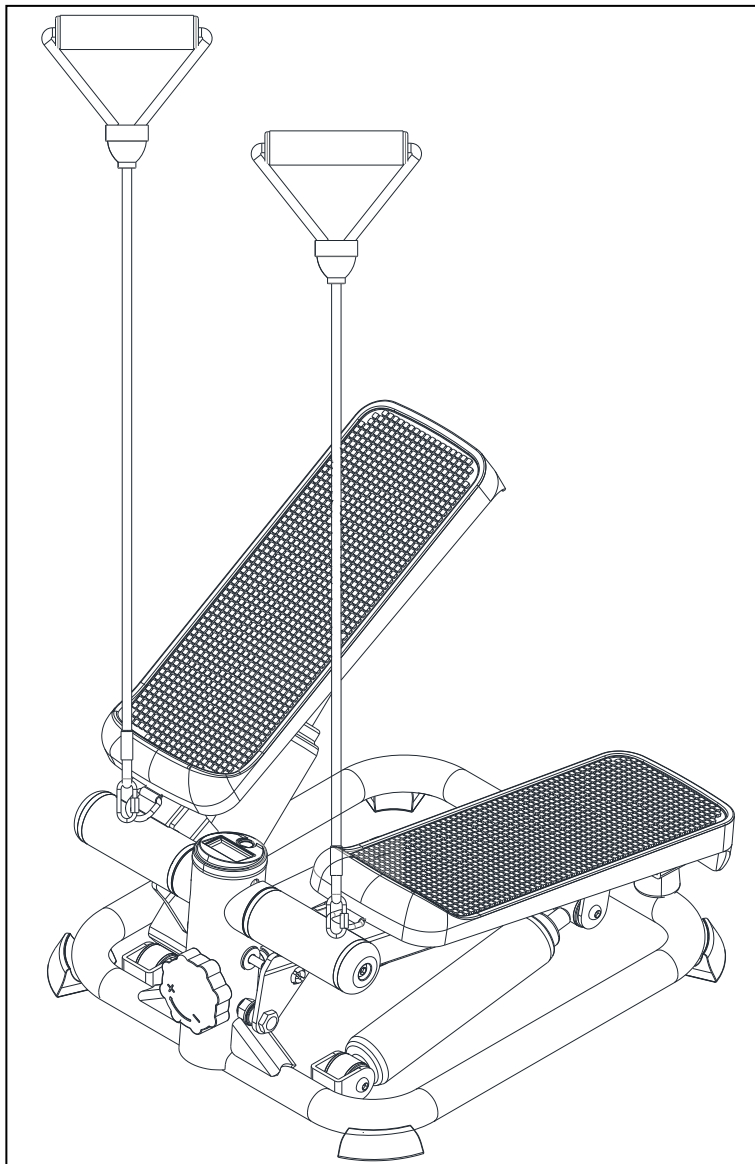




TOTAL BODY STEPPER MACHINE

SF-S0978

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).



