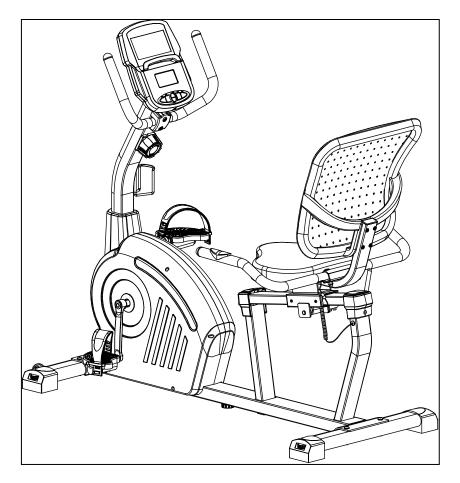


ELITE INTERACTIVE SERIES EXERCISE RECUMBENT BIKE SF-RB420046

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**: <u>support@sunnyhealthfitness.com</u> or 1-877-90SUNNY (877-907-8669).



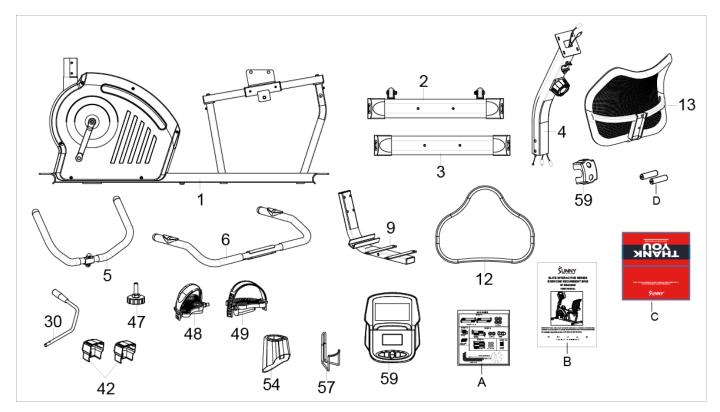
IMPORTANT SAFETY INFORMATION

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 300 pounds (135 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, 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.

PRE-ASSEMBLY CHECK LIST

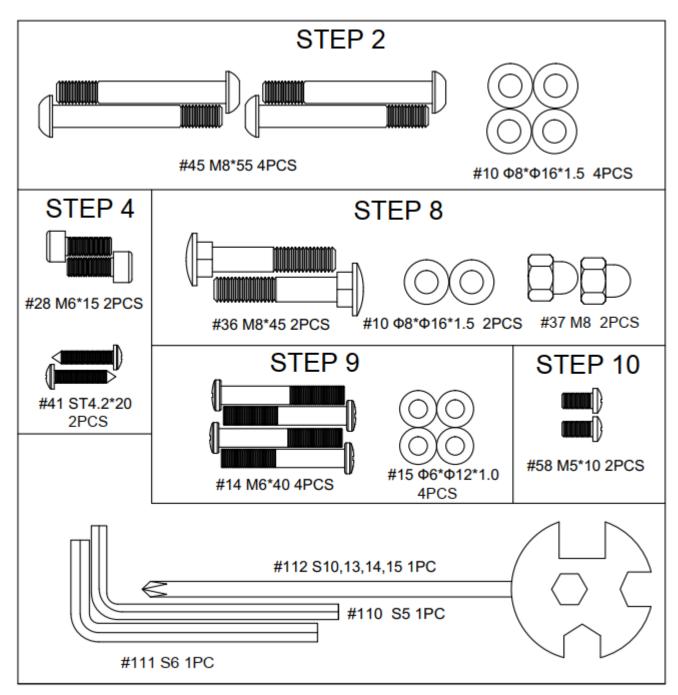
Before you start to assemble, please make sure all parts are included



No.	Description	Spec.	Qty
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
5	Front Handlebar		1
6	Rear Handlebar		1
9	Seat Support Bracket		1
12	Seat		1
13	Backrest Cushion		1
30	Brake Handle		1
42	Sliding Rail Cover		2
47	Adjusting Foot Pad	M8*30	1

