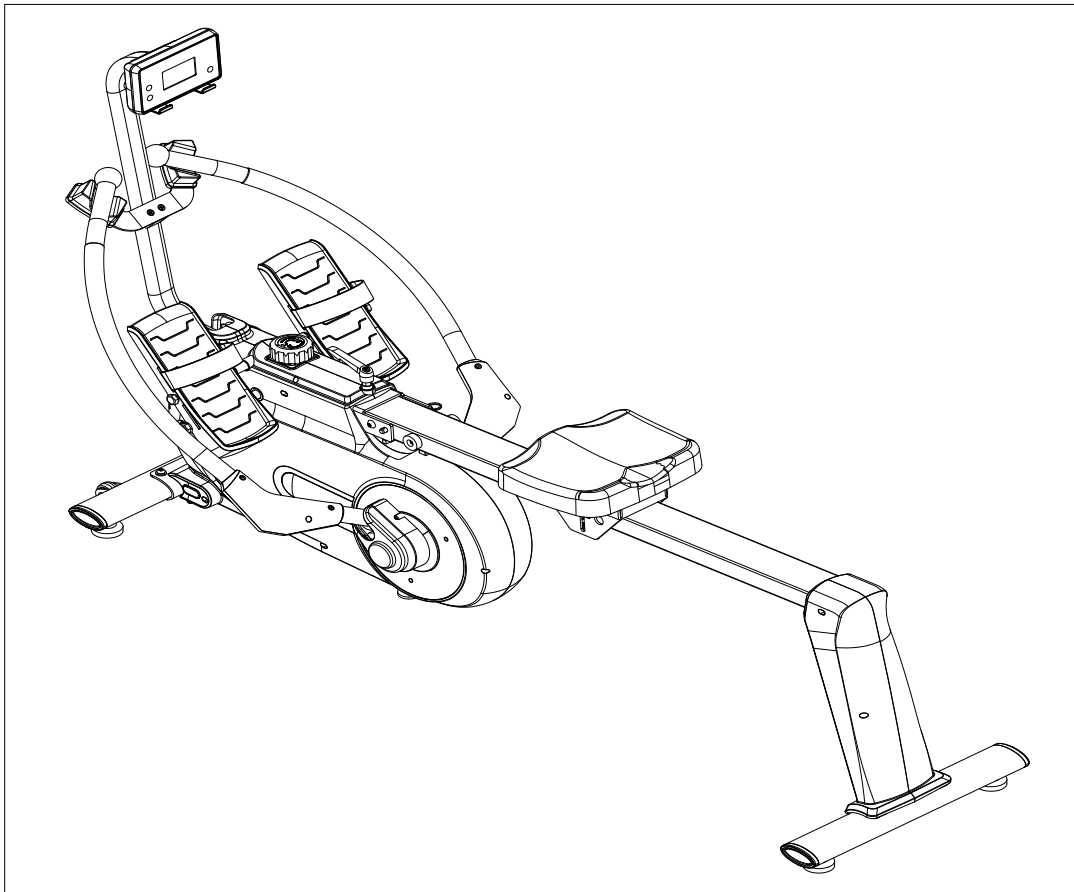




FULL MOTION MAGNETIC ROWING MACHINE SF-RW5864 USER MANUAL



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).



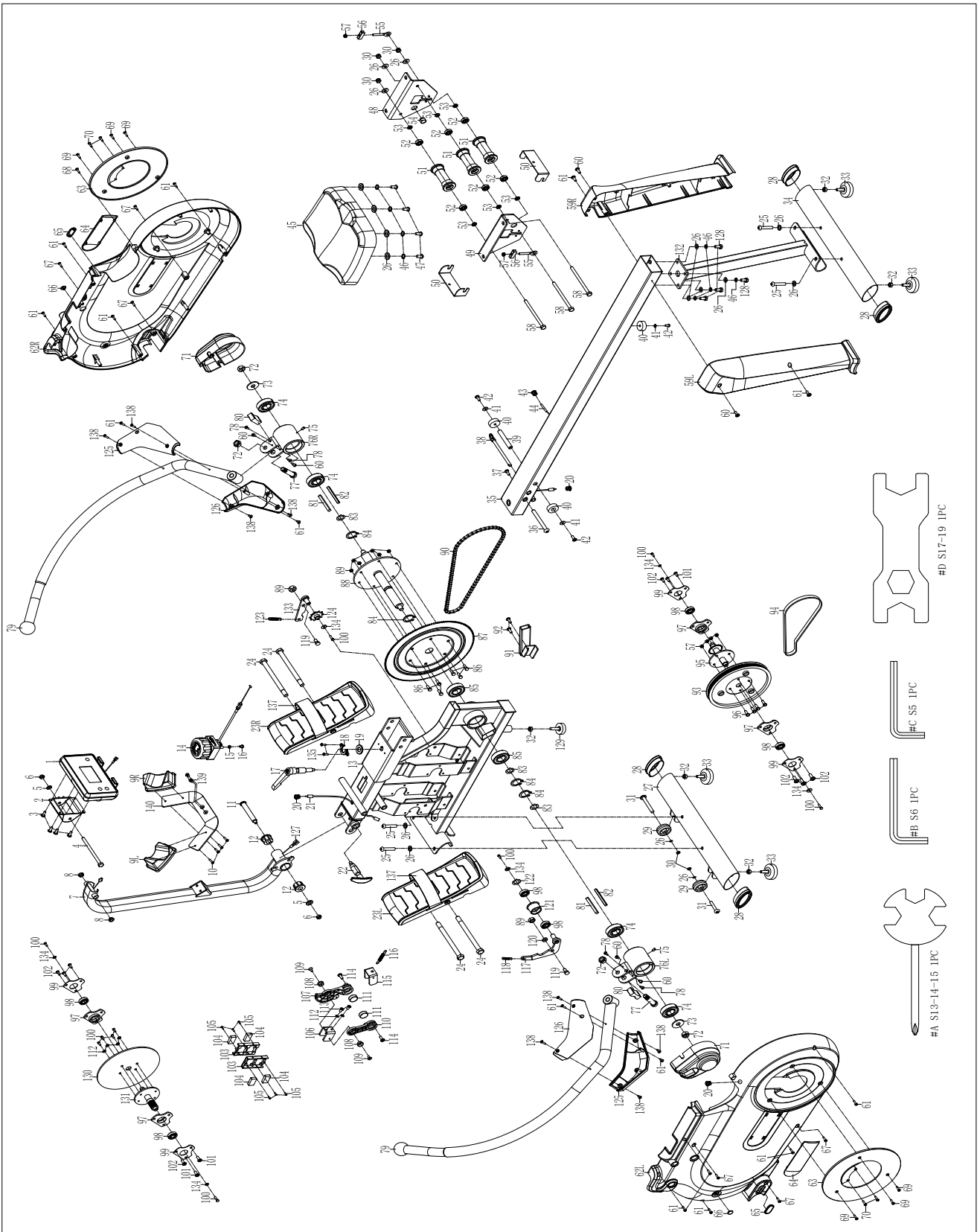
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IMPORTANT SAFETY INFORMATION

