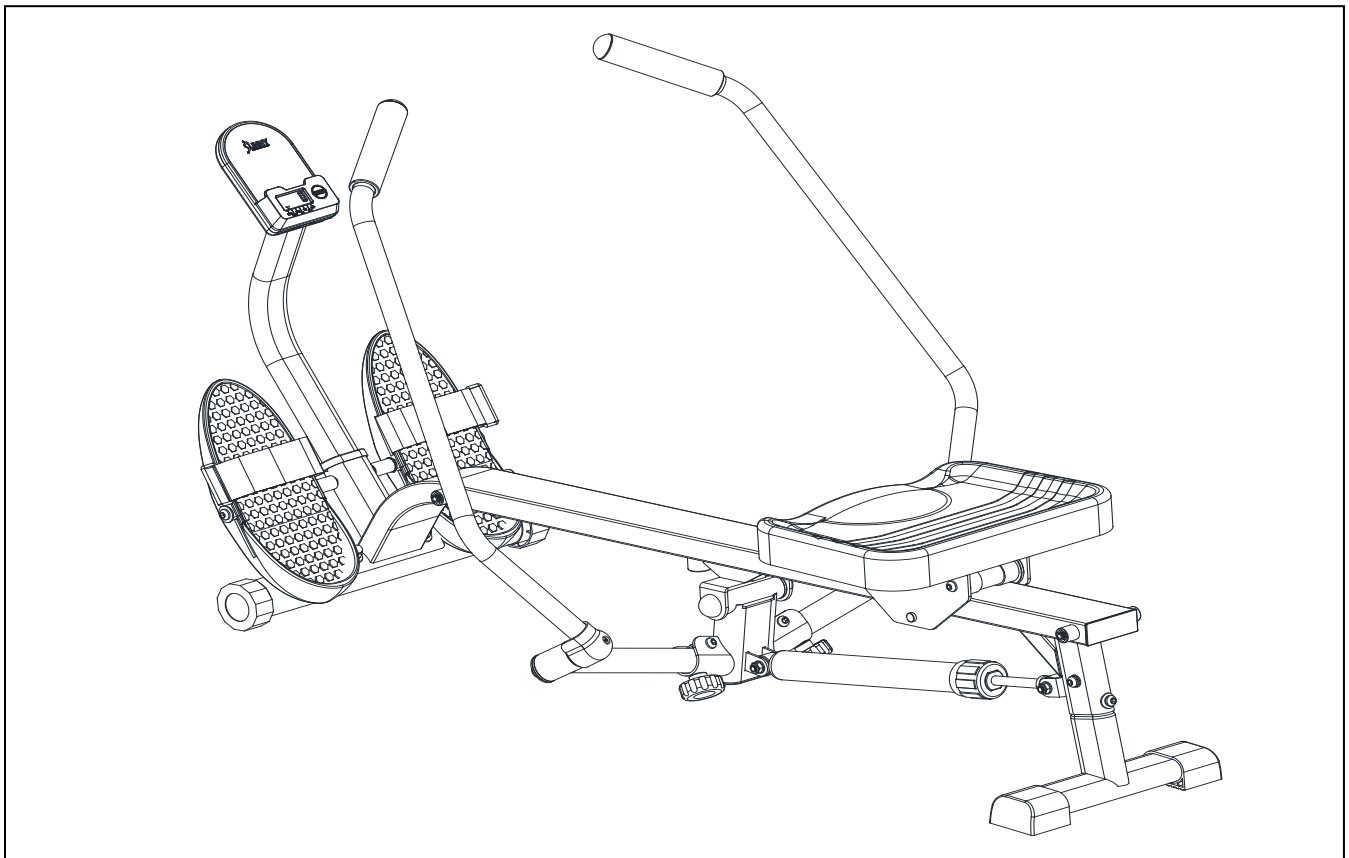




SMART COMPACT FULL MOTION ROWING MACHINE

SF-RW5639 SMART

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).



