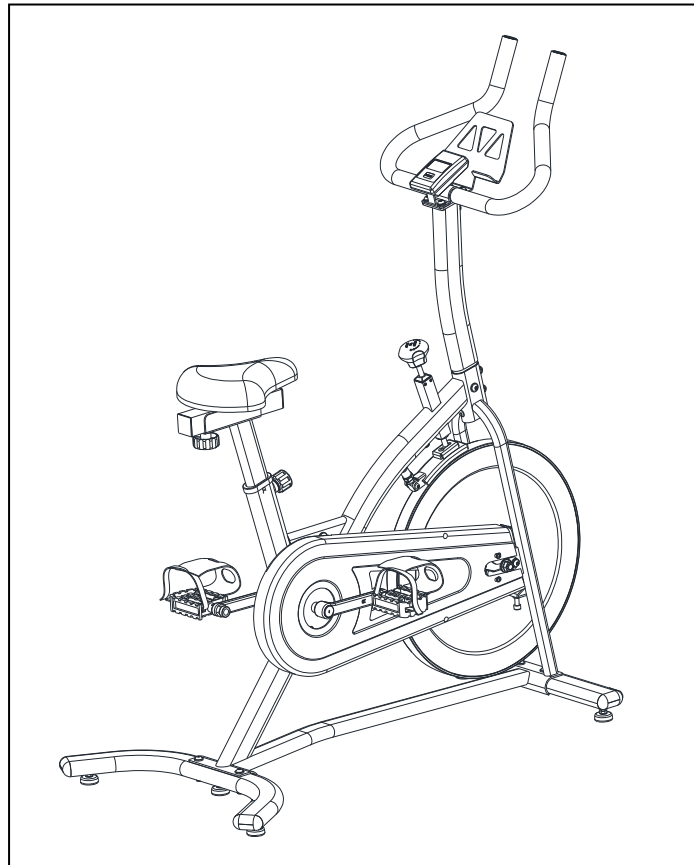




INDOOR CYCLING BIKE WITH MAGNETIC RESISTANCE

SF-B1918

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).



