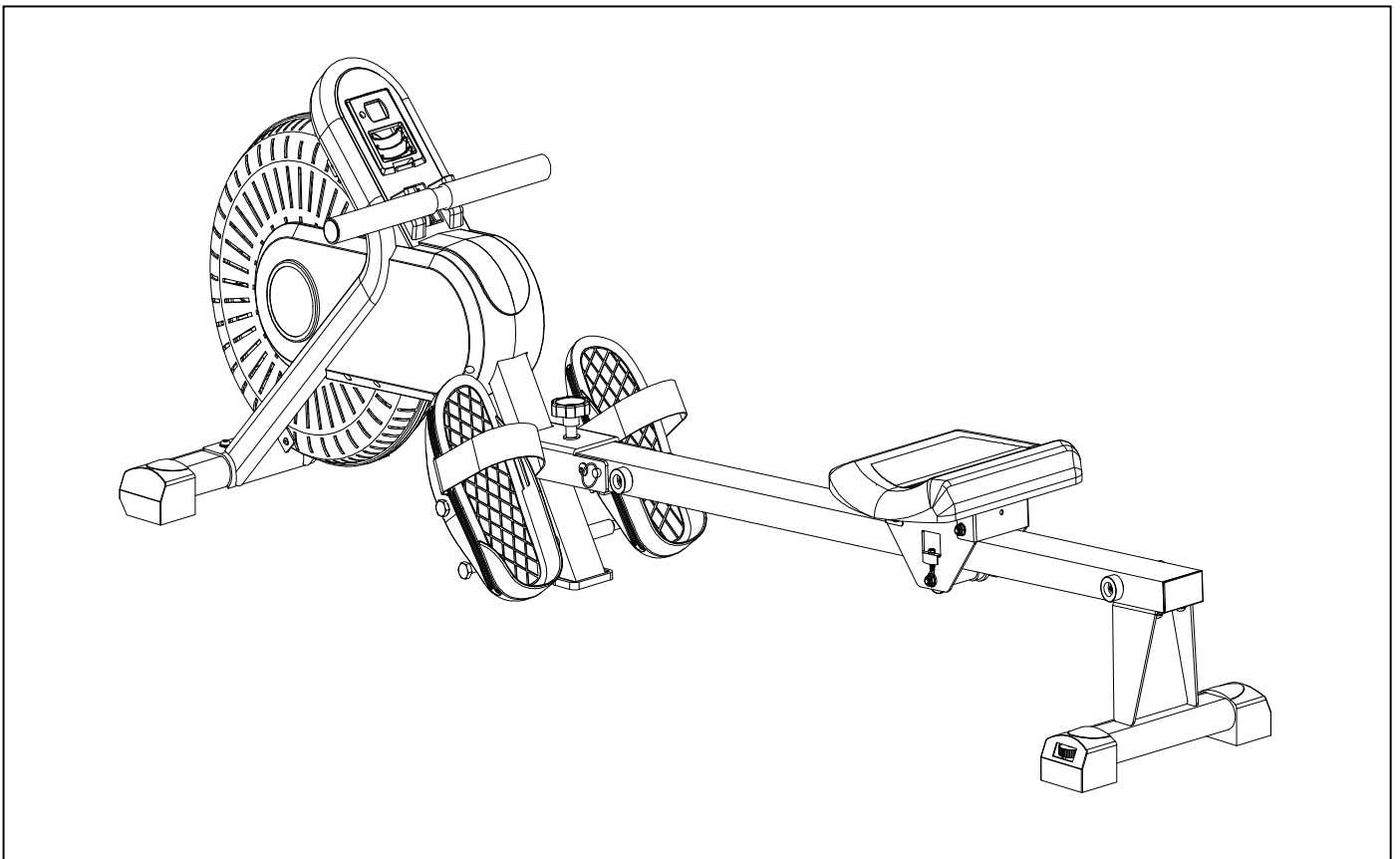




AIR RESISTANCE ROWING MACHINE

SF-RW520050

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).



