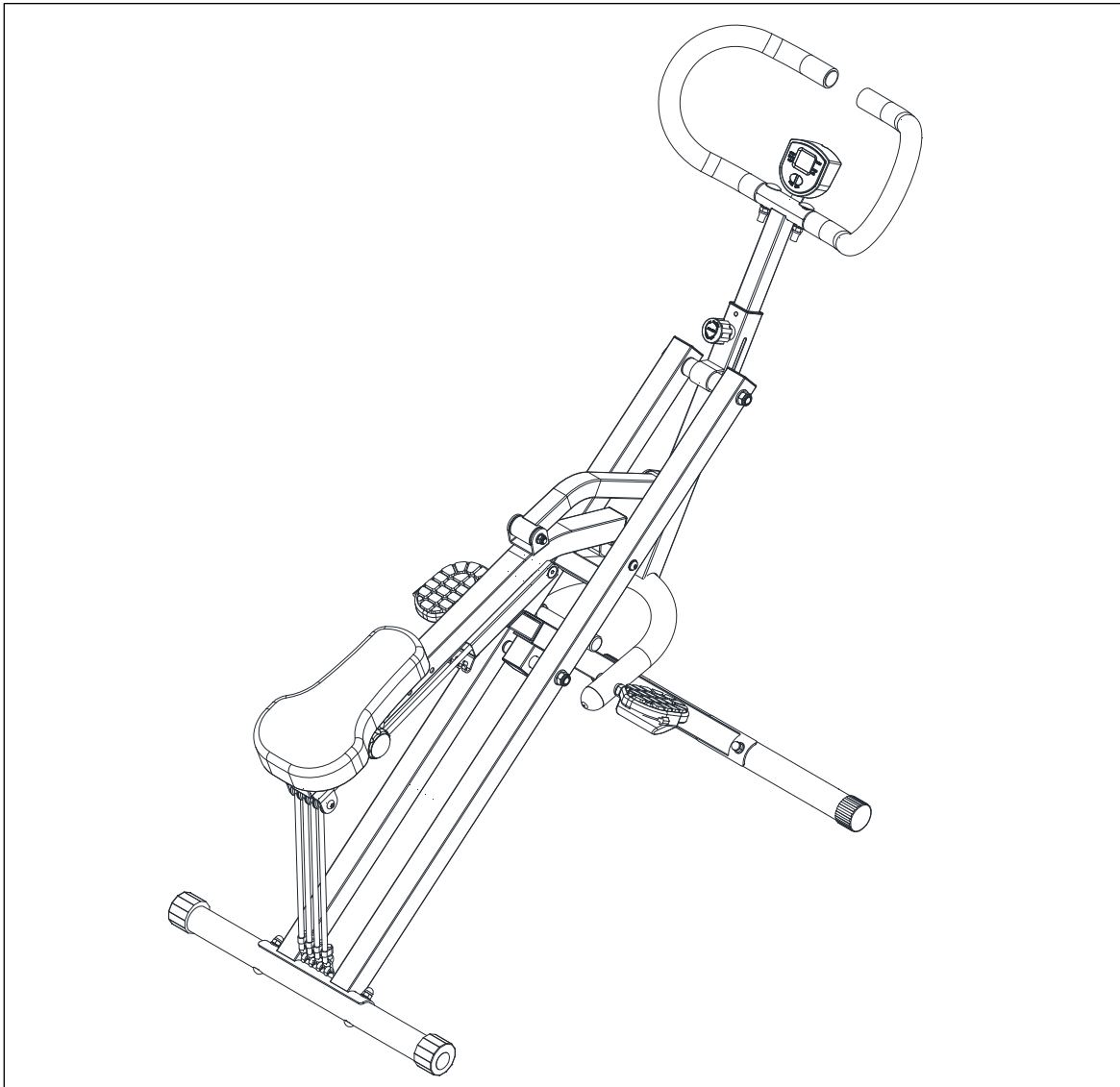




ROW-N-RIDE™ PLUS

NO. 077PLUS 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).



