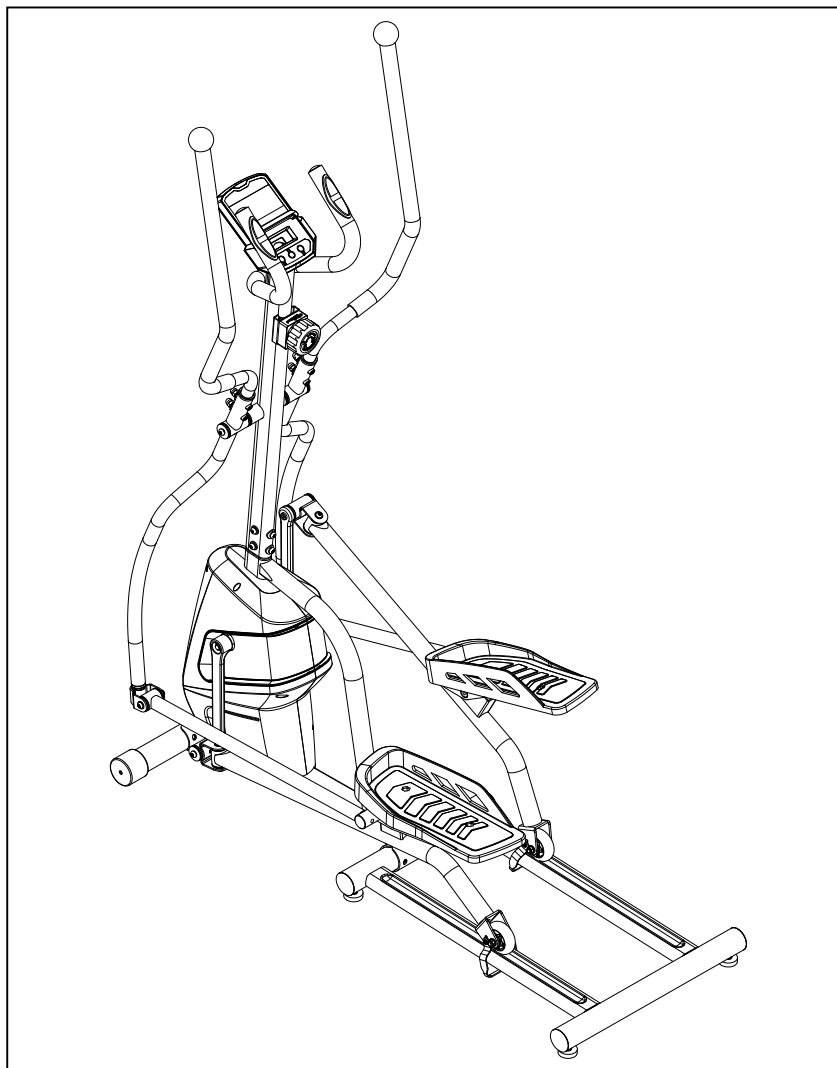




# MAGNETIC ELLIPTICAL TRAINER

## SF-E3810

### 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).



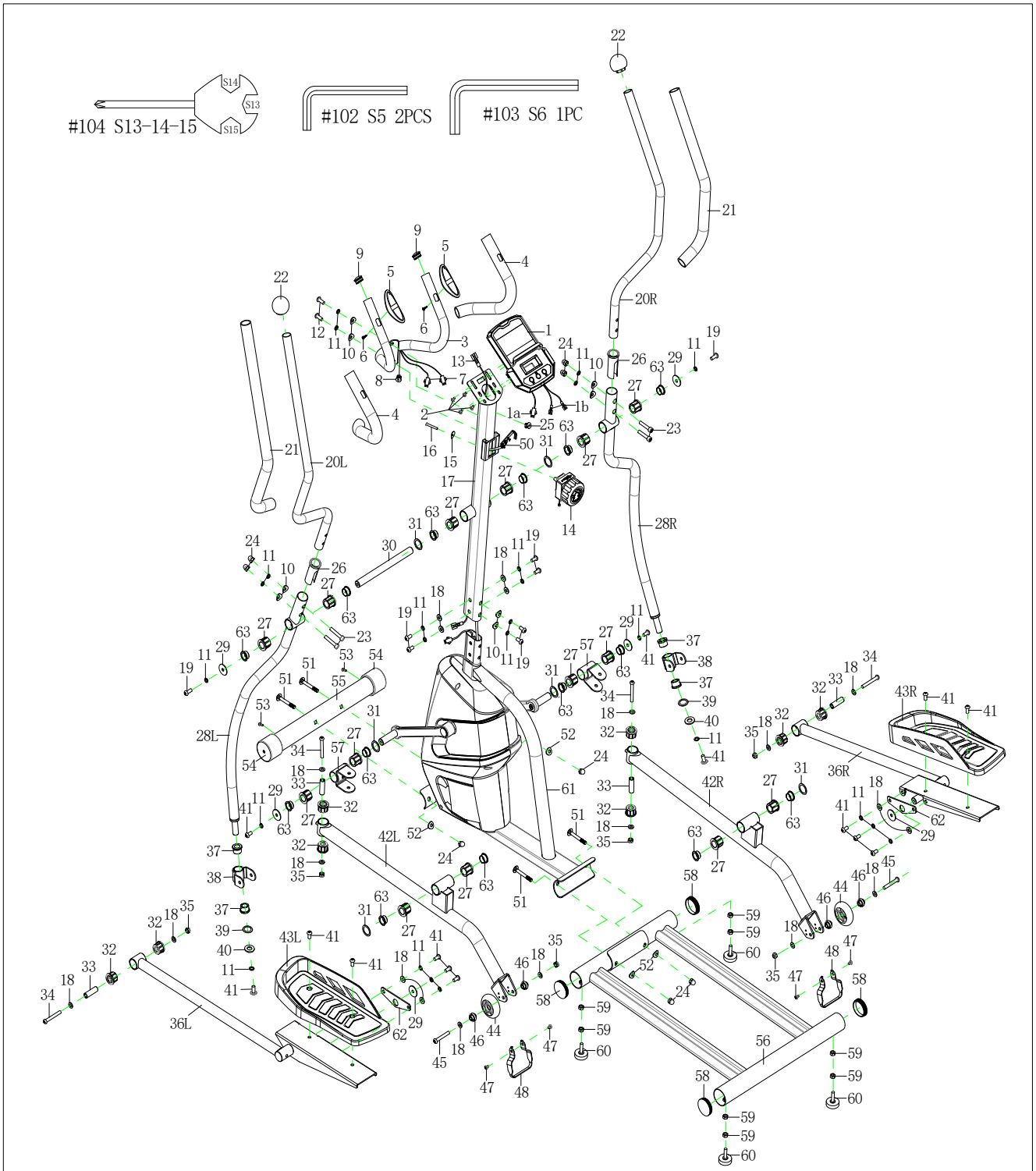
WWW.SUNNYHEALTHFITNESS.COM

# **IMPORTANT SAFETY INFORMATION**

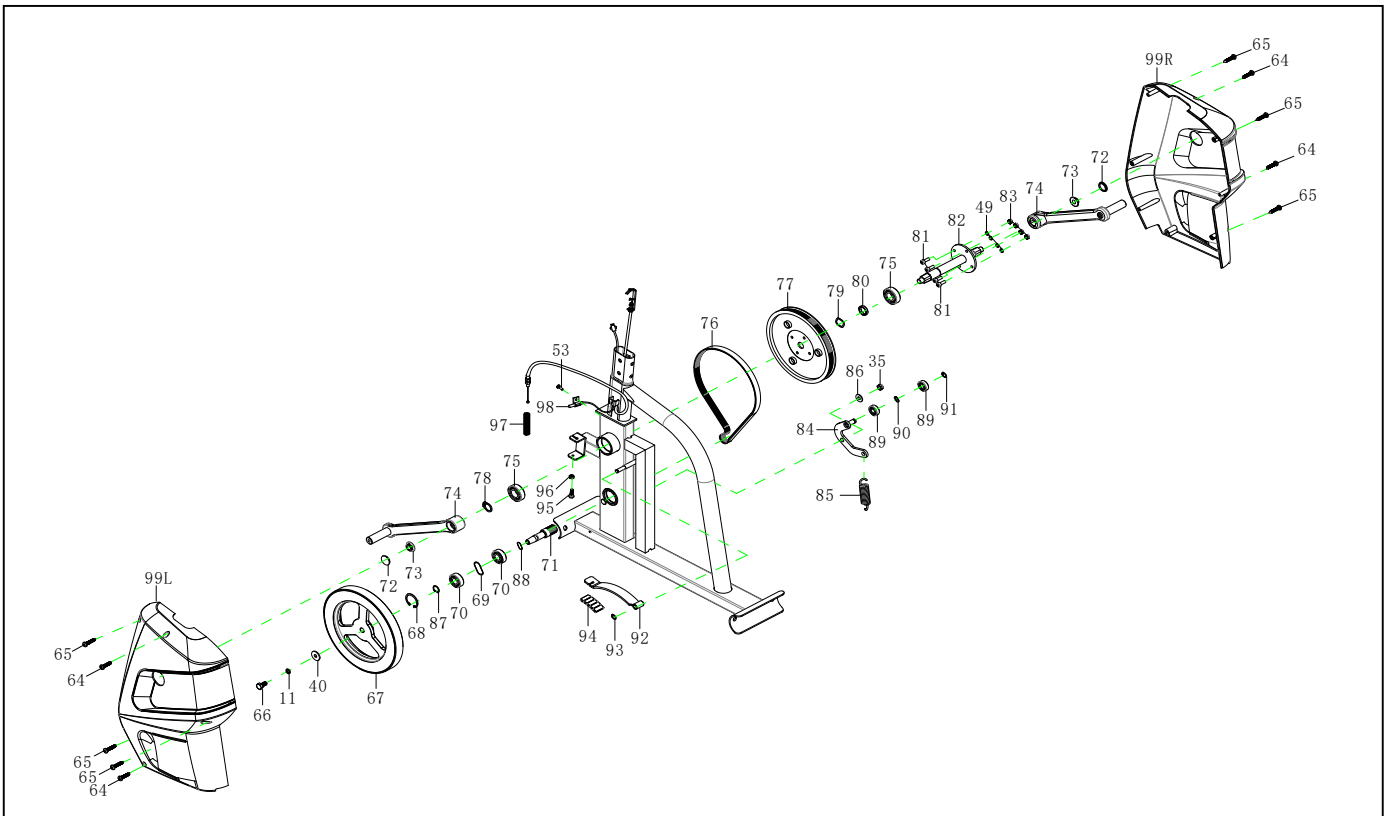
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.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

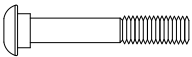
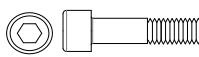





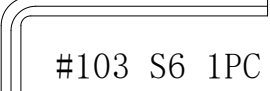
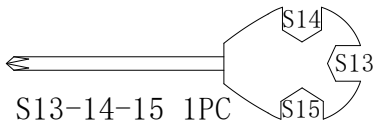
# EXPLODED DIAGRAM 1



