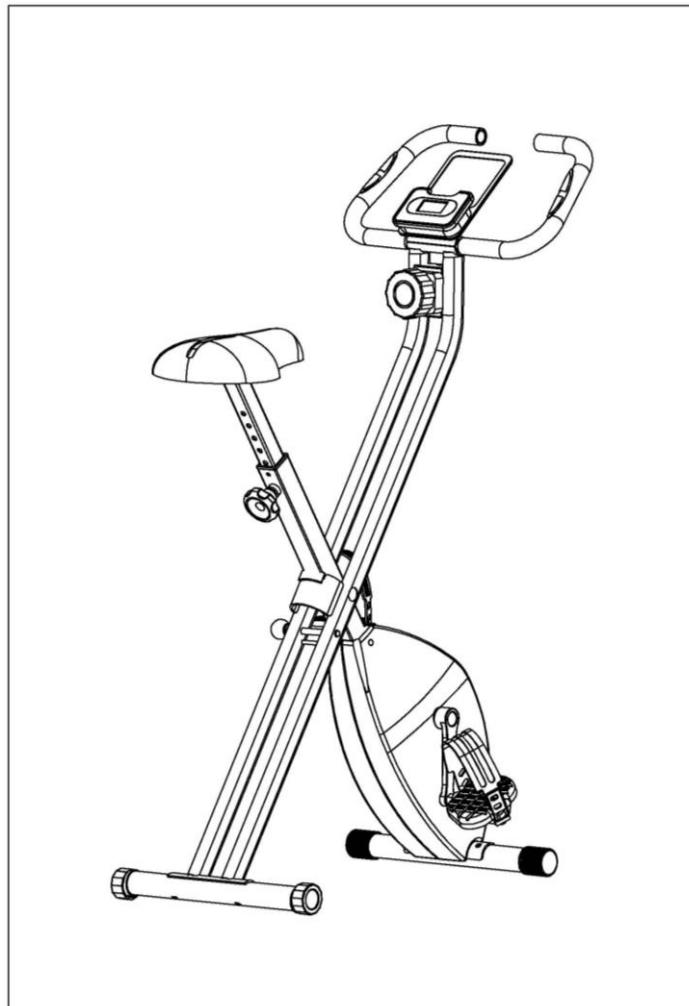




MAGNETIC FOLDABLE EXERCISE BIKE

SF-B2989

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).



