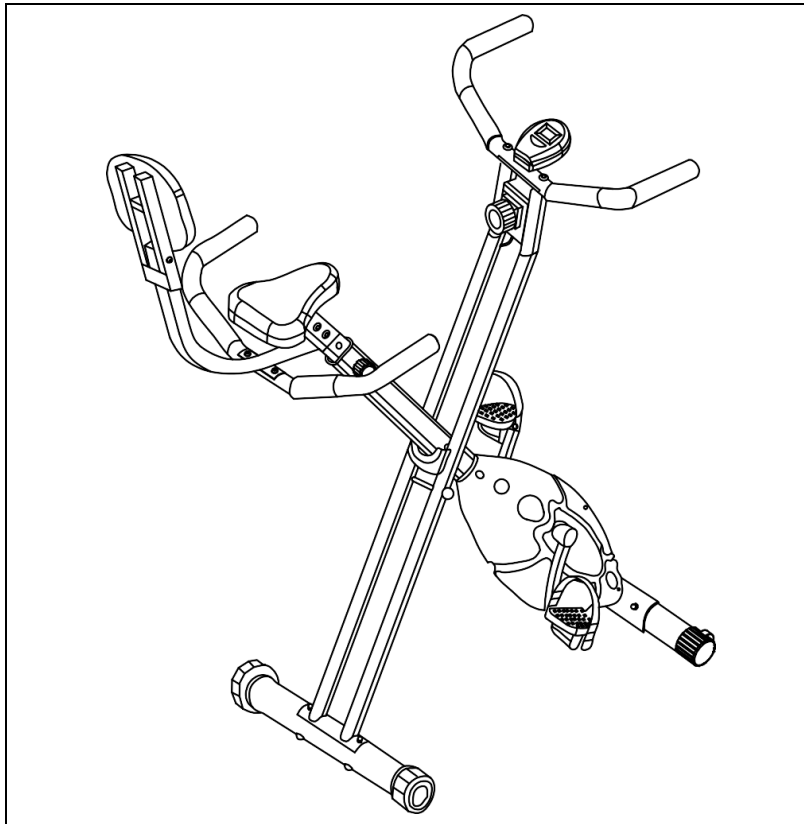




PINK FOLDING RECUMBENT BIKE

SF-RB1117

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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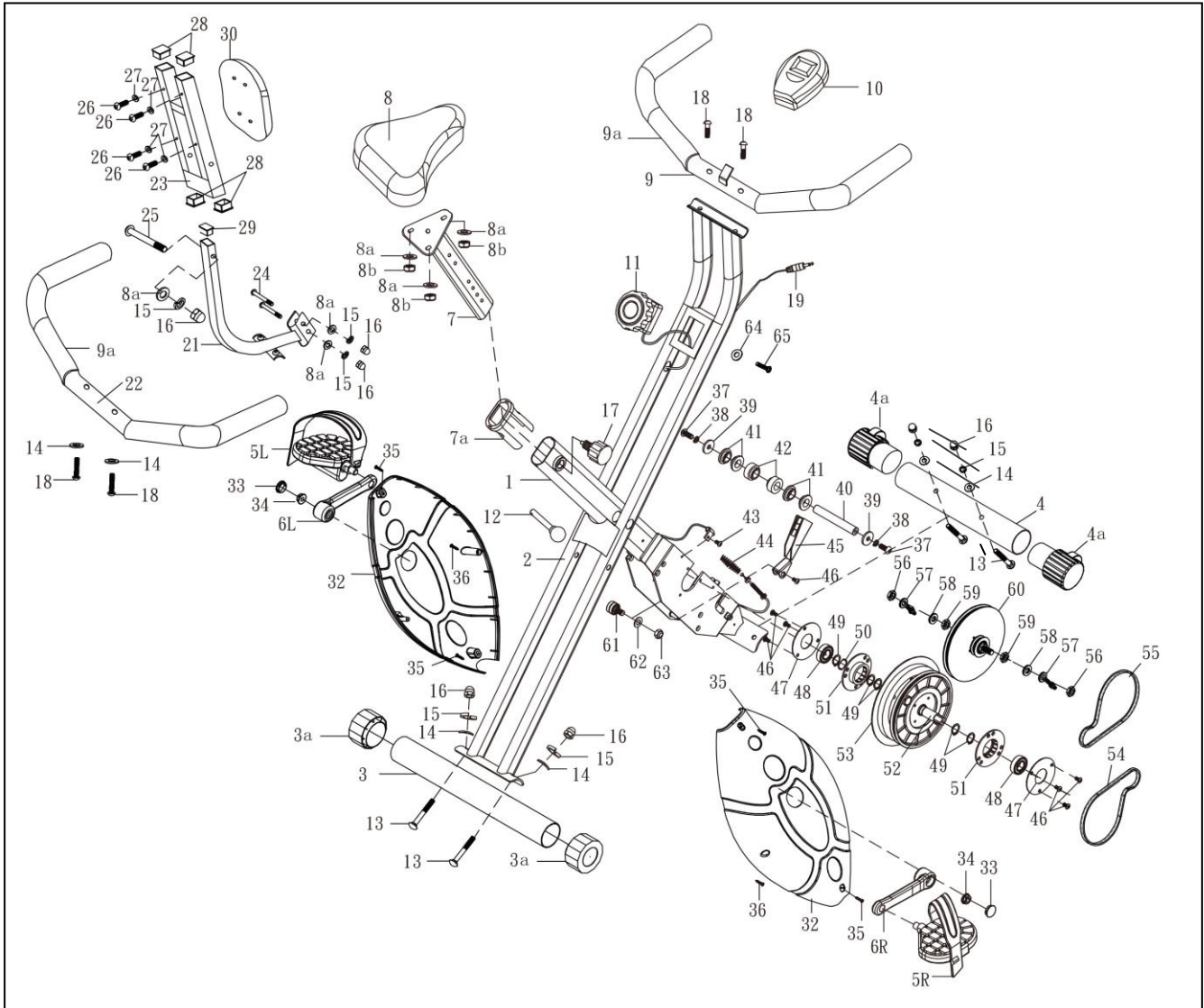
