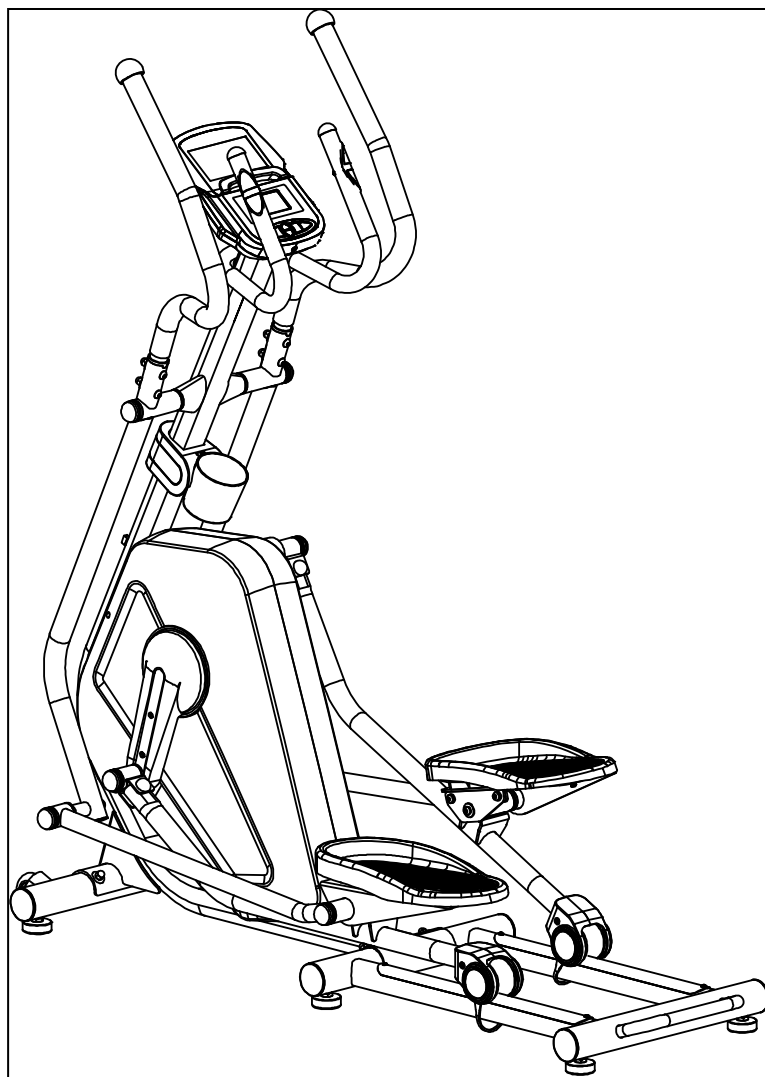# CIRCUIT ZONE ELLIPTICAL
SF-E3862
USER MANUAL

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).
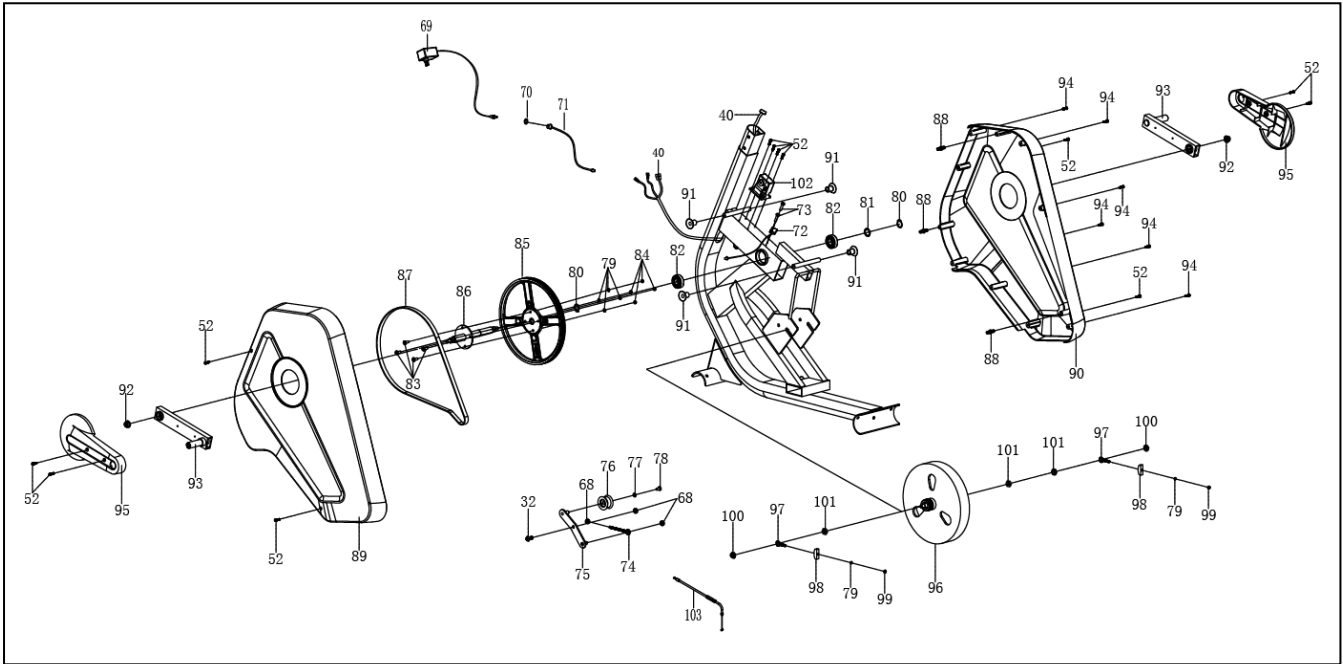
IMPORTANT SAFETY INFORMATION

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

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.

2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.

3. Keep children and pets away from the equipment. The equipment is designed for adult use only.

4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.

5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.

6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.

7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.

8. Do not place fingers or objects into the moving parts of the equipment

9. The maximum weight capacity of this unit is 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, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.

