

ATTENTION: Please verify that all parts associated with this product are in good condition and accounted for. During the assembly process please be sure to follow each step accordingly as it has been explained within the manual.

WARNING: During assembly, it is recommended that all bolts be tightened by hand. Upon completing assembly, bolts should then be properly secured using the wrench provided. To avoid injury, check bolts carefully before use.

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 or 1- 877 - 90SUNNY (877-907-8669).

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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 4 feet (1.2 M) 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 350 pounds (160 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 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!

Parts List

Description

Tablet Holder Assembly

Tablet Holder

Flat Washer

Flat Cross Hex Screw

Seat Slider

Seat Post Assembly

Seat Slider Rail

Seat Post Panel

Top Cover(Back)
Top Cover(Front)
Bottom Cover(Back)
Bottom Cover(Front)
Adjustment Knob
Knob Plug Pin
Flat Cross Head Screw
Saddle
Handle Pop-Pin(Short)
Flat Cross Head Screw
Flat Cross Head Screw
Handlebar Post Assembly
Bottom Cover(Front)
Bottom Cover(Back)
Hex-Socket Flat Hex Screw
Handrail Panel
Handlebar and Water Bottle Holder Assembly
Adjust Handlebar Block(Top)
Top Cover(Front)
Top Cover(Back)
Handle Pop-Pin
Adjust Handlebar Block
Flat Inner Hex Screw
Permanent Magnet
Bearing Lf-1910zz
Brake Block-Right
Brake Block-Left
Brake Gasket Assembly
Flat Cross Head Screw
Nylon Nut

Brake Line Turntable
Rear Stabilizer
Hex Nut
Leveler Foot
Description
Frame Assembly
Hex Blind Nut
Bottom Bracket Set
Left Cup Of Bottom Bracket
Bottom Bracket Left Fixed Circle
Right Crank
Sprocket / Pulley
Hex-Socket Flat Hex Screw
Crank Fixed Screw
Permanent Magnet
Left Crank
Bearing
Outer Circle Tube Assembly
Front Sprocket/ Pulley
Hub Lining
Hex Nut
Idler Pulley Adjust Screw
Idler Pulley Positioning Nut
Idler Pulley Arm Bushing
Belt
Brake Block Axle
Brake Block Axle Lining
Brake Spring
Brake Lever
Brake Knob

Flat Cross Head Screw
Brake Knob Cover
Brake Cover
Flat Washer
Compression Spring
Square Plastic Bushing
Washer
Nylon Nut
Flat Washer
Slider Block
Pedal
Nylon Nut
Flat Washer
Hand Brake Rotating Shaft Pin
E Type Circlip
Handlebar Adjustment Knob
Crown Block
Spec.
Sus304 m6(d12*d6.5*2.0t)
Sus304 (m6*p1.0*55l)
(UCP)M4*P0.7*10L
Sus304 (m3*p0.5*6l)
Sus304 (m4*p0.7*8l)
Sus304 (m8*p1.25*12l)
Sus304 (m8*p1.25*25l)
Lf-1910zz
Sus304 (m4*p0.7*40l)
Sus304 (\varnothing 3/8"*16t*8t)
Spec.
(m8x p1.25x 10l)



6004-2rs

Sus304 (d10x218l)

(m4x p0.7x10l)

Sus304 M8(d16*d8.1*1.6t)

(d12*40l*1.5t)

Sus304 (m8*p2.0)

Sus304 m8(d19*d8.5*1.0t)

Vp-S2

(m5*p0.8)

M8(d16*d8.2*1.0t)

Tools & Hardware

Assembly Parts List

Hex-Socket Screw (4PCS)

Flat Washer (4PCS)

Handlebar and Water Bottle Holder Assembly (1PCS)

#120 Fixing Stator For Meter (1PCS)

#121 Meter (1PCS)

HexSocket Screw (2PCS)

Flat Washer (2PCS)

Tablet Holder (1PCS)

#122 Heart Rate Strap (1PCS) Pedal Vp-S2 (L/R 2PCS)

#123 Round Head Cross Screw (2PCS)

Handlebar Adjustment Knob (1PCS)

#104 Rear Stabilizer (1PCS) #116 Front Stabilizer (1PCS)

Combination Cross Wrench 13/14/15/mm

Handlebar Post Assembly(1PCS)

L-Hex Wrench 4mm/60Lx25L Open end wrench 22mm

L-Hex Wrench 5mm/76Lx27L

Assembly Instructions

STEP 1:

Attach the Front and Rear Stabilizers (No. 104 and No. 116) to the Main Frame (No. 1) using 4 Hex Screws (No. 63). 4 Flat Washers (No. 34). Tighten and secure using Hex Wrench (B).

