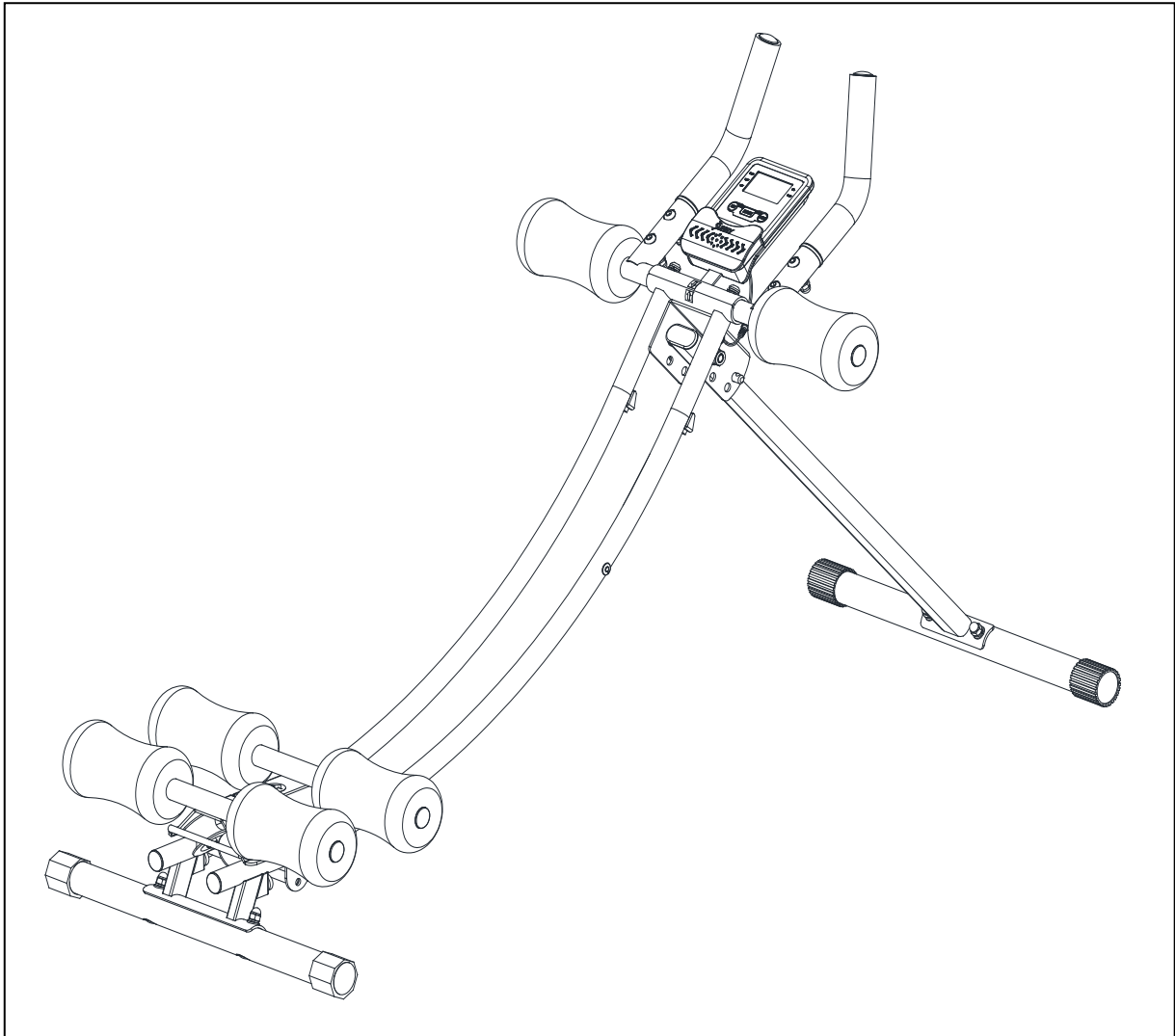




CORE GLIDER AB TRAINER MACHINE

SF-A022005

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).



