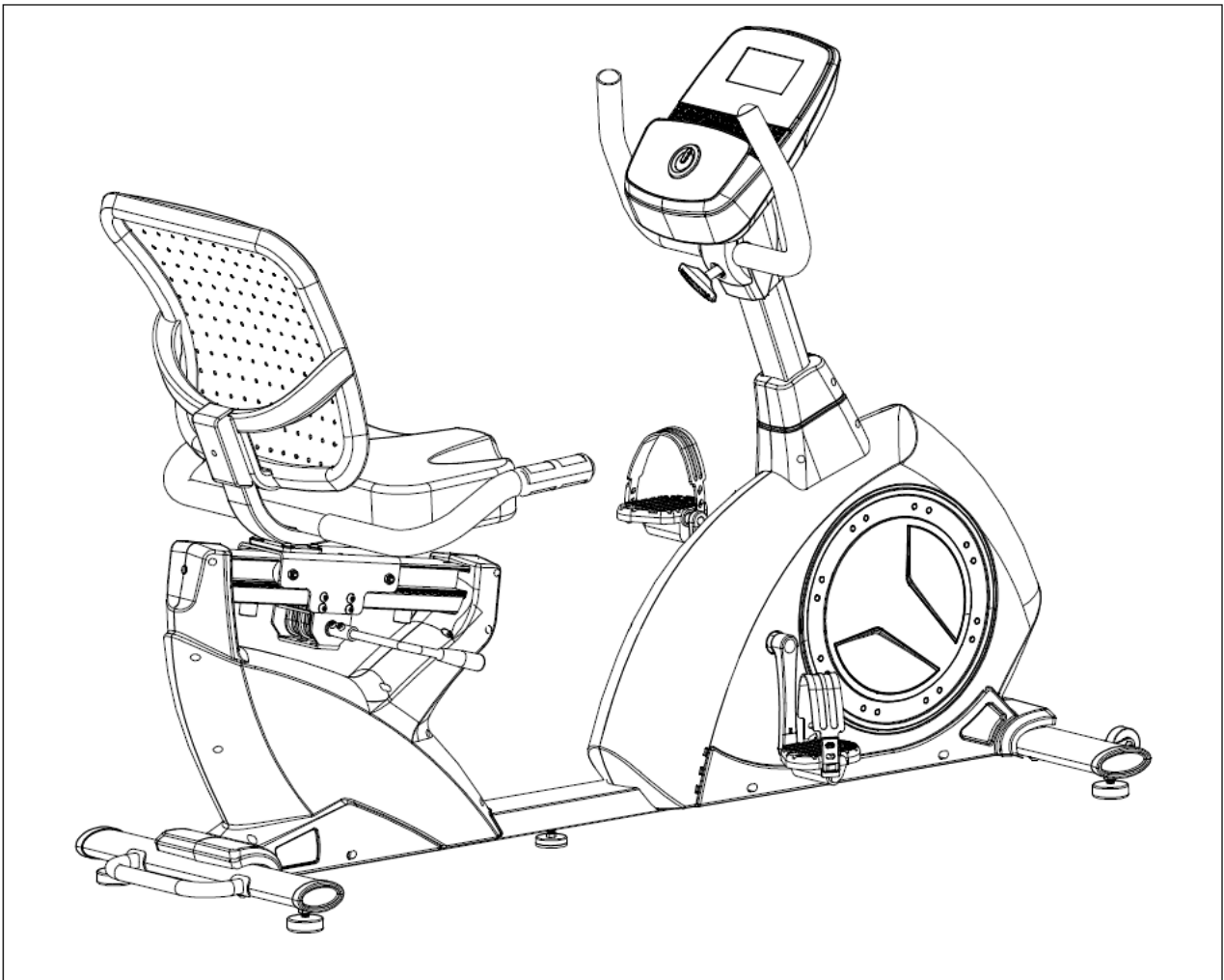




POWERSYNC SELF-POWERED RECUMBENT BIKE

SF-RB4880

USER MANUAL



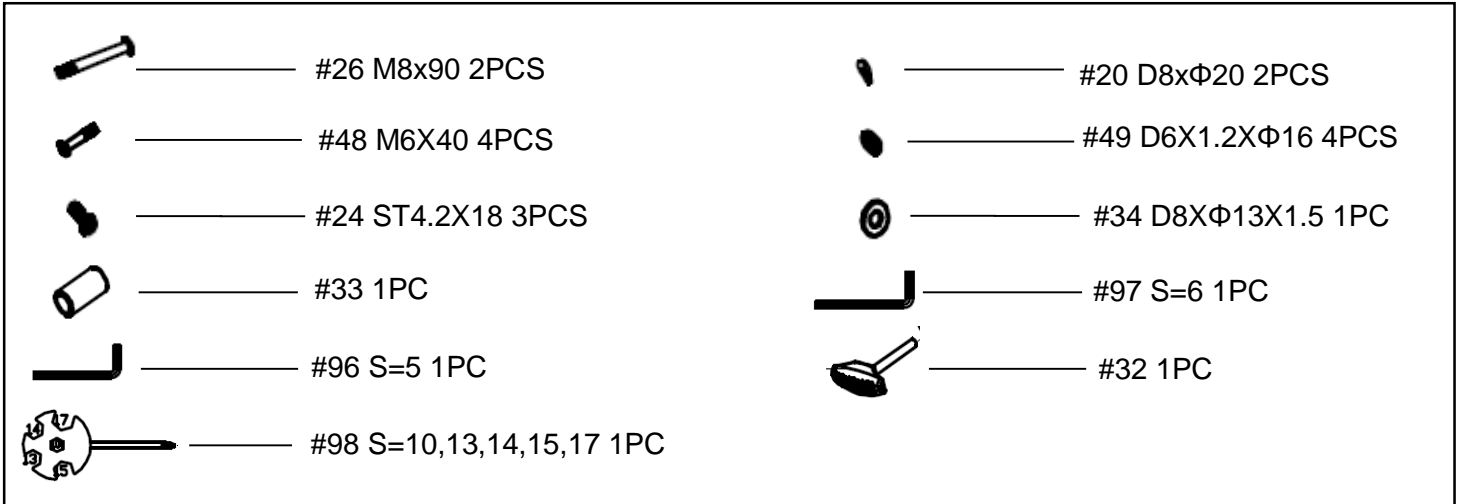
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

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 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 is 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!

