

# INDOOR CYCLING BIKE

SF-B1421

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
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
6. Always use the equipment as indicated. If you find any defective components while assembling
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 265 pounds (120 KG).
10. This 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 extreme
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

No.

Description Spec.

Qty.

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Brake Spring Board t1.2\*23\*122 Chain ½" \*1/8" \*104

Crank Cap Φ25\*7 Outer Chain Cover

Nut M10\*1.25\*H7.5\*S Crank Cover 100\*40

Left & Right Crank Washer d5\*Φ10\*1

Middle Axle Cover Φ50\*Φ32\*33 Screw ST4.2\*13\*Φ8

C Clip d17 Screw ST4.8\*16\*Φ10

Bearing 6203-2RS Washer d6\*Φ16\*1.5

Left Nylon Nut 9/16\*20\*H8\*S19 Blanking Plate

Right Nylon Nut 9/16\*20\*H8\*S19 L/R Pedal YH-76X 9/16"

Bushing 20\*20\*62 Spacer Φ21\*Φ17.1\*4

Inner Chain Cover

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

## **BATTERY INSTALLATION & REPLACEMENT**

### **BATTERY INSTALLATION:**

1. Take out 2 AA batteries from computer box; 2. Press the buckle of battery cover on the back of the Computer (No. 1). then remove battery cover; 3. Install 2 AA batteries into the battery case on the back of the Computer (No. 1). Pay attention to the
4. Press the buckle of battery cover. then put the battery cover back to the back of the Computer (No.
5. The installation is complete!

### **BATTERY REPLACEMENT:**

1. Press the buckle of battery cover on the back of the Computer (No. 1). then remove battery cover; 2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery
3. Press the buckle of battery cover. then put the battery cover back to the back of the Computer (No.
4. 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

## **ADJUSTMENTS & USAGE GUIDE**

### **ADJUSTING THE HEIGHT**

Loosen and pull out the [seat height] Adjustment Knob (No. 13) to adjust the height of the seat. You may also slide the seat forward or backwards by loosening and pulling out the [seat] Adjustment Knob (No. 13) on the Seat Slider (No. 16). You may adjust the height of the handlebar by using the [handlebar] Adjustment Knob (No. 13). When adjusting, you will see a limit on the seat post, seat slider, and handlebar post. Do NOT lift the posts passed this mark. Always check the Adjustment Knobs (No. 13) to ensure that they are fully secured when you finish making an adjustment.

### **ADJUSTING THE ANGLE OF THE SEAT**

Use Spanner (No. 33) to unscrew the nut under the seat. Adjust the seat to the desired angle and re-install and secure the nut. Check the nut periodically to ensure that it is tight and secured. Use the Spanner (No. 33) to tighten when necessary.

Note: In order to properly tighten the seat, it is important to note that you will need two Spanners (No. 33) (1 for each side) and will need to tighten the nut on each side simultaneously working in opposite direction of each other.

### **MOVING THE BIKE**

To move the bike, first ensure that the handlebar is properly secured. If the handlebar is loose, tighten the Adjustment 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 grab and hold each side of the Handlebar (No. 5), place one foot on the Front Stabilizer (No. 26) and tilt the bike towards you until the transportation wheels on the Front Stabilizer (No. 26) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

## **ADJUSTING THE TENSION & EMERGENCY STOP**

Adjust the tension by rotating the Tension Knob (No. 51) clockwise to increase the level of resistance. Rotate the Tension Knob (No. 51) counter-clockwise to decrease the level of resistance. Push down on Tension Knob (No. 51) to enforce the brake and stop the bike immediately.

### **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 end caps located on the rear stabilizer.

To do so, simply rotate the End Caps (No. 28) located on the Rear Stabilizer (No. 29) until the bike becomes level with the floor surface.

## **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

3. Use a wrench to tighten the pedals until they

### **MONTHLY MAINTENANCE**

1. Check if all hardware is secured, such as:
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 to make sure
3. Clean and lubricate pop pin assemblies. Pull
4. Tighten the seat hardware to make sure the
5. Brush and treat the resistance pads. Remove
6. Visually inspect the bottom bracket, toe clips

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

VV Version 3.7

### **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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