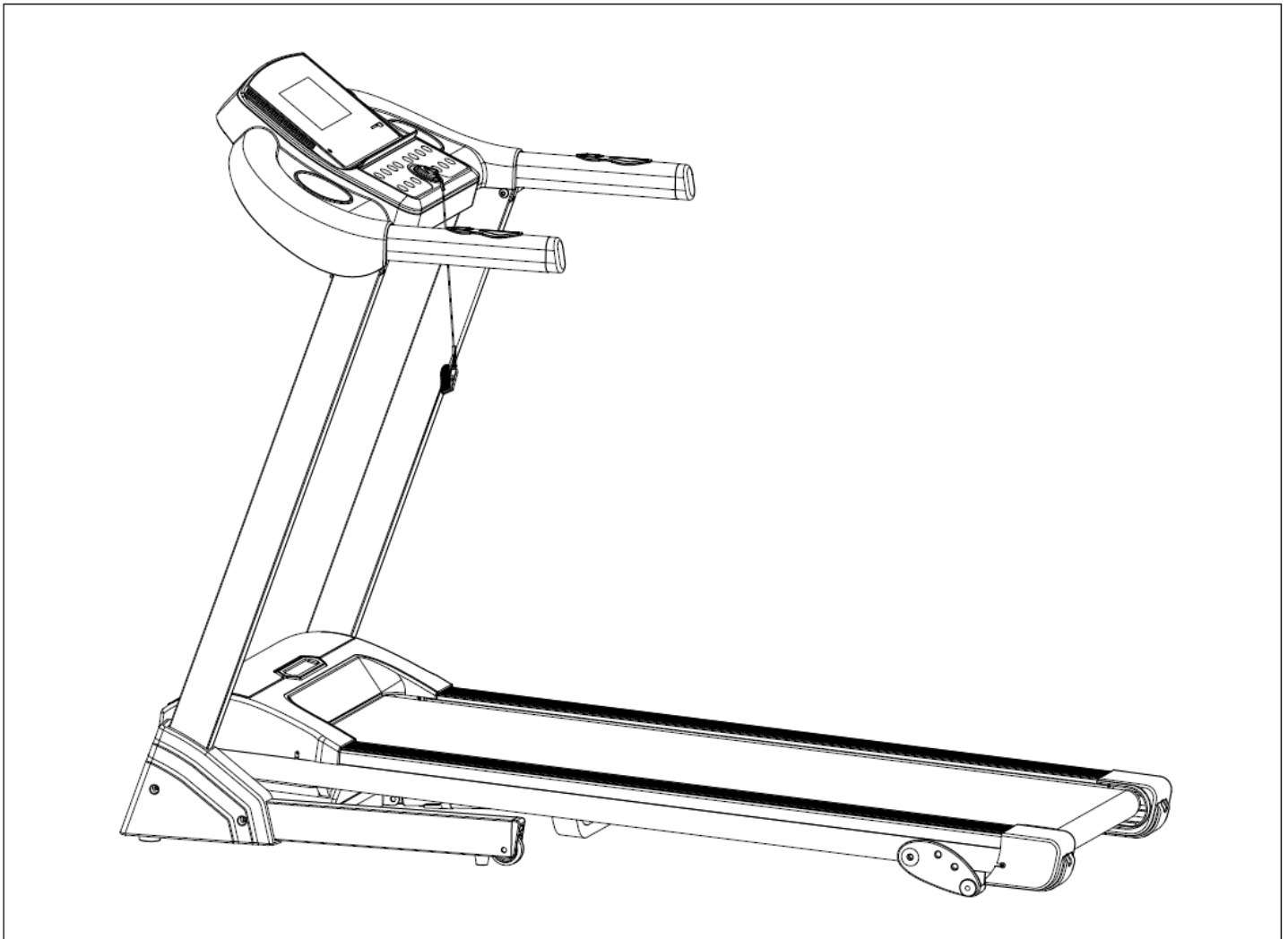


# Fitness Avenue

## TREADMILL WITH MANUAL INCLINE

### FA-7967

### 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](mailto: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.

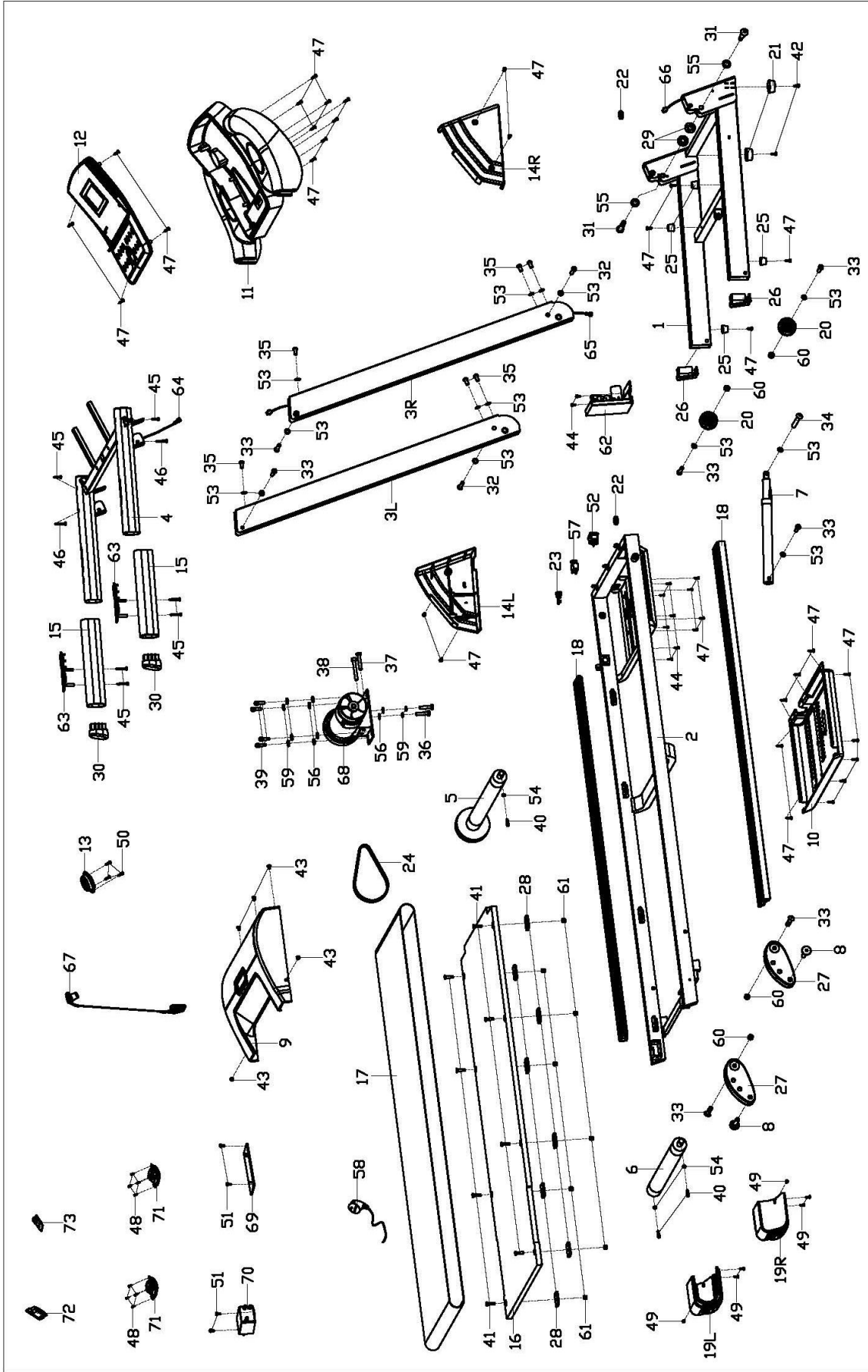
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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 8 feet (240 CM) of free space behind it and 2 feet (60 CM) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
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 220 pounds (100 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 is required.
12. Your product is intended for use in cool, 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!



