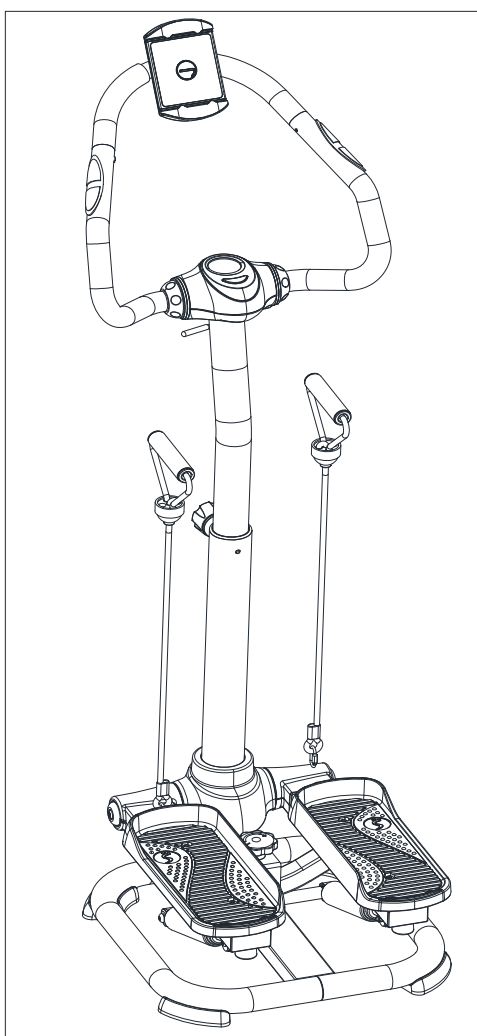




POWER STEPPER WITH RESISTANCE BANDS AND HANDLEBAR

SF-S021055
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

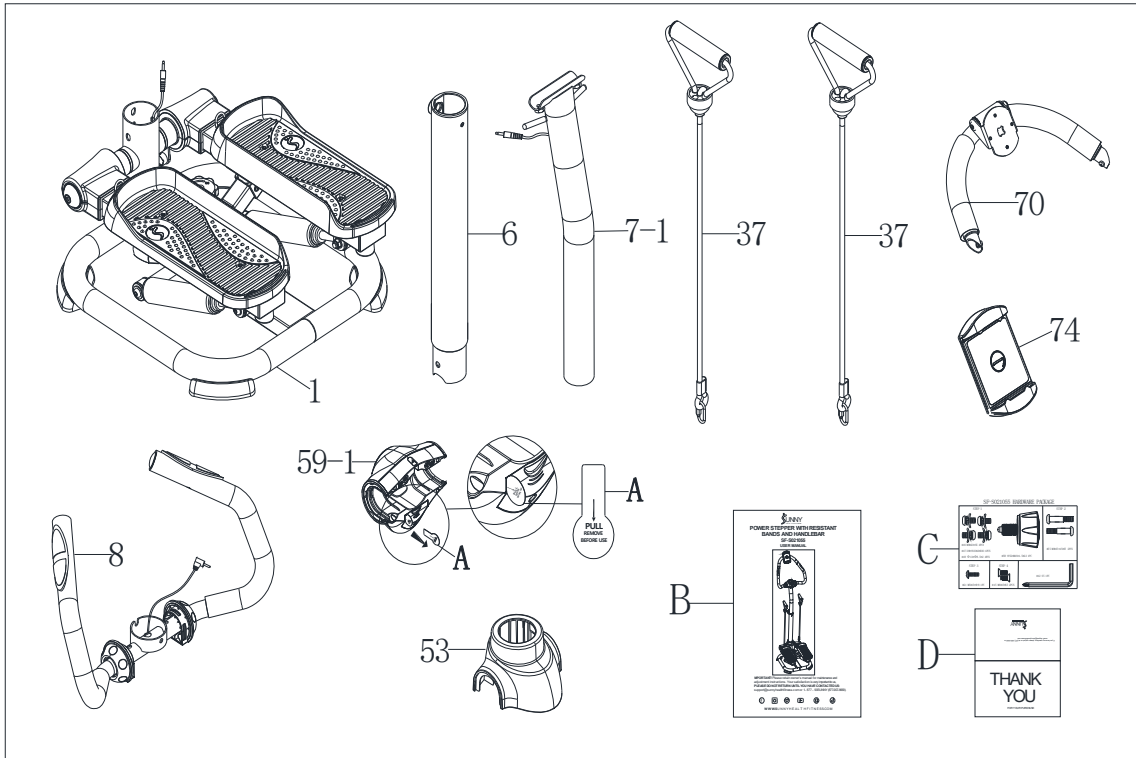
IMPORTANT SAFETY INFORMATION

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 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.