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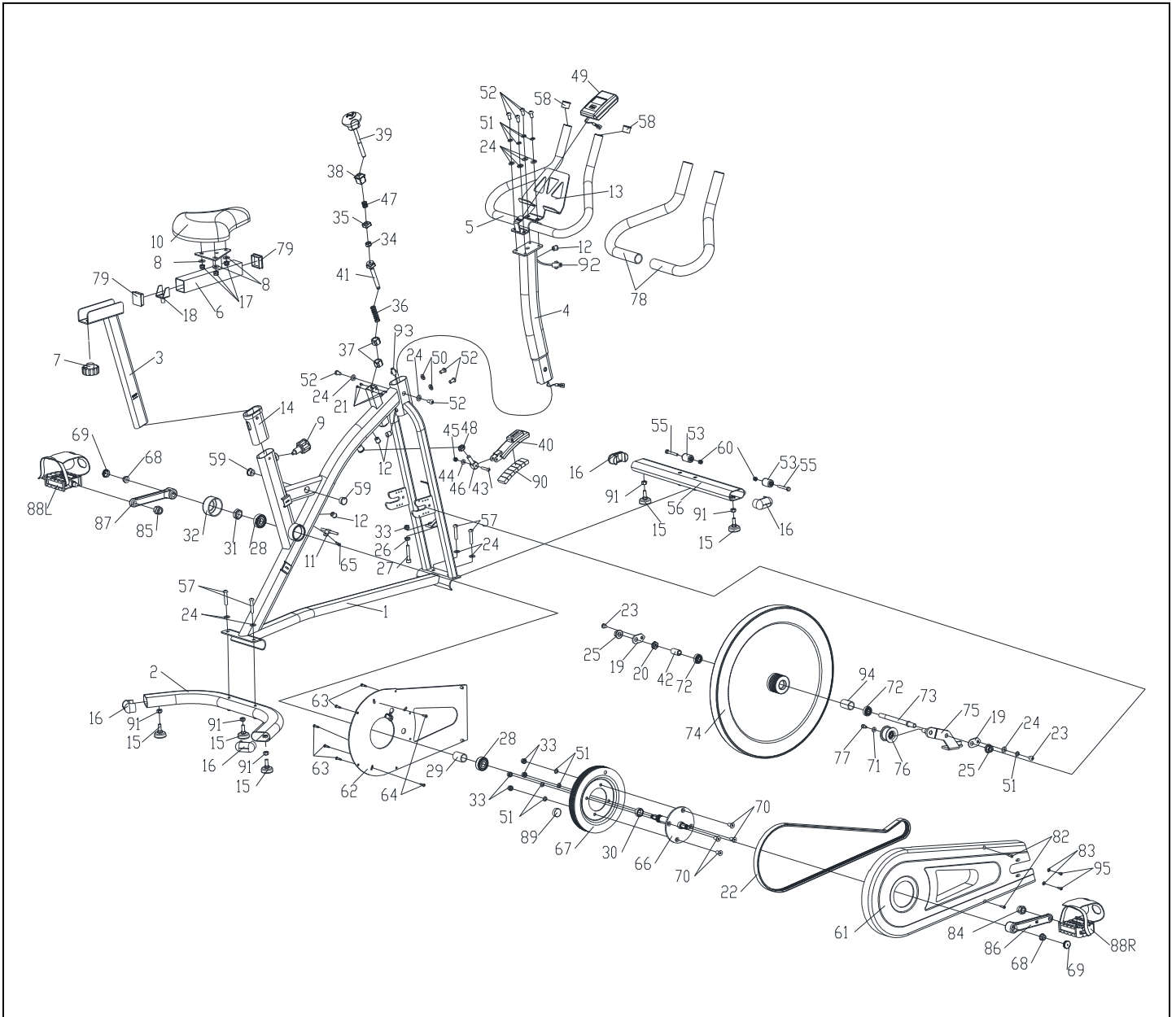
[SUNNYHEALTHFITNESS.COM/SIGNUP](https://www.sunnyhealthfitness.com/signup)

IMPORTANT SAFETY INFORMATION

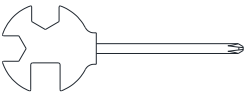


We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 220 pounds (100 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

	— #81 S=13, 14, 15 1pc
	— #80 δ 3 (151X43.5) 1pc
	— #54 6# (86X35) 1pc

PARTS LIST

No.	Description	Spec.	QTY.	No.	Description	Spec.	QTY.
1	Main Frame		1	30	Spacer	Φ25*Φ20.05*11.5	1
2	Rear Stabilizer		1	31	Fixing Nut	Φ28*M20*1	1
3	Seat Post		1	32	Middle Axle Cover	Φ56*28	1
4	Front Post		1	33	Lock Nut	GB/T 889.1-2000 M10	5
5	Handlebar		1	34	Lock Nut	GB/T 889.1-2000 M8	1
6	Seat Slider		1	35	Nut	20*20*t8(M10)	1
7	Adjustment Knob	Φ58*33 (M10)	1	36	Spring	Φ2.0*52	1
8	Flat Washer	Φ19*Φ9*t2	3	37	Square Plastic	20.6*20.6*16	2
9	Adjustment Knob	Φ38*66 M16*1.5	1	38	Plastic plug	25*25*27	1
10	Seat	PVC98-2	1	39	Tension Control Knob	M10*100	1
11	Bracket	LTF8163	1	40	Magnet Holder		1
12	Plastic Plug	Φ14*14	4	41	Brake Rod		1
13	Tablet Bracket	100*60/δ5	1	42	Bushing	Φ16*Φ12.1*30	1
14	Bushing	PP	1	43	Bolt	GB/T 70.1-2000 M6*30	1
15	Foot Pad	Φ38*43	5	44	Flat Washer	GB/T 95-2002 Φ6	1
16	End Cap		4	45	Lock Nut	GB/T 889.1-2000 M6	1
17	Lock Nut	GB/T 889.1-2000 M8	3	46	Connecting Rod	16*16*47 (M10x1.0)	1
18	Limit Block		1	47	Spring	Φ15.5*Φ1.5*15	1
19	Metal Plate	δ2.5	2	48	Hexagon Nut	GB/T 6173-2000 M10*1.0	1
20	Hexagon Nut	M12*1.25	1	49	Computer	TZ-4117	1
21	Screw	ST2.9*9.5	4	50	Arc Washer	Φ8	2
22	Belt	5PK 53in	1	51	Spring Washer	GB/T 859-1987 Φ8	9
23	Bolt	M8*10	2	52	Bolt	GB/T 70.2-2000 M8*15	8
24	Flat Washer	GB/T 95-2002 Φ8	11	53	Transportation Wheel	Φ23*32	2
25	Dome Nut	GB/T 802-1988 M12*1.25	2	54	Allen Wrench	6#(86*35)	1
26	Hexagon Nut	GB/T 41-2000 M8	1	55	Bolt	GB/T 5780-2000 M6*45	2
27	Bolt	GB/T 70.1-2000 M8*45	1	56	Front Stabilizer		1
28	Bearing	6004ZZ	2	57	Bolt	GB/T 70.2-2000 M8*40	4
29	Spacer	Φ25*Φ20.5*41.1	1	58	Cap	PP	2

