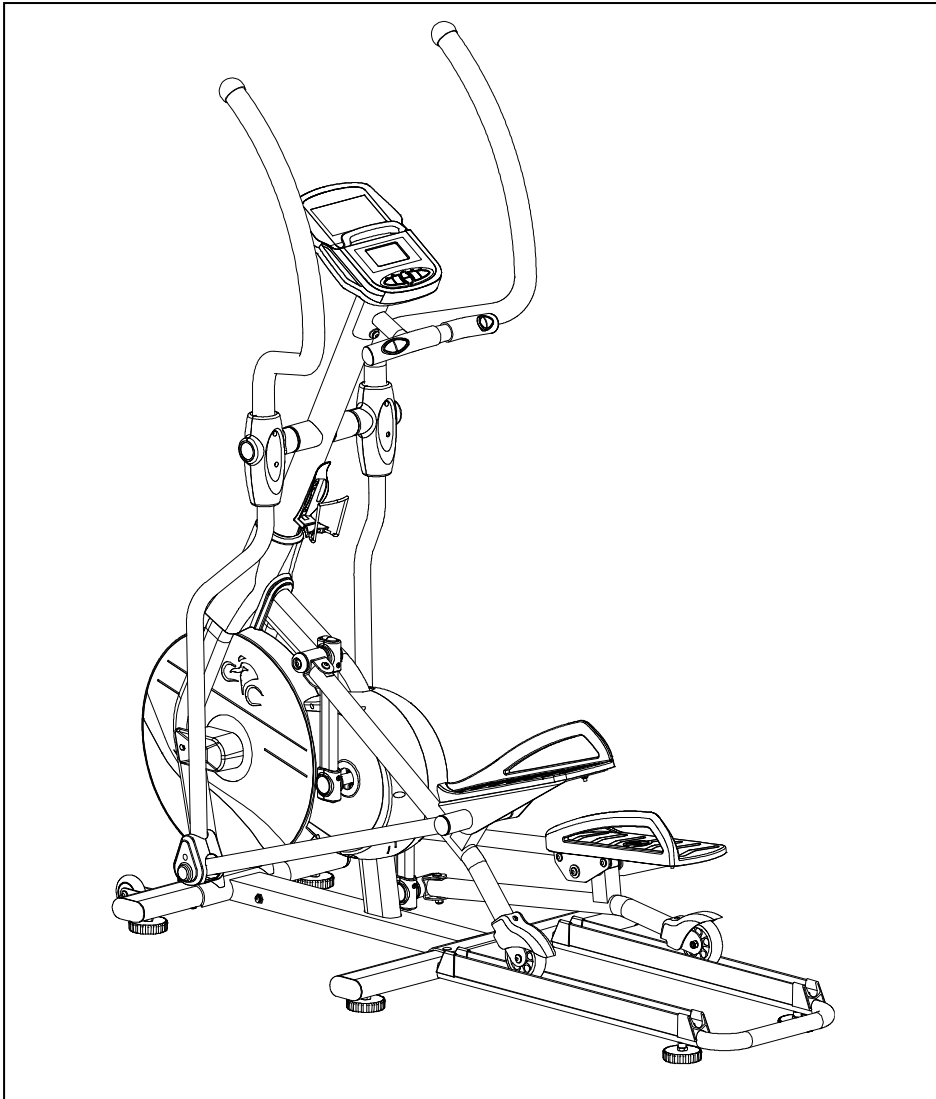




# STRIDE ZONE ELLIPTICAL

## SF-E3865

### USER MANUAL



**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).



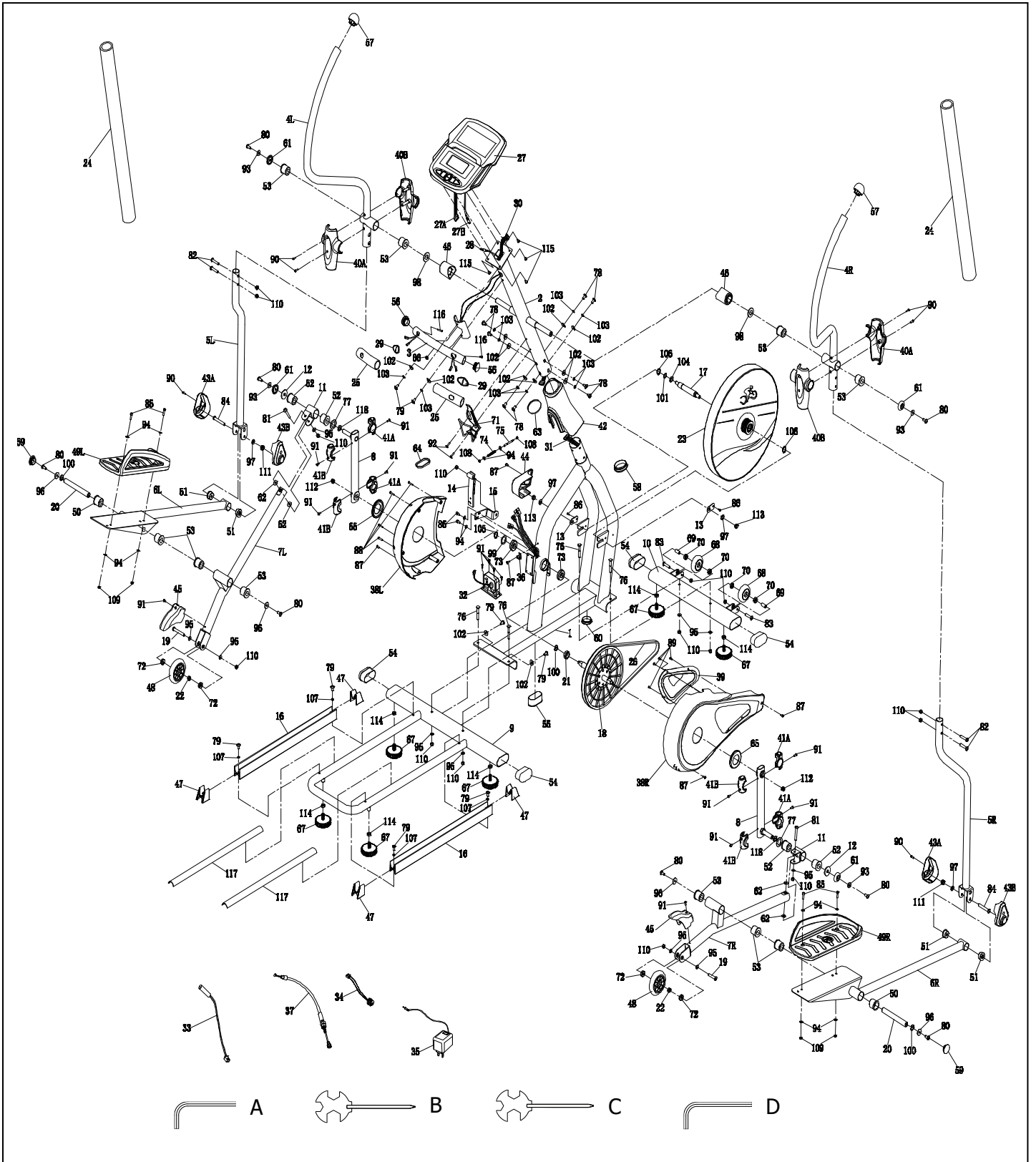
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# **IMPORTANT SAFETY INFORMATION**


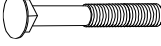

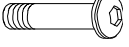

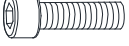















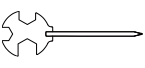
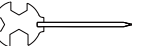

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 (60CM) 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 265 pounds (120 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



# HARDWARE PACKAGE

	_____	#61 4PCS		_____	#76 M8*55 4PCS
	_____	#80 M8*18 6PCS		_____	#82 M8*45 4PCS
	_____	#84 M10*70 2PCS		_____	#85 M6*20 4PCS
	_____	#90 ST4.5*15 6PCS		_____	#93 $\Phi 8^* \Phi 21^* 2.0T$ 4PCS
	_____	#94 $\Phi 6^* \Phi 14^* 1.0T$ 8PCS		_____	#95 $\Phi 8^* \Phi 16^* 1.5T$ 4PCS
	_____	#96 $\Phi 8^* \Phi 25^* 2.0T$ 2PCS		_____	#97 $\Phi 10^* \Phi 19^* 1.5T$ 2PCS
	_____	#98 $\Phi 19.5^* \Phi 38^* 2.0T$ 2PCS		_____	#100 $\Phi 19^* \Phi 23^* 0.2T$ 2PCS
	_____	#118 $\Phi 16.2^* \Phi 25^* 0.5T$ 2PCS		_____	#111 M10 2PCS
	_____	#109 M6 4PCS		_____	#110 M8 8PCS
	_____	#12 $\Phi 8^* \Phi 38^* 2.0T$ 2PCS		_____	#77 $\Phi 16^* \Phi 28^* 1.2T$ 2PCS
	_____	#A S5 2PCS		_____	#B S10 S14 S17 1PC
	_____	#C S13 S14 S15 1PC		_____	#D S4 1PC

# PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Upright Tube		1
3	Fixed T Handlebar		1
4L	Left Upper Swing Bar		1
4R	Right Upper Swing Bar		1
5L	Left Lower Swing Bar		1
5R	Right Lower Swing Bar		1
6L	Left Pedal Tube		1
6R	Right Pedal Tube		1
7L	Left Wheel Tube		1
7R	Right Wheel Tube		1
8	Crank Tube		2
9	Rear Stabilizer		1
10	Front Stabilizer		1
11	Joint Bracket		2
12	Washer	Φ8*Φ38*2.0T	2
13	Axle Fixed Bracket	20*3t*55mm	2
14	Magnet Bracket	30*5t*145mm	1
15	Magnet Position Bracket	30*4	1
16	Gliding Track	40.67*655mm	2
17	Axle of Flywheel	20*164	1
18	Belt Wheel Set	Φ260mm +Φ19.05*232.1	1
19	Hex Socket Bolt	M8*50	2
20	Pedal Tube Axle	Φ19*161	2
21	Bushing	19.5*24*12.5	1
22	Bushing	8.1*17*10.2	2
23	Flywheel	Φ460	1
24	HDR Grip	32*5T*940	2
25	HDR Grip	32*3T*150	2
26	Belt	PK5 1180	1
27	Console	TZ-4113PMS	1
27A	Console Wire		1
27B	Console Wire		1
28	Heart Rate Wire	500mm	1
29	HR Sensor Plate	TZ TP-009	2
30	Upper Cable	900mm	1

No.	Description	Spec.	Qty.
31	Bottom Cable	700mm	1
32	Motor	TL-005	1
33	Sensor	100mm	1
34	DC Cable	700mm	1
35	Adapter	TZ	1
36	Sensor Fixture		1
37	Motor Wire	150mm	1
38L	Left Belt Cover		1
38R	Right Belt Cover		1
39	Interior Belt Cover		1
40A	Swing Bar Cover-A		2
40B	Swing Bar Cover-B		2
41A	Crank Tube Cover-A		4
41B	Crank Tube Cover-B		4
42	Upright Tube Cover		1
43A	Lower Swing Bar Cover-A		2
43B	Lower Swing Bar Cover-B		2
44	L Side Trim Cover		1
45	PU Wheel Cover		2
46	Swing Axle Cover		2
47	Glider Track Cover		4
48	PU Wheel	Φ100	2
49L	Left Pedal		1
49R	Right Pedal		1
50	Bushing	9.5*34*32.5	2
51	Bushing	10*32*2.5T	4
52	Bushing	16.3*38*3T	4
53	Bushing	18.8*38	10
54	End Cap Oval Dome	40*80	4
55	End Cap Oval	40*80	1
56	End Cap	Φ32	2
57	End Cap	Φ50	2
58	End Cap	Φ60	1
59	End Cap	Φ38*Φ29	2
60	End Cap	Φ44	1
61	Axle Side Cover		4

No.	Description	Spec.	Qty.
62	Plastic Washer	Φ8*Φ20*2.0T	4
63	Seal Ring	Φ60	1
64	Seal Ring	Oval 40*80	1
65	Crank Seal Ring		2
66	Wire Plug	Φ17	1
67	Adjustable Stand	M10*25	6
68	PU Wheel	Φ70	2
69	Plastic Bushing	Φ7.9*Φ12.7*23.5	2
70	Plastic Bushing	Φ12.8*Φ21.4*6.7	4
71	Bottle Holder		1
72	Bearing	608ZZ	4
73	Bearing	R12	2
74	Compression Spring	Φ0.8*13	1
75	Stud Bolt	M5*60	1
76	Carriage Bolt	M8*55	4
77	Washer	Φ16*Φ28*1.2T	2
78	Hex Socket Bolt	M8*15	8
79	Hex Socket Bolt	M8*20	8
80	Hex Socket Bolt	M8*18	8
81	Hex Socket Bolt	M8*54	2
82	Hex Socket Bolt	M8*45	4
83	Hex Socket Bolt	M8*38	2
84	Hex Socket Bolt	M10*70	2
85	Cup Head Bolt	M6*20	4
86	Cup Head Bolt	M6*12	4
87	Self-tapping Screw	ST4.2*16	5
88	Self-tapping Screw	ST4.2*25	4
89	Self-tapping Screw	ST 4.2*10	4
90	Self-tapping Screw	ST 4.5*15	6
91	Screw	M5*12	14
92	Screw	M5*20	2

No.	Description	Spec.	Qty.
93	Washer	Φ8*Φ21*2.0T	4
94	Washer	Φ6*Φ14*1.0T	12
95	Washer	Φ8*Φ16*1.5T	10
96	Washer	Φ8*Φ25*2.0T	4
97	Washer	Φ10*Φ19*1.5T	4
98	Washer	Φ19.5*Φ38*2.0T	2
99	Washer	Φ19.5*Φ25*0.5T	1
100	Wave Washer	Φ19*Φ23*0.2T	3
101	Washer	Φ20.5*Φ25*1.0T	1
102	Curved Washer	Φ8*Φ21*2.0T	12
103	Spring Washer	Φ8	10
104	Wave Washer	Φ21*Φ27*0.3T	1
105	C Ring	Φ19	1
106	C Ring	Φ20	2
107	Cone Washer	Φ8.1*Φ11*3.5T	4
108	Nylon Nut	M5	2
109	Nylon Nut	M6	4
110	Nylon Nut	M8	15
111	Nylon Nut	M10	2
112	Flange Nut	M10*10T	2
113	Nut	3/8"*26*9.0T	2
114	Nut	M10*6.0T	6
115	Screw	M5*12	4
116	Self-tapping Screw	M4*25	2
117	Compression Pad	570mm	2
118	Wave Washer	Φ16.2*Φ25*0.5T	2
A	Allen Wrench	S5	2
B	Spanner	S10 S14 S17	1
C	Spanner	S13 S14 S15	1
D	Allen Wrench	S4	1

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

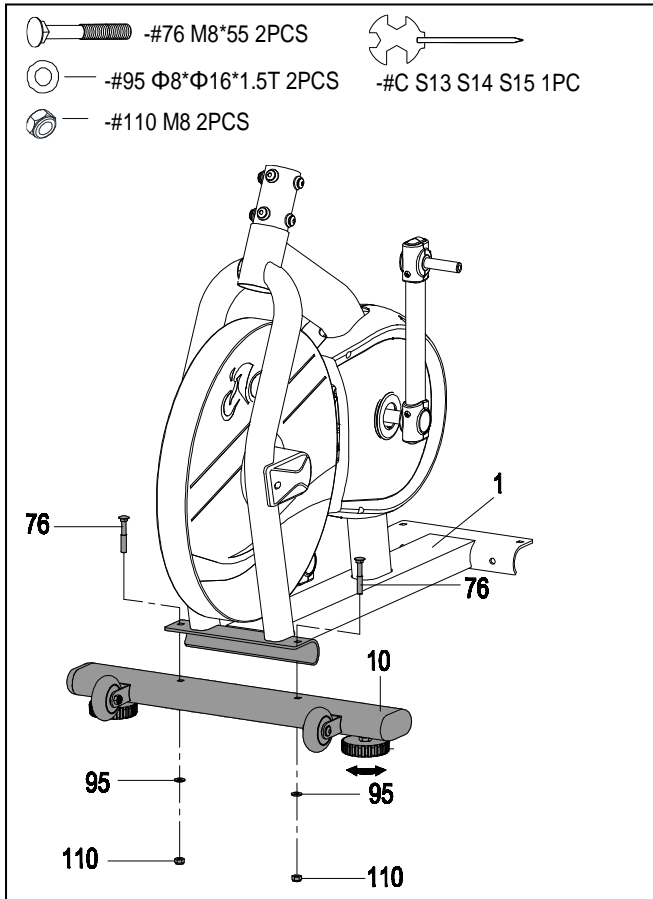
Please provide the following information in order for us to accurately identify the part(s) needed:

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

# ASSEMBLY INSTRUCTIONS

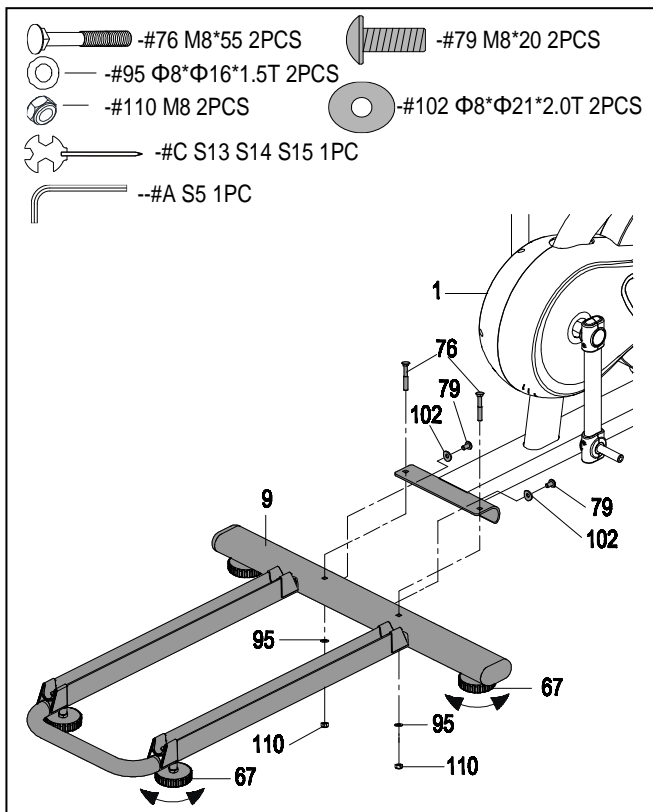
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## STEP 1:

**Note:** We recommend having two people to do the assembly.

Attach the **Front Stabilizer (No. 10)** to the **Main Frame (No. 1)** using 2 **Carriage Bolts (No. 76)**, 2 **Washers (No. 95)**, and 2 **Nylon Nuts (No. 110)**. Tighten and secure with **Spanner (No. C)**.



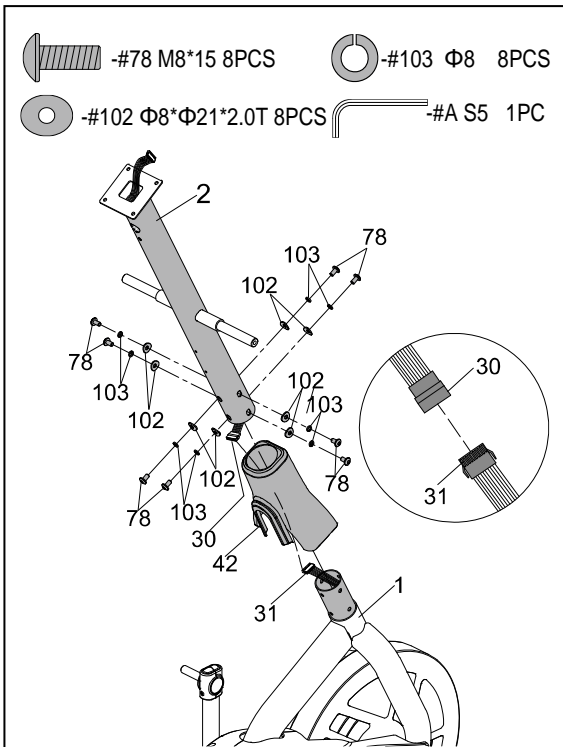
## STEP 2:

Remove 2 **Hex Socket Bolts (No. 79)** and 2 **Curved Washers (No. 102)** from the **Rear Stabilizer (No. 9)** with **Allen Wrench (No. A)**.

Attach the **Rear Stabilizer (No. 9)** to the **Main Frame (No. 1)** using 2 **Carriage Bolts (No. 76)**, 2 **Washers (No. 95)**, and 2 **Nylon Nuts (No. 110)**. Tighten and secure with **Spanner (No. C)**. Then, screw in 2 **Hex Socket Bolts (No. 79)** and 2 **Curved Washers (No. 102)** that were removed to the **Rear Stabilizer (No. 9)**. Tighten and secure with **Allen Wrench (No. A)**.

**Note:** If the elliptical is unbalanced, turn the **Adjustable Stands (No. 67)** to stabilize the elliptical.

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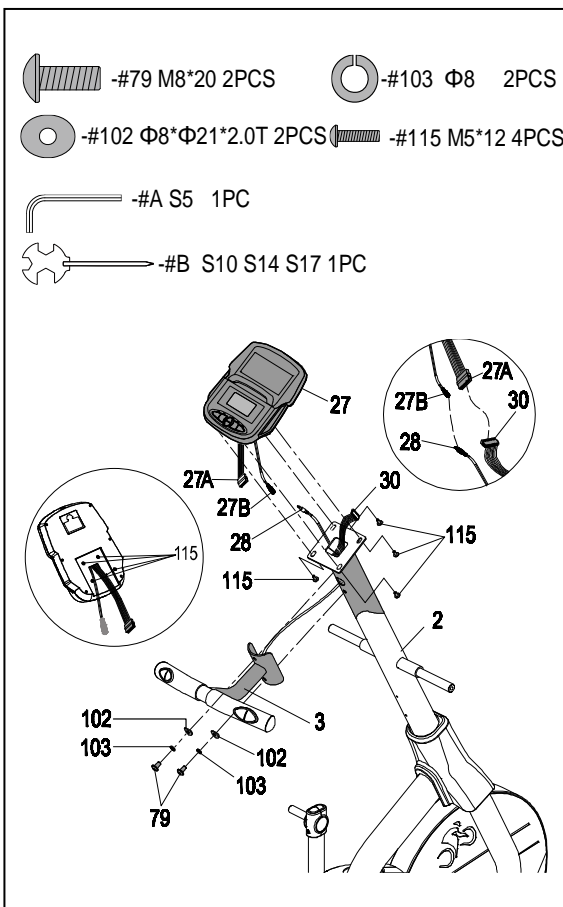
### STEP 3:

Remove 8 **Hex Socket Bolts (No. 78)**, 8 **Spring Washers (No. 103)**, and 8 **Curved Washers (No. 102)** from the **Main Frame (No. 1)** with **Allen Wrench (No. A)**.

Place the **Upright Tube Cover (No. 42)** onto the **Upright Tube (No. 2)**, and then connect the **Upper Cable (No. 30)** with the **Bottom Cable (No. 31)**.

Attach the **Upright Tube (No. 2)** to **Main Frame (No. 1)** using 8 **Hex Socket Bolts (No. 78)**, 8 **Spring Washers (No. 103)**, and 8 **Curved Washers (No. 102)** that were removed with **Allen Wrench (No. A)**.

**Note:** Do not fully tighten the **Hex Socket Bolts (No. 78)** yet.



### STEP 4:

Remove 2 **Hex Socket Bolts (No. 79)**, 2 **Spring Washers (No. 103)**, and 2 **Curved Washers (No. 102)** from the **Upright Tube (No. 2)** with **Allen Wrench (No. A)**.

Insert the **Heart Rate Wire (No. 28)** into the side hole of the **Upright Tube (No. 2)** and go out through the top hole of the **Upright Tube (No. 2)**. Attach **Fixed T Handlebar (No. 3)** onto **Upright Tube (No. 2)** with 2 **Hex Socket Bolts (No. 79)**, 2 **Spring Washers (No. 103)**, and 2 **Curved Washers (No. 102)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

Remove 4 **Screws (No. 115)** from the back of the **Console (No. 27)**.

