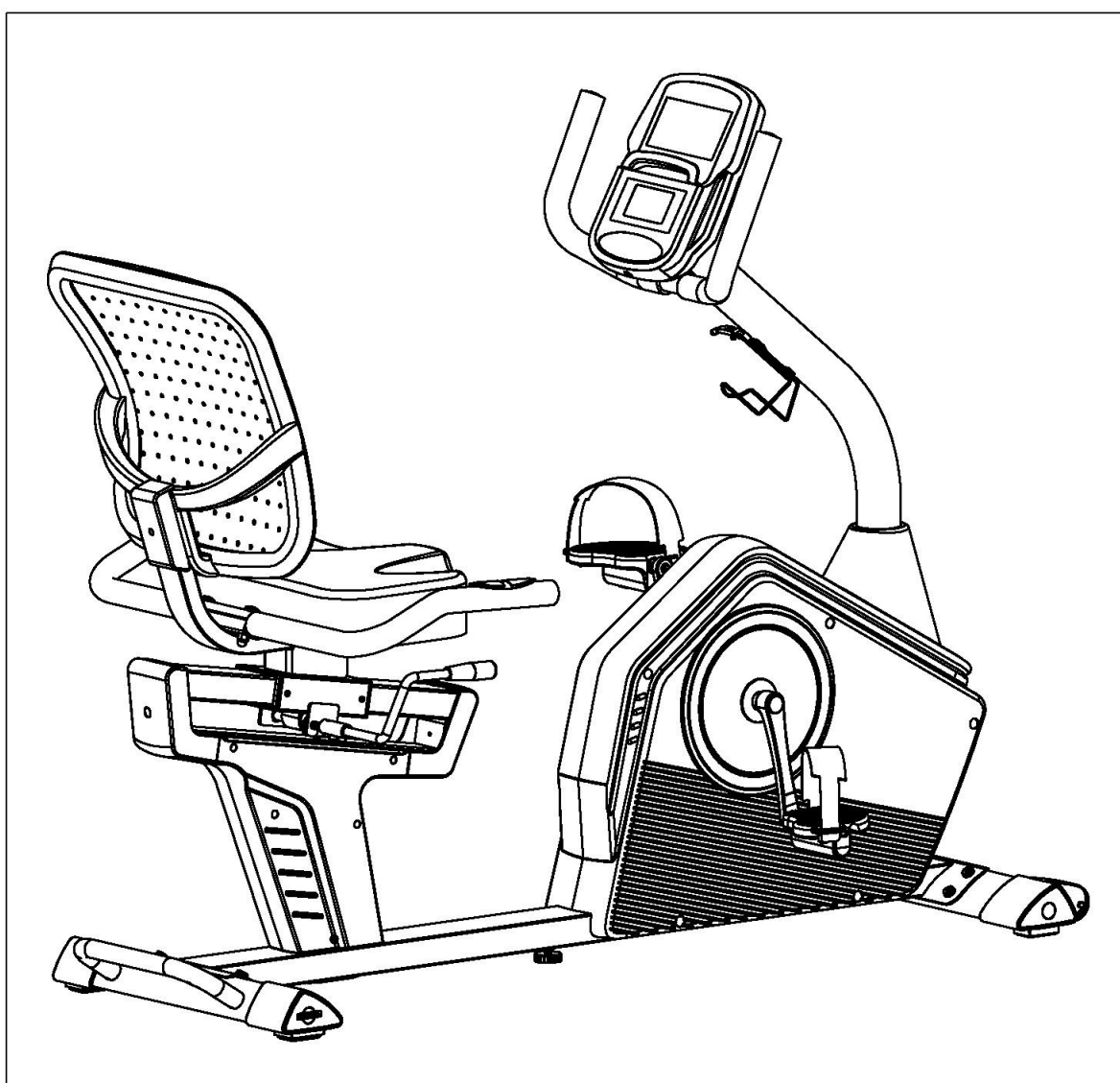




# SMART PROGRAMMABLE RECUMBENT BIKE

## SF-RB4850 SMART 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).



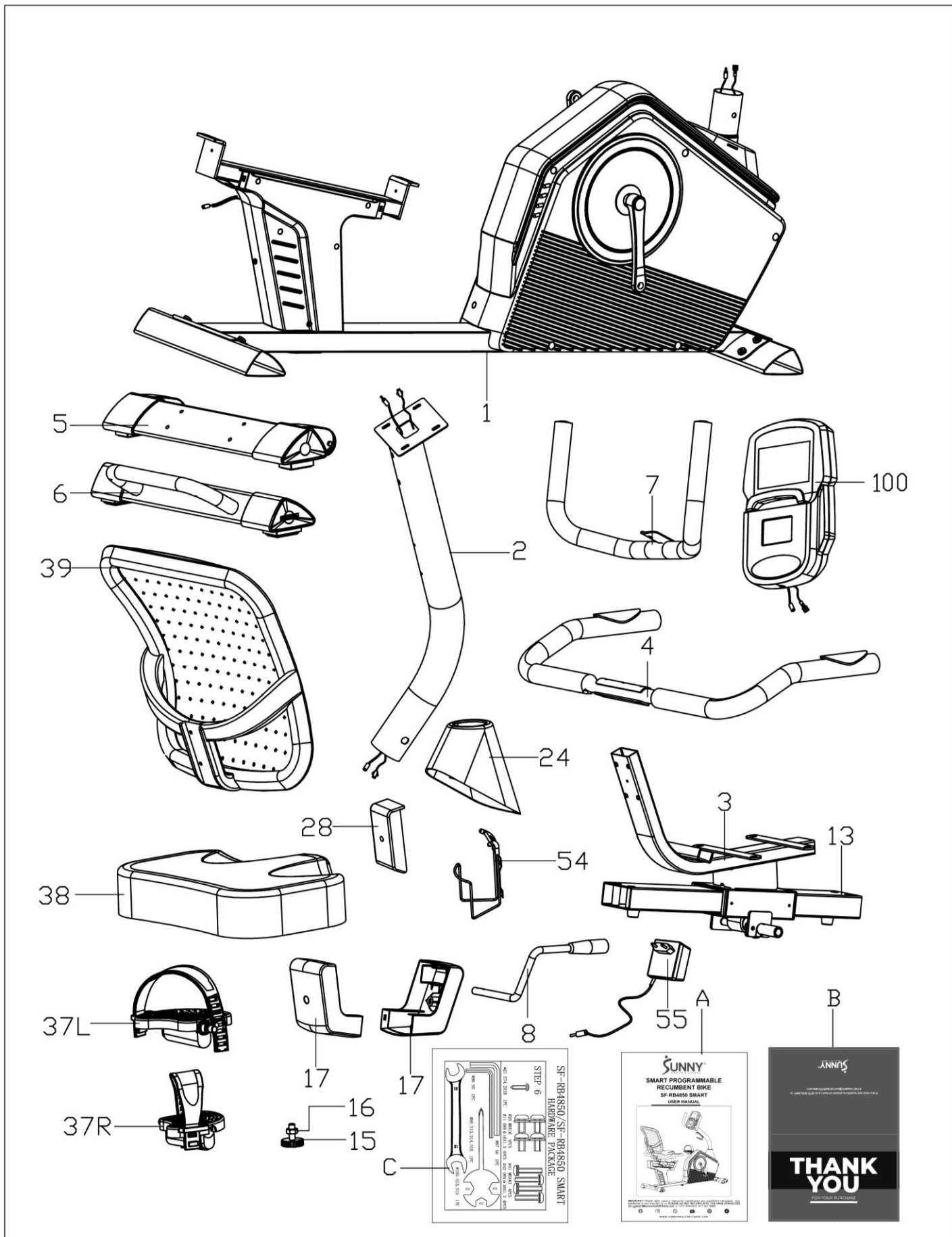
# **IMPORTANT SAFETY INFORMATION**

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 (120 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 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.

