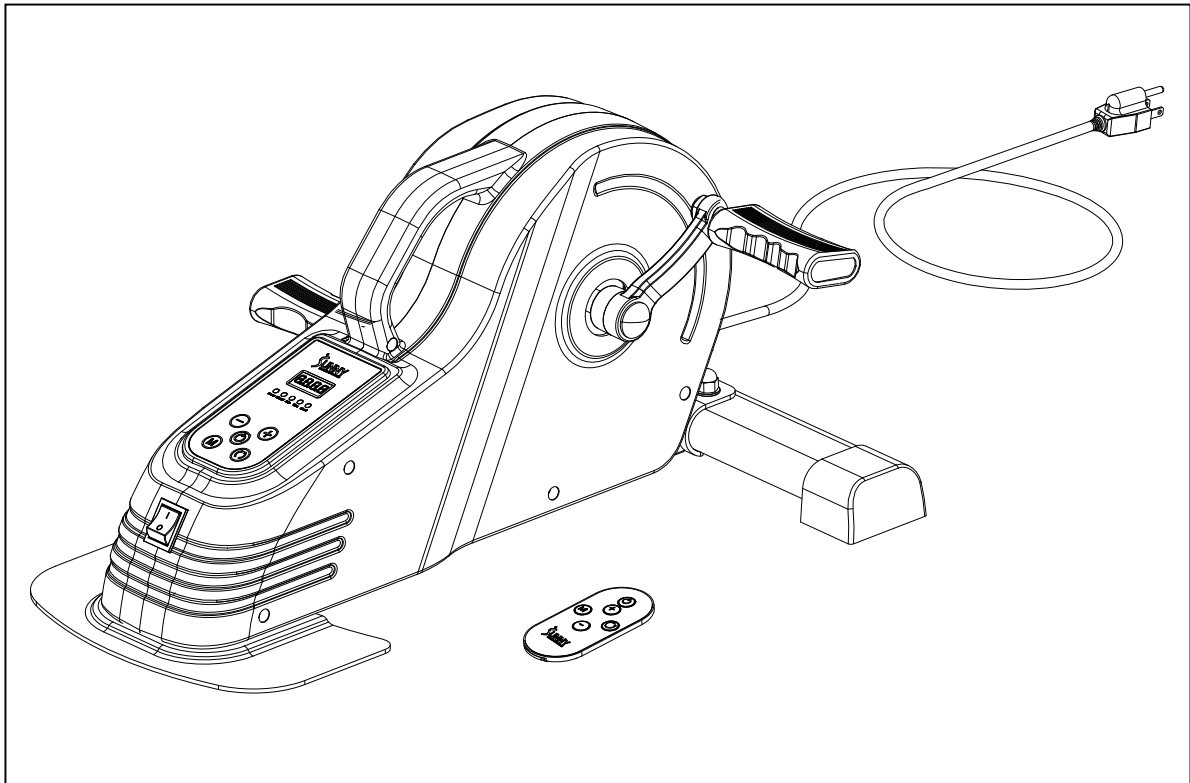




ELECTRIC UNDER DESK CYCLE

SF-B0960

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 INSTRUCTIONS

Thank you for purchasing the Electric Under Desk Cycle. Please read the operating instructions carefully before use, especially the safety precautions.

