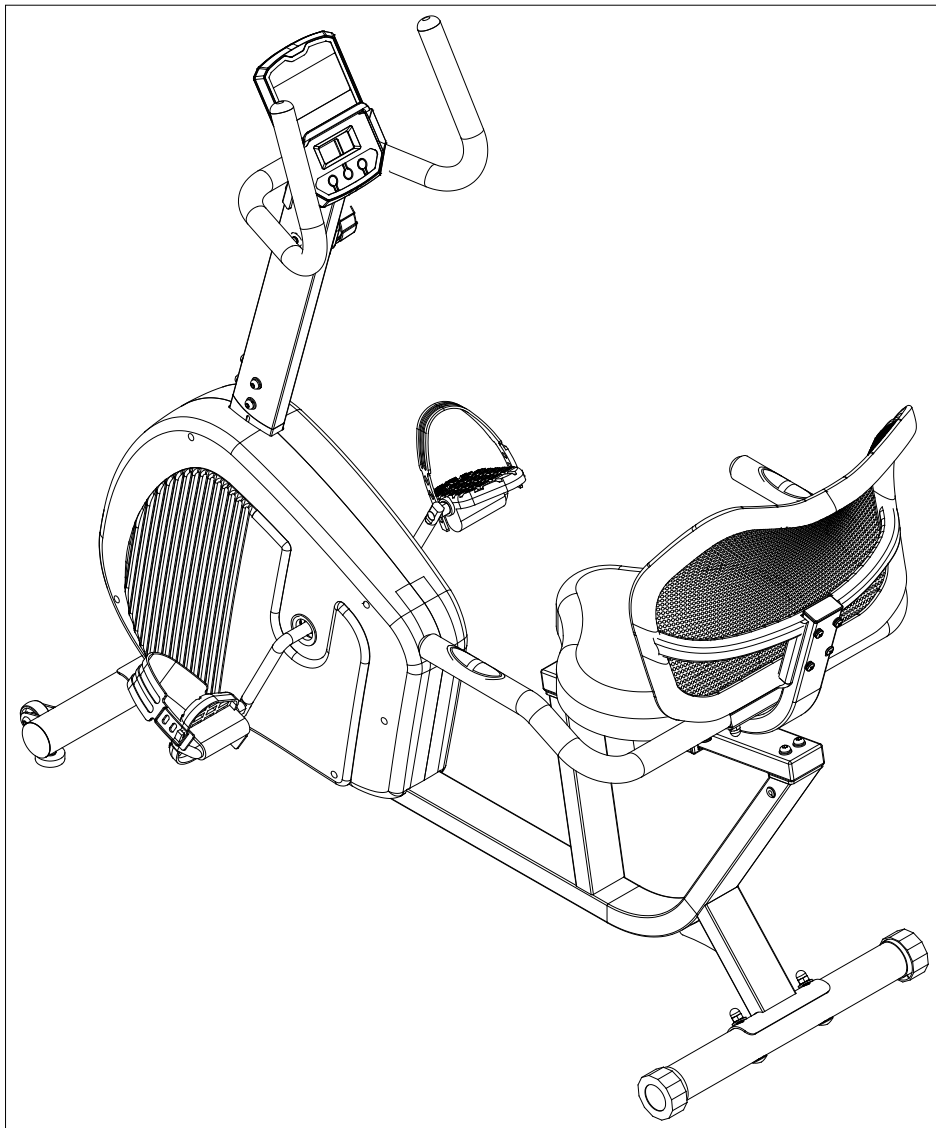




ENDURANCE SERIES MAGNETIC RECUMBENT BIKE

SF-RB421004

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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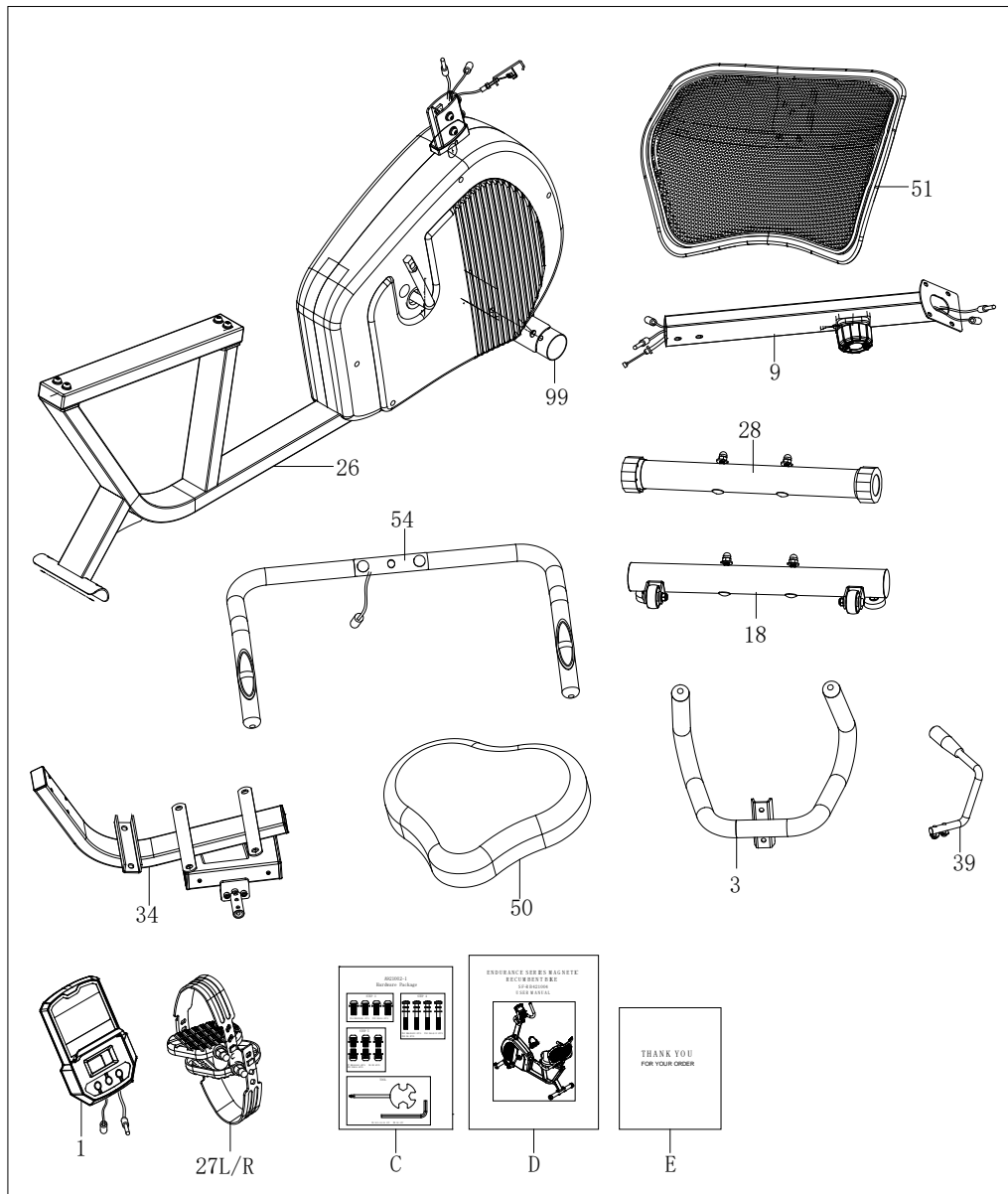
IMPORTANT SAFETY INFORMATION

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 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.

PRE-ASSEMBLY CHECK LIST

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



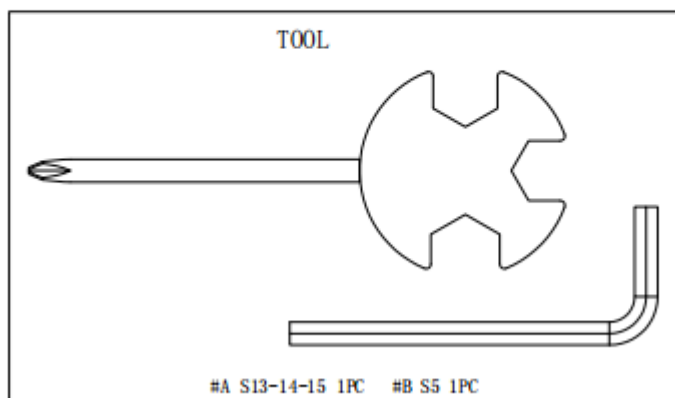