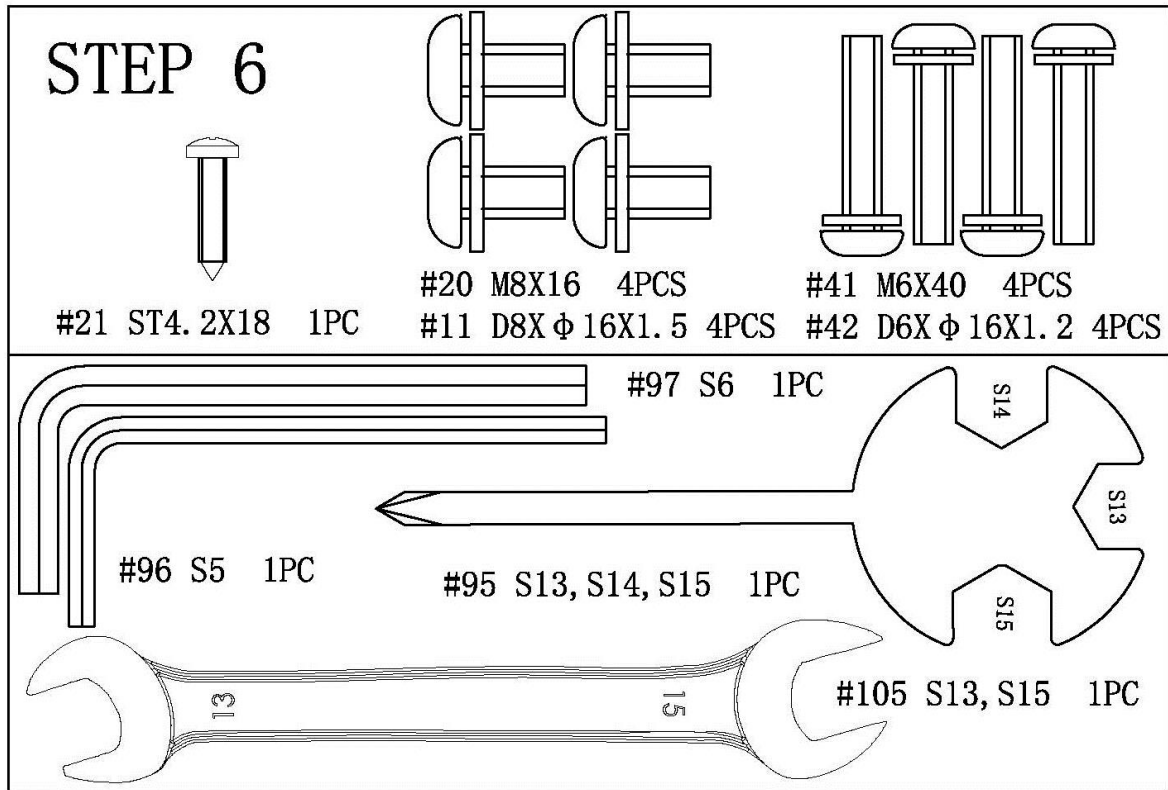


No.	Description	Spec.	Qty.
1	Main Frame		1
2	Handlebar Post		1
3	Seat Tube		1
4	Handlebar		1
5	Front Stabilizer		1
6	Rear Stabilizer		1
7	Armrest		1
8	Adjustment Handle		1
13	Rail		1
15	Adjustable Pad		1
16	Hex Nut	M10	1
17	Rail Cover		2

No.	Description	Spec.	Qty.
24	Upright Tube Cover		1
28	Backrest Cover		1
37L/R	Pedal		1 pr.
38	Seat		1
39	Backrest		1
100	Meter		1
54	Bottle Holder		1
55	Adaptor		1
A	Manual		1
B	Thank You Card		1
C	Hardware Package		1

# HARDWARE PACKAGE

## SF-RB4850/SF-RB4850 SMART HARDWARE PACKAGE



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

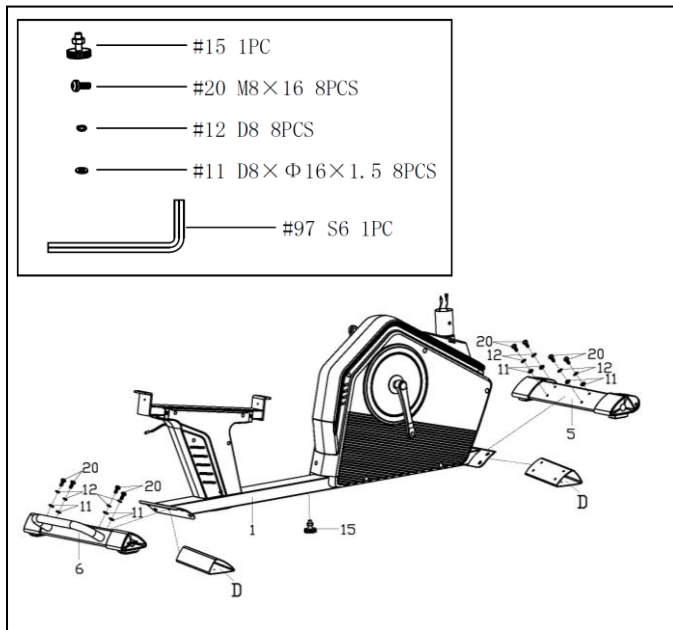
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 front of the manual)

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

# ASSEMBLY INSTRUCTIONS

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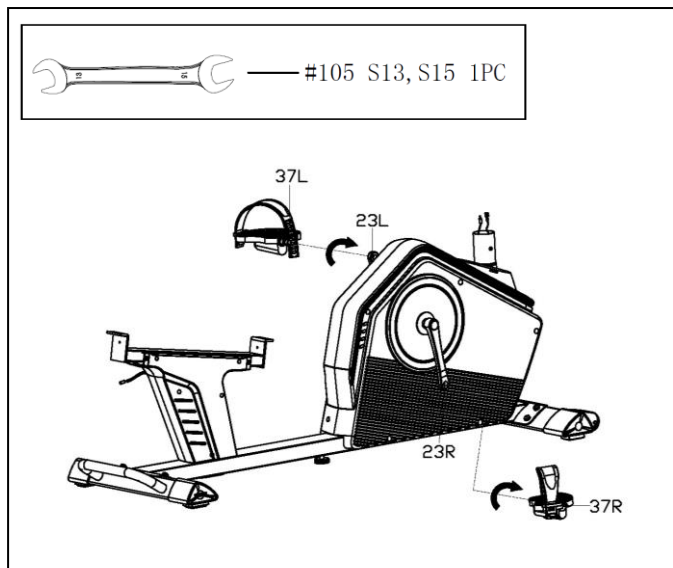
## STEP 1:

Remove 2 **Shipping Tubes (No. D)**, 8 **Screws (No. 20)**, 8 **Spring Washers (No. 12)** and 8 **Flat Washers (No. 11)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 97)**.

