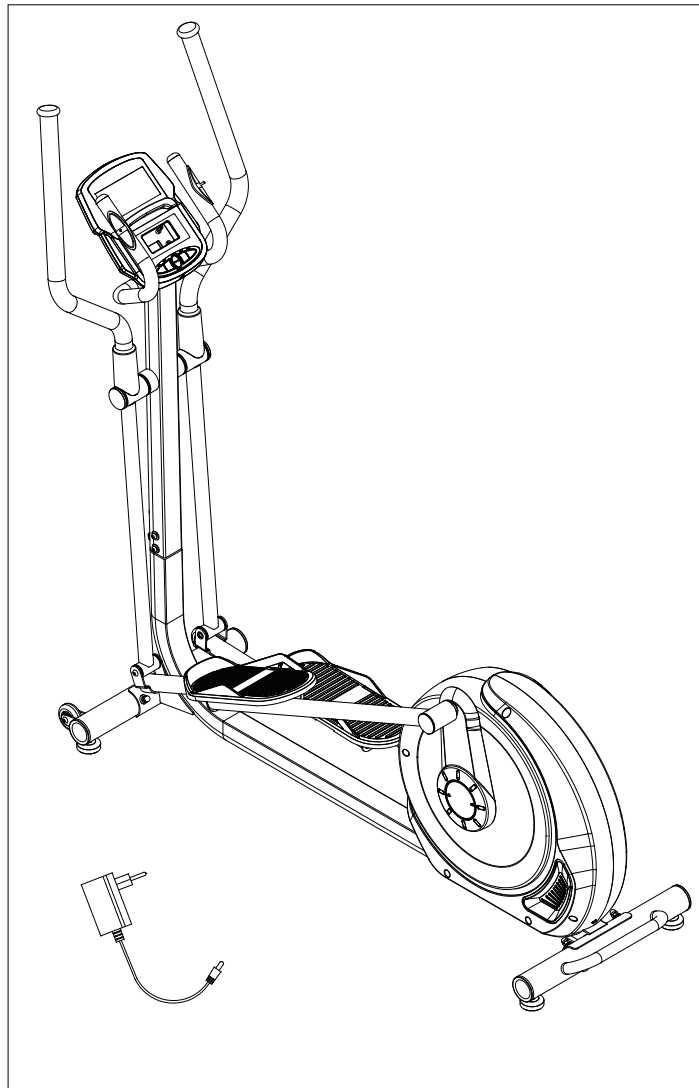




# POWER STRIDE ADVANCED ELLIPTICAL MACHINE SF-E321006 USER MANUAL



**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).



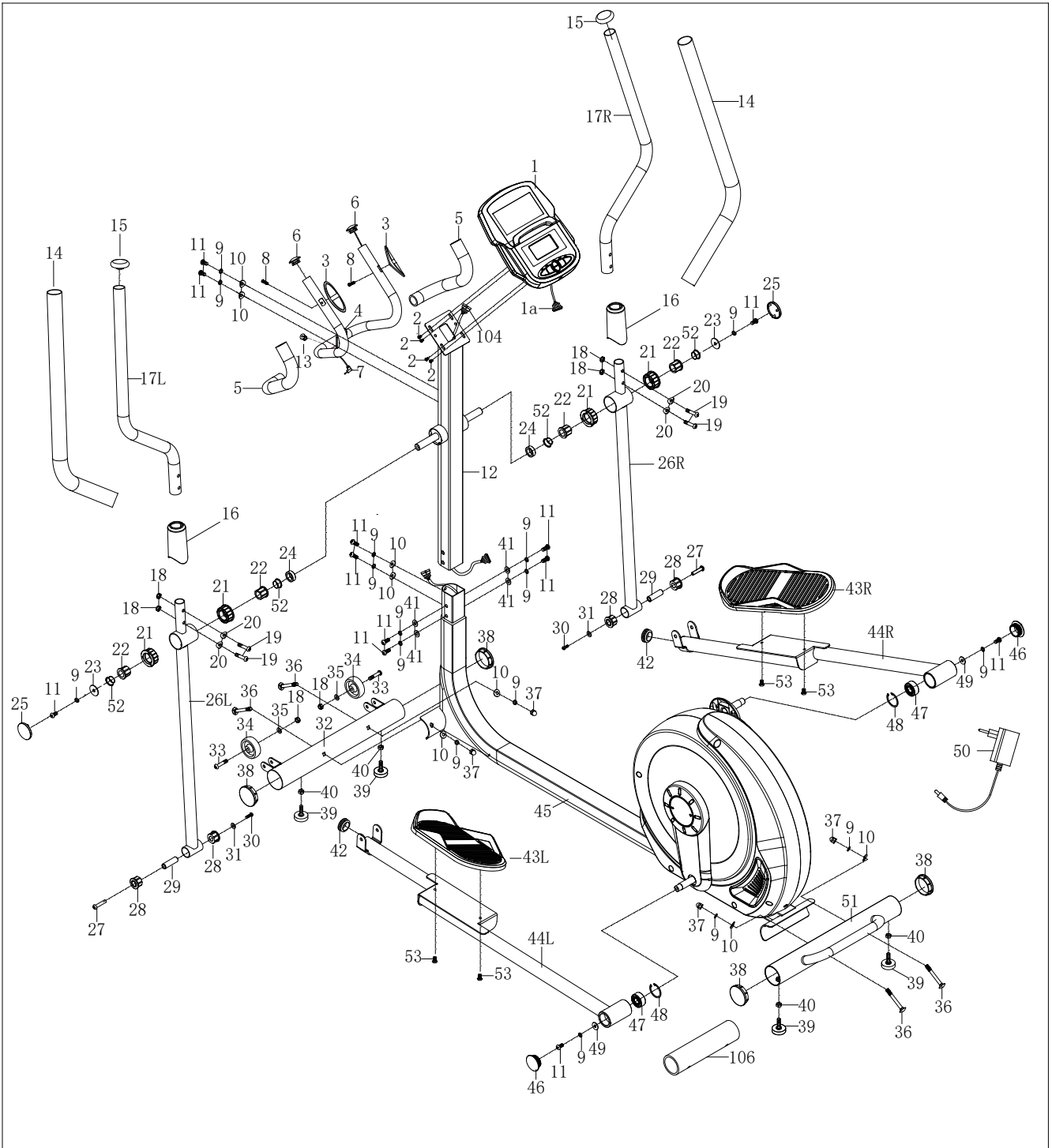
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# **IMPORTANT SAFETY INFORMATION**

