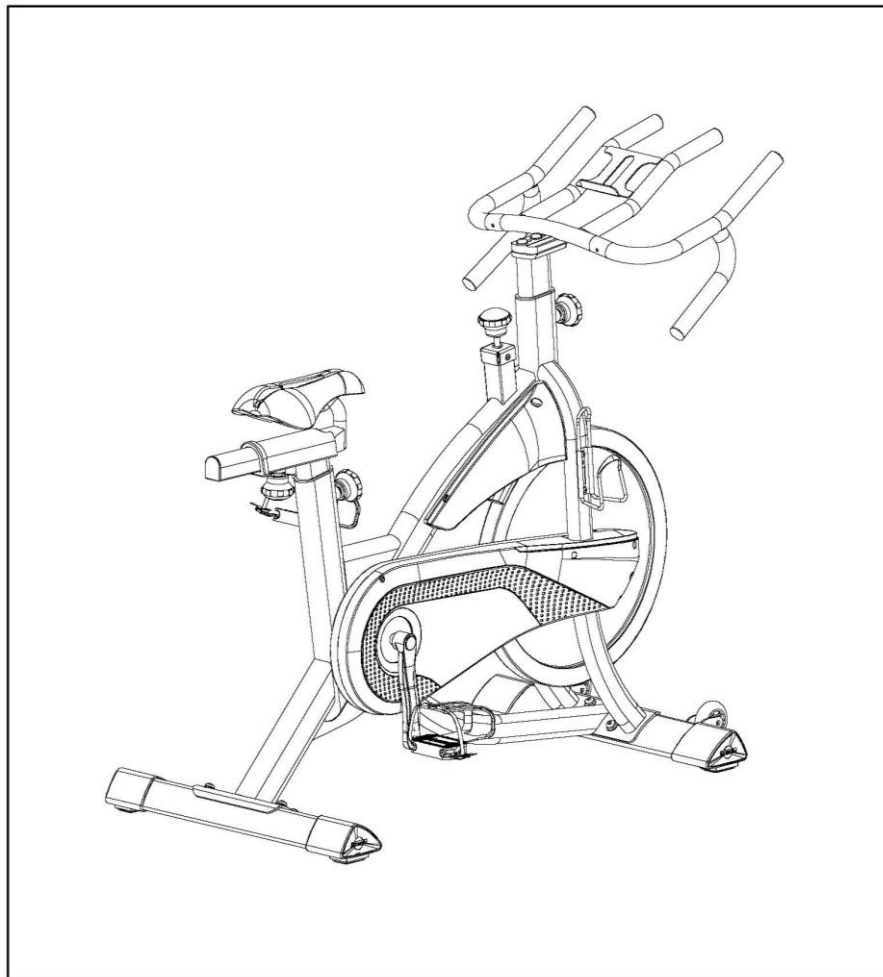




AEROPRO INDOOR CYCLING BIKE

SF-B1711

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).



