



EVOLUTION PRO II MAGNETIC BELT DRIVE INDOOR CYCLING BIKE

SF-B1986

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).



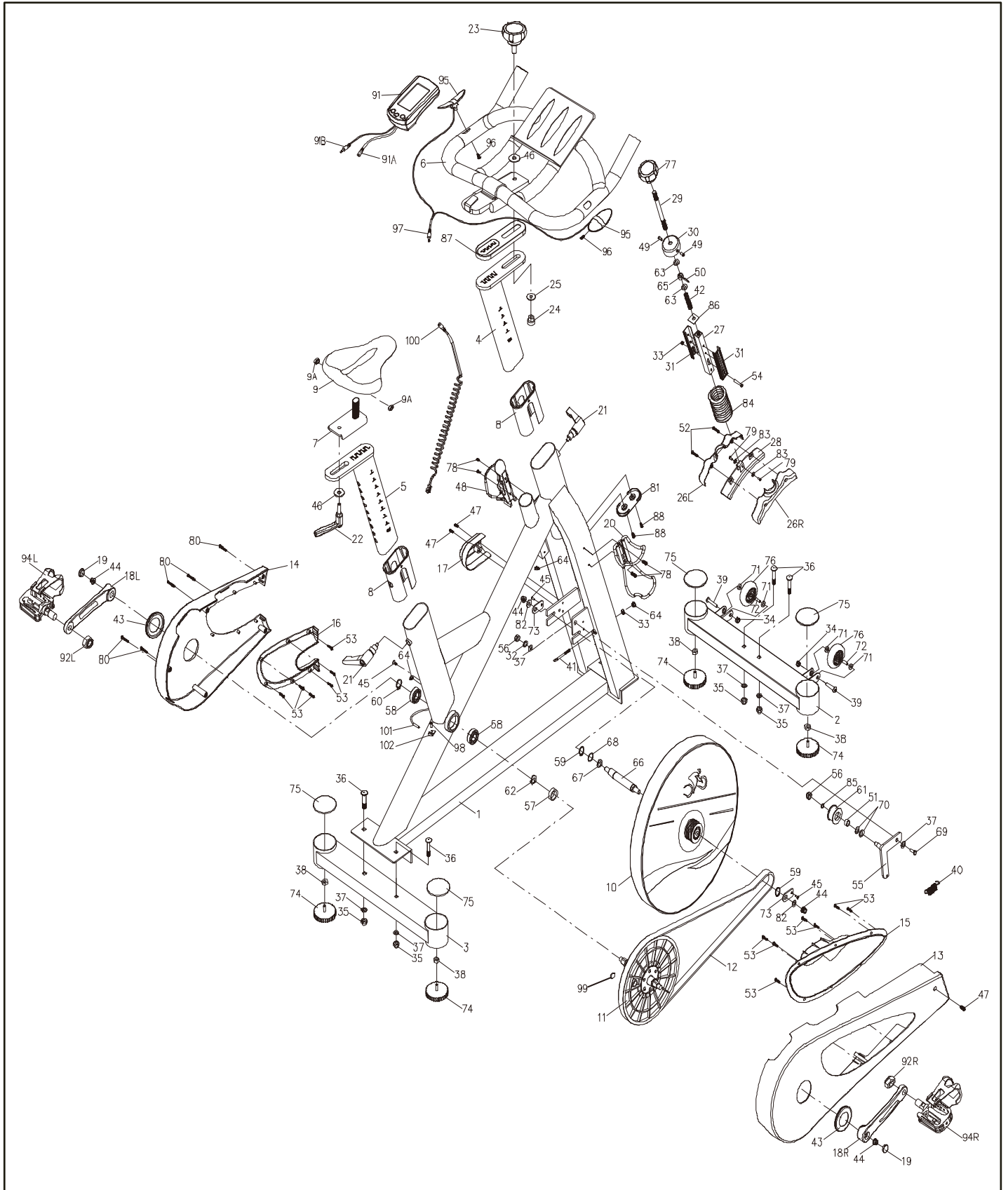
WWW.SUNNYHEALTHFITNESS.COM

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 330 pounds (150 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 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









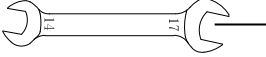
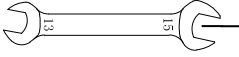




PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer	40x80x2T	1
3	Rear Stabilizer	40x80x2T	1
4	Handlebar Post	40x80x2T	1
5	Seat Post	40x80x2T	1
6	Handlebar	Φ25.4x2T	1
7	Seat Column		1
8	Plastic Fastener	50x100mm	2
9	Seat	VL-6100	1
9A	Nut	M8	2
10	Flywheel	Φ468	1
11	Belt Wheel w/ Axis	Φ260	1
12	Belt	1590 PK5	1
13	Right Belt Cover		1
14	Left Belt Cover		1
15	Right Inner Cover		1
16	Left Inner Cover		1
17	Side Trim Cover		1
18R	Right Crank		1
18L	Left Crank		1
19	Cap for Crank		2
20	Dumbbell Bracket		1
21	Spring Knob	M16x26	2
22	L-shaped Knob	M10x20	1
23	Knob	M10x28	1
24	Lock Nut	M10	1
25	Washer	d19.5xΦ38x2T	1
26R	Right Plastic Cover	For Magnet	1
26L	Left Plastic Cover	For Magnet	1
27	Support Bar	20x20x1.4T	1
28	Magnet Bracket		1
29	Brake Rod		1
30	Fixed Cover		1
31	Groove Fastener		2
32	Spring Washer		1
33	Nylon Nut	M6	2
34	Nylon Nut	M8	2
35	Cap Nut	M10	4
36	Carriage Bolt	M10x55	4
37	Washer	d10xΦ19x1.5T	6
38	Hex Nut	M10x6T	4
39	Hex Socket Bolt	M8x38	2
40	Spring	Φ2.6x18	1
41	Adjustment Bar	Φ6x60	1
42	Compressed Spring	Φ1.5x9	1
43	Crank Plug		2
44	Flange Nut	M12x1.5	4
45	Hex Socket Bolt	M8x15	3
46	Washer	d10xΦ29x2T	2
47	Self-tapping Screw	M5x12	3
48	Bottle Holder		1
49	Screw	M5x10	2
50	Phillips Screw	M3x10	1
51	Steel Sleeve	Φ12x17x9	1
52	Self-tapping Screw	M4.5x15	2

No.	Description	Spec.	Qty.
53	Self-tapping Screw	M4.2x10	13
54	Hex Bolt	M6x35	1
55	Idle Wheel Fixture		1
56	Nylon Nut	M10x9T	2
57	Steel Sleeve	Φ25.1x32x10T	1
58	Steel Bearing	6005-2RS	2
59	C-ring	Φ20	2
60	C-ring	Φ25	1
61	Idle Wheel		1
62	Wave Washer	27x34x0.3T	1
63	Plastic Washer	10x20x2T	2
64	Plug	Φ17	3
65	Steel Sleeve	Φ10.2x15x6T	1
66	Axis	Φ20x155mm	1
67	Wave Washer	21x27x0.3T	1
68	Washer	20.5x25x0.5T	1
69	Hex Bolt	M10x32	1
70	Washer	12x17x1.0T	2
71	Plastic Bearing	Φ12.8x21.4x6.7T	4
72	Plastic Sleeve	Φ7.9x12.7x23.5	2
73	Fixed Plate		2
74	Cushion Knob	M10x25	4
75	Cap	Φ76	4
76	Transportation Wheel	Φ70	2
77	Tension Control Knob	M10	1
78	Screw	M5x15	4
79	Bolt	M5x10	2
80	Self-tapping Screw	M4.5x25	5
81	Plastic Cap		1
82	Washer	12x24x1.5T	2
83	Washer	Φ5	2
84	Plastic Cover		1
85	Washer	10x20x2T	1
86	Plastic Spacer	34.8x34.8x6T	1
87	Oval Cover		1
88	Self-tapping Screw		2
89	Wrench	S14 S17	1
90	Wrench	S13 S15	1
91	Computer	TZ-4110	1
91A	Pulse Cable		1
91B	Plug Cable		1
92L	Left Lock Nut	9/16"	1
92R	Right Lock Nut	9/16"	1
93	Spanner	S14 S17 S19	1
94R	Right Pedal	JD-014	1
94L	Left Pedal	JD-014	1
95	Hand Pulse Sensor		2
96	Tapping Screw	ST4.2x16	2
97	Hand Pulse Cable		1
98	Tapping & Drilling Screw	ST4.2x16	1
99	Sensor Magnet		1
100	Computer Cable		1
101	Sensor Cable		1
102	Sensor Bracket		1
103	Allen Wrench	S4	1