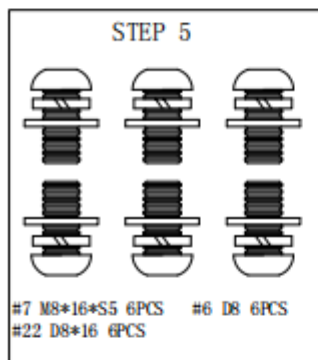
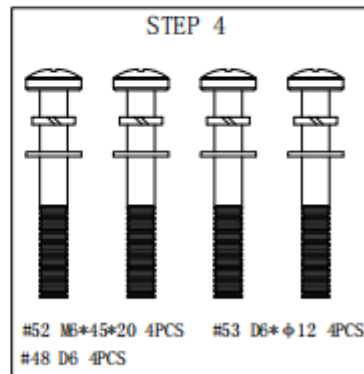
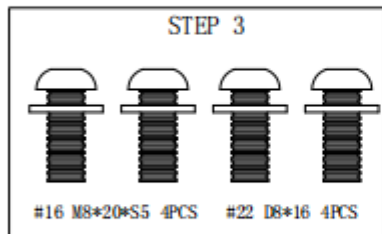
HARDWARE PACKAGE

No.	Description	Spec.	Qty.
1	Computer		1
3	Mid Handlebar		1
9	Handlebar Post		1
18	Front Stabilizer		1
26	Main Frame		1
27L/R	Pedal		2
28	Rear Stabilizer		1
34	Backrest Frame		1

No.	Description	Spec.	Qty.
39	Adjustment Handle		1
50	Saddle		1
51	Backrest Cushion		1
54	Rear Handlebar		1
C	Hardware Package		1
D	Manual		1
E	Thank You Card		1

