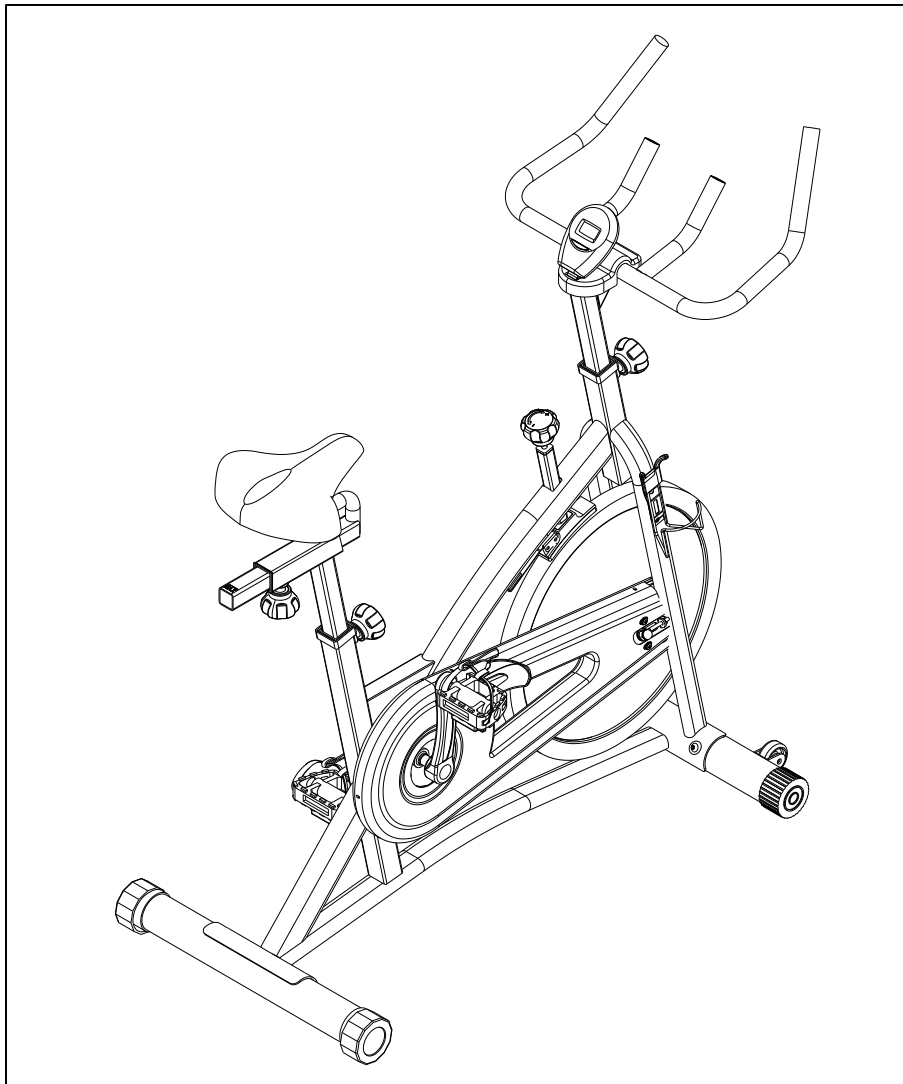




# INDOOR CYCLING BIKE

## SF-B1421

### 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](