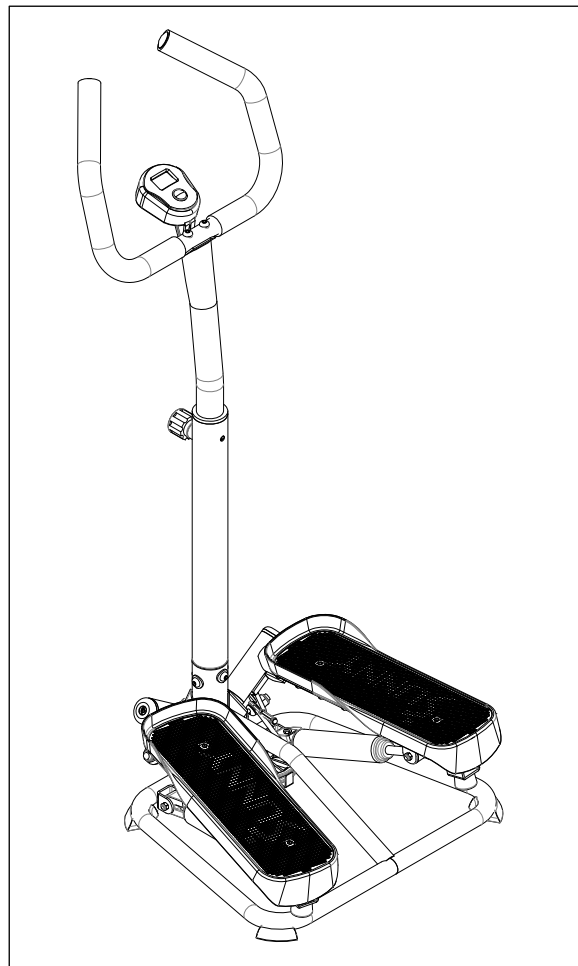




STAIR STEPPER MACHINE WITH HANDLEBAR

SF-S020027

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).



