



WALKING TREADMILL WITH HANDRAIL

SF-T7857

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).



WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed.

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 the treadmill from the 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 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 the plug from the outlet.
10. Connect this treadmill to a properly grounded outlet only. See grounding instructions.

CAUTION:

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 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 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 OPERATING INSTRUCTIONS

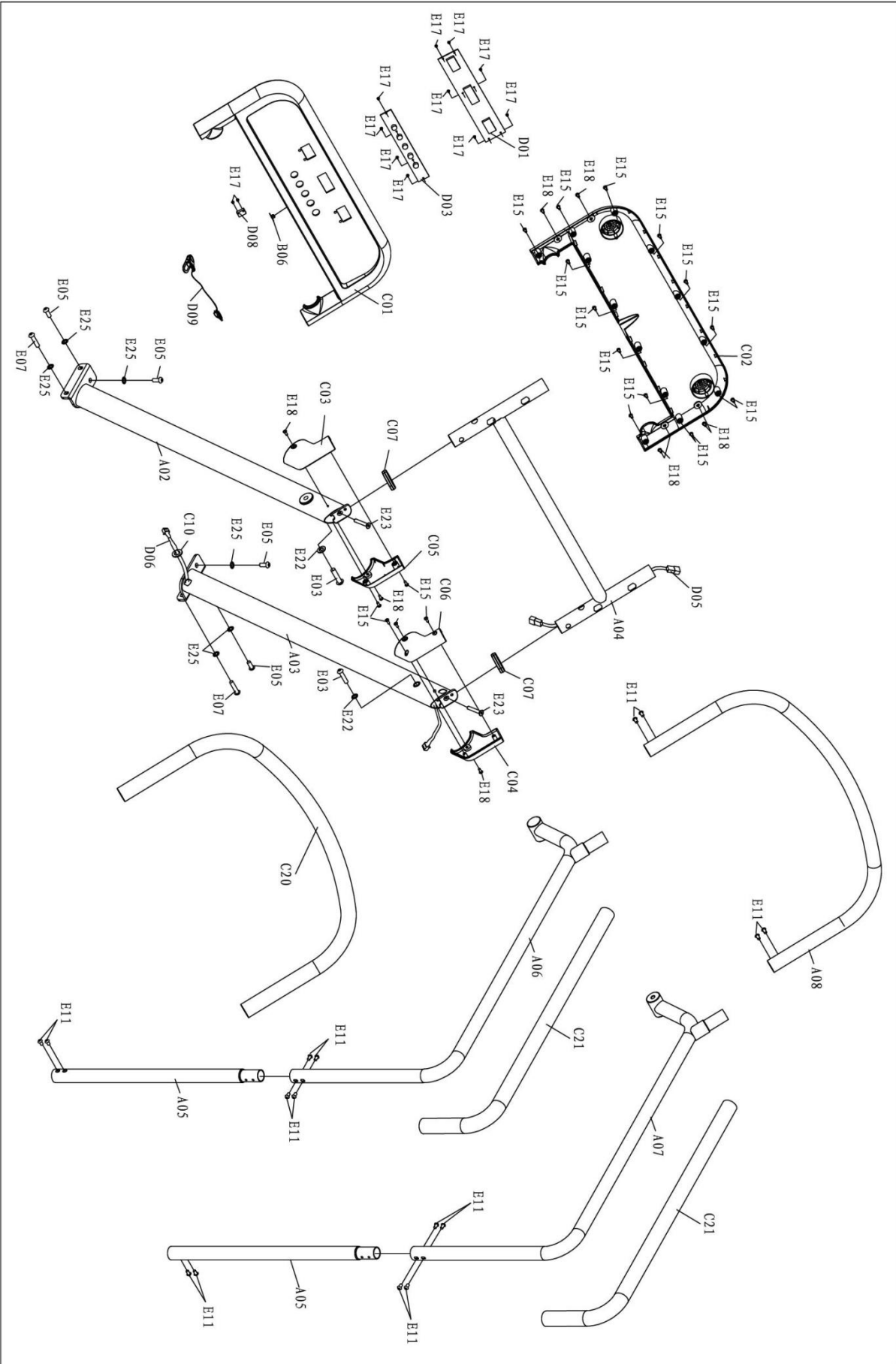
1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as 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 changing the settings.
7. A safety key is provided for emergency use. The treadmill 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 be supervised at all times 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 19* for instructions on how to properly apply lubricant.

EXPLODED DIAGRAM 1



PARTS LIST

No.	Description	Specification	Qty
A01	Main Frame		1
A02	Left Upright		1
A03	Right Upright		1
A04	Console Bracket		1
A05	Support Tube		2
A06	Left Side Handlebar		1
A07	Right Side Handlebar		1
A08	Front Handlebar		1
A09	Motor Frame		1
B01	Front Roller		1
B02	Rear Roller		1
B03	Spanner w/ Screwdriver	S=13, 14, 15	1
B04	Allen Wrench	S5	1
B05	Allen Wrench	S6	1
B06	Safety Key Plate		1
B07	Belt Hook		2
C01	Console Top Cover		1
C02	Console Bottom Cover		1
C03	Left Upright Tube Cover		1
C04	Right Upright Tube Cover		1
C05	Left Upright Tube Inside Cover		1
C06	Right Upright Tube Inside Cover		1
C07	Handle Bar Decoration Ring		2
C08	Blue Cushion		6
C09	Transport Wheel		2
C10	Ring Protecting Wire Plug		1
C11	Power Wire Buckle		1
C12	Motor Belt		1
C13	Inner Cap		4
C14	Cushion		2
C15	Motor Cover		1
C16	Left Rear Cover		1
C17	Right Rear Cover		1
C18	Side Rail		2
C19	Running Belt		1
C20	Front Handlebar Foam		1
C21	Side Handlebar Foam		2
C22	Flat Foot Pad		4
C23-1	Nut		2
C23-2	Adjustable Foot Pad		2
D01	Console Display		1
D02	Control Board		1
D03	Keyboard		1

No.	Description	Specification	Qty
D04	Ribbon Cable on Key Board		1
D05	Upper Signal Wire		1
D06	Middle Signal Wire		1
D07	Bottom Signal Wire		1
D08	Safety Key Sensor		1
D09	Safety Key		1
D10	Power Wire		1
D11	Power Switch		1
D12	DC Motor		1
D13	Running Board		1
D14	Speed Sensor		1
D15	AC Single Line	350mmBlue	1
D16	AC Single Line	350mmBrown	1
D17	Magnetic Ring		1
D18	Magnetic Core		1
E01	Nut	M8	4
E02	Nut	M6	6
E03	Bolt	M10*55	2
E04	Bolt	M8*35	2
E05	Bolt	M8*20	8
E06	Bolt	M8*15	2
E07	Bolt	M8*65	2
E08	Bolt	M6*45	1
E09	Bolt	M6*55	2
E10	Bolt	M6*35	6
E11	Bolt	M6*15	16
E12	Bolt	M5*16	11
E13	Bolt	M5*8	2
E14	Bolt	M8*30	1
E15	Screw	ST4.2*12	21
E16	Screw	ST2.9*8	2
E17	Screw	ST2.9*6.0	12
E18	Screw	ST4.2*12	9
E19	Washer	6	3
E20	Spring Washer	8	6
E21	Flat Washer C	8	9
E22	Flat Washer C	10	2
E23	Bolt	M8*48	2
E24	Bolt	M8*25	2
E25	Washer	8	8
F01	Filter	Optional	1
F02	AC Single Line	350mmBlue Optional	1
F03	AC Single Line	350mmBrown Optional	1