# EXPLODED DIAGRAM 2



# HARDWARE PACKAGE

|   |  |  |
|---|--|--|
|  #51 M8*65*20*H5 2PCS   |  #23 M8*40 4PCS         |  |
|  #11 d8 4PCS            |  #52 d8*Φ 20*2*R25 2PCS |  |
|  #10 d8*Φ 20*2*R16 4PCS |  #24 M8*H16 6PCS        |  |
|  #102 S5 2PCS          |  #103 S6 1PC            |  #104 S13-14-15 1PC |

# PARTS LIST

| No.   | Description          | Spec.          | Qty. |
|-------|----------------------|----------------|------|
| 1     | Computer             |                | 1    |
| 1a    | Computer Wire        |                | 1    |
| 1b    | Computer Wire        |                | 2    |
| 2     | Bolt                 | M5*10          | 4    |
| 3     | Middle Handlebar     |                | 1    |
| 4     | Foam Grip            | Φ23*3*380      | 2    |
| 5     | Handle Pulse Plate   |                | 2    |
| 6     | Screw                | ST4.0*19       | 2    |
| 7     | Handle Pulse Wire    |                | 2    |
| 8     | Grommet              | Φ12*11*Φ3      | 1    |
| 9     | End Cap              | Φ25*16         | 2    |
| 10    | Arc Washer           | d8*Φ20*2*R16   | 8    |
| 11    | Spring Washer        | d8             | 25   |
| 12    | Bolt                 | M8*20          | 2    |
| 13    | Trunk Wire           |                | 1    |
| 14    | Tension Control Knob |                | 1    |
| 15    | Arc Washer           | d5*Φ20*1*R15   | 1    |
| 16    | Bolt                 | M5*40          | 1    |
| 17    | Handlebar Post       |                | 1    |
| 18    | Washer               | d8*Φ16*1.5     | 20   |
| 19    | Bolt                 | M8*18          | 8    |
| 20L/R | Handlebar            |                | 2    |
| 21    | Foam Grip            | Φ23*3*680      | 2    |
| 22    | End Cap              | Φ25*22*Φ50     | 2    |
| 23    | Bolt                 | M8*40          | 4    |
| 24    | Cap Nut              | M8*H16         | 8    |
| 25    | Grommet              | Φ16            | 1    |
| 26    | Round Bushing        | Φ34*4*Φ26.5    | 2    |
| 27    | Bushing 4            | Φ32*3*Φ21.2*20 | 14   |
| 28L/R | Swing Rod            |                | 2    |
| 29    | Washer               | d8*Φ32*2       | 6    |
| 30    | Long Axle            | Φ19*225        | 1    |

| No.   | Description        | Spec.        | Qty. |
|-------|--------------------|--------------|------|
| 31    | Wave Washer        | d19*Φ25*0.3  | 6    |
| 32    | Bushing 3          | Φ32*Φ28*18   | 8    |
| 33    | Spacer             | Φ14*Φ8.2     | 4    |
| 34    | Bolt               | M8*62*20     | 4    |
| 35    | Nylon Nut          | M8*H7.5      | 7    |
| 36L/R | Pedal Support Tube |              | 2    |
| 37    | Sleeve             | Φ28*Φ16      | 4    |
| 38    | Swing Joint        |              | 2    |
| 39    | Wave Washer        | d16*Φ25*0.3  | 2    |
| 40    | Washer             | d8*Φ28*2     | 3    |
| 41    | Bolt               | M8*16        | 14   |
| 42L/R | Connecting Rod     |              | 2    |
| 43L/R | Pedal              |              | 2    |
| 44    | Wheel              | Φ71*24       | 2    |
| 45    | Bolt               | M8*55*20     | 2    |
| 46    | Bearing            | 608          | 4    |
| 47    | Bolt               | M5*8         | 4    |
| 48    | Anti-run Plate     |              | 2    |
| 49    | Spring Washer      | d6           | 4    |
| 50    | Lower Tension Wire |              | 1    |
| 51    | Bolt               | M8*65*20*H5  | 4    |
| 52    | Arc Washer         | d8*Φ20*2*R25 | 4    |
| 53    | Screw              | ST4.2*16     | 3    |
| 54    | End Cap            | Φ50*88       | 2    |
| 55    | Front Stabilizer   |              | 1    |
| 56    | Rail               |              | 1    |
| 57    | Connector          |              | 2    |
| 58    | End Cap            | Φ50*13       | 4    |
| 59    | Nut                | M8*H5.5      | 8    |
| 60    | Foot Pad           |              | 4    |
| 61    | Main Frame         |              | 1    |
| 62    | Support Plate      |              | 2    |

| No. | Description     | Spec.         | Qty. |
|-----|-----------------|---------------|------|
| 63  | Plastic Bushing | Φ27*1*Φ19.2*6 | 14   |
| 64  | Screw           | ST4.2*16      | 4    |
| 65  | Screw           | ST4.2*19      | 6    |
| 66  | Bolt            | M8*16         | 1    |
| 67  | Flywheel        |               | 1    |
| 68  | C-clip          | d35           | 1    |
| 69  | Wave Washer     | d31.5*0.3     | 1    |
| 70  | Bearing         | 6202          | 2    |
| 71  | Flywheel Shaft  |               | 1    |
| 72  | Crank Cover     |               | 2    |
| 73  | Nut             | M12*1.25      | 2    |
| 74  | Crank           |               | 2    |
| 75  | Bearing         | 6004          | 2    |
| 76  | Belt            |               | 1    |
| 77  | Belt Wheel      |               | 1    |
| 78  | C-clip          | d20           | 1    |
| 79  | Wave Washer     | d21           | 1    |
| 80  | Spacer          | Φ20.1 *5.5    | 1    |
| 81  | Bolt            | M6*16         | 4    |
| 82  | Axle            |               | 1    |
| 83  | Nylon Nut       | M6*H6         | 4    |