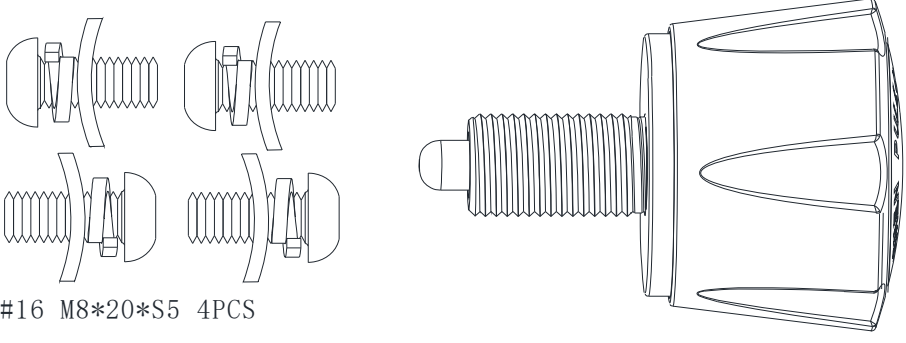
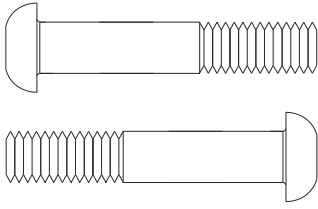
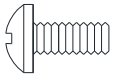
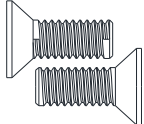



No.	Description	Spec.	Qty.
1	Main Frame		1
6	Bottom Handlebar Post		1
7-1	Upper Handlebar Post		1
8	Handlebar		1
37	Exercise Band	Φ8*640	2
53	Shield	138*138*94	1
59-1	Computer	BJHT-096	1

No.	Description	Spec.	Qty.
70	Upper Handlebar		1
74	Device Holder	157*100*50	1
A	Plastic Tab		1
B	Manual		1
C	Hardware Package		1
D	Thank You Card		1

HARDWARE PACKAGE

SF-S021055 HARDWARE PACKAGE

<p>STEP 1</p>  <p>#16 M8*20*S5 4PCS #17 D8*Φ 20*2*R30 4PCS #18 Φ 13*Φ 8.5*2 4PCS</p> <p style="text-align: right;">#58 Φ 52*M16*1.5*22 1PC</p>		<p>STEP 2</p>  <p>#75 M8*35*15*S5 2PCS</p>
<p>STEP 3</p>  <p>#21 M5*15*Φ 8 1PC</p>	<p>STEP 4</p>  <p>#15 M6*15*S5 2PCS</p>	<p>#12 S5 1PC</p> 

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

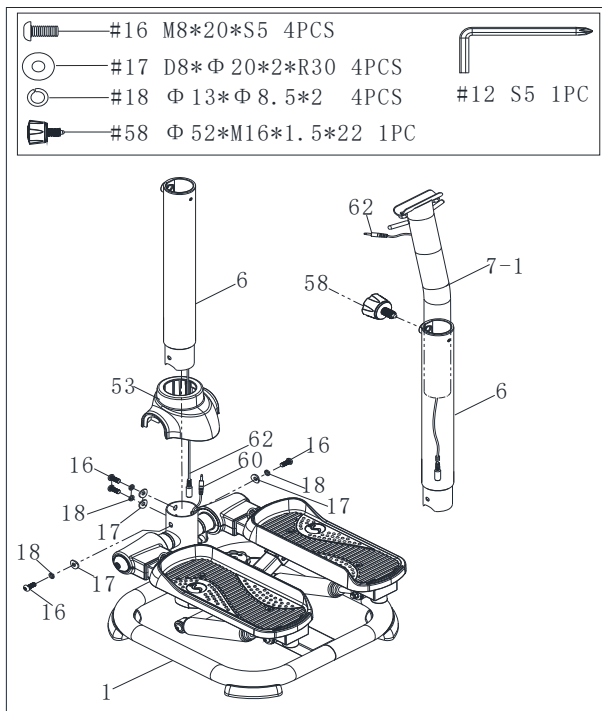
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” (page 13) and “PARTS LIST” (page 14)

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).