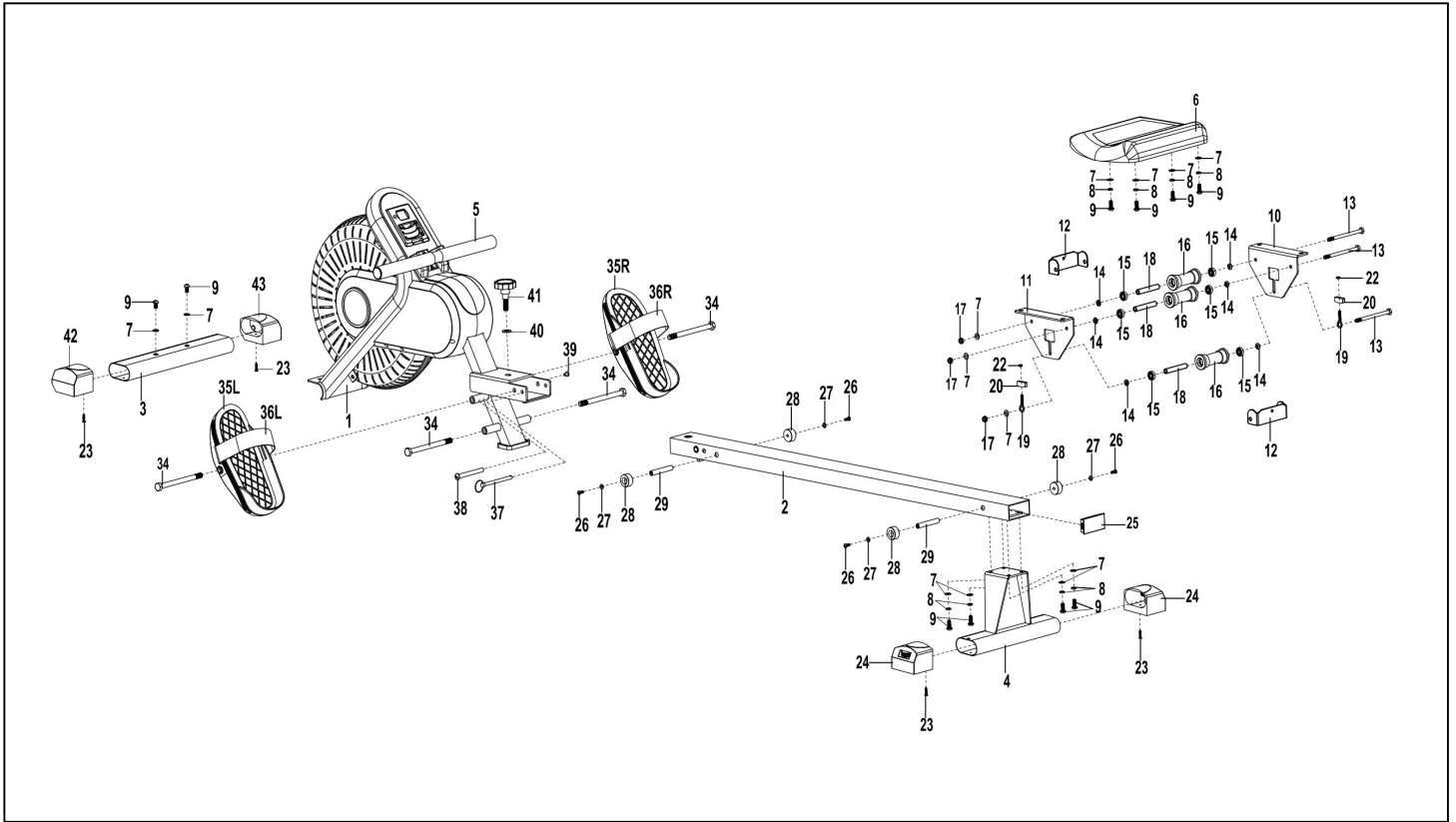
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

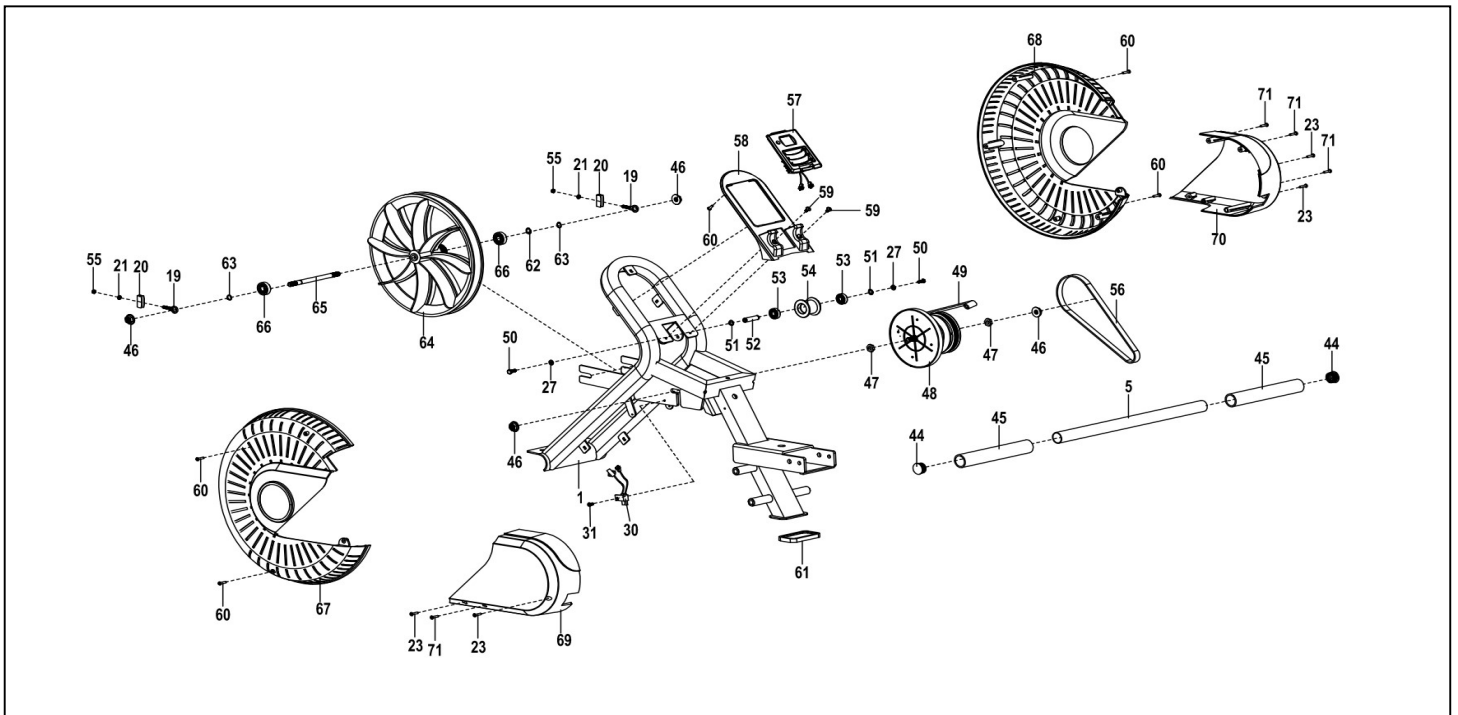
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 245 pounds (110 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.


