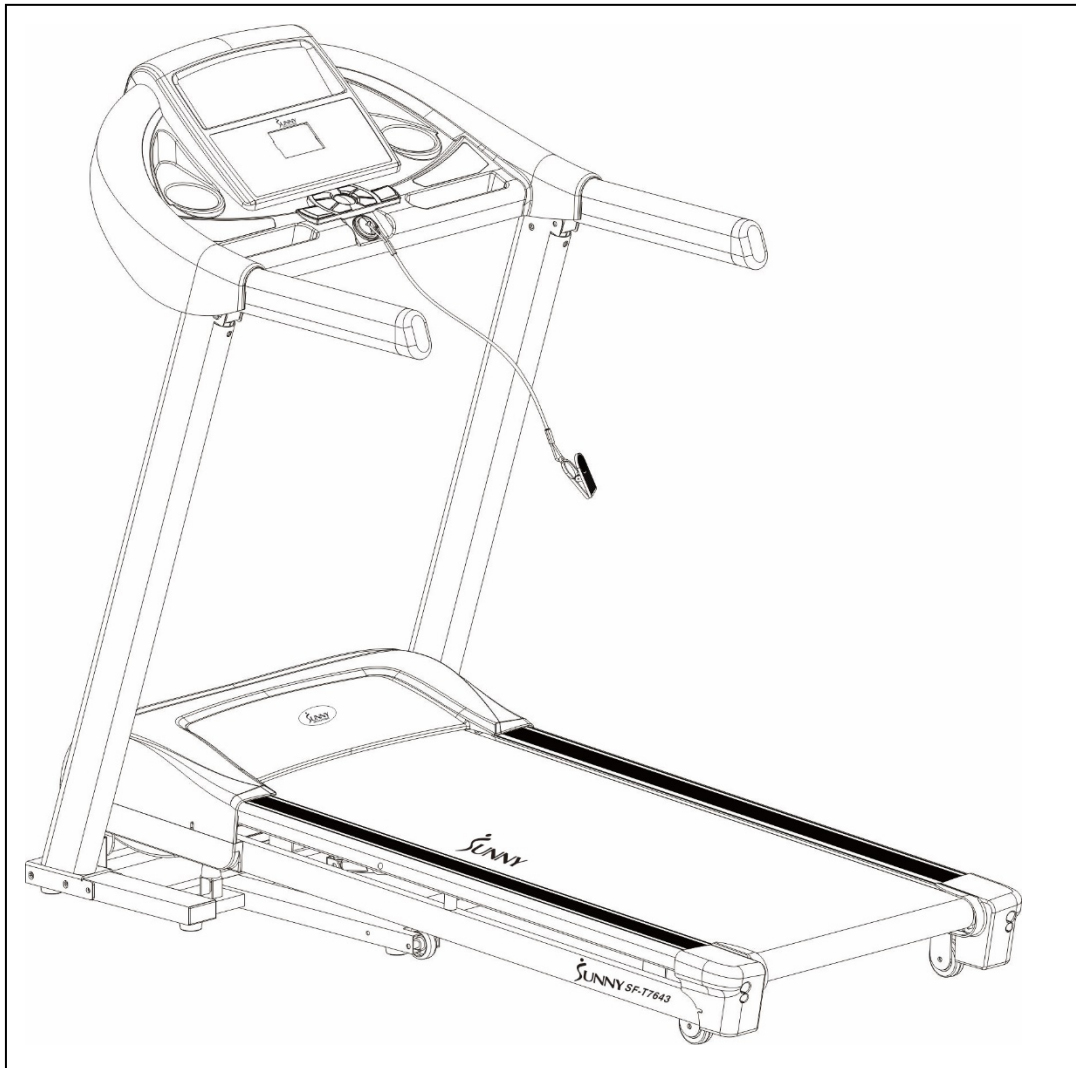




HEAVY DUTY WALKING TREADMILL

SF-T7643

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 INSTRUCTION

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 electrical 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 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 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 350 pounds (158 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 INSTRUCTION

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 which 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 changing 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 12* for instructions on how to properly apply lubricant.

