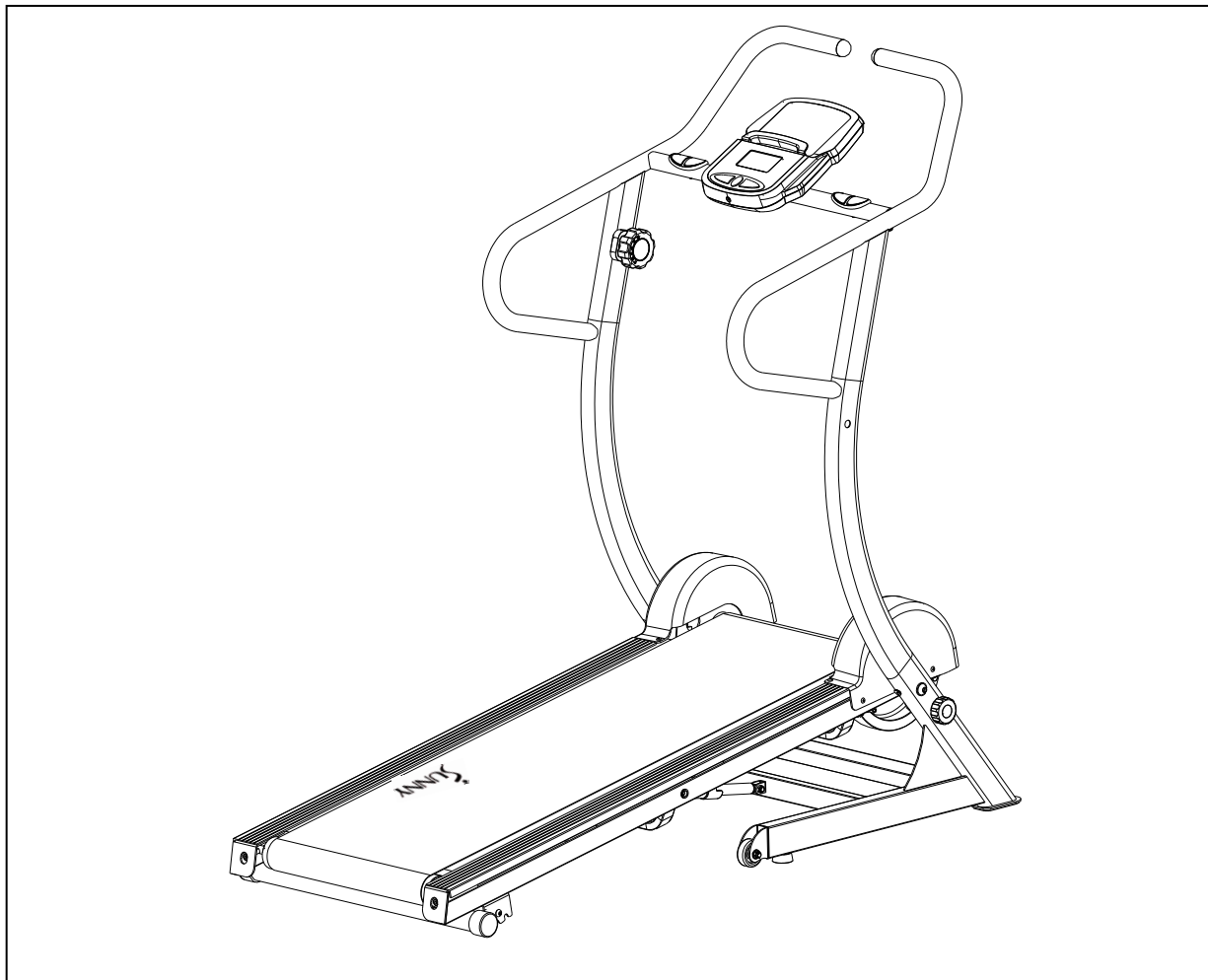# MAGNETIC TRAINING TREADMILL

SF-T7878

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 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 8 feet (240 CM) of free space behind it and 2 feet (60 CM) 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 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 300 pounds (135 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.

> ⚠️ IMPORTANT NOTE:
>
> The running belt must be lubricated before the first use! Please see Page 9 for instructions on how to properly apply lubricant.

