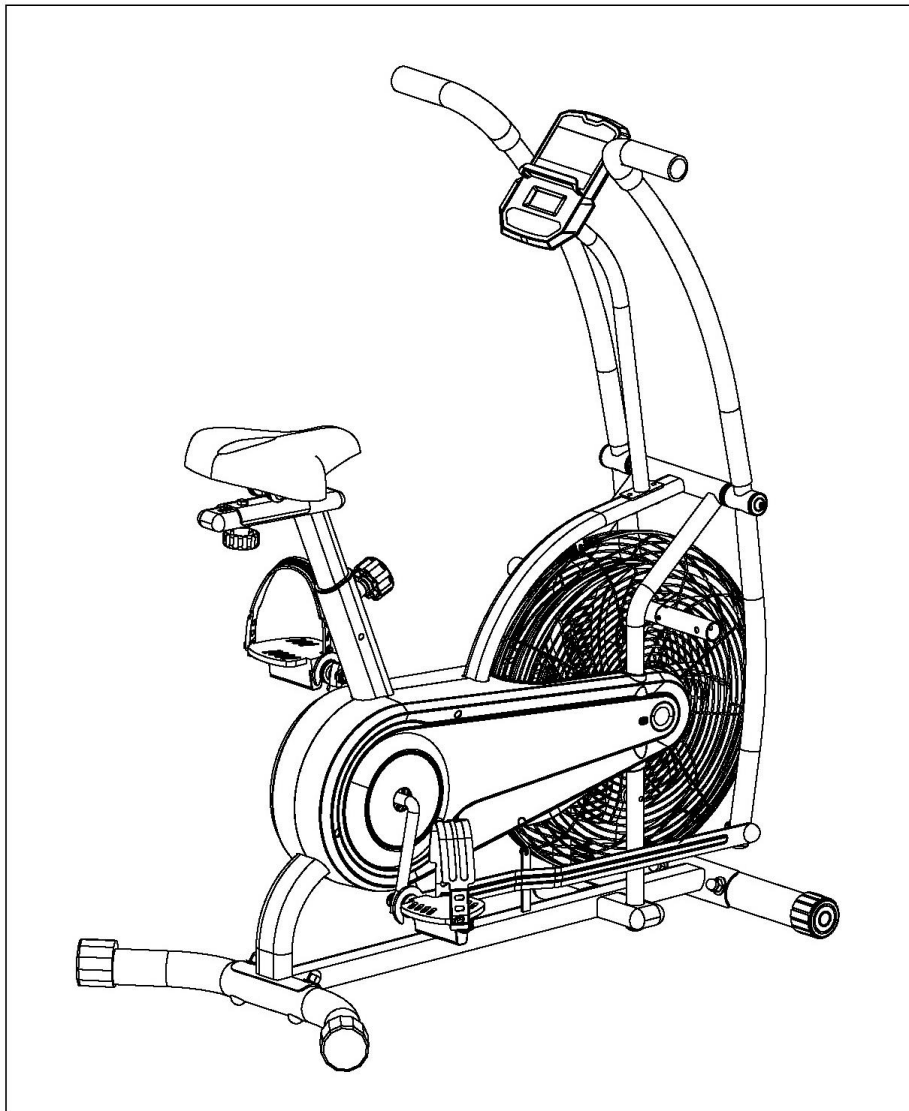




MOTION AIR BIKE

SF-B2916

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).



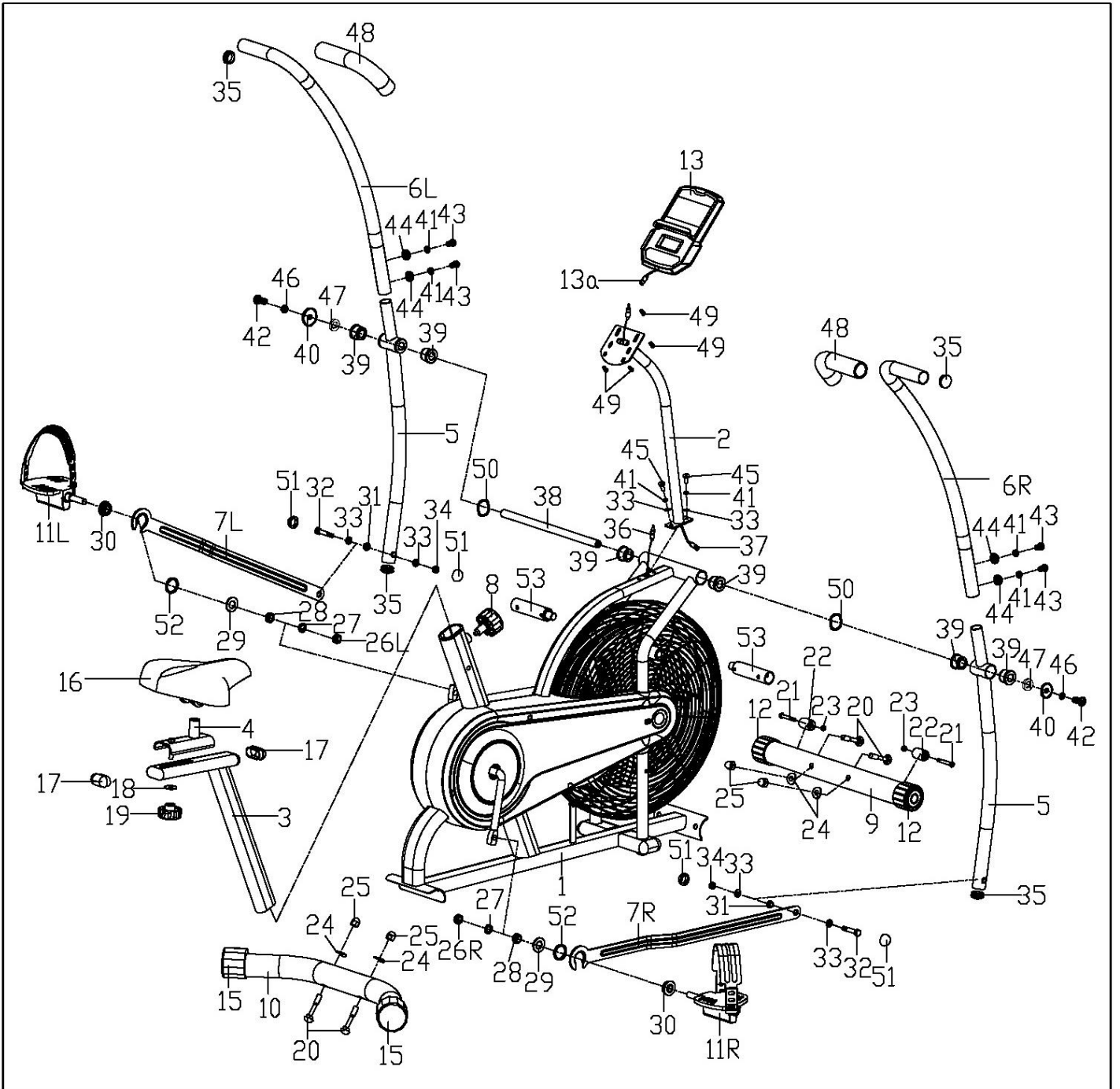
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IMPORTANT SAFETY INFORMATION