No.	Description	Spec.	Qty
48	Left Pedal		1
49	Right Pedal		1
54	Front Post Cover		1
57	Water Holder		1
59	Computer		1
61	Clamp Cover		1
Α	Hardware Package		1
В	Manual		1
С	Thank You Card		1
D	Battery		1

HARDWARE PACKAGE



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

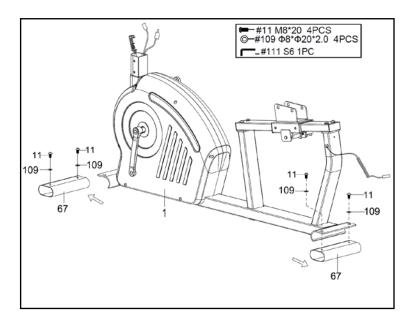
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- \checkmark 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

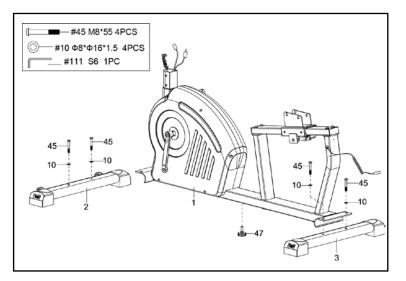
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Unscrew 4 Screws (No. 11) from Main Frame (No. 1) with Allen Wrench (No. 111). Remove 4 Plastic Washers (No. 109) and 2 Shipping Tubes (No. 67) from Main Frame (No. 1).

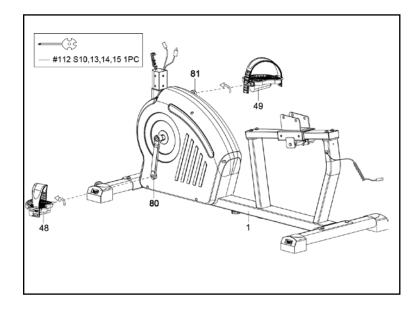
You may save these parts [Screws (No. 11), Plastic Washers (No. 109), Shipping Tubes (No. 67)] in case you would like to repackage and transport this equipment in the future.



STEP 2:

Attach the Front Stabilizer (No. 2) and Rear Stabilizer (No. 3) to the Main Frame (No. 1) with 4 Bolts (No. 45) and 4 Washers (No. 10). Tighten and secure with Allen Wrench (No. 111).

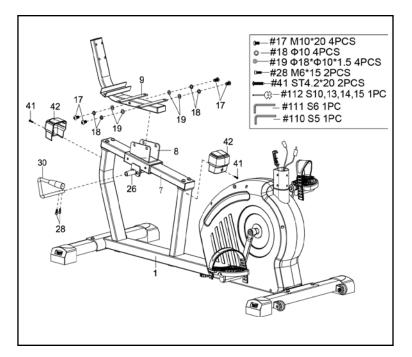
Attach the **Adjusting Foot Pad (No. 47)** to the **Main Frame (No. 1)** by hand.



STEP 3:

Align Left Pedal (No. 48) with Left Crank (No. 80) at 90° and gently insert pedal into the crank arm. Turn the Left Pedal (No. 48) *counter-clockwise* as tightly as you can with your hands, then use Spanner (No. 112) to tighten securely.

Align **Right Pedal (No. 49)** with **Right Crank (No. 81)** at 90° and gently insert pedal into the crank arm. Turn the **Right Pedal (No. 49)** *clockwise* as tightly as you can with your hands, then use **Spanner (No. 112)** to tighten securely.



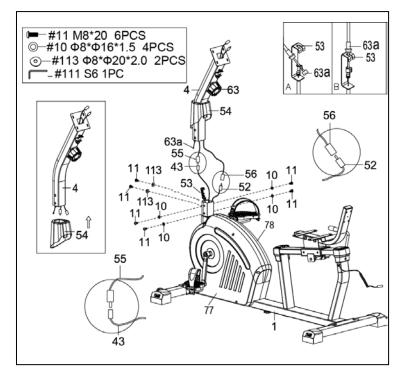
STEP 4:

Attach the **Brake Handle (No. 30)** to the **Connecting Axle (No. 26)** with 2 **Screws (No. 28)**. Tighten and secure with **Allen Wrench (No. 110)**.