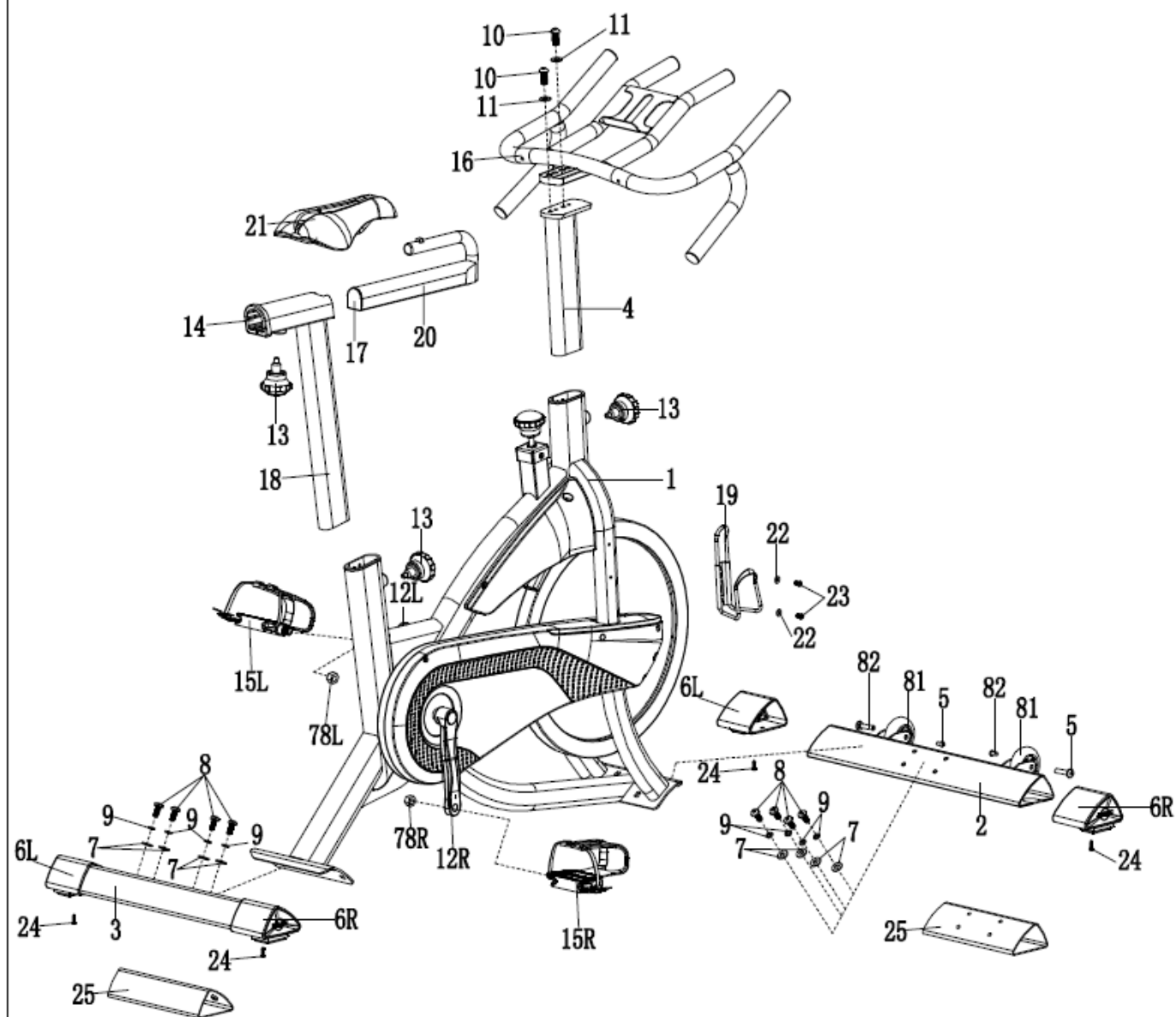
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

