



# SMART MAGNETIC INDOOR CYCLING BIKE

## SF-B1805 SMART 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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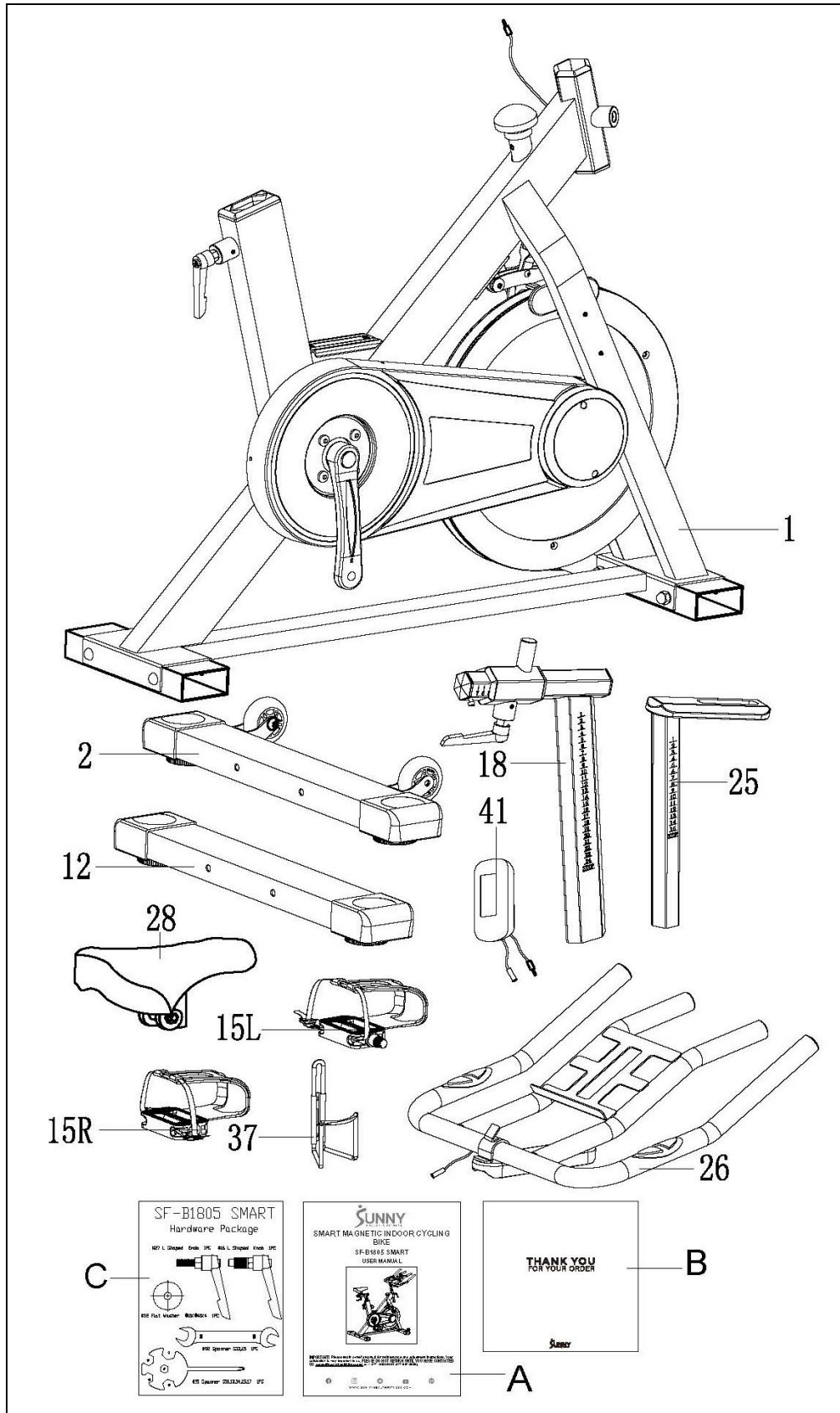
# **IMPORTANT SAFETY INFORMATION**

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 4 feet (1.2 M) 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!

# 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
12	Rear Stabilizer		1
15L/R	Pedal		1 pr.
18	Seat Post		1
25	Handlebar Post		1
26	Handlebar		1

No.	Description	Spec.	Qty.
28	Seat		1
37	Bottle Holder		1
41	Meter		1 pr.
A	Manual		1
B	Thank You Card		1
C	Hardware Package		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).

