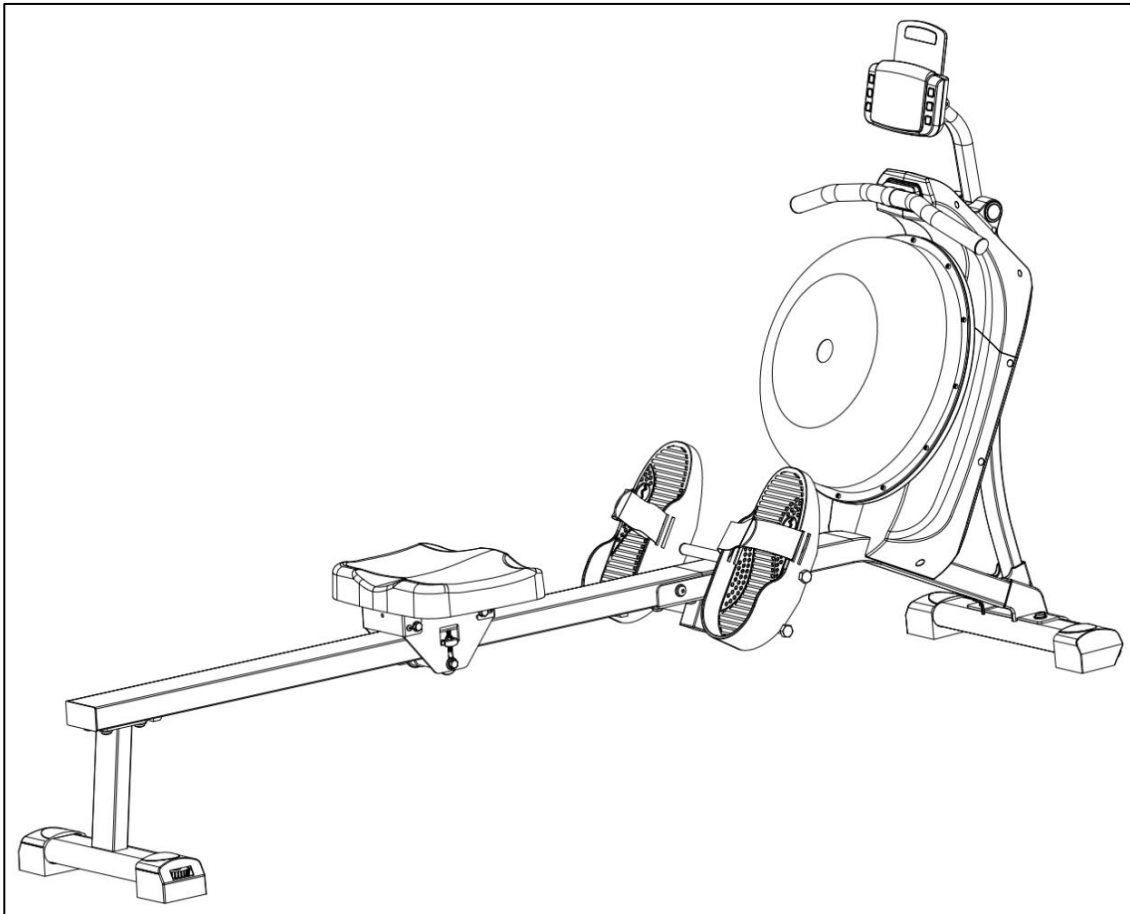




HYDRO + DUAL RESISTANCE SMART MAGNETIC WATER ROWING MACHINE, BLACK

SF-RW522017BLK
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

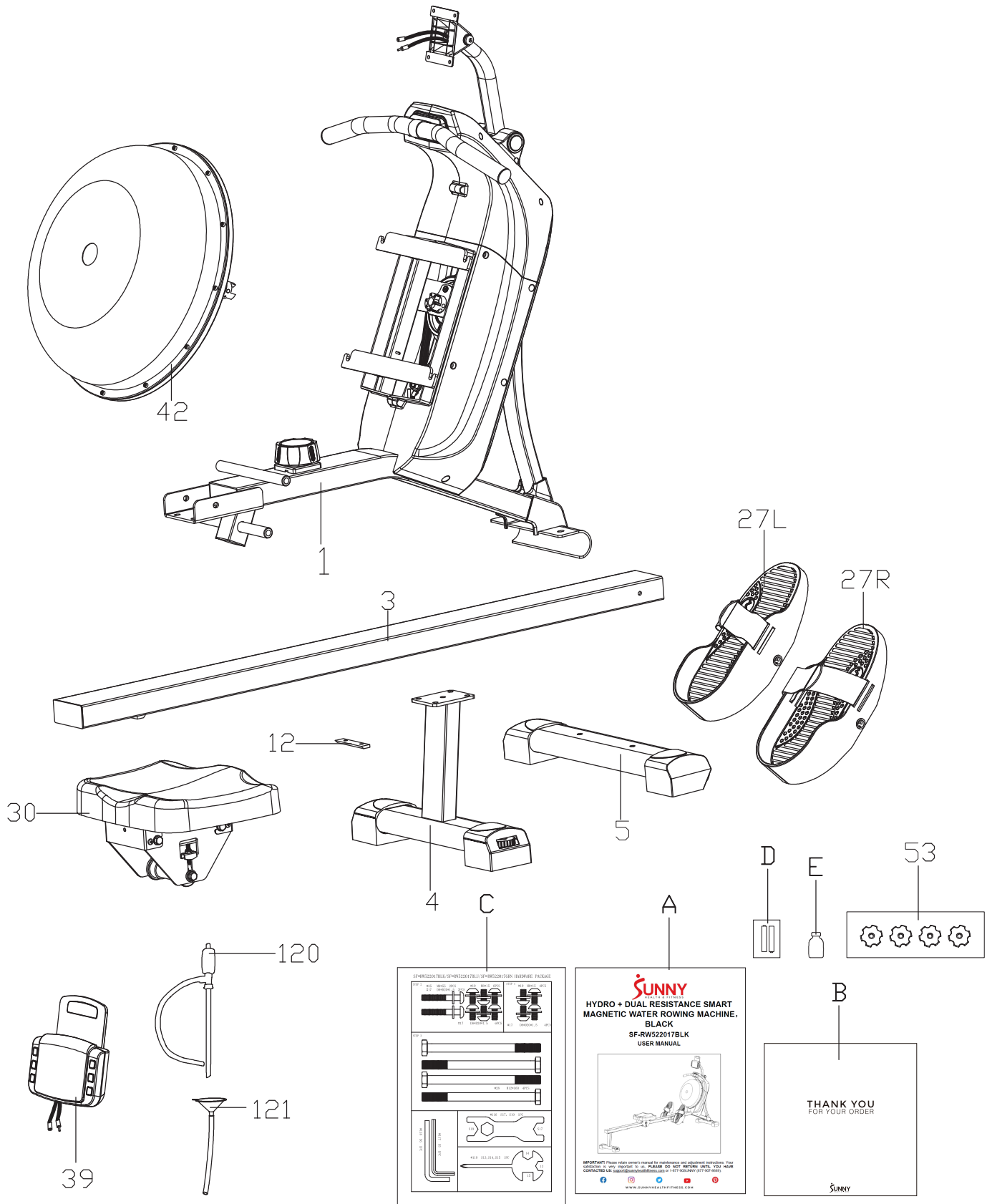
IMPORTANT SAFETY INFORMATION

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, maintain 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 is 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
3	Slide Rail		1
4	Rear Support Tube		1
5	Front Stabilizer		1
12	Limit Cushion		1
27L/R	Pedal		1pr.
30	Seat		1
39	Meter		1
42	Upper Tank Cover		1

No.	Description	Spec.	Qty.
120	Pumping Siphon		1
121	Funnel		1
A	Manual		1
B	Thank You Card		1
C	Hardware Package		1
D	Battery		2
E	Water Purification Tablet		1
53	Knob		4

