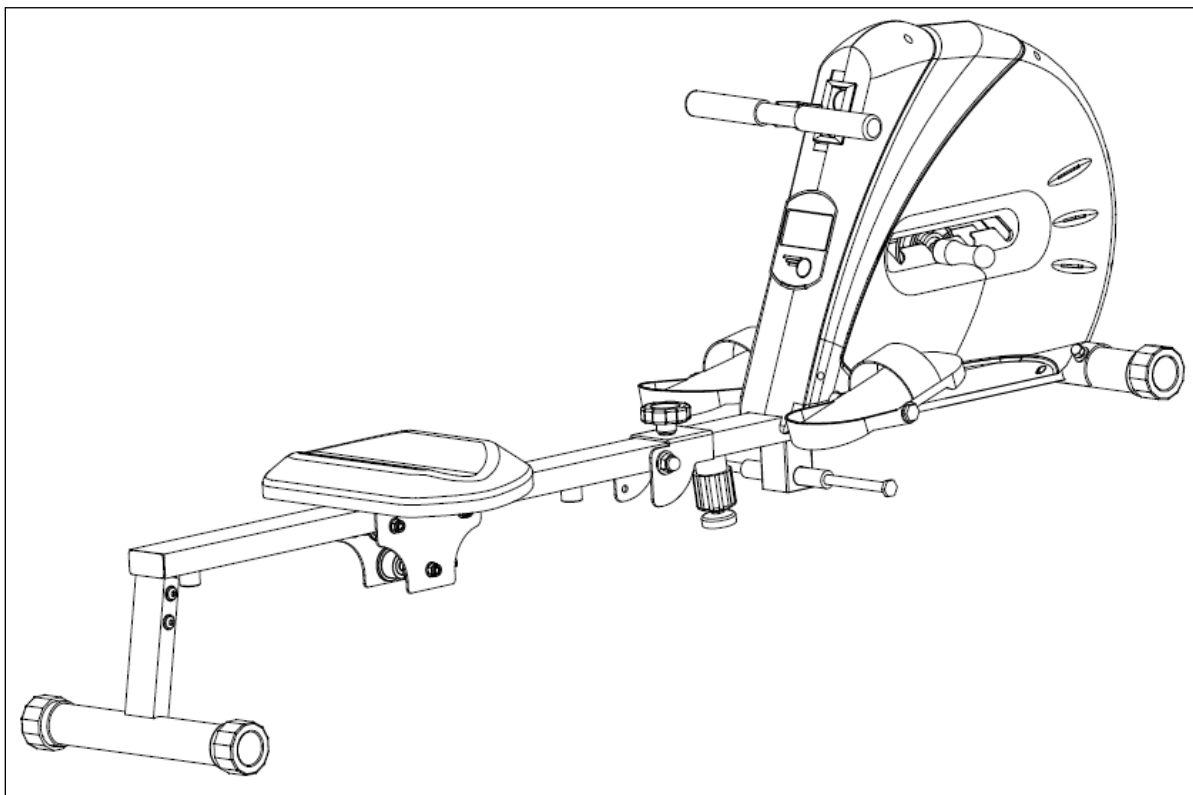




ELASTIC CORD ROWING MACHINE

SF-RW5606

USER MANUAL



English, Page 6~11

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).

Español, Page 12~27

¡IMPORTANTE! Conserve el manual del propietario para las instrucciones de mantenimiento y ajuste. Su satisfacción es muy importante para nosotros, **NO DEVUELVA HASTA HABERNOS CONTACTADO:** support@sunnyhealthfitness.com ó 1- 877 - 90SUNNY (877-907-8669)

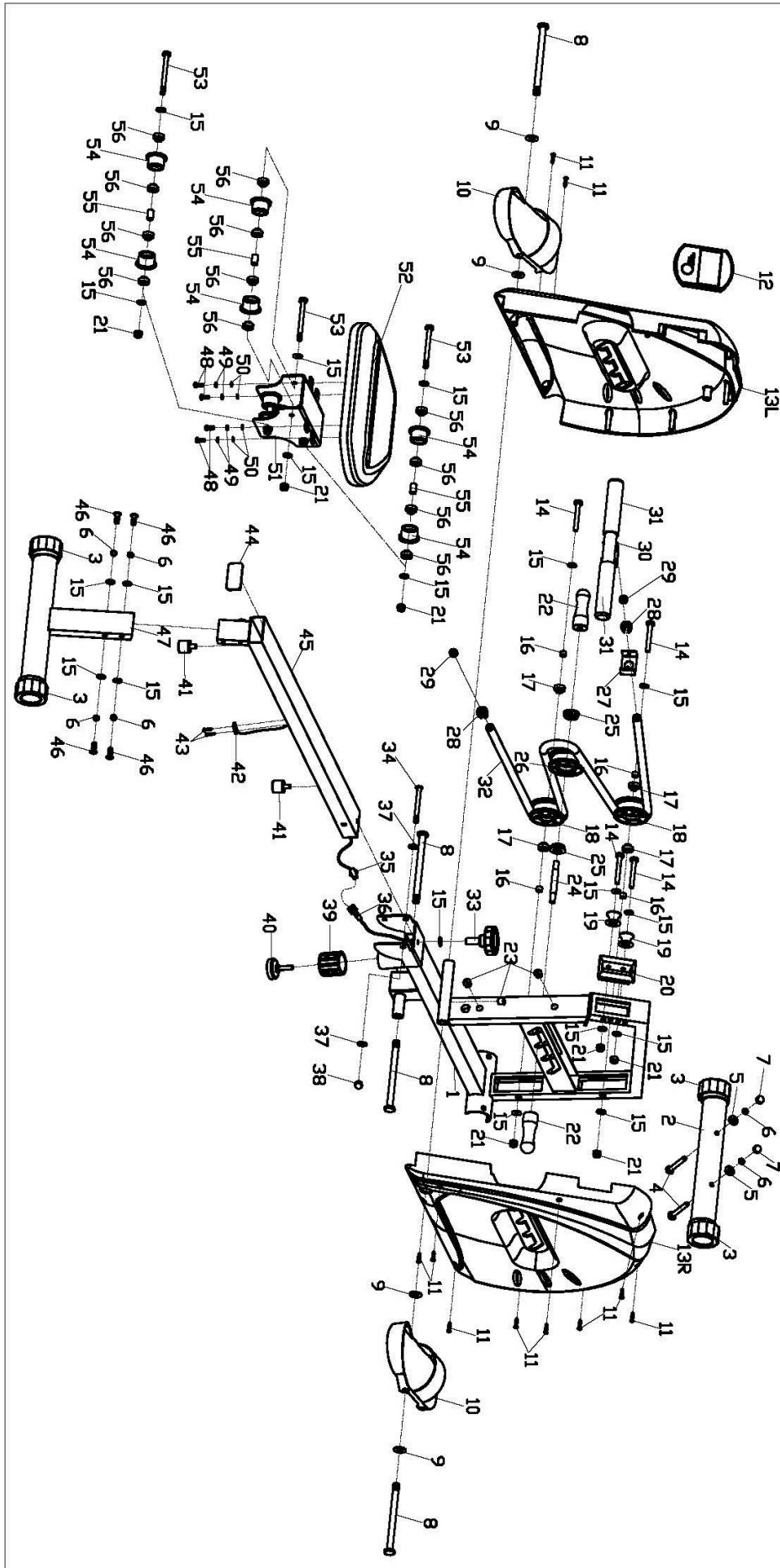


IMPORTANT SAFETY INFORMATION

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 4 feet (1.2 M) 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 220 pounds (100 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, 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



