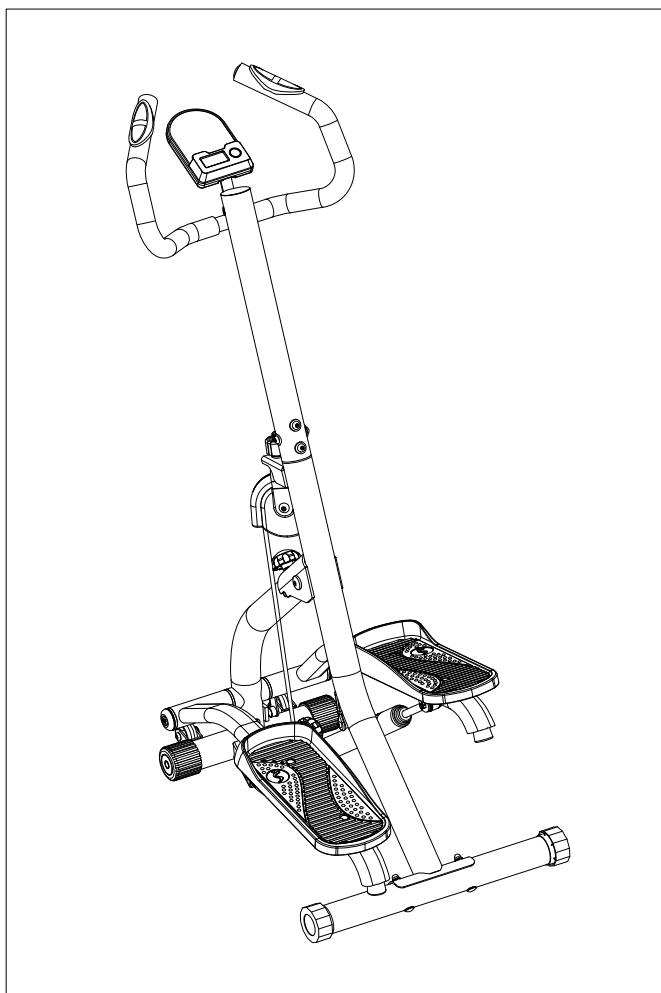




CLIMBER STEPPER WITH HANDLEBAR

SF-S021001

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).



