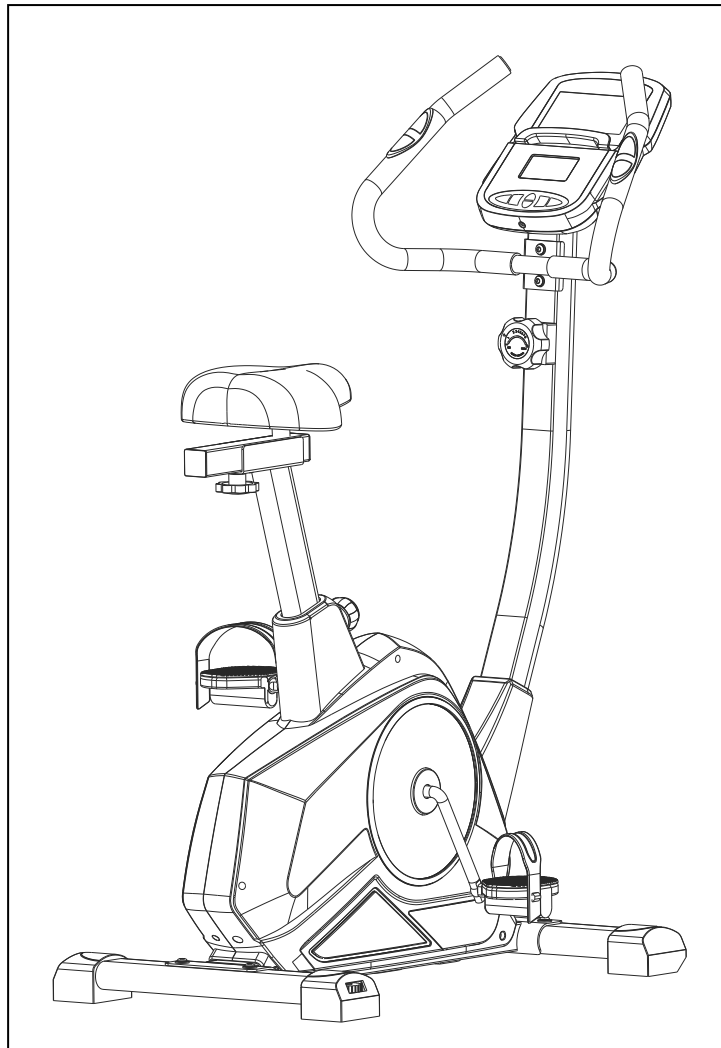




UPRIGHT BIKE

SF-B2952

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).



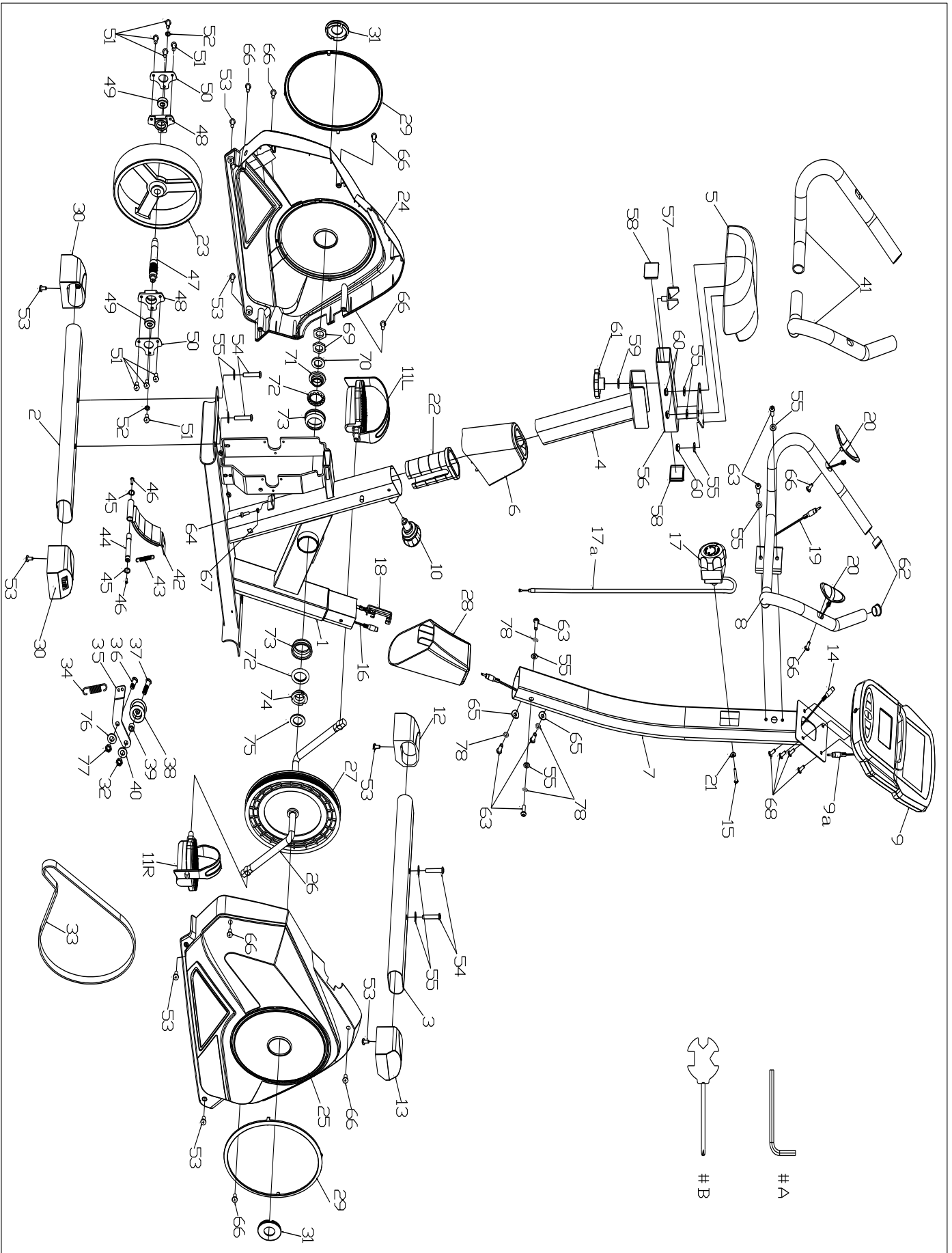
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY 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 275 pounds (125KG).
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.