## **IMPORTANT NOTE:**

**The running belt must be lubricated before the first use! Please see *Page 7* for instructions on how to properly apply lubricant.**

# EXPLODED DIAGRAM



# PARTS LIST

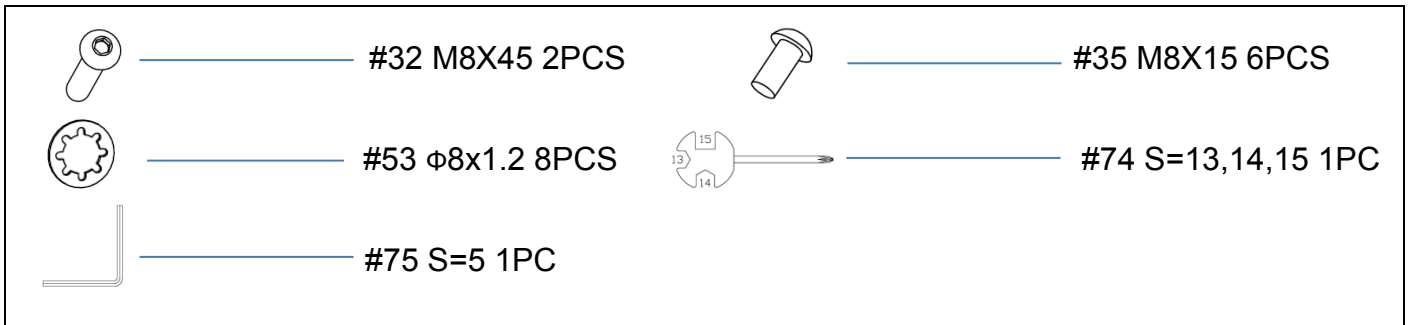
No.	Description	Specification	Qty.
1	Base Frame		1
2	Main Frame		1
3L/R	Upright Tube		1 pr
4	Console Frame		1
5	Front Roller		1
6	Rear Roller		1
7	Cylinder		1
8	Adjustable Bolt		2
9	Motor Upper Cover		1
10	Motor Bottom Cover		1
11	Console Upper Cover		1
12	Console Panel		1
13	Safety Key Base		1
14L/R	Protective Cover		1 pr
15	Foam Grip		2
16	Running Board		1
17	Running Belt		1
18	Side Rail		2
19L/R	Rear End Cap		1 pr
20	Transport Wheel		2
21	Flat Foot Pad		2
22	Plug		2
23	Power Wire Buckle		1
24	Motor Belt		1
25	Small Foot Pad		4
26	Transport Wheel End Cap		2
27	Adjustable Cushion		2
28	Rubber Pad		8
29	Plastic Fixed Washer		2
30	Tube Cap		2
31	Bolt		2
32	Allen Bolt	M8X45	2
33	Allen Bolt	M8X40	7

No.	Description	Specification	Qty.
34	Allen Bolt	M8X25	1
35	Allen Bolt	M8X15	6
36	Hex Bolt	M8X35	2
37	Hex Bolt	M8X45	1
38	Hex Socket Head Bolt	M8X65	1
39	Hex Socket Head Bolt	M8X18	4
40	Hex Socket Head Bolt	M6X55	3
41	Hex Socket Countersunk Head Bolt	M6X30	8
42	Cross Pan Head Screw	M6X15	2
43	Cross Washer Head Screw	M5X8	5
44	Cross Washer Head Screw	M4X8	8
45	Cross Pan Head Screw	ST4X40	6
46	Cross Pan Head Screw	ST4X20	2
47	Cross Pan Head Screw	ST4X16	34
48	Cross Pan Head Screw	ST4X8	8
49	Cross Washer Pan Head Screw	ST4X12	6
50	Cross Pan Head Screw	ST2.9X9.5	3
51	Cross Washer Screw	M4X8	4
52	Switch		1
53	Locking Washer	Φ8x1.2	14
54	Locking Washer	Φ6x1.2	3
55	Flat Washer	Φ12x1.0	2
56	Flat Washer	Φ8x1.5	6
57	Overload Protector		1
58	Power Wire		1
59	Spring Washer	Φ8	6
60	Nylon Nut	M8	4
61	Nylon Nut	M6	8
62	Control Board		1
63	Shortcut Key		2
64	Console Upper Wire		1
65	Console Connecting Wire		1
66	Console Bottom Wire		1

No.	Description	Specification	Qty.
67	Safety Key		1
68	DC Motor		1
69	Filter Connecting Board		1
70	Filter		1
71	Loudspeaker		2

No.	Description	Specification	Qty.
72	USB Socket		1
73	Bluetooth		1
74	Spanner	S=13,14,15	1
75	Allen Wrench	S=5	1

## **HARDWARE PACKAGE**



### **Ordering Replacement Parts (U.S. and Canadian Customers only)**

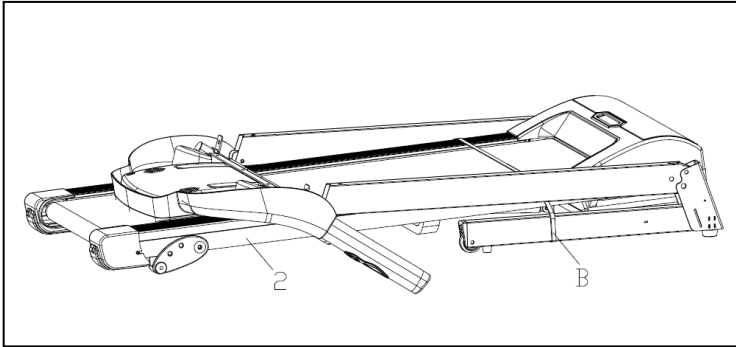
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

# ASSEMBLY INSTRUCTION

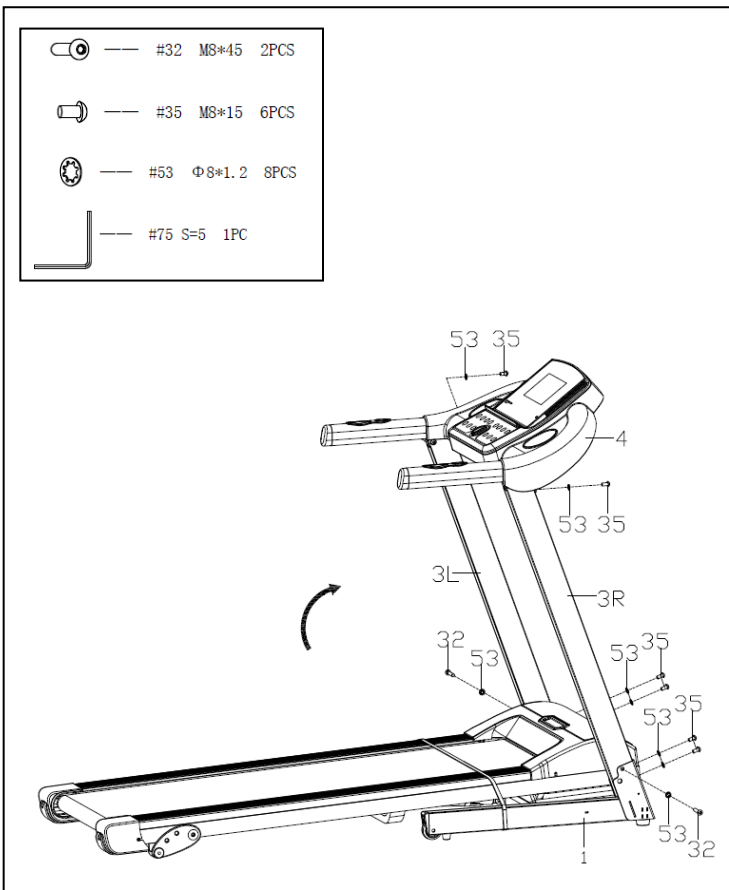
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 1:

We recommend having two people to do the assembly.

