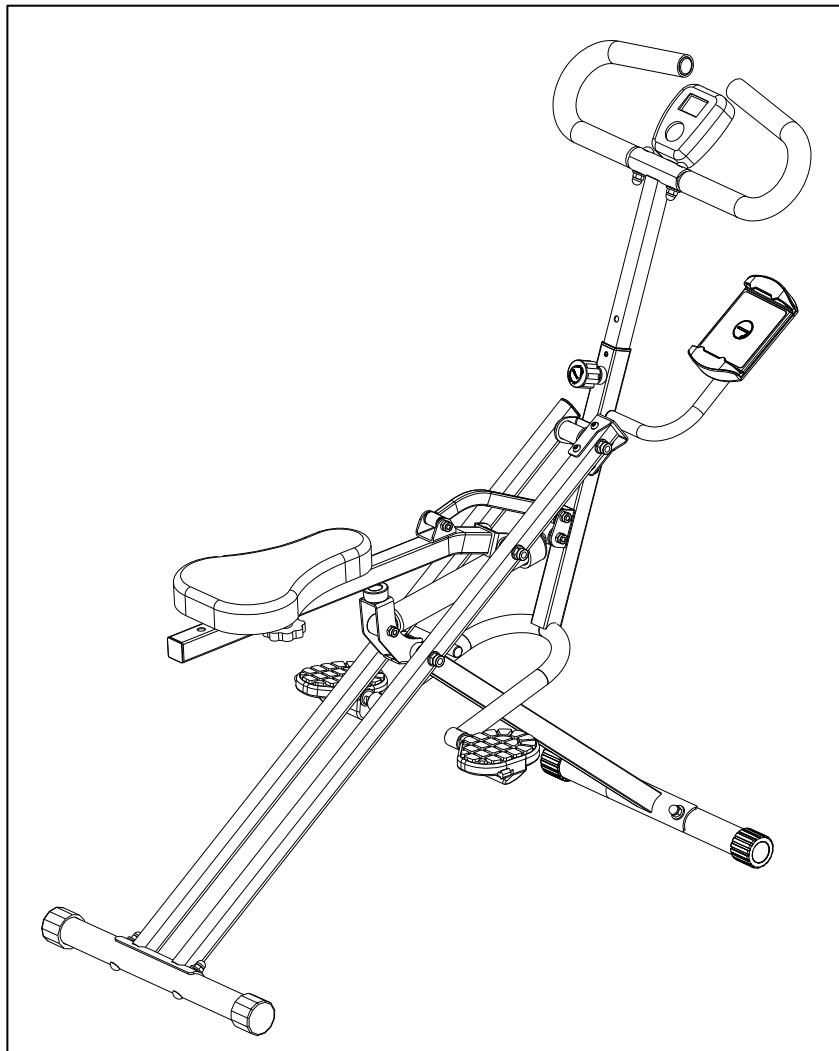




ROW-N-RIDE® PRO-SMART SQUAT ASSIST TRAINER

SF-A023053
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

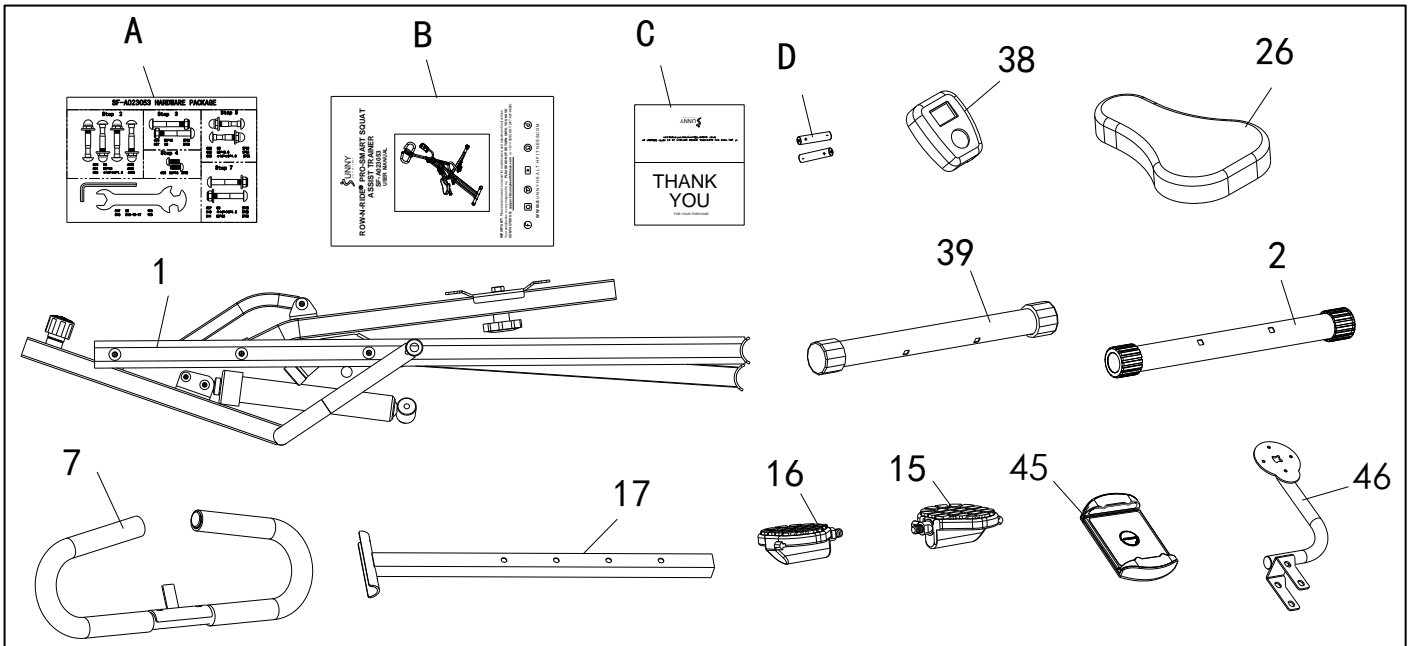
IMPORTANT SAFETY INFORMATION

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 265 lbs (120kgs).
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.

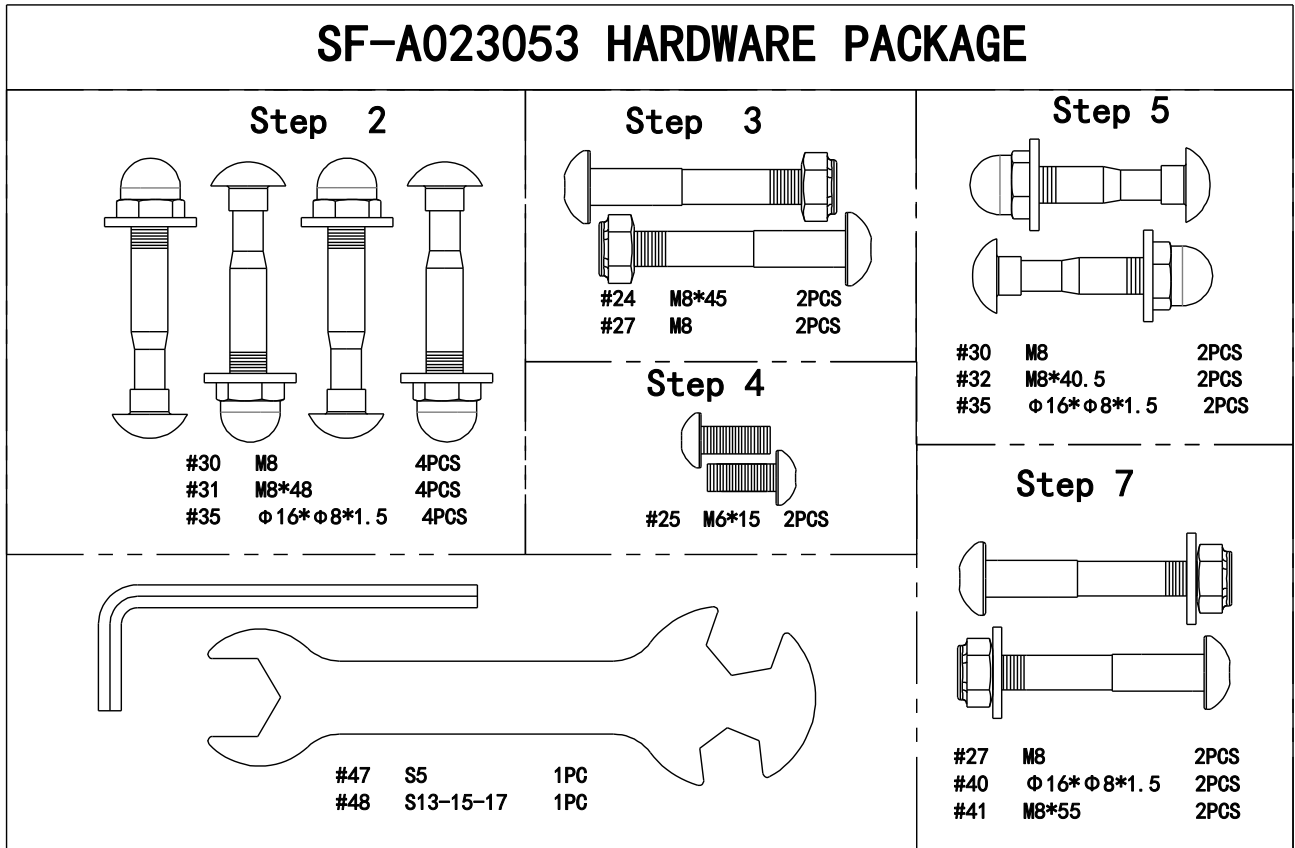
PRE-ASSEMBLY CHECK LIST

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



No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	39	Rear Stabilizer		1
2	Front Stabilizer		1	45	Device Holder		1
7	Handlebar		1	46	Support Tube		1
15	Right Pedal		1	A	Hardware Package		1
16	Left Pedal		1	B	Manual		1
17	Handlebar		1	C	Thank You Card		1
26	Seat	290*190*40	1	D	Battery	AA	2
38	Computer	DSC03601N-APP	1				

