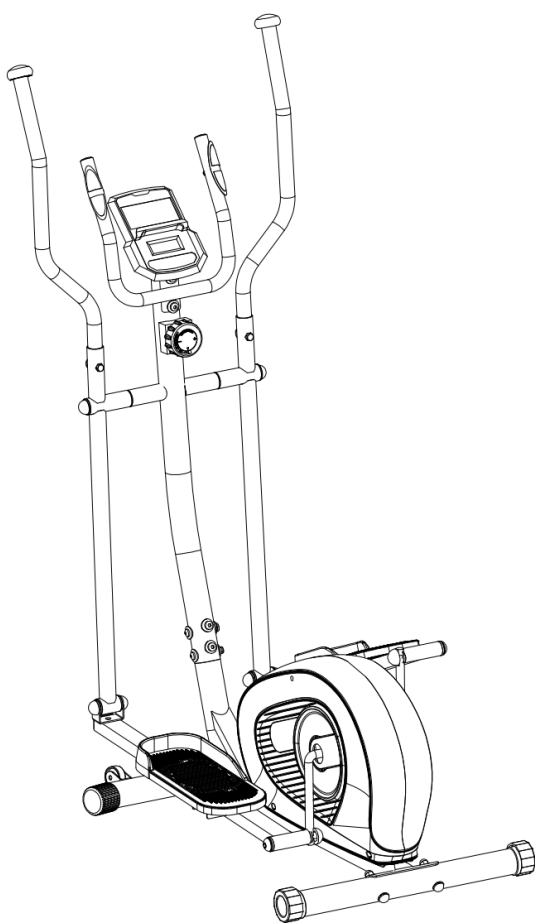




# MAGNETIC ELLIPTICAL TRAINER

## SF-E3955

## 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).



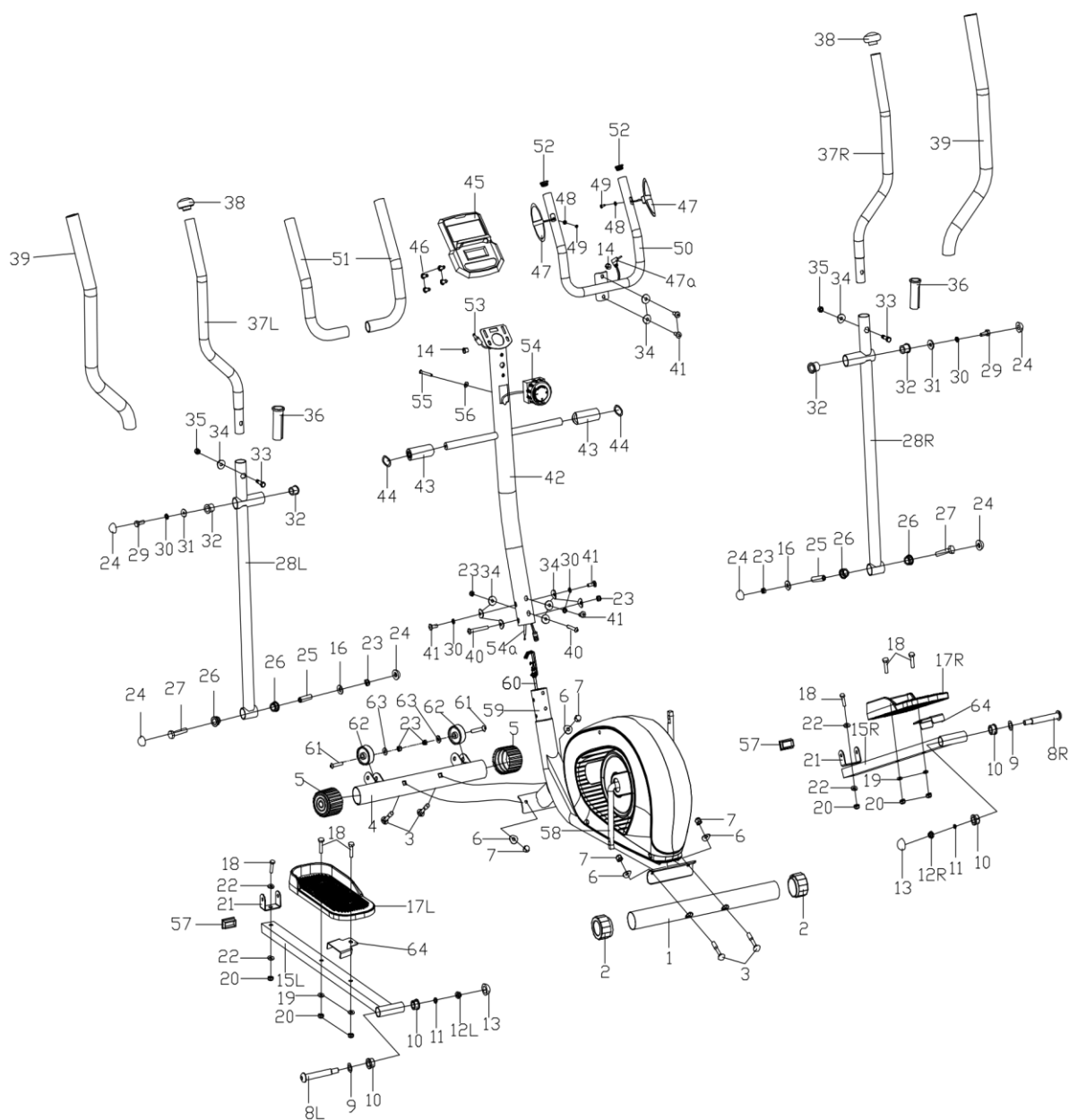
WWW.SUNNYHEALTHFITNESS.COM