EXPLODED DIAGRAM
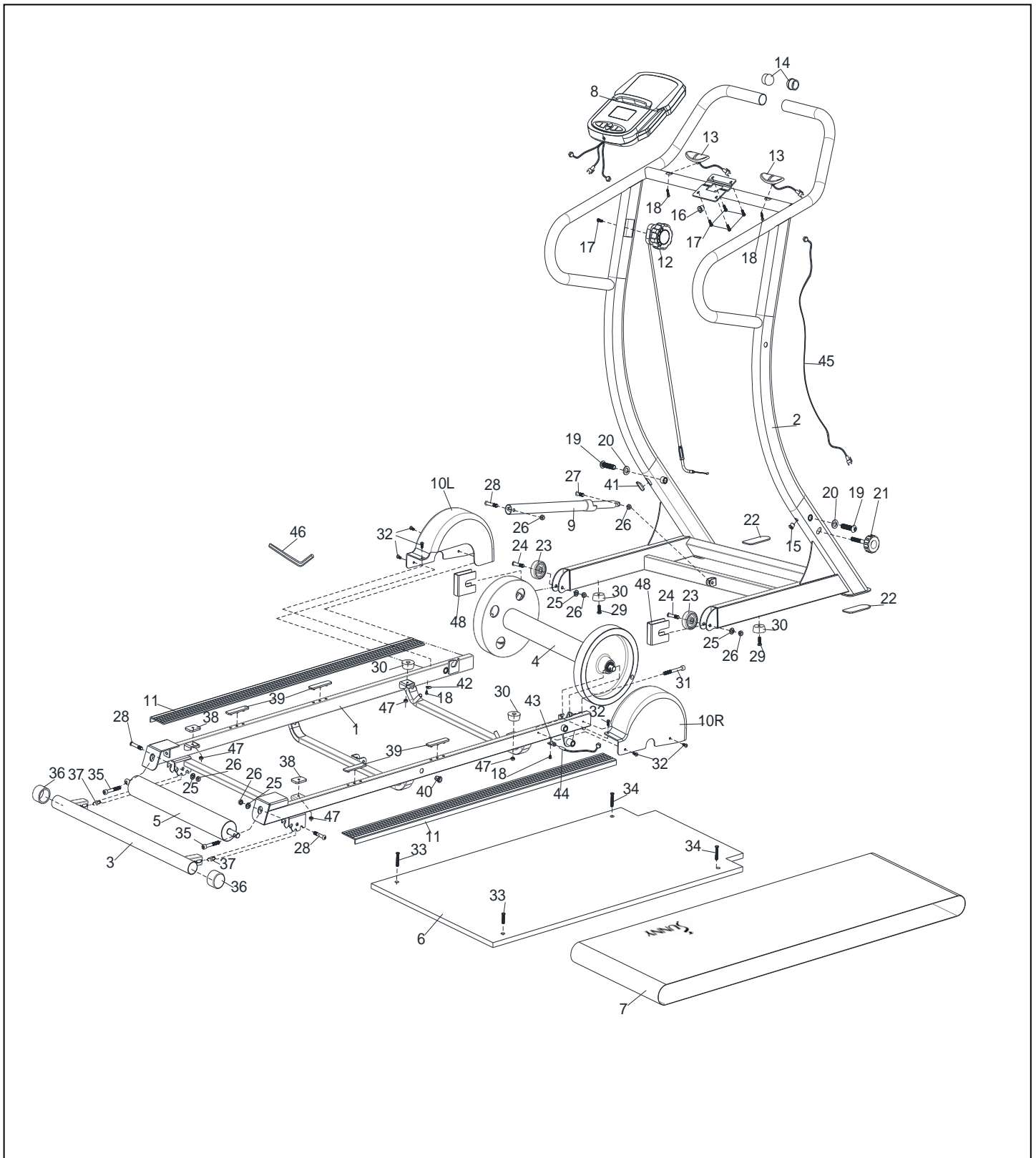
PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	25	Flat Washer	Φ8.2*Φ16*1.5	4
2	Handlebar		1	26	Nylon Nut	M8	6
3	Incline Adjuster		1	27	Socket Pan Head Bolt	M8*25*15	1
4	Front Roller		1	28	Socket Pan Head Bolt	M8*45*20	3
5	Rear Roller		1	29	Phillips Self Drilling Screw	ST5.5*22	2
6	Running Board		1	30	Cushion Mat		4
7	Running Belt		1	31	Bolt	M6*50	1
8	Meter		1	32	Phillips Self Drilling Screw	ST4.8*16	6
9	Cylinder		1	33	Phillips Button Head Screw	M6*30	2
10R	Right Plastic Cover		1	34	Phillips Button Head Screw	M6*40	2
10L	Left Plastic Cover		1	35	Bolt	M8*55	2
11	Side Rail		2	36	Round End Cap		2
12	Tension Control Knob		1	37	Spring		2
13	Hand Pulse		2	38	Square Rubber Mat		2
14	End Cap		2	39	Cushion Strip		4
15	Plug		1	40	Nut	M10	1
16	Plug		1	41	Plug		1
17	Screw	M5*15	5	42	Wire Clip		1
18	Phillips Self Drilling Screw	ST4.2*13	4	43	Sensor Bracket		1
19	Bolt	M12*70*30	2	44	Sensor Wire		1
20	Flat Washer	Φ12*Φ24*2.0	2	45	Sensor Wire Connector		1
21	Knob	M10*65	1	46	Allen Wrench	S6	1
22	Rubber Pad		2	47	Nut	M6	4
23	Transportation Wheel		2	48	Wheel Protective Sleeve		2
24	Socket Pan Head Bolt	M8*40*15	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).

