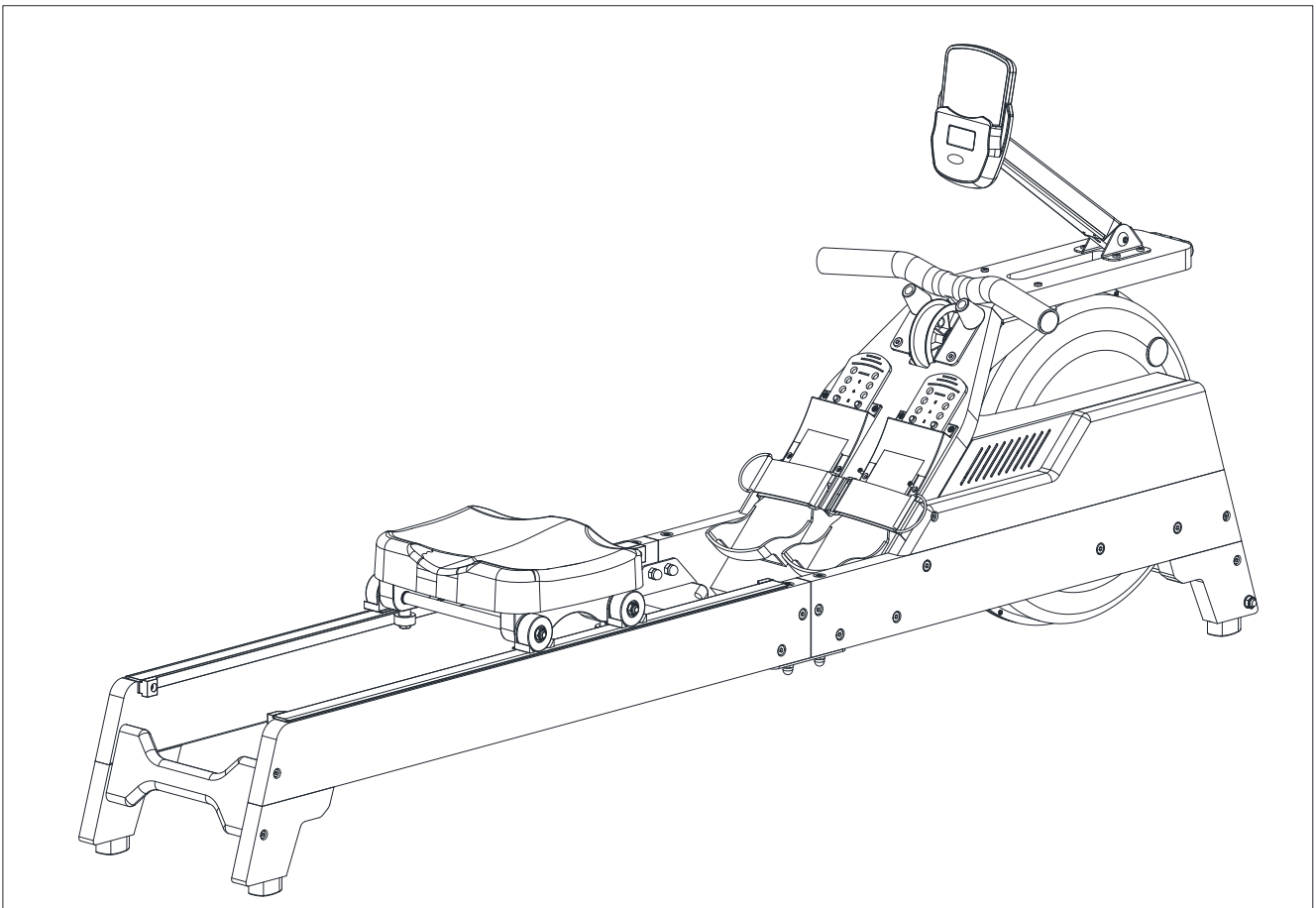




VERTICAL HYDRO WOODEN WATER ROWING MACHINE

SF-RW522075

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).



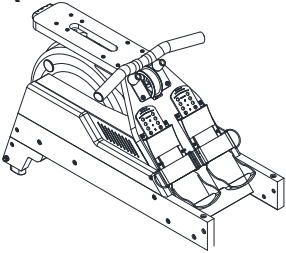
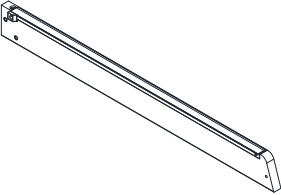
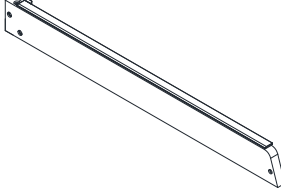
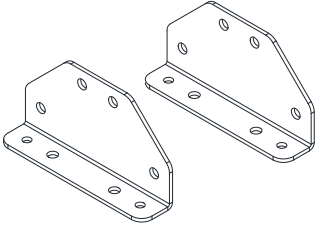
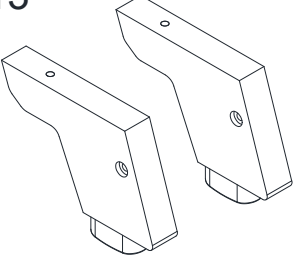
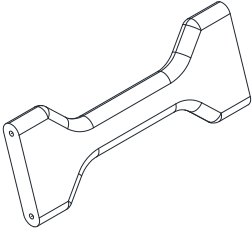
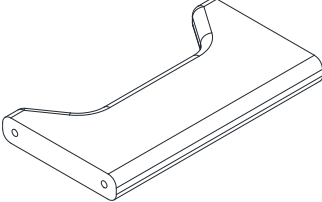
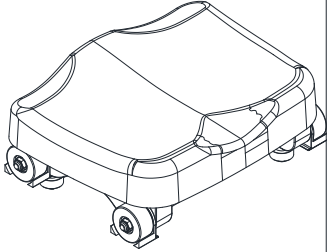


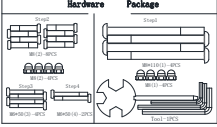

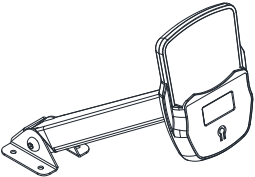
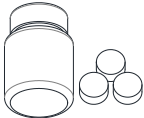
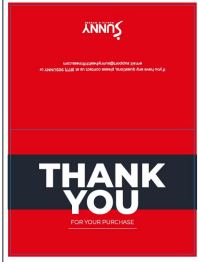
WWW.SUNNYHEALTHFITNESS.COM

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 pounds (135kgs).
10. This 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.