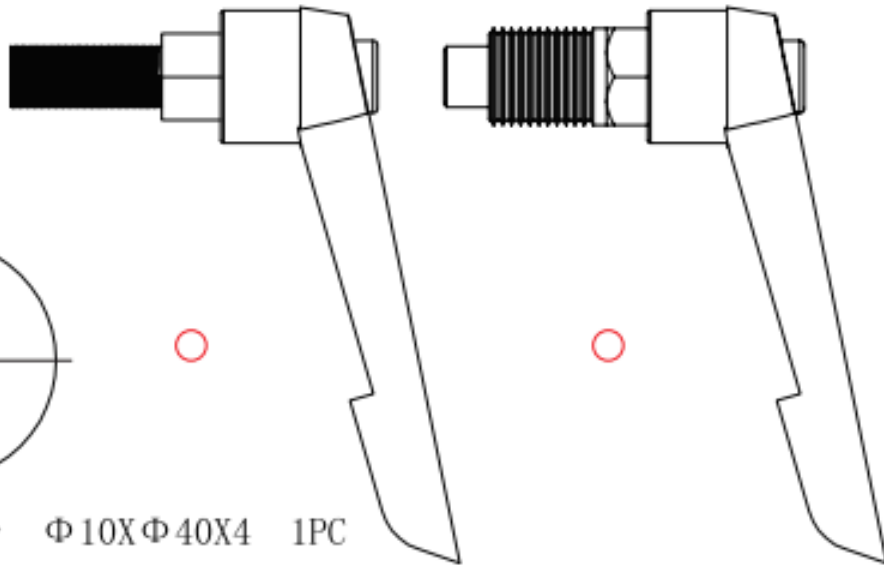
## HARDWARE PACKAGE

# SF-B1805 SMART

## Hardware Package

#27 L Shaped Knob 1PC

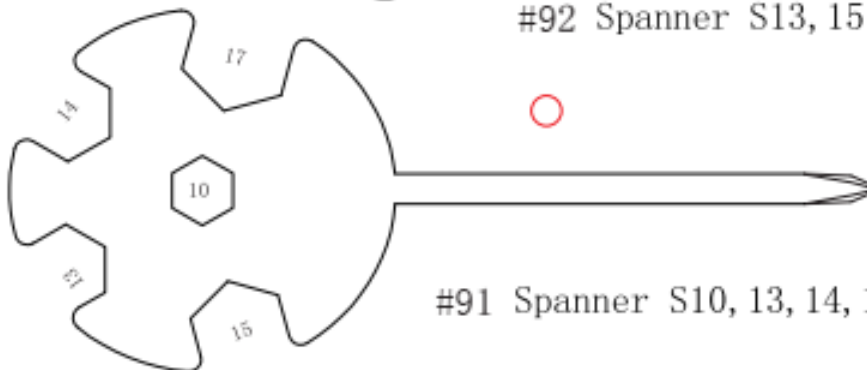
#16 L Shaped Knob 1PC



#32 Flat Washer  $\Phi 10 \times \Phi 40 \times 4$  1PC



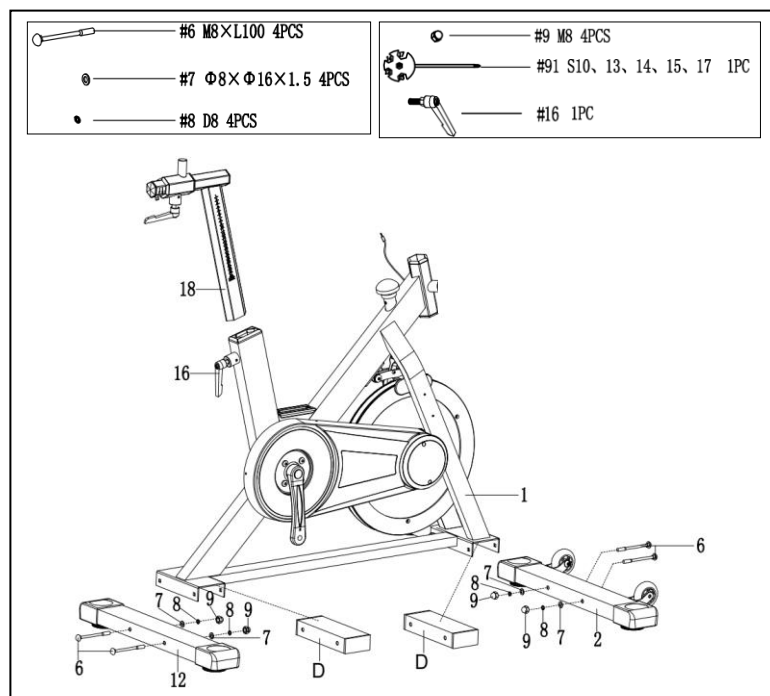
#92 Spanner S13, 15 1PC



#91 Spanner S10, 13, 14, 15, 17 1PC

# 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).

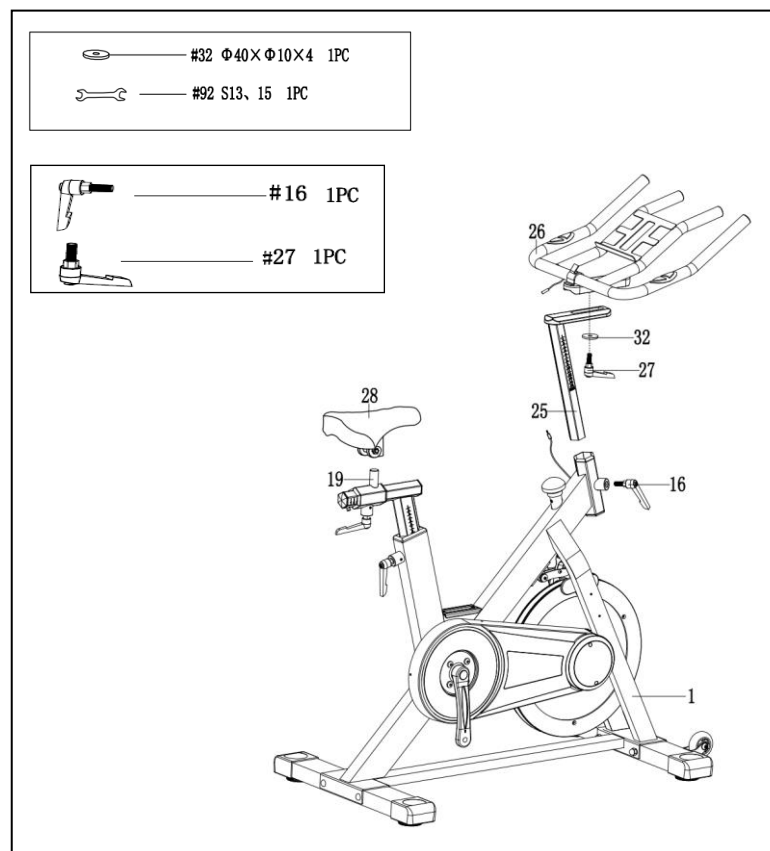


## STEP 1:

Remove the preassembled 4 **Carriage Bolts** (No. 6), 4 **Flat Washers** (No. 7), 4 **Spring Washers** (No. 8), 4 **Acorn Nuts** (No. 9) and 2 **Shipping Tubes** (D), from the **Main Frame** (No. 1) with the **Spanner** (No. 91).

Attach the **Front & Rear Stabilizer** (No. 2 & No. 12) to the **Main Frame** (No. 1) using 4 **Carriage Bolts** (No. 6), 4 **Flat Washers** (No. 7), 4 **Spring Washers** (No. 8) and 4 **Acorn Nuts** (No. 9) that were just removed. Tighten and secure with the **Spanner** (No. 91).

