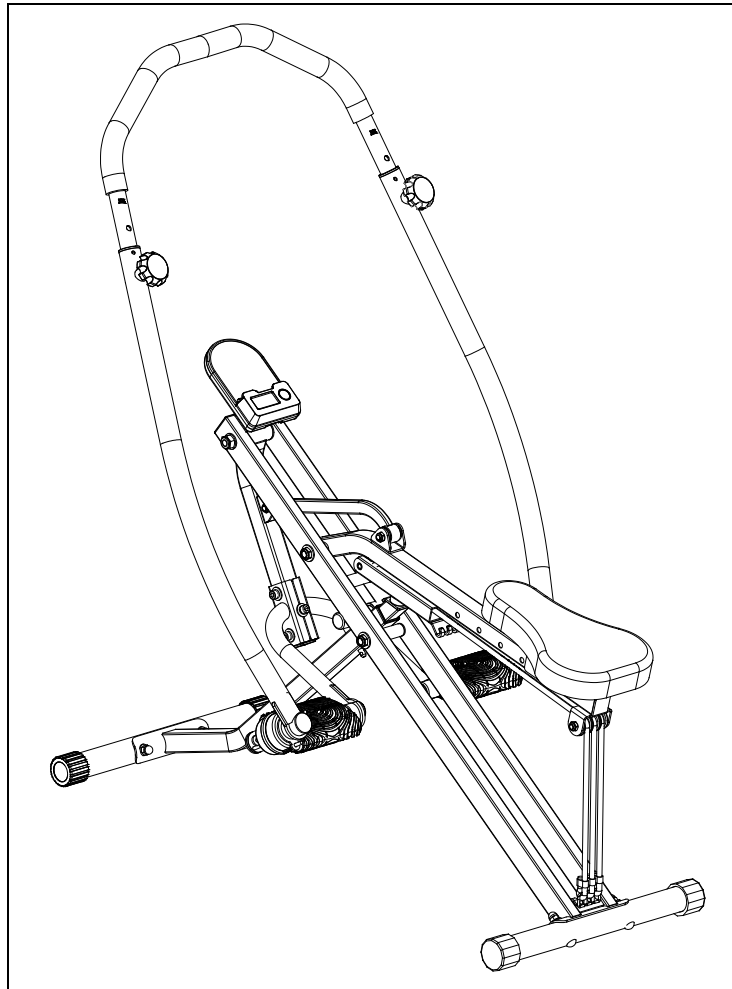




FULL BODY ADJUSTABLE MULTIFUNCTION SMART ROW-N-RIDE® TRAINER SF-A022070 USER MANUAL



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).



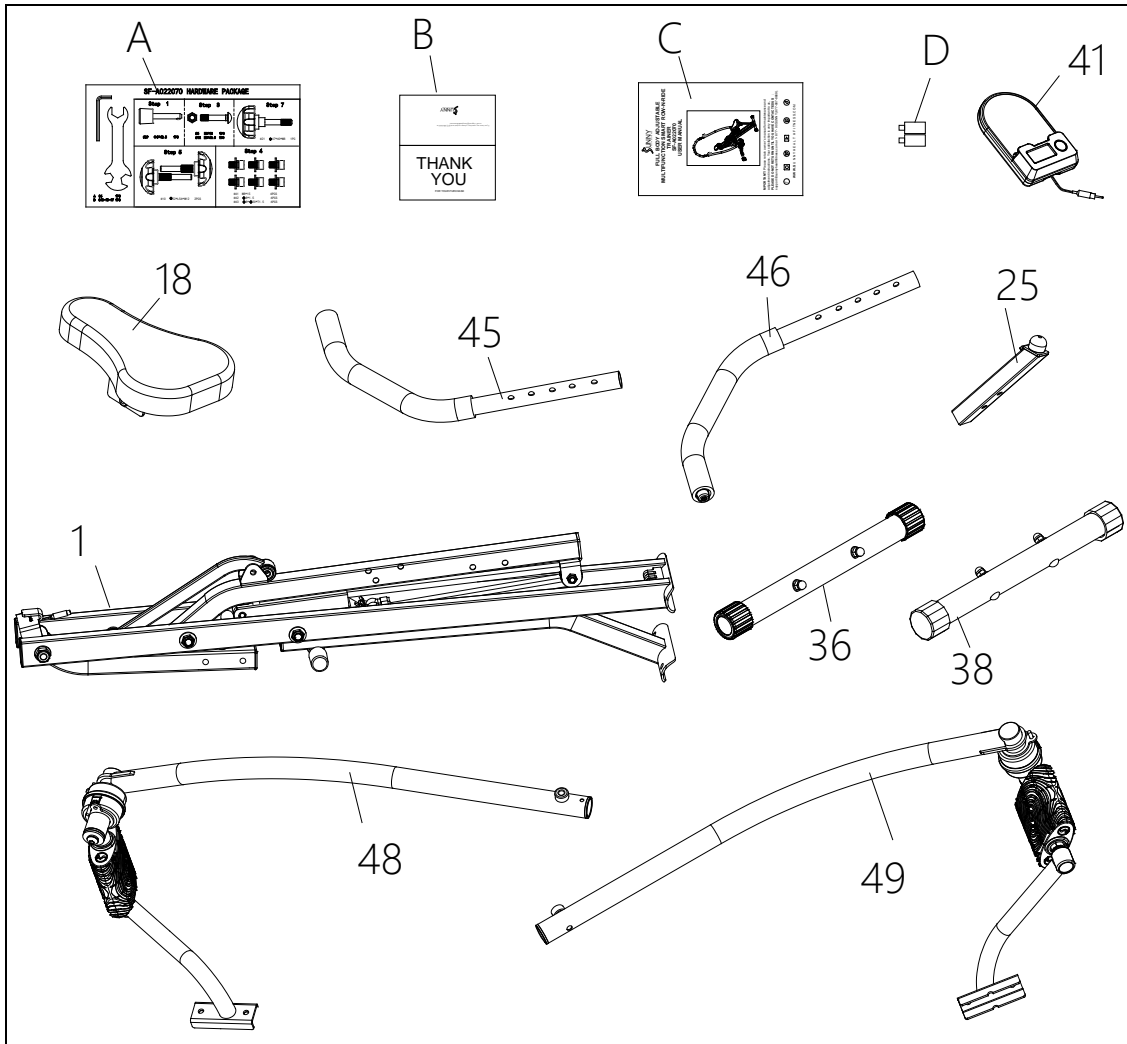
WWW.SUNNYHEALTHFITNESS.COM

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.