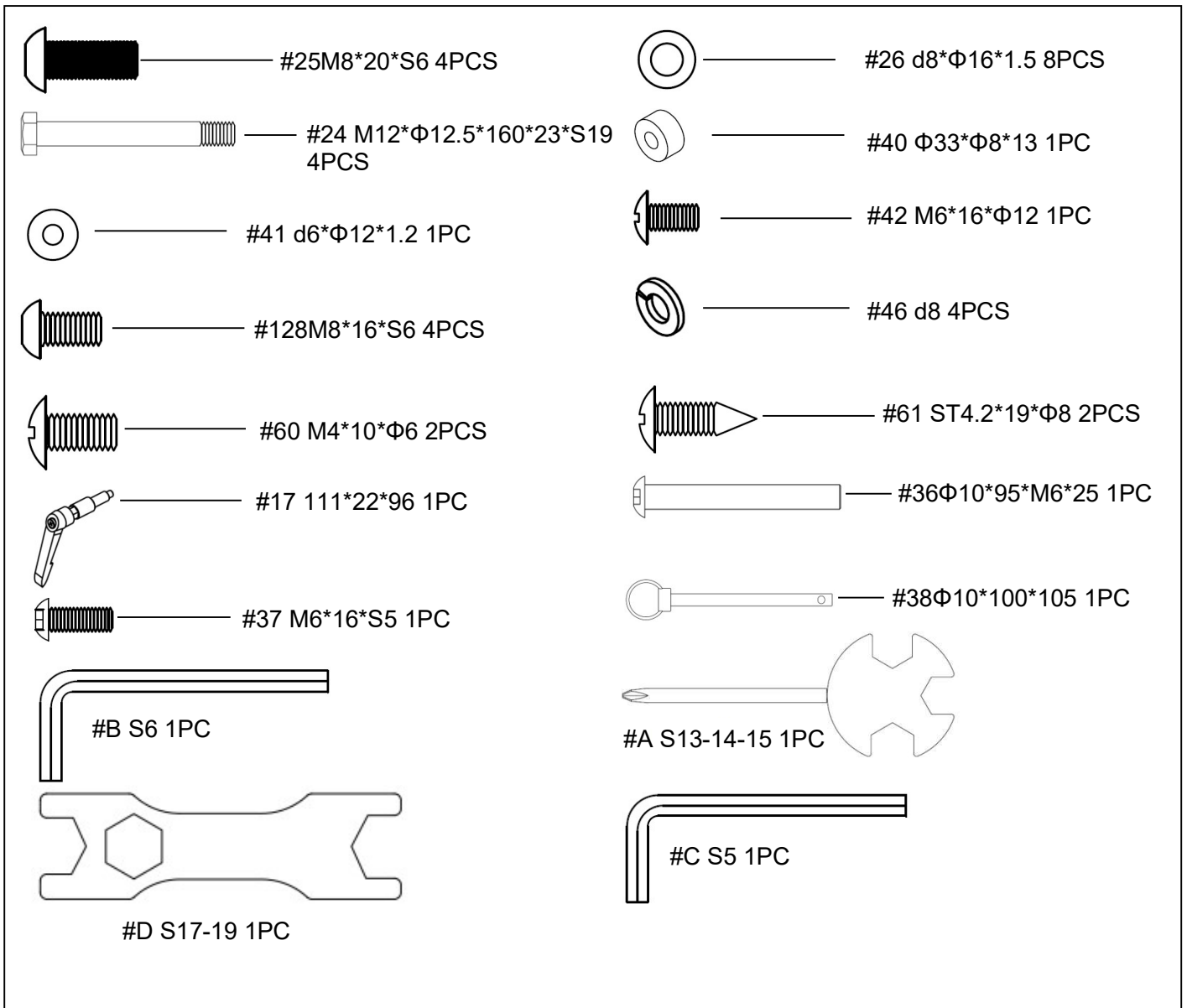
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 (60CM) 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 265 pounds (120 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



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).

PARTS LIST

No.	Description	Spec.	Qty.
1	Computer		1
2	Computer Seat		1
3	Screw	M5	4
4	Bolt	M8*90*20*S13	1
5	Washer	d8*Φ16*1.5	2
6	Nut	M8*H7.5*S13	2
7	Computer Joint Tube		1
8	Shaft Sleeve		2
9L/R	Rowing Rod Pad		2
10	Screw	ST4.2*19*Φ8	4
11	Bolt		1
12	Shaft Sleeve	Φ32*3*Φ28*16*Φ14.3	2
13	Main Frame		1
14	Tension Knob		1
15	Washer	d5*Φ12*1.5	1
16	Screw	M5*30*Φ8	1
17	L Knob	111*22*96	1
18	Limited Bracket	27*54*6.5 PP	1
19	Washer	d12*Φ24*2	1
20	Grommet Plug		3
21	Trunk Wire 2		1
22	T Knob		1
23L/R	Pedal		2
24	Bolt	M12*Φ12.5*160*23*S19	4
25	Bolt	M8*20*S6	4
26	Washer	d8*Φ16*1.5	17
27	Front Stabilizer		1
28	End Cap	ZT80*40	4
29	Transportation Wheel	Φ48*22*Φ8*22	2
30	Nut	M8*H7.5*S13	5
31	Bolt	M8*42*10*S6	2
32	Bolt	M8*H5.5*S14	5
33	Foot Pad	Φ52*43*M8	4
34	Rear Stabilizer		1
35	Sliding Rail		1

