

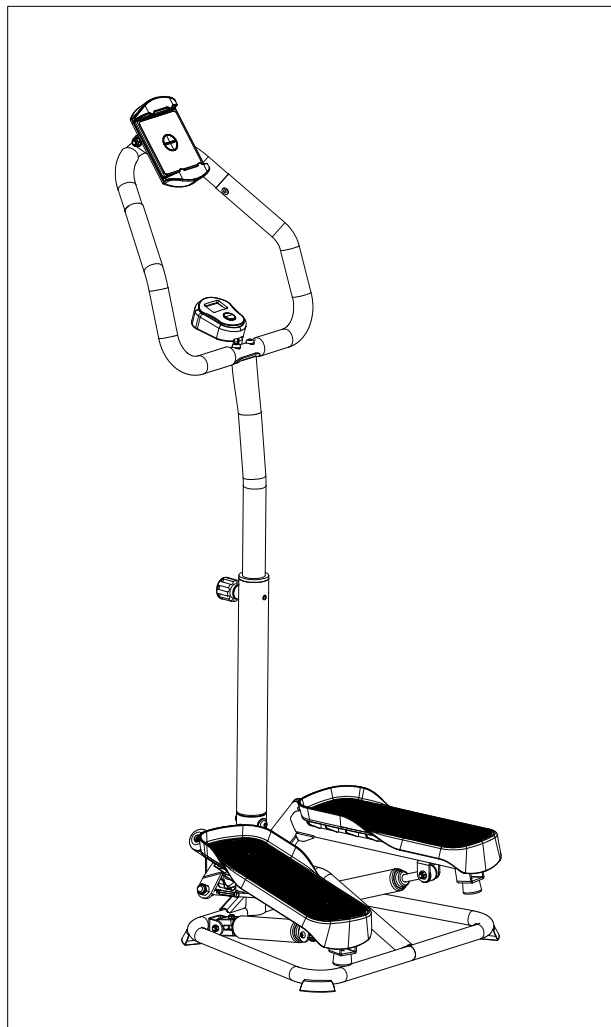


SMART STAIR STEPPER MACHINE

WITH HANDLEBAR

SF-S020027 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

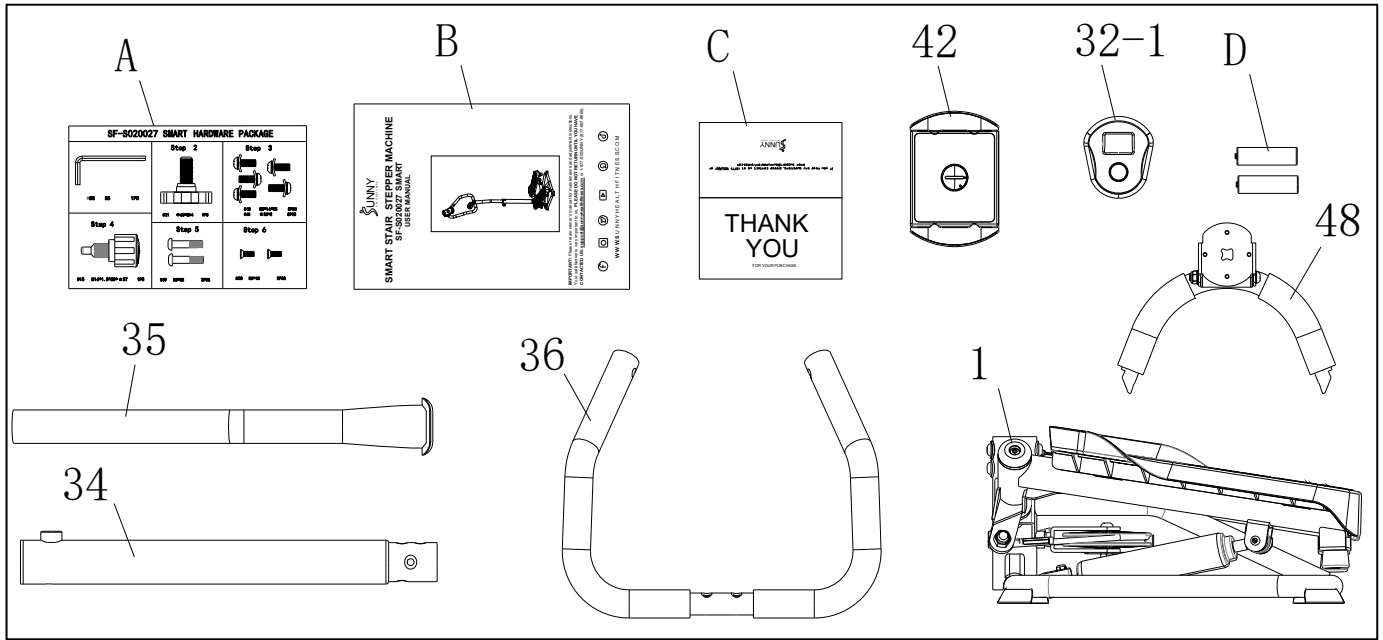
IMPORTANT SAFETY INFORMATION

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 250 lbs (110 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 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.


