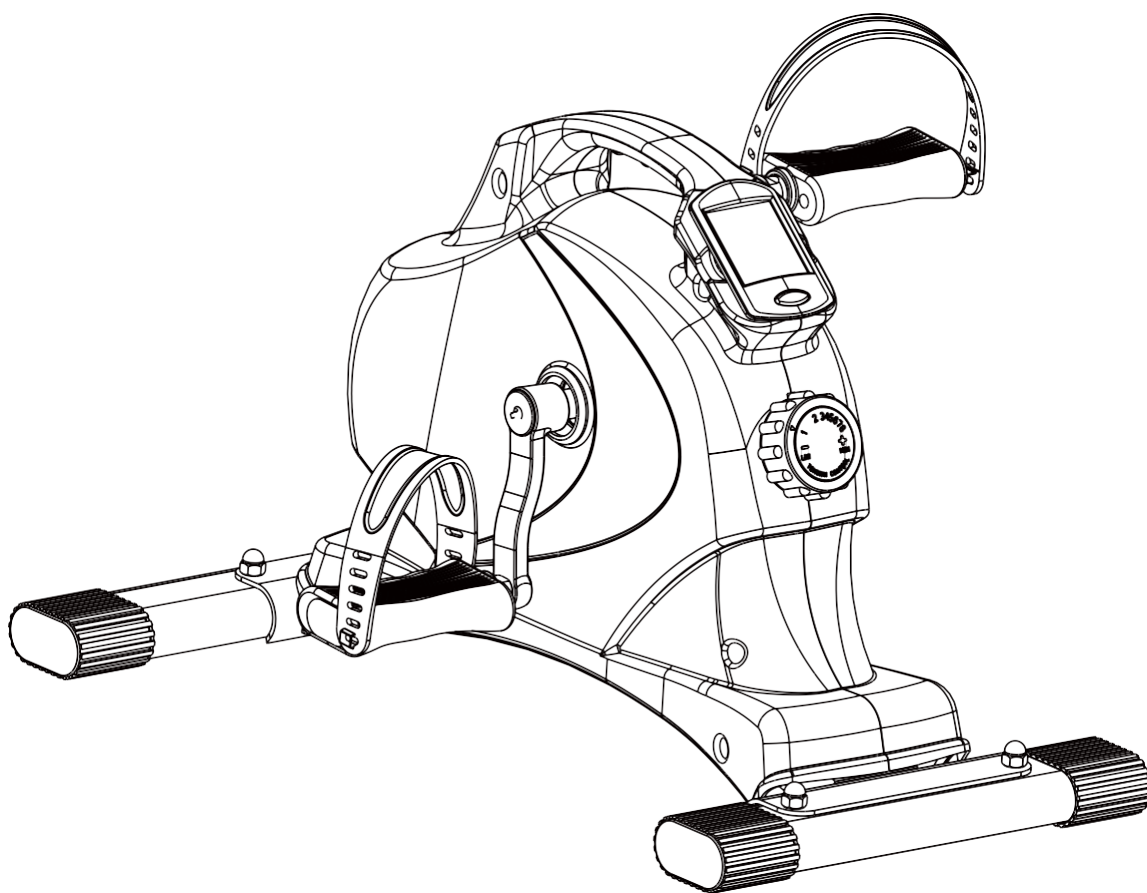




MAGNETIC MINI EXERCISE BIKE

SF-B0418

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).