UNFOLDING INSTRUCTIONS

STEP 1:

Remove the 2 **Wheel Protective Sleeves (No. 48)** from the 2 **Transportation Wheels (No. 23)**. You may save the 2 **Wheel Protective Sleeves (No. 48)** in case you'd like to repackage and transport this treadmill in the future.
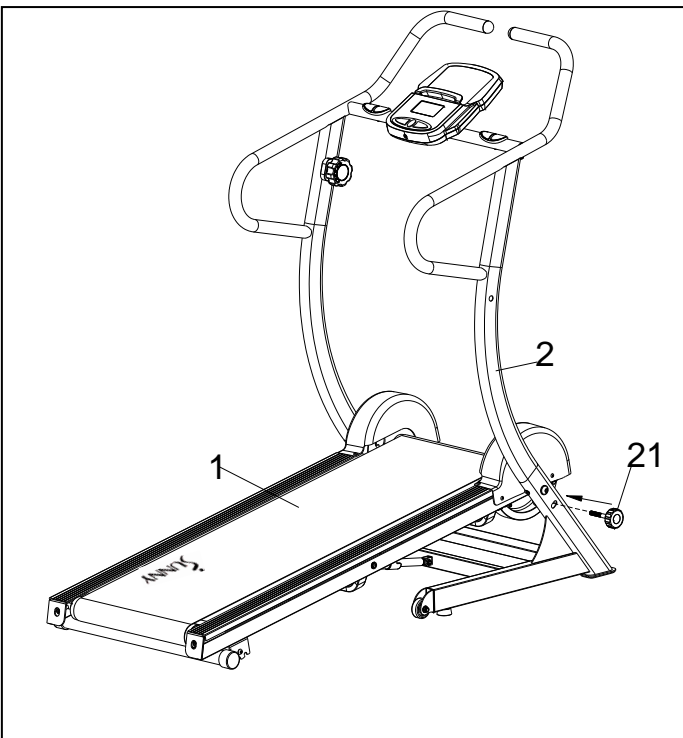
Remove **Knob (No. 21)** by rotating it *counter-clockwise*. Then, simply give the treadmill a light kick to the position on **Cylinder (No. 9)** that the arrow points to. Let **Main Frame (No. 1)** lower slowly on its own.
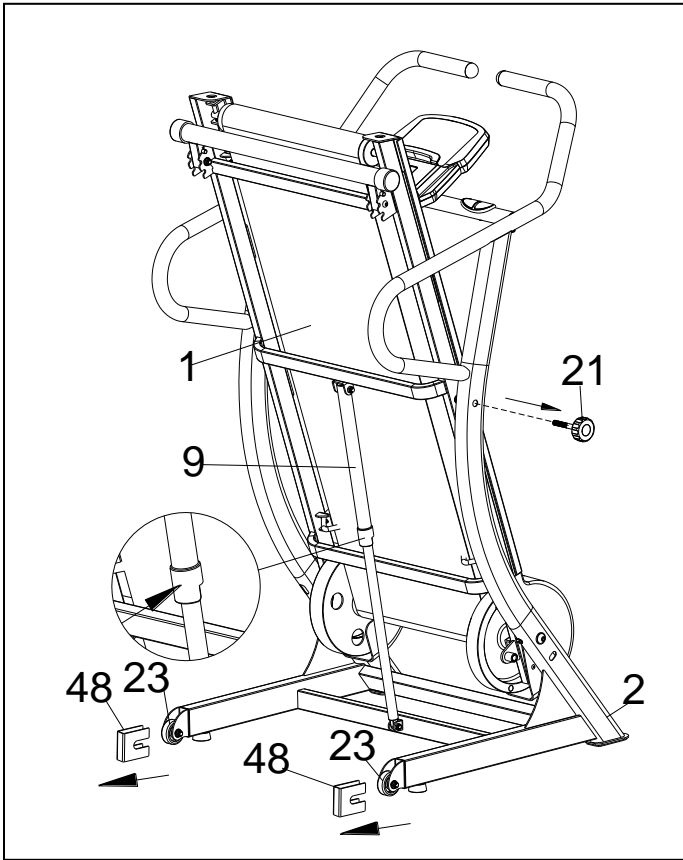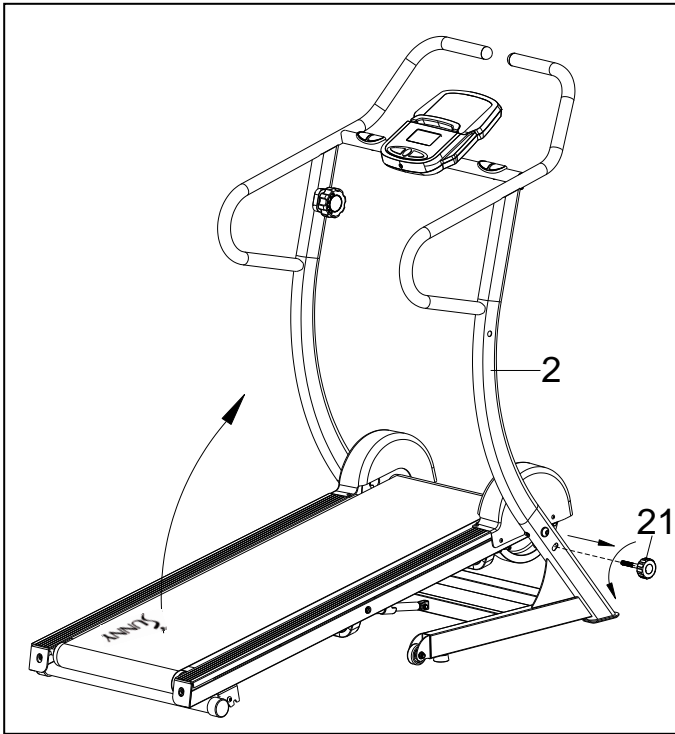
STEP 2:

Once the **Main Frame (No. 1)** touches the ground, attach **Knob (No. 21)** into the hole on **Handlebar (No. 2)**. Rotate the **Knob (No. 21)** *clockwise* to tighten.
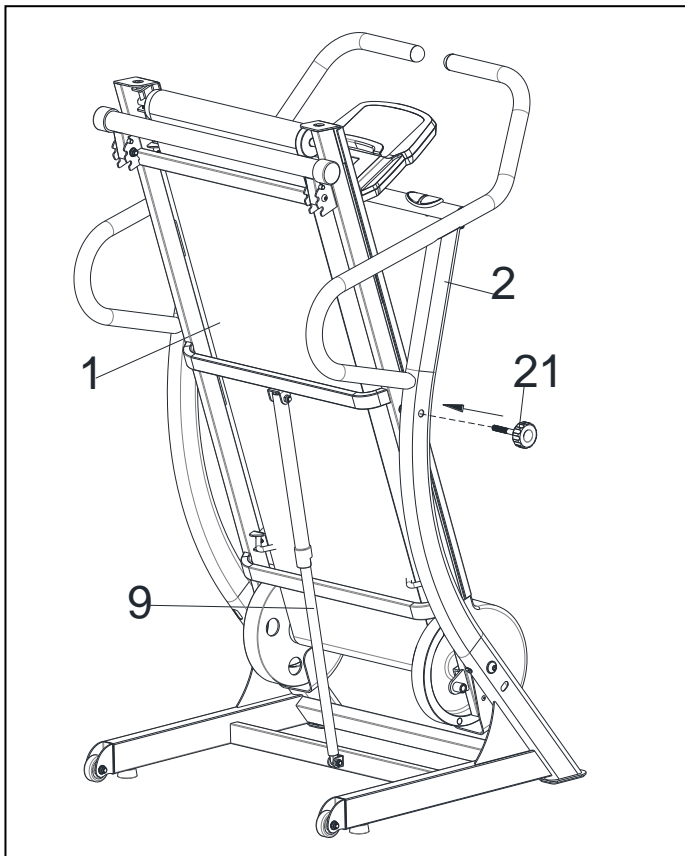
The unfolding is complete!

