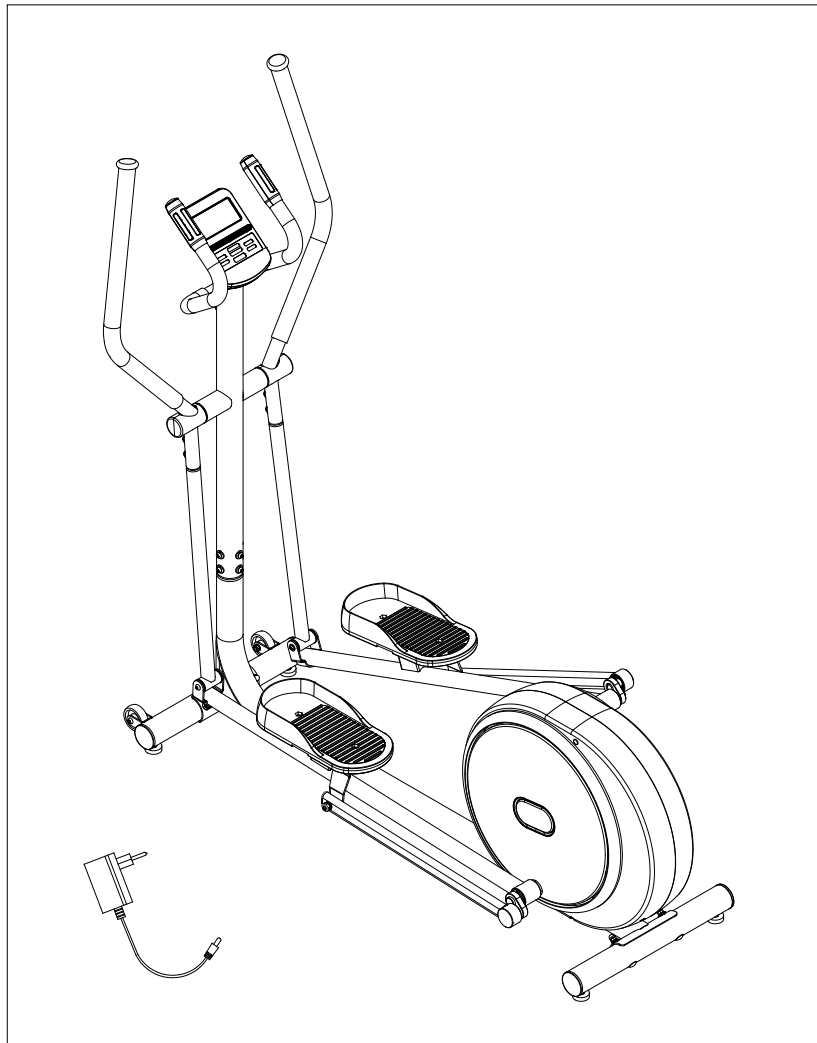




CARBON PREMIUM PROGRAMMABLE MAGNETIC ELLIPTICAL SF-E3982 USER MANUAL



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).



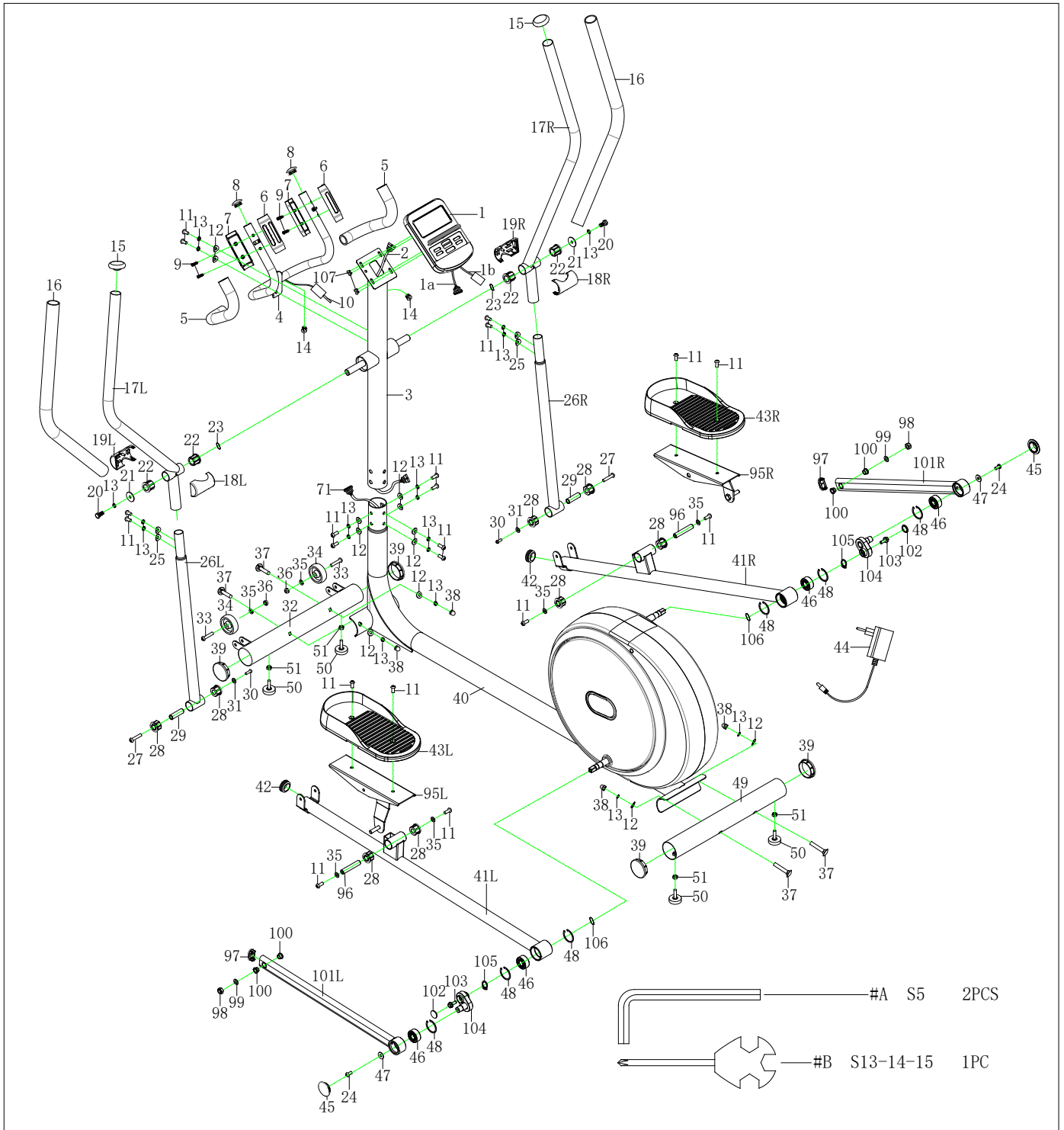
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

