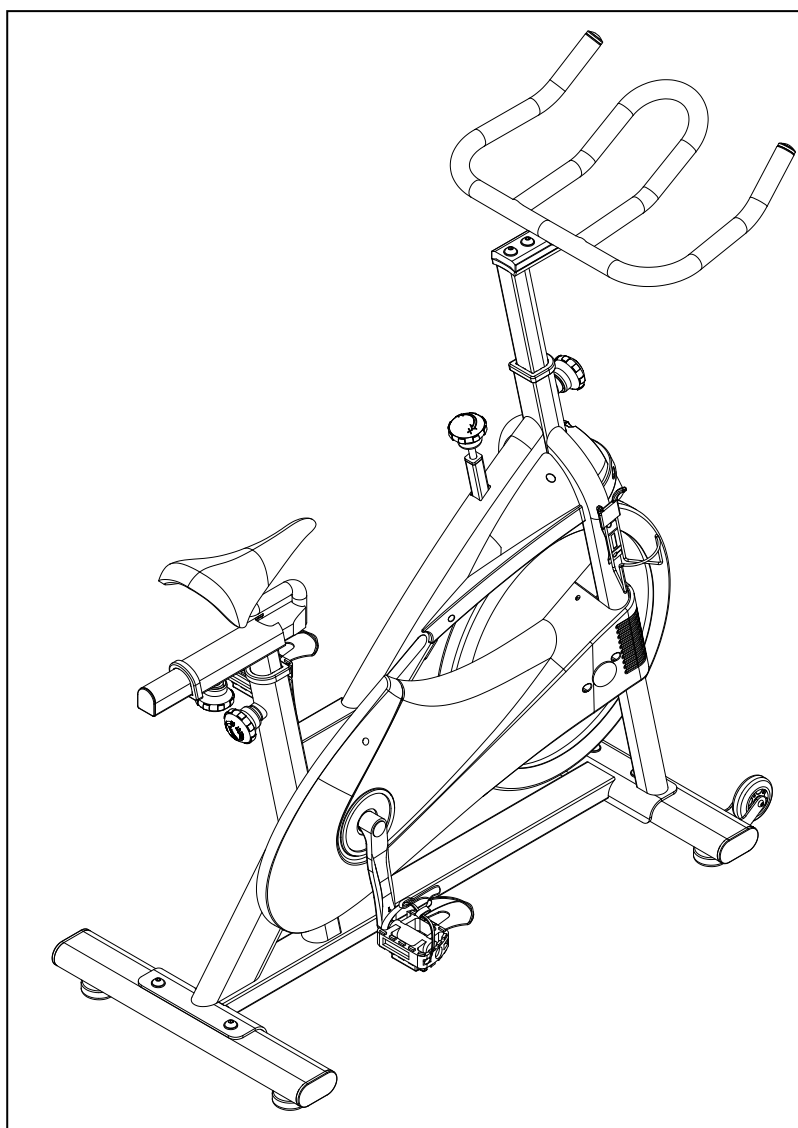




# CHAIN DRIVE PREMIUM INDOOR CYCLING BIKE SF-B1509C USER