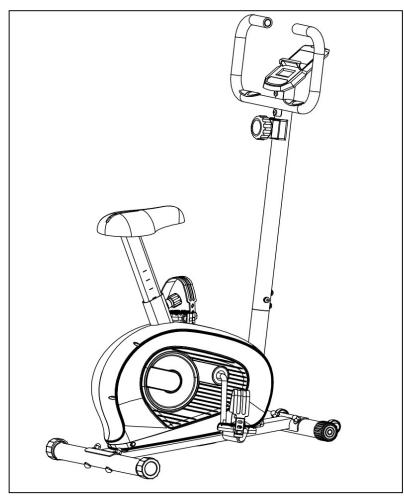


MAGNETIC RESISTANCE UPRIGHT BIKE

SF-B2906 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).









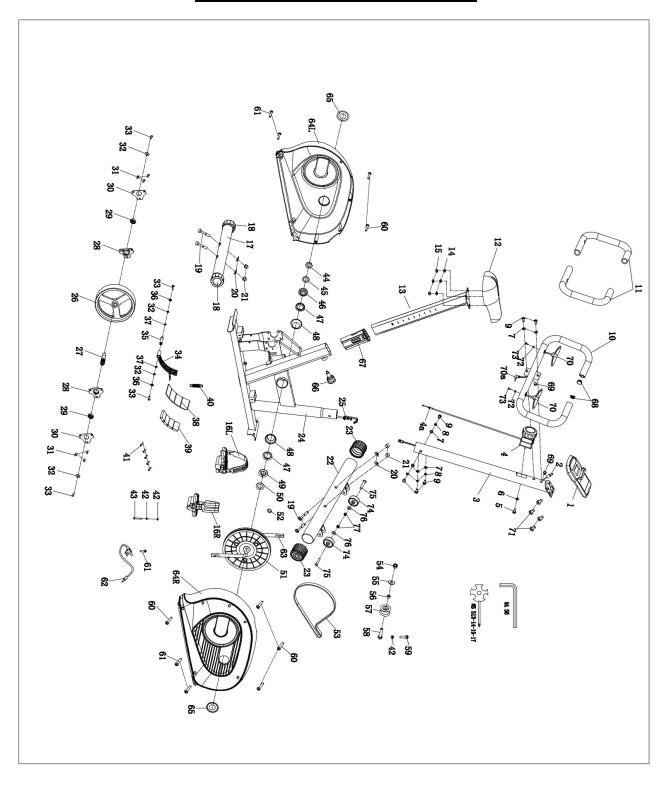


IMPORTANT SAFETY INFORMATION

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.

- 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 240 pounds (110 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

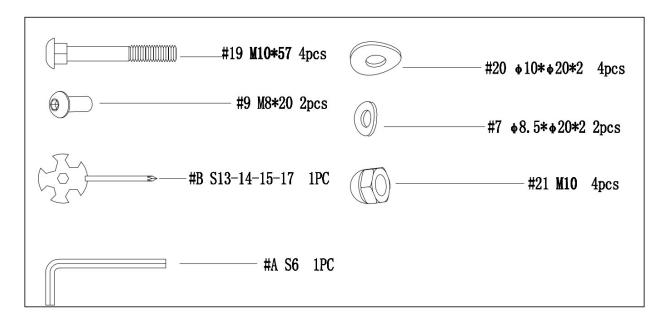


PARTS LIST

No.	Description	Spec	Qty.
1	Computer		1
2	Mid Wire		1
3	Upright Post		1
4	Tension Control Knob		1
4a	Tension Control Wire		1
5	Screw	M5*40	1
6	Washer	D5	1
7	Curved Washer	Ф8.5*Ф20*2	6
8	Spring Washer	D8	4
9	Bolt	M8*20	6
10	Handlebar		1
11	Handlebar Foam		2
12	Seat		1
13	Seat Tube		1
14	Flat Washer	D8	3
15	Nylon Nut	M8	3
16L	Left Pedal		1
16R	Right Pedal		1
17	Rear Stabilizer		1
18	Rear End Cap		2
19	Bolt	M10*57	4
20	Washer	Ф10*Ф20*2	4
21	Nut	M10	4
22	Front Stabilizer		1
23	Front End Cap		2
24	Main Frame		1
25	Tension Wire		1
26	Flywheel		1
27	Flywheel Axle		1
28	Bearing Support		2
29	Bearing	6001RS	2
30	Bearing Board		2
31	Bolt	M6*9	6
32	Washer	Ф6.5*Ф16*1.5	4
33	Bolt	M6*15	4
34	Magnetic Board		1
35	Magnetic Board Axle		1
36	Washer	D6	2
37	Snap Ring	D12	2
38	Magnetic Support		1
39	Magnet		4
40	Tension Spring		1