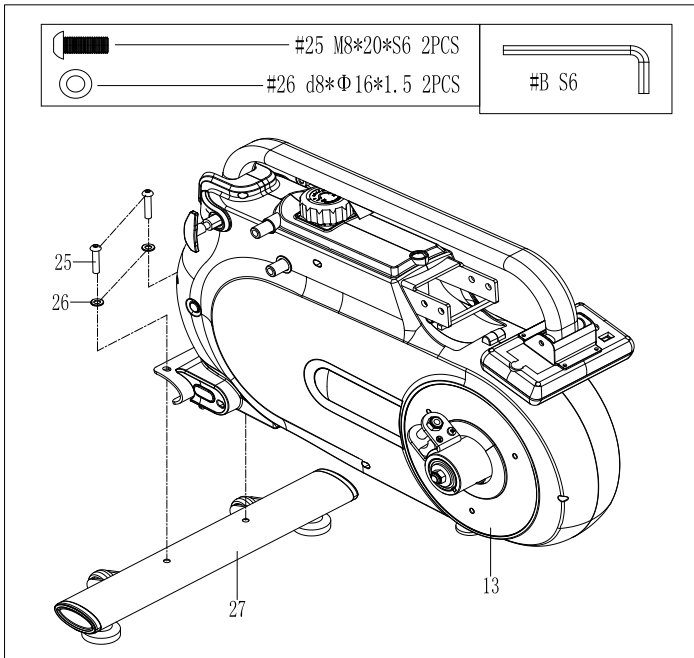
No.	Description	Spec.	Qty.
36	Bolt	Φ10*95*M6*25	1
37	Screw	M6*16*S5	1
38	Pull Pin	Φ10*100*105	1
39	Limited Shaft	Φ12*80*M6	1
40	Limited Pad	Φ33*Φ8*13	3
41	Washer	d6*Φ12*1.2	3
42	Screw	M6*16*Φ12	3
43	Grommet Plug	Φ16	1
44	Inductor		1
45	Seat		1
46	Spring Washer	d8	8
47	Bolt	M8*16*S6	4
48	Right Support Plate		1
49	Left Support Plate		1
50	U Board		2
51	Wheel	Φ40*92	3
52	Bearing	608Z	6
53	Spacer	d8*Φ15*4	6
54	Magnet	Φ15*7	1
55	Bolt	M6*40*Φ10*2.5	2
56	U Bracket		2
57	Nut	M6*H6*S10	6
58	Bolt	M8*125*15*S14	3
59L/R	Cover		2
60	Screw	M4*10*Φ6	6
61	Screw	ST4.2*19*Φ8	15
62L/R	Housing		2
63	Cover		2
64	Cover		2
65	Hole Cover		2
66	Hole Cover		2
67	Screw	ST4.2*16*Φ8	6
68	Screw	ST4.2*13*Φ8	1
69	Screw	ST4*8*Φ7	6
70	Screw	ST2.9*10*Φ6.3	4

No.	Description	Spec.	Qty.
71	Cover		2
72	Nut	M12*H11*S19	4
73	Washer	d12*Φ32*2.0	2
74	Bearing	Φ52*15*Φ25	4
75	Screw	M5*5	2
76L/R	Shaft Sleeve Combination		2
77	Bolt	Φ14*44*17*M12*16	2
78	Screw	ST4.2*19*Φ8.4	4
79	Rowing Rod		2
80	Limited Cushion of Rowing Rod		2
81	Spacer Iron	8*7*72	2
82	Spacer Iron	6*6*75	2
83	Wave Washer	d26*Φ34*0.3	3
84	C Clip	d25	4
85	Bearing	6205-ZZ	2
86	Bolt	M8*16*S13	6
87	Chain Wheel		1
88	Chain Wheel Shaft		1
89	Nylon Nut		8
90	Chain		1
91	Limited Tube		1
92	Screw	M6*25*Φ10	2
93	Belt Pulley		1
94	Belt		1
95	Belt Pulley Shaft		1
96	Bolt	M6*16*S10	4
97	Bearing Seat	Φ72*11	4
98	Bearing	6001-2RS	6
99	Fixed Plate	t1.5*56*76	4
100	Bolt	M6*12*S10	10
101	Screw	M6*8*Φ12	4
102	Screw	M6*10*Φ12	8
103	Magnet Location	45.5*130*10.5	2
104	Magnet		4
105	Screw	ST3*10*Φ5.6	6
106	Adjusting U Plate		1
107	Magnet Fixed Plate		1

No.	Description	Spec.	Qty.
108	Copper Bush		2
109	Screw	M6*20*Φ10.5	2
110	Magnet Fixed Plate		1
111	Magnet	Φ25*10	2
112	Spring Washer	d6	6
113	Bolt	M6*12*S10	2
114	Screw	M5*10*Φ10	2
115	Strong Magnet Connecting Plate		1
116	Spring	Φ1.2*Φ13.2*62*N30	1
117	Idler Wheel Shaft1		1
118	Spring	Φ1.2*Φ13.2*62*N30	1
119	Bolt	M8*12*Φ10*5*S12	2
120	Washer	d12*Φ17*0.5	1
121	Idler Wheel	Φ39*Φ34*24	1
122	Wave Washer	d12*Φ15.5*0.3	1
123	Spring	Φ1.5*Φ14.5*61*N21	1
124	Small Chain wheel		1
125	Cover		2
126	Cover		2
127	Trunk Wire 1		1
128	Bolt	M8*16*S6	4
129	Foot Pad	Φ38*48*M8	1
130	Aluminum Wheel		1
131	Belt Wheel Axle Joint		1
132	Rear Supporting Tube		1
133	Connecting Rod Joint 2		1
134	Washer	d6*Φ16*1.5	6
135	Screw	M5*7*Φ10	2
136	N/A		-
137	Pedal Strap	t1.6*25*850	2
138	Screw	ST4.2*19*Φ8	8
139	Screw	M6*12*Φ10.5	2
140	Rod Support Plate		1
A	Spanner	S13-14-15	1
B	Allen Wrench	S6	1
C	Allen Wrench	S5	1
D	Spanner	S17-19	1