MANUAL



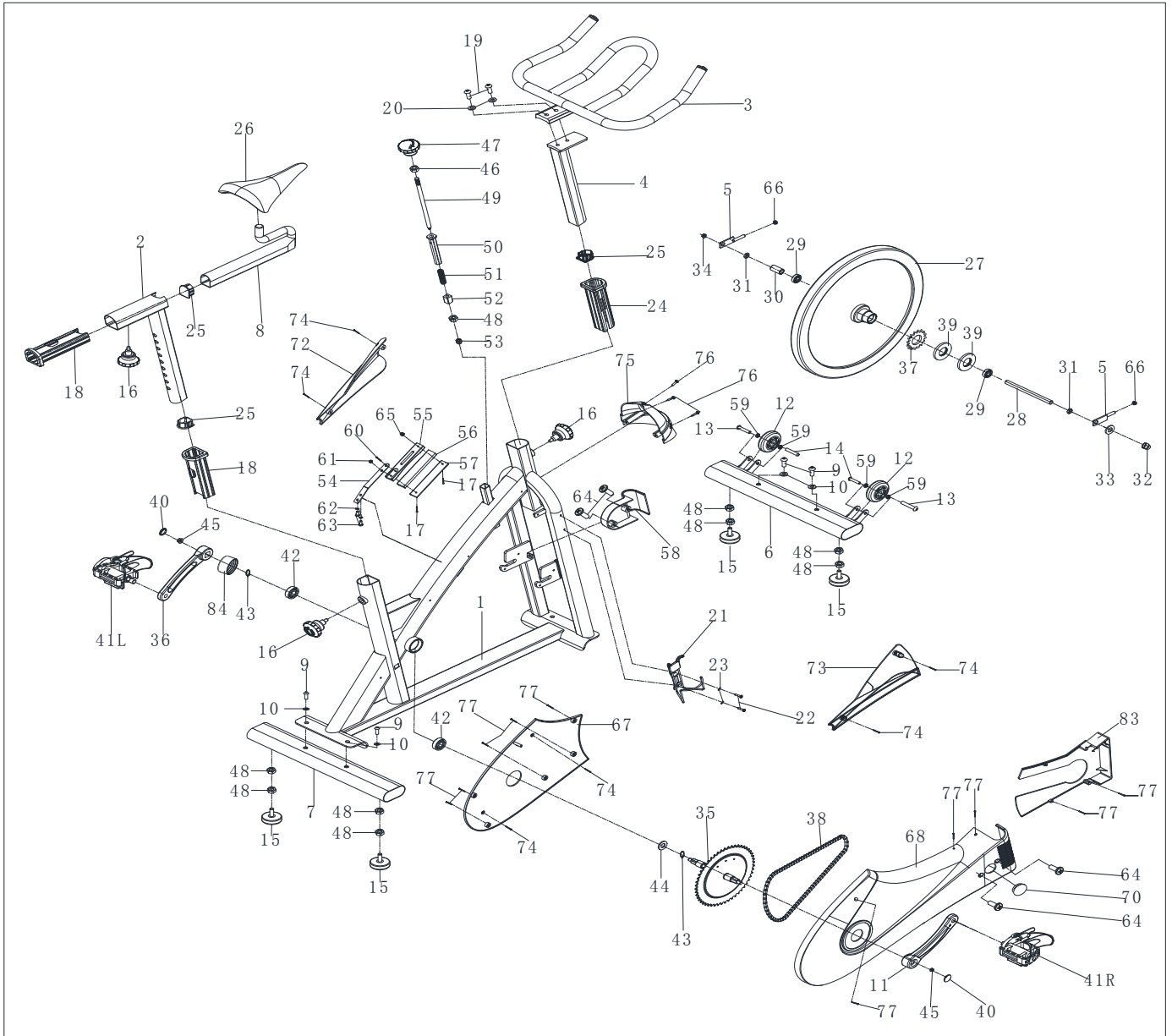
**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