Remove 4 Washers (No. 19), 4 Spring Washers (No. 18) and 4 Screws (No. 17) from the Seat Support Bracket (No. 9) with Allen Wrench (No. 111).

Attach the Seat Support Bracket (No. 9) to the Seat Adjusting Tube (No. 8) with 4 Washers (No. 19), 4 Spring Washers (No. 18) and 4 Screws (No. 17) that were removed. Tighten and secure with Allen Wrench (No. 111).

Attach the 2 Sliding Rail Covers (No. 42) to the Main Frame (No. 1) with 2 Screws (No. 41). Tighten and secure with Spanner (No. 112).



STEP 5:

Remove 6 Screws (No. 11), 4 Washers (No. 10) and 2 Big Arc Washers (No. 113) from the Main Frame (No. 1) with Allen Wrench (No. 111).

Attach the **Decorative Cover (No. 54)** into the **Front Post (No. 4)**.

CAUTION: Please make sure the **Tension Control Knob (No. 63)** is at the lowest resistance level (level 1, all the way to the left) before you connect any wires together.

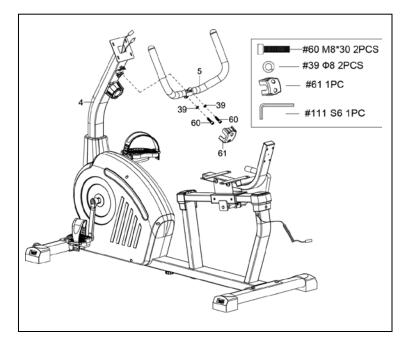
Attach the **Tension Control Wire (No. 63a)** into the metal bracket of **Tension Wire (No. 53)** as shown in drawing A. Then, pull **Tension Control Wire (No. 63a)** upward and insert it into the slot of metal bracket of **Tension Wire (No. 53)** as shown in drawing B. Make sure the metal fitting on **Tension Control Wire (No. 63a)** is secured in the metal bracket.

Connect the Extension Sensor Wire II (No. 55) with Flexible Wire (No. 43); and connect Sensor Wire (No. 52) with the Extension Sensor Wire I (No. 56). Insert the connecting wires into Front Post (No. 4).

Attach the Front Post (No. 4) to the Main Frame (No. 1) with 6 Screws (No. 11), 4 Washers (No. 10) and 2 Big Arc Washers (No. 113) that were removed. Tighten and secure with Allen Wrench (No. 111).

Lower the **Decorative Cover (No. 54)** to fit in the **Left and Right Belt Covers (No. 77** & **No. 78)**.

NOTE: Be careful not to pinch any wires when attaching **Front Post (No. 4)** to **Main Frame (No. 1)**.

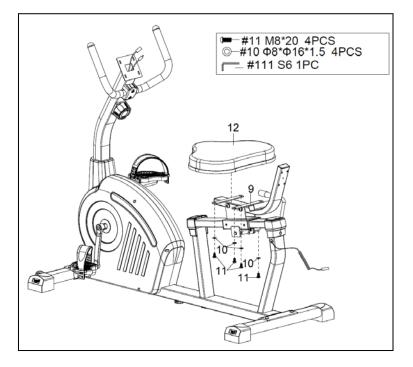


STEP 6:

Remove 2 Bolts (No. 60) and 2 Spring Washers (No. 39) from the Front Post (No. 4) with Allen Wrench (No. 111).

Attach the Front Handlebar (No. 5) to the Front Post (No. 4) with 2 Bolts (No. 60) and 2 Spring Washers (No. 39) that were removed. Tighten and secure with Allen Wrench (No. 111).