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).



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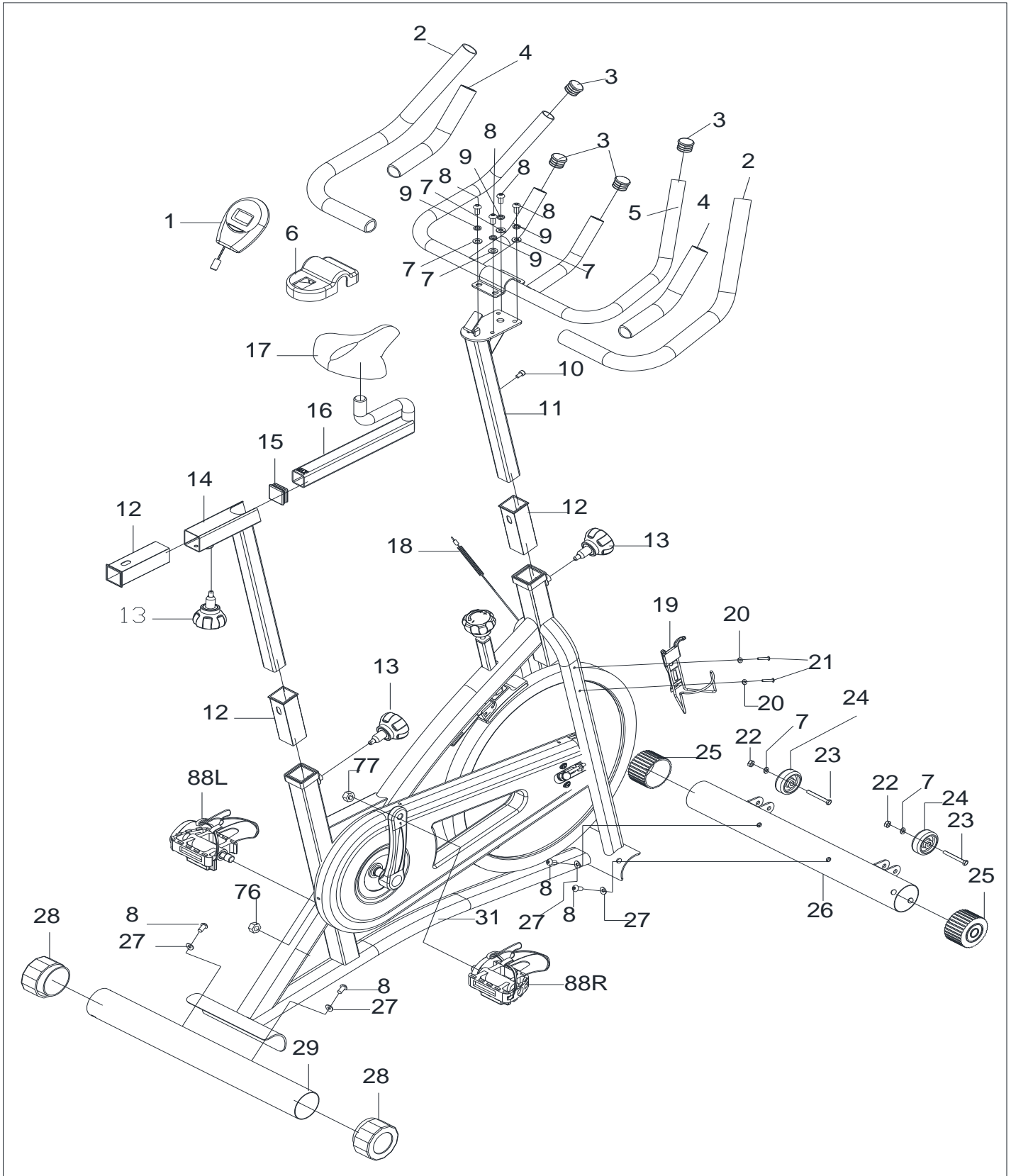
SUNNYHEALTHFITNESS.COM/SIGNUP