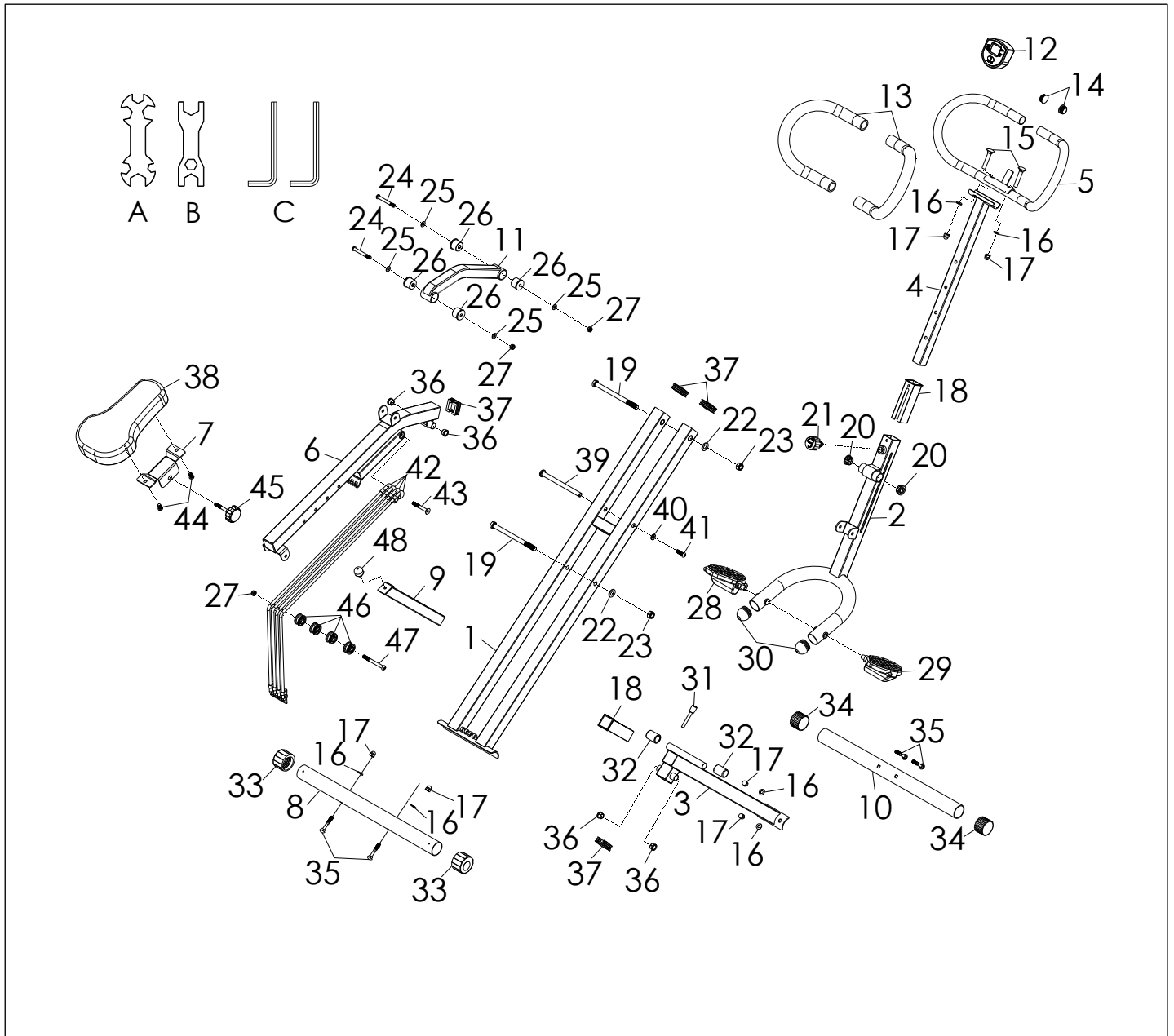
WWW.SUNNYHEALTHFITNESS.COM

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 300 pounds (135 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

	#24	M8*65	1PC		#45	M8	1PC
	#27	M8*13	1PC		A	S10 S13 S14 S15 S17 S19	1PC
	#25	OD16*ID8.5	2PCS		B	S13 S17 S19	1PC
	#35	M8*50	4PCS		C	S5	2PCS
	#16	OD16*ID8	4PCS		#17	M8*12	4PCS

PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	27	Locknut	M8*13	3
2	Pedal Connecting Tube		1	28	Left Pedal		1
3	Front Connecting Tube		1	29	Right Pedal		1
4	Handlebar Tube		1	30	Spherical Plug		2
5	Handlebar		1	31	Pin		1
6	Seat Connecting Tube		1	32	Plug	φ19	2
7	Fixed Iron Sheet		1	33	End Cap	φ42*1.5	2
8	Rear Stabilizer		1	34	End Cap	φ42*1.5	2
9	Seat Tube		1	35	Bolt	M8*50	4
10	Front Stabilizer		1	36	Bearing Sleeve	19*1.5	4
11	Connecting Tube		1	37	Plug	38*38*31.5	4
12	Meter		1	38	Seat Cushion		1
13	Sponge		2	39	Bolt	M12*151	1
14	Plug	φ25*1.5	2	40	Washer	d8	1
15	Bolt	M8*42	2	41	Screw	M8*25	1
16	Washer	OD16*ID18	6	42	Exercise Band		4
17	Nut	M8*12	6	43	Bolt	M8*60	1
18	Bushing		2	44	Screw	M8*16	2
19	Bolt	M12	2	45	Knob	M8	1
20	Bearing Sleeve	φ12.1	2	46	Plastic Wheel		4
21	Knob	M16	1	47	Bolt	M8*80	1
22	Washer	d12	2	48	Cushion	φ25	1
23	Nut	M12	2	A	Spanner	S10 S13 S14 S15 S17 S19	1
24	Bolt	M8*65	2	B	Spanner	S13 S17 S19	1
25	Washer	OD16*ID8.5	4	C	Allen Wrench	S5	2
26	Bearing Sleeve	φ8.2	4				

