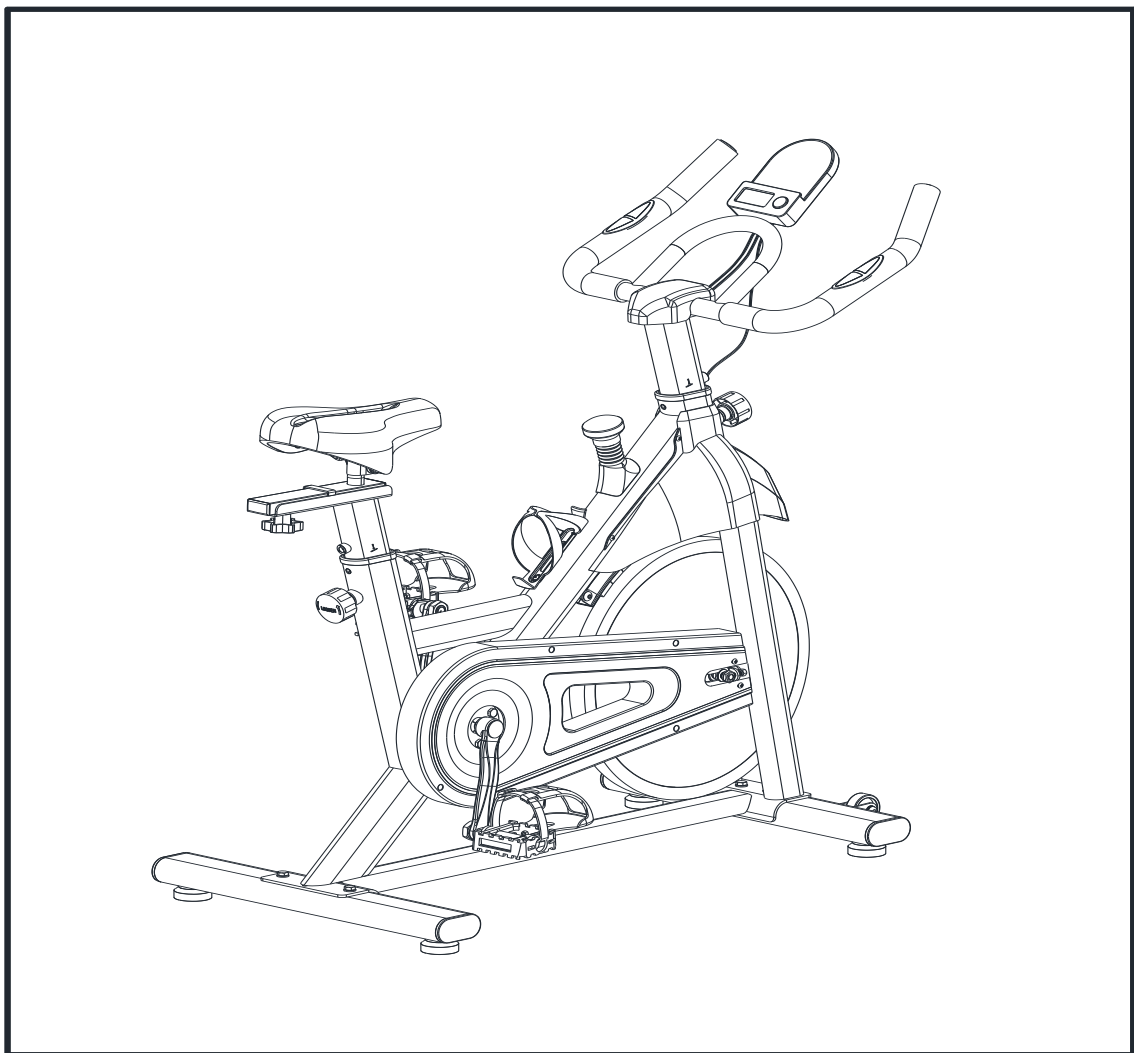




ESSENTIAL CONNECTED MAGNETIC CYCLE BIKE

SF-B122055

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

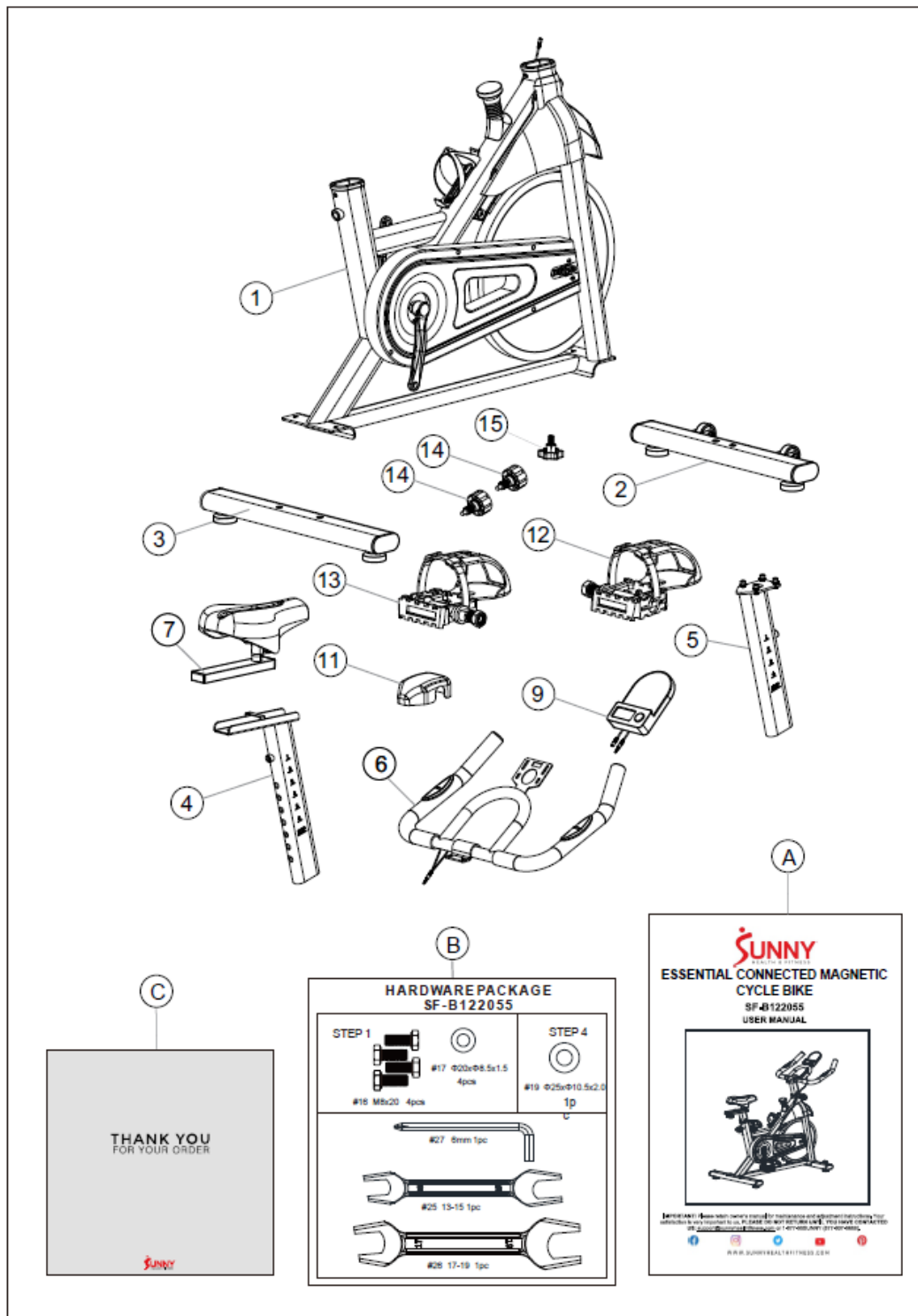
IMPORTANT SAFETY INFORMATION

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!

PRE-ASSEMBLY CHECK LIST

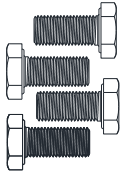


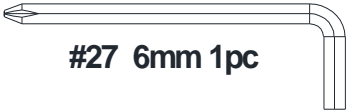

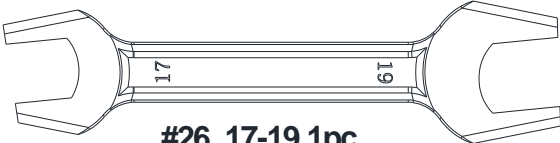
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Seat Post		1
5	Handlebar Post		1
6	Handlebar		1
7	Seat Slider		1
9	Meter		1

No.	Description	Spec.	Qty.
11	Tablet Holder		1
12	Right Pedal		1
13	Left Pedal		1
14	Adjustment Knob	M16	2
15	Adjustment Knob	M10	1
A	Manual		1
B	Hardware Package		1
