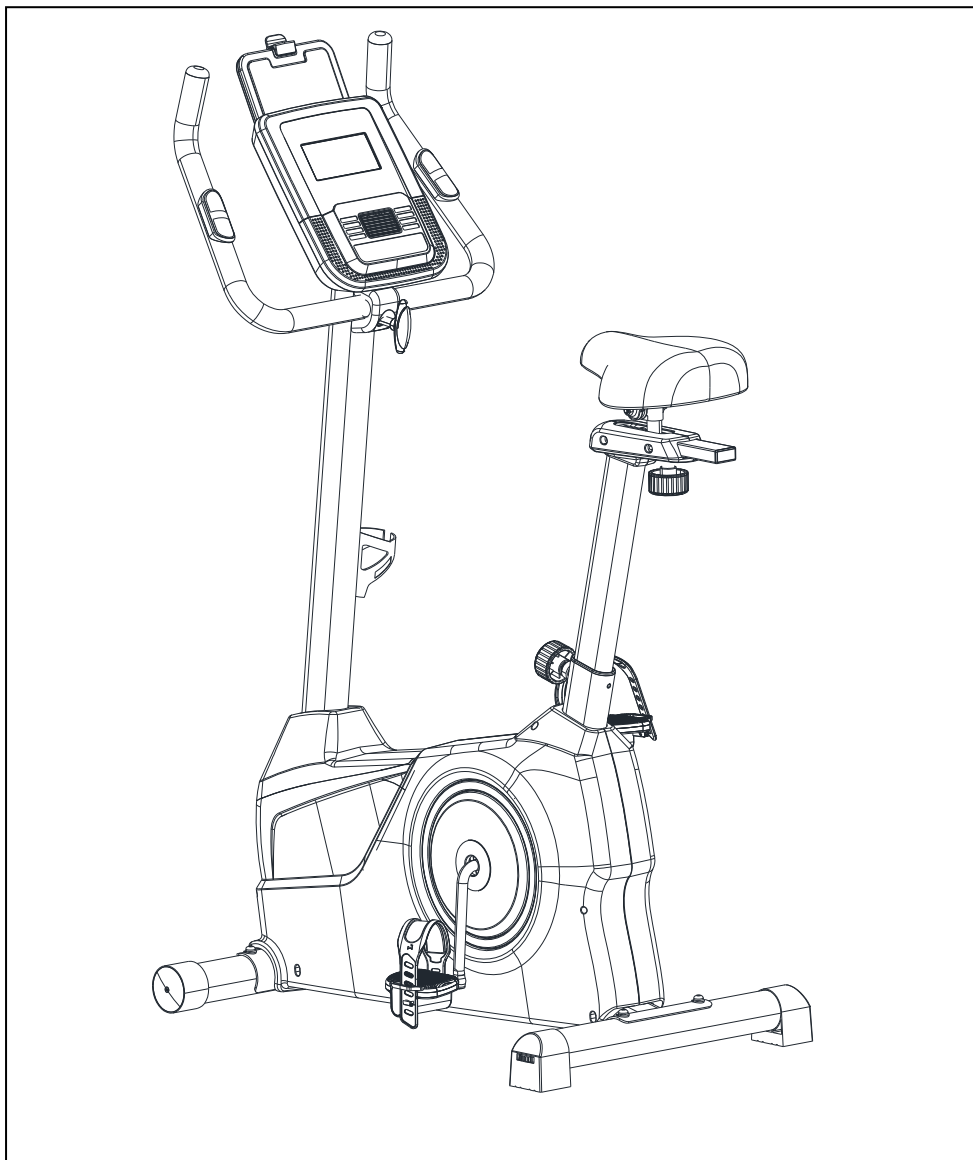




EVO-FIT UPRIGHT TRAINING BIKE

SF-B2969

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).