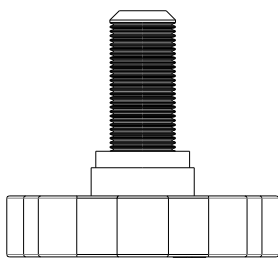
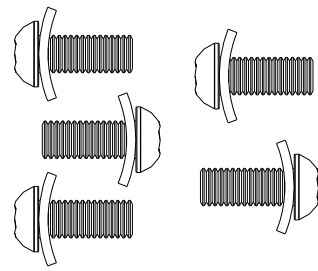
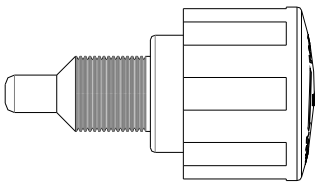
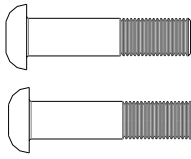

PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	48	Upper Handlebar		1
32-1	Computer	DSC03601-APP	1	A	Hardware Package		1
34	Bottom Handlebar Post		1	B	Manual		1
35	Upper Handlebar Post		1	C	Thank You Card		1
36	Handlebar		1	D	Battery	AA	2
42	Device Holder		1				

HARDWARE PACKAGE

SF-S020027 SMART HARDWARE PACKAGE		
 <p style="text-align: center; margin-top: 10px;">#55 S5 1PC</p>	<p style="text-align: center;">Step 2</p>  <p style="text-align: center; margin-top: 10px;">#21 Φ 60*M14 1PC</p>	<p style="text-align: center;">Step 3</p>  <p style="text-align: center; margin-top: 10px;">#40 M8*16*S5 5PCS #41 Φ 20*2 5PCS</p>
<p style="text-align: center;">Step 4</p>  <p style="text-align: center; margin-top: 10px;">#15 M16*1.5*20*Φ 37 1PC</p>	<p style="text-align: center;">Step 5</p>  <p style="text-align: center; margin-top: 10px;">#39 M8*35 2PCS</p>	<p style="text-align: center;">Step 6</p>  <p style="text-align: center; margin-top: 10px;">#38 M6*15 2PCS</p>

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

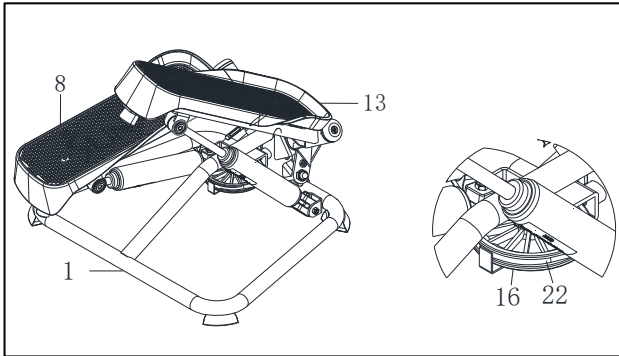
Please provide the following information in order for us to accurately identify the part(s) needed:

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

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

ASSEMBLY INSTRUCTIONS

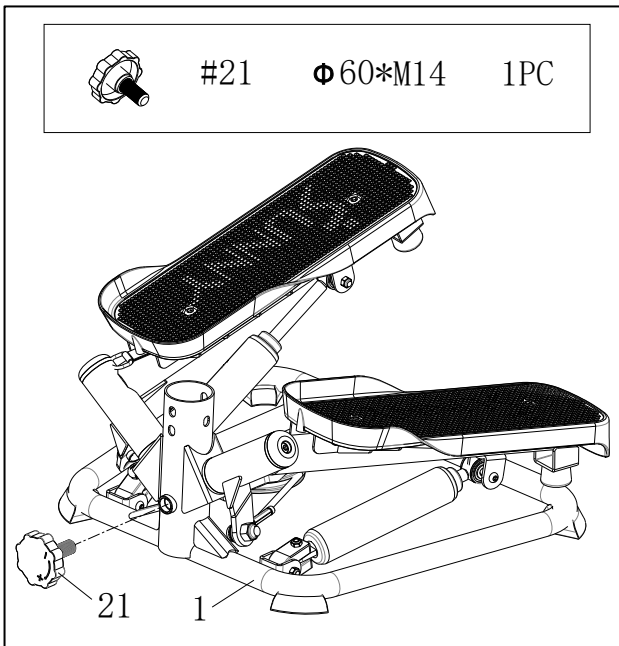
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

