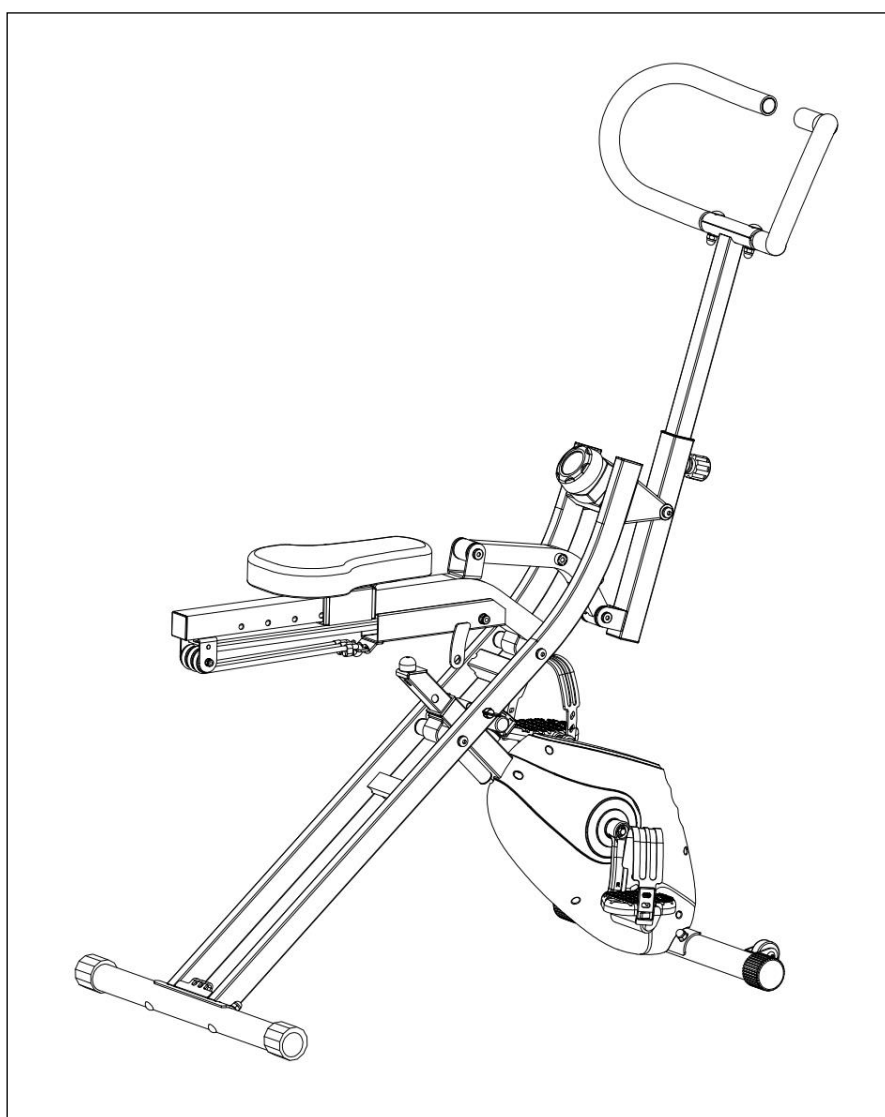




UPRIGHT ROW-N-RIDE[®] EXERCISE BIKE

SF-A022077

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

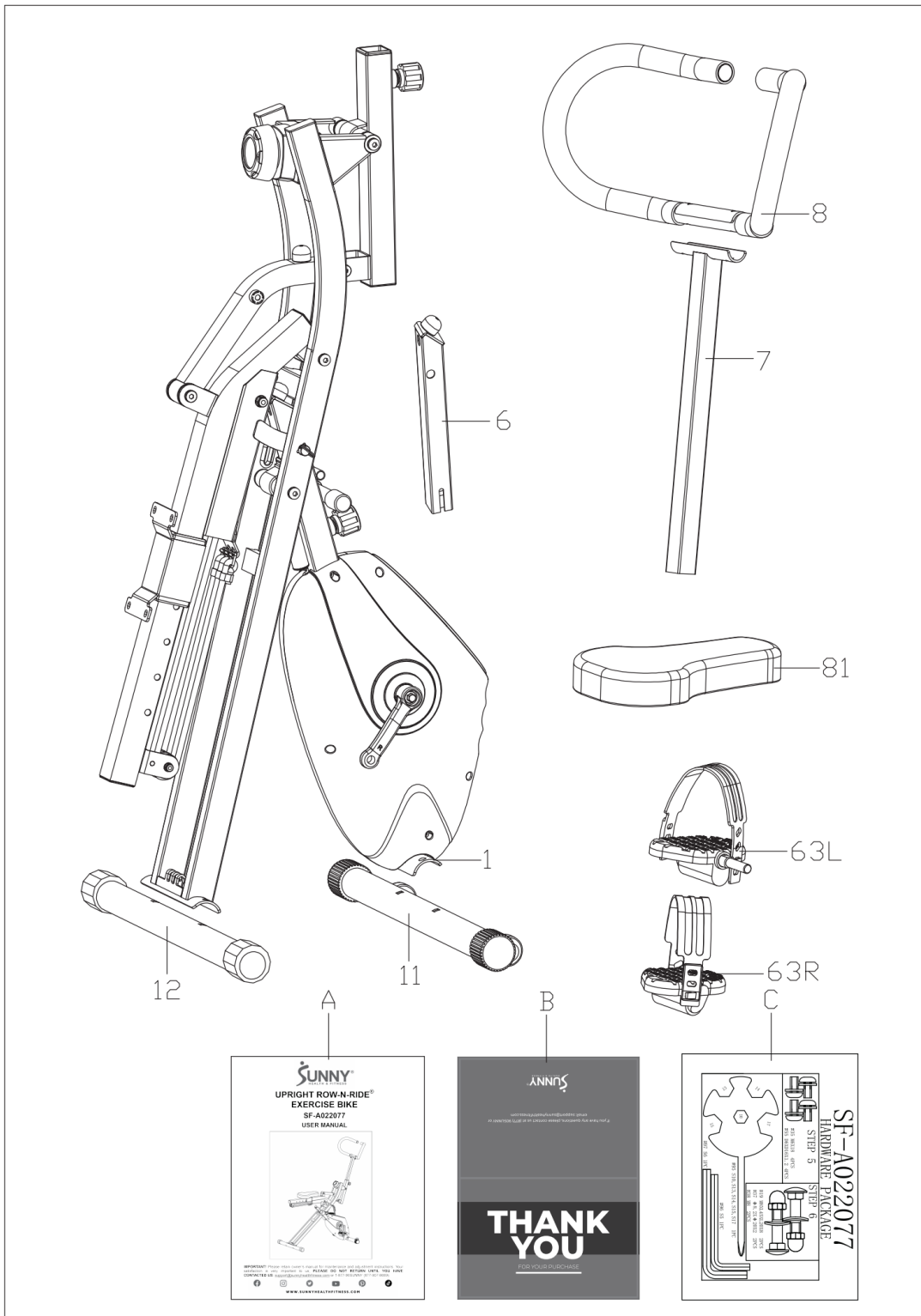
IMPORTANT SAFETY INFORMATION

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 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 lbs (100 kgs).
10. The equipment is not suitable for therapeutic use.
11. Use caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
12. Your product is intended for use in cool, 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!

PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.

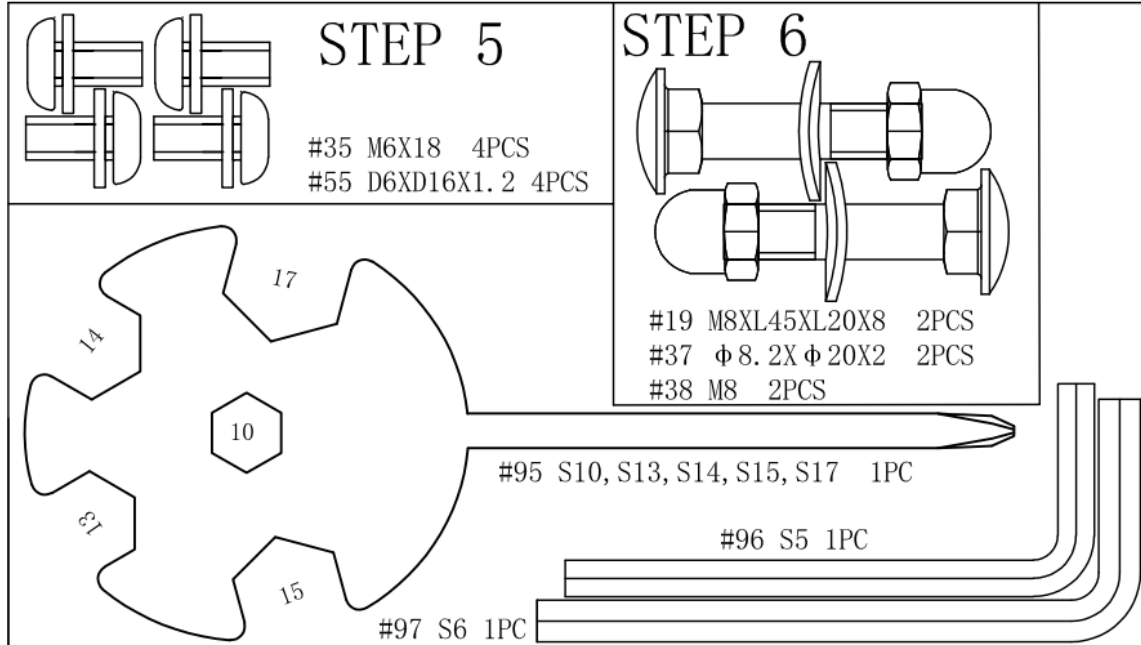


No.	Description	Spec.	Qty.
1	Front Support		1
6	Adjusting Tube		1
7	Handlebar Adjusting Tube		1
8	Handlebar		1
11	Front Stabilizer		1
12	Rear Stabilizer		1

No.	Description	Spec.	Qty.
63L/R	Pedal	YH-30X	1 pr.
81	Seat	T45X180X300	1
A	Manual		1
B	Thank You Card		1
C	Hardware Package		1

HARDWARE PACKAGE

SF-A022077 HARDWARE PACKAGE



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

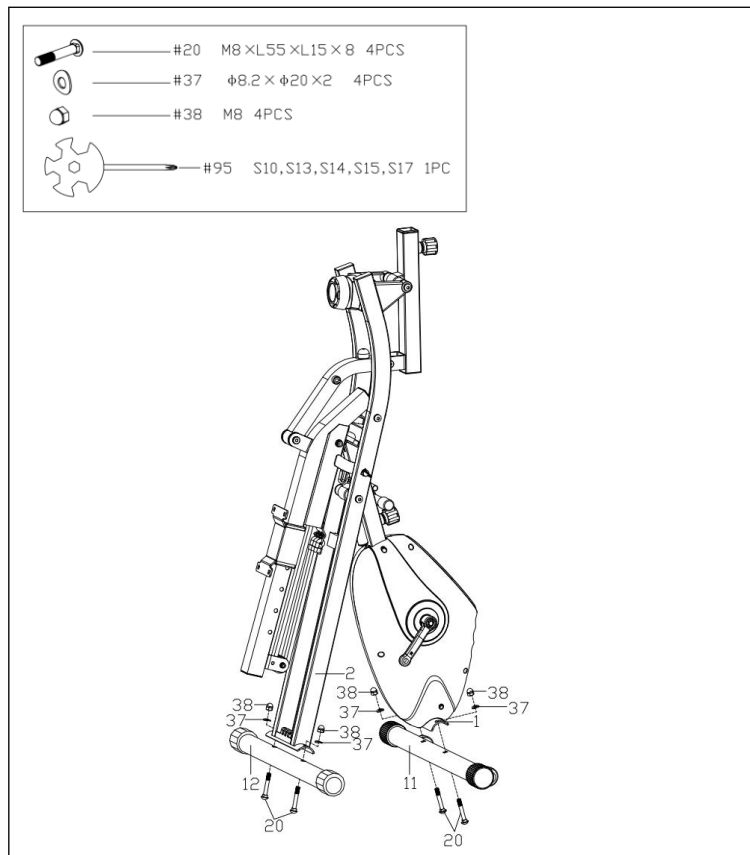
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 13) and "PARTS LIST" (pages 14-15)

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

Remove the 2 **Carriage Bolts (No. 20)**, 2 **Arc Washers (No. 37)** and 2 **Cap Nuts (No. 38)** from the **Front Stabilizer (No. 11)** using **Spanner (No. 95)**.

Attach the **Front Stabilizer (No. 11)** to the **Front Support (No. 1)** with 2 **Carriage Bolts (No. 20)**, 2 **Arc Washers (No. 37)** and 2 **Cap Nuts (No. 38)** that were just removed using **Spanner (No. 95)**.

