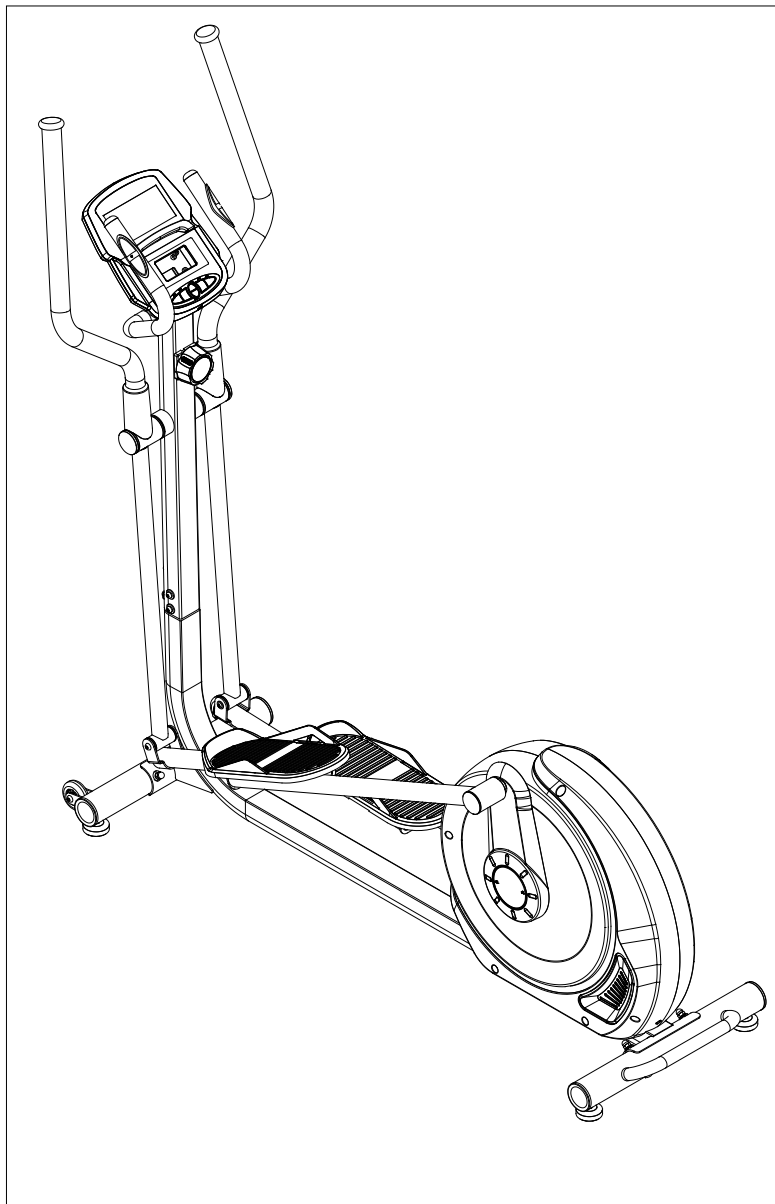# POWER STRIDE
ELLIPTICAL MACHINE
SF-E321005
USER MANUAL

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.

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 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.