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 or 1- 877 - 90SUNNY (877-907-8669).

PARTS LIST

NO.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5	Handlebar		1
6	Nylon Nut	M8	6
7	Flat Washer	D8XΦ16X1.5	7
8	Wheel		2
9	Screw	M8X40XL12	2
10	Oval Cap 1		2
11	Hex Nut	M10	5
12	Adjusting Pad		5
13	Bolt	M8XL58	4
14	Spring Washer	D8	8
15	Arc Washer	D8X2XΦ25X R39	4
16	Oval Cap 2		2
17L/R	Crank		1 pr.
18L/R	Pedal		1 pr.
19	Screw	M8X15	11
20	Arc Washer	D8xΦ20	2
21	Sensor Wire		1
22	Extension Wire		1
23L/R	Front Cover		1 pr.
24	Screw	ST4.2X18	34
25a/b	Handlebar Cover		1 pr.
26	Bolt	M8X90	2
27	Lifting Handle		1
28	Screw	M8X12	16
29	Backrest		1
30	Round Cap		2
31	Screw	M5X10	4
32	Plastic Handle Screw		1
33	Sleeve		1
34	Flat Washer	D8XΦ13X1.5	1

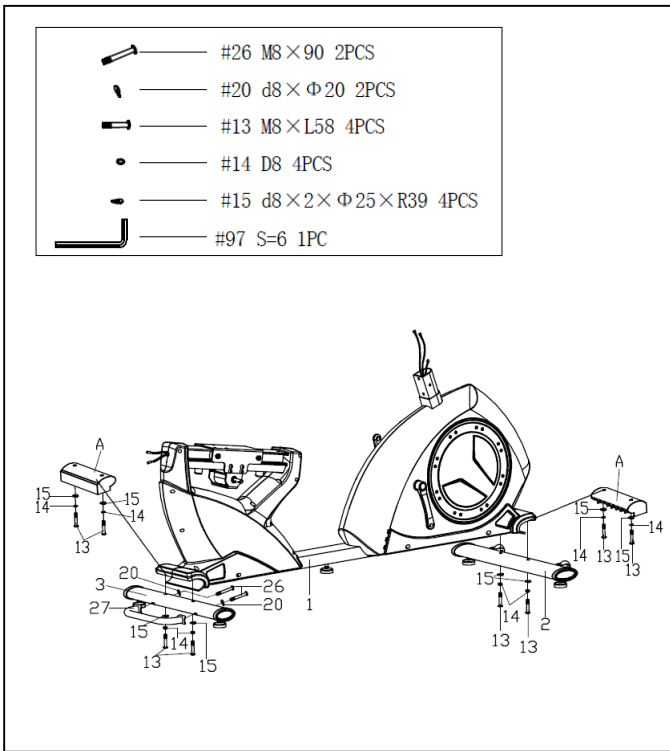
NO.	Description	Spec.	Qty.
35	Foam Grip		2
36	Pulse Extension Wire 1		2
37	Pulse Extension Wire 2		2
38	Meter		1
39	Axle		1
40	Screw	M6X10	4
41	Handle		1
42	Handle Grip		1
43	Flat Washer	D8XΦ16X1.5	12
44	Pulse Extension Wire 3		2
45	Pulse Wire		2
46	Seat Fixed Bracket		1
47	Protective Cover		1
48	Screw	M6X40	4
49	Flat Washer	D6X1.2XΦ16	4
50	Seat Bracket		1
51	Square Cap		2
52	Pulse Foam Grip		2
53	Round Cap		2
54	Seat		1
55	Axle Spring Washer		1
56	Crank Cover		2
57	Flange Bolt		2
58L/R	Chain Cover		1 pr.
59	Flange Nut	M10X1	2
60	Adjustable Chain Bolt		2
61	Adjustable Chain U Mat		2
62	Hex Nut	M6	2
63	Conical Thin Nut		2
64	Tension Wire		1
65	Tension Spring		1
66	Flywheel Axle		1
67	Flywheel		1
68	Motor		1

NO.	Description	Spec.	Qty.
69	Axle Spring Washer		1
70	Bearing		2
71	Nylon Nut	M10	1
72	Belt Pulley		1
73	Center Axle		1
74	Belt		1
75	Small Belt Pulley		1
76	Sensor		1
77	Cushion		2
78L/R	Protective Cover		1 pr.
79	Square Cap 1		1
80	Square Cap 2		1
81	Guide Rail		1
82	Battery Holder		1
83	Voltage Stabilizer		1
84	Idler Connecting Rod		1

NO.	Description	Spec.	Qty.
85	Handle Bracket		1
86	Big Alloy Sleeve		1
87	Upper Holder Block		1
88	Idler Wheel		1
89	Axle Spring Washer		1
90	Eccentric Wheel		1
91	Nylon Nut	M8	4
92	Wheel		4
93	Wheel Sleeve		4
94	Bolt		4
95	Small Alloy Sleeve		1
96	Allen Wrench	S=5	1
97	Allen Wrench	S=6	1
98	Spanner	S=10,13,14,15, 17	1
99	Audio Cable		1

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).

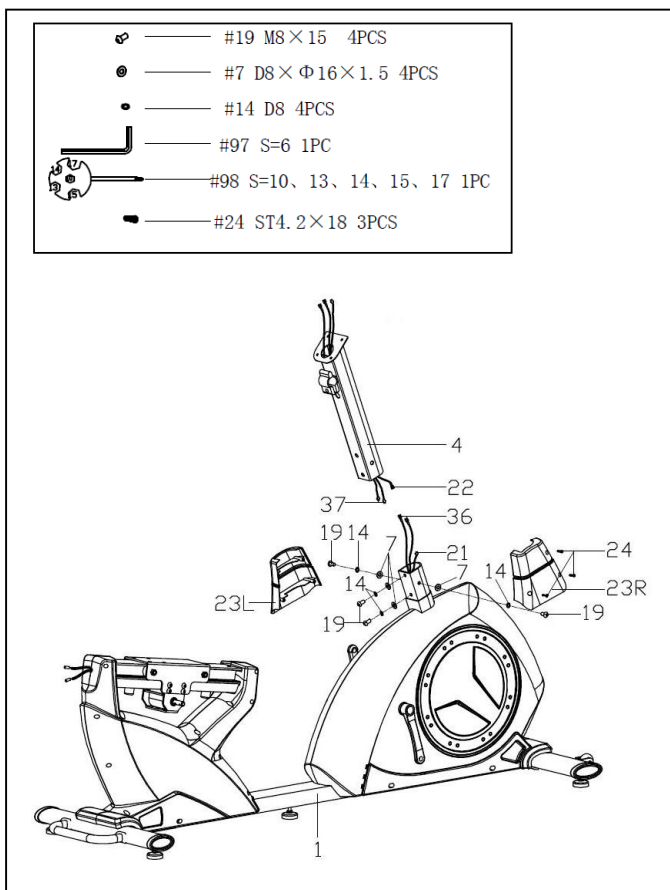


STEP 1:

Attach the **Lifting Handle (No. 27)** to the **Rear Stabilizer (No. 3)** with 2 **Bolts (No. 26)** and 2 **Arc Washers (No. 20)** using **Allen Wrench (No. 97)**. Remove 2 **Shipping Tubes (A)**, 4 **Bolts (No. 13)**, 4 **Spring Washers (No. 14)** and 4 **Arc Washers (No. 15)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 97)**.

Attach the **Front & Rear Stabilizer (No. 2 & 3)** to the **Main Frame (No. 1)** with 4 **Bolts (No. 13)**, 4 **Spring Washers (No. 14)** and 4 **Arc Washers (No. 15)** that were just removed. Tighten and secure with **Allen Wrench (No. 97)**.

Note: You may discard shipping tubes or save them in case you'd like to repackage the item in the future.



STEP 2:

Remove 4 **Screws (No. 19)**, 4 **Spring Washers (No. 14)** and 4 **Flat Washers (No. 7)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 97)**.

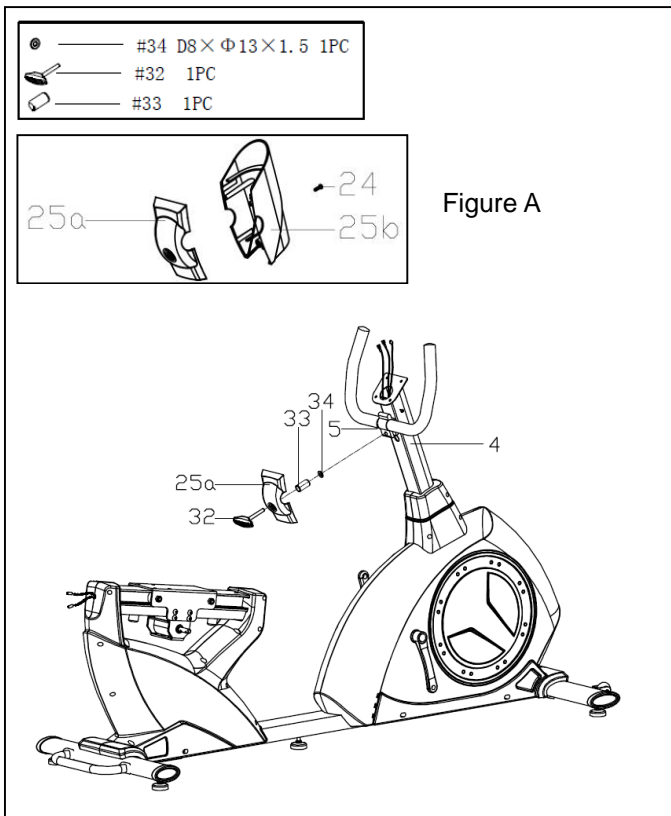
Connect the **Sensor Wire (No. 21)** with **Extension Wire (No. 22)**, and then connect 2 **Pulse Extension Wires 1 (No. 36)** with 2 **Pulse Extension Wires 2 (No. 37)**.

Attach the **Handlebar Post (No. 4)** to the **Main Frame (No. 1)** with 4 **Screws (No. 19)**, 4 **Spring Washers (No. 14)** and 4 **Flat Washers (No. 7)** that were just removed. Tighten and secure with **Allen Wrench (No. 97)**.

Note: Do not cut or pinch any wire when attaching the **Handlebar Post (No. 4)**.

Attach the **Front Covers (No. 23L/R)** to the **Main Frame (No. 1)** with 3 **Screws (No. 24)**. Tighten and secure with **Spanner (No. 98)**.

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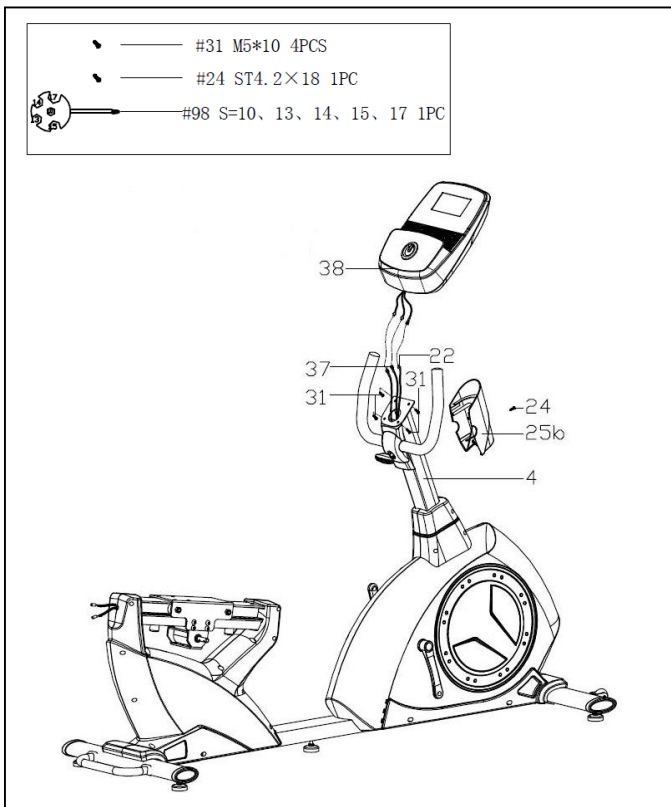


STEP 3:

Remove the **Screw (No. 24)** with **Spanner (No. 98)** to separate **Handlebar Cover (No. 25a)** and **Handlebar Cover (No. 25b)**. (Figure A)

Remove the **Sleeve (No. 33)** and **Flat Washer (No. 34)** from the **Plastic Handle Screw (No. 32)**.

