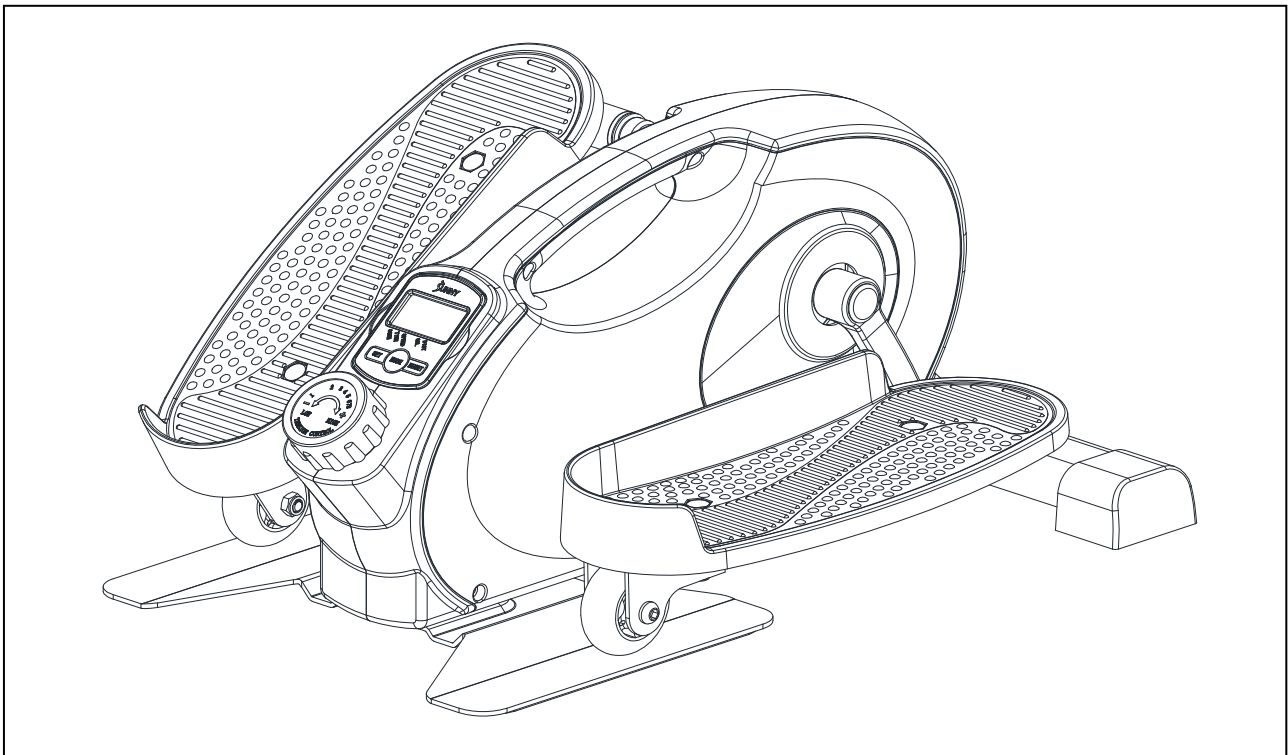




SMART PORTABLE MAGNETIC UNDER DESK ELLIPTICAL

SF-E323017

USER MANUAL



DO NOT STAND ON THE UNIT!

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).



