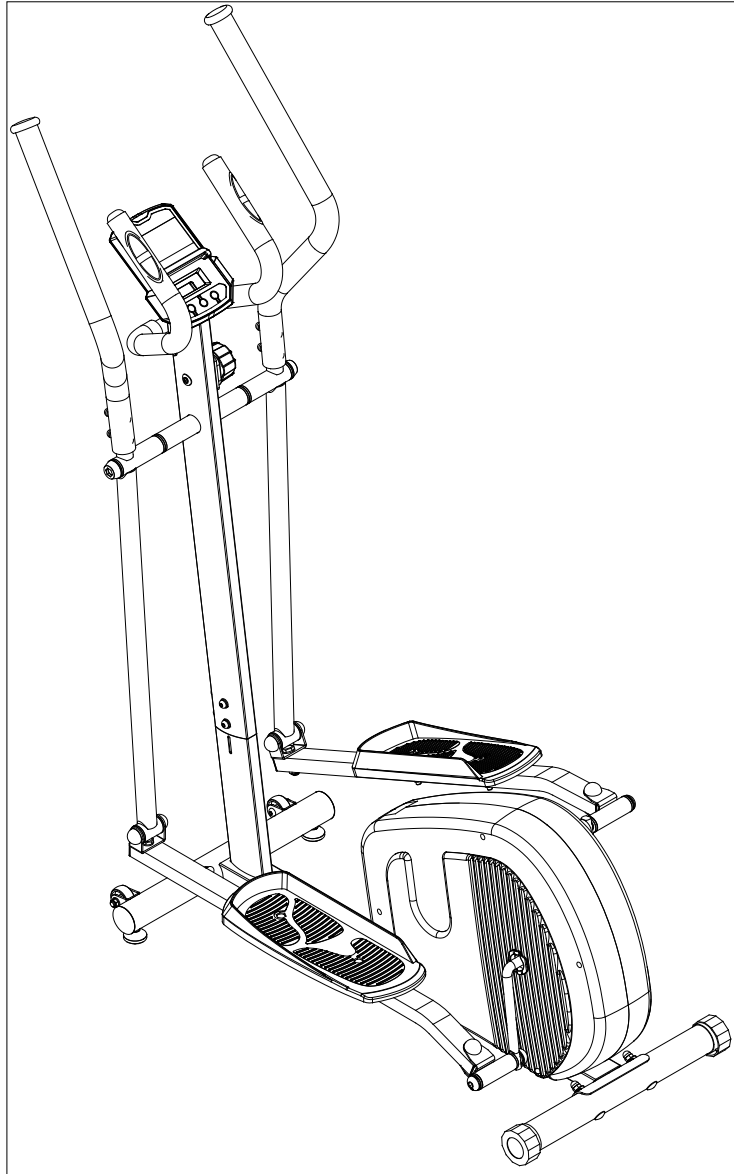




# ENDURANCE SERIES MAGNETIC ELLIPTICAL E321003 USER MANUAL



**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](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).



[WWW.SUNNYHEALTHFITNESS.COM](http://WWW.SUNNYHEALTHFITNESS.COM)