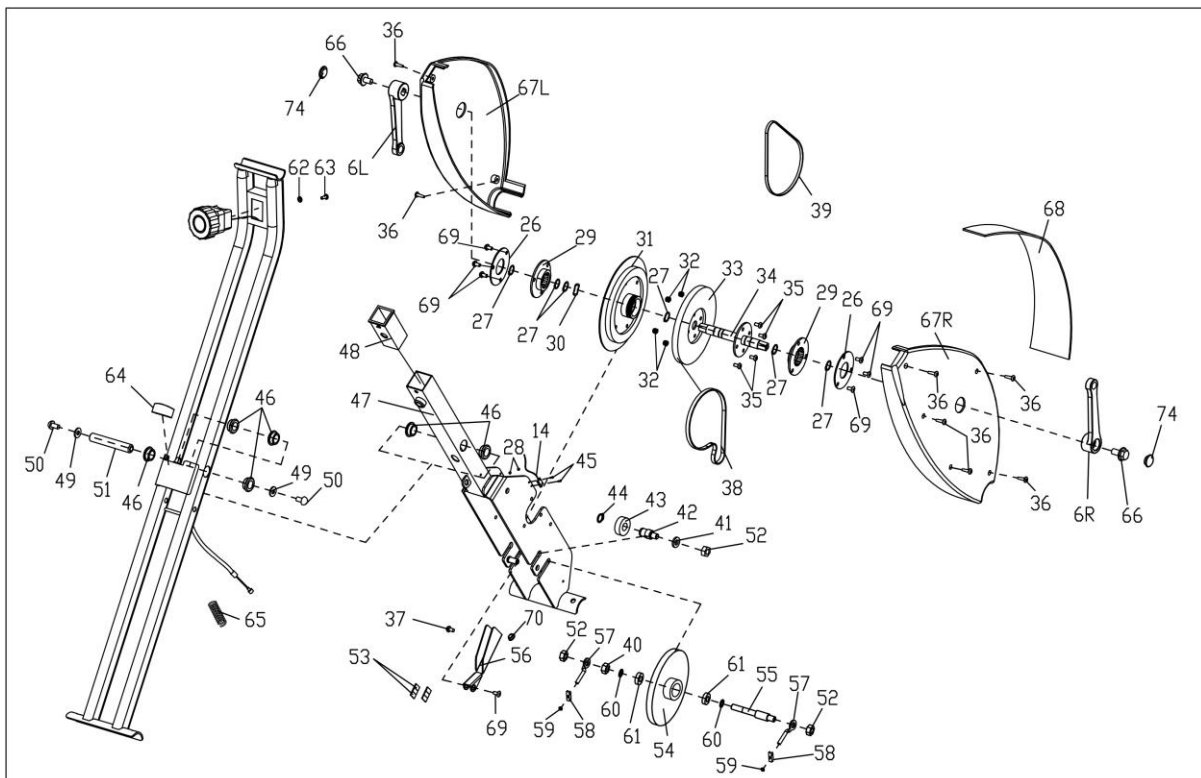
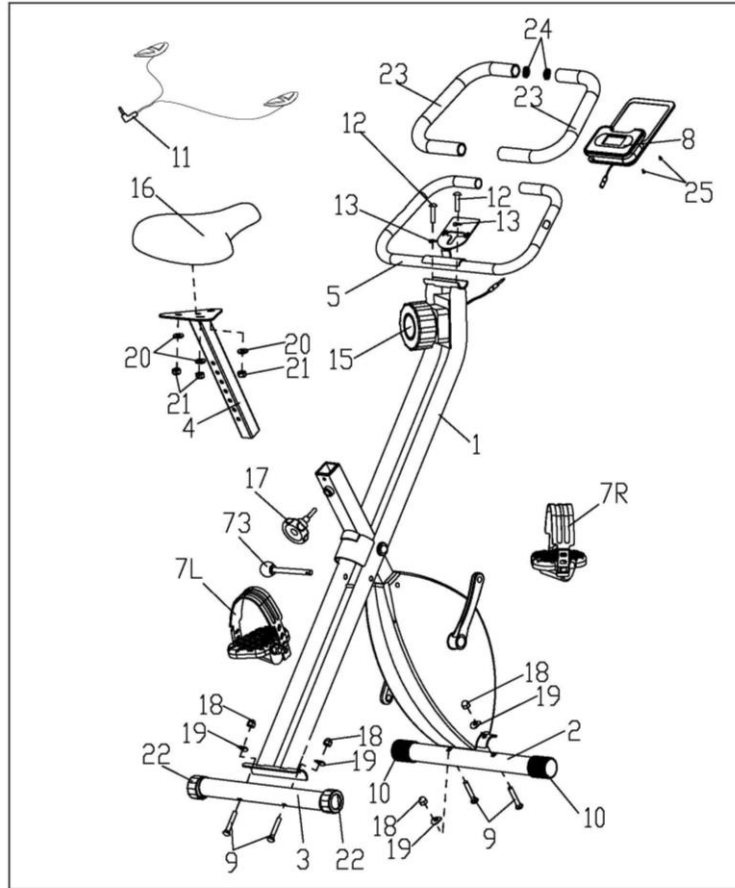
WWW.SUNNYHEALTHFITNESS.COM

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 220 pounds (100 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

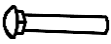
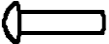




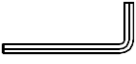
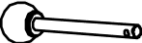




No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Seat Post		1
5	Handlebar		1
6 L/R	Crank		1 pr
7 L/R	Pedal		1 pr
8	Meter		1
9	Carriage Bolt	M8x50	4
10	End Cap		2
11	Pulse Wire		2
12	Screw	M8x38	2
13	Arc Washer	D8x1.5xR11	2
14	Sensor Wire		1
15	Tension Controller		1
16	Seat		1
17	Knob		1
18	Cap Nut	M8	4
19	Arc Washer	D8x1.5xR22	4
20	Flat Washer	D8	3
21	Nylon Nut	M8	3
22	End cap		2
23	Foam Grip		2
24	Round Cap		2
25	Screw	M5x10	2
26	Ring Flange		2
27	Axle Spring Washer		6
28	Hex Nut	M3	2
29	Bearing Brake		2
30	Wave Washer		1
31	Flywheel		1
32	Nylon Nut	M6	4
33	Belt Pulley		1
34	Centre Axle		1