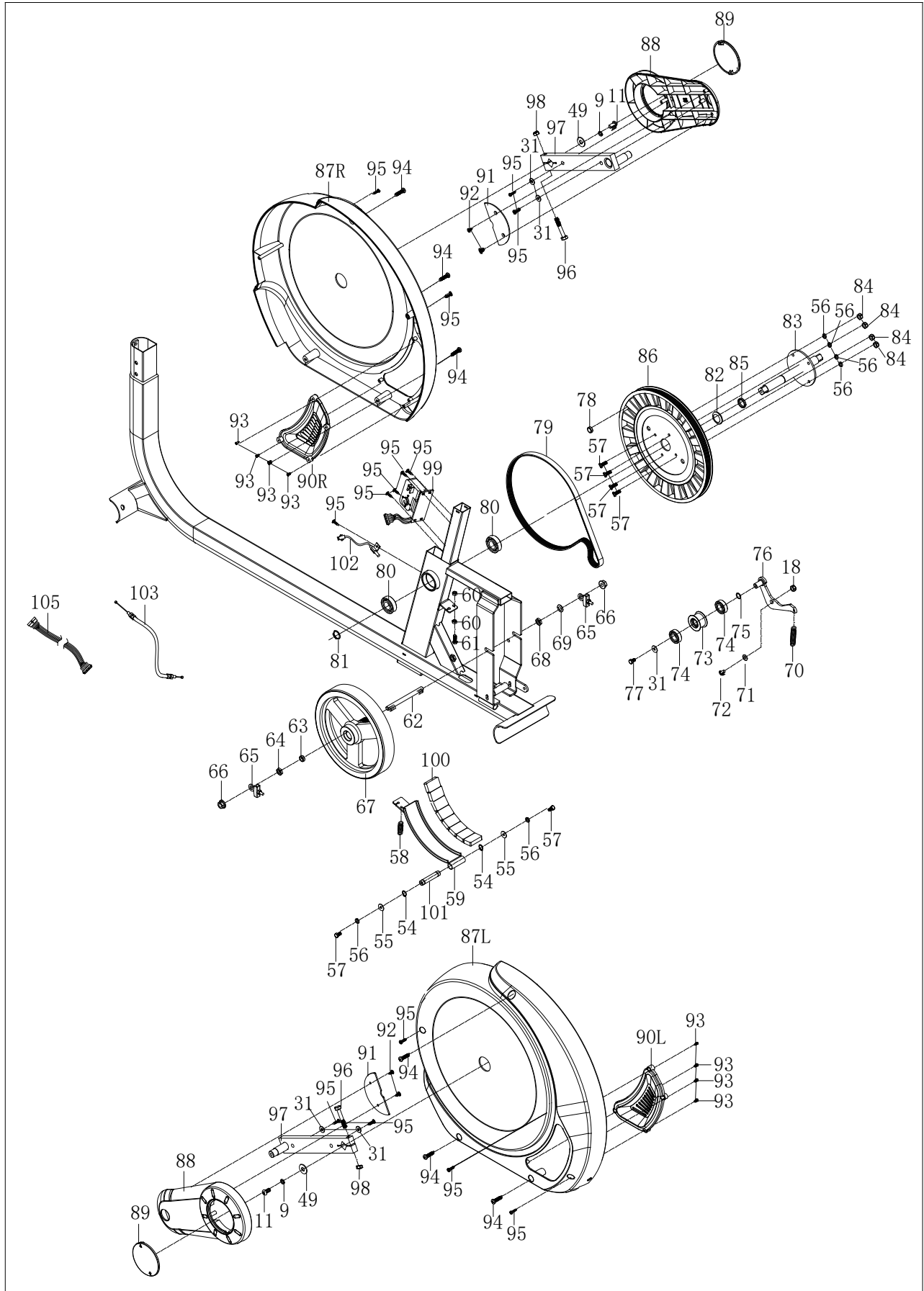
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.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