C	Thank You Card		1

HARDWARE PACKAGE

HARDWARE PACKAGE SF-B122055		
STEP 1  #16 M8x20 4pcs	 #17 $\Phi 20 \times \Phi 8.5 \times 1.5$ 4pcs	STEP 4  #19 $\Phi 25 \times \Phi 10.5 \times 2.0$ 1pc
 #27 6mm 1pc		
 #25 13-15 1pc		
 #26 17-19 1pc		

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

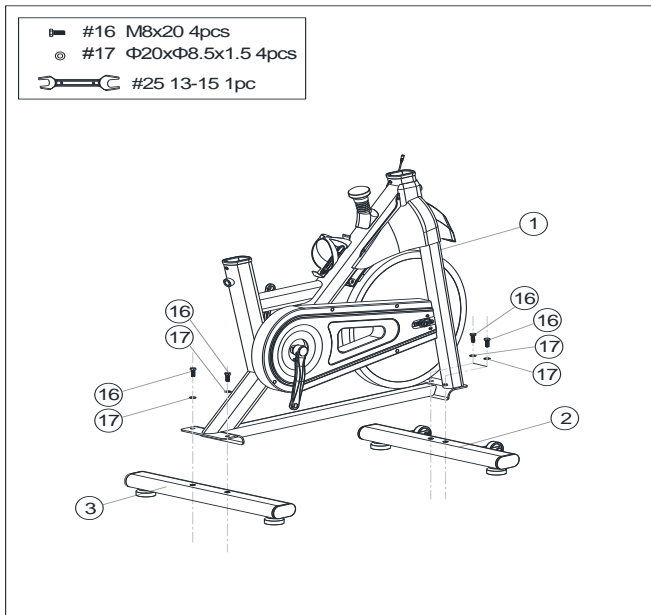
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 INSTRUCTION

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).

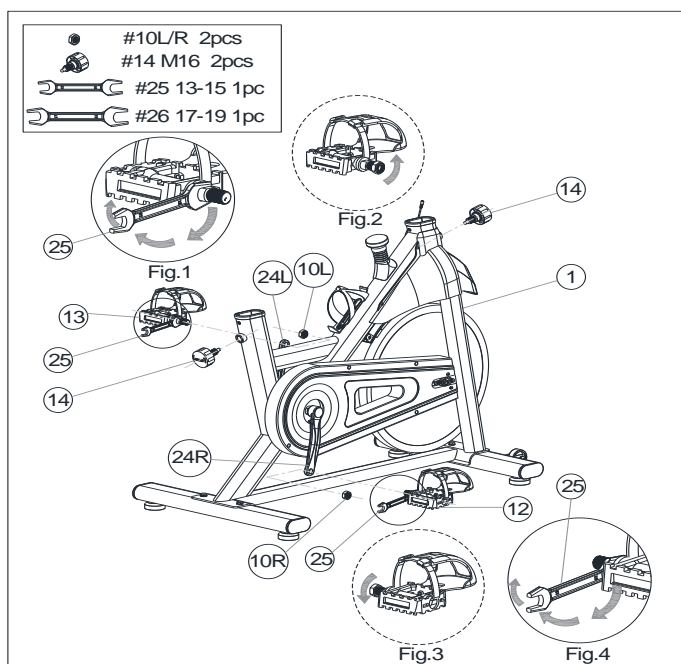


STEP 1:

Attach the **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 3)** onto the **Main Frame (No. 1)** with 4 **Screws (No. 16)**, 4 **Flat Washers (No. 17)**. Tighten and secure with **Open End Wrench (No. 25)**.