No.	Description	Spec.	Qty.
35	Screw	M6x13	4
36	Screw	ST4x20	7
37	Screw	M6x12	1
38	Belt		1
39	Belt		1
40	Hex Nut	M10x1.0	4
41	Flat Washer	D10x2.0	1
42	Idler Wheel Axle		1
43	Bearing		1
44	Axle Spring Washer		1
45	Screw	M3x10	2
46	Sleeve		6
47	Front Bracket		1
48	Square Sleeve		1
49	Flat Washer		2
50	Screw		2
51	Spindle		1
52	Flange Nut		3
53	Magnet		6
54	Driven Wheel		1
55	Driven Wheel Axle		1
56	Magnet Board		1
57	Adjusting Chain Bolt		2
58	Adjusting Chain U Mat		2
59	Hex Nut		2
60	Flat Washer		2
61	Bearing		2
62	Flat Washer		1
63	Screw		1
64	Cushion		1
65	Spring		1
66	Flange Bolt		2
67L/R	Belt Cover		1 pr
68	Front Cover		1

No.	Description	Spec.	Qty.
69	Screw	M6x10	7
70	Plug		1
71	Spanner	S13, 14, 15	1

No.	Description	Spec.	Qty.
72	Allen Wrench	S6	1
73	Pull Pin		1
74	Crank Cover		2

HARDWARE PACKAGE

	_____	#9 M8x50 4PCS		_____	#12 M8x38 2PCS
	_____	#13 D8x1.5xR11 2PCS		_____	#18 M8 4PCS
	_____	#19 D8x1.5xR22 4PCS		_____	#71 S13, 14, 15 1PC
	_____	#72 S6 1PC		_____	#73 1PC
	_____	#17 1PC		_____	#25 M5x10 2PCS
	_____	#21 M8 3PCS		_____	#20 D8 3PCS

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)

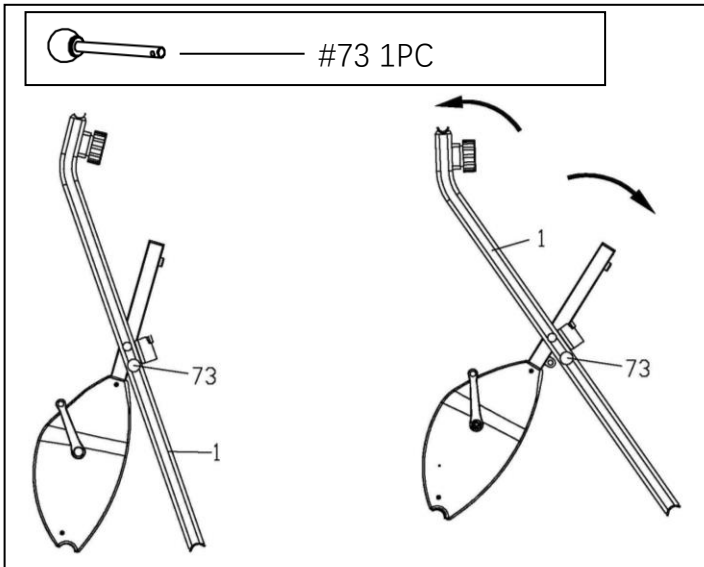
Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

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).