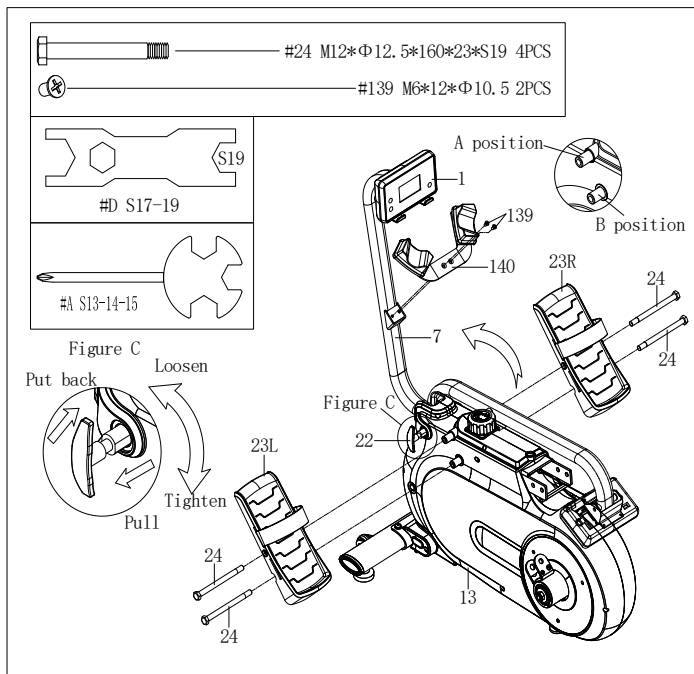
ASSEMBLY INSTRUCTIONS

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STEP 1:

Attach **Front Stabilizer (No. 27)** to **Main Frame (No. 13)** with 2 **Bolts (No. 25)** and 2 **Washers (No. 26)**. Tighten and secure with the **Allen Wrench (No. B)**.



STEP 2:

Loosen **T Knob (No. 22)** as shown in Figure C and pull outward. Next, rotate **Computer Joint Tube (No. 7)** to the desired position and screw **T Knob (No. 22)** into the hole. Finally, adjust **Computer (No. 1)** up and down to the proper angle.

Insert 2 **Bolts (No. 24)** into the bottom hole at position B of **Main Frame (No. 13)**. Tighten with **Spanner (No. D)**.

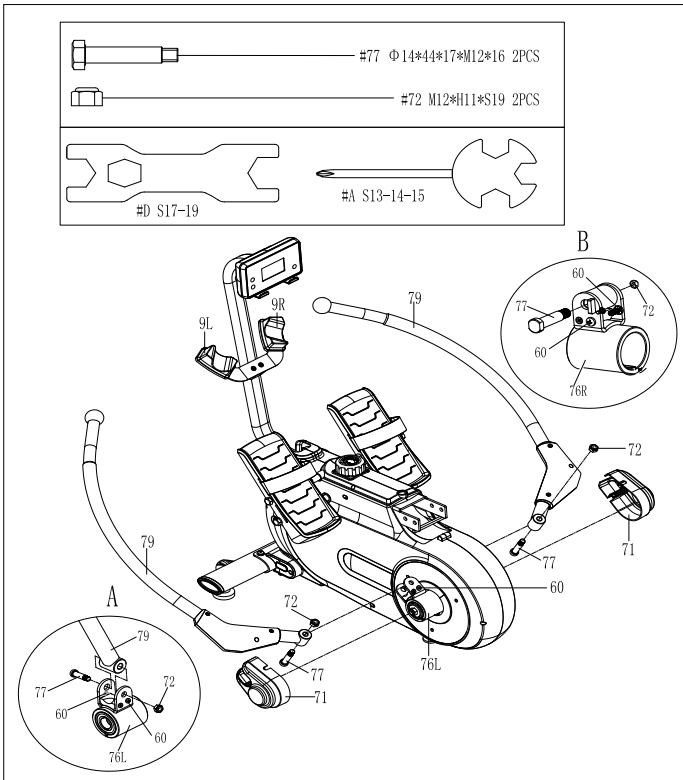
Insert 2 **Bolts (No. 24)** through the **Pedals (No. 23L/R)** into the upper hole at position A of **Main Frame (No. 13)**. Tighten with **Spanner (No. D)**.

NOTE: The **Pedals (No. 23L/R)** should rest on the bottom **Bolts (No. 24)** at position B.

Remove 2 **Screws (No. 139)** from **Computer Joint Tube (No. 7)** with **Spanner (No. A)**.

Attach **Rod Support Plate (No. 140)** to **Computer Joint Tube (No. 7)** with 2 **Screws (No. 139)** that were removed. Tighten and secure with **Spanner (No. A)**.

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STEP 3:

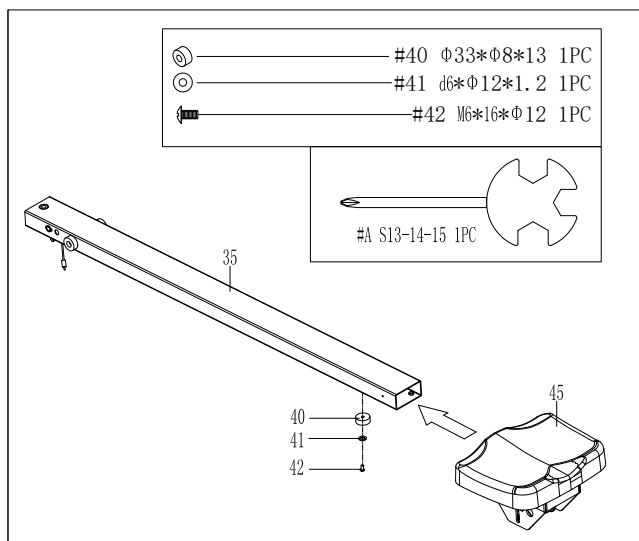
Loosen 4 **Screws (No. 60)** from **Left & Right Shaft Sleeve Combinations (No. 76L/R)** with **Spanner (No. A)**.