Open the carton and remove contents. Place the **Main Frame (No. 2)** on level ground and ensure that you have a work area that is clean and has adequate space. **Do not cut the Packing Belt (No. B) until the assembly is complete!**



## STEP 2:

Hold the **Console Frame (No. 4)**, then lift up the **Console Frame (No. 4)** and **Left & Right Upright Tubes (No. 3L/R)** together, in the direction of the arrow.

**Note:** Make sure you do not cut or pinch the wire inside the **Right Upright Tube (No. 3R)**.

Fix **Left & Right Upright Tubes (No. 3L/R)** to the **Base Frame (No. 1)** with 6 **Allen Bolts (No. 32 & 35)** and 6 **Locking Washers (No. 53)** using **Allen Wrench (No. 75)**.

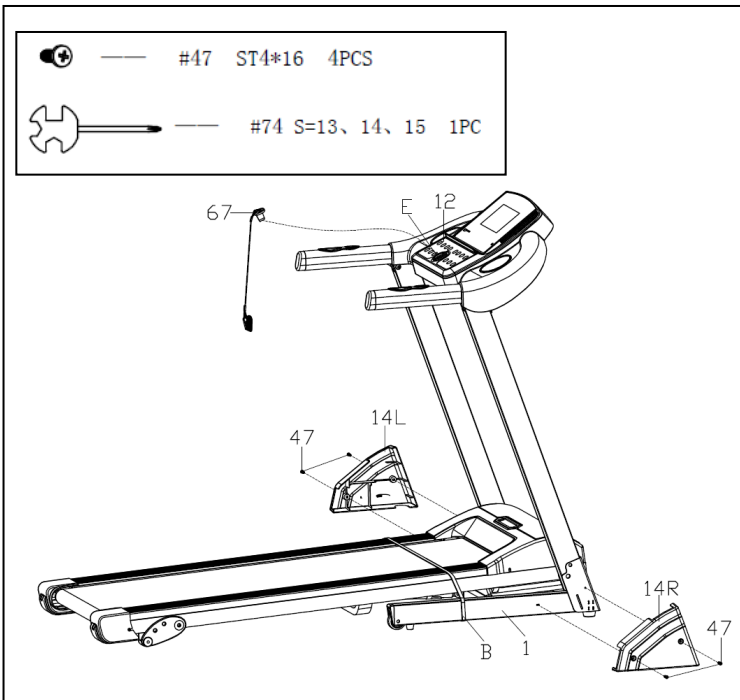
**Note:** Do not fully tighten at this time.

Lock the **Console Frame (No. 4)** to the **Left & Right Upright Tubes (No. 3L/R)** with 2 **Allen Bolts (No. 35)** and 2 **Locking Washers (No. 53)** using **Allen Wrench (No. 75)**.

Now fully tighten the 6 **Allen Bolts (No. 32 & 35)** and 6 **Locking Washers (No. 53)** in **Left & Right Upright Tubes (No. 3L/R)** and **Base Frame (No. 1)** using **Allen Wrench (No. 75)**.

# 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](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 3:

Remove **4 Cross Pan Head Screws (No. 47)** from the **Base Frame (No. 1)** using **Spanner (No. 74)**.

Attach the **Protective Cover (No. 14L/R)** to the **Base Frame (No. 1)** with **4 Cross Pan Head Screws (No. 47)** that were just removed using **Spanner (No. 74)**.

Put the **Safety Key (No. 67)** on the E slot of **Console Panel (No. 12)**.

Now you can cut the **Packing Belt (No. B)**.

The assembly is complete!



### IMPORTANT NOTE!

You will need to lubricate your treadmill before the first use. See *Page 7*.



# LUBRICATING THE TREADMILL

## **\*IMPORTANT NOTE:**

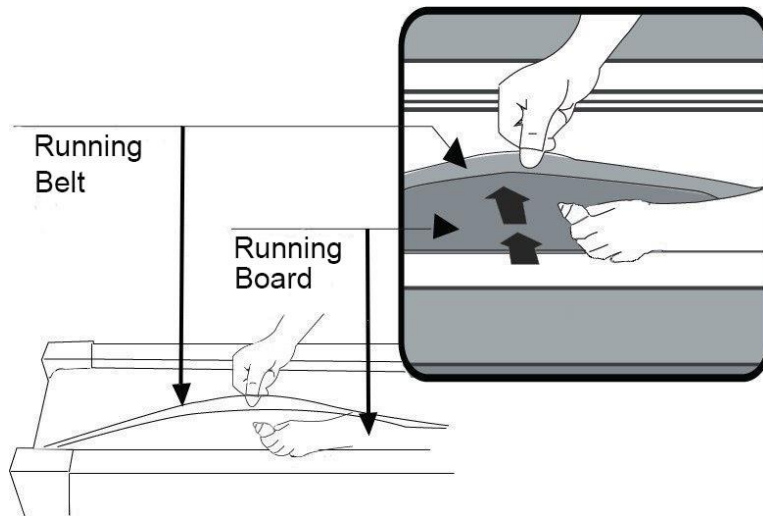
You will need to lubricate your treadmill before the first use.

Lubricating the **Running Board (No.16)** and **Running Belt (No. 17)** is essential as the friction between the two affects the life span and function of the treadmill. Inspect the **Running Board (No. 16)** and **Running Belt (No. 17)** regularly. Should you find any wear on the **Running Board (No. 16)**, 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 **Running Belt (No. 17)** up on one side and apply lubricant to the **Running Board (No. 16)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. 16)**. 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 (No. 17)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. 17)** will negatively affect the motor's performance and also create more friction between the roller and **Running Belt (No. 17)**. The most suitable tightness for the **Running Belt (No. 17)** is pulled out **50-75mm** from the **Running Board (No. 16)**.



## **The following time table is recommended:**

Light user (less than 3 hours/ week)	<i>every five months</i>
Medium user (4-7 hours/ week)	<i>every two months</i>
Heavy user (more than 7 hours/ week)	<i>every one months</i>



# 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 (No. 17)** to prevent dust from accumulating underneath the **Running Belt (No. 17)**. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. 16)** and **Running Belt (No. 17)**. Clean the surface of the **Running Belt (No. 17)** with a clean damp cloth.