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

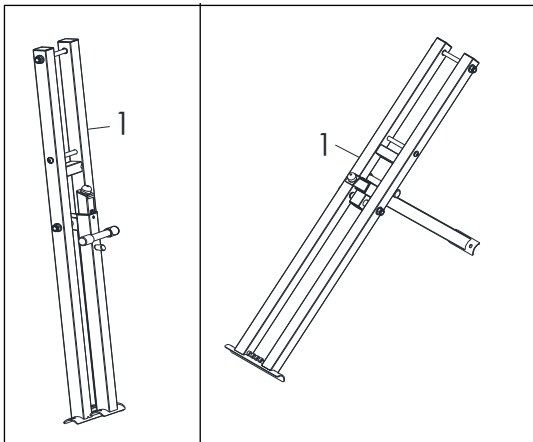
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

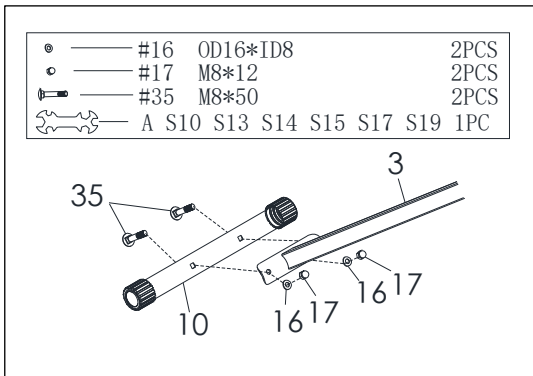
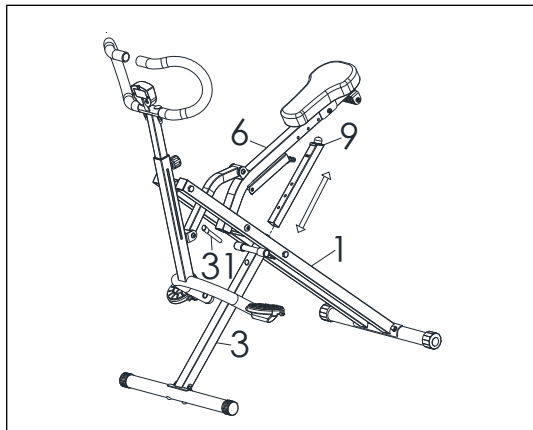
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Open the **Main Frame (No. 1)** as shown in the picture on the left.

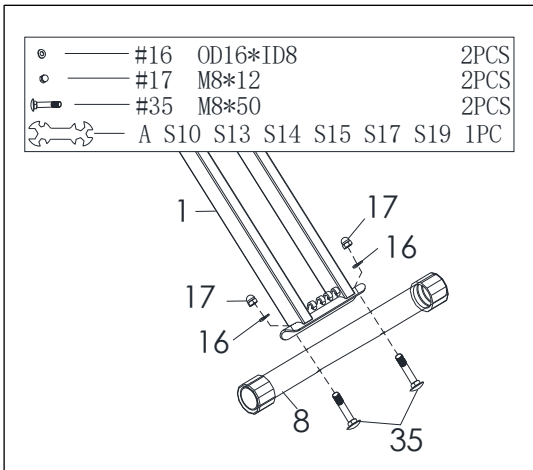
NOTE: The **Pin (No. 31)** has been inserted into **Front Connecting Tube (No. 3)**.