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	End Cap		4
4	Carriage Bolt	M8x65	2
5	Curved Washer	d8x1.5xΦ20xR30	2
6	Spring Washer	D8	6
7	Nut	M8	2
8	Bolt	Φ12.5x130xM12x16	4
9	Flat Washer	D13xΦ26x2	4
10	Pedal		2
11	Screw	ST4.2x18	10
12	Meter		1
13L/R	Cover		1pr
14	Bolt	M8x62	4
15	Flat Washer	D8xΦ19x1.5	19
16	Bushing	Φ12xΦ8.5x10.5	4
17	Bearing	608	4
18	Wheel		2
19	Idler Wheel		2
20	Fixed Sleeve		1
21	Nylon Nut	M8	7
22	Handlebar	Φ30xM10x88	2
23	End Cap		3
24	Axle	M10xΦ12x95	1
25	Bearing	Φ32xΦ12x11	2
26	Wheel		1
27	U-shaped Washer		1
28	Rope Lock		2
29	Plug		2
30	Handlebar		1

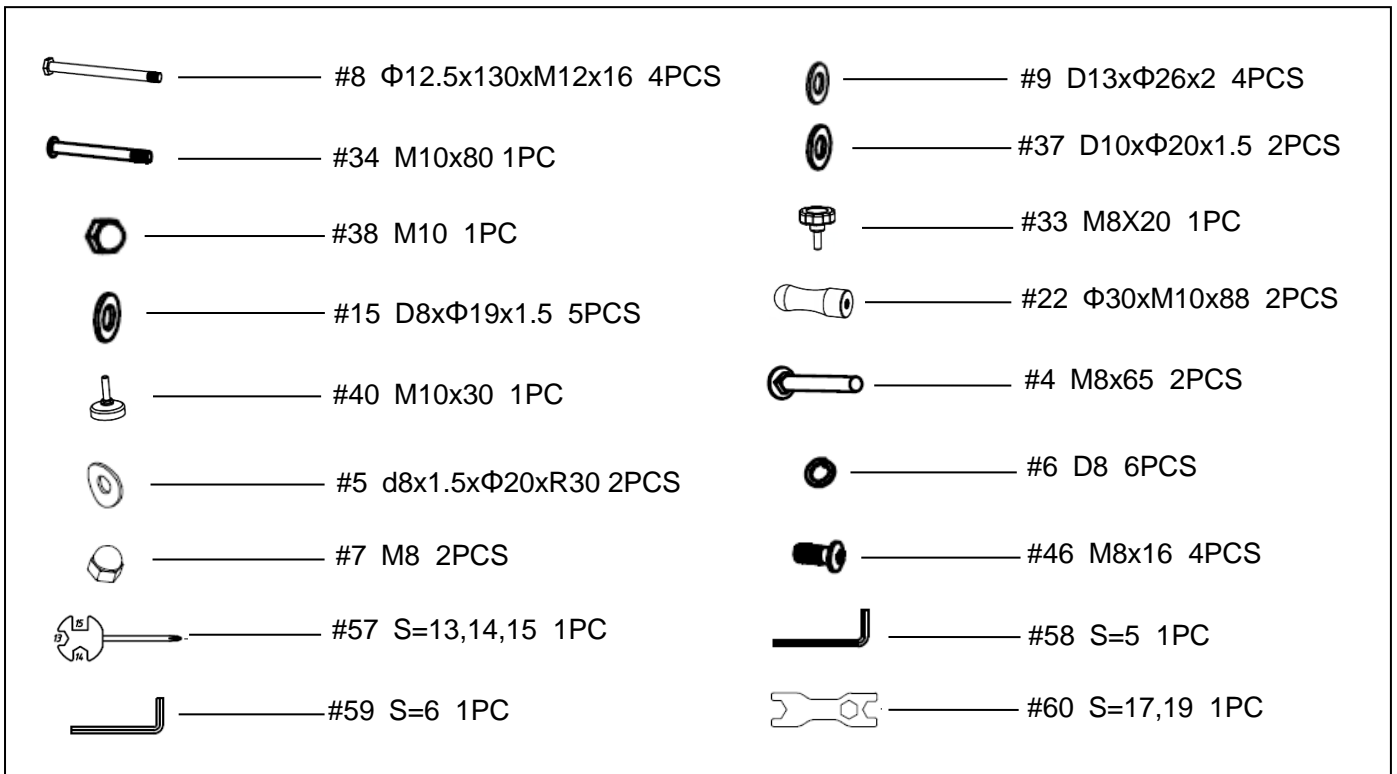
No.	Description	Spec.	Qty.
31	Foam Grip		2
32	Rope		1
33	Knob	M8X20	1
34	Bolt	M10x80	1
35	Sensor Wire		1
36	Extended Wire		1
37	Flat Washer	D10xΦ20x1.5	2
38	Nut	M10	1
39	End Cap		1
40	Adjustable Foot Pad	M10x30	1
41	Cushion Pad		2
42	Sensor		1
43	Screw	ST3x10	2
44	End Cap		1
45	Slide Rail		1
46	Screw	M8x16	4
47	Rear Support Frame		1
48	Bolt	M6x15	4
49	Spring Washer	D6	4
50	Flat Washer	D6	4
51	Seat Bracket		1
52	Seat		1
53	Bolt	M8x90	3
54	Wheel		6
55	Bushing	Φ12xΦ8x20	3
56	Bearing		12
57	Spanner	S=13,14,15	1
58	Allen Wrench	S=5	1
59	Allen Wrench	S=6	1
60	Wrench	S=17,19	1

LISTA DE PIEZAS

n.º	Descripción	Espec	Cant.
1	Estructura Principal		1
2	Estabilizador Delantero		1
3	Tapón		4
4	Perno	M8x65	2
5	Arandela	d8x1.5xΦ20xR30	2
6	Arandela de Presión	D8	6
7	Tuerca	M8	2
8	Perno	Φ12.5x130xM12x16	4
9	Arandela	D13xΦ26x2	4
10	Pedal		2
11	Tornillo	ST4.2x18	10
12	Computadora		1
13L/R	Cubierta de Cadena		1pr
14	Perno	M8x62	4
15	Arandela	D8xΦ19x1.5	19
16	Buje	Φ12xΦ8.5x10.5	4
17	Cojinete	608	4
18	Rueda		2
19	Rueda		2
20	Manga Fija		1
21	Tuerca de Nylon	M8	7
22	Manija	Φ30xM10x88	2
23	Tapón		3
24	Eje	M10xΦ12x95	1
25	Cojinete	Φ32xΦ12x11	2
26	Rueda		1
27	Arandela		1
28	Bloqueo de Cuerda		2
29	Clavija		2
30	Manubrio		1

n.º	Descripción	Espec	Cant.
31	Agarre de Espuma		2
32	Cuerda		1
33	Perno	M8X20	1
34	Perno	M10x80	1
35	Cable de Sensor		1
36	Cable		1
37	Arandela	D10xΦ20x1.5	2
38	Tuerca	M10	1
39	Tapón		1
40	Nivelador de Piso	M10x30	1
41	Tope de Asiento		2
42	Sensor		1
43	Tornillo	ST3x10	2
44	Tapón		1
45	Riel2de Deslizamiento		1
46	Tornillo	M8x16	4
47	Estabilizador Trasero		1
48	Perno	M6x15	4
49	Arandela de Presión	D6	4
50	Arandela	D6	4
51	Poste de Asiento		1
52	Asiento		1
53	Perno	M8x90	3
54	Rueda		6
55	Buje	Φ12xΦ8x20	3
56	Cojinete		12
57	Llave Inglesa	S=13,14,15	1
58	Llave Allen	S=5	1
59	Llave Allen	S=6	1
60	Llave	S=17,19	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).

