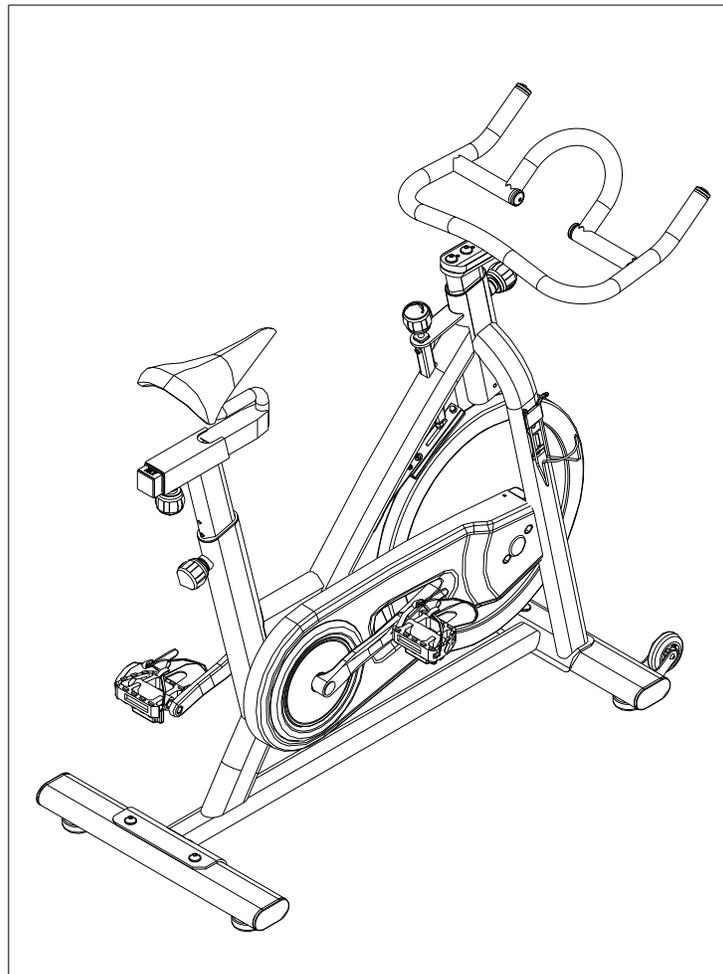




BELT DRIVE INDOOR CYCLING BIKE

SF-B1002

USER MANUAL



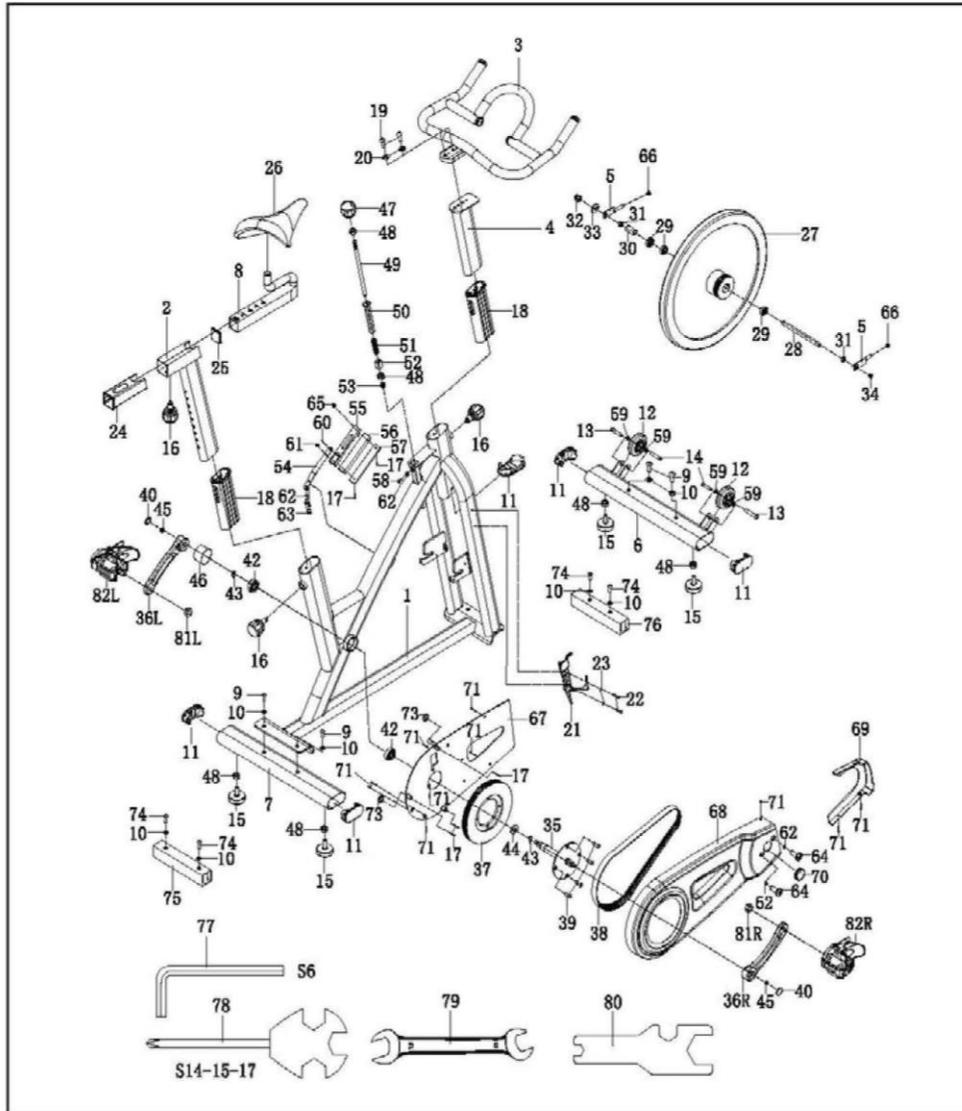
IMPORTANT: Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

IMPORTANT SAFETY INFORMATION

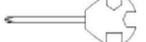
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 275 pounds (125 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

	#9 M10X25XS6 4PCS		#19 M10X25XS6 2PCS
	#10 d10Xφ20X2.0 4PCS		#20 d10Xφ20X1.5 2PCS
	#79 S=13-15 1PC		#78 S=14-15-17 1PC
	#77 S=6 1PC		#80 S=8-14-22 1PC

PARTS LIST

No.	Description	Spec.	Qty
1	Main Frame		1
2	Seat Post		1
3	Handlebar		1
4	Handlebar Post		1
5	Adjustable Bolt		2
6	Front Stabilizer		1
7	Rear Stabilizer		1
8	Seat Slider		1
9	Screw	M10*25*S6	4
10	Washer	d10*Φ20*2.0	8
11	End Cap	PT80*40*20	5