Pull out the **L Shaped Knob** (No. 16), insert the **Seat Post** (No. 18) into the **Main Frame** (No. 1), and lock with **L Shaped Knob** (No. 16).



## STEP 2:

First, insert the **L Shaped Knob** (No. 16) into the front tube of the **Main Frame** (No. 1). Turn *clockwise* to tighten all the way. Then turn *counter-clockwise* to loosen the **L Shaped Knob** (No. 16) enough to insert the **Handlebar Post** (No. 25).

Insert the **Handlebar Post** (No. 25) to the front tube of **Main Frame** (No. 1), adjust to the proper height, and insert and tighten **L Shaped Knob** (No. 16) to secure.

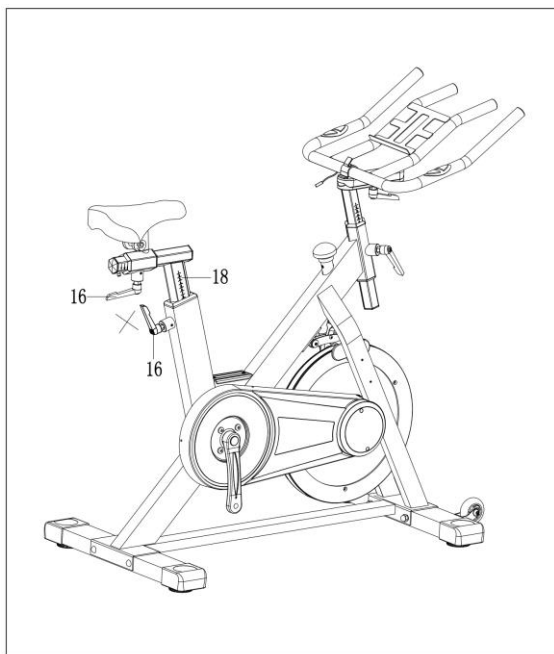
Attach the **Handlebar** (No. 26) to the **Handlebar Post** (No. 25). Insert **L Shaped Knob** (No. 27) and **Flat Washer** (No. 32) and tighten to secure.

Attach the **Seat** (No. 28) to the **Seat Horizontal Post** (No. 19). Tighten and secure with the **Spanner** (No. 92).

**NOTE:** Before exercise, please make sure the **Seat** (No. 28) is tightened to the **Seat Horizontal Post** (No. 19).



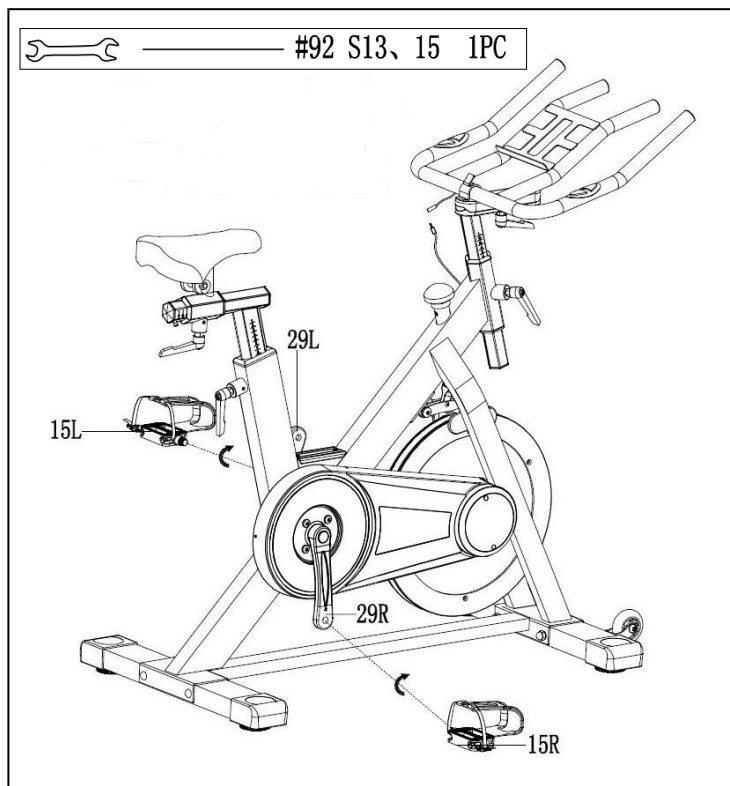
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### NOTE: ADJUSTING THE SEAT POST AND THE SEAT HORIZONTAL POST

When the **Seat Post (No. 18)** is at the lowest setting, the handles on the **L Shaped Knobs (No. 16)** may not have enough space to turn (See drawing on left). If this happens, the handles can be adjusted.

To adjust the handle, pull on the handle, turn the handle to a position that is not blocked, and release the handle. Repeat as needed. It may take several adjustments to get the handle to a position where it can be turned.



### STEP 3:

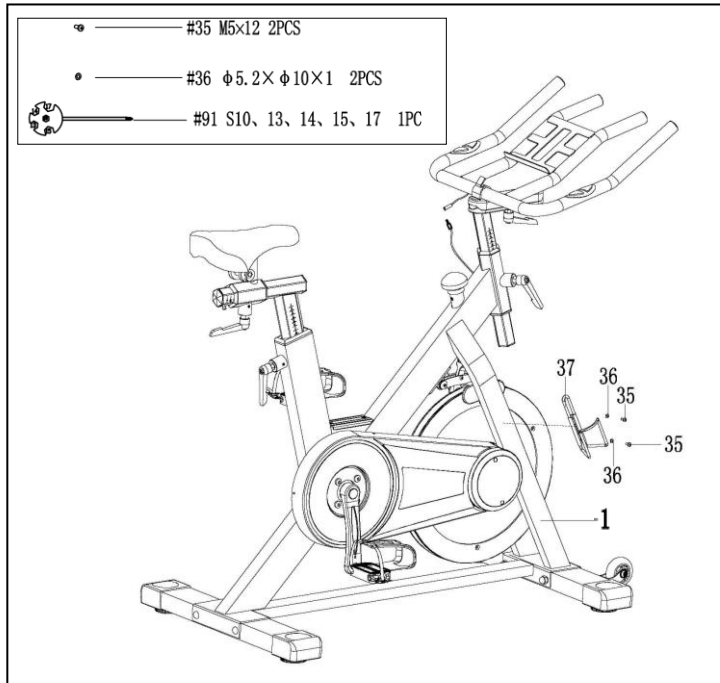
**IMPORTANT! Read instructions carefully, failure to do so may cause permanent damage to your bike.**

Before installation, please make sure you have the **Left Pedal (No. 15L)** in hand. Align the **Left Pedal (No. 15L)** with the **Left Crank (No. 29L)** at 90° and gently insert the **Left Pedal (No. 15L)** into the **Left Crank (No. 29L)**.

