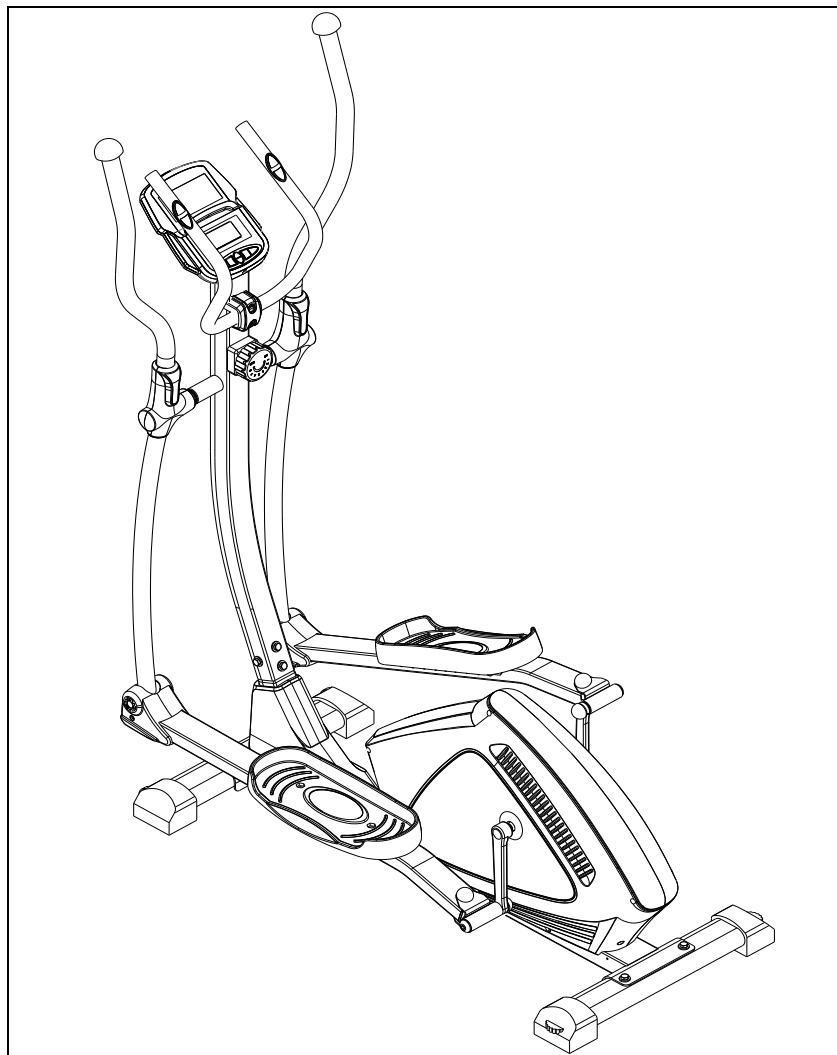# Endurance Zone
Magnetic Elliptical Trainer
SF-E3804
USER MANUAL