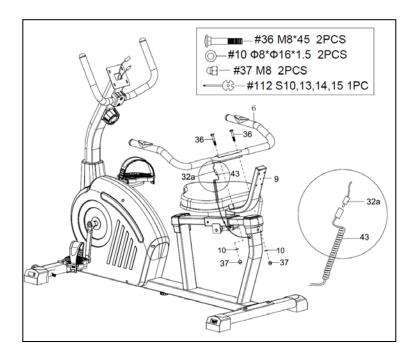
Attach Clamp Cover (No. 61) to the Front Handlebar (No. 5) by hand.



STEP 7:

Remove 4 Screws (No. 11) and 4 Washers (No. 10) from the Seat (No. 12) with Allen Wrench (No. 111).

Attach the Seat (No. 12) to the Seat Support Bracket (No. 9) with 4 Screws (No. 11) and 4 Washers (No. 10) that were removed. Tighten and secure with Allen Wrench (No. 111).



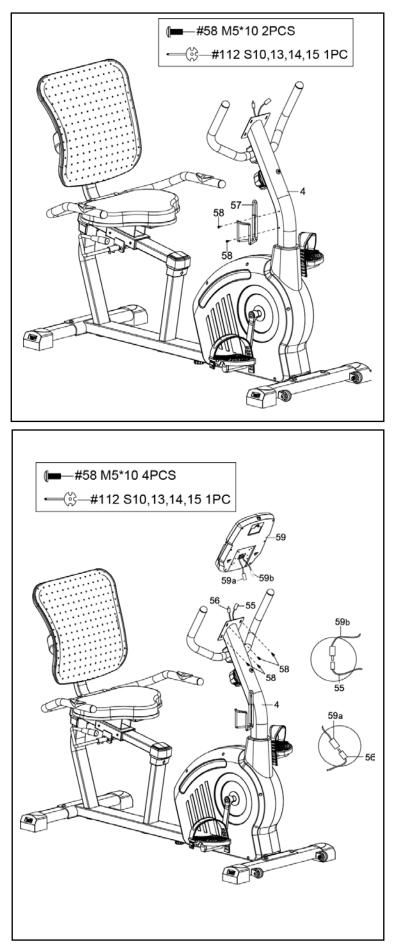
 STEP 8:

Attach the **Rear Handlebar (No. 6)** to the **Seat Support Bracket (No. 9)** with 2 **Bolts** (No. 36), 2 Washers (No. 10) and 2 Cap Nuts (No. 37). Tighten and secure with **Spanner (No. 112)**.

Connect the Flexible Wire (No. 43) with the Handle Pulse Wire (No. 32a).

STEP 9:

Attach the **Backrest Cushion (No. 13)** to the **Seat Support Bracket (No. 9)** with 4 **Bolts (No. 14)** and 4 **Washers (No. 15)**. Tighten and secure with **Spanner (No. 112)**.



STEP 10:

Attach Bottle Holder (No. 57) to the Front Post (No. 4) with 2 Screws (No. 58). Tighten and secure with Spanner (No.112).

STEP 11:

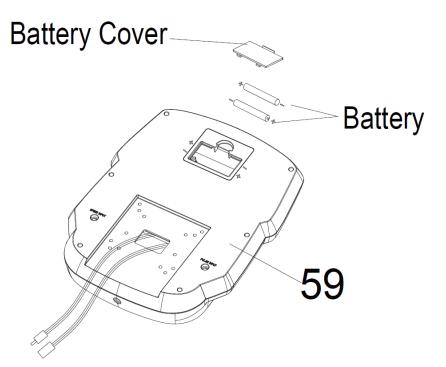
Remove 4 Screws (No. 58) from the back of the Computer (No. 59) with the Spanner (No. 112).

Connect the Extension Sensor Wire I (No. 56) with Computer Wire A (No. 59a). And connect the Extension Sensor Wire II (No. 55) with Computer Wire B (No. 59b). Then insert them into the Front Post (No. 4).

Attach **Computer (No. 59)** to the top end of the **Front Post (No. 4)** with 4 **Screws (No. 58)** that were removed. Tighten and secure with **Spanner (No. 112)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

- 1. Take out 2 AA batteries from computer box.
- 2. Press the buckle of battery cover on the Computer (No. 59), then remove battery cover.
- 3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 59)**. 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. 59).