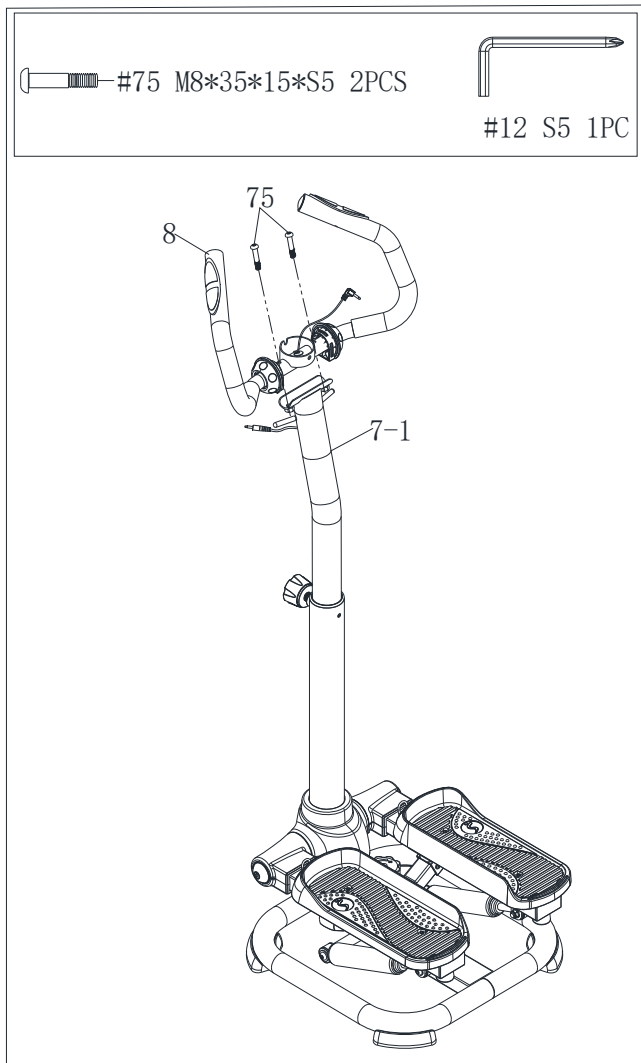


STEP 1:

Insert the **Upper Handlebar Post (No. 7-1)** to the **Bottom Handlebar Post (No. 6)**, pass the **Extension Wire (No. 62)** through the **Bottom Handlebar Post (No. 6)**, adjust the **Upper Handlebar Post (No. 7-1)** to desired height, then secure it in place by inserting and tightening the **Adjustment Knob (No. 58)** from hardware package.

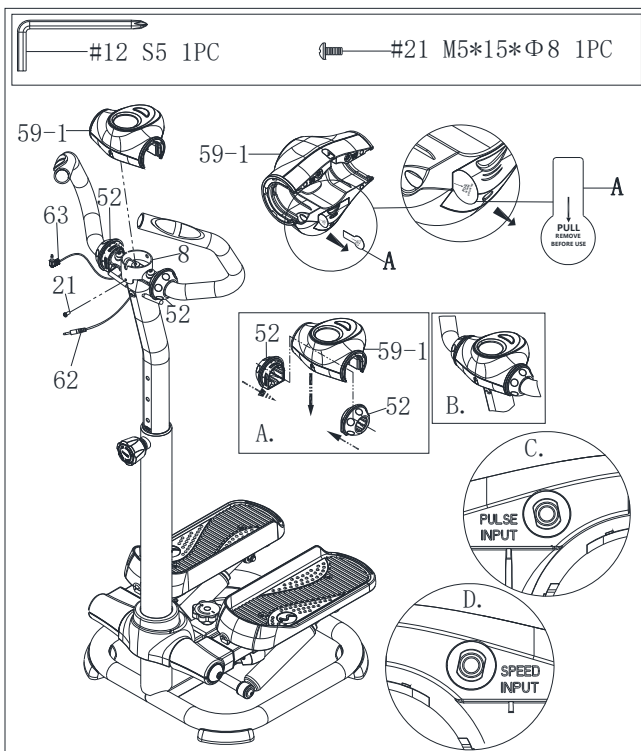
Pass the **Bottom Handlebar Post (No. 6)** through the **Shield (No. 53)**, connect the **Sensor Wire (No. 60)** with the **Extension Wire (No. 62)**. Insert the **Bottom Handlebar Post (No. 6)** into the **Main Frame (No. 1)** with 4 **Screws (No. 16)** and 4 **Curved Washers (No. 17)** and 4 **Spring Washer (No. 18)**. Tighten and secure with the **Allen Wrench (No. 12)**. Then press the **Shield (No. 53)** into the **Main Frame (No. 1)**.

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STEP 2:

Attach the **Handlebar (No. 8)** onto the **Upper Handlebar Post (No. 7-1)** with 2 **Screws (No. 75)**. Tighten and secure with the **Allen Wrench (No. 12)**.