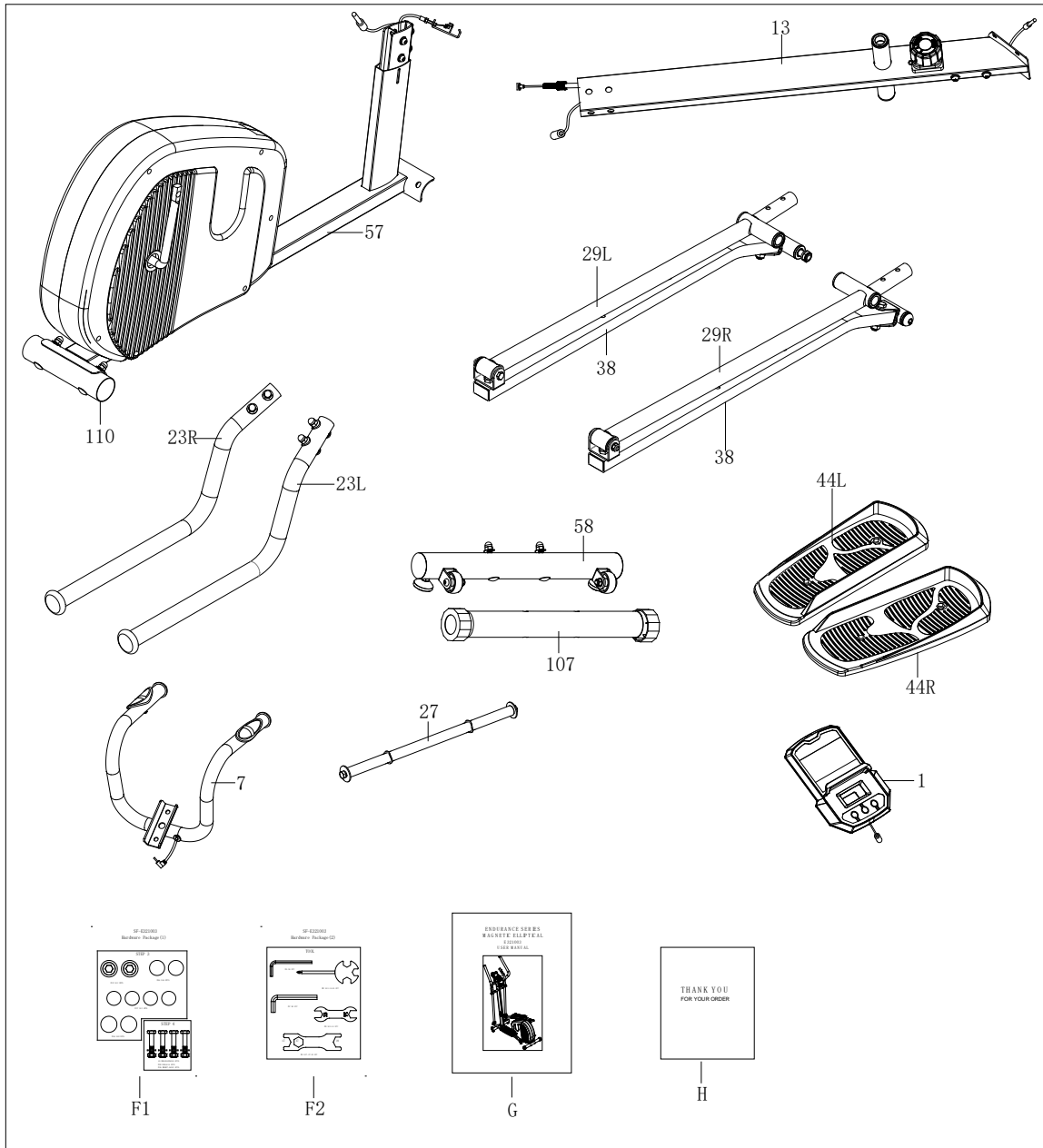
# **IMPORTANT SAFETY INFORMATION**

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 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.

# PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.

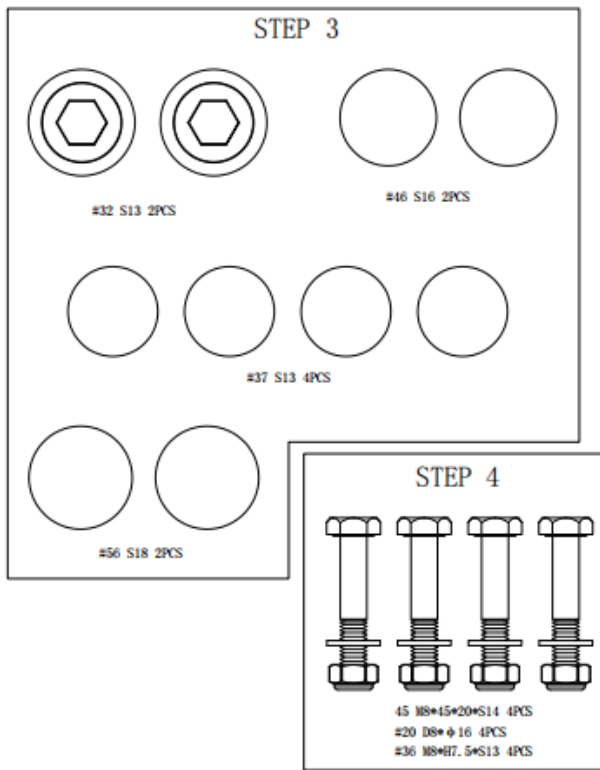


No.	Description	Spec.	Qty.
1	Computer		1
7	Mid Handlebar		1
13	Post Bar		1
23L/R	Handlebar L/R		2
27	Swing Bar Rod		1
29L/R	Swing Bar L/R		2
38	Pedal Arm		2
44L/R	Pedal		2

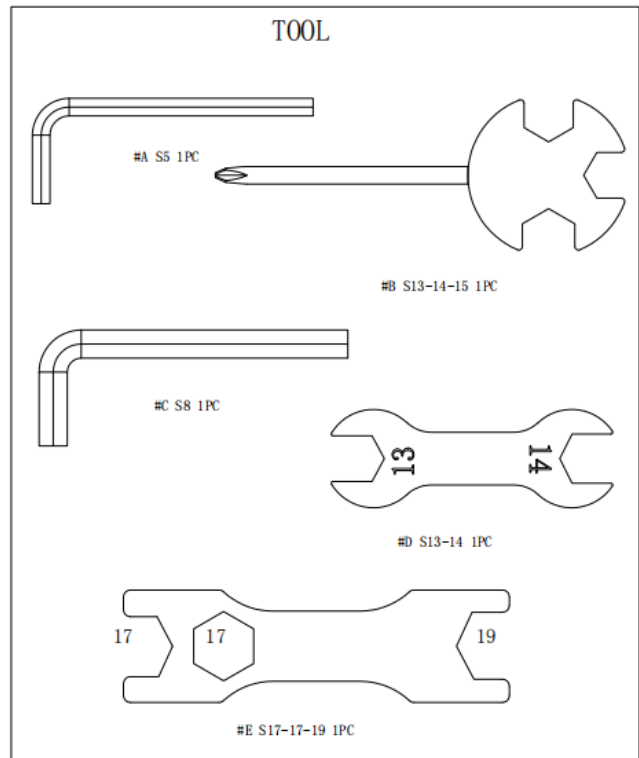
No.	Description	Spec.	Qty.
57	Main Frame		1
58	Front Stabilizer		1
107	Rear Stabilizer		1
110	Rear Shipping Tube		1
F1	Hardware Package		1
F2	Hardware Package		1
G	Manual		1
H	Thank You Card		1

# HARDWARE PACKAGE

SF-E321003  
Hardware Package (1)



SF-E321003  
Hardware Package (2)