PARTS LIST

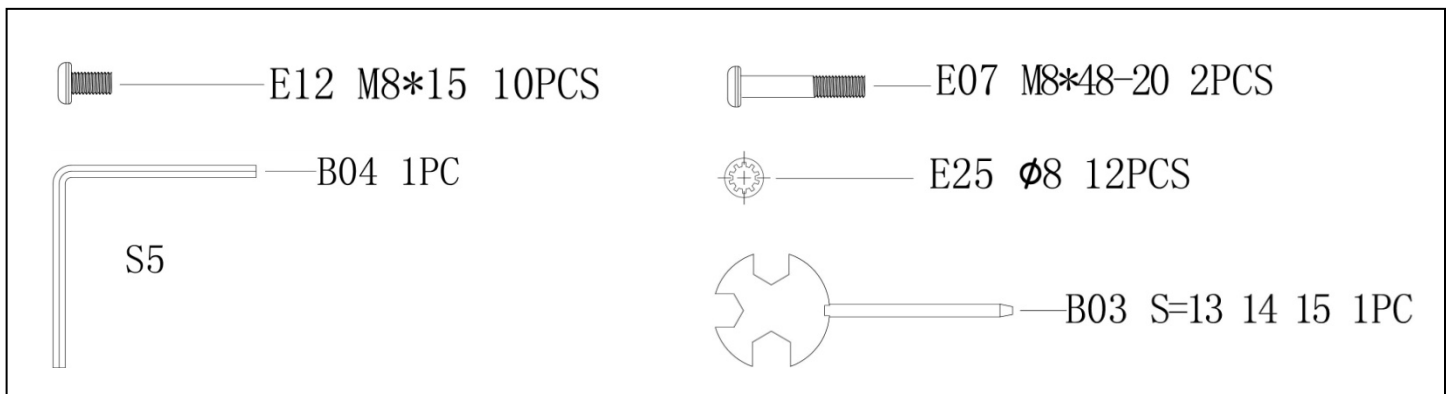
No.	Description	Specification	Qty
A01	Base Frame		1
A02	Main Frame		1
A03	Computer Bracket		1
A04	Left Upright Tube		1
A05	Right Upright Tube		1
A06	Motor Bracket		1
B01	Front Roller		1
B02	Rear Roller		1
B03	Spanner w/ Screw Driver	S=13,14,15	1
B04	Allen Wrench	S5	1
B05	Turning Bushing		2
B06	Air Pressure Cylinder		1
B07	Transport Wheel Plug		4
B08	Metal Sheet		2
B09	Safety Block		1
C01	Console Top Cover		1
C02	Console Bottom Cover		1
C03	Console Panel		1
C04	Safety Key Socket		1
C05	Function Button		1
C06	Motor Top Cover		1
C07	Motor Bottom Cover		1
C08	Left Rear Cover		1
C09	Right Rear Cover		1
C10	Adjustable Wheel		2
C11	Running Belt		1
C12	Motor Belt		1
C13	Side Rail		2
C14	Start Button		1
C15	Stop Button		1
C16	Black Cushion	φ20*φ6.5*30	2
C17	Black Cushion	φ30*φ6.2*10	4
C18	Moving Wheel		2
C19	Plastic Pad		4
C20	Round Inner Plug		2
C21	Flat Foot Pad		6
C22	Ring Protecting Wire Plug		2
C23	Inner Plug		2
C24	Foam		2
C25	Left Speaker Net Acrylic		1
C26	Right Speaker Net Acrylic		1
C27	Square Inner Plug		2

No.	Description	Specification	Qty
C28	Cone-shape Cushion		2
D01	Console		1
D02	Control Board		1
D03	Upper Signal Wire		1
D04	Lower Signal Wire		1
D05	Safety Key Connecting Wire		1
D06	Safety Key		1
D07	Sensor		1
D08	DC Motor		1
D09	Running Board		1
D10	Square Switch		1
D11	Overload Protector		1
D12	Magnetic Ring		1
D13	Magnetic Core		1
D14	Power Wire		1
D15	AC Signal Wire	200mm Blue	1
D16	AC Signal Wire	200mm Brown	2
D17	AC Signal Wire	350mm Brown	1
D18	AC Signal Wire	350mm Blue	1
D19	Grounding Wire		1
D20	Power Outlet		1
E01	Nut	M6	5
E02	Nut	M8	6
E03	Nut	M10	2
E04	Bolt	M10*30	2
E05	Bolt	M8*80	2
E06	Bolt	M8*70	2
E07	Bolt	M8*48	2
E08	Bolt	M8*40	2
E09	Bolt	M8*30	1
E10	Bolt	M8*42	1
E11	Bolt	M8*20	4
E12	Bolt	M8*15	14
E13	Bolt	M8*35	2
E14	Bolt	M6*55	2
E15	Bolt	M6*60	1
E16	Bolt	M6*40	4
E17	Bolt	M6*25	2
E18	Bolt	M5*16	6
E19	Bolt	M5*8	5
E20	Screw	ST2.9*8.0	15
E21	Screw	ST4.2*25	6

No.	Description	Specification	Qty
E22	Screw	ST4.2*12	11
E23	Screw	ST4.2*12	16
E24	Washer	6	3
E25	Washer	8	18
E26	Washer	8	6
E27	Flat Washer	8	7
E28	Big Washer	φ10*φ26*2.0	4
E29	Bolt	M5*12	2
E30	Screw	ST2.9*4	4

No.	Description	Specification	Qty
E31	Screw	ST3.5*8	2
E32	Screw	ST4.2*20	2
F01	Filter		1
F02	Filter Strengthen Board		1
F03	AC Single Wire	350mm Brown	1
F04	AC Single Wire	350mm Blue	1
F05	Grounding Wire	350mm	1
F06	Screw	ST4.2*12	2

HARDWARE PACKAGE



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

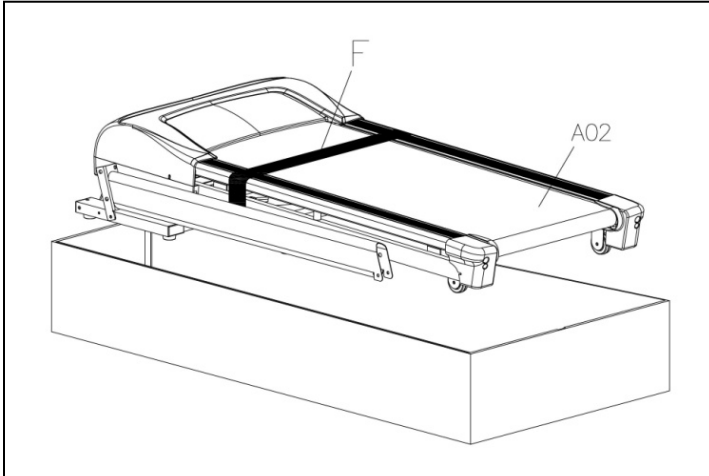
Please provide the following information in order for us to accurately identify the part(s) needed:

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

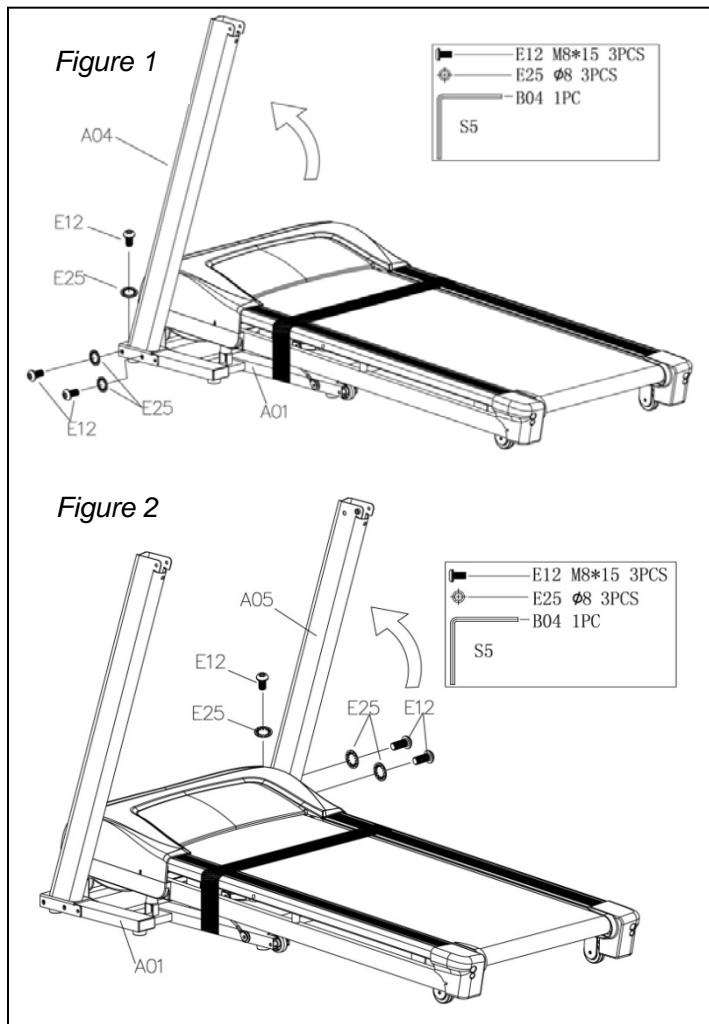
ASSEMBLY INSTRUCTIONS

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:

Open the carton and remove contents. Place the **Main Frame (No. A02)** on the ground and ensure you have a work area that is clean and has adequate space. **Do not cut the Packing Belt (No. F) until the assembly is complete!**



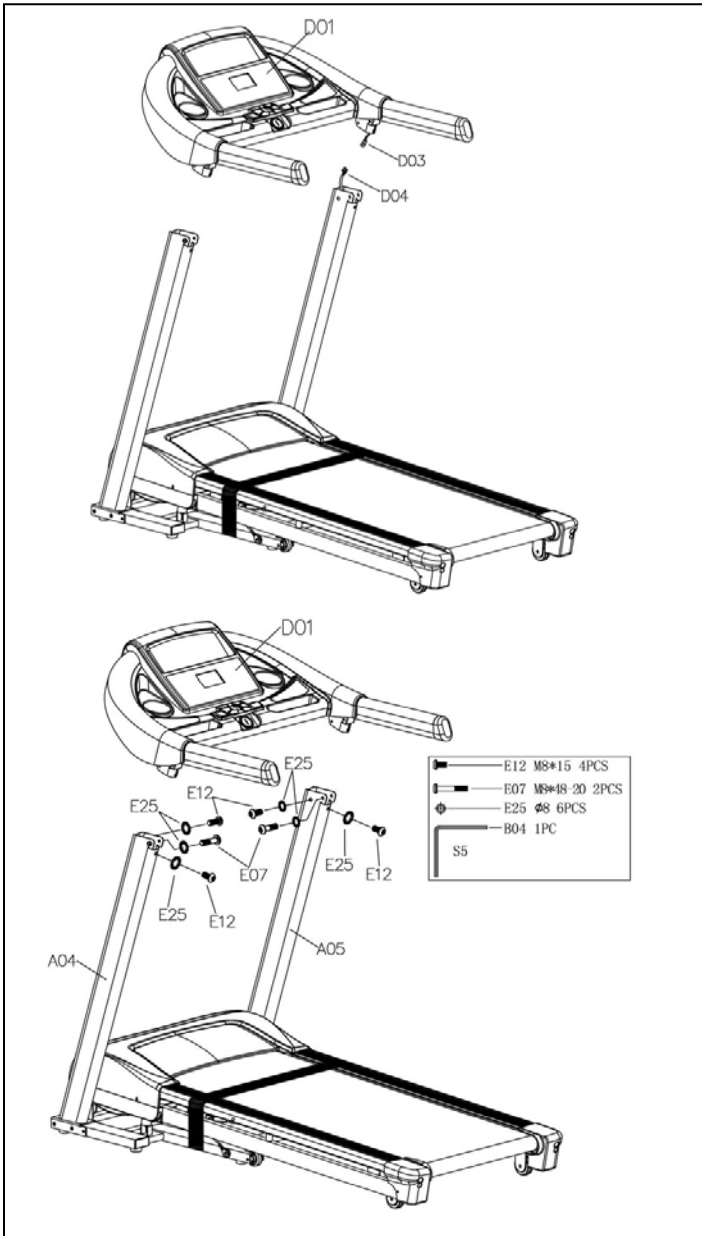
STEP 2:

Lift up the **Left Upright Tube (No. A04)** upwards. *See Figure 1.* Attach the **Left Upright Tube (No. A04)** to the **Base Frame (No. A01)**, using 2 **Bolts (No. E12)** and 2 **Washers (No. E25)** on the side, and 1 **Bolt (No. E12)** and 1 **Washer (No. E25)** on the front. Tighten and secure using **Allen Wrench (No. B04)**.

