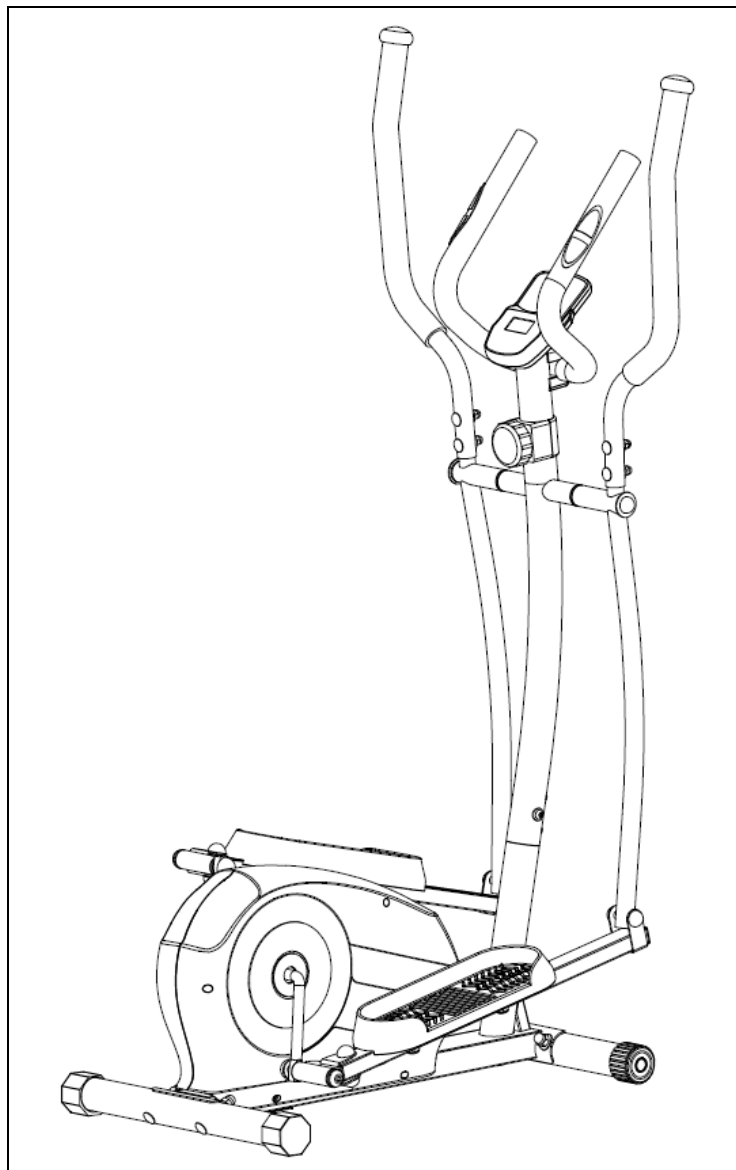




# ESSENTIAL INTERACTIVE SERIES ELLIPTICAL SF-E322902 USER MANUAL



**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).



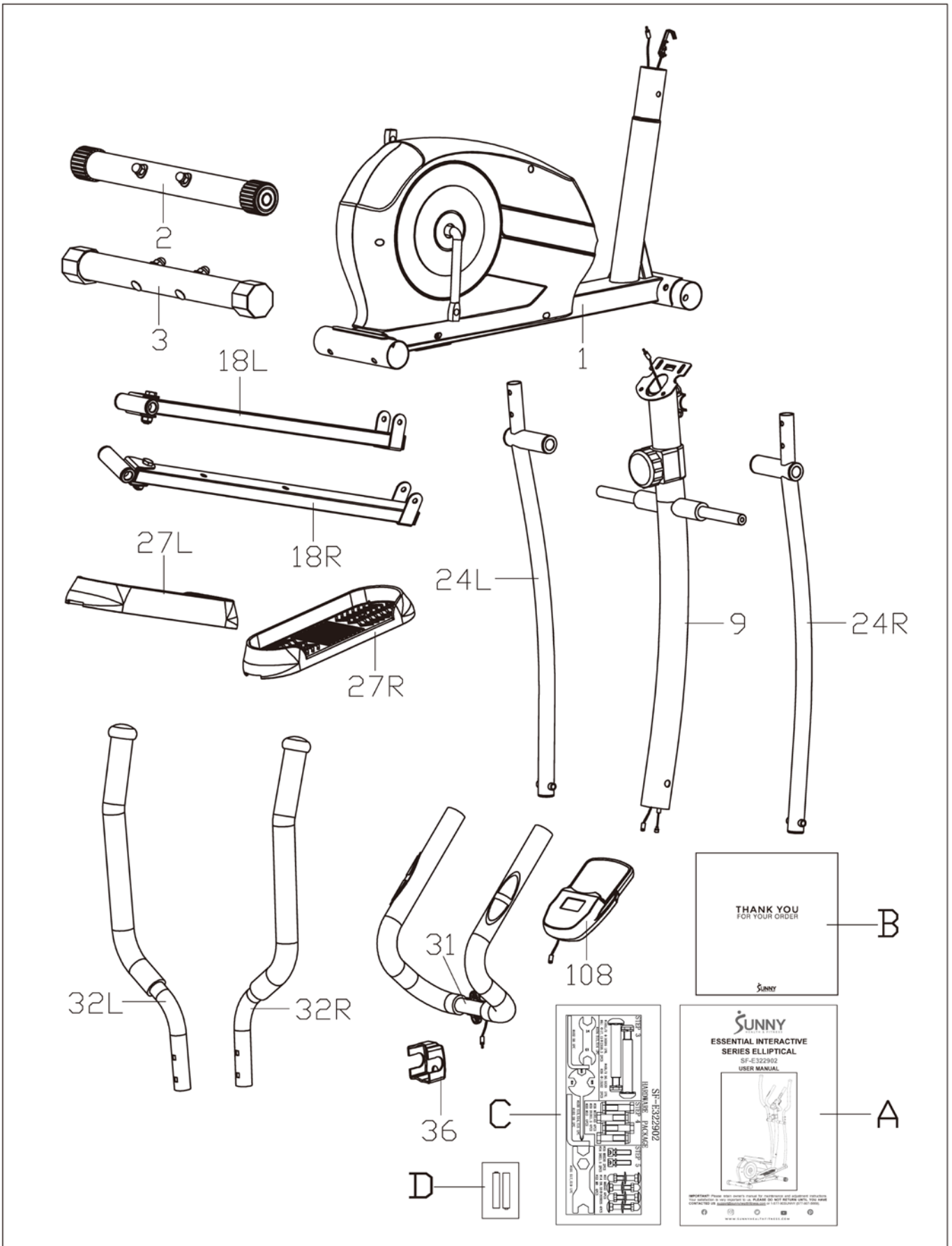
# **IMPORTANT SAFETY INFORMATION**

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!

