

# SF-T7604 TREADMILL

## USER MANUAL

IMPORTANT: Read all instructions carefully before using this product.

Retain owner's manual for future reference. For customer service, please contact:  
support@sunnyhealthfitness.com

## IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

**DANGER** – To reduce the risk of electric shock: 1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons: 1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.

4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

6. Do not carry this appliance by supply cord or use cord as a handle.

7. Keep the cord away from heated surfaces.

8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.

9. Never drop or insert any object into any opening.

10. Do not use outdoors.

11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

12. To disconnect, turn all controls to the off position, then remove plug from outlet.

13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

CAUTION: Risk of Injury to Persons: 1. To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

SAVE THESE INSTRUCTIONS

## **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 assured 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

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

4. Use the equipment on a solid, flat level surface with a protective cover for your floor or

5. Ensure that all nuts and bolts are securely tightened before using the equipment. The

6. It is recommended that you lubricate all moving parts on a monthly basis.

7. Always use the equipment as indicated. If you find any defective components while

8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may

9. Do not place fingers or objects into the moving parts of the equipment.

10. The maximum weight capacity of this unit is 265 pounds.

11. This equipment is not suitable for therapeutic use.

12. Move with caution when lifting and moving the equipment. Always use proper lifting

13. Your product is intended for use in cool, dry conditions. You should avoid storage in

14. This equipment is designed for indoor household use only! It is not intended for

## **IMPORTANT OPERATION INSTRUCTIONS**

1. Insert the power plug directly into the socket.

2. The constant running time for this machine is less than 2 hours. Be sure to read the
3. Changes in speed do not occur immediately. Set your desired speed using the
4. While on the treadmill, move with caution as distractions may cause you to lose
5. This unit starts at a very low speed. The proper way to begin use is to stand on the
6. Always hold the handrail when making control changes.
7. A safety key is provided for emergency use. Operation to the machine can only be
8. The console control keys are precisely set and requires very little finger pressure to
9. This equipment is designed of adult use only! Children should not be allowed to use
10. Women who are pregnant or nursing should consult a physician before attempting to
11. Always stay hydrated during and after an exercise.

**IMPORTANT NOTE:**

The belt must be lubricated before the first use! Please see Page 12 for instructions on how to properly apply lubricant.

## **PARTS LIST**

No.

Description Specification Qty No.

Description Specification Qty

A01 Base Frame

C24 Flat foot pad

A02 Main Frame

C25 Cone-shape cushion

A03 Computer Bracket

C26 Quick button

A04 Left Upright

C27 Function button

A05 Right Upright

C28 Start button

A06 Motor Bracket

C29 Stop button

A07 Safety block

C30 Adjustable rubber pad  
B01 Front Roller  
C31 Rubber pad  
B02 Rear Roller  
C32 Cushion  
B03 Air Pressure Cylinder  
C33 Plate  
B04 Allen Wrench 5mm D01 Console  
B05 Spanner w/ screw driver S=13. 4. 5 D02 Control board  
B06 Bushing  
D03 Upper Signal Wire  
B07 Transport wheel plug  
D04 Lower Signal Wire  
B08 Left speaker net  
D05 Hand pulse upper wire  
B09 Right speaker net  
D06 Hand pulse lower wire  
B10 Fixing Pin  
D07 Panel connecting wire  
C01 Console top cover  
D08 Key board connecting wire  
C02 Console bottom cover  
D09 Sensor  
C03 Console Panel  
D10 Safety key sensor  
C04 Motor top cover  
D11 Safety key  
C05 Motor bottom cover  
D12 Hand pulse with on/off  
C06 Left rear cover



D13 Hand pulse with speed  
C07 Right rear cover  
D14 AC signal wire  
C08 Left Upright cover  
D15 AC signal wire  
C09 Right Upright cover  
D16 AC signal wire  
C10 Side rail  
D17 AC signal wire  
C11 Running belt  
D18 Grounding wire  
C12 Foam  
D19 Power wire  
C13 Pipe end cap  
D20 Power outlet  
C14 Computer acrylic  
D21 Square switch  
C15 Motor belt  
D22 Overload Protector  
C16 Transport wheel  
D23 Magnetic Ring  
C17 Adjustable foot pad  
D24 Magnetic Core  
C18 Water bottle holders  
D25 DC motor  
C19 Plastic pad  
D26 Running deck  
C20 Ring Protecting Wire Plug  
D27 Transformer  
C21 Black Cushion



D28 Filter  
C22 Blue Cushion  
D29 AC signal wire  
C23 Blue Cushion  
D30 AC signal wire

## **ASSEMBLY HARDWARE**

CARTON CONTENTS:

ASSEMBLY TOOLS

Allen Wrench (5mm) – 1PC  
Spanner with Screw Driver (S=13. 14. 15) – 1PC

No.