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

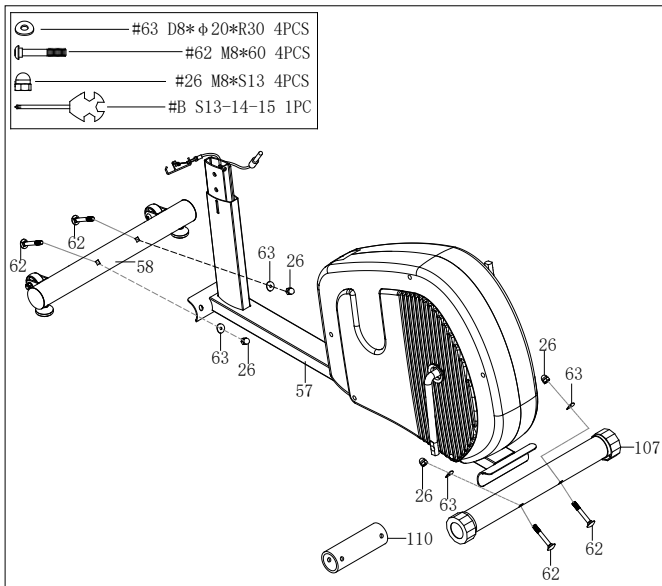
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 end of the manual)

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

# ASSEMBLY INSTRUCTIONS

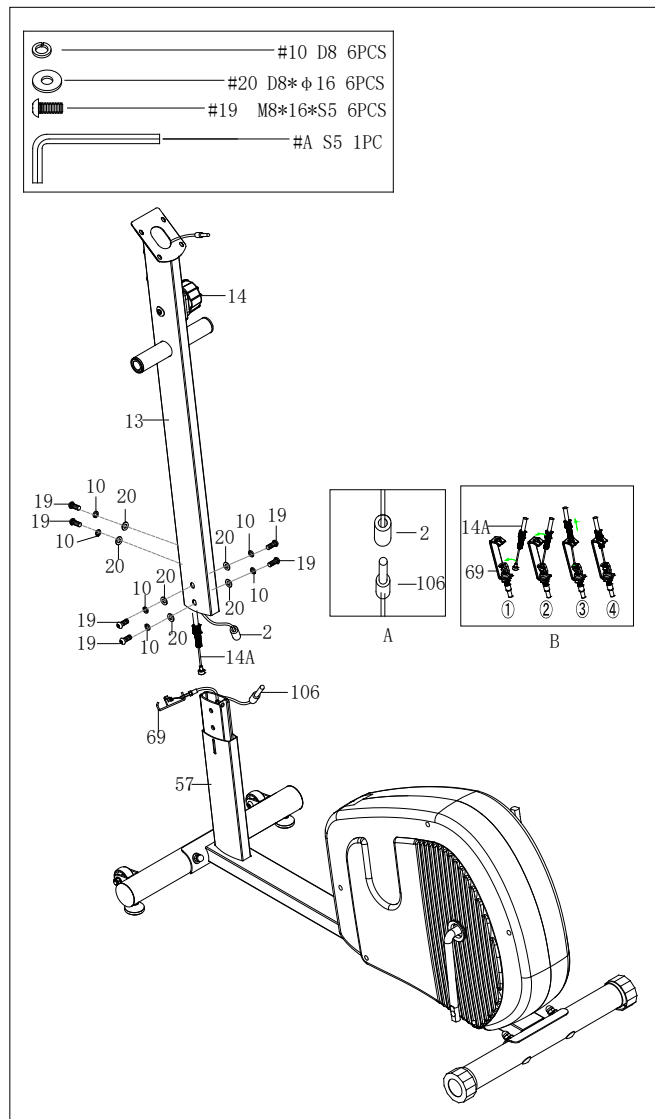
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 1:

Remove 4 **Bolts (No. 62)**, 4 **Arc Washers (No. 63)**, 4 **Cap Nuts (No. 26)** and **Rear Shipping Tube (No. 110)** from the **Front Stabilizer (No. 58)** and **Main Frame (No. 57)** by **Spanner (No. B)**.

Attach the **Front Stabilizer (No. 58)** and **Rear Stabilizer (No. 107)** to the **Main Frame (No. 57)** using 4 **Bolts (No. 62)**, 4 **Arc Washers (No. 63)** and 4 **Cap Nuts (No. 26)** that were removed. Tighten and secured with **Spanner (No. B)**.



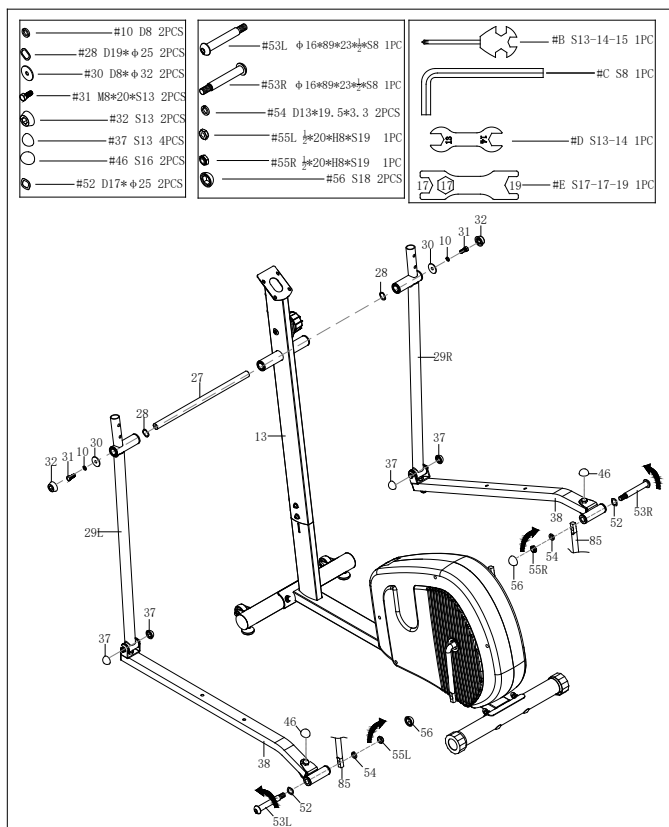
## STEP 2:

Remove 6 **Bolts (No. 19)**, 6 **Spring Washers (No. 10)** and 6 **Washers (No. 20)** from **Main Frame (No. 57)** by **Spanner (No. A)**.