# PRE-ASSEMBLY CHECK LIST

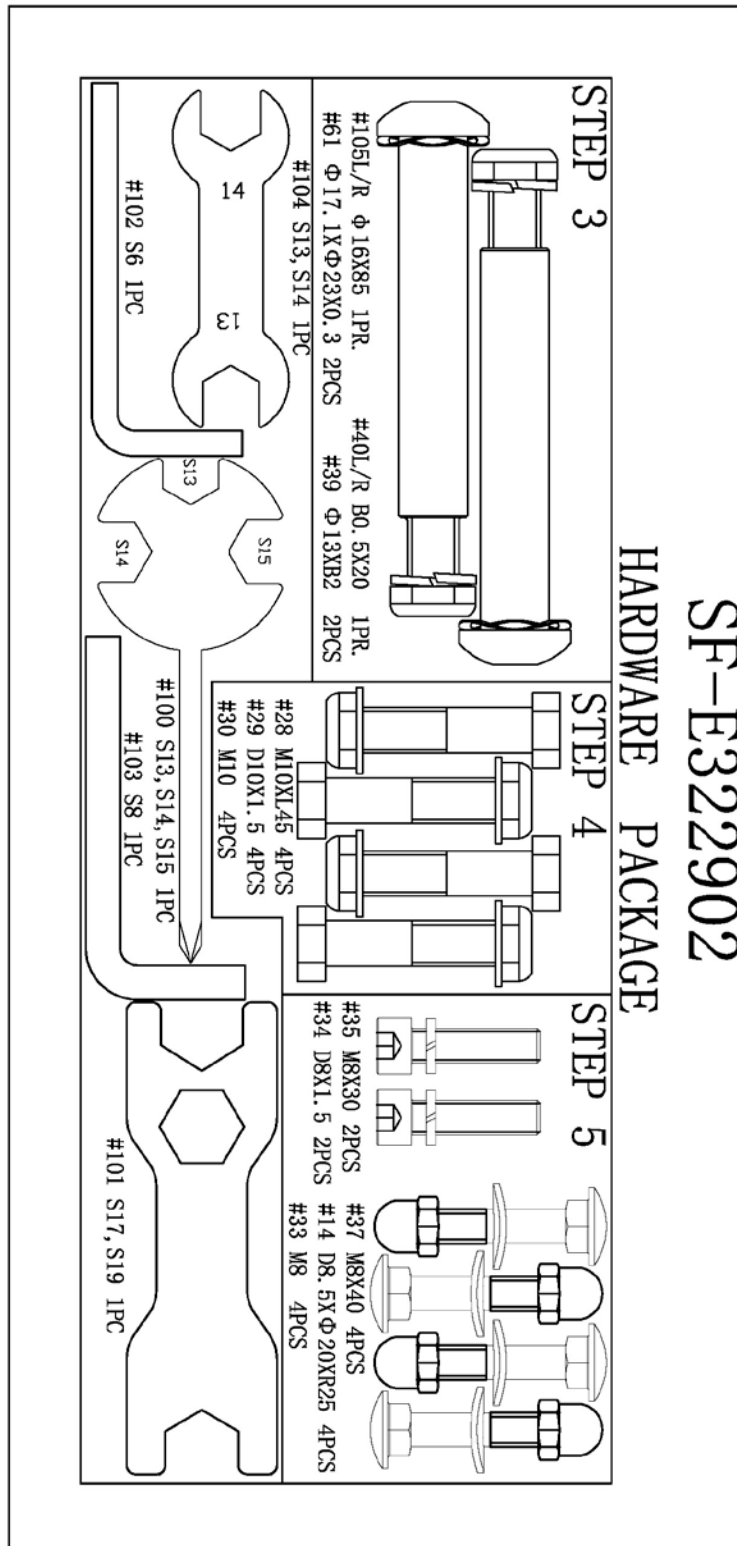
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
9	Handlebar Post		1
18L/R	Pedal Support Tube		1pr.
24L/R	Swing Bar		1pr.
27L/R	Pedal		1pr.

No.	Description	Spec.	Qty.
31	Armrest		1
32L/R	Handlebar		1pr.
108	Meter		1
A	Manual		1
B	Thank You Card		1
C	Hardware Package		1
D	Battery		2

# 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 INSTRUCTION

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## STEP 1:

Remove 2 **Paper Tubes (No. A)** from the **Main Frame (No. 1)**.

Remove 4 **Carriage Bolts (No. 6)**, 4 **Arc Washers (No. 7)** and 4 **Domed Nuts (No. 8)** from the **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 3)** using **Spanner (No. 101)**.

Attach the **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 3)** onto the **Main Frame (No. 1)**, secure with 4 **Carriage Bolts (No. 6)**, 4 **Arc Washers (No. 7)** and 4 **Domed Nuts (No. 8)** that were just removed by **Spanner (No. 101)**.