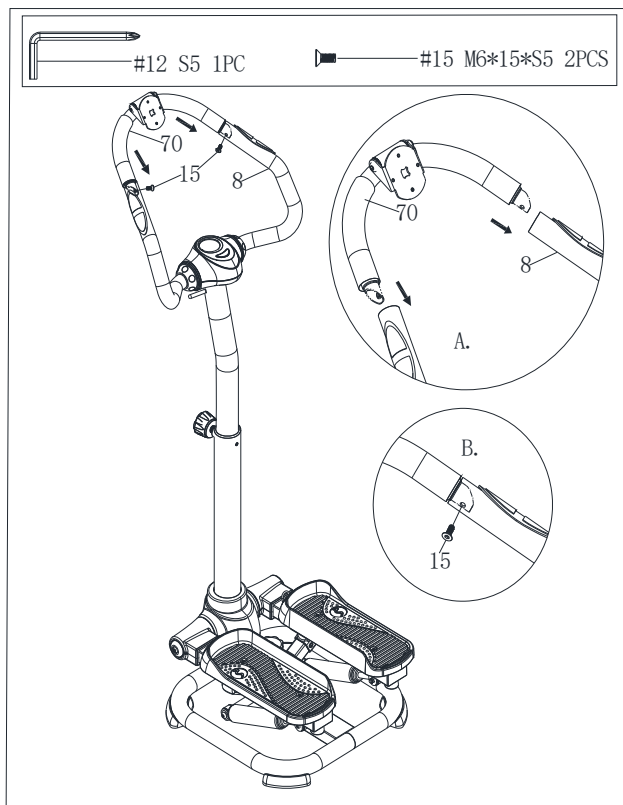
STEP 3:

Remove the plastic tab A from the **Computer (No. 59-1)** before use.

Noted: The **Pulse Wire (No. 63)** runs up from the bottom of the **Handlebar (No. 8)**. Ensure the **Pulse Wire (No. 63)** passes through the ring of the **Handlebar (No. 8)**.

Insert the **Pulse Wire (No. 63)** into the pulse input of the **Computer (No. 59-1)** (Figure C), insert the **Extension Wire (No. 62)** into the speed input of the **Computer (No. 59-1)** (Figure D). Then attach the **Computer (No. 59-1)** onto the **Handlebar (No. 8)** with the **Screw (No. 21)** and tighten with the **Allen Wrench (No. 12)**. More details refer to Figure A & B.

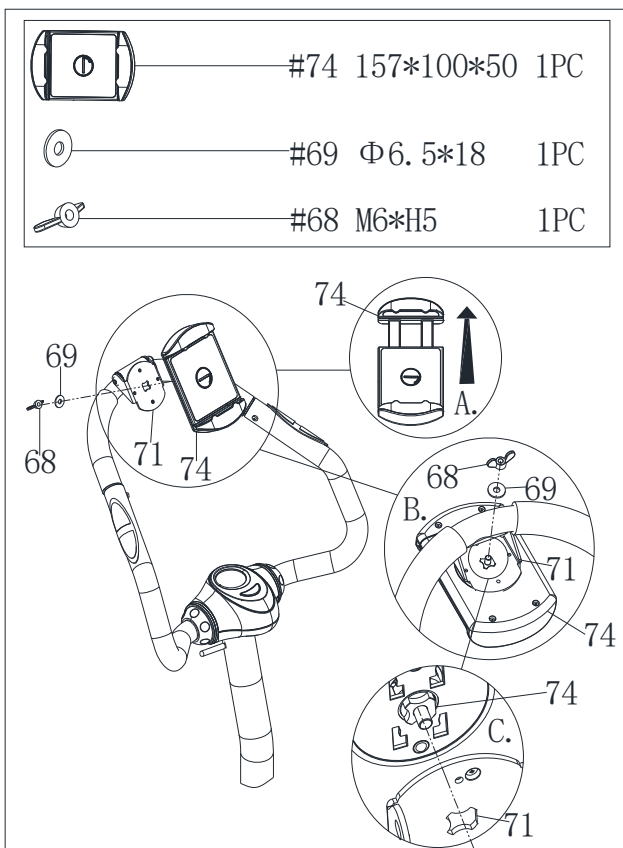
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 4:

Insert the **Upper Handlebar (No. 70)** onto the **Handlebar (No. 8)** with the 2 **Screws (No. 15)**. Tighten with the **Allen Wrench (No. 12)**.

Noted: Please attached the side A of the **Upper Handlebar (No. 70)** onto the **Handlebar (No. 8)** first, and then repeat the same step for side B.