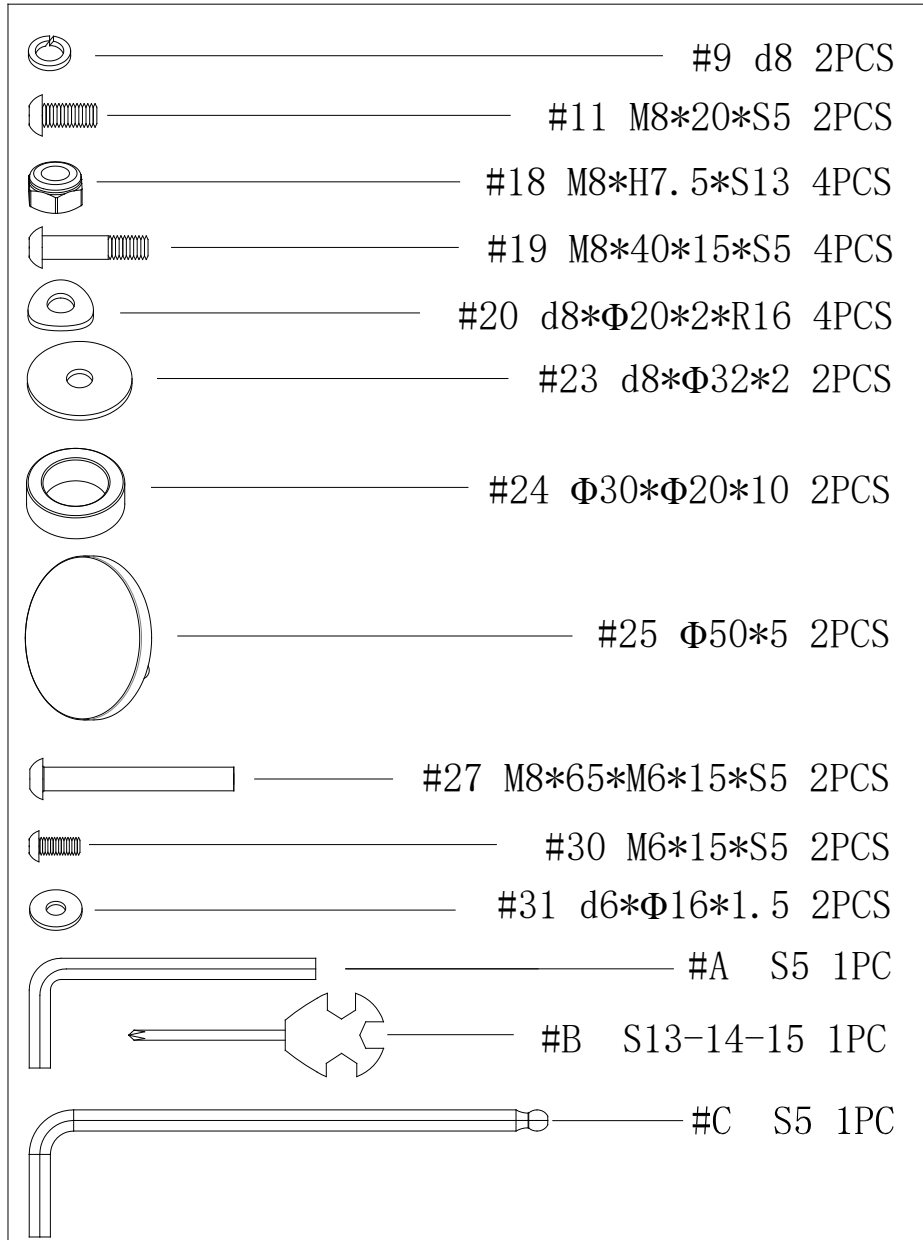
No.	Description	Spec.	Qty.
1	Computer		1
1a	Computer Wire		1
2	Bolt	M5*10	4
3	Handle Pulse Plate		2
4	Middle Handlebar		1
5	Grip Foam		2
6	Round End Cap	Φ25*16	2
7	Handle Pulse Wire		1
8	Bolt	ST4.0*19*Φ11	2
9	Spring Washer	d8	18
10	Arc Washer	d8*Φ20*2*R30	8
11	Bolt	M8*20*S5	14
12	Handlebar Post		1
13	C-clip	Φ12*11*Φ3	1
14	Grip Foam	30*5*550	2
15	End Cap	32*22*Φ50	2
16	Handlebar Cover		2
17L/R	Handlebar		2
18	Nylon Nut	M8*H7.5*S13	7
19	Bolt	M8*40*15*S5	4
20	Arc Washer	d8*Φ20*2*R16	4
21	Bushing		4
22	Bushing 4		4
23	Washer	d8*Φ32*2	2
24	Rubber Bushing	Φ30*Φ20*10	2
25	Handlebar End Cover	Φ50*5	2
26L/R	Swing Bar		2
27	Bolt	M8*65*M6*15*S5	2
28	Bushing 3		4
29	Bushing	Φ14*Φ8.3*59.5	2
30	Bolt	M6*15*S5	2
31	Washer	d6*Φ16*1.5	7
32	Front Stabilizer		1
33	Bolt	M8*42*15*S5	2
34	Transportation Wheel		2
35	Washer	d8*Φ16*1.5	2
36	Bolt	M8*73*20*H5	4

No.	Description	Spec.	Qty.
37	Nut	M8*H16*S13	4
38	End Cap	Φ60.5*17	4
39	Adjustable Foot Pad		4
40	Nut	M8*H6.8*S13	4
41	Washer	d8*Φ20*2	4
42	Round End Cap		2
43L/R	Pedal	360*160*47	2
44L/R	Pedal Arm		2
45	Main Frame		1
46	Round End Cap	Φ48*18	2
47	Bearing	2203	2
48	C-clip	d40	2
49	Washer	d8*Φ22*2	4
50	Adapter		1
51	Rear Stabilizer		1
52	Bushing		4
53	Bolt	M8*12*S5	4
54	C-clip	d12	2
55	Washer	d6*Φ12*1.2	2
56	Spring Washer	d6	6
57	Bolt	M6*16*S10	6
58	Tension Spring		1
59	Magnetic Plate		1
60	Nut	M6*H5*S10	2
61	Bolt	M6*45*S10	1
62	Rod of Flywheel		1
63	Bushing	Φ15*Φ10.2*9	1
64	Hexagonal Nut	M10*1*H5*S17	1
65	Screw	M6*40*Φ10*2.5	2
66	Hexagon Thin Nut	M10*1*H5*S17	2
67	Flywheel	6KG	1
68	Taper-face Nut	M10*1*H5*S17	1
69	Wave Washer	d10*Φ13.5*0.3	1
70	Tension Spring		1
71	Washer	d12*Φ17*0.5	1
72	Bolt	M8*12*Φ10*5.5*S5	1
73	Idler		1