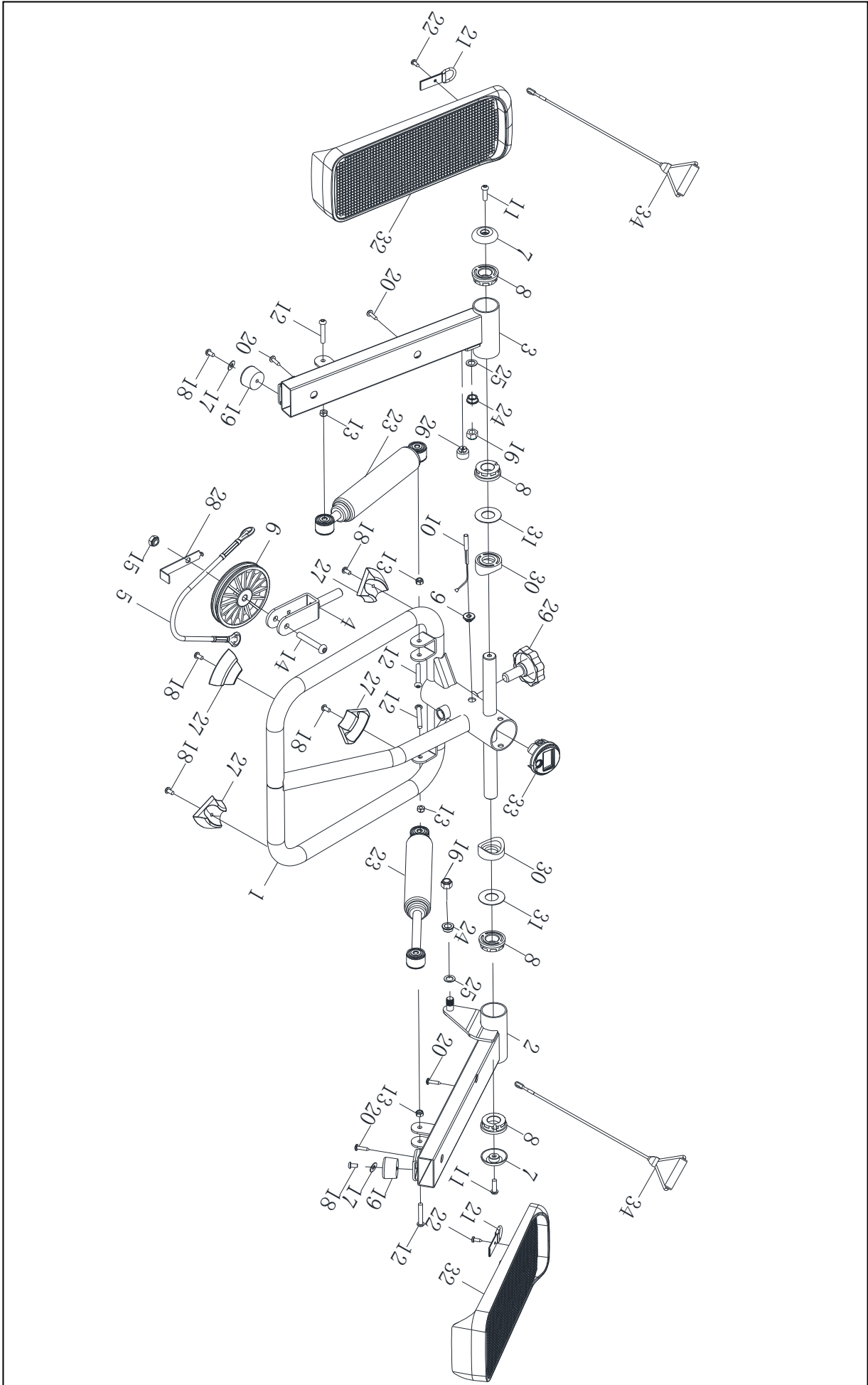
WWW.SUNNYHEALTHFITNESS.COM

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 220 pounds (100 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



PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	18	Hexagon Bolt	M5*10*S3	6
2	Right Foot Bar		1	19	Cushion	Φ30*20	2
3	Left Foot Bar		1	20	Cross Countersunk Head Tapping Screw	ST4.8*19	4
4	Pulley Fixed Bracket		1	21	Exercise Band Buckle		2
5	Wire Rope	Φ6.5*355	1	22	Cross Countersunk Head Tapping Screw	ST4.8*8	2
6	Pulley	Φ100*Φ8.2*20	1	23	Hydraulic Cylinder	Φ38	2
7	Cover		2	24	Alloy Wrap		2
8	Bushing	Φ38*Φ19.1*12	4	25	Plastic Gasket	Φ16*Φ10.2*1	2
9	Sensor Holder	Φ17*Φ11*8	1	26	Magnet	Φ17*Φ11*12	1
10	Sensor		1	27	Foot Pad	58.4*33.7*20	4
11	Hexagon Bolt	M6*20*S5	2	28	Limit Plate		1
12	Hexagon Bolt	M6*36*8*S5	4	29	Adjustment Knob	Φ60*M14	1
13	Nylon Nut	M6	4	30	Spacer	Φ38*Φ19.1*17.25	2
14	Hexagon Bolt	M8*40*15*S6	1	31	Washer	Φ38*Φ19.1*1	2
15	Nylon Nut	M8	1	32	Pedal	320*120*67.5	2
16	Nylon Nut	M10	2	33	Computer	Φ50*20	1
17	Flat Washer	Φ12*Φ5.2*1	2	34	Exercise Band	Φ8*640	2

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

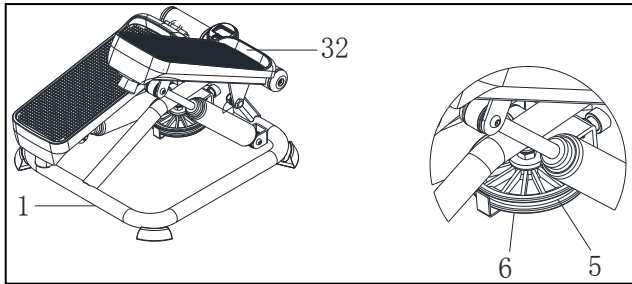
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