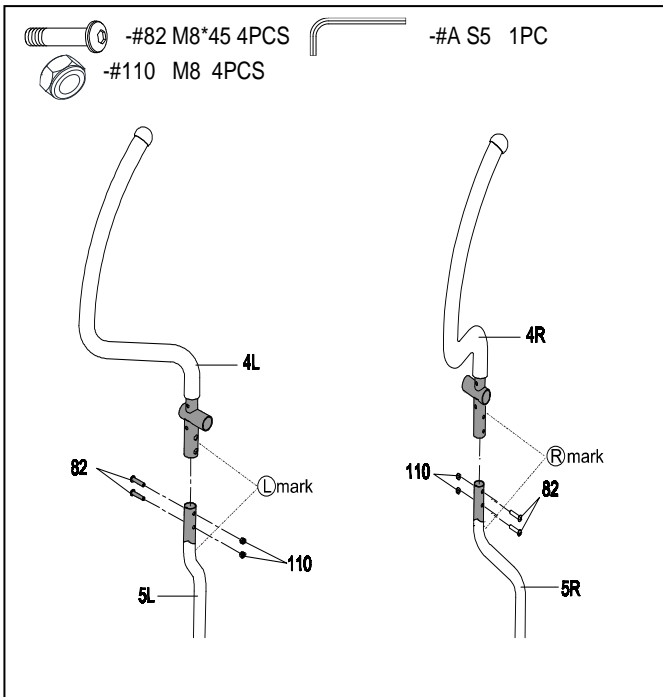
Connect **Console Wire (No. 27A)** to the **Upper Cable (No. 30)** and connect the **Heart Rate Wire (No. 28)** with **Console Wire (No. 27B)**, then insert the extra wires into the **Upright Tube (No. 2)**.

Attach the **Console (No. 27)** to the **Upright Tube (No. 2)** with 4 **Screws (No. 115)** that were removed. Tighten and secure with **Spanner (No. B)**.

**Note:** Be careful not to pinch the cables when assembling the **Console (No. 27)**.



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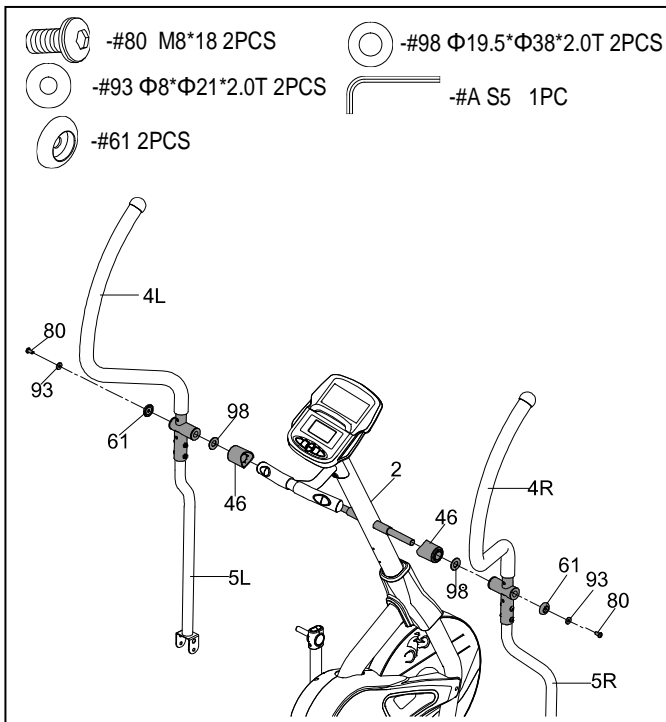
### STEP 5:

Attach the **Left Upper Swing Bar (No. 4L)** to the **Left Lower Swing Bar (No. 5L)**, using 2 **Hex Socket Bolts (No. 82)** and 2 **Nylon Nuts (No. 110)**. Tighten with **Allen Wrench (No. A)**.

**Note:** The R/L mark on **Left & Right Upper Swing Bars (No. 4R & No. 4L)** and **Left & Right Lower Swing Bars (No. 5R & No. 5L)** should always be assembled to the front direction.

Please repeat this assembly step to the Right side.

**Note:** Do not fully tighten the **Hex Socket Bolts (No. 82)**.



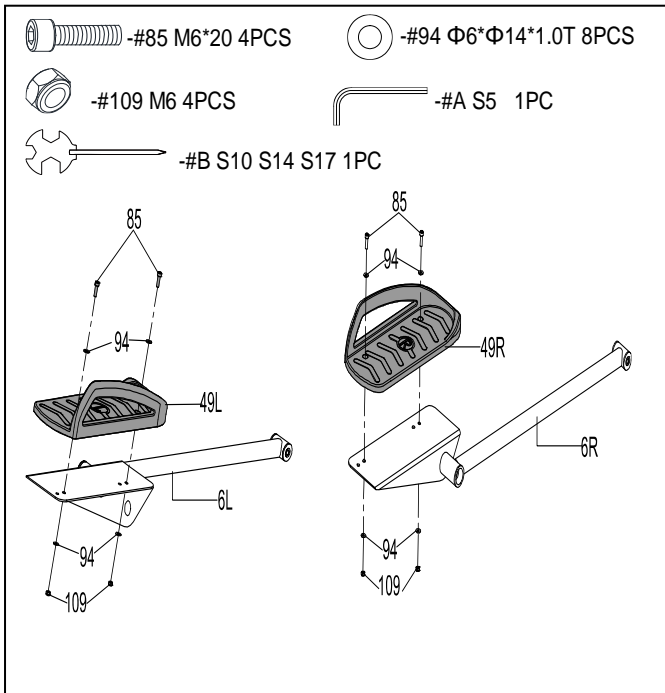
### STEP 6:

**Note:** Please lubricate both sides of the axles on **Upright Tube (No. 2)** with grease before assembly.

Attach the **Left & Right Swing Bars (No. 4L/R & No. 5L/R)** to both sides of the **Upright Tube (No. 2)** using 2 **Swing Axle Covers (No. 46)**, 2 **Washers (No. 98)**, 2 **Axle Side Covers (No. 61)**, 2 **Washers (No. 93)**, and 2 **Hex Socket Bolts (No. 80)**. Tighten and secure with **Allen Wrench (No. A)**.

**Note:** Do not fully tighten **Hex Socket Bolts (No. 80)**.

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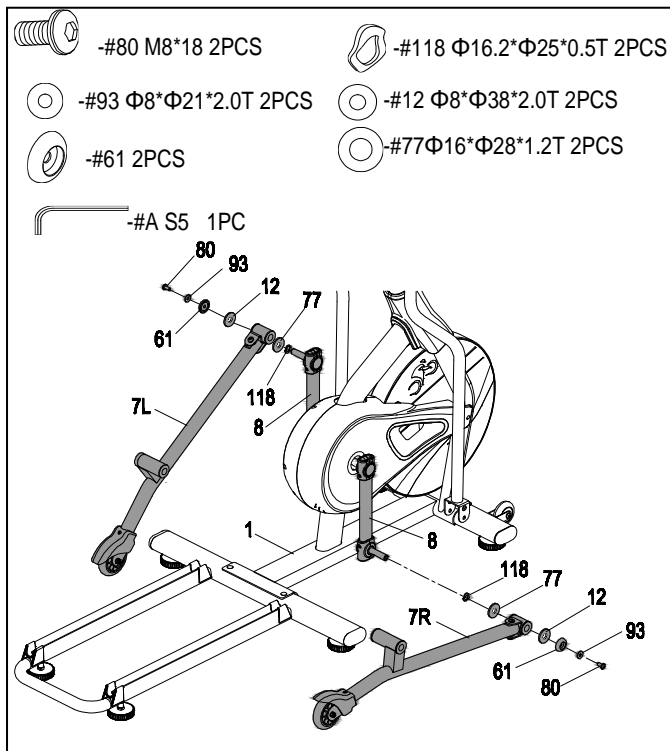
### STEP 7:

**Note:** 4 holes on each of the **Left & Right Pedal Tubes (No. 6L & No. 6R)** allow you to adjust the training position forward or backward.

Place the **Left Pedal (No. 49L)** onto **Left Pedal Tube (No. 6L)** using 2 **Cup Head Bolts (No. 85)**, 4 **Washers (No. 94)**, and 2 **Nylon Nuts (No. 109)**. Tighten and secure with **Allen Wrench (No. A)** and **Spanner (No. B)**.

Please repeat this assembly step to the right side.