No.	Description	Spec	Qty.
41	Screw	ST3*10	5
42	Nut	M6	3
43	Bolt	M6*60	1
44	Nut		1
45	Locking Washer		1
46	Locking Nut-Left		1
47	Open Face Bearing		2
48	Bearing Housing		2
49	Locking Nut-Right		1
50	Locking Washer		1
51	Belt Disk		1
52	Magnet		1
53	Belt		1
54	Nylon Nut	M10	1
55	Washer	Ф10.5*Ф20*2	1
56	Idler Sleeve		1
57	Idler Wheel		1
58	Screw	M10*40	1
59	Screw	M6*30	1
60	Screw	ST4.2*20	6
61	Screw	ST4.2*16	5
62	Sensor		1
63	Crank		1
64L	Left Cover		1
64R	Right Cover		1
65	Hole Cap		2
66	Knob	M16	1
67	Seat Sleeve		1
68	Tube Cap		2
69	Hole Cap		2
70	Handle Pulse Sensor		2
70a	Handle Pulse Wire		1
71	Screw	M5*10	4
72	Washer		2
73	Screw	ST4.2*20	2
74	Transportation Wheel		2
75	Screw	M8*40	2
76	Washer	Ф8.5*Ф16*1.5	2
77	Nylon Nut	M8	2
Α	Allen Wrench	S6	1
В	Spanner	S13-14-15-17	1

HARDWARE PACKAGE



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

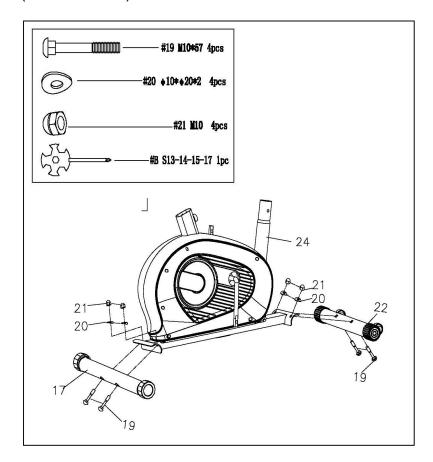
Please provide the following information in order for us to accurately identify the part(s) needed.

- √ 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

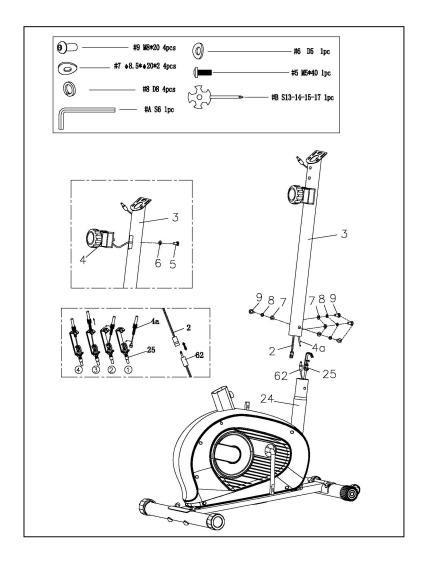
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach the Front & Rear Stabilizers (No. 22 & No. 17) to the Main Frame (No. 24) using 4 Bolts (No. 19), 4 Washers (No. 20) and 4 Nuts (No. 21). Tighten and secure with Spanner (No. B)

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STEP 2:

Remove Screw (No. 5) and Washer (No. 6) from the Tension Control Knob (No. 4) using Spanner (No. B).

Insert Tension Control Wire (No. 4a) into Upright Post (No. 3), then lock the Tension Control Knob (No. 4) to Upright Post (No. 3) using Screw (No. 5) and Washer (No. 6) that were removed. Tighten and secure with Spanner (No. B).

