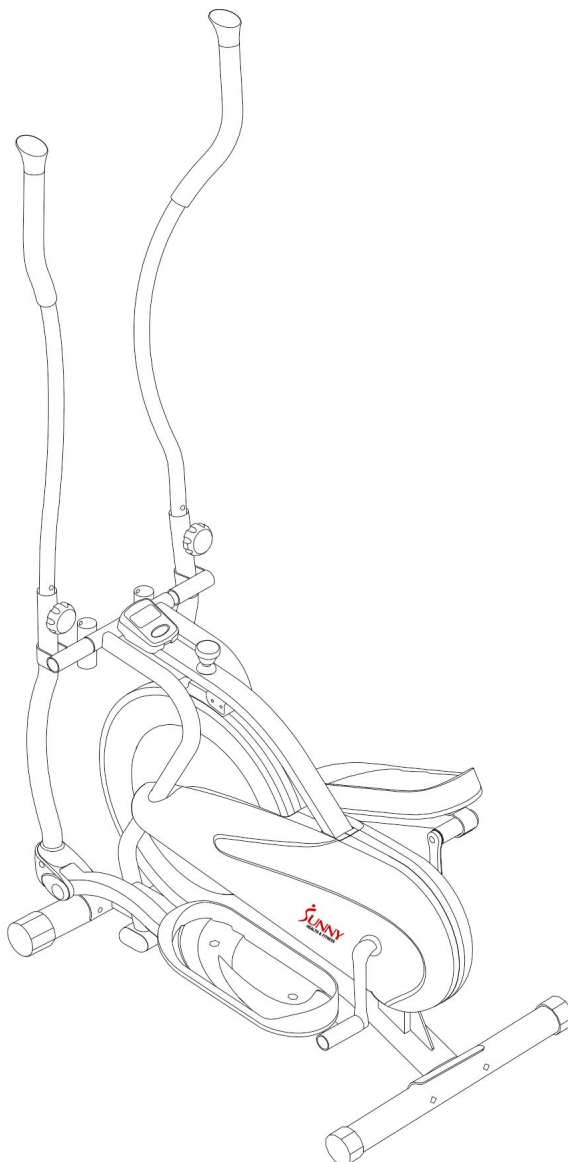




FLYWHEEL ELLIPTICAL TRAINER

USER MANUAL

SF-E1405

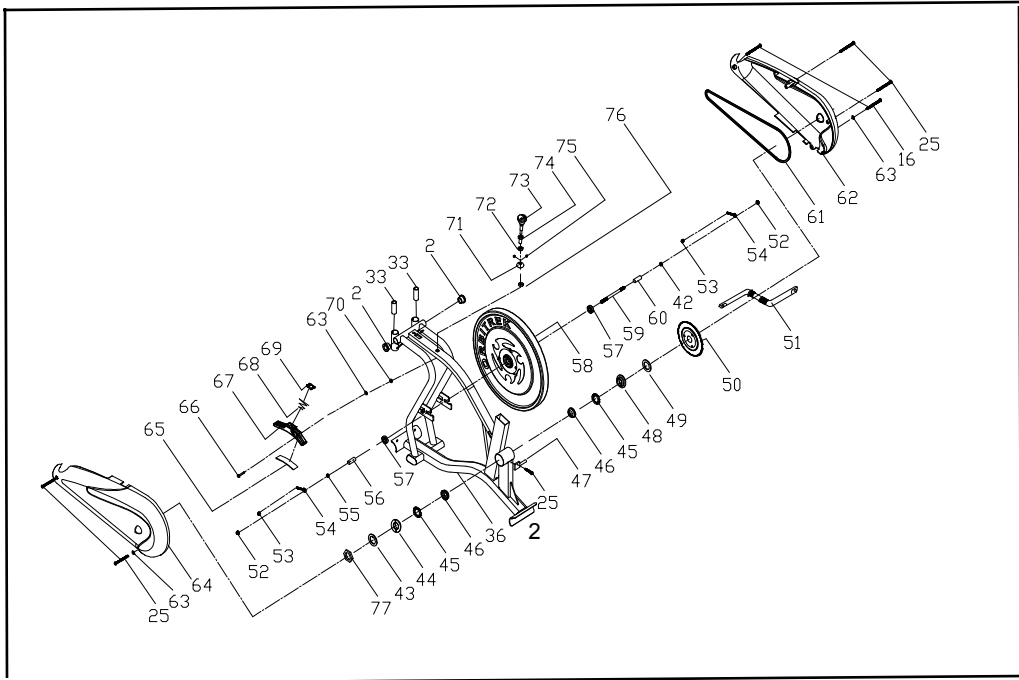


IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

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 assured 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 any medication that may affect 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 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. It is recommended that you lubricate all moving parts on a monthly basis.
7. 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, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the equipment.
10. The maximum weight capacity of this unit is 220 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. 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.
14. This equipment is designed for indoor use only! It is not intended for commercial use!

