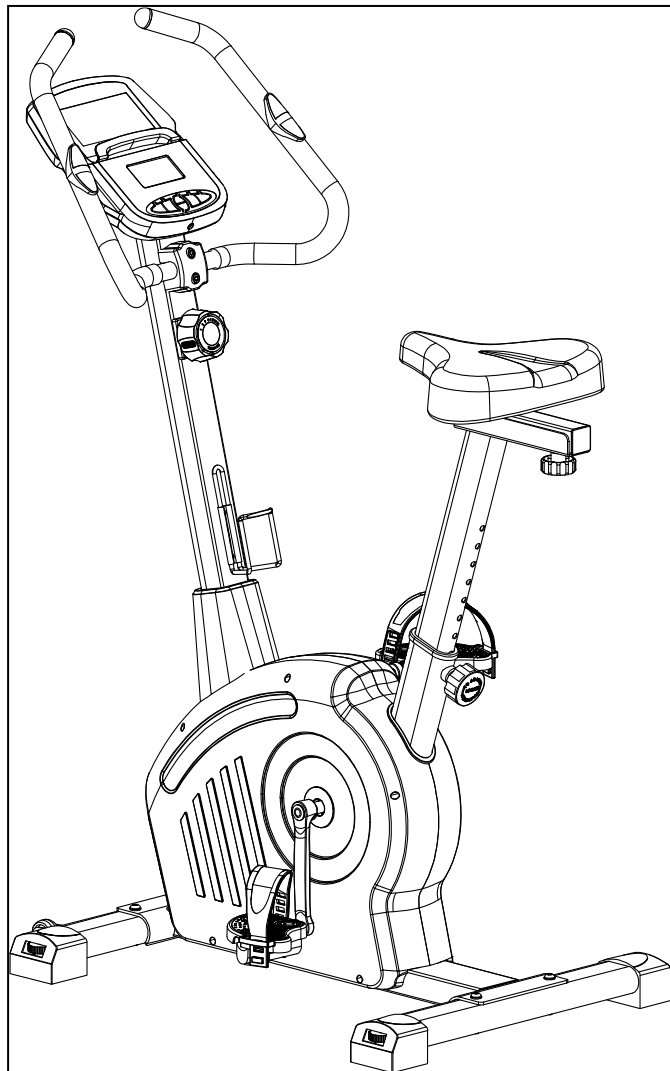




ELITE INTERACTIVE SERIES EXERCISE BIKE SF-B220045 USER MANUAL



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).