NOTE: Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.

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 2:

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

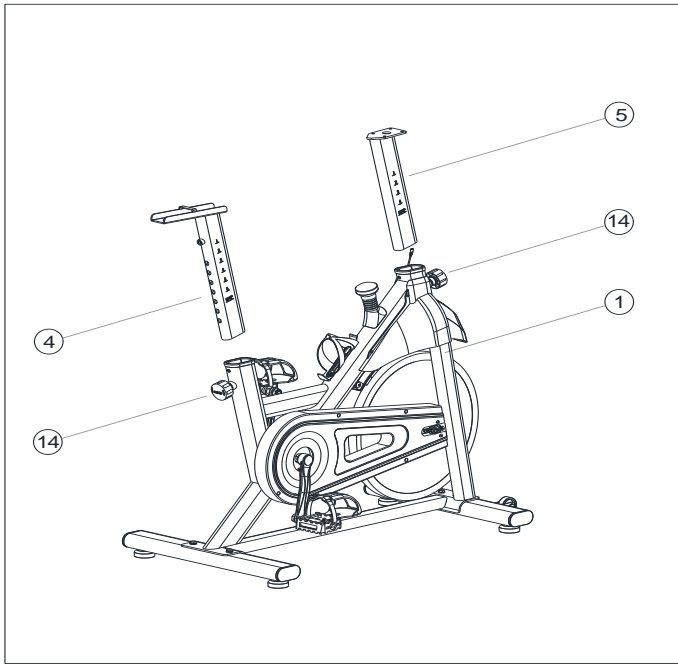
Remove **Left & Right Nuts (No. 10L/R)** from **Left Pedal (No. 13)** and **Right Pedal (No. 12)** with **Open End Wrench (No. 25)** and **Open End Wrench (No. 26)**. **Left Pedal (No. 13)** is marked "L" on it, **Right Pedal (No. 12)** is marked "R" on it.

Align the **Left Pedal (No. 13)** with the **Left Crank (No. 24L)** at 90°. Turn the pedal bolt on the **Left Pedal (No. 13)** **COUNTER-CLOCKWISE** as tightly as you can with your hand. Then, use **Open End Wrench (No. 25)** to tighten and secure. Turn the **Left Nut (No. 10L)** **CLOCKWISE** as tightly as you can with your hand. Use **Open End Wrench (No. 25)** to hold the pedal bolt on the **Left Pedal (No. 13)** and use **Open End Wrench (No. 26)** to turn the **Left Nut (No. 10L)** **CLOCKWISE** at the same time, until it is tightened onto the **Left Crank (No. 24L)**.

Align the **Right Pedal (No. 12)** with the **Right Crank (No. 24R)** at 90°. Turn the pedal bolt on **Right Pedal (No. 12)** **CLOCKWISE** as tightly as you can with your hand. Then, use **Open End Wrench (No. 25)** to tighten and secure. Turn the **Right Nut (No. 10R)** **COUNTER-CLOCKWISE** as tightly as you can with your hand. Use **Open End Wrench (No. 25)** to hold the pedal bolt on the **Right Pedal (No. 12)** and use **Open End Wrench (No. 26)** to turn **Right Nut (No. 10R)** **COUNTER-CLOCKWISE** at the same time, until it is tightened onto the **Right Crank (No. 24R)**.

Attach 2 **Adjustment Knobs (No. 14)** to **Main Frame (No. 1)**. Don't tighten the **Adjustment Knobs (No. 14)** at this step.

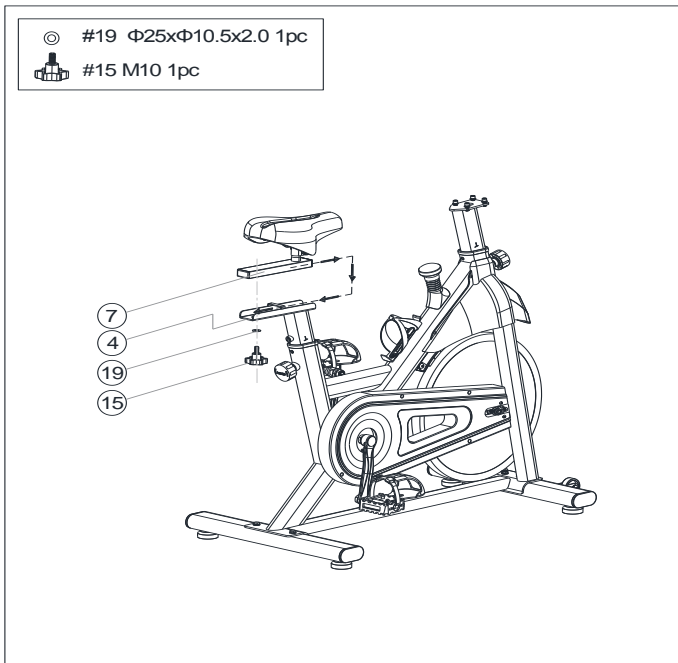
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Pull out **Adjustment Knob (No. 14)** on the rear post of **Main Frame (No. 1)**. Insert **Seat Post (No. 4)** into the rear post of **Main Frame (No. 1)**, adjust to desired height, tighten and secure with **Adjustment Knob (No. 14)**.