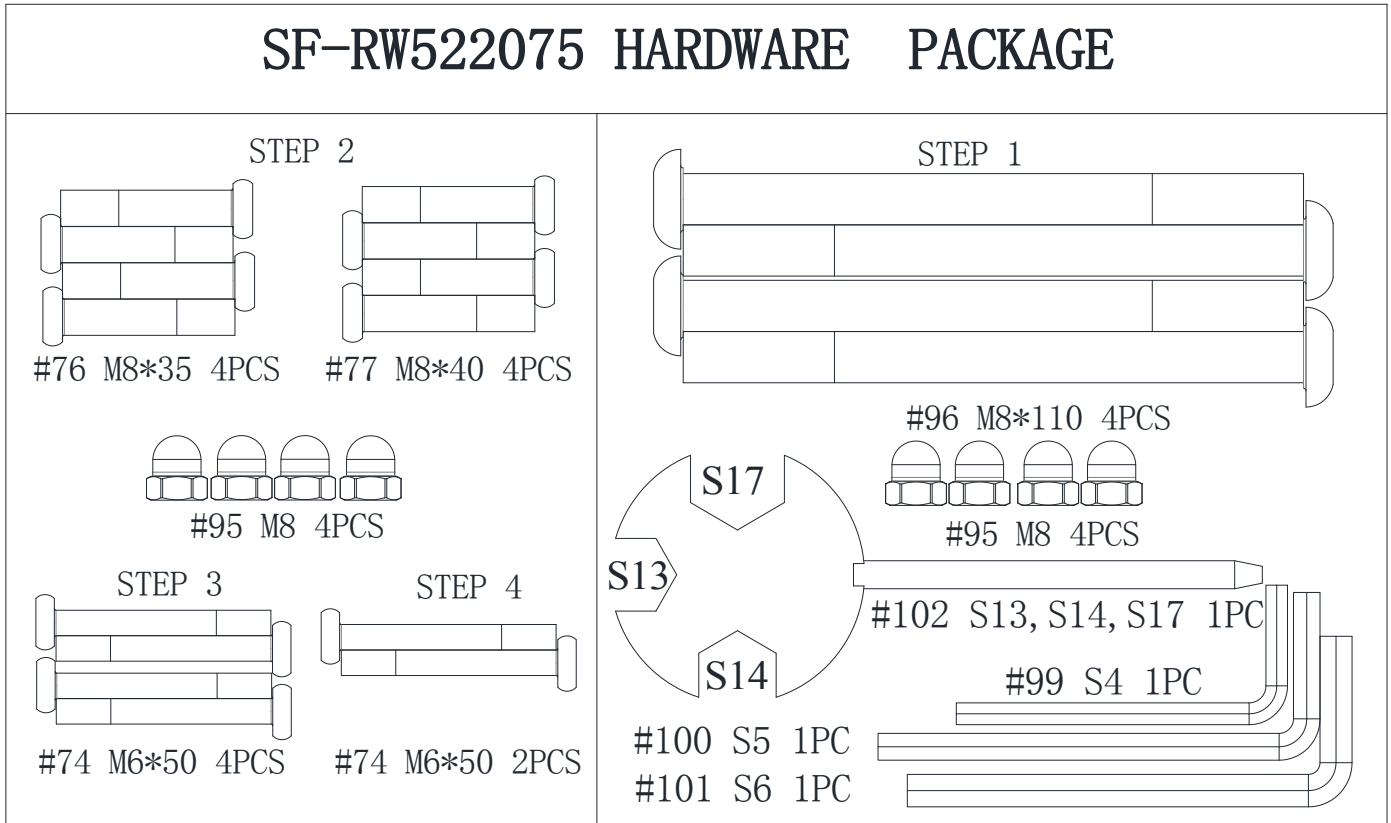
PRE-ASSEMBLY CHECK LIST

A 	10 	11 	26 
13 	14 	15 	61 
66 	J 	K 	L 
M 	103 	N 	

No.	Description	Spec.	Qty.
A	Main Frame		1
10	Rear Right Rail		1
11	Rear Left Rail		1
26	Rail Connection Plate		2
13	Rear Footplate		2
14	Rear Connecting Plate		1
15	Front Connecting Plate		1
61	Seat		1

No.	Description	Spec.	Qty.
66	Pumping Siphon		1
J	User Manual		1
K	Hardware Package		1
L	AAA Battery		2
M	Meter Assembly		1
103	Water Purification		1
N	Thank You Card		1

HARDWARE PACKAGE



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

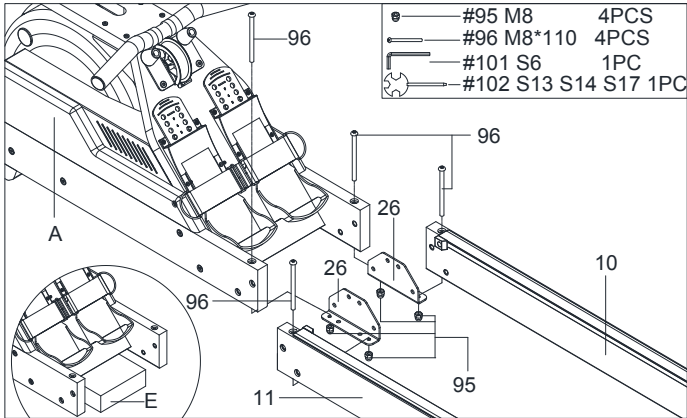
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓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 end of the manual)

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

ASSEMBLY INSTRUCTIONS

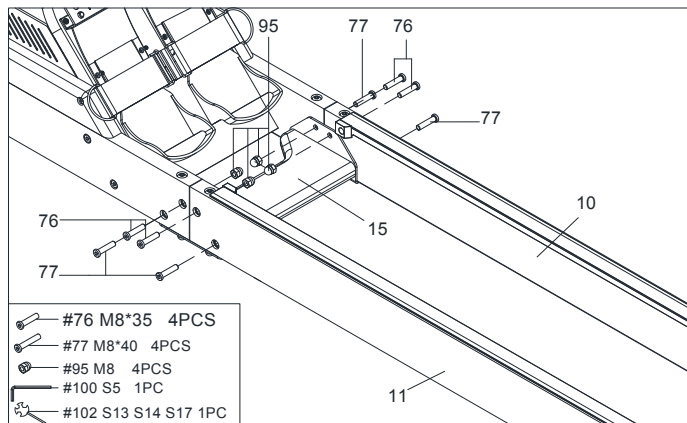
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach **Rear Left Rail (No. 11)**, **Rear Right Rail (No. 10)**, and **2 Rail Connection Plates (No. 26)** on the **Main Frame (No. A)** by using **4 Screws (No. 96)** and **4 Cap Nuts (No. 95)**. Insert **4 Screws (No. 96)** into the holes, tighten with the **Allen Wrench (No. 101)** then lock the **4 Cap Nuts (No. 95)** with **Spanner (No. 102)**.