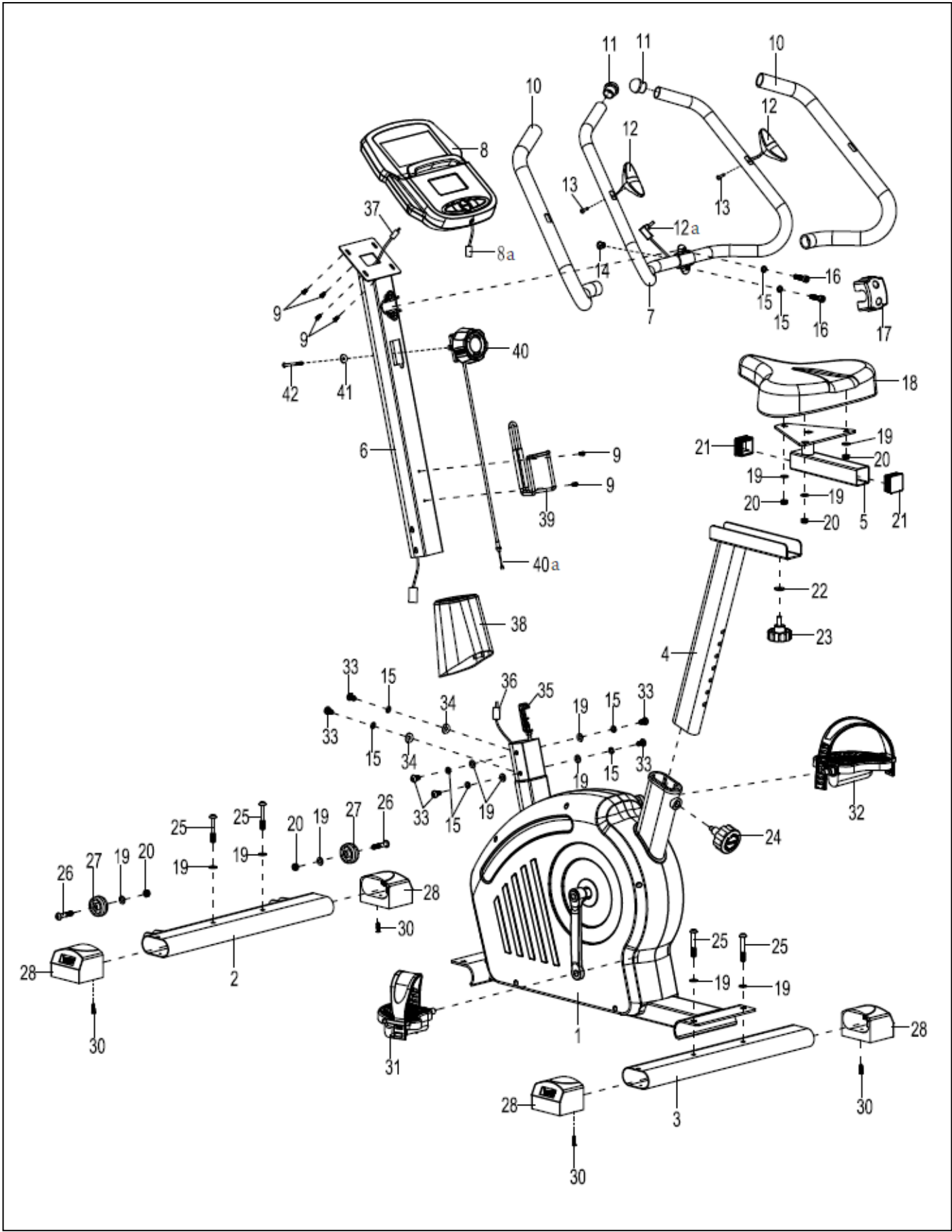


IMPORTANT SAFETY INFORMATION

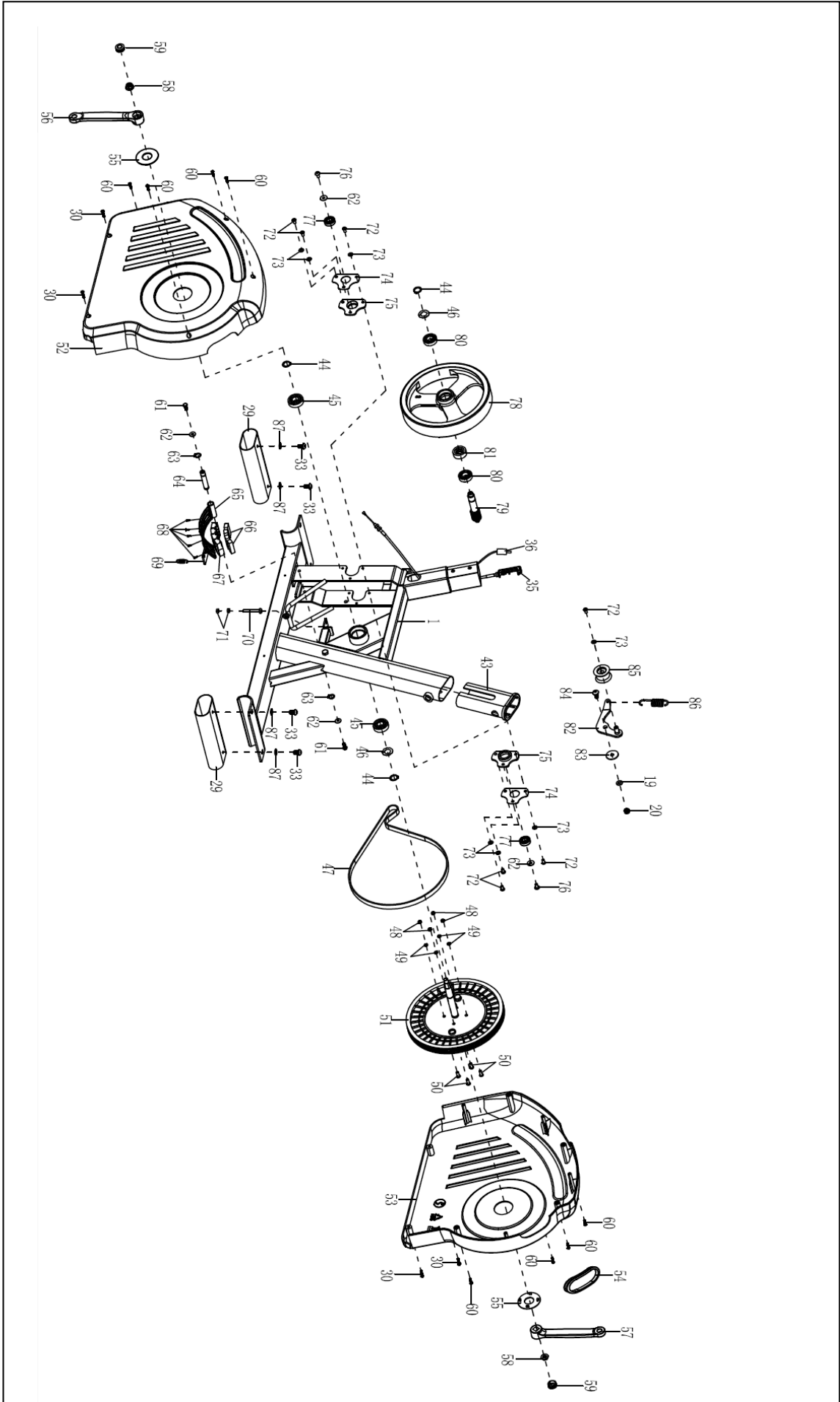
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 275 pounds (125 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, 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 1



EXPLODED DIAGRAM 2



PARTS LIST

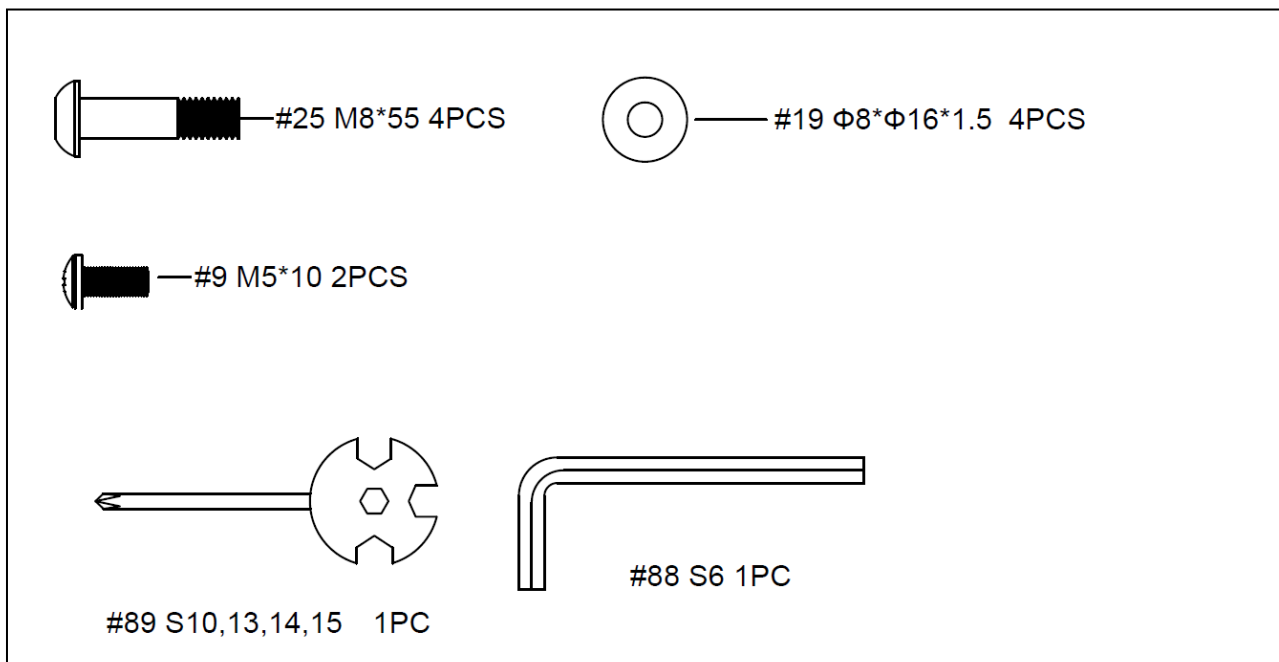
No.	Description	Spec.	Qty
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Seat Post		1
5	Seat Slider		1
6	Handlebar Post		1
7	Handlebar		1
8	Computer		1
8a	Computer Wire		1
9	Screw	M5*10	6
10	Handlebar Foam Grip	Φ24*Φ34*650	2
11	End Cap	Φ33	2
12	Handle Pulse Sensor		2
12a	Handle Pulse Wire	L=750mm	1
13	Screw	ST4.2*20	2
14	Plug	Φ12.1	1
15	Spring Washer	Φ8	8
16	Screw	M8*30	2
17	Clamp Cover		1
18	Seat		1
19	Washer	Φ8*Φ16*1.5	14
20	Nut	M8	6
21	Square End Cap		2
22	Big Washer	Φ8*Φ20*2.0	1
23	Round Knob	M8*20	1
24	Adjustment Knob	M16*1.5	1
25	Bolt	M8*55	4
26	Bolt	M8*40	2
27	Transportation Wheel		2
28	Adjustable End Cap		4
29	Shipping Tube		2
30	Screw	ST4.2*20	8
31	Left Pedal	JD-22A	1
32	Right Pedal	JD-22A	1

