



# SMART MAGNETIC RECUMBENT BIKE WITH HAND CYCLE

**SF-RB423034**  
**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](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



[WWW.SUNNYHEALTHFITNESS.COM](http://WWW.SUNNYHEALTHFITNESS.COM)

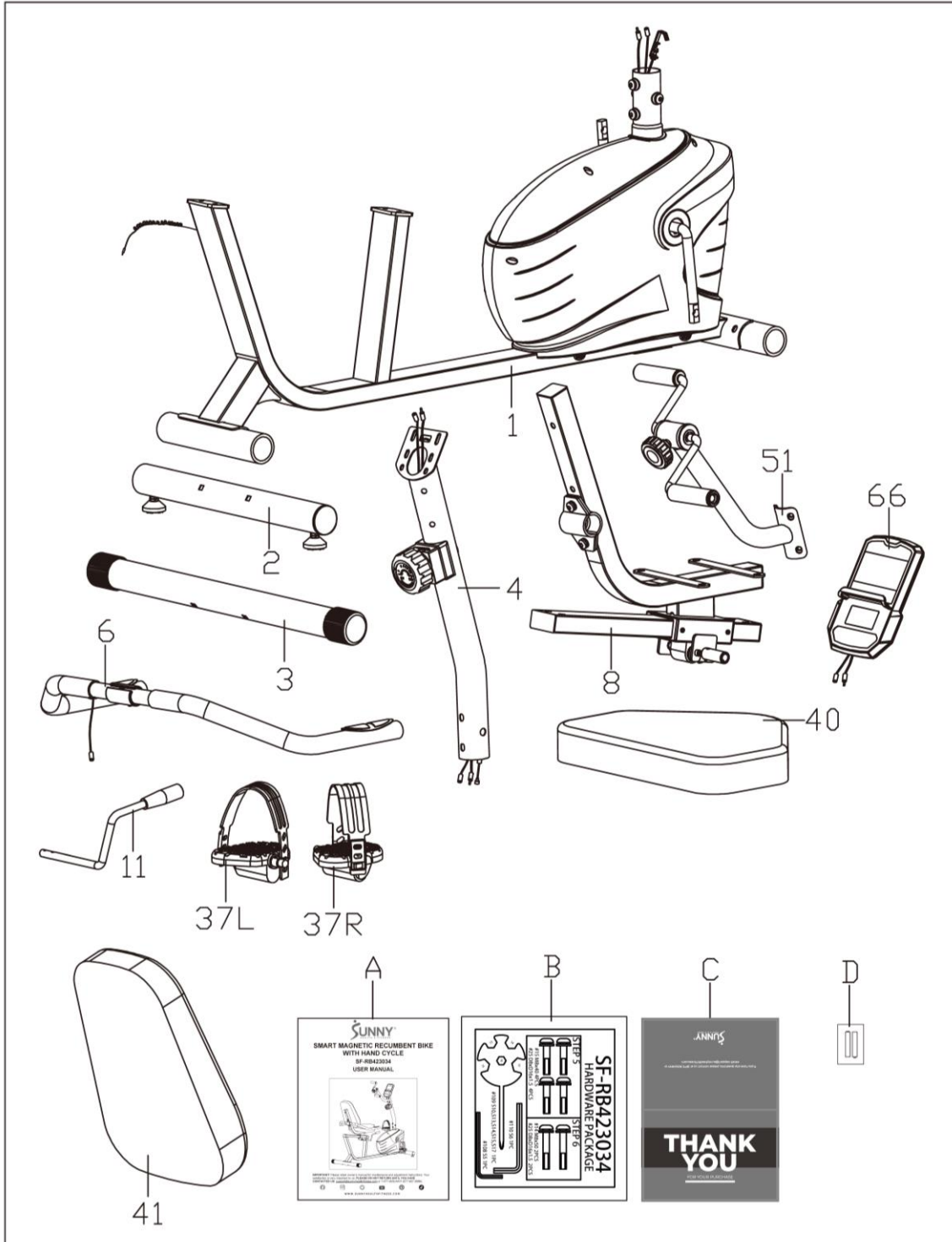
# **IMPORTANT SAFETY INFORMATION**

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 4 feet (1.2 m) 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 lbs (120 kgs).
10. The equipment is not suitable for therapeutic use.
11. Use caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
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

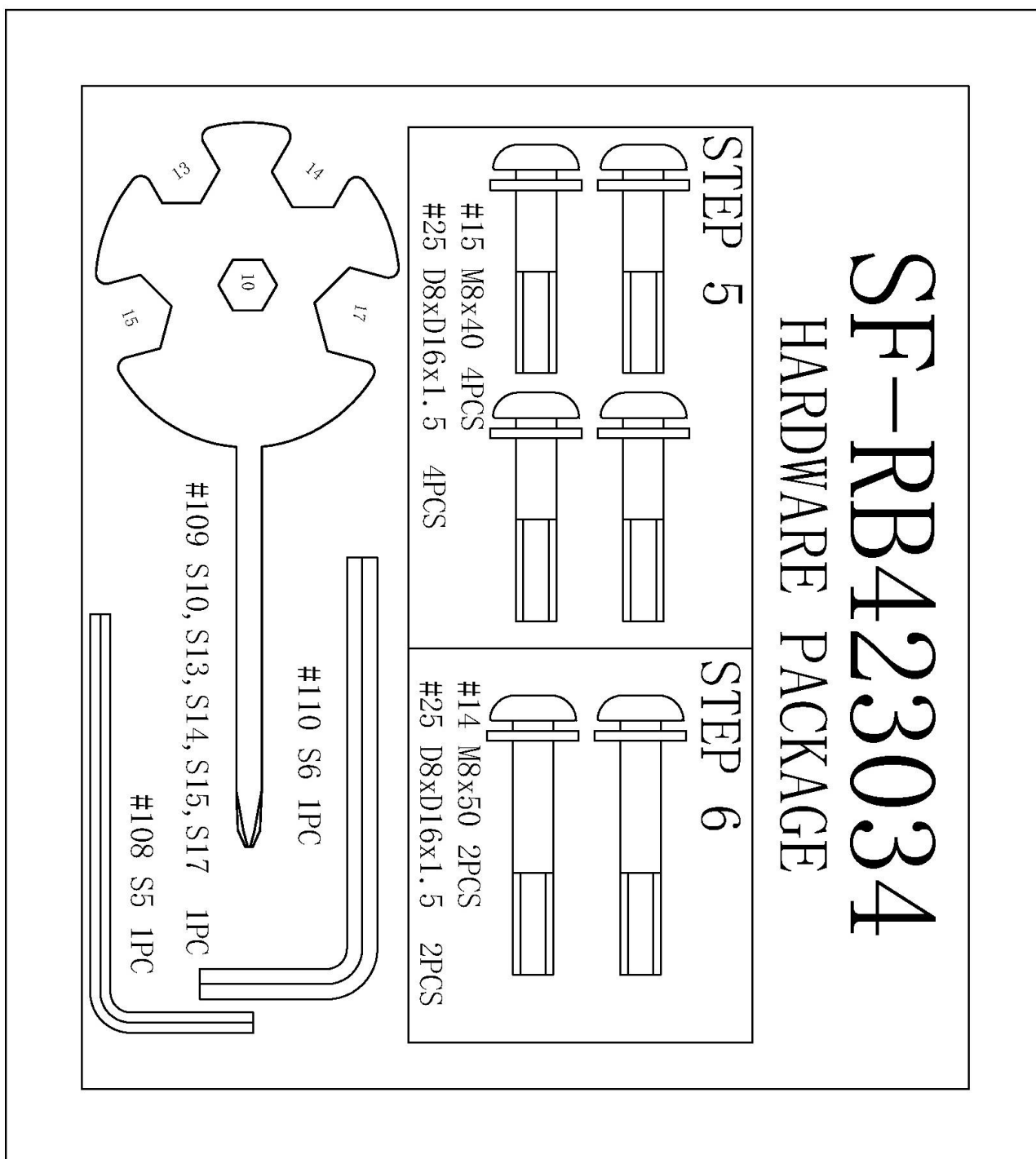
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
6	Handlebar		1
8	Rail		1
11	Adjustment Handle		1
37L/R	Pedal	YH-30X	1PR.