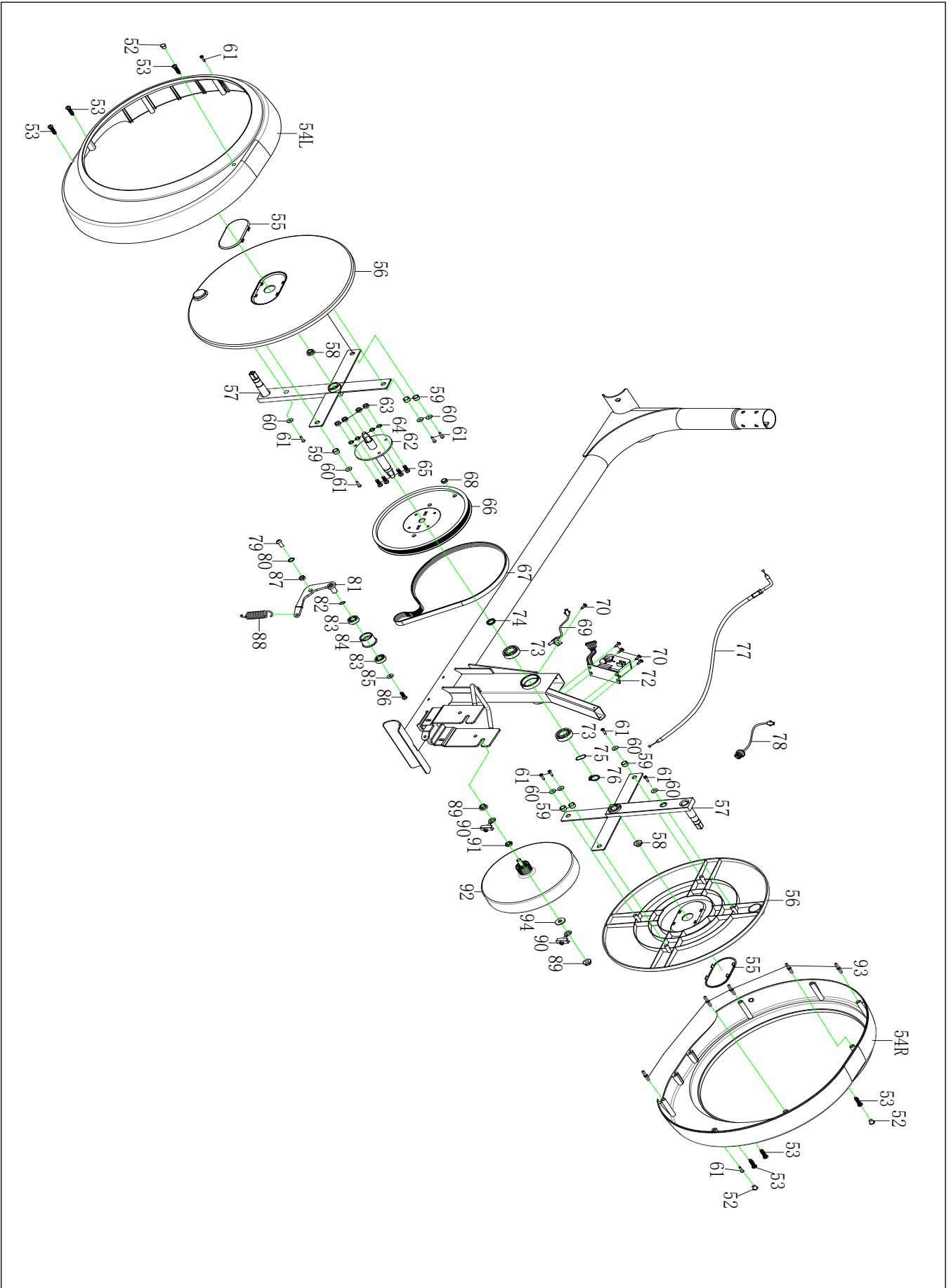
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.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




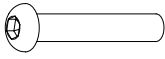



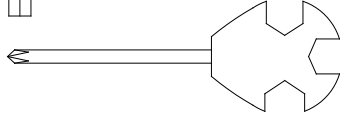
No.	Description	Spec.	Qty.
1	Computer		1
1a	Computer Wire 1		1
1b	Computer Wire 2		1
2	Trunk Wire 1		1
3	Upright Post		1
4	Middle Handlebar		1
5	Foam Grip	Φ23*3*350	2
6	Handle Pulse Plate 1		2
7	Handle Pulse Plate 2		2
8	End Cap		2
9	Bolt	ST3*25	4
10	Handle Pulse Wire		1
11	Bolt	M8*20*S5	20
12	Arc Washer	d8*Φ20*2*R30	12
13	Spring Washer	d8	18
14	Grommet	Φ12	2
15	End Cap	Φ32	2
16	Foam Grip	Φ30*3*780	2
17L/R	L/R Handlebar		2
18L/R	L/R Rear Handlebar Cover		2
19L/R	L/R Front Handlebar Cover		2
20	Hexagon Bolt	M8*16*S14	2
21	Washer	d8*Φ32*2	2
22	Bushing 1		4
23	Wave Washer	d19	2
24	Bolt	M8*16*S5	2
25	Arc Washer	d8*Φ20*2*R16	4
26L/R	Swing Rod L/R		2
27	Bolt	M8*65*M6*15*S5	2
28	Bushing 2		8
29	Spacer		2
30	Screw	M6*15*S5	2
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	6
36	Nylon Nut		2
37	Bolt	M8*73*20*H5	4
38	Cap Nut	M8*H16*S13	4
39	End Cap		4
40	Main Frame		1
41L/R	L/R Pedal Rod		2
42	End Cap	Φ38	2