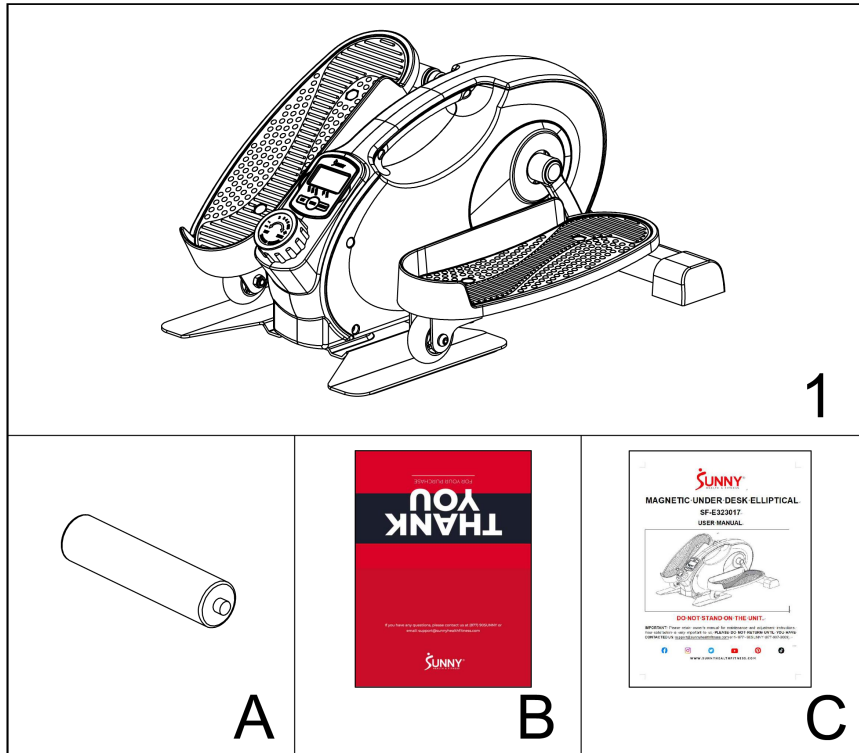
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

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

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's warning signs. Incorrect or excessive exercise can be detrimental to 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 equipment is not suitable for therapeutic use.
10. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
11. 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.
12. This equipment is designed for indoor and home use only; it is not intended for commercial use!

PRE-ASSEMBLY CHECK LIST



| No. | Description | Spec. | Qty. |
|-----|----------------|-------|------|
| 1 | Main Frame | | 1 |
| A | Batteries | AAA | 2 |
| B | Thank You Card | | 1 |
| C | User Manual | | 1 |

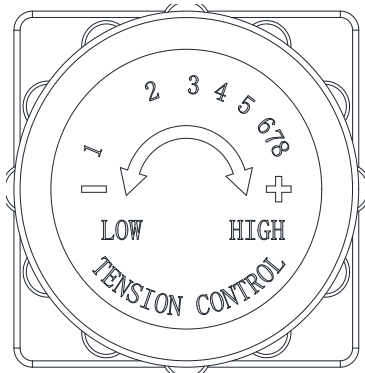
Ordering Replacement Parts (U.S. and Canadian Customers only)

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” (page 8) and “PARTS LIST” (page 9).

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

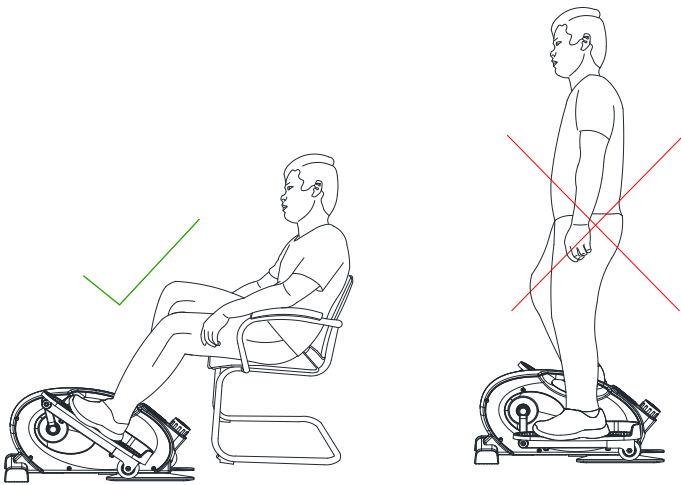
ADJUSTMENTS & USAGE GUIDE



ADJUSTING THE TENSION

Adjust the tension by rotating the **Tension Control Knob (No. 9)** *clockwise* to increase the level of resistance. Rotate the **Tension Control Knob (No. 9)** *counter-clockwise* to decrease the level of resistance.

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



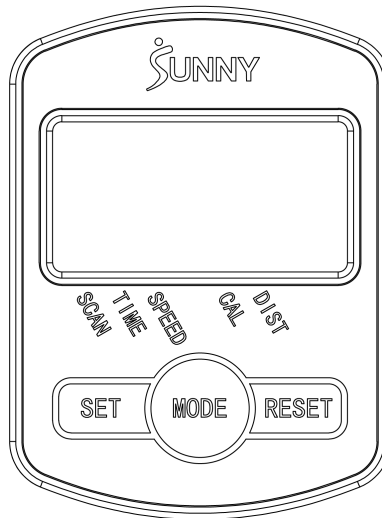
**USE ONLY WHILE SITTING.
DO NOT STAND ON THE
ELLIPTICAL!**

WARNING!

