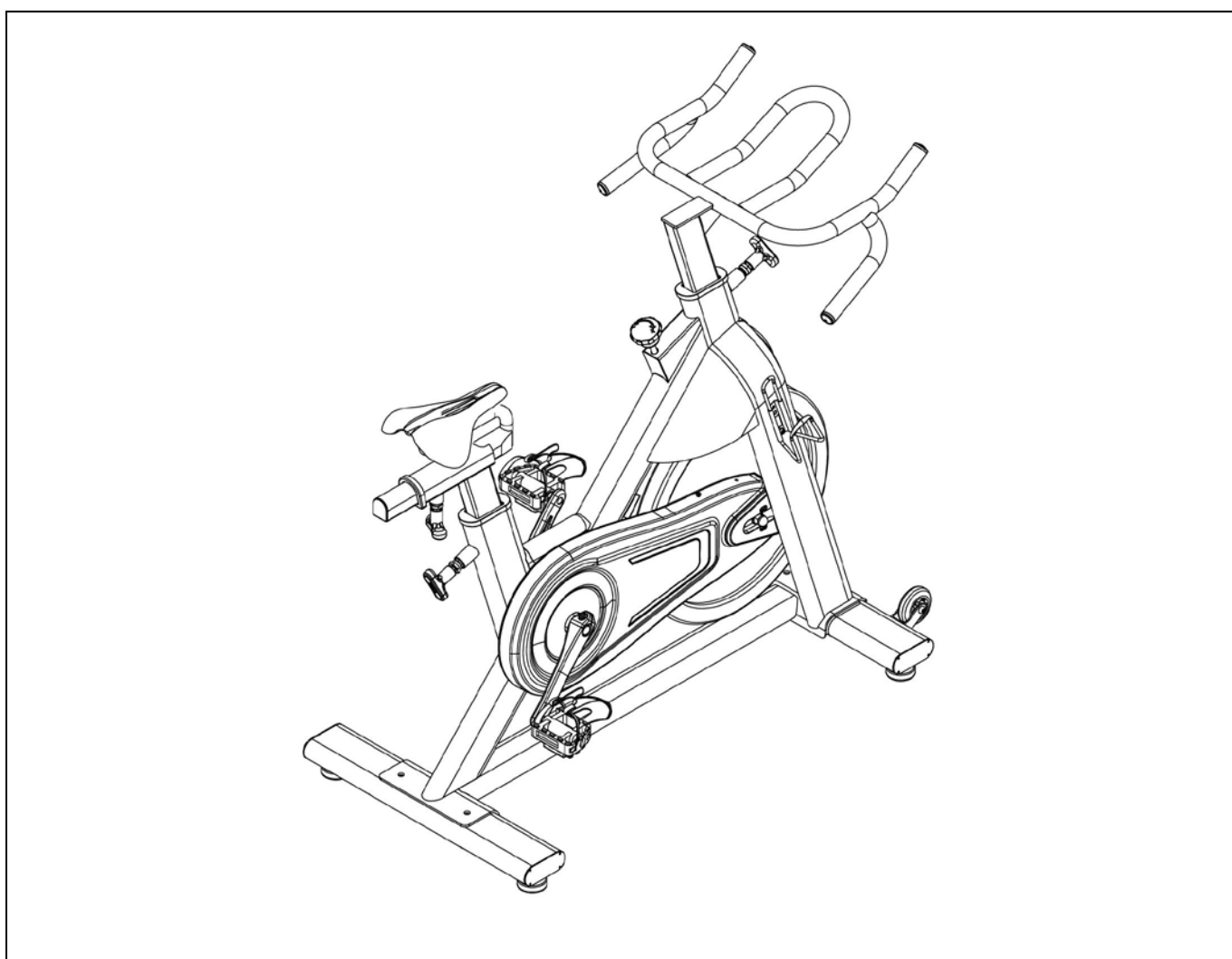




COMMERCIAL INDOOR CYCLING BIKE

SF-B1516 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).



