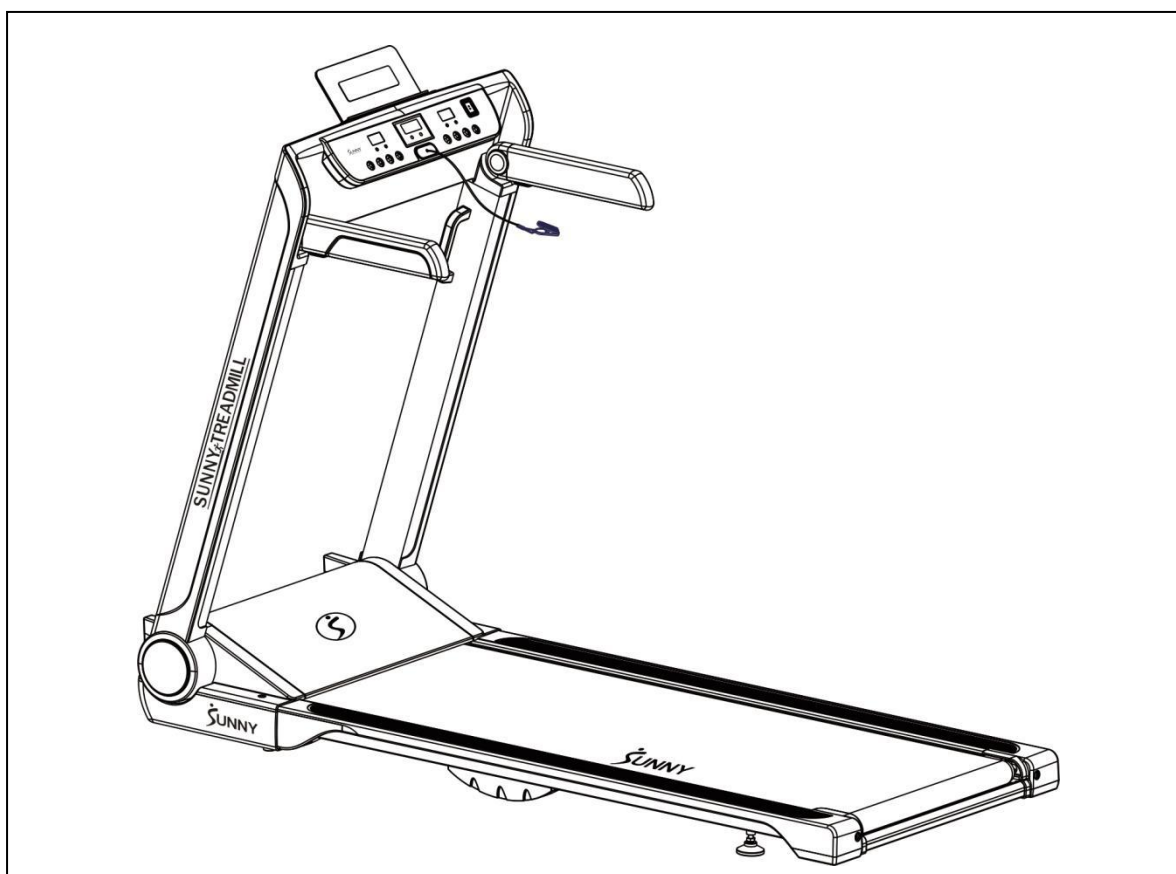




SMART STRIDER TREADMILL WITH 20" WIDE LOPRO DECK SF-T7718 SMART USER MANUAL



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 INSTRUCTION

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

DANGER –To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors. Household use only.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. **CAUTION:** Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
14. **REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN, AS APPLICABLE) WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.**

SAVE THESE INSTRUCTIONS

CAUTION:

To avoid Injury, use extreme caution when stepping onto or off the running belt. Read instruction manual before using.

IC CAUTION: This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

IC Radiation Exposure Statement:

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this treadmill correctly. It is important to read this entire manual before assembling and using the treadmill. Safe and effective use can only be achieved if the treadmill is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the treadmill 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 treadmill 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 treadmill. The treadmill is designed for adult use only.
4. Use the treadmill on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the treadmill should have at least 8 feet (240CM) of free space behind it and 2 feet (60CM) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Ensure that all nuts and bolts are securely tightened before using the treadmill. The safety of the treadmill 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 treadmill, or if you hear any unusual noises coming from the treadmill during exercise, discontinue use of the treadmill immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the treadmill. Avoid wearing loose clothing that may become entangled in the treadmill.
8. Do not place fingers or objects into the moving parts of the treadmill.
9. The maximum weight capacity of this unit is 265 lbs (120 kgs).
10. The treadmill 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 treadmill is designed for indoor and home use only; it is not intended for commercial use!

IMPORTANT OPERATING INSTRUCTION

1. Insert the power plug directly into the socket.
2. Read the manual before operating the treadmill.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the running belt. This may result in serious injury.
5. This unit starts at a very low speed. To begin use, hold onto the handrails and stand on the side rails while it starts up, then step onto the running belt once it's in motion.
6. Always hold the handrail when making changes in the settings.
7. A safety key is provided for emergency use. The treadmill will function only if the safety key is inserted into the console. In case of emergency, remove the safety key to immediately stop the running belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This treadmill is designed for adult use only! Children should not be allowed to use or play near this treadmill. When present, children should always be supervised by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after exercise.

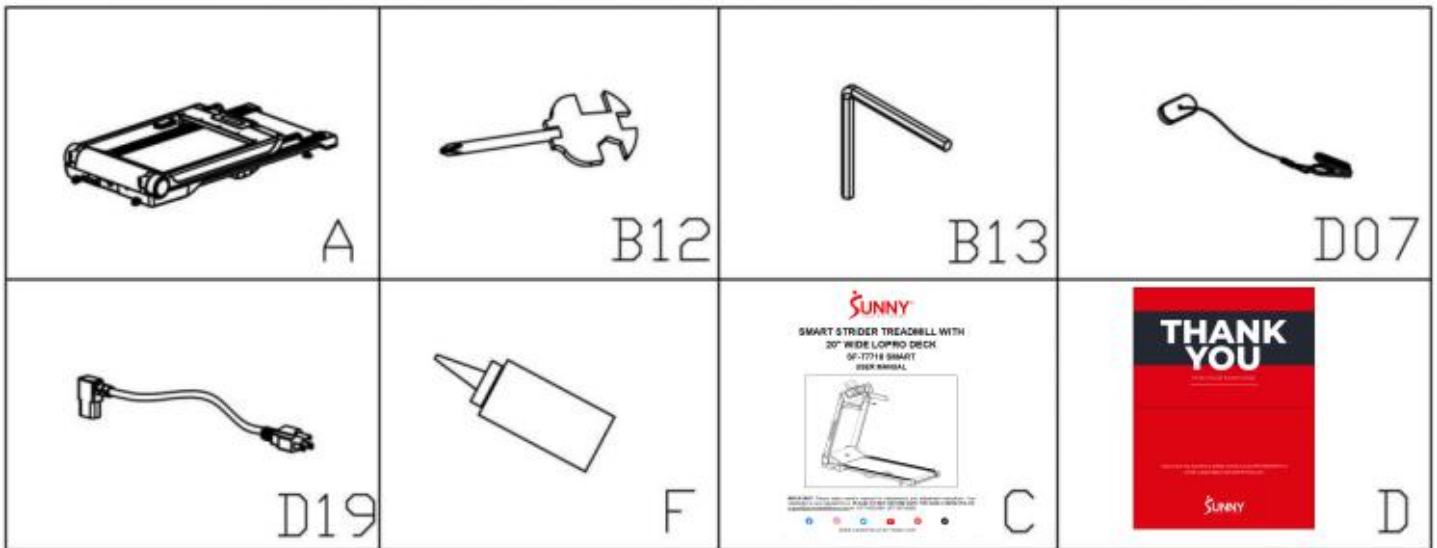


IMPORTANT NOTE:

The belt must be lubricated before the first use! Please see *Page 8* for instructions on how to properly apply lubricant.

PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
A	Treadmill		1
B12	Spanner W/ Screw Driver	S=13,14,15	1
B13	Allen Wrench	5mm	1
D07	Safety Key		1

No.	Description	Spec.	Qty.
D19	Power Wire		1
F	Lubricant Oil		1
C	Manual		1
D	Thank You Card		1

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

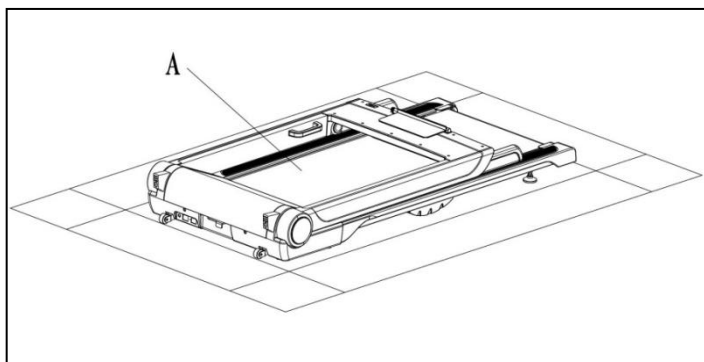
Please provide the following information in order for us to accurately identify the part(s) needed

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the Parts List and Exploded Diagram (found near the end of the manual)

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

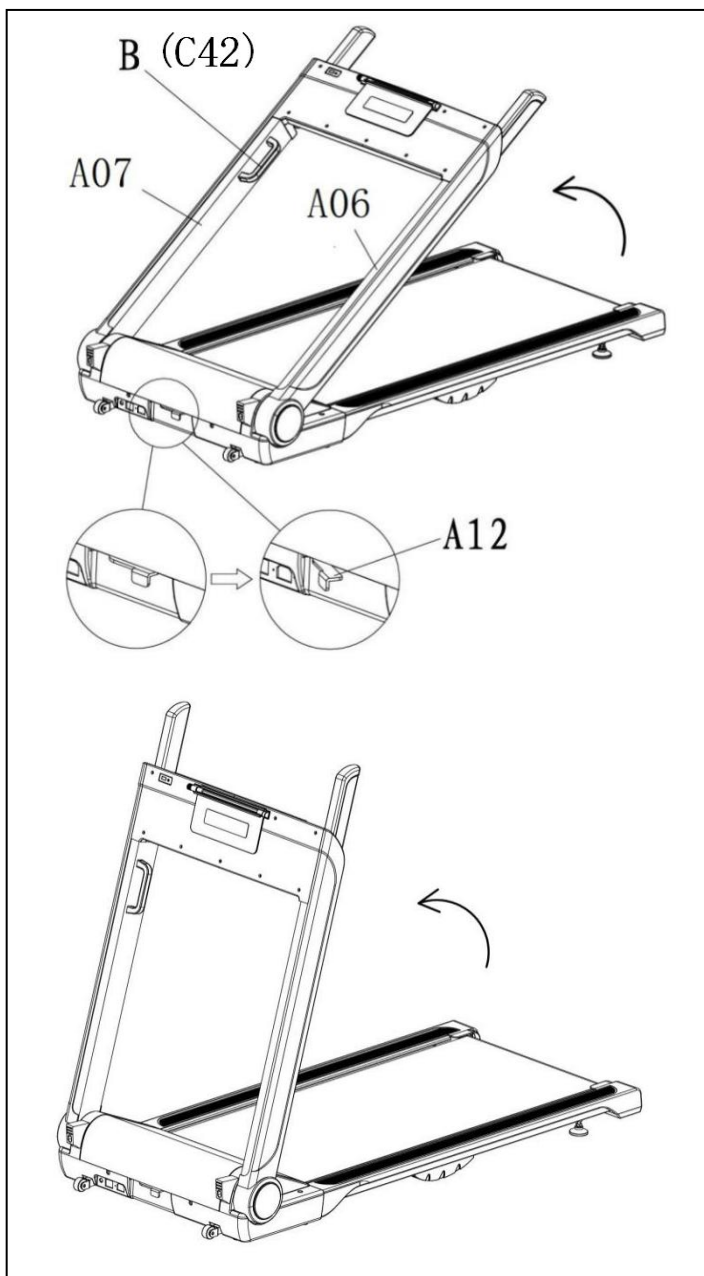
ASSEMBLY INSTRUCTIONS

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:

Open the carton and remove contents. Place the **Treadmill (No. A)** on leveled ground. Ensure that you have a work area that is clean and has adequate space.

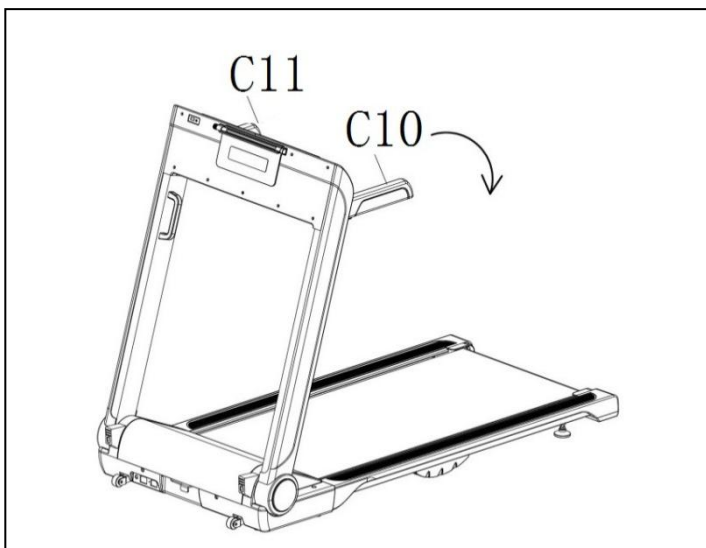


STEP 2:

Pull out the **Rotating Plate (No. A12)** with your right hand. At the same time, place your left hand at the **Handle (No. C42) [Position B]**, then pull up the **Left & Right Upright Tubes (No. A06 & No. A07)**.

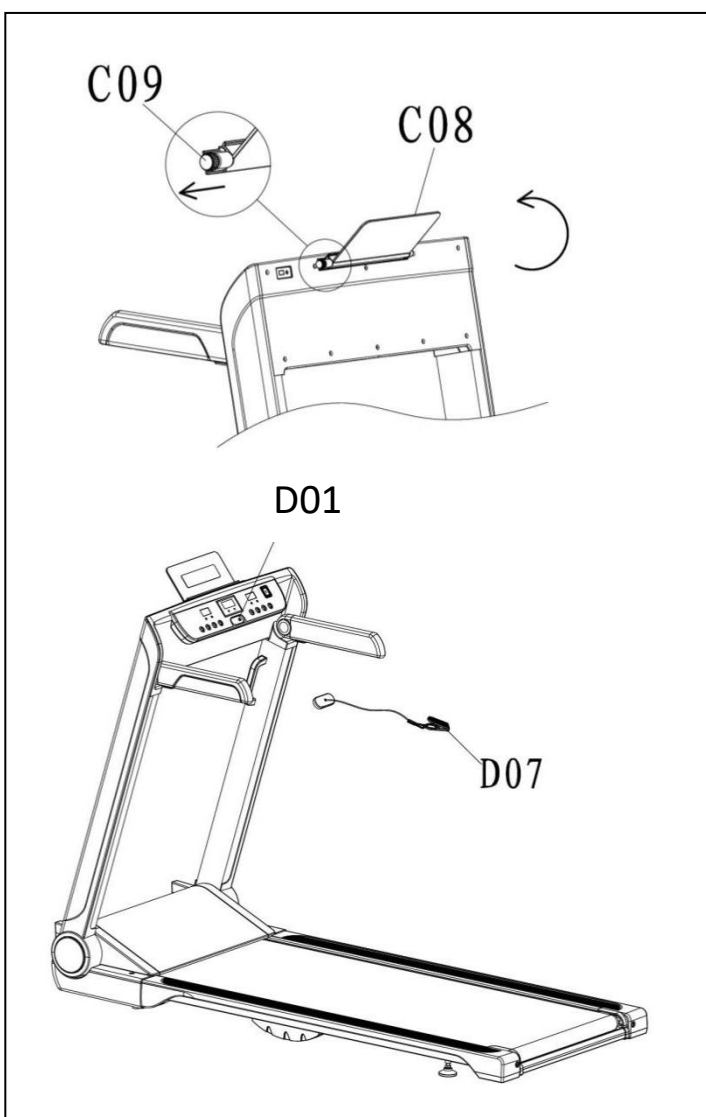
When pulling up the **Left & Right Upright Tubes (No. A06 & No. A07)** you can release the **Rotating Plate (No. A12)**. You will hear a click when the upright tubes are successfully locked in.