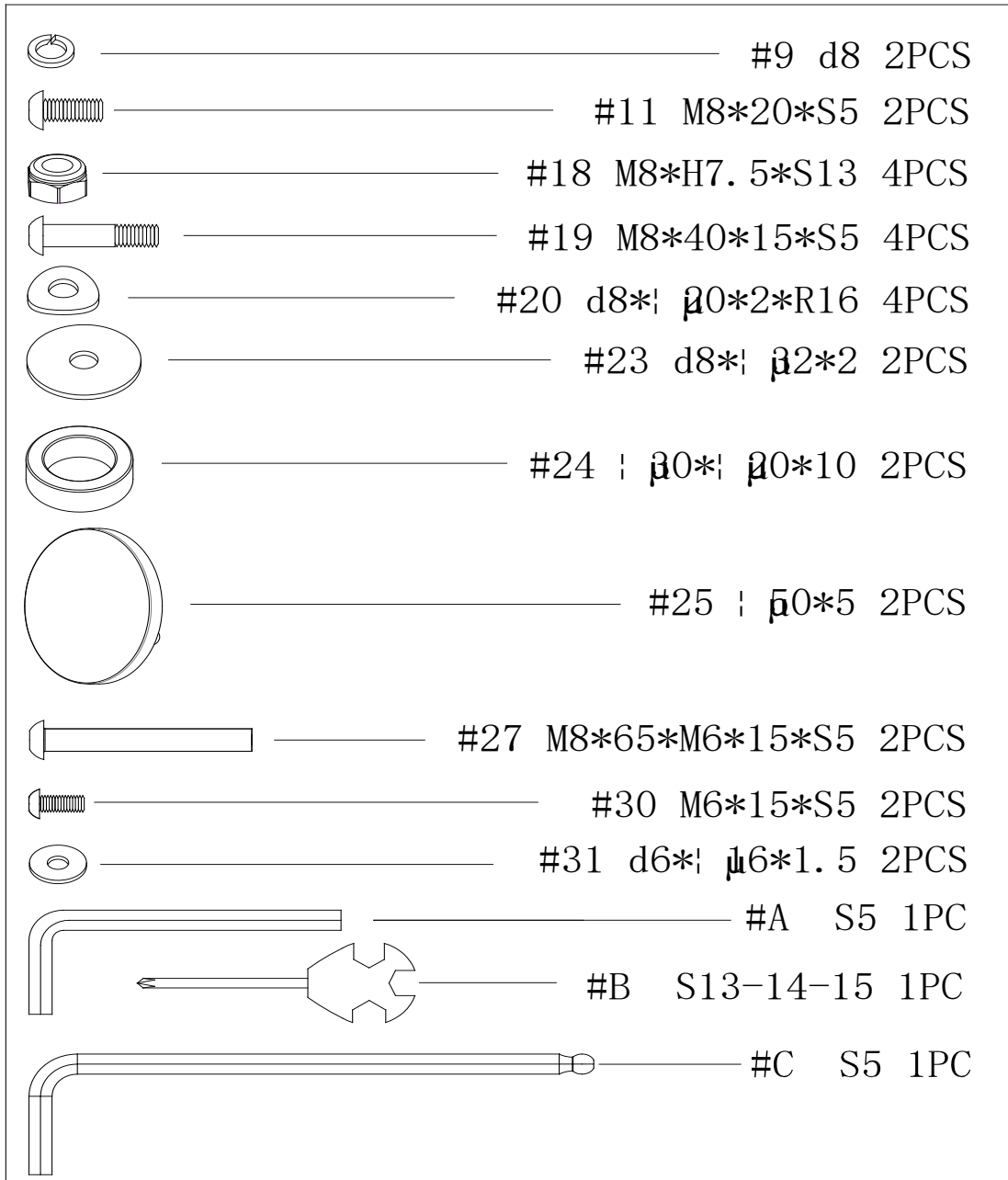# EXPLODED DIAGRAM 1
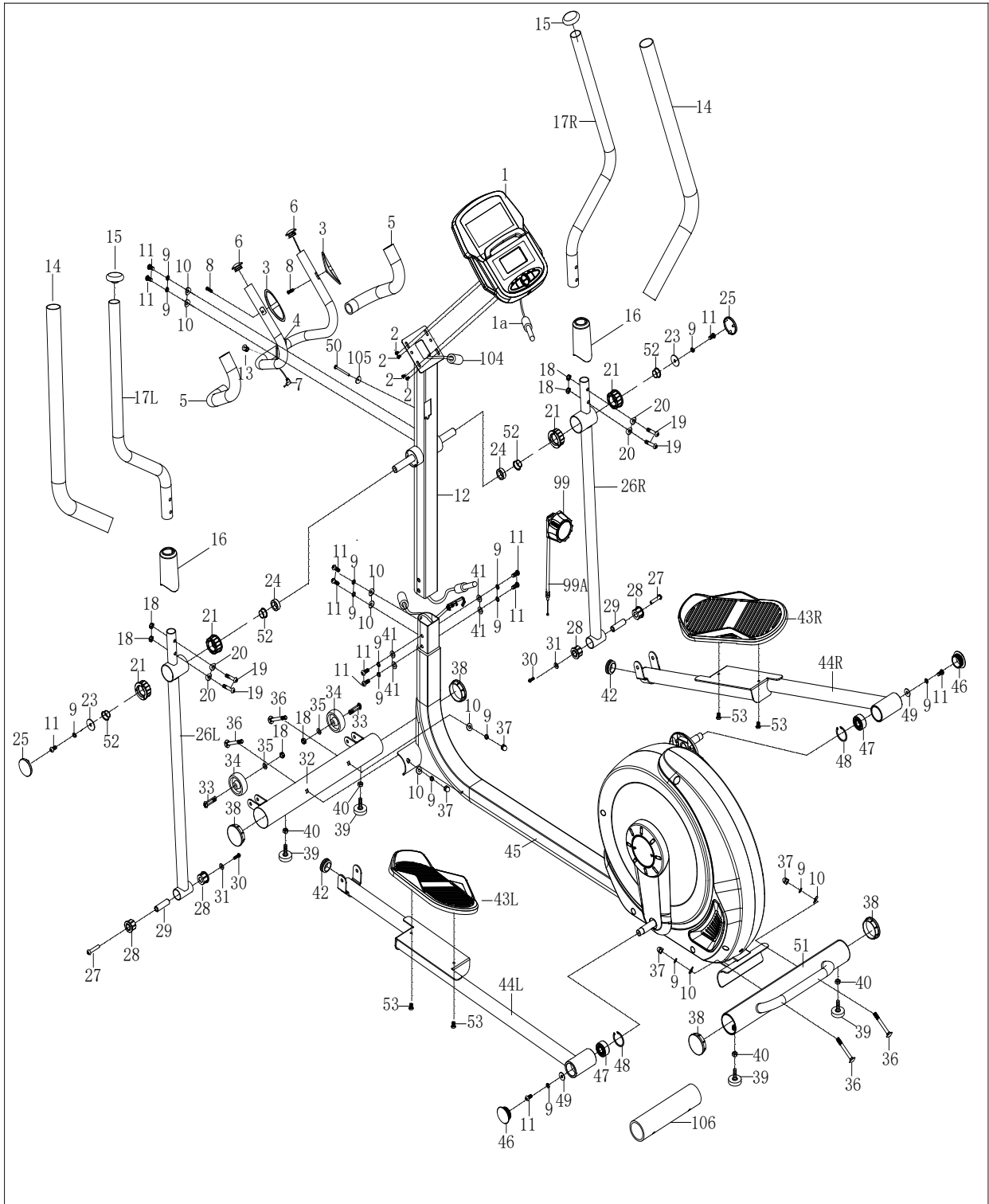
EXPLODED DIAGRAM 2
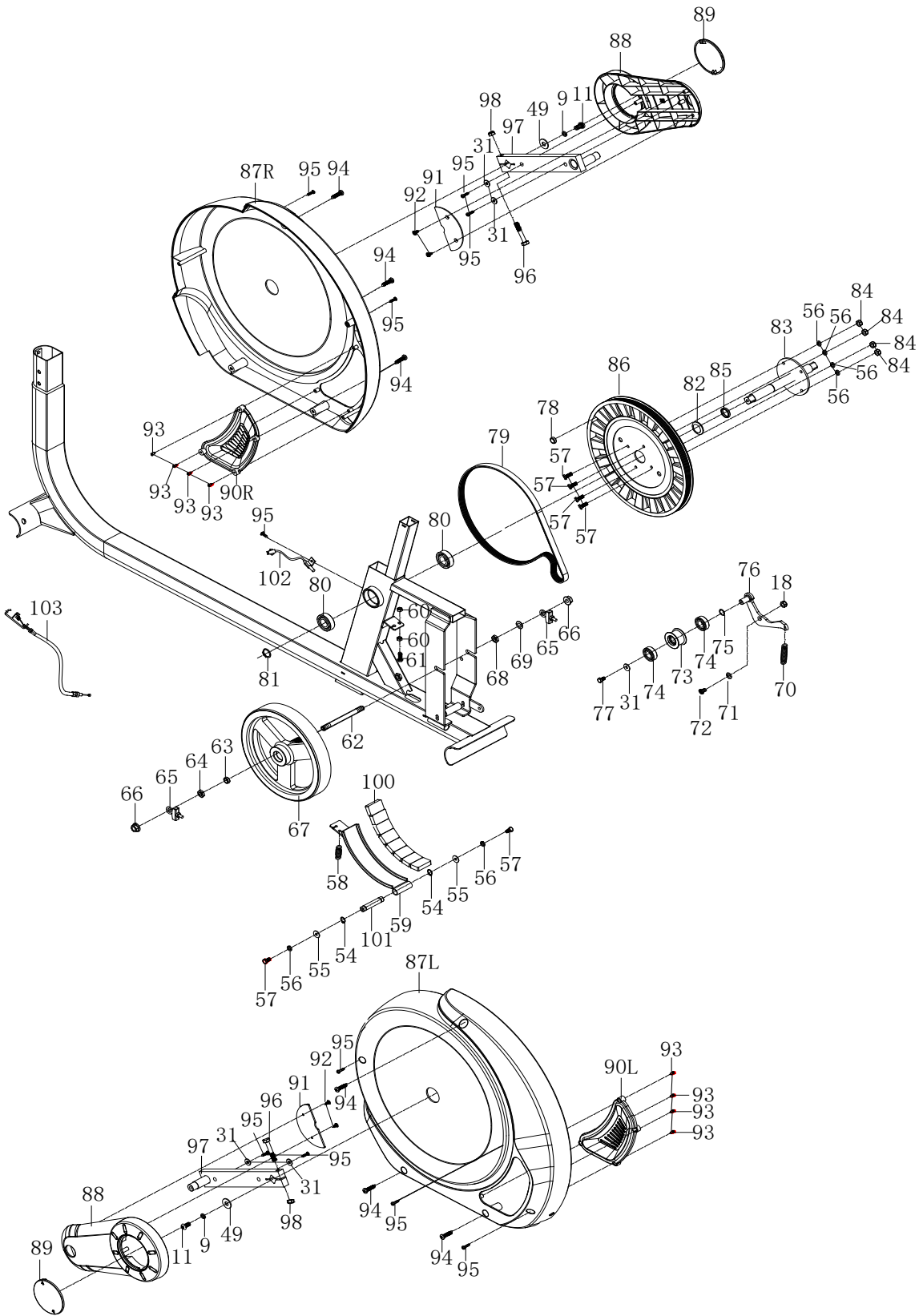
PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Computer		1	36	Bolt	M8*73*20*H5	4
1a	Computer Wire		1	37	Nut	M8*H16*S13	4
2	Bolt	M5*10	4	38	End Cap	Φ60.5*17	4
3	Handle Pulse Plate		2	39	Adjustable Foot Pad		4
4	Middle Handlebar		1	40	Nut	M8*H6.8*S13	4
5	Grip Foam		2	41	Washer	d8*Φ20*2	4
6	Round End Cap	Φ25*16	2	42	Round End Cap	Φ38*17	2
7	Handle Pulse Wire		1	43L/R	Pedal	360*160*47	2
8	Bolt	ST4.0*19*Φ11	2	44L/R	Pedal Arm		2
9	Spring Washer	d8	18	45	Main Frame		1
10	Arc Washer	d8*Φ20*2*R30	8	46	Round End Cap	Φ48*18	2
11	Bolt	M8*20*S5	14	47	Bearing	2203	2
12	Handlebar Post		1	48	C-clip	d40	2
13	C-clip	Φ12*11*Φ3	1	49	Washer	d8*Φ22*2	4
14	Grip Foam	30*5*550	2	50	Bolt	M5*55	1
15	End Cap	32*22*Φ50	2	51	Rear Stabilizer		1
16	Handlebar Cover		2	52	Bushing		4
17L/R	Handlebar		2	53	Bolt	M8*12*S5	4
18	Nylon Nut	M8*H7.5*S13	7	54	C-clip	d12	2
19	Bolt	M8*40*15*S5	4	55	Washer	d6*Φ12*1.2	2
20	Arc Washer	d8*Φ20*2*R16	4	56	Spring Washer	d6	6
21	Bushing		4	57	Bolt	M6*16*S10	6
22	Bushing 4		4	58	Tension Spring		1
23	Washer	d8*Φ32*2	2	59	Magnetic Plate		1
24	Rubber Bushing	Φ30*Φ20*10	2	60	Nut	M6*H5*S10	2
25	Handlebar End Cover	Φ50*5	2	61	Bolt	M6*45*S10	1
26L/R	Swing Bar		2	62	Rod of Flywheel		1
27	Bolt	M8*65*M6*15*S5	2	63	Bushing	Φ15*Φ10.2*9	1
28	Bushing 3		4	64	Hexagon Thin Nut	M10*1*H5*S17	1
29	Bushing	Φ14*Φ8.3*59.5	2	65	Screw	M6*40*Φ10*2.5	2
30	Bolt	M6*15*S5	2	66	Hexagonal Nut	M10*1*H7*S17	2
31	Washer	d6*Φ16*1.5	7	67	Flywheel	6KG	1
32	Front Stabilizer		1	68	Taper-face Nut	M10*1*H5*S17	1
33	Bolt	M8*42*15*S5	2	69	Wave Washer	d10*Φ13.5*0.3	1
34	Transportation Wheel		2	70	Tension Spring		1
35	Washer	d8*Φ16*1.5	2	71	Washer	d12*Φ17*0.5	1

