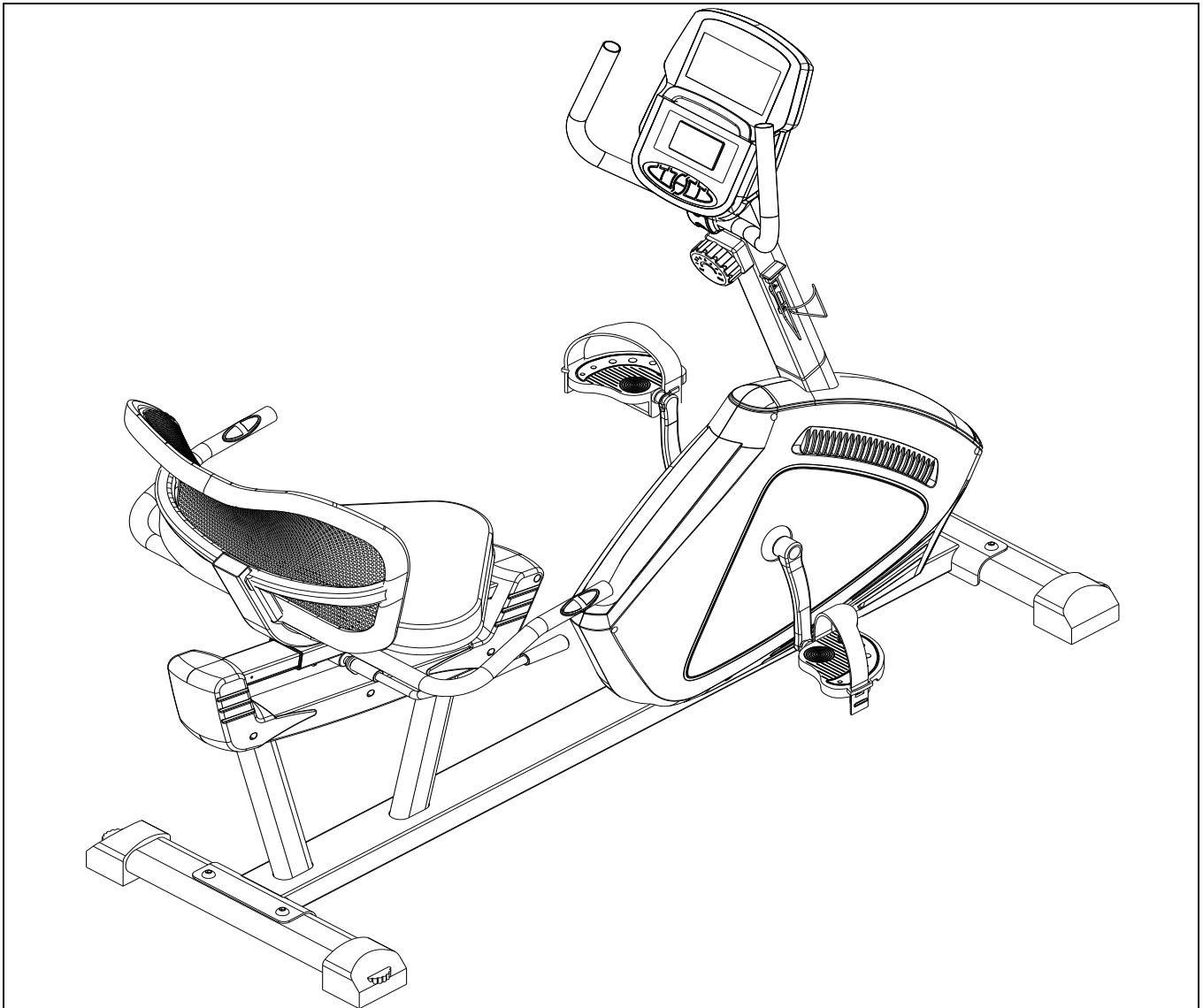




ENDURANCE ZONE TRAINING RECUMBENT BIKE

SF-RB4958

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).



