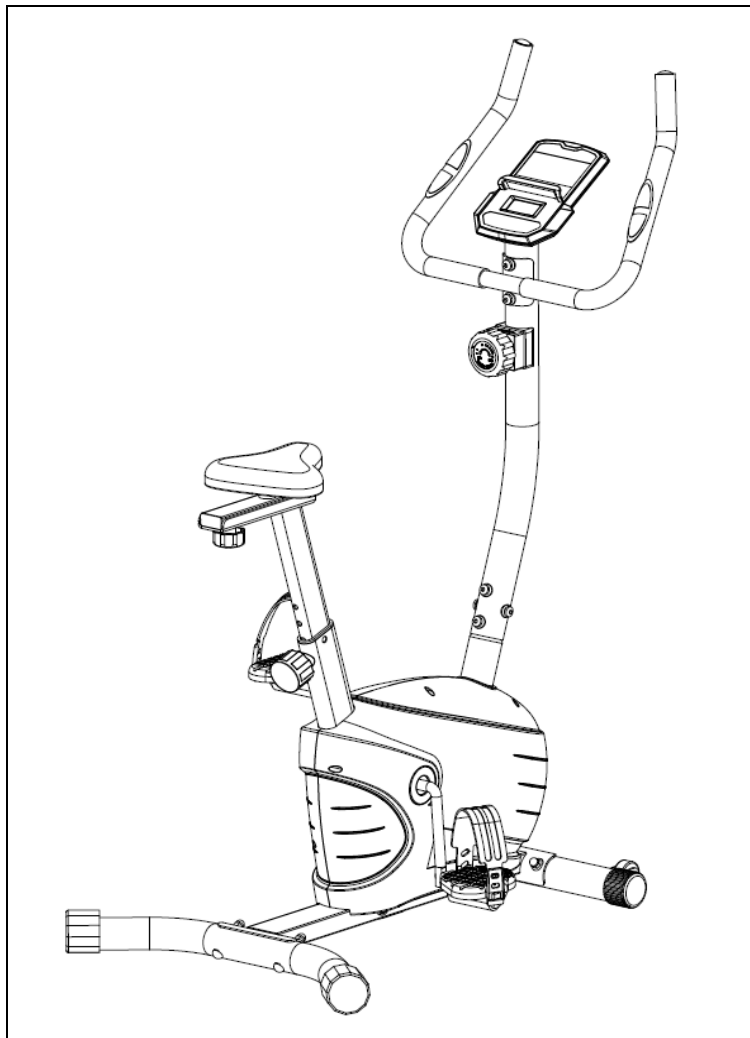




PERFORMANCE INTERACTIVE SERIES UPRIGHT BIKE SF-B220030 USER MANUAL



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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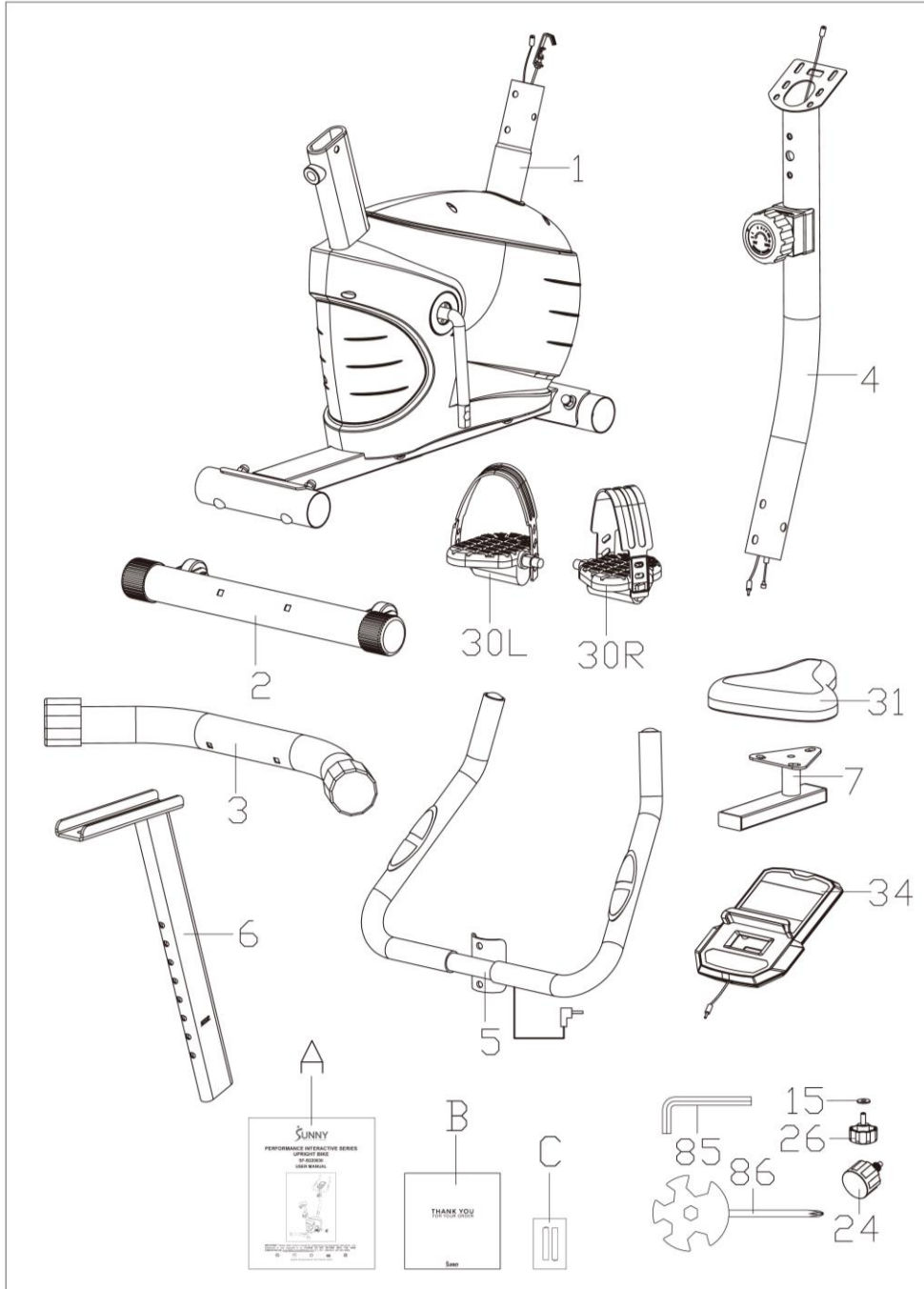
IMPORTANT SAFETY INFORMATION