HARDWARE PACKAGE

SF-RB421004 Hardware Package



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

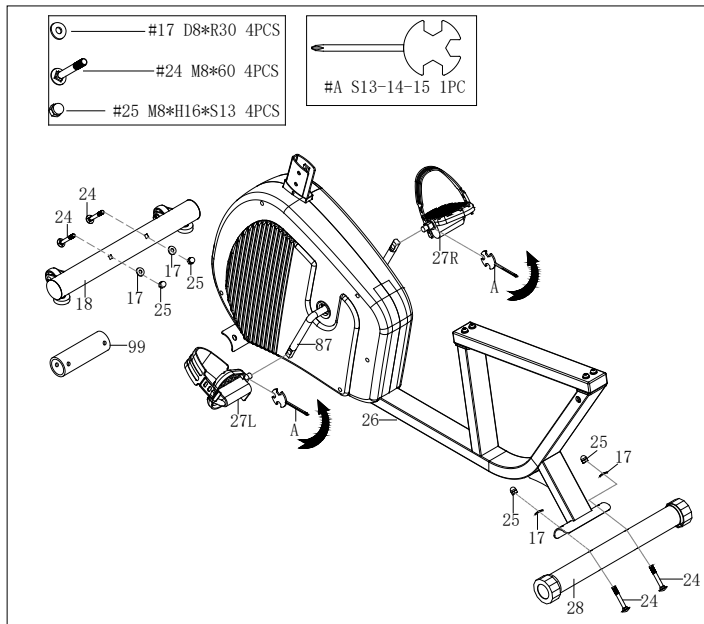
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 end 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. 24)**, 4 **Arc Washers (No. 17)**, 4 **Cap Nuts (No. 25)** and **Rear Shipping Tube (No. 99)** from the **Front Stabilizer (No. 18)** and **Main Frame (No. 26)** by **Spanner (No. A)**.

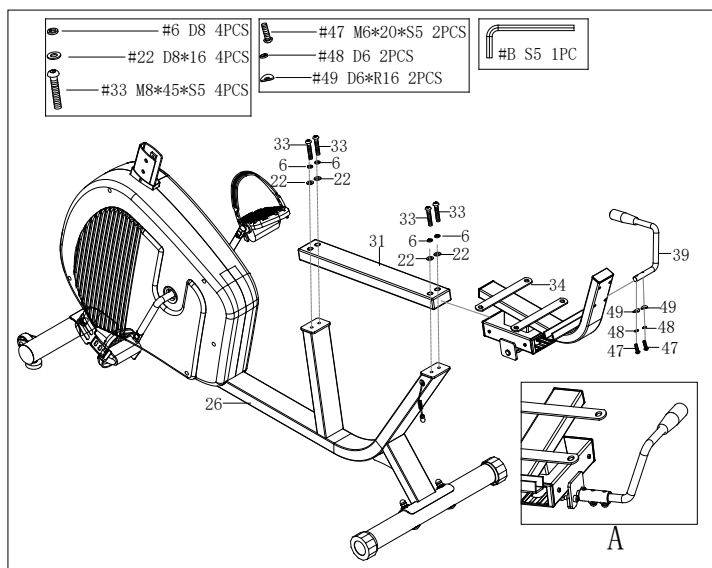
Attach the **Front Stabilizer (No. 18)** and **Rear Stabilizer (No. 28)** to the **Main Frame (No. 26)** using 4 **Bolts (No. 24)**, 4 **Arc Washers (No. 17)** and 4 **Cap Nuts (No. 25)** that were removed. Tighten and secured with **Spanner (No. A)**.

Connect the **Left & Right Pedals (No. 27L/R)** onto **Crank (No. 87)**. Tighten and secured with **Spanner (No. A)**.

Left Pedal: Align the **Left Pedal (No. 27L)** with the left side of **Crank (No. 87)** at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal counter-clockwise as tightly as you can with your hand. Secure with **Spanner (No. A)**.

Right Pedal: Align the **Right Pedal (No. 27R)** with the right side of **Crank (No. 87)** at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal clockwise as tightly as you can with your hand. Secure with **Spanner (No. A)**.

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STEP 2:

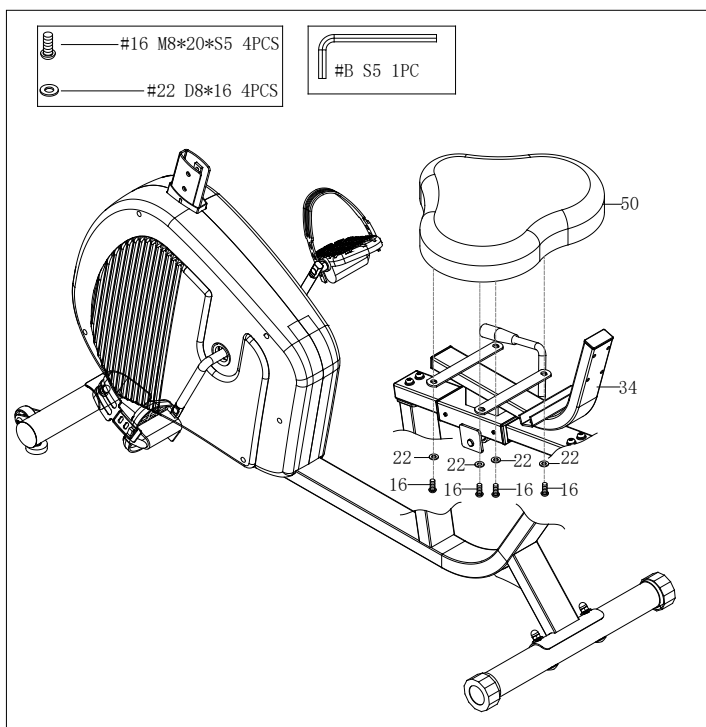
Remove 4 **Bolts (No. 33)**, 4 **Spring Washers (No. 6)** and 4 **Washers (No. 22)** from **Main Frame (No. 26)** by **Allen Wrench (No. B)**.

Put **Backrest Frame (No. 34)** in **Rail (No. 31)**.