HARDWARE PACKAGE

	—————	#23 M10X28 1PC		—————	#22 M10 1PC
	—————	#35 M10 4PCS		—————	#24 M10 1PC
	—————	#36 M10x55 4PCS		—————	#25 d19.5xΦ38x2T 1PC
	—————	#37 d10xΦ19x1.5T 4PCS		—————	#46 d10xΦ29x2T 2PCS
	—————	# 89 S14 S17 1PC		—————	# 90 S13 S15 1PC
	—————	#93 S14 S17 S19 1PC		—————	#103 S4 1PC

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

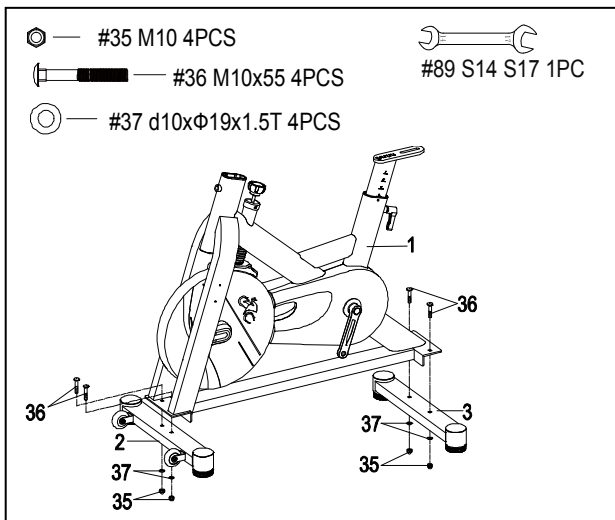
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

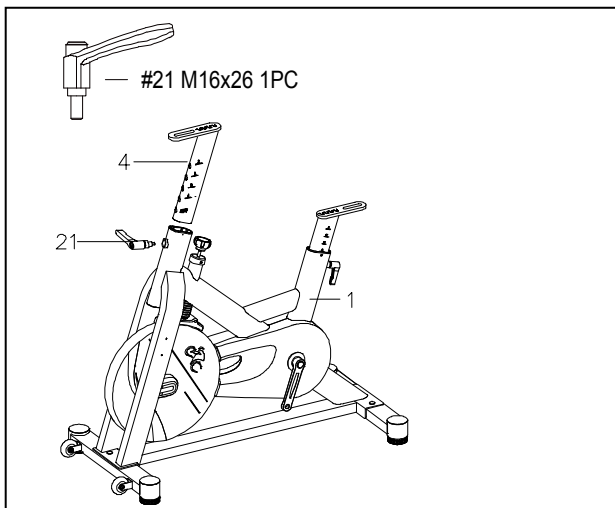
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach **Rear Stabilizer (No. 3)** to **Main Frame (No. 1)** using 2 **Carriage Bolts (No. 36)**, 2 **Washers (No. 37)**, and 2 **Cap Nuts (No. 35)**. Tighten with **Wrench (No. 89)**.

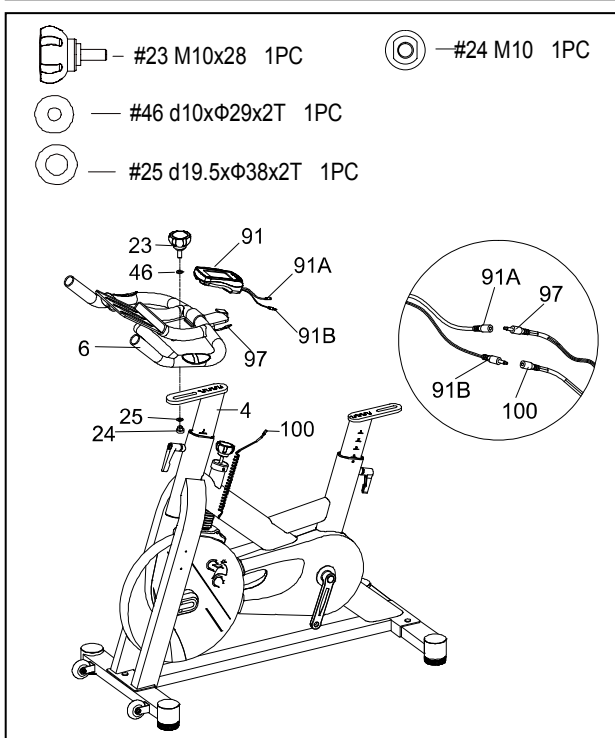
Attach **Front Stabilizer (No. 2)** to **Main Frame (No. 1)** using 2 **Carriage Bolts (No. 36)**, 2 **Washers (No. 37)** and 2 **Cap Nuts (No. 35)**. Tighten with **Wrench (No. 89)**.



