



OPTIMAL INCLINE TREADMILL

SF-T7909

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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IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this treadmill.

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. The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
2. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this treadmill 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 this treadmill to a service center for examination and repair.
4. Keep the cord away from heated surfaces.
5. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and alike items.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. To disconnect, turn the treadmill off, then remove plug from outlet.
10. Connect this treadmill to a properly grounded outlet only. See grounding instructions.

CAUTION:

1. To avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.

SAVE THESE INSTRUCTIONS

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 (240CM) of free space behind it and 2 feet (60CM) 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 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!

IMPORTANT OPERATING INSTRUCTIONS

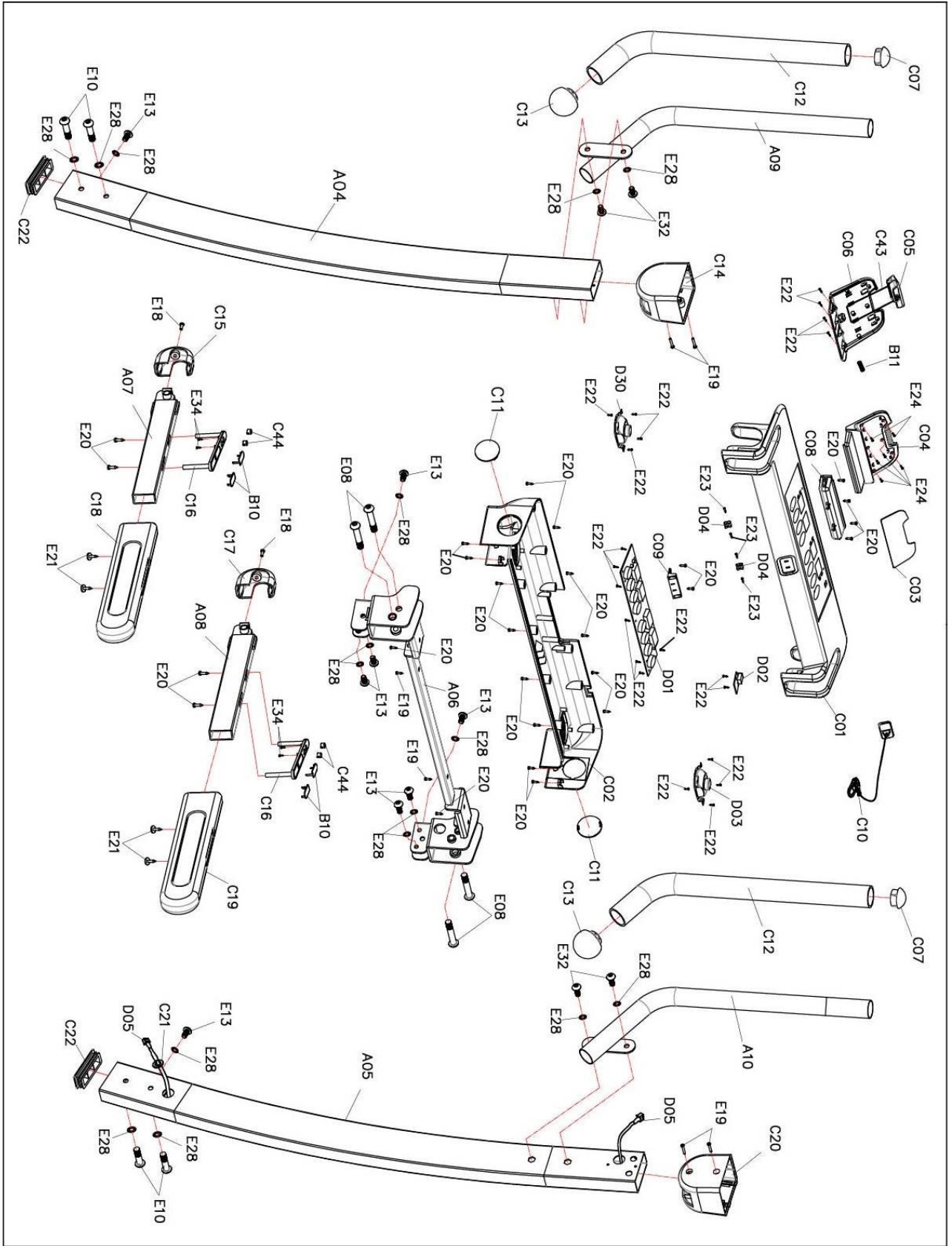
1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt. This may result in serious injury.
5. This unit starts at a very low speed. To begin use, hold onto the handrails and stand on the side rails while it starts up, then step onto the belt once it's in motion.
6. Always hold the handrail when making changes in the settings.
7. A safety key is provided for emergency use. The machine will function only if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should always be supervised by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after exercise.



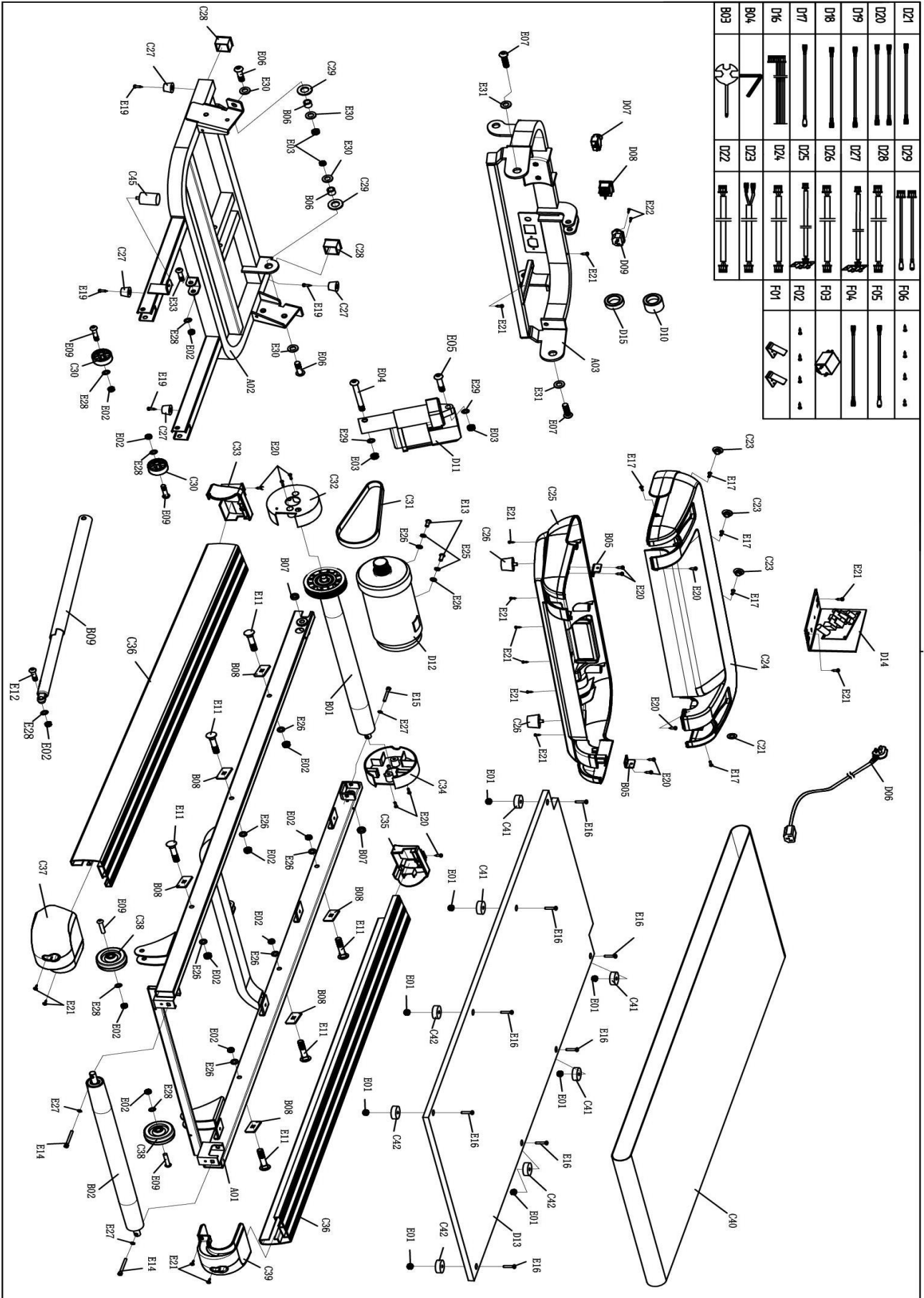
IMPORTANT NOTE:

The belt must be lubricated before the first use! Please see *Page 18* for instructions on how to properly apply lubricant.