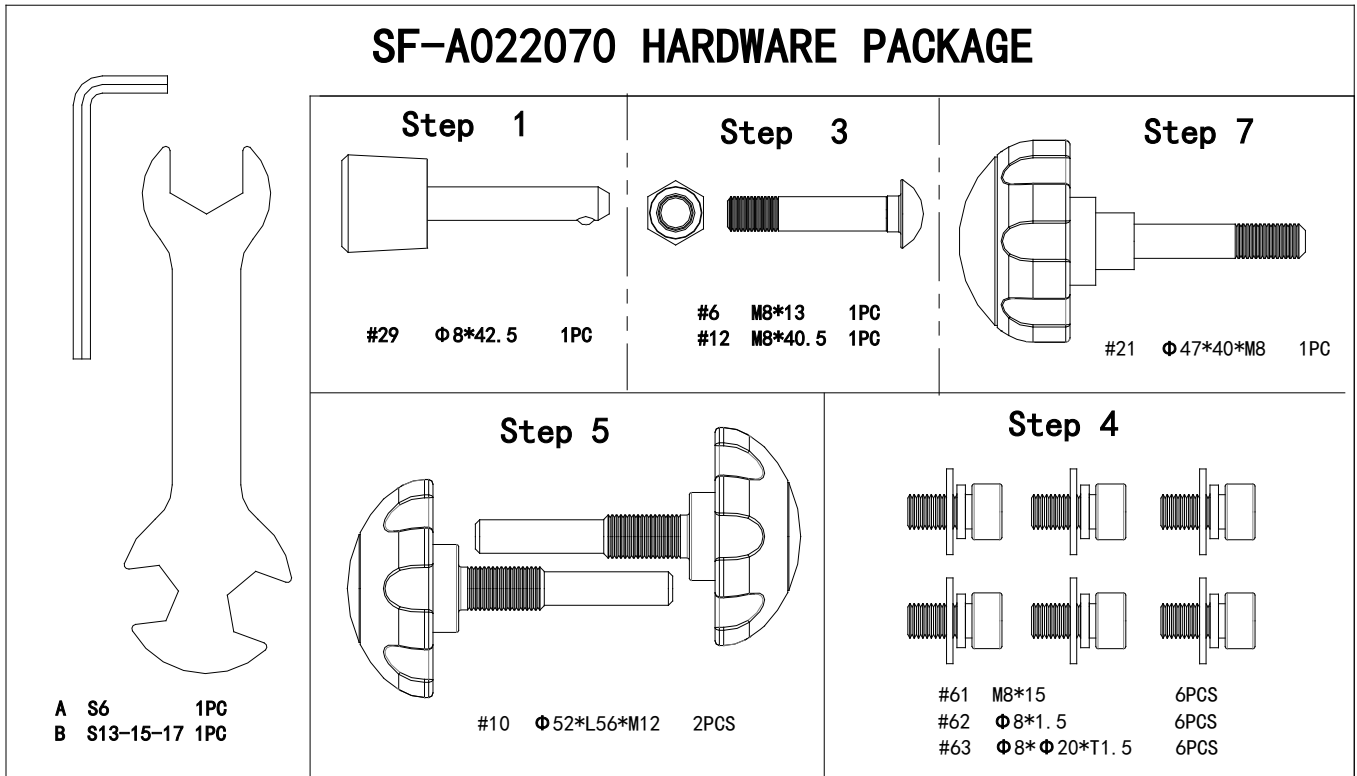
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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 (100kgs).
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 extremely 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.

PRE-ASSEMBLY CHECK LIST



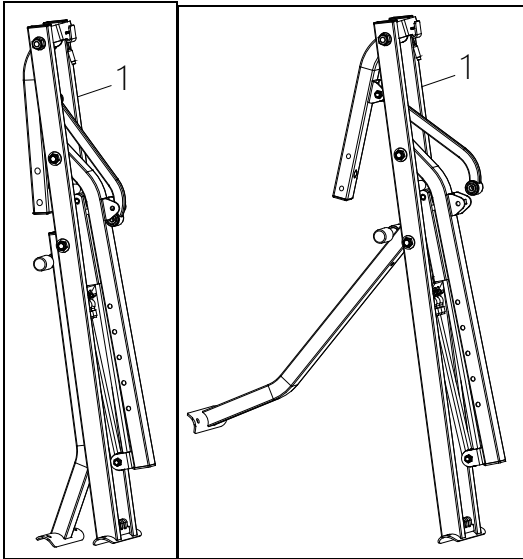
No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	46	Right Upper Handrail		1
18	Seat		1	48	Left Handrail Assembly		1
25	Seat Tube		1	49	Right Handrail Assembly		1
36	Front Stabilizer	Ø38*1.5*410	1	A	Hardware Package		1
38	Rear Stabilizer	Ø38*1.5*410	1	B	Thank You Card		1
41	Computer	BJHT-098	1	C	Manual	297*210	1
45	Left Upper Handrail		1	D	Battery	AAA	2

HARDWARE PACKAGE



ASSEMBLY INSTRUCTIONS

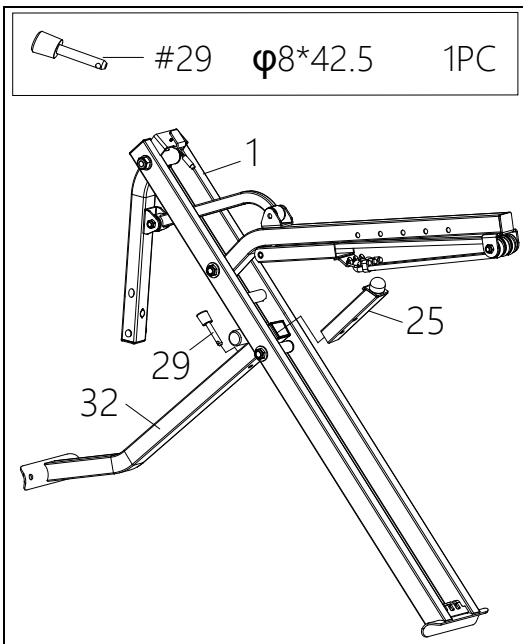
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



