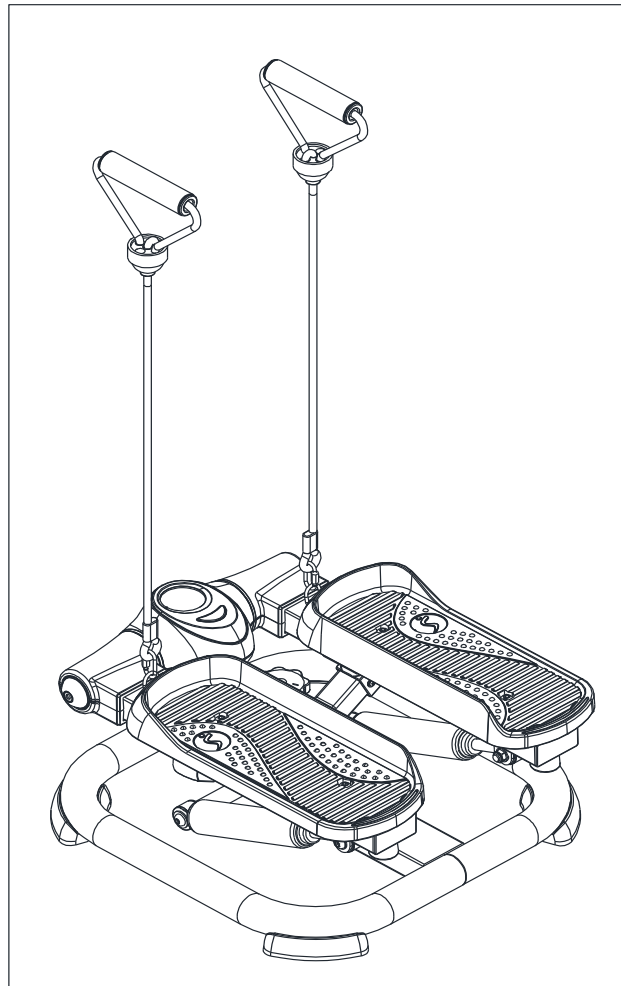




# POWER STEPPER WITH RESISTANCE BANDS

## SF-S021054

### 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](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).



[WWW.SUNNYHEALTHFITNESS.COM](http://WWW.SUNNYHEALTHFITNESS.COM)