HARDWARE PACKAGE



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

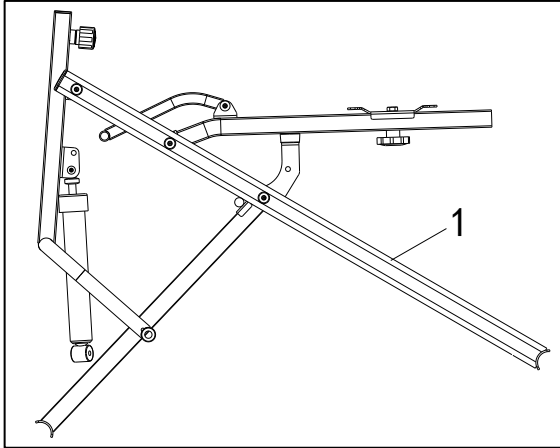
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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” (page 14)

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

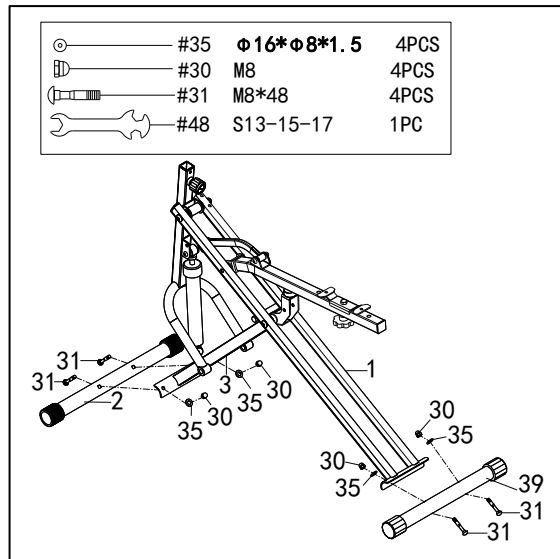
ASSEMBLY INSTRUCTIONS

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



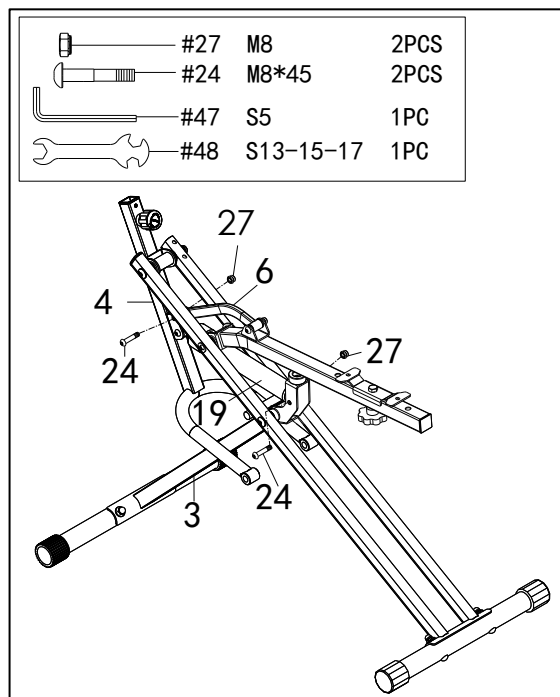
STEP 2:

There are 2 labels marked FRONT for **Front Stabilizer (No. 2)** and REAR for **Rear Stabilizer (No. 39)**.

Attach **Front Stabilizer (No. 2)** to **Front Support Tube (No. 3)** with 2 **Cap Nuts (No. 30)**, 2 **Square Neck Bolts (No. 31)** and 2 **Curved Washers (No. 35)**.

Tighten and secure with **Spanner (No. 48)**.

Attach **Rear Stabilizer (No. 39)** to **Main Frame (No. 1)** with 2 **Cap Nuts (No. 30)**, 2 **Square Neck Bolts (No. 31)** and 2 **Curved Washers (No. 35)**. Tighten and secure with **Spanner (No. 48)**.

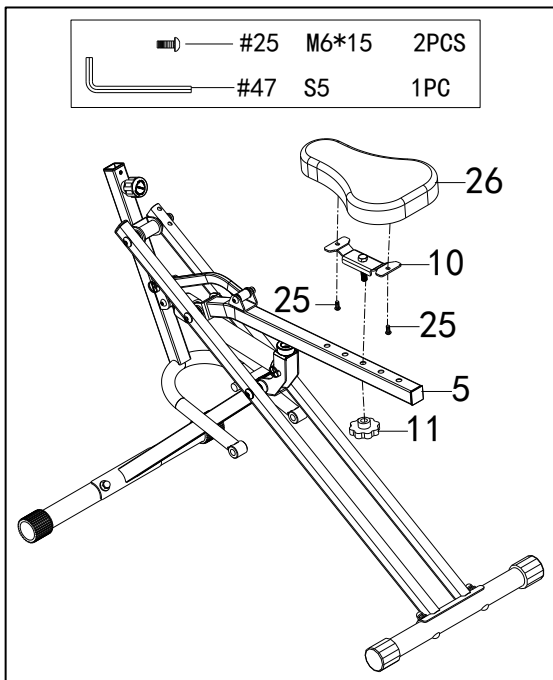


STEP 3:

Attach the **Connecting Tube (No. 6)** to the **Pedal Connecting Tube (No. 4)** with 1 **Hexagon Bolt (No. 24)** and 1 **Nut (No. 27)**. Tighten and secure with **Spanner (No. 48)** and **Wrench (No. 47)**.

The **Hydraulic Cylinder (No. 19)** is hung to the **Pedal Connecting Tube (No. 4)**. Attach another side of the **Hydraulic Cylinder (No. 19)** to the **Front Support Tube (No. 3)** with 1 **Hexagon Bolt (No. 24)** and 1 **Nut (No. 27)**. Tighten and secure with the **Spanner (No. 48)** and **Wrench (No. 47)**.