13. This equipment is designed for indoor and home use only! It is not intended for commercial use.
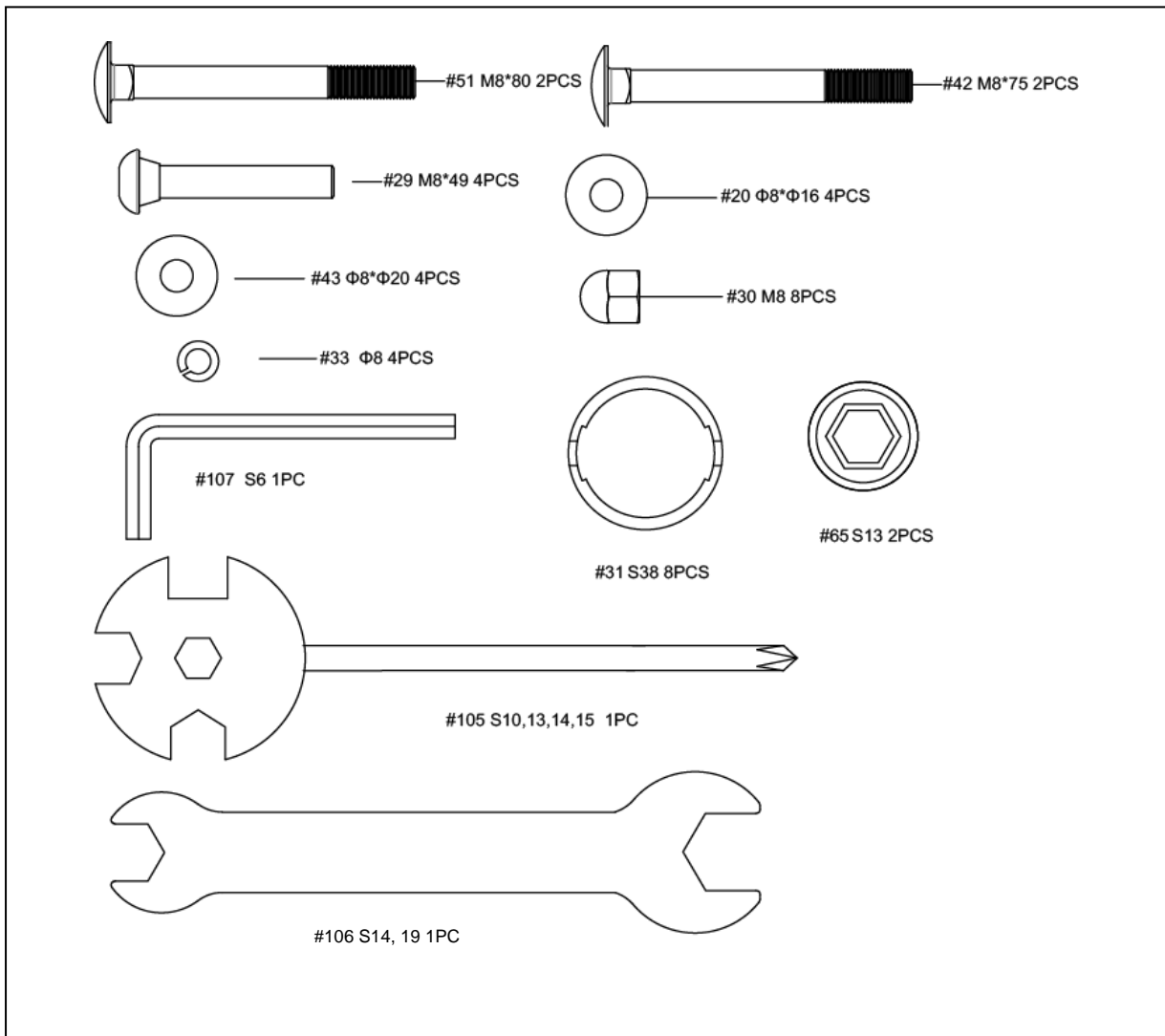
EXPLODED DIAGRAM 1

EXPLODED DIAGRAM 2

HARDWARE PACKAGE

#51 M8*80 2PCS

#42 M8*75 2PCS

#29 M8*49 4PCS

#20 Φ8*Φ16 4PCS

#43 Φ8*Φ20 4PCS

#30 M8 8PCS

#33 Φ8 4PCS

#107 S6 1PC

#65 S13 2PCS

#31 S38 8PCS

#105 S10,13,14,15 1PC

#106 S14, 19 1PC

PARTS LIST

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
1	Main Frame		1	29	Bolt	M8*49	4
2	Front Post		1	30	Cap Nut	M8	8
3	Left Swing Tube		1	31	Cap	Φ38	8
4	Right Swing Tube		1	32	Bolt	M8*20	29
5	Left Foot Tube		1	33	Spring Washer	Φ8	24
6	Right Foot Tube		1	34	Washer	Φ8*Φ33*2.0	8
7	Drive Tube		2	35	Big Washer	Φ19*Φ38*3.0	8
8	Foot Tube Connect Patch		2	36	POM Bushing	Φ27*11	20
9	Rear Main Frame		1	37	Plastic Bushing	Φ38*24	20
10	Front Stabilizer		1	38	Wave Spring Washer	Φ19*Φ26*0.3	4
11	Left Handrail Arm		1	39	Shaft Sleeve		2
12	Right Handrail Arm		1	40	Sensor Wire	L=750mm	1
13	Handlebar		1	41	Big Washer	Φ8*Φ20	8
14	Computer		1	42	Bolt	M8*75	2
15	Screw	M5*10	8	43	Big Wave Washer	Φ8*Φ20	6
16	Handlebar Foam Grip	Φ24*Φ31*450	2	44	Foot Pad	M10*30	6
17	End Cap for Handlebar	Φ25*1.5	2	45	Nut	M10	6
18	Hand Pulse Sensor Wire	L=750mm	2	46	Circular Tube Plug	Φ60*1.5	6
19	Screw	ST4.2*20	2	47	Bolt	Φ8*32	2
20	Arc Washer	Φ8*Φ16	6	48	Bearing		4
21	Extension Sensor Wire	L=750mm	1	49	Roller Wheel	Φ71*24	2
22	Bottle Holder-A		1	50	Bolt	M6*12	2
23	Bottle Holder-B		1	51	Bolt	M8*80	2
24	Bolt	M8*16	4	52	Self- tapping Screw	ST4.2*20	16
25	Connecting Rod Small Bushing	Φ18*Φ8*10	4	53	Aluminum Bar	490*41*2.1	2
26	End Cap for Handlebar	Φ50	2	54	Big Washer	Φ8*Φ25*2.0	6
27	Handlebar Foam Grip	Φ31*Φ37*700	2	55	Left Foot Pedal		1
28	Bushing		2	56	Right Foot Pedal		1