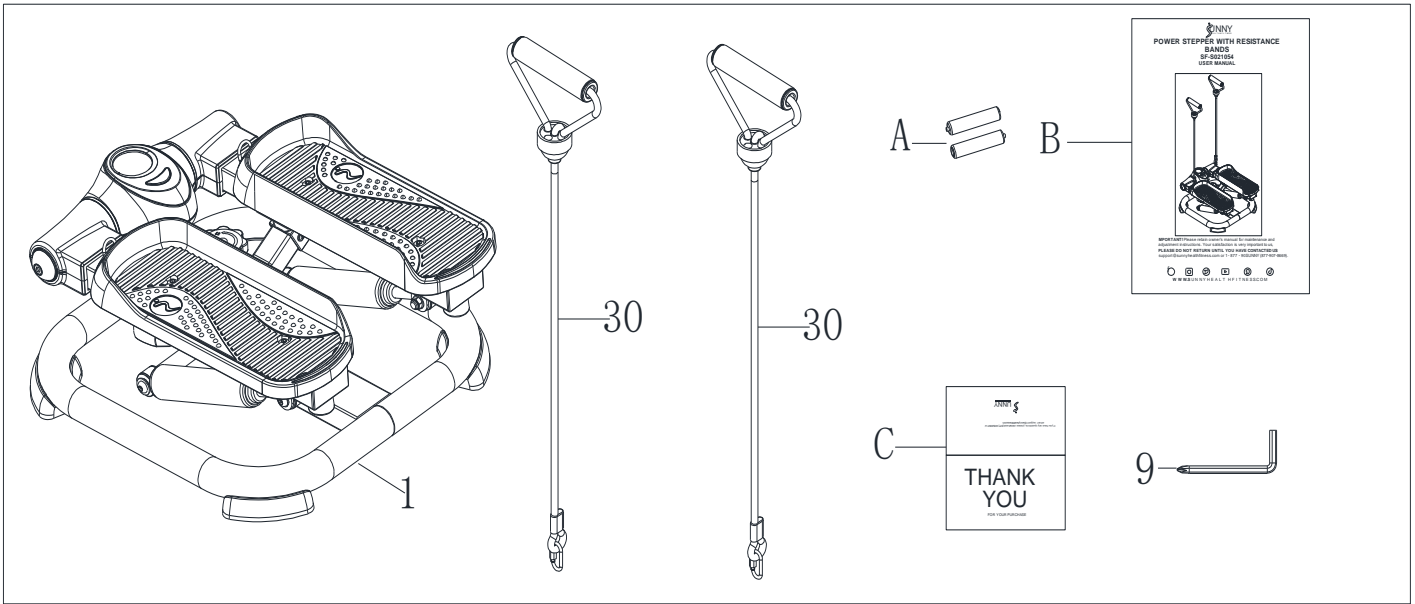
# **IMPORTANT SAFETY INFORMATION**

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 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 330 lbs (150kgs).
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	Main Frame		1	A	Battery	1.5V AAA	2
9	Allen Wrench	S5	1	B	Manual		1
30	Exercise Band	Φ8*640	2	C	Thank You Card		1

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

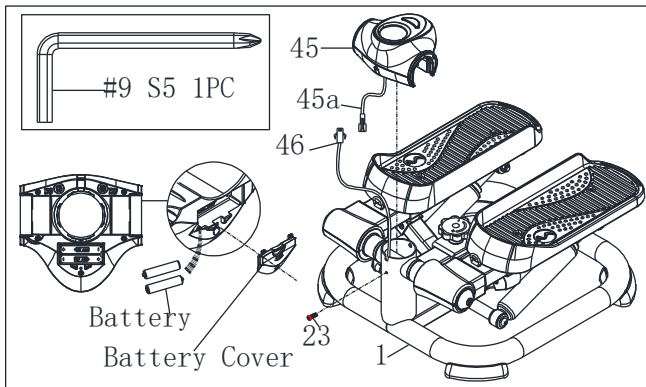
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 9) and “PARTS LIST” (page 10)

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

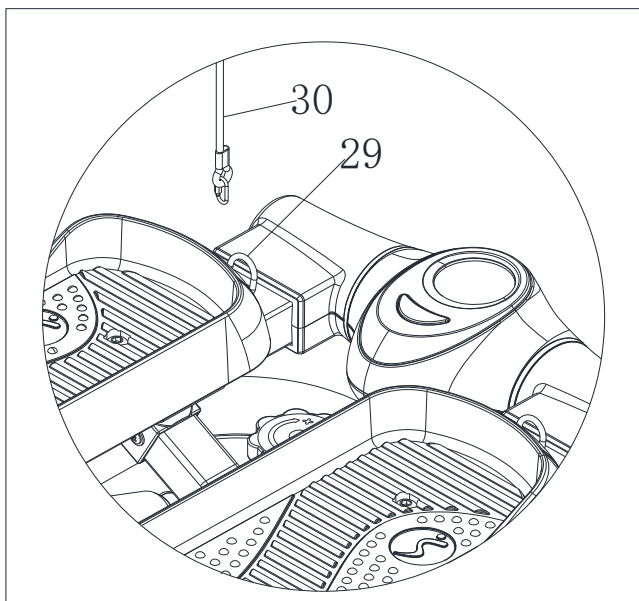


## STEP 1:

First, remove the stepper from the box. Remove 2 AAA batteries from manual bag. Use the **Allen Wrench (No. 9)** to unscrew and remove the **Screw (No. 23)**. Once the **Screw (No. 23)** is removed, you can detach the **Computer (No. 45)** from the **Main Frame (No. 1)**. Gently disconnect **Computer Wire (No. 45a)** and **Sensor (No. 46)** from the **Computer (No. 45)**.

Next, remove the battery cover on the back of the **Computer (No. 45)** and insert 2 AAA batteries. Make sure battery poles are installed on the correct side.