The installation is complete!

BATTERY REPLACEMENT

- 1. Press the buckle of battery cover on the back of the **Computer (No. 59)**, then remove battery cover.
- 2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. 59)**. 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. 59).

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 GUIDE

	MOVING THE RECUMBENT BIKE
	Lift the Rear Stabilizer (No. 3) and tilt the recumbent bike until the Transportation Wheels (No. 50) touch the ground. Now you can transport the recumbent bike to the desired location with ease.
	ADJUSTING THE BALANCE
	In order to achieve a smooth and comfortable ride, you must ensure that the recumbent bike is stable and secured. If you notice that the recumbent bike is unbalanced during use, you should adjust the Adjustable End Caps (No. 44) located on the front and rear stabilizers until the recumbent bike becomes levelled with the floor surface.
	ADJUSTING THE TENSION
	 Adjust the tension by rotating the Tension Control Knob (No. 63) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. 63) <i>counter-clockwise</i> to decrease the level of resistance. Tension levels are set at Level 1 being the lowest and Level 12 being the highest.
	ADJUSTING THE SEAT
30	To adjust the seat forward or backward, press down Brake Handle (No. 30) , then slide the seat to the desired position, lift the Brake Handle (No. 30) to tighten.
CI FANING	

CLEANING

The recumbent bike can be cleaned with a soft, clean, damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike 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 recumbent bike, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the recumbent bike for proper tightness every week.

STORAGE

Store the recumbent bike in a clean and dry environment, away from children.

EXERCISE COMPUTER

FUNCTION BUTTONS

MODE

- 1. Press the button to select hour, minute, year, month, and date for setting.
- 2. Press the button to select TIME, DISTANCE, CALORIES and PULSE to preset.
- 3. Press the button for selection function display on main LCD or enter after setting.
- 4. Press the button to confirm setting value of gender, age, height, and weight.
- 5. Press the button and hold for 2 seconds to reset all values to zero.

(When the user replaces batteries, all the values will reset to ZERO automatically.)

SET

- 1. To set up the hour, minute, year, month, and date.
- 2. To set up the target value of Time, Distance, Calories and Pulse. You can press the button to increase the value fast. (The computer must be in stop condition.)
- 3. To set up the personal data of gender, age, height, and weight for Body fat test.

RESET

Press the button to reset function value when setting.

(When the user replaces batteries, all the values will reset to ZERO automatically.)

BODY FAT

Press this button to enter Body Fat measure function, then press MODE key to enter the setting mode of your personal data of Gender, Age, Height, and Weight. After finished setting, press it again to measure your Body fat ration (FAT%) and BMI.

RECOVERY

To act the heart rate recovery function after pulse signal in. Press any button to return to the main display.

FUNCTIONS

SCAN

Automatically scan through each mode in sequence every 6 seconds. The display loop is RPM Speed – Time – Distance – Calorie - Pulse on the main screen.

TIME

Accumulates total time from 00:00 up to 99:59. The user may preset the target time by pressing SET &MODE button. Each increase is 1 minute.

RPM

Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.

SPEED

Displays current training speed. Maximum speed is 99.9 km/h or mile/h.

DISTANCE

Accumulates total distance from 0.00 up to 99.99 km or mile. The user may preset target. distance data by pressing SET & MODE button. Each increase setting is 0.5 km or mile.



CALORIES

Accumulates calories consumption during training from 0 to max. 999 calories. The user may also preset the target calorie before training by pressing SET & MODE button. Each setting increases is10 cal.

Note: This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.

PULSE

The monitor will display the user's heart rate in beats per minute during training. You may set the target heart rate by pressing the SET & MODE button.

CALENDAR

The monitor will display date, month, and year when the monitor is in sleep mode.

CLOCK

The monitor will display the current clock time when the monitor is in sleep mode.

TEMPERATURE

Displays current room temperature from 10° C to 60° C when the monitor is in sleep mode.

