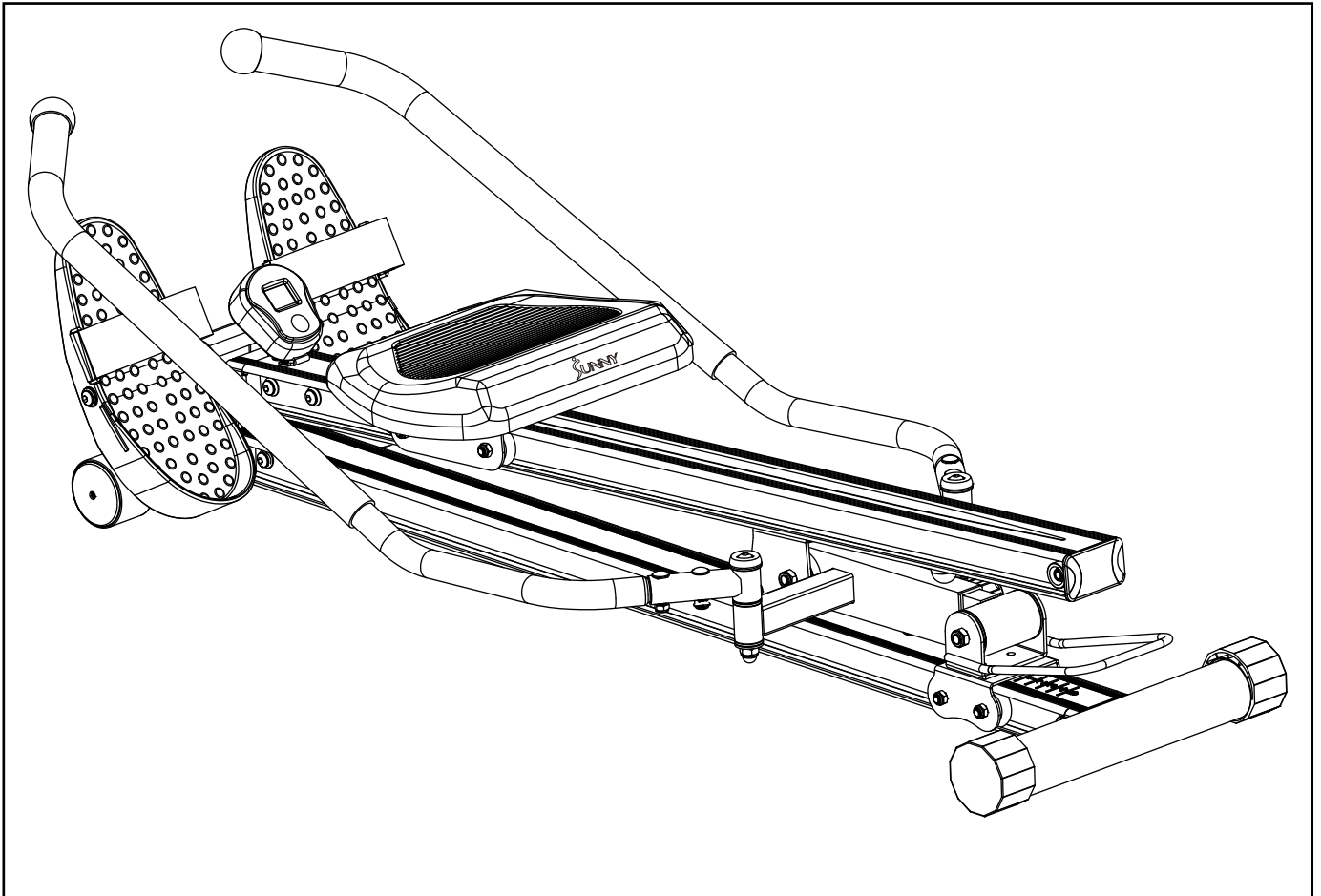




INCLINE SLIDE ROWER

SF-RW5720

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).