[SUNNYHEALTHFITNESS.COM/SIGNUP](https://www.sunnyhealthfitness.com/signup)

IMPORTANT SAFETY INFORMATION

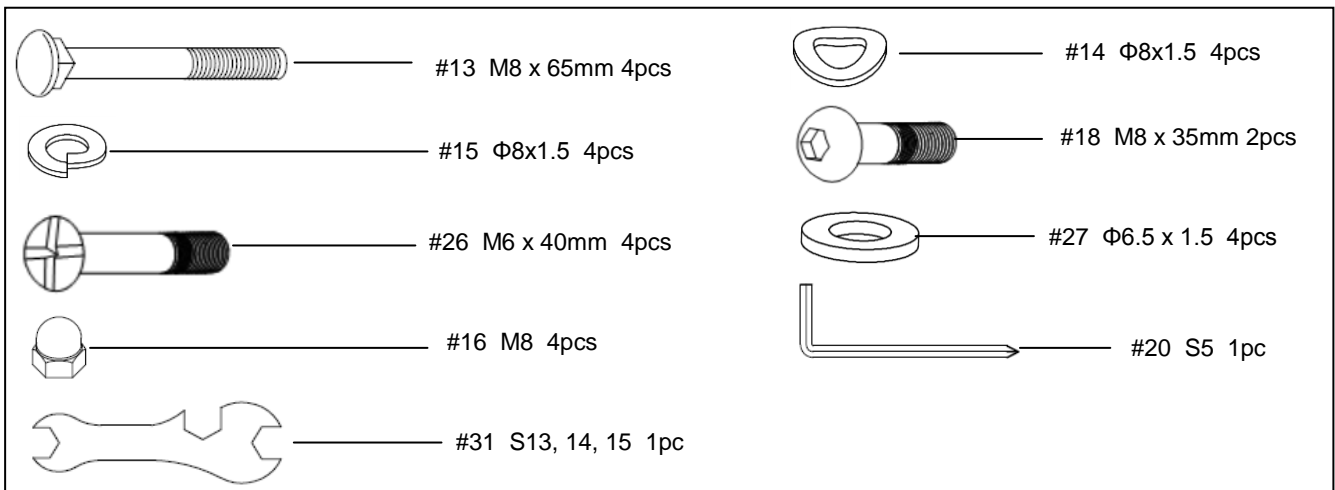
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.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