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
72	Bolt	M8*12*Φ10*5.5*S5	1	92	Bolt	ST4*13*Φ8	4
73	Idler		1	93	Bolt	ST4*10*Φ6	8
74	Bearing	6001	2	94	Cross Recessed Pan Head Self Drilling Tapping Screws	ST4.2*16*Φ8	6
75	Wave Washer	d12*Φ15.5*0.3	1	95	Cross Recessed Pan Head Tapping Screws	ST4.2*16*Φ8	10
76	Idler Rod		1	96	Bolt	M10*50*20*S17	2
77	Bolt	M6*12*S10	1	97	Crank		2
78	Round Magnet		1	98	Nylon Nut	M10*H9.5*S17	2
79	Belt	6PJ430	1	99	Tension Control Knob		1
80	Bearing	6004	2	99A	Tension Control Wire		1
81	C-clip	d20	1	100	Square Magnet		8
82	Wave Washer	d21*Φ27*0.3	1	101	Magnetic Plate Axle		1
83	Axis		1	102	Sensor Wire		1
84	Nylon Nut	M6*H6*S10	4	103	Lower Tension Wire		1
85	Bushing	Φ25*Φ20.2*4	1	104	Trunk Wire		1
86	Belt Plate		1	105	Arc Washer	d5*R25	1
87L/R	Chain Cover		2	106	Paper Tube		1
88	Crank Cover		2	A	Spanner	S5	1
89	Small Cover		2	B	Allen Wrench	S13-14-15	1
90L/R	Decorative Cover		2	C	Spanner	S5	1
91	Crank Close Plate		2				