Handlebar Adjustment Knob Assembly Remove the Handlebar Adjustment Knob (No. 41) from the Pedal bag and turn clockwise to tighten firmly into the frame with Wrench (D).

Assembly Instructions

STEP 3:

IMPORTANT : Please read these instructions carefully. Failure to do so may cause permanent damage to your bike.

Connect Pedals L/R (No. 36) onto the Left and Right Crank Arms (No. 6 and No. 11). Before you begin, immobilize the crank arms by turning the Knob (No. 25) all the way to the right.

NOTE: Pedals L/R (No. 36) are marked L for the Left pedal and R for the Right pedal.

Left Pedal: Align the left pedal, Pedal L (No. 36) with the Left Crank Arm (No. 11) at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal counterclockwise as tightly as you can with your hand. Tighten and secure with Combination Wrench (C).

IMPORTANT: The Left Pedal (No. 36) contains reverse threading. When installing, you must turn it counterclockwise to tighten.

Right Pedal: Align the right pedal, Pedal R (No. 36) with the Right Crank Arm (No. 6) at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal clockwise as tightly as you can with your hand. Tighten and secure with Combination Wrench (C).

Assembly Instructions

STEP 4:

The assembly is complete!

Before beginning use of the equipment, please be sure to inspect the entire bike carefully. Ensure that all moving and stationary parts have been properly installed and are operational; inspect all screws, nuts, and bolts to make sure that they are tightened and secure.

User Instructions

This section will instruct you on how to properly use and make adjustments to components on the bike. Items which will be covered include seat adjustment, handlebar adjustment, resistance adjustment, using the emergency brake, pedal strap adjustment, dismounting the bike, moving the bike, and leveling the bike.

NOTE: Properly assembling the equipment before use is very important, please be sure to follow all instructions as detailed in the assembly instructions section of the owner's manual.

SEAT ADJUSTMENT

Proper seat height helps to ensure the maximum exercise efficiency and comfort while reducing the risk of injury. Adjusting the seat forward and backwards allows the rider to target and work lower body muscle groups.

SEAT HEIGHT ADJUSTMENT

Do NOT raise the seat height above the STOP mark on the seat post.

1. To adjust the seat height, turn the Seat Height Adjustment Knob (No. 41) counter-clockwise
2. Rotate the crank so that the pedals are at the 12 and 6 o'clock position.
3. Place your foot into the toe cage of the pedal closest to the floor and mount the bike. ensure that the ball of your foot is over the center of the pedal. If your leg is too straight or your foot cannot touch the pedal you will need to lower the seat. If your leg is bent too much you will need to raise the seat.
4. If necessary, you may need to make several different seat height adjustments in order to find the most comfortable position. Repeat the instructions of Steps 1, 2 & 3 until you locate the desired seat position.
5. When you have obtained the desired seat position, be sure to note the number on the seat post for future reference.

User Instructions

SEAT SLIDER ADJUSTMENT

1. Simply loosen the Adjustment Knob (No. 77) counter-clockwise and slide the Seat (No. 80)

NOTE: If necessary, you may need to make several different adjustments to the seat in order to find the most comfortable position. Repeat the instructions of Step 1 & 2 until you locate the desired seat position.

HANDLEBAR ADJUSTMENT

Proper handlebar height helps to ensure the maximum exercise efficiency and comfort.

Handlebar height is a matter of performance. adjusting the handlebars to a higher level will give the rider more of an upright position. lowering them will result in a more prone position. If discomfort in the back occurs during exercise the handlebars should be more accurately adjusted to your personal requirements.

HANDLEBAR HEIGHT ADJUSTMENT

Do NOT raise the handlebar height above the STOP mark on the handlebar post.

1. Begin by positioning the handlebars at the same height as the seat. Mount the bike and assume a riding position. Use this position to obtain a feel for the proper location of the handlebar that suits your comfort.

2. Turn Handlebar Adjustment Knob (No. 41) counter-clockwise and pull it outward to release

Note: If necessary, you may need to make several different handlebar height adjustments in order to find the most comfortable position. Repeat the instructions of Steps 1 & 2 until you locate the desired handlebar position.

