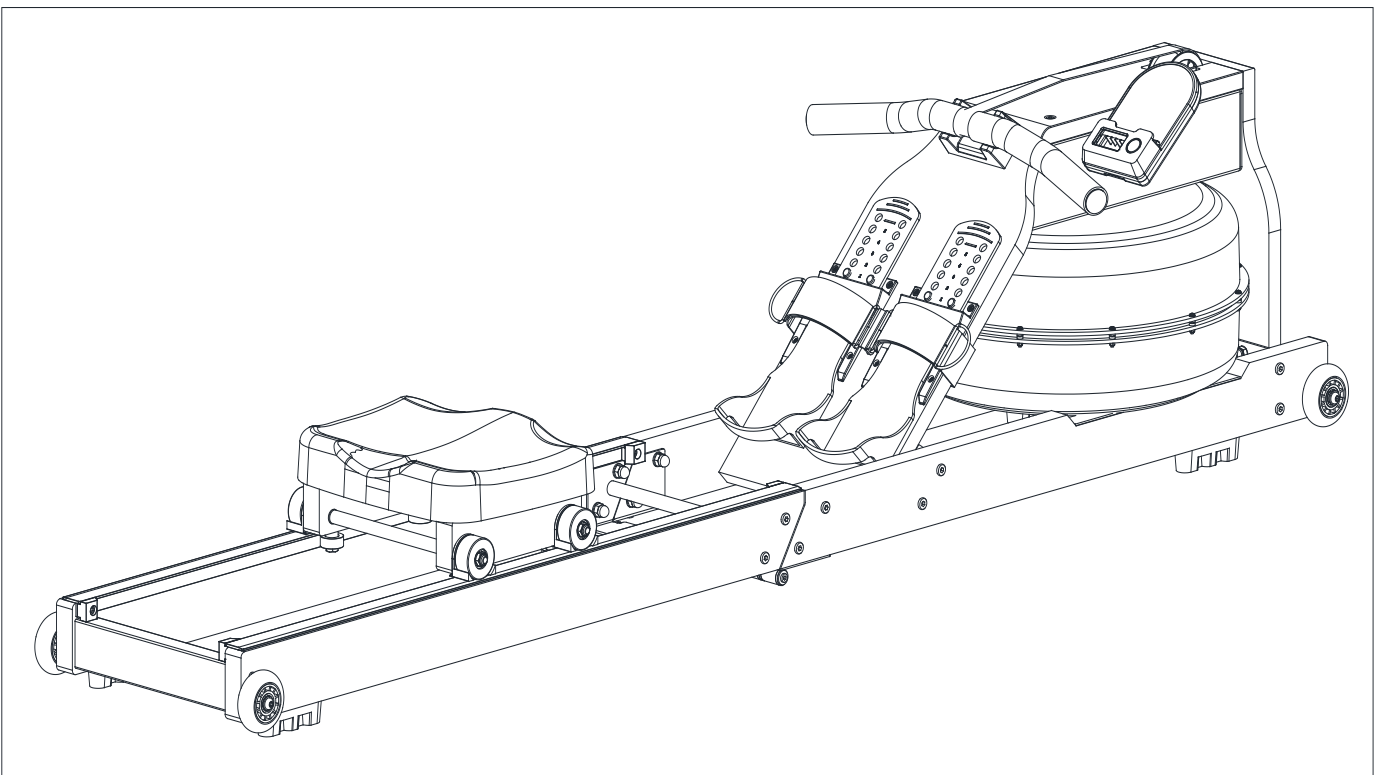




WOODEN WATER ROWING MACHINE

SF-RW522074

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).



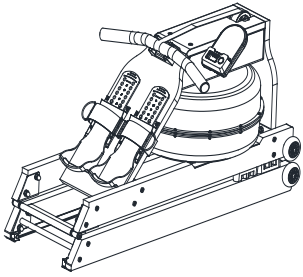




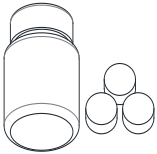
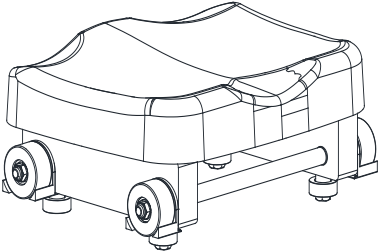

WWW.SUNNYHEALTHFITNESS.COM

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 300 lbs (135 kgs).
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.

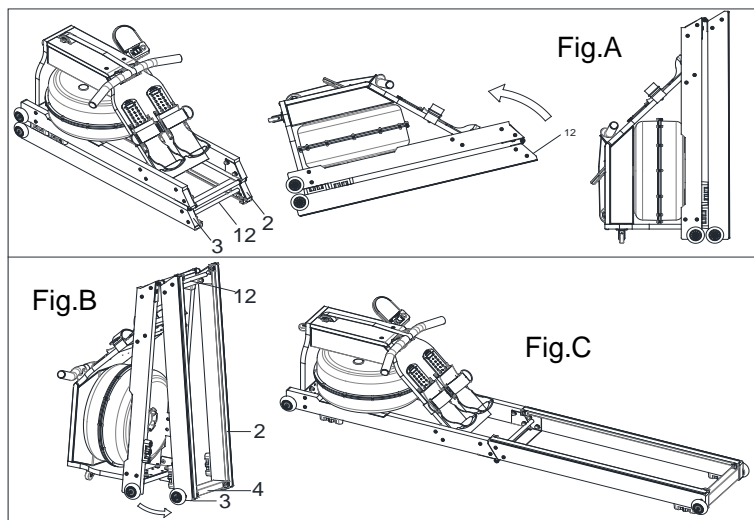
PRE-ASSEMBLY CHECK LIST

| | | |
|--|---|--|
| A  | 54  | C  |
| D  | 82  | 87  |
| 50  | E  | |

| No. | Description | Spec. | Qty. |
|-----|--------------------|-------|------|
| A | Main Frame | | 1 |
| 54 | Pumping Siphon | | 1 |
| C | Battery | AAA | 2 |
| D | User Manual | | 1 |
| 82 | Allen Wrench | | 1 |
| 87 | Water Purification | | 1 |
| 50 | Seat | | 1 |
| E | Thank You Card | | 1 |