No.	Description	Spec.	Qty
33	Screw	M8*20	10
34	Big Arc Washer	Φ8*Φ20*2.0	2
35	Tension Wire	L=1000mm	1
36	Sensor Wire	L=750mm	1
37	Extension Sensor Wire	L=800mm	1
38	Decorative Cover		1
39	Bottle Holder		1
40	Tension Control Knob	L=420mm	1
40a	Tension Control Wire		1
41	Big Arc Washer	Φ5*Φ18*1.0	1
42	Bolt	M5*55	1
43	Seat Post Bushing		1
44	C-clip	Φ17*1	3
45	Bearing	6203ZZ	2
46	Wave Washer	Φ17*Φ21*0.3	2
47	Belt	PJ400	1
48	Nut	M6	4
49	Spring Washer	Φ6	4
50	Screw	M6*15	4
51	Belt Pulley with Middle Axle	Φ260	1
52	Left Belt Cover		1
53	Right Belt Cover		1
54	Seal Ring		1
55	Crank Cover		2
56	Left Crank	6.5"	1
57	Right Crank	6.5"	1
58	Nut	M10*1.25	2
59	Crank Cap		2
60	Screw	ST4.2*25	8
61	Screw	M6*15	2
62	Washer	Φ6*Φ16*1.2	4
63	Shaft Snap Ring		2
64	Magnetic Plate Axle		1
65	Magnetic Bracket		1

No.	Description	Spec.	Qty
66	Magnet		4
67	Magnet Seat		1
68	Screw	ST2.9*9	5
69	Spring	Φ15*50	1
70	Bolt	M6*45	1
71	Nut	M6	2
72	Screw	M6*10	7
73	Washer	Φ6*Φ12*1.0	7
74	Bearing End Cover		2
75	Plastic Bearing Seat		2
76	Screw	M6*12	2
77	Bearing	6001	2

No.	Description	Spec.	Qty
78	Flywheel	Φ240	1
79	Flywheel Axle	Φ24*103	1
80	Bearing	6003	2
81	One Way Bearing	Φ35*Φ17*12	1
82	Idler Wheel Shaft		1
83	PC Pad		1
84	Screw	M8	1
85	Idler Wheel		1
86	Spring	Φ17*62	1
87	Plastic Washer	Φ8*Φ20*2.0	4
88	Allen Wrench	S6	1
89	Spanner	S10,13,14,15	1

HARDWARE PACKAGE



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

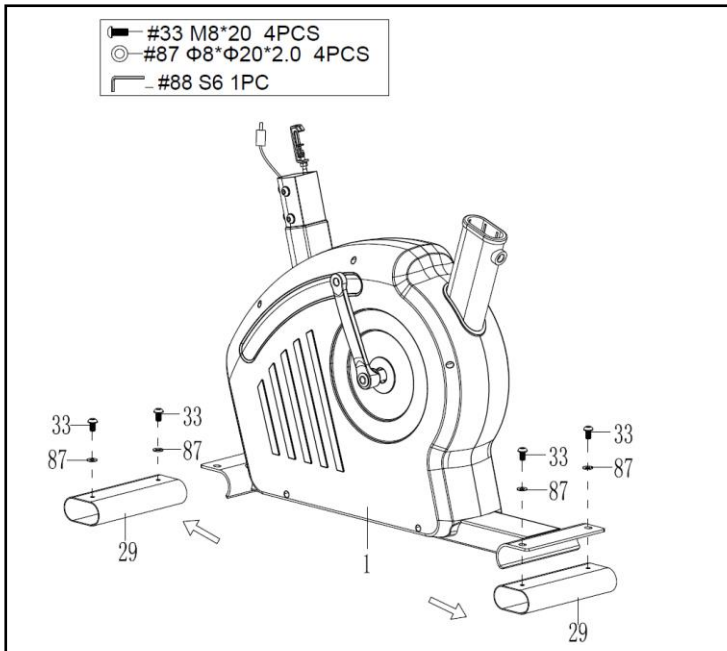
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