When you have obtained the desired handlebar position, be sure to note the number on the handlebar post for future reference.

User Instructions

RESISTANCE ADJUSTMENT

In order to change the intensity of your workout, the resistance can be easily adjusted at any time while riding.

Turn the Resistance Knob (No. 25) clockwise (+) to increase the level of resistance. Turn the Resistance Knob (No. 25) counter-clockwise (-) to decrease the level of resistance.

EMERGENCY BRAKE

In case of emergency and before dismounting the bike, press directly down on the Resistance Knob (No. 25) to enforce the brake system and bring the flywheel to an immediate stop.

PEDAL STRAP ADJUSTMENT

Feet should be securely positioned in the toe clips during exercise. Place your feet as far forward into the toe-clips as you can. With your feet in place, turn the crank to bring one foot to within arm's reach, grasp the pedal strap and pull it upward to tighten the toe-clip cage, then insert the strap back into the hoop of the toe-clip. Repeat this process to secure your other foot.

LEVELING THE BIKE

In order to achieve a smooth and comfortable exercise during use, you must ensure that the stability of the bike is correct. If you notice that the bike is unbalanced, you may adjust the leveling feet located beneath the front and rear stabilizers of the bike. To do so, use the Combination Wrench (C) to loosen the Hex Nut (No. 105) by turning it clockwise. With the nut loosened, rotate the Leveler Foot (No. 106) until it is leveled with the surface that the bike is on. When you have finished adjusting the leveler foot, re-tighten the Hex Nut (No. 105) by turning it counter-clockwise using the Combination Wrench (C). If required, repeat this process to adjust the remaining leveler feet on the bike.

User Instructions

NOTE: When moving the bike, always move with caution as unexpected impacts or dropping the bike may affect its operation.

A. Wheels on the Front Stabilizer 1. To move the bike, first make sure that the Handlebar (No. 89) is properly secured. If the handlebar is loose, tighten the Handlebar Adjustment Knob (No. 41) to

secure it. Next, stand at the front of the bike so that you're directly in front of the handlebars. Firmly grasp and hold each side of the handlebar. place one foot on the stabilizer and tilt the bike towards you until the transportation wheels on the front stabilizer touch the ground. With the wheels securely on the ground, move the bike to the desired location.

B. Wheels on the Rear Stabilizer 1. Please squat down and grasp the Front Stabilizer (No. 104). one hand on the right and another hand on the left.

2. Lift up the bike and stand up (the best angles from stabilizer with ground is 50°.) 3. You can easily roll the bike in any direction.

4. Grasp the Handlebar (No. 89) by your left hand when you feel the wheels touch the ground.

5. Grasp the Handlebar (No. 89) by your right hand and put down the bike.

DISMOUNTING THE BIKE

WARNING:

Do NOT attempt to dismount or remove your feet from the pedals until both the flywheel and the pedals/crank have come to a complete stop. Failure to follow this warning may lead to loss of control and/or serious injury.

Here are a few examples of how to safely and properly dismount the bike:

1. Reduce the pedal speed until the pedals/crank come to a complete stop.

2. Increase the resistance until the pedals/crank come to a complete stop.

3. Push and hold the resistance knob down to engage the Emergency Brake function. hold until the pedals/crank come to a complete stop.

MOVING THE BIKE

BELT DRIVE TENSION

The belt on this bike was pre-tensioned and pre-lubricated prior to being shipped. The belt should not require any adjustments upon the bikes initial uses. However, you may need to make minor tension adjustments over time.

Note: Make sure you adjust the tension equally on both sides when tightening or loosening to ensure that the flywheel is in alignment with the frame.

Gently move the crank arms back and forth with your hand. If there is more than 1/4" (0.64 cm) of space granted in the movement of the crank before the flywheel starts turning, you will need to adjust the belt tension.

Maintenance

Note: If you still feel strong vibration even after adjusting the belt, you will need to repeat these steps again until the issue has been solved.