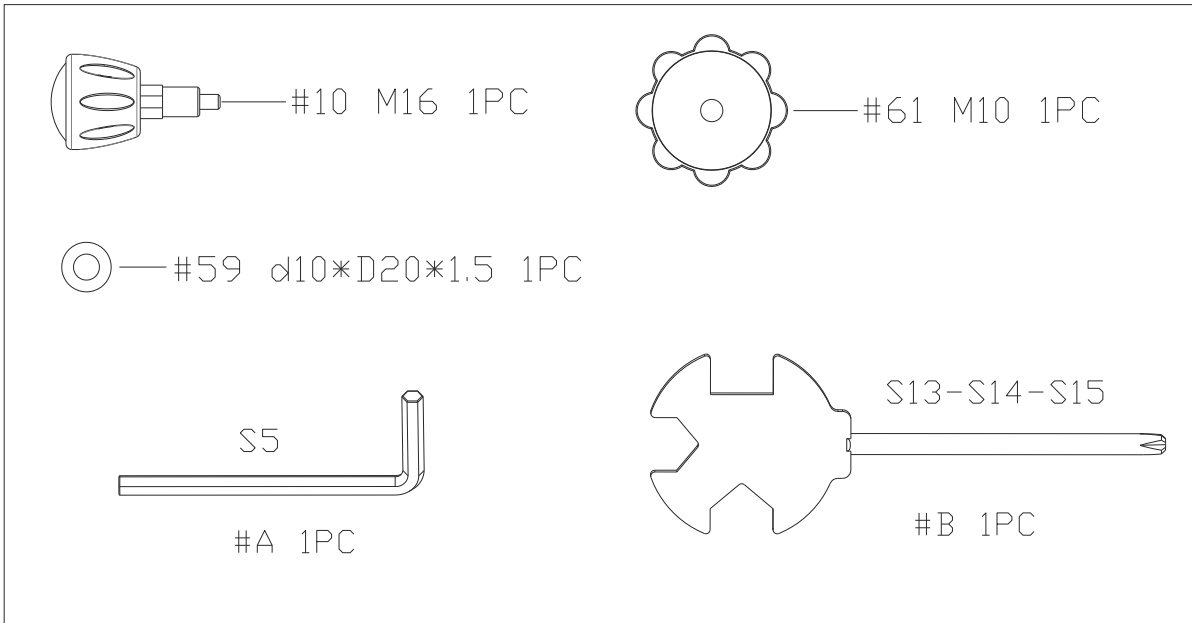
EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	40	Flat Washer	Φ10.2*Φ20*1.5t	1
2	Rear Stabilizer		1	41	Foam Grip		2
3	Front Stabilizer		1	42	Magnetic Board		1
4	Seat Post		1	43	Tension Spring	Φ1.0*Φ15*55L	1
5	Seat		1	44	Axle	Φ12*67	1
6	Decorative Cover 1		1	45	Circlip	Φ10	2
7	Front Post		1	46	Screw	M6*20L	2
8	Handlebar		1	47	Flywheel Axle	Φ20*107L	1
9	Computer		1	48	Bearing Seat	ABS	2
9a	Computer Wire		1	49	Bearing	6001ZZ	2
10	Adjustment Knob	M16	1	50	Bearing End Cover		2
11L/R	Pedal	1/2"-20	2	51	Screw	M6*10L	8
12	Left End Cap	PT40*80	1	52	Flat Washer	Φ6*Φ13*1.5t	2
13	Right End Cap	PT40*80	1	53	Screw	ST4.2*19H	8
14	Sensor Wire 1		1	54	Bolt	M8*50	4
15	Screw	M5x40H	1	55	Flat Washer	d8*D20*1.5	11
16	Sensor Wire 2		1	56	Seat Slider		1
17	Tension Control Knob		1	57	Knob Fixing Plate		1
17a	Tension Control Wire		1	58	End Cap	38*38	2
18	Tension Wire		1	59	Flat Washer	d10*D20*1.5	1
19	Handle Pulse Wire		1	60	Nylon Nut	M8	3
20	Handle Pulse Sensor		2	61	Adjustment Knob	M10	1
21	Arc Washer	Φ5*Φ13*1.5t	1	62	End Cap		2
22	Bushing	40*80-30*70	1	63	Screw	M8*16	6
23	Flywheel	Φ240*40	1	64	Screw	M6*35L	1
24	Left Belt Cover		1	65	Arc Washer	d8*D20*1.5	2
25	Right Belt Cover		1	66	Screw	ST4.2*16H	9
26	Crank	235*140*1/2-20	1	67	Nut	M6	1
27	Belt Wheel	Φ240*20*PJ6	1	68	Screw	M5*10	4
28	Decorative Cover 2	ABS	1	69	Hex Nut	7/8"-24-L	2
29	Decorative Circle	ABS	2	70	Bearing Housing	7/8"	1
30	End Cap	PT40*80	2	71	Locking Nut - Left	7/8"-24-L	1
31	Decorative Cover 3	ABS	2	72	Open Face Bearing		2
32	Nylon Nut	M10*1.5	1	73	Bearing Housing		2
33	Belt	PJ6 - 395	1	74	Locking Nut - Right	15/16"-24-R	1
34	Tension Spring	Φ2.5*Φ16*75L	1	75	Locking Washer		1
35	Idler Wheel Shaft		1	76	Flat Washer	Φ8.2*Φ16*1.0t	1
36	Bolt	M10*1.5*20L	1	77	Nylon Nut	M8*1.25	1
37	Bolt	M10*1.5*42L	1	78	Spring Washer	d8*D12*1.5	4
38	Idler Wheel	Φ37*Φ30*22.4L	1	A	Allen Wrench	S5	1
39	Bushing	Φ14*Φ10.2*6L	1	B	Spanner	S13-14-15	1