Check the **Tension Control Knob (No. 14)** is at level 1 (lowest resistance) to ensure the wire is the longest. Connect the **Tension Control Wire (No. 14A)** with **Lower Tension Control (No. 69)** as shown in picture B, then Connect **Sensor Trunk Wire (No. 2)** with **Sensor Wire (No. 106)** as shown in picture A.

Fix **Post Bar (No. 13)** into **Main Frame (No. 57)**, then tighten and secure with 6 **Bolts (No. 19)**, 6 **Spring Washers (No. 10)** and 6 **Washers (No. 20)** that were removed by **Spanner (No. A)**.

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



### STEP 3:

Remove 2 **Bolts (No.31)**, 2 **Wave Washers (No. 28)**, 2 **Washers (No. 30)** and 2 **Spring Washers (No.10)** from **Swing Bar Rod (No. 27)** by **Spanner (No. B)** or **Wrench (No. D)**. Insert **Swing Bar Rod (No. 27)** to **Post Bar (No. 13)**, put 2 **Wave Washers (No. 28)** that were removed into **Swing Bar Rod (No.27)**.

Tighten and secure **Swing Bar L/R (No. 29L/R)** to **Swing Bar Rod (No. 27)** with 2 **Bolts (No. 31)**, 2 **Washers (No. 30)** and 2 **Spring Washers (No. 10)** that were removed by **Spanner (No. B)** and **Wrench (No. D)**, then cover 2 **End Cap (No. 32)**.

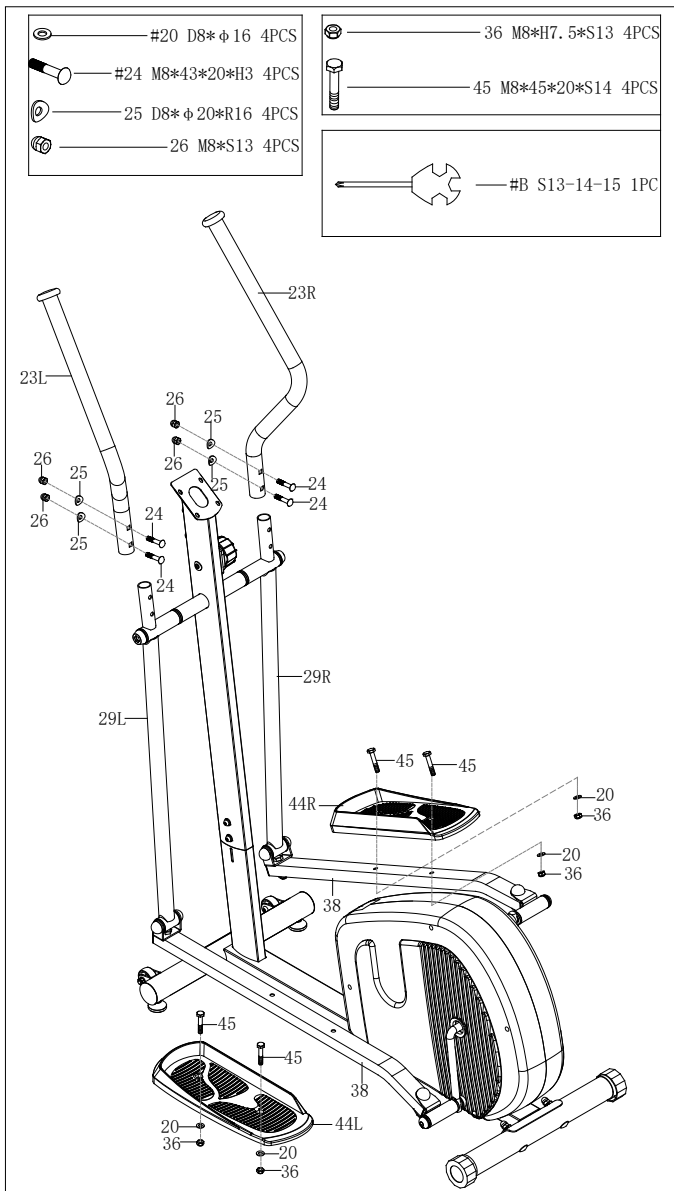
Remove 2 **Bolts (No. 53L/R)**, 2 **Wave Washers (No. 52)**, 2 **Nylon Nuts (No. 55 L/R)** and 2 **Spring Washers (No.54)** from both **Pedal Arms (No. 38)** by **Spanner (No. C)** and **Wrench (No. E)**.

Lock **Pedal Arm (No. 38)** to the left side of **Crank (No. 85)** with 1 **Bolt (No. 53L)**, 1 **Wave Washer (No. 52)**, 1 **Nylon Nut (No. 55L)** and 1 **Spring Washer (No. 54)**. Tighten and secure with **Spanner (No. C)** and **Wrench (No. E)**. Then, cover with 2 **Ball Caps (No. 37)**, 1 **End Cap (No. 46)**, 1 **End Cap (No. 56)**.

Lock **Pedal Arm (No. 38)** to the right side of **Crank (No. 85)** with 1 **Bolt (No. 53R)**, 1 **Wave Washer (No. 52)**, 1 **Nylon Nut (No. 55R)** and 1 **Spring Washer (No. 54)**. Tighten and secure with **Spanner (No. C)** and **Wrench (No. E)**. Then, cover with 2 **Ball Caps (No. 37)**, 1 **End Cap (No. 46)**, 1 **End Cap (No. 56)**.

**NOTE:** Make sure to turn **Bolt (No. 53L)** counter-clockwise, and **Nylon Nut (No. 55L)** clockwise. Make sure to turn **Bolt (No. 53R)** clockwise, and **Nylon Nut (No. 55R)** counter-clockwise. Failure to follow procedures may result in permanent damage to your elliptical bike.