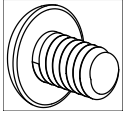
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PARTS LIST

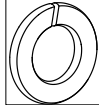
NO	PART	SPEC	QUANTITY
1	LEFT HINGE BOLT	Φ16*112, 1/2"	1
2	BUSHING 1	φ28*φ16*16	10
3	SPRING WASHER	1/2"	2
4	LEFT LOCK NUT	1/2"	1
5	ADJUSTABLE END CAP	62*42	2
6	CARRIAGE BOLT	GB/T 12-1988 M8X62	4
7	REAR STABILIZER		1
8	RIGHT LOCK NUT	1/2"	1
9	RIGHT HINGE BOLT	Φ16*112, 1/2"	1
10	LOCK NUT	GB/T 889.1-2000 M8	5
11	FLAT WASHER	GB/T 95-2002 8	5
12	ARC WASHER	φ8	4
13	DOMED NUT	GB/T 802-1988 M8 (H=16mm)	4
14	HEX HEAD BOLT 1	GB/T 5780-2000 M8*50	4
15	END CAP 1	60*30*1.5	2
16	SCREW 1	GB/T 15856.1-2002 ST4.2X19	9
17	LEFT HANDLEBAR COVER (L)	99*80*39	1
18	BUSHING 2	φ18*φ10*10	4
19	LEFT PEDAL TUBE	WEDLING	1
20	RIGHT HANDLEBAR COVER (L)	99*80*39	1
21	RIGHT PEDAL TUBE	WEDLING	1
22	RIGHT HANDLEBAR COVER (R)	99*80*39	1
23	PEDAL	346*150*55	2
24	FRONT STABILIZER	WEDLING	1
25	SCREW 2	GB/T 845-1985 ST4.2*19	6
26	HEX HEAD BOLT 2	GB/T 5780-2000 M10*55	2
27	LEFT CONNECTING TUBE	WEDLING	1
28	FRONT END CAP	φ50*1.5	2
29	RIGHT CONNECTING TUBE	WEDLING	1
30	HINGE SCREW	3/8"*20	2
31	SPRING WASHER	φ11.5*φ19.5*3	2
32	D SHAPER WASHER	δ5(φ28*5)	2
33	PLASTIC SLEEVE 1	Φ32*1.5	4
34	LOCKING KNOB 1	M8*38	4
35	ARC WASHER	GB/T 955-1987 (d1=16 D=26 s=0.3)	2
36	MAIN FRAME	WEDLING	1
37	FOAM GRIP 1	φ33*φ23*280	2
38	LEFT HANDLEBAR		1
39	END CAP 2	25X1.5	2
40	RIGHT HANDLEBAR		1
41	LEFT HANDLEBAR COVER (R)	99*80*39	1
42	SPINDLE BAR	Φ15.8*373(3/8"	1
43	WASHER (L)	Φ35*22.8*2	1

NO	PART	SPEC	QUANTITY
44	FIXING WASHER (L)	7/8"	1
45	COLLAR BALL/COLLAR HOUSING	Φ44.5(P	2
46	COLLAR HOUSING	Φ55.5*16	2
47	SENSOR	L= 1000	1
48	FIXING WASHER (R)	15/16"	1
49	WASHER (R)	Φ40*2.5	1
50	CHAIN WHEEL	d=3.2,P=6.35,,Z=100	1
51	CRANK	Φ16*140	1
52	FIXING NUT 1	GB/T 6177.2-2000 M10*1.0	2
53	NUT	GB/T 41-2000 M6	2
54	FIXING BOLT	M6*55	2
55	FIXING NUT 2	GB/T 6173-2000 M10*1.0 (H=5.0mm)	4
56	LONG FIXING TUBE	φ14*φ10.2*8.5	2
57	BEARING	6000ZZ	2
58	FLY WHEEL	φ460*80	1
59	FLYWHEEL SHAFT	φ10*149	1
60	SHORT FIXING TUBE	φ14*8.5	1
61	CHAIN	d=3.2,P=6.35,P=204	1
62	RIGHT CHAIN COVER	690*285*98.4	1
63	FLAT WASHER	GB/T 95-2002 5	3
64	LEFT CHAIN COVER	690*285*92.4	1
65	WOOLLY BLOCK	113*25*5	1
66	HEX HEAD BOLT	GB/T 5780-2000 M5*35	1
67	PLASTIC FRAME	200*47*30	1
68	SPRING	φ2.2	1
69	RUBBER/SPRING COVER	35*23.5*6	1
70	LOCK NUT	GB/T 889.1-2000 M5	1
71	RUBBER COVER	φ32*10	1
72	NUT	GB/T 6173-2000 M14*1.5 (H=7mm)	1
73	PALSTIC KNOB NUT	φ40*75	1
74	ADJUSTABLE NUT	φ15*30	1
75	LEFT LITTLE COVER	φ6*4.7	2
76	DOMED NUT	GB/T 802-1988 M6	1
77	NUT	7/8"	1
78	PART #A Allen Wrench	6mm,	1
79	Part #B Allen wrench	8mm,	1

HARDWARE PACKAGE



(#30)
Hinge Screw
3/8"*20
2 PCS



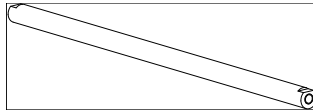
(#31)
Spring Washer
Ø19.5*Ø11.5*3 – 2 PCS



