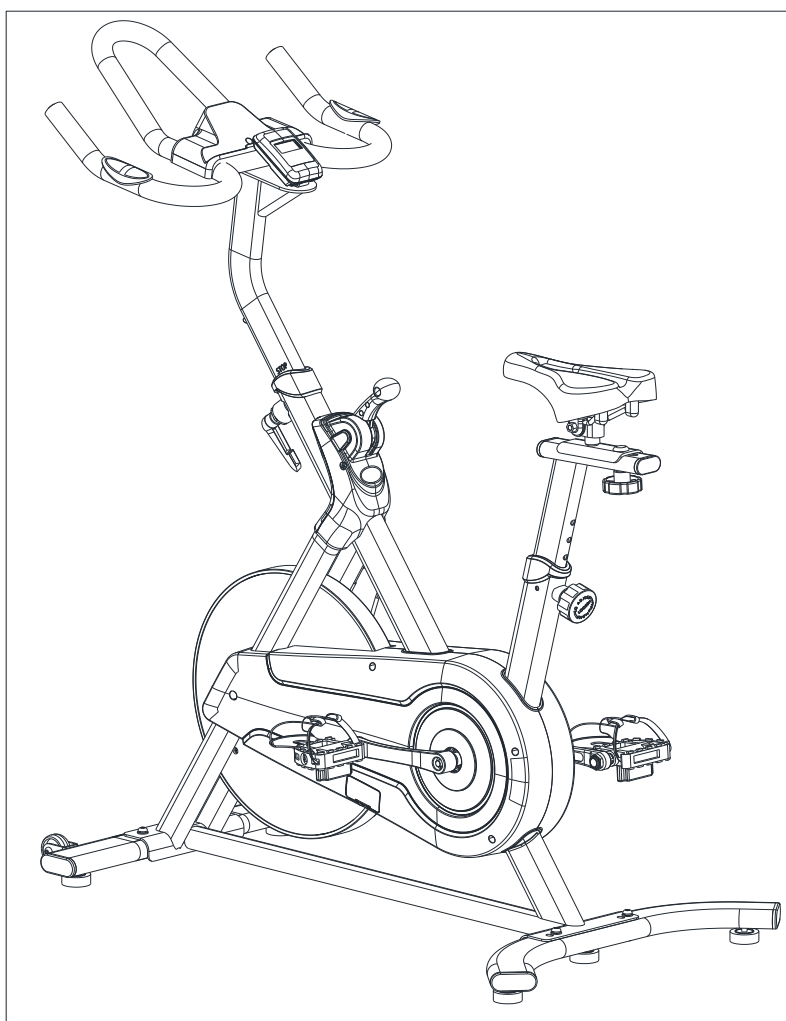




BELT DRIVE PRO LITE INDOOR CYCLING BIKE SF-B1970 USER MANUAL



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).