Attach the **Handlebar (No. 5)** to the **Handlebar Post (No. 4)**, adjust the **Handlebar (No. 5)** to the suitable position, and then insert the **Plastic Handle Screw (No. 32)** through **Handlebar Cover (No. 25a)**, **Sleeve (No. 33)** and **Flat Washer (No. 34)**. Tighten the **Plastic Handle Screw (No. 32)** to secure.



STEP 4:

Remove 4 **Screws (No. 31)** from the back of the **Meter (No. 38)** using **Spanner (No. 98)**.

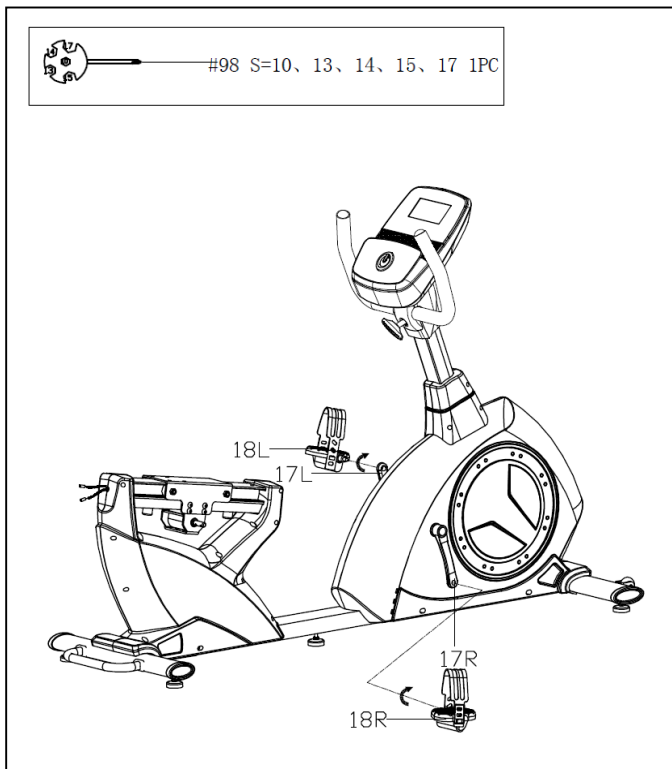
Connect the 2 **Pulse Extension Wires 2 (No. 37)** and **Extension Wire (No. 22)** with corresponding wires of **Meter (No. 38)**.

Note: Make sure all the wires are in the tube of the **Handlebar Post (No. 4)**.

Attach the **Meter (No. 38)** to the **Handlebar Post (No. 4)** with 4 **Screws (No. 31)** that were just removed. Tighten and secure with **Spanner (No. 98)**.

Lock the **Handlebar Cover (No. 25b)** to the **Handlebar Post (No. 4)** with the **Screw (No. 24)** using **Spanner (No. 98)**.

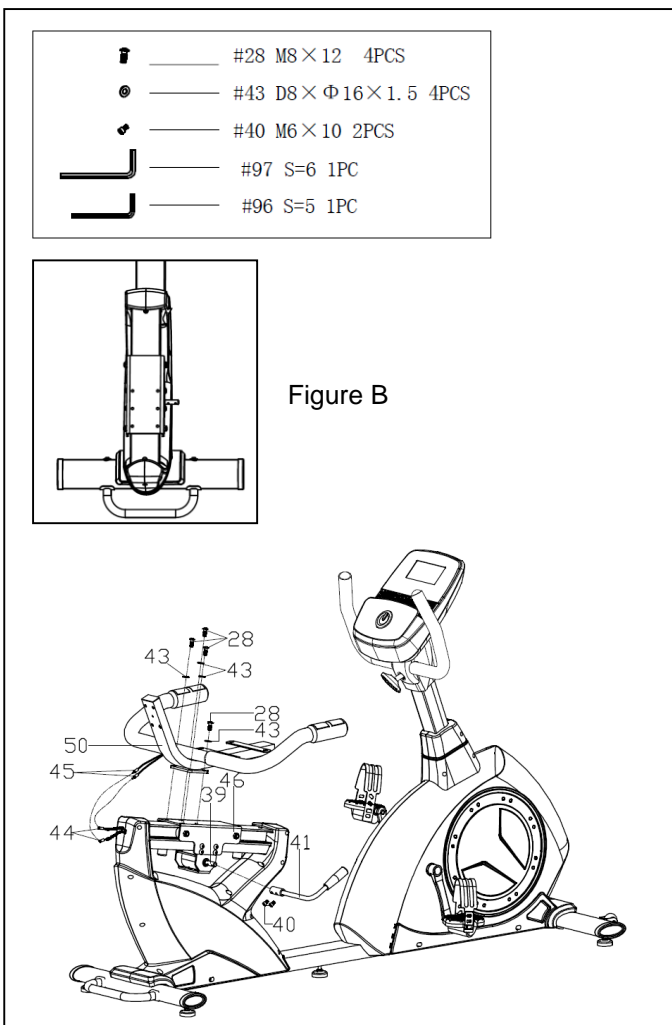
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5:

Attach the **Pedals (No. 18L/R)** to **Cranks (No. 17L/R)**.

NOTE: Make sure to attach **Right Pedal (No. 18R)**, marked **(R)**, to the **Right Crank (No. 17R)**. It should be tightened clockwise. Attach the **Left Pedal (No. 18L)**, marked **(L)**, to the **Left Crank (No. 17L)**. It should be tightened counterclockwise. Attaching the **Pedals (No. 18L/R)** to the wrong **Cranks (No. 17L/R)** or turning it the wrong direction can damage the **Cranks (No. 17L/R)**.



STEP 6:

Remove 4 **Screws (No. 28)** and 4 **Flat Washers (No. 43)** from the **Seat Fixed Bracket (No. 46)** using **Allen Wrench (No. 96)**.