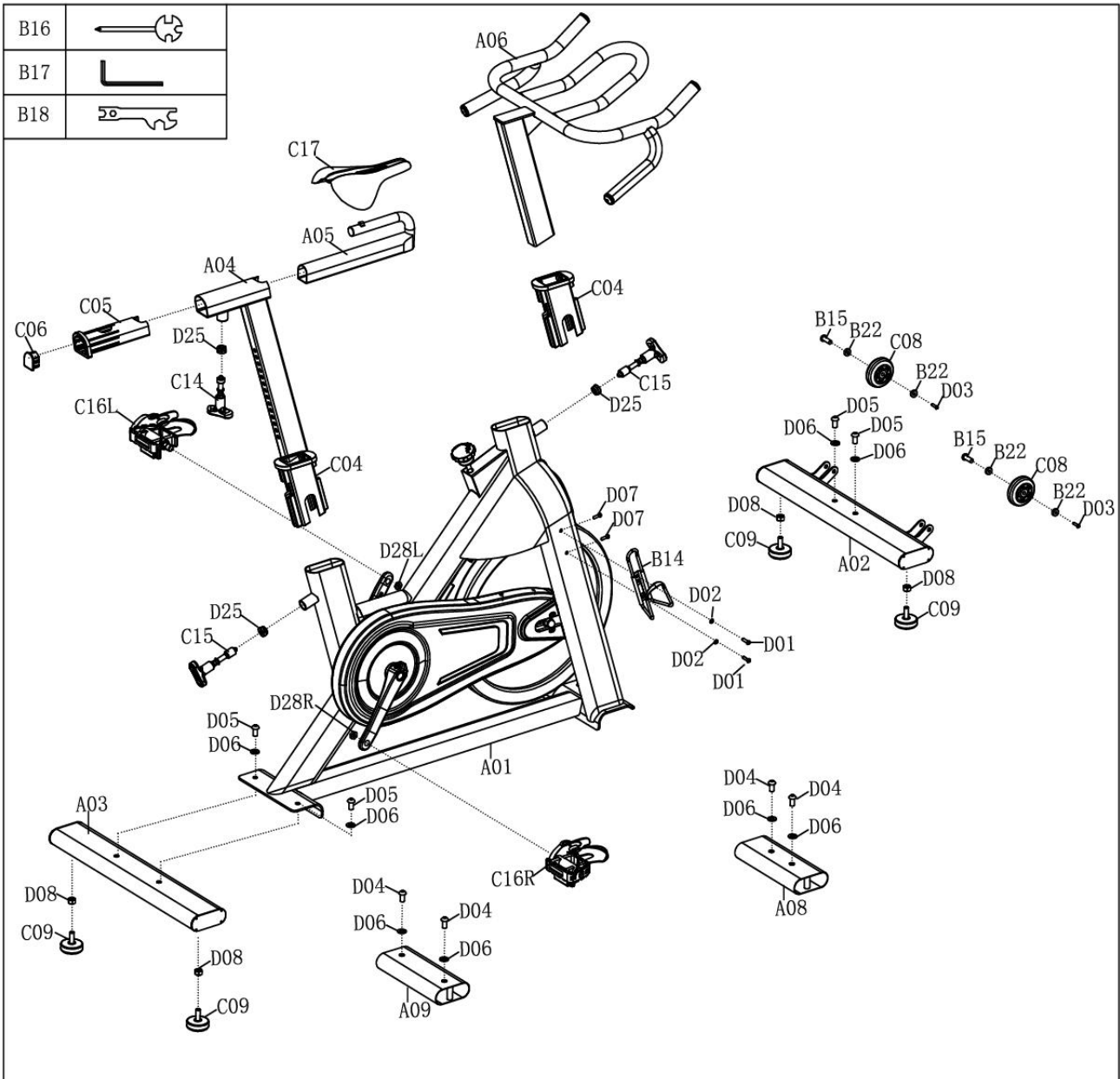
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IMPORTANT SAFETY INFORMATION

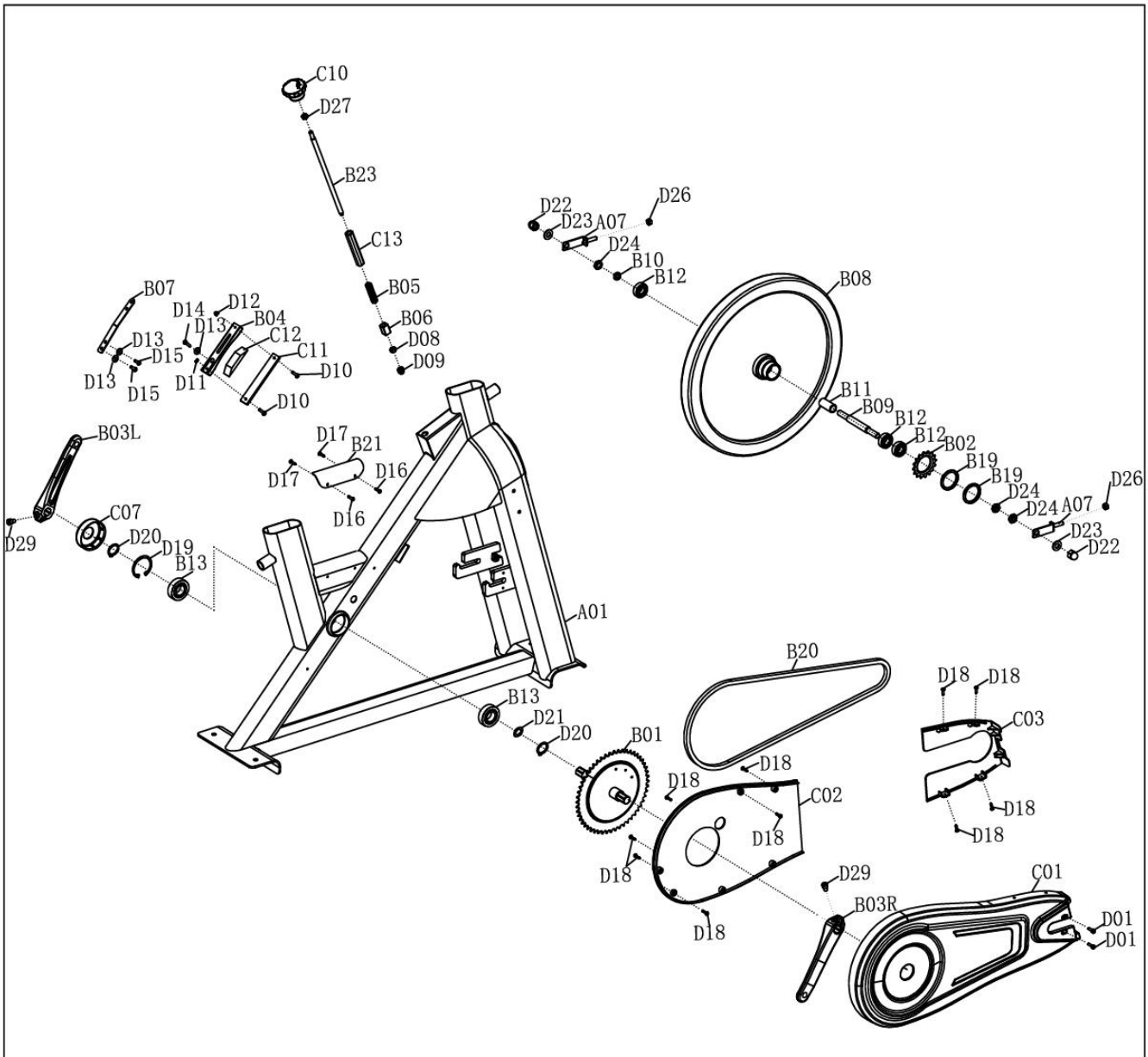
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 pounds (135 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.






EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



HARDWARE PACKAGE

	D05 M10*25*S6 4PCS		B16 S13-14-15 1PC
	D06 D10*Φ20*2.0 4PCS		B18 S10-13-17-19 1PC
	B17 S6 1PC		

PARTS LIST

No.	Description	Spec.	QTY.	No.	Description	Spec.	QTY.
A01	Main Frame		1	C06	End Cap		1
A02	Front Stabilizer		1	C07	Cover for Middle Axle		1
A03	Rear Stabilizer		1	C08	Transportation Wheel		2
A04	Seat Post		1	C09	Foot Pad		4
A05	Seat Slider Tube		1	C10	Tension Control Knob		1
A06	Handlebar		1	C11	Cow Leather Pad	T5*25*138	1
A07	Adjusting Screw		2	C12	EVA Pad	22*75	1
A08	Shipping Front Tube		1	C13	Bushing	20*20*69.5	1
A09	Shipping Rear Tube		1	C14	T Shape Knob 1		1
B01	Chain Wheel with Middle Axle		1	C15	T Shape Knob 2		2
B02	Small Chain Wheel	16 teeth M42 teeth	1	C16 L/R	Pedal	JD014V 9/16	2
B03 L/R	Crank Arm		2	C17	Seat		1
B04	Brake Block		1	D01	Bolt	M5*16*Φ8.5	4
B05	Spring		1	D02	Flat Washer	D5*Φ10*1.0	2
B06	Square Nut		1	D03	Bolt	M6*12*S5	2
B07	Spring Piece		1	D04	Bolt	M10*16*S6	4
B08	Inertial Wheel		1	D05	Bolt	M10*25*S6	4
B09	Inertial Axle		1	D06	Flat Washer	D10*Φ20*2.0	8
B10	Spacer		1	D07	Rivet	M5*H13*Φ7	2
B11	Septum	Φ20*Φ15.1*40	1	D08	Nut	M10*H7*S17	5
B12	Bearing	6202-2RZ NBK	3	D09	Nut	M6*H14*S10	1
B13	Bearing	6205-2RS NBK	2	D10	Bolt	M5*20*Φ8.5	2
B14	Bottle Holder		1	D11	Nut	M5*H4*S8	1
B15	Screw	Φ7.8*30*M6*15*S5	2	D12	Nut	M5*H9*S8	1
B16	Spanner	S13-14-15	1	D13	Big Flat Washer	D6*Φ12*1.2	3
B17	Allen Wrench	S6	1	D14	Bolt	M5*12	1
B18	Spanner	S10-13-17-19	1	D15	Bolt	M6*12*S10	2
B19	Nut	M42*1*Φ50*3.5	2	D16	Screw	ST4.2*19	2
B20	Chain	1/2"*1/8*106 KYC	1	D17	Screw	ST4.2*19	2
B21	Stainless Steel Board		1	D18	Screw	ST4.2*16	10
B22	Bearing	608ZZ	4	D19	Circlip	D52	1
B23	Brake Rod		1	D20	Circlip	D25	2
C01	Outer Chain Cover		1	D21	Wave Washer	D25*Φ34*0.3	1
C02	Inner Chain Cover		1	D22	Nut	M12*1*H19.5*S19	2
C03	Blanking Plate		1	D23	Big Flat Washer	D12*Φ24*2.0	2
C04	Bushing		2	D24	Nut	M12*1*H6*S19	3
C05	Bushing		1	D25	Nut		3

No.	Description	Spec.	QTY.	No.	Description	Spec.	QTY.
D26	Nut	M8*H7.5*S13	2	D28L/R	Nylon Nut	9/16"-20*H8*S19	2
D27	Nut	M8*H5.5*S14	1	D29	Bolt	M8*16 *S6	1