**Note:** Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.

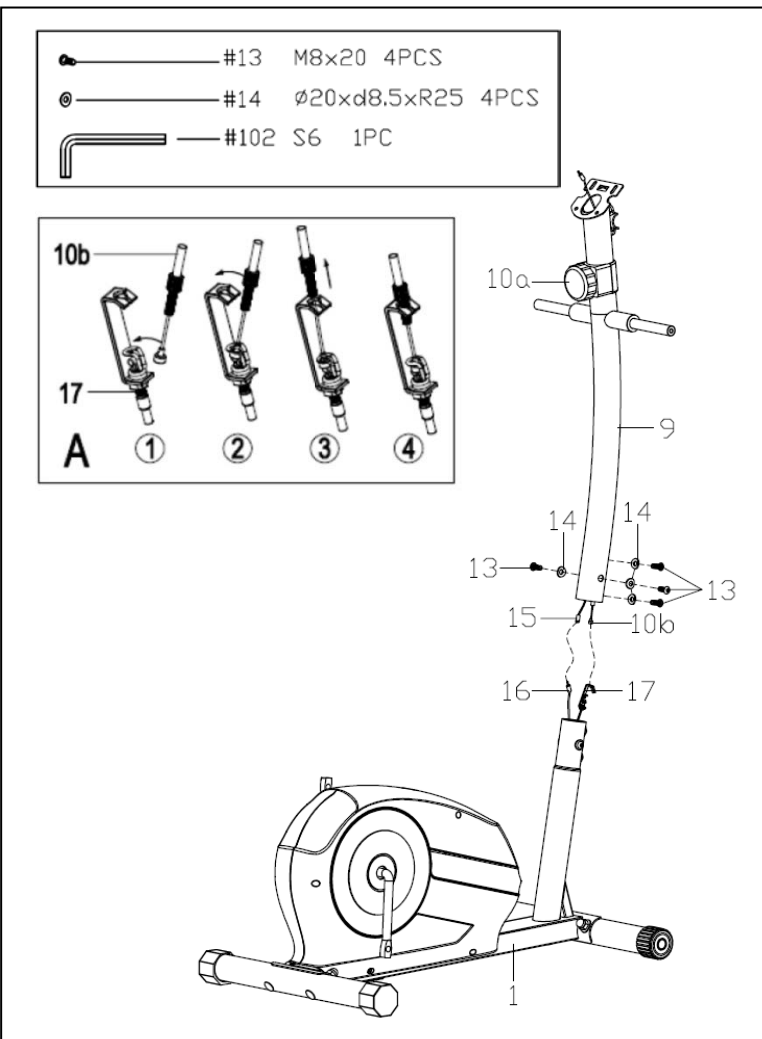
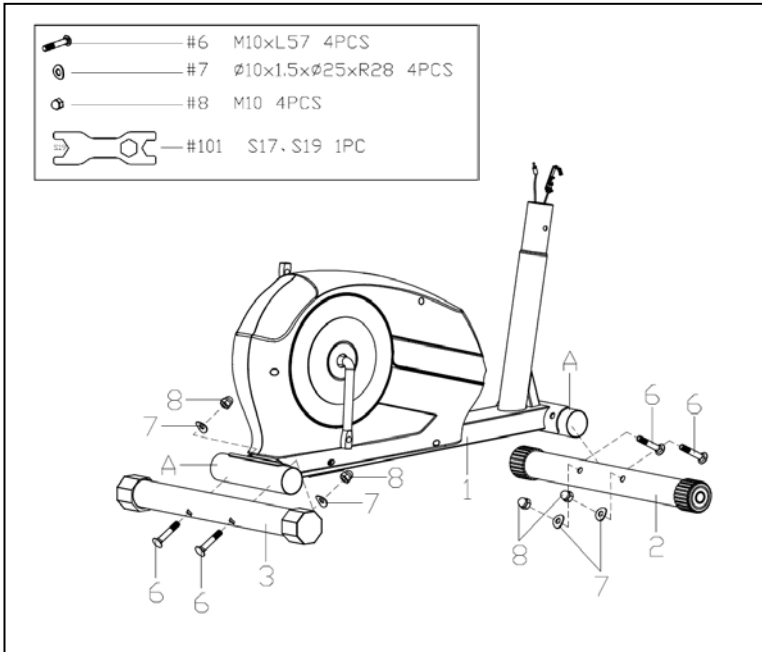
## STEP 2:

**A:** Connect the **Lower Sensor Wire (No. 16)** to the **Upper Sensor Wire (No. 15)**, and then connect **Tension Hook (No. 17)** with **Tension Cable (No. 10b)** as shown in Diagram A.











**Note:** Make sure the **Tension Controller (No. 10a)** is at the lowest level before you connect the **Tension Cable (No. 10b)**. This ensures the wires are at their longest point. We recommend the assistance of a second person to help hold the **Handlebar Post (No. 9)**. This will make the connection easier when you are attaching **Tension Hook (No. 17)** to **Tension Cable (No. 10b)**.


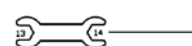
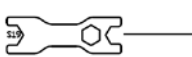
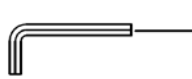
**B:** Remove the preassembled 4 **Allen Bolts (No. 13)** and 4 **Arc Washers (No. 14)** from the **Main Frame (No. 1)**. Insert the **Handlebar Post (No. 9)** into the post of the **Main Frame (No. 1)**; secure with 4 **Allen Bolts (No. 13)** and 4 **Arc Washers (No. 14)** that were just removed with **Allen Wrench (No. 102)**.

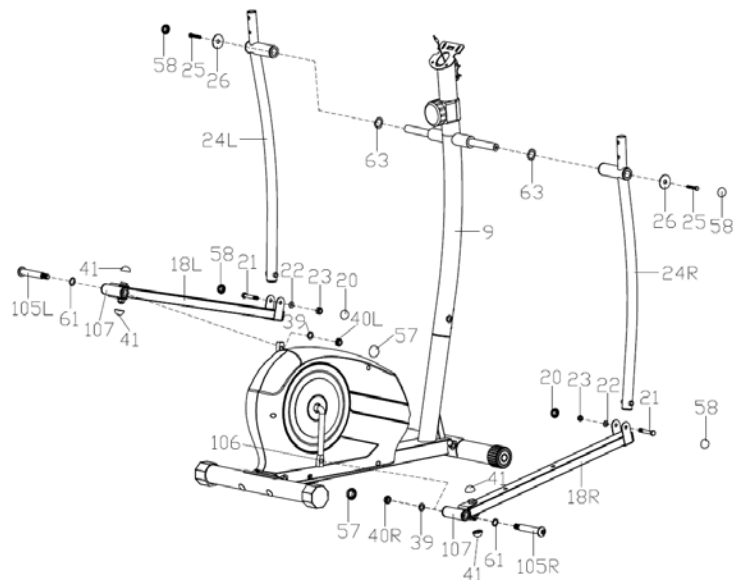
**Note:** Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.



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	#25	M8x15	2PCS
	#26	ø8.2xø32x2	2PCS
	#21	M8x55	2PCS
	#22	d8x1.5	2PCS
	#23	M8	2PCS
	#105L/R	ø16x85	1PR
	#61	ø17.1xø23x0.3	2PCS
	#40L/R	B0,5x20	1PR
	#39	ø13xB2	2PCS
	#63	ø20xø28x0.6	2PCS

	#100	S13, S14, S15	1PC
	#104	S13, S14	1PC
	#101	S17, S19	1PC
	#103	S8	1PC



### STEP 3:

**A:** Remove the preassembled 2 **Wave Washers (No. 63)**, 2 **Hex Bolts (No. 25)** and 2 **Flat Washers (No. 26)** from the long axle of the **Handlebar Post (No. 9)**. Then attach the 2 **Swing Bars (No. 24L/R)** to the long axle of the **Handlebar Post (No. 9)** with 2 **Wave Washers (No. 63)**, 2 **Hex Bolts (No. 25)** and 2 **Flat Washers (No. 26)** that were just removed with **Spanner (No. 100)**.