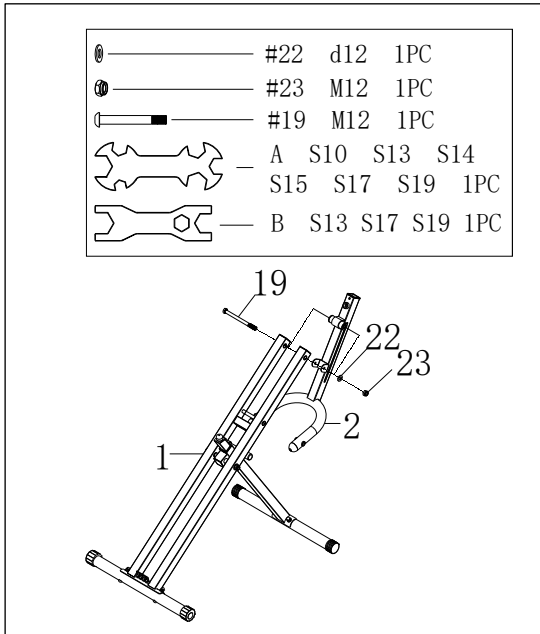
STEP 2:

Attach **Front Stabilizer (No. 10)** to **Front Connecting Tube (No. 3)** with 2 **Bolts (No. 35)**, 2 **Nuts (No. 17)** and 2 **Washers (No. 16)**. Tighten and secure with **Spanner (No. A)**.

Attach **Rear Stabilizer (No. 8)** to **Main Frame (No. 1)** with 2 **Bolts (No. 35)**, 2 **Nuts (No. 17)** and 2 **Washers (No. 16)**. Tighten and secure with **Spanner (No. A)**.

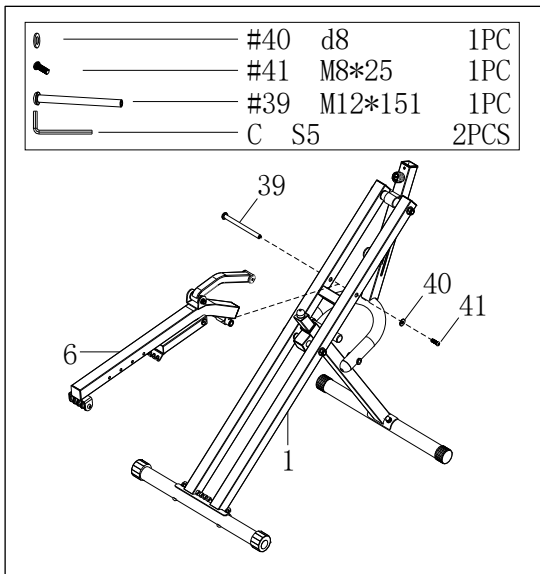


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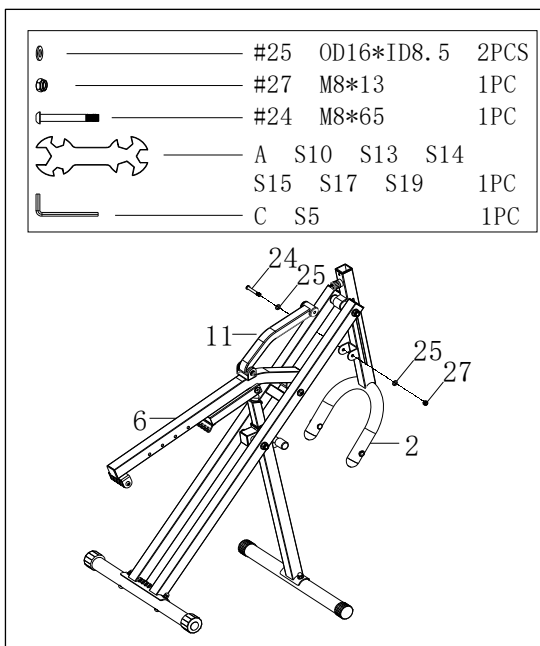
STEP 3:

Remove the **Bolt (No. 19)**, **Washer (No. 22)** and **Nut (No. 23)** from the **Main Frame (No. 1)**. Insert the **Pedal Connecting Tube (No. 2)** into the **Main Frame (No. 1)**. Then insert **Bolt (No. 19)** into **Main Frame (No. 1)** and secure the **Washer (No. 22)** and **Nut (No. 23)** using **Spanner (No. A & B)**.



STEP 4:

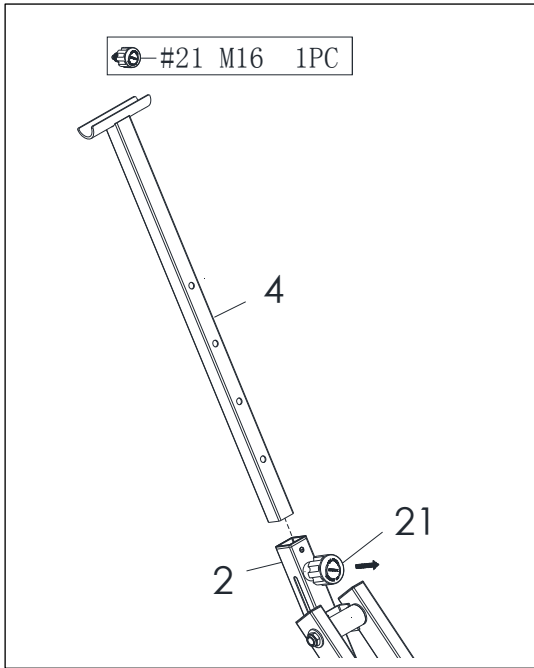
Remove the **Bolt (No. 39)**, **Washer (No. 40)** and **Screw (No. 41)** from the **Main Frame (No. 1)**. Insert **Seat Connecting Tube (No. 6)** into **Main Frame (No. 1)**. Then insert **Bolt (No. 39)** into **Main Frame (No. 1)**, use **Allen Wrench (No. C)** to hold the **Bolt (No. 39)** and use the other **Allen Wrench (No. C)** to secure the **Washer (No. 40)** and **Screw (No. 41)**.