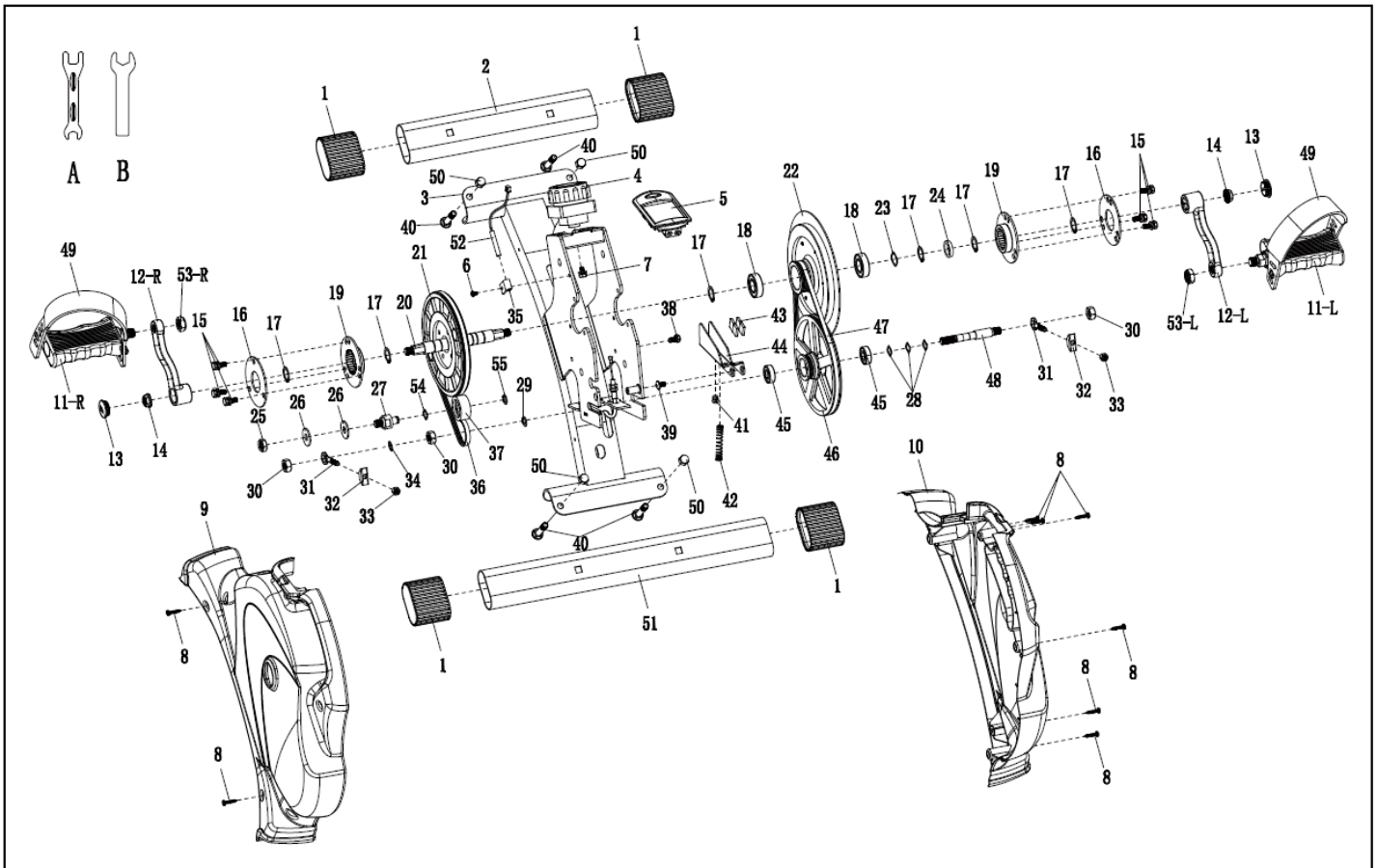
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION


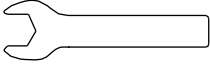


We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.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

EXPLODED DIAGRAM



HARDWARE PACKAGE

	———	#A Spanner 1pc
	———	#B Spanner 1pc
	———	#40 Bolt 4pcs
	———	#50 Nut 4pcs

PARTS LIST

No.	Description	Spec.	Qty
1	Cap		4
2	Rear Stabilizer		1
3	Main Frame		1
4	Tension Knob		1
5	Meter		1
6	Bolt	M4	1
7	Bolt	M5	1
8	Bolt	M4	8
9	Cover(R)		1
10	Cover(L)		1
11-L	Left Pedal		1
11-R	Right Pedal		1
12-L	Left Crank Arm		1
12-R	Right Crank Arm		1
13	Crank Cover		2
14	Nut	M10	2
15	Bolt	M6	6
16	Iron Sheet		2
17	Circlip		6
18	Bearing		2
19	Bearing Saddle		2
20	Middle Axle		1
21	Wheel		1
22	Iron Wheel		1
23	Washer		1
24	Washer		1
25	Nut	M10	1
26	Washer		2
27	Ferrite Core 2		1
28	Washer		3

No.	Description	Spec.	Qty
29	Circlip		1
30	Nut	M10	3
31	Bolt		2
32	Iron Sheet		2
33	Nut	M6	2
34	Washer		1
35	Spaced Ring		1
36	Belt		1
37	Idler		1
38	Bolt	M6	1
39	Bolt	M6	1
40	Bolt	M8	4
41	Plug		1
42	Spring		1
43	Magnet		4
44	Iron Sheet		1
45	Bearing		2
46	Alum Plate		1
47	Belt		1
48	Ferrite Core 1		1
49	Pedal Strap		2
50	Nut	M8	4
51	Front Stabilizer		1
52	Sensor		1
53-L	Nut		1
53-R	Nut		1
54	Washer		1
55	Circlip		1
A	Spanner		1
B	Spanner		1

