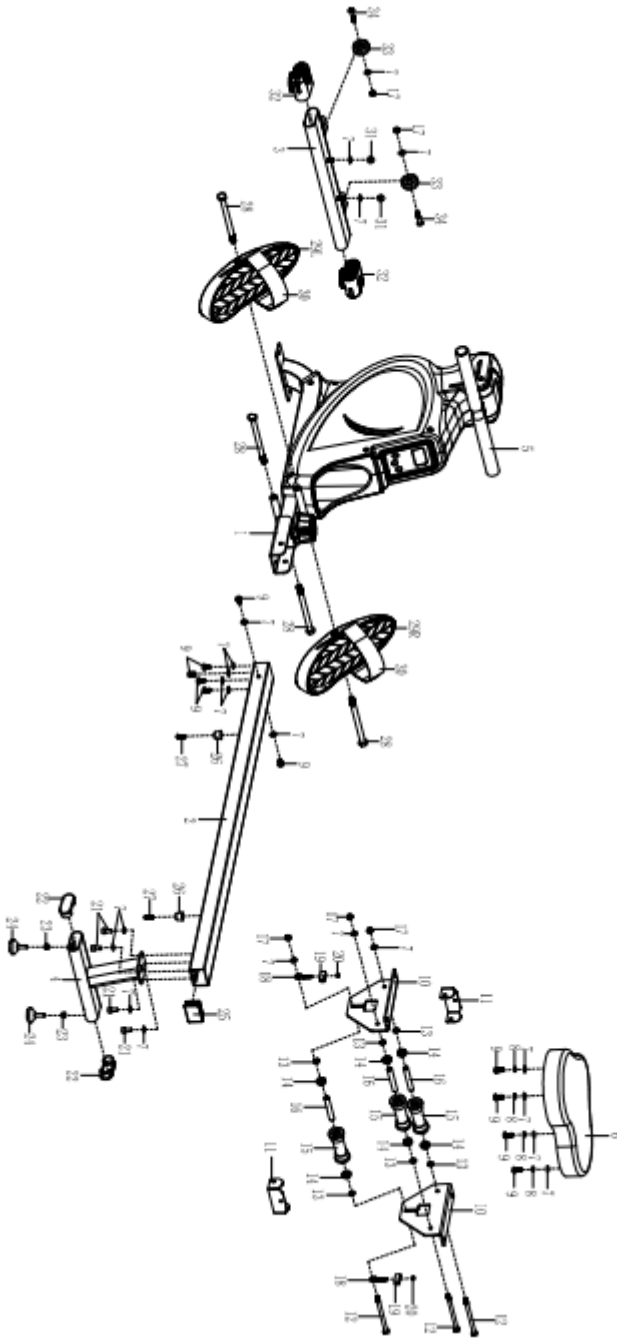
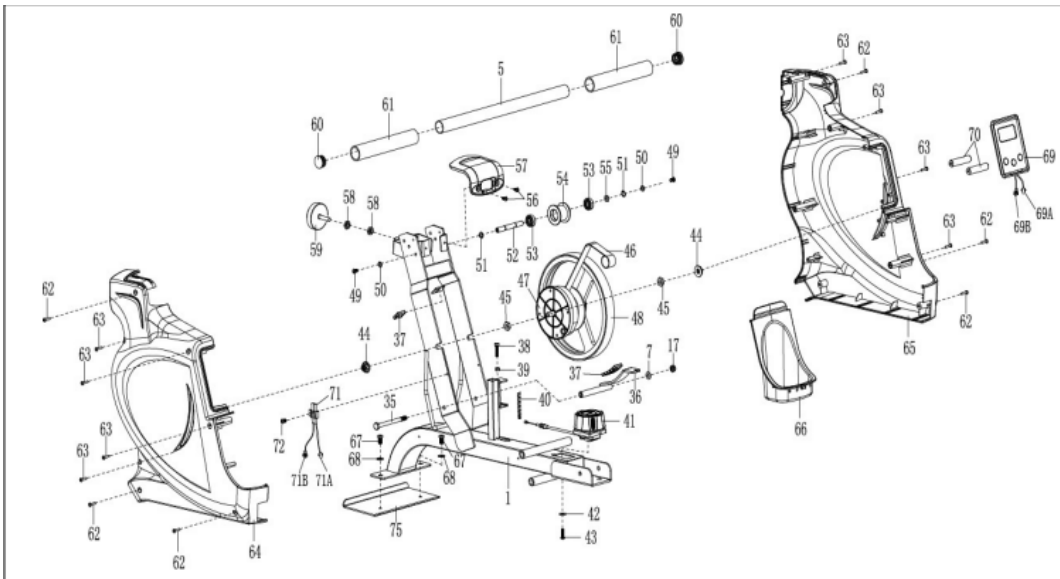