**Note:** Please put both pedals in the same position during assembly.



### STEP 8:

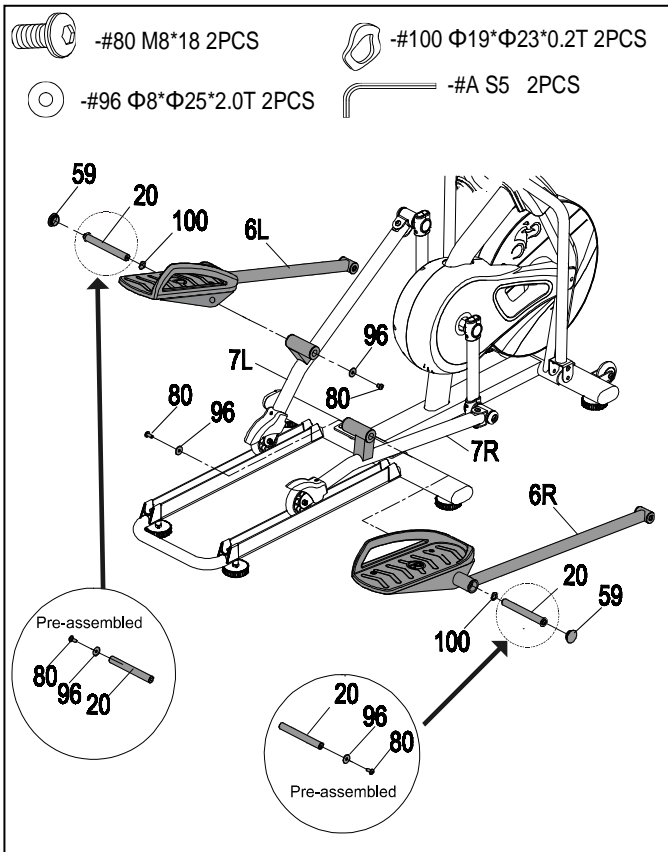
**Note:** Please lubricate the axles on **Crank Tubes (No. 8)** with grease before assembly.

Attach the **Left Wheel Tube (No. 7L)** onto the on the left side of **Crank Tube (No. 8)**, using 1 **Hex Socket Bolt (No. 80)**, 1 **Washer (No. 93)**, 1 **Axle Side Cover (No. 61)**, 1 **Washer (No. 12)**, 1 **Washer (No. 77)**, and 1 **Wave Washer (No. 118)**. Tighten by **Allen Wrench (No. A)**.

Please repeat this assembly step to the right side.

**Note:** Do not fully tighten the **Hex Socket Bolts (No. 80)**.

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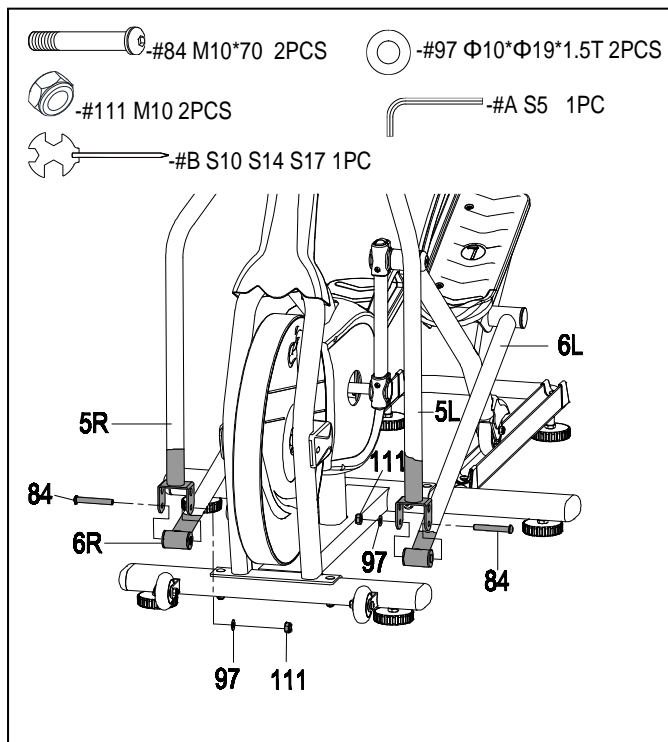
### STEP 9:

**Note:** Please lubricate the **Pedal Tube Axles (No. 20)** with grease before assembly.

Remove 2 **End Caps (No. 59)** from **Left & Right Pedal Tubes (No. 6L & No. 6R)**. Remember to put it back once the assembly is completed.

Connect the **Left Pedal Tube (No. 6L)** to the **Left Wheel Tube (No. 7L)**, with 1 **Pedal Tube Axle (No. 20)**, 1 **Hex Socket Bolt (No. 80)**, 1 **Washer (No. 96)**, and 1 **Wave Washer (No. 100)**. Tighten using 2 **Allen Wrenches (No. A)**.

Please repeat this assembly step to the right side.



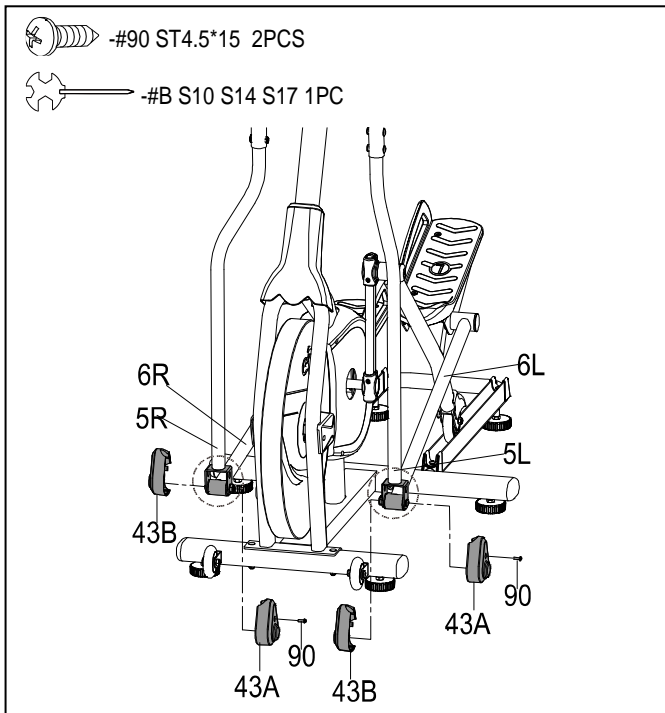
### STEP 10:

Connect the **Left Pedal Tube (No. 6L)** to **Left Lower Swing Bar (No. 5L)** with 1 **Hex Socket Bolt (No. 84)**, 1 **Washer (No. 97)**, and 1 **Nylon Nut (No. 111)**. Tighten using **Allen Wrench (No. A)** and **Spanner (No. B)**.

Please repeat this assembly step to the right side.

**Note:** Please tighten up all the **Screws and Bolts** of the above assembly steps now.

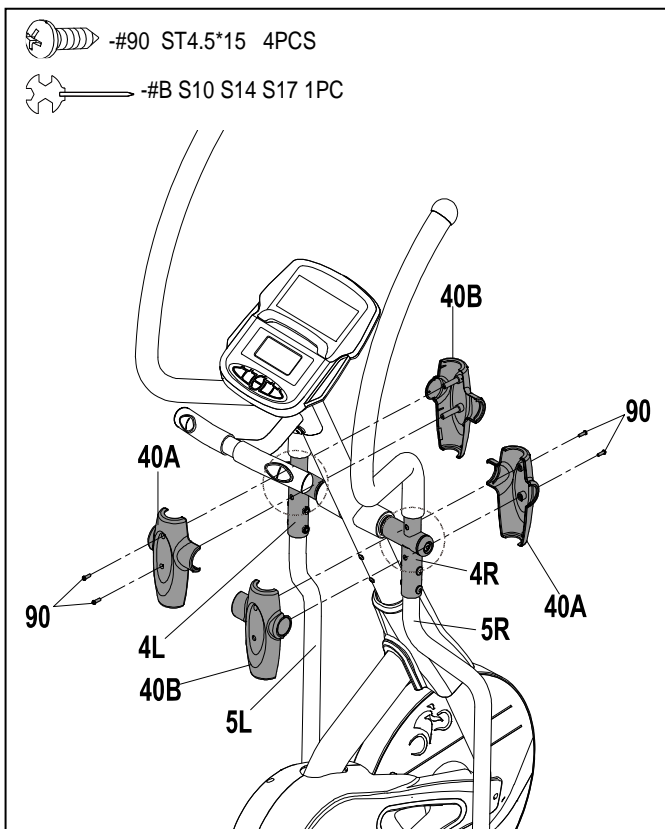
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### STEP 11:

Attach the **Lower Swing Bar Covers (No. 43A & No. 43B)** onto the joint of the **Left Pedal Tube (No. 6L)** and **Left Lower Swing Bar (No. 5L)**, using 1 **Self-tapping Screw (No. 90)**. Tighten and secure with **Spanner (No. B)**.

Please repeat this assembly step to the right side.

