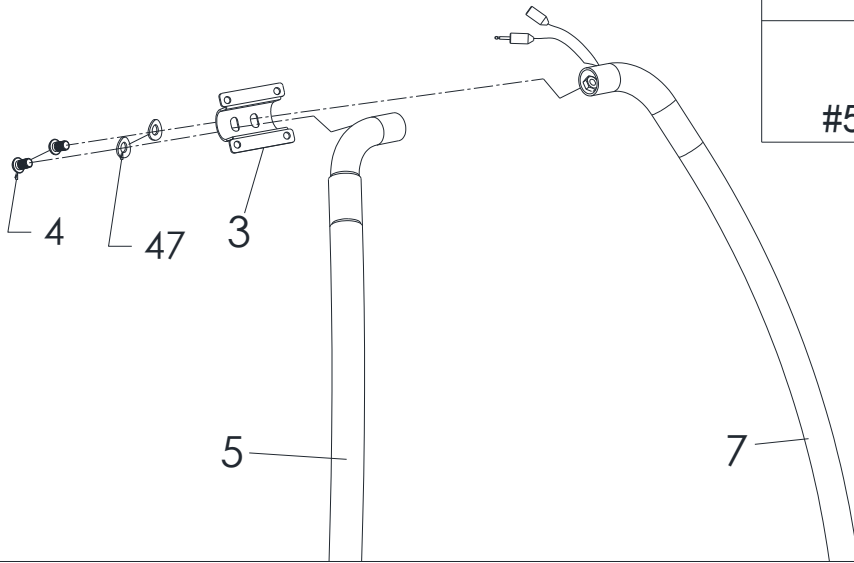
#17 d8*Φ 16*1.5 6PCS

#54 S5 1PC

Note: Tighten all Hexagon Bolts (No. 4) only after completing Step 3-5.



