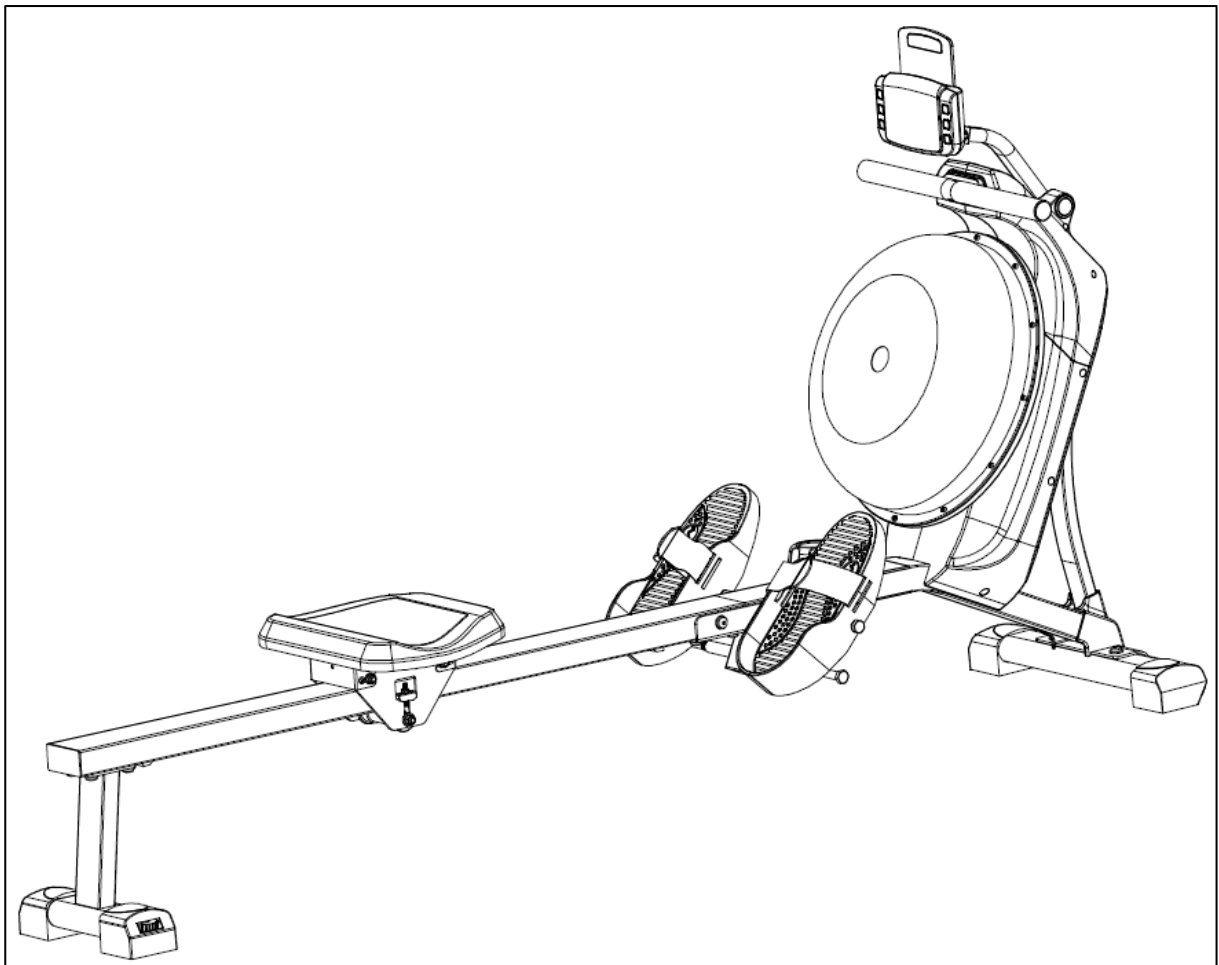![Sunny Health & Fitness logo]

WATER ROWING MACHINE
SF-RW5809
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).
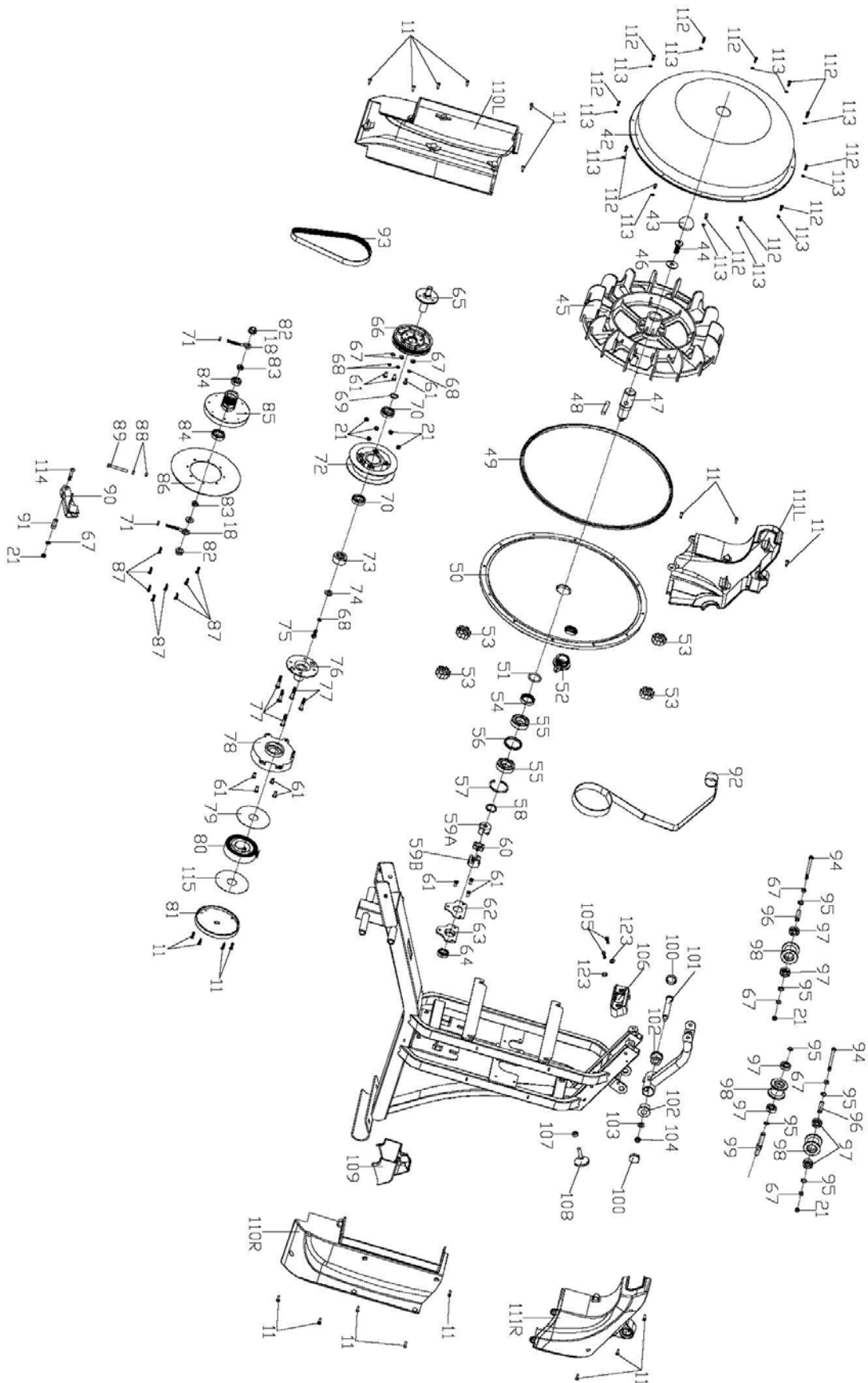
IMPORTANT SAFETY INFORMATION

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, maintain 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 275 pounds (125 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 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 1