Fix **Rail (No. 31)** to the **Main Frame (No. 26)** using 4 **Bolts (No. 33)**, 4 **Spring Washers (No. 6)** and 4 **Washers (No. 22)** that were removed by **Allen Wrench (No. B)**.

Remove 2 **Bolts (No. 47)**, 2 **Spring Washers (No. 48)** and 2 **Arc Washer (No. 49)** from **Adjustment Handle (No. 39)** by **Allen Wrench (No. B)**.

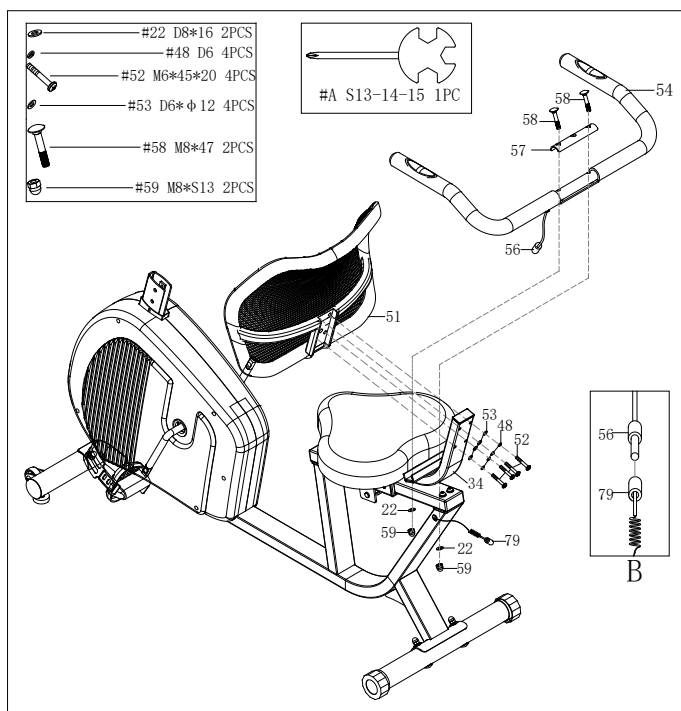
Attach the **Adjustment Handle (No. 39)** to **Backrest Frame (No. 34)** using 2 **Bolts (No. 47)**, 2 **Spring Washers (No. 48)** and 2 **Arc Washer (No. 49)** that were removed by **Allen Wrench (No. B)**.



STEP 3:

Tighten and secure **Saddle (No. 50)** to **Backrest Frame (No. 34)** with 4 **Bolts (No. 16)** and 4 **Washers (No. 22)** by **Allen Wrench (No. B)**.

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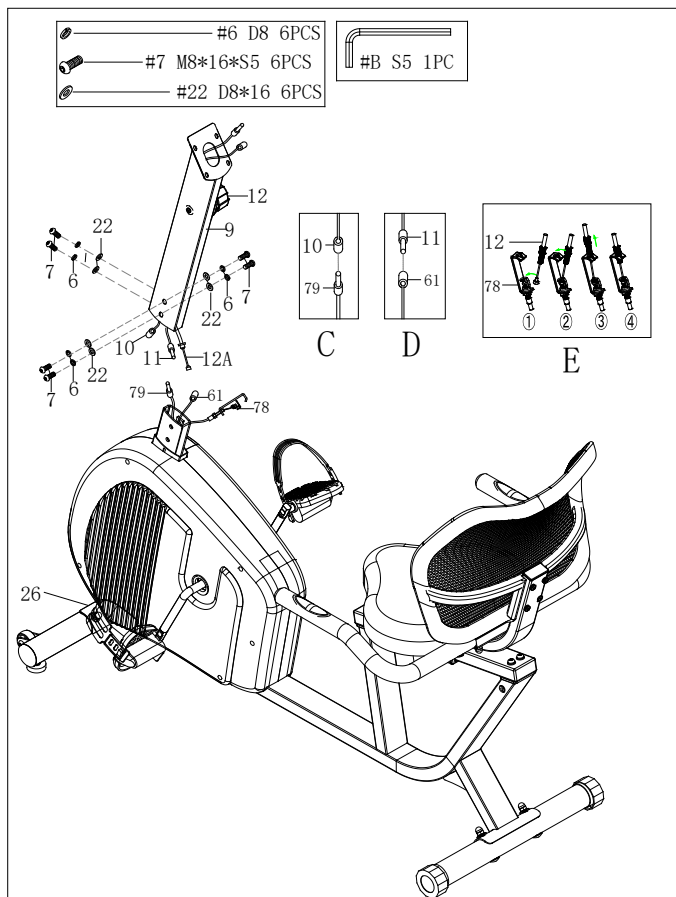
STEP 4:

Remove 2 **Bolts (No. 58)**, 2 **Washers (No. 22)**, 2 **Tapered Cap Nuts (No. 59)** and **Handlebar Cover Plate (No. 57)** from **Rear Handlebar (No. 54)** by **Spanner (No. A)**.

Attach **Rear Handlebar (No. 54)** to **Backrest Frame (No. 34)** with 2 **Bolts (No. 58)**, 2 **Washers (No. 22)**, 2 **Tapered Cap Nuts (No. 59)** and **Handlebar Cover Plate (No. 57)** that were removed by **Spanner (No. A)**.

Attach **Backrest Cushion (No. 51)** to **Backrest Frame (No. 34)** with 4 **Bolts (No. 52)**, 4 **Spring Washers (No. 48)** and 4 **Washers (No. 53)** by **Spanner (No. A)**.

