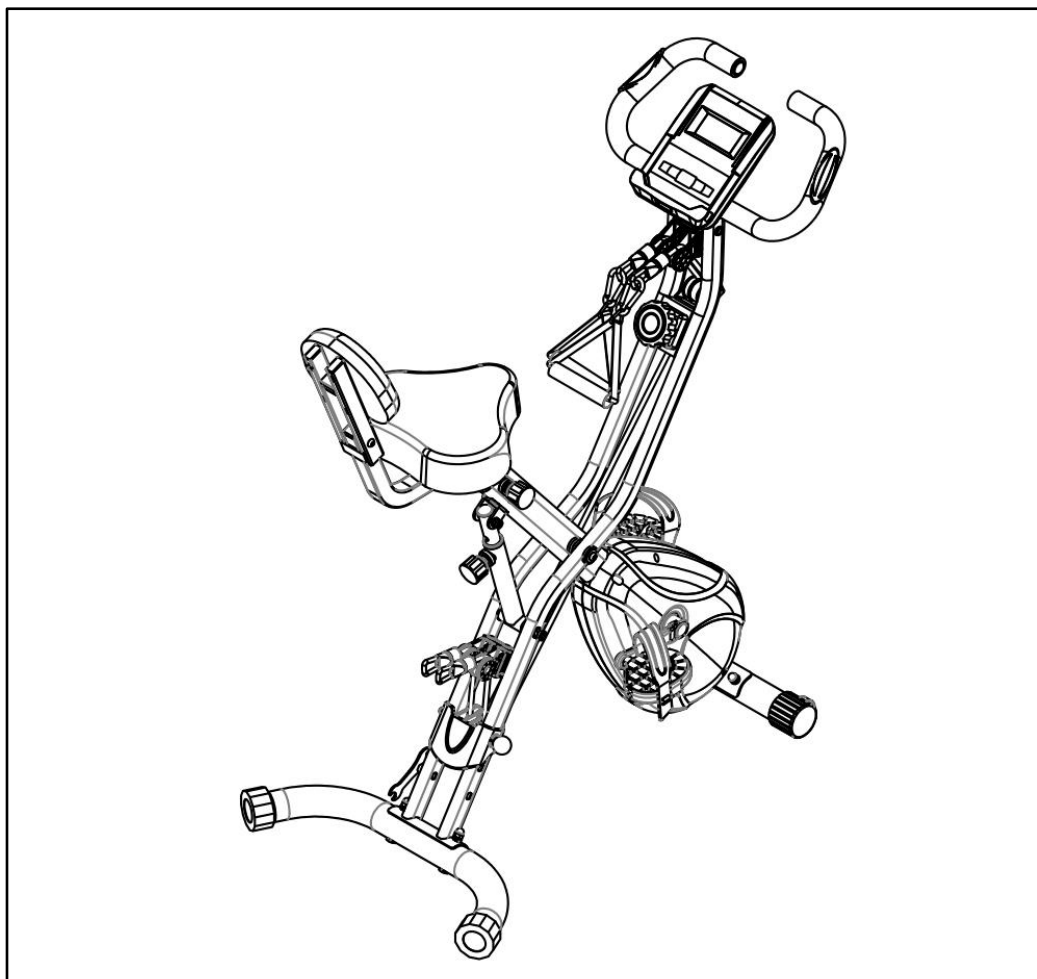




TOTAL BODY BIKE

SF-B2710

USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).



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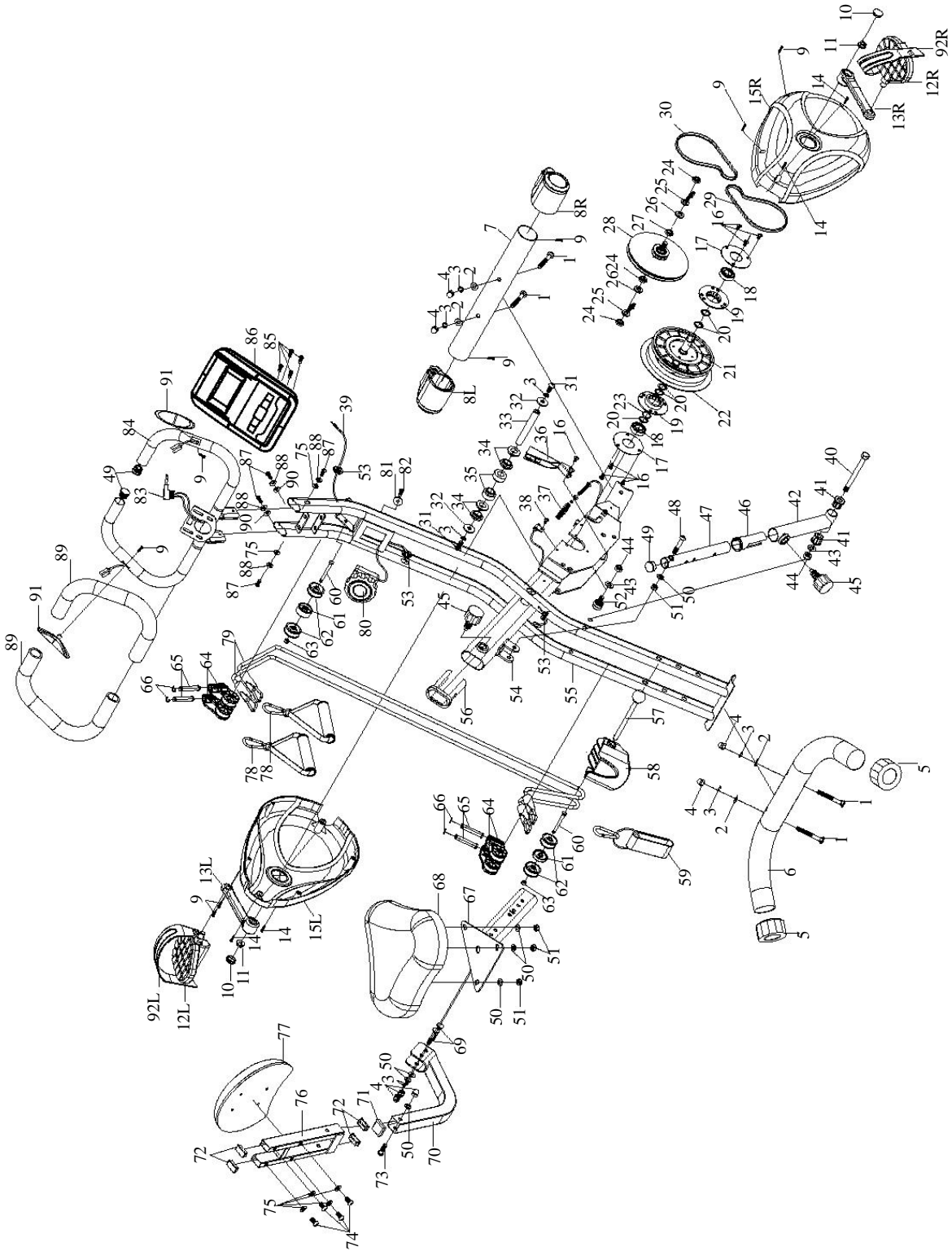
SUNNYHEALTHFITNESS.COM/SIGNUP