Last, place the battery cover back on the **Computer (No. 45)**. Reconnect the **Computer Wire (No. 45a)** with the **Sensor (No. 46)**. Attach the **Computer (No. 45)** back to the **Main Frame (No. 1)** and align the screw hole. Insert **Screw (No. 23)** back to the hole and use the **Allen Wrench (No. 9)** to tighten it securely.

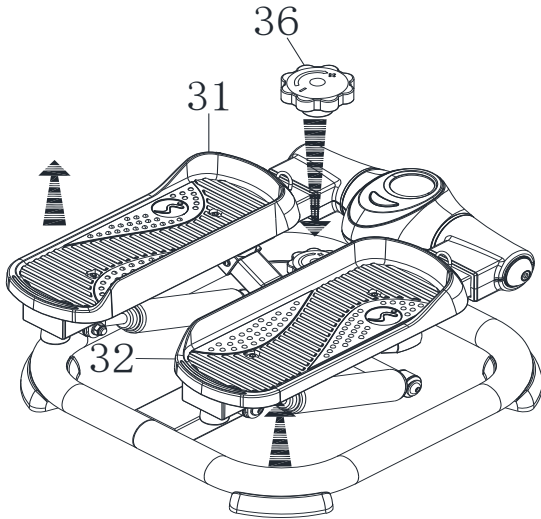


## STEP 2:

Connect 2 **Exercise Bands (No. 30)** to the 2 **Exercise Band Buckles (No. 29)** at the front of the left and right pedals as shown in the picture.

*The assembly is complete !*

# MAINTENANCE & ADJUSTMENT GUIDE



## **ADJUSTING THE PEDAL STEPPING HEIGHT**

Before adjusting the stepping height, raise the **Left Pedal (No. 31)** and **Right Pedal (No. 32)** first. Then turn the **Adjustment Knob (No. 36)** clockwise to increase the stepping height. Turn the **Adjustment Knob (No. 36)** counter-clockwise to decrease the stepping height.

## **CLEANING**

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.

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.

## **STORAGE**

Store the stepper in a clean and dry environment, away from children.

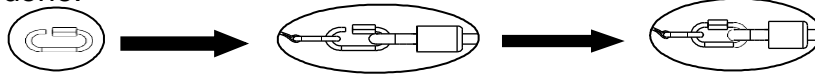
## **NOTES:**

If you are having a hard time balancing on the stepper, please hold onto something for support.

Do not use the stepper for more than 15 minutes as the **Hydraulic Cylinders (No. 6)** may overheat and become damaged. Allow at least 30 minutes rest in between sessions.