Connect **Trunk wire 2 (No. 79)** with **Handle Pulse Wire (No. 56)** as shown in Pic B.



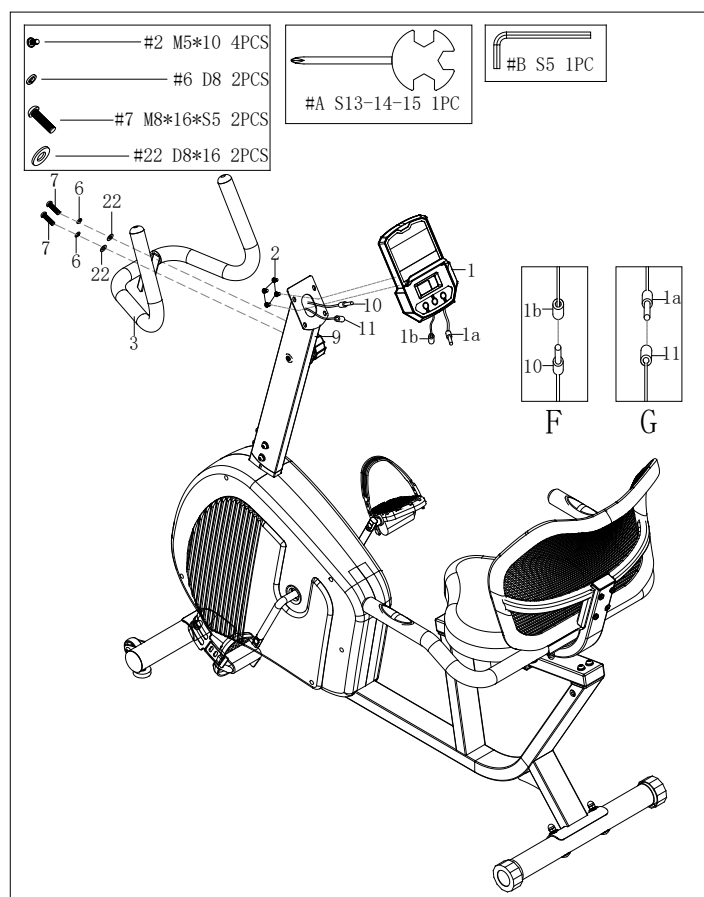
STEP 5:

Check the **Tension Control Knob (No. 12)** is at level 1 (lowest resistance) to ensure the wire is the longest. Connect **Tension Control Wire (No. 12A)** with **Lower Tension Control (No. 78)** as shown in Pic E.

Connect **Trunk wire 1 (No. 10)** with **Trunk Wire 2 (No. 79)** as shown in Pic C. Connect **Sensor Trunk Wire (No. 11)** with the **Sensor Wire (No. 61)** as shown in Pic D.

Tighten and secure **Handlebar Post (No. 9)** to **Main Frame (No. 26)** with 6 **Bolts (No. 7)**, 6 **Spring Washer (No. 6)** and 6 **Washer (No. 22)** by **Allen Wrench (No. B)**.

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 6:

Remove 2 **Bolts (No. 7)**, 2 **Washers (No. 22)** and 2 **Spring Washers (No. 6)** from **Handlebar Post (No. 9)** by **Allen Wrench (No. B)**.

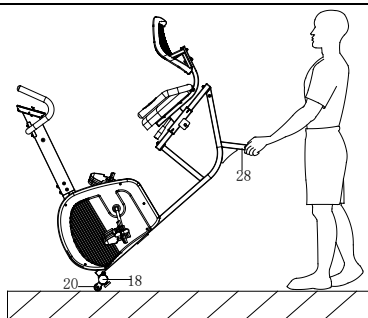
Attach **Mid Handlebar (No. 3)** on **Handlebar Post (No. 9)** with 2 **Bolts (No. 7)**, 2 **Washers (No. 22)** and 2 **Spring Washers (No. 6)** that were removed by **Allen Wrench (No. B)**.

Connect **Computer Wire (No. 1b)** with **Trunk Wire 1 (No. 10)**. Connect **Computer Wire (No. 1a)** with **Sensor Trunk Wire (No. 11)**.

Remove 4 **Bolts (No. 2)** from **Computer (No. 1)** by **Spanner (No. A)**. Tighten and secure **Computer (No. 1)** to **Handlebar Post (No. 9)** with 4 **Bolts (No. 2)** that were removed by **Spanner (No. A)**.

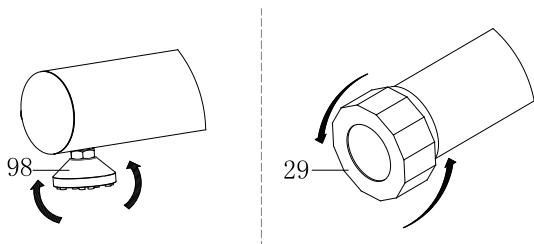
The assembly is complete!

ADJUSTMENTS & USAGE GUIDE



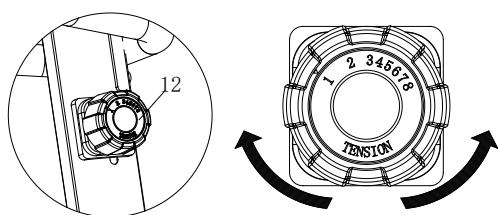
MOVING THE RECUMBENT BIKE

To move the recumbent bike, lift up the **Rear Stabilizer (No. 28)** until the **Transportation Wheels (No. 20)** on the **Front Stabilizer (No. 18)** touch the ground. With the **Transportation Wheels (No. 20)** on the ground, you can transport the recumbent bike to the desired location with ease.