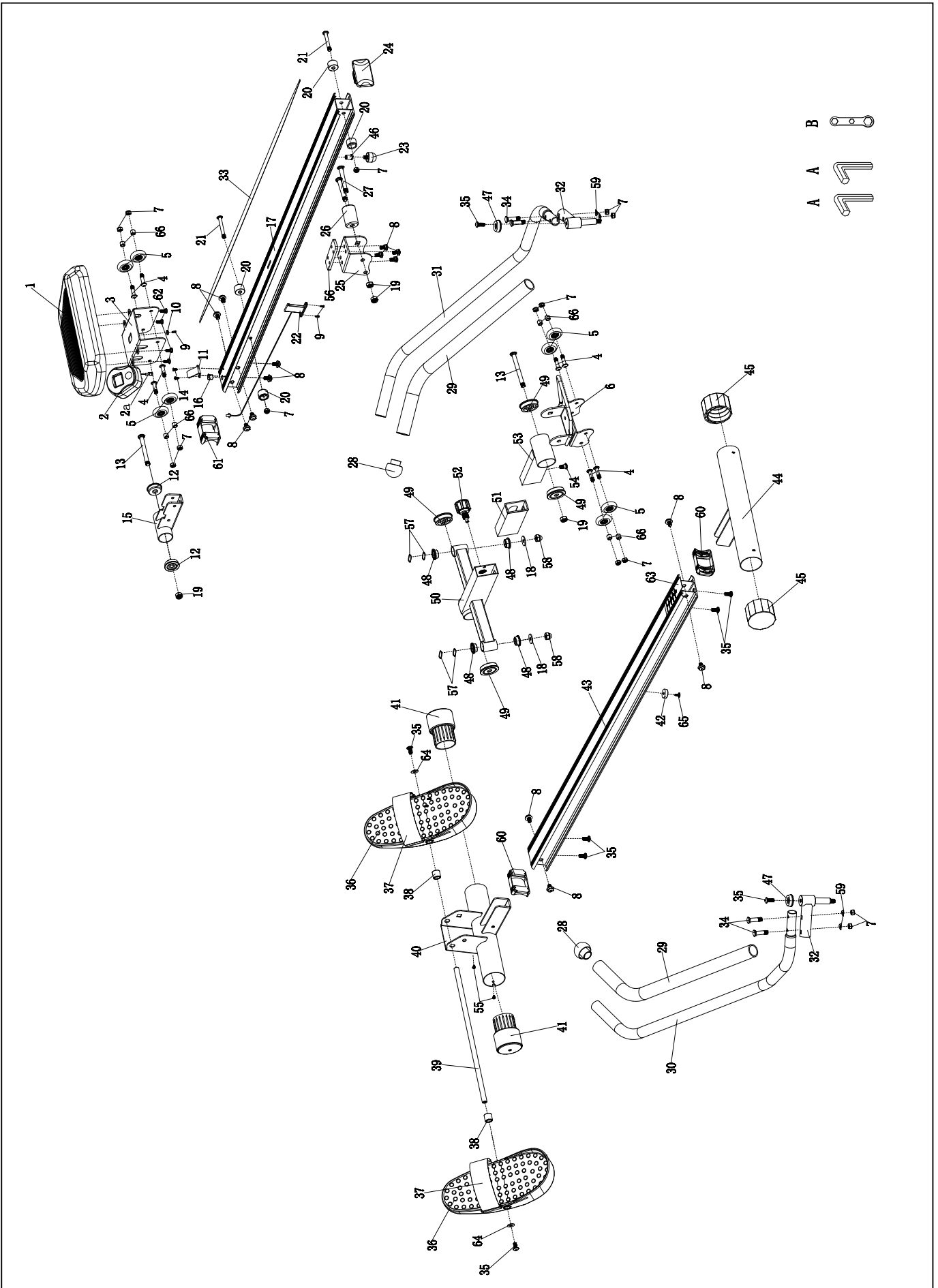


IMPORTANT SAFETY INFORMATION

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 nauseous feeling. 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 350 pounds (158 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 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.