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 250 pounds (115 KG).
10. The equipment is not suitable for therapeutic use.
11. Use caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
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

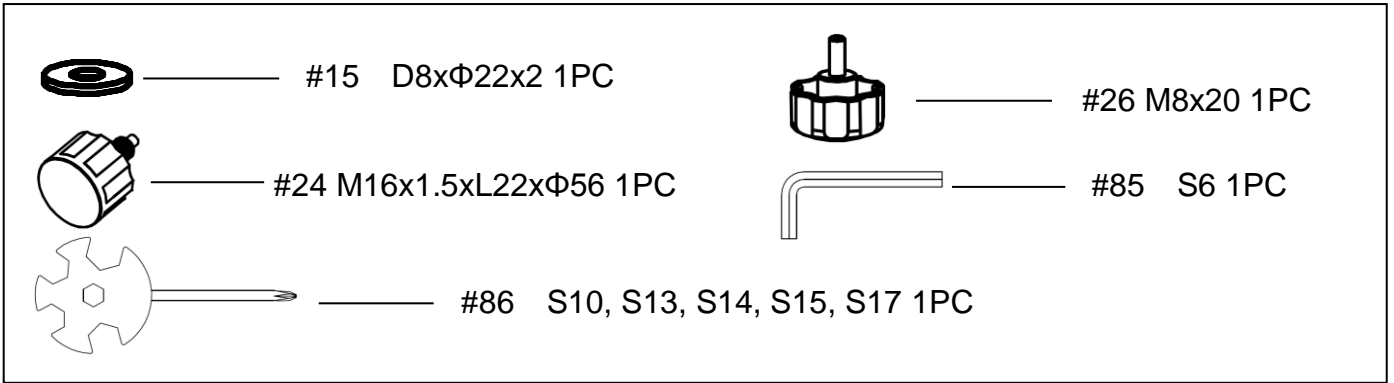
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5	Handlebar		1
6	Seat Tube		1
7	Seat Slider		1
15	Flat Washer	D8×Φ22×2	1
24	Knob	M16x1.5xL22xΦ5 6	1

No.	Description	Spec.	Qty.
26	Knob	M8x20	1
30L/R	Pedal		1PR.
31	Seat		1
34	Meter		1
85	Allen Wrench	S6	1
86	Spanner	S10, S13, S14, S15, S17	1
A	Manual		1
B	Thank You Card		1
C	Battery		2

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 end of the manual)

Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS

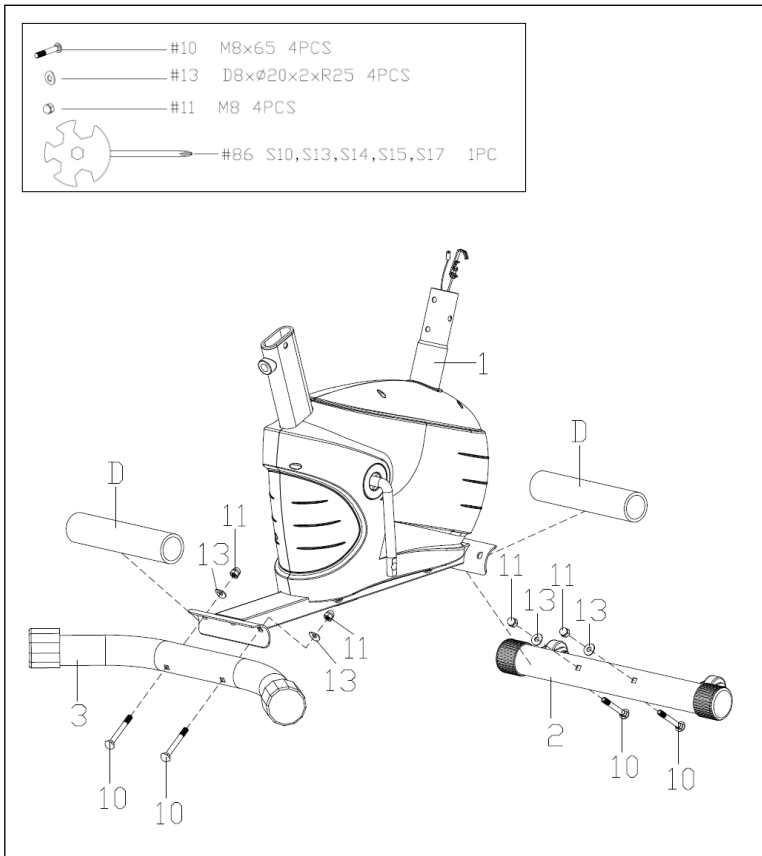
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

STEP 1

Remove the 4 **Carriage Bolts (No. 10)**, 4 **Arc Washers (No. 13)** and 4 **Cap Nuts (No. 11)** from the 2 **Paper Tubes (No. D)** using **Spanner (No. 86)**.

NOTE: You may discard the 2 **Paper Tubes (No. D)** or save them to repackage the item in the future.

Attach the **Front Stabilizer (No. 2)** and the **Rear Stabilizer (No. 3)** to the **Main Frame (No. 1)** with 4 **Carriage Bolts (No. 10)**, 4 **Arc Washers (No. 13)** and 4 **Cap Nuts (No. 11)** that were just removed using **Spanner (No. 86)**.

