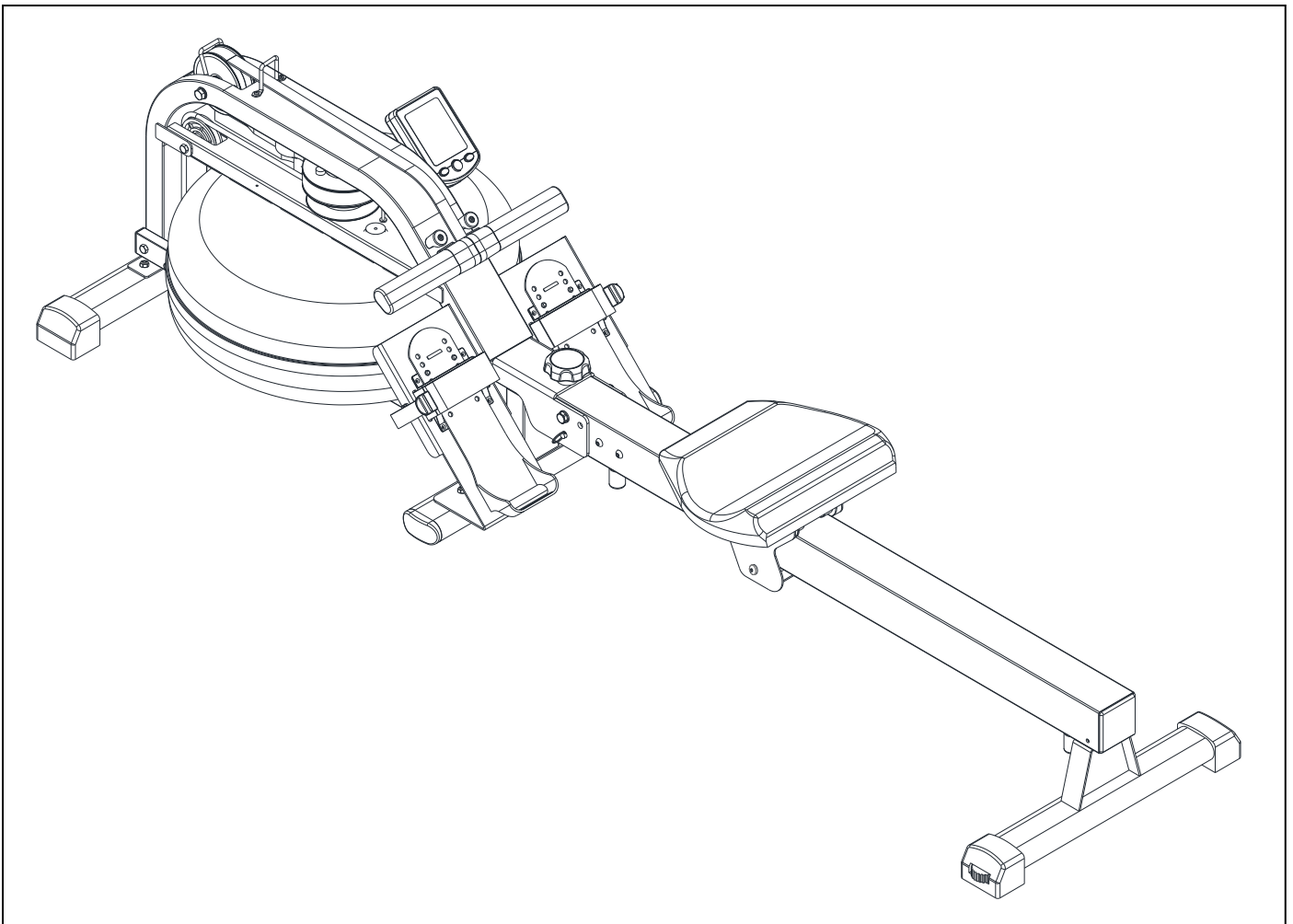




WATER ROWING MACHINE

SF-RW5866

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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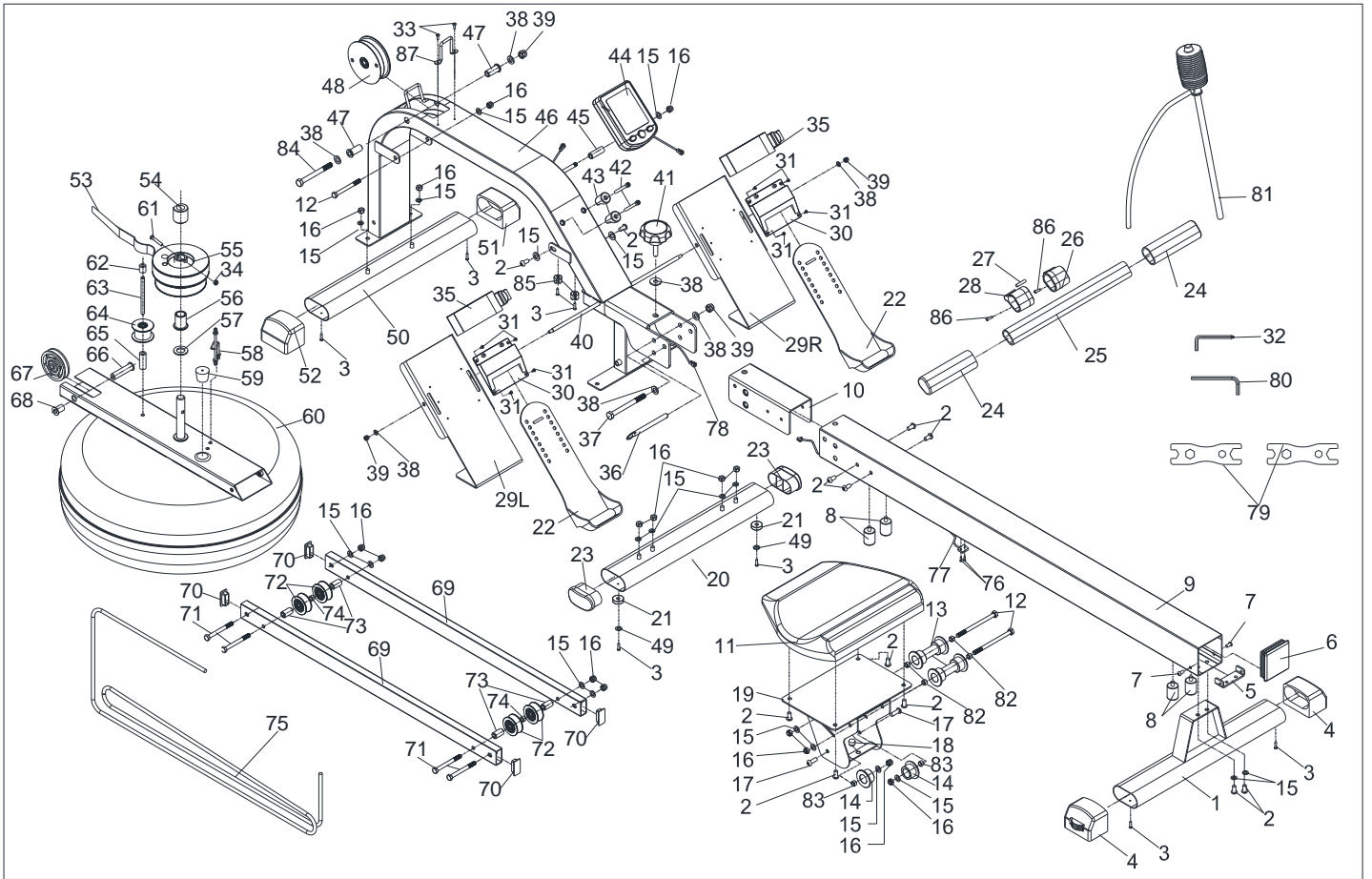
[SUNNYHEALTHFITNESS.COM/SIGNUP](https://www.sunnyhealthfitness.com/signup)

IMPORTANT SAFETY INFORMATION









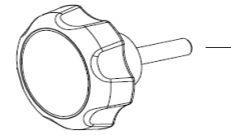
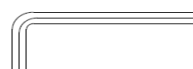
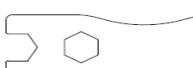