Description Specification Qty

No.

Description Specification Qty

Main Frame

C08 Left Upright Tube Cover

E11 Bolt M8\*15 C09 Right Upright Tube Cover

E17 Bolt M5\*12 C18 Water Bottle Holder

E27 Washer D19 Power wire

B04 Allen Wrench 5mm Lubricant Oil

B05 Spanner w/ Screw Driver S=13. 4. 5

## **MAINTENANCE & CARE**

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes do not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth. Any other servicing should be performed by an authorized service representative or that the appliance has no user serviceable parts.

To better maintain the treadmill and prolong its life it is suggested that the machine be

A loose Running Belt will result in the runner sliding off when running. while too tight of

1. If the Running Belt (No. 20) moves to the right. turn the adjusting bolt on the right side  $\frac{1}{4}$  turn clockwise. then turn the left adjustment bolt  $\frac{1}{4}$  turn counter-clockwise. If the belt does not move. repeat this step until it centers.

Refer to Figure A.

2. If the Running Belt (No. 20) moves to the left. turn the adjusting bolts on the left side  $\frac{1}{4}$  of a turn clockwise. then turn the right adjustment bolt  $\frac{1}{4}$  turn counter-clockwise. If the belt does not move. repeat this step until it centers.

Refer to Figure B.

3. Over time the Running Belt (No. 20) will loosen. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise. check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to diagram "C"

## LUBRICATING THE TREADMILL

+IMPORTANT NOTE: You will need to lubricate your treadmill before the first use.

RUNNING BELTS & TREADMILL LUBRICANT: Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill. therefore it is suggested that the running board and belt be inspected regularly. Should you find any wear on the Running Board. please contact us at: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).

WARNING: Always unplug the treadmill from the electrical outlet before cleaning. lubricating or repairing the unit.

HOW TO LUBRICATE: 1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.

2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.

3. To better maintain the treadmill and prolong its lifespan. it is suggested that maintenance be done on a regular basis.

4. A loose running belt will result in the runner sliding off during use. while too tight of a running belt will decrease the motor performance and also create more friction between the roller and running belts. The most suitable tightness for the belt is pulled out 50 75mm from the Running Board.

The following time table is recommended:

Light user (less than 3 hours/ week) every six months

Medium user (3-5 hours/ week) every three months

Heavy user (more than 5 hours/ week) every two months

## **FOLDING INSTRUCTIONS**

FOLDING:

UNFOLDING:

Place your hand at position “N” and lift up the Base Frame (A01) until the Air Pressure Cylinder (B03) “M” locks into the tube.

NOTE: When the Air

Pressure Cylinder (B03) successfully locks into

Grasp the Main Frame

(A02) at position “N” with one hand. Next, using your foot, lightly kick the Air Pressure Cylinder (B03) “M” and push down on the Main Frame.

Once the

Main Frame has been

## **HOW TO MOVE THE MACHINE**

Before attempting to move the treadmill, please make sure it has been properly folded and unplug the power cord.

Start by placing one hand at position “N” to support the top end of the treadmill. Next, place one foot at position “P” to hold the bottom end of the treadmill steady. With your foot at “P”, slowly tilt the top of the treadmill downward

## **ADJUSTING THE INCLINE**

There are three holes located on the Adjustable Foot Pad (C17). To adjust the level of incline, remove the two Fixing Pins (B10) from the left and right side. Align the holes of the Adjustable Foot Pad (C17) to the holes located on the Main Frame (A02). Once you’ve located your desired incline level, reinsert the Fixing Pins (B10) back through the holes.

ATTENTION: For your safety and convenience, always fold the treadmill (as shown below) before attempting to adjust the incline.

## **IMPORTANT ELECTRICAL INFORMATION**

WARNING: This treadmill requires a power source of 12 amps (100-120V) in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any power source above or below this level could cause significant damage to the equipment and or user.

**GROUNDING METHODS:** This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in Figure A below. Ensure that the product is connected to an outlet with the same configuration as the plug. No adapter should be used with this product.

**DANGER:** Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an electrician.

**WARNING!**

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting AC power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

## **THE DISPLAY CONSOLE**

**WINDOW DISPLAY 1. SPEED:** Displays P1-P15. U1-U3. "FAT" under setting mode. Displays speed under operation mode. The speed range is 0.6-11MPH. 0.6MPH is the default running speed.

2. **TIME:** Displays the running time from 0:00-99:59MINS. When the count reaches the maximum of 99:59MINS. the machine will stop smoothly and show "END" then restart after 5 seconds. When in Countdown Mode. it will count from the set time to 0:00. Once the countdown reaches 0:00. the machine will stop smoothly and display "END" and reset to the initial setting after 5 seconds.