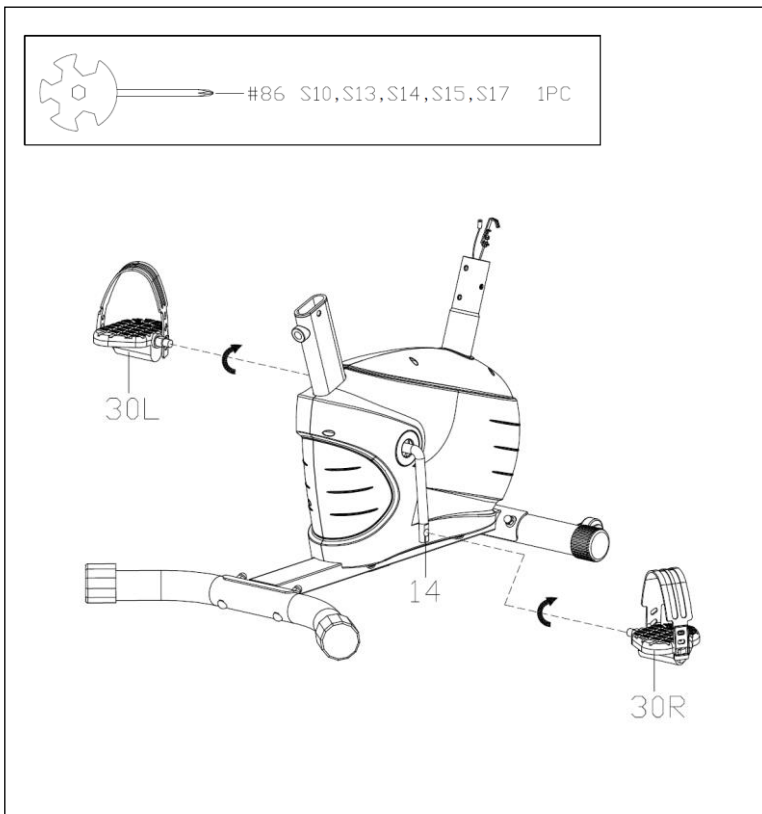


STEP 2

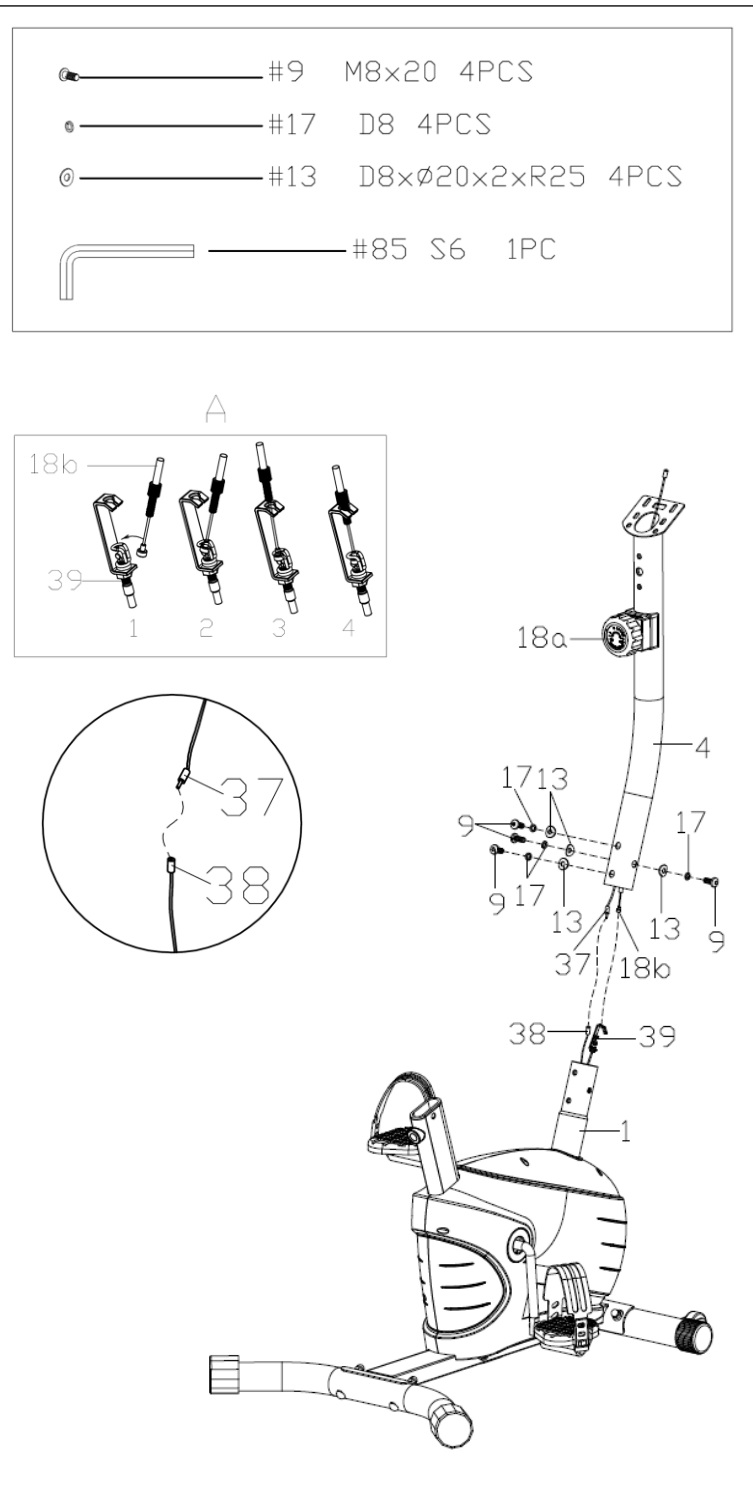
Attach the **Left Pedal (No. 30L)** to the left side of the **Crank (No. 14)**. Turn the **Left Pedal (No. 30L)** counter-clockwise as tightly as you can with your hand. Then secure by using **Spanner (No. 86)**.

Attach the **Right Pedal (No. 30R)** to the right side of the **Crank (No. 14)**. Turn the **Right Pedal (No. 30R)** clockwise as tightly as you can with your hand. Then secure by using **Spanner (No. 86)**.

NOTE: Attaching the **Pedals (No. 30L/R)** to the wrong side of the **Crank (No. 14)** or turning it the wrong direction can damage the **Crank (No. 14)**.



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STEP 3

NOTE: Make sure the **Tension Controller (No. 18a)** is at the lowest level before you connect the cable. This ensures the wires are at their longest point. We recommend the assistance of a second person to help hold the **Handlebar Post (No. 4)**. This will make the connection easier when you are attaching **Tension Hook (No. 39)** to the **Tension Cable (No. 18b)**.

