

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.

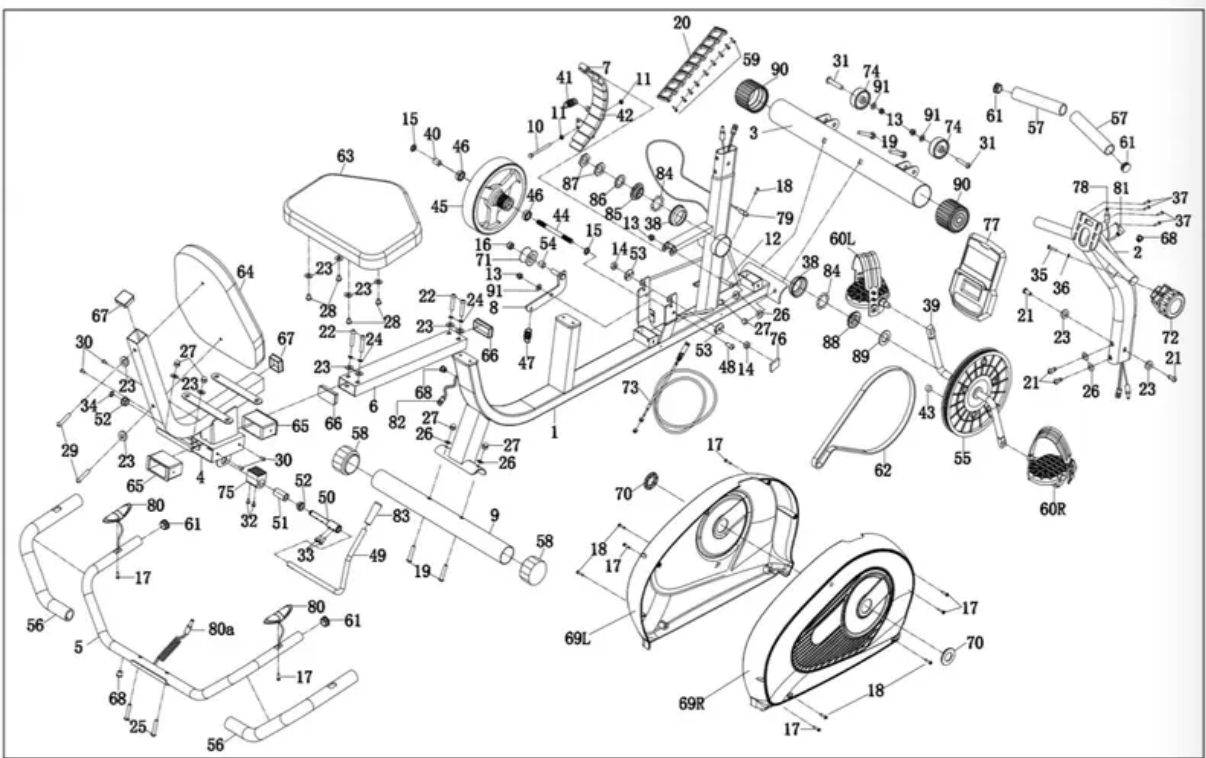
To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always 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 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 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.