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

DANGER – To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

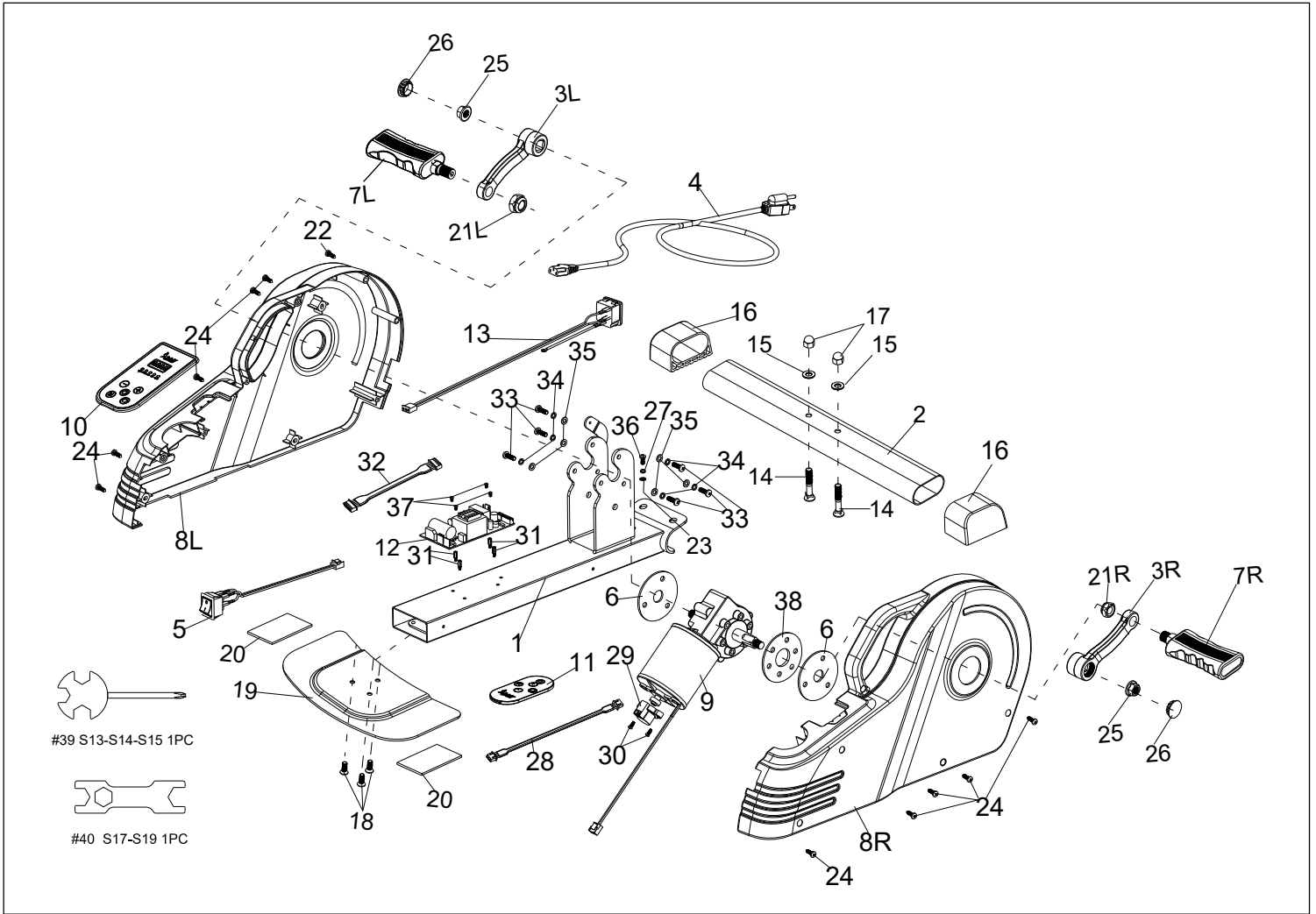
WARNING – To reduce the risk of burns, fire, electric shock, or injury to person(s):

1. This product's rated voltage is 120V, rated power is 220W.
2. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
3. Do not stand on the cycle, only use the cycle while sitting.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. This appliance is not intended for use by person with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children and pet away from this machine. The equipment is designed for adult use only.
6. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
7. Do not carry this appliance by supply cord or use cord as a handle.
8. Keep the cord away from heated surfaces.
9. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other objects.
10. Never drop or insert any object into any opening.
11. Do not use outdoors.
12. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
13. To disconnect, turn all controls off, then unplug from outlet.
14. To reduce the risk of injury, place the appliance on a flat, horizontal, and stable surface. Do not place or use the appliance on a slippery surface.
15. To reduce the risk of injury, do not use the appliance with wet shoes, wet feet, or socks.
16. To reduce the risk of injury, do not use the appliance if the surface is wet. If the appliance surface becomes wet, dry the surface before using.
17. Turn off the power after each use. After using or before cleaning the appliance, unplug the power supply from the outlet.
18. Do not cover while using the machine, to avoid motor overheating and cause malfunction or damage.
19. Be aware how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop using the appliance immediately.
20. Do not use the appliance if it is damaged or defective.