HARDWARE PACKAGE



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

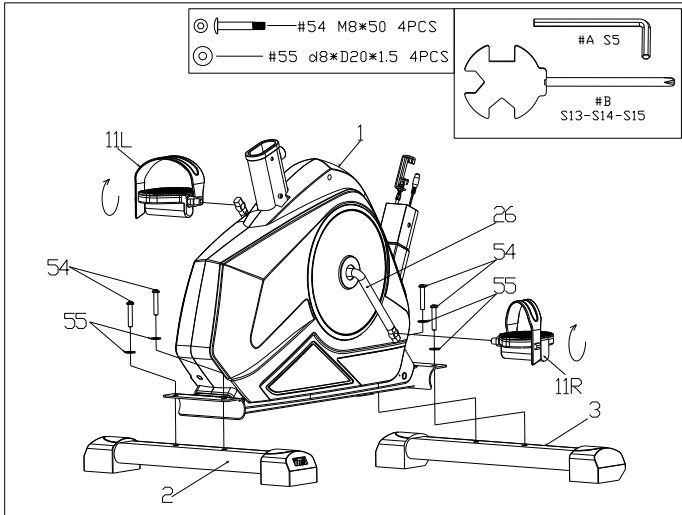
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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:

Remove 4 **Bolts (No. 54)** and 4 **Flat Washers (No. 55)** from **Front Stabilizer (No. 3)** and **Rear Stabilizer (No. 2)**, using **Allen Wrench (No. A)**.

