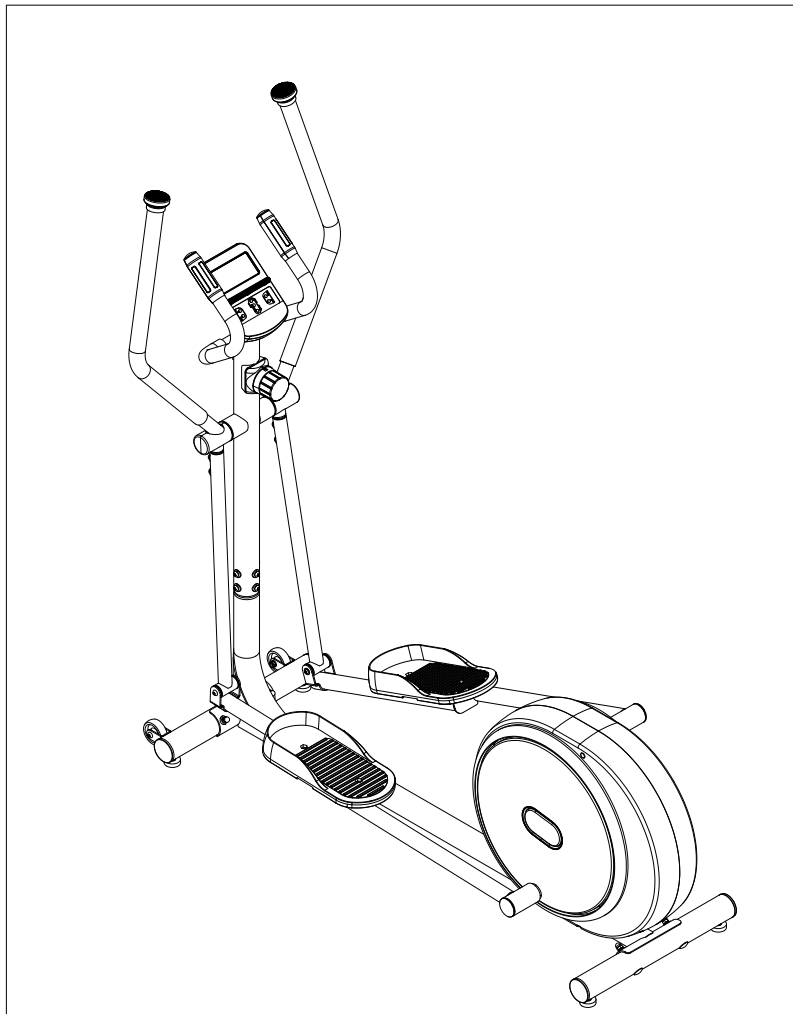




CARBON PRO MAGNETIC ELLIPTICAL SF-E3981 USER MANUAL



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).