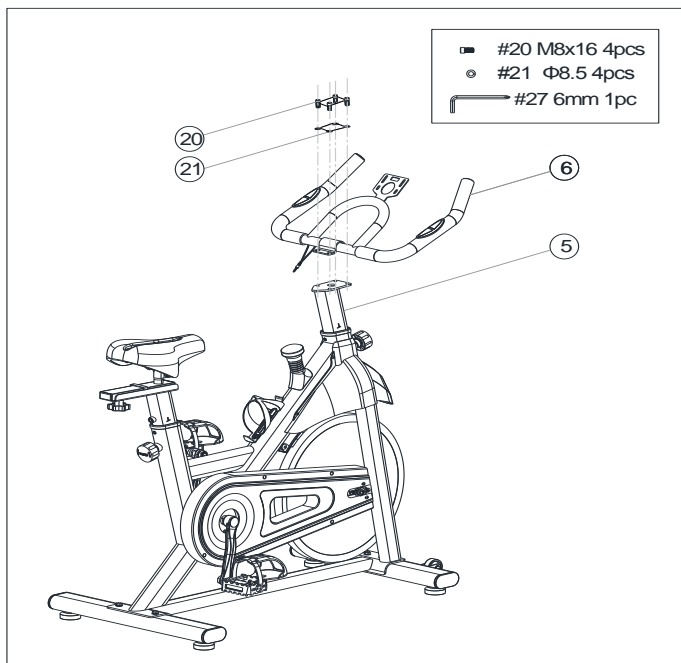
Pull out **Adjustment Knob (No. 14)** on the front post of **Main Frame (No. 1)**. Insert **Handlebar Post (No. 5)** into the front post of **Main Frame (No. 1)**, adjust to desired height, tighten and secure with **Adjustment Knob (No. 14)**.



STEP 4:

Attach **Seat Slider (No. 7)** to the **Seat Post (No. 4)**, adjust to desired position, then tighten and secure with **Adjustment Knob (No. 15)** and **Flat Washer (No. 19)**.

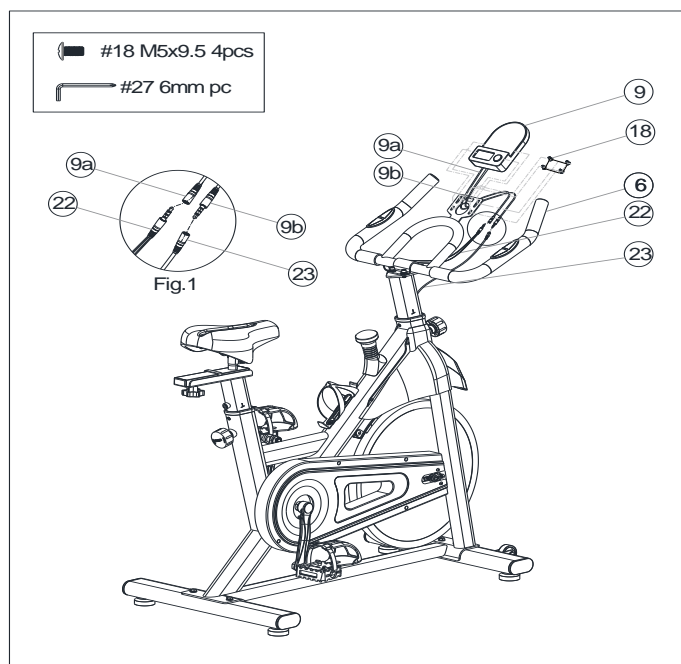
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5:

Remove 4 **Bolts (No. 20)** and 4 **Spring Washers (No. 21)** from **Handlebar Post (No. 5)** with **Allen Wrench (No. 27)**.

Attach **Handlebar (No. 6)** to the **Handlebar Post (No. 5)** with 4 **Bolts (No. 20)** and 4 **Spring Washers (No. 21)** that were removed. Tighten and secure with **Allen Wrench (No. 27)**.



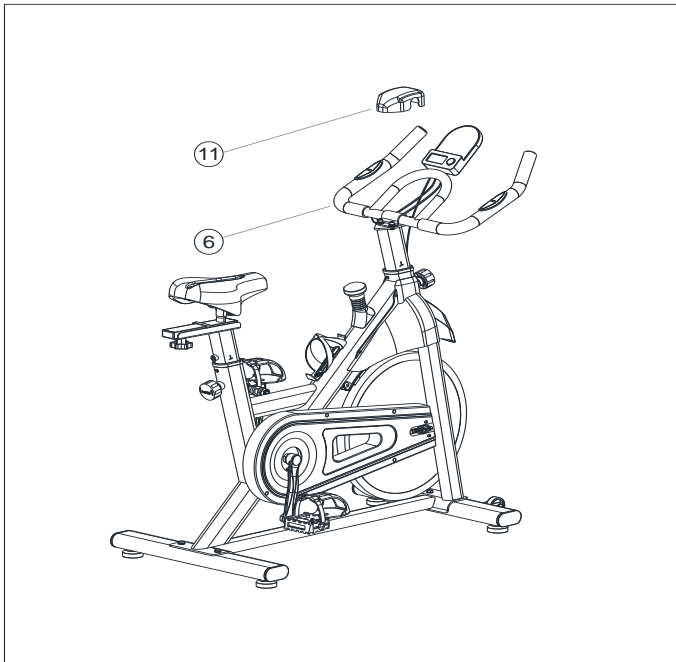
STEP 6:

Remove 4 **Screws (No. 18)** from the **Meter (No. 9)** with **Allen Wrench (No. 27)**.