# **IMPORTANT SAFETY INFORMATION**

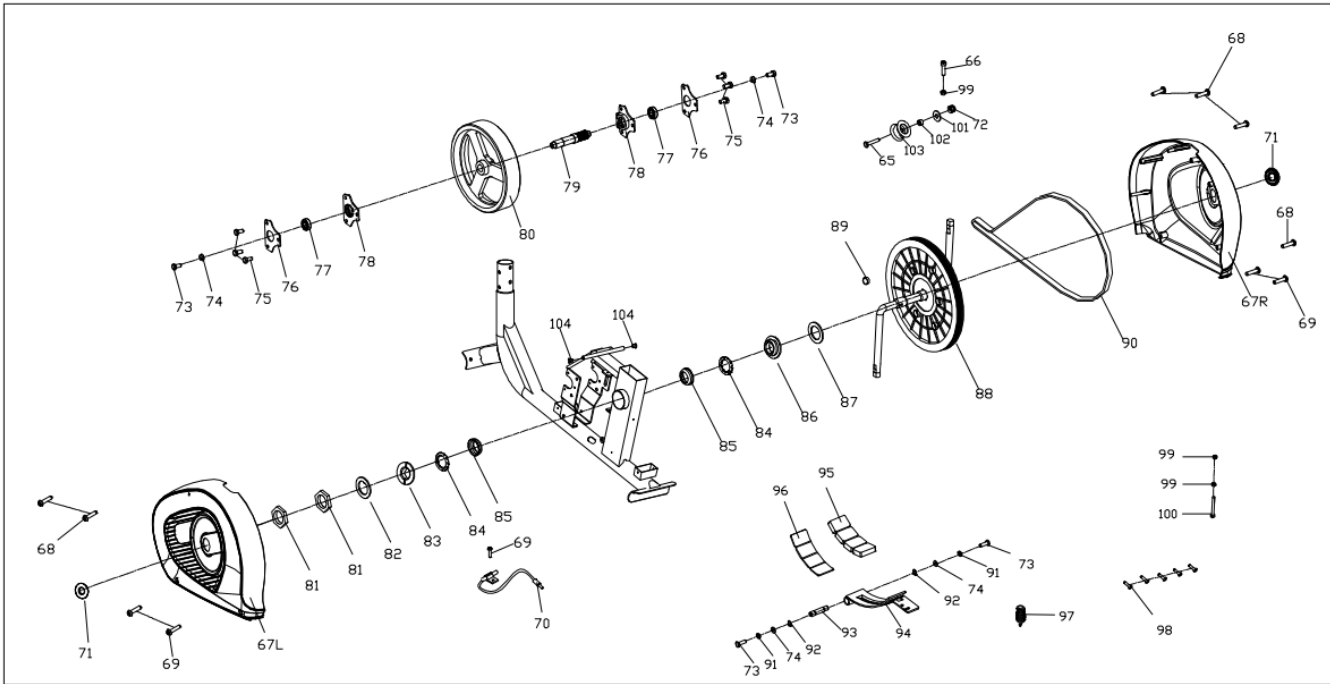
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 240 pounds (110 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