No.	Description	Specification	Qty
F04	Grounding Wire	Optional	1
F05	Bolt	M5*8 Optional	2
G01	Screw	ST2.9*6.0 Optional	14
G02	Audio Module Fixing Cap	Optional	2
G03	Amplifier Wire	Optional	1

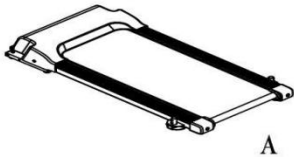


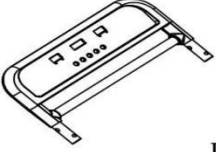
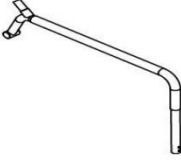
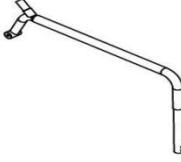
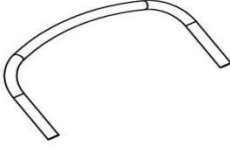



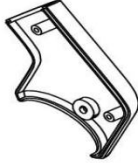
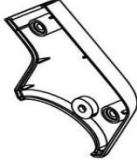


No.	Description	Specification	Qty
G04	Audio Jack Wire	Optional	1
G05	Speaker	Optional	2
G06	MP3 Connecting Wire	Optional	1
G07	Amplifier Board	Optional	1

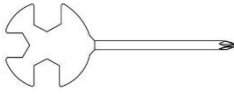





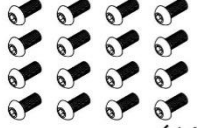
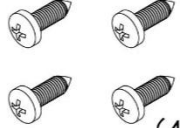
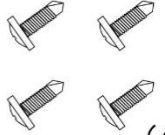


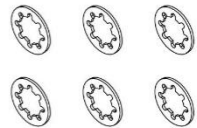
Ordering Replacement Parts (U.S. and Canadian Customers only)

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

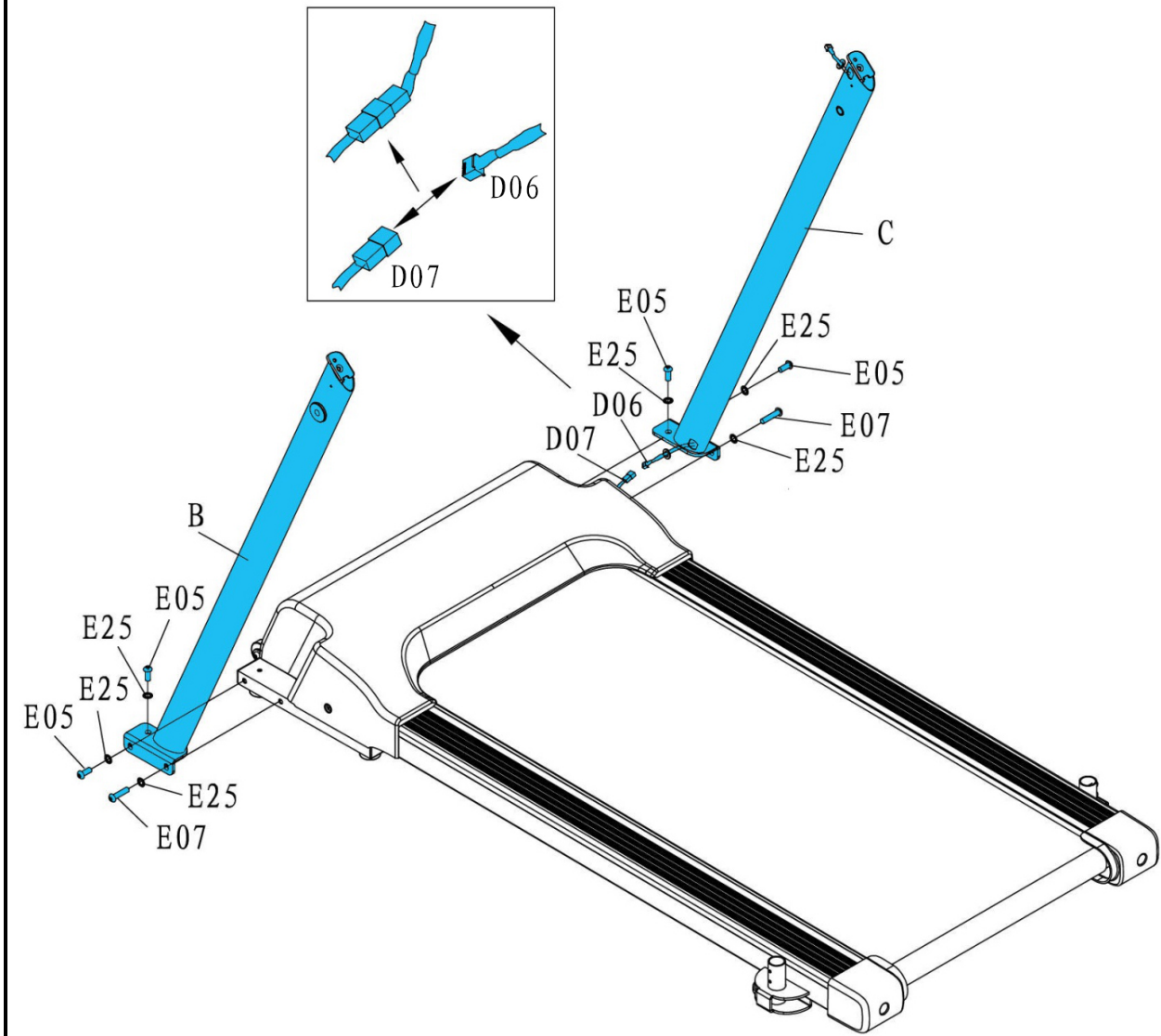
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