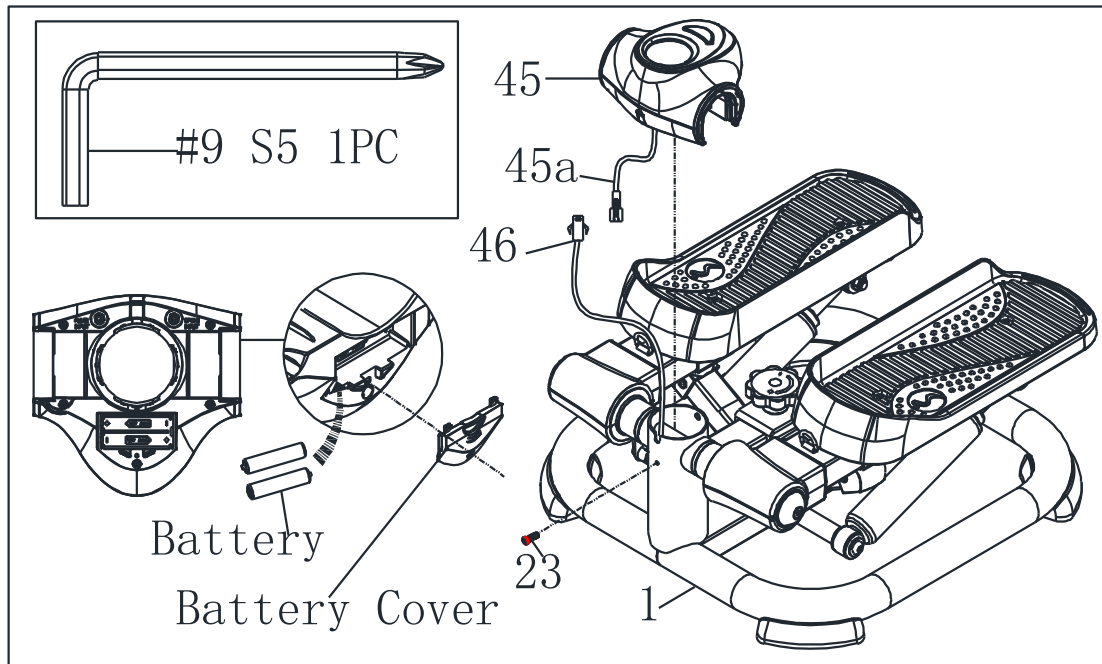
# EXERCISE BAND INSTRUCTIONS

1. Unscrew the hook nut located on the exercise band until the hook is open as shown in the picture below.
2. Attach the exercise band hook onto the exercise band buckle and screw the hook nut closed until the exercise band buckle is secured with the hook nut.
3. Assembly is done.



<b>Adjusting the Exercise Band Length</b>	
<b>To Lengthen Exercise Band</b>	<b>To Shorten Exercise Band</b>
<p>Push one side of the exercise band down and then pull the bottom of the exercise band downward as shown in the picture below. Repeat this process until the exercise band is at the desired length.  <b>NOTE:</b> This adjustment decreases the tension on the exercise bands.</p>	<p>Push the exercise band upward from the bottom and then pull one side of the top exercise band up as shown in the picture below. Repeat this process until the exercise band is at the desired length.  <b>NOTE:</b> This adjustment increases the tension on the exercise bands.</p>
<p><b>NOTE:</b> When lengthening the exercise band, only one side of the exercise band can be pushed down. If the side that you are trying to push down does not move, try the other side of the exercise band.</p>	

# BATTERY INSTALLATION & REPLACEMENT



## BATTERY INSTALLATION:

1. Take out 2 AAA batteries from manual bag.
2. Remove the **Screw (No. 23)** with **Allen Wrench (No. 9)**, then remove the **Computer (No. 45)** from **Main Frame (No. 1)** and disconnect the **Computer Wire (No. 45a)** and **Sensor (No. 46)** from the **Computer (No. 45)**.
3. Remove the battery cover from the battery seat. Install 2 new AAA batteries into the battery case on the back of the **Computer (No. 45)**. Pay attention to the battery + and – poles before installing.
4. Attach the battery cover onto the **Computer (No. 45)**. Connect the **Computer Wire (No. 45a)** with **Sensor (No. 46)**. Then attach the **Computer (No. 45)** onto the **Main Frame (No. 1)** with **Screw (No. 23)** and secure with the **Allen Wrench (No. 9)**.

*The installation is complete!*

## BATTERY REPLACEMENT:

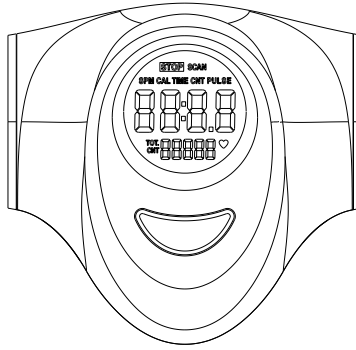
1. Remove the **Screw (No. 23)** with **Allen Wrench (No. 9)**, then remove the **Computer (No. 45)** from **Main Frame (No. 1)** and disconnect the **Computer Wire (No. 45a)** and **Sensor (No. 46)** from the **Computer (No. 45)**.
2. Remove the battery cover from the battery seat. Then remove 2 old AAA batteries in the battery case. Insert 2 new AAA batteries into the battery case on the back of the **Computer (No. 45)**. Pay attention to the battery + and – poles before installing.
3. Attach the battery cover onto the **Computer (No. 45)**. Then connect the **Computer Wire (No. 45a)** with **Sensor (No. 46)**. Then attach the **Computer (No. 45)** onto the **Main Frame (No. 1)** with **Screw (No. 23)** and secure with the **Allen Wrench (No. 9)**.