# **IMPORTANT SAFETY INFORMATION**

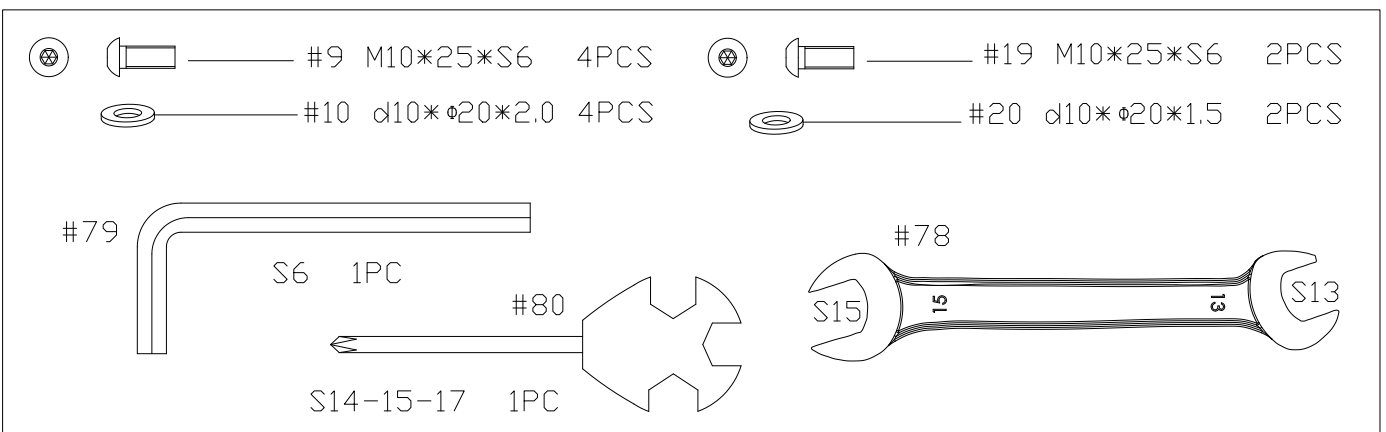
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 nauseous feeling. 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 pounds (135 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 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



## HARDWARE PACKAGE



# PARTS LIST

No.	Description	Spec.	QTY
1	Main Frame		1
2	Seat Post		1
3	Handlebar		1
4	Handlebar Post		1
5	Adjusting Screw		2
6	Front Stabilizer		1
7	Rear Stabilizer		1
8	Seat Slider Tube		1
9	Screw	M10*25*S6	4
10	Flat Washer	d10*Φ20*2.0	4
11	Right Crank	9/16	1
12	Transportation Wheel	Φ71*Φ19*24	2
13	Screw	Φ7.8*30*M6*15*S5	2
14	Screw	M6*12*S5	2
15	Foot Leveler	M10*30*Φ52*49	4
16	Adjustment Knob	M16*1.5*18*Φ56	3
17	Screw	M5*20*Φ8.5	2
18	Bushing	PTB45*51*2*PTB35*41*L198 PP	2
19	Screw	M10*25*S6	2
20	Flat Washer	d10*Φ20*1.5	2
21	Water Bottle Holder		1
22	Screw	M5*16*Φ10	2
23	Washer	d5*Φ13*1	2
24	Bushing	PT45*51*PT35*41*L198	1
25	End Cap	PTB35*41*2.5*L20	3
26	Seat		1
27	Flywheel	18*Φ460*38*30*Φ40*4	1
28	Inertial Axle	Φ12*166*M12*1.0*30*50	1
29	Bearing	6001-2RS C & U	2
30	Spacer	Φ18*Φ12.1*18.5	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 with Chain Wheel	Φ20*190*53.3*3.3*74.5*52T	1
36	Left Crank	9/16	1
37	Small Chain Wheel	two ways 16 teeth	1
38	Chain	1/2"*1/8"*106 KYC	1
39	Nut	M35*1*Φ44*3.5	2
40	Crank Cap	Φ25*7	2
41	Pedal L/R	YH-76X 9/16	2
42	Bearing	6004-2RS	2