No.	Description	Spec.	Qty.
74	Bearing	6001	2
75	Wave Washer	d12*Φ15.5*0.3	1
76	Idler Rod		1
77	Bolt	M6*12*S10	1
78	Round Magnet		1
79	Belt	6PJ 430	1
80	Bearing	6004	2
81	C-Clip	d20	1
82	Wave Washer	d21*Φ27*0.3	1
83	Axis		1
84	Nylon Nut	M6*H6*S10	4
85	Bushing	Φ25*Φ20.2*4	1
86	Belt Plate		1
87L/R	Chain Cover		2
88	Crank Cover		2
89	Small Cover		2
90L/R	Decorative Cover		2
91	Crank Close Plate		2

No.	Description	Spec.	Qty.
92	Bolt	ST4*13*Φ8	4
93	Bolt	ST4*10*Φ6	8
94	Cross Recessed Pan Head Self Drilling Tapping Screws	ST4.2*16*Φ8	6
95	Cross Recessed Pan Head Tapping Screws	ST4.2*16*Φ8	14
96	Bolt	M10*50*20*S17	2
97	Crank		2
98	Nylon Nut	M10*H9.5*S17	2
99	Motor		1
100	Square Magnet		8
101	Magnetic Plate Axle		1
102	Sensor Wire		1
103	Power Line		1
104	Trunk Wire 1		1
105	Trunk Wire 2		1
106	Paper Tube		1
A	Spanner	S5	1
B	Allen Wrench	S13-14-15	1
C	Spanner	S5	1

# HARDWARE PACKAGE



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

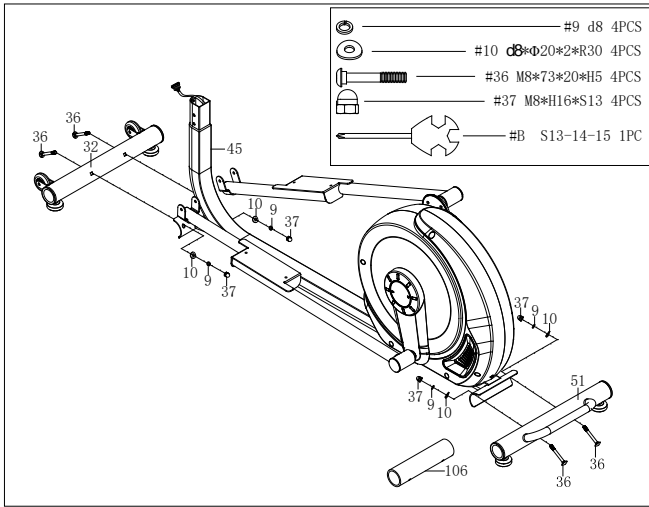
Please provide the following information in order for us to accurately identify the part(s) needed:

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

# ASSEMBLY INSTRUCTIONS

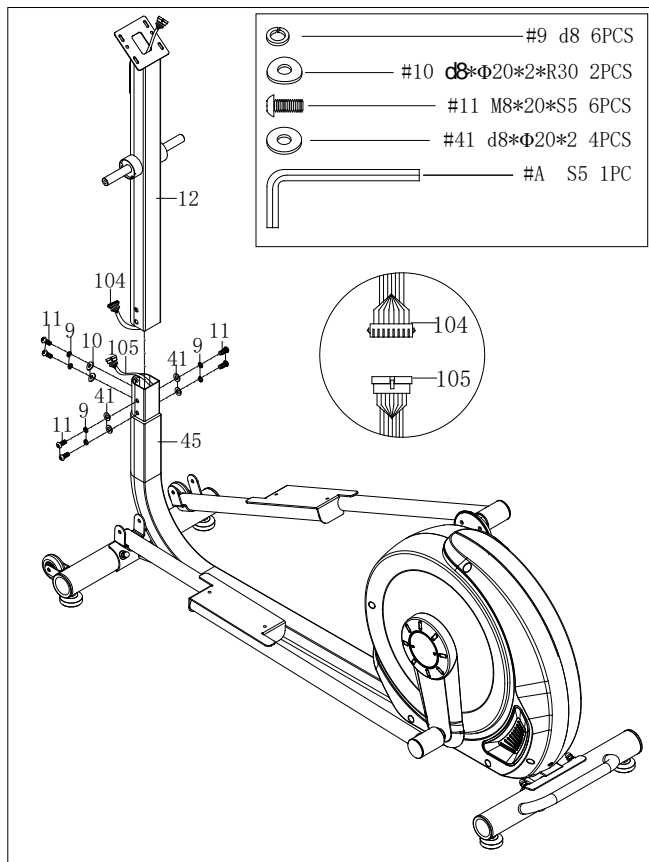
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## STEP 1:

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:

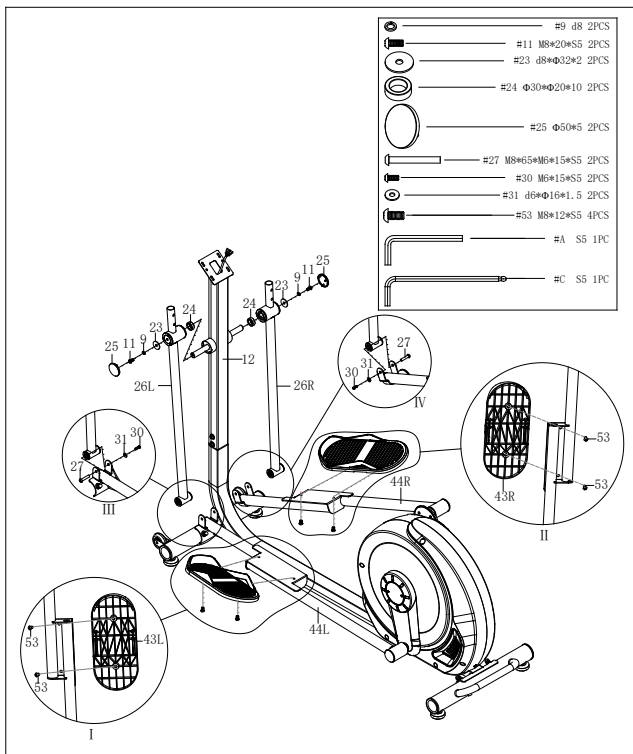
Remove 6 Bolts (No. 11), 2 Arc Washers (No. 10), 6 Spring Washers (No. 9) and 4 Washers (No. 41) from Main Frame (No. 45) by Spanner (No. A).