HARDWARE PACKAGE

#9 d8 2PCS

#11 M8*20*S5 2PCS

#18 M8*H7.5*S13 4PCS

#19 M8*40*15*S5 4PCS

#20 d8*¦ 20*2*R16 4PCS

#23 d8*¦ 32*2 2PCS

#24 ¦ 30*¦ 20*10 2PCS

#25 ¦ 50*5 2PCS

#27 M8*65*M6*15*S5 2PCS

#30 M6*15*S5 2PCS

#31 d6*¦ 16*1.5 2PCS

#A S5 1PC

#B S13-14-15 1PC

#C S5 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).
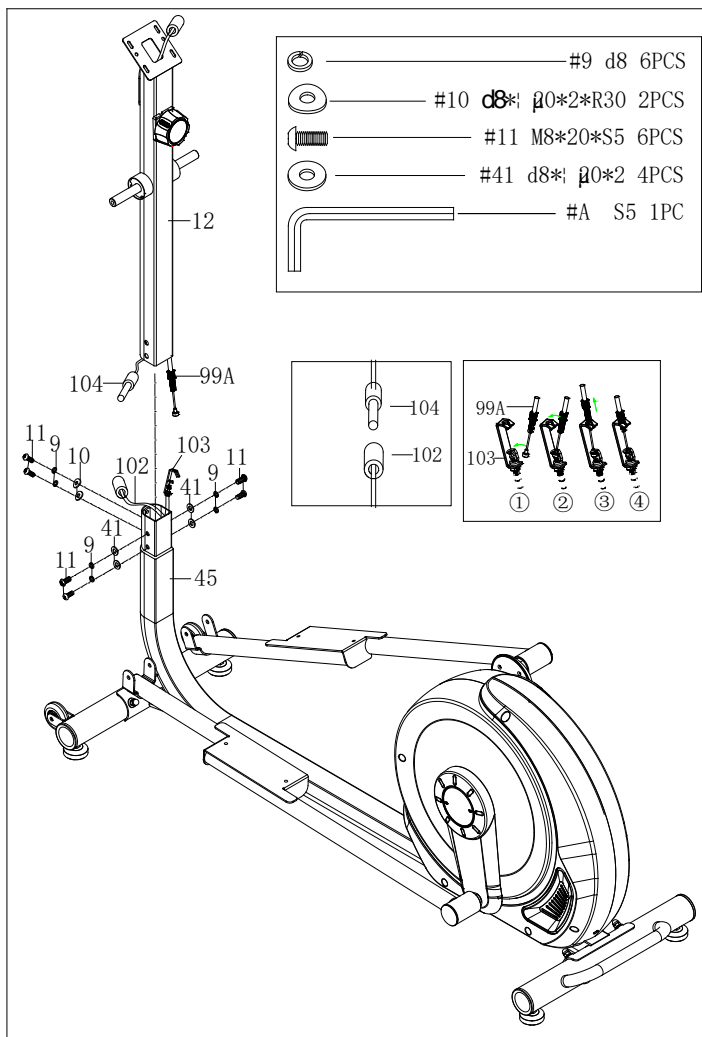
ASSEMBLY INSTRUCTIONS