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
57	Connecting shaft	Φ19* 174	2	85	Belt Pulley		1
58	Left Roller Cover		2	86	Straight Spindle Assembly		1
59	Right Roller Cover		2	87	Belt		1
60	Roller Connecting Shaft		2	88	Plastic Bolt	Φ8*32	3
61	Roller Spacing		4	89	Left Chain Cover		1
62	Bearing	6202	4	90	Right Chain Cover		1
63	Pulley		2	91	Limit File Piece		4
64	Foot Turn Tube Assembly		2	92	Nut	M10*1.25	2
65	Cap	S13	2	93	Crank		2
66	Bolt	M6*50	2	94	Screw	ST4.2*25	6
67	Washer	Φ8*Φ16*1.5	2	95	Crank Cover Cap		2
68	Lock Nut	M8	5	96	Flywheel		1
69	AC Adapter	L=2000mm	1	97	Adjust Bolt	M6*36	2
70	Hexagon Flat Nut	S15	1	98	U-bracket	31*30*δ1.0	2
71	Power Supply Wire	L=550mm	1	99	Bolt	M6 S10	2
72	Sensor Wire	L=500mm	1	100	Nut	M10*1.0*6	2
73	Screw	ST2.9*12	2	101	Nut	M10*1	3
74	Adjust Bolt	M8*65	1	102	Motor		1
75	Idle Wheel Bracket		1	103	Motor Tension Wire	L=400mm	1
76	Press Wheel		1	104	Circular Tube Plug	Φ38*1.8	2
77	Washer	Φ12*Φ6*1.0	1	105	Spanner	S10,13,14,15	1
78	Bolt	M6*12	1	106	Spanner	S14,19	1
79	Spring Washer	Φ6	6	107	Allen Wrench	S6	1
80	Circlip	Φ20*1.0	2	108	Grease		1
81	Wave Washer	Φ20*Φ24*0.3	1	109	PTFE Lubricant		1
82	Bearing	6004-2Z	2	110	Stopper		2
83	Bolt	M6*15	4	111	Screw	M4*8	8
84	Nut	M6	4				

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

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

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

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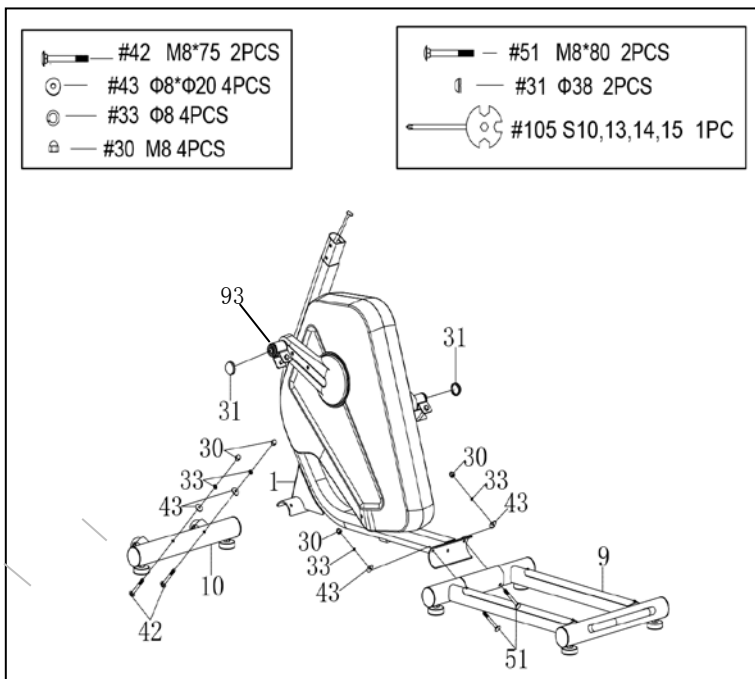
ASSEMBLY INSTRUCTIONS

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).
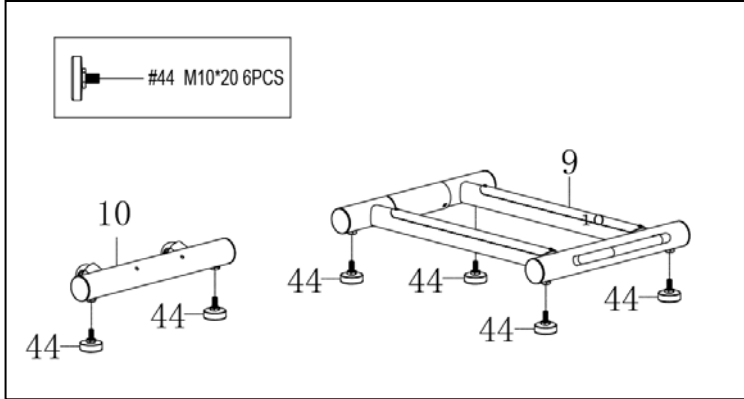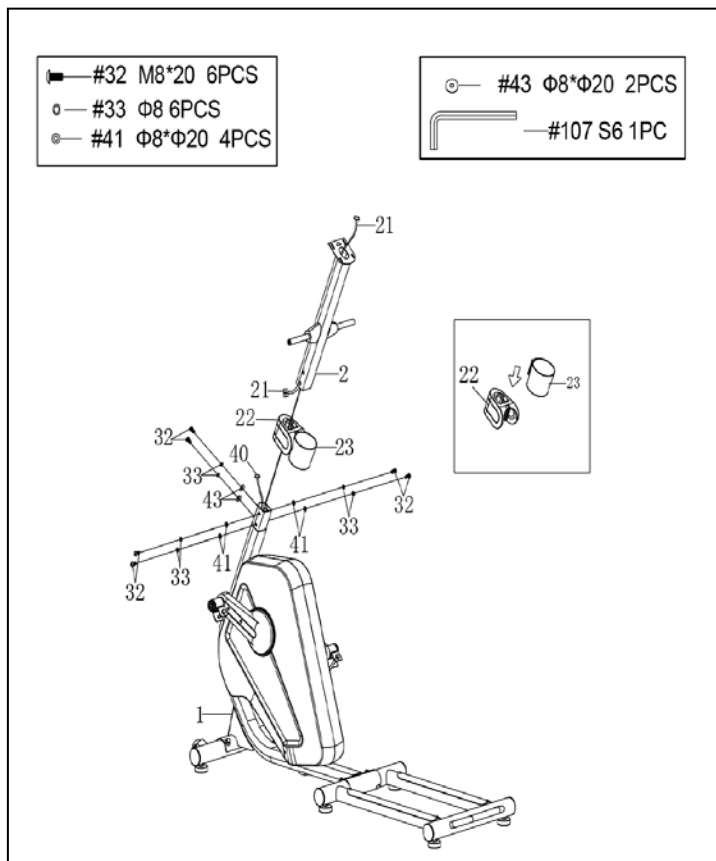
STEP 1:

Attach 4 **Foot Pads (No. 44)** onto the **Rear Main Frame (No. 9)**.

Attach 2 **Foot Pads (No. 44)** onto the **Front Stabilizer (No. 10)**.

STEP 2:

Attach the **Rear Main Frame (No. 9)** onto the **Main Frame (No. 1)** with 2 **Bolts (No. 51),** 2 **Big Wave Washers (No. 43)**, 2 **Spring Washers (No. 33)**, and 2 **Cap Nuts (No. 30)**. Tighten and secure with **Spanner (No. 105)**.

Attach the **Front Stabilizer (No. 10)** onto the **Main Frame (No. 1)** with **2 Bolts (No. 42),** 2 **Big Wave Washers (No. 43)**, 2 **Spring Washers (No. 33)**, and 2 **Cap Nuts (No. 30)**. Tighten and secure with **Spanner (No. 105)**.