No.	Description	Spec.	Qty.
40	Seat		1
41	Backrest		1
51	Support Tube		1
66	Meter	TZ-4112	1
A	Manual		1
B	Hardware Package		1
C	Thank You Card		1
D	Battery	AAA	2

## 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" (page 13) and "PARTS LIST" (pages 14-15)

Please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).

# ASSEMBLY INSTRUCTIONS

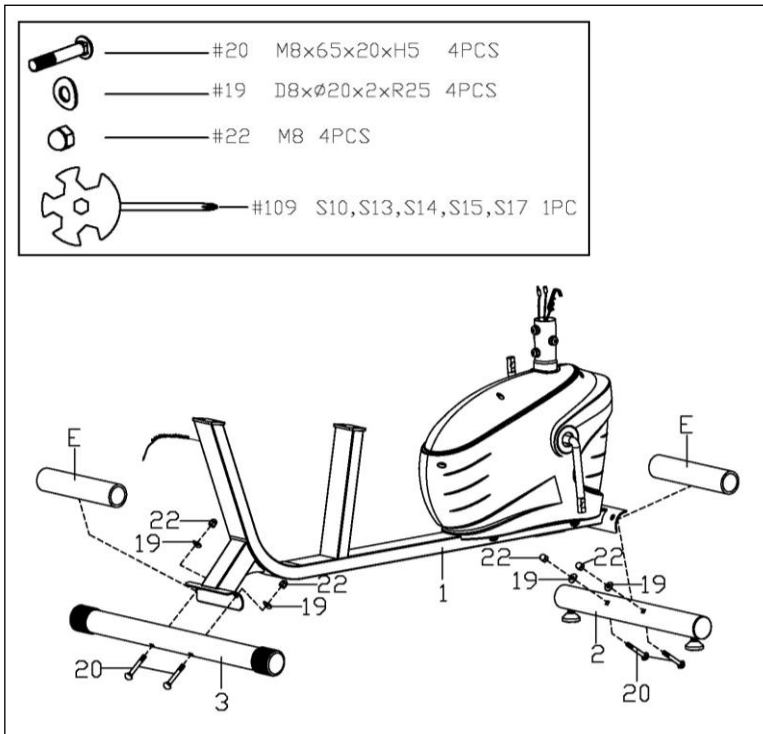
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).

## STEP 1

Remove the 2 **Paper Tubes (No. E)** from the **Main Frame (No. 1)**

Remove the 4 **Carriage Bolts (No. 20)**, 4 **Arc Washers (No. 19)** and 4 **Cap Nuts (No. 22)** from the **Front Stabilizer (No. 2)** and the **Rear Stabilizer (No. 3)** using **Spanner (No. 109)**.

Attach the **Front Stabilizer (No. 2)** and the **Rear Stabilizer (No. 3)** to the **Main Frame (No. 1)** with 4 **Carriage Bolts (No. 20)**, 4 **Arc Washers (No. 19)** and 4 **Cap Nuts (No. 22)** that were just removed using **Spanner (No. 109)**.

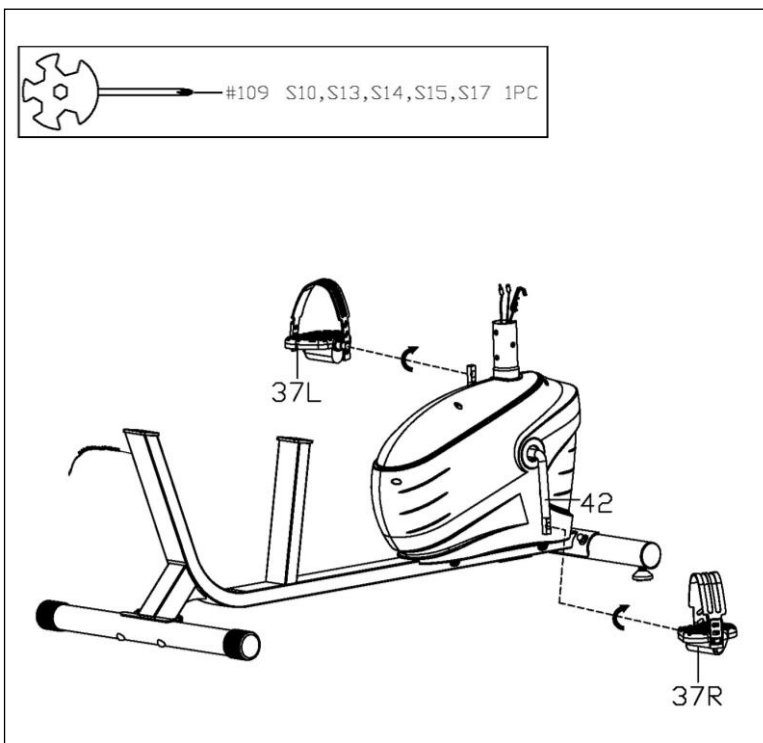


## STEP 2

Align the **Left Pedal (No. 37L)** with the left side of **Crank (No. 42)** at 90° and gently insert the pedal into the crank arm. Turn the **Left Pedal (No. 37L)** counter-clockwise as tightly as you can with your hands, then use **Spanner (No. 109)** to tighten securely.