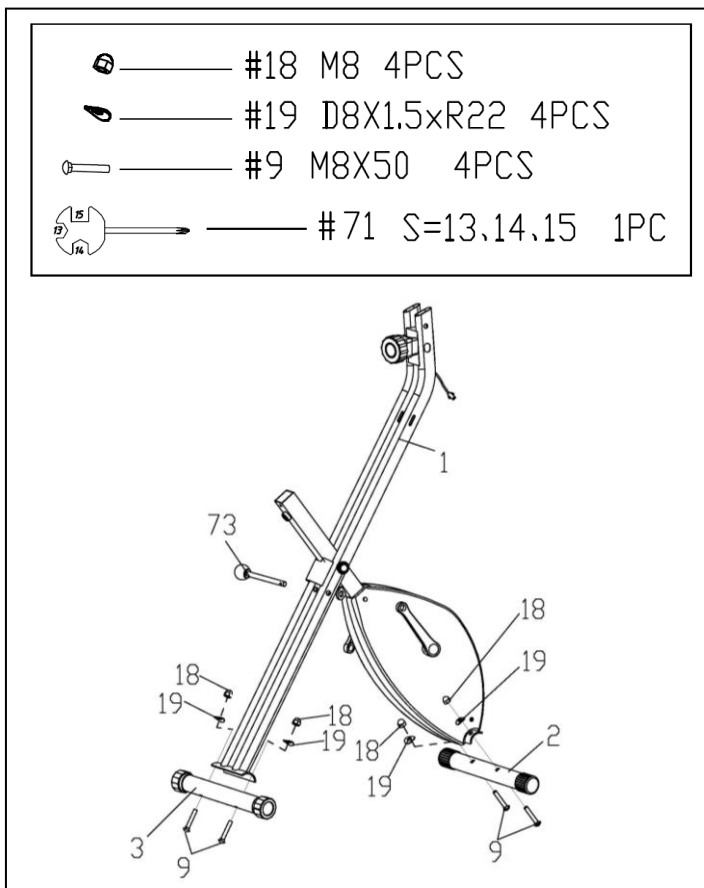
STEP 1:

Remove the preassembled **Pull Pin (No. 73)** from the **Main Frame (No. 1)**. Unfold the **Main Frame (No. 1)** and then insert the **Pull Pin (No. 73)** back to the **Main Frame (No. 1)**.

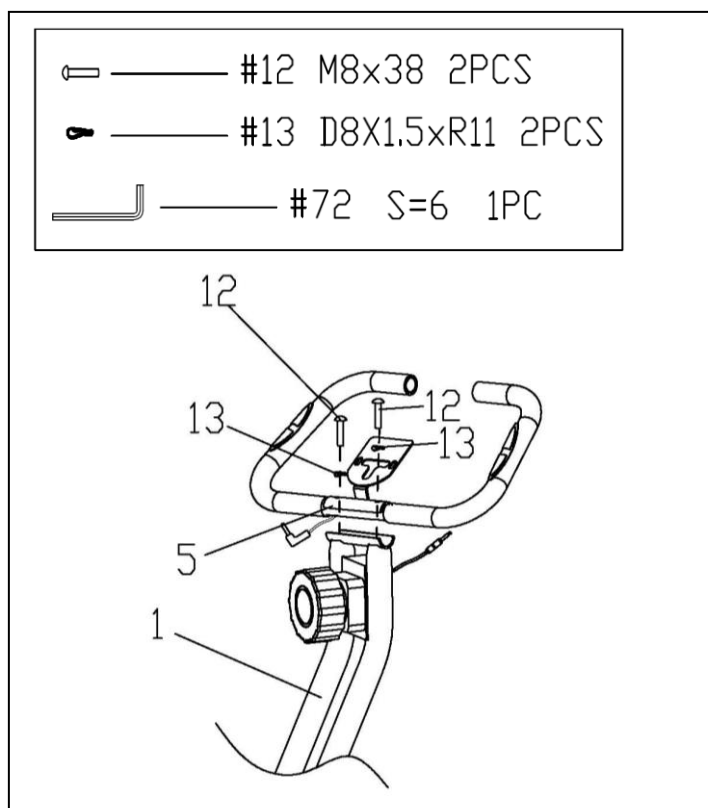


STEP 2:

Attach the **Front & Rear Stabilizer (No. 2 & No. 3)** to the **Main Frame (No. 1)** using 4 **Carriage Bolts (No. 9)**, 4 **Arc Washers (No. 19)** and 4 **Cap Nuts (No. 18)**. Tighten and secure with the **Spanner (No. 71)**.

