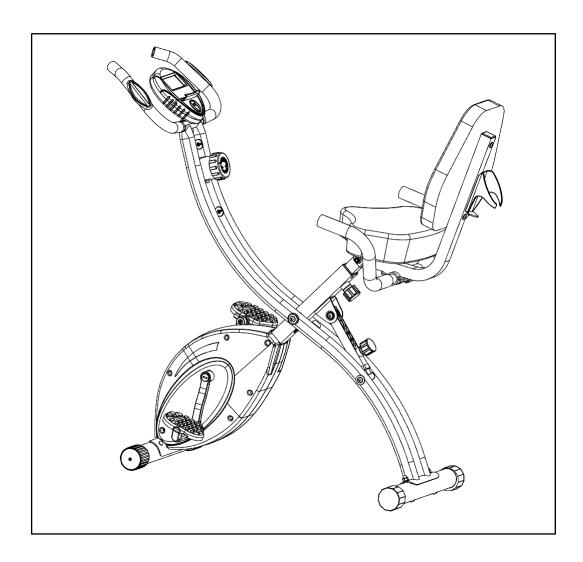


COMFORT XL FOLDING RECUMBENT BIKE

SF-B2721

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).









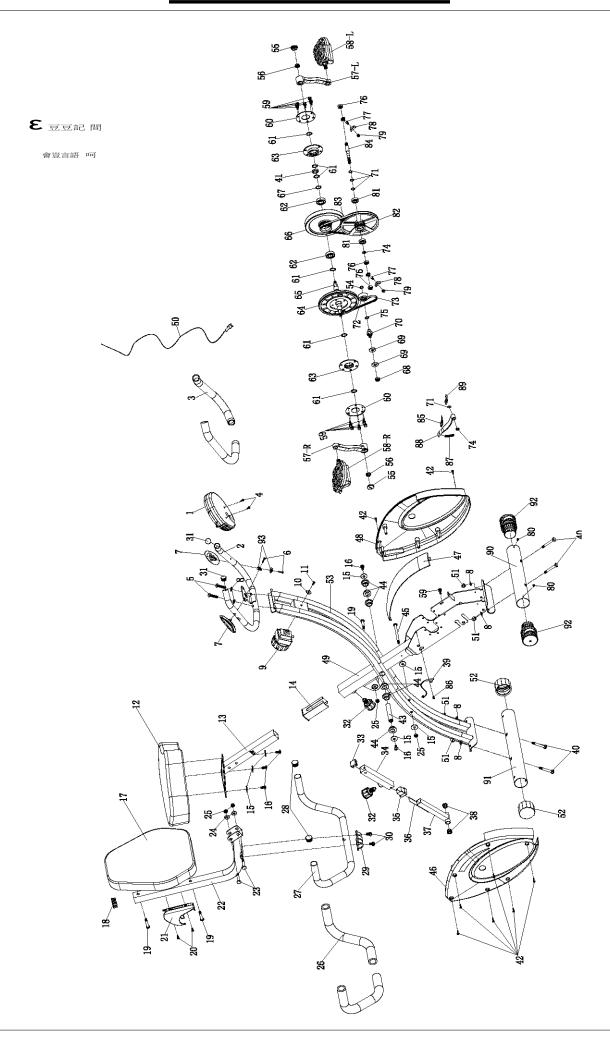


IMPORTANT SAFETY INFORMATION

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 nauseous feeling. 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.
- 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 300 pounds (136 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 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	Meter		1
2	Handle Bar		1
3	Sponge		2
4	Bolt	M5	2
5	Bolt	M8	2
6	Bolt	M4	2
7	Pulse		2
8	Washer	M8	6
9	Tension		1
10	Washer		1
11	Bolt	M5	1
12	Seat		1
13	Seat Tube		1
14	Bushing		1
15	Washer		7
16	Bolt	M8	5
17	Back Pad		1
18	Сар		1
19	Bolt	M8	3
20	Bolt	M5	2
21	Cup Holder		1
22	Back Pad Tube		1
23	Bolt	M8	2
24	Washer		2
25	Nut	M8	4
26	Sponge		2
27	Seat Handle Bar		1
28	Сар	_	2
29	Handlebar Bracket		1
30	Bolt	M8	2
31	Сар	_	2
32	Pop-Pin Knob		2