ASSEMBLY INSTRUCTIONS

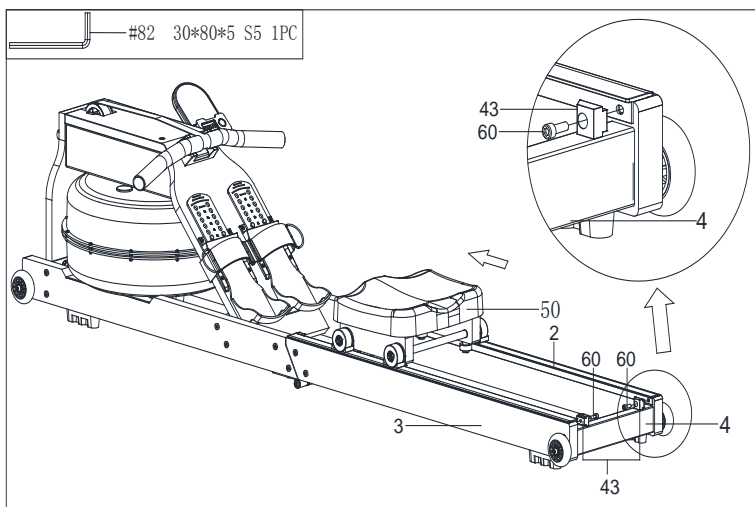
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Take out the **Main Frame (No. A)** from the carton and stand the product on its front end. Lift **Rear Connecting Plate (No. 12)** up, shown as Fig.A.

Hold on to **Rear Connecting Plate (No. 12)** and slowly pull the **Rear Left Rail and Rear Right Rail (No. 3 & No. 2)** outward in the direction of arrow to prevent hand clamping (see Fig B) until the rower is shown as Fig.C.



STEP 2:

Remove the 2 preassembled **Seat Cushion Stops (No. 43)** and 2 **Screws (No. 60)** at the **Rear Left Rail and Rear Right Rail (No. 3 & No. 2)**, slide the **Seat (No. 50)** into the middle of **Rear Left Rail and Rear Right Rail (No. 3 & No. 2)**, and then fix the 2 **Seat Cushion Stops (No. 43)** on the **Rear Left Rail and Rear Right Rail (No. 3 & No. 2)** with 2 **Screws (No. 60)**. Tighten with **Allen Wrench (No. 82)**.

The assembly is complete!

HOW TO FILL AND EMPTY THE TANK

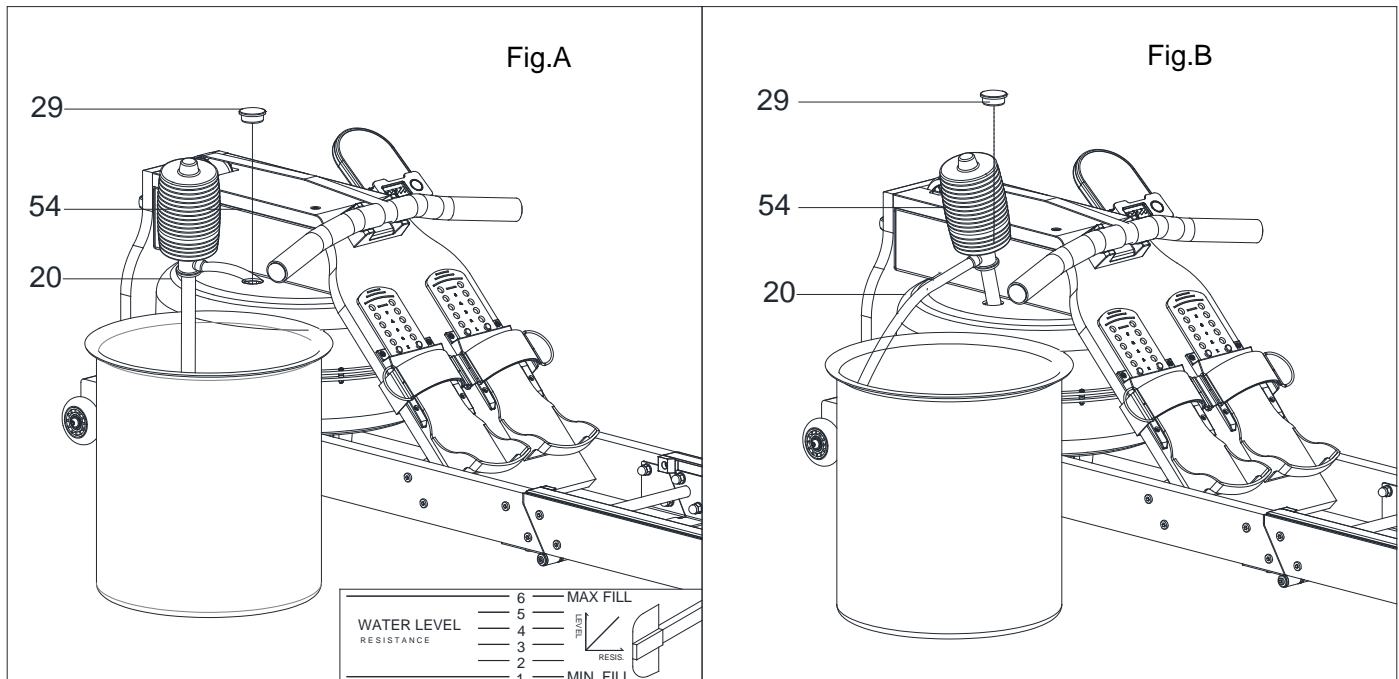
1. Remove the **Fill Plug (No. 29)** from the **Upper Tank Cover (No. 20)**.
2. To fill the tank with water, refer to Fig. A. Insert the **Pumping Siphon (No. 54)** into the tank, then use the **Pumping Siphon (No. 54)** and a bucket to fill the tank. Use the water level gauge on the side of the tank to measure desired 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. 54)** to pump out the water from the tank into the bucket.
4. Insert the **Fill Plug (No. 29)** into the **Upper Tank Cover (No. 20)**. Wipe excess water off the frame.