EXPLODED DIAGRAM 2

PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	46	Flat Washer	D10xD30x2.5	1
2	Meter Support Tube		1	47	Rotating Axle		1
3	Slide Rail		1	48	Stainless Steel Pin		1
4	Rear Support Tube		1	49	Tray Sealing Ring		1
5	Front Stabilizer		1	50	Lower Tank Cover		1
6	Pull Bar		1	51	O Shape Washer		1
7	Meter Plate		1	52	Plug		1
8	U Shape Baffle		2	53	Knob		4
9	Supporting Board		2	54	Skeleton Oil Seal		1
10	Adjustable Rear End Cap		2	55	Bearing	6005	2
11	Screw	ST4.2x18	25	56	Spacer		1
12	Limit Cushion		2	57	Hole Washer		1
13	Screw	M6x10	4	58	Axle Washer		1
14	Spacer		3	59A/B	Coupler 1		2
15	Hex Bolt	M8x125	3	60	Coupler 2		1
16	Square Cap		1	61	Bolt	M6x12	10
17	Flat Washer	D8xD20x1.5	24	62	Fixed Plate		1
18	Adjustable Chain Bolt		4	63	Bearing Plate		1
19	Screw	M8×15	14	64	Bearing	6001	1
20	Adjustable Chain U Mat		2	65	Center Axle		1
21	Nylon Nut	M6	10	66	Belt Pulley		1
22	Screw	M5x7	4	67	Flat Washer	D6xD12x1.2	8
23	Roller Spacer		6	68	Spring Washer	D6	4
24	Bearing		6	69	Axle Washer		1
25	Roller		3	70	Bearing	16003	2
26	Nylon Nut	M8	4	71	Hex Screw	M6	2
27L/R	Pedal		1 pr.	72	Belt Wheel		1
28	Hex Bolt	M12x160	4	73	Bearing		1
29	Square Cap		1	74	Flat Washer	D6xD20x2	1
30	Seat		1	75	Screw	M6x18	1
31	Screw		1	76	Volute Spring Axle		1
32	Flat Washer		1	77	Screw	M6x35	5
33	Tension Control		1	78	Volute Wheel		1
34L/R	Front End Cap		1 pr.	79	PC Board 1		1
35	Screw	M8x55	2	80	Volute Spring		1
36	Round Cap		2	81	Belt Wheel Cover		1
37	Foam Grip		2	82	Flange Nut	M10x1	2
38	Screw	M8X70	1	83	Hex Conical Thin Nut	M10x1	2
39	Meter		1	84	Bearing	6000	2
40	Sensor Wire		2	85	Plastic Belt Wheel		1
41	Screw	M5X10	6	86	Aluminum Ring		1
42	Upper Tank Cover		1	87	Screw	ST4.2x16	8
43	Cap		1	88	Screw	M5	2
44	Screw	M10x30	1	89	Hex Bolt	M5x35	1
45	Impeller		1	90	Magnetic Board		1

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
91	Magnetic Board Axle		1	108	Adjustable Knob		1
92	Mesh Belt		1	109	Decoration Cover		1
93	Belt		1	110L/R	Belt Cover 1		1 pr.
94	Hex Bolt	M6x90xL20	2	111L/R	Belt Cover 2		1 pr.
95	Axle Washer		6	112	Screw	M4x12	12
96	Belt Wheel Axle		2	113	Flat Washer	D4xD9x1	12
97	Bearing	6000	6	114	Screw	M6x35	1
98	Belt Roller		3	115	PC Board 2		1
99	Belt Wheel Axle		1	116	Wrench	S=17,19	1
100	Hole Cover		2	117	Allen Wrench	S=5	1
101	Bolt	Φ19.2x96	1	118	Allen Wrench	S=6	1
102	Axle Sleeve		2	119	Spanner	S=13,14,15	1
103	Flat Washer	D8xD16x1.5	1	120	Pumping Siphon		1
104	Nylon Nut	M8	1	121	Funnel		1
105	Screw	M5x15	2	122	Tablet Holder		1
106	Pull Bar Fixed Plate		1	123	Flat Washer	D5XD10X1	2
107	Hex Screw	M8	1				

HARDWARE PACKAGE

⊙ #17 D8 12PCS		▮ #19 M8x15 10PCS	
#35 M8x55 2PCS		#28 M12x160 4PCS	
#116 S=17,19 1PC		#117 S=5 1PC	
#118 S=6 1PC		#119 S=13,14,15 1PC	
#13 M6x10 2 PCS		#41 4PCS	
#12 1PC			
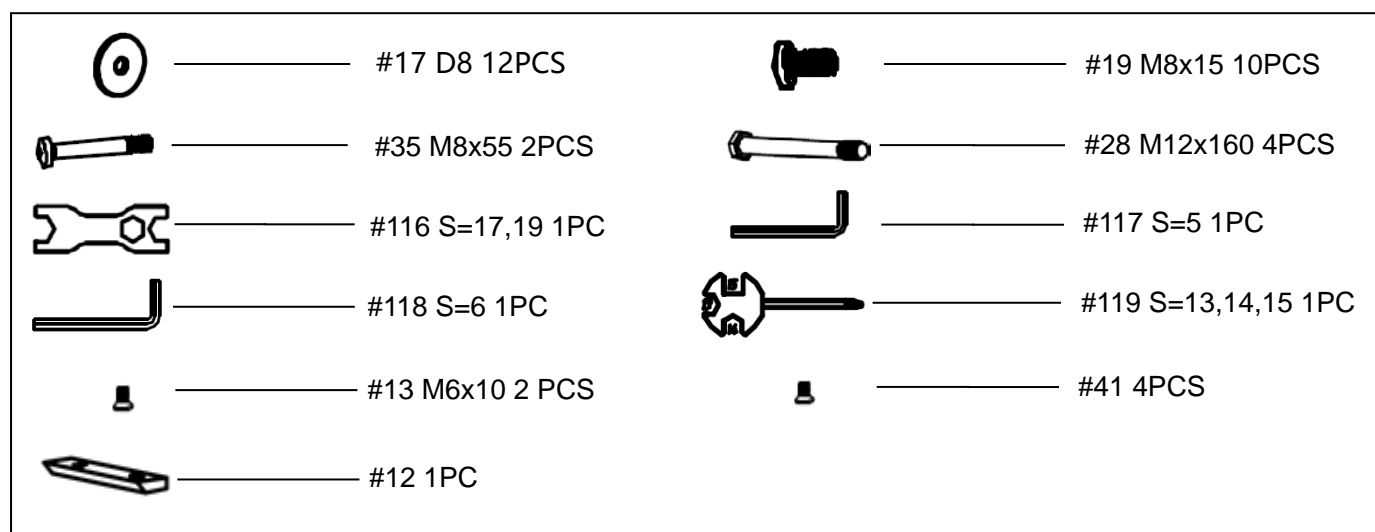
## Ordering Replacement Parts (U.S. and Canadian Customers only)

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).
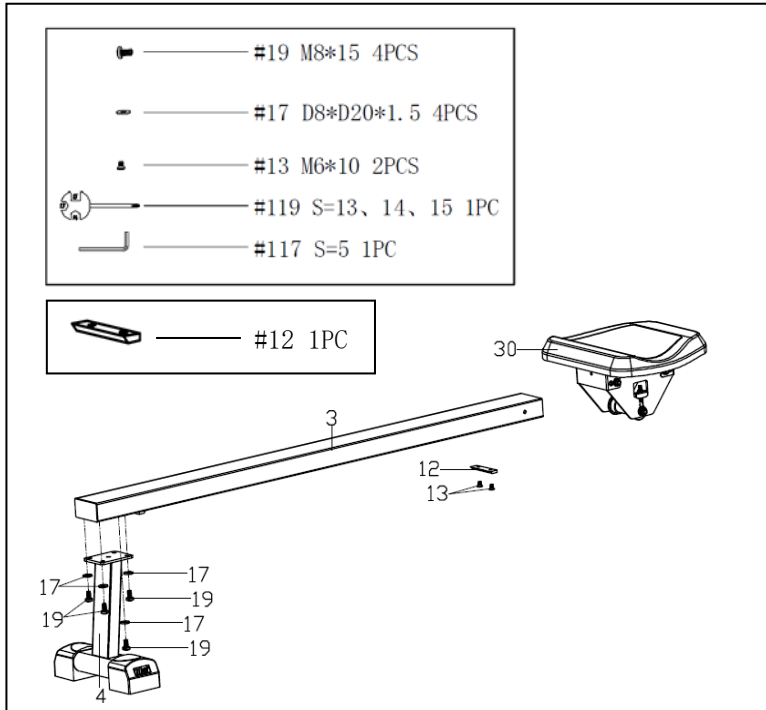
STEP 1：

Remove the pre-assembled **Limit Cushion (No. 12)** and 2 **Screws (No. 13)** from the **Slide Rail (No. 3)** using **Spanner (No. 119).**

Slide the **Seat (No. 30)** to the **Slide Rail (No. 3)**, make sure **Seat (No. 30)** through the position of **Limit Cushion (No. 12)**. Then attach the **Limit Cushion (No. 12)** to the **Slide Rail (No. 3)** with 2 **Screws (No. 13)** using **Spanner (No. 119)**.