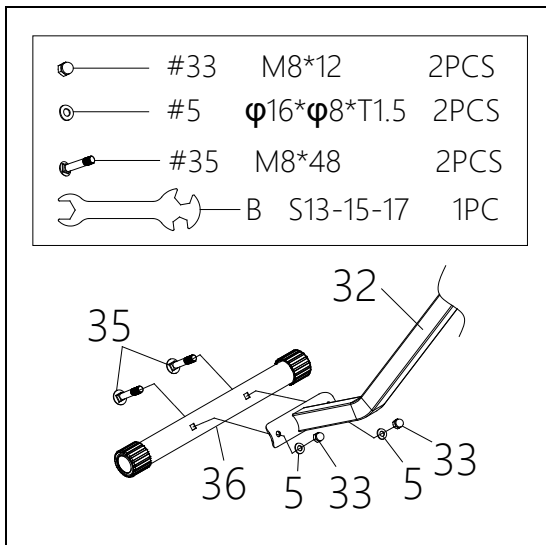
STEP 1:

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

Take out the **Pin (No. 29)** from hardware package, Insert the **Seat Tube (No. 25)** into the **Front Connecting Tube (No. 32)**. Then insert and secure with **Pin (No. 29)**.



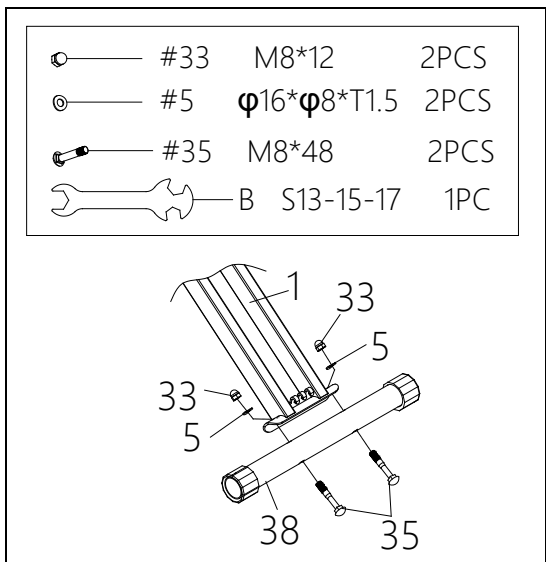
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 2:

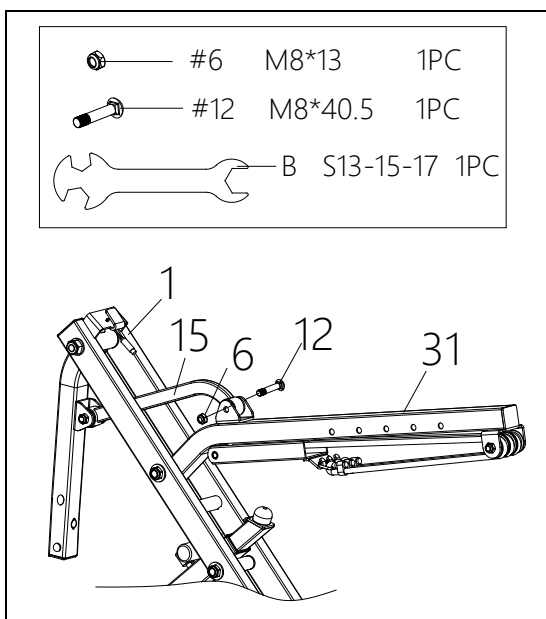
Remove 2 **Bolts (No. 35)**, 2 **Nuts (No. 33)** and 2 **Washers (No. 5)** from the **Front Stabilizer (No. 36)** with **Spanner (No. B)**. Attach **Front Stabilizer (No. 36)** to **Front Connecting Tube (No. 32)** using 2 **Bolts (No. 35)**, 2 **Nuts (No. 33)** and 2 **Washers (No. 5)** that were removed. Tighten and secure with **Spanner (No. B)**.

Remove 2 **Bolts (No. 35)**, 2 **Nuts (No. 33)** and 2 **Washers (No. 5)** from the **Rear Stabilizer (No. 38)** with **Spanner (No. B)**. Attach **Rear Stabilizer (No. 38)** to **Main Frame (No. 1)** using 2 **Bolts (No. 35)**, 2 **Nuts (No. 33)** and 2 **Washers (No. 5)** that were removed. Tighten and secure with **Spanner (No. B)**.

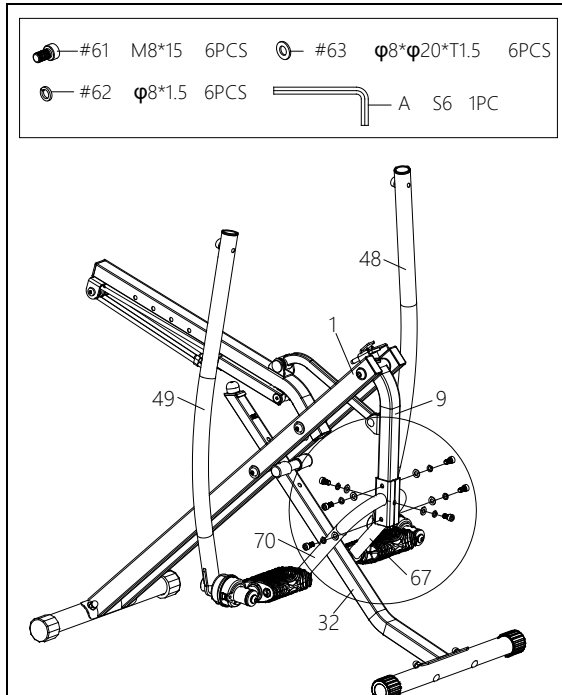


STEP 3:

Take out the **Hexagon Screw (No. 12)** and **Nut (No. 6)** from hardware package. Insert the **Connecting Tube (No. 15)** into the metal bracket slot of **Seat Connecting Tube (No. 31)**. Then insert **Hexagon Screw (No. 12)** into **Seat Connecting Tube (No. 31)** and secure **Nut (No. 6)** using **Spanner (No. B)**.