NOTE:

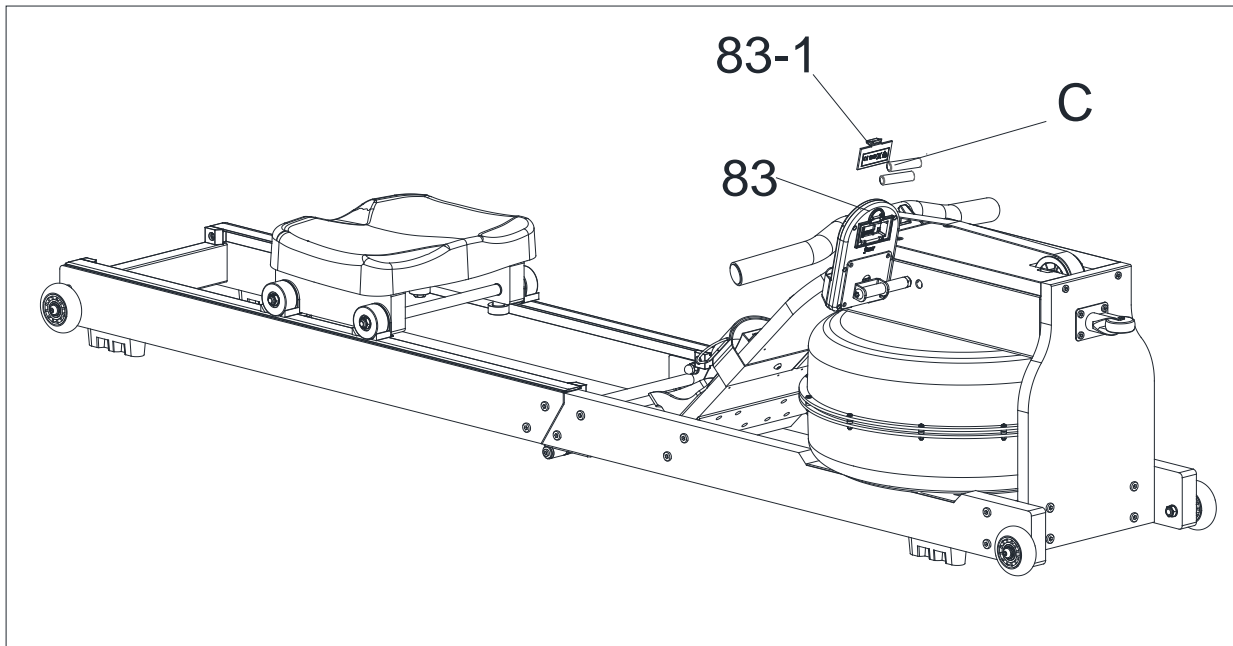
- Fill the tank only with tap water. Add 1 water purification tablet (1 packet is included). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.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

WATER LEVEL

- See Fig. A. The water level gauge is on the side of the tank. The maximum fill level is 6. Never fill over this limit. Filling the tank over this limit will void the warranty.
- The resistance depends on the water level in the tank. Water level 1 is the lowest resistance. Level 6 is the highest resistance.



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA Batteries from the PE bag.
2. Press down on the buckle of battery cover on the back of the **Meter (No. 83)**, then remove battery cover.
3. Install 2 AAA Batteries into the battery case on the back of the **Meter (No. 83)**. Pay attention to the battery + and – poles before installing.
4. Press down on the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 83)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press down on the buckle of battery cover on the back of the **Meter (No. 83)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Meter (No. 83)**. Pay attention to the battery + and – poles before installing.
3. Press down on the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 83)**.

The replacement is complete!