FOLDING INSTRUCTIONS

STEP 1:

Remove the **Knob (No. 21)** by rotating it *counter-clockwise*. Lift up **Main Frame (No. 1)**.
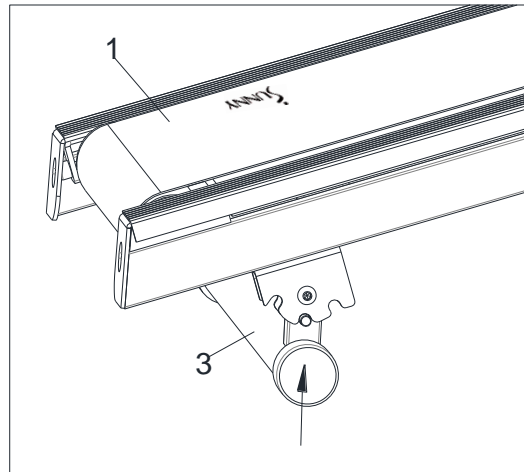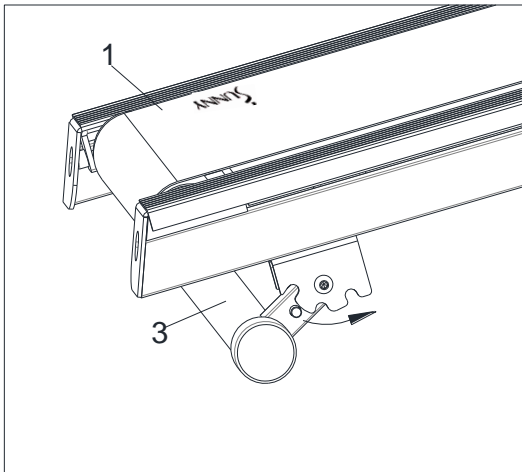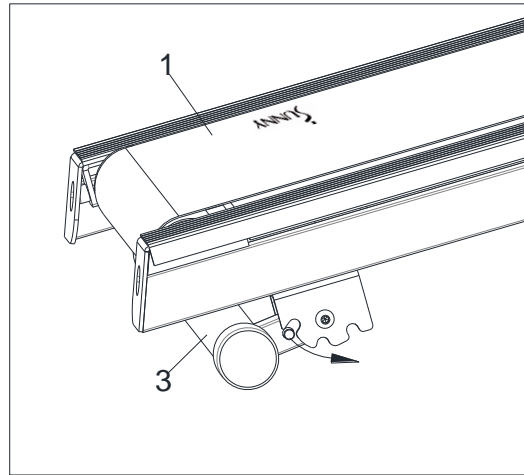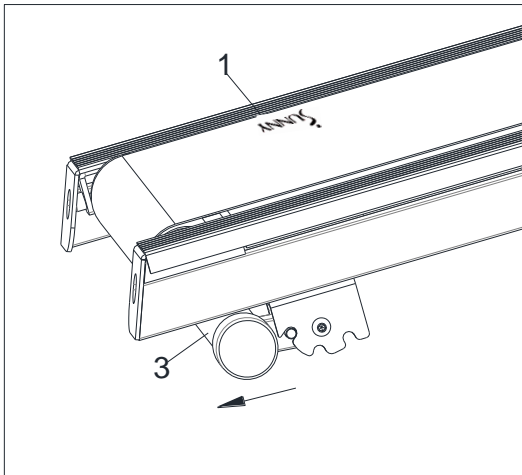
STEP 2:

Once the **Cylinder (No. 9)** is in place, align the holes on **Main Frame (No. 1)** and **Handlebar (No. 2)**, then attach **Knob (No. 21)** into the holes. Rotate the **Knob (No. 21)** *clockwise* to tighten.
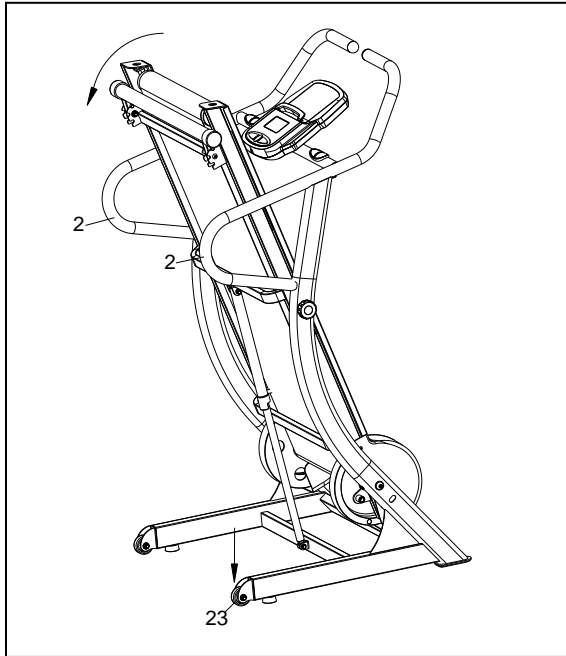
The folding is complete!