EXPLODED DIAGRAM

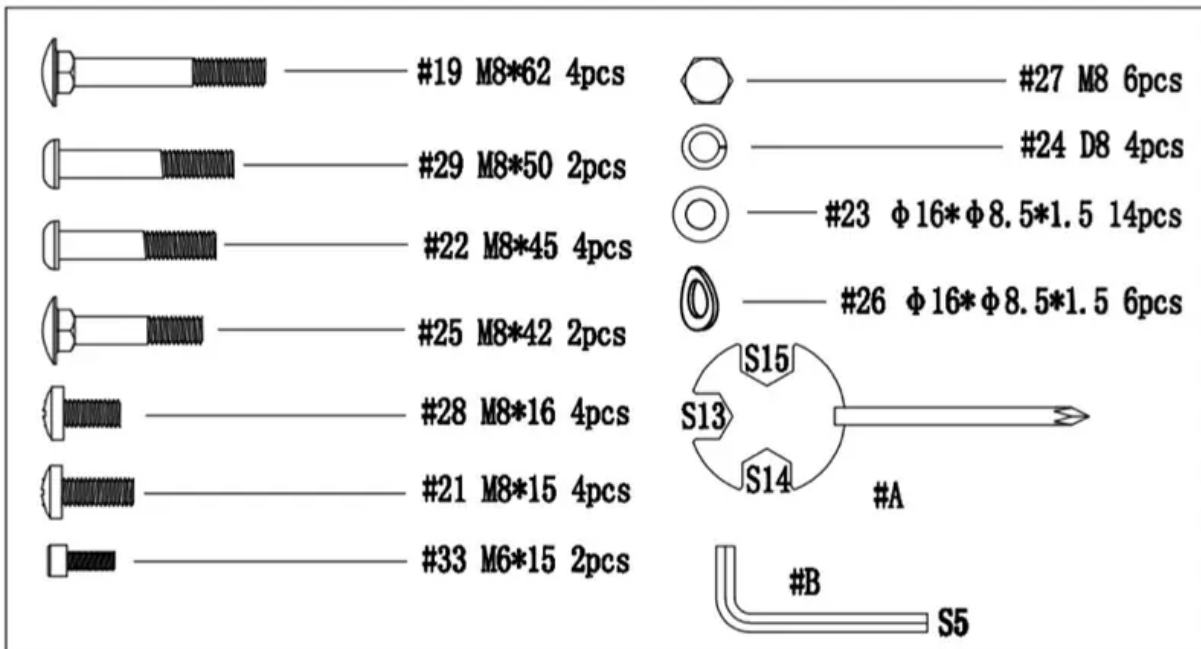


PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	48	Bolt	Φ9.8*6*M8*15	1
2	Front Post		1	49	Brake Handle		1
3	Front Stabilizer		1	50	Eccentric Shaft		1
4	Cushion Frame		1	51	Eccentric Wheel		1
5	Handlebar		1	52	Alloy Bushing		2
6	Adjusting Tube		1	53	Lock Washer		2
7	Magnetic Board		1	54	Idler Spacer		1
8	Idler Link		1	55	Pulley		1
9	Rear Stabilizer		1	56	Foam Grip		2
10	Hex Tap Bolt	M6*70	1	57	Foam Grip		2
11	Hex Nut	M6	2	58	Rear End Cap		2
12	Hex Tap Bolt	M8*40	1	59	Screw	ST3*10	9
13	Nylon Nut	M8 S13	4	60L/R	Pedal	1/2"	2
14	Hex Nut	M10*1*H5	2	61	Round End Cap		4
15	Taper Nut	M10*1*H4	2	62	Belt	370PJ6	1
16	Nylon Nut	M10	1	63	Seat		1
17	Screw	ST4.2*20	7	64	Backrest Cushion		1
18	Screw	ST4.2*20	5	65	Bushing		2
19	Carriage Bolt	M8*62	4	66	Cap	60*30*1.5	2
20	Magnetic Fix Board		1	67	Cap	38*38*1.5	2
21	Bolt	M8*15	4	68	Plug		3
22	Bolt	M8*45	4	69L/R	Cover		2
23	Flat Washer	Φ16*Φ8.5*1.5	14	70	Crank Plug		2
24	Spring Washer	D8	4	71	Idler Wheel		1
25	Bolt	M8*42	2	72	Tension Control Knob		1
26	Arc Washer	Φ16*Φ8.5*1.5	6	73	Tension Wire		1
27	Cap Nut	M8	6	74	Transportation Wheel		2
28	Bolt	M8*16	4	75	Brake Block		1
29	Bolt	M8*50	2	76	EVA Pad		1
30	Screw	M5*8	4	77	Computer		1
31	Screw	M8*40	2	78	Middle Wire		1
32	Screw	M5*15	2	79	Needle Sensor Wire		1
33	Bolt	M6*15	2	80	Hand Pulse Sensor		2
34	Lock Washer for Shaft	D12	1	80a	Hand Pulse Wire 1		1
35	Bolt	M5*20	1	81	Hand Pulse Wire 2		1
36	Washer	D5	1	82	Hand Pulse Wire 3		1
37	Bolt	M5*10	4	83	Brake Handle		1
38	Bearing Housing	Φ56*15.5	2	84	Open Face Bearing		2
39	Crank	140*220, 1/2	1	85	Locking Nut-Left		1
40	Flywheel Spacer		1	86	Locking Washer		1
41	Tension Spring		1	87	Hex Nut		2
42	Black Magnet	40*25*10	8	88	Locking Nut-Right		1
43	Round Magnet	Φ15*6	1	89	Locking Washer	Φ40.5*3	1
44	Inertia Wheel Axle	Φ10*125*M10*1*17	1	90	Front End Cap		2
45	External Magnetic Flywheel	Φ200*72.5/3Kg	1	91	Flat Washer	Φ16*Φ8.5*1.5	3
46	Bearing	6000Z	2	A	Spanner	S13-14-15	1
47	Tension Spring	Φ16*78	1	B	Allen Wrench	S5	1



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 near the front of the manual)

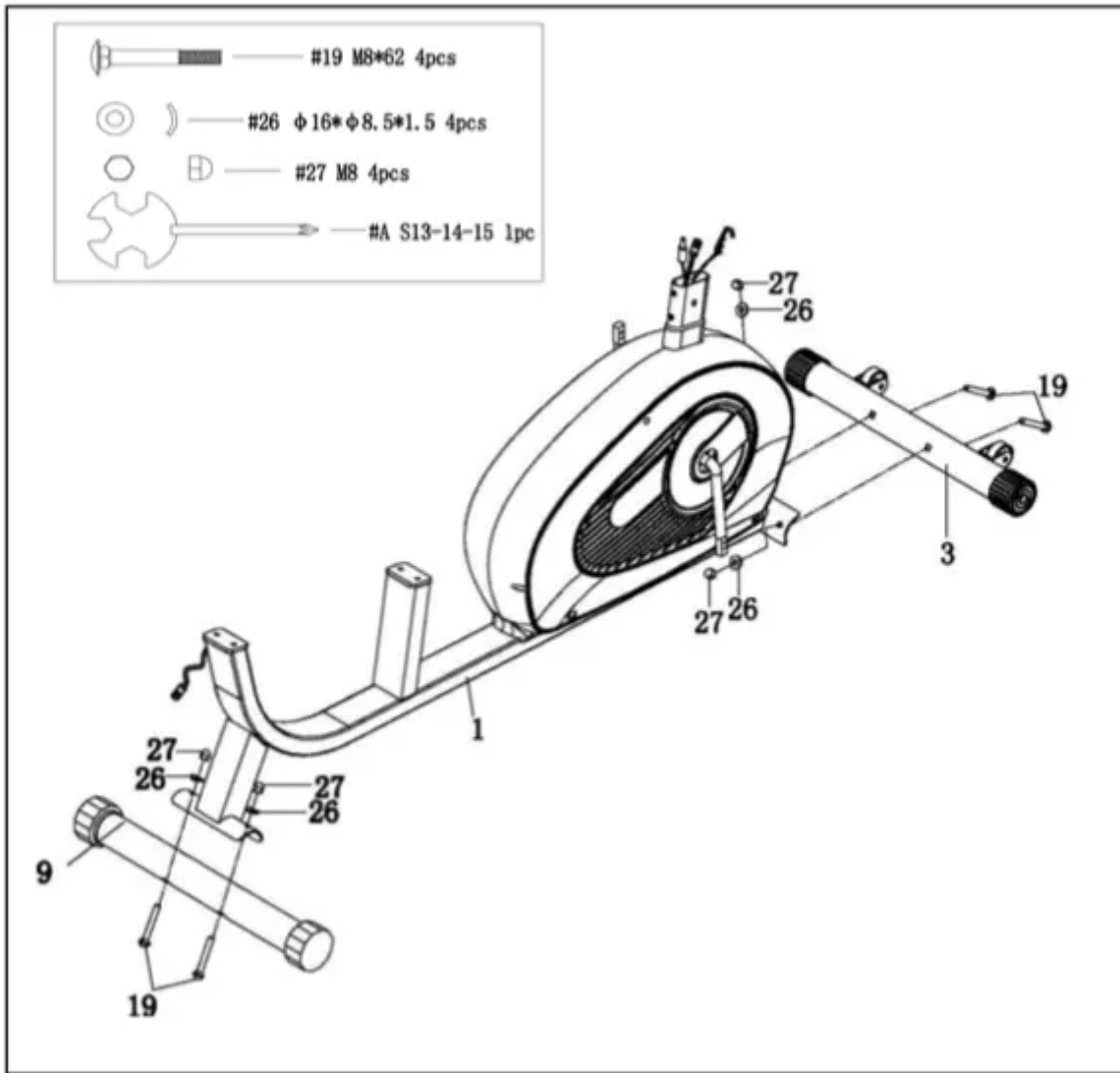
Please contact us at [support@sunnyhealthfitness](mailto:supportsunnyhealthfitness) or 1- 877 - 90SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS

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

STEP 1 :

Attach the Front Stabilizer (No. 3) and Rear Stabilizer (No. 9) to the Main Frame (No. 1) using 4 Carriage Bolts (No. 19), 4 Arc Washers (No. 26) and 4 Cap Nuts (No. 27). Tighten and secure with Spanner (No. A).