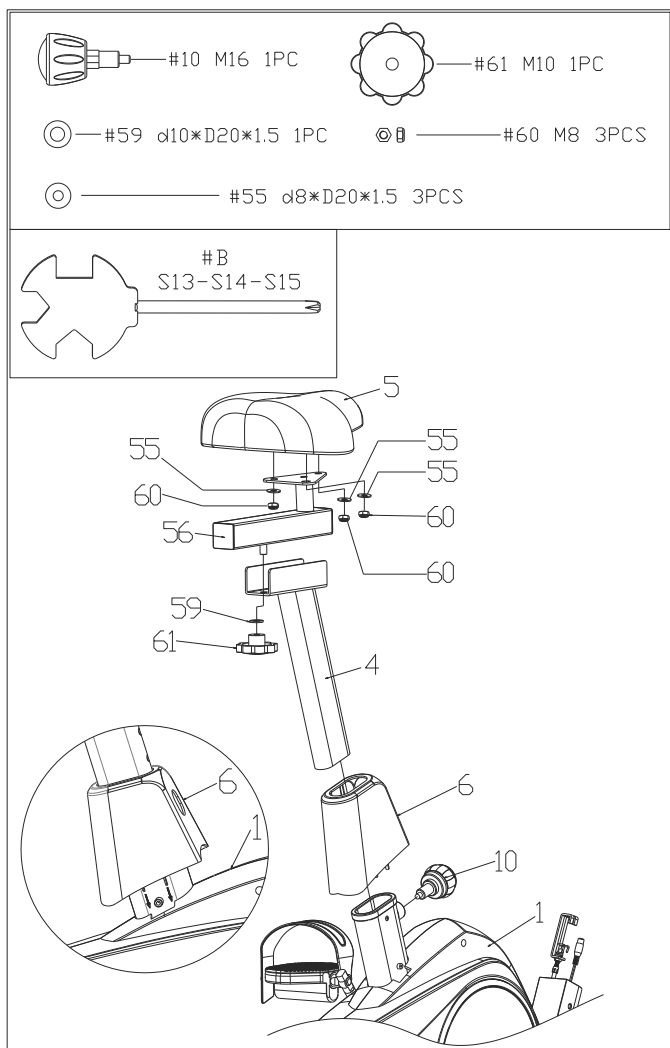
Attach **Front Stabilizer (No. 3)** and **Rear Stabilizer (No. 2)** to **Main Frame (No. 1)**. Secure them with 4 **Bolts (No. 54)** and 4 **Flat Washers (No. 55)** that were removed. Tighten using **Allen Wrench (No. A)**.

Align the **Left Pedal (No. 11L)** with the left side of the **Crank (No. 26)** at 90° and gently insert the pedal into the crank arm. Turn the **Left Pedal (No. 11L)** *counter-clockwise* as tightly as you can with your hands, then use **Spanner (No. B)** to tighten securely.

Align the **Right Pedal (No. 11R)** with the right side of the **Crank (No. 26)** at 90° and gently insert the pedal into the crank arm. Turn the **Right Pedal (No. 11R)** *clockwise* as tightly as you can with your hands, then use **Spanner (No. B)** to tighten securely.

NOTE: **Left Pedal (No. 11L)** is marked with “L” on the pedal, while **Right Pedal (No. 11R)** is marked with “R” on the pedal.

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STEP 2:

Attach **Decorative Cover 1 (No. 6)** onto **Main Frame (No. 1)**. Make sure that the two ribs of **Decorative Cover 1 (No. 6)** are aligned to the slot on **Main Frame (No. 1)** when assembling.

Remove 3 **Flat Washers (No. 55)** and 3 **Nylon Nuts (No. 60)** from the back of **Seat (No. 5)** using **Spanner (No. B)**.