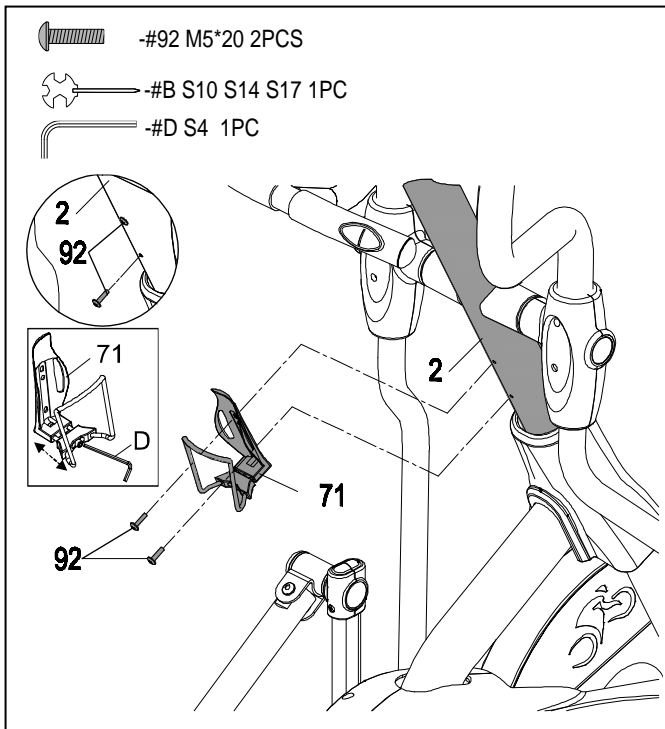


### STEP 12:

Attach the **Swing Bar Covers (No. 40A & No. 40B)** onto the joint of the **Right Upper Swing Bar (No. 4R)** and **Right Lower Swing Bar (No. 5R)**, using 2 **Self-tapping Screws (No. 90)**. Tighten and secure with **Spanner (No. B)**.

Please repeat this assembly step to the left side.

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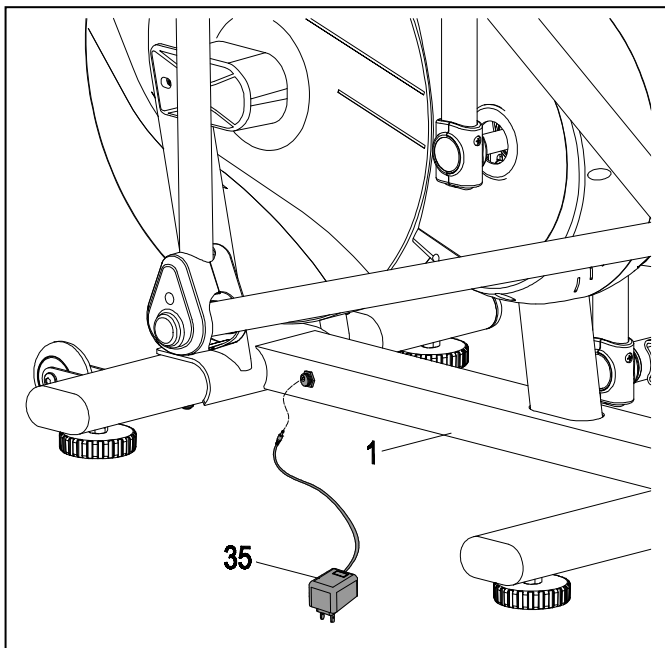


**STEP 13:**

Remove 2 **Screws (No. 92)** from the **Upright Tube (No. 2)** with **Spanner (No. B)**.

Adjust the bolt on the **Bottle Holder (No. 71)** with provided **Allen Wrench (No. D)** to your preferred size.

Attach **Bottle Holder (No. 71)** onto the **Upright Tube (No. 2)** with 2 **Screws (No. 92)**. Tighten and secure with **Spanner (No. B)**.

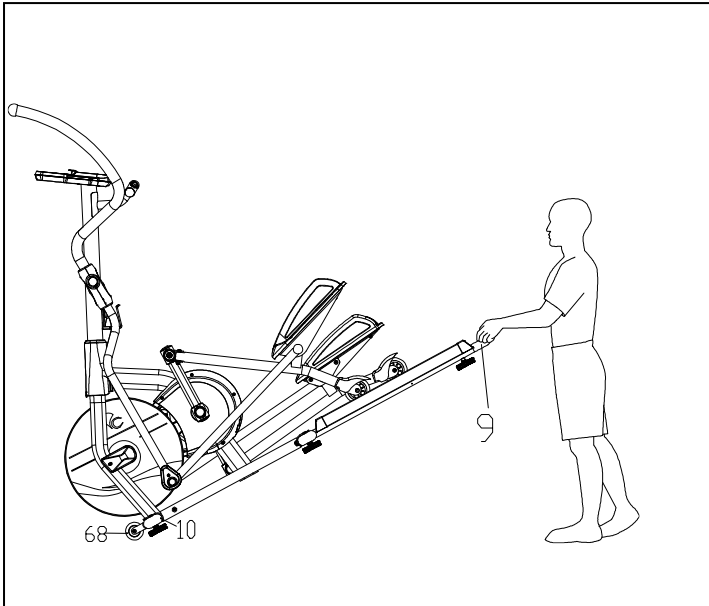


**STEP 14:**

Connect the **Adapter (No. 35)** to the **Main Frame (No. 1)** as show on the left figure.

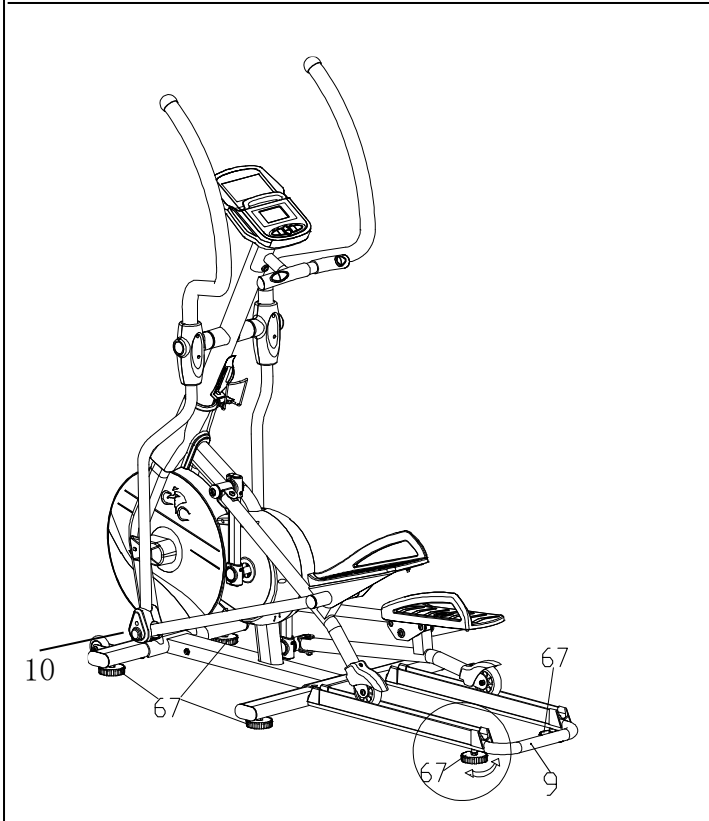
*The assembly is complete!*

# ADJUSTMENTS GUIDE



## HOW TO MOVE THE ELLIPTICAL

The **PU Wheels (No. 68)** on the **Front Stabilizer (No. 10)** are movable. Hold the **Rear Stabilizer (No. 9)** and pull forward to lift the rear of the elliptical off the floor. Now you can move the elliptical.



## ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stable. If you notice that the elliptical is unbalanced during use, you should adjust the **Adjustable Stands (No. 67)** located beneath the **Front Stabilizer (No. 10)** and **Rear Stabilizer (No. 9)**.

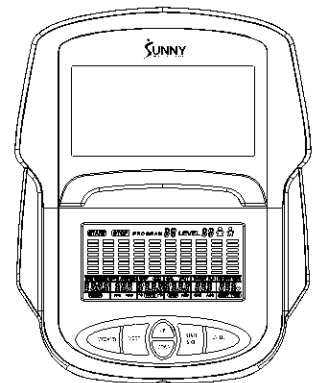
# IMPORTANT ELECTRICAL INFORMATION

**WARNING:** This elliptical trainer requires a power source of **1 amp (100-240V)** 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.

## OPERATING INSTRUCTIONS

Plug the adapter into the elliptical trainer and into the outlet.  
The console will turn on.  
The console will turn off if there is no activity for 4 minutes. Press any key on the console to turn it on again.

**NOTE:** You can still use the elliptical trainer when it is not plugged in. However, the console will not be working and you cannot adjust the resistance level or use any of the functions.