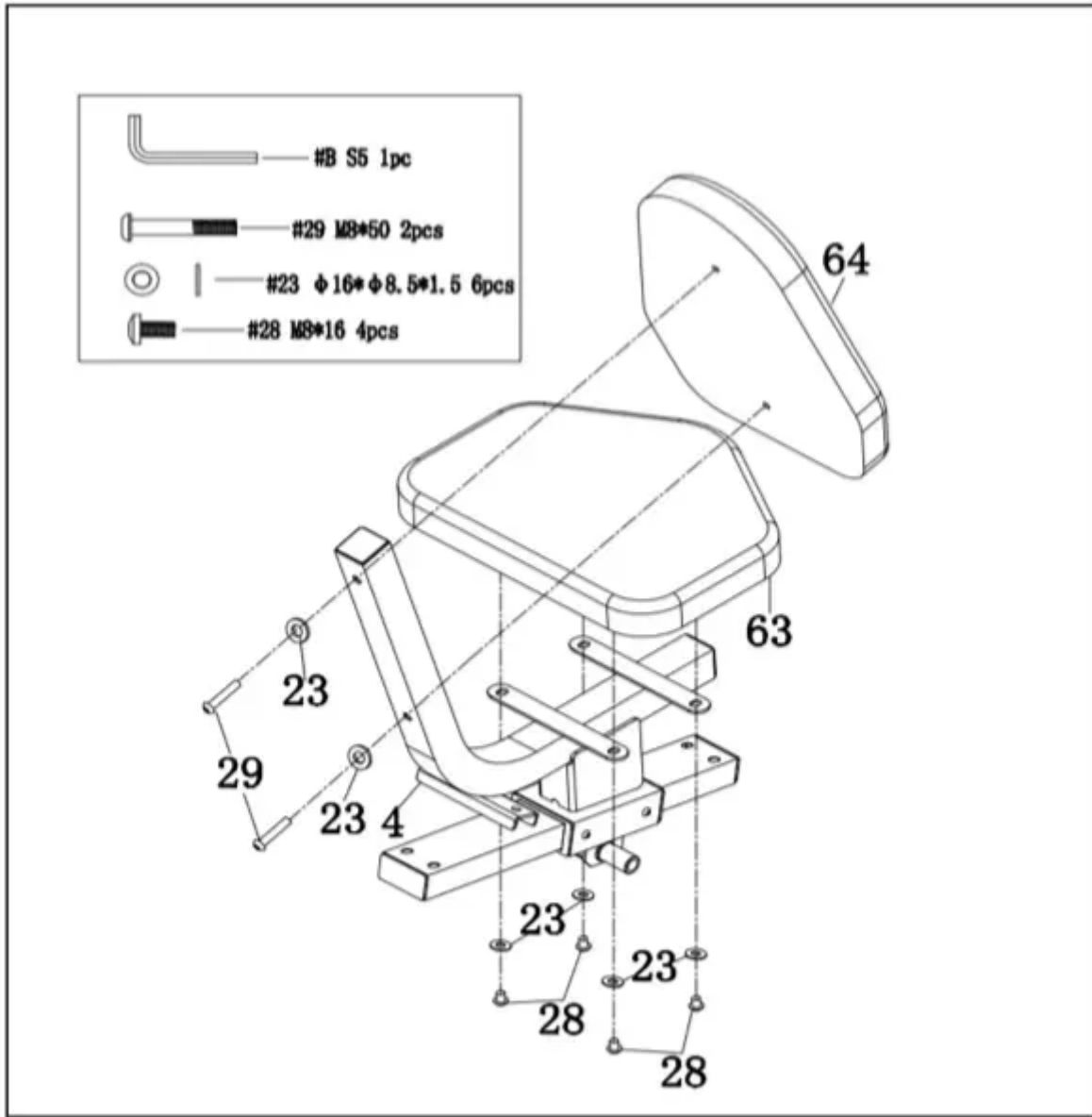


STEP 2 :

Attach the Seat (No. 63) to the Cushion Frame (No. 4) using 4 Bolts (No. 28) and 4 Flat Washers (No. 23). Tighten and secure with Allen Wrench (No. B).

Attach the Backrest Cushion (No. 64) to the Cushion Frame (No. 4) using 2 Bolts (No. 29) and 2 Flat Washers (No. 23). Tighten with Allen Wrench (No. B).