We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.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

<p> #2 M8*20 2PCS</p> <p> #15 $\phi 16 * \phi 8.4 * 1.5$ 2PCS</p> <p> #38 $\phi 20 * \phi 10.5 * 2.0$ 3PCS</p> <p> #39 M10 1PC</p> <p> #8 $\phi 26.1 * 35.5 * M6$ 4PCS</p> <p> #37 M10*105 1PC</p> <p> #33 M4*16 2PCS</p>	<p> #36 $\phi 10 * 112$ 1PC</p> <p> #41 $\phi 60 * M10$ 1PC</p> <p> #80 S5 1PC</p> <p> #79 S10-S13-S17 2PCS</p> <p> #32 1PC</p> <p> #87 $\phi 6$ 1PC</p>
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PARTS LIST

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
1	Rear Support		1	35	Pedal Strap		2
2	Screw	M8*20	12	36	Pull Pin	Φ10*112	1
3	Screw	ST4.2*19	8	37	Bolt	M10*105	1
4	Adjustable End Cap		2	38	Flat Washer	Φ20*Φ10.5*2.0	7
5	Connecting Plate		1	39	Nylon Nut	M10	4
6	End Cap		1	40	Pedal Shaft	Φ12	1
7	Screw	M6*8	2	41	Knob	Φ60*M10	1
8	Cushion Pad	Φ26.1*35.5*M6	4	42	Bolt	M6*50	2
9	Aluminum Rail	80*50*2.0*1250	1	43	Handlebar Holder	32*25.8*25.8	2
10	Connection Plate		1	44	Meter		1
11	Seat		1	45	Bushing 1	Φ14*40.2	1
12	Bolt	M8*120	3	46	Main Frame		1
13	Roller		2	47	Bushing	Φ20*36.3	2
14	Wheel		2	48	Belt Wheel	Φ95*32	1
15	Flat Washer	Φ16*Φ8.4*1.5	20	49	Flat Washer	Φ4.5*Φ12*1.5	2
16	Nylon Nut	M8	16	50	Front Stabilizer		1
17	Screw	M8*30	2	51	Right End Cap		1
18	Magnet		1	52	Left End Cap		1
19	Seat Supporting Board		1	53	Mesh Belt		1
20	Middle Stabilizer		1	54	Bushing 2	Φ33.9*35	1
21	Pad	Φ25.4*Φ8*8	2	55	Mesh Belt Wheel		1
22	Pedal	329.3*105*53	2	56	Plastic Bushing 2	Φ33*35	1
23	End Cap		2	57	Stainless Steel Washer	Φ33*3	1
24	Handlebar Cover		2	58	Mesh Belt Limit Column	102.7*35*17	1
25	Handlebar		1	59	Water Tank Plug	31.5*25	1
26	Right Handlebar Fixed Seat		1	60	Water Tank		1
27	Fixed Pin		1	61	Screw	M6*35	1
28	Left Handlebar Fixed Seat		1	62	Mesh Belt Axle Sleeve 3	Φ15*Φ8*16	1
29L/R	Pedal Support L/R		2	63	Mesh Belt Axle	Φ8*156	1
30	Foot Fixed Seat	115*100*14	2	64	Small Mesh Belt Wheel	Φ51*32	1
31	Screw	M4*8	8	65	Mesh Belt Wheel Axle 2	Φ15*Φ8*41	1
32	Allen Wrench		1	66	Big Plastic Wheel Bushing 1	Φ20*58	1
33	Screw	M4*16	2	67	Big Plastic Wheel	Φ75*23.5	1
34	Nylon Nut	M6	1	68	Big Plastic Wheel Bushing 2	Φ20*23	1

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
69	Water Tank Support Tube		2	80	Allen Wrench	S5	1
70	End Cap		4	81	Manual Pump		1
71	Bolt	M8*150	4	82	Roller Sleeve		4
72	Small Wheel	Φ47*19	4	83	Sleeve	Φ15*Φ8*9.5	2
73	Small Wheel Bushing	Φ15*8.2*26.5	4	84	Bolt	M10*120	1
74	Small Wheel Spacer	Φ12*8.5*8	2	85	Wire Clamp		2
75	Elastic Rope		1	86	Screw	ST4.2*16	2
76	Screw	ST3.0*15	2	87	U Shape Limit Bar	Φ6	1
77	Sensor		1				
78	Sensor Wire		1				
79	Spanner	S10-S13-S17	2				