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

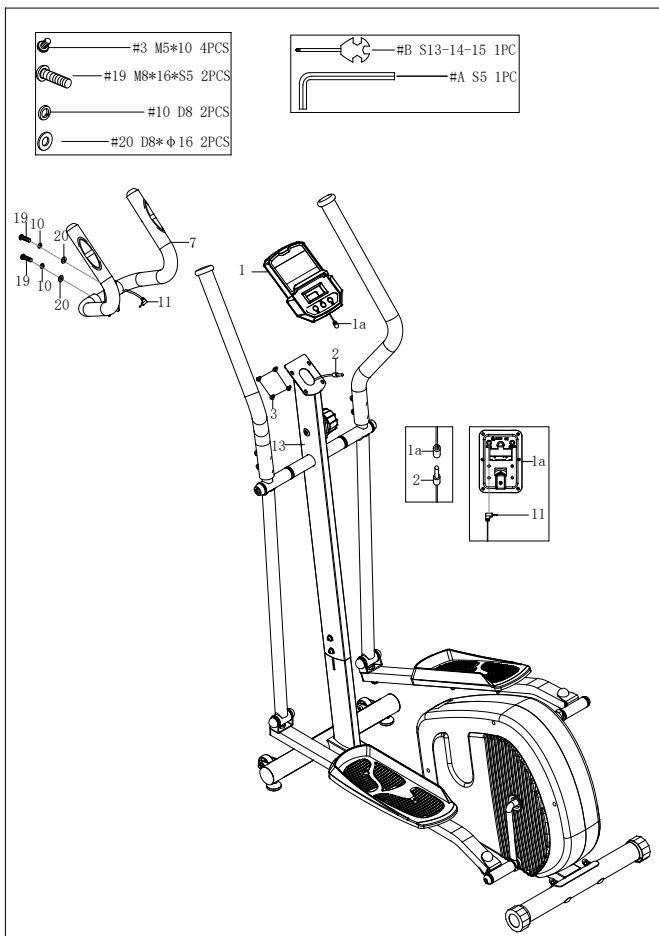


**STEP 4:**

Fix Pedal (No. 44L/R) to both Pedal Arm (No. 38) with 4 Bolts (No. 45), 4 Washers (No. 20), 4 Nylon Nuts (No.36) by Spanner (No. B).

Remove 4 Bolts (No. 24), 4 Arc Washers (No. 25), 4 Cap Nuts (No. 26) from Handlebar L/R (No. 23L/R) by Spanner (No. B). Tighten and secure Handlebar L/R (No. 23L/R) to Swing Bar L/R (No. 29L/R) with 4 Bolts (No. 24), 4 Arc Washers (No. 25), 4 Cap Nuts (No. 26) that were removed by Spanner (No. B).

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



### STEP 5:

Connect **Sensor Trunk Wire (No. 2)** with **Computer Wire (No. 1a)** well.

Remove 4 **Bolts (No. 3)** from **Computer (No. 1)**. Attach **Computer (No. 1)** on **Post Bar (No. 13)** with 4 **Bolts (No. 3)** that were removed by **Spanner (No. B)**.

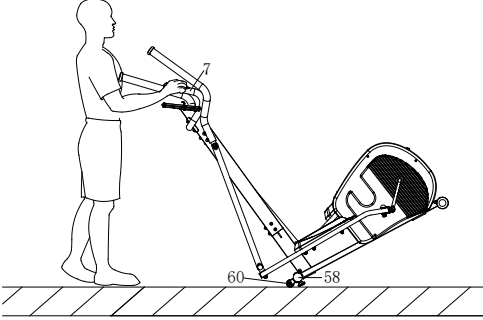
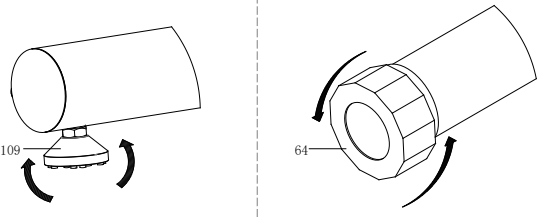
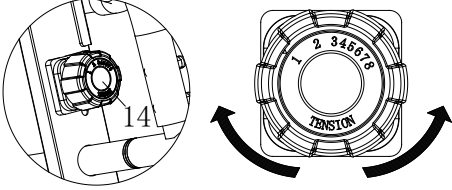
Remove 2 **Bolts (No. 19)**, 2 **Spring Washer (No. 10)** and **Washer (No. 20)** from **Post Bar (No. 13)** by **Spanner (No. A)**. Tighten and secure **Mid Handlebar (No. 7)** to **Post Bar (No. 13)** with 2 **Bolts (No. 19)**, 2 **Spring Washers (No. 10)** and **Washer (No. 20)** that were removed by **Spanner (No. A)**.

Insert **Handle Pulse Wire (No. 11)** to the hole on the back of **Computer (No. 1)**.