**NOTE:** You may discard the **Shipping Tubes (No. D)** or save them to repackage the item in the future.

Attach the **Front Stabilizer (No. 5)** and **Rear Stabilizer (No. 6)** to the **Main Frame (No. 1)** with 8 **Screws (No. 20)**, 8 **Spring Washers (No. 12)** and 8 **Flat Washers (No. 11)** that were just removed. Tighten and secure with the **Allen Wrench (No. 97)**.

Attach the **Adjustable Pad (No. 15)** to the **Main Frame (No. 1)**.



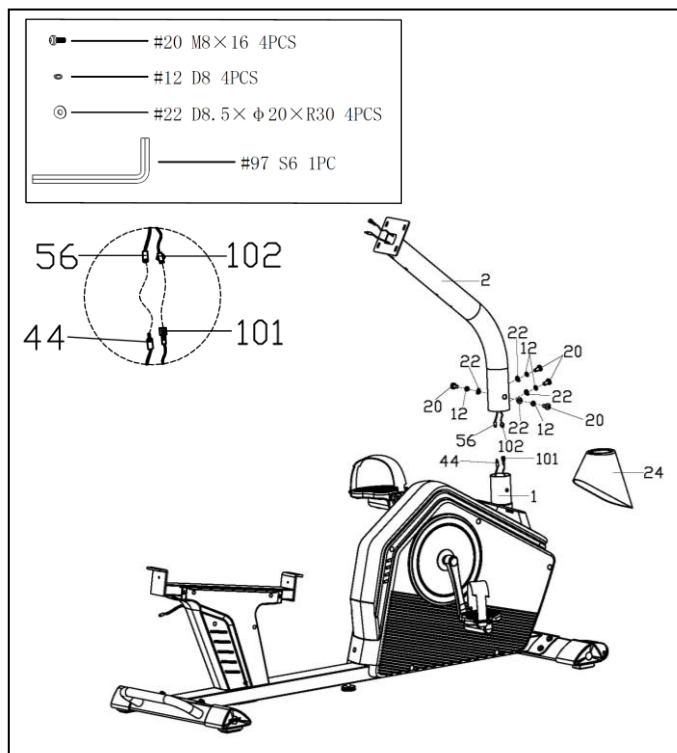
## STEP 2:

Align the **Left Pedal (No. 37L)** with the **Left Crank (No. 23L)** 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. 105)** to tighten securely.

Align the **Right Pedal (No. 37R)** with the **Right Crank (No. 23R)** 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. 105)** 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 **Cranks (No. 23L/R)** or turning them with the wrong direction will damage the **Cranks (No. 23L/R)**.

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### STEP 3:

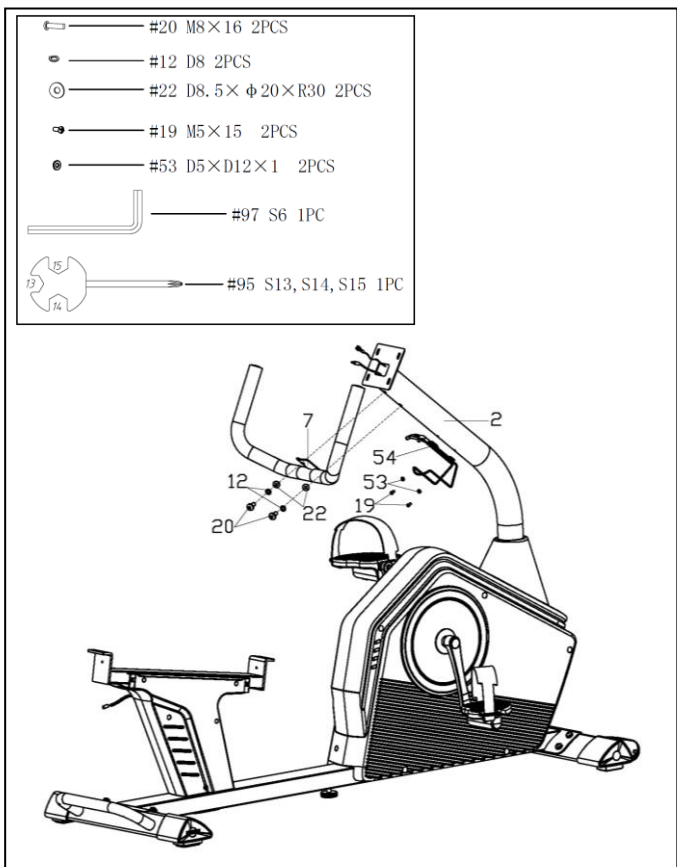
Remove 4 **Screws (No. 20)**, 4 **Spring Washers (No. 12)** and 4 **Arc Washers (No. 22)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 97)**.

Insert the **Handlebar Post (No. 2)** into the **Upright Tube Cover (No. 24)** and move the **Upright Tube Cover (No. 24)** higher.

Connect the **Sensor Extension Wire 1 (No. 102)** with **Sensor Extension Wire 2 (No. 101)**, and connect **Extension Wire 2 (No. 56)** with **Extension Wire 1 (No. 44)**.

Attach the **Handlebar Post (No. 2)** to the **Main Frame (No. 1)** with 4 **Screws (No. 20)**, 4 **Spring Washers (No. 12)** and 4 **Arc Washers (No. 22)** that were just removed. Tighten and secure with the **Allen Wrench (No. 97)**.

Move the **Upright Tube Cover (No. 24)** lower so it snaps into the **Main Frame (No. 1)**.

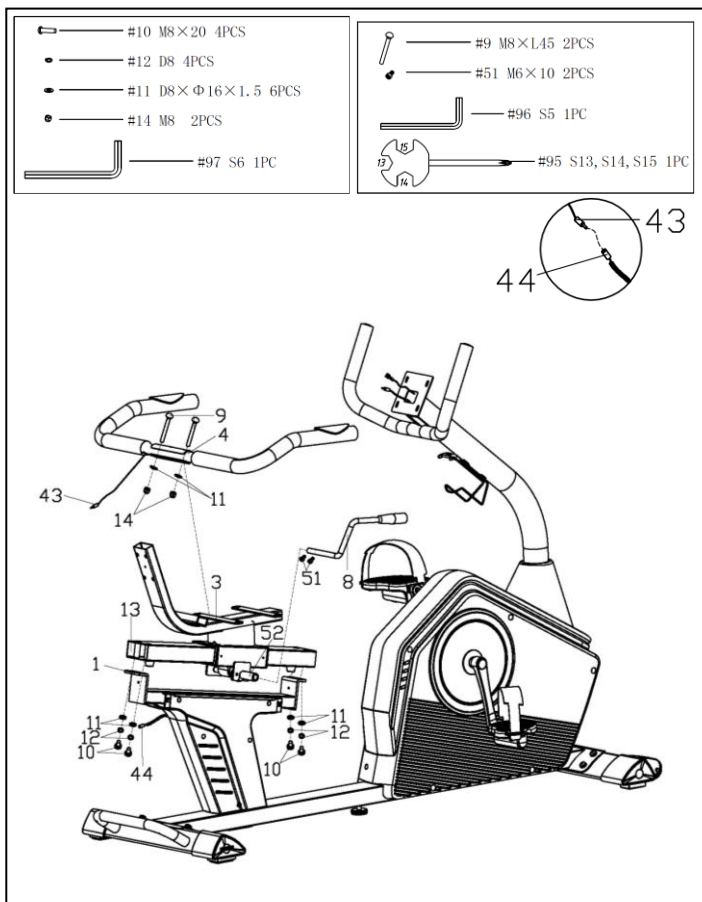


### STEP 4:

Remove 2 **Screws (No. 20)**, 2 **Spring Washers (No. 12)** and 2 **Arc Washers (No. 22)** from the **Handlebar Post (No. 2)** using **Allen Wrench (No. 97)**. Then attach the **Armrest (No. 7)** to the **Handlebar Post (No. 2)** with 2 **Screws (No. 20)**, 2 **Spring Washers (No. 12)** and 2 **Arc Washers (No. 22)** that were just removed. Tighten and secure with the **Allen Wrench (No. 97)**.