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

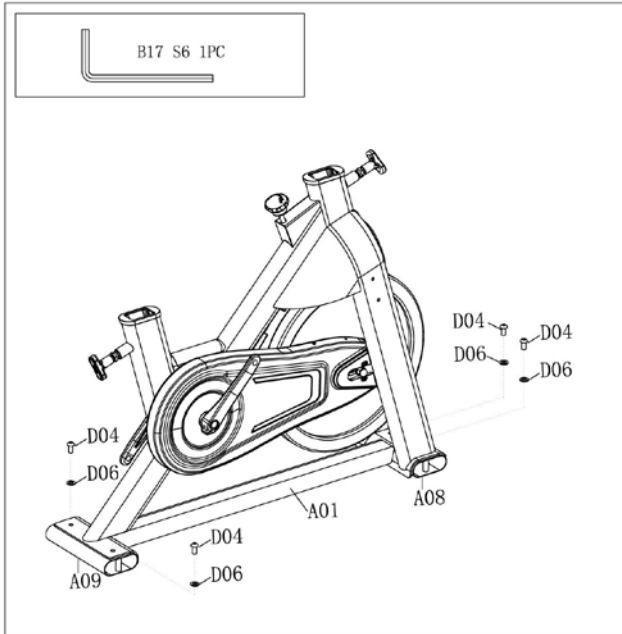
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

ASSEMBLY INSTRUCTIONS

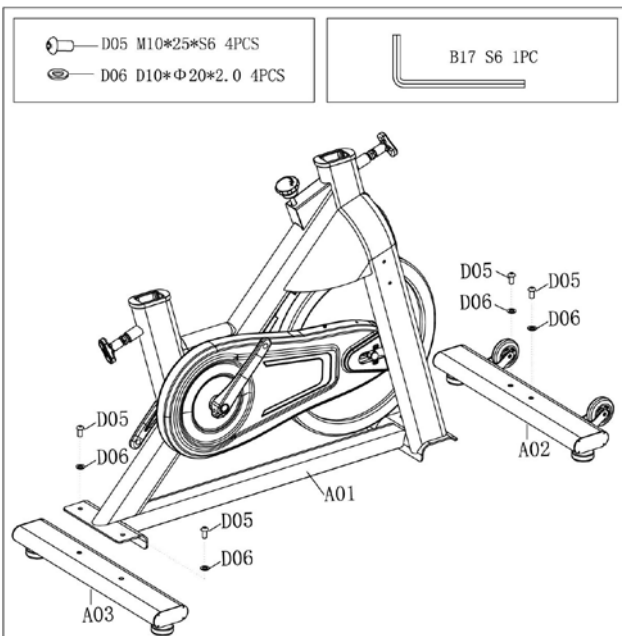
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Unscrew the 4 **Bolts (No. D04)** with **Allen Wrench (No. B17)** and remove the 4 **Flat Washers (No. D06)** from the **Shipping Front Tube (No. A08)** and **Shipping Rear Tube (No. A09)**.

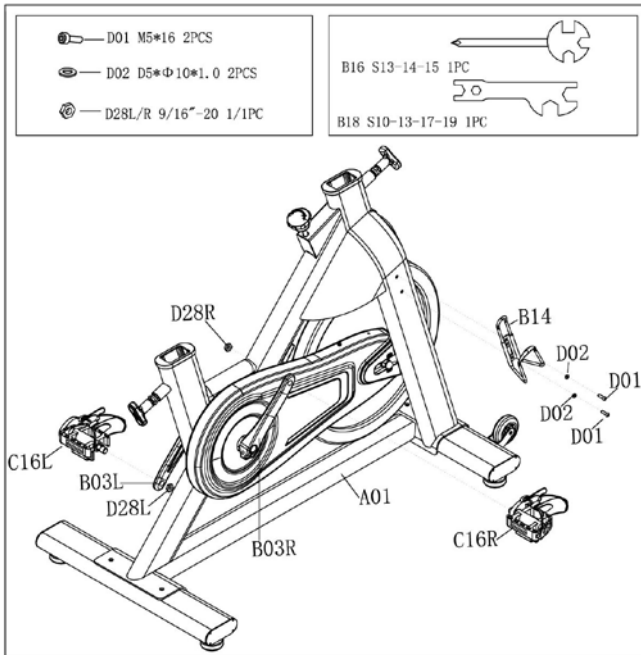
You may save these **Bolts (No. D04)**, **Flat Washers (No. D06)**, **Shipping Front Tube (No. A08)** and the **Shipping Rear Tube (No. A09)** in case you'd like to repackage and transport this equipment in the future.



STEP 2:

Attach the **Front and Rear Stabilizers (No. A02 and No. A03)** to the **Main Frame (No. A01)** using 4 **Bolts (No. D05)** and 4 **Flat Washers (No. D06)**. Tighten and secure with **Allen Wrench (No. B17)**.

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STEP 3:

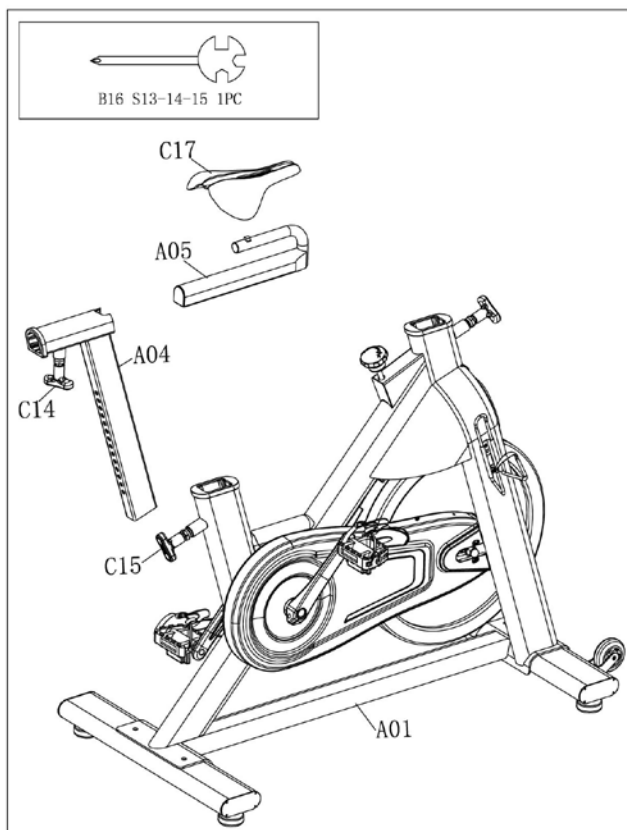
WARNING! Read instructions carefully as improper assembly may cause permanent damage to your bike.

Remove the preassembled 2 **Bolts (No. D01)** and 2 **Flat Washers (No. D02)** from the **Main Frame (No. A01)** using **Spanner (No. B16)**. Attach the **Bottle Holder (No. B14)** to the **Main Frame (No. A01)** using the 2 **Bolts (No. D01)** and 2 **Flat Washers (No. D02)** that were removed. Tighten and secure with **Spanner (No. B16)**.

Remove the 2 **Nylon Nuts (No. D28L/R)** located on the **Pedals (No. C16L/R)**. Align the **Left Pedal (No. C16L)** with the **Left Crank Arm (No. B03L)** at 90°. Screw the **Left Pedal (No. C16L)** counter-clockwise into its corresponding **Left Crank Arm (No. B03L)**. Once screwed in place, use the **Spanner (No. B16)** to hold the bolt of the pedal, then screw **Left Nylon Nut (No. D28L)** clockwise into the thread end of the **Left Pedal (No. C16L)**. Secure with **Spanner (No. B18)**.

Align the **Right Pedal (No. C16R)** with the **Right Crank Arm (No. B03R)** at 90°. Screw the **Right Pedal (No. C16R)** clockwise into its corresponding **Right Crank Arm (No. B03R)**. Once screwed in place, use the **Spanner (No. B16)** to hold the bolt of the pedal, then screw **Right Nylon Nut (No. D28R)** counter-clockwise into the thread end of the **Right Pedal (No. C16R)**. Secure with **Spanner (No. B18)**.

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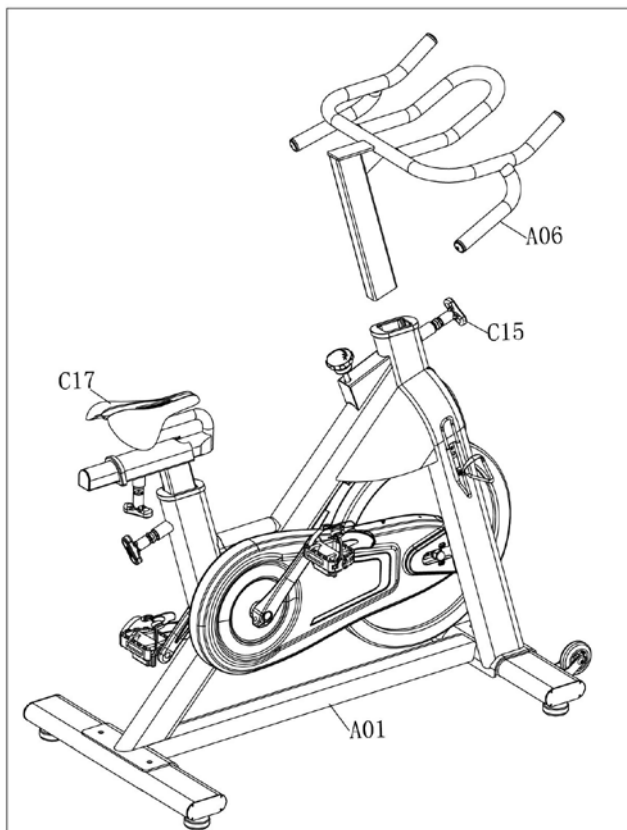


STEP 4:

Loosen and pull out the [seat] T Shape Knob 2 (No. C15). Insert the Seat Post (No. A04) into the tube located on the back of the Main Frame (No. A01). Adjust the Seat Post (No. A04) to the desired height then secure it in place by reinserting and tightening the T Shape Knob 2 (No. C15).

Loosen and pull out the T Shape Knob 1 (No. C14). Insert the Seat Slider Tube (No. A05) into the Seat Post (No. A04). Adjust the Seat Slider Tube (No. A05) to the desired position then secure it in place by reinserting and tightening the T Shape Knob 1 (No. C14).

Secure Seat (No. C17) to Seat Slider Tube (No. A05) with Spanner (No. B16).

