

CARBON PRO MAGNETIC

ELLIPTICAL

SF-E3981

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 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
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
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
6. Always use the equipment as indicated. If you find any defective components while
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 265 pounds (120 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
12. Your product is intended for use in cool and dry conditions. You should avoid storage in

13. This equipment is designed for indoor and home use only; it is not intended for commercial

No.

Description Spec.

Qty.

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Middle Axle

Washer d12*Φ17*0.5

Nylon Nut M6*H6*S10 Idler Wheel Shaft

Spring Washer d6 Wave Washer d12

Bolt M6*16*S10 Bearing 6001

Belt Wheel Φ260 Idler Wheel

Belt PJ380 Washer d6*Φ16

Round Magnet

Bolt M6*12*S10

Sensor Wire

Nylon Nut M8*H7.5*S13

Screw ST4.2*16 Compressed Spring Φ3.2

Bolt M5*55 Nut M10*1*H8*S15

Arc Washer d5*Φ20*1.2*R30 Bolt Set

Bearing 6004 Nut M10*1*H5*S17

Spacer Φ25*Φ20.2*4 Flywheel

Wave Washer d20 Plastic Column

Washer d20 Washer d10*20*2

Lower Tension Wire

Allen Wrench S5

Screw M5*10 Spanner S13-14-15

Bolt

HARDWARE PACKAGE

#13 d8 4PCS

#A S5 1PC

#B S13-14-15 1PC

#25 d8*Φ20*2*R16 4PCS

#24 M8*16*S5 4PCS

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 front of the manual)

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

BATTERY INSTALLATION & REPLACEMENT

BATTERY INSTALLATION

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the Computer (No. 1). then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the Computer (No. 1). Pay attention
4. Press the buckle of battery cover. then put the battery cover back to the back of the Computer (No. 1).

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the Computer (No. 1). then remove battery
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the Computer (No. 1). Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover. then put the battery cover back to the back of the Computer (No. 1).

The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

Battery Cover Battery

EXERCISE COMPUTER

WINDOW DISPLAY

1) Main window: SPEED/RPM; 2) TIME. DIS. (DISTANCE). CAL. (CALORIE). PULSE window;

KEY FUNCTION

MODE: 1) During use: press MODE button to switch main window between SPEED and RPM;

2) During inactivity: press MODE button to enter the Setting Mode and choose functions to set

3) Press and hold 3 seconds to reset all of the value to zero.

SET: In Setting Mode. press SET button to set the value for TIME. DISTANCE and CALORIE.

Once the value is set and user start the workout. it will count down from the set target value.

Computer will beep when the value counts down to 0.

RESET: In Setting Mode. press this button once to reset the current value to 0. Press and hold 3 seconds to reset all values to zero.

AUTO ON/OFF 1) If the computer did not receive any speed signal or key input for 5 minutes. it will get into sleep

2) Any speed signal input or key input can turn the computer on from sleep mode.

SPECIFICATION

TIME M:00S ~ 99M:00S

RPM 0 ~ 999 RPM

SPEED 0.00 ~ 99.9 Miles Per Hour Battery Type Size-AAA or UM-4

DISTANCE 0.0 ~ 99.9 Miles Operating Temperature 32°F ~ + 104°F

CALORIE 0.0~ 999 KCAL Storage Temperature 14°F ~ +140°F

PULSE 40-240 BPM

ADJUSTMENTS & USAGE GUIDE

ADJUSTING THE TENSION

Rotate the Tension Control Knob (No. 44) clockwise to increase the level of resistance. Rotate the Tension Control Knob (No. 44) counter-clockwise to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 10 being the highest.

ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the Adjustable Foot Pads (No. 50) located beneath the front and rear stabilizers. To do so, simply rotate the Adjustable Foot Pad (No. 50) until the elliptical becomes levelled with the floor surface.

MOVING THE ELLIPTICAL

To move the elliptical, hold Middle Handlebar (No. 4) and tilt the elliptical until the Transportation Wheels (No. 34) located on the front stabilizer touch the ground. With the wheels on the ground, you can transport the elliptical to the desired location with ease.

CLEANING The elliptical can be cleaned with a soft, clean, damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical after each use. Be careful not to get excessive moisture on the computer display panel as this might cause electrical hazard or electronics to fail.

Please keep the elliptical, especially the computer, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the elliptical for proper tightness every week.

STORAGE Store the elliptical in a clean and dry environment, away from children.

TROUBLESHOOTING

PROBLEM SOLUTION

There is no display on the computer.

1. Remove the computer and verify that the
2. Check if the batteries are correctly positioned
3. The batteries in the computer may be

The elliptical wobbles when in use.

Turn the adjustable foot pads located on the front and rear stabilizers as needed to level the elliptical.

The elliptical makes a squeaking noise when in use.

The bolts may have become loose on the elliptical. Please inspect all bolts and tighten any bolts that may have loosened.

Version 1.2

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.

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