Align the **Right Pedal (No. 37R)** with the right side of **Crank (No. 42)** at 90° and gently insert the pedal into the crank arm. Turn the **Right Pedal (No. 37R)** clockwise as tightly as you can with your hands, then use **Spanner (No. 109)** to tighten securely.

**NOTE:** **Left Pedal (No. 37L)** is marked with "L" on the pedal, while **Right Pedal (No. 37R)** is marked with "R" on the pedal. Attaching the **Pedals (No. 37L/R)** to the wrong side of **Crank (No. 42)** or turning them with the wrong direction will damage the **Crank (No. 42)**.



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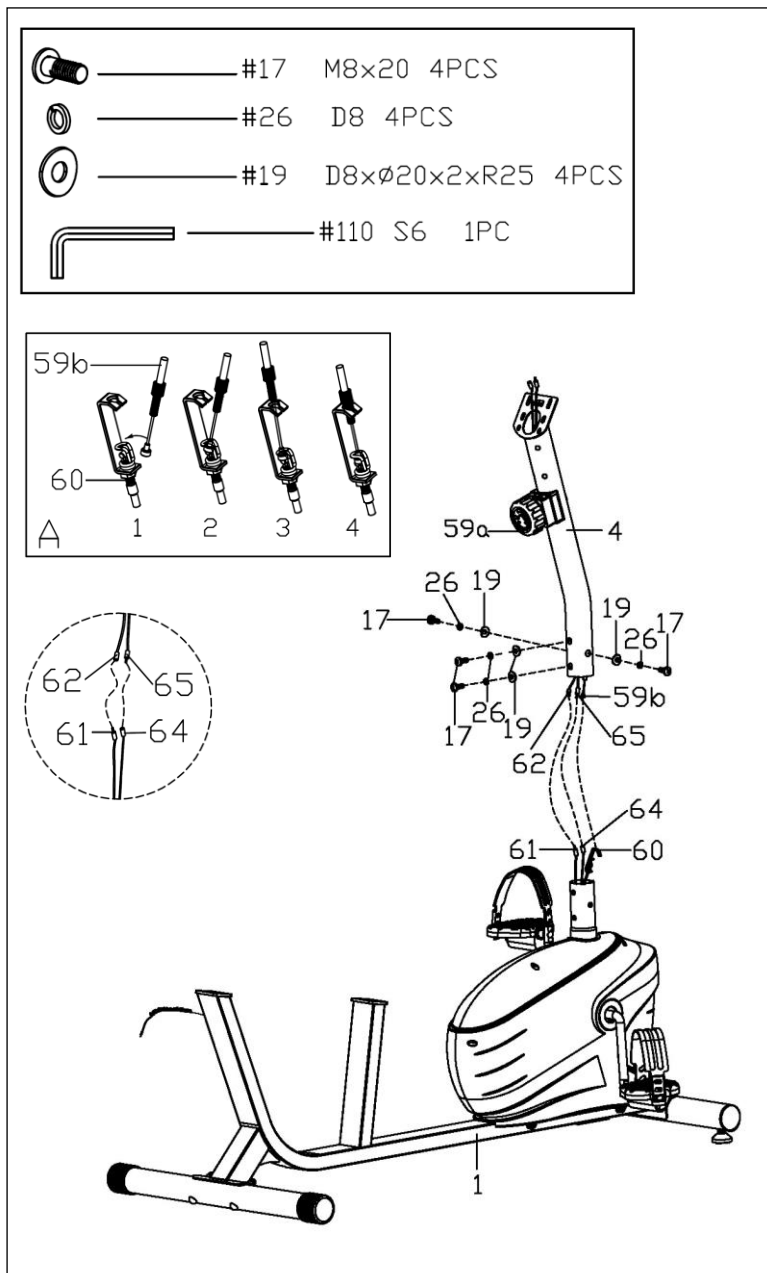
### STEP 3

Connect the **Pulse Extension Wire 2 (No. 65)** to the **Pulse Extension Wire 1 (No. 64)** and connect the **Sensor Wire (No. 61)** to the **Sensor Extension Wire (No. 62)**. Then connect **Tension Hook (No. 60)** with **Tension Cable (No. 59b)** as shown in Diagram A.

**NOTE:** Make sure the **Tension Controller (No. 59a)** is at the lowest level before you connect the cable. This ensures the wires are at their longest point. We recommend the assistance of a second person to help hold the **Handlebar Post (No. 4)**. This will make the connection easier when you are attaching **Tension Hook (No. 60)** to the **Tension Cable (No. 59b)**.

Remove 4 **Arc Washers (No. 19)**, 4 **Spring Washers (No. 26)** and 4 **Screws (No. 17)** from **Main Frame (No. 1)** using **Allen Wrench (No. 110)**. Insert the **Handlebar Post (No. 4)** into the post of the **Main Frame (No. 1)** with 4 **Arc Washers (No. 19)**, 4 **Spring Washers (No. 26)** and 4 **Screws (No. 17)** that were just removed using **Allen Wrench (No. 110)**.

**NOTE:** Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.



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#### STEP 4

Remove 4 **Arc Washers (No. 19)**, 4 **Spring Washers (No. 26)** and 4 **Screws (No. 17)** from **Handlebar Post (No. 4)** with **Allen Wrench (No. 110)**.

