

# SMART MAGNETIC RESISTANCE EXERCISE BIKE WITH DUMBBELL HOLDER SF-B123033 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:** <u>support@sunnyhealthfitness.com</u> or 1-877-90SUNNY (877-907-8669).



WWW.SUNNYHEALTHFITNESS.COM

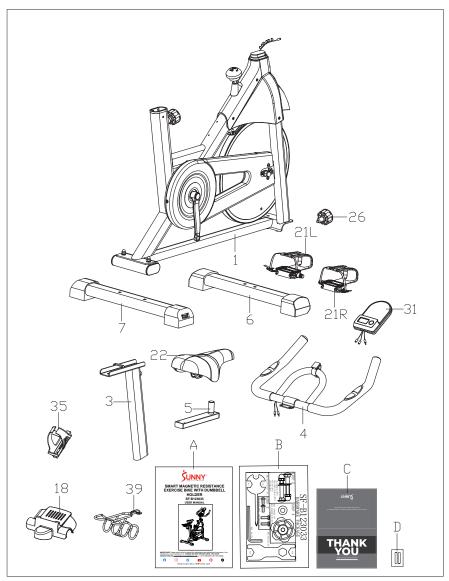
# **IMPORTANT SAFETY INFORMATION**

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 300 lbs (135 kgs).
- 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**

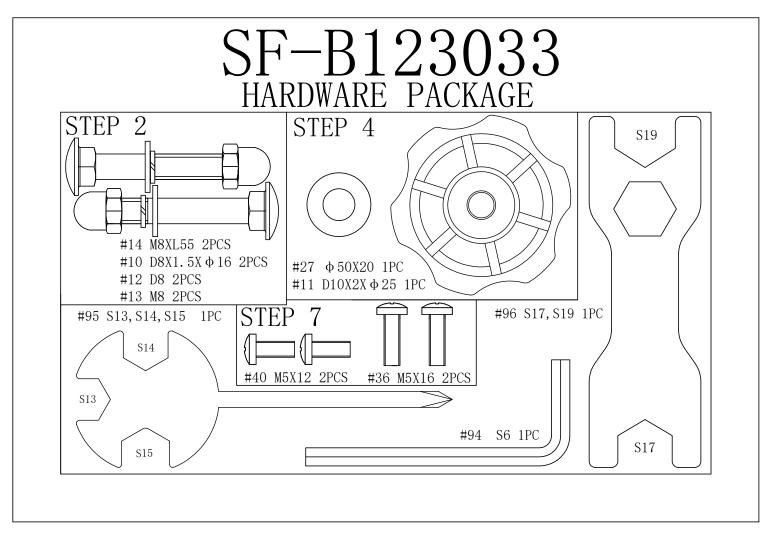
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.	
1	Main Frame		1	
3	Seat Post		1	
4	Handlebar		1	
5	Seat Slider		1	
6	Front Stabilizer	80X40X1.2X460	1	
7	Rear Stabilizer	80X40X1.2X500	1	
18	Handlebar Cover		1	
21L	Left Pedal	9/16"X20	1	
21R	Right Pedal	9/16'X20	1	

No.	Description	Spec.	Qty.	
22	Seat	KX8022	1	
26	Adjustment Knob	M16X1.5X22	1	
31	Meter		1	
35	Bottle Holder		1	
39	Dumbbell Rack		1	
А	Manual		1	
В	Hardware Package		1	
С	Thank You Card		1	
D	Battery	AAA	2	

## HARDWARE PACKAGE



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

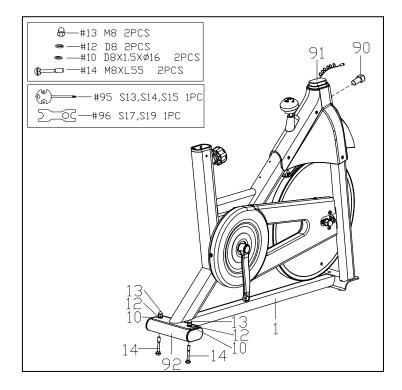
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the "EXPLODED DIAGRAM" (pages 14-15) and "PARTS LIST" (pages 16-17)