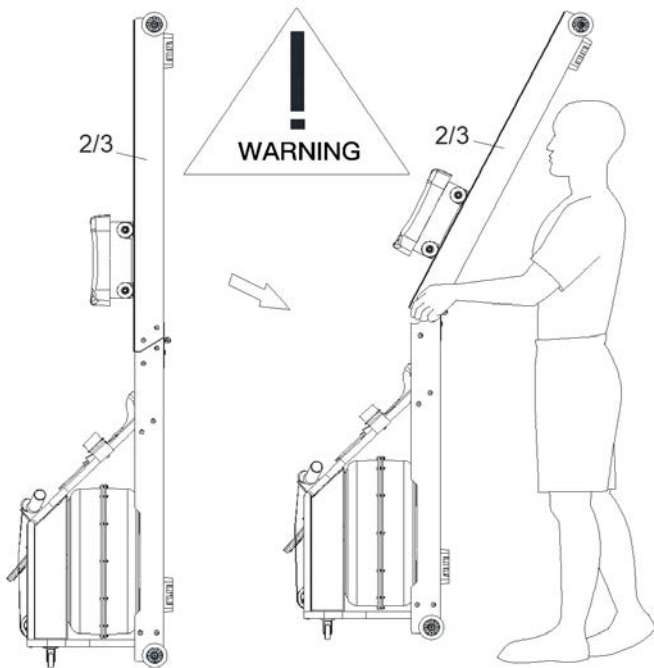
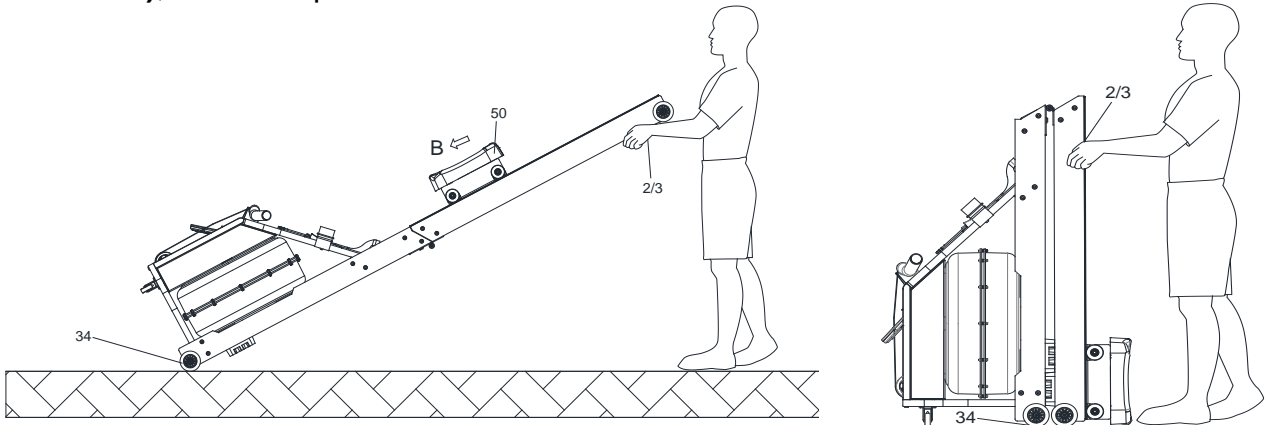
NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

ADJUSTMENTS GUIDE

MOVING THE ROWER

To move the rower, lift up the **Rail Connecting Plate (No. 4)** until the **Transportation Wheels (No. 34)** on the front touch the ground. With the **Transportation Wheels (No. 34)** on the ground, you can transport the rower to the desired location with ease.

- You can also move the rower by push the **Rear Left Rail and Rear Right Rail (No. 3 & No. 2)**, when the product is folded.



WARNING! Do not stand the rowing boat or lift the rail without folding and moving the rowing boat to prevent the rail or rowing boat from falling down and hurting people!

ADJUSTMENTS GUIDE

FOLDING OPERATION:

When not in use, you can save space by storing the rower vertically. Hold the **Rear Connecting Plate (No. 12)** and slowly lift the Rower Machine up in the direction of the arrow A to prevent hands from getting caught. Push the **Rear Left Rail and Rear Right Rail (No. 3 & No. 2)** in the direction of the arrow B. Press the **Universal Wheel (No. 35)** brake to fix. (Shown as Fig A)

If not using the rower for more than a month, empty the tank before storing.

UNFOLDING OPERATION:

Hold on **Rear Connecting Plate (No. 12)** and **Rear Left Rail and Rear Right Rail (No. 3 & No. 2)**, make sure front end of Rower stays in place. then slowly pull outward in the direction of arrow C to prevent hand clamping. (Shown as Fig B)

CAUTION!

Move the **Seat (No. 50)** to the end of **Rear Left Rail and Rear Right Rail (No. 3 & No. 2)** first or it will glide down when raising the rower up!