HARDWARE PACKAGE



PARTS LIST

No.	Description	Spec.	Qty
1	Main Frame	20/40x1085mm	1
2	Rear Frame	oval	1
3	Rear Stabilizer	Φ50x395mm	1
3a	Adjustable End Cap	Φ50	2
4	Front Stabilizer	Φ50x285mm	1
4a	Front End Cap	Φ50	2
5L/R	Pedal		2
6L/R	Crank	5"	2
7	Seat Support	30/60x450mm	1
7a	Bushing		1
8	Seat	278*245mm	1
8a	Flat Washer	Φ8x1.5	6
8b	Nylon Nut	M8	3
9	Handlebar	Φ22x462mm	1
9a	Handlebar Foam	Φ22 x 310mm	2
10	Exercise Monitor		1
11	Tension Control Knob		1
12	Locking Pin	M10x105mm	1
13	Carriage Bolt	M8x65mm	4
14	Curved Washer	Φ8x1.5	6
15	Spring Washer	Φ8x1.5	7
16	Dome Nut	M8	7
17	Adjustment Knob	M16	1
18	Allen Bolt	M8x35mm	4
19	Sensor Wire		1
20	Allen Wrench	S5	1
21	Back Support Frame	30/30x258mm	1
22	Rear Handlebar	Φ22x462mm	1
23	Backrest Support	30/15x245mm	1
24	Carriage Bolt	M8x45mm	2
25	Allen Bolt	M8x75mm	1
26	Screw	M6x40mm	4
27	Flat Washer	Φ6.5 x 1.5	4
28	End Cap	30/15	4
29	Square End Cap	30/30	1
30	Backrest	193x255mm	1

No.	Description	Spec.	Qty
31	Spanner	S13, 14, 15	1
32	Chain Cover		2
33	Crank Guard Trim		2
34	Nut	M10	2
35	Self-tapping Screw	M4x20mm	4
36	Self-tapping Screw	M4x20mm	2
37	Allen Bolt	M8x20mm	2
38	Spring Washer	Φ8x1.5	2
39	Flat Washer	Φ8x2.0	2
40	Main Axle	Φ17x150mm	1
41	Outer Bushing		4
42	Inner Bushing		2
43	Screw	M5x15mm	1
44	Spring	Φ9	1
45	Magnetic Bracket Set		1
46	Screw	M6x15mm	7
47	Round Steel		2
48	Bearing	6003Z	2
49	Spring Washer	Φ17	5
50	Wave Washer	Φ17	1
51	Bearing Bush		2
52	Drive Wheel Set	150mm	1
53	Flywheel	180	1
54	Drive Belt	230	1
55	Drive Belt	220	1
56	Nut	M10	2
57	Screw	M6x4mm	2
58	Flat Washer	Φ10	2
59	Nut	M10	2
60	Lower Drive Wheel	150mm	1
61	Bearing	608Z	1
62	Flat Washer	Φ10	1
63	Nylon Nut	M10	1
64	Flat Washer	Φ6.5 x 1.5	1
65	Screw	M5x30mm	1

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

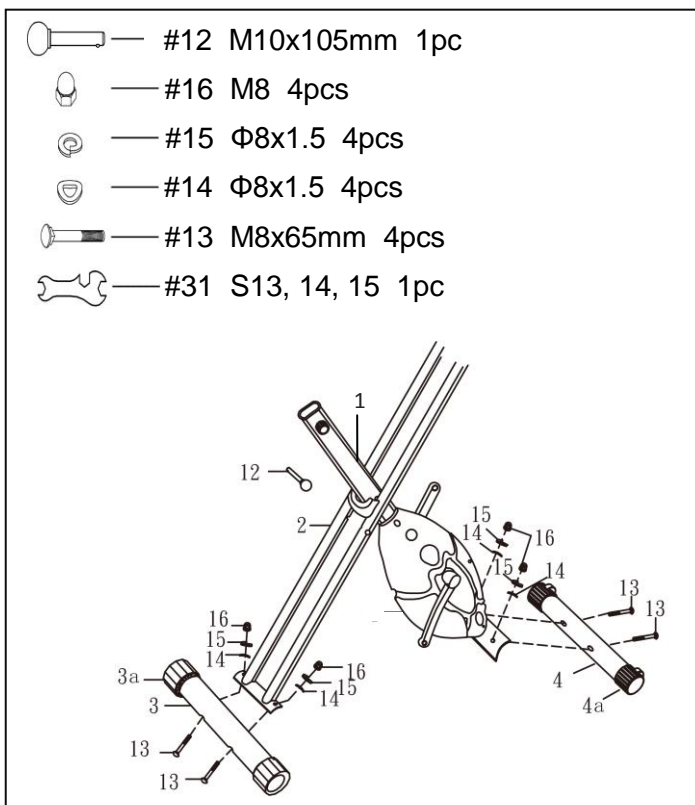
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 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).