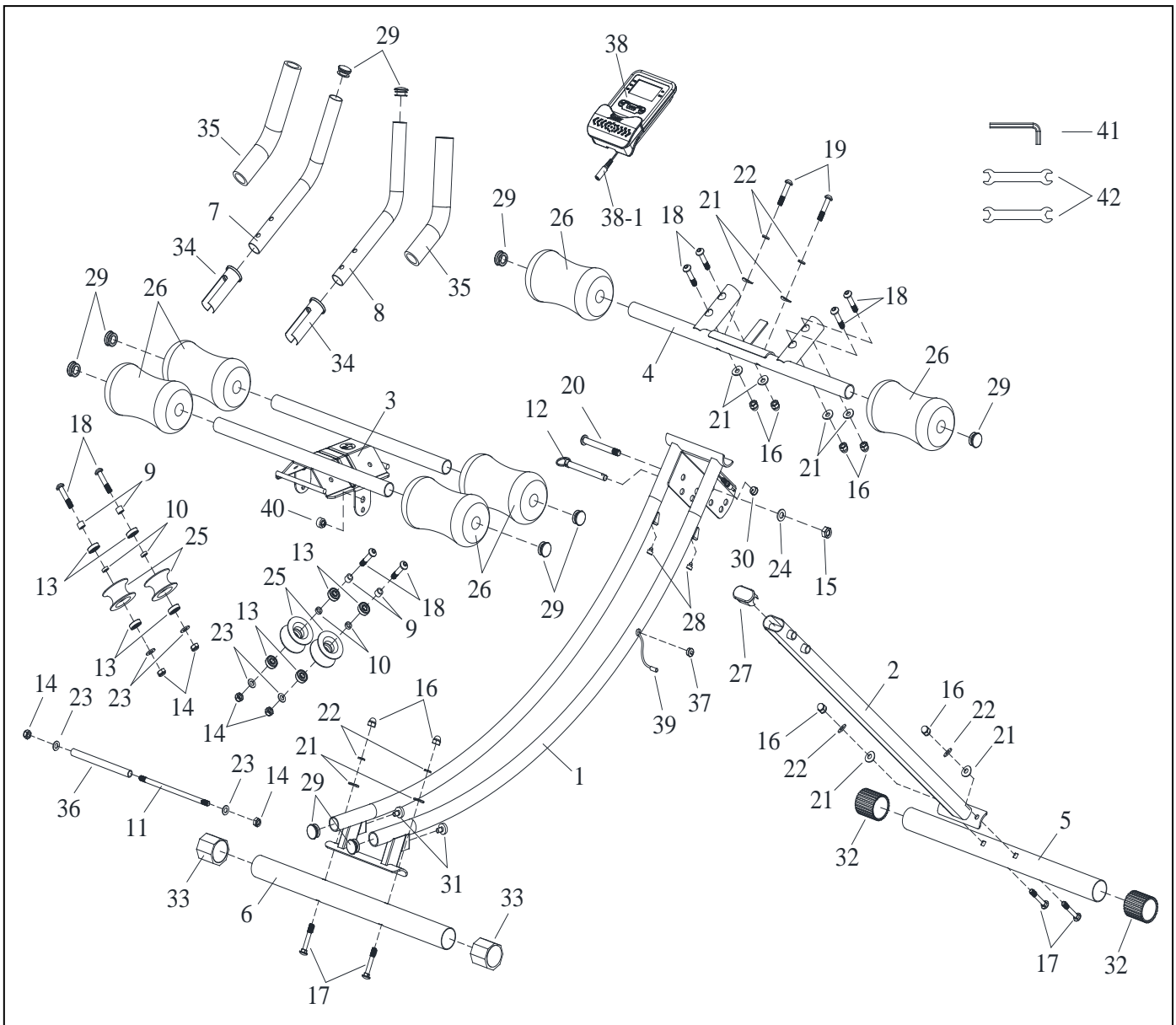
WWW.SUNNYHEALTHFITNESS.COM

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 220 lbs (100 kgs).
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

	#11 $\phi 8*180$ 1PC		#21 $\phi 16*\phi 8.5*1.5$ 10PCS
	#14 M8 2PCS		#22 $\phi 8*\phi 13*2.0$ 6PCS
	#16 M8 8PCS		#23 $\phi 16*\phi 8.5*1.5$ 2PCS
	#17 M8*50 4PCS		#36 $\phi 9*\phi 12*150$ 1PC
	#18 M8*40 4PCS		#41 S6 1PC
	#19 M8*45 2PCS		#42 S13, S15 2PCS

PARTS LIST

No.	Description	Spec.	Qty.
1	Slide Tube		1
2	Front Support Tube		1
3	Slide Seat Support		1
4	Hand Support Tube		1
5	Front Stabilizer		1
6	Rear Stabilizer		1
7	Left Handlebar		1
8	Right Handlebar		1
9	Sleeve	φ12*φ8.2*9	4
10	Sleeve	φ12*φ8.2*4	4
11	Bolt	φ8*180	1
12	Pin	φ10*95	1
13	Bearing	608Z	8
14	Nylon Nut	M8	6
15	Nylon Nut	M10	1
16	Cap Nut	M8	8
17	Carriage Bolt	M8*50	4
18	Hex Socket Bolt	M8*40	8
19	Hex Socket Bolt	M8*45	2
20	Hex Socket Bolt	M10*90	1
21	Arc Washer	Φ16*φ8.5*1.5	10
22	Spring Washer	φ8*φ13*2.0	6