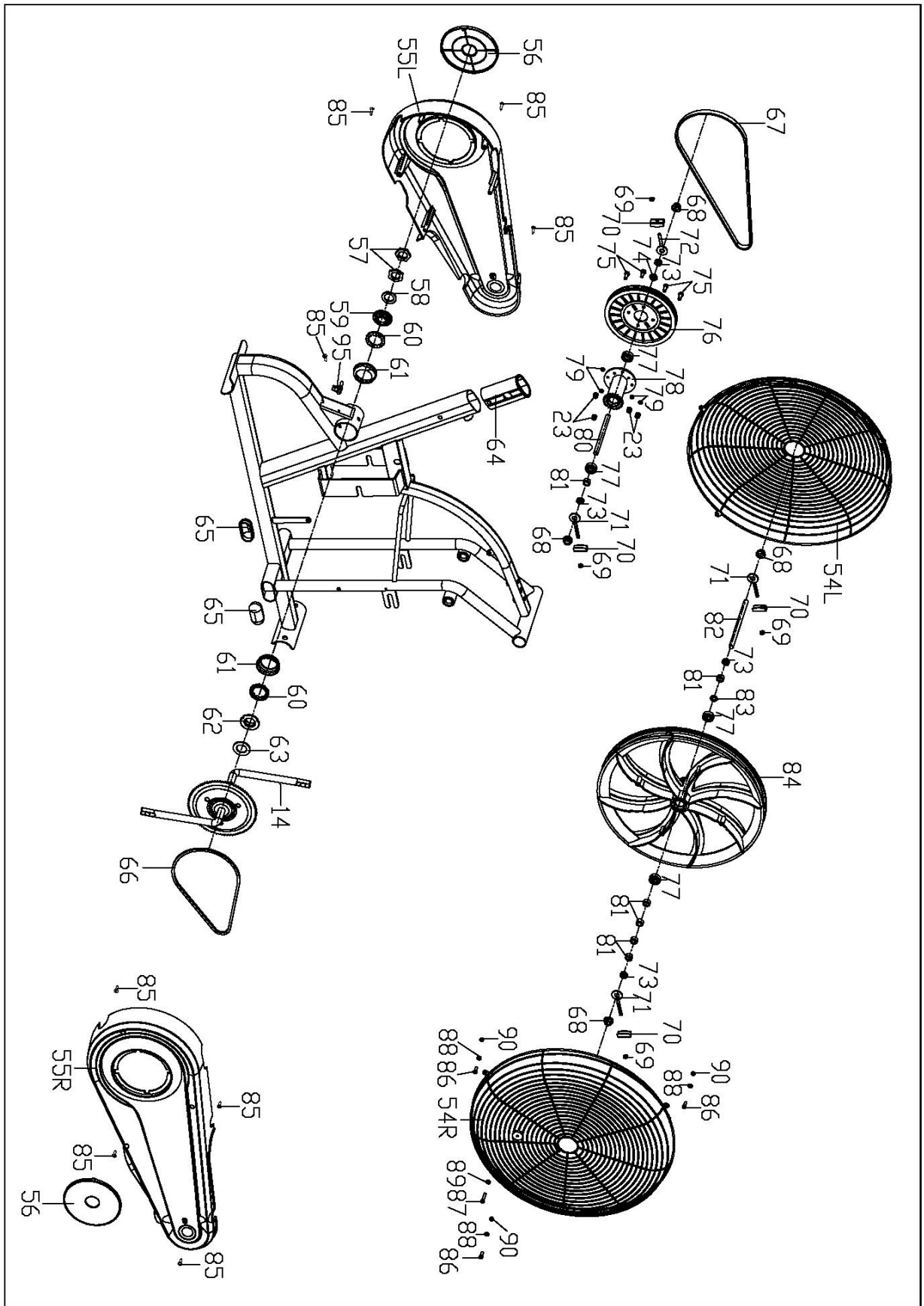
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 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 (120 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 is 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