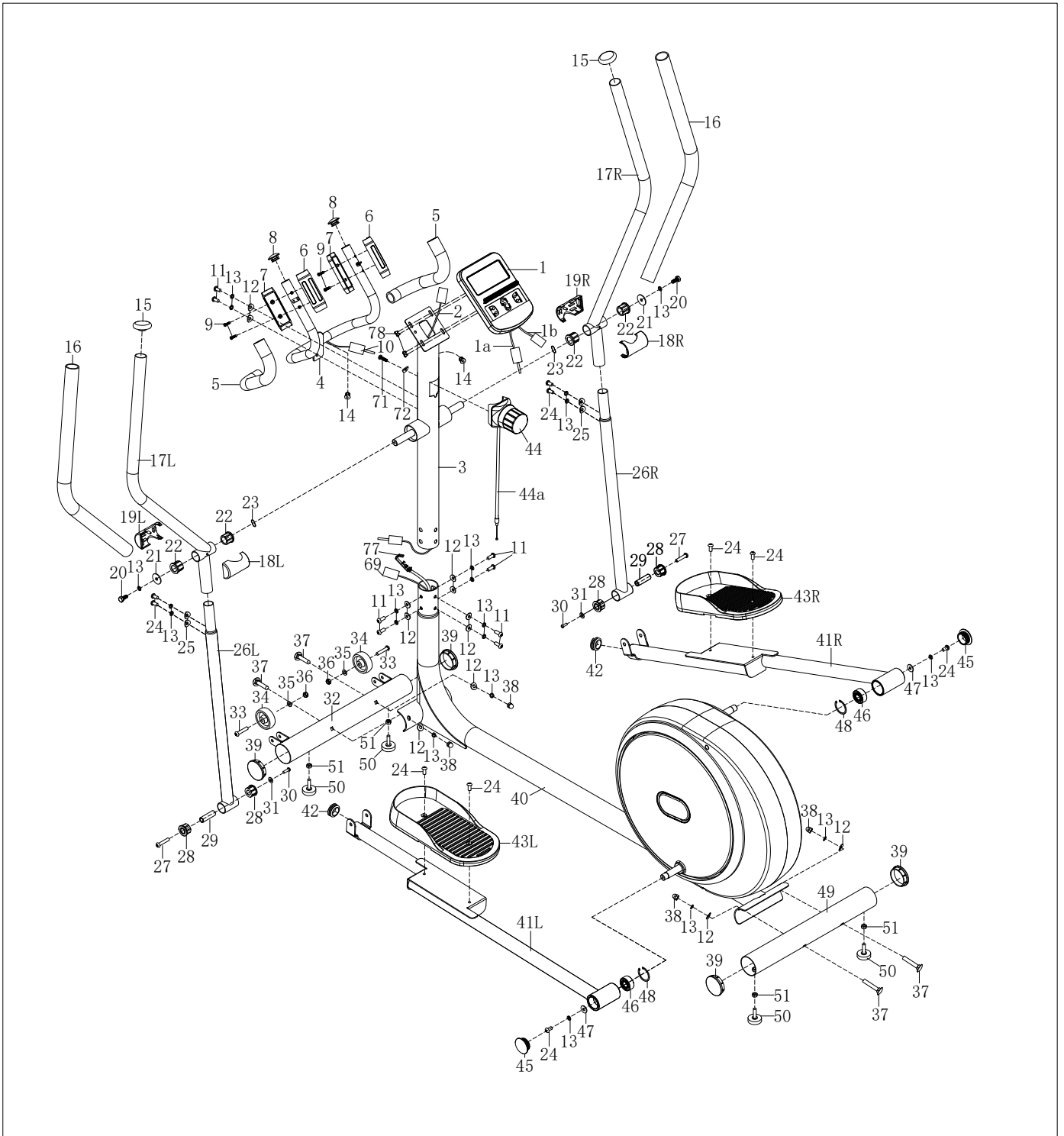
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IMPORTANT SAFETY INFORMATION

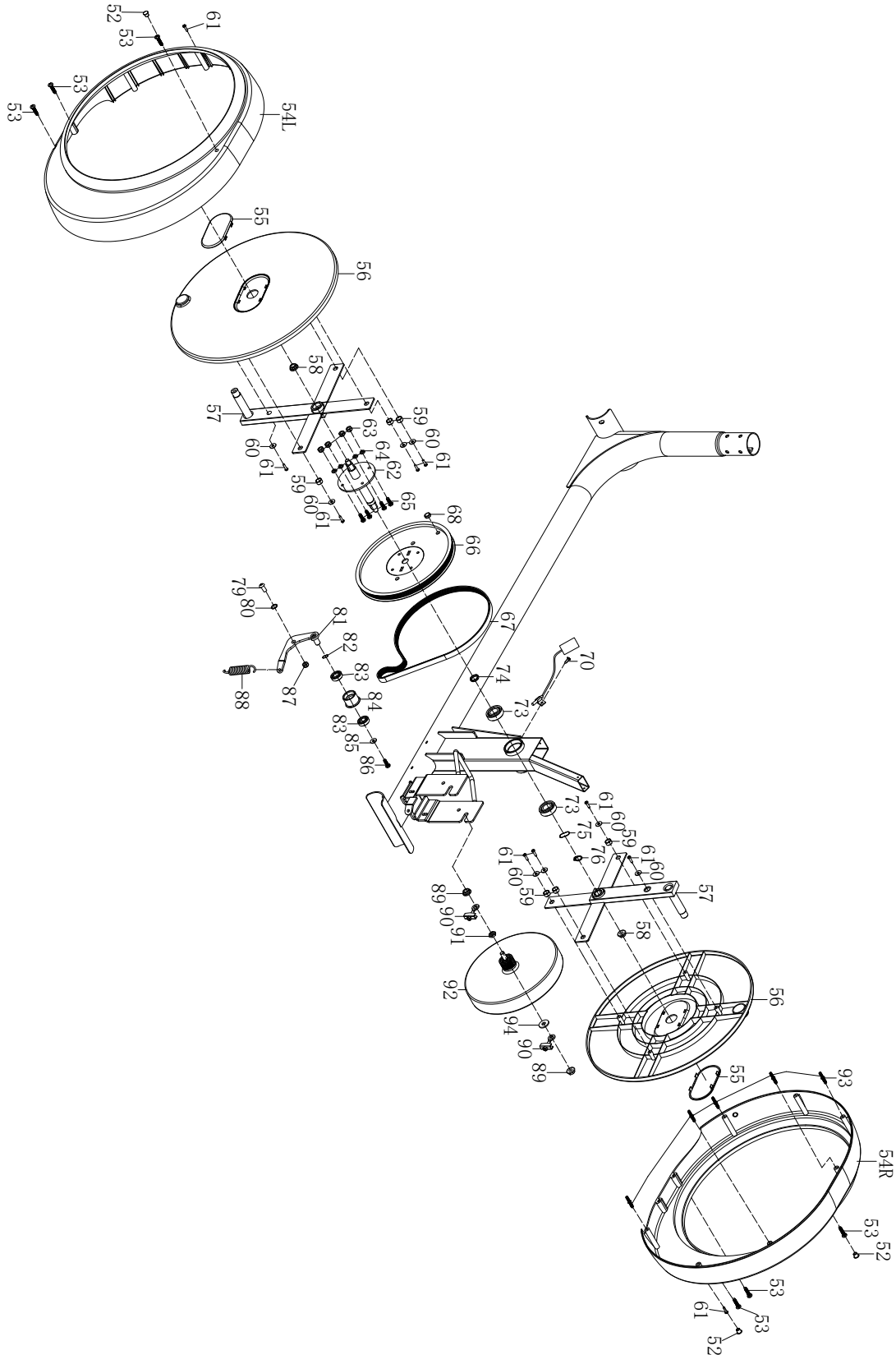
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 265 pounds (120 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