Fig.A

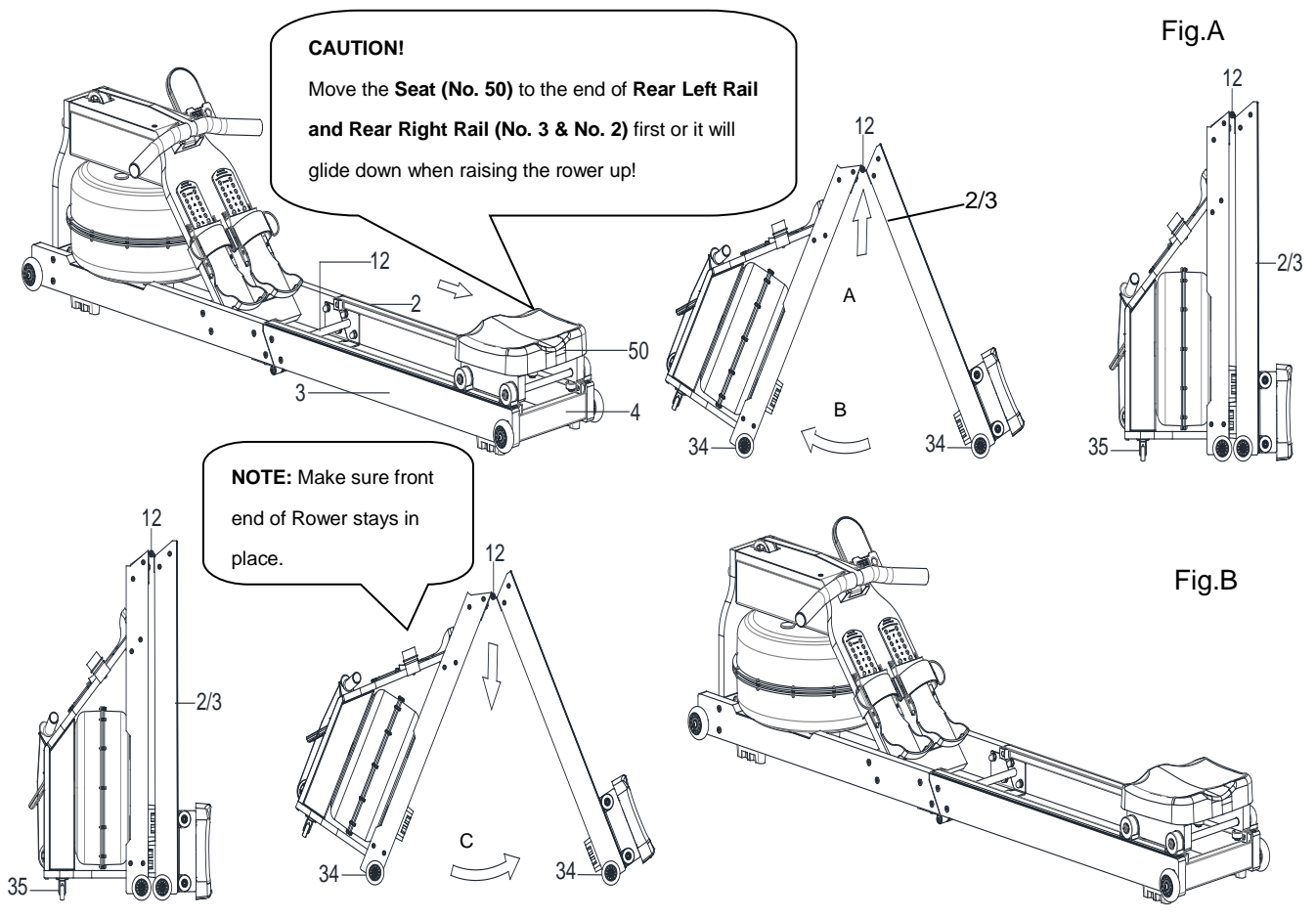
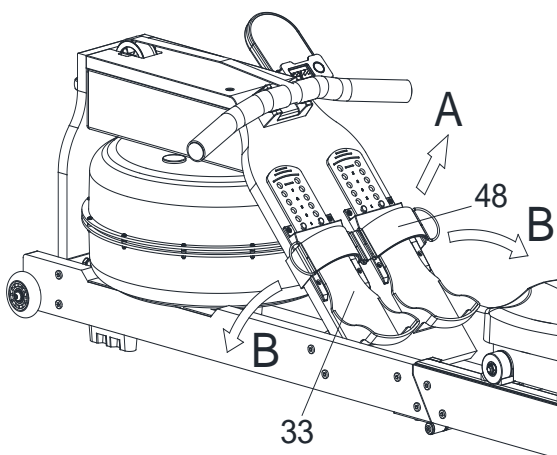


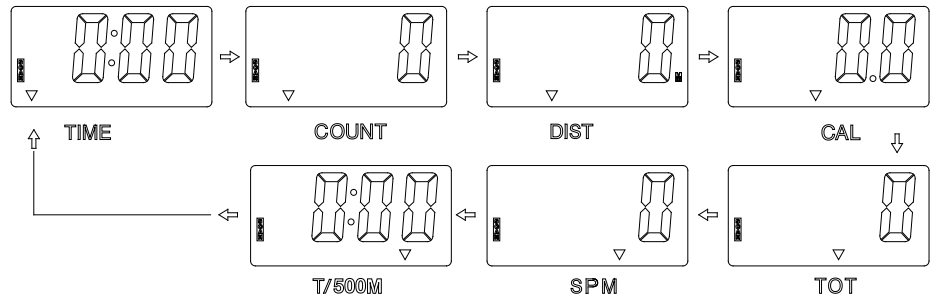
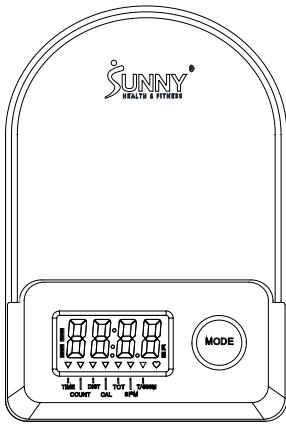
Fig.B

PEDAL ADJUSTMENT

The **Pedal Strap (No. 48)** and **Adjusting Pedals (No. 33)** is adjustable and can be personalized to fit the user's foot size. Secure your feet firmly to the pedals before using the rower.



EXERCISE METER



■ KEY FUNCTIONS:

- Pressing the MODE key to select and lock on a function for following sequence: SCAN→TIME→ COUNT→ DISTANCE (DIST)→ CALORIES (CAL)→ TOTAL COUNT (TOT) → SPM→T/500M →SCAN
- Press and hold the MODE key for 3 seconds to reset the value to zero (without TOT).