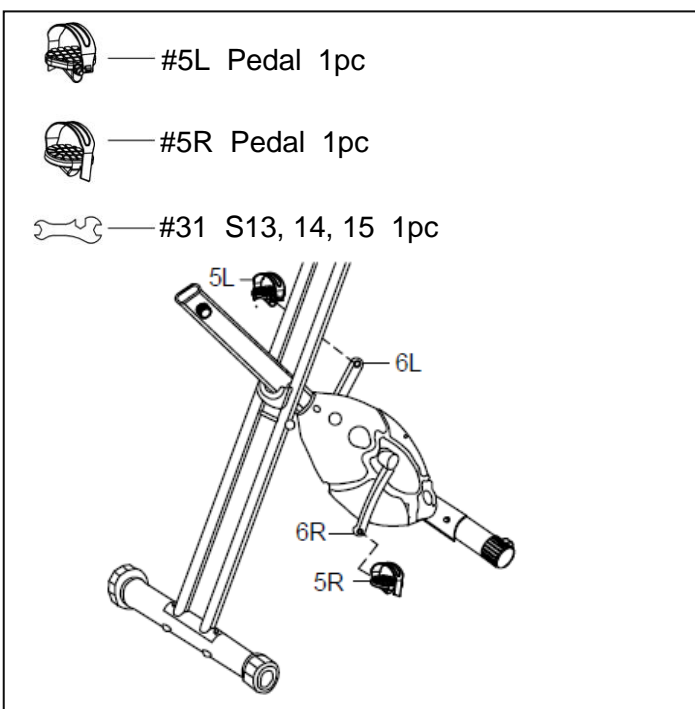


STEP 1:

Remove **Locking Pin (No. 12)** from **Rear Frame (No. 2)**. Unfold the **Main Frame (No. 1)** and **Rear Frame (No. 2)**. Secure the position using **Locking Pin (No. 12)**.

Attach the **Rear Stabilizer (No. 3)** to the **Rear Frame (No. 2)** with 2 **Carriage Bolts (No. 13)**, 2 **Curved Washers (No. 14)**, 2 **Spring Washers (No. 15)**, and 2 **Dome Nuts (No. 16)**. Tighten and secure with **Spanner (No. 31)**.

Repeat this process for the **Front Stabilizer (No. 4)** and tighten all nuts and bolts securely with **Spanner (No. 31)**.



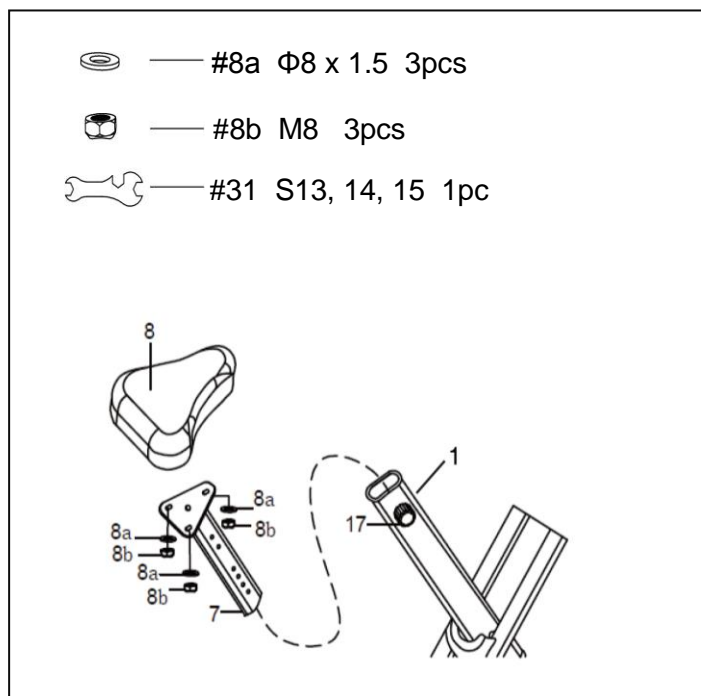
STEP 2:

Connect the **Left & Right Pedals (No. 5L/R)** to the **Left & Right Cranks (No. 6L/R)**. Before you begin, turn the **Tension Control Knob (No. 11)** all the way to the right until the crank arms are immobilized.

Left Pedal: Align the **Left Pedal (No. 5L)** to the **Left Crank (No. 6L)** at 90 degrees. Gently insert the pedal in the crank arm and turn the pedal counter-clockwise and use **Spanner (No. 31)**.

Right Pedal: Align the **Right Pedal (No. 5R)** to the **Right Crank (No. 6R)** at 90 degrees. Gently insert the pedal in the crank arm and turn the pedal clockwise and use **Spanner (No. 31)**.

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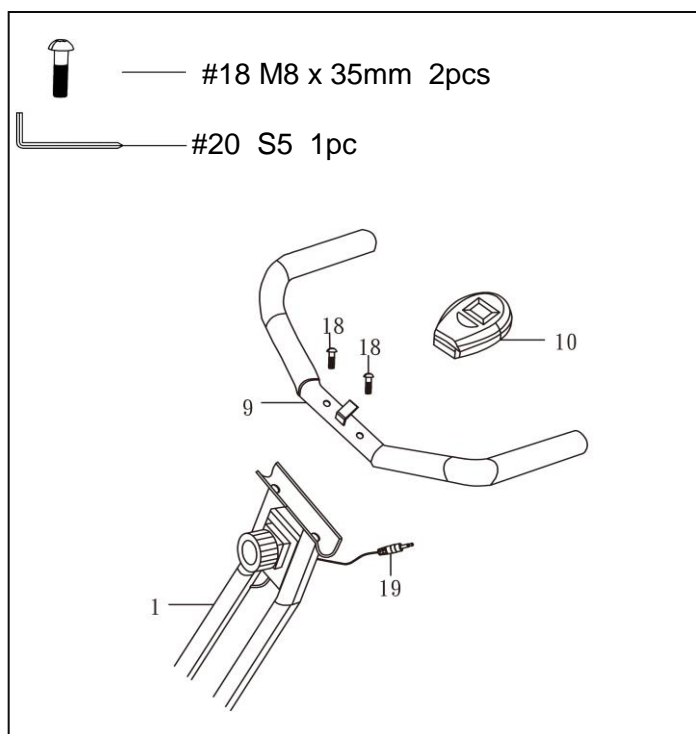


STEP 3:

Remove 3 **Flat Washers (No. 8a)** and 3 **Nylon Nuts (No. 8b)** from the **Seat (No. 8)**.

Attach the **Seat (No. 8)** to the **Seat Support (No. 7)** with 3 **Flat Washers (No. 8a)** and 3 **Nylon Nuts (No. 8b)** that were removed. Tighten and secure with **Spanner (No. 31)**.

Loosen the **Adjustment Knob (No. 17)** and slide the **Seat Support (No. 7)** into the **Main Frame (No. 1)**. Set the **Seat (No. 8)** to the desired height then re-tighten the **Adjustment Knob (No. 17)**.