EXPLODED DIAGRAM





PARTS LIST


No.	Description	Spec.	Qty.
1	Seat		1
2	Meter		1
2a	Meter Wire		2
3	Seat Bracket		1
4	Bolt	M8	8
5	PU Wheel		8
6	Iron Core		1
7	Nut	M8	14
8	Bolt	M8	14
9	Bolt	M3	3
10	Magnet		1
11	Meter Tab		1
12	Bearings		2
13	Bolt	M10	2
14	Bolt	M4	2
15	Axle Tube		1
16	Grommet		1
17	Upper Slide Rail		1
18	Washer		2
19	Nut		4
20	Limit Mat		4
21	Bolt	M8	2
22	Sensor		1
23	Knob		1
24	Cap		1
25	Support Bracket		1
26	Spacer		1
27	Bolt	M10	2
28	Handlebar Cap		2
29	Foam		2
30	Handlebar L		1
31	Handlebar R		1
32	Axle Tube		2
33	Sticker		1
34	Bolt	M8	4

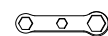
No.	Description	Spec.	Qty.
35	Bolt	M8	8
36	Pedal		2
37	Pedal Strap		2
38	Sleeve		2
39	Rod		1
40	Front Stabilizer		1
41	Front Cap		2
42	Cushion		1
43	Lower Slide Rail		1
44	Rear Stabilizer		1
45	Rear End Cap		2
46	Rivet	M8	1
47	Cap		2
48	Bushing		4
49	Bushing		4
50	Supporting Tube		1
51	Bushing		1
52	Knob	M16	1
53	Connecting Tube		1
54	Bolt	M8	1
55	Bolt	M4	2
56	Metal Plate		1
57	Spring Washer		4
58	Nut		2
59	Washer		4
60	Spacer		2
61	Spacer		1
62	Bolt	M6	4
63	Label		1
64	Washer		2
65	Bolt	M4	1
66	Spacer		8
A	Wrench		2
B	Spanner		1


HARDWARE PACKAGE

 — #34 M8 4pcs

 — #A 2pcs

 — #59 4pcs

 — #B 1pc

 — #7 M8 4pcs

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

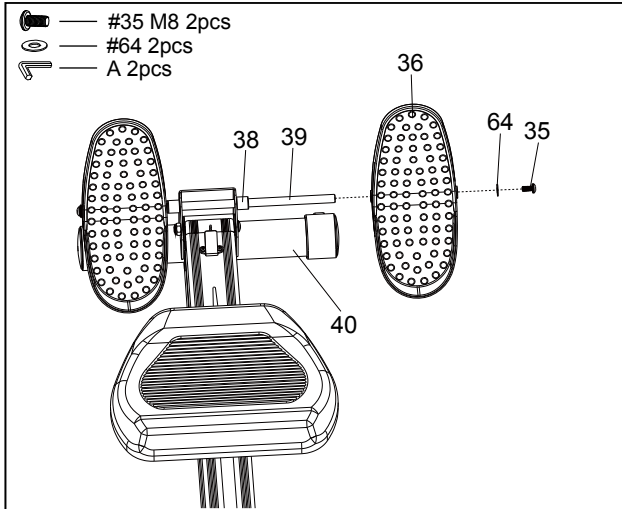
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

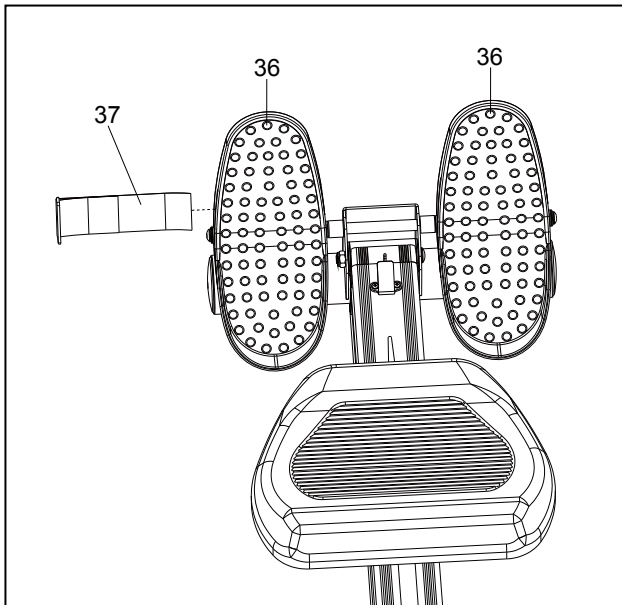
ASSEMBLY INSTRUCTIONS

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).