# PARTS LIST



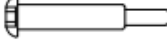





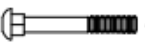














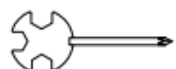

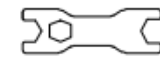



No.	Description	Spec.	Qty.
1	Rear Stabilizer		1
2	Rear End Cap		2
3	Square Neck Bolt	M10*57	4
4	Front Stabilizer		1
5	Front End Cap		2
6	Curved Washer	Ø10*Ø20*2	4
7	Cap Nut	M10	4
8L	Left Crank Bolt	Ø16*89	1
8R	Right Crank Bolt	Ø16*89	1
9	Corrugated Washer	Ø16*Ø26*0.3	2
10	Shaft Sleeve	Ø28	4
11	Spring Washer	Ø13	2
12L	Left Nylon Nut	1/2"*20	1
12R	Right Nylon Nut	1/2"*20	1
13	Sphere Cap	S18	2
14	Hole Plug		2
15L	Left Connecting Rod		1
15R	Right Connecting Rod		1
16	Washer	Ø8.5*Ø19*1.5	2
17L/R	Left/Right Pedal		2
18	Hex Bolt	M10*45	6
19	Washer	Ø10.5*Ø20*2	4
20	Nylon Nut	M10	6
21	Connecting Plate		2
22	Washer	Ø10.5*Ø26*2	4
23	Nylon Nut	M8	6
24	Sphere Cap	S13	6
25	Sleeve		2
26	Shaft Sleeve	Ø32	4
27	Hex Bolt	M8*65	2
28L	Left Swing Rod		1
28R	Right Swing Rod		1

No.	Description	Spec.	Qty.
29	Hex Bolt	M8*16	2
30	Spring Washer	D8	5
31	Washer	Ø8.5*Ø32*2	2
32	Shaft Sleeve	Ø32	4
33	Hex Bolt	M8*35	2
34	Curved Washer	Ø8.5*Ø20*2	11
35	Cap Nut	M8	2
36	Bushing		2
37L	Left Handlebar		1
37R	Right Handlebar		1
38	Handlebar End Cap	Ø28	2
39	Handlebar Foam		2
40	Bolt	M8*62	2
41	Bolt	M8*20	5
42	Handlebar Post		1
43	Sleeve	Ø19*Ø32*75	2
44	Corrugated Washer	Ø19*Ø26*0.3	2
45	Computer		1
46	Cross Pan Head Screw	M5*10	4
47	Handle Pulse		2
47a	Handle Pulse Wire		1
48	Washer	Ø6*Ø12*1	2
49	Screw	ST4.2*20	2
50	Small Handlebar		1
51	Handlebar Foam		2
52	End Cap		2
53	Trunk Wire		1
54	Tension Control Knob		1
54a	Tension Control Wire		1
55	Screw	M5*40	1
56	Curved Washer	D5	1
57	Square End Cap		2

No.	Description	Spec.	Qty.
58	Crank		1
59	Main Frame		1
60	Tension Wire		1
61	Screw	M8*40	2
62	Transportation Wheel		2
63	Washer	Ø8.5*Ø16*1.5	2
64	Pedal Plate		2
65	Bolt	M10*45	1
66	Bolt	M6*30	1
67L	Left Cover		1
67R	Right Cover		1
68	Screw	ST4.2*20	6
69	Screw	ST4.2*16	5
70	Sensor		1
71	Hole Cap		2
72	Nut	M10	1
73	Bolt	M6*15	4
74	Washer	Ø6.5*Ø16*1.5	4
75	Bolt	M6*9	6
76	Bearing Support		2
77	Bearing	6001RS	2
78	Bearing Board		2
79	Flywheel Axis		1
80	Flywheel		1
81	Hex Nut		2
82	Locking Washer		1

No.	Description	Spec.	Qty.
83	Locking Nut-Left		1
84	Open Face Bearing		2
85	Bearing Housing		2
86	Locking Nut-Right		1
87	Locking Washer		1
88	Belt Disk		1
89	Magnet		1
90	Belt		1
91	Spring Washer	D6	2
92	Snap Ring	D12	2
93	Magnetic Board Axis		1
94	Magnetic Board		1
95	Magnet		4
96	Magnetic Support		1
97	Tension Spring		1
98	Screw	ST3*10	5
99	Nut	M6	3
100	Bolt	M6*60	1
101	Washer	Ø10.5*Ø20*2	1
102	Idler Sleeve		1
103	Idler Wheel		1
104	Tube Plug	Ø13	2
A	Allen Wrench	S6	1
B	Allen Wrench	S8	1
C	Spanner	S13-14-15	1
D	Spanner	S17-19	1