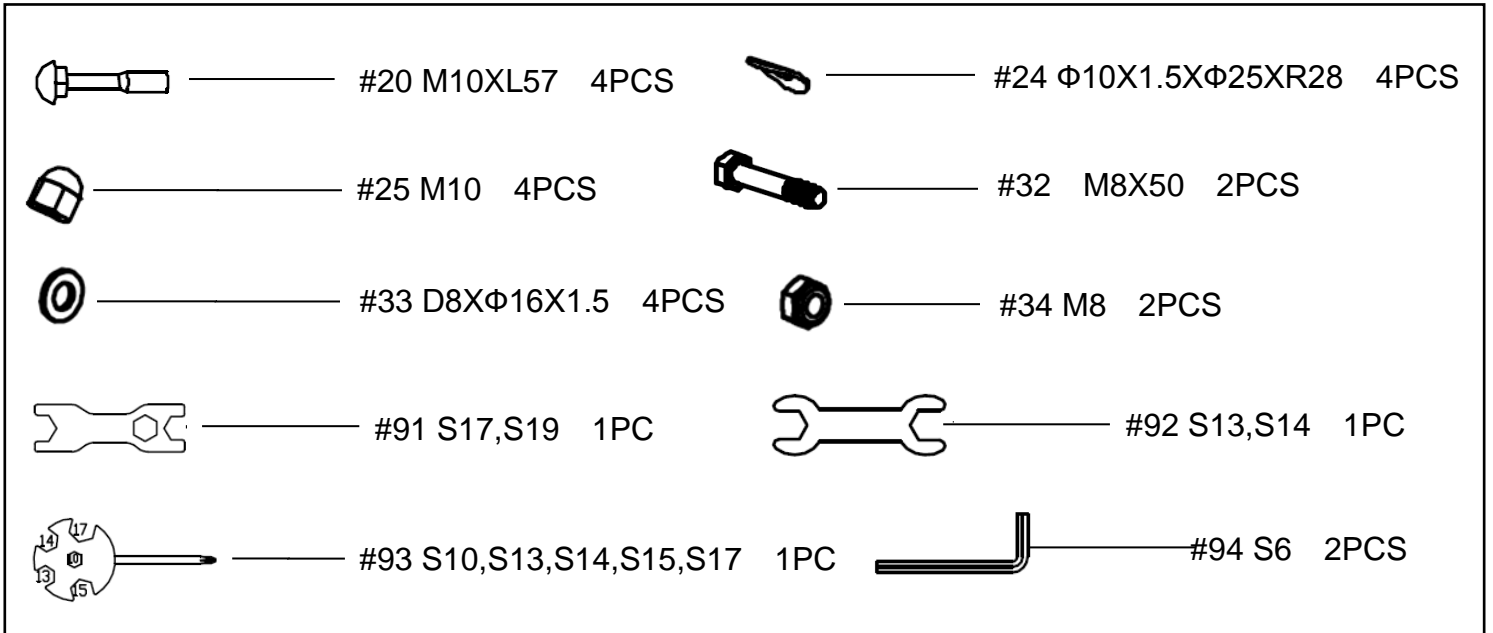
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Meter Frame Tube		1
3	Seat Post		1
4	Seat Slider		1
5	Swing Tube		2
6L/R	Armrest		1 pr.
7L/R	Connecting Board		1 pr.
8	Spring Knob		1
9	Front Stabilizer		1
10	Rear Stabilizer		1
11L/R	Pedal		1 pr.
12	Front End Cap		2
13	Meter		1
13a	Meter Wire		1
14	Crank		1
15	Rear End Cap		2
16	Seat		1
17	Cap		2
18	Flat Washer	D8XD28X2	1
19	Knob		1
20	Carriage Bolt	M10XL57	4
21	Hex Bolt	M6XL45	2
22	Transportation Wheel		2
23	Nylon Nut	M6	6
24	Arc Washer	Φ10X1.5XΦ25XR28	4
25	Cap Nut	M10	4
26L/R	Nylon Nut	B0.5X20	1 pr.
27	Spring Washer	D12	2
28	Alloy Sleeve	Φ13XΦ21X8.3	2
29	Flat Washer	D17.1XΦ32X2.5	2
30	Bearing		2
31	Alloy Sleeve	Φ8.1XΦ13X6.5	2
32	Hex Bolt	M8X50	2
33	Flat Washer	D8XΦ16X1.5	6
34	Nylon Nut	M8	2
35	Round Cap		4
36	Sensor Wire		1
37	Extension Wire		1
38	Long Axle		1
39	Plastic Sleeve		6
40	Flat Washer	D10XΦ25X2	2
41	Spring Washer	D8	6
42	Hex Socket Pan Head Screw	M10X20	2

No.	Description	Spec.	Qty.
43	Hex Socket Pan Head Screw	M8X15	4
44	Arc Washer	D8X1.5XΦ20XR25	4
45	Hex Socket Pan Head Screw	M8X35	2
46	Spring Washer	D10	2
47	D Shape Washer	Φ26XΦ16X14XB5	2
48	Foam Grip		2
49	Cross Head Screw	M5X10	4
50	Wave Washer	D17	2
51	Cap		4
52	Sleeve	D28.6XΦ34X4	2
53	Foot Supporting Tube		2
54L/R	Protective Cage		1 pr.
55L/R	Chain Cover		1 pr.
56	Crank Cover		2
57	Hex Nut		2
58	Washer		1
59	Locking Nut-L		1
60	Open Face Bearing		2
61	Bearing Housing		2
62	Locking Nut-R		1
63	Flat Washer		1
64	Bushing		1
65	Cap		2
66	Chain		1
67	Belt		1
68	Flange Nut	M10X1	4
69	Hex Nut	M6	4
70	Adjusting Chain U Mat		4
71	Adjusting Chain Bolt	M6X50	3
72	Adjusting Chain Bolt	M6X48	1
73	Thin Nut	M10X1	4
74	Conical Thin Nut	M10X1	1
75	Hex Bolt	M6X15	4
76	Belt Pulley		1
77	Bearing	6000	4
78	Axle		1
79	Spring Washer	D6	4
80	Flywheel Axle	Φ10X140	1
81	Sleeve	Φ16XΦ10.5X9	6
82	Flywheel Axle	Φ10X170	1
83	Conical Sleeve		1
84	Fan Wheel		1
85	Bolt	ST4.2X18	8

No.	Description	Spec.	Qty.
86	Cross Head Screw	M5X15	3
87	Cross Head Screw	M6X30	1
88	Flat Washer	D5XΦ10X1.0	3
89	Flat Washer	D6XΦ12X1.2	1
90	Nylon Nut	M5	3

No.	Description	Spec.	Qty.
91	Wrench	S17,S19	1
92	Wrench	S13,S14	1
93	Spanner	S10,S13,S14,S15,S17	1
94	Allen Wrench	S6	2
95	Sensor Seat		1