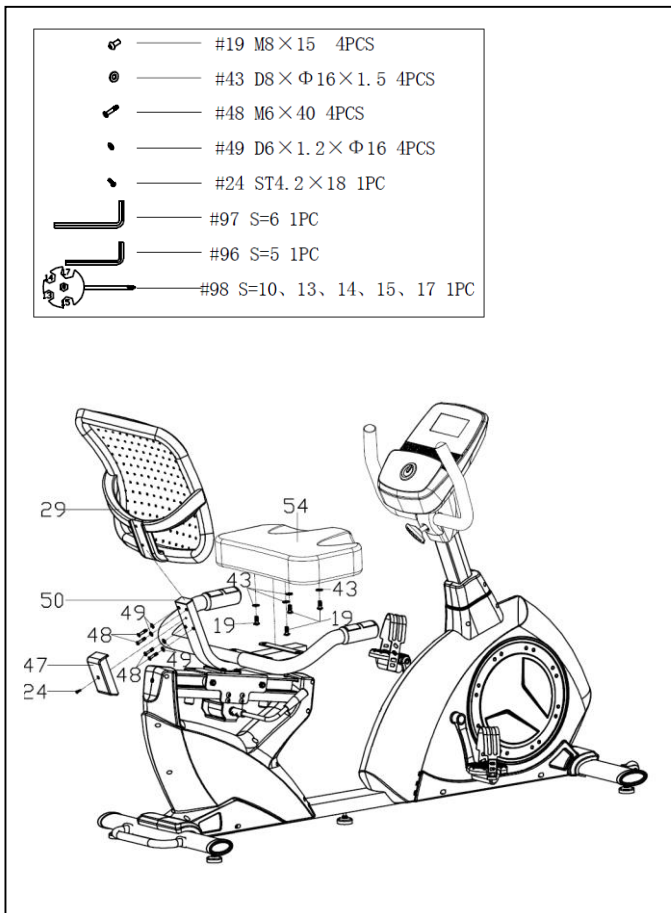
Attach the **Seat Bracket (No. 50)** to the **Seat Fixed Bracket (No. 46)** using 4 **Screws (No. 28)** and 4 **Flat Washers (No. 43)** that were just removed. Tighten and secure with **Allen Wrench (No. 96)**.

Note: There are 3 positions on the **Seat Fixed Bracket (No. 46)**, numbered 1, 2, and 3, that you can install the **Seat Bracket (No. 50)**. Adjust the seat position to suit your height. (Figure B)

Connect the 2 **Pulse Wires (No. 45)** with 2 **Pulse Extension Wires 3 (No. 44)** on the **Main Frame (No. 1)**.

Remove 2 **Screws (No. 40)** from the **Axle (No. 39)**. Attach the **Handle (No. 41)** to the **Axle (No. 39)** with 2 **Screws (No. 40)** that were just removed. Tighten and secure with **Allen Wrench (No. 96)**.

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 7:

Remove 4 **Screws (No. 19)** and 4 **Flat Washers (No. 43)** from the **Seat (No. 54)** using **Allen Wrench (No. 97)**.

Attach the **Seat (No. 54)** to the **Seat Bracket (No. 50)** with 4 **Screws (No. 19)** and 4 **Flat Washers (No. 43)** that were just removed, using **Allen Wrench (No. 97)**.

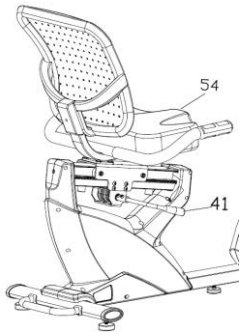
Remove the **Screw (No. 24)** from the **Seat Bracket (No. 50)** using the **Spanner (No. 98)**.

Attach the **Backrest (No. 29)** to the **Seat Bracket (No. 50)** with 4 **Screws (No. 48)** and 4 **Flat Washers (No. 49)** using **Allen Wrench (No. 96)**.

Attach the **Protective Cover (No. 47)** to the **Seat Bracket (No. 50)** with the **Screw (No. 24)** using the **Spanner (No. 98)**.

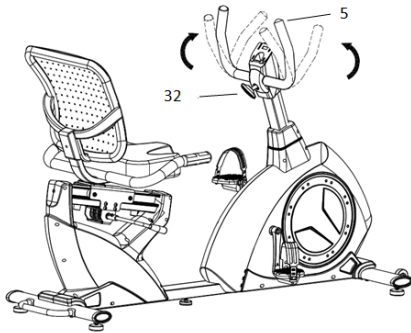
The assembly is now complete!

ADJUSTMENTS & USAGE GUIDE



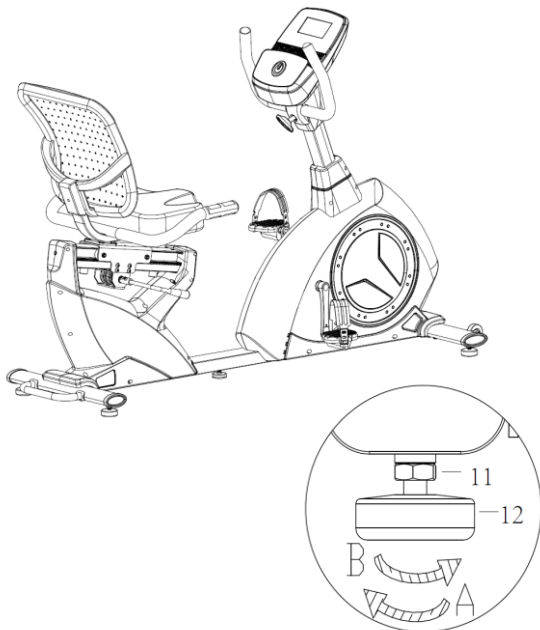
ADJUSTING THE SEAT POSITION

To move the **Seat (No. 54)** forward or backward, while seated on the bike, put your feet on the floor. Pull the **Handle (No. 41)** towards you. Move the **Seat (No. 54)**. Push the **Handle (No. 41)** forward to secure.



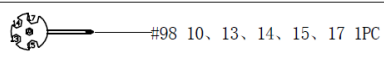
ADJUSTING THE HANDLEBAR

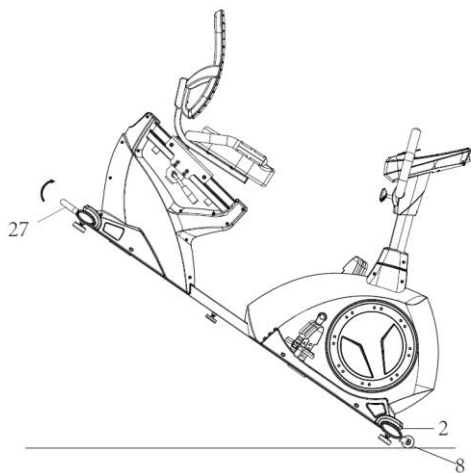
To move the **Handlebar (No. 5)** forward or backward, loosen the **Plastic Handle Screw (No. 32)**. Adjust the **Handlebar (No. 5)** to a suitable position, and tighten the **Plastic Handle Screw (No. 32)** to secure.