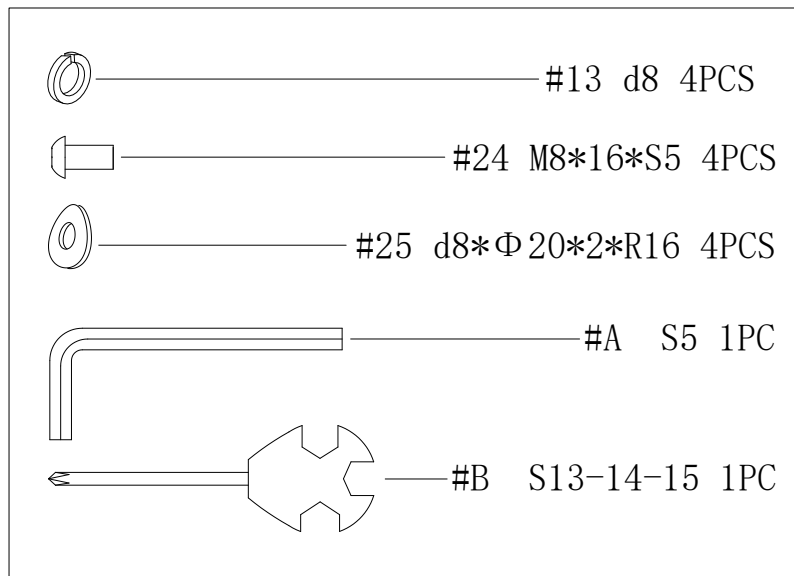
No.	Description	Spec.	Qty.
1	Computer		1
1a	Computer Wire 1		1
1b	Computer Wire 2		1
2	Trunk Wire		1
3	Upright Post		1
4	Middle Handlebar		1
5	Foam Grip	Φ23*3*350	2
6	Handle Pulse Plate 1		2
7	Handle Pulse Plate 2		2
8	End Cap		2
9	Screw	ST3*25	4
10	Handle Pulse Wire		1
11	Bolt	M8*20*S5	8
12	Arc Washer	d8*Φ20*2*R30	12
13	Spring Washer	d8	20
14	Grommet	Φ12	2
15	End Cap	Φ32	2
16	Foam Grip	Φ30*3*780	2
17L/R	Handlebar L/R		2
18L/R	L/R Rear Handlebar Cover		2
19L/R	L/R Front Handlebar Cover		2
20	Bolt	M8*19*S14	2
21	Washer	d8*Φ32*2	2
22	Bushing 1		4
23	Wave Washer	d19	2
24	Bolt	M8*16*S5	10
25	Arc Washer	d8*Φ20*2*R16	4
26L/R	Swing Rod L/R		2
27	Bolt	M8*66	2
28	Bushing 2		4
29	Spacer	Φ14*Φ8.3*59.5	2
30	Bolt	M6*15*S5	2