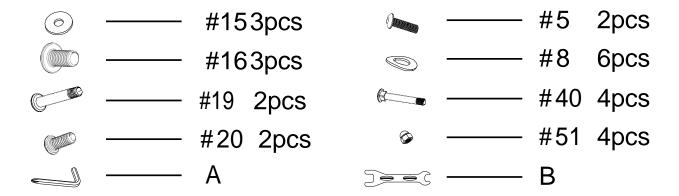
No.	Description	Spec.	Qty.
33	Сар		1
34	Tube		1
35	Bushing		1
36	Label		1
37	Tube		1
38	Sleeve		2
39	Sensor		1
40	Bolt	M8	4
41	Plastic Washer		1
42	Bolt	M4	8
43	Rod		1
44	Bushing		6
45	Bolt	M8	1
46	Cover-R		1
47	Front Cover		1
48	Cover-L		1
49	Seat Connect Tube		1
50	Wire		1
51	Cap Nut		4
52	Rear End Cap		2
53	Main Frame		1
54	Spacer		1
55	Сар		2
56	Nut	M10	2
57L/R	Crank-L&R		2
58L/R	Pedal-L&R		2
59	Bolt	M6	11
60	Mounting Plate		2
61	Spacer		6
62	Bearing	6003	2
63	Bearing Seat		2
64	Belt Wheel		1

PARTS LIST

No.	Description	Spec.	Qty.
65	Middle Axle		1
66	Wheel		1
67	Washer		1
68	Nut	M10	1
69	Washer		2
70	Axle		1
71	Washer		4
72	Plastic Idler		1
73	Belt	240J3	1
74	Spacer		2
75	Washer		1
76	Nut	M10	3
77	Bolt		2
78	Iron Sheet		2
79	Nut	M6	2
80	Bolt		2

No.	Description	Spec.	Qty.
81	Bearing	6000	2
82	Belt Wheel		1
83	Belt	230J3	1
84	Axle		1
85	Magnet Spacing		1
86	Bolt	M4	1
87	Spring		1
88	Iron Sheet		1
89	Magnet		4
90	Front Tube		1
91	Rear Tube		1
92	Front End Cap		2
93	Washer		2
Α	Wrench		1
В	Spanner		1

HARDWARE PACKAGE



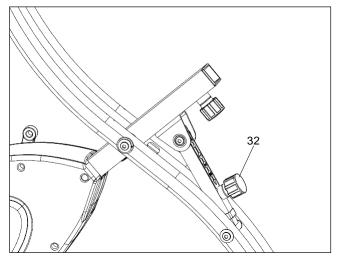
Ordering Replacement Parts (U.S. and Canadian Customers only)

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)

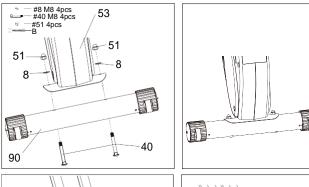
Please contact us at support@sunnyhealthfitness.com or 1-877 - 90SUNNY (877-907-8669).

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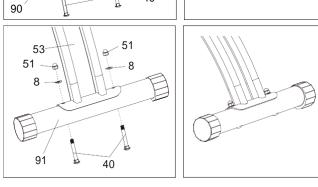
STEP 1:

Slightly loosen the **Pop-Pin Knob (No. 32)** and pull outward to adjust your desired recline angle (1-3 setting).