Connect Trunk Wire 1 (No. 104) with Trunk Wire 2 (No. 105) well.

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).



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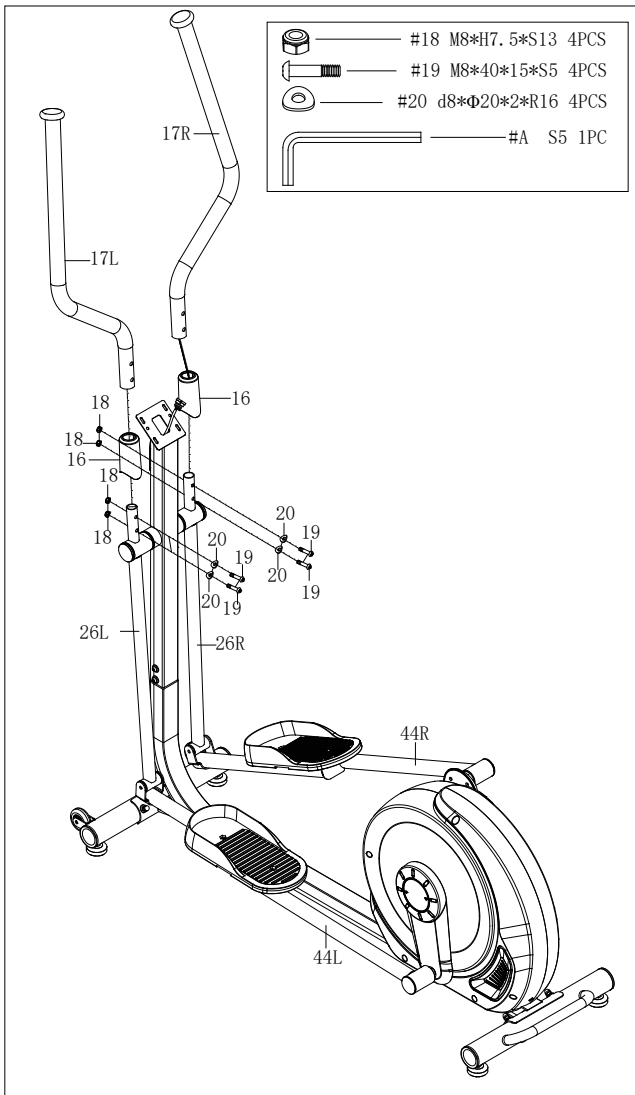
### STEP 3:

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.

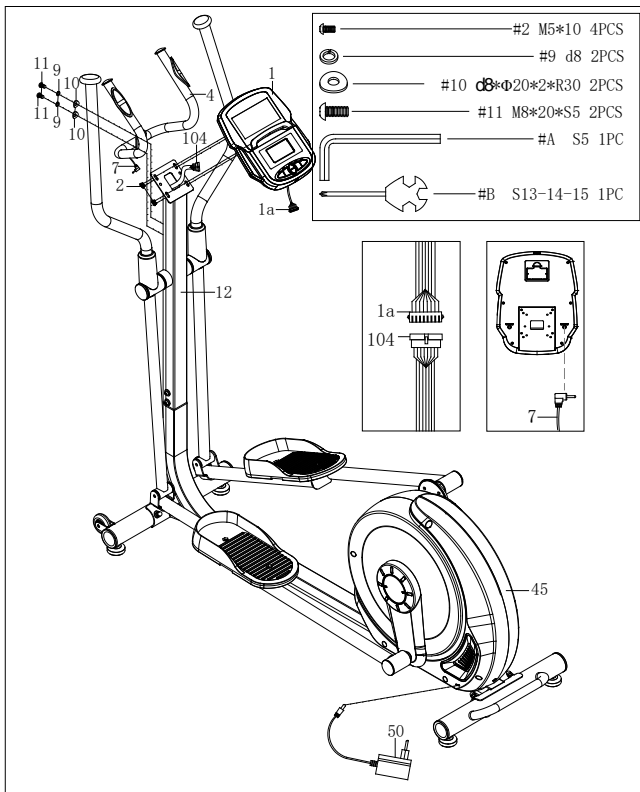
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#### STEP 4:

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)**.

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## STEP 5:

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

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

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)**.

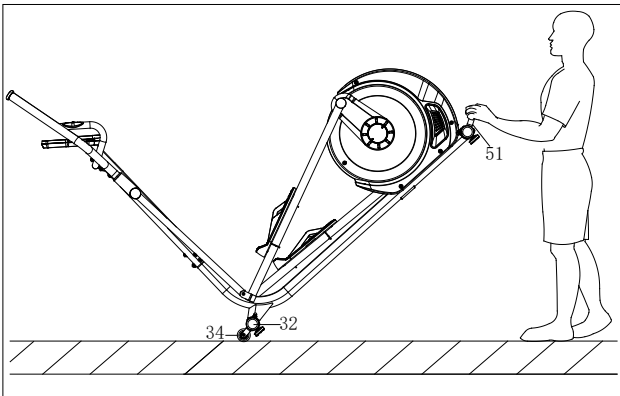
Insert **Handle Pulse Wire (No. 7)** to the hole on the back of **Computer (No. 1)**.