The elliptical is intended to use in a sitting position only, do not stand on the elliptical.

Failure to follow all warnings and instructions could result in serious injury or death.

EXERCISE METER



FUNCTIONAL BUTTONS:

MODE: To select functions. Press and hold the key for 3 seconds to reset the value to zero.

SET: To set the values of time, distance and calories when not in scan mode.

RESET: To reset time, distance, calories. Press and hold the key for 3 seconds to reset the value to zero.

FUNCTION AND OPERATIONS:

SCAN: Press "MODE" button until "SCAN" appears, monitor will rotate through all the 4 functions: Time, speed, distance, calorie. Each display will be hold 6 seconds.

TIME: Count the total time from exercise start to end. Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "SET" is zero, the computer will stop 1 seconds after the start of the time.

SPEED: Display current speed.

CAL: Count the total calories from exercise start to end. Press "MODE" button until "CAL" appears, Press "SET" button to set exercise calories. When the "SET" is zero, the computer will stop about 1 seconds after the start of the time.

DIST: Count the distance from exercise start to end. Press "MODE" button until "DIST" appears. Press "SET" button to set exercise distance. When the "SET" is zero, the computer will stop about 1 seconds after the start of the time.

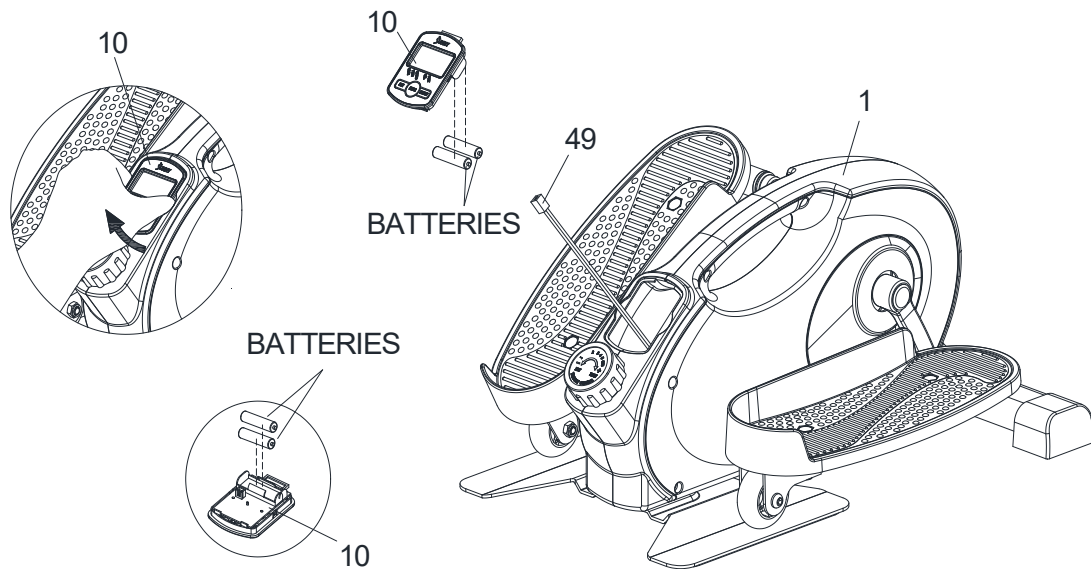
NOTE:

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.
3. The monitor will be auto-powered on when starting to exercise push button signal in.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

SPECIFICATIONS:

| | | |
|-----------------------|--|-------------------|
| FUNCTION | AUTO SCAN | Every 4 seconds |
| | TIME | 00:00' ~99:59' |
| | CURRENT SPEED | 0.00~9999ML(KM)/H |
| | TRIP DISTANCE | 0.00~9999ML(KM)/H |
| | CALORIES | 0.0~9999kCAL |
| BATTERY TYPE | 2pcs of SIZE - AAA or UM - 4 | |
| OPERATING TEMPERATURE | 0° C/32 Fahrenheit ~ +40° C/104 Fahrenheit | |
| STORAGE TEMPERATURE | -10° C/14 Fahrenheit ~ +60° C/140 Fahrenheit | |