Insert **Meter Wire A (No. 9a)** and **Meter Wire B (No. 9b)** into the middle hole of bracket on the **Handlebar (No. 6)**. Then connect the **Meter Wire A (No. 9a)** to the **Pulse Wire (No. 22)**, and connect **Meter Wire B (No. 9b)** with **Sensor Wire (No. 23)**.

Attach the **Meter (No. 9)** to the bracket of the **Handlebar (No. 6)** using 4 **Screws (No. 18)** that were just removed. Tighten and secure with **Allen Wrench (No. 27)**.

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).

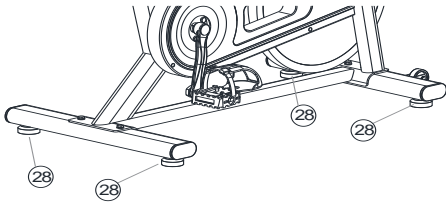


STEP 7:

Attach **Tablet Holder (No. 11)** onto the **Handlebar (No. 6)**.

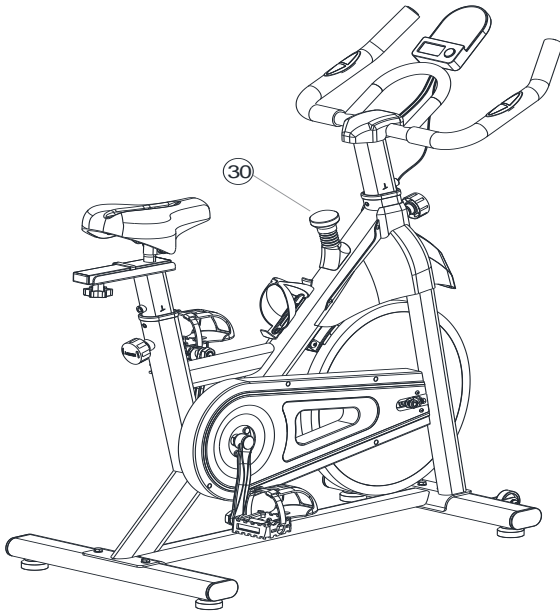
The assembly is complete!

ADJUSTMENT GUIDE



ADJUSTING THE HEIGHT AND 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, adjust the **Adjustment Foot Pad (No. 28)**, located beneath the stabilizers of the bike.

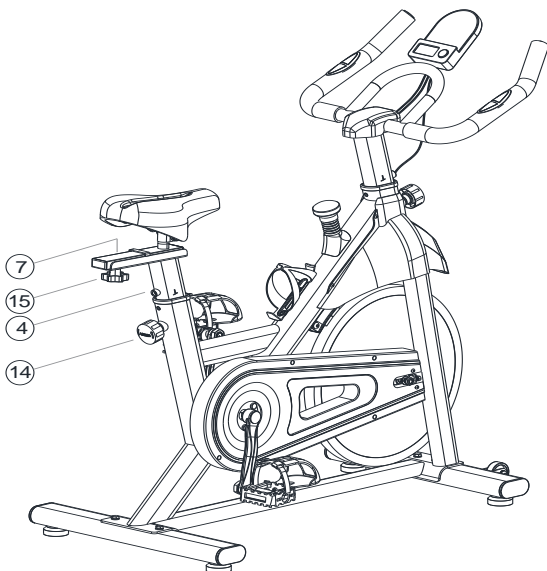


ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Control Knob (No. 30)**. Increase the level of resistance by turning the **Tension Control Knob (No. 30)** to the RIGHT (*clockwise*), decrease the level of resistance by turning the **Tension Control Knob (No. 30)** to the LEFT (*counter-clockwise*).

EMERGENCY BRAKE

During use, users can stop the bike completely by pushing down on the **Tension Control Knob (No. 30)**. Pushing down on the **Tension Control Knob (No. 30)** will enforce the brake and bring the bike to an immediate stop. When the **Tension Control Knob (No. 30)** is tightened, the flywheel can be locked.

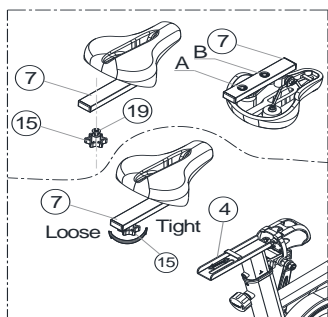


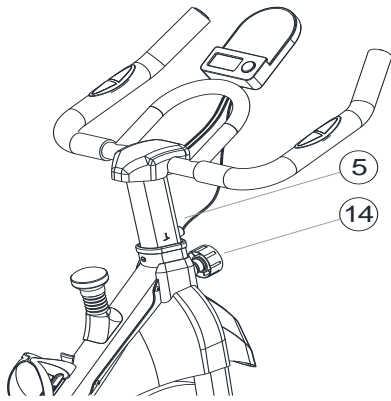
ADJUSTING THE SEAT

The seat of this bike is fully adjustable as it moves *Up, Down, Fore (forward), Aft (backward)*.

To adjust the height of **Seat Post (No. 4)**, loosen and pull the **Adjustment Knob (No. 14)** outward, then raise or lower the seat to the desired height. Once adjusted, reinsert and tighten the **Adjustment Knob (No. 14)** to secure the **Seat Post (No. 4)** in place.

To adjust the seat back and forth, loosen the **Adjustment Knob (No. 15)**, then slide the **Seat Slider (No. 7)** to desired position. Once positioned, re-tighten the **Adjustment Knob (No. 15)** to secure the **Seat Slider (No. 7)** in place. There are 2 holes on the **Seat Slider (No. 7)** to make the adjustment range larger. If the adjustment range for the current hole is not enough, please remove the **Adjustment Knob (No. 15)** and **Flat Washer (No. 19)** from **Seat Slider (No. 7)**, then attach **Adjustment Knob (No. 15)** and **Flat Washer (No. 19)** to the other hole on the **Seat Slider (No. 7)** and retry it. Once positioned, re-tighten the **Adjustment Knob (No. 15)** to secure the **Seat Slider (No. 7)** in place.