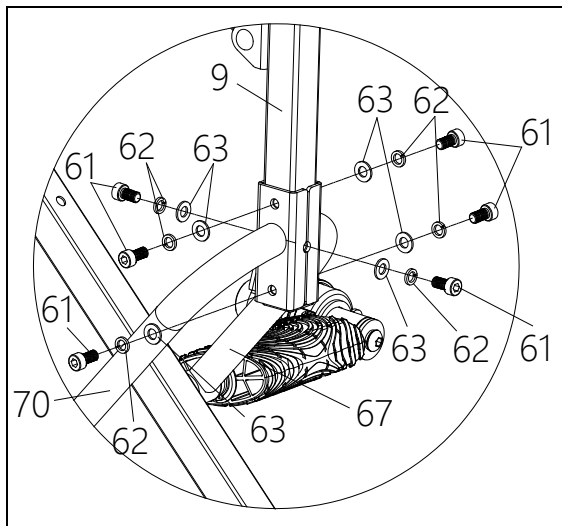
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



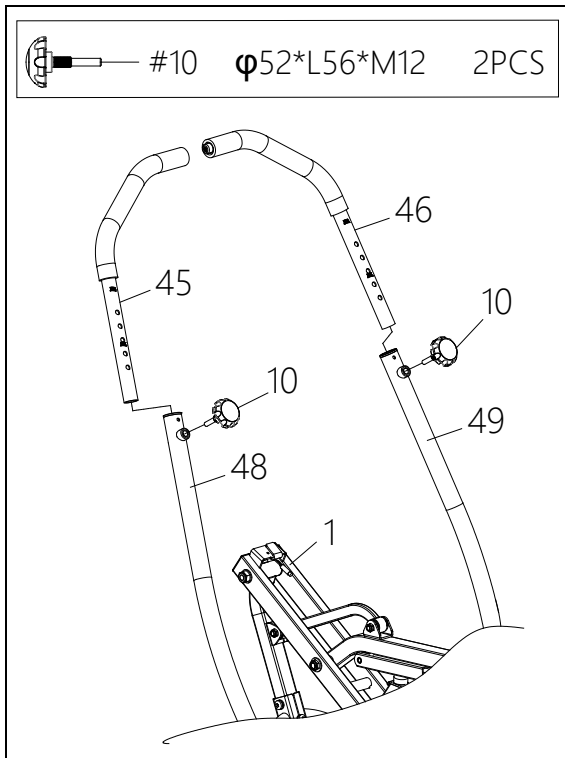
STEP 4:

Take out the 6 **Hexagon Screws (No. 61)**, 6 **Spring Washers (No. 62)** and 6 **Washers (No. 63)** from hardware package.

Attach the **Left Handrail (No. 48)** and the **Right Handrail (No. 49)** to the **Pedal Connecting Tube (No. 9)** using 6 **Hexagon Screws (No. 61)**, 6 **Spring Washers (No. 62)** and 6 **Washers (No. 63)**. Tighten and secure with **Allen Wrench (No. A)**.



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).



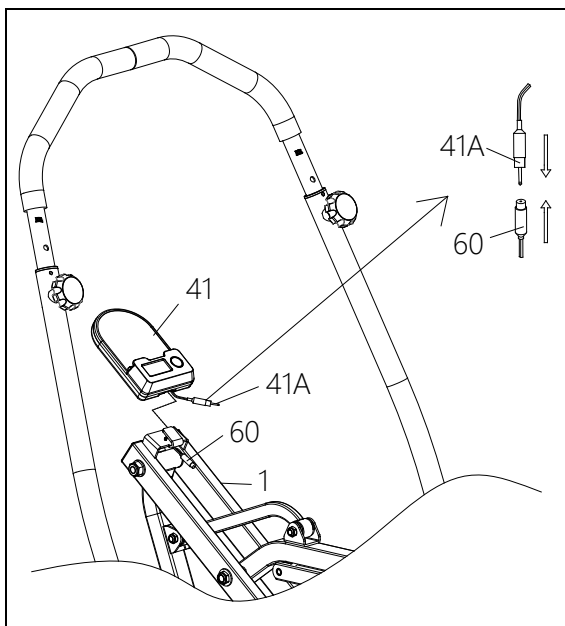
STEP 5:

Take out the 2 **Knobs (No. 10)** from hardware package.

Note: Before assembly, make sure the **Left & Right Upper Handrail (No. 45 & No. 46)** need to be adjusted to the same height.

Insert **Left Upper Handrail (No. 45)** into **Left Handrail (No. 48)**. Then insert and secure with **Knob (No. 10)** after adjusting to proper height.

Insert **Right Upper Handrail (No. 46)** into **Right Handrail (No. 49)**. Then insert and secure with **Knob (No. 10)** after adjusting to proper height.

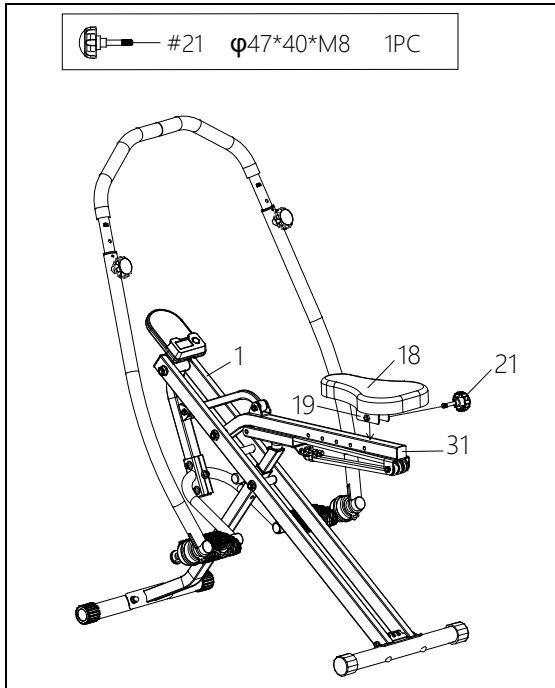


STEP 6:

Connect the **Computer Wire (No. 41A)** to the **Sensor (No. 60)**.