Use 2 **Caps (No. 31)** to cover both ends of **Cranks (No. 93).**

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).


```
#32 M8*20 6PCS          #43 Φ8*Φ20 2PCS
#33 Φ8 6PCS                      #107 S6 1PC
#41 Φ8*Φ20 4PCS
```

STEP 3:

Remove 6 **Bolts (No. 32)**, 6 **Spring Washers (No. 33)**, 4 **Big Washers (No. 41)**, and 2 **Big Wave Washers (No. 43)** from the **Main Frame (No. 1)**.

Attach **Bottle Holder-B (No. 23)** to **Bottle Holder-A (No. 22)**. Then slide them to the tube of the **Main Frame (No. 1)**.

Connect the **Sensor Wire (No. 40)** from the **Main Frame (No. 1)** with the **Extension Sensor Wire (No. 21)** from the **Front Post (No. 2)**.

Attach the **Front Post (No. 2)** onto the **Main Frame (No. 1)** with 6 **Bolts (No. 32)**, 6 **Spring Washers (No. 33)**, 4 **Big Washers (No. 41)**, and 2 **Big Wave Washers (No. 43)** that were removed. Tighten and secure with **Allen Wrench (No. 107)**.


```
#31 Φ38 2PCS           #35 Φ19*Φ38*3.0 2PCS
#32 M8*20 2PCS               #107 S6 1PC
#33 Φ8 2PCS
#34 Φ8*Φ33*2.0 2PCS
```

STEP 4:

Remove 2 **Bolts (No. 32)**, 2 **Spring Washers (No. 33)**, 2 **Washers (No. 34)**, and 2 **Big Washers (No. 35)** from the **Front Post (No. 2)**.

Note: Please lubricate the **Front Post (No. 2)** with **Grease (No. 108)**. Ensure that the **Left** & **Right Swing Tubes (No. 3** & **No. 4)** are in between the **Cranks (No. 93)** and **Front Post (No. 2)** before assembly.

Attach the **Left** & **Right Swing Tube (No. 3** & **No. 4)** onto the **Front Post (No. 2)** with 2 **Bolts (No. 32)**, 2 **Spring Washers (No. 33)**, 2 **Washers (No. 34)**, and 2 **Big Washers (No. 35)** that were removed. Tighten and secure with **Allen Wrench (No. 107)**. Then cover with 2 **Caps (No. 31)**.
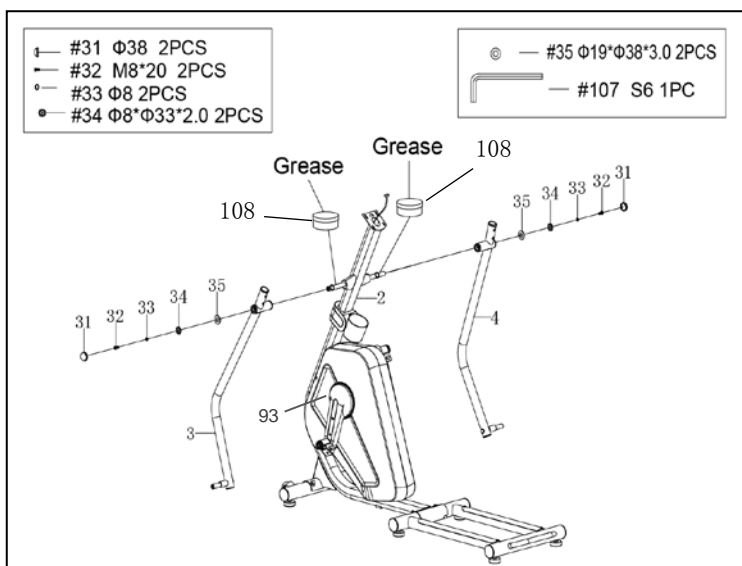
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).


#31 Φ38 4PCS		#66 M8*50 2PCS		
#32 M8*20 2PCS		#67 Φ8*Φ16*1.5 2PCS		
#33 Φ8 2PCS		#68 M8 2PCS		
#34 Φ8*Φ33*2.0 2PCS		#105 S10,13,14,15 1PC		
#35 Φ19*Φ38*3.0 2PCS		#106 S14,S19 2PCS		
#65 S13 2PCS		#107 S6 1PC		

STEP 5:

Remove 2 **Bolts (No. 32)**, 2 **Spring Washers (No. 33)**, 2 **Washers (No. 34)**, and 2 **Big Washers (No. 35)** from the **Left** & **Right Swing Tubes (No. 3** & **No. 4)**.

Note: Please lubricate the **Left** & **Right Swing Tubes (No. 3** & **No. 4)** with **Grease (No. 108)** before assembly.

Attach the **Left** & **Right Foot Tubes (No. 5 & No. 6)** onto the **Left** & **Right Swing Tubes (No. 3** & **No. 4)** with 2 **Bolts (No. 32)**, 2 **Spring Washers (No. 33)**, 2 **Washers (No. 34)**, and 2 **Big Washers (No. 35)** that were removed. Tighten and secure with **Allen Wrench (No. 107)**. Then cover the joints with 4 **Caps (No. 31)**.

Remove 2 **Bolts (No. 66)**, 2 **Washers (No. 67)**, and 2 **Lock Nuts (No. 68)** from the **Foot Turn Tube Assembly (No. 64)**.