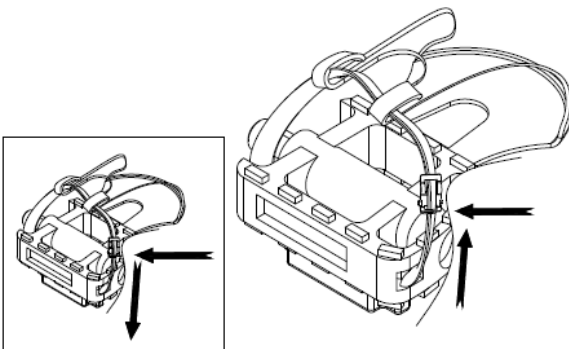




ADJUSTING THE HANDLEBAR

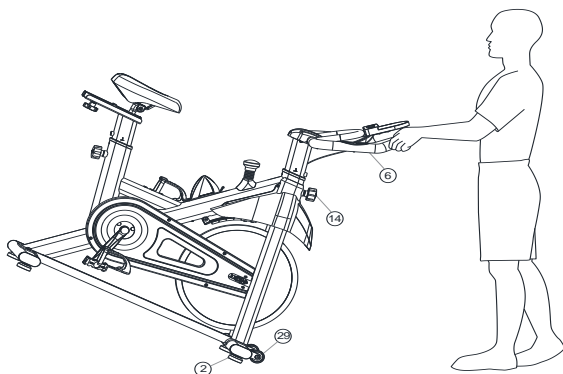
It is important that the handlebar and seat are both set to the correct height to your body.

To adjust the handlebar height, loosen and pull the **Adjustment Knob (No. 14)** outward, then slide the **Handlebar Post (No. 5)** up or down to the desired height. Once adjusted, reinsert and tighten the **Adjustment Knob (No. 14)** to secure the handlebar in place.



PEDAL STRAP ADJUSTMENT

Your feet should be secured in the toe clips during exercise. Place your feet as far forward into the toe clips as you can. With your feet in place, turn the crank to bring one foot to within arm's reach, grasp the pedal strap and pull it upward to tighten the toe clip cage. Then insert the strap back into the hoop of the toe clip. Repeat this process to secure your other foot.



TRANSPORTING THE BIKE

To move the bike, first ensure that the **Handlebar (No. 6)** is properly secured. If the **Handlebar (No. 6)** is loose, tighten the **Adjustment Knob (No. 14)** to secure it. Next, stand at the front of the bike so that you're directly in front of the **Handlebar (No. 6)**. Firmly grasp and hold each side of the **Handlebar (No. 6)**, place one foot on the **Front Stabilizer (No. 2)**, and tilt the bike towards you until the **Transportation Wheels (No. 29)** on the **Front Stabilizer (No. 2)** touch the ground. With the **Transportation Wheels (No. 29)** on the ground, you can transport the bike to the desired location with ease.

NOTE: Always use caution when moving the bike. Unexpected impact, such as dropping the bike, may cause injury and affect the bike's operation.

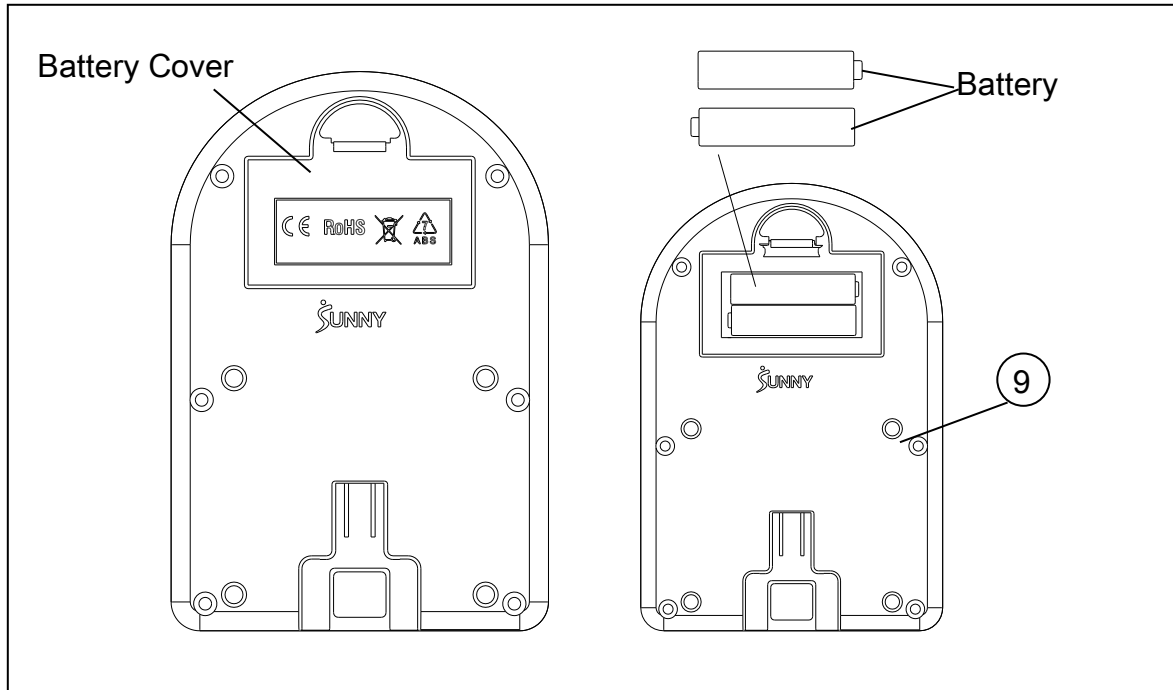
DISMOUNTING

For your safety, it is recommended that you never attempt to dismount or remove your feet from the pedals until both the flywheel and pedals/cranks have come to a complete stop. Failure to follow this recommendation may lead to loss of control and/or serious injury.