# HARDWARE PACKAGE

	#8L $\varnothing 16 \times 89$ 1PC		#12L $1/2 \times 20$ 1PC
	#8R $\varnothing 16 \times 89$ 1PC		#12R $1/2 \times 20$ 1PC
	#18 M10 $\times$ 45 4PCS		#20 M10 4PCS
	#33 M8 $\times$ 35 2PCS		#30 D8 5PCS
	#3 M10 $\times$ 57 4PCS		#11 $\varnothing 13$ 2PCS
	#40 M8 $\times$ 62 2PCS		#31 $\varnothing 8.5 \times \varnothing 32 \times 2$ 2PCS
	#41 M8 $\times$ 20 5PCS		#19 $\varnothing 10.5 \times \varnothing 20 \times 2$ 4PCS
	#29 M8 $\times$ 16 2PCS		#44 $\varnothing 19 \times \varnothing 26 \times 0.3$ 2PCS
	#6 $\varnothing 10 \times \varnothing 20 \times 2$ 4PCS		#9 $\varnothing 16 \times \varnothing 26 \times 0.3$ 2PCS
	#34 $\varnothing 8.5 \times \varnothing 20 \times 2$ 11PCS		#A S6 1PC
	#7 M10 4PCS		#B S8 1PC
	#23 M8 2PCS		#C S13-14-15 1PC
	#35 M8 2PCS		#D S17-19 1PC
	#43 $\varnothing 19 \times \varnothing 32 \times 75$ 2PCS		
	#13 S18 2PCS		
	#24 S13 6PCS		

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

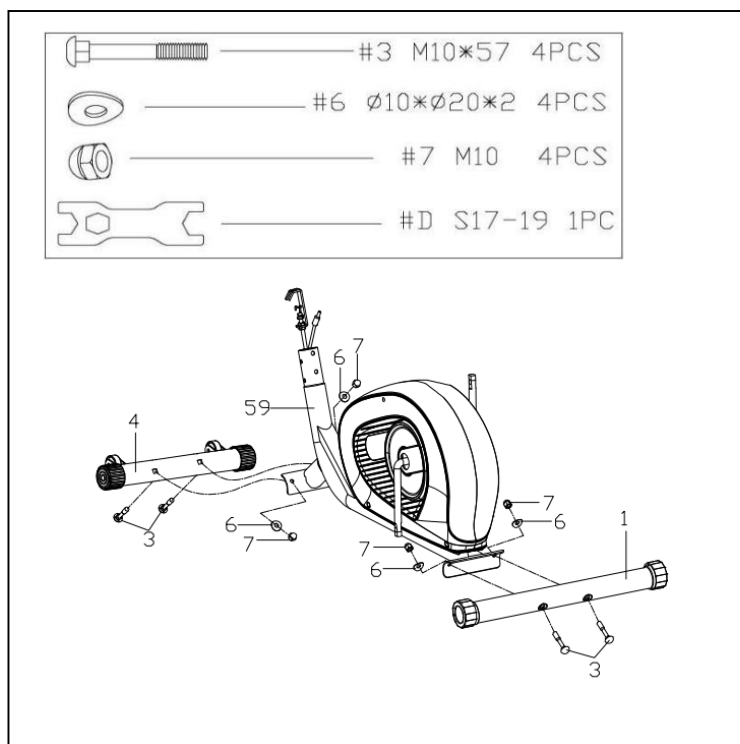
Please provide the following information in order for us to accurately identify the part(s) needed.

- ✓ 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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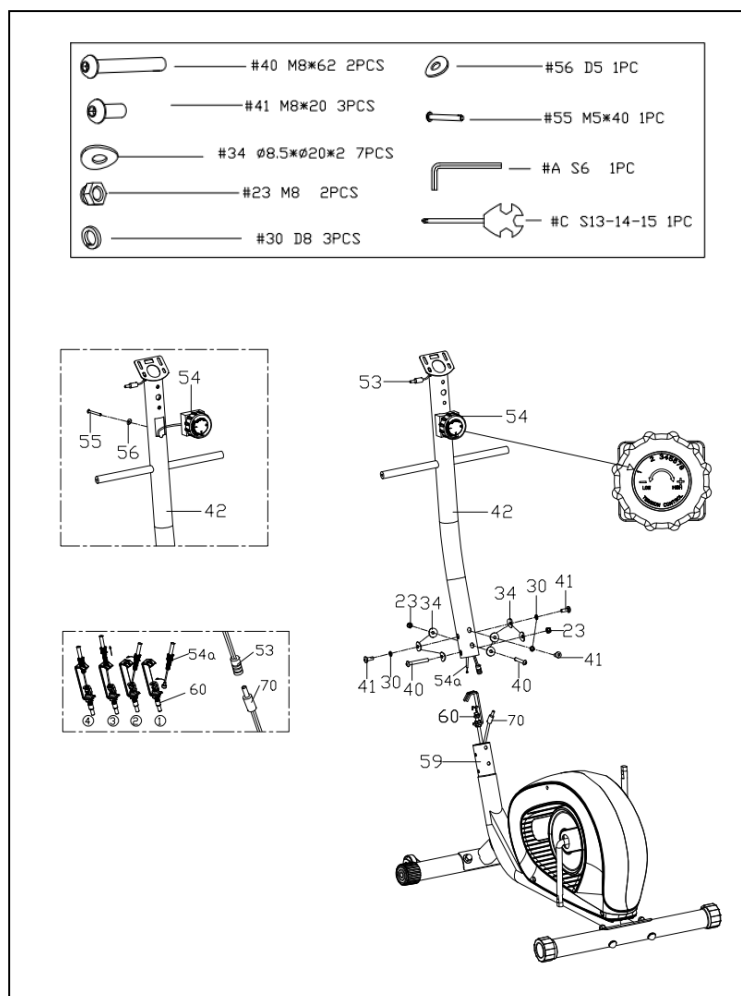