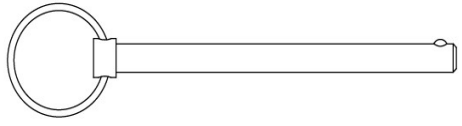

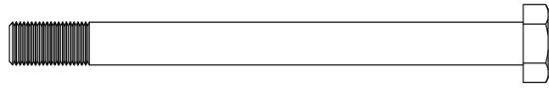

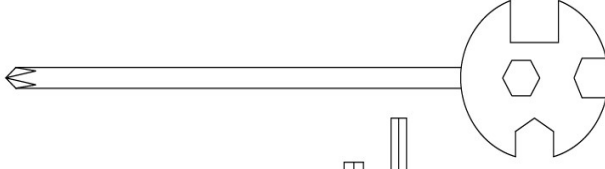

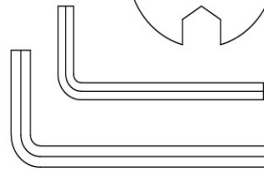

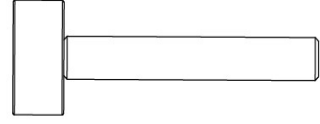

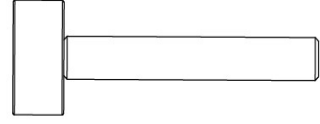

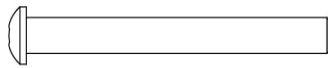
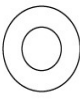
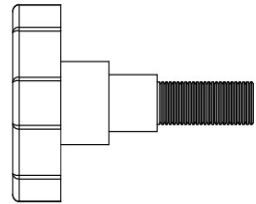
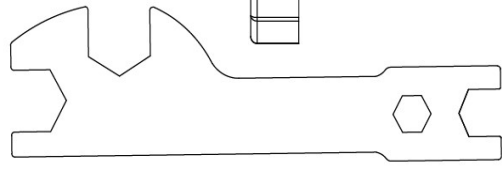
EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



HARDWARE PACKAGE

	#7 $\phi 8^* \phi 16^* 1.5$ 4PCS		#37 $\phi 8^* 106$ 1PC
	#8 $\phi 8$ 4PCS		#34 M12*155 4PCS
	#9 M8*20 4PCS		#73 S10-13-14-15 1PC
	#27 $\phi 6^* \phi 12^* 1.0$ 1PC		#74 S5 1PC
	#26 M6*15 1PC		#72 S6 1PC
	#28 $\phi 32^* 15$ 1PC		#29 $\phi 12^* 80$ 1PC
	#39 M6*15 1PC		#38 $\phi 10^* 95$ 1PC
	#40 $\phi 24^* \phi 12.5^* 2$ 1PC		#41 M12*30 1PC
			#75 S10-13-17-19 1PC

PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
5	Handlebar	Φ28*1.5	1
6	Seat		1
7	Washer	Φ8*Φ16*1.5	13
8	Spring Washer	Φ8	8
9	Bolt	M8*20	10
10	Right Seat Supporting Board		1
11	Left Seat Supporting Board		1
12	Seat Junction Bracket		2
13	Bolt	M8*125	3
14	Spacer	Φ15*Φ8*4	6
15	Bearing	608	6
16	Idler Wheel	Φ39*69	3
17	Nut	M8	3
18	Plastic Casing Pipe	Φ12*Φ9*78	3
19	Adjusting Bolt	M6*36	4
20	U Bracket	31*30*1.0	4
21	Spring Washer	Φ6	2
22	Nut	M6	2
23	Screw	ST4.2*20	8
24	End Cap		2
25	End Cap		1
26	Bolt	M6*15	4
27	Washer	Φ6*Φ12*1.0	6
28	Limit Pad	Φ32*15	4
29	Limit Shaft	Φ12*80	2
30	Sensor Wire	L=310	1
31	Screw	M5*10	1
32	-	-	-
33	-	-	-
34	Bolt	M12*155	4
35L/R	Pedal		2
36L/R	Pedal Strap		2
37	Pull Pin	Φ8*106	1
38	Bolt	Φ10*95	1