Insert the line of **Adapter (No. 50)** into adapter input hole on the back of **Main Frame (No. 45)** and plug the **Adapter (No. 50)** into an outlet.

**Attention:** Switch off the power when not in use.

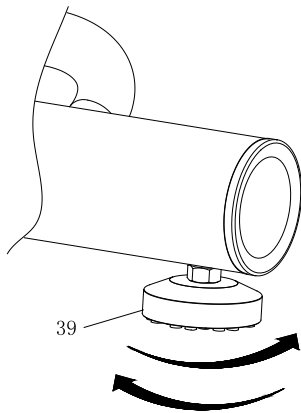
*The assembly is complete!*

# 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 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 elliptical 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.

## **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.

# IMPORTANT ELECTRICAL INFORMATION

## **WARNING:**

This elliptical requires a power source of 1 amp (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 elliptical. Any power source above or below this level could cause significant damage to the elliptical and or user.

## OPERATING INSTRUCTIONS

Plug the AC adaptor into the elliptical and into the outlet.

The computer will turn on.

The computer will turn off if there is no activity for 4 minutes. Press any button on the computer to turn it on again.



**NOTE:** You can still use the elliptical when it is not plugged in. However, the computer will not be working, and you cannot adjust the resistance level or use any of the functions.

## EXERCISE COMPUTER

### **KEY FUNCTIONS:**

KEY	FUNCTION
START/STOP	Start and pause workouts. Start body fat measurement.
DOWN	Lower the resistance level during workout. Decrease value of selected parameter.
UP	Increase the resistance level during workout. Increase value of selected parameter.
ENTER	To input the value or mode.
RECOVERY	Enter Recovery function when computer displays the heart rate value. Recovery displays F1-F6. F1 is poor recovery heart rate. F6 is excellent recovery heart rate.
MODE	During workout, switch display from RPM to SPEED, ODO to DIST and WATT to CALORIES. Hold for 3 seconds to reset all function values to zero.

## **WORKOUT SELECTION:**

After turning the computer on by plugging in the AC adaptor or if already plugged in, pressing any button on the computer, use the UP or DOWN button to make a selection. Then press ENTER button to choose the desired mode.

There are 7 basic workout modes:

Manual, Pre-program, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program.

## **FUNCTIONS:**

**SPEED:** Displays current training speed. Maximum speed is 99.9 MPH.

**RPM:** Displays current rotation per minute.

**TIME:** Accumulates the workout time from 00:00 to 99:59. Users can preset the target time they want.

**DIST:** Accumulates the workout distance from 0.00 up to 999.9 miles. Users can preset the target distance they want to reach.

**ODO:** Displays the total accumulated distance from 0 to 9999 miles.

**CAL:** Accumulates the calories burned from 0 to 9999. Users can preset the target calories they want to burn.

**WATT:** Displays current watt.

**HEART RATE:** Displays the current heart rate in beats per minute.

**TARGET HR.:** Users can preset their Target Heart Rate.

**PROGRAM:** There are 24 different programs to choose for training.

**LEVEL:** The program has 10 columns of bars and 8 bars in each column. Each column represents a 1-minute workout and each bar represents 2 resistance levels.

## **WORKOUT PARAMETERS:**

### **TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE**

#### **Setting Workout Parameters**

After selecting the desired workout mode: Manual Program, Pre-set Program, Watt Control Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program. You may pre-set several workout parameters for desired results.

**Note: Some parameters are not adjustable in certain programs. Time and Distance cannot be set up at the same time.**

Once a program has been selected, press ENTER and TIME will flash.

Using the UP or DOWN button, you may select the desired time value. Press ENTER to input the values. The flashing prompt will move to the next parameter. Continue using the UP or DOWN button. Press the START/STOP button to begin the workout.

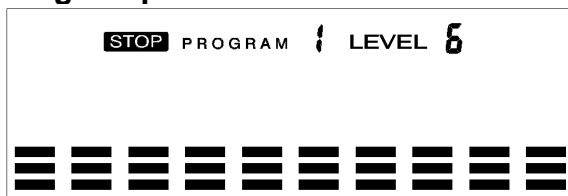
## More About Workout Parameters

Field	Setting Range	Default Value	Increment/Decrement	Description
Time	0:00~99:00	00:00	±1:00	1. When display is set as 0:00, Time will count up. 2. When time is set as 1:00-99:00, it will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1. When display is set as 0.0, Distance will count up. 2. When Distance is set as 1.0~999.0, it will count down to 0.
Calories	0~9995	0	±5	1. When display is set as 0, Calories will count up. 2. When Calories is set as 5~9995, it will count down to 0.
Watt	50~250	100	±5	User can set watt value only in the Watt Control Program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target HR, the Heart Rate number will flash.
Pulse	60~220	90	±1	Setting Parameters for Target heart rate.