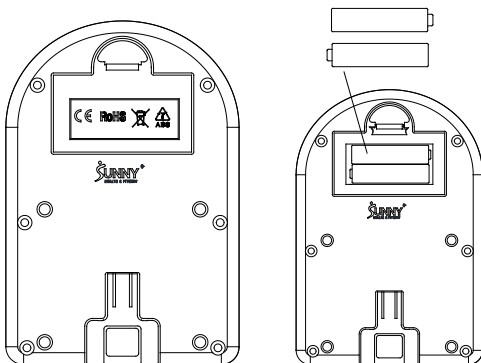
■ SLEEP MODE:

- The system turns on when the MODE key is pressed and system senses a signal input from the sensor.
- The system turns off automatically when the sensor has no signal input or no key pressed for approximately 4 minutes.

■ FUNCTIONS:

- SCAN: Display changes according to the next diagram every 6 seconds.
- COUNT: The current count since starting exercise.
- DISTANCE (DIST): The current distance since starting exercise.
- TIME: The total time since starting exercise.
- TOTAL COUNT (TOT): The total count since battery was installed/replaced.
- CALORIES (CAL): The calories burned with starting exercise.
- SPM: Number of strokes per minute, indicating the stroke speed during exercise.
- T/500M: The time for 500 meters during exercise

■ BATTERY INSTALLATION & REPLACEMENT



| | | |
|-----------------------|-----------------------|----------------|
| SPECIFICATION | SCAN | 6S |
| | TIME | 99M:59S |
| | COUNT | 0-9999 |
| | DISTANCE (DIST) | 0-9999 M |
| | TOTAL COUNT (TOT) | 0-9999 |
| | CALORIES (CAL) | 0.0-999.9 KCAL |
| | SPM | 0-299 |
| BATTERY | AAA * 2 | |
| OPERATING TEMPERATURE | 0-40°C (32°F-104°F) | |
| STORAGE TEMPERATURE | -10-60°C (14°F-140°F) | |

APP CONNECTION:

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



2. Ensure that the Bluetooth function is turned on from your mobile device.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!

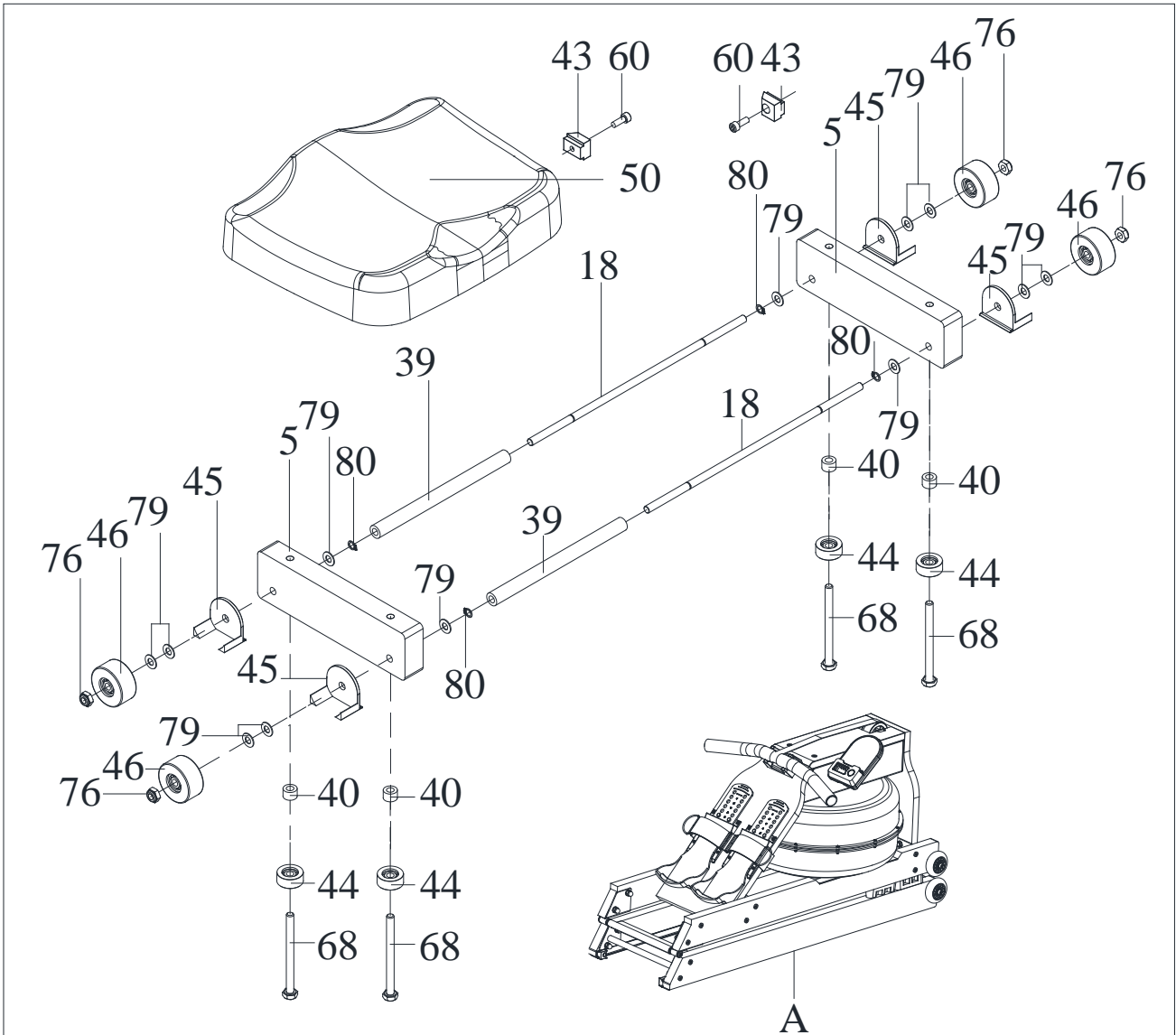
Troubleshooting:

- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:

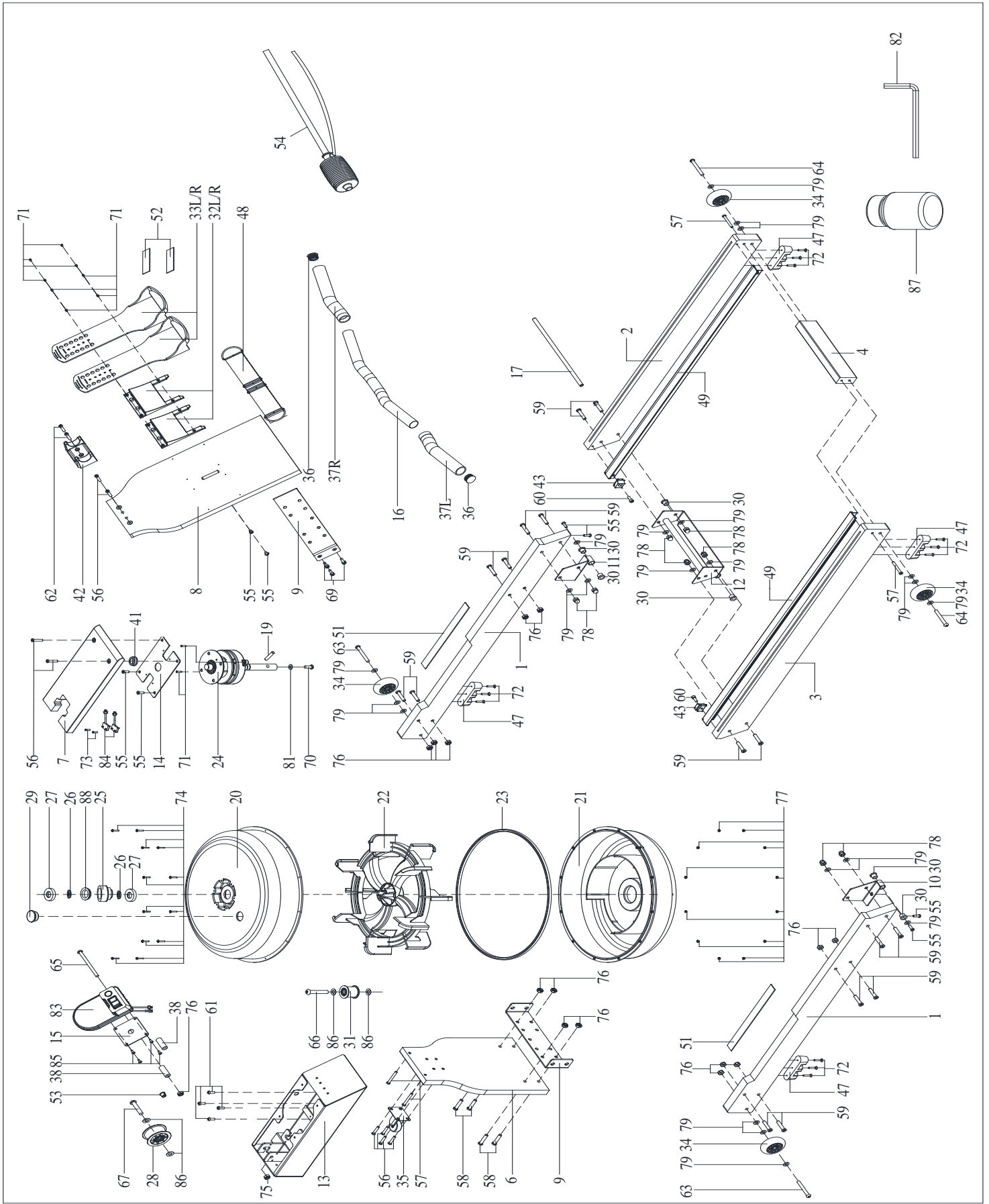


- If you require additional support, please contact support@sunnyfit.com.