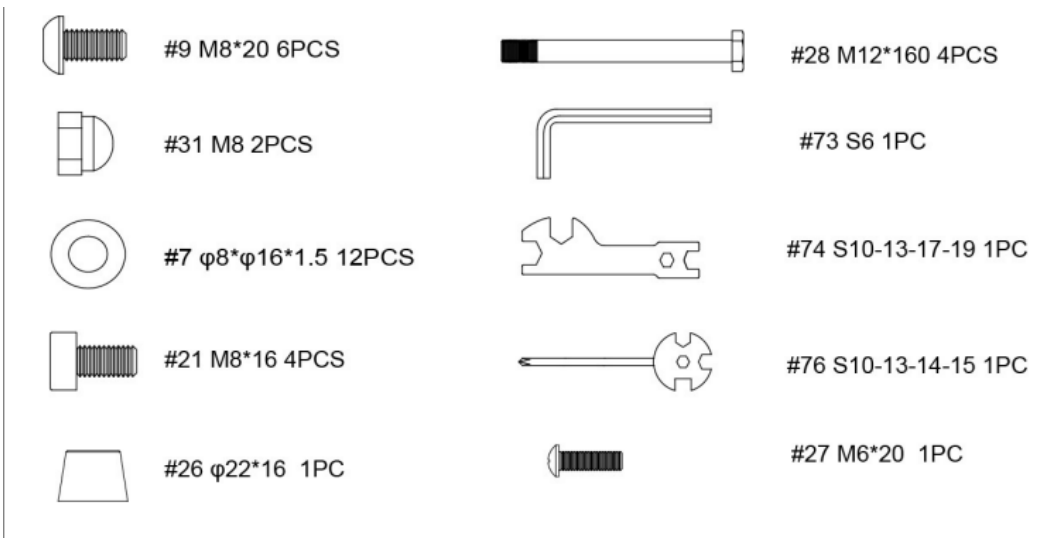
# EXPLODED DIAGRAM 1



## EXPLODED DIAGRAM 2

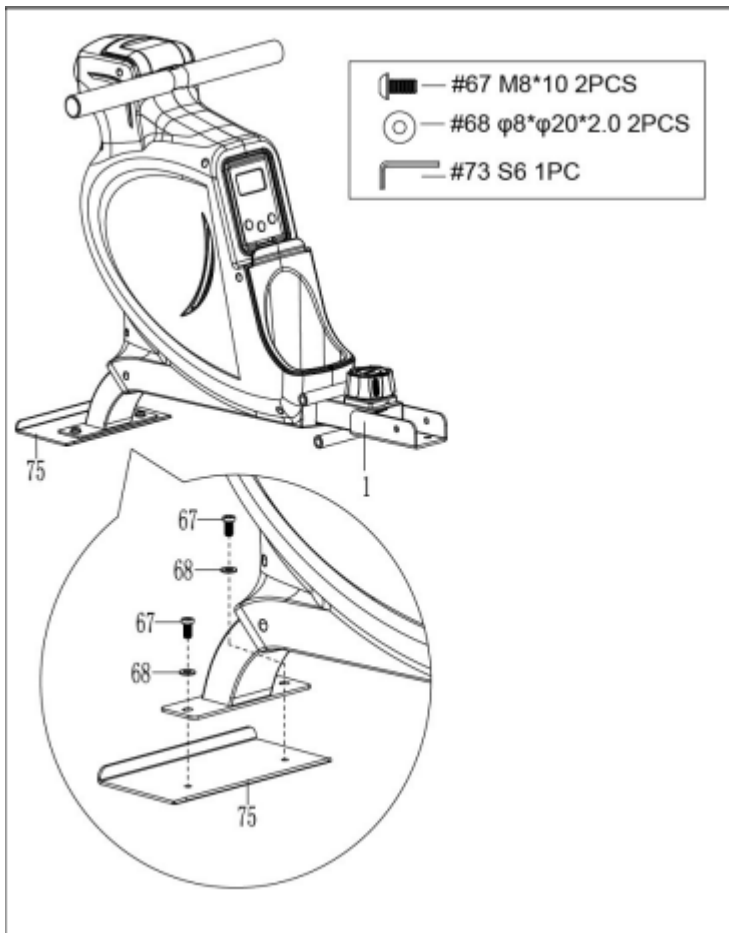


## HARDWARE PACKAGE



## ASSEMBLY INSTRUCTIONS

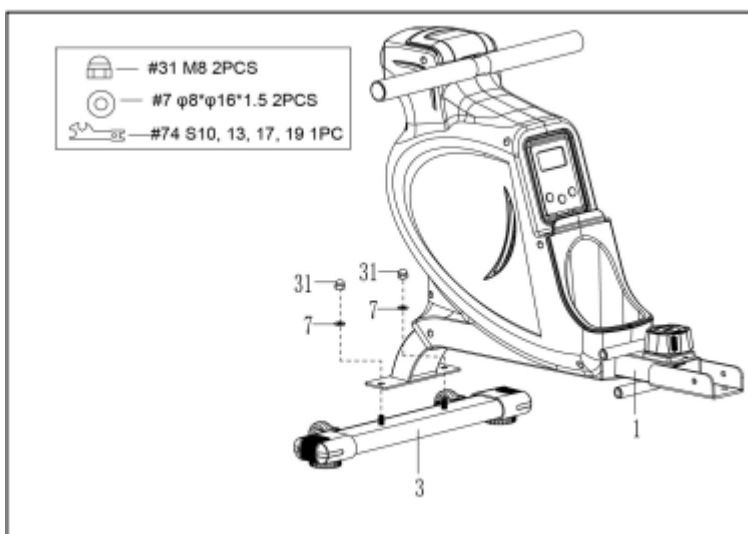
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



**STEP 1:**

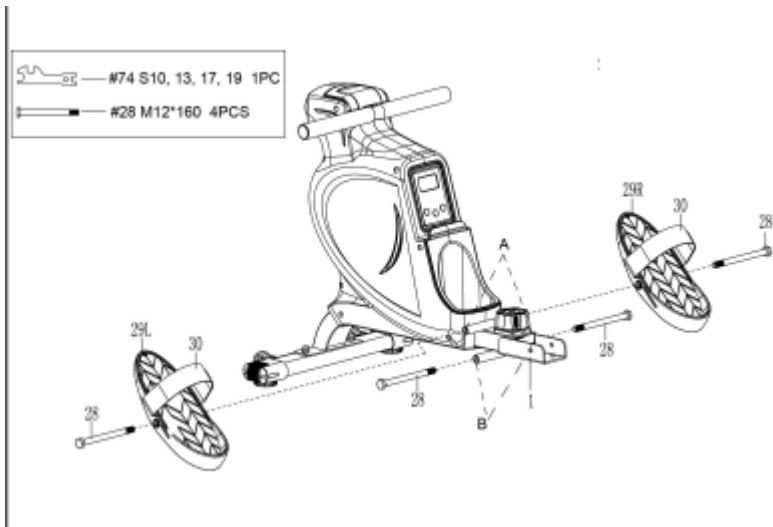
Remove the 2 **Bolts (No. 67)** and 2 **Plastic Washers (No. 68)** from **Main Frame (No. 1)** using **Allen Wrench (No. 73)**.

You may save these **Bolts (No. 67)**, **Plastic Washers (No. 68)** and **Fixing Plate (No. 75)** in case you'd like to repackage and transport this rower in the future.