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 3:

Turn the **Left & Right Handlebars (No. C10 & No. C11)** down to the fixed position.



STEP 4:

Stand behind the treadmill. Pull out the **Plastic Nut (No. C09)** with your left hand and turn the **Holder (No. C08)** up with your right hand. Once the holder is at a suitable angle, you can let go of the **Plastic Nut (No. C09)**.

Insert the **Safety Key (No. D07)** into the magnetic area of the **Console (No. D01)**.

The assembly is now complete!



IMPORTANT NOTE!

You will need to lubricate your treadmill before the first use. See *Page 8*.

MAINTENANCE & CARE

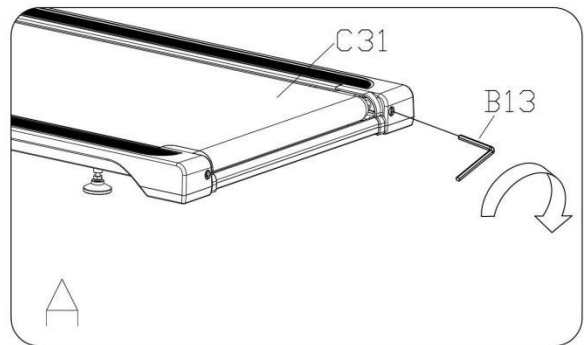
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. C31)** to prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes do not wear out the **Running Board (No. D18)** and **Running Belt (No. C31)**. Clean the surface of the **Running Belt (No. C31)** with a clean damp cloth. Keep liquids away from electrical parts and **Running Belt (No. C31)**.

To better maintain and prolong the life of the treadmill, it is recommended that the treadmill be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

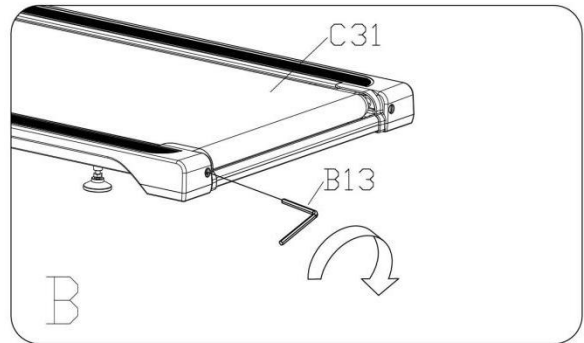
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5 MPH to check if the **Running Belt (No. C31)** drifts from the center.

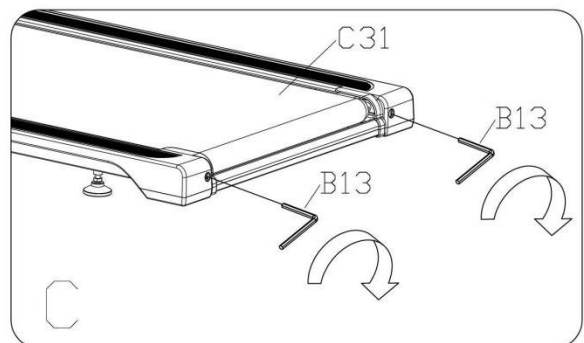
If the **Running Belt (No. C31)** moves to the right, turn the right adjusting bolt $\frac{1}{4}$ turn *clockwise*, then turn the left adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C31)** does not move, repeat this step until it centers. Refer to Figure A.



If the **Running Belt (No. C31)** moves to the left, turn the left adjusting bolt $\frac{1}{4}$ turn *clockwise*, then turn the right adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C31)** does not move, repeat this step until it centers. Refer to Figure B.



Over time the **Running Belt (No. C31)** will loosen. To tighten the **Running Belt (No. C31)** turn the left & right adjusting bolts one full turn *clockwise*, check the tension of the **Running Belt (No. C31)**. Continue this process until **Running Belt (No. C31)** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to Figure C.



LUBRICATING THE TREADMILL

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

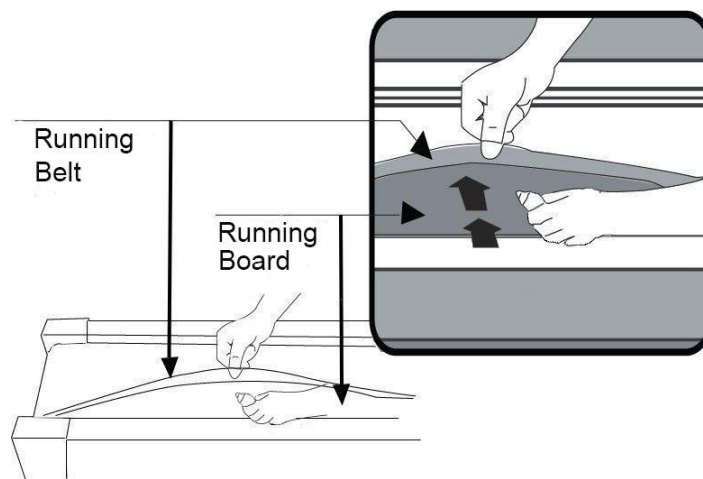
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. D18)** and **Running Belt (No. C31)** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Board (No. D18)** and **Running Belt (No. C31)** regularly. If you find any wear on the **Running Board (No. D18)**, please contact us at: support@sunnyhealthfitness.com.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

HOW TO LUBRICATE:

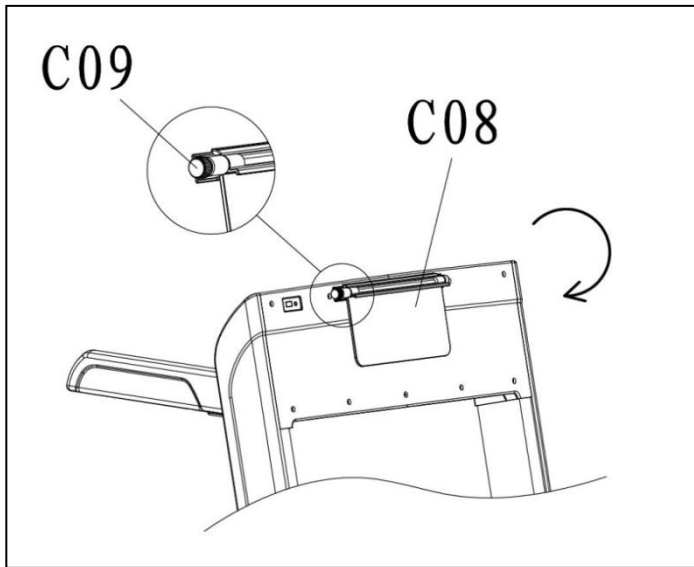
1. To apply lubricant, lift one side of the **Running Belt (No. C31)** and apply oil to the middle of the **Running Board (No. D18)**. Next, start the treadmill and place it at the lowest speed setting and allow the oil to spread over the **Running Board (No. D18)**. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the treadmill. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. **DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT.** A loose **Running Belt (No. C31)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C31)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. C31)**. The most suitable tightness for the **Running Belt (No. C31)** is when it is pulled out **50-75mm** from the **Running Board (No. D18)**.