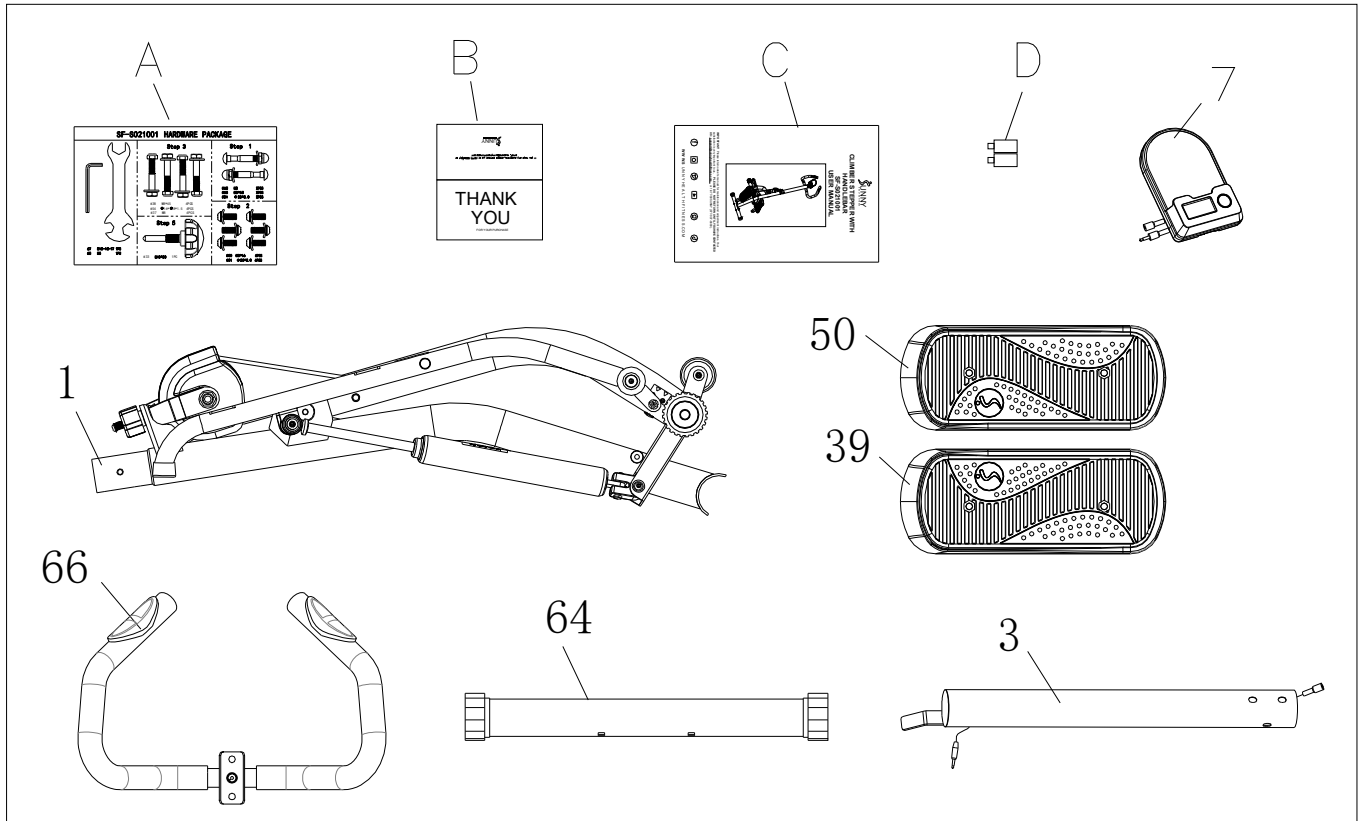
IMPORTANT SAFETY INFORMATION

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, 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 condition 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 lbs (120kgs).
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 extremely 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	Rear Support Tube		1	66	Handlebar		1
3	Handlebar Post		1	A	Hardware Package		1
7	Computer	BJHT-087	1	B	Thank You Card		1
39	Left Pedal	354*140*46	1	C	Manual		1
50	Right Pedal	354*140*46	1	D	Battery	1.5V AAA	2
64	Rear Stabilizer	138*138*94	1				

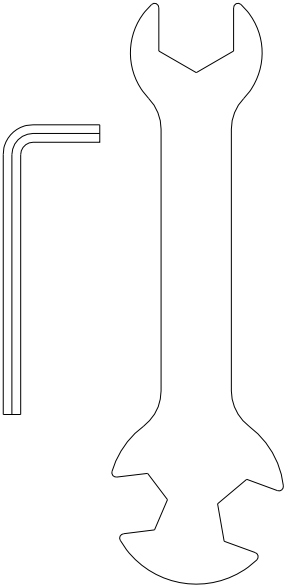
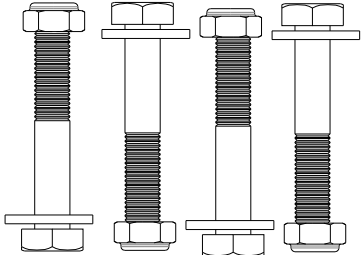
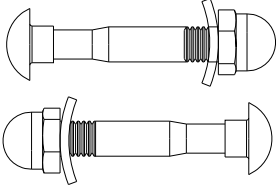
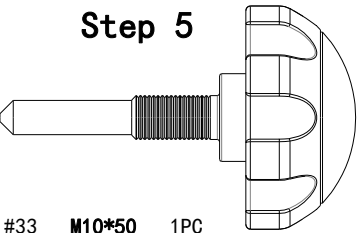
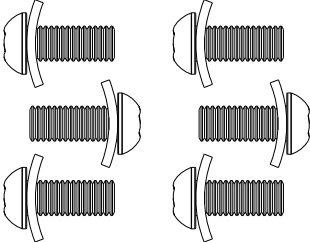
Ordering Replacement Parts (U.S. and Canadian Customers only)

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” (page 12) and “PARTS LIST” (page 13)

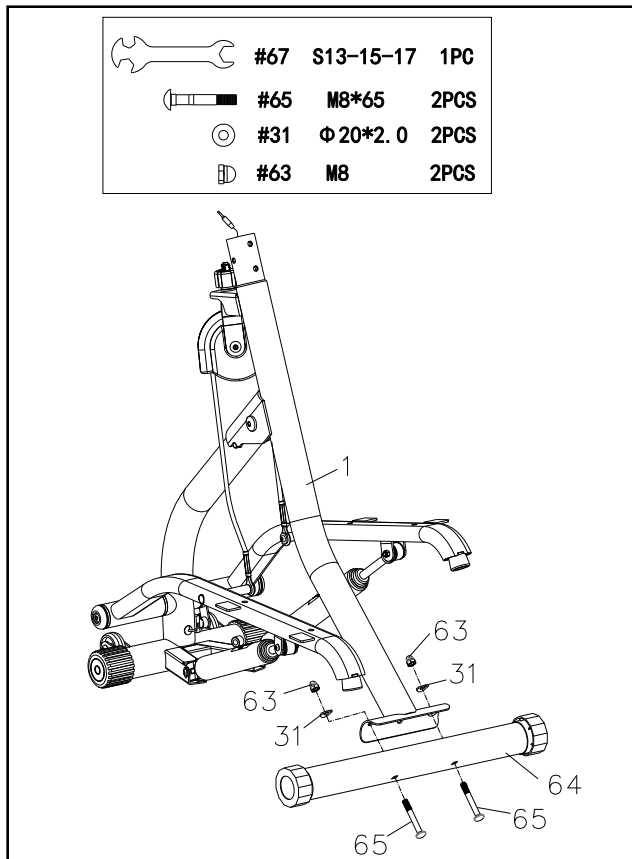
Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