STEP 5:

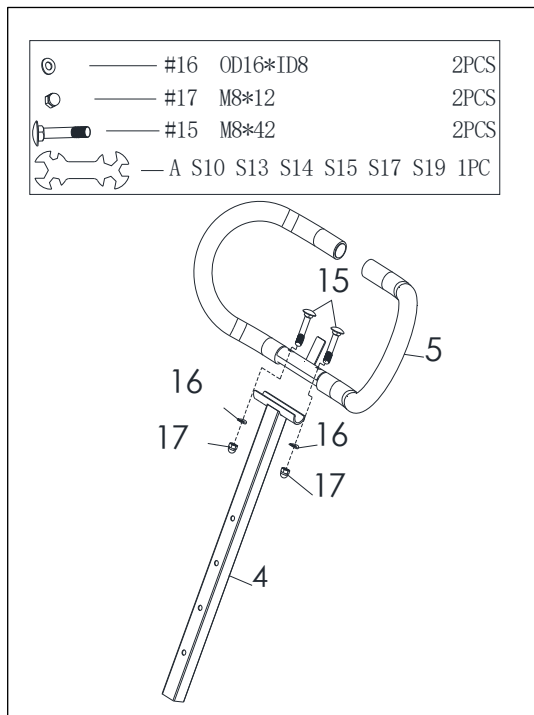
Take out the 2 **Washers (No. 25)**, **Bolt (No. 24)** and **Locknut (No. 27)** from hardware package. Insert **Connecting Tube (No. 11)** into the metal bracket slot of **Pedal Connecting Tube (No. 2)**. Tighten and secure **Bolt (No. 24)**, 2 **Washers (No. 25)** and **Locknut (No. 27)** by using **Spanner (No. A)** and **Allen Wrench (No. C)**.

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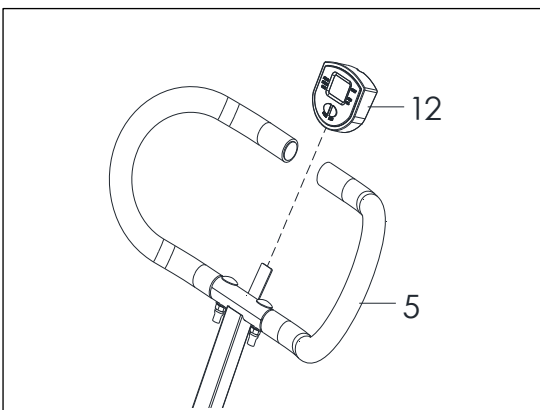
STEP 6:

Loosen and pull the **Knob (No. 21)** from the **Pedal Connecting Tube (No. 2)**. Insert **Handlebar Tube (No. 4)** into **Pedal Connecting Tube (No. 2)**. Then insert and secure with **Knob (No. 21)** after adjusting to proper height.



STEP 7:

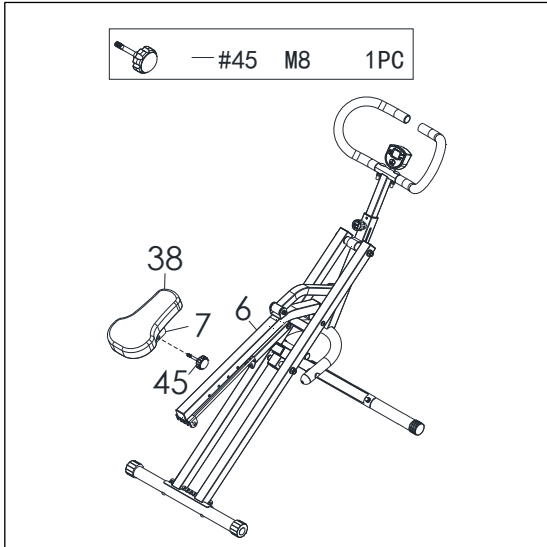
Remove preassembled 2 **Bolts (No. 15)**, 2 **Washers (No. 16)** and 2 **Nuts (No. 17)** from the **Handlebar (No. 5)** and attach the **Handlebar (No. 5)** to the **Handlebar Tube (No. 4)** using 2 **Bolts (No. 15)**, 2 **Washers (No. 16)** and 2 **Nuts (No. 17)** that were removed and secure with **Spanner (No. A)**.