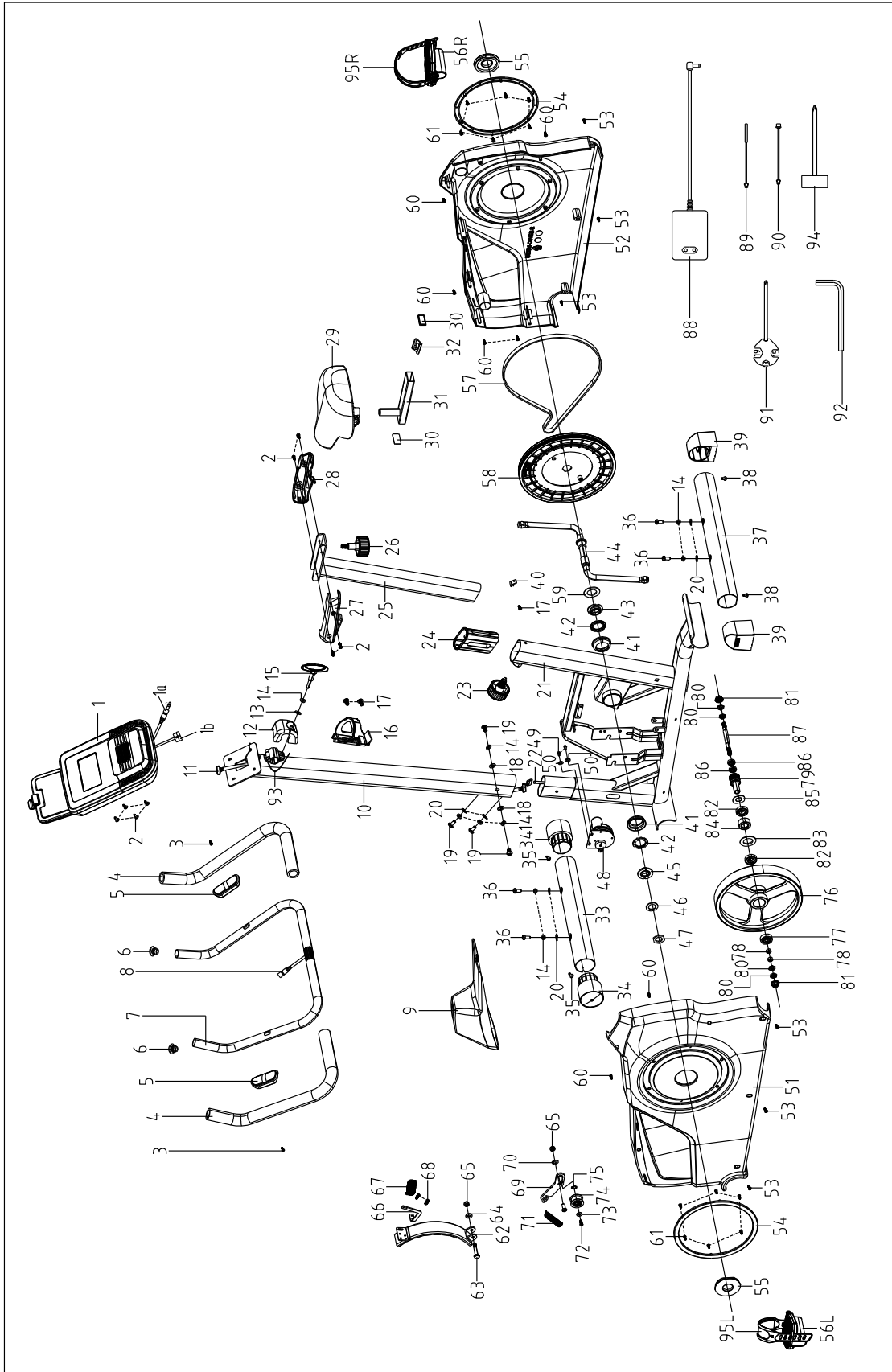
WWW.SUNNYHEALTHFITNESS.COM

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 300 pounds (135 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












PARTS LIST

No.	Description	Spec.	Qty.
1	Console		1
1a	Console Wire		1
1b	Console Wire		1
2	Screw	M5*10L	8
3	Screw	ST3.5*20L	2
4	Handlebar Foam	STRΦ23*5T*570L	2
5	Hand Pulse		2
6	End Cap		2
7	Handlebar	Φ25.4*1.6T*1260L	1
8	Hand Pulse Cable	550L	1
9	Upright Tube Cover		1
10	Handlebar Post		1
11	Sensor Wire 1	950L	1
12	Cover		1
13	Flat Washer	Φ8*Φ14*2T	1
14	Spring Washer	Φ8.5*Φ13.5*2.5T	9
15	T Shaped Knob	M8	1
16	Bottle Holder		1
17	Screw	M5*16L	3
18	Flat Washer	Φ8*Φ19*2T	2
19	Screw	M8*20L	4
20	Arc Washer	Φ8*Φ19*2T	6
21	Main Frame		1
22	Sensor Wire 2	1300L	1
23	Spring Knob	M16	1
24	Bushing		1
25	Seat Post		1
26	Knob	7/16"	1
27	Seat Slide Cover L		1
28	Seat Slide Cover R		1
29	Seat		1
30	End Cap		2
31	Seat Slider		1
32	Nut	7/16"	1
33	Front Stabilizer		1
34	End Cap		2
35	Screw	ST2.9*8L	2
36	Screw	M8*25L	4
37	Rear Stabilizer		1
38	Screw	ST4.2*19L	2
39	End Cap		2
40	Sensor Supporter		1
41	Bearing Housing		2
42	Open Face Bearing		2
43	Locking Nut – Right	15/16"	1
44	Crank	190W*170L	1
45	Locking Nut – Left	7/8"	1
46	Washer	35*23*2T	1
47	Hex Nut	7/8"	1

No.	Description	Spec.	Qty.
48	Motor		1
49	Screw	M5*12L	2
50	Flat Washer	Φ5.5*Φ12*2T	2
51	Belt Cover L		1
52	Belt Cover R		1
53	Screw	ST4.2*16L	6
54	Decorative Ring		2
55	Crank Cover		2
56L/R	Pedal		2
57	Belt		1
58	Pulley	Φ289	1
59	Rubber Washer		1
60	Screw	ST3.9*35L	7
61	Screw	ST2.9*8L	12
62	Magnet Seat		1
63	Screw	M8*P1.25*55L	1
64	Flat Washer	Φ8*Φ19*2T	1
65	Nylon Nut	M8	2
66	Motor Supporter		1
67	Spring		1
68	Screw	M5*10L	2
69	Idler Bar		1
70	Flat Washer	Φ8*Φ22*1T	1
71	Spring		1
72	Screw	M6*10L	1
73	Flat Washer	Φ6.5*Φ13*2T	1
74	Idler Wheel		1
75	Wave Washer	Φ10.2*Φ13*0.3T	1
76	Flywheel	Φ260*3.5KG	1
77	Bearing	6300 2RS	1
78	Sleeve		2
79	Small Pulley	Φ30*J8	1
80	Hex Nut	3/8"	4
81	Nut	3/8"	2
82	Bearing	6003	2
83	Flat Washer	Φ30*Φ34*0.8T	1
84	One-way Bearing		1
85	Wave Washer	Φ17.5*Φ22*0.3T	1
86	Bearing	6900	2
87	Flywheel Axle	130L	1
88	Adaptor	1200L	1
89	Sensor Wire 3	150L	1
90	DC Cable	1050L	1
91	Spanner	S=13,15,19	1
92	Allen Wrench	S=6	1
93	Iron Core Wire		1
94	Socket Wrench	S13 S14	1
95L	Left Pedal Strap		1
95R	Right Pedal Strap		1

HARDWARE PACKAGE

	—————	#15 M8 1PC		—————	#18 $\phi 8 \times \phi 19 \times 2T$ 2PCS
	—————	#19 M8 $\times 20L$ 4PCS		—————	#20 $\phi 8 \times \phi 19 \times 2T$ 2PCS
	—————	#13 $\phi 8 \times \phi 14 \times 2T$ 1PC		—————	#91 S13 15 19 1PC
	—————	#14 $\phi 8.5 \times \phi 13.5 \times 2.5T$ 5PCS		—————	#92 S6 1PC
	—————	#94 S13 14 1PC			