Repeat the step above to assemble the **Right Upright Tube (No. A05)** to the **Base Frame (No. A01)**. *See Figure 2.*

Note: During assembly, support the **Left & Right Upright Tubes (No. A04 & No. A05)** with your hand to prevent them from falling down.

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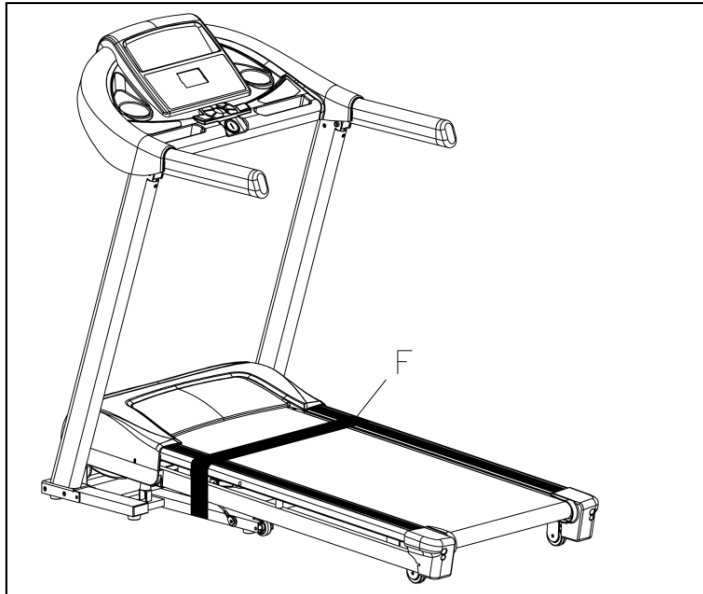


STEP 3:

Connect the **Upper Signal Wire (No. D03)** to the **Lower Signal Wire (No. D04)**.

Attach the **Console (No. D01)** to the **Left & Right Upright Tubes (No. A04 & No. A05)** with 2 **Bolts (No. E07)**, 4 **Bolts (No. E12)** and 6 **Washers (No. E25)**. Tighten using **Allen Wrench (No. B04)**.

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STEP 4:

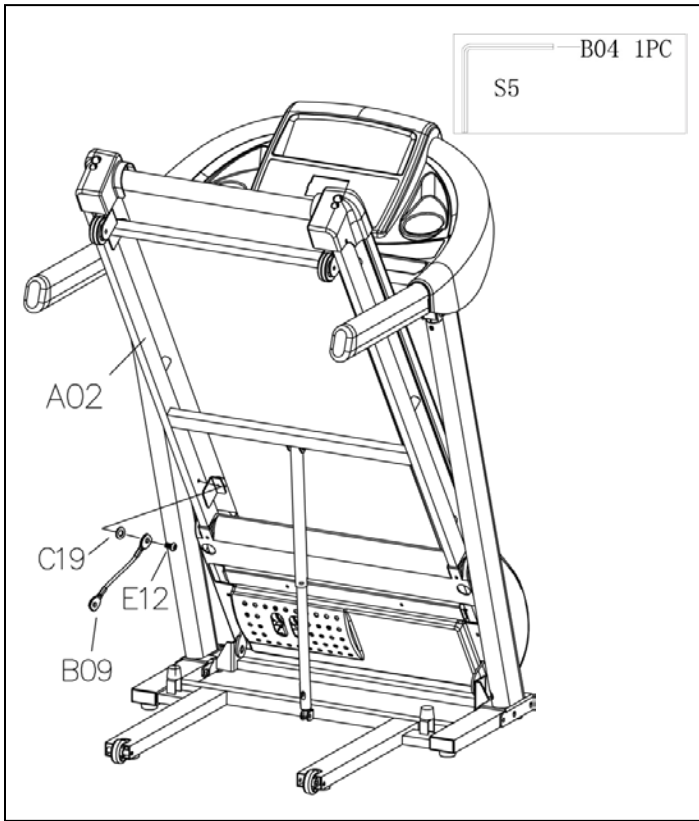
Cut the **Packing Belt (No. F)**.



STEP 5:

Loosen the **Bolt (No. E12)** and **Plastic Pad (No. C19)** in the **Base Frame (No. A01)** by using **Allen Wrench (No. B04)**.

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).

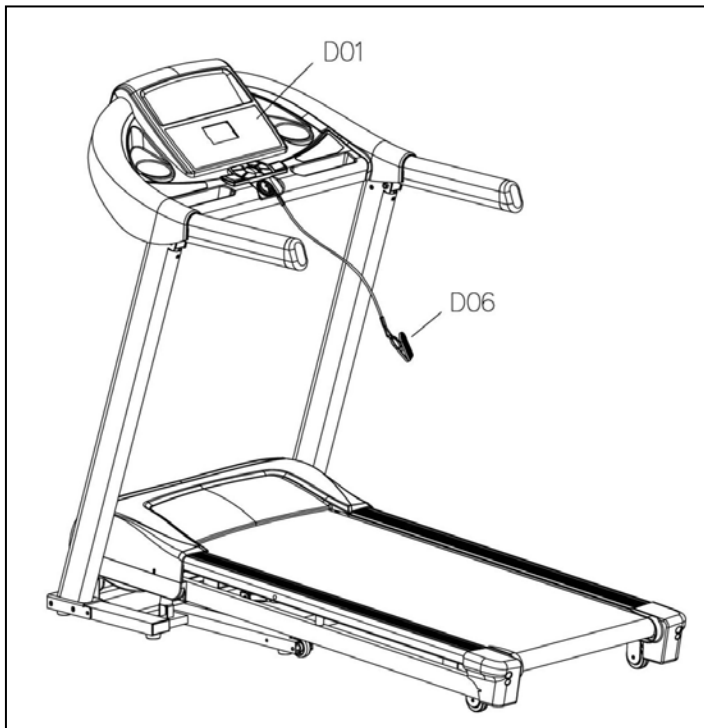


STEP 6:

See Page 13 for instructions on how to fold the treadmill.