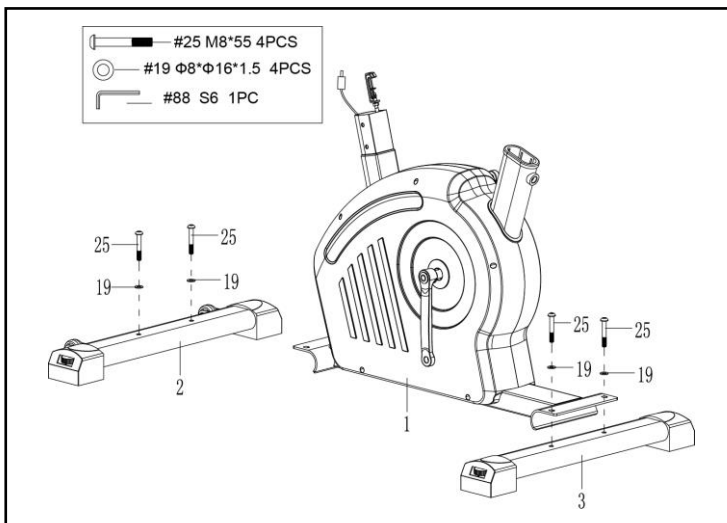
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Unscrew 4 **Screws (No. 33)** from **Main Frame (No. 1)** with **Allen Wrench (No. 88)**. Remove 4 **Plastic Washers (No. 87)** and 2 **Shipping Tubes (No. 29)** from **Main Frame (No. 1)**.

You may save these parts [**Screws (No. 33)**, **Plastic Washers (No. 87)**, **Shipping Tubes (No. 29)**] in case you would like to repackage and transport this equipment in the future.



STEP 2:

Attach the **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 3)** to the **Main Frame (No. 1)** with 4 **Bolts (No. 25)** and 4 **Washers (No. 19)**. Tighten and secure with the **Allen Wrench (No. 88)**.

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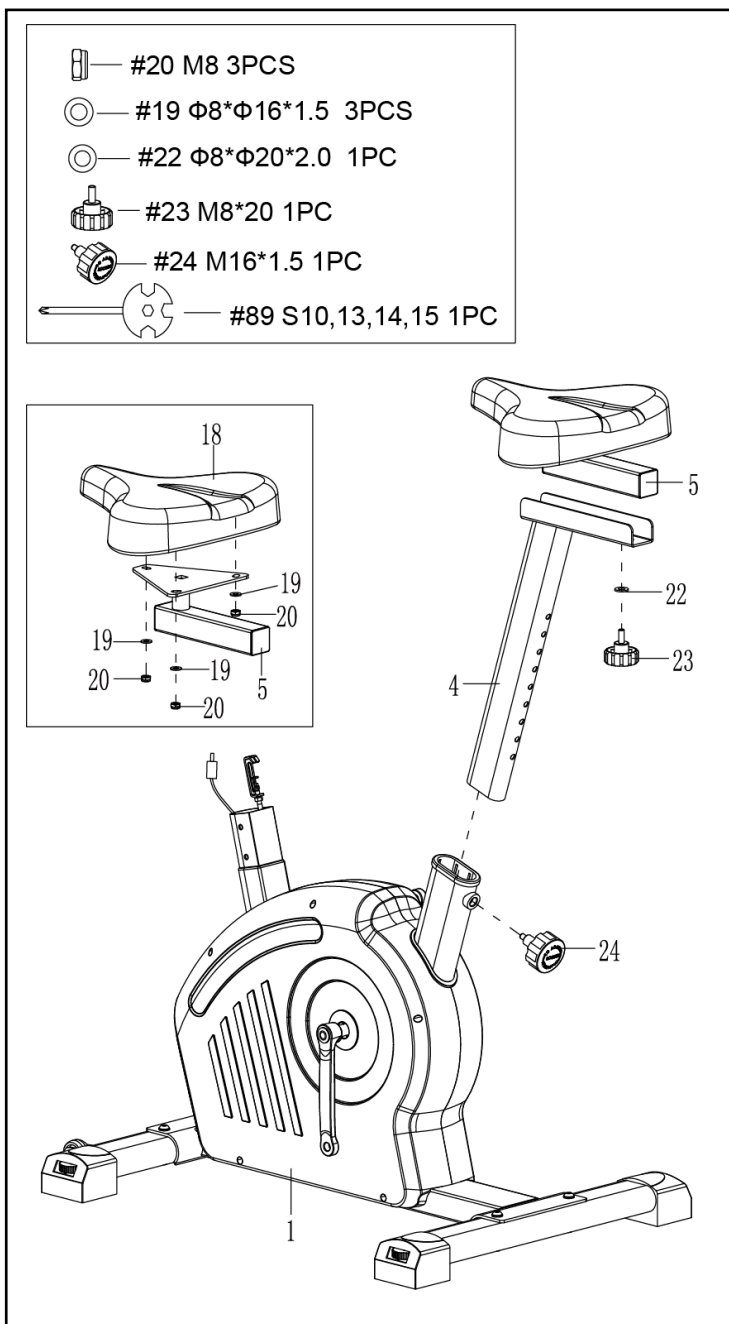
STEP 3:

Remove 3 **Nuts (No. 20)** and 3 **Washers (No. 19)** from **Seat (No. 18)** using the **Spanner (No. 89)**.

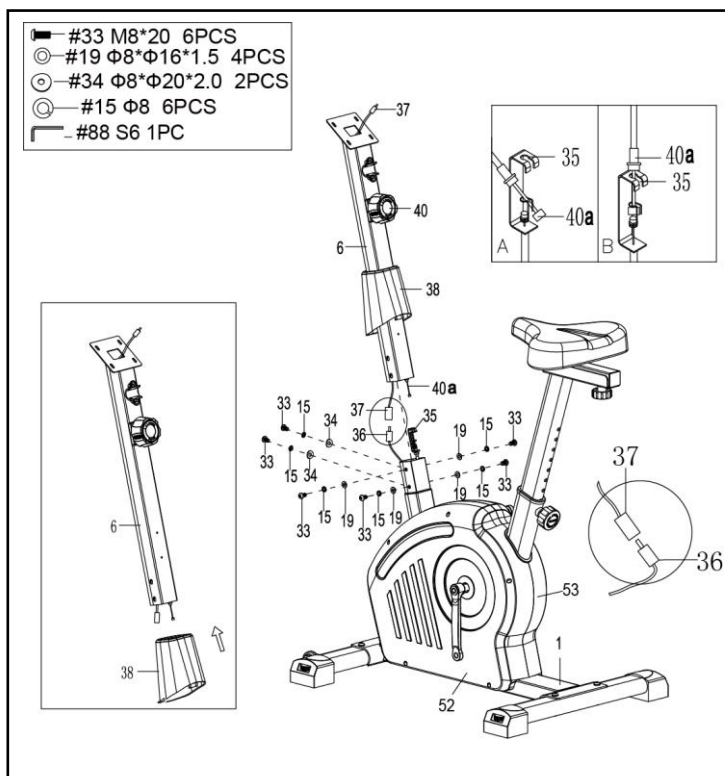
Attach the **Seat (No. 18)** to the **Seat Slider (No. 5)** with 3 **Nuts (No. 20)** and 3 **Washers (No. 19)** that were removed. Tighten and secure with **Spanner (No. 89)**.