Attach the **Tension Cable (No. 18b)** into the metal bracket of **Tension Hook (No. 39)** as shown in drawing A-①. Then, pull **Tension Cable (No. 18b)** upward and insert it into the slot of metal bracket of **Tension Hook (No. 39)** as shown in drawing A-③. Make sure the metal fitting on **Tension Cable (No. 18b)** is secured in the metal bracket.

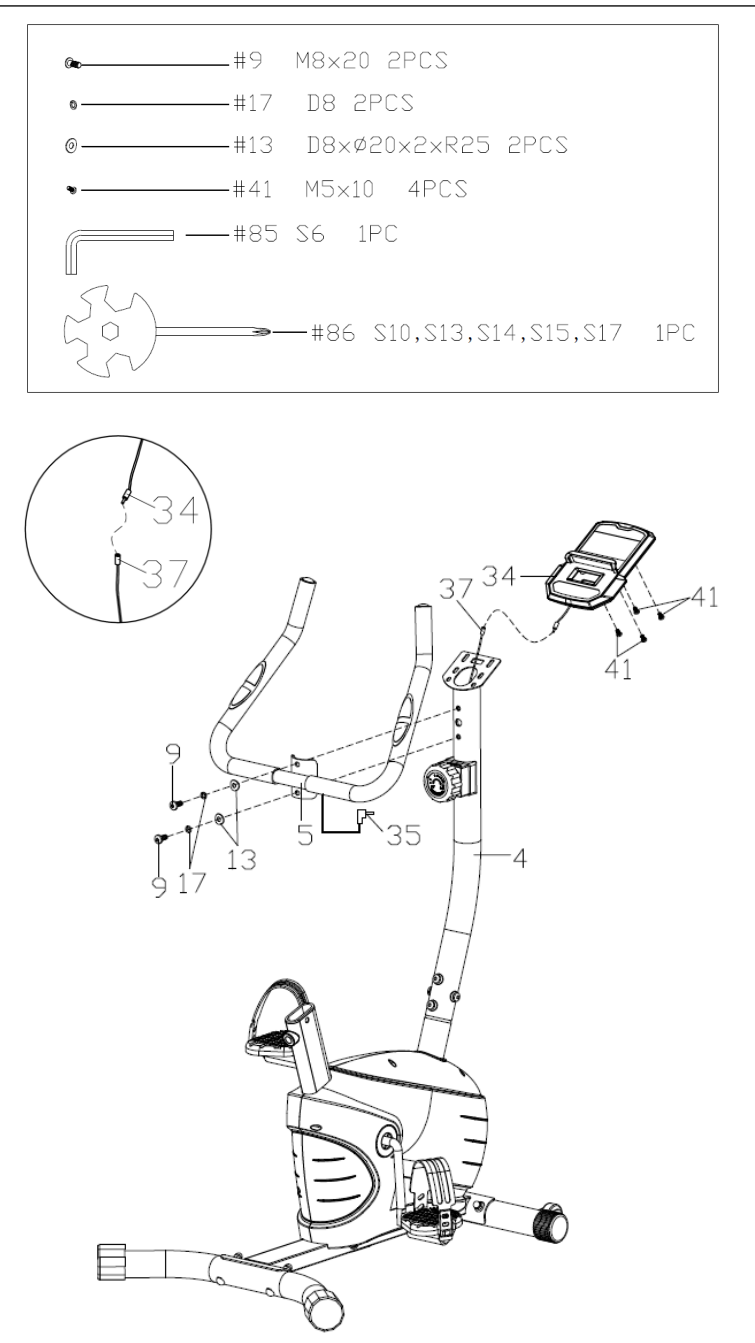
Connect the **Sensor Extension Wire 2 (No. 37)** to the **Sensor Extension Wire 1 (No. 38)**.

Remove 4 **Screws (No. 9)**, 4 **Spring Washers (No. 17)** and 4 **Arc Washers (No. 13)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 85)**.

Attach the **Handlebar Post (No. 4)** to the **Main Frame (No. 1)** with 4 **Screws (No. 9)**, 4 **Spring Washers (No. 17)** and 4 **Arc Washers (No. 13)** that were just removed. Tighten and secure with the **Allen Wrench (No. 85)**.

NOTE: Do not cut or pinch any wires when attaching the **Handlebar Post (No. 4)**.

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STEP 4

Remove the preassembled 4 **Screws (No. 41)** from the **Meter (No. 34)** with **Spanner (No. 86)**.

Connect the **Sensor Extension Wire 2 (No. 37)** to the wire coming from the **Meter (No. 34)**.