# **IMPORTANT SAFETY INFORMATION**

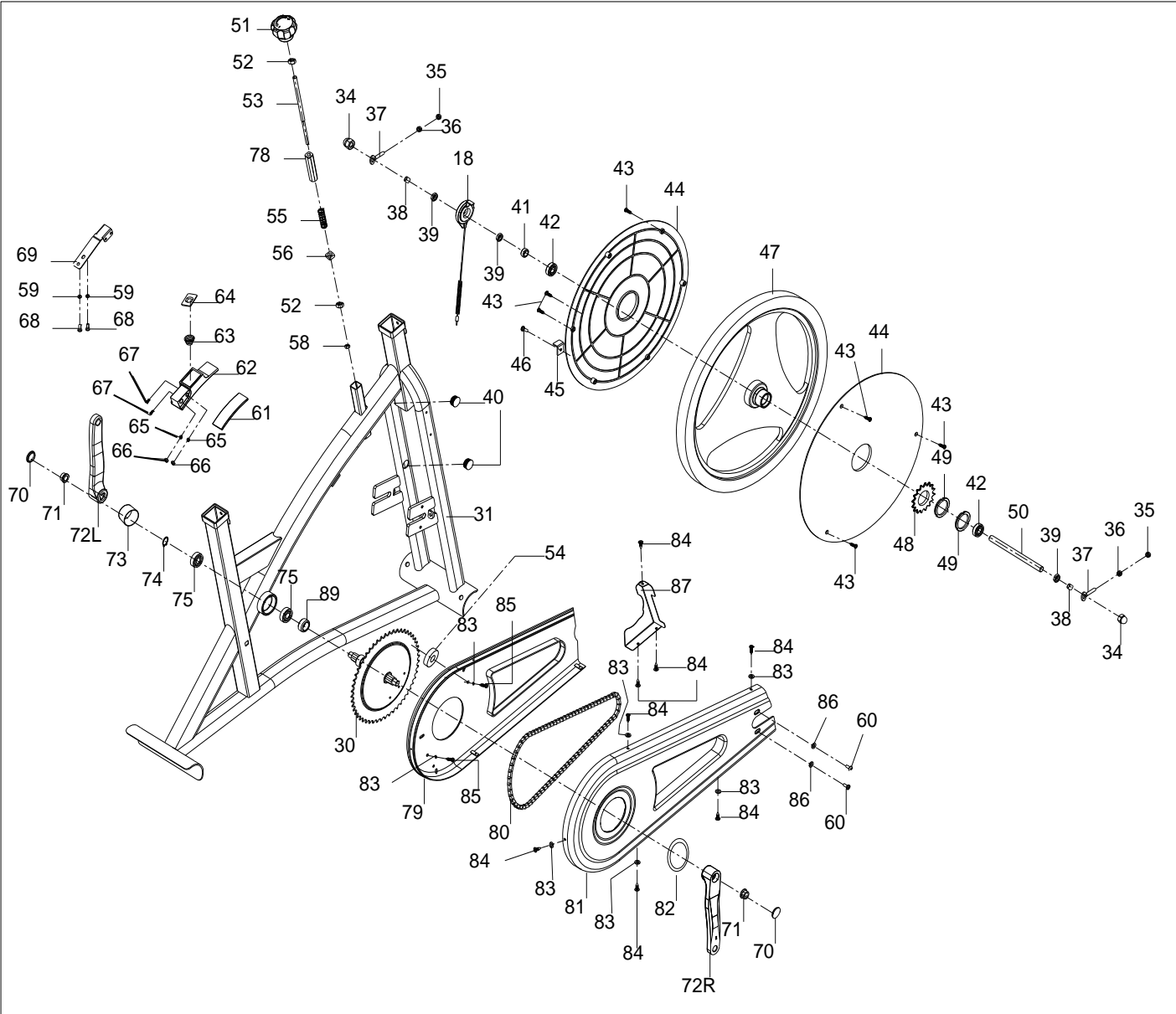
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 265 pounds (120 KG).
10. This equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and 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.



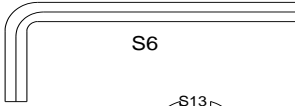
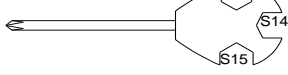



# EXPLODED DIAGRAM 1



# EXPLODED DIAGRAM 2



## HARDWARE PACKAGE

 #7 d8*φ16*1.5 4PCS  #9 d8 4PCS  #32 S6 1PC  #33 S13-14-15 1PC	 #8 M8*16*S6 8PCS  #27 d8*φ20*2*R30 4PCS  #57 S10-13-17-19 1PC
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# PARTS LIST

