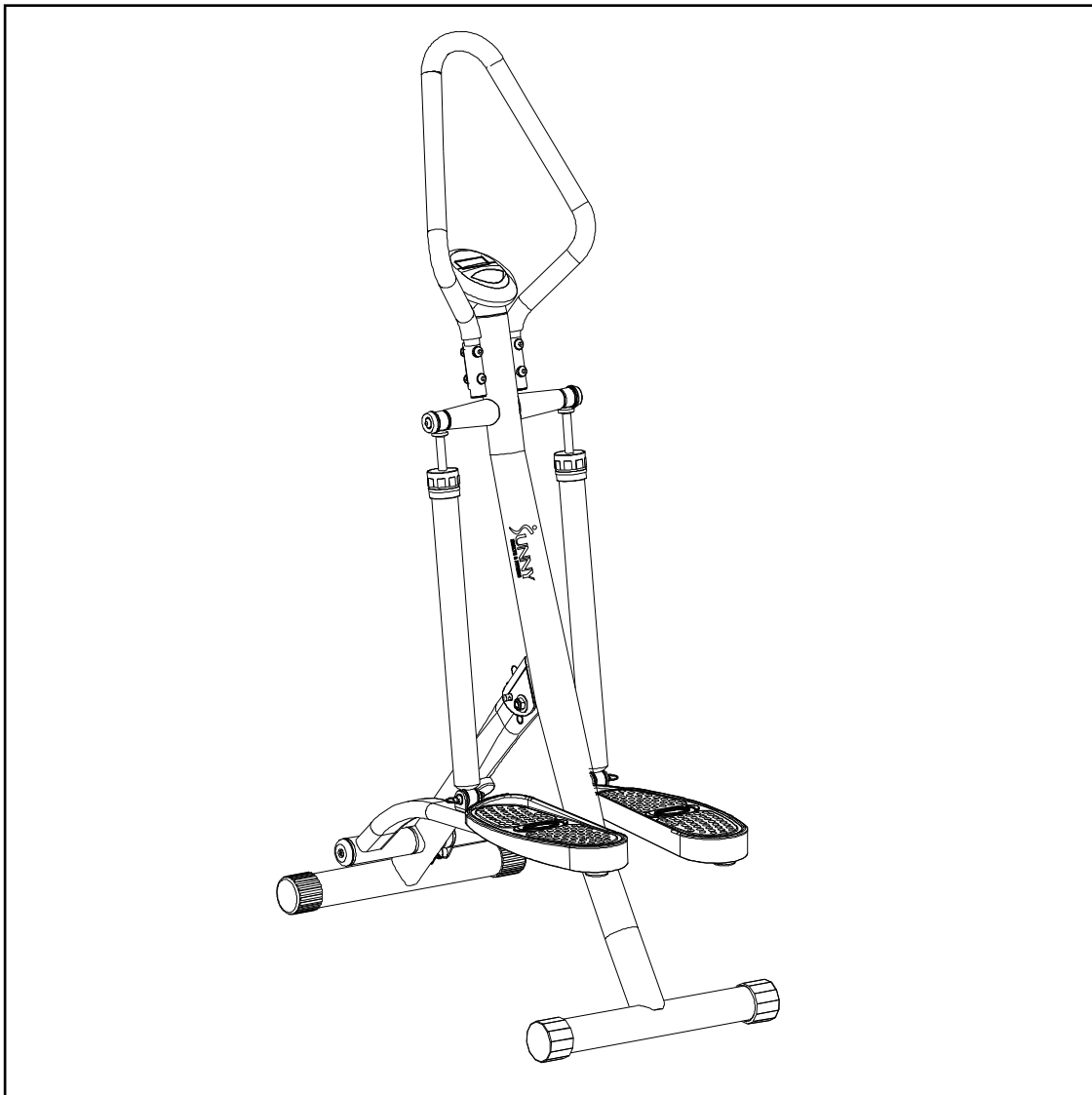




FOLDING CLIMBING STEPPER

SF-1115

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).