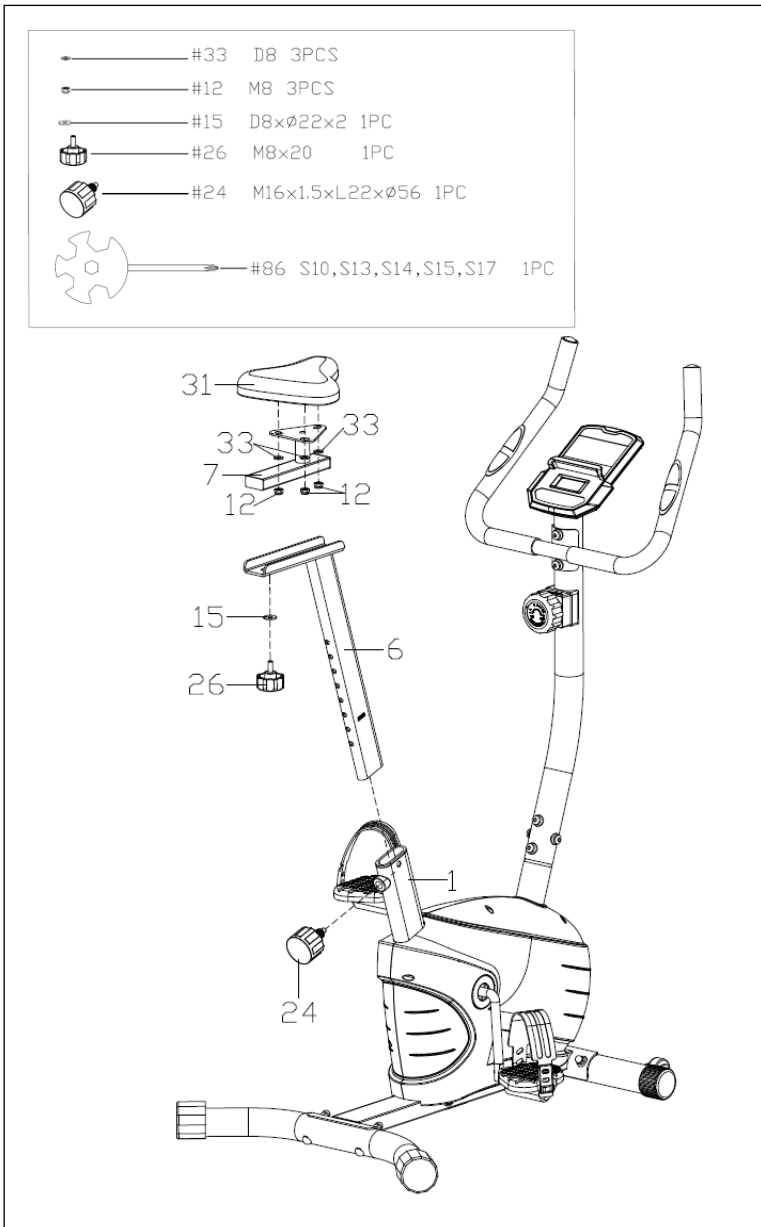
Attach the **Meter (No. 34)** to the bracket of the **Handlebar Post (No. 4)** with 4 **Screws (No. 41)** that were just removed using **Spanner (No. 86)**. Then Plug the **Pulse Wire (No. 35)** to the jack on the back of the **Meter (No. 34)**.

Note: To avoid damaging the wires, please insert them inside the **Handlebar Post (No. 4)** before securing the **Meter (No. 34)** onto the bracket.

Remove 2 **Arc Washers (No. 13)**, 2 **Spring Washers (No. 17)** and 2 **Screws (No. 9)** from **Handlebar Post (No. 4)** with **Allen Wrench (No. 85)**.

Attach the **Handlebar (No. 5)** to the bracket of the **Handlebar Post (No. 4)** with 2 **Arc Washers (No. 13)**, 2 **Spring Washers (No. 17)** and 2 **Screws (No. 9)** that were just removed with **Allen Wrench (No. 85)**.

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STEP 5

Remove 3 **Flat Washers (No. 33)** and 3 **Nylon Nuts (No. 12)** from the **Seat (No. 31)** by using the **Spanner (No. 86)**.

Attach the **Seat (No. 31)** to the **Seat Slider (No. 7)** and tighten with 3 **Flat Washers (No. 33)** and 3 **Nylon Nuts (No. 12)** that are just removed using the **Spanner (No. 86)**.

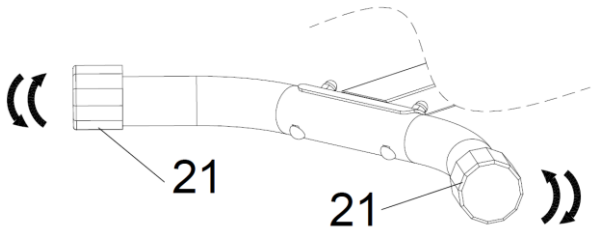
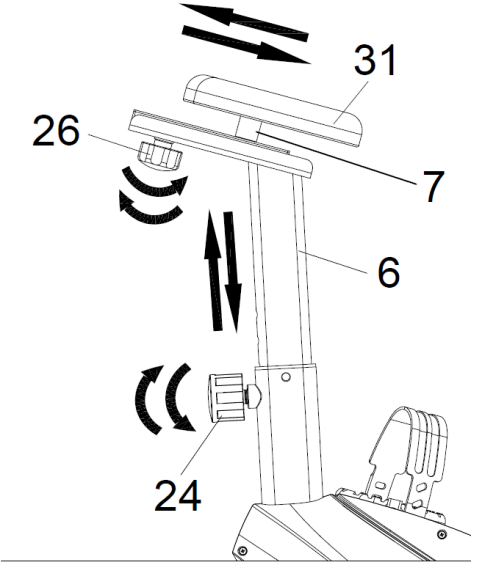
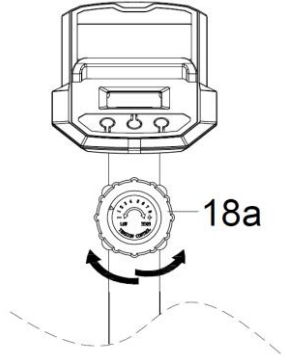
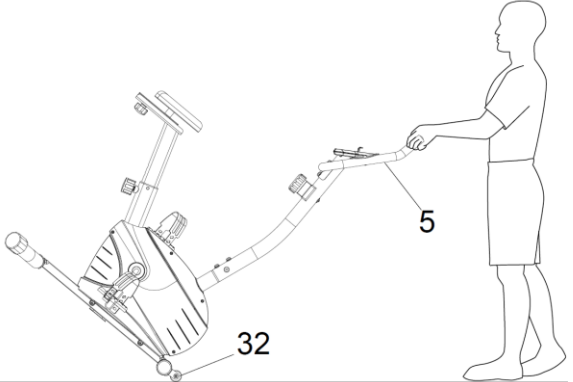
Attach the **Seat Slider (No. 7)** to the **Seat Tube (No. 6)**, secure and tighten **Flat Washer (No. 15)** and **Knob (No. 26)**.

Insert the **Seat Tube (No. 6)** to the post of **Main Frame (No. 1)**, adjust to the proper height. Then insert and tighten the **Knob (No. 24)** to secure the **Seat Tube (No. 6)** in place.