No	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Computer		1	35	Nut	M6*H6*S10	2
2	Foam Grip	Φ23*3*480	2	36	Nut	M6*H5*S10	2
3	End Cap	Φ25*16	4	37	Adjusting Screw	M6*50*Φ12*5	2
4	Foam Grip	Φ23*3*190	2	38	Spacer	Φ22*Φ12.5*6	2
5	Handlebar		1	39	Nut	M12*1*H6*S19	3
6	Handlebar Cover	125*80*42	1	40	End Cap	Φ22*16	2
7	Washer	d8*Φ16*1.5	6	41	Spacer	Φ18*Φ12.2*4	1
8	Screw	M8*16*S6	8	42	Bearing	6001-2RS	2
9	Spring Washer	d8	4	43	Screw	ST4.8*13*Φ8	6
10	Screw	M5*10*S4	1	44	Flywheel Cover		2
11	Handlebar Post		1	45	Sensor Stopper	t2*20	1
12	Bushing	F38*38*F30*30*L120	3	46	Screw	ST4.8*10*Φ8	1
13	Adjustment Knob	M16*1.5*18*Φ58	3	47	Flywheel	13*Φ450	1
14	Seat Post		1	48	Small Chain Wheel		1
15	End Cap	F30*30*16	1	49	Nut	M35*1*44*3.5	2
16	Seat Slider		1	50	Inertia Axle	Φ12*150*M12*1.0	1
17	Seat		1	51	Tension Knob	M10*58*48	1
18	Inductor		1	52	Nut	M10*H5.5*S17	2
19	Water Bottle Holder		1	53	Brake Rod	Φ10*200*M10*15*M6*7*M10*95	1
20	Washer	d5*Φ10*1	2	54	Washer	Φ30*Φ10*6	1
21	Screw	M5*16*Φ10	2	55	Spring	Φ2.0*Φ15*54*N12	1
22	Nut	M8*H7.5*S13	2	56	Nut	16*16*25*M10	1
23	Bolt	M8*40*20*S14	2	57	Spanner	S10*13*17*19	1
24	Transportation Wheel	Φ40.5*Φ8.5*22	2	58	Nut	M6*H6*S10	1
25	End Cap	Φ60	2	59	Washer	d6*Φ12*1.2	2
26	Front Stabilizer		1	60	Screw	M6*12*Φ12	2
27	Arc Washer	d8*Φ20*2*R30	4	61	Woolen Felt	110*30*8	1
28	End Cap	Φ60*45.5	2	62	Brake Board	110*27*30	1
29	Rear Stabilizer		1	63	Spring	Φ2*Φ24*Φ13*15*N5	1
30	Middle Axle	Φ17*176 with Big Chain Wheel Φ220*2.5	1	64	Brake Stopper	35*24*2	1
31	Main Frame		1	65	Washer	d5*Φ10*1	2
32	Allen Wrench	S6	1	66	Nut	M5*H5.5*S10	2
33	Spanner	S13-14-15	1	67	Screw	M5*30*Φ8	2
34	Nut	M12*1*H19.5*S19	2	68	Bolt	M6*12*S10	2

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
69	Brake Spring Board	t1.2*23*122	1	80	Chain	½" *1/8" *104	1
70	Crank Cap	Φ25*7	2	81	Outer Chain Cover		1
71	Nut	M10*1.25*H7.5*S14	2	82	Crank Cover	100*40	1
72L/R	Left & Right Crank	170	2	83	Washer	d5*Φ10*1	7
73	Middle Axle Cover	Φ50*Φ32*33	1	84	Screw	ST4.2*13*Φ8	8
74	C Clip	d17	1	85	Screw	ST4.8*16*Φ10	2
75	Bearing	6203-2RS	2	86	Washer	d6*Φ16*1.5	2
76	Left Nylon Nut	9/16*20*H8*S19	1	87	Blanking Plate		1
77	Right Nylon Nut	9/16*20*H8*S19	1	88 L/R	Pedal	YH-76X 9/16"	2
78	Bushing	20*20*62	1	89	Spacer	Φ21*Φ17.1*4	1
79	Inner Chain Cover		1				

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

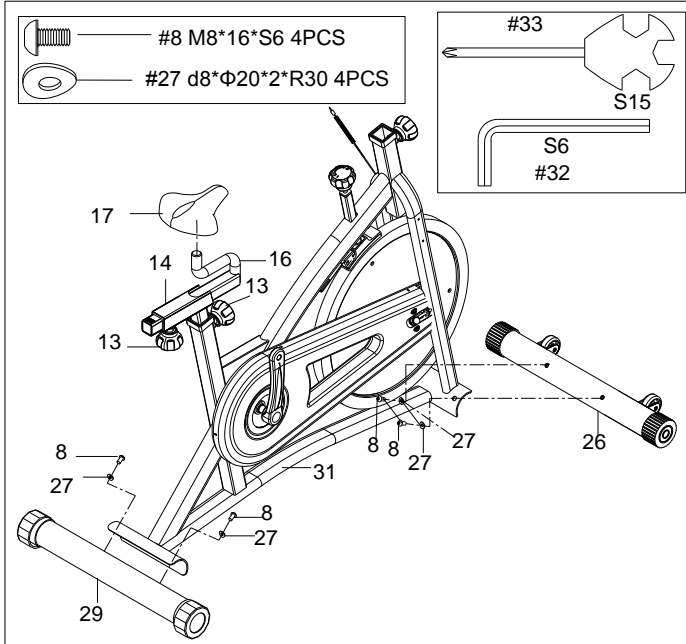
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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](mailto: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](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877- 907-8669).