## EXERCISE CONSOLE

### KEY FUNCTIONS:

KEY	FUNCTION
START/STOP	Start and pause workouts. Start body fat measurement.
DOWN	Lower the resistance level during workout. Decrease value of selected parameter.
UP	Increase the resistance level during workout. Increase value of selected parameter.
ENTER	To input the value or mode.
RECOVERY	Enter Recovery function when console displays the heart rate value. Recovery displays F1-F6. F1 is poor recovery heart rate. F6 is excellent recovery heart rate.
MODE	During workout, switch display from RPM to SPEED, ODO to DIST and WATT to CALORIES Hold for 3 seconds to reset all function values to zero.

### WORKOUT SELECTION:

After turning the console on by plugging in the adapter or if already plugged in, pressing any button on the console, use the UP or DOWN button to make a selection. Then press ENTER button to choose the desired mode.

There are 7 basic workout modes:

Manual, Pre-set Program, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program.

## **FUNCTIONS:**

**SPEED:** Displays current training speed. Maximum speed is 99.9 MPH.

**RPM:** Displays current rotation per minute.

**TIME:** Accumulates the workout time from 00:00 to 99:59. Users can preset the target time they want.

**DIST:** Accumulates the workout distance from 0.00 to 999.9 miles. Users can preset the target distance they want to reach.

**ODO:** Displays the total accumulated distance from 0 to 9999 miles.

**CAL:** Accumulates the calories burned from 0 to 9999. Users can preset the target calories they want to burn.

**WATT:** Displays current watt.

**HEART RATE:** Displays the current heart rate in beats per minute.

**TARGET HR.:** Users can preset their Target Heart Rate.

**PROGRAM:** There are 24 different programs to choose for training.

**LEVEL:** The program has 10 columns of bars and 8 bars in each column. Each column represents a 1-minute workout and each bar represents 2 resistance levels.

## **WORKOUT PARAMETERS:**

### **TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE**

#### **Setting Workout Parameters**

After selecting the desired workout mode: Manual Program, Pre-set Program, Watt Control Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program. You may pre-set several workout parameters for desired results.

**Note: Some parameters are not adjustable in certain programs. Time and Distance cannot be set up at the same time.**

Once a program has been selected, press ENTER and TIME will flash.

Using the UP or DOWN button, you may select the desired time value. Press ENTER to input the values. The flashing prompt will move to the next parameter. Continue using the UP or DOWN button. Press the START/STOP button to begin the workout.



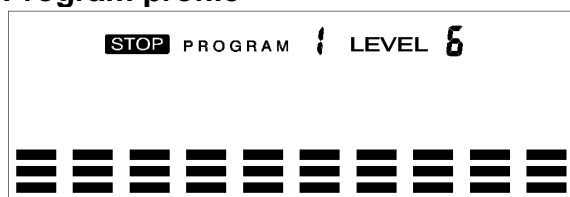
## More About Workout Parameters

Field	Setting Range	Default Value	Increment/Decrement	Description
Time	0:00~99:00	00:00	±1:00	1. When display is set as 0:00, Time will count up. 2. When time is set as 1:00-99:00, it will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1. When display is set as 0.0, Distance will count up. 2. When Distance is set as 1.0~999.0, it will count down to 0.
Calories	0~9995	0	±5	1. When display is set as 0, Calories will count up. 2. When Calories is set as 5~9995, it will count down to 0.
Watt	50~250	100	±5	User can set watt value only in the Watt Control Program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target HR, the Heart Rate number will flash.
Pulse	60~220	90	±1	Setting Parameters for Target heart rate.

## PROGRAM OPERATION:

### Manual (P1)

#### Program profile

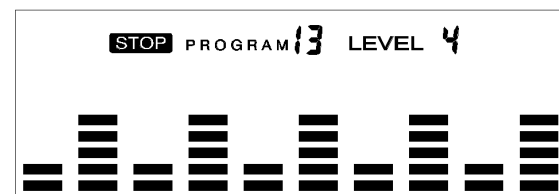
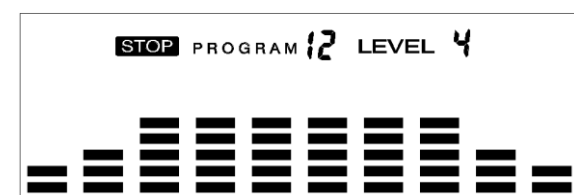
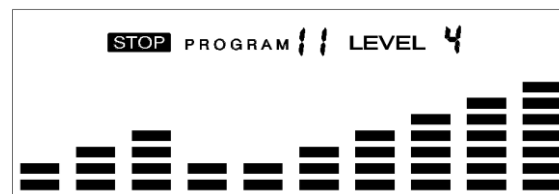
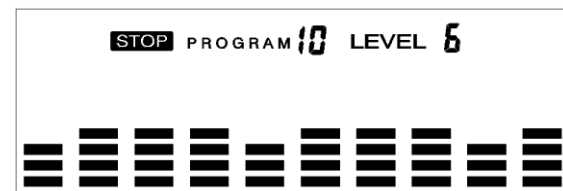
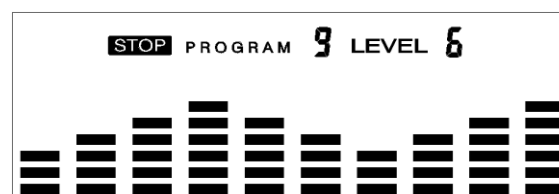
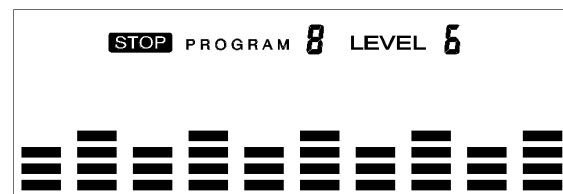
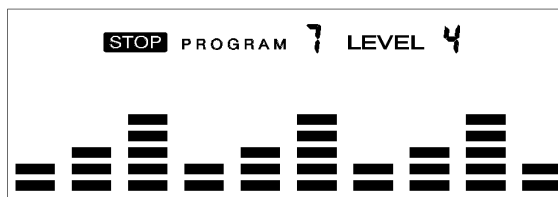
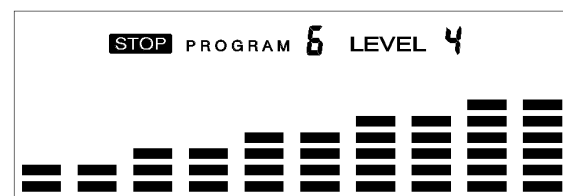
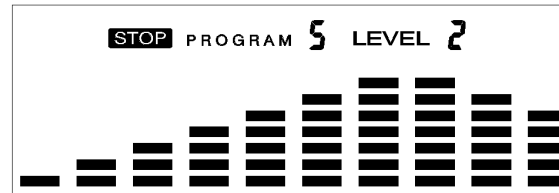
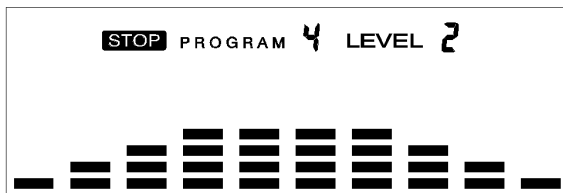
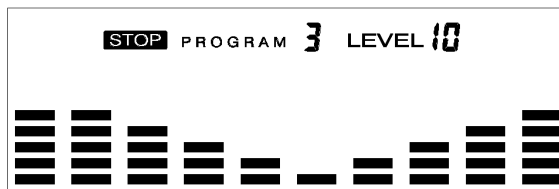
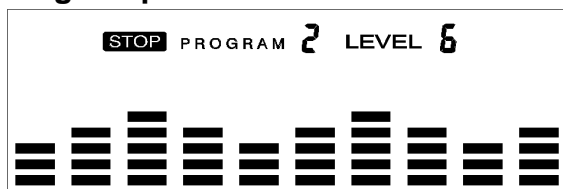


## SETTING PARAMETERS FOR MANUAL PROGRAM

1. Select **Manual Program (P1)** using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.  
**Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.**
4. Continue through all desired parameters and press the START/STOP button to begin the workout.  
**Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.**

## Pre-set programs (P2~P13)

### Program profile



There are 12 pre-set programs ready for use. All program profiles have 16 levels of resistance.