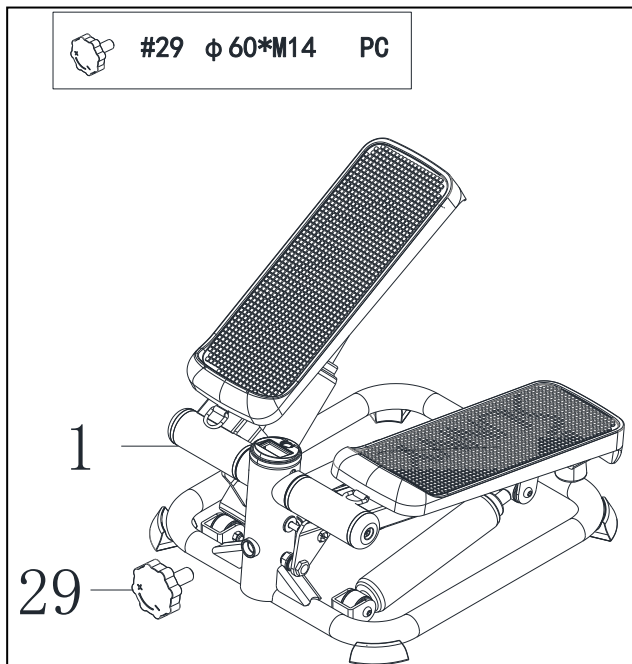
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

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

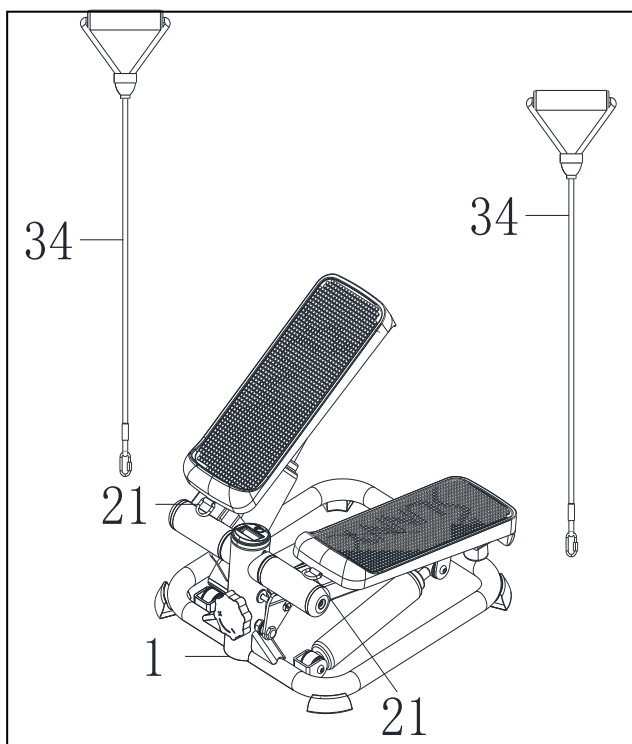
Lift one **Pedal (No. 32)** up with your hand and ensure that the **Wire Rope (No. 5)** is put in the slot of the **Pulley (No. 6)** as shown in the picture.



STEP 2:

Get the **Adjustment Knob (No. 29)** from the manual bag.

Then insert the **Adjustment Knob (No. 29)** into the **Main Frame (No. 1)** and adjust the tightness of the **Knob (No. 29)** to the desired position.

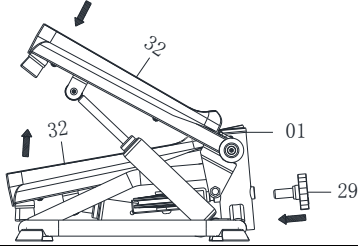


STEP 3:

Connect 2 **Exercise Bands (No. 34)** to the 2 **Exercise Band Buckles (No. 21)** on the **Main Frame (No. 1)**.

The assembly is complete !

MAINTENANCE & ADJUSTMENT GUIDE

	<p>ADJUSTING THE PEDAL STEPPING HEIGHT</p> <p>Turn the Adjustment Knob (No. 29) <u>clockwise</u> to increase the stepping height. Turn the Adjustment Knob (No. 29) <u>counter-clockwise</u> to decrease the stepping height.</p>
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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.

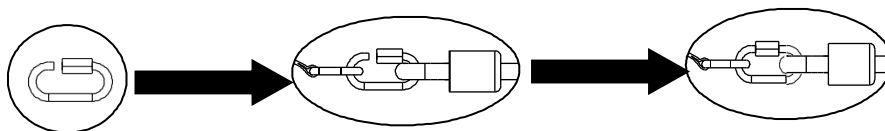
Please keep the stepper, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the stepper for proper tightness every week.

