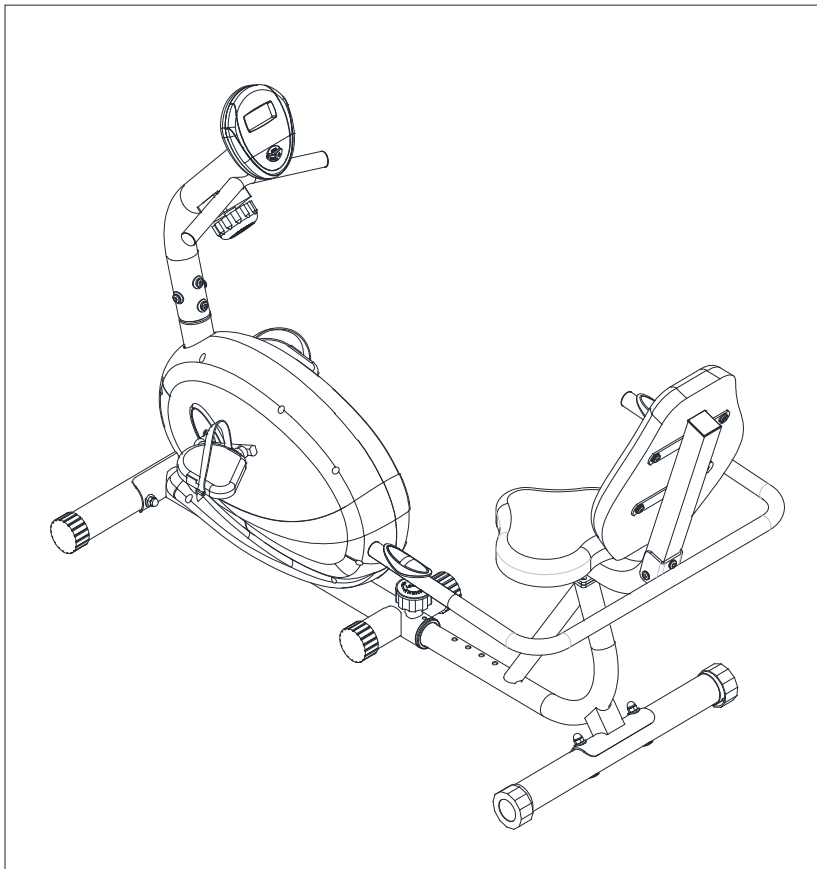




PINK MAGNETIC RECUMBENT BIKE

P8400

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).