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 any 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 265 pounds (120KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

EXPLODED DIAGRAM

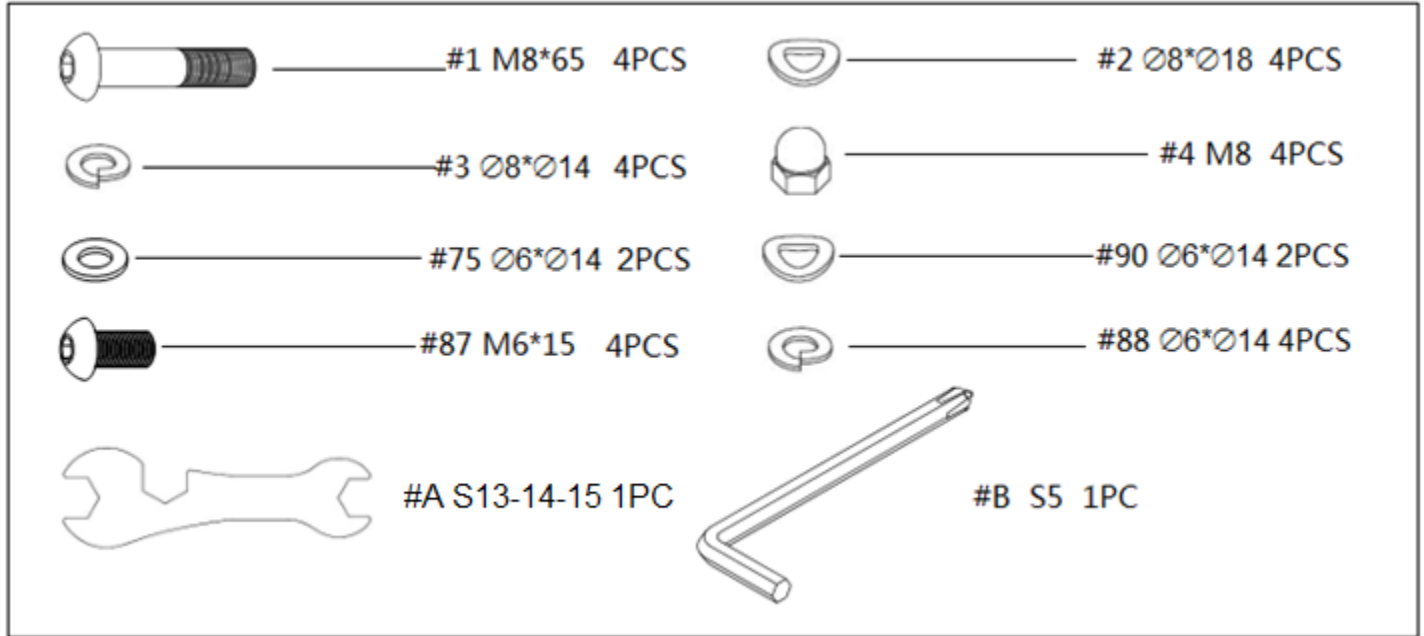


PARTS LIST

No.	Description	Spec.	Qty.
1	Carriage Bolt	M8*65	4
2	Curved Washer	Ø8*Ø18	4
3	Spring Washer	Ø8*Ø14	8
4	Cap Nut	M8	7
5	Adjustable End Cap	Ø50	2
6	Rear Stabilizer	Ø50*395mm	1
7	Front Stabilizer	Ø50*395mm	1
8L/R	Front Wheel L/R	Ø50	2
9	Screw	M4*20	8
10	Crank Cover	Ø23.5*8	2
11	Stop Nut	M10	2
12L/R	Pedal (L/R)	1/2"	2
13L/R	Crank (L/R)	5 Inch	2
14	Screw	M4*20	4
15L/R	Chain Cover (L/R)		2
16	Screw	M6*12	7
17	Round Plate	Ø74*Ø30*1.5	2
18	Bearing	6003Z	2
19	Bearing Bracket	Ø35*Ø74*12.5	2
20	Ring	Ø17.5*Ø20*1.0	5
21	Pulley		1
22	Magnetic Bracket	Ø152*1.3kg	1
23	Curved Washer	Ø17.5*Ø21*0.3	1
24	Nut	M10	3
25	Adjustable Nut		2
26	Flat Washer	Ø10.5*20*2.0	2
27	Nut	M10*3.0	1
28	Small Pulley	Ø14*94	1
29	Belt	230J	1
30	Belt	220J	1
31	Hex Nut	M8*20	2
32	Big Flat Washer	Ø8.5*Ø24	2
33	Axle	Ø15*104	1
34	Bushing	Ø20*Ø25*10mm	4
35	Bushing	Ø20*Ø24*20mm	2
36	Magnetic	117*33	1
37	Tension Spring		1
38	Screw	M6*10	1
39	Sensor Wire		1
40	Bolt	M10*110	1
41	Bushing	Ø28*Ø10.5	2
42	Adjustable Tube		1
43	Flat Washer	Ø10.5*Ø22	2
44	Nut	M10	2
45	Release Knob	M16	2
46	Bushing	32*1.5/25*1.5	1
47	Adjustable Set		1