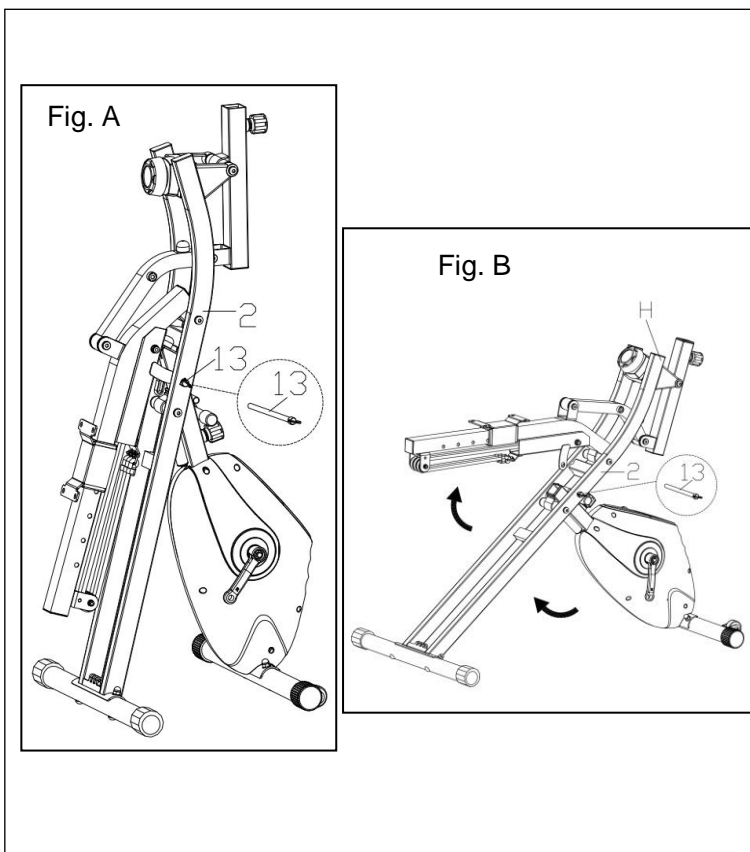
Remove the 2 **Carriage Bolts (No. 20)**, 2 **Arc Washers (No. 37)** and 2 **Cap Nuts (No. 38)** from the **Rear Stabilizer (No. 12)** using **Spanner (No. 95)**.

Attach the **Rear Stabilizer (No. 12)** to the **Supporting Tube (No. 2)** with 2 **Carriage Bolts (No. 20)**, 2 **Arc Washers (No. 37)** and 2 **Cap Nuts (No. 38)** that were just removed using **Spanner (No. 95)**.

STEP 2

Pull out the **Pull Pin (No. 13)** from the **Supporting Tube (No. 2)** as shown in Fig. A.

Put your hand on the H position and unfold as shown in Fig. B, insert the **Pull Pin (No. 13)** back into the **Supporting Tube (No. 2)**.

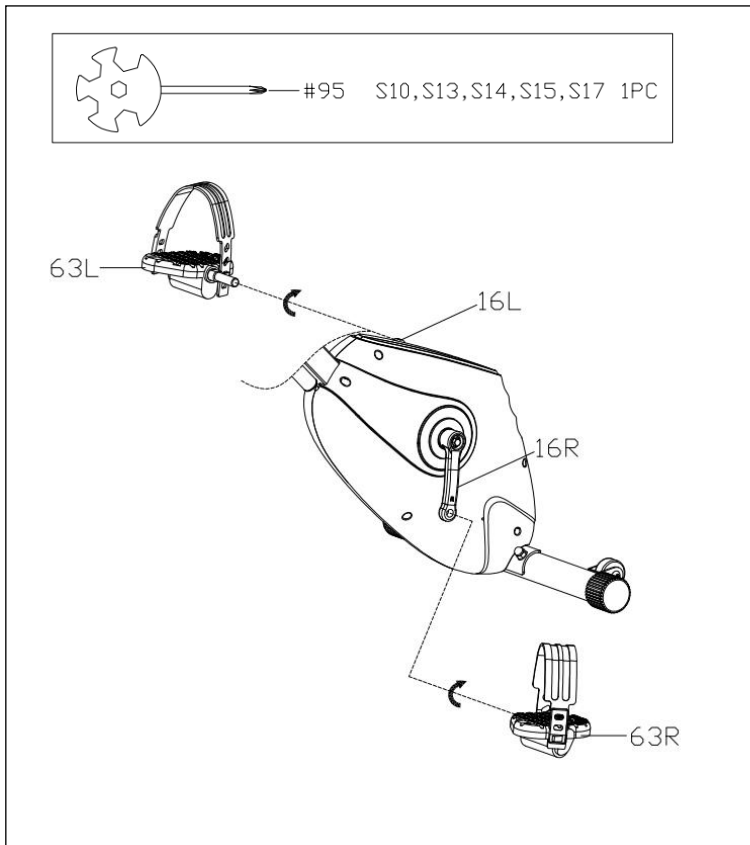


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STEP 3

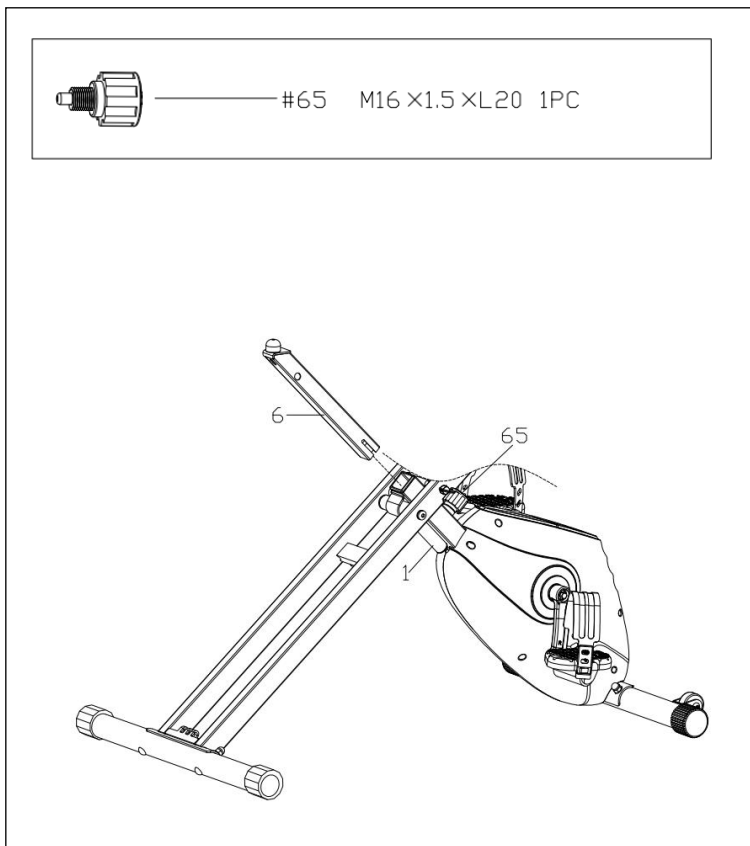
Attach the **Left Pedal (No. 63L)** to the **Left Crank (No. 16L)**. Turn the **Left Pedal (No. 63L)** *counter-clockwise* as tightly as you can with your hand. Then secure using **Spanner (No. 95)**.

Attach the **Right Pedal (No. 63R)** to the **Right Crank (No. 16R)**. Turn the **Right Pedal (No. 63R)** *clockwise* as tightly as you can with your hand. Then secure using **Spanner (No. 95)**.