Attach the **Drive Tubes (No. 7)** on the **Foot Turn Tube Assembly (No. 64)** with 2 **Bolts (No. 66)**, 2 **Washers (No. 67)**, and 2 **Lock Nuts (No. 68)** that were removed. Tighten and secure with **Spanners (No. 105** & **No. 106)**. Then cover with **2 Caps (No. 65)**.
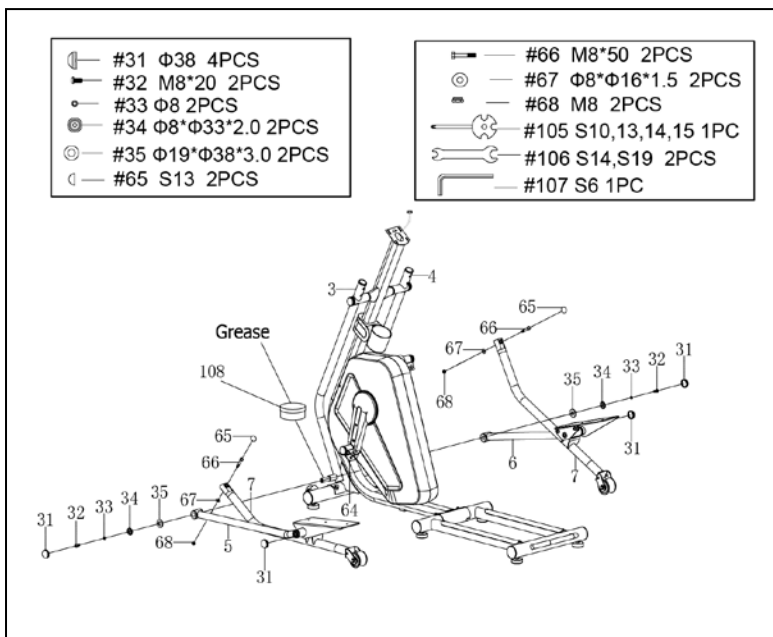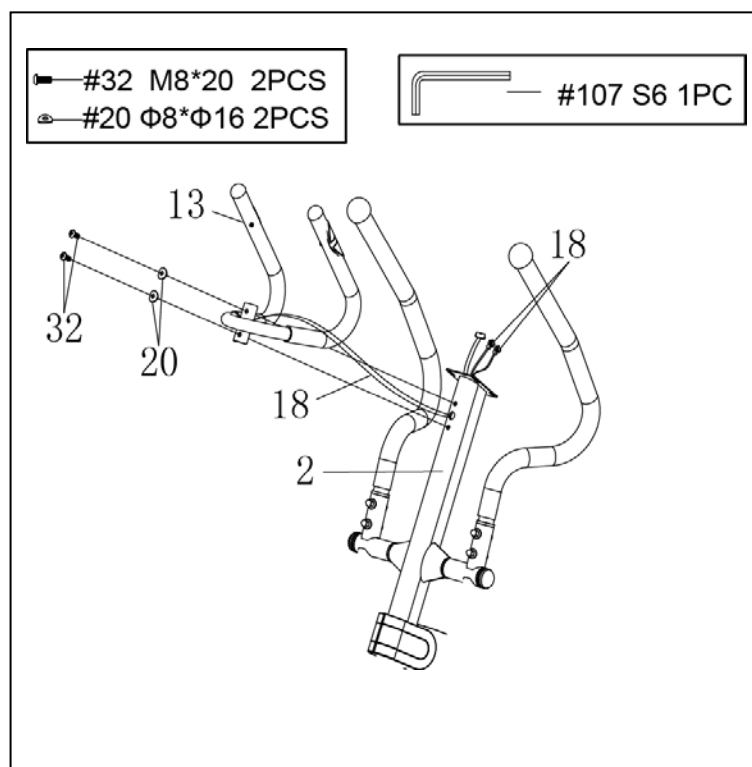
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).
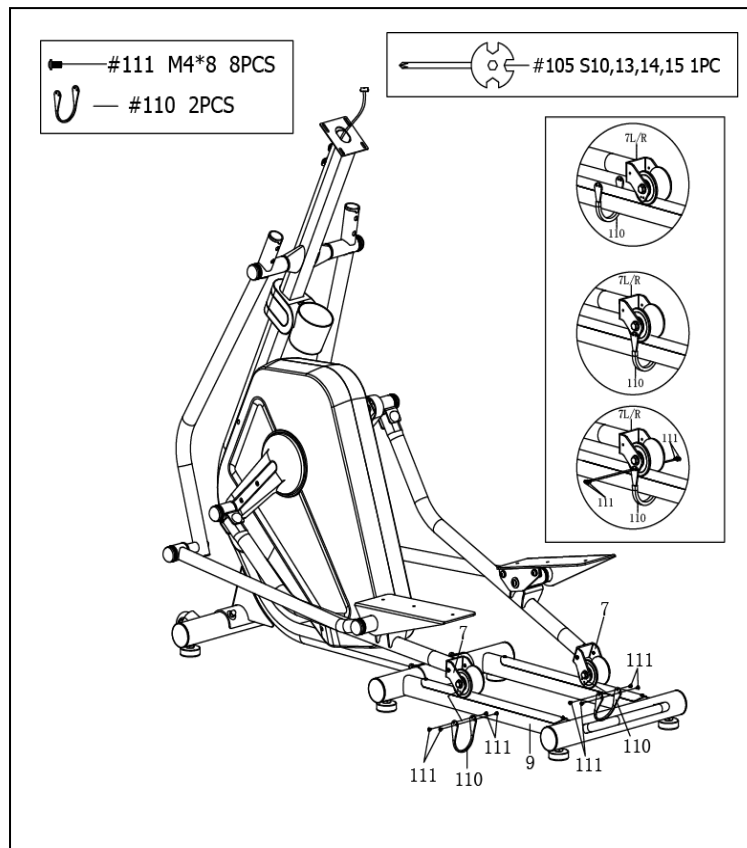
STEP 6:

Remove 8 **Screws (No. 111)** and 2 **Stoppers (No. 110)** from the ends of 2 **Drive Tubes (No. 7)**.

Hoop 2 **Stoppers (No. 110)** under and around the rods of the **Rear Main Frame (No. 9).** Then re-attach 2 **Stoppers (No. 110)** to the 2 **Drive Tubes (No. 7)** with 8 **Screws (No. 111)** that were removed. Tighten and secure with **Spanner (No. 105).**

Note: Make sure that **Drive Tubes (No. 7)** can slide on the **Rear Main Frame (No. 09)** smoothly and securely.
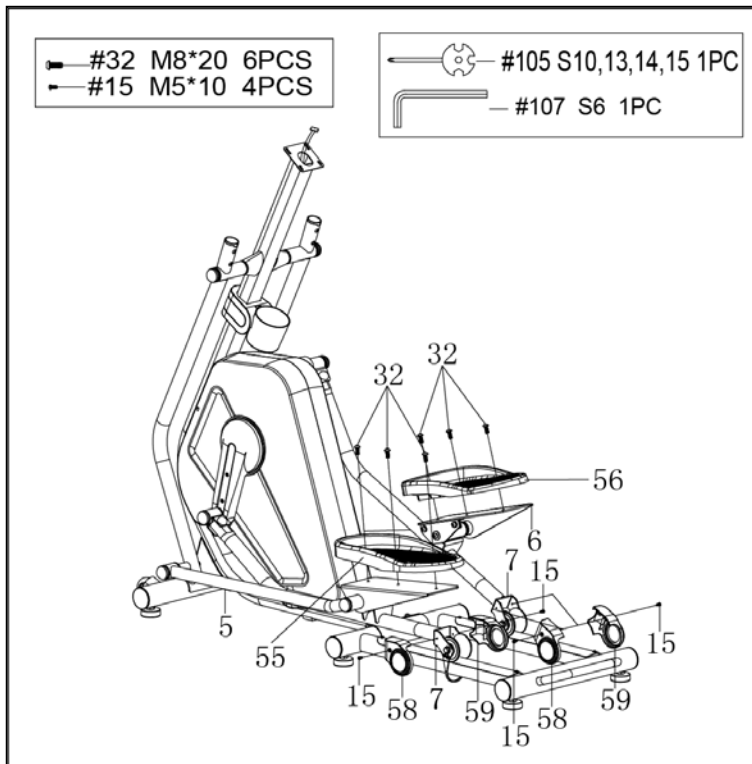
STEP 7:

Remove 4 **Screws (No. 15)** from the **Drive Tubes (No. 7)**.