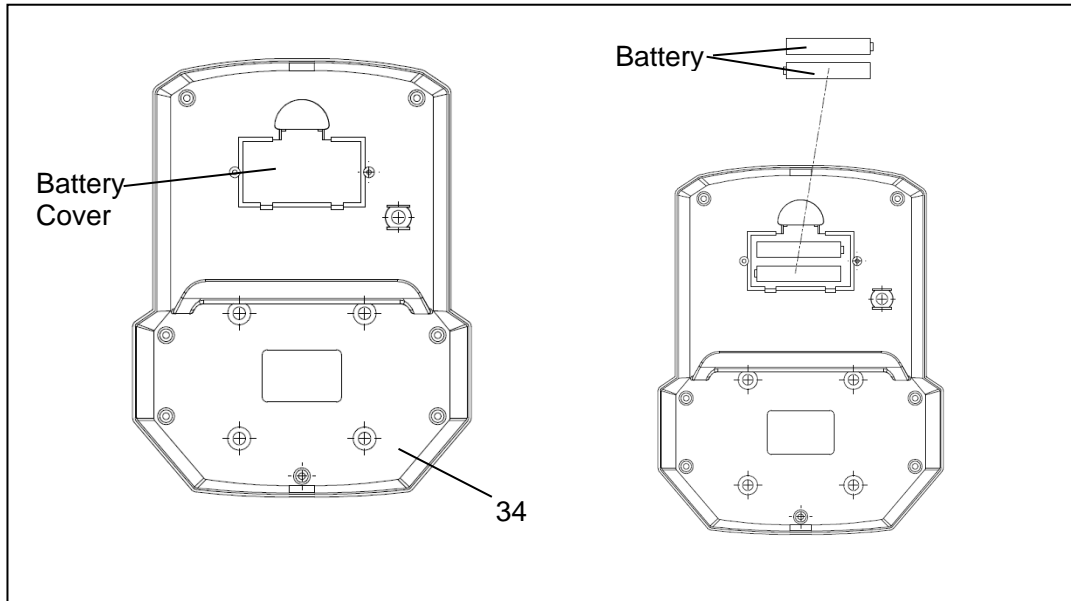
Note: Before exercise, make sure the **Seat (No. 31)** is tightly locked to the post of **Seat Slider (No. 7)**.

THE ASSEMBLY IS COMPLETE!

ADJUSTMENT GUIDE

	<p>ADJUSTING THE BALANCE</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the bike is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the Read End Caps (No. 21) located on the rear stabilizer until the bike becomes levelled with the floor surface.</p>
	<p>ADJUSTING THE SEAT</p> <p>The Seat (No. 31) 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 Tube (No. 6), loosen and pull the Knob (No. 24) outward, then raise or lower the Seat (No. 31) to the desired height. Once adjusted, re-insert and tighten the Knob (No. 24) to secure the Seat (No. 31) in place.</p> <p>To adjust the Seat (No. 31) back and forth, loosen the Knob (No. 26) and slide the Seat Slider (No. 7) to the desired position. Then tighten the Knob (No. 26) to secure the Seat Slider (No. 7) in place.</p>
	<p>ADJUSTING THE TENSION</p> <p>Adjust the tension by rotating the Tension Controller (No. 18a) <u>clockwise</u> to increase the level of resistance. Rotate the Tension Controller (No. 18a) <u>counter-clockwise</u> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p>MOVING THE BIKE</p> <p>Hold the bike by the Handlebar (No. 5) and press down until the Transportation Wheels (No. 32) touch the ground. With the Transportation Wheels (No. 32) on the ground, you can transport the bike to the desired location with ease.</p>

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 2 AAA batteries from meter box.
2. Press the buckle of battery cover on the **Meter (No. 34)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 34)**. 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 **Meter (No. 34)**.

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the **Meter (No. 34)**, 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 **Meter (No. 34)**. 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 **Meter (No. 34)**.

The replacement is complete!

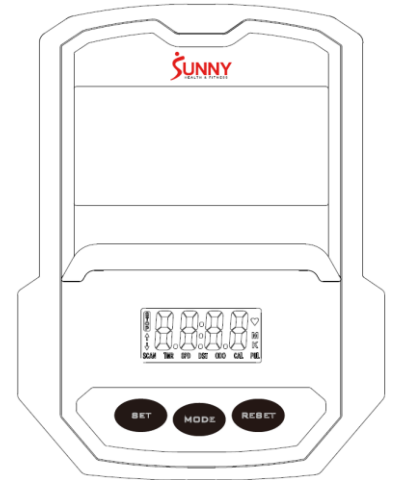
BATTERY DISPOSAL

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

EXERCISE METER

FUNCTION BUTTONS:

- MODE:** Press the button to select TIME, DISTANCE, and CALORIES to preset.
Press the button for selection function display value on LCD or enter after setting.
Press the button and hold for 3 seconds to reset all values except odometer to zero.
(When user replaces the batteries, all the values will reset to ZERO automatically).
- SET:** To set up the target value of TIME, DISTANCE, and CALORIES. Press the button and hold for 2 seconds to speed up the increment.
- RESET:** Press the button to reset function value when setting.
Press the button and hold for 3 seconds to reset all values except odometer to zero (When the user replaces batteries, all the values will reset to ZERO automatically).



FUNCTIONS & OPERATIONS:

1. BATTERY INSTALLATION:

Please install 2 AAA 1.5V batteries in the battery case on the back of the meter. (Whenever batteries are removed, all the function values will be reset to zero.)

2. AUTO ON/OFF:

Once the user begins to exercise, the meter will show the workout value automatically. After about 4 minutes of inactivity, the meter will turn off. Odometer value does not reset to 0 when the meter turns off. When the user starts to exercise again, the workout value of odometer will accumulate continuously.

3. AUTO SCAN:

After the meter is powered on, press MODE button and the LCD will display all function values from TIME-SPEED-DISTANCE-CALORIES-ODOMETER-PULSE. Each value will be held for 6 seconds.

4. SPEED:

Displays the current training speed from 0.0 to 99.9 MPH (Miles per hour).

5. DISTANCE:

Accumulates total distance from 0.00 up to 9999 M (miles). The user may preset target distance by pressing the SET & MODE buttons. Each increment is 0.1 M (Miles).
Automatically counts down from targeting value during exercise.

6. TIME:

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE buttons. Each increment is 1 minute.
Automatically counts down from targeting value during exercise.

7. CALORIES:

Accumulates calories burned during training from 0.0 to 9999 (Cal). The user may also preset the target calories before training by pressing the SET & MODE buttons. Each setting increment is 1 Cal.

Automatically counts down from targeting value during exercise.