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

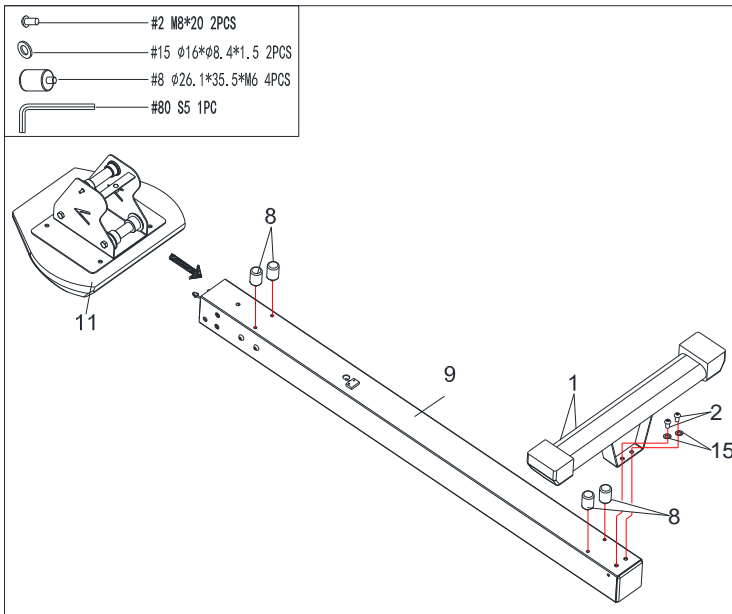
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

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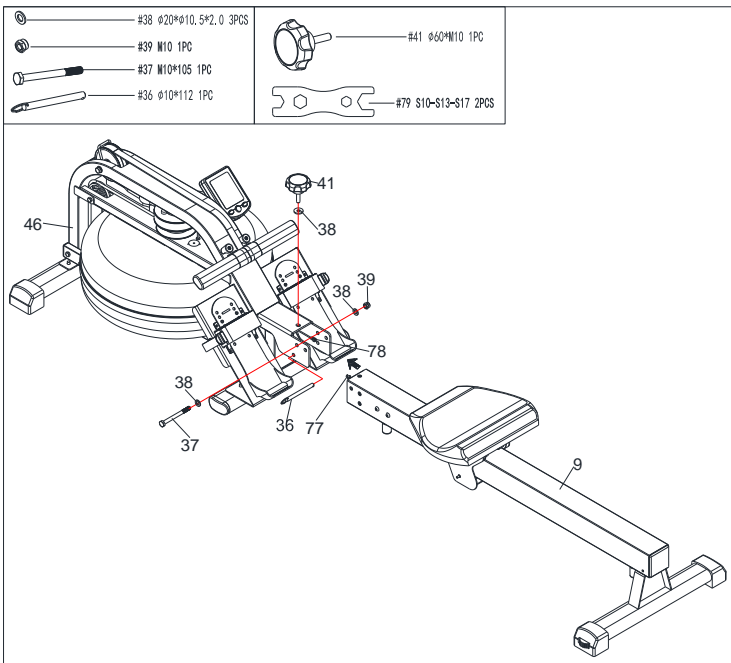


STEP 1:

Attach **Seat (No. 11)** onto **Aluminum Rail (No. 9)**.

Secure 4 **Cushion Pads (No. 8)** onto **Aluminum Rail (No. 9)** by hand.

Attach **Rear Support (No. 1)** onto **Aluminum Rail (No. 9)** with 2 **Screws (No. 2)** and 2 **Flat Washers (No. 15)**. Then, tighten and secure with **Allen Wrench (No. 80)**.