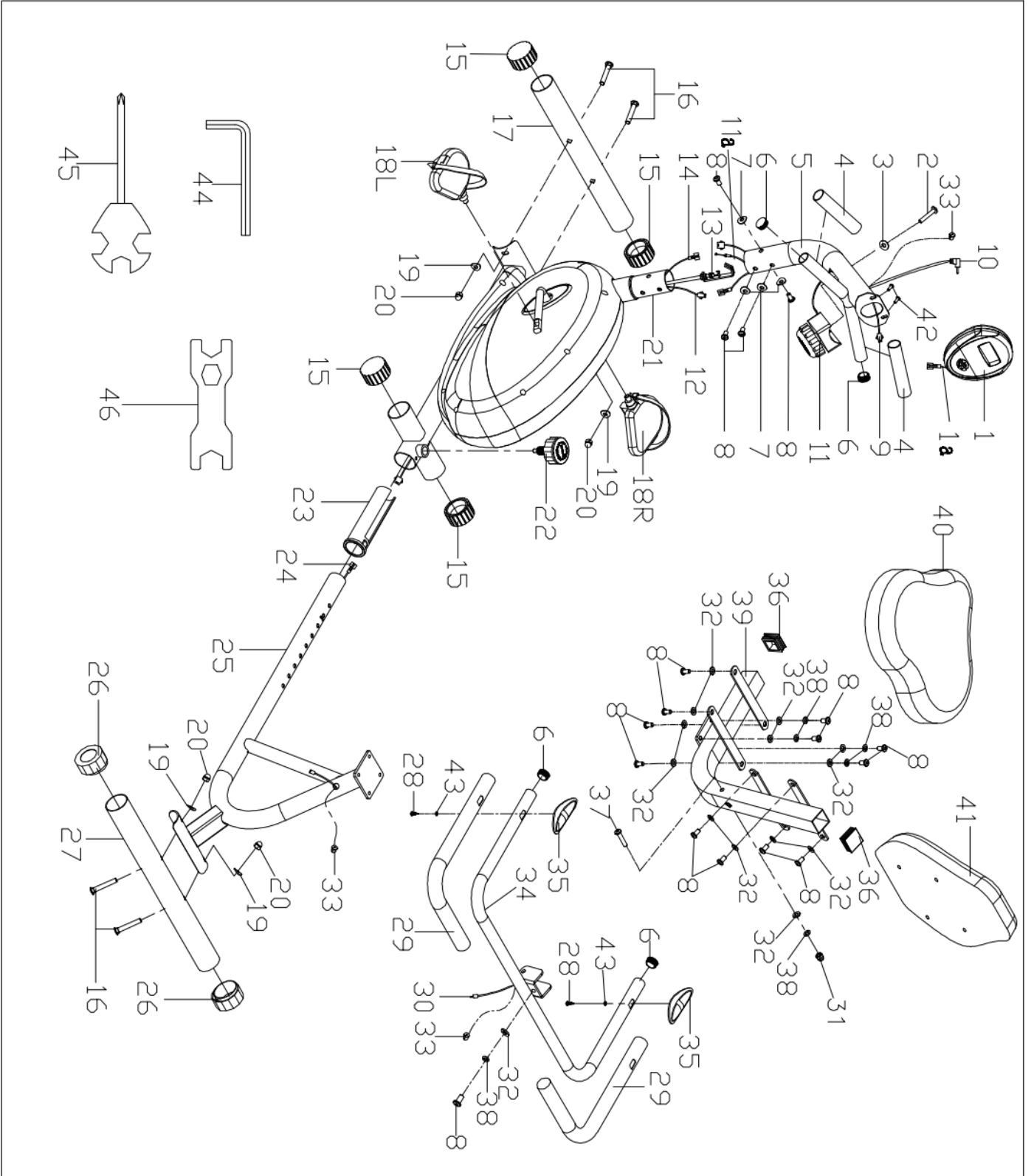
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