STEP 8:

Insert the **Meter (No. 12)** onto the tab on the **Handlebar (No. 5)**.

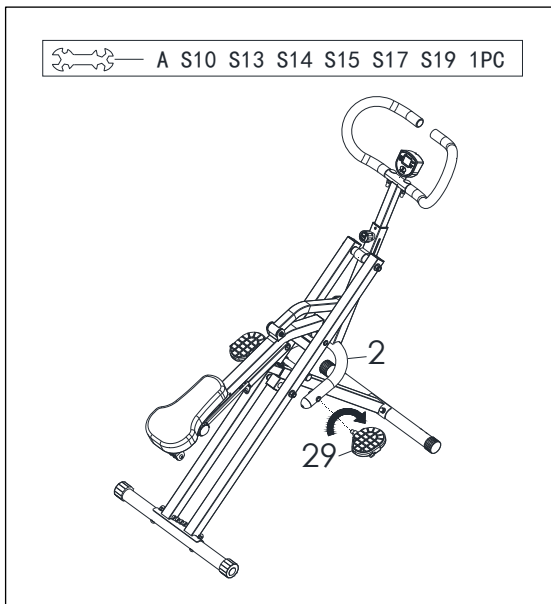
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STEP 9:

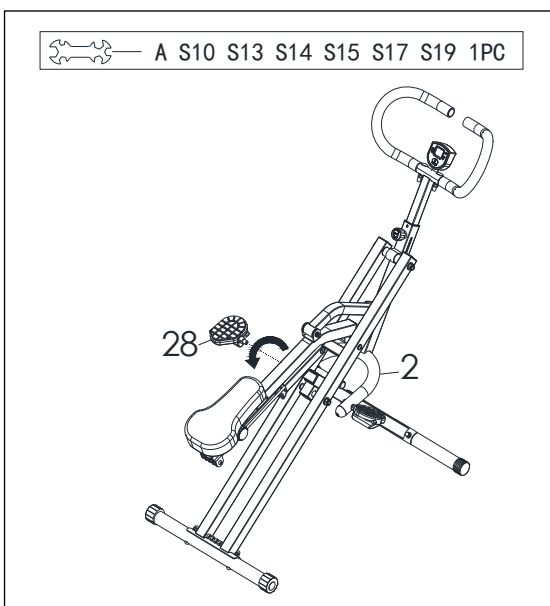
Take out the **Knob (No. 45)** from the hardware package.

Attach the **Fixed Iron Sheet (No. 7)** to the **Seat Connecting Tube (No. 6)**, adjust the **Seat Cushion (No. 38)** to your desired position, then tighten and secure with the **Knob (No. 45)**.

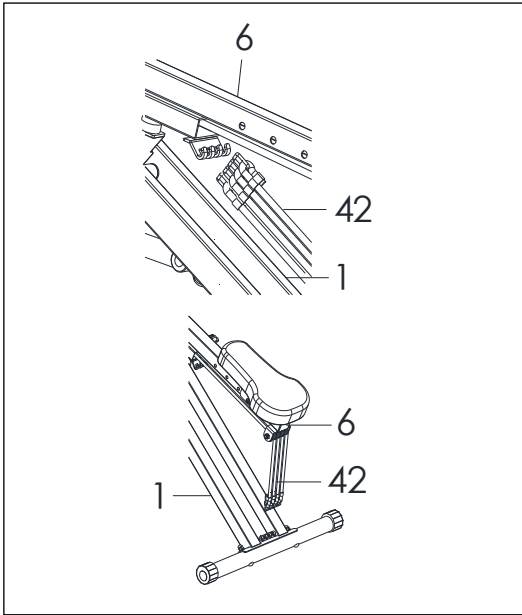


STEP 10:

Attach the **Left & Right Pedals (No. 28 & No. 29)** to the **Pedal Connecting Tube (No. 2)** and tighten **Left & Right Pedals (No. 28 & No. 29)** clockwise with **Spanner (No. A)**.