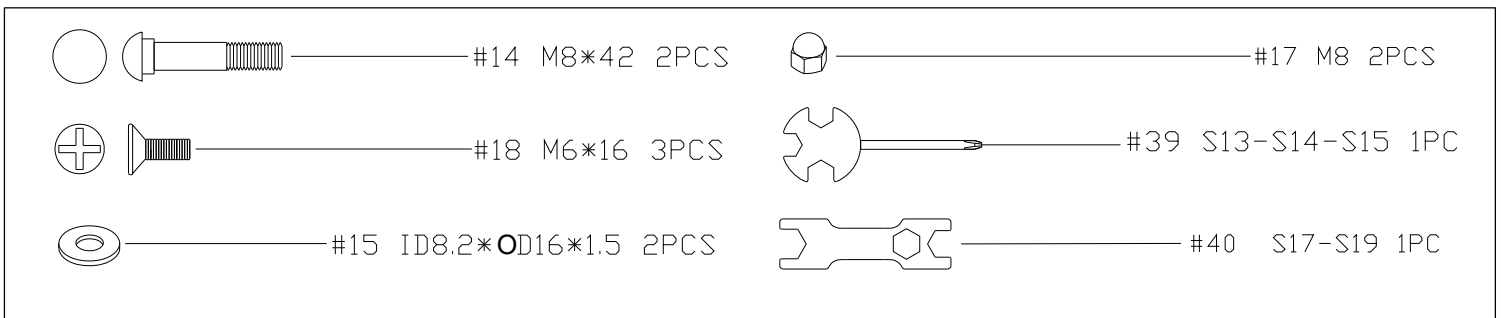
21. This appliance is not suitable for therapeutic use. Do not use with other medical electronic equipment, such as pacemakers or EKG machines.
22. Do not use the appliance in wet or dusty environment. Do not use in humid environment, such as bathroom.
23. Keep the appliance away from direct sunlight.
24. Do not operate the appliance with wet hands.
25. Do not allow water and other liquids to touch control switch.
26. Do not place the power cord under the appliance or any heavy object.
27. Do not wind the power cord around the appliance. That could damage the power cord, and cause electric shock or electrical fire.
28. If the power plug is loose, do not use the appliance.
29. If there is a power surge during use, stop using the appliance. Sudden restoration of power could cause injury to you.
30. Consult your physician before use, especially if you have any medical conditions such as diabetes.
31. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
32. 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.

SAVE THESE INSTRUCTIONS

EXPLODED DIAGRAM



HARDWARE PACKAGE



PARTS LIST

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
1	Main Frame		1	21L/R	Nylon Nut	M12	2
2	Front Stabilizer		1	22	Screw	ST3.5*15	1
3L/R	Crank		2	23	Non-Slip Pad		1
4	Power Cord		1	24	Screw	ST4.2*15	10
5	Power Switch		1	25	Flange Nut	M10	2
6	Rubber Pad		2	26	End Cap		2
7L/R	Pedal		2	27	Spring Washer	Φ2.2*Φ3.4*0.8	1
8L/R	Belt Cover		2	28	3P Data Line		1
9	Motor		1	29	Sensor		1
10	Console		1	30	Screw	M3x8	2
11	Remote Control		1	31	Fixing Bolt		4
12	Controller		1	32	6P Data Line		1
13	Outlet		1	33	Screw	M5x16	6
14	Carriage Bolt	M8*42	2	34	Spring Washer	Φ2.7*Φ4.2*1.1	6
15	Washer	ID8.2*OD16*1.5	2	35	Flat Washer	Φ5.5*Φ10*1	6
16	End Cap		2	36	Screw	M4x10	1
17	High Cap Nut	M8	2	37	Screw	M3*5	4
18	Bolt	M6*16	3	38	Washer	Φ70*1.0	1
19	Rear Fixed Bottom Plate		1	39	Spanner	S13-S14-S15	1
20	EVA Non-Slip Pad		2	40	Spanner	S17-S19	1

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

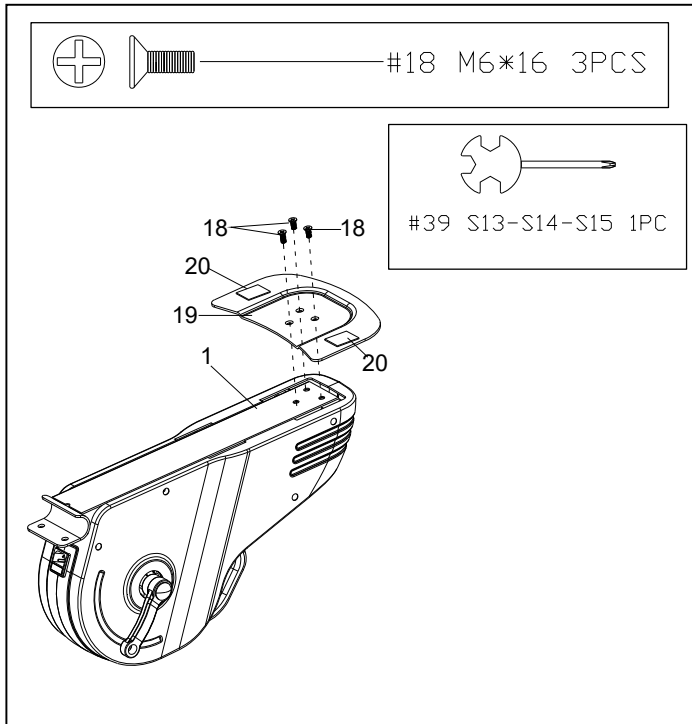
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