No.	Description	Spec.	Qty.
31	Washer	d6*Φ16*1.5	2
32	Front Stabilizer		1
33	Bolt	M8*42*15*S5	2
34	Transportation Wheel		2
35	Washer	d8*Φ16*1.5	2
36	Nylon Nut	M8*H7.5*S13	2
37	Bolt	M8*73*20*H5	4
38	Cap Nut	M8*H16*S13	4
39	End Cap	Φ60.5*17	4
40	Main Frame		1
41L/R	Pedal Rod L/R		2
42	Round Cap	Φ38	2
43L/R	Pedal L/R		2
44	Tension Control Knob		1
44a	Tension Control Wire		1
45	Round Cap	Φ48	2
46	Bearing	2203	2
47	Washer	d8*Φ22*2	2
48	C-clip	d40	2
49	Rear Stabilizer		1
50	Adjustable Foot Pad		4
51	Nut		4
52	End Cap		3
53	Screw	ST4.2*16	6
54L/R	L/R Belt Cover		2
55	Decorative Cover		2
56	Rotation Cover		2
57	Crank		2
58	Nut	M10*1.25	2
59	Spacer	Φ15*Φ12*8	6
60	Washer	d6*Φ16*1.5	8
61	Screw	ST4.2*19	10

No.	Description	Spec.	Qty.
62	Middle Axle		1
63	Nylon Nut	M6*H6*S10	4
64	Spring Washer	d6	4
65	Bolt	M6*16*S10	4
66	Belt Wheel	Φ260	1
67	Belt	6PJ380	1
68	Round Magnet		1
69	Sensor Wire		1
70	Screw	ST4.2*16	1
71	Bolt	M5*55	1
72	Arc Washer	d5*Φ20*1.2*R30	1
73	Bearing	6004	2
74	Spacer	Φ25*Φ20.2*4	1
75	Wave Washer	d20	1
76	Washer	d20	1
77	Lower Tension Wire		1
78	Screw	M5*10	4
79	Bolt		1

No.	Description	Spec.	Qty.
80	Washer	d12*Φ17*0.5	1
81	Idler Wheel Shaft		1
82	Wave Washer	d12	1
83	Bearing	6001	2
84	Idler Wheel		1
85	Washer	d6*Φ16	1
86	Bolt	M6*12*S10	1
87	Nylon Nut	M8*H7.5*S13	1
88	Compressed Spring	Φ3.2	1
89	Nut	M10*1*H8*S15	2
90	Bolt Set		2
91	Nut	M10*1*H5*S17	1
92	Flywheel		1
93	Plastic Column		5
94	Washer	d10*20*2	1
A	Allen Wrench	S5	1
B	Spanner	S13-14-15	1

HARDWARE PACKAGE



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

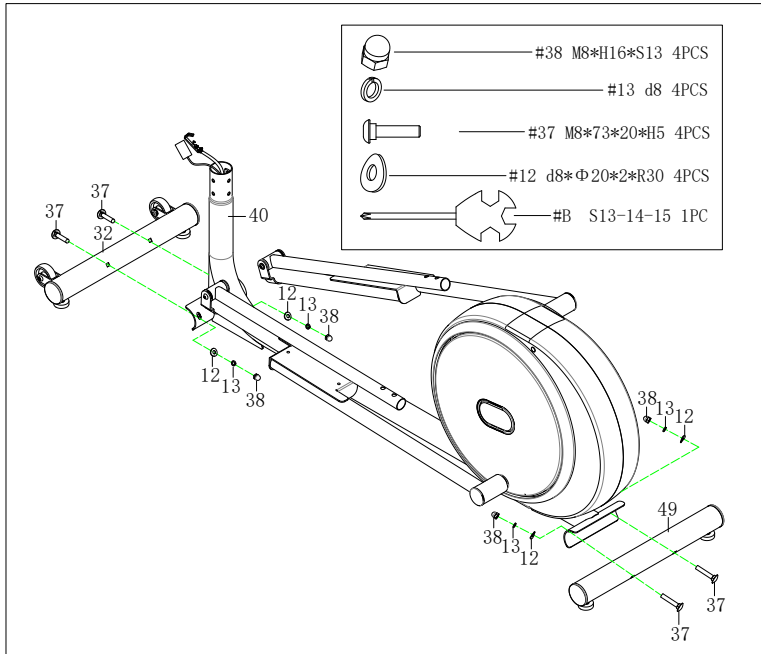
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 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).