Attach the **Rear Support Tube (No. 4)** to the **Slide Rail (No. 3)** with 4 **Screws (No. 19)** and 4 **Flat Washers (No. 17)** using **Allen Wrench (No. 117)**.
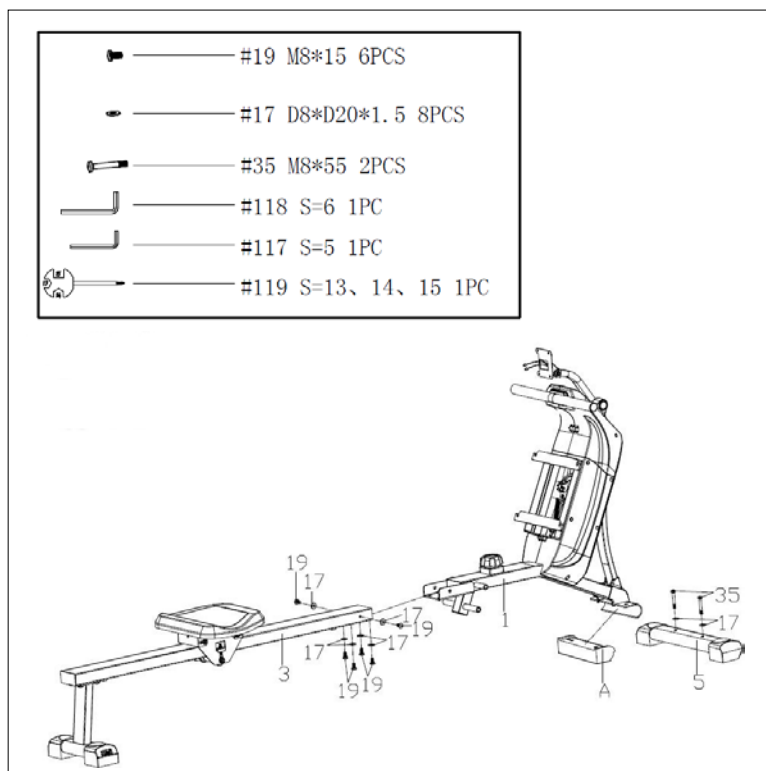
STEP 2:

Remove the **Plastic Block (A)** from the **Main Frame (No. 1)** using **Spanner (No. 119).** Attach the **Front Stabilizer (No. 5)** to the **Main Frame (No. 1)** with 2 **Screws (No. 35)** and 2 **Flat Washers (No. 17)** using **Allen Wrench (No. 118).**

Attach the **Slide Rail (No. 3)** to the **Main Frame (No. 1)** with 6 **Screws (No. 19)** and 6 **Flat Washers (No. 17)** using **Allen Wrench (No. 117).**

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).
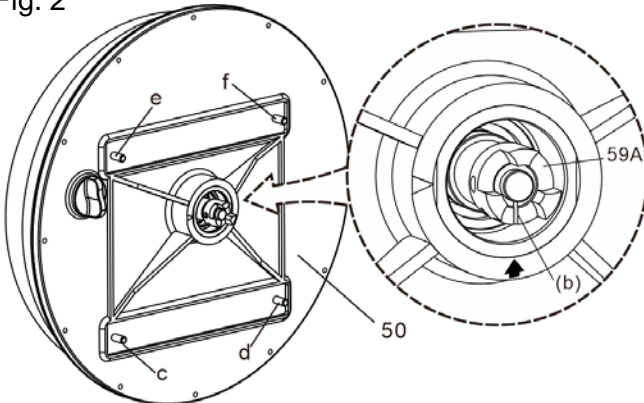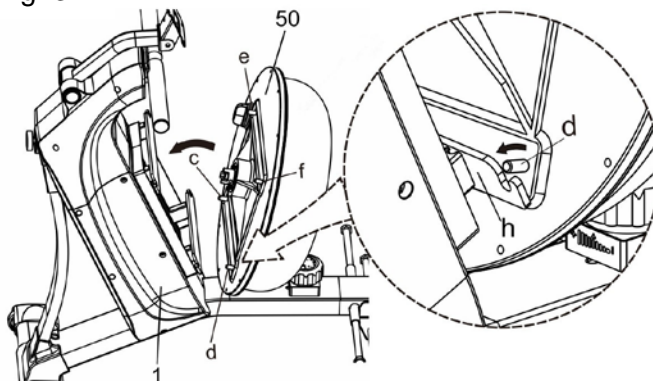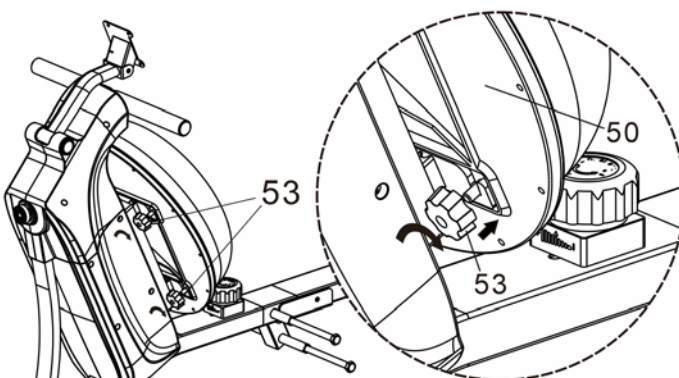

Fig. 1
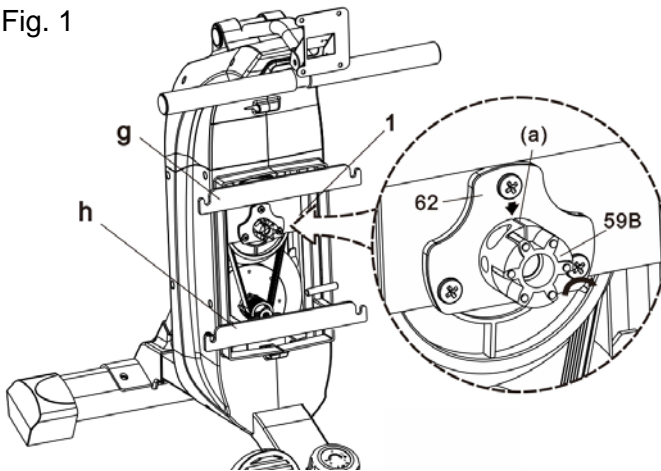
Fig. 2

Fig. 3

Fig. 4

STEP 3:

Turn the **Coupler (No. 59B)** on the **Main Frame (No. 1)** *clockwise*, keep the gap **(a)** of the **Coupler (No. 59B)** align to the red arrow shown on the **Fixed Plate (No. 62)**. (Fig. 1)
Note: The **Coupler (No. 59B)** can only be turned *clockwise*.