Here are a few examples of how to safely dismount the bike:

1. Reduce the pedal speed until the pedals/cranks come to a complete stop.
2. Increase the resistance until the pedals/cranks come to a complete stop.
3. Push and hold the tension control knob down until the pedals/cranks come to a complete stop.

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the **Meter (No. 9)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 9)**. 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 **Meter (No. 9)**.

The installation is complete!

BATTERY REPLACEMENT

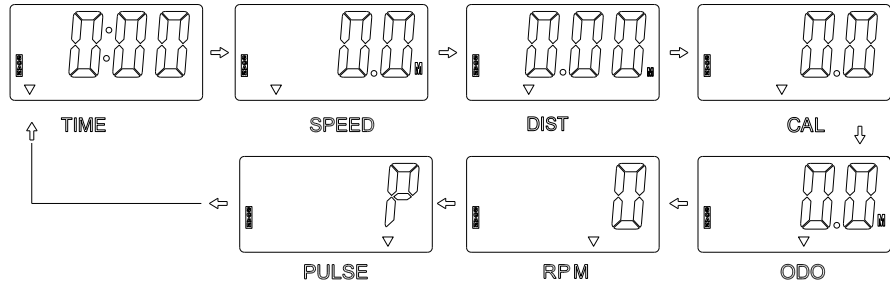
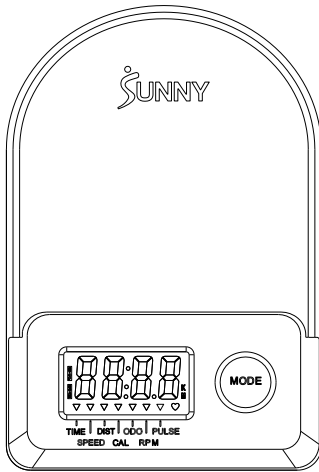
1. Press the buckle of battery cover on the back of the **Meter (No. 9)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Meter (No. 9)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 9)**.

The replacement is complete!

BATTERY DISPOSAL

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

EXERCISE METER



■ KEY FUNCTIONS:

- Pressing the MODE key to select and lock on a function.
- Pressing and hold the MODE key with 3 seconds to reset all the values to zero, except ODO.

■ SLEEP MODE:

- The system turns on when MODE key is pressed and system senses a signal input from the sensor. All the values will be reset to zero, except ODO.
- The system turns off automatically when the sensor has no signal input or no key are pressed for approximately 4 minutes.

■ FUNCTIONS:


- SCAN: Display changes according to the next diagram every 6 seconds in the following sequence: TIME- SPEED- DIST (DISTANCE) - CAL (CALORIES) - ODO (TOTAL DISTANCE) -CADENCE (RPM) -PUL (PULSE).
- SPEED: The current speed from starting exercise.
- DIST (DISTANCE): The current distance from starting exercise.
- TIME: The total working times elapsed from starting exercise.
- ODO (TOTAL DISTANCE): The total distance from first inserting batteries
- CAL (CALORIES): The calorie burned from starting exercise.
- CADENCE (RPM): The frequency per minute from starting exercise.
- PUL (PULSE): The current heart rate from starting exercise.

SPECIFICATION	
SCAN	6S
TIME	0:00~99:59 (M:S)
SPD (SPEED)	0.0~999.9 Miles/Hour
DIST (DISTANCE)	0.00~999.9 Miles
ODO (TOTAL DISTANCE)	0.0~999.9 Miles
CAL (CALORIES)	0.0~999.9 Kcal
CADENCE (RPM)	0~299
PUL (PULSE)	40~240 BPM (Beats per Minute)
BATTERY	SIZE-AAA *2
OPERATING TEMPERATURE	0~40°C (32°F -104°F)
STORAGE TEMPERATURE	-10~60°C (14°F -140°F)

APP CONNECTION:

1. Scan the QR code below to download the SunnyFit app onto your mobile device.



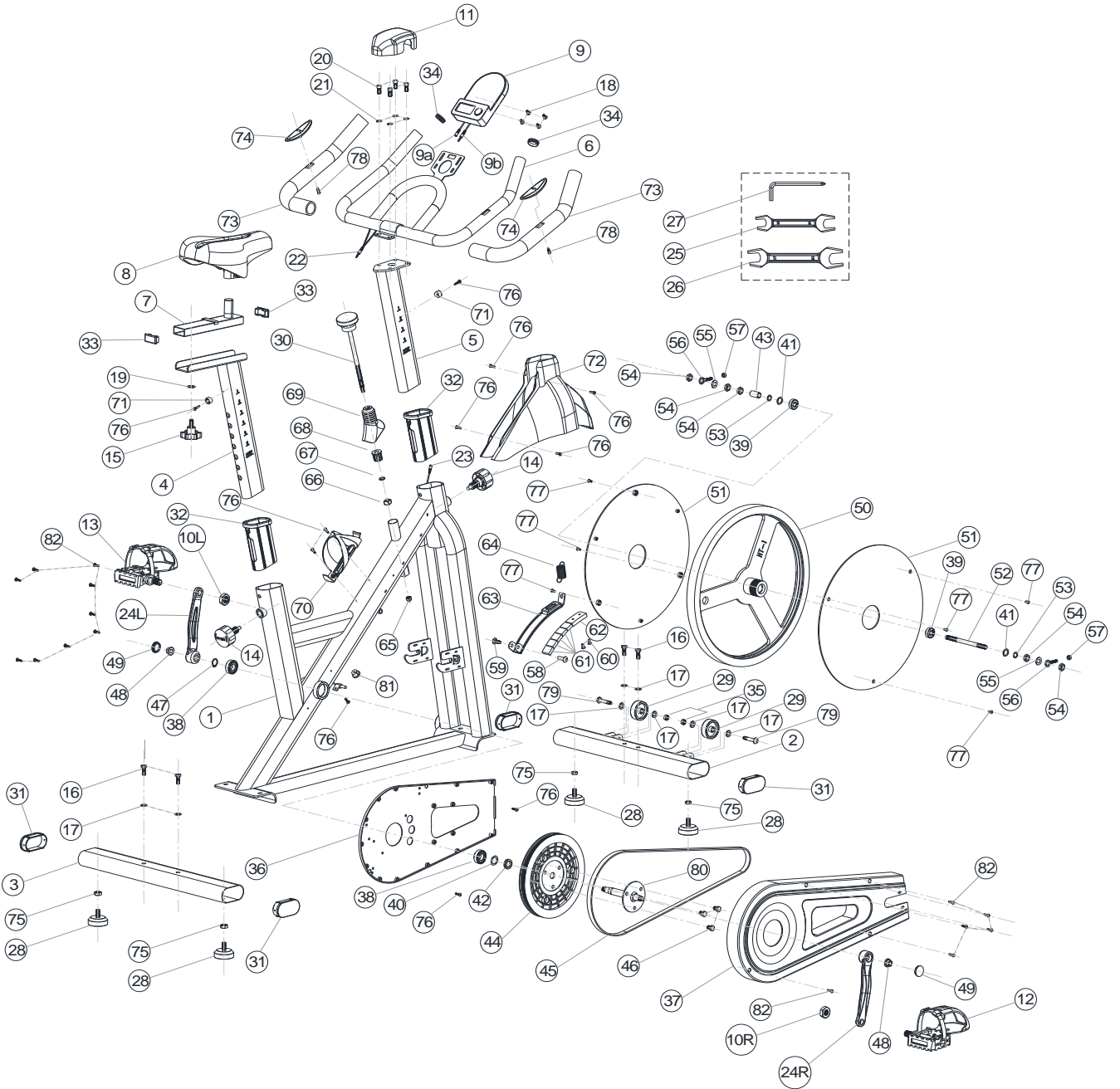
2. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
 - a. From the “Workout” tab, press 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”).

MAINTENANCE INSTRUCTIONS

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, and 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 crank. 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 if 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 buildup 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 to make 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 to make 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 (If applicable)</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 (not included with product). Brush the leather with a clean, wire bristle brush, and then apply the oil. The oil should be allowed to soak into 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.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Seat Post		1
5	Handlebar Post		1
6	Handlebar		1
7	Seat Slider		1
8	Seat		1
9	Meter		1
9a	Meter Wire A		1
9b	Meter Wire B		1
10L/R	Nut		2
11	Tablet Holder		1
12	Right Pedal		1
13	Left Pedal		1
14	Adjustment Knob	M16	2
15	Adjustment Knob	M10	1
16	Screw	M8x20	4
17	Flat Washer	Φ20xΦ8.5Φ1.5	8
18	Screw	M5x9.5	4
19	Flat Washer	Φ25xΦ10.5x2.0	1
20	Bolt	M8x16	4
21	Spring Washer	Φ8.5	4
22	Pulse Wire		1
23	Sensor Wire		1
24L/R	Crank		2
25	Open End Wrench	13-15	1
26	Open End Wrench	17-19	1
27	Allen Wrench	6mm	1
28	Adjustment Foot Pad		4
29	Transportation Wheel		2
30	Tension Control Knob		1
31	Oval End Cap	40x80	4
32	Bushing	40x80	2
33	Square End Cap	40x40	2
34	Round End Cap	Φ28	2
35	Lock Nut	M8	2
36	Inner Belt Cover		1
37	Outer Belt Cover		1
38	Bearing	6004ZZ	2
39	Bearing	6001ZZ	2
40	Wave Washer	Φ22*Φ20*1.0	1

No.	Description	Spec.	Qty.
41	Wave Washer	Φ16*Φ12*1.0	2
42	Spacer	Φ24xΦ20x2.0	1
43	Spacer	Φ16xΦ12x20L	1
44	Belt Pulley	Φ220	1
45	Belt	PJ490	1
46	Hexagon Screw	M8x12	3
47	C-clip	Φ24xΦ20x1.0t	1
48	Flange Nut	M10x1.25	2
49	Crank Cover		2
50	Flywheel	Φ420	1
51	Flywheel Plastic Disc	Φ388	2
52	Flywheel Shaft	Φ12x150L	1
53	Plastic Flat Pad	Φ12	2
54	Nut	M12x1.25	5
55	Flat Washer	Φ24xΦ12.5x2.0t	2
56	Adjusting Screw	M6	2
57	Nut	M6	2
58	Screw	M8x32L	1
59	Screw	M6x12L	1
60	Screw	M5x10L	2
61	Magnet	40Lx20Wx6H	5
62	Leather	10Lx20Wx9H	1
63	Brake Board		1
64	Spring		1
65	Cap Nut	M8	1
66	Square Nut	M10	1
67	Flat Washer	Φ14xΦ10.5x1.5t	1
68	Bushing		1
69	Brake Cover		1
70	Bottle Holder		1
71	Limit Post		2
72	Front Cover		1
73	Foam Grip		2
74	Handle Pulse		2
75	Nut	M10x10t	4
76	Screw	M4x12	11
77	Self-tapping Screw	M4x10	6
78	Screw	M4x25	2
79	Dome Head Bolt	M8x28	2
80	Middle Axle		1
81	Wire Plug		1
82	Self-tapping Screw	M4x12	15

CONNECT WITH US

FOR FITNESS
ARTICLES, VIDEOS
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS

WWW.SUNNYHEALTHFITNESS.COM