STEP 5:

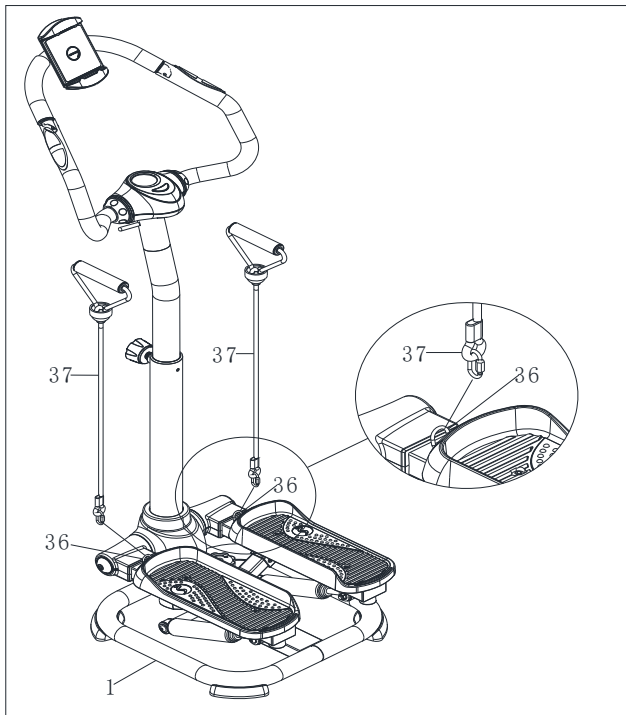
Remove the **Wing Nut (No. 68)** and the **Washer (No. 69)** from the back of the **Device Holder (No. 74)** using your hand.

The removable part of the **Device Holder (No. 74)** faces upwards, as shown in figure A.

Attach the **Device Holder (No. 74)** onto the **Fixed Bracket (No. 71)** with the **Wing Nut (No. 68)** and the **Washer (No. 69)**. Tighten with your hand.

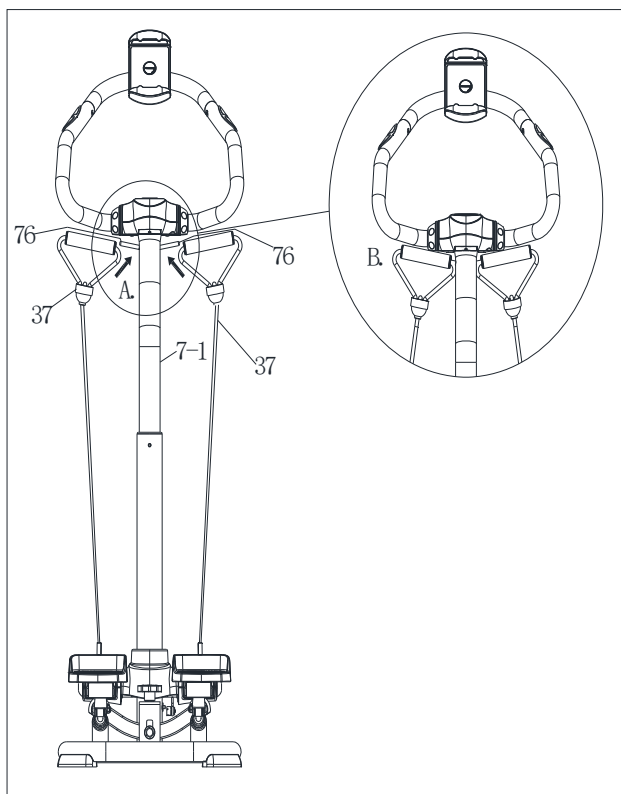
NOTE: The protruding part of the **Device Holder (No. 74)** should be aligned with the concave hole position of **Fixed Bracket (No. 71)**.

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 6:

Connect the 2 **Exercise Bands (No. 37)** to the 2 **Exercise Band Buckles (No. 36)** at the front of the left and right pedals as shown in the picture.

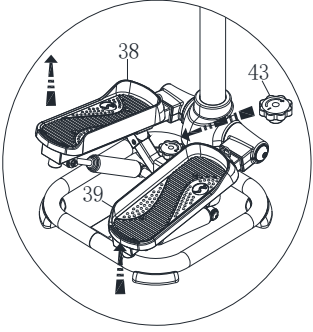
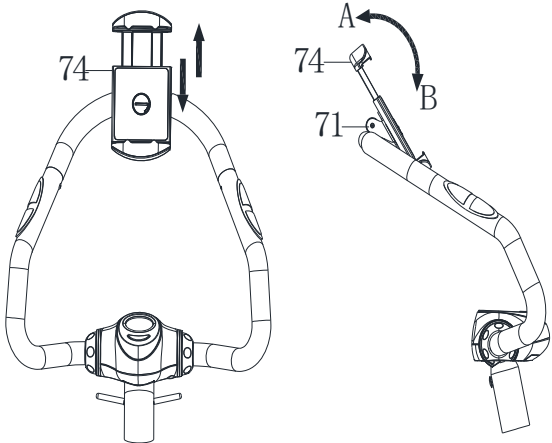
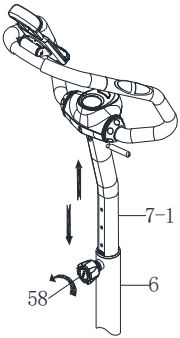