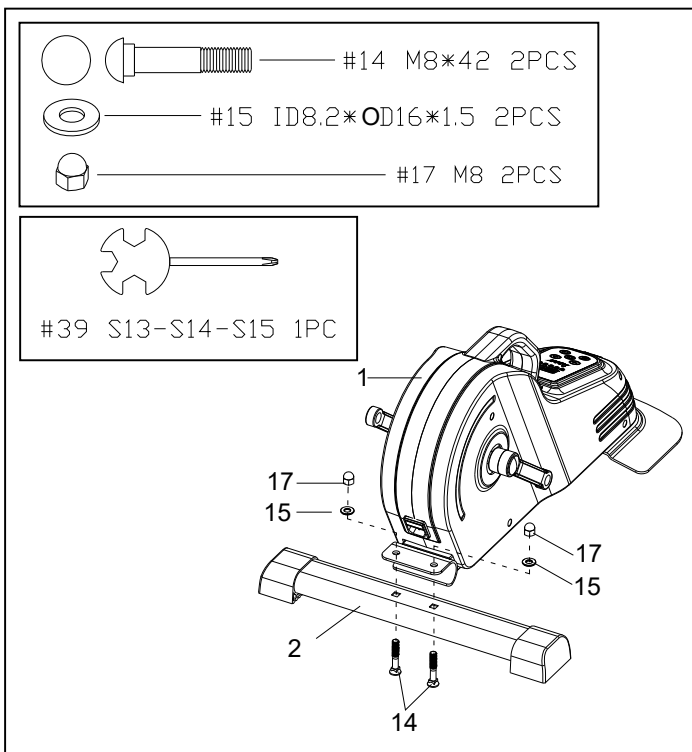
ASSEMBLY INSTRUCTIONS

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:

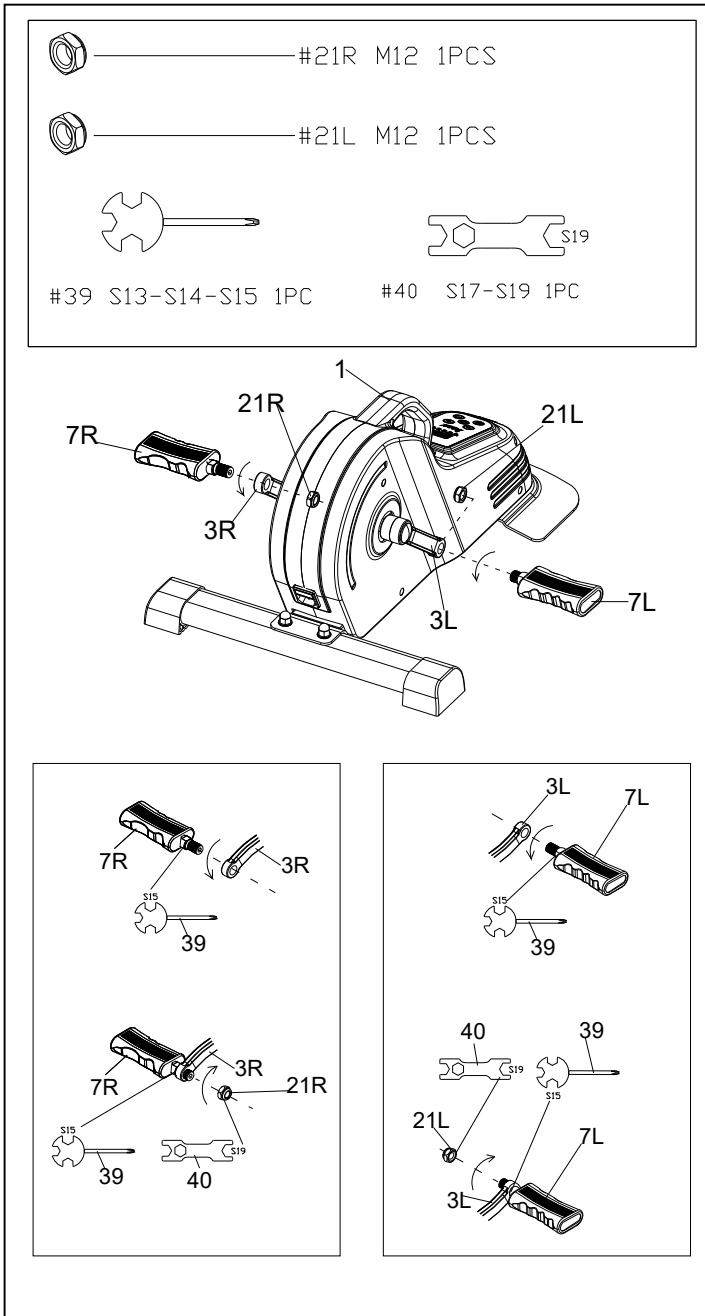
Attach **Rear Fixed Bottom Plate (No. 19)** to the **Main Frame (No. 1)** with 3 **Bolts (No. 18)**. Tighten and secure with **Spanner (No. 39)**.