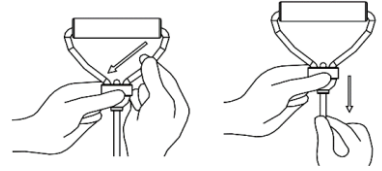
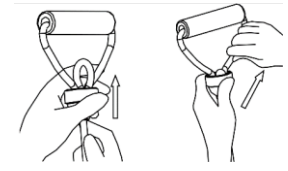
STORAGE

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

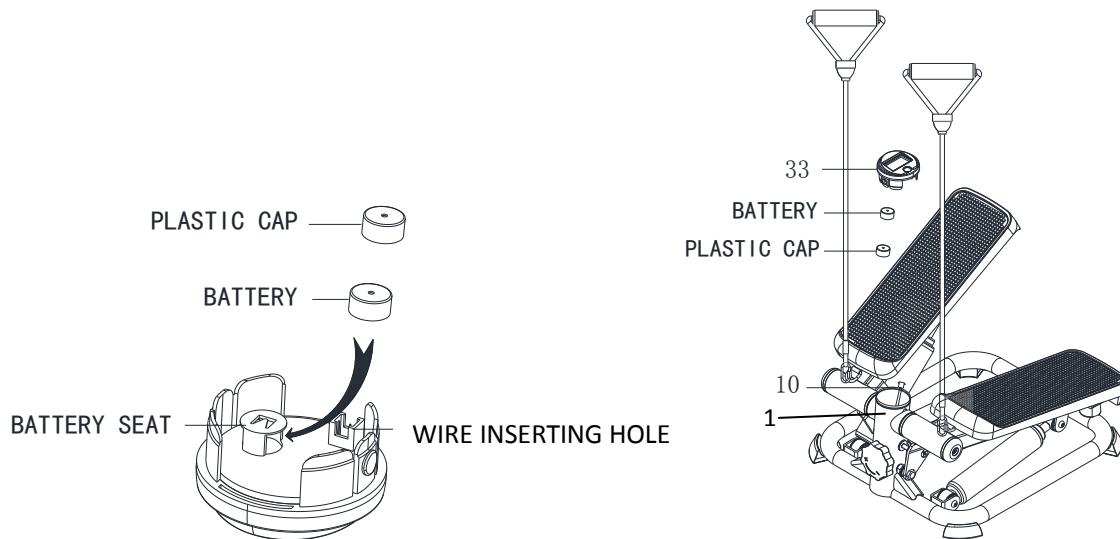
EXERCISE BAND INSTRUCTIONS

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.</p> <p>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.</p> <p>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

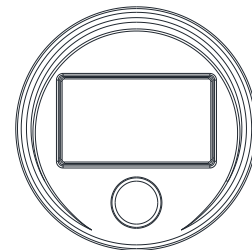


1. Remove **Computer (No. 33)** from **Main Frame (No. 1)** and disconnect the link wire of **Sensor (No. 10)** from the **Computer (No. 33)**.
2. Remove the plastic cap from the battery seat.
3. Remove the battery using your fingers.
4. Insert the new battery using your fingers. Ensure that the positive side of the battery which is labeled with a + sign is facing upward once the new battery is in place.
5. Place the plastic cap over the battery seat.
6. Insert the link wire of **Sensor (No. 10)** onto the wire inserting hole on the back of **Computer (No. 33)**.
7. Insert the **Computer (No. 33)** onto **Main Frame (No. 1)**.

EXERCISE COMPUTER

FUNCTION BUTTONS:

MODE: This button lets you to select a function. The computer will be reset by pressing the MODE button for 3~4 seconds except TOT. CNT (TOTAL COUNT).



SPECIFICATIONS:

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

FUNCTIONS & OPERATIONS:

1. CNT (COUNT):

Automatically accumulates the count of steps taken during exercise. The computer counts 1 step after you step once with each foot.

2. TMR (TIME):

Counts the total time of an exercise from start to finish.

3. CAL (CALORIES):

Counts the number of total calories burned during an exercise from start to finish.

4. TOT. CNT (TOTAL COUNT):

Displays total counts of steps since the battery is installed. To reset TOT. CNT (TOTAL COUNT), you need to remove the battery and reinsert.

5. S (SCAN):

Press the MODE button until the computer shows the flickering S. SCAN mode will automatically scan each function in the following order: CNT- TMR- TOT. CNT- CAL.

BATTERY:

- a. If you have an inaccurate reading on the meter, please replace the battery immediately.
- b. The computer uses one LR44H battery.
- c. The computer is auto-powered. It turns on when exercise begins, and it turns off when no movement is made between 4 to 5 minutes.
- d. All functions will automatically stop calculating when 'STOP' appears in the bottom right corner of the computer. This occurs when there is no signal for a period of 4 seconds. Once the exercise begins again, the computer will automatically start recalculating.

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