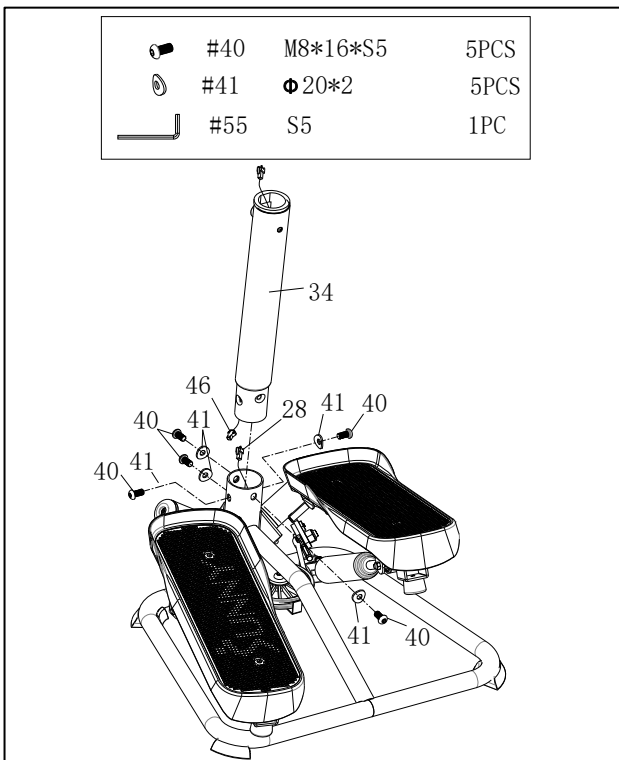
Remove the **Main Frame (No. 1)** from the box.

Lift one pedal of **Left or Right Pedal (No. 8 or No. 13)** up with your hand and ensure that the **Wire Rope (No. 22)** is put in the slot of the **Pulley (No. 16)** as shown in the picture.



STEP 2:

Then insert the **Adjustment Knob (No. 21)** into the **Main Frame (No. 1)**, and adjust the tightness of the **Adjustment Knob (No. 21)** to the desired position.

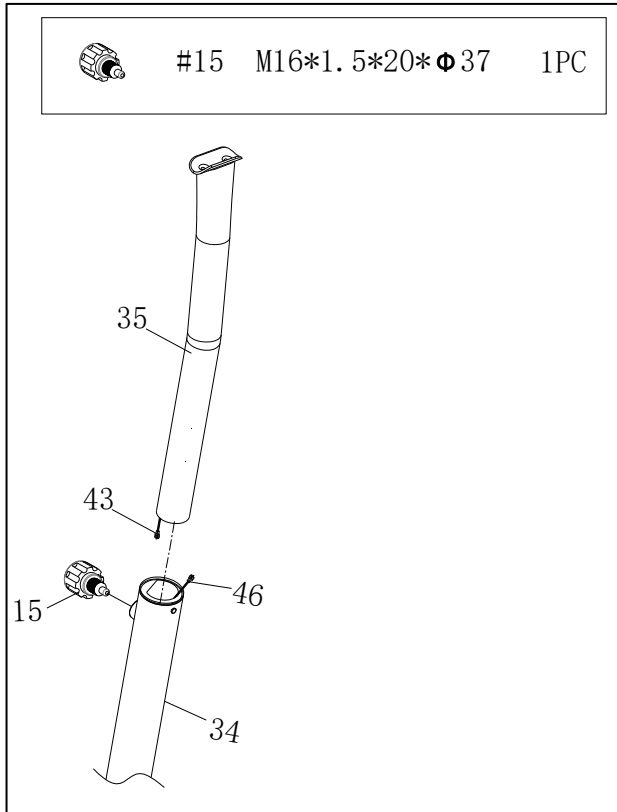


STEP 3:

Connect the **Sensor Wire (No. 28)** with the **Extension Wire (No. 46)**.

Insert the **Bottom Handlebar Post (No. 34)** into the **Main Frame (No. 1)** with 5 **Hexagon Bolts (No. 40)** and 5 **Curved Gaskets (No. 41)**. Tighten with the **Allen Wrench (No. 55)**.