HARDWARE PACKAGE



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

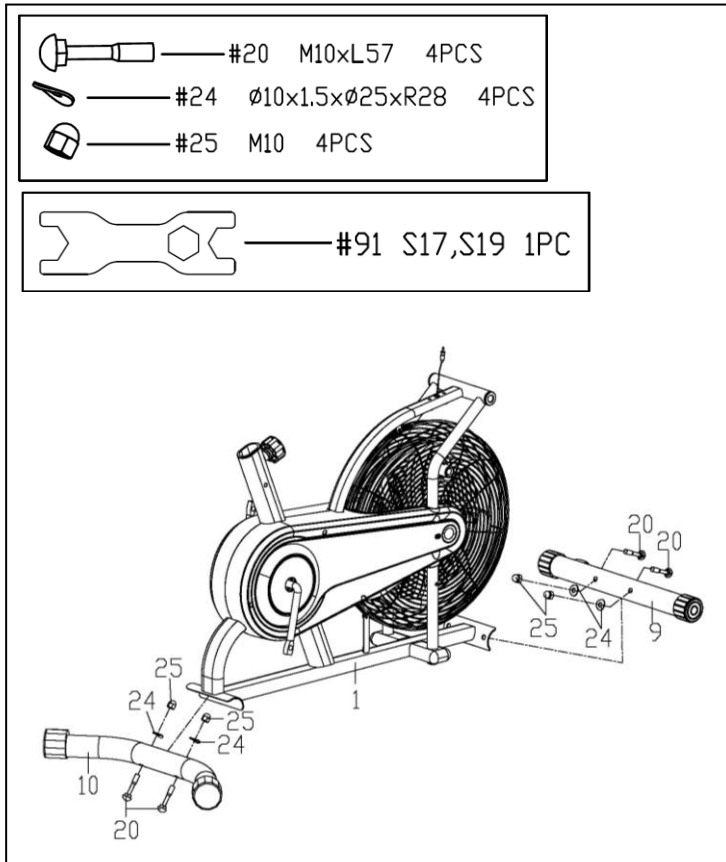
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

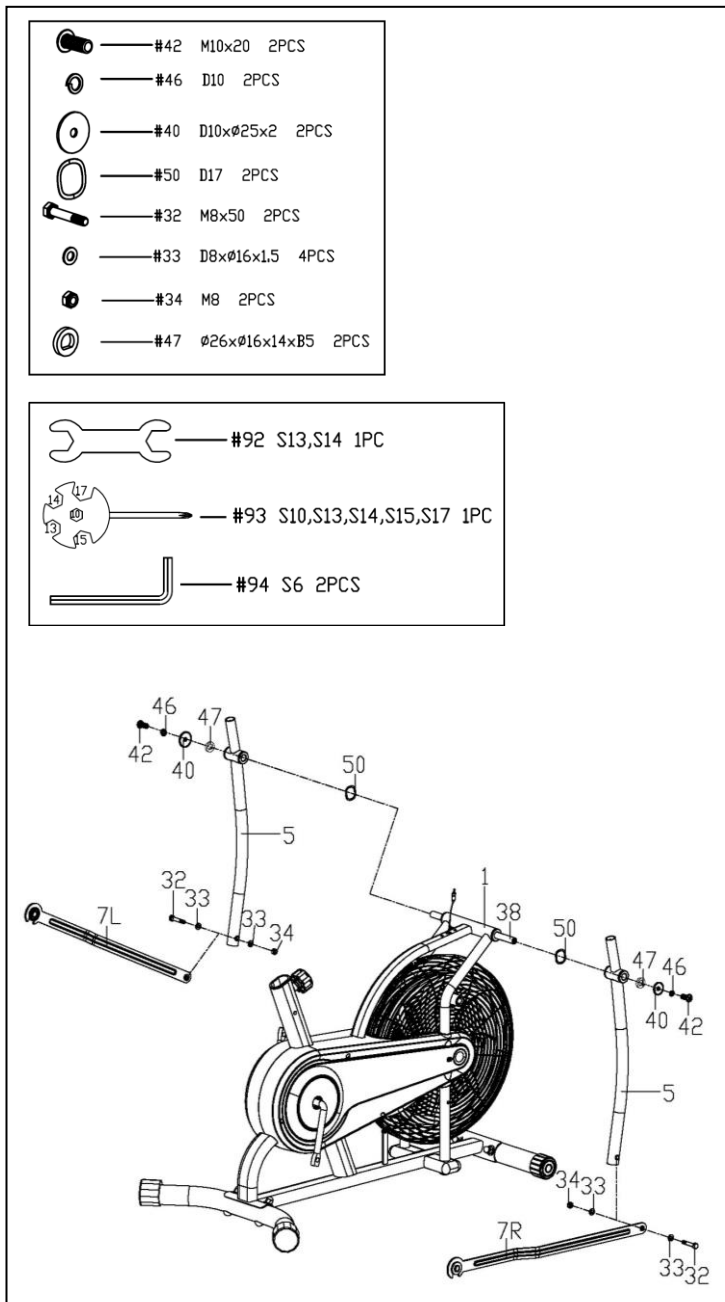
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach the **Front Stabilizer (No. 9)** and **Rear Stabilizer (No. 10)** to the **Main Frame (No. 1)** with 4 **Carriage Bolts (No. 20)**, 4 **Arc Washers (No. 24)** and 4 **Cap Nuts (No. 25)**. Tighten and secure with the **Wrench (No. 91)**.

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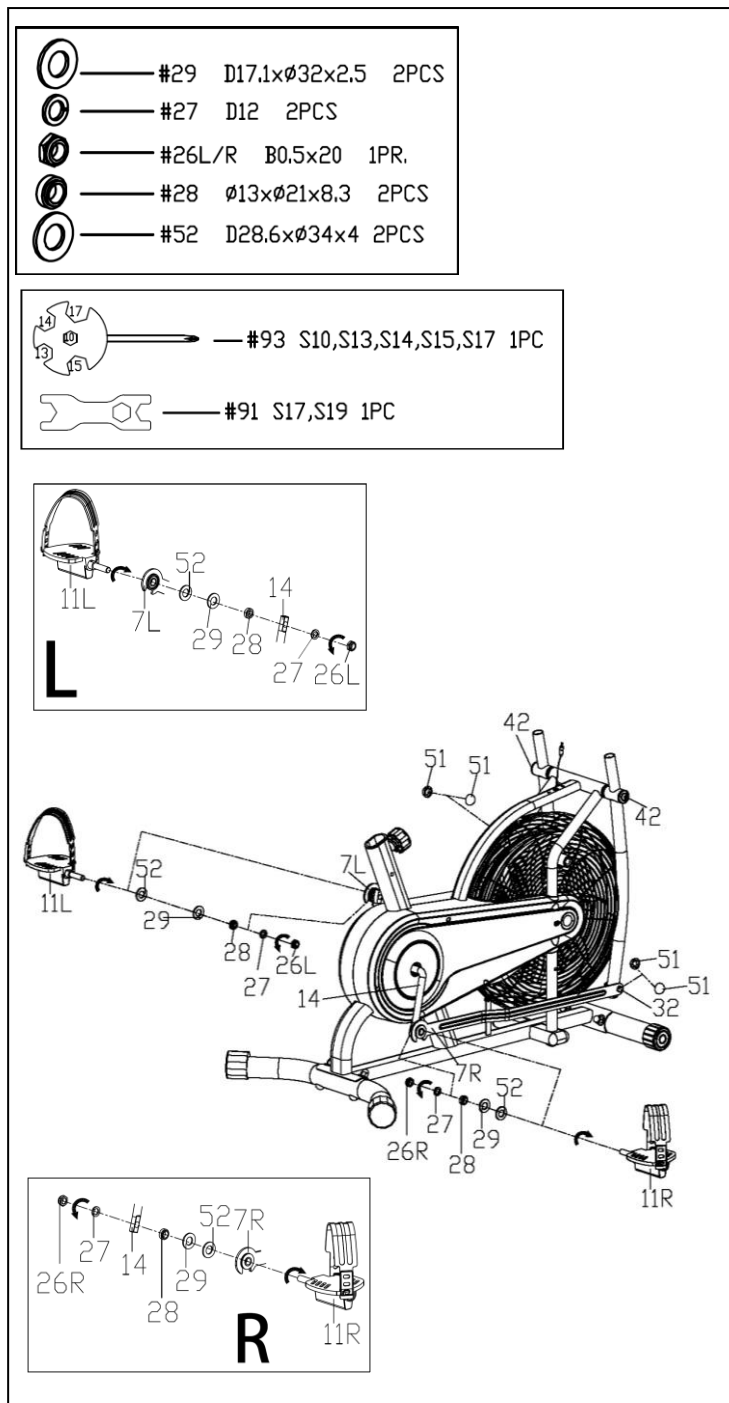
STEP 2:

Remove 2 **Hex Socket Pan Head Screws (No. 42)**, 2 **Spring Washers (No. 46)**, 2 **Flat Washers (No. 40)**, 2 **D Shape Washers (No. 47)**, and 2 **Wave Washers (No. 50)** from the **Long Axle (No. 38)** using **Allen Wrench (No. 94)**.

Insert the **Long Axle (No. 38)** to the **Main Frame (No. 1)**, and attach 2 **Wave Washers (No. 50)** to both sides of the **Long Axle (No. 38)**, then attach the 2 **Swing Tubes (No. 5)** to both sides of **Long Axle (No. 38)** with 2 **Hex Socket Pan Head Screws (No. 42)**, 2 **Spring Washers (No. 46)**, 2 **Flat Washers (No. 40)** and 2 **D Shape Washers (No. 47)** that were just removed. Tighten and secure with 2 **Allen Wrenches (No. 94)**. Do not fully tighten the screws at this time.

Attach the **Connecting Boards (No. 7L/R)** to the 2 **Swing Tubes (No. 5)** with 2 **Hex Bolts (No. 32)**, 4 **Flat Washers (No. 33)** and 2 **Nylon Nuts (No. 34)**. Tighten and secure with the **Wrench (No. 92)** and **Spanner (No. 93)**. Do not fully tighten the bolts at this time.

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STEP 3:

Remove 2 **Nylon Nuts (No. 26L/R)**, 2 **Spring Washers (No. 27)**, 2 **Alloy Sleeves (No. 28)**, 2 **Flat Washers (No. 29)**, 2 **Sleeves (No. 52)** from the **Pedal (No. 11L/R)** using **Wrench (No. 91)**.

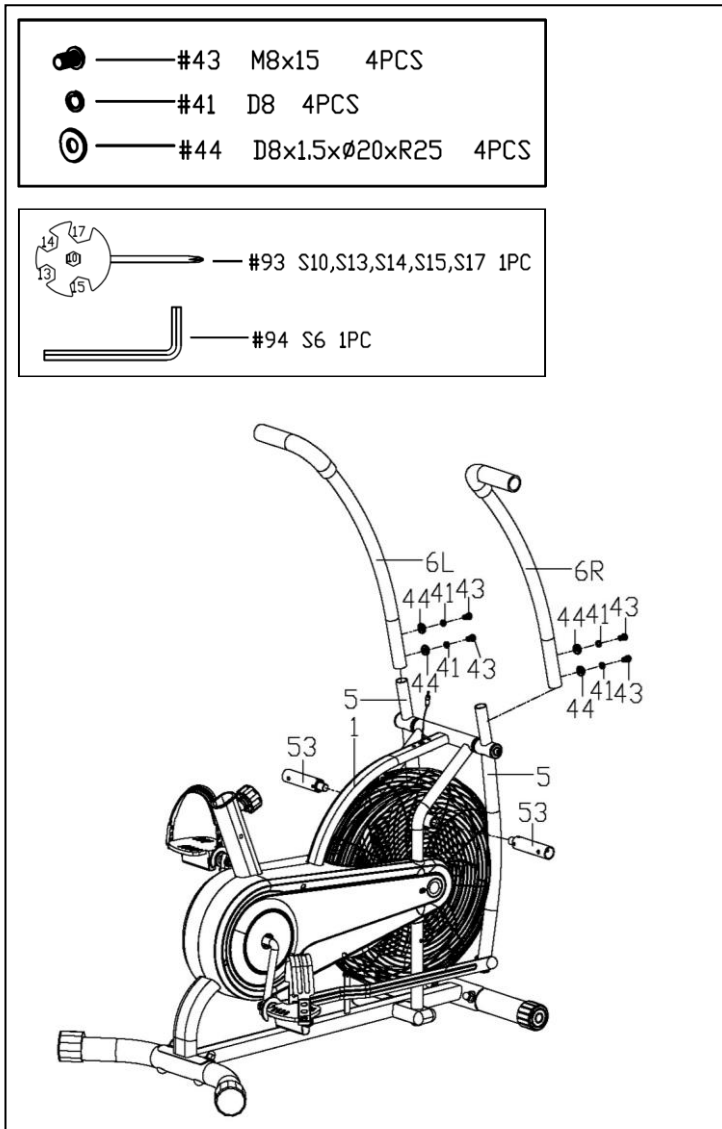
Insert the **Right Pedal (No. 11R)** into the **Right Connecting Board (No. 7R)**, 1 **Sleeve (No. 52)**, 1 **Flat Washer (No. 29)** and 1 **Alloy Sleeve (No. 28)**, then attach those parts into the right side of **Crank (No. 14)**. Turn the **Right Pedal (No. 11R)** CLOCKWISE as tightly as you can with your hands, then use **Spanner (No. 93)** to tighten securely. Use **Spanner (No. 93)** to hold the bolt of the pedal in place then use **Wrench (No. 91)** to screw **Right Nylon Nut (No. 26R)** and 1 **Spring Washer (No. 27)** COUNTER-CLOCKWISE onto the thread end of **Right Pedal (No. 11R)**.