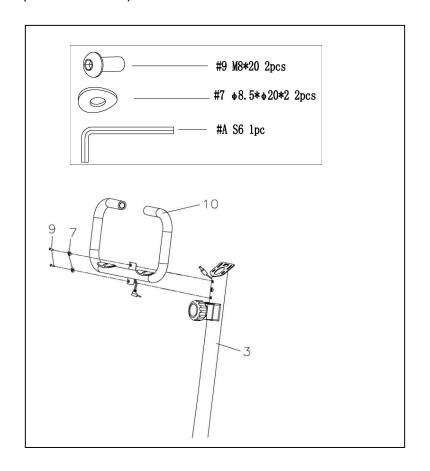
Remove 4 Bolts (No. 9), 4 Curved Washers (No. 7) and 4 Spring Washers (No. 8) from the Main Frame (No. 24) using Allen Wrench (No. A).

Connect the Tension Control Wire (No. 4a) with Tension Wire (No. 25). Then insert Tension Control Wire (No. 4a) into the slot on metal bracket of Tension Wire (No. 25). Make sure the metal fitting on Tension Control Wire (No. 4a) is secured into the metal bracket.

Connect **Mid Wire (No. 2)** and the link wire of **Sensor (No. 62)**.

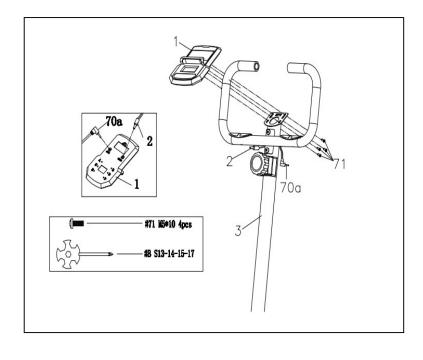
Attach Upright Post (No. 3) to the Main Frame (No. 24) using 4 Bolts (No. 9), 4 Curved Washers (No. 7) and 4 Spring Washer (No. 8) that were removed. Tighten using Allen Wrench (No. A).

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STEP 3:

Attach the Handlebar (No. 10) to Upright Post (No. 3) using 2 Bolts (No. 9) and 2 Curved Washers (No. 7). Tighten and secure with Allen Wrench (No. A).

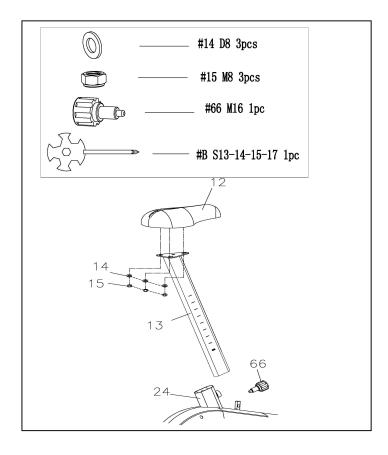


STEP 4:

Remove 4 Screws (No. 71) from the back of the Computer (No. 1) using Spanner (No. B).

Attach the Computer (No. 1) to the Upright Post (No. 3) using 4 Screws (No. 71) that were removed. Tighten and secure with Spanner (No. B). Insert the Mid Wire (No. 2) and Handle Pulse Wire (No. 70a) into the holes on the back of Computer (No. 1).

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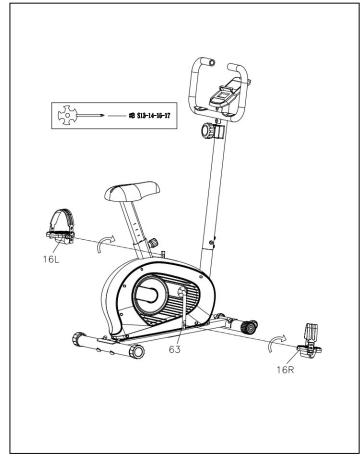


STEP 5:

Remove 3 Flat Washers (No. 14) and 3 Nylon Nuts (No. 15) from Seat (No. 12) with Spanner (No. B).

Attach the **Seat (No. 12)** to **Seat Tube (No. 13)** using 3 **Flat Washers (No. 14)** and 3 **Nylon Nuts (No. 15)** that were removed. Tighten and secure with **Spanner (No. B)**.

Remove the Knob (No. 66) from Main Frame (No. 24), then insert Seat Tube (No. 13) into Main Frame (No. 24), adjust the Seat Tube (No. 13) to desired height, then tighten and secure with Knob (No. 66) that was removed.