Screw the **Left Pedal (No. 15L)** **COUNTER-CLOCKWISE** into the **Left Crank (No. 29L)**. Tighten and secure with **Spanner (No. 92)**.

Align the **Right Pedal (No. 15R)** with the **Right Crank (No. 29R)** at 90° and gently insert the **Right Pedal (No. 15R)** into the **Right Crank (No. 29R)**. Screw the **Right Pedal (No. 15R)** **CLOCKWISE** into the **Right Crank (No. 29R)**. Tighten and secure with **Spanner (No. 92)**.

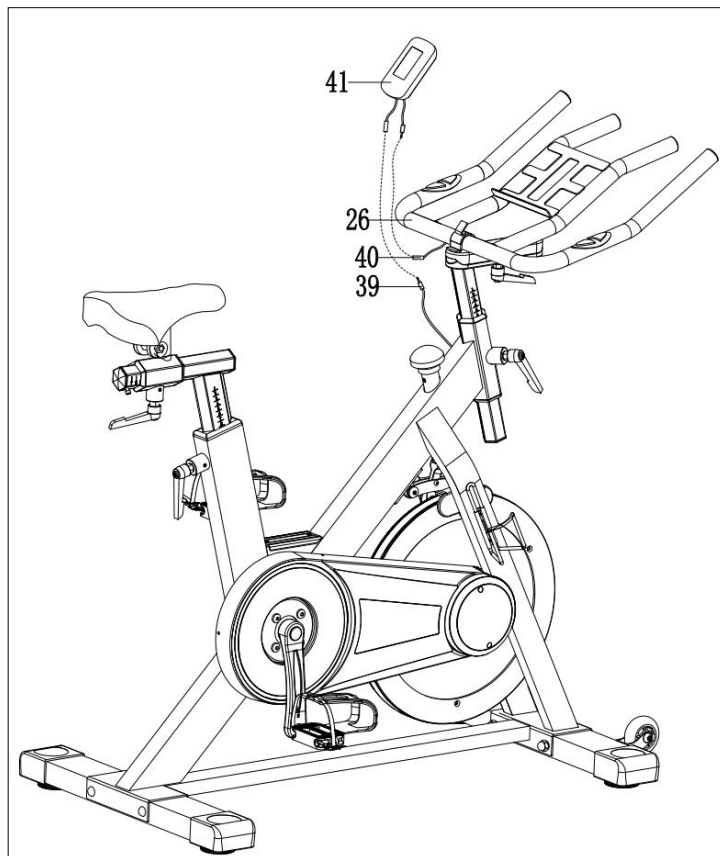
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#### STEP 4:

Remove the preassembled 2 **Cross Head Screws (No. 35)** and 2 **Flat Washers (No. 36)** from the **Main Frame (No. 1)** with the **Spanner (No. 91)**.

Attach the **Bottle Holder (No. 37)** to the **Main Frame (No. 1)** with 2 **Cross Head Screws (No. 35)** and 2 **Flat Washers (No. 36)** that were just removed by using **Spanner (No. 91)**.



#### STEP 5:

Connect the **Sensor Wire (No. 39)** and **Pulse Wire (No. 40)** with the relative wires of **Meter (No. 41)**, then insert the **Meter (No. 41)** to the meter tablet of the **Handlebar (No. 26)**.

*The assembly is complete!*

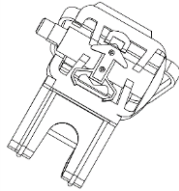


# **SPD TECHNICAL SERVICE INSTRUCTIONS**

## **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 your needs.



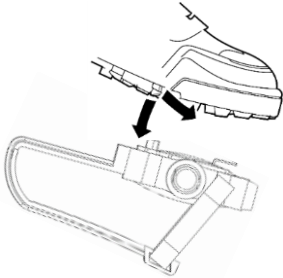
## **Note:**

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**

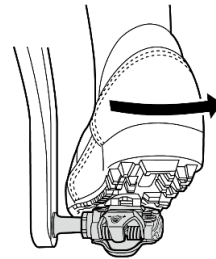
### **Engaging**

Press the cleat into the pedal.



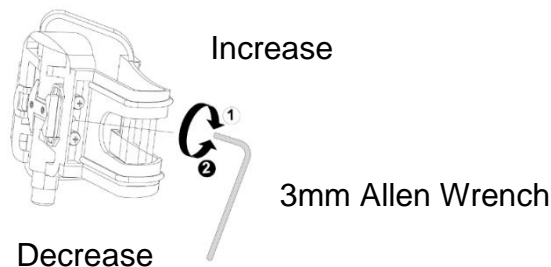
### **Disengaging**

Remove by twisting your heel to the outside.

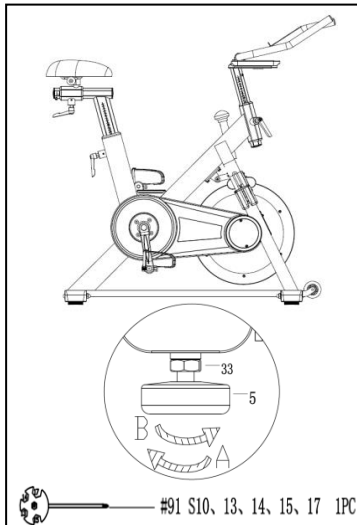


## **ADJUSTING THE SPRING TENSION OF THE BINDING**

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.