ADJUSTING THE LEVEL

In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should adjust the foot levelers located beneath the front and rear stabilizers. To do so, use **Spanner (No. 98)** to loosen **Hex Nut (No. 11)** by turning it *clockwise* (direction A). With the nuts loosened, rotate **Adjusting Pad (No. 12)** until it sits level with the surface that the bike is on. When you have finished adjusting the foot leveler, use **Spanner (No. 98)** to re-tighten the **Hex Nut (No. 11)** by turning it *counter-clockwise* (direction B). If required, repeat this process to adjust the remaining feet.





MOVING THE BIKE

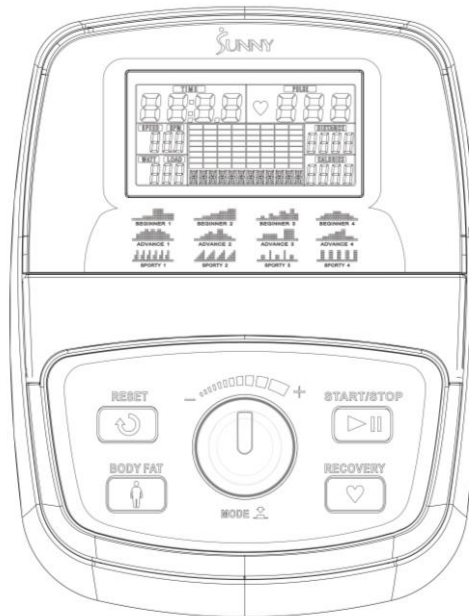
Lift the bike by the **Lifting Handle (No. 27)** until the **Wheels (No. 8)** on the **Front Stabilizer (No. 2)** touch the floor. Now you can move the bike.

OPERATING INSTRUCTIONS

The Powersync Self-Powered Recumbent Bike can generate its own power. When you pedal the bike, it generates power to power the meter and charge a device.

The first time you use the bike or if you have not used the bike in a while, you have to pedal for about 5 minutes before there is enough power for the meter to display. When you stop pedaling, the meter will shut off.

EXERCISE METER



DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Count up - No preset target, time will count up from 00:00 to 99:59. Count down - If training with preset time, time will count down from preset value to 00:00. Each preset increment or decrement is 1 minute between 00:00 to 99:00.
SPEED	Displays current training speed. Display range 0.0~99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~999 revolutions.
DISTANCE	Accumulates total distance from 0.00 to 99.99 KM or ML. The user may preset target distance value by using UP/DOWN key. Each preset increment or decrement is 1 KM or ML between 0.00 to 99.90.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 KCAL. (This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.) The user may preset target calories value by using UP/DOWN key.
PULSE	User may set up target pulse from P - 30 to 230. Meter buzzer will beep when actual heart rate overs the target value during workout.
WATTS	Display current workout watts. Display range 0~999; setting range 10~350.
MANUAL	Manual mode workout.
BEGINNER	Beginner mode workout. Beginner 1 – 4.
ADVANCE	Advance mode work out. Advance 1 – 4.
SPORTY	Sporty mode work out. Sporty 1 – 4.
CARDIO	Target HR training mode.
WATT PROGRAM	WATT constant training mode.

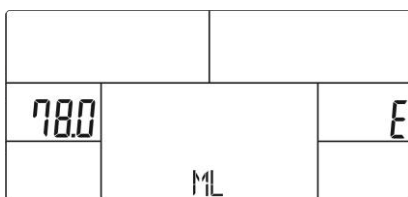
KEY FUNCTION

ITEM	DESCRIPTION
+	Increase resistance level by turning the button clockwise. Select setting.
-	Decrease resistance level by turning the button counter clockwise. Select setting.
Mode	In stop mode, press to confirm all setting or selection and enter program.
Reset	Press and hold for 2 seconds, meter will reboot and start from user setting. In stop mode, press to go back to main menu.
Start/ Stop	Start or stop workout.
Recovery	Test heart rate recovery status.
Body fat	In stop mode, press it for body fat measurement

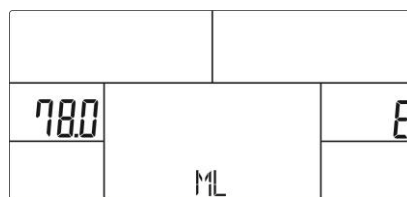
OPERATION

POWER ON

Meter will power on and display all segments on LCD for 2 seconds (Drawing 1). Then, it displays wheel diameter (78.0) and ML (Drawing 2). After that, the meter goes to Standby mode (Drawing 3).



Drawing 1



Drawing 2



Drawing 3

WORKOUT SELECTION

In stop mode, use + or - to select Workout: Manual → Beginner → Advance → Sporty → Cardio → Watt

Manual Mode

- Use + or - to select workout program, choose Manual Mode and press MODE to confirm (Drawing 4).
- Use + or - to set TIME (Drawing 5), DISTANCE (Drawing 6), CALORIES (Drawing 7), PULSE (Drawing 8) and press MODE to confirm.
- Press START/STOP key to start workout. Use + or - to adjust resistance level during workout. Resistance level displays in WATT window. If you do not change the resistance level, after 3 seconds, it will switch to display WATT (Drawing 9).
- Press START/STOP key to stop workout. Press RESET to reverse to main menu.



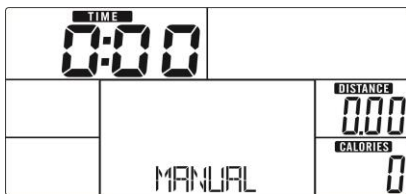
Drawing 4



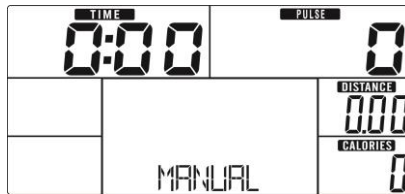
Drawing 5



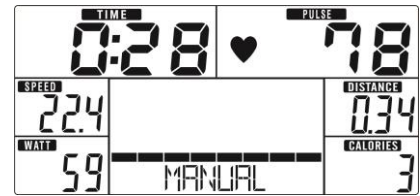
Drawing 6



Drawing 7



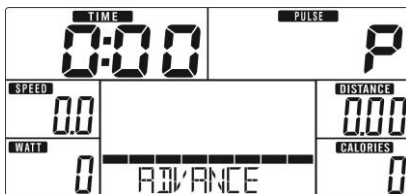
Drawing 8



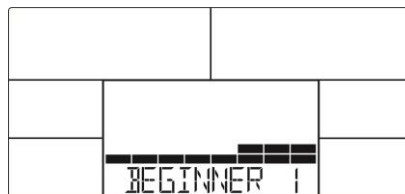
Drawing 9

Beginner Mode

1. Press START/STOP in any mode, then press RESET go to main menu. When MANUAL is flashing, use + or - to select workout program, choose Beginner Mode and press MODE to confirm (Drawing 13).
2. Use + or - to select Beginner program 1~4 and press MODE to confirm (Drawing 14).
3. Use + or - to set TIME.
4. Press START/STOP key to start workout. Use + or - to adjust resistance level during workout.
5. Press START/STOP key to stop workout. Press RESET to return to main menu.