## STEP 1:

Attach the **Front & Rear Stabilizers (No. 4 & No. 1)** to the **Main Frame (No. 59)** using 4 **Square Neck Bolts (No. 3)**, 4 **Curved Washers (No. 6)** and 4 **Cap Nuts (No. 7)**. Tighten and secure with **Spanner (No. D)**.



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## STEP 2:

Remove **Screw (No. 55)** and **Curved Washer (No. 56)** from the **Tension Control Knob (No. 54)** using **Spanner (No. C)**.

















Insert **Tension Control Wire (No. 54a)** into **Handlebar Post (No. 42)** and pull it out from the bottom.

Attach the **Tension Control Knob (No. 54)** to **Handlebar Post (No. 42)** using 1 **Screw (No. 55)** and 1 **Curved Washer (No. 56)** that were removed. Tighten and secure with **Spanner (No. C)**.

**Note:** Please make sure the **Tension Control Knob (No. 54)** is at the lowest resistance level (level 1, all the way to the left) before you connect the **Tension Control Wire (No. 54a)**.

Connect the **Trunk Wire (No. 53)** with the link wire of **Sensor (No. 70)** and connect **Tension Control Wire (No. 54a)** with **Tension Wire (No. 60)**. Then, insert **Tension Control Wire (No. 54a)** into the slot on metal bracket of **Tension Wire (No. 60)**. Make sure the metal fitting on **Tension Control Wire (No. 54a)** is secured into the metal bracket.

Attach **Handlebar Post (No. 42)** to the **Main Frame (No. 59)** using 3 **Bolts (No. 41)**, 2 **Bolts (No. 40)**, 3 **Spring Washers (No. 30)**, 2 **Nylon Nuts (No. 23)** and 7 **Curved Washers (No. 34)**. Tighten and secure with **Allen Wrench (No. A)** and **Spanner (No. C)**

 #8L $\varnothing 16 \times 89$ 1PC	 #12L $1/2" \times 20$ 1PC	 #B SB 1PC
 #8R $\varnothing 16 \times 89$ 1PC	 #12R $1/2" \times 20$ 1PC	
 #29 M8 $\times 16$ 2PCS	 #11 $\varnothing 13$ 2PCS	 #NC S13-14-15 1PC
 #31 $\varnothing 8.5 \times \varnothing 32 \times 2$ 2PCS	 #9 $\varnothing 16 \times \varnothing 26 \times 0.3$ 2PCS	
 #30 D8 2PCS	 #13 S18 2PCS	 #D S17-19 1PC
 #44 $\varnothing 19 \times \varnothing 26 \times 0.3$ 2PCS	 #24 S13 6PCS	
 #43 $\varnothing 19 \times \varnothing 32 \times 75$ 2PCS		