Remove **Round Knob (No. 23)** and 1 **Big Washer (No. 22)** from **Seat Slider (No. 5)** by hand, and then attach the **Seat Slider (No. 5)** onto the **Seat Post (No. 4)** with **Round Knob (No. 23)** and 1 **Big Washer (No. 22)** that were removed. Tighten and secure by hand.

Attach the **Seat Post (No. 4)** onto the **Main Frame (No. 1)** with **Adjustment Knob (No. 24)**. Tighten and secure by hand.



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STEP 4:

Remove 6 **Screws (No. 33)**, 2 **Big Arc Washers (No. 34)**, 4 **Washers (No. 19)** and 6 **Spring Washers (No. 15)** from the **Main Frame (No. 1)** with **Allen Wrench (No. 88)**.

Attach the **Decorative Cover (No. 38)** into the **Handlebar Post (No. 6)**

CAUTION: Please make sure the **Tension Control Knob (No. 40)** is at the lowest resistance level (level 1, all the way to the left) before you connect any wires together.

Attach the **Tension Control Wire (No. 40a)** into the metal bracket of **Tension Wire (No. 35)** as shown in drawing A. Then, pull **Tension Control Wire (No. 40a)** upward and insert it into the slot of metal bracket of **Tension Wire (No. 35)** as shown in drawing B. Make sure the metal fitting on **Tension Control Wire (No. 40a)** is secured in the metal bracket.

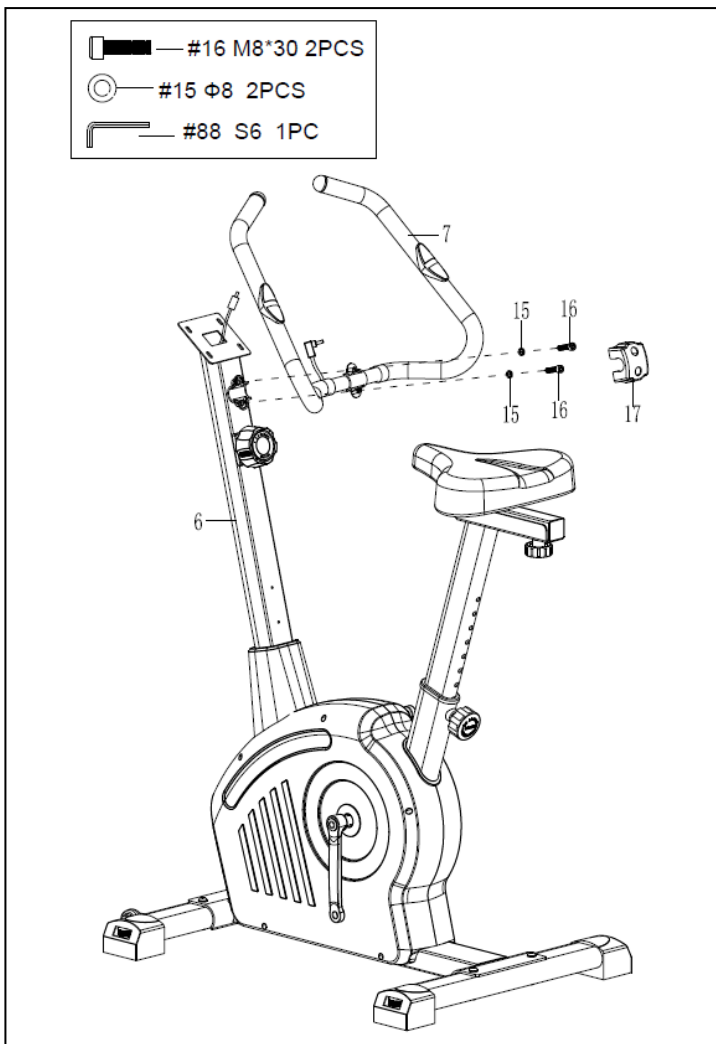
Connect the **Sensor Wire (No. 36)** to the **Extension Sensor Wire (No. 37)**. Insert the connecting wires into **Handlebar Post (No. 6)**.

Attach the **Handlebar Post (No. 6)** to the **Main Frame (No. 1)** with 6 **Screws (No. 33)**, 2 **Big Arc Washers (No. 34)**, 4 **Washers (No. 19)** and 6 **Spring Washers (No. 15)** that were removed. Tighten and secure with **Allen Wrench (No. 88)**.

Lower the **Decorative Cover (No. 38)** to fit in **Left and Right Belt Covers (No. 52 & No. 53)**.

NOTE: Be careful not to pinch any wires when attaching **Handlebar Post (No. 6)** to **Main Frame (No. 1)**.