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

# **ASSEMBLY INSTRUCTIONS**

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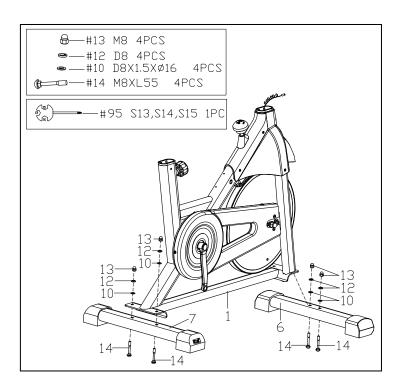


### STEP 1:

Remove 2 Carriage Bolts (No. 14), 2 Flat Washers (No. 10), 2 Cap Nuts (No. 13) and 2 Spring Washers (No. 12) from Shipping Tube 2 (No. 92) using Spanner (No. 95).

Remove the Screw (No. 90) using Spanner (No. 96), and take out the Shipping Tube 1 (No. 91) from Main Frame (No. 1).

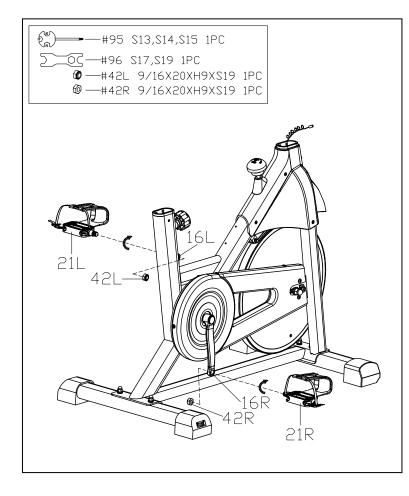
NOTE: You may save these parts: Shipping Tube 2 (No. 92) and Shipping Tube 1 (No. 91) for future packaging and transportation of bike.



### STEP 2:

Attach the **Rear Stabilizer (No. 7)** to the **Main Frame (No. 1)** using 2 **Carriage Bolts (No. 14)**, 2 **Flat Washers (No. 10)**, 2 **Cap Nuts (No. 13)** and 2 **Spring Washers (No. 12)** that were just removed on STEP 1. Tighten and secure with **Spanner (No. 95)**.

Attach the Front Stabilizer (No. 6) to the Main Frame (No. 1) using 2 Carriage Bolts (No. 14), 2 Flat Washers (No. 10), 2 Cap Nuts (No. 13) and 2 Spring Washers (No. 12). Tighten and secure with Spanner (No. 95). We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at <a href="mailto:support@sunnyhealthfitness.com">support@sunnyhealthfitness.com</a> or 1-877-90SUNNY (877-907-8669).



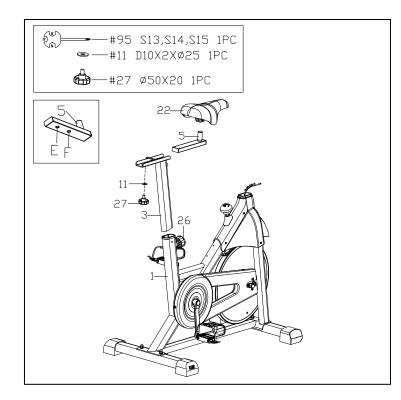
### STEP 3:

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

Remove the Left & Right Nylon Nuts (No. 42L & No. 42R) located on the Left & Right Pedals (No. 21L & No. 21R) with Spanner (No. 96) and Spanner (No. 95). The Right Nylon Nut (No. 42R) is WHITE on the inside. The Left Nylon Nut (No. 42L) is BLUE on the inside. Left Pedal (No. 21L) is marked "L" on it, Right Pedal (No. 21R) is marked "R" on it.

Align the Left Pedal (No. 21L) with the Left Crank (No. 16L) at 90°. Turn the pedal bolt on the Left Pedal (No. 21L) <u>COUNTER-</u> <u>CLOCKWISE</u> as tightly as you can with your hand. Then, use Spanner (No. 95) to tighten and secure. Turn the Left Nylon Nut (No. 42L) <u>CLOCKWISE</u> as tightly as you can with your hand. Use Spanner (No. 95) to hold the pedal bolt on the Left Pedal (No. 21L) and use Spanner (No. 96) to turn the Left Nylon Nut (No. 42L) <u>CLOCKWISE</u> at the same time, until it is tightened onto the Left Crank (No. 16L).