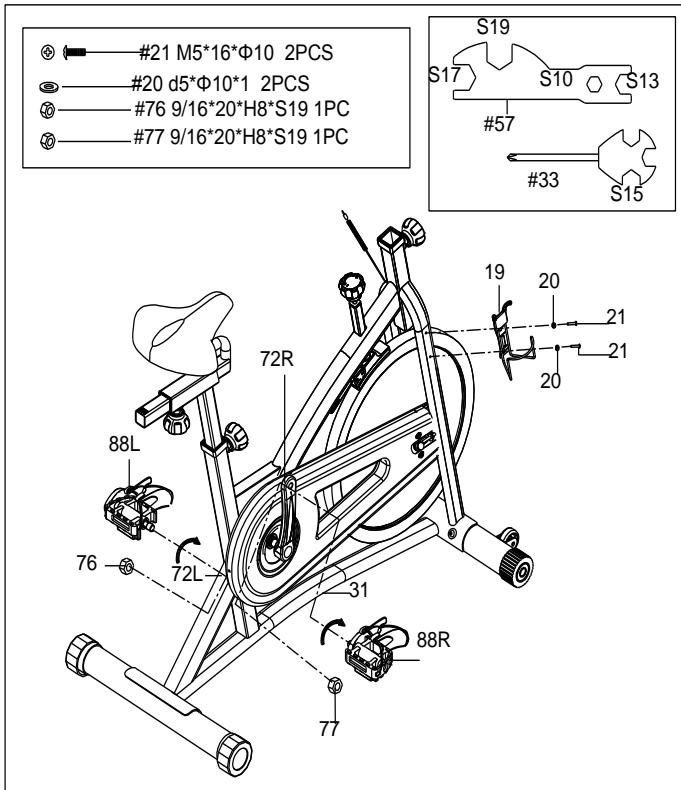
## STEP 1:

Attach the **Front and Rear Stabilizers (No. 26 & No. 29)** to the **Main Frame (No. 31)** using 4 **Screws (No. 8)** and 4 **Arc Washers (No. 27)**. Tighten and secure with **Allen Wrench (No. 32)**.

Attach the **Seat (No. 17)** to the **Seat Slider (No. 16)**, tighten and secure with **Spanner (No. 33)**.

Loosen and pull out the 2 **Adjustment Knobs (No. 13)**. Adjust the **Seat Slider (No. 16)** and **Seat Post (No. 14)** to the desired position. Reinsert and tighten 2 **Adjustment Knobs (No. 13)** to secure the posts in place.

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## STEP 2:

**WARNING!** Read instructions carefully as improper assembly may cause permanent damage to your bike. (Before you begin, immobilize the cranks by turning the tension knob all the way to the right).

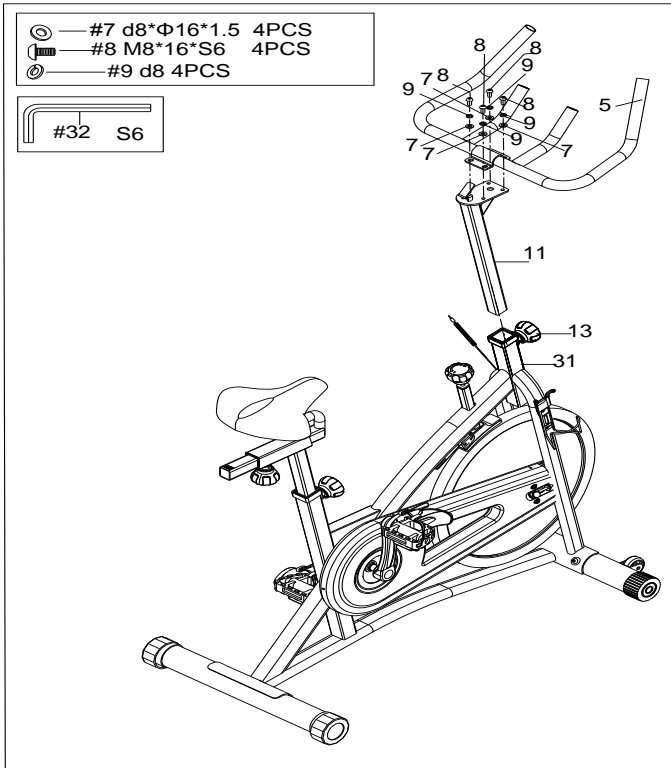
Remove 2 **Left** and **Right Nylon Nuts (No. 76 & No. 77)** located on **Pedals (No. 88 L/R)**. Attach **Left Pedal (No. 88L)** *counter-clockwise* into its corresponding **Left Crank (No. 72L)**. Once screwed in place, use **Spanner (No. 33)** to hold the bolt of the pedal, then attach **Left Nylon Nut (No. 76)** *clockwise* onto the thread end of the **Left Pedal (No. 88L)**. Secure with **Spanner (No. 57)**.