Turn the **Coupler (No. 59A)** on the **Lower Tank Cover (No. 50)**, keep the gap **(b)** of the **Coupler (No. 59A)** align to the red arrow shown on the **Lower Tank Cover (No. 50)**. (Fig. 2)

Attach the **Lower Tank Cover (No. 50)** to the **Main Frame (No.1)**. There are 4 bolts **(c, d, e, and f)** on the bottom and top of the **Lower Tank Cover (No. 50)**. (Fig. 3)

Hang the 2 bolts **(c and d)** to the bottom steel plate **(h)** of the **Main Frame (No. 1)**. Make sure the remaining 2 bolts **(e and f)** hang to the upper steel plate **(g)**. Cover the **Lower Tank Cover (No. 50)**. Tight 4 **Knobs (No.53)** to lock the **Lower Tank Cover (No. 50)**. (Fig. 4)

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).
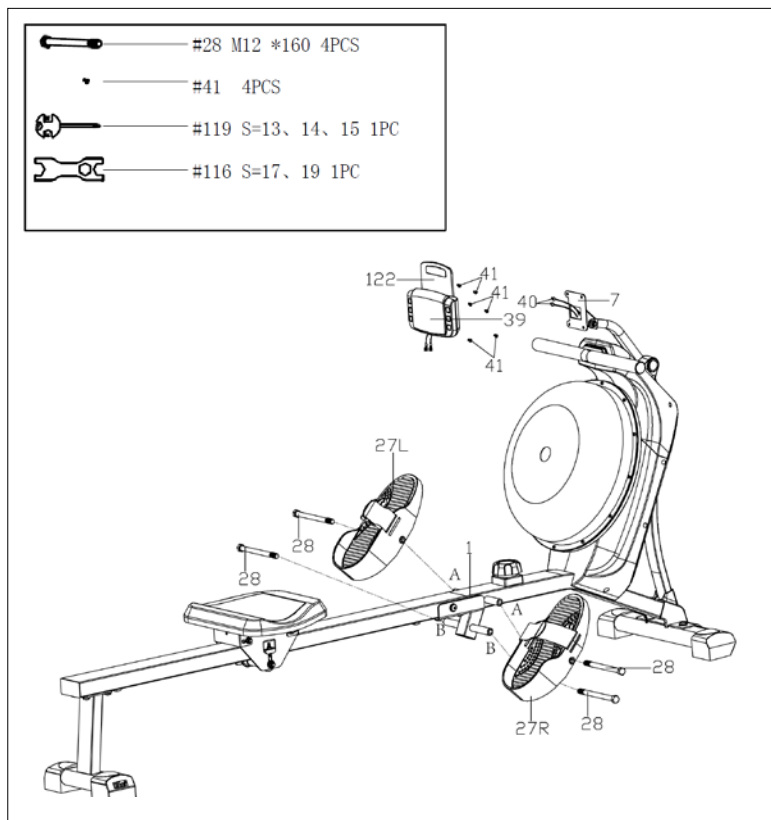
STEP 4:

Insert the 2 **Hex Bolts (No. 28)** into the bottom hole in position B of **Main Frame (No. 1). Tighten** with **Wrench (No. 116)**.

Insert the 2 **Hex Bolts (No. 28)** into the upper hole in position A of **Main Frame (No. 1)** through the **Pedals (No. 27L/R)**. Tighten with **Wrench (No. 116)**.

Note: The 2 **Pedals (No. 27L/R)** should rest on **Hex Bolts (No. 28)** that are in position B.

Remove 6 **Screws (No. 41)** from the back **Meter (No. 39)** using **Spanner (No. 119).**

Insert the **Tablet Holder (No. 122)** to the **Meter (No. 39)** and lock with 2 **Screws (No. 41)** using **Spanner (No. 119).**

Connect the **Sensor Wires (No. 40)** with wires of **Meter (No. 39)**. Then attach the **Meter (No. 39)** to the **Meter Plate (No. 7)** with 4 **Screws (No. 41)** that were just removed by using **Spanner (No. 119)**. **Note:** Put all wires to the meter tube before attaching the **Meter (No. 39)** to **Main Frame (No. 1)**.

The assembly is complete!

HOW TO FILL AND EMPTY THE TANK

1. Remove the **Plug (No.52)** from the **Upper Tank Cover (No. 42)**.

2. To fill the tank with water, refer to Fig. A. Insert the **Funnel (No. 121)** into the tank, then use a cup or a bucket and **Pumping Siphon (No. 120)** to fill the tank. Use the water level gauge on the front of the tank to measure 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. 120)** to pump out the water from the tank into the bucket.

4. Insert the **Plug (No. 52)** back into the **Upper Tank Cover (No. 42)**. Wipe off excess water around the area.


Fig.A   Fig.B
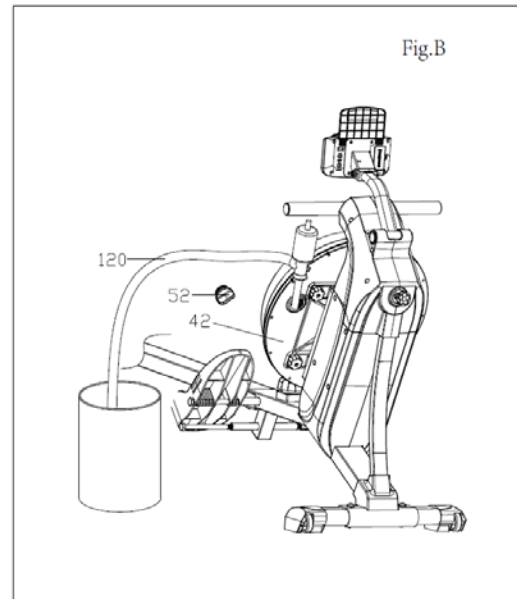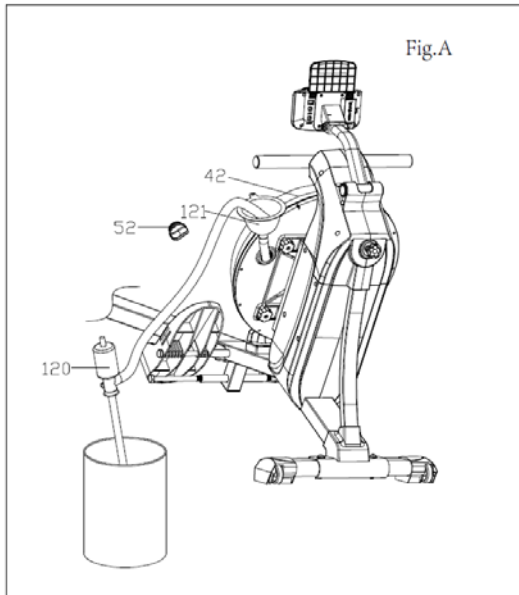
NOTE:
- Fill the tank only with tap water. Add 1 water purification tablet (1 packet is included). Never use pool chlorine or chlorine bleach. This will damage the tank and void the warranty.

- 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 the water after pumping it out from the tank.

WATER LEVEL

- The water level gauge is on the front of the tank. Please fill the water until it reaches the limit (white line). The water level should not be higher or lower than this limit. Never fill over this limit. Filling the tank over the limit will void the warranty.
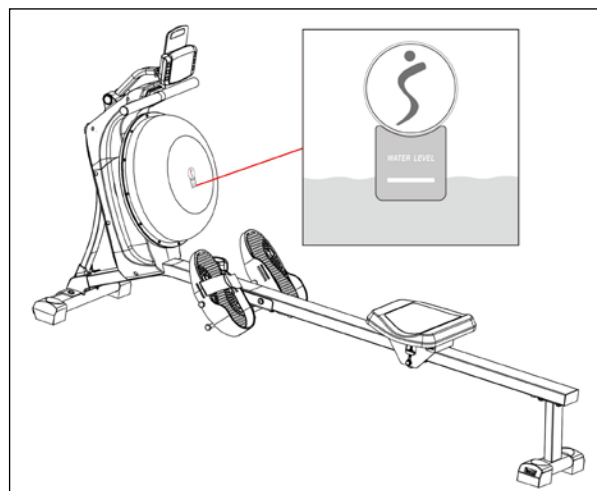
BATTERY INSTALLATION & REPLACEMENT

Battery
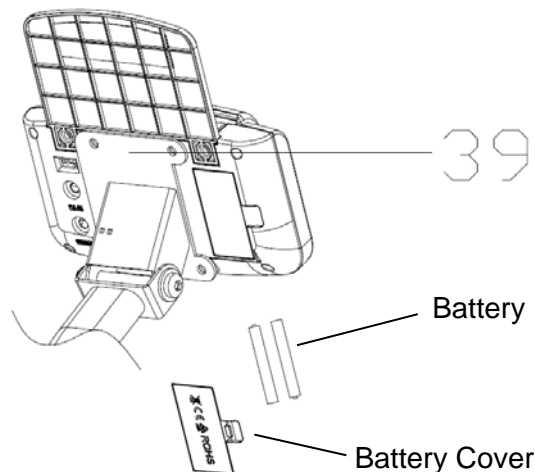
Battery Cover

BATTERY INSTALLATION:

1. Take out 2 AA batteries from meter box.
2. Press the buckle of battery cover on the back of the **Meter (No. 39)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 39)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 39)**.
5. The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Meter (No. 39)**, then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Meter (No. 39)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 39)**.
4. 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.
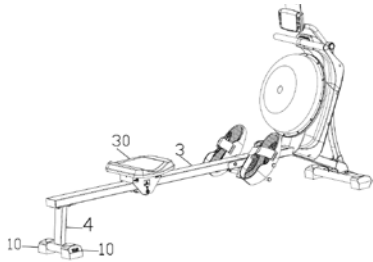
ADJUSTMENTS GUIDE

ADJUSTING THE BALANCE

Adjust the **Adjustable Rear End Caps (No. 10)** on the **Rear Support Tube (No. 4)** of the rower if the rower is unbalanced during use.
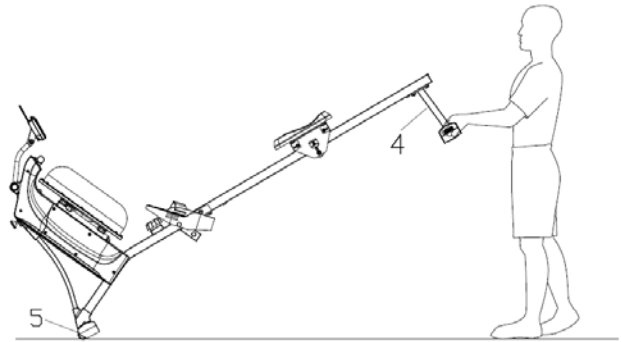
CAUTION!

Moving parts, such as the **Seat (No. 30)**, can crush and cut. Keep hands clear of the **Slide Rail (No. 3)** during
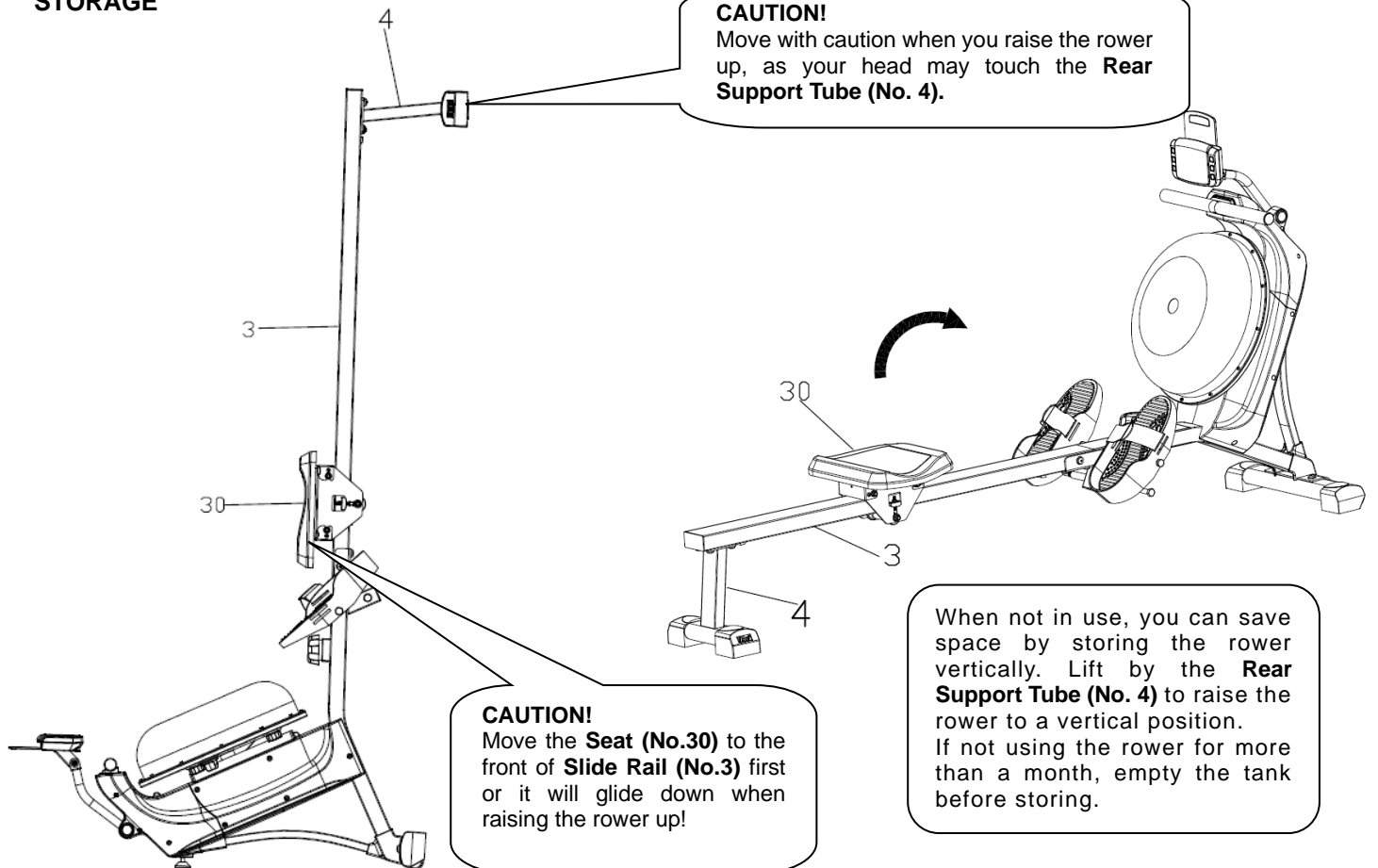
MOVING THE ROWER

To move the rower, lift up the **Rear Support Tube (No. 4)** until the transportation wheels on the **Front Stabilizer (No. 5)** touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.

STORAGE

CAUTION!
Move with caution when you raise the rower up, as your head may touch the **Rear Support Tube (No. 4).**