3-5




#4 M8*16 2PCS


#47 $\Phi 16 * \Phi 8 * 1.5$ 2PCS


#54 S5 1PC

3-6



#54

S5

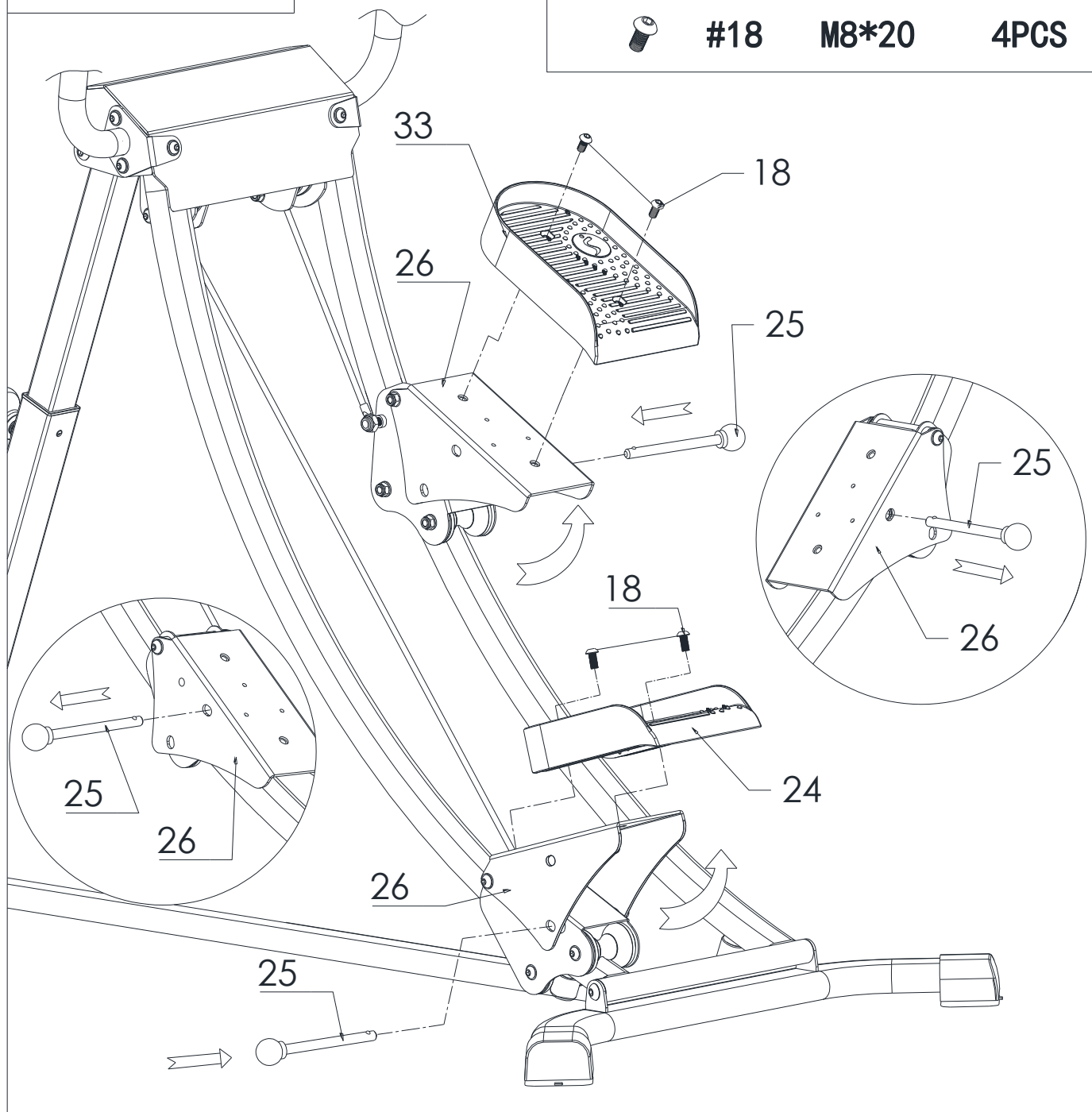
1PC



#18

M8*20

4PCS



3-7



#54

S5

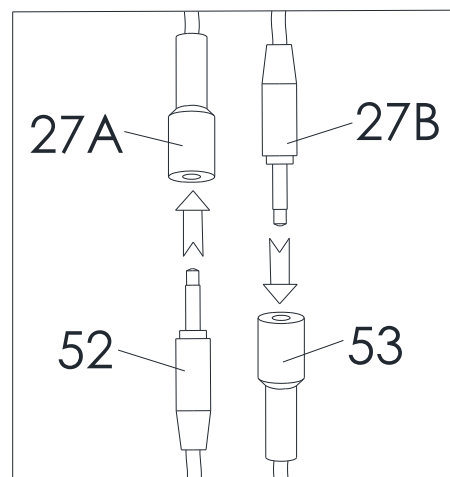
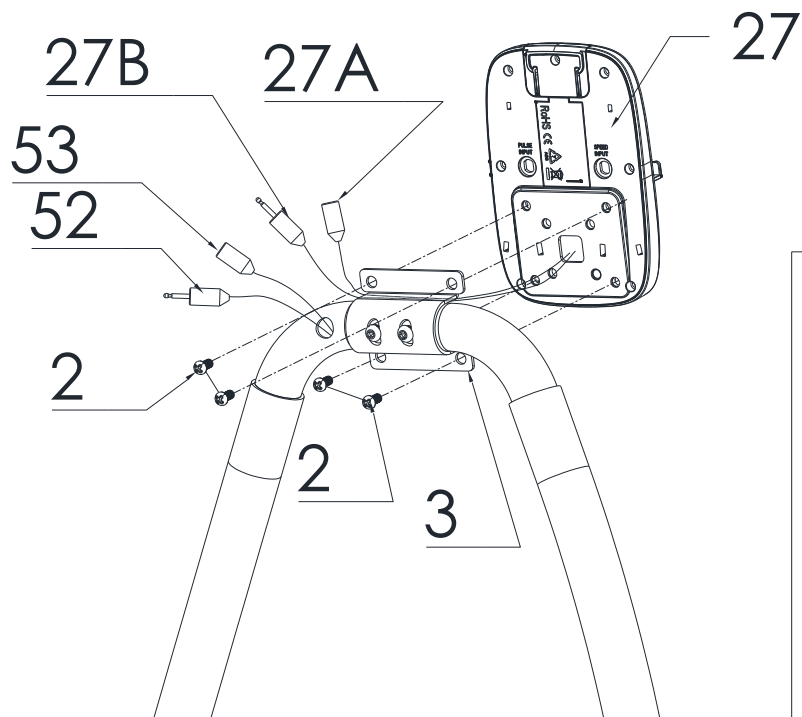
1PC