HARDWARE PACKAGE

SF-S021001 HARDWARE PACKAGE		
 <p style="margin-top: 20px;"> #67 S13-15-17 1PC #68 S5 1PC </p>	<p style="text-align: center;">Step 3</p>  <p style="margin-top: 10px;"> #38 M8*45 4PCS #54 $\Phi 16 * \Phi 8 * 1.5$ 4PCS #37 M8 4PCS </p>	<p style="text-align: center;">Step 1</p>  <p style="margin-top: 10px;"> #63 M8 2PCS #65 M8*65 2PCS #31 $\Phi 20 * 2.0$ 2PCS </p>
<p style="text-align: center;">Step 5</p>  <p style="margin-top: 10px;"> #33 M10*50 1PC </p>		<p style="text-align: center;">Step 2</p>  <p style="margin-top: 10px;"> #30 M8*16 6PCS #31 $\Phi 20 * 2.0$ 6PCS </p>

ASSEMBLY INSTRUCTIONS

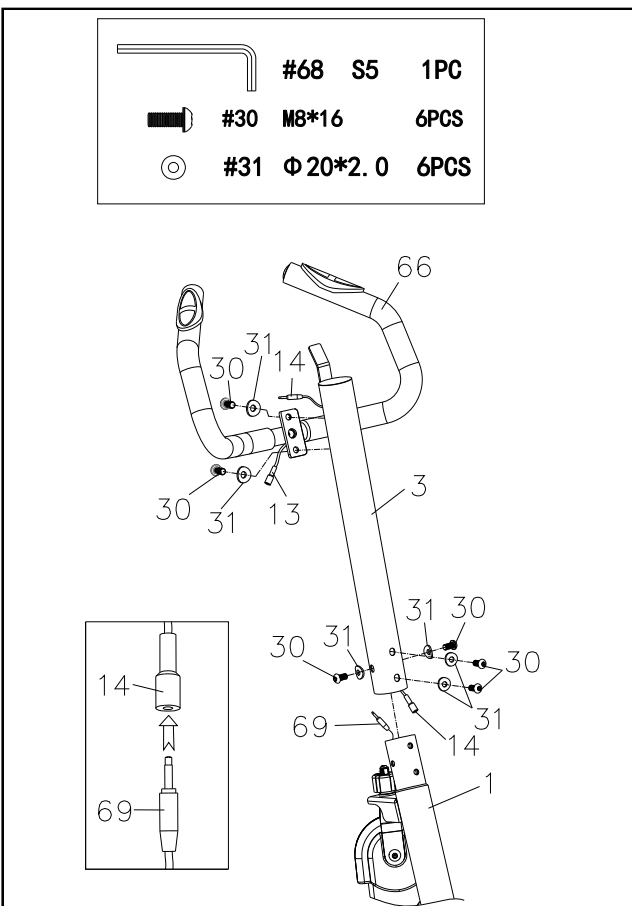
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Remove the **Rear Support Tube (No. 1)** from the box. Open the **Rear Support Tube (No. 1)** as shown in the picture on the left.

Attach the **Rear Stabilizer (No. 64)** to the **Rear Support Tube (No. 1)** using 2 **Bolts (No. 65)**, 2 **Cap Nuts (No. 63)** and 2 **Arc Washers (No. 31)**. Tighten and secure with the **Spanner (No. 67)**.