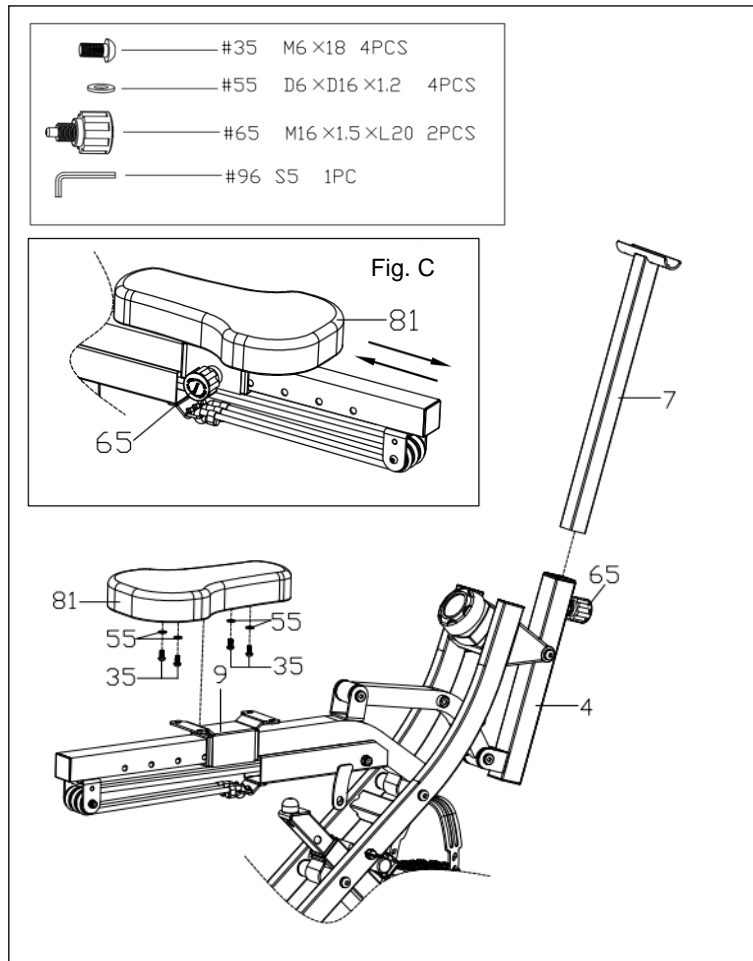


STEP 4

Loosen and pull the **Spring Knob (No. 65)** outward, insert the **Adjusting Tube (No. 6)** to the **Front Support (No. 1)**, adjust to the desire position, then re-insert and tighten the **Spring Knob (No. 65)** to secure the **Adjusting Tube (No. 6)** in place.



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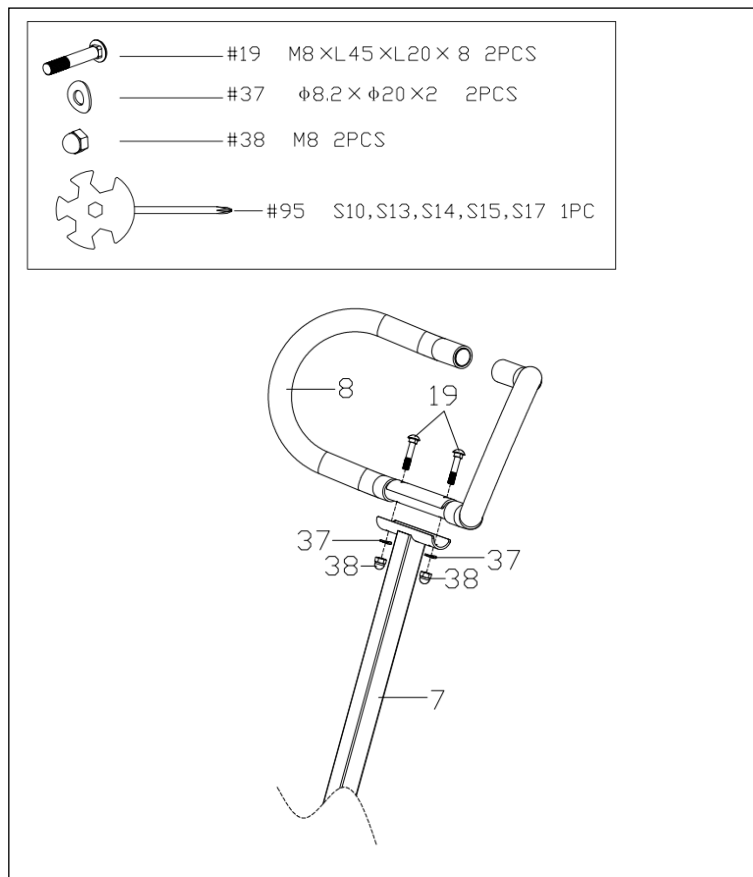


STEP 5

Loosen and pull the **Spring Knob (No. 65)** outward, insert the **Handlebar Adjusting Tube (No. 7)** to the **Handlebar Adjusting Casing Tube (No. 4)**, adjust to the desire position, then re-insert and tighten the **Spring Knob (No. 65)** to secure the **Handlebar Adjusting Tube (No. 7)** in place.

Tighten the **Seat (No. 81)** to the **Seat Supporting Plate (No. 9)** with 4 **Screws (No. 35)** and 4 **Flat Washers (No. 55)** using **Allen Wrench (No. 96)**.

NOTE: Loosen and pull the **Spring Knob (No. 65)** outward, you can adjust the **Seat (No. 81)** in front and rear position. Once adjusted, re-insert and tighten the **Spring Knob (No. 65)** to secure the **Seat (No. 81)** in place, as Fig. C showed.