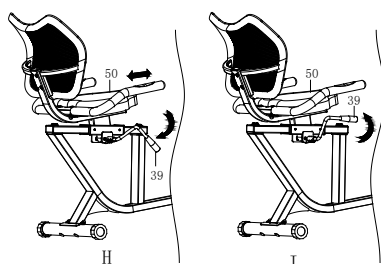
ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the recumbent bike is stabled and secured. If you notice that the recumbent bike is unbalanced during use, you should adjust both **Adjustable End Cap (No. 29)** and **Foot Pad (No. 98)** located beneath the front and rear stabilizers. To do so, simply rotate both **Adjustable End Cap (No. 29)** and **Foot Pad (No. 98)** until the recumbent bike becomes levelled with the floor surface.



ADJUSTING THE RESISTANCE

Rotate **Tension Control Knob (No. 12)** *clockwise* to increase the level of resistance, rotate the **Tension Control Knob (No.12)** *counter-clockwise* to decrease the level of resistance. Level 1 is the lowest and level 8 is the highest.



ADJUSTING THE SADDLE

Press down **Adjustment Handle (No. 39)** and loosen **Saddle (No. 50)** to adjust suitable position, as shown in Pic H. Pull up **Adjustment Handle (No. 39)** to secure suitable position, as shown in Pic I.

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.

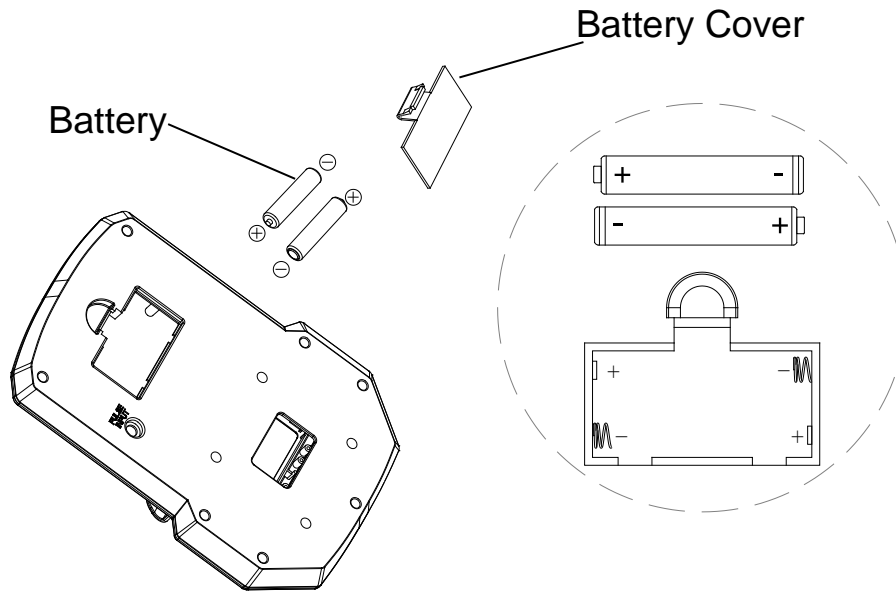
Please keep the recumbent bike, especially the computer, out of direct sunlight to prevent screen damage.

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.

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!

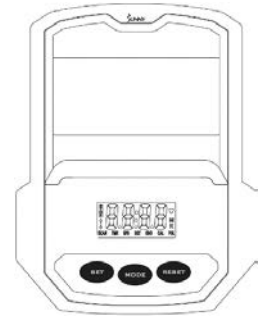
BATTERY DISPOSAL

Dispose the batteries according to the laws and regulations of your local region. Some batteries maybe recycled. When disposing or recycling, do not mix battery types.

EXERCISE COMPUTER

FUNCTION BUTTONS:

- MODE:** Press the button to select TIME, DISTANCE, and CALORIES 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 CALORIES.
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 0.00 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 0.0 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 0.0 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.