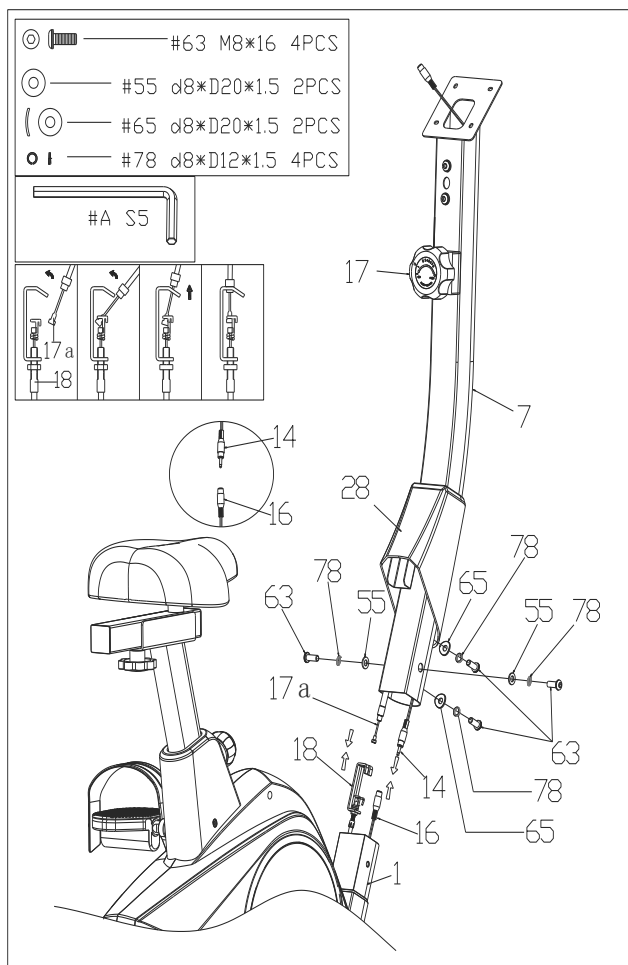
Attach the **Seat (No. 5)** to **Seat Slider (No. 56)** with 3 **Flat Washers (No. 55)** and 3 **Nylon Nuts (No. 60)** that were removed. Tighten and secure using **Spanner (No. B)**.

Attach **Seat Slider (No. 56)** onto the **Seat Post (No. 4)**, slide the **Seat Slider (No. 56)** to desired position, then tighten and secure with 1 **Flat Washer (No. 59)** and 1 **Adjustment Knob (No. 61)**.

Insert **Seat Post (No. 4)** into **Main Frame (No. 1)**, adjust the **Seat Post (No. 4)** to desired height, then tighten and secure with **Adjustment Knob (No. 10)**.

NOTE: Do not exceed the mark “stop” on the **Seat Post (No. 4)**.

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 3:

Remove 4 **Screws (No. 63)**, 2 **Arc Washers (No. 65)**, 2 **Flat Washers (No. 55)** and 4 **Spring Washers (No. 78)** from **Main Frame (No. 1)** using **Allen Wrench (No. A)**.

Insert **Front Post (No. 7)** into **Decorative Cover 2 (No. 28)** first.

CAUTION: Please make sure the **Tension Control Knob (No. 17)** is at the lowest resistance level (level 1, all the way to the left) before you connect any wires together.

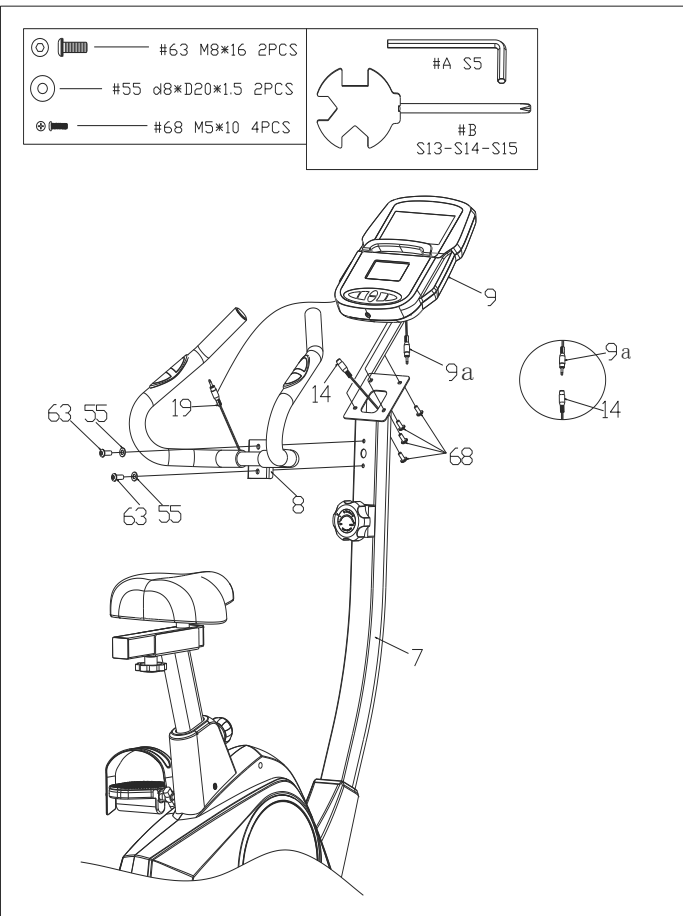
Connect **Tension Control Wire (No. 17a)** with **Tension Wire (No. 18)**. Then, insert **Tension Control Wire (No. 17a)** into the slot on metal bracket of **Tension Wire (No. 18)**. Make sure the metal fitting on **Tension Control Wire (No. 17a)** is secured into the metal bracket.