OPERATION ORDER:

- 1. **Power on** Installs 2 pieces of 1.5V UM-3 or AA batteries. The monitor starts to segment test with a long beep sound. (Whenever batteries are removed, all the functions values will be reset to zero or default value.)
- Set current data Press the SET and MODE buttons to set up current clock time, year, month, and date. After the first setting till batteries are replaced next time, those preset data will be updated automatically.
- 3. Select and preset target value Get access to the setting function of Time, Distance, Calories and Target Pulse. When you are in each setting mode. For instance, the Time setting, when the time value is glitter, you can press the SET button to adjust the value. Press the MODE button for confirmation and skip to the next setting. The setting of Distance & Calories is the same as Time setting.
- 4. After entering the speed signal, each function of SPEED-RPMTIME-DISTANCE-CALORIES-PULSE will skip to display in every 6 seconds.
- 5. You can also press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will switch display in 6 seconds.
- 6. If you have preset any function target before, the function starts to count down from the target when the training starts. Once the target is achieved, the monitor will beep, and the function will count up from zero automatically if the training is still going.
- 7. Pulse measurement After you hold on to two handgrip sensors in a few seconds, the monitor will show up your current heart rate in beats per minute. To ensure the heart rate readout precisely, please do not hold one hand only. You may preset target pulse before training starts. Once your current heart rate is achieved to the target, the value of pulse will beep to remind you.

- 8. Recovery When the PULSE is working, you can press "RECOVERY" button to start the recovery test function. The monitor will count down from 0:60 second to 0:00 and the heartbeat symbol will glitter till counting down to "0:00". During 60 seconds counting period, please keep heart rate sensor is attached. Then the screen will display "F1 to F6" to show your recovery status. F1 is the best, and F6 is the worst. You may keep exercising to improve your heart rate recovery status and check it by using Recovery function.
- 9. Body Fat
 - a) Press BODY FAT key to enter body fat measurement.
 - b) Press MODE and SET buttons to input your personal data. Each personal data available setting area is described as the following:
 - c) AGE: 10 ~ 99 years HEIGHT: 100 ~ 250 cm (or 3'03" ~ 8'02")
 WEIGHT: 10 ~ 200 kg (or 22 ~ 440 lb)
 - d) After all personal data has been input, you can press the BODY FAT button and hold on grip conductors to start the body fat testing.
 - e) It takes a few seconds to test the body fat. If you did not hold on to the conductor during the testing procedure, the LCD will show the error sign Err after 10 seconds period.
 - f) After the testing is finished, you will see fat advice in percentage and BMI figure (body mass Index) display on the main LCD in sequence by scan mode.
 - g) BODY FAT %: Calculate from your personal data to show the value from 5%~50%.
 - h) BMI: Calculate from your personal data to show the value from 1.0~99.99.
 - i) Press any key to return to the main display.

<u>Note</u>

- 1. Stop training for 4 minutes, the screen will show up room temperature, clock, and calendar display automatically.
- 2. If the computer displays abnormally, please re-install the battery, and try again.
- 3. Battery Spec: 1.5V UM-3 or AA (2PCS).

APP CONNECTION:

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



- 2. Ensure that the Bluetooth function is turned on from your mobile device.
- 3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
- 4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
- 5. When connected, your stats and records will be displayed at the end of your course/session and recorded in your account profile!