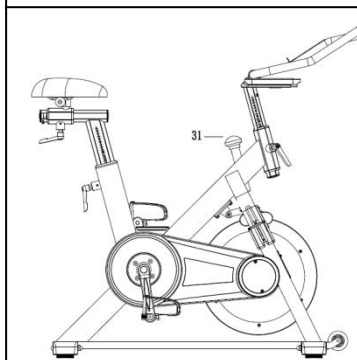


# ADJUSTMENTS GUIDE



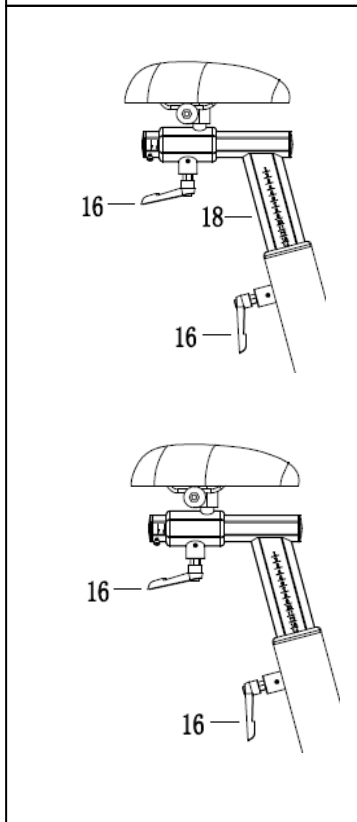
## ADJUSTING THE BALANCE

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 foot levelers located beneath the front and rear stabilizers. To do so, use **Spanner (No. 91)** to loosen **Hex Screw (No. 33)** by turning it *clockwise* (direction A). With the screw loosened, rotate **Foot Pad (No. 5)** until it sits level with the surface that the bike is on. When you have finished adjusting the foot leveler, use **Spanner (No. 91)** to re-tighten the **Hex Screw (No. 33)** by turning it *counter-clockwise* (direction B). If required, repeat this process to adjust the remaining feet.



## ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Brake Knob (No. 31)**. 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*). Push down on the **Brake Knob (No. 31)** for 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 exercise different 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.

Loosen the **L Shaped Knob (No. 16)** to raise or lower **Seat Post (No. 18)** to the desired position. Make sure **L Shaped Knob (No. 16)** secures into the desired hole. Do not raise past the STOP mark on the post.

Loosen **L Shaped Knob (No. 16)** to move the seat forward or backward to the desired position. Once the position is located, firmly secure **L shaped Knob (No.16)** by turning *clockwise*.

Figure A

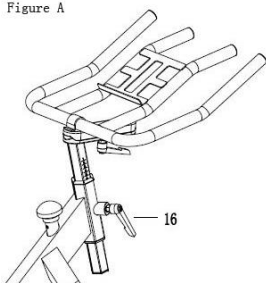
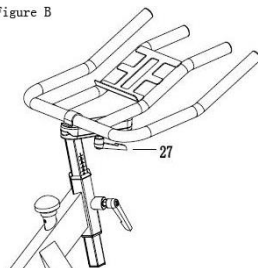


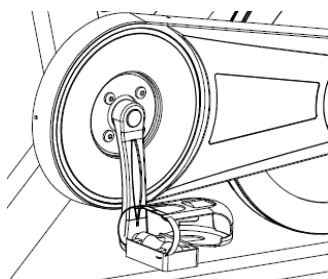
Figure B



## ADJUSTING THE HANDLEBAR

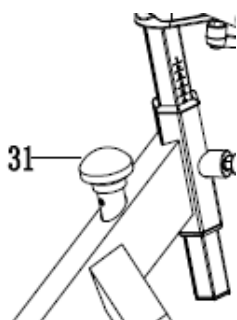
Loosen the **L Shaped Knob (No. 16)** to raise or lower the handlebar to the desired position. Make sure the **L Shaped Knob (No. 16)** settles into the desired hole and secure it firmly by turning *clockwise*. See *Figure A*.

Loosen the **L Shaped Knob (No. 27)** to move the handlebar forward or backward to the desired position. Once the handlebar is in the desired position, firmly secure the **L Shaped Knob (No. 27)** by turning *clockwise*. See *Figure B*.



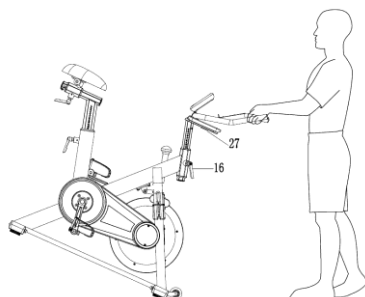
## ADJUSTING THE PEDAL STRAP

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.



## DISMOUNTING THE BIKE

**WARNING!** Do not dismount the bike or remove your feet from the pedals until the pedals have stopped completely. You can stop the flywheel at anytime by pushing down on **Brake Knob (No. 31)**.