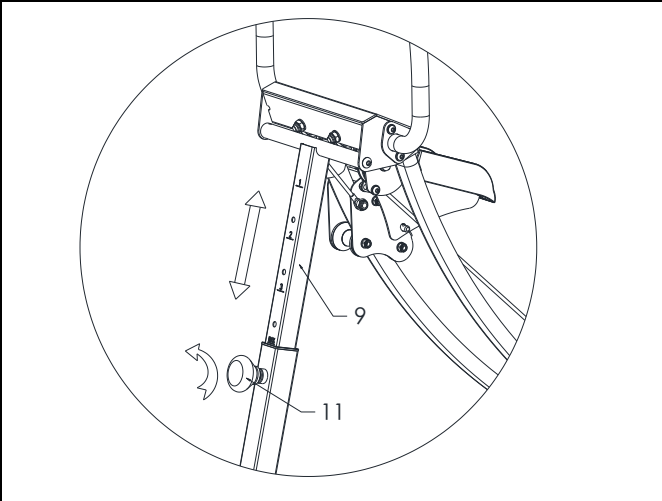
#2

M5*10

4PCS



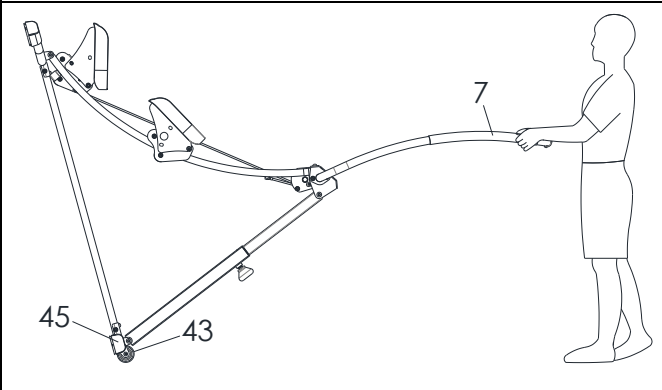
Adjustment & Usage Guide



ADJUSTING THE HEIGHT

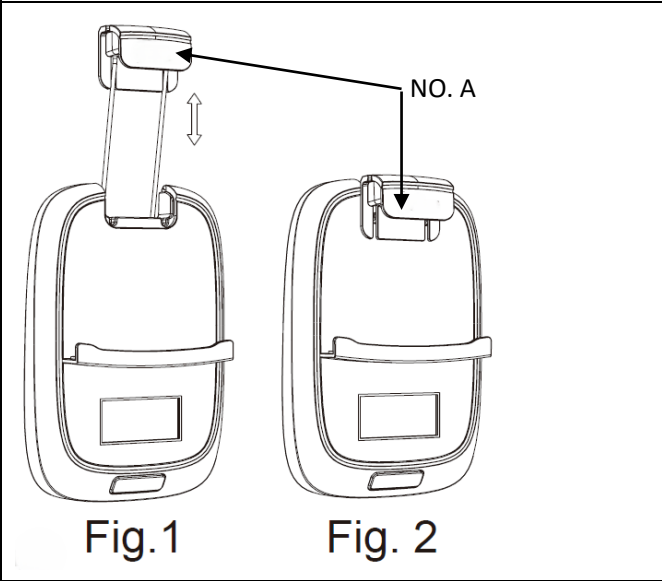
Loosen and pull out the **Knob (No. 11)**. Raise or lower the **Upper Front Support Tube (No. 9)** to the desired height. Reinsert and tighten the **Knob (No. 11)**.

CAUTION: When pulling out the **Knob (No. 11)** may cause the **Upper Front Support Tube (No. 9)** and **Left & Right Handlebar (No. 5 & 7)** to fall suddenly. Use caution to avoid being struck or injured.



TRANSPORTING THE CLIMBER

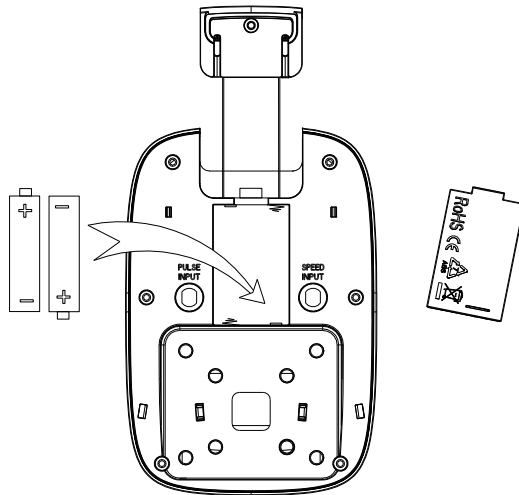
To move the climber, hold the **Left & Right Handlebar (No. 5 & 7)** and tilt the climber until the **Transportation Wheels (No. 43)** located on the **Front Stabilizer (No. 45)** touch the ground. With the **Transportation Wheels (No. 43)** on the ground, you can transport the climber to the desired location with ease.