ADJUST THE BELT TENSION:

1. Remove the 2 Guard (Top) Cover (No. 47) on the Guard (top) (No. 46). Remove the 4 Screws (No. 50) and 2 Screws (No. 51). Remove the Guard (top) (No. 46).
2. Remove the 7 Screws (No. 50) and remove the Right guard (No. 44).
3. Use L type wrench (B) to loosen 2 Hex Screws (No. 55) two turns counterclockwise.
4. Use L type wrench (B) to adjust Screw (No. 17). Turn counter-clockwise to loosen belt. Turn clockwise to tighten belt. Then adjust the belt. Tighten the 2 Hex Screws (No. 55) clockwise.
5. Turn the crank to see if belt runs smoothly. You can also try riding the bike to test the belt tension. If there is still a problem, repeat step #4 until belt is at correct tension.
6. Put the Right guard (No. 44) back on and re-tighten the 7. Screws (No. 50). Putting the Guard (top) (No. 46) back on and re-tighten the 4 Screws (No. 50) and 2 Screws (No. 51).

Maintenance

Part Recommended Action Cleaner Lubricant

Bike

(Frame, seat/handlebar post)

Wipe down to remove any moisture. This is important because excessive sweat or water may lead to rust or corrosion

Damp cloth or soap & water diluted non- abrasive cleaning liquids

Flywheel Check the alignment N/A

Pedal/Crank Arms

Inspect for wear and tear. excessive play indicates that the pedal is loose and needs to be tightened or that the pedal and/or crank arm threading may be worn. Replace if necessary before continuing use.

Main Frame While riding, check for vibration. If the bike vibrates during use you may need to tighten the pedals, bottom bracket, or adjust the belt tension.

IMPORTANT: Safe and effective use of your equipment can only be assured if the equipment is assembled, maintained, and used properly. Any components found to be worn and/or damaged should be replaced before continuing use of the equipment. Equipment should only be used and stored indoors. Prolonged exposure to weathering and changes in temperature and humidity may have a severe impact on parts of the machine.

Daily Maintenance: The life span and performance of your bike will be determined by how consistently you perform the daily maintenance.

Maintenance

Lubricant

Part Recommended Action Cleaner

Toe Clips/ Toe Straps Inspect for wear and tear. Re-tighten if loose or disconnected. Replace if needed.

N/A

Hardware Tighten all the frame hardware (Bolts. nuts. screws) N/A

Adj. Knob Inspect. clean. lubricate. and tighten all adjustment knobs Damp cloth WD-40 / 3-n-1

Stabilizers /Foot Pads

Inspect the stabilizers to ensure that they

Bottom Bracket Visually inspect to ensure that it is tight and secure. Re-attach and re-tighten if needed.

N/A

Lubricant Part Recommended Action Cleaner

Hardware (Full Inspection)

Re-check and secure all hardware such as water bottle holders. flywheel nuts. brake caliper lock nuts. brake caliper tension rod nuts. handlebar screws. chain guard screws and nuts etc.

Brake Tension Rod

Clean and lubricate the brake tension rod. inspect for signs of wear such as missing threads.

Small Brush WD-40 / 3-n-1

Seat Post/Handlebar Post and Seat Slider Tube

Clean and lubricate the seat post. handlebar post. and seat slider tube.

During cleaning. inspect each part for any build up. foreign material or wear at the insertion points. Replace parts if needed.

Small Brush

WD-40 / 3-n-1

Weekly Maintenance: This maintenance is the upkeep of the overall performance. Check for vibration and loose parts during this inspection.

Monthly Maintenance: This maintenance should be comprehensive and should involve checking the overall frame and main assembly components.

Included with your equipment is a set of SPD cleats compatible to the SPD pedals. Your SPD pedals have a standard pedal with toe cage on one side. which allows you to use regular shoes. as well as the SPD side on the other to attach your cleats. In order to use the SPD pedal. you would have to own a pair of SPD shoes designed to fit the cleats.

Use the image below to see the proper order that the SPD hardware should be placed in. Once combined. attach the cleats tightly into your shoes with the triangular portion of the cleat towards the front of the shoe. Ensure the lateral center line of the cleat is aligned to the ball of your foot and clip into the pedal. Cleat positions can be turned and adjusted. To release the cleat from the pedal. simply lift and twist your heel.

SPD cleat set

SPD shoes

SPD pedal

SPD Pedal Installation

Meter Instruction

DISPLAY FUNCTION:

ITEM DESCRIPTION

SCAN

In SCAN mode. press MODE/ENTER key to choose functions.

Automatically scan through each mode in sequence every 6 seconds.