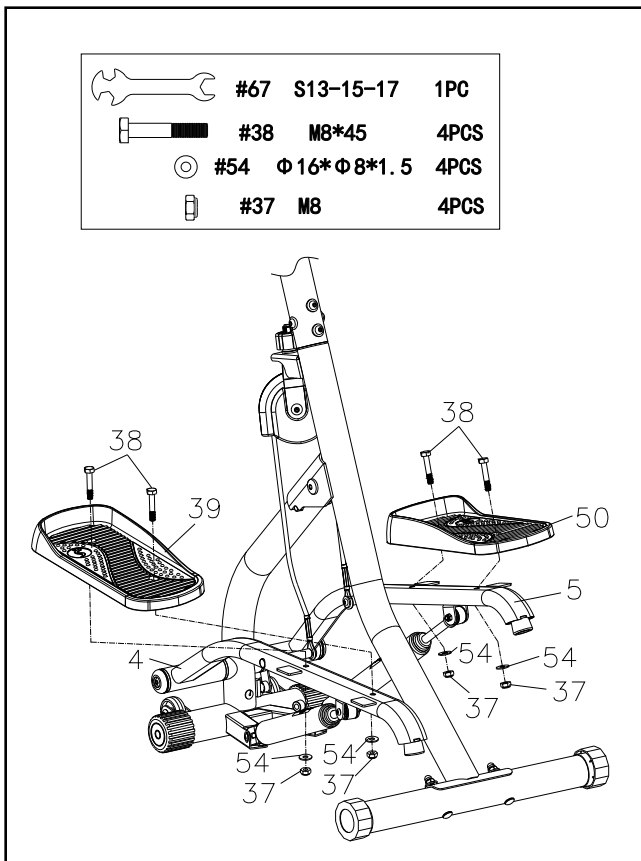
STEP 2:

Connect the lower end of the **Sensor Wire (No. 14)** with the **Extension Wire (No. 69)**.

Insert the **Handlebar Post (No. 3)** into the **Rear Support Tube (No. 1)** with 4 **Hexagon Bolts (No. 30)** and 4 **Arc Washers (No. 31)**. Tighten and secure with the **Allen Wrench (No. 68)**.

Attach the **Handlebar (No. 66)** onto the **Handlebar Post (No. 3)** with 2 **Hexagon Bolts (No. 30)** and 2 **Arc Washers (No. 31)**. Tighten and secure with the **Allen Wrench (No. 68)**.

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STEP 3:

Attach the **Left Pedal (No. 39)** onto the **Left Pedal Bar (No. 4)** with 2 **Nuts (No. 37)**, 2 **Hexagon Bolts (No.38)** and 2 **Flat Washers (No.54)**. Tighten and secure with the **Spanner (No. 67)**.

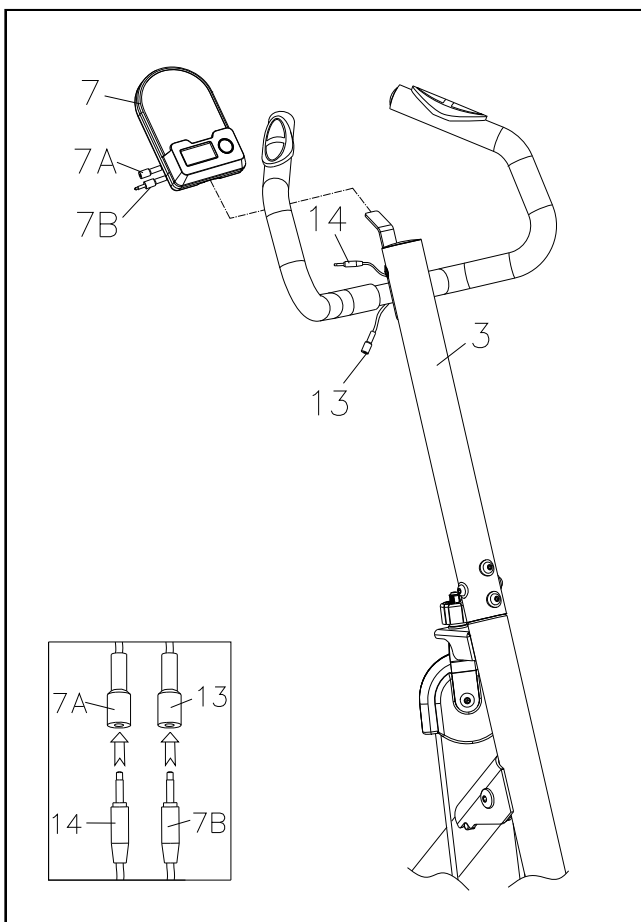
Attach the **Right Pedal (No. 50)** onto the **Right Pedal Bar (No. 5)** with 2 **Nuts (No. 37)**, 2 **Hexagon Bolts (No.38)** and 2 **Flat Washers (No.54)**. Tighten and secure with the **Spanner (No. 67)**.