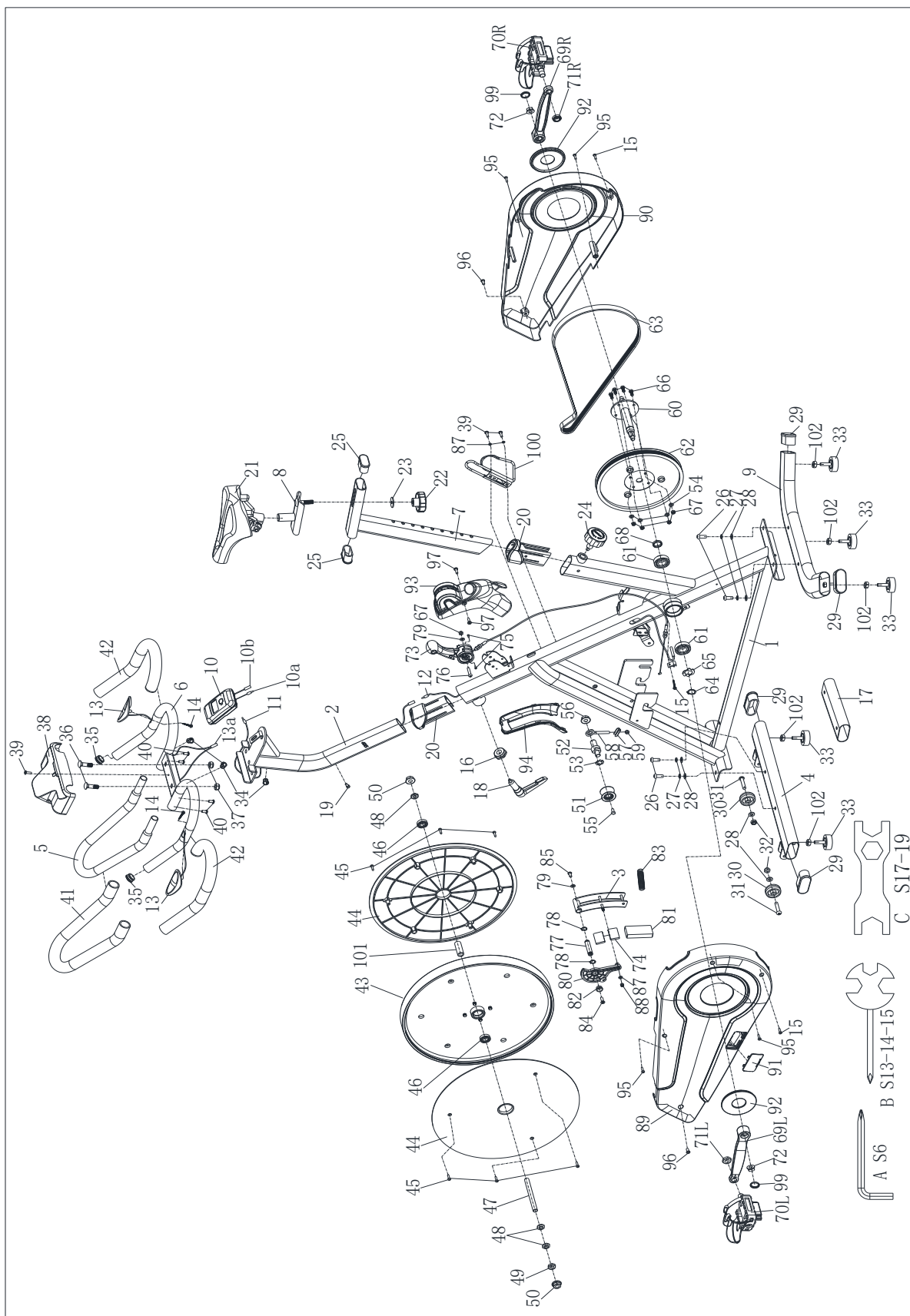
WWW.SUNNYHEALTHFITNESS.COM

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 245 pounds (110 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