No.	Description	Spec.	Qty.
43L/R	Pedal		2
44	Adapter		1
45	End cap	Φ48	2
46	Bearing		4
47	Washer	d8*Φ22*2	2
48	C-clip	d40	6
49	Rear Stabilizer		1
50	Adjustable Foot Pad		4
51	Hexagon Nut		4
52	End Cap		3
53	Bolt	ST4.2*16	6
54L/R	Belt Cover		2
55	Decorative Cover		2
56	Rotation Cover		2
57	Crank		2
58	Nut	M10*1.25	2
59	Spacer		6
60	Washer	d6*Φ16*1.5	8
61	Bolt	ST4.2*19	10
62	Middle Axle		1
63	Nylon Nut	M6*H6*S10	4
64	Spring Washer	d6	4
65	Hexagon Bolt	M6*16*S10	4
66	Belt Wheel		1
67	Belt		1
68	Magnet		1
69	Inductor		1
70	Screw		5
71	Trunk Wire 2		1
72	Motor		1
73	Bearing		2
74	Spacer		1
75	Wave Washer	d20	1
76	Washer	d20	1
77	Electric Tension Wire		1
78	Power Line		1
79	Bolt		1
80	Washer	d12*Φ17*0.5	1
81	Idler Wheel Shaft		1
82	Wave Washer	d12	1
83	Bearing		2
84	Idler Wheel		1
85	Washer		1
86	Hexagon Bolt	M6*12*S10	1

No.	Description	Spec.	Qty.
87	Nylon Nut	M8*H7.5*S13	1
88	Tension Spring		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
95L/R	Pedal Plate		2
96	Spacer		2
97	End Cap		2
98	Nylon Nut		2

No.	Description	Spec.	Qty.
99	Washer		2
100	Spacer		4
101L/R	L/R Connecting Rod		2
102	Crank Cover		2
103	Bolt	M8*20	2
104	Small Crank		2
105	Washer	d17	2
106	Wave Washer	d17*Φ22*0.3	2
107	Screw	M5*10	4
A	Allen Wrench	S5	2
B	Spanner	S13-14-15	1

HARDWARE PACKAGE

	#11	M8*20*S5	4PCS
	#13	d8	4PCS
	#25	d8*Φ 20*2*R16	4PCS
	#27	M8*65*M6*15*S5	2PCS
	#30	M6*15*S5	2PCS
	#31	d6*Φ 16*1.5	2PCS
	#A	S5	2PCS
	#B	S13-14-15	1PC

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

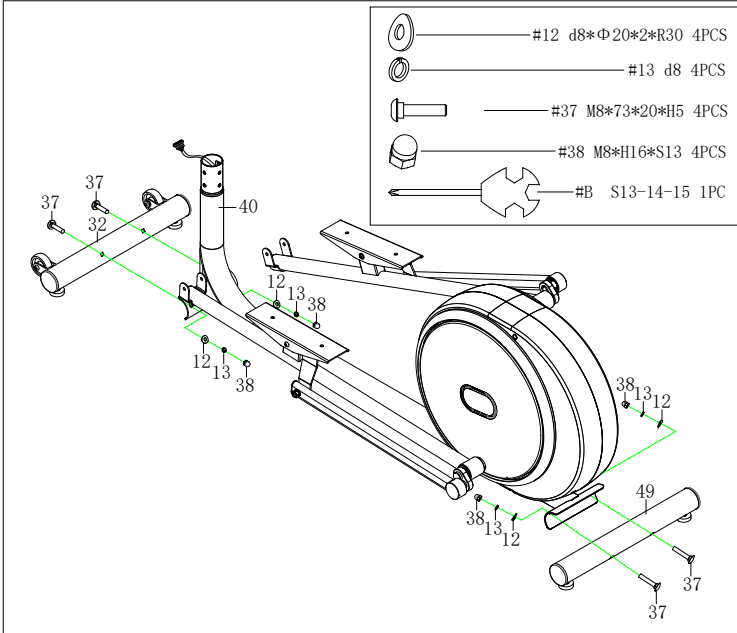
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

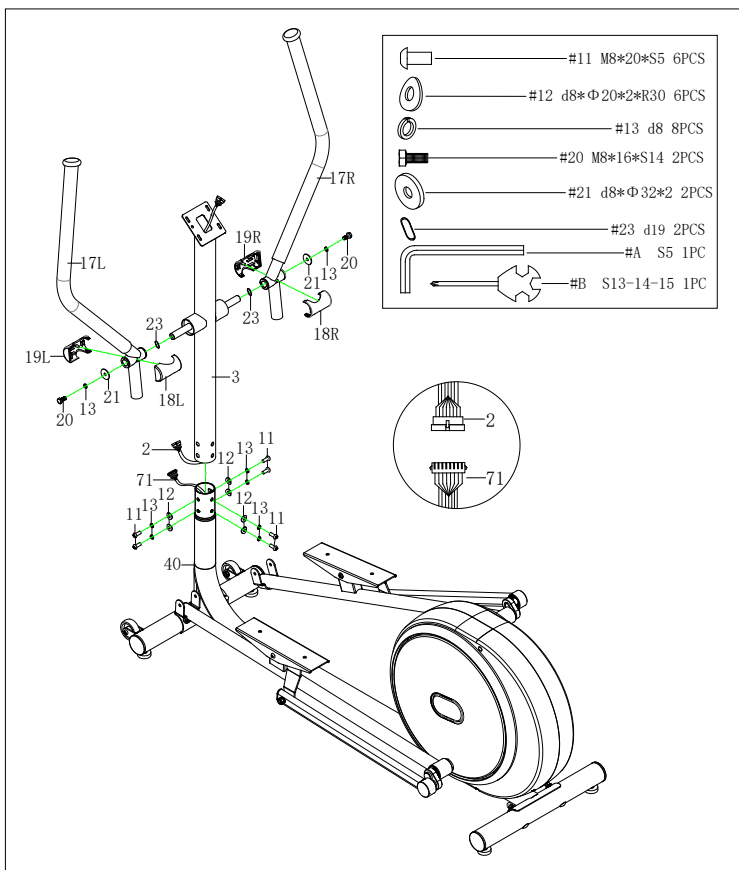


STEP 1:

Remove 4 **Bolts (No. 37)**, 4 **Arc Washers (No. 12)**, 4 **Spring Washers (No. 13)**, and 4 **Cap Nuts (No. 38)** from **Front Stabilizer (No. 32)** and **Main Frame (No. 40)** 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 1 (No. 2)** with **Trunk Wire 2 (No. 71)**.