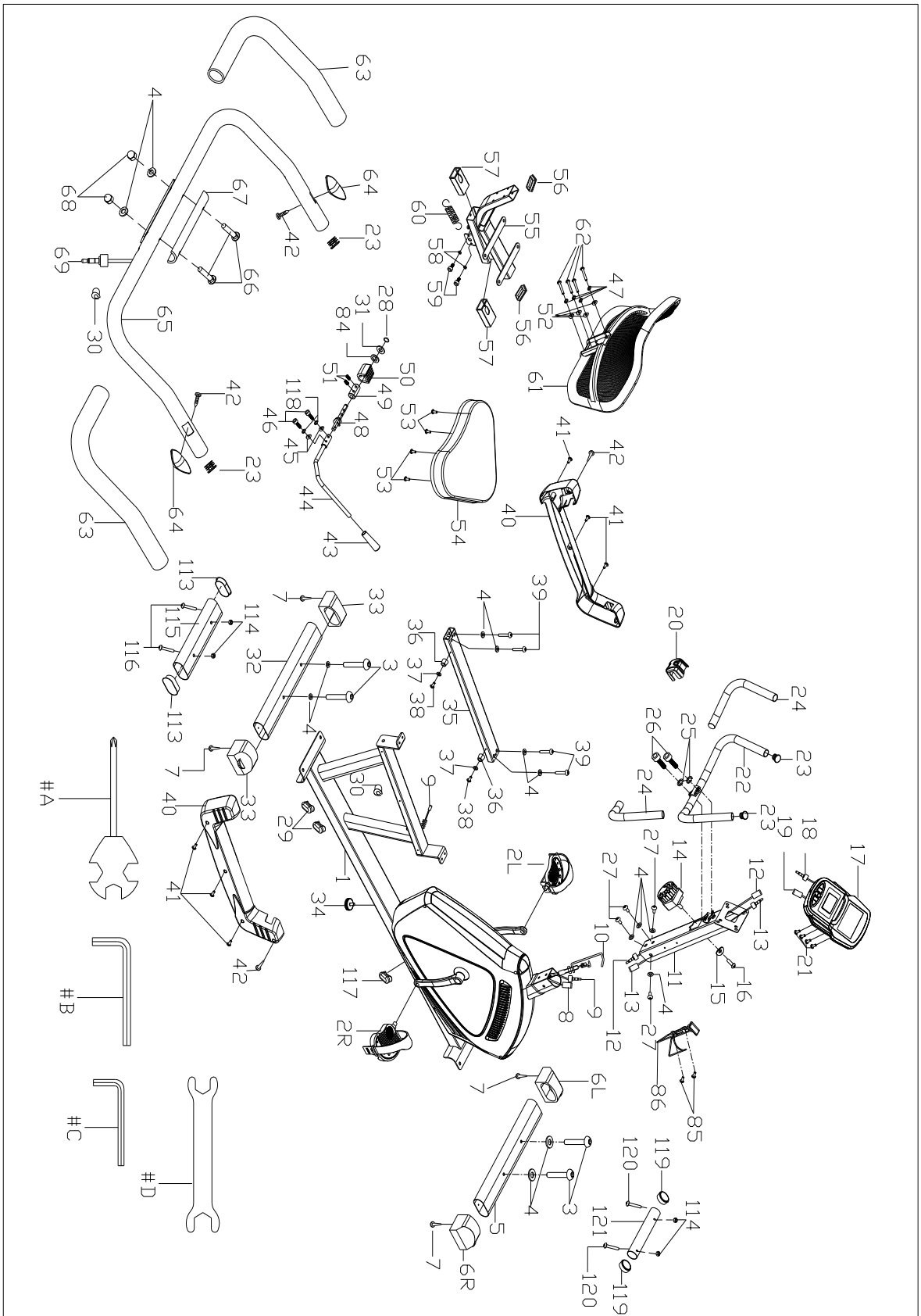
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

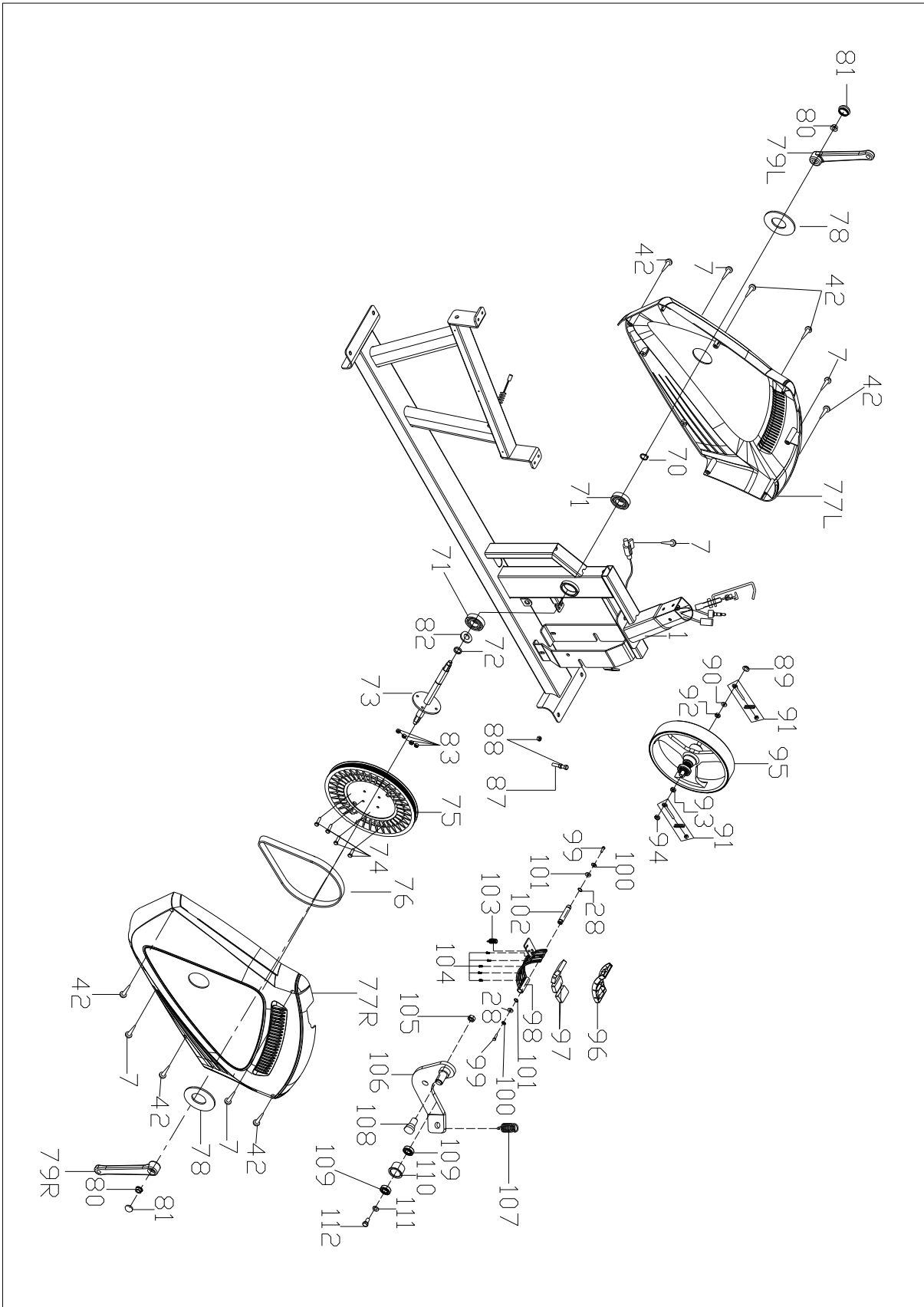
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 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 265 pounds (120 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.