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).
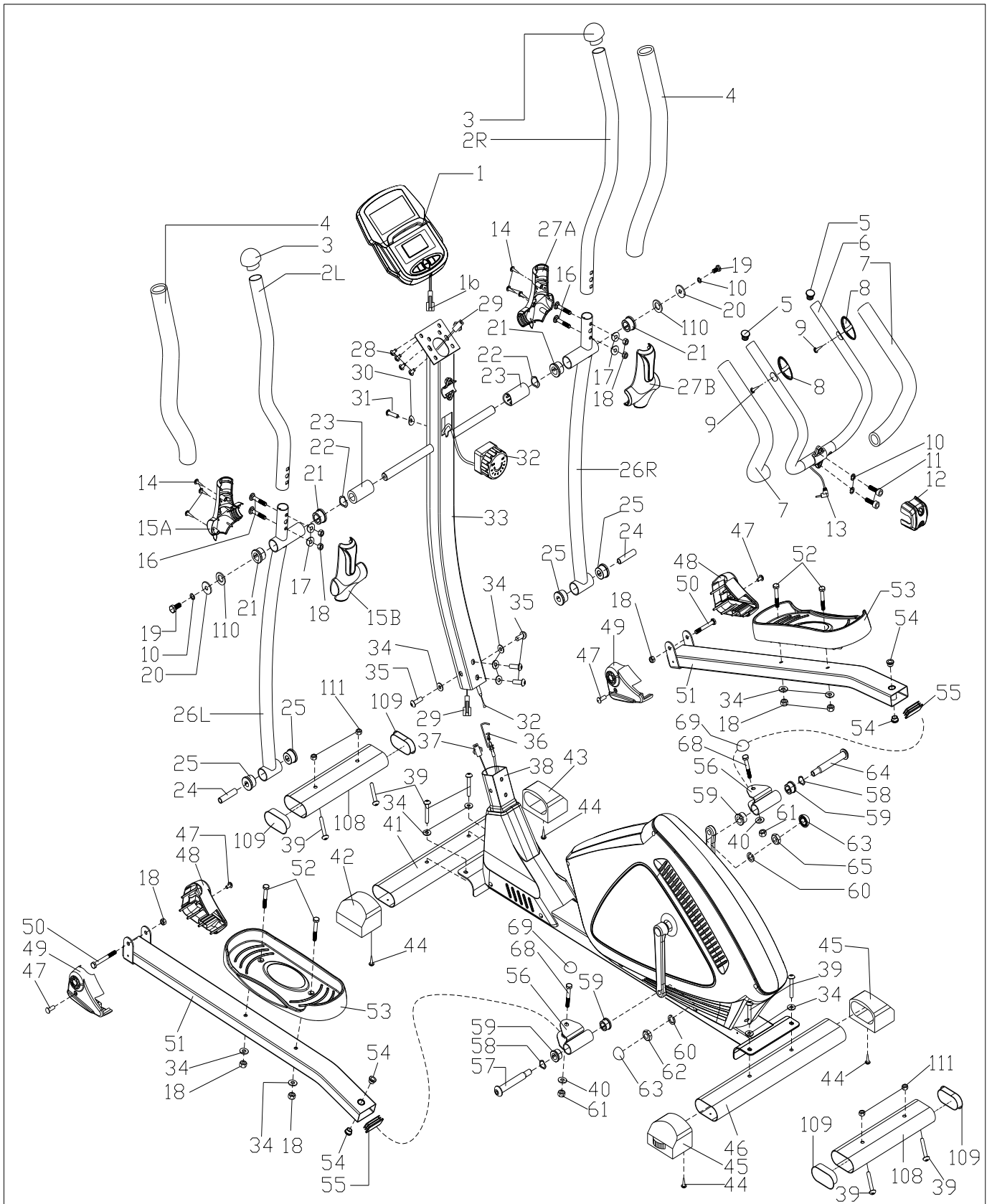
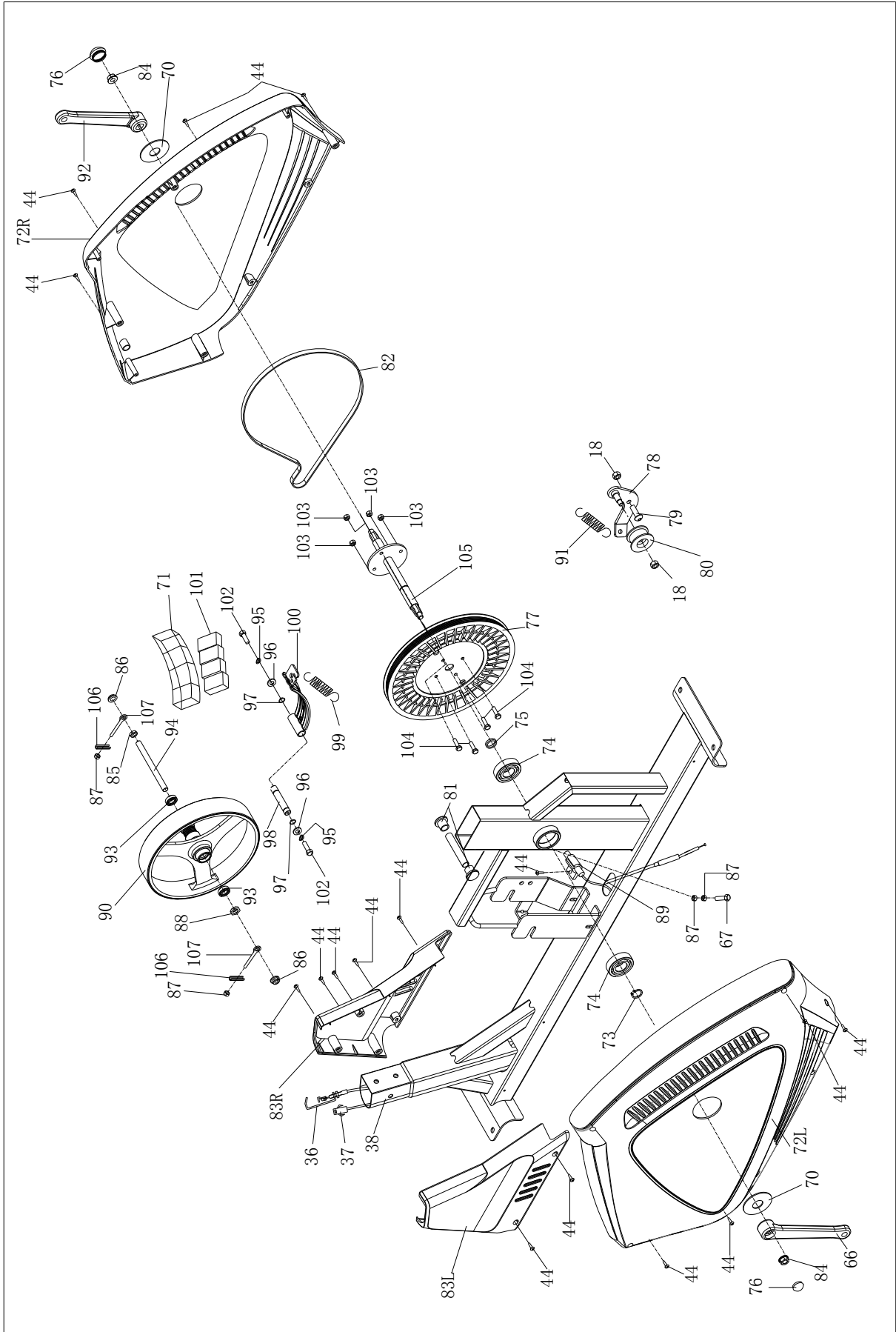# IMPORTANT SAFETY INFORMATION