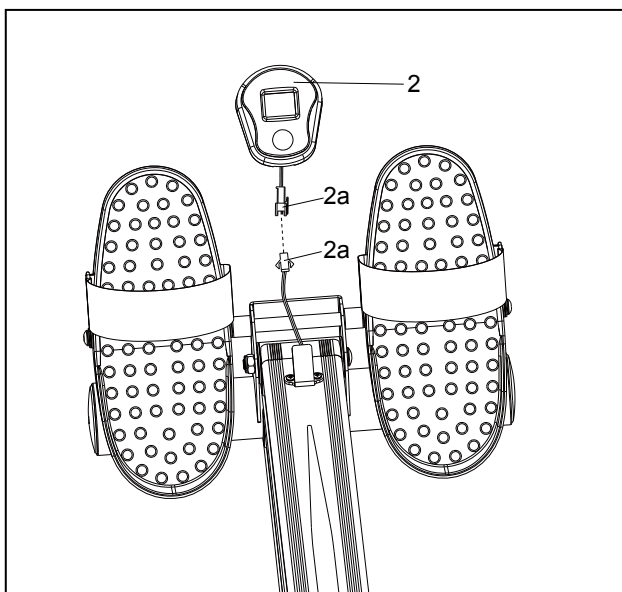
STEP 1:

Remove the preassembled 2 **Bolts (No. 35)**, 2 **Washers (No. 64)** and 2 **Sleeves (No. 38)** attached to the **Rod (No. 39)**. Insert **Rod (No. 39)** through the **Front Stabilizer (No. 40)**. Place **Sleeve (No. 38)** on both sides before attaching the **Pedals (No. 36)**. Attached **Pedals (No. 36)** to **Rod (No. 39)** by using 1 **Washer (No. 64)** and 1 **Bolt (No. 35)** on each side. Tighten using **Wrench (A)** (as shown in picture).



STEP 2:

Insert the **Pedal Strap (No. 37)** through the **Pedal (No.36)** and make the desired strap adjustments.

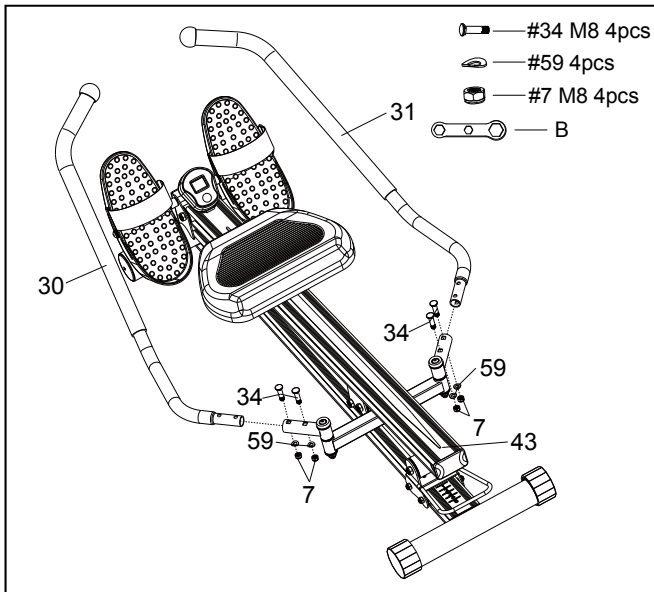


STEP 3:

Insert the **Meter (No. 2)** to the top of the Supporting Tube and connect the **Meter Wire (No. 2a)**.

ASSEMBLY INSTRUCTIONS

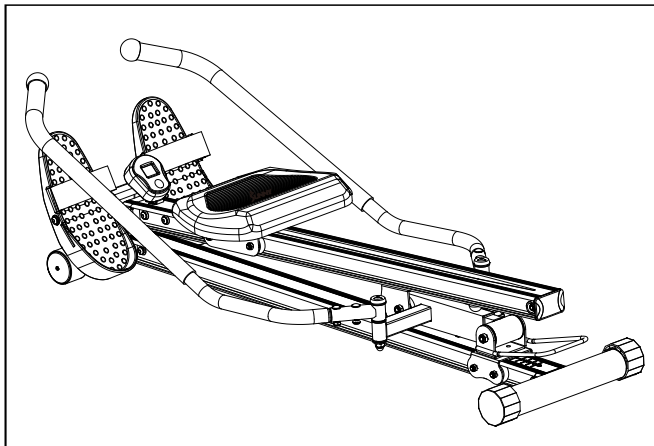
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 4:

Assemble the **Handlebar L (No. 30)** onto the **Lower Slide Rail (No. 43)** using 2 **Washers (No. 59)**, 2 **Nuts (No. 7)** and **Bolts (No. 34)**.