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

No.	Description	Spec	Qty
A01	Main Frame		1
A02	Base Frame		1
A03	Front Main Frame		1
A04	Left Upright Tube		1
A05	Right Upright Tube		1
A06	Console Bracket		1
A07	Left Front Handrail Tube		1
A08	Right Front Handrail Tube		1
A09	Left Handrail Tube		1
A10	Right Handrail Tube		1
B01	Front Roller		1
B02	Rear Roller		1
B03	Spanner w/ Screw Driver	S=13, 14, 15	1
B04	Allen Wrench	S5	1
B05	Motor Top Cover Connecting Board		2
B06	Bushing	Φ15*13	2
B07	Incline Rotating Bushing	Φ16*5.5	2
B08	Side Rail Pressing Plate	39*27*3	6
B09	Cylinder		1
B10	Pulse Plate		4
B11	Spring	Φ6*18	1
C01	Console Top Cover		1
C02	Console Bottom Cover		1
C03	Device Holder Pad		1
C04	Device Holder Top Cover		1
C05	Device Holder Splint		1
C06	Device Holder Bottom Cover		1
C07	Round Pipe Plug 1		2
C08	Device Holder Socket		1
C09	Safety Key Socket		1
C10	Safety Key		1
C11	Console Side Cap		2
C12	Handlebar Foam		2
C13	Round Pipe Plug 2		2
C14	Left Tube Cover		1
C15	Left Handrail Cover		1
C16	Pulse Socket		2
C17	Right Handrail Cover		1
C18	Left Handlebar Foam		1
C19	Right Handlebar Foam		1
C20	Right Tube Cover		1
C21	Ring Protection Plug		2

No.	Description	Spec	Qty
C22	Square Plug		2
C23	End Cap		3
C24	Motor Top Cover		1
C25	Motor Bottom Cover		1
C26	Tapered Cushion		2
C27	Foot Pad		4
C28	End Cap		2
C29	Plastic Gasket		2
C30	Transportation Wheel		2
C31	Motor Belt		1
C32	Left Roller Cover		1
C33	Left Side Rail Cover		1
C34	Right Roller Cover		1
C35	Right Side Rail Cover		1
C36	Side Rail		2
C37	Left Rear Cover		1
C38	Adjustable Wheel		2
C39	Right Rear Cover		1
C40	Running Belt		1
C41	Blue Cushion		4
C42	Black Cushion		4
C43	Elastic Rope	Φ2.5*280	1
C44	Button		4
C45	Cylindrical Cushion		1
D01	Console		1
D02	USB Module		1
D03	Speaker 1		1
D04	Safety Key Plate		2
D05	Console Bottom Single Wire	L1400	1
D06	Power Wire	L2050	1
D07	Overload Protector		1
D08	Square Switch		1
D09	Power Socket		1
D10	Magnetic Ring		1
D11	Incline Motor		1
D12	DC Motor		1
D13	Running Board	1122*546*12m m	1
D14	Control Board		1
D15	Magnetic Core		1
D16	Console Top Single Wire	L550mm	1
D17	Grounding Wire	L350mm	1
D18	AC Single Line	Blue 350mm	1

No.	Description	Spec	Qty
D19	AC Single Line	Brown 350mm	1
D20	AC Single Line	Brown 200mm	2
D21	AC Single Line	Blue 200mm	1
D22	USB Wire	L 250mm	1
D23	Safety Key Connecting Wire	150mm	1
D24	Quick Speed Top Single Wire	L750mm	1
D25	Quick Speed Bottom Single Wire	L350mm	1
D26	Quick Incline Bottom Single Wire	L750mm	1
D27	Quick Incline Bottom Single Wire	L350mm	1
D28	Hand Pulse Upper Wire	L750mm	1
D29	Hand Pulse Lower Wire	L350mm	2
D30	Speaker 2		1
E01	Bolt	M6	8
E02	Bolt	M8	12
E03	Bolt	M10	4
E04	Bolt	M10*100	1
E05	Bolt	M10*40	1
E06	Bolt	M10*30	2
E07	Bolt	M10*30	2
E08	Bolt	M10*55	4
E09	Bolt	M8*40	4
E10	Bolt	M8*38	4
E11	Bolt	M8*35	6
E12	Bolt	M8*30	1
E13	Bolt	M8*15	10
E14	Bolt	M6*55	2

No.	Description	Spec	Qty
E15	Bolt	M6*50	1
E16	Bolt	M6*32	8
E17	Bolt	M5*12	5
E18	Bolt	M5*8	2
E19	Screw	ST4.2*20	10
E20	Screw	ST4.2*12	38
E21	Screw	ST4.2*12	18
E22	Screw	ST2.9*8	23
E23	Screw	ST2.5*6	4
E24	Screw	ST2.9*6	6
E25	Spring Washer	Φ8	2
E26	Flat Washer	Φ8	8
E27	Washer	Φ6	3
E28	Washer	Φ8	22
E29	Washer	Φ10	2
E30	Big Washer	Φ10*Φ26*2.0	4
E31	Flat Washer	Φ10	2
E32	Bolt	M8*20	4
E33	Bolt	M8*45	1
E34	Screw	ST2.0*6	4
F01	Belt Hook	Optional	2
F02	Screw	ST4.2*12 Optional	4
F03	Filter		1
F04	Single Wire 2	L350	1
F05	Grounding Wire	L350	1
F06	Screw	ST4.2*12	4


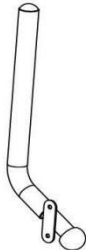
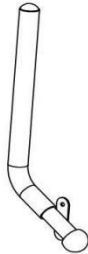

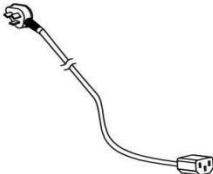


Ordering Replacement Parts (U.S. and Canadian Customers only)

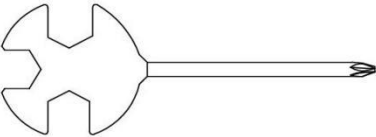

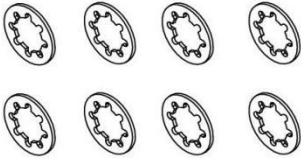
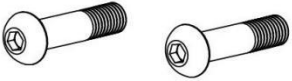


Please provide the following information in order for us to accurately identify the part(s) needed:

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

HARDWARE PACKAGE

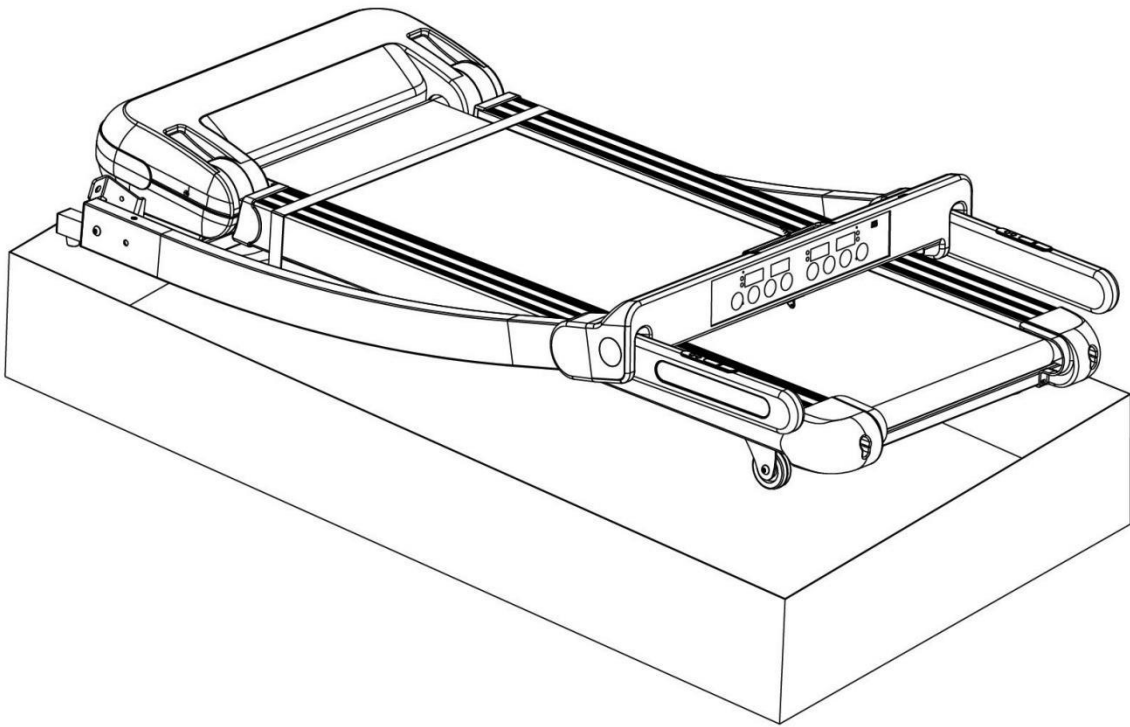
A			
 A	 B	 C	
 D	 D06	 F	 C10

B		
B03 s=13、14、15 <hr/>  (1x)	B04 s5 <hr/>  (1x)	E28 $\phi 8$ <hr/>  (8x)
E10 M8*38 <hr/>  (2x)	E13 M8*15 <hr/>  (2x)	E32 M8*20 <hr/>  (4x)

ASSEMBLY INSTRUCTIONS

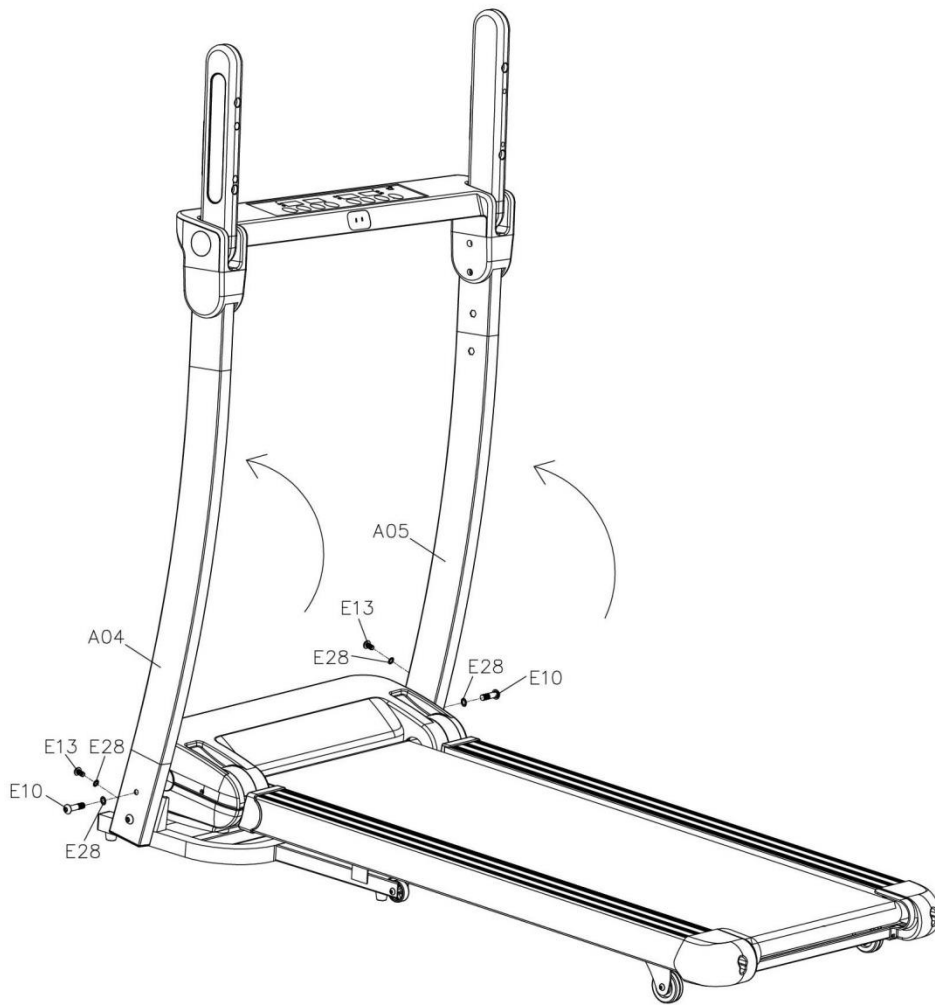
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

C-1



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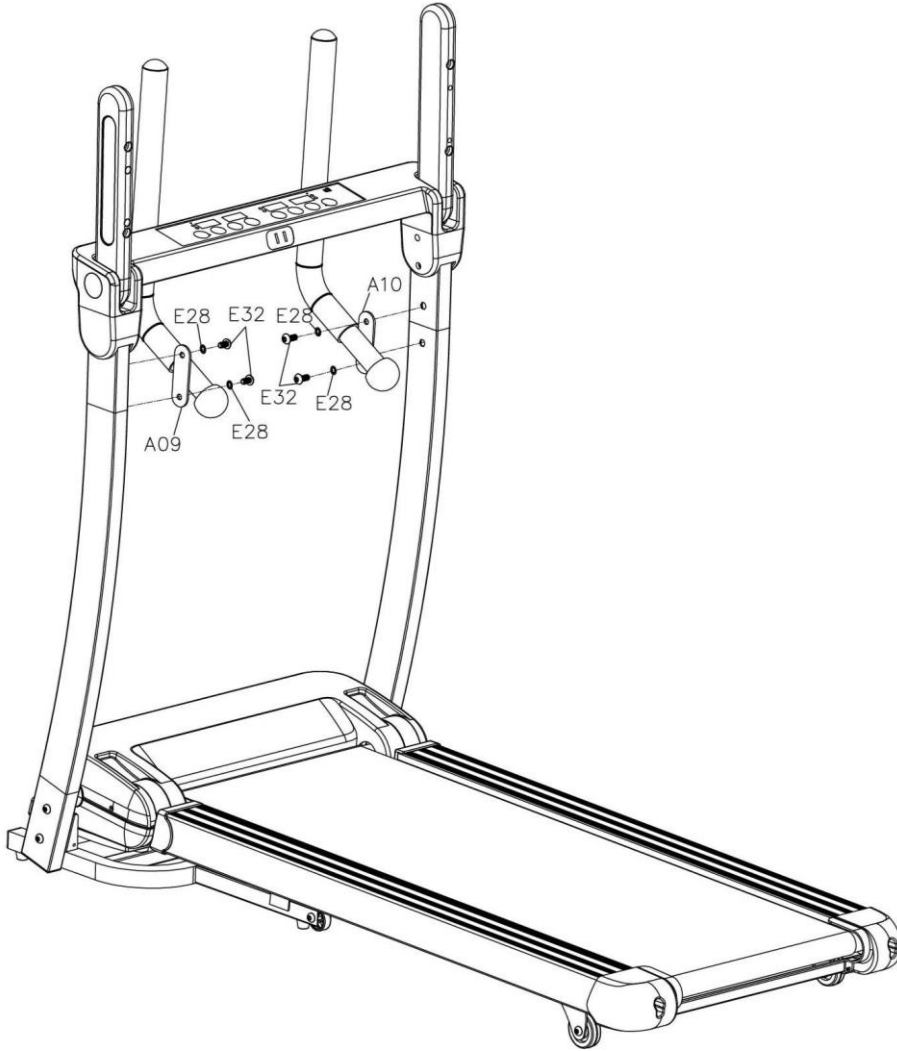
C-2