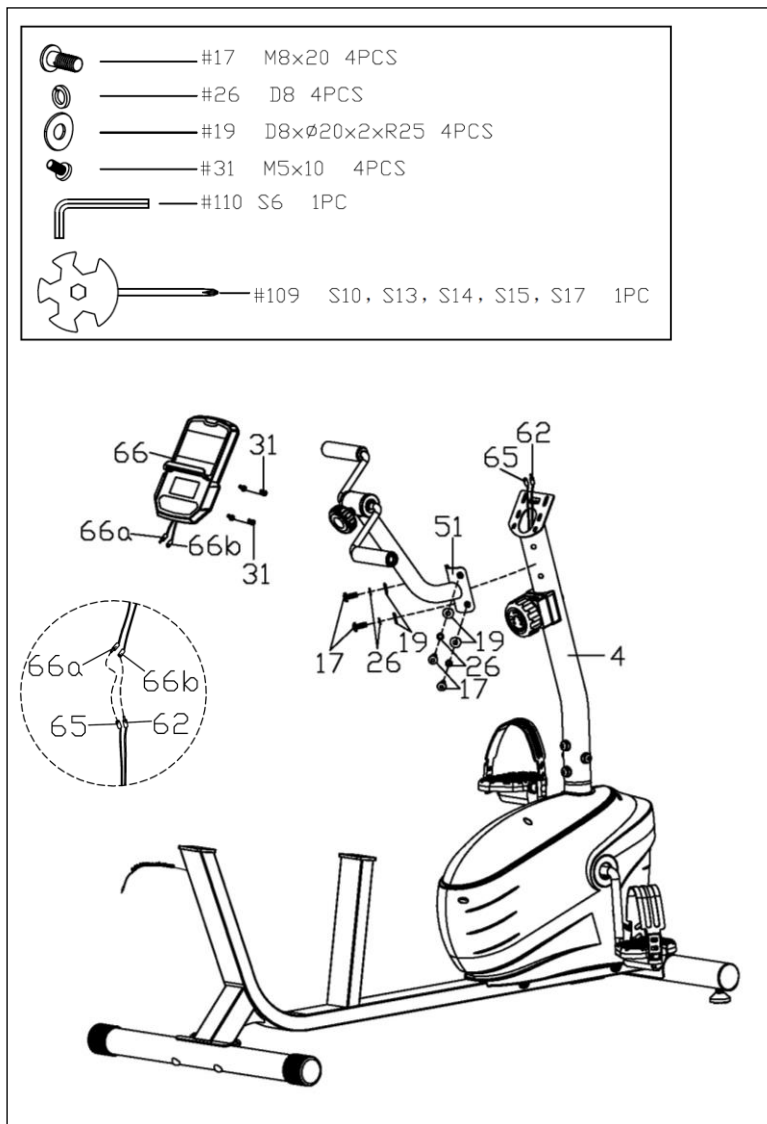
Attach the **Support Tube (No. 51)** to the **Handlebar Post (No. 4)** with 4 **Arc Washers (No. 19)**, 4 **Spring Washers (No. 26)** and 4 **Screws (No. 17)** that were just removed with **Allen Wrench (No. 110)**.

Remove 4 **Screws (No. 31)** from the **Meter (No. 66)** with **Spanner (No. 109)**.

Connect the **Pulse Extension Wire 2 (No. 65)** to the **Meter Wire A (No. 66a)** and connect the **Sensor Extension Wire (No. 62)** to the **Meter Wire B (No. 66b)**.

Attach the **Meter (No. 66)** to the bracket of the **Handlebar Post (No. 4)** with 4 **Screws (No. 31)** that were just removed using **Spanner (No. 109)**.

**NOTE:** To avoid damaging the wires, please insert them inside the **Handlebar Post (No. 4)** before securing the **Meter (No. 66)** onto the bracket.



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## STEP 5

Lock the **Rail (No. 8)** to the **Main Frame (No. 1)** with 4 **Bolts (No. 15)** and 4 **Flat Washers (No. 25)** using **Allen Wrench (No. 110)**.

Remove 2 **Screws (No. 32)** from **Adjustment Handle (No. 11)** using **Allen Wrench (No. 108)**.

Lock the **Adjustment Handle (No. 11)** to the **Axle (No. 13)** with 2 **Screws (No. 32)** that were just removed using **Allen Wrench (No. 108)**.

**NOTE:** The **Rail (No. 8)** is pre-assembled into the **Seat Bracket (No. 5)**, please be carefully not to separate them.

If the **Rail (No. 8)** fall apart from the **Seat Bracket (No. 5)** before you start assembling this step, please follow below steps as shown in Fig. A:

A: Remove 2 **Screws (No. 32)** from **Adjustment Handle (No. 11)** using **Allen Wrench (No. 108)**. Lock the **Adjustment Handle (No. 11)** to the **Axle (No. 13)** with 2 **Screws (No. 32)** that were just removed using **Allen Wrench (No. 108)**.

B: Press down the **Adjustment Handle (No. 11)**, adjust the **Upper Block (No. 55)** to make sure the cambered face is downwards while the rectangle face is upwards and parallel to the **Seat Bracket (No. 5)**. (Fig. B)

C: Insert the **Rail (No. 8)** to the **Seat Bracket (No. 5)** and pull up the **Adjustment Handle (No. 11)** to secure them together.

D: Lock the **Rail (No. 8)** to the **Main Frame (No. 1)** with 4 **Bolts (No. 15)** and 4 **Flat Washers (No. 25)** using **Allen Wrench (No. 110)**.