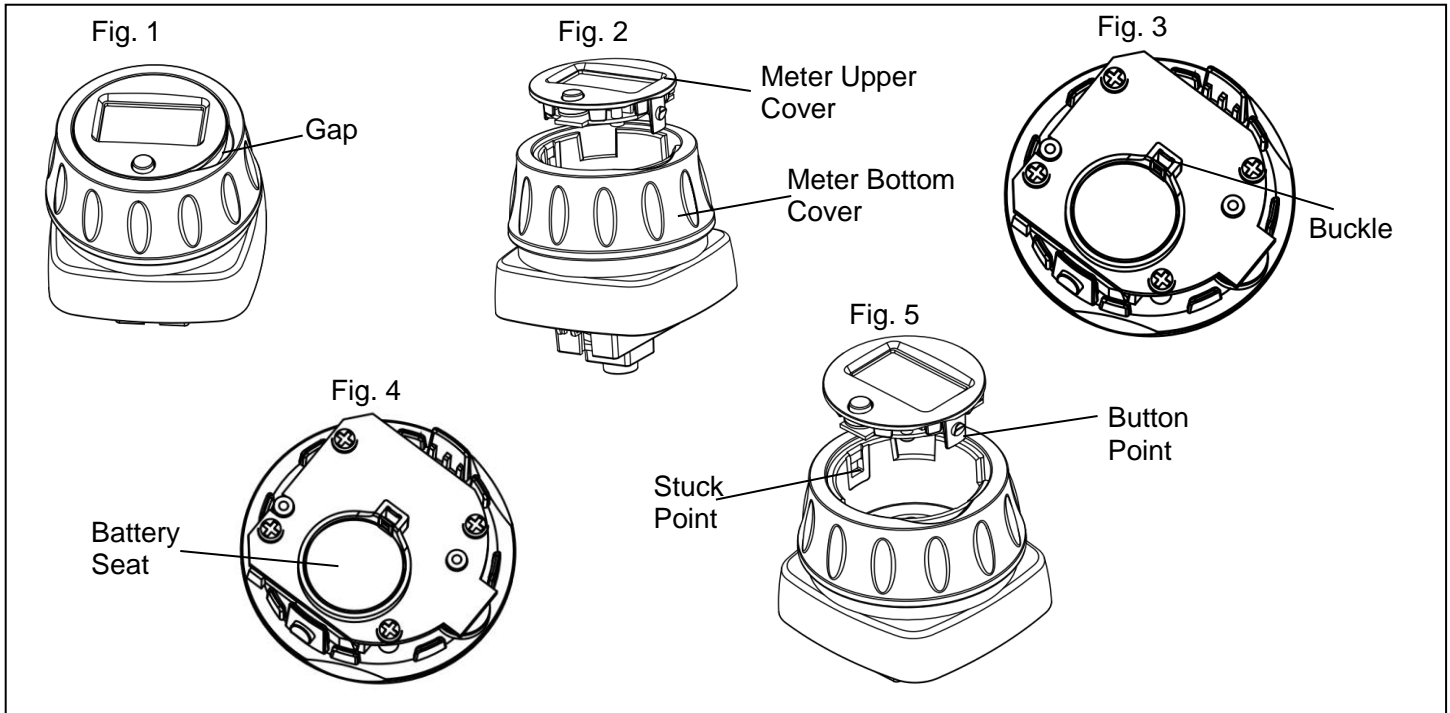


STEP 6

Fix the **Handlebar (No. 8)** to the **Handlebar Adjusting Tube (No. 7)** with 2 **Carriage Bolts (No. 19)**, 2 **Arc Washers (No. 37)** and 2 **Cap Nuts (No. 38)** with **Spanner (No. 95)**.

THE ASSEMBLY IS COMPLETE!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 1 CR2032 battery from the PE bag for manual.
2. Put one finger in the gap and pull up the meter upper cover (see Fig. 1).
3. Remove the meter upper cover from the meter bottom cover (see Fig. 2).
4. Put the battery into the battery seat, press down until you hear a click, then the battery is in place (see Fig. 4). **NOTE:** The lettered side of the battery is facing up.
5. Point 2 button points on meter upper cover to 2 stuck points on meter bottom cover, then press back the meter upper cover (see Fig. 5).

The installation is complete!

BATTERY REPLACEMENT

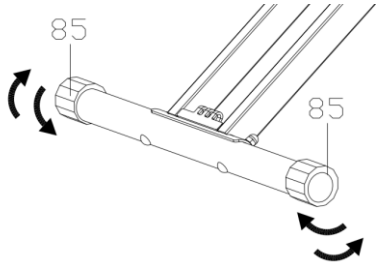
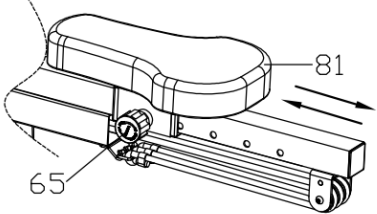
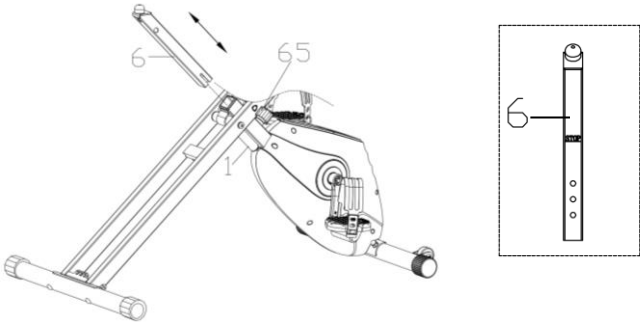
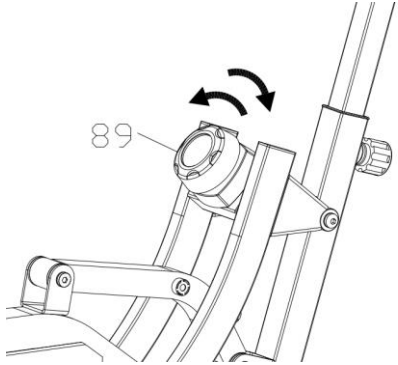
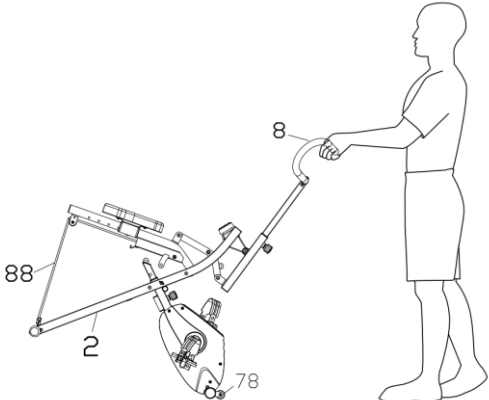
1. Put one finger in the gap and pull up the meter upper cover (see Fig. 1).
2. Remove the meter upper cover from the meter bottom cover (see Fig. 2).
3. Press the buckle of meter upper cover, then the battery will pop out (see Fig. 3).
4. Remove the old battery, and put a new battery into the battery seat, press down until you hear a click, then the battery is in place (see Fig. 4). **NOTE:** The lettered side of the battery is facing up.
5. Point 2 button points on meter upper cover to 2 stuck points on meter bottom cover, then press back the meter upper cover (see Fig. 5).

The replacement is complete!

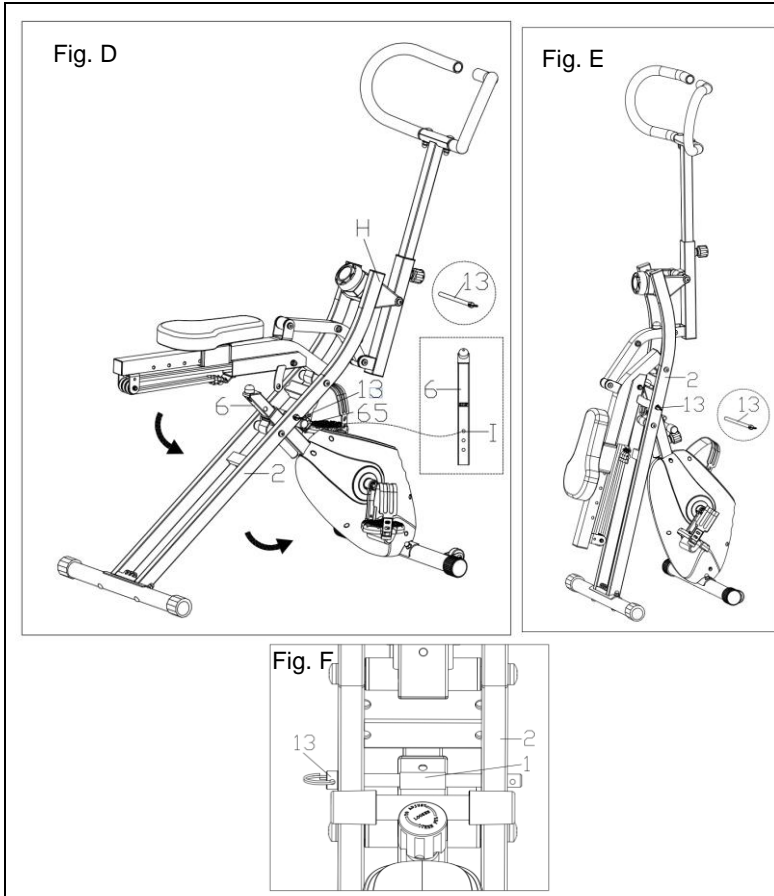
BATTERY DISPOSAL

Dispose the battery according to the laws and regulations of your local region.