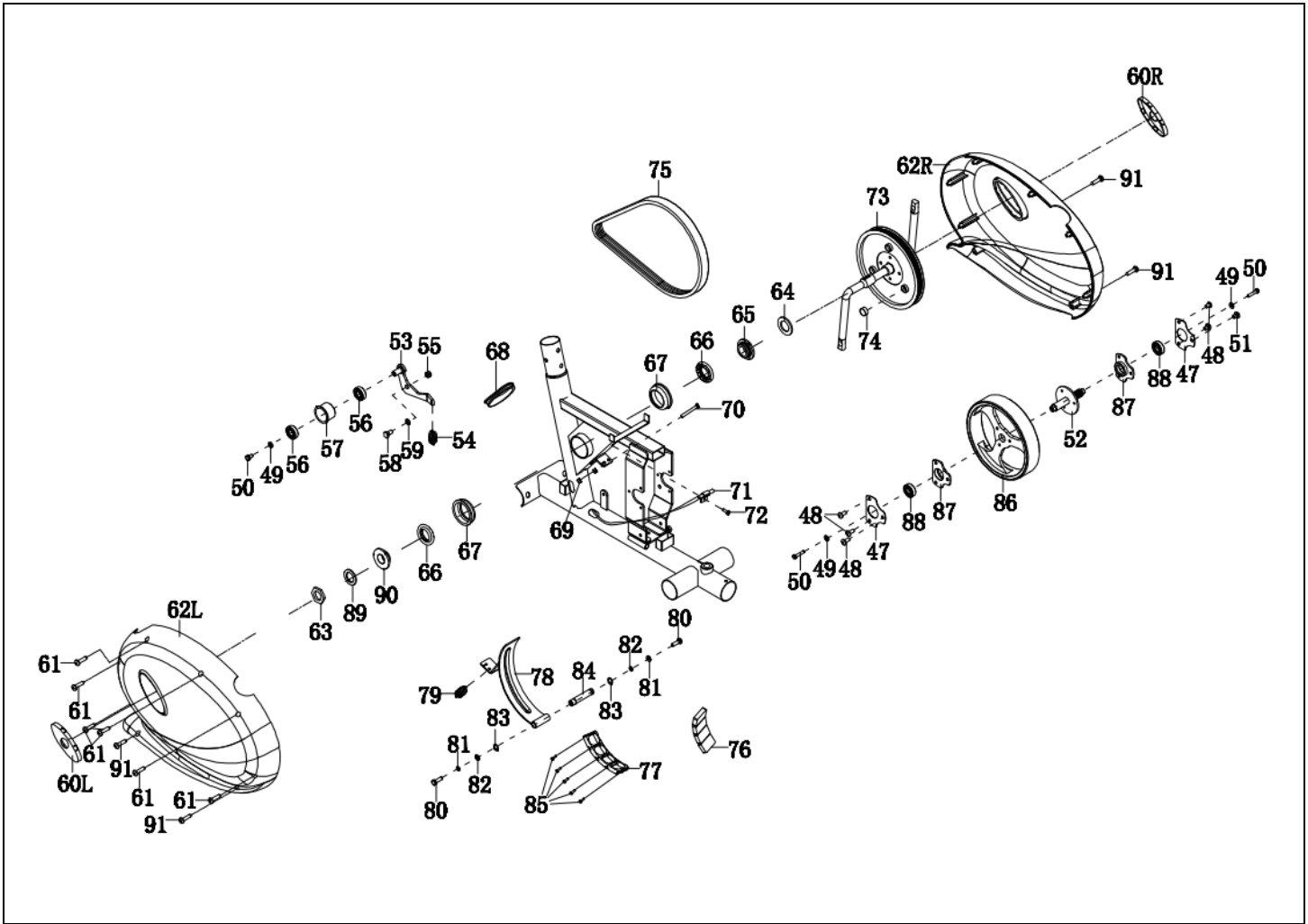
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 (60CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 220 pounds (100 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!

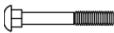










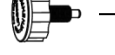

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



HARDWARE PACKAGE

	—————	#16 M10*60 4PCS		—————	#19 d10*Φ25*2*R30 4PCS
	—————	#37 M8*60 1PC		—————	#7 d8*Φ20*2*R30 4PCS
	—————	#8 M8*16 5PCS		—————	#32 d8*Φ16*1.5 2PCS
	—————	#20 M10 4PCS		—————	#38 d8 2PCS
	—————	#31 M8 1PC		—————	#22 M16*1.5*27 1PC
	—————	#46 S17-19 1PC		—————	#44 S6 1PC
	—————	#45 S13-14-15 1PC			

PARTS LIST

No.	Description	Spec.	Qty.
1	Computer		1
1a	Computer Wire		1
2	Screw	M5*15	1
3	Arc Washer	d5*Φ20*1*R30	1
4	Foam Grip	Φ23*5*120	2
5	Handlebar Post		1
6	End Cap	Φ25*16	4
7	Arc Washer	d8*Φ20*2*R30	4
8	Screw	M8*16	17
9	Sensor Wire A		1
10	Sensor Wire B		1
11	Tension Control Knob		1
11a	Tension Control Cable		1
12	Sensor Wire C		1
13	Tension Hook		1
14	Sensor Wire D		1
15	End Cap	Φ50	4
16	Bolt	M10*60	4
17	Front Stabilizer		1
18L/R	Pedal L/R		2
19	Arc Washer	d10*Φ25*2*R30	4
20	Nut	M10	4
21	Main Frame		1
22	Knob	M16*1.5*27	1
23	Bushing	Φ50	1
24	Sensor Wire E		1
25	Rear Main Frame		1
26	End Cap	Φ50	2
27	Rear Stabilizer		1
28	Screw	ST4*19	2
29	Foam Grip	Φ23*5*500	2
30	Handle Pulse Wire		1
31	Nut	M8	1
32	Washer	d8*Φ16*1.5	14
33	Grommet	Φ12*Φ11*3	3
34	Handlebar		1
35	Hand Pulse Sensor		2
36	End Cap	F38*38*1.5	2
37	Bolt	M8*60	1
38	Spring Washer	d8	6
39	Backrest Frame		1
40	Seat Cushion		1
41	Backrest Cushion		1
42	Screw	M5*10	2
43	Washer	d6*Φ12*1	2
44	Allen Wrench	S6	1
45	Spanner	S13-14-15	1