NOTE: When installing, it is recommended to raise the **Main Frame (No. A)** up to facilitate installation.

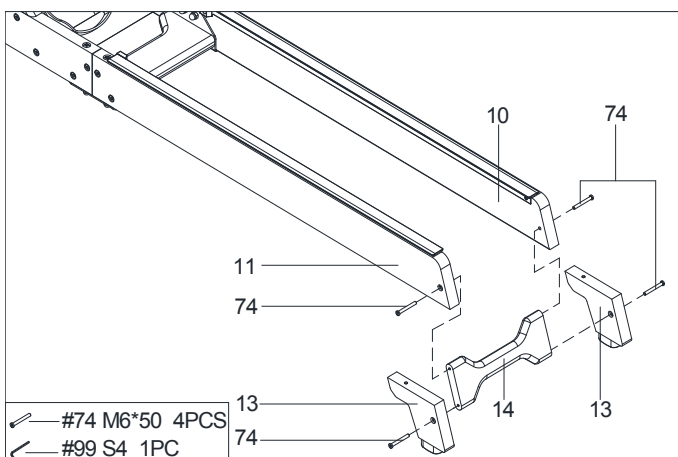


STEP 2:

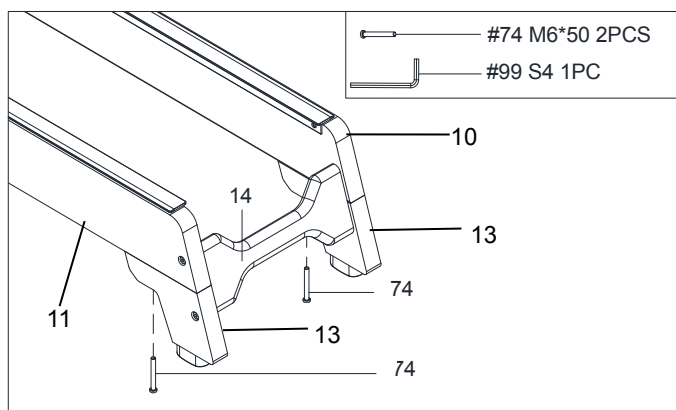
Preassemble the **4 Screws (No. 76)** and **4 Cap Nuts (No. 95)** on the **Rear Left Rails and Rear Right Rails (No. 11 & No. 10)**, do not tighten them firstly. Place the **Front Connecting Plate (No. 15)** in the middle of the **Rear Left Rails and Rear Right Rails (No. 11 & No. 10)**, secure by using **4 Screws (No. 77)**. Then tighten all **4 Screws (No. 76)** and **4 Cap Nuts (No. 95)** and **4 Screws (No. 77)** with the **Allen Wrench (No. 100)** and the **Spanner (No. 102)**. Make you all are locked.

STEP 3:

Attach the **Rear Connecting Plate (No. 14)** to **Rear Left Rails and Rear Right Rails (No. 11 & No. 10)** and **2 Rear Footplates (No. 13)** by using **4 Screws (No. 74)** through the holes. Then tighten with **4 Screws (No. 74)** using **Allen Wrench (No. 99)**.

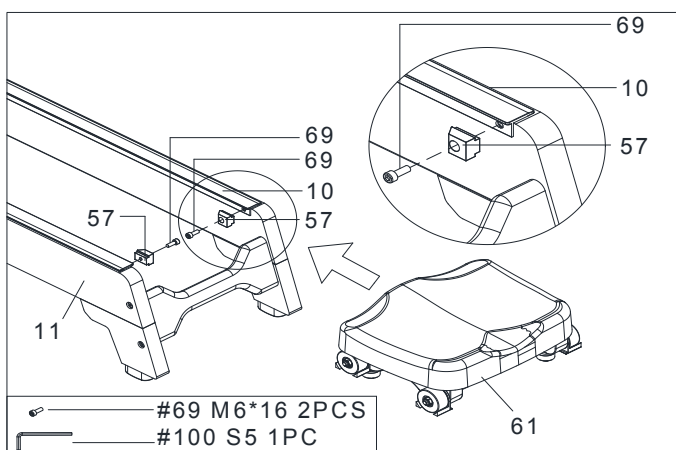


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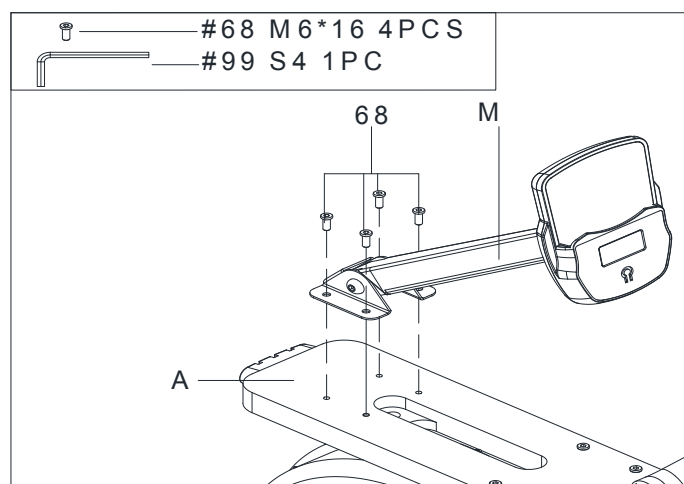
STEP 4:

Attach 2 **Rear Footplates (No. 13)** to the **Rear Left Rail (No. 11)** and **Rear Right Rail (No. 10)** using 2 **Screws (No. 74)** and then tighten with **Allen Wrench (No. 99)**.