12	Transport Wheel	Φ71*Φ19*24	2
13	Screw	Φ7.8*30*M6*15*S5	2
14	Screw	M6*12*S5	2
15	Adjustable Pad	M10*30*Φ52*49	4
16	Adjustment Knob	M16*1.5*15*Φ49	3
17	Screw	M5*20*Φ8.5	5
18	Bushing	PT80*40*PT70*30*175	2
19	Screw	M10*25*S6	2
20	Washer	d10*Φ20*1.5	2
21	Water Bottle Holder		1
22	Screw	M5*12*Φ8.5	2
23	Washer	d5*Φ13*1	2
24	Bushing	F45*F38*153	1
25	End Cap	F38*38*14	1
26	Seat		1
27	Inertial Wheel	22*Φ460*74*28*Φ55*4 4*PK	1
28	Inertial Axle	Φ15*162*M12*1*29*29	1
29	Bearing	6202-2RS	3
30	Spacer	Φ20*Φ15.1*28	1
31	Nut	M12*1*H6*S19	2
32	Nut	M12*1*H19.5*S19	1
33	Washer	d12*Φ24*2	1
34	Nut	M12*1.0*H11*S18	1
35	Middle Axle	Φ20*184*43*10.5*74.5* 4-Φ10.1*Φ105	1
36L/R	Crank Arm	170 "L" "R"9/16	2
37	Belt Wheel	Φ204*20*5PK	1
38	Belt	5PK520	1
39	Screw	M10*16*S6	4
40	Crank Cap	Φ25*7	2
41L/R	Refer To Part #82L/R		