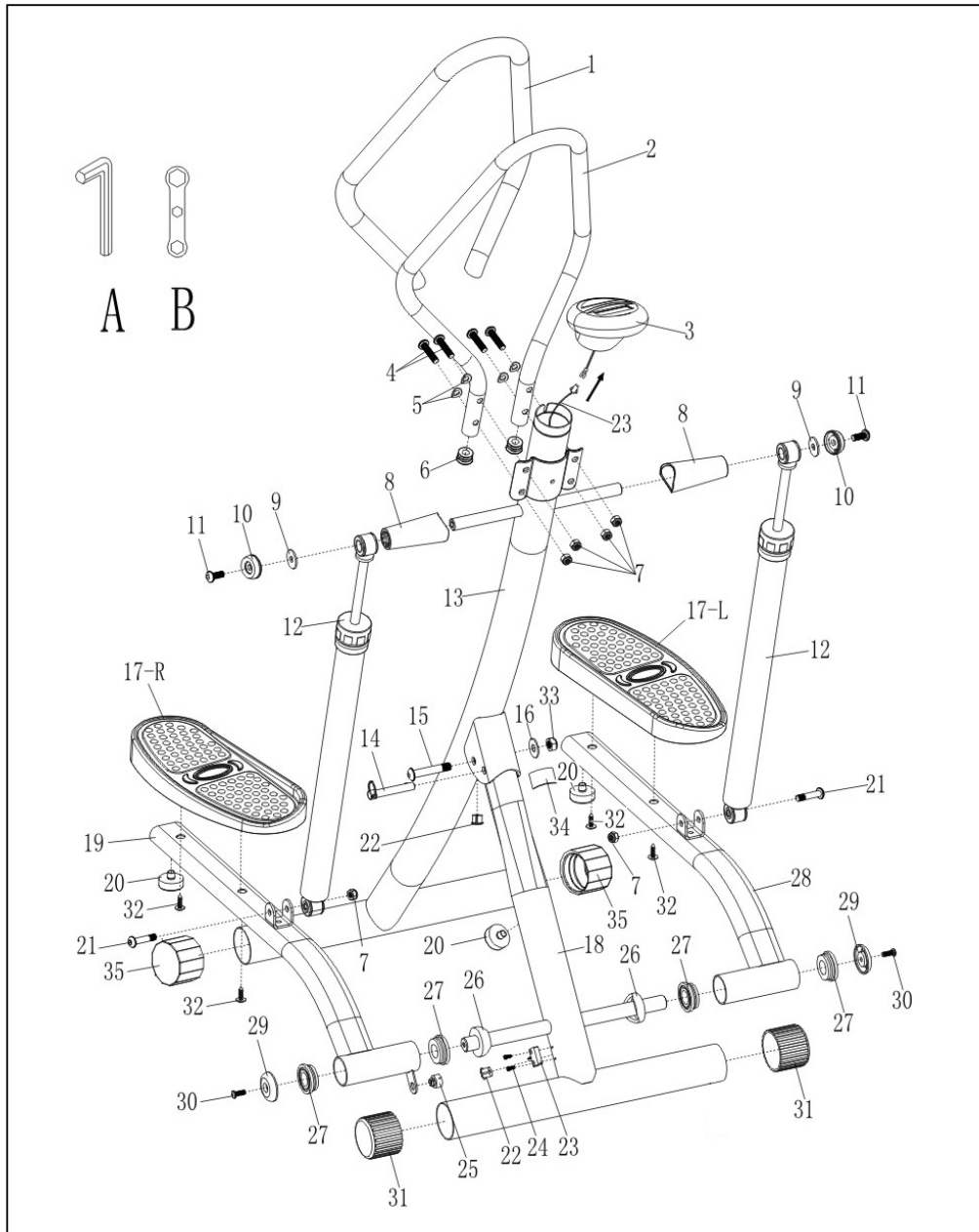


IMPORTANT SAFETY INFORMATION

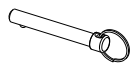
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 nauseous feeling. 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 4 feet (1.2 M) 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.