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)**.

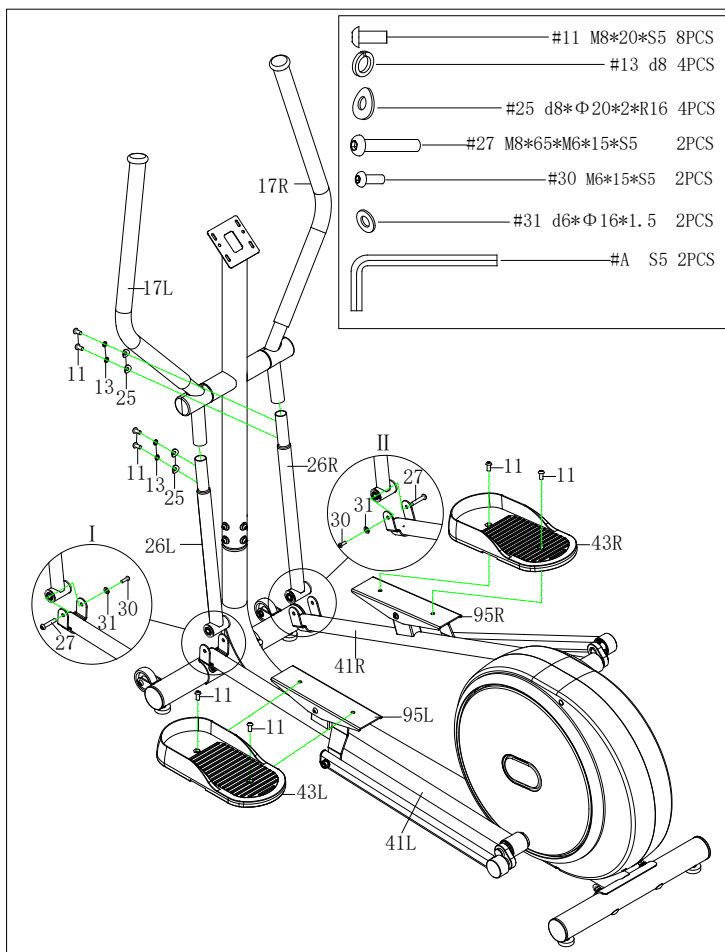
CAUTION: Please careful not to pinch the wires when assembling the **Upright Post (No. 3)**.

Remove 2 **Hexagon 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)**.

Attach **Left & Right Handlebar (No. 17L/R)** to **Upright Post (No. 3)** using 2 **Hexagon 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 Handlebar (No. 17L/R)**.

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STEP 3:

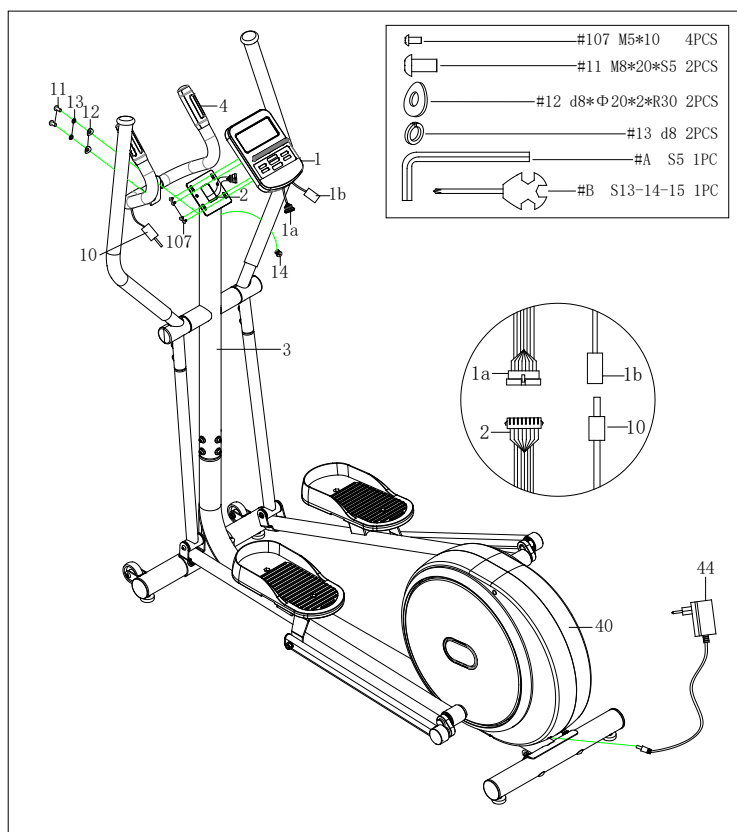
Attach **Left & Right Handlebars (No. 17L/R)** to **Left & Right Swing Rods (No. 26L/R)** using **4 Bolts (No. 11)**, **4 Spring Washers (No. 13)** and **4 Arc Washers (No. 25)**. Tighten and secure with **Allen Wrench (No. A)**.

Attach **Left & Right Swing Rods (No. 26L/R)** to **Left & Right Pedal Rods (No. 41L/R)** using **2 Bolts (No. 27)**, **2 Screws (No. 30)** and **2 Washers (No. 31)**. Tighten and secure with **2 Allen Wrenches (No. A)**.

Remove **4 Bolts (No. 11)** from **Left & Right Pedal Plates (No. 95L/R)** with **Allen Wrench (No. A)**.