No.	Description	Spec.	Qty.
46	Spanner	S17-19	1
47	Fixing Plate	t1.5*56*72	2
48	Screw	M6*10*Φ12	5
49	Washer	d6*Φ16*1.5	3
50	Bolt	M6*12*S10	3
51	Screw	M6*8*Φ12	1
52	Inertial Axle		1
53	Idler Connecting Rod		1
54	Spring	Φ2*Φ12*60*N20	1
55	Nut	M8*H7.5*S13	1
56	Bearing	6001-2RS CXSH	2
57	Idler Wheel		1
58	Screw		1
59	Washer	D12*Φ17*0.5	1
60L/R	Crank Cap		2
61	Screw	ST4.2*19*Φ8	6
62L/R	Belt Cover		2
63	Hex Nut		1
64	Locking Washer	D26*Φ38*1	1
65	Locking Nut-Right		1
66	Open Face Bearing		2
67	Bearing Housing		2
68	Cap		1
69	Nut	M6*H5*S10	2
70	Bolt	M6*45*S10	1
71	Sensor Seat		1
72	Screw	ST4.2*10*Φ8	1
73	Crank with Belt Wheel		1
74	Round Magnet		1
75	Belt		1
76	Square Magnet	40*25*10	4
77	Magnet Locator		1
78	Magnetic Board		1
79	Spring	Φ1.5*Φ15*41*N8	1
80	Bolt	M6*16*S10	2
81	Spring Washer	D6	2
82	Washer	D6*Φ12*1.2	2
83	C Clip	D12	2
84	Axle for Magnetic Board		1
85	Screw	ST3*10*Φ5.6	5
86	Inertial Wheel		1
87	Bearing Seat		2
88	Bearing	6001-2RS C&U	2
89	Locking Washer		1
90	Locking Nut-Left		1
91	Screw	ST4.2*20	4

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

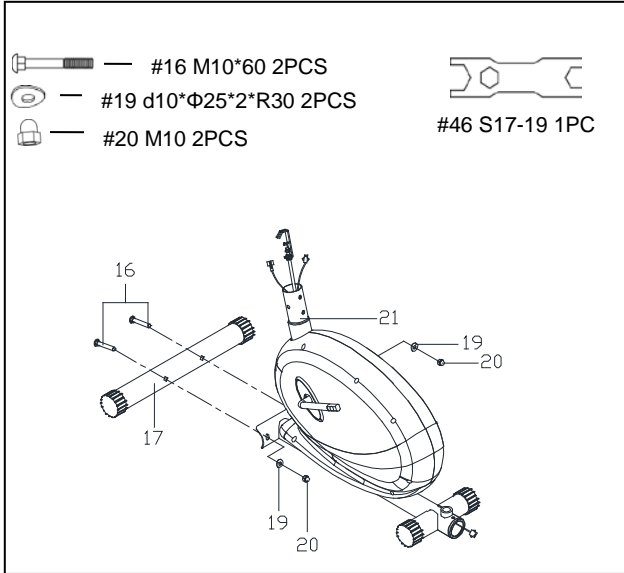
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

