

# AEROPRO INDOOR CYCLING BIKE

SF-B1711

USER MANUAL

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: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).

## 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
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop
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
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the
6. Always use the equipment as indicated. If you find any defective components while assembling or
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 pounds (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 is
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold.

13.This equipment is designed for indoor and home use only. It is not intended for commercial use!

## **PARTS LIST**

No.

Description Spec.

Qty.

No.

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Qty.

Main Frame

Wave Washer D20XΦ26.5X0.6

Front Stabilizer

Belt Pulley

Rear Stabilizer

Center Axle

Handlebar Post

Hexagon Socket Head Bolt M10X16

Hex Socket Pan Head Bolt M6X12 Belt

L/R End Cap

2 pr. Pull Rod

Flat Washer D8XD20X2 Idler Wheel

Hexagon Socket Head Screw M8X20 Idler Linkage

Spring Washer D8 Hexagon Socket Head Screw M8X25

Hexagon Socket Head Screw M10X25 Nylon Nut M8

Flat Washer D10XD20X2 Oval Cap

L/R Crank

1 pr. Outer Chain Cover

Spring Knob

Inner Chain Cover

Sleeve

Front Cover

L/R Pedal  
1 pr. Flywheel Left Cover  
Handlebar  
L/R Decorative Cover  
1 pr.  
D Shape Plug  
Bushing  
Seat Post  
Cross Head Screw M6X10  
Bottle Holder  
Hex Flange Nut M12X1  
Seat Slider  
Flat Washer  $\Phi 12.5 \times 2 \times \Phi 24$   
Seat  
Hex Thin Nut M12X1  
Flat Washer D10Xd5X1  
Sleeve  $\Phi 18 \times \Phi 12.2 \times 6$   
Cross Head Screw M5X10  
Sleeve  $\Phi 18 \times \Phi 12.2 \times 18$   
Cross Head Self Tapping Screw ST4.2X16  
Bearing  
Shipping Tube  
Flywheel Axle  
Crank Cover  
Inner Sleeve  
Hex Flange Nut M10X1.25  
Flywheel  
Cover  
Hex Screw M8  
Axle Spring Washer D20

Hex Socket Head Screw M8X70

Bearing

Magnetic Board

Hexagon Socket Head Bolt M6X40

Plate

Flat Washer D10Xd6X1

Tension Knob

Nylon Nut M6

Arc Washer D6

Brake Sleeve

Allen Wrench S6

Brake Adjustment Tube

Wrench S13-15

Plastic Washer

Spanner S14-15-17

Compressed Spring

L/R Nylon Nut 9/16X20XH9 1 pr.

Stop Collar

Spanner S17-19

Plastic Sleeve

Wave Washer D17XΦ22X0.3

Brake Bolt

Transport Wheel

Screw M5X10

Hex Socket Pan Head Bolt M8X30

Ordering Replacement Parts (U.S. and Canadian Customers only)

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

The model number (found on cover of manual)

The product name (found on cover of manual)

The part number found on the "EXPLODED DIAGRAM" and "PARTS LIST" (found near the

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

STEP 2:

IMPORTANT!

Read instructions

Remove the Nylon Nuts (No. 78L/R) located on the Pedals (No. 15L/R). The Right Nylon Nut (No. 78R) is white on the inside. The Left Nylon Nut (No. L) is blue on the inside.

Screw the Left Pedal (No. 15L) COUNTER-CLOCKWISE into the Left Crank (No. 12L). Once it is properly screwed into the place, use the Wrench (No. 76) to hold the bolt of the pedal and screw the Left Nylon Nut (No. L) CLOCKWISE to the thread end of the Left Pedal (No. 15L) securely with Spanner (No. 79).

Screw the Right Pedal (No. 15R) CLOCKWISE into the Right Crank (No. 12R). Once properly screwed into the place, use the Wrench (No. 76) to hold the bolt of the pedal and screw the Right Nylon Nut (No. 78R) COUNTER CLOCKWISE to the thread end of the Right Pedal (No. 15R) securely with Spanner (No. 79).

## SPD PEDAL INSTALLATION

Before use, read these instructions carefully.

- Practice engaging and disengaging from the pedals several times in a stationary position before
- Before using, lubricate the concave area of the clip.
- Keep the cleat and pedal clean to ensure proper usage.
- The cleat of our clipless is adaptable for all standard SPD shoes. This cleat allows for a 4 degree
- Before using, adjust the retention force of the pedal to suit yourself.

