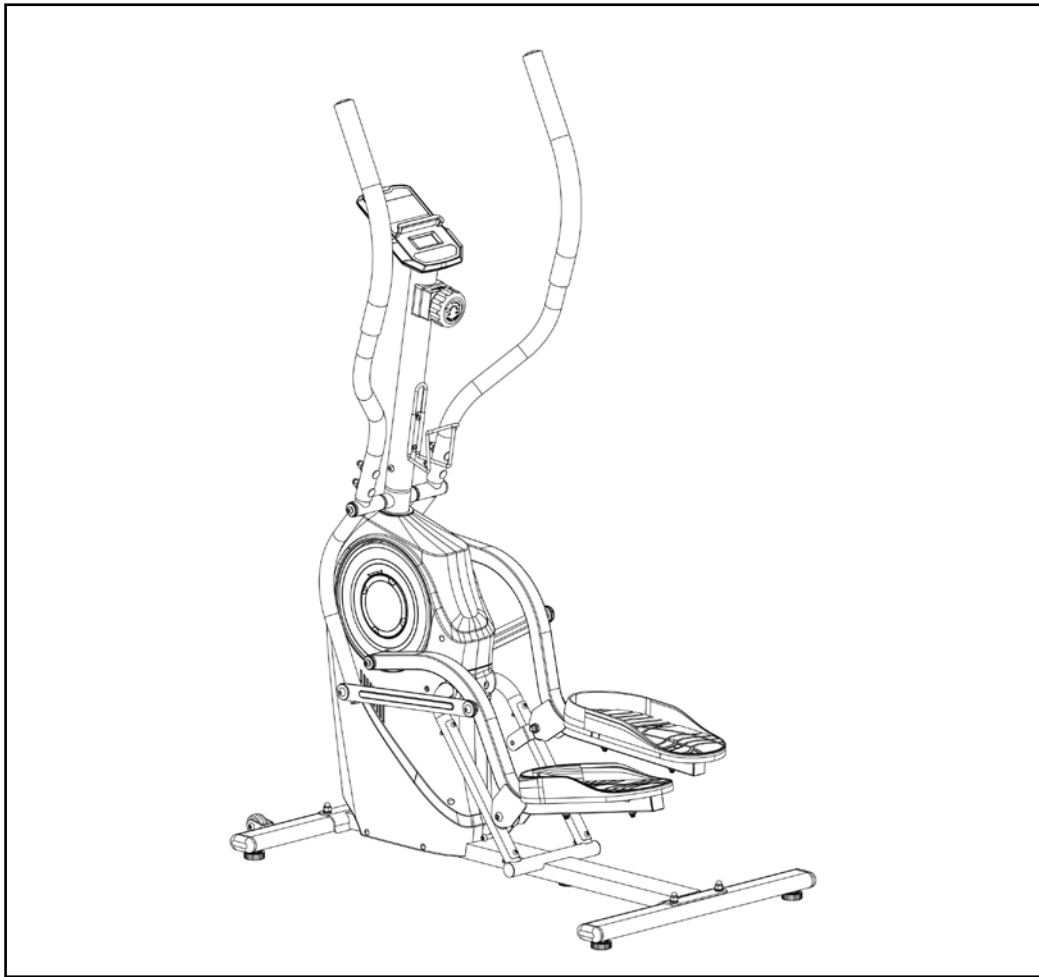




# PERFORMANCE CARDIO CLIMBER

## SF-E3911

### 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).



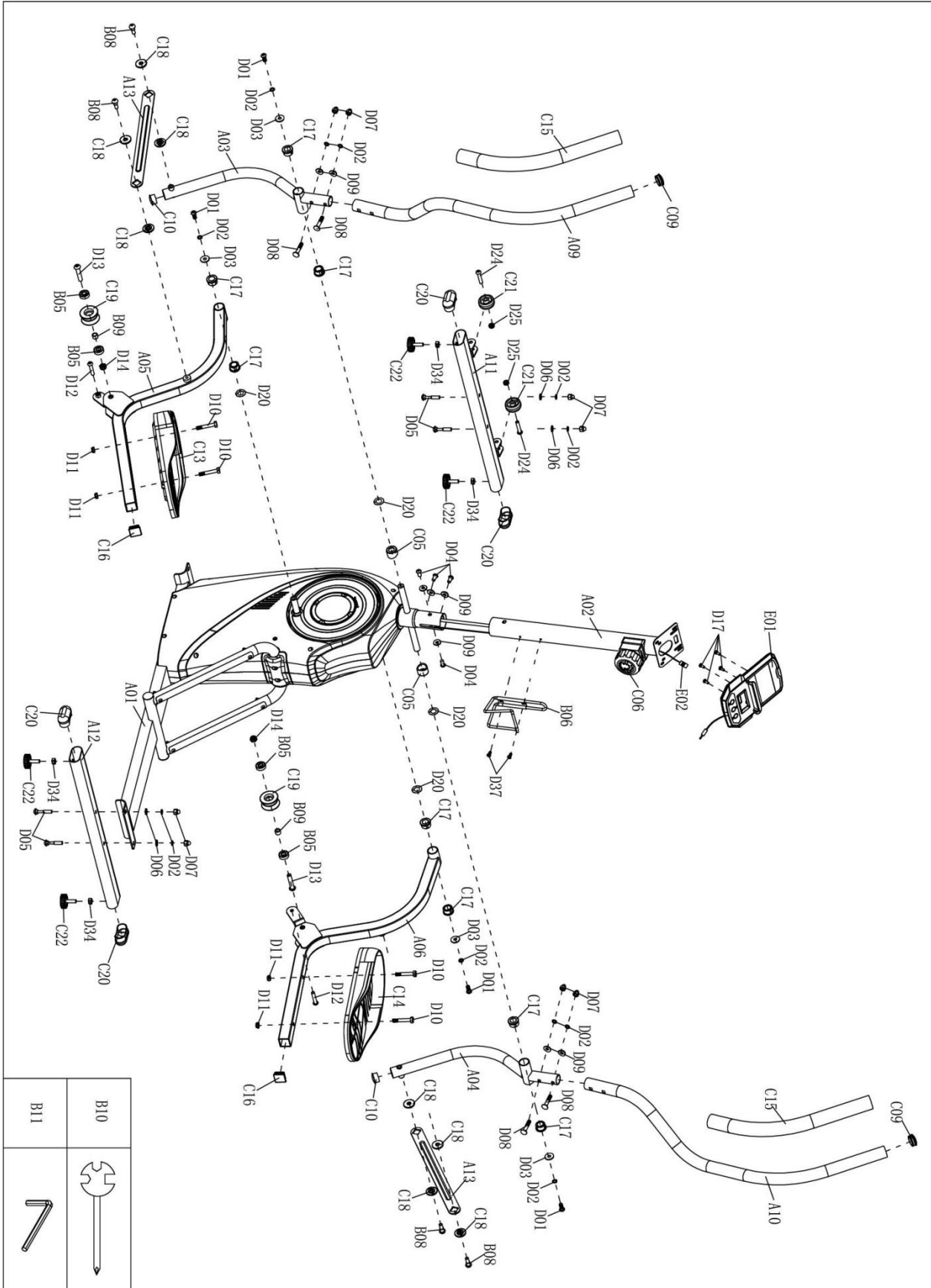
WWW.SUNNYHEALTHFITNESS.COM