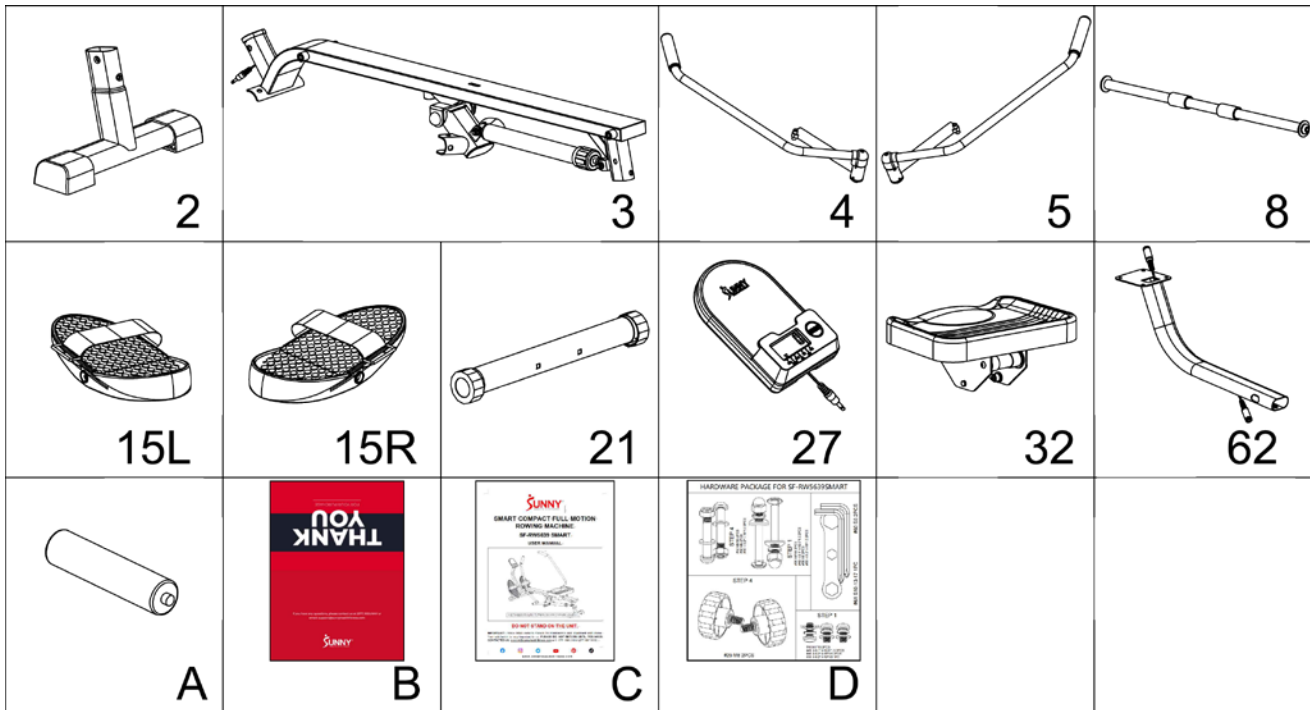
WWW.SUNNYHEALTHFITNESS.COM

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.

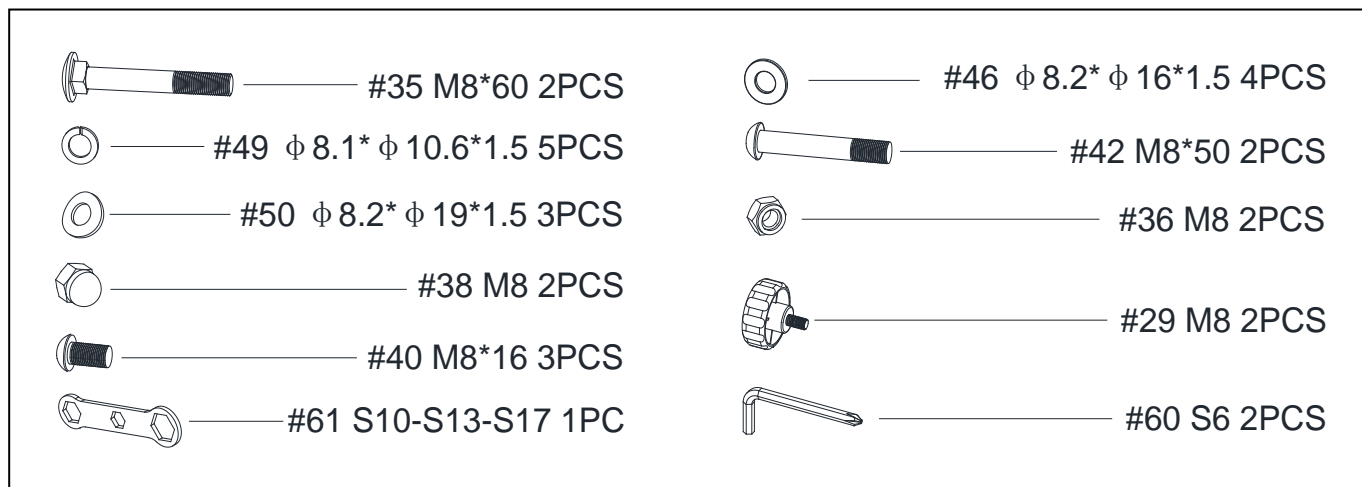
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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 350 lbs (160 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 are 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