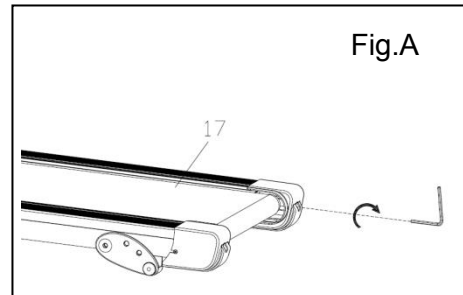
To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

A loose **Running Belt (No. 17)** will result in the runner sliding off when running, while too tight of a **Running Belt (No. 17)** will negatively affect the motor's performance and also create more friction between the roller and **Running Belt (No. 17)**. The most suitable tightness for the **Running Belt (No. 17)** is pulled out **50-75mm** from the **Running Board (No. 16)**.

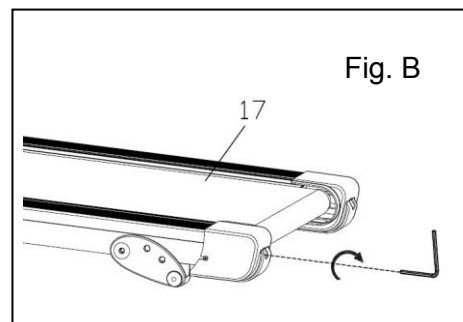
## **CENTERING THE RUNNING BELT:**

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. 17)** drifts.

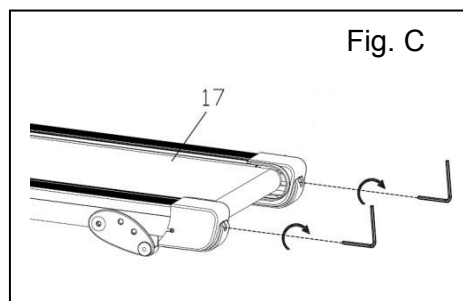
1. If the **Running Belt (No. 17)** moves to the right, turn the adjusting bolt on the right side  $\frac{1}{4}$  turn **clockwise**, then turn the left adjustment bolt  $\frac{1}{4}$  turn **counter-clockwise**. If the **Running Belt (No. 17)** does not move, keep adjusting  $\frac{1}{4}$  turn at a time until it centers. Refer to Fig. A.



2. If the **Running Belt (No. 17)** 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 **Running Belt (No. 17)** does not move, keep adjusting  $\frac{1}{4}$  turn at a time until it centers. Refer to Fig. B.

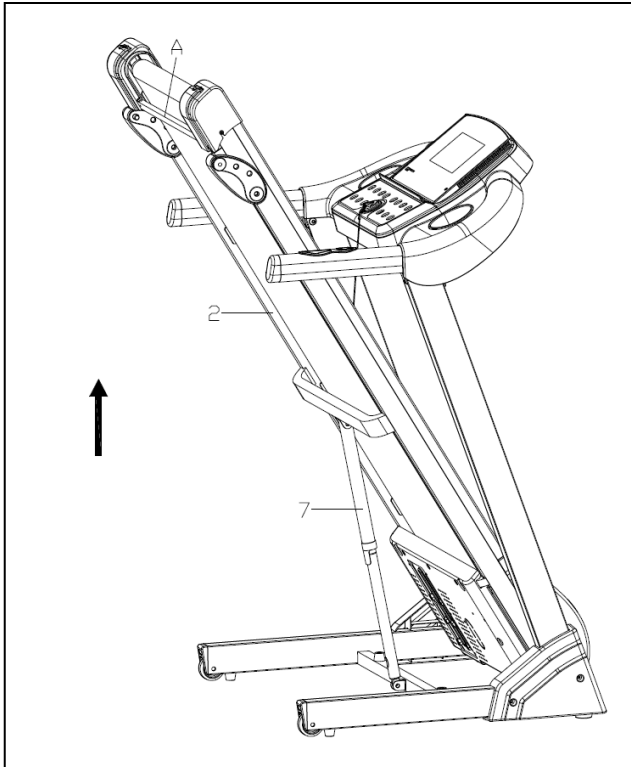


3. Over time the **Running Belt (No.17)** will loosen. To tighten the belt turn the **Left &Right** side adjustment bolts one full turn **clockwise**, check the tension of the **Running Belt (No. 17)**. Continue this process until **Running Belt (No. 17)** is at the correct tension. Make sure to adjust both sides equally to ensure correct **Running Belt (No. 17) alignment**. Refer to Fig. C.



# FOLDING INSTRUCTIONS

## FOLDING

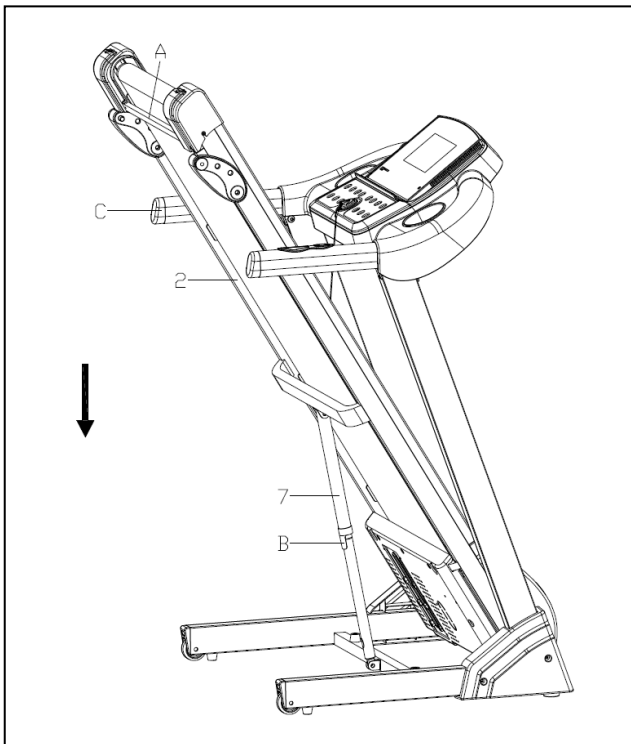


Turn off the power before folding.

Restore the incline to flat position (Incline Level 0). Place your hand at position “A” and lift up on the **Main Frame (No. 2)** to push top of the running board forward until the **Cylinder (No. 7)** locks into the tube.

**Note:** When the **Cylinder (No. 7)** successfully locks into the tube you will hear a clicking sound.

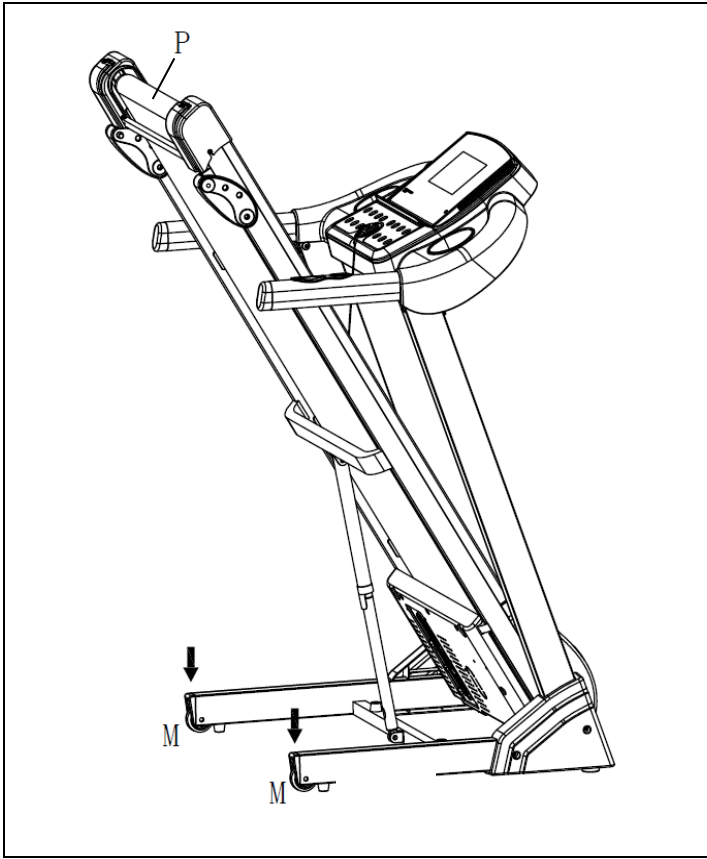
## UNFOLDING:



Before lowering the **Main Frame (No. 2)**, ensure that the space directly underneath is clear of any objects and the power is turned off.