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 285 pounds (130 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.
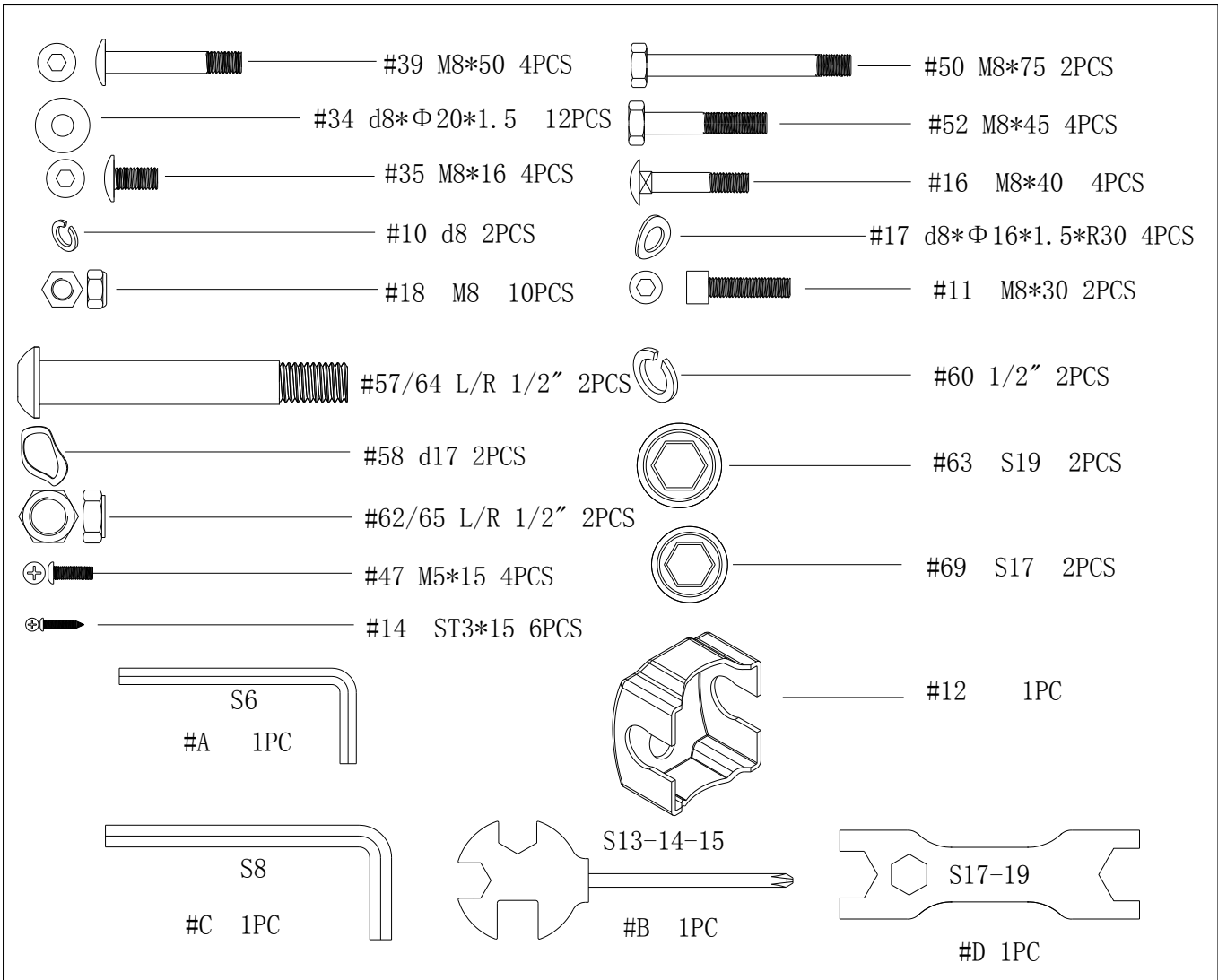13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

EXPLODED DIAGRAM 1

EXPLODED DIAGRAM 2

HARDWARE PACKAGE

#39 M8*50 4PCS

#34 d8*Φ20*1.5 12PCS

#35 M8*16 4PCS

#10 d8 2PCS

#18 M8 10PCS

#57/64 L/R 1/2″ 2PCS

#58 d17 2PCS

#62/65 L/R 1/2″ 2PCS

#47 M5*15 4PCS

#14 ST3*15 6PCS

S6
#A 1PC

S8
#C 1PC

#50 M8*75 2PCS

#52 M8*45 4PCS

#16 M8*40 4PCS

#17 d8*Φ16*1.5*R30 4PCS

#11 M8*30 2PCS

#60 1/2″ 2PCS

#63 S19 2PCS

#69 S17 2PCS

#12 1PC

S13-14-15
#B 1PC

S17-19
#D 1PC

PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Computer		1	36	Tension Cable		1
1b	Link Wire of Computer		1	37	Sensor Wire		1
2L/R	Handlebar (L/R)		2	38	Main Frame		1
3	End Cap		2	39	Screw	M8*50	8
4	Foam Grip		2	40	Washer	D10*Φ20*2	2
5	End Cap	Φ25	2	41	Front Stabilizer		1
6	Middle Handlebar		1	42	Left End Cap		1
7	Foam Grip		2	43	Right End Cap		1
8	Pulse	Φ25	2	44	Screw	ST4.2*16	20
9	Screw	ST4.2*19	2	45	End Cap		2
10	Spring Washer	D8	4	46	Rear Stabilizer		1
11	Screw	M8*30	2	47	Screw	M5*15	4
12	Small Cover		1	48	Right Stepper Cover		2
13	Hand Pulse Wire		1	49	Left Stepper Cover		2
14	Screw	ST3*15	6	50	Hexagon Bolt	M8*75	2
15A/B	Left Handlebar Cover		2	51	Pedal Tube		2
16	Carriage Bolt	M8*40	4	52	Hexagon Bolt	M8*45	4
17	Arc Washer	D8*Φ16*1.5 *R30	4	53	Pedal		2
18	Nylon Nut	M8	12	54	Bushing	Φ14*12.5*Φ10.1	4
19	Hexagon Bolt	M8*20	2	55	Square End Cap	J60*30*1.5	2
20	Washer	D8*Φ32*2	2	56	U Bracket		2
21	Alloy Wrap 2	Φ32*Φ19*28	4	57	Left Pedal Bolt	1/2"	1
22	Wave Washer	D19	2	58	Wave Washer	D17	2
23	Long Spacer	Φ32*Φ19*65	2	59	Bushing	Φ24*20*Φ16.1	4
24	Casing Pipe	Φ14*Φ8.5*60	2	60	Spring Washer	1/2"	2
25	Alloy Wrap 1	Φ32*Φ14*20	4	61	Nylon Nut	M10	2
26L/R	Swing Rod L/R		2	62	Left Nylon Nut	1/2"	1
27A/B	Right Handlebar Cover		2	63	End Cap	S19	2
28	Screw	M5*10	4	64	Right Pedal Bolt	1/2"	1
29	Trunk Wire		1	65	Right Nylon Nut	1/2"	1
30	Arc Washer	D5*Φ16*1	1	66	Left Crank		1
31	Screw	M5*40	1	67	Hexagon Bolt	M6*36	1
32	Tension Control Knob		1	68	Hexagon Bolt	M10*55	2
33	Upright Post		1	69	End Cap	S17	2
34	Washer	D8*Φ20*1.5	12	70	Crank Cover 1		2
35	Screw	M8*16	4	71	Plastic Lattice Magnet		1