No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
2	Rear Stabilizer		1	27	Meter		1
3	Seat Rail		1	32	Seat		1
4	Left Handlebar		1	62	Support Tube		1
5	Right Handlebar		1	A	Battery	AAA	2
8	Long Shaft		1	B	Thank You Card		1
15L	Left Pedal		1	C	User Manual		1
15R	Right Pedal		1	D	Hardware Package		1
21	Front Stabilizer		1				

HARDWARE PACKAGE



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

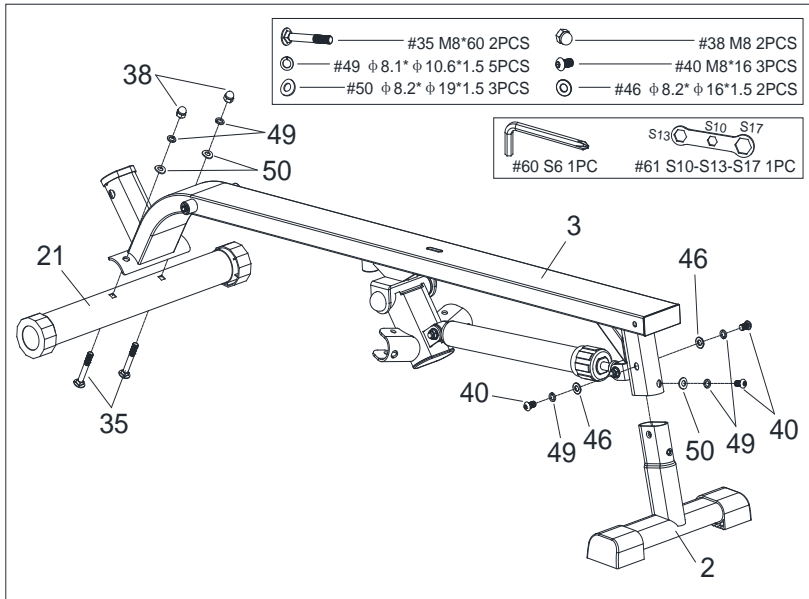
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” (page 13) and “PARTS LIST” (page 12).

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

ASSEMBLY INSTRUCTIONS

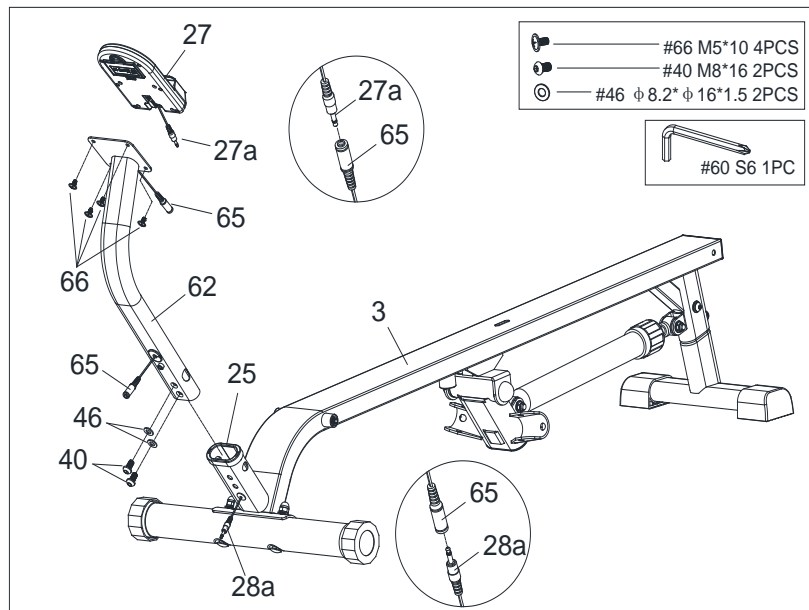
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach **Front Stabilizer (No. 21)** to **Seat Rail (No. 3)** with 2 **Bolts (No. 35)**, 2 **Arc Washers (No. 50)**, 2 **Spring Washers (No. 49)**, and 2 **Nuts (No. 38)**. Tighten and secure with **Spanner (No. 61)**.

Attach the **Rear Stabilizer (No. 2)** to the **Seat Rail (No. 3)** with 3 **Inner Hex Screws (No. 40)**, 3 **Spring Washers (No. 49)**, 2 **Flat Washers (No. 46)** and 1 **Arc Washer (No. 50)**. Tighten and secure with **Allen Wrench (No. 60)**.