ADJUSTMENT GUIDE

	<p>ADJUSTING THE BALANCE</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the bike is stable and secure. If you notice that the bike is unbalanced during use, you should adjust the Rear End Caps (No. 85) located on the rear stabilizer until the bike becomes levelled with the floor surface.</p>
	<p>ADJUSTING THE SEAT</p> <p>Loosen and pull the Spring Knob (No. 65) outward, you can adjust the Seat (No. 81) in front and rear position. Once adjusted, re-insert and tighten the Spring Knob (No. 65) to secure the Seat (No. 81) in place.</p>
	<p>ADJUSTING THE SEAT HEIGHT</p> <p>Loosen and pull the Spring Knob (No. 65) outward, you can adjust the Adjusting Tube (No. 6). Once adjusted, re-insert and tighten the Spring Knob (No. 65) to secure the Adjusting Tube (No. 6) in place.</p>
	<p>ADJUSTING THE TENSION</p> <p>Adjust the tension by rotating the Tension Controller with Meter (No. 89) <u>clockwise</u> to increase the level of resistance. Rotate the Tension Controller with Meter (No. 89) <u>counter-clockwise</u> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p>MOVING THE BIKE</p> <p>CAUTION: Before moving, please make sure the 3 Resistance Bands (No. 88) are connected to Supporting Tube (No. 2).</p> <p>Hold the Handlebar (No. 8) and press the bike down until the Transportation Wheels (No. 78) touch the ground. With the Transportation Wheels (No. 78) on the ground, you can transport the bike to the desired location with ease.</p>

ADJUSTMENT GUIDE



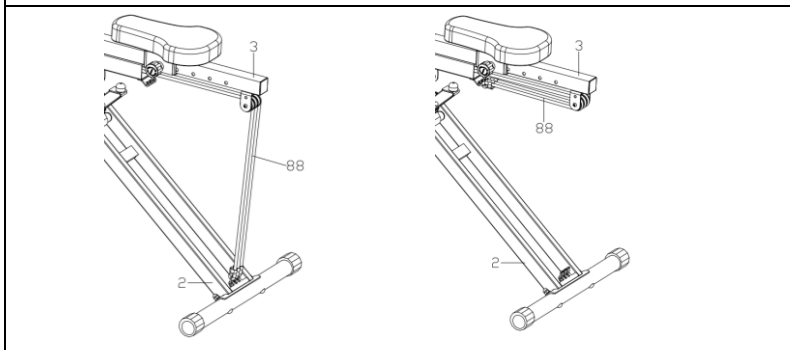
FOLDING THE BIKE

Loosen and pull the **Spring Knob (No. 65)** outward, adjust the **Adjusting Tube (No. 6)** to the hole marked I.

Pull out the **Pull Pin (No. 13)** from the **Supporting Tube (No. 2)** as shown in Fig. D. Put your hand in the H position and fold the bike as the arrow showed on Fig. D.

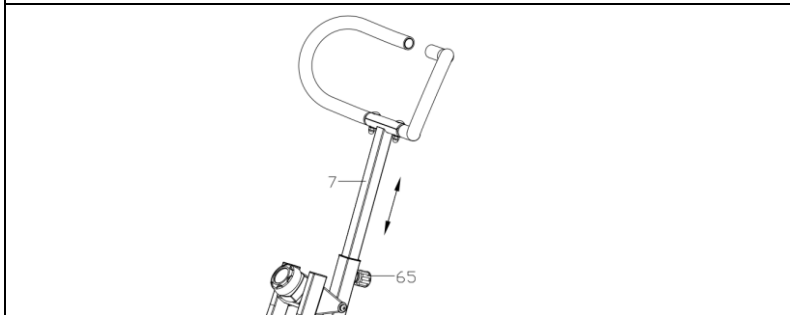
Insert the **Pull Pin (No. 13)** back into the **Supporting Tube (No. 2)** as shown in Fig. E.

NOTE: Make sure **Pull Pin (No. 13)** is through the holes on **Front Support (No. 1)** and **Supporting Tube (No. 2)** as shown in Fig. F.



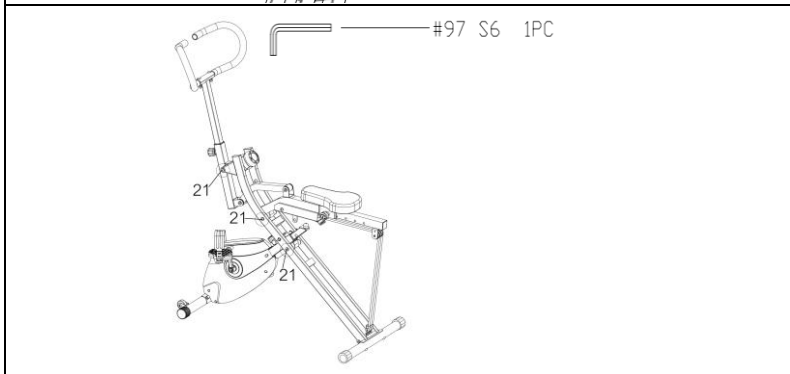
ADJUSTING THE RESISTANCE BAND

You can adjust the difficulty of your exercise by adjusting the **Resistance Bands (No. 88)**. To reduce difficulty, unhook **Resistance Bands (No. 88)** from the **Supporting Tube (No. 2)** and connect the **Resistance Bands (No. 88)** to the hooks on the **Seat Bracket (No. 3)**.



ADJUSTING THE HANDLEBAR

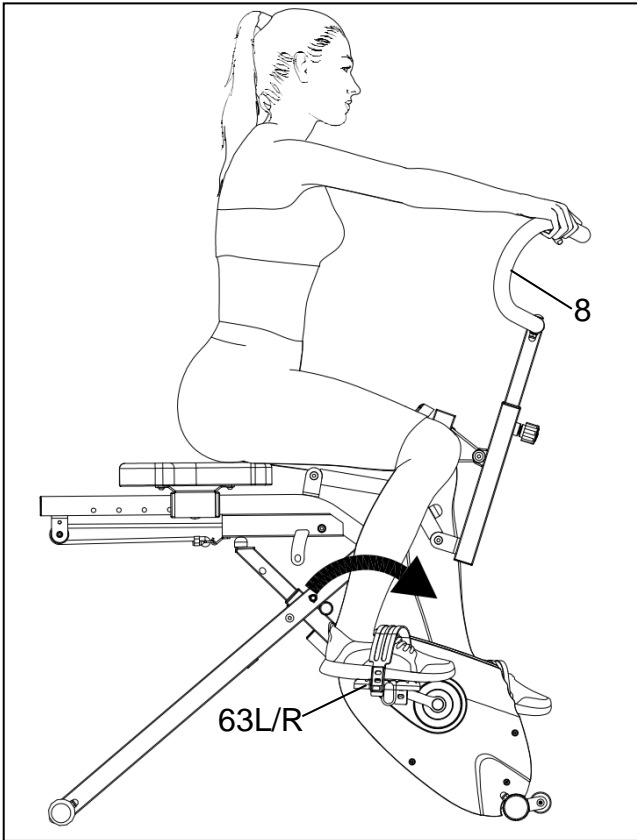
Loosen and pull the **Spring Knob (No. 65)** outward, raise or lower the **Handlebar Adjusting Tube (No. 7)** to desired height. Re-insert and tighten the **Spring Knob (No. 65)** to secure the **Handlebar Adjusting Tube (No. 7)** in place.