No.	Description	Spec.	Qty.
48	Screw	M8*48	1
49	End Cap	Ø25.4	3
50	Flat Washer	Ø8*Ø18	7
51	Nylon Nut	M8	4
52	Press Wheel		1
53	Cap	15*20	3
54	Rear Main Frame		1
55	Front Main Frame		1
56	Bushing	30*60	1
57	Pin	Ø10*116	1
58	Cover		1
59	Ankle Strap		1
60	Hex Bolt	M6*60	2
61	Wheel	Ø34*16	2
62	Wheel	Ø38*14	4
63	Nut	M6	2
64	Bracket		2
65	Pin	Ø10*53	4
66	Ring	Ø10	4
67	Seat Tube		1
68	Seat		1
69	Carriage Bolt	M8*45	2
70	Backrest Tube		1
71	Cap	30*30mm	1
72	Cap	15*30mm	4
73	Carriage Bolt	M8*75	1
74	Screw	M6*40	4
75	Flat Washer	Ø6*Ø14	6
76	Back Tube		1
77	Backrest		1
78	Handle		2
79	Exercise Band	Ø6*1080mm	2
80	Tension Knob		1
81	Flat Washer	Ø5.5*Ø12	1
82	Screw	M5*50	1
83	Hand Pulse Wire		1
84	Handlebar		1
85	Screw	M5*12	4
86	Meter		1
87	Screw	M6*15	4
88	Spring Washer	Ø6*Ø14	4
89	Foam Grip	Ø25.4	2
90	Curved Washer	Ø6*Ø14	2
91	Hand Pulse		2
92L/R	Pedal Strap		2
A	Spanner	S13-14-15	1
B	Allen Wrench	S5	1

HARDWARE PACKAGE



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

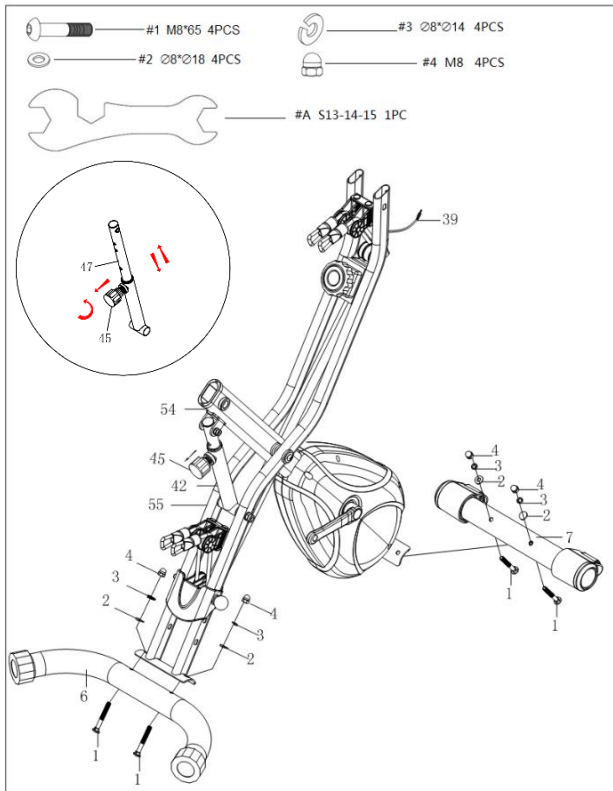
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

Loosen and pull the **Release Knob (No. 45)** from the folded **Rear and Front Main Frame (No. 54 and No. 55)**, then lower the **Adjustable Set (No. 47)** and reinsert the **Release Knob (No. 45)** into the upper hole or middle hole of **Adjustable Set (No. 47)**. Retighten the **Release Knob (No. 45)** by hand.

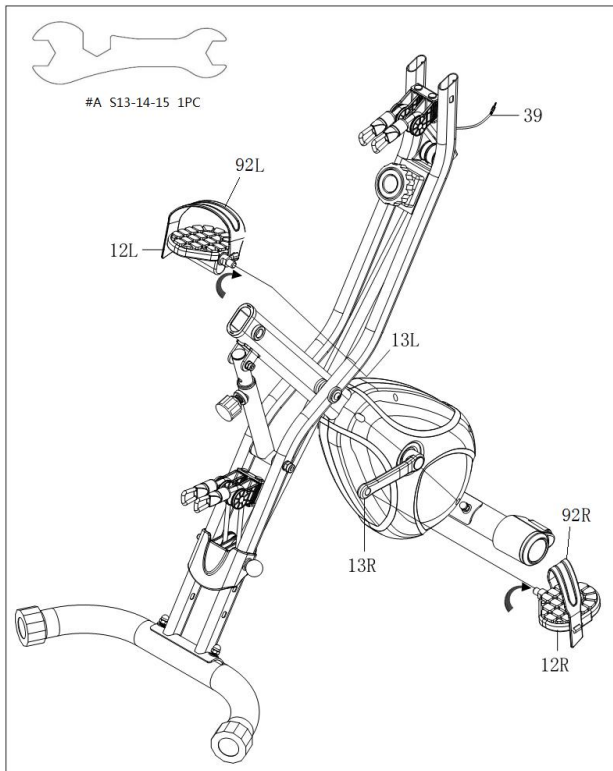
NOTE: There are 3 modes for the bike: bike, recumbent bike, folding. There are 3 holes in the **Adjustable Set (No. 47)**. To set the mode, insert the **Release Knob (No. 45)** into the corresponding hole in the **Adjustable Set (No. 47)** and tighten.

