



EZ STRIDE MOTORIZED ELLIPTICAL SF-E3626 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).



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Thank you for purchasing the EZ Stride Motorized Elliptical. Please read the operating instructions carefully before use, especially the safety precautions.

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. To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.
2. This product's rated voltage is 110V, rated power is 25W, 30 min.
3. 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.
4. Do not stand on the elliptical, only use the elliptical while sitting.
5. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons. Keep children away from appliance. This is for adult use only.
6. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
7. 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.
8. Do not carry this appliance by supply cord or use cord as a handle.
9. Keep the cord away from the heated surfaces.
10. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
11. Never drop or insert any object into any opening.
12. Do not use outdoors.
13. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
14. To disconnect, turn all controls off, then unplug from outlet.
15. To reduce the risk of injury, place the appliance on a flat, horizontal, and stable surface. Do not place or use the appliance on a slippery surface.
16. To reduce the risk of injury, do not use the appliance with wet shoes, wet feet, or socks.
17. To reduce the risk of injury, do not use the appliance if the surface is wet. If the appliance surface becomes wet, dry the surface before using.

18. Turn off the power after each use. After using or before cleaning the appliance, unplug the power supply from the outlet.
19. Do not cover while using, to avoid motor overheating and cause malfunction or damage.
20. Be aware how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop the using the appliance immediately.
21. Do not use the appliance if it is damaged or defective.
22. This appliance is not suitable for therapeutic use. Do not use with other medical electronic equipment, such as pacemakers or EKG machines.
23. Do not use the appliance in wet or dusty environment. Do not use in humid environment, such as bathroom.
24. Keep the appliance away from direct sunlight.
25. Do not operate the appliance with wet hands.
26. Do not allow water and other liquids to touch control switch.
27. Do not place the power cord under the appliance or any heavy object.
28. Do not wind the power cord around the appliance. That could damage the power cord, cause electric shock or electrical fire.
29. If the power plug is loose, do not use the appliance.
30. If there is a power surge during use, stop using the appliance. Sudden restoration of power could cause injury to you.
31. Consult your physician before use, especially if you have any medical conditions such as diabetes.