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
72L/R	Chain Cover (L/R)		2	94	Axle		1
73	C-clip		1	95	Spring Washer	D6	2
74	Bearing		2	96	Washer	D6*Φ12*1	2
75	Spacer		1	97	C-clip	D12	2
76	Crank Cover 2		2	98	Axle		1
77	Belt Wheel		1	99	Tension Spring		1
78	Steel Bracket		1	100	Magnetic Board		1
79	Screw	M8*25	1	101	Magnet		4
80	Idler Wheel		1	102	Hexagon Bolt	M6*16	2
81	End Cap		2	103	Nylon Nut	M6	4
82	Belt		1	104	Hexagon Bolt	M6*20	4
83L/R	Front Cover (L/R)		2	105	Axle		1
84	Hexagon Flange Nut		2	106	U Stopper		2
85	Hexagon Thin Nut	M10*H5	1	107	Bolt	M6*36	2
86	Hexagon Flange Nut	M10*1.0	2	108	Shipping Tube		2
87	Hexagon Nut	M6	4	109	End Cap	PT80*40	4
88	Hexagon Thin Nut	M10*H3	1	110	Washer	D20*Φ30*1.0	2
89	Sensor Socket		1	111	Hexagon Nut	M8*H5.5*S14	4
90	Flywheel		1	A	Allen Wrench	S6	1
91	Tension Spring		1	B	Spanner	S13-14-15	1
92	Right Crank		1	C	Allen Wrench	S8	1
93	Bearing		2	D	Spanner	S17-19	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" and "PARTS LIST" (found near the front of the manual)

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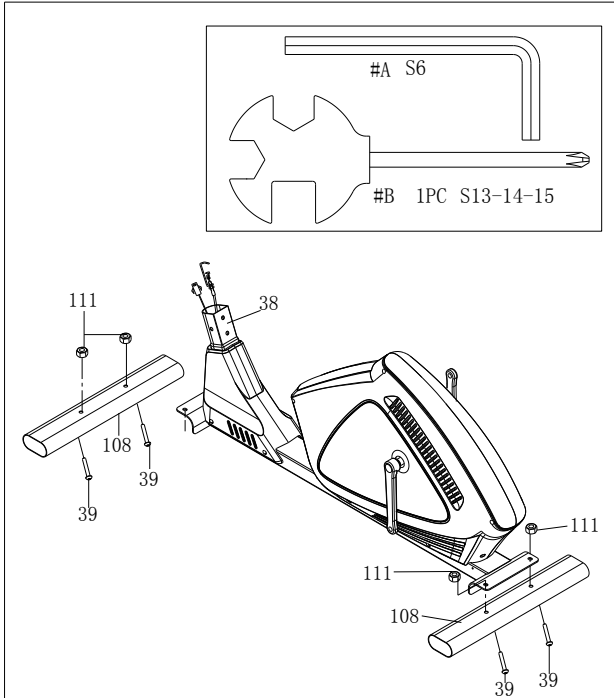
ASSEMBLY INSTRUCTIONS

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).
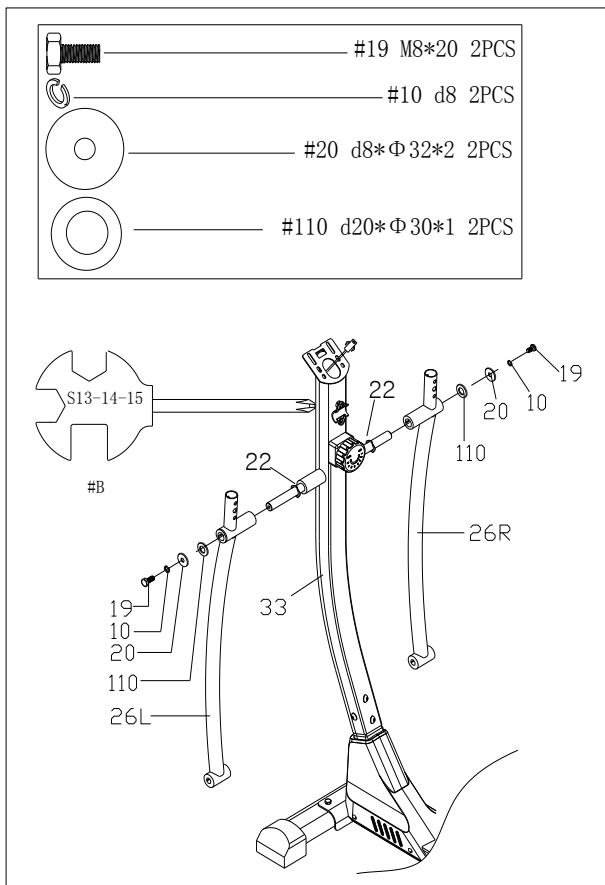
STEP 1:

Remove 2 **Shipping Tubes (No. 108)** from **Main Frame (No. 38)** by removing 4 **Screws (No. 39)** and 4 **Hexagon Nuts (No. 111)** with **Allen Wrench (No. A)** and **Spanner (No. B)**.

NOTE: You may discard these parts or save them for future packaging and transportation {**Screws (No. 39)**, **Hexagon Nuts (No. 111)** and **Shipping Tubes (No. 108)**}.