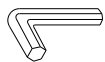
EXPLODED DIAGRAM



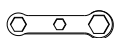
HARDWARE PACKAGE



————— #14 Pop-Pin 1PC



————— #A Allen Wrench 1PC



————— #B Spanner 1PC

PARTS LIST

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY
1	Handlebar Foam		1	19	Right Pedal Tube		1
2	Handlebar		1	20	Cushion		3
3	Display Console		1	21	Bolt	M8	2
4	Bolt	M8	4	22	Clip		2
5	Washer		4	23	Sensor		1
6	Inner Cap		2	24	Bolt	M3.4	2
7	Nut		6	25	Magnet		1
8	Spacer		2	26	Spacer Ring		2
9	Washer		2	27	Bearing Sleeve		4
10	Cap		2	28	Left Pedal Tube		1
11	Bolt	M8	2	29	Bearing Sleeve		2
12	Hydraulic Cylinder		2	30	Bolt	M6	2
13	Main Frame		1	31	Cap		2
14	Pop-Pin		1	32	Bolt	M5	4
15	Bolt	M10	1	33	Nut		1
16	Washer		1	34	Eva Pad		1
17-L	Pedal-L		1	35	Cap		2
17-R	Pedal-R		1	A	Allen Wrench		1
18	Support Tube		1	B	Spanner		1

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

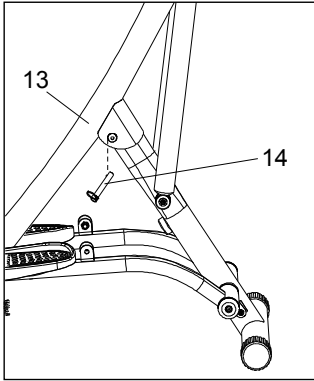
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

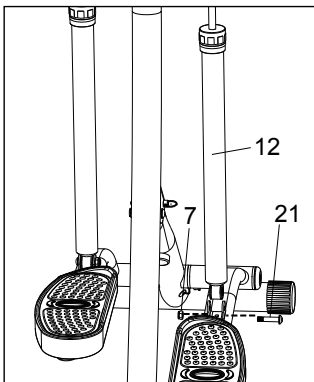
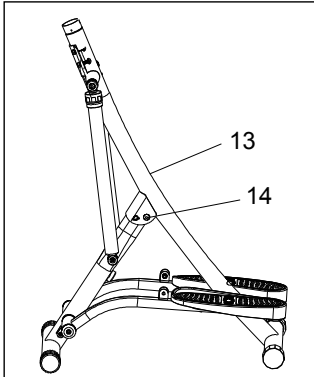
ASSEMBLY INSTRUCTIONS

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).



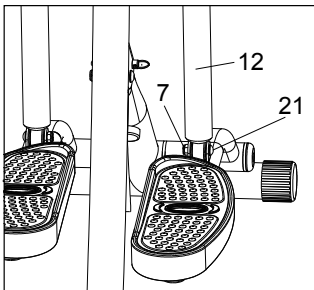
STEP 1:

Open the box and remove the **Main Frame (No. 13)**. Unfold the **Main Frame (No. 13)** to the standing position. Insert the **Pop-Pin (No. 14)** to secure the **Main Frame (No. 13)** in place.

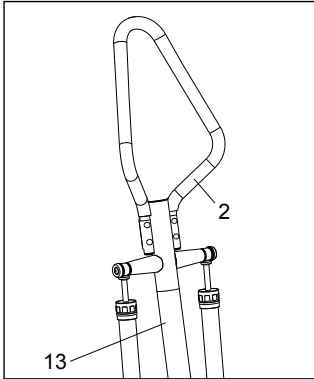


STEP 2:

Remove the pre-installed **Bolt (No. 21)** and **Nut (No. 7)** from the U-Bracket. Place the end of the **Hydraulic Cylinder (No. 12)** between the corresponding U-Bracket. Align the holes and re-insert the **Bolt (No. 21)** and **Nut (No. 7)**. Tighten with **Allen Wrench (A)** and **Spanner (B)**. Repeat this process to attach the other hydraulic cylinder and pedal.