No.	Description	Spec.	Qty.
23	Flat Washer	φ16*φ8.5*1.5	6
24	Flat Washer	φ20*φ10.5*2.0	1
25	Wheel	φ53.5*φ19.4*30	4
26	Arc Foam	φ90*φ23*160	6
27	Oval End cap	25*50*1.5	1
28	Small Buffer Column	φ10*11	2
29	End Cap	φ25*1.5	10
30	Plug	φ12.6*φ3	1
31	Mat	φ7.5	2
32	Front End Cap	φ38	2
33	Rear End Cap	φ38	2
34	Inner Bushing	φ32*1.5 & φ25	2
35	Foam	φ33*φ23*220	2
36	Plastic Tube	φ9*φ12*150	1
37	Plug	φ12.6*φ6	1
38	Meter		1
38-1	Meter Wire		1
39	Sensor		1
40	Magnet	φ16*14	1
41	Allen Wrench	S6	1
42	Spanner	S13, S15	2

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

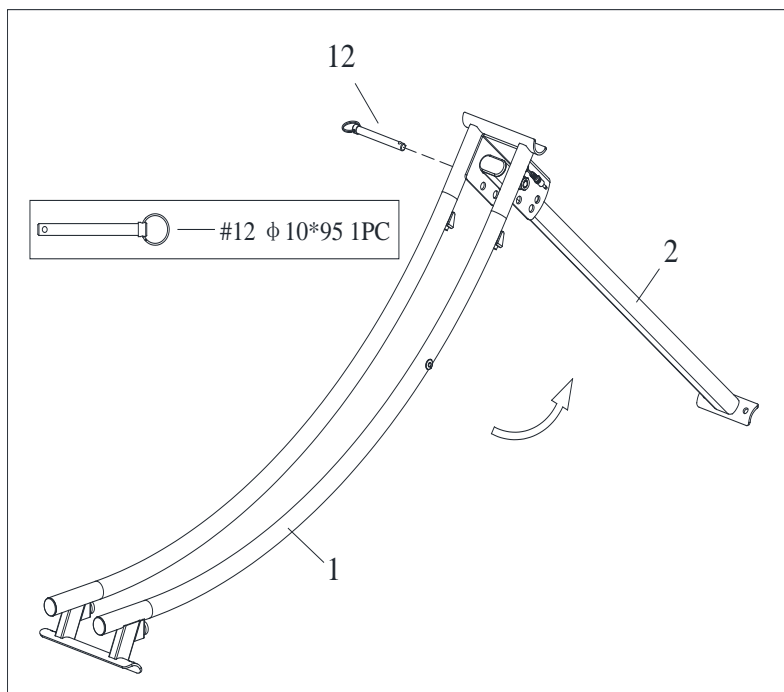
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” (page 2) and “PARTS LIST” (page 3).

Please contact us at support@sunnyhealthfitness.com or 1-877-90 SUNNY (877-907-8669).

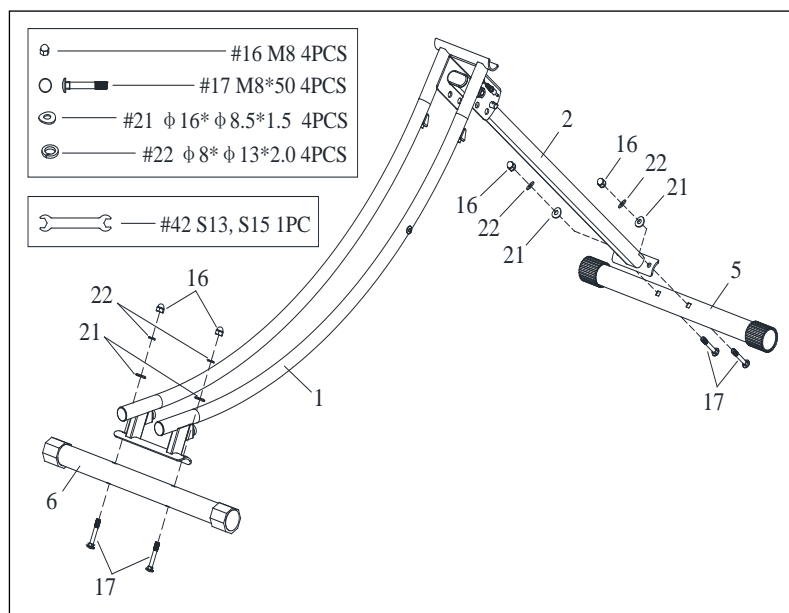
ASSEMBLY INSTRUCTIONS

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:

Pull out the **Pin (No. 12)** from **Slide Tube (No. 1)**, open the **Slide Tube (No. 1)** and **Front Support Tube (No. 2)** as indicated by the arrow, insert the **Pin (No. 12)** that was pull out from **Slide Tube (No. 1)**.