Insert the **Left Pedal (No. 11L)** into the **Left Connecting Board (No. 7L)**, 1 **Sleeve (No. 52)**, 1 **Flat Washer (No. 29)** and 1 **Alloy Sleeve (No. 28)**, then attach those parts into the left side of **Crank (No. 14)**. Turn the **Left Pedal (No. 11L)** COUNTER-CLOCKWISE as tightly as you can with your hands, then use **Spanner (No. 93)** to tighten securely. Use **Spanner (No. 93)** to hold the bolt of the pedal in place then use **Wrench (No. 91)** to screw **Left Nylon Nut (No. 26R)** and 1 **Spring Washer (No. 27)** CLOCKWISE onto the thread end of **Left Pedal (No. 11L)**.

NOTE: **Left Pedal (No. 11L)** is marked with "L" on the pedal, while **Right Pedal (No. 11R)** is marked with "R" on the pedal. Attaching the **Pedals (No. 11L/R)** to the wrong side of **Crank (No. 14)** or turning them with the wrong direction will damage the **Crank (No. 14)** and **Pedals (No. 11L/R)**.

Now you can fully tighten the 2 **Hex Socket Pan Head Screws (No. 42)** and 2 **Hex Bolts (No. 32)** from Step 2, then cover with 4 **Caps (No. 51)**.

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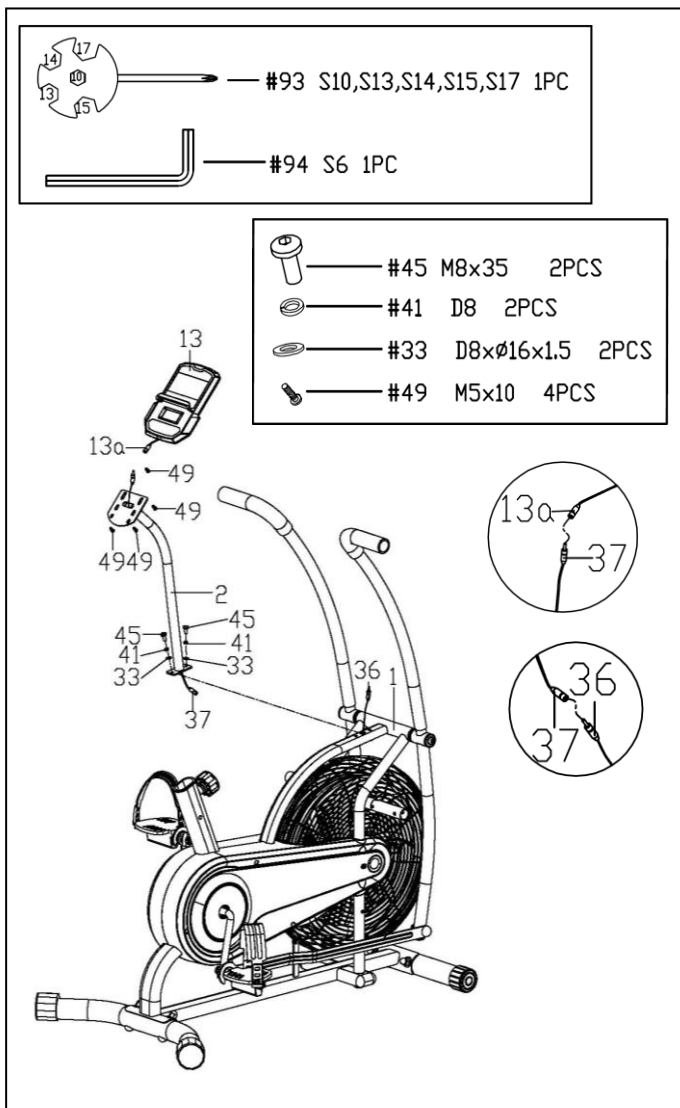
STEP 4:

Remove 4 **Hex Socket Pan Head Screws (No. 43)**, 4 **Spring Washers (No. 41)** and 4 **Arc Washers (No. 44)** from the **Swing Tubes (No. 5)** using **Allen Wrench (No. 94)**.

Attach the **Armrests (No. 6L/R)** to the 2 **Swing Tubes (No. 5)** with 4 **Hex Socket Pan Head Screws (No. 43)**, 4 **Spring Washers (No. 41)** and 4 **Arc Washers (No. 44)** that were just removed. Tighten and secure with **Allen Wrench (No. 94)**.

Lock 2 **Foot Supporting Tubes (No. 53)** on the **Main Frame (No. 1)** using the **Spanner (No. 93)**.

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 5:

Remove 2 **Hex Socket Pan Head Screws (No. 45)**, 2 **Spring Washers (No 41)** and 2 **Flat Washers (No. 33)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 94)**.

Connect the **Sensor Wire (No. 36)** and **Extension Wire (No. 37)**.

Attach the **Meter Frame Tube (No. 2)** to the **Main Frame (No. 1)** with 2 **Hex Socket Pan Head Screws (No. 45)**, 2 **Spring Washers (No 41)** and 2 **Flat Washers (No. 33)** that were just removed. Tighten and secure with **Allen Wrench (No. 94)**.