## MOVING THE BIKE

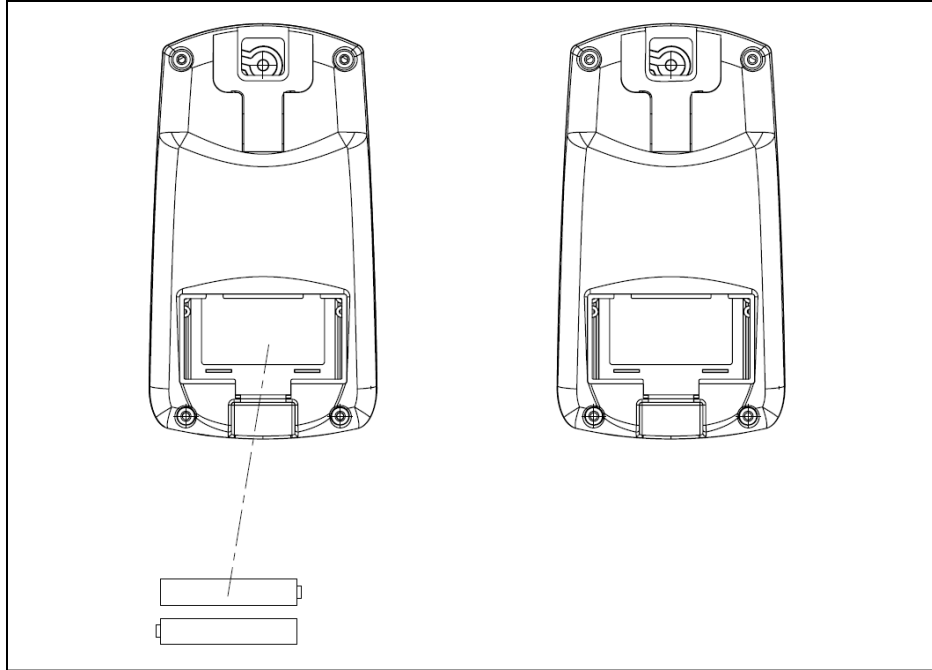
To move the bike, first ensure that the handlebar is properly secured. If the handlebar is loose, tighten the **L Shaped Knobs (No. 16 & 27)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the handlebar, place 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.

# **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 secure.</li> </ol>	<p><b>MONTHLY MAINTENANCE</b></p> <ol style="list-style-type: none"> <li>1. Check that 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 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, making 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-in-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>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 a 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>

# **BATTERY INSTRUCTION & REPLACEMENT**



## **BATTERY INSTALLATION**

The meter uses 2 AAA batteries. Open the battery cover from the back of meter, then put 2 batteries into the battery compartment. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back.

## **BATTERY REPLACEMENT**

If there is a problem with the display, try changing the batteries first. Open the battery cover, remove the old batteries, and replace with new batteries. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back. When changing batteries, always replace both with new batteries. Do not mix old and new batteries.

# EXERCISE METER

## FUNCTION BUTTONS

### MODE:

Press to select the function displayed or enter value during setting mode.

Press and hold for 2 seconds to enter the RACE MODE interface during stop mode.

### SET:

To set up the target value of TARGET, TIME, DIST, CAL.

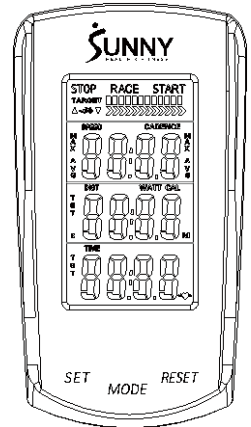
Press the button and hold for 2 seconds to speed up the increment during stop mode.

### RESET:

Press the button to reset function value during setting mode.

Press the button and hold for 2 seconds to reset all value to zero.

(When the user replaces the batteries, all values will reset to zero.)



## FUNCTIONS:

**SPEED:** Displays the speed from 0 to 99.9 KPH or MPH.

**AVG SPEED:** Displays the average speed only in STOP mode.

**MAX SPEED:** Displays the maximum speed only in STOP mode.

**CADENCE (RPM):** Displays the frequency per minute from 0 to 999.

**AVG CADENCE (AVG RPM):** Displays the average cadence (RPM) in STOP mode.

**MAX CADENCE (MAX RPM):** Displays the maximum cadence (RPM) in STOP mode.

**DISTANCE (DIST):** Accumulates total distance from 0.0 to 999.9 KM or Miles. User can preset TARGET DISTANCE by pressing MODE & SET.

**TARGET DISTANCE (TGT DIST):** Users can preset the Distance in the TARGET mode.

**CALORIES (CAL):** Accumulate total Calories from 0.0 to 9999. User can preset target calories.

**RACE:** Exercise in the TARGET MODE.

**TIME:** Accumulates total time from 00:00 to 99:59. User can preset target Time.

**TARGET TIME:** Users can preset the Time in the TARGET MODE.

**PULSE:** Display the current pulse rate.



## MILES OR KILOMETERS SETTING:

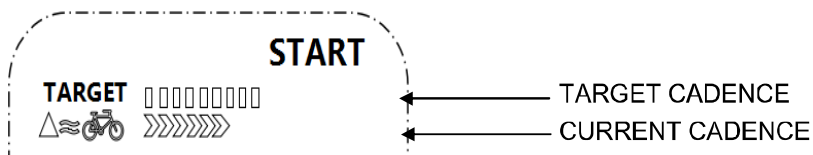
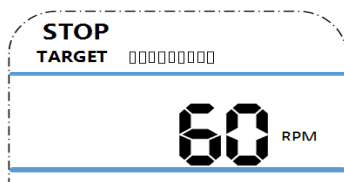
The default setting is miles. Press and hold SET and MODE together for 2 seconds to change to kilometers.

## SET TARGET VALUES:


1. Press SET to select a target value. CADENCE will start to flash.
2. Press and hold SET and the value will increase continuously.
3. Press MODE to enter.
4. TIME will flash.
5. Press SET to select a value.
6. Press MODE to enter.
7. Repeat to select values for DIST and CAL.

**TARGET** 

1. TARGET: the preset CADENCE.
2. In STOP mode, press SET key to enter the TARGET setting in stop mode. Press SET to increase the CADENCE five at a time. The setting change is 15 → 20 → ..... 110 → 115 → 120 → 15 → 20 → ..... → 115 → 120 → 15 → 20 → .....
3. The setting range of 15 -120 (Preset value is 60 CADENCES which equals six bars).
4. Each bar equals 10 CADENCE. Total is 12 bars.



When Current CADENCE is less than Target CADENCE, the up arrow next to the bicycle will be displayed.

 Each arrow equals 10 CADENCES (1-10 CADENCES displays one arrow, 11-20 displays two). The maximum arrows displayed is 12.



This down arrow next to the bicycle icon will be displayed when the current CADENCE is more than the TARGET CADENCE. The bicycle icon will be displayed during exercise mode.