STEP 5:

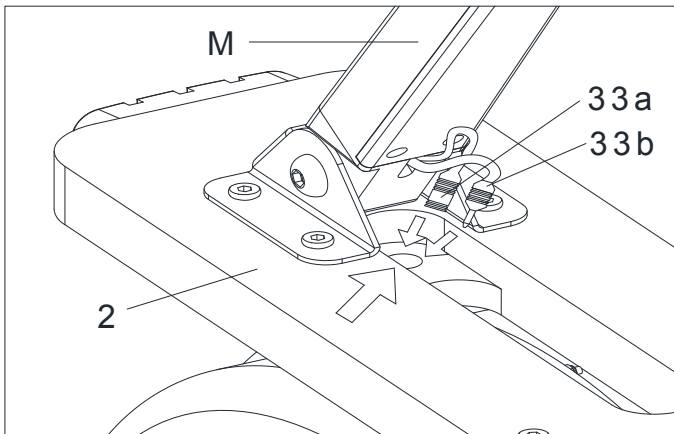
Remove 2 **Seat Cushion Stops (No. 57)** and 2 **Screws (No. 69)** that preassemble on the **Rear Left Rails and Rear Right Rails (No. 11 & 10)**. Slide the **Seat (No. 61)** into the middle of **Rear Left Rail (No. 11)** and **Rear Right Rail (No. 10)** in the direction shown in the figure, and then secure 2 **Seat Cushion Stops (No. 57)** with 2 **Screws (No. 69)** and tighten with **Allen Wrench (No. 100)**.



STEP 6:

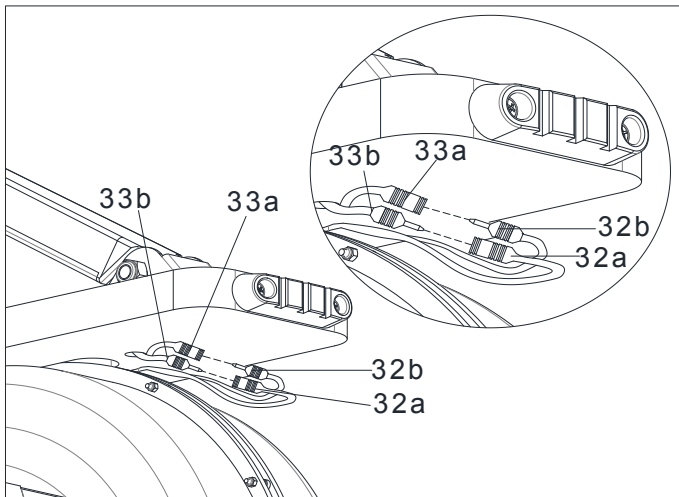
Use the **Allen Wrench (No. 99)** to remove the 4 **Screws (No. 68)** that previously locked on the **Main Frame (No. A)** and then attach the **Meter Assembly (No. M)** on the **Main Frame (No. A)** with the 4 **Screws (No. 68)** that removed previously and lock back the original holes, tighten with **Allen Wrench (No. 99)**.

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:

Pass the **Meter Wire 1** and **Meter Wire 2** (No. **33a** & No. **33b**) on the **Meter Assembly** (No. **M**) through the hole reserved on the **Up Plate** (No. **2**) of the **Main Frame** (No. **A**).



STEP 8:

Connect the **Meter Wire 1** (No. **33a**) with **Sensor Wire 2** (No. **32b**) and **Meter Wire 2** (No. **33b**) with **Sensor Wire 1** (No. **32a**) which are under the **Up Plate** (No. **2**).

The assembly is complete!

HOW TO FILL AND EMPTY THE TANK

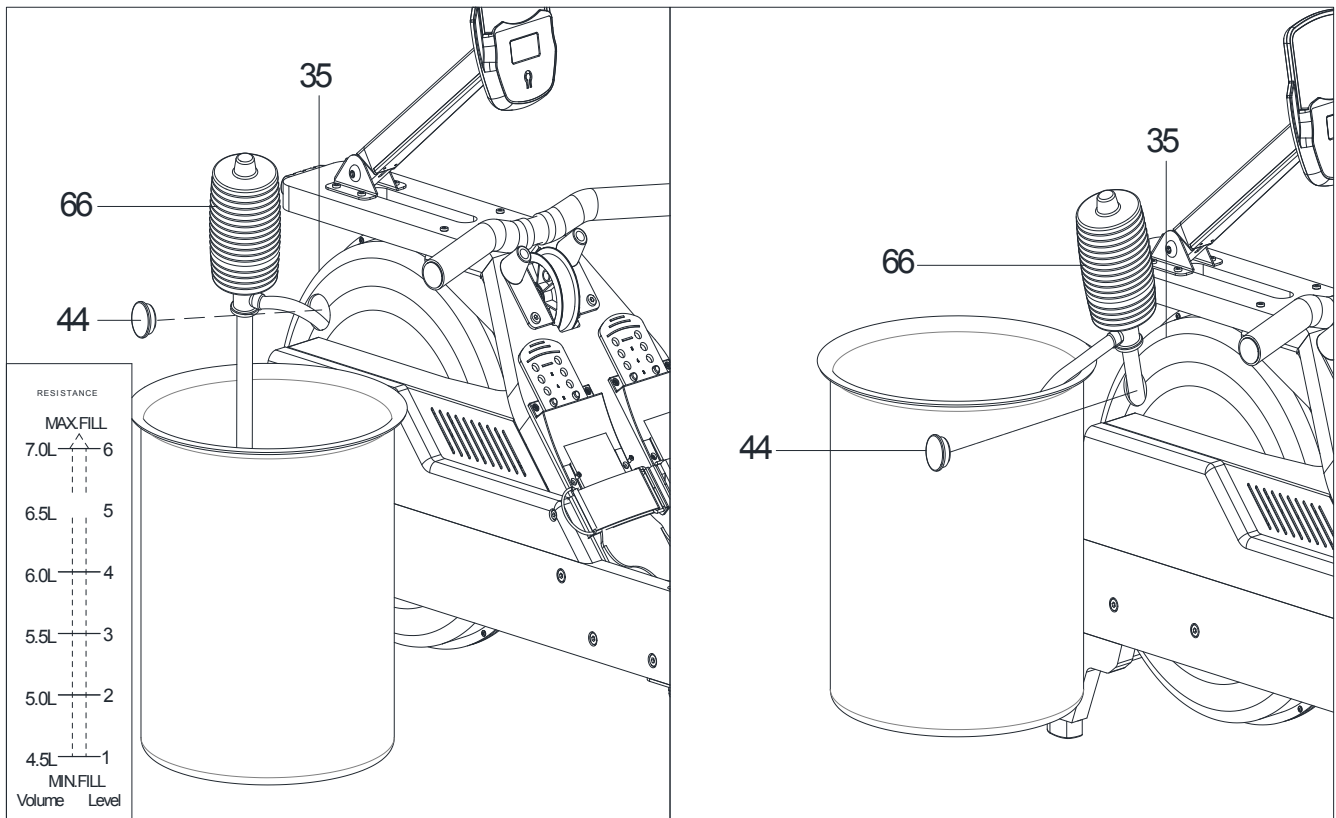
1. Remove the **Fill Plug (No. 44)** from the **Left Tank Cover (No. 35)**.
2. To fill the tank with water, refer to Fig. A. Insert the **Pumping Siphon (No. 66)** into the tank, then use the **Pumping Siphon (No. 66)** and a bucket to fill the tank. Use the water level gauge on the side of the tank 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. 66)** to pump out the water from the tank into the bucket.
4. Insert the **Fill Plug (No. 44)** into the **Left Tank Cover (No. 35)**. Wipe excess water off the frame.