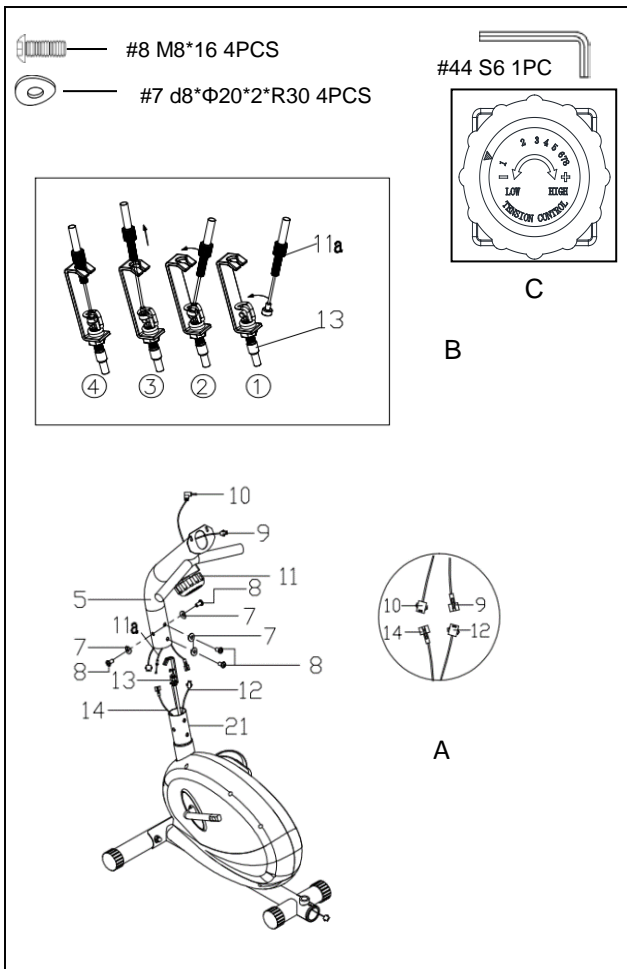
ASSEMBLY INSTRUCTIONS

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:

Secure **Front Stabilizer (No. 17)** to **Main Frame (No. 21)** with 2 **Bolts (No. 16)**, 2 **Arc Washers (No. 19)**, and 2 **Nuts (No. 20)**. Tighten and secure with **Spanner (No. 46)**.



STEP 2:

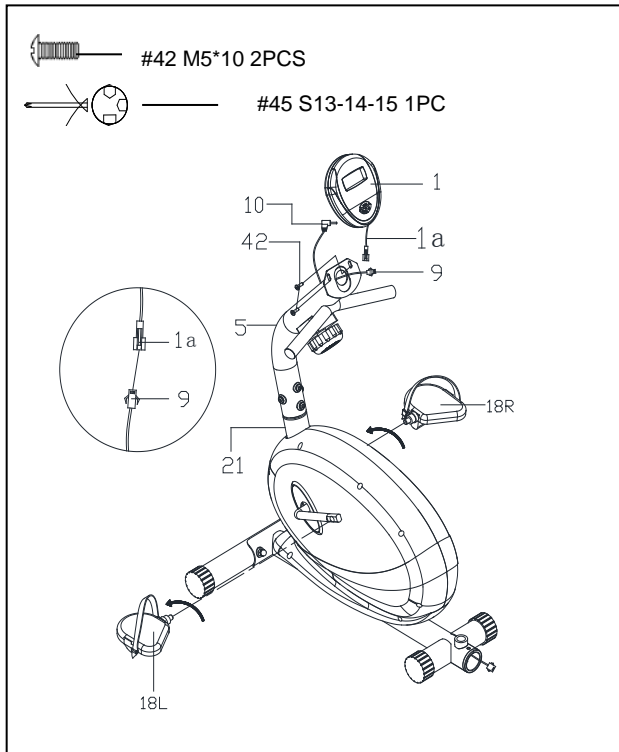
NOTE: Turn the **Tension Control Knob (No. 11)** all the way to the left (the lowest level of resistance). This provides the tension cable with the longest length required to connect the wires. (See diagram C)

Connect **Sensor Wire A (No. 9)** with **Sensor Wire C (No. 12)**. Then connect **Sensor Wire B (No. 10)** with **Sensor Wire D (No. 14)**. (See diagram A to the left)

Connect **Tension Hook (No. 13)** with **Tension Control Cable (No. 11a)**. (See diagram B)

Secure **Handlebar Post (No. 5)** to **Main Frame (No. 21)** with 4 **Screws (No. 8)** and 4 **Arc Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 44)**.

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).