Remove 2 **Bolts (No. 77)** and 2 **Nuts (No. 72)** from **Left & Right Shaft Sleeve Combinations (No. 76L/R)** with **Spanner (No. D)**.

Put **Rowing Rods (No. 79)** into **Left & Right Shaft Sleeve Combinations (No. 76L & No. 76R)** with 2 **Bolts (No. 77)** and 2 **Nuts (No. 72)** that were removed. Tighten and secure with **Spanner (No. D)**.

Note: Please check if **Rowing Rod (No. 79)** rotates smoothly. If not, **Bolt (No. 77)** and **Nut (No. 72)** are locked too tight. Adjust **Nut (No. 72)** with **Spanner (No. D)** to make the rotation smooth.

Put **Rowing Rods (No. 79)** on **Left & Right Rowing Rod Pads (No. 9L & No. 9R)**. Put 2 **Covers (No. 71)** into **Left & Right Shaft Sleeve Combinations (No. 76L & No. 76R)** with 4 **Screws (No. 60)** that were loosened. Tighten and secure with **Spanner (No. A)**.

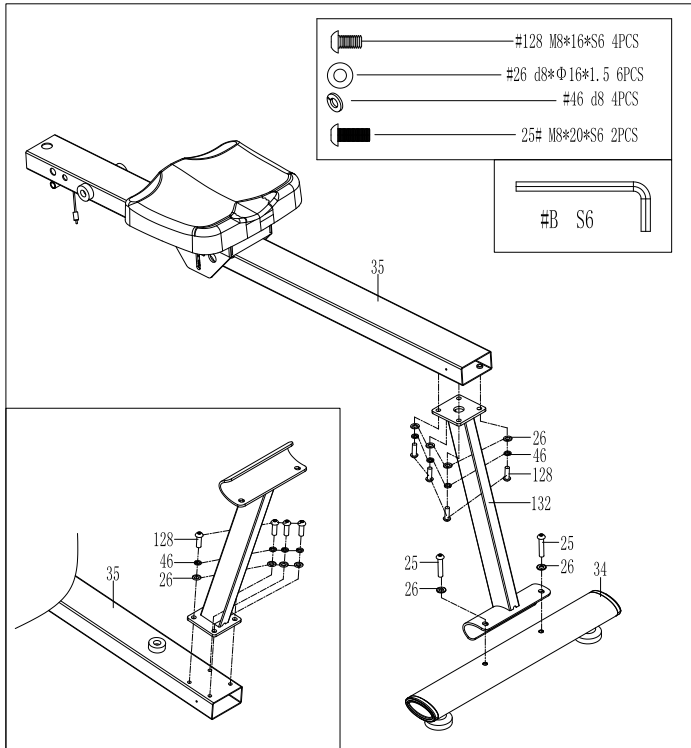


STEP 4:

Insert **Seat (No. 45)** to **Iron Rail (No. 35)**.

Attach **Limited Pad (No. 40)** to **Sliding Rail (No. 35)** with **Screw (No. 42)** and **Washer (No. 41)**. Tighten and secure with the **Spanner (No. A)**.

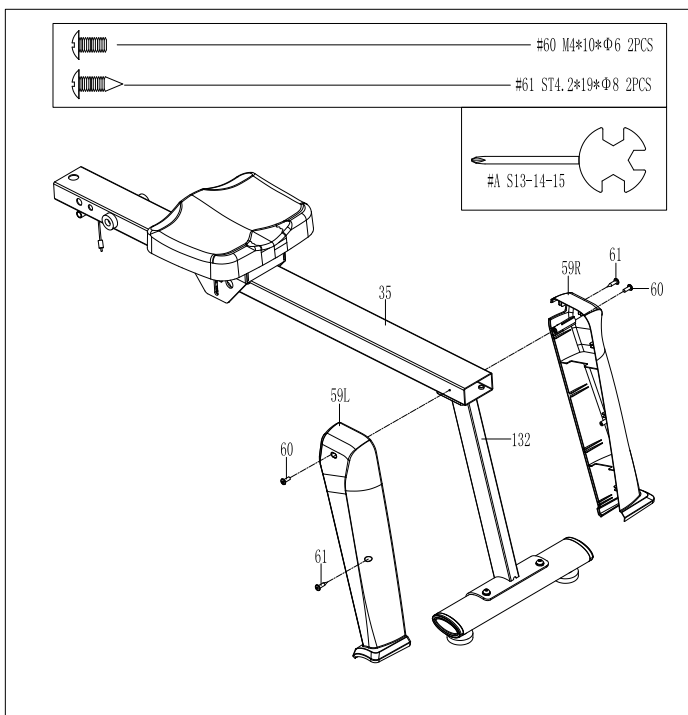
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5:

Attach **Rear Supporting Tube (No. 132)** to **Sliding Rail (No. 35)** with **4Bolts (No. 128)**, **4 Spring Washers (No. 46)**, and **4 Washers (No. 26)**. Tighten and secure with the **Allen Wrench (No. B)**.

Attach **Rear Stabilizer (No. 34)** to **Rear Supporting Tube(No. 132)** with **2 Bolts (No. 25)** and **2Washers (No. 26)**. Tighten and secure with the **Allen Wrench (No. B)**.