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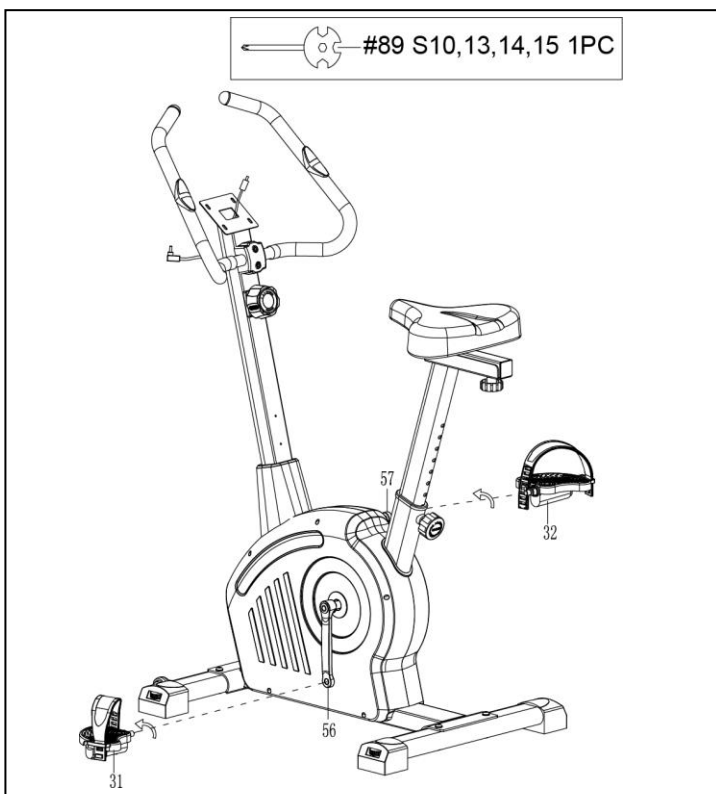


STEP 5:

Remove 2 **Screws (No. 16)** and 2 **Spring Washers (No. 15)** from the **Handlebar Post (No. 6)** with **Allen Wrench (No. 88)**.

Attach the **Handlebar (No. 7)** to the **Handlebar Post (No. 6)** with 2 **Screws (No. 16)** and 2 **Spring Washers (No. 15)** that were removed. Tighten and secure with **Allen Wrench (No. 88)**.

Attach **Clamp Cover (No. 17)** to the **Handlebar (No. 7)** by hand.

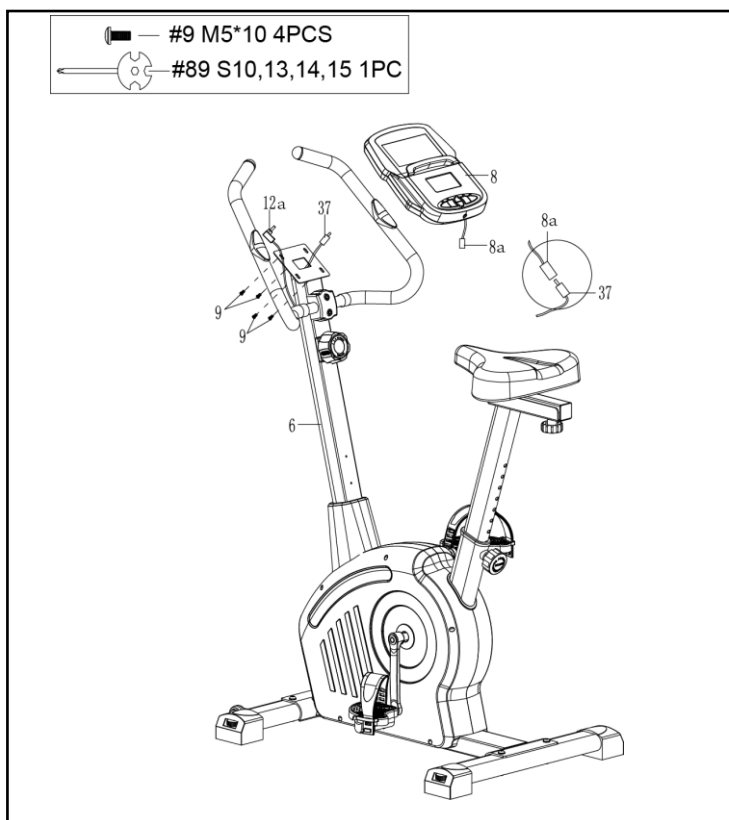


STEP 6:

Align **Left Pedal (No. 31)** with **Left Crank (No. 56)** at 90° and gently insert pedal into the crank arm. Turn the **Left Pedal (No. 31)** **counter-clockwise** as tightly as you can with your hands, then use **Spanner (No. 89)** to tighten securely.

Align **Right Pedal (No. 32)** with **Right Crank (No. 57)** at 90° and gently insert pedal into the crank arm. Turn the **Right Pedal (No. 32)** **clockwise** as tightly as you can with your hands, then use **Spanner (No. 89)** to tighten securely.

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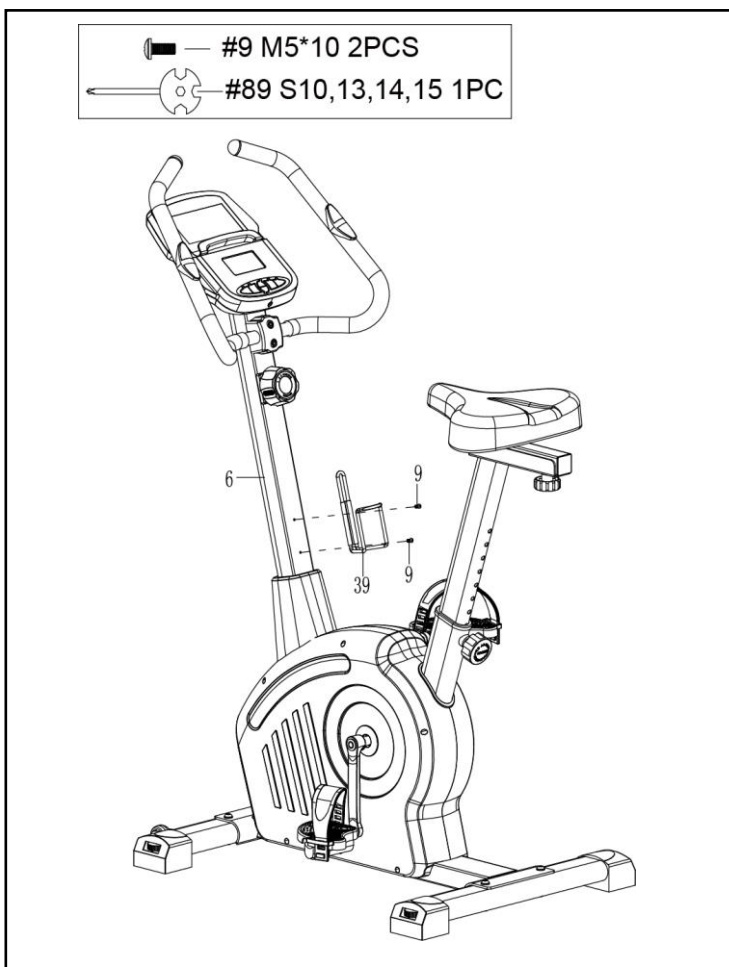
STEP 7:

Remove 4 **Screws (No. 9)** from the back of the **Computer (No. 8)** with the **Spanner (No. 89)**.