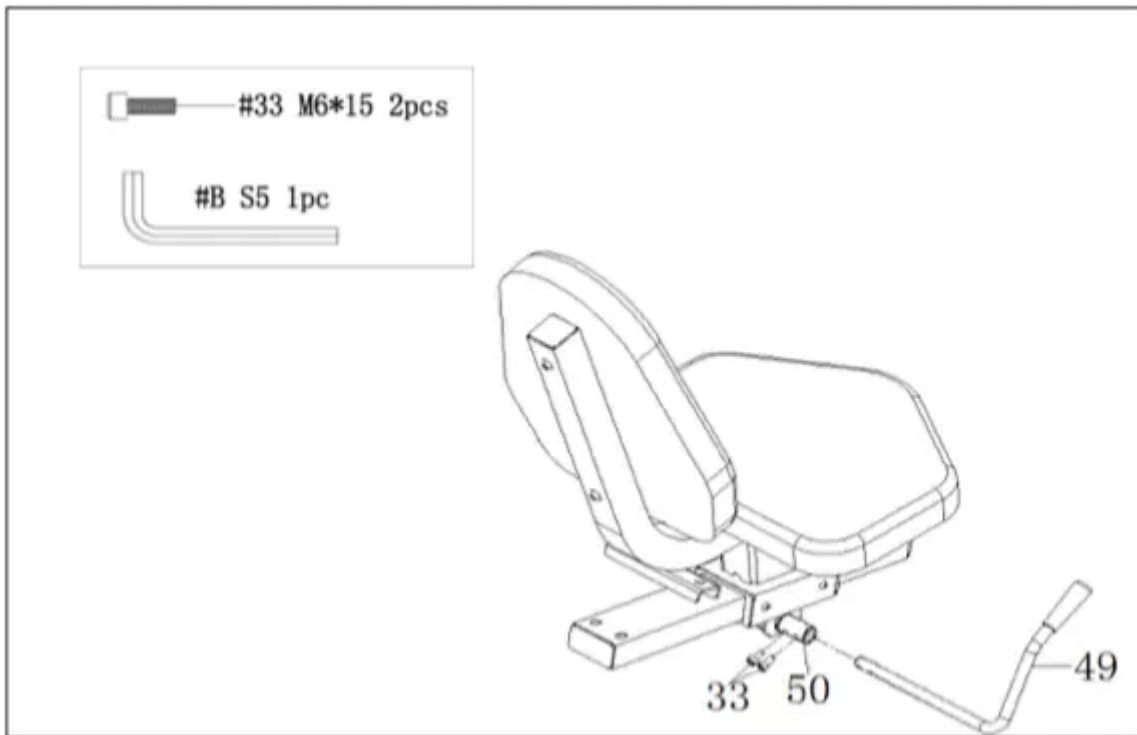




STEP 3 :

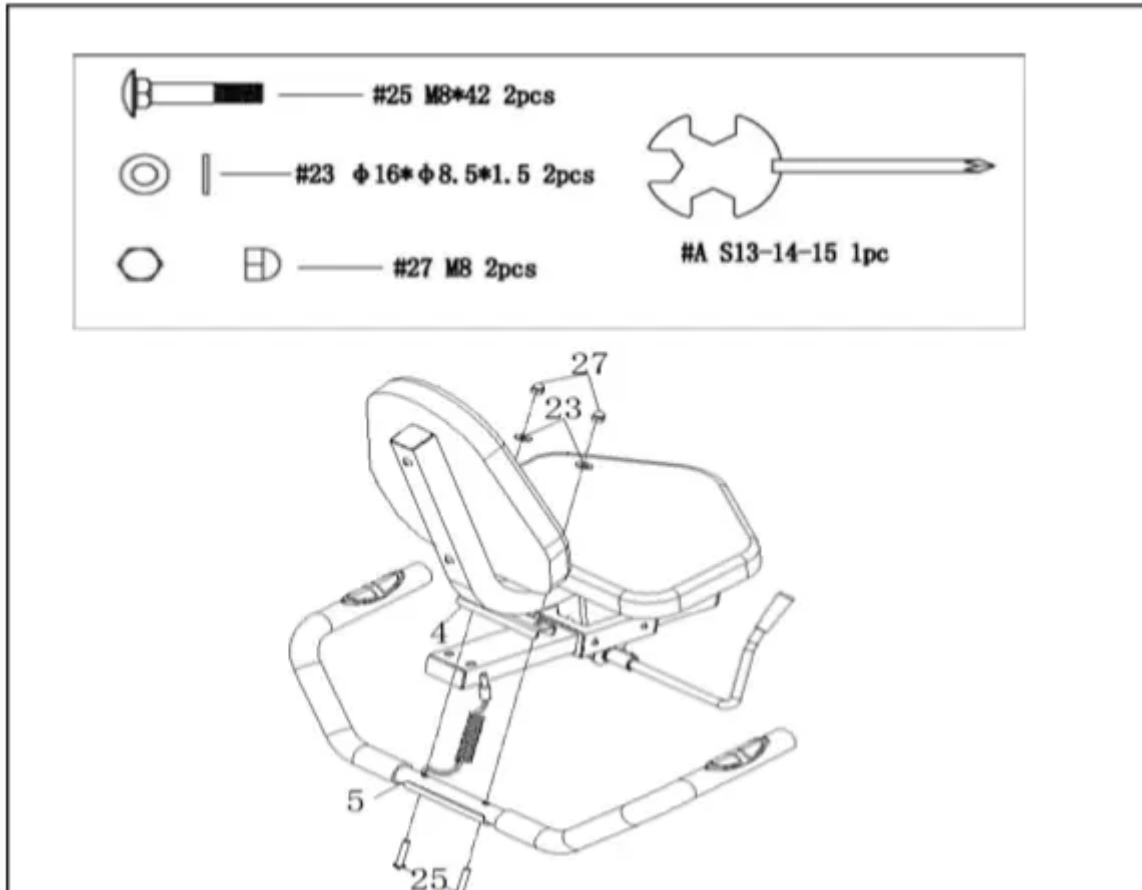
Insert the Brake Handle (No. 49) into Eccentric Shaft (No. 50) and make sure the screw holes from both parts are aligned with each other. Secure with 2 Bolts (No. 33) and tighten with Allen Wrench (No. B).





STEP 4 :