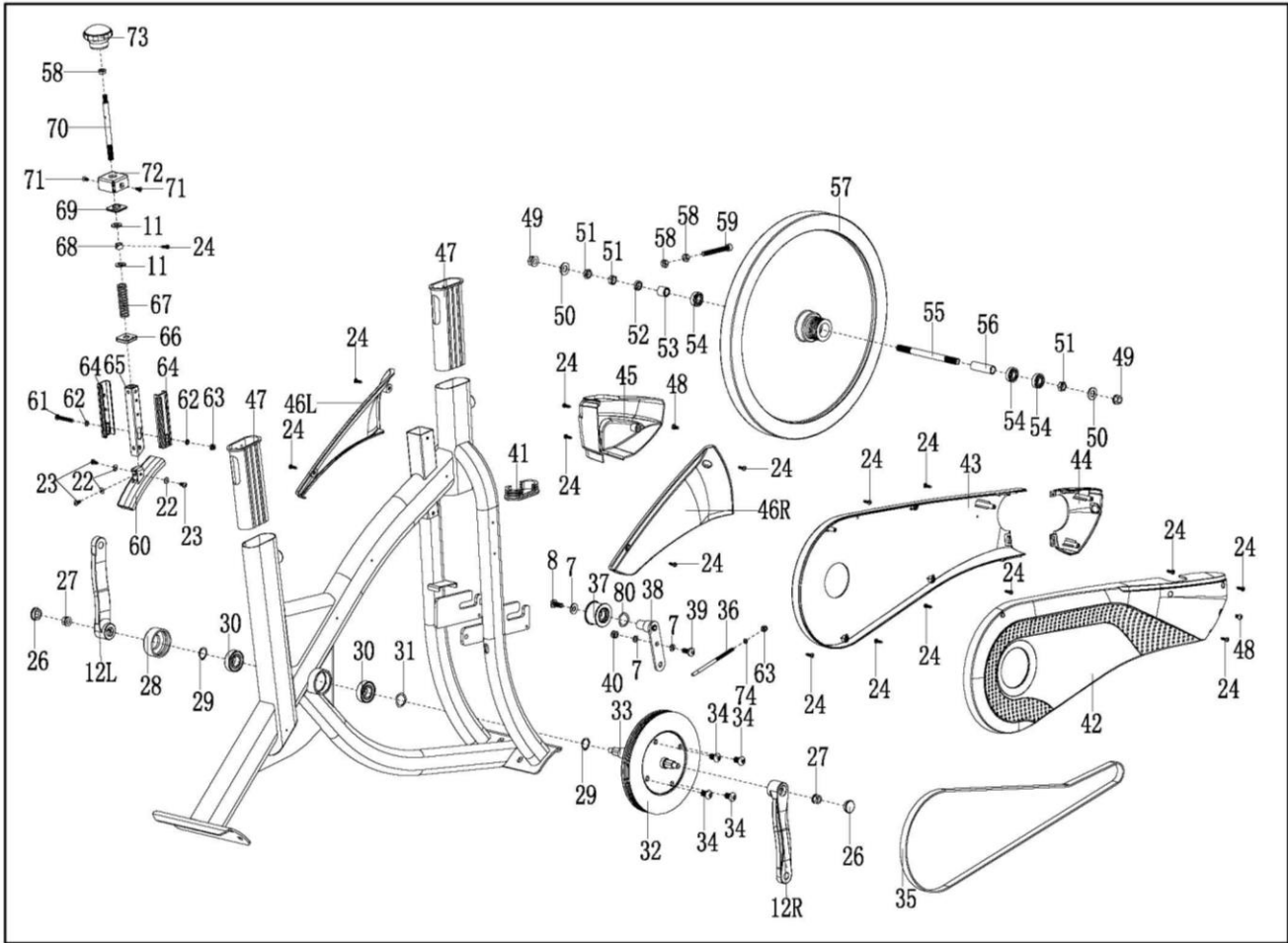
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.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






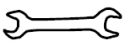
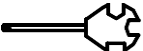

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



HARDWARE PACKAGE

	————— #22 D10Xd5X1 2PCS		————— #23 M5X10 2PCS
	————— #11 D10XD20X2 2PCS		————— #10 M10X25 2PCS
	————— #75 S6 1PC		————— #76 S13,15 1PC
	————— #77 S14,15,17 1PC		————— #79 S17,19 1PC

PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5	Hex Socket Pan Head Bolt	M6X12	2
6L/R	End Cap		2 pr.
7	Flat Washer	D8XD20X2	11
8	Hexagon Socket Head Screw	M8X20	9
9	Spring Washer	D8	8
10	Hexagon Socket Head Screw	M10X25	2
11	Flat Washer	D10XD20X2	4
12L/R	Crank		1 pr.
13	Spring Knob		3
14	Sleeve		1
15L/R	Pedal		1 pr.
16	Handlebar		1
17	D Shape Plug		1
18	Seat Post		1
19	Bottle Holder		1
20	Seat Slider		1
21	Seat		1
22	Flat Washer	D10Xd5X1	5
23	Cross Head Screw	M5X10	5
24	Cross Head Self Tapping Screw	ST4.2X16	20
25	Shipping Tube		2
26	Crank Cover		2
27	Hex Flange Nut	M10X1.25	2
28	Cover		1
29	Axle Spring Washer	D20	2
30	Bearing		2