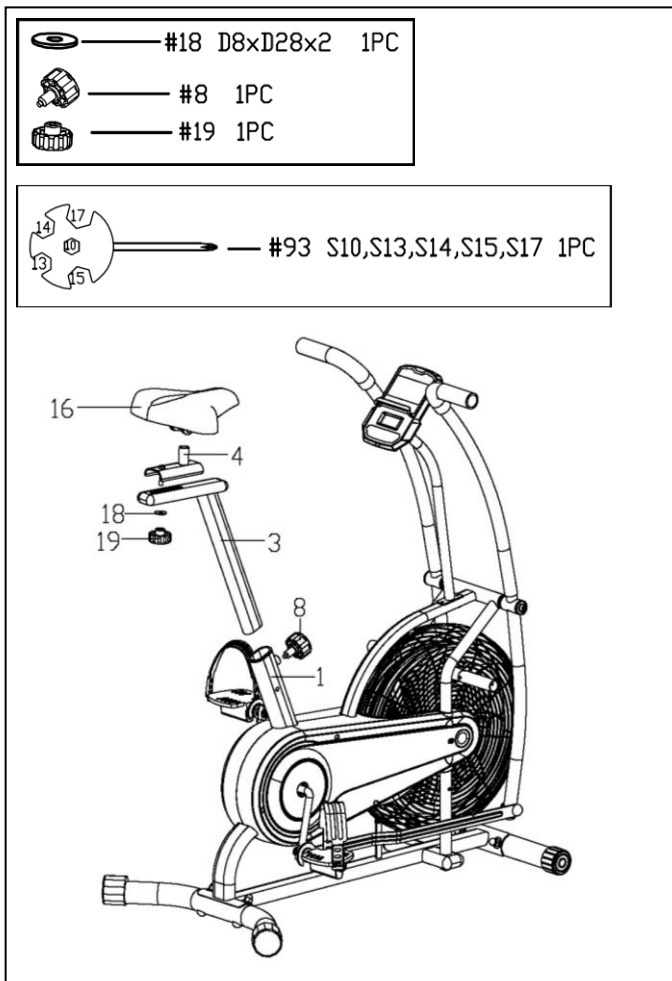
Connect the **Extension Wire (No. 37)** with **Meter Wire (No. 13a)**.

Remove 4 **Cross Head Screws (No. 49)** from the **Meter (No. 13)** using **Spanner (No. 93)**.

Attach the **Meter (No. 13)** to the **Meter Frame Tube (No. 2)** with 4 **Cross Head Screws (No. 49)** that were just removed. Tighten and secure with **Spanner (No. 93)**.

NOTE: Make sure you do not cut or pinch any wires inside the tube.

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STEP 6:

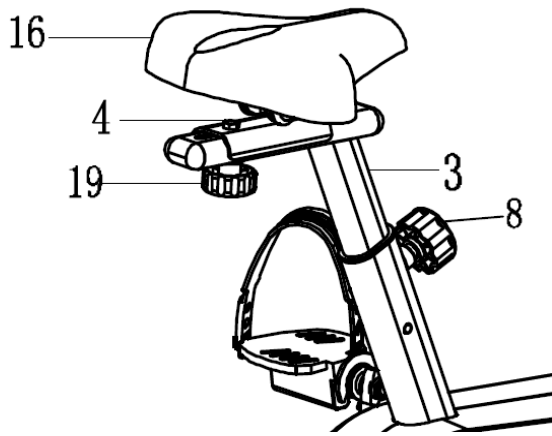
Remove the **Spring Knob (No. 8)** from the **Main Frame (No. 1)**. Insert the **Seat Post (No. 3)** to the tube of **Main Frame (No. 1)**, then secure with **Spring Knob (No. 8)** after adjusting to the proper position.

Remove the **Flat Washer (No. 18)** and **Knob (No. 19)** from the **Seat Slider (No. 4)**. Attach the **Seat Slider (No. 4)** to the **Seat Post (No. 3)** with the **Flat Washer (No. 18)** and **Knob (No. 19)** that were just removed. Then adjust **Seat Slider (No. 4)** to desire location and tighten with **Knob (No. 19)**.

Attach the **Seat (No. 16)** to the **Seat Slider (No. 4)**. Tighten and secure with **Spanner (No. 93)**.

The assembly now is complete!

ADJUSTMENTS GUIDE

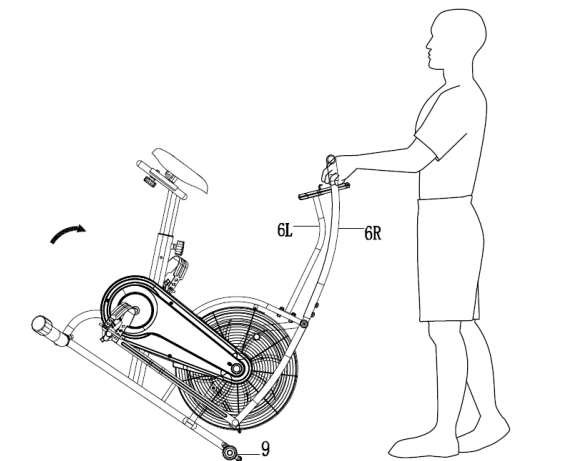


ADJUSTING THE SEAT

The **Seat (No. 16)** of this bike is fully adjustable as it moves up, down, forward and backward.

To adjust the height of the **Seat Post (No. 3)**, loosen and pull the **Spring Knob (No. 8)** outward, then raise or lower the **Seat (No. 16)** to the desired height. Once adjusted, re-insert and tighten the **Spring Knob (No. 8)** to secure the **Seat Post (No. 3)** in place.