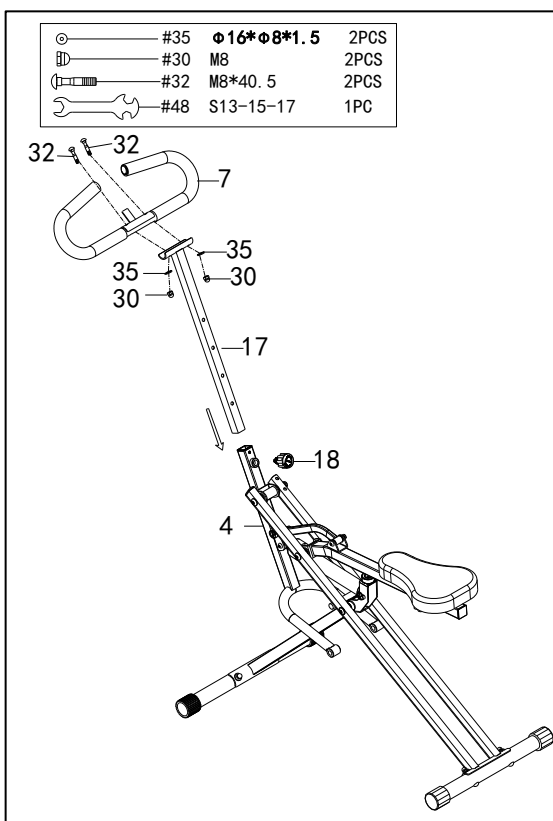
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 4:

Remove **Fixed Iron Sheet (No. 10)** and **Knob (No. 11)** from the **Seat Tube (No. 5)**. Attach the **Fixed Iron Sheet (No. 10)** to the **Seat (No. 26)** with 2 **Hexagon Bolts (No. 25)**. Tighten and secure with the **Wrench (No. 47)**.

Attach the **Seat (No. 26)** and **Fixed Iron Sheet (No. 10)** to the **Seat Tube (No. 5)** by tightening the **Knob (No. 11)** to secure.

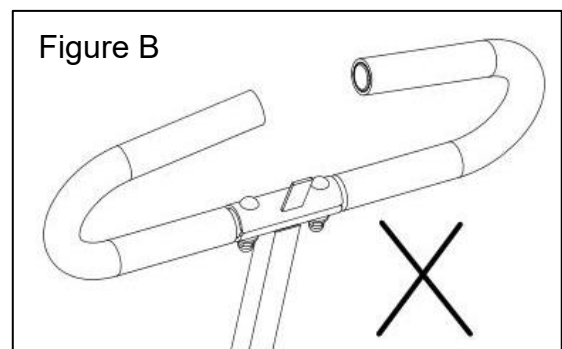
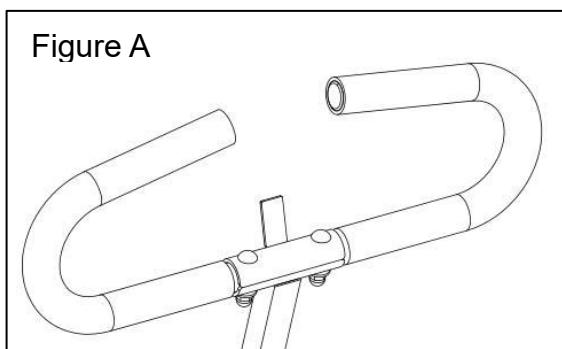


STEP 5:

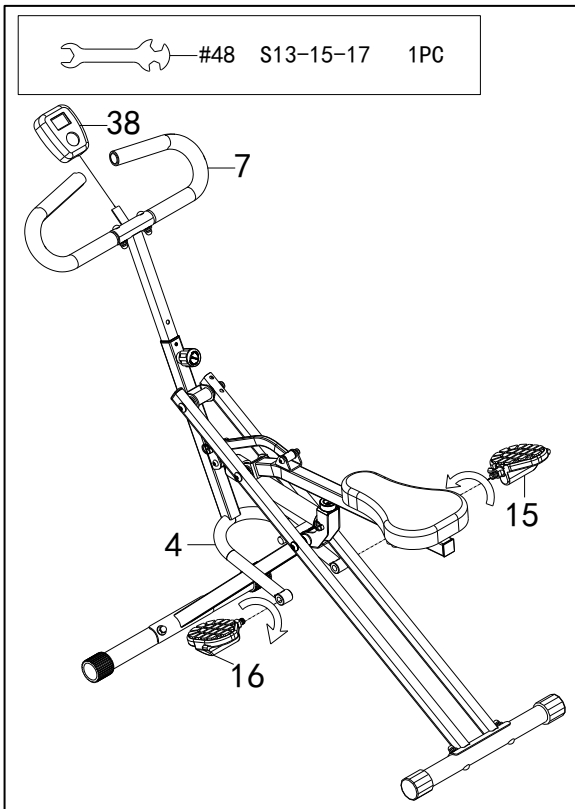
Loosen and pull out the **Knob (No. 18)**, then insert the **Handlebar Tube (No. 17)** to the **Pedal Connecting Tube (No. 4)**. Tighten the **Knob (No. 18)** to secure.