Turn the **Tension Control Knob (No. 17)** to the highest resistance level (level 8, all the way to the right) after you connect the **Tension Control Wire (No. 17a)** with **Tension Wire (No. 18)**.

Connect **Sensor Wire 2 (No. 16)** with **Sensor Wire 1 (No. 14)**.

Attach the **Front Post (No. 7)** onto **Main Frame (No. 1)**. Secure them using 4 **Screws (No. 63)**, 2 **Flat Washers (No. 55)**, 2 **Arc Washers (No. 65)** and 4 **Spring Washers (No. 78)** that were removed. Tighten using **Allen Wrench (No. A)**.

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STEP 4:

Remove 2 **Screws (No. 63)** and 2 **Flat Washers (No. 55)** from the top end of **Front Post (No. 7)** using **Allen Wrench (No. A)**.

Attach **Handlebar (No. 8)** onto the **Front Post (No. 7)**. Secure them with 2 **Flat Washers (No. 55)** and 2 **Screws (No. 63)** that were removed. Tighten using **Allen Wrench (No. A)**.

Remove 4 **Screws (No. 68)** from the back of **Computer (No. 9)** using **Spanner (No. B)**.

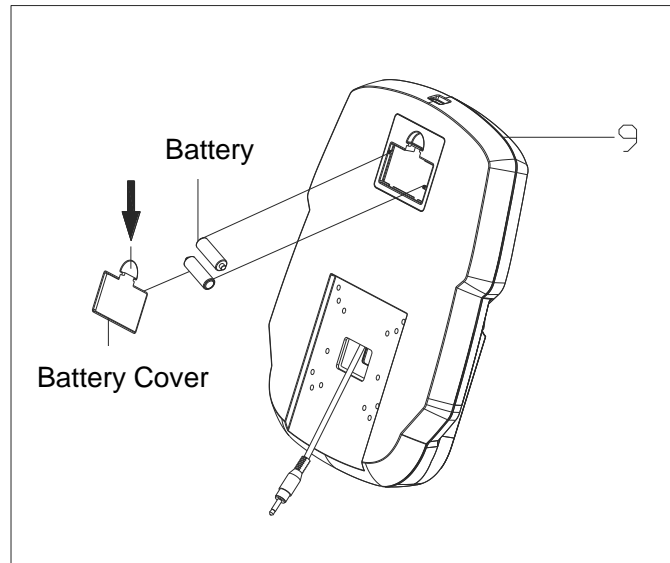
Connect **Sensor Wire 1 (No. 14)** with **Computer Wire (No. 9a)**.

Attach the **Computer (No. 9)** onto the bracket on the top of the **Front Post (No. 7)** with the 4 **Screws (No. 68)** that were removed. Tighten and secure using **Spanner (No. B)**.

Insert **Handle Pulse Wire (No. 19)** into the hole marked with "pulse input" on back of the **Computer (No. 9)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AA batteries from computer box.
2. Press the buckle of the battery cover on the back of the **Computer (No. 9)**, and then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 9)**. Pay attention to the battery + and – ends before installing.
4. Press the buckle of the battery cover, then put the battery cover back to the back of the **Computer (No. 9)**.

The installation is complete!