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from the manual bag.
2. Remove the **Meter (No. 10)** from **Main Frame (No. 1)**. Then disconnect the link wire of **Inductor (No. 49)** with the **Meter (No. 10)**.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 10)**. Pay attention to the battery + and – poles before installing.
4. Insert the link wire of **Inductor (No. 49)** into the hole on the back of **Meter (No. 10)**.
5. Attach the **Meter (No. 10)** onto **Main Frame (No. 1)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Remove the **Meter (No. 10)** from **Main Frame (No. 1)**. Then disconnect the link wire of **Sensor (No. 49)** with the **Meter (No. 10)**.
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. 10)**. Pay attention to the battery + and – poles before installing.
3. Insert the link wire of **Inductor (No. 49)** into the hole on the back of **Meter (No. 10)**.
4. Attach the **Meter (No. 10)** onto **Main Frame (No. 1)**.

The replacement is complete!

NOTE: Dispose battery 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:

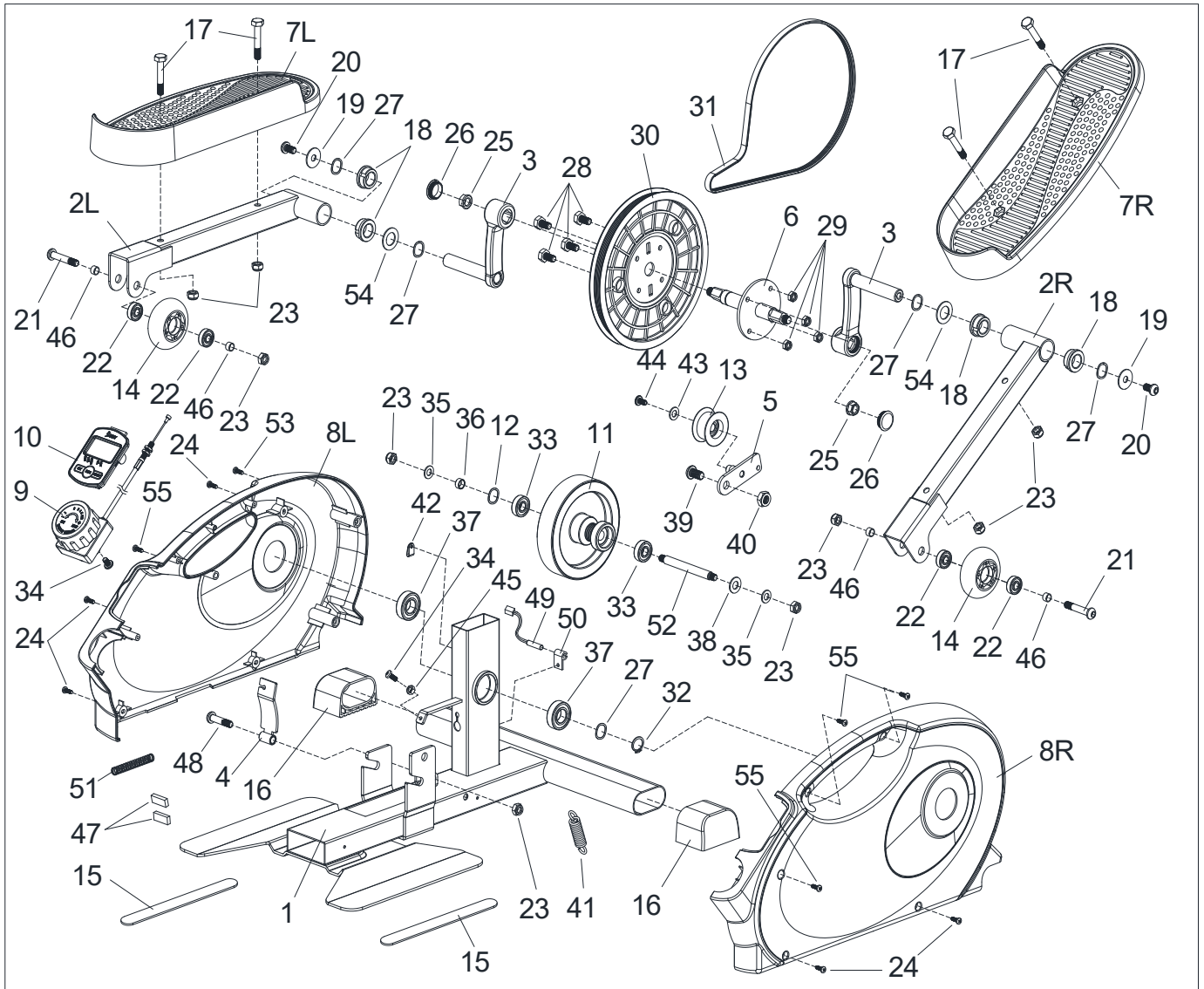
5. From the “Workout” tab, press on the “Search” button to search for your equipment.