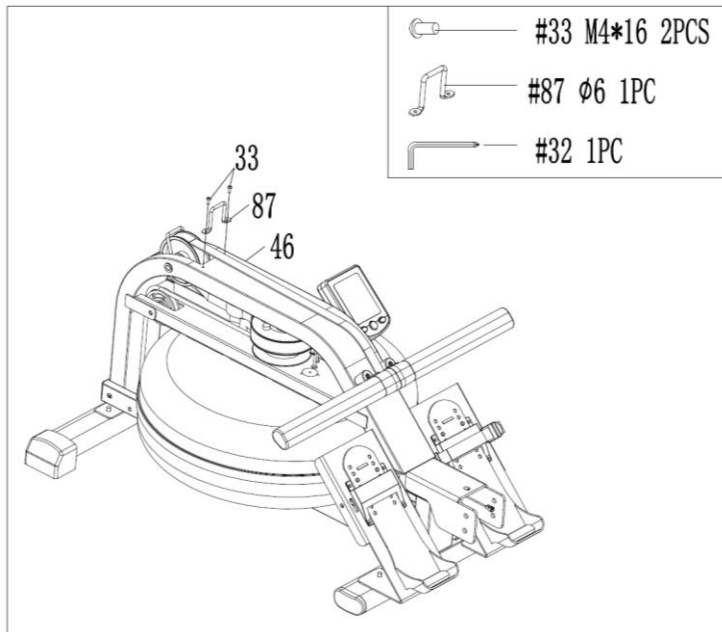
STEP 2:

Connect **Sensor (No. 77)** with **Sensor Wire (No. 78)**.

Attach **Aluminum Rail (No. 9)** to **Main Frame (No. 46)** with 1 **Bolt (No. 37)**, 2 **Flat Washers (No. 38)**, and 1 **Nylon Nut (No. 39)**. Tighten and secure with 2 **Spanners (No. 79)**.

Next, attach the top of the **Aluminum Rail (No. 9)** to the **Main Frame (No. 46)** with 1 **Knob (No. 41)** and 1 **Flat Washer (No. 38)**. Then, insert **Pull Pin (No. 36)**.

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).

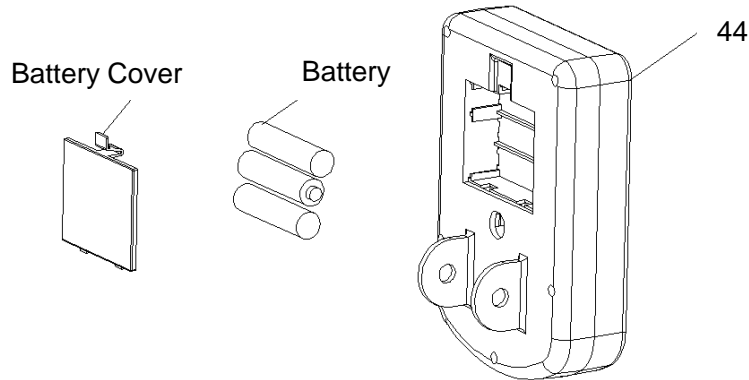


STEP 3:

Attach **U Shape Limit Bar (No. 87)** to **Main Frame (No. 46)** with 2 **Screws (No. 33)**. Tighten and secure with **Allen Wrench (No. 32)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