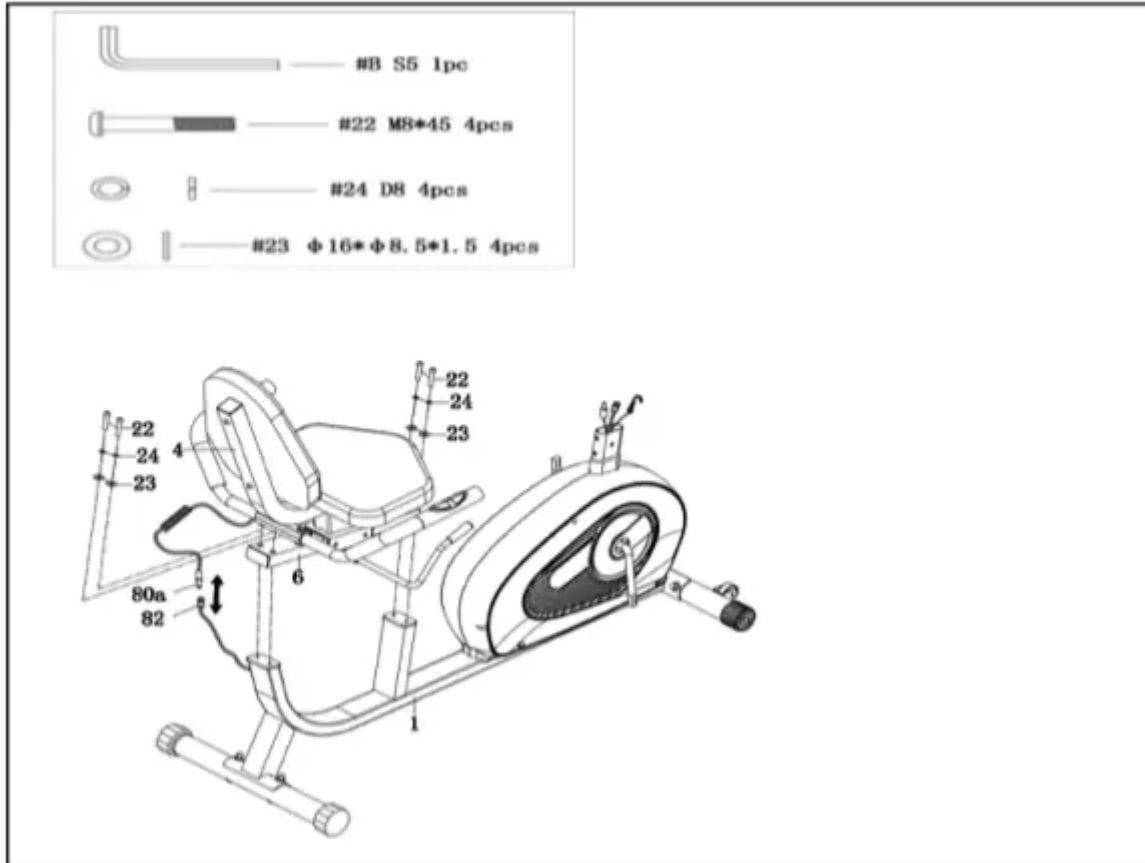
Attach the Handlebar (No. 5) to the Cushion Frame (No. 4) with 2 Bolts (No. 25), 2 Flat Washers (No. 23), and 2 Cap Nuts (No. 27). Tighten and secure with Spanner (No. A).



STEP 5 :

Attach the Cushion Frame (No. 4) to the Main Frame (No. 1) using 4 Bolts (No. 22), 4 Spring Washers (No. 24), 4 Flat Washers (No. 23). Tighten with Allen Wrench (No. B).

Connect the Hand Pulse Wire 1 (No. 80a) with the Hand Pulse Wire 3 (No. 82).



STEP 6 :

Connect Middle Wire (No. 78) with Needle Sensor Wire (No. 79) and connect the Hand Pulse Wire 2 (No. 81) with Hand Pulse Wire 3 (No. 82).

Pull Tension Wire (No. 73) out from Main Frame (No. 1), then insert Tension Wire (No. 73) from the bottom of Front Post (No. 2) and pull it out from the side hole of Front Post (No. 2).


Attach the Front Post (No. 2) to the Main Frame (No. 1), then remove Bolt (No. 35) and Washer (No. 36) from Tension Control Knob (No. 72) using Allen Wrench (No. B).


Connect Tension Control Knob (No. 72) with Tension Wire (No. 73) and attach Tension Control Knob (No. 72) on Front Post (No. 2) using Bolt (No. 35) and Washer (No. 36) that were removed. Tighten and secure with Allen Wrench (No. B).


CAUTION: Please make sure the Tension Control Knob (No. 72) is at the lowest resistance level (level 1, all the way to the left) before you connect any wires together.

Secure Front Post (No. 2) and Main Frame (No. 1) using 4 Bolts (No. 21), 2 Flat Washers (No. 23) and 2 Arc Washers (No. 26). Tighten and secure with Allen Wrench (No. B).


 #B S5 1pc

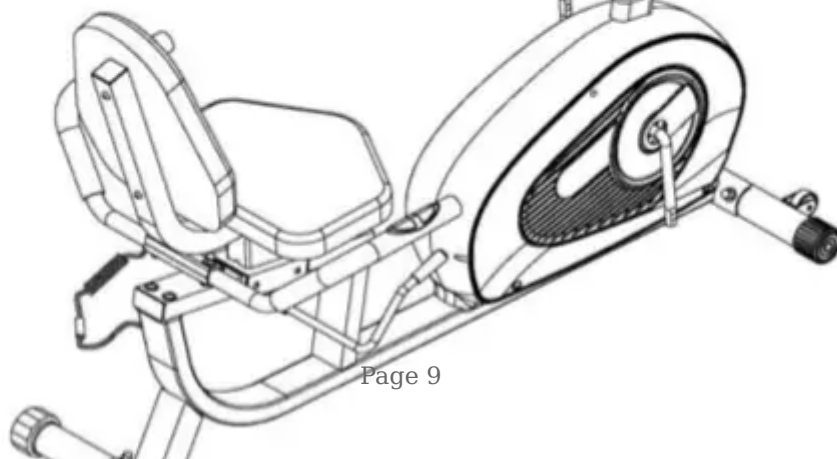
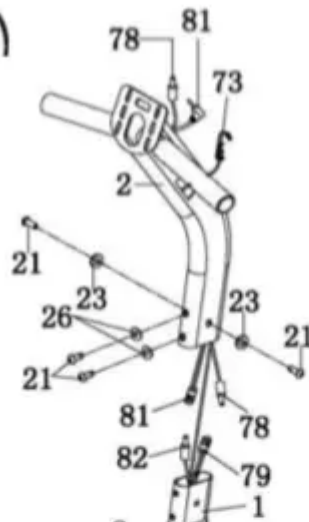
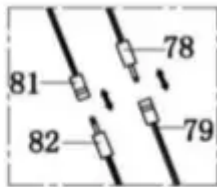
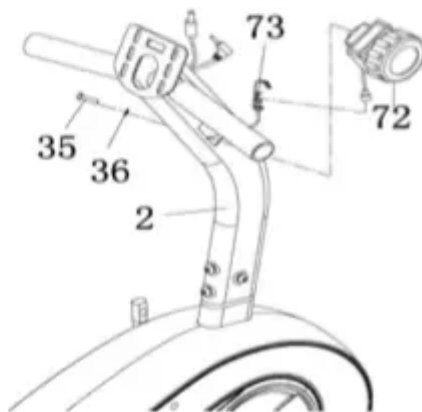
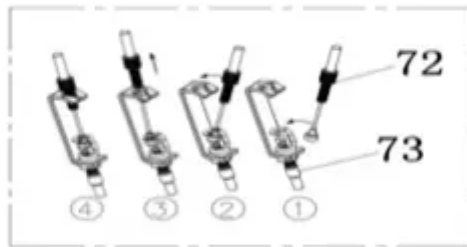
 #21 M8*15 4pcs