**Note:** Please do not fully tighten at this time.

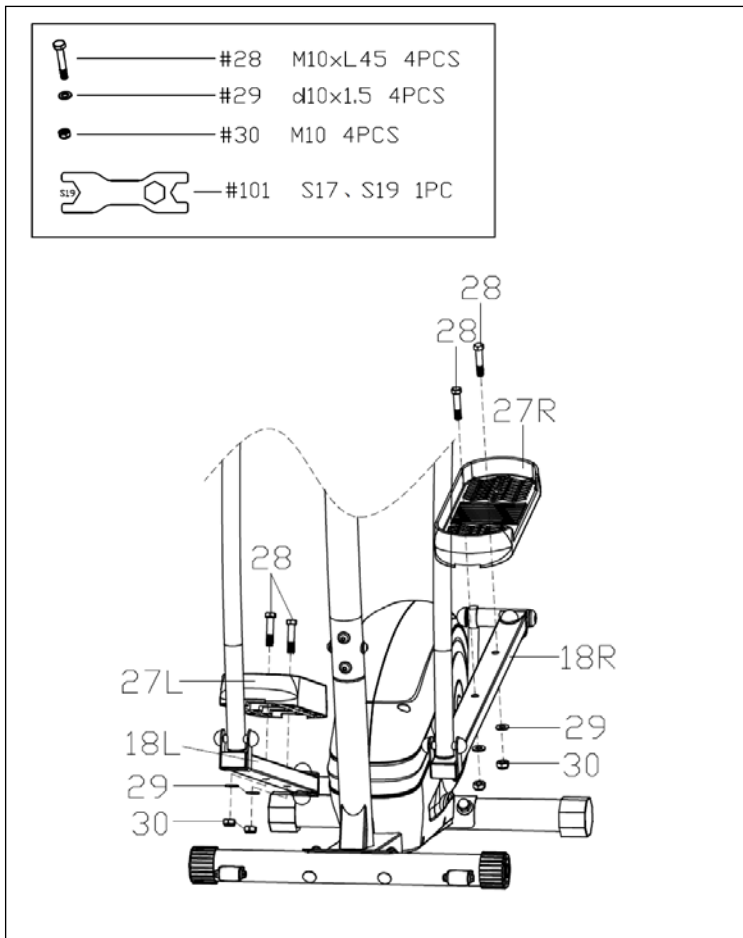
Attach the **Connecting Joint (No. 107)** on the **Left Pedal Support Tube (No. 18L)** to the **Left Crank Arm (No. 106)** with 1 **Left Hinge Bolt (No. 105L)**, 1 **Wave Washer (No. 61)**. Turn the **Left Hinge Bolt (No. 105L)** counter-clockwise as tightly as you can with your hand. Secure by tightening 1 **Spring Washer (No. 39)** and 1 Black color **Nylon Nut (No. 40L)** clockwise. Then use **Allen Wrench (No. 103)** and **Spanner (No. 101)** to tighten securely.

Attach the **Connecting Joint (No. 107)** on the **Right Pedal Support Tube (No. 18R)** to the **Right Crank Arm (No. 106)** with 1 **Right Hinge Bolt (No. 105R)**, 1 **Wave Washer (No. 61)**. Turn the **Right Hinge Bolt (No. 105R)** clockwise as tightly as you can with your hand. Secure by tightening 1 **Spring Washer (No. 39)** and 1 White color **Nylon Nut (No. 40R)** counter-clockwise. Then use **Allen Wrench (No. 103)** and **Spanner (No. 101)** to tighten securely. **Note:** Please do not fully tighten at this time.

Remove the preassembled 2 **Hex Bolts (No. 21)**, 2 **Flat Washers (No. 22)** and 2 **Nylon Nuts (No. 23)** from 2 **Pedal Support Tubes (No. 18L/R)**. Then fasten the 2 **Swing Bars (No. 24L/R)** and the 2 **Pedal Support Tubes (No. 18L/R)** tightly with 2 **Hex Bolts (No. 21)**, 2 **Flat Washers (No. 22)** and 2 **Nylon Nuts (No. 23)** that were just removed using **Spanner (No. 100)** and **Spanner (No. 104)**.

Fasten 2 **Hex Bolts (No. 25)** and 2 **Nylon Nuts (No. 40L/R)** tightly now. Then cover with the 12 **Nut Caps (No. 20 & 58 & 57 & 41)**.

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#### STEP 4:

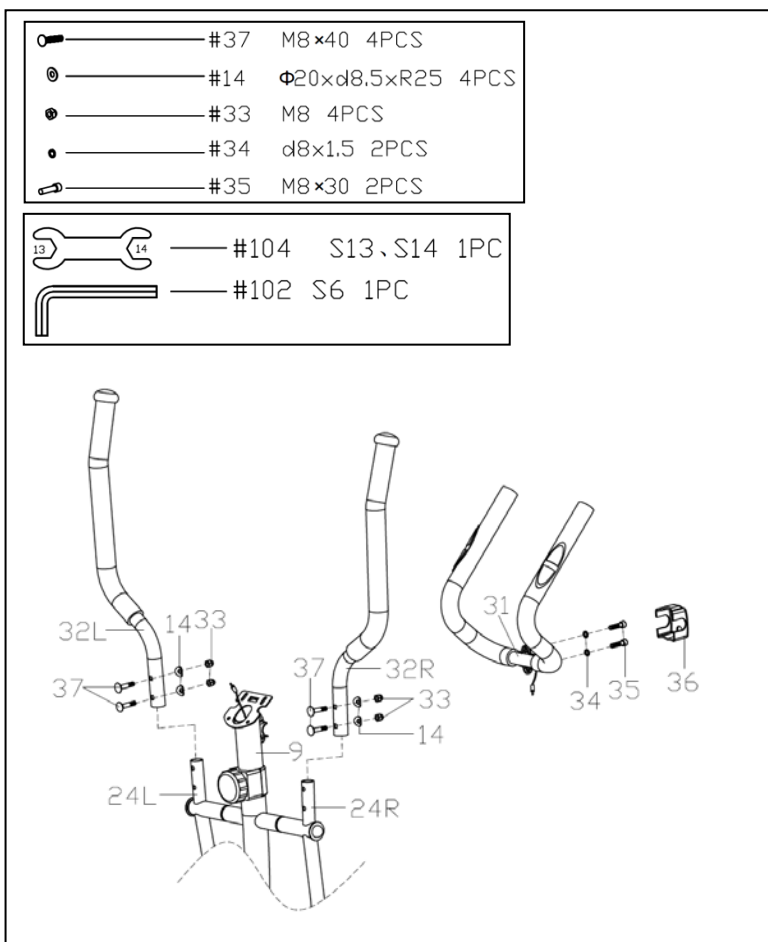
Secure the 2 **Pedals (No. 27L/R)** to the 2 **Pedal Support Tubes (No. 18L/R)** respectively using 4 **Hex Bolts (No. 28)**, 4 **Flat Washers (No. 29)** and 4 **Nylon Nuts (No. 30)** using **Spanner (No. 101)**.