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

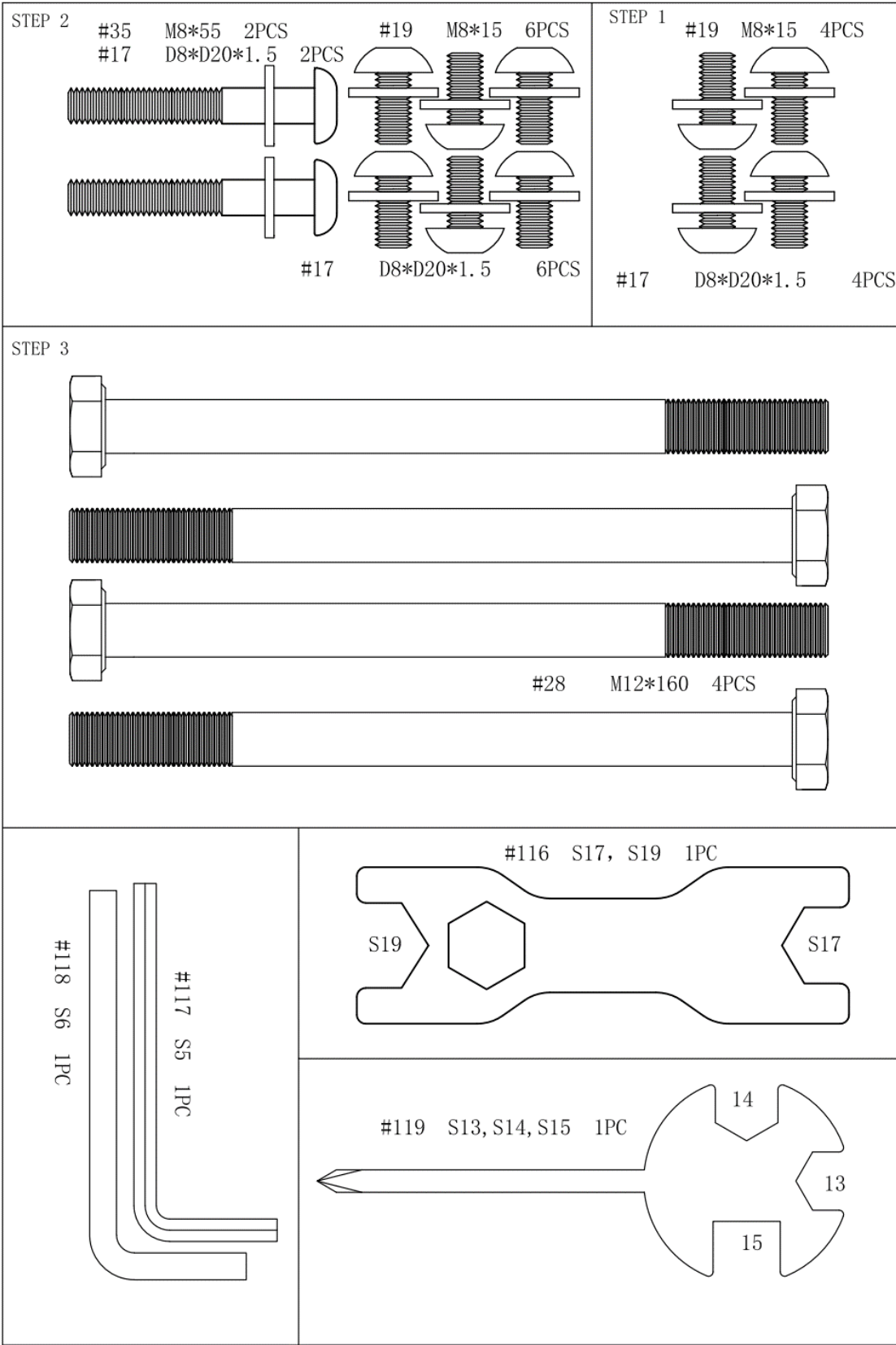
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

HARDWARE PACKAGE

SF-RW522017BLK/SF-RW522017BLU/SF-RW522017GRN HARDWARE PACKAGE



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:

You may cut the **Packing Belt (No. F)**.

Remove 1 **Limit Cushion (No. 12)** and 2 **Screws (No. 13)** from the **Slide Rail (No. 3)** using **Spanner (No. 119)**.

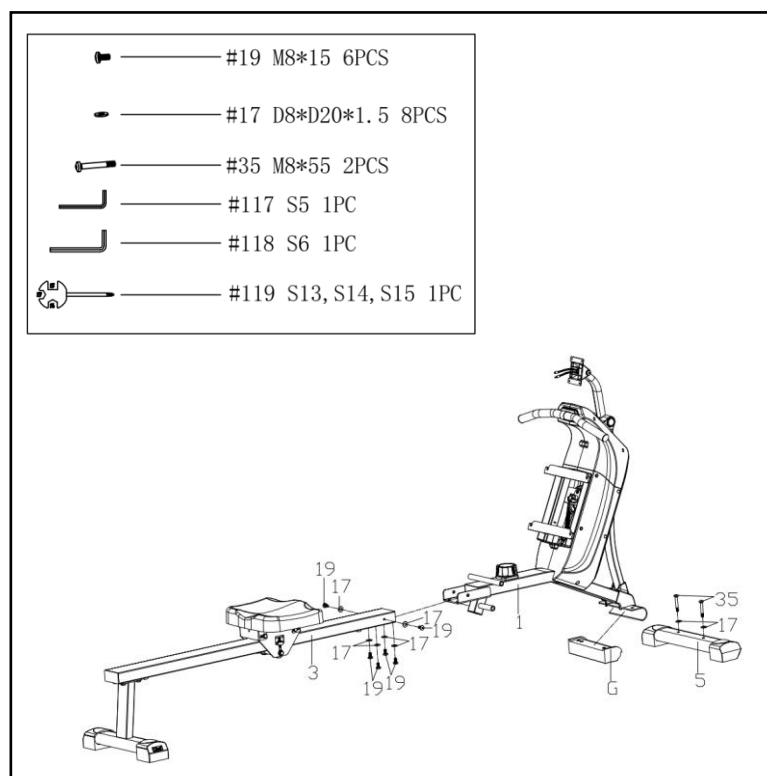
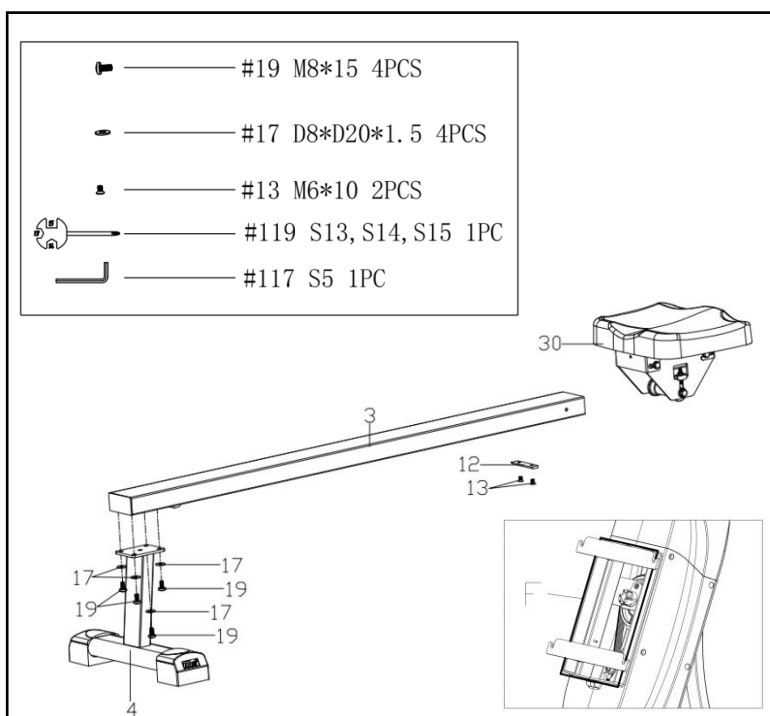
Slide the **Seat (No. 30)** to the **Slide Rail (No. 3)**, make sure **Seat (No. 30)** through the position of **Limit Cushion (No. 12)**. Then attach the **Limit Cushion (No. 12)** to the **Slide Rail (No. 3)** with 2 **Screws (No. 13)** that were just removed using **Spanner (No. 119)**.