No.	Description	Spec.	Qty
42	Bearing	6004-RZ NBK	2
43	Jump Ring	d20	2
44	Wave Washer	d20*Φ26*0.3	1
45	Nut	M10*1.25*H7.5*S14	2
46	Cover For Middle Axle	Φ50*Φ32*33	1
47	Tension Knob	M10*Φ49*46	1
48	Nut	M10*H7*S17	6
49	Brake Rod	Φ10*240*M10*15*M6 *7 *M10*95	1
50	Spacer	20*20*120	1
51	Spring	Φ2.0*Φ15*54*N12	1
52	Square Nut	15*15*25*M10	1
53	Nut	M6*H14*S10	1
54	Spring Piece	t2.0*15.8*153	1
55	Brake Block	12*25*138	1
56	EVA Pad	10*22*95	1
57	Cow Leather Pad	t5*25*138	1
58	Screw	M6*10	1
59	Bearing	608ZZ Φ8	4
60	Screw	M5*12*Φ10	1
61	Nut	M5*H4*S8	1
62	Washer	d6*Φ12*1.2	5
63	Bolt	M6*12*S10	2
64	Screw	M6*12	2
65	Nut	M5*H9*S8	1
66	Nut	M8*H7.5*S13	2
67	Inner Belt Cover		1
68	Outer Belt Cover		1
69	Front Cover		1
70	Cap	Φ38*14	1
71	Screw	ST4.2*16*Φ8	10
72	N/A		-
73	Washer	Φ30*Φ10.1*3	2
74	Bolt	M10*16*S6	4
75	Shipping Rear Tube		1
76	Shipping Front Tube		1
77	Allen Wrench	S6	1
78	Spanner	S14-15-17	1
79	Wrench	S13-15	1
80	Spanner	S8-14-22	1
81L/R	Nylon Nut	9/16*20*H8*S22 L/R	2
82L/R	Pedal	YH-76X 9/16	2

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

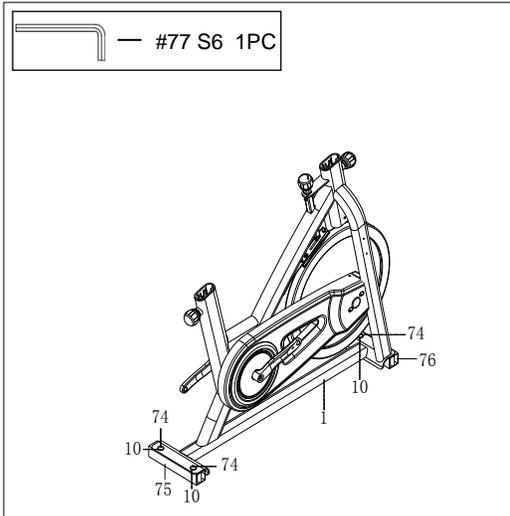
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 – 90 SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS

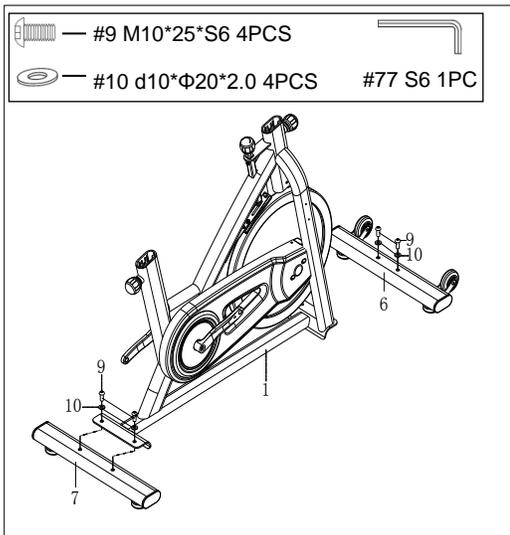
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Unscrew the 4 **Bolts (No. 74)** with **Allen Wrench (No. 77)** and remove the 4 **Washers (No. 10)**, **Shipping Rear Tube (No. 75)** and **Shipping Front Tube (No. 76)**.

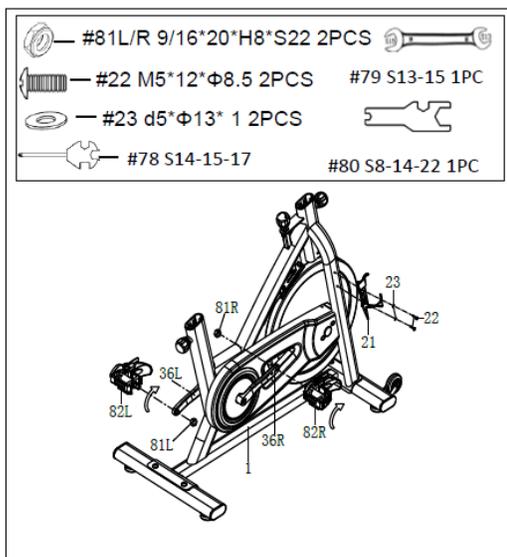
You may discard these parts or save them in case you'd like to repackage the item in the future. [**Bolts (No. 74)**, **Washers (No. 10)**, **Shipping Rear Tube (No. 75)** and **Shipping Front Tube (No. 76)**]



STEP 2:

Attach the **Front and Rear Stabilizers (No. 6 & No. 7)** to the **Main Frame (No. 1)** using 4 **Screws (No. 9)** and 4 **Washers (No. 10)**. Tighten and secure with **Allen Wrench (No. 77)**.

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STEP 3:

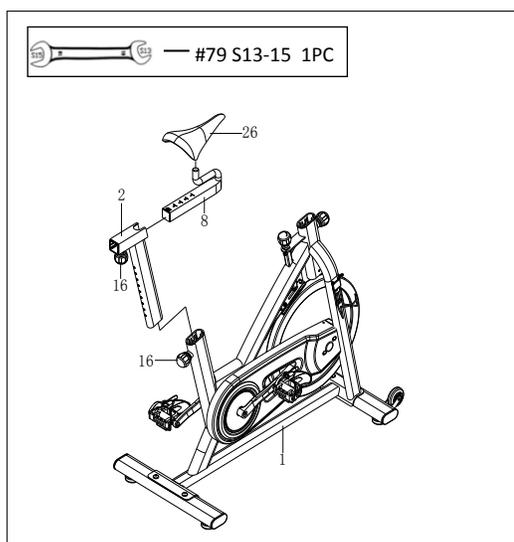
IMPORTANT! Read instructions carefully, failure to do so may cause permanent damage to your bike.

Remove the 2 Nylon Nuts (No. 81L/R) located on the Pedals (No. 82L/R).

Screw the Left Pedal (No. 82L) COUNTER-CLOCKWISE into the Left Crank Arm (No. 36L). Once properly screwed into the place, use the Wrench (No. 79) to hold the bolt of the pedal and screw the Left Nylon Nut (No. 81L) CLOCKWISE to the thread end of the Left Pedal (No. 82L) securely with Spanner (No. 80).