	B04 S5 1PC	E10 M8*38 2PCS	E13 M8*15 2PCS
	E28 φ 8 4PCS		

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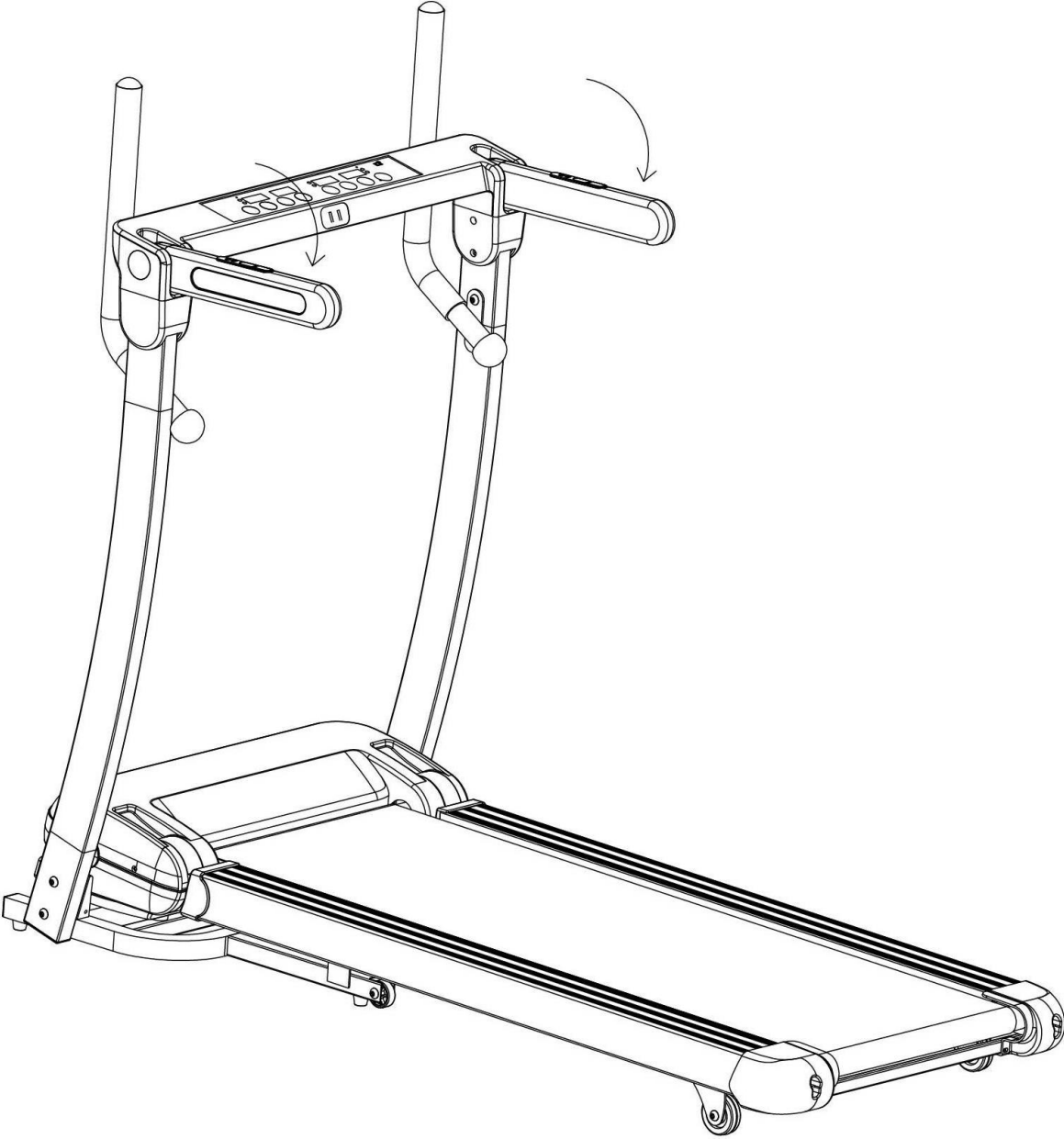
C-3