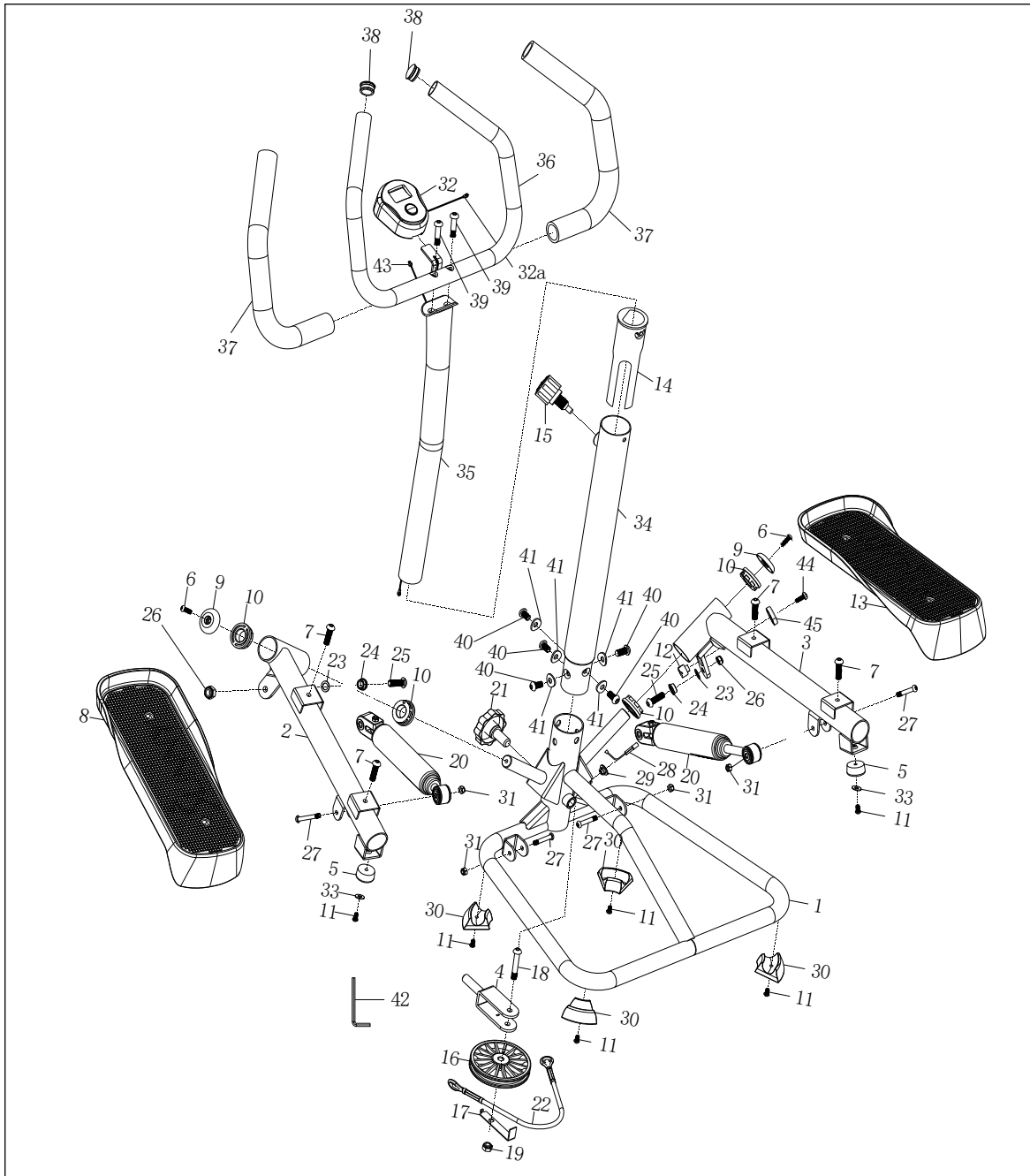
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IMPORTANT SAFETY INFORMATION

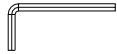
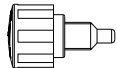



We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 (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 pounds (110 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

	— #42 S5	1PC
	— #15 M16*1.5*20* φ37	1PC
	— #40 M8*16*S5	5PCS
	— #41 d8* φ20*2*R25	5PCS
	— #39 M8*35*15*S5	2PCS

PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	24	Alloy Wrap		2
2	Left Foot Tube		1	25	Hexagon Bolt	M10*30*20*S6	2
3	Right Foot Tube		1	26	Nylon Nut	M10	2
4	Pully Fixed Bracket		1	27	Hexagon Bolt	M6*36*10*S5	4
5	Cushion	Φ30*20	2	28	Sensor Wire		1
6	Hexagon Bolt	M6*20*S5	2	29	Sensor Holder	Φ17*Φ11*8	1
7	Hexagon Bolt	M8*20*S5	4	30	Foot Pad	58.4*33.7*20	4
8	Left Pedal	373*151*82	1	31	Nylon Nut	M6	4
9	Cover		2	32	Computer	Φ50*20	1
10	Bushing	Φ38*Φ19.1*12	4	32a	Computer Wire		1
11	Hexagon Bolt	M5*10*S3	6	33	Flat Washer	Φ12*Φ5.2*1	2
12	Magnet	Φ17*Φ11*12	1	34	Bottom Handlebar Post		1
13	Right Pedal	373*151*82	1	35	Upper Handlebar Post		1
14	Bushing		1	36	Handlebar		1
15	Adjustment Knob	M16*1.5*20*Φ37	1	37	Foam Grip	Φ29*Φ23*410	2
16	Pulley	Φ100*Φ8.2*20	1	38	End Cap	Φ25	2
17	Limit Plate		1	39	Hexagon Bolt	M8*35*15*S5	2
18	Hexagon Bolt	M8*40*15*S6	1	40	Hexagon Bolt	M8*16*S5	5
19	Nylon Nut	M8	1	41	Curved Gasket	d8*Φ20*2*R25	5
20	Hydraulic Cylinder	Φ38	2	42	Allen Wrench	S5	1
21	Adjustment Knob	Φ60*M14	1	43	Extension Wire		1
22	Wire Rope	Φ6.5*365	1	44	Cross Countersunk Head Tapping Screw	ST3*8	1
23	Plastic Gasket	Φ16*Φ10.2*1	2	45	Magnet Cover	Φ15*3.5	1