No.	Description	Spec	QTY.	No.	Description	Spec.	QTY.
59	Cap	Φ22*12	2	78	Foam Grip	Φ23*Φ29*465	2
60	Lock Nut	GB/T 889.1-2000 M6	2	79	End Cap		2
61	Outer Belt Cover	655*268*43	1	80	Universal Wrench	δ3(151*43.5)	1
62	Inner Belt Cover	467*266*11	1	81	Crosshead Spanner	S=13,14,15	1
63	Screw	GB/T 845-1985 ST4.2*19	5	82	Screw	GB/845-85 ST4.2*9.5	2
64	Screw	GB/T 845-1985 ST4.8*13	2	83	Flat Washer	GB/T 95-2002 Φ5	2
65	Screw	GB/T15856.1-2002 ST4.2*16	1	84	Right Nylon Nut	9/16"	1
66	Middle Axle	Φ20*168	1	85	Left Nylon Nut	9/16"-LH	1
67	Belt Wheel	Φ200*24	1	86	Right Crank		1
68	Hex Flange Nut	GB/T 6177.2-2000 M10*1.25	2	87	Left Crank		1
69	Crank Cap	Φ23*7.5	2	88L/ R	Pedal	9/16"	2
70	Bolt	GB/T 70.3-2000 M8*18	4	89	Magnet	C-02Z	1
71	Flat Washer	Φ14*Φ6*t2.5	1	90	Magnet	30*15*10	7
72	Bearing	6001ZZ	2	91	Hexagon Nut	GB/T 41-2000 M8	5
73	Flywheel Spindle	Φ16*Φ12*156	1	92	Sensor Wire	L=600	1
74	Flywheel		1	93	Sensor Wire	L=600	1
75	Idle Pulley Bracket		1	94	Bushing	Φ16*Φ12.1*55.1	1
76	Idle Pulley	Φ43*Φ34*24	1	95	Screw	GB/T 5780-2000 M5*14	2
77	Bolt	GB/T 70.1-2000 M6*10	1				

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

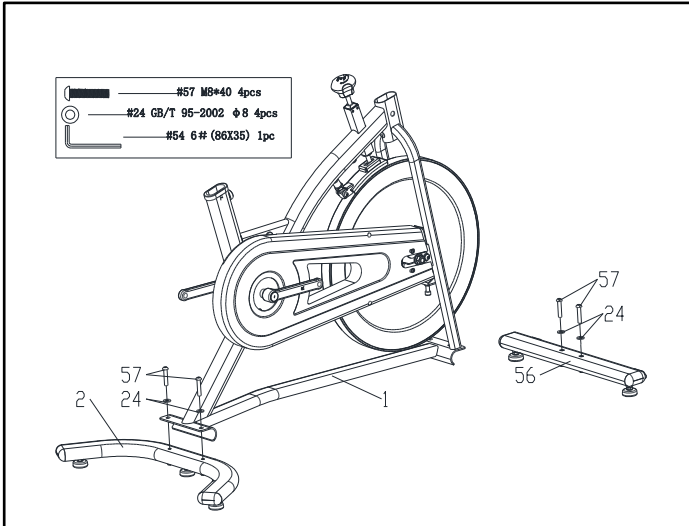
Please provide the following information in order for us to accurately identify the part(s) needed:

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

ASSEMBLY INSTRUCTIONS

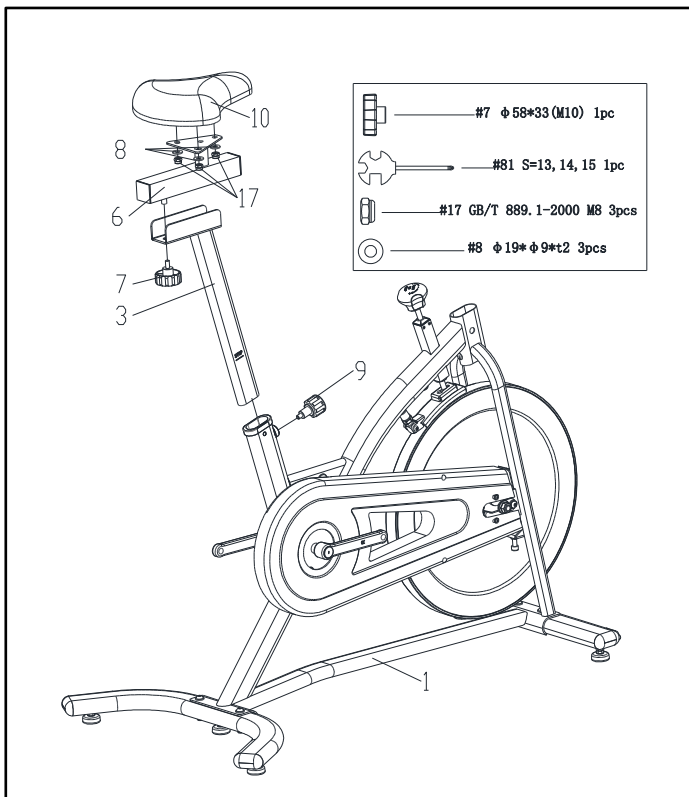
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).



STEP 1:

Remove 4 **Flat Washers (No. 24)** and 4 **Bolts (No. 57)** from **Front Stabilizer (No. 56)** and **Rear Stabilizer (No. 2)** with **Allen Wrench (No. 54)**.

Attach the **Front Stabilizer (No. 56)** and **Rear Stabilizer (No. 2)** to the **Main Frame (No. 1)** using 4 **Flat Washers (No. 24)** and 4 **Bolts (No. 57)** that were removed. Tighten and secure with **Allen Wrench (No. 54)**.



STEP 2:

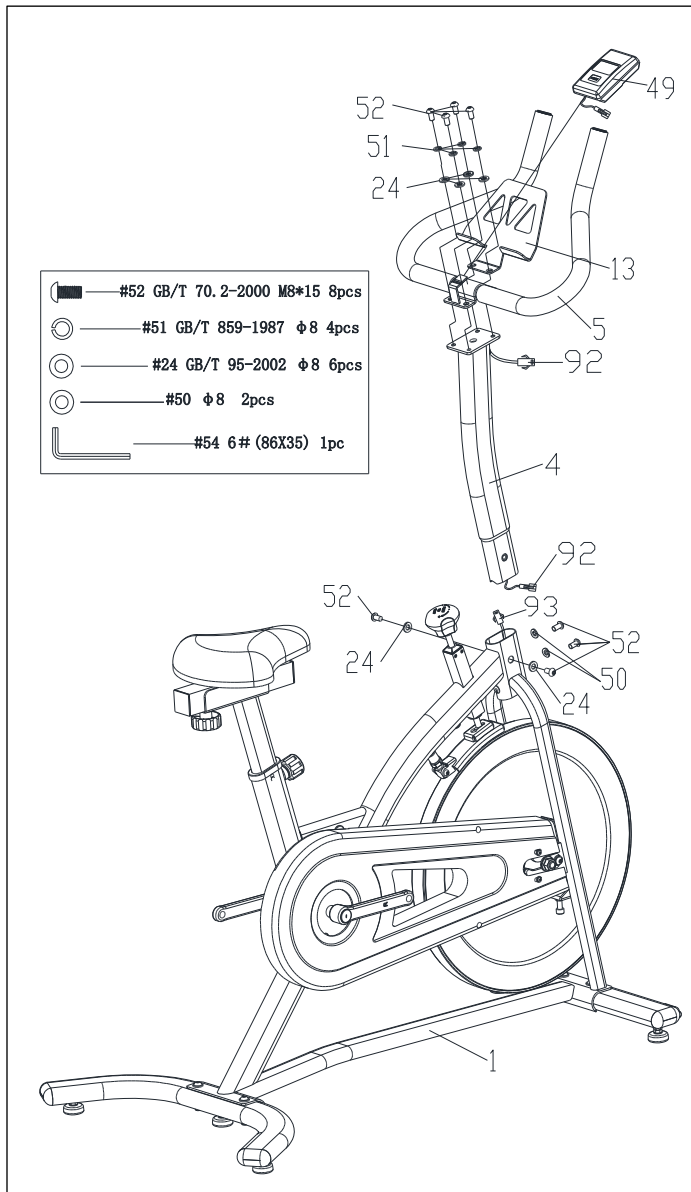
Loosen and pull out the **Adjustment Knob (No. 9)** and insert the **Seat Post (No. 3)** into the seat post tube of the **Main Frame (No. 1)**. Then, select the desired height. Release the knob and re-tighten the knob.

Remove **Adjustment Knob (No. 7)** from **Seat Slider (No. 6)** by hand. Then attach **Seat Slider (No. 6)** onto **Seat Post (No. 3)**. Reattach **Adjustment Knob (No. 7)** that was removed, then tighten it to secure the **Seat Slider (No. 6)**

Remove 3 **Lock Nuts (No. 17)** and 3 **Flat Washers (No. 8)** from the back of **Seat (No. 10)** with **Crosshead Spanner (No. 81)**.

Attach the **Seat (No. 10)** onto **Seat Slider (No. 6)** with 3 **Lock Nuts (No. 17)** and 3 **Flat Washers (No. 8)** that were removed. Tighten and secure with **Crosshead Spanner (No. 81)**.

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STEP 3:

Connect the bottom end of **Sensor Wire (No. 92)** and **Sensor Wire (No. 93)**.

Remove 4 **Bolts (No. 52)**, 2 **Arc Washers (No. 50)** and 2 **Flat Washers (No. 24)** from the bottom end of **Front Post (No. 4)** using **Allen Wrench (No. 54)**.

Then, attach **Front Post (No. 4)** to **Main Frame (No. 1)** with 4 **Bolts (No. 52)**, 2 **Arc Washers (No. 50)**, and 2 **Flat Washers (No. 24)** that were removed. Tighten and secure using **Allen Wrench (No. 54)**.