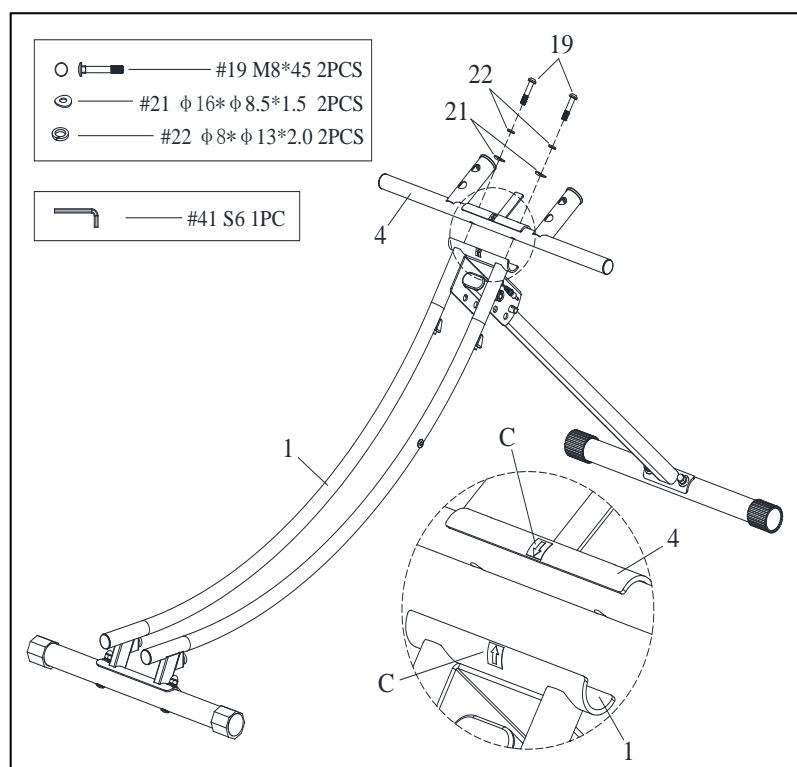


STEP 2:

Attach **Rear Stabilizer (No. 6)** to **Slide Tube (No. 1)** with 2 **Carriage Bolts (No. 17)**, 2 **Arc Washers (No. 21)**, 2 **Spring Washers (No. 22)**, and 2 **Cap Nuts (No. 16)**. Tighten and secure with **Spanner (No. 42)**.

Attach **Front Stabilizer (No. 5)** to **Front Support Tube (No. 2)** with 2 **Carriage Bolts (No. 17)**, 2 **Arc Washers (No. 21)**, 2 **Spring Washers (No. 22)**, and 2 **Cap Nuts (No. 16)**. Tighten and secure with **Spanner (No. 42)**.

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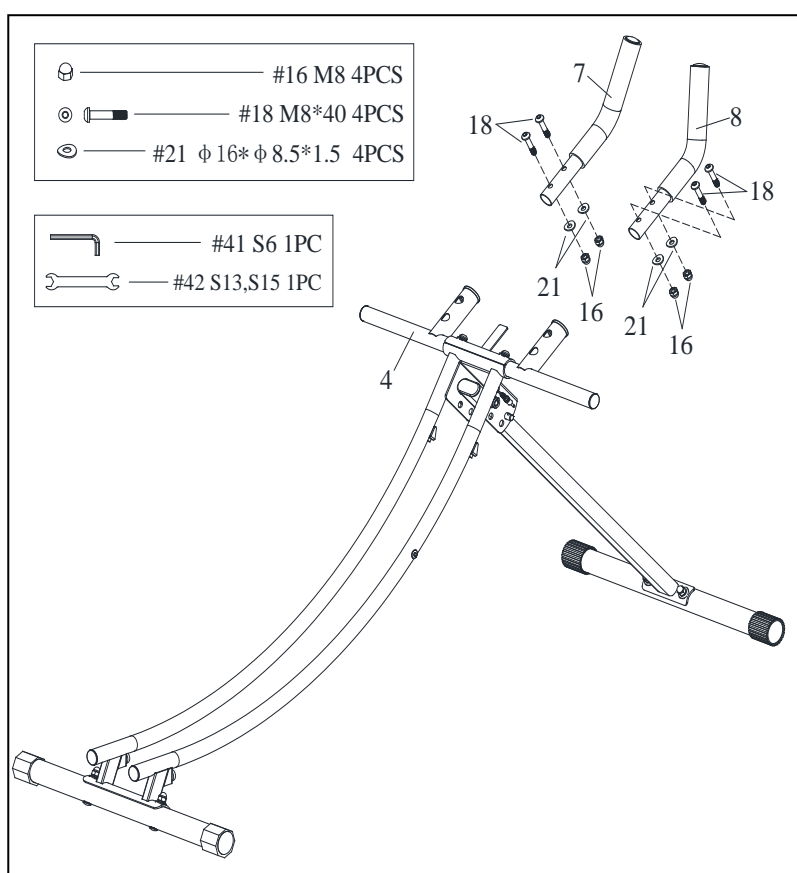


STEP 3:

Attach **Hand Support Tube (No. 4)** to **Slide Tube (No. 1)** with 2 **Hex Socket Bolts (No. 19)**, 2 **Arc Washers (No. 21)**, and 2 **Spring Washers (No. 22)**. Tighten and secure with **Allen Wrench (No. 41)**.