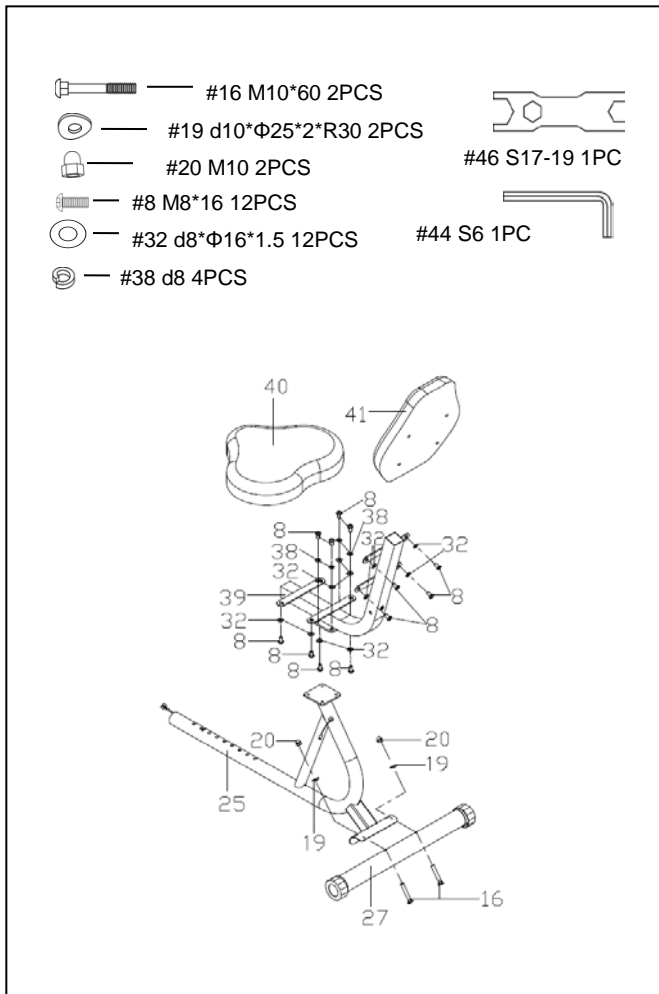
STEP 3:

Remove 2 preassembled **Screws (No. 42)** from the back of the **Computer (No. 1)** with **Spanner (No. 45)**. Connect **Computer Wire (No. 1a)** with **Sensor Wire A (No. 9)**, then secure **Computer (No. 1)** to **Handlebar Post (No. 5)** with 2 **Screws (No. 42)** that were removed. Tighten and secure with **Spanner (No. 45)**. Insert **Sensor Wire B (No. 10)** into the hole on the back of **Computer (No. 1)**.

Secure **Pedals (No. 18L/R)** onto the left and right crank of **Main Frame (No. 21)**.

CAUTION: The left side of the recumbent bike has reversed threading. You must screw the left pedal counter-clockwise to tighten. The right pedal is tightened by turning clockwise. Failure to follow these instructions can result in permanent damage to your bike.

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 4:

Secure the **Rear Stabilizer (No. 27)** to the **Rear Main Frame (No. 25)**, with 2 **Bolts (No. 16)**, 2 **Arc Washers (No. 19)**, and 2 **Nuts (No. 20)**. Tighten and secure with **Spanner (No. 46)**

Remove 4 **Screws (No. 8)**, 4 **Spring Washers (No. 38)**, and 4 **Washers (No. 32)** from **Rear Main Frame (No. 25)** with **Allen Wrench (No. 44)**.

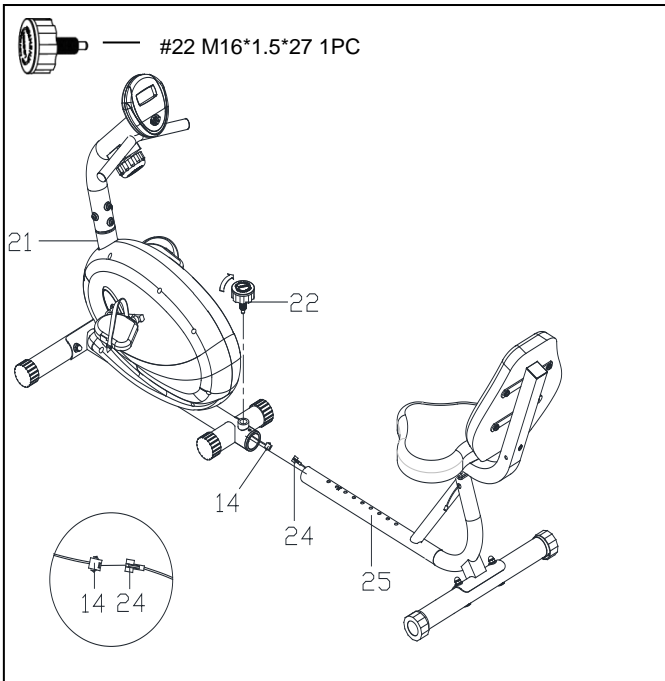
Secure **Backrest Frame (No. 39)** to **Rear Main Frame (No. 25)** with 4 **Screws (No. 8)**, 4 **Spring Washers (No. 38)**, and 4 **Washers (No. 32)** that were removed. Tighten and secure with **Allen Wrench (No. 44)**.