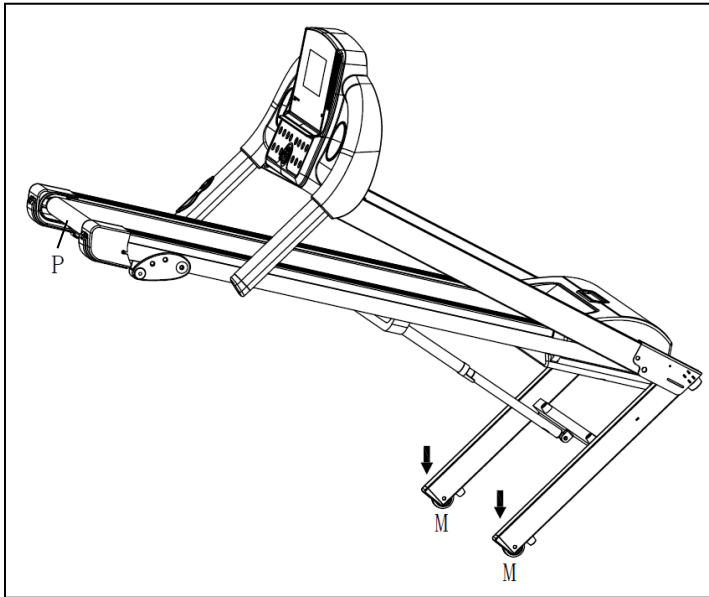
Grasp the **Main Frame (No. 2)** at position “A” with one hand. Next, using your foot, firmly push against the **Cylinder (No. 7)** “B” and press down on the **Main Frame (No. 2)**. Once the **Main Frame (No. 2)** starts to lower, it will automatically continue to steadily lower itself until it reaches level ground.

## HOW TO MOVE THE MACHINE



Before attempting to move the treadmill, make sure that it has been properly folded. Unplug the power cord.

To tilt, start by placing one hand at position "P" to support the top end of the treadmill. Next, place one foot at position "M" to hold the bottom end of the treadmill steady. With your foot at "M", slowly tilt the top of the treadmill downward towards the ground. Once the treadmill reaches a low enough point, the wheels of the treadmill touch the ground.

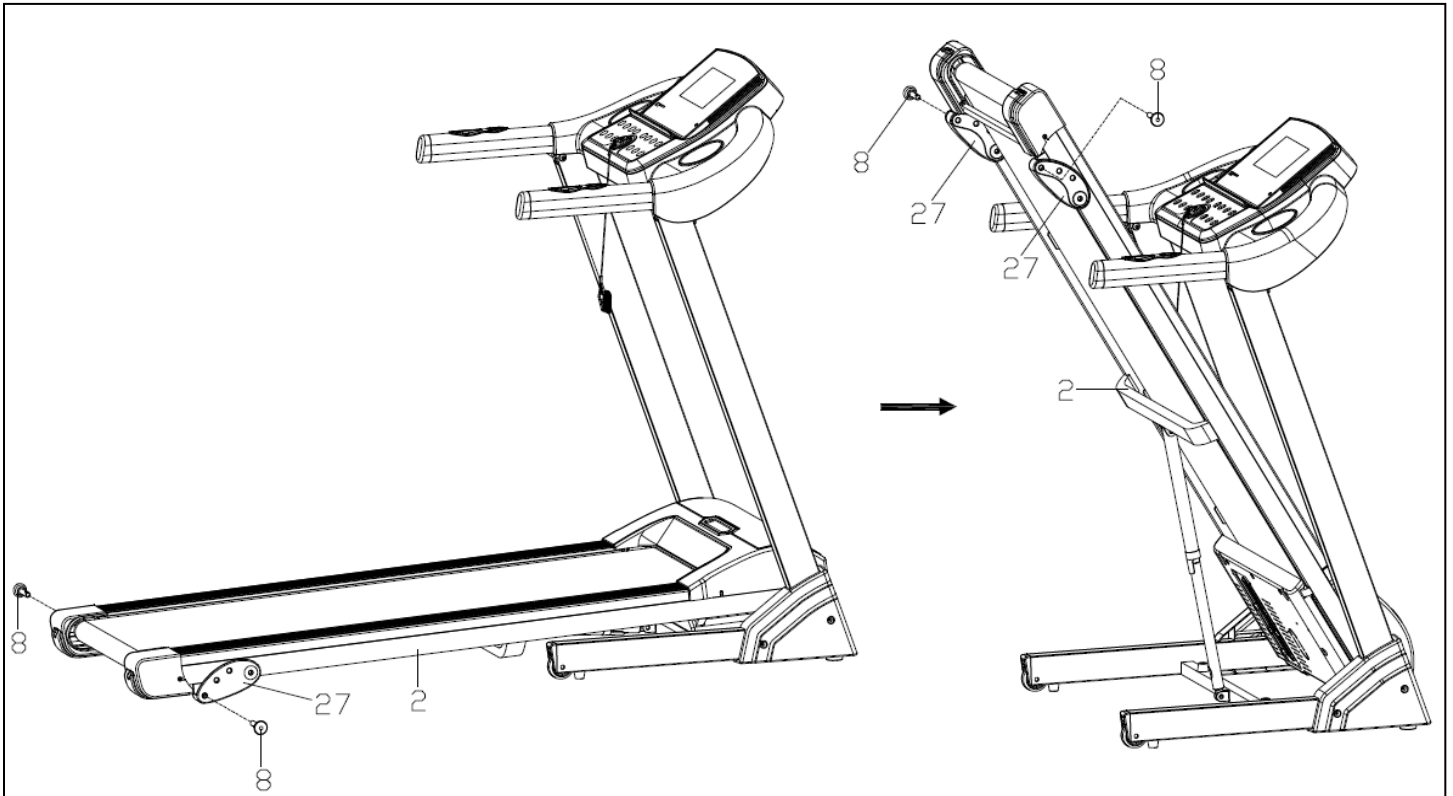


To transport, hold the treadmill at position "P" and tilt until the wheels "M" are able to move on the ground.

# ADJUSTING THE INCLINE

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

There are three holes located on the **Adjustable Cushion (No. 27)**. To adjust the level of incline, remove the 2 **Adjustable Bolts (No. 8)** from the left and right side. Align the holes of the **Adjustable Cushion (No. 27)** to the holes located on the **Main Frame (No. 2)**. Once you have located your desired incline level, reinsert the 2 **Adjustable Bolts (No. 8)** back through the holes.