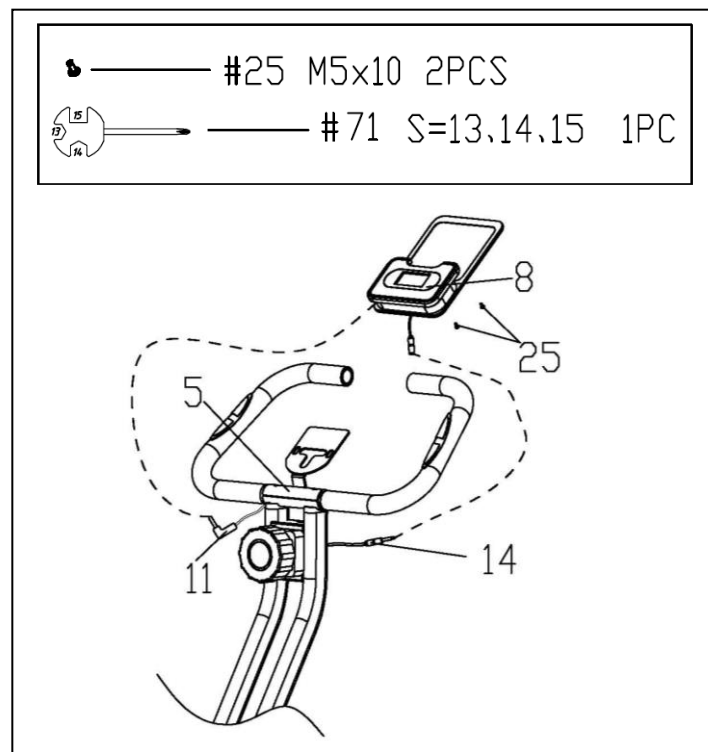


We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Attach the **Handlebar (No. 5)** to the **Main Frame (No. 1)** using 2 **Screws (No. 12)** and 2 **Arc Washers (No. 13)**. Tighten and secure using **Allen Wrench (No. 72)**.



STEP 4:

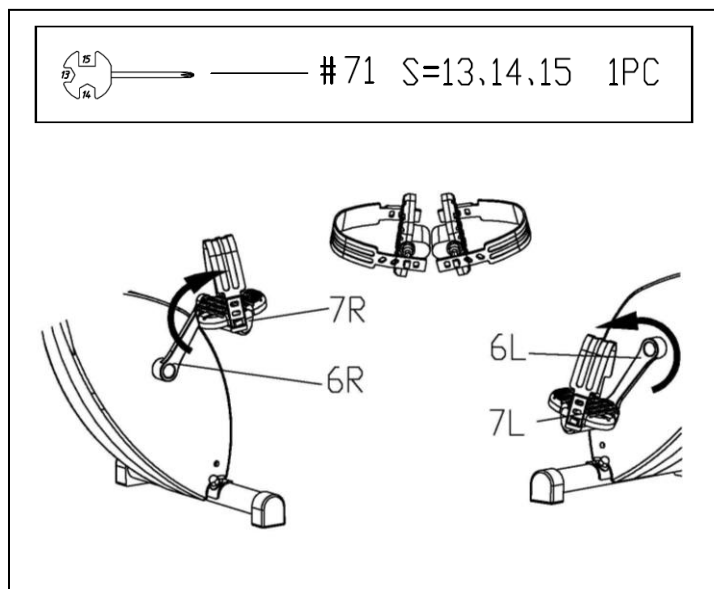
Open the battery cover from the back of **Meter (No. 8)**, then put 2 pcs batteries into the battery compartment.

Remove 2 **Screws (No. 25)** from back of the **Meter (No. 8)** by **Spanner (No. 71)**, then attach the **Meter (No. 8)** to the bracket of the **Handlebar (No. 5)** using 2 **Screws (No. 25)** that were just removed. Tighten and secure with the **Spanner (No. 71)**.

Connect the **Pulse Wire (No. 11)** to the jack on the back of the **Meter (No. 8)**.

Connect the **Sensor Wire (No. 14)** to the wire from the **Meter (No. 8)**.