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



Battery Installation & Replacement



Dispose the old battery (1.5V, AAA) according to your regional guidelines.

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!

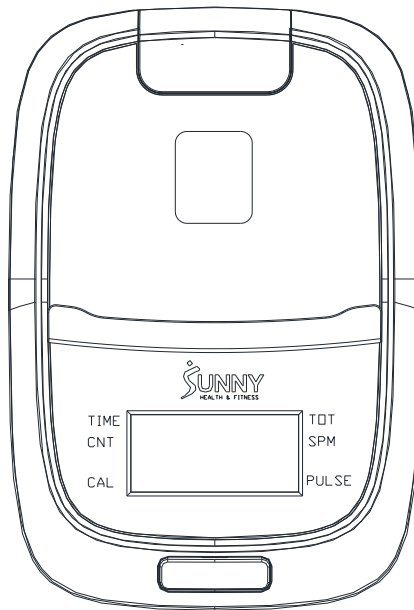
Troubleshooting:

- 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

Exercise Computer



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 computer is on. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
2. After exercise resumes, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
3. When the computer wakes from sleep mode, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
4. The wireless heart rate icon will flash when the MODE key is pressed. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
5. The wireless heart rate icon will stay on when the heart rate monitor is connected.

NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the computer when the wireless heart rate icon is flashing.

FUNCTION BUTTON

MODE

Press the button to switch display or automatically display through each function value in sequence every 6 seconds.

Hold the MODE key for 2 seconds to reset all values except TOT when Bluetooth is not connected.

Press and hold the MODE key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the computer will enter sleep mode.

OPERATION

1. POWER ON

Installs 2 pieces of 1.5V AAA batteries. (Whenever batteries are removed, all the functions values will be reset to zero.)

2. 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-->CAL-->TOT-->SPM-->PULSE-->SCAN

4. TIME

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

5. CNT

Display current exercise times of the user from 0 up to 99999.

6. 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.

7. TOT

Display current exercise times of the user from 0 up to 99999k.

8. SPM

Displays current times per minute.

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

Display the user's heart rate from 40-240 upon pulse signal detected with pulse symbol flashing. The pulse graphic will not be flashing upon no pulse signal detected. and when there is no heart rate, "P" is displayed.

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.