STEP 2:

Remove 2 **Inner Hex Screws (No. 40)** 2 **Flat Washers (No. 46)** from **Support Tube (No. 62)** with **Allen Wrench (No. 60)**

Attach the **Support Tube (No. 62)** to the **Seat Rail (No. 3)** with 2 **Inner Hex Screws (No. 40)** 2 **Flat Washers (No. 46)** that were removed. Tighten and secure with **Allen Wrench (No. 60)**.

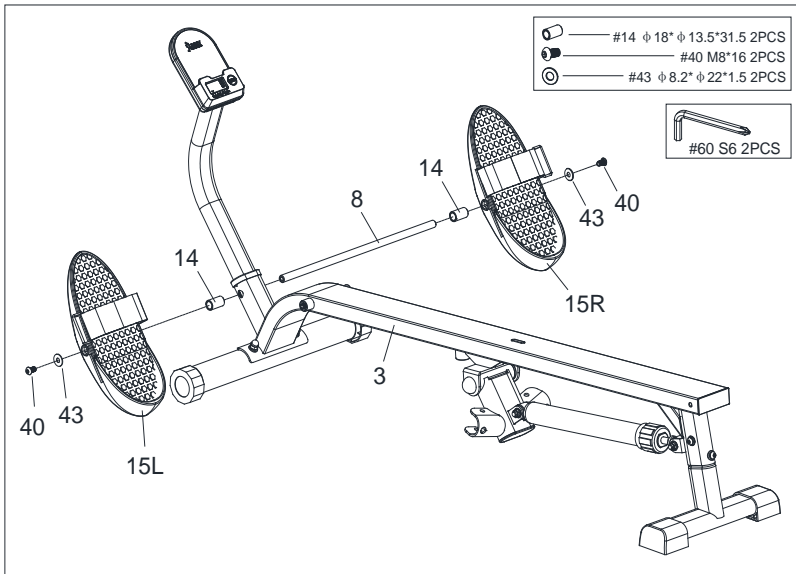
Connect the **Sensor Wire (No. 28a)** with the **Sensor Wire 1 (No. 65)**.

Connect the **Meter Wire (No. 27a)** with the **Sensor Wire 1 (No. 65)**.

Remove 4 **Screws (No. 66)** from **Meter (No. 27)** with **Allen Wrench (No. 60)**

Attach the **Meter (No. 27)** to the **Support Tube (No. 62)** with 4 **Screws (No. 66)** that were removed. Tighten and secure with **Allen Wrench (No. 60)**.

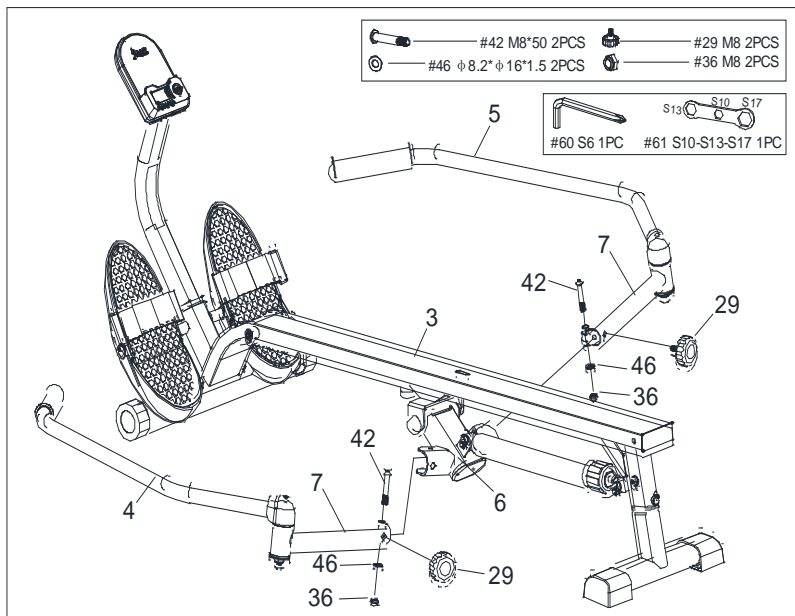
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Remove 2 Flat Washers (No. 43), 2 Spacers (No. 14) and 2 Inner Hex Screws (No. 40) from Long Shaft (No. 8) with 2 Allen Wrenches (No. 60).

Insert Long Shaft (No. 8) into the Seat Rail (No. 3) and insert 2 Spacers (No. 14) that were removed from the Long Shaft (No. 8) on both ends. Then, slide the Left & Right Pedals (No. 15L & No. 15R) onto each side of the Long Shaft (No. 8). Secure with 2 Flat Washers (No. 43) and 2 Inner Hex Screws (No. 40) that were removed. Tighten and secure with 2 Allen Wrenches (No. 60).