HOW TO ADJUST THE INCLINE

Pull out **Incline Adjuster (No. 3)**, rotate the **Incline Adjuster (No. 3)**, and push it into the desire incline. This completes the incline adjustment.

HOW TO MOVE THE TREADMILL

Before attempting to move the treadmill, make sure that it has been properly folded.

NOTE: Before moving, please make sure the 2 **Wheel Protective Sleeves (No. 48)** are removed from the 2 **Transportation Wheels (No. 23)**.

To tilt, start by placing one hand at **Handlebar (No. 2)** to support the treadmill. Next, place one foot on **Transportation Wheels (No. 23)** to hold the bottom end of the treadmill steady. With your foot at **Transportation Wheels (No. 23)**, slowly tilt **Handlebar (No. 2)** downward towards the ground. Once **Handlebar (No. 2)** reaches a low enough point, the **Transportation Wheels (No. 23)** will touch the ground.
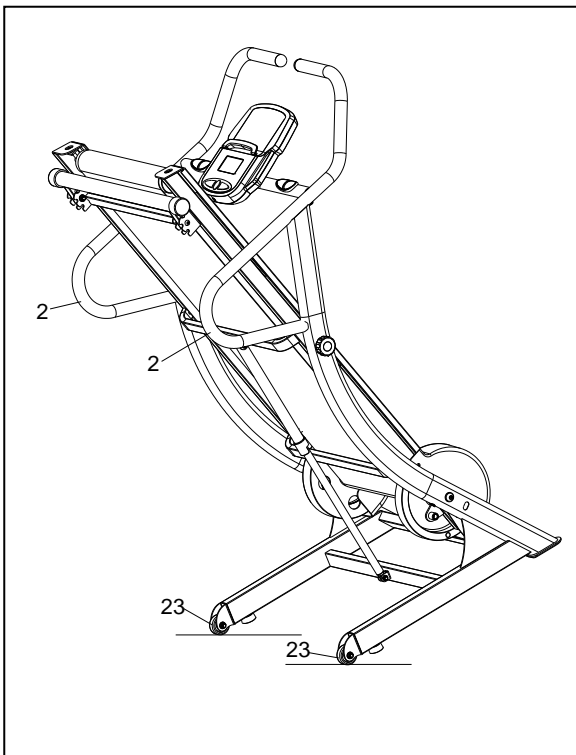
To transport, hold **Handlebar (No. 2)** and tilt until **Transportation Wheels (No. 23)** are able to move on the ground.

7

MAINTENANCE INSTRUCTIONS

CENTERING THE RUNNING BELT:

If the **Running Belt (No. 7)** is off-center, the unit will make noise. Please use the **Allen Wrench (No. 46)** to re-adjust the **Running Belt (No. 7)** if it is too loose or too tight.

1. When the **Running Belt (No. 7)** moves to the right side, please turn the right side **Bolt (No. 35)** *clockwise* 1 or 2 circles, and then turn back slightly.

2. When the **Running Belt (No. 7)** moves to the left side, please turn the left side **Bolt (No. 35)** *clockwise* 1 or 2 circles, and then turn back slightly.

3. When the **Running Belt (No. 7)** is too tight, please turn the left and the right side **Bolts (No. 35)** *counter-clockwise*, and then turn back slightly.