### SETTING PARAMETERS FOR PRE- SET PROGRAMS

1. Select one of the **Pre-set Programs** using the UP or DOWN button, then press ENTER. TIME will flash so the value can be adjusted using the UP or DOWN button.
2. Press the ENTER button to save value and move to the next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

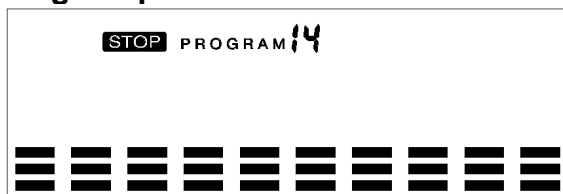
## Workout in any pre-set program

You can adjust the level of resistance by pressing the UP or DOWN button during the workout.

**Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted. Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the unfinished parameter.**

## Watt Control Program (P14)

### Program profile

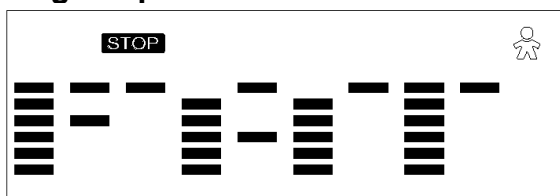


## SETTING PARAMETERS FOR THE WATT CONTROL PROGRAM

1. Select **Watt Control Program (P14)** using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press ENTER button to save the value and move to the next parameter to be adjusted.  
**Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.**
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.  
**Note: Once the workout parameters count down to zero, it will beep and stop the workout automatically.**
5. Press the START button to continue the workout to reach the unfinished workout parameter.  
**The console will adjust the resistance load automatically depending on the speed to maintain the constant watt value. You can use the UP or DOWN button to adjust the watt value during the workout.**

## BODY FAT Program (P15)

### Program profile



## SETTING DATA FOR BODY FAT

Select **BODY FAT Program (P15)** using the UP or DOWN button, then press ENTER. "MALE" will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data.

"5'8 (inches)" of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

"154 (lbs)" of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

"30" of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER to save the value.

Press the START/STOP button to start the measurement. Please also remember to grasp the hand pulse grips. After 15 seconds the display will show Body Fat %, BMR, BMI, & BODY TYPE.

## Body Types:

There are 9 body types divided according to the FAT % calculated.

Body Type	FAT %	Body Type	FAT %	Body Type	FAT %
Type 1	5% - 9%	Type 4	20% - 24%	Type 7	35% - 39%
Type 2	10% - 14%	Type 5	25% - 29%	Type 8	40% - 44%
Type 3	15% - 19%	Type 6	30% - 34%	Type 9	45% - 50%

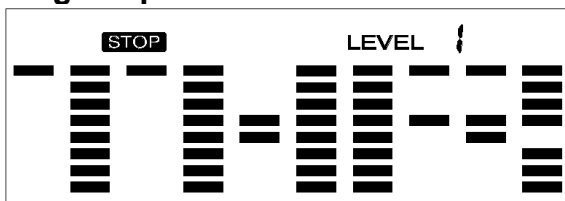
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP button to return the main display.

## TARGET HEART RATE Program (P16)

Program profile

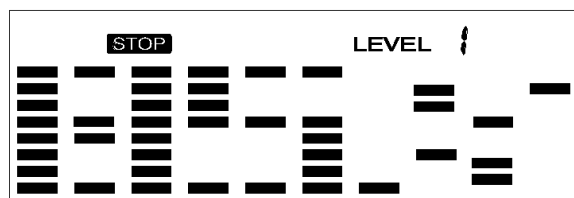
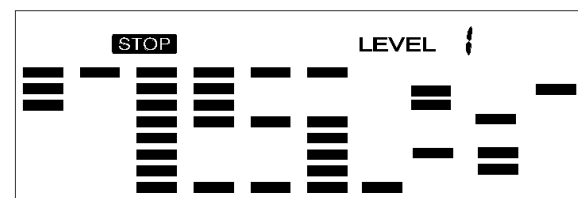
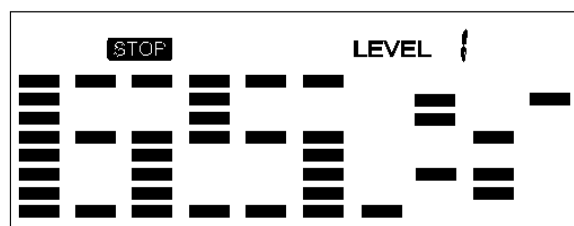
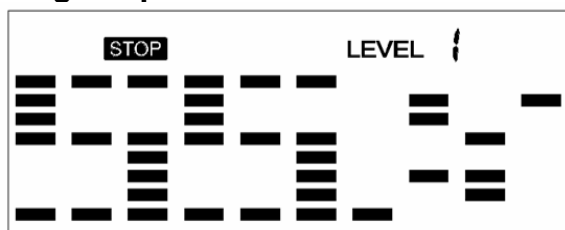


### SETTING PARAMETERS FOR TARGET HEART RATE PROGRAM

1. Select **TARGET HEART RATE program (P16)** using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.  
**Note: If you set up the target time to workout, then the next parameter of Distance cannot be adjusted.**
4. Continue through all desired parameters, pressing START/STOP button to start workout.  
**Note: If Pulse is above the set TARGET HR, the Pulse value will flash to remind the user.**

## HEART RATE CONTROL Program (P17-P20)

Program profile



There are 4 selections for target pulse (HR):

HRC - 55% TARGET HR= 55% of (220-AGE)

HRC - 65% TARGET HR= 65% of (220-AGE)

HRC - 75% TARGET HR= 75% of (220-AGE)

HRC - 85% TARGET HR= 85% of (220-AGE)

## SETTING PARAMETERS FOR HEART RATE CONTROL

1. Select one of the **Heart Rate Control Programs** using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.

**Note: If you set up the target time to work out, then the next parameter of Distance cannot be adjusted.**

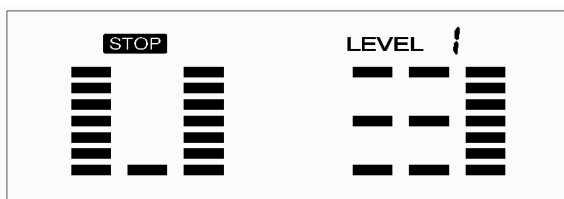
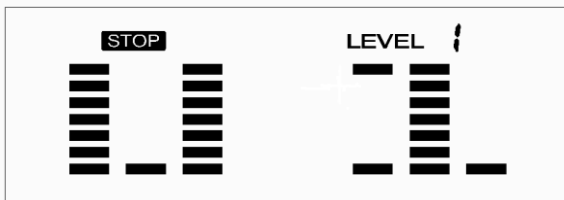
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.

**Note: If Pulse is above or below ( $\pm 5$ ) the TARGET HR, the console will adjust the resistance load automatically. It will check every 20 seconds approx. 1 resistance load will increase or decrease (Note: each resistance load represents 2 levels of loading).**

**If one of the workout parameters counts down to be zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach unfinished workout parameter.**

## User Program

### Program profile (P21-P24)



The 4 user programs allow the user to set their own program that can be used immediately.

## SETTING PARAMETERS FOR USER PROGRAM

1. Select the **User Program** using the UP or DOWN button then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the values and move to the next parameter to be adjusted.  
**Note: If you set up the target time to work out, then the next parameter of Distance cannot be adjusted.**
4. Continue through all desired parameters.
5. After finishing the setup of the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished. (There are 10 times total). Press the START/STOP button to begin the workout.

**Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.**

# TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	CHECK	SOLUTION
E1	The motor doesn't work.	Check if the motor wires are plugged in or check if the motor is stuck.	Plug in the motor wires again or change the motor.
	There is something wrong with the cables.	Check if the cables are damaged. This can cause a short circuit.	Change the cables or plug in again.
	The console cannot supply normal voltage to the motor.	Test whether the voltage of the motor is normal when pressing "up" or "down" button.	Change the console.
E2	The IC (Integrated Circuits) inside the console is damaged.		Change the console.
E4	Hands aren't put on the two handle pulses immediately after pressing START.		Put the hands on the two handle pulses immediately after pressing START.
	Body Fat Function cannot receive the signal for pulse.	Check if the heart rate wires are well connected.	Plug in the heart rate wires again or change the heart rate wires.
		Check if the pulse is working when not in Body Fat program.	Change the console.

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

## MAINTENANCE

### **CLEANING AND MAINTENANCE:**

The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical after each use. Be careful not get excessive moisture on the console display panel, as this may cause electrical hazards or cause electronics to fail.

Please keep the elliptical and the console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the elliptical for proper tightness every week.

### **STORAGE:**

Store the elliptical in a clean and dry environment away from children.

Version 1.4

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