Attach the **Rear Support Tube (No. 4)** to the **Slide Rail (No. 3)** with 4 **Screws (No. 19)** and 4 **Flat Washers (No. 17)** using **Allen Wrench (No. 117)**.

STEP 2:

Remove the **Plastic Block (No. G)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 118)**. Attach the **Front Stabilizer (No. 5)** to the **Main Frame (No. 1)** with 2 **Bolts (No. 35)** and 2 **Flat Washers (No. 17)** using **Allen Wrench (No. 118)**.

Attach the **Slide Rail (No. 3)** to the **Main Frame (No. 1)** with 6 **Screws (No. 19)** and 6 **Flat Washers (No. 17)** using **Allen Wrench (No. 117)**.



Insert the 2 **Hex Bolts (No. 28)** into the bottom hole in position B of **Main Frame (No. 1)**. Tighten with **Wrench (No. 116)**.

NOTE: The 2 Pedals (No. 27L/R) should rest on Hex Bolts (No. 28) that are in position B.

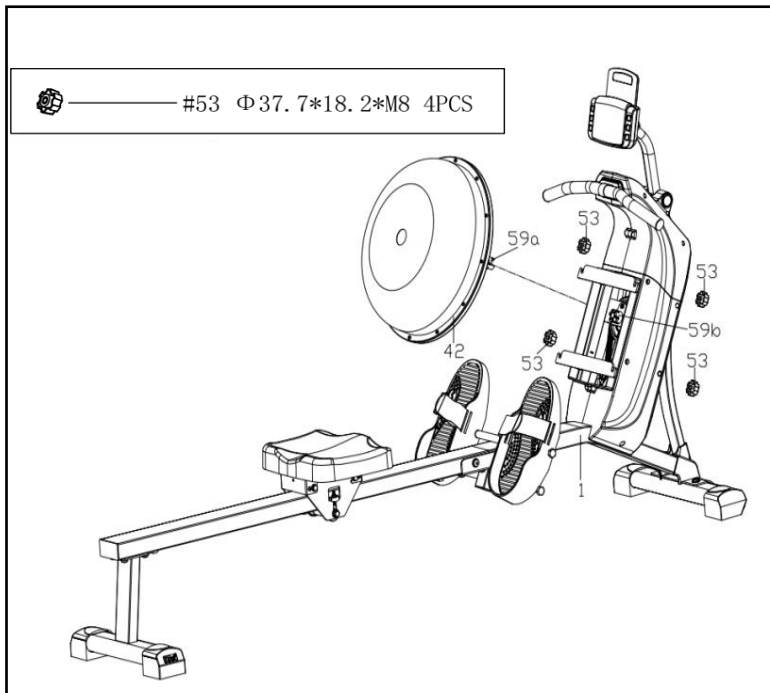
Remove 6 **Screws (No. 41)** from the back of **Meter (No. 39)** using **Spanner (No. 119)**.

Insert the **Tablet Holder (No. 122)** to the **Meter (No. 39)** and lock with 2 **Screws (No. 41)** that were just removed using **Spanner (No. 119)**.

Connect the **Sensor Wire A (No. 40a)** with **Meter Wire B (No. 39b)**, and connect the **Sensor Wire B (No. 40b)** with **Meter Wire A (No. 39a)**. Then attach the **Meter (No. 39)** to the **Meter Plate (No. 7)** with 4 **Screws (No. 41)** that were just removed by using **Spanner (No. 119)**.

NOTE: Put all wires to the **Meter Support Tube (No. 2)** before attaching the **Meter (No. 39)** to **Meter Plate (No. 7)**.

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 4:

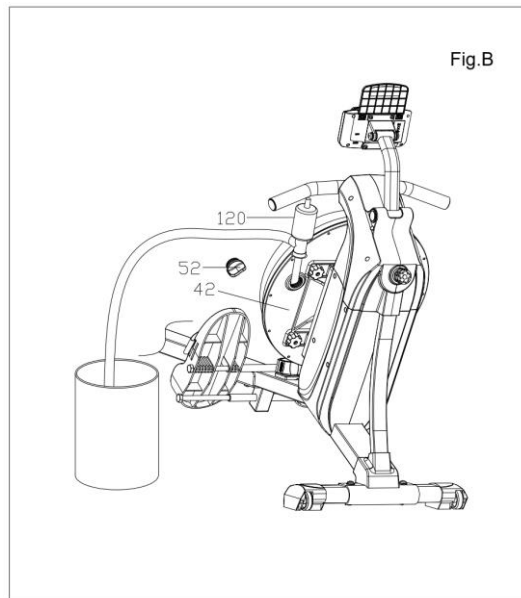
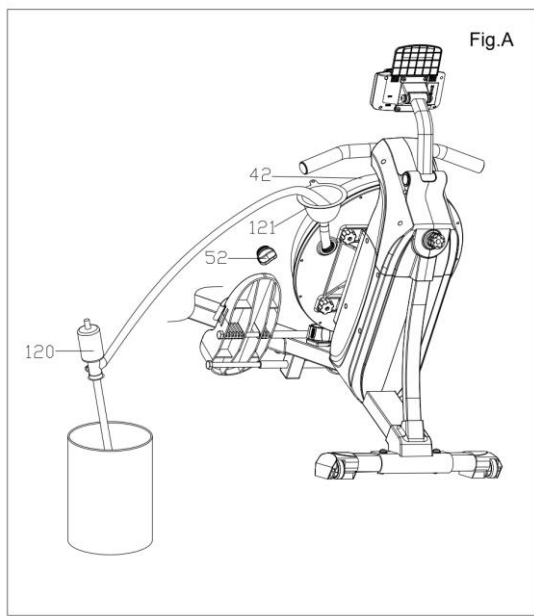
Attach the **Coupler 1 (No. 59a)** on the **Upper Tank Cover (No. 42)** to the **Coupler 1 (No. 59b)** on the **Main Frame (No. 1)**.

Attach 4 **Knobs (No. 53)** to lock the **Upper Tank Cover (No. 42)** to the **Main Frame (No. 1)**.

The assembly is complete!

HOW TO FILL AND EMPTY THE TANK

1. Remove the **Plug (No. 52)** from the **Upper Tank Cover (No. 42)**.
2. To fill the tank with water, refer to Fig. A. Insert the **Funnel (No. 121)** into the tank, then use a cup or a bucket and **Pumping Siphon (No. 120)** to fill the tank. Use the water level gauge on the front of the tank to measure water level in the tank.
3. To empty the tank, refer to Fig. B. Place a bucket next to the rower and use the **Pumping Siphon (No. 120)** to pump out the water from the tank into the bucket.
4. Insert the **Plug (No. 52)** back into the **Upper Tank Cover (No. 42)**. Wipe off excess water around the area.