STEP 4:

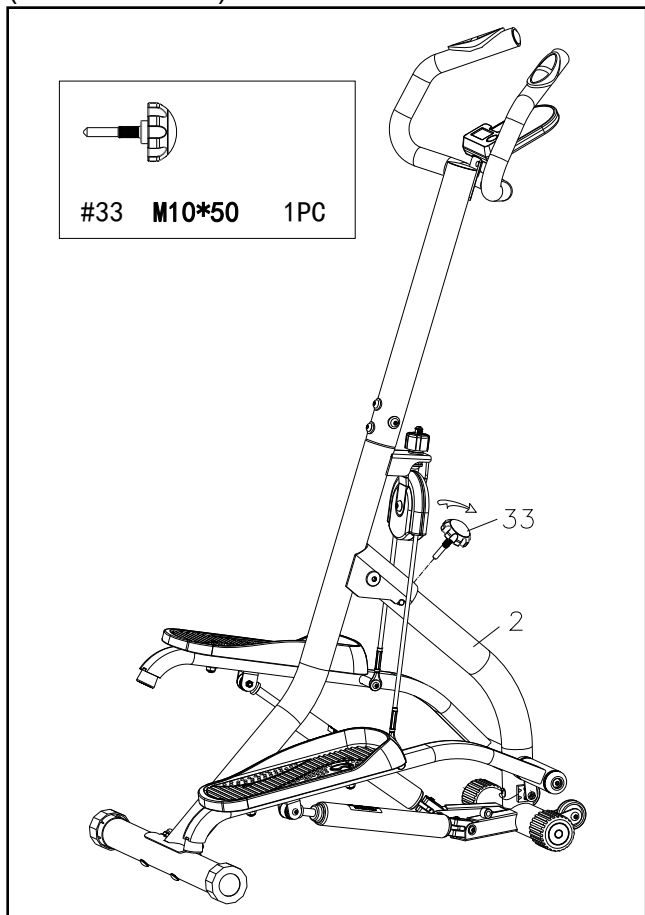
Connect the **Computer Wire A (No. 7A)** with the **Sensor Wire (No. 14)**.

Connect the **Computer Wire B (No. 7B)** with the **Pulse Wire (No. 13)**.

Insert the **Computer (No. 7)** onto the tab on the **Handlebar Post (No. 3)**.



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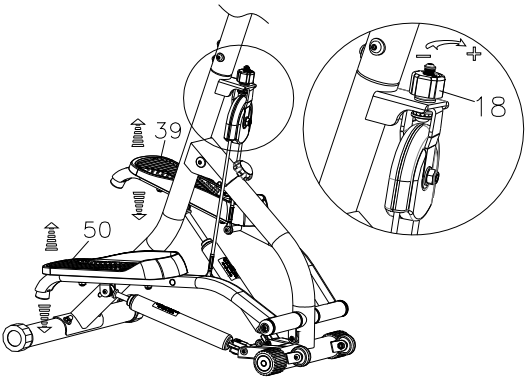
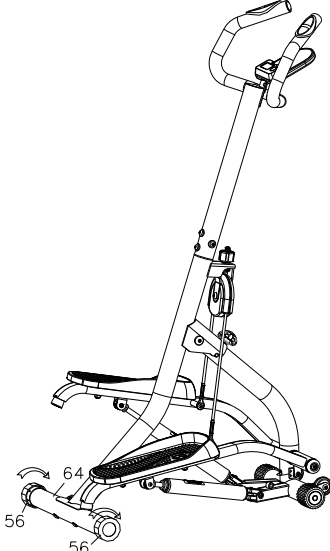
STEP 5:

Take out the **Adjustment Knob (No. 33)** from the hardware package.

Then insert the **Adjustment Knob (No. 33)** into the **Front Support Tube (No. 2)** and adjust the tightness of the **Adjustment Knob (No. 33)** to the desired position.

The assembly is complete !

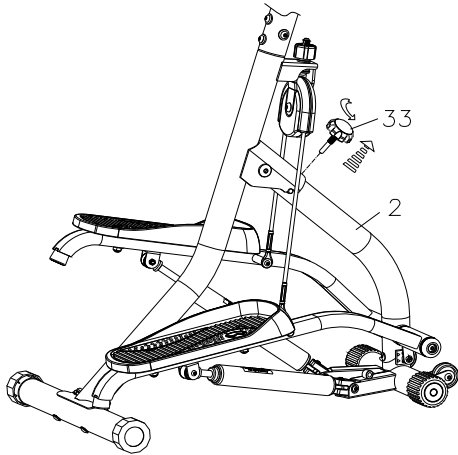
MAINTENANCE & ADJUSTMENT GUIDE

	<p>ADJUSTING THE PEDAL STEPPING HEIGHT</p> <p>Before adjusting the stepping height, raise the Left Pedal (No. 39) and Right Pedal (No. 50) first. Then turn the Adjustment Knob (No. 18) <u>clockwise</u> to increase the stepping height. Turn the Adjustment Knob (No. 18) <u>counter-clockwise</u> to decrease the stepping height.</p>
	<p>ADJUSTING THE BALANCE</p> <p>To achieve a smooth and comfortable use, you must ensure that the stepper is stable and secured. If you notice the stepper is unbalanced during use, adjust the Adjustable Plug (No. 56) located on the Rear Stabilizer (No. 64) until the stepper becomes levelled with the floor surface.</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 to 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>	