STEP 6:

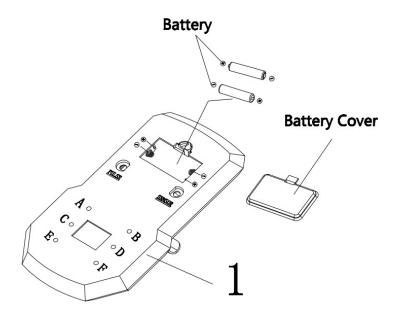
Align the **Right Pedal (No. 16R)** with the right side of the **Crank (No. 63)** at 90° and gently insert the pedal into the crank arm. Turn the **Right Pedal (No. 16R)** clockwise as tightly as you can with your hand, then use **Spanner (No. B)** to tighten securely.

Align the **Left Pedal (No. 16L)** with the left side of the **Crank (No. 63)** at 90° and gently insert the pedal into the crank arm. Turn the **Left Pedal (No. 16L)** counter-clockwise as tightly as you can with your hand, then use **Spanner (No. B)** to tighten securely.

NOTE: Right Pedal (No. 16R) is marked with "R" on the pedal, while Left Pedal (No. 16L) is marked with "L" on the pedal.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

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

The installation is complete!

BATTERY REPLACEMENT

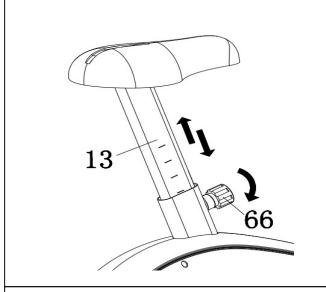
- 1. Press the buckle of battery cover on the back of the **Computer (No. 1)**, then remove battery cover.
- 2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. 1)**. Pay attention to the battery + and poles before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

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.

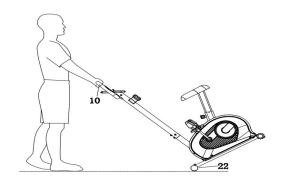
ADJUSTMENTS & USAGE GUIDE



ADJUSTING THE SEAT

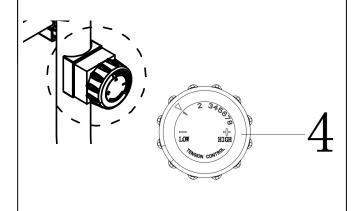
The seat of this bike is fully adjustable as it moves *Up*, *Down*.

To adjust the height of **Seat Tube (No. 13)**, loosen and pull the **Knob (No. 66)** outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the **Knob (No. 66)** to secure the **Seat Tube (No. 13)** in place.



HOW TO MOVE THE BIKE

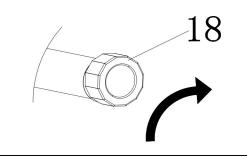
Hold the **Handlebar (No. 10)** and tilt the bike until the transportation wheels on the **Front Stabilizer** (No. 22) touch the ground. Now you can move the bike to the desired location.



ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Control Knob (No. 4)**. Increase the level of resistance by turning the **Tension Control Knob (No. 4)** to the RIGHT *(clockwise)*, decrease the level of resistance by turning the **Tension Control Knob (No. 4)** to the LEFT *(counter-clockwise)*.

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



ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stable. If you notice that the bike is unbalanced during use, you should adjust the **Rear End Caps (No. 18)** located on the rear stabilizer by turning it *clockwise*.

EXERCISE COMPUTER

FUNCTION BUTTONS:

MODE: Press the button to select TIME, DISTANCE, and CAL 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).

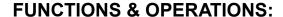
SET: To set up the target value of TIME, DISTANCE, and CAL, press

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).



1. BATTERY INSTALLATION:

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

2. AUTO ON/OFF:

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

3. AUTO SCAN:

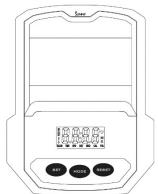
After the computer is powered on, press Mode button and the LCD will display all function values from TIME-SPEED-DISTANCE-CALORIES-ODOMETER-PULSE. Each value will be held for 6 seconds.

4. SPEED:

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

5. DISTANCE:

Accumulates total distance from 0.0 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 to 9999 (Cal). The user may also preset the target calories before training by pressing the SET & MODE buttons. Each setting increase 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 to 9999 M (Miles). User can also press MODE button to display the odometer value.

9. PULSE:

The computer 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 computer 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.

TROUBLESHOOTING

PROBLEM	SOLUTION	
There is no display on the computer.	 Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the upright post. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. The batteries in the computer may be unresponsive. Change to new batteries. 	
The bike wobbles when in use.	Turn the rear end caps on the rear stabilizer as needed to level the bike.	
The bike makes squeaking noise when in use. The bolts may have become loose on the bolts in spect all the bolts and tighten a loosened bolts.		

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