The following time table is recommended:

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

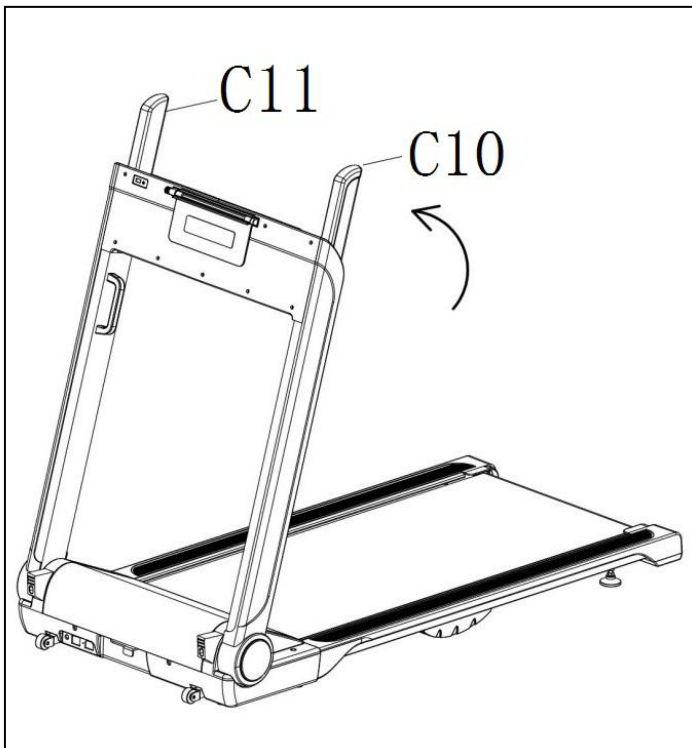
FOLDING INSTRUCTIONS



STEP 1:

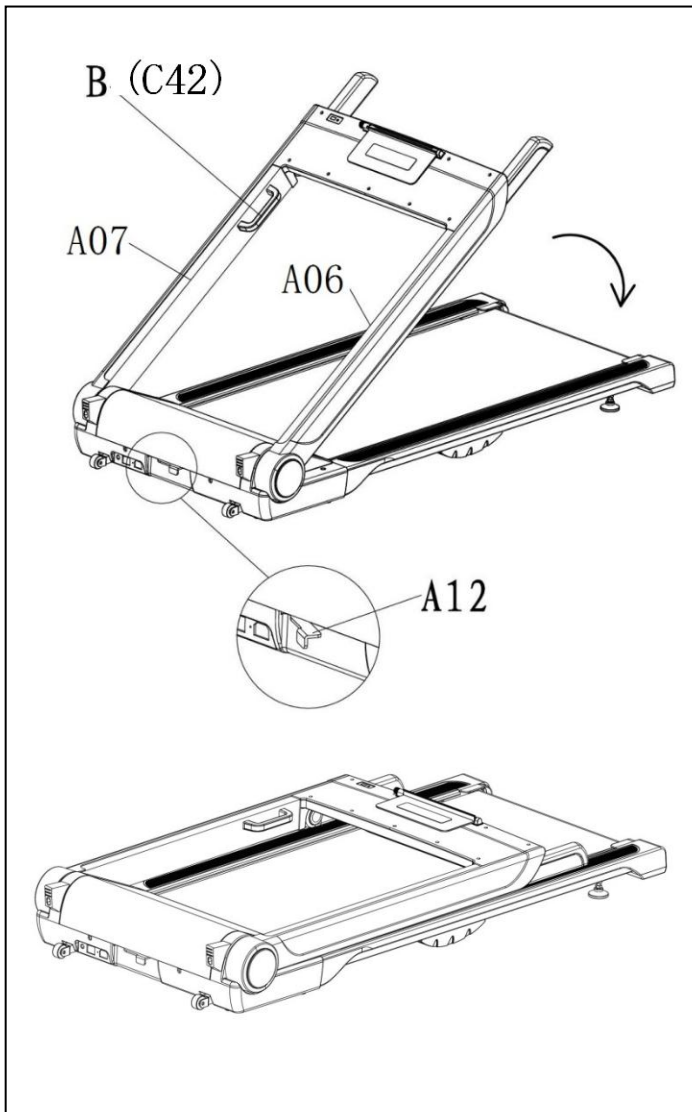
NOTE: Always unplug the treadmill from the electrical outlet before folding.

Pull out the **Plastic Nut (No. C09)** with your left hand and turn the **Holder (No. C08)** down with your right hand. Once the holder reaches a suitable angle, let go of the **Plastic Nut (No. C09)**.



STEP 2:

Turn up the **Left & Right Handlebars (No. C10 & No. C11)** up to the fixed position.

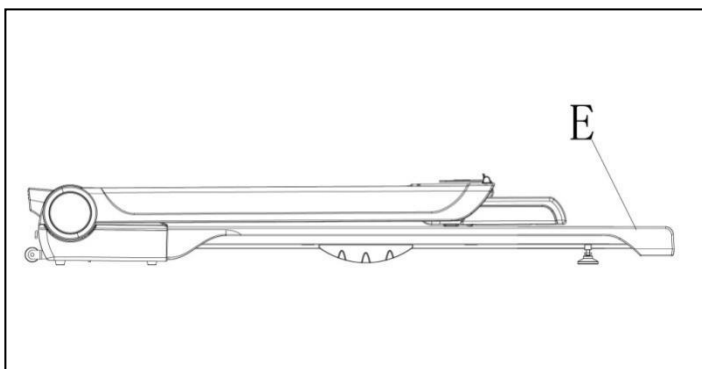


STEP 3:

Pull out the **Rotating Plate (No. A12)** with your right hand and place your left hand at the **Handle (No. C42)** [**Position B**]. Then push down the **Left & Right Upright Tubes (No. A06 & No. A07)** at the same time.

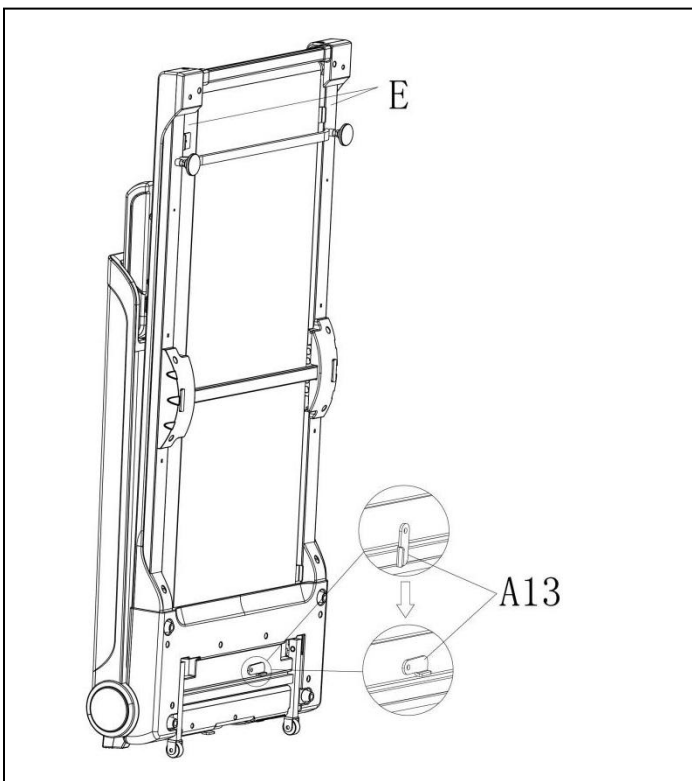
When pushing down the **Left & Right Upright Tubes (No. A06 & No. A07)** you can let go of the **Rotating Plate (No. A12)**.

NOTE: Always place your left hand at the **Handle (No. C42)** [**Position B**] when pushing down the upright tubes to avoid the tubes falling and injuring your hands.



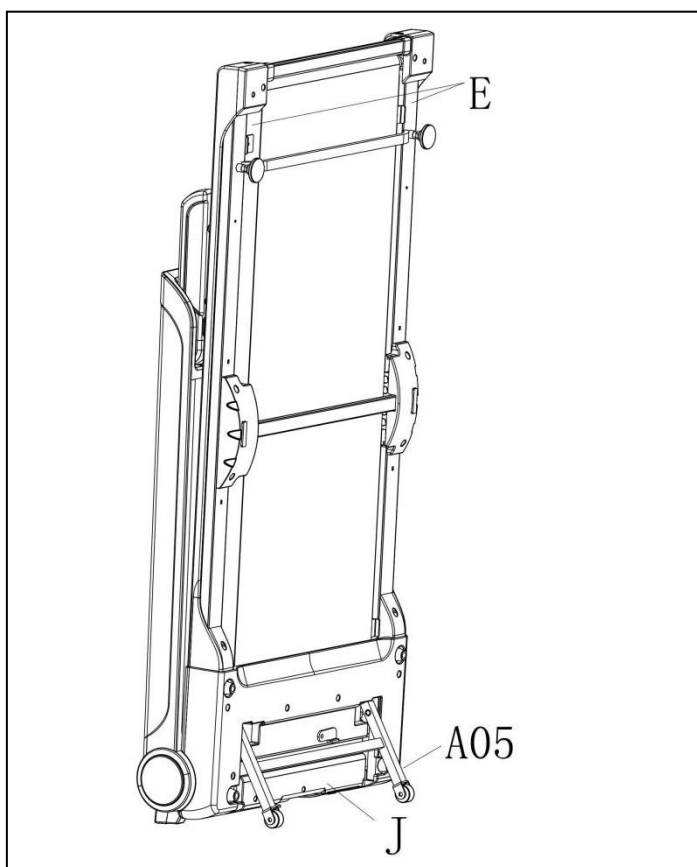
STEP 4:

Place your hand at **Position E**, and then lift the treadmill.