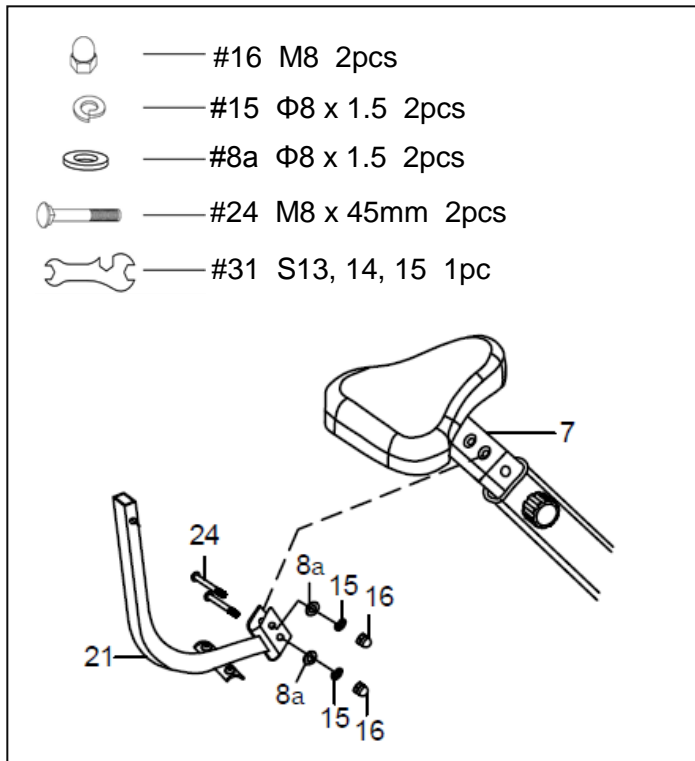


STEP 4:

Attach the **Handlebar (No. 9)** to the handlebar support on the **Main Frame (No. 1)** with 2 **Allen Bolts (No. 18)**. Tighten and secure with **Allen Wrench (No. 20)**.

Attach the **Exercise Monitor (No. 10)** onto the mounting tab on the **Handlebar (No. 9)**. Connect the **Sensor Wire (No. 19)** to **Exercise Monitor (No. 10)**.

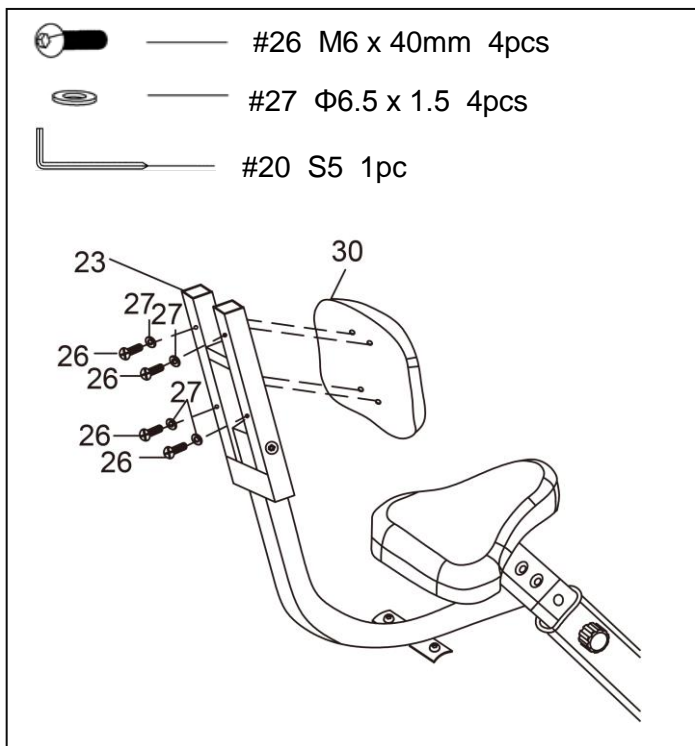
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5:

Remove 2 **Flat Washers (No. 8a)**, 2 **Dome Nuts (No. 16)**, 2 **Carriage Bolts (No. 24)**, and 2 **Spring Washer (No. 15)** from **Back Support Frame (No. 21)**.