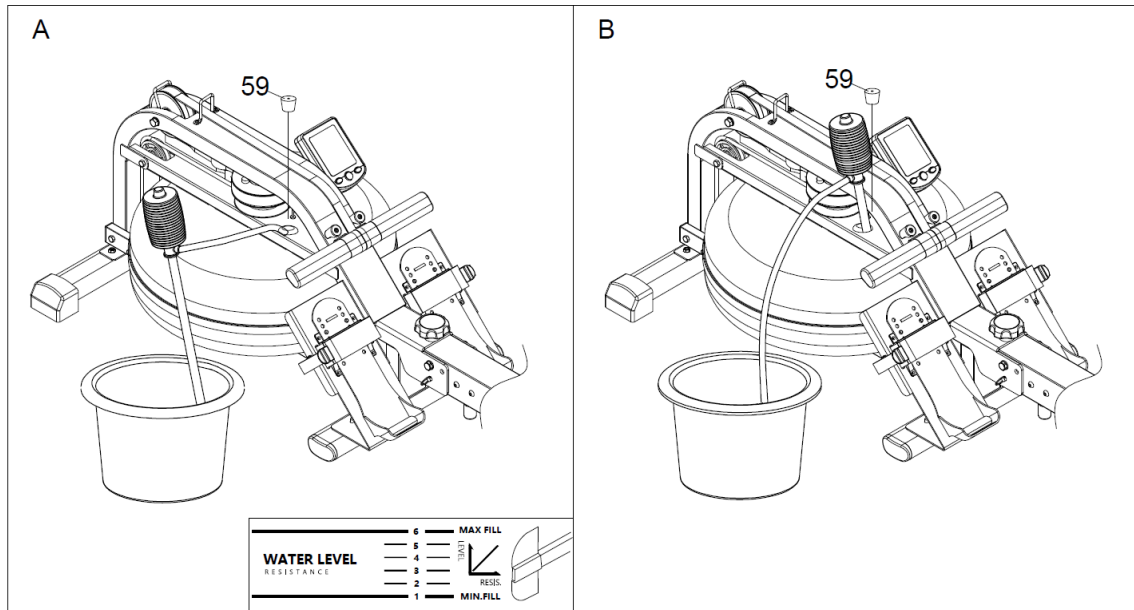
BATTERY INSTALLATION:

1. Take out 3 AA batteries from meter box.
2. Press the buckle of battery cover on the **Meter (No. 44)**, then remove battery cover.
3. Install 3 AA batteries into the battery case on the back of the **Meter (No. 44)**. 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. 44)**.
5. The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Meter (No. 44)**, then remove battery cover.
2. Remove the 3 old AA batteries in the battery case and install 3 new AA batteries into the battery case on the back of the **Meter (No. 44)**. 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. 44)**.
4. The replacement is complete!

HOW TO FILL AND EMPTY THE TANK



A. How to fill the water tank

Pull out the **Water Tank Plug (No. 59)**.

Insert the vertical tube into the water tank, insert the other side into the bucket (prepared by customer), press the plastic pump to pump water into the water tank. Please carefully check the maximum water level (as shown in diagram A).

Insert **Water Tank Plug (No. 59)** into the water tank.

B. How to pump water out of the tank

Pull out the **Water Tank Plug (No. 59)**.

Insert the vertical tube into the bucket (prepared by customer), then insert the other side into the water tank, press the plastic pump to pump water out of the water tank (as shown in diagram B).

Insert **Water Tank Plug (No. 59)** into the water tank.

Clear the water around the water tank to keep the area dry.

WATER LEVEL:

1. The water level gauge is on the side of the tank. The maximum fill level is 6. Never fill it over this limit. Filling the tank over this limit will void the warranty.
2. The resistance depends on the water level in the tank. Water level 1 is the lowest resistance and water level 6 is the highest resistance.

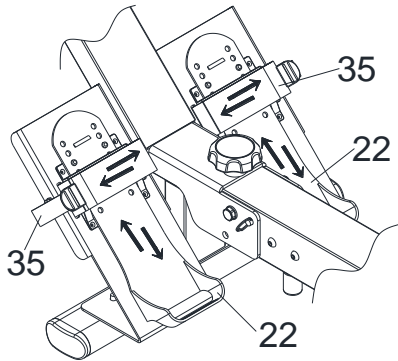
NOTE:

1. 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.
2. Add a water purification tablet every 6 months or as needed. If water remains cloudy, replace the water in the tank.
3. Do not consume the tank water. Dispose of the water after pumping it out of the tank.

ADJUSTMENTS GUIDE

CAUTION!

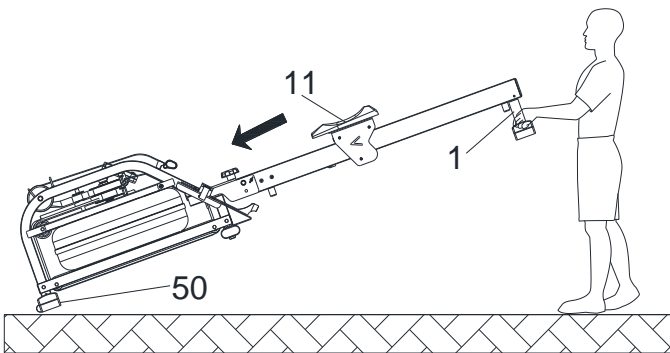
Keep hands and fingers clear of the sliding rail while in use. Moving parts can cause injury!