 #26 $\phi 16 * \phi 8.5 * 1.5$ 2pcs

 #23 $\phi 16 * \phi 8.5 * 1.5$ 2pcs

 #35 M5*20 1pc

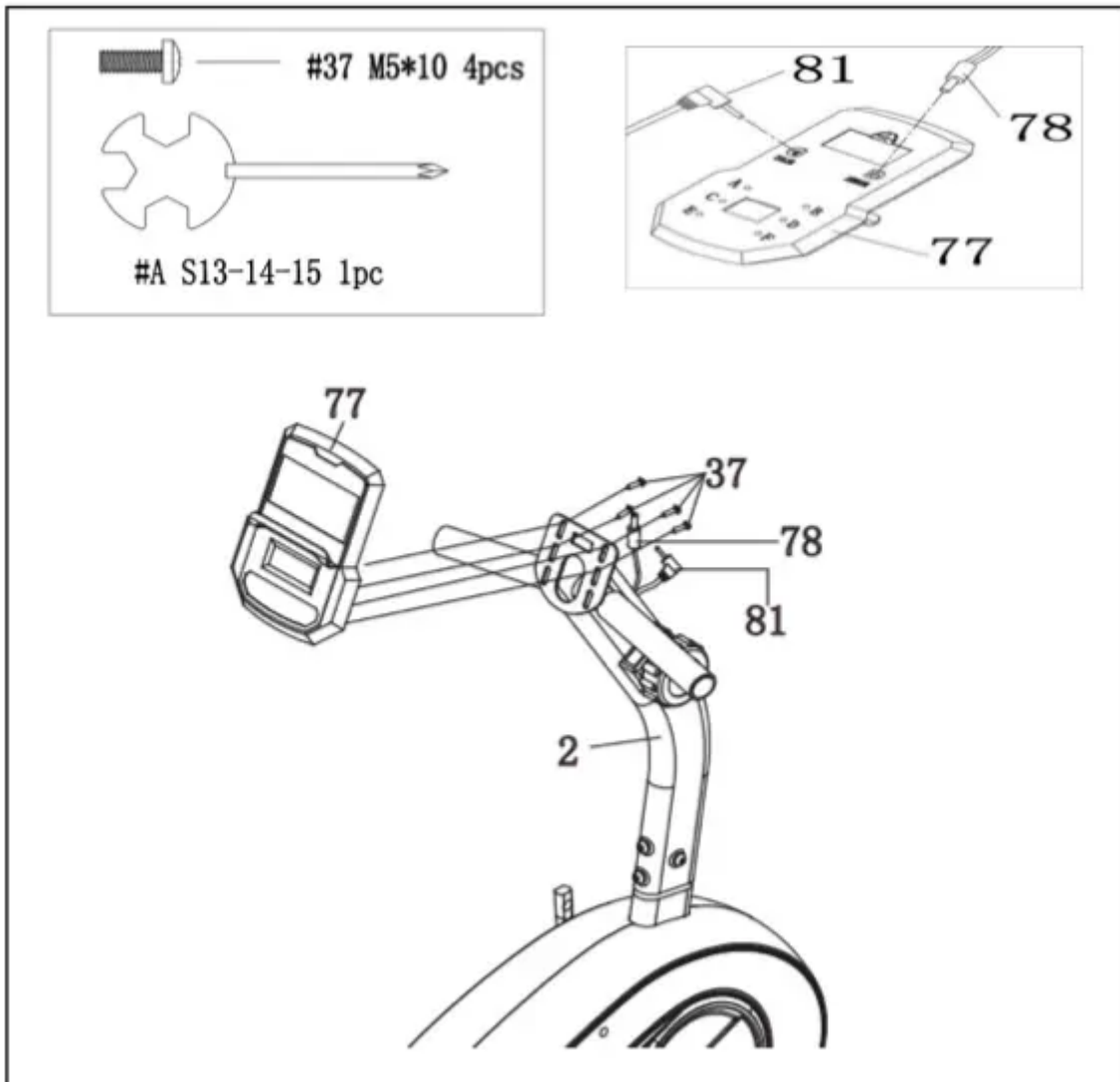
 #36 D5 1pc



STEP 7 :

Remove 4 Bolts (No. 37) from the Computer (No. 77) using Spanner (No. A). Then, attach the Computer (No. 77) to the Front Post (No. 2) using the 4 Bolts (No. 37) that were removed. Tighten and secure with Spanner (No. A).

On the back of Computer (No. 77), plug Hand Pulse Wire 2 (No. 81) into the "PULSE" jack and Middle Wire (No. 78) into the "SPEED" jack.