# **IMPORTANT SAFETY INFORMATION**

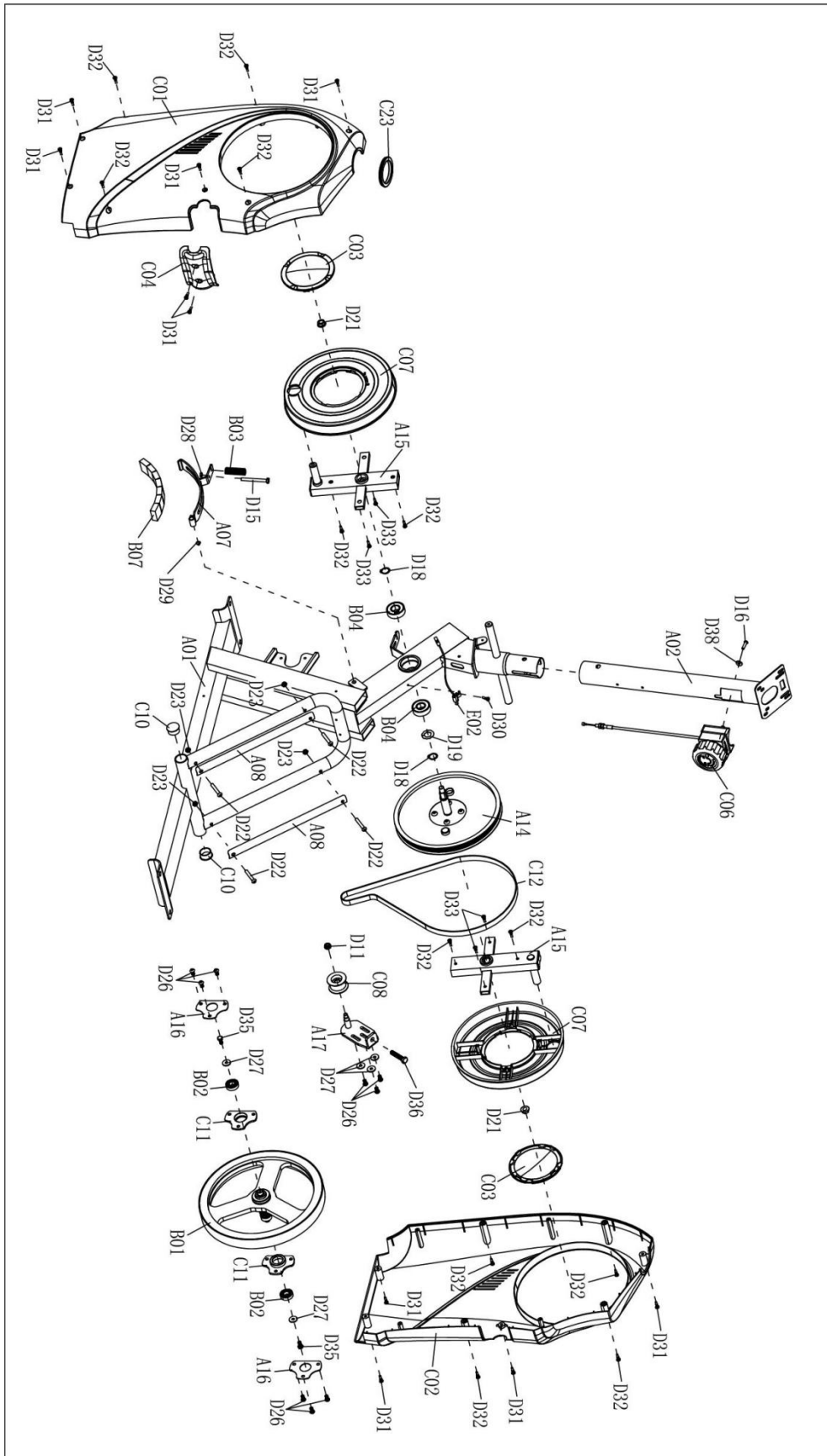
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 any 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 (100KG).
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