#### CAUTION:

**Both pedals are labeled; L for LEFT and R for RIGHT.**



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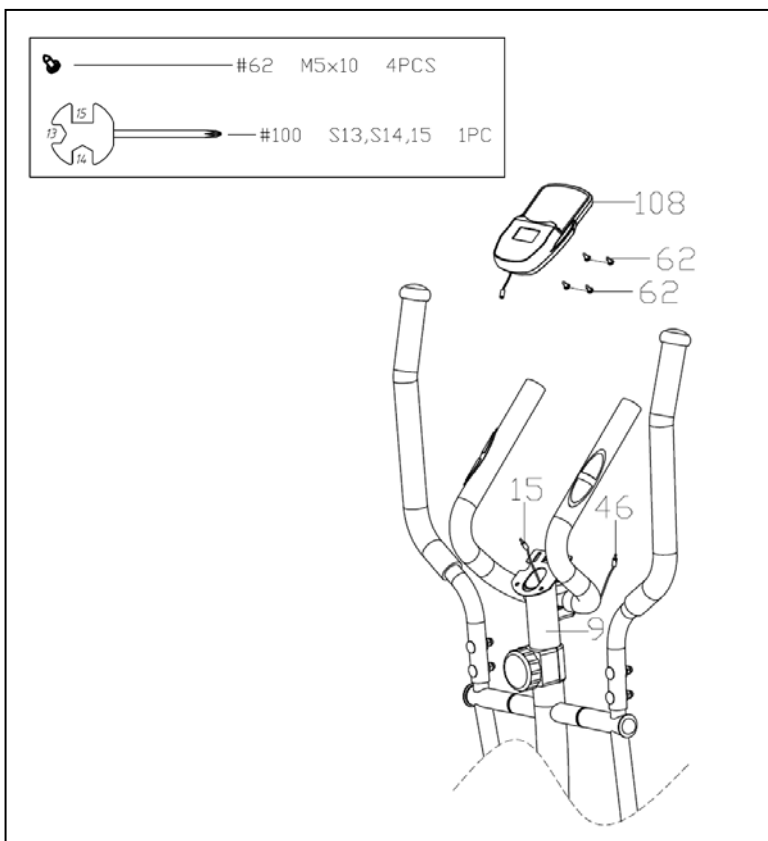


### STEP 5:

**A:** Attach **Armrest (No. 31)** to the **Handlebar Post (No. 9)** in place. Secure it with 2 **Spring Washers (No. 34)** and 2 **Hex Bolts (No. 35)** using **Allen Wrench (No. 102)**. Finally attach the **Decorative Cover (No. 36)** onto the **Armrest (No. 31)**.

**B:** Attach the 2 **Handlebars (No. 32L/R)** on the 2 **Swing Bars (No. 24L/R)** with 4 **Carriage Bolts (No. 37)**, 4 **Arc Washers (No. 14)** and 4 **Domed Nuts (No. 33)** using **Spanner (No. 104)**.

**Note:** If the **Handlebar (No. 32L/R)** rubs against the **Armrest (No. 31)** during the workout, please recheck if the **Handlebar (No. 32L/R)** is assembled correctly. You should attach **Handlebar (No. 32L/R)** to **Swing Bar (No. 24L/R)** according to the label marked with L or R.



### STEP 6:

Remove the preassembled 4 **Phillips Screws (No. 62)** from the **Meter (No. 108)** with **Spanner (No. 100)**.

Plug the **Pulse Sensor Wire (No. 46)** to the jack on the back of the **Meter (No. 108)**. Then connect the **Upper Sensor Wire (No. 15)** to the wire from the **Meter (No. 108)**.

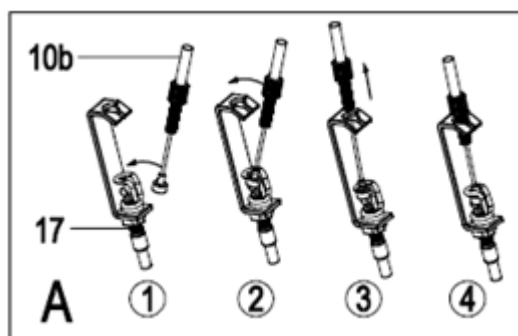
Attach the **Meter (No. 108)** to the bracket of the **Handlebar Post (No. 9)** using 4 **Phillips Screws (No. 62)** that were just removed with **Spanner (No. 100)**.

**Note:** To avoid damaging the wires, please push them into the **Handlebar Post (No. 9)** before secure the **Meter (No. 108)** onto the bracket.

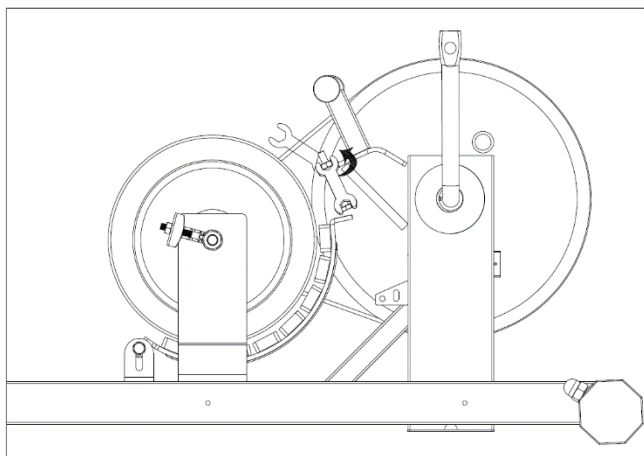
**THE ASSEMBLY IS COMPLETE!**

# ADJUSTMENTS & USAGE GUIDE

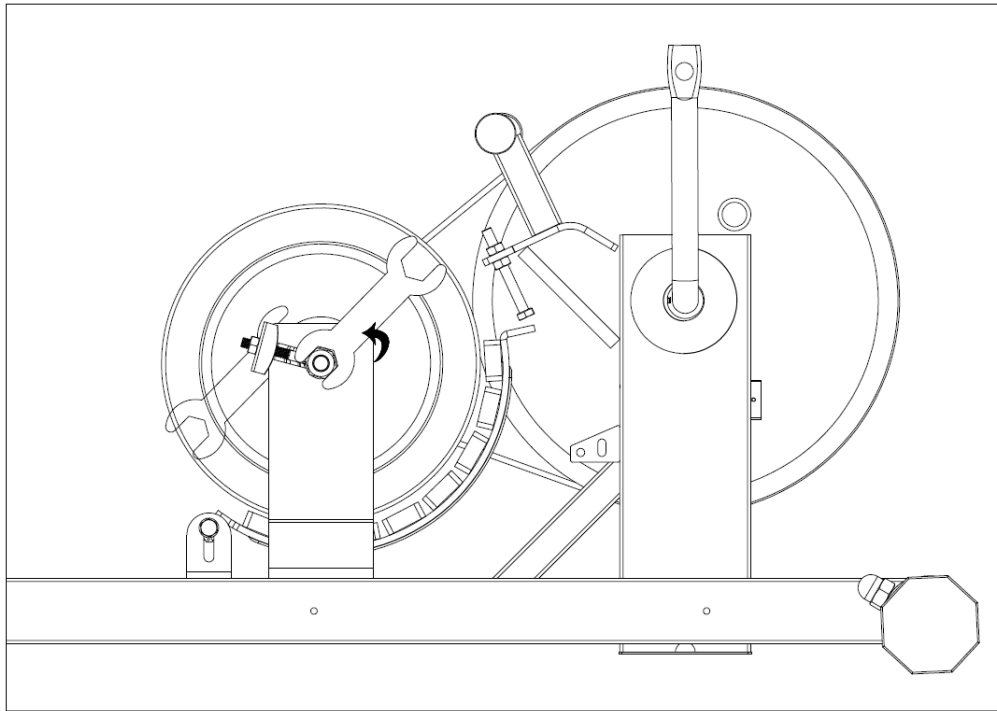
1. If you find there is no difference between tension level 1 to level 8, please check the connection of the tension cable. Please see Diagram A under Step 2.