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

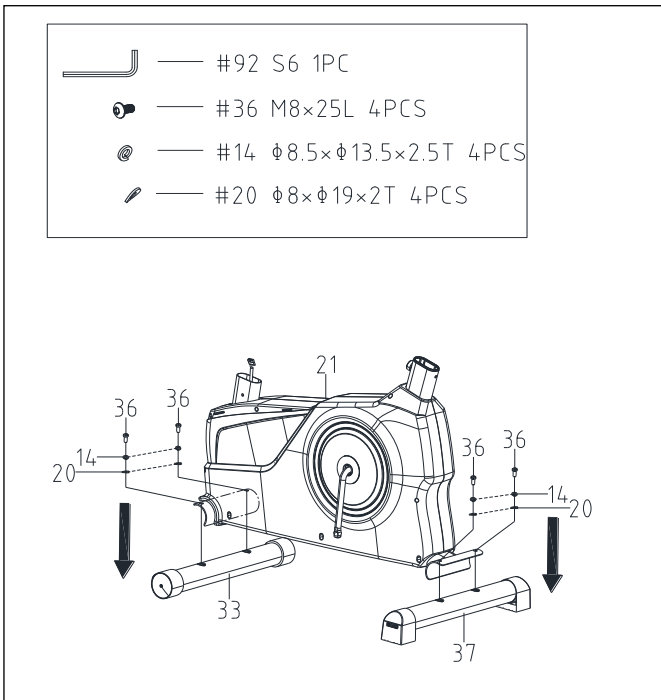
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

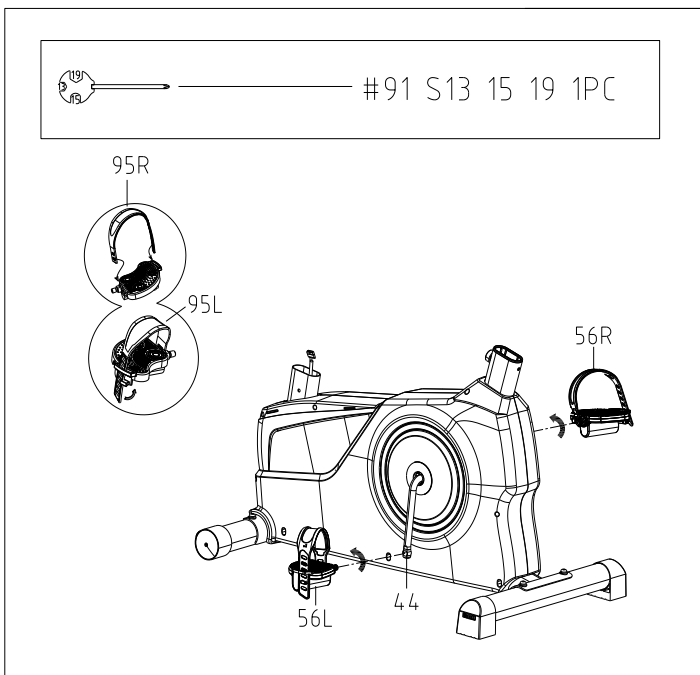
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Remove the preassembled 4 **Screws (No. 36)**, 4 **Spring Washers (No. 14)** and 4 **Arc Washers (No. 20)** from **Front & Rear Stabilizers (No. 33 & No. 37)** using **Allen Wrench (No. 92)**.

Attach **Front & Rear Stabilizers (No. 33 & No. 37)** to **Main Frame (No. 21)** with 4 **Screws (No. 36)**, 4 **Spring Washers (No. 14)** and 4 **Arc Washers (No. 20)** that were removed. Tighten and secure with **Allen Wrench (No. 92)**.



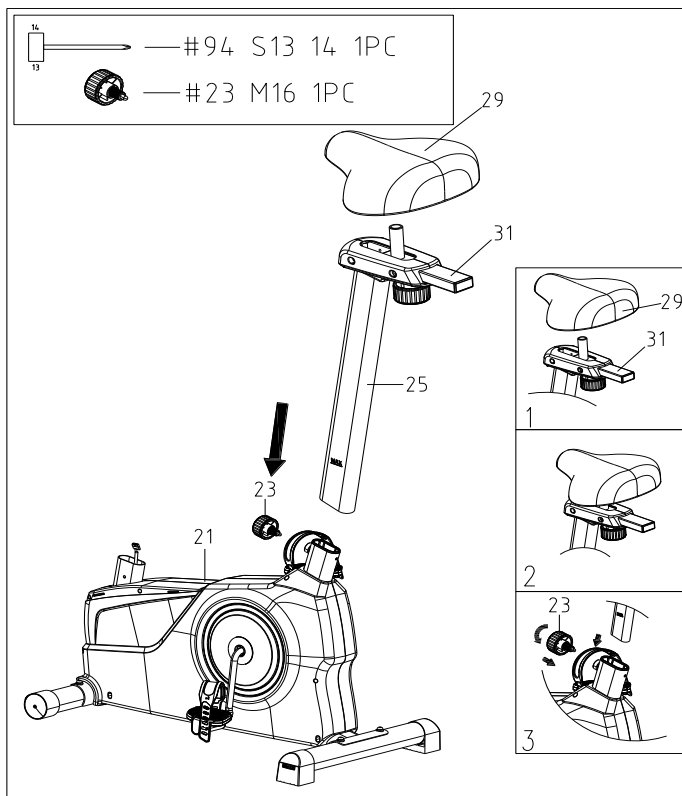
STEP 2:

Put the **Pedal Straps (No. 95L/R)** into the 2 **Pedals (No. 56L/R)**. Attach the 2 **Pedals (No. 56L/R)** to the **Crank (No. 44)** by **Spanner (No. 91)**.

NOTE: Make sure to attach the **Left Pedal (No. 56L)**, marked (L), to the left side of **Crank (No. 44)**. It should be tightened *counter-clockwise*. Make sure to attach the **Right Pedal (No. 56R)**, marked (R), to the right side of **Crank (No. 44)**. It should be tightened *clockwise*.

Attaching the **Pedals (No. 56L/R)** to the wrong side of **Crank (No. 44)** or turning them the wrong direction will damage the **Crank (No. 44)**.