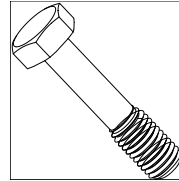
(#32)
D Shape Washer
Ø28*5 – 2 PCS



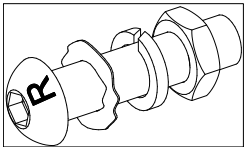
(#35) Wave Washer
Ø26*Ø16*0.3
4 PCS



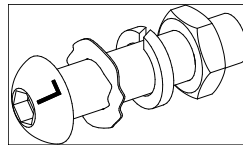
(#42) Spindle Bar
1 PC



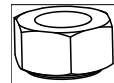
(#14) Bolt M8*50
4 PCS



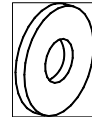
(#9) Right Hinge Bolt
Ø16*112 – 1 PC
(#3) Spring Washer
Ø20xØ13x2 – 1 PC
(#8) Right Lock Nut
B0.5 – 1 PC
(#35) Wave Washer
Ø26*Ø16*0.3 – 1 PC



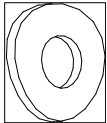
(#1) Left Hinge Bolt
Ø16*112 – 1 PC
(#3) Spring Washer
Ø20xØ13x2 – 1 PC
(#4) Left Lock Nut
B0.5 – 1 PC
(#35) Wave Washer
Ø28*Ø16*0.3 – 1 PC



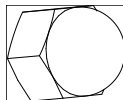
(#10) Nylon Nut M8*9
4 PCS



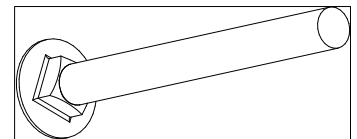
(#11) Flat Washer
2 PCS



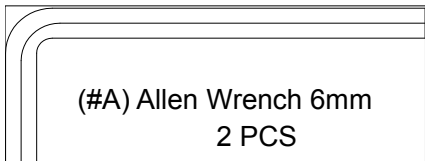
(#12) Curve Washer
Ø10*Ø25*1.5
4 PCS



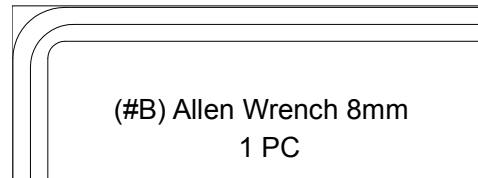
(#13) Domed Nut M10
4 PCS



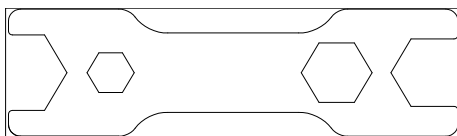
(#6) Bolt M10*62
4 PCS



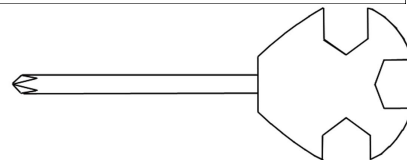
(#A) Allen Wrench 6mm
2 PCS



(#B) Allen Wrench 8mm
1 PC



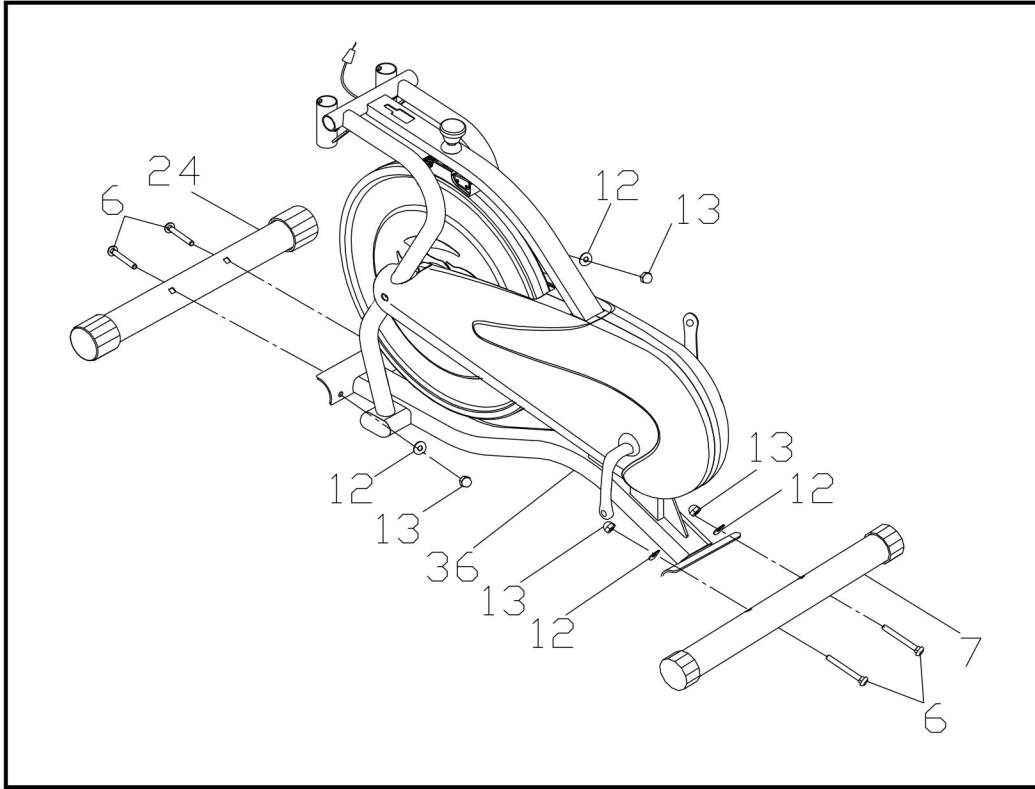
(#C) Multi-Hex Tool S19, S10, S13, S17
1 PC