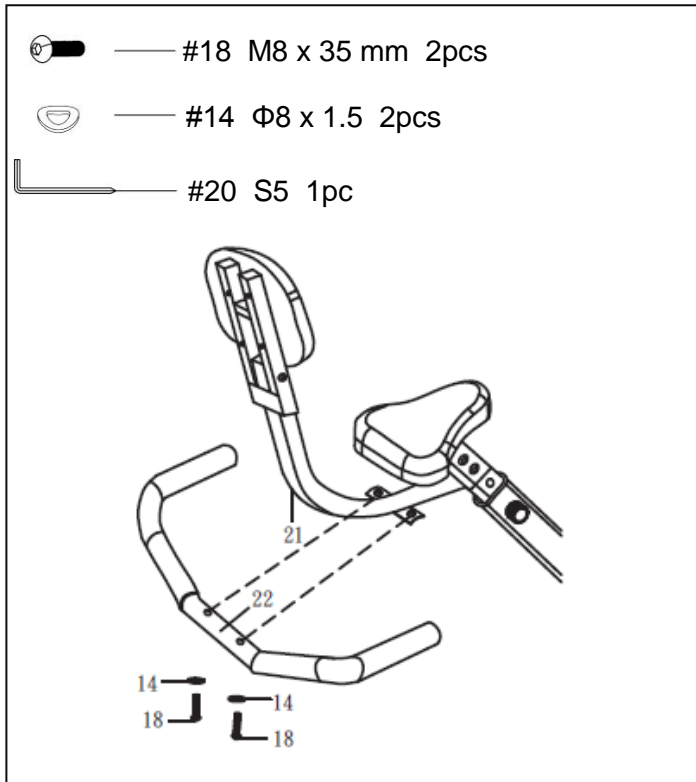
Attach the **Back Support Frame (No. 21)** to the **Seat Support (No. 7)** with 2 **Flat Washers (No. 8a)**, 2 **Dome Nuts (No. 16)**, 2 **Carriage Bolts (No. 24)**, and 2 **Spring Washer (No. 15)**. Tighten and secure with **Spanner (No. 31)**.



STEP 6:

Attach the **Backrest (No. 30)** to the **Backrest Support (No. 23)** with 4 **Flat Washers (No. 27)** and 4 **Screws (No. 26)** that were removed. Tighten and secure with **Allen Wrench (No. 20)**.

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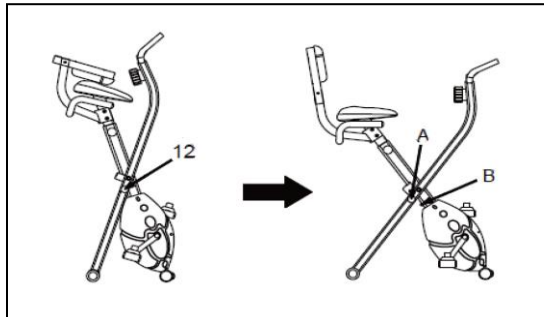
STEP 7:

Remove 2 **Allen Bolts (No. 18)** and 2 **Curved Washers (No. 14)** from the **Back Support Frame (No. 21)**.

Attach the **Rear Handlebar (No. 22)** to the **Back Support Frame (No. 21)** with 2 **Allen Bolts (No. 18)** and 2 **Curved Washers (No. 14)**. Tighten and secure with **Allen Wrench (No. 20)**.

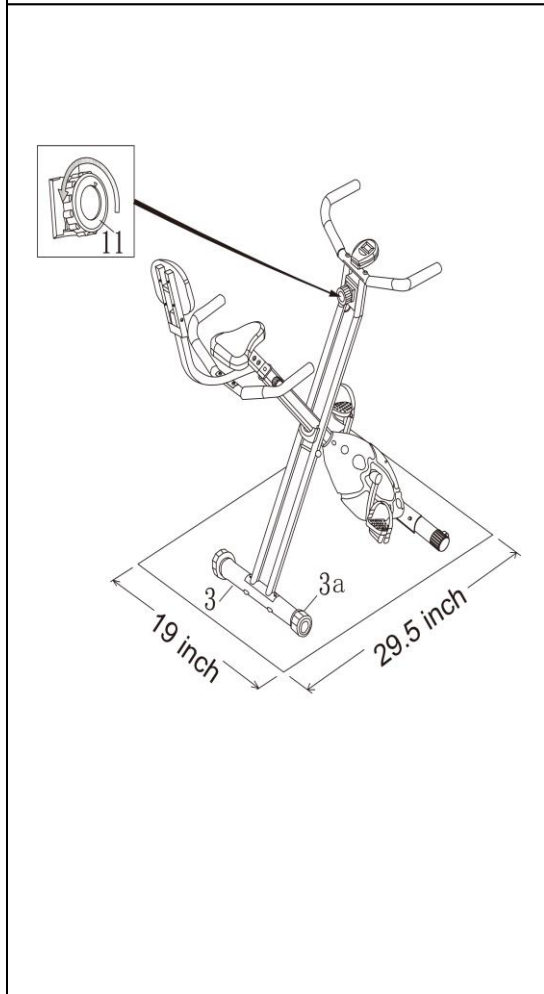
The assembly is complete!