Align the **Right Pedal (No. 21R)** with the **Right Crank (No. 16R)** at 90°. Turn the pedal bolt on **Right Pedal (No. 21R)** <u>*CLOCKWISE*</u> as tightly as you can with your hand. Then, use **Spanner (No. 95)** to tighten and secure. Turn the **Right Nylon Nut (No. 42R)** <u>*COUNTER-CLOCKWISE*</u> as tightly as you can with your hand. Use **Spanner (No. 95)** to hold the pedal bolt on the **Right Pedal (No. 21R)** and use **Spanner (No. 96)** to turn **Right Nylon Nut** (**No. 42R)** <u>*COUNTER-CLOCKWISE*</u> at the same time, until it is tightened onto the **Right Crank (No. 16R)**. We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at <a href="mailto:support@sunnyhealthfitness.com">support@sunnyhealthfitness.com</a> or 1-877-90SUNNY (877-907-8669).



### STEP 4:

Loosen and pull out the Adjustment Knob (No. 26). Insert the Seat Post (No. 3) into the sleeve located on the Main Frame (No. 1), then lock with the Adjustment Knob (No. 26).

Insert the Seat Slider (No. 5) to the Seat Post (No. 3), and lock with Adjustment Knob (No. 27) and Flat Washer (No. 11) after adjusting to Hole E or F on the Seat Slider (No. 5).

Attach the Seat (No. 22) to the Seat Slider (No. 5). Tighten and secure with Spanner (No. 95).

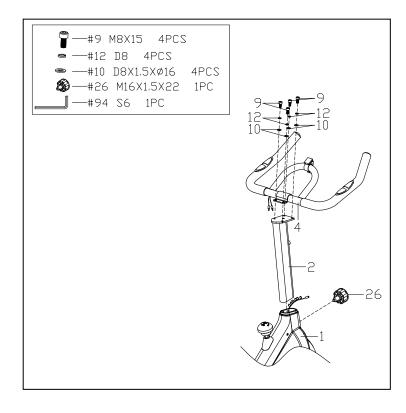
**NOTE:** Make sure the **Seat (No. 22)** is lock tightly on the **Seat Slider (No. 5)** before exercise.

### STEP 5

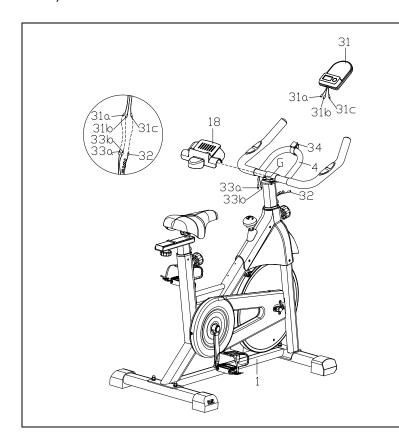
Insert the Handlebar Post (No. 2) to the sleeve on the Main Frame (No. 1), then lock with the Adjustment Knob (No. 26).

Remove 4 Screws (No. 9), 4 Spring Washers (No. 12) and 4 Flat Washers (No. 10) from the Handlebar Post (No. 2) using Allen Wrench (No. 94).

Attach the Handlebar (No. 4) to the Handlebar Post (No. 2) using 4 Screws (No. 9), 4 Spring Washers (No. 12) and 4 Flat Washers (No. 10) that were just removed. Tighten and secure with Allen Wrench (No. 94).



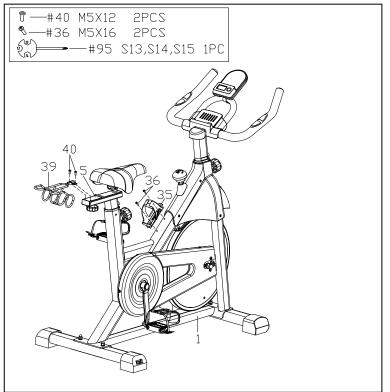
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### STEP 6:

Insert the Meter (No. 31) to the Meter Bracket (No. 34), then connect Sensor Wire (No. 32) and Meter Wire C (No. 31c), connect Pulse Wire A (No. 33a) with Meter Wire A (No. 31a) and connect Pulse Wire B (No. 33b) with Meter Wire B (No. 31b).