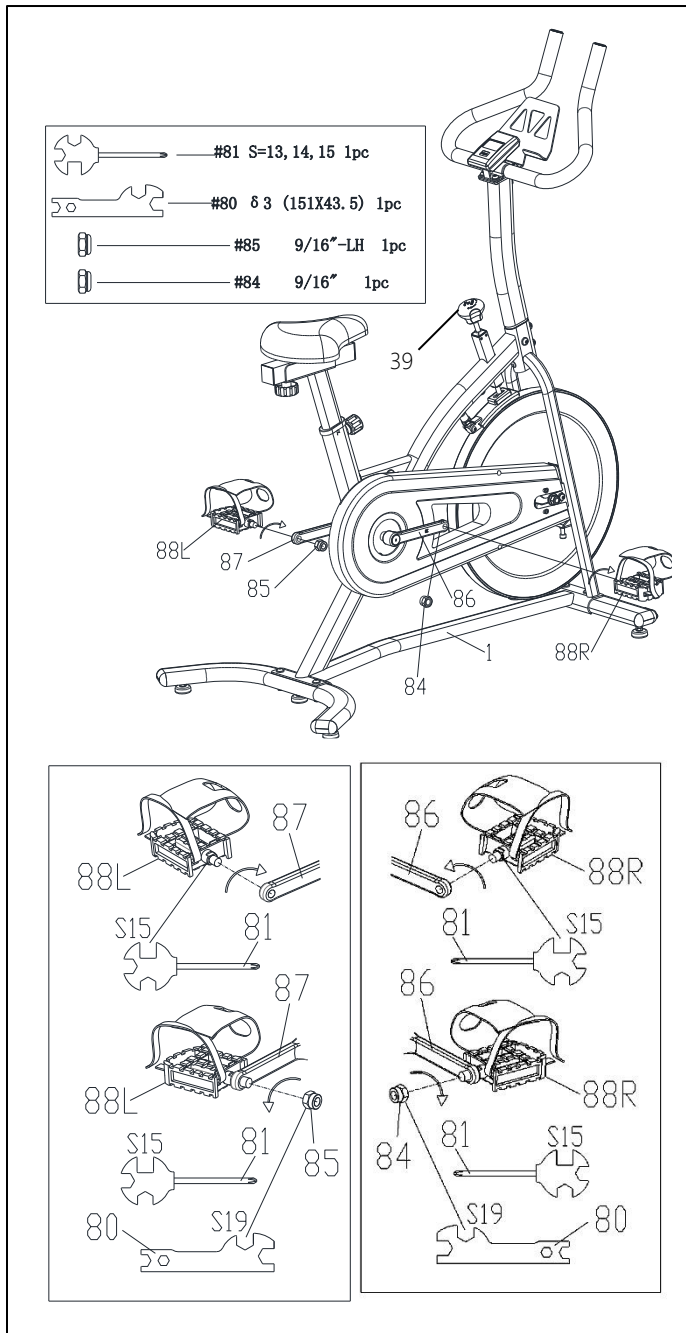
Remove 4 **Bolts (No. 52)**, 4 **Spring Washers (No. 51)**, and 4 **Flat Washers (No. 24)** from the top end of **Front Post (No. 4)** using **Allen Wrench (No. 54)**.

Attach **Handlebar (No. 5)**, **Tablet Bracket (No. 13)**

onto **Front Post (No. 4)** with 4 **Bolts (No. 52)**, 4 **Spring Washers (No. 51)** and 4 **Flat Washers (No. 24)** that were removed. Tighten and secure using **Allen Wrench (No. 54)**.

Attach **Computer (No. 49)** onto **Handlebar (No. 5)**, then connect the link wire of **Computer (No. 49)** and **Sensor Wire (No. 92)**.

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 4:

Note: The Pedals (No. 88L & No. 88R) are marked "L" and "R" for Left and Right.

WARNING! Read instructions carefully as improper assembly may cause permanent damage to your bike.

Remove the 2 Right & Left Nylon Nuts (No. 84 & No. 85) located on the Pedals (No. 88R & No. 88L) with Universal Wrench (No. 80).

Turn the Tension Control Knob (No. 39) clockwise as tightly as you can with your hand.

Align the Left Pedal (No. 88L) with the Left Crank (No. 87) at 90°. Turn the pedal bolt on Left Pedal (No. 88L) counter-clockwise as tightly as you can with your hand. Then, use Crosshead Spanner (No. 81) to tighten and secure.