STEP 2:

Unscrew **Spring Knob (No. 21)** from the **Main Frame (No. 1)**.

Insert **Handlebar Post (No. 4)** into **Main Frame (No. 1)** and attach with **Spring Knob (No. 21)**.



STEP 3:

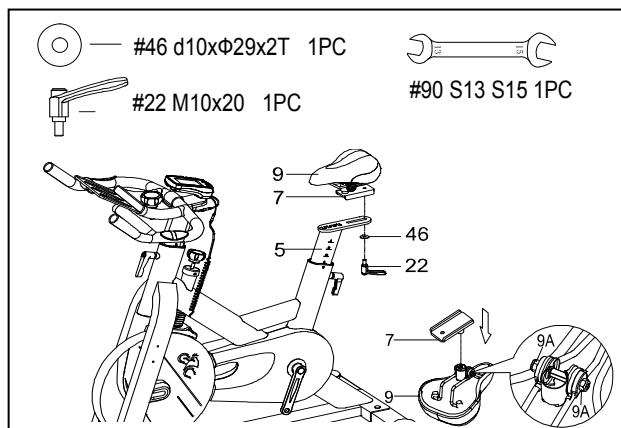
Secure the **Handlebar (No. 6)** onto the **Handlebar Post (No. 4)** using **Knob (No. 23)**, **Washer (No. 46)**, **Washer (No. 25)**, and **Lock Nut (No. 24)**.

Insert **Computer (No. 91)** onto computer holder on the **Handlebar (No. 6)**.

Connect **Computer Cable (No. 100)** with **Plug Cable (No. 91B)** from the **Computer (No. 91)**;

Connect **Hand Pulse Cable (No. 97)** with **Pulse Cable (No. 91A)** from the **Computer (No. 91)**.

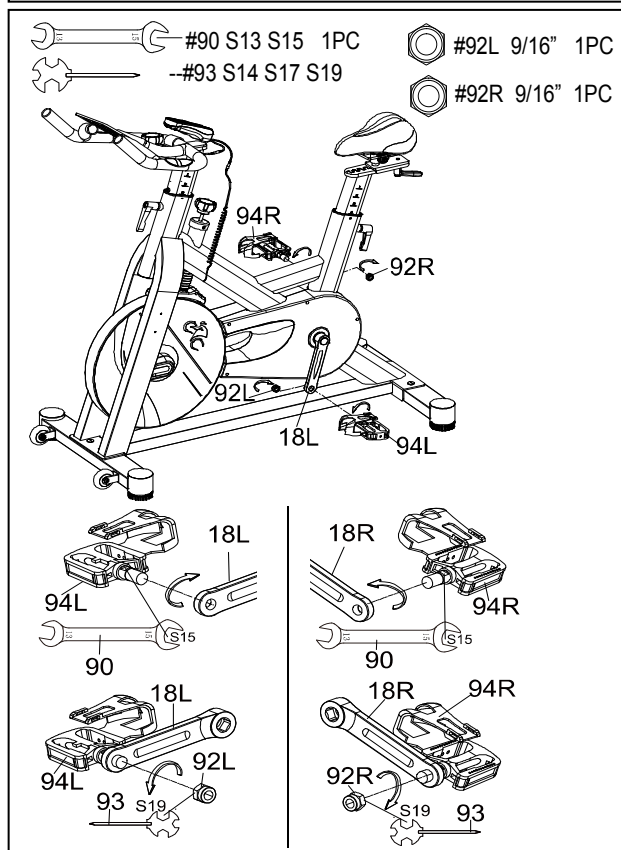
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STEP 4:

Loosen 2 Nuts (No. 9A) on Seat (No. 9), and then attach Seat Column (No. 7) to Seat (No. 9) and re-tighten the Nuts (No. 9A) with Wrench (No. 90).