# IMPORTANT ELECTRICAL INFORMATION

**WARNING:** This treadmill requires a power source of **10 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.

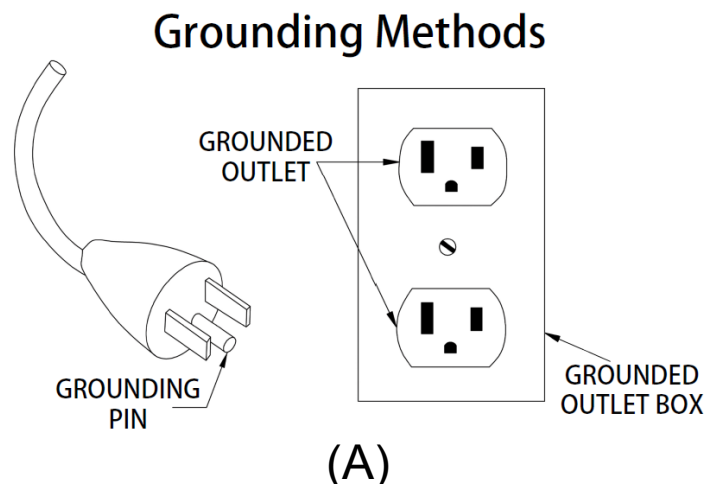
This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

## **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.



# EXERCISE INSTRUCTIONS

## **GETTING STARTED:**

Before starting any exercise program, you should consult with 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.

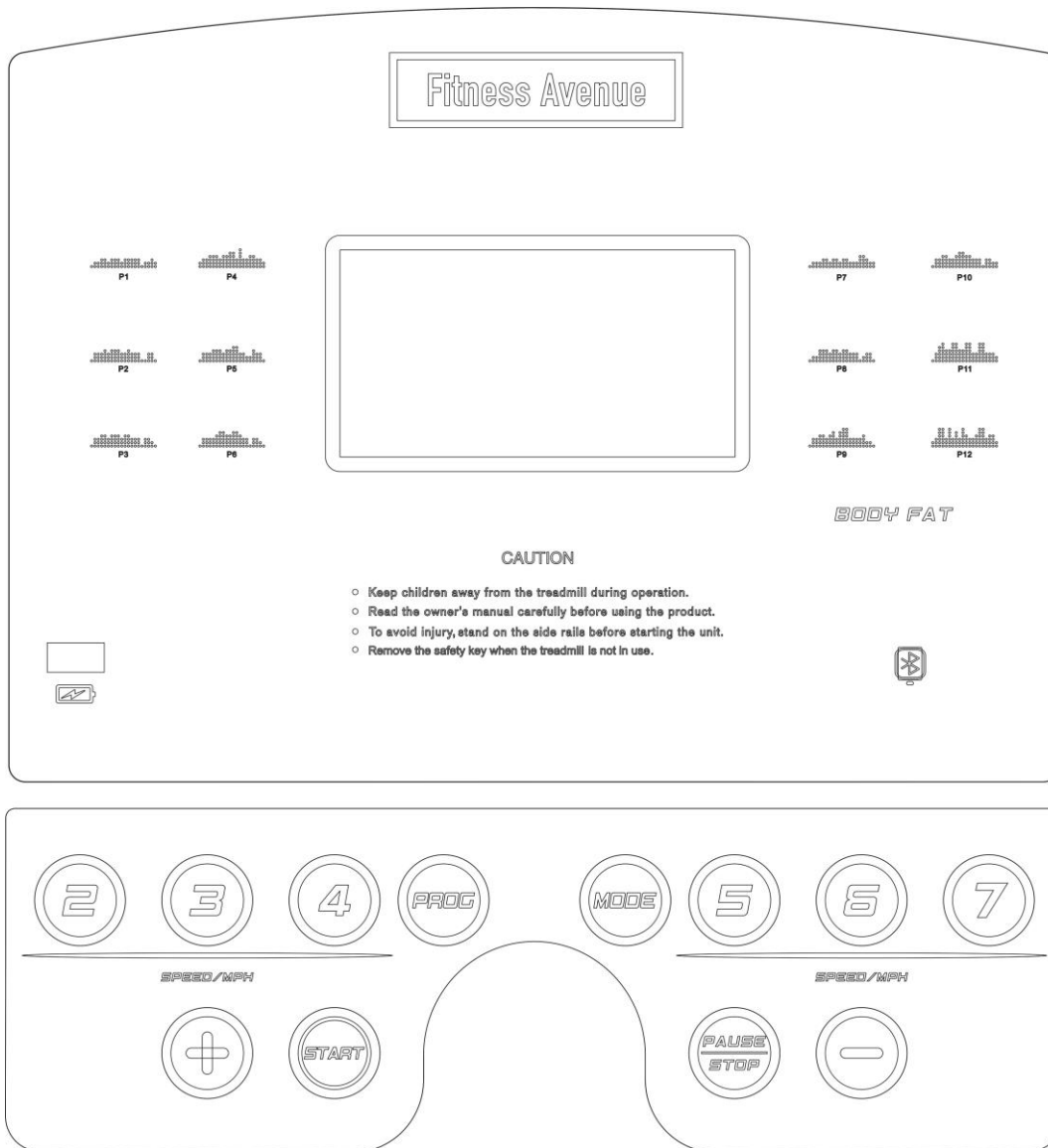
Be aware of your body's signals. Incorrect or excessive exercise can damage your health.

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.

1. Turn on the power switch.
2. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.
3. Next, attach the clip end of the **Safety Key (No. 67)** to your clothes and insert the magnetic end of the key into the computer console.
4. Press the START key to start the treadmill.
5. The treadmill will start at the system default setting speed of **0.5 MPH**. When you feel comfortable, you may slowly increase this speed.
6. When you are finished with your exercise, press the STOP key to stop the treadmill or you can remove the magnetic end of the **Safety Key (No. 67)** to stop the treadmill.

# THE DISPLAY CONSOLE



## DISPLAYS

### 1. Start

Normal startup after **3 seconds** countdown.

### 2. Number of programs

Manual modes, 12 Preset programs (P1-P12), 3 User setting programs (U1-U3), 3 HRC and FAT.

### 3. Safe lock function

Remove the safety key in any mode, and the treadmill will slow down rapidly till it stops. The console will beep continuously and “---” will be displayed on the window. Buttons will not function when the safety key is removed. Insert the safety key onto the console. The display will light up for 2 seconds and then go into standby state, ready for you to input commands.

## KEY FUNCTION

a. “START” is for start key. Press “START” when the treadmill is in stop state, the speed will be displayed as “0.5”, treadmill will be started.

b. “PAUSE/STOP” is for pause/stop key, when the treadmill is running, press “PAUSE/STOP” once to



pause the motor, and "PAUSE" will show on the display. Time, distance and calorie data will be automatically saved. The speed will go to zero. Press "PAUSE/ STOP" again to stop the motor, and all data will be cleared.

If you press "START" within 5 minutes, the data of time, distance and calorie will be accumulated, and the starting speed will be the same as previous speed prior to pressing "PAUSE".

"PAUSE" function lasts for about 5 minutes. If you do not press "START" again, the data will automatically clear.