No.	Description	Spec.	Qty.
39	Bolt	M6*15	1
40	Washer	Φ24*Φ12.5*2	1
41	Adjustable Knob	M12*30	1
42	Left End Cap		1
43	Right End Cap		1
44	End Cap	Φ28*15	2
45	Handrail Foam Grip	Φ27*Φ33*210	2
46	Nut	M10*1.0*9	4
47	Nut	M10*1*B5	2
48	Belt Wheel		1
49	Mesh Belt	22*2140*1.5	1
50	Bolt	M6*55	2
51	Shaft Ring		2
52	Slide Shaft	Φ10*40	1
53	Bearing	6000	2
54	Pulley		1
55	Nut	M6	2
56	Belt		1
57	Computer		1
58	Computer Cover		1
59	Screw	M5*15	2
60	Screw	ST4.2*15	5
61	End Cap		1
62	Wave Washer	Φ18*Φ10.2*0.3	1
63	Shaft Snap Ring	Φ12*1.0	2
64	Fan Wheel		1
65	Inertial Axle	Φ12*153	1
66	Bearing	6001	2
67	Left Belt Cover		1
68	Right Belt Cover		1
69	Left Decorative Cover		1
70	Right Decorative Cover		1
71	Screw	ST4.2*25	4
72	Allen Wrench	S6	1
73	Spanner	S10, 13, 14, 15	1
74	Allen Wrench	S5	1
75	Spanner	S10, 13,17, 19	1

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

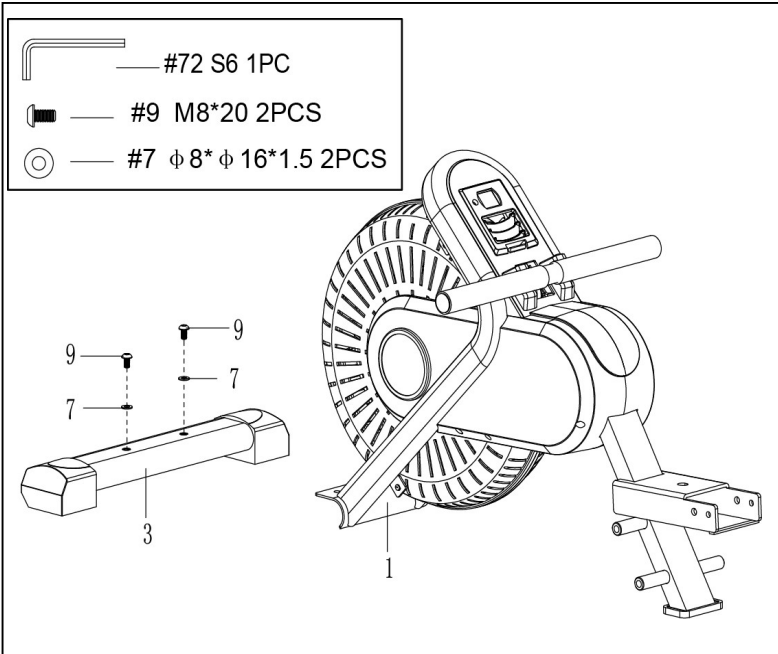
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

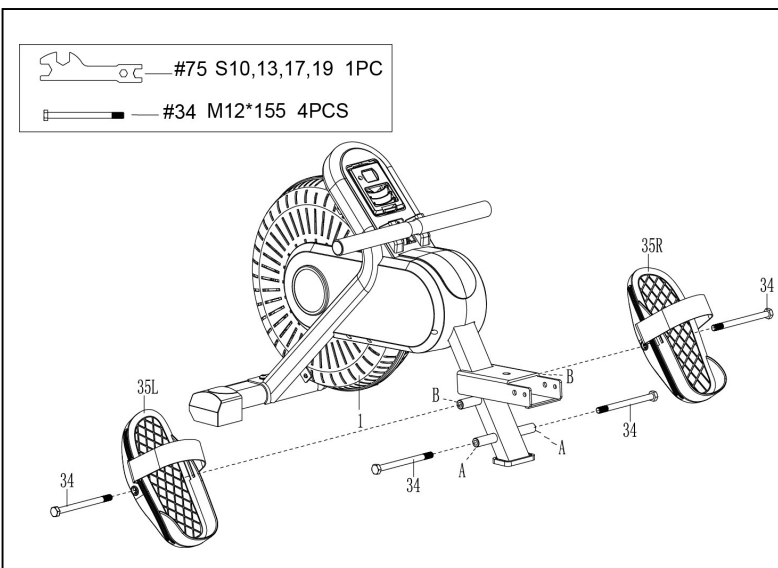
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Remove 2 **Bolts (No. 9)** and 2 **Washers (No. 7)** from the **Front Stabilizer (No. 3)** with **Allen Wrench (No. 72)**.

Attach the **Front Stabilizer (No. 3)** to the **Main Frame (No. 1)** using 2 **Bolts (No. 9)**, and 2 **Washers (No. 7)** that were removed. Tighten and secure with **Allen Wrench (No. 72)**.