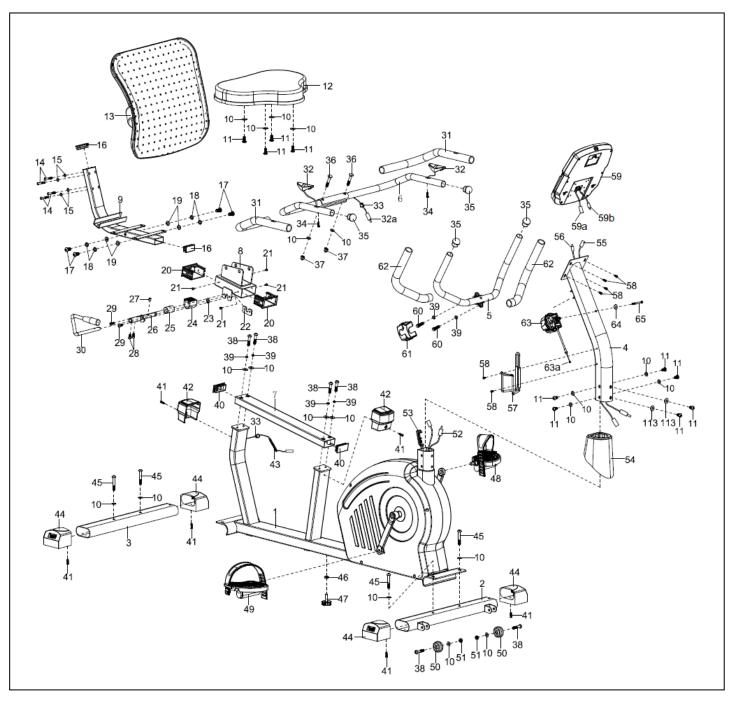
Troubleshooting:

• If you are having trouble connecting your smart equipment, visit <u>www.sunnyfit.com/guide</u> or scan the QR code below:

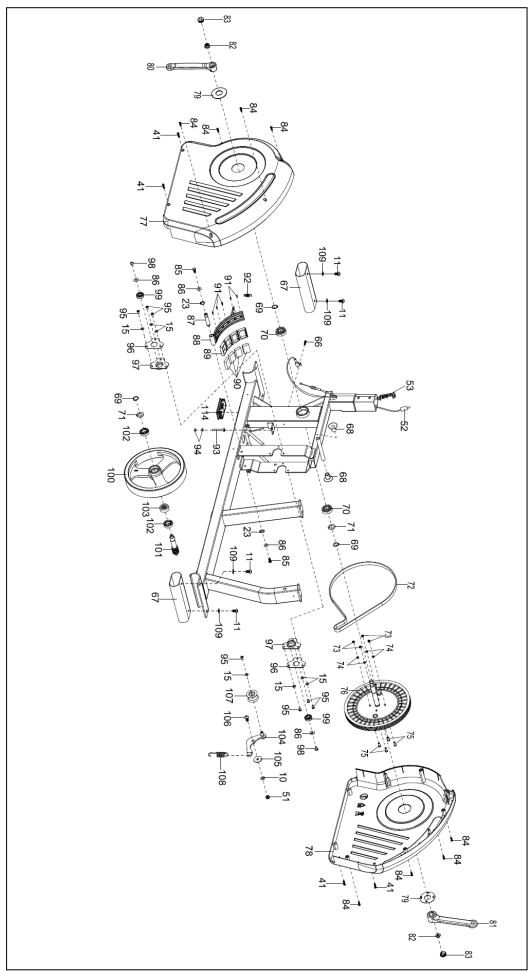


• If you require additional support, please contact support@sunnyfit.com.

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



TROUBLESHOOTING

PROBLEM	SOLUTION	
There is no display on the computer.	 Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the front post. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. The batteries in the computer may be unresponsive. Change to new batteries. 	
The recumbent bike wobbles when in use.	Turn the adjustable end caps on the front and rear stabilizers as needed to level the recumbent bike.	
The recumbent bike makes squeaking noise when in use.	Some bolts on the recumbent bike might have become loose. Please inspect all the bolts and tighten any loosened bolts.	

PARTS LIST

Qty

1

3

2

4

2

6

6

2

10 2 1

4

4

1

1

1

1 2 3

1

1

1

1

1

6 1 1

2

Spec.