STEP 2:

Attach **Front Stabilizer (No. 41)** and **Rear Stabilizer (No. 46)** onto **Main Frame (No. 38)** with 4 **Screws (No. 39)** and 4 **Washers (No. 34).** Tighten and secure with **Allen Wrench (No. A).**
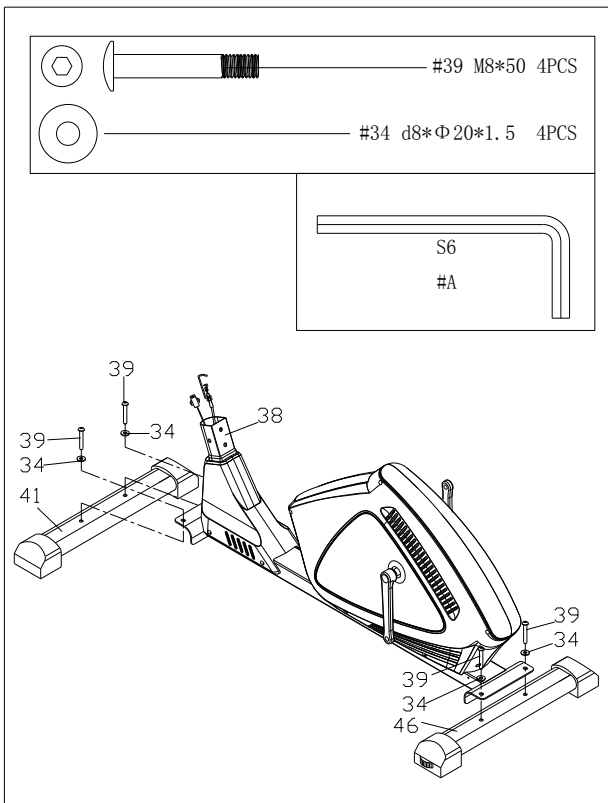
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

#35 M8*16 4PCS

#34 d8*Φ20*1.5 4PCS

S6
#A

33

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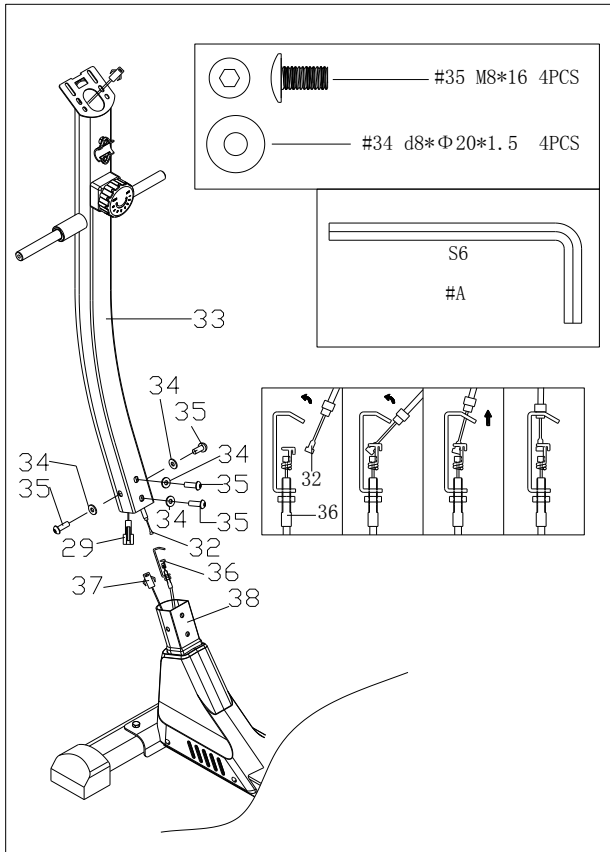
STEP 3:

Connect **Trunk Wire (No. 29)** and **Sensor Wire (No. 37)** together.

CAUTION: Please make sure the **Tension Control Knob (No. 32)** is at the lowest resistance level (level 1, all the way to the left) before you connect the **Tension Cable (No. 36)**

Put the cable of **Tension Control Knob (No. 32)** into the cable lock of **Tension Cable (No. 36)**. Then, pull the resistance cable of **Tension Control Knob (No. 32)** upward and push it into the slot of metal bracket of **Tension Cable (No. 36).** Insert the metal fitting on the resistance cable of **Tension Control Knob (No. 32)** into the hole at the end of the slot in the metal bracket of **Tension Cable (No. 36).**

After properly connecting the tension cable assembly, attach **Upright Post (No. 33)** to the tube of **Main Frame (No. 38)** with 4 **Screws (No. 35)** and 4 **Washers (No. 34)**. Tighten and secure with **Allen Wrench (No. A).**

#19 M8*20 2PCS

#10 d8 2PCS

#20 d8*Φ32*2 2PCS

#110 d20*Φ30*1 2PCS

S13-14-15

#B

19
22
20
10
110
22
26R
19
10
20
110
26L
33

STEP 4:

Remove pre-assembled 2 **Hexagon Bolts (No. 19),** 2 **Spring Washers (No. 10)**, 2 **Washers (No. 20)**, and 2 **Washers (No. 110)** from **Upright Post (No. 33)** with **Spanner (No. B).** Keep 2 **Wave Washers (No. 22)** on the **Upright Post (No. 33).**

Slide **Swing Rods (No. 26L/R)** onto **Upright Post (No. 33)** with 2 **Hexagon Bolts (No. 19),** 2 **Spring Washers (No. 10)**, 2 **Washers (No. 20)**, and 2 **Washers (No. 110)** that were removed. Tighten and secure with **Spanner (No. B).**