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

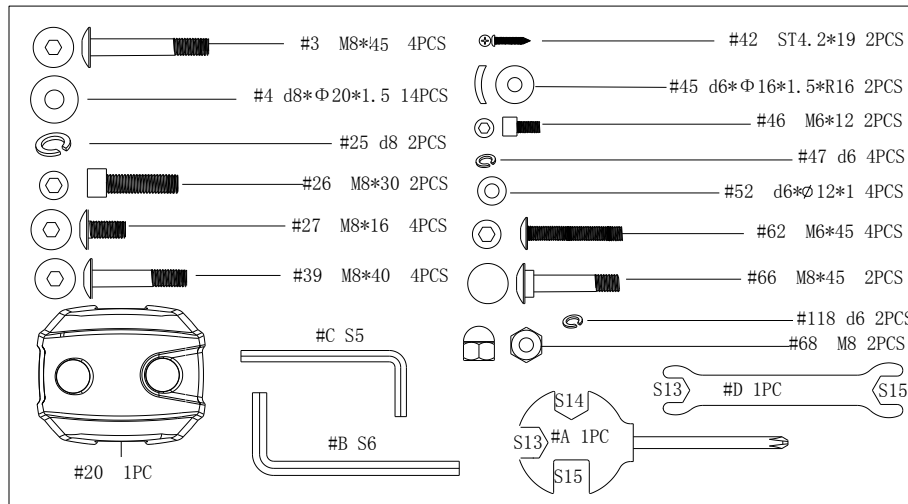
No.	Description	Spec.	Qty.
1	Main Frame		1
2L/R	Pedal		2
3	Bolt	M8*45	4
4	Washer	d8*Φ20*1.5	14
5	Front Stabilizer		1
6L/R	End Cap		2
7	Screw	ST4.2*16	9
8	Sensor Wire 1		1
9	Handle Pulse Wire 1		1
10	Tension Wire		1
11	Front Post		1
12	Sensor Wire 2		1
13	Handle Pulse Wire 2		1
14	Tension Control Knob		1
15	Arc Washer	d5*Φ20*1.5*R30	1
16	Bolt	M5*50	1
17	Computer		1
18	Computer Wire 1		1
19	Computer Wire 2		1
20	Handlebar Cover		1
21	Screw	M5*10	4
22	Handlebar		1
23	End Cap	Φ25	4
24	Foam Grip 1		2
25	Spring Washer	d8	2
26	Screw	M8*30	2
27	Screw	M8*16	4
28	C-clip	d12	3
29	End Cap		2
30	Grommet		2
31	Washer	d12*Φ24*1	1
32	Rear Stabilizer		1
33	End Cap		2
34	Foot Pad		1
35	Seat Adjusting Tube		1
36	Limit Mat	Φ22*Φ18*16	2
37	Washer	d4*Φ9*1	2
38	Screw	M4*16	2
39	Bolt	M8*40	4
40	Seat Cover		2
41	Screw	M4*10	6
42	Screw	ST4.2*19	11
43	Brake Handle Cover		1

No.	Description	Spec.	Qty.
44	Brake Handle		1
45	Arc Washer	d6*Φ16*1.5*R16	2
46	Screw	M6*12	2
47	Spring Washer	d6	4
48	Connecting Axle		1
49	Eccentric Wheel		1
50	Clamping Piece		1
51	Puller Bolt	M8*10	2
52	Washer	d6*Φ12*1	4
53	Screw	M6*16	4
54	Seat		1
55	Backrest Frame		1
56	End Cap		2
57	Bushing		2
58	Nut	M6	2
59	Bolt	M6*10	2
60	Tension Spring 1		1
61	Back Cushion		1
62	Bolt	M6*45	4
63	Foam Grip 2		2
64	Handle Pulse Sensor		2
65	Rear Handlebar		1
66	Carriage Bolt	M8*45	2
67	Cover Plate		1
68	Dome Nut	M8	2
69	Handle Pulse Wire 3		1
70	C-clip		1
71	Bearing	6203	2
72	Bushing		1
73	Middle Axle		1
74	Hexagon Bolt	M6*16	4
75	Belt Wheel		1
76	Belt		1
77L/R	Belt Cover		2
78	Small Cover		2
79L/R	Crank		2
80	Hexagon Flange Nut	M10*1.25	2
81	Crank Cap		2
82	Wave Washer	d17*Φ23*0.3	1
83	Nylon Nut	M6	4
84	Wave Washer	d12*Φ18*0.3	1
85	Crosshead Screw	M5*10	2
86	Bottle Holder		1

No.	Description	Spec.	Qty.
87	Bolt	M6*36	1
88	Nut	M6	2
89	Hexagon Flange Nut	M10*1.0	1
90	Spring Washer	d10	1
91	Bolt Set		2
92	Hexagon Nut	M10*1.0*5	1
93	Hexagon Nut	M10*1.0*3	1
94	Hexagon Nut	M10*1.0*3	1
95	Flywheel		1
96	Plastic Lattice		1
97	Magnet		4
98	Magnetic Board		1
99	Hexagon Bolt	M6*20	2
100	Spring Washer	d6	2
101	Washer	d6*Φ16*1	2
102	Magnetic Board Axle		1
103	Tension Spring		1
104	Crosshead Screw	ST3.0*10	5
105	Nylon Nut	M8	1
106	Idler Wheel Shaft		1

No.	Description	Spec.	Qty.
107	Tension Spring		1
108	Screw	M8*19	1
109	Bearing	6000	2
110	Idler Wheel		1
111	Washer	d6*Φ16*1.5	1
112	Hexagon Bolt	M6*12	1
113	End Cap		2
114	Hexagon Nut	M8	4
115	Rear Shipping Tube		1
116	Bolt	M8*50	2
117	End Cap		1
118	Spring Washer	D6 Black	2
119	End Cap		2
120	Bolt	M8*60	2
121	Front Shipping Tube		1
A	Spanner	S13-14-15	1
B	Allen Wrench	S6	1
C	Allen Wrench	S5	1
D	Wrench	S13-S15	1