3. **DISTANCE:** Displays the distance from 0.0-99.9 miles. When the count reaches 99.9. it will reset and begin counting again from 0.0. When in Countdown Mode. it will count down from the desired setting to 0.00. When it reaches 0.00. the machine will stop smoothly and display "End" and automatically reset to the initial setting after 5 seconds.

4. **CALORIES:** Displays the amount of calories burned from 0 to 999 KCAL. When the count reaches 999. it will reset and start back from 0. When in Countdown Mode. it will count down from

the desired setting to 0. Once it reaches 0, the machine will stop smoothly and display "End". then automatically reset to the initial setting after 5 seconds.

5. PULSE: When the runner holds both hands on the pulse sensors (located on the handles), the system will calculate the runner's heart beat and display it in this window. The pulse range is 50-200 beats/min (This data is just for reference, and cannot be used as the medical data).

FUNCTION KEYS 1. PROGRAM: Press this button to cycle through and choose a program. Programs range from P1-P15, U1-U3, and "FAT". P1-P15 are preset programs. Turn to Page 20 for further details on all programs.

2. MODE: When stopped, press this button to select a Countdown mode.

+ 15:00 MINS is the set Countdown for TIME + 1.0 MILE is the set Countdown for DISTANCE + 50 KCAL is the set Countdown for CALORIES When setting each Countdown Mode, you can press the speed +/- keys to increase or decrease from the set data. Press START to start the machine.

3. START: To start the machine, insert the magnet end of the Safety Key into the console and press the START button. (This machine requires a safety key in order to operate) 4. STOP: This button has functions of PAUSE and STOP. While in use, press this button to pause the running belt and currently workout data display, to terminate the current session and all data, press the "STOP" button again and the machine will stop and all data will reset to zero.

5. SPEED +/- BUTTONS: While in use, press the +/- buttons to increase or decrease the speed in increments of 0.1MPH; holding either of these keys for a duration of over ½ a second will increase or decrease the speed continually.

6. QUICK SPEED BUTTONS 1, 2, 3.5, 4, 4.5, 5, 6, 7, 8, 8.5, 9, 9.5, 10, 11: These buttons are quick speed presets which allow you to select the running speed instantly with the push of a button (speeds are set in MPH).

QUICK START 1. Insert the magnet end of the safety key into the computer console.

2. Press the START button, a buzzer will sound and the system will automatically display a 3 second countdown. When the countdown reaches zero, the running belt will start. The initial speed will be 0.6MPH (the default running speed).

3. After start-up, you can use the speed +/- buttons or QUICK SPEED keys to adjust the speed of the treadmill.

CONTROL FUNCTIONS 1. Press the – Speed Button to reduce the running speed.

2. Press the + Speed Button to increase the running speed.

3. Press the 1, 2, 3.5, 4, 4.5, 5, 6, 7, 8, 8.5, 9, 9.5, 10, 11MPH Quick Speed Keys to instantly bring the pace to the selected speed.

4. Press STOP to stop the running belt of the machine.

5. Hold the pulse sensors (located on the handles) with both hands for 5 seconds to calculate and display the runner's heart beats per minute (BPM) on the computer display screen.

MANUAL MODE 1. Pressing the START button will automatically start the running belt to the default running speed of 0.6MPH. The other windows will begin counting upward from the default speed.

Pressing the SPEED +/- keys to increase or decrease speed.

2. Press the MODE button to enter TIME Countdown. the time window will display a flashing 15:00. press the SPEED +/- buttons to set the desired time. The time range is 5:00 99:00MINS.

3. Press the MODE button twice to enter into DISTANCE Countdown. the distance window will display a flashing 1.0. press the SPEED +/- buttons to set the desired distance. The setting range is 0.5-99.9MILES.

4. Press the MODE button 3 times to enter into the CALORIES Countdown. the calories window will display a flashing 50. press the SPEED +/- buttons to set the desired calories.

The setting range is 10-999KCAL.

5. After you've made your setting. press the START button to start the treadmill. The treadmill will begin running after 3 seconds. Press the SPEED +/- keys to adjust the speed. Press the STOP button to stop the treadmill.

LUBRICATION REMINDER Your treadmill needs lubrication maintenance every 188 miles. The system will release a beeping sound every 10 seconds and display on "OIL" icon on your LCD display to remind you when it's time. Please read the LUBRICATING THE TREADMILL on Page 12 to learn the proper steps to lubricating your machine. Apply the lubricating oil to the middle of the running deck on both sides. After application. press and hold the STOP button for 3 seconds to clear the reminder. BUILT-IN PROGRAMS Press the PROGRAM button. and the speed window will display P1-P15. which are preset programs. Select the desired program. and the time window should display the setting time at 10:00MINS. Press the SPEED +/- buttons to set the desired exercise time. Press the START button to start the program. When the system enters into the next interval. it will beep. and the speed will be changed according to the program setting. Press SPEED +/- keys to adjust speed. When the program enters the next interval. it will return to the current speed. After completing a program. the system will beep and display END'. The machine will stop smoothly and automatically reset to the initial setting after 5 seconds.