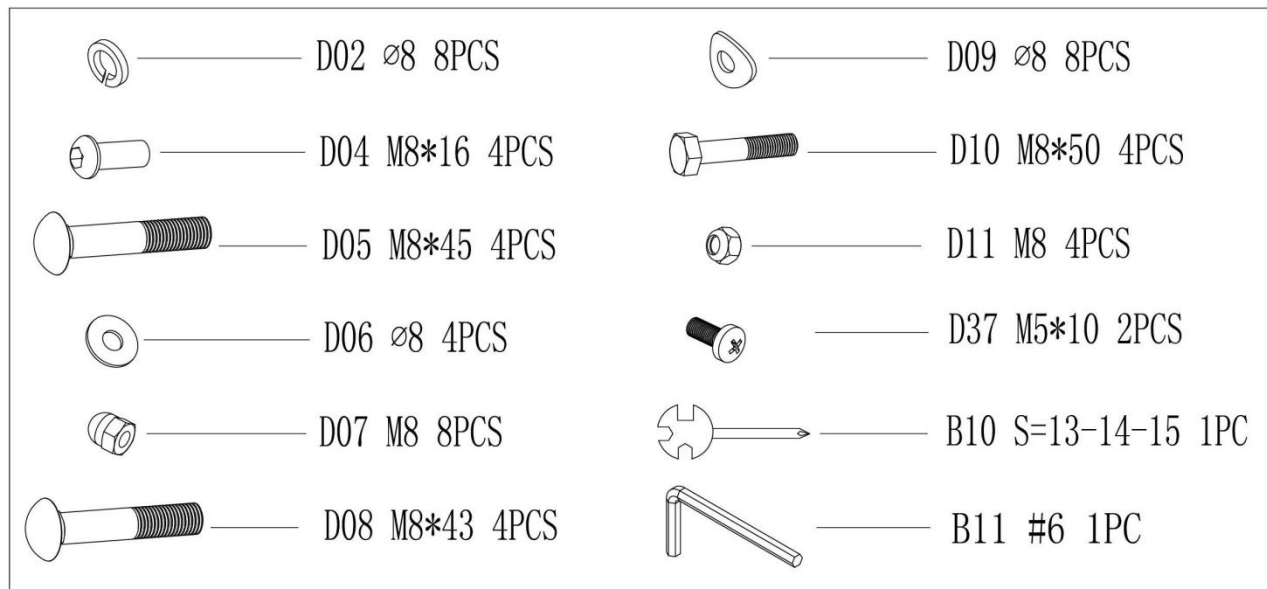
No.	Description	Spec.	Qty.
A01	Main Frame		1
A02	Upright Post		1
A03	Left Swing Rod		1
A04	Right Swing Rod		1
A05	Left Pedal Tube		1
A06	Right Pedal Tube		1
A07	Magnetic Board		1
A08	Stainless Steel Plate		2
A09	Left Handlebar		1
A10	Right Handlebar		1
A11	Front Stabilizer		1
A12	Rear Stabilizer		1
A13	Connection Plate		2
A14	Belt Wheel		1
A15	Rotary Support Frame		2
A16	Fixed Disk	Ø1.5	2
A17	Idler Wheel Shaft		1
B01	Flywheel	4KG	1
B02	Bearing	6001	2
B03	Tension Spring		1
B04	Bearing	6203	2
B05	Bearing	6000	4
B06	Bottle Holder		1
B07	Magnet	30*25*12	7
B08	Bolt		4
B09	Sleeve		2
B10	Spanner	S=13-14-15	1
B11	Allen Wrench	#6	1
C01	Left Belt Cover		1
C02	Right Belt Cover		1
C03	Rotary Cover		2
C04	Cover		1
C05	Sleeve		2
C06	Tension Control Knob		1
C07	Turntable		2
C08	Idler Wheel		1