No.	Description	Spec.	Qty.
31	Wave Washer	D20XΦ26.5X0.6	1
32	Belt Pulley		1
33	Center Axle		1
34	Hexagon Socket Head Bolt	M10X16	4
35	Belt		1
36	Pull Rod		1
37	Idler Wheel		1
38	Idler Linkage		1
39	Hexagon Socket Head Screw	M8X25	1
40	Nylon Nut	M8	1
41	Oval Cap		1
42	Outer Chain Cover		1
43	Inner Chain Cover		1
44	Front Cover		1
45	Flywheel Left Cover		1
46L/R	Decorative Cover		1 pr.
47	Bushing		2
48	Cross Head Screw	M6X10	2
49	Hex Flange Nut	M12X1	2
50	Flat Washer	Φ12.5X2XΦ24	2
51	Hex Thin Nut	M12X1	3
52	Sleeve	Φ18XΦ12.2X6	1
53	Sleeve	Φ18XΦ12.2X18	1
54	Bearing		3
55	Flywheel Axle		1
56	Inner Sleeve		1
57	Flywheel		1
58	Hex Screw	M8	3
59	Hex Socket Head Screw	M8X70	1
60	Magnetic Board		1

61	Hexagon Socket Head Bolt	M6X40	1
62	Flat Washer	D10Xd6X1	2
63	Nylon Nut	M6	2
64	Brake Sleeve		2
65	Brake Adjustment Tube		1
66	Plastic Washer		1
67	Compressed Spring		1
68	Stop Collar		1
69	Plastic Sleeve		1
70	Brake Bolt		1
71	Screw	M5X10	2

72	Plate		1
73	Tension Knob		1
74	Arc Washer	D6	1
75	Allen Wrench	S6	1
76	Wrench	S13-15	1
77	Spanner	S14-15-17	1
78L/R	Nylon Nut	9/16X20XH9	1 pr.
79	Spanner	S17-19	1
80	Wave Washer	D17XΦ22X0.3	1
81	Transport Wheel		2
82	Hex Socket Pan Head Bolt	M8X30	2

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

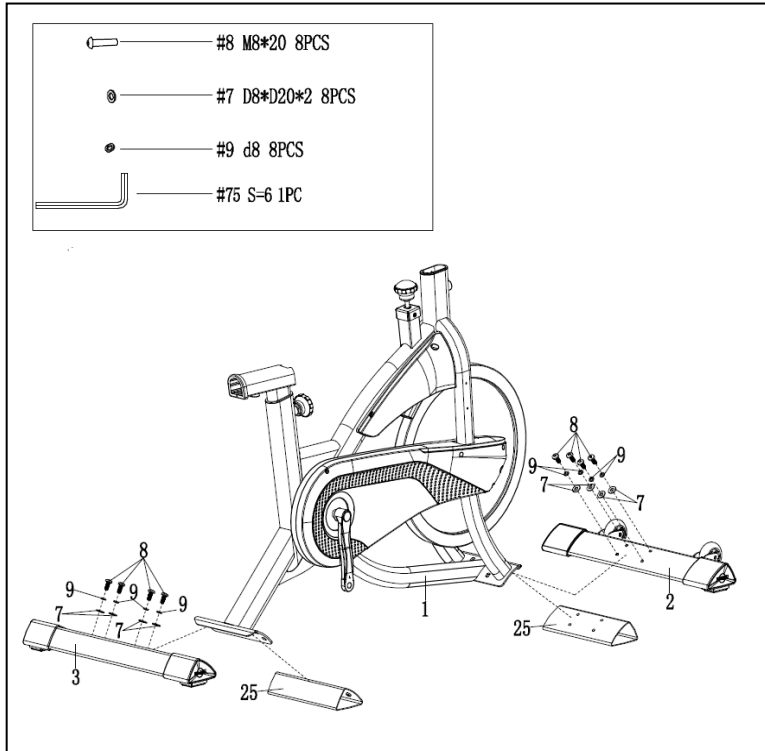
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 – 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 or 1-877-90SUNNY (877-907-8669).