NOTE:

To properly install handlebar, make sure the arrows on the **Hand Support Tube (No. 4)** & **Side Tube (No. 1)** are on the same side and pointing to each other.

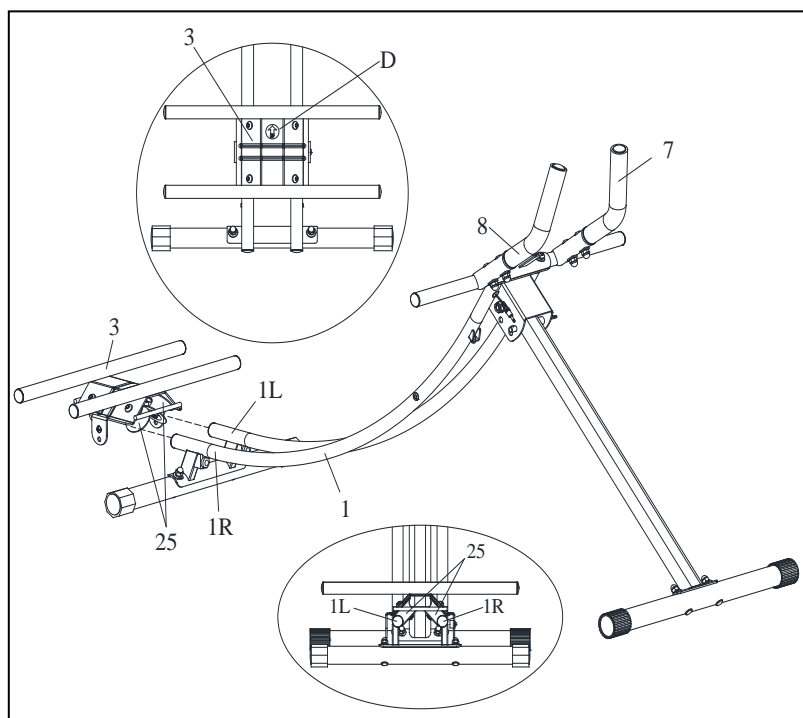


STEP 4:

Attach **Left Handlebar (No. 7)** and **Right Handlebar (No. 8)** to **Hand Support Tube (No. 4)** with 4 **Hex Socket Bolts (No. 18)**, 4 **Arc Washers (No. 21)**, and 4 **Cap Nuts (No. 16)**. Tighten and secure with **Allen Wrench (No. 41)** and **Spanner (No. 42)**.

Note: Pay attention to the **Left Handlebar (No. 7)** and **Right Handlebar (No. 8)** direction.

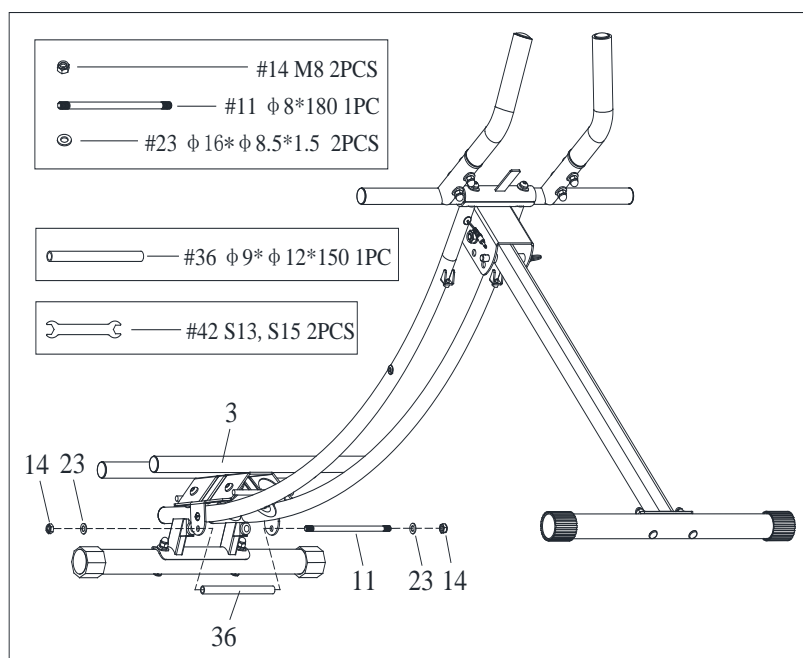
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5:

Insert the **Slide Seat Support (No. 3)** into the **Slide Tube (No. 1)**, the 4 **Wheels (No. 25)** are over the **Left Slide Tube (No. 1L)** and **Right Slide Tube (No. 1R)**.