CAUTION!
Move the **Seat (No.30)** to the front of **Slide Rail (No.3)** first or it will glide down when raising the rower up!
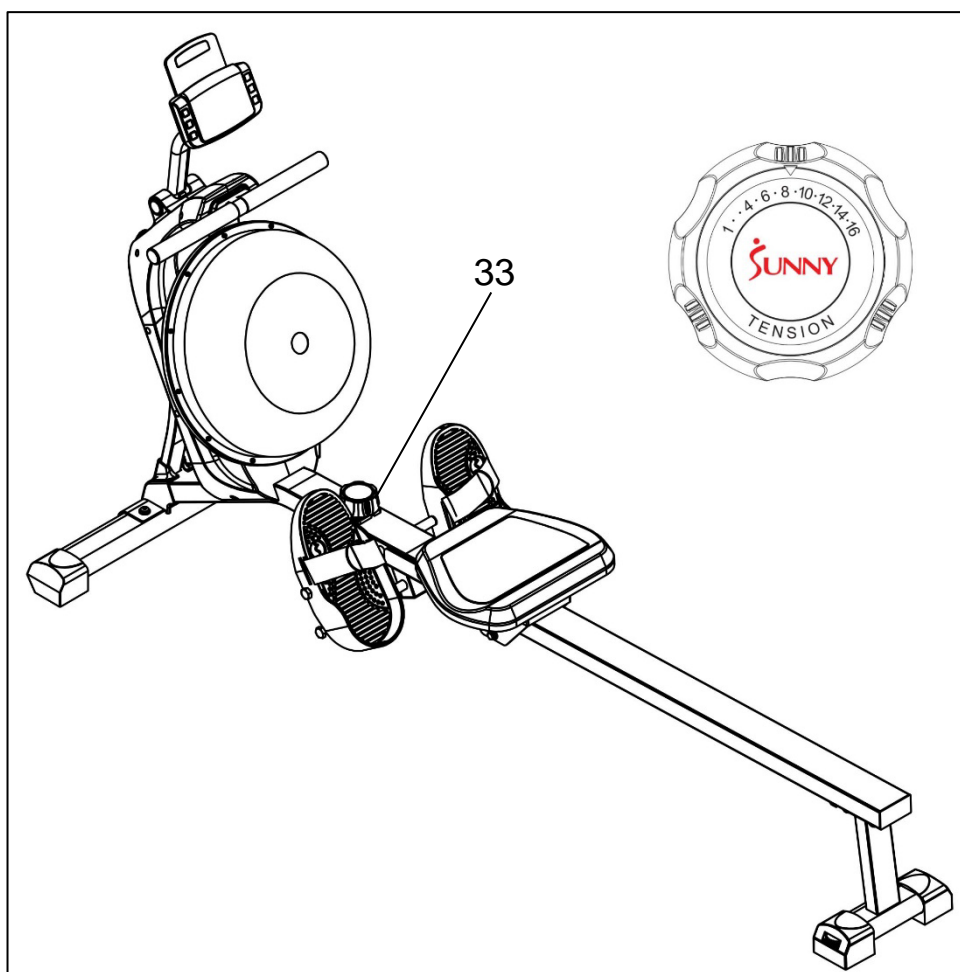
When not in use, you can save space by storing the rower vertically. Lift by the **Rear Support Tube (No. 4)** to raise the rower to a vertical position.
If not using the rower for more than a month, empty the tank before storing.
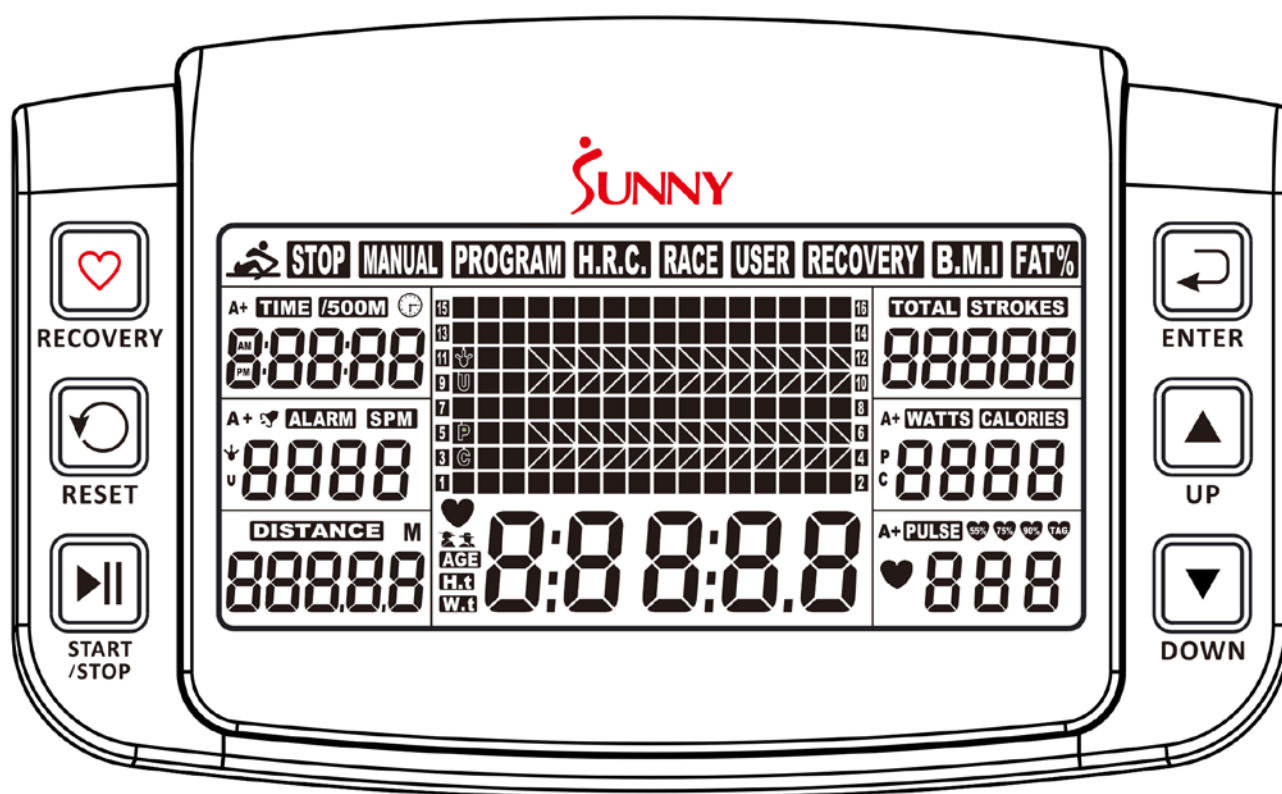
PEDAL ADJUSTMENT

The pedal strap is adjustable and can be personalized to fit the user's foot size.

ADJUSTING THE RESISTANCE

33

Rotate the **Tension Control (No. 33)** clockwise to increase the level of resistance. Rotate the **Tension Control (No. 33)** counter-clockwise to decrease the level of resistance.

EXERCISE METER

Our computerized exercise meter on the Sunny Water Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display the Time, Time/500M, SPM, Distance, Strokes, Total Strokes, Calories Burned, and Pulse.

BUTTONS
UP▲/DOWN ▼
Press these two buttons to scroll through the available selection.
To adjust the function values upward and downward.
ENTER:
To confirm your selection.
During training, press this button to scan each display function.
START /STOP:
To start and stop your selected workout program.
RESET:
To return the meter back to the main menu.
Press and hold for 3 seconds to reset values.
RECOVERY:
To activate the RECOVERY PROGRAM that will automatically evaluate your fitness immediately after workout.

FUNCTIONS

TIME: Set target time (1 min ~ 99 min) by pressing UP and DOWN buttons, in 1 minute increments.

TIME/500M: Your average 500M time is automatically displayed.

SPM: Strokes per minute.

DISTANCE: Preset target distance (100 ~ 99900 meters) by pressing UP and DOWN buttons, in 100 meters increments.

STROKES: Set target stroke (10 ~ 9990 strokes) by pressing UP and DOWN buttons, in 10 strokes increments.

TOTAL STROKES: Accumulates total strokes from 0 to 9999.

CALORIES: Set target calories (10 ~ 9990 Cal) by pressing UP or DOWN buttons, in 10 Cal increments.

HRC/PULSE: Displays heart rate.

In Manual Mode, set target pulse by pressing UP and DOWN buttons (30 ~ 240), in 1 BPM increments. HRC will display at the top of the meter. The meter will display your heart rate during training. When it reaches the target value, PULSE will flash, and the meter will beep until it is changed to another mode or you remove the chest strap. Pulse measurement function only works with 5.3 KHz chest strap heart rate monitors.

CALENDAR: The meter will display year, month, and day when meter is in sleep mode.

TEMPERATURE: The meter will display current room temperature when the meter is in sleep mode.

CLOCK: The meter will display current time when the meter is in sleep mode.

Note: Chest Strap Heart Rate Monitor is not included.