**STEP 2:**

Attach the **Front Stabilizer (No. 3)** to the **Main Frame (No. 1)** using 2 **Nuts (No. 31)** and 2 **Washers (No. 7)**. Tighten and secure with **Spanner (No. 74)**.

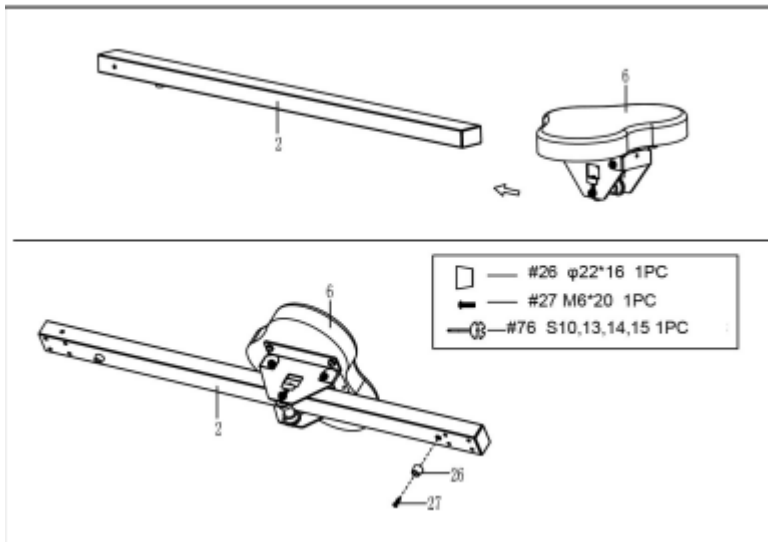


### STEP 3:

Insert 2 **Bolts (No. 28)** through the **Left & Right Pedals (No. 29L/R)** into the upper hole at position A of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74)**.

Insert 2 **Bolts (No. 28)** into the bottom hole at position B of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74)**.

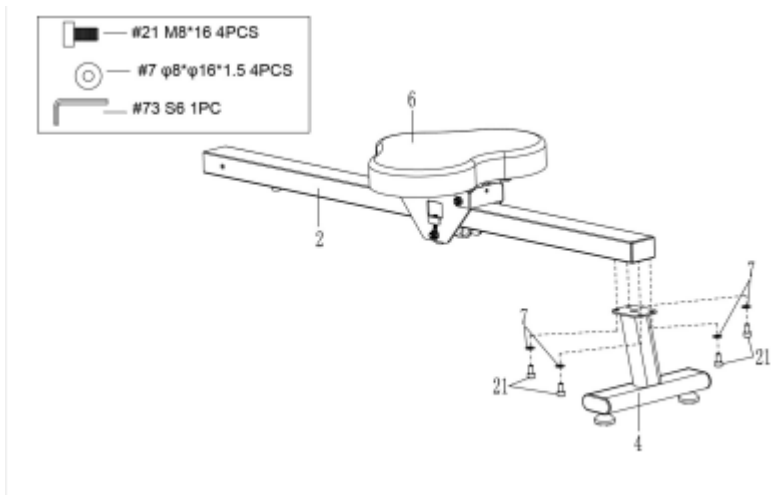
NOTE: The **Left & Right Pedals (No. 29L/R)** should rest on the bottom **Bolts (No. 28)** at position B.



### STEP 4:

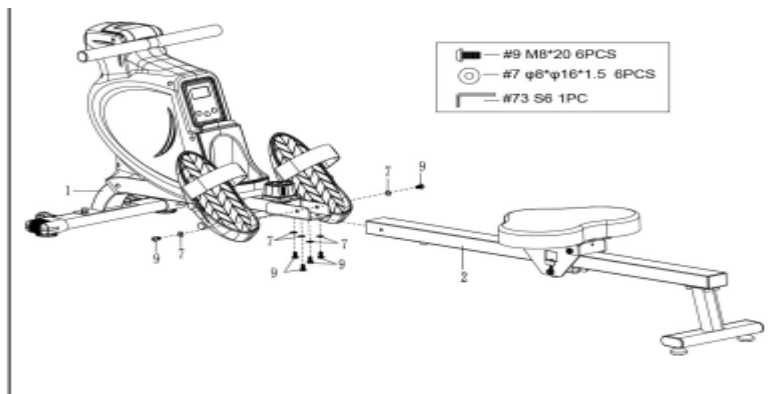
Slide the **Seat (No. 6)** into the **Sliding Rail (No. 2)**.