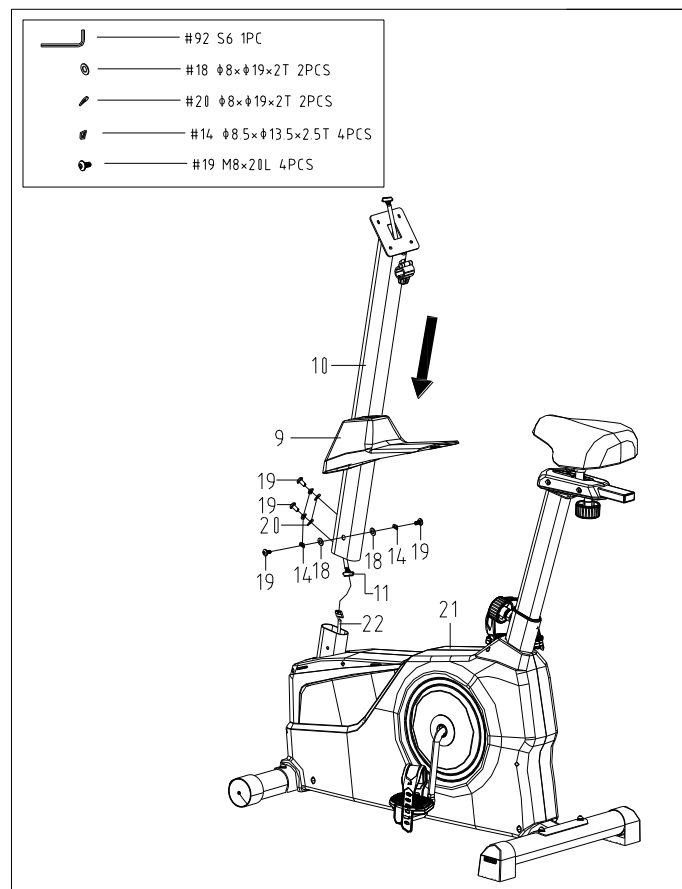
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Attach the **Seat (No. 29)** to the **Seat Slider (No. 31)** by **Socket Wrench (No. 94)**.

Insert the **Seat Post (No. 25)** to the **Main Frame (No. 21)**. Adjust to the desired height. Insert and tighten the **Spring Knob (No. 23)** to secure.



STEP 4:

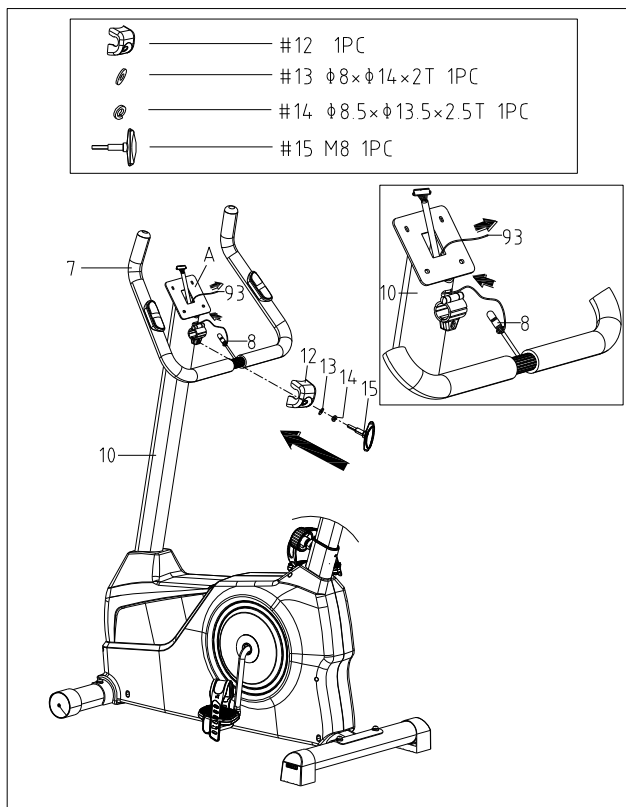
NOTE: Do not cut any wires when inserting the **Handlebar Post (No. 10)** into the **Main Frame (No. 21)**.

Insert the **Handlebar Post (No. 10)** into the **Upright Tube Cover (No. 9)**. Move the **Upright Tube Cover (No. 9)** higher.

Connect the **Sensor Wire 1 (No. 11)** with **Sensor Wire 2 (No. 22)**. Put all wires into the **Main Frame (No. 21)**. Insert the **Handlebar Post (No. 10)** into the **Main Frame (No. 21)** with 4 **Screws (No. 19)**, 4 **Spring Washers (No. 14)**, 2 **Flat Washers (No. 18)** and 2 **Arc Washers (No. 20)** using **Allen Wrench (No. 92)**.

Move the **Upright Tube Cover (No. 9)** lower so it snaps into the **Main Frame (No. 21)**.

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).

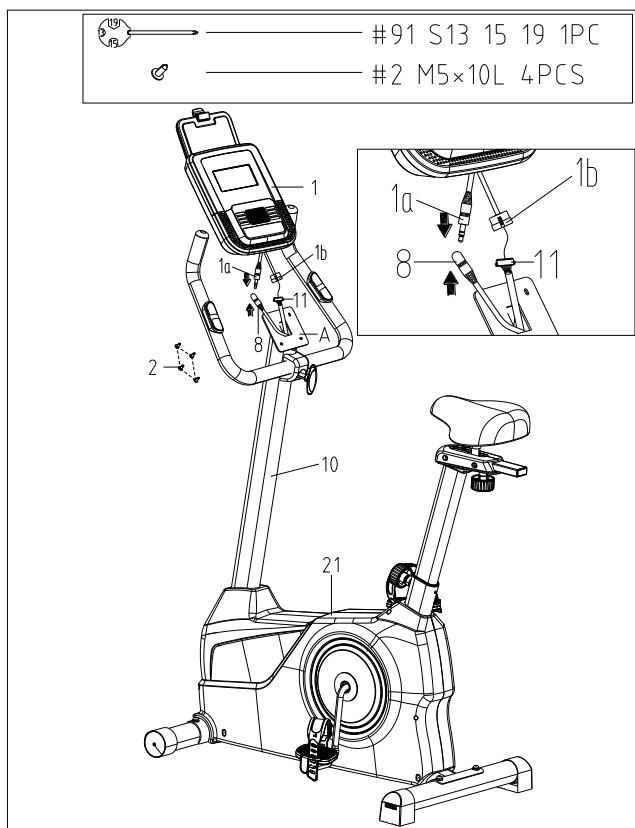


STEP 5:

NOTE: Do not to pinch or cut any wires when attaching the **Handlebar (No. 7)** into the **Handlebar Post (No. 10)**.

The upper end of the **Iron Core Wire (No. 93)** is attached to console plate (A). Tie the lower end of the **Iron Core Wire (No. 93)** and the **Hand Pulse Cable (No. 8)**. Insert the **Iron Core Wire (No. 93)** and **Hand Pulse Cable (No. 8)** into the hole on the **Handlebar Post (No. 10)**. Untie the upper end of the **Iron Core Wire (No. 93)**. Pull out the **Iron Core Wire (No. 93)** and **Hand Pulse Cable (No. 8)** from the hole on console plate (A).