NOTE:

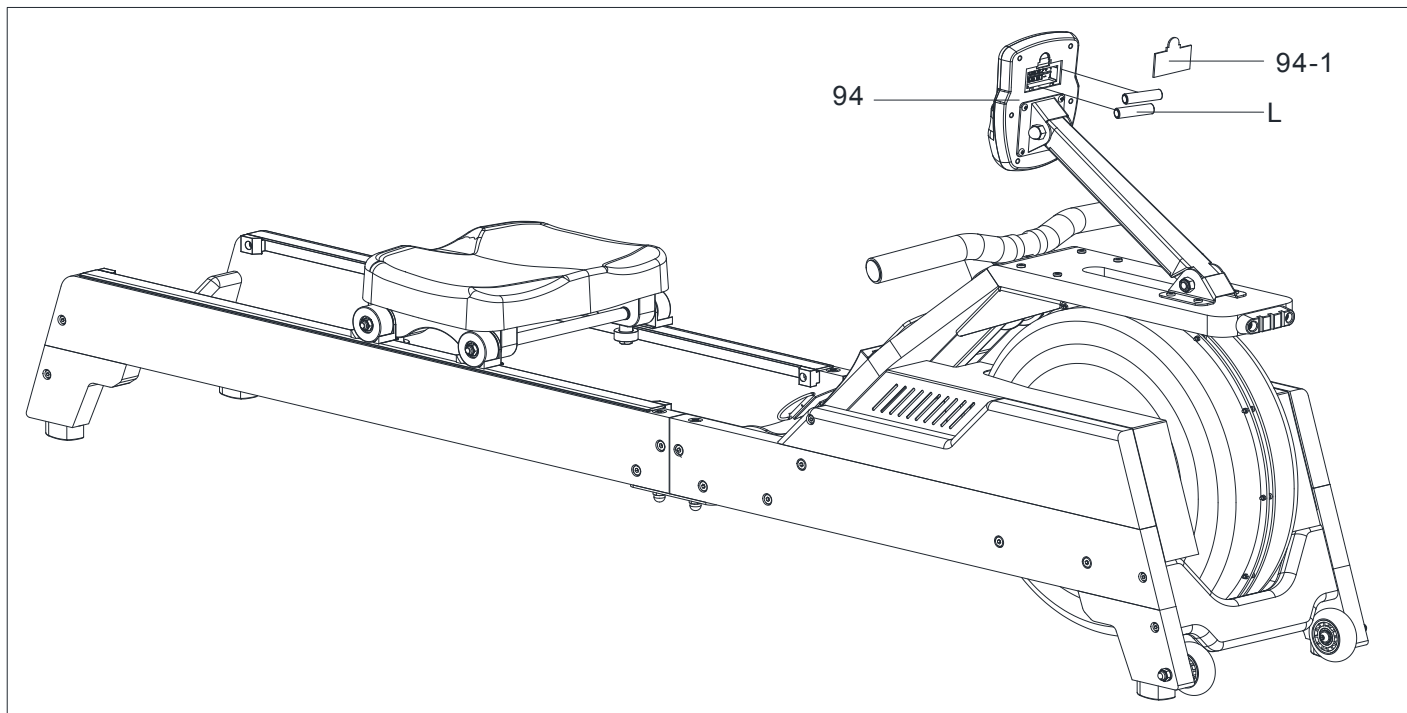
- Fill the tank only with tap water. Add 1 water purification tablet (1 packet is included). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.
- Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
- 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 meter box.
2. Press down on the buckle of battery cover on the back of the **Meter (No. 94)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 94)**. 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. 94)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press down on the buckle of battery cover on the back of the **Meter (No. 94)**, 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. 94)**. 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. 94)**.

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.

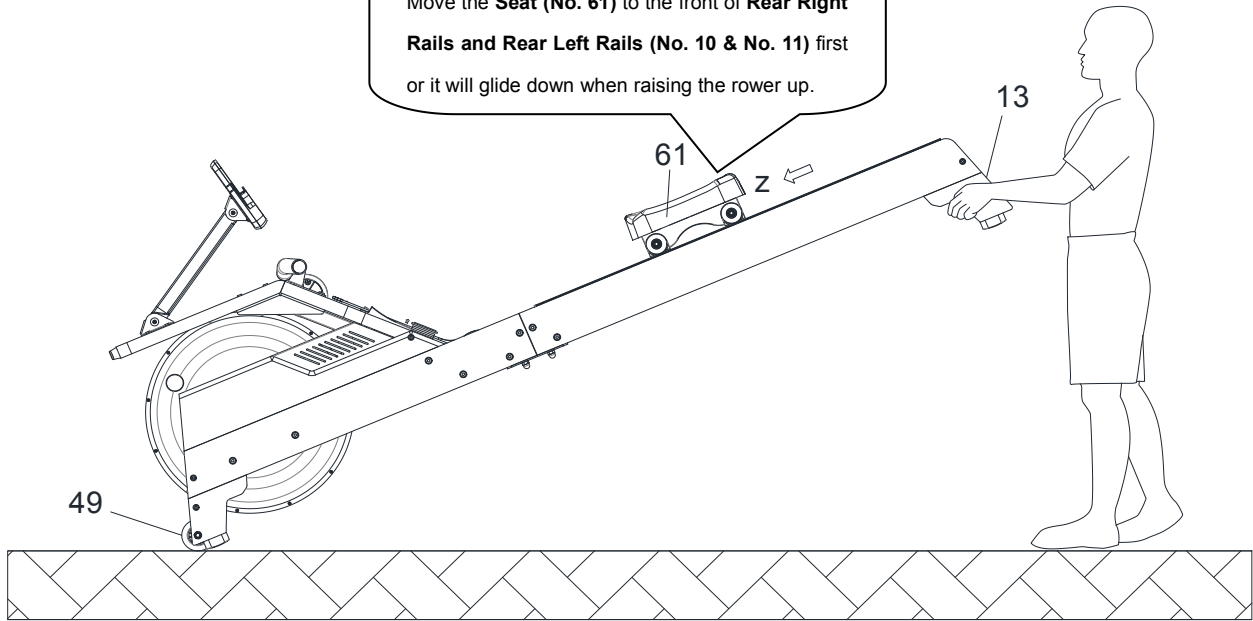
ADJUSTMENTS GUIDE

MOVING THE ROWER

To move the rower, lift up the **Rear Footplate (No.13)** until the **Transportation Wheels (No. 49)** on the front touch the ground. With the **Transportation Wheels (No. 49)** on the ground, you can transport the rower to the desired location with ease. Be sure to keep all body parts clear of the seats rollers when moving the rower.