Attach the **Handlebar (No. 7)** to the **Handlebar Tube (No. 17)** with 2 **Cap Nuts (No. 30)**, 2 **Square Neck Bolts (No. 32)** and 2 **Curved Washers (No. 35)**. Tighten and secure with the **Spanner (No. 48)**.

Note: Please attach the **Handlebar (No. 7)** to the **Handlebar Tube (No. 17)** in the right direction. There is a bracket on the **Handlebar (No. 7)**. The bracket should be in the direction pointing away from you (Figure A), not pointing towards you (Figure B).



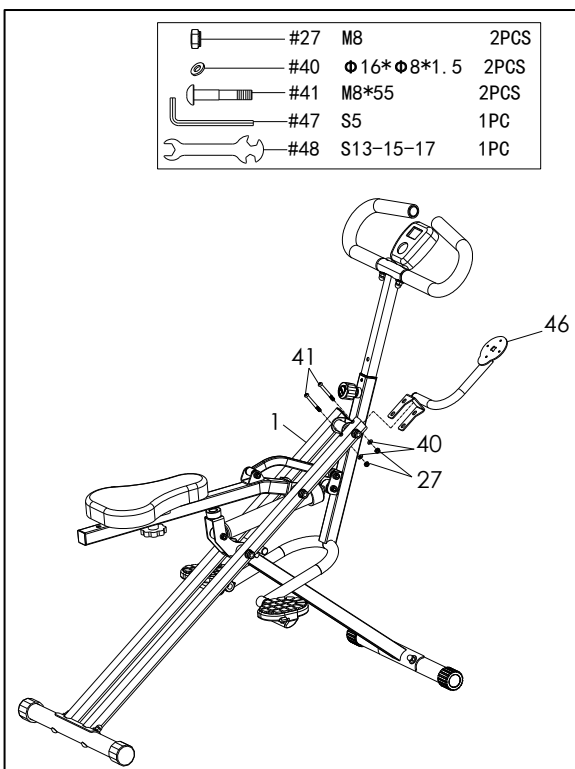
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 6:

Attach the **Left & Right Pedals (No. 16 & No. 15)** to the **Pedal Connecting Tube (No. 4)** and tighten **Left & Right Pedals (No. 16 & No. 15)** clockwise with **Spanner (No. 48)**.

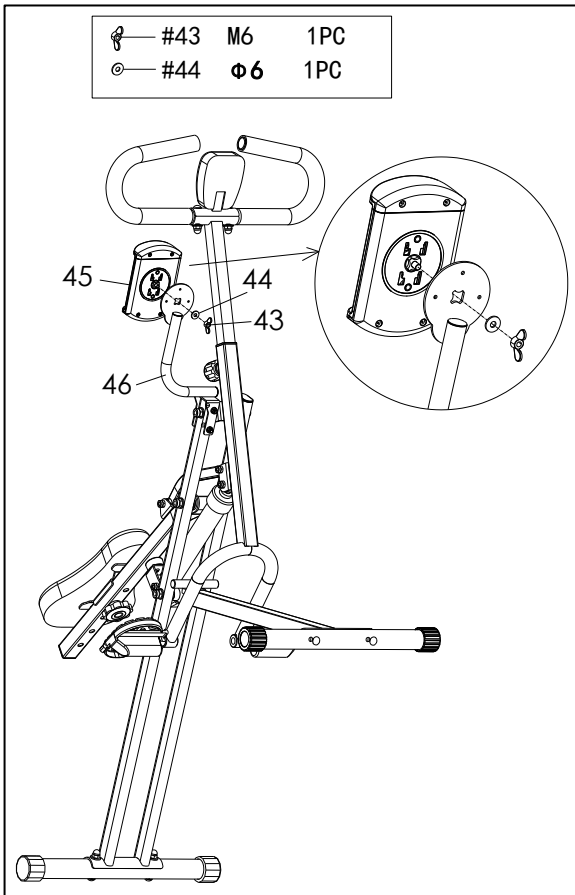
Attach the **Computer (No. 38)** into the bracket of the **Handlebar (No. 7)**.



STEP 7:

Attach the **Support Tube (No. 46)** to the **Main Frame (No. 1)** using 2 **Hexagon Bolts (No. 41)**, 2 **Flat Washers (No. 40)** and 2 **Nuts (No. 27)**, tighten and secure with **Spanner (No. 48)** and **Wrench (No. 47)**.

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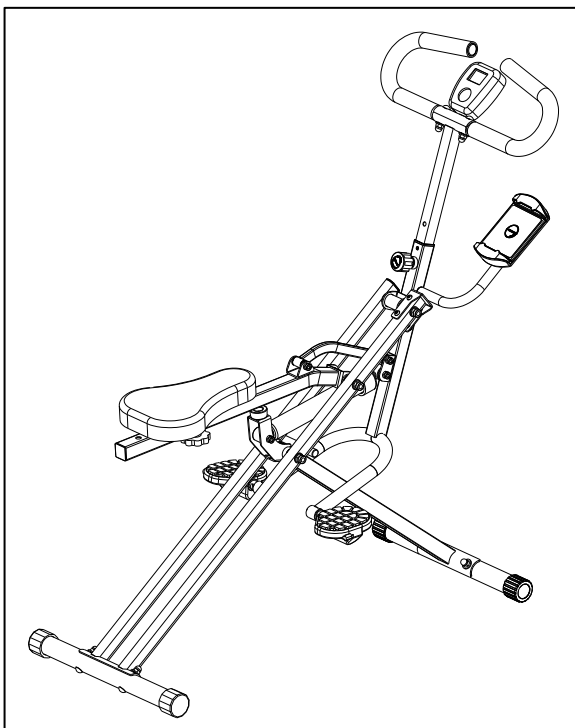
STEP 8:

NOTE: When assembling the **Device Holder (No. 45)**, ensure that it is aligned to the bracket slot of the **Support Tube (No. 46)**.