STEP 5:

Place your hand on Position E, and using your foot, turn the **Folding Fixed Board (No. A13)** to horizontal position.



STEP 6:

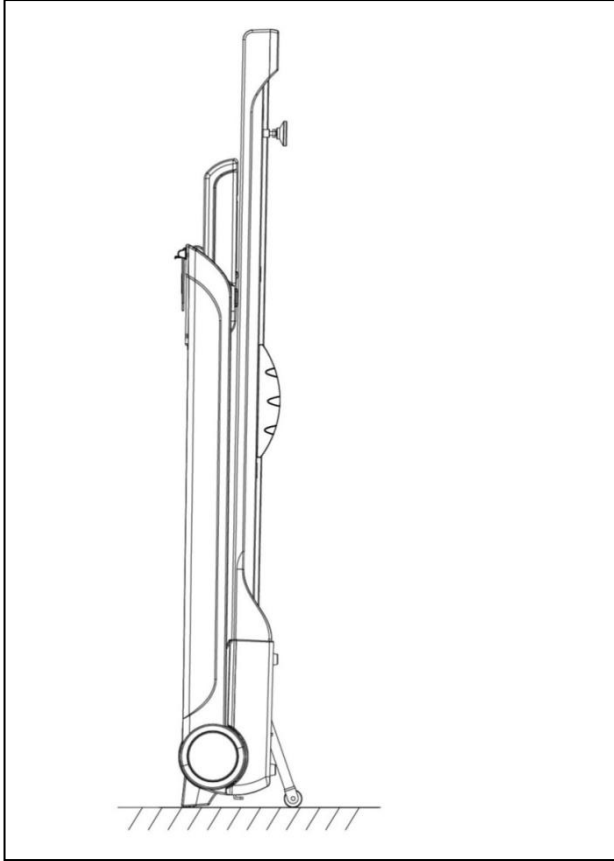
Hold the treadmill at Position E with your hand. Next, using your foot, firmly push against treadmill at position J. Carefully tilt the treadmill forward. **Folding Frame (No. A05)** will release automatically.

The folding is now complete!

STORAGE OF TREADMILL

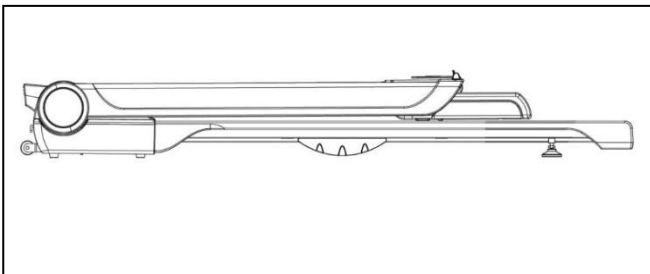
This treadmill is designed for saving space. You can choose to store treadmill vertically or horizontally.

A. Vertical Storage



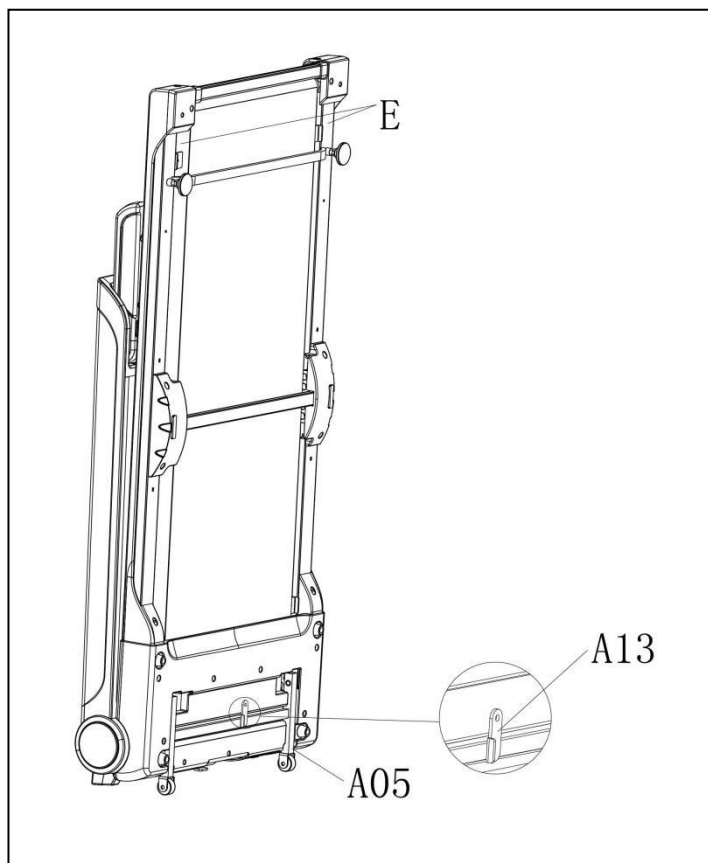
After folding, place the treadmill near the wall to avoid falling. Keep out of reach of children.

B. Horizontal Storage



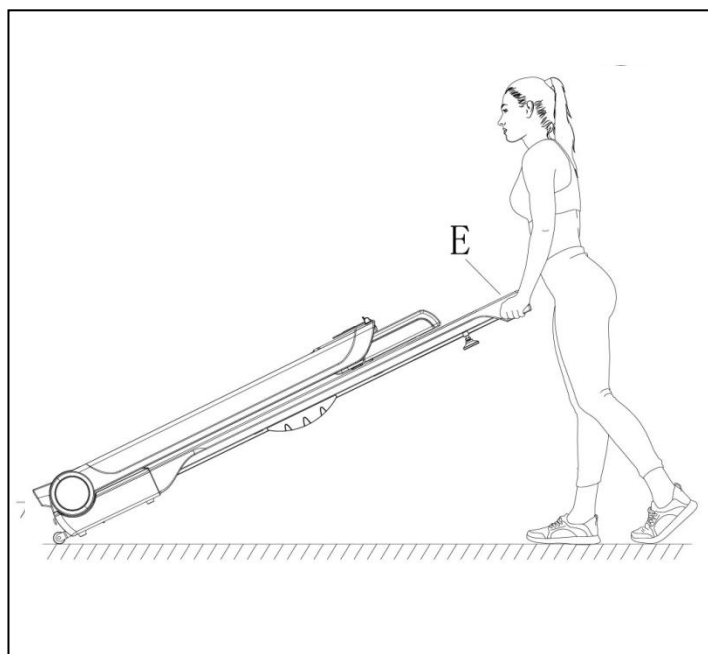
After folding, you can store the treadmill under table or any other available space.

HOW TO MOVE THE TREADMILL



Place your hands at Position E.

Put the **Folding Frame (No. A05)** inside the bottom of the treadmill and turn the **Folding Fixed Board (No. A13)** vertically with your foot to fix the **Folding Frame (No. A05)**.



To transport, hold the treadmill at Position E and tilt until the transportation wheels can move smoothly.

IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **10 amps (100-120V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adapter for this product.

This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

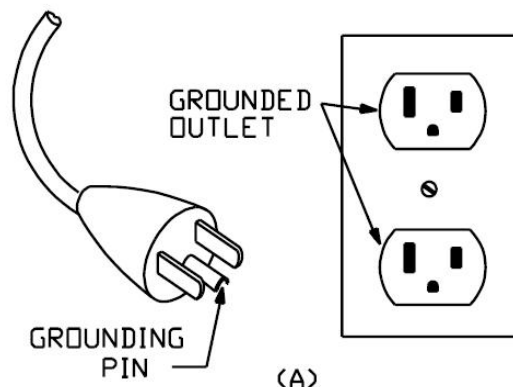
DANGER:

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by qualified electrician..