Tighten using **Spanner(B)**. Use these same instructions to attach the **Handlebar R (No. 31)** onto the **Lower Slide Rail (No.43)**.



The assembly is now complete!

EXERCISE COMPUTER

FUNCTION KEY:

MODE: To select the function you want, hold the key for 4 seconds to reset the values for CNT, TIME, and CAL.

FUNCTIONS AND SPECIFICATIONS:

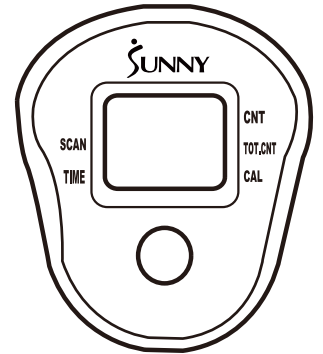
SCAN -- Automatically scans through each function between ①TIME, ②CAL and ③TOT.CNT.

TIME -- Accumulates the workout time while exercising.

COUNT-- Accumulates the steps while exercising.

CALORIES -- Accumulates calorie amount burned while exercising.

TOTAL COUNT (TOT.CNT) -- Displays the total number of steps accumulated since last time batteries were installed.



HOW TO USE:

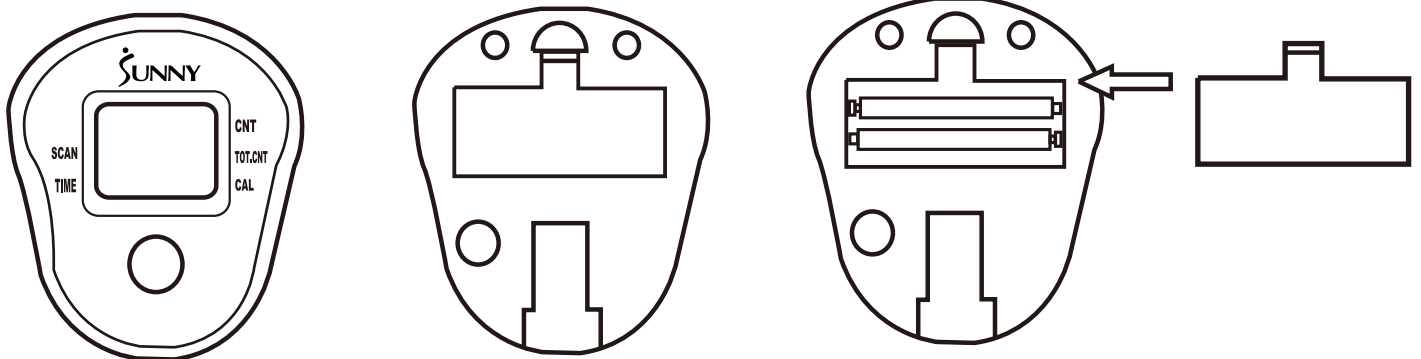
AUTO ON/OFF:

The monitor will be automatically shut off if there is no signal for 4 minutes. The monitor will be auto-powered when start exercising or press the key.

BATTERY/TROUBLESHOOTING:

This meter uses 2 AA batteries. If there is a problem with the display, try changing the batteries first. Change both batteries at the same time. Do not mix different battery types or old and new batteries. Dispose of batteries according to your regional guidelines.