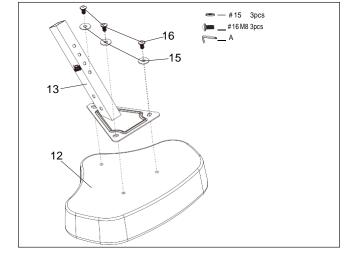
STEP 2:

Install Front Tube (No. 90) and Rear Tube (No. 91) onto Main Frame (No. 53) (please see image to ensure the both tubes are installed on correct position). Insert Bolts (No. 40) through hole in Front Tube (No. 90) and Rear Tube (No. 91) and place the Washers (No. 8) onto Bolts (No. 40). Then, tighten Cap Nuts (No.51) onto Bolts (No. 40) with Spanner (B).

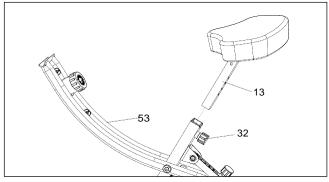


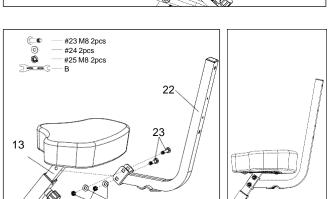
STEP 3:

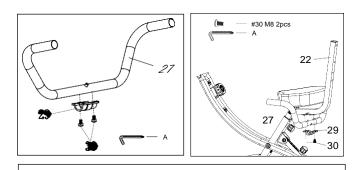
Attach Seat (No. 12) to the Seat Support Tube (No. 13) using 3 Washers (No. 15) and 3 Bolts (No. 16). Tighten and secure with Wrench (A).



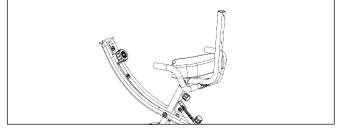
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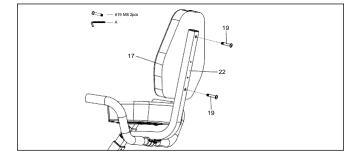






2̃5 2̃4





STEP 4:

Loosen Pop-Pin Knob (No. 32), and insert the Seat Support Tube (No. 13) into Main Frame (No. 53). Set Seat Support Tube (No. 13) at desired height and make sure the Pop-Pin Knob (No. 32) goes into one of the holes. Tighten Pop-Pin Knob (No. 32) to secure.

STEP 5:

Remove preassembled Bolts (No. 23), Nuts (No. 25), and Washers (No. 24) from the Back Pad Tube (No. 22). Align Back Pad Tube (No. 22) with hole in the Seat Support Tube (No. 13), and insert Bolts (No. 23) through hole in Back Pad Tube (No. 22). Place Washers (No. 24) onto the Bolts (No. 23), and screw on the Nuts (No. 25) and tighten with Spanner (B).

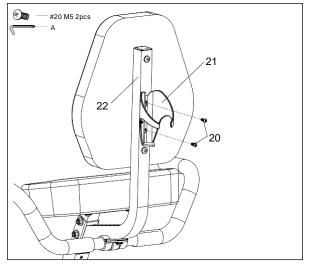
STEP 6:

Remove the Handlebar Bracket (No. 29) and Bolts (No. 30) from the Back Pad Tube (No. 22). Align the Seat Handle Bar (No. 27) with holes on the bottom of the Back Pad Tube (No. 22), and place Bolts (No. 30) into holes and tighten with Wrench (A).

STEP 7:

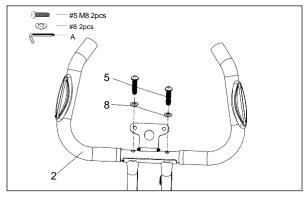
Align Back Pad (No. 17) against Back Pad Tube (No. 22), and insert Bolts (No. 19) into holes. Then, tighten with Wrench (A).

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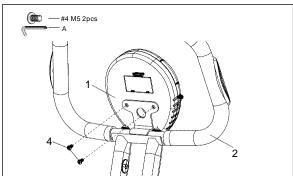
STEP8:

Align Cup Holder (No. 21) against Back Pad Tube (No. 22), and insert Bolts (No. 20) into holes. Then, tighten with Wrench (A).