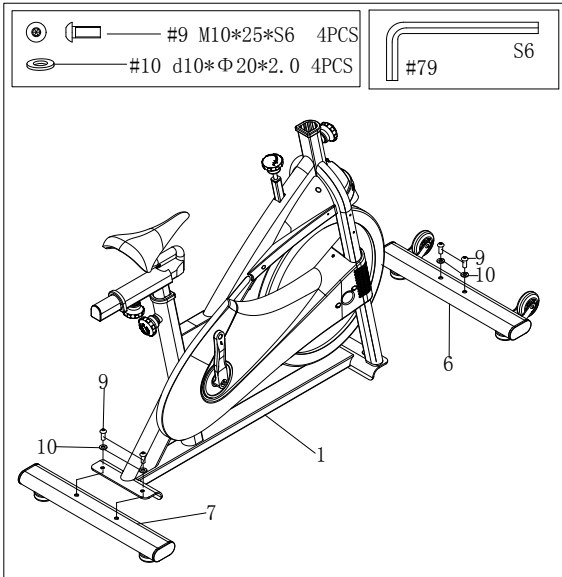
No.	Description	Spec.	QTY
43	C-Clip	d20	2
44	Wave Washer	d20*Φ26*0.3	1
45	Nut	M10*1.25*H7.5*S14	2
46	Nut	M8*H5.5*S14	1
47	Tension Knob	Φ58*44*M8*18	1
48	Nut	M10*H7*S17	9
49	Brake Rod	Φ10*270*M8*20*M6*7*M10*95	1
50	Bushing	20*20*74	1
51	Spring	Φ2.0*Φ15*60*N12	1
52	Nut	15*15*25*M10	1
53	Nut	M6*H14*S10	1
54	Spring Piece	t2.0*15.8*153	1
55	Brake Board	12*25*138	1
56	EVA Pad	10*22*95	1
57	Cow Leather	t5*25*138	1
58	Left Stay Cover		1
59	Bearing	608ZZΦ8	4
60	Screw	M5*12*Φ10	1
61	Nut	M5*H4*S8	1
62	Washer	d6*Φ16*1.5	2
63	Bolt	M6*16*S10	2
64	Screw	M6*10*Φ12	4
65	Nut	M5*H9*S8	1
66	Nut	M8*H7.5*S13	2
67	Inner Chain Cover		1
68	Outer Chain Cover		1
69	N/A		-
70	Plug	Φ34*Φ38	1
71	N/A		-
72	Left Cant Cover		1
73	Right Cant Cover		1
74	Screw	ST4.2*16*Φ10.5	6
75	Upper Flywheel Cover		1
76	Screw	M5*8*Φ8	3
77	Screw	ST4.2*16*Φ8	10
78	Open End Wrench	S13-15	1
79	Allen Wrench	S6	1
80	Spanner	S14-15-17	1
81	N/A		-
82	N/A		-
83	Front Cover		1
84	Middle Axle 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:

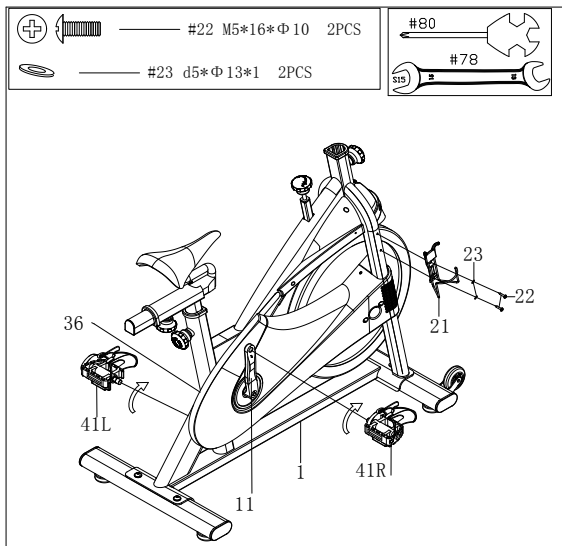
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

# ASSEMBLY INSTRUCTIONS



## STEP 1:

Attach the **Front and Rear Stabilizers (No. 6 & No. 7)** to the **Main Frame (No. 1)** using 4 **Screws (No. 9)** and 4 **Flat Washers (No. 10)**. Tighten and secure with **Allen Wrench (No. 79)**.