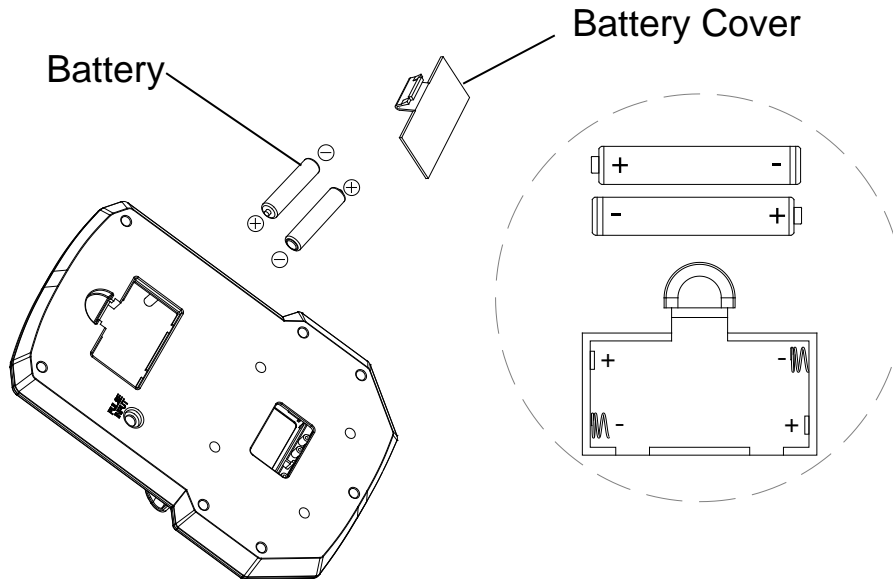
*The assembly is complete!*



# ADJUSTMENTS & USAGE GUIDE

	<p><b>MOVING THE ELLIPTICAL</b></p> <p>To move the elliptical, push down the <b>Middle Handlebar (No. 7)</b> until the <b>Transportation Wheels (No. 60)</b> on the <b>Front Stabilizer (No. 58)</b> touch the ground. With the <b>Transportation Wheels (No. 60)</b> on the ground, you can transport the elliptical to the desired location with ease.</p>
	<p><b>ADJUSTING THE BALANCE</b></p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stabled and secured. If you notice that the elliptical is unbalanced during use, you should adjust both <b>Adjustable End Cap (No. 64)</b> and <b>Foot Pad (No. 109)</b> located beneath the front and rear stabilizers. To do so, simply rotate both <b>Adjustable End Cap (No. 64)</b> and <b>Foot Pad (No. 109)</b> until the elliptical becomes levelled with the floor surface.</p>
	<p><b>ADJUSTING THE RESISTANCE</b></p> <p>Rotate <b>Tension Control Knob (No.14)</b> <i>clockwise</i> to increase the level of resistance, rotate the <b>Tension Control Knob (No.14)</b> <i>counter-clockwise</i> to decrease the level of resistance. Level 1 is the lowest and level 8 is the highest.</p>
<p><b>CLEANING</b></p> <p>The elliptical can be cleaned with a soft, clean, damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical after each use. Be careful not to get excessive moisture on the computer display panel as this might cause electrical hazard or electronics to fail.</p> <p>Please keep the elliptical, especially the computer, out of direct sunlight to prevent screen damage.</p> <p>Please inspect all assembly bolts and pedals on the elliptical for proper tightness every week.</p>	
<p><b>STORAGE</b></p> <p>Store the elliptical in a clean and dry environment, away from children.</p>	

# BATTERY INSTALLATION & REPLACEMENT



## **BATTERY INSTALLATION**

1. Take out 2 AAA batteries from computer 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!

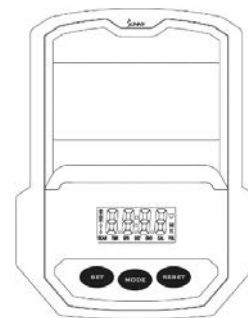
## **BATTERY DISPOSAL**

Dispose the batteries according to the laws and regulations of your local region. Some batteries maybe recycled. When disposing or recycling, do not mix battery types.

# EXERCISE COMPUTER

## FUNCTION BUTTONS:

- MODE:** Press the button to select TIME, DISTANCE, and CALORIES 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 CALORIES.  
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).



## FUNCTIONS & OPERATIONS:

### 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 0.00 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 0.0 to 9999 (Cal). The user may also preset the target calories before training by pressing the SET & MODE buttons. Each setting increment 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 0.0 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.