PARTS LIST

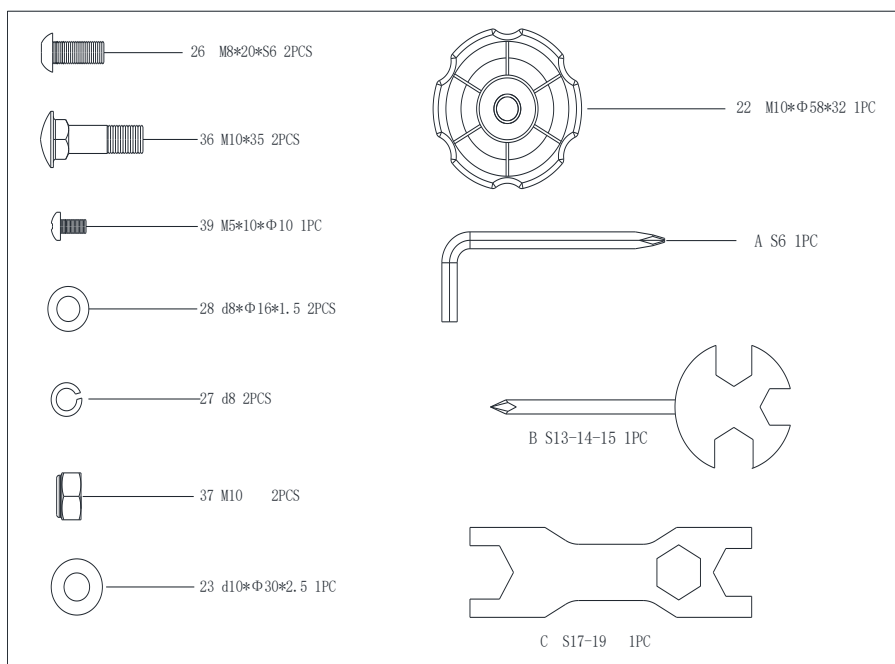
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Handlebar Post		1
3	Magnetic Plate		1
4	Front Stabilizer		1
5	Middle Handlebar		1
6	Handlebar		1
7	Seat Post		1
8	Seat Slider		1
9	Rear Stabilizer		1
10	Computer		1
10a	Computer Wire 1		1
10b	Computer Wire 2		1
11	Trunk Wire		1
12	Sensor Wire		1
13	Pulse Sensor		2
13a	Pulse Sensor Wire		1
14	Screw	ST4.0*19*Φ11	2
15	Screw	ST4.2*16*Φ8	3
16	Nut	S35*12*M30*1.5* M16	1
17	Shipping Tube		1
18	L Knob	M16*1.5*35	1
19	Bolt	M5*8*Φ10	1
20	Bushing	PT70*30*PT60*2 0*L85	2
21	Seat		1
22	Knob	M10*Φ58*32	1
23	Washer	d10*Φ30*2.5	1
24	Adjustment Knob	M16*1.5*27*Φ56	1
25	End Cap	PT50*25*16	2
26	Bolt	M8*20*S6	4
27	Spring Washer	d8	4
28	Washer	d8*Φ16*1.5	6
29	End Cap	PT70*30*20	4
30	Transportation Wheel	Φ48*22*Φ8*22	2
31	Bolt	M8*40*10*S6	2
32	Nylon Nut	M8*H7.5*S13	2
33	Foot Pad	Φ52*43*M8	5
34	Plug	Φ12*11*Φ3	3
35	End Cap	Φ25*16	2
36	Bolt	M10*35	2

No.	Description	Spec.	Qty.
37	Nylon Nut	M10	2
38	Device Holder		1
39	Screw	M5*10*Φ10	3
40	Screw	M6*12*S5	4
41	Foam Grip	Φ23*3*600	1
42	Foam Grip	Φ23*3*435	2
43	Flywheel	8*Φ420*34*4-M8*Φ6 5	1
44	Flywheel Cover	Φ408.1*19*t2.5	2
45	Screw	ST4.2*19*Φ8	6
46	Bearing	6001-2RS	2
47	Flywheel Axle	Φ12*130*M12*1.0*48 *25	1
48	Hexagon Nut	M12*1*H5*S17	3
49	Hexagon Nut	M12*1*H7*S19	1
50	Hexagon Nut	M12*1*H11*S18	2
51	Idler Wheel	Φ39.5*Φ12*23	1
52	Idler Shaft	Φ19*43.4*M10*1.0	1
53	Wave Washer	d12*Φ17*0.3	1
54	Washer	d6*Φ16*1.5	4
55	Bolt	M6*10*Φ15*1.2	1
56	Hexagon Nut	M10*1*H8*S15	1
57	U-shaped Block	30*10*1.5	1
58	Bolt	M6*50*Φ12*3	1
59	Nylon Nut	M6*H6*S10	1
60	Middle Axle	Φ20*172*51.7*77.8	1
61	Bearing	6004-2RS	2
62	Belt Wheel	Φ240*20*Φ20.1*Φ60- 6PJ	1
63	Belt	6PJ480	1
64	C-clip	d20	1
65	Wave Washer	d21*Φ27*0.3	1
66	Bolt	M6*16*S10	4
67	Nylon Nut	M6*H6*S10	5
68	Sleeve	Φ25*Φ20.2*5.5	1
69L/R	Crank	165	2
70L/R	Pedal	9/16"	2
71L/R	Nylon Nut	9/16"	2
72	Hexagon Nut	M10*1.25*H7.5*S14	2
73	Tension and Brake Handle	Φ5*800*Φ1.5*165	1
74	Magnet	40*25*5	2
75	Screw	ST3*10*Φ5.6	2