Remove the **Butterfly Nut (No. 43)** and the **Washer (No. 44)** from the **Device Holder (No. 45)**.

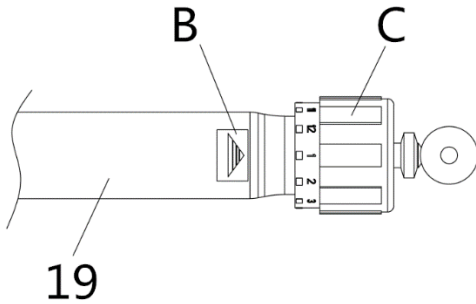
Attach the **Device Holder (No. 45)** onto the bracket of the **Support Tube (No. 46)** using the **Butterfly Nut (No. 43)** and the **Washer (No. 44)** that were removed, tighten and secure with your hand.

The assembly is complete!



ADJUSTMENT INSTRUCTIONS

ADJUSTING THE RESISTANCE



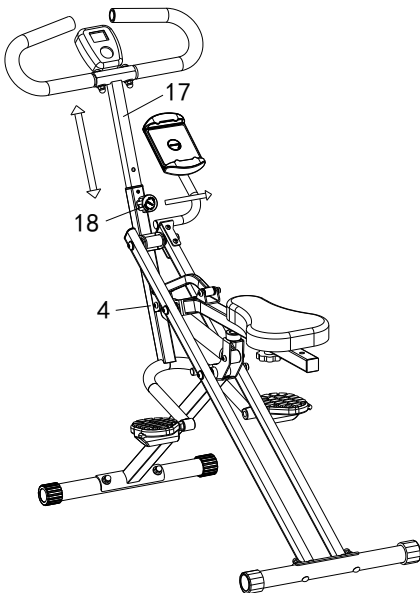
To adjust the tension level, turn the **Adjustment Knob (C)** on the **Hydraulic Cylinder (No. 19)** to the desired level. The tension levels range from Level 1 to Level 12, with Level 1 being the lowest resistance. The number pointing to the **Adjustment Knob (C)** by the **Arrow (B)** is the resistance value of the current **Hydraulic Cylinder (No. 19)**.

NOTE: Please do not adjust the resistance of the **Hydraulic Cylinder (No. 19)** during operation to avoid injury and damage to the machine.

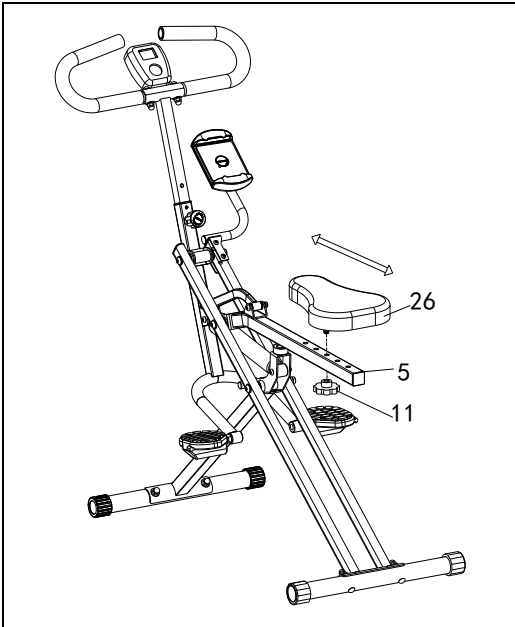
WARNING:

The **Hydraulic Cylinder (No. 19)** on this machine is designed to be used up to 20 minutes per exercise session. Allow at least 20 minutes in between sessions for the **Hydraulic Cylinder (No. 19)** to properly cool down. The **Hydraulic Cylinder (No. 19)** can generate excessive heat after long periods of use, making it unsafe to touch. Allow the **Hydraulic Cylinder (No. 19)** to cool before moving the machine.

ADJUSTING THE HANDLEBAR

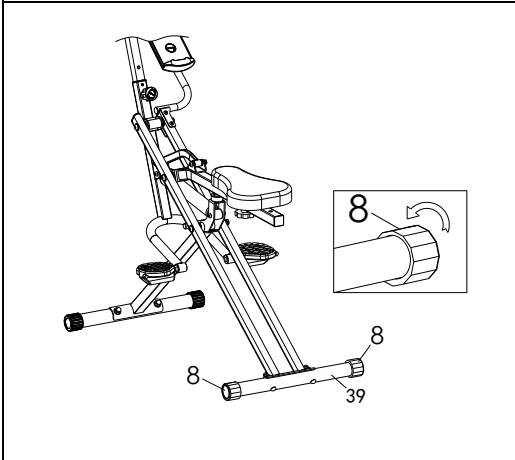


Loosen the **Knob (No. 18)** and pull out. Raise or lower the **Handlebar Tube (No. 17)** to desired height. Then tighten the **Knob (No. 18)**.