| No.   | Description       | Spec.        | Qty. |
|-------|-------------------|--------------|------|
| 84    | Idler Wheel Shaft |              | 1    |
| 85    | Spring            | Φ3.2 *70*N10 | 1    |
| 86    | Washer            | d8*Φ20*2     | 1    |
| 87    | C-clip            | d15          | 1    |
| 88    | Wave Washer       | d15*Φ19*0.3  | 1    |
| 89    | Bearing           | 6000         | 2    |
| 90    | Wave Washer       | d10*Φ15*0.3  | 1    |
| 91    | Washer            | d10          | 1    |
| 92    | Magnetic Plate    |              | 1    |
| 93    | C-clip            | d8           | 1    |
| 94    | Magnet            | 25*10*5      | 5    |
| 95    | Bolt              | M6*20        | 1    |
| 96    | Nut               | M6*H5        | 1    |
| 97    | Spring            | Φ1.2 *48*N9  | 1    |
| 98    | Sensor            |              | 1    |
| 99L/R | Belt Cover        |              | 2    |
| 100   | -                 |              | -    |
| 101   | -                 |              | -    |
| 102   | Allen Wrench      | S5           | 2    |
| 103   | Allen Wrench      | S6           | 1    |
| 104   | Spanner           | S13-14-15    | 1    |

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

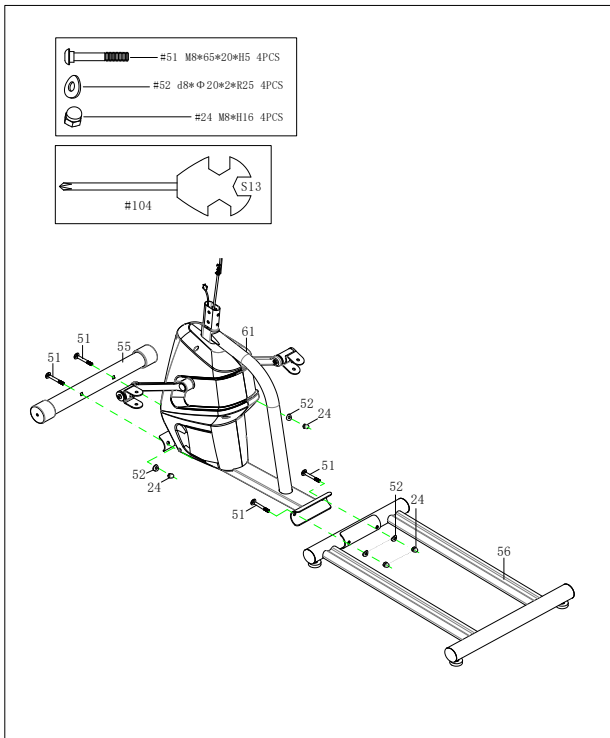
Please provide the following information in order for us to accurately identify the part(s) needed:

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

# ASSEMBLY INSTRUCTIONS

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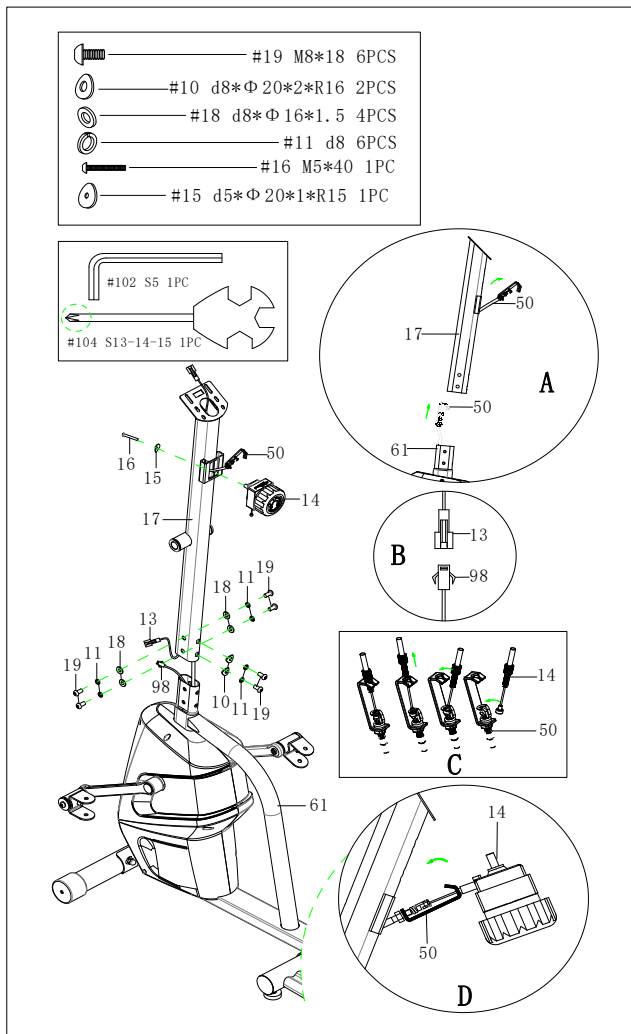
## STEP 1:

Remove 2 **Bolts (No. 51)**, 2 **Cap Nuts (No. 24)**, and 2 **Arc Washers (No. 52)** from **Front Stabilizer (No. 55)** using **Spanner (No. 104)**.

Attach **Front Stabilizer (No. 55)** to **Main Frame (No. 61)** using 2 **Bolts (No. 51)**, 2 **Cap Nuts (No. 24)**, and 2 **Arc Washers (No. 52)** that were removed. Tighten and secure with **Spanner (No. 104)**.