A			
 A	 B	 C	 D
 E	 F	 G	 A05
 A05	 C03	 C04	 C05
 C06	 D09		

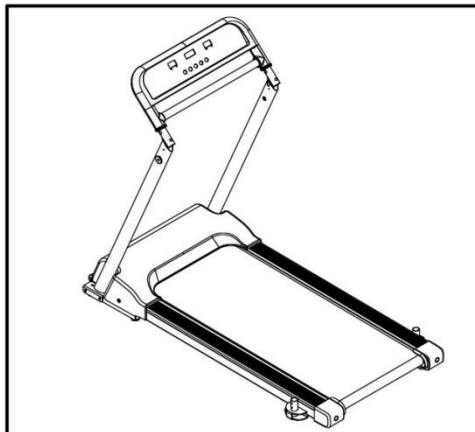
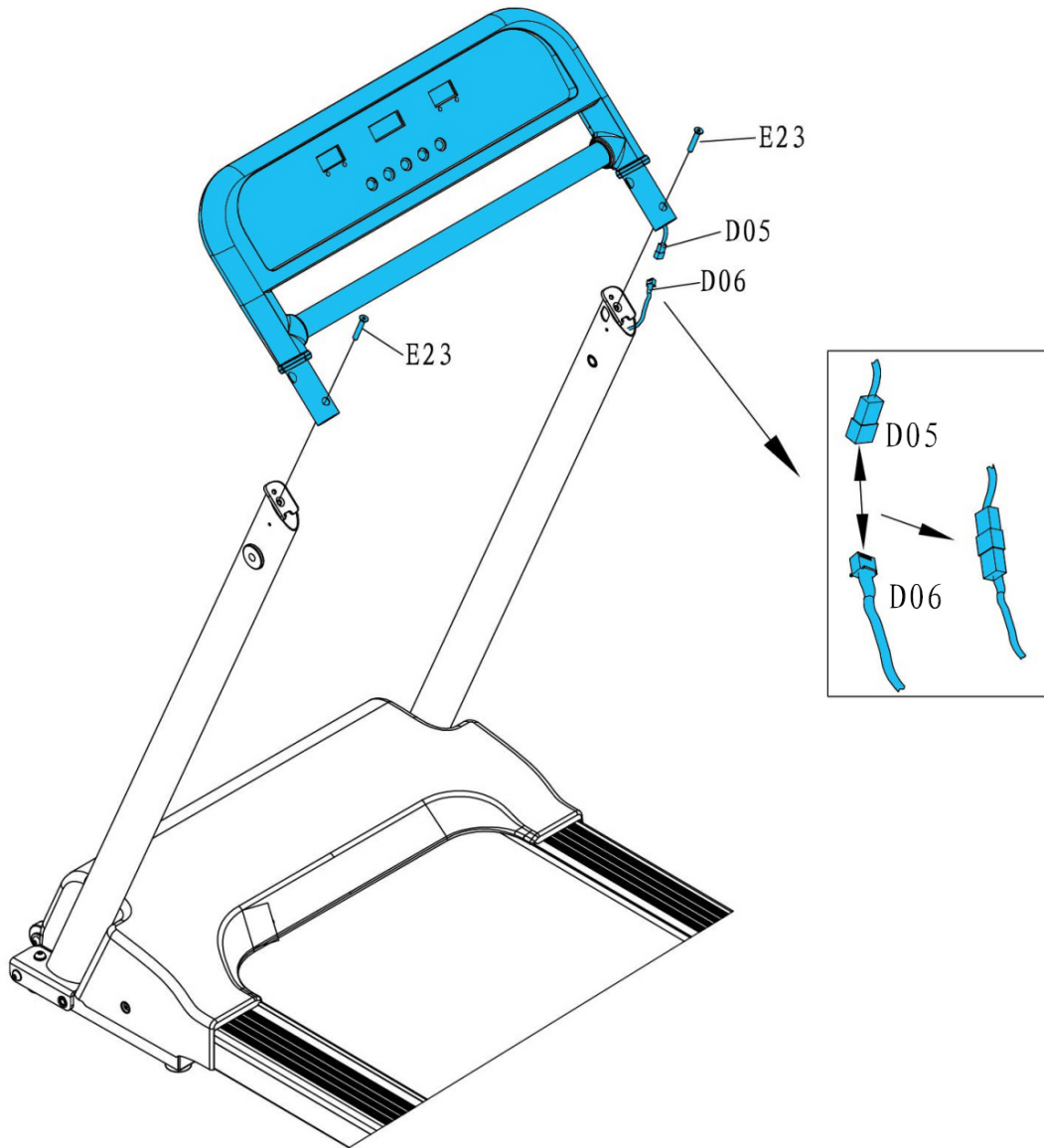
B		
B03 s=13, 14, 15  (1x)	B04 s5  (1x)	B05 s6  (1x)
E03 M10*55  (2x)	E05 M8*20  (4x)	E07 M8*65  (2x)
E11 M6*15  (16x)	E15 ST4. 2*12  (4x)	E18 ST4. 2*12  (4x)
E22 φ 10  (2x)	E23 M8*48  (2x)	E25 φ 8  (6x)


C-1




	B04 S5 (1x)	E05 M8*20 (4x)	E07 M8*65 (2x)
	E25 φ8 (6x)		