- c. "PROG" is for program key. In standby mode, press the key to select manual mode "0.0" to "P1-P12", "U1-U3", "3HRC" or FAT different programs. Manual mode is the default mode, the default speed is 0.5 MPH, the max operating speed is 7.5 MPH.
- d. "MODE" is for mode key. In standby mode, press the key to loop set H-1 to H-3 different countdown modes. H-1 is time countdown mode, H-2 is distance countdown mode and H-3 is calorie countdown mode. All mode parameter can be set by "SPEED +/-", then press "START" to start the treadmill.
- e. "SPEED+/-" are for speed accelerating and decelerating keys. Press to adjust the treadmill speed setting. When the treadmill is running, they are used to adjust the speed for 0.1 mile/time increment; after holding for more than 2s, automatic continuous acceleration and deceleration will be realized.
- f. Speed shortcut keys: 2/3/4MPH and 5/6/7MPH. Press any speed shortcut keys when the treadmill is running.

## KILOMETERS OR MILES

When the safety key is removed, press "PROG" and "MODE" for 5 seconds to change from miles to kilometers. Display "12.0" means metric systems when display "7.5" means imperial systems.

## DISPLAY FUNCTION

**Speed display:** Display the current running speed.

**Time display:** Display the running time in manual mode and display the countdown time in the time countdown mode or in program mode.

**Steps/Distance/Calorie display:** Display the current running Steps. (Note : Running steps valid in users when speed less than 2.0 MPH or more than 10.0 MPH, due to differences in user's weight and step rate.) Display the accumulated distance in manual mode or program mode or the countdown distance in distance countdown mode. Display the current calories.

**Heart rate display:** Detect heart rate signals and display the pulse value.

## Data display range of various parameters:

TIME: 0:00 – 99.59 (MIN)

DISTANCE: 0.00 – 99.9 (MILE)

CALORIES: 0.0 – 999 (KCal)

SPEED: 0.5 – 7.5 (MPH)

PULSE: 50 – 200 (BPM)

## HEART RATE MEASUREMENT FUNCTION

While the treadmill is on, hold the pulse sensor for 5 seconds and the heart rate value will be displayed. The initial value is the actually measured heart rate and the display range is 50-200 BPM. In the heartbeat measurement process, there will be a heart shaped icon flashing. Heart rate displayed is for reference only and cannot be used as medical data.

## SET UP COUNTDOWN MODE

1. Turn on the treadmill. The treadmill is in standby mode. Press “MODE” to select time countdown mode, calorie countdown mode or distance countdown mode. Press START to start the treadmill.
2. To set countdown mode:
  - a. In manual mode, press “MODE” to enter **time countdown mode**. The time window will display the time and flash. The initial time is 30:00. Set countdown time by pressing “**SPEED +/-**”. Time setting range: 5:00-99:00. Value is in increment of 1:00. Press “START” to start the treadmill. If you do not press “START” and you press “MODE” again, the time value you set will be cleared and treadmill will go into distance countdown mode.
  - b. Press “MODE” to enter **distance countdown mode**. The initial distance is 1.00 KM or MI. Set the distance by pressing “**SPEED +/-**”. Distance setting range: 1.0—99.0 KM or MI. Value is in increment of 1 KM or MI. Press “START” to start the treadmill. If you do not press “START” and you press “MODE” again, the distance value you set will be cleared and treadmill will go into calorie countdown mode.
  - c. Press “MODE” to enter **calorie count down mode**. The initial calorie will be displayed as 50.0 kcal. Set the calorie by pressing “**SPEED +/-**”. Calorie setting range: 20.0—990 kcal. Value increases in increment of 10 kcal. Press “START” to start the treadmill. If you do not press “START” and you press “MODE” again, the calorie value you set will be cleared and treadmill will go into standby mode.

## OPERATION IN MANUAL MODE

- a. Press “START” and the motor will start operating after 3 seconds of countdown. The initial speed is 0.8 KMH / 0.5 MPH.
- b. Press “**SPEED +/-**” to adjust speed or press speed shortcuts to change to the speed marked on the key.
- c. When the motor is running, press “STOP” to stop the treadmill.
- d. To stop the treadmill immediately, remove the safety key; then, LCD window will display “---” and the console will make short sound of Beep-Beep-Beep.
- e. When the set time, calorie or distance value reaches zero, the speed will gradually reduce till the treadmill stops. The console will make short sound of Beep-Beep-Beep until the treadmill stops. The screen will display END. All values go to zero and treadmill is now in standby state.
- f. If a value reaches the maximum value, it will reset to 0 and the treadmill will stop. In manual mode, the treadmill will stop when the time accumulates to be more than 99:59 (100 min).

## PROGRAM MODE

P1-P12 are programs with preset speed. Each program is divided into 20 segments. Each segment is the same amount of time.

- a. In standby state, press “PROG” to select pre-set program P1-P12.
- b. Press “SPEED +/-” to adjust the time.
- c. Press “START” and the treadmill will run at the preset speed of the selected program. (see details in the table of program parameters)
- d. While the treadmill is running, you can press “SPEED +/-” or speed shortcut keys to adjust the speed.
- e. When the 19 segments are finished, the treadmill will stop with a long beep sound.
- f. Press “STOP” to stop the treadmill. If you need to stop the treadmill immediately, remove the safety key.

## PROGRAM PARAMETERS

time program		Setup time / 20 = each segment of the running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	1.2	1.9	1.9	2.5	3.1	1.9	2.5	3.1	3.1	1.9	2.5	3.1	2.5	2.5	2.5	1.2	1.9	1.9	3.1	1.9
P02	SPEED	1.2	2.5	2.5	3.1	3.7	2.5	3.7	3.7	3.7	2.5	3.1	3.7	2.5	2.5	2.5	1.2	1.2	3.1	2.5	1.2
P03	SPEED	1.2	2.5	2.5	3.7	3.7	2.5	4.3	4.3	4.3	2.5	4.3	4.3	2.5	2.5	2.5	1.2	2.5	3.1	1.9	1.2
P04	SPEED	1.9	3.1	3.1	3.7	4.3	4.3	3.1	4.3	4.3	5.0	5.0	3.1	5.6	3.1	3.1	3.7	3.7	2.5	2.5	1.9
P05	SPEED	1.2	2.5	2.5	3.1	3.7	4.3	4.3	3.1	3.7	4.3	5.0	5.0	3.1	2.5	1.9	1.9	3.7	3.1	2.5	1.2
P06	SPEED	1.2	2.5	2.5	2.5	3.1	3.7	5.0	5.0	3.7	4.3	5.0	5.0	3.7	2.5	2.5	1.2	3.1	2.5	1.9	1.2
P07	SPEED	1.2	1.9	1.9	1.9	2.5	3.1	1.9	2.5	3.1	1.9	2.5	3.1	1.9	1.9	1.9	3.7	3.7	3.1	1.9	1.9
P08	SPEED	1.2	1.9	1.9	3.7	4.3	4.3	2.5	3.7	4.3	2.5	3.7	4.3	2.5	2.5	2.5	1.2	1.9	2.5	2.5	1.2
P09	SPEED	1.2	2.5	2.5	4.3	4.3	2.5	4.3	5.0	2.5	5.0	5.6	5.6	2.5	2.5	2.5	3.1	3.7	1.9	1.9	1.2
P10	SPEED	1.2	2.5	3.1	3.7	4.3	3.1	2.5	3.7	5.0	5.0	3.7	3.7	3.1	2.5	2.5	1.2	2.5	2.5	1.9	1.9
P11	SPEED	1.2	3.1	5.0	6.0	4.3	4.3	6.2	6.2	4.3	4.3	6.2	6.2	3.1	3.1	5.6	5.6	3.1	3.1	2.5	1.9
P12	SPEED	1.9	2.5	5.6	5.6	3.1	5.6	3.1	5.0	3.1	5.6	4.3	3.1	3.1	4.3	5.6	5.6	3.1	4.3	3.7	1.9

## USER PROGRAM

Treadmill has 3 user modes: U1, U2, and U3 for you to set your own training program. Each program will have 20 segments.