PEDAL ADJUSTMENT

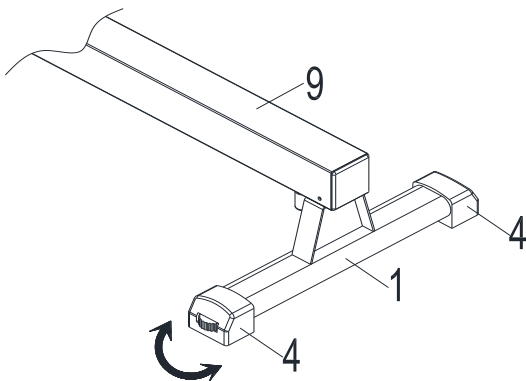
The pedal is adjustable and can be personalized to fit the user's foot size.

Pedal Straps (No. 35) are used to adjust the tightness, while **Pedals (No. 22)** are used to adjust the length.



MOVING THE ROWER

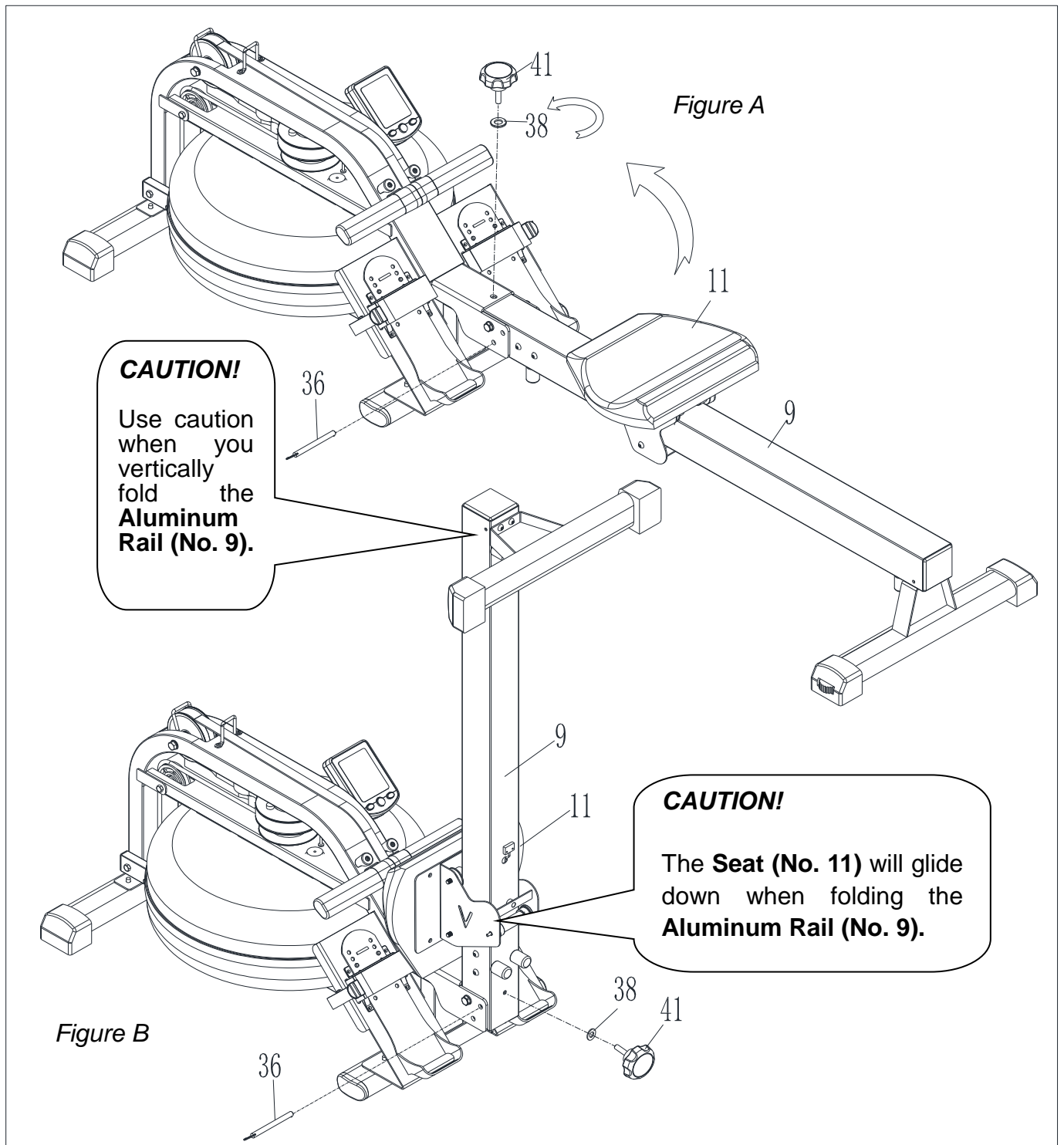
To move the rower, lift the **Rear Support (No. 1)** until the transportation wheels on the **Front Stabilizer (No. 50)** touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.