NOTE:

- The cleat has an adjustment range of 5 mm from right to left. After tightening the cleat, practice
- Check your pedals every time before you ride the bike.
- When the pedal starts to have play on the axle, it will not function properly. We recommend you

Engaging Disengaging

Press the cleat into the pedal. Remove by twisting your heel to the outside.

### ADJUSTING THE SPRING TENSION AND RETENTION FORCE

The tension of the spring is adjusted for each pedal (top and bottom) with the rear adjustment bolt using 3mm Allen Wrench.

Turn the bolt clockwise to increase retention force and counter-clockwise to decrease retention force.

## **ADJUSTMENTS GUIDE**

### **ADJUSTING THE BALANCE**

In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should adjust the dials located on the Rear Stabilizer (No. 3). To do so, turn the dials clockwise (direction A) to raise, and turn them counter clockwise (direction B) to lower.

### **ADJUSTING THE SEAT**

An appropriate seat height helps to ensure your exercise efficiency and reduce the risk of injury. Adjusting the seat forward or backward can help you work out different body muscle groups.

With one pedal in the upward position, place your foot in the toe clip and get on the bike. If your leg is bent too much, you should move the seat up. If your foot cannot touch the pedal or your leg is too straight, you should move the seat down.

Dismount the bike before adjusting the seat.

Loosen and pull the [seat post] Spring Knob (No. 13) to raise or lower Seat Post (No. 18) to the desired position. Make sure Spring Knob (No. 13) secures into the desired hole.

Loosen and pull [seat slider] Spring Knob (No. 13) to move the seat forward or backward to the desired position. Once the position is located, firmly secure Spring Knob (No. 13) by turning clockwise.

### **EMERGENCY BRAKE AND ADJUSTING THE RESISTANCE**

You can adjust the tension level of the bike by rotating the Tension Knob (No. 73). To increase the level of resistance, rotate the tension knob clockwise. To decrease the level of resistance, rotate the tension knob counter-clockwise.

During exercise, you can stop the bike immediately by pushing down on the tension knob. This is the emergency brake.

## **DISMOUNTING THE BIKE**

Stop the flywheel at any time by pushing down on Tension Knob (No. 73). When the pedals have stopped moving, loosen the pedal straps. Then you can dismount the bike.

**WARNING!** Do not dismount the bike or remove your feet from the pedals until the pedals have stopped completely.

### **ADJUSTING THE HANDLEBAR**

Loosen and pull the [handlebar adjustment] Spring Knob (No. 13) to raise or lower the Handlebar (No. 16) to the desired position. Make sure the Spring Knob (No. 13) settles into the desired hole and secure it firmly by turning clockwise.

#### ADJUSTING THE PEDAL STRAP

Place the ball of each foot in the toe clips so the front of your shoe fits snugly in the toe clip cage. Rotate one foot to within arm's reach and pull the strap until the top clip cage fits your shoe snugly. Insert the strap back into the hoop of the toe clip.

Repeat this for the other foot.

#### MOVING THE BIKE

To move the bike, first ensure that the Handlebar (No. 16) is properly secured. If the handlebar is loose, tighten the Knob (No.13) to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the handlebar. place one foot on the front stabilizer and tilt the bike towards you until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

## MAINTENANCE INSTRUCTIONS

This is general information for daily, weekly and monthly maintenance to be performed on your bike.

#### DAILY MAINTENANCE

After each exercise session, wipe down all over the equipment: seat, frame, handlebars.

Pay special attention to the seat post, handlebar post and belt/chain guard. Sweat is very corrosive and may cause problems that require parts replacement later.

1. Get on the bike and engage the drive
2. Pay attention to any vibrations felt
3. Use a wrench to tighten the pedals until

#### MONTHLY MAINTENANCE

1. Check all hardware is secure, such as: water
2. Inspect the brake tension rod for signs of
3. Clean and lubricate the seat post, handlebar

#### WEEKLY MAINTENANCE

1. Inspect moving parts and tighten the

2. Inspect pull pin frame fittings. making
3. Clean and lubricate pop pin assemblies.

Pull on the pin and spray a small amount of lubricant onto the shaft.

4. Tighten the seat hardware. making sure
5. Brush and treat the resistance pads.

Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel.

6. Visually inspect the bottom bracket. toe

#### LEATHER BRAKE PAD CARE (If Applicable)

1. Perform this maintenance when the brake
2. Some brake pad assemblies are pre
3. If the brake pad is dry. then coat the brake
4. Inspect the brake pad weekly and lubricate if

Version 1.1

#### **Warning**

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.