Attach the **Handlebar (No. 7)** to the **Handlebar Post (No. 10)**. Fix with the **T Shaped Knob (No. 15)**, **Spring Washer (No. 14)**, **Flat Washer (No. 13)** and **Cover (No. 12)**. You can discard the **Iron Core Wire (No. 93)** now.



STEP 6:

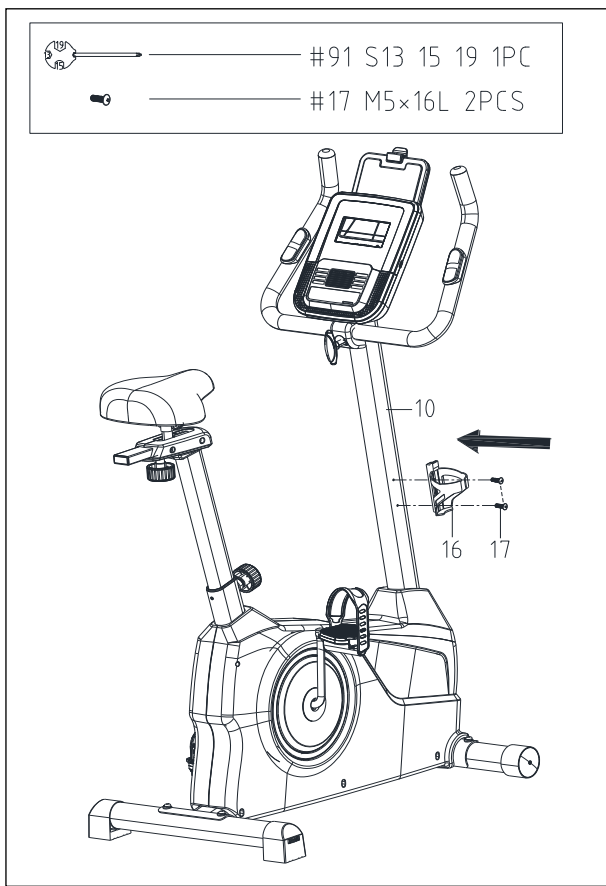
NOTE: Do not cut any wires when attaching the **Console (No. 1)** to **Handlebar Post (No. 10)**.

Remove the preassembled 4 **Screws (No. 2)** on the back of **Console (No. 1)** by **Spanner (No. 91)**.

Connect the **Hand Pulse Cable (No. 8)** with **Console Wire (No. 1a)**, and connect **Sensor Wire 1 (No. 11)** with **Console Wire (No. 1b)**. Put all wires into the hole on console plate (A) of **Handlebar Post (No. 10)**.

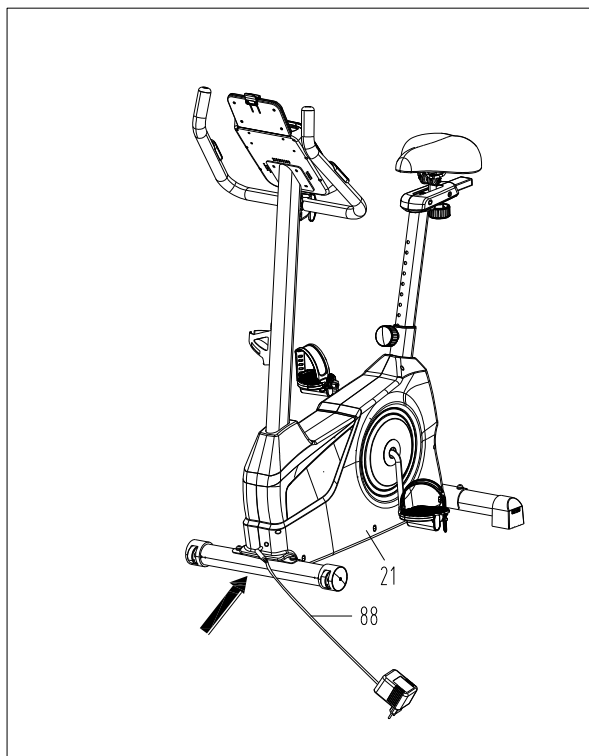
Attach the **Console (No. 1)** to console plate (A) on the **Handlebar Post (No. 10)** with 4 **Screws (No. 2)** that were removed. Tighten and secure with **Spanner (No. 91)**.

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 7:

Remove the preassembled 2 **Screws (No. 17)** on the right side on the **Handlebar Post (No. 10)**, then attach the **Bottle Holder (No. 16)** to **Handlebar Post (No. 10)** with 2 **Screws (No. 17)** that were removed. Tighten and secure with **Spanner (No. 91)**.

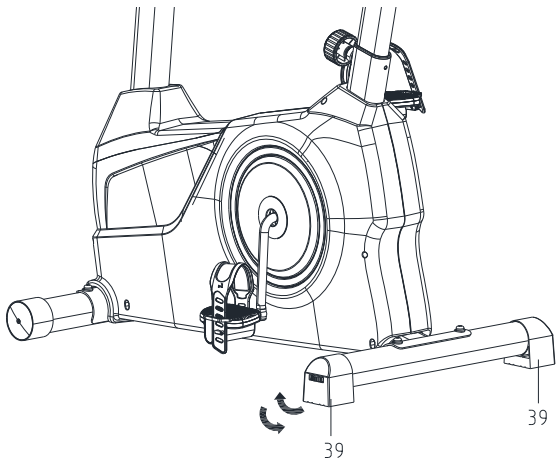


STEP 8:

Insert one end of **Adaptor (No. 88)** to the power hole on the front of **Main Frame (No. 21)**. Connect another end of **Adaptor (No. 88)** with power.

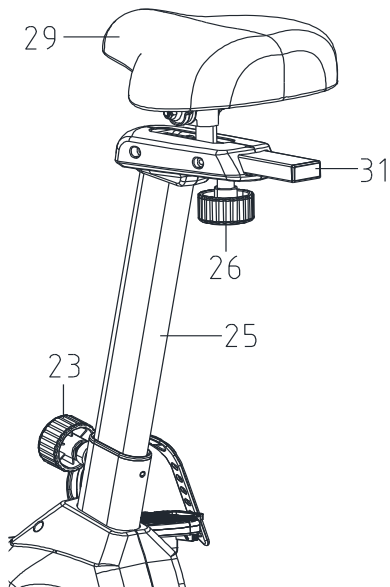
Assembly is now complete!