STEP 2:

Attach **Front Stabilizer (No. 2)** to the **Main Frame (No. 1)** with 2 **Carriage Bolts (No. 14)**, 2 **Washers (No. 15)**, and 2 **High Cap Nuts (No. 17)**. Tighten and secure with **Spanner (No. 39)**.

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STEP 3:

NOTE: The **Pedals (No. 7L & No. 7R)** are marked “L” and “R” for Left and Right.

WARNING! Read instructions carefully as improper assembly may cause permanent damage to your bike.

Remove the 2 **Left & Right Nylon Nuts (No. 21L & No. 21R)** located on the **Left & Right Pedals (No. 7L & No. 7R)**.

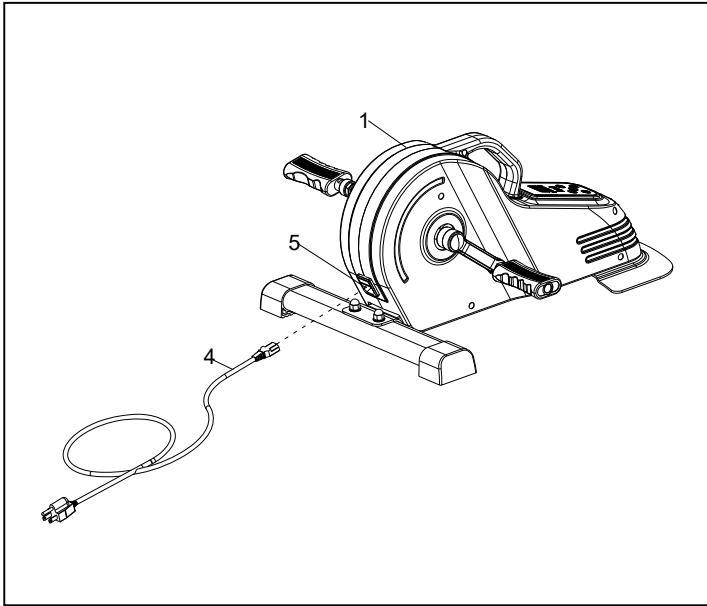
Align the **Left Pedal (No. 7L)** with the **Left Crank (No. 3L)** at 90°. Gently insert the **Left Pedal (No. 7L)** into the **Left Crank (No. 3L)** and turn the **Left Pedal (No. 7L)** counter-clockwise as tightly as you can with your hand. Use **Spanner (No. 39)** to tighten and secure.

Turn the **Left Nylon Nut (No. 21L)** clockwise as tightly as you can with your hand. Use **Spanner (No. 39)** to hold the pedal bolt on the **Left Pedal (No. 7L)** and use **Spanner (No. 40)** to turn the **Left Nylon Nut (No. 21L)** clockwise at the same time, until it is tightened on to the **Left Crank (No. 3L)**.

Align the **Right Pedal (No. 7R)** with the **Right Crank (No. 3R)** at 90°. Gently insert the **Right Pedal (No. 7R)** into the **Right Crank (No. 3R)** and turn the **Right Pedal (No. 7R)** clockwise as tightly as you can with your hand. Use **Spanner (No. 39)** to tighten and secure.

Turn the **Right Nylon Nut (No. 21R)** counter-clockwise as tightly as you can with your hand. Use **Spanner (No. 39)** to hold the pedal bolt on the **Right Pedal (No. 7R)** and use **Spanner (No. 40)** to turn the **Right Nylon Nut (No. 21R)** counter-clockwise at the same time, until it is tightened on to the **Right Crank (No. 3R)**.

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STEP 4:

Plug the **Power Cord (No. 4)** into the **Power Switch (No. 5)** on the **Main Frame (No. 1)**.

The assembly is complete!

IMPORTANT ELECTRICAL INFORMATION

WARNING:

This cycle requires a power source of **120V** in order to properly operate. For your safety as well as the safety of others, please verify that the power source is correct before powering in the equipment. Any power supply source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This cycle must be grounded. Should the cycle malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This cycle is for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Ensure that the cycle is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this product.