Attach the **Handlebar Cover (No. 18)** to the position G.



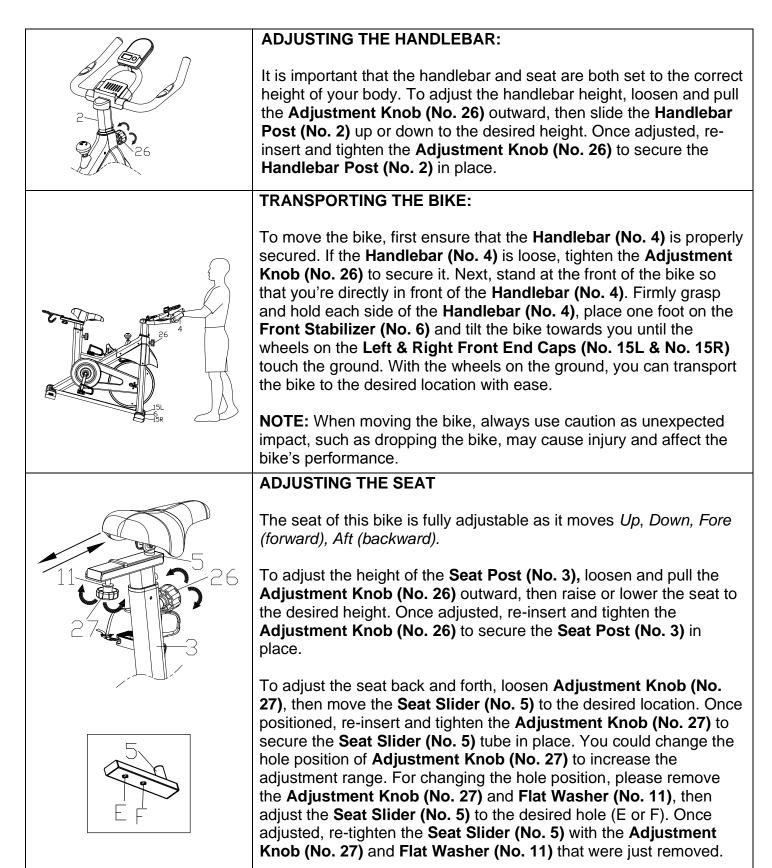
### STEP 7:

Attach the **Bottle Holder (No. 35)** to the **Main Frame (No. 1)** with 2 **Screws (No. 36)** using **Spanner (No. 95)**.

Attach the **Dumbbell Rack (No. 39)** to the **Seat Slider (No. 5)** with 2 **Screws (No. 40)**. Tighten and secure with **Spanner (No. 95)**.

The assembly is complete!

# ADJUSTMENT GUIDE



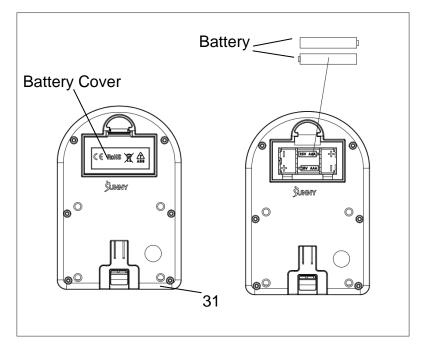
	TIGHTENING THE SEAT
22	
	Adjust the Seat (No. 22) by using the Spanner (No. 95) if the Seat (No. 22) is loose.
#95 S13,S14,S15 1PC	
	ADJUSTING THE BALANCE
17	If the bike is not leveled, adjust the <b>Rear End Caps (No. 17)</b> . Turn <u>counter-clockwise</u> to raise, turn <u>clockwise</u> to lower.
17	
$\square$	ADJUSTING THE RESISTANCE
	Adjust the resistance of the bike using the <b>Tension Control Knob</b> (No. 19). Increase the level of resistance by turning <b>Tension</b> <b>Control Knob (No. 19)</b> to the RIGHT ( <u><i>clockwise</i></u> ), decrease the level of resistance by turning the <b>Tension Control Knob (No. 19)</b> to the
	LEFT ( <i>counter-clockwise</i> ). Push down on the <b>Tension Control</b> <b>Knob (No. 19)</b> for emergency brake.
	PEDAL STRAP ADJUSTMENT
H 21L 21R H 21R	Place the ball of each foot in the toe clips so the front of your shoe fits snugly in the toe clip cage (I). Rotate one foot to within arm's reach and pull the strap (H) until the top clip cage(I) fits your shoe snugly. Insert the strap back into the hoop of the toe clip. Repeat this for the other foot.
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 the meter box.
- 2. Press the buckle of battery cover on the Meter (No. 31), then remove battery cover.
- 3. Install 2 AAA batteries into the battery case on the back of the Meter (No. 31). 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. 31).