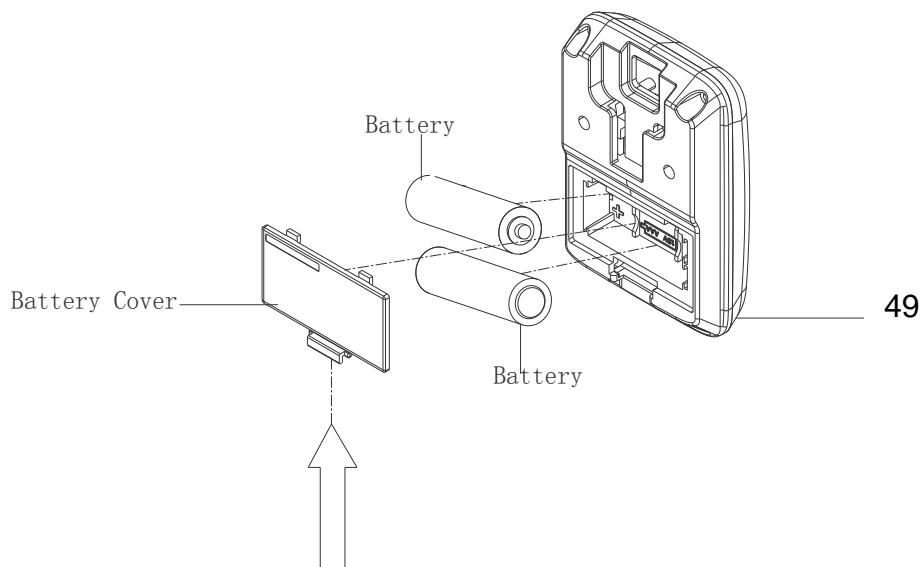
Turn the Left Nylon Nut (No. 85) clockwise as tightly as you can with your hand. Use Crosshead Spanner (No. 81) to hold the pedal bolt on Left Pedal (No. 88L) and use Universal Wrench (No. 80) to turn the Left Nylon Nut (No. 85) clockwise at the same time, until it is tightened onto the Left Crank (No. 87).

Align the Right Pedal (No. 88R) with the Right Crank (No. 86) at 90°. Turn the pedal bolt on Right Pedal (No. 88R) clockwise as tightly as you can with your hand. Then, use Crosshead Spanner (No. 81) to tighten and secure.

Turn the Right Nylon Nut (No. 84) counter-clockwise as tightly as you can with your hand. Use Crosshead Spanner (No. 81) to hold pedal bolt on Right Pedal (No. 88R) and use Universal Wrench (No. 80) to turn the Right Nylon Nut (No. 84) counter-clockwise until it is tightened onto the Right Crank (No. 86).

The assembly is complete!

BATTERY INSTALLATION AND REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the back of the **Computer (No. 49)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 49)**. Pay attention to the battery + and – ends before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 49)**.

The installation is complete!

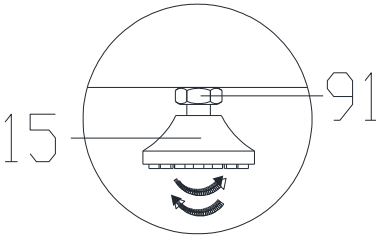
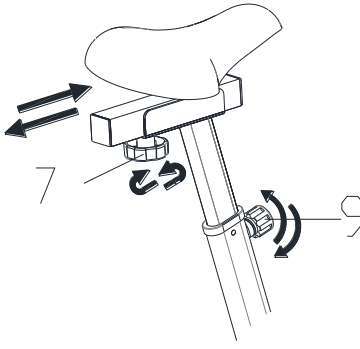
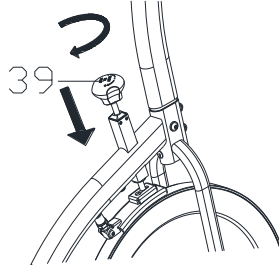
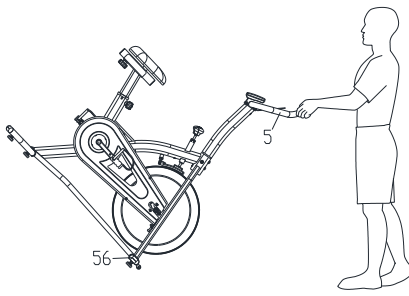
BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 49)**, 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 **Computer (No. 49)**. Pay attention to the battery + and – ends before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 49)**.

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 of batteries according to your state and regional guidelines.