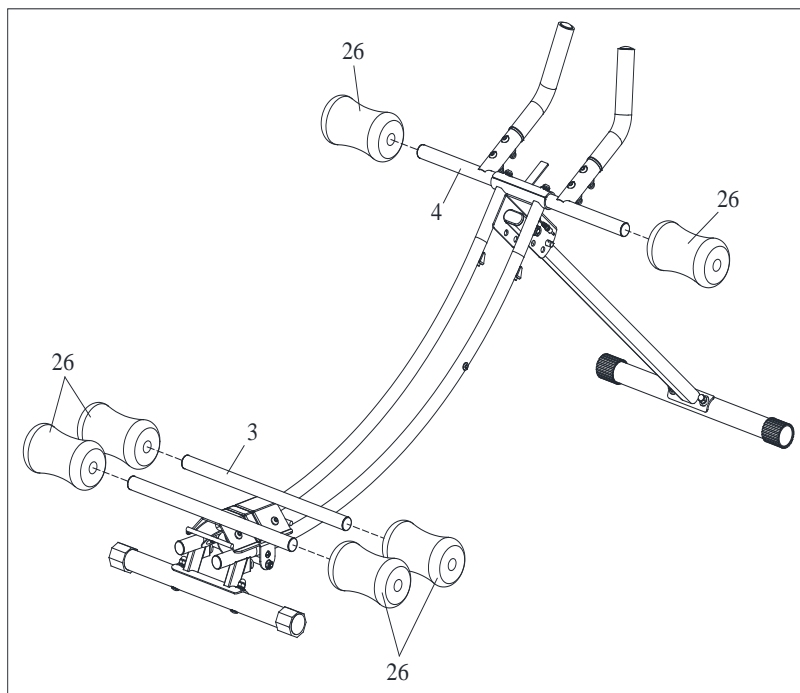
NOTE: The arrow of the UP Label (D) on the **Slide Seat Support (No. 3)** should point to the **Left Handlebar (No. 7) & Right Handlebar (No. 8)** when assembly.



STEP 6:

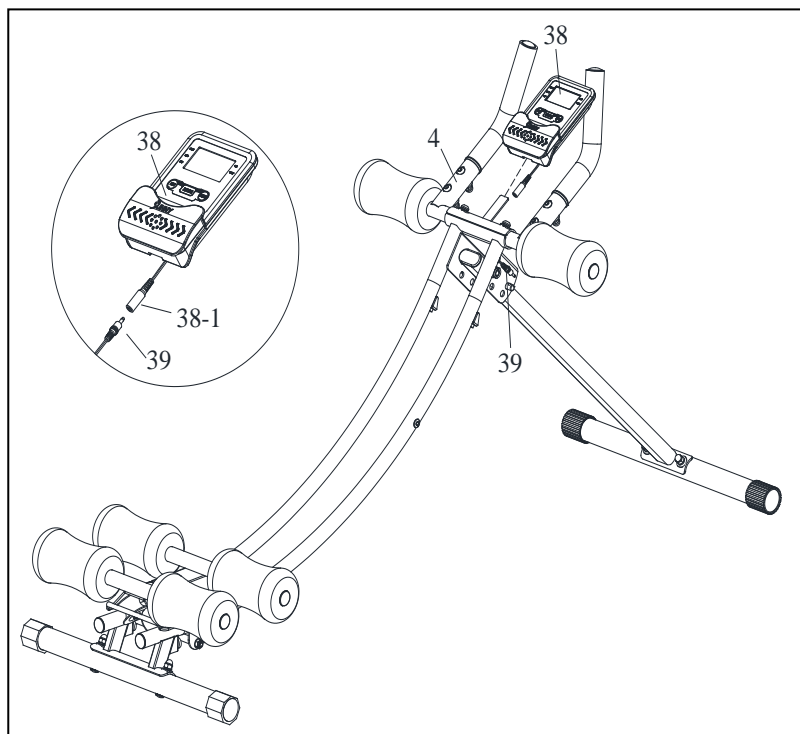
Attach **Bolt (No. 11)** through **Plastic Tube (No. 36)** to the **Slide Seat Support (No. 3)** with 2 **Flat Washer (No. 23)**, and 2 **Nylon Nut (No. 14)**. Tighten and secure with **Spanner (No. 42)**.

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 7:

Attach 6 **Arc Foams (No. 26)** to **Hand Support Tube (No. 4)** and **Slide Seat Support (No. 3)** by hand.

