

MAGNETIC RESISTANCE

UPRIGHT BIKE

SF-B2906

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
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your
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. 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 240 pounds (110 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
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

HARDWARE PACKAGE

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

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 or 1-877-90SUNNY (877-907-8669).

STEP 1:

Attach the Front Rear

Stabilizers (No. 22 & No. 17) to the Main Frame (No. 24) using 4 Bolts (No. 19), 4 Washers (No. 20) and 4 Nuts (No. 21). Tighten and secure with Spanner (No. B)

BATTERY INSTALLATION & REPLACEMENT

BATTERY INSTALLATION

1. Take out 2 AAA batteries from meter 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
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
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into
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!

BATTERY DISPOSAL

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

ADJUSTMENTS & USAGE GUIDE

ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stable. If you notice that the bike is unbalanced during use, you should adjust the Rear End Caps (No. 18) located on the rear stabilizer by turning it clockwise.

ADJUSTING THE SEAT

The seat of this bike is fully adjustable as it moves Up, Down.

To adjust the height of Seat Tube (No. 13), loosen and pull the Knob (No. 66) outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the Knob (No. 66) to secure the Seat Tube (No. 13) in place.

HOW TO MOVE THE BIKE

Hold the Handlebar (No. 10) and tilt the bike until the transportation wheels on the Front Stabilizer (No. 22) touch the ground. Now you can move the bike to the desired location.

ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the Tension Control Knob (No. 4). Increase the level of resistance by turning the Tension Control Knob (No. 4) to the RIGHT (clockwise), decrease the level of resistance by turning the Tension Control Knob (No. 4) to the LEFT (counter-clockwise).

Tension levels are set at Level 1 being the lowest and Level 8 being the highest.

EXERCISE COMPUTER

FUNCTION BUTTONS:

MODE: Press the button to select TIME, DISTANCE, and CAL to preset.

Press the button for selection function display value on LCD or enter after setting.

Press the button and hold for 3 seconds to reset all values except odometer to zero. (When user replaces the batteries, all the values will reset to ZERO automatically).

SET: To set up the target value of TIME, DISTANCE, and CAL, press

RESET: Press the button to reset function value when setting.

Press the button and hold for 3 seconds to reset all values except odometer to zero (When the user replaces batteries, all the values will reset to ZERO automatically).

FUNCTIONS & OPERATIONS:

1. BATTERY INSTALLATION:

Please install 2 AAA 1.5V batteries in the battery case on the back of computer. (Whenever batteries are removed, all the function values will be reset to zero.)

2. AUTO ON/OFF:

Once the user begins to exercise, the computer will show the workout value automatically. After about 4 minutes of inactivity, the computer will turn off. Odometer value does not reset to 0 when the computer turns off. When the user starts to exercise again, the workout value of odometer will accumulate continuously.

3. AUTO SCAN:

After the computer is powered on, press Mode button and the LCD will display all function values from TIME-SPEED-DISTANCE-CALORIES-ODOMETER-PULSE. Each value will be held for 6 seconds.

4. SPEED:

Displays the current training speed from 0.0 to 99.9 MPH (Miles per hour).

5. DISTANCE:

Accumulates total distance from 0.0 up to 9999 M (Miles). The user may preset target distance by pressing the SET & MODE buttons. Each increment is 0.1 M (Miles).

Automatically counts down from targeting value during exercise.

6. TIME:

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE buttons. Each increment is 1 minute.

Automatically counts down from targeting value during exercise.

7. CALORIES:

Accumulates calories burned during training from 0 to 9999 (Cal). The user may also preset the target calories before training by pressing the SET & MODE buttons. Each setting increase is 1 Cal.

Automatically counts down from targeting value during exercise.

Note : This data is a rough guide which cannot be used in medical treatment.

8. ODOMETER:

Displays the total accumulated distance from 0 to 9999 M (Miles). User can also press MODE button to display the odometer value.

9. PULSE:

The computer will display the user's heart rate in beats per minute (BPM) during training.

Note : This data is a rough guide which cannot be used in medical treatment.

10. RESET:

Press the button and hold for 3 seconds to reset all values except odometer to zero.

NOTE: 1. If the computer display is abnormal. please re-install the new batteries and try again.

Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries.

2. Battery Spec: 1.5V UM-4 or AAA (2PCS).

3. Dispose the batteries safely. according to your state and regional guidelines.

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
3. The batteries in the computer may be

The bike wobbles when in use.

Turn the rear end caps on the rear stabilizer as needed to level the bike.

The bike makes squeaking noise when in use.

The bolts may have become loose on the bike.

Please inspect all the bolts and tighten any loosened bolts.

Version 2.2

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.