Screw the Right Pedal (No. 82R) CLOCKWISE into the Right Crank Arm (No. 36R). Once properly screwed into the place, use the Wrench (No. 79) to hold the bolt of the pedal and screw the Right Nylon Nut (No. 81R) COUNTER-CLOCKWISE to the thread end of the Right Pedal (No. 82R) securely with Spanner (No. 80).

Remove the preassembled 2 Screws (No. 22) and 2 Washers (No. 23) from the Main Frame (No. 1). Connect the Water Bottle Holder (No. 21) to the Main Frame (No. 1) using 2 Screws (No. 22) and 2 Washers (No. 23). Tighten and secure with Spanner (No. 78)



STEP 4:

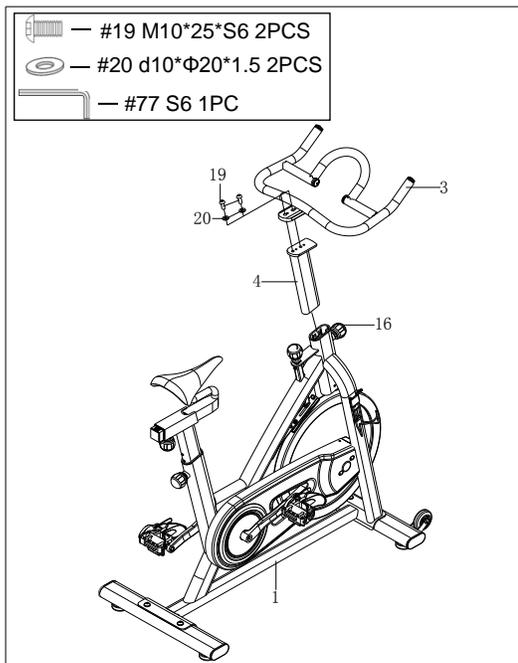
Loosen and remove the [seat post] Adjustment Knob (No. 16). Insert Seat Post (No. 2) into the sleeve located on the back of the Main Frame (No. 1). Adjust the Seat Post (No. 2) to the desired position and reinsert and tighten Adjustment Knob (No. 16) to secure the post in place.

Loosen and remove the [seat slider] Adjustment Knob (No. 16). Insert Seat Slider (No. 8) into the Seat Post (No. 2). Adjust the Seat Slider (No. 8) to the desired position and reinsert and tighten Adjustment Knob (No. 16) to secure the post in place.

Secure Seat (No. 26) to the Seat Slider (No. 8).

NOTE: Before you fully tighten the seat, you can adjust the front of the seat higher or lower to meet your needs.

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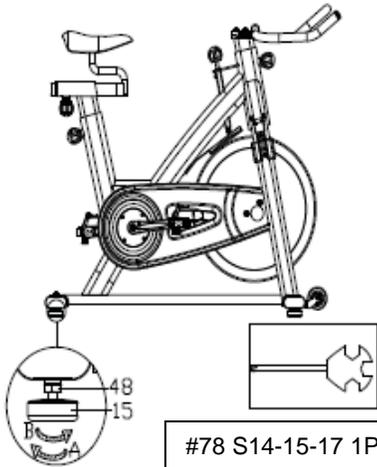
STEP 5:

Loosen and remove the [handlebar] **Adjustment Knob (No. 16)**. Insert **Handlebar Post (No. 4)** into the sleeve located on the front of the **Main Frame (No. 1)**. Adjust the **Handlebar Post (No. 4)** to the desired position and reinsert and tighten the **Adjustment Knob (No. 16)** to secure the post in place.

Secure **Handlebar (No. 3)** to **Handlebar Post (No. 4)** using 2 **Screws (No. 19)** and 2 **Washers (No. 20)**. Tighten and secure with **Spanner (No. 77)**.