No.	Description	Spec.	Qty.
C09	End Cap	Ø32	2
C10	End Cap	Ø28	4
C11	Bearing Bracket		2
C12	Belt		1
C13	Left Pedal		1
C14	Right Pedal		1
C15	Foam Grip		2
C16	End Cap		2
C17	Bushing		8
C18	Bushing		8
C19	Pulley		2
C20	End Cap		4
C21	Transportation Wheel		2
C22	Foot Pad	M8	4
C23	Ring		1
D01	Bolt	M8*20	4
D02	Spring Washer	Ø8	12
D03	Flat Washer	Ø24*D8*2	4
D04	Bolt	M8*16	4
D05	Bolt	M8*45	4
D06	Flat Washer	Ø8	4
D07	Acorn Nut	M8	8
D08	Bolt	M8*43	4
D09	Arc Washer	Ø8	8
D10	Bolt	M8*50	4
D11	Nut	M8	5
D12	Bolt	M8*40	2
D13	Bolt	M10*50	2
D14	Nut	M10	2
D15	Bolt	M6*65	1
D16	Bolt	M5*20	1
D17	Bolt	M5*12	4
D18	Spring Washer	Ø17	2
D19	Wave Washer	Ø21*Ø17.5*0.3	1
D20	Wave Washer	Ø16*Ø26*0.3	4
D21	Nut	M10*1.25	2

No.	Description	Spec.	Qty.
D22	Bolt	M6*38	4
D23	Nut	M6	4
D24	Bolt	M8*40	2
D25	Nut	M8	2
D26	Bolt	M6*12	9
D27	Flat Washer	Ø6*Ø18*1.5	5
D28	Nut	M6	1
D29	Spring Washer	Ø8	1
D30	Bolt	ST4.2*12	1
D31	Bolt	ST4.2*16	10

No.	Description	Spec.	Qty.
D32	Bolt	ST4.2*16	12
D33	Bolt	ST4.2*10	4
D34	Nut	M8	4
D35	Bolt	M6*16	2
D36	Bolt	M8*45	1
D37	Bolt	M5*10	2
D38	Arc Washer	Ø5	1
E01	Computer		1
E02	Sensor Wire		1

## **HARDWARE PACKAGE**



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

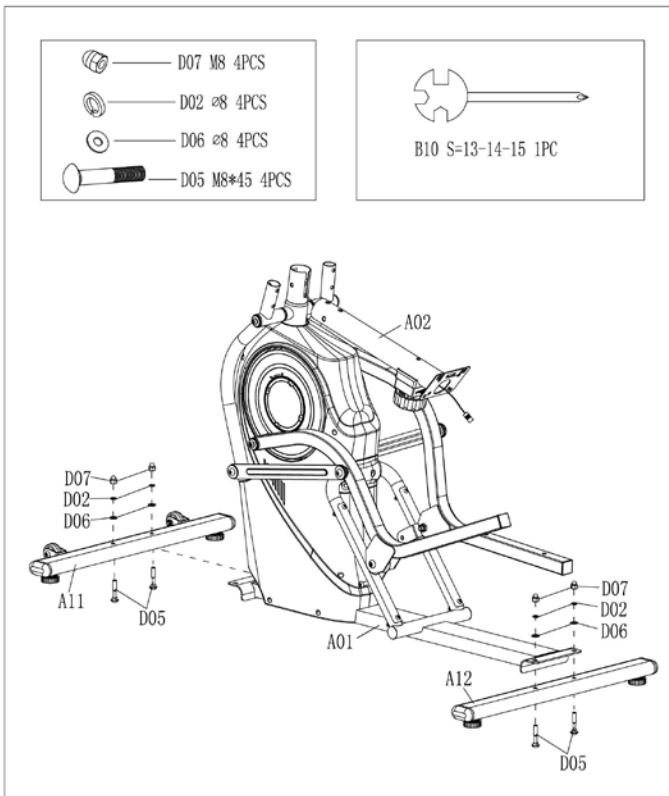
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