Attach **Right Pedal (No. 88R)** *clockwise* into its corresponding **Right Crank (No. 72R)**. Once screwed in place, use **Spanner (No. 33)** to hold the bolt of the pedal, then attach **Right Nylon Nut (No. 77)** *counter-clockwise* into the thread end of the **Right Pedal (No. 88R)**. Secure with **Spanner (No. 57)**.

Remove pre-assembled 2 **Screws (No. 21)** and 2 **Washers (No. 20)** from **Main Frame (No. 31)** with **Spanner (No. 33)**. Then, attach **Water Bottle Holder (No. 19)** onto **Main Frame (No. 31)** using 2 **Screws (No. 21)** and 2 **Washers (No. 20)** that were removed. Tighten and secure with **Spanner (No. 33)**.



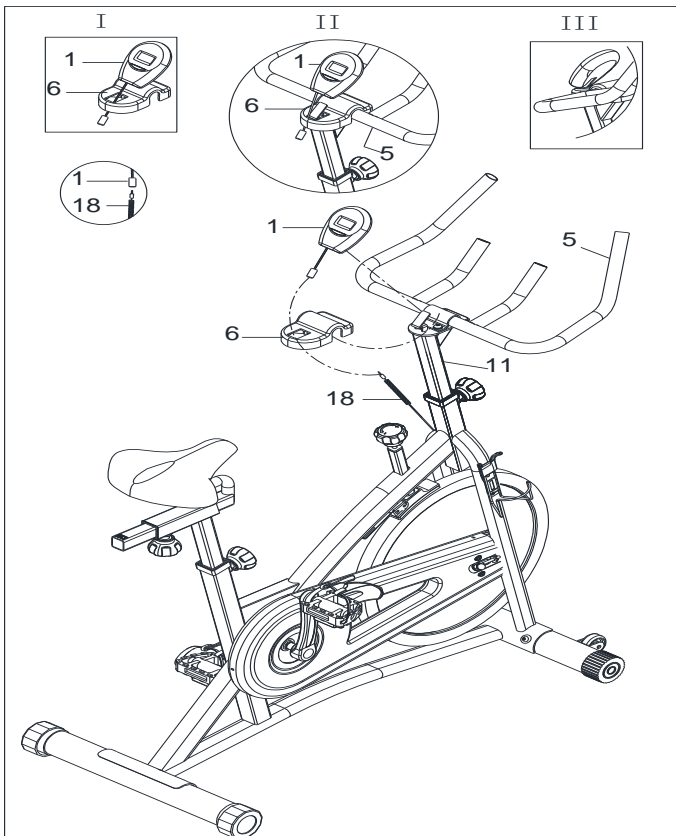
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### STEP 3:

Loosen and pull out the **Adjustment Knob (No. 13)**. Insert the **Handlebar Post (No. 11)** into the sleeve located on the front of the **Main Frame (No. 31)**. Adjust the **Handlebar Post (No. 11)** to the desired position, re-insert and tighten the **Adjustment Knob (No. 13)** to secure the post in place.

Attach the **Handlebar (No. 5)** to the **Handlebar Post (No. 11)** using 4 **Screws (No. 8)**, 4 **Spring Washers (No. 9)**, and 4 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 32)**.



### STEP 4:

Insert the link wire of the **Computer (No. 1)** into the middle hole of the **Handlebar Cover (No. 6)** as shown in **(Picture I)**.