(#D) Spanner S13, S14, S15
1PC

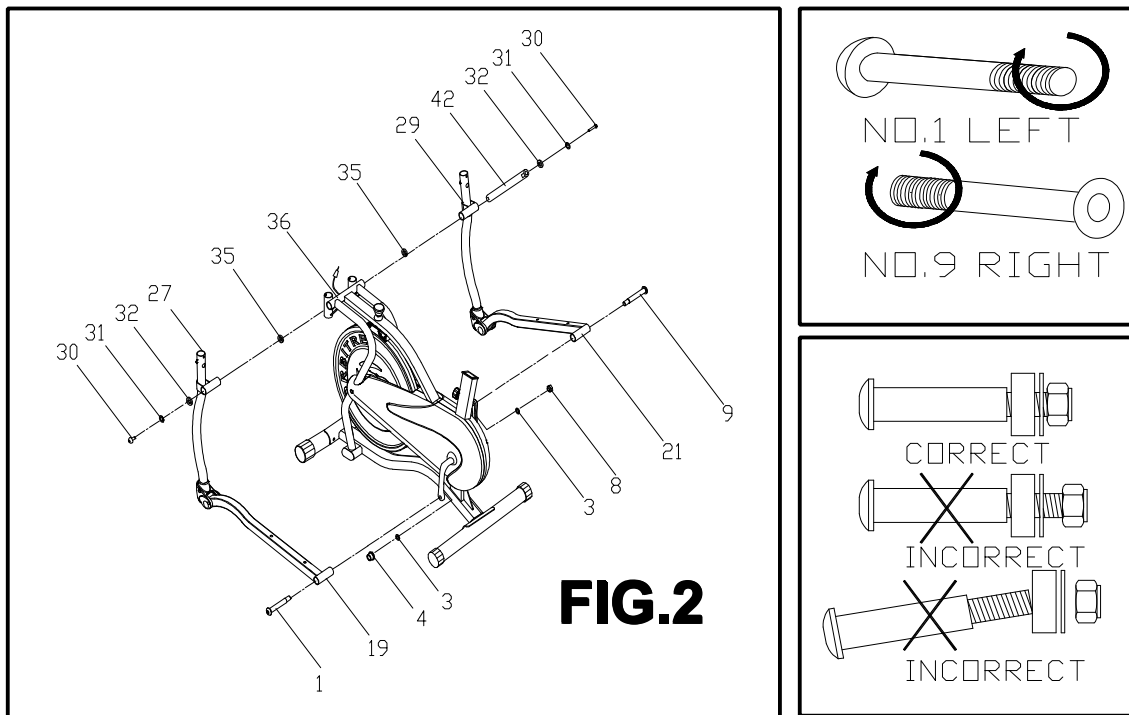
ASSEMBLY INSTRUCTIONS

STEP 1:



Attach the **Front Stabilizer (No. 24)** and the **Rear Stabilizer (No. 7)** to the **Main Frame (No. 36)** using 4 **Bolts (No. 6)**, 4 **Arc Washers (No. 12)** & 4 **Domed Nuts (No. 13)**.

Place the **Front Stabilizer (No. 24)** and **Rear Stabilizer (No. 7)** against the Main Frame (No. 36). Align the holes of the **Stabilizers (No. 24 & No. 7)** to the **Main Frame (No. 36)** and attach using 2 **Carriage Bolts (No. 6)**. Slip the two **Arc Washers (No. 12)** over the threaded portions of the **Carriage Bolts (No. 6)**. Place the two **Domed Nuts (No. 13)** over the **Arc Washers (No. 12)** and tighten down the **Domed Nuts (No. 13)** by hand then finish off with the **Multi-Hex Tool (No. C)**.



Insert the **Spindle Bar (No. 42)** through the **Right Swing Bar (No. 29)**, **Wave Washer (No. 35)**, through the **Main Frame (No. 36)** and through to the other side to **Wave Washer (No. 35)** and **Left Swing Bar (No. 27)**. Attach 1 **D-Shape Washer (No. 32)**, 1 **Spring Washer (No. 31)**, and 1 **Hinge Screw (No. 30)** on both ends of the **Spindle Bar (No. 42)** then tighten the screws securely. **Note:** Before you tighten the **Hinge Screws (No. 30)**, ensure the **D-Shape Washers (No. 32)** are fully on the **Spindle Bar (No. 42)**.

Insert the **Right Hinge Bolt (No. 9)** through the **Wave Washer (No. 35)** and the **Right Pedal Tube (No. 21)**. Screw the **Right Hinge Bolt (No. 9)** clockwise into the **Crank Arm (No. 51)** then slide the **Spring Washer (No. 3)** onto the **Right Hinge Bolt (No. 9)** and secure the bolt with the **Right Lock Nut (No. 8)**.

Repeat this assembly process for the left side.

***IMPORTANT NOTE:** The **Left Hinge Bolt (No. 1)** has reversed threading, when assembling, you must screw the **Left Hinge Bolt (No. 1)** counter-clockwise to tighten.

ATTENTION!