HARDWARE PACKAGE



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

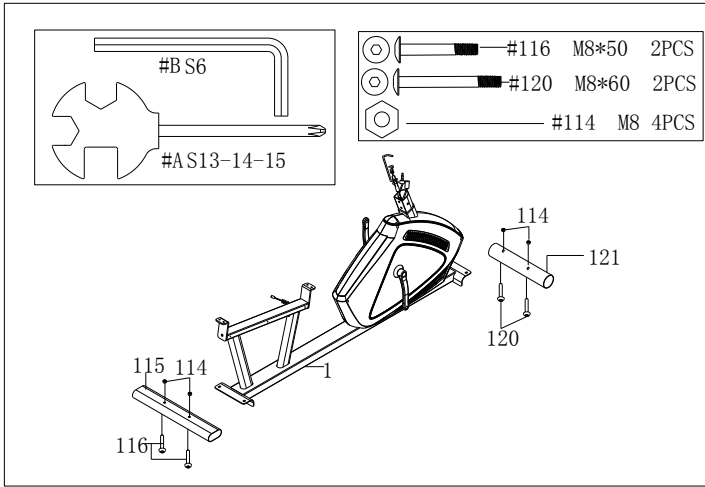
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

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

ASSEMBLY INSTRUCTIONS

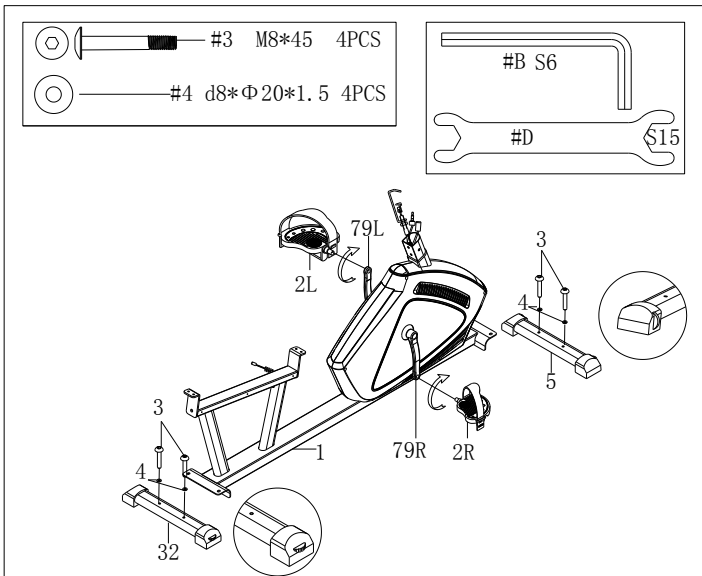
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Remove the 2 **Bolts (No. 116)**, 2 **Bolts (No. 120)** and 4 **Hexagon Nuts (No. 114)** from **Main Frame (No. 1)** with **Allen Wrench (No. B)** and **Spanner (No. A)**. Then remove the **Front Shipping Tube (No. 121)** and **Rear Shipping Tube (No. 115)**.

You may discard these parts or save them in case you would like to repackage the item in the future. [**Bolts (No. 116)**, **Bolts (No. 120)**, **Hexagon Nuts (No. 114)**, **Front Shipping Tube (No. 121)** and **Rear Shipping Tube (No. 115)**].



STEP 2:

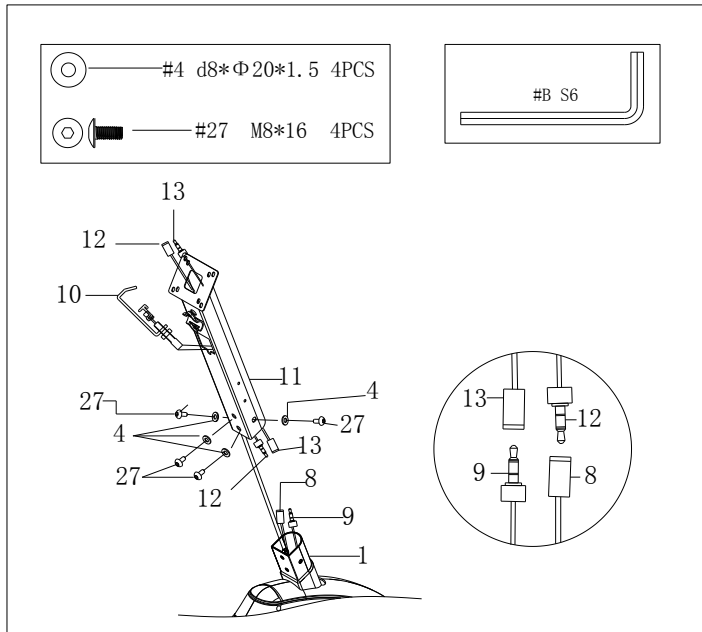
Attach **Front Stabilizer (No. 5)** and **Rear Stabilizer (No. 32)** to **Main Frame (No. 1)** using 4 **Bolts (No. 3)** and 4 **Washers (No. 4)**. Tighten and secure with **Allen Wrench (No. B)**.

Align the **Left Pedal (No. 2L)** with the **Left Crank (No. 79L)** at 90° and gently insert the pedal into the crank arm. Turn the **Left Pedal (No. 2L)** *counter-clockwise* as tightly as you can with your hands, then use **Wrench (No. D)** to tighten securely.

Align the **Right Pedal (No. 2R)** with the **Right Crank (No. 79R)** at 90° and gently insert the pedal into the crank arm. Turn the **Right Pedal (No. 2R)** *clockwise* as tightly as you can with your hands, then use **Wrench (No. D)** to tighten securely.