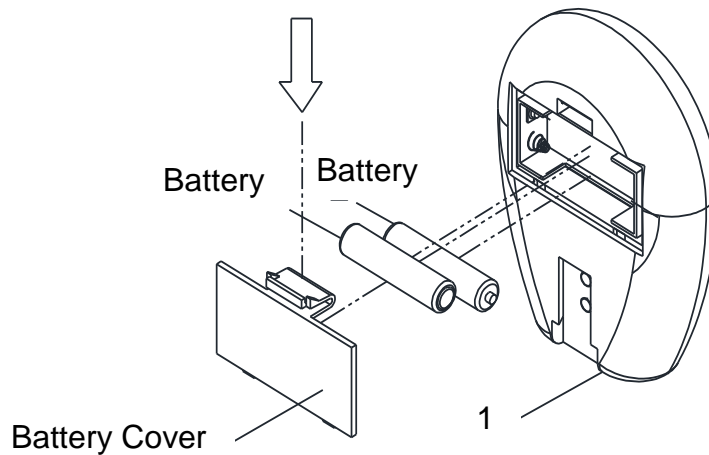
Attach the **Handlebar Cover (No. 6)** to the **Handlebar (No. 5)** as shown in **(Picture II)**.

Attach the **Computer (No. 1)** to the bracket located on the **Handlebar Post (No. 11)** as shown in **(Picture III)**.

Connect the link wire of the **Computer (No. 1)** to the link wire of **Inductor (No. 18)**.

*The assembly is complete!*

# **BATTERY INSTALLATION & REPLACEMENT**



## **BATTERY INSTALLATION:**

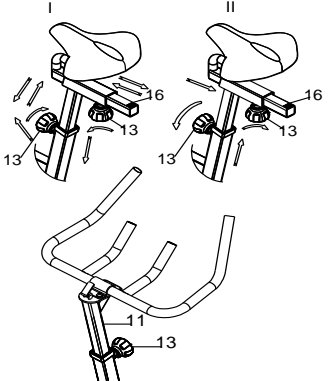
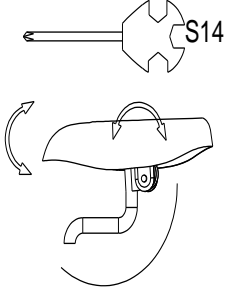
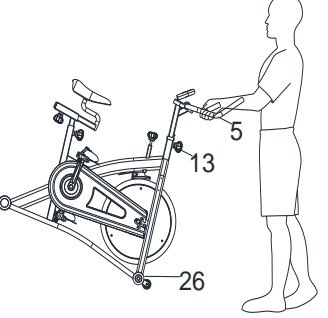
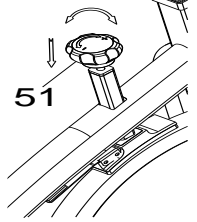
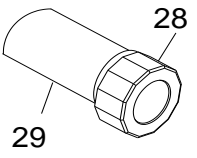
1. Take out 2 AA batteries from computer box;
2. Press the buckle of battery cover on the back of the **Computer (No. 1)**, then remove battery cover;
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 1)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 1)**.
5. The installation is complete!

## **BATTERY REPLACEMENT:**

1. Press the buckle of battery cover on the back of the **Computer (No. 1)**, then remove battery cover;
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. 1)**. 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 **Computer (No. 1)**.
4. The replacement is complete!

**NOTE :** Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

# ADJUSTMENTS & USAGE GUIDE

	<h2>ADJUSTING THE HEIGHT</h2> <p>Loosen and pull out the [seat height] <b>Adjustment Knob (No. 13)</b> to adjust the height of the seat. You may also slide the seat forward or backwards by loosening and pulling out the [seat] <b>Adjustment Knob (No. 13)</b> on the <b>Seat Slider (No. 16)</b>. You may adjust the height of the handlebar by using the [handlebar] <b>Adjustment Knob (No. 13)</b>. When adjusting, you will see a limit on the seat post, seat slider, and handlebar post. Do NOT lift the posts passed this mark. Always check the <b>Adjustment Knobs (No. 13)</b> to ensure that they are fully secured when you finish making an adjustment.</p>
	<h2>ADJUSTING THE ANGLE OF THE SEAT</h2> <p>Use <b>Spanner (No. 33)</b> to unscrew the nut under the seat. Adjust the seat to the desired angle and re-install and secure the nut. Check the nut periodically to ensure that it is tight and secured. Use the <b>Spanner (No. 33)</b> to tighten when necessary.</p> <p><b>Note:</b> In order to properly tighten the seat, it is important to note that you will need two <b>Spanners (No. 33)</b> (1 for each side) and will need to tighten the nut on each side simultaneously working in opposite direction of each other.</p>
	<h2>MOVING THE BIKE</h2> <p>To move the bike, first ensure that the handlebar is properly secured. If the handlebar is loose, tighten the <b>Adjustment Knob (No. 13)</b> to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grab and hold each side of the <b>Handlebar (No. 5)</b>, place one foot on the <b>Front Stabilizer (No. 26)</b> and tilt the bike towards you until the transportation wheels on the <b>Front Stabilizer (No. 26)</b> touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.</p>
	<h2>ADJUSTING THE TENSION &amp; EMERGENCY STOP</h2> <p>Adjust the tension by rotating the <b>Tension Knob (No. 51)</b> clockwise to increase the level of resistance. Rotate the <b>Tension Knob (No. 51)</b> counter-clockwise to decrease the level of resistance. Push down on <b>Tension Knob (No. 51)</b> to enforce the brake and stop the bike immediately.</p>
	<h2>ADJUSTING THE BALANCE</h2> <p>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 end caps located on the rear stabilizer. To do so, simply rotate the <b>End Caps (No. 28)</b> located on the <b>Rear Stabilizer (No. 29)</b> until the bike becomes level with the floor surface.</p>