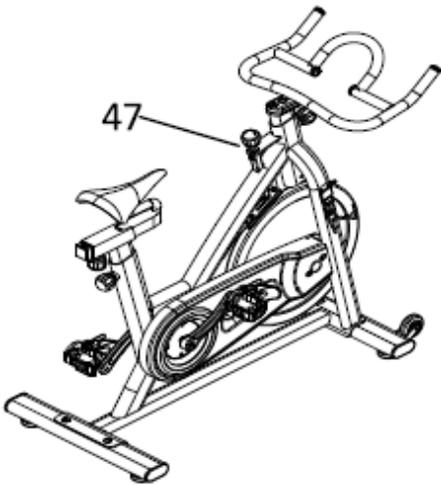
The assembly is complete!

ADJUSTMENTS & USAGE GUIDE



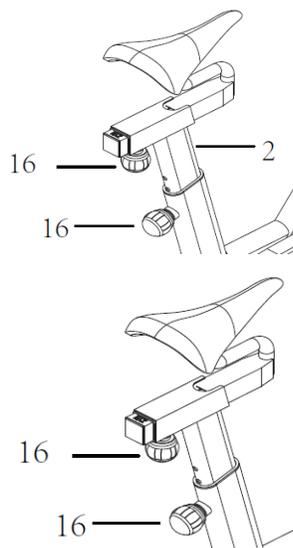
ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should adjust the foot levelers located beneath the front and rear stabilizers. To do so, use **Spanner (No. 78)** to unscrew the **Nut (No. 48)** by turning counter-clockwise (direction B), then rotate **Adjusting Pad (No. 15)** until the bike is balanced. Lastly, use **Spanner (No. 78)** to tighten the **Nut (No. 48)** by turning it clockwise (direction A).



ADJUSTING THE TENSION & EMERGENCY STOP

Adjust the tension by rotating the **Tension Knob (No. 47)** *clockwise* to increase the level of resistance. Rotate the knob *counter-clockwise* to decrease the level of resistance. Push down on **Tension Knob (No. 47)** to enforce the brake and stop the bike immediately.



ADJUSTING THE SEAT

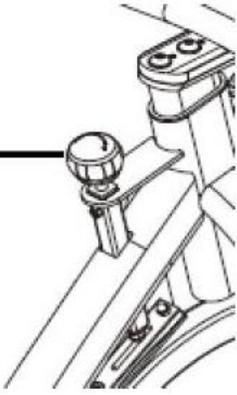
An appropriate seat height helps to ensure your exercise efficiency and reduce the risk of injury. Adjusting the seat forward or backward can help you work out different body muscle groups.

With one pedal in the upward position, place your foot in the toe clip and get on the bike. If your leg is bent too much, you should move the seat up. If your foot cannot touch the pedal or your leg is too straight, you should move the seat down.

Loosen the [seat post adjustment] **Knob (No. 16)** to raise or lower **Seat Post (No. 2)** to the desired position. Make sure **Knob (No. 16)** secures into the desired hole and turn *clockwise* to tighten.

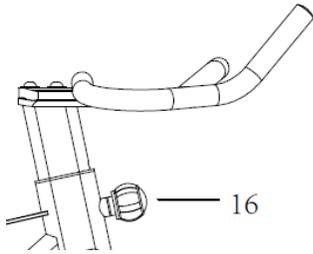
Loosen the [seat adjustment] **Knob (No. 16)** to move the seat forward or backward to the desired position. Once the position is located, firmly secure **Knob (No. 16)** by turning *clockwise*.

47



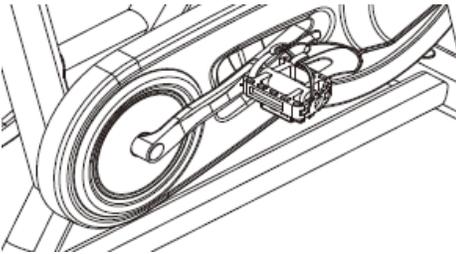
DISMOUNTING THE BIKE

WARNING! Do not dismount the bike or remove your feet from the pedals until the pedals have stopped completely. You can stop the flywheel at anytime by pushing down on **Tension Knob (No. 47)**.