## PROGRAM OPERATION:

### Manual (P1)

#### Program profile

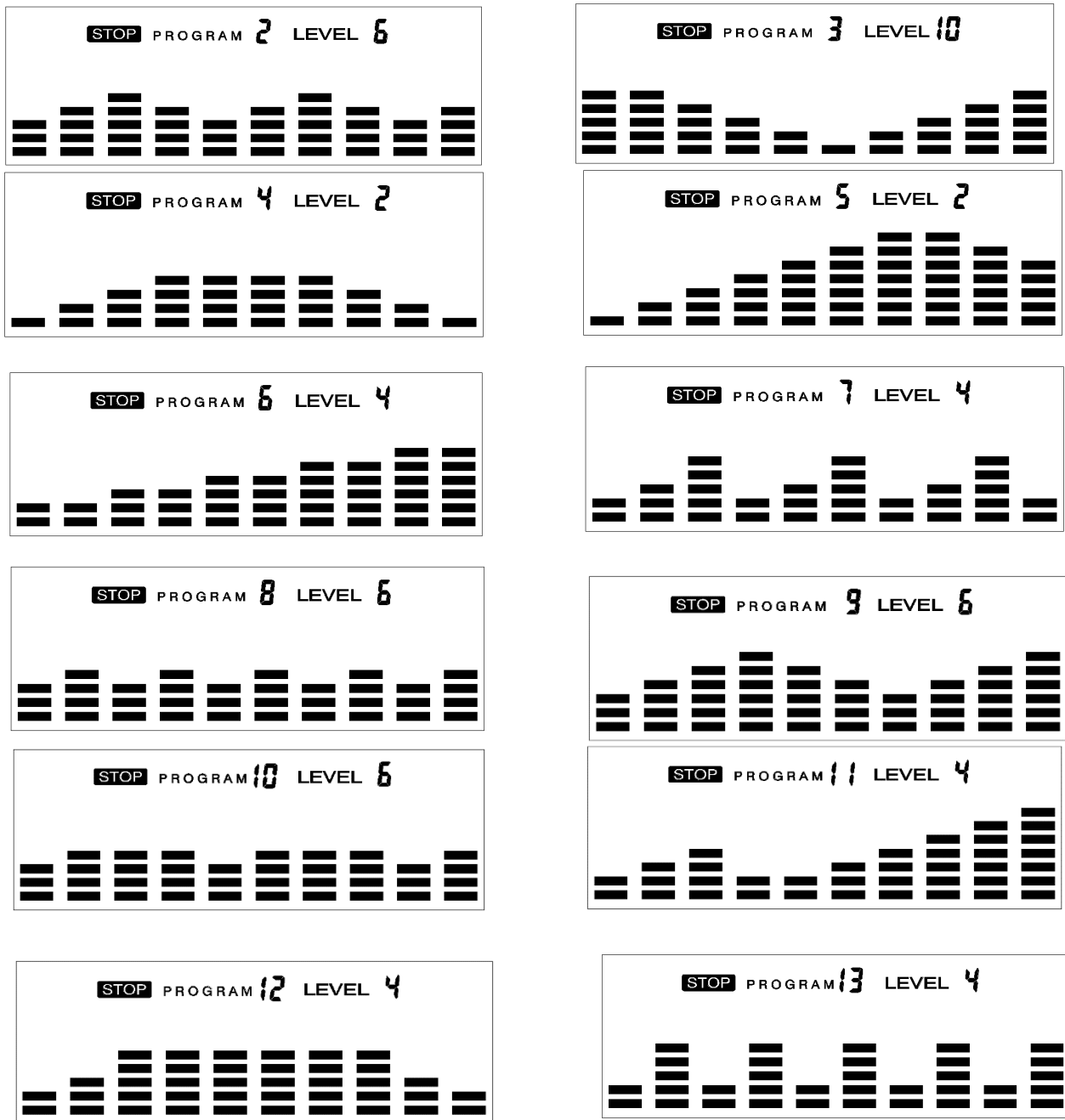


### SETTING PARAMETERS FOR MANUAL PROGRAM

1. Select **Manual Program (P1)** using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.  
**Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.**
4. Continue through all desired parameters and press the START/STOP button to begin the workout.  
**Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.**

## Pre-set programs (P2~P13)

### Program profile



There are 12 pre-set programs ready for use. All program profiles have 16 levels of resistance.

### SETTING PARAMETERS FOR PRE- SET PROGRAMS

1. Select one of the **Pre-set Programs** using the UP or DOWN button, then press ENTER. TIME will flash so the value can be adjusted using the UP or DOWN button.
2. Press the ENTER button to save value and move to the next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

### Workout in any pre-set program

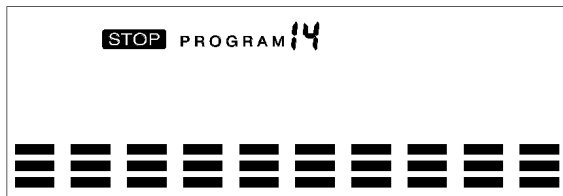
You can adjust the level of resistance by pressing the UP or DOWN button during the workout.



**Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted. Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the unfinished parameter.**

## **Watt Control Program (P14)**

### **Program profile**

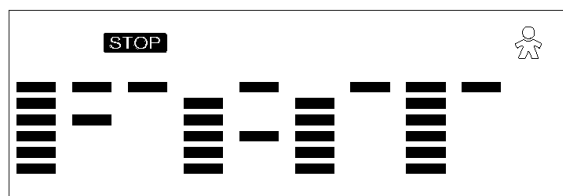


### **SETTING PARAMETERS FOR THE WATT CONTROL PROGRAM**

1. Select **Watt Control Program (P14)** using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press ENTER button to save the value and move to the next parameter to be adjusted.  
**Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.**
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.  
**Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically.**
5. Press the START button to continue the workout to reach the unfinished workout parameter.  
**The computer will adjust the resistance load automatically depending on the speed to maintain the constant watt value. You can use the UP or DOWN button to adjust the watt value during the workout.**

## **BODY FAT Program (P15)**

### **Program profile**



### **SETTING DATA FOR BODY FAT**

Select **BODY FAT Program (P15)** using the UP or DOWN button, then press ENTER. "MALE" will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data.

"5'8 (inches)" of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

“154 (lbs)” of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

“30” of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER to save the value.

Press the START/STOP button to start the measurement. Please also remember to grasp the hand pulse grips. After 15 seconds the display will show Body Fat %, BMR, BMI, & BODY TYPE.

**Body Types:**

There are 9 body types divided according to the FAT % calculated.