ADJUSTMENT INSTRUCTIONS



HOW TO FOLD THE BIKE

Pull out **Locking Pin (No. 12)**. Fold the bike. Insert **Locking Pin (No. 12)** into position **B**.



HOW TO ADJUST THE RESISTANCE

To ensure smooth and efficient cycling motions, the belt tension braking system on your folding recumbent bike has been pre-tensioned by our factory during production.

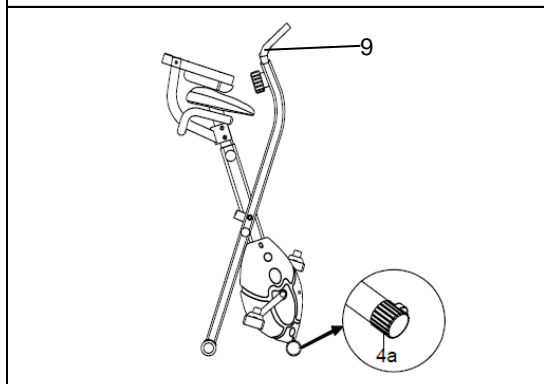
To adjust the tension during use, turn the **Tension Control Knob (No. 11)** *clockwise* to increase the tension. Turn the **Tension Control Knob (No. 11)** *counter-clockwise* to decrease the level of tension.

HOW TO ADJUST THE BALANCE

For security and stability, your folding recumbent bike has a factory welded frame and once properly assembled, should not need further alignment. However, in the interest of safety, please always ensure it is positioned on a solid, flat surface.

If necessary, use a rubber mat underneath to reduce the possibility of slipping while in use.

If you need to adjust in order to level your bike, simply turn the end of the **Adjustable End Caps (No. 3a)** on the **Rear Stabilizer (No. 3)** to compensate for uneven floors.

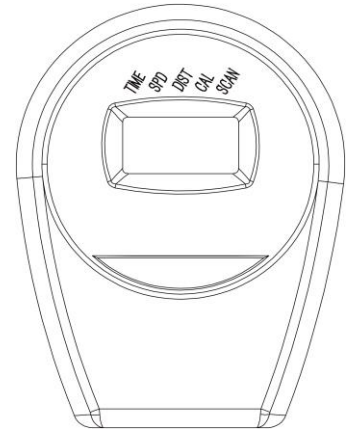


HOW TO MOVE THE BIKE

The **Front End Caps (No. 4a)** have wheels. When the bike is folded, hold the **Handlebars (No. 9)** and tilt the bike forward. You can transport the bike to the desired location.

EXERCISE MONITOR INSTRUCTION

TIME00:00-99:59
SPEED (SPD)0.0-99.9 MI/H
DISTANCE (DIST).....0.00-999.9 MI
CALORIES (CAL)0.0-999.9 KCAL



KEY FUNCTIONS:

MODE: Press to select and lock into a function.

CLEAR (RESET): Resets the values to zero by pressing and holding for 3 seconds.

OPERATING PROCEDURES:

AUTO ON/OFF: The monitor will activate when you press any button or start pedaling. If the machine is inactive for 4 minutes, the monitor will automatically turn off.

RESET: Press and hold the button for 3 seconds to reset all values. The monitor can be reset by changing the batteries or pressing the MODE button for 3 seconds.

MODE: To choose between SCAN and LOCK - if you do not want to use scan mode, press the MODE button until the pointer is on the function you want.

FUNCTIONS:

TIME: Counts the total time of an exercise from 00.00-99.59.

SPEED: Displays current training speed.

DISTANCE: Accumulates the workout distance from 0.00 up to 999.9 miles.

CALORIE: Counts the total calories burned during an exercise from start to finish.

SCAN: Automatically scans through each function in the sequence.

BATTERY:

If there is a problem with the monitor display, change the batteries. This item requires 2 AA batteries.

When you change the batteries, change both at the same time. Do not mix old and new batteries.

Dispose the batteries according to your state and local guidelines.

Version 1.9

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