No.	Description	Spec.	Qty.
76	Bolt	M6*50*10*S5	1
77	Axle	Φ12*53.5*47.4*M6	1
78	C-clip	d12	2
79	Washer	d6*Φ12*1.2	2
80	Magnetic Regulating Seat		1
81	Brake Pad	72*35*4.0	1
82	Bushing	Φ17.5*2.5*Φ15*6*Φ6	1
83	Spring	Φ1.6*Φ15*81*N30	1
84	Screw	M6*20*Φ10.5	1
85	Bolt	M6*12*S5	1
86	-	-	-
87	Washer	d5*Φ10*1.0	3
88	Nylon Nut	M5*H5.5*S10	1
89	Left Belt Cover		1
90	Right Belt Cover		1

No.	Description	Spec.	Qty.
91	Battery Cover		1
92	Cover		2
93	Upper Cover		1
94	Lower Cover		1
95	Screw	ST4.2*19*Φ8	4
96	Screw	M6*12*Φ12	2
97	Screw	M5*16*Φ10	2
98	-	-	-
99	Crank Plug		2
100	Bottle Holder		1
101	Spacer	Φ16*Φ12.1*47.25	1
102	Hexagon Nut	M8	5
A	Allen Wrench	S6	1
B	Spanner	S13-14-15	1
C	Spanner	S17-19	1

HARDWARE PACKAGE



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

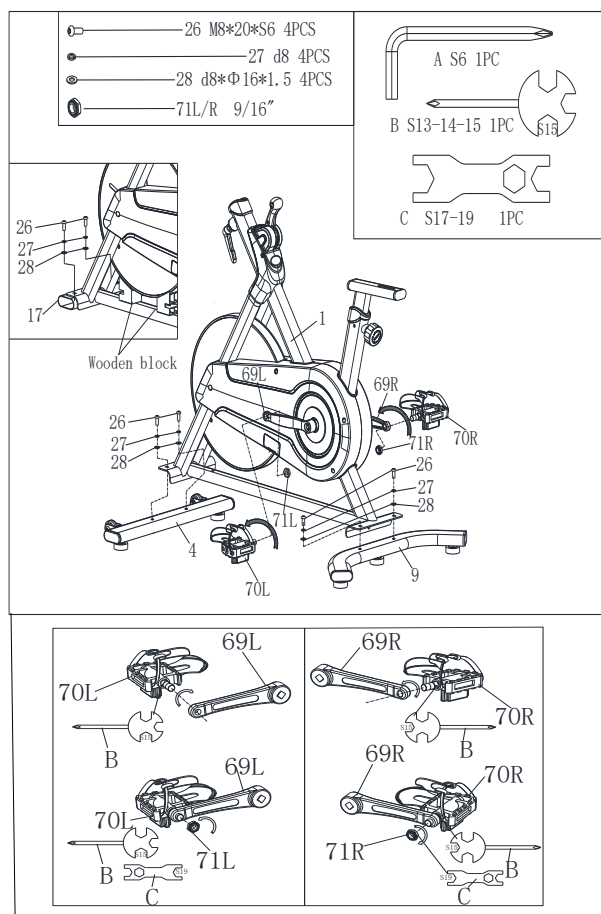
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

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STEP 1:

Remove 2 **Bolts (No. 26)**, 2 **Spring Washers (No. 27)**, and 2 **Washers (No. 28)** from **Shipping Tube (No. 17)**. You may save the **Shipping Tube (No. 17)** and wooden blocks in case you'd like to repackage and transport this bike in the future.

Attach the **Front & Rear Stabilizers (No. 4 & No. 9)** to the **Main Frame (No. 1)** using 4 **Bolts (No. 26)**, 4 **Spring Washers (No. 27)**, and 4 **Washers (No. 28)**. And 2 **Bolts (No. 26)**, 2 **Spring Washers (No. 27)** and 2 **Washers (No. 28)** that were just removed. Tighten with **Allen Wrench (No. A)**.

Note: **Left Pedal (No. 70L)** is marked "L" and **Right Pedal (No. 70R)** is marked "R". Remove the **Nylon Nuts (No. 71L/R)** from **Pedals (No. 70L/R)** use **Spanner (No. C)**.