2. If the meter does not show numbers correctly, please check the batteries. If the meter does not count the speed and time, please check the connections of **Upper Sensor Wire (No. 15)** to the **Meter (No. 108)** and **Upper Sensor Wire (No. 15)** to **Lower Sensor Wire (No. 16)**.
3. If you have difficulty putting **Hinge Bolts (No. 105L/R)** into the **Crank Arm (No. 106)**, please try moving the **Crank Arm (No. 106)** to a different angle. \*Keep in mind the **Left Hinge Bolt (No. 105L)** has reversed threading and must be installed by turning *counter-clockwise*.
4. If you hear any noise when using the machine, please check if **Hinge Bolts (No. 105L/R)**, **Hex Bolts (No. 21)**, **Hex Bolts (No. 25)** and **Connecting Joints (No. 107)** are loose. You may remove these parts and add some lubricant oil to eliminate all noise possibilities. Remember to tighten all the parts securely.
5. If it is very hard to pedal on the higher tension levels, or you hear rubbing noises, please remove the **Belt Cover (No. 65L/R)**, and adjust the screw seen in the following diagram. You will need to lower the position of the screw by turning counter-clockwise. This will keep the **Magnet Board (No. 84)** from contacting the magnetic flywheel. Before re-installing the **Belt Cover (No. 65L/R)**, test the tension level 8 to ensure the magnets do not touch the flywheel.

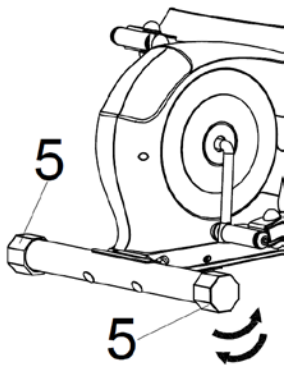


6. If you still hear noises after you did Step 4 and Step 5, please remove the **Belt Cover (No. 65L/R)**. Loosen the screws for the **Flywheel (No. 94)** about a half of a rotation. See the following diagram below.



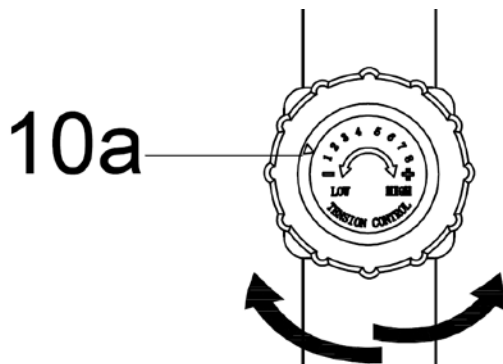
7. If you feel the machine is uneven, please adjust the **Leveler Cap (No. 5)** on **Rear Stabilizer (No. 3)** by turning it. If the machine is wobbly when you use it, please consider adding an exercise mat under it.

# ADJUSTMENT GUIDE



## ADJUSTING THE LEVEL

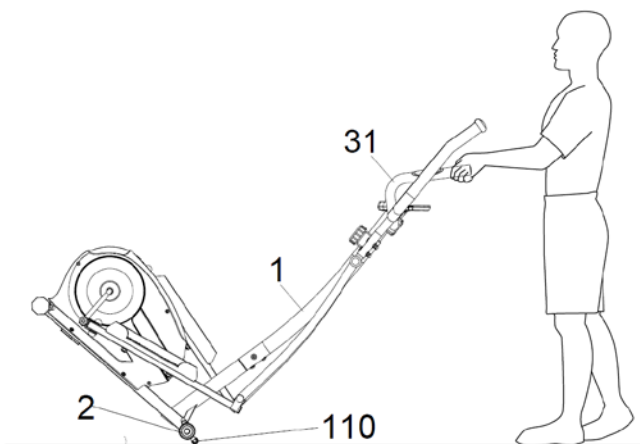
If at any point the elliptical does not feel level, you can adjust the **Leveler Caps (No. 5)**.



## ADJUSTING THE TENSION

Adjust the tension by rotating the **Tension Controller (No. 10a)** clockwise to increase the level of resistance. Rotate the **Tension Controller (No. 10a)** counter-clockwise to decrease the level of resistance.

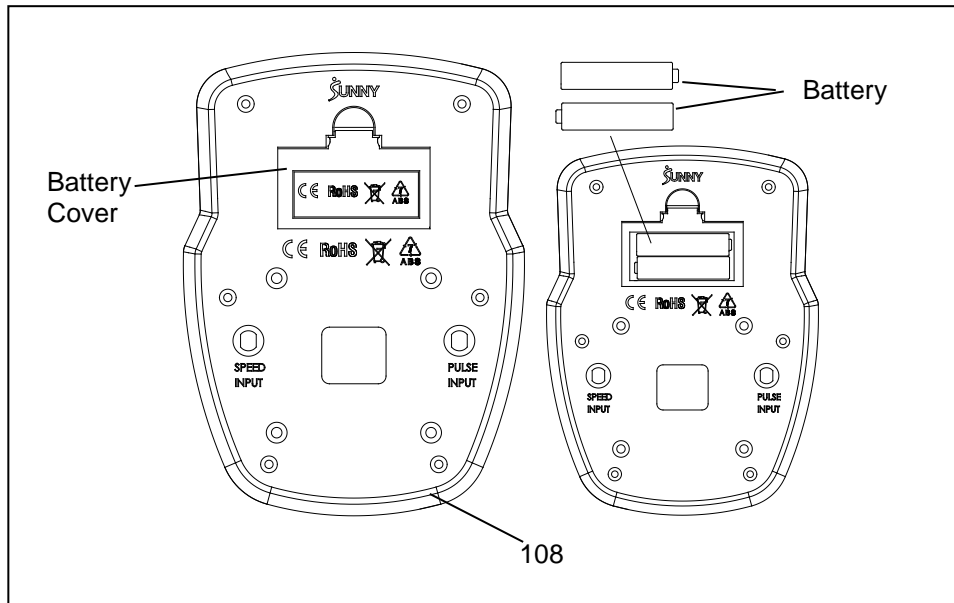
Tension levels are set at Level 1 being the lowest and Level 8 being the highest.



## HOW TO MOVE THE ELLIPTICAL

There are **Transporting Wheels (No. 110)** located on the **Front Stabilizer (No. 2)**. Hold the **Armrest (No. 31)** on the **Main Frame (No. 1)** and press down the front of the elliptical off the floor. Now you can move the elliptical.