Attach **Left & Right Pedals (No. 43L/R)** to **Left & Right Pedal Plates (No. 95L/R)** using **4 Bolts (No. 11)** that were removed. 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).



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. 107)** from **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 1 (No. 2)**. Then, use **Grommet (No. 14)** to cover the hole in front of the **Upright Post (No. 3)**.

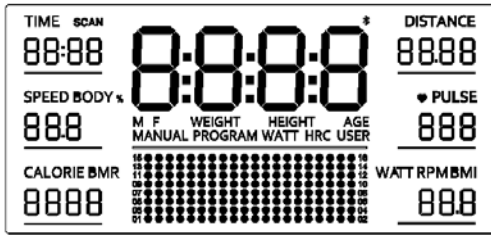
Attach **Computer (No. 1)** to **Upright Post (No. 3)** using 4 **Screws (No. 107)** that were removed. Tighten and secure with **Spanner (No. B)**.

Insert the jack from **Adapter (No. 44)** to adapter input on the back of **Main Frame (No. 40)**, then plug the **Adapter (No. 44)** into an outlet.

The assembly is complete!

EXERCISE COMPUTER

DISPLAY INFORMATION



1. The main window displays the exercise status:
 - a. Scan mode: Display and switch among functions every 6 seconds:
TIME->DISTANCE->SPEED->PLUSE->CALORIE->WATT
 - b. Press “Display-ALT” key to select and lock on any specific function.
2. TIME, SPEED, CALORIE, DISTANCE, PULSE display window
3. WATT RPM display window
Press “ENTER” key to switch display between WATT or RPM during use.
4. Resistance level: 16 levels.

SPECIFICATIONS

TIME.	0m00s ~ 99m59s / 99m00s-0m00s
SPEED	0.0 ~ 99.9 MPH (Miles Per Hour)
DISTANCE	0.00 ~ 99.9 Miles
CALORIE	0 ~ 9999 KCAL
PULSE	40-240 BPM
Revolutions Per Minute	0 ~ 999 RPM
WATTS	0~899 W

FUNCTION DESCRIPTION

MANUAL MODE	PRORGAM 1: The resistance value is adjusted manually.
PROGRAM MODE	PROGRAM 2-11: The exercise is adjusted with preset value automatically.
BODY FAT	PROGRAM 12: Calculate body fat percentage, Body Mass Index (BMI) and Basal Metabolic Rate (BMR).
WATT MODE	PROGRAM 13: The exercise is controlled by watt target.
H.R.C MODE	PROGRAM 14-17: The exercise is controlled by target heartrate value - 65% ,75%,85%, user setting value.
USER MODE	PROGRAM18-21: The exercise is set by resistance value.
RECOVERY MODE	Based on the level of recovery heartrate.

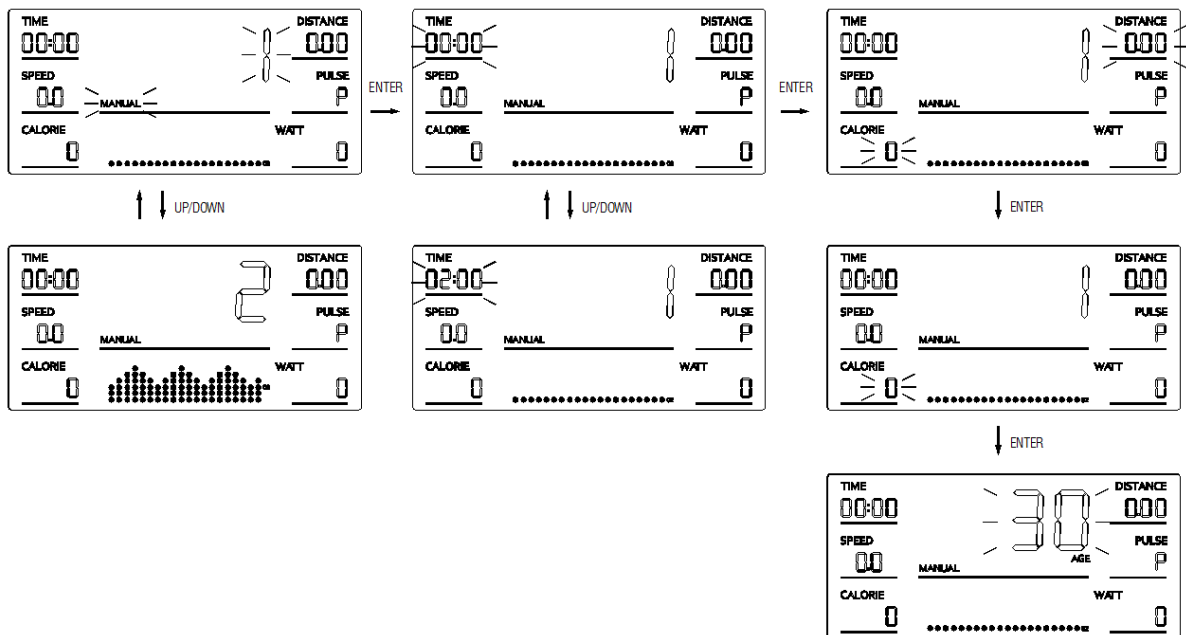
KEY FUNCTION

UP	<ul style="list-style-type: none"> Move up the selections in PROGRAM Mode. Increase value in the Setting Mode. Increase resistance level during use.
DOWN	<ul style="list-style-type: none"> Move down the selections in PROGRAM Mode. Decrease value in the Setting Mode. Decrease the resistance level during use.
RESET	<ul style="list-style-type: none"> Return to PROGRAM 1 from any status. Clear all values, except the user settings of U1-U4, WATT and PULSE.
START/STOP	<ul style="list-style-type: none"> Start or stop the motion status.
RECOVERY	<ul style="list-style-type: none"> To test the level of heartrate recovery.
ENTER	<ul style="list-style-type: none"> To switch display between WATT or RPM during use. To choose function for setting.
Display-ALT	<ul style="list-style-type: none"> Let you select and lock on to any function.