STEP 1:

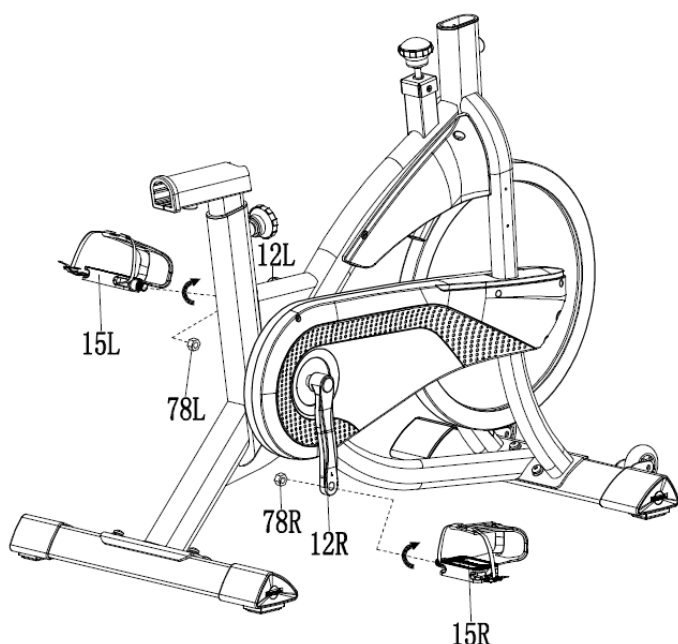
Unscrew the 8 **Hexagon Socket Head Screws (No. 8)** with **Allen Wrench (No. 75)**. Remove the 8 **Spring Washers (No. 9)**, 8 **Flat Washers (No. 7)**, and 2 **Shipping Tubes (No. 25)** from the **Main Frame (No. 1)**.

Attach the **Front & Rear Stabilizer (No. 2 & 3)** to the **Main Frame (No. 1)** using 8 **Hexagon Socket Head Screws (No. 8)**, 8 **Spring Washers (No. 9)** and 8 **Flat Washers (No. 7)**. Tighten and secure with the **Allen Wrench (No. 75)**.

NOTE: You may discard the **Shipping Tubes (No. 25)** or save them for future packaging or transportation.

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).

	—————	#79 S=17、19 1PC
	—————	#76 S=13、15 1PC
	—————	#78L/R 9/16*20*H9 1PR



STEP 2:

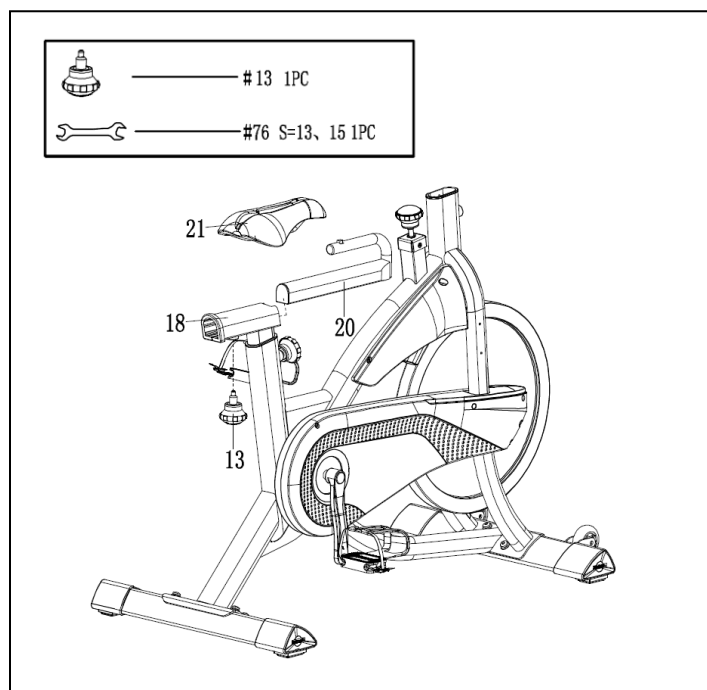
IMPORTANT! Read instructions carefully, failure to do so may cause permanent damage to your bike.