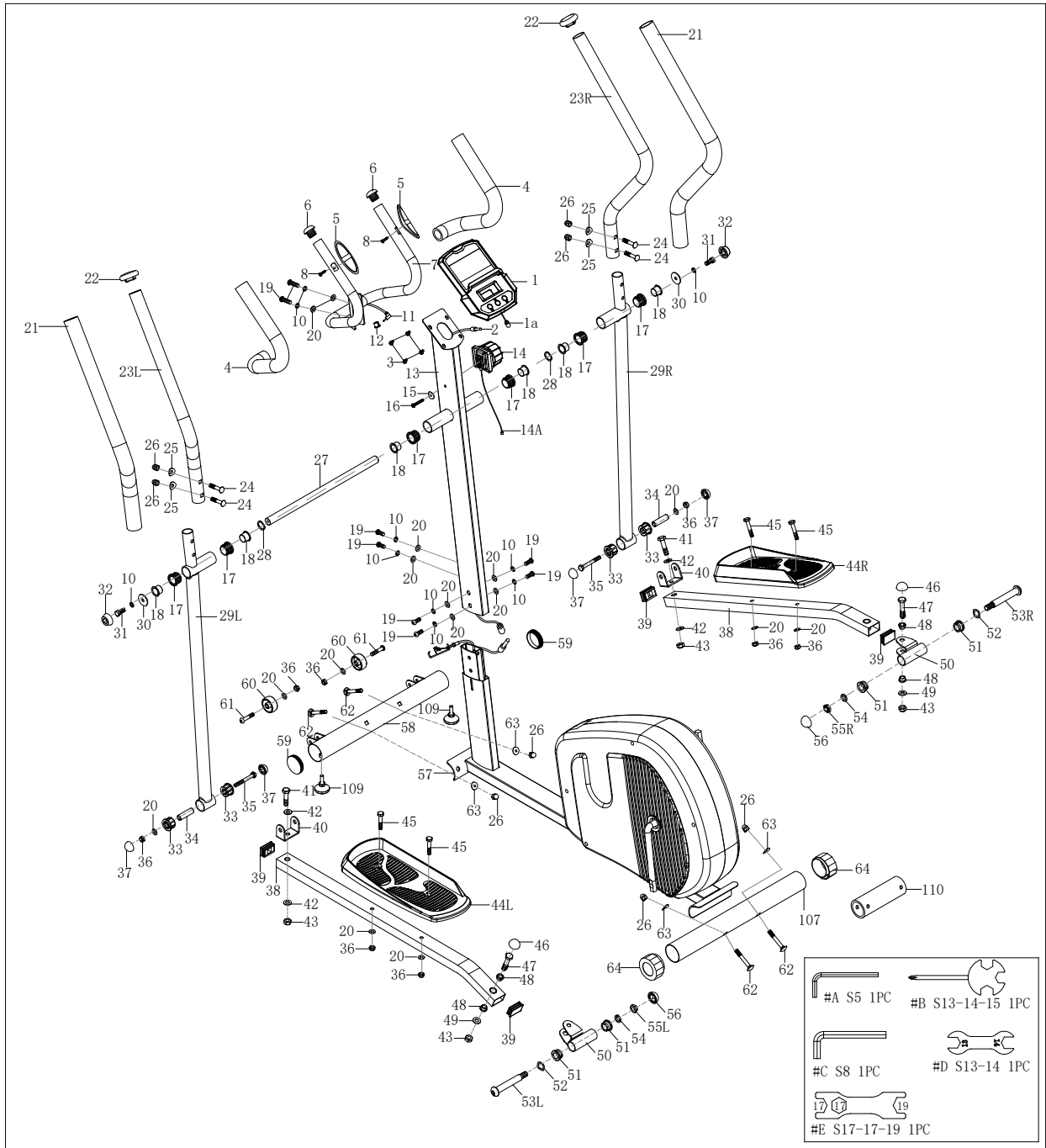
**APP CONNECTION:**

1. Scan the QR code below to download the SunnyFit app onto your mobile device.

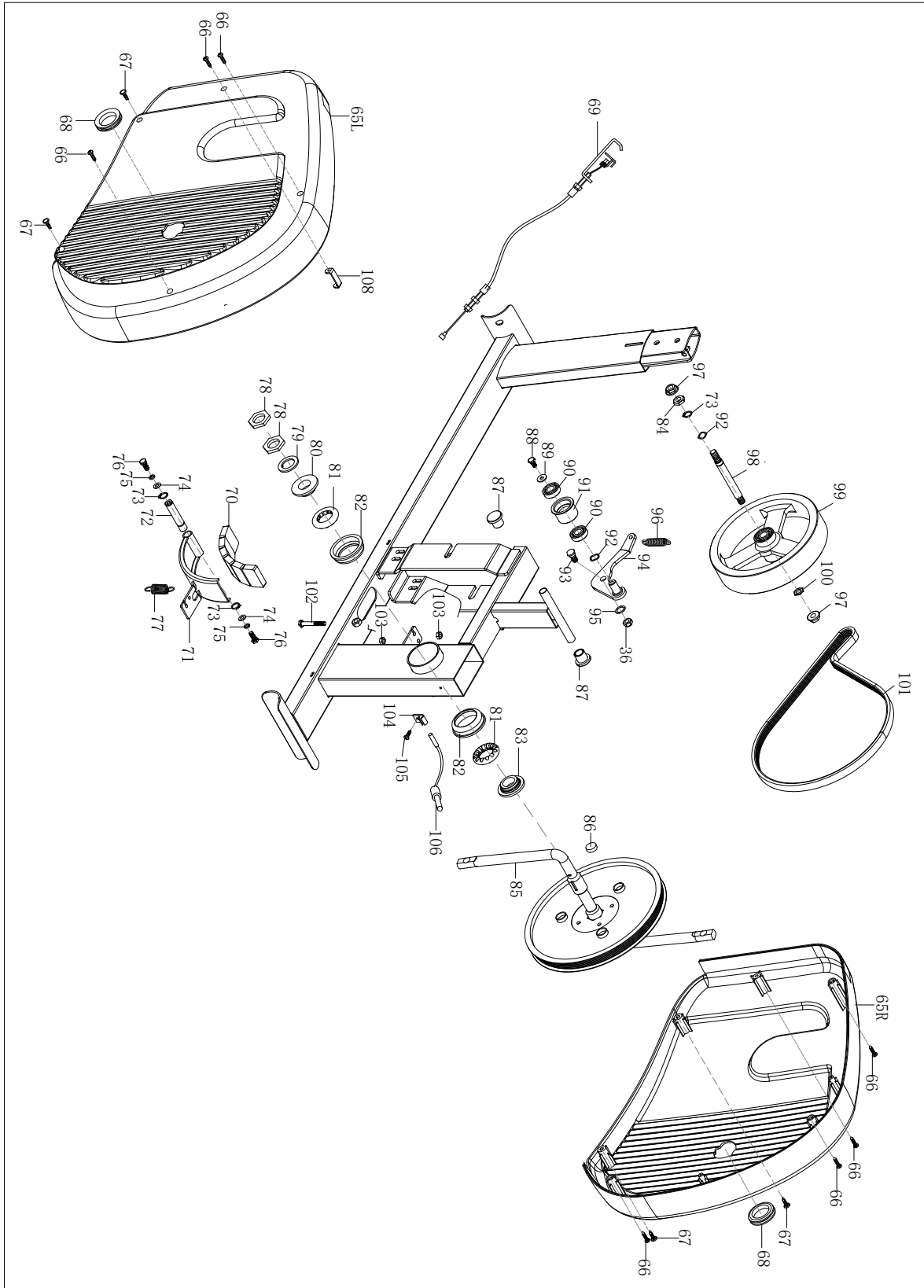


2. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
  - a. From the "Workout" tab, press on the "Search" button to search for your equipment.
  - b. Once your equipment appears on the list, tap the "Select" button to confirm.
  - c. Note: If your equipment does not appear on the "Searching for Equipment" list, check the EXERCISE COMPUTER on your equipment to ensure that it is not in sleep mode and your phone's Bluetooth function is on, then tap "Retry" to search again.
  - d. Once your equipment shows up on the "Workout" tab as "Currently Selected", your equipment is now ready to display, track, and record your equipment's workout stats on the app!
5. If you are unable to replicate these steps, or have any other issues with the SunnyFit app, please contact SunnyFit support at [support@sunnyfit.com](mailto:support@sunnyfit.com), or use the in-app "Contact Us" form to request support ("Me" tab -> "Contact Us").