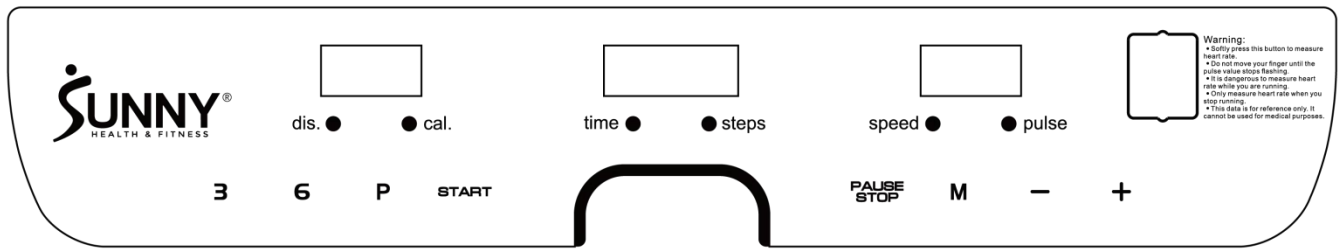
WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power wire away from any moving parts of the treadmill including the elevation mechanism and transportation wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting AC power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any other high humidity environment.

GROUNDING METHOD



OPERATING INSTRUCTIONS



QUICK START:

1. Insert the magnetic end of the **Safety Key (No. D07)** into the console. Turn on the power switch.
2. Press the **START** button, and the system will automatically display a 3 seconds countdown. Once the countdown reaches zero, the **Running Belt (No. C31)** will start at the initial **default speed of 0.6 MPH**.
3. To adjust the speed, you can use the **SPEED +/- BUTTONS**.

***NOTE: The maximum speed on this treadmill is 9.0 MPH.**

CONTROL FUNCTIONS:

1. Press the – Speed Button to reduce the running speed.
2. Press the + Speed Button to increase the running speed.
3. Press the **STOP** Button will **PAUSE** the running belt and current workout data during running. Under pause mode, if you press “**START**” button again, the treadmill will continue to work. If you press “**STOP**” button, the treadmill will terminate current workout session completely.
4. Softly press **Infrared Heart Rate Sensor Button (No. G01)** to measure heart rate.

WINDOW DISPLAY:

Each window will alternately display each function every few seconds.

SPEED/ PULSE: The speed range is 0.6-9.0 MPH. 0.6 MPH is the default running speed. When the runner puts their finger on the pulse sensor (located on the console), the system will calculate the runner's heartbeat and display it on the window. The pulse range is 50-200 beats/min (This data is just for reference and cannot be used as the medical data).

TIME/STEPS: Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, the treadmill will stop smoothly and display “End” then automatically reset to 0:00 after 5 seconds. When in Countdown Mode, it will count from the setting time to 0:00. When the clock reaches 0:00, the treadmill will stop smoothly and display “End” then automatically reset itself after 5 seconds.

Display steps that the user has walked. When display steps, it will count from 0 to 9999, when up to 9999, it will count again from 0.

CALORIES/DISTANCE: Displays the number of calories burned from 0 to 999 KCAL. When the count reaches 999, it will reset and start back from 0. When in Countdown Mode, it will count down from the desired setting to 0. Once it reaches 0, the treadmill will stop smoothly and display “End”, then automatically reset to the initial setting after 5 seconds. Displays the distance traveled (0.0-99.9 MILES). When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will count down from the setting data to 0.00. When it reaches 0.00, the treadmill will stop smoothly and display “End” and automatically reset to the initial setting after 5 seconds. When setting **PROGRAMS**, the speed is programmed in intervals. **PROGRAMS** are from P1-P9.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	15:00	5:00—99:00	0:00—99:00
SPEED(MPH)	0.6	0.6	0.6—9.0	0.6—9.0
DISTANCE(MILE)	0.00	1.00	0.50—99.9	0.00—99.9
PULSE(BPM)	P	N/A	N/A	50—200
CALORIE(KCAL)	0	50	10-999	0—999

FUNCTION KEYS:

START: To start the treadmill, insert the magnet end of the safety key into the console and press the START button. (This treadmill requires a safety key in order to operate)

STOP/PAUSE: This button has functions of STOP and PAUSE. During running, press this button, the treadmill will pause, and all data will be kept, window will show “PAU”; Under pause mode, if you press “START” button, the treadmill will continue to work. If you press “STOP” button, the treadmill will stop and all data recover to initial setting.

MODE: When stopped, press this button to select a MODE. Pressing once will enter “0.0”, the default operating mode. H1 is the TIME countdown mode starting from 15:00 MINS. H2 is the DISTANCE Countdown Mode starting from 1 MILE and H3 is the CALORIES Countdown Mode which starting from 50 KCAL. P1-P2.....P9 are preset programs. When setting each mode and programs, you can press SPEED +/- to increase or decrease from the set data. Press START to start the treadmill.

SPEED +/- BUTTONS: Press the +/- buttons to increase or decrease the speed in increments of 0.1 MPH. Pressing and holding either of these buttons for a duration of over ½ a second will increase or decrease the speed continually.

PROGRAM: Press the PROGRAM button to set your desired interval setting. Programs are displayed as P1-P9 and the various intervals are shown on the face of the treadmill. P1-P9 are preset programs. Turn to Page 28 for further details on all programs.

3 & 6 (QUICK SPEED BUTTONS): These buttons are preset to the speeds of 3 or 6 MPH for convenience.


USB CONNECTION:

You can plug in a device to charge via USB.

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 CONSOLE 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, or use the in-app "Contact Us" form to request support ("Me" tab -> "Contact Us").

LUBRICATION REMINDER:

Your treadmill needs lubrication maintenance every 188 miles. The system will release a beeping sound every 10 seconds and display an "OIL" icon on your display to remind you when it's time. Please read the LUBRICATING THE TREADMILL on *Page 8* to learn the proper steps to lubricating your treadmill. Apply the lubricant to the middle of the running board on both sides. After application, press and hold the STOP button for 3 seconds to clear the "OIL" reminder.

INTERVAL PROGRAMS (P1-P9):

Press the M button to select an interval setting. Programs are displayed as P1-P9. Select the desired program, and the console will display a countdown starting from 10:00 MINS, press SPEED +/- buttons if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will be changed according to the set interval. Press SPEED +/- buttons to change the speed. After finishing one program, the system will beep and display "End". The treadmill will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

PROG	TIME	TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
P2	SPEED	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.2
P3	SPEED	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.8	1.2
P4	SPEED	1.8	3.7	4.3	3.1	5	3.1	5.6	3.7	2.5	1.8
P5	SPEED	1.8	3.7	4.3	3.1	5	3.7	4.3	3.7	2.5	1.8
P6	SPEED	1.2	5	3.7	2.5	3.1	5.6	4.3	3.1	2.5	1.8
P7	SPEED	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.2
P8	SPEED	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
P9	SPEED	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:

Removing the **Safety Key (No. D07)** from the console while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the console will show “- - -” and the buzzer will beep 3 times. To start the treadmill again, insert the magnetic end of the **Safety Key (No. D07)** into the console and press the START button.

POWER SAVE FUNCTION:

When the treadmill has been inactive for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the console will be turned off. To turn it back on, press any button.

POWER ON:

Flick the power switch to this symbol to turn on the treadmill.

POWER OFF:

Flick the power switch to this symbol to turn the treadmill off at anytime. This includes during exercise.

SAFETY NOTE:

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you have become familiar with the treadmill.
2. Insert the magnet end of the **Safety Key (No. D07)** into the console and attach the opposite end (containing the safety clip on it) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No. D07)** and the treadmill will stop immediately.

EXERCISE INSTRUCTIONS

GETTING STARTED:

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 treadmill properly.