Connect the **Extension Sensor Wire (No. 37)** to the **Computer Wire (No. 8a)**. Then insert them into the **Handlebar Post (No. 6)**.

Insert the **Handle Pulse Wire (No. 12a)** into the Pulse Input jack on the back of **Computer (No. 8)**.

Attach **Computer (No. 8)** to the top end of the **Handlebar Post (No. 6)** with 4 **Screws (No. 9)** that were removed. Tighten and secure with **Spanner (No. 89)**.

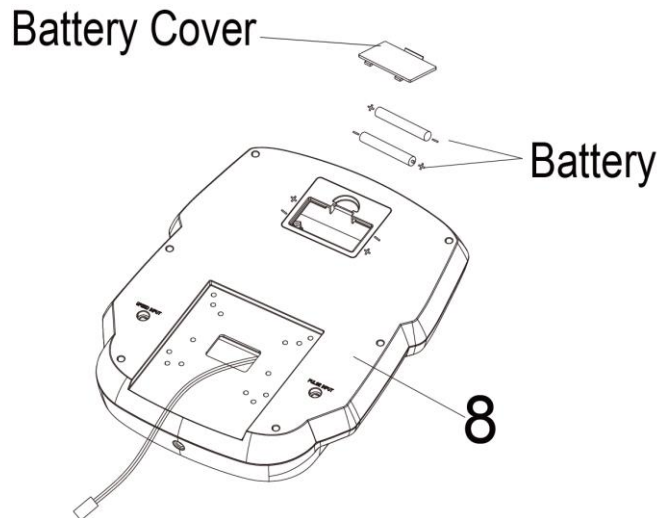


STEP 8:

Attach **Bottle Holder (No. 39)** to the **Handlebar Post (No. 6)** with 2 **Screws (No. 9)**. Tighten and secure with **Spanner (No. 89)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 2 AA batteries from computer box.
2. Press the buckle of battery cover on the **Computer (No. 8)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 8)**. 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. 8)**.

The installation is complete!

BATTERY REPLACEMENT

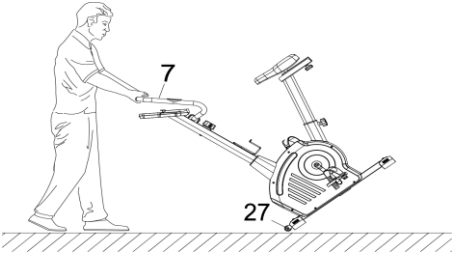
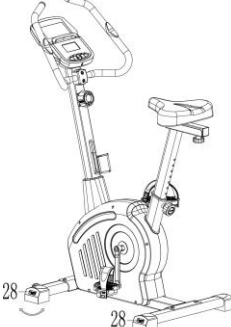
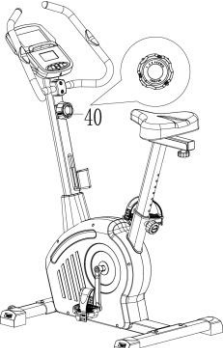
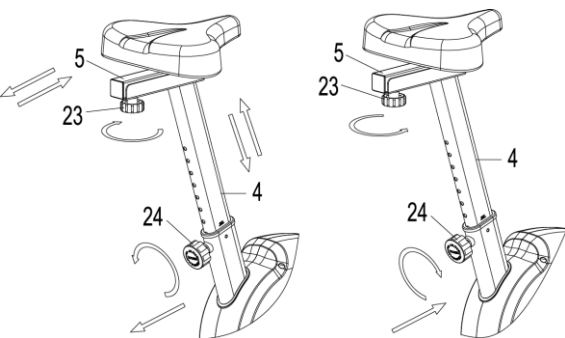
1. Press the buckle of battery cover on the back of the **Computer (No. 8)**, then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. 8)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 8)**.

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.

ADJUSTMENTS GUIDE

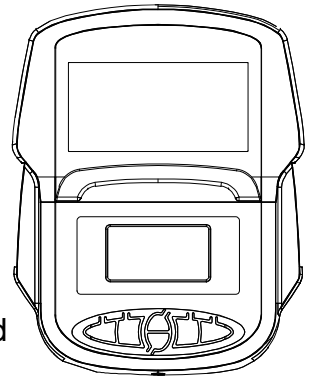
	<p>MOVING THE UPRIGHT BIKE</p> <p>Hold the Handlebar (No. 7) and tilt the bike until the Transportation Wheels (No. 27) on the front stabilizer touch the ground. Now you can transport the upright bike to the desired location with ease.</p>
	<p>ADJUSTING THE BALANCE</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the upright bike is stabled and secured. If you notice that the upright bike is unbalanced during use, you should adjust the Adjustable End Caps (No. 28) located on the front and rear stabilizers until the upright bike becomes levelled with the floor surface.</p>
	<p>ADJUSTING THE TENSION</p> <p>Adjust the tension by rotating the Tension Control Knob (No. 40) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. 40) <i>counter-clockwise</i> to decrease the level of resistance. Tension levels are set at Level 1 being the lowest and Level 12 being the highest.</p>
	<p>ADJUSTING THE SEAT</p> <p>Loosen and pull out the Adjustment Knob (No. 24) to adjust the height of the seat. You may also slide the seat forward or backwards by loosening the Round Knob (No. 23) on the Seat Slider (No. 5). When adjusting, you will see a limit on the seat post and seat slider. Do NOT lift the posts passed this mark. Always check the Adjustment Knob (No. 24) and Round Knob (No. 23) to ensure that they are fully secured when you finish making an adjustment.</p>
<p>CLEANING</p> <p>The upright bike can be cleaned with a soft, clean and damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the upright bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause electrical hazard or electronics to fail. Please keep the upright bike, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the upright bike for proper tightness every week.</p>	
<p>STORAGE</p> <p>Store the upright bike in a clean and dry environment, away from children.</p>	

EXERCISE COMPUTER

FUNCTION BUTTONS:

MODE:

1. Press the button to select hour, minute, year, month and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES and PULSE to preset.
3. Press the button to select function displaying on main LCD or enter after setting.
4. Press the button to confirm setting value of Gender, Age, Height and Weight.
5. Press the button and hold for 2 seconds to reset all value to zero.
(Replacing batteries will reset all values to ZERO automatically.)