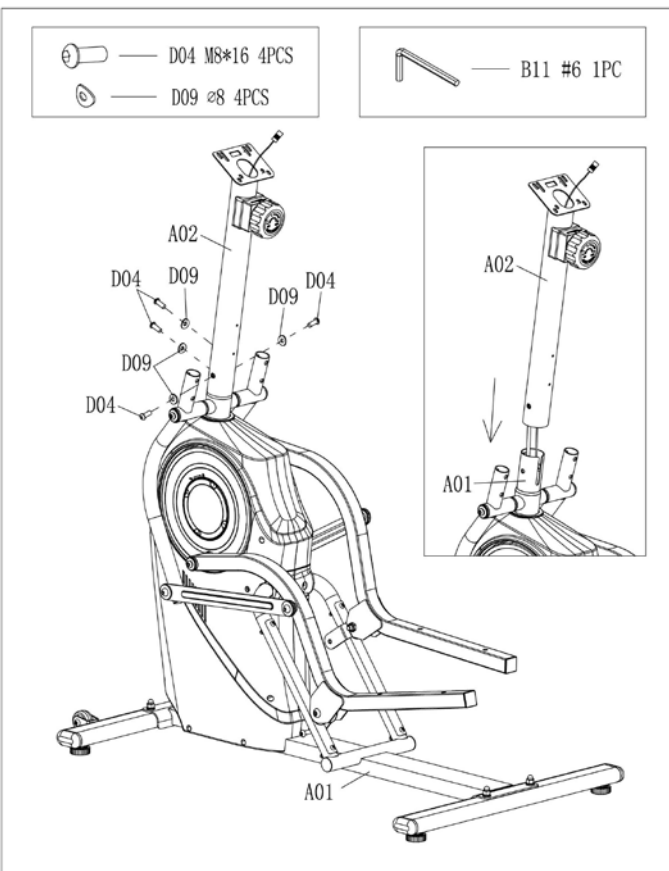
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 1:

Attach the **Front Stabilizer (No. A11)** to the **Main Frame (No. A01)**, using 2 **Bolts (No. D05)**, 2 **Flat Washers (No. D06)**, 2 **Spring Washers (No. D02)** and 2 **Acorn Nuts (No. D07)**. Tighten and secure with **Spanner (No. B10)**.

Attach the **Rear Stabilizer (No. A12)** to the **Main Frame (No. A01)**, using 2 **Bolts (No. D05)**, 2 **Flat Washers (No. D06)**, 2 **Spring Washers (No. D02)** and 2 **Acorn Nuts (No. D07)**. Tighten and secure with **Spanner (No. B10)**.

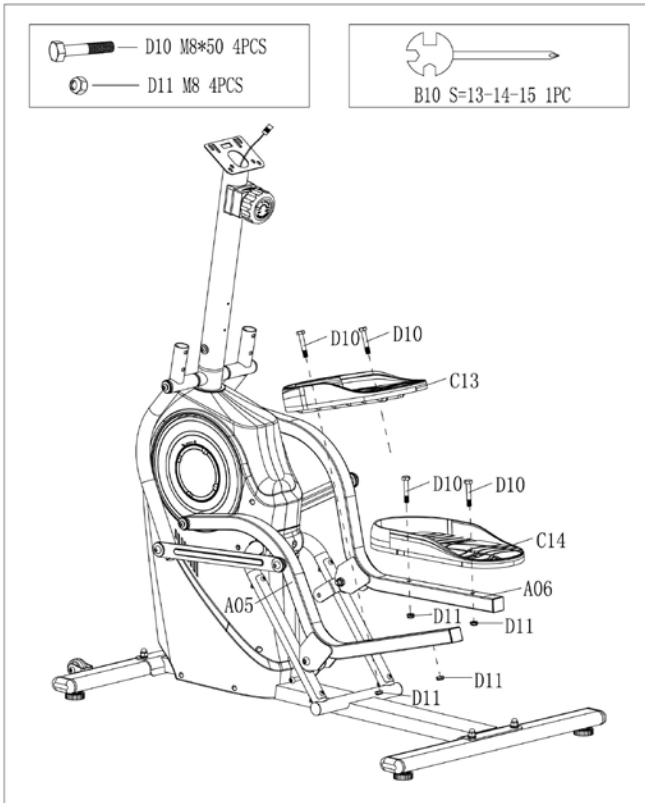


## STEP 2:

Attach the **Upright Post (No. A02)** to the **Main Frame (No. A01)**, using 4 **Bolts (No. D04)** and 4 **Arc Washers (No. D09)**. Tighten and secure with **Allen Wrench (No. B11)**.

**Note:** Please be careful not to clip the wires.

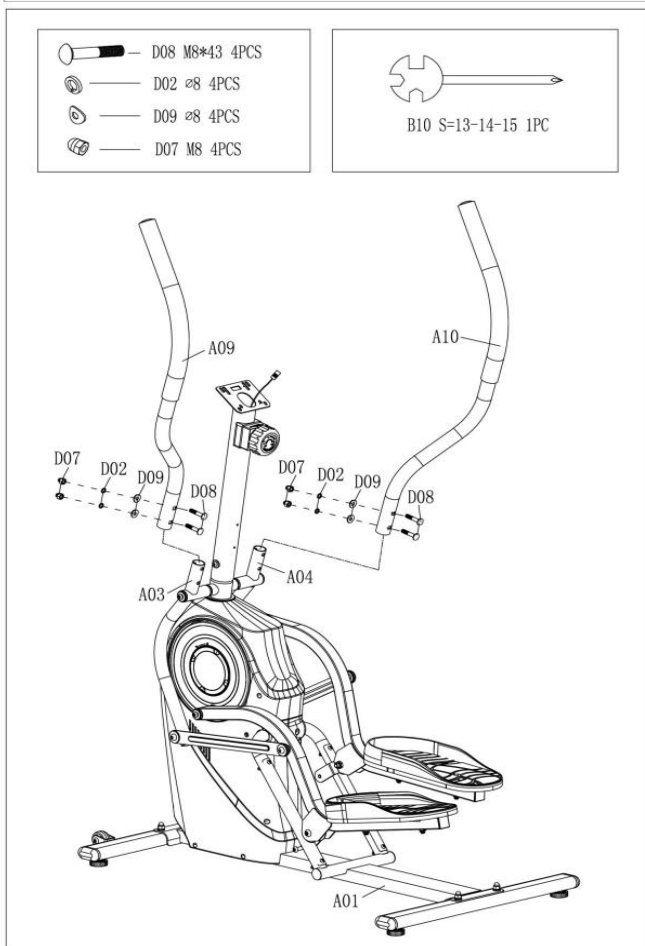
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