B04	S5	E32	M8*20	E28	φ 8
1PC		4PCS		4PCS	

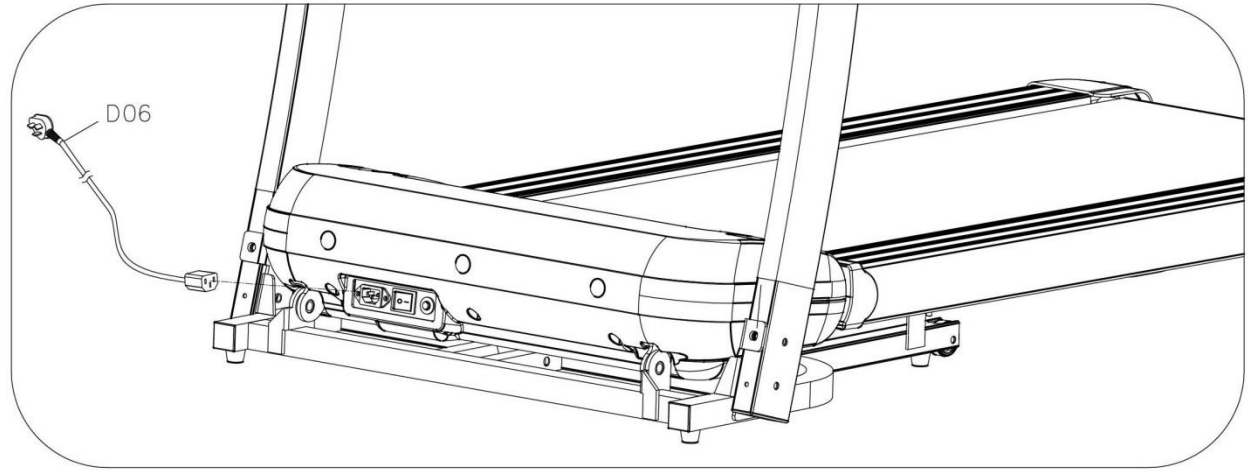
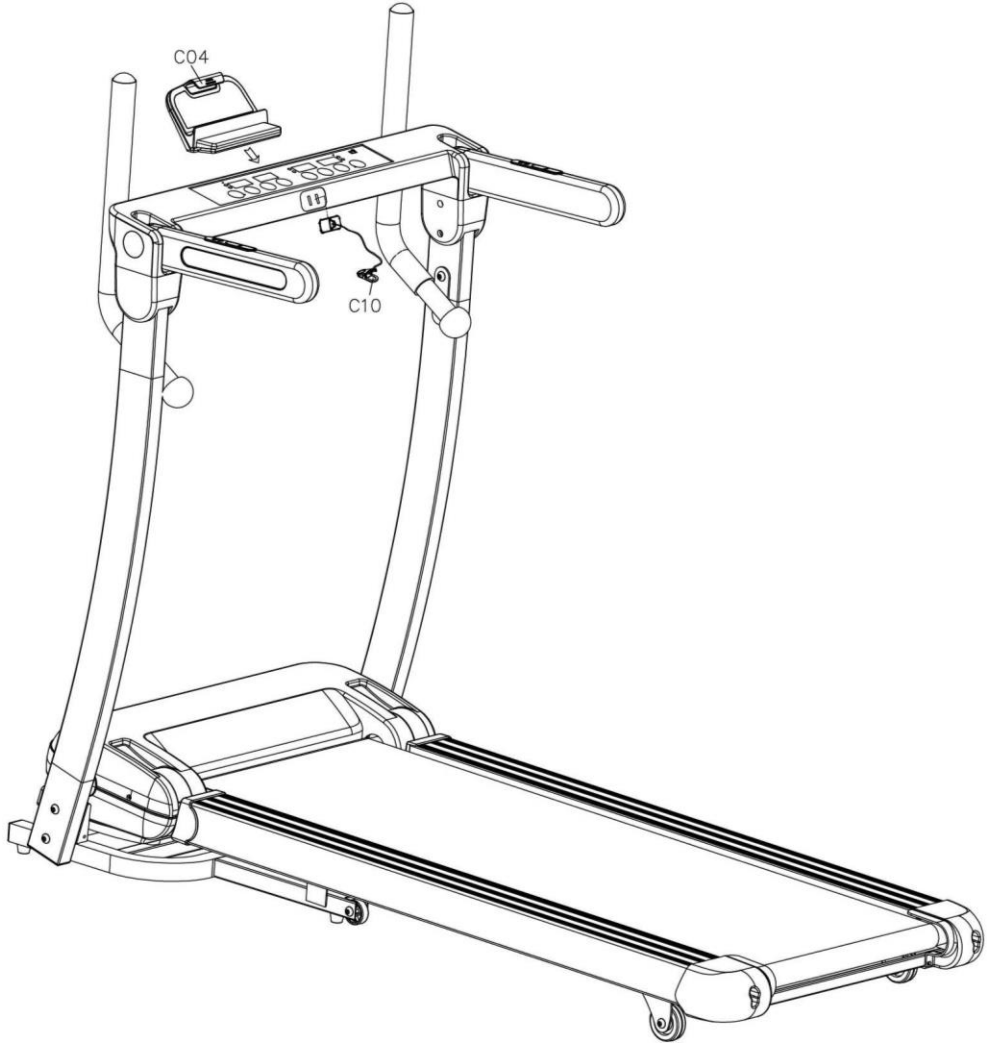
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C-4