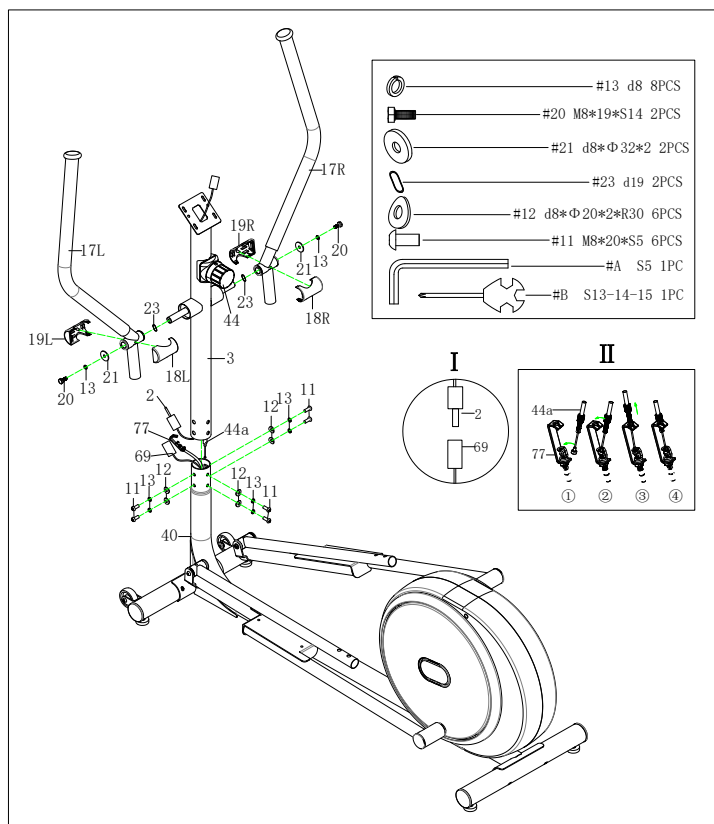


STEP 1:

Remove 4 Bolts (No. 37), 4 Arc Washers (No. 12), 4 Spring Washers (No. 13), and 4 Cap Nuts (No. 38) from Main Frame (No. 40) and Front Stabilizer (No. 32) with Spanner (No. B).

Attach Front Stabilizer (No. 32) and Rear Stabilizer (No. 49) to Main Frame (No. 40) using 4 Bolts (No. 37), 4 Arc Washers (No. 12), 4 Spring Washers (No. 13), and 4 Cap Nuts (No. 38) that were removed. Tighten and secure with Spanner (No. B).

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STEP 2:

Remove 6 **Bolts (No. 11)**, 6 **Spring Washers (No. 13)**, and 6 **Arc Washers (No. 12)** from **Main Frame (No. 40)** with **Allen Wrench (No. A)**.

Connect **Trunk Wire (No. 2)** with **Sensor Wire (No. 69)** as shown in picture I.

CAUTION: Please make sure the **Tension Control Knob (No. 44)** is at the highest resistance level (level 10, all the way to the right) before you connect the **Lower Tension Wire (No. 77)**.

Connect **Tension Control Wire (No. 44a)** with **Lower Tension Wire (No. 77)**. Then, insert **Tension Control Wire (No. 44a)** into the slot on metal bracket of **Lower Tension Wire (No. 77)**. Make sure the metal fitting on **Tension Control Wire (No. 44a)** is secured into the metal bracket.

Turn the **Tension Control Knob (No. 44)** to the lowest resistance level (level 1, all the way to the left) after you connect the **Lower Tension Wire (No. 77)**.

Attach **Upright Post (No. 3)** to **Main Frame (No. 40)** using 6 **Bolts (No. 11)**, 6 **Spring Washers (No. 13)**, and 6 **Arc Washers (No. 12)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