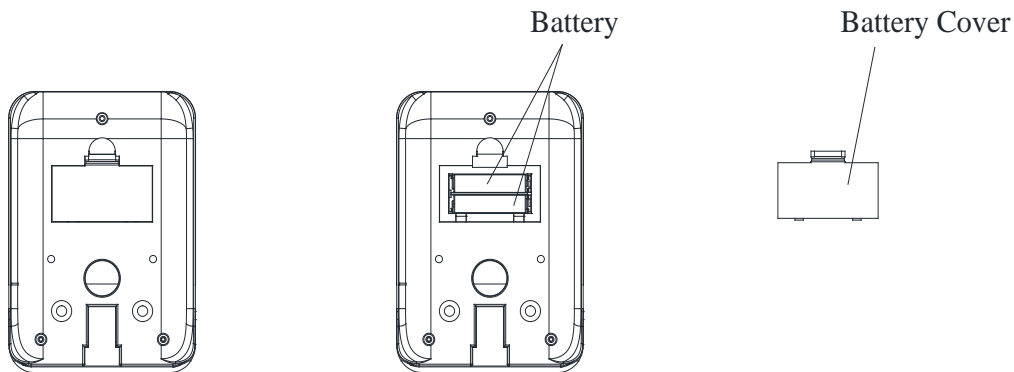


STEP 8:

Connect the **Meter Wire (No. 38-1)** to the **Sensor (No. 39)**. Insert the **Meter (No. 38)** into the **Hand Support Tube (No. 4)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA battery from meter box.
2. Press the buckle of battery cover on the **Meter (No. 38)**, then remove battery cover.
3. Install 2 AAA battery into the battery case on the back of the **Meter (No. 38)**. Pay attention to the battery + and – ends before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 38)**.

The installation is complete!

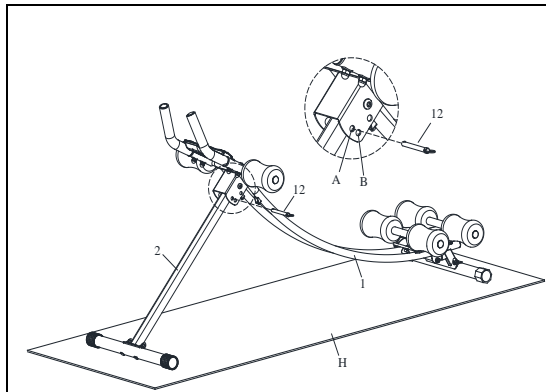
BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Meter (No. 38)**, then remove battery cover.
2. Remove the 2 old AAA battery in the battery case and install 2 new AAA battery into the battery case on the back of the **Meter (No. 38)**. Pay attention to the battery + and – ends before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 38)**.

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 GUIDE



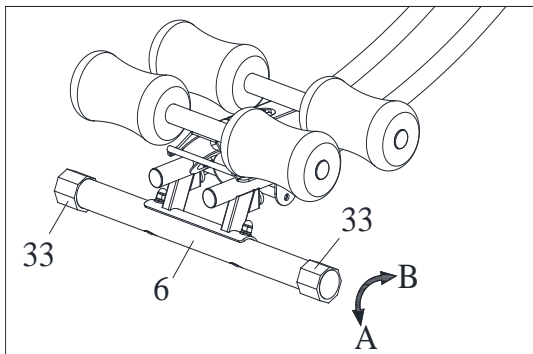
SLOPE ADJUSTMENT

This machine has 2 stages of slope adjustment.

Open the **Slide Tube (No. 1)** and **Front Support Tube (No. 2)**, Insert **Pin (No. 12)** to the hole A or hole B accordingly and then can adjust slope of **Slide Tube (No. 1)** and **Ground (H)**.

When the **Pin (No. 12)** is inserted into the hole B, it has a higher movement slope than the **Pin (No. 12)** inserted into the hole A, thereby enhancing the exercise intensity.