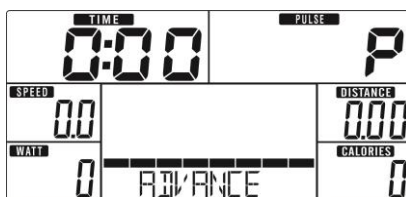
Drawing 13



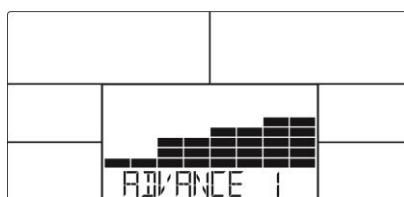
Drawing 14

Advance Mode

1. Press START/STOP in any mode, then press RESET go to main menu. When MANUAL is flashing, use + or - to select workout program, choose Advance Mode and press MODE to confirm (Drawing 15).
2. Use + or - to select Advance program 1~4 (Drawing 16) and press MODE to confirm.
3. Use + or - to set TIME.
4. Press START/STOP key to start workout. Use + or - to adjust resistance level during workout.
5. Press START/STOP key to stop workout. Press RESET to return to main menu.



Drawing 15



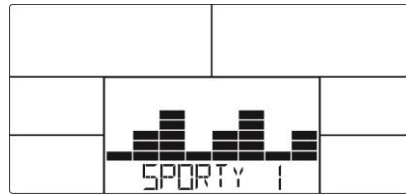
Drawing 16

Sporty Mode

1. Press START/STOP no matter in any mode, then press RESET go to main menu. When MANUAL is flashing, use + or - to select workout program, choose Sporty Mode and press MODE to confirm (Drawing 17).
2. Use + or - to select Sporty program 1~4 (Drawing 18) and press MODE to confirm.
3. Use + or - to set TIME.
4. Press START/STOP key to start workout. Use + or - to adjust resistance level during workout.
5. Press START/STOP key to stop workout. Press RESET to return to main menu.



Drawing 17



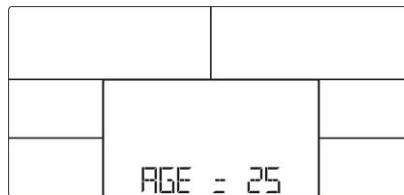
Drawing 18

Cardio Mode

1. Press START/STOP in any mode, then press RESET go to main menu. When MANUAL is flashing, use + or - to select workout program, choose cardio and press MODE to confirm (Drawing 19).
2. Use + or - to set Age (Drawing 20, default: 25, range: 1-99), then press MODE to go to different CARDIO program selection.
3. Use + or - to select CARDIO 55%, 75%, 90% or TAG (Drawing 21, default: 100), and press MODE to confirm. When select 55%, 75%, 90%, press MODE to enter TIME setting. If you select TAG (TARGET H.R.), press MODE to enter PULSE setting.
4. Use + or - to set workout TIME or PULSE.
Note: If no pulse input to meter 6 seconds after starting workout, LCD will display "PULSE INPUT" for reminder (Drawing 22).
5. Press START/STOP key to start or stop workout. Press RESET to return to main menu.



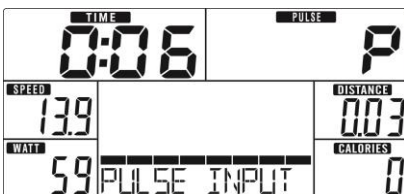
Drawing 19



Drawing 20



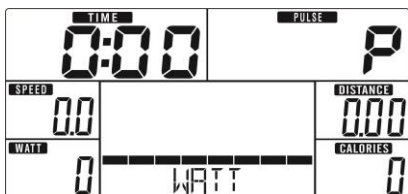
Drawing 21



Drawing 22

Watt Mode

1. Press START/STOP in any mode, then press RESET go to main menu. When MANUAL is flashing, use + or - to select workout program, choose WATT Mode and press MODE to confirm (Drawing 23).
2. Use + or - to set WATT (Drawing 24, default:120), and press MODE to enter TIME setting.
3. Use+ or - to set TIME. Press START/STOP key to start workout. During workout, system will adjust resistance level according to input value and workout status (Drawing 25). Use + or - to adjust WATT level.
4. Press START/STOP key to stop workout. Press RESET to return to main menu.



Drawing 23



Drawing 24



Drawing 25

RECOVERY

After exercising for a period, keep holding pulse sensors and press RECOVERY key.

All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (Drawing 25). Screen will display your heart rate recovery status with the F1, F2.... to F6. F1 is the best, F6 is the worst (Drawing 26). User may keep exercising to improve the heart rate recovery status. Press the RECOVERY key again to return the main display.



Drawing 25

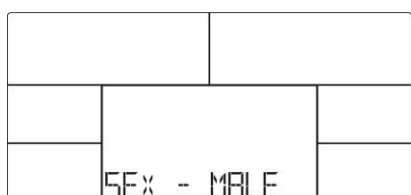


Drawing 26

BODY FAT

- In STOP mode, press the BODY FAT key to start body fat measurement. Meter will prompt to input user GENDER, HEIGHT, WEIGHT, then begin to measure.
- Use + or - to set GENDER (Drawing 27) and press MODE to confirm. Repeat to set HEIGHT (Drawing 28) and WEIGHT (Drawing 29).