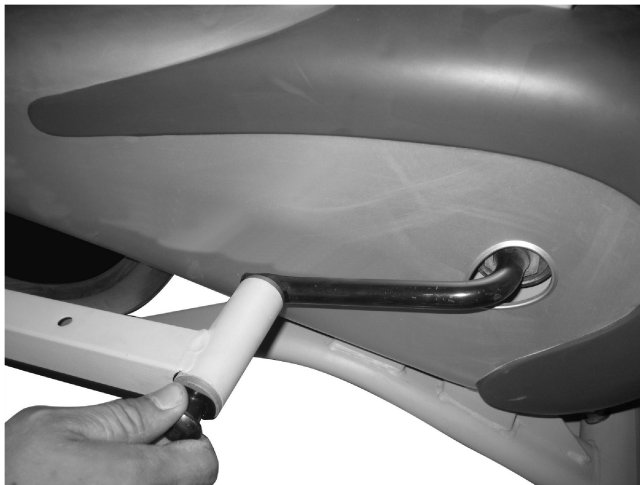
The **Right and Left Hinge Bolt (No. 9 & No. 1)** must fully penetrate the nylon ring inside the **Pedal Tube (No. 21 & No. 19)** & the **Right and Left Crank (No. 51)**. This will ensure the stability and durability of the Sunny Flywheel Elliptical Trainer.

In order to install hinge bolt properly, keep it perfectly straight as the bolt goes through the pedal tubing and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge and the crankshaft may occur.



TIPS:

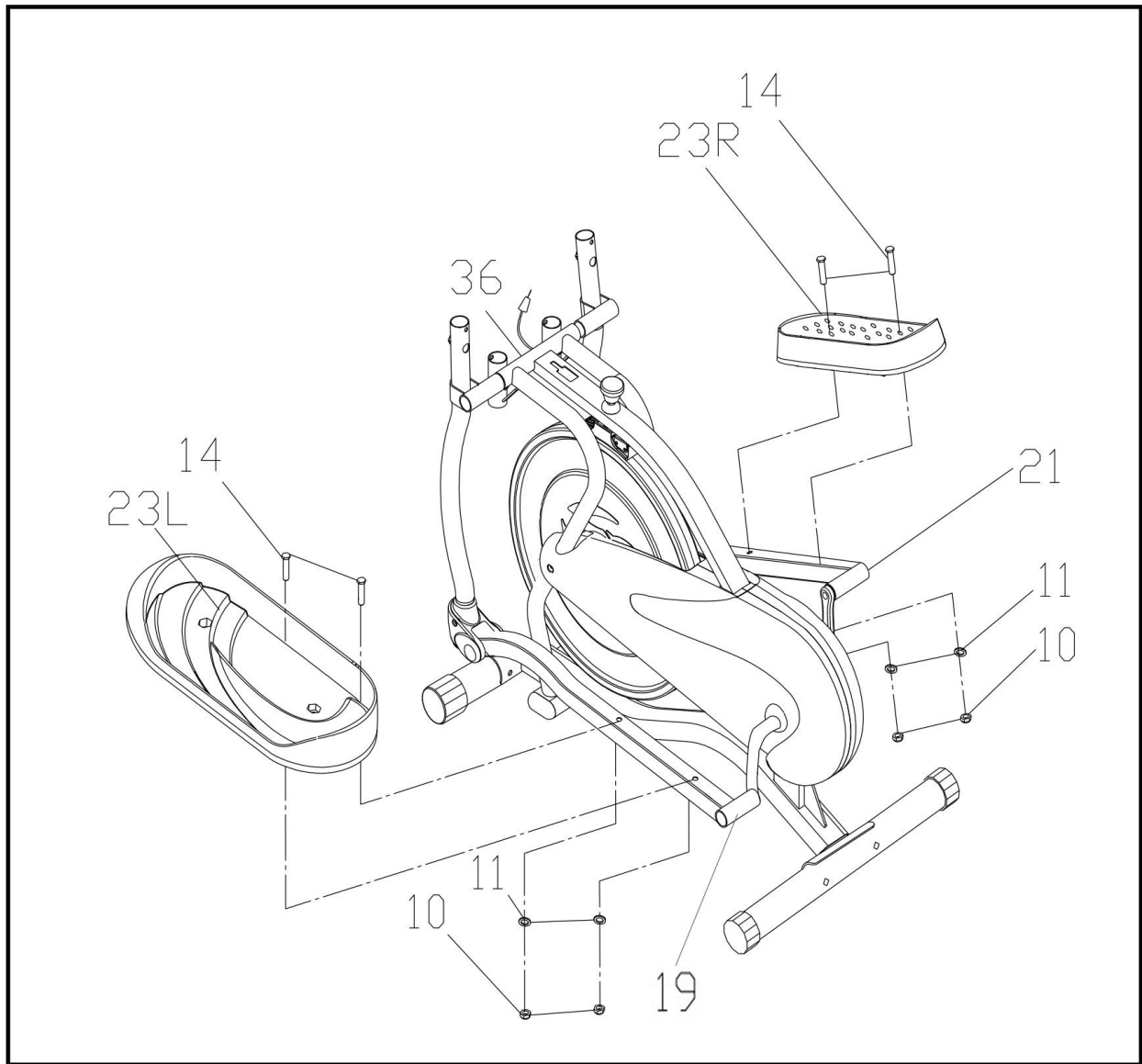
For an easy assembly of the **Right Hinge Bolt (No. 9)**, you may turn the **Crank (No. 51)** to the front to make it horizontal. Doing this will allow you to easily screw the **Right Hinge Bolt (No. 9)** into the hole of the **Crank (No. 51)**.