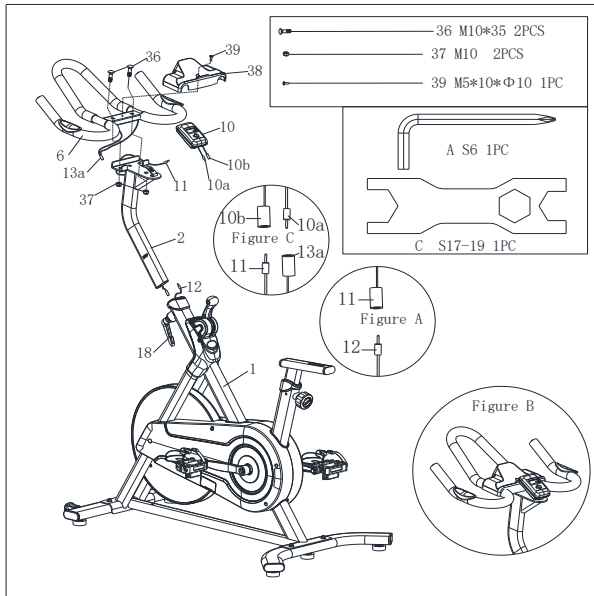
Align the **Left Pedal (No. 70L)** with the **Left Crank (No. 69L)** at 90° and gently insert the pedal into the crank arm. Turn the **Left Pedal (No. 70L)** *counter-clockwise* as tightly as you can with your hand, then tighten and securely with **Spanner (No. B)**.

Hold the bolt of the **Left Pedal (No. 70L)** use **Spanner (No. B)**. Screw the **Left Nylon Nut (No. 71L)** *clockwise* to the thread end of the **Left Pedal (No. 70L)** securely with **Spanner (No. C)**.

Align the **Right Pedal (No. 70R)** with the **Right Crank (No. 69R)** at 90° and gently insert the pedal into the crank arm. Turn the **Right Pedal (No. 70R)** *clockwise* as tightly as you can with your hand, then tighten and securely with **Spanner (No. B)**.

Hold the bolt of the **Right Pedal (No. 70R)** use **Spanner (No. B)**. Screw the **Right Nylon Nut (No. 71R)** *counter-clockwise* to the thread end of the **Right Pedal (No. 70R)** securely with **Spanner (No. C)**.

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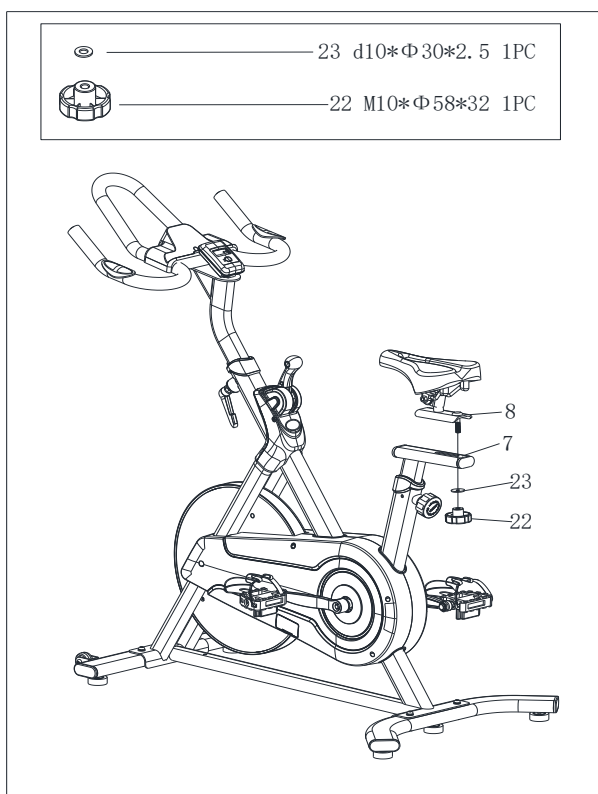
STEP 2:

Connect **Trunk wire (No. 11)** with **Sensor Wire (No. 12)** (Figure A). Loosen and pull out the **L Knob (No. 18)**. Then insert the **Handlebar Post (No. 2)** to **Main Frame (No. 1)**, insert and tighten with the **L Knob (No. 18)** after adjusting the **Handlebar Post (No. 2)** to the desired position.

