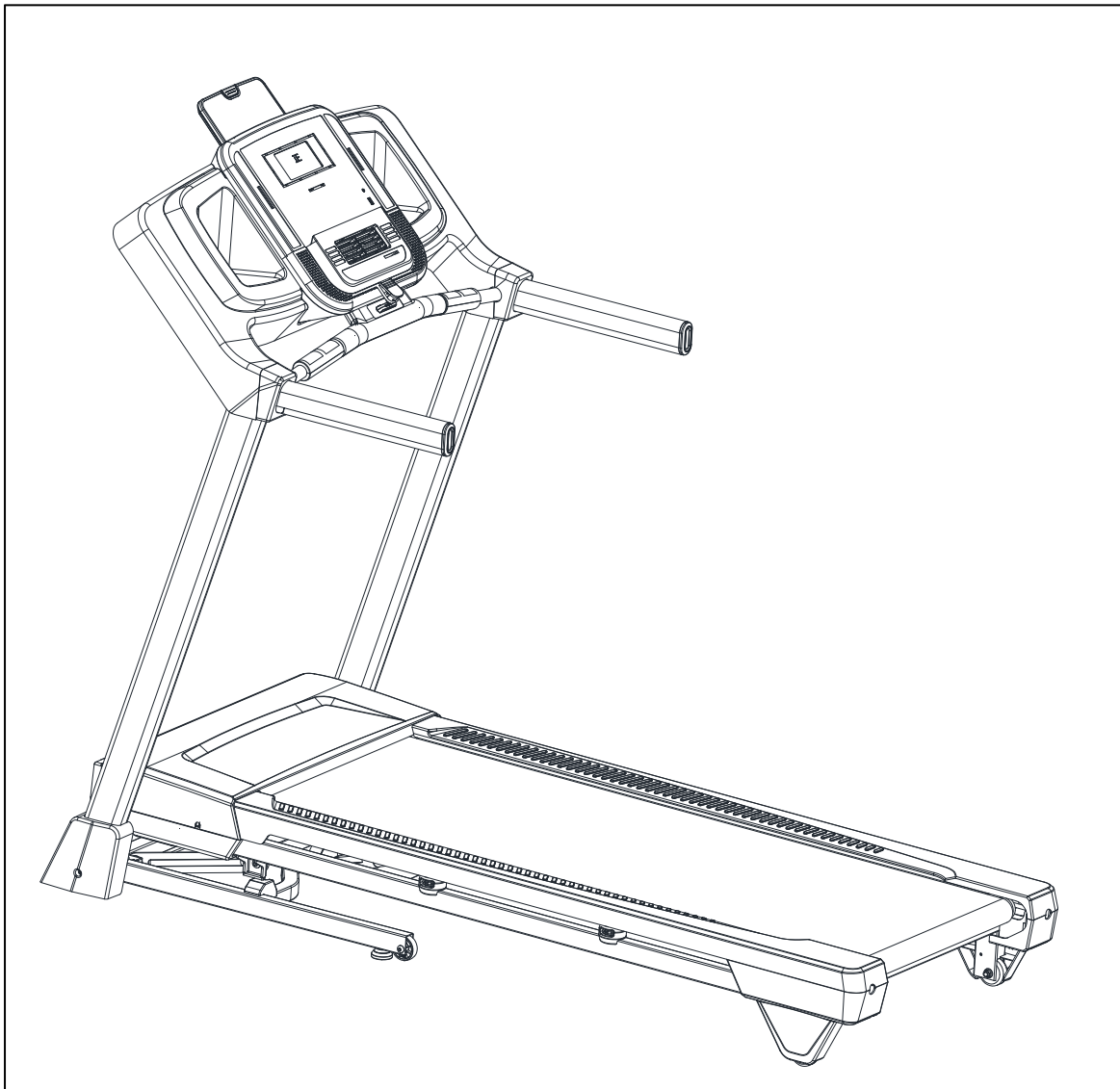




EVO-FIT TREADMILL

SF-T7955

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 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 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 275 pounds (125 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 is required.
12. Your product is intended for use in cool, 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.

This diagram illustrates the exploded view of a vehicle interior assembly. The components are numbered as follows:

- 1: Main chassis/frame
- 2: Side panel
- 3: Floor panel
- 4: Seat base
- 5: Seat backrest
- 6: Headrest
- 7: Door panel
- 8: Door handle
- 9: Door hinge
- 10: Door latch
- 11: Door trim
- 12: Door hinge pin
- 13: Door hinge pin
- 14: Door hinge pin
- 15: Door hinge pin
- 16: Door hinge pin
- 17: Door hinge pin
- 18: Door hinge pin
- 19: Door hinge pin
- 20: Door hinge pin
- 21: Door hinge pin
- 22: Door hinge pin
- 23: Door hinge pin
- 24: Door hinge pin
- 25: Door hinge pin
- 26: Door hinge pin
- 27: Door hinge pin
- 28: Door hinge pin
- 29: Door hinge pin
- 30: Door hinge pin
- 31: Door hinge pin
- 32: Door hinge pin
- 33: Door hinge pin
- 34: Door hinge pin
- 35: Door hinge pin
- 36: Door hinge pin
- 37: Door hinge pin
- 38: Door hinge pin
- 39: Door hinge pin
- 40: Door hinge pin
- 41: Door hinge pin
- 42: Door hinge pin
- 43: Door hinge pin
- 44: Door hinge pin
- 45: Door hinge pin
- 46: Door hinge pin
- 47: Door hinge pin
- 48: Door hinge pin
- 49: Door hinge pin
- 50: Door hinge pin
- 51: Door hinge pin
- 52: Door hinge pin
- 53: Door hinge pin
- 54: Door hinge pin
- 55: Door hinge pin
- 56: Door hinge pin
- 57: Door hinge pin
- 58: Door hinge pin
- 59: Door hinge pin
- 60: Door hinge pin
- 61: Door hinge pin
- 62: Door hinge pin
- 63: Door hinge pin
- 64: Door hinge pin
- 65: Door hinge pin
- 66: Door hinge pin
- 67: Door hinge pin
- 68: Door hinge pin
- 69: Door hinge pin
- 70: Door hinge pin
- 71: Door hinge pin
- 72: Door hinge pin
- 73: Door hinge pin
- 74: Door hinge pin
- 75: Door hinge pin
- 76: Door hinge pin
- 77: Door hinge pin
- 78: Door hinge pin
- 79: Door hinge pin
- 80: Door hinge pin
- 81: Door hinge pin
- 82: Door hinge pin
- 83: Door hinge pin
- 84: Door hinge pin
- 85: Door hinge pin
- 86: Door hinge pin
- 87: Door hinge pin
- 88: Door hinge pin
- 89: Door hinge pin
- 90: Door hinge pin
- 91: Door hinge pin
- 92: Door hinge pin
- 93: Door hinge pin
- 94: Door hinge pin
- 95: Door hinge pin
- 96: Door hinge pin
- 97: Door hinge pin
- 98: Door hinge pin
- 99: Door hinge pin
- 100: Door hinge pin
- 101: Door hinge pin
- 102: Door hinge pin
- 103: Door hinge pin
- 104: Door hinge pin
- 105: Door hinge pin
- 106: Door hinge pin
- 107: Door hinge pin
- 108: Door hinge pin
- 109: Door hinge pin
- 110: Door hinge pin
- 111: Door hinge pin
- 112: Door hinge pin
- 113: Door hinge pin
- 114: Door hinge pin
- 115: Door hinge pin
- 116: Door hinge pin
- 117: Door hinge pin
- 118: Door hinge pin
- 119: Door hinge pin
- 120: Door hinge pin
- 121: Door hinge pin
- 122: Door hinge pin
- 123: Door hinge pin
- 124: Door hinge pin
- 125: Door hinge pin
- 126: Door hinge pin
- 127: Door hinge pin
- 128: Door hinge pin
- 129: Door hinge pin
- 130: Door hinge pin
- 131: Door hinge pin
- 132: Door hinge pin
- 133: Door hinge pin
- 134: Door hinge pin
- 135: Door hinge pin
- 136: Door hinge pin
- 137: Door hinge pin
- 138: Door hinge pin
- 139: Door hinge pin
- 140: Door hinge pin
- 141: Door hinge pin
- 142: Door hinge pin
- 143: Door hinge pin
- 144: Door hinge pin
- 145: Door hinge pin
- 146: Door hinge pin
- 147: Door hinge pin
- 148: Door hinge pin
- 149: Door hinge pin
- 150: Door hinge pin
- 151: Door hinge pin
- 152: Door hinge pin
- 153: Door hinge pin
- 154: Door hinge pin
- 155: Door hinge pin
- 156: Door hinge pin
- 157: Door hinge pin
- 158: Door hinge pin
- 159: Door hinge pin
- 160: Door hinge pin
- 161: Door hinge pin
- 162: Door hinge pin
- 163: Door hinge pin
- 164: Door hinge pin
- 165: Door hinge pin
- 166: Door hinge pin
- 167: Door hinge pin
- 168: Door hinge pin
- 169: Door hinge pin
- 170: Door hinge pin
- 171: Door hinge pin
- 172: Door hinge pin
- 173: Door hinge pin
- 174: Door hinge pin
- 175: Door hinge pin
- 176: Door hinge pin
- 177: Door hinge pin
- 178: Door hinge pin
- 179: Door hinge pin
- 180: Door hinge pin
- 181: Door hinge pin
- 182: Door hinge pin
- 183: Door hinge pin
- 184: Door hinge pin
- 185: Door hinge pin
- 186: Door hinge pin
- 187: Door hinge pin
- 188: Door hinge pin
- 189: Door hinge pin
- 190: Door hinge pin
- 191: Door hinge pin
- 192: Door hinge pin
- 193: Door hinge pin
- 194: Door hinge pin
- 195: Door hinge pin
- 196: Door hinge pin
- 197: Door hinge pin
- 198: Door hinge pin
- 199: Door hinge pin
- 200: Door hinge pin