Upper Hole = Bike, Middle Hole = Recumbent bike, Bottom Hole = Folding

Attach **Rear Stabilizer (No. 6)** to the **Front Main Frame (No. 55)** using 2 **Curved Washers (No. 2)**, 2 **Spring Washers (No. 3)**, 2 **Carriage Bolts (No. 1)**, and 2 **Cap Nuts (No. 4)**. Secure and tighten with **Spanner (No. A)**.

Attach **Front Stabilizer (No. 7)** to **Rear Main Frame (No. 54)** with 2 **Curved Washers (No. 2)**, 2 **Spring Washers (No. 3)**, 2 **Carriage Bolts (No. 1)**, and 2 **Cap Nuts (No. 4)**. Secure and tighten with **Spanner (No. A)**.

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STEP 2

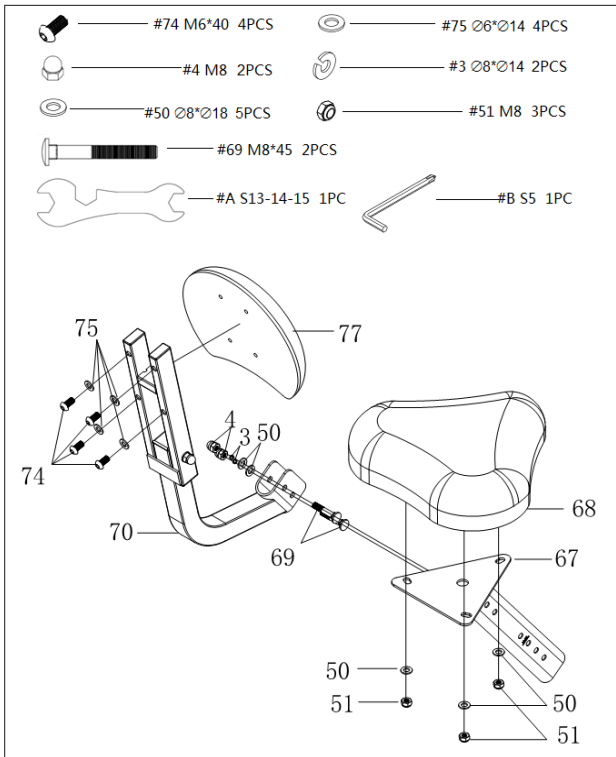
The **Left Pedal (No. 12L)** is marked L and the **Right Pedal (No. 12R)** is marked R. Turn the resistance knob all the way to the right until the cranks are immobilized.

Align the **Left Pedal (No. 12L)** with the **Left Crank (No. 13L)** at 90°. Gently insert the **Left Pedal (No. 12L)** into the **Left Crank (No. 13L)** and turn the **Left Pedal (No. 12L)** counterclockwise. Use **Spanner (No. A)** to tighten.

Attach the **Right Pedal (No. 12R)** with the **Right Crank (No. 13R)** at 90°. Gently insert the **Right Pedal (No. 12R)** into the **Right Crank (No. 13R)** and turn the **Right Pedal (No. 12R)** clockwise. Use **Spanner (No. A)** to tighten.

Attach the 2 **Pedal Straps (No. 92L/R)** to the **Left and Right Pedals (No. 12L/R)**.

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 3

Remove the pre-assembled 3 **Nylon Nuts (No. 51)** and 3 **Flat Washers (No. 50)** from the back of the **Seat (No. 68)** with **Spanner (No. A)**.

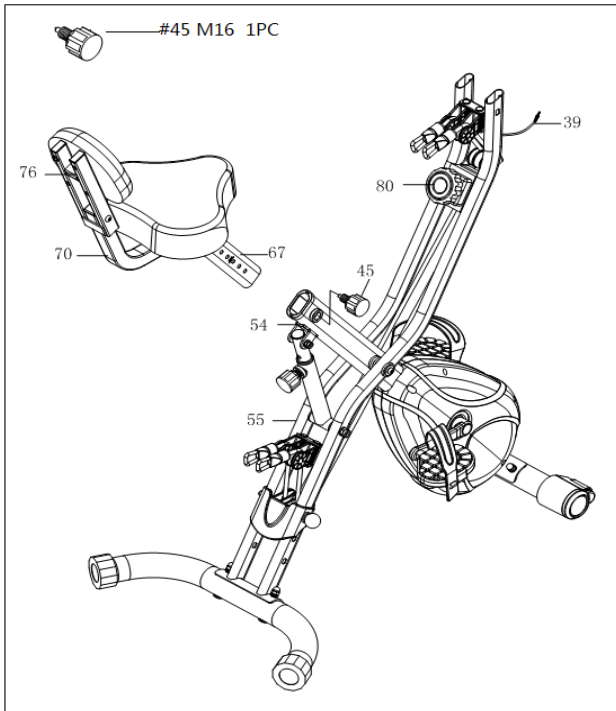
Attach the **Seat (No. 68)** to the **Seat Tube (No. 67)** with 3 **Nylon Nuts (No. 51)** and 3 **Flat Washers (No. 50)** that were removed. Secure and tighten with **Spanner (No. A)**.

Remove the pre-assembled 2 **Carriage Bolts (No. 69)**, 2 **Flat Washers (No. 50)**, 2 **Cap Nuts (No. 4)**, and 2 **Spring Washers (No. 3)** from the **Backrest Tube (No. 70)** with **Spanner (No. A)**.