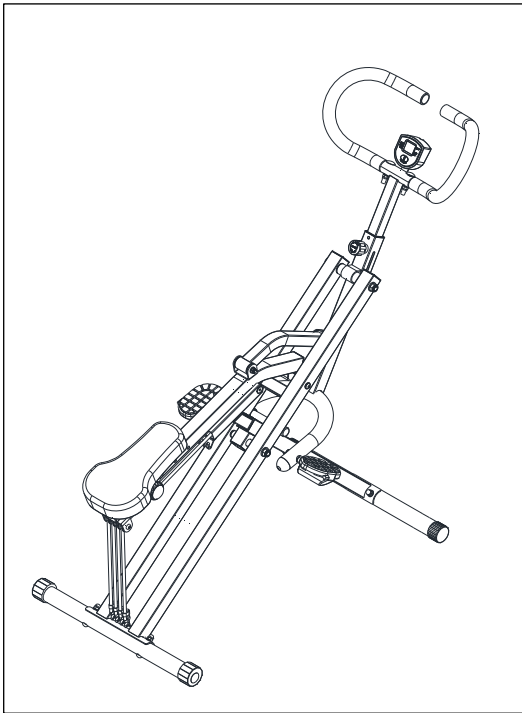
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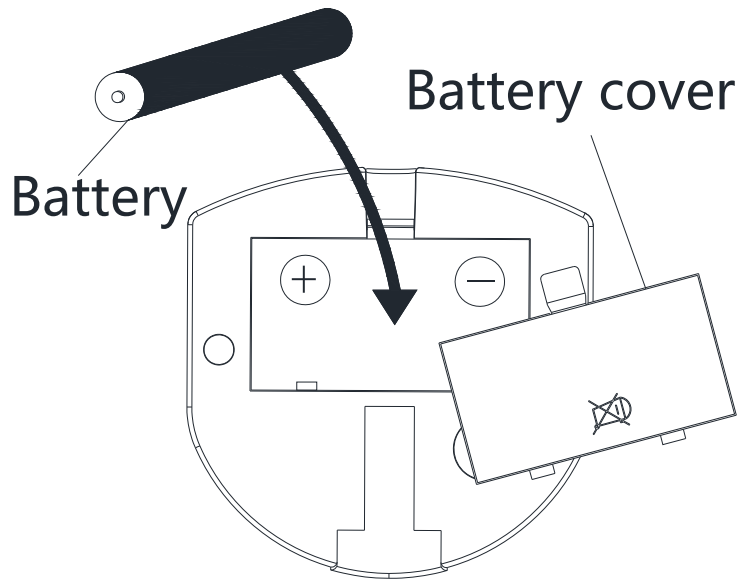
STEP 11:

Connect the **Exercise Bands (No. 42)** to the hooks on the **Main Frame (No. 1)**.

The assembly is complete!



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 1 AA battery from manual bag.
2. Press the buckle of battery cover on the **Meter (No. 12)**, then remove battery cover.
3. Install 1 AA battery into the battery case on the back of the **Meter (No. 12)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 12)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Meter (No. 12)**, then remove battery cover.
2. Remove the 1 old AA battery in the battery case and install 1 new AA battery into the battery case on the back of the **Meter (No. 12)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 12)**.

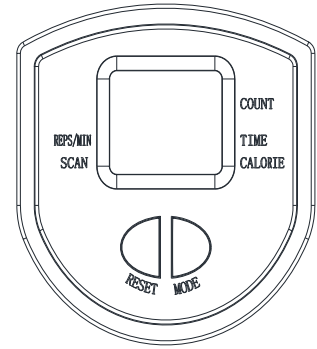
The replacement is complete!

NOTE: Dispose battery according to your state and regional guidelines.

EXERCISE METER

SPECIFICATIONS:

TIME-----00:00—99:59 MIN:SEC
COUNT-----0—9999 STROKES
CALORIE-----0—9999 KCAL
REPS/MIN -----0—9999 STOKES/MIN



KEY FUNCTIONS:

MODE/SELECT: To select the function you want. Hold the key for 4 seconds to have all function values reset (total reset).

RESET/CLEAR: To reset the value.

OPERATION PROCEDURES:

AUTO ON/OFF: The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will turn on when exercise starts or any key is pressed.

FUNTION:

TIME: Displays the workout time while exercising.

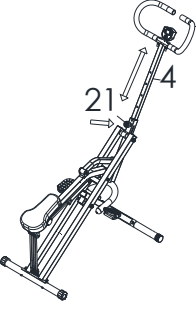
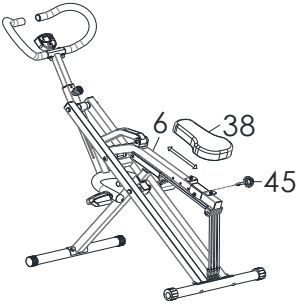
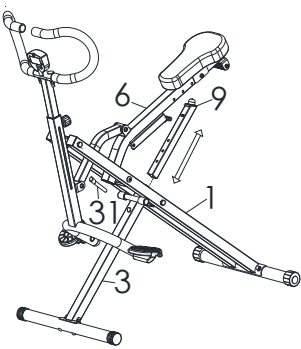
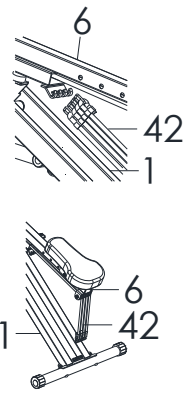
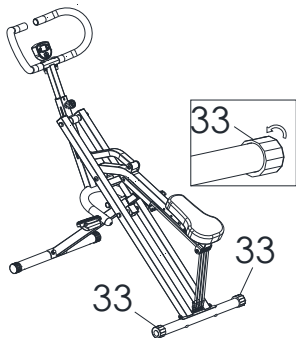
COUNT: Accumulate the strokes while exercising.