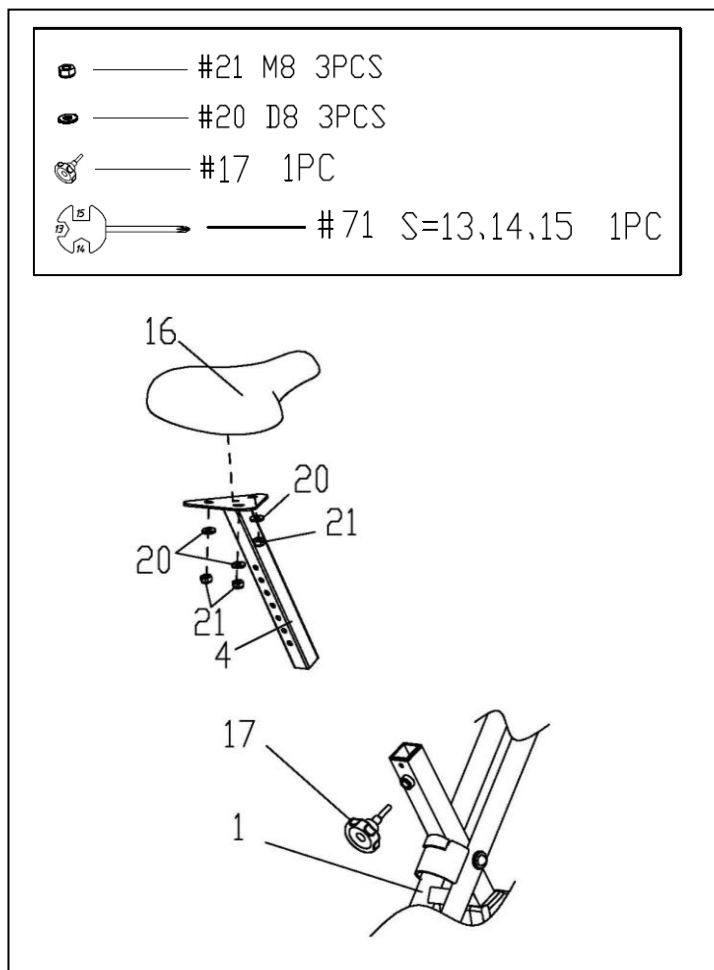
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STEP 5:

Attach **Pedals (No. 7L/R)** to the **Cranks (No. 6L/R)** using **Spanner (No. 71)**.

NOTE: Make sure to attach **Right Pedal (No. 7R)**, marked **R**, to the **Right Crank (No. 6R)**. It should be tightened clockwise. Attach the **Left Pedal (No. 7L)**, marked **L**, to the **Left Crank (No. 6L)**. It should be tightened counter-clockwise. Attaching the **Pedals (No. 7L/R)** to the wrong **Cranks (No. 6L/R)** or turning it the wrong direction will permanently damage the crank and the pedal.