Insert the Seat Column (No. 7) into Seat Post (No. 5) and tighten using the L-shaped Knob (No. 22) and Washer (No. 46).



STEP 5:

Remove the Right Lock Nut (No. 92R) located on the Right Pedal (No. 94R). Screw the Right Pedal (No. 94R) clockwise into Right Crank (No. 18R). Once the pedal is in place, use Wrench (No. 90) to hold the bolt of the pedal. Securely screw the Right Lock Nut (No. 92R) counter-clockwise into the thread end of the Right Pedal (No. 94R) with Spanner (No. 93).

Remove the Left Lock Nut (No. 92L) located on the Left Pedal (No. 94L). Screw the Left Pedal (No. 94L) counter-clockwise into Left Crank (No. 18L). Once the pedal is in place, use Wrench (No. 90) to hold the bolt of the pedal. Securely screw the Left Lock Nut (No. 92L) clockwise into the thread end of the Left Pedal (No. 94L) with Spanner (No. 93).

STEP 6:

Adjust the bolt on the Bottle Holder (No. 48) with provided Allen Wrench (No. 103) to your preferred size.

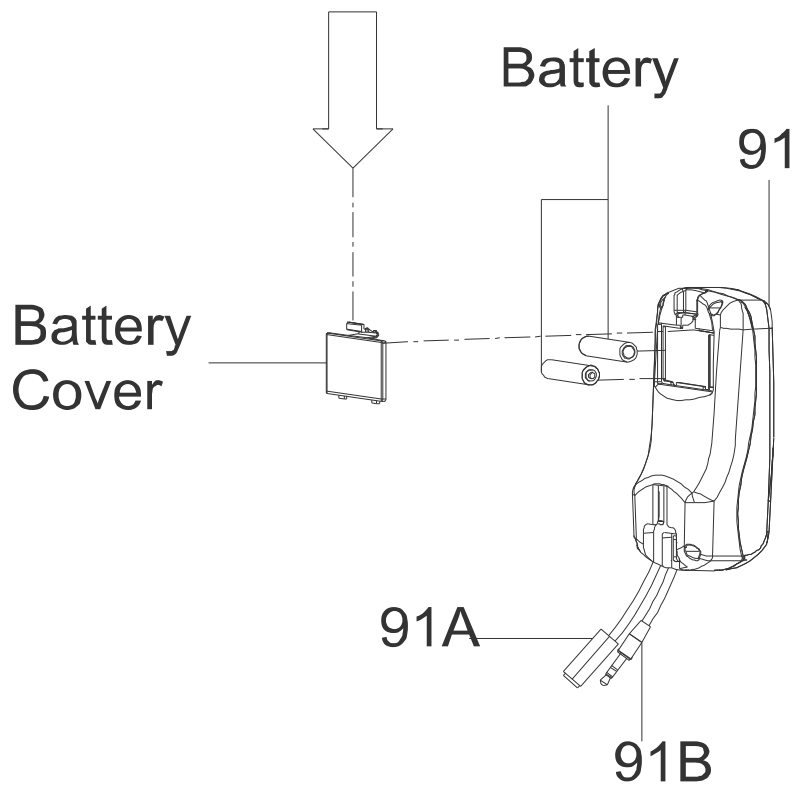
Remove the 4 Screws (No. 78) on the forks of the Main Frame (No. 1).

Re-attach 2 Screws (No. 78) back onto the left fork of Main Frame (No. 1) along with the Bottle Holder (No. 48). Tighten with Spanner (No. 93).

Re-attach 2 Screws (No. 78) back onto the right fork of Main Frame (No. 1) along with the Dumbbell Bracket (No. 20). Tighten with Spanner (No. 93).

The assembly is complete!