Remove 2 **Screws (No. 19)** and 2 **Flat Washers (No. 53)** from the **Handlebar Post (No. 2)** using **Spanner (No. 95)**. Then attach the **Bottle Holder (No. 54)** to the **Handlebar Post (No. 2)** with 2 **Screws (No. 19)** and 2 **Flat Washers (No. 53)** that were just removed. Tighten and secure with the **Spanner (No. 95)**.

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### STEP 5:

Remove 4 **Screws (No. 10)**, 4 **Spring Washers (No. 12)** and 4 **Flat Washers (No. 11)** from the **Rail (No. 13)** with **Allen Wrench (No. 97)**. Then attach the **Rail (No. 13)** to the **Main Frame (No. 1)** with 4 **Screws (No.10)**, 4 **Spring Washers (No. 12)** and 4 **Flat Washers (No. 11)** that were just removed using **Allen Wrench (No. 97)**.

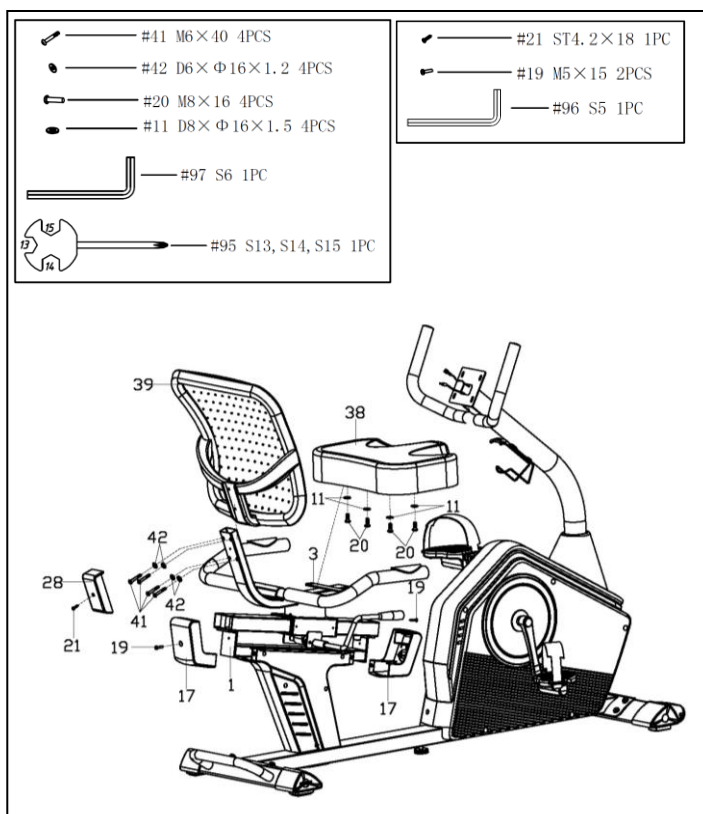
Remove the 2 **Screws (No. 51)** from the **Adjustment Handle (No. 8)** using **Allen Wrench (No. 96)**. Then attach the **Adjustment Handle (No. 8)** to the **Axle (No. 52)** with 2 **Screws (No. 51)** that were just removed using **Allen Wrench (No. 96)**.

Remove 2 **Carriage Bolts (No. 9)**, 2 **Flat Washers (No. 11)** and 2 **Cap Nuts (No. 14)** from the **Handlebar (No. 4)** using **Spanner (No. 95)**. Then attach the **Handlebar (No. 4)** to the **Seat Tube (No. 3)** with 2 **Carriage Bolts (No. 9)**, 2 **Flat Washers (No. 11)** and 2 **Cap Nuts (No. 14)** that were just removed using **Spanner (No. 95)**.

Connect the **Pulse Wire (No. 43)** with the **Extension Wire 1 (No. 44)**.



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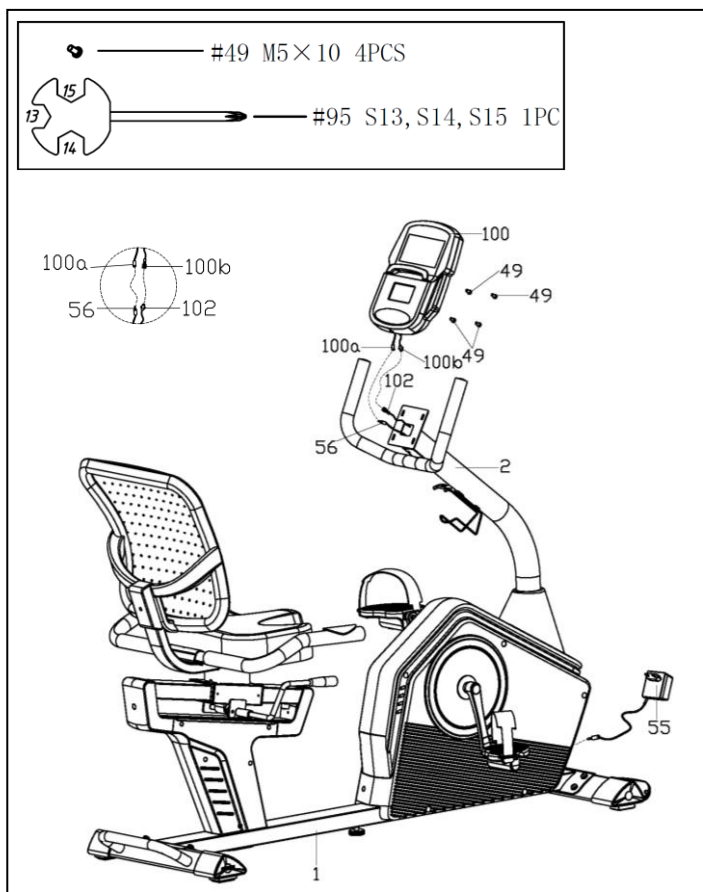
### STEP 6:

Remove 2 **Screws (No. 19)** from the **Main Frame (No. 1)** using **Spanner (No. 95)**. Then attach 2 **Rail Covers (No. 17)** to the **Main Frame (No. 1)** with 2 **Screws (No. 19)** that were just removed using **Spanner (No. 95)**.

Attach the **Seat (No. 38)** to the **Seat Tube (No. 3)** with 4 **Screws (No. 20)** and 4 **Flat Washers (No. 11)** using **Allen Wrench (No. 97)**.

Attach the **Backrest (No. 39)** to the **Seat Tube (No. 3)** with 4 **Bolts (No. 41)** and 4 **Flat Washers (No. 42)**. Tighten and secure with **Allen Wrench (No. 96)**.