Pedido de piezas de repuesto (solo para clientes de EE. UU. y Canadá)

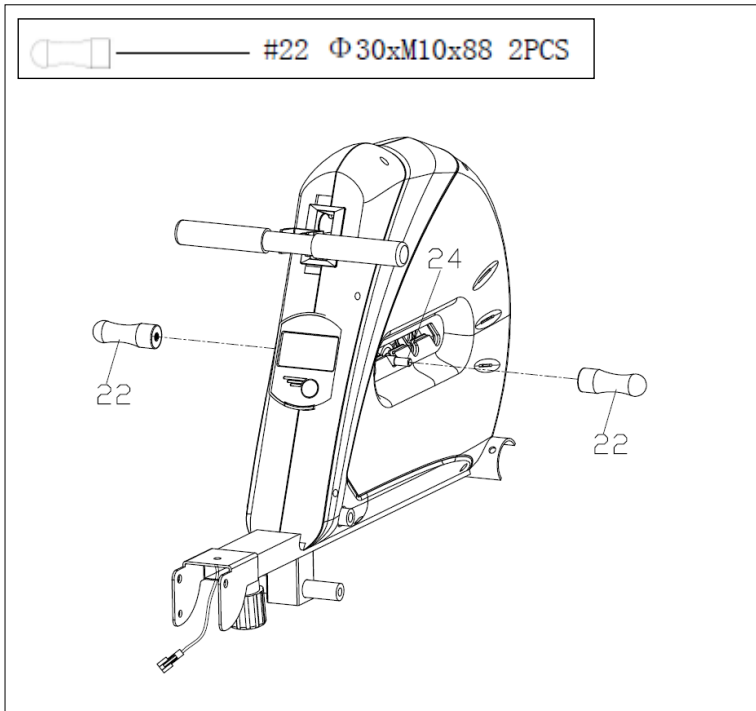
Proporcione la siguiente información para que podamos identificar con precisión las piezas necesarias:

- ✓ El número de modelo (se encuentra en la portada del manual).
- ✓ El nombre del producto (se encuentra en la portada del manual).
- ✓ El número de pieza que se encuentra en el “ESQUEMA DE LAS PIEZAS” y en la “LISTA DE PIEZAS” (se encuentra al principio del manual).

Contáctenos en support@sunnyhealthfitness.com o 1- 877 - 90SUNNY (877-907-8669).

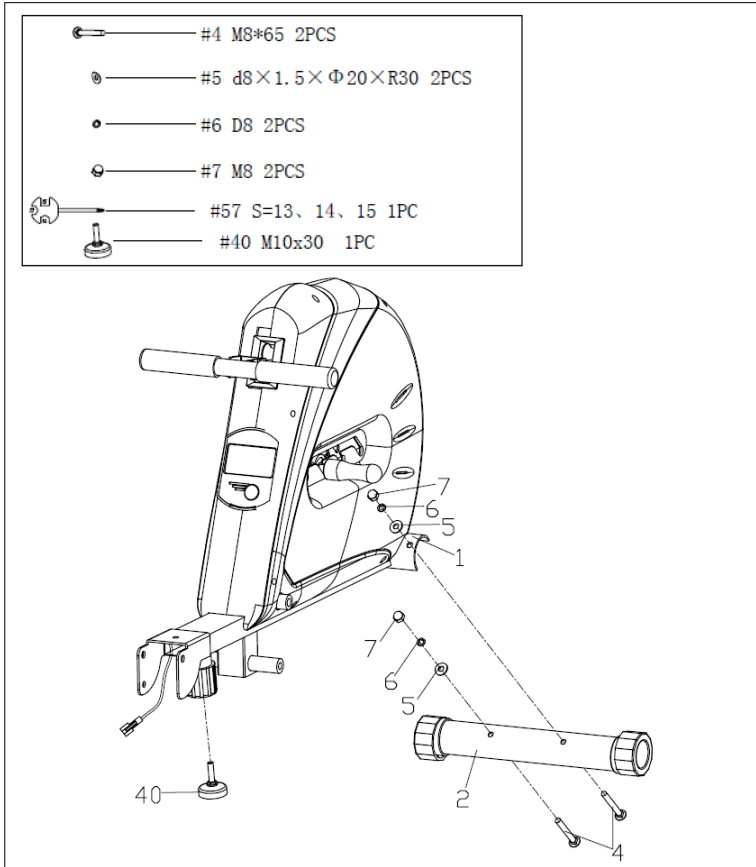
ASSEMBLY INSTRUCTIONS

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 the 2 **Handlebars (No. 22)** to the **Axle (No. 24)**.



STEP 2:

Attach the **Front Stabilizer (No. 2)** to the **Main Frame (No. 1)** with 2 **Carriage Bolts (No. 4)**, 2 **Curved Washers (No. 5)**, 2 **Spring Washers (No. 6)** and 2 **Nuts (No. 7)** using **Spanner (No. 57)**.

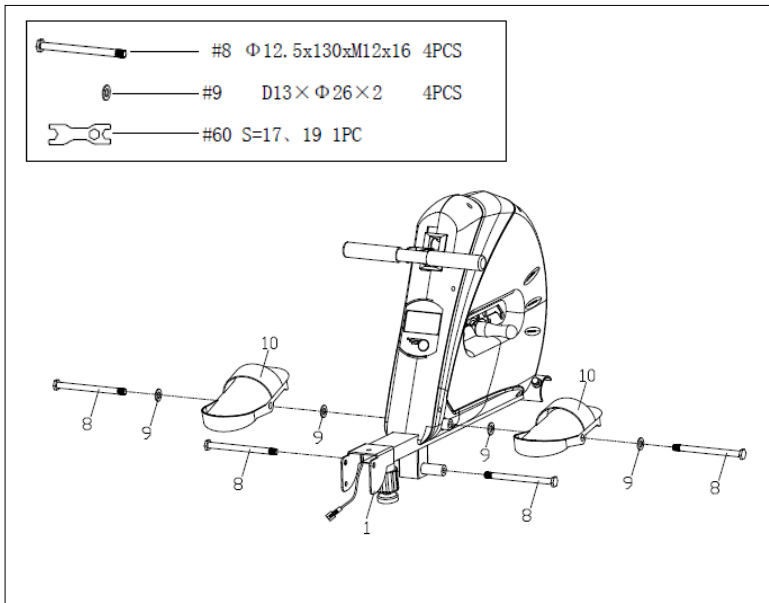
Attach the **Adjustable Foot Pad (No. 40)** to the **Main Frame (No. 1)**.

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STEP 3:

Insert the 2 **Bolts (No. 8)** to the short bottom shaft of the **Main Frame (No. 1)**, and tighten with **Wrench (No. 60)**.

Attach the 2 **Pedals (No. 10)** to the **Main Frame (No. 1)** with 2 **Bolts (No. 8)** and 4 **Flat Washers (No. 9)** using **Wrench (No. 60)**.



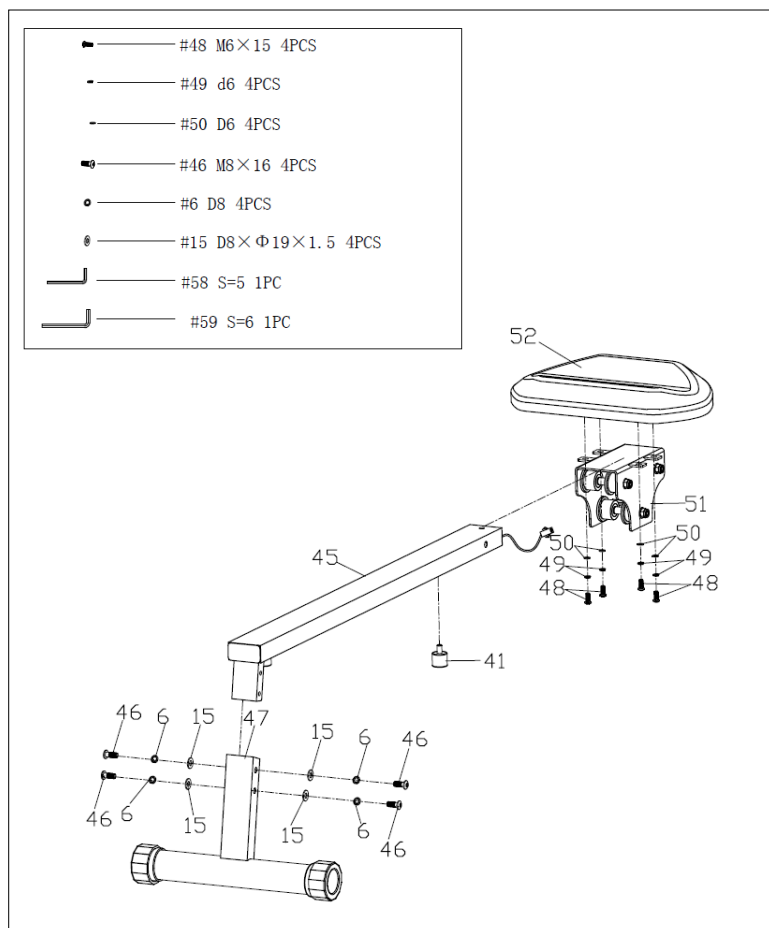
STEP 4:

Remove 4 **Bolts (No. 48)**, 4 **Spring Washers (No. 49)** and 4 **Flat Washers (No. 50)** from the **Seat (No. 52)** using **Allen Wrench (No. 58)**.

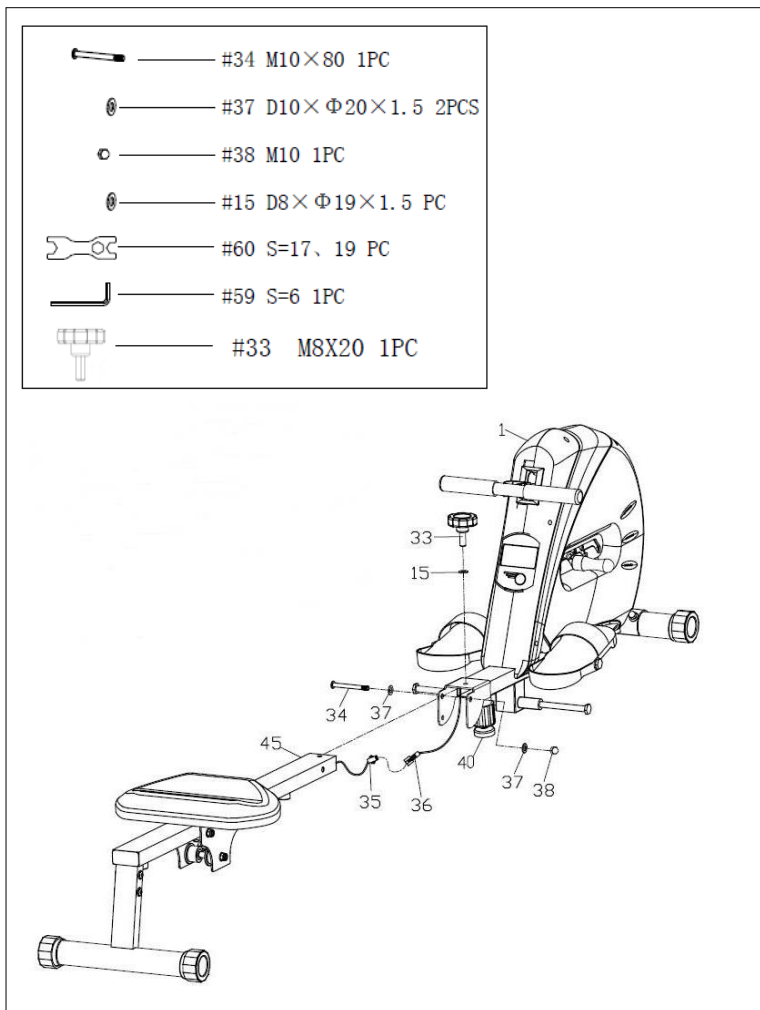
Attach the **Seat (No. 52)** to the **Seat Bracket (No. 51)** with 4 **Bolts (No. 48)**, 4 **Spring Washers (No. 49)** and 4 **Flat Washers (No. 50)** that were just removed. Tighten and secure with **Allen Wrench (No. 58)**.

Attach the **Rear Support Frame (No. 47)** to the **Slide Rail (No. 45)** with 4 **Screws (No. 46)**, 4 **Spring Washers (No. 6)** and 4 **Flat Washers (No. 15)** using **Allen Wrench (No. 59)**.

Slip the **Seat Bracket (No. 51)** onto the **Slide Rail (No. 45)** until past the hole of **Cushion Pad (No. 41)**. Then insert the **Cushion Pad (No. 41)** into the **Slide Rail (No. 45)** and turn to tighten.



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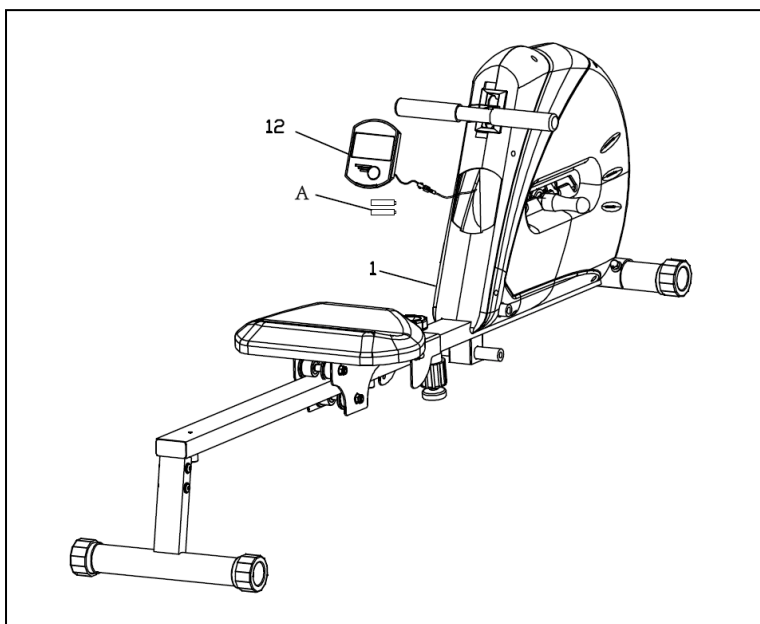


STEP 5:

Connect the **Extended Wire (No. 36)** to the **Sensor Wire (No. 35)** and put the wires into the **Slide Rail (No. 45)**. Then attach the **Slide Rail (No. 45)** to the **Main Frame (No. 1)** with **Bolt (No. 34)**, **2 Flat Washers (No. 37)**, and **Nut (No. 38)** using **Allen Wrench (No. 59)** and **Wrench (No. 60)**.

Insert **Knob (No. 33)** and **Flat Washer (No. 15)** and turn to tighten.

Check that the **Adjustable Foot Pad (No. 40)** does not touch the floor. If it is touching the floor, then the **Adjustable Foot Pad (No. 40)** has not been tightened. Try lifting the **Slide Rail (No. 45)** slightly and tighten the **Adjustable Foot Pad (No. 40)**.



STEP 6:

The **Meter (No. 12)** uses 2 AA batteries (A) (included).

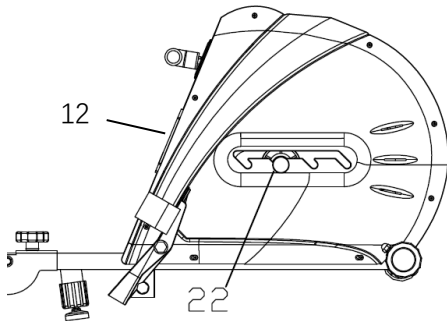
Push the tab at the bottom of **Meter (No. 12)** up slightly and remove the **Meter (No. 12)** from **Main Frame (No. 1)**. Install 2 batteries (A) in the battery compartment in the back of the **Meter (No. 12)**. Put the **Meter (No. 12)** back into the **Main Frame (No. 1)**. You will hear a click when the **Meter (No. 12)** is back in place.