ADJUSTMENTS GUIDE

	<p>ADJUSTING THE BALANCE</p> <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, you should adjust the foot pads located beneath the front and rear stabilizers. To do so, simply rotate the Foot Pad (No. 15) until the bike becomes level with the floor surface. To raise the foot pad, turn it counter-clockwise; to lower the foot pad, turn it clockwise. When you have finished adjusting the foot pad, re-tighten the Hexagon Nut (No. 91) by turning it counter-clockwise using Crosshead Spanner (No. 81). If required, repeat this process to adjust the remaining foot pads.</p>
	<p>ADJUSTING THE SEAT</p> <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 seat post, loosen and pull Adjustment Knob (No. 9) outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the Adjustment Knob (No. 9) to secure the seat in place.</p> <p>To adjust the seat back and forth, loosen Adjustment Knob (No. 7), then slide the seat slider to the desired position. Once positioned, tighten the Adjustment Knob (No. 7) to secure the seat slider in place.</p>
	<p>ADJUSTING THE TENSION & EMERGENCY STOP</p> <p>Adjust the tension by rotating the Tension Control Knob (No. 39) <i>clockwise</i> to increase the resistance. Rotate the Tension Control Knob (No. 39) <i>counter-clockwise</i> to decrease the resistance.</p> <p>Push down the Tension Control Knob (No. 39) to enforce brake and stop the bike immediately.</p>
	<p>TRANSPORTING THE BIKE</p> <p>To move the bike, first 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 (No. 5), place one foot on the Front Stabilizer (No. 56) and tilt the bike towards you until the transportation wheels on the Front Stabilizer (No. 56) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.</p> <p>NOTE: When moving the bike, always move with caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's operation.</p>

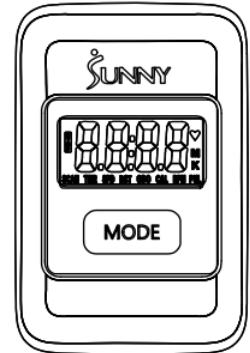
EXERCISE COMPUTER

FUNCTION BUTTONS:

MODE:

1. Press the button for selection function display value on LCD.
2. Press the button and hold for 2 seconds to reset all values except odometer to zero.

Note: When the user replaces batteries, all the values will reset to ZERO automatically.



FUNCTIONS & OPERATIONS:

AUTO ON/OFF: When a user starts to exercise, the display will show the workout value automatically. When the bike becomes inactive for over 256 seconds (4 minutes and 16 seconds), the display will turn off and the workout value on the odometer will be saved. While the user starts the exercise again, the workout value on odometer will accumulate continuously.

AUTO SCAN: After the computer is powered on or the Mode button is pressed, the LCD will display all function values from TMR-SPD-DIST-CAL-ODO-RPM (repeat). Every function will display for 6 seconds.

SPD (SPEED): Displays current speed being obtained. The range is from 0.0 to 99.9 MPH (Miles per Hour).

DST (DISTANCE): Counts total distance of an exercise from start to finish. The range is from 0.00 up to 9999 M (Miles).

TMR (TIME): Counts total time of an exercise from start to finish. The range is from 00:00 up to 99:59.

CAL (CALORIES): Counts total amount of calories burned during an exercise from start to finish. The range is from 0.0 to 9999 KCAL. (The data is a rough guide which can not be used in medical treatment.)

ODO (ODOMETER): Displays total amount of distance from the first use. The range is from 0.0 to 9999 M (Miles). User also can press the mode key to display the odometer value.

RPM (REVOLUTIONS PER MINUTE): Counts each stroke within a minute. The range is from 0 to 400.

Note:

1. If the computer display appears improper or becomes difficult to read, 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.

MAINTENANCE INSTRUCTIONS

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

<p>DAILY MAINTENANCE</p> <p>After each exercise session, wipe 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.</p> <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.	<p>MONTHLY MAINTENANCE</p> <ol style="list-style-type: none">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.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 build-up of any foreign material.
<p>WEEKLY MAINTENANCE</p> <ol style="list-style-type: none">1. Inspect moving parts and tighten the hardware.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.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 to make 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.	<p>LEATHER BRAKE PAD CARE (If Applicable)</p> <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, 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.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.

Version: 1.1

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