Note: This data is a rough guide which cannot be used in medical treatment.

8. ODOMETER:

Displays the total accumulated distance from 0.0 to 9999 M (miles). User can also press MODE button to display the odometer value.

9. PULSE:

The meter will display the user's heart rate in beats per minute (BPM) during training.

Note: This data is a rough guide which cannot be used in medical treatment.

10. RESET:

Press the button and hold for 3 seconds to reset all values except odometer to zero.


NOTE:

1. If the meter display is abnormal, please re-install the new batteries and try again. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries.
2. Battery Spec: 1.5V UM-4 or AAA (2PCS).
3. Dispose the batteries safely, according to your state and regional guidelines.

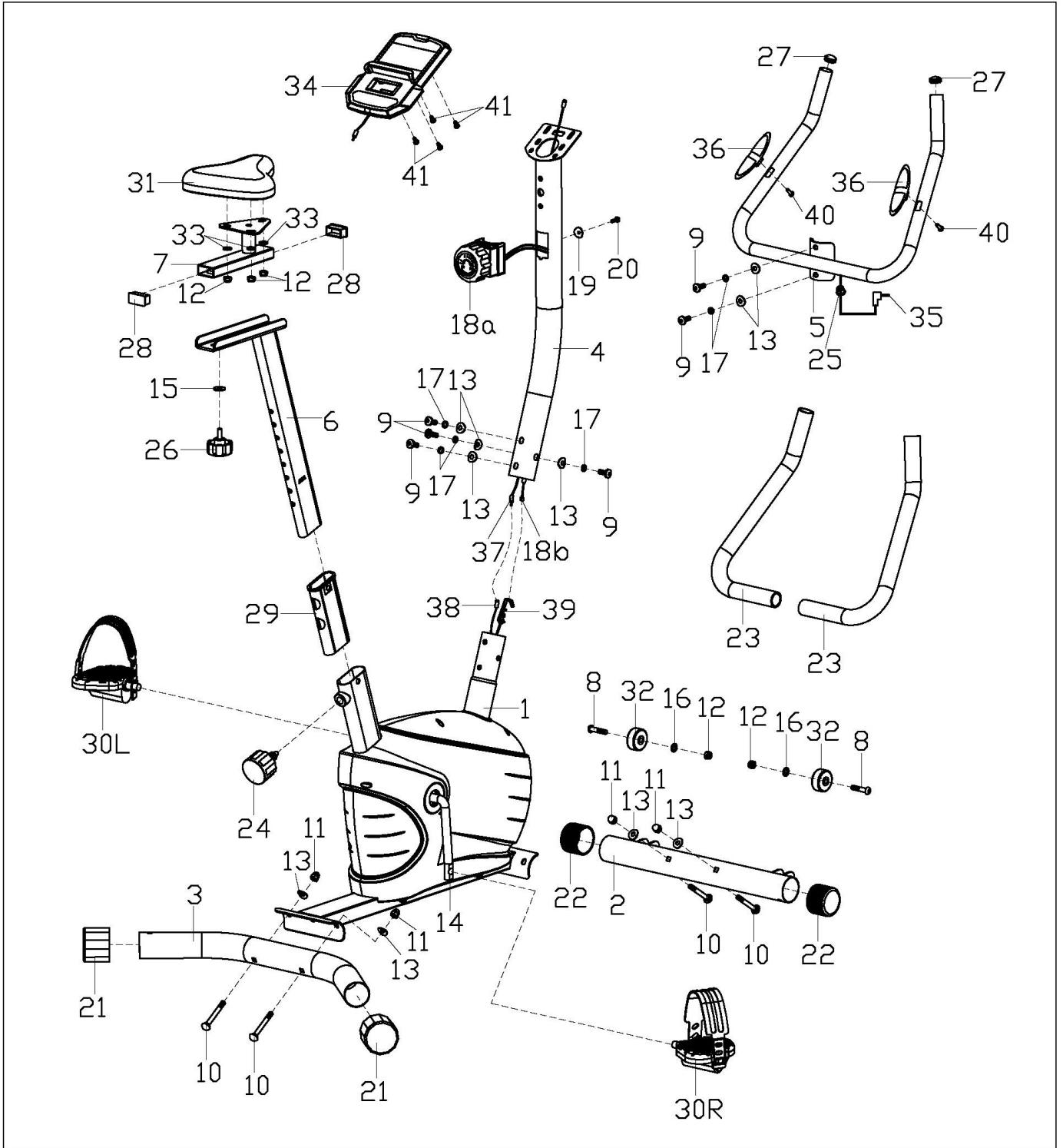
APP CONNECTION:

1. Scan the QR code below to download the SunnyFit app onto your mobile device.

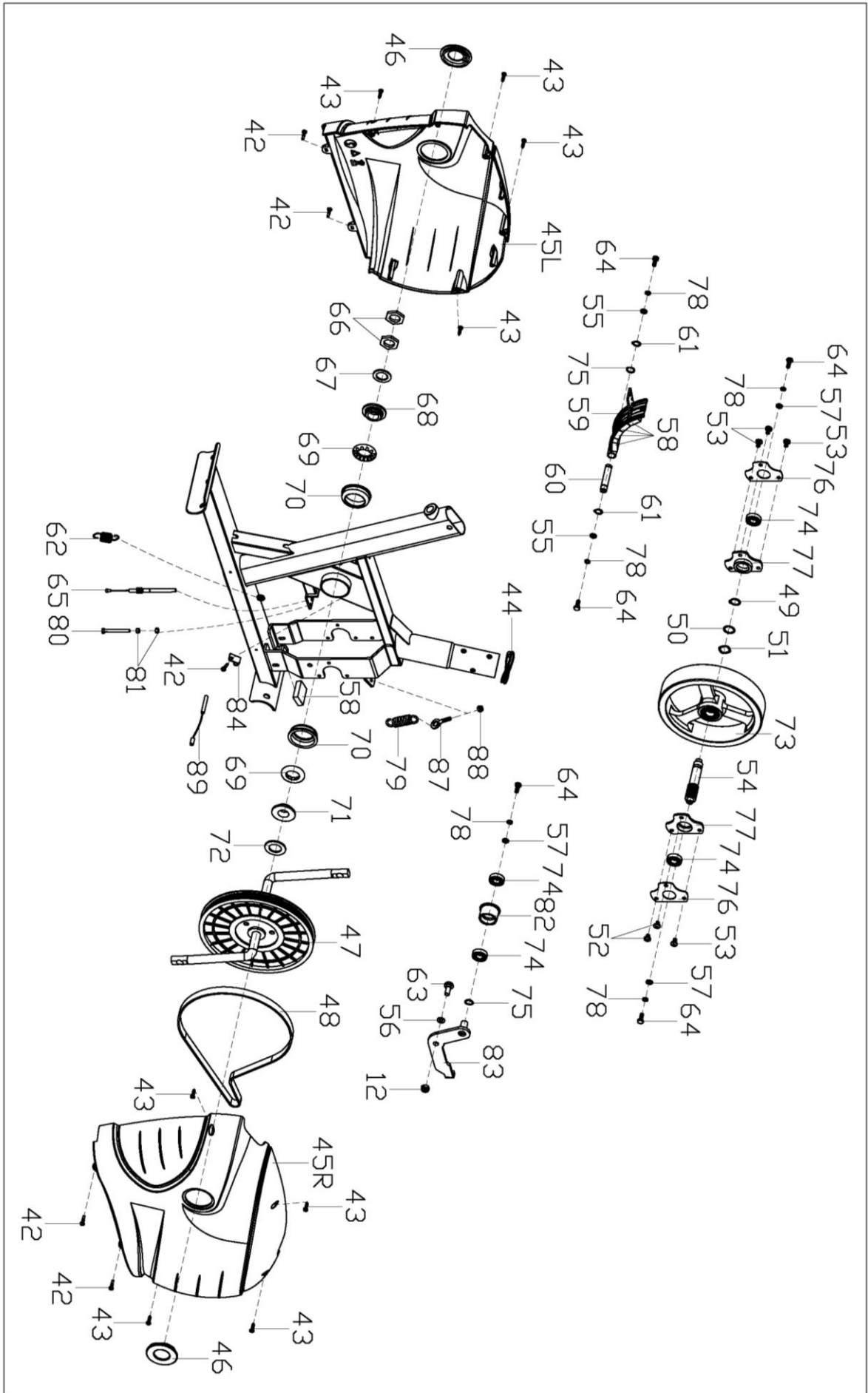


2. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
 - a. From the "Workout" tab, press on the "Search" button to search for your equipment.
 - b. Once your equipment appears on the list, tap the "Select" button to confirm.
 - c. Note: If your equipment does not appear on the "Searching for Equipment" list, check the EXERCISE METER on your equipment to ensure that it is not in sleep mode and your phone's Bluetooth function is on, then tap "Retry" to search again.
 - d. Once your equipment shows up on the "Workout" tab as "Currently Selected", your equipment is now ready to display, track, and record your equipment's workout stats on the app!
5. If you are unable to replicate these steps, or have any other issues with the SunnyFit app, please contact SunnyFit support at support@sunnyfit.com, or use the in-app "Contact Us" form to request support ("Me" tab -> "Contact Us").

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5	Handlebar		1
6	Seat Tube		1
7	Seat Slider		1
8	Screw	M8x38	2
9	Bolt	M8x20	6
10	Carriage Bolt	M8x65	4
11	Cap Nut	M8	4
12	Nylon Nut	M8	6
13	Arc Washer	D8xΦ20x2xR25	10
14	Crank		1
15	Flat Washer	D8xΦ22x2	1
16	Flat Washer	D8xD16x1.5	2
17	Spring Washer	D8	6
18a	Tension Controller		1
18b	Tension Cable		1
19	Arc Washer	D5	1
20	Screw	M5x15	1
21	Rear End Cap		2
22	Front End Cap		2
23	Foam Grip		2
24	Knob	M16x1.5xL22xΦ56	1
25	Wire Plug		1
26	Knob	M8x20	1
27	Round Cap		2
28	Square Cap		2
29	Bushing		1
30L/R	Pedal		1PR.
31	Seat		1
32	Transportation Wheel		2
33	Flat Washer	D8	3
34	Meter		1
35	Pulse Wire		1
36	Pulse Sensor		2
37	Sensor Extension Wire 2		1
38	Sensor Extension Wire 1		1
39	Tension Hook		1
40	Screw	ST4.2x18	2
41	Screw	M5x10	4
42	Screw	ST4.2x19	5
43	Screw	ST4.2x18	8
44	Sealing		1

No.	Description	Spec.	Qty.
45L/R	Belt Cover		1PR.
46	Crank Cover		2
47	Belt Pulley		1
48	Belt	350 PJ6	1
49	Spring Washer	D17	1
50	Flat Washer	D17xΦ22x0.5	1
51	Wave Washer	Φ17xΦ25x0.3	1
52	Screw	M6x8	2
53	Screw	M6x10	4
54	Flywheel Axle		1
55	Flat Washer	D6xΦ12x1.2	2
56	Flat Washer	D10xΦ14x1	1
57	Flat Washer	D6xΦ16x1.5	3
58	Magnet		5
59	Magnetic Board		1
60	Magnetic Board Axle		1
61	Spring Washer	D12	2
62	Spring	Φ1.6xΦ15xL47.2	1
63	Screw		1
64	Screw	M6x15	5
65	Tension Extension Wire		1
66	Nut		2
67	Washer		1
68	Locking Nut-L		1
69	Open Face Bearing		2
70	Bearing Housing		2
71	Locking Nut-R		1
72	Big Flat Washer		1
73	Flywheel		1
74	Bearing	6001RS	4
75	Wave Washer	D12	2
76	Bearing Bracket		2
77	Bearing Housing		2
78	Spring Washer	D6	5
79	Spring	Φ3xΦ18xL58.5	1
80	Hex Bolt	M5x60	1
81	Hex Nut	M5	2
82	Idler Wheel		1
83	Idler Wheel Linkage		1
84	Sensor Bracket		1
85	Allen Wrench	S6	1
86	Spanner	S10, S13, S14, S15, S17	1
87	Adjustable Belt Bolt	M6x36	1
88	Nylon Nut	M6	1
89	Sensor Wire		1

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