The assembly is now complete!

ADJUSTMENT GUIDE

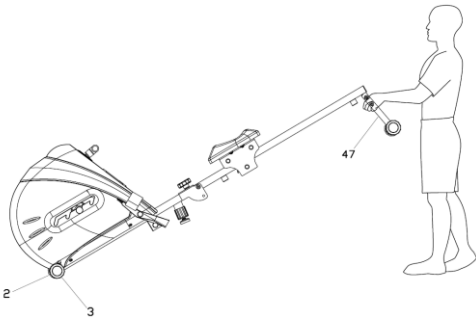
CAUTION! Moving parts, such as the seat, can crush and cut. Keep hands clear of the sliding rail during use!

ADJUSTING THE RESISTANCE



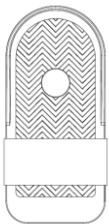
Sit on the seat, hold the **Handlebars (No. 22)** on both sides and move the **Handlebars (No. 22)** into a different slot to adjust the resistance. The slot nearest the **Meter (No. 12)** is the highest resistance level. Move the **Handlebar (No. 22)** *forward* to decrease the resistance level. Move the **Handlebar (No. 22)** towards you to increase the resistance level.

MOVING THE MACHINE



To move the machine, lift the **Rear Support Frame (No. 47)** until the **End Caps (No. 3)** on the **Front Stabilizer (No. 2)** touch the ground. With the **End Caps (No. 3)** on the ground, you can transport the rower to the desired location with ease.

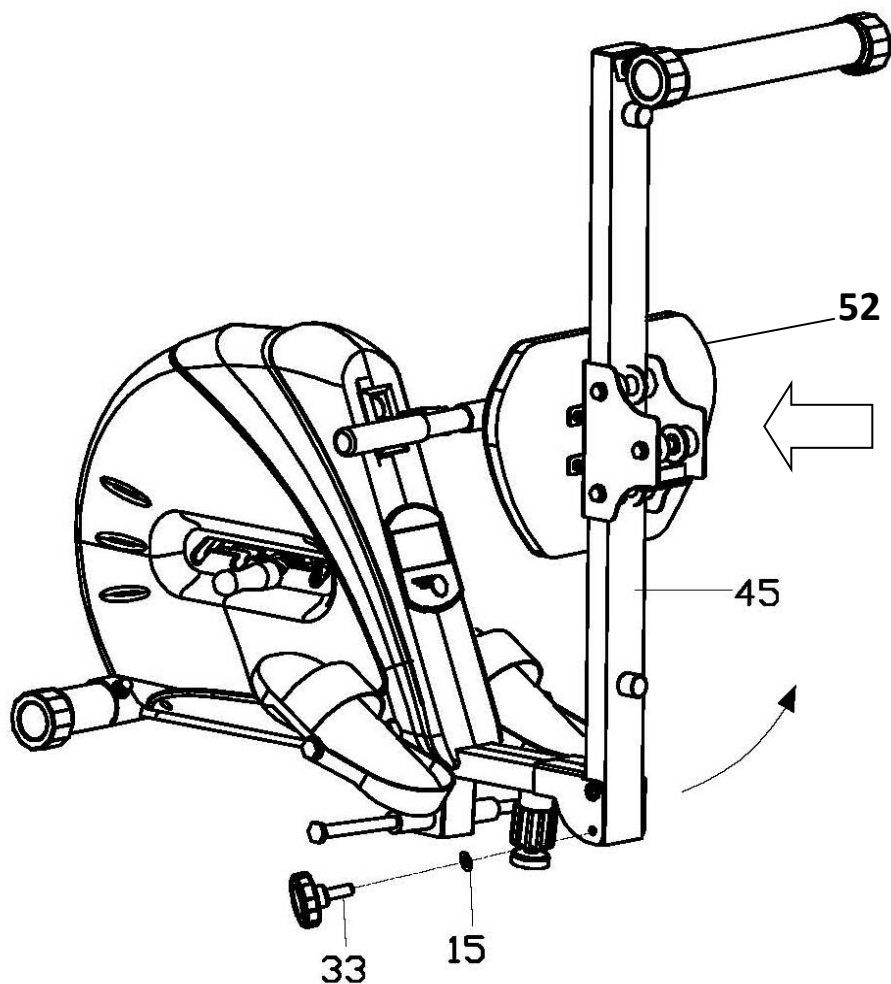
PEDAL STRAP ADJUSTMENT



The pedal strap can be adjusted to fit the user's foot size.

FOLDING INSTRUCTIONS:

The rowing machine is foldable. Before folding the machine, remove the **Knob (No. 33)** and **Flat Washer (No. 15)**. Once folded, you may reinsert the **Knob (No. 33)** and **Flat Washer (No. 15)** to secure the folded position.



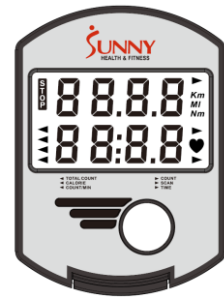
IMPORTANT:
Be cautious when folding as the **Seat (No. 52)** will drop down. Make sure the **Slide Rail (No. 45)** does not pinch or cut the wires.

EXERCISE METER

FUNCTION BUTTONS:

MODE - Press to select functions.

- Press and hold for 2 seconds to reset all function values.



FUNCTIONS AND OPERATIONS:

1. **SCAN:** When in SCAN position, the meter will rotate through the following functions: time, count, total count, calorie, count/min and (if have) pulse. Each function will display for 6 seconds.
2. **TIME:** Count the rowing time from start to end.
3. **COUNT:** Count the rowing strokes from start to end.
4. **TOTAL COUNT:** Count the total rowing strokes from start to end. Total count will not reset when you press and hold the MODE button. It will reset only when you change the batteries.
5. **CALORIES:** Count the total calories from start to end.
6. **COUNT/MIN:** Display current rowing strokes per minute, or the frequency per minute.

AUTO ON/OFF & AUTO START/STOP:

To turn on the meter, start rowing or press MODE. The meter will stay on while you are rowing or if you press MODE. After 4 minutes without any signal, the meter will turn off.

DISPLAY A FUNCTION:

To choose the function that is displayed, press MODE until arrow points to that function and there is no arrow pointing to SCAN. Meter will stay on that function.

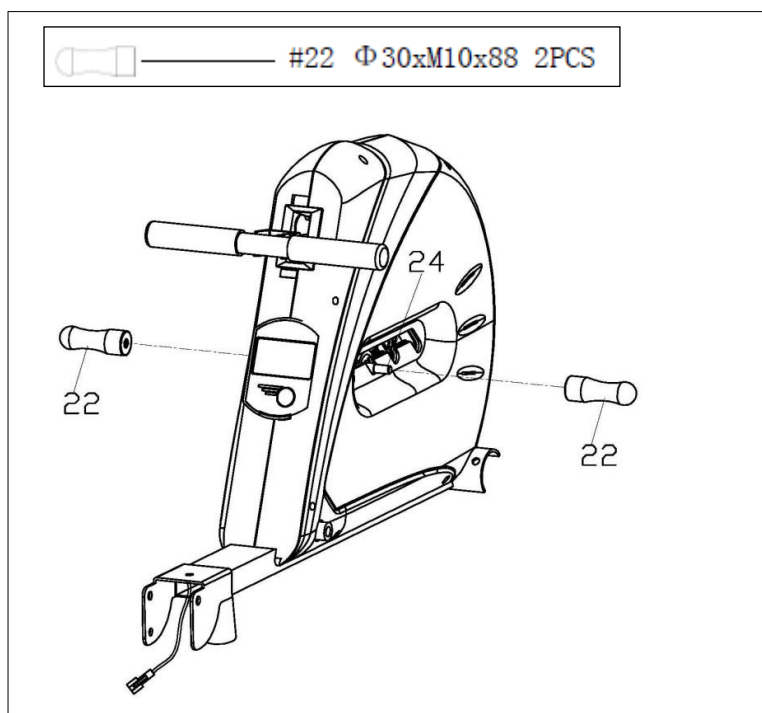
SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00 ~ 99:59 (Minute: Second)
	COUNT	0 ~ 9999
	TOTAL COUNT	0 ~ 9999
	COUNT/MIN	0 ~ 1200
	CALORIES	0 ~ 9999Kcal
BATTERY TYPE		2pcs of SIZE-AA or UM-3
OPERATING TEMPERATURE		0°C ~ +40°C (32°F ~ 104°F)
STORAGE TEMPERATURE		-10°C ~ +60°C (14°F ~ 168°F)

Battery: This meter uses two AA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose the batteries according to your state and regional guidelines.