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).
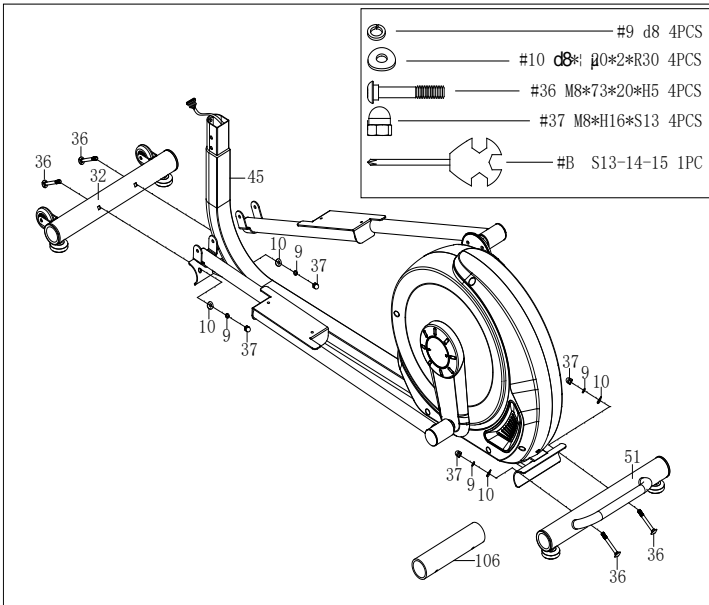
STEP 1:

Remove 4 **Bolts (No. 36)**, 4 **Arc Washers (No. 10)**, 4 **Spring Washers (No. 9)** and 4 **Nuts (No. 37)** and **Paper Tube (No. 106)** from the **Main Frame (No. 45)** and **Front Stabilizer (No. 32)** by **Allen Wrench (No. B)**.

Attach the **Front Stabilizer (No. 32)** and **Rear Stabilizer (No. 51)** to the **Main Frame (No. 45)** using 4 **Bolts (No. 36)**, 4 **Arc Washers (No. 10)**, 4 **Spring Washers (No. 9)** and 4 **Nuts (No. 37)** that were removed. Tighten and secured with **Allen Wrench (No. B)**.
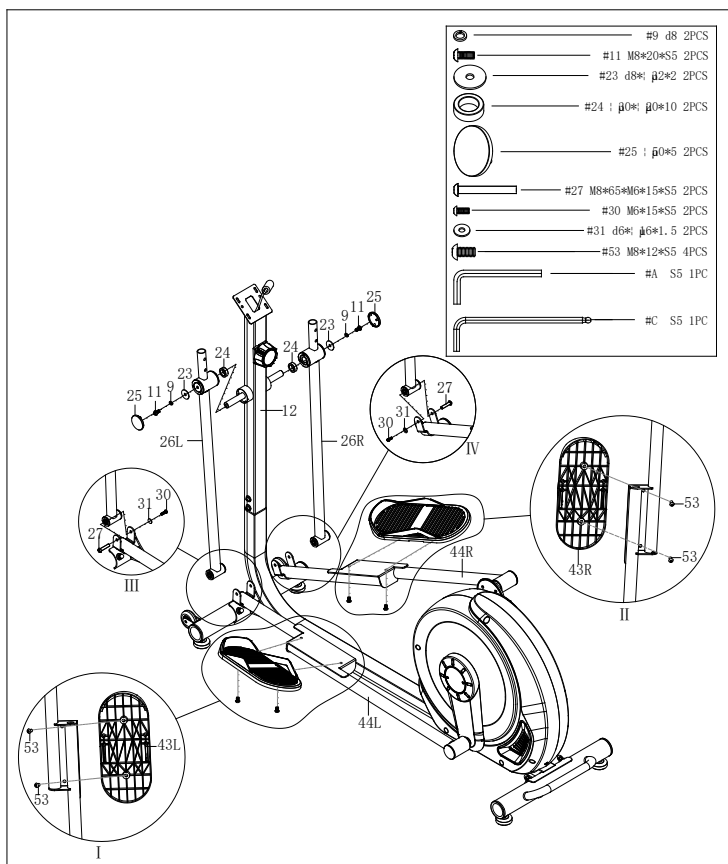

STEP 2:

Remove 6 **Bolts (No. 11)**, 2 **Arc Washers (No. 10)**, 6 **Spring Washers (No. 9)** and 4 **Washers (No. 41)** from **Main Frame (No. 45)** by **Spanner (No. A)**.

Connect **Trunk Wire (No. 104)** with **Sensor Wire (No. 102)**. Connect **Tension Control Wire (No. 99A)** with **Lower Tension Wire (No. 103)**.

Insert **Handlebar Post (No. 12)** into **Main Frame (No. 45)**, then tighten and secure with 6 **Bolts (No. 11)**, 2 **Arc Washers (No. 10)**, 6 **Spring Washers (No. 9)** and 4 **Washers (No. 41)** 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 or 1-877-90SUNNY (877-907-8669).


	#9 d8	2PCS
	#11 M8*20*S5	2PCS
	#23 d8*¡ ¡2*2	2PCS
	#24 ¡ ¡0*¡ ¡0*10	2PCS
	#25 ¡ ¡0*5	2PCS
	#27 M8*65*M6*15*S5	2PCS
	#30 M6*15*S5	2PCS
	#31 d6*¡ ¡6*1.5	2PCS
	#53 M8*12*S5	4PCS
	#A S5	1PC
	#C S5	1PC

STEP 3:

Remove 4 **Bolts (No. 53)** from **Pedals (No. 43L/R)** by **Spanner (No. C)** , fix **Pedals (No. 43L/R)** to **Pedal Arms (No. 44L/R)** with 4 **Bolts (No. 53)** that were removed by **Spanner (No. C)** as shown in picture Ⅰ & Ⅱ.

Insert 2 **Rubber Bushings (No. 24)** in **Handlebar Post (No. 12)** first, then tighten and secure **Swing Bars (No. 26L/R)** to **Handlebar Post (No. 12)** with 2 **Bolts (No. 11)**, 2 **Washers (No. 23)** and 2 **Spring Washers (No. 9)** by **Spanner (No. A)** or **Spanner (No. C)**. Fasten 2 **Handlebar End Covers (No. 25)** to **Swing Bars (No. 26L/R)**.

Tighten and secure **Pedal Arms (No. 44L/R)** to **Swing Bars (No. 26L/R)** with 2 **Bolts (No. 27)**, 2 **Bolts (No. 30)** and 2 **Washers (No. 31)** by **Spanner (No. A)** and **Spanner (No. C)** as shown in picture Ⅲ & Ⅳ.