Remove the **Nylon Nuts (No. 78L/R)** located on the **Pedals (No. 15L/R)**. The **Right Nylon Nut (No. 78R)** is white on the inside. The **Left Nylon Nut (No. 78L)** is blue on the inside.

Screw the **Left Pedal (No. 15L)** **COUNTER-CLOCKWISE** into the **Left Crank (No. 12L)**. Once it is properly screwed into the place, use the **Wrench (No. 76)** to hold the bolt of the pedal and screw the **Left Nylon Nut (No. 78L)** **CLOCKWISE** to the thread end of the **Left Pedal (No. 15L)** securely with **Spanner (No. 79)**.

Screw the **Right Pedal (No. 15R)** **CLOCKWISE** into the **Right Crank (No. 12R)**. Once properly screwed into the place, use the **Wrench (No. 76)** to hold the bolt of the pedal and screw the **Right Nylon Nut (No. 78R)** **COUNTER-CLOCKWISE** to the thread end of the **Right Pedal (No. 15R)** securely with **Spanner (No. 79)**.

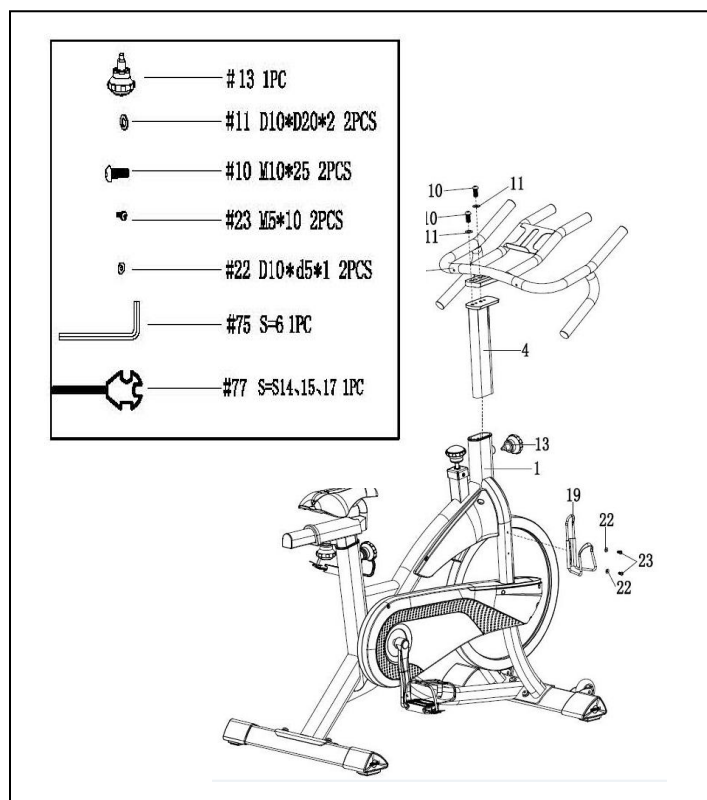
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Loosen and pull the **Spring Knob (No. 13)** and insert the **Seat Slider (No. 20)** into the **Seat Post (No. 18)**. Tighten **Spring Knob (No. 13)** to secure.

Attach the **Seat (No. 21)** to the **Seat Slider (No. 20)** using the **Wrench (No. 76)**.