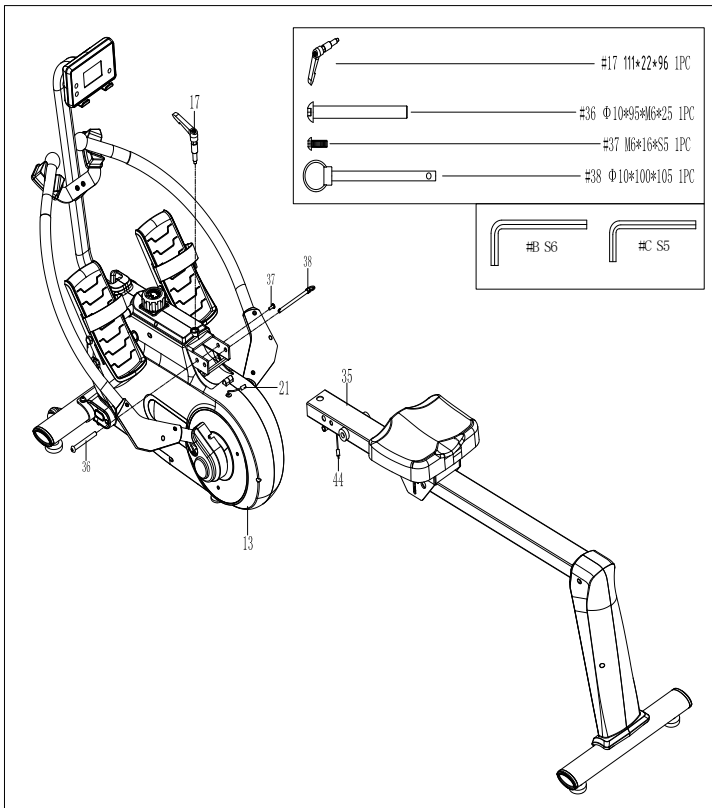


STEP 6:

Attach **Left & Right Covers (No. 59L & No. 59R)** to **Sliding Rail (No. 35)** and **Rear Supporting Tube (No. 132)**, then lock **Left & Right Covers (No. 59L & No. 59R)** with **2 Screws (No. 61)**. Tighten and secure with the **Spanner (No. A)**.

Attach **Left & Right Covers (No. 59L & No. 59R)** to **Sliding Rail (No. 35)** with **2 Screws (No. 60)**. Tighten and secure with **Spanner (No. A)**.

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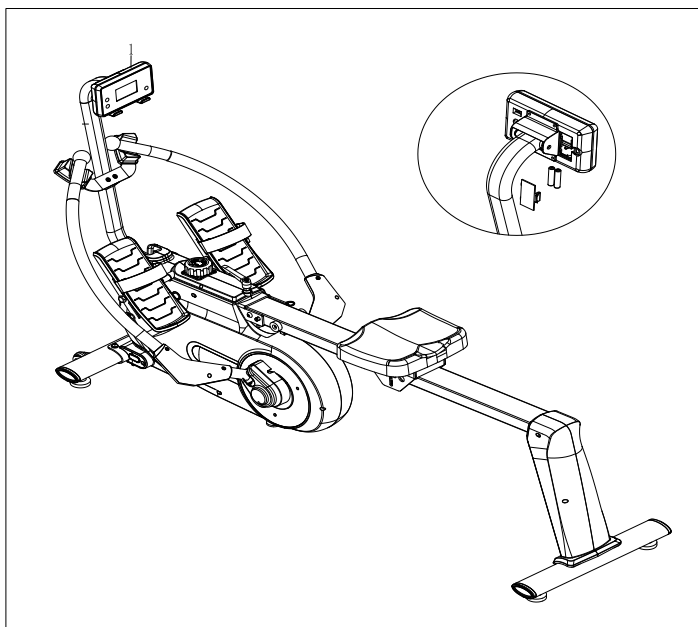


STEP 7:

Attach **Sliding Rail (No. 35)** to **Main Frame (No. 13)** using **Bolt (No. 36)** and **Screw (No. 37)**. Tighten and secure with **Allen Wrench (No. B)** and **Allen Wrench (No. C)**. Then insert **Pull Pin (No. 38)**.

Next, attach the top of **Sliding Rail (No. 35)** to **Main Frame (No. 13)** using **L Knob (No. 17)**.

Connect the link wire of **Inductor (No. 44)** with **Trunk Wire 2 (No. 21)**.

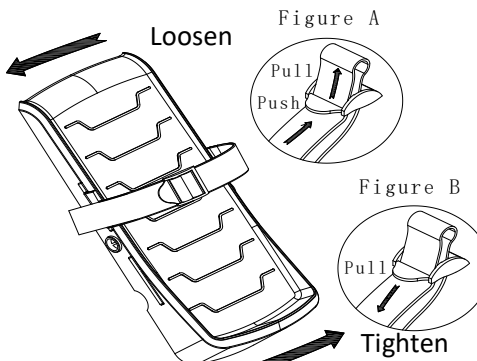
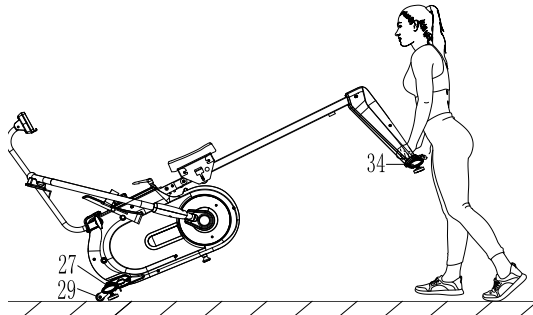
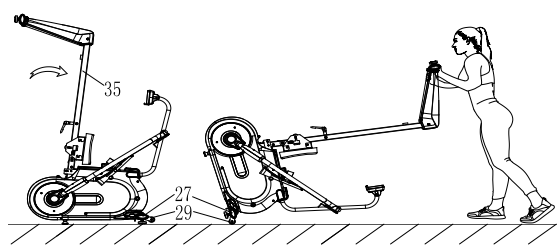
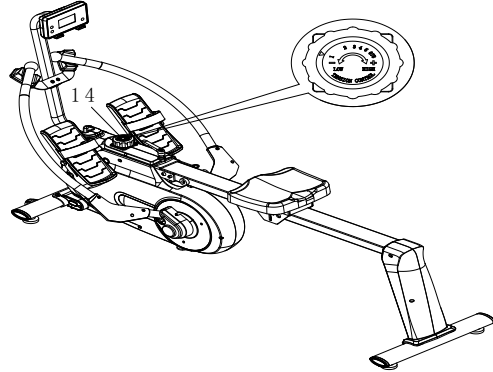


STEP 8:

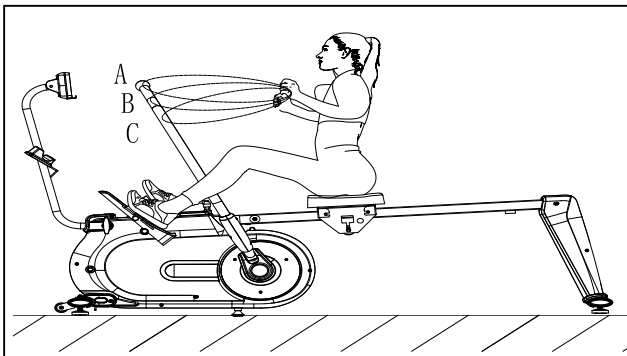
Open the battery cover on the back of **Computer (No. 1)**, then put 2 batteries into the battery case. Make sure the (-) end of the battery goes to the spring end in the battery compartment, then put the battery cover back.