Fold the treadmill and loosen the **Bolt (No. E12)** and **Plastic Pad (No. C19)** in **Main Frame (No. A02)** by using **Allen Wrench (No. B04)** then remove **Safety Block (No. B09)**.

Please keep **Plastic Pad (No. C19)**, **Bolt (No. E12)** and **Safety Block (No. B09)** for spare parts after dismantling the safety block.



STEP 7:

The assembly is now complete! You may now insert the **Safety Key (No. D06)** into the magnetic area on the **Console (No. D01)**.



IMPORTANT NOTE!

You will need to lubricate your treadmill before the first use. See Page 12.

MAINTENANCE & CARE

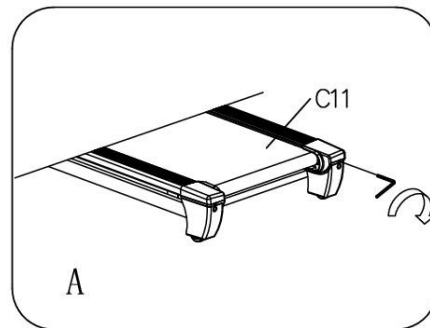
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. C11)** to prevent dust from accumulating underneath the **Running Belt (No. C11)**. Keep your running shoes clean so that dirt from your shoes do not wear the **Running Board (No. D09)** and **Running Belt (No. C11)**. Clean the surface of the **Running Belt (No. C11)** 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.

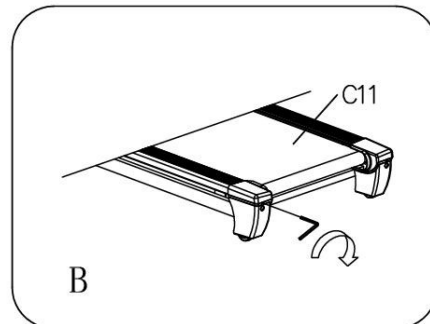
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. C11)** drifts from the center.

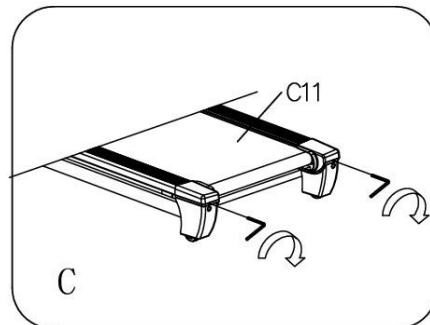
If the **Running Belt (No. C11)** drifts to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C11)** does not move, repeat this step until it centers. Refer to Figure A.



If the **Running Belt (No. C11)** drifts to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ turn *clockwise*, then turn the right adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C11)** does not move, repeat this step until it centers. Refer to Figure B.



Over time the **Running Belt (No. C11)** will loosen. To tighten the **Running Belt (No. C11)** turn the **Left & Right** side adjusting bolts one full turn *clockwise*, check the tension of the **Running Belt (No. C11)**. Continue this process until **Running Belt (No. C11)** 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.

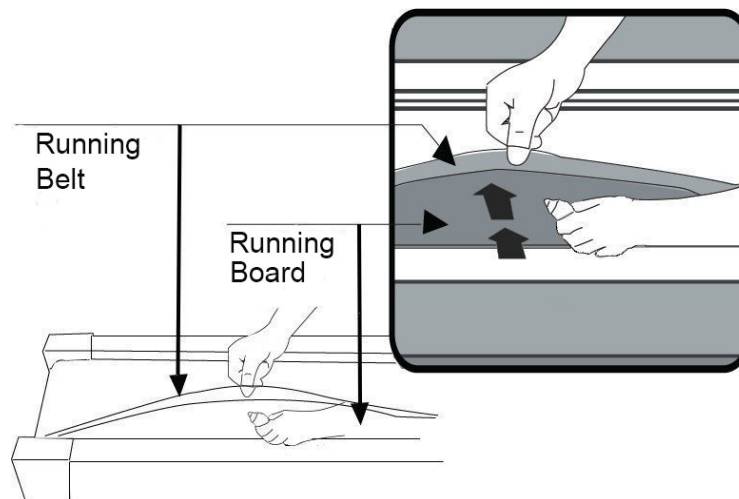
RUNNING BELT & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. D09)** and **Running Belt (No. C11)** is essential as the friction affects the lifespan and operation of the treadmill. Inspect the **Running Board (No. D09)** and **Running Belt (No. C11)** regularly. If you find any wear on the **Running Board (No. D09)**, 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. C11)** up on one side and apply lubricant to the **Running Board (No. D09)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. D09)**. 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 ADJUSTMENT TO THE RUNNING BELT WHILE APPLYING LUBRICANT.** A loose **Running Belt (No. C11)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C11)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. C11)**. The most suitable tightness for the **Running Belt (No. C11)** is when it is pulled out **50-75mm** from the **Running Board (No. D09)**.