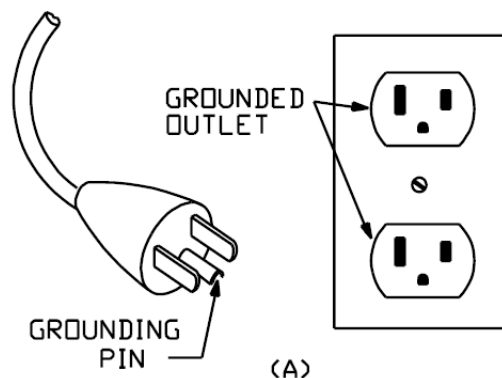
DANGER:

Improper connection of the equipment can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

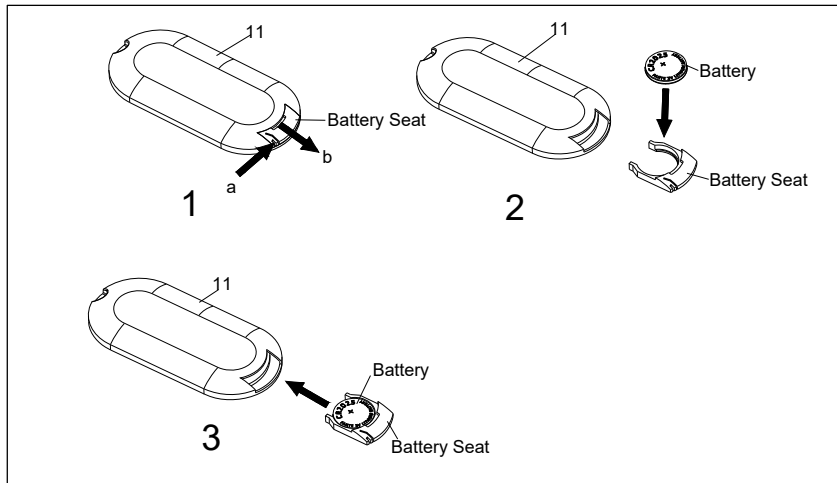
WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this cycle.
2. NEVER operate the cycle using a generator or UPS power supply.
3. NEVER remove any cover on this cycle without first disconnecting the **Power Cord (No. 4)**.
4. NEVER expose the cycle to rain or moisture. This cycle is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD



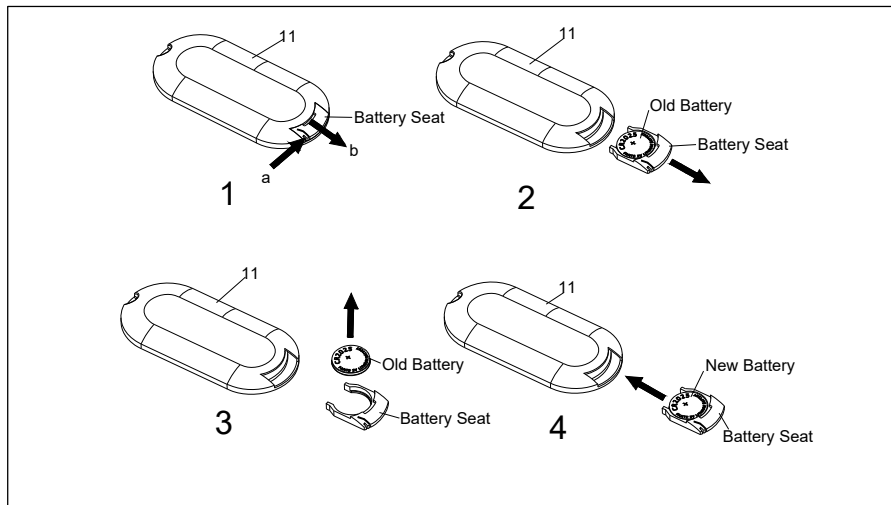
BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Press the arrow at squeeze point a of battery seat and buckle point b of battery seat, then pull out battery seat. Take out the 1pc CR2032 3V battery that is included inside the manual bag.
2. Install the 1pc battery into the battery seat with the positive end facing up.
3. Put the battery seat back.

The installation is complete!



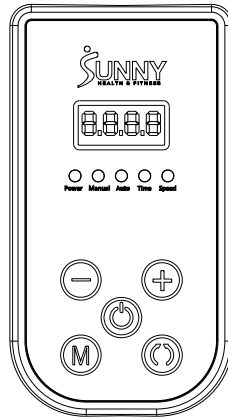
BATTERY REPLACEMENT:

1. Press the arrow at squeeze point a of battery seat and buckle point b of battery seat, then pull out battery seat.
2. Take out the old battery from the battery seat.
3. Install the new battery, CR2032 3V into the battery seat with the positive pole facing up.
4. Put the battery seat back.