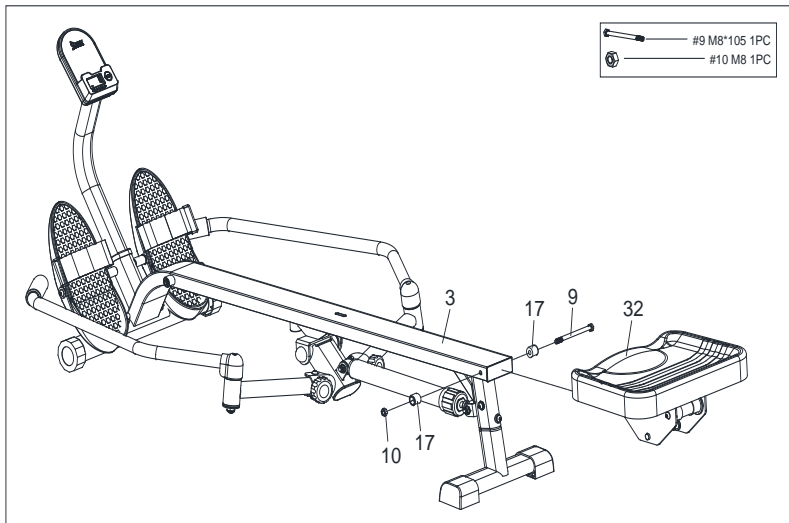


STEP 4:

Attach the Left & Right Handlebar (No. 4 & No. 5) to the Connecting Joint (No. 6) with 2 Inner Hex Bolts (No. 42), 2 Flat Washers (No. 46), and 2 Nuts (No. 36). Tighten and secure with Spanner (No. 61) and Allen Wrench (No. 60).

Secure the 2 Junction Pieces (No. 7) with 2 Knobs (No. 29).

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:

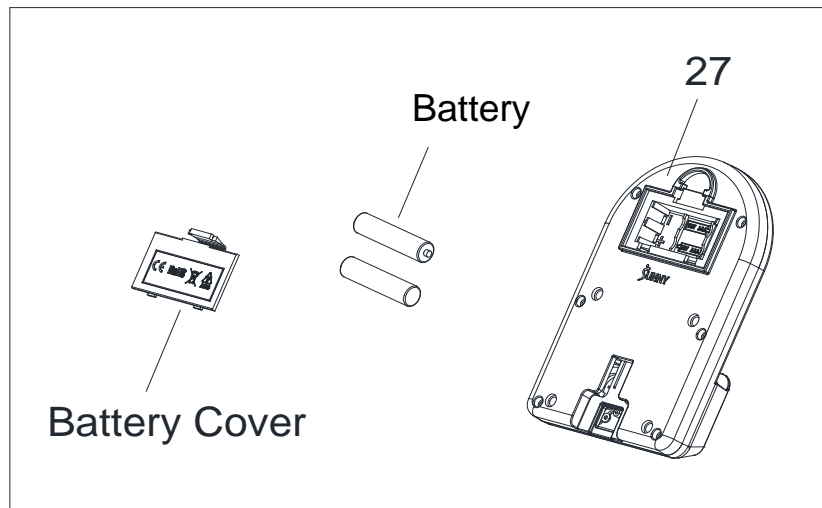
Remove 1 **Nut (No. 10)**, 2 **Limit Mats (No. 17)** and 1 **Hex Bolt (No. 9)** from **Seat Rail (No. 3)**.

Insert the **Seat Bracket (No. 1)** to the **Seat Rail (No. 3)**.

Insert the **Hex Bolt (No. 9)** into the **Seat Rail (No. 3)** and tighten the 2 **Limit Mats (No. 17)**, and 1 **Nut (No. 10)** by hand.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from the meter box.
2. Press the buckle of the battery cover on the back of the **Meter (No. 27)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 27)**. Pay attention to the battery + and – ends before installing.
4. Press the buckle of the battery cover, then put the battery cover back to the back of the **Meter (No. 27)**.

The installation is complete!