Attach the **Handlebar (No. 6)** to **Handlebar Post (No. 2)** using 2 **Bolts (No. 36)** and 2 **Nylon Nuts (No. 37)**. Tighten with **Spanner (No. C)**.

Attach the **Device Holder (No. 38)** to **Handlebar (No. 6)** using **Screw (No. 39)**. Tighten with **Allen Wrench (No. A)**.

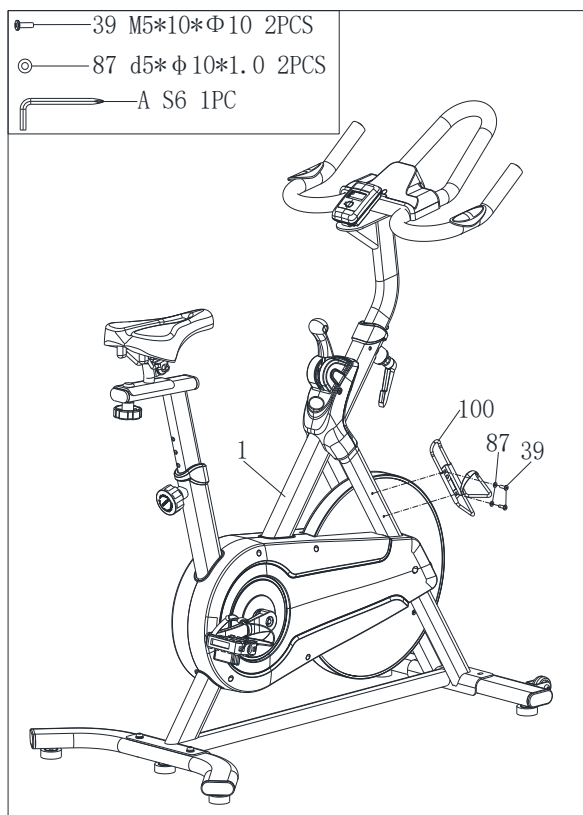
Insert the **Computer (No. 10)** to **Handlebar (No. 6)** (Figure B). Connect **Pulse Sensor Wire (No. 13a)** with **Computer Wire 1 (No. 10a)** and connect **Trunk wire (No. 11)** with **Computer Wire 2 (No. 10b)** (Figure C).



STEP 3:

Attach the **Seat Slider (No. 8)** to the **Seat Post (No. 7)**, tighten and secure with **Washer (No. 23)** and **Knob (No. 22)**.

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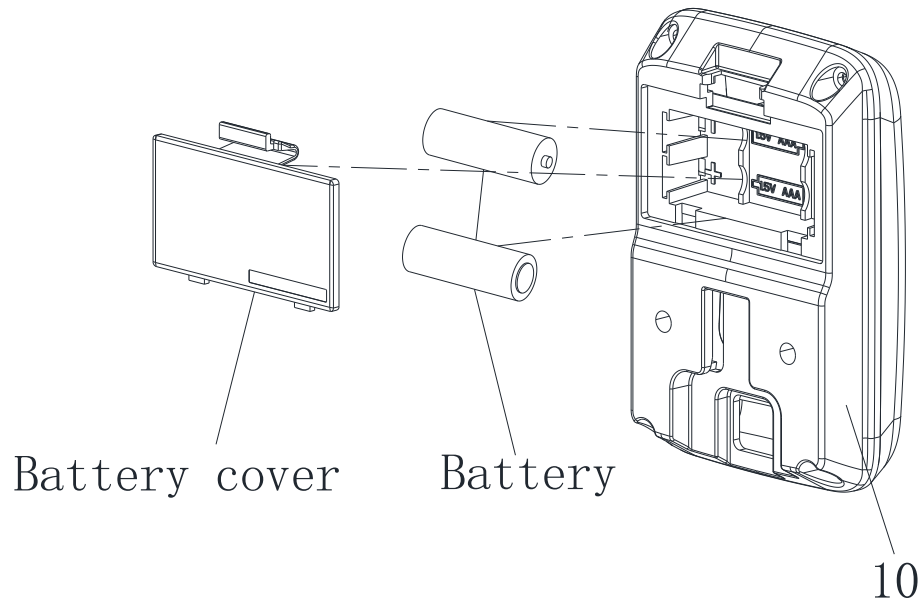


STEP 4:

Remove 2 **Screws (No. 39)** and 2 **Washers (No. 87)** from **Main Frame (No. 1)**. Attach **Bottle Holder (No. 100)** to **Main Frame (No. 1)** with 2 **Screws (No. 39)** and 2 **Washers (No. 87)** that were just removed. Tighten and secure with **Allen Wrench (No. A)**.