Attach 2 sets of **Left** & **Right Roller Covers (No. 58** & **No. 59)** to 2 **Drive Tubes (No. 7)** using 4 **Screws (No. 15)** that were removed. Tighten and secure with **Spanner (No. 105).**

Remove **6 Bolts (No. 32)** from the plates of **Left** & **Right Foot Tubes (No. 5** & **No. 6)**.

Attach the **Left** & **Right Foot Pedals (No. 55** & **No. 56)** onto the **Left** & **Right Foot Tubes (No. 5** & **No. 6)** using the 6 **Bolts (No. 32)** that were removed. Tighten and secure with **Allen Wrench (No. 107).**

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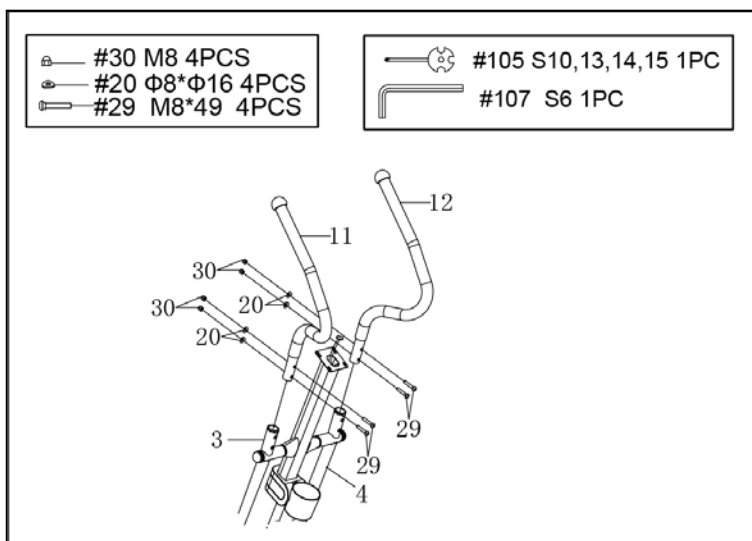

STEP 8:

Attach the **Left Handrail Arm (No. 11)** onto the **Left Swing Tube (No. 3)** with 2 **Bolts (No. 29)**, 2 **Arc Washers (No. 20)**, and 2 **Cap Nuts (No. 30)**. Tighten and secure with **Spanner (No. 105**) and **Allen Wrench (No. 107)**.

Attach the **Right Handrail Arm (No. 12)** onto the **Right Swing Tube (No. 4)** with 2 **Bolts (No. 29**), 2 **Arc Washers (No. 20)**, and 2 **Cap Nuts (No. 30)**. Tighten and secure with **Spanner (No. 105)** and **Allen Wrench (No. 107)**.

STEP 9:

Remove 2 **Bolts (No. 32)** and 2 **Arc Washers (No. 20)** from the **Front Post (No. 2**).

Insert the **Hand Pulse Sensor Wire (No. 18)** into the opening on the side of **Front Post (No. 2)** and pull it out from the square opening on top of the **Front Post (No. 2)**.

Attach the **Handlebar (No. 13)** onto the **Front Post (No. 2)** with 2 **Bolts (No. 32)** and 2 **Arc Washers (No. 20)** that were removed. Tighten and secure with **Allen Wrench (No. 107)**.

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#15 M5*10 4PCS | #105 S10,13,14,15 1PC

PTFE Lubricant

STEP 10:

Remove 4 **Screws (No. 15)** from the back of the **Computer (No. 14)**.

Connect the **Extension Sensor Wire (No. 21)** and **Hand Pulse Sensor Wire (No. 18**) to the wires of **Computer (No. 14).** Then insert the wires into the **Front Post (No. 2)**.

Attach **Computer (No. 14)** onto the top end of the **Front Post (No. 2)** with 4 **Screws (No. 15)** that were removed. Tighten and secure with **Spanner (No. 105)**.

Note: Please lubricate the Aluminum Rod with the **PTFE Lubricant (No. 109)** if you feel friction when exercising.
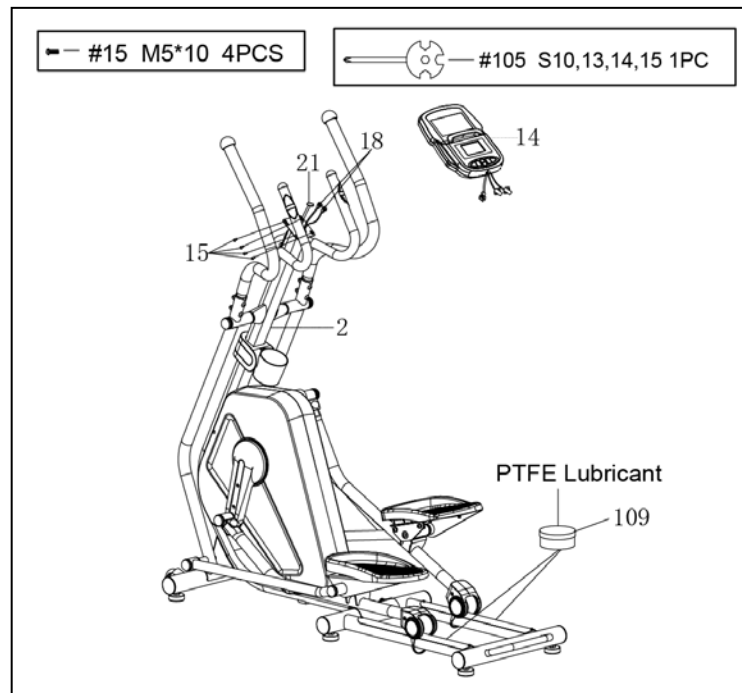
STEP 11:
Before plugging in the elliptical, check the specifications on the **AC Adapter (No. 69)** carefully and make sure the power supply is compatible.