TIGHTEN THE SCREWS

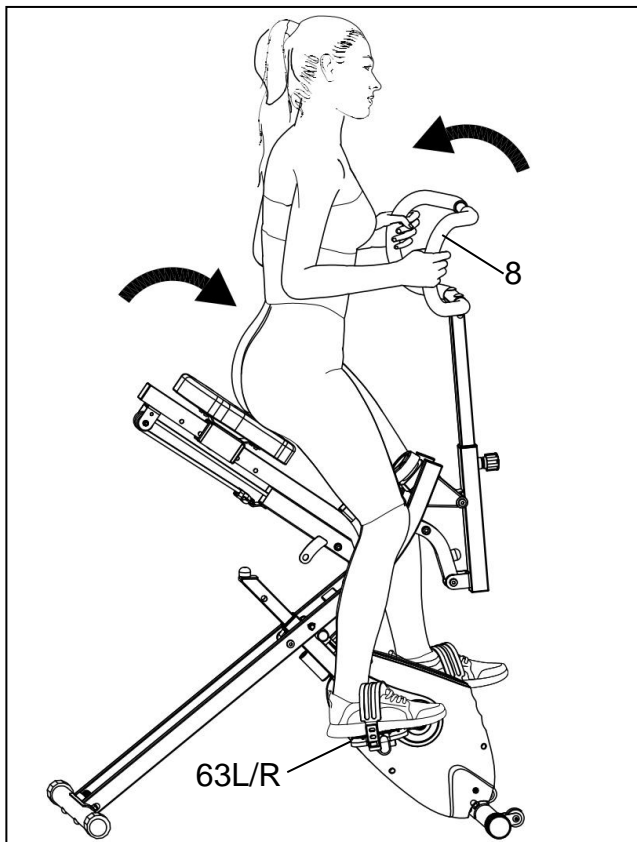
When the **Screws (No. 21)** are loosened, you can tighten them with **Allen Wrench (No. 97)**.

USAGE GUIDE



The Upright Row-N-Ride® Exercise Bike allows you to work out in multiple ways. You can use it as an exercise bike or use it as a Row-N-Ride.

When using as an exercise bike, place your hand on the **Handlebar (No. 8)**, keep your hand still, and step on the **Pedals (No. 63L/R)** as shown in the left picture.

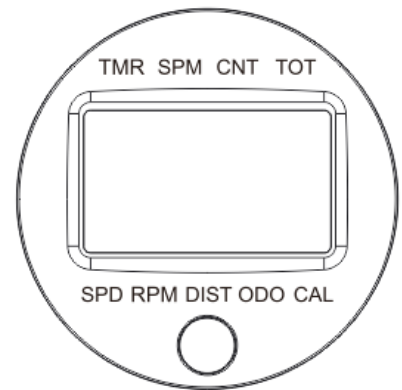


When using as a Row-N-Ride, place your hand on the **Handlebar (No. 8)**, keep step on the **Pedals (No. 63L/R)** and pull the **Handlebar (No. 8)** towards you as shown in the left picture.

EXERCISE METER

SPECIFICATIONS:

TMR (TIME)	-----00:00~99:59 MIN:SEC
SPM (REPS/MIN)	-----0~9999 STROKES/MIN
CNT (COUNT)	-----0~9999 STROKES
TOT (TOTAL COUNT)	-----0~9999 STROKES
SPD (SPEED)	-----0.00~999.9 MPH
RPM (CADANCE)	-----0~9999 ROTATION/MIN
DIST (DISTANCE)	-----0.00~999.9 MILES
ODO (TOTAL DISTANCE)	-----0.00~999.9 MILES
CAL (CALORIES)	-----0.0~9999 KCAL



KEY FUNCTION:

MODE: To select the function you want. Hold the key for 4 seconds to have all function values reset (Except TOT and ODO).

OPERATION PROCEDURES:

AUTO ON/OFF: The meter will be automatically shut off if there is no signal coming in for 4 minutes. The meter will be auto-powered when start exercise or press the key.

FUNCTION:

- TMR (TIME): Accumulates the workout time during exercise.
- SPM (REPS/MIN): Displays the strokes per minute during exercise.
- CNT (COUNT): Accumulates strokes while exercising.
- TOT (TOTAL COUNT): Displays the total number of strokes since batteries were installed.
- SPD (SPEED): Displays the speed during exercise.
- RPM (CADANCE): Displays the rotations per minute during exercise.
- DIST (DISTANCE): Accumulates the distance of each workout.
- ODO (TOTAL DISTANCE): Accumulates the total distance since batteries were installed.
- CAL (CALORIES): Count the total calories from exercise start to end.

NOTE: When only using the ROW-N-RIDE, meter will only accumulate SPM/CNT/TOT. When only using the exercise bike, meter will only accumulate SPD/RPM/DIST/ODO.


BATTERY:

If the meter display is abnormal, please re-install the new battery and try again. This meter uses one "CR2032" battery.