# EXPLODED DIAGRAM 1



# EXPLODED DIAGRAM 2



# PARTS LIST

No.	Description	Spec.	Qty.
1	Computer		1
1a	Computer Wire		1
2	Sensor Trunk Wire		1
3	Bolt	M5*10	4
4	Foam Grip		2
5	Handle Pulse Plate		2
6	Round End Cap	Φ25*16	2
7	Mid Handlebar		1
8	Bolt	ST4.0*19	2
9	N/A		-
10	Spring Washer	D8	10
11	Handle Pulse Wire		1
12	C-clip	Φ12*11*Φ3	1
13	Post Bar		1
14	Tension Control Knob		1
14A	Tension Control Wire		1
15	Arc Washer	D5*Φ20	1
16	Bolt	M5*35	1
17	Bushing	Φ32*3.3*Φ28*16*Φ14	6
18	Bushing	Φ21	6
19	Bolt	M8*16*S5	8
20	Washer	D8*Φ16	16
21	Foam Grip		2
22	End Cap		2
23L/R	Handlebar L/R		2
24	Bolt	M8*43*20*H3	4
25	Arc Washer	D8*Φ20*R16	4
26	Cap Nut	M8*S13	8
27	Swing Bar Rod		1
28	Wave Washer	D19*Φ25	2
29L/R	Swing Bar L/R		2
30	Washer	D8*Φ32	2
31	Bolt	M8*20*S13	2
32	End Cap	S13	2
33	Bushing	Φ14*Φ8.3*48	4
34	Bushing	Φ14*48	2

No.	Description	Spec.	Qty.
35	Bolt	M8*65*S13	2
36	Nylon Nut	M8*H7.5*S13	9
37	Ball Cap	S13	4
38	Pedal Arm		2
39	Square End Cap		4
40	U-type Holder		2
41	Bolt	M10*42	2
42	Washer	D10*Φ25	4
43	Nylon Nut	M10*H9.5*S17	4
44L/R	Pedal		2
45	Bolt	M8*45*20*S14	4
46	End Cap	S16	2
47	Bolt	M10*50	2
48	Metals Busing		4
49	Washer	D10*Φ20	2
50	Pedal Arm Join		2
51	Metals Busing		4
52	Wave Washer	D17*Φ25	2
53L/R	Bolt	Φ16*89*23*1/2*S8	2
54	Spring Washer	D13*19.5*3.3	2
55L/R	Nylon Nut	1/2*20*H8*S19	2
56	End Cap	S18	2
57	Main Frame		1
58	Front Stabilizer		1
59	Round End Cap		2
60	Transportation Wheel		2
61	Bolt	M8*40	2
62	Bolt	M8*60	4
63	Arc Washer	D8*Φ20*R30	4
64	Adjustable End		2
65L/R	Chain Cover		2
66	Bolt	ST4.2*19*Φ8	7
67	Bolt	ST4.2*16*Φ8	4
68	Crank Cover		2
69	Lower Tension Control		1
70	Magnet		6

No.	Description	Spec.	Qty.
71	Magnetic Plate		1
72	Magnetic Plate		1
73	C-clip	d12	3
74	Washer	D6*Φ12	2
75	Spring Washer	D6	2
76	Bolt	M6*16*S10	2
77	Spring Tension		1
78	Nut	M23*H4*S32	2
79	Washer	Φ35*Φ22.5*3	1
80	Two-slot Nut	M23*Φ45*12	1
81	Ball Bearings		2
82	Bearing Housing		2
83	Three-slot Nut	M24*Φ45*12	1
84	Big Washer	M10*1*H5*S17	1
85	Crank		1
86	Round Magnet		1
87	End Cap		2
88	Bolt	M6*12*S10	1
89	Washer	D6*16	1
90	Bearing	6001-ZZ	2
91	Idler		1
92	Wave Washer	D12*15.5	2
93	Bolt	M8*12*Φ10*5*S12	1

No.	Description	Spec.	Qty.
94	Idler Wheel Connect Staff		1
95	Washer	D12*Φ17	1
96	Spring Tension		1
97	Nut	M10*1*H8*S15	2
98	Flywheel Shaft		1
99	Flywheel		1
100	Nut	M10*1*H2*S15	1
101	Belt	6PJ370	1
102	Bolt	M6*15	1
103	Nut	M6*H5*S10	2
104	Sensor Holder		1
105	Bolt	ST4.2*16*Φ7	1
106	Sensor Wire		1
107	Rear Stabilizer		1
108	Chain Cover Connecting Plate		1
109	Foot Pad		2
110	Rear Shipping		1
A	Spanner	S5	1
B	Spanner	S13-14-15	1
C	Spanner	S8	1
D	Wrench	S13-14	1
E	Wrench	S17-17-19	1

Version 1.1



# CONNECT WITH US

FOR FITNESS  
ARTICLES, VIDEOS  
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS

[WWW.SUNNYHEALTHFITNESS.COM](http://WWW.SUNNYHEALTHFITNESS.COM)