6. Once your equipment appears on the list, tap the “Select” button to confirm.

NOTE: If your equipment does not appear on the "Searching for Equipment" list, check the METER 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.

7. 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!
8. 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, or use the in-app “Contact Us” form to request support (“Me” tab -> “Contact Us”).

EXPLODED DIAGRAM



PARTS LIST

| No. | Description | Spec. | Qty. | No. | Description | Spec. | Qty. |
|------|----------------------|---------------|------|-----|---------------|-----------------|------|
| 1 | Main Frame | | 1 | 28 | Bolt | M6*15 | 4 |
| 2R | Pedal Frame (R) | | 1 | 29 | Nylon Nut | M6 | 4 |
| 2L | Pedal Frame (L) | | 1 | 30 | Belt Wheel | Φ200*20 | 1 |
| 3 | Crank | | 2 | 31 | Belt | J300 | 1 |
| 4 | Magnetic Board | | 1 | 32 | C-clip | Φ17 | 2 |
| 5 | Idler Wheel Shaft | | 1 | 33 | Bearing | 6000 | 2 |
| 6 | Axle for Crank | | 1 | 34 | Screw | M5*15 | 2 |
| 7L/R | Pedal | | 2 | 35 | Flat Washer | Φ8.2*Φ16*1.5 | 2 |
| 8L/R | Belt Cover | | 2 | 36 | Sleeve | Φ12*Φ10.2*6 | 1 |
| 9 | Tension Control Knob | 500mm | 1 | 37 | Bearing | 6003RS | 2 |
| 10 | Meter | | 1 | 38 | Washer | Φ10.2*Φ20*1.5 | 1 |
| 11 | Inertial Wheel | Φ126 | 1 | 39 | Screw | M10*20*12 | 1 |
| 12 | Wave Washer | Φ10.2*Φ15*0.4 | 1 | 40 | Nylon Nut | M10 | 1 |
| 13 | Idler Wheel | Φ34*Φ10*24 | 1 | 41 | Spring | Φ14.5*Φ2.5*50.5 | 1 |
| 14 | Slide Wheel | Φ64*24 | 2 | 42 | Wire Clip | 13.2 1/2' | 1 |
| 15 | Silicone Pad | 230*35*2 | 2 | 43 | Flat Washer | Φ6.4*Φ12*1.2 | 1 |
| 16 | End Cap | 70*60*41.5 | 2 | 44 | Screw | M6*12 | 1 |
| 17 | Bolt | M8*45*15 | 4 | 45 | Nut | M5 | 1 |
| 18 | Alloy Wrap | Φ28*Φ16*12 | 4 | 46 | Sleeve | Φ10*Φ8.2*6 | 4 |
| 19 | Flat Washer | Φ8.2*Φ25*1.5 | 2 | 47 | Magnet | 9*20*5 | 2 |
| 20 | Screw | M8*16 | 2 | 48 | Bolt | M8*35*15 | 1 |
| 21 | Hex Bolt | M8*45*15 | 2 | 49 | Inductor | 600mm | 1 |
| 22 | Bearing | 608ZZ | 4 | 50 | Inductor Seat | | 1 |
| 23 | Nylon Nut | M8 | 9 | 51 | Spring | Φ0.8*70 | 1 |
| 24 | Screw | ST4.2*16 | 5 | 52 | Spindle | Φ10*101 | 1 |
| 25 | Flange Nut | M10 | 2 | 53 | Screw | ST3.5*15 | 1 |
| 26 | End Cap | M22 | 2 | 54 | Flat Washer | Φ16.2*Φ28*1.5 | 2 |
| 27 | Rubber Washer | Φ17*Φ21*0.4 | 5 | 55 | Screw | ST4.2*16 | 4 |

Version: 1.0

CONNECT
With us

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