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

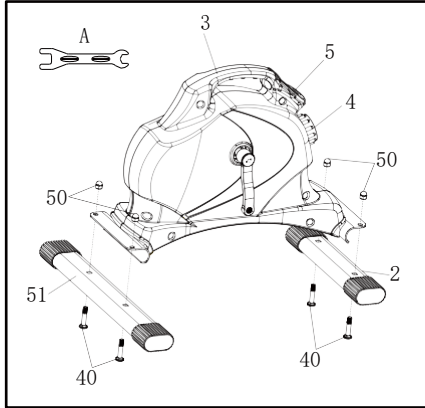
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

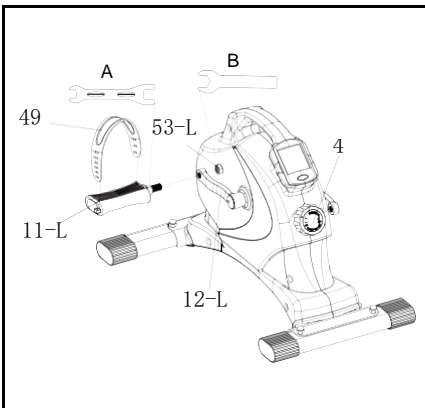
ASSEMBLY INSTRUCTIONS

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:

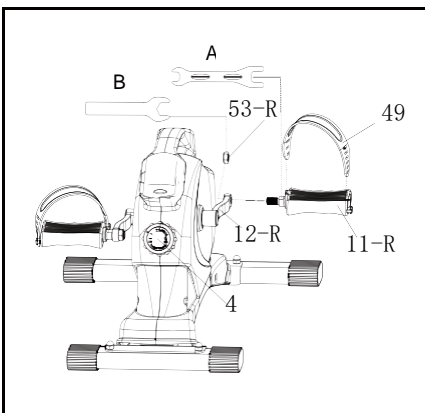
Attach the **Front and Rear Stabilizers (No. 51 and No. 2)** to the **Main Frame (No. 3)** using 4 **Bolts (No. 40)** and 4 **Nuts (No. 50)** and secure with **Spanner (No. A)**.



STEP 2:

Connect the **Left and Right Pedals (No. 11-L and No. 11-R)** onto the **Left and Right Crank Arms (No. 12-L and No. 12-R)**.

NOTE: The **Left and Right Pedals (No. 11-L and No. 11-R)** are marked L for **Left Pedal (No. 11-L)** and R for **Right Pedal (No. 11-R)**. Remove the 2 **Nuts (No. 53-L and 53-R)** located on the **Pedals (No. 11-L and No. 11-R)**. The **Left Nut (No. 53-L)** is black inside, and the **Right Nut (No. 53-R)** is white inside.



Left Pedal (No. 11-L): Align **Left Pedal (No. 11-L)** with the **Left Crank Arm (No. 12-L)** at 90 degrees.

Gently insert the **Pedal (No. 11-L)** into the **Crank Arm (No. 12-L)**, turn the **Pedal (No. 11-L)** counter-clockwise as tightly as you can with your hand. Once screwed in place, use **Spanner (No. A)** to hold the bolt of the pedal then screw 1 **Nut (No. 53-L)** clockwise into thread end of the **Left Pedal (No. 11-L)**. Secure with **Spanner (No. B)**.

Right Pedal (No. 11-R): Align the **Right Pedal (No. 11-R)** with the **Right Crank Arm (No. 12-R)** at 90 degrees. Gently insert the **Pedal (No. 11-R)** into the **Crank Arm (No. 12-R)**, turn the **Pedal (No. 11-R)** clockwise as tightly as you can with your hand. Once screwed in place, use **Spanner (No. A)** to hold the bolt of the pedal then screw 1 **Nut (No. 53-R)** counter-clockwise into thread end of the **Right Pedal (No. 11-R)**. Secure with **Spanner (No. B)**. Attach the **Pedal Straps (No. 49)** to the **Pedals (No. 11-L and No. 11-R)**.

The assembly is now complete!

EXERCISE COMPUTER

Our exercise computer on the Sunny Magnetic Mini Exercise Bike allows the user to tailor a personalized workout by monitoring their progress. During a workout, the exercise computer will alternately and repeatedly display your Time, Speed, Distance, Odometer, Calories, RPM, and Scan (all of the above). With our easy-to-use computer, the user can efficiently track their fitness improvements from one workout to the next.