Attach the **Backrest Cover (No. 28)** to the **Seat Tube (No. 3)** with the **Screw (No. 21)** using the **Spanner (No. 95)** to secure.



### STEP 7:

Remove 4 **Screws (No. 49)** from the **Meter (No. 100)** with **Spanner (No. 95)**.

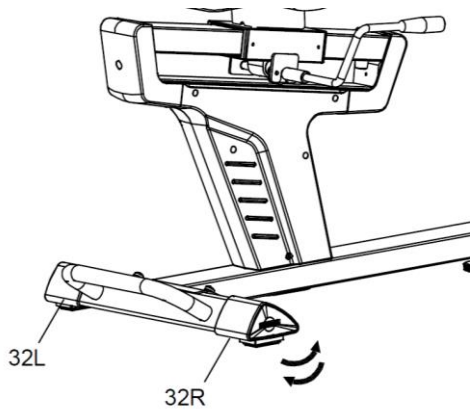
Connect the **Extension Wire 2 (No. 56)** with **Meter Wire A (No. 100a)**, and connect the **Sensor Extension Wire 1 (No. 102)** with **Meter Wire B (No. 100b)**. Then attach the **Meter (No. 100)** to the bracket of **Handlebar Post (No. 2)** with 4 **Screws (No. 49)** that were just removed. Tighten and secure with the **Spanner (No. 95)**.

**NOTE:** Insert all wires to the tube of **Handlebar Post (No. 2)**. Do not cut or pinch any wires when attaching the **Meter (No. 100)**

Insert the jack from **Adapter (No. 55)** to adapter input on the back of **Main Frame (No. 1)**, then plug the **Adapter (No. 55)** into an outlet.

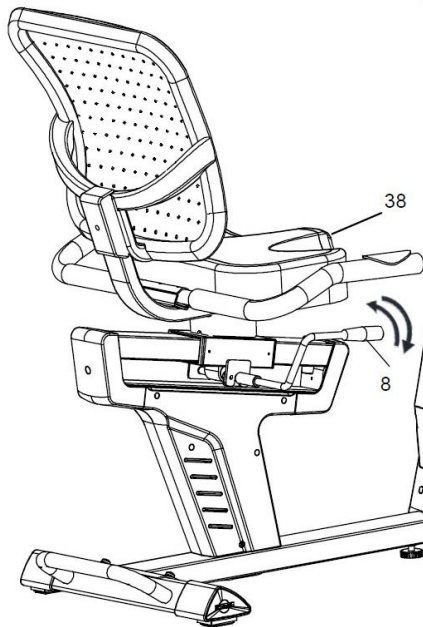
*The assembly is now complete!*

# ADJUSTMENT GUIDE



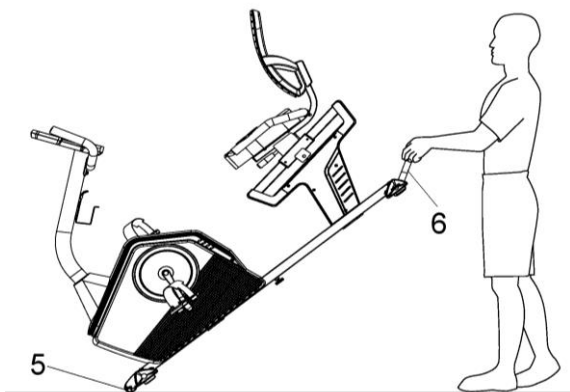
## ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the **Rear End Caps (No. 32L/R)** located beneath the rear stabilizer. To do so, simply turn the dials on the **Rear End Caps (No. 32L/R)** until the bike becomes levelled with the floor surface. Turn *counter-clockwise* to raise and turn *clockwise* to lower.



## ADJUSTING THE SEAT

To move the **Seat (No. 38)** forward or backward, while seated on the bike, put your feet on the floor. Shift the **Adjustment Handle (No. 8)** down to loosen. Move the **Seat (No. 38)**. Shift the **Adjustment Handle (No. 8)** up to secure.



## MOVING THE BIKE

There are wheels located on the **Front Stabilizer (No. 5)**. Hold the handlebar on the **Rear Stabilizer (No. 6)** and pull forward to lift the rear of the recumbent bike off the floor. Now you can move the recumbent bike.

# IMPORTANT RECUMBENT BIKE INFORMATION

**WARNING:** This recumbent bike requires a power source of **1 amp (100-240V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and or user.

## OPERATING INSTRUCTIONS

Plug the adaptor into the recumbent bike and into the outlet.  
The meter will turn on.

The meter will turn off if there is no activity for 4 minutes. Press any button on the meter to turn it on again.

**NOTE:** You can still use the recumbent bike when it is not plugged in. However, the meter will not be working and you cannot adjust the resistance level or use any of the functions.



## EXERCISE METER

### KEY FUNCTIONS:

BUTTON	FUNCTION
START/STOP	Start and pause workouts Start body fat measurement
DOWN	Lower the resistance level during workout. Decrease value of selected parameter
UP	Increase the resistance level during workout. Increase value of selected parameter
ENTER	Input the value or mode
RECOVERY	Enter Recovery function when the meter displays the heart rate value. Recovery displays F1-F6 F1 is excellent recovery heart rate F6 is poor recovery heart rate
MODE	During workout, switch display from RPM to SPEED, ODO to DIST and WATT to CALORIES Hold for 3 seconds to reset all function values to zero, except ODO.

### WORKOUT SELECTION:

After turning the meter on by plugging in the adaptor or if already plugged in, pressing any button on the meter, use the UP or DOWN button to make a selection. Then press ENTER button to choose the desired mode.

There are 7 basic workout modes:

Manual, Pre-set Programs, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Programs, and User Programs.

### FUNCTIONS:

**SPEED:** Displays current training speed. Maximum speed is 99.9 MPH.

**RPM:** Displays current rotation per minute.

**TIME:** Accumulates the workout time from 0:00 to 99:59. Users can preset the target time they want.

**DIST (DISTANCE):** Accumulates the workout distance from 0.00 to 999.9 Miles. Users can preset the target distance they want to reach.

**ODO (ODOMETER):** Displays the total accumulated distance from 0 to 9999 Miles.

**CAL (CALORIES):** Accumulates the calories burned from 0 to 9999. Users can preset the target calories they want to burn.

**WATT:** Displays current watt.

**HEART RATE:** Displays the current heart rate in beats per minute.

**TARGET HR. (TARGET HEART RATE):** Users can preset their Target Heart Rate.

**PROGRAM:** There are 24 different programs to choose for training.

**LEVEL:** The program has 10 columns of bars and 8 bars in each column. Each column represents a 1-minute workout and each bar represents 2 resistance levels.

## **WORKOUT PARAMETERS:**

**TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE**

### **Setting Workout Parameters**

After selecting the desired workout mode: Manual Programs, Pre-set Programs, Watt Control Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Programs, and User Programs. You may pre-set several workout parameters for desired results.

**NOTE: Some parameters are not adjustable in certain programs. Time and Distance cannot be set up at the same time.**

Once a program has been selected, press ENTER button and TIME will flash.

Using the UP or DOWN button, you may select the desired time value. Press ENTER button to input the values. The flashing prompt will move to the next parameter. Continue using the UP or DOWN button. Press the START/STOP button to begin the workout.