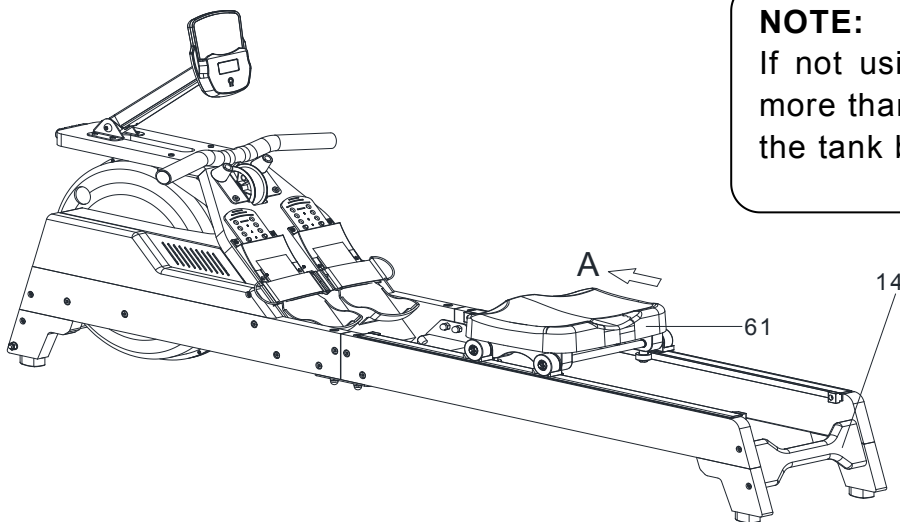
CAUTION!

Move the **Seat (No. 61)** to the front of **Rear Right Rails and Rear Left Rails (No. 10 & No. 11)** first or it will glide down when raising the rower up.



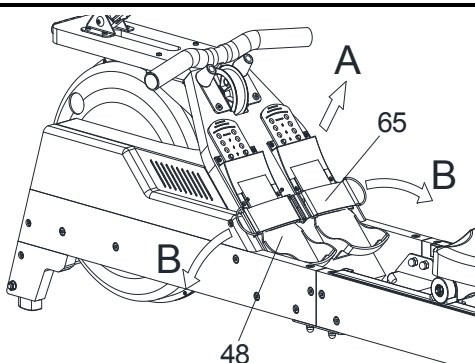
NOTE:

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

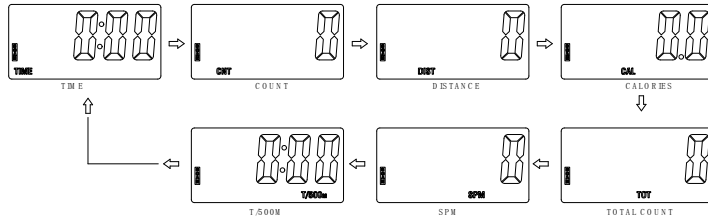
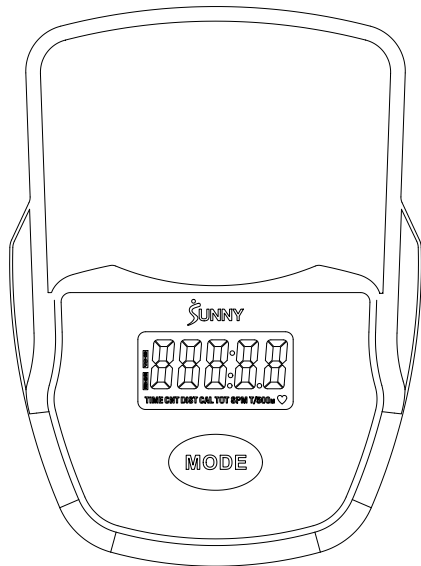


PEDAL ADJUSTMENT

The **Pedal Strap (No. 65)** and the **Adjusting Pedals (No. 48)** 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
- Pressing and hold the MODE key with 3 seconds to reset the value to zero (without TOT).

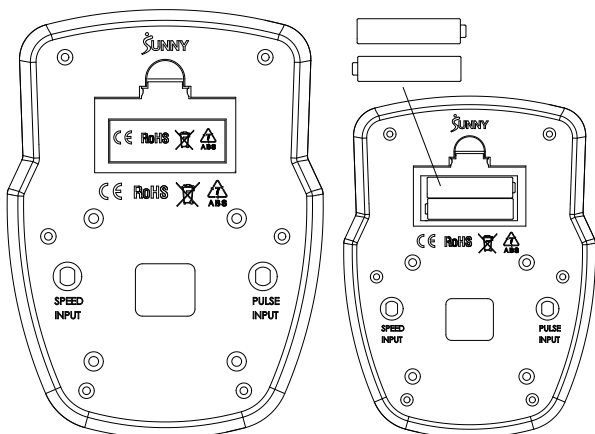
■ SLEEP MODE:

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

■ FUNCTIONS:

- SCAN: Display changes according to the next diagram every 6 seconds.
- COUNT: The current count with starting exercise.
- DISTANCE (DIST): The current distance with starting exercise.
- TIME: The total working times with starting exercise.
- TOTAL COUNT (TOT): The total count which this function is refers to from battery capacity period runs.
- CALORIES (CAL): The calorie burned with starting exercise.
- CALORIES: The calorie 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




SPECIFIC ATION	SCAN	6S
	TIME	999M:59S
	COUNT	0~65535
	DISTANCE (DIST)	0~65535 M
	TOTAL COUNT (TOT)	0~65535
	CALORIES (CAL)	0.0~9999.9 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)