For easier installation of the next step, try flipping **Rear Main Frame (No. 25)** over.

Remove 8 **Screws (No. 8)** and 8 **Washers (No. 32)** from **Seat Cushion (No. 40)** and **Backrest Cushion (No. 41)** with **Allen Wrench (No. 44)**.

Secure **Seat Cushion (No. 40)** and **Backrest Cushion (No. 41)** to **Backrest Frame (No. 39)** with 8 **Screws (No. 8)** and 8 **Washers (No. 32)** that were removed. Tighten and secure with **Allen Wrench (No. 44)**.

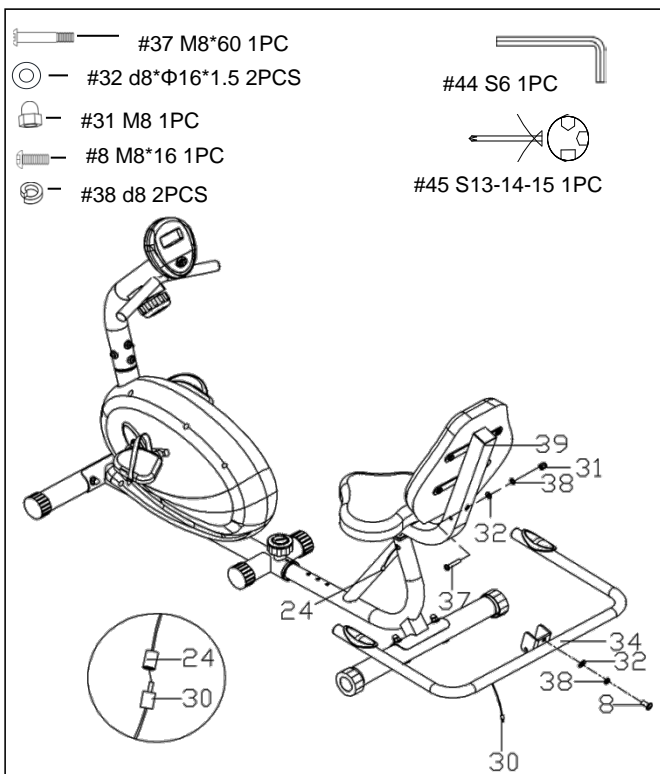
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5:

Connect **Sensor Wire D (No. 14)** with **Sensor Wire E (No. 24)**, then secure the **Rear Main Frame (No. 25)** to the **Main Frame (No. 21)** with the **Knob (No. 22)**.

NOTE: There are different holes on the **Rear Main Frame (No. 25)** which can be used for people with different height. You can find the best position hole for your height. With feet at the extended position, your knee should bend at 15 degrees.