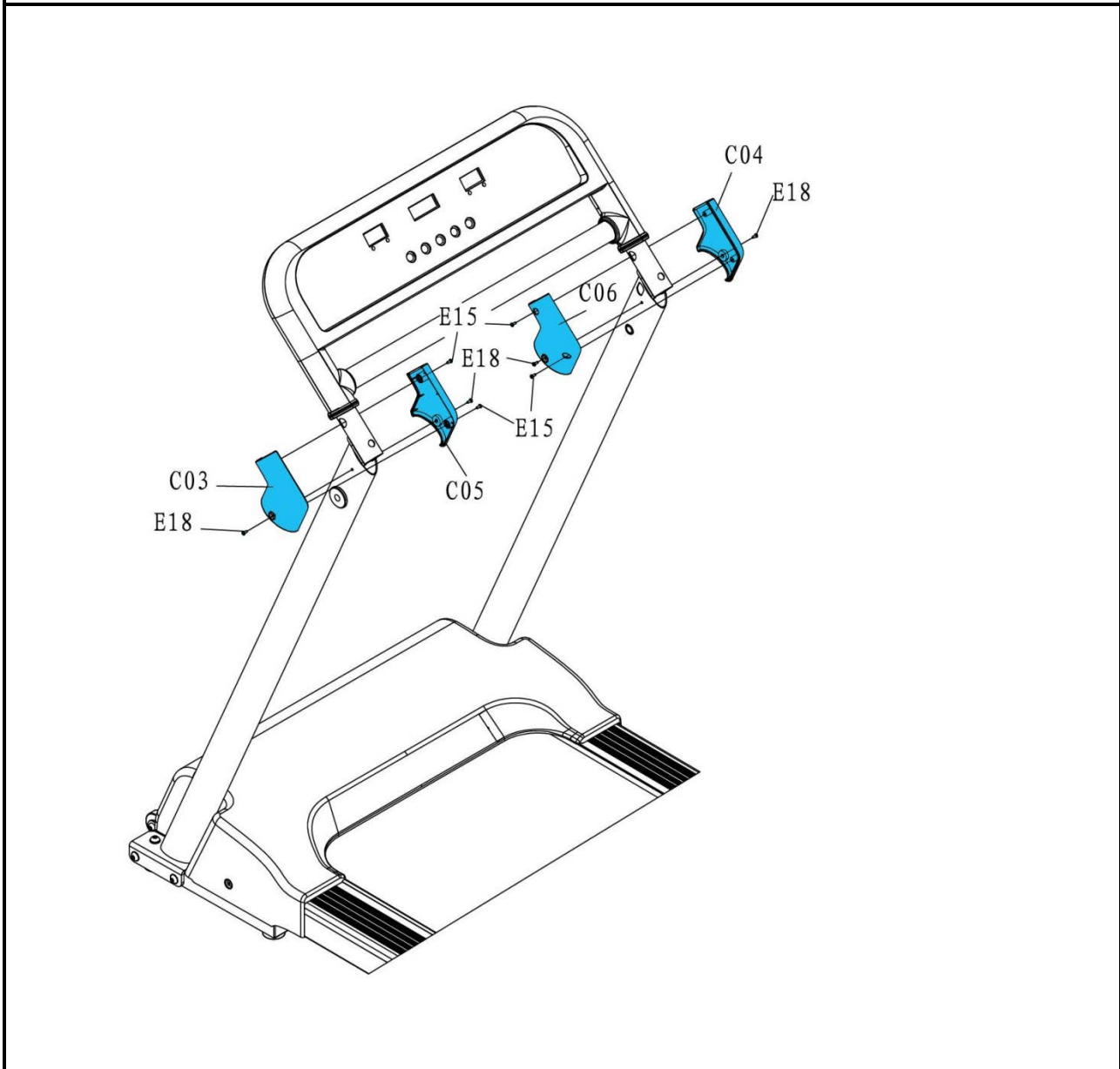
C-2

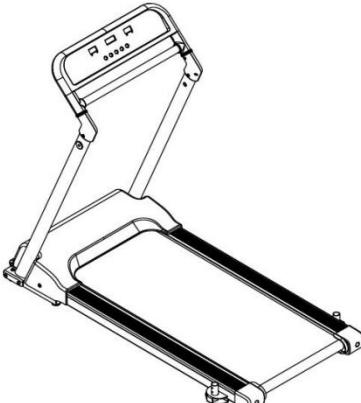
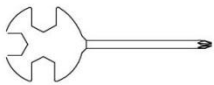
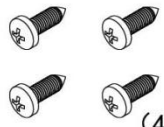
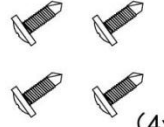


B04 S5

(1x)

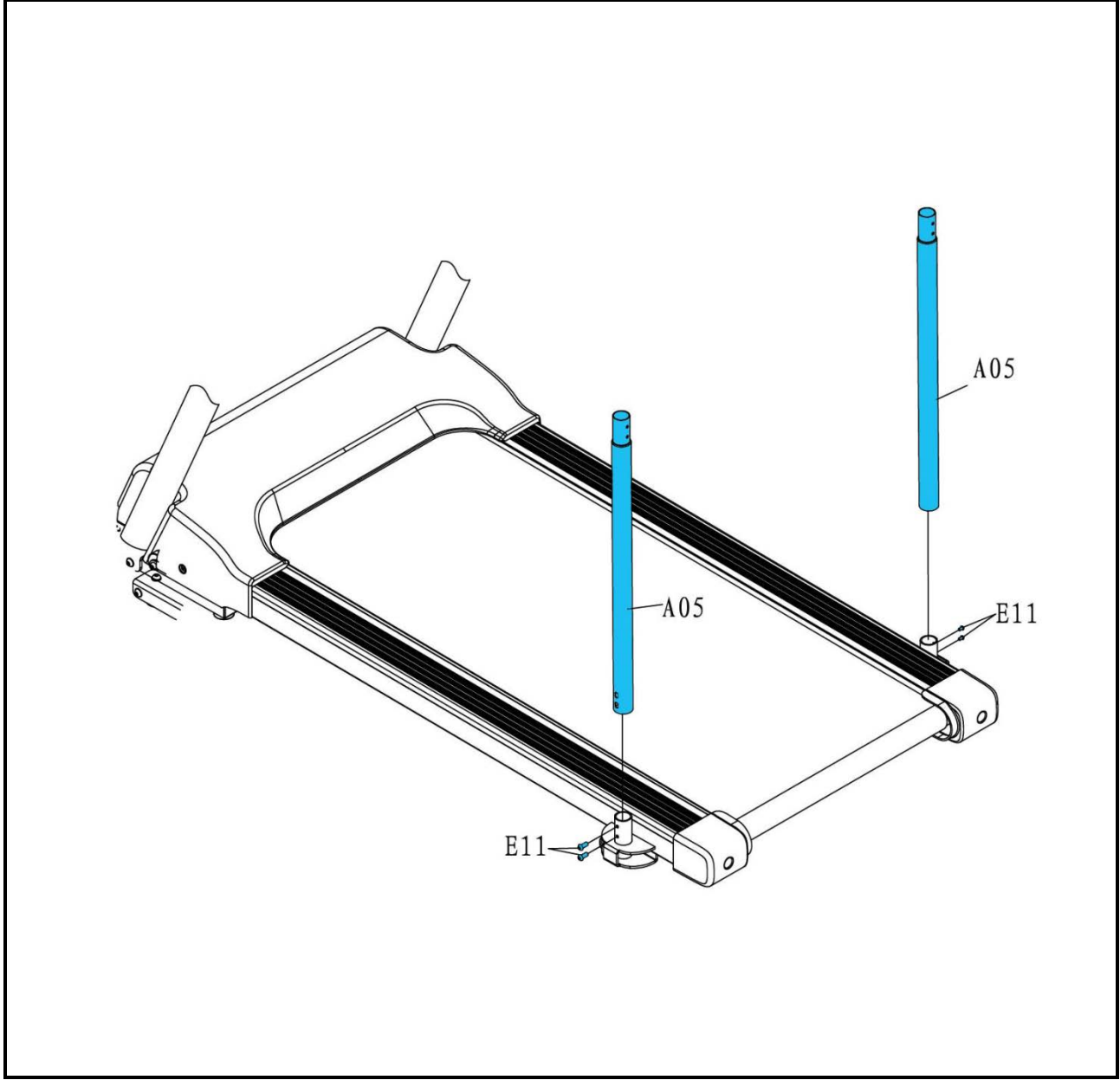
E23 M8*48

(2x)