Attach **Rail (No. 56)** to **Main Frame (No. 61)** using 2 **Bolts (No. 51)**, 2 **Cap Nuts (No. 24)**, and 2 **Arc Washers (No. 52)**. Tighten and secure with **Spanner (No. 104)**.

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## STEP 2:

Remove 6 **Bolts (No. 19)**, 2 **Arc Washers (No. 10)**, 6 **Spring Washers (No. 11)**, and 4 **Washers (No. 18)** from **Main Frame (No. 61)** using **Allen Wrench (No. 102)**.

Pull the **Lower Tension Wire (No. 50)** out from the top hole of **Main Frame (No. 61)**, run it through the bottom hole of the **Handlebar Post (No. 17)** and go out through the side hole on the **Handlebar Post (No. 17)** as shown in picture A.

Connect the link wire of **Sensor (No. 98)** with **Trunk Wire (No. 13)** as shown in picture B.

Attach **Handlebar Post (No. 17)** to **Main Frame (No. 61)** using 6 **Bolts (No. 19)**, 6 **Spring Washers (No. 11)**, 2 **Arc Washers (No. 10)**, and 4 **Washers (No. 18)** that were removed. Tighten and secure with **Allen Wrench (No. 102)**.

**Note:** Be careful not to pinch the wires when assembling the **Handlebar Post (No. 17)**.

Remove 1 **Bolt (No. 16)** and 1 **Arc Washer (No. 15)** from **Tension Control Knob (No. 14)** using **Spanner (No. 104)**.

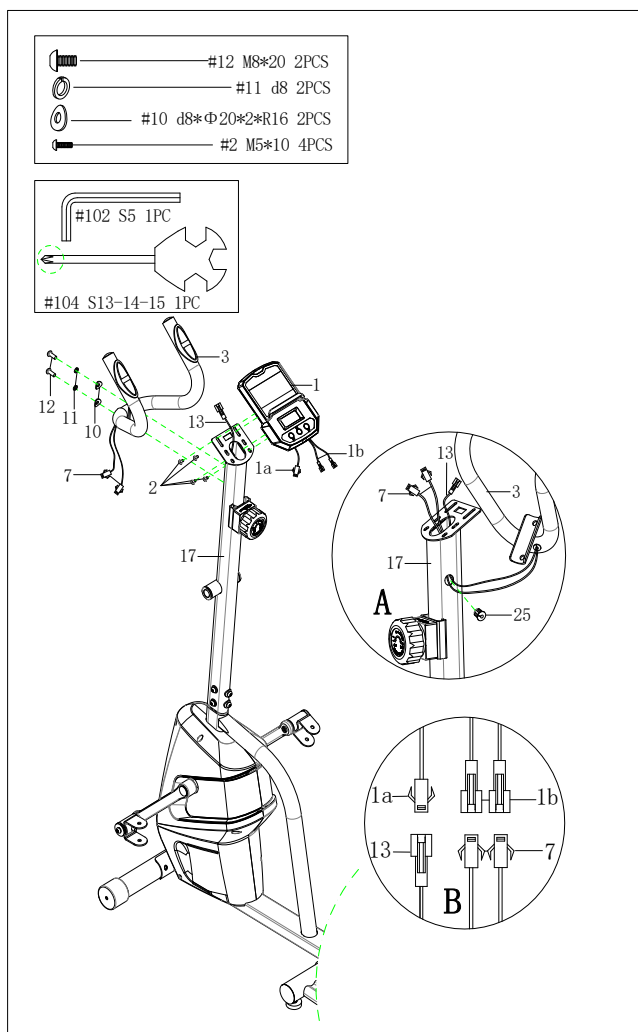
Set the **Tension Control Knob (No. 14)** at level 8 (highest resistance) to ensure the wire is at the longest. Connect **Tension Control Knob (No. 14)** with **Lower Tension Wire (No. 50)** as shown in picture C, then insert the **Lower Tension Wire (No. 50)** into **Handlebar Post (No. 17)**.

**Note:** When inserting the **Lower Tension Wire (No. 50)** into **Handlebar Post (No. 17)**, the direction should be correct as shown in picture D.

Attach **Tension Control Knob (No. 14)** to **Handlebar Post (No. 17)** using 1 **Bolt (No. 16)** and 1 **Arc Washer (No. 15)** that were removed. Tighten and secure with **Spanner (No. 104)**.



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### STEP 3:

Remove 2 **Bolts (No. 12)**, 2 **Arc Washers (No. 10)**, and 2 **Spring Washers (No. 11)** from **Handlebar Post (No. 17)** using **Allen Wrench (No. 102)**.

Run the **Handle Pulse Wires (No. 7)** through the hole on the right side of the **Handlebar Post (No. 17)** and pull it out from the top hole of **Handlebar Post (No. 17)**. Then, place **Grommet (No. 25)** into the hole of the **Handlebar Post (No. 17)** as shown in picture A.