SAVE THESE INSTRUCTIONS

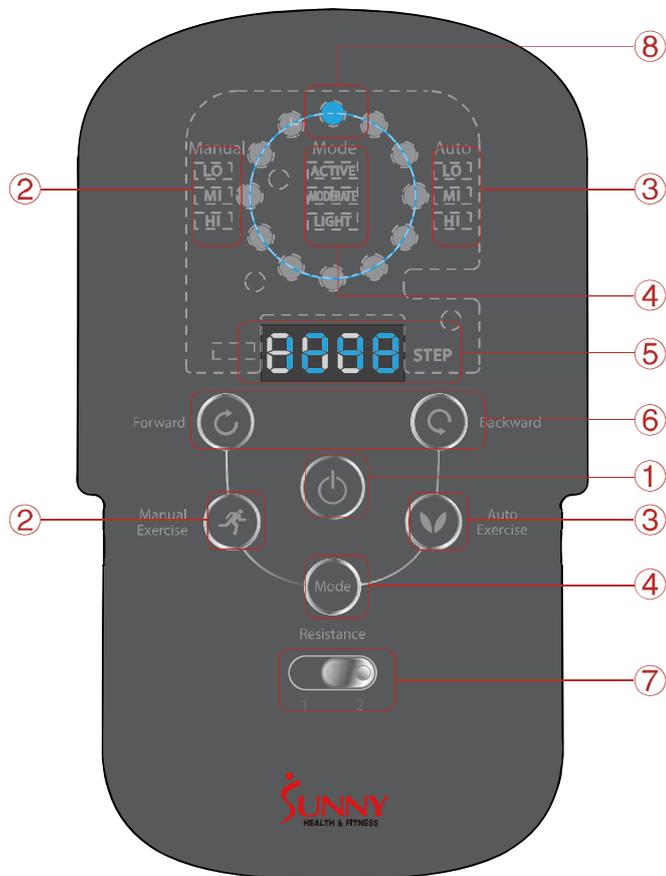
1. Control panel

2. Pedal

3. Handle

4. Slideway

5. Non-slip mat



CONTROL PANEL FEATURES

	1	Power	Turns elliptical ON and OFF.
Power is ON (Standby)	2	Manual Exercise	Selects Manual Exercise setting. Changes resistance from LO to MI to HI.
	3	Auto Exercise	Selects Auto Exercise setting. Changes speed from LO to MI to HI.
	4	Mode	Selects Mode setting. Changes mode from ACTIVE to MODERATE to LIGHT.
	5	Pedometer Display	Displays number of steps.
	6	Forward Backward	Changes direction to forward. Changes direction to backward.
Power is OFF	7	Resistance	Changes resistance when the power is off or elliptical is unplugged.

WARNING:

Only use the elliptical while sitting. Do not stand on the elliptical.

Keep the elliptical on the non-slip mat (included) when using.



OPERATING INSTRUCTIONS

1. Plug in the elliptical.
2. Press Power button to turn on the power.
3. Select one of the following modes:

AUTO EXERCISE

Press Auto Exercise. The pedals will rotate forward starting at LO speed.

Press Auto Exercise to increase speed to MI.

Press Auto Exercise to increase speed to HI.

Press Forward or Backward to change the direction.

MODE

Press Mode. The pedals will rotate at ACTIVE mode and alternate between forward and backward.

Press Mode to change mode to MODERATE.

Press Mode to change mode to LIGHT.

MANUAL EXERCISE

Press Manual Exercise. Resistance starts at LO. You can start pedaling.

Press Manual Exercise to increase resistance to MI.

Press Manual Exercise to increase resistance to HI.

Press Forward or Backward to change the direction.

4. Press Power button to turn the elliptical off.

OPERATING INSTRUCTIONS WHEN POWER IS OFF OR NOT PLUGGED IN

You can use the elliptical when it is not plugged in or when the power is off.

You can pedal forward or backward.

Use the resistance switch to change the resistance.

Setting 1 is low resistance.

Move switch to setting 2 to increase resistance.

When the power is off or not plugged in, the pedometer will not display the number of rotations.

FEATURES

AUTO SHUT-OFF

The elliptical automatically shuts off after 30 minutes. When there is 1 minute remaining, the elliptical will beep. Press Auto Exercise, Manual Exercise or Mode button to restart the timer at 30 minutes and continue exercising.

PEDOMETER

The display will count steps. For each rotation, the display will increase in increments of 2. After the first rotation, it will display 2, then 4, then 6 and so on. Display range is 0-9999. Pedometer starts at zero each time you turn on the elliptical.

DIRECTION CORRECTION

Do not pedal in the opposite direction as the setting you choose.

During Manual Exercise or Auto Exercise, if you pedal in the opposite direction of the setting, the elliptical will beep, then change to the direction you are pedaling.

If you repeatedly pedal in the opposite direction as the setting, the elliptical will stop, and you will get an error code.

MOVING THE PRODUCT

Always use the built-in handle to carry or move the elliptical.

PRODUCT CARE

Storage

When not in use, place the product into the box and place in a dry, ventilated, cool area.

Do not twist the power cord.

Do not place product in direct sunlight or heat. Do not store where there is high humidity, such as bathrooms.

Cleaning

Before cleaning, make sure to turn power off and unplug the power cord. Use a dry cloth to clean the surface of the product.

Do not use corrosive cleaning agents to clean the product.

TROUBLESHOOTING

If you have problems when using this product, refer to the following tips and possible solutions.

	POSSIBLE CAUSE	SOLUTION
Product does not turn on	<ul style="list-style-type: none">• Not powered• Power switch is not turned on	<ol style="list-style-type: none">1. Make sure power cord is plugged in2. Turn on the switch
Product suddenly stops operating	<ul style="list-style-type: none">• Power failure• Timer exceeded 30 minutes.• Continuous use time is too long, overheat protection	<ol style="list-style-type: none">1. Check the power cord is connected2. Press the Power button to turn the machine on3. Let the product cool down, then turn power back on
E1 error code		<ol style="list-style-type: none">1. Wait 15 seconds, and elliptical will shut off.2. Turn the machine back on, and the error code will clear.3. Or you can turn the elliptical off and on, and the error code will clear.

Version 1.3

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