C-3



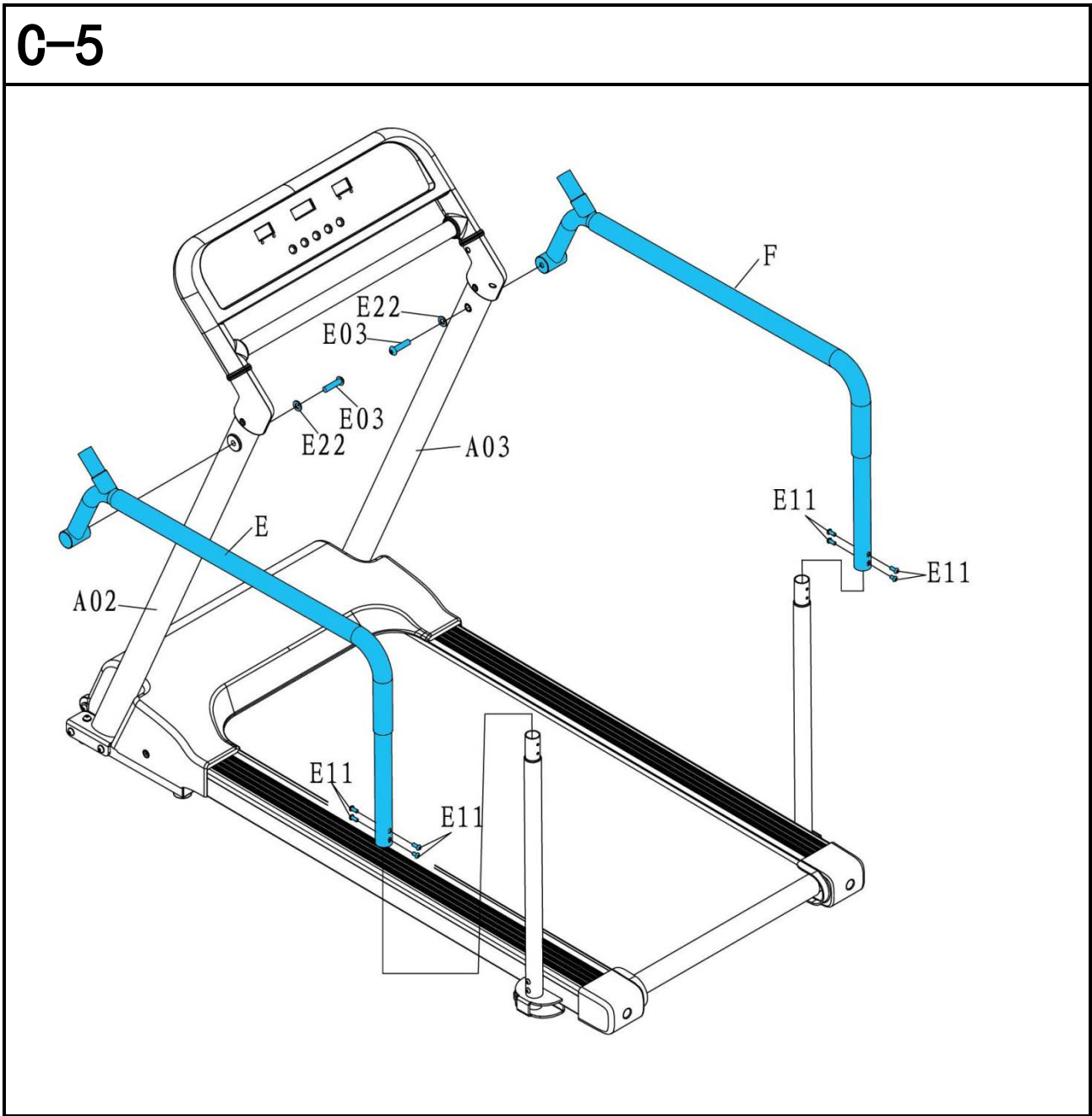
	<p>B03 S=13, 14, 15</p>  <p>(1x)</p>	<p>E15 ST4. 2*12</p>  <p>(4x)</p>	<p>E18 ST4. 2*12</p>  <p>(4x)</p>

C-4



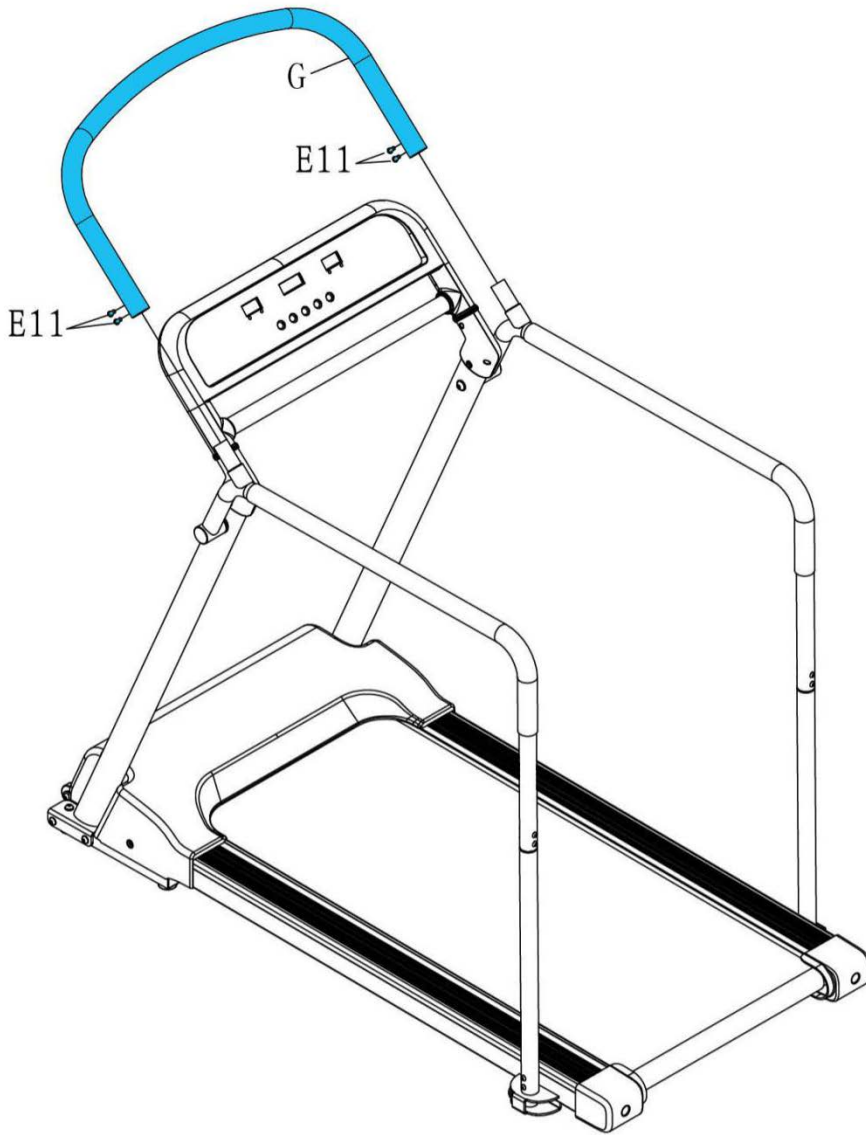
	<p>B04 S5</p> <p>(1x)</p>	<p>E11 M6*15</p> <p>(4x)</p>	