STEP 4:

Loosen and pull the **Spring Knob (No. 13)** and insert the **Handlebar Post (No. 4)** into the **Main Frame (No. 1)**. Tighten **Spring Knob (No. 13)** to secure.

Attach the **Handlebar (No. 16)** to the **Handlebar Post (No. 4)** with 2 **Hexagon Socket Head Screws (No. 10)** and 2 **Flat Washers (No. 11)** using **Allen Wrench (No. 75)**.

Attach the **Bottle Holder (No. 19)** to the **Main Frame (No. 1)** with 2 **Cross Head Screws (No. 23)** and 2 **Flat Washers (No. 22)**. Tighten and secure with **Spanner (No. 77)**.

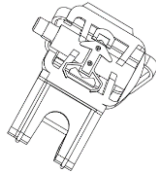
Assembly is complete!

SPD PEDAL INSTALLATION

Caution!

Before use, read these instructions carefully.

- Practice engaging and disengaging from the pedals several times in a stationary position before riding.
- Before using, lubricate the concave area of the clip.
- Keep the cleat and pedal clean to ensure proper usage.
- Before using, adjust the retention force of the pedal to suit yourself.



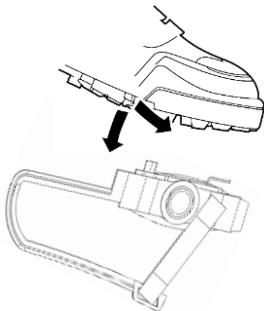
Note:

1. After tightening the cleat, practice engaging and releasing one shoe at a time.
2. Check your pedals each time before you ride the bike.
3. When the pedal starts to wear on the axle, it will not function properly. We recommend you replace the entire pedal.

USE

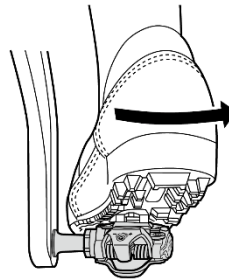
Engaging

Press the cleat into the pedal.



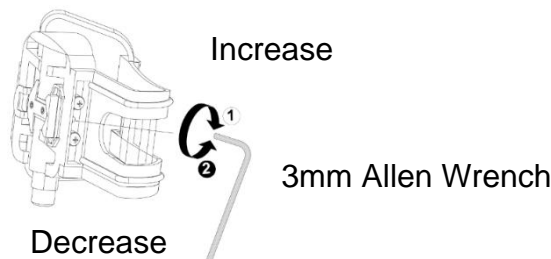
Disengaging

Remove by twisting your heel to the outside.

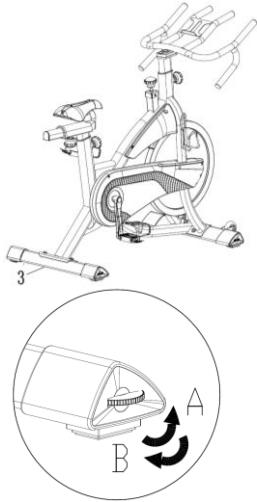


ADJUSTING THE SPRING TENSION AND RETENTION FORCE

The tension of the spring is adjusted for each pedal (top & bottom) with the adjustment bolt in the rear using a 3mm Allen Wrench. Turn the bolt in a *clockwise* direction to increase retention force. Turn the bolt in a *counter-clockwise* direction to decrease retention force.