ADJUSTMENT GUIDE



ADJUSTING THE BALANCE

If the bike is not balanced, turn the dials on the **End Caps (No. 39)** to adjust. Turn *counter-clockwise* to raise, and turn *clockwise* to lower.

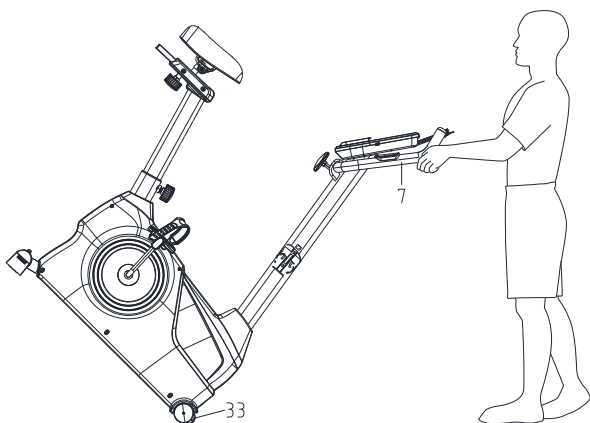


ADJUSTING THE SEAT

The **Seat (No. 29)** of this bike is fully adjustable as it moves Up, Down, Fore (forward), Aft (backward).

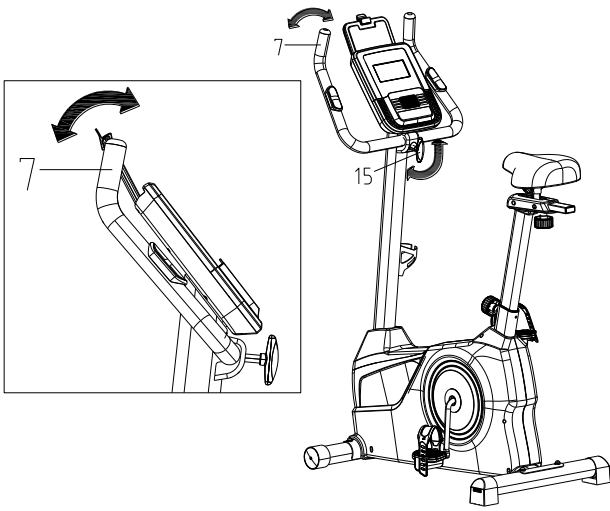
To adjust the height of the **Seat Post (No. 25)**, loosen and pull the **Spring Knob (No. 23)** outward, then raise or lower the **Seat (No. 29)** to the desired height. Once adjusted, re-insert and tighten the **Spring Knob (No. 23)** to secure the **Seat Post (No. 25)** in place.

To adjust the **Seat (No. 29)** back and forth, loosen the **Knob (No. 26)**, then slide the **Seat Slider (No. 31)** to the desired position. Once positioned, tighten the **Knob (No. 26)** to secure the **Seat Slider (No. 31)** 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 **Handlebar (No. 7)**. Firmly grasp and hold each side of the **Handlebar (No. 7)**, place one foot on the **Front Stabilizer (No. 33)** and tilt the bike towards you until the transportation wheels on the **Front Stabilizer (No. 33)** touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