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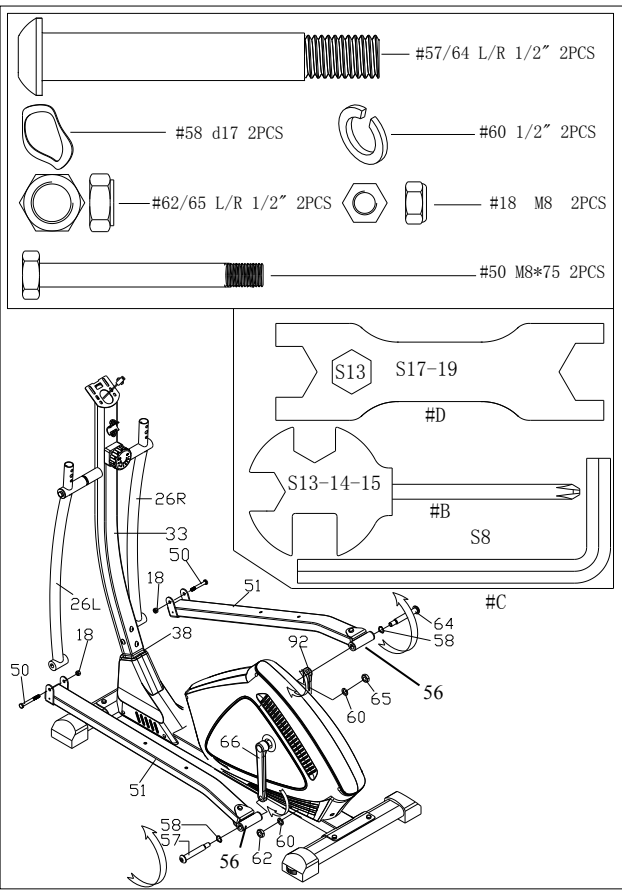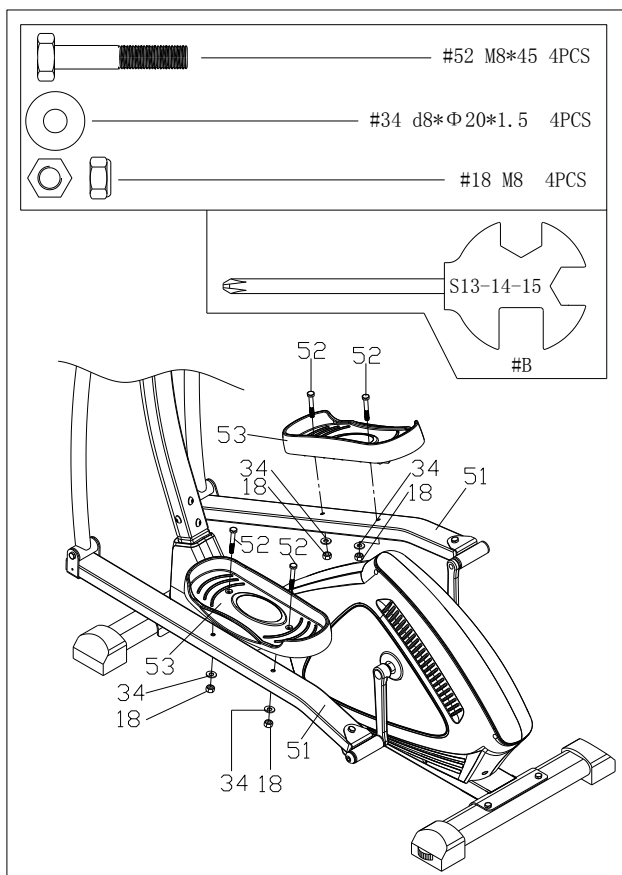
STEP 5:

Attach **Pedal Tubes (No. 51)** onto **Swing Rods (No. 26L/R)** with 2 **Hexagon Bolts (No. 50)** and 2 **Nylon Nuts (No. 18)**. Tighten and secure with **Spanner (No. B)** and **Spanner (No. D).**

Align the **U Bracket (No. 56)** to the **Left Crank (No. 66)** with **Left Pedal Bolt (No. 57), Wave Washer (No. 58)**. Turn the **Left Pedal Bolt (No. 57)** *counter-clockwise* as tightly as you can with your hand. Secure by tightening **Left Nylon Nut (No. 62)** and **Spring Washer (No. 60)** *clockwise*. Then use **Allen Wrench (No. C)** and **Spanner (No. D)** to tighten securely.

Align the **U Bracket (No. 56)** to the **Right Crank (No. 92)** with **Right Pedal Bolt (No. 64), Wave Washer (No. 58).** Turn the **Right Pedal Bolt (No. 64)** *clockwise* as tightly as you can with your hand. Secure by tightening **Right Nylon Nut (No. 65)** and **Spring Washer (No. 60)** *counter-clockwise*. Then use **Allen Wrench (No. C)** and **Spanner (No. D)** to tighten securely.

STEP 6:

Attach **Pedals (No. 53)** onto the **Pedal Tubes (No. 51)** with 4 **Hexagon Bolts (No. 52),** 4 **Washers (No. 34)**, and 4 **Nylon Nuts (No. 18)**. Tighten and secure with **Spanner (No. B)**.

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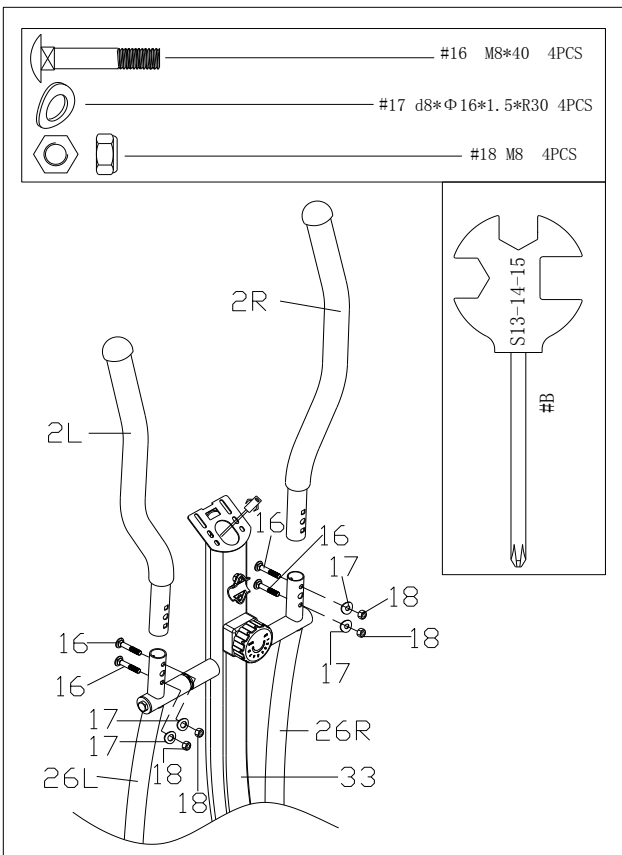
STEP 7:

Attach **Handlebars (No. 2L/R)** to the **Swing Rods (No. 26L/R)** with 4 **Carriage Bolts (No. 16)**, 4 **Arc Washers (No. 17)**, and 4 **Nylon Nuts (No. 18)**. Tighten and secure with **Spanner (No. B)**.
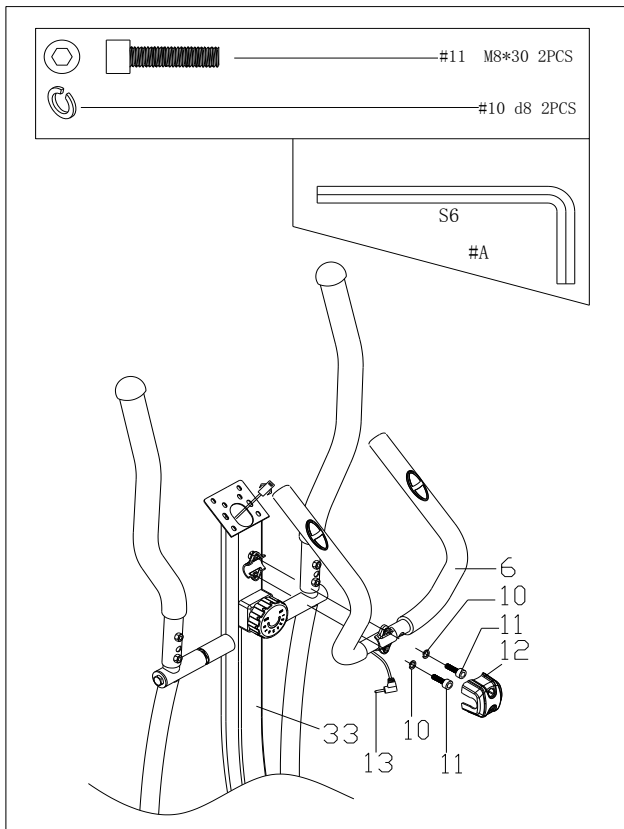
STEP 8:

Attach **Middle Handlebar (No. 6)** to **Upright Post (No. 33)** with 2 **Screws (No. 11)** and 2 **Spring Washers (No. 10)**. Tighten and secure with **Allen Wrench (No. A)**. Then, attach **Small Cover (No. 12)** onto **Middle Handlebar (No. 6)**.

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 9:

Attach the **Left & Right Handlebar Covers (No. 15A/B & No. 27A/B)** to the **Swing Rods (No. 26L/R)** with 6 **Screws (No. 14)**. Tighten and secure with **Spanner (No. B)**.

Attach the **Left & Right Stepper Covers (No. 48 & No. 49)** to the **Pedal Tubes (No. 51)** with 4 **Screws (No. 47)**. Tighten and secure with **Spanner (No. B)**.

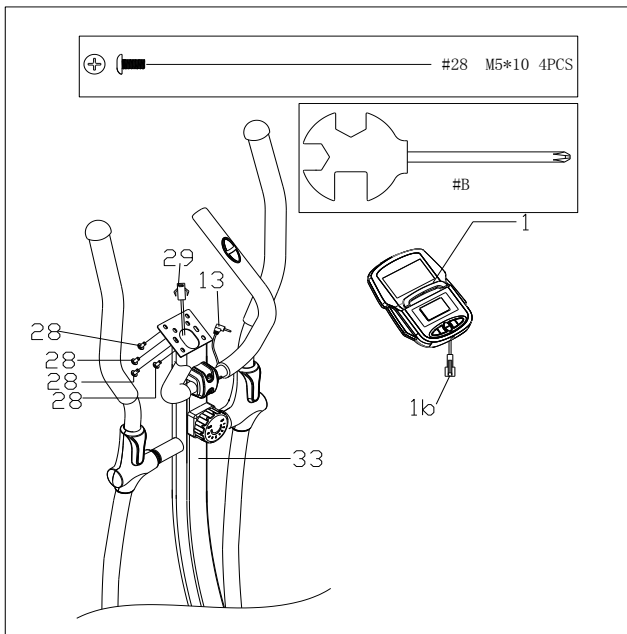Attach the **End Caps (No. 63 & No. 69)** onto the **Pedal Tubes (No. 51)**.
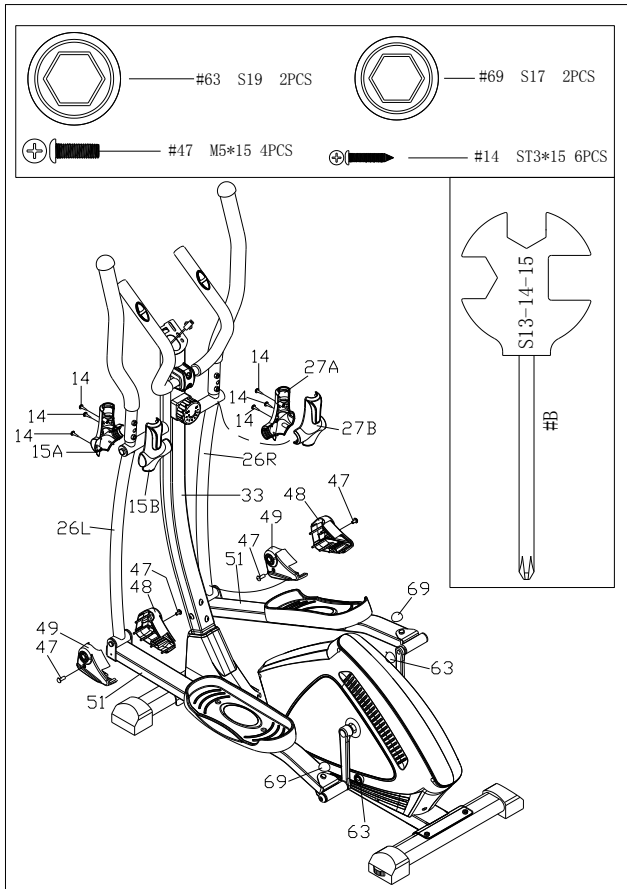
STEP 10:

Remove pre-assembled 4 **Screws (No. 28)** from the back of **Computer (No. 1)**.