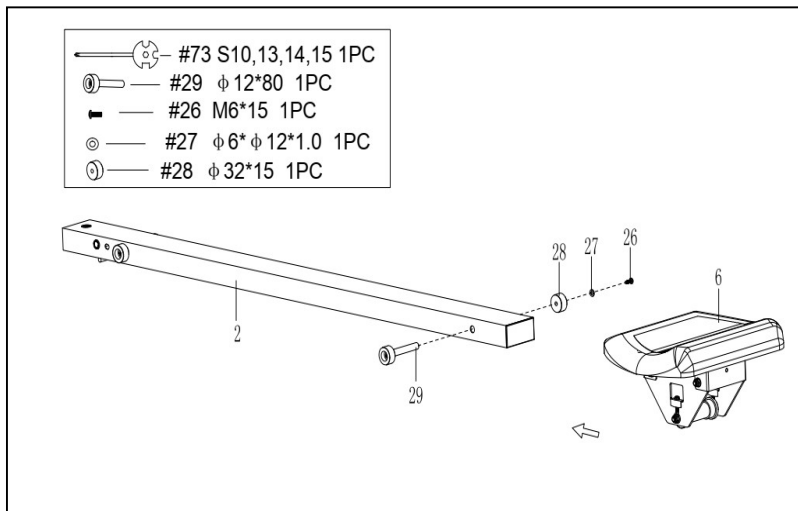
STEP 2:

Insert the 2 **Bolts (No. 34)** into the bottom hole (A) of **Main Frame (No. 1)**. Tighten with a **Spanner (No. 75)**.

Insert 2 **Bolts (No. 34)** through the **Pedals (No. 35L/R)** into the upper hole (B) of the **Main Frame (No. 1)**, and tighten with a **Spanner (No. 75)**.

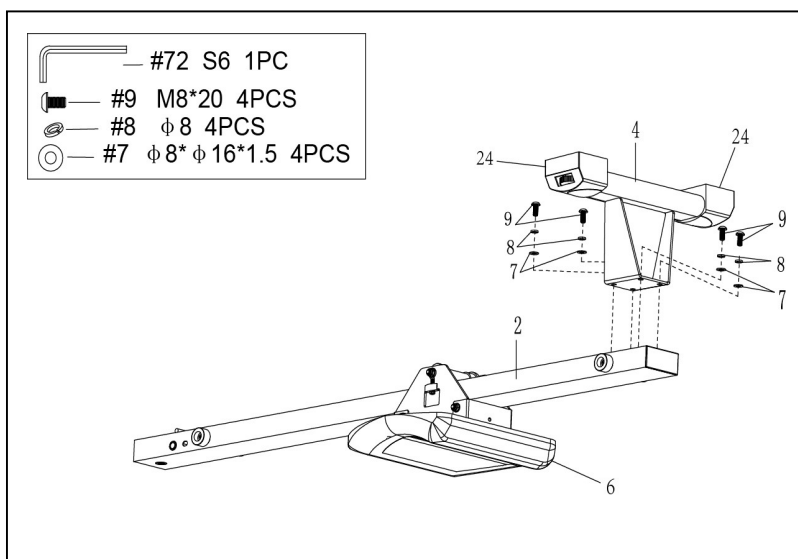
NOTE: The **Pedals (No. 35L/R)** should rest on the bottom **Bolts (No. 34)** at the bottom hole (A).

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 3:

Attach the **Seat (No. 6)** to the **Sliding Rail (No. 2)**. The **Limit Shaft (No. 29)** is pre-attached with 1 **Limit Pad (No. 28)** on the left side. Insert **Limit Shaft (No. 29)** through the hole of **Sliding Rail (No. 2)**, attach another **Limit Pad (No. 28)** to right side of **Limit Shaft (No. 29)** with 1 **Washer (No. 27)** and 1 **Bolt (No. 26)**. Tighten and secure with the **Spanner (No. 73)**.



STEP 4:

Turn over the **Sliding Rail (No. 2)** with **Seat (No. 6)**. Attach the **Rear Stabilizer (No. 4)** to the **Sliding Rail (No. 2)** using 4 **Bolts (No. 9)**, 4 **Spring Washers (No. 8)** and 4 **Washers (No. 7)**. Tighten and secure with an **Allen Wrench (No. 72)**.

Note: There is an arrow label marked on **Rear Stabilizer (No. 4)**, please attach it according to the arrow's direction.

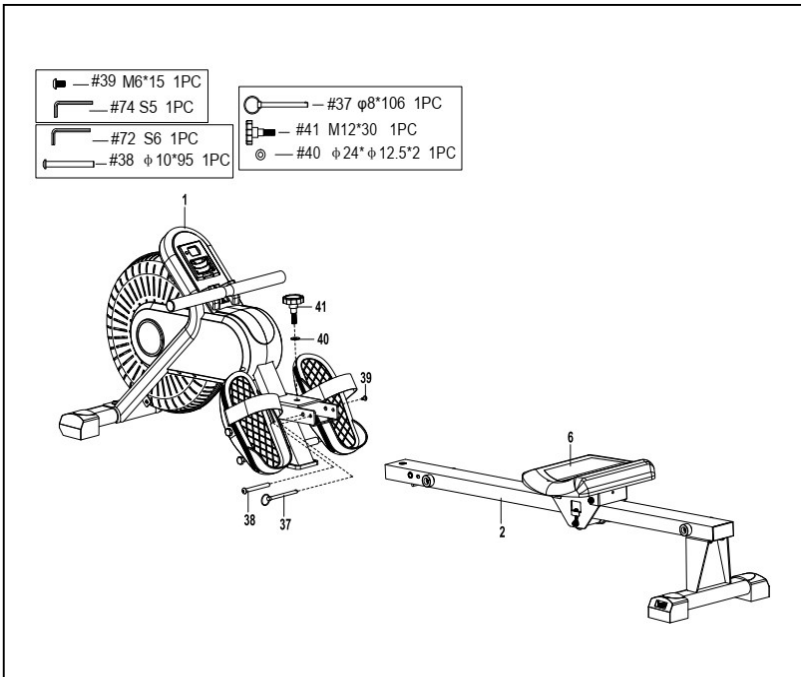
Note: To prevent tipping, rocking and swaying on uneven surface, simply turn the dials on the **End Caps (No. 24)**.