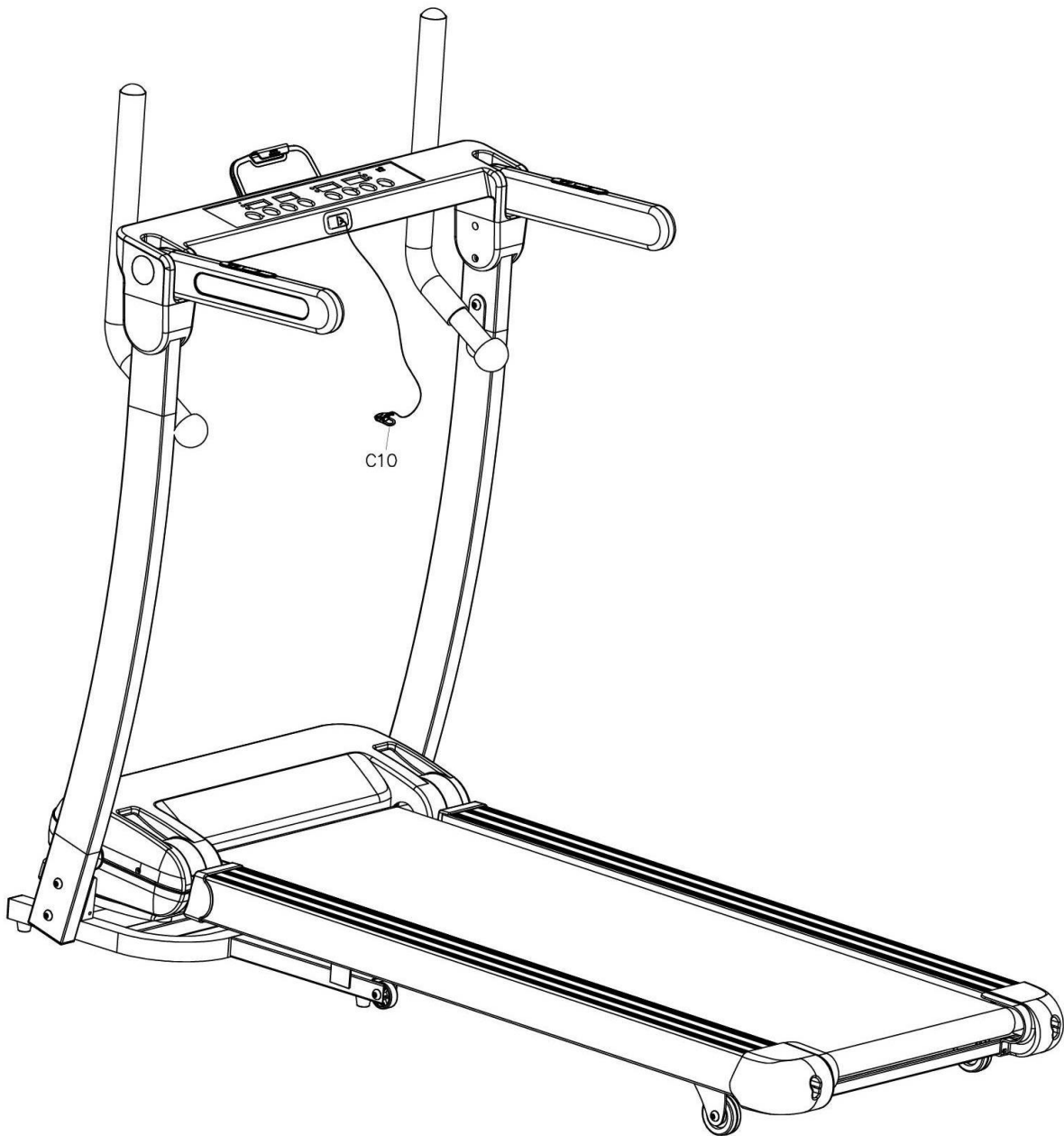


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C-5



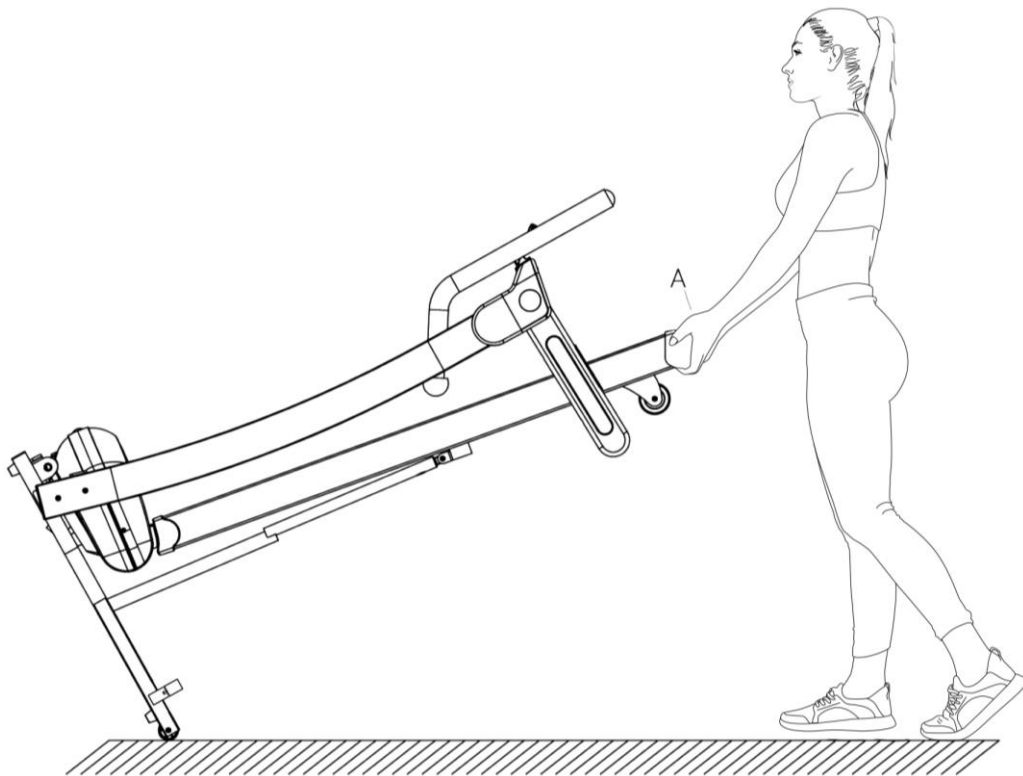
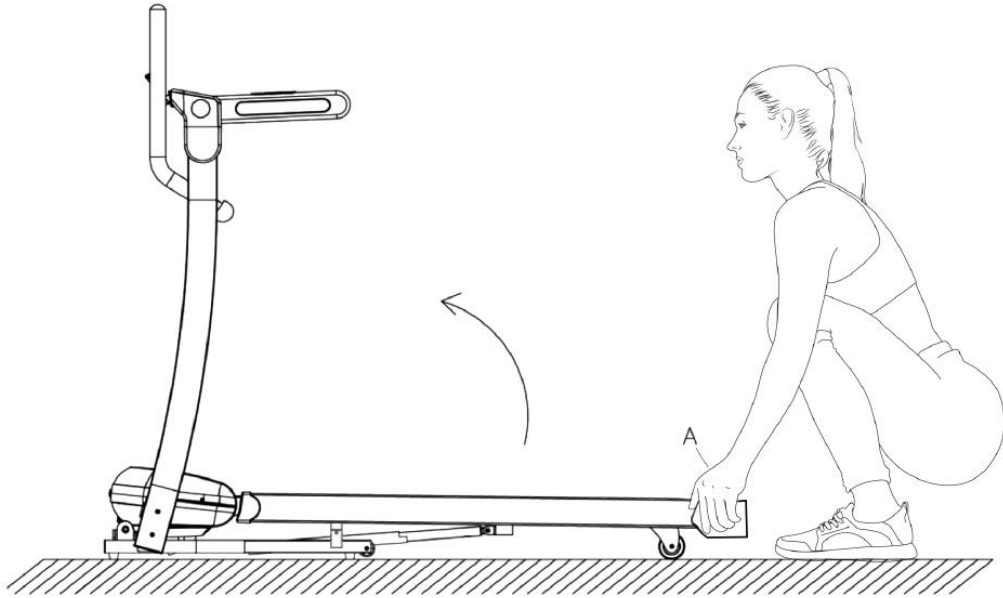
HOW TO USE THE SAFETY KEY



Before running, please insert the **Safety Key (No. C10)** and attach the **safety key clip** with your clothes.

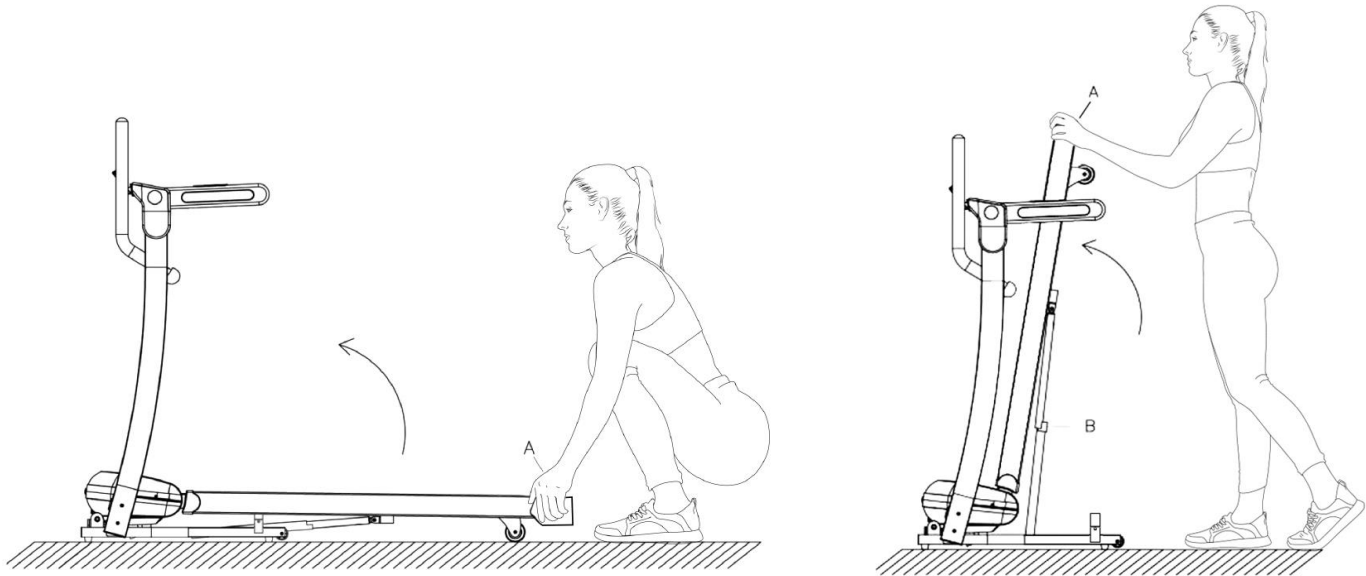
For any emergency, please pull the **safety key rope** or press the **emergency stop button**, and the treadmill will stop.

HOW TO MOVE THE MACHINE

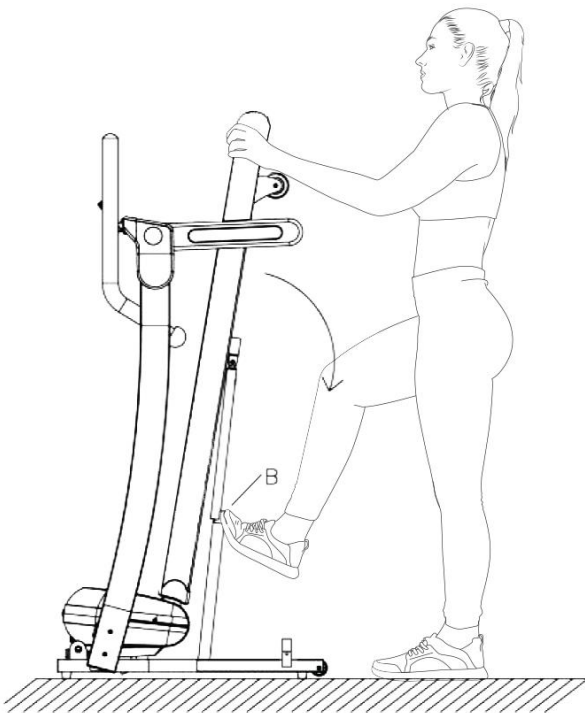


FOLDING INSTRUCTIONS

FOLDING:



UNFOLDING:



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. C40)** to prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. D13)** and **Running Belt (No. C40)**. Clean the surface of the **Running Belt (No. C40)** with a clean, damp cloth.