Plug one end of the **AC Adapter (No. 69)** into the power jack of the **Power Supply Wire (No. 71)** on the back of the **Right Chain Cover (No. 90)**. Then plug the other end of the **AC Adapter (No. 69)** into the electrical wall outlet.
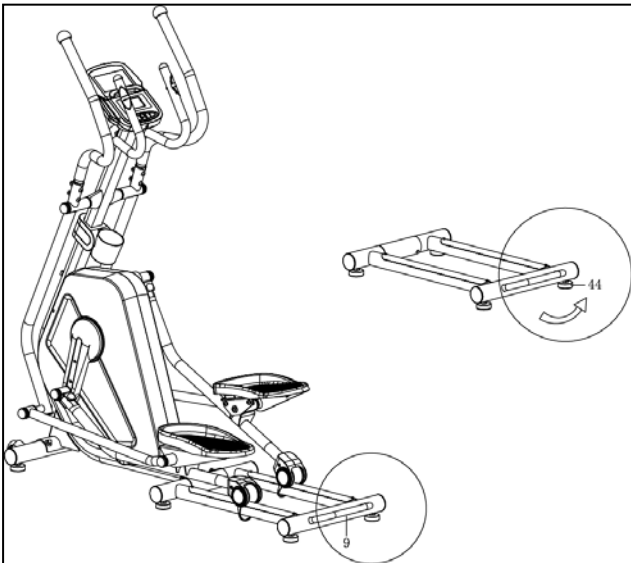
The assembly is complete!
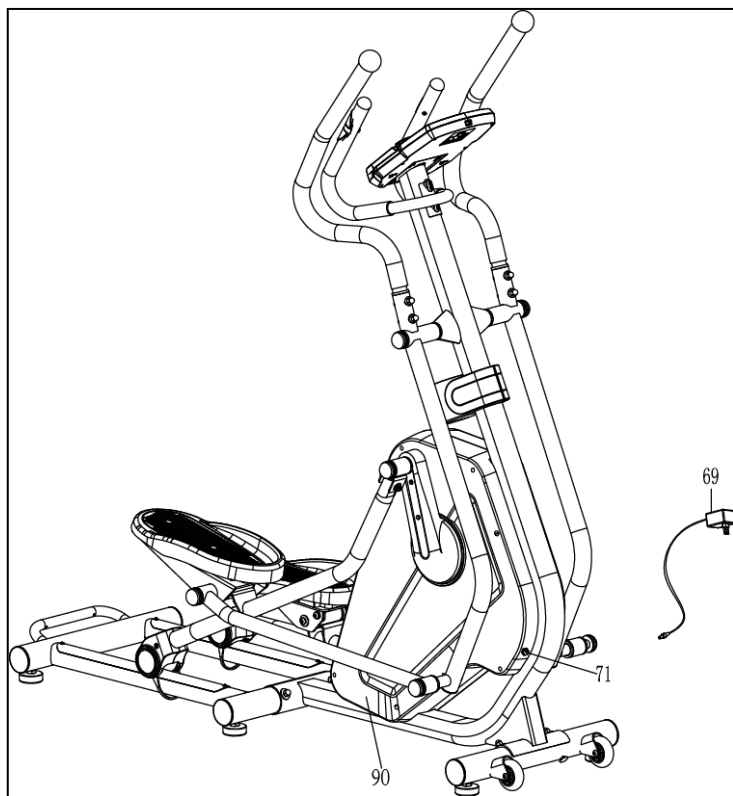
ADJUSTMENTS GUIDE
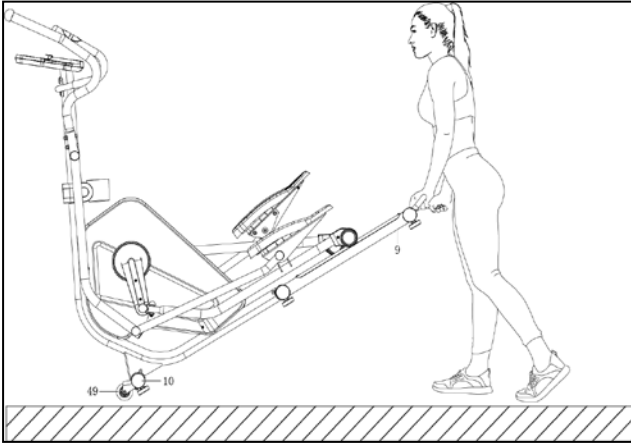
HOW TO MOVE THE ELLIPTICAL

Hold the **Rear Main Frame (No. 9)** and pull upward to lift the rear of the elliptical off the floor until the **Roller Wheel (No. 49)** on the **Front Stabilizer (No. 10)** touch the ground. Now you can move the elliptical with ease.

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 **Foot Pads (No. 44)** located underneath the **Rear Main Frame (No. 9)**. To do so, turn the **Foot Pads (No. 44)** *clockwise*.

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

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

KEY FUNCTIONS:

KEY	FUNCTION
START/STOP	Start and pause workouts Start body fat measurement Hold for 3 seconds to reset all function values to zero
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 computer 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

WORKOUT SELECTION:
After turning the computer on by plugging in the adaptor or if already plugged in, pressing any button on the computer, 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- programs, 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 up to 999.9 miles. Users can preset the target
distance they want to reach.

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

CAL: Accumulates the calorie 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 Programs, 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 buttons, 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	45~250	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)
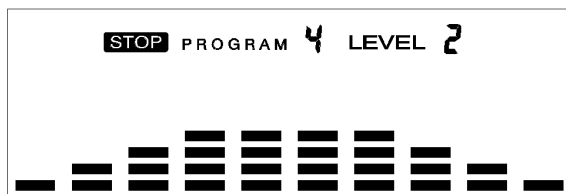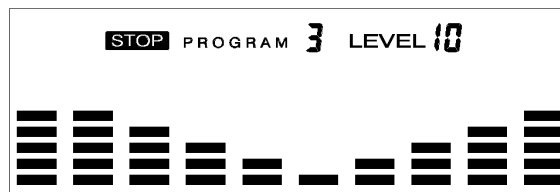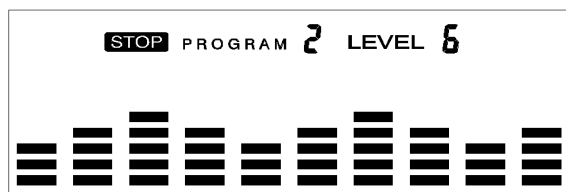**Program profile**
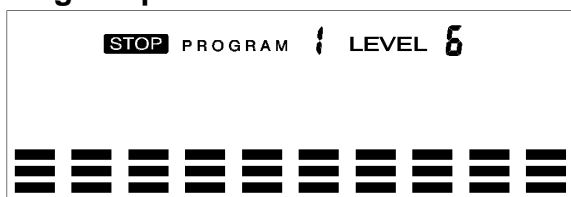
SETTING PARAMETERS FOR MANUAL PROGRAM