STEP 7:

After using the stepper, the 2 **Exercise Bands (No. 37)** can be hung on the **Sheath (No.76)** of **Upper Handlebar Post (No. 7-1)**.

The assembly is complete !

MAINTENANCE & ADJUSTMENT GUIDE

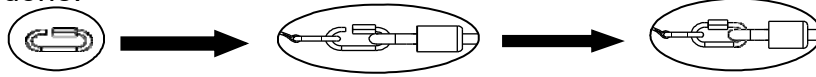
	<p>ADJUSTING THE PEDAL STEPPING HEIGHT</p> <p>Before adjusting the stepping height, raise the Left Pedal (No. 38) and Right Pedal (No. 39) first. Then turn the Adjustment Knob (No. 43) <u>clockwise</u> to increase the stepping height. Turn the Adjustment Knob (No. 43) <u>counter-clockwise</u> to decrease the stepping height.</p>
	<p>ADJUSTING THE DEVICE HOLDER</p> <p>Pull up the upper end of the Device Holder (No. 74) , place your phone or tablet and adjust its position, after releasing your hand, the Device Holder (No. 74) will automatically reset and clamp tightly. After use, reverse the operation to remove the phone or tablet.</p> <p>By adjusting the Fixed Bracket (No. 71) towards the A direction as shown in the picture, the angle can be increased, while towards the B direction, the angle can be reduced.</p>
	<p>ADJUSTING THE HEIGHT OF HANDLEBAR</p> <p>Turn the Adjustment Knob (No. 58) <u>counter-clockwise</u> and pull out it from Bottom Handlebar Post (No. 6). Adjust the Upper Handlebar Post (No. 7-1) to desired position, then insert and re-tighten the Adjustment Knob (No. 58) 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>	

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.

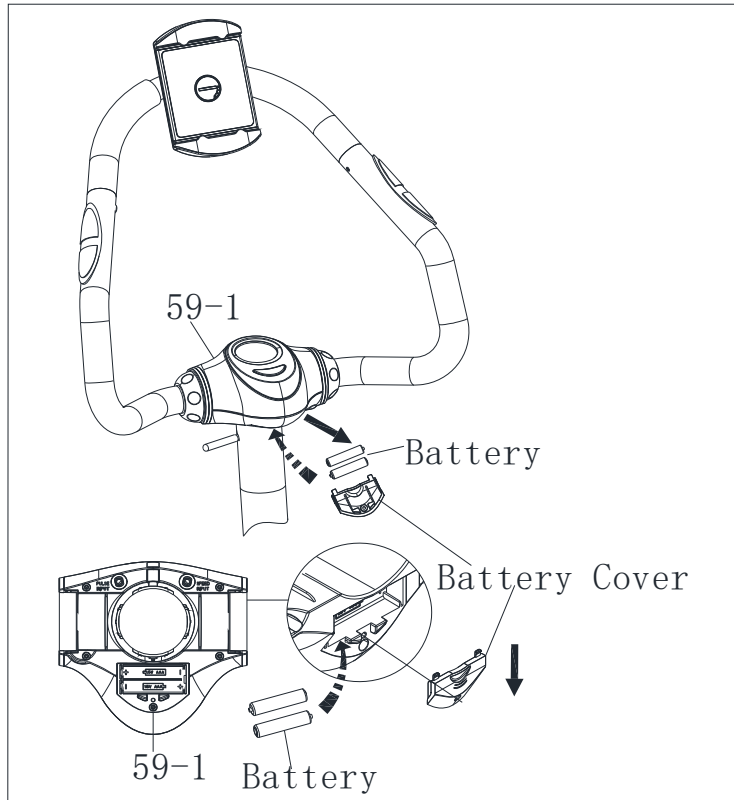
EXERCISE BAND INSTRUCTIONS

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.