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

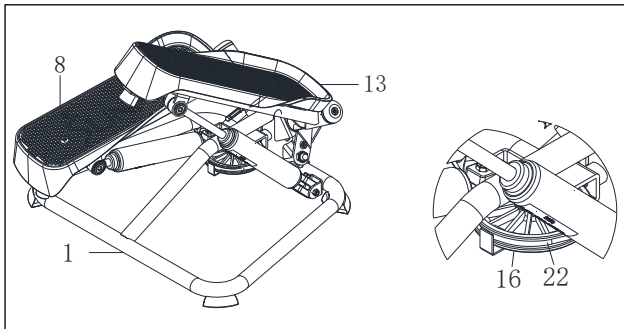
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

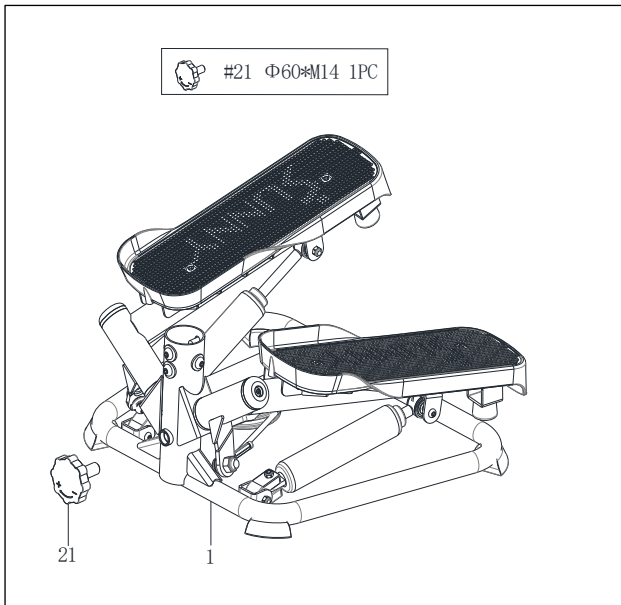
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

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

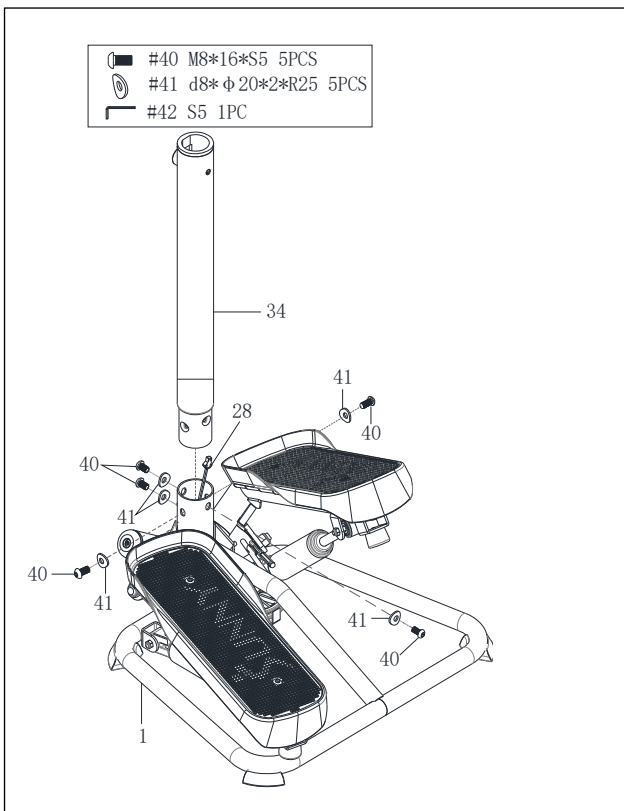
Lift one pedal of **Left or Right Pedal (No. 8 or No. 13)** up with your hand and ensure that the **Wire Rope (No. 22)** is put in the slot of the **Pulley (No. 16)** as shown in the picture.



