

STRIDE ZONE ELLIPTICAL

SF-E3865

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
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
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 (60CM) of free space all around it.
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
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. 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
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 commercial use.

PARTS LIST

No.

Description Spec.

Qty.

No.

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Qty.

Main Frame

Bottom Cable 700mml

Upright Tube

Motor TL-005

Fixed T Handlebar

Sensor 100mml

Left Upper Swing Bar

DC Cable 700mml

Right Upper Swing Bar

Adapter TZ

Left Lower Swing Bar

Sensor Fixture

Right Lower Swing Bar

Motor Wire 150mml

Left Pedal Tube

Left Chain Cover

Right Pedal Tube

Right Chain Cover

Left Wheel Tube

Interior Chain Cover

Left Wheel Tube

Swing Bar Cover-A

Crank Tube

Swing Bar Cover-B

Rear Stabilizer

Crank Tube Cover
Front Stabilizer
Crank Tube Cover
Joint Bracket
Upright Tube Cover
Washer $\Phi 8 \times \Phi 38 \times 2.0T$ Lower Swing Bar Cover-A
Axle Fixed Bracket $20 \times 3t \times 55mm$
Lower Swing Bar Cover-B
Magnet Bracket $30 \times 5t \times 145mml$
L Side Trim Cover
Magnet Position Bracket
 30×4
PU Wheel Cover
Gliding Track $40.67 \times 655mm$
Swing Axle Cover
Axle of Flywheel 20×164
Glider Track Cover
Belt Wheel Set $\Phi 260mm$
 $+ \Phi 19.05 \times 232.1$
PU Wheel $\varnothing 100$
Hex Socket Bolt $M8 \times 50$
Left Pedal
Pedal Tube Axle $\varnothing 19 \times 161$
Right Pedal
Bushing $19.5 \times 24 \times 12.5$
Bushing $9.5 \times 34 \times 32.5$
Bushing $8.1 \times 17 \times 10.2$
Bushing $10 \times 32 \times 2.5T$
Flywheel $\varnothing 460$
Bushing $16.3 \times 38 \times 3T$

HDR Grip 32*5T*940

Bushing 18.8*38

HDR Grip 32*3T*150

End Cap Oval Dome

40*80

Belt PK5 1180

End Cap Oval 40*80

Console TZ-4113PMS

End Cap

A Console wire

End Cap

A Heart Rate Wire 500mm

End Cap

B Heart Rate Wire

End Cap $\Phi 38 * \Phi 29$

HR Sensor Plate TZ TP-009

End Cap

Upper Cable 900mm

Axle Side Cover

ADJUSTMENTS GUIDE

HOW TO MOVE THE ELLIPTICAL

The PU Wheels (No. 68) on the Front Stabilizer (No. 10) are movable. Hold the Rear Stabilizer (No. 9) and pull forward to lift the rear of the elliptical off the floor. Now you can move the elliptical.

ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stable. If you notice that the elliptical is unbalanced during use, you should adjust the Adjustable Stand (No. 67) located beneath the Front Stabilizer (No. 10) and Rear Stabilizer (No. 9).

DISPLAY CONSOLE

KEY FUNCTIONS:

START/STOP: 1. To Start & Pause workouts.

2. To Start body fat measurement.

3. Holding this button for 3 seconds will reset all function values to zero.

DOWN: To decrease value of the selected workout parameter: TIME. DISTANCE. etc. During the workout. it will decrease the resistance load.

UP: To increase value of the selected workout parameter: TIME. DISTANCE. etc. During the workout. it will increase the resistance load.

ENTER: To input a desired value or workout mode.

RECOVERY: To enter into Recovery function when the computer displays the heart rate value.

Recovery is Fitness Level 1-6 after 1 minute. F1 is the best. and F6 is the slowest.

MODE: To switch display from RPM to SPEED. ODO to DIST. and WATT to CALORIES during the workout.

WORKOUT SELECTION: After turning on the power. use the UP or DOWN button to select the desired mode. Then press the ENTER button to begin.

There are 7 basic workout modes:

Manual. Pre- programs. Watt Program. Body Fat Program. Target Heart Rate Program. Heart Rate Control Program. and User Program.

FUNCTIONS:

SPEED: Displays current training speed. Maximum speed is 99.9 mph (miles per hour).

RPM: Displays current rotations per minute.

TIME: Accumulates the workout time from 00:00 to 99:59. Users can preset the target time they desire.

DIST: Accumulates the workout distance from 0.00 up to 999.9 miles. Users can preset the target distance they want to reach.

ODO: Displays the total accumulated distance from 0 to 9999 miles.

CAL: Accumulates the calories burned from 0 to 9999. Users can preset the target Calories they want to burn.

WATT: Displays current watt.

HEART RATE: Displays the current heart rate in bpm (beats per minute).

TARGET H.R.: Users can preset their Target Heart Rate.

PROGRAM: There are 24 different programs to choose for training.

LEVEL: The program has 10 columns of loading bars and 8 bars in each column. Each column represents a 1-minute workout (without the change of time value) and each bar represents 2 levels loading.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

Setting Workout Parameters After selecting the desired workout mode: Manual. Pre-set Programs. Watt Program. Body Fat.

Target Heart Rate. Heart Rate Control. and User Program. You may pre-set several workout parameters for desired results.

Note: Some parameters are not adjustable in certain programs.

Time and Distance can not be set up at the same time.

Once a program has been selected. pressing ENTER. will make the "Time" parameter flash.