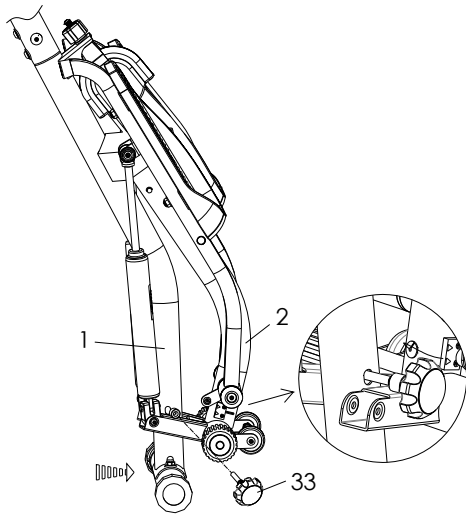
NOTES:

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.

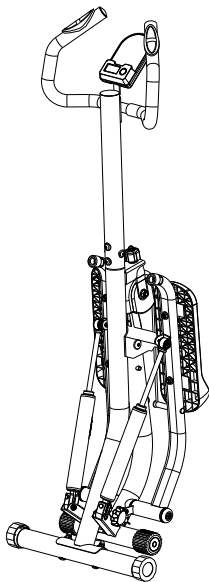
FOLDING INSTRUCTIONS



A. Remove the **Adjustment Knob (No. 33)** from the **Front Support Tube (No. 2)**.

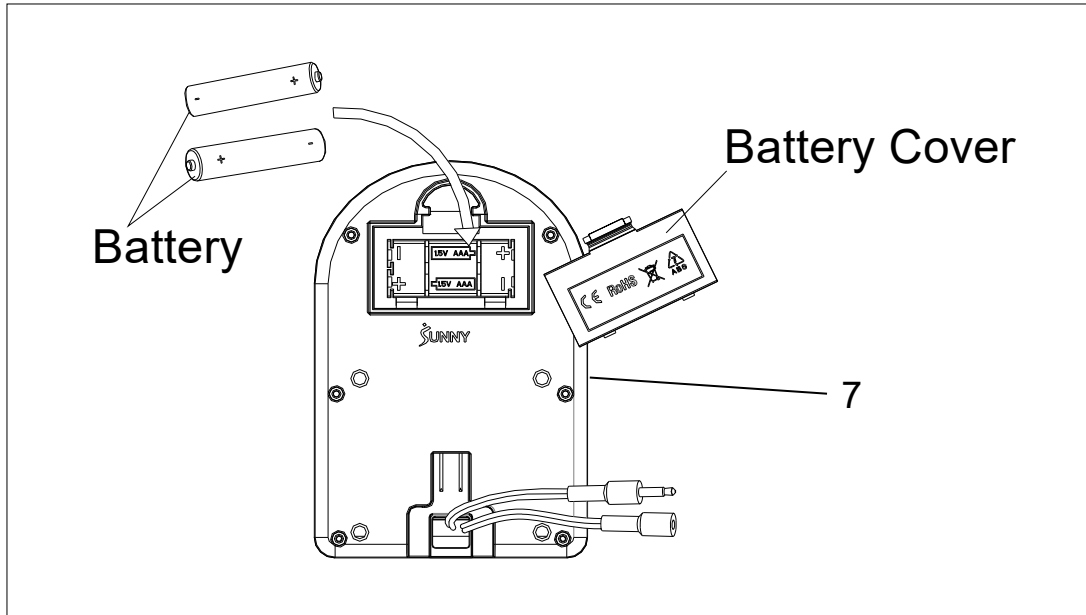


B. Bring the **Rear Support Tube (No. 1)** and the **Front Support Tube (No. 2)** closer to each other. Insert the **Adjustment Knob (No. 33)** into the hole on the **Rear Support Tube (No. 1)**, tighten and secure with your hand.



C. The folding is complete !

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the back of the **Computer (No. 7)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 7)**. Pay attention to the battery + and - ends before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 7)**.

The installation is complete!