*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 red button to select and lock on a function for following sequence:

SCAN → SPM → CAL → TIME → CNT → SCAN.

Pressing and holding the red button for 3 seconds to reset the value to zero (without TOT.CNT).

## SLEEP MODE:

The system turns on when the red button is depressed, 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:

SCAN: Display changes according to the next diagram every 6 seconds.

SPM: Number of strokes per minute, indicating the stroke speed during exercise.

CAL: The calories burned with starting exercise.

TIME: The total working times with starting exercise.

CNT: The current count with starting exercise.

TOT. CNT: The total count which this function refers to from battery capacity period runs.

## SPECIFICATIONS


<b>FUNCTION</b>	SCAN	6S
	SPM	0~299
	CAL	0.0~999.9 Kcal
	TIME	99M:59S
	CNT	0~9999
	TOT.CNT	0~99999
<b>BATTERY</b>		SIZE-AAA *2
Operating temperature		0~40°C (32°F -104°F)
Storage temperature		-10~60°C ((14°F -140°F)



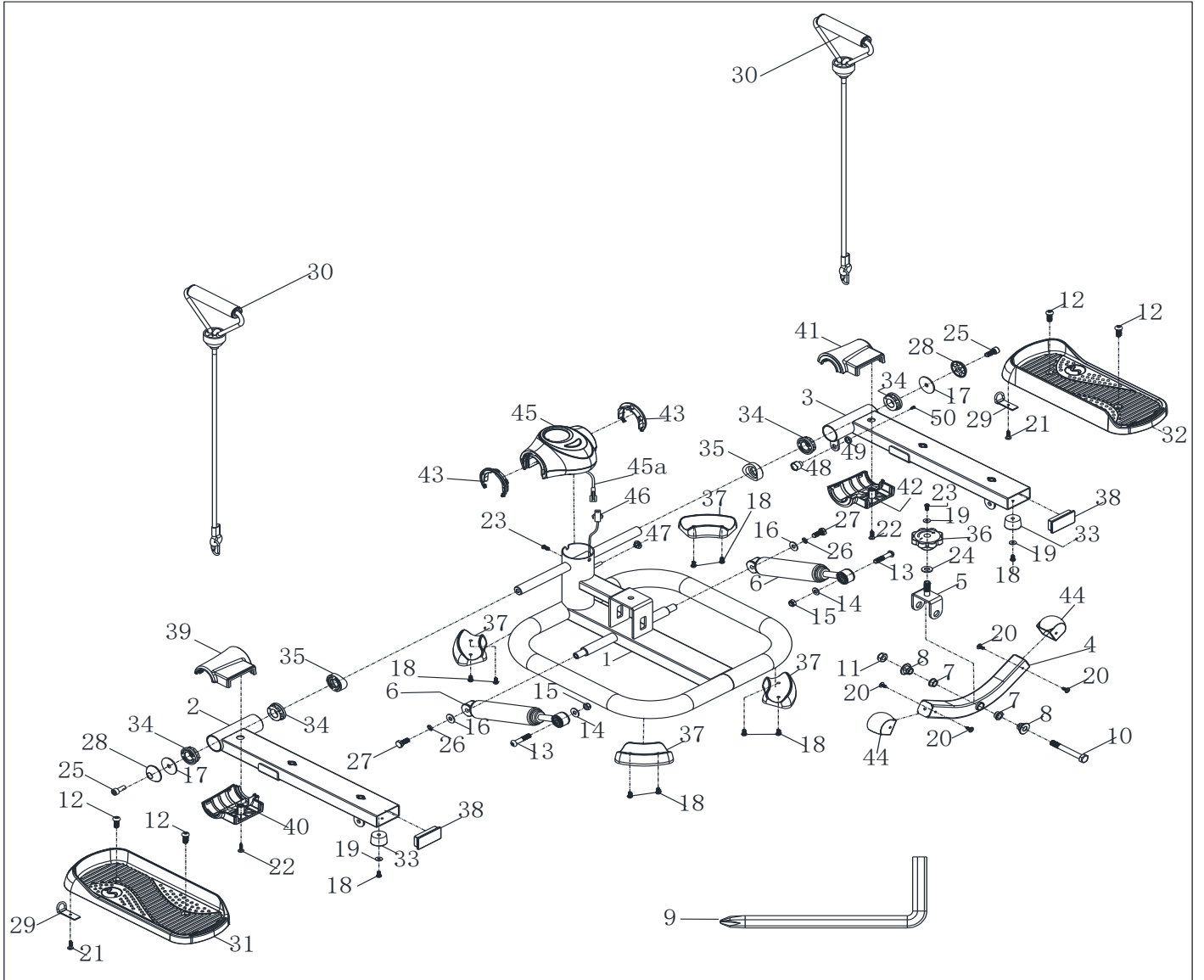
## APP CONNECTION:

1. Scan the QR code below to download the SunnyFit app onto your mobile device.



2. 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.
3. Ensure that the Bluetooth  function is turned on from your mobile device.
4. To connect the equipment to the SunnyFit app:
  - a. From the “Workout” tab, press on the “Search” button to search for your equipment.
  - b. Once your equipment appears on the list, tap the “Select” button to confirm.
  - c. Note: If your equipment does not appear on the "Searching for Equipment" list, check the EXERCISE COMPUTER on your equipment to ensure that it is not in sleep mode and your phone's Bluetooth function is on, then tap "Retry" to search again.
  - d. Once your equipment shows up on the “Workout” tab as “Currently Selected”, your equipment is now ready to display, track, and record your equipment’s workout stats on the app!
5. If you are unable to replicate these steps, or have any other issues with the SunnyFit app, please contact SunnyFit support at [support@sunnyfit.com](mailto:support@sunnyfit.com), or use the in-app “Contact Us” form to request support (“Me” tab -> “Contact Us”).

# EXPLODED DIAGRAM



# PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	27	Blue Hexagon Screw	M8*20	2
2	Left Foot Bar		1	28	Cover		2
3	Right Foot Bar		1	29	Exercise Band Buckle		2
4	Support Tube		1	30	Exercise Band	Φ8*640	2
5	U-shaped Bracket		1	31	Left Pedal	354*140*48	1
6	Hydraulic Cylinder	Φ38	2	32	Right Pedal	354*140*48	1
7	Power Metallurgy	Φ17	2	33	Cushion	Φ30*20	2
8	Limit Spacer Sleeve	25*25*14	2	34	Bush	Φ38*Φ19.1*12	4
9	Allen Wrench	S5	1	35	Spacer Sleeve	Φ38*Φ19.1*15.5	2
10	Hexagon Bolt	M10*80*15*S16	1	36	Adjustment Knob	Φ58*M10	1
11	Nylon Nut	M10	1	37	Foot Pad	108*62.5*24	4
12	Hexagon Screw	M8*20	4	38	Plug	J60*30*2.0	2
13	Hexagon Screw	M8*40	2	39	Left Upper Cover	91*98*35	1
14	Flat Washer	Φ16*1.5	2	40	Left Lower Cover	91*98*39	1
15	Nylon Nut	M8	2	41	Right Upper Cover	91*98*35	1
16	Flat Washer	Φ20*1.5	2	42	Right Lower Cover	91*98*39	1
17	Washer	d8*Φ38*2	2	43	Ring	68*57*13	2
18	Hexagon Screw	M5*15	10	44	Contact Roller	46*44*37	2
19	Flat Washer	Φ12.5*1.0	3	45	Computer	BJ-HT096	1
20	Screw	ST4.8x12	4	45a	Computer Wire		1
21	Screw	ST4.8x19	2	46	Sensor		1
22	Screw	ST4.2x20	2	47	Sensor Base		1
23	Screw	M5*10*Φ8	2	48	Magnet Holder	Φ17*17.3	1
24	Flat Washer	Φ20*2.0	1	49	Magnet Cover	Φ15*3.5	1
25	Cylindrical Screw	M8*20	2	50	Screw	ST3.0x8	1
26	Spring Washer	D8	2				

Version: 1.0

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