OPERATION

1. Install 2 PCS AA batteries (included) and meter will beep for 2 seconds (Fig.1).
   Then, the meter enters into the CLOCK & CALENDAR MODE (Fig.2).
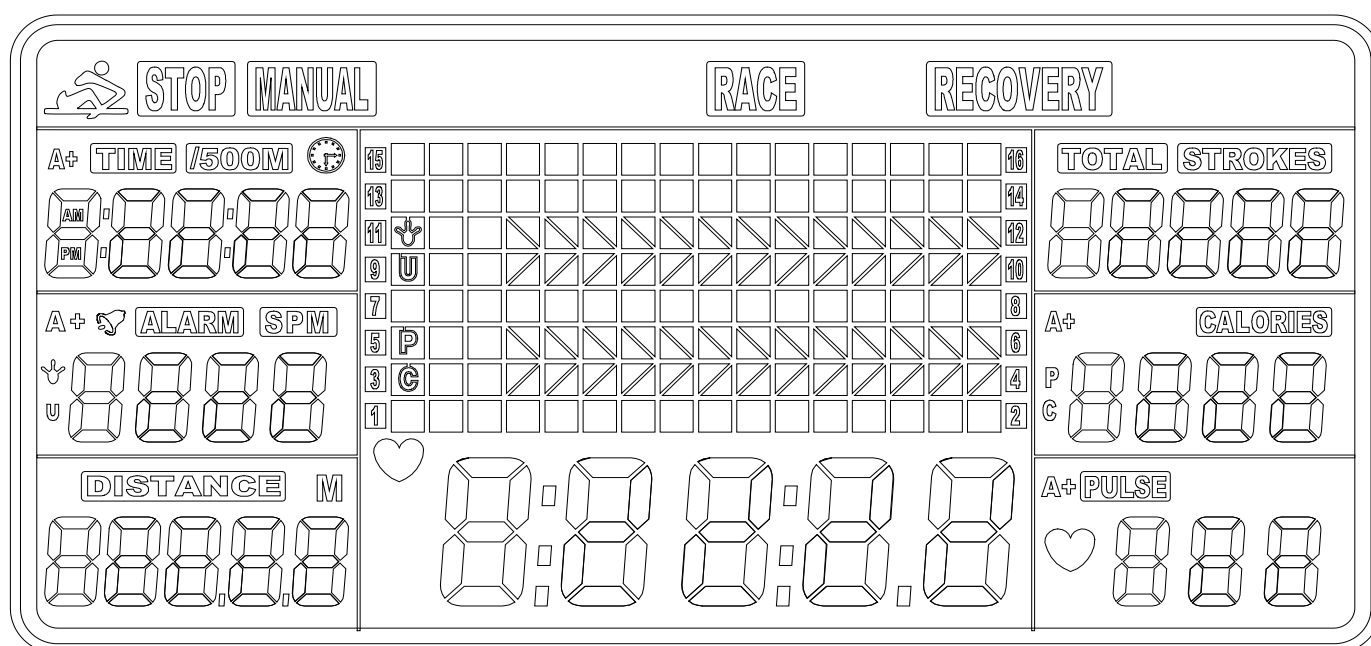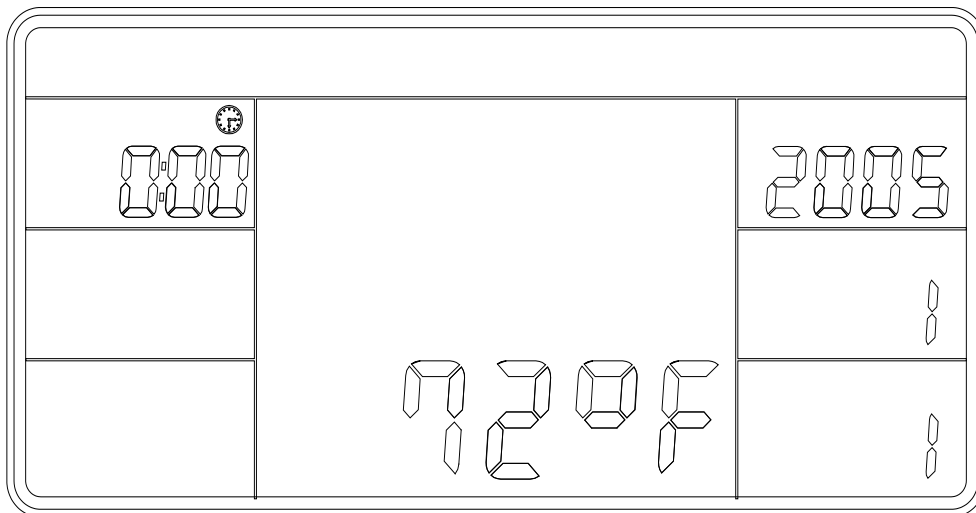

Fig. 1

Fig. 2

2. The CLOCK will flash. Press UP button to set the hour. Press ENTER to confirm.
   Press UP to set the minutes. Press ENTER to confirm. Continue press UP button to set the YEAR (in the STROKES window); MONTH (in the CALORIES window); DAY (in the PULSE window). Press ENTER to confirm when it is set.
   After you confirm it, the ALARM will beep. Press ENTER to skip setting up the alarm. To set up the alarm, press UP button to turn on ALARM. An arrow will appear next to ALARM. Press ENTER. CLOCK window will flash. Press UP or DOWN buttons to set the alarm time. Press ENTER to confirm. Meter will go into the SPORT screen (Fig. 3).
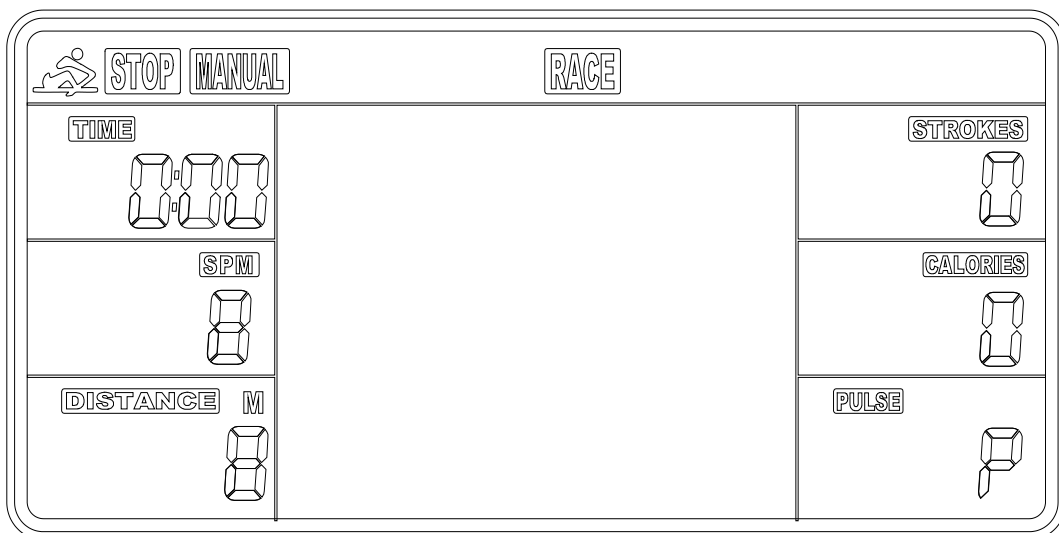

Fig. 3

3. When you enter the SPORT screen, MANUAL and RACE will flash. Press UP or DOWN to select MANUAL or RACE. Press ENTER to confirm your selection.

(1) MANUAL (Fig. 4): There are 2 options in MANUAL mode.
   a. The meter can be set to countdown. When you select MANUAL, the value of TIME will start to flash. Press UP to set the value of TIME to countdown. Press ENTER to confirm it. Press

ENTER to skip setting up the time COUNTDOWN and go to the next function. You can set the values for DISTANCE, STROKES, CALORIES, or PULSE. (Note: You can only set the value for one function to countdown. For example, if you have set the target value for TIME, then DISTANCE can't be set.)

Press START button to start and the STOP icon will disappear. When the countdown reaches zero or you press STOP button, the meter will stop and display the average value.

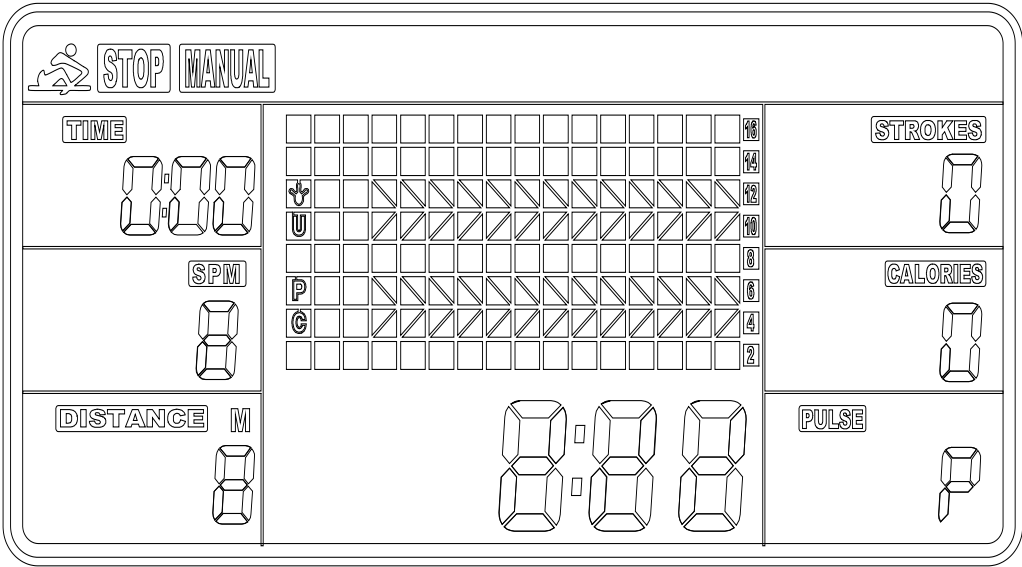b. The meter counts the value of your workout. Press START to start.