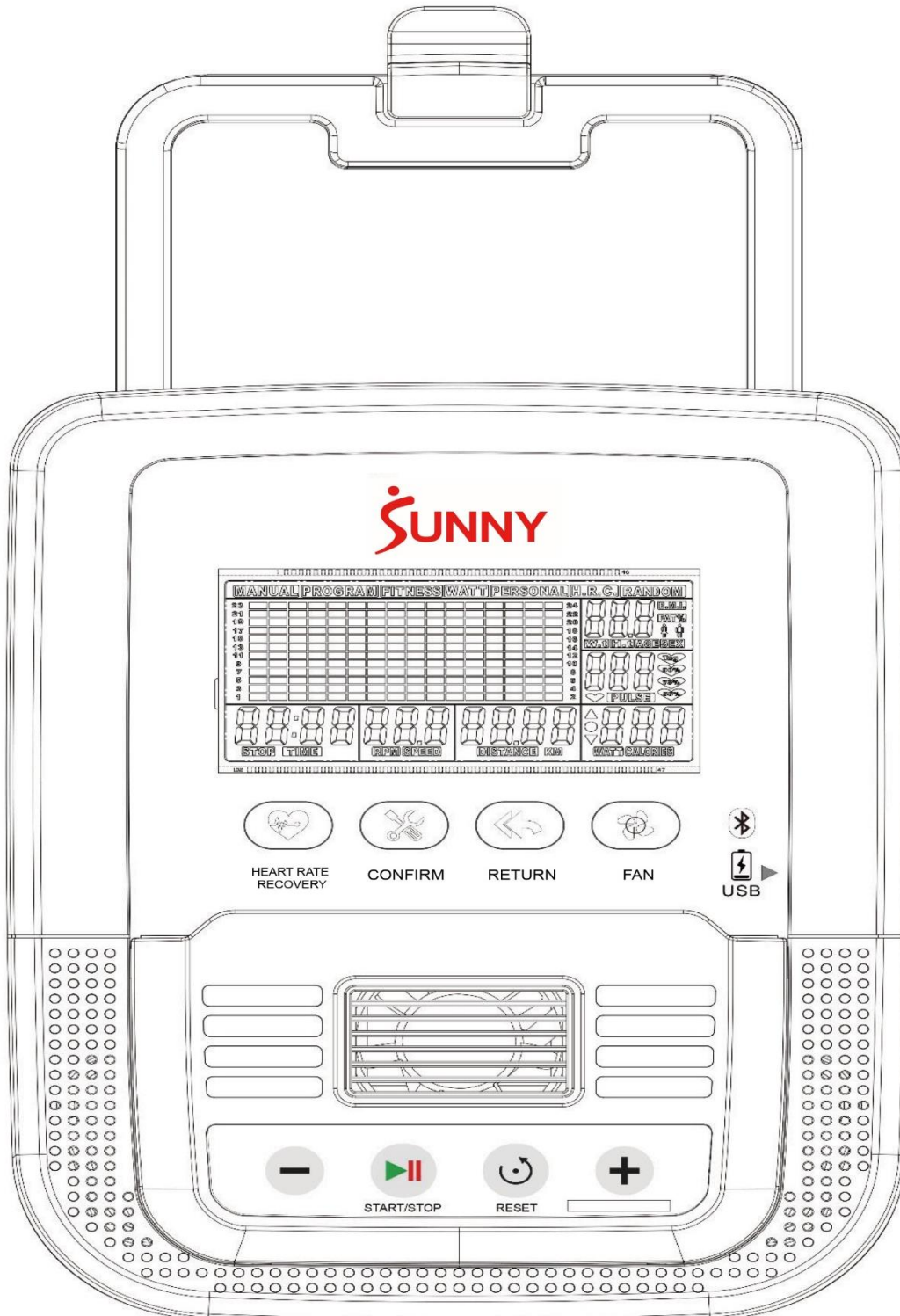
ADJUSTING THE HANDLEBAR

Loosen the **T Shaped Knob (No. 15)** to move the **Handlebar (No. 7)** to the desired position. Once the handlebar is in the desired position, firmly secure the **T Shaped Knob (No. 15)** by turning it *clockwise*.

IMPORTANT BIKE INFORMATION

WARNING: The Upright Bike requires a power source of **2.5 amps (100-240V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and/or user.

CONSOLE INSTRUCTIONS



FUNCTION BUTTONS



Heart rate recovery key

After exercising, the console will go into Recovery Mode and display the user's heart rate value. Recovery displays F1-F6. F6 is poor heart rate recovery while F1 is excellent heart rate recovery.



Confirm key

During workout, use this key to switch and confirm each function. Long press this key to restart the console to Startup Mode.



Return key

During workout, press this key to return to the previous interface.



Fan key

Press this key to turn the fan on and off.



Decrease key

Press this key to select functions or decrease function values (time/distance/calories/heart rate/resistance).



Start/Stop key

Press this key to start or stop exercise function.



Reset key

Set the user information for SEX, AGE, H.T (Height), W.T (Weight) for user interface (U0-U4), press this key to back to the original user interface. When in the workout mode selection interface, press this key to go back to the main menu. This key can also reset all function values when in Stop Mode.



Increase key

Press this key to select functions or increase function values (time/distance/calories/heart rate/resistance).

FUNCTIONS

TIME: Records total time from 00:00 ~ 99:59 mins. This function can count down the time to 0 when setting. The function value can be increased or decreased by increments of 1 min.

SPEED: Displays the speed from 0.0 ~ 99.9 MPH.

RPM: Displays the RPM from 0 ~ 15 ~ 999.


WATT: Displays the watts from 0 ~ 999. The setting range for watts is from 10 to 350.

DISTANCE: Records the total distance from 0.00 ~ 99.99 miles. This function can count down the distance to 0 when setting. The setting range for distance is between 0.0 ~ 99.50 miles. The value for distance increases or decreases in increments of 0.5 mile.

CALORIES: Records total calories burned from 0 ~ 999 CAL. Counts down the calories to 0. The setting range for this feature is from 0 ~ 990 CAL. The value increases or decreases in increments of 10 CAL.

TEMPERATURE: Displays current temperature between 32~99°F(0 ~ 60°C) when the console is in sleep mode.

PULSE: Displays the current pulse rate of 0 ~ 40 ~ 220 BPM. The setting range for this feature is between 40 ~ 220 BPM. Hold the hand pulse sensors for at least 5 seconds to measure your pulse. This value is for reference only. It cannot be used as the basis for medical treatment.

HEART SYMBOL:  The symbol will flash fast or slow depending on the user's pulse wave.

Bluetooth function:

After the bike is turned on, turn on the Bluetooth function of your mobile device to connect with the Bluetooth on bike (Bluetooth model number: SUNNY). User can play music from their mobile device.

Fan function:

The user can press the fan key to turn the fan on or off.

USB charger:

The console comes with a USB charger for user's tablet or smart phone. Plug the cable into USB port for device charging (USB cable not included).

Automatic startup and shutdown:

When the user starts to pedal or presses any key, the console will automatically start up. The console will turn off if there is no signal input for 4 minutes. Press any key on the console to turn it on again.

Operation

1. After connecting the power, the console will enter Startup Mode. The buzzer will beep for 1 second and the LCD will display for 2 seconds. The console will display the wheel diameter value of 78.0. The console will then enter U0 window.
2. When in Startup Mode or pressing the reset key, the console will turn on. After the console is fully displayed, press the increase/decrease keys to select U0~U4, and enter by pressing the confirm key. Press the increase/decrease keys to set SEX, AGE, H.T (Height), W.T (Weight). Press the confirm key to confirm the setting.
3. User can choose from the following workout modes by pressing the increase/decrease keys, then enter any modes by pressing the confirm key:

MANUAL / PROGRAM / FITNESS / WATT / PERSONAL / HEART RATE CONTROL (H.R.C)

MANUAL MODE

To select Manual Mode, press the confirm key. Press the increase/decrease keys to set the resistance and confirm the setting by pressing the confirm key. Setting range for this is from levels 1 ~ 24. The value increases or decreases in increments of 1. Press the increase/decrease keys to select from the following: Time Countdown Mode, Distance Countdown Mode, Calories Countdown Mode or Pulse Target Mode. During the workout, user can press the increase/decrease keys to adjust the resistance.