TIPS:

For an easy assembly of **Left Hinge Bolt (No.1)**, you can turn the **Crank (No. 51)** to the front to make it horizontal. Doing this will allow you to easily screw the **Left Hinge Bolt (No. 1)** into the hole of the **Crank (No. 51)**.

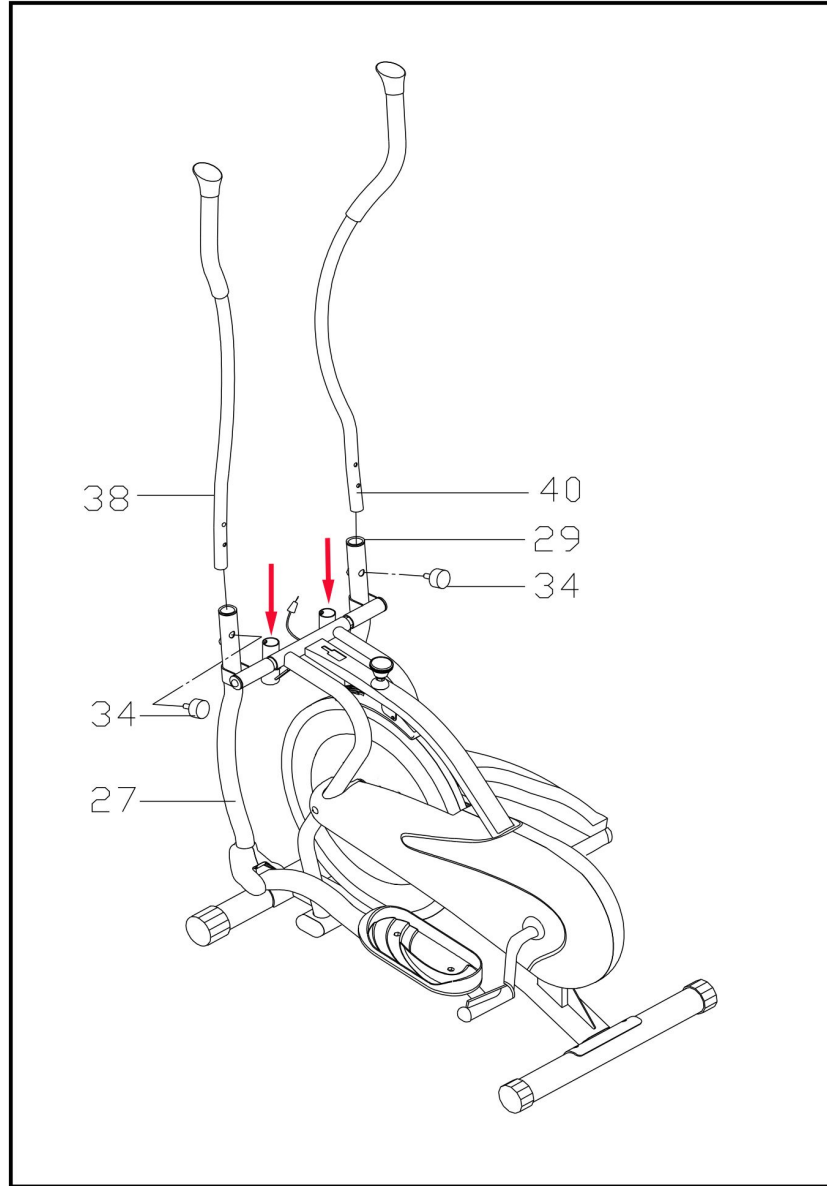
STEP 3:



Unscrew the **Lock Nuts (No. 10)** from the **Hex Head Bolt (No. 14)** before assembling the pedals. Attach the **Left Pedal (No. 23L)** and the **Right Pedal (No. 23R)** to their corresponding **Pedal Tube (No. 19 & No. 21)**.

Line up the holes in the pedal with the holes on the pedal tube. Insert the **Hex Head Bolt (No. 14)** through the holes. Slide the **Flat Washer (No. 11)** and the **Lock Nut (No. 10)** over the **Hex Head Bolt (No. 14)** and tighten using **Spanner (No. D)**.