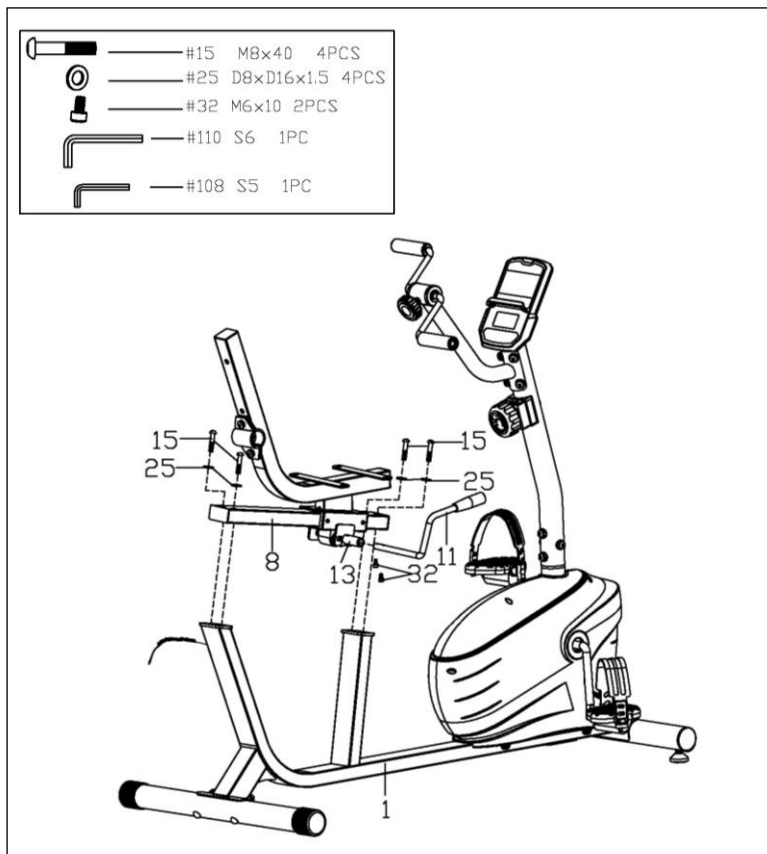


Fig. A

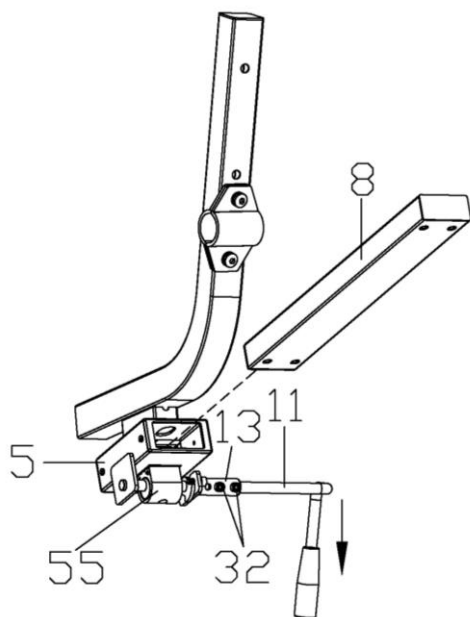
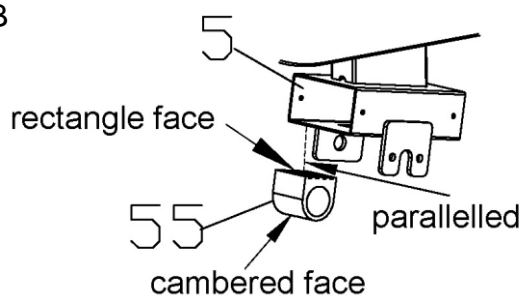
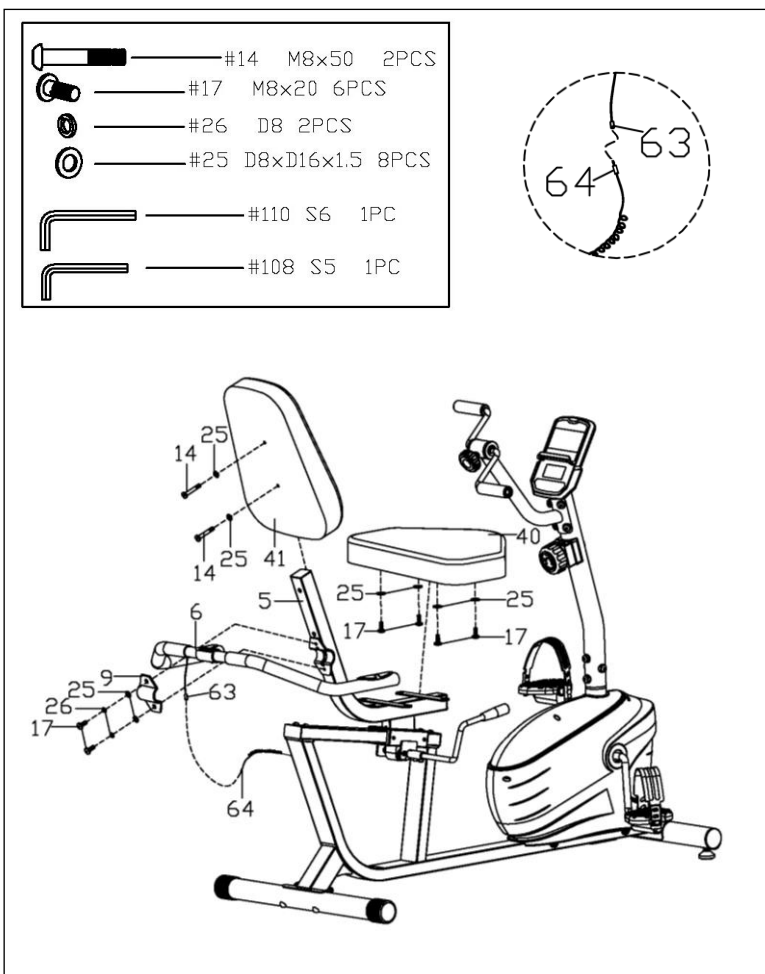


Fig. B





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## STEP 6

Remove 2 **Screws (No. 17)**, 2 **Spring Washers (No. 26)**, 2 **Flat Washers (No. 25)** and **Rear Fixing Plate (No. 9)** from **Seat Bracket (No. 5)** using **Allen Wrench (No. 110)**. Lock the **Handlebar (No. 6)** to the **Seat Bracket (No. 5)** with the 2 **Screws (No. 17)**, 2 **Spring Washers (No. 26)**, 2 **Flat Washers (No. 25)** and **Rear Fixing Plate (No. 9)** that were just removed using **Allen Wrench (No. 110)**.

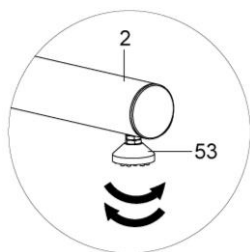
Connect the **Pulse Extension Wire 1 (No. 64)** to the **Pulse Wire (No. 63)**.

Remove 4 **Flat Washers (No. 25)** and 4 **Screws (No. 17)** from **Seat (No. 40)** using **Allen Wrench (No. 110)**. Lock the **Seat (No. 40)** to the **Seat Bracket (No. 5)** with 4 **Flat Washers (No. 25)** and 4 **Screws (No. 17)** that were just removed using **Allen Wrench (No. 110)**.

Lock the **Backrest (No. 41)** to the **Seat Bracket (No. 5)** with 2 **Flat Washers (No. 25)** and 2 **Bolts (No. 14)** using **Allen Wrench (No. 108)**.

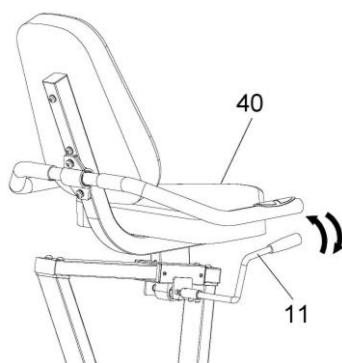
*THE ASSEMBLY IS COMPLETE!*

# ADJUSTMENT GUIDE



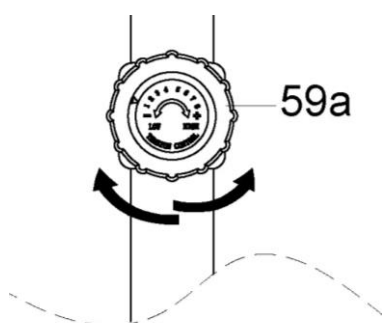
## ADJUSTING THE LEVEL

If at any point the bike does not feel leveled, you can adjust the **Adjustment Pads (No. 53)** on the **Front Stabilizer (No. 2)**.



## ADJUSTING THE SEAT POSITION

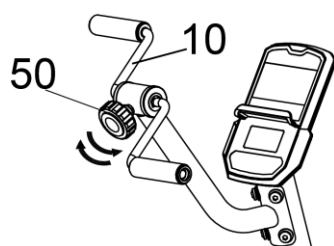
To move the **Seat (No. 40)** forward or backward, while seated on the bike, put your feet on the floor. Shift the **Adjustment Handle (No. 11)** down to loosen. Move the **Seat (No. 40)**. Shift the **Adjustment Handle (No. 11)** up to secure.