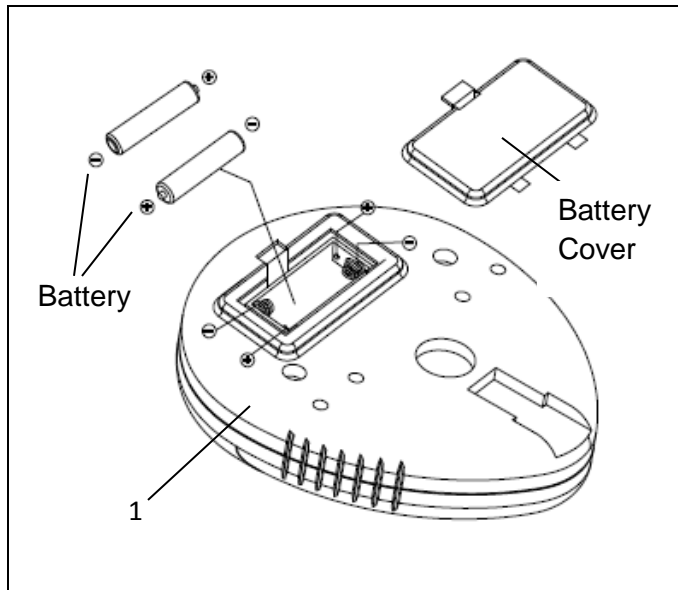
STEP 6:

Secure **Handlebar (No. 34)** to **Backrest Frame (No. 39)** with 1 **Bolt (No. 37)**, 1 **Screw (No. 8)**, 2 **Spring Washers (No. 38)**, 2 **Washers (No. 32)**, and 1 **Nut (No. 31)**. Tighten and secure with **Allen Wrench (No. 44)** and **Spanner (No. 45)**.

Connect **Sensor Wire E (No. 24)** with **Handle Pulse Wire (No. 30)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the back of the **Computer (No. 1)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 1)**. 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 **Computer (No. 1)**.

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the **Computer (No. 1)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. 1)**. 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 **Computer (No. 1)**.

The replacement is complete!

BATTERY DISPOSAL:

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

EXERCISE COMPUTER

FUNCTION BUTTONS:

MODE: Press to select functions.

Press and hold the MODE button for 3 seconds to reset time, distance, and calories.

SET: Press to set values of time, pulse, distance, and calories when not in scan mode.

Press the MODE button to cycle through functions: time, distance, and calories to select desired function. Use the SET button to set a value for time, distance, or calories. The value of a function will be set on a countdown. Press the MODE button once more, to save the function value you've created.

RESET: Press to reset time, pulse, distance, and calories to zero when not in scan mode.



OPERATION FUNCTIONS:

SCAN: Press MODE button until “▼” appears at SCAN position (or until “SCAN” appears), the computer will rotate through all 5 functions: Time, Speed, Distance, Calories, and Total Distance. Each display will be held for 6 seconds.

TIME: Counts the total time of the exercise from start to finish.

SPEED: Displays the current speed.

DISTANCE (DIST): Counts the distance of an exercise from start to finish.

CALORIES (CAL): Counts the number of total calories burned during an exercise from start to finish.

TOTAL DISTANCE (ODO): Counts the total distance after installing the batteries.

AUTO ON/OFF & AUTO START/STOP: If the wheel is in motion or if any button is pressed, the computer will become active and shall remain active until it's been inactive for 8 minutes. Then, the power (computer) will turn off automatically.

PULSE RATE: Press MODE button until “▼” appears at PULSE position, (or until “♥” appears). To properly measure your pulse rate, you must place both your palms on the hand pulse sensors located on the handlebar next to the seat.

Remark: During the process of pulse measurement, the measurement value may be higher than virtual pulse rate during the first 2~3 seconds, after which it will return to normal level. To ensure testing accuracy, it is suggested that user test pulse during stop/pause exercise to avoid any possible influence. The measurement value cannot be regarded as the basis of medical treatment.

ALARM: The functions of time, distance, and calories can be set to countdown, if any of the above value goes to zero, the computer will beep for 15 seconds.

Press MODE to select the function, then press SET to adjust the value.

SPECIFICATIONS:

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00 ~ 99:59(Minute: Second)
	Current Speed	The max pick-up signal is 999.9 MILES/H (or 9999RPM)
	Trip Distance	0.0 ~ 999.9 MILES
	Calories	0 ~ 9999 KCAL
	Total Distance	0 ~ 9999 MILES
	Pulse Rate	40-240BPM
Battery Type	2 pcs of SIZE- AAA	
Operating Temperature	0°C ~ +40°C (32°F ~104°F)	
Storage Temperature	-10°C ~ +60°C (14°F ~140°F)	

CONNECT WITH US

FOR FITNESS
ARTICLES, VIDEOS
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS

WWW.SUNNYHEALTHFITNESS.COM