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. 10)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 10)**. 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. 10)**.

The installation is complete!

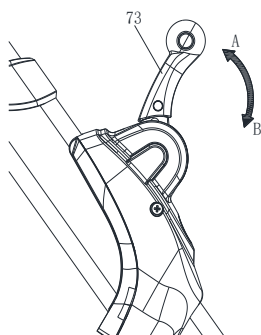
BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the **Computer (No. 10)**, 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. 10)**. 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. 10)**.

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



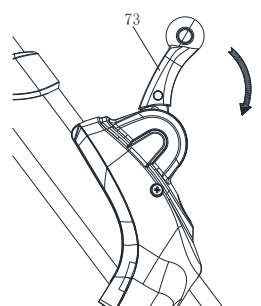
TENSION ADJUSTMENT:

Increasing or decreasing the tension allows you to add variety to your workout sessions.

There are 7 levels resistance. Level 1 is the lowest and level 7 is the highest.

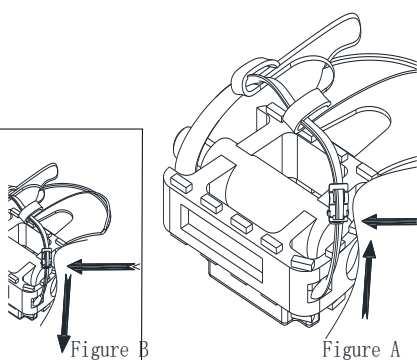
To increase the tension, press the **Tension and Brake Handle (No. 73)** (“+”) down (Arrow B). When you hear a “click”, it means the resistance is increased by 1 level.

To decrease the tension, pull the **Tension and Brake Handle (No. 73)** (“-”) up (Arrow A). When you hear a “click”, it means the resistance is decreased by 1 level.



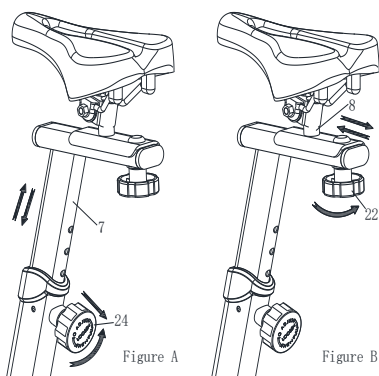
EMERGENCY BRAKE FUNCTION:

The flywheel of the bike has a large inertia. When you need to get off the bike, press down the **Tension and Brake Handle (No. 73)** firmly. Please wait until the flywheel has completely stopped rotating before releasing the **Tension and Brake Handle (No. 73)**. You can get off the bike once the flywheel has stopped.



PEDAL STRAP ADJUSTMENT:

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. Next, insert the strap back into the hoop of the toe-clip. Repeat this process to secure your other foot.

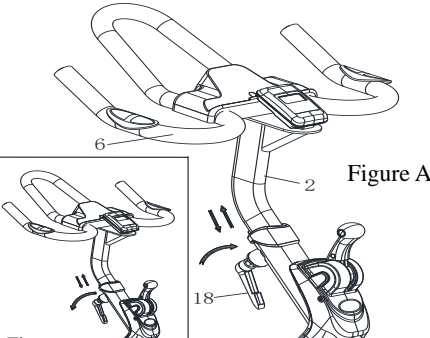
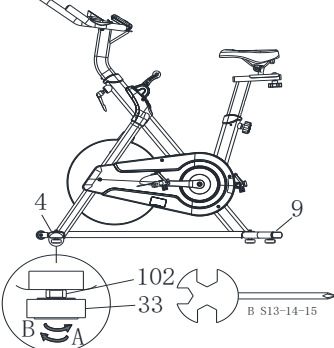
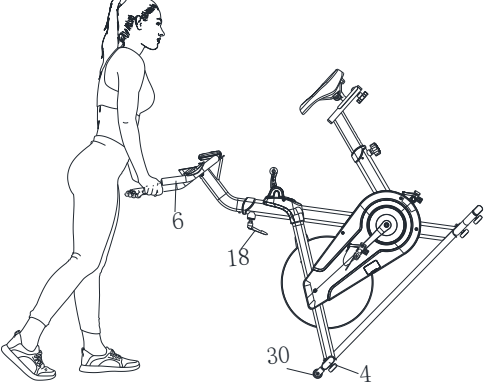