## ADJUSTING THE TENSION

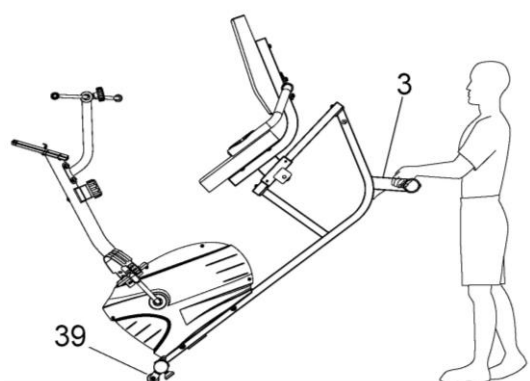
Adjust the tension by rotating the **Tension Controller (No. 59a)** clockwise to increase the level of resistance. Rotate the **Tension Controller (No. 59a)** counter-clockwise to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 8 being the highest.



## ADJUSTING THE RESISTANCE

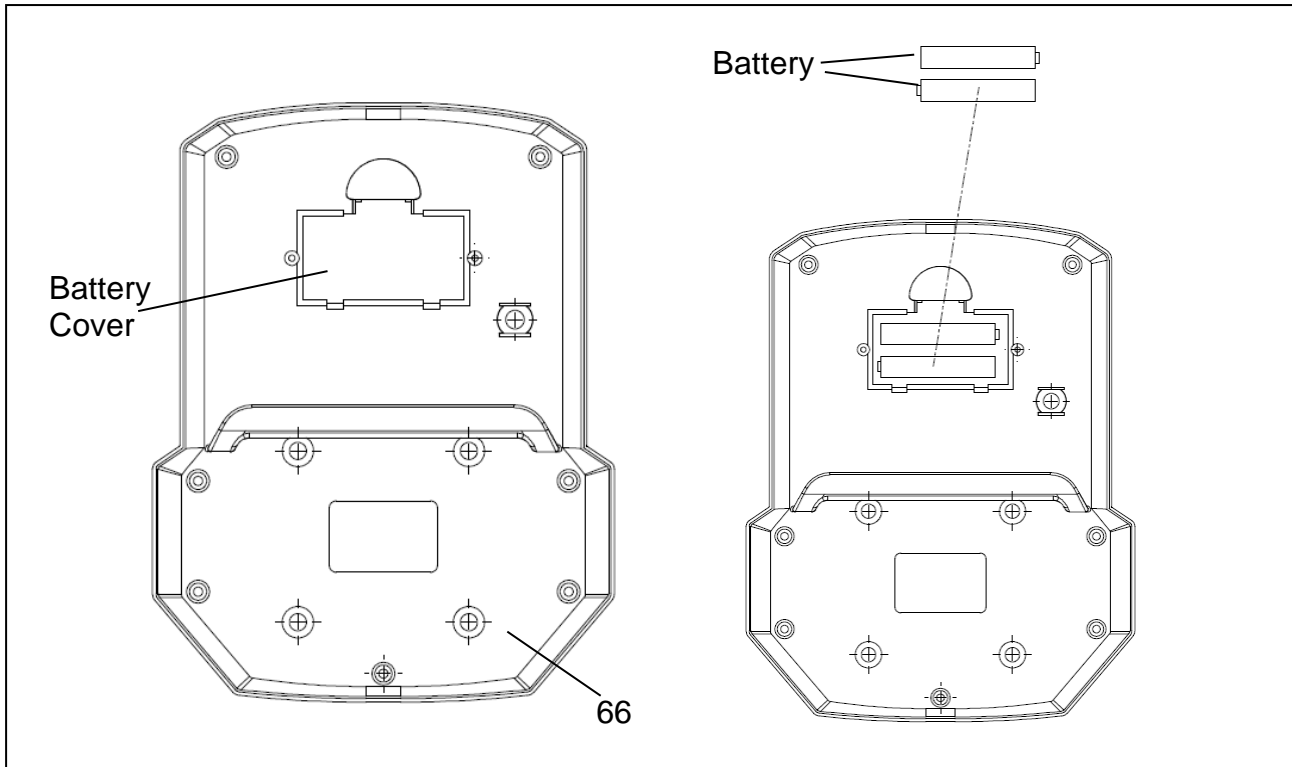
Adjust the tension level of the **Small Crank (No. 10)** by rotating the **Adjustment Knob (No. 50)** clockwise to increase the level of resistance. Rotate the **Adjustment Knob (No. 50)** counter-clockwise to decrease the level of resistance.



## MOVING THE BIKE

Lift the bike by the **Rear Stabilizer (No. 3)** until the **Transportation Wheels (No. 39)** touch the floor. You can now move the bike to your desired location with ease.

# BATTERY INSTALLATION & REPLACEMENT



## **BATTERY INSTALLATION**

1. Take out 2 AAA batteries from meter box.
2. Press down on the buckle of battery cover on the **Meter (No. 66)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 66)**. Pay attention to the battery + and – poles before installing.
4. Press down on the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 66)**.

*The installation is complete!*

## **BATTERY REPLACEMENT**

1. Press down on the buckle of battery cover on the back of the **Meter (No. 66)**, 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 **Meter (No. 66)**. Pay attention to the battery + and – poles before installing.
3. Press down on the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 66)**.

*The replacement is complete!*

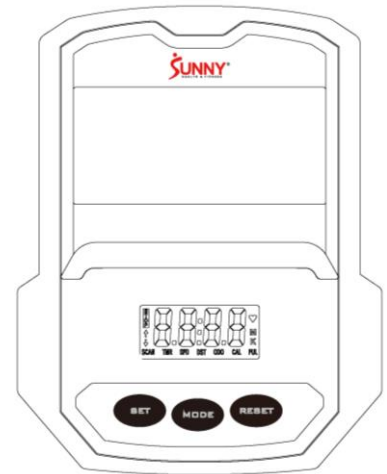
## **BATTERY DISPOSAL**

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.

# EXERCISE METER

## FUNCTION BUTTONS:

- MODE:** Press the button to select TMR (TIME), DST (DISTANCE), and CAL (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 TMR (TIME), DST (DISTANCE), and CAL (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 meter. (Whenever batteries are removed, all the function values will be reset to zero.)

### 2. AUTO ON/OFF:

Once the user begins to exercise, the meter will show the workout value automatically. After about 4 minutes of inactivity, the meter will turn off. Odometer value does not reset to 0 when the meter turns off. When the user starts to exercise again, the workout value of odometer will accumulate continuously.

### 3. AUTO SCAN:

After the meter is powered on, press MODE button and the LCD will display all function values from TMR (TIME) - SPD (SPEED) - DST (DISTANCE) - CAL (CALORIES) - ODO (ODOMETER) - PUL (PULSE). Each value will be held for 6 seconds.

### 4. SPD (SPEED):

Displays the current training speed from 0.0 to 99.9 MPH (Miles per hour).