C-5



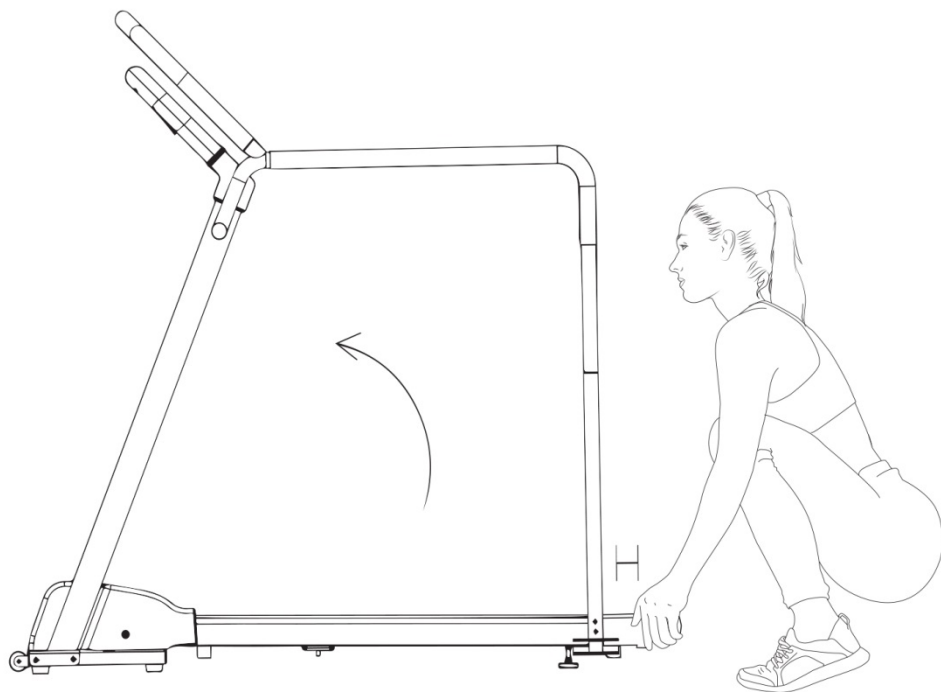
	B04 S5 (1x)	B05 S6 (1x)	E03 M10*55 (2x)
	E11 M6*15 (8x)	E22 φ 10 (2x)	

C-6

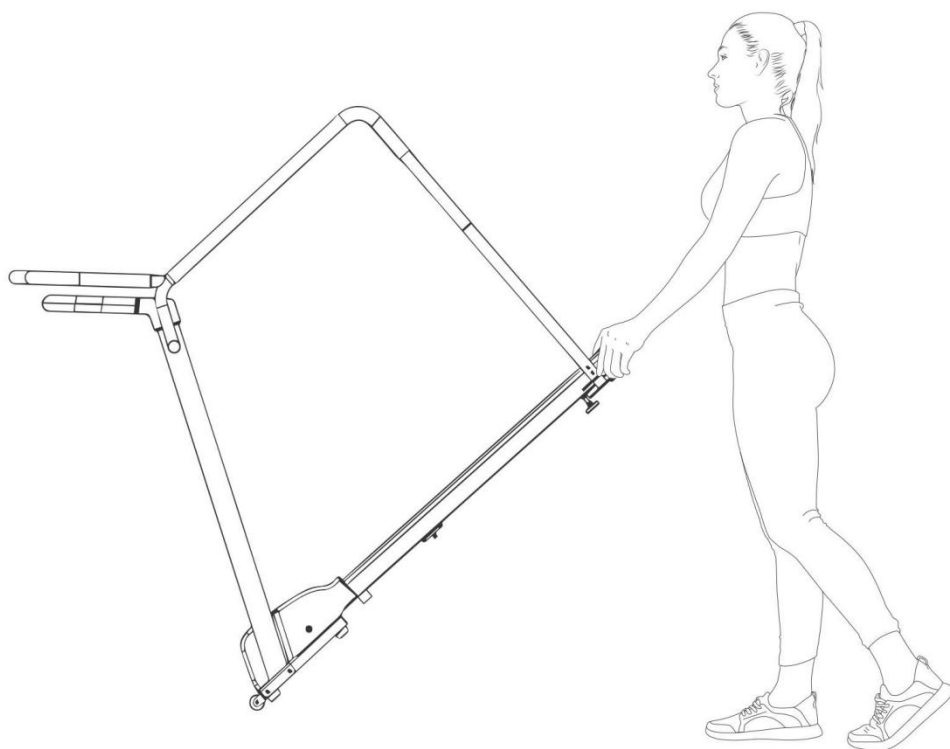


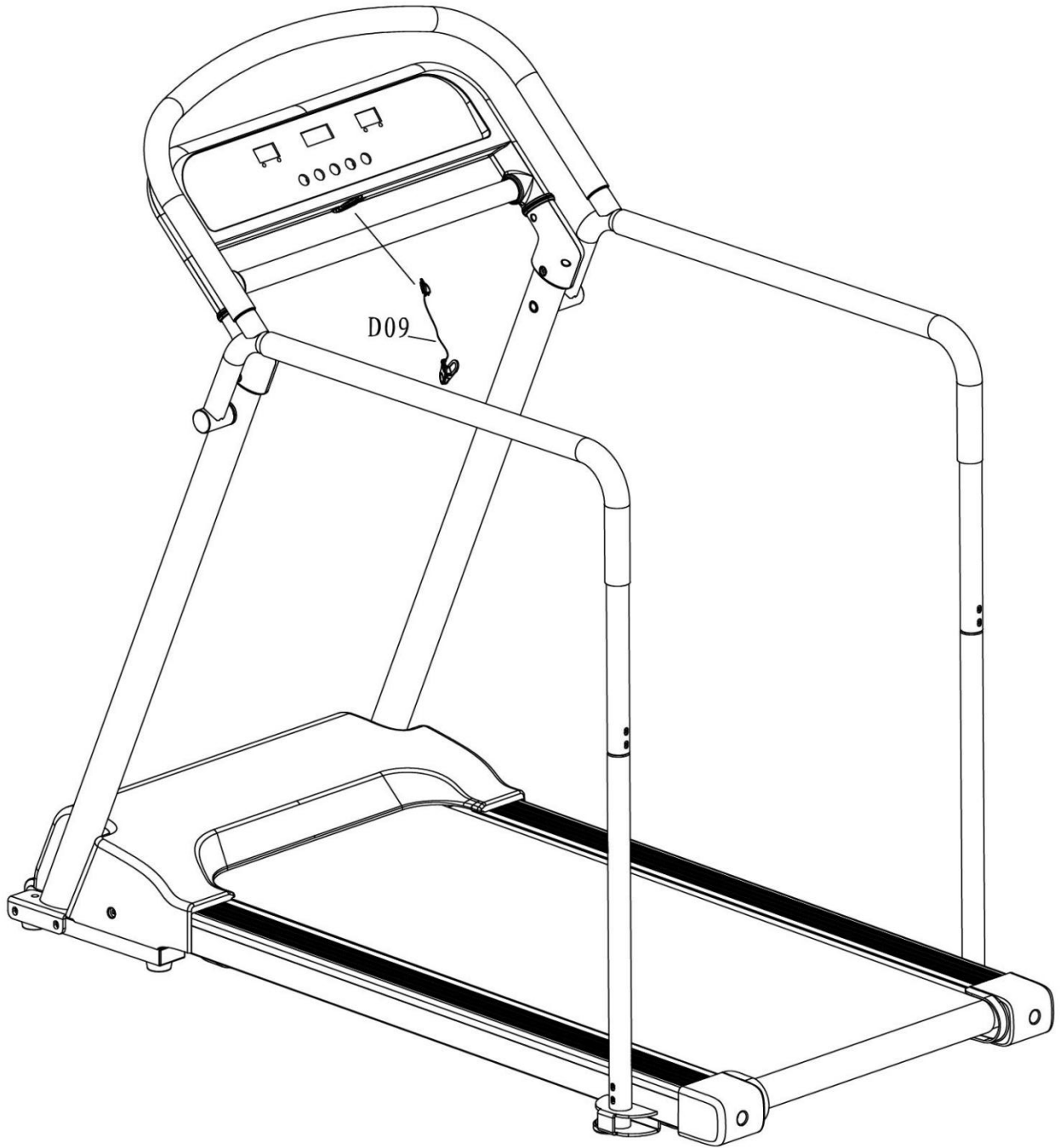
	<p>B04 S5</p> <p>(1x)</p>	<p>E11 M6*15</p> <p>(4x)</p>	