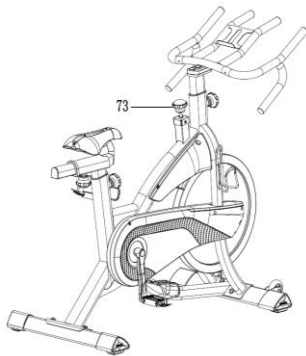


ADJUSTMENTS GUIDE



ADJUSTING THE BALANCE

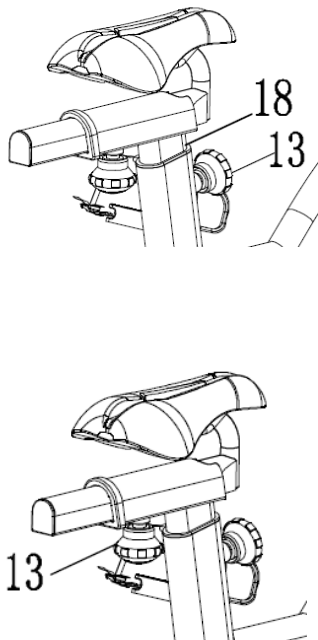
In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should adjust the dials located on the **Rear Stabilizer (No. 3)**. To do so, turn the dials *clockwise* (direction A) to raise, and turn them *counter-clockwise* (direction B) to lower.



EMERGENCY BRAKE AND ADJUSTING THE RESISTANCE

You can adjust the tension level of the bike by rotating the **Tension Knob (No. 73)**. To increase the level of resistance, rotate the tension knob *clockwise*. To decrease the level of resistance, rotate the tension knob *counter-clockwise*.

During exercise, you can stop the bike immediately by pushing down on the tension knob. This is the emergency brake.



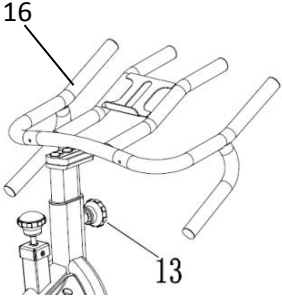
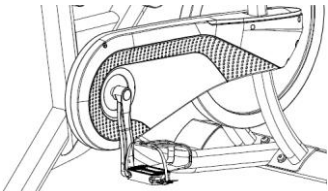
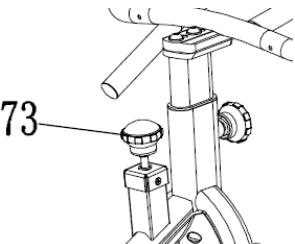
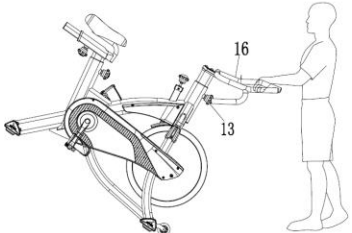
ADJUSTING THE SEAT

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. Dismount the bike before adjusting the seat.

Loosen and pull the [seat post] **Spring Knob (No. 13)** to raise or lower **Seat Post (No. 18)** to the desired position. Make sure **Spring Knob (No. 13)** secures into the desired hole.

Loosen and pull [seat slider] **Spring Knob (No. 13)** to move the seat forward or backward to the desired position. Once the position is located, firmly secure **Spring Knob (No. 13)** by turning *clockwise*.

	<p>ADJUSTING THE HANDLEBAR</p> <p>Loosen and pull the [handlebar adjustment] Spring Knob (No. 13) to raise or lower the Handlebar (No. 16) to the desired position. Make sure the Spring Knob (No. 13) settles into the desired hole and secure it firmly by turning <i>clockwise</i>.</p>
	<p>ADJUSTING THE PEDAL STRAP</p> <p>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.</p>
	<p>DISMOUNTING THE BIKE</p> <p>Stop the flywheel at any time by pushing down on Tension Knob (No. 73). When the pedals have stopped moving, loosen the pedal straps. Then you can dismount the bike.</p> <p>WARNING! Do not dismount the bike or remove your feet from the pedals until the pedals have stopped completely.</p>
	<p>MOVING THE BIKE</p> <p>To move the bike, first ensure that the Handlebar (No. 16) is properly secured. If the handlebar is loose, tighten the Knob (No.13) 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.</p>

MAINTENANCE INSTRUCTIONS

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

DAILY MAINTENANCE After each exercise session, wipe down all over 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. <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.	MONTHLY MAINTENANCE <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 buildup of any foreign material.
WEEKLY MAINTENANCE <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.	LEATHER BRAKE PAD CARE (If Applicable) <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, 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.

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