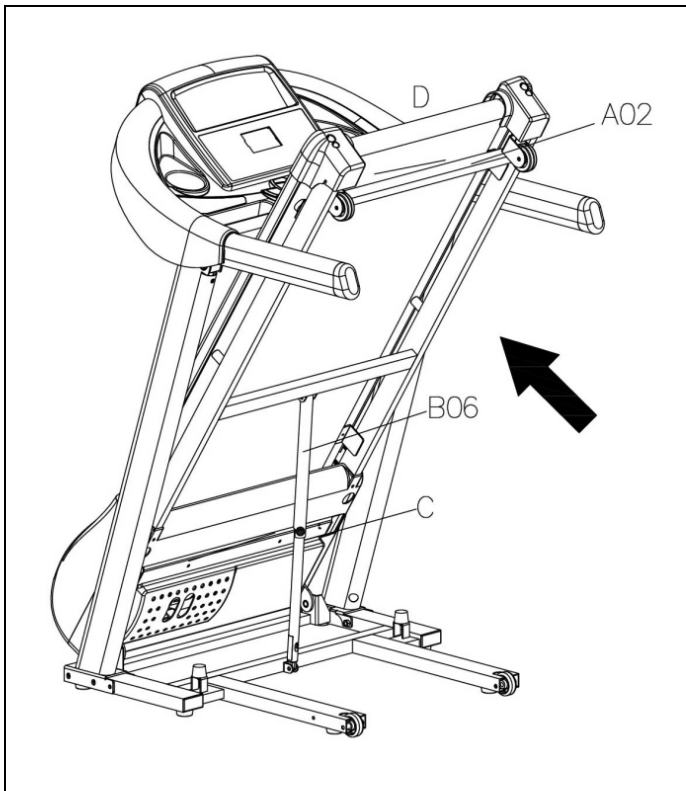


The following time table is recommended:

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

FOLDING INSTRUCTIONS

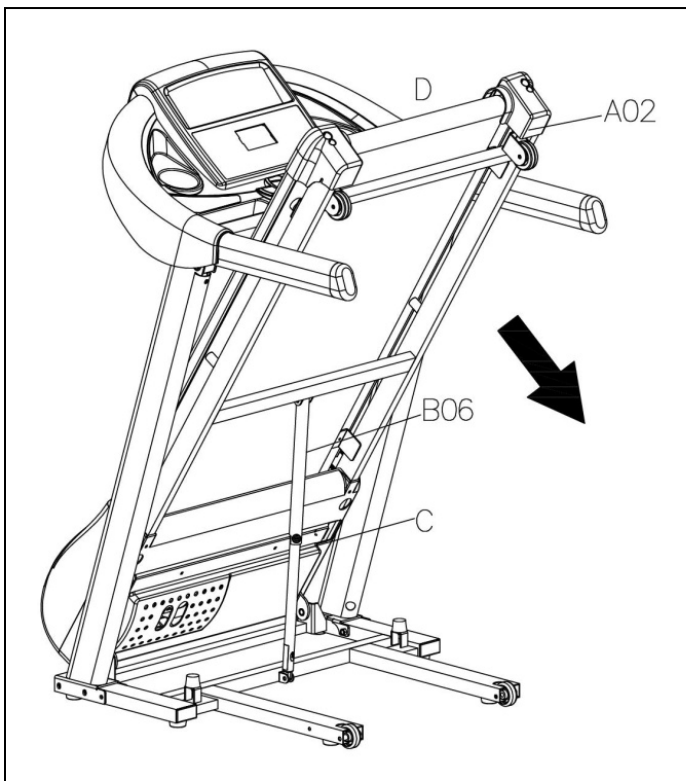
FOLDING:



Place your hand at position “D” and lift the **Main Frame (No. A02)** up until the **Air Pressure Cylinder (No. B06)** “C” locks into the tube.

When the **Air Pressure Cylinder (No. B06)** successfully locks into the tube, you will hear a clicking sound.

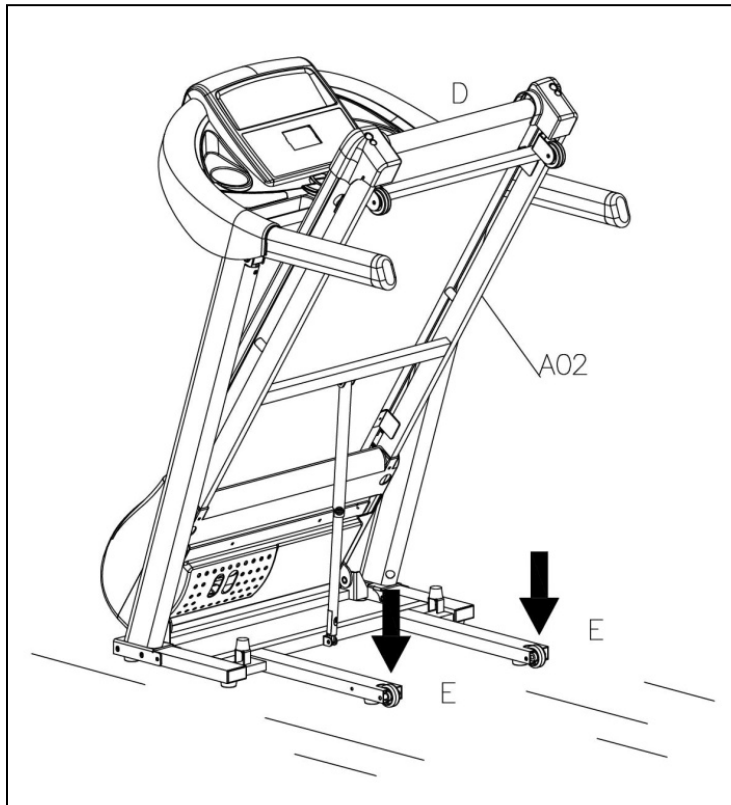
UNFOLDING:



Before lowering the **Main Frame (No. A02)**, ensure that the space directly underneath is clear of any objects and the power is turned off.