The installation is complete!

### **BATTERY REPLACEMENT**

- 1. Press the buckle of battery cover on the back of the **Meter (No. 31)**, 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. 31)**. 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. 31).

The replacement is complete!

### BATTERY DISPOSAL

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

# **EXERCISE METER**

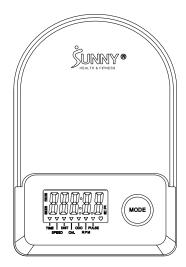
### **FUNCTION BUTTONS**

### MODE:

- 1. Pressing the MODE key to select and lock on a function.
- 2. Press and hold the MODE key for 3 seconds to reset all the values to zero, except ODO (TOTAL DISTANCE).

### SLEEP MODE:

- 1. The system turns on when the MODE key is pressed or senses a signal input from the sensor.
- 2. The system turns off automatically when the sensor has no signal input or no key is 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) - RPM (CADENCE) - PULSE.
- 2. SPEED: The current speed from starting exercise.
- 3. DIST (DISTANCE): The current distance from starting exercise.
- 4. TIME: The time elapsed from starting exercise.
- 5. ODO (TOTAL DISTANCE): The total distance which from first inserting batteries.
- 6. CAL (CALORIES): The calories burned from starting exercise.
- 7. RPM (CADENCE): The frequency per minute from starting exercise.
- 8. PULSE: The current heart rate from starting exercise.

### NOTE:

- 1. If the meter display is abnormal, please re-install the batteries and try again.
- 2. Battery Spec: 1.5V UM-4 or AAA (2PCS).
- 3. The batteries must be removed from the appliance before it is disposed of safely.

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
RPM (CADENCE)	0~299
PULSE	40~240 BPM (Beats per Minute)
BATTERY	SIZE-AAA *2
OPERATING TEMPERATURE	<b>0~40</b> ℃ (32°F-104°F)
STORAGE TEMPERATURE	-10~60℃ (14°F-140°F)

### **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 <u>www.sunnyfit.com/guide</u> or scan the QR code below:



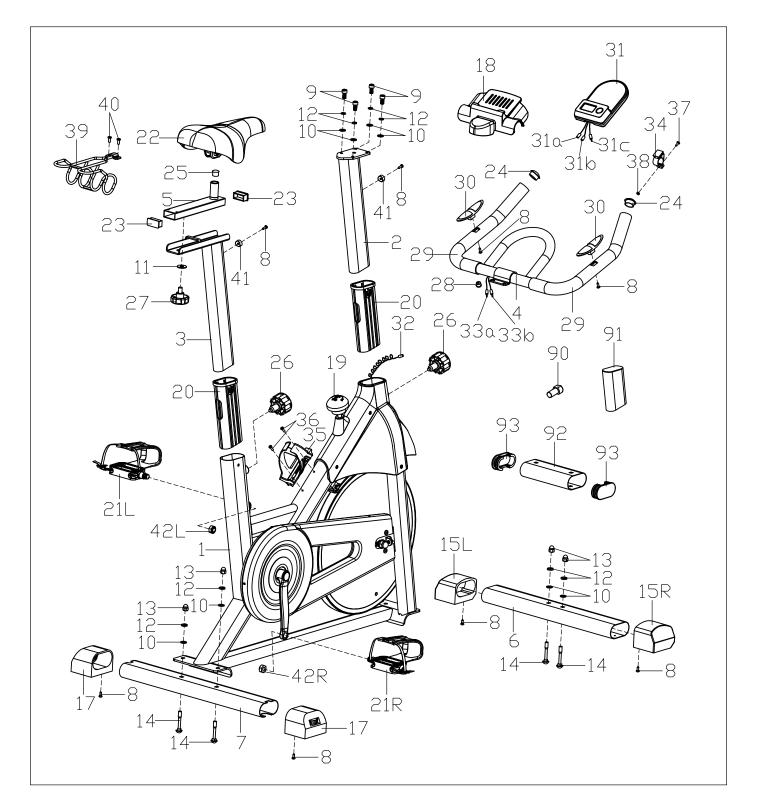
If you require additional support, please contact <u>support@sunnyfit.com</u>.