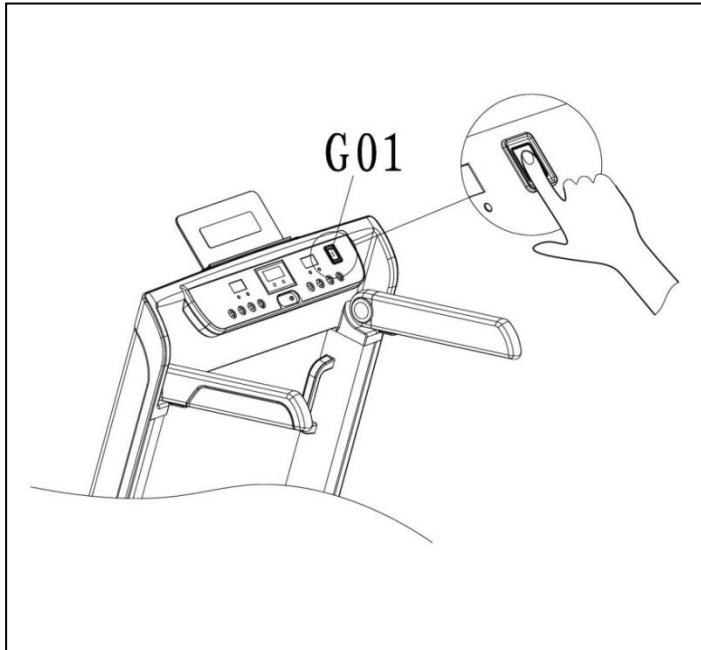
Be aware of your body's signals. Incorrect or excessive exercise can damage your health.

Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.
2. Next, attach the clip end of the **Safety Key (No. D07)** to your clothes and insert the magnetic end of the key into the console.
3. Press the START button to start the treadmill.
4. The treadmill will start at the system default setting speed of **0.6 MPH**. when you feel comfortable, you may slowly increase this speed.
5. When you are finished with your exercise, press the STOP button to stop the treadmill or you can remove the magnetic end of the **Safety Key (No. D07)** to stop the treadmill.

HEART RATE MEASUREMENT



It is dangerous to measure heart rate while you are running. Only measure heart rate when you stop running.

Softly press **Infrared Heart Rate Sensor (No. G01)** to measure your heart rate.

Do not move your finger until the pulse value stops flashing.

This data is for reference only. It cannot be used for medical purposes.

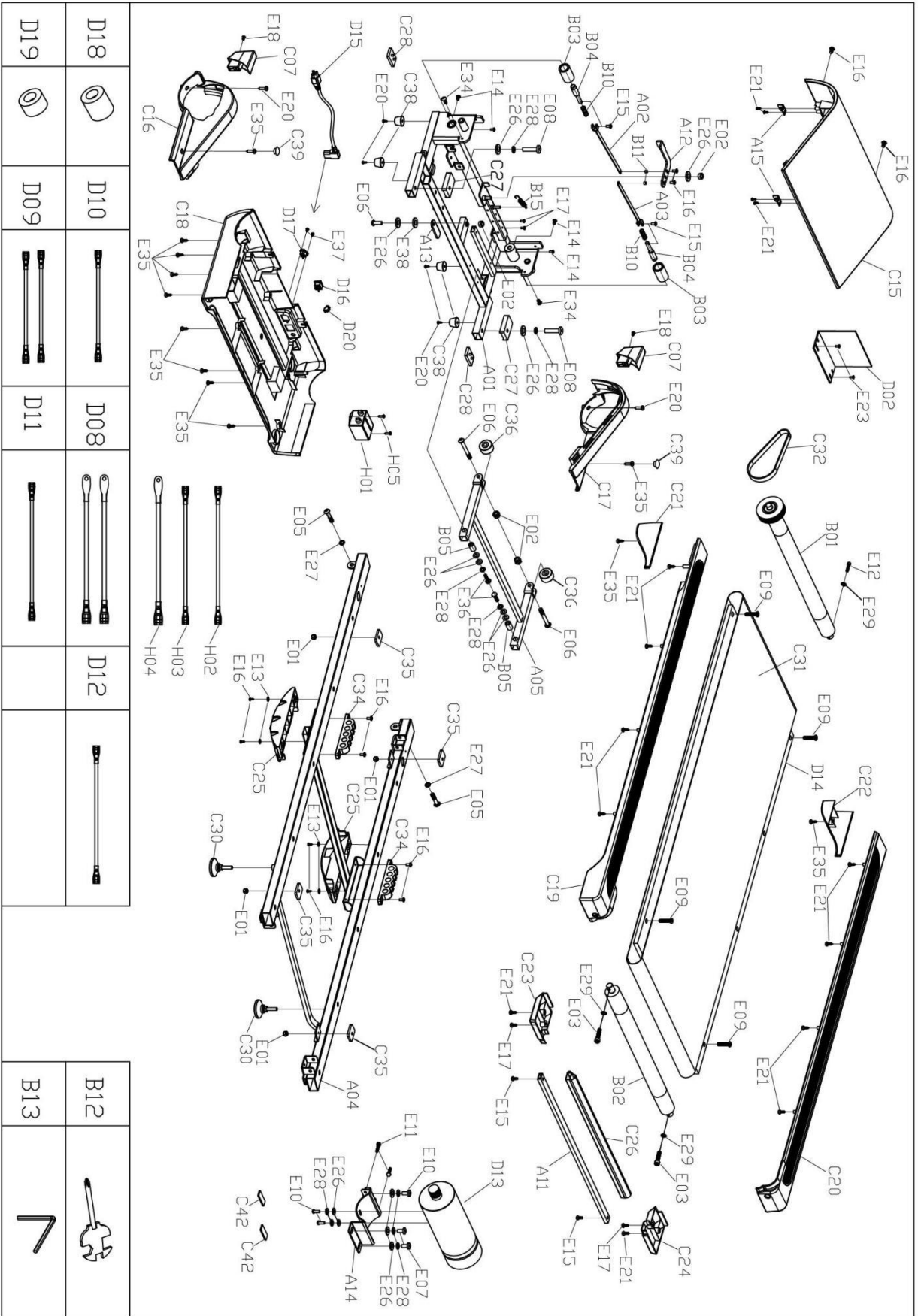
TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in.	Plug cord into outlet.
	Safety Key is not inserted.	Insert Safety Key.
Running belt not centered	Running belt tension is not correct on the left or right sides of the running board.	Tighten the left and right adjusting bolts of the rear roller. (See page 7 for instructions)
Computer not working	Wires from the console and bottom control board are not properly connected.	Check wire connections from the console to the control board.
	Transformer is damaged.	If the transformer is damaged, contact customer service.
E01 or E13: Message failure	Wires from the console and bottom control board are not properly connected.	Check wire connections from the console to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.