### STEP 3:

Attach the **Left Pedal (No. C13)** to the **Left Pedal Tube (No. A05)**, using 2 **Bolts (No. D10)** and 2 **Nuts (No. D11)**. Tighten and secure with **Spanner (No. B10)**.

Attach the **Right Pedal (No. C14)** to the **Right Pedal Tube (No. A06)**, using 2 **Bolts (No. D10)** and 2 **Nuts (No. D11)**. Tighten and secure with **Spanner (No. B10)**.



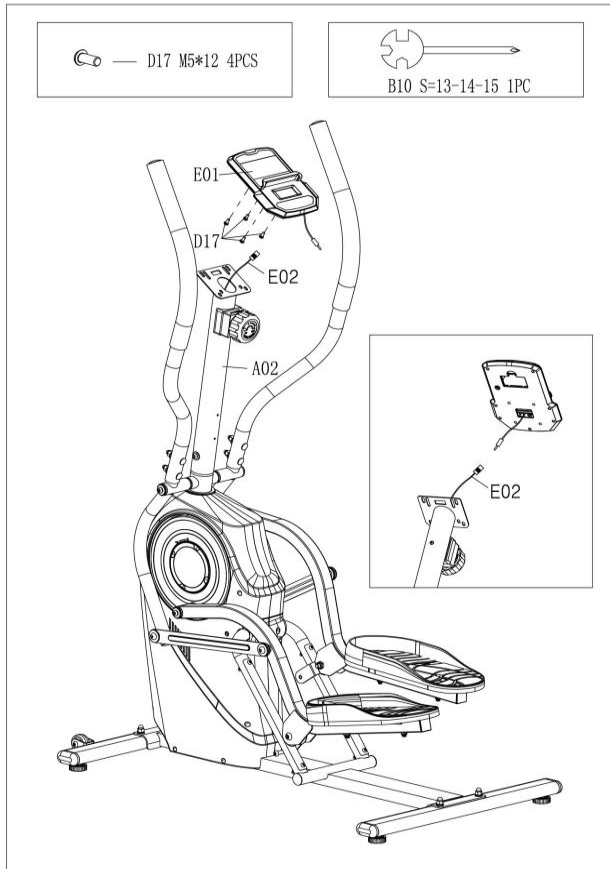
### STEP 4:

Attach **Left Handlebar (No. A09)** to the **Left Swing Rod (No. A03)** using 2 **Bolts (No. D08)**, 2 **Arc Washers (No. D09)**, 2 **Spring Washers (No. D02)** and 2 **Acorn Nuts (No. D07)**. Tighten and secure with **Spanner (No. B10)**.

Attach **Right Handlebar (No. A10)** to the **Right Swing Rod (No. A04)** using 2 **Bolts (No. D08)**, 2 **Arc Washers (No. D09)**, 2 **Spring Washers (No. D02)** and 2 **Acorn Nuts (No. D07)**. Tighten and secure with **Spanner (No. B10)**.



We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).