The replacement is complete!

Dispose the old battery according to your regional guidelines.





DISPLAY CONSOLE



ELECTRICAL INFORMATION

Rated Voltage: 120V

FUNCTION KEYS

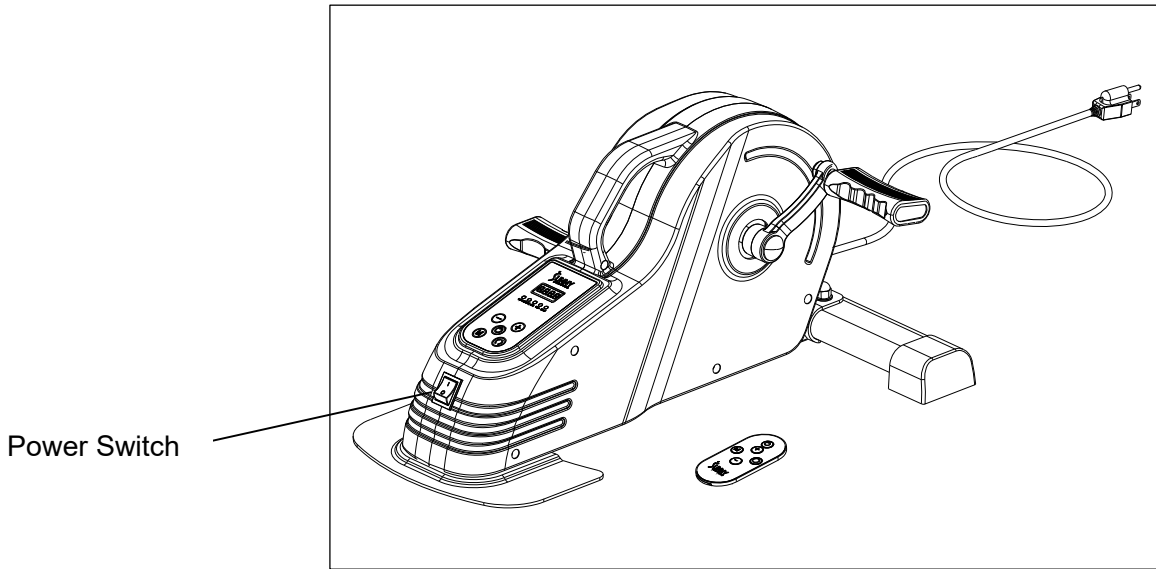
<p>Start/Pause</p> 	<p>Start and pause machine</p>
<p>Mode</p> 	<p>Changes between automatic and manual</p>
<p>Direction</p> 	<p>Changes the direction forward or backward</p>
<p>Speed+/-</p> 	<p>Select key for increasing or decreasing speed (18 speed levels)</p>

WARNINGS AND INSTRUCTIONS

- Do not stand on the cycle. Only use while seated in a chair.
- If cycle is tilted over 45 degrees, it will auto stop.
- If cycle detects problems during exercise, it will auto stop within 10 seconds.

Failure to follow above all warnings and instructions could result in serious injury or death, and cause the machine to stop and make an alarm sound. When the display console shows “ERR”, press the **Start/Pause** button to reset automatically. If the “ERR” no longer appears, continue to use normally. If the code continues to appear, please contact customer service.

OPERATING INSTRUCTIONS



1. Plug in the power cord. Turn on the power switch. The machine will beep and LED display will show "OFF". This is standby mode.
2. Press the **Start/Pause** button on the console or the remote control to start the cycle, it will begin in manual mode. Display will show L1. Press the **Start/Pause** button longer than 5 seconds, the cycle will clear all the LED display information.
3. Under the manual mode, press the **Speed** "+" button to increase the speed from L1 to L18. Or press the **Speed** "-" button to decrease the speed from L18 to L1.

Level	Speed (MPH)	Rotate Speed (RPM)	Level	Speed (MPH)	Rotate Speed (RPM)
L1	0.674	32	L10	1.412	67
L2	0.737	35	L11	1.496	71
L3	0.843	40	L12	1.559	74
L4	0.948	45	L13	1.622	77
L5	1.032	49	L14	1.685	80
L6	1.074	51	L15	1.749	83
L7	1.180	56	L16	1.791	85
L8	1.285	61	L17	1.854	88
L9	1.369	65	L18	1.896	90

4. Under the manual mode, press the **Direction** button to change the direction forward or backward.
5. Under the manual mode, the LED display will alternate display between speed level, speed and time.
6. Press the **Mode** button on the console or the remote control to change the mode from manual mode to auto mode P1, press again from P1 to P2 mode, press again from P2 to P3, then press again from P3 back to the manual mode.