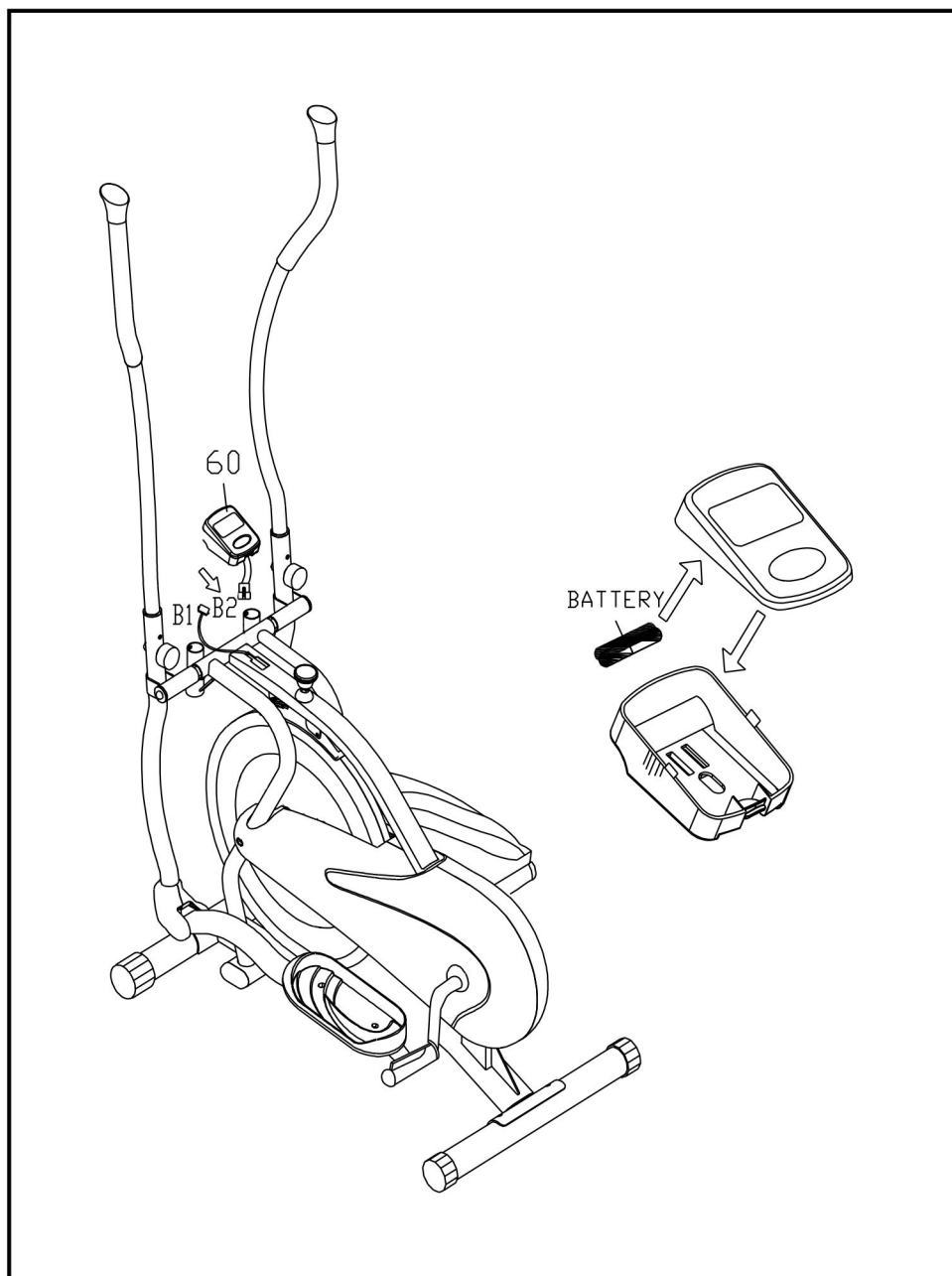
STEP 4:



Attach **Left & Right Handlebar (No. 38 & No. 40)** to the **Left & Right Swing Bar (No. 27 & No. 29)**. Locate the height that's comfortable for the user and make sure both handlebars are set at the same height. Lock each handlebar in place with **Lock Knob (No. 34)**

Next, attach the **Left & Right Handlebars (No. 38 & No. 40)** to the **Main Frame (No. 36)** as shown by the arrows above. Locate the height that is comfortable for the user and make sure both handlebars are set at the same height. Lock each handlebar in place with **Lock Knob (No. 34)**.

STEP 5:



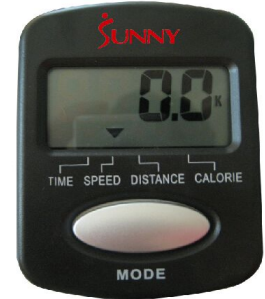
Connect the **Wire (No. B1)** from the front support tube to the **Computer Wire (No. B2)** then fix the **Computer (No. 60)** onto the hole of the **Main Frame (No. 36)**.

OPERATING THE EXERCISE METER

Our computerized meter on the Sunny Flywheel Elliptical allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display your Time, Speed, Distance, Calories, and Pulse. With our easy-to-use console, the user can efficiently track their fitness improvements from one workout to the next.

FUNCTION KEY:

1. **MODE:** To select your specification mode and/or turn on display console. Hold this button for 3 seconds to reset Time, Distance, and Calories.



FUNCTIONS AND SPECIFICATIONS:

1. **SCAN** -- Repeatedly displays all functions alternately (in the following order)
2. **TIME** -- Counts the total time elapsed (counts up to 99:59 MIN.)
3. **SPEED** -- Displays your current pedaling speed (00.00 up to 999.9 KM/H or MPH)
4. **DISTANCE** -- Measures the total distance traveled (0.00-999.99 Kilometer or Miles)
5. **CALORIES** -- The rate of calories burned per hour (0.0-999.9 KCAL)

HOW TO USE:

1. AUTO ON/OFF:

Begin pedaling or press the MODE button to turn on the meter. Once the meter is on, it will remain active while in motion. The meter will automatically turn off when it has reached approximately 4 minutes without any motion.

2. RESET:

To reset the meter, hold down the MODE button for 3 seconds. You can also reset the console by removing the batteries.

3. LOCK MODE:

In LOCK MODE, the console will only display the desired statistic. To select the LOCK MODE setting, press the MODE key when the pointer is on the function you wish to select.

4. **BATTERY/TROUBLESHOOT:** The display console uses two AA batteries. If the display appears improper or becomes difficult to read, please try installing new batteries before contacting our customer service.