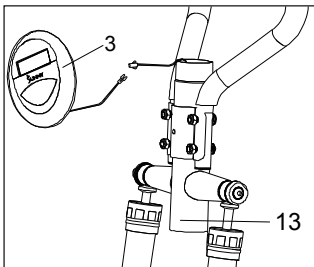
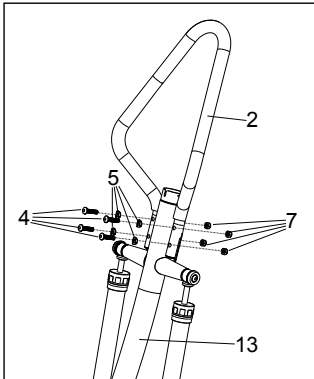


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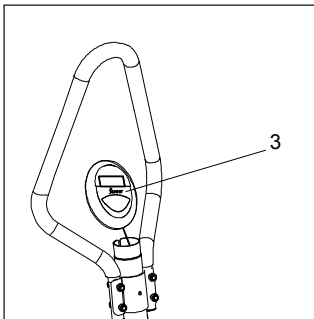
STEP 3:

Remove the pre-installed 4 **Bolts (No. 4)**, 4 **Washers (No. 5)** and 4 **Nuts (No. 7)** from the **Handlebar (No. 2)**. Attach the **Handlebar (No. 2)** to the **Main Frame (No. 13)** using 4 **Bolts (No. 4)**, 4 **Washers (No. 5)** and 4 **Nuts (No. 7)**. Tighten and secure with **Allen Wrench (A)** and **Spanner (B)**.



STEP 4:

Remove the sensor wire from the tube post of the **Main Frame (No. 13)** and connect it to the display console wire located at the back of the **Display Console (No. 3)**. Place the **Display Console (No. 3)** at the top of the post, align it, and slide it down into place.

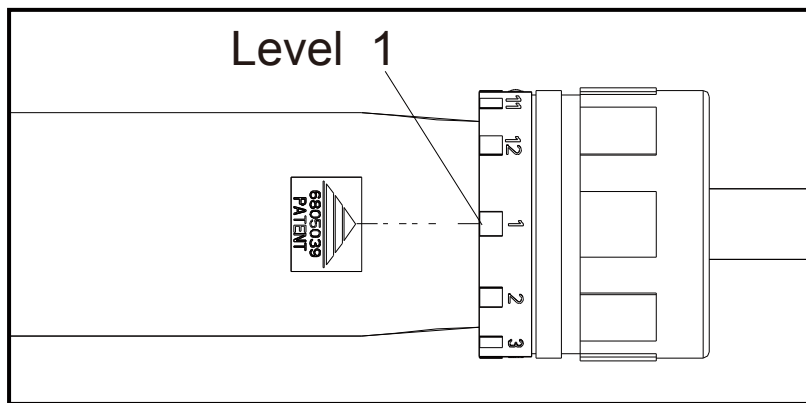


NOTE: Be cautious when sliding the **Display Console (No. 3)** in place as it may be a pinch hazard.

The assembly is complete!