BATTERY REPLACEMENT:

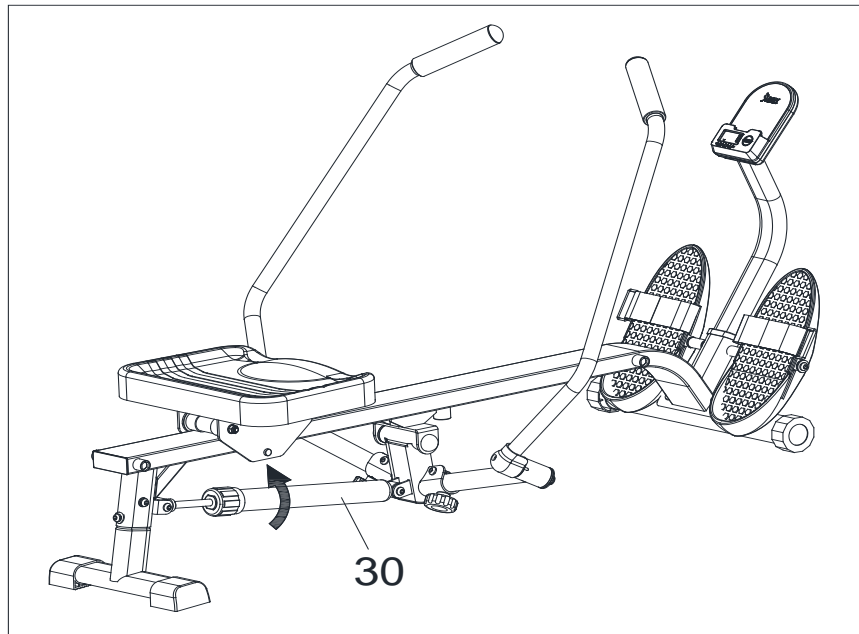
1. Press the buckle of the battery cover on the back of the **Meter (No. 27)**, then remove the battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Meter (No. 27)**. Pay attention to the battery + and – ends before installing.
3. Press the buckle of the battery cover, then put the battery cover back to the back of the **Meter (No. 27)**.

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.

ADJUSTING THE RESISTANCE

This rowing machine is designed with 12 levels of resistance. Turn the upper ring on the **Hydraulic Cylinder (No. 30)** so the arrow points to the desired resistance level, as shown on the drawing.



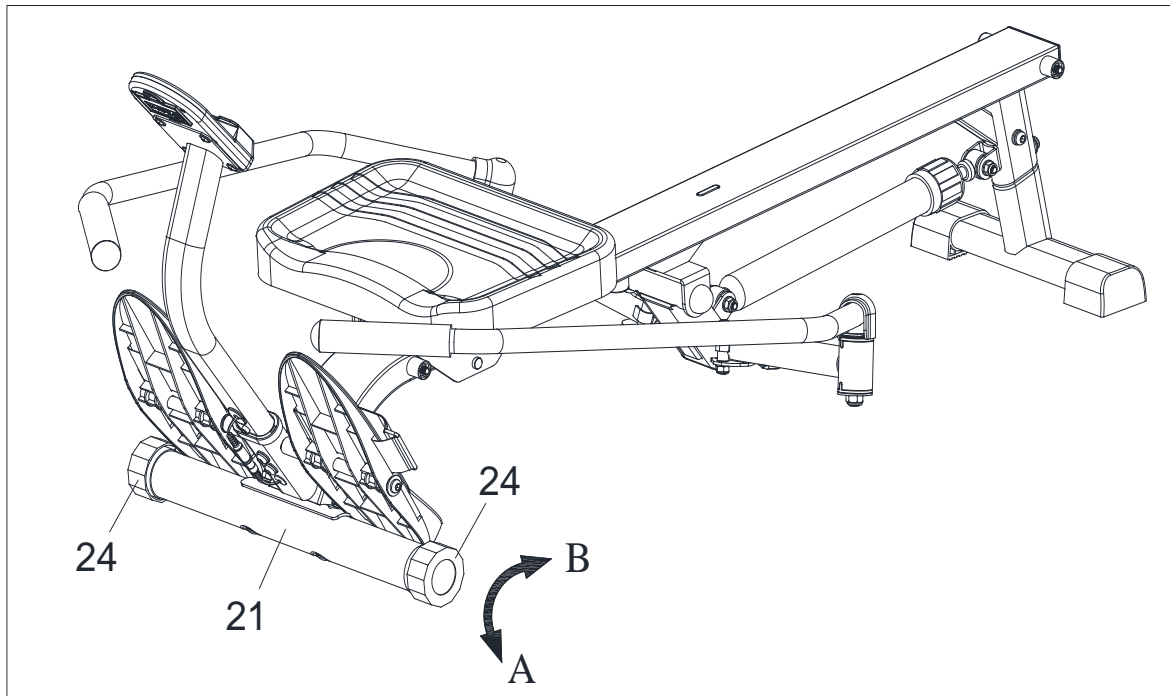
NOTE: Please do not adjust the resistance of the **Hydraulic Cylinder (No. 30)** during operation to avoid injury and damage to the rowing machine.

WARNING!

The **Hydraulic Cylinder (No. 30)** on this rowing machine is designed to be used up to 20 minutes per exercise session. Allow at least 20 minutes in between sessions for the **Hydraulic Cylinder (No. 30)** to properly cool down.