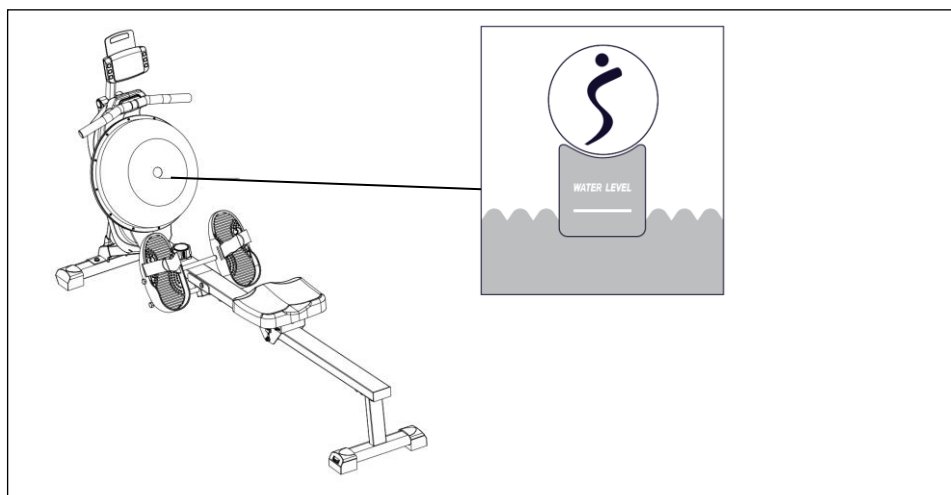


NOTE:

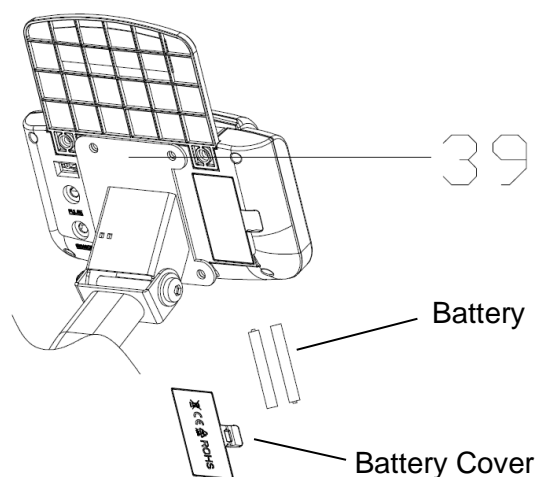
- Fill the tank only with tap water. Add 1 water purification tablet (1 packet is included). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
- Do not consume the tank water. Dispose the water after pumping it out from the tank.

WATER LEVEL

- The water level gauge is on the front of the tank. Please fill the water until it reaches the limit (white line). The water level should not be higher or lower than this limit. Never fill over this limit. Filling the tank over the limit will void the warranty.



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AA batteries from meter box.
2. Press the buckle of battery cover on the back of the **Meter (No. 39)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 39)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 39)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Meter (No. 39)**, then remove 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 **Meter (No. 39)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 39)**.

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.

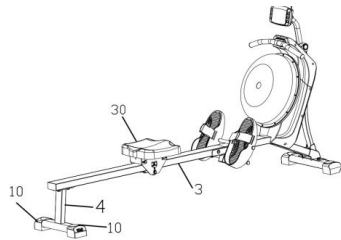
ADJUSTMENTS GUIDE

ADJUSTING THE BALANCE

Adjust the **Adjustable Rear End Caps (No. 10)** on the **Rear Support Tube (No. 4)** of the rower if the rower is unbalanced during use.

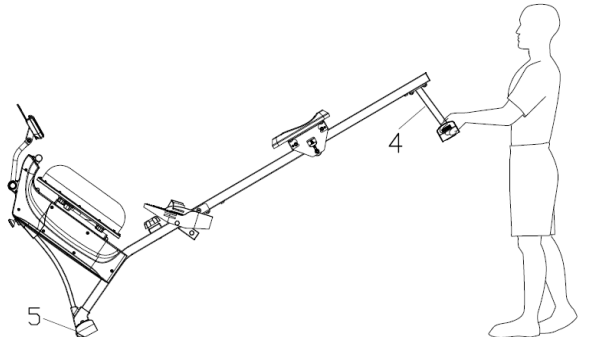
CAUTION!

Moving parts, such as the **Seat (No. 30)**, can crush and cut. Keep hands clear of the **Slide Rail (No. 3)** during use!



MOVING THE ROWER

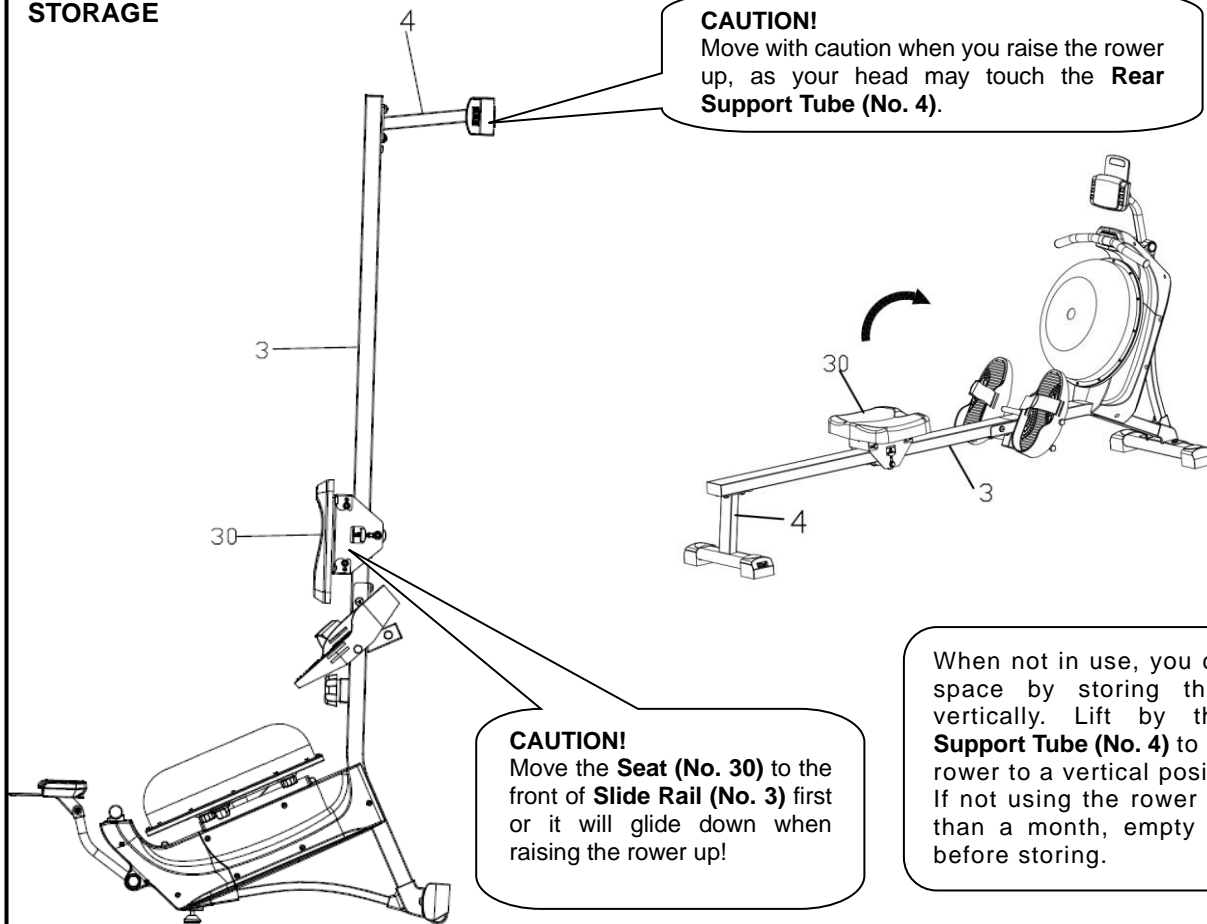
To move the rower, lift up the **Rear Support Tube (No. 4)** until the transportation wheels on the **Front Stabilizer (No. 5)** touch the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.



STORAGE

CAUTION!

Move with caution when you raise the rower up, as your head may touch the **Rear Support Tube (No. 4)**.



CAUTION!

Move the **Seat (No. 30)** to the front of **Slide Rail (No. 3)** first or it will glide down when raising the rower up!