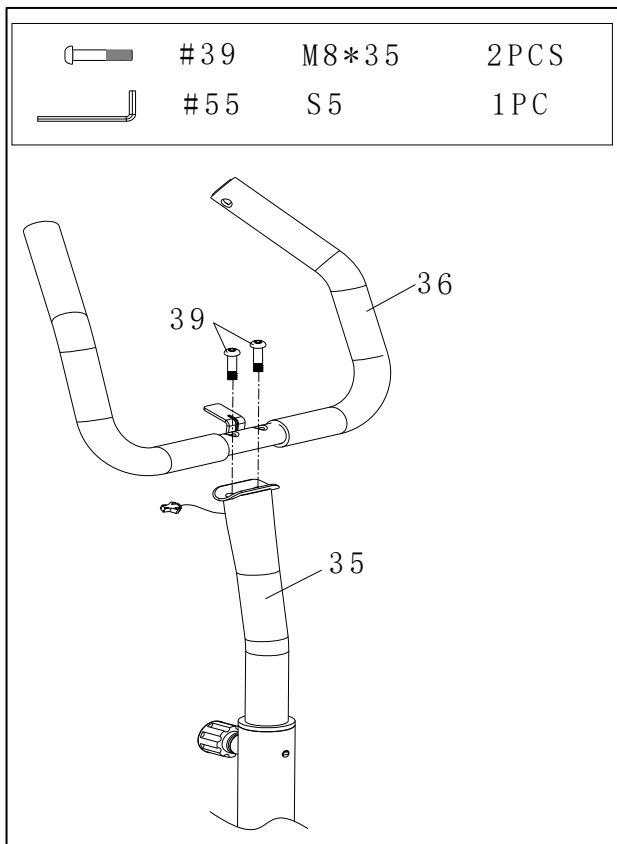
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STEP 4:

Connect the **Extension Wire (No. 46)** with the **Extension Wire (No. 43)**.

Insert the **Upper Handlebar Post (No. 35)** into the **Bottom Handlebar Post (No. 34)**, adjust the **Upper Handlebar Post (No. 35)** to desired height, then secure it in place by inserting and tightening the **Adjustment Knob (No. 15)** from hardware package.



STEP 5:

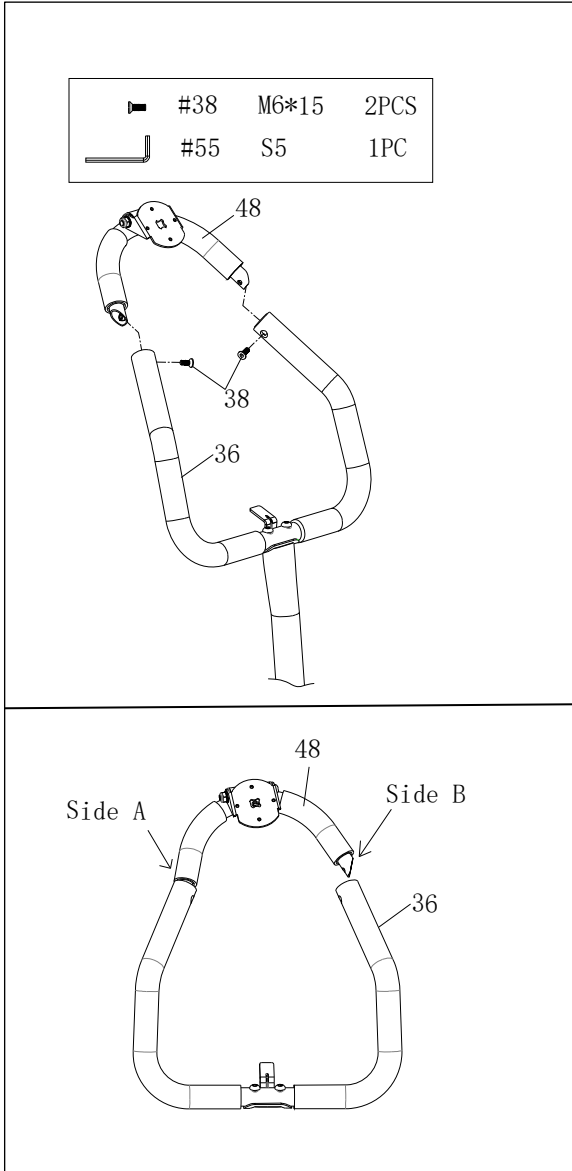
Attach the **Handlebar (No. 36)** onto the **Upper Handlebar Post (No. 35)** with 2 **Hexagon Bolts (No. 39)**. Tighten with the **Allen Wrench (No. 55)**.

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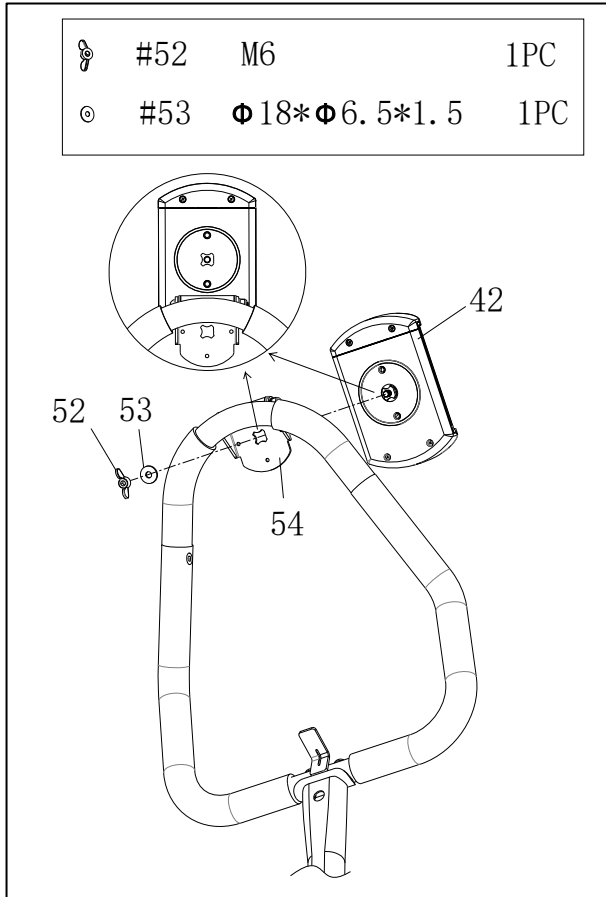
STEP 6:

Attach the **Upper Handlebar (No. 48)** onto the **Handlebar (No. 36)** with 2 **Hexagon Bolts (No. 38)**. Tighten with the **Allen Wrench (No. 55)**.

NOTE: Please attach Side A of the **Upper Handlebar (No. 48)** onto the **Handlebar (No. 36)** first, and then repeat the same step for Side B.



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).

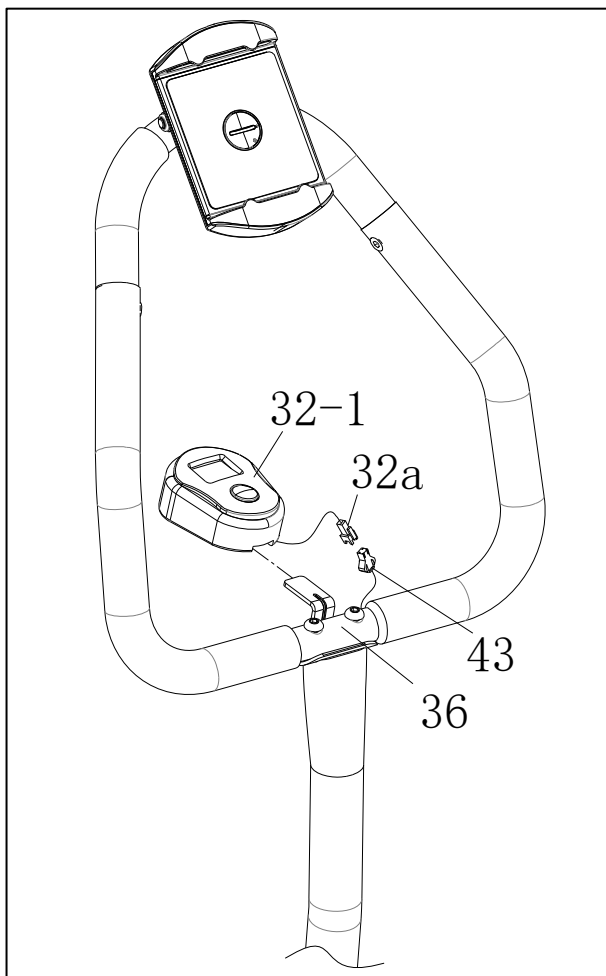


STEP 7:

Remove the **Butterfly Nut (No. 52)** and the **Flat Washer (No. 53)** from the **Device Holder (No. 42)**.

Attach the **Device Holder (No. 42)** onto the **Bracket (No. 54)** using the **Butterfly Nut (No. 52)** and the **Flat Washer (No. 53)** that were removed, tighten and secure with your hand.

NOTE: When assembling the **Device Holder (No. 42)**, ensure that it is aligned to the **Bracket (No. 54)** slot.

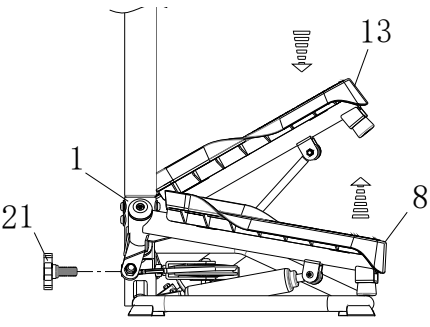
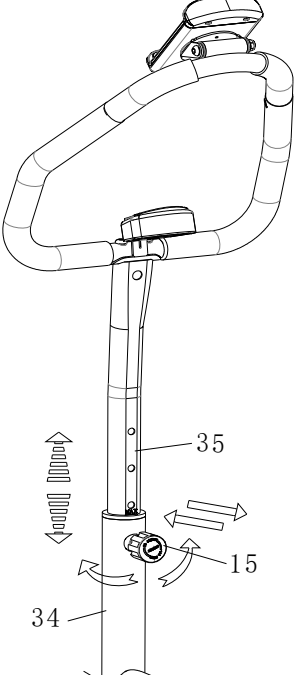


STEP 8:

Connect the **Extension Wire (No. 43)** to the **Computer Wire (No. 32a)**. Then attach the **Computer (No. 32-1)** to the bracket of the **Handlebar (No. 36)**.