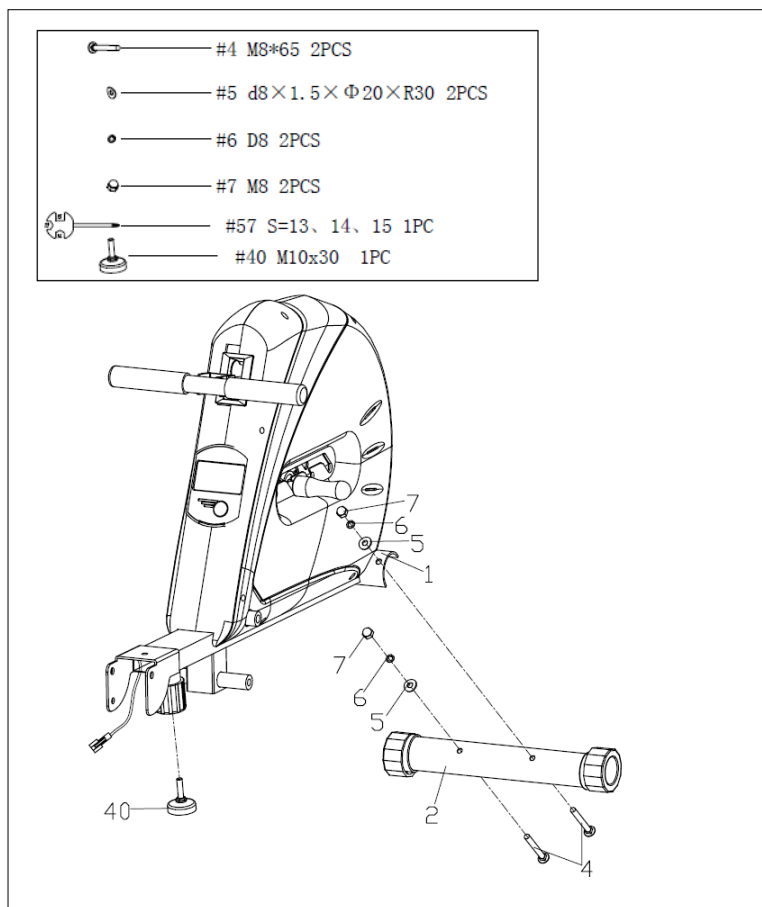
INSTRUCCIÓN DE ARMADO

Valoramos su experiencia con los productos de Sunny Health and Fitness. Para obtener ayuda con las piezas o la solución de problemas, contáctenos en support@sunnyhealthfitness.com o al 1-877-90SUNNY (877-907-8669).



PASO 1:

Conecte la 2 Manija (No. 22) al Eje (No. 24).

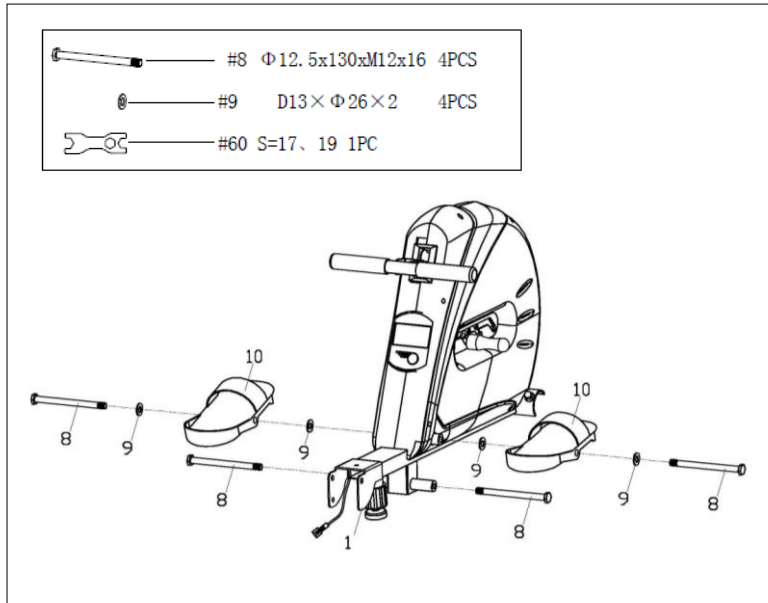


PASO 2:

Conecte el Estabilizador Frontal (No. 2) al Estructura Principal (No. 1) usando los 2 Pernos (No. 4), 2 Arandelas (No. 5), 2 Arandelas de Presión (No. 6) y Tuercas (No. 7).

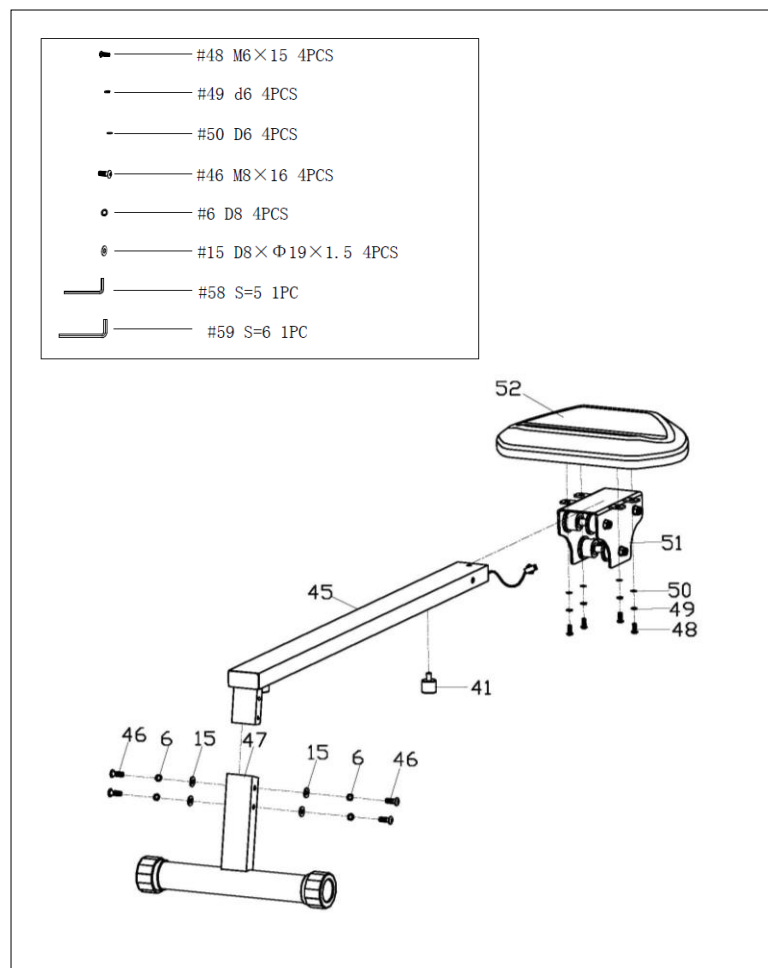
Conecte la Nivelador de Piso (No. 40) al Estructura Principal (No. 1).