**Fig. B**

**Fig. A**

**8L/R**

**CORRECT**

**INCORRECT**

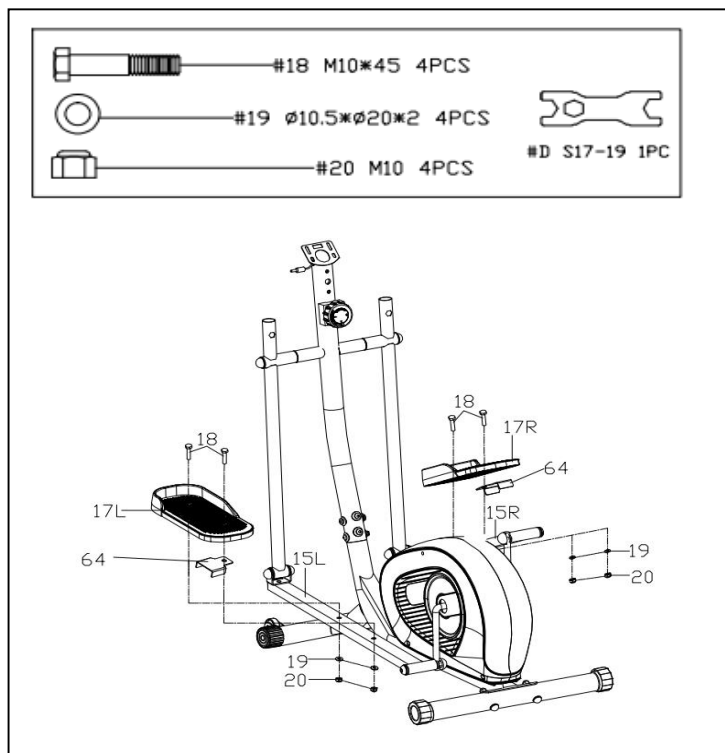
**INCORRECT**

Attach 2 **Sleeves (No. 43)** and 2 **Corrugated Washers (No. 44)** onto **Handlebar Post (No. 42)**.

Lock **Left Connecting Rod (No. 15L)** to the left side of **Crank (No. 58)** with 1 **Left Crank Bolt (No. 8L)**, 1 **Corrugated Washer (No. 9)**, 1 **Spring Washer (No. 11)** and 1 **Left Nylon Nut (No. 12L)**. Tighten and secure with **Allen Wrench (No. B)** and **Spanner (No. D)**. Then, cover with 2 **Sphere Caps (No. 24)** and 1 **Sphere Cap (No. 13)**. (See Fig. B)

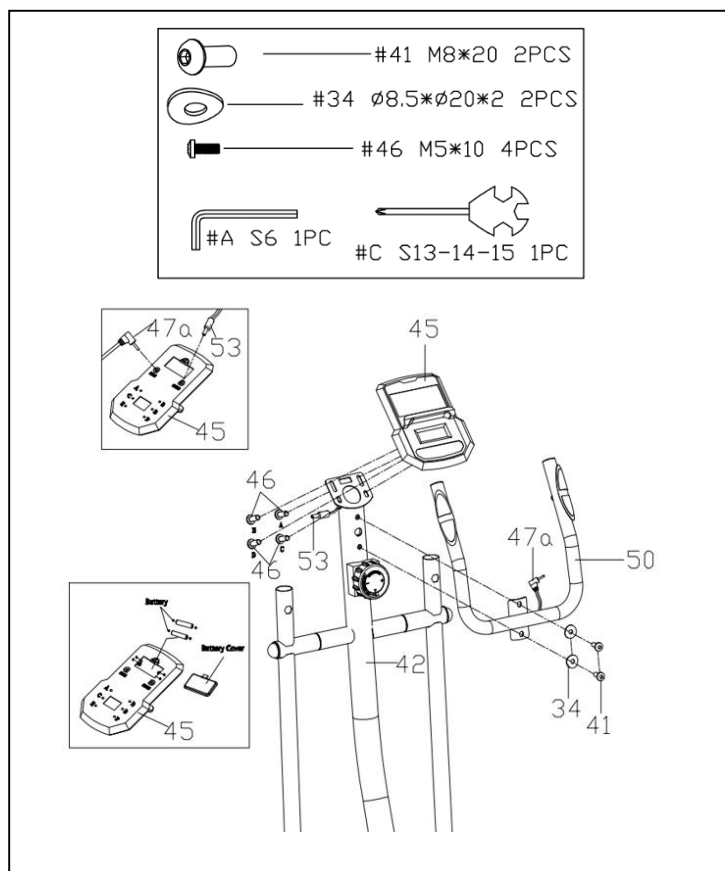
**NOTE:** Make sure to turn **Left Crank Bolt (No. 8L) *counter-clockwise***, **Right Crank Bolt (No. 8R) *clockwise***, **Left Nylon Nut (No. 12L) *clockwise***, and **Right Nylon Nut (No. 12R) *counter-clockwise***. Failure to follow procedures may result in permanent damage to your elliptical bike.

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 4:

Attach 2 **Left & Right Pedals (No. 17L/R)** through 2 **Pedal Plates (No. 64)** to **Left Connecting Rod (No. 15L)** and **Right Connecting Rod (No. 15R)** with 4 **Hex Bolts (No. 18)**, 4 **Washers (No. 19)** and 4 **Nylon Nuts (No. 20)**. Tighten and secure with **Spanner (No. D)**.