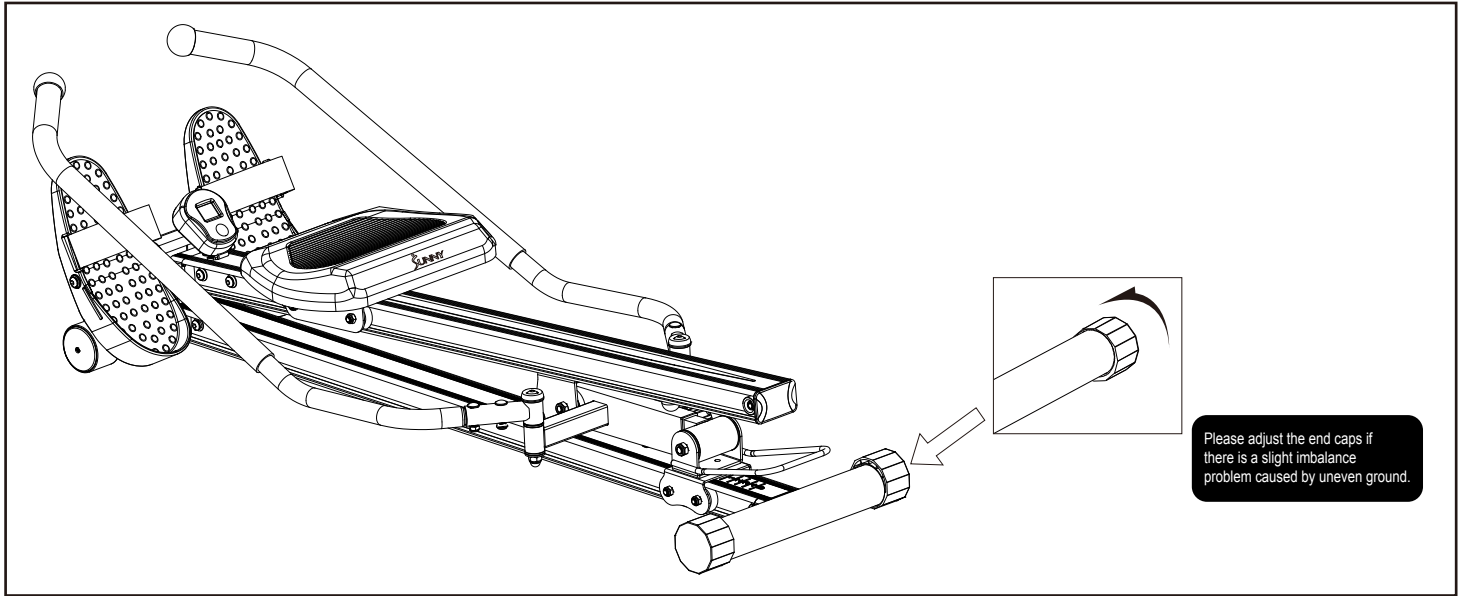
CHANGING THE BATTERY:



ADJUSTMENTS

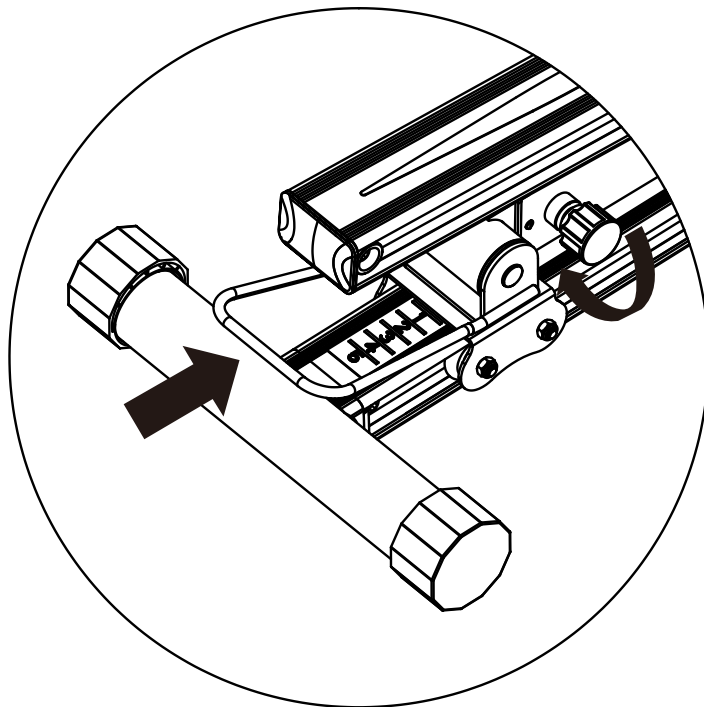
ADJUSTING THE BALANCE

Before using your product, check the balance of the product to ensure that it is safe for use. Placing the product on a flat, even surface is ideal. If you find that the product is slightly uneven, you may adjust the product to compensate for uneven ground. To adjust, rotate the end caps on the stabilizers until they're even with the surface. Please refer to the drawing below.



ADJUSTING THE LEVEL

Turn the knob and pull the hook, there are five levels that can be adjusted.



CONNECT WITH US

FOR FITNESS
ARTICLES, VIDEOS
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS

WWW.SUNNYHEALTHFITNESS.COM