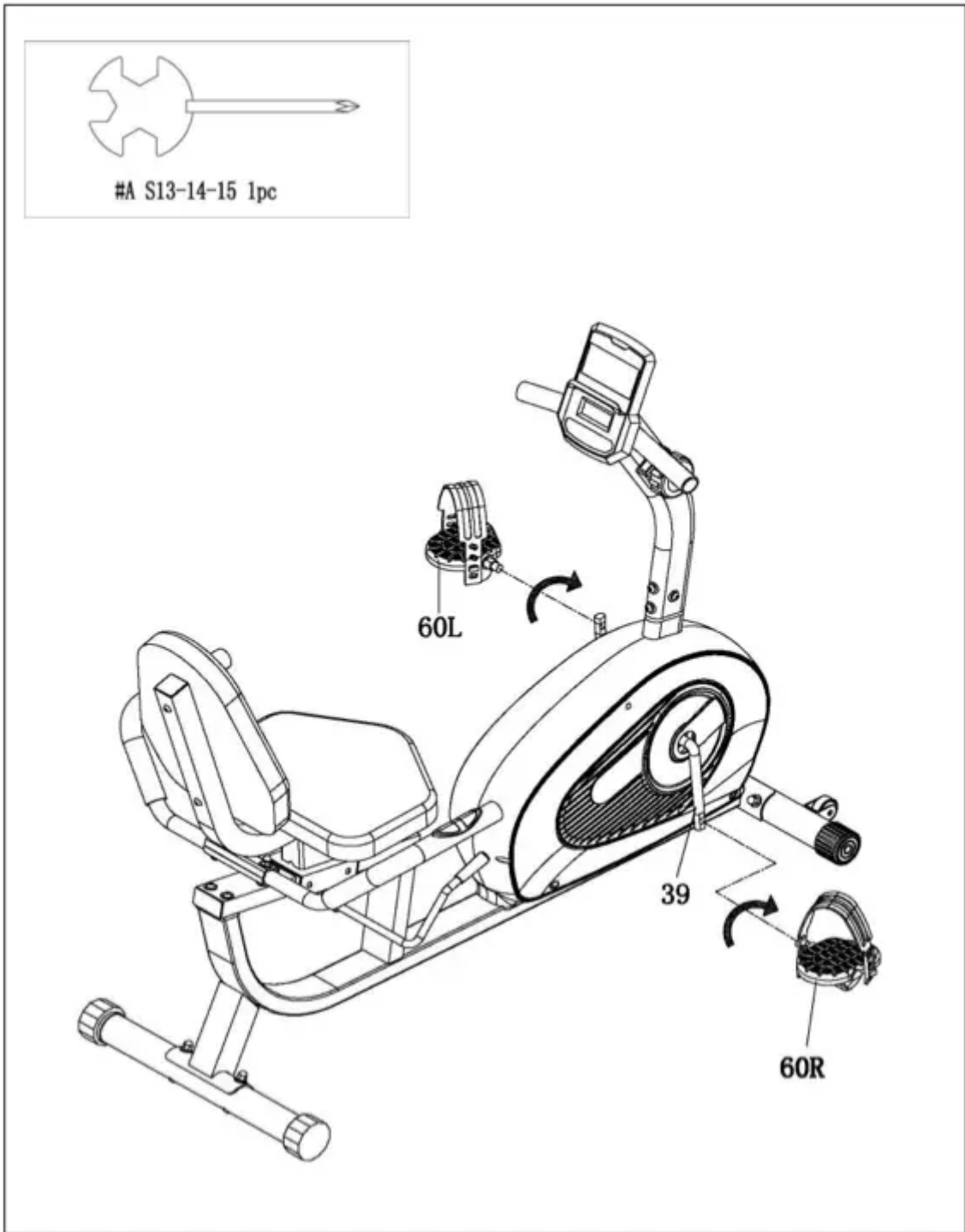


STEP 8 :

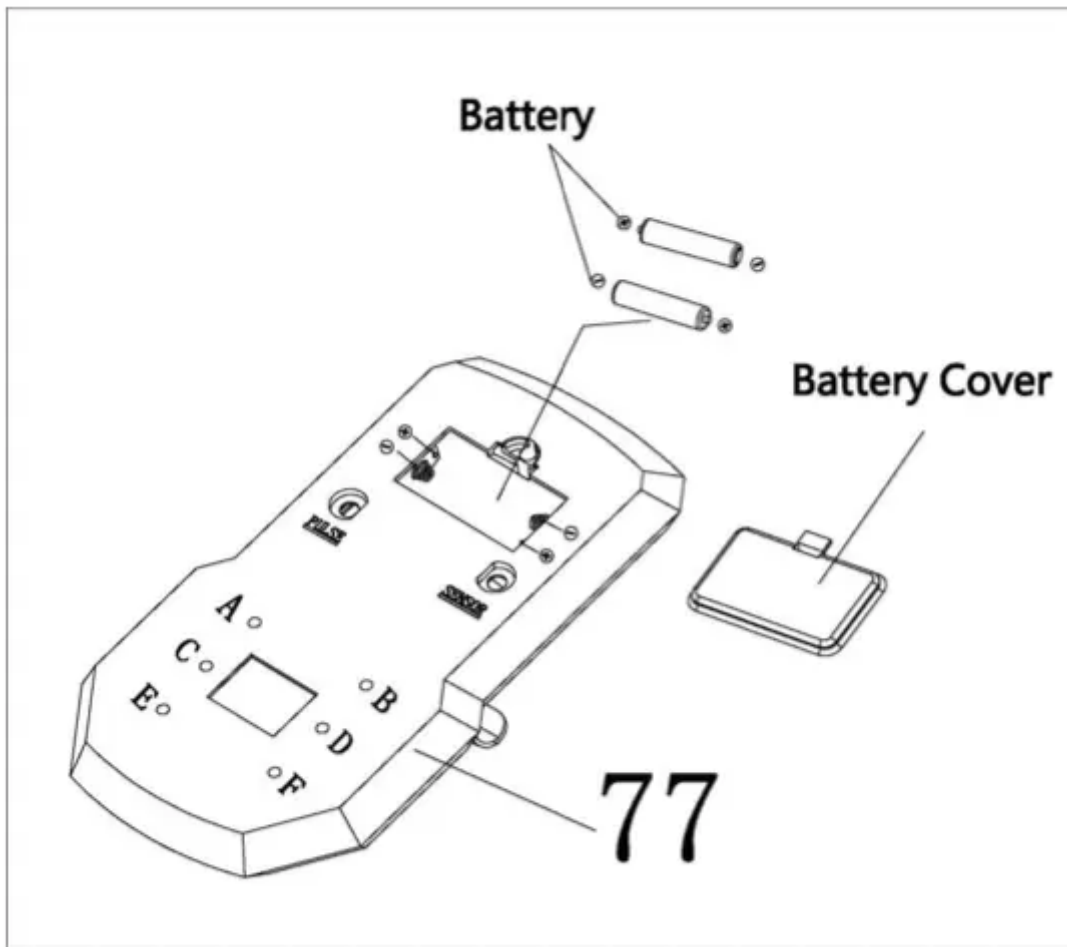
Align the Left Pedal (No. 60L) with the left side of Crank (No. 39) at 90 degrees and gently insert the Left Pedal (No. 60L) into the crank arm. Turn the Left Pedal (No. 60L) counter-clockwise as tightly as you can with your hand, then use Spanner (No. A) to tighten securely.

Align the Right Pedal (No. 60R) with the right side of Crank (No. 39) at 90 degrees and gently insert the Right Pedal (No. 60R) into the crank arm. Turn the Right Pedal (No. 60R) clockwise as tightly as you can with your hand, then use Spanner (No. A) to tighten securely.

NOTE: Left Pedal (No. 60L) is marked with “L” on the pedal, while Right Pedal (No. 60R) is marked with “R” on the pedal.