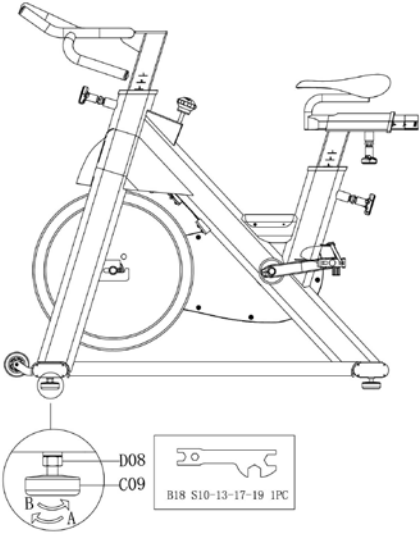
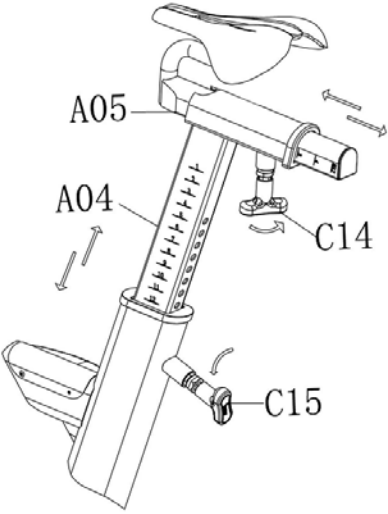
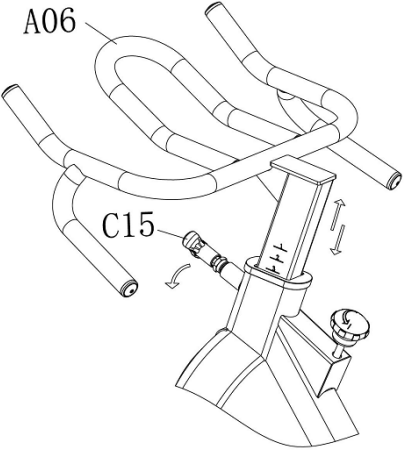


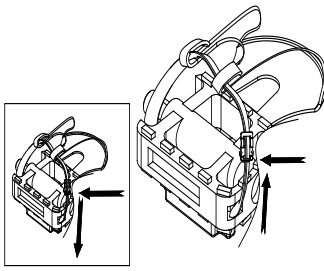
STEP 5:

Loosen and pull out the [handlebar] T Shape Knob 2 (No. C15). Insert the Handlebar (No. A06) into the tube located on the front of the Main Frame (No. A01). Adjust the Handlebar (No. A06) to the desired height then secure it in place by reinserting and tightening the T Shape Knob 2 (No. C15).

The assembly is complete!

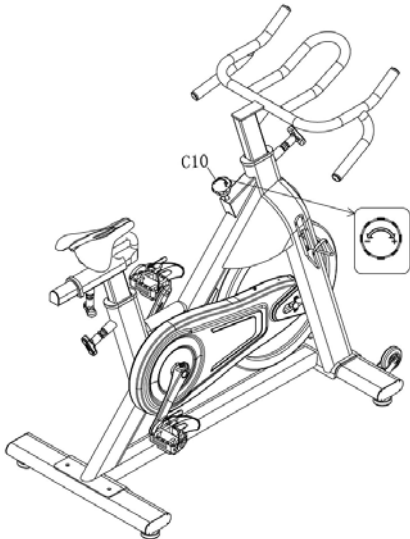
ADJUSTMENTS GUIDE

	<h3>ADJUSTING THE HEIGHT AND BALANCE</h3> <p>In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should adjust the Foot Pad (No. C09) located beneath the Front and Rear Stabilizers (No. A02 & No. A03) of the bike. To do so, use Spanner (No. B18) to loosen Nut (No. D08) by turning it <i>clockwise</i> (direction A). With the nut loosened, rotate the Foot Pad (No. C09) until it sits level with the surface that the bike is on. When you have finished adjusting the foot leveler, use Spanner (No. B18) to re-tighten the Nut (No. D08) by turning it <i>counter-clockwise</i> (direction B). If required, repeat this process to adjust the remaining foot levelers.</p>
	<h3>ADJUSTING THE SEAT</h3> <p>The seat of this bike is fully adjustable as it moves <i>Up, Down, Fore (forward), Aft (backward)</i>.</p> <p>To adjust the height of the Seat Post (No. A04), loosen and pull the [seat] T Shape Knob 2 (No. C15) outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the T Shape Knob 2 (No. C15) to secure the seat in place.</p> <p>To adjust the seat back and forth, loosen and pull T Shape Knob 1 (No. C14) outward, then slide the Seat Slider Tube (No. A05) to the desired position. Once positioned, re-insert and tighten the T Shape Knob 1 (No. C14) to secure the seat slider tube in place.</p>
	<h3>ADJUSTING THE HANDLEBAR</h3> <p>It is important that the handlebar and seat are both set to the correct height to your body. To adjust the handlebar height, loosen and pull the [handlebar] T Shape Knob 2 (No. C15) outward, then slide the Handlebar (No. A06) up or down to the desired height. Once adjusted, re-insert and tighten the T Shape Knob 2 (No. C15) to secure the handlebar in place.</p>



PEDAL STRAP ADJUSTMENT

Your feet should be secured in the toe clips during exercise. Place your feet as far forward into the toe clips as you can. With your feet in place, turn the crank to bring one foot to within arm's reach, grasp the pedal strap and pull it upward to tighten the toe clip cage. Then insert the strap back into the hoop of the toe clip. Repeat this process to secure your other foot.