BATTERY INSTALLATION AND REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from the **Computer (No. 91)** box.
2. Press the buckle of battery cover on the back of the **Computer (No. 91)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 91)**. 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. 91)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 91)**, 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. 91)**. 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. 91)**.

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.

EXERCISE COMPUTER

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, and 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.

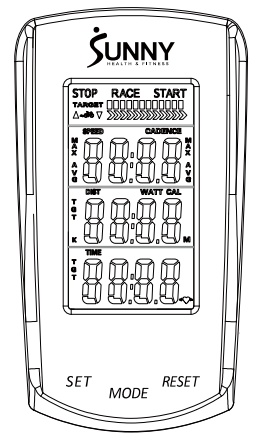
PULSE: Display the current pulse rate.

MILES OR KILOMETERS SETTING:

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

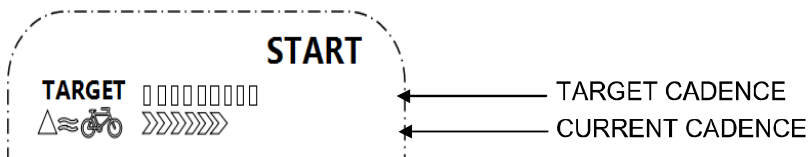
SET TARGET VALUES:

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.

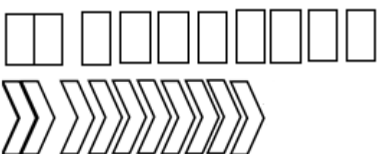


When Current CADENCE is less than Target CADENCE, the up arrow next to the bicycle will be displayed.

 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.



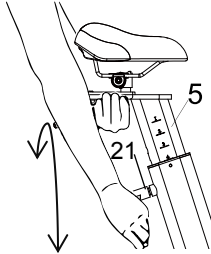
PULSE:
 To measure the pulse, press MODE until computer is on the PULSE function. Hold the hand pulse sensors for at least 5 seconds to measure your pulse. This value is for reference only. It cannot be used as the basis for medical treatment.

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 batteries according to your state and regional guidelines.

ADJUSTMENTS & USAGE GUIDE

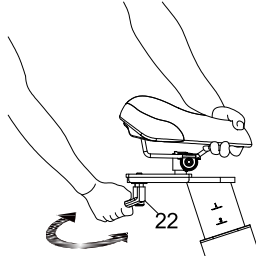
SEAT ADJUSTMENT

Loosen the **Spring Knob (No. 21)** to raise or lower the **Seat Post (No. 5)** to the desired position. Make sure the **Seat Post (No. 5)** settles into the desired hole and retighten the **Spring Knob (No. 21)**.



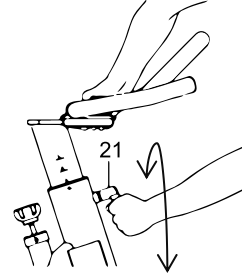
SEAT ADJUSTMENT

Loosen the **L-shaped Knob (No. 22)** to move the seat forward or backward to the desired position. Once the position is located, firmly secure the **L-shaped Knob (No. 22)** by turning it *clockwise*.



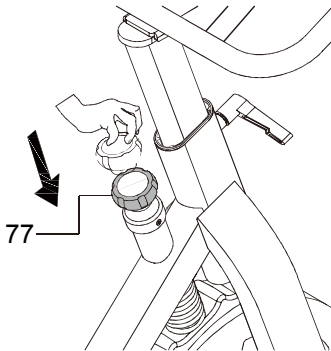
HANDLEBAR ADJUSTMENT

Loosen the **Spring Knob (No. 21)** to raise or lower the handlebar to the desired position. Make sure the **Spring Knob (No. 21)** settles into the desired hole. Secure it firmly by turning *clockwise*.



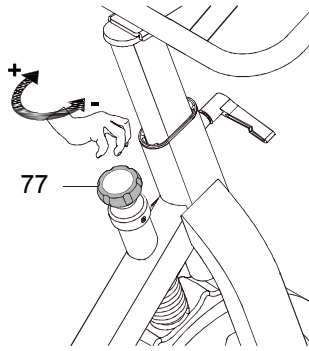
EMERGENCY BRAKE

Push down and hold the **Tension Control Knob (No. 77)** to stop the flywheel immediately at any time during exercising.