CALORIE: Display calories burned while exercising.

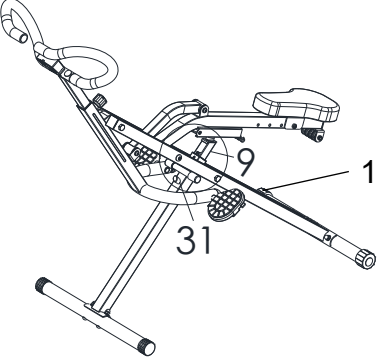
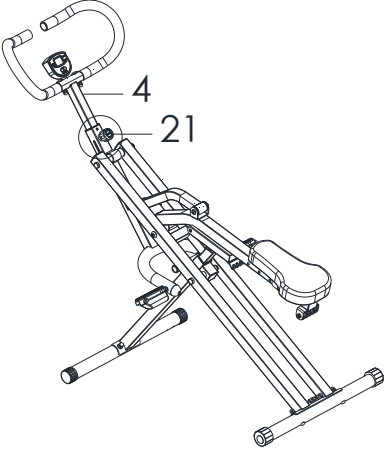
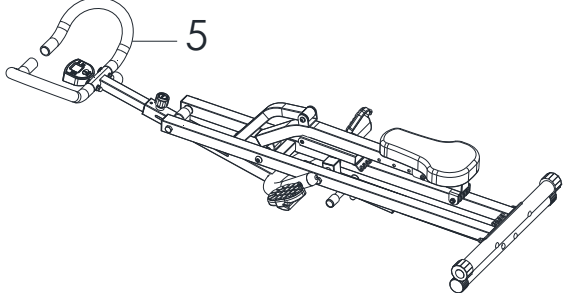
REPS /MIN: Display the strokes per minute while exercising.

SCAN: Automatically scan through each function between①TIME ②CALORIE ③REPS/MIN.

ADJUSTMENT INSTRUCTIONS

	<p>ADJUSTING THE HANDLEBAR</p> <p>Loosen the Knob (No. 21) and pull. Raise or lower the Handlebar Tube (No. 4) to desired height. Tighten the Knob (No. 21).</p>
	<p>ADJUSTING THE SEAT</p> <p>Loosen and remove the Knob (No. 45) located under the Seat Connecting Tube (No. 6). Move the Seat Cushion (No. 38) to desired position, then re-tighten the Knob (No. 45).</p>
	<p>ADJUSTING THE SEAT TUBE</p> <p>To adjust the Seat Tube (No. 9), lift the Seat Connecting Tube (No. 6). Remove the Pin (No. 31) from Front Connecting Tube (No. 3) and raise or lower the Seat Tube (No. 9) to desired position. Re-insert the Pin (No. 31) to secure. Then lower the Seat Connecting Tube (No. 6). Raising or lowering Seat Tube (No. 9) will change the difficulty of your exercise.</p> <p>NOTE: Make sure Exercise Bands (No. 42) are not hooked to Main Frame (No. 1) when adjusting the Seat Tube (No. 9). Do not extend the Seat Tube (No. 9) to pass "MAX" line.</p>
	<p>ADJUSTING THE EXERCISE BAND</p> <p>You can adjust the difficulty of your exercise by adjusting the Exercise Bands (No. 42). To reduce difficulty, unhook Exercise Bands (No. 42) from the Main Frame (No. 2) and connect the Exercise Bands (No. 42) to the hooks on the Seat Connecting Tube (No. 6).</p>
	<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. 33) located on the rear stabilizer until the bike becomes levelled with the floor surface.</p>

FOLDING INSTRUCTIONS

	<p>A. Adjust the Seat Tube (No. 9) to the lowest level by the Pin (No. 31).</p> <p>NOTE: Make sure Exercise Bands (No. 42) are not connected to Main Frame (No. 1) when folding.</p>
	<p>B. Adjust the Handlebar Tube (No. 4) to the lowest level by Knob (No. 21).</p>
	<p>C. Hold the Handlebar (No. 5) and fold the product.</p>

Version: 1.1

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