The assembly is complete!

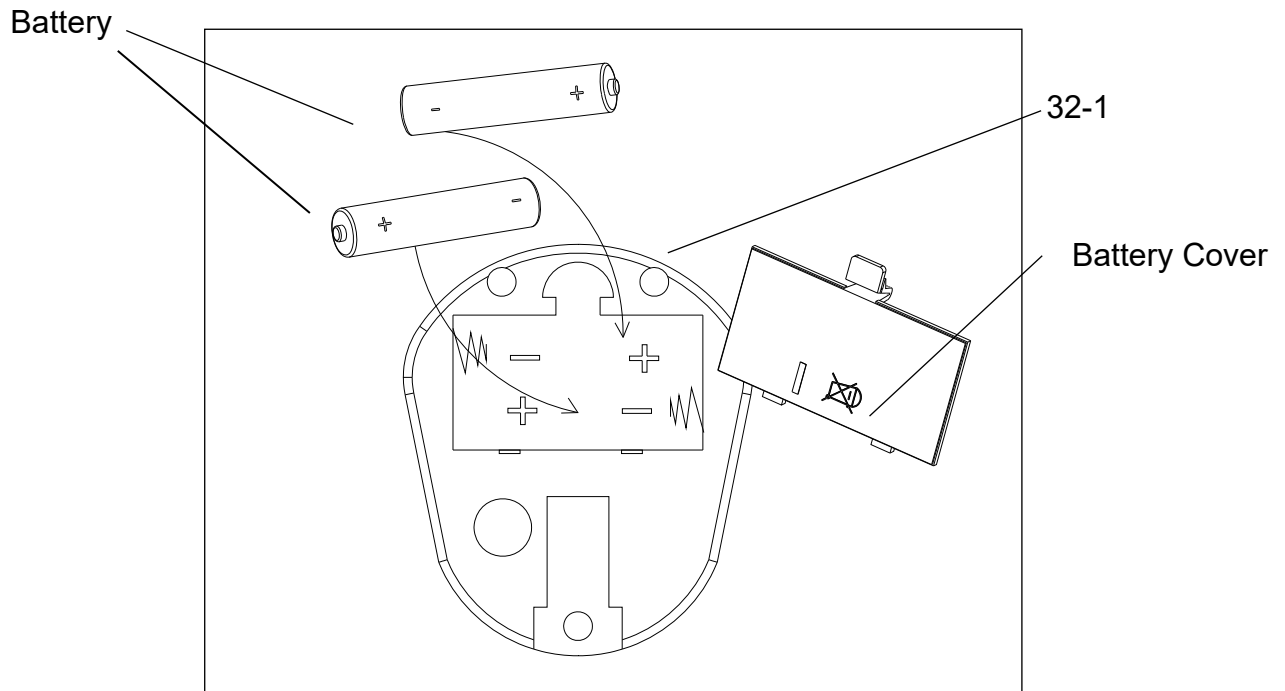
MAINTENANCE & ADJUSTMENT GUIDE

 <p>The diagram shows a side view of the stepper's frame. An adjustment knob (No. 21) is located at the base of the frame. An arrow points to the knob with the text 'Turn the Adjustment Knob (No. 21) clockwise to increase the stepping height.' Another arrow points to the upper part of the frame with the text 'Turn the Adjustment Knob (No. 21) counter-clockwise to decrease the stepping height.'</p>	<p>ADJUSTING THE STEPPING HEIGHT</p> <p>Turn the Adjustment Knob (No. 21) <u>clockwise</u> to increase the stepping height.</p> <p>Turn the Adjustment Knob (No. 21) <u>counter-clockwise</u> to decrease the stepping height.</p>
 <p>The diagram shows a side view of the handlebar assembly. The handlebar is attached to a vertical post. An arrow points to the handlebar with the text 'Turn the Adjustment Knob (No. 15) counter-clockwise and pull it out from Bottom Handlebar Post (No. 34). Adjust the Upper Handlebar Post (No. 35) to desired position, then insert and re-tighten the Adjustment Knob (No. 15) by turning it clockwise.'</p>	<p>ADJUSTING THE HEIGHT OF HANDLEBAR</p> <p>Turn the Adjustment Knob (No. 15) <u>counter-clockwise</u> and pull it out from Bottom Handlebar Post (No. 34). Adjust the Upper Handlebar Post (No. 35) to desired position, then insert and re-tighten the Adjustment Knob (No. 15) by turning it <u>clockwise</u>.</p>
<p>CLEANING</p> <p>The stepper can be cleaned with a soft, clean, and damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the stepper after each use. Be careful not get excessive moisture on the computer display panel as this might cause electrical hazards or electronics failure.</p> <p>Please keep the stepper, especially the computer, out of direct sunlight to prevent screen damage.</p> <p>Please inspect all assembly bolts and pedals on the stepper for proper tightness every week.</p>	
<p>STORAGE</p> <p>Store the stepper in a clean and dry environment, away from children.</p>	

NOTES:

Do not use the stepper for more than 15 minutes as the hydraulic cylinders may overheat and become damaged. Allow at least 30 minutes rest in between sessions.