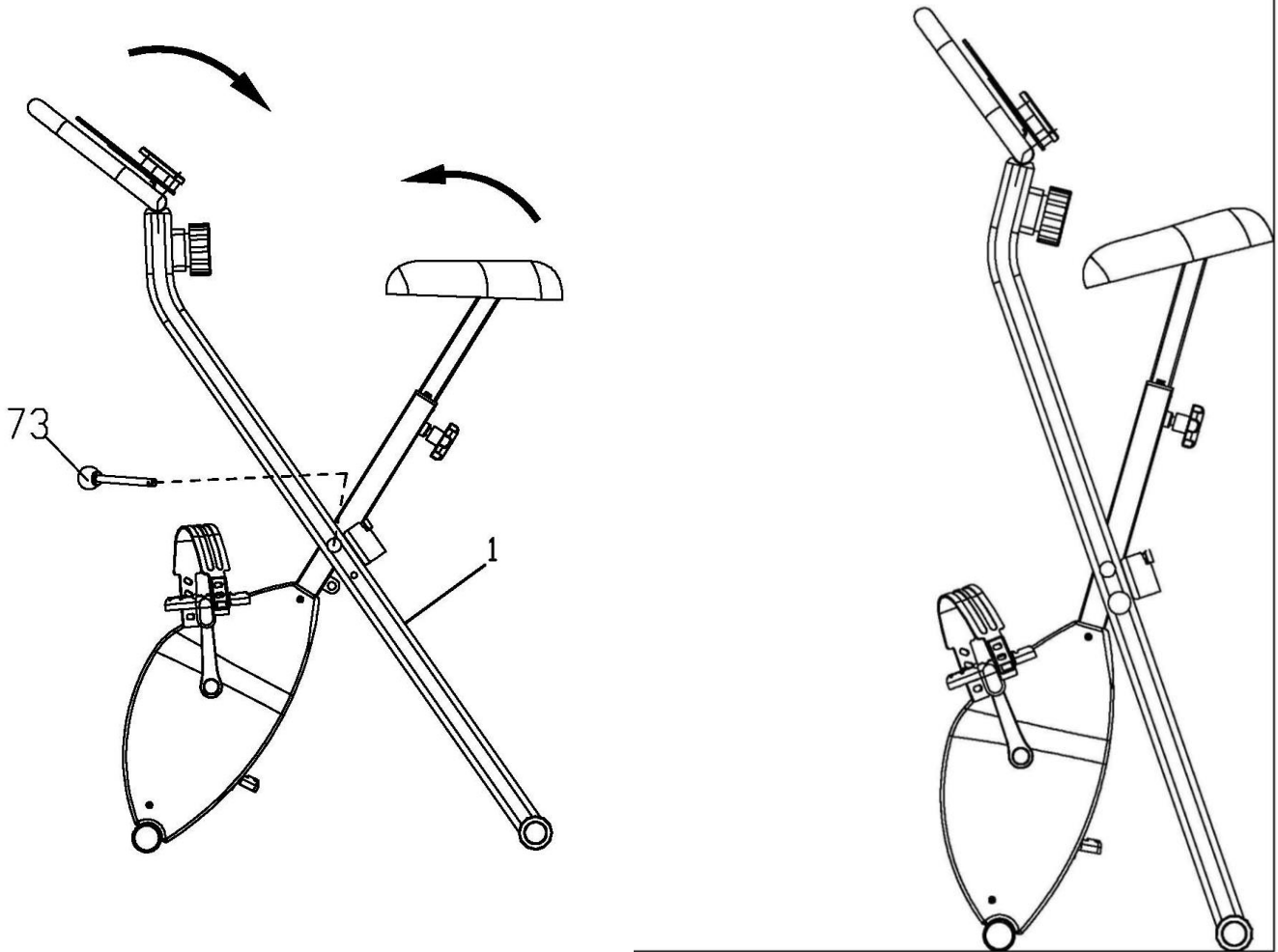
STEP 6:

Removed the preassembled 3 **Flat Washers (No. 20)** and 3 **Nylon Nuts (No. 21)** from the **Seat (No. 16)**. Then attach the **Seat (No. 16)** to the **Seat Post (No. 4)** using 3 **Flat Washers (No. 20)** and 3 **Nylon Nuts (No. 21)** that just removed. Tighten and secure with the **Spanner (No. 71)**.

Insert the **Seat Post (No. 4)** into the tube of the **Main Frame (No. 1)**. Adjust the **Seat Post (No. 4)** to the proper height and secure with the **Knob (No. 17)**.

Assembly is now complete!

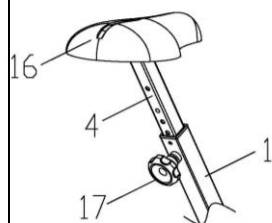
FOLDING GUIDE



Folding: Remove the **Pull Pin (No. 73)** from the **Main Frame (No. 1)**, then fold the bike and move to the side of the wall. Then insert the **Pull Pin (No. 73)** back to the **Main Frame (No. 1)** to fix the bike.

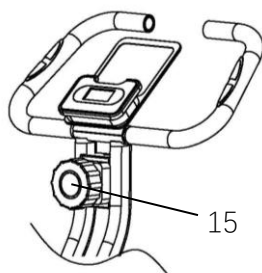
NOTE: Keep at least 2 feet of free space around the bike at all times when folding or unfolding. Be cautious when folding or unfolding the bike as there are pinch hazards!

ADJUSTMENT INSTRUCTIONS



ADJUSTING THE SEAT POST

The **Seat (No. 16)** of this bike is adjustable up and down. To adjust the height of the **Seat Post (No. 4)**, loosen the **Knob (No. 17)** from the **Main Frame (No. 1)** outward, then raise or lower the **Seat Post (No. 4)** to the desired height. Once adjusted, re-insert and tighten the **Knob (No. 17)** to secure the **Seat Post (No. 4)** in place.