The assembly is complete!

ADJUSTMENTS GUIDE

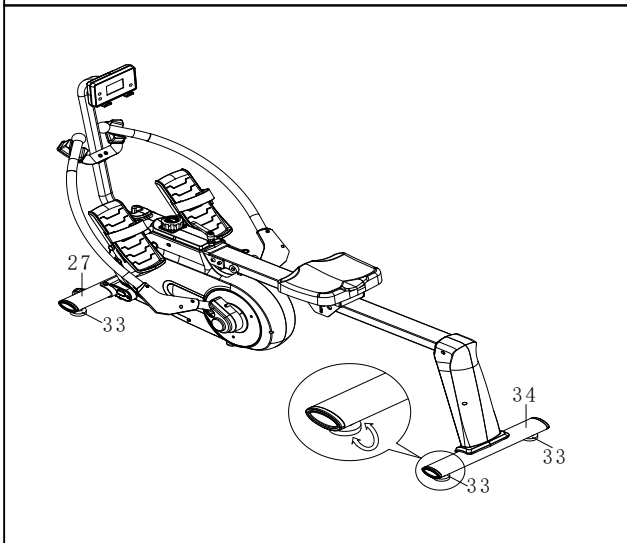
 <p>Loosen</p> <p>Figure A</p> <p>Figure B</p> <p>Tighten</p>	<h3>PEDAL STRAP ADJUSTMENT</h3> <p>The Pedal Strap (No. 137) is adjustable and can be personalized to fit the user's foot size. Directions on how to loosen and tighten the straps are shown in figures A and B.</p>
	<h3>MOVING THE ROWER</h3> <p>To move the rower, lift up Rear Stabilizer (No. 34) until the Transportation Wheels (No. 29) on Front Stabilizer (No. 27) touch the ground. Once the Transportation Wheels (No. 29) are on the ground, you can transport the rower to the desired location with ease.</p>
	<h3>MOVING THE ROWER AFTER FOLDING</h3> <p>Press down Sliding Rail (No. 35) until Transportation Wheels (No. 29) on Front Stabilizer (No. 27) touch the ground. Once the Transportation Wheels (No. 29) are on the ground, you can transport the rower to the desired location with ease.</p>
	<h3>ADJUSTING THE RESISTANCE</h3> <p>Rotate the Tension Knob (No. 14) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Knob (No. 14) <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>

ADJUSTMENTS GUIDE



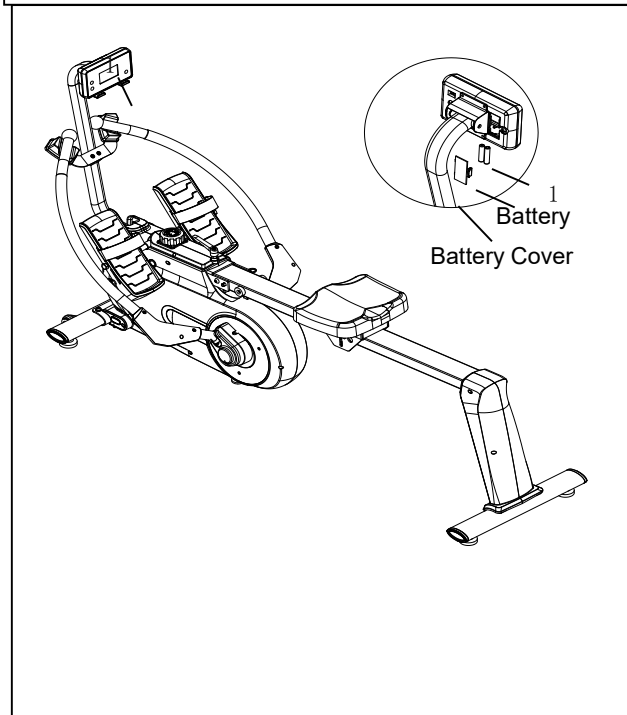
ADJUSTING THE RESISTANCE OF THE ROWING ROD

The resistance is different at positions A, B, C, etc. The closer you are to positions A, the lighter the resistance.



ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the stability of the rower is secured. If you notice that the rower is unbalanced during use, you should adjust the **Foot Pads (No. 33)** located beneath the **Front & Rear Stabilizers (No. 27 & No. 34)**. To do so, simply rotate the **Foot Pads (No. 33)** until the rower becomes level with the floor surface.