Attach the **Backrest Tube (No. 70)** to the **Seat Tube (No. 67)** with 2 **Carriage Bolts (No. 69)**, 2 **Flat Washers (No. 50)**, 2 **Spring Washers (No. 3)**, and 2 **Cap Nuts (No. 4)** that were removed. Secure and tighten with **Spanner (No. A)**.

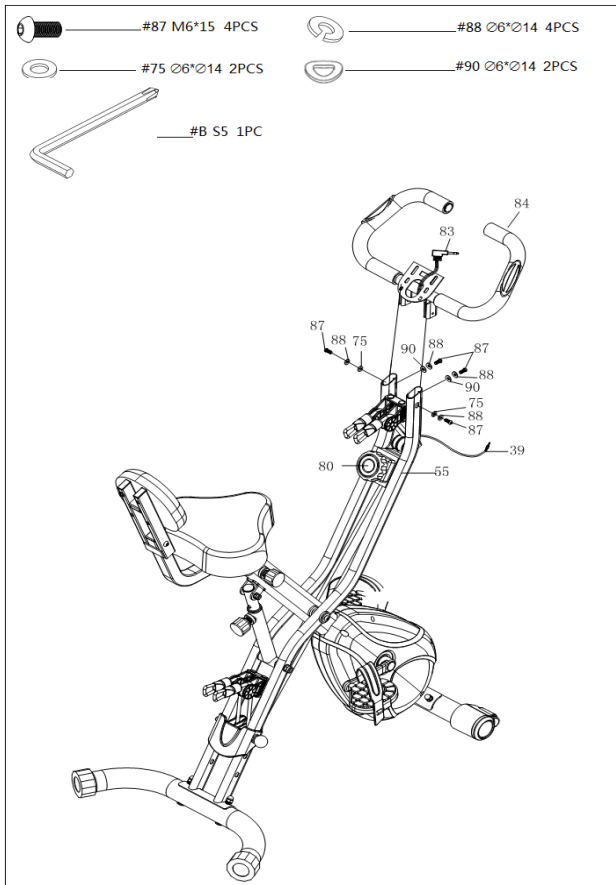
Take out 4 **Screws (No. 74)** and 4 **Flat Washers (No. 75)** from the plastic bag for **Backrest (No. 77)**. Then attach **Backrest (No. 77)** to **Backrest Tube (No. 70)** with 4 **Screws (No. 74)** and 4 **Flat Washers (No. 75)**. Secure and tighten with **Allen Wrench (No. B)**.

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STEP 4

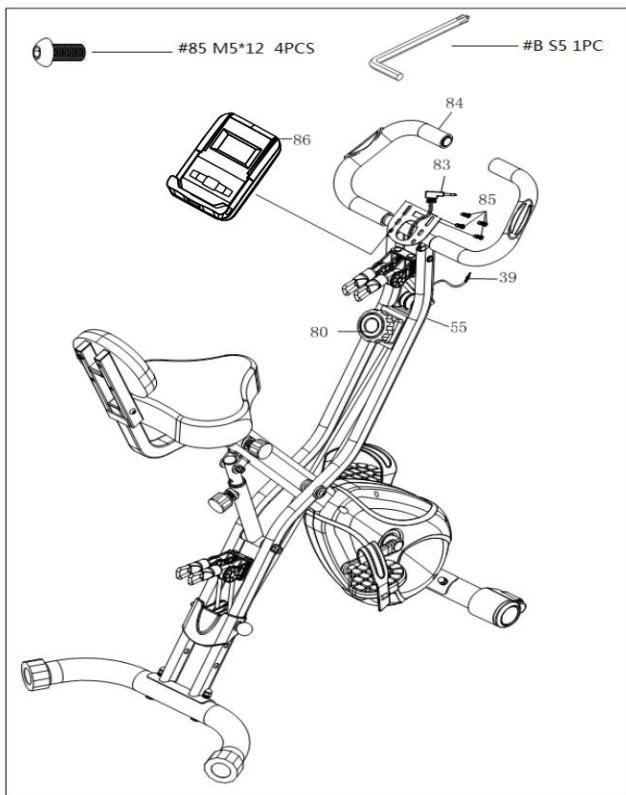
Loosen and pull out **Release Knob (No. 45)**, then insert **Seat Tube (No. 67)** into **Rear Main Frame (No. 54)**. Insert and tighten **Release Knob (No. 45)** to secure.



STEP 5

Attach **Handlebar (No. 84)** to the **Front Main Frame (No. 55)** with 4 **Screws (No. 87)**, 2 **Flat Washers (No. 75)**, 2 **Curved Washers (No. 90)**, and 4 **Spring Washers (No. 88)**. Secure and tighten with **Allen Wrench (No. B)**.

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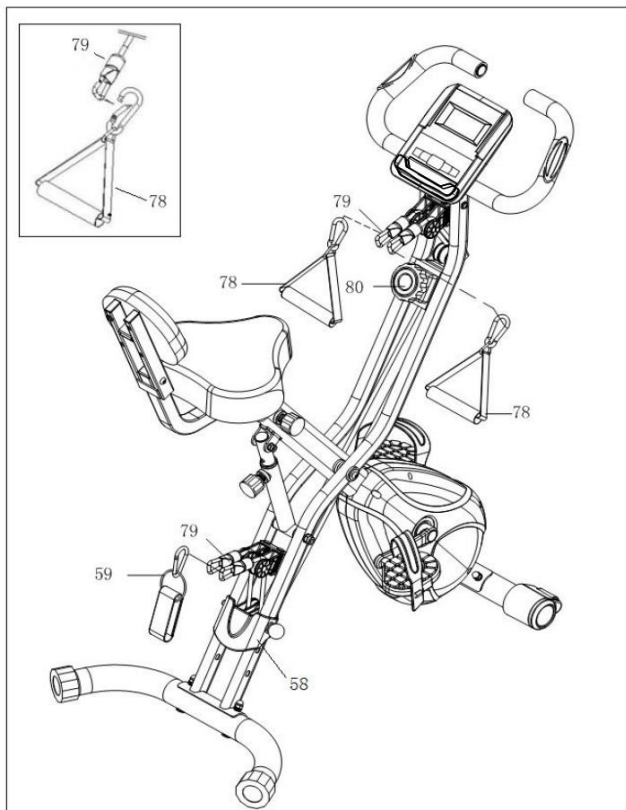


STEP 6

Remove 4 **Screws (No. 85)** from the back of the **Meter (No. 86)** with **Allen Wrench (No. B)**.