NOTE: If the time, date, and year are not set up in the beginning, you must remove the batteries and reinsert them to set up these functions. Previous data will not be saved.

SET:

1. Set up the time, year, month and date.
2. Set up the target value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button to increase the value fast.
3. Set up the personal data of Gender, Age, Height and Weight for Body Fat test.

RESET:

1. Press the button to reset function value when setting.
2. Press the button and hold for 2 seconds to reset all values to ZERO (Replacing batteries will reset all values to ZERO automatically.).

BODY FAT:

Press this button to enter Body Fat measuring function. Next, press MODE button to enter your personal data of Gender, Age, Height and Weight. After finished setting, press again to measure your Body Fat percentage (FAT%) and BMI.

RECOVERY:

To activate the heart rate recovery function after pulse signal. Press any button to return to the main display.

FUNCTIONS :

SCAN:

Automatically scans through each mode in sequence every 6 seconds. The cycle of functions showing on display is RPM-SPEED-TIME-DISTANCE-CALORIES-PULSE on the main screen.

TIME:

Accumulates the total time from 00:00 up to 99:59. The user may preset target time by pressing the SET & MODE buttons. Each increase is 1 minute

RPM:

Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to one another on display, every 6 seconds after exercise starts.

SPEED:

Displays current training speed. Maximum speed is 99.9 MPH (miles/hour).

DISTANCE:

Accumulates total distance from 0.00 up to 99.99 m (miles). The user may preset target distance data by pressing the SET & MODE buttons, by increments of 0.5 mile.

CALORIES:

Accumulates calories burned during training from 0 to max. 999 calories. The user may also preset the target calories before training by pressing the SET & MODE buttons, by increments of 10 cal.

PULSE:

Displays the user's heart rate in beats per minute during training. You may set the target heart rate by pressing the SET & MODE buttons.

NOTE: This data was designed to be a guide for exercise use only and should not be used for medical purpose.

CALENDAR:

Displays date, month, and year when the computer is in sleep mode.

CLOCK:

Displays current clock time when the computer is in sleep mode.

TEMPERATURE:

Displays current room temperature from 0°F to 99°F when the computer is in sleep mode.

OPERATION:

1. Power on – Installs 2 pieces of 1.5V UM-3 or AA batteries. The computer starts the segment test with a long beeping sound. (When the batteries are removed, all the function values will be reset to ZERO or default value.)
2. Set current data – Press the SET and MODE buttons to set up current time, year, month, and date. After the first setting and until the batteries need to be replaced, the preset data will be updated automatically.
3. Select and preset target value – Get access to the setting function of TIME, DISTANCE, CALORIES and PULSE. When you are in TIME setting mode, the value will flash and you can press the SET button to adjust the value. Press the MODE button for confirmation and skip to next setting. The setting of DISTANCE, CALORIES and PULSE is the same as TIME setting.
4. After entering the speed signal, each function of SPEED-RPM-TIME-DISTANCE-CALORIES-PULSE will display every 6 seconds.
5. You can press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will display every 6 seconds.
6. If you have preset any function targets before, the function starts to count down from the target when the training starts. Once the target is achieved, the computer will beep, and the function will count from zero automatically if training continues.
7. Pulse measurement – After holding on two handle pulses in a few seconds, the computer will show your current heart rate in beats per minute. To ensure the heart rate readout precise,



please hold the handle pulses with both hands. You may preset target pulse before training starts. Once your current heart rate is achieved, the computer will beep to notify you.

8. Recovery – When the PULSE is working, you can press “RECOVERY” button to start the recovery test function. The computer will count down from 0:60 seconds to 0:00 and the heartbeat symbol will flash until the countdown reaches “0:00”. For the 60 seconds counting period, please keep both hands on the handle pulses. The screen will display “F1 to F6” to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to improve your heart rate recovery status, and check it by using Recovery function.

9. Body Fat -

9-1.Press BODY FAT button to enter body fat measurement.

9-2.Press MODE and SET buttons to input your personal data. Each personal data available is described as the following:

GENDER:  (Male),  (Female) AGE: 10 ~ 99 years HEIGHT: 100 ~ 250 cm (or 3'03" ~ 8'02") WEIGHT: 10 ~ 200 kg (or 22 ~ 440 lbs)

9-3.After all personal data have been entered, you can press BODY FAT button and hold on handle pulses to start the body fat testing.

9-4.It takes a few seconds to test the body fat. If you did not hold onto the handle pulses during the test procedure, the LCD will show the error code Err after 10 seconds period.

9-5.After testing is finished, you will see a percentage and BMI figure (Body Mass Index) displayed on the main LCD in sequence by scan mode.

BODY FAT % : Calculate from your personal data to show the value from 5%~50%.

BMI : Calculate from your personal data to show the value from 1.0~99.99.

9-6.Press any button to return to the main display.


Note:

1. If training stops for 4 minutes, the screen will show room temperature, clock, and calendar display automatically.
2. If the computer did not receive any speed signal or button input for one minute, the LED backlight will turn off automatically. Any speed signal input or button input can turn on the LED backlight automatically.
3. If the computer display is abnormal, please re-install the batteries and try again.
4. Battery Spec: 1.5V UM-3 or AA (2PCS).

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.

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer.	<ol style="list-style-type: none"><li data-bbox="746 324 1444 526">1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the handlebar post.<li data-bbox="746 548 1444 694">2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.<li data-bbox="746 716 1444 817">3. The batteries in the computer may be unresponsive. Change to new batteries.
The upright bike wobbles when in use.	Turn the adjustable end caps on the front and rear stabilizers as needed to level the upright bike.
The upright bike makes squeaking noise when in use.	Some bolts on the upright bike might have become loose. Please inspect all the bolts and tighten any loosened bolts.

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