NOTE: **Left Pedal (No. 2L)** is marked with “L” on the pedal, while **Right Pedal (No. 2R)** is marked with “R” on the pedal.

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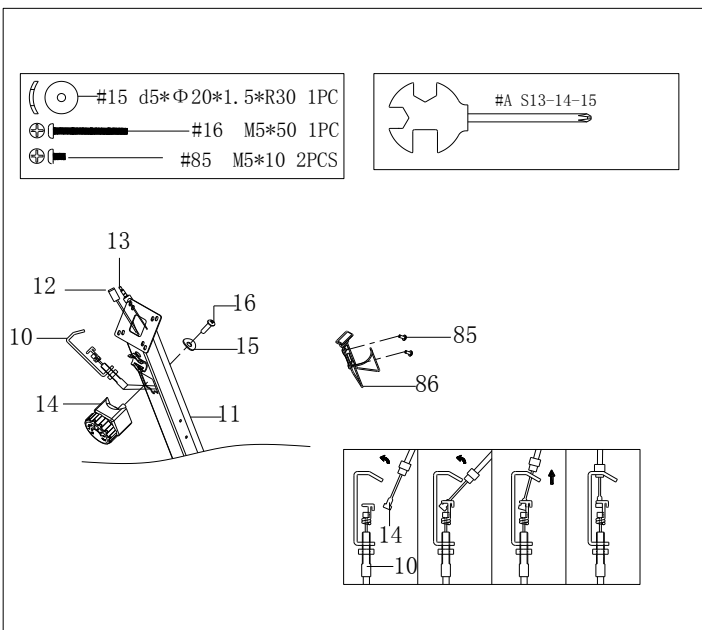


STEP 3:

Insert the **Tension Wire (No. 10)** into the **Front Post (No. 11)** and take out the **Tension Wire (No. 10)** from the hole on the side of **Front Post (No. 11)**.

Connect **Sensor Wire 1 (No. 8)** with **Sensor Wire 2 (No. 12)**. Connect **Handle Pulse Wire 1 (No. 9)** with **Handle Pulse Wire 2 (No. 13)**.

Attach **Front Post (No. 11)** to **Main Frame (No. 1)** using 4 **Screws (No. 27)** and 4 **Washers (No. 4)**. Tighten and secure with **Allen Wrench (No. B)**.



STEP 4:

Remove the **Bolt (No. 16)** and **Arc Washer (No. 15)** from **Tension Control Knob (No. 14)** with **Spanner (No. A)**.

CAUTION: Please make sure **Tension Control Knob (No. 14)** is at the lowest resistance level (level 1, all the way to the left) before you connect **Tension Wire (No. 10)**.

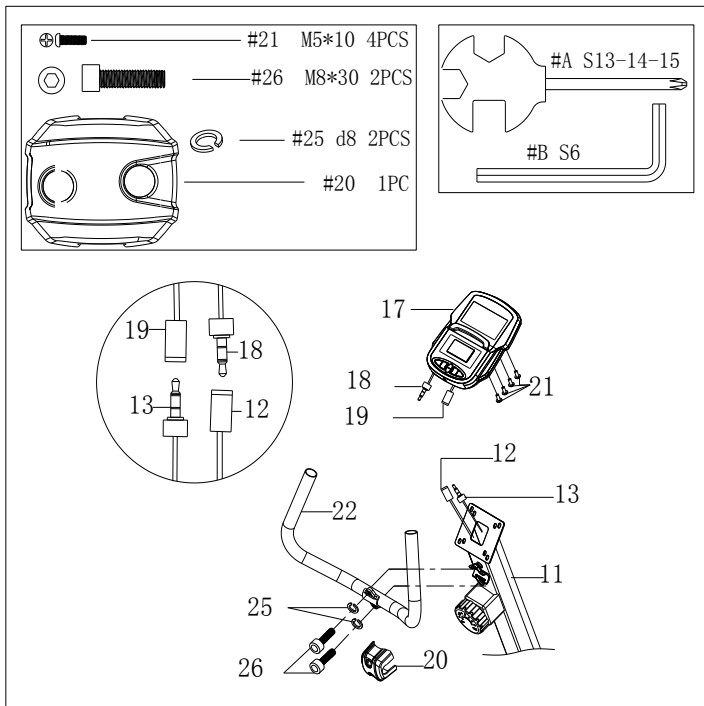
Connect the link wire of **Tension Control Knob (No. 14)** with **Tension Wire (No. 10)**. Then, pull the link wire of **Tension Control Knob (No. 14)** upward and insert it into the slot of metal bracket on **Tension Wire (No. 10)**. Make sure the metal fitting on the link wire of **Tension Control Knob (No. 14)** is secured in the metal bracket.

Attach **Tension Control Knob (No. 14)** to the **Front Post (No. 11)** with the **Bolt (No. 16)** and **Arc Washer (No. 15)** that were removed. Tighten and secure with **Spanner (No. A)**.

Remove 2 **Crosshead Screws (No. 85)** from **Front Post (No. 11)** with **Spanner (No. A)**.

Attach **Bottle Holder (No. 86)** onto **Front Post (No. 11)** using 2 **Crosshead Screws (No. 85)** that were removed. Tighten and secure with **Spanner (No. A)**.