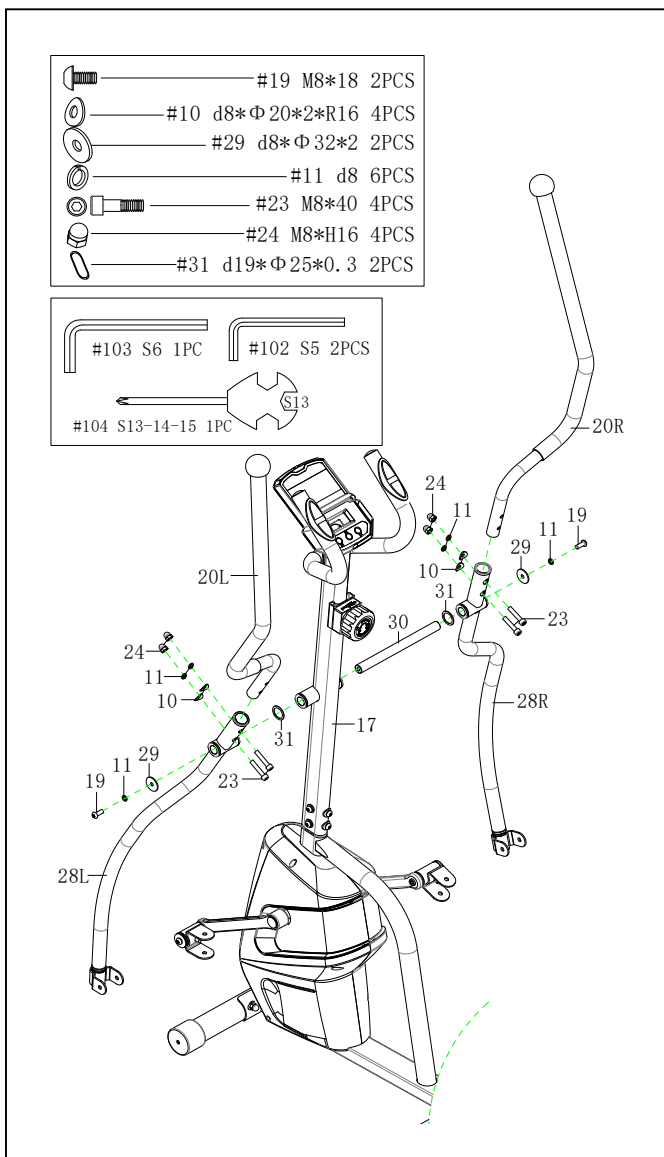
Attach **Middle Handlebar (No. 3)** to **Handlebar Post (No. 17)** using 2 **Bolts (No. 12)**, 2 **Spring Washers (No. 11)**, and 2 **Arc Washers (No. 10)** that were removed. Tighten and secure with **Allen Wrench (No. 102)**.

Connect **Computer Wires (No. 1b)** with **Handle Pulse Wires (No. 7)** and connect the **Computer Wire (No. 1a)** with **Trunk Wire (No. 13)** as shown in picture B.

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

Attach **Computer (No. 1)** to **Handlebar Post (No. 17)** using 4 **Bolts (No. 2)** that were removed. Tighten and secure with **Spanner (No. 104)**.

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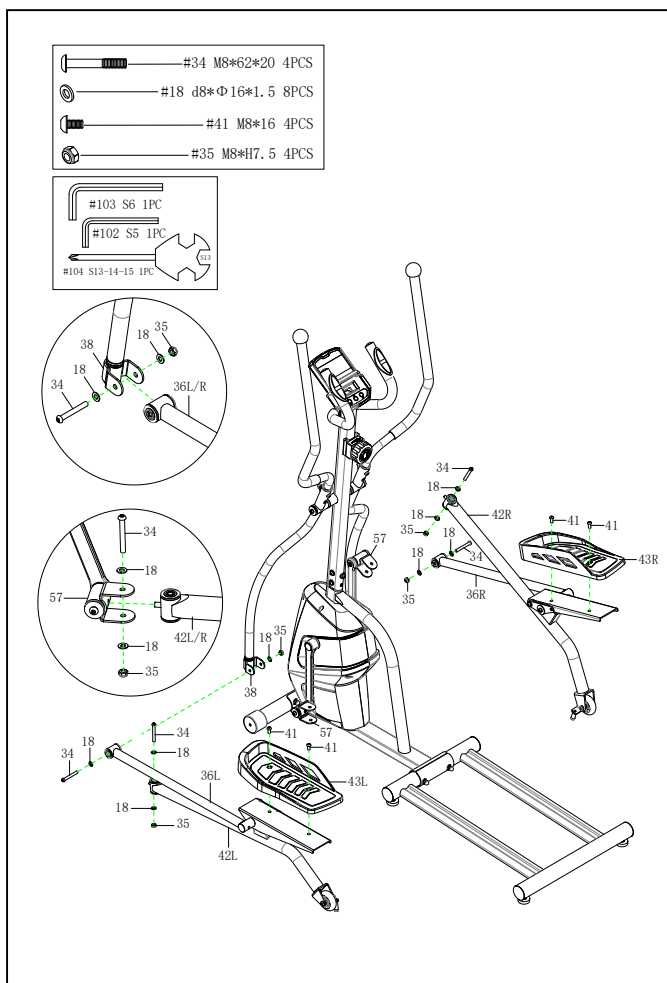
#### STEP 4:

Remove 2 **Bolts (No. 19)**, 2 **Spring Washers (No. 11)**, 2 **Washers (No. 29)**, and 2 **Wave Washers (No. 31)** from **Long Axle (No. 30)** using **Allen Wrench (No. 102)**.

Insert **Long Axle (No. 30)** into **Handlebar Post (No. 17)**, then attach 2 **Wave Washers (No. 31)** to the two sides of **Long Axle (No. 30)**. Attach **Left & Right Swing Rods (No. 28L & No. 28R)** to **Handlebar Post (No. 17)** using 2 **Bolts (No. 19)**, 2 **Spring Washers (No. 11)** and 2 **Washers (No. 29)** that were removed. Tighten and secure with 2 **Allen Wrenches (No. 102)**.

Attach **Left & Right Handlebars (No. 20L & No. 20R)** to **Left & Right Swing Rods (No. 28L & No. 28R)** using 4 **Bolts (No. 23)**, 4 **Arc Washers (No. 10)**, 4 **Spring Washers (No. 11)**, and 4 **Cap Nuts (No. 24)**. Tighten and secure with **Allen Wrench (No. 103)** and **Spanner (No. 104)**.