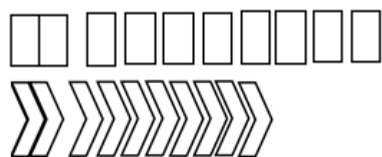
## RACE MODE:

Press and hold MODE for 2 seconds to enter RACE mode.

In RACE MODE, only TIME and DIST can be set.

Default values for 10 minutes / 4 (KM or Miles).

Total is 10 bars.



## PULSE:


To measure the pulse, press MODE until computer is on the PULSE function. Hold the handle pulse sensor for at least 5 seconds to measure your pulse. This value is for reference only. It cannot be used as the basis for medical treatment.

**BATTERY:** This computer uses two AAA 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 of batteries according to your state and regional guidelines.

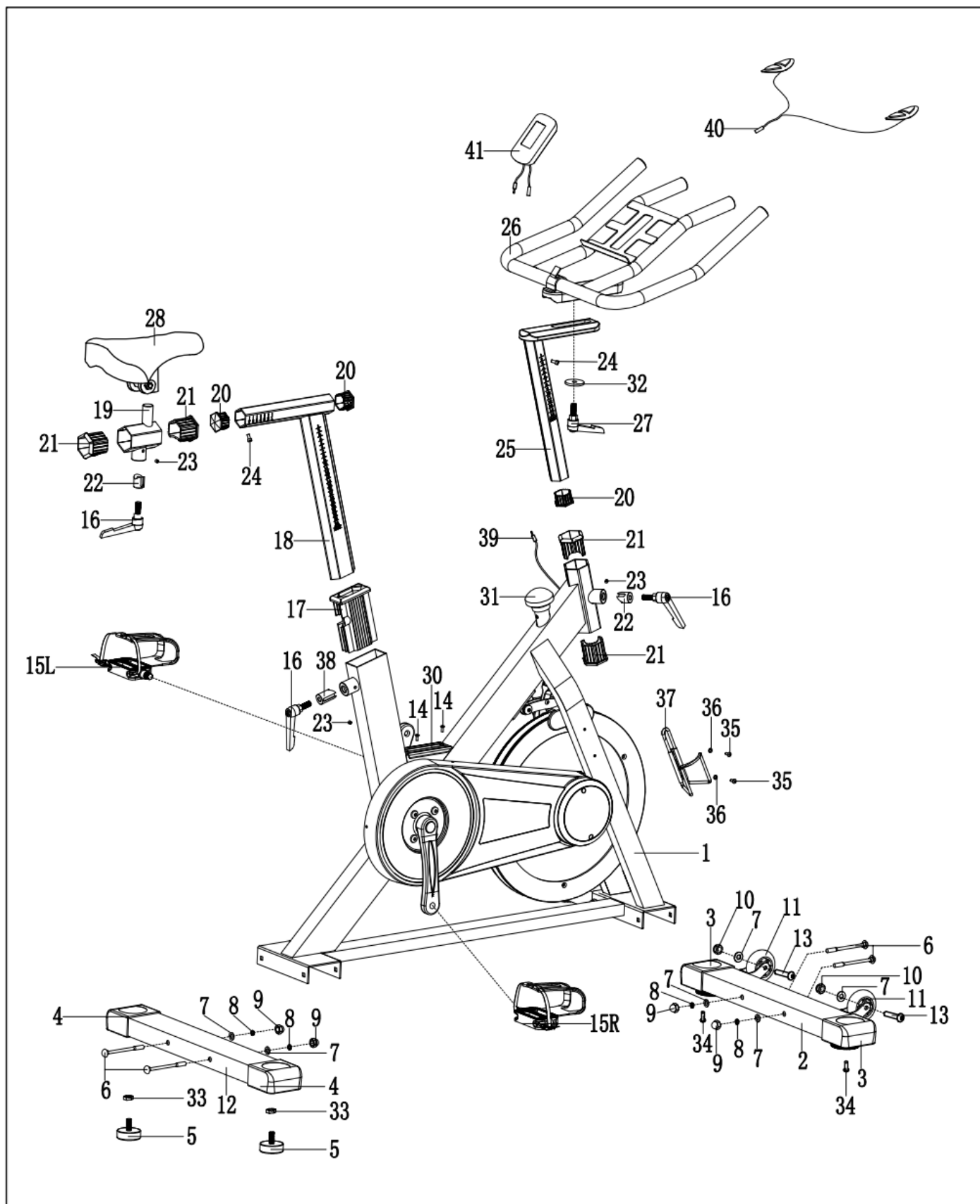
## APP CONNECTION

1. Scan below QR code to enter the app store and download the Sunny Health & Fitness app to your mobile phone.

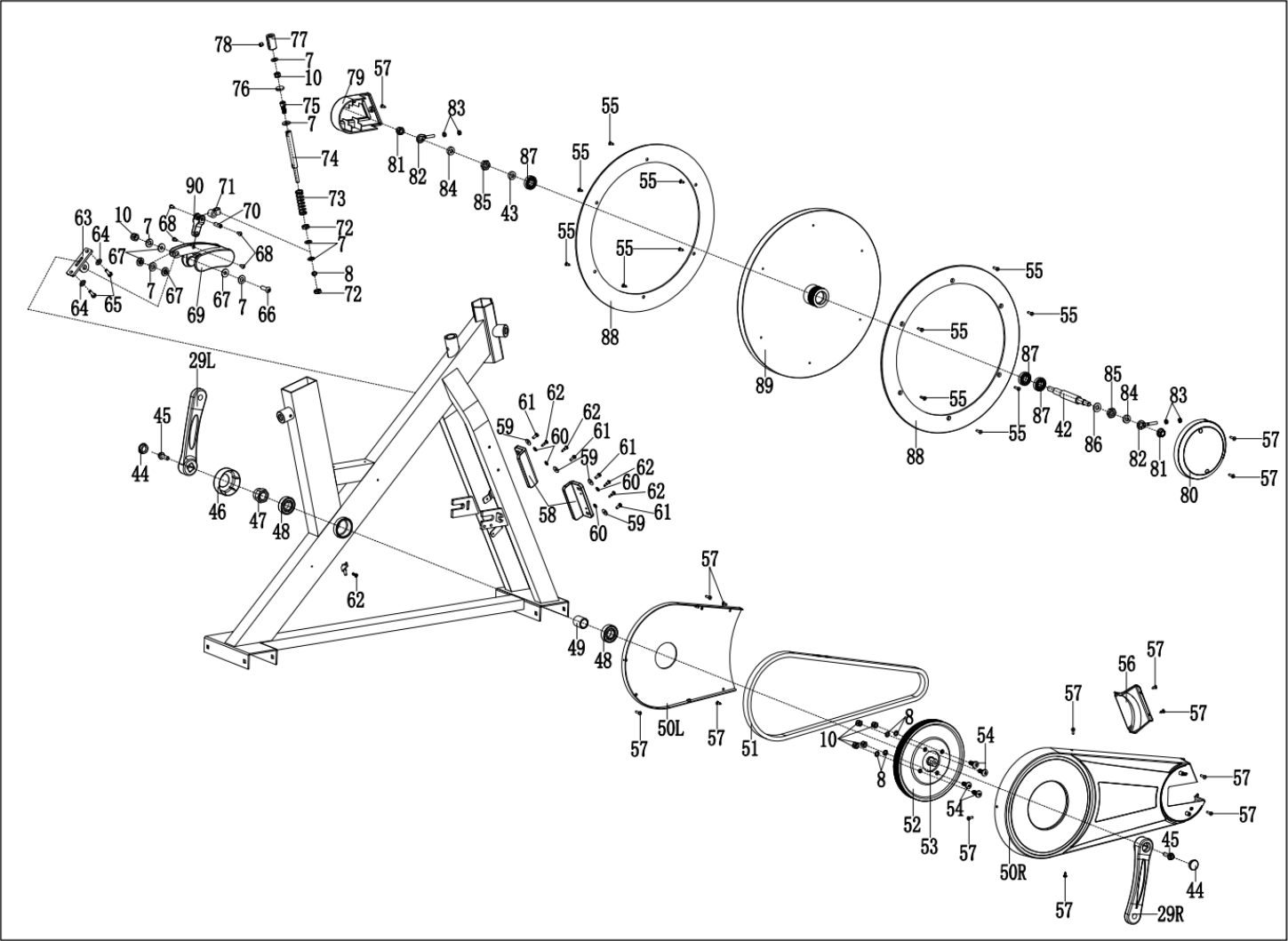


2. Press the Bluetooth switch  to connect. Then you can use the app through your mobile phone.

# EXPLODED DIAGRAM 1



## EXPLODED DIAGRAM 2



# PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Front End Cap		2
4	Rear End Cap		2
5	Foot Pad		2
6	Carriage Bolt	M8XL100	4
7	Flat Washer	Φ8XΦ16X1.5	13
8	Spring Washer	D8	9
9	Acorn Nut	M8	4
10	Nylon Nut	M8	8
11	Wheel		2
12	Rear Stabilizer		1
13	Hexagon Socket Head Screw	M8X45	2
14	Cross Recessed Countersunk Head Screw	M4X12	2
15L/R	Pedal		1 pr.
16	L Shaped Knob		3
17	Bushing		1
18	Seat Post		1
19	Seat Horizontal Post		1
20	Tube Plug		3
21	Sleeve		4
22	V Shape Block		2
23	Hex Stopper Screw	M6X6	3