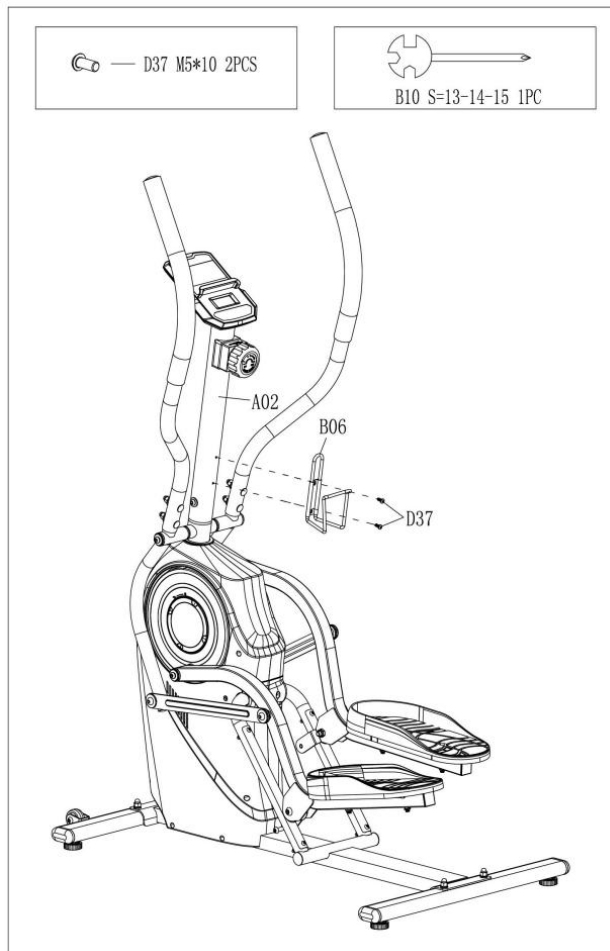


### STEP 5:

Remove the 4 **Bolts (No. D17)** from the back of the **Computer (No. E01)**, set them aside.

Connect the **Sensor Wire (No. E02)** with the link wire of **Computer (No. E01)**.

Attach the **Computer (No. E01)** to the bracket on the **Upright Post (No. A02)** using 4 **Bolts (No. D17)** that were removed. Tighten and secure with **Spanner (No. B10)**.

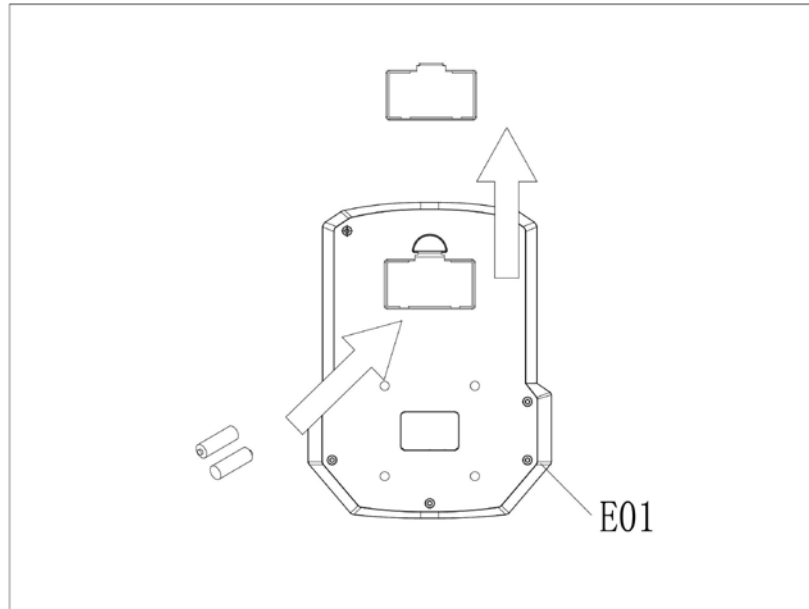


### STEP 6:

Attach the **Bottle Holder (No. B06)** to the **Upright Post (No. A02)** using the 2 **Bolts (No. D37)** that were removed. Tighten and secure with **Spanner (No. B10)**.

*The assembly is complete!*

# **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. E01)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. E01)**. Pay attention to the battery + and - ends before installing.
4. Press the buckle of battery cover. Then, put the battery cover back on the **Computer (No. E01)**.

*The installation is complete!*

## **BATTERY REPLACEMENT**

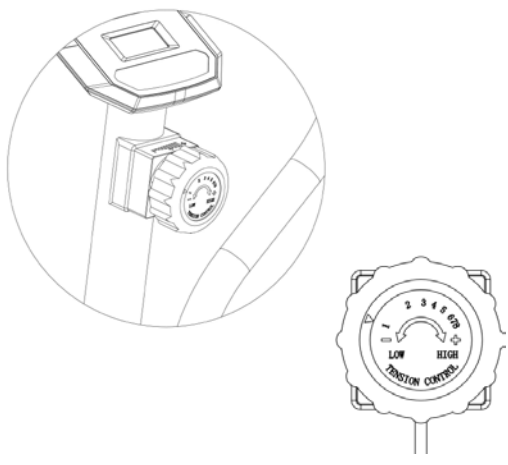
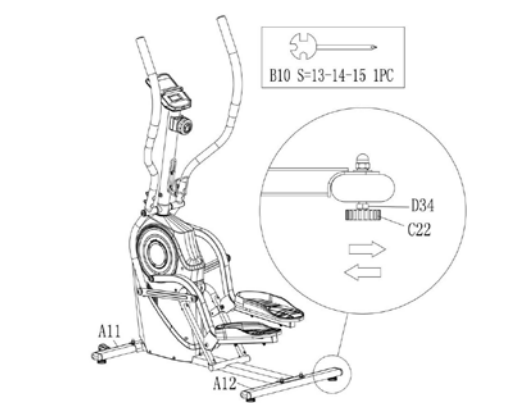
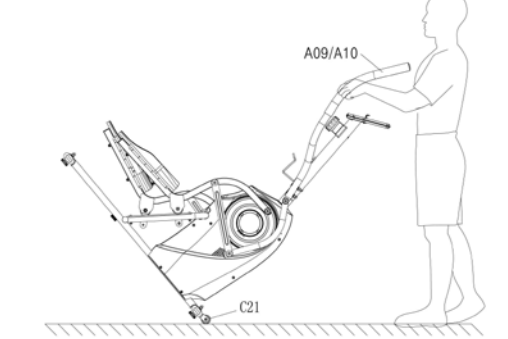
1. Press the buckle of battery cover on the back of the **Computer (No. E01)**. Then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. E01)**. Pay attention to the battery + and - ends before installing.
3. Press the buckle of battery cover. Then, put the battery cover back on the **Computer (No. E01)**.