ADJUSTING THE SEAT

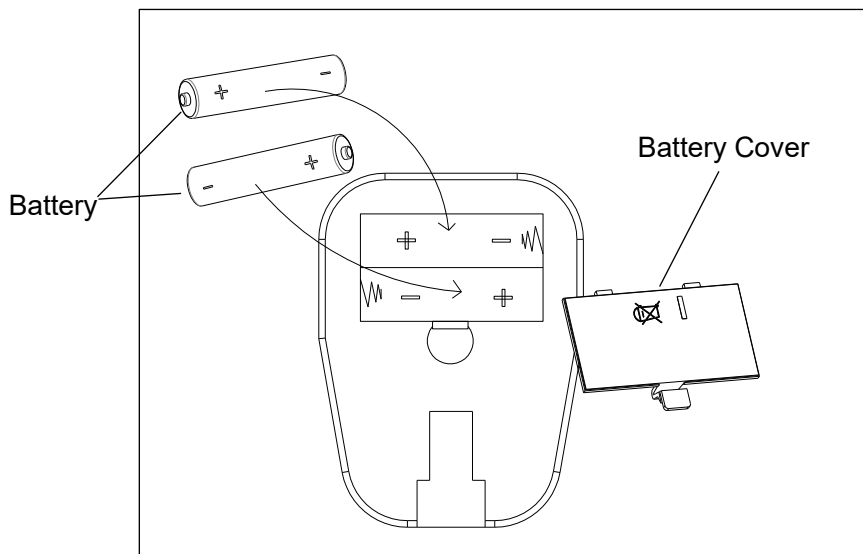
Loosen and remove the **Knob (No. 11)** located under the **Seat Tube (No. 5)**. Move the **Seat (No. 26)** to desired position, then re-insert and tighten the **Knob (No. 11)**.



ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the **Adjustable End Caps (No. 8)** located on the rear stabilizer until the bike becomes levelled with the floor surface.

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AA batteries from computer box.
2. Press the buckle of battery cover on the **Computer (No. 38)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 38)**. 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. 38)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 38)**, 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 **Computer (No. 38)**. 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. 38)**.

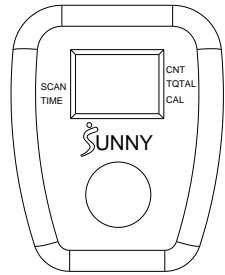
The replacement is complete!

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

EXERCISE COMPUTER

SPECIFICATIONS:

TIME.....	00:00-99:59 MIN:SEC.
COUNT (CNT).....	0-9999 TIMES
CALORIES (CAL).....	0-9999 KCAL
TOTAL.....	0-9999 TIMES



FUNCTIONS:

TIME: Displays the workout time while exercising.

COUNT (CNT): Accumulate the strokes while exercising.

CALORIES (CAL): Displays calories amount burned while exercising.

TOT.CNT: Displays the total number of strokes since batteries installed.

SCAN: Automatically scan through each function between ①TIME ②CALORIES (CAL) ③TOTAL.

BLUETOOTH :

1. The Bluetooth icon will flash when the meter is on or woken up from sleep mode. After 3 minutes, the Bluetooth icon will turn off if the Bluetooth is still not connected.

2. The Bluetooth icon will stay on when it is connected.

WIRELESS HEART RATE :

1. Wireless heart rate icon will flash when the meter is on. After 1 minute, the wireless heart rate icon will turn off if the heart rate monitor is not connected.

2. Wireless heart rate icon will flash after the exercise restarts again. After 1 minute, the wireless heart rate icon will turn off if the heart rate monitor is not connected.

3. Wireless heart rate icon will flash when the meter is woken up from sleep mode. After 1 minute, the wireless heart rate icon will turn off if the heart rate monitor is not connected.

4. Wireless heart rate icon will flash when pressing "MODE" key during exercise. After 1 minute, the wireless heart rate icon will turn off if the heart rate monitor is not connected.

5. Wireless heart rate icon will stay on when the heart rate monitor is connected.

KEY FUNCTION:

MODE: Press to select the function you want. Hold the key for 2 seconds to reset all values when the Bluetooth is not connected.

Press and hold the key for 6 seconds to disconnect both the SunnyFit APP and the heart rate monitor, then the meter will enter the sleep mode.

OPERATION PROCEDURES:

AUTO ON/OFF: The meter will turn on when exercise starts or when **MODE** is pressed.

The meter will shut off automatically and disconnect the heart rate monitor after there is no activity for 4 minutes.

APP CONNECTION:

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



2. Ensure that the Bluetooth function is turned on from your mobile device.
3. 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.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!