# **MAINTENANCE INSTRUCTIONS**

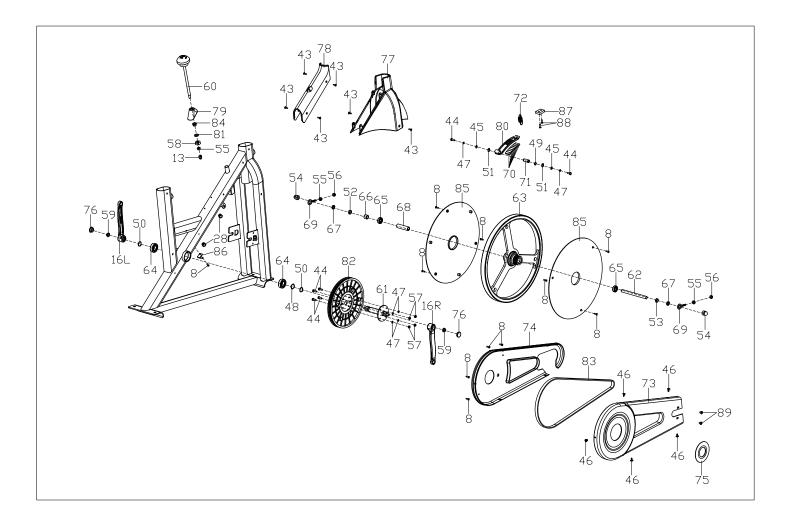
This is general information for daily, weekly, and monthly maintenance to be performed on your bike.

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DAILY MAINTENANCE	MONTHLY MAINTENANCE				
<ul> <li>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.</li> <li>1. Get on the bike and engage the drive train.</li> <li>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.</li> <li>3. Use a spanner to tighten the pedals until they are secure.</li> </ul>	<ol> <li>Check all hardware is secure, such as: bottl holder, flywheel nuts, belt/chain guard bolts, brake caliper lock nuts and brake caliper tension rod nuts.</li> <li>Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod.</li> <li>Clean and lubricate the seat post, handleba post and seat slider. Remove any buildup of foreign material.</li> </ol>				
WEEKLY MAINTENANCE	LEATHER BRAKE PAD CARE (If Applicable)				
<ol> <li>Inspect moving parts and tighten the hardware.</li> <li>Inspect pull pin frame fittings, making sure the fittings are snug. Loose frame fittings may strip out threads over time and cause extensive damage.</li> <li>Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft.</li> <li>Tighten the seat hardware, making sure the seat is level and centered.</li> <li>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.</li> <li>Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten.</li> </ol>	<ol> <li>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.</li> <li>Some brake pad assemblies are pre- lubricated. Squeeze the brake pad. If lubricant is released, then the pad has been pre-lubricated.</li> <li>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 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.</li> <li>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.</li> </ol>				