BATTERY INSTALLATION AND REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AA batteries from computer box.
2. Press the buckle of battery cover on the **Computer (No. 32-1)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 32-1)**. 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 **Computer (No. 32-1)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 32-1)**, 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 **Computer (No. 32-1)**. 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 **Computer (No. 32-1)**.

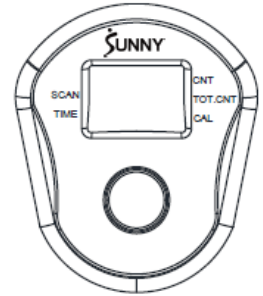
The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose battery according to your state and regional guidelines.

EXERCISE COMPUTER

SPECIFICATIONS:

CALORIES (CAL)-----0~9999 KCAL
COUNT (CNT)-----0~9999
TIME-----00:00~99:59 MIN/S
TOTAL COUNT (TOT. CNT)-----0~9999



KEY FUNCTIONS:

MODE:

1. This key lets you to select and lock on to a particular function you want.
2. Hold the key for 2 seconds to reset all values except TOT.CNT.
3. Press and hold the MODE key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the meter will enter sleep mode.

FUNCTIONS:

1. **CALORIES (CAL):** Display calories burned during exercise.
2. **COUNT (CNT):** Accumulates the count of steps taken while exercising. Computer counts 1 step after you step once with each foot.
3. **TIME:** Display the workout time elapsed during exercise.
4. **TOTAL COUNT (TOT. CNT):** Display the total steps taken while exercising. To reset TOTAL COUNT (TOT. CNT), you need to remove the battery and reinsert.
5. **SCAN:** The computer will rotate through the four functions in the following order: CALORIES (CAL)—TIME—TOTAL COUNT (TOT. CNT). Each function will be held for 6 seconds.

BLUETOOTH :

1. The Bluetooth icon will flash when the meter is on or wakes from sleep mode. If no Bluetooth connection is established within 3 minutes, the Bluetooth icon will turn off.
2. The Bluetooth icon will stay on when it is connected.

WIRELESS HEART RATE :

1. The wireless heart rate icon will flash when the meter is on. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
2. After exercise resumes, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
3. When the meter wakes from sleep mode, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
4. The wireless heart rate icon will flash when the MODE key is pressed during exercise. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
5. The wireless heart rate icon will stay on when the heart rate monitor is connected.

NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200.

NOTE:

1. The meter will shut off automatically and disconnect the heart rate monitor if there is no activity for 4 minutes.
2. When machine is in use, the computer automatically turns on.
3. If computer display is abnormal, please replace the battery and try again.
4. The computer uses 2/AA batteries.

APP CONNECTION:

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



2. Ensure that the Bluetooth function is turned on from your mobile device.
3. 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.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!