Attach **Meter (No. 86)** to the **Front Main Frame (No. 55)** with 4 **Screws (No. 85)** that were removed. Insert **Sensor Wire (No. 39)** into the hole on the back of the **Meter (No. 86)**. Make sure the wire does not get caught when you attach the meter.

Insert **Hand Pulse Wire (No. 83)** into the hole on the back of the **Meter (No. 86)**.



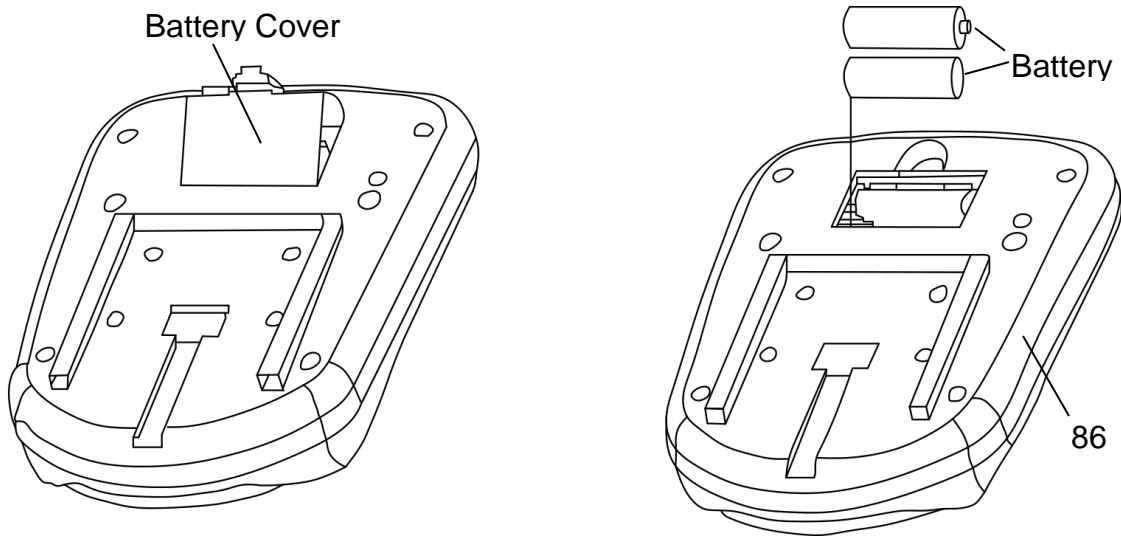
STEP 7

Connect **Ankle Strap (No. 59)** to the **Exercise Bands (No. 79)** above the **Cover (No. 58)**.

Connect the 2 **Handles (No. 78)** to the **Exercise Bands (No. 79)** above the **Tension Knob (No. 80)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



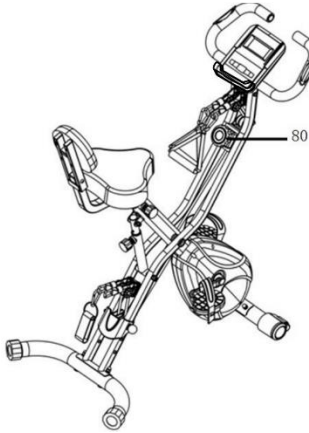
BATTERY INSTALLATION:

1. Take out 2 AA batteries from meter box;
2. Press the buckle of battery cover on the **Meter (No. 86)**, then remove battery cover;
3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 86)**. 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. 86)**.
5. The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Meter (No. 86)**, 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 **Meter (No. 86)**. 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. 86)**.
4. The replacement is complete!

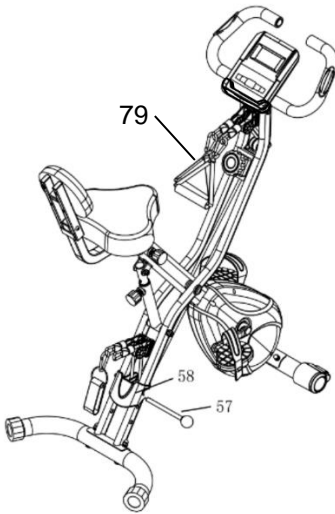
ADJUSTMENTS & USAGE GUIDE



ADJUSTING THE TENSION OF THE BIKE

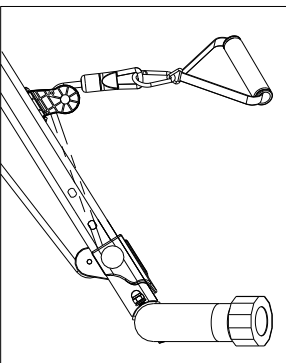
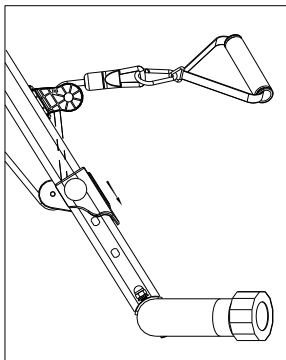
Adjust the tension of the bike by rotating the **Tension Knob (No. 80)** *clockwise* to increase the level of resistance. Rotate the **Tension Knob (No. 80)** *counterclockwise* to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 8 being the highest.