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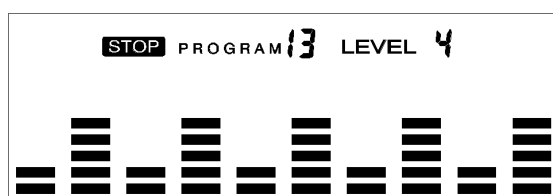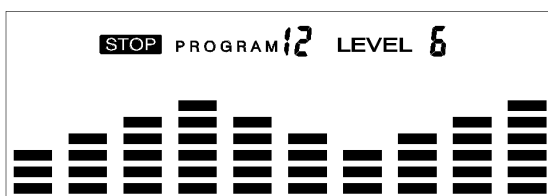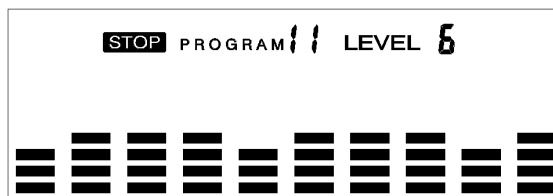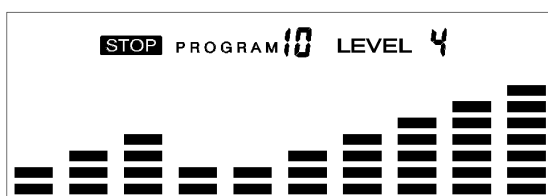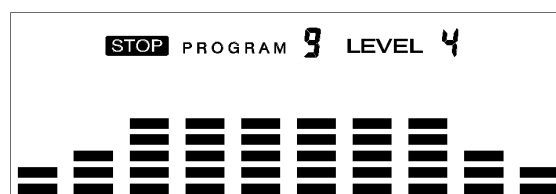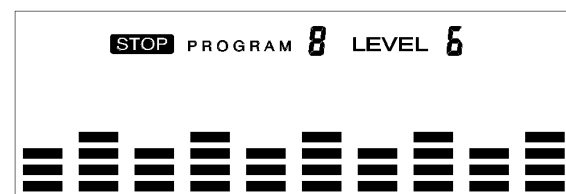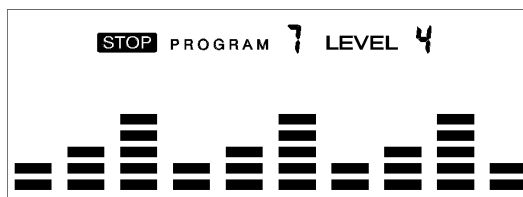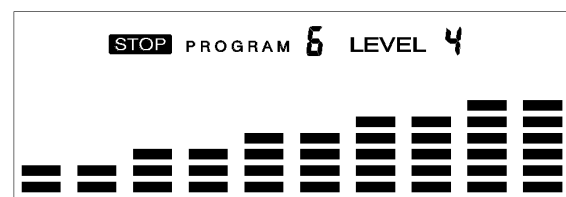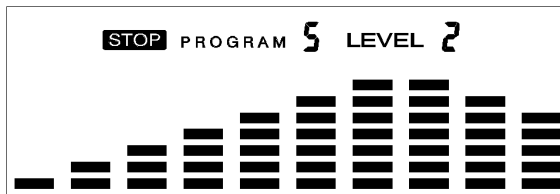
There are 12 pre-set programs ready for use. All program profiles have 16 levels of resistance.

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 key.
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.
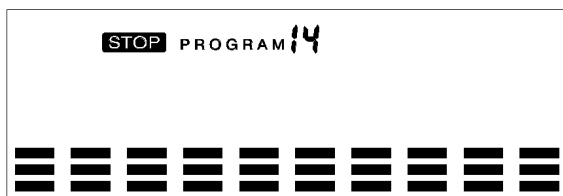
Workout in any pre-set program

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 computer 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
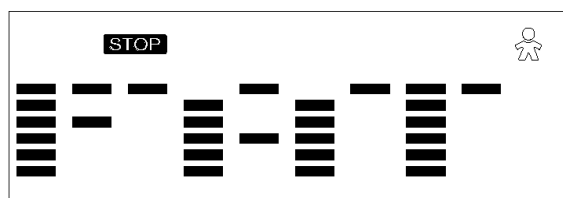
SETTING DATA FOR BODY FAT

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.

"165 (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.

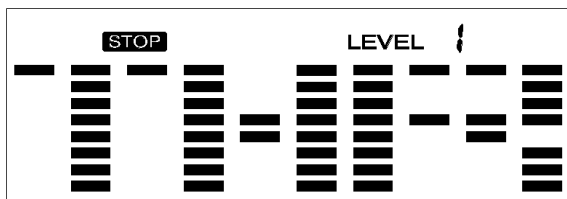| Body Type	FAT %	Body Type	FAT %	Body Type	FAT %
Type 1	5% - 9%	Type 4	20% - 24%	Type 7	35% - 39%
Type 2	10% - 14%	Type 5	25% - 29%	Type 8	40% - 44%
Type 3	15% - 19%	Type 6	30% - 34%	Type 9	45% - 50%

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 HR (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 work out, 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
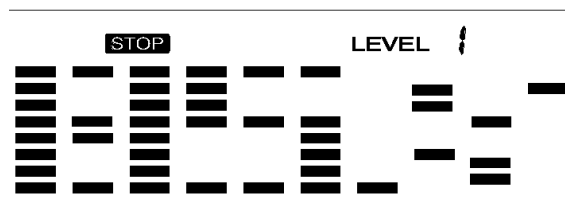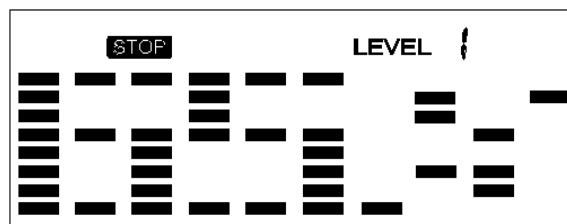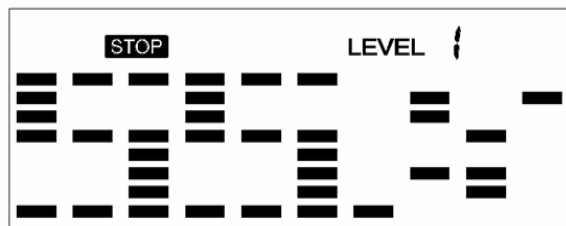
There are 4 selections for target pulse (HR):

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 t 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 (± 5) the TARGET HR, the computer 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)
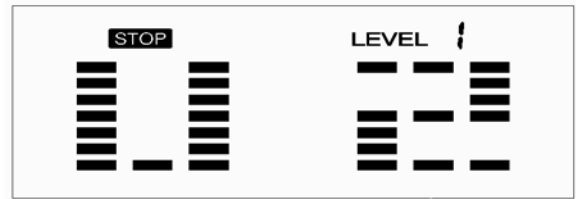
The 4 user programs allow the user to set their own program that can be used immediately.

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 the user sets up the target time to workout, then the next parameter for 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 cable 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 computer cannot supply normal voltage to the motor.	Test whether the voltage of the motor is normal when pressing "up" and "down".	Change the computer.
E2	The IC (Integrated Circuits) inside the computer is damaged.		Change the computer.
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 handle pulse wires are well connected.	Plug in the handle pulse wires again or change the handle pulse wires.
		Check if the pulse is working when not in Body Fat program.	Change the computer.

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

Version 1.5

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