UNIT

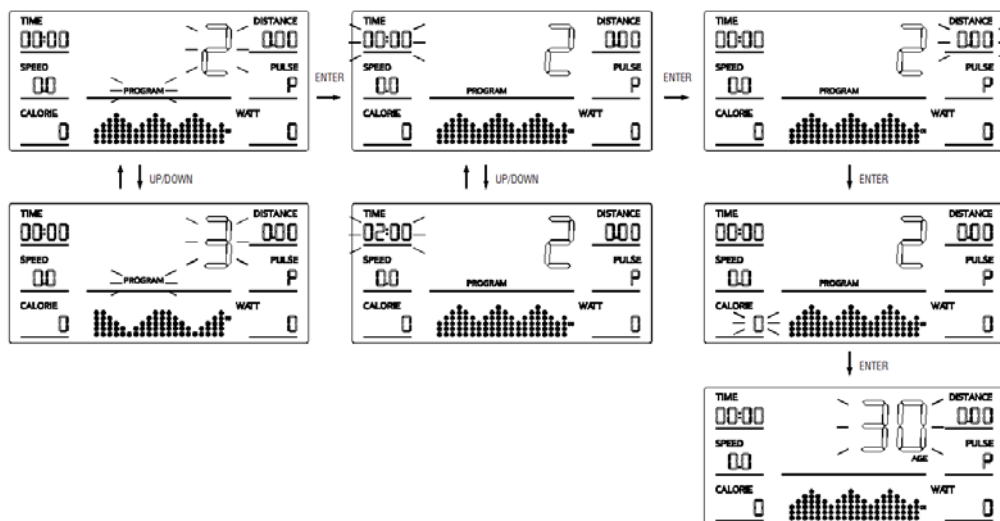
HEIGHT	WEIGHT	SPEED	RPM	DIST	CAL	WATT	PULSE
Ft' in	LB	MPH	R / MIN	Miles	KCAL	W	BPM

MANUAL MODE (PROGRAM 1)



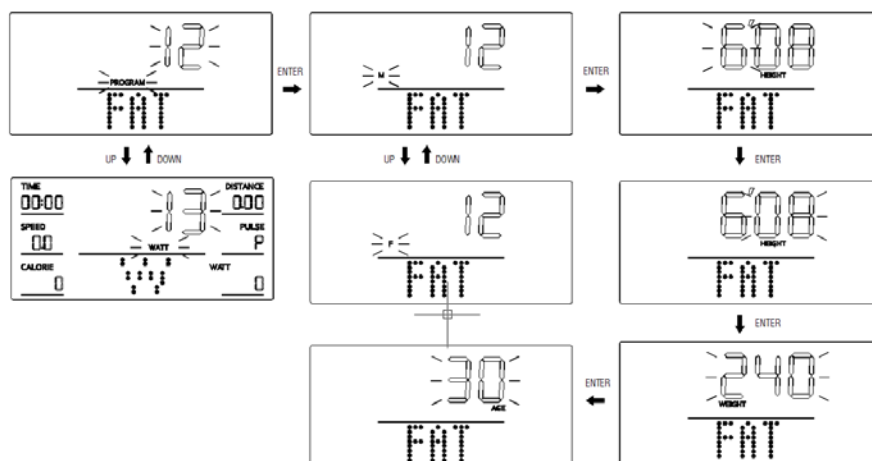
1. Press "START/STOP" to start the exercise, or press "ENTER" to enter Setting Mode.
2. In Setting Mode, press "ENTER" to choose setting items with relevant flashing window for TIME, DISTANCE, CALORIE, AGE.
3. Press "UP" or "DOWN" to increase or decrease the value, and press "ENTER" to skip to next item.
4. When all operations are complete, it will exit the setting mode automatically. Or press "START/STOP" in the settings status to start.
5. Resistance level can be adjusted during use, with "UP" or "DOWN" key.
6. Once user begin the exercise, it will count down from the set value. When any of the setting value count to 0, it will beep and stop the workout automatically.
7. Press "START/STOP" to stop the exercise automatically at any point during use.

PROGRAM MODE (PROGRAM 2-11)



1. Press "UP" or "DOWN" to select any functions.
2. Press "START/STOP" to start the exercise, or press "ENTER" to enter Setting Mode.
3. In Setting Mode, press "ENTER" to choose setting items with relevant flashing window for TIME, DISTANCE, CALORIE, AGE.
4. Press "UP" or "DOWN" to increase or decrease the value, and press "ENTER" to skip to next item.
5. When all operations are complete, it will exit the setting mode automatically. Or press "START/STOP" in the settings status to start.
6. Resistance level is adjusted automatically during workout for each program, or press "UP"/"DOWN" to make adjustment manually.
7. Once user begin the exercise, it will count down from the set value. When any of the setting value count to 0, it will beep and stop the workout automatically.
8. Press "START/STOP" to stop the exercise automatically at any point during use.

BODY FAT (PROGRAM 12)



Press "ENTER" to enter the Setting Mode.

1. In Setting Mode, press "ENTER" to choose setting items with relevant flashing window for GENDER→HEIGHT(FOOT)→HEIGHT(INCH)→WEIGHT(LBS)→AGE.
2. Press "UP" or "DOWN" to increase or decrease the value, and press "ENTER" to skip to next item.
3. Press "START/STOP" to start the test and hold the pulse sensors with your hands. Then the display will show your body fat within 8 seconds.
4. You should keep your body relaxed to get the most accurate value.