Connect **Trunk Wire (No. 29)** with **Link Wire of Computer (No. 1b)**. Then, attach **Computer (No. 1)** to the **Upright Post (No. 33)** with 4 **Screws (No. 28)**. Tighten and secure with **Spanner (No. B)**.

Insert **Hand Pulse Wire (No. 13)** into the hole on the back of **Computer (No. 1)**.

The assembly is complete.

BATTERY INSTALLATION & REPLACEMENT

Battery

Battery Cover

1
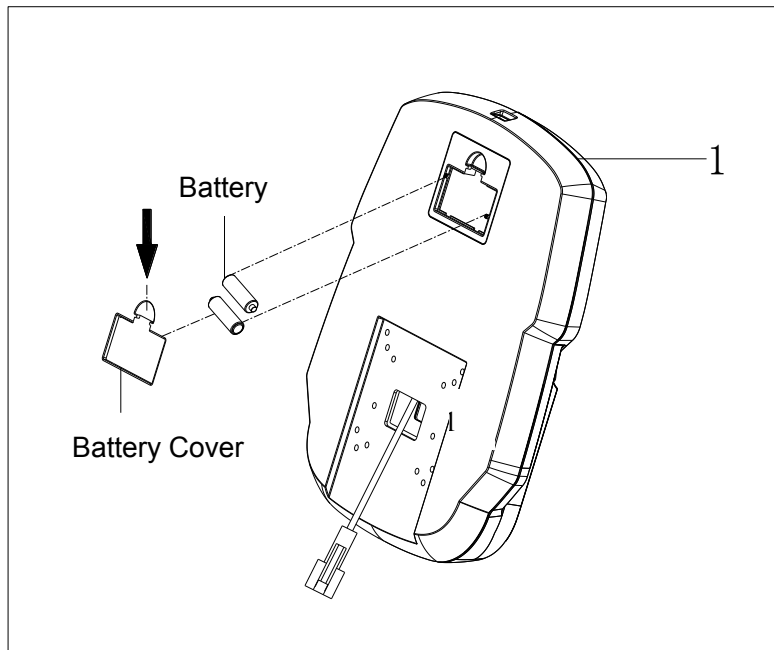
BATTERY INSTALLATION:

1. Take out 2 AA batteries from computer box.
2. Press the buckle of the battery cover on the back of 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 the 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 the battery cover on the back of the **Computer (No. 1)**, then remove the battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA 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 the battery cover, then put the battery cover back to the back of the **Computer (No. 1).**
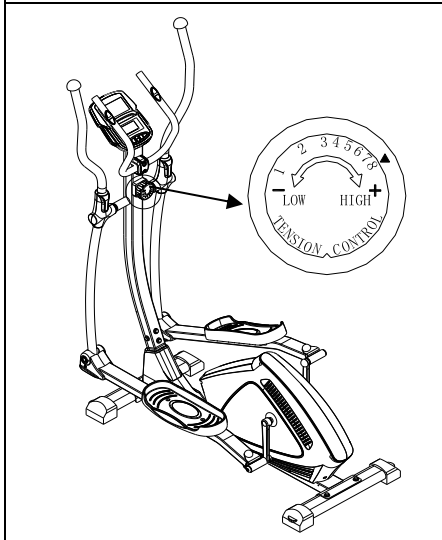
The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

ADJUSTMENTS & USAGE GUIDE
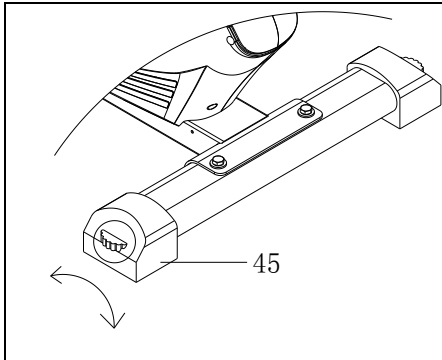
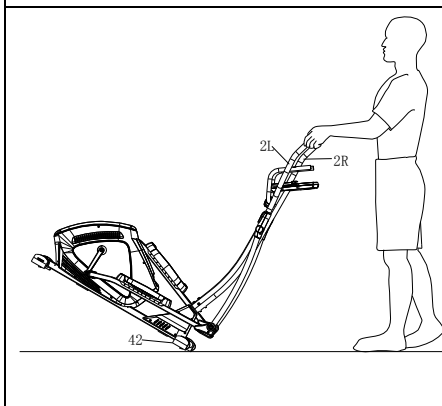|	
	ADJUSTING THE BALANCE In order to achieve a smooth and comfortable ride, you must ensure that the stability of the elliptical is secured. If you notice that the elliptical is unbalanced during use, you should adjust the **End Caps (No. 45)** located on the rear stabilizer until the elliptical becomes level with the floor surface.
	ADJUSTING THE TENSION Adjust the tension by rotating the **Tension Control Knob (No. 32)** clockwise to increase the level of resistance. Rotate the **Tension Control Knob (No. 32)** counterclockwise to decrease the level of resistance. Tension levels are set at Level 1 being the lowest and Level 8 being the highest.
	MOVING THE ELLIPTICAL To move the elliptical, hold **Handlebars (No. 2L/R)** and tilt the elliptical until the movable wheels on the **Left & Right End Caps (No. 42 & No. 43)** located on the front stabilizer touch the ground. With the wheels on the ground, you can transport the elliptical to the desired location with ease.

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.

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 50°F to 140°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 Target 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 Target 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 receive 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).

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer.	1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the upright post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer may be unresponsive. Change to new batteries
The elliptical wobbles when in use	Turn the end cap on the rear stabilizer as needed to level the elliptical.
The elliptical makes squeaking noise when in use.	The bolts may have become loose on the elliptical. Please inspect all the bolts and tighten any loosened bolts.

Version 1.4

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