## STEP 2:

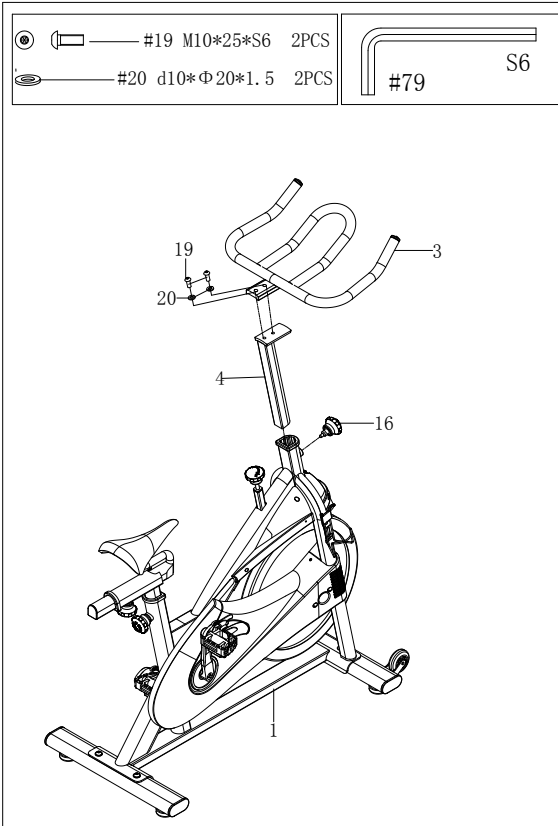
Connect the **Left and Right Pedals (No. 41L & No. 41R)** to the **Left and Right Crank Arms (No. 36 & No. 11)**. Before you begin, immobilize the crank arms by turning the tension knob all the way to the right.

The **Left and Right Pedals (No. 41L & No. 41R)** are marked L for the left pedal and R for the right pedal.

**Left Pedal:** Align the **Left Pedal (No. 41L)** with the **Left Crank Arm (No. 36)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal *counter-clockwise* as tightly as you can with your hand. Tighten and secure with **Open End Wrench (No. 78)**.

**Right Pedal:** Align the **Right Pedal (No. 41R)** with the **Right Crank Arm (No. 11)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal *clockwise* as tightly as you can with your hand. Tighten and secure with **Open End Wrench (No. 78)**.

Attach 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. 80)**.



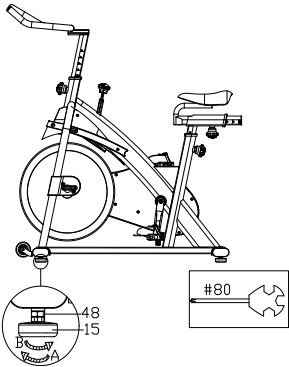
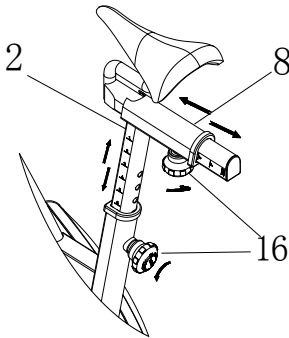
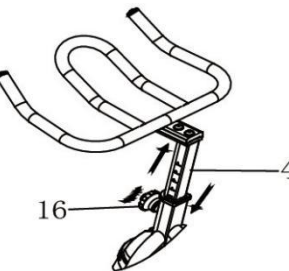
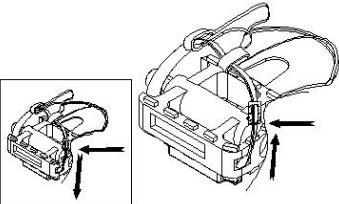
**STEP 3:**

Loosen and remove the **Adjustment Knob (No. 16)**. Insert the **Handlebar Post (No. 4)** into the tube located on the front of the **Main Frame (No. 1)**. Adjust the **Handlebar Post (No. 4)** to the desired position then secure it in place by reinserting and tightening the **Adjustment Knob (No. 16)**.

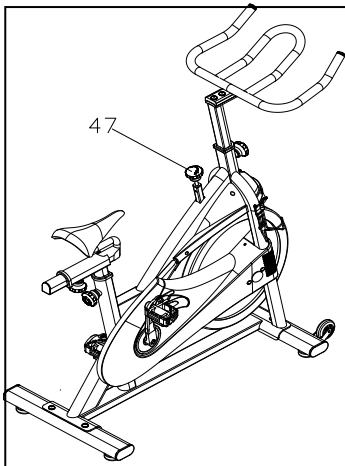
Attach the **Handlebar (No. 3)** to the **Handlebar Post (No. 4)** using 2 **Screws (No. 19)** and 2 **Washers (No. 20)**, tighten and secure with **Allen Wrench (No. 79)**.