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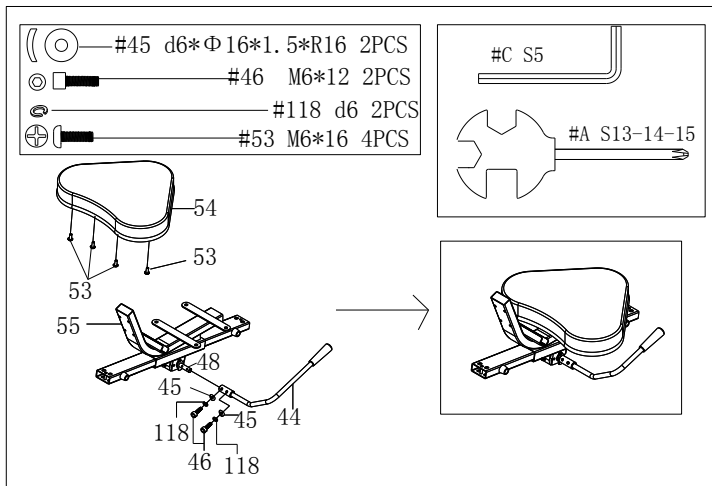


STEP 5:

Attached **Handlebar (No. 22)** to **Front Post (No. 11)** using 2 **Spring Washers (No. 25)** and 2 **Screws (No. 26)**. Tighten and secure with **Allen Wrench (No. B)**. Then attach the **Handlebar Cover (No. 20)** onto **Handlebar (No. 22)**.

Remove 4 **Screws (No. 21)** from the back of **Computer (No. 17)** with **Spanner (No. A)**.

Connect **Computer Wire 1 (No. 18)** with **Sensor Wire 2 (No. 12)**. Connect **Computer Wire 2 (No. 19)** with **Handle Pulse Wire 2 (No. 13)**.

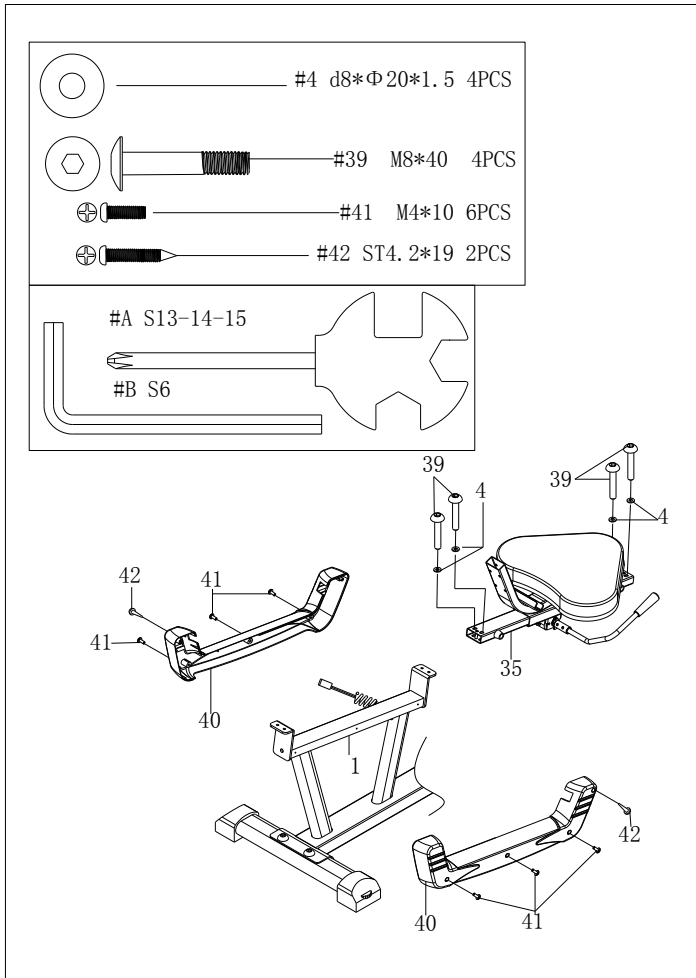


STEP 6:

Attach **Brake Handle (No. 44)** to the **Connecting Axle (No. 48)** using 2 **Screws (No. 46)**, 2 **Spring Washers (No. 118)** and 2 **Arc Washers (No. 45)**. Tighten and secure with **Allen Wrench (No. C)**.

Remove 4 **Screws (No. 53)** from the back of **Seat (No. 54)** with **Spanner (No. A)**. Attach **Seat (No. 54)** to the **Backrest Frame (No. 55)** using 4 **Screws (No. 53)** that were removed. Tighten and secure with **Spanner (No. A)**.

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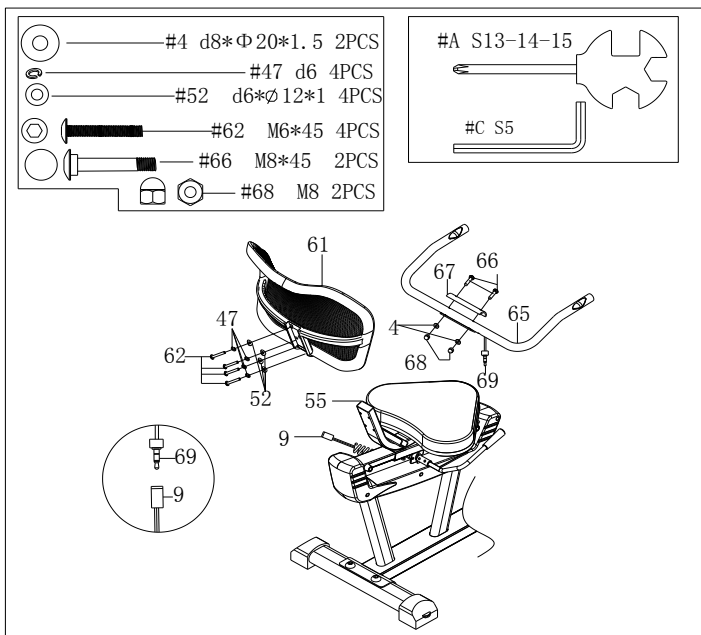


STEP 7:

Attach **Seat Adjusting Tube (No. 35)** onto **Main Frame (No. 1)** using 4 **Bolts (No. 39)** and 4 **Washers (No. 4)**. Tighten and secure with **Allen Wrench (No. B)**.

Remove 6 **Screws (No. 41)** from **Main Frame (No. 1)** with **Spanner (No. A)**.