SEAT ADJUSTMENT:

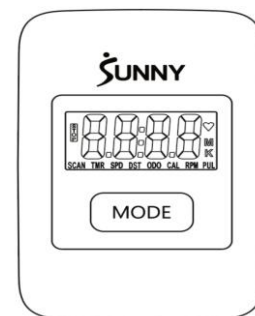
The seat of this bike is fully adjustable.

Move Up and Down: loosen *counter-clockwise* and pull out the **Adjustment Knob (No. 24)**, then raise or lower the **Seat Post (No. 7)** to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 24)** to secure the **Seat Post (No. 7)** *clockwise* in place. (Figure A).

Move Forward and Backward: loosen *counter-clockwise* and pull out the **Knob (No. 22)**, then move the **Seat Slider (No. 8)** forward or backward to the desired position, then tighten the **Knob (No. 22)** *clockwise*. (Figure B).

 <p>Figure A</p> <p>Figure B</p>	<p>HANDLEBAR ADJUSTMENT:</p> <p>To adjust the height of Handlebar (No. 6), loosen <i>counter-clockwise</i> and pull out the L Knob (No. 18), then slide the Handlebar Post (No. 2) up or down to the desired height (Figure A). Once adjusted, tighten the L Knob (No. 18) to <i>clockwise</i> secure the Handlebar Post (No. 2) in place.</p>
	<p>BALANCE ADJUSTMENT:</p> <p>During use, if you notice that the bike is unbalanced, you can adjust the Foot Pads (No. 33) located beneath the Front & Rear Stabilizers (No. 4 & No. 9). To do so, use Spanner (No. B) to loosen Hexagon Nut (No. 102) by turning it <i>clockwise</i> (direction A). With the Hexagon Nut (No. 102) loosened, rotate Foot Pad (No. 33) until it sits level with the surface that the bike is on. When finished adjusting the Foot Pad (No. 33), use Spanner (No. B) to re-tighten the Hexagon Nut (No. 102) by turning it <i>counter-clockwise</i> (direction B). If required, repeat this process to adjust the remaining Foot Pads (No. 33).</p>
	<p>MOVE THE BIKE:</p> <p>To move the bike, stand at the front of the bike so that you are directly in front of the Handlebar (No. 6). Firmly grasp and hold each side of the Handlebar (No. 6), place one foot on the Front Stabilizer (No. 4) and tilt the bike towards you until the Transportation Wheels (No. 30) touch the ground. With the Transportation Wheels (No. 30) on the ground, you can transport the bike to the desired location with ease.</p>

EXERCISE COMPUTER



FUNCTION BUTTON:

MODE:

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

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

OPERATIONS:

AUTO ON/OFF: The computer will show the workout value automatically as the user begins to exercise. When the bike has become inactive or without any exercise over 4 minutes, the computer will turn off and the workout value on the odometer will be held. 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 computer will display all function values: TMR-SPD-DIST-CAL-ODO-RPM-PUL (repeat). Every function will display for 6 seconds.

FUNCTIONS:

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

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

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

CAL (CALORIES): Counts the 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 cannot be used in medical treatment.)

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

RPM: Counts each stroke within a minute. The range is from 0 to 400.

PUL (PULSE): Displays the user's heart rate in beats per minute during exercise. (The data is a rough guide which cannot be used in medical treatment.)

NOTE: please put your hands on the pulse sensors when in PULSE function.

Note:

1. If the display appears incorrectly or becomes difficult to read, please install new batteries and try again.
2. Battery Spec: 1.5V UM-4 or AAA (2PCS).
3. 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>DAILY MAINTENANCE</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"> 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: 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 any built up of 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 secure. 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.

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