

44 LBS FLYWHEEL BELT DRIVE COMMERCIAL INDOOR CYCLING BIKE SF-B1735 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 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 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 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 are required.

12. Your product is intended for use in cool and 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.

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).

No.

Description Spec.

QTY.

No.

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QTY.

D24 Nut M12*1*H6*S19 E01 Computer

D25 Nut

E01a Computer Wire a

D26 Nut M8*H7.5*S13 E01b Computer Wire b

D27 Nut M8*H5.5*S14 E02 Handle Pulse Wire

D28L/R Nylon Nut 9/16"-20*H8*S19 E03 Sensor

D29 Bolt M8*16 *S6 E04 Trunk Wire

D30 Screw ST4.2*19 E05 Sensor Wire

D31 Bolt M10*16*S6 E06 Handle Pulse Sensor

E07 Magnetic

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

STEP 3:

WARNING!

Read instructions carefully as

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STEP 6:

Attach Computer (No. E01) onto the Computer Bracket (No. C18) located on the Handlebar (No. A06).

Connect the Computer Wire a (No. E01a) with the Sensor Wire (No. E05). Connect the Handle Pulse Wire (No. E02) with Computer Wire b (No.

E01b). Connect the Sensor Wire (No. E05) with the Trunk Wire (No. E04).

Adjust Computer (No. E01) to the desired angle then secure it in place with the preassembled Bolt (No. C18a) by Spanner (No. B16).

The assembly is complete!

ADJUSTMENTS GUIDE

ADJUSTING THE HEIGHT AND 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 Foot Pads (No. C09) located beneath the Front & Rear Stabilizers (No. A02 & No. A03) of the bike. To do so, use Spanner (No. B18) to loosen Nut (No. D08) by turning it clockwise (direction A). With the nut loosened, rotate the Foot Pads (No. C09) until it sits level with the surface that the bike is on. When you have finished adjusting the Foot Pads (No. C09), use Spanner (No. B18) to re-tighten the Nut (No. D08) by turning it counter-clockwise (direction B). If required, repeat this process to adjust the remaining Foot Pads (No. C09).

ADJUSTING THE SEAT

The seat of this bike is fully adjustable as it moves Up, Down, Fore (forward), Aft (backward).

To adjust the height of the Seat Post (No. A04), loosen and pull the [seat] T Shape Knob 2 (No. C15) outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the T Shape Knob 2 (No. C15) to secure the seat in place.

To adjust the seat back and forth, loosen and pull T Shape Knob 1 (No. C14) outward, then slide the Seat Slider Tube (No. A05) to the desired position. Once positioned, re-insert and tighten the T Shape Knob 1 (No. C14) to secure the seat slider tube in place.

ADJUSTING THE HANDLEBAR

It is important that the handlebar and seat are both set to the correct height to your body. To adjust the handlebar height, loosen and pull the [handlebar] T Shape Knob 2 (No. C15) outward, then slide the Handlebar (No. A06) up or down to the desired height.

Once adjusted, re-insert and tighten the T Shape Knob 2 (No. C15) to secure the handlebar in place.

PEDAL STRAP ADJUSTMENT

Your feet should be secured 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.

ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the Tension Control Knob (No. C10). Increase the level of resistance by turning the Tension Control Knob (No. C10) to the RIGHT (clockwise), decrease the level of resistance by turning the Tension Control Knob (No. C10) to the LEFT (counter-clockwise).

EMERGENCY BRAKE

During use, users can stop the bike completely by pushing down on the Tension Control Knob (No. C10). Pushing down on the Tension Control Knob (No. C10) will enforce the brake and bring the bike to an immediate stop.

TRANSPORTING THE BIKE

To move the bike, first ensure that the Handlebar (No. A06) is properly secured. If the handlebar is loose, tighten the [handlebar] T Shape Knob 2 (No. C15) 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 (No. A02) and tilt the bike towards you until the Transportation Wheels (No. C08) on the Front Stabilizer (No.

A02) touch the ground. With the Transportation Wheels (No. C08) on the ground, you can transport the bike to the desired location with ease.

NOTE: When moving the bike, always use caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's operation.

DISMOUNTING

For your safety, it is recommended that you never attempt to dismount or remove your feet from the pedals until both the flywheel and pedals/cranks have come to a complete stop. Failure to follow this recommendation may lead to loss of control and/or serious injury.

Here are a few examples of how to safely 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 Tension Control Knob (No. C10) down until the pedals/crank come to a complete stop.

SPD TECHNICAL SERVICE INSTRUCTIONS

Caution!

Before use, read these instructions carefully. Practice engaging and disengaging from the pedals several times in a stationary position before riding. Before using, lubricate the concave area of the clip. Keep the cleat and pedal clean to ensure proper usage. Before using, adjust the retention force of the pedal to suit your needs.