Attach 2 **Seat Covers (No. 40)** to the **Main Frame (No. 1)** using 6 **Screws (No. 41)** that were removed and 2 **Screws (No. 42)**. Tighten and secure with **Spanner (No. A)**.



STEP 8:

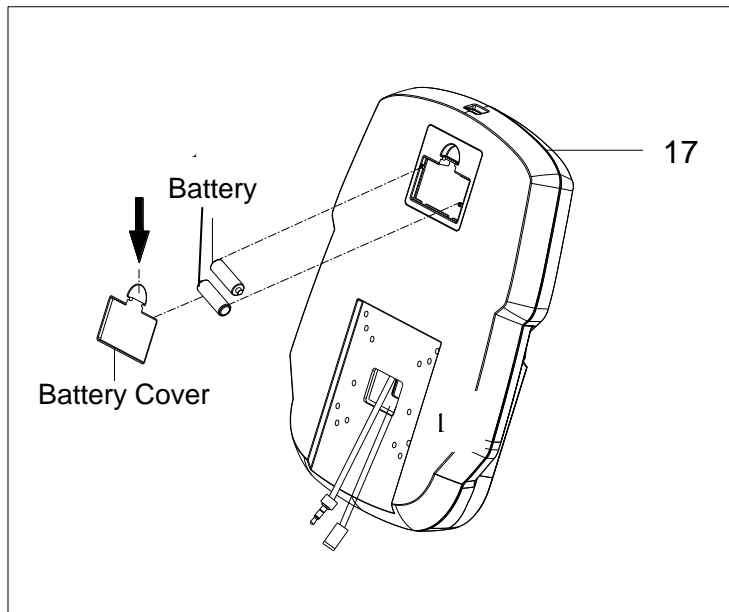
Attach **Cover Plate (No. 67)** and **Rear Handlebar (No. 65)** onto **Backrest Frame (No. 55)** using 2 **Carriage Bolts (No. 66)**, 2 **Washers (No. 4)** and 2 **Dome Nuts (No. 68)**. Tighten and secure with **Spanner (No. A)**.

Connect **Handle Pulse Wire 1 (No. 9)** with **Handle Pulse Wire 3 (No. 69)**.

Attach **Back Cushion (No. 61)** to **Backrest Frame (No. 55)** using 4 **Bolts (No. 62)**, 4 **Spring Washers (No. 47)**, and 4 **Washers (No. 52)**. Tighten and secure with **Allen Wrench (No. C)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AA batteries from computer box.
2. Press the buckle of the battery cover on the back of the **Computer (No. 17)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 17)**. Pay attention to the battery + and – ends before installing.
4. Press the buckle of the battery cover, then put the battery cover back to the back of the **Computer (No. 17)**.

The installation is complete!

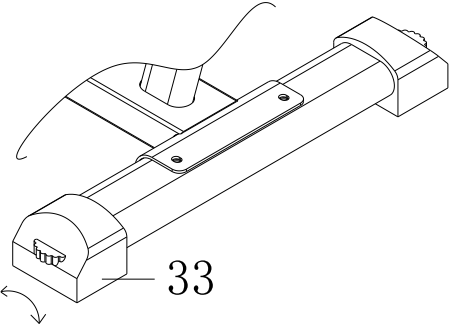
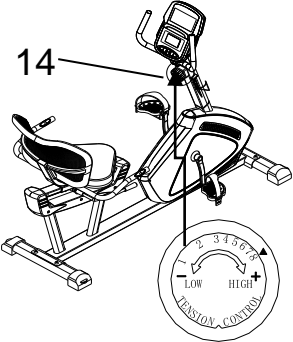
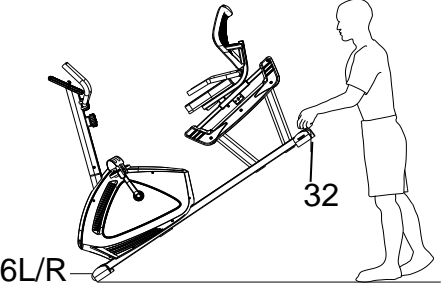
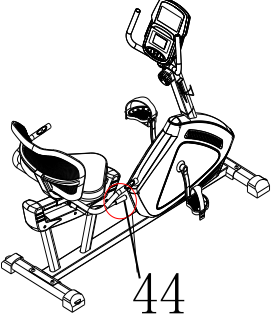
BATTERY REPLACEMENT:

1. Press the buckle of the battery cover on the back of the **Computer (No. 17)**, then remove the battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. 17)**. Pay attention to the battery + and – ends before installing.
3. Press the buckle of the battery cover, then put the battery cover back to the back of the **Computer (No. 17)**.

The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

ADJUSTMENTS & USAGE GUIDE

	<p>ADJUSTING THE BALANCE</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the recumbent bike is stable and secured. If you notice that the recumbent bike is unbalanced during use, you should adjust the End Caps (No. 33) located on the rear stabilizer until the recumbent bike becomes levelled with the surface.</p>
	<p>ADJUSTING THE TENSION</p> <p>Adjust the tension by rotating the Tension Control Knob (No. 14) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. 14) <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p>MOVING THE RECUMBENT BIKE</p> <p>To move the recumbent bike, hold Rear Stabilizer (No. 32) and tilt the recumbent bike until the movable wheels on the Left & Right End Caps (No. 6L/R) located on the front stabilizer touch the ground. With the wheels on the ground, you can transport the recumbent bike to the desired location with ease.</p>
	<p>ADJUSTING THE SEAT</p> <p>To adjust the seat forward or backwards, press down Brake Handle (No. 44), then slide the seat to the desired position. Lift the Brake Handle (No. 44) up to tighten.</p>
<p>CLEANING</p> <p>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.</p> <p>Please keep the recumbent bike, especially the computer, out of direct sunlight to prevent screen damage.</p> <p>Please inspect all assembly bolts and pedals on the recumbent bike for proper tightness every week.</p> <p>STORAGE</p> <p>Store the recumbent bike a clean and dry environment, away from children.</p>	

EXERCISE COMPUTER

FUNCTION KEYS

MODE:

1. Press the button to select hour, minute, year, month, and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES, and PULSE to preset.
3. Press the button for selecting function displaying on main LCD or enter after setting.
4. Press the button to confirm setting value of Gender, Age, Height, and Weight.
5. Press the button and hold for 2 seconds to reset all values to ZERO. (Replacing the batteries will reset all values to ZERO automatically).