*The assembly is complete!*

# ADJUSTMENT GUIDE

	<h3>ADJUSTING THE HEIGHT AND BALANCE</h3> <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 foot levelers located beneath the Front and Rear Stabilizers of the bike. To do so, use <b>Spanner (No. 80)</b> to loosen 2 <b>Nuts (No. 48)</b> by turning it <i>clockwise</i> (direction A). With the nut loosened, rotate the <b>Foot Leveler (No. 15)</b> until it sits level with the surface that the bike is on. When you have finished adjusting the foot leveler, use <b>Spanner (No. 80)</b> to re-tighten the 2 <b>Nuts (No. 48)</b> by turning it <i>counter-clockwise</i> (direction B). If required, repeat this process to adjust the remaining foot levelers.</p>
	<h3>ADJUSTING THE SEAT</h3> <p>The seat of this bike is fully adjustable as it moves <i>Up, Down, Fore (forward), Aft (backward)</i>.</p> <p>To adjust the height of the <b>Seat Post (No. 2)</b>, loosen and pull the <b>Adjustment Knob (No. 16)</b> outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the <b>Adjustment Knob (No. 16)</b> to secure the seat in place.</p> <p>To adjust the seat back and forth, loosen and pull <b>Adjustment Knob (No. 16)</b> outward, then slide the <b>Seat Slider Tube (No. 8)</b> to the desired position. Once positioned, re-insert and tighten the <b>Adjustment Knob (No. 16)</b> to secure the seat slider tube in place.</p>
	<h3>ADJUSTING THE HANDLEBAR</h3> <p>It is important that the handlebar and seat are both set to the correct height of your body. To adjust the handlebar height, loosen and pull the <b>Adjustment Knob (No. 16)</b> outward, then slide the <b>Handlebar Post (No. 4)</b> up or down to the desired height. Once adjusted re-insert and tighten the <b>Adjustment Knob (No. 16)</b> to secure the handlebar post in place.</p>
	<h3>PEDAL STRAP ADJUSTMENT</h3> <p>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.</p>



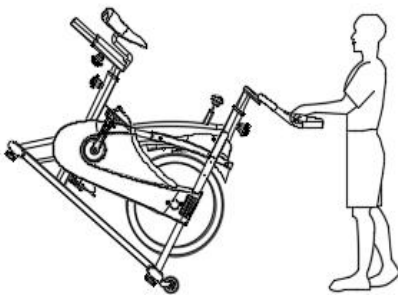


## ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Knob (No. 47)**. Increase the level of resistance by turning the tension knob to the **RIGHT (clockwise)**, decrease the level of resistance by turning the tension knob to the **LEFT (counter-clockwise)**.

## EMERGENCY BRAKE

During use, users can stop the bike completely by pushing down on the **Tension Knob (No. 47)**. Pushing down on the tension knob will enforce the brake and bring the bike to an immediate stop.



## TRANSPORTING THE BIKE

To move the bike, first ensure that the **Handlebar (No. 3)** is properly secured. If the handlebar is loose, tighten the **Adjustment 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.