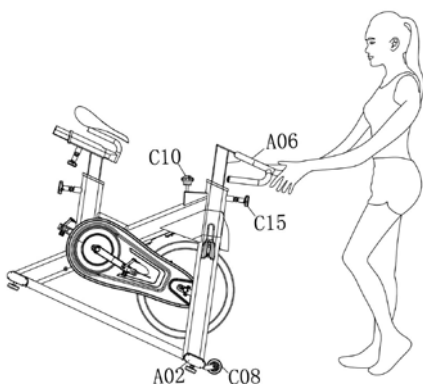


ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Control Knob (No. C10)**. Increase the level of resistance by turning the **Tension Control Knob (No. C10)** to the **RIGHT (clockwise)**, decrease the level of resistance by turning the **Tension Control Knob (No. C10)** to the **LEFT (counter-clockwise)**.

EMERGENCY BRAKE

During use, users can stop the bike completely by pushing down on the **Tension Control Knob (No. C10)**. Pushing down on the **Tension Control Knob (No. C10)** will enforce the brake and bring the bike to an immediate stop.



TRANSPORTING THE BIKE

To move the bike, first ensure that the **Handlebar (No. A06)** is properly secured. If the handlebar is loose, tighten the [handlebar] **T Shape Knob 2 (No. C15)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the handlebar, place one foot on the **Front Stabilizer (No. A02)** and tilt the bike towards you until the **Transportation Wheels (No. C08)** on the **Stabilizer (No. A02)** touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

NOTE: When moving the bike, always use caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's operation.

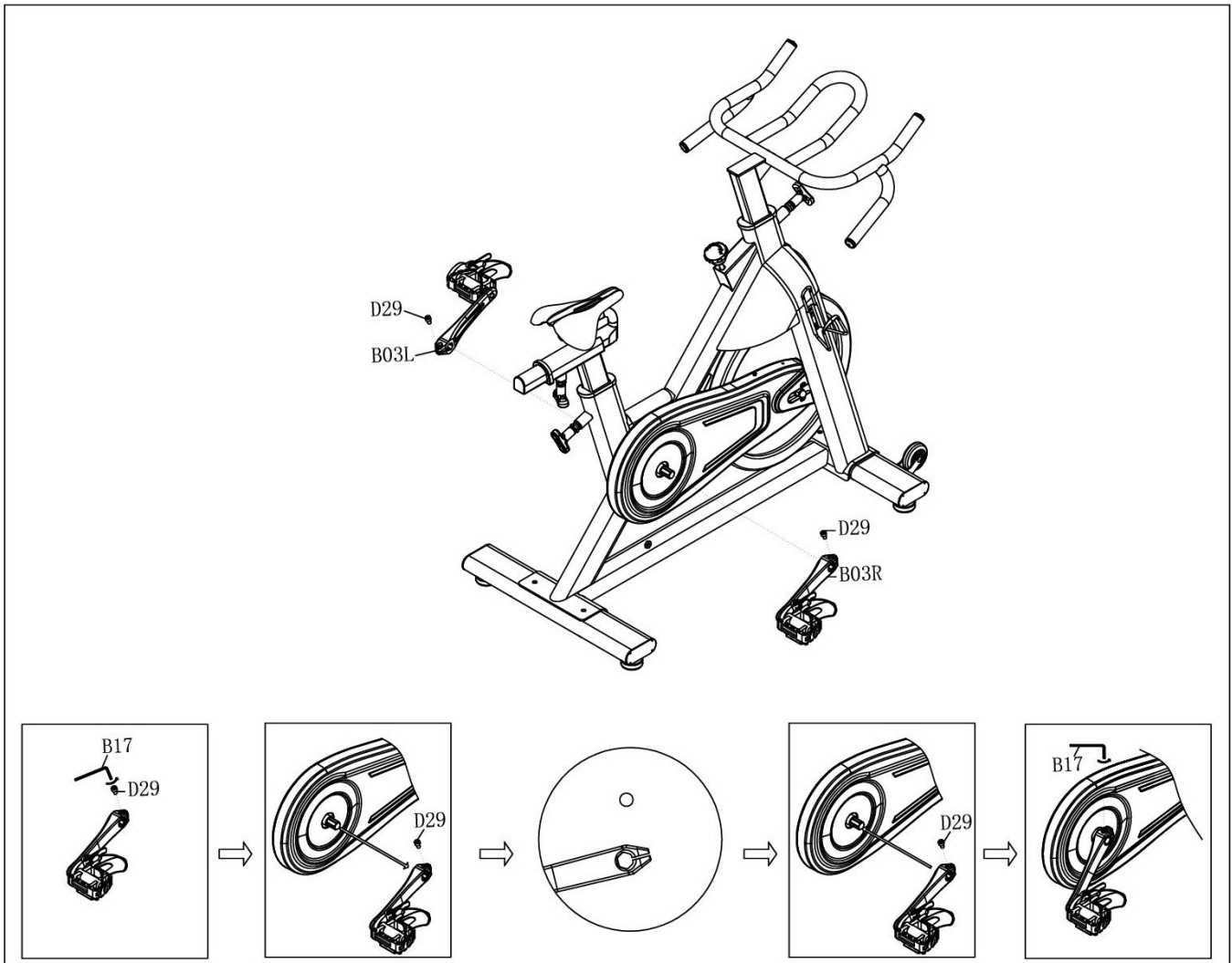
DISMOUNTING

For your safety, it is recommended that you never attempt to dismount or remove your feet from the pedals until both the flywheel and pedals/cranks have come to a complete stop. Failure to follow this recommendation may lead to loss of control and/or serious injury.