	#18 M8*H7.5*S13	4PCS
	#19 M8*40*15*S5	4PCS
	#20 d8*¡ ¡0*2*R16	4PCS
	#A S5	1PC
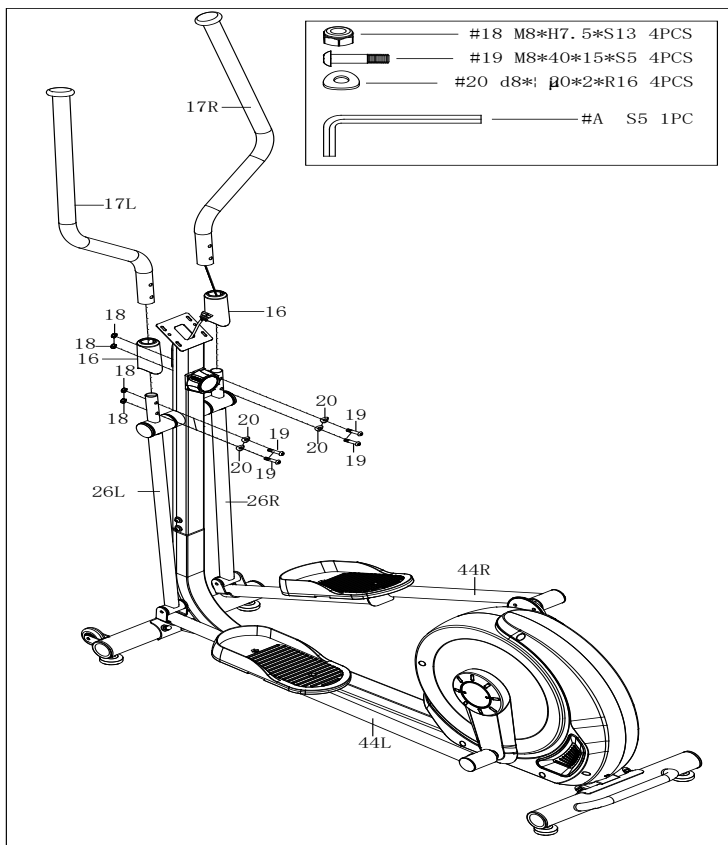
STEP 4:

Insert 2 **Handlebar Covers (No. 16)** into **Handlebars (No. 17L/R)**, secure **Handlebars (No. 17L/R)** into **Swing Bars (No. 26L/R)** with 4 **Bolts (No. 19)**, 4 **Arc Washers (No. 20)** and 4 **Nylon Nuts (No. 18)** 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 or 1-877-90SUNNY (877-907-8669).

	#2 M5*10	4PCS
	#9 d8	2PCS
	#10 d8*d20*2*R30	2PCS
	#11 M8*20*S5	2PCS
	#A S5	1PC
	#B S13-14-15	1PC
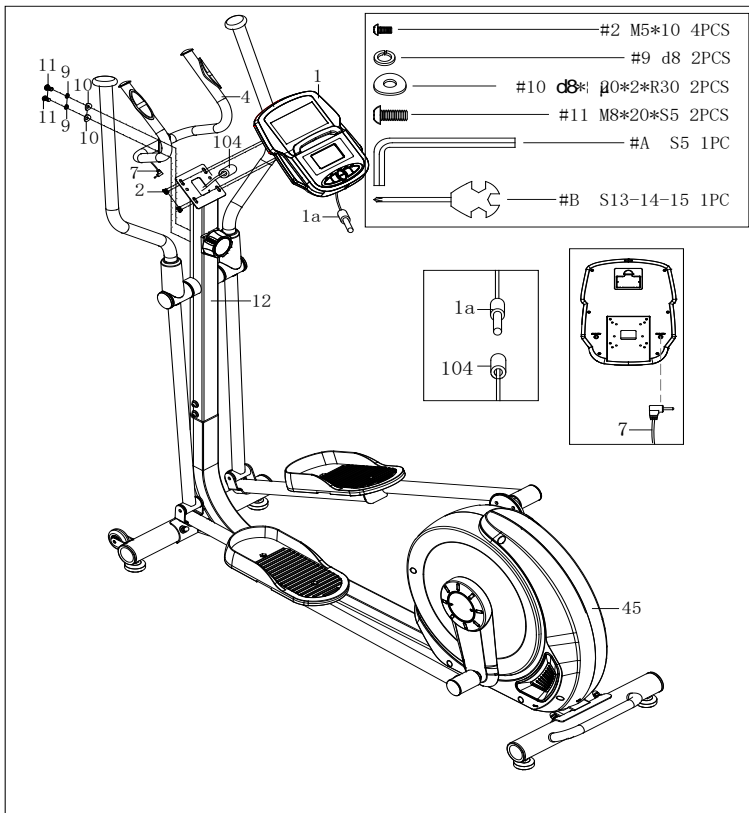
STEP 5:

Remove 4 **Bolts (No. 2)** from **Computer (No. 1)**.

Connect **Trunk Wire (No. 104)** with **Computer Wire (No. 1a)**.

Attach **Computer (No. 1)** on **Handlebar Post (No. 12)** with 4 **Bolts (No. 2)** that were removed by **Allen Wrench (No. B)**.

Remove 2 **Bolts (No. 11)**, 2 **Spring Washers (No. 9)** and 2 **Arc Washers (No. 10)** from **Handlebar Post (No. 12)** by **Spanner (No. A)**, fix **Middle Handlebar (No. 4)** to **Handlebar Post (No. 12)** with 2 **Bolts (No. 11)**, 2 **Spring Washers (No. 9)** and 2 **Arc Washers (No. 10)** that were removed by **Spanner (No. A)**.