L=750mm

ST4.2*20

Φ12.1

Φ25

M8

Φ8

M8*45

M8*40

60*30

ST4.2*20

L=2500mm

M8*55

M8*30

JD-22A

JD-22A

L=750mm

L=1000mm

L=800mm

L=800mm

M5*10

M8*30

M8

M8

No.	Description	Spec.	Qty		No.	Description
1	Main Frame		1		32a	Handle Pulse Wire
2	Front Stabilizer		1		33	Plug
3	Rear Stabilizer		1		34	Screw
4	Front Post		1		35	End Cap
5	Front Handlebar		1		36	Bolt
6	Rear Handlebar		1		37	Cap Nut
7	Sliding Rail		1		38	Bolt
8	Seat Adjusting Tube		1		39	Spring Washer
9	Seat Support Bracket		1		40	Square End Cap
10	Washer	Ф8*Ф16*1.5	21		41	Screw
11	Screw	M8*20	14		42	Sliding Rail Cover
12	Seat		1		43	Flexible Wire
13	Backrest Cushion		1		44	Adjustable End Cap
14	Bolt	M6*40	4		45	Bolt
15	Washer	Ф6*Ф12*1.0	11		46	Nut
16	Square End Cap	50*25	2		47	Adjusting Foot Pad
17	Screw	M10*20	4		48	Left Pedal
18	Spring Washer	Ф10	4		49	Right Pedal
19	Washer	Ф18*Ф10*1.5	4		50	Transportation Wheel
20	Bushing		2		51	Nut
21	Screw	ST4.2*6	4		52	Sensor Wire
22	Brake Fixing Plate		1		53	Tension Wire
23	Shaft Snap Ring		3		54	Decorative Cover
24	Limited Block		1		55	Extension Sensor Wire II
25	Shaft	Ф25*38	1		56	Extension Sensor Wire I
26	Connecting Axle		1		57	Bottle Holder
27	Screw	M8*12	1		58	Screw
28	Screw	M6*15	2		59	Computer
29	Bolt	M6*15	2	1	59a	Computer Wire A
30	Brake Handle		1	1	59b	Computer Wire B
31	Foam Grip	Ф24*Ф30*520	2	1	60	Bolt
32	Handle Pulse		2	1	61	Clamp Cover

PARTS LIST

No.	Description Spec.		Qty
62	Foam Grip	Ф24*Ф30*360	2
63	Tension Control Knob	L=420mm	1
63a	Tension Control Wire		1
64	Big Arc Washer	Ф5*Ф18*1.0	1
65	Bolt	M5*55	1
66	Screw	ST4.2*16	1
67	Shipping Tube		2
68	Cover Limit Column		2
69	C-clip	Ф17*1	3
70	Bearing	6203ZZ	2
71	Wave Washer	Ф17*Ф21*0.3	2
72	Belt	PJ400	1
73	Nut	M6	4
74	Spring Washer	Ф6	4
75	Bolt	M6*15	4
76	Belt Pulley	Ф260	1
77	Left Belt Cover		1
78	Right Belt Cover		1
79	Crank Cover		2
80	Left Crank		1
81	Right Crank		1
82	Nut	M10*1.25	2
83	Crank Cap		2
84	Screw	ST4.2*25	8
85	Bolt	M6*15	2
86	Washer	Ф6*Ф16*1.2	4
87	Magnetic Plate Axle		1

No.	Description Spec.		Qty
88	Magnetic Bracket		1
89	Magnet Seat		1
90	Magnet	40*25*10	4
91	Screw	ST2.9*9	5
92	Spring	Ф15*50*Ф1.5	1
93	Bolt	M6*45	1
94	Nut	M6	2
95	Bolt	M6*10	7
96	Bearing End Cover		2
97	Bearing Seat		2
98	Screw	M6*12	2
99	Bearing	6001	2
100	Flywheel	Ф240	1
101	Flywheel Axle		1
102	Bearing	6003	2
103	One Way Bearing		1
104	Idler Wheel Shaft		1
105	PC Pad		1
106	Screw	M8	1
107	Idler Wheel		1
108	Spring	Ф17*62*Ф2.0	1
109	Plastic Washer	Ф8*Ф20*2.0	4
110	Allen Wrench	S5	1
111	Allen Wrench	S6	1
112	Spanner	S10,13,14,15	1
113	Big Arc Washer	Ф8*Ф20*2.0	2
114	End Cap		1

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