Note: 1. After tightening the cleat, practice engaging and releasing one shoe at a time.

2. Check your pedals every time before you ride the bike.

3. When the pedal starts to wear on the axle, it will not function properly. We recommend you replace the entire pedal.

Engaging Disengaging

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

ADJUSTING THE SPRING TENSION OF THE BINDING

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

Turn the bolt using 3mm Allen Wrench in a clockwise direction to increase retention force, and in a counter-clockwise direction to decrease retention force.

3mm Allen Wrench

Increase

Decrease

EXERCISE COMPUTER

FUNCTION BUTTONS

MODE:

Press to select the function displayed or enter value during setting mode.

Press and hold for 2 seconds to enter the RACE mode interface during STOP mode.

SET:

To set up the target value of TARGET. TIME. DIST. CAL.

Press the button and hold for 2 seconds to speed up the increment during stop mode.

RESET:

Press the button to reset function value during setting mode.

Press the button and hold for 2 seconds to reset all value to zero. (When the user replaces the batteries. all values will reset to zero.)

FUNCTIONS: SPEED: Displays the speed from 0 to 99.9 KPH or MPH.

AVG SPEED: Displays the average speed only in STOP mode.

MAX SPEED: Displays the maximum speed only in STOP mode.

CADENCE (RPM): Displays the frequency per minute from 0 to 999.

AVG CADENCE (AVG RPM): Displays the average cadence (RPM) in STOP mode.

MAX CADENCE (MAX RPM): Displays the maximum cadence (RPM) in STOP mode.

DISTANCE (DIST): Accumulates total distance from 0.0 to 999.9 KM or Miles. User can preset TARGET DISTANCE by pressing MODE & SET.

TARGET DISTANCE (TGT DIST): Users can preset the Distance in the TARGET mode.

CALORIES (CAL): Accumulate total calories from 0.0 to 9999. User can preset target calories.

RACE: Exercise in the TARGET mode.

TIME: Accumulates total time from 00:00 to 99:59. User can preset target Time.

TARGET TIME: Users can preset the Time in the TARGET mode.

PULSE: Display the current pulse rate.

MILES OR KILOMETERS SETTING: The default setting is miles. Press and hold SET and MODE together for 2 seconds to change to kilometers.

SET TARGET VALUES: 1. Press SET to select a target value. CADENCE will start to flash.

2. Press and hold SET and the value will increase continuously.

3. Press MODE to enter.

4. TIME will flash.

5. Press SET to select a value.

6. Press MODE to enter.

7. Repeat to select values for DIST and CAL.

1. TARGET: the preset CADENCE.

2. In STOP mode. press SET key to enter the TARGET setting in STOP mode. Press SET to increase the CADENCE five at a time. The setting change is 15 → 20 →110 → 115 → 120 → 15 → 20 → 3. The setting range of 15 -120 (Preset value is 60 CADENCES which equals six bars).

4. Each bar equals 10 CADENCE. Total is 12 bars.

When Current CADENCE is less than Target CADENCE. the up arrow next to the bicycle will be displayed.

Each arrow equals 10 CADENCES (1-10 CADENCES displays one arrow.

11-20 displays two). The maximum arrows displayed is 12.

This down arrow next to the bicycle icon will be displayed when the current

CADENCE is more than the TARGET CADENCE. The bicycle icon will be displayed during exercise mode.

RACE MODE: Press and hold MODE for 2 seconds to enter RACE mode.

In RACE mode. only TIME and DIST can be set.

Default values for 10 minutes / 4 (KM or Miles).

Total is 10 bars.

PULSE: To measure the pulse. press MODE until computer is on the PULSE function. Hold the hand pulse sensors for at least 5 seconds to measure your pulse. This value is for reference only. It cannot be used as the basis for medical treatment.

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.

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 the equipment: seat. frame. and 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 train.
2. Pay attention to any vibrations felt through
3. Use a wrench to tighten the pedals until

MONTHLY MAINTENANCE

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

WEEKLY MAINTENANCE

1. Inspect moving parts and tighten the
2. Inspect pull pin frame fittings to make sure the fittings are secured. Loose frame fittings may strip out threads over time and cause extensive damage.
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 to make sure the seat is level and centered.
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 pad
2. Some brake pad assemblies are pre-lubricated.

Squeeze the brake pad. If lubricant is released. then the pad has been pre-lubricated.

3. If the brake pad is dry. then coat the brake pad
4. Inspect the brake pad weekly and lubricate if

NOTE: If you are unable to resolve an issue using the troubleshooting guide above. please contact Customer Service at support@sunnyhealthfitness.com.

Version: 2.1

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.