# **EXPLODED DIAGRAM 1**



# **EXPLODED DIAGRAM 2**



# PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	
1	Main Frame		1	32	Sensor Wire	L850	Ī
2	Handlebar Post		1	33a	Pulse Wire A	L650	t
3	Seat Post		1	33b	Pulse Wire B	L650	Ì
4	Handlebar		1	34	Meter Bracket		-
5	Seat Slider	1	1	35	Bottle Holder		
6	Front Stabilizer	80X40X1.2X460	1	36	Screw	M5X16	
7	Rear Stabilizer	80X40X1.2X500	1	37	Screw	M4X15	
8	Screw	ST4.2X16	19	38	Nut	M4	
9	Screw	M8X15	4	39	Dumbbell Rack		
10	Flat Washer	D8X1.5XΦ16	8	40	Screw	M5X12	-
11	Flat Washer	D10X2XФ25	1	41	Limited Block	Ф17Х10	
12	Spring Washer	D8	8	42L	Left Nylon Nut	9/16X20XH9XS19	
13	Cap Nut	M8	5	42R	Right Nylon Nut	9/16X20XH9XS19	
14	Carriage Bolt	M8XL55	4	43	Screw	ST4.2X16	
15L	Left Front End Cap	80X40X1.5	1	44	Bolt	M6X15	
15R	Right Front End Cap	80X40X1.5	1	45	Washer	D6XD12X1.2	
16L	Left Crank	9/16"X20	1	46	Screw	ST4X10	
16R	Right Crank	9/16"X20	1	47	Spring Washer	D6	
17	Rear End Cap	80X40X1.5	2	48	Wave Washer	D20XФ28X0.3	
18	Handlebar Cover		1	49	Wave Washer	D12XФ17X0.3	
19	Tension Control Knob	Ф60X45	1	50	Axle Spring Washer	D20	
20	Sleeve	80X40X1.2	2	51	Axle Spring Washer	D12	
21L	Left Pedal	9/16"X20	1	52	Hex Thin Nut	M12X1	
21R	Right Pedal	9/16"X20	1	53	Hex Conical Thin Nut	M12X1	
22	Seat	KX8022	1	54	Cap Nut	M12X1	1
23	Square Plug	40X20X1.5	2	55	Hex Nut	M8	1
24	Round Cap	Ф28X1.5	2	56	Nylon Nut	M8	
25	Round Cap	Ф19Х1.5	1	57	Nylon Nut	M6	
26	Adjustment Knob	M16X1.5X22	2	58	Square Nut	20X20XM10	
27	Adjustment Knob	Ф50X20	1	59	Nut	M12X1.25	
28	Plug	Ф12.5	3	60	Brake Rod	Ф10X193	1
29	Foam Grip	Φ27XT3X410	2	61	Center Axle	Ф20X150	1
30	Pulse Sensor		2	62	Flywheel Axle	M12XL150XL28XL42	1
31	Meter		1	63	Flywheel	Ф420Х26, 6kgs	1
31a	Meter Wire A		1	64	Bearing	6004	1
31b	Meter Wire B		1	65	Bearing	6001	
31c	Meter Wire C		1	66	Sleeve	Ф12.2ХФ18Х14	1

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
67	Sleeve	Ф12.2ХФ18Х4	2	82	Belt Pulley	Ф240Х20	1
68	Flywheel Sleeve	Ф18ХФ12.2Х65.2	1	83	Belt	500PJ6	1
69	Adjusting Belt Bolt	M8X48	2	84	Sleeve	Φ18X3XΦ14X7XΦ10X10	1
70	Magnet	25X10X5	8	85	Flywheel Cover		2
71	Magnetic Board Axle	Ф12XL28.6XM6	1	86	Sensor Bracket		1
72	Pull Spring	Ф14.5ХФ1.6Ф61.2	1	87	Brake Sheet	9X35X26	1
73	Outer Belt Cover		1	88	Screw	M5X12	2
74	Inner Belt Cover		1	89	Screw	M6X8	2
75	Crank Cover	Ф46	1	90	Screw	M16X1.5X30	1
76	Сар	Ф25	2	91	Shipping Tube 1		1
77	Front Protective Cover		1	92	Shipping Tube 2	80X40X1.2X170	1
78	Upper Protective Cover		1	93	Сар	80X40X1.5	2
79	Brake Cover		1	94	Allen Wrench	S6	1
80	Magnetic Board		1	95	Spanner	S13,S14,S15	1
81	Washer	D10.5XФ20X2	1	96	Spanner	S17,S19	1

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# DOWNLOAD

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