Adjusting the Exercise Band Length	
To Lengthen Exercise Band	To Shorten Exercise Band
<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. NOTE: 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. NOTE: This adjustment increases the tension on the exercise bands.</p>
<p>NOTE: 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>	

CHANGING THE BATTERY



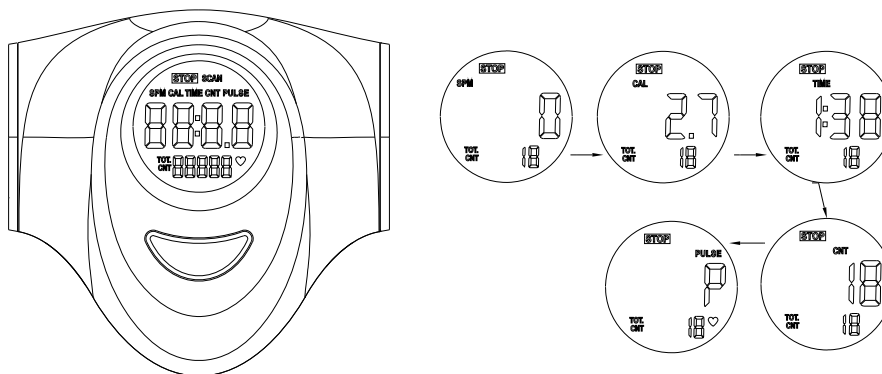
1. Press the buckle of battery cover on the back of the **Computer (No. 59-1)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. 59-1)**. Pay attention to the battery + and - ends before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 59-1)**.

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→PULSE→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.

PULSE: The current pulse rate with starting exercise.

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

SPECIFICATIONS:

FUNCTION	SCAN	6S
	SPM	0~299
	CAL	0.0~999.9 Kcal
	TIME	99M:59S
	CNT	0~9999
	PULSE	30-240BPM
	TOT.CNT	0~99999
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!

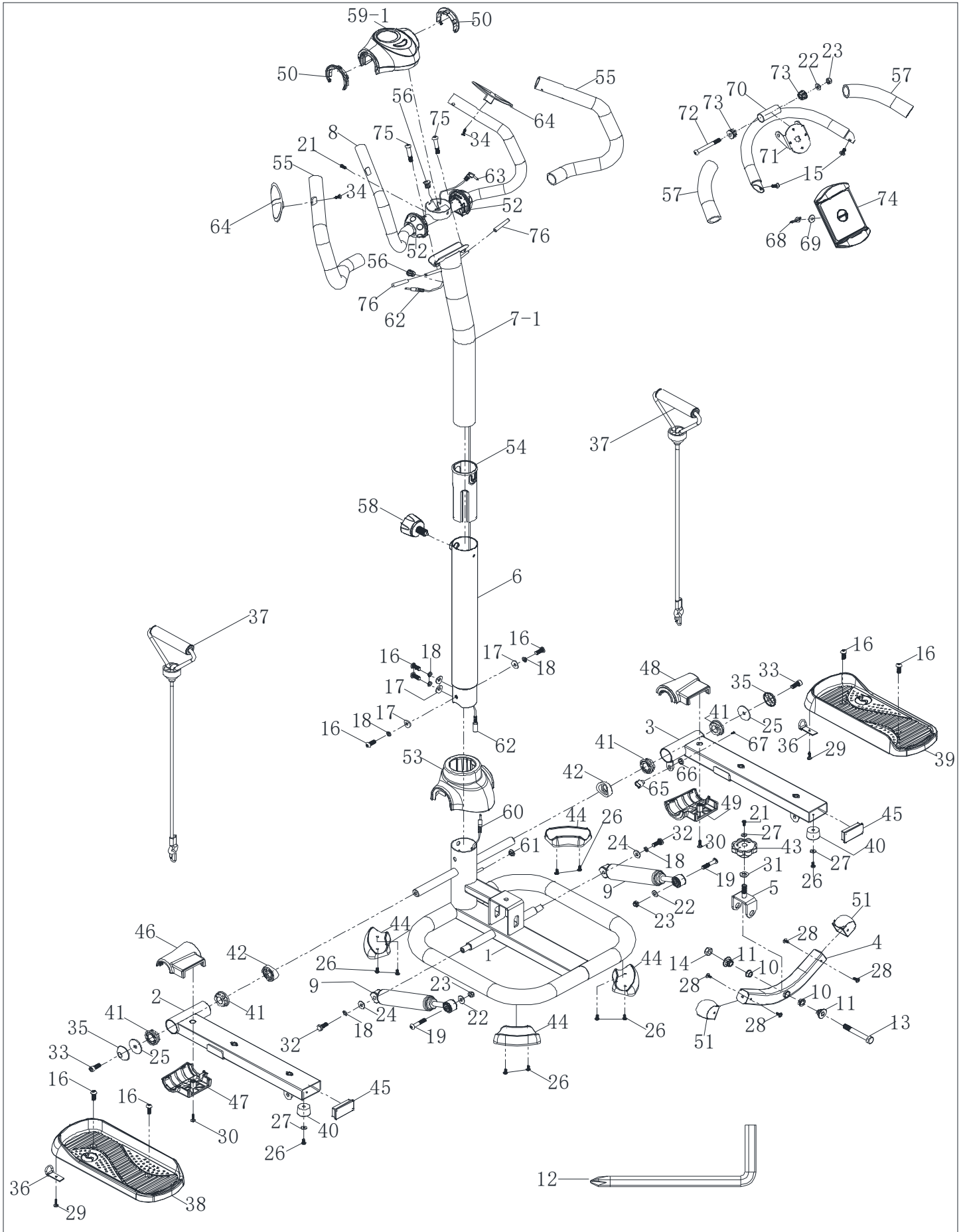
Troubleshooting:

- 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.
1	Main Frame		1
2	Left Pedal Bar		1
3	Right Pedal Bar		1
4	Support Tube		1
5	U-shaped Bracket		1
6	Bottom Handlebar Post		1
7-1	Upper Handlebar Post		1
8	Handlebar		1
9	Hydraulic Cylinder	Φ38	2
10	Powder Metallurgy	Φ17*Φ14.2*Φ10	2
11	Limit Spacer Sleeve	25*25*14	2
12	Allen Wrench	S5	1
13	Bolt	M10*80*15*S16	1
14	Nylon Nut	M10*H9.5*S17	1
15	Screw	M6*15*S5	2
16	Screw	M8*20*S5	8
17	Curved Washer	D8*Φ20*2*R30	4
18	Spring Washer	Φ13*Φ8.5*2	6
19	Screw	M8*40*15*S5	2
20	NA	NA	NA
21	Screw	M5*15*Φ8	2
22	Washer	D8*Φ16*1.5	3
23	Nylon Nut	M8*H7*S14	3
24	Washer	D8*Φ20*1.5	2
25	Washer	D8*Φ38*2	2
26	Screw	M5*10*S4	10
27	Washer	D5.5*Φ12.5*1.0	3
28	Screw	ST4.8x16*Φ11	4
29	Screw	ST4.8x19*Φ13	2
30	Screw	ST4.2x20*Φ8	2
31	Washer	D10.5*Φ20*2.0	1
32	Screw	M8*20*S5	2
33	Screw	M8*20*S6	2
34	Screw	ST4.2x20*Φ8	2
35	Cover	Φ38*Φ8.5*8	2
36	Exercise Band Buckle	61.25*23	2
37	Exercise Band	Φ8*640	2
38	Left Pedal	354*140*46	1

No.	Description	Spec.	Qty.
39	Right Pedal	354*140*46	1
40	Cushion	Φ30*20	2
41	Bush	Φ38*Φ19.1*12	4
42	Spacer Sleeve	Φ38*Φ19.1*17.25	2
43	Adjustment Knob	Φ58*Φ23*M10	1
44	Foot Pad	108*62.5*24	4
45	Plug	J60*30*2.0	2
46	Left Upper Cover	91*98*35	1
47	Left Lower Cover	91*98*39	1
48	Right Upper Cover	91*98*35	1
49	Right Lower Cover	91*98*39	1
50	Ring	68*57*13	2
51	Contact Roller	46*44*37	2
52	Sealing Ring	66*56*35	2
53	Shield	138*138*94	1
54	Bush	Φ60*51*146	1
55	Foam Grip 1	Φ23*3*420	2
56	Wire Clamp Plug	Φ12*ø11*11.5	2
57	Foam Grip 2	Φ23*3*180	2
58	Adjustment Knob	Φ52*M16*1.5*22	1
59-1	Computer	BJHT-096	1
60	Sensor Wire		1
61	Sensor Base	Φ17*8	1
62	Extension Wire	1000mm	1
63	Pulse Wire	600mm	1
64	Grip Piece		1
65	Magnet Holder	Φ17*17.3	1
66	Magnet Cover	Φ15*3.5	1
67	Screw	ST3x8	1
68	Wing Nut	M6*H5	1
69	Washer	Φ6.5*18	1
70	Upper Handlebar		1
71	Fixed Bracket	118*72*2.5	1
72	Screw	M8*75*S5	1
73	Bush	22*20*8*11	2
74	Device Holder	157*100*50	1
75	Screw	M8*35*15*S5	2
76	Sheath	Φ8*Φ6*48	2

Version: 3.0

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