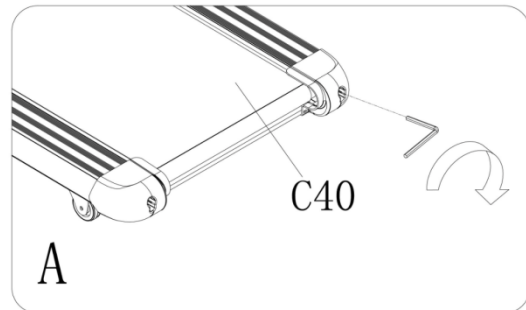
To better maintain the treadmill and prolong its life, it is suggested that the treadmill be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

A loose **Running Belt (No. C40)** will result in the runner sliding off when running, while too tight of a **Running Belt (No. C40)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. C40)**. The most suitable tightness for the **Running Belt (No. 20)** is pulled out **50-75mm** from the **Running Board (No. D13)**.

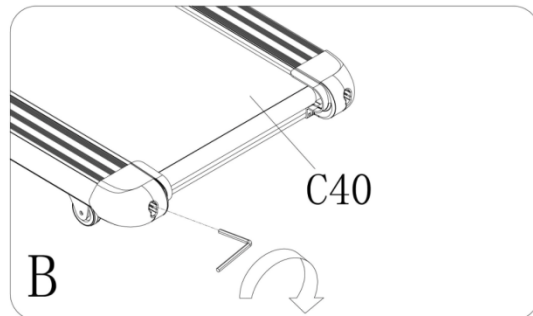
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. C40)** drifts.

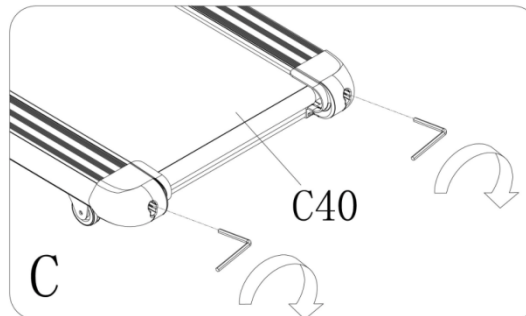
If the **Running Belt (No. C40)** moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C40)** does not move, repeat this step until it centers. Refer to Figure A.



If the **Running Belt (No. C40)** moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C40)** does not move, repeat this step until it centers. Refer to Figure B.



Over time, the **Running Belt (No. C40)** will loosen. To tighten the **Running Belt (No. 20)** turn the **Left & Right** side adjustment bolts one full turn *clockwise*, check the tension of the **Running Belt (No. C40)**. Continue this process until **Running Belt (No. C40)** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to Figure C.



LUBRICATING THE TREADMILL

IMPORTANT NOTE:

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

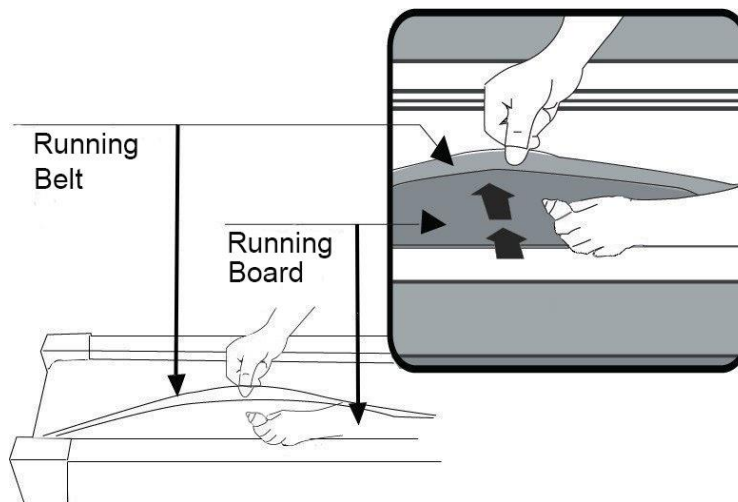
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. D13)** and **Running Belt (No. C40)** is essential as the friction between the two affects the life span and function of the treadmill. It is suggested that the **Running Board (No. D13)** and **Running Belt (No. C40)** be inspected regularly. Should you find any wear on the **Running Board (No. D13)**, please contact us at: 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. C40)** up on one side and apply lubricant to the **Running Board (No. D13)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. D13)**. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormal 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. C40)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C40)** will negatively affect the motor's performance and also create more friction between the roller and **Running Belt (No. C40)**. The most suitable tightness for the **Running Belt (No. C40)** is pulled out **50-75mm** from the **Running Board (No. D13)**.



The following time table is recommended:

Light user (less than 3 hours/ week)	every six months
Medium user (3-5 hours/ week)	every three months
Heavy user (more than 5 hours/ week)	every two months

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 in 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 adapter 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.

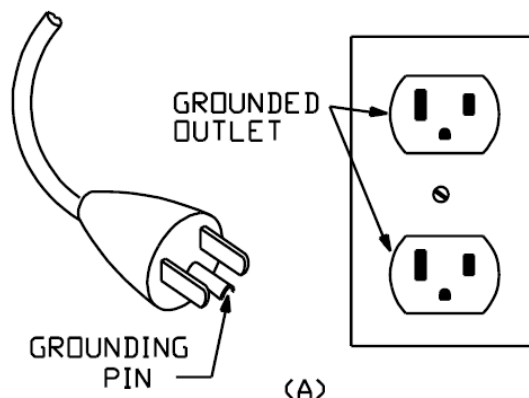
DANGER:

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.

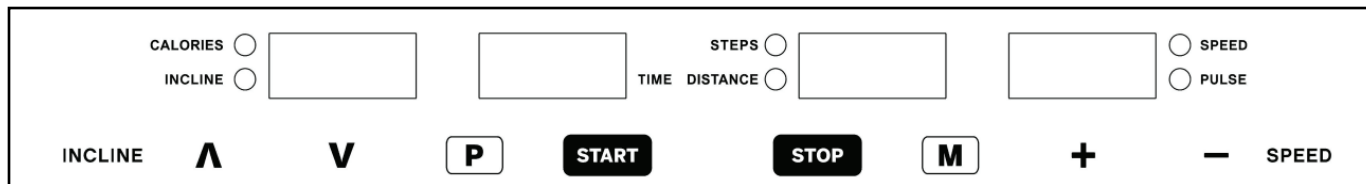
WARNING!

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.

GROUNDING METHOD



THE DISPLAY CONSOLE



DISPLAY AND BUTTON FUNCTIONS

1. **CALORIES/ INCLINE:** Displays calories and incline.
2. **TIME:** Displays running time.
3. **STEPS/DISTANCE:** Displays steps and distance.
4. **SPEED/PULSE:** Displays current speed and pulse.
5. **INCLINE** (↑): Press this button to increase the incline.
6. **DECLINE** (↓): Press this button to decrease the incline.
7. **P (PROGRAM):** Press this button to choose the programs between P01-P02-P03---P12-FAT.
8. **START:** Press this button at any time to start the treadmill.
9. **STOP:** Press this button to either pause or stop the treadmill.
10. **M (MODE):** Press this button to choose between time, or calories workout targets in standby mode. You can press SPEED +/- or INCLINE +/- to set the value, and press START to begin.
11. **SPEED +:** Press this button to increase the speed.
12. **SPEED -:** Press this button to decrease the speed.
13. **USB:** You can insert the device into the slot and charge the device.