ADJUSTMENTS & USAGE GUIDE

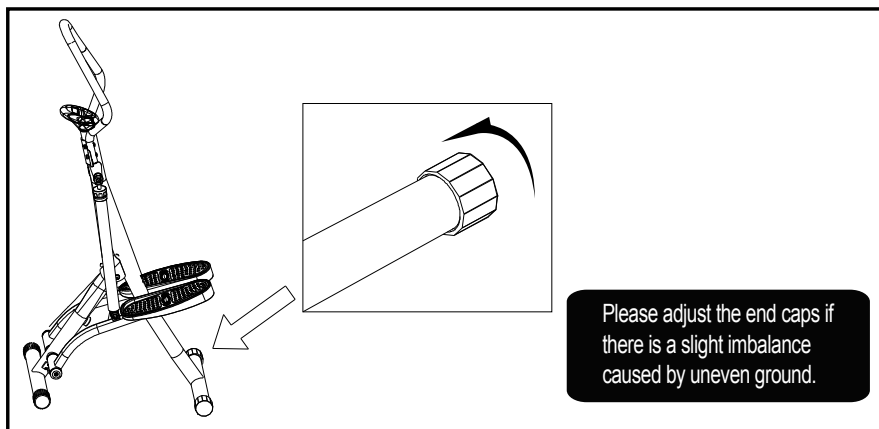
1. Stand behind your Climbing Stepper with both hands on the handlebar. Place your right foot onto the right pedal and place your left foot on the left pedal. While holding the handlebar, begin stepping up and down in smooth controlled movements.
2. During exercise, both hands should be kept on the handlebar in order to maintain stability.
3. The Climbing Stepper features 12 adjustable levels of resistance which may be adjusted at any time during use. To adjust the level of resistance, turn the adjustment knob to the desired level of resistance marked with the numbers on the bottom. Please note that 1 indicates the lowest level of resistance while 12 indicates the highest level of resistance. Please refer to the drawing below.
4. The suggested time limit of exercise is 10-15 minutes and at least 3 times a week.



ADJUSTING THE BALANCE:

Before putting your stepper into use, it is recommended that you check the balance of the stepper to ensure that it is safe for use.

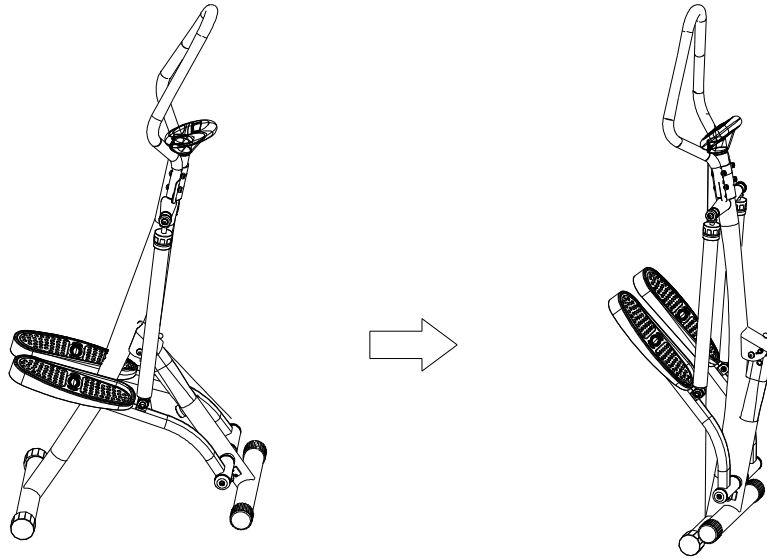
Putting the stepper on a flat, even surface is ideal. If you find that the stepper is slightly uneven, you may adjust the stepper to compensate for uneven ground. To do so, rotate the end caps on the stabilizers until they're even with the surface. Please refer to the drawing below.



ADJUSTMENTS & USAGE GUIDE

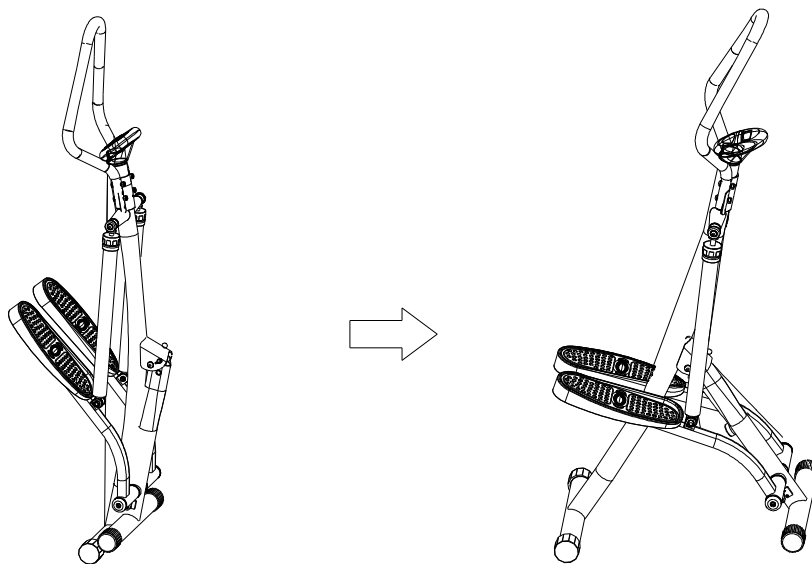
FOLDING THE STEPPER:

Remove the **Pop-Pin (No. 14)** from the middle of the **Main Frame (No. 13)**. Hold the front support tube in place with one hand and with the other hand pull the rear support tube inward until it rests against the front support tube. Re-insert the **Pop-Pin (No. 14)** to secure the stepper in the folded position.



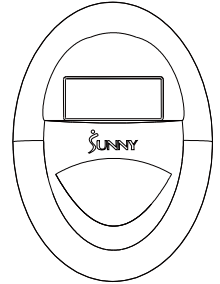
UNFOLDING THE STEPPER:

Remove the **Pop-Pin (No. 14)** from the middle of the **Main Frame (No. 13)**. Hold the front support tube in place with one hand and with the other hand pull the rear support tube outward until it is fully extended. Re-insert the **Pop-Pin (No. 14)** to secure the stepper in the unfolded position.



EXERCISE COMPUTER

Our computerized display console on the Sunny Folding Climbing Stepper 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, Count, Calories, and Total Count. 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

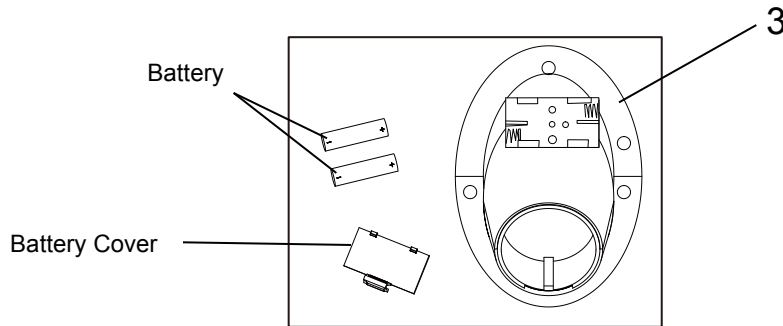
FUNCTIONS AND SPECIFICATIONS:

1. **SCAN:** Repeatedly displays all functions alternately (in the following order)
2. **TIME:** Counts the total time elapsed
3. **COUNT:** Automatically accumulates the count of steps taken during sessions. Meter counts 1 step after you step once with each foot.
4. **CALORIES:** Accumulates burned calories during exercise
5. **TOTAL COUNT:** Automatically accumulates number of steps since first workout. The TOTAL COUNT can't be reset by MODE key, only by replacing batteries.

HOW TO USE:

1. **AUTO ON/OFF:**
Begin pedaling or press the MODE button to turn on the console. Once the display console is on, it will remain active while in motion. The display console will automatically turn off when it has reached approximately 4 minutes without any motion.
2. **RESET:**
To reset the display console, hold down the MODE button for 3 seconds. You can also reset the console by replacing the batteries.
3. **BATTERY/TROUBLESHOOT:** If the digits do not show clearly on the computer, please replace the batteries. The computer uses two "AA" batteries. You should replace both batteries at the same time.

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 2 AA batteries from hardware package.
2. Press the buckle of battery cover on the **Display Console (No. 3)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Display Console (No. 3)**. 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 **Display Console (No. 3)**.

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the **Display Console (No. 3)**, then remove 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 **Display Console (No. 3)**. 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 **Display Console (No. 3)**.

The replacement is complete!

BATTERY DISPOSAL

Dispose of 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.

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