Insert the **Computer (No. 41)** onto the tab on the **Main Frame (No. 1)**.

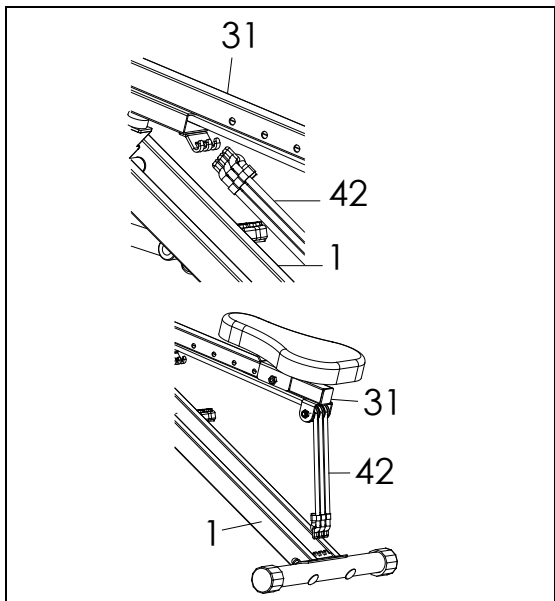
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 7:

Take out the **Knob (No. 21)** from the hardware package.

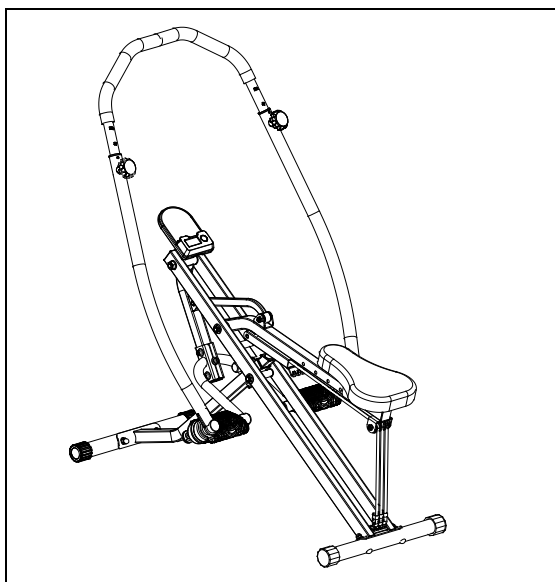
Attach the **Fixed Iron Sheet (No. 19)** to the **Seat Connecting Tube (No. 31)**, adjust the **Seat (No. 18)** to your desired position, then tighten and secure with the **Knob (No. 21)**.



STEP 8:

Unhook **Exercise Bands (No. 42)** from the **Seat Connecting Tube (No. 31)**, and connect the **Exercise Bands (No. 42)** to the hooks on the **Main Frame (No. 1)**.

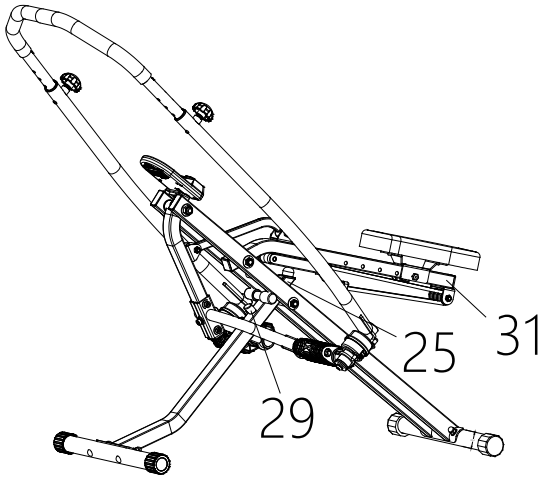
The assembly is complete!



MAINTENANCE & ADJUSTMENT GUIDE

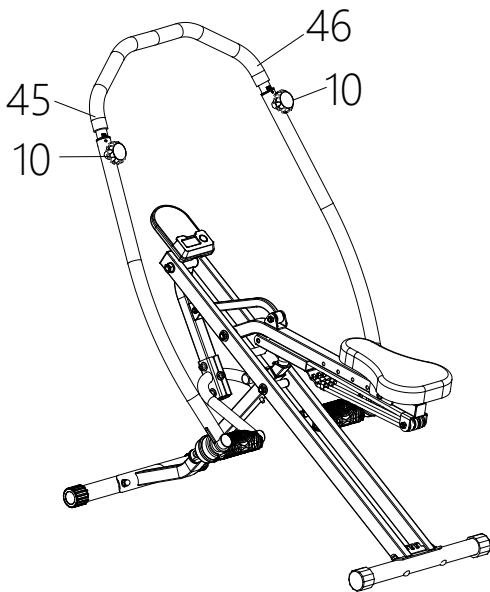
	<p>ADJUSTING THE HANDLEBAR</p> <p>Loosen and remove the Knob (No. 10). Raise or lower the Left & Right Upper Handrail (No. 45 & No. 46) to desired height. Reinsert and tighten the Knob (No. 10).</p> <p>Note: The Left & Right Upper Handrail (No. 45 & No. 46) need to be adjusted to the same height.</p>
	<p>ADJUSTING THE SEAT</p> <p>Loosen and remove the Knob (No. 21) located under the Seat Connecting Tube (No. 31). Move the Seat (No. 18) to desired position, then re-tighten the Knob (No. 21).</p>
	<p>ADJUSTING THE SEAT TUBE</p> <p>To adjust the Seat Tube (No. 25), lift the Seat Connecting Tube (No. 31). Remove the Pin (No. 29) from Front Connecting Tube (No. 32) and raise or lower the Seat Tube (No. 25) to desired position. Re-insert the Pin (No. 29) to secure. Then lower the Seat Connecting Tube (No. 31). Raising or lowering Seat Tube (No. 25) 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. 25). Do not extend the Seat Tube (No. 25) 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. 1) and connect the Exercise Bands (No. 42) to the hooks on the Seat Connecting Tube (No. 31).</p>
	<p>ADJUSTING THE BALANCE</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the bike is stable and secured. If you notice that the bike is unbalanced during use, you should adjust the End Caps (No. 37) located on the rear stabilizer until the bike becomes levelled with the floor surface.</p>