Note: If the time, date, and year are not set up in the beginning, you must remove the batteries and reinsert them to set up these functions. Previous data will not be saved.

SET:

1. Set up the time, year, month, and date.
2. Set up the target value of Time, Distance, Calories and Pulse. You can hold the button to increase the value fast.
3. Set up the personal data of Gender, Age, Height, and Weight for Body fat test.

RESET:

1. Press the button to reset function value when setting.
2. Press the button and hold for 2 seconds to reset all values to ZERO. (Replacing batteries will reset all values to ZERO automatically).

BODY FAT:

Press this button to enter Body Fat measuring function. Next, press the MODE button to enter your personal data of Gender, Age, Height, and Weight. After you have finished setting, press again to measure your Body fat percentage (FAT%) and BMI.

RECOVERY:

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

FUNCTIONS

SCAN: Automatically scans through each mode in sequence every 6 seconds. The cycle of functions showing on display is RPM - Speed – Time – Distance – Calorie – Pulse.

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

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

SPEED: Displays current training speed. Maximum speed is 99.9 mph (miles/hour).

DISTANCE: Accumulates the total distance from 0.00 up to 99.99 m (miles). The user may preset target distance data by pressing SET & MODE buttons, by increments of 0.5m (miles).

CALORIES: Accumulates the calories burned during training from 0 to max. 999 calories. The user may also preset the target calories burned before training by pressing the SET & MODE buttons, by increments of 10 cal.

PULSE: Displays the user's heart rate in beats per minute during training. You may set the target heart rate by pressing the SET & MODE buttons.

NOTE: This data was designed to be a guide for exercise use only and should not be used for medical purpose.

CALENDAR: Displays the date, month, and year when the computer is in sleep mode.

CLOCK: Displays current time when the computer is in sleep mode.

TEMPERATURE: Displays current room temperature from 50°F to 140°F when the computer is in sleep mode.

OPERATION

1. Power on – Install 2 pieces of 1.5V UM-3 or AA batteries. The computer starts the segment test with a long beep sound. (When the batteries are removed, all the functions values will be reset to zero or default value.)
2. Set current data – Press the SET & MODE buttons to set up current time, year, month, and date. After the first setting and until the batteries need to be replaced, the preset data will be updated automatically.
3. Select and preset target value – Get access to the setting function of Time, Distance, Calories, and Target Pulse. When you are in the TIME setting mode, the value will flash, and you can press the SET button to adjust the value. Press MODE button for confirmation and to skip to the next setting. The setting of Distance, Calories, and Target Pulse is the same as the Time setting.
4. After entering speed signal, each function of SPEED-RPM-TIME-DISTANCE-CALORIES-PULSE will display every 6 seconds.
5. You can press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will display every 6 seconds.
6. If you have preset any function targets before, the function starts to count down from the target when the training starts. Once target is achieved, the computer will beep, and the function will count from zero automatically if training continues.

7. Pulse measurement – After holding onto the handle pulse sensors for a few seconds, the computer will show your current heart rate in beats per minute. To ensure the heart rate readout is precise, please hold the handle pulse sensors with both hands. You may preset the target pulse before training starts. Once your current heart rate is achieved, the computer will beep to notify you.
8. Recovery – When the PULSE is working, you can press the “RECOVERY” button to start the recovery test function. The computer will count down from 0:60 seconds to 0:00 and the heartbeat symbol will flash until the countdown reaches “0:00”. For the 60 seconds counting period, please keep your hands on the handle pulse sensors. The screen will display “F1 to F6” to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to improve your heart rate recovery status and check it by using the Recovery function.
9. Body Fat -
 - 9-1. Press the BODY FAT button to enter body fat measurement.
 - 9-2. Press MODE & SET buttons to input your personal data. Each personal data available is described as the following:
AGE: 10~99years HEIGHT: 100~250cm (3'03"~8'02") WEIGHT:10~200kg (22~440lbs)
 - 9-3. After all personal data has been entered, you can press the BODY FAT button and hold on handle pulse sensors to start the body fat test.
 - 9-4. It takes a few seconds to test the body fat. If you did not hold onto the handle pulse sensors during the testing procedure, the LCD will show the error sign Err after a 10 seconds period.
 - 9-5. After the testing is finished, you will see a percentage and BMI figure (Body Mass Index) displayed on the main LCD in sequence by scan mode.
BODY FAT %: Calculated from your personal data to show the value from 5%~50%.
BMI: Calculated from your personal data to show the value from 1.0~99.99.
 - 9-6. Press any button except SET to return to the main display.

Note:

1. If training stops for 4 minutes, the screen will show room temperature, clock, and calendar display automatically.
2. If the computer has not received any speed signal or button input for one minute, the LED backlight will turn off automatically. Any speed signal or button input can turn on the led backlight automatically.
3. If the computer display is abnormal, please re-install the batteries and try again.
4. Battery Spec: 1.5V UM-3 or AA (2PCS).

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer.	<ol style="list-style-type: none">1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the front post.2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.3. The batteries in the computer may be unresponsive. Change to new batteries.
The recumbent bike wobbles when in use.	Adjust the end caps on the rear stabilizer as needed to level the recumbent bike.
The recumbent bike makes squeaking noises when in use.	The bolts may have become loose on the recumbent bike. Please inspect all bolts and tighten any bolts that have loosened.

Version: 1.2

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