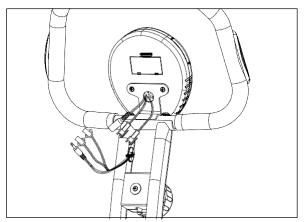
STEP9:

Assemble the **Handle Bar (No. 2)** into slots on the top of the **Main Frame (No. 53).** Place **Bolts (No. 5)** and **Washers (No. 8)** into holes and tighten **Bolts (No. 5)** with **Wrench (A)**.



STEP 10:

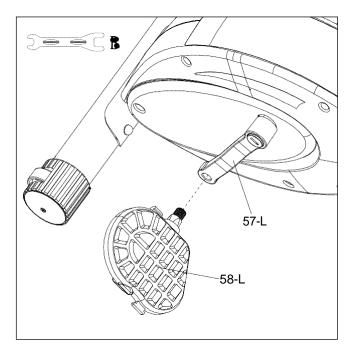
Remove preassembled **Bolts** (**No. 4**) from the back of the **Meter** (**No. 1**), and place **Meter** (**No. 1**) onto the **Handle Bar** (**No. 2**). Then, tighten with **Wrench** (**A**).



STEP 11:

Connect all wires from Main Frame (No. 53) to Meter (No. 1). The 2 round bigger ones must be wired to each other. The other square wires can be interchangeably connected to each other.

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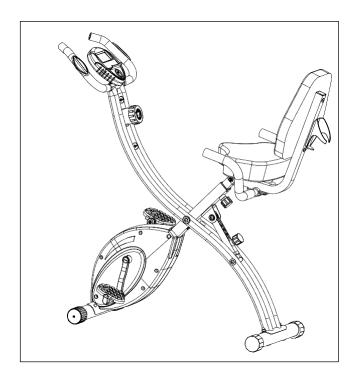
STEP 12:

Attach the **Left** and **Right Pedals (No. 58L/R)** to the **Left** and **Right Cranks (No. 57L/R)**.

Left Pedal: align the Left Pedal (No. 58L) with the Left Crank Arm (No. 57L) at 90 degrees. Insert pedal into crank arm, then turn pedal counter-clockwise as tightly as you can by hand. Tighten and secure with Spanner (B).

Right Pedal: align the Right Pedal (No. 58R) with the Right Crank Arm (No. 57R) at 90 degrees. Insert pedal into crank arm, then turn pedal clockwise as tightly as you can by hand.

Tighten and secure with **Spanner (B)**.



The assembly is complete!

EXERCISE COMPUTER

FUNCTION KEY:

MODE: To select functions. Press and hold for a few seconds to set values to 0.

FUNCTIONS AND SPECIFICATIONS:

SCAN -- Press "MODE" button until "SCAN" appears, monitor will rotate through all 6 functions: Time, speed, distance, calorie, ODO and pulse. Each function will display for 5 seconds.

TIME -- Count the total time from exercise start to finish.

SPEED -- Display current training speed.

DISTANCE -- Count mileages from exercise start to finish.

CALORIES -- Count the total calories from exercise start to finish.

ODOMETER -- The total distance since batteries were installed into the meter.

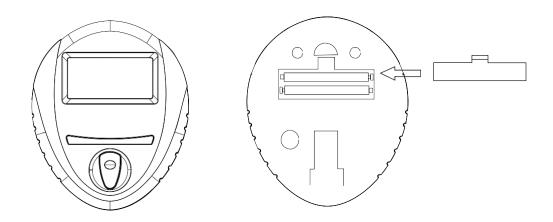
PULSE RATE-- Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place the palms of your hands on both the contact pads. After 6~7 seconds, the monitor will show your current heartbeat rate in beats per minute (BPM) on the LCD. Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

OPERATION PROCEDURES:

- 1. AUTO ON/OFF: The meter will turn on when you press any button or start pedaling. After 4 minutes without any signal, the meter will turn off automatically.
- 2. BATTERY / TROUBLESHOOT: The display console uses two AA batteries, which are included. If the display appears improper or becomes difficult to read, please try installing new batteries before contacting our customer service.