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### STEP 5:

Remove 4 **Bolts (No. 34)**, 8 **Washers (No. 18)**, and 4 **Nylon Nuts (No. 35)** from 2 **Swing Joints (No. 38)** and 2 **Connectors (No. 57)** using **Allen Wrench (No. 103)** and **Spanner (No. 104)**.

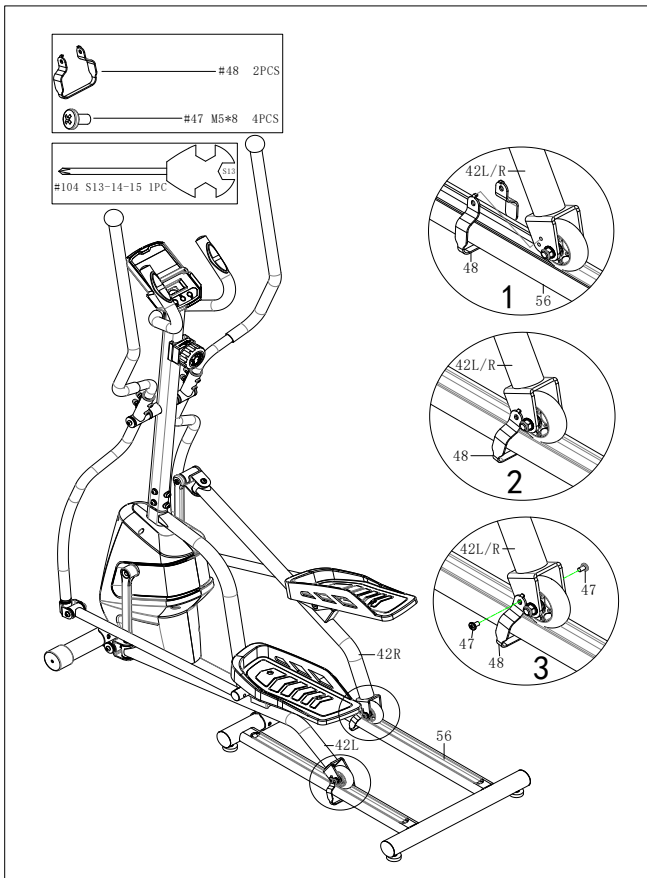
Attach **Left & Right Connecting Rods (No. 42L & No. 42R)** to 2 **Connectors (No. 57)** using 2 **Bolts (No. 34)**, 4 **Washers (No. 18)**, and 2 **Nylon Nuts (No. 35)** that were removed. Tighten and secure with **Allen Wrench (No. 103)** and **Spanner (No. 104)**.

Attach **Left & Right Pedal Support Tubes (No. 36L & No. 36R)** to 2 **Swing Joints (No. 38)** using 2 **Bolts (No. 34)**, 4 **Washers (No. 18)**, and 2 **Nylon Nuts (No. 35)** that were removed. Tighten and secure with **Allen Wrench (No. 103)** and **Spanner (No. 104)**.

Remove 4 **Bolts (No. 41)** from **Left & Right Pedal Support Tubes (No. 36L & No. 36R)** using **Allen Wrench (No. 102)**.

Attach **Left & Right Pedals (No. 43L & No. 43R)** to **Left & Right Pedal Support Tubes (No. 36L & No. 36R)** using 4 **Bolts (No. 41)** that were removed. Tighten and secure with **Allen Wrench (No. 102)**.

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### STEP 6:

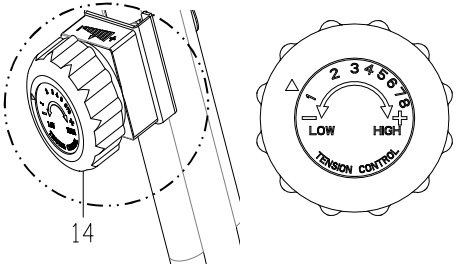
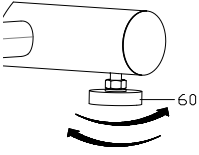
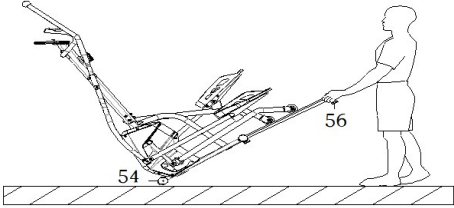
Remove 4 **Bolts (No. 47)** from **Left & Right Connecting Rods (No. 42L & No. 42R)** using **Spanner (No. 104)**.

Attach 2 **Anti-run Plates (No. 48)** into the bottom of **Rail (No. 56)** as shown in picture 1.

Assemble 2 **Anti-run Plates (No. 48)** into the holes of **Left & Right Connecting Rods (No. 42L & No. 42R)** as shown in picture 2, then secure them using 4 **Bolts (No. 47)** that were removed. Tighten and secure with **Spanner (No. 104)** as shown in picture 3.