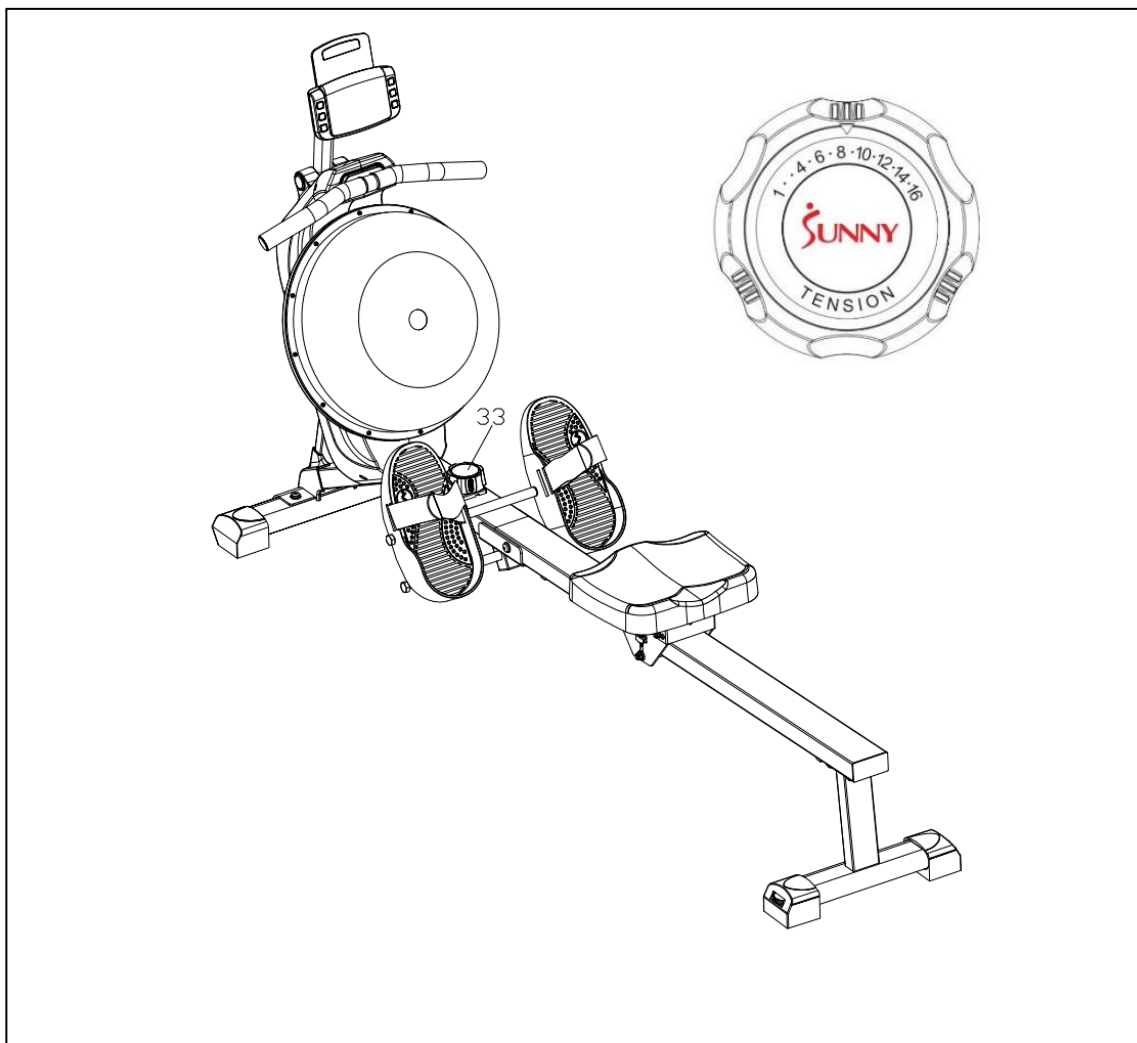
When not in use, you can save space by storing the rower vertically. Lift by the **Rear Support Tube (No. 4)** to raise the rower to a vertical position. If not using the rower for more than a month, empty the tank before storing.



PEDAL ADJUSTMENT

The pedal strap is adjustable and can be personalized to fit the user's foot size.

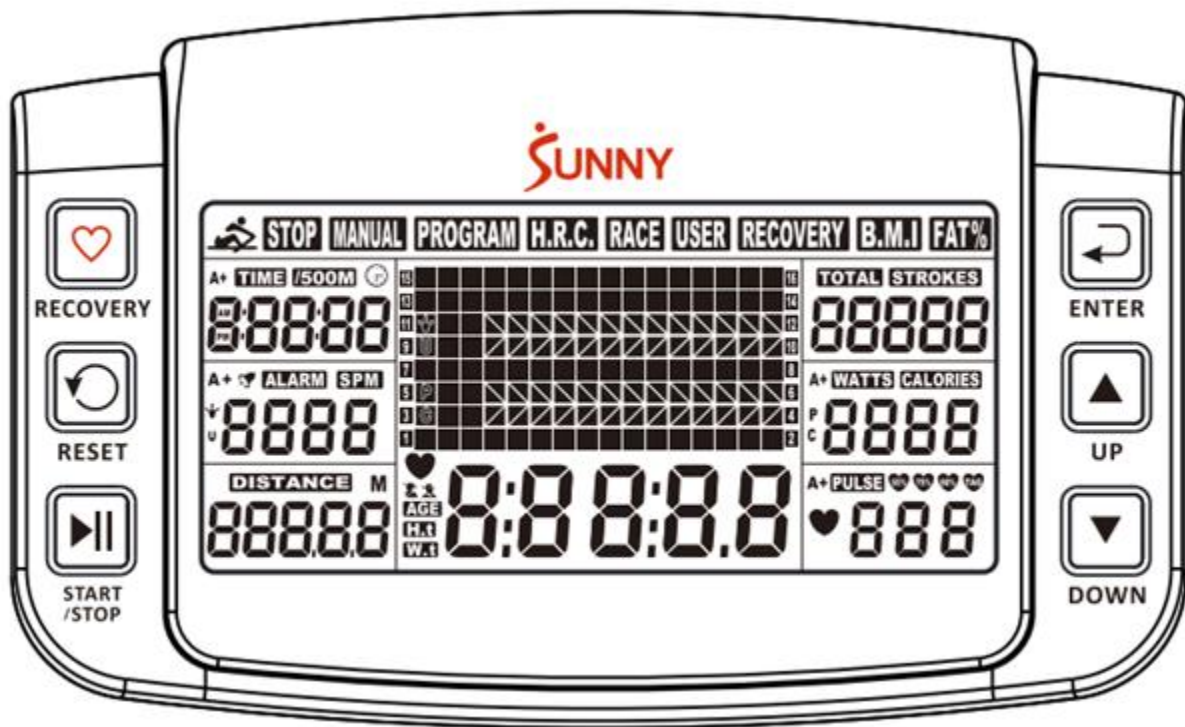
ADJUSTING THE RESISTANCE



Rotate the **Tension Control (No. 33)** *clockwise* to increase the level of resistance. Rotate the **Tension Control (No. 33)** *counter-clockwise* to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 16 being the highest.

EXERCISE METER



Our computerized exercise meter on the Sunny Water Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display the TIME, TIME /500M, SPM, DISTANCE, STROKES, TOTAL STROKES, CALORIES, WATT, and PULSE.

BUTTONS

UP ▲/DOWN ▼

Press these two buttons to scroll through the available selection.
To adjust the function values upward and downward.

ENTER:

To confirm your selection.

During training, press this button to scan each display function.

START /STOP:

To start and stop your selected workout program.

RESET:

To return the meter back to the main menu.

Press and hold for 3 seconds to reset values.

RECOVERY:

To activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after workout.

FUNCTIONS

TIME: Set target time (1 min ~ 99 min) by pressing UP and DOWN buttons, in 1 minute increment.

TIME/500M: Your average 500M time is automatically displayed.

SPM: Strokes per minute.

DISTANCE: Preset target distance (100 ~ 99900 meters) by pressing UP and DOWN buttons, in 100 meters increments.

STROKES: Set target stroke (10 ~ 9990 strokes) by pressing UP and DOWN buttons, in 10 strokes increments.

TOTAL STROKES: Accumulates total strokes from 0 to 9999.

CALORIES: Set target calories (10 ~ 9990 Cal) by pressing UP or DOWN buttons, in 10 Cal increments.

WATT: Display the user's exercise power.

PULSE: Displays heart rate.

In Manual Mode, set target pulse by pressing UP and DOWN buttons (30 ~ 240 BPM), in 1 BPM increment. HRC will display at the top of the meter. The meter will display your heart rate during training. When it reaches the target value, PULSE will flash, and the meter will beep until it is changed to another mode or you remove the chest strap. Pulse measurement function only works with 5.3 KHz chest strap heart rate monitors.