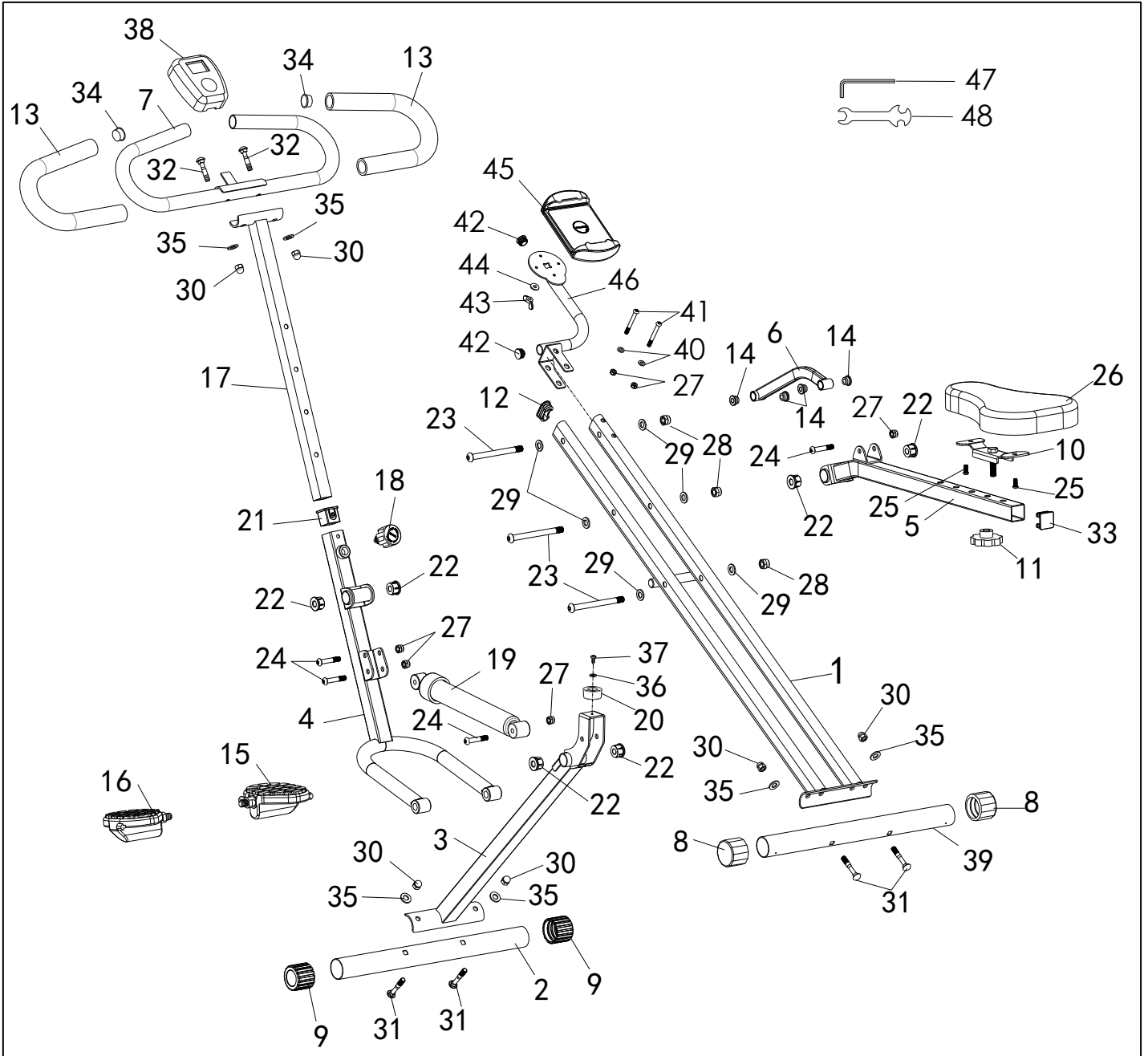
Troubleshooting:

- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:



- If you require additional support, please contact support@sunnyfit.com

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Front Support Tube		1
4	Pedal Connecting Tube		1
5	Seat Tube		1
6	Connecting Tube		1
7	Handlebar		1
8	Adjustable End Cap	Φ38*1.5	2
9	End Cap	Φ38*1.5	2
10	Fixed Iron Sheet		1
11	Knob	M10	1
12	Plug	40*20*1.5	1
13	Foam	Φ29*400	2
14	Bearing Sleeve	Φ18*Φ8*10	4
15	Right Pedal		1
16	Left Pedal		1
17	Handlebar Tube		1
18	Knob	M16*1.5*18	1
19	Hydraulic Cylinder		1
20	Cushion	Φ34*15	1
21	Bushing	30*30*1.5	1
22	Bearing Sleeve	Φ25*Φ10*15	6
23	Hexagon Bolt	M10*115	3
24	Hexagon Bolt	M8*45	4

No.	Description	Spec.	Qty.
25	Hexagon Bolt	M6*15	2
26	Seat	290*190*40	1
27	Nut	M8	6
28	Nut	M10	3
29	Flat Washer	Φ20*Φ11*T2.0	6
30	Cap Nut	M8	6
31	Square Neck Bolt	M8*48	4
32	Square Neck Bolt	M8*40.5	2
33	Square Plug	30*30*1.5T	1
34	Round Plug	Φ25*1.5	2
35	Curved Washer	Φ16*Φ8*1.5	6
36	Flat Washer	Φ13*Φ6*T1.0	1
37	Tapping Screw	ST4.8*15	1
38	Computer	DSC03601N-APP	1
39	Rear Stabilizer		1
40	Flat Washer	Φ16*Φ8*T1.5	2
41	Hexagon Bolt	M8*55	2
42	Round Plug	Φ19*1.5	2
43	Butterfly Nut	M6	1
44	Washer	Φ6	1
45	Device Holder		1
46	Support Tube		1
47	Wrench	S5	1
48	Spanner	S13-15-17	1

Version: 1.0

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