The sequence of display when press MODE/ENTER key : TIME → DIST → CAL → PULSE → RPM/
SPEED

SPEED Range 0.0 ~ 99.9 Without any signal being transmitted into the monitor for 4 seconds during workout. SPEED will display "0.0"

RPM Range 0 ~ 999 Without any signal being transmitted into the monitor for 4 seconds during workout. RPM will display "0"

TIME

Without setting the target value. time will count up.

When setting the target value. time will count down from your target time to 0 and alarm will sound or flash.

Without any signal being transmitted into the monitor for 4 seconds during workout. time will STOP
Range 0:00 ~ 99:59

DISTANCE

Without setting the target value. distance will count up.

When setting the target value. distance will count down from your target distance to 0 with an alarm sound or flash.

Range 0.00~99.99

CALORIES

Without setting the target value. calorie will count up.

When setting the target value. calories will count down from your target calorie to 0 with an alarm sound or flash.

Range 0~9999

PULSE

Current pulse will display after 6 seconds when detected by the console.

Without any pulse signal for 6 seconds. console will display "P".

Pulse alarm will sound when current pulse is over the target pulse.

Range 0-30~230 BPM

Meter Instruction

KEY FUNCTION:

ITEM DESCRIPTION

Press SET key to increase value. Press and hold the key to increase value faster.

TIME setting range: 00:00~99:00 (Each increment is 1:00)

CAL setting range: 0~9990 (Each increment is 10)

DIST setting range: 0.00~99.50 (Each increment is 0.5)

PULSE setting range: 0-30~230 (Each increment is 1)

MODE/ENTER

Choose each function by pressing MODE/ENTER key.

Press and hold MODE/ENTER key for 2 seconds to reset all functions (same feature

RESET In setting mode. press RESET key once to reset the current function figures.

Press RESET key and hold for 2 seconds to reset all function figures.

RECOVERY After the console detects pulse signal. press the RECOVERY key to enter recovery

OPERATION PROCEDURE

- LCD will display all segments as Drawing 1.

POWER OFF

- Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode.

Meter Instruction

OPERATION 1. Workout setting

- Press MODE/ENTER key to select the function of TIME. DISTANCE. CALORIES and PULSE.

Use SET Key for setting and press MODE/ENTER key for confirmation.

- For instance the time set-up. when the time value is blinking. you can use SET Key to adjust the number. Press MODE/ENTER key for confirmation and skip to next set-up. The set-up of DISTANCE. CALORIES and PULSE is the same as TIME set-up.
- Once the workout begins and the console picks up the exercise signal. the value of SPEED/RPM. TIME. DST and CAL will count up on the display.

Recovery 1. The RECOVERY key will only be valid if pulse is detected.

2. TIME will show "0:60" (seconds) and counts down to 0.

Computer will show F1 to F6 after the countdown to test heart rate recovery status. User can find the heart rate recovery level based on the chart below.

3. Press RECOVERY key again to return to the beginning.

F1 Outstanding

F2 Excellent

F3 Good

F4 Fair

F5 Below average

F6 Poor

Trouble shooting:

- When the display of LCD is dim. it means the batteries need to be changed.
- If there is no signal when you pedal. please check if the cable is well connected.

NOTE: 1. When stop training for 4 minutes. the main screen will be off.

2. If the computer displays abnormally. please replace the batteries and try again.

Chest Belt Instruction

I. Product picture :

II. Standard wearing method:

Figure 1 Figure 2 Figure 3

III. Measuring your heart rate: 1. Wet your skin with water before putting on the chest belt. so the belt can detect the signal better.

2. Put on the chest belt as in Figure 1-3. then the belt can detect your heart rate. After 3 to 5 seconds. the meter will display the PULSE icon and your pulse.

3. If you will not be measuring your heart rate. take off the chest belt.

IV. Note 1. Wear the chest belt in the direction indicated.

2. Make sure the chest belt is as close to your heart as possible.

3. Chest belt transmits data via RF5.3 KHz 4. Signal range of the belt is 35-47 inches (90-120 cm)

5. Battery: The chest belt uses one 3V lithium battery. Factory has installed one in the meter. If signal range decreases or no signal is detected. replace the battery. The battery is located in the middle of the -chest belt. Use a coin to turn the cover counterclockwise to open up the battery compartment.

Dispose of old battery according to your regional guidelines.

6. Waterproof level = 1 ATM

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.