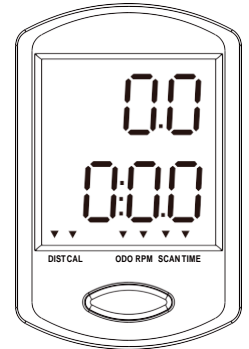
FUNCTION KEY:

1. **MODE:** To select your specification mode and/or turn on exercise computer

FUNCTIONS AND SPECIFICATIONS:

1. **SCAN** — Repeatedly displays all functions alternately (in the following order)
2. **TIME** -- Counts the total time elapsed (counts up to 99:59 MIN.)
3. **SPEED** -- Displays your current pedaling speed (00.00 up to 999.9MPH)
4. **DISTANCE** -- Measures the total distance traveled (0.00-999.99Miles)
5. **CALORIES** -- The number of calories burned (0.0-999.9 KCAL)
6. **ODOMETER** -- Counts the total accumulated distance.
7. **RPM** -- Displays the amount of rotations per minute.

Speed is displayed at the top of the meter in miles per hour. The display on the bottom of the meter is changed by pressing the MODE key. An arrow will point to the function being displayed. If meter is in SCAN mode, one arrow will point to SCAN, and a flashing arrow will point to the function being displayed.



HOW TO USE:

1. AUTO ON/OFF:

Begin pedaling or press the MODE button to turn on the computer. Once the exercise computer is on, it will remain active while in motion. The exercise computer will automatically turn off when it has reached approximately 4 minutes without any motion.

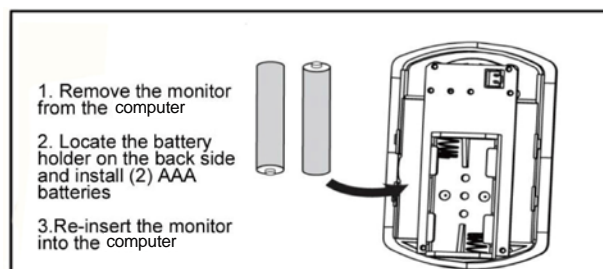
2. RESET:

To reset the exercise computer, hold down the MODE button for 3 seconds. You can also reset the computer by removing the batteries.

3. DISPLAY:

The top of the meter displays SPEED in miles per hour. The function displayed at the bottom of the meter is changed by pressing the MODE key. An arrow will point to the function being displayed. When you want a specific function displayed on the bottom, press MODE until arrow points to the function. Meter will keep displaying that function until you press the MODE key. When you want the meter to automatically rotate the display on the bottom, press MODE until arrow points to SCAN. If meter is in SCAN mode, one arrow will point to SCAN, and a flashing arrow will point to the function being displayed.

4 . BATTERY/TROUBLESHOOT: The exercise computer uses two AAA batteries, which are included. If the display appears improper or becomes difficult to read, please try installing new batteries before contacting our customer service.



OPERATION & MAINTENANCE

WARNING: Do not reverse pedal on this bike. Reverse pedaling will damage the bike.

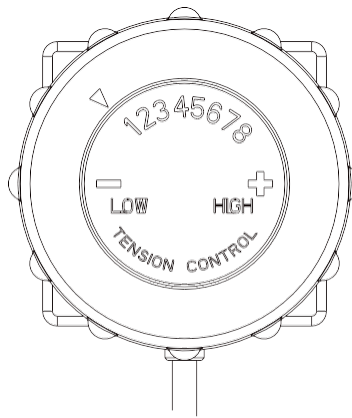
1. Please read all instructions before assembling the equipment. During assembly and use, please make sure to follow all instructions carefully as any improper techniques of use or assembly may result in injury or damage to the equipment.

2. The suggested exercise regimen for optimal results is 10-15 minutes per day, at least three times a week.

3. Before beginning exercise, always inspect the equipment to ensure that all moving parts, as well as hardware, are secured properly and are in good condition.

4. To adjust the level of tension, turn the **Tension Knob (No. 4)** to the left or right and align the arrow to the preferred tension level as shown below. This machine contains 8 different levels of tension, with Level 1 being the lowest and Level 8 being the highest.

Turn the **Tension Knob (No. 4)** to the *left to decrease* the level of tension, turn the **Tension Knob (No. 4)** to the *right to increase* the level of tension.



MAINTENANCE:

Only use a dry cloth to gently wipe the bike. It is recommended that you clean the bike after each use. Store the bike in a dry area; do not leave the bike outdoors as prolonged exposure to the extreme weather will cause damage to the parts and affect the function.

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