# **BATTERY INSTALLATION & REPLACEMENT**



## **BATTERY INSTALLATION**

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the **Meter (No. 108)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 108)**. 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 **Meter (No. 108)**.

*The installation is complete!*

## **BATTERY REPLACEMENT**

1. Press the buckle of battery cover on the back of the **Meter (No. 108)**, 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 **Meter (No. 108)**. 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 **Meter (No. 108)**.

*The replacement is complete!*

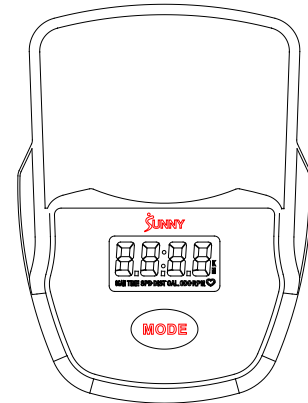
## **BATTERY DISPOSAL**

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

# EXERCISE METER

## 1. KEY FUNCTION

- This key lets you select and lock on to a particular function you want.  
SCAN→TIME→SPEED(SPD)→DISTANCE(DIST)  
→CALORIES(CAL)→TOTAL DIST(ODO) →RPM  
→PULSE
- Pressing and hold for 3 seconds to reset the value to zero(without ODO).



## 2. SLEEP MODE

- The system turns off automatically if no activity or keys pressed for approximately 4 minutes.
- The system turns on when the MODE key is pressed or activity is signaled.

## 3. FUNCTION

- SCAN : Meter will rotate through all functions every 6 seconds.
- TIME : Counts the total time from starting to finish.
- SPEED: Displays the current speed.
- DISTANCE : Counts the distance of an exercise from start to finish.
- CALORIE : Counts total calories burned during exercise from start to finish.
- TOTAL DIST: Counts the total distance with from start to finish. If the battery is replaced, the value returns to zero.
- RPM: The average number of wheel turns per minute to measure the speed of the pedal.
- PULSE : The current pulse rate.


## 4. SPECIFICATIONS

FUNCTION	SCAN	Every 6 seconds
	TIME	0:00-99:59 (M :S)
	SPEED	0.0~999.9 KPH(MPH)
	DIST	0.00~999.9 KM(MILE)
	ODO	0.0~999.9 KM(MILE)
	CAL	0.0~999.9 KCAL
	PULSE RATE	40~240 BPM
BATTERY		SIZE-AAA, 2PCS
Operating temperature		0~40°C(32°F-104°F)
Storage temperature		-10~60°C(14°F-140°F)

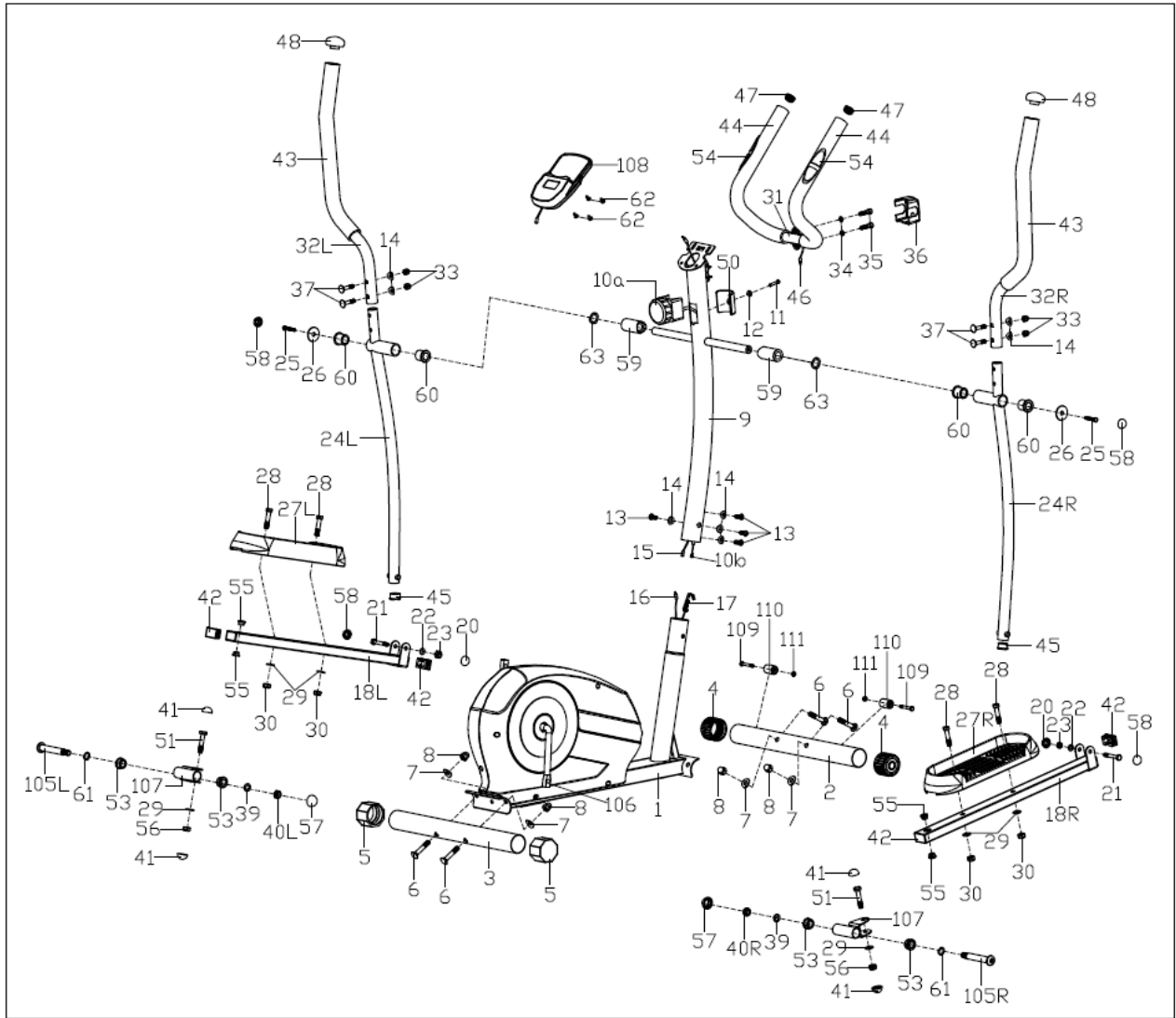
## APP CONNECTION:

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

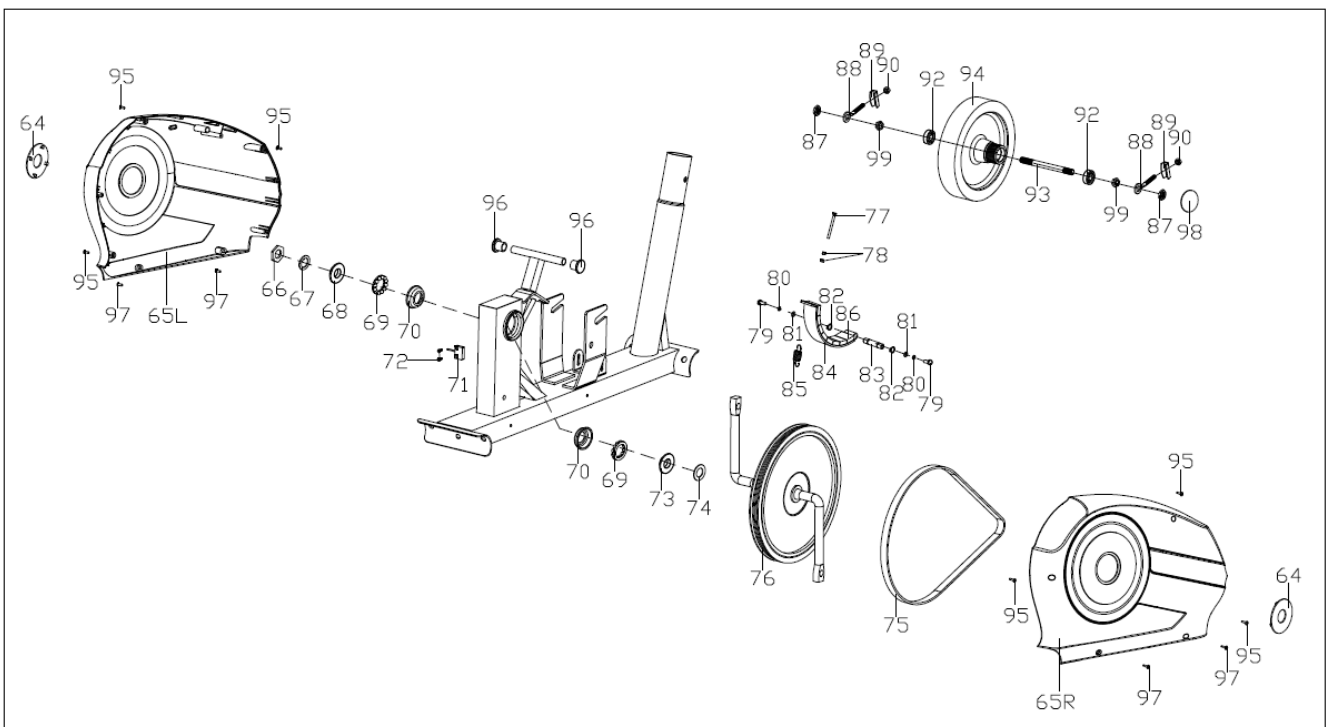


2. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
  - a. From the “Workout” tab, press 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	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	End Cap		2
5	Leveler Cap		2
6	Carriage Bolt	M10xL57	4
7	Arc Washer	Φ10×1.5×Φ25×R28	4
8	Domed Nut	M10	4
9	Handlebar Post		1
10a	Tension Controller		1
10b	Tension Cable		1
11	Phillips Screw		1
12	Flat Washer		1
13	Allen Bolt	M8x20	4
14	Arc Washer	Φ20×D8.5×R25	8
15	Upper Sensor Wire		1
16	Lower Sensor Wire		1
17	Tension Hook		1
18L/R	Pedal Support Tube		1pr.
19L/R	Refer to #105L/R		-
20	Nut Cap	S13	2
21	Hex Bolt	M8x55	2
22	Flat Washer	D8x1.5	2
23	Nylon Nut	M8	2
24L/R	Swing Bar		1pr.
25	Hex Bolt	M8x15	2
26	Flat Washer	Φ8.2×Φ32×2	2
27L/R	Pedal		1pr.
28	Hex Bolt	M10xL45	4
29	Flat Washer	D10x1.5	6
30	Nylon Nut	M10	4
31	Armrest		1
32L/R	Handlebar		1pr.
33	Domed Nut	M8	4
34	Spring Washer	D8x1.5	2
35	Hex Bolt	M8x30	2
36	Decorative Cover		1
37	Carriage Bolt	M8x40	4
38	Refer to #108		-
39	Spring Washer	Φ13×B2	2
40L/R	Nylon Nut	B0.5x20	1pr.
41	Nut Cap	S17	4
42	Square End Cap		4
43	Foam Grip		2
44	Foam Grip		2
45	Round End Cap		2
46	Pulse Sensor Wire		1
47	Spherical Cap		2
48	Mushroom Cap		2
49	Refer to #106		-
50	Tension Controller Cover		1
51	Hex Bolt	M10x50	2
52	Refer to #107		-
53	Axle Bushing 1		4
54	Pulse Sensor		2
55	Alloy Bushing		4

No.	Description	Spec.	Qty.
56	Nylon Nut	M10	2
57	Nut Cap	S19	2
58	Nut Cap	S14	4
59	Spacer	Φ32×59	2
60	Axle Bushing 2		4
61	Wave Washer	Φ17.1×Φ23×0.3	2
62	Phillips Screw	M5x10	4
63	Wave Washer	Φ20×Φ28×0.6	2
64	Crank Cover		2
65L/R	Belt Cover		1pr.
66	Nut		1
67	Washer		1
68	Two-slot Nut		1
69	Ball Bearings		2
70	Bearing Housing		2
71	Sensor		1
72	Bolt	ST3×10	2
73	Three-slot Nut		1
74	Big Washer		1
75	Belt		1
76	Belt Pulley		1
77	Hex Bolt	M6x55	1
78	Hex Nut	M6	2
79	Hex Bolt	M6xL15	2
80	Spring Washer	Φ6	2
81	Flat Washer	D6	2
82	Axle Stop Ring		2
83	Magnetic Board Axle		1
84	Magnetic Board		1
85	Spring		1
86	Square Magnet		8
87	Hex Thin Nut	M10x1	2
88	Adjusting Belt Bolt	M6x50	2
89	Adjusting U Washer		2
90	Hex Nut	M6	2
91	N/A		
92	Bearing	6000	2
93	Flywheel Axle		1
94	Flywheel		1
95	Bolt	ST4.3x20	6
96	Plug		2
97	Bolt	ST5x20	4
98	Plastic Nut	S17	1
99	Nut	M10x1.0	2
100	Spanner	S13, S14, S15	1
101	Spanner	S17, S19	1
102	Allen Wrench	S6	1
103	Allen Wrench	S8	1
104	Spanner	S13, S14	1
105L/R	Hinge Bolt	Φ16×85	1pr.
106	Crank Arm		1
107	Connecting Joint		2
108	Meter		1
109	Hex Bolt	M6xL45	2
110	Transporting Wheel		2
111	Nylon Nut	M6	2

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