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PASO 3:

Inserte el 2 **Perno (No. 8)** en el eje inferior corto del **Estructura Principal (No. 1)**. Conecte los 2 **Pedales (No. 10 L/R)** al **Estructura Principal (No. 1)** con los 2 **Pernos (No. 8)** y las 4 **Arandelas (No. 9)** usando **Llave (No. 60)**.



PASO 4:

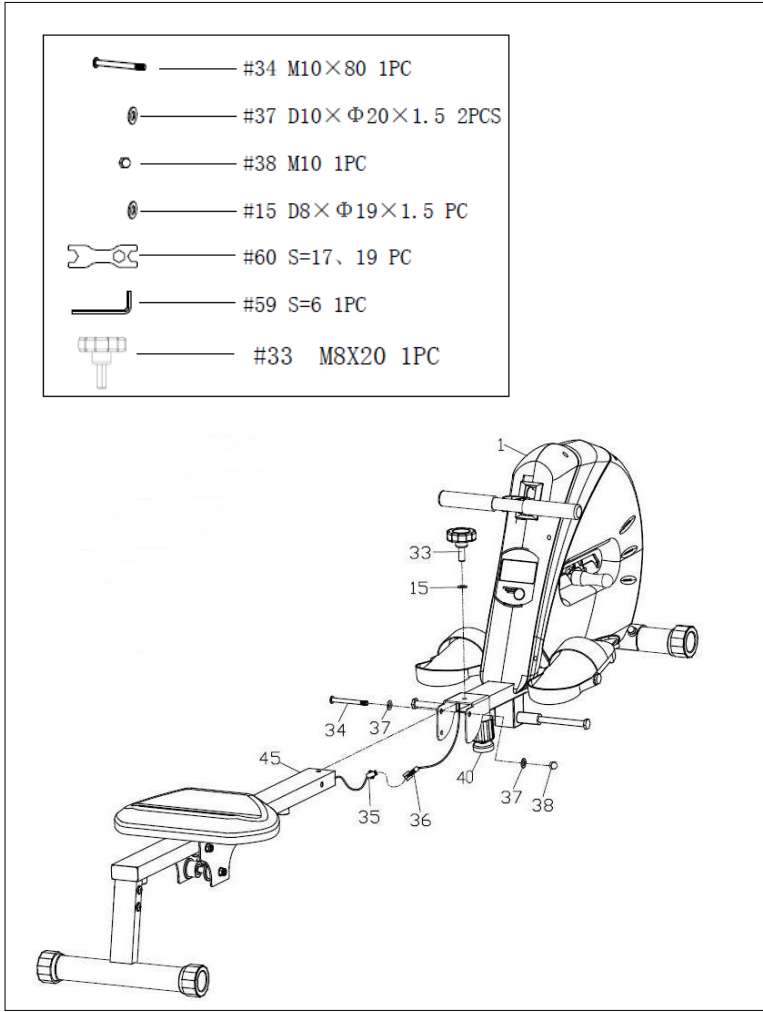
Retire 4 **Pernos (No. 48)**, 4 **Arandelas de Presión (No. 49)** y 4 **Arandelas (No. 50)** del **Asiento (No. 52)** con una **Llave Allen (No. 58)**.

Conecte el **Asiento (No. 52)** al **Poste de Asiento (No. 51)** utilizando los **Pernos (No. 48)**, 4 **Arandelas de Presión (No. 49)** y 4 **Arandelas (No. 50)** que acaban de ser removido. Apriete y asegure con **Llave Allen (No. 58)**.

Conecte el **Estabilizador Trasero (No. 47)** al **Riel de Deslizamiento (No. 45)** con 4 **Tornillos (No. 46)**, 4 **Arandelas de Presión (No. 6)** y 4 **Arandelas (No. 15)** usando **Llave Allen (No. 59)**.

Deslice el **Poste de Asiento (No. 51)** sobre el **Riel de Deslizamiento (No. 45)** hasta que pase el orificio del **Tope de Asiento (No. 41)**. Luego inserte el **Tope de Asiento (No. 41)** en el **Riel de Deslizamiento (No. 45)** y gire para apretar.

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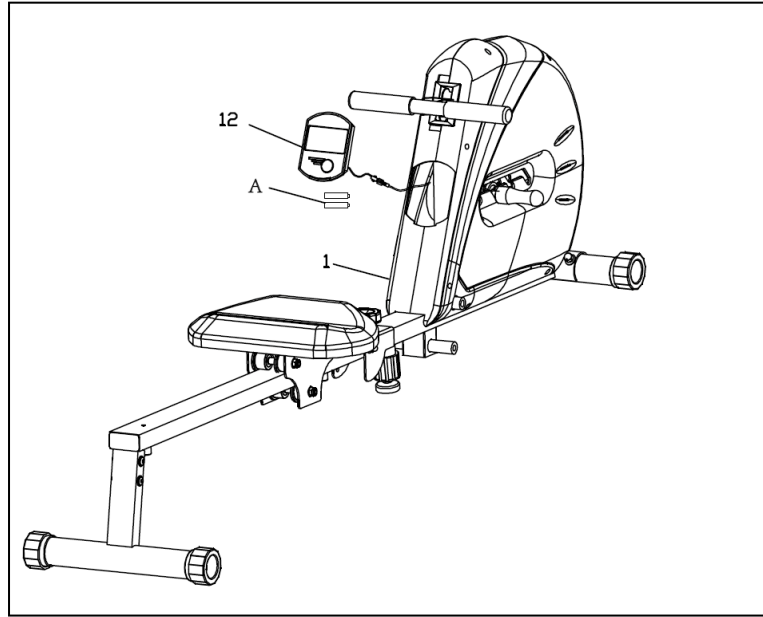


PASO 5:

Conecte el **Cable (No. 36)** al **Cable de Sensor (No. 35)** y luego conecte el **Riel de Deslizamiento (No. 45)** al **Estructura Principal (No. 1)** utilizando **Pernos (No. 34)**, **2 Arandelas (No. 37)** y **Tuerca (No. 38)** usando **Llave Allen (No. 59)** y **Llave (No. 60)**.

Inserte el **Perno (No. 33)** y la **Arandela (No. 15)** y gírelo para apretarlo.

Verifique que el **Nivelador de Piso (No. 40)** no toque el piso. Si está tocando el piso, entonces el **Nivelador de Piso (No. 40)** no se ha apretado. Intente levantar levemente el **Riel de Deslizamiento (No. 45)** y apriete el **Nivelador de Piso (No. 40)**.



PASO 6:

La **Computadora (No. 12)** usa 2 pilas AA (A) (incluidas).

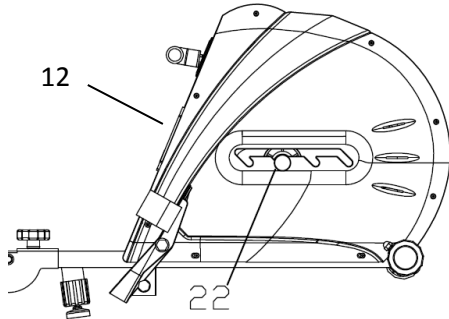
Empuje la lengüeta en la parte inferior del **Computadora (No. 12)** ligeramente hacia arriba y retire la **Computadora (No. 12)** de la **Estructura Principal (No. 1)**. Instale 2 pilas AA (A) en el compartimiento de la pila en la parte posterior de la **Computadora (No. 12)**. Vuelva a colocar la **Computadora (No. 12)** en la **Estructura Principal (No. 1)**. Escuchará un clic cuando la **Computadora (No. 12)** vuelva a estar en su lugar.