### **More About Setting Workout Parameters**

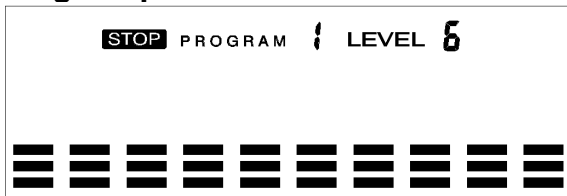
<b>Field</b>	<b>Setting Range</b>	<b>Default Value</b>	<b>Increment/Decrement</b>	<b>Description</b>
<b>TIME</b>	<b>0:00~99:00</b>	<b>0:00</b>	<b>±1:00</b>	<b>1. When display is set as 0:00, TIME will count up. 2. When TIME is set as 1:00-99:00, it will count down to 0.00.</b>
<b>DIST (DISTANCE)</b>	<b>0.00~999.0</b>	<b>0.00</b>	<b>±1.00</b>	<b>1. When display is set as 0.00, DISTANCE will count up. 2. When DISTANCE is set as 1.00~999.0, it will count down to 0.00.</b>

<b>CAL (CALORIES)</b>	<b>0.00~9995</b>	<b>0.00</b>	<b>±5.00</b>	1. When display is set as 0.00, CALORIES will count up. 2. When CALORIES is set as 5.00~9995, it will count down to 0.00.
<b>WATT</b>	<b>50~250</b>	<b>100</b>	<b>±5</b>	User can set watt value only in the Watt Control Program.
<b>AGE</b>	<b>10~99</b>	<b>30</b>	<b>±1</b>	Target HR will be based on Age. When Heart Rate exceeds Target HR, the Heart Rate number will flash.
<b>TARGET HEART RATE</b>	<b>60~220</b>	<b>90</b>	<b>±1</b>	Setting Parameters for Target Heart Rate.

**PROGRAM OPERATION:**

**MANUAL PROGRAM (P1)**

Program profile

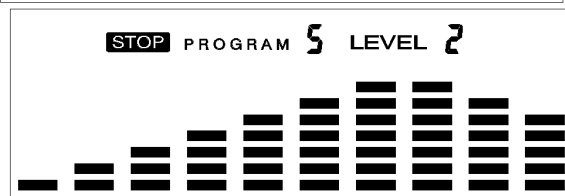
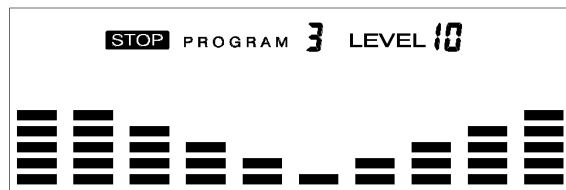
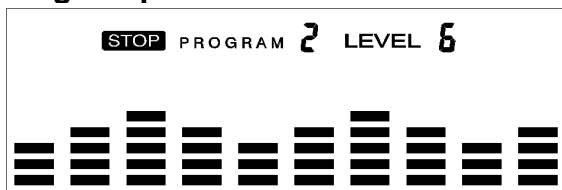


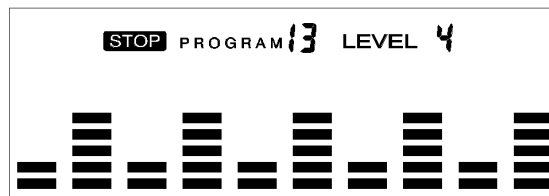
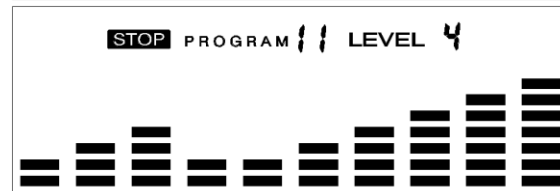
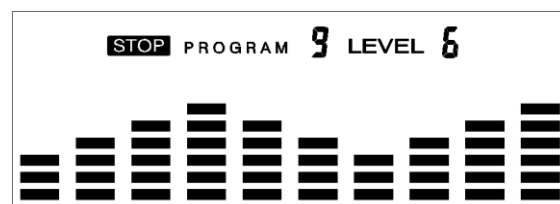
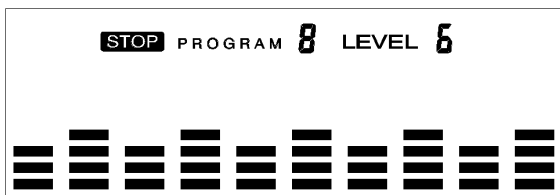
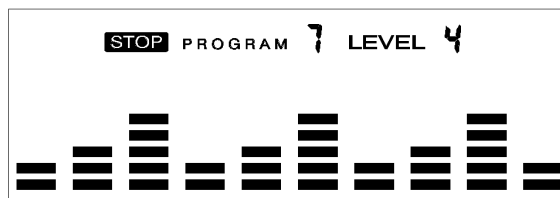
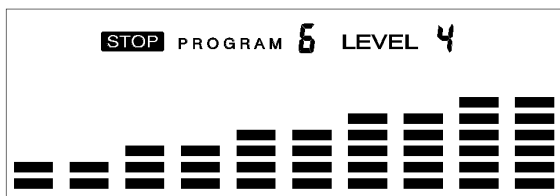
**SETTING PARAMETERS FOR MANUAL PROGRAM**

1. Select **Manual Program (P1)** using the UP or DOWN button, then press ENTER button.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.  
**NOTE: If you set up the target time for workout, then the next parameter of DISTANCE cannot be adjusted.**
4. Continue through all desired parameters and press the START/STOP button to begin the workout.  
**NOTE: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.**

**PRE-SET PROGRAMS (P2~P13)**

Program profile





There are 12 pre-set programs ready for use. All program profiles have 16 levels of resistance.

### SETTING PARAMETERS FOR PRE- SET PROGRAMS

1. Select one of the **Pre-set Programs** using the UP or DOWN button, then press ENTER button. TIME will flash so the value can be adjusted using the UP or DOWN key.
2. Press the ENTER button to save value and move to the next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

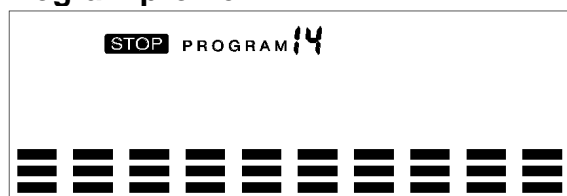
### Workout in any pre-set program

You can adjust the level of resistance by pressing the UP or DOWN button during the workout.

**NOTE:** If you set up the target time for workout, then the next parameter of **DISTANCE** cannot be adjusted. Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the **START** button to continue the unfinished parameter.

### WATT CONTROL PROGRAM (P14)

Program profile



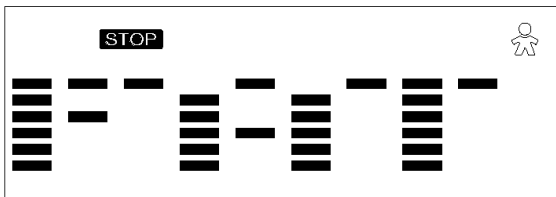
### SETTING PARAMETERS FOR THE WATT CONTROL PROGRAM

1. Select **Watt Control Program (P14)** using the UP or DOWN button, then press ENTER button.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.