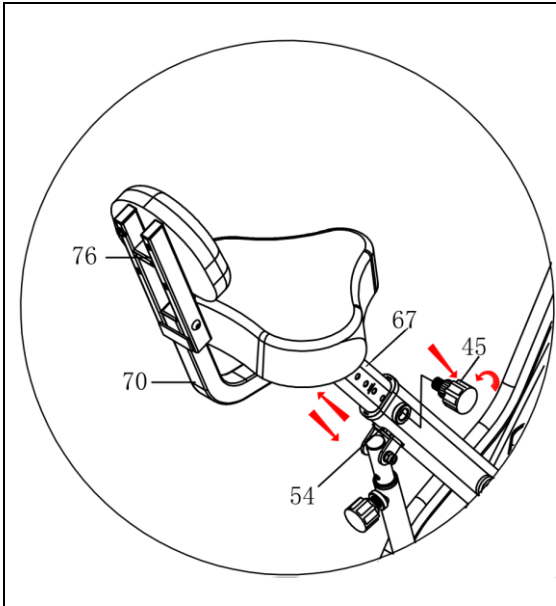


ADJUSTING THE TENSION OF THE EXERCISE BAND

Adjust the tension of the **Exercise Bands (No. 79)** by pulling out **Pin (No. 57)** and moving **Cover (No. 58)** to desired setting. Insert **Pin (No. 57)** into one of the three holes.



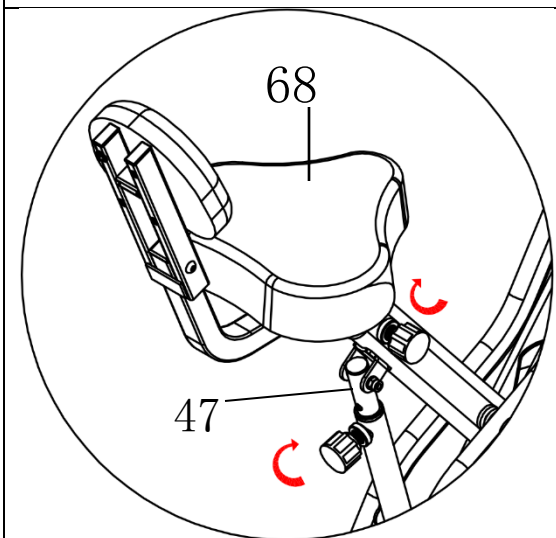
ADJUSTMENTS & USAGE GUIDE



ADJUSTING THE SEAT HEIGHT

To adjust the seat height, loosen **Release Knob (No. 45)** by turning *counter-clockwise* and pull **Release Knob (No. 45)** outward, then raise or lower the **Seat Tube (No. 67)** to desired height. Once adjusted, re-insert and tighten **Release Knob (No. 45)** by turning *clockwise* to secure the seat tube in place.

Note: when making adjustments, you will see a limit mark on the **Seat Tube (No. 67)**. Do not lift the **Seat Tube (No. 67)** past the mark.



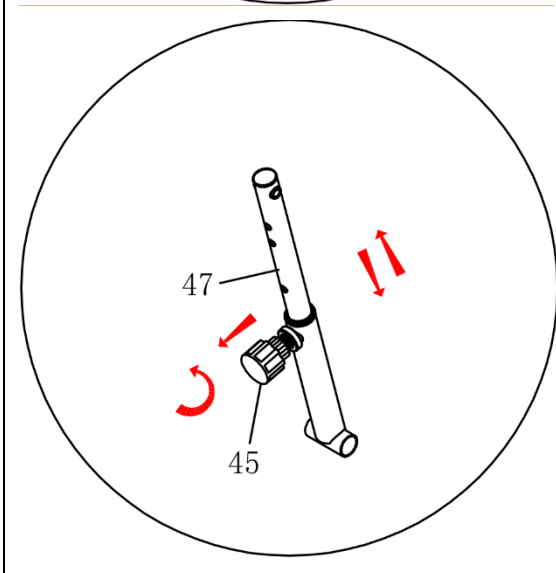
ADJUSTING THE BIKE MODE

There are three modes for the bike: BIKE, RECUMBENT BIKE, FOLDING.

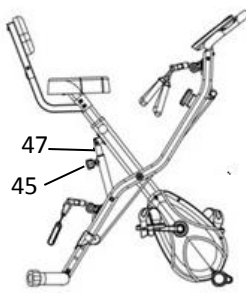
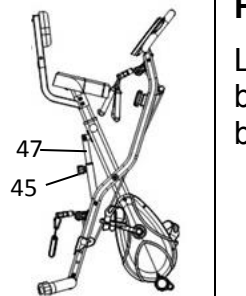
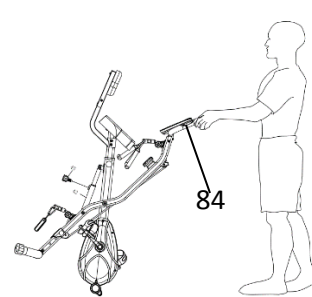
There are three holes on **Adjustable Set (No. 47)**.

Upper Hole = BIKE, Middle Hole = RECUMBENT BIKE, Bottom Hole = FOLDING

To change the mode, loosen **Release Knob (No. 45)** by turning *counterclockwise* and pull **Release Knob (No. 45)** outward, then raise or lower the **Seat (No. 68)** to desired hole on **Adjustable Set (No. 47)**. Once adjusted, re-insert and tighten **Release Knob (No. 45)** by turning *clockwise* to secure the **Adjustable Set (No. 47)** in place.