D-1

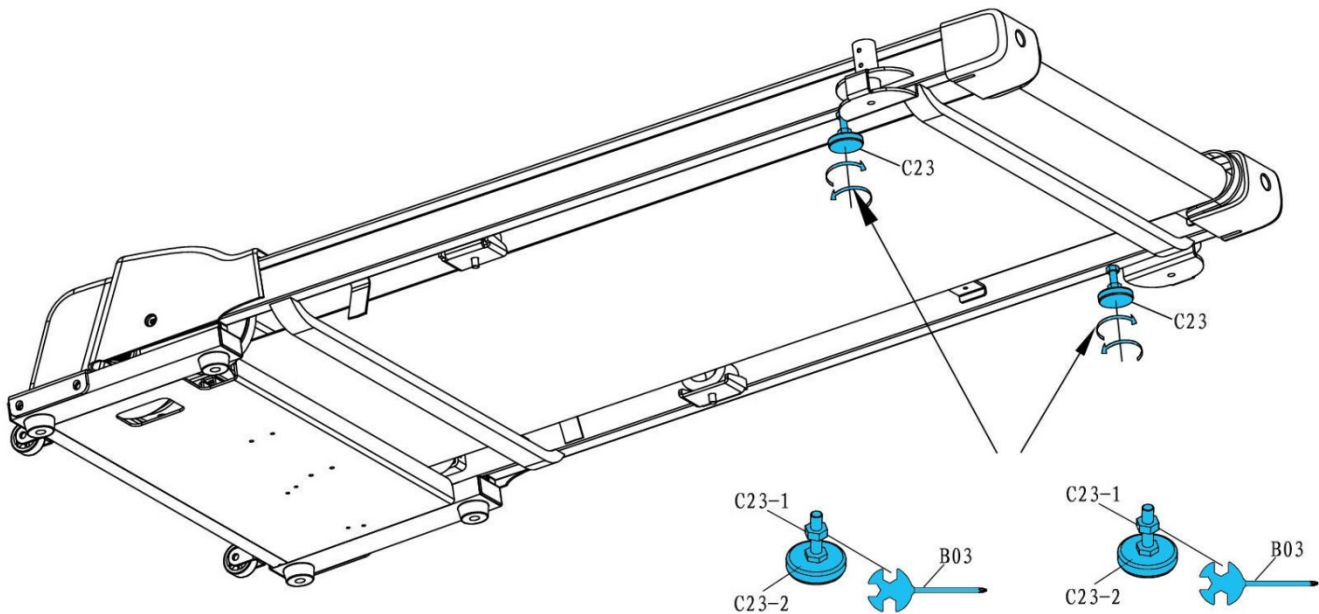


D-2





HOW TO ADJUST THE BALANCE



To achieve a smooth and comfortable experience, you must ensure that the treadmill is stable. If you notice that the treadmill is unbalanced during use, you should adjust the **Adjustable Foot Pads (No. C23-2)**. To do so, use **Spanner w/ Screwdriver (No. B03)** to loosen **Nut (No. C23-1)** by turning it *clockwise*. With the **Nut (No. C23-1)** loosened, rotate the **Adjustable Foot Pads (No. C23-2)** until it sits level with the surface that the treadmill is on. When you have finished adjusting the **Adjustable Foot Pads (No. C23-2)**, use **Spanner w/ Screwdriver (No. B03)** to re-tighten the **Nut (No. C23-1)** by turning it *counter-clockwise*. If required, repeat this process to adjust the remaining feet.

MAINTENANCE & CARE

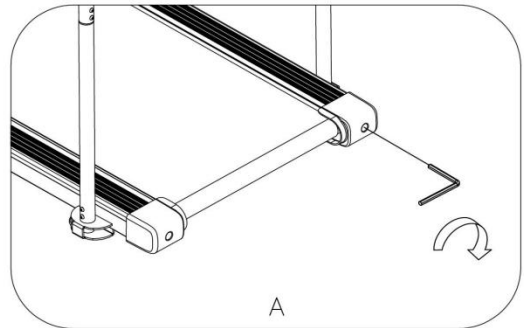
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. C19)** to prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. D13)** and **Running Belt (No. C19)**. Clean the surface of the **Running Belt (No. C19)** 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.

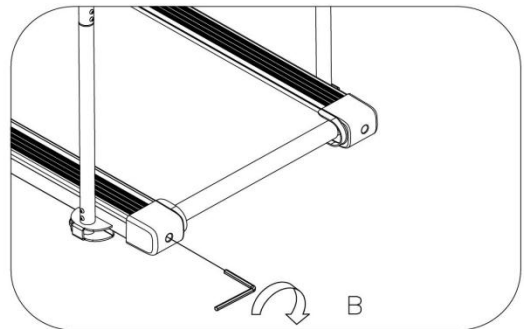
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 4-5MPH to check if the **Running Belt (No. C19)** drifts.

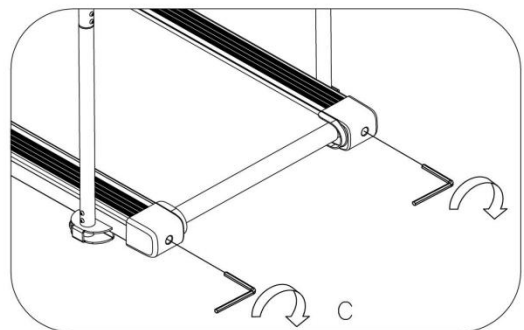
If the **Running Belt (No. C19)** moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C19)** does not move, repeat this step until it centers. Refer to Figure A.