FOLDING INSTRUCTIONS

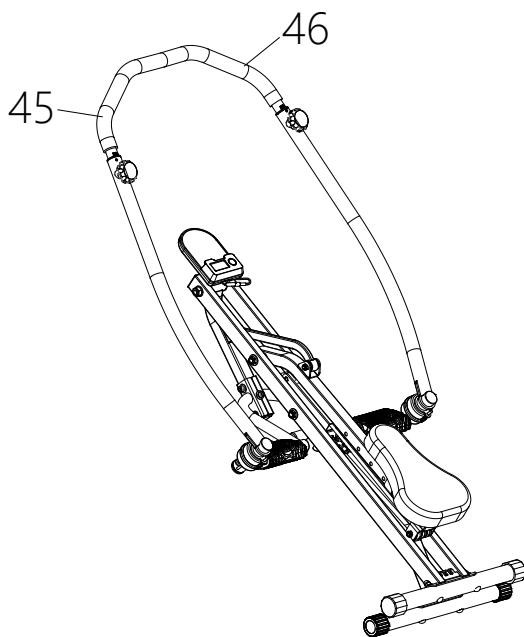


A. Adjust the **Seat Tube (No. 25)** to the lowest level by the **Pin (No. 29)**.

NOTE: Make sure **Exercise Bands (No. 42)** are not connected to **Main Frame (No. 1)** when folding.

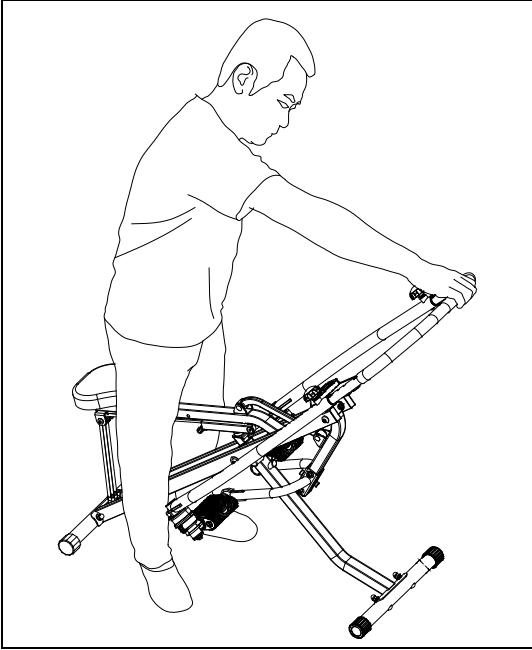


B. Adjust the **Left & Right Upper Handrail (No. 45 & No. 46)** to the lowest level by **Knob (No. 10)**.

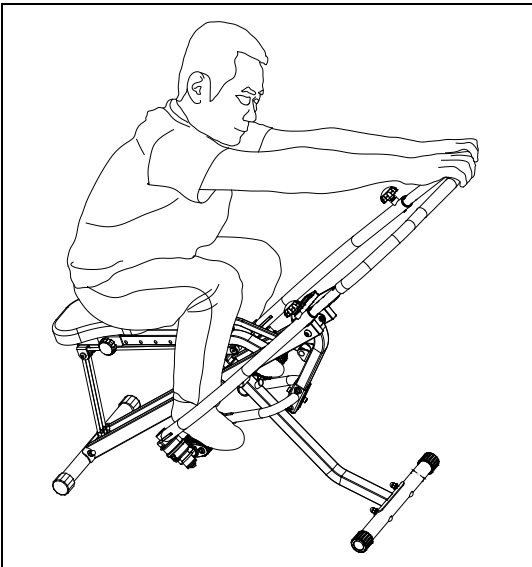


C. Hold the **Left & Right Upper Handrail (No. 45 & No. 46)** and fold the product.

USAGE GUIDE



When using the smart Row-N-Ride® trainer, you should stand on the ground with your legs crossed on both sides of the machine and place your hands on the upper handrail first.



After sitting down, hold the upper handrail with both hands and then step on the pedals with both feet.



While pushing forward with both feet, grab the upper handrail with both hands and pull back.

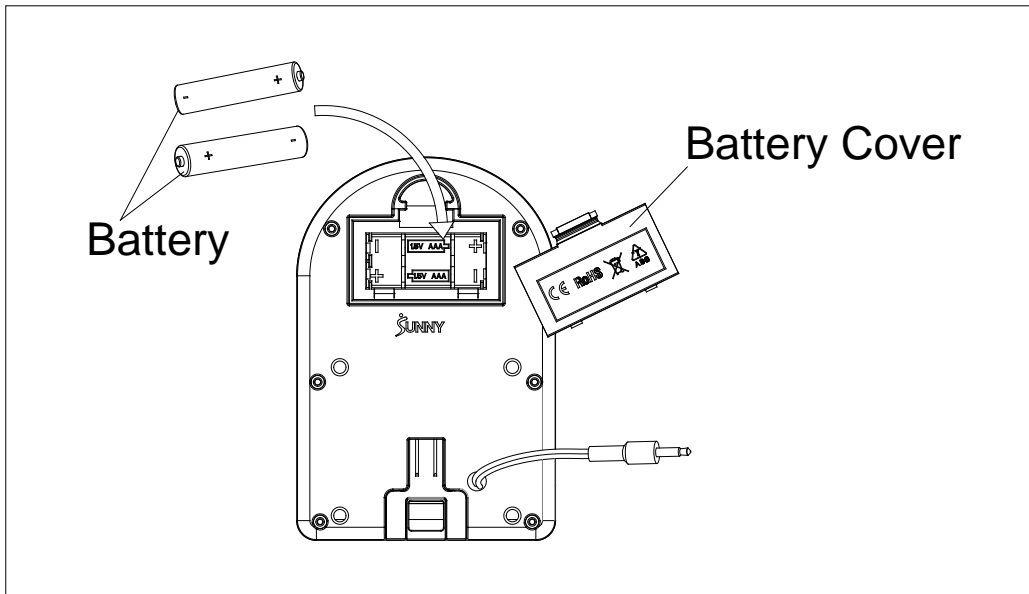


You can also separate your hands and row forward or backward at the same time.