Insert **Handle Pulse Wire (No. 7)** to the hole on the back of **Computer (No. 1)**.

The assembly is complete!

ADJUSTMENTS & USAGE GUIDE
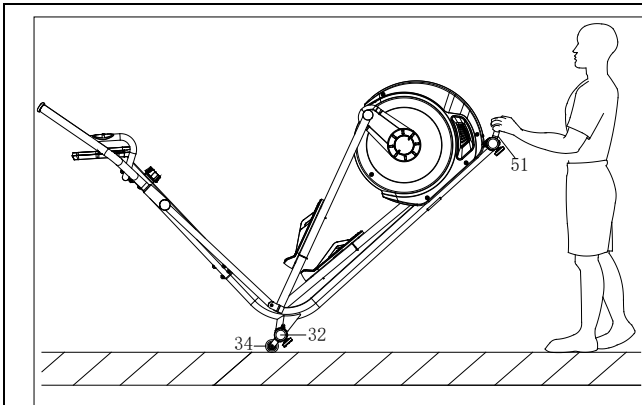
MOVING THE ELLIPTICAL

To move the elliptical, lift up **Rear Stabilizer (No. 51)** until the **Transportation Wheels (No. 34)** on the **Front Stabilizer (No. 32)** touch the ground. With the **Transportation Wheels (No. 34)** on the ground, you can transport the elliptical bike to the desired location with ease.
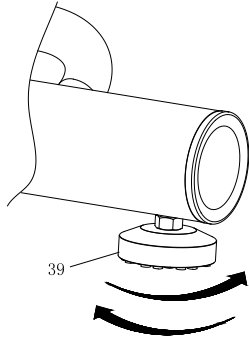
ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the **Adjustable Foot Pads (No. 39)** located beneath the front and rear stabilizers. To do so, simply rotate the **Adjustable Foot Pads (No. 39)** until the elliptical becomes levelled with the floor surface.
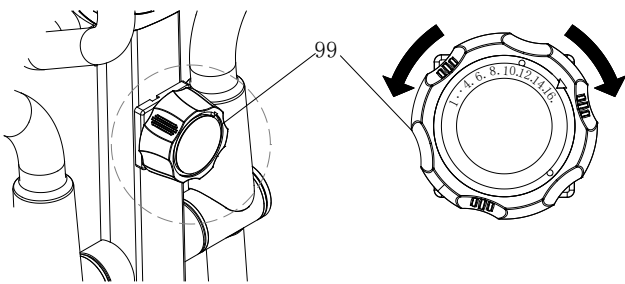
ADJUSTING THE RESISTANCE

Rotate the **Tension Control Knob (No. 99)** *clockwise* to increase the level of resistance. Rotate the **Tension Control Knob (No. 99)** *counter-clockwise* to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 16 being the highest.

CLEANING
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.
Please keep the elliptical, especially the computer, out of direct sunlight to prevent screen damage.
Please inspect all assembly bolts and pedals on the elliptical for proper tightness every week.

STORAGE
Store the elliptical in a clean and dry environment, away from children.

BATTERY INSTALLATION & REPLACEMENT

Battery Cover

Battery

1
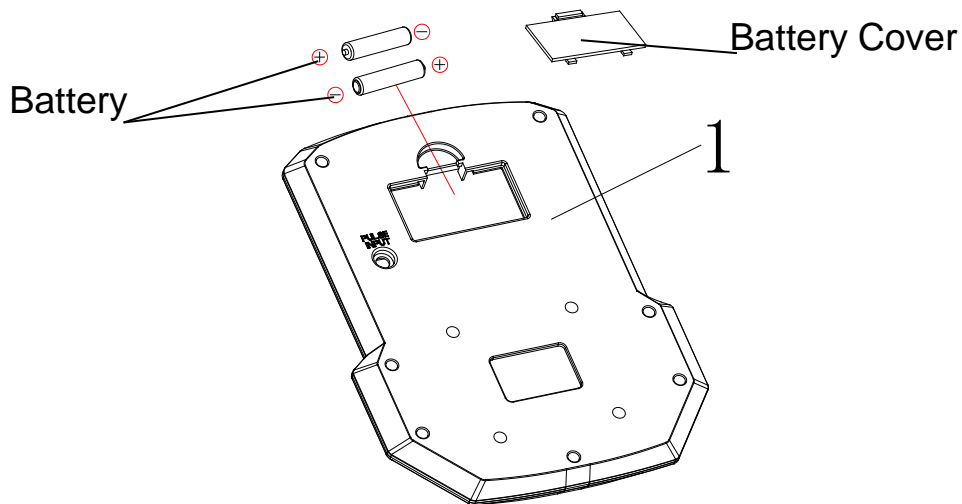
BATTERY INSTALLATION

1. Take out 2 AA batteries from computer box.
2. Press the buckle of battery cover on the **Computer (No. 1)**, then remove battery cover.
3. Install 2 AA 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 AA batteries in the battery case and install 2 new AA
3. 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 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 and do not mix old and new batteries. Always change both batteries at the same time.

EXERCISE COMPUTER

FUNCTION KEYS

MODE:
1. Press the button to select hour, minute, year, month, and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES, and PULSE to preset.
3. Press the button to select function displaying on main LCD or enter after setting.
4. Press the button to confirm setting value of Gender, Age, Height, and Weight.
5. Press the button and hold for 2 seconds to reset all values to ZERO. (Replacing batteries will reset all values to ZERO automatically).
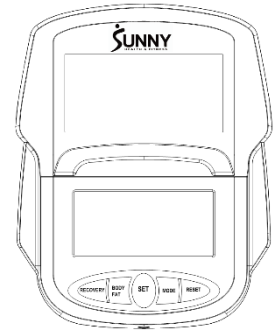
Note: If the time, date, and year are not set up in the beginning, you must remove the batteries and reinsert them to set up these functions. Previous data will not be saved.