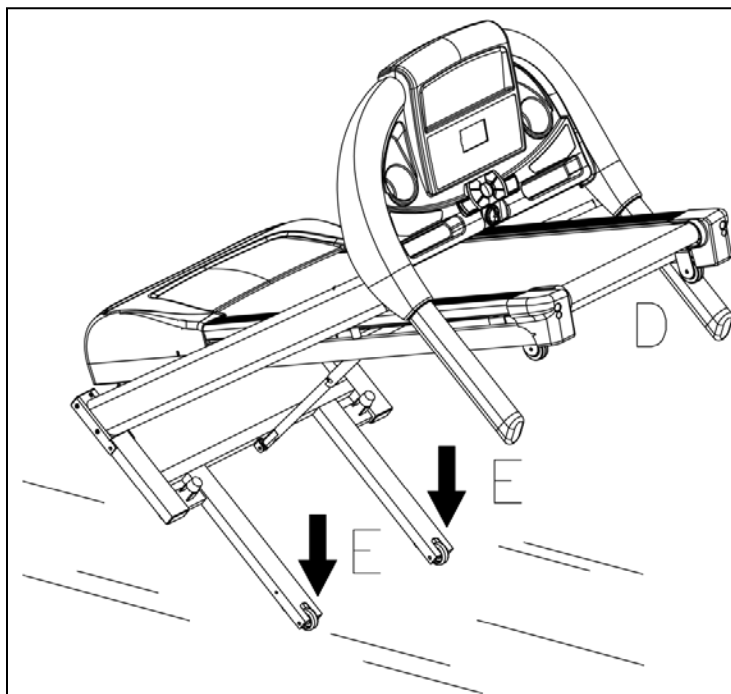
Grasp the **Main Frame (No. A02)** at position “D” with one hand. Next, using your foot, lightly kick the **Air Pressure Cylinder (No. B06)** “C” and press down on the **Main Frame (No. A02)**. Once the **Main Frame (No. A02)** has been pushed down, it will automatically continue to steadily lower itself until it reaches the ground.

HOW TO MOVE THE TREADMILL



Before attempting to move the treadmill, please make sure that it has been properly folded. Unplug the **Power Wire (No. D14)**.

To tilt, start by placing one hand at position "D" to support the top end of the treadmill. Next, place one foot at position "E" to hold the bottom end of the treadmill steady. With your foot at "E", slowly tilt the top of the treadmill downward towards the ground. Once the **Main Frame (No. A02)** reaches a low enough point, the **Moving wheels (No. C18)** of the treadmill will touch the ground.



To transport, hold the treadmill from position "D" and tilt until the **Moving wheels (No. C18)** "E" are able to move on the ground.

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 powering the equipment. Any power supply source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This product must be grounded. Should the treadmill malfunction or breakdown, grounding provides a path of least resistance for electric current and will reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. 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 with 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.

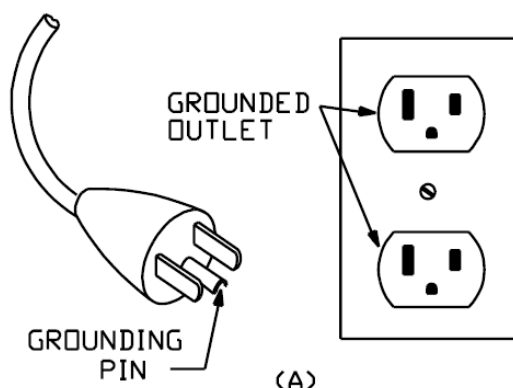
DANGER:

Improper connection of the equipment can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

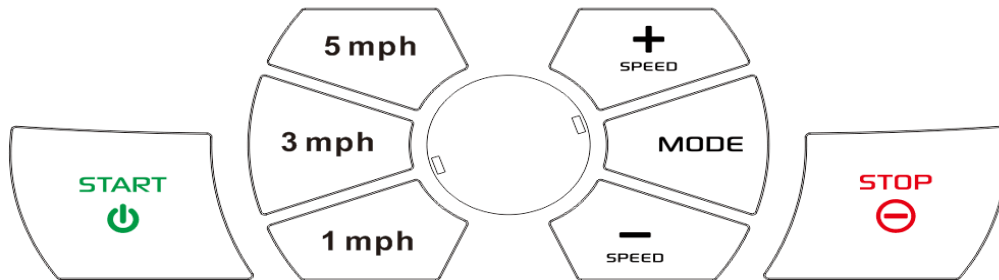
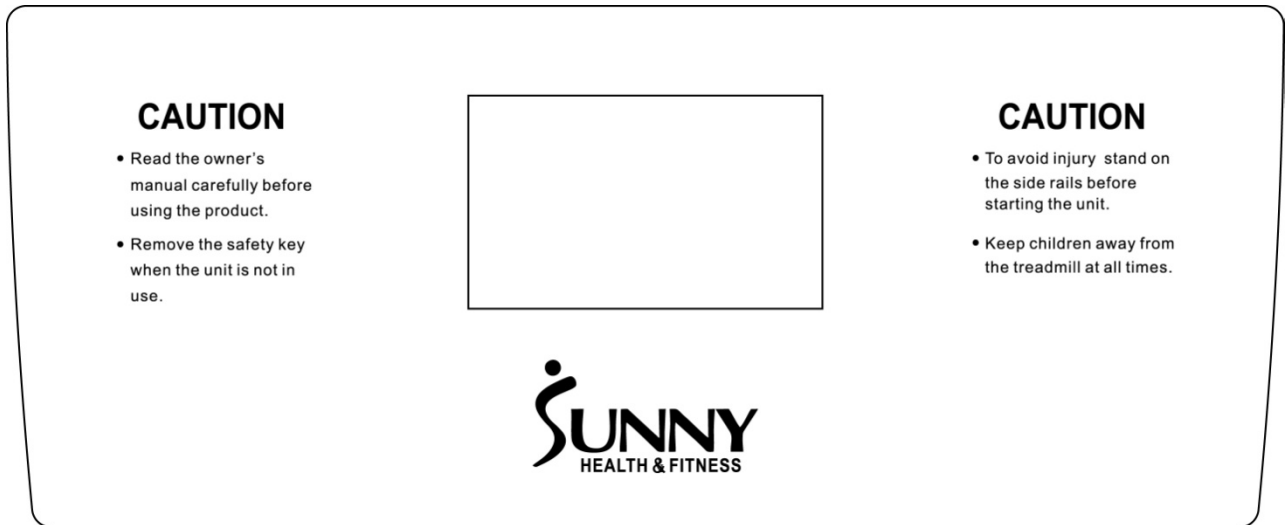
WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving parts 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 on this treadmill without first disconnecting the power wire.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD



THE DISPLAY CONSOLE



QUICK START

1. Insert the magnetic end of the **Safety Key (No. D06)** into the computer console.
2. Press the START button, and the console will automatically display a 3 second countdown. Once the countdown reaches zero, the running belt will start at the initial **default speed of 0.5 MPH**.
3. To adjust the speed, you can use the SPEED +/- buttons or QUICK SPEED buttons 1, 3, 5 MPH.

***NOTE: The maximum speed on this treadmill is 6.0 MPH.**

CONTROL FUNCTIONS

1. Press the – Speed button to reduce the running speed.
2. Press the + Speed button to increase the running speed.
3. Press the Quick Speed button (1, 3 or 5) will adjust the speed to the corresponding speed indicated (1, 3 or 5 MPH).
4. Press the STOP button will PAUSE the running belt and current workout data. Pressing the STOP button again will terminate the current workout session completely.

WINDOW DISPLAY

SPEED: Displays current speed (range 0.5-6.0 MPH). When in setting mode, the window displays H-1, H-2, H-3.

TIME: Displays the exercise time from 0:00-99:59 MINS. If the time reaches 99:59, the treadmill will stop smoothly and display “End” and will enter into standby mode after 5 seconds. When in Countdown Mode, it will count from the setting time to 0:00. When the count reaches 0:00, the treadmill will stop smoothly and show ‘End’ and will enter into standby mode after 5 seconds.

DISTANCE: Displays the distance traveled (0.00 - 99.9 MILES). When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.00. When in Countdown Mode, it will count down from the setting data to 0.00. When the count reaches 0.00, the treadmill will stop smoothly and display “End” and automatically reset to the initial setting after 5 seconds.

CALORIE: Displays the number of calories burned (0 to 999 KCAL). When the count reaches 999, it will reset and start back from 0 again. When in Countdown Mode, it will count down from the setting data to 0. When the count reaches 0, the treadmill will stop smoothly and display “END” and automatically reset to the initial setting after 5 seconds.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME (MIN:SECOND)	0:00	15:00	5:00 - 99:00 MINS	0:00 – 99:59 MINS
SPEED (MPH)	0.5	0.5	0.5 - 6.0 MPH	0.5 - 6.0 MPH
DISTANCE (MILE)	0.00	1.00	0.50 - 99.9 MILES	0.00 – 99.9 MILES
CALORIE (KCAL)	0	50	10 - 999 KCAL	0 – 999 KCAL

FUNCTION KEYS

START: To start the treadmill, insert the magnetic end of the **Safety Key (No. D06)** into the console then press the START button. This treadmill requires the **Safety Key (No. D06)** in order to start. 0.5 MPH is the default start speed.

STOP: This button has functions of PAUSE and STOP. When in use, press this button once to PAUSE your workout and the current workout data will still be shown. Press STOP again to end your workout session and all data from this session will be deleted.

MODE: When the treadmill is stopped, press this button to select a MODE. Pressing once will enter H1, the TIME Countdown Mode starting from 15:00 MINS. H2 is the DISTANCE Countdown Mode starting from 1.00 MILE and H3 is the CALORIES Countdown Mode which starts from 50 KCAL. When setting each mode, you can press +/- to increase or decrease the preset H1, H2, H3 settings then press START to start the machine. You can set the mode only when the treadmill is stopped. You cannot set the mode while it is moving or when it is paused.

SPEED +/- SPEED –: Press the SPEED +/- buttons to increase or decrease the speed in increments of 0.1 MPH. Pressing and holding either of these buttons for a duration of over 0.5 second will increase or decrease the speed continually.

1, 3, 5 MPH (QUICK SPEED BUTTONS): These buttons are preset to the speeds of 1, 3, 5 MPH for convenience.

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 12 to learn the proper steps to lubricating your treadmill. Apply the lubricating oil to the middle of the running deck on both sides. After application, press and hold the STOP button for 3 seconds to clear the reminder.

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:

Removing the **Safety Key (No. D06)** from the console while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the computer will show “- - -” and the buzzer will beep 3 times. To start the treadmill again, insert the magnetic end of the **Safety Key (No. D06)** into the 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 window display of the console will be turned off. To turn it back on, press any button.



POWER ON:

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



POWER OFF:

Flick the power switch to this symbol to turn the treadmill off at any time. This includes during exercise.

SAFETY NOTE:

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you have become familiar with the treadmill.
2. Insert the magnetic end of the **Safety Key (No. D06)** into the console and attach the opposite end (containing the safety clip on it) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No. D06)** and the treadmill will stop immediately.

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. D06)** to your clothes and insert the magnetic end of the **Safety Key (No. D06)** into the 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. D06)** to stop the treadmill.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in.	Plug cord into outlet.
	Safety Key (No. C26) not inserted.	Insert Safety Key (No. C26) .
Running belt is not centered	Running belt tension is not correct on the left or right sides 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 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 console and bottom control board not properly connected.	Check wire connections from the console 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 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, 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 noises 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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