WARNING: It is strictly prohibited to use only one hand for rowing, as it may pose danger to the user and damage the service life of the equipment.

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from the computer box.
2. Press the buckle of battery cover on the **Computer (No. 41)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 41)**. 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. 41)**.

The installation is complete!

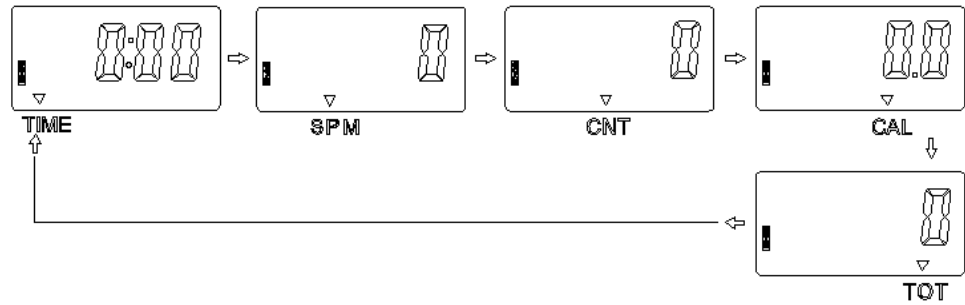
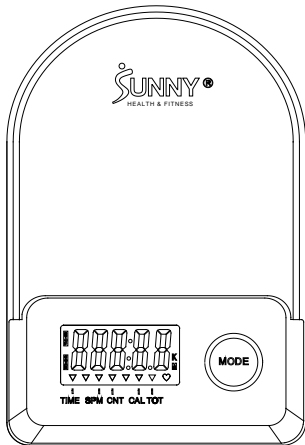
BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 41)**, 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. 41)**. 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. 41)**.

The replacement is complete!

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

EXERCISE COMPUTER



KEY FUCTIONS:

Pressing the MODE key to select and lock on a function for following sequence:

SCAN→TIME→ SPM→CNT→ CAL→ TOT →SCAN

Pressing and hold the MODE key with 3 seconds to reset the value to zero (without TOT).

SLEEP MODE:

The system turns on when the MODE key is depressed or system sensed a signal input from the sensor.

The system turns off automatically when the sensor has no signal input or no key are pressed for approximately 4 minutes.

FUNCTIONS:

SCAN : Display changes according to the next diagram every 6 seconds.

TIME: The total working times with starting exercise.

SPM: Number of strokes per minute, indicating the stroke speed during exercise.

CNT: The current count with starting exercise.

CAL: The calorie burned with starting exercise.

TOT: The total count which this function is refers to from battery capacity period runs.


SPECIFICATION:

FUNCTION	SCAN	6S
	TIME	999M:59S
	COUNT	0~99999
	SPM	0~299
	TOT	0~99999
	CALORIES	0.0~9999.9Kcal
BATTERY		SIZE-AAA *2
Operating temperature		0~40°C (32°F -104°F)
Storage temperature		-10~60°C (14°F -140°F)

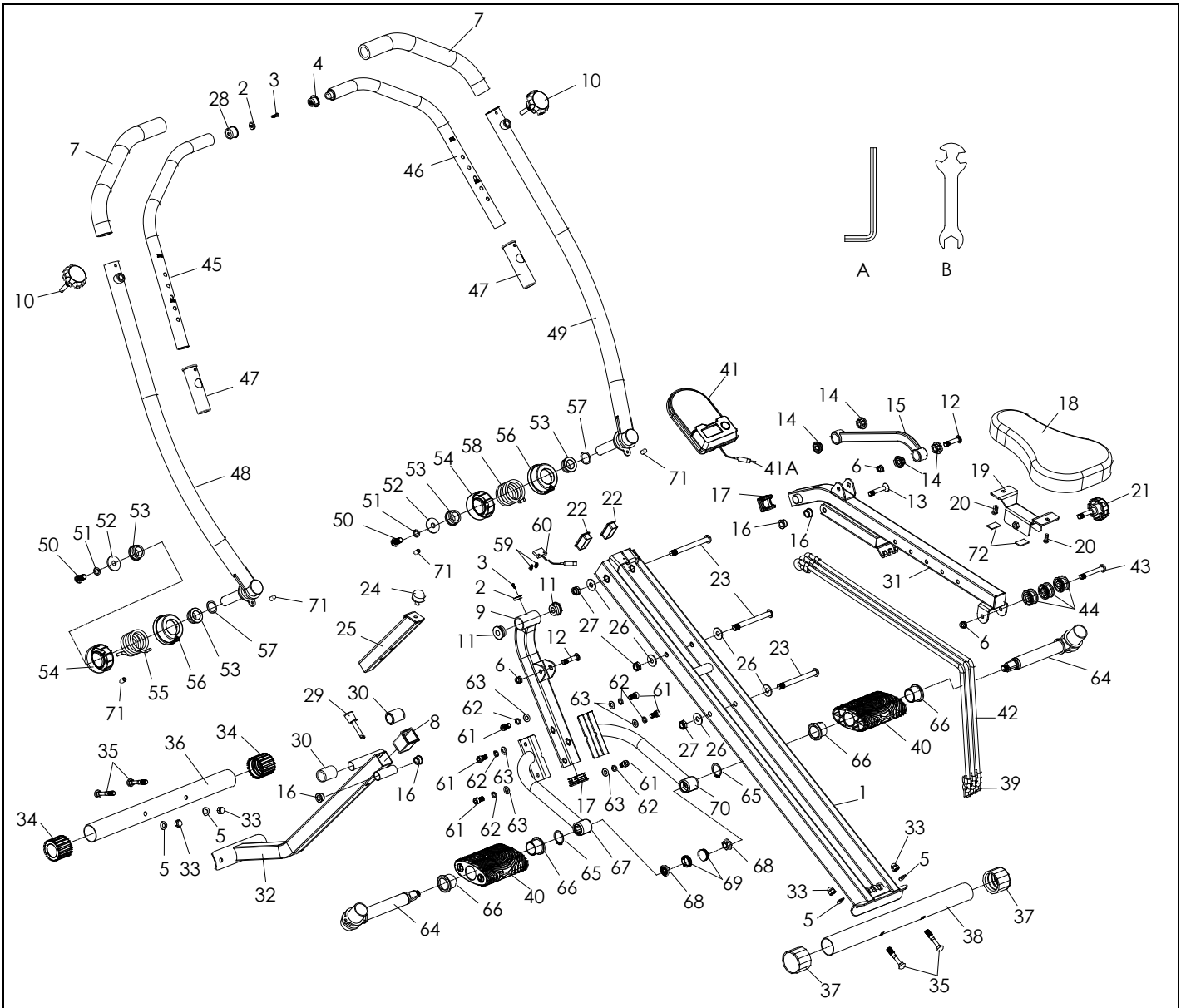
APP CONNECTION:

1. Scan the QR code below to download the SunnyFit app onto your mobile device.



2. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
 - a. From the “Workout” tab, press on the “Search” button to search for your equipment.
 - b. Once your equipment appears on the list, tap the “Select” button to confirm.
 - c. Note: If your equipment does not appear on the "Searching for Equipment" list, check the EXERCISE COMPUTER on your equipment to ensure that it is not in sleep mode and your phone's Bluetooth function is on, then tap "Retry" to search again.
 - d. Once your equipment shows up on the “Workout” tab as “Currently Selected”, your equipment is now ready to display, track, and record your equipment’s workout stats on the app!
5. If you are unable to replicate these steps, or have any other issues with the SunnyFit app, please contact SunnyFit support at support@sunnyfit.com, or use the in-app “Contact Us” form to request support (“Me” tab -> “Contact Us”).

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty.
1	Main Frame		1	39	Square Buckle		3
2	Circular Magnet	Φ15*Φ5*5	2	40	Pedal	100.7*46*121	2
3	Bolt	M5*10	2	41	Computer	BJHT-098	1
4	Handle Sheath 1	Φ25*Φ14*12.5	1	41A	Computer Wire		1
5	Washer	Φ16*Φ8*T1.5	4	42	Exercise Band	Φ8*710	3
6	Nut	M8*13	3	43	Bolt	M8*65	1
7	Sponge	Φ29*Φ23*320	2	44	Plastic Wheel	Φ32*Φ8.2*17	3
8	Bushing	30*30*1.5	1	45	Left Upper Handrail		1
9	Pedal Connecting Tube		1	46	Right Upper Handrail		1
10	Knob	Φ52*L56*M12	2	47	Handle Bushing	Φ32*Φ28.5*100	2
11	Powder Metallurgy	Φ28*Φ10.1*13	2	48	Left Handrail		1
12	Hexagon Screw	M8*40.5	2	49	Right Handrail		1
13	Hexagon Screw	M8*50	1	50	Hexagon Screw	M10*20	2
14	Bearing Sleeve	Φ25*3	4	51	Spring Washer	Φ10	2
15	Connecting Tube		1	52	Washer	Φ32*Φ10.5*3.0	2
16	Powder Metallurgy	Φ19*Φ10*10.5	4	53	Powder Metallurgy	Φ32*Φ19.6*14	4
17	Plug	30*30*1.5	2	54	Lower Spring Guard	Φ58*Φ33*23	2
18	Seat		1	55	Left Torsion Spring	Φ48*Φ5*78	1
19	Fixed Iron Sheet		1	56	Upper Spring Guard	Φ64*Φ33*26.5	2
20	Screw	M6*16	2	57	Corrugated Spring Pad	Φ20	2
21	Knob	Φ47*40*M8	1	58	Right Torsion Spring	Φ48*Φ5*78	1
22	Plug	40*20*1.5	2	59	Hexagon Screw	S2.9*8	2
23	Bolt	M10*106	3	60	Sensor	L70	1
24	Stopper	Φ25*22.5	1	61	Hexagon Screw	M8*15	6
25	Seat Tube		1	62	Spring Washer	Φ8*1.5	6
26	Washer	Φ10	5	63	Washer	Φ8*Φ20*T1.5	6
27	Nut	M10	3	64	Pedal Tube		2
28	Handle Sheath 2	Φ25*Φ19*16	1	65	Elastic Retainer	Φ25	2
29	Pin	Φ8*42.5	1	66	Pedal Bushing	Φ37*Φ25.5*23	4
30	Plug	Φ19*35	2	67	Left Pedal Tube Assembly		1
31	Seat Connecting Tube		1	68	Flange Nut	M12*1.25	2
32	Front Connecting Tube		1	69	Crank Cap Cover	Φ25*6.5	2
33	Nut	M8*12	4	70	Right Pedal Tube Assembly		1
34	Cap	Φ45.5*39.5	2	71	Rubber Sleeve	Φ8*Φ4*15	4
35	Bolt	M8*48	4	72	EVA mat	25*15*2.0	2
36	Front Stabilizer	Φ38*1.5*410	1	A	Allen Wrench	S6	1
37	End Cap	Φ38	2	B	Spanner	S13-15-17	1
38	Rear Stabilizer	Φ38*1.5*410	1				

CONNECT
with us

DOWNLOAD


Track your fitness progress & join
FREE workout courses!


Download  **SUNNYFIT** today!





FOLLOW


Find us on social media @sunnyhealthfitness

 @sunnyhealthfitness

 @sunnyhealthandfitness

 @sunnyhealthfit

 /sunnyhealthfitness

 /sunnyhealthfitness

 /sunnyhealthandfitness

www.sunnyhealthfitness.com