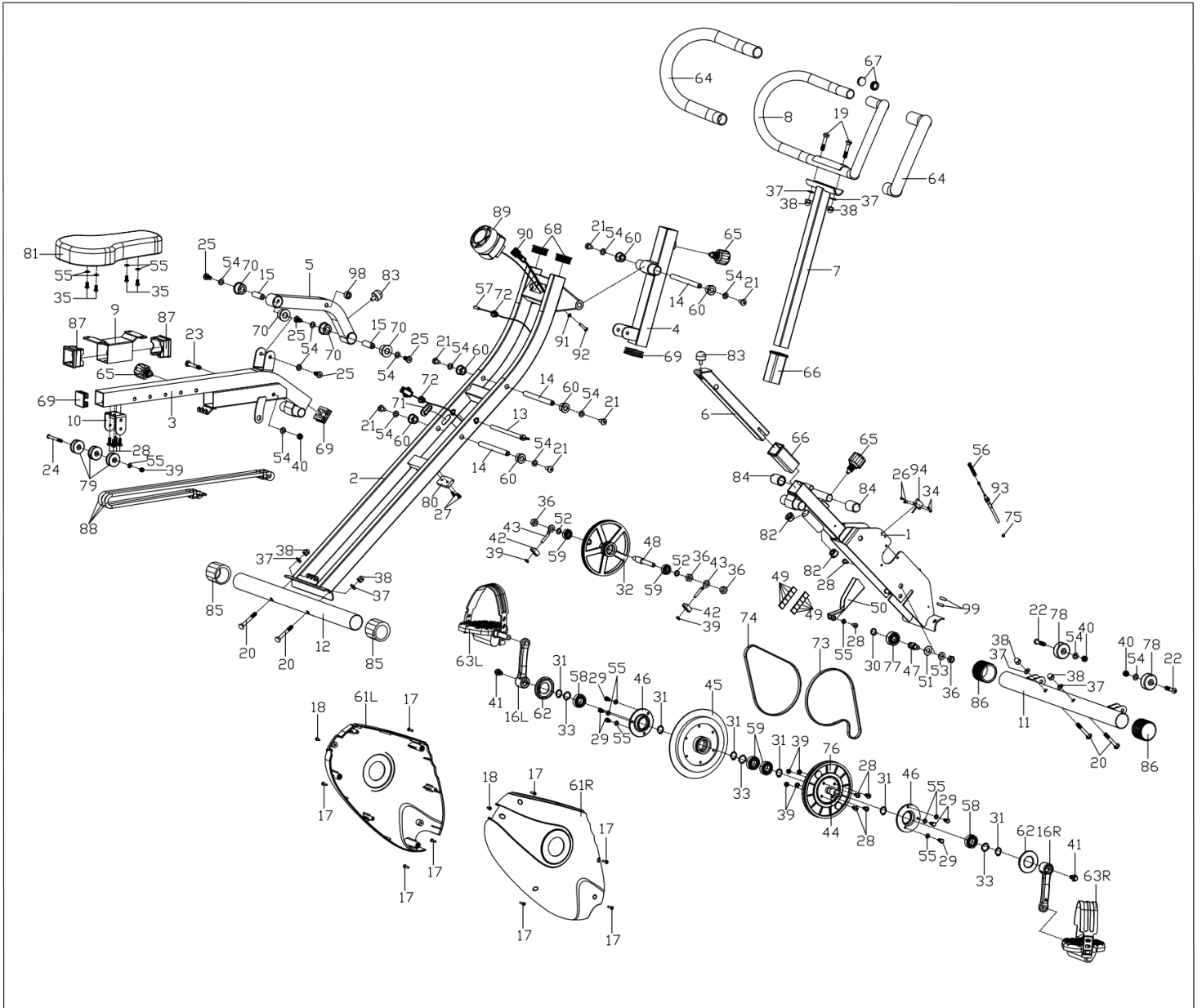
APP CONNECTION:

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 METER 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.
1	Front Support		1
2	Supporting Tube		1
3	Seat Bracket		1
4	Handlebar Adjusting Casing Tube		1
5	Linking Tube		1
6	Adjusting Tube		1
7	Handlebar Adjusting Tube		1
8	Handlebar		1
9	Seat Supporting Plate		1
10	U Shape Bracket		1
11	Front Stabilizer		1
12	Rear Stabilizer		1
13	Pull Pin	Φ10X150XA134	1
14	Rotating Shaft	Φ12X129	3
15	Rotating Shaft	Φ14X39.8	2
16L/R	Crank	1/2"	1 pr.
17	Screw	ST4.2X18	8
18	Screw	ST4.2X13	2
19	Carriage Bolt	M8XL45XL20X8	2
20	Carriage Bolt	M8XL55XL15X8	4
21	Screw	M8X15	6
22	Screw	M8X38XL15	2
23	Screw	M8X55X15	1
24	Screw	M6X60X15	1
25	Screw	M8X18	4
26	Screw	M3X10	2
27	Screw	M5X10	2
28	Phillips Screw	M6X12	10
29	Hex Screw	M6X12	6
30	Axle Spring Washer	D15	1
31	Axle Spring Washer	D17	6
32	Belt Pulley	Φ150X29.6	1
33	Wave Washer	D17	3
34	Hex Nut	M3	2
35	Screw	M6X18	4
36	Hex Nut	M10X1.0	4
37	Arc Washer	Φ8.2XΦ20X2	6
38	Cap Nut	M8	6
39	Nylon Nut	M6	7
40	Nylon Nut	M8	3
41	Flange Bolt	M8X20	2
42	U Shape Mat	δ3X30X20	2

No.	Description	Spec.	Qty.
43	Adjusting Belt Bolt	M6X50	2
44	Centre Axle	Φ17X154	1
45	Flywheel	Φ150X27 1KG	1
46	Bearing Bracket	Φ76X14	2
47	Idler Shaft	Φ17X36	1
48	Driven Shaft	Φ14X92.5	1
49	Square Magnet	15X13X3	10
50	Magnetic Board	δ2X28X37.2	1
51	Flat Washer	D12XD24X1	1
52	Flat Washer	D10XD14X1	2
53	Flat Washer	D10XD20X2.0	1
54	Flat Washer	D8XD16X1.5	13
55	Flat Washer	D6XD16X1.2	12
56	Compressed Spring	Φ8.1X51	1
57	Needle Inductor	L200mm	1
58	Bearing	6003RS	2
59	Bearing	6000RS	4
60	Alloy Sleeve	Φ12.1X16XΦ2 1X13XΦ25X3	6
61L/R	Belt cover		1 pr.
62	Crank Cover	Φ60XΦ30X8.5	2
63L/R	Pedal	YH-30X	1 pr.
64	Foam Grip	Φ24XΦ31X56 0	2
65	Spring Knob	M16X1.5XL20	3
66	Seat Tube Sleeve	38X2	2
67	Round Cap	Φ25X2.0	2
68	Square Cap	40X20X2.0	2
69	Square Cap	38X38X2.0	3
70	Axle Sleeve	Φ32XΦ14.1X1 9.5	4
71	Plug	31.5X12.5	1
72	Plug	Φ12.5	2
73	Flat Belt	240PJ4	1
74	Flat Belt	230PJ3	1
75	Plug	Φ6.2	1
76	Belt Pulley	Φ154	1
77	Idle Wheel	Φ35X13	1
78	Transportation Wheel	Φ42X20.5	2
79	Pulley	Φ36X15	3
80	Rubber Block	49X27X7	1
81	Seat	T45X180X300	1
82	Plug	Φ22X1.5	2
83	Cushion	Φ25X20.5XM8 X12.5	2
84	Sleeve	Φ19	2

No.	Description	Spec.	Qty.
85	Rear End Cap	Φ42	2
86	Front End Cap	Φ42	2
87	Sleeve	50X39XL32	2
88	Resistance Band	Φ8X760	3
89	Tension Controller with Meter		1
90	Connecting Wire	L600mm	1
91	Flat Washer	D5	1
92	Screw	M5X25	1

No.	Description	Spec.	Qty.
93	Tension Wire	L1200mm	1
94	Inductor	L400mm	1
95	Spanner	S10,S13,S14, S15,S17	1
96	Allen Wrench	S5	1
97	Allen Wrench	S6	1
98	Round Magnet	15X6	1
99	EVA Mat	8X15X65	2

Version 1.0

CONNECT WITH US

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