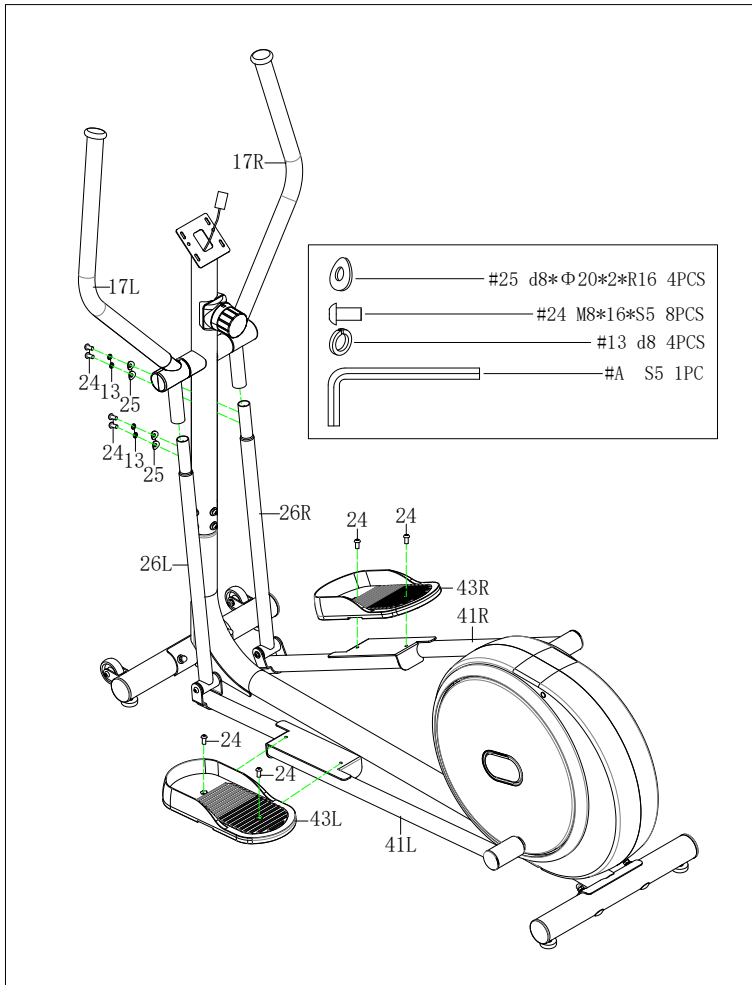
CAUTION: Please careful not to pinch the wires when assembling the **Upright Post (No. 3)**.

Remove 2 **Bolts (No. 20)**, 2 **Spring Washers (No. 13)**, 2 **Washers (No. 21)** and 2 **Wave Washers (No. 23)** from **Upright Post (No. 3)** with **Spanner (No. B)**.

Secure **Left & Right Handlebars (No. 17L/R)** to **Upright Post (No. 3)** using 2 **Bolts (No. 20)**, 2 **Spring Washers (No. 13)**, 2 **Washers (No. 21)** and 2 **Wave Washers (No. 23)** that were removed. Tighten and secure with **Spanner (No. B)**.

Attach **Left & Right Front Handlebar Covers (No. 19L/R)** with **Left & Right Rear Handlebar Covers (No. 18L/R)** to cover **Left & Right Handlebars (No. 17L/R)**.

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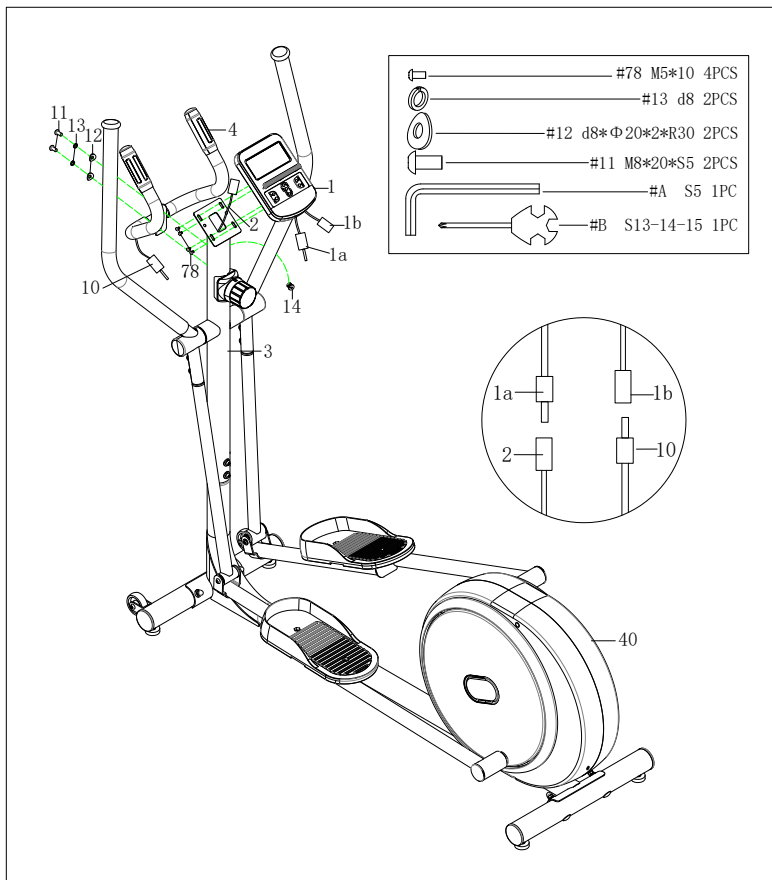
STEP 3:

Attach **Left & Right Handlebars (No. 17L/R)** to **Left & Right Swing Rods (No. 26L/R)** using 4 **Bolts (No. 24)**, 4 **Arc Washers (No. 25)**, and 4 **Spring Washers (No. 13)**. Tighten and secure with **Allen Wrench (No. A)**.