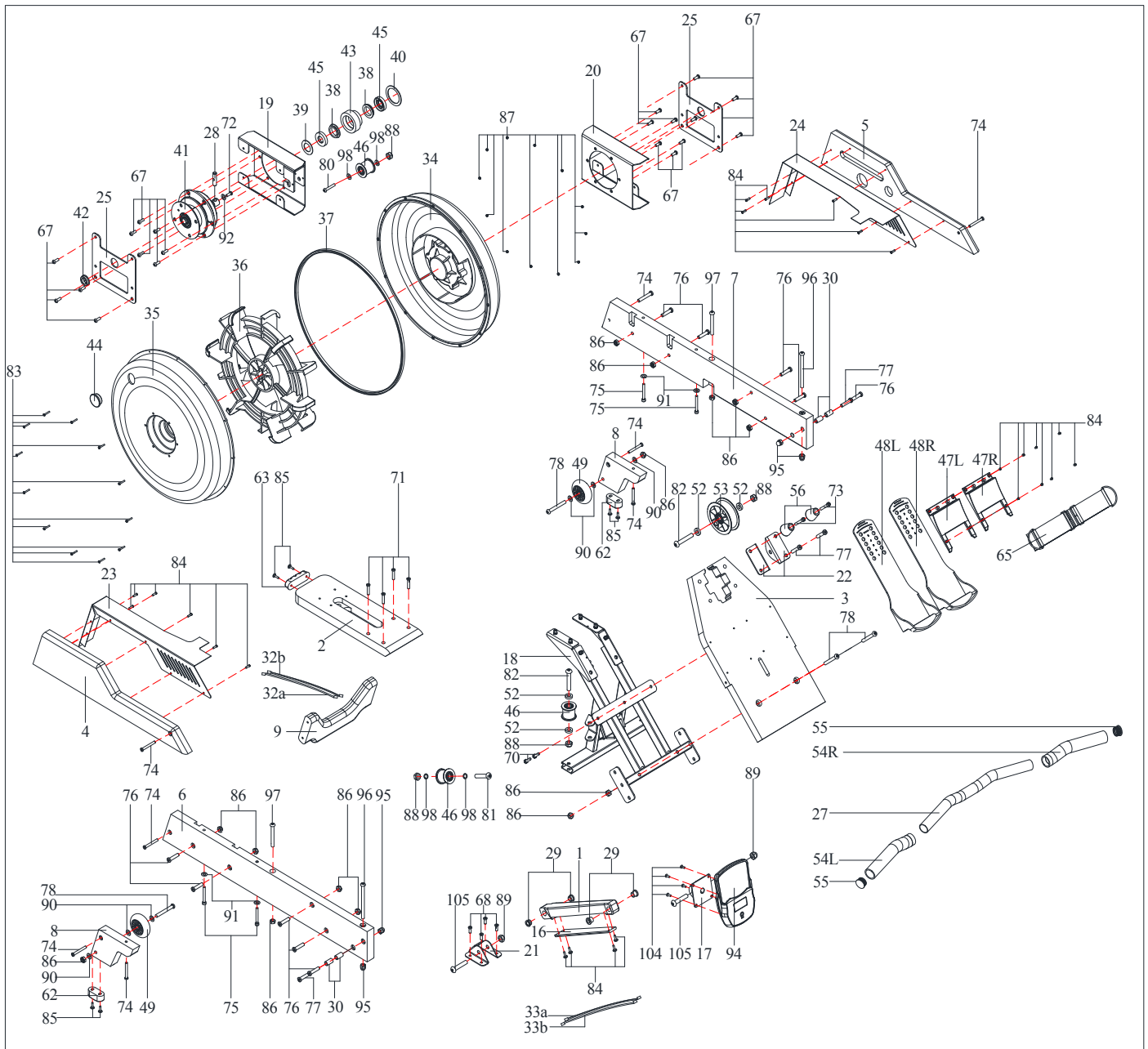
APP CONNECTION:

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

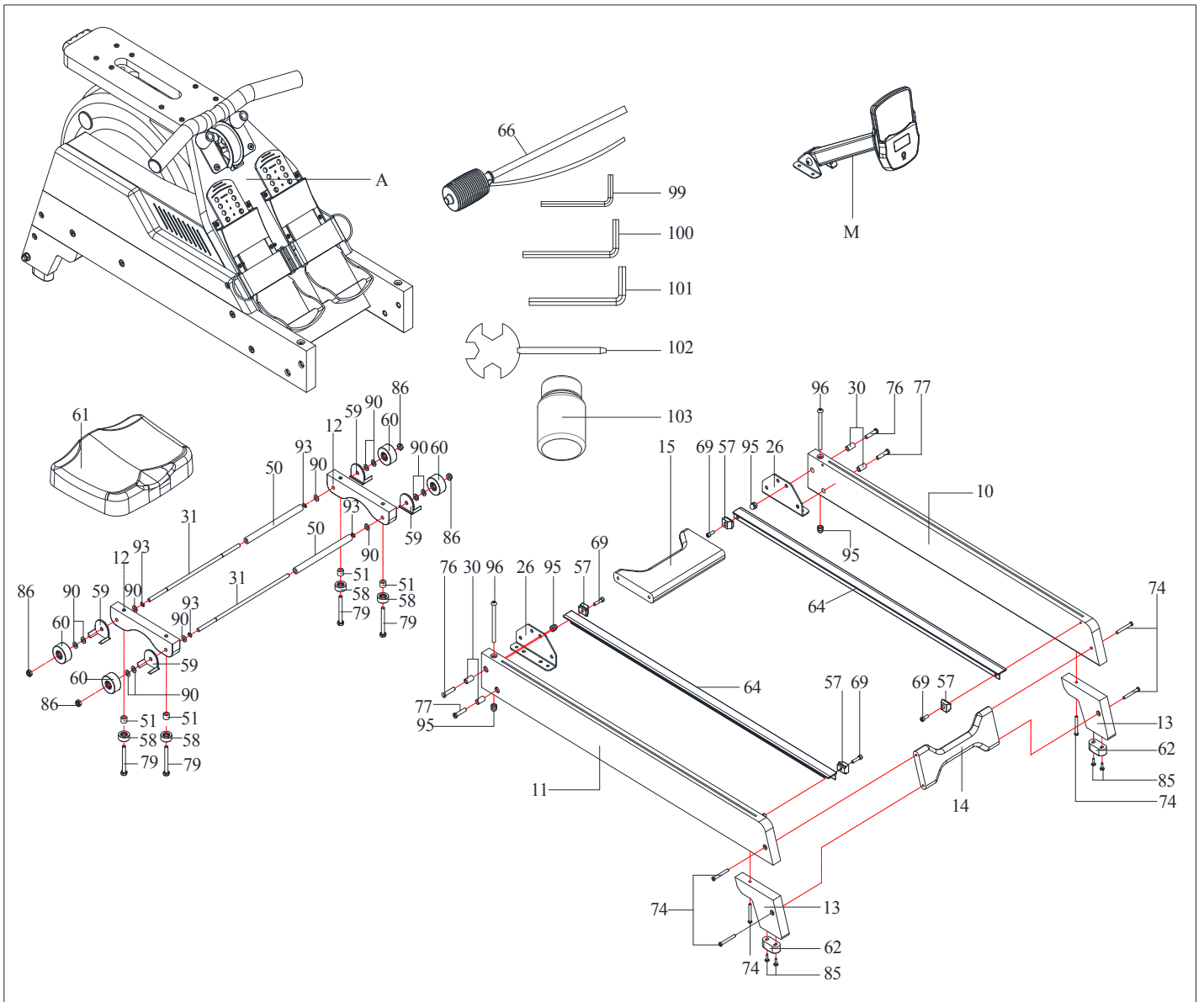


2. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
 - a. From the “Workout” tab, press 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 EXERCISE 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	Meter Support Plate	320*33*38	1
2	Up Plate	370*130*27	1
3	Pedal Plate	495*260*27	1
4	Left Side Plate	603*120*27	1
5	Right Side Plate	603*120*27	1
6	Left Front Wooden Frame	810.5*100*27	1
7	Right Front Wooden Frame	810.5*100*27	1
8	Front Footplate	100*165.5*27	2
9	Front Track Connecting Plate	260*130* 27	1
10	Rear Right Rail	1032.5*100*27	1
11	Rear Left Rail	1032.5*100*27	1
12	Seat Carriage	220*45*27	2
13	Rear Footplate	100*165.5*27	2
14	Rear Connecting Plate	260*100*20	1
15	Front Connecting Plate	254*140*27	1
16	Cover Plate	240*37.5*6	1
17	Support Plate		1
18	Webbing Steering Assembly		1
19	Fixed Base		1
20	Fixed U-shaped Seat	317.4*220* 2	1
21	Meter Connecting Base	68.5*173* 2	1
22	Pulley Fixing Seat	80*67.5*3	2
23	Left Inner Trim Panel	645*180* 1.2	1
24	Right Inner Trim Panel	645*180* 1.2	1
25	Fixed Base Plate	170*155* 3	2
26	Rail Connection Plate	99.4*140* 3	2
27	Handlebar	Q235/Ø28*1.5*434	1
28	Fixing Pin	SUS304/Ø10*40	1
29	Powder Shaft Sleeve	Ø18*Ø14*Ø10*10	4
30	Casing 2	Q235/Ø12*Ø8*22.5	8
31	Seat Roller Shaft	Q235/Ø8*320	2
32a	Sensor Wire 1	L450	1
32b	Sensor wire 2	L450	1
33a	Meter Wire 1	L480	1
33b	Meter Wire 2	L480	1
34	Right Tank Cover	Ø445*69.5	1
35	Left Tank Cover	Ø445*69.5	1
36	Impeller	Ø330*106	1
37	Rubber Sealing Ring	Ø430*7	1
38	Rubber Washer	Ø40*7	2
39	Rubber Washer 2	Ø42*Ø25*1	1
40	Rubber Sealing Gasket	Ø60*Ø45*2	1
41	Pullback Device		1
42	Spindle sleeve	Ø30*Ø17*6	1

No.	Description	Spec.	Qty.
43	Seal Ring Holder	Ø60*Ø45*32	1
44	Fill Plug	Ø31.3*10.4	1
45	TC Framework Oil Seal	NBR/Ø20*Ø40*8	2
46	Small Webbing Pulley	POM/Ø41*42.5*Ø38.5*37	3
47L/R	Foot Pedal	PP/132*106*18	1pr.
48L/R	Adjusting Pedal	PP/343*106*56	1pr.
49	Transportation Wheel	PU+608/Ø69*23.5	2
50	PVC Sleeve 2	PVC/Ø15*Ø8.2*195	2
51	PVC Sleeve 3	PVC/Ø15*Ø8.2*12	4
52	PVC Sleeve 5	PVC/Ø16*Ø10.2*5	4
53	Plastic Pulley	ABS/Ø95*Ø82*32	1
54L/R	Handlebar Sleeve	Ø27*Ø33*210	1pr.
55	Handlebar Cap	PP/Ø28	2
56	Shock Pad	33*33	2
57	Seat Cushion Stop	PVC/25*15*10	4
58	Small Roller	TPU+608/Ø28*11.5	4
59	Roller Positioning Seat	PVC/46*43.5*32.4	4
60	Seat Roller	TPU+608/Ø46*22	4
61	Seat	PU/320*260*52	1
62	Front Foot Pad	53*23*20	4
63	Plastic Pad	85*17.5	1
64	Sidebar	PVC/30*17.5*940	2
65	Pedal Strap	PP /50*1.5*1083	1
66	Pumping Siphon	PE/570	1
67	Screw	M6*15*S5	20
68	Screw	M6*15*S4	4
69	Screw	M6*16 S5	4
70	Screw	M6*25*S10	2
71	Screw	M6*30*S4	4
72	Screw	M6*30*S5	1
73	Screw	M6*40*S4	2
74	Screw	M6*50*S4	14
75	Screw	M6*50*20*S5	4
76	Screw	M8*35*S5	16
77	Screw	M8*40*15*S5	2
78	Screw	M8*65*20*S5	4
79	Bolt	M8*75*20*S14	4
80	Screw	M10*50*15*S6	1
81	Screw	M10*55*S6	1
82	Screw	M10*60*15*S6	2
83	Screw	M3*17*Ø6	12
84	Screw	ST4.2*16*Ø7	24
85	Screw	ST4.2*19*Ø11	10
86	Nylon Lock Nut	M8*H7.5*S13	18

PARTS LIST

No.	Description	Spec.	Qty.
87	Nylon Lock Nut	M3*H3.8*S6	12
88	Nylon Lock Nut	M10*1.25*H12*S17	4
89	Cap Nut	M10*H18*S17	2
90	Washer	D8*Ø16*1.5	18
91	Washer	D6*Ø13*1	4
92	Washer	D6*Ø16*1	1
93	Shaft Ring	D8*0.8	4
94	Meter		1
95	Cap Nut	M8*H16*S13	8
96	Screw	M8*110*S6	4
97	Screw	M8*80*30*S5	2

No.	Description	Spec.	Qty.
98	Washer	D10*Ø16*1	4
99	Allen Wrench	25*60*4 S4	1
100	Allen Wrench	30*80*5 S5	1
101	Allen Wrench	30*80*6 S6	1
102	Spanner	13 14 17	1
103	Water Purification	Ø30*30	1
104	Screw	M6*10	4
105	Screw	M10*45*15 S6	2
A	Main Frame		1
M	Meter Assembly		1

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