SET:
1. Set up time, year, month, and date.
2. Set up the target value of TIME, DISTANCE, CALORIES, and PULSE. You can hold the button to increase the value fast.
3. Set up the personal data of Gender, Age, Height, and Weight for Body Fat test.

RESET:
1. Press the button to reset function value when setting.
2. Press and hold the button for 2 seconds to reset all values to ZERO. (Replacing batteries will reset all values to ZERO automatically).

BODY FAT:
Press this button to enter Body Fat measuring function. Next, press the MODE button to enter your personal data of Gender, Age, Height, and Weight. After you have finished setting, press again to measure your Body Fat percentage (FAT%) and BMI.

RECOVERY:
To activate the heart rate recovery function after pulse signal. Press any button to return to the main display.

FUNCTIONS
SCAN: Automatically scans through each mode in sequence every 6 seconds. The cycle of functions showing on display is RPM - Speed – Time – Distance – Calorie – Pulse.
TIME: Accumulates the total time from 00:00 up to 99:59. The user may preset the target time by pressing the SET & MODE buttons. Each increase is 1 minute.
RPM: Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to one another on display, every 6 seconds after the exercise starts.
SPEED: Displays current training speed. Maximum speed is 99.9 mph (miles/hour).
DISTANCE: Accumulates total distance from 0.00 up to 99.99 m (miles). The user may preset target distance data by pressing the SET & MODE buttons, by increments of 0.5 m (miles).
CALORIES: Accumulates calories burned during training from 0 to max 999 calories. The user may also preset the target calories before training by pressing the SET & MODE buttons, by increments of 10 cal.

PULSE: Displays the user's heart rate in beats per minute during training. You may set the target heart rate by pressing the SET & MODE buttons.

NOTE: This data was designed to be a guide for exercise use only and should not be used for medical purpose.

CALENDAR: Displays date, month, and year when the computer is in sleep mode.
CLOCK: Displays current time when the computer is in sleep mode.
TEMPERATURE: Displays current room temperature from 0°F to 99°F when the computer is in sleep mode.

OPERATION

1. Power on – Install 2 pieces of 1.5V UM-3 or AA batteries. The computer starts the segment test with a long beeping sound. (When the batteries are removed, all the function values will be reset to ZERO or default value.)

2. Set current data – Press the SET & MODE buttons to set up current time, year, month, and date. After the first setting and until the batteries need to be replaced, the preset data will be updated automatically.

3. Select and preset target value – Get access to the setting function for TIME, DISTANCE, CALORIES, and PULSE. When you are in TIME setting mode, the value will flash, and you can press SET button to adjust the value. Press MODE button for confirmation and to skip to the next setting. The setting of DISTANCE, CALORIES, and PULSE is the same as setting the TIME setting.

4. After entering the speed signal, each function of SPEED-RPM-TIME-DISTANCE-CALORIES-PULSE will display every 6 seconds.

5. You can press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will display every 6 seconds.

6. If you have preset any function targets before, the function starts to count down from the target when the training starts. Once target is achieved, the computer will beep, and the function will count from zero automatically if training continues.

7. Pulse measurement – After holding onto the pulse sensors for a few seconds, the computer will show your current heart rate in beats per minute. To ensure the heart rate readout is precise, please hold the pulse sensors with both hands. You may preset target pulse before training starts. Once your current heart rate is achieved, the computer will beep to notify you.

8. Recovery – When the PULSE is working, you can press the "RECOVERY" button to start the recovery test function. The computer will count down from 0:60 seconds to 0:00 and the heartbeat symbol will flash until the countdown reaches "0:00". For the 60 seconds counting period, please keep both hands on the pulse sensors. The screen will display "F1 to F6" to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to improve your heart rate recovery status and check it by using the Recovery function.

9. Body Fat

9-1. Press the BODY FAT button to enter body fat measurement.

9-2. Press MODE & SET buttons to input your personal data. Each personal data available is described as the following:
AGE: 10 ~ 99 years   HEIGHT: 100 ~ 250 cm (3'03" ~ 8'02")   WEIGHT: 10 ~ 200 kg (22 ~440 lbs)

9-3. After all personal data has been entered, you can press the BODY FAT button and hold pulse sensors to start the body fat test.

9-4. It takes a few seconds to test the body fat. If you did not hold onto the pulse sensors during the test procedure, the LCD will show the error code Err after 10 seconds period.

9-5. After testing is finished, you will see a percentage and BMI figure (Body Mass Index) displayed

on the main LCD in sequence by scan mode.

BODY FAT %: Calculated from your personal data to show the value from 5%~50%.

BMI: Calculated from your personal data to show the value from 1.0~99.99.

9-6. Press any button except SET to return to the main display.

Note:
1. If training stops for 4 minutes, the screen will show room temperature, clock, and calendar display automatically.
2. If the computer did not received any speed signal or button input for one minute, the LED backlight will turn off automatically. Any speed signal or button input can turn on the LED backlight automatically.
3. If the computer display is abnormal, please re-install the batteries and try again.
4. Battery Spec: 1.5V UM-3 or AA (2PCS).

APP CONNECTION

1. Scan the QR code below to enter the app store and download the SunnyFit app to your mobile phone.

2. Ensure that the Bluetooth function is turned on from your phone.
3. 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.
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, tab on the "Select" button.
    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", that means it is now ready to display, track, and record your workout stats on the app!

Version 1.0

CONNECT
WITH US

FOR FITNESS
ARTICLES, VIDEOS
& WORKOUTS

@SUNNYHEALTHANDFITNESS

@SUNNYHEALTHFITNESS

@SUNNYHEALTHFIT

/SUNNYHEALTHFITNESS

/SUNNYHEALTHANDFITNESS

SUNNY
HEALTH & FITNESS

WWW.SUNNYHEALTHFITNESS.COM