Note: The **USB Module (No. D02)** is on the back of the **Console Bottom Cover (No. C02)**.

CONSOLE FUNCTIONS

MANUAL MODE:

1. In standby mode, press the START button directly, the treadmill will start to run from the speed 0.6mp/h, the other windows will start to count from a positive direction from windows default. Press "SPEED +", "SPEED -" to change the speed, press "INCLINE +", "INCLINE -" to change the incline.
2. In standby mode, press the "MODE" button to enter into time count down. The TIME window will display "15:00" and flash. Press "SPEED +", "SPEED -", "INCLINE +", "INCLINE -" to set up the time you need. The setting range is 5:00-99:00.
In time count down mode, press the "MODE" button to enter into distance count down, the DISTANCE window will display "1.00" and flash. Press "SPEED +", "SPEED -", "INCLINE +", "INCLINE -" to set up the distance you need. The setting range is 0.50-99.9.
3. In distance count down mode, press the "MODE" button to enter into calories count down, the CALORIES window will display "50.0" and flash. Press "SPEED +", "SPEED -", "INCLINE +", "INCLINE -" to set up the calorie count. The setting range is 10.0-999.0.
4. In calories count down mode, press the "MODE" button to enter into steps count down, the STEPS window will display "5000" and flash. Press "SPEED +", "SPEED -", "INCLINE +", "INCLINE -" to set up the steps. The setting range is 100-9900.
5. When setting is finished, press "START" button to start. The treadmill will run after 3 seconds, press "SPEED +", "SPEED -", "INCLINE +", "INCLINE -" to adjust the speed and the incline. Press the "STOP" button to stop the treadmill.
6. When the value counts down to 0, the treadmill will slow down until reaching a stop.

PROGRAM:

Press the “P” button and the “INCLINE” window will display 12 programs, select between program 1-12.

Press “SPEED +/-” or “INCLINE+/-” to set the workout time.

Each program can be divided into 10 sections, the treadmill will beep for 3 seconds when starting a new section.

Press “SPEED +/-” to change the speed during each section.

Press “INCLINE+/-” to change the incline during each section.

The treadmill will beep 6 seconds and stop when the program is finished.

Below is program exercise change for mph:

Program	Time	Setting time / 10 = working time of each section									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.8	1.2
	INCLINE	1	2	2	3	1	2	2	2	2	1
P4	SPEED	1.8	3.7	4.3	3.1	5	3.1	5.6	3.7	2.5	1.8
	INCLINE	2	2	3	3	2	2	4	6	2	2
P5	SPEED	1.8	3.7	4.3	3.1	5	3.7	4.3	3.7	2.5	1.8
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	1.2	5	3.7	2.5	3.1	5.6	4.3	3.1	2.5	1.8
	INCLINE	2	2	6	2	3	4	2	2	2	1
P7	SPEED	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	1.2	3.1	5	6.2	3.7	5.6	3.1	1.8	1.2	1.2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.8	2.5
	INCLINE	3	5	6	7	12	9	11	11	6	3

RANGE OF PROGRAM:

	Initial	Initial Data	Set Range	Display Range
TIME (MIN:SECOND)	0:00	10:00	5:00-99:00	0:00 - 99:00
INCLINE (SECTION)	0	0	0-12	0-12
SPEED (MI/H)	0.6	0.6	0.6-7.5	0.6-7.5
DISTANCE (MILE)	0	1.00	0.5-99.90	0.00 - 99.99
PULSE (BPM)	P	N/A	N/A	50-200
CALORIE (THERM)	0	50.0	10.0-999	0.0 - 999

BODY MASS INDEX:

Press "P" until you get to FAT. Press "M" to enter information.

Press "SPEED +/-" or "INCLINE +/-" to set the value of SEX. Then press "M" to the next setting to set the value of AGE, HEIGHT, and WEIGHT in turn.

Press "MODE" to enter F-5 (F-5 BODY FAT TEST), hold hands on the hand pulse sensors and the console will display your body fat value after 3 seconds. The body mass value is intended as a guide and is not suitable for medical use.

BODY MASS INDEX (BMI) CHART:

F-1	Sex	01 male	02 female
F-2	Age	10-----99	
F-3	Height	40-80INCHES	
F-4	Weight	44-330LB	
F-5	BMI	≤19	Under weight
	BMI	=(20---25)	Normal weight
	BMI	=(26---29)	Overweight
	BMI	≥30	Obesity

PLAYING MUSIC:

You can connect your mobile device to the treadmill to play music. You choose music and adjust the volume of the music using your device.

1. You can connect your device by using Bluetooth.
2. From your mobile device, select SYMK from the list of available devices and connect.
3. If the mobile device receives a phone call while it is connected using Bluetooth, the treadmill Bluetooth will automatically disconnect. Once the phone call is finished, the Bluetooth will connect automatically again and continue to play music.

EXERCISE INSTRUCTIONS

GETTING STARTED:

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. 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. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.

Next, attach the clip end of the **Safety Key (No. C10)** to your clothes and insert the magnetic end of the key into the computer console. Press the START button to start the treadmill. The treadmill will start at the system default setting speed of **0.5 MPH**. When you feel comfortable, you may slowly increase this speed. When you are finished with your exercise, press the STOP button to stop the treadmill or you can remove the magnetic end of the **Safety Key (No. C10)** to stop the treadmill.

SAFETY LOCK

Remove the **Safety Key (No. C10)** from the console to stop the treadmill immediately. Once the treadmill reaches a full stop, the window display of the computer will show "- - -" and the buzzer will beep 3 seconds. To start the treadmill again, insert the magnet end of **Safety Key (No. C10)** into the console and press START.

POWER SAVE FUNCTION

Once the treadmill has been inactive for 10 minutes, it will adjust to *Power Saving Mode*. When the treadmill is in *Power Saving Mode*, the window display on the console will shut off. To reactivate, press any button.

POWER OFF

Power to the treadmill can be turned off at any time without risk during or after an exercise.

LUBRICATION REMINDER

Your treadmill needs lubrication maintenance every 188 miles. The system will release a beeping sound every 10 seconds and display an "OIL" icon on your LCD display to remind you when it's time. Please read the LUBRICATING THE TREADMILL on Page 18 to learn the proper steps to lubricating your treadmill. Apply the lubricant to the middle of the running board on both sides. After application, press and hold the STOP button for 3 seconds to clear the "OIL" reminder.

CAUTION!

We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you become comfortable and familiar with the treadmill. Insert the magnet end of the **Safety Key (No. C10)** into the console and attach the opposite end with the safety clip to your clothing before beginning your workout. To end your workout, press the STOP button or remove the **Safety Key (No. C10)**. The treadmill will stop immediately upon one of these actions.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in.	Plug cord into the outlet.
	Safety Key not inserted.	Insert Safety Key.
Running belt is not centered	Running belt tension is not correct on the left or right side of the running board.	Tighten the adjustment bolts on the left and right side of the rear roller.
Computer is not working	Wires from the computer and bottom control board are not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged.	If the transformer is damaged, contact customer service.
E01: Message failure	Wires from the computer and bottom control board are not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.
E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure its correct. Check the control board and replace if damaged.
	A moving part of the treadmill is stuck and therefore, the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor. Listen for strange noise and check for a burning smell. Replace the motor if necessary.

E06: Motor Abnormality	The motor wire is not connected, or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor.
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor Abnormality	The motor is damaged, or a moving part of the treadmill is stuck, and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at support@sunnyhealthfitness.com

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