*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.

# ADJUSTMENTS & USAGE GUIDE

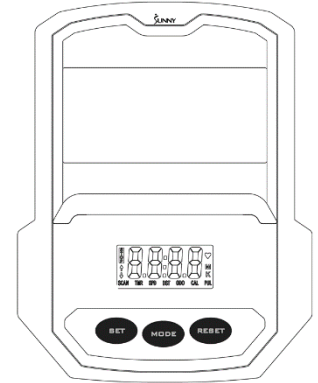
	<p><b>ADJUSTING THE TENSION OF THE ELLIPTICAL CLIMBER</b></p> <p>Adjust the tension of the elliptical climber by rotating the <b>Tension Control Knob (No. C06)</b> <i>clockwise</i> to increase the level of resistance. Rotate the <b>Tension Control Knob (No. C06)</b> <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p><b>ADJUSTING THE BALANCE OF THE ELLIPTICAL CLIMBER</b></p> <p>If you find that the elliptical climber is unbalanced and causes excessive movement when in use, you can adjust the elliptical climber balance. Use the <b>Spanner (No. B10)</b> to loosen the <b>Nut (No. D34)</b>. Adjust the <b>Foot Pad (No. C22)</b> on the <b>Front &amp; Rear Stabilizers (No. A11 &amp; No. A12)</b> of each side if needed. After adjusting, tighten and secure with the <b>Spanner (No. B10)</b>.</p>
	<p><b>MOVING THE ELLIPTICAL CLIMBER</b></p> <p>To move the elliptical climber, hold the <b>Left Handlebar (No. A09)</b> and <b>Right Handlebar (No. A10)</b> and tilt it until the <b>Transportation Wheel (No. C21)</b> touch the ground. With the wheels on the ground, you can transport it to the desired location with ease.</p>
<p><b>CLEANING</b></p> <p>The elliptical climber can be cleaned with a soft, clean, and damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical climber after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or computer failure.</p> <p>Please keep the elliptical climber, especially the computer, out of direct sunlight to prevent screen damage.</p> <p>Please inspect all assembly bolts and pedals on the machine for proper tightness every week.</p>	
<p><b>STORAGE</b></p> <p>Store the elliptical climber in a clean and dry environment away from children.</p>	

# EXERCISE COMPUTER

## FUNCTION BUTTONS:

### MODE:

1. Press the button to select TIME, DISTANCE and CAL to preset.
2. Press the button for selecting function display on main LCD or enter after setting.
3. 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.)



### SET:

1. To set up the target value of TIME, DISTANCE and CAL.
2. Press the button and hold for 2 seconds to speed up the increments.

### RESET:

1. Press the button to reset function value when setting.
2. 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. The Odometer value does not reset to 0 when the computer turns off. When the user starts to exercise again, the workout value of the Odometer will accumulate continuously.

### 3. AUTO SCAN:

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

### 4. SPEED:

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

### 5. DISTANCE:

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

**6. TIME:**

Records total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE buttons. Each increment is 1 minute.

Automatically counts down from target value during exercise.

**7. CALORIES:**

Records calories burned during training from 0 KCAL to 9999 KCAL. 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 target value during exercise.

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

**8. ODOMETER:**

Displays the total distance from 0 M to 9999 M (Mile). User can also press mode key to display the Odometer value.

**9. RESET:**

Press the button and hold for 2 seconds to reset all value except Odometer to zero.

**NOTE:**

1. If the computer display is abnormal, please re-install the 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 and according to your state and regional guidelines.

## **TROUBLESHOOTING**

<b>PROBLEM</b>	<b>SOLUTION</b>
There is no display on the computer	<ol style="list-style-type: none"> <li>1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the upright post.</li> <li>2. Check if the batteries are correctly positioned and that the battery springs are in proper contact with batteries.</li> <li>3. The batteries in the computer may be unresponsive. Change to new batteries.</li> </ol>
The elliptical climber wobbles when in use	Turn the adjustable end caps on the rear stabilizer as needed to level the elliptical climber.
The elliptical climber makes a squeaking noise when in use.	The bolts may have become loosened on the elliptical climber. Please inspect all the bolts and tighten any that may have loosened.

**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)**

# CONNECT WITH US

FOR FITNESS  
ARTICLES, VIDEOS  
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS

WWW.SUNNYHEALTHFITNESS.COM