GENDER	MALE/FEMALE
HEIGHT	100-200 CM / 40 - 80 INCH
WEIGHT	20 - 150 KG / 40 - 350 LBS



Drawing 27

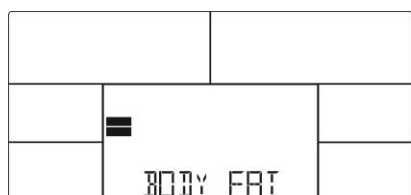


Drawing 28



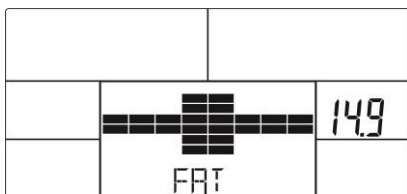
Drawing 29

- During measuring, you have to hold both hands on the pulse sensors. And the LCD will display "=" (Drawing 30) for 8 seconds until meter finish measuring.

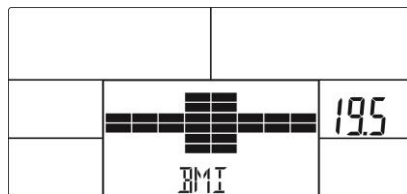


Drawing 30

- LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 31), BMI (Drawing 32) for 30 seconds.



Drawing 31



Drawing 32

5. During personal profile setting, you can press RESET to correct setting. Press BODY FAT key again to go back to previous workout status.

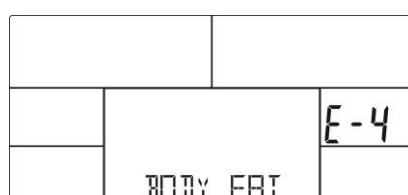
※ Error code display during measurement:

E-1--- user not hold pulse sensors correctly (Drawing 33)

E-4--- Body Fat% exceed setting range 5.0%~ 50% (Drawing 34)



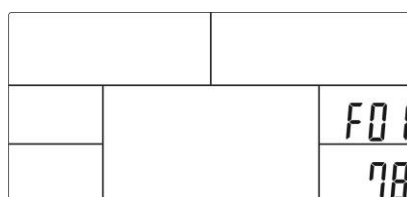
Drawing 33



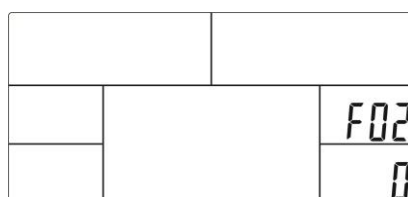
Drawing 34

KILOMETERS OR MILES

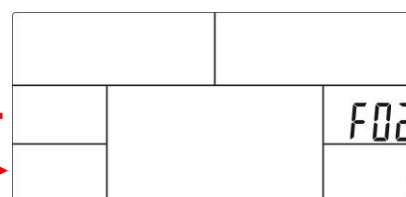
1. In stop mode, using three fingers, press MODE, START/STOP, RESET sequentially and hold at the same time for a few seconds.
2. Press and hold MODE, then press RESET and continue pressing both keys for a few seconds until the display changes. F01 will display in DISTANCE window, 78 will display in CALORIES window. Do not set any data. (Drawing 34).
3. Press MODE to select F02, use + or - to change from kilometers or miles. 0 is for KM (Drawing 35), 1 is for ML (Drawing 36).
4. Press RESET to restart the meter.



Drawing 34



Drawing 35



Drawing 36

MP3 Function:

You can connect mobile or music player to meter with audio cable (included) for MP3 function. (Reminder: meter only has the function of power amplifier but not read memory card.) Music is controlled from the mobile or music device.

USB power charger: The meter can provide USB charger for tablet or smart phone. Plug the data cable into USB port for charging (cable not included).

Note:

After 4 minutes without pedaling or pulse input, meter will enter into power saving mode. Press any key to turn the meter on.

TROUBLESHOOTING

NO.	POTENTIAL REASONS	SOLUTIONS
1	LCD no display.	<ol style="list-style-type: none"> 1. Check the meter together with the stage's 9 or 12 PIN connect cable, to see if the meter has bad contact or get loose with the stage's 9 or 12 PIN connect cable. 2. Check if the DC JACK 3PIN connect cable are loose or not.
2	No alteration of resistance	<ol style="list-style-type: none"> 1. When the LOAD/LEVEL is up or down, see if the motor is running or not. 2. Check the meter together with the stage's 9 or 12 PIN connect cable, to see if the meter has bad contact with or has loosened from the stage's 9 or 12 PIN connect cable. 3. See if the motor is running or not after plug in the adaptor again and turn on the meter.
3	No hand pulse figure display	<ol style="list-style-type: none"> 1. Make sure the user holds onto the handgrip sensor. Please hold two hands together during training period. 2. Check the signal cable which in the pulse sensor to see if it is loose or not. 3. To see the meter whether in the low-speed (energy saving mode) or not.
4	No display of Built-in figure	<ol style="list-style-type: none"> 1. Check the battery is dead or not, please change the battery and test it again. 2. See the meter whether in the low-speed (energy saving mode) or not.
5	LCD display E-1	<ol style="list-style-type: none"> 1. E-1 indicates the meter does not receive the body fat figure. Make sure the user holds onto the handgrip sensor. Please do hold two hands together during training period.
6	LCD display E-4	<ol style="list-style-type: none"> 1. E-4 is indicate the user's age, height, weight figure exceeds the setting range when user setting their information.
7	LCD display E-2	<ol style="list-style-type: none"> 1. Check the meter together with the stage's 9 or 12 PIN connect cable, to see if the meter has bad contact with or has loosened from the stage's 9 or 12 PIN connect cable. 2. Check if the motor distance exceeds the setting range or not.
8	LCD display E-3	<ol style="list-style-type: none"> 1. Check whether the motor 2 PIN cable is connected or not. 2. Check whether the switch cabinet is fixed too far away. 3. Check if motor cable is broken or connected well to meter. 4. Change the switch cabinet. 5. Change another meter to test. If it displays correctly, then it is meter problem. If it still displays E-3, contact customer service.
9	No display of SPEED figure	<ol style="list-style-type: none"> 1. Check the meter together with the stage's 9 or 12 PIN connect cable, to see if the meter has bad contact with or has loosened from the stage's 9 or 12 PIN connect cable. 2. Check the speed sensor cable, to see if it is bad contact or getting loose.
10	Fail to respond the RECOVERY function.	<ol style="list-style-type: none"> 1. Check if the meter is in the STOP condition or not. 2. Check the pulse function to see if it can display the pulse figure or not.

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