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:

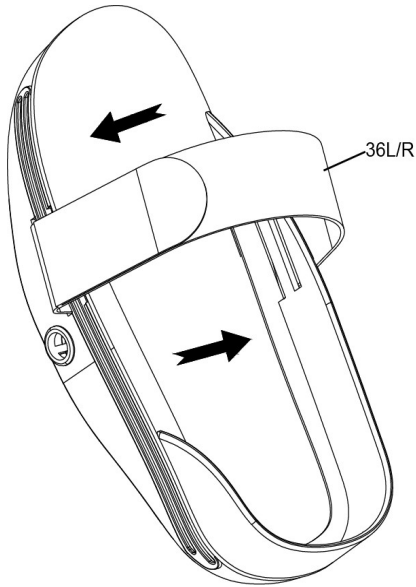
Attach the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** by inserting **Bolt (No. 38)** and **Bolt (No. 39)** into the side hole of the **Main Frame (No. 1)**. Tighten with **Allen Wrench (No. 72)** and **Allen Wrench (No. 74)**. Tighten the **Sliding Rail (No. 2)** with **Adjustable Knob (No. 41)** and **Washer (No. 40)**, then insert the **Pull Pin (No. 37)**.

The assembly is complete!



ADJUSTMENTS & USAGE GUIDE

CAUTION! Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!

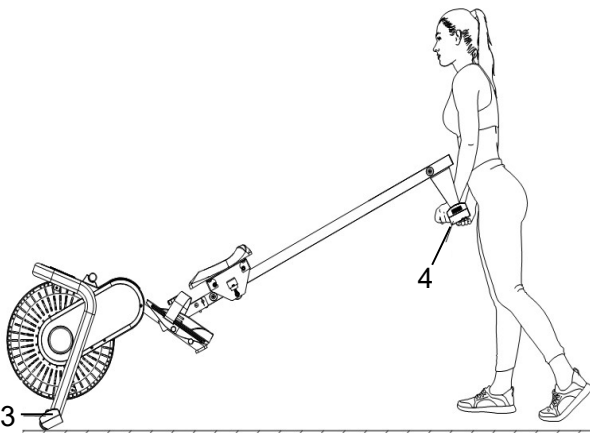


PEDAL STRAP ADJUSTMENT

The **Pedal Straps (No. 36L/R)** are adjustable and can be personalized to fit the user's foot size.

To adjust the **Pedal Straps (No. 36L/R)**, remove the velcro ends of the strap from the mesh side.

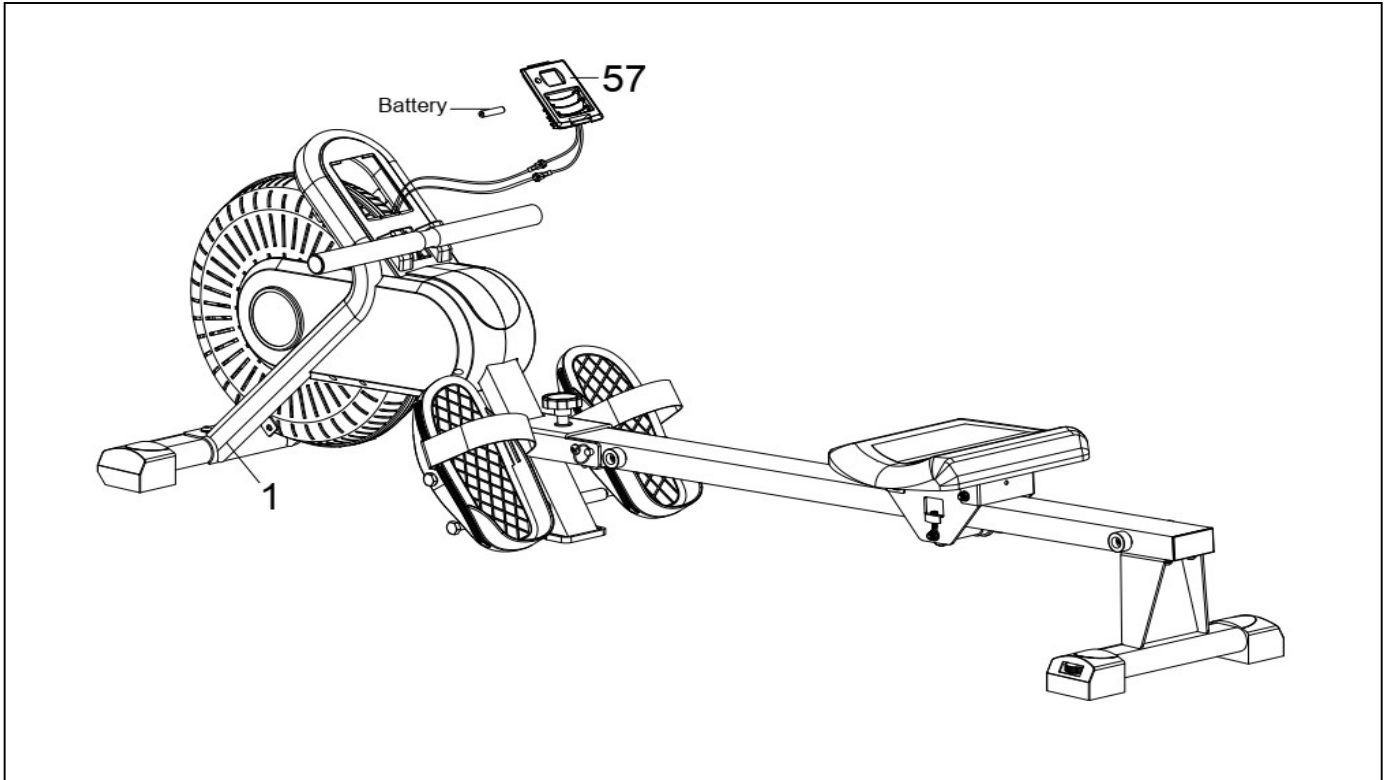
Once removed, you may adjust the **Pedal Straps (No. 36L/R)** to fit the user's foot size then securing the velcro end of **Pedal Straps (No. 36L/R)** back with mesh side.