*The assembly is complete!*

# ADJUSTMENTS GUIDE

|  |   |
|--|---|
|  <p>The diagram shows the Tension Control Knob (No. 14) on the left, with a dashed circle indicating its rotation. On the right is a close-up of the dial, which has a scale from 1 to 8. Level 1 is labeled 'LOW' and level 8 is labeled 'HIGH'. The dial also has a 'TENSION CONTROL' label and a small triangle marker.</p> | <h3>ADJUSTING THE RESISTANCE</h3> <p>Rotate the <b>Tension Control Knob (No. 14)</b> <i>clockwise</i> to increase the level of resistance. Rotate the <b>Tension Control Knob (No. 14)</b> <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p> |
|  <p>The diagram shows a cylindrical foot pad (No. 60) mounted on a base. A curved arrow indicates the adjustment of the pad's height to level the elliptical on an uneven surface.</p>  | <h3>ADJUSTING THE BALANCE</h3> <p>When this elliptical is on an uneven surface, please adjust both <b>Foot Pads (No. 60)</b> according to the left instruction picture.</p>   |
|  <p>The diagram shows a person standing next to the elliptical machine. The person is lifting the Rail (No. 56) upwards. The End Caps (No. 54) are shown touching the ground, which allows the machine to be moved.</p>   | <h3>MOVING THE ELLIPTICAL</h3> <p>To move the elliptical, lift the <b>Rail (No. 56)</b> until the transportation wheels of <b>End Caps (No. 54)</b> touch the ground. With the transportation wheels of <b>End Caps (No. 54)</b> on the ground, you can transport the elliptical to the desired location with ease.</p>                               |

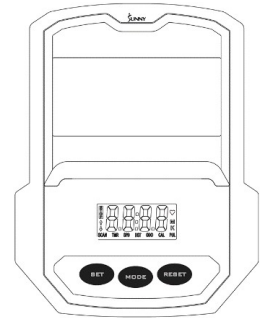
# EXERCISE COMPUTER

## FUNCTION BUTTONS:

**MODE:** Press the button to select TIME, DISTANCE, and CAL to preset.  
Press the button for selection function display value on LCD or enter after setting.  
Press the button and hold for 3 seconds to reset all value except odometer to zero.  
(When user replaces the batteries, all the values will reset to ZERO automatically).

**SET:** To set up the target value of TIME, DISTANCE, and CAL. Press the button and hold for 2 seconds to speed up the increment.

**RESET:** Press the button to reset function value when setting.  
Press the button and hold for 3 seconds to reset all values except odometer to zero  
(When the user replaces batteries, all the values will reset to ZERO automatically).



## FUNCTIONS & OPERATIONS:

### 1. BATTERY INSTALLATION:

Please install 2 AAA 1.5V batteries in the battery case on the back of computer. (Whenever batteries are removed, all the function values will be reset to zero.)

### 2. AUTO ON/OFF:

Once the user begins to exercise, the computer will show the workout value automatically. After about 4 minutes of inactivity, the computer will turn off. Odometer value does not reset to 0 when the computer turns off. When the user starts to exercise again, the workout value of odometer will accumulate continuously.

### 3. AUTO SCAN:

After the computer is powered on, press Mode key, the LCD will display all function values from TIME-SPEED-DISTANCE-CALORIES-ODOMETER-PULSE. Each value will be held for 6 seconds.

### 4. SPEED:

Displays the current training speed from 0.0 to 99.9 MPH (Miles per hour).

### 5. DISTANCE:

Accumulates total distance from 0.0 up to 9999. The user may preset target time by pressing the SET & MODE button. Each increment is 0.1 M (Miles). Automatically counts down from targeting value during exercise.

### 6. TIME:

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE button. Each increment is 1 minute.  
Automatically count down from targeting value during exercise.

## **7. CALORIES:**

Accumulates calories burned during training from 0 to 9999. The user may also preset the target calorie before training by pressing the SET & MODE button. Each setting increase is 1 cal. Automatically counts down from targeting value during exercise.

**Note: This data is a rough guide which cannot be used in medical treatment.**

## **8. ODOMETER:**

Displays the total accumulated distance from 0 to 9999. User can also press mode key to display the odometer value.

## **9. PULSE:**

The computer will display the user's heart rate in beats per minute during training.

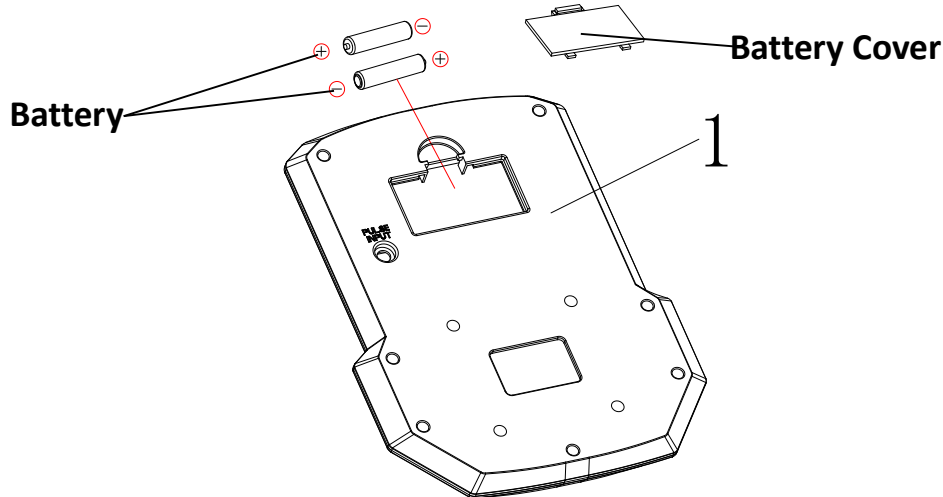
## **10. RESET:**

Press the button and hold for 2 seconds to reset all values except odometer to zero.

## **NOTE:**

1. If the computer display is abnormal, please re-install the new batteries and try again. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries.
2. Battery Spec: 1.5V UM-4 or AAA (2PCS).
3. Dispose the batteries safely, according to your state and regional guidelines.

# BATTERY INSTALLATION & REPLACEMENT



## **BATTERY INSTALLATION**

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the **Computer (No. 1)**, then remove battery cover.
3. Install 2 AAA 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 AAA batteries in the battery case and install 2 new AAA 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 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.



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