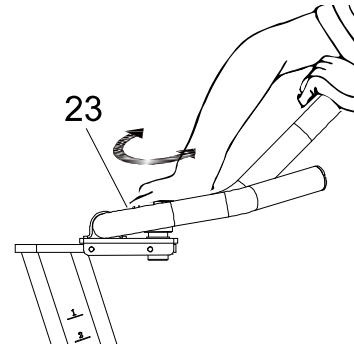
TENSION ADJUSTMENT

Turn **Tension Control Knob (No. 77)** *clockwise* to increase the tension and *counter-clockwise* to decrease the tension.



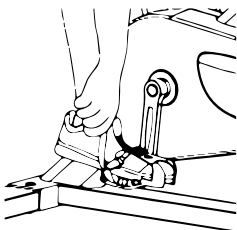
HANDLEBAR ADJUSTMENT

Loosen the **Knob (No. 23)** to move the handlebar forward or backward to the desired position. Once the handlebar is in the desired position, firmly secure the **Knob (No. 23)** by turning it *clockwise*.



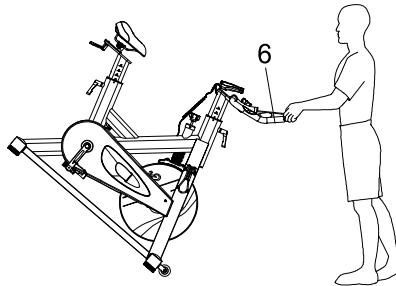
PEDAL STRAP ADJUSTMENT

Your feet should be secured in the toe-clips during exercise. Place your foot as far forward into the toe-clips as you can. With your foot in place, turn the crank to bring one foot 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.



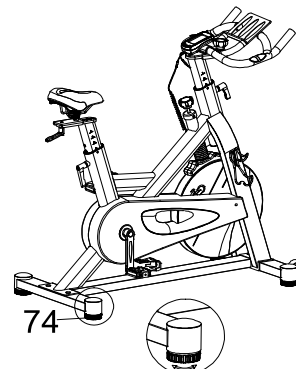
MOVING THE BIKE

Steadily push down from the front of **Handlebar (No. 6)** to tilt the bike towards you. With the transportation wheels touch the ground, you can gently move the bike to the desired location. Move the bike with caution as impact may cause damage to the bike.



ADJUSTING THE BALANCE

To achieve a smooth and comfortable ride, ensure the bike is stable. If you notice the bike is unbalanced during use, adjust the foot levelers located beneath the front and rear stabilizers. To do so, rotate the **Cushion Knobs (No. 74)** until the bike becomes levelled with the floor.

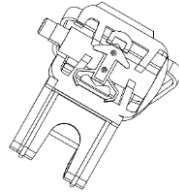


SPD TECHNICAL SERVICE INSTRUCTIONS

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.



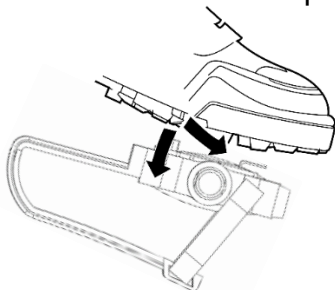
Note:

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

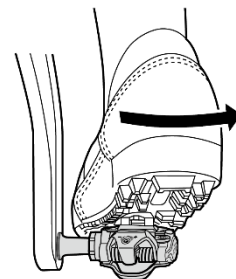
Engaging

Press the cleat into the pedal.



Disengaging

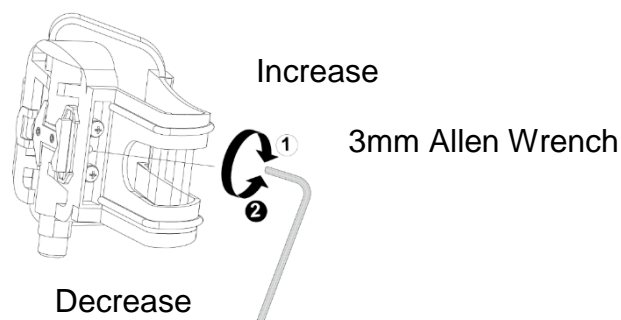
Remove by twisting your heel to the outside.



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.



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: 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 any buildup 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, 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. 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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