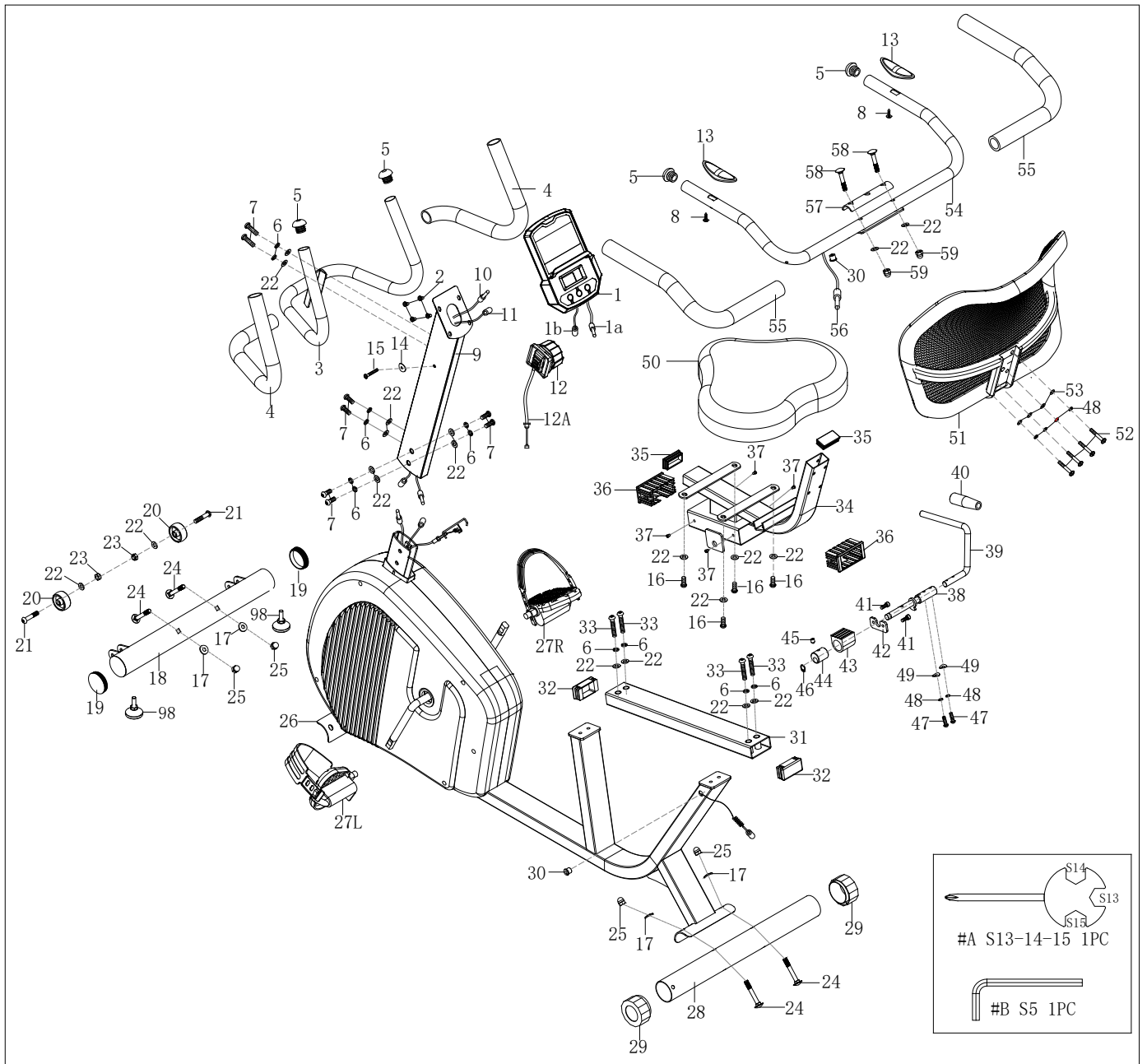
APP CONNECTION:

1. Scan the QR code below to download the SunnyFit app onto your mobile device.

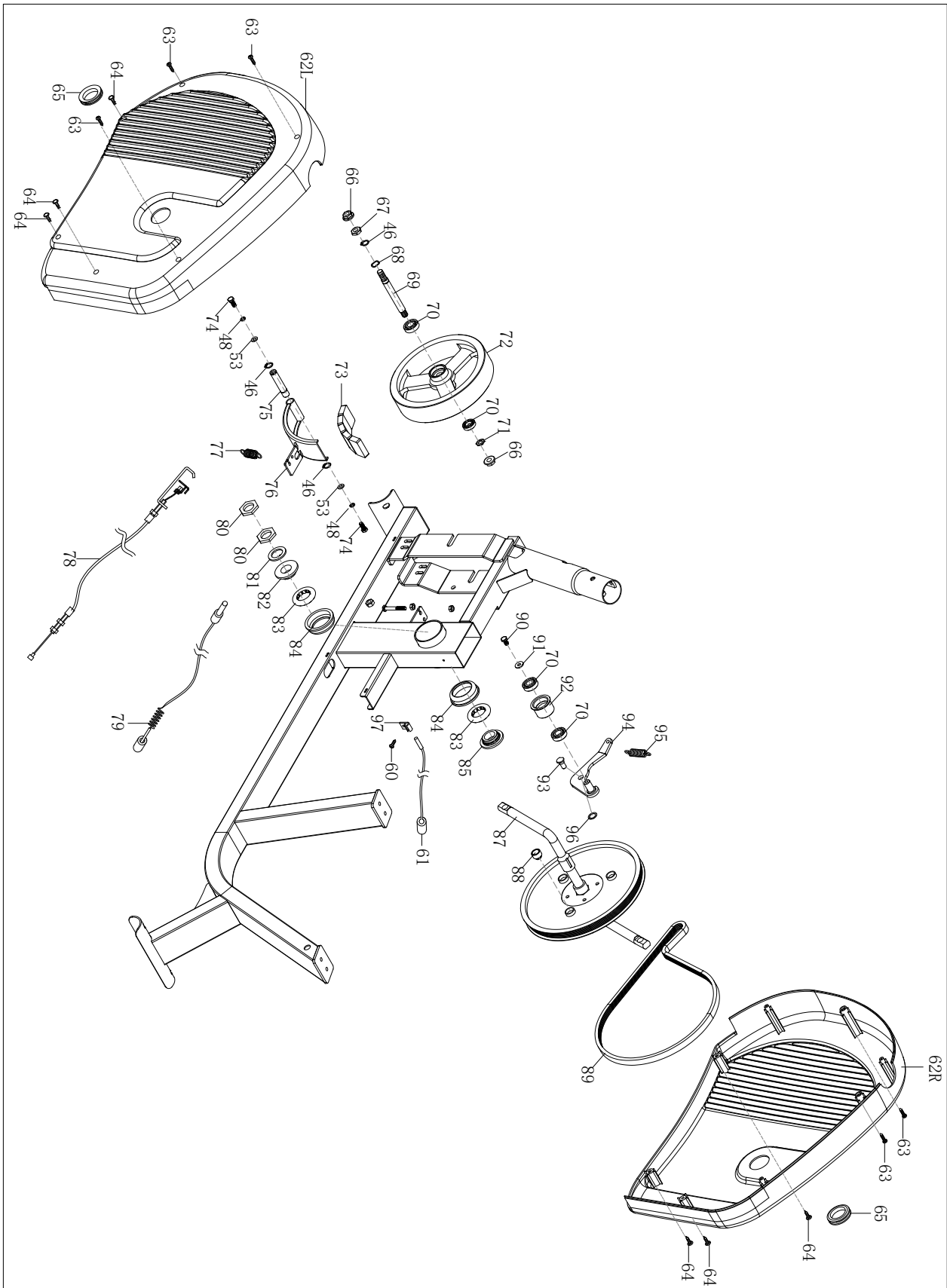


2. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
 - a. From the "Workout" tab, press on the "Search" button to search for your equipment.
 - b. Once your equipment appears on the list, tap the "Select" button to confirm.
 - c. Note: If your equipment does not appear on the "Searching for Equipment" list, check the EXERCISE COMPUTER on your equipment to ensure that it is not in sleep mode and your phone's Bluetooth function is on, then tap "Retry" to search again.
 - d. Once your equipment shows up on the "Workout" tab as "Currently Selected", your equipment is now ready to display, track, and record your equipment's workout stats on the app!
5. If you are unable to replicate these steps, or have any other issues with the SunnyFit app, please contact SunnyFit support at support@sunnyfit.com, or use the in-app "Contact Us" form to request support ("Me" tab -> "Contact Us").

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Computer		1	35	Square End Cap	50*25	2
1a	Computer Wire		1	36	Bushing		2
1b	Computer Wire		1	37	Bolt	ST4.8*8	4
2	Bolt	M5*10	4	38	Adjustable Rod		1
3	Mid Handlebar		1	39	Adjustment Handle		1
4	Foam Grip		2	40	Bushing		1
5	Round End Cap		4	41	Bolt	M6*16*S5	2
6	Spring Washer	D8	12	42	Fixed Plate		1
7	Bolt	M8*16*S5	8	43	Gripping Sleeve		1
8	Bolt	ST4.0*19	2	44	Eccentric Wheel		1
9	Handlebar Post		1	45	Bolt	M8*10*S5	1
10	Trunk Wire 1		1	46	Washer	D12	4
11	Sensor Trunk wire		1	47	Bolt	M6*20*S5	2
12	Tension Control Knob		1	48	Spring Washer	D6	8
12A	Tension Control Wire		1	49	Arc Washer	D6*R16	2
13	Handle Pulse Plate		2	50	Saddle		1
14	Arc Washer	D5*R30	1	51	Backrest Cushion		1
15	Bolt	M5*35	1	52	Bolt	M6*45*20	4
16	Bolt	M8*20*S5	4	53	Washer	D6*Φ12	6
17	Arc Washer	D8*R30	4	54	Rear Handlebar		1
18	Front Stabilizer		1	55	Foam Grip		2
19	Round End Cap		2	56	Handle Pulse Wire		1
20	Transportation Wheel		2	57	Handlebar Cover Plate		1
21	Bolt	M8*40*20*S5	2	58	Bolt	M8*47	2
22	Washer	D8*16	20	59	Tapered Cap Nut	M8*H16*S13	2
23	Nylon Nut	M8*H7.5*S13	2	60	Tapping Screw	ST4.2*16*Φ8	1
24	Bolt	M8*60	4	61	Sensor Wire		1
25	Cap Nut	M8*H16*S13	4	62L/R	Chain Cover		2
26	Main Frame		1	63	Bolt	ST4.2*19	5
27L/R	Pedal		2	64	Self-drilling Tapping Screw	ST4.2*16*Φ8	6
28	Rear Stabilizer		1	65	Crank Cover		2
29	Adjustable End Cap		2	66	Nut	M10*1*H8*S15	2
30	C-clip	Φ12*11	2	67	Nut	M10*H5*S17	1
31	Rail		1	68	Wave Washer	D12*15.5	1
32	Square End Cap	60*30	2	69	Flywheel Shaft		1
33	Bolt	M8*45*S5	4	70	Bearing	6001	4
34	Backrest Frame		1	71	Nut	M10*H2*S15	1

No.	Description	Spec.	Qty.
72	Flywheel		1
73	Square Magnet		5
74	Bolt	M6*16*S10	2
75	Magnetic Plate Rod		1
76	Magnetic Plate		1
77	Spring		1
78	Lower Tension Control		1
79	Trunk wire 2		1
80	Nut	S32	2
81	Washer		1
82	Two-slot Nut		1
83	Ball Bearings		2
84	Bearing Housing		2
85	Three-slot Nut		1
86	N/A		-

No.	Description	Spec.	Qty.
87	Crank		1
88	Round Magnet		1
89	Belt	6PJ370	1
90	Bolt	M6*12	1
91	Washer	D6*Φ16	1
92	Idler Wheel		1
93	Bolt	M8*12*Φ10	1
94	Idler Wheel Connect Staff		1
95	Spring		1
96	Washer	D12*Φ17	1
97	Sensor Holder		1
98	Foot Pad		2
A	Spanner	S13-14-15	1
B	Allen Wrench	S5	1

Version 1.1

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