To set Countdown Mode:

1. In manual mode, press the confirm key to enter **Time Countdown Mode**. The time window will flash and display the time. The initial time is 00:00. Set countdown time by pressing the increase/decrease keys. Press the START button to start the exercise. If you do not press the START key and press the confirm key again, the bike will go into distance setting.
2. Press confirm key to enter **Distance Countdown Mode**. The initial distance is 0.00 Mile. Set

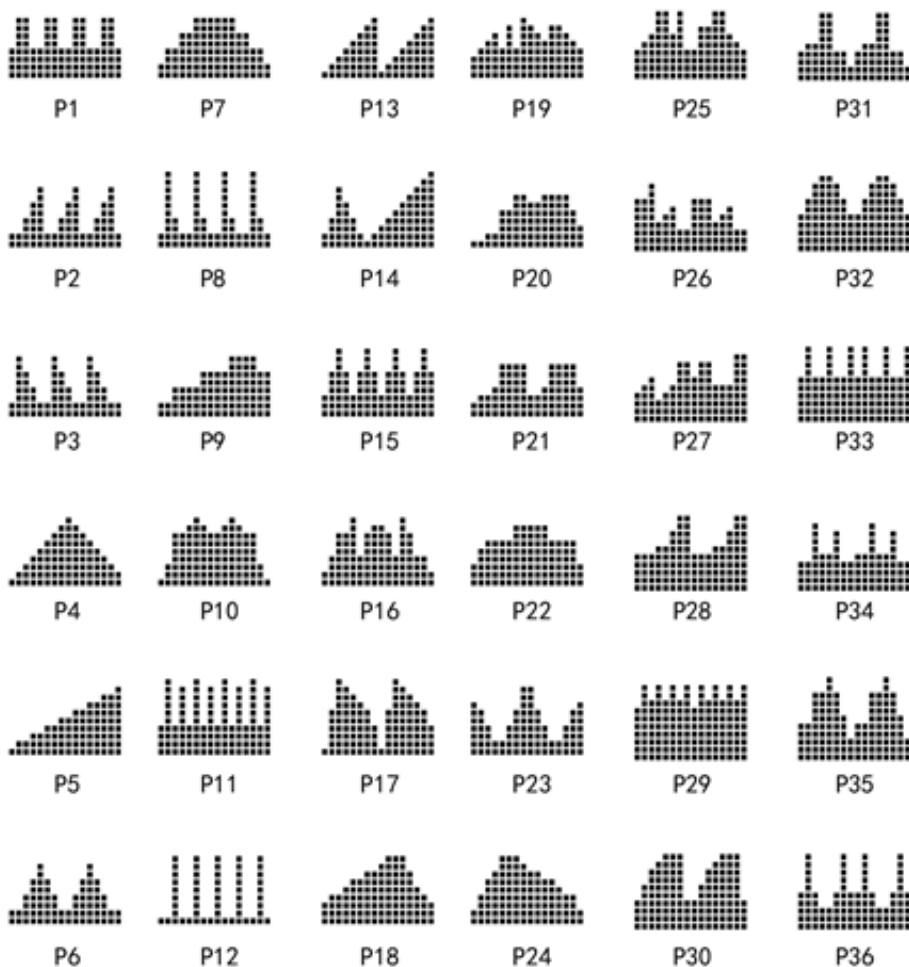
the distance by pressing the increase/decrease keys. Press the START key to start the exercise. If you do not press the START key and press the confirm key again, the bike will go into calorie setting.

3. Press confirm key to enter **Calories Countdown Mode**. The initial calorie will be displayed as 0 cal. Set the calories by pressing the increase/decrease keys. Press the START key to start the exercise. If you do not press the START key and press the confirm key again, the bike will go into pulse setting.
4. Press confirm key to enter **Pulse Target Mode**. When exercising, the console will display the pulse. When the current pulse goes up to the target pulse value, the pulse value will flash. The initial pulse will be displayed as 0. Set the target pulse by pressing the increase/decrease keys. Press the START key to start the exercise. If you do not press the START key and press the confirm key, the bike will return to time setting.

PROGRAM MODE

P1 – P36 are programs with preset resistance. Each program is divided into 16 segments. Each segment is the same amount of time. Select PROGRAM MODE and press the confirm key to enter.

1. Press the increase/decrease keys to select pre-set program P1 – P36, then press the confirm key to enter.
2. Press the increase/decrease keys to adjust the resistance value. Press the confirm key to confirm the setting.
3. Press the increase/decrease keys to adjust the time.
4. Press the START key and the bike will work at the preset resistance of the selected program. (see details in below pictures).



5. During exercise, the user can press the increase/decrease keys to adjust resistance.
6. Press STOP key to stop the bike.

FITNESS MODE

The fitness mode allows the user to exercise under a fixed time and resistance level. The fixed time is 12 minutes and the fixed resistance level is 6. To enter, select the FITNESS MODE and press the confirm key. Press the START key to initiate the exercise.

WATT CONSTANT

The console will adjust the resistance level automatically depending on the speed to maintain the constant watt value. To enter, select the WATT MODE and press the confirm key. Press the increase/decrease keys to set the values for watt, time, distance, calories or pulse. Press the START key to start the exercise. During the workout, user can press the increase/decrease keys to adjust the watt value.

PERSONAL PROGRAM

The personal programs allow the user to set their own program that can be used immediately. Each program is divided into 16 segments. Each segment is the same amount of time. To begin, select the PERSONAL MODE then press the confirm key to enter. Press the increase/decrease keys to set the resistance value for the 16 segments. Press the confirm key to confirm each setting.

1. Press and hold the confirm key for 2 seconds to enter time setting. The time window will flash.
2. Press START key to start the exercise.

H.R.C HEART RATE CONTROL

This function controls the exercise resistance according to the user's HEART RATE. If the user's pulse is above or below the below heart rate, the console will adjust the resistance level automatically. Select the H.R.C MODE and press the confirm key to enter.

1. Press increase/decrease keys to choose heart rate and press the confirm key to enter.
 - i. 55% -- Diet effect program
 - ii. 75% -- Health effects program
 - iii. 90% -- Exercise effect program
 - iv. Target heartbeat - self-training heartbeat
2. Press increase/decrease keys to set values for pulse, time, distance and calories. Then, press the confirm key to confirm the setting.
3. Press START key to start the exercise.
4. Hold the hand pulse sensor at least 5 seconds to measure your pulse.

Heart rate recovery:

When the console displays the heart rate value, press the Heart Rate recovery key. The console will begin to detect the user's pulse. The test time is a 1:00 min countdown. The heartbeat symbol will blink continuously until it reaches 0. User should hold the hand pulse sensors for 1 minute. The heartbeat symbol will keep flashing. When the time reaches 0, the console will display F1 ~ F6 recovery levels.

Level	User heartbeat recovery	Heartbeat detection gap (before and after test)
F1	Perfect	Mean difference 50
F2	Very good	40-49
F3	Normal	30-39
F4	Fair	20-29
F5	Need more exercise	10-19
F6	Inactivity	10 Below

NOTE: Under the heart rate recovery function, the console will display ERR1 the user's pulse cannot be detected.

NOTE:

1. Please insert Adaptor (**9 VOLT, 2.5A**) before using the bike.
2. This console should be kept away from all moisture.

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