7. Under the automatic mode, there are P1/P2/P3 modes included. Different modes have different speeds and working directions, see below details.

P1 MODE: Based on speed Level 1, the pedals move 13 times forward, 13 times backwards, 13 times forward based, 13 times backwards and so on.

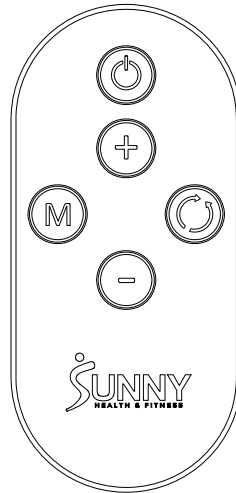
P2 MODE The pedals move forward first then the speed will be increasing from Level 1 to Level 9 gradually. When the speed reaches Level 9, the speed will be decreasing from Level 9 to Level 1. When the speed reaches Level 1, the pedals change to move backwards and the speed will be increasing from Level 1 to Level 9 gradually. When the speed reaches Level 9, the speed will be decreasing from Level 9 to Level 1. When the speed reaches Level 1, the pedals change to move forward and repeats the operation.

P3 MODE: The pedals move forward first then the speed will be increasing from Level 1 to Level 18 gradually. When the speed reaches Level 18, the speed will be decreasing from Level 18 to Level 1. When the speed reaches Level 1, the pedals change to move backwards and the speed will increasing from Level 1 to Level 18 gradually, when the speed reaches Level 18, the speed will be decreasing from Level 18 to Level 1. When the speed reaches Level 1, the pedals change to move forward and repeats the operation.






8. The machine will stop automatically after working continuously for 30 minutes. At the stop moment, the LED display will show "OFF" then show the exercise mode and datas.

NOTE: After finish using, please turn off the switch and disconnect the power.

DISPLAY REMOTE CONTROL



FUNCTION KEYS

Start/Pause 	Start and pause machine
Mode 	Changes between automatic and manual
Direction 	Changes the direction forward or backward
Speed+/-  	Select key for increasing or decreasing speed (18 speed levels)

REMOTE CONTROL NOTICE:

If the **Remote Control (No. 11)** does not activate the Electric Under Desk Cycle, or if you have a replacement remote, the **Remote Control (No. 11)** and Electric Under Desk Cycle will need to be paired.

REMOTE CONTROL PAIRING METHOD:

1. Restart the Electric Under Desk Cycle, press and hold down the **Mode** button and **Direction** button at the same time, you will hear three "beep" sounds.
2. Press and hold down the **Mode** button on the **Remote Control (No. 11)** immediately for about 3 seconds. Hearing a "Beep" indicates that the pairing is successful. During the pairing, the **Remote Control (No. 11)** should be as close to the Electric Under Desk Cycle as possible.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

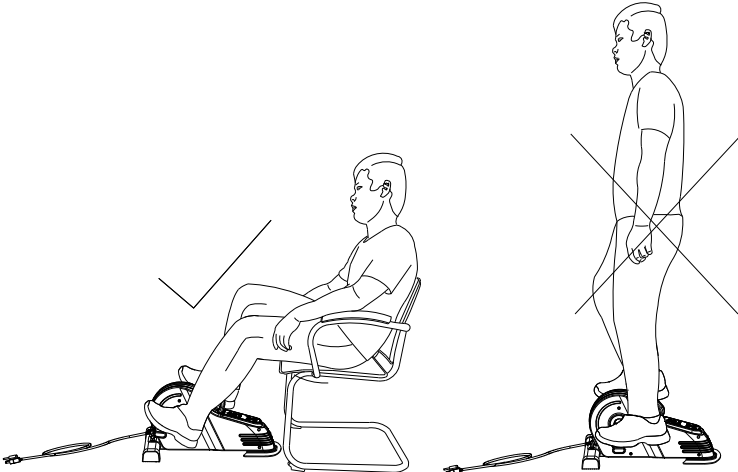
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

USER-MAINTENANCE INSTRUCTION

Caution: There are no serviceable parts in the appliance, any servicing should be performed by an authorized service person.

When the appliance is not in use, disconnect the power supply, storage of the power cord and the total appliance in a dry location where children cannot touch or in play area(s).

 <p>USE ONLY WHILE SITTING. DO NOT STAND ON THE CYCLE!</p>	<p>WARNING</p> <p>The machine is intended to use in a sitting position only. When using the machine, keep the feet flat to avoid rubbing against the floor. Do not stand on the machine.</p> <p>Failure to follow all warnings and instructions could result in serious injury or death.</p>
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