3. Press ENTER button to save the value and move to the next parameter to be adjusted.  
**NOTE: If you set up the target time for workout, then the next parameter of DISTANCE cannot be adjusted.**
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.  
**NOTE: Once the workout parameters count down to zero, it will beep and stop the workout automatically.**
5. Press the START button to continue the workout to reach the unfinished workout parameter.  
**The meter will adjust the resistance load automatically depending on the speed to maintain the constant watt value. You can use the UP or DOWN button to adjust the watt value during the workout.**

## BODY FAT PROGRAM (P15)

### Program profile



### SETTING DATA FOR BODY FAT

Select **BODY FAT Program (P15)** using the UP or DOWN button, then press ENTER button. "MALE" will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data.

"5'8 (inches)" of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER button to save the value and move to the next data.

"154 (lbs)" of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER button to save the value and move to the next data.

"30" of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER button to save the value.

Press the START/STOP button to start the measurement. Please also remember to grasp the hand pulse sensors. After 15 seconds the display will show Body Fat %, BMR, BMI, & BODY TYPE.

### Body Types:

There are 9 body types divided according to the FAT % calculated.

Body Type	FAT %	Body Type	FAT %	Body Type	FAT %
Type 1	5% - 9%	Type 4	20% - 24%	Type 7	35% - 39%
Type 2	10% - 14%	Type 5	25% - 29%	Type 8	40% - 44%
Type 3	15% - 19%	Type 6	30% - 34%	Type 9	45% - 50%

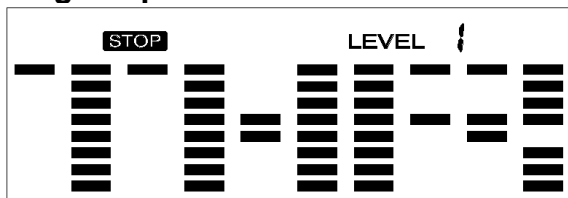
BMR: Basal Metabolism Ratio

BMI: Body Mass Index

Press START/STOP button to return the main display.

## TARGET HEART RATE PROGRAM (P16)

### Program profile

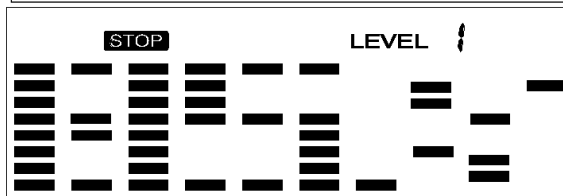
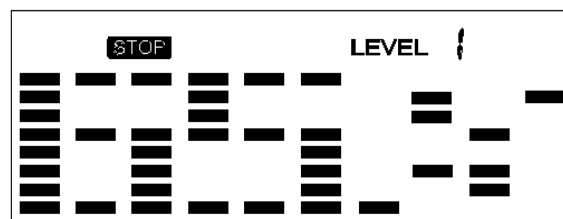
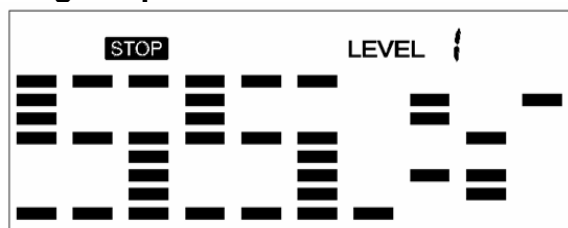


### SETTING PARAMETERS FOR TARGET HEART RATE PROGRAM

1. Select **TARGET HR (P16)** using the UP or DOWN button, then press ENTER button.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.  
**NOTE: If you set up the target time to workout, then the next parameter of DISTANCE cannot be adjusted.**
4. Continue through all desired parameters, pressing START/STOP button to start workout.  
**NOTE: If heart rate is above the set TARGET HR, the Pulse value will flash to remind the user.**

## HEART RATE CONTROL PROGRAM (P17-P20)

### Program profile



### There are 4 selections for target pulse (HR):

- |           |                             |
|-----------|-----------------------------|
| HRC - 55% | TARGET HR= 55% of (220-AGE) |
| HRC - 65% | TARGET HR= 65% of (220-AGE) |
| HRC - 75% | TARGET HR= 75% of (220-AGE) |
| HRC - 85% | TARGET HR= 85% of (220-AGE) |

### SETTING PARAMETERS FOR HEART RATE CONTROL

1. Select one of the **Heart Rate Control Programs** using the UP or DOWN button, then press ENTER button.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.  
**NOTE: If you set up the target time to work out, then the next parameter of DISTANCE cannot be adjusted.**
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.  
**NOTE: If heart rate is above or below ( $\pm 5$ ) the TARGET HR, the meter will adjust the resistance load automatically. It will check every 20 seconds approx. 1 resistance load will increase or decrease (NOTE: each resistance load represents 2 levels of loading).  
If one of the workout parameters counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach unfinished workout parameter.**



## USER PROGRAM

### Program profile (P21-P24)



The 4 user programs allow the user to set their own program that can be used immediately.

### SETTING PARAMETERS FOR USER PROGRAM

1. Select the **User Program** using the UP or DOWN button then press ENTER button.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the values and move to the next parameter to be adjusted.  
**NOTE: If you set up the target time to work out, then the next parameter of DISTANCE cannot be adjusted.**
4. Continue through all desired parameters.
5. After finishing the setup of the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished. (There are 10 times total). Press the START/STOP button to begin the workout.  
**NOTE: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.**

### APP CONNECTION:

1. Scan the QR code below to enter the app store and download the SunnyFit app to your mobile phone.



2. Ensure that the Bluetooth function is turned on from your phone.
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. 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, tab on the "Select" button.
  - 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!