Remove 4 **Bolts (No. 24)** from **Left & Right Pedal Rods (No. 41L/R)** with **Allen Wrench (No. A)**.

Attach **Left & Right Pedals (No. 43L/R)** to **Left & Right Pedal Rods (No. 41L/R)** using 4 **Bolts (No. 24)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

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STEP 4:

Remove 2 Bolts (No. 11), 2 Arc Washers (No. 12), and 2 Spring Washers (No. 13) from Upright Post (No. 3) with Allen Wrench (No. A).

Attach Middle Handlebar (No. 4) to Upright Post (No. 3) using 2 Bolts (No. 11), 2 Arc Washers (No. 12), and 2 Spring Washers (No. 13) that were removed. Tighten and secure with Allen Wrench (No. A).

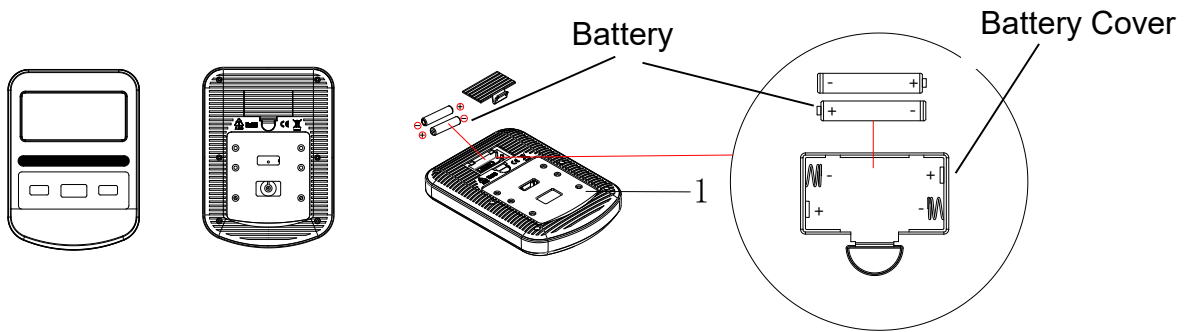
Remove 4 Screws (No. 78) from the back of Computer (No. 1) with Spanner (No. B).

Insert the Handle Pulse Wire (No. 10) through the hole in front of the Upright Post (No. 3) and pull it out from the top of the Upright Post (No. 3). Connect Computer Wire 2 (No. 1b) with Handle Pulse Wire (No. 10) and connect the Computer Wire 1 (No. 1a) with Trunk Wire (No. 2). Then, use Grommet (No. 14) to cover the hole in front of the Upright Post (No. 3).

Attach Computer (No. 1) to Upright Post (No. 3) using 4 Screws (No. 78) that were removed. Tighten and secure with Spanner (No. B).

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. 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

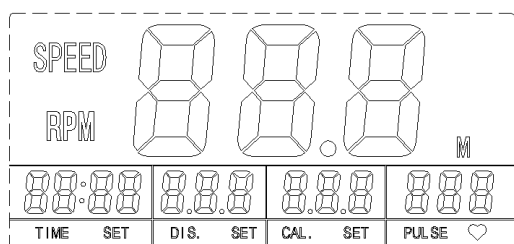
1. Press the buckle of battery cover on the back of the **Computer (No. 1)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. 1)**. Pay attention to the battery + and – poles before 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!

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.

EXERCISE COMPUTER

WINDOW DISPLAY

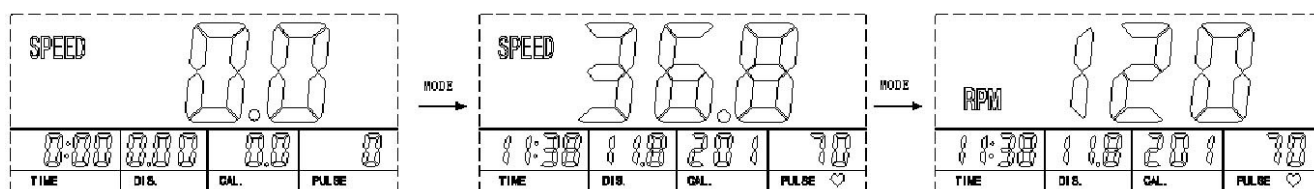


- 1) Main window: SPEED/RPM;
- 2) TIME, DIS. (DISTANCE), CAL. (CALORIE), PULSE window;