# EXERCISE COMPUTER

## SPECIFICATIONS:

TIME-----	00:00-99:59 MIN: SEC
SPEED-----	0.0-999.9 MI(Mile)/H
DISTANCE-----	0.00-99.99 MI(Mile)
CALORIES-----	0.0-999.9 KCAL



## FUNCTION KEYS:

**MODE:** Press MODE repeatedly to select the desired display value (Time, Speed, Distance, Calories, Scan).

**CLEAR:** To reset a single value press CLEAR once. To reset all values, press and hold CLEAR for 3 seconds. This function is only available when the bike is stopped, and the computer is not in SCAN mode.

## OPERATION PROCEDURES:

**1.AUTO ON/OFF:** If the bike is put into motion or the MODE button is pressed, the computer will activate and will remain active unless there is no movement for approximately 4 minutes. The computer power will turn off automatically, when there is no movement for approximately 4 minutes.

**2. LOCK VALUE SETTING:** Press the MODE when the indicator arrow is on the chosen value (Time, Speed, Distance, Calories, Scan) and then release. Once locked, only the selected function will be displayed.

## FUNCTIONS:

**TIME:** Counts the total time of an exercise from start to finish.

**SPEED:** Displays the current speed being obtained.

**DISTANCE:** Counts the total distance of an exercise from start to finish.

**CALORIES:** Counts the total amount of calories burned during an exercise session from start to finish.

**SCAN:** Displays functions automatically in the following order shown: Time, Speed, Distance, Calories (repeat).

**BATTERY:** This computer uses two AA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

# MAINTENANCE INSTRUCTIONS

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

<p><b>DAILY MAINTENANCE</b></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"> <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 wrench to tighten the pedals until they are secured.</li> </ol>	<p><b>MONTHLY MAINTENANCE</b></p> <ol style="list-style-type: none"> <li>1. Check if all hardware is secured, such as: water bottle holder, flywheel nuts, belt/chain guard bolts, brake caliper lock nuts, and brake caliper tension rod nuts.</li> <li>2. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod.</li> <li>3. Clean and lubricate the seat post, handlebar post and seat slider. Remove any buildup of foreign material.</li> </ol>
<p><b>WEEKLY MAINTENANCE</b></p> <ol style="list-style-type: none"> <li>1. Inspect moving parts and tighten the hardware.</li> <li>2. Inspect pull pin frame fittings to make sure the fittings are secure. Loose frame fittings may strip out threads over time and cause extensive damage.</li> <li>3. Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft.</li> <li>4. Tighten the seat hardware to make sure the seat is level and centered.</li> <li>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.</li> <li>6. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten.</li> </ol>	<p><b>LEATHER BRAKE PAD CARE (If Applicable)</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. Some brake pad assemblies are pre-lubricated. Squeeze the brake pad. If lubricant is released, then the pad has been pre-lubricated.</li> <li>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.</li> <li>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.</li> </ol>

## CONNECT WITH US

FOR FITNESS ARTICLES, VIDEOS & WORKOUTS

[SUNNYHEALTHFITNESS.COM/SIGNUP](https://SUNNYHEALTHFITNESS.COM/SIGNUP)



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