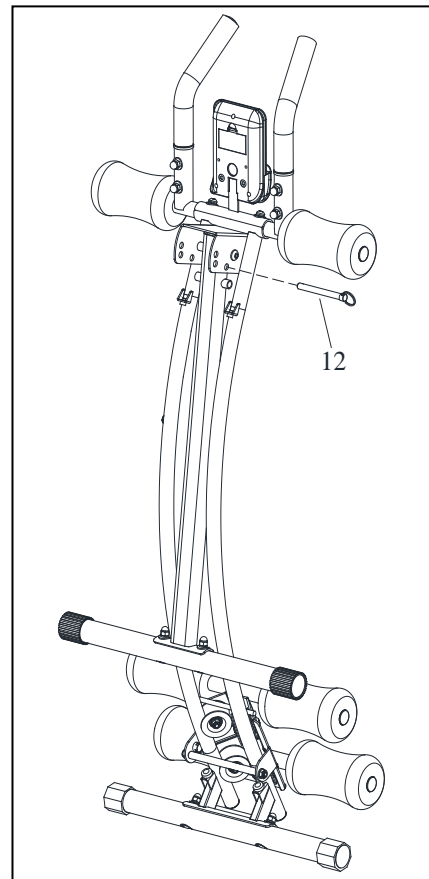
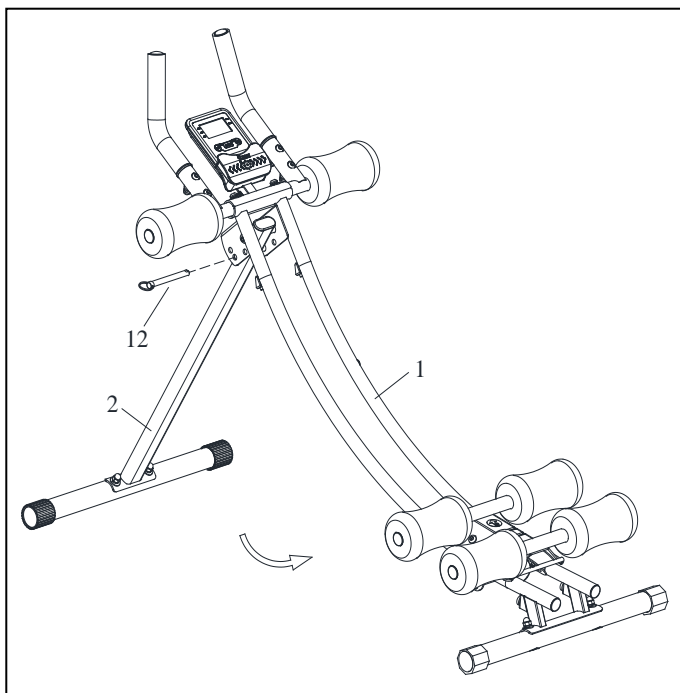
NOTE: Pay attention to the **Pin (No. 12)** must be inserted to **Slide Tube (No. 1)** when using the machine.



BALANCE ADJUSTMENT

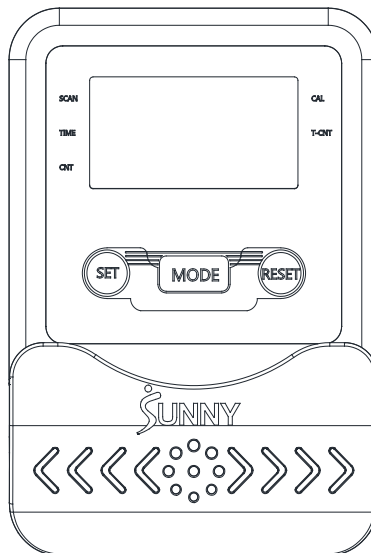
During use, if you notice the machine is not balance, you can adjust the **Rear End Caps (No. 33)** to direction A or B until the machine is balance.

FOLDING INSTRUCTIONS



Pull out the **Pin (No. 12)** from **Slide Tube (No. 1)**, fold the **Front Support Tube (No. 2)** into **Slide Tube (No. 1)** in the direction indicated by the arrow above, and then insert the **Pin (No. 12)** into **Slide Tube (No. 1)**.

EXERCISE METER



FUNCTIONAL BUTTONS:

MODE: Push down for selecting functions. If the long time holds down MODE button down for resetting time count and calories.

SET: To set the values of TIME, COUNT and CAL when not in scan mode.

RESET: Push down for resetting TIME, COUNT and CAL.

FUNCTION AND OPERATIONS:

1. SCAN:

Press “**MODE**” button until “SCAN” appears, monitor will rotate through all the 4 functions: TIME, CAL, COUNT, T.CNT, each display will be hold 6 seconds.

2. TIME:

(1) Count the total time from exercise start to end.

(2) Press “**MODE**” button until “TIME” appears, press “**SET**” button to set exercise time. When the “SET” is zero, the meter will stop 1 second after the start of the time.

3. COUNT:

(1) Accumulate the counts while exercising.

(2) Press “**MODE**” button until “Count” appears, Press “**SET**” button to set exercise Count. When the “SET” is zero, the meter will stop about 1 second after the start of the time.

4. T.CNT:

Display the counts you have exercised.

5. CAL:

(1) Count the total calories from exercise start to end.

(2) Press “**MODE**” button until “CAL” appears, Press “**SET**” button to set exercise calories. When the “SET” is zero, the meter will stop about 1 second after the start of the time.

NOTE:

1. If the display is faint or shows no figures, please replace the batteries.
2. The meter will automatically shut off if there is no signal received after 2 minutes.
3. When there is signal input, the meter automatically turns on.
4. The meter will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

SPECIFICATIONS:

FUNCTION	SCAN	Every 4 seconds
	TIME	00:00'~99:59'
	COUNT	0-9999
	T.CNT	0-9999
	CAL	0.0~999.9KCAL
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING		32°F~+104°F
STORAGE TEMPERATURE		14°F~+140°F

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