- a. To set the parameters for a program, press “PROG” to select U1, U2 or U3.
- b. Press “SPEED +/-” to set the time for the program. Press “MODE” to enter the data.
- c. Press “SPEED +/-” or speed shortcut keys to set the speed. Press “MODE” to enter the data.
- d. Repeat to set the speed for the other 19 segments.
- e. After the last segment is entered, the program is saved.

## HEART RATE CONTROL (HRC)

HRC1 speed limit (max-2.5 MPH), HRC2 speed limit (max-1.2 MPH), HRC3 Max.

- a. HRC setting: after repeatedly pressing “PROG” to get to HRC. Press “Speed +/-” to sequentially set TIME-AGE-PULSE value, press “MODE” to confirm after each setting. Then press start to startup the treadmill.
  - (1) Age setting: 13-80, default age: 25
  - (2) Target heart rate:  $(220 \text{ minus age}) * 0.6$
  - (3) Target heart rate is changeable, ranging from 0.45 to 0.75 (220 minus age)
  - (4) Maximum heart rate: (220 minus age)
- b. Speed change:
  - (1) Change sequence, HRC detects heart rate every 30 sec
  - (2) If the user’s heart rate is lower than target heart rate by 30 times/min, then speed increases by 1.2 MPH
  - (3) If such a discrepancy is within 1-29 times/min, then speed increases by 0.6 MPH.
  - (4) Vice versa, if the user’s heart rate is higher than target heart rate, the speed decreases and the same rule applies
- c. During the following circumstances, the treadmill will run at 0.6 MPH for 15 sec and then shut down automatically; in the 15 sec, the treadmill will beep for each second elapsed
  - (1) No heart rate detected for more than one minute
  - (2) Heart rate exceeds (220 minus age)

## BODY FAT TEST


- In standby state, press “PROG” to enter FAT (Physical fitness test) program.
- Press “MODE” to enter the program of F—1, F—2, F—3, F—4, F—5(F—1:gender, F—2:age, F—3:height, F—4:weight, and F—5:physical test),
- Press “SPEED +/-” to set the parameter of F—1-F—4 (see below detailed table), then press “MODE” to enter the program of F—5 for physical test.
- At this state, hold the handle pulse board for 5-6 seconds and it will display the FAT, check if the weight matches with your height.
- FAT program is to measure the relevance between height and weight, not the body proportion. FAT is suitable for every man and woman, it provides the important grounds for adjusting the weight with other health indicators. The normal FAT is between 20-24, which means if less than 19 is too thin, and if between 25-29 is overweight and if more than 30 is obesity.

F--1	Gender	1(man)	2(woman)
F--2	Age	10-----99	
F--3	Height	40--86 inch / 100--220 cm	
F--4	Weight	44--330 lbs / 20--150 kg	
F--5	FAT	≦ 19	Underweight
	FAT	=(20--24)	Normal weight
	FAT	=(25--29)	Overweight
	FAT	≧ 30	Obesity

## BLUETOOTH FUNCTION

After the treadmill is powered up, turn on the Bluetooth function of the mobile phone to connect with the Bluetooth on treadmill (Bluetooth model number: SUNNY), and then it can play the music from the phone.

## LUBRICATION REMINDER

The treadmill needs lubrication every 188 miles. The console  icon will light up when lubrication is needed. To cancel this reminder, standby, remove the safety key then hold the STOP" button simultaneously until you hear a “Beep Beep” sound.

## USB POWER CHARGER

The meter provides USB charger for tablet or smart phone. Plug the data cable into USB port for charging (cable not included).

# TROUBLESHOOTING

Problem	Potential reasons	Solutions
-----	Safety key falls down	<ol style="list-style-type: none"> <li>1. Place back the safety key back.</li> <li>2. Replace safety key switch or magnetic sensor in the electronic meter; if the problem still occur, replace the electronic meter.</li> </ol>
E01	After powering on, the electronic meter displays E01Communication failure from the electronic meter to the driver or from the driver to the electronic meter	<ol style="list-style-type: none"> <li>1. Check whether the connecting joint between the electronic meter and the core wire of the controller is loose, whether wires are damaged, or whether the core wires are in correct connecting order.</li> <li>2. The controller may be defective. Check and replace with a good one.</li> <li>3. The electronic controller's IC may not be plugged to the place. Check and ensure it is plugged in well.</li> <li>4. The transformer may be damaged. Check and replace with a good one.</li> </ol>
E02	Explosion-proof protection or motor abnormality	<ol style="list-style-type: none"> <li>1. Check whether the power supply voltage is less than 50% of the normal value. please ensure correct voltage and test again.</li> <li>2. Check whether motor wires are well connected, re-connect motor wires. If the problem still occur, replace the motor.</li> <li>3. Check whether there is peculiar odor generated by the controller. If yes, it means that IGBT has been broken down to cause short circuit. Replace the controller.</li> </ol>
E03	No sensory signal	Check whether the photoelectric sensor directs to the hole on CD, check whether wires of photoelectric sensor are damaged and whether terminals of the photoelectric sensor and speed terminals on the controller are firmly connected.
E04	Lifting learning or self-inspection fails	<ol style="list-style-type: none"> <li>1. Check whether motor signal wires are well inserted; re-insert the signal wire joint to ensure that it is reliable.</li> <li>2. Check whether lifting motor's AC wires are properly connected. Lifting motor shall be correctly plugged according to marks on its AC controller.</li> <li>3. Check whether motor wiring is damaged to form open circuit. If yes, replace wires or replace the lifting motor.</li> <li>4. Replace the controller.</li> <li>5. After all of these inspections, press the learning key for learning again.</li> </ol>
E05	Over-current protection	<ol style="list-style-type: none"> <li>1. It may be the system's self-protection against excessive current when the load exceeds the rated value. Restart the machine.</li> <li>2. Some part of the treadmill is jammed so that the motor cannot rotate, thus triggering the self-protection of the system against excessive current under excessive load. Adjust the treadmill and restart it or add lubricant.</li> <li>3. Check whether there is over-current sound or burning odor when the motor is running. Replace the motor.</li> <li>4. Check whether the controller emits the odor of burning. If yes, replace the controller.</li> </ol>
E06	Lifting sensor has no signal	<ol style="list-style-type: none"> <li>1. Check whether lifting signal wires are damaged.</li> <li>2. Check whether lifting signal terminals and the controller's lifting terminals are firmly connected.</li> </ol>

		<p>3. Check whether lifting power cords are damaged.</p> <p>4. Check whether lifting power cord terminals and the controller's lifting terminals are firmly connected.</p>
No display on the electronic meter	The controller is not powered on or is damaged	<p>1. Check whether the over-load protector has tripped off. If yes, press it.</p> <p>2. Check the power supply switch, over-load protector, the controller's power cord and transformer to ensure well connection.</p> <p>3. Check whether the power cords from the electronic meter to the controller are well collected. Dismantle the pillar to check connecting joints on each section of the wiring from the electronic meter to the controller. Ensure that each wire core is well connected. Check the communication power cord defect (damaged or broke down). In such case, re-connect or replace wires.</p> <p>4. The transformer is damaged, replace the transformer.</p>

**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)**







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