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

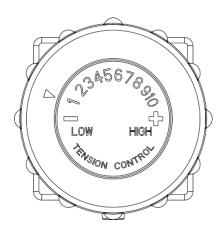
- 1. Take out 2 AA batteries from meter box.
- 2. Press the buckle of battery cover on the **Meter (No. 1)**, then remove battery cover.
- 3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 1)**. Pay attention to the battery + and poles before installing.
- 4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 1).**
- 5. The installation is complete!

BATTERY REPLACEMENT:

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

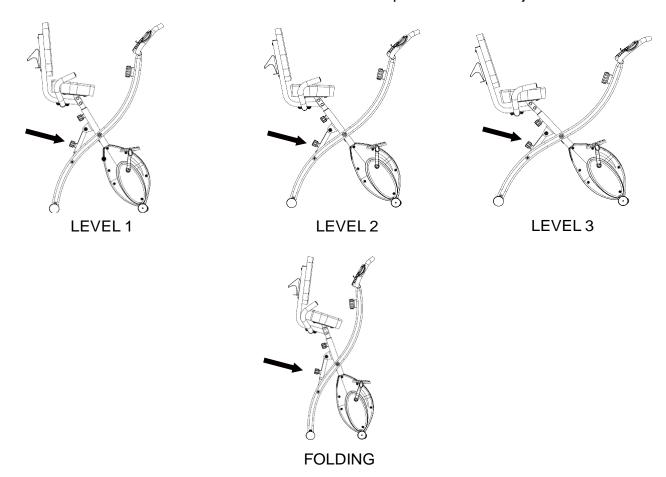
OPERATING INSTRUCTIONS

- 1. Please read all instructions before assembling the equipment. During assembly and use, please make sure to follow all instructions carefully as any improper techniques of use or assembly may result in injury or damage to the equipment.
- 2. The suggested exercise regimen for optimal results is 10-15 minutes per day, at least three times a week.
- **3.** Before beginning exercise, always inspect the equipment to ensure that all moving parts, as well as hardware, are secured properly and are in good condition.
- 4. To adjust the level of tension, turn the Tension Knob to the left or right and align the arrow to the preferred tension level as shown below. This machine contains 10 different levels of tension, with Level 1 being the lowest and Level 10 being the highest. Turn the Tension Knob to the *left to decrease* the level of tension, turn the Tension Knob to the *right to increase* the level of tension.

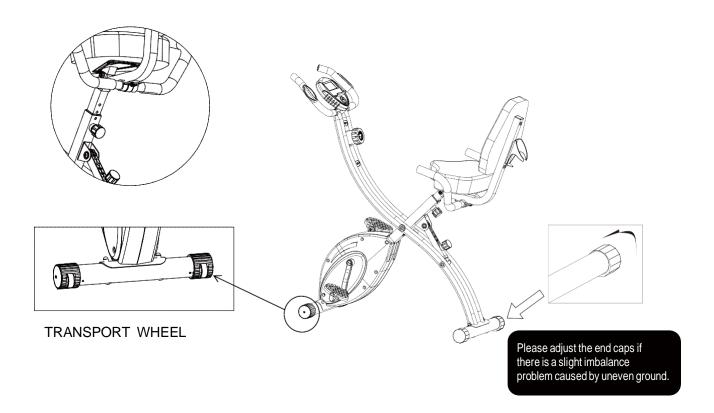


ADJUSTMENT GUIDE

THREE LEVEL AND FOLDING ADJUSTMENT: Turn and pull the knob to adjust the level.



SEAT TUBE ADJUSTMENT: Turn and pull the knob to adjust the seat tube.







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