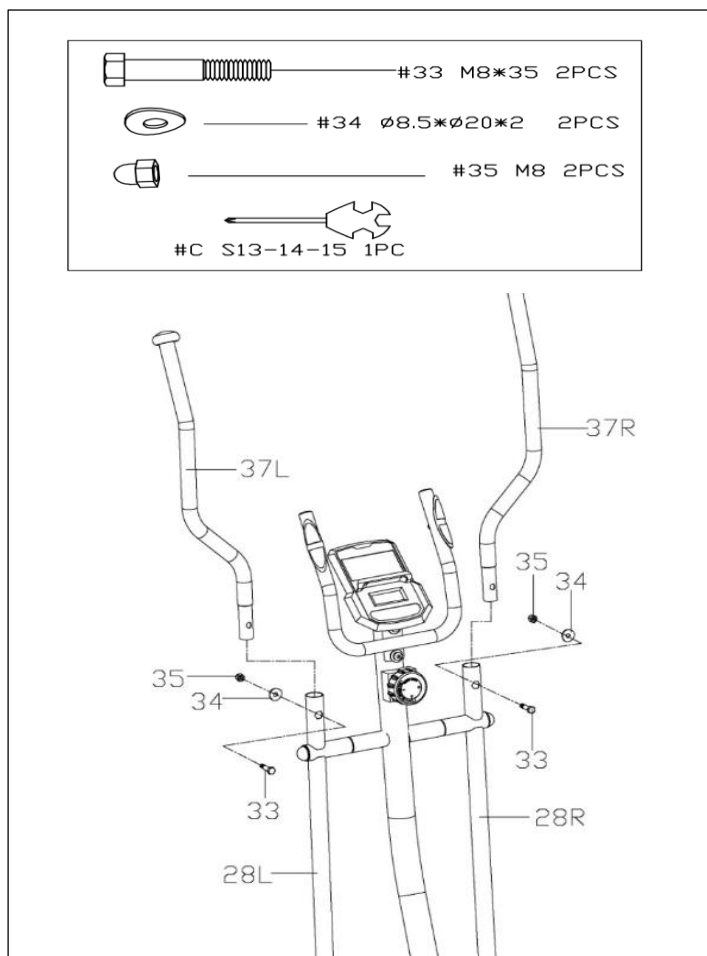
#### STEP 5:

Attach **Small Handlebar (No. 50)** to **Handlebar Post (No. 42)** with 2 **Bolts (No. 41)** and 2 **Curved Washers (No. 34)**. Tighten and secure with **Allen Wrench (No. A)**.

Remove the preassembled 4 **Cross Pan Head Screws (No. 46)** from **Computer (No. 45)** with **Spanner (No. C)**. Attach **Computer (No. 45)** to **Handlebar Post (No. 42)** with 4 **Cross Pan Head Screws (No. 46)** that were removed. Tighten and secure with **Spanner (No. C)**.

On the back of **Computer (No. 45)**, plug the **Trunk Wire (No. 53)** into the "SPEED INPUT" jack and plug the **Handle Pulse Wire (No. 47a)** into the "PULSE INPUT" jack.

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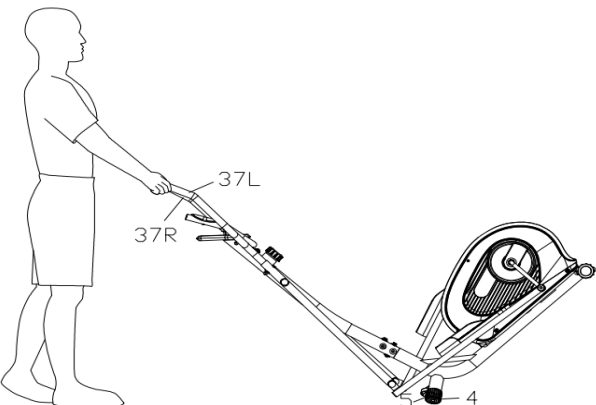
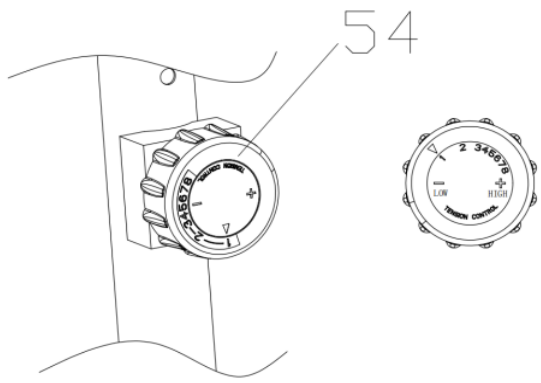
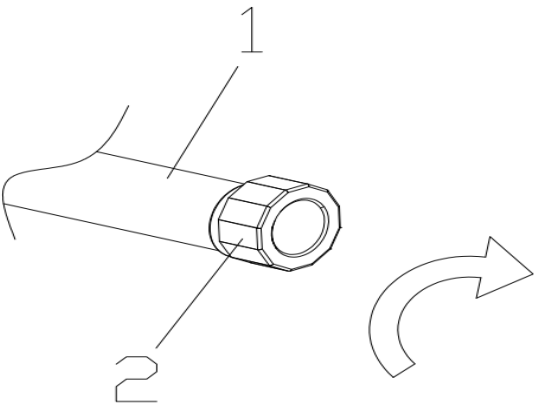