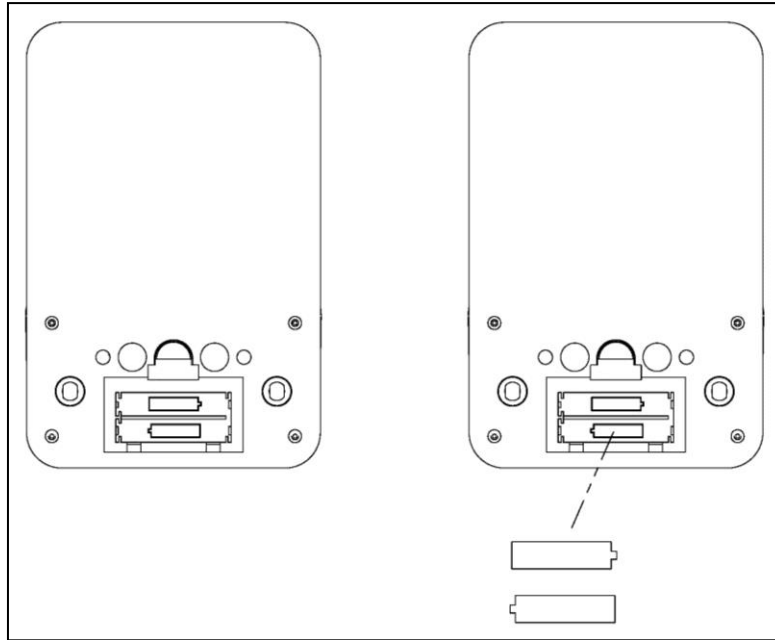


ADJUSTING THE RESISTANCE

To increase the resistance level, turn the **Tension Controller (No. 15)** clockwise.

To decrease the resistance level, turn the **Tension Controller (No. 15)** counter-clockwise.

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

The meter uses 2 AAA batteries. Open the battery cover from the back of meter, then put 2 batteries into the battery compartment. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back.

BATTERY REPLACEMENT

If there is a problem with the display, try changing the batteries first. Remove the meter from the bracket of the handlebar. Open the battery cover, remove the old batteries and replace with new batteries. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back. When changing batteries, always replace both with new batteries. Do not mix old and new batteries. Dispose the batteries according to the laws and regulations of your local region.

EXERCISE METER

KEY FUNCTION

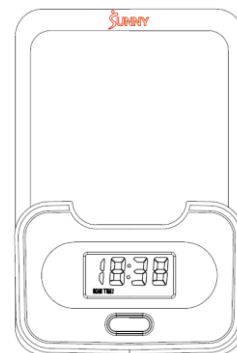
● This key lets you to select and lock on to a particular function you want.
SCAN→TIME→SPEED→DIST→CALORIES(CAL)→TOTAL DIST(ODO) →
PULSE RATE

● Press and hold with 3 seconds to reset the value to zero (except ODO).

SET SLEEP MODE

●The system will enter sleep mode automatically when the sensor has no signal input or no keys are pressed for approximately 4 minutes.

●The system will turns on again when the MODE key is pressed or there is a signal input from the sensor.



FUNCTION

1. SCAN: Automatically scans through and display each function in the sequence below every 6 seconds.
TIME→SPEED→DIST→CALORIES(CAL)→ODO→PULSE RATE
2. TIME: Display the total exercise time from start to finish.
3. SPEED: Display current exercise speed during exercise.
4. DISTANCE: Display distance of each exercise from start to finish.
5. CALORIE: Display total calories burned during each exercise from start to finish.
6. ODO: Display total distance from all the workout. If the battery is replaced, the value returns to zero.
7. PULSE RATE: Display current pulse rate during exercise. The measurement value cannot be regarded as the basis of medical treatment.

SPECIFICATIONS

FUNCTION	SCAN	Every 6 Seconds
	TIME	0:00-99:59 MIN:SEC
	SPEED	0~999.9 MPH (MILE/Hour)
	DIST	0~9999 MILE
	ODO	0~9999 MILE
	CAL	0~9999 KCAL
	PULSE RATE	40~240 BPM
BATTERY		2 -AAA
Operating temperature		0 ~ 40 °C (32°F - 104°F)
Storage temperature		-10 ~ 60 °C (14°F - 140°F)

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