Using the UP or DOWN buttons you may select the desired time value. Press the ENTER button to input values. The flashing prompt will move to the next parameter. continue using the UP or DOWN button. Press START/STOP button to begin the workout.

More About Workout Parameters

Field Setting Range

Default Value

Increment/Decr

Time

0:00~ 99:00 00:00 ± 1:00

1. When display is 0:00. Time will count up.
2. When time is 1:00-99:00. It will count down to 0.

Distance

0.00~999.0 0.00

±1.0

1. When display is 0.0. Distance will count up.
2. When Distance is 1.0~999.0. it will count

Calories 0~9995

1. When display is 0. Calories will count up.
2. When Calories is 5~9995. it will count down to 0.

Watt 45~250

User can set watt value only in the Watt control program.

Age 10~99

Target H.R. will be based on Age. When Heart Rate exceeds Target H. R. the Heart Rate number will flash.

Pulse 60~220

Setting Parameters for Target heart rate.

PROGRAM OPERATION:

Manual (P1) Program profile

Setting Parameters for Manual Select "Manual" using the UP or DOWN button. then press ENTER. The first parameter "TIME" will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to the next parameter to be adjusted.

Note: If Target Time is being set up for workout. Distance cannot be adjusted.

Continue through all desired parameters and press the START/STOP button to begin the workout.

Note: Once the workout parameter counts down to zero. it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

Pre-programs (P2~P13) Program profile

There are 12 program profiles ready for use. All program profiles have 16 levels of resistance.

Setting Parameters for Pre-programs Select one of the pre-programs using the UP or DOWN button. then press ENTER. The first parameter "TIME" will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the values and move to next parameter to be adjusted. Continue through all desired parameters. pressing the START/STOP button to begin the workout.

Workout in any pre-program The user can exercise with different levels that load in different intervals. The user may exercise in any level of resistance by adjusting the UP or DOWN button during the workout.

Note: If Target Time is being set up for workout. Distance cannot be adjusted. Once the workout parameter counts down to zero. it will beep and stop the workout automatically.

Press the START to continue the unfinished parameter.

Watt control program (P14) Program profile

Setting Parameters for the Watt control program Select "Watt control program" using the UP or DOWN button. then press ENTER. The first parameter "TIME" will flash so the value can be

adjusted using the UP or DOWN button. Press ENTER to save the value and move to next parameter to be adjusted.

Note: If user sets up the target time to workout. then the next parameter of Distance cannot be adjusted.

Continue through all desired parameters. pressing the START/STOP button to begin the workout.

Note: Once the workout parameters count down to zero. it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

Computer will adjust the resistance load automatically depending on the speed to maintain the constant watt value. The user can use the up or down button to adjust the watt value during the workout.

BODY FAT PROGRAM (P15) Program profile

Setting Data for Body Fat Select "BODY FAT Program" using the UP or DOWN button. then press ENTER. "MALE " will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data. "5'8 (inches)" of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data. "165 (lbs)" of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to next data. "30" of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER to save the value.

Press START/STOP button to start the measurement. Please also remember to grasp the hand pulse grips. After 15 seconds the display will show out Body Fat %. BMR. BMI. & BODY TYPE.

Setting Parameters for HEART RATE CONTROL Select one of the "Heart Rate Control Programs" using the UP or DOWN button. then press ENTER. The first parameter "TIME" will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to next parameter to be adjusted.

Note: If the user sets up the target time to workout. then the next parameter of Distance cannot be adjusted.

Continue through all desired parameters. pressing the START/STOP button to start workout.

Note: If Pulse is above or below (± 5) the TARGET H.R. the computer will adjust the resistance load automatically. It will check every 20 seconds approx. 1 resistance load will increase or decrease (Note: each resistance load represents 2 levels of loading).

If one of workout parameters counts down to be zero. it will beep and stop the workout automatically. Press START/STOP button to continue the workout to reach unfinished workout parameter.

User Program Program profile (P21-P24)

The 4 user programs allow user to set their own program that can be used immediately.

Setting Parameters for User Program Select the user program using the UP or DOWN button then press ENTER. The first parameter "TIME" will flash so the value can be adjusted using the UP or DOWN button. Press the ENTER button to save the value and move to next parameter to be adjusted.

Note: If the user sets up the target time to workout. then the next parameter of Distance cannot be adjusted.

Continue through all desired parameters.

After finishing setting up the desired parameters. level 1 will flash. Use the UP or DOWN button to adjust. then press the ENTER button until finished (There are 10 times total). Press the START/STOP button to begin the workout.

Note: Once the workout parameter counts down to be zero. it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.

TROUBLESHOOTING

PROBLEM: The equipment is unstable when in use.

SOLUTION: Turn the adjustable stands under the front and rear stabilizer to align evenly in

PROBLEM: There is no display on the console.

SOLUTION: Remove the console and upright tube and reconnect the cables.

PROBLEM: There is no heart rate reading or there is an inconsistent reading.

SOLUTION: Make sure the wires are connected correctly. Always hold onto the Heart Rate sensor

PROBLEM: The equipment makes noise when in use.

SOLUTION: The bolts may be loose on the equipment. Please inspect and tighten any loose bolts.

MAINTENANCE

CLEANING AND MAINTENANCE: The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical after each use. Be careful not get excessive moisture on the computer display panel. as this may cause electrical hazards or cause electronics to fail.

Please keep the elliptical and the console out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

STORAGE: Store the elliptical in a clean and dry environment away from children.

Version 1.3

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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