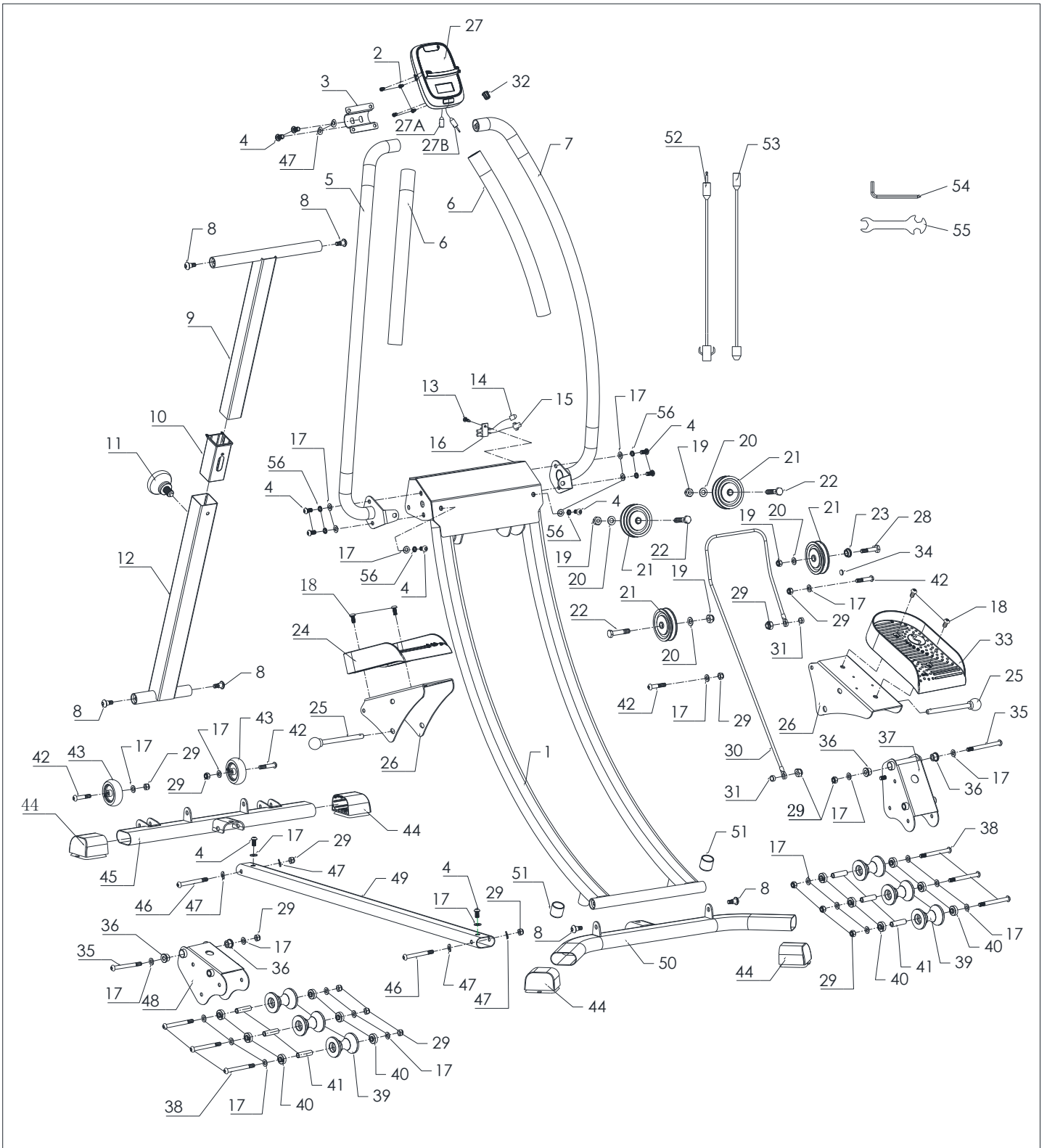
4. The information displayed is an estimate only. Actual values may vary depending on factors such as body weight, resistance level, workout intensity, and other individual conditions. This information is provided for reference purposes only and should not be used for medical or dietary purposes.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Crosshead Screw	M5*10	4
3	Computer Board	106*70*T2.0	1
4	Hexagon Bolt	M8*16	10
5	Left Handlebar		1
6	Foam Grip	φ33*3*430	2
7	Right Handlebar		1
8	Shoulder Bolt	φ10*M8*20	6
9	Upper Front Support Tube		1
10	Bushing	38*38	1
11	Knob	M16*1.5*25	1
12	Lower Front Support Tube		1
13	Crosshead Screw	ST4.2*16	1
14	Sensor Wire 1	L-100	1
15	Sensor Wire 2	L-100	1
16	Induction Seat		1
17	Flat Washer	d8*φ16*1.5	28
18	Hexagon Bolt	M8*20	4
19	Lock Nut	M10	4
20	Flat Washer	d10*φ20*1.5	4
21	Pulley	φ75*22	4
22	Hexagon Bolt	M10*45	3
23	Bushing	φ20*φ10.1*7	1
24	Left Pedal		1
25	Ball Head Pin	φ10*115	2
26	Pedal Adjustment Plate		2
27	Computer	DSC03676	1
27A	Meter Wire A		1
27B	Meter Wire B		1

No.	Description	Spec.	Qty.
28	Hexagon Bolt	M10*50	1
29	Lock Nut	M8	16
30	Wire Rope	φ5*1325	1
31	Bushing	φ13*φ9*5	2
32	Grommet	φ12*φ4*12	1
33	Right Pedal		1
34	Magnet	φ12*t2	1
35	Hexagon Bolt	M8*105	2
36	Sleeve	φ20*φ8.5*11	4
37	Right Pedal Component		1
38	Hexagon Bolt	M8*80	6
39	Roller	φ47*φ12*59	6
40	Bearing	608ZZ	12
41	Sleeve	φ11*φ8.1*40.1	6
42	Hexagon Bolt	M8*40	4
43	Transportation Wheel	φ61*φ8.5*2.5	2
44	Foot Pad	60*30	4
45	Front Stabilizer		1
46	Hexagon Bolt	M8*70	2
47	Curved Gasket	φ16*φ8*1.5	6
48	Left Pedal Component		1
49	Bottom Tube		1
50	Rear Stabilizer		1
51	Cushion	φ30*φ25*27	2
52	Middle Sensor Wire 1	L-950	1
53	Middle Sensor Wire 2	L-950	1
54	Allen Wrench	S5	1
55	Spanner	S13-S15-S17	1
56	Spring Washer	D8*φ12*2.0	6

Exploded Diagram



Version: 1.0

Register

Register your product and verify warranty terms:



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