### 5. DST (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) and will automatically count down from target value during exercise.

### 6. TMR (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 and will automatically count down from target value during exercise.

## 7. CAL (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 and will automatically count down from target value during exercise.

**NOTE: This data is a rough guide which cannot be used in medical treatment.**

## 8. ODO (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. PUL (PULSE):

The meter 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 meter display is abnormal, please 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.

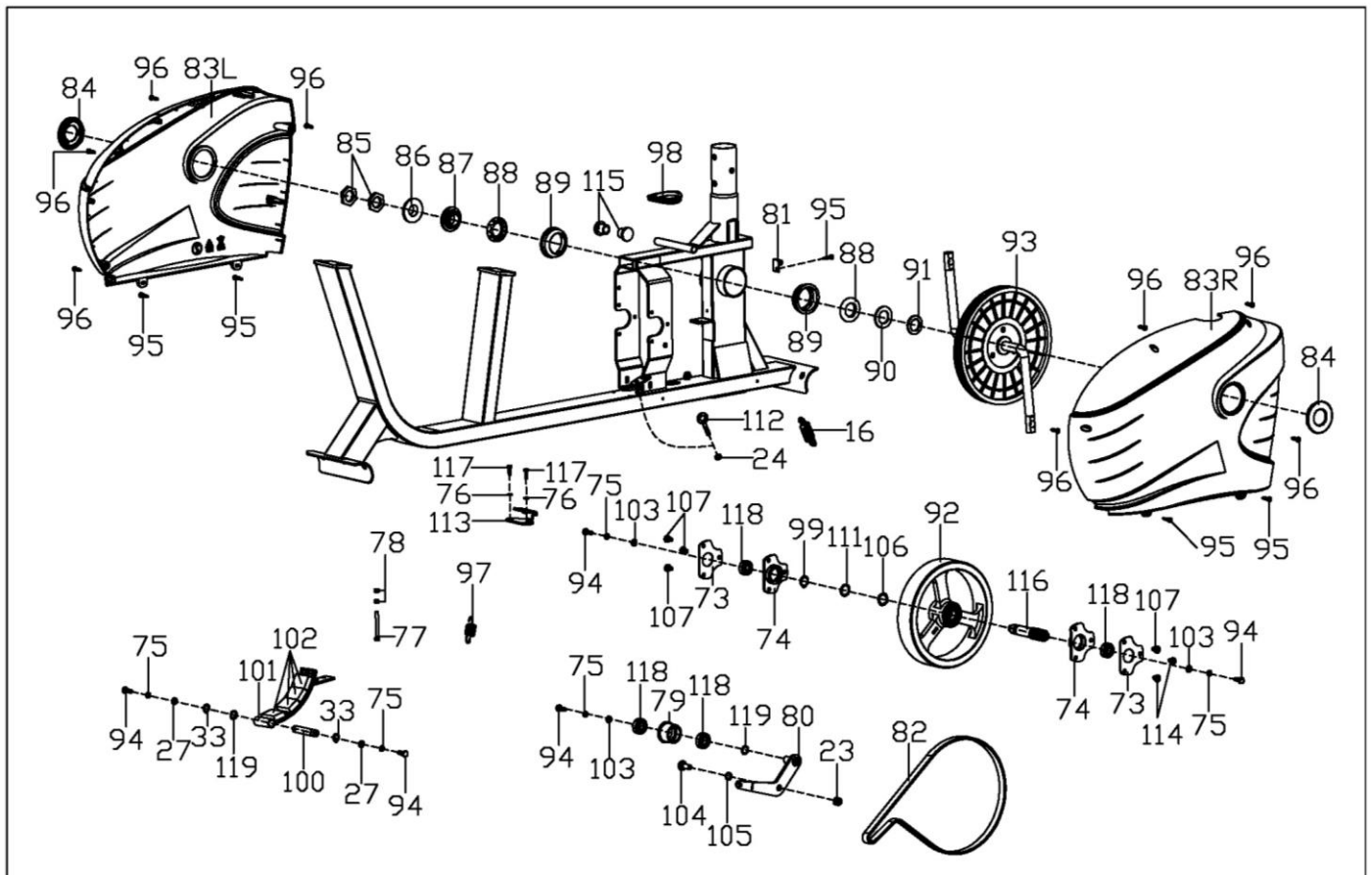
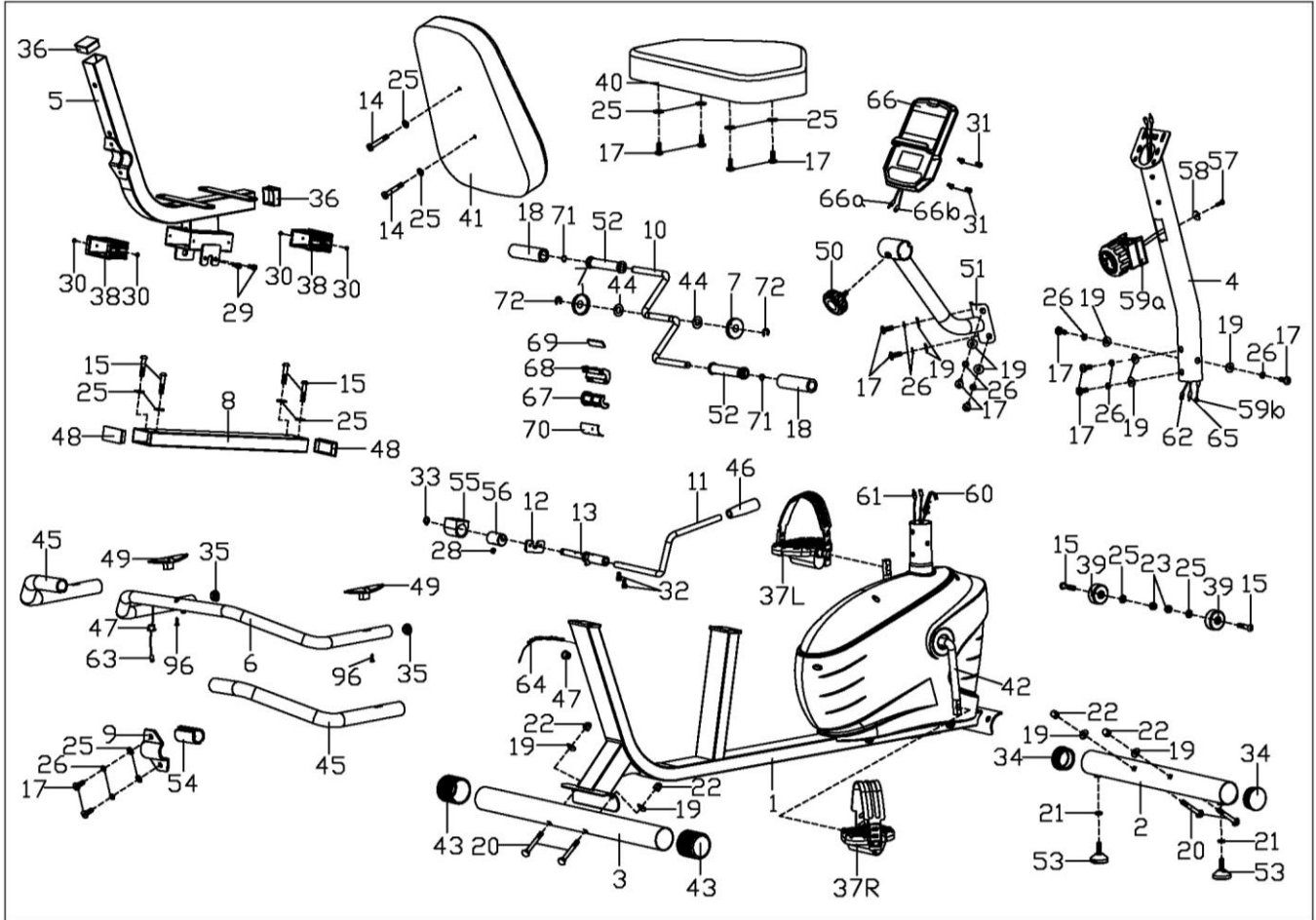
## APP CONNECTION:

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 METER 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](mailto:support@sunnyfit.com), or use the in-app "Contact Us" form to request support ("Me" tab -> "Contact Us").

# EXPLODED DIAGRAM



# PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5	Seat Bracket		1
6	Handlebar		1
7	Crank Cover	0.5x55x55	2
8	Rail		1
9	Rear Fixing Plate		1
10	Small Crank	Φ12×544	1
11	Adjustment Handle		1
12	Fixing Plate 3	4x25x50	1
13	Axle		1
14	Bolt	M8x50	2
15	Bolt	M8x40	6
16	Spring	Φ3×Φ18×L58.5	1
17	Screw	M8x20	14
18	Foam	Φ18×Φ25×100	2
19	Arc Washer	D8×Φ20×2×R25	12
20	Carriage Bolt	M8x65x20xH5	4
21	Hex Nut	M8	2
22	Cap Nut	M8	4
23	Nylon Nut	M8	3
24	Nylon Nut	M6	1
25	Flat Washer	D8xD16x1.5	14
26	Spring Washer	D8	10
27	Flat Washer	D6xD12x1.2	2
28	Screw	M8x10	1
29	Screw	M6x16	2
30	Screw	ST3.5x8	4
31	Screw	M5x10	4
32	Screw	M6x10	2
33	Spring Washer	D12	3
34	Round Cap 1	Φ50×1.5	2
35	Round Cap 2	Φ25×1.5	2
36	Square Cap	38x38x1.5	2
37L/R	Pedal	YH-30X	1PR.
38	Bushing	80x40x1.5	2
39	Transportation Wheel	Φ42×Φ8×L21	2
40	Seat		1
41	Backrest		1
42	Crank	B0.5x20	1
43	End Cap	Φ50	2
44	Flat Washer	D12×Φ24x1	2
45	Foam Grip	Φ24×T3x520	2
46	Grip		1
47	Plug	Φ12.5	2
48	Square Plug	60x30x1.5	2
49	Pulse Sensor		2

No.	Description	Spec.	Qty.
50	Adjustment Knob	Φ55.5×M8×18	1
51	Support Tube		1
52	Crank Sleeve	Φ25×104	2
53	Adjustment Pad	Φ38×18	2
54	Plastic Spacer	Φ32.7xΦ25.3x60	1
55	Upper Block	38x34x36.2	1
56	Eccentric Wheel	Φ25x38	1
57	Screw	M5x15	1
58	Arc Washer	D5×Φ20×R25	1
59a	Tension Controller	8 levels	1
59b	Tension Cable	45mm	1
60	Tension Hook	1150mm	1
61	Sensor Wire	650mm	1
62	Sensor Extension Wire	650mm	1
63	Pulse Wire	700mm	1
64	Pulse Extension Wire 1	2000mm	1
65	Pulse Extension Wire 2	650mm	1
66	Meter	TZ-4112	1
66a	Meter Wire A	100mm	1
66b	Meter Wire B	100mm	1
67	Upper Compressing	63x19.5	1
68	Lower Compressing	63x19.25	1
69	Brake Pad	3x48x14	1
70	Compressing Sheet	1.2x56x33	1
71	Spring Washer	D10	2
72	E-shaped Circlip	D10	2
73	Lock Plate	72x56x1.5	2
74	Bearing Bracket	72x56x11	2
75	Spring Washer	D6	5
76	Flat Washer	Φ4.2×Φ9×1	2
77	Bolt	M5x60	1
78	Hex Nut	M5	2
79	Idler Wheel	Φ39×24	1
80	Idler Wheel Linkage		1
81	Sensor Seat		1
82	Belt	330 PJ6	1
83L/R	Belt Cover		1PR.
84	Crank Cover	Φ60xΦ30x8.5	2
85	Nut	4.5x32x32	2
86	Washer	Φ22.6xΦ28x2.5	1
87	Locking Nut-L	Φ45xH3.5	1
88	Open Face Bearing	Φ45.8x8.8	2
89	Bearing Housing	2.5x76x76	2
90	Locking Nut-R	Φ45xH3.5	1
91	Big Flat Washer	Φ25.2xΦ38x1	1
92	Flywheel	Φ200x40	1
93	Belt Pulley	Φ200	1
94	Screw	M6x15	5
95	Screw	ST4.2x19	5

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
96	Screw	ST4.2x18	10	108	Allen Wrench	S5	1
97	Spring	Φ1.6×Φ15×L47.2	1	109	Spanner	S10,S13,S14,S15,S17	1
98	Sealing Ring	Φ50	1	110	Allen Wrench	S6	1
99	Spring Washer	D17	1	111	Flat Washer	D17×Φ22×0.5	1
100	Magnetic Board Axle	Φ12x61	1	112	Adjusting Bolt	M6x36	1
101	Magnetic Board		1	113	Support Plate		1
102	Magnet	40x25x10	5	114	Screw	M6x8	2
103	Flat Washer	D6×Φ16×1.5	3	115	Round Plug	Φ14	2
104	Screw	Φ14×Φ10×M8×20.5	1	116	Flywheel Axle	Φ20x103	1
105	Flat Washer	D10×Φ14×1	1	117	Screw	M4x15	2
106	Wave Washer	Φ17×Φ25×0.3	1	118	Bearing	6001RS	4
107	Phillips Head Screw	M6x10	4	119	Wave Washer	Φ12×Φ15.5×0.3	2

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