Here are a few examples of how to safely dismount the bike:

1. Reduce the pedal speed until the pedals/crank come to a complete stop.
2. Increase the resistance until the pedals/crank come to a complete stop.
3. Push and hold the **Tension Control Knob (No. C10)** down until the pedals/crank come to a complete stop.

REMOVING THE CRANK ARM



TO REMOVE THE CRANK ARM

Unscrew 2 **Bolts (No. D29)** *counter-clockwise* with the **Allen Wrench (No. B17)**. Remove the 2 **Bolts (No. D29)** and pull out the **Left and Right Crank Arms (No. B03L/R)**.

NOTE: The hexagonal hole on the middle axle and the crank arm should be aligned when assembling.

TO REASSEMBLE THE CRANK ARM

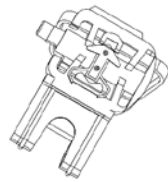
Attach the **Left and Right Crank Arms (No. B03L/R)** to the middle axle. Attach the 2 **Bolts (No. D29)** onto the hexagonal hole of the **Left and Right Crank Arms (No. B03L/R)** and secure it by turning *clockwise* with **Allen Wrench (No. B17)**.

SPD TECHNICAL SERVICE INSTRUCTIONS

Caution!

Before use, read these instructions carefully.

- Practice engaging and disengaging from the pedals several times in a stationary position before riding.
- Before using, lubricate the concave area of the clip.
- Keep the cleat and pedal clean to ensure proper usage.
- Before using, adjust the retention force of the pedal to suit your needs.



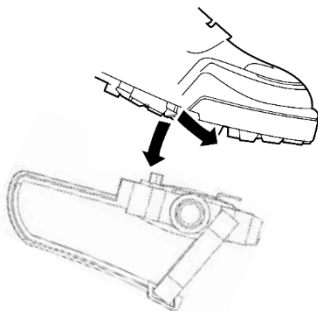
Note:

1. After tightening the cleat, practice engaging and releasing one shoe at a time.
2. Check your pedals everytime before you ride the bike.
3. When the pedal starts to wear on the axle, it will not function properly. We recommend you replace the entire pedal.

USE

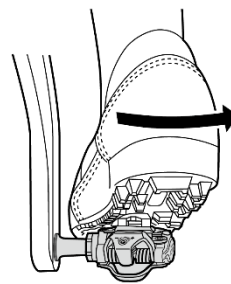
Engaging

Press the cleat into the pedal.



Disengaging

Remove by twisting your heel to the outside.



ADJUSTING THE SPRING TENSION OF THE BINDING

The tension of the spring is adjusted for each pedal (top & bottom) with the adjustment bolt in the rear using 3mm Allen Wrench.

Turn the bolt using 3mm Allen Wrench in a clockwise direction to increase retention force, and in a counter-clockwise direction to decrease retention force.



MAINTENANCE INSTRUCTIONS

This is general information for daily, weekly and monthly maintenance to be performed on your bike.

<p>DAILY MAINTENANCE</p> <p>After each exercise session, wipe down all the equipment: seat, frame, and handlebars. Pay special attention to the seat post, handlebar post, and belt/chain guard. Sweat is very corrosive and may cause problems that require parts replacement later.</p> <ol style="list-style-type: none"> 1. Get on the bike and engage the drive train. 2. Pay attention to any vibrations felt through the pedals. If you feel any vibrations, you may need to tighten the pedals, bottom bracket, or adjust the drive belt/chain tension. 3. Use a wrench to tighten the pedals until they are secure. 	<p>MONTHLY MAINTENANCE</p> <ol style="list-style-type: none"> 1. Check if all hardware is secure, such as: water bottle holder, flywheel nuts, belt/chain guard bolts, brake caliper lock nuts and brake caliper tension rod nuts. 2. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod. 3. Clean and lubricate the seat post, handlebar post and seat slider. Remove any buildup of foreign material.
<p>WEEKLY MAINTENANCE</p> <ol style="list-style-type: none"> 1. Inspect moving parts and tighten the hardware. 2. Inspect pull pin frame fittings to make sure the fittings are secured. Loose frame fittings may strip out threads over time and cause extensive damage. 3. Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft. 4. Tighten the seat hardware to make sure the seat is level and centered. 5. Brush and treat the resistance pads. Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel. 6. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten. 	<p>LEATHER BRAKE PAD CARE (If Applicable)</p> <ol style="list-style-type: none"> 1. Perform this maintenance when the brake pad is first installed and for the life of the brake pad. Following these simple guidelines can increase the life of your brake pads. 2. Some brake pad assemblies are pre-lubricated. Squeeze the brake pad. If lubricant is released, then the pad has been pre-lubricated. 3. If the brake pad is dry, then coat the brake pad with 3-n-1 oil. Brush the leather with a clean, wire bristle brush, and then apply the oil. The oil should be allowed to soak into the pad. Repeat 4-5 times until the pad is saturated, but not dripping with oil. When the pad is saturated, it will no longer absorb oil. 4. Inspect the brake pad weekly and lubricate if needed. The pad should not have a glazed appearance. If the pad appears glazed, then brush it with wire brush and apply lubricant as needed. If any of the sponge padding is showing through the leather pad, the brake pad should be replaced.

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