BATTERY REPLACEMENT:

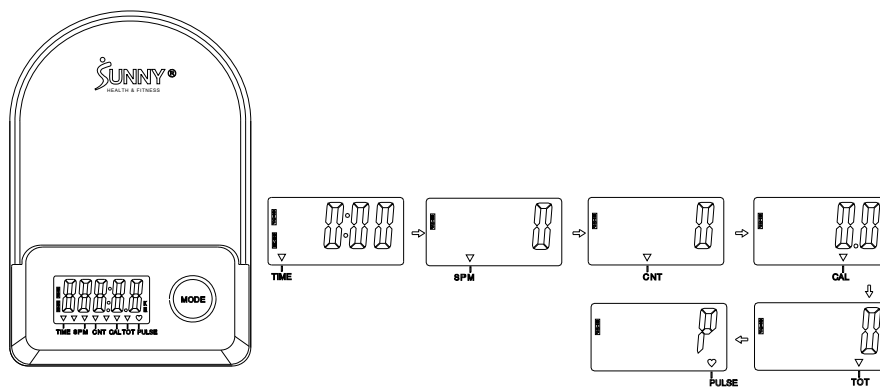
1. Press the buckle of battery cover on the back of the **Computer (No. 7)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. 7)**. Pay attention to the battery + and - ends before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 7)**.

The replacement is complete!

BATTERY DISPOSAL

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.

EXERCISE COMPUTER



KEY FUNCTIONS:

- Pressing the MODE key to select and lock on a function for following sequence:
- TIME→ SPM→ CNT→CAL→TOT→PULSE.
- Pressing and holding the MODE key for 3 seconds to reset the value to zero (without TOT).

SLEEP MODE:

- The system turns on when the MODE key is pressed or system senses a signal input from the sensor.
- The system turns off automatically when the sensor has no signal input or no key is pressed for approximately 4 minutes.

FUNCTIONS:

- TIME: The total working times with starting exercise.
- SPM: Number of strokes per minute, indicating the stroke speed during exercise.
- CNT: The current count with starting exercise.
- CAL: The calories burned with starting exercise.
- TOT: The total count which this function refers to from battery capacity period runs.
- PULSE: The current pulse rate with starting exercise.

SPECIFICATIONS:

FUNCTION	TIME	999: 59M:S
	SPM	0~199
	CNT	0~99999
	CAL	0.0~9999.9
	TOT	0~99999
	PULSE	40-240BPM
BATTERY		SIZE-AAA *2
Operating temperature		0~40°C (32°F -104°F)
Storage temperature		-10~60°C (14°F -140°F)

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!

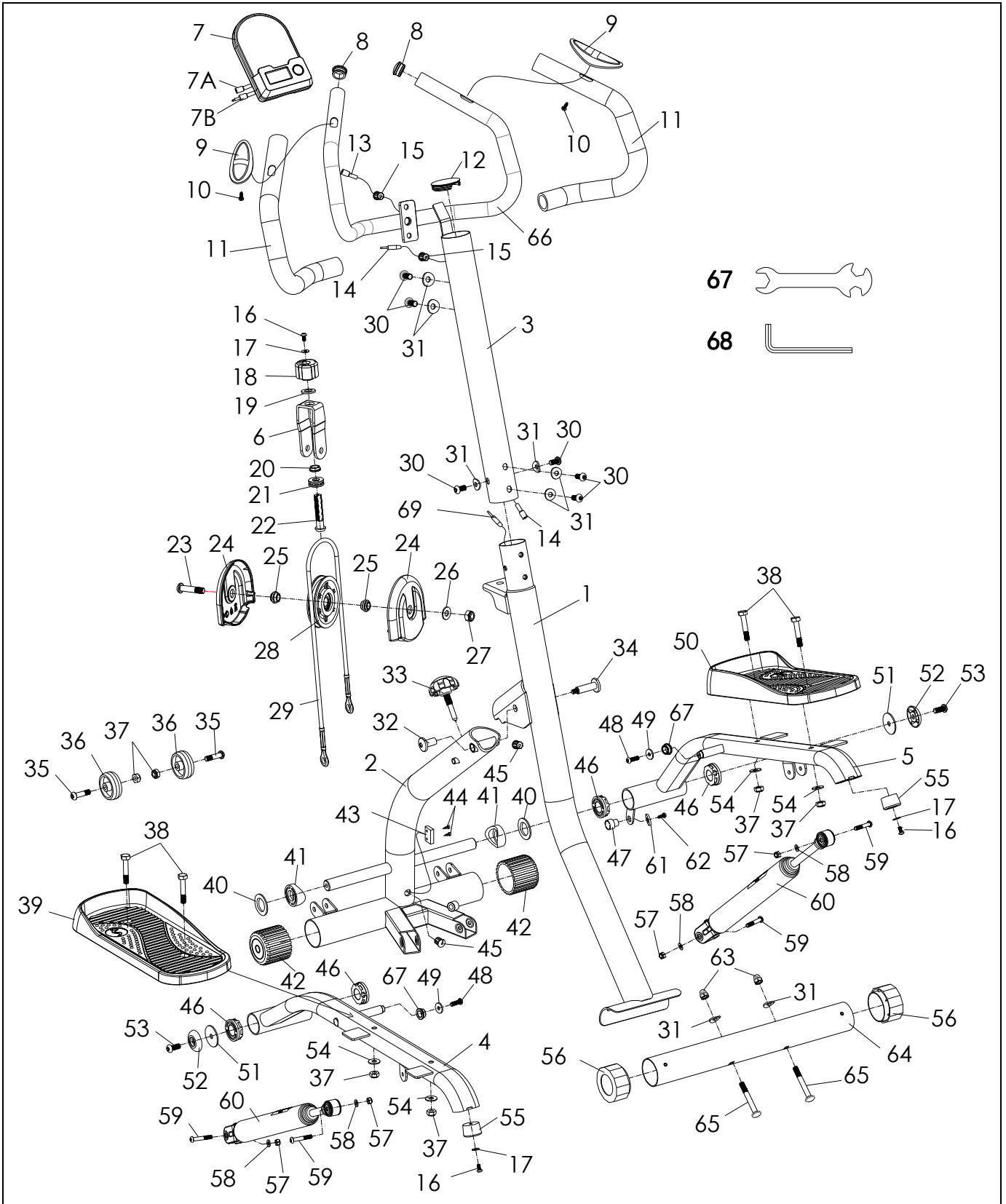
Troubleshooting:

- 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	Rear Support Tube		1	35	Hexagon Bolt	M8*35*S5	2
2	Front Support Tube		1	36	Roller	Φ50*Φ8.6*20.5	2
3	Handlebar Post		1	37	Nut	M8	6
4	Left Pedal Bar		1	38	Hexagon Bolt	M8*45	4
5	Right Pedal Bar		1	39	Left Pedal	354*140*46	1
6	U-shaped Bracket		1	40	Flat Washer	Φ38*Φ19.1*1.0	2
7	Computer	BJHT-087	1	41	Spacer	Φ38*Φ19.1	2
7A	Computer Wire A		1	42	End Cap	Φ50*1.5	2
7B	Computer Wire B		1	43	Sensor Base		1
8	End Cap	Φ25*1.5	2	44	Screw	ST3.2*10	2
9	Grip Piece		2	45	Grommet	Φ14.5*Φ12.2*Φ3.0	2
10	Screw	ST4.2*19	2	46	Bushing	Φ38*Φ19.1*12	4
11	Foam Grip	Φ32*Φ24*460	2	47	Magnet		1
12	Handle Post End	Φ50*1.5	1	48	Hexagon Bolt	M6*20*S5	2
13	Pulse Wire	L500	1	49	Flat Washer	D6*Φ18*2.0	2
14	Sensor Wire	L500	1	50	Right Pedal	354*140*46	1
15	Grommet	Φ14.5*Φ12*Φ4.0	2	51	Flat Washer	D8*Φ38*2	2
16	Hexagon Bolt	M5*10*S3	3	52	Cover	Φ38*Φ8.2*7.5	2
17	Flat Washer	D5.5*Φ12.5*1.0	3	53	Hexagon Bolt	M8*20*S5	2
18	Adjustment Knob	Φ38*29*M12	1	54	Flat Washer	Φ16*Φ8*1.5	4
19	Flat Washer	D13*Φ24*2.5	1	55	Cushion	Φ30*20	2
20	Powder Metallurgy	Φ19*Φ16*Φ12*6	1	56	Adjustable Plug	Φ50	2
21	Bearing	Φ26*Φ12*9	1	57	Nut	M6	4
22	Hexagon Bolt	M12*M5*60	1	58	Flat Washer	D6*Φ12*1.2	4
23	Hexagon Bolt	M10*45*15*S6	1	59	Hexagon Bolt	M6*36*8*S4	4
24	Pulley Guard	119*114*19.5	2	60	Hydraulic Cylinder	Φ38	2
25	Powder Metallurgy	Φ21*Φ10*8	2	61	Magnet Cover	Φ15*Φ3*3.5	1
26	Flat Washer	D10*Φ22*2.0	1	62	Screw	ST3*8	1
27	Nut	M10	1	63	Cap Nut	M8	2
28	Pulley	Φ102.5*28	1	64	Rear Stabilizer	138*138*94	1
29	Wire Rope	Φ6.5*795	1	65	Bolt	M8*65	2
30	Hexagon Bolt	M8*16	6	66	Handlebar		1
31	Arc Washer	Φ20*2.0	8	67	Spanner	S13-15-17	1
32	Bolt	Φ12*22.5*M8	1	68	Allen Wrench	S5	1
33	Adjustment Knob	M10*50	1	69	Extension Wire		1
34	Bolt	Φ12*32*M8	1				

Version : 1.1

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