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the meter.	<ol style="list-style-type: none">1. Remove the computer console and verify the wire that comes from the computer console is properly connected to the wire that comes from the main frame.2. Verify that the batteries are correctly positioned and are in proper contact with the battery springs.3. The batteries in the computer console may be dead, remove and replace with new.
The elliptical trainer makes a squeaking noise when in use.	<ol style="list-style-type: none">1. Check if all the bolts tightened to the elliptical trainer become loosened.2. Inspect moving parts to insure that they are properly lubricated.
The elliptical Trainer is not stable while in use.	<ol style="list-style-type: none">1. Inspect all the bolts on elliptical trainer have been tightened fully.2. Adjust the end cap (No.5) of the rear stabilizer to get a best result.

MAINTENANCE

CLEANING

The elliptical trainer 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 trainer after each use. Be sure that the computer display panel is not exposed to excessive moisture, as this could potentially cause an electrical hazard and/or electronics to fail.

Please keep the elliptical trainer, especially the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness weekly.

STORAGE

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

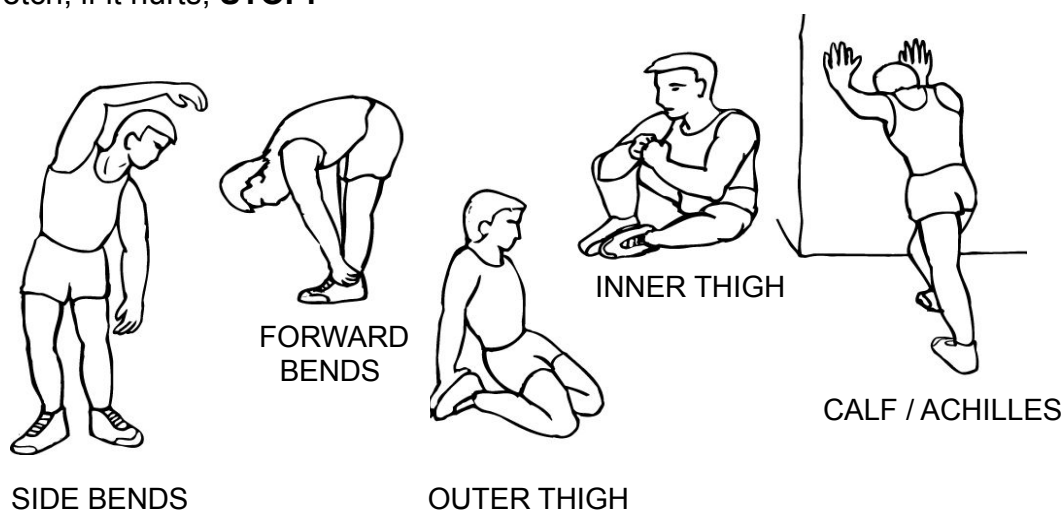
EXERCISE INSTRUCTIONS

NOTE

Using the Sunny Flywheel Elliptical Trainer provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

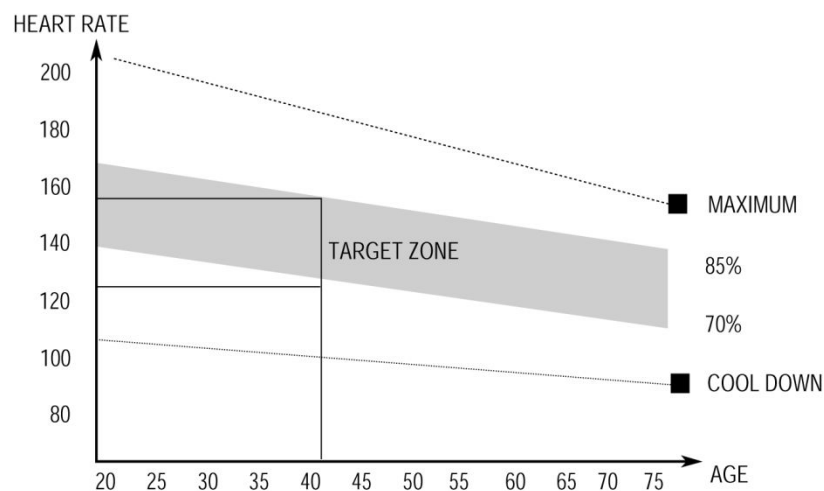
1. THE WARM-UP PHASE:

This stage helps to get the blood flowing around the body while also loosening and preparing the muscles for workout. This phase will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch, if it hurts, **STOP!**



2. THE EXERCISE PHASE:

Effort is the key in this phase. After regular use, the muscles in your legs will become stronger as a result the duration & intensity of your workouts may increase based on your body's tolerance to physical activity, when increasing physical activity it is very important to maintain a steady tempo throughout. The rate of work should be sufficient enough to raise your heart beat into the target zone shown on the graph below.



Physical activity during this stage should last for a minimum of 12 minutes, although for most people it will take about 15-20 minutes for their heart rate to reach the target zone.

3. THE COOL-DOWN PHASE:

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while using the (Sunny Flywheel Elliptical Trainer) you will need to set the resistance level to high, this will increase the strain on leg muscles which will result in shorter training sessions, as the work load being increased will decrease the time required for the muscles to obtain an adequate workout. If you're also trying to improve your fitness, you'll need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase the resistance should be increased in order to make your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

TENSION CONTROL

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the flywheel elliptical trainer is in use.