Fig.4

(2) RACE (Fig. 5):

Select RACE mode and L9 will flash. The TIME/500M will display 4:00. Then, press UP or DOWN to select L1 ~ L15. Press ENTER to confirm. Then, you can set the distance of the race (500 ~ 10000M) while the value of DISTANCE is blinking. Press ENTER, and the picture of the race will display on the screen.

The TIME/500M of the programs are as follows：

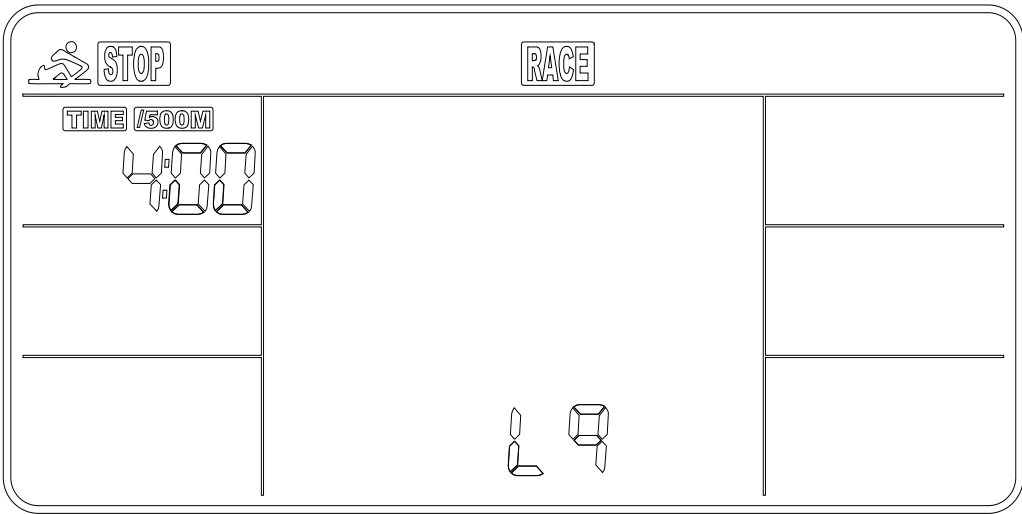| L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15
8:00	7:30	7:00	6:30	6:00	5:30	5:00	4:30	4:00	3:30	3:00	2:30	2:00	1:30	1:00

Fig.5

a. Press START button to start and STOP icon will disappear. USER and PC will display in the matrix (Fig. 6). The meter will stop when either the user or meter has reached the race distance that was set. Then, the matrix displays "PC WIN" or "USER WIN" (Fig. 7).
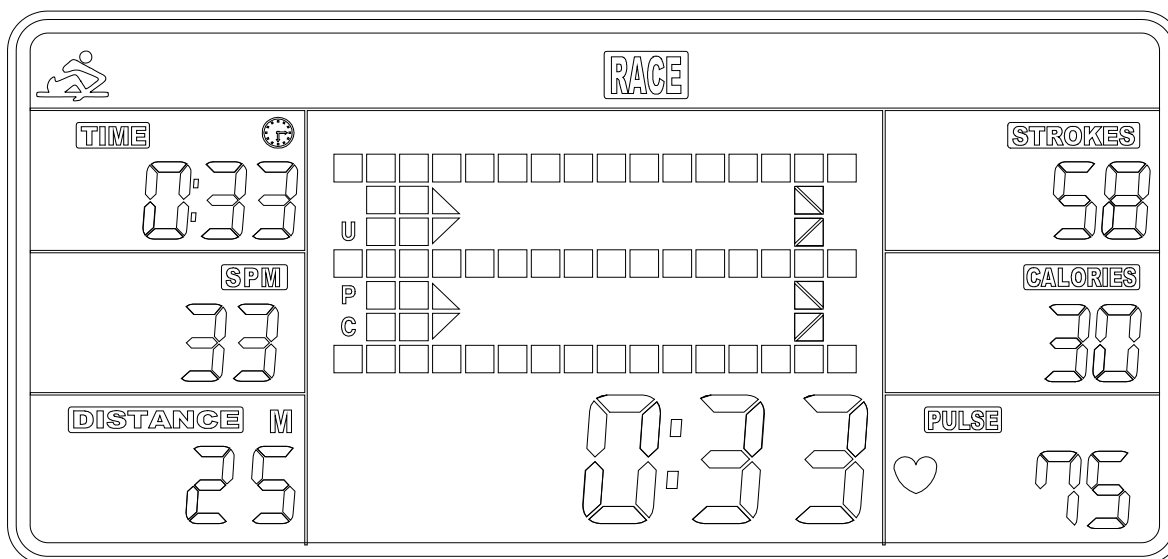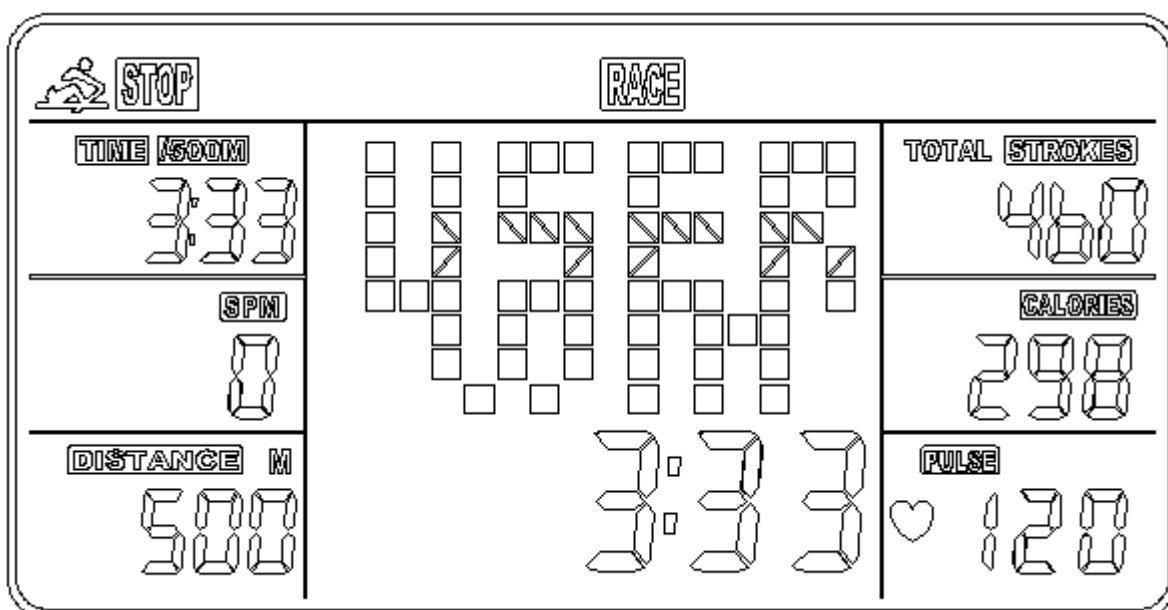

Fig. 6

Fig. 7

b. When the race is over, you can press START to start a race once again. Press RESET to leave the RACE screen.

(3) RECOVERY：

This meter works with a 5.3 KHz chest strap heart rate monitor (not included). After exercising for a period of time, keep wearing the chest strap monitor and press RECOVERY button. All function displays will stop except "TIME" starts counting down from 00:60 to 00:00.

Screen will display your heart rate recovery status with the F1, F2….to F6. F1 is outstanding. F6 is poor. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

ALARM

Alarm only works while the meter is in sleep mode. Alarm will not sound during exercise. Press and hold RESET to go to clock screen to set up ALARM.

SLEEP MODE

The meter will go into sleep mode after about 4 minutes of inactivity.

BATTERY

This meter uses 2 AA batteries, which are included. Changing the batteries will reset all values. If there is a problem with the display, try to change the batteries first. When changing the batteries, change both. Do not mix battery types. Do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

Version 1.2

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