PROGRAMMED WORKOUTS Each program will divide into 10 setting times for the exercise time. each time section will adjust speed accordingly depending on the speed determined within the program.

TIME PROG

TIME INTERVAL= setting time/10

P1 SPEED

P2 SPEED

P3 SPEED

## **P4 SPEED**

P5 SPEED

P6 SPEED

P7 SPEED

P8 SPEED

P9 SPEED

## **P10 SPEED**

P11 SPEED

P12 SPEED

P13 SPEED

P14 SPEED

P15 SPEED

**USER SETTINGS (U1-U3):** Press the PROGRAM button to cycle through the programs until you reach U1-U2-U3. User Settings Programs (U1-U3) are programs that allow the user to manually preset each of the 10 exercise programs in order to tailor your personal workout regime.

To begin, select U1 (first user setting profile). once you've select the setting, the TIME window will show a setting time of 10:00MINS. Use the SPEED +/-, or QUICK SPEED buttons to set the desired value. Press the MODE key to move to next section or to skip through sections. Once you've set the first section, you can set the value for the next section.

Repeat this process until you have completed all sections. The values you set will not change unless edited.

Once you have finished setting your workout regime, you may press the START button to begin exercising. The machine will operate at the preset speed of your settings. The whole program will be divided into 10 sections. Each section will divide into 10 setting times for the exercise time, and section will adjust to a speed based on the speed determined within the program. When the whole program has completed, the machine will stop.

## **TREADMILL FUNCTIONS**

**SAFETY LOCK FUNCTION:** Removing the Safety Key (No. 66) from the computer console while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the

window display of the computer will show “- -” and the buzzer will beep 3 times. To start the treadmill again, insert the magnet end of the Safety Key (No. 66) into the computer console and press the START button.

**POWER SAVE FUNCTION:** Once the treadmill has been inactive for 10 minutes, it will enter Power Saving Mode.

While the treadmill is in this mode, the window display of the computer will be turned off.

To turn it back on, press any button.

**POWER ON:**

Flick the power switch to turn the power on.

## **POWER OFF:**

Flick the power switch to turn the power off at any time without risk of causing damage to the equipment.

**SAFETY NOTE:**

1. We recommend that you maintain a slow speed at the beginning of a session and hold
2. Insert the magnet end of the Safety Key (No. 66) into the computer console and clip the

## **EXERCISE INSTRUCTIONS**

**GETTING STARTED:** 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. Be aware of your body's signals.

Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.

Next, attach the clip end of the Safety Key to your clothing and insert the magnetic end of the key into the computer console. Press the START button to start the machine. The machine will start at the system default setting speed of 0.6 MPH. When you feel comfortable, you may slowly increase this speed. When you are finished with your exercise, press the STOP button to stop the machine or you can remove the magnetic end of the Safety Key to stop the machine.

# TROUBLESHOOTING

## PROBLEM CAUSE SOLUTION

Treadmill will not start

Not plugged in

Plug cord into outlet

Safety Key not inserted Insert Safety Key

Running speed inaccurate

Not calibrated correctly Re-calibrate speed setting

Speed set in the wrong Units of measurement

Change setting to proper Units.

Running belt not centered

Running belt tension not Proper on the left or right sides of the running board

Tighten the adjustment bolts on the left and right side of the rear roller (See page 11)

Computer not working

Wires from the computer And bottom control board not properly connected.

Check wire connections From the computer to the control board.

Transformer is damaged

If the transformer has become damaged contact customer service.

E01: Communication failure

No communication from console to control board

Check wire connections From the computer to the control board. replace wires and/or control board if necessary.

E02: Burst clash protection

Incoming voltage is lower than 50% of the required voltage.

Check the incoming voltage against the required voltage. Check wire connections to the motor. Check the control board. replace if necessary.

E03: No speed sensor signal

Speed sensor signal cannot be received by the control board.

Check that the sensor wire is properly connected. if damaged replace wire.

Check to see if the magnetic sensor is damaged. replace if necessary.

E04: Incline failure

The incline motor is damaged or the wire for the incline motor is not connected properly or has become damaged

Re-connect or replace the wire for the incline motor.

Replace the incline motor with a new one.

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

E05: Current overload protection (Self Protecting System)

The incoming voltage is too low or too high. The control board is damaged.

Restart the treadmill.

Check the incoming voltage to ensure it's correct. Check the control board. replace if damaged.

A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.

Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor. listen for strange noise and check for a burning smell.

Replace the motor if necessary.

#### **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.