NOTE: Chest Strap Heart Rate Monitor is not included.

OPERATION

1. Install 2 PCS AA batteries (included) and meter will beep for 2 seconds (Fig. 1). Then, the meter enters into the picture of the SPORT.(Fig. 2).

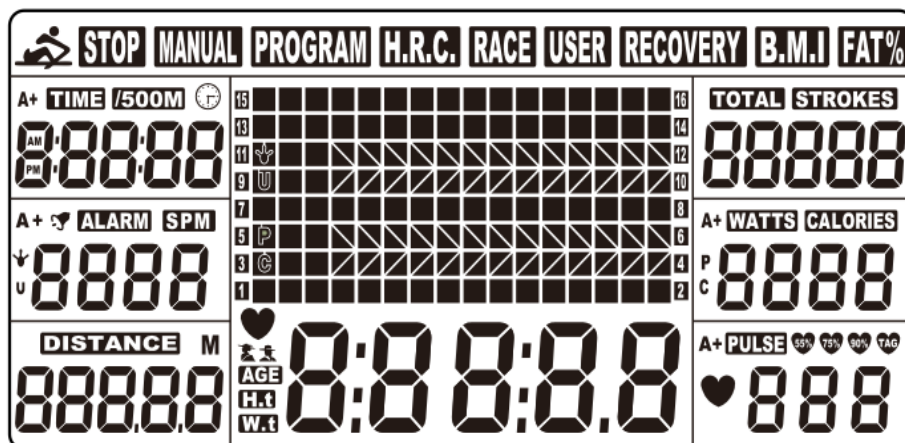


Fig. 1

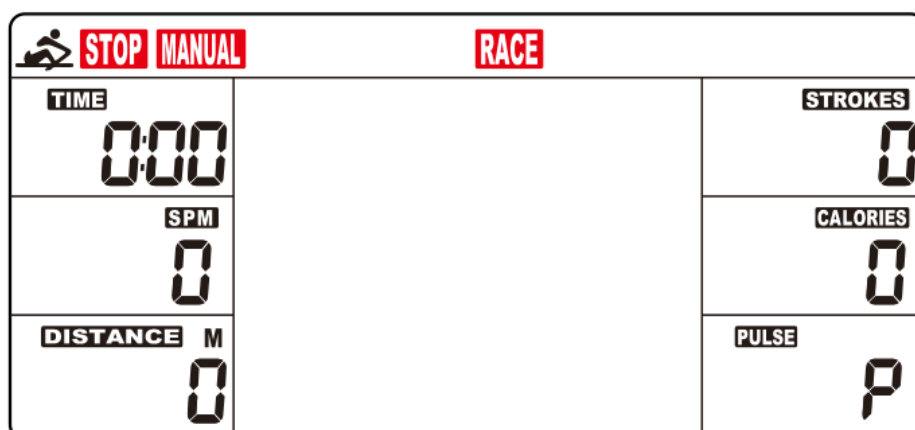


Fig. 2

2. When you enter the SPORT screen, MANUAL and RACE will flash. Press UP or DOWN to select MANUAL or RACE. Press ENTER to confirm your selection.

(1) MANUAL (Fig. 3):

- A. Enter into the MANUAL mode, press UP to set the flickering figure of the TIME .Press ENTER to confirm it. Then, you can press UP to set DISTANCE→STROKES→CALORIES→PULSE→TIME immediately. (If you have set the target value for TIME then DISTANCE can't be set, vice versa.)
- B. Press START button to start, the STOP icon will disappear. Press ENTER to select functions.
- C. When the function you have selected count backwards to ZERO or you have pressed the STOP button, the meter will STOP and display the average figure. (If the target heart rate value is set, when the user's heart rate value is higher than the target heart rate value, the meter will give an alarm and the heart rate value will flash.)

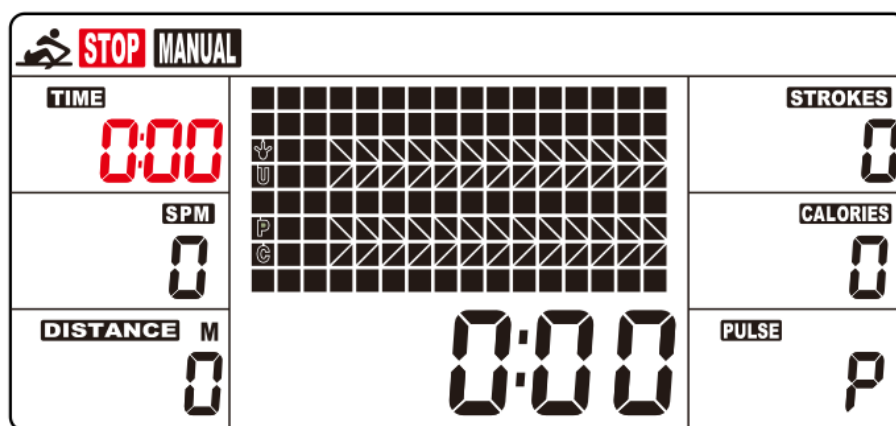


Fig. 3

(2) RACE (Fig. 4):

- A. Select RACE mode and L9 will flash. The TIME/500M will display 4:00. Then, press UP or DOWN button to select L1 ~ L15. Press ENTER to confirm. Then, you can set the distance of the race (500 ~ 10000M) while the value of DISTANCE is blinking. Press ENTER button, and the picture of the race will display on the screen.

The TIME/500M of the programs are as follows:

L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

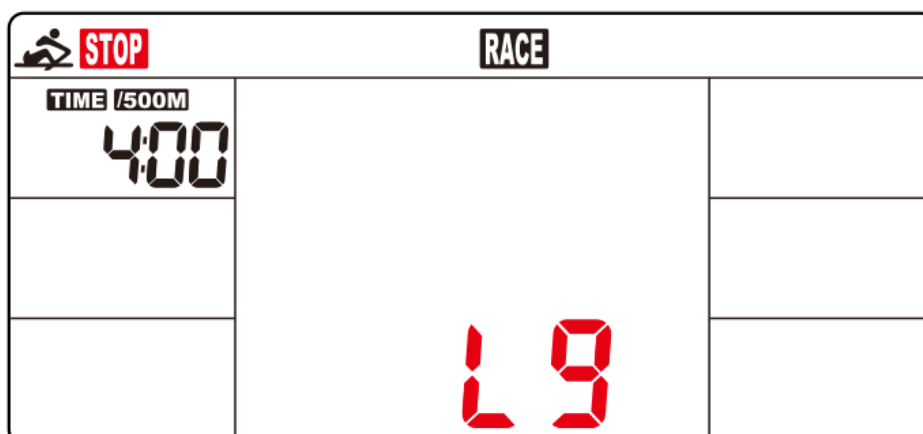


Fig. 4

B. Press START button to start and STOP will disappear. The USER & PC will display in the matrix. (Fig. 5). The meter will stop when one has reached the distance of race which has been set before, then the matrix displays “PC WIN” or “USER WIN” (Fig. 6) .