**NOTE:** When moving the bike, use caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's performance.

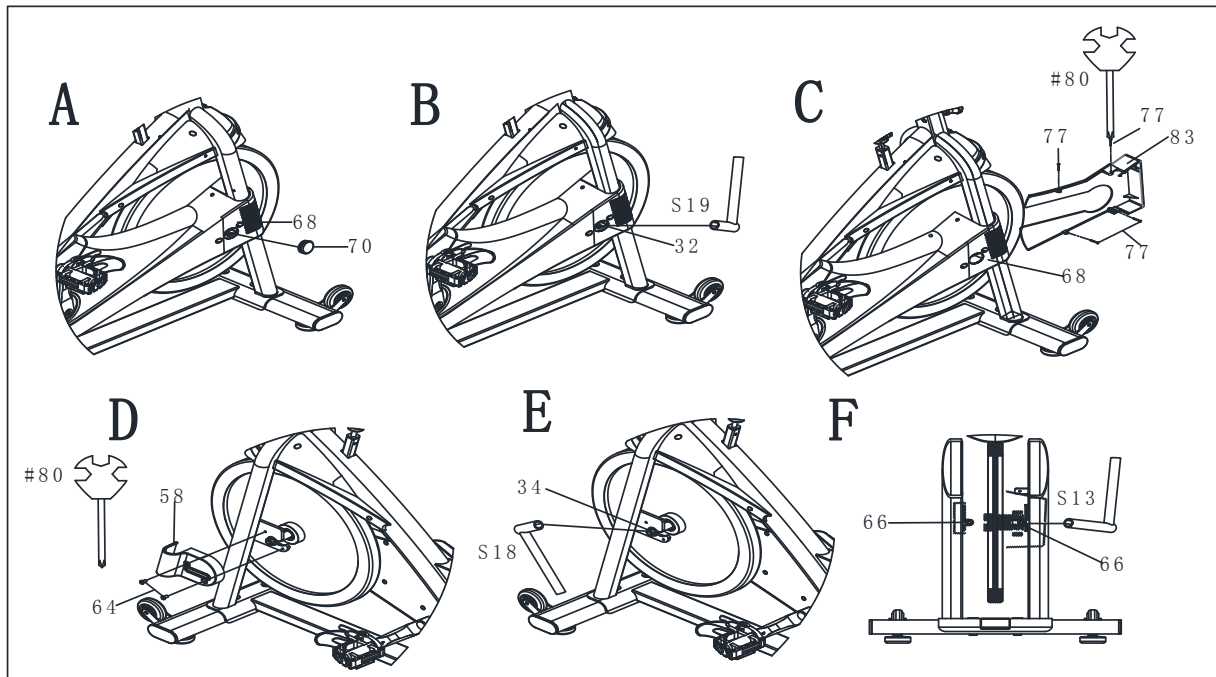
## DISMOUNTING

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/crank 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/crank come to a complete stop.
2. Increase the resistance until the pedals/crank come to a complete stop.
3. Push and hold the tension knob down until the pedals/crank come to a complete stop.

# CHAIN ADJUSTMENTS



**\*NOTE:** Tools **S19**, **S18**, & **S13** (Socket Wrenches) are not included.

Remove the **Plug (No. 70)** from the **Outer Chain Cover (No. 68)** as indicated above in *Figure A*.

Unscrew and remove the **Nuts (No. 32)** on the right side of the flywheel using **Socket Wrench S19** as indicated above in *Figure B*.

Unscrew and remove 4 **Screws (No. 77)** located on the **Front Cover (No. 83)** (as shown in *Figure C*) using **Spanner (No. 80)** then remove the **Front Cover (No. 83)**.

Unscrew and remove **Screws (No. 64)** using **Spanner (No. 80)**. Remove the **Left Stay Cover (No. 58)** as indicated above in *Figure D*.

Unscrew and remove **Nut (No. 34)** on the left side of the flywheel using **Socket Wrench S18** as shown in *Figure E*.

As shown in *Figure F*, secure **Nuts (No. 66)** onto both sides of the **Flywheel (No. 27)** using **Socket Wrench S13** and tighten. While tightening, check the **Chain (No. 38)** to ensure that it's secured. Lastly, ensure that the **Flywheel (No. 27)** is properly centered.

Reinstall and tighten **Nuts (No. 32 & No. 34)** to their respective sides of the **Flywheel (No. 27)** using **Socket Wrench S19**. Next, secure the **Front Cover (No. 83)** to the **Outer Chain Cover (No. 68)** using **Screw (No. 77)** and tighten with **Spanner (No. 80)**. Secure the **Left Stay Cover (No. 58)** to the **Main Frame (No. 1)** using **Screws (No. 64)**. Attach **Plug (No. 70)** to the **Outer Chain Cover (No. 68)**.

# 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, 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 secure.</li> </ol>	<p><b>MONTHLY MAINTENANCE</b></p> <ol style="list-style-type: none"> <li>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.</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 build up 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 snug. 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>