¡El armado está completo!

GUÍA DE AJUSTE

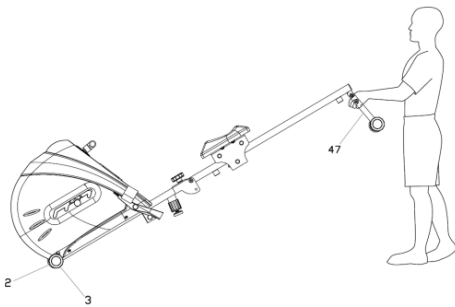
¡PRECAUCIÓN! Las partes móviles, como el asiento, pueden aplastar y cortar. ¡Mantenga las manos alejadas del riel deslizante durante el uso!

AJUSTANDO LA RESISTENCIA

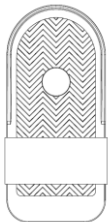


Siéntese en el asiento, sostenga las **Manijas (No. 22)** en ambos lados y mueva las **Manijas (No. 22)** en una ranura diferente para ajustar la resistencia. La ranura más cercana a la **Computadora (No. 12)** es el nivel de resistencia más alto. Mueva las **Manijas (No. 22)** hacia *adelante* para disminuir el nivel de resistencia. Mueva las **Manijas (No. 22)** hacia usted para aumentar el nivel de resistencia.

MOVIENDO LA MÁQUINA



Para mover la máquina, levante el **Estabilizador Trasero (No. 47)** hasta que los **Tapones (No. 3)** en el **Estabilizador Delantero (No. 2)** toquen el suelo. Con los **Tapones (No. 3)** en el suelo, puede transportar la remadora a la ubicación deseada con facilidad.

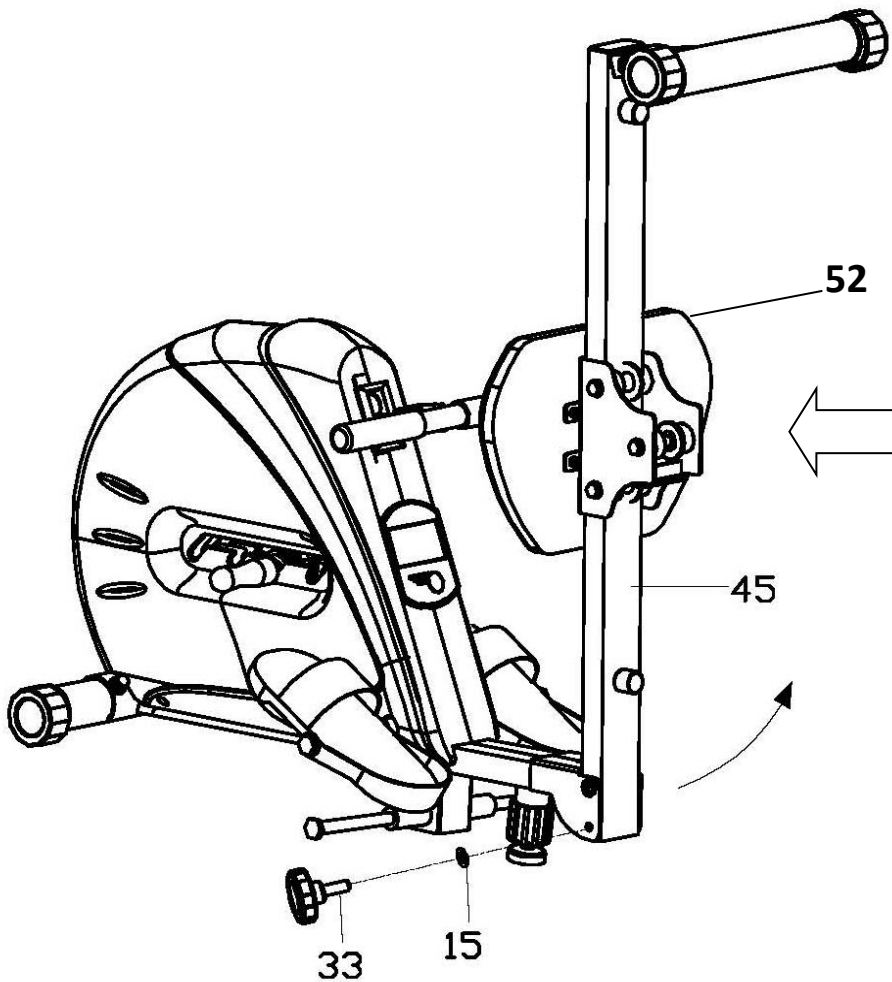


AJUSTE DE LA CORREA DEL PEDAL

La correa del pedal se puede ajustar para adaptarse al tamaño del pie del usuario.

INSTRUCCIONES PLEGABLES:

La máquina de remo es plegable. Antes de plegar la máquina, quite el **Perno (No. 33)** y la **Arandela (No. 15)**. Una vez plegado, puede volver a insertar el **Perno (No. 33)** y las **Arandelas (No. 15)** para asegurar la posición doblada.



IMPORTANTE:

Tenga cuidado al plegar ya que el **Asiento (No. 52)** se caerá.

Asegúrese de que el **Riel el Deslizamiento (No. 45)** no apriete ni corte los cables.

MONITOR DE EJERCICIO

TECLA DE FUNCIÓN:

MODO - Presione para seleccionar la función.

- Presione y mantenga presionado por 2 segundos para restablecer toda funciones a cero.

FUNCIONES Y OPERACIONES:

1. **ESCANEAR:** Cuando esté en la posición ESCANEAR, el medidor rotará a través de las siguientes funciones: tiempo, conteo, conteo total, calorías, conteo / min y (si tiene) pulso. Cada función se mostrará durante 6 segundos.
2. **TIEMPO:** Cuenta el tiempo de remadas de principio a fin.
3. **CONTEO:** Cuenta las remadas de principio a fin.
4. **CONTEO TOTAL:** Cuenta el total de remadas de principio a fin. El recuento total no se restablecerá cuando mantenga presionado el botón MODE. Se reiniciará solo cuando cambie las baterías.
5. **CALORÍAS:** Cuenta las calorías totales de principio a fin.
6. **COUNTEO / MIN:** Muestra las remadas actuales por minuto o la frecuencia por minuto.

AUTO ENCENDIDO / APAGADO y AUTO INICIO / PARO:

Para encender el medidor, comience a remar o presione MODO. El medidor permanecerá encendido mientras rema o si presiona MODO. Después de 4 minutos sin ninguna señal, el medidor se apagará.

FUNCIÓN EN LA PANTALLA:

Para elegir la función que se muestra, presione MODO hasta que la flecha apunte a esa función y no haya ninguna flecha que apunte a ESCANEAR. El medidor permanecerá en esa función.

ESPECIFICACIONES:

FUNCIÓN	AUTO ESCANEO	Cada 6 segundos
	TIEMPO	0:00~99:59(MINUTO:Segundo)
	COUNTEO	0~9999
	COUNTEO TOTAL	0~9999
	COUNTEO/MIN	0~1200
	CALORÍAS	0~9999Kcal
TIPO DE PILA	2 pzas tamaño-AA	
TEMPERATURA DE OPERACIÓN	0°C ~ +40°C (32°F ~ 104°F)	
TEMPERATURA DE ALMACENAMIENTO	-10°C ~ +60°C (14°F ~ 168°F)	

Pilas: Este medidor usa dos pilas AA. Si la pantalla aparece incorrectamente o se vuelve difícil de leer, instale pilas nuevas. Cambie siempre las dos pilas al mismo tiempo. No mezcle tipos de pilas y no mezcle pilas viejas y nuevas. Deseche las pilas de acuerdo con las regulaciones estatales y regionales.

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