ADJUSTING THE BALANCE

Adjust the **Adjustable End Caps (No. 4)** on the rear support of the rower if the rower is unbalanced during use.

STORAGE GUIDE



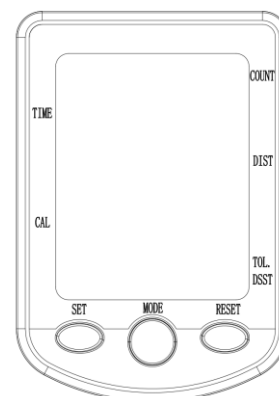
When not in use, you can save space by folding the **Aluminum Rail (No. 9)**.

1. Disassemble **Knob (No. 41)** and **Flat Washer (No. 38)** and pull out the **Pull Pin (No. 36)**. Fold the **Aluminum Rail (No. 9)** to a vertical angle (*Figure A*).
SAFETY NOTE: The **Seat (No. 11)** will glide down when folding the **Aluminum Rail (No. 9)**.
2. Reinsert **Pull Pin (No. 36)** into the hole on the **Main Frame (No. 46)**, then tighten **Knob (No. 41)** and **Flat Washer (No. 38)** to **Aluminum Rail (No. 9)** (*Figure B*).

EXERCISE COMPUTER

SPECIFICATIONS:

TIME-----	00:00-99:59 MIN:SEC
COUNT-----	0-9999 TIMES
CALORIES-----	0.0-999.9 KCAL
DISTANCE-----	0.0-999.9 ML (Mile)
TOTAL DISTANCE-----	0-9999 ML (Mile)



FUNCTION KEYS:

MODE:

Press MODE repeatedly to select the desired display value (Time, Count, Distance, Calories). Pressing for 3 more seconds will set all the data to begin from zero (except the total distance).

SET:

Press SET to set the desired value for Count, Time, Distance, and Calories.

RESET:

On the SET mode, press RESET to reset all the set data to begin from zero (except the total distance).

FUNCTIONS:

COUNT: Displays the number of current movements.

TIME: Counts the total time of an exercise from start to finish.

DISTANCE: Counts the total distance of an exercise from start to finish.

CALORIES: Counts the total amount of calories burned during an exercise session from start to finish.

TOTAL DISTANCE: Counts the total distance of all exercise from start to finish. The data will begin from zero only when the batteries are taken out.

COUNTDOWN MODE:

1. Press the Mode button to select Count, Time, Distance, and Calories. Once selected, the function you select will flash 10 times.
2. Press the Set button to set the desired Count, Time, Distance, and Calories setting to countdown from.
3. Press the Mode button to confirm the setting.

Note: If there is no movement for about 4 minutes, the meter will enter sleep mode. It can be woken up only when there is movement, or any button is pressed. After awakening, the meter will maintain the data before entering sleep mode.

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

SPECIFICATIONS

	Default	Increment /Decrement	Setting Range	Display Range
TIME	0:00	±1	0:00-99:00	0:00—99:59
DISTANCE	0.0	±1	0--999	0—999.9
COUNT	0	±10	0--9990	0--9999
CALORIES	0.0	±1	0--999	0—999.9

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