4. When the **Running Belt (No. 7)** is too loose, please turn the left and the right side **Bolts (No. 35)** *clockwise*, and then turn back slightly.
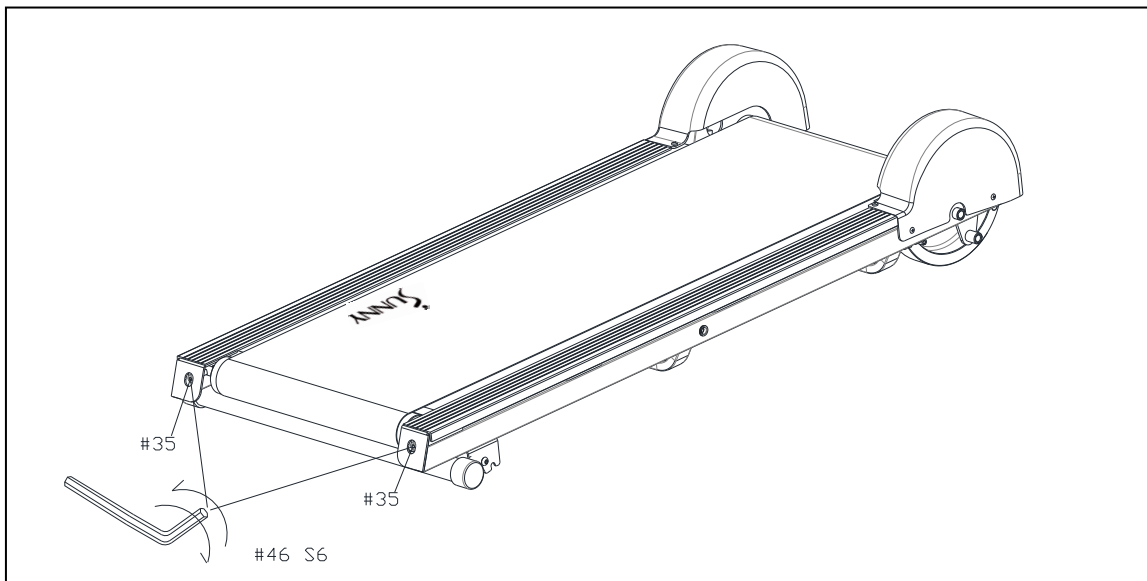
TREADMILL LUBRICATION

IMPORTANT NOTE:
You will need to lubricate your treadmill before the first use!

RUNNING BELT & TREADMILL LUBRICANT:
Lubricating the **Running Belt (No. 7)** & **Running Board (No. 6)** is essential as the friction between the two affects the life span and operations of the treadmill. Inspect the **Running Belt (No. 7)** regularly. If you find any wear on the **Running Board (No. 6)**, please contact us at support@sunnyhealthfitness.com.

Lift one side of the **Running Belt (No. 7)** and touch the top surface of the **Running Board (No. 6)**. If the surface is dry, lift one side of the **Running Belt (No. 7)** and at the same time apply lubricant to the **Running Board (No. 6)**. Make sure to walk on your treadmill at a slow speed for the first 3-4 minutes of use after applying lubricant. This helps to distribute the lubricant equally.

NOTE: Do not apply lubricant over the running belt. Any excess lubricant should be wiped off. Lubricant may be applied whenever friction occurs, but it is usually required every 50 hours of use. Please remember that this is only a guideline based on average treadmill use, your schedule may vary.

DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. A loose **Running Belt (No. 7)** will result in the runner sliding off when in use, while too tight of a **Running Belt (No. 7)** will decrease to the motors performance and also create more friction between the roller and **Running Belt (No. 7)**. The most suitable tightness for the **Running Belt (No. 7)** is pulled out 50-75 mm from the **Running Board (No. 6)**.
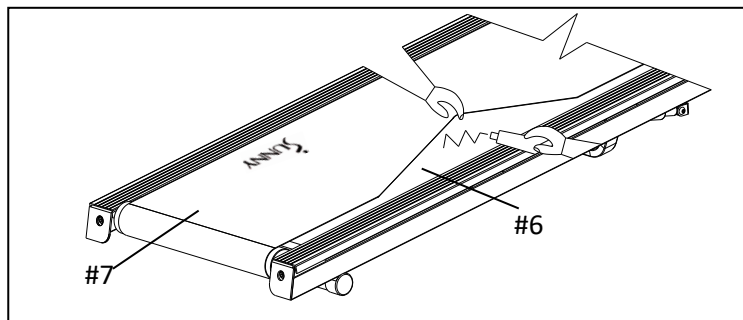
ADJUSTING THE TENSION

There are 16 resistance levels on this **Tension Control Knob (No. 12)**. Number 1 is the lowest resistance; number 16 is the highest resistance. To increase the tension, turn the **Tension Control Knob (No. 12)** *clockwise;* To decrease the tension, turn the **Tension Control Knob (No. 12)** *counter-clockwise.*
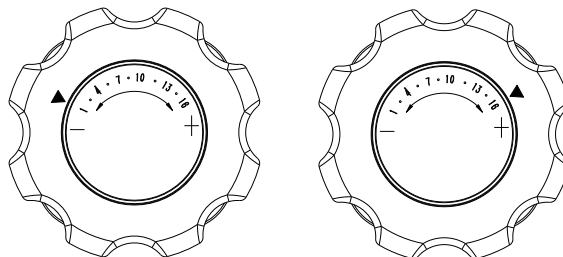
BATTERY INSTALLATION & REPLACEMENT