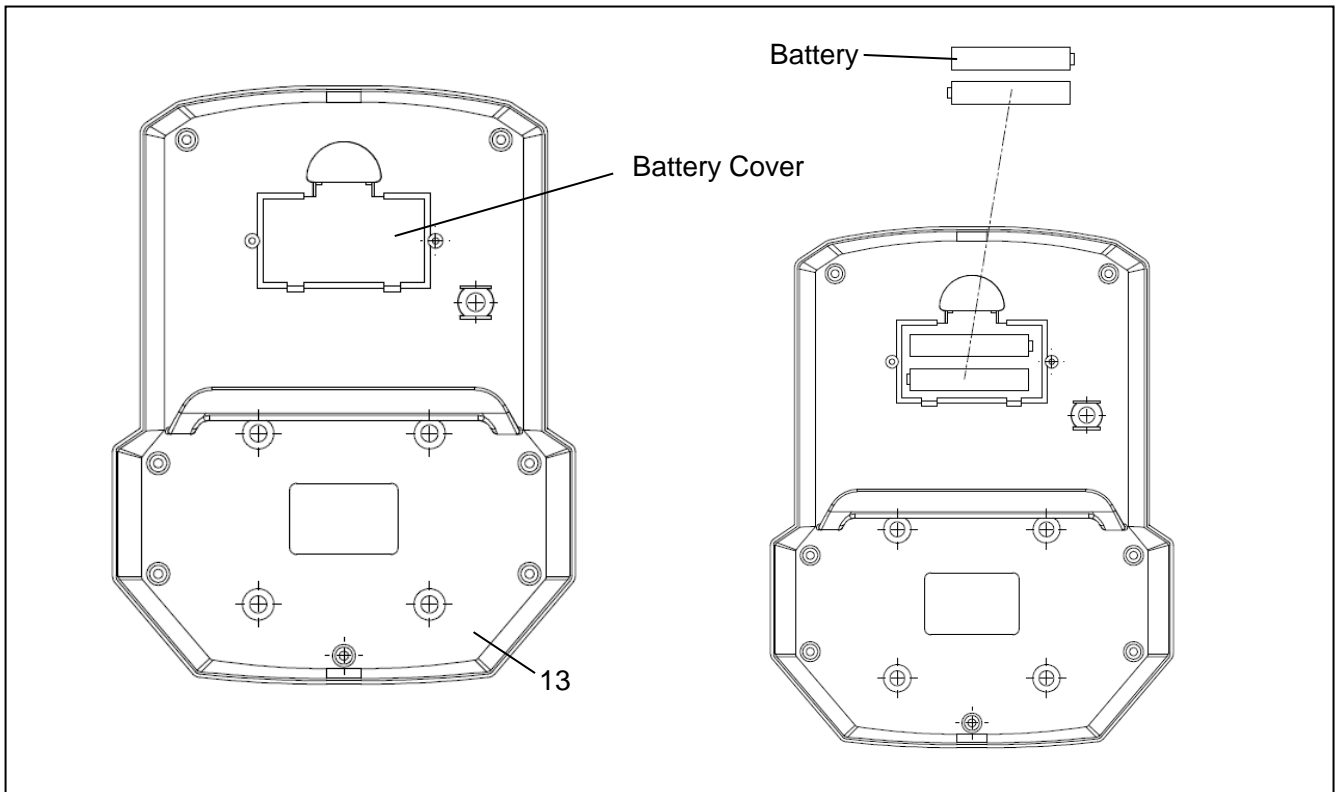
To adjust the **Seat (No. 16)** back and forth, loosen **Knob (No. 19)**, then slide the **Seat Slider (No. 4)** to the desired position. Once positioned, tighten the **Knob (No. 19)** to secure the **Seat Slider (No. 4)** in place.



MOVING THE BIKE

To move the bike, stand at the front of the bike so that you're directly in front of the **Armrests (No. 6L/R)**. Firmly grasp and hold each side of the **Armrests (No. 6L/R)**, place one foot on the **Front Stabilizer (No. 9)** and tilt the bike towards you until the transportation wheels on the **Front Stabilizer (No. 9)** touch the ground. With the transportation wheels on the ground, you can transport the bike to the desired location with ease.

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from meter box.
2. Press the buckle of battery cover on the back of the **Meter (No. 13)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 13)**. Pay attention to the battery + and – ends before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 13)**.

The installation is complete!

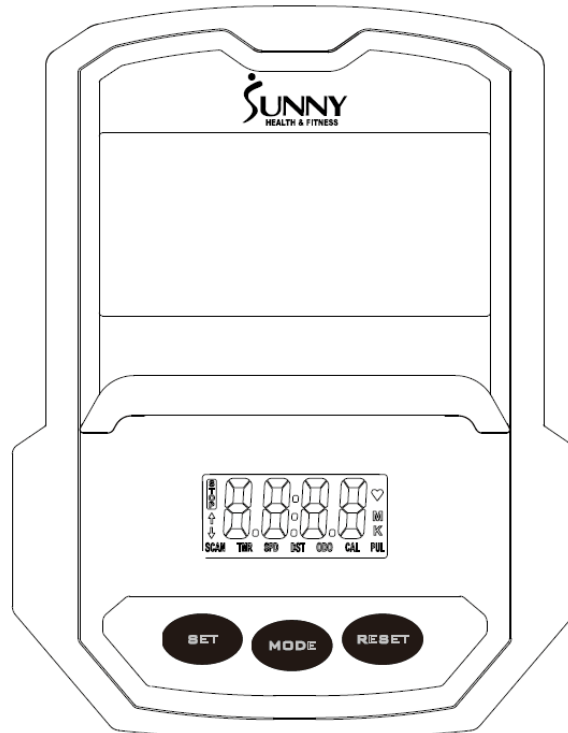
BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Meter (No. 13)**, 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. 13)**. Pay attention to the battery + and – ends before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 13)**.

The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

EXERCISE METER



FUNCTION BUTTONS

MODE:

1. Press the button to select TIME, DISTANCE and CALORIES to preset.
2. Press the button to select any function display values on meter or enter any values to preset.
3. Press and hold the button for 2 seconds to reset all the values to 0 except the ODOMETER. (When the user replaces batteries, all the values will reset to ZERO automatically.)

SET:

To set up the target value of TIME, DISTANCE and CALORIES. Press and hold the button for 2 seconds to speed up the increment.

RESET:

1. Press and hold the button for 2 seconds to reset the function values except the ODOMETER, which can only be reset after replacing the batteries.
2. Press the button when setting the wrong target values for TIME, DISTANCE or CALORIES, the values will be reset.

FUNCTIONS & OPERATIONS

1. AUTO ON/OFF:

Once the user begins to do 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 user starts exercise again, workout value of ODOMETER will accumulate continuously.

2. AUTO SCAN:

After the meter is powered on or press MODE button, the meter will display all functions from TIME-SPEED-DISTANCE-CALORIES-ODOMETER. Each value will be held for 4 seconds.

3. SPEED:

Display the current training speed from 0.00 to 99.9 MPH (Miles per hour).

4. DISTANCE:

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

5. 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 countdown from targeting value during exercise.

6. CALORIES:

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

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

7. ODOMETER:

Display the total accumulated distance from 0.0 to 9999 M (Mile). User also can press MODE button to display the ODOMETER value.

8. RESET:

Press and hold the button for 2 seconds to reset all the values except ODOMETER to be zero.

BATTERY DISPOSAL: The meter uses 2 AAA 1.5V batteries, which are packed with meter. If there is a problem with the display, try changing the batteries first. Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00 ~ 99:59
	SPEED	0.00 ~ 99.9 MPH (Miles per hour)
	DISTANCE	0.0 ~ 9999 M (Mile)
	CALORIES	0 ~ 9999 cal
	ODOMETER	0 ~ 9999 M (Mile)
BATTERY TYPE		2pcs of SIZE AAA or UM-4
OPERATING TEMPERATURE		32°F ~ 104°F
STORAGE TEMPERATURE		14°F ~ 140°F

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