#### STEP 6:

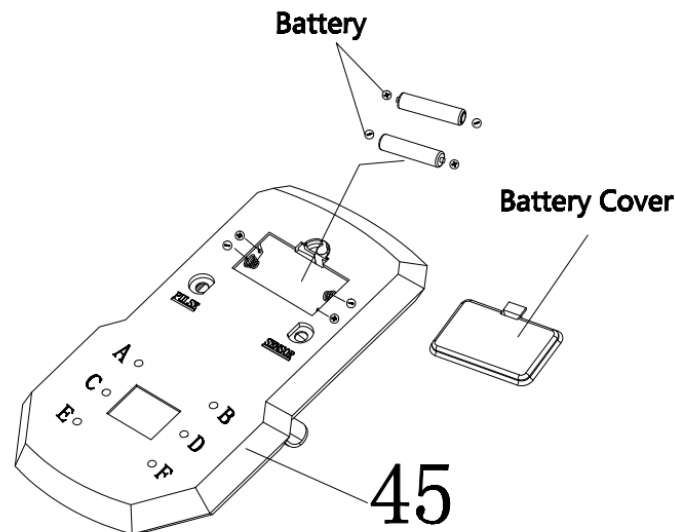
Attach **Left & Right Handlebars (No. 37L & No. 37R)** onto **Left & Right Swing Rods (No. 28L & No. 28R)** with 2 **Hex Bolts (No. 33)**, 2 **Curved Washers (No. 34)** and 2 **Cap Nuts (No. 35)**. Tighten and secure with **Spanner (No. C)**.

*The assembly is complete!*

## ADJUSTMENTS & USAGE GUIDE

	<h3>HOW TO MOVE THE ELLIPTICAL</h3> <p>Hold the <b>Left &amp; Right Handlebars (No. 37L/R)</b> and tilt the elliptical bike until the transportation wheels on the <b>Front Stabilizer (No. 4)</b> touch the ground. Now you can move the elliptical bike to the desired location.</p>
	<h3>ADJUSTING THE RESISTANCE</h3> <p>Adjust the resistance of the elliptical using the <b>Tension Control Knob (No. 54)</b>. Increase the level of resistance by turning the <b>Tension Control Knob (No. 54)</b> to the <b>RIGHT (clockwise)</b>, decrease the level of resistance by turning the <b>Tension Control Knob (No. 54)</b> to the <b>LEFT (counter-clockwise)</b>.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<h3>ADJUSTING THE BALANCE</h3> <p>In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stable. If you notice that the elliptical is unbalanced during use, you should adjust the <b>Rear End Caps (No. 2)</b> located beneath the <b>Rear Stabilizer (No. 1)</b>. To do so, turn it <i>clockwise</i>.</p>

# **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. 45)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 45)**. 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. 45)**.

*The installation is complete!*

## **BATTERY REPLACEMENT**

1. Press the buckle of battery cover on the back of the **Computer (No. 45)**, 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. 45)**. 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. 45)**.

*The replacement is complete!*

## **BATTERY DISPOSAL**

Dispose of 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 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.

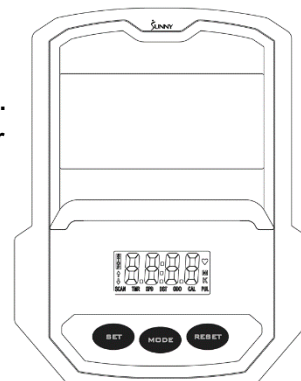
Press the button and hold for 3 seconds to reset all values except odometer to zero.

(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 button and 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 M (Miles). The user may preset target distance by pressing the SET & MODE buttons. 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 buttons. Each increment is 1 minute.

Automatically counts down from targeting value during exercise.

#### **7. CALORIES:**

Accumulates calories burned during training from 0 to 9999 Cal. The user may also preset the target calories before training by pressing the SET & MODE buttons. Each setting increment 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 M (Miles). User can also press MODE button to display the odometer value.

#### **9. PULSE:**

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

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

#### **10. RESET:**

Press the button and hold for 3 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.



## **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 handlebar post.</li><li>2. Check if the batteries are correctly positioned and 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 bike wobbles when in use.	Turn the rear end caps on the rear stabilizer as needed to level the elliptical bike.
The elliptical bike makes squeaking noise when in use.	The bolts may have become loose on the elliptical bike. Please inspect all of the bolts and tighten any loosened bolts.

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