Body Type	FAT %	Body Type	FAT %	Body Type	FAT %
Type 1	5% - 9%	Type 4	20% - 24%	Type 7	35% - 39%
Type 2	10% - 14%	Type 5	25% - 29%	Type 8	40% - 44%
Type 3	15% - 19%	Type 6	30% - 34%	Type 9	45% - 50%

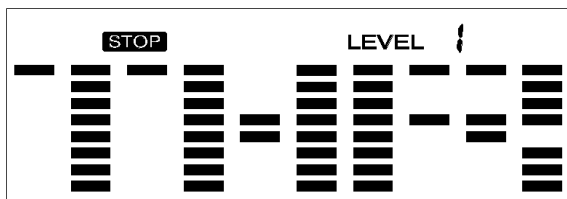
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP button to return the main display.

**TARGET HEART RATE Program (P16)**

**Program profile**

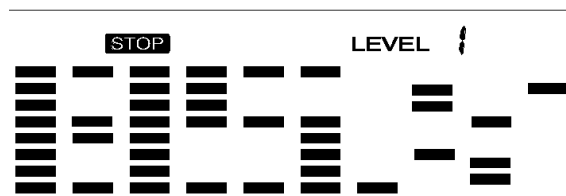
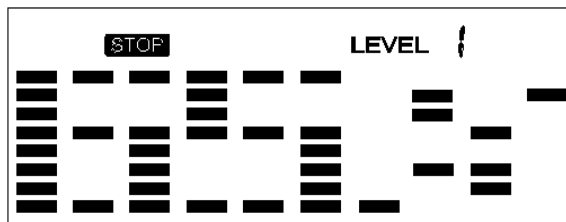
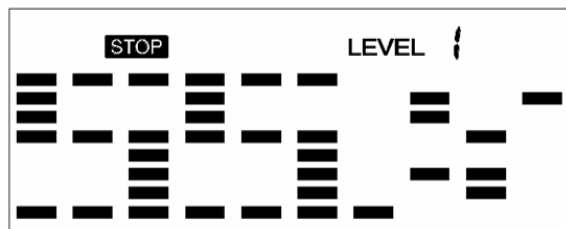


**SETTING PARAMETERS FOR TARGET HEART RATE PROGRAM**

1. Select **TARGET HEART RATE Program (P16)** using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.  
**Note: If you set up the target time to workout, then the next parameter of Distance cannot be adjusted.**
4. Continue through all desired parameters, pressing START/STOP button to start workout.  
**Note: If Pulse is above the set TARGET HR, the Pulse value will flash to remind the user.**

## HEART RATE CONTROL Program (P17-P20)

### Program profile



### There are 4 selections for target pulse (HR):

HRC - 55% TARGET HR= 55% of (220-AGE)

HRC - 65% TARGET HR= 65% of (220-AGE)

HRC - 75% TARGET HR= 75% of (220-AGE)

HRC - 85% TARGET HR= 85% of (220-AGE)

### SETTING PARAMETERS FOR HEART RATE CONTROL

1. Select one of the **Heart Rate Control Programs** using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.

**Note: If t you set up the target time to work out, then the next parameter of Distance cannot be adjusted.**

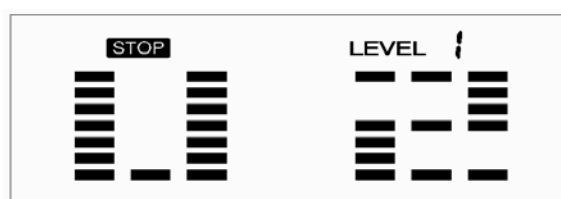
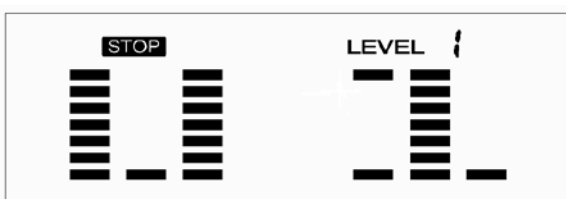
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.

**Note: If Pulse is above or below ( $\pm 5$ ) the TARGET HR, the computer will adjust the resistance load automatically. It will check every 20 seconds approx. 1 resistance load will increase or decrease (Note: each resistance load represents 2 levels of loading).**

**If one of the workout parameter counts down to be zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach unfinished workout parameter.**

## User Program

### Program profile (P21-P24)





The 4 user programs allow the user to set their own program that can be used immediately.

## SETTING PARAMETERS FOR USER PROGRAM


1. Select the **User Program** using the UP or DOWN button then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the values and move to the next parameter to be adjusted.  
**Note: If the user sets up the target time to workout, then the next parameter for Distance cannot be adjusted.**
4. Continue through all desired parameters.
5. After finishing the setup of the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished. (There are 10 times total). Press the START/STOP button to begin the workout.

**Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.**

## 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!

# TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	CHECK	SOLUTION
E1	The motor doesn't work.	Check if the motor wires are plugged in or check if the motor is stuck.	Plug in the motor wires again or change the motor.
	There is something wrong with the cables.	Check if the cables are damaged. This can cause a short circuit.	Change the cables or plug in again.
	The computer cannot supply normal voltage to the motor.	Test whether the voltage of the motor is normal when pressing UP or DOWN button.	Change the computer.
E2	The IC (Integrated Circuits) inside the computer is damaged.		Change the computer.
E4	Hands aren't put on the two hand pulse sensors immediately after pressing START.		Put the hands on the two hand pulse sensors immediately after pressing START.
	Body Fat Function cannot receive the signal for pulse.	Check if the hand pulse sensor wires are well connected.	Plug in the hand pulse sensor wires again or change the hand pulse sensor wires.
		Check if the pulse is working when not in Body Fat program.	Change the computer.

**NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).**

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