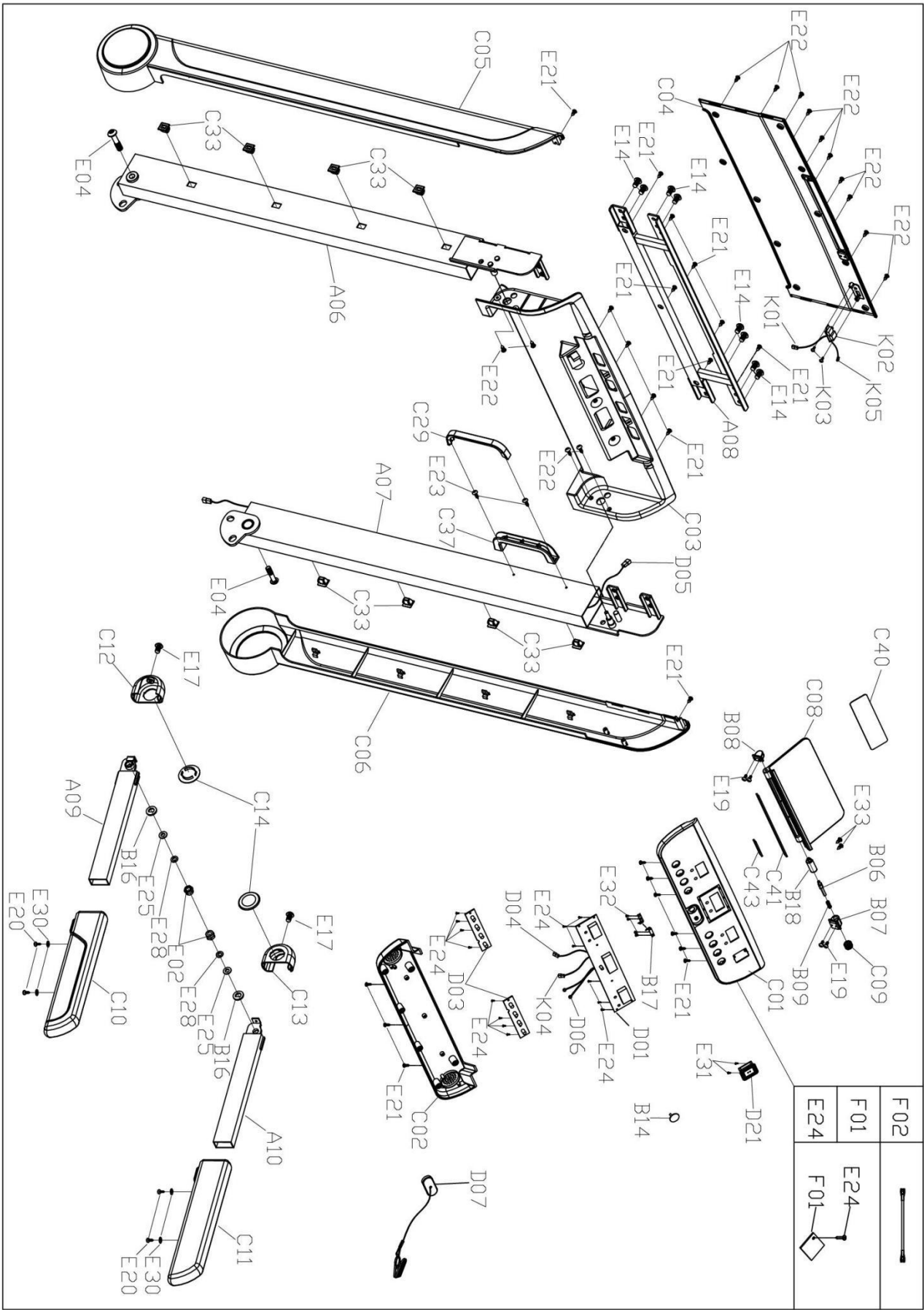
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.
E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it is correct. Check the control board, replace if damaged.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary.
E06: Motor Abnormality	The motor wire is not connected, or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor.
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor Abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at support@sunnyhealthfitness.com.

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

No.	Description	Specification	Qty
A01	Base Frame		1
A02	Guide Rod Connecting Frame 1		1
A03	Guide Rod Connecting Frame 2		1
A04	Main Frame		1
A05	Folding Frame		1
A06	Left Upright Tube		1
A07	Right Upright Tube		1
A08	Computer Bracket		1
A09	Left Handle Bar Bracket		1
A10	Right Handle Bar Bracket		1
A11	Rear Horizontal Tube		1
A12	Rotating Plate		1
A13	Folding Fixed Board		1
A14	Motor Bracket		1
A15	Motor Cover Thread Board		2
B01	Front Roller		1
B02	Rear Roller		1
B03	Guide Bushing		2
B04	Guide Rod		2
B05	Folding Turning Bushing		2
B06	Tablet Holder Pin		1
B07	Tablet Holder Fixed Base 1		1
B08	Tablet Holder Fixed Base 2		1
B09	Compressed Spring	Φ6*18	1
B10	Compressed Spring	Φ10.5*30	2
B11	Bushing		2
B12	Spanner W/ Screw Driver	S=13,14,15	1
B13	Allen Wrench	5mm	1
B14	Safety Key Metal Sheets		1
B15	Pull Spring		1
B16	D Shape Sheets		2
B17	Shrapnel		2
B18	IPAD Fixing Axis		1
C01	Panel Top Cover		1
C02	Panel Bottom Cover		1
C03	Console Top Cover		1
C04	Console Bottom Cover		1
C05	Left Upright Tube Side Cover		1
C06	Right Upright Tube Side Cover		1
C07	Front Foot Pad		2
C08	Holder		1
C09	Plastic Nut		1

No.	Description	Specification	Qty
C10	Left Handlebar		1
C11	Right Handlebar		1
C12	Left Handle Bar Front Cover		1
C13	Right Handle Bar Front Cover		1
C14	Handle Bar Side Cover		2
C15	Motor Top Cover		1
C16	Motor Left Side Cover		1
C17	Motor Right Side Cover		1
C18	Motor Bottom Cover		1
C19	Left Side Rail		1
C20	Right Side Rail		1
C21	Side Rail Left Cover		1
C22	Side Rail Right Cover		1
C23	Left Side Rail Bottom Cover		1
C24	Right Side Rail Bottom Cover		1
C25	Middle Cushion Pad		2
C26	Horizontal Foam		1
C27	Square Rubber Pad		2
C28	Folding Base Rubber Cushion		2
C29	Handle Cover		1
C30	Versatile Foot Pad		2
C31	Running Belt		1
C32	Motor Belt		1
C33	Upright Tube Buckle		8
C34	Middle Cushion Pad		2
C35	Rubber Cushion		4
C36	Transportation Wheel		2
C37	Handle		1
C38	Foot Pad		4
C39	End Cap		2
C40	Holder Silicone Pad 1		1
C41	Holder Silicone Pad 2		1
C42	EVA Pad	50*20*4	2
C43	EVA Pad	50*6*2.0	1
D01	Console		1
D02	Control Board		1
D03	Button Board		2
D04	Upper Signal Wire		1
D05	Lower Signal Wire		1
D06	Safety Key Connecting Wire		1
D07	Safety Key		1
D08	Grounding Wire		1

No.	Description	Specification	Qty
D09	AC Single Line	Brown 200	2
D10	AC Single Line	Blue 200	1
D11	AC Single Line	Brown 350	1
D12	AC Single Line	Blue 350	1
D13	DC Motor		1
D14	Running Board		1
D15	Power Wire		1
D16	Square Switch		1
D17	Power Socket		1
D18	Magnetic Ring		1
D19	Magnetic Core		1
D20	Overload Protector		1
D21	Infrared Heart Rate Sensor		1
E01	Nut	M6	4
E02	Nut	M8	6
E03	Bolt	M6*55	2
E04	Bolt	M10*60	2
E05	Bolt	M10*25	2
E06	Bolt	M8*40	3
E07	Bolt	M8*35	2
E08	Bolt	M8*25	2
E09	Bolt	M6*30	4
E10	Bolt	M8*15	3
E11	Bolt	M8*30	2
E12	Bolt	M6*50	1
E13	Big Flat Washer	Φ5*Φ13*1.0	4
E14	Bolt	M6*10	12
E15	Bolt	M5*16	4
E16	Bolt	M5*12	12
E17	Bolt	M5*8	6
E18	Bolt	M6*10	2
E19	Bolt	M4*10	4

No.	Description	Specification	Qty
E20	Screw	ST4.2*20	10
E21	Screw	ST4.2*12	36
E22	Screw	ST4.2*15	14
E23	Screw	ST4.2*12with washer	4
E24	Screw	ST2.9*8	15
E25	Big Flat Washer	Φ8*Φ22*2.0	2
E26	Flat Washer	Φ8	13
E27	Spring Washer	Φ10	2
E28	Spring Washer	Φ8	11
E29	Lock Washer	Φ6	3
E30	Big Flat Washer	Φ5*Φ13*1.0	4
E31	Screw	ST2.0*8	2
E32	Screw	ST2.9*4	4
E33	Bolt	M3*5	2
E34	Bolt	M6*10	2
E35	Screw	ST4.2*20 with washer	12
E36	Bolt	M8*35	2
E37	Screw	ST2.9*12	2
E38	Waveform Washer	Φ8	1
F01	Bluetooth Module		1
F02	Bluetooth Power Line		1
K01	Audio Socket Wire		1
K02	USB Module		1
K03	Screw	ST2.9*8	2
K04	USB Power Upper Wire		1
K05	USB Power Lower Wire		1
H01	Filter		1
H02	AC Single Line	Brown 350	1
H03	AC Single Line	Blue 350	1
H04	Ground Wire		1
H05	Screw	ST4.2*12	2

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