B.M.I. (Body Mass Index)

Gender/Age	Underweight	Healthy	Slightly Overweight	Overweight	Obese
Male/ ≤ 30	< 14	14~20	20.1~25	25.1~35	> 35
Male/ > 30	< 17	17~23	23.1~28	28.1~38	> 38
Female/≤ 30	< 17	17~24	24.1~30	30.1~40	> 40
Female/ > 30	< 20	20~27	27.1~33	33.1~43	> 43

BODY FAT

Gender	Low	Medium	Slightly High	High
Male	<13%	13%-25.9%	26%-30%	>30%
Female	<23%	23%-35.9%	36%-40%	>40%

B.M.R (Basal Metabolic Rate)

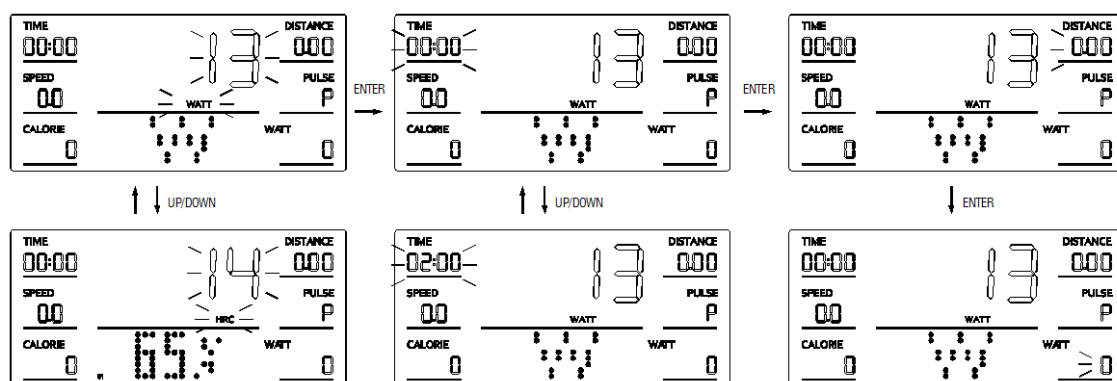
The average number of calories burned per day for basic survival

Ref: 1300±100 (22-40years)

BODY TYPE:

B1	B2	B3	B4	B5	B6	B7	B8	B9
Severely Underweight	Underweight	Thin	Slightly Thin	Healthy	Slightly Overweight	Overweight	Obese	Extremely Obese

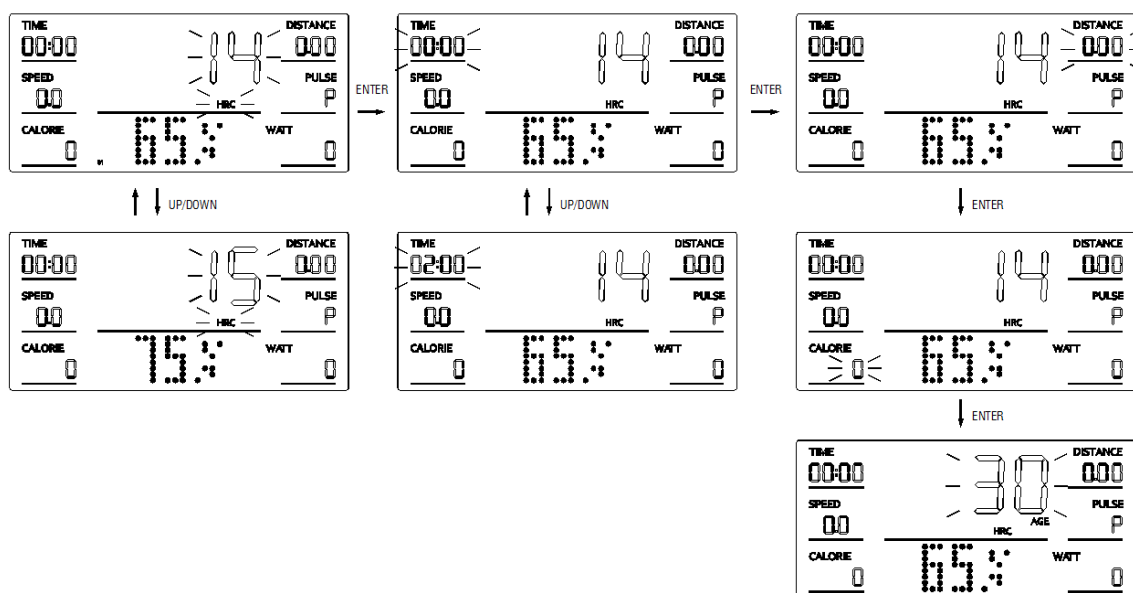
WATT MODE (PROGRAM 13)



1. Press “ENTER” to enter Setting Mode.
2. In Setting Mode, press “ENTER” to choose setting items with relevant flashing window for TIME→DISTANCE→WATT.
3. Press “UP” or “DOWN” to increase or decrease the value, and press “ENTER” to skip to next item.
4. Press “START/STOP” to start.
5. Resistance level is adjusted automatically with WATT target value during workout.
6. Once user begin the exercise, it will count down from the set value. When any of the setting value count to 0, it will beep and stop the workout automatically.
7. Press “START/STOP” to stop the exercise automatically at any point during use.

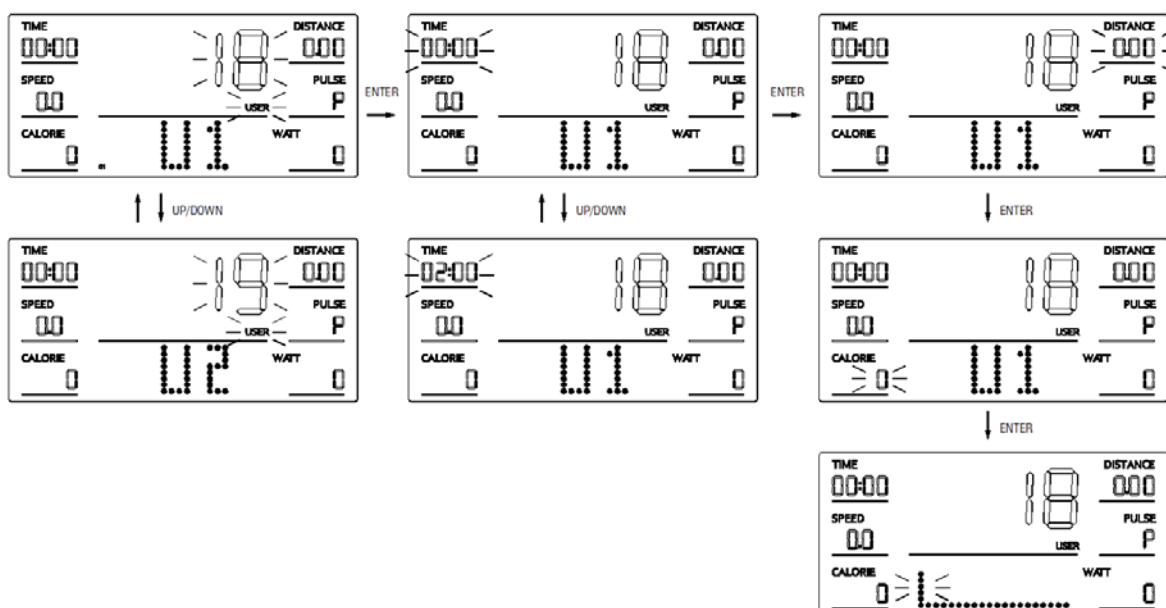
Note: the WATT value is decided by the TORQUE and RPM. in this program, the watt value will keep at constant value. it means that if you peddle quickly, the load resistance will decrease and if you peddle slowly, the load resistance will increase to ensure you at the same watt value.