24	Hex Socket Cap Screw	M5X12	2
25	Handlebar Post		1
26	Handlebar		1
27	L Shaped Knob		1
28	Seat		1
29L/R	Crank		1 pr.
30	Protective Cover		1
31	Brake Knob		1
32	Flat Washer	Φ40XΦ10X4	1
33	Hex Screw	M10	2

No.	Description	Spec.	Qty.
34	Inner Hexagon Pan Head Bolt	M10X18	2
35	Cross Head Screw	M5X12	2
36	Flat Washer	Φ5.2XΦ10X1	2
37	Bottle Holder		1
38	V Shape Block		1
39	Sensor Wire		1
40	Pulse Wire		1
41	Meter		1
42	Flywheel Axle		1
43	Sleeve		1
44	Crank Cap		2
45	Flange Bolt	M8X20	2
46	Cover for Axle		1
47	Nylon Nut	M20X1.5	1
48	Bearing		2
49	Center Inner Bushing		1
50L/R	Belt Cover		1 pr.
51	Belt		1
52	Belt Pulley		1
53	Center Axle		1
54	Hexagon Socket Head Screw	M8X20	4
55	Bolt	M5X10	12
56	Protective Cover		1
57	Screw	ST4X10	14
58	Stop Block		2
59	Flat Washer	Φ5XΦ16X1	4
60	Flat Washer	Φ5XΦ12X1	4
61	Bolt	M5X25	4
62	Bolt	ST4.2X16	5
63	Brake Block		1
64	Flat Washer	Φ6XΦ12X1.2	2
65	Hex Bolt	M6X18	2
66	Bolt	M8X32	1

No.	Description	Spec.	Qty.
67	Plastic Bushing		4
68	Bolt	M5X6	4
69	Brake Block		1
70	Bushing		1
71	Linking Axle Sleeve		1
72	Hex Nut	M8XH6	2
73	Spring		1
74	Brake Rod		1
75	Bolt	M8X20	1
76	Washer		1
77	Sleeve		1
78	Bolt	M8X8	1
79	Protective Cover		1

No.	Description	Spec.	Qty.
80	Round Cover		1
81	Flange Nut	M12X1.0	2
82	Adjusting Belt Bolt		2
83	Hex Screw	M6	4
84	Spacer		2
85	Hex Screw	M12X1.0	2
86	Flat Washer	Φ12XΦ17X1.5	1
87	Bearing		3
88	Aluminum Ring		2
89	Flywheel		1
90	Connecting Sheet		1
91	Spanner	S=10,13,14,15,17	1
92	Spanner	S=13,15	1

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