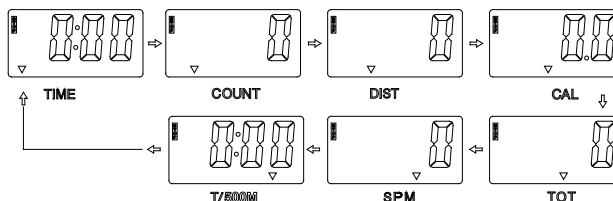
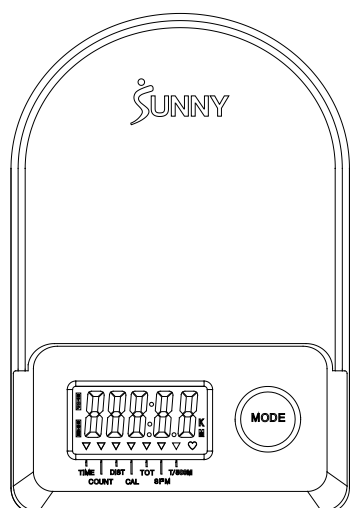
Caution: The **Hydraulic Cylinder (No. 30)** can generate excessive heat after long periods of use, making it unsafe to touch. Allow the **Hydraulic Cylinder (No. 30)** to cool before moving the rowing machine.

BALANCE ADJUSTMENT



Before using, check the balance of the product to ensure it is safe for use. Put the product on a flat, even surface. If the product is slightly uneven, rotate the **End Caps (No. 24)** on the **Front Stabilizer (No. 21)** to compensate for the uneven ground.

EXERCISE METER



■ KEY FUNCTIONS:

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

■ SLEEP MODE:

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

■ FUNCTIONS:

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

■ SPECIFICATION:

SCAN	6S
TIME	999:59 M:S
COUNT	0~99999
DIST	0~99999 M
TOT	0~99999
CALORIES	0.0~9999.9 KCAL
SPM	0~299
T/500M	0:00~29:59 M:S
BATTERY	SIZE-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.

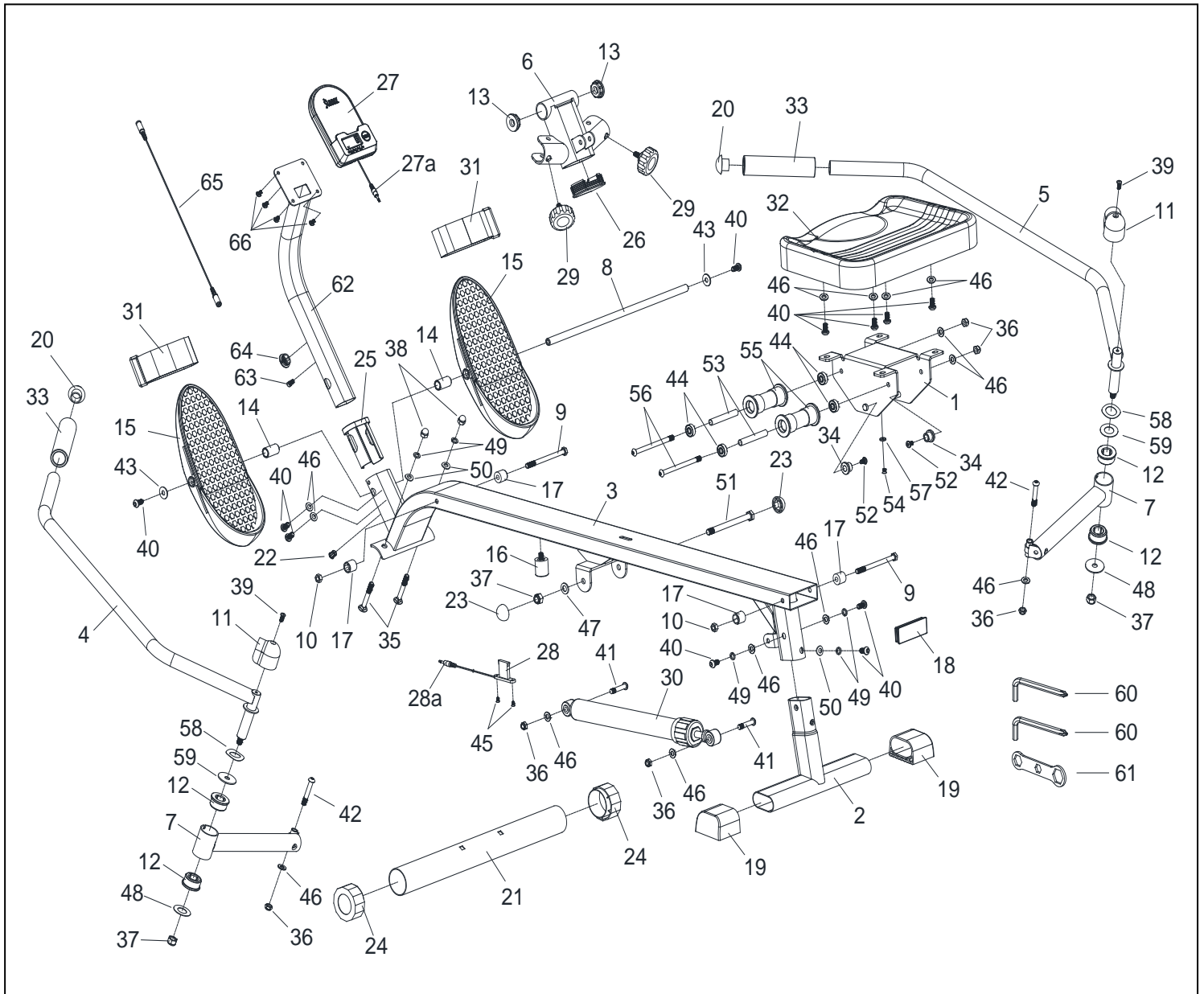
4. To connect the equipment to the SunnyFit app:
 - a. From the “Workout” tab, press on the “Search” button to search for your equipment.
 - b. Once your equipment appears on the list, tap the “Select” button to confirm.
 - c. **NOTE:** If your equipment does not appear on the "Searching for Equipment" list, check the 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”).

PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Seat Bracket		1	33	Foam Grip	φ 23* φ 33*145	2
2	Rear Stabilizer		1	34	Roller	φ 22* φ 10.2*14	2
3	Seat Rail		1	35	Bolt	M8*60	2
4	Left Handlebar		1	36	Nut	M8	6
5	Right Handlebar		1	37	Nut	M10	3
6	Connecting Joint		1	38	Nut	M8	2
7	Junction Piece		2	39	Phillips Screw	M5*12	2
8	Long Shaft	φ 13*398	1	40	Inner Hex Screw	M8*16	11
9	Hex Bolt	M8*105	2	41	Inner Hex Bolt	M8*40	2
10	Nut	M8	2	42	Inner Hex Bolt	M8*50	2
11	Handlebar Cover		2	43	Flat Washer	φ 8.2* φ 22*1.5	2
12	Bearing	φ 38* φ 19.2*18	4	44	Bearing	608ZZ	4
13	Bearing	φ 32* φ 10.2*10.5	2	45	Phillips Screw	ST3.5*13	2
14	Spacer	φ 18* φ 13.5*31.5	2	46	Flat Washer	φ 8.2* φ 16*1.5	14
15	Pedal		2	47	Flat Washer	φ 10.3* φ 20*2.0	1
16	Shaft Sleeve	φ 26*29*M8	1	48	Flat Washer	φ 10.5* φ 38*2.0	2
17	Limit Mat	φ 20* φ 8.2*18	4	49	Spring Washer	φ 8.1* φ 10.6*1.5	5
18	Oval End Cap	30*80*14	1	50	Arc Washer	φ 8.2* φ 19*1.5	3
19	End Cap	70*60*41.5	2	51	Hex Bolt	M10*118	1
20	Circle End Cap	φ 32*26.5	2	52	Screw	M4*8	2
21	Front Stabilizer		1	53	Sleeve	φ 11* φ 8.2*73.6	2
22	Plug	φ 15*12	1	54	Bolt	M4*8	1
23	Circle Cap	φ 30*15	2	55	Wheel	φ 41* φ 32.5*88.4	2
24	End Cap	φ 63*32	2	56	Bolt	M8*110	2
25	Oval Bushing	64*34.5*80	1	57	Magnet	φ 10*3, ID φ 4	1
26	End Cap	40*80*22	1	58	Wave Washer	φ 20* φ 24*T0.3	2
27	Meter		1	59	Flat Washer	φ 19* φ 38*T1.0	2
27a	Meter Wire		1	60	Allen Wrench	S6	2
28	Sensor	900mm	1	61	Spanner	S10-S13-S17	1
28a	Sensor Wire		1	62	Support Tube		1
29	Knob	M8	2	63	Bolt	M6*12	1
30	Hydraulic Cylinder	φ 38*390	1	64	End Cap	14*20	1
31	Pedal Strap		2	65	Sensor Wire 1	400mm	1
32	Seat		1	66	Screw	M5*10	4

EXPLODED DIAGRAM



Version: 1.1

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