MOVING THE ROWER

To move the rower, lift up the **Rear Stabilizer (No. 4)** until the transportation wheels on the **Front Stabilizer (No. 3)** touches the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

The **Computer (No. 57)** uses 1 AAA battery. Remove the **Computer (No. 57)** from the **Main Frame (No. 1)**. Then put 1 battery into battery compartment. Make sure the (+) and (-) poles of the battery is in the correct position. Finally put the **Computer (No. 57)** back into the **Main Frame (No. 1)**.

The installation is complete!

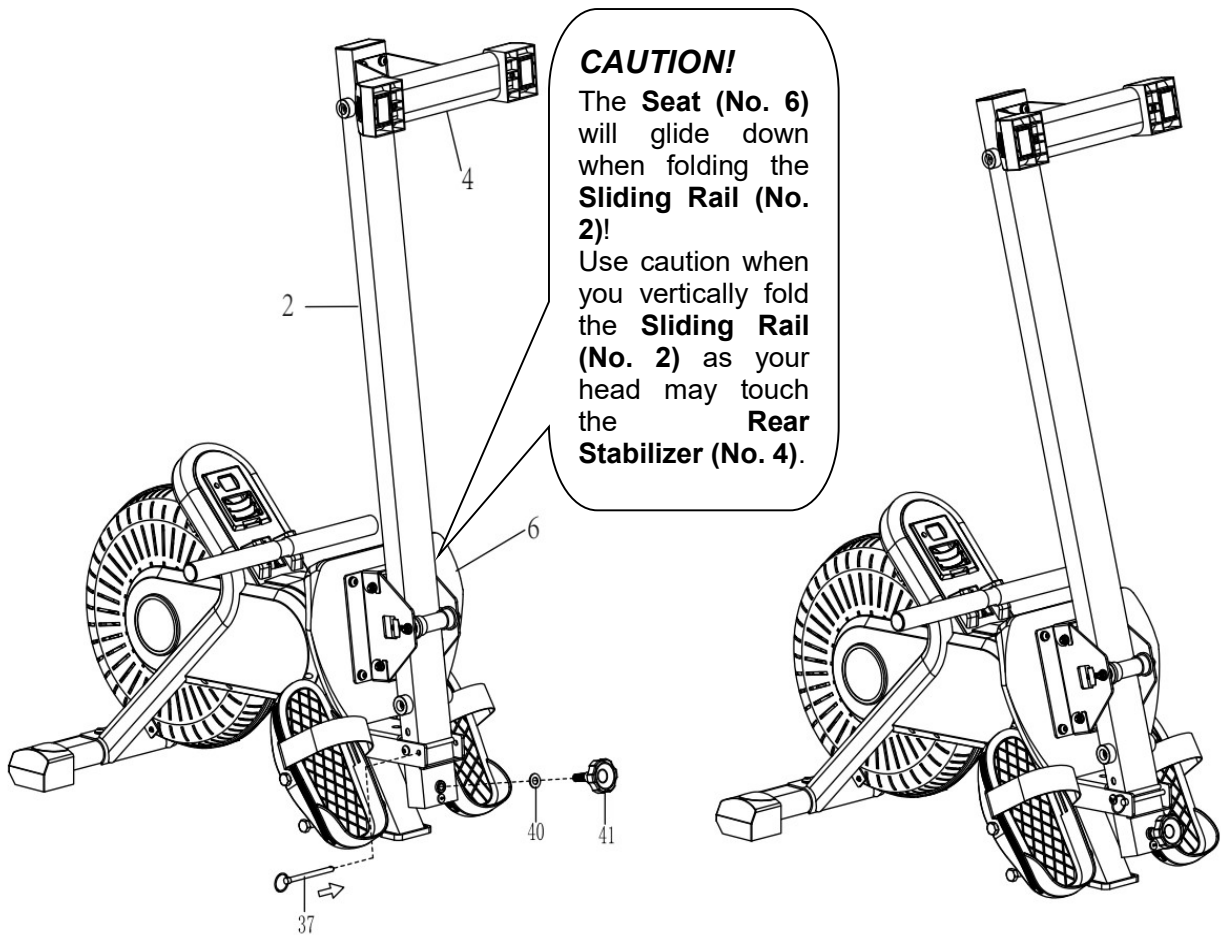
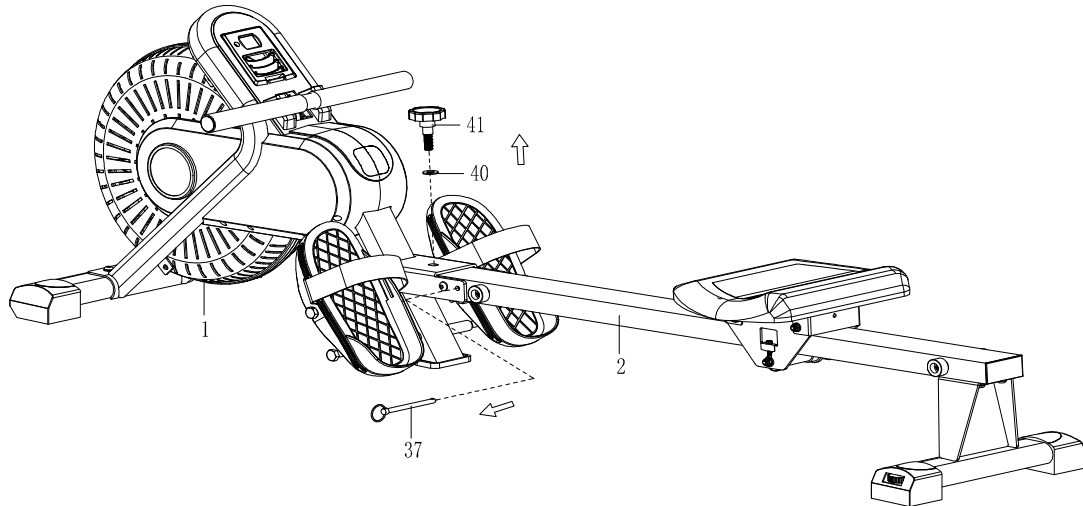
BATTERY REPLACEMENT:

If there is a problem with the display, try changing the battery first. Remove the **Computer (No. 57)** from the **Main Frame (No. 1)**. Then remove the old battery, and replace with new battery. Make sure the (+) and (-) poles of the battery is in the correct position. Finally put the **Computer (No. 57)** back into the **Main Frame (No. 1)**.

The replacement is complete!

NOTE: Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

FOLDING GUIDE



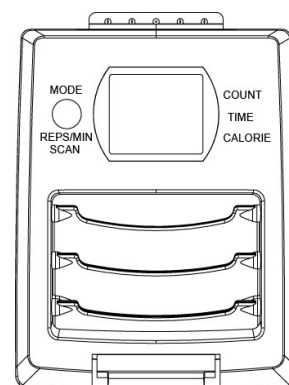
When not in use, you can save space by folding the **Sliding Rail (No. 2)**.

Remove the **Adjustable Knob (No. 41)** and **Washer (No. 40)** from **Main Frame (No. 1)**. Pull out the **Pull Pin (No. 37)**. Lift slightly the **Sliding Rail (No. 2)** where it joins the **Main Frame (No. 1)**, and fold the **Sliding Rail (No. 2)** to vertical angle. Then insert the **Pull Pin (No. 37)** back to **Main Frame (No. 1)**, and fix the **Adjustable Knob (No. 41)** and **Washer (No. 40)** to **Sliding Rail (No. 2)**.

EXERCISE COMPUTER

SPECIFICATIONS:

TIME-----00:00 - 99:59 MIN: SEC
COUNT-----0 - 9999 COUNT
CALORIE-----0 - 999.9 KCAL
REPS/MIN-----0-999 COUNTS/MIN



KEY FUNCTION:

MODE/SELECT:

Press to select the function. Press and hold for 4 seconds to reset all function.

OPERATION PROCEDURES:

AUTO ON/OFF:

The computer will turn off if there is no signal for 4 minutes. The computer will turn on when start exercise or when the button is pressed.

FUNCTION:

TIME: Counts the rowing time during current workout.

COUNT: Counts the rowing strokes from current workout.

CALORIE: Counts the total calories burned from current workout.

REPS/MIN: Displays current rowing strokes per minute.

SCAN: When in SCAN, the computer will rotate through the following functions in the following order: time, count, calorie, and reps/min.

REPLACE THE BATTERY:

The computer uses one AAA battery. If the display appears incorrectly or become difficult to read, please install new battery. Dispose old battery according to your regional guidelines.

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