If the **Running Belt (No. C19)** moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counterclockwise*. If the **Running Belt (No. C19)** does not move, repeat this step until it centers. Refer to Figure B.



Over time, the **Running Belt (No. C19)** will loosen. To tighten the **Running Belt (No. C19)**, turn the **Left & Right** side adjustment bolts one full turn *clockwise*. Check the tension of the **Running Belt (No. C19)**. Continue this process until **Running Belt (No. C19)** 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.

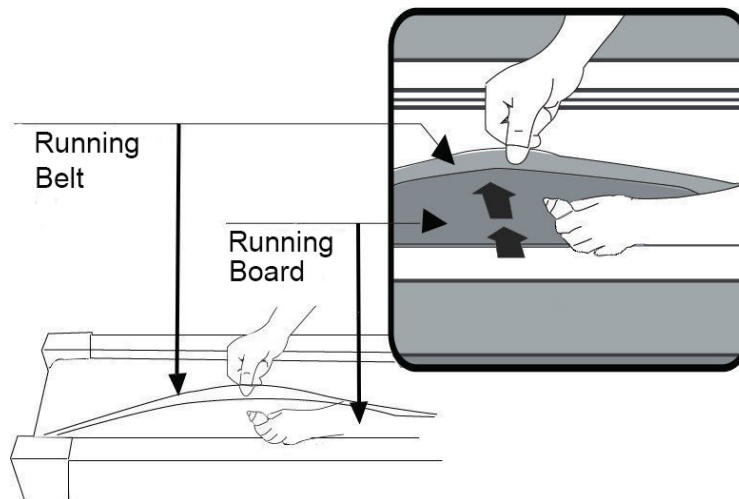
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. D13)** and **Running Belt (No. C19)** 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. C19)** 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. C19)** 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. DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. A loose **Running Belt (No. C19)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C19)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. C19)**. The most suitable tightness for the **Running Belt (No. C19)** is when it 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 correct power source 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 correct 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.

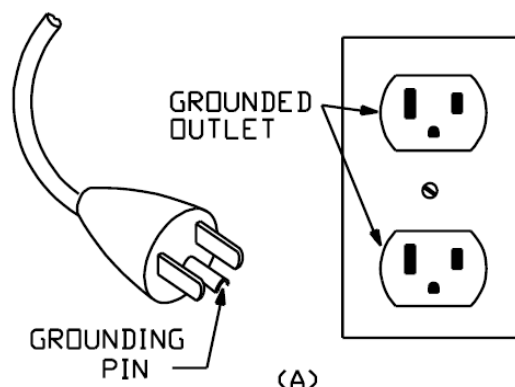
DANGER:

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are not sure 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.

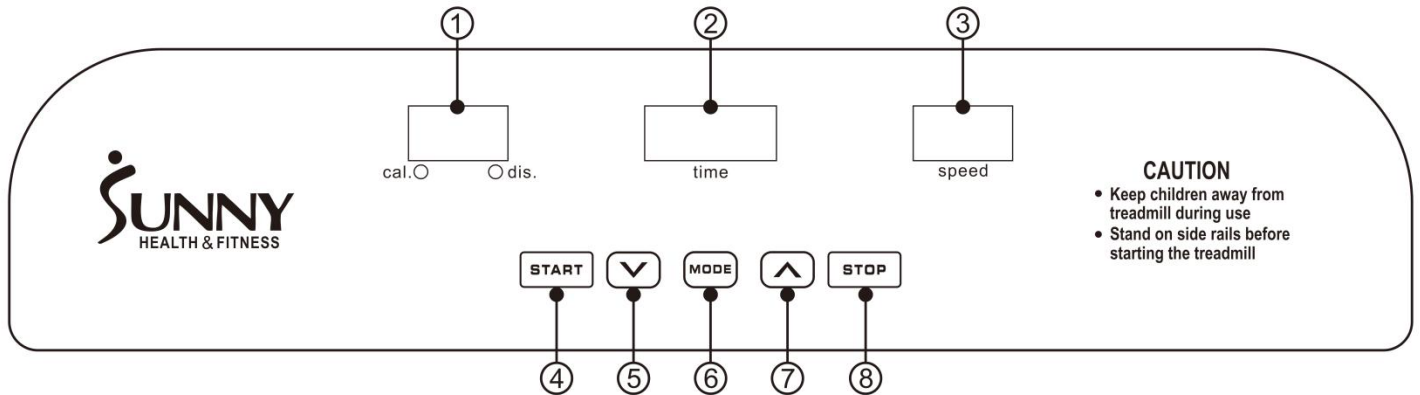
WARNING!

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



CONSOLE INSTRUCTIONS



DISPLAY AND BUTTON FUNCTIONS

1. **CAL. / DIS:** Displays calories and distance.
2. **TIME:** Displays running time.
3. **SPEED:** Displays current speed.
4. **START:** Press this button at any time to start the treadmill.
5. **SPEED -** (downward arrow): Press this button to decrease the speed.
6. **MODE:** Press this button to choose between time, distance, or calories workout targets. You can press SPEED +/- to set the value, and press START to begin.
7. **SPEED +** (upward arrow): Press this button to increase the speed.
8. **STOP:** Press this button to either pause or stop the treadmill.

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 console display to remind you when it’s time. Please read LUBRICATING THE TREADMILL on Page 19 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.

SAFETY LOCK FUNCTION

Remove the **Safety Key (No. D09)** from the computer console while the treadmill is running, and the treadmill will stop immediately. Once the treadmill reaches a full stop, the display will show “- -” and the buzzer will beep 3 times. To start the treadmill again, insert the magnet end of the **Safety Key (No. D09)** into the computer console and press the START button.

POWER SAVE FUNCTION

When the treadmill has been inactive for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the display will be turned off. To turn it back on, press any button.

POWER ON & POWER OFF

I POWER ON:

Flick the power switch to this symbol to turn on the treadmill.

O POWER OFF:

Flick the power switch to this symbol to turn the treadmill off at any time, including while the treadmill is in use.

EXERCISE INSTRUCTIONS

GETTING STARTED:

Get to know your treadmill. Before attempting to use the treadmill, take some time to familiarize yourself with the controls. Once you get on, 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. D09)** to your clothes and insert the magnetic end of the **Safety Key (No. D09)** into the computer console. Press the START button to start the treadmill. The treadmill will start at the system default setting speed. Step onto the belt. When you feel comfortable, slowly increase this speed. When you are finished with your workout, press the STOP button to stop the treadmill or you can remove the magnetic end of the **Safety Key (No. D09)** to stop the treadmill.

SAFETY NOTE:

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you become familiar with the treadmill.
2. Insert the magnet end of the **Safety Key (No. D09)** into the computer console and clip the safety clip to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No. D09)** and the treadmill will stop immediately.

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 or E13: 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.
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check that the sensor wire is properly connected. If damaged, replace the wire. Check to see if the magnetic sensor is damaged, replace if necessary.
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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