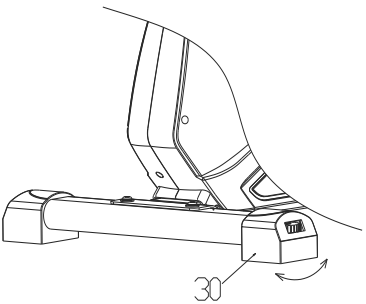
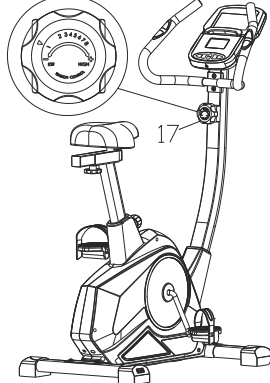
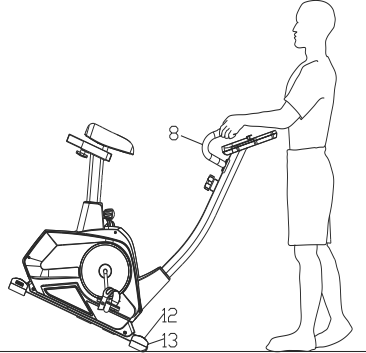
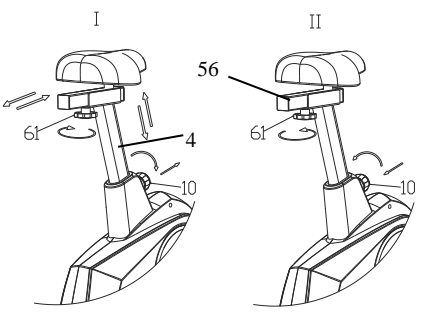
BATTERY REPLACEMENT:

1. Press the buckle of the battery cover on the back of the **Computer (No. 9)**, then remove the battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. 9)**. Pay attention to the battery + and – ends before installing.
3. Press the buckle of the battery cover, then put the battery cover back to the back of the **Computer (No. 9)**.

The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

ADJUSTMENTS & USAGE GUIDE

	<p>ADJUSTING THE BALANCE</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the bike is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the End Caps (No. 30) located on the rear stabilizer until the bike becomes levelled with the floor surface.</p>
	<p>ADJUSTING THE TENSION</p> <p>Adjust the tension by rotating the Tension Control Knob (No. 17) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. 17) <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p>MOVING THE BIKE</p> <p>To move the bike, hold Handlebar (No. 8) and tilt the bike until the movable wheels on the Left & Right End Caps (No. 12 & No. 13) located on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.</p>
	<p>ADJUSTING THE HEIGHT</p> <p>Loosen and pull out the Adjustment Knob (No. 10) to adjust the height of the seat. You may also slide the seat forward or backwards by loosening the Adjustment Knob (No. 61) on the Seat Slider (No. 56). When adjusting, you will see a limit on the seat post and seat slider. Do NOT lift the posts passed this mark. Always check the Adjustment Knob (No. 10) and Adjustment Knob (No. 61) to ensure that they are fully secured when you finish making an adjustment.</p>
<p>CLEANING</p> <p>The bike can be cleaned with a soft, clean, damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause electrical hazard or electronics to fail. Please keep the bike, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the bike for proper tightness every week.</p>	
<p>STORAGE</p> <p>Store the bike in a clean and dry environment, away from children.</p>	

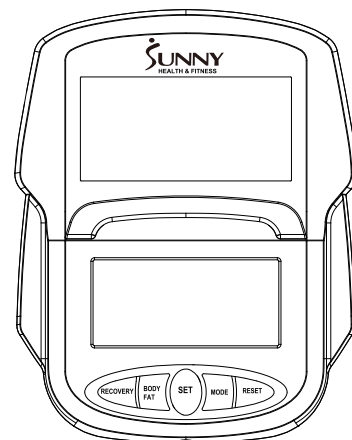
EXERCISE COMPUTER

FUNCTION KEYS

MODE:

1. Press the button to select hour, minute, year, month, and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES, and PULSE to preset.
3. Press the button to selection function displaying on main LCD or enter after setting.
4. Press the button to confirm setting value of Gender, Age, Height, and Weight.
5. Press the button and hold for 2 seconds to reset all values to zero. (Replacing batteries will reset all values to ZERO automatically).

Note: If the time, date, and year are not set up in the beginning, you must remove the batteries and reinsert them to set up these functions. Previous data will not be saved.



SET:

1. Set up time, year, month, and date.
2. Set up the target value of Time, Distance, Calories and Pulse. You can hold the button to increase the value fast.
3. Set up the personal data of Gender, Age, Height, and Weight for Body fat test.

RESET:

1. Press the button to reset function value when setting.
2. Press and hold the button for 2 seconds to reset all values to ZERO. (Replacing batteries will reset all values to ZERO automatically).

BODY FAT:

Press this button to enter Body Fat measuring function. Next, press the MODE button to enter your personal data of Gender, Age, Height and Weight. After you have finished setting, press again to measure your Body fat percentage (FAT%) and BMI.

RECOVERY:

To activate the heart rate recovery function after pulse signal, press any button to return to the main display.

FUNCTIONS

SCAN: Automatically scans through each mode in sequence every 6 seconds. The cycle of functions showing on display is RPM - Speed – Time – Distance – Calorie – Pulse.