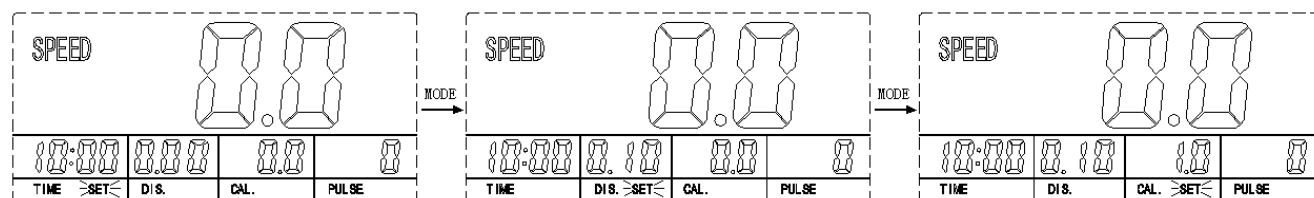
KEY FUNCTION

MODE:

- 1) During use: press MODE button to switch main window between SPEED and RPM;



- 2) During inactivity: press MODE button to enter the Setting Mode and choose functions to set value. Once the function is chosen, "SET" will flash on the right side of the window.



- 3) Press and hold 3 seconds to reset all of the value to zero.

SET: In Setting Mode, press SET button to set the value for TIME, DISTANCE and CALORIE. Once the value is set and user start the workout, it will count down from the set target value. Computer will beep when the value counts down to 0.

RESET: In Setting Mode, press this button once to reset the current value to 0. Press and hold 3 seconds to reset all values to zero.

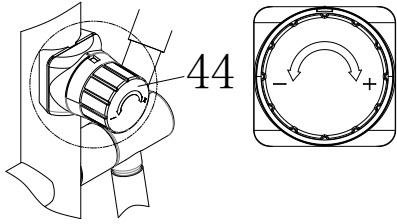
AUTO ON/OFF

- 1) If the computer did not receive any speed signal or key input for 5 minutes, it will get into sleep mode automatically.
- 2) Any speed signal input or key input can turn the computer on from sleep mode.

SPECIFICATION

TIME	0M:00S ~ 99M:00S	RPM	0 ~ 999 RPM
SPEED	0.00 ~ 99.9 Miles Per Hour	Battery Type	Size-AAA or UM-4
DISTANCE	0.0 ~ 99.9 Miles	Operating Temperature	32°F ~ +104°F
CALORIE	0.0~ 999 KCAL	Storage Temperature	14°F ~ +140°F
PULSE	40-240 BPM		

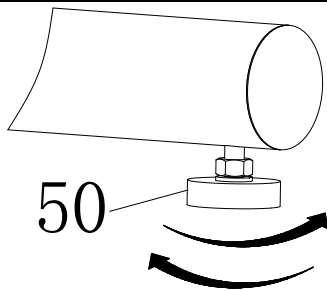
ADJUSTMENTS & USAGE GUIDE



ADJUSTING THE TENSION

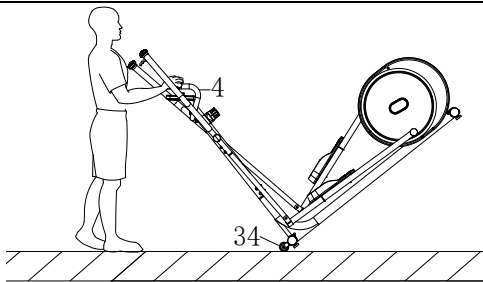
Rotate the **Tension Control Knob (No. 44)** *clockwise* to increase the level of resistance. Rotate the **Tension Control Knob (No. 44)** *counter-clockwise* to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 10 being the highest.



ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the **Adjustable Foot Pads (No. 50)** located beneath the front and rear stabilizers. To do so, simply rotate the **Adjustable Foot Pad (No. 50)** until the elliptical becomes levelled with the floor surface.



MOVING THE ELLIPTICAL

To move the elliptical, hold **Middle Handlebar (No. 4)** and tilt the elliptical until the **Transportation Wheels (No. 34)** 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.

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer.	<ol style="list-style-type: none">1. Remove the computer and verify that the wires from the computer is properly connected to the wires that come from the upright post.2. Check if the batteries are correctly positioned and that the 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 adjustable foot pads located on the front and rear stabilizers as needed to level the elliptical.
The elliptical makes a squeaking noise when in use.	The bolts may have become loose on the elliptical. Please inspect all bolts and tighten any bolts that may have loosened.

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