Attach 1 **Limit Mat (No. 26)** onto the **Sliding Rail (No. 2)** using 1 **Screw (No. 27)**, then tighten with **Spanner (No. 76)**.



**STEP 5:**

Attach the **Rear Stabilizer (No. 4)** to the **Sliding Rail (No. 2)** using 4 **Bolts (No. 21)** and 4 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 73)**.



**STEP 6:**

Attach the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** by securing 2 **Bolts (No. 9)** and 2 **Washers (No. 7)** onto the left and right sides of the **Main Frame (No. 1)**. Don't tighten the **Bolts (No. 9)** now.

Secure 4 **Bolts (No. 9)** and 4 **Washers (No. 7)** to the bottom of the **Main Frame (No. 1)**. Tighten all the 6 **Bolts (No. 9)** with **Allen Wrench (No. 73)** now.

The assembly is complete!

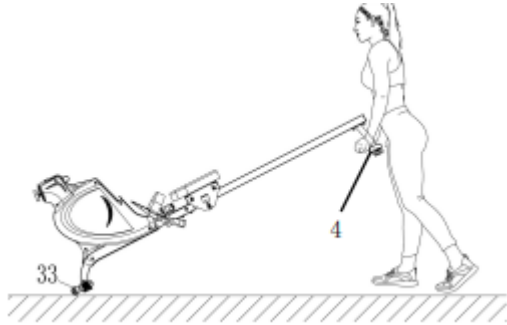
## ADJUSTMENTS & USAGE GUIDE

**CAUTION!** Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!



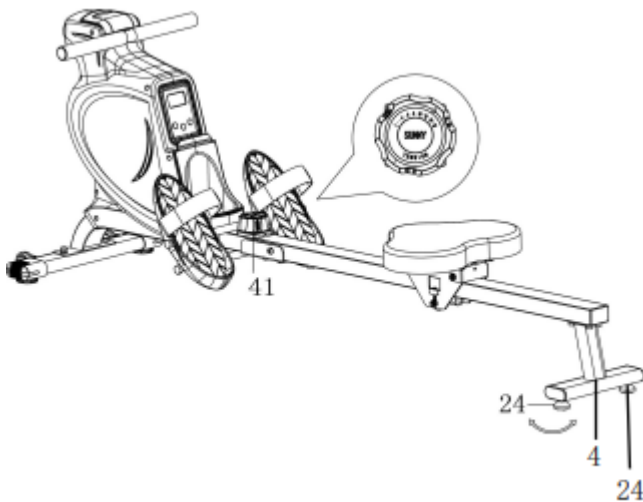
## PEDAL STRAP ADJUSTMENT

The pedal strap is adjustable and can be personalized to fit the user's foot size.



## MOVING THE ROWER

To move the rower, lift the **Rear Stabilizer (No. 4)** up until the **Transportation Wheels (No. 33)** on the front stabilizer touch the ground. With the **Transportation Wheels (No. 33)** on the ground, you can transport the rower to the desired location with ease.