BATTERY REPLACEMENT

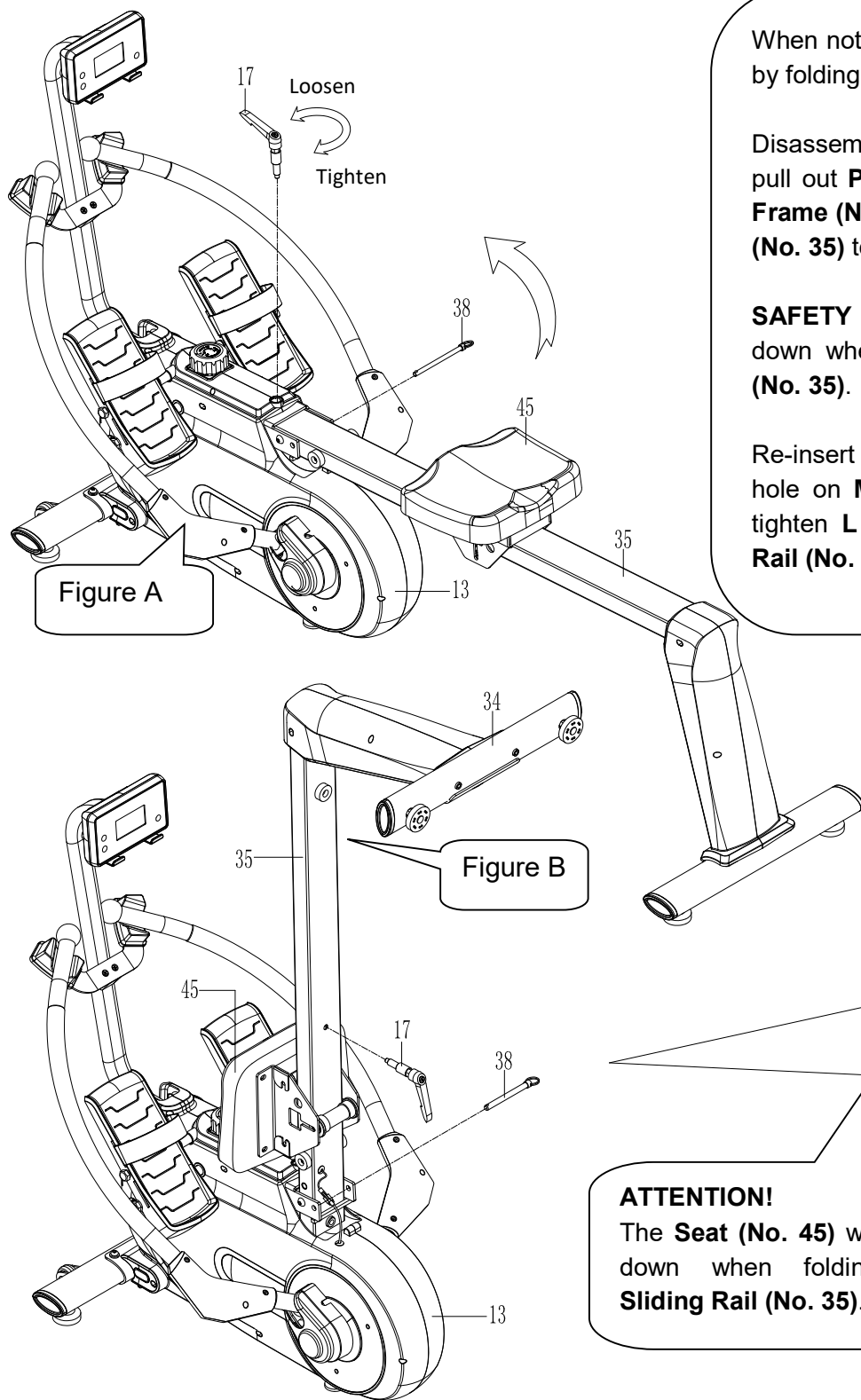
To replace the batteries, open the battery cover on the back of the **Computer (No. 1)**. Remove the batteries and replace with new batteries. Make sure the (-) end of the battery goes to the spring end in the battery compartment. Put the cover back.

When changing batteries, always replace both with new batteries. Do not mix old and new batteries.

BATTERY DISPOSAL

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

FOLDING GUIDE



When not in use, you can save space by folding the **Sliding Rail (No. 35)**.

Disassemble **L Knob (No. 17)** and pull out **Pull Pin (No. 38)** from **Main Frame (No. 13)**. Fold the **Sliding Rail (No. 35)** to vertical angle (Figure A).

SAFETY NOTE: The seat will glide down when folding the **Sliding Rail (No. 35)**.

Re-insert **Pull Pin (No. 38)** into the hole on **Main Frame (No. 13)**, then tighten **L Knob (No. 17)** to **Sliding Rail (No. 35)** (Figure B).

CAUTION!

Use caution when vertically fold the **Sliding Rail (No. 35)** as your head may touch the **Rear Stabilizer (No. 34)**.

ATTENTION!

The **Seat (No. 45)** will glide down when folding the **Sliding Rail (No. 35)**.

EXERCISE COMPUTER

KEY FUNCTIONS:

MODE: Press this button to change the display or to choose a program.

SET: In the setting mode, press this button to increase the setting value for TIME, COUNT, and CAL.

RESET:

1. In setting mode, press this button to reset the value for TIME, COUNT, and CAL.
2. In monitor mode, hold this button for 3 seconds to reset all values to zero.

FUNCTIONS:

SCAN: Press MODE until "SCAN" appears, the computer will rotate through all the 4 functions: Time, Count, Cal, Total Count. Each display will be held for 6 seconds.

COUNT (CNT): Displays an instant count with a range from 0 ~ 9999 COUNT. The count value can be set in advance, when it approaches the preset count, the computer will beep for 10 seconds.

TIME: Counts the total time from exercise start to the end with a range from 0:00 ~ 99:59 M. Exercise time can be set in advance, when it approaches the preset time, the computer will beep for 10 seconds. The maximum preset time is 99 minutes.

CALORIES (CAL): Counts the total calories burned from exercise start to the end with a range from 0.0 ~ 9999CAL. The calorie value can be set in advance, when it approaches the preset calorie, the computer will beep for 10 seconds.

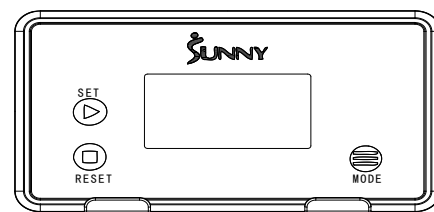
TOTAL COUNT (TOTAL): Displays the total count from the first use. The range is from 0 ~ 9999 COUNT.

AUTO ON/OFF & AUTO START/STOP: When there is no signal of exercise or operation for 4 minutes, the power will turn off automatically. Once motion begins, the computer will turn on automatically.

OPERATION:

SET: Press MODE to choose the display window that needs to be pre-set. Press SET to increase the value to reach your desired time, calorie, or count. Hold SET to increase the value. Press RESET to reset values.

BATTERY: When the display screen light begins to fade, remove the batteries and replace with 2 pcs SIZE AAA, UM4, R03.



Version 3.1

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