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the Computer (No. 77), then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the Computer (No. 77). Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the Computer (No. 77).

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the Computer (No. 77), then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the Computer (No. 77). Pay attention to the battery + and – poles before installing.

3. Press the buckle of battery cover, then put the battery cover back to the back of the Computer (No. 77).

The replacement is complete!

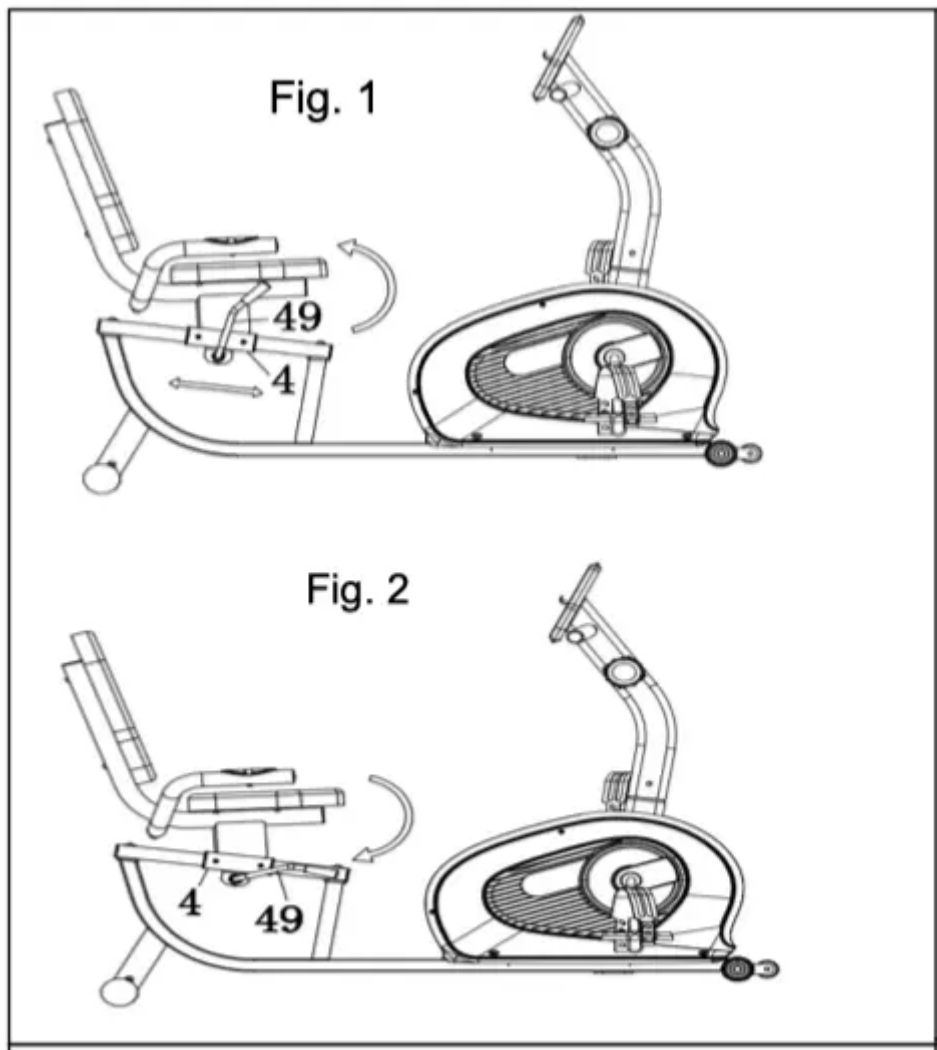
BATTERY DISPOSAL

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 SEAT

Pull the Brake Handle (No. 49) up to loosen the Cushion Frame (No. 4) (see Fig 1). Keep your feet on the floor as leverage, then move the Cushion Frame (No. 4) to the desired position. Push the Brake Handle (No. 49) down to lock the seat in place (see Fig 2).



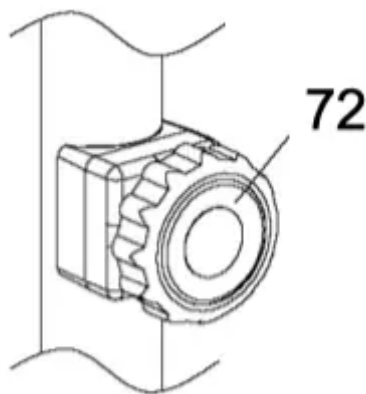
HOW TO MOVE THE RECUMBENT BIKE

Hold the Rear Stabilizer (No. 9) and lift the bike until the transportation wheels on the Front Stabilizer (No. 3) touch the ground. Now you can move the recumbent bike to the desired location.



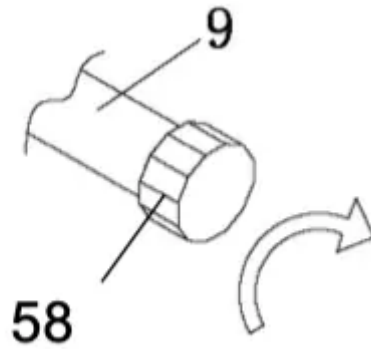
ADJUSTING THE RESISTANCE

Adjust the resistance of the recumbent bike using the Tension Control Knob (No. 72). Increase the level of resistance by turning the Tension Control Knob (No. 72) UP (clockwise), decrease the level of resistance by turning the Tension Control Knob (No. 72) DOWN (counter-clockwise).



ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the recumbent bike is stable. If you notice that the recumbent bike is unbalanced during use, you should adjust the Rear End Caps (No. 58) located underneath the Rear Stabilizer (No. 9) by turning it clockwise.



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 value 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 the button and hold for 2 seconds to speed up the increment.

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, 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 0.00 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 button. Each increment is 1 minute.

Automatically counts down from targeting value during exercise.

7. CALORIES:

Accumulates calories burned during training from 0.0 to 9999 Cal. The user may also preset the target calories before training by pressing the SET & MODE buttons. Each setting increment 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 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 displays abnormally, 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.	<ol style="list-style-type: none">1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the front post.2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.3. The batteries in the computer may be unresponsive. Change to new batteries.
The recumbent bike wobbles when in use.	Turn the rear end caps on the rear stabilizer as needed to level the recumbent bike.
The recumbent bike makes squeaking noise when in use.	The bolts may have become loose on the recumbent bike. Please inspect all the bolts and tighten any loosened bolts.

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.