## ADJUSTING THE BALANCE AND RESISTANCE

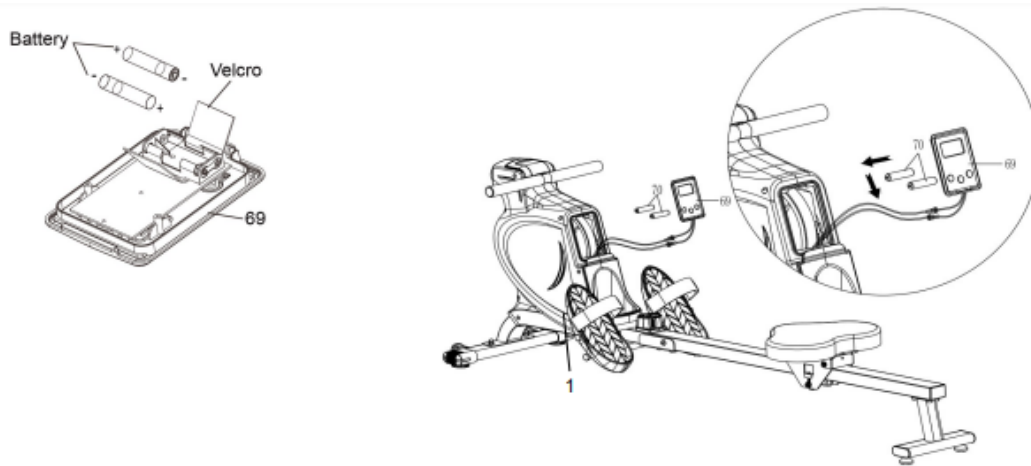
Adjust the **Foot Pads (No. 24)** on the **Rear Stabilizer (No. 4)** of the rower if the rower is unbalanced during use.

Turn the **Tension Control Knob (No. 41)** clockwise to increase the level of resistance.

Turn the **Tension Control Knob (No. 41)** *counter-clockwise* to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 16 being the highest.

## BATTERY INSTALLATION & REPLACEMENT



### BATTERY INSTALLATION:

1. Press the buckle on the bottom of **Computer (No. 69)**, then remove **Computer (No. 69)** from **Main Frame (No. 1)**. Then open the velcro above the battery case on the back of the **Computer (No. 69)**.
2. Take out 2pcs AAA batteries from the manual bag. Install the 2pcs AAA batteries into the battery case on the back of the **Computer (No. 69)**, then cover with the velcro. Press the buckle on the bottom of **Computer (No. 69)** and put the **Computer (No. 69)** back onto the **Main Frame (No. 1)**. Pay attention to the battery + and – poles before installing.

The installation is complete!

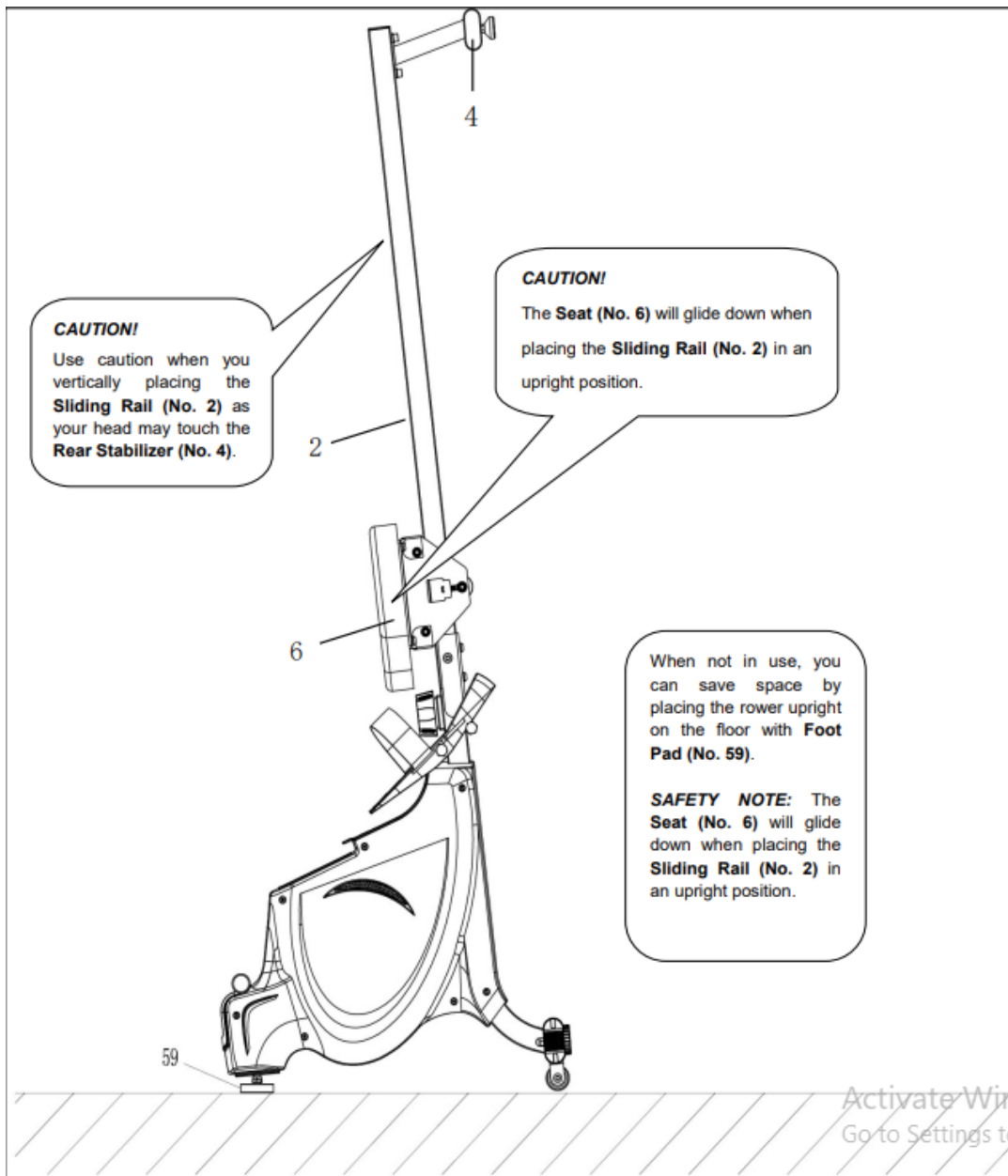
### BATTERY REPLACEMENT:

1. Press the buckle on the bottom of **Computer (No. 69)**, then remove **Computer (No. 69)** from **Main Frame (No. 1)**. Then open the velcro above the battery case on the back of the **Computer (No. 69)**.
2. Take out the 2pcs old AAA batteries from the battery case and install 2pcs new AAA batteries into the battery case on the back of the **Computer (No. 69)**, then cover with the velcro. Press the buckle on the bottom of **Computer (No. 69)** and put the **Computer (No. 69)** back onto the **Main Frame (No. 1)**. Pay attention to the battery + and – poles before installing.

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.

## STORAGE GUIDE



## EXERCISE COMPUTER

### FUNCTION KEYS:

**MODE:** To select your specification mode and/or turn on computer.

**SET:** To set a value of Time, Count, or Calories (when not in Scan mode).

**RESET:** Press to reset Time, Count, or Calories. Press and hold for about 3 seconds to reset all values, except Total Count.



**FUNCTIONS AND OPERATIONS:**

**AUTO ON/OFF:** The power will turn off automatically once there is no signal for 4 minutes. The computer will reactivate once the machine is put into motion or when a computer button is pressed.

**SCAN:** Press MODE button until SCAN appears. The computer will rotate through the four functions in the following order: TIME, COUNT, TOTAL COUNT, and CALORIES. Each function will be held for 6 seconds.

**TIME:** Counts the total time elapsed during your current workout.

**COUNT (CNT):** Counts the number of rowing strokes from your current workout.

**TOTAL COUNT (TOTAL CNT):** Counts the total amount of strokes from the first use.

**CALORIES (CAL):** Counts the total calories burned from current workout.

**COUNTDOWN:**

You can set the value of Time, Count or Calories to countdown.

1. Press **MODE** to select a function. Make sure you are not in SCAN mode.
2. Press **SET** to select a value you want. You can press **RESET** to clear the value.
3. When the display stops flashing, start rowing and the machine will start to countdown.

**BATTERY:** This computer uses two AAA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. 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.

**SPECIFICATIONS**

<i>FUNCTIONS</i>	SCAN	Every 6 seconds
	TIME	0:00~99:59 (Minute: Second)
	COUNT	0~9999 Count
	CALORIES	0.0~9999 Kcal
	TOTAL COUNT	0~9999 Count
BATTERY TYPE		(2) Two AAA or UM-4
OPERATING TEMPERATURE		0°C ~ 40°C
STORAGE TEMPERATURE		-10°C ~ 60°C



**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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