ADJUSTMENTS & USAGE GUIDE

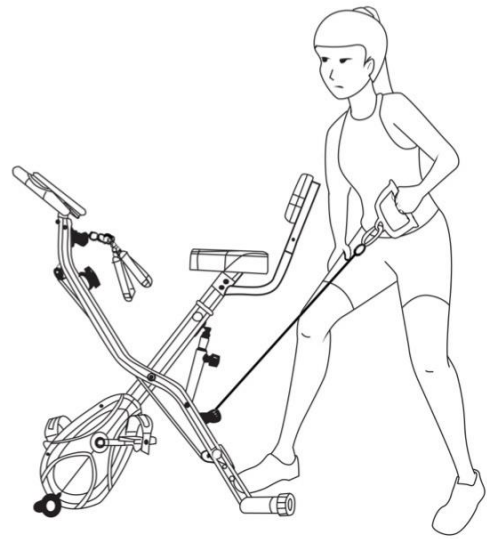
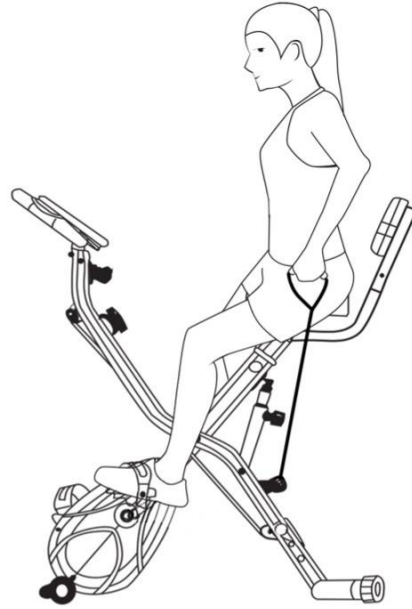
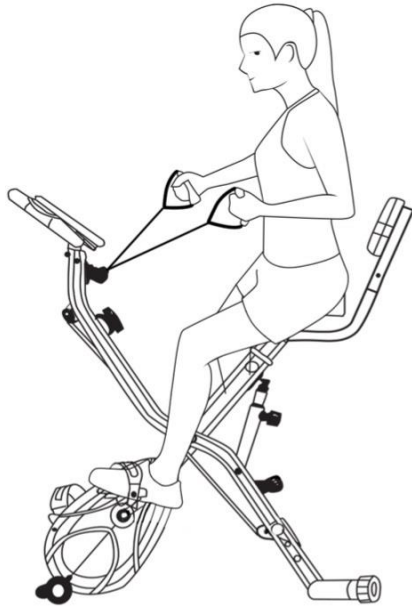
		<p>FOLDING THE BIKE</p> <p>Loosen and pull out the Release Knob (No. 45), fold the bike, and then engage Release Knob (No. 45) into the bottom hole of the Adjustable Set (No. 47) and tighten.</p>
	<p>MOVING THE BIKE</p> <p>First fold the bike according to the instructions above. To move the bike, hold Handlebar (No. 84) and tilt the bike until the movable wheels located on the front stabilizer end cap touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.</p>	
<p>CLEANING</p> <p>The 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 bike after each use. Be careful not get excessive moisture on the meter display panel as this might cause electrical hazard or electronics to failure. Please keep the bike, especially the meter out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the bike for proper tightness every week.</p>		
<p>STORAGE</p> <p>Store the bike in a clean and dry environment, away from children.</p>		

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the meter.	<ol style="list-style-type: none"> 1. Remove the meter and verify the wire that comes from the meter is properly connected to the wire that comes from front main frame. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the meter may be unresponsive. If this occurs, change the batteries.
The bike wobbles when in use.	<ul style="list-style-type: none"> • Turn the adjustable end cap on the rear stabilizer as needed to level the bike.
The bike makes a squeaking noise when in use.	<ul style="list-style-type: none"> • The bolts may have become loose on the bike. Please inspect all the bolts and tighten any loose bolts.

USING THE BIKE

Using the Total Body Bike, you can do a variety of exercises as shown below.



METER INSTRUCTIONS

AUTO ON/OFF: The meter will turn on when you press MODE key.

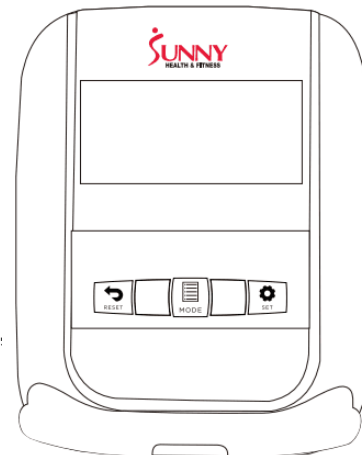
After 4 minutes of inactivity, the meter will shut off automatically.

FUNCTION BUTTONS

MODE: Press and hold for 2 seconds to turn on meter.

SET: During STOP mode, press to increase the value of TIME, DISTANCE or CALORIES.

RESET: During STOP mode, press to clear value or set value to zero.



FUNCTIONS

1. **SCAN:** Display will automatically cycle through the functions in the following order: TIME – SPEED – DISTANCE – CALORIES – ODO – PULSE.
2. **TIME:** Shows the workout time elapsed (0:00 to 99:59).
3. **SPEED:** Displays your workout speed (0.0 to 99.0 miles per hour).
4. **DISTANCE:** Displays the distance of each workout (0.00 to 99.99 miles).
5. **CALORIES:** Displays the estimated calories burned.
6. **PULSE:** Displays your pulse in beats per minute.
7. **ODO (ODOMETER):** Displays the total accumulated distance. (0.0 to 999.9 miles).

OPERATING INSTRUCTIONS

Press MODE to turn on the meter. Press MODE to select SCAN or to select a function to be displayed.

COUNTDOWN FUNCTION (TIME, DISTANCE, or CALORIES)

During STOP mode, press MODE to select TIME, DISTANCE, or CALORIES. Press SET to increase the value. Press MODE to accept the set value. When you start pedaling, the meter will countdown. Once the meter has reached 0, it will beep and start counting again.

BATTERIES

This meter uses 2 AA batteries, which are included. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change all batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

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