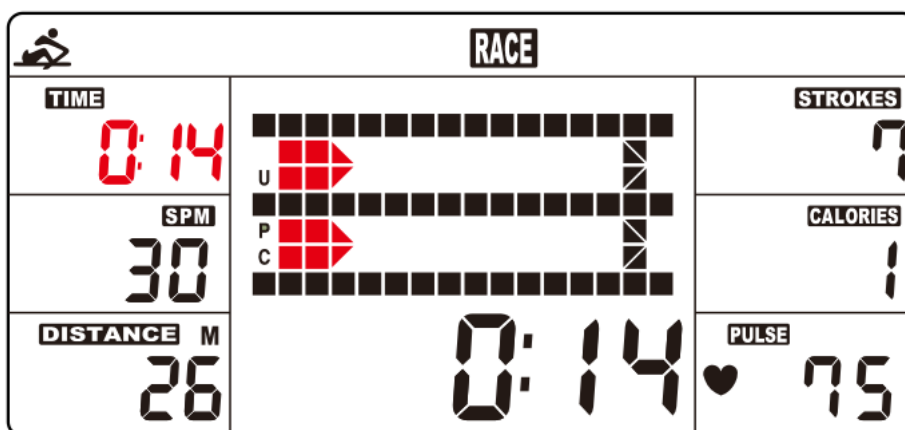


Fig. 5

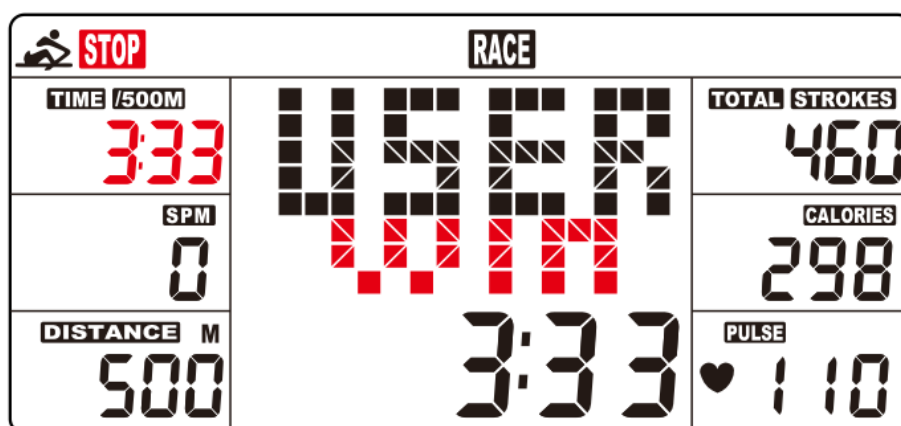


Fig. 6

(3) RECOVERY:

This meter works with a 5.3 KHz chest strap heart rate monitor (not included). After exercising for a period of time, keep wearing the chest strap monitor and press RECOVERY button. All function displays will stop except “TIME” starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1, F2....to F6. F1 is outstanding. F6 is poor. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

(4) H.R.C:

Enter into the MANUAL mode and press “ENTER” button until the figure of the PULSE is blinking . Press “UP” and “DOWN” button to set exercise pulse. The setting values of 30-240 BPM.

The meter alarm and the figure of the PULSE is blinking when heart rate is above the SET value.

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


BATTERY

This meter uses 2 AA batteries, which are included. Changing the batteries will reset all values. If there is a problem with the display, try to change the batteries first. When changing the batteries, change both. Do not mix battery types. Do not mix old and new batteries. Dispose old batteries according to your regional guidelines.

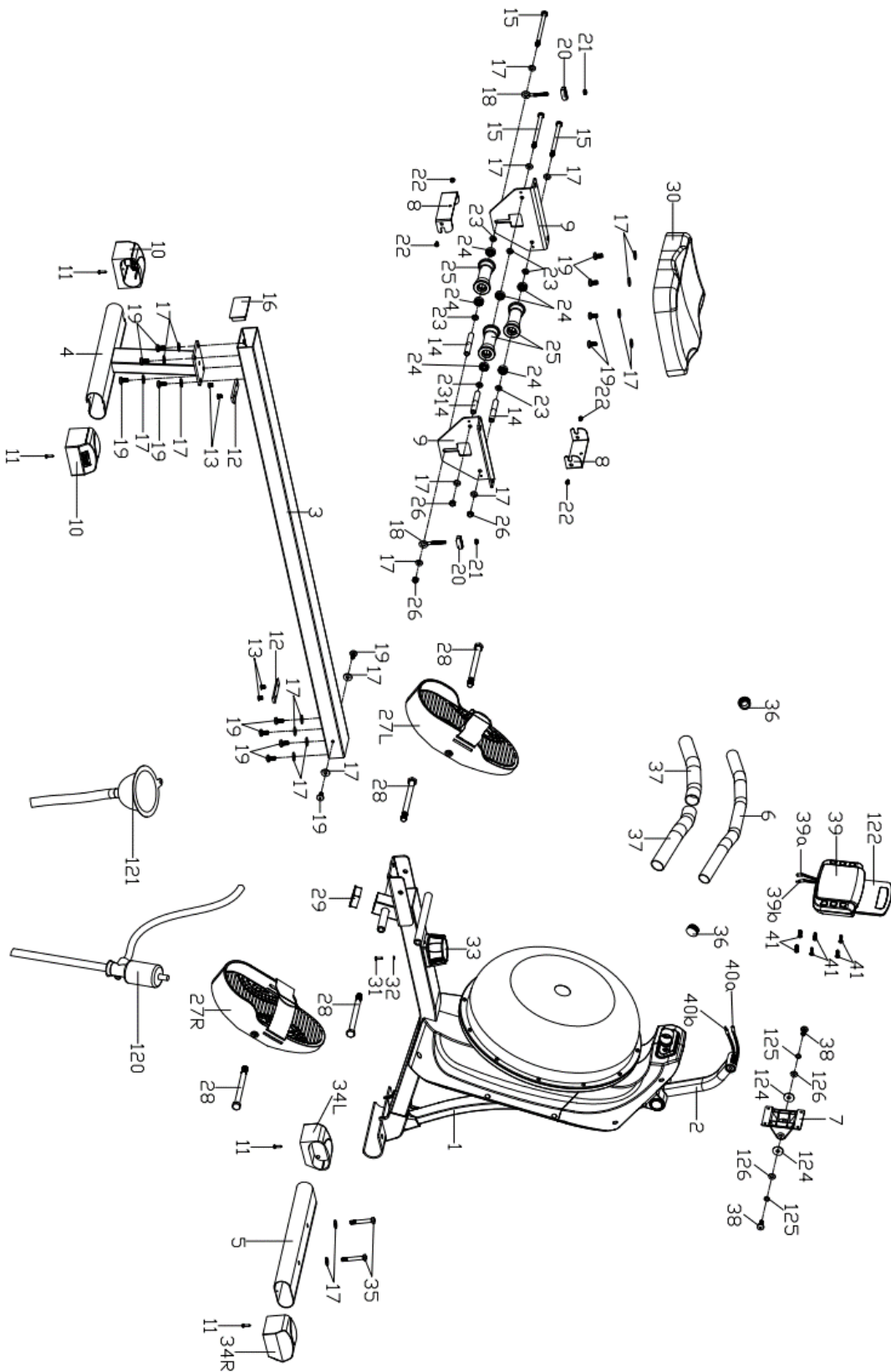
APP CONNECTION:

1. Scan the QR code below to download the SunnyFit app onto your mobile device.

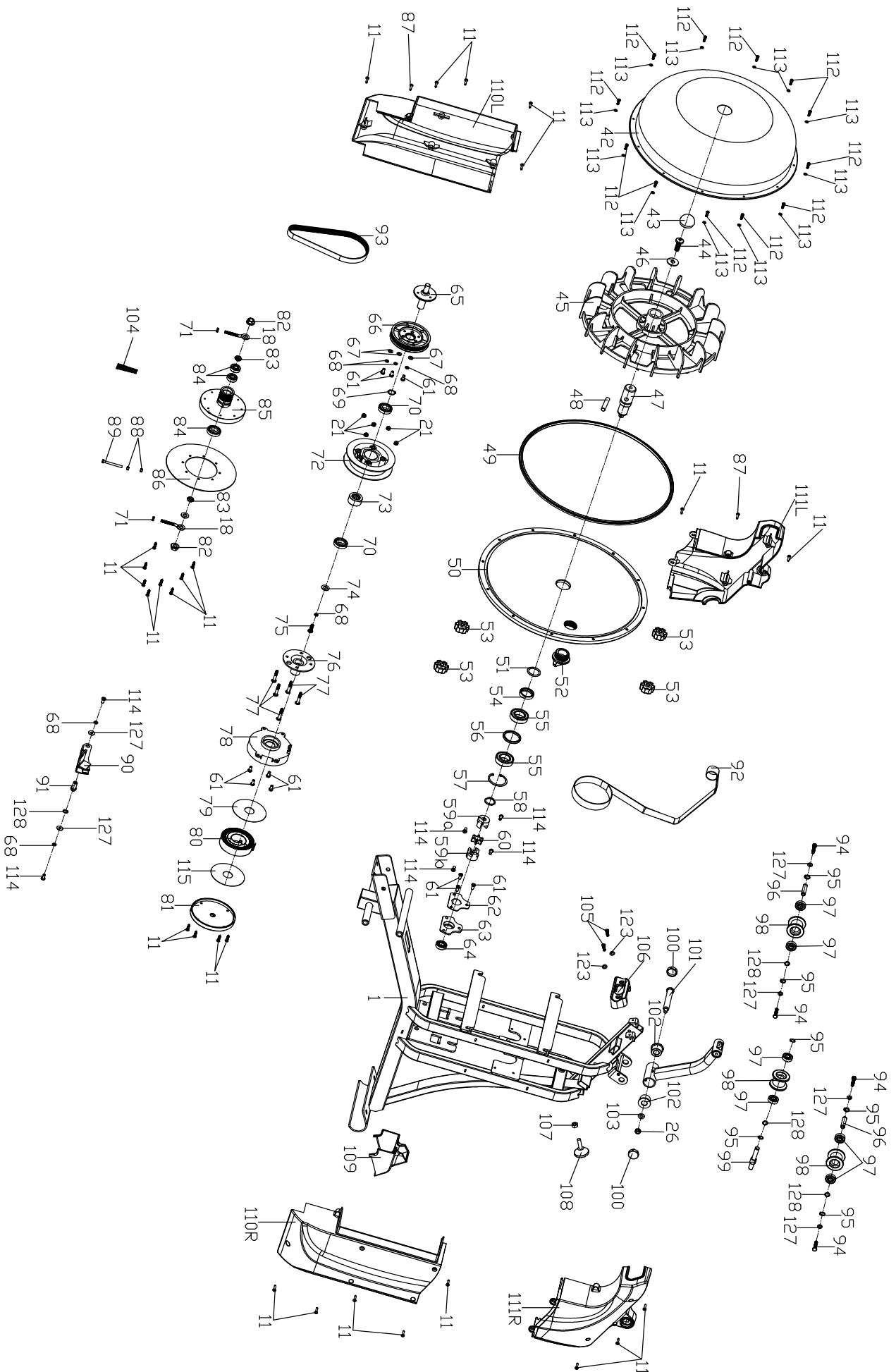


2. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
 - a. From the "Workout" tab, press on the "Search" button to search for your equipment.
 - b. Once your equipment appears on the list, tap the "Select" button to confirm.
 - c. **NOTE:** If your equipment does not appear on the "Searching for Equipment" list, check the METER on your equipment to ensure that it is not in sleep mode and your phone's Bluetooth function is on, then tap "Retry" to search again.
 - d. Once your equipment shows up on the "Workout" tab as "Currently Selected", your equipment is now ready to display, track, and record your equipment's workout stats on the app!
5. If you are unable to replicate these steps, or have any other issues with the SunnyFit app, please contact SunnyFit support at support@sunnyfit.com, or use the in-app "Contact Us" form to request support ("Me" tab -> "Contact Us").

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Meter Support Tube		1
3	Slide Rail		1
4	Rear Support Tube		1
5	Front Stabilizer		1
6	Pull Bar		1
7	Meter Plate		1
8	U Shape Baffle		2
9	Supporting Board		2
10	Adjustable Rear End Cap		2
11	Screw	ST4.2x18	31
12	Limit Cushion		2
13	Screw	M6x10	4
14	Spacer		3
15	Hex Bolt	M8x125	3
16	Square Cap	J80*40*2.0*H 18	1
17	Flat Washer	D8xD20x1.5	22
18	Adjustable Chain Bolt	M6x50	4
19	Screw	M8x15	14
20	Adjustable Chain U Mat		2
21	Nylon Nut	M6	7
22	Screw	M5x7	4
23	Roller Spacer		6
24	Bearing	608Z	6
25	Roller		3
26	Nylon Nut	M8	4
27L/R	Pedal		1 pr.
28	Hex Bolt	M12x160	4
29	Square Cap	For tube 38*38*1.5	1
30	Seat		1
31	Screw	M5x30	1
32	Flat Washer	D5	1
33	Tension Control		1
34L/R	Front End Cap		1 pr.
35	Bolt	M8x55	2
36	Round Cap		2
37	Foam Grip		2
38	Screw	M8x20	2
39	Meter		1
39a	Meter Wire A		1
39b	Meter Wire B		1
40a	Sensor Wire A		1
40b	Sensor Wire B		1
41	Screw	M5x10	6
42	Upper Tank Cover		1

No.	Description	Spec.	Qty.
43	Cap		1
44	Screw	M10x30	1
45	Impeller		1
46	Flat Washer	D10xD30x2.5	1
47	Rotating Axle		1
48	Stainless Steel Pin		1
49	Tray Sealing Ring		1
50	Lower Tank Cover		1
51	O Shape Washer		1
52	Plug		1
53	Knob	Φ37.7x18.2xM8	4
54	Skeleton Oil Seal		1
55	Bearing	6005	2
56	Spacer		1
57	Hole Washer		1
58	Axle Washer		1
59a/b	Coupler 1		1 pr.
60	Coupler 2		1
61	Bolt	M6x12	10
62	Fixed Plate		1
63	Bearing Plate		1
64	Bearing	6001	1
65	Center Axle		1
66	Belt Pulley		1
67	Flat Washer	D6xD12x1.2	3
68	Spring Washer	D6	6
69	Axle Washer	D17	1
70	Bearing	16003	2
71	Hex Nut	M6	2
72	Belt Wheel		1
73	Bearing		1
74	Flat Washer	D6xD20x2	1
75	Screw	M6x18	1
76	Volute Spring Axle		1
77	Bolt	M6x35	5
78	Volute Wheel		1
79	PC Board 1		1
80	Volute Spring		1
81	Belt Wheel Cover		1
82	Flange Nut	M10x1	2
83	Hex Conical Thin Nut	M10x1	2
84	Bearing	6000 C&U	3
85	Plastic Belt Wheel		1
86	Aluminum Ring		1
87	Screw	ST4.2x12	2

No.	Description	Spec.	Qty.
88	Nut	M5	2
89	Hex Bolt	M5x35	1
90	Magnetic Board		1
91	Magnetic Board Axle		1
92	Mesh Belt		1
93	Belt	200PJ6	1
94	Hex Bolt	M6x30	4
95	Axle Washer	D10	6
96	Belt Wheel Axle		2
97	Bearing	6000	6
98	Belt Roller		3
99	Belt Wheel Axle		1
100	Hole Cover		2
101	Bolt	Φ19.2x96	1
102	Axle Sleeve		2
103	Flat Washer	D8xD30x1.5	1
104	Compress Spring	Φ1.0xΦ16xΦ10xL54	1
105	Screw	M5x15	2
106	Pull Bar Fixed Plate		1
107	Hex Nut	M8	1
108	Adjustable Foot Pad		1

No.	Description	Spec.	Qty.
109	Decoration Cover		1
110L/R	Belt Cover 1		1 pr.
111L/R	Belt Cover 2		1 pr.
112	Screw	M4x12	12
113	Flat Washer	D4xD9x1	12
114	Screw	M6x14	6
115	PC Board 2		1
116	Wrench	S17,S19	1
117	Allen Wrench	S5	1
118	Allen Wrench	S6	1
119	Spanner	S13,S14,S15	1
120	Pumping Siphon		1
121	Funnel		1
122	Tablet Holder		1
123	Flat Washer	D5xD10x1	2
124	Cushion 1		2
125	Spring Washer	D8	2
126	Flat Washer	D8xD16x1.5	2
127	Flat Washer	D6xD16x1.2	6
128	Wave Washer	D10xΦ15x0.3	4

Version 1.0

CONNECT WITH US

FOR FITNESS
ARTICLES, VIDEOS
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS

WWW.SUNNYHEALTHFITNESS.COM