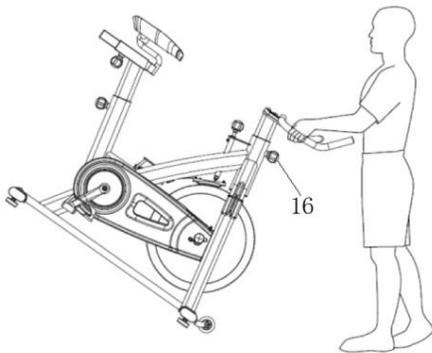
ADJUSTING THE HANDLEBAR

Loosen the [handlebar adjustment] **Knob (No. 16)** to raise or lower the handlebar to the desired position. Make sure the **Knob (No. 16)** settles into the desired hole and secure it firmly by turning *clockwise*.



ADJUSTING THE PEDAL STRAP

Place the ball of each foot in the toe clips so the front of your shoe fits snugly in the toe clip cage. Rotate one foot to within arm's reach and pull the strap until the top clip cage fits your shoe snugly. Insert the strap back into the hoop of the toe clip. Repeat this for the other foot.



MOVING THE BIKE

To move the bike, first ensure that the handlebar is properly secured. If the handlebar is loose, tighten the **Knob (No. 16)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the handlebar, place one foot on the front stabilizer and tilt the bike towards you until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

MAINTENANCE & CARE

This is general information for daily, weekly and monthly maintenance to be performed on your bike.

<p>DAILY MAINTENANCE</p> <p>After each exercise session, wipe down all the equipment: seat, frame, handlebars. Pay special attention to the seat post, handlebar post and belt/chain guard. Sweat is very corrosive and may cause problems that require parts replacement later.</p> <ol style="list-style-type: none"> 1. Get on the bike and engage the drive train. 2. Pay attention to any vibrations felt through the pedals. If you feel any vibrations, you may need to tighten the pedals, bottom bracket, or adjust the drive belt/chain tension. 3. Use a wrench to tighten the pedals until they are secure. 	<p>MONTHLY MAINTENANCE</p> <ol style="list-style-type: none"> 1. Check all hardware is secure, such as: water bottle holder, flywheel nuts, belt/chain guard bolts, brake caliper lock nuts and brake caliper tension rod nuts. 2. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod. 3. Clean and lubricate the seat post, handlebar post and seat slider. Remove any build up of foreign material.
<p>WEEKLY MAINTENANCE</p> <ol style="list-style-type: none"> 1. Inspect moving parts and tighten the hardware. 2. Inspect pull pin frame fittings, making sure the fittings are snug. Loose frame fittings may strip out threads over time and cause extensive damage. 3. Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft. 4. Tighten the seat hardware, making sure the seat is level and centered. 5. Brush and treat the resistance pads. Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel. 6. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten. 	<p>LEATHER BRAKE PAD CARE</p> <ol style="list-style-type: none"> 1. Perform this maintenance when the brake pad is first installed and for the life of the brake pad. Following these simple guidelines can increase the life of your brake pads. 2. Some brake pad assemblies are pre-lubricated. Squeeze the brake pad. If lubricant is released, then the pad has been pre-lubricated. 3. If the brake pad is dry, then coat the brake pad with 3-n-1 oil. Brush the leather with a clean, wire bristle brush, and then apply the oil. The oil should be allowed to soak in to the pad. Repeat 4-5 times until the pad is saturated, but not dripping with oil. When the pad is saturated, it will no longer absorb oil. 4. Inspect the brake pad weekly and lubricate if needed. The pad should not have a glazed appearance. If the pad appears glazed, then brush it with wire brush and apply lubricant as needed. If any of the sponge padding is showing through the leather pad, the brake pad should be replaced.