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



Version 1.2

PARTS LIST

| No. | Description | Spec. | Qty. |
|-------|------------------------------|------------------|------|
| 1 | Front Rail | 867*80*27 | 2 |
| 2 | Rear Right Rail | 960*80*27 | 1 |
| 3 | Rear Left Rail | 960*80*27 | 1 |
| 4 | Rail Connecting Plate | 260*55*27 | 1 |
| 5 | Seat Carriage | 220*60*27 | 2 |
| 6 | Front Bezel | 373*240*20 | 1 |
| 7 | Top Connecting Plate | 343*152*20 | 1 |
| 8 | Pedal Plate | 490*250*20 | 1 |
| 9 | Connecting U-plate | 260*70*40 | 2 |
| 10 | Left Front Connecting Plate | 90*85*30 | 1 |
| 11 | Right Front connecting Plate | 90*85*30 | 1 |
| 12 | Rear Connecting Plate | 260*85*75.2 | 1 |
| 13 | Water Tank Fixing Seat | | 1 |
| 14 | Fixed Plate | Q235/170*116*2 | 1 |
| 15 | Meter Support Plate | | 1 |
| 16 | Handlebar | Q235/Ø28*1.5*434 | 1 |
| 17 | Long Shaft | Q235/Ø10*305 | 1 |
| 18 | Seat Roller Shaft | Q235/Ø8*320 | 2 |
| 19 | Fixing Pin | SUS304/Ø10*40 | 1 |
| 20 | Upper Tank Cover | Ø440*100 | 1 |
| 21 | Lower Tank Cover | Ø440*100 | 1 |
| 22 | Impeller | Ø390*145 | 1 |
| 23 | Rubber Sealing Ring | Ø430*7 | 1 |
| 24 | Pullback Device | | 1 |
| 25 | Plastic Bearing Seat | PP/Ø60*Ø45*30 | 1 |
| 26 | Rubber Washer | Ø40*7 | 2 |
| 27 | TC Framework Oil Seal | NBR/Ø20*Ø40*8 | 2 |
| 28 | Plastic Pulley | POM/Ø68*Ø54*32 | 1 |
| 29 | Fill Plug | Ø31.3*10.4 | 1 |
| 30 | Plastic Shaft Sleeve | PP/Ø18*Ø10.2*13 | 6 |
| 31 | Small Webbing Pulley | POM/Ø51*Ø38*32 | 1 |
| 32L/R | Foot Pedal | PP/132*106*18 | 1pr. |
| 33L/R | Adjusting Pedal | PP/343*106*56 | 1pr. |
| 34 | Transportation Wheel | PU+608 Ø69*23.5 | 4 |
| 35 | Universal Wheel | PU/Ø40 | 1 |
| 36 | Handlebar Cap | PP/Ø28*1.5 | 2 |
| 37L/R | Handlebar Sleeve | Ø27*Ø33*210 | 1pr. |
| 38 | PVC Sleeve | PVC/Ø15*Ø8.2*40 | 2 |
| 39 | PVC Sleeve 2 | PVC/Ø15*Ø8.2*195 | 2 |
| 40 | PVC Sleeve 3 | PVC/Ø15*Ø8.2*10 | 4 |
| 41 | Spindle Sleeve | Nylon/Ø30*Ø17*15 | 1 |
| 42 | Handle Holder | ABS/96*54*40 | 1 |
| 43 | Seat Cushion Stop | PVC/25*15*10 | 4 |
| 44 | Small Roller | TPU+608/Ø28*11.5 | 4 |
| A | Main Frame | | 1 |

| No. | Description | Spec. | Qty. |
|-----|-------------------------|------------------|------|
| 45 | Roller Positioning Seat | PVC/46*43.5*32.4 | 4 |
| 46 | Seat Roller | TPU+608/Ø46*22 | 4 |
| 47 | Foot Pad | PVC/100*25*25 | 4 |
| 48 | Pedal Strap | PP+D/50*1.5*1083 | 1 |
| 49 | Sidebar | PVC/30*17.5*952 | 2 |
| 50 | Seat | PU/320*260*52 | 1 |
| 51 | EVA Pad | EVA/25*300*Ø2 | 2 |
| 52 | EVA Pad | EVA/90*25*Ø2 | 2 |
| 53 | Wire Plug | Ø14.5*Ø12*Ø4*12 | 1 |
| 54 | Pumping Siphon | PE/570 | 1 |
| 55 | Screw | M6*15*S4 | 8 |
| 56 | Screw | M6*30*S4 | 8 |
| 57 | Screw | M6*50*S4 | 4 |
| 58 | Screw | M8*32*S5 | 4 |
| 59 | Screw | M8*40*15*S5 | 16 |
| 60 | Screw | M6*16*S5 | 4 |
| 61 | Screw | M6*15*S5 | 4 |
| 62 | Screw | M6*32*S4 | 2 |
| 63 | Screw | M8*65*20*S5 | 2 |
| 64 | Screw | M8*80*20*S5 | 2 |
| 65 | Screw | M8*110*30*S6 | 1 |
| 66 | Screw | M10*50*15*S6 | 1 |
| 67 | Screw | M10*55*S6 | 1 |
| 68 | Bolt | M8*90*20*S14 | 4 |
| 69 | Screw | M6*15*S10 | 3 |
| 70 | Screw | M8*20*S5 | 1 |
| 71 | Screw | ST4.2*16*Ø7 | 10 |
| 72 | Screw | ST4.2*19*Ø11 | 12 |
| 73 | Screw | M4*6*Ø7 | 2 |
| 74 | Screw | M3*17*Ø6 | 12 |
| 75 | Nylon Lock Nut | M10*H12*S17 | 1 |
| 76 | Nylon Lock Nut | M8*H7.5*S13 | 19 |
| 77 | Nylon Lock Nut | M3*H3.8*S6 | 12 |
| 78 | Cap Nut | M8*H16*S13 | 8 |
| 79 | Washer | D8*Ø16*1.5 | 34 |
| 80 | Shaft Ring | D8*0.8 | 4 |
| 81 | Washer | D8*Ø16*1.5 | 1 |
| 82 | Allen wrench | 30*80*5 S5 | 1 |
| 83 | Meter | 521020 (HT087) | 1 |
| 84 | Sensor Wire | L200mm | 2 |
| 85 | Screw | M5*10 | 4 |
| 86 | Washer | D10*Ø14*1 | 4 |
| 87 | Water Purification | Ø30*30 | 1 |
| 88 | Bearing | 6904 | 1 |

CONNECT
with us

DOWNLOAD

Track your fitness progress & join
FREE workout courses!

Download  **SUNNYFIT** today!



FOLLOW

Find us on social media @sunnyhealthfitness

 @sunnyhealthfitness

 @sunnyhealthandfitness

 @sunnyhealthfit

 /sunnyhealthfitness

 /sunnyhealthfitness

 /sunnyhealthandfitness

www.sunnyhealthfitness.com