STEP 2:

Take out the **Adjustment Knob (No. 21)** from the manual bag.

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.

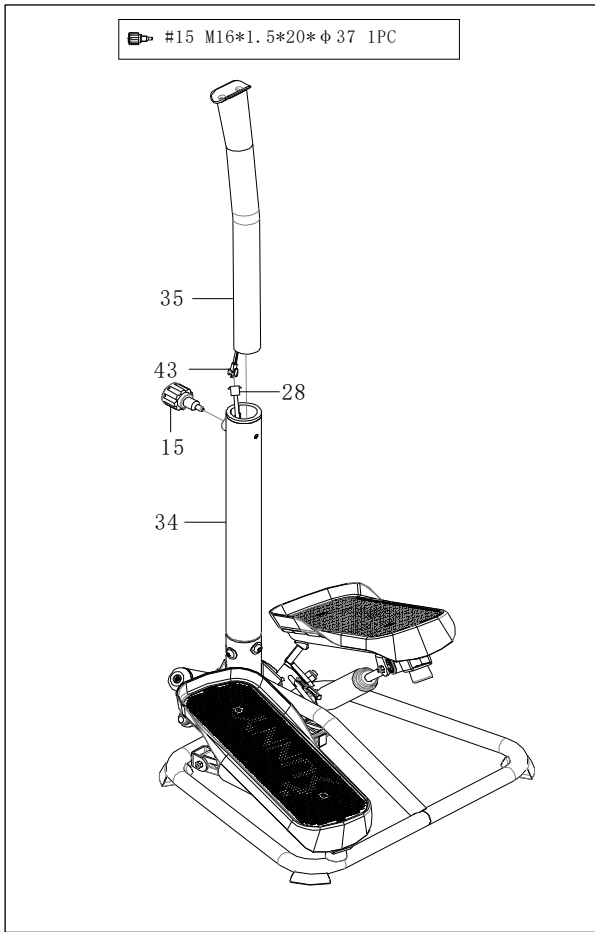


STEP 3:

Pass the **Sensor Wire (No. 28)** through the **Bottom Handlebar Post (No. 34)**.

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. 42)**.

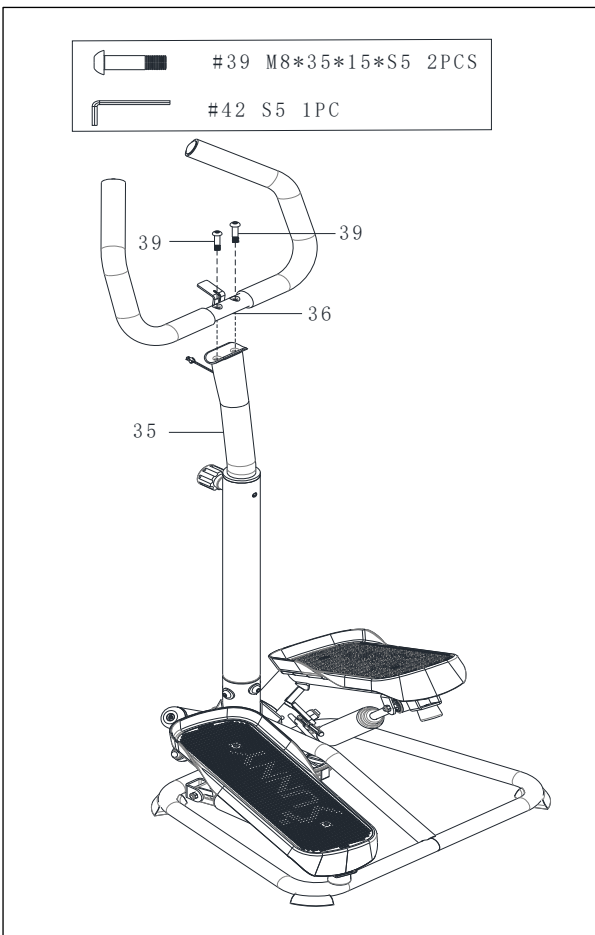
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STEP 4:

Connect the **Sensor Wire (No. 28)** with the **Extension Wire (No. 43)**.

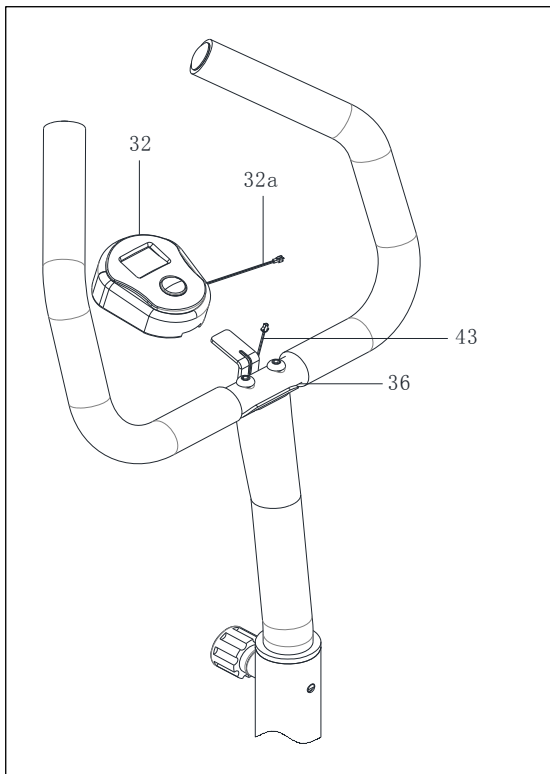
Insert the **Upper Handlebar Post (No. 35)** into the **Bottom Handlebar Post (No. 34)**, adjust the **Upper Handlebar Post (No. 35)** to desired height, then secure it in place by inserting and tightening the **Adjustment Knob (No. 15)** from hardware package.



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. 42)**.

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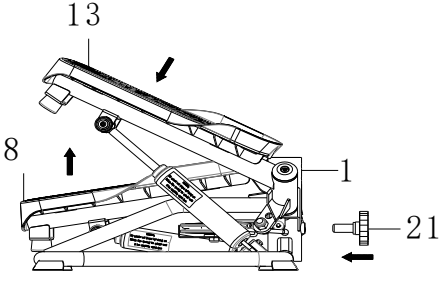
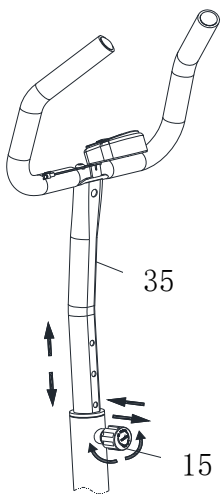


STEP 6:

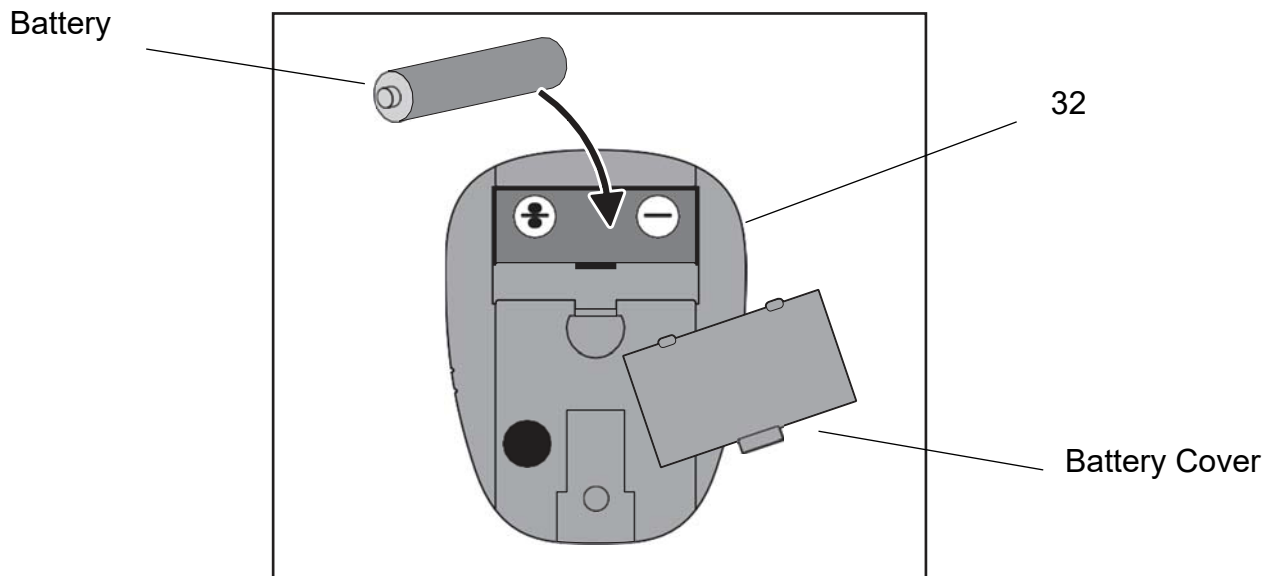
Connect the **Extension Wire (No. 43)** to the **Computer Wire (No. 32a)**. Then attach the **Computer (No. 32)** to the bracket of the **Handlebar (No. 36)**.

The assembly is complete!

MAINTENANCE & ADJUSTMENT GUIDE

	<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>ADJUSTING THE HEIGHT OF HANDLEBAR</p> <p>Turn the Adjustment Knob (No. 15) <u>counter-clockwise</u> and pull out it 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. 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>	

BATTERY INSTALLATION AND REPLACEMENT



BATTERY INSTALLATION:

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

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 32)**, then remove battery cover.
2. Remove the 1 old AAA battery in the battery case and install 1 new AAA battery into the battery case on the back of the **Computer (No. 32)**. 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)**.

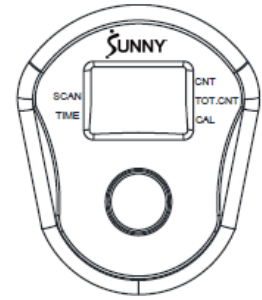
The replacement is complete!

NOTE: 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
TOTAL COUNT (TOT. CNT)-----0~9999



KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

FUNCTIONS:

- 1.CALORIES (CAL):** Display calories burned during exercise.
- 2.COUNT (CNT):** Accumulates the count of steps taken while exercising.
- 3.TIME:** Display the workout time elapsed during exercise.
- 4.TOTAL COUNT (TOT. CNT):** Display the total steps taken while exercising. To reset TOT. CNT (TOTAL COUNT), you need to remove the battery and reinsert.

5.SCAN: The computer will rotate through the four functions in the following order: CALORIES—COUNT—TIME—TOTAL COUNT. Each function will be held for 6 seconds.

NOTE:

1. Without any incoming signals in 4-5 minutes, the LCD display will be shut off automatically.
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 use one 1.5V “AAA” battery.

Version: 1.2

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