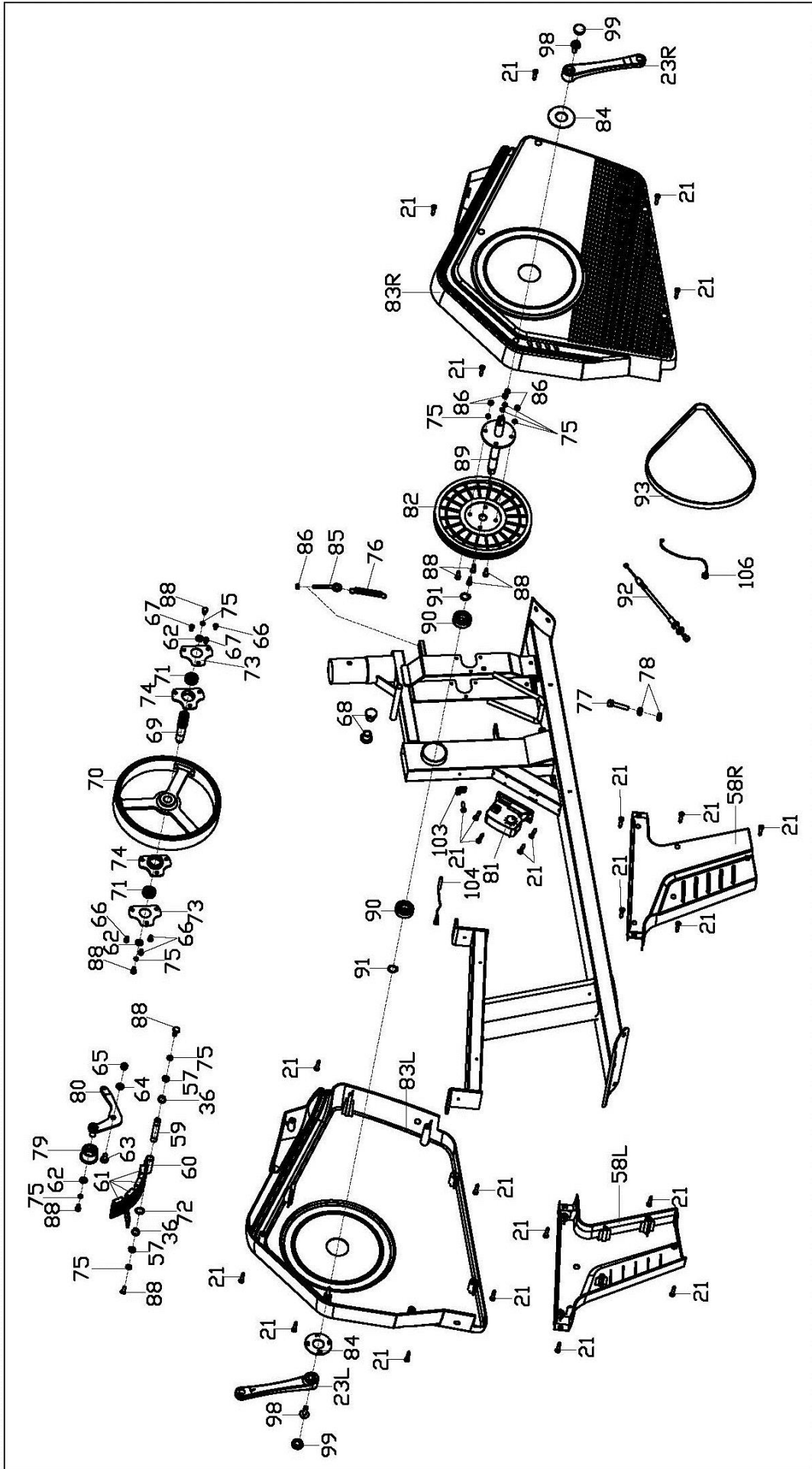
# TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	CHECK	SOLUTION
E1-1	The motor couldn't find its start point.	Check if all the cables are well plugged in, or check if the pins on the cables are improperly inserted, or check if the motor is well connected.	Plug in the cables again and power on, then press MODE and ENTER buttons at the same time to enter the correction mode to correct errors.
E1-2	The motor signal has no induction.	Check if all the cables are well plugged in, or check if the pins on the cables are improperly inserted, or check if the motor is stuck.	Plug in the cables again or change a new motor.
E1-3	The motor has exceeded the maximum resistance level.	Check if all the cables are well plugged in, or check if the pins on the cables are improperly inserted.	Plug in the cables again and power on, 1 second later disconnect the cables then re-plug in the cables and power on again, wait about 6 seconds let the motor come back to its start point, then press MODE and ENTER buttons at the same time to enter the correction mode to correct errors.
E2	No EEPROM data was read.		Re-connect the meter.
	The EEPROM data reading error.		Power on the meter again to re-read the data.
E4	Hands aren't put on the two handle pulses immediately after pressing START button.		Put the hands on the two handle pulses immediately after pressing START button.
	Body Fat Function cannot receive the signal for pulse.	Check if the handle pulse wires are well connected.	Plug in the handle pulse wires again or change the handle pulse wires.
		Check if the pulse is working when not in Body Fat Program.	Change the meter.

**NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).**



# EXPLODED DIAGRAM 2



# PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Handlebar Post		1
3	Seat Tube		1
4	Handlebar		1
5	Front Stabilizer		1
6	Rear Stabilizer		1
7	Armrest		1
8	Adjustment Handle		1
9	Carriage Bolt	M8XL45	2
10	Screw	M8X20	4
11	Flat Washer	D8XΦ16X1.5	18
12	Spring Washer	D8	18
13	Rail		1
14	Cap Nut	M8	2
15	Adjustable Pad		1
16	Hex Nut	M10	1
17	Rail Cover		2
18	Foam Grip		1
19	Screw	M5X15	4
20	Screw	M8X16	18
21	Screw	ST4.2X18	34
22	Arc Washer	D8.5XΦ20XR30	6
23L/R	Crank		1 pr.
24	Upright Tube Cover		1
25	Plug		2
26	Cushion		2
27	Bushing		2
28	Backrest Cover		1
29	Foam Grip	Φ30XΦ24X550	2
30	Foam Grip	Φ30XΦ24X380	2
31L/R	Front End Cap		1 pr.
32L/R	Rear End Cap		1 pr.
33	Round Cap		4
34	Pulse Sensor		2
35	Screw	ST3.5X8	4
36	Axle Spring Washer		3
37L/R	Pedal		1 pr.
38	Seat		1
39	Backrest		1
40	Refer to #100		
41	Bolt	M6X40	4
42	Flat Washer	D6XΦ16X1.2	4
43	Pulse Wire		1
44	Extension Wire 1		1
45	Upper Block		1
46	Refer to #101		
47	Refer to #102		
48	Wheel		1

No.	Description	Spec.	Qty.
49	Screw	M5X10	4
50	Plate		1
51	Allen Screw	M6X10	2
52	Axle		1
53	Flat Washer	D5XD12X1	2
54	Bottle Holder		1
55	Adaptor		1
56	Extension Wire 2		1
57	Flat Washer	D6XΦ12X1	2
58L/R	Seat Bracket Cover		1 pr.
59	Magnetic Board Axle		1
60	Magnetic Board		1
61	Square Magnet		4
62	Flat Washer	D6XΦ16X1.5	3
63	Bolt	Φ14XΦ10XM8X20.5	1
64	Flat Washer	D10XΦ14X1	1
65	Nylon Nut	M8	1
66	Screw	M6X10	4
67	Screw	M6X8	2
68	Plug	Φ25X22	2
69	Flywheel Axle		1
70	Flywheel		1
71	Bearing		2
72	Wave Washer	Φ12XΦ15.5X0.3	1
73	Fixed Plate		2
74	Bearing Block		2
75	Spring Washer	D6	5
76	Tension Spring	Φ3.0XΦ18.5X79	1
77	Bolt	M5X60	1
78	Hex Nut	M5	2
79	Idler Wheel		1
80	Idler Wheel Linkage		1
81	Gear Motor		1
82	Belt Pulley		1
83L/R	Belt Cover		1 pr.
84	Crank Cover		2
85	Adjusting Bolt	M6X50	1
86	Nylon Nut	M6	5
87	N/A		
88	Hex Screw	M6X15	9
89	Middle Axle	Φ17X196	1
90	Bearing	6203RS	2
91	Axle Spring Washer	D17	2
92	Tension Wire		1
93	Belt		1
94	N/A		
95	Spanner	S13,S14,S15	1
96	Allen Wrench	S5	1

No.	Description	Spec.	Qty.
97	Allen Wrench	S6	1
98	Flange Nut		2
99	Crank Cap		2
100	Meter		1
100a	Meter Wire A		1
100b	Meter Wire B		1

No.	Description	Spec.	Qty.
101	Sensor Extension Wire 2		1
102	Sensor Extension Wire 1		1
103	Sensor Seat		1
104	Sensor Wire		1
105	Spanner	S13,S15	1
106	DC Cable		1

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