H.R.C MODE (PROGRAM 14-17)



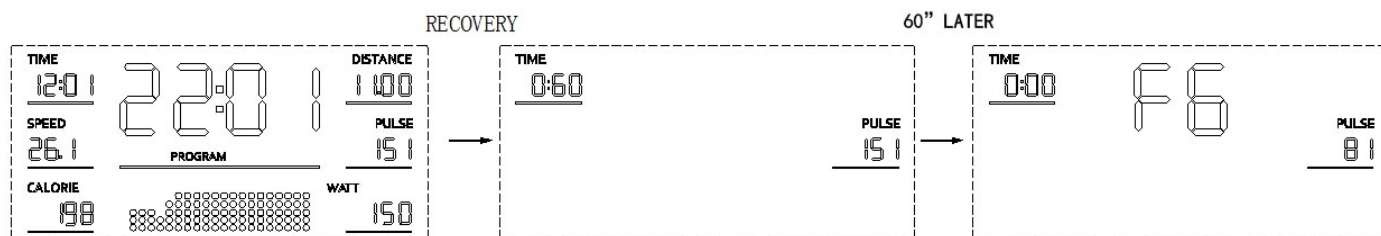
1. Press "UP" or "DOWN" to select any functions.
 2. Press "START/STOP" to start the exercise, or press "ENTER" to enter Setting Mode.
 3. In Setting Mode, press "ENTER" to choose setting items with relevant flashing window for TIME→DISTANCE→CALORIE→AGE (only PROGRAM 14-16) → T.H.R (only PROGRAM 17).
 4. Press "UP" or "DOWN" to increase or decrease the value, and press "ENTER" to skip to next item.
 5. Press "START/STOP" to start.
 6. Resistance level is adjusted automatically during workout with target T.H.R value.
 7. Once user begin the exercise, it will count down from the set value. When any of the setting value count to 0, it will beep and stop the workout automatically.
 8. Press "START/STOP" to stop the exercise automatically at any point during use.
- NOTICE: you must hold the pulse sensors during exercise.

USER MODE (PROGRAM 18-21)



1. Press “UP” or “DOWN” to select U1-U4 mode.
2. Press “START/STOP” to start the exercise, or press “ENTER” to enter Setting Mode.
3. In Setting Mode, press “ENTER” to choose setting items with relevant flashing window
TIME→DISTANCE→CALORIE→AGE →Resistance Value.
4. Press “UP” or “DOWN” to increase or decrease the value, and press “ENTER” to skip to next item.
5. Press “START/STOP” to start.
6. Resistance level is adjusted automatically during workout in this program, or press “UP”/“DOWN” to make adjustment manually.
7. Once user begin the exercise, it will count down from the set value. When any of the setting value count to 0, it will beep and stop the workout automatically.
8. Press “START/STOP” to stop the exercise automatically at any point during use.

RECOVERY MODE

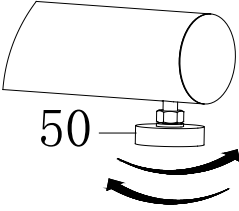
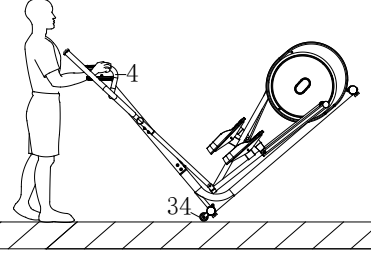


During use, first test your pulse as above mentioned. Then press “RECOVERY” key to enter pulse recovery function. The display will show 1-minute count-down as well as your pulse rate. Hold on the pulse sensors with your hands until it counts down to zero. Then, it will pop up your pulse recovery level from F1 to F6, which is from the fastest recovery to slowest. The fastest recovery F1 show the best.

FAULT CODE DESCRIPTION

FAULT CODE	POSSIBLE CAUSE	CHECK	SOLUTION
E1	The motor doesn't work.	Check if the motor wires are plugged in or check if the motor is stuck.	Pulse in the cable again or change the motor.
	There is something wrong with the cables.	Check if the cables are damaged.	Change the cables or plug in again.
	The computer cannot supply normal voltage to the motor.		Change the computer.
E2	Hands aren't put on the two handle pulses immediately after pressing START.		Put the hands on the two handle pulses immediately after pressing START.
	Body Fat Function cannot receive the signal for pulse.	Check if the pulse is working when not in Body Fat program.	Change the computer.

ADJUSTMENTS & USAGE GUIDE

	<p>ADJUSTING THE BALANCE</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stabled and secured. If you notice that the elliptical is unbalanced during use, you should adjust the foot pads 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.</p>
	<p>MOVING THE ELLIPTICAL</p> <p>To move the elliptical, hold Middle Handlebar (No. 4) and tilt the elliptical until the Transportation Wheels (No. 34) on the front stabilizer touch the ground. With the wheels on the ground, you can transport the elliptical to the desired location with ease.</p>
<p>CLEANING</p> <p>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.</p> <p>Please keep the elliptical, especially the computer, out of direct sunlight to prevent screen damage.</p> <p>Please inspect all assembly bolts and pedals on the elliptical for proper tightness every week.</p>	
<p>STORAGE</p> <p>Store the elliptical in a clean and dry environment, away from children.</p>	

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 that may have loosened.

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