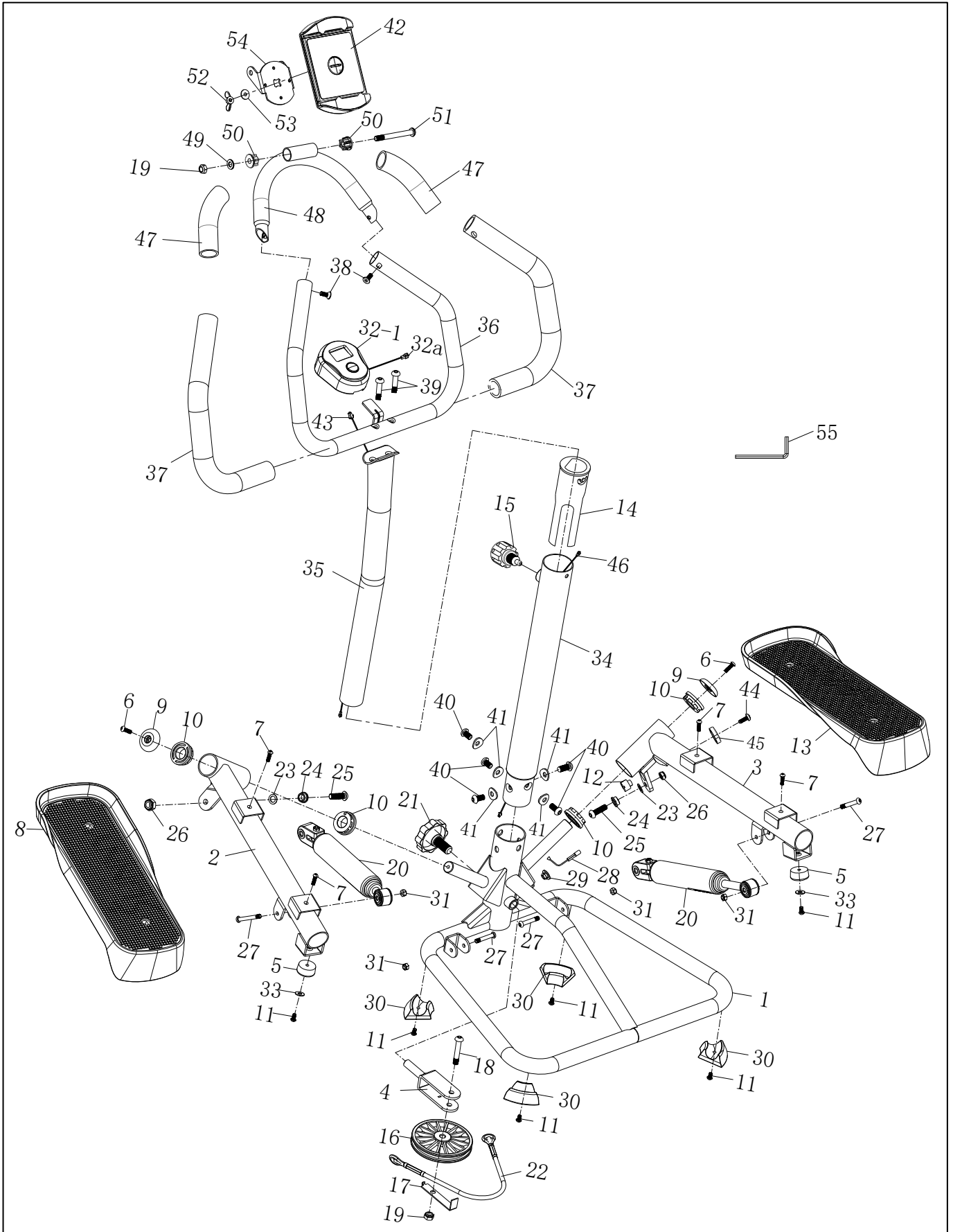
Troubleshooting:

- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:



- If you require additional support, please contact support@sunnyfit.com

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	29	Sensor Holder	Φ17*Φ11*8	1
2	Left Foot Tube		1	30	Foot Pad	58.4*33.7*20	4
3	Right Foot Tube		1	31	Nylon Nut	M6	4
4	Pully Fixed Bracket		1	32-1	Computer	DSC03601-APP	1
5	Cushion	Φ30*20	2	32a	Computer Wire		1
6	Hexagon Bolt	M6*20*S5	2	33	Flat Washer	Φ12*Φ5.2*1	2
7	Hexagon Bolt	M8*20*S5	4	34	Bottom Handlebar Post		1
8	Left Pedal	373*151*82	1	35	Upper Handlebar Post		1
9	Cover		2	36	Handlebar		1
10	Bushing	Φ38*Φ19.1*12	4	37	Foam Grip	Φ29*Φ23*410	2
11	Hexagon Bolt	M5*10*S3	6	38	Hexagon Bolt	M6*15	2
12	Magnet	Φ17*Φ11*12	1	39	Hexagon Bolt	M8*35	2
13	Right Pedal	373*151*82	1	40	Hexagon Bolt	M8*16*S5	5
14	Bushing		1	41	Curved Gasket	d8*Φ20*2*R25	5
15	Adjustment Knob	M16*1.5*20*Φ37	1	42	Device Holder		1
16	Pulley	Φ100*Φ8.2*20	1	43	Extension Wire	550MM	1
17	Limit Plate		1	44	Screw	ST3*8	1
18	Hexagon Bolt	M8*40*15*S6	1	45	Magnet Cover	Φ15*3.5	1
19	Nylon Nut	M8	2	46	Extension Wire	680MM	1
20	Hydraulic Cylinder	Φ38	2	47	Foam Grip	Φ29*Φ23*130	2
21	Adjustment Knob	Φ60*M14	1	48	Upper Handlebar		1
22	Wire Rope	Φ6.5*365	1	49	Flat Washer	Φ16*Φ8.2*1.5	1
23	Plastic Gasket	Φ16*Φ10.2*1	2	50	Bushing	Φ22*Φ20*Φ8*11	2
24	Alloy Wrap		2	51	Hexagon Bolt	M8*75*S5	1
25	Hexagon Bolt	M10*30*20*S6	2	52	Butterfly Nut	M6	1
26	Nylon Nut	M10	2	53	Flat Washer	Φ18*Φ6.5*1.5	1
27	Hexagon Bolt	M6*36*10*S5	4	54	Bracket		1
28	Sensor Wire		1	55	Allen Wrench	S5	1

Version: 2.0

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