TIME: Accumulates the total time from 00:00 up to 99:59. The user may preset the target time by pressing SET & MODE buttons. Each increase is 1 minute.

RPM: Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to one another on display, every 6 seconds after the exercise starts.

SPEED: Displays current training speed. Maximum speed is 99.9 mph (miles/hour).

DISTANCE: Accumulates total distance from 0.00 up to 99.99 m (miles). The user may preset target distance data by pressing SET & MODE button, by increment of 0.5 m (miles).

CALORIES: Accumulates calories burned during training from 0 to max. 999 calories. The user may also preset the target calorie before training by pressing the SET & MODE buttons, by increments of 10 cal.

PULSE: Displays the user's heart rate in beats per minute during training. You may set the target heart rate by pressing the SET & MODE buttons.

NOTE: This data was designed to be the guide for exercise use only and should not be used for medical purpose.

CALENDAR: Displays the date, month, and year when the computer is in sleep mode.

CLOCK: Displays current time when the computer is in sleep mode.

TEMPERATURE: Displays current room temperature from 50°F to 140°F when the computer is in sleep mode.

OPERATION

1. Power on – Install 2 pieces of 1.5V UM-3 or AA batteries. The computer starts the segment test with a long beeping sound. (When the batteries are removed, all the function values will be reset to zero or default value.)
2. Set current data – Press the SET & MODE buttons to set up current clock time, year, month, and date. After the first setting and until the batteries need to be replaced, the preset data will be updated automatically.
3. Select and preset target value – Get access to the setting function of Time, Distance, Calories, and Target Pulse. When you are in TIME setting mode, the value will flash, and you can press SET button to adjust the value. Press MODE button for confirmation and skip to next setting. The setting of Distance, Calories, and Target Pulse is the same as Time setting.
4. After entering the speed signal, each function of SPEED-RPM-TIME-DISTANCE-CALORIES-PULSE will display every 6 seconds.
5. You can press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will display every 6 seconds.
6. If you have preset any function target before, the function starts to count down from the target when the training starts. Once target is achieved, the computer will beep, and the function will count from zero automatically if training continues.
7. Pulse measurement – After holding onto the pulse sensors for a few seconds, the computer will show your current heart rate in beats per minute. To ensure the heart rate readout is precise, please hold the pulse sensors with both hands. You may preset target pulse before training starts. Once your current heart rate is achieved, the computer will beep to notify you.
8. Recovery – When the PULSE is working, you can press “RECOVERY” button to start the recovery test function. The computer will count down from 0:60 second to 0:00 and the heartbeat symbol will flash until the countdown reaches “0:00”. For the 60 seconds counting period, please keep both hands on the pulse sensors. The screen will display “F1 to F6” to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to

improve your heart rate recovery status and check it by using the Recovery function.

9. Body Fat -

9-1. Press the BODY FAT key to enter body fat measurement.

9-2. Press MODE & SET buttons to input your personal data. Each personal data available is described as the following:

AGE: 10 ~ 99 years HEIGHT: 100 ~ 250 cm (3'03" ~ 8'02") WEIGHT: 10 ~ 200 kg (22 ~ 440 lbs)

9-3. After all personal data has been entered, you can press the BODY FAT button and hold pulse sensors to start the body fat testing.

9-4. It takes a few seconds to test the body fat. If you did not hold onto the pulse sensors during the testing procedure, the LCD will show the error sign Err after 10 seconds period.

9-5. After testing is finished, you will see a percentage and BMI figure (Body Mass Index) display on the main LCD in sequence by scan mode.

BODY FAT % : Calculated from your personal data to show the value from 5%~50%.

BMI: Calculated from your personal data to show the value from 1.0~99.99.

9-6. Press any key except SET to return to the main display.

Note:

1. If training stops for 4 minutes, the screen will show room temperature, clock, and calendar display automatically.
2. If the computer has not received any speed signal or key input for one minute, the LED backlight will turn off automatically. Any speed signal or key input can turn on the LED backlight automatically.
3. If the computer display is abnormal, please re-install the batteries and try again.
4. Battery Spec: 1.5V UM-3 or AA (2PCS).

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer.	<ol style="list-style-type: none">1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the front post.2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.3. The batteries in the computer may be unresponsive. Change to new batteries.
The bike wobbles when in use.	Turn the end cap on the rear stabilizer as needed to level the bike.
The bike makes squeaking noise when in use.	The bolts may have become loose on the bike. Please inspect all the bolts and tighten any loosened bolts.

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