Battery Cover
Battery
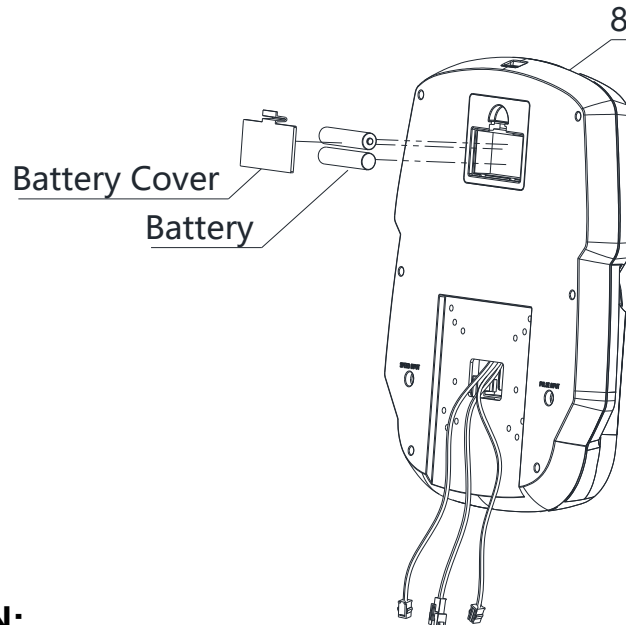
BATTERY INSTALLATION:

1. Take out 2 AA batteries from meter box.
2. Press the buckle of battery cover on the **Meter (No. 8)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 8)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 8).**

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Meter (No. 8)**, then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Meter (No. 8)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 8).**

The replacement is complete!

METER INSTRUCTIONS

FUNCTION BUTTONS

MODE: Press the Mode button to select the function displayed. Press and hold the MODE button for 3 seconds, all the function values except Odometer will be reset to zero.

SET: To set up the target value of Time, Distance, and Calories. You can hold the button to increase the value fast. (No motion should be detected at the time of setting).

RESET: Press the button to reset Time, Distance, and Calories.
Press and hold the RESET button for 3 seconds, all the function values except Odometer will be reset to zero.
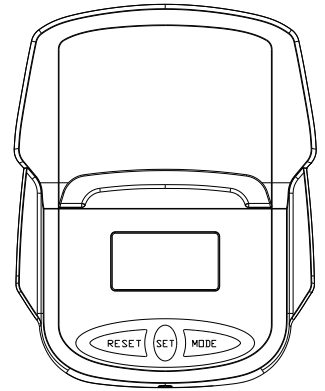
FUNCTIONS AND OPERATIONS

1. BATTERY INSTALLATION:
   Please install 2 pieces of AA 1.5V batteries in the battery case on the back of meter.
   (When batteries are removed, all the functions values will be reset to zero.)

2. AUTO ON/OFF:
   While the user starts to exercise, the meter will show the workout value automatically. When inactive for over 4 minutes, the meter will turn off, but the workout value of odometer will be held. When the user starts to exercise again, the workout value on the odometer will accumulate continuously.

3. AUTO SCAN:
   After the meter is powered on or the MODE button is pressed, the LCD will display all functions values from Time-Calories-Odometer-Pulse-Speed-Distance. Each value will be held for 6 seconds.

4. SPEED:
   Displays the current training speed from 0.0 to 99.9 MPH. The user also can press MODE button to display the speed value.

5. DISTANCE:
   Displays the trip distance from 0.0 to 999.9 Miles. The user also can press MODE button to display the distance value. Press the MODE and SET buttons to preset Distance.

6. TIME:
   Displays the workout time from 00:00 to 99:59. The user also can press the MODE button to display the workout time value. Press the MODE and SET buttons to preset Time.

7. **CALORIES:**

   Displays the calories burned during training from 0.0 to 9999. The user also can press the MODE button to display the calories burned. Press the MODE and SET buttons to preset Calories.

8. **ODOMETER:**

   Displays the total accumulated distance from 0.0 to 999.9 Miles. The user also can press the MODE button to display the odometer value.

9. **PULSE:**

   Displays the current heart rate in beats per minute. The user can also press the Mode button to display the odometer value. Please put your hands on the hand pulses when measuring the pulse.

   NOTE: This data was designed to be a guide for exercise use only and should not be used for medical purpose.

NOTE:

1. If the meter display is abnormal, please re-install the batteries and try again. If the meter is still not displaying properly, replace the batteries.

2. Battery Spec: 1.5V UM-3 or AA (2PCS).

3. Do not mix battery types and do not mix old and new batteries. Dispose or recycle batteries according to your state and local rules.

Version:1.4

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