PARTS LIST






No.	Description	Spec.	Qty.
1	Base Frame		1
2	Left Upright Tube		1
3	Right Upright Tube		1
4	Incline Frame		1
5	Main Frame		1
6	Console Frame		1
7	Screw	M8*25L	2
8	Screw	M8*35L*S17L	4
9	Screw	M8*30L	1
10	Screw	M8*40L*S18L	2
11	Screw	M8*50L*S20L	1
12	Screw	M8*70L*S20L	8
13	Screw	M4*12L	2
14	Screw	ST2.5*8L	7
15	Screw	ST2.9*8L	2
16	Screw	ST2.9*14L	26
17	Screw	ST2.9*20L	4
18	Screw	ST3.9*14L	69
19	Screw	ST3.9*45L	2
20	Screw	ST3.9*13L	2
21	Bolt	Φ12*M10*30L*S10L	2
22	Screw	Φ12*M10*28L	2
23	Screw	M4*10L	11
24	Screw	M8*12L	2
25	Screw	M8*16L	8
26	Screw	M8*55L	1
27	Screw	M8*65L	2
28	Screw	M10*50L	1
29	Screw	M10*60L*S15L	1
30	Screw	ST3.2*10	2
31	Nut	M8*7T	6
32	Nut	M10*9T	4
33	Flat Washer	Φ5*Φ16*1.5T	10
34	Flat Washer	Φ8*Φ16*2T	27
35	Flat Washer	Φ10*Φ20*2T	4
36	Spring Washer	Φ8.5*Φ13.5*2.5T	2
37	Allen Wrench	S6	1
38	Front Roller		1

No.	Description	Spec.	Qty.
39	Rear Roller		1
40	Cylinder		1
41	Hook	180*25.4*T2.5	2
42	Spring	Φ34*25*Φ2	4
43	Upper Motor Cover	714*88*353	1
44	Lower Motor Cover	714*80*353	1
45	Left Upright Cover	55*156*184	1
46	Right Upright Cover	55*156*184	1
47	Left Wheel Cover	40*105*183	1
48	Right Wheel Cover	40*105*183	1
49	Left Side Rail (Upper)	106*68*1440	1
50	Right Side Rail (Upper)	106*68*1440	1
51	Left Decorative Cover	105*72*300	1
52	Right Decorative Cover	105*72*300	1
53	Cushion	52*52*35	4
54	Console Panel	380*405*50	1
55	Console Panel Cover	273*32*21	1
56	Console Bottom Cover	874*493*123	1
57	Console Front Cover	380*62*66	1
58	Handlebar Upper Cover	380*144*107	1
59	Handlebar Lower Cover	352*83*27	1
60	Left Handlebar Cover	71*99*45	1
61	Right Handlebar Cover	71*99*45	1
62	Fan Blade	147*60*20	1
63	Fan Cover	172*68*64	1
64	Tablet Clip	45*18*21	1
65	Upper Tablet Cover	213*156*16	1
66	Lower Tablet Cover	213*156*15	1
67	Wheel Washer	Φ22*Φ12.2*1.1T	4
68	Wheel Washer	Φ21*Φ10.2*1.1T	2
69	Adjustable Pad	Φ40*36*M8 PVC	4
70	Transportation Wheel	Φ8.2*Φ50*T20	2
71	PU Wheel	Φ8.2*Φ56*23T	2
72	Console Supporter	47*27*22, ABS	2
73	Cushion Block	60*36*30	2
74	Handlebar Foam		2
75	Handlebar Cap		2
76	Running Board Cushion	Φ25*25*M8	2

No.	Description	Spec.	Qty.
77	Rubber Cushion	Φ25*Φ8*7	2
78	Running Belt	2940*510*1.6T	1
79	Belt	PJ522	1
80	Cable Tie	3*100, BK	7
81	Cable Tie	4*200, BK	2
82	Cable Tie	0TP1508 160mm*3.5	3
83	Cable Tie	GTP-130ST(TYPE2)	2
84	Tie	5*150	2
85	Cushion	25*20*24.5*T2.0 BK	1
86	Sensor Supporter	PP	1
87	Hand Pulse		2
88	Switch Supporter	49*13*16	1
89	Safety Key		1
90	Controller	B506DV13--110V	1
91	Motor	1.5HP/105V/5200RPM	1
92	Incline Motor	JS64-3A-17N-110V	1
93	Socket	DB-14-5F(2.0)	1
94	Switch	M1L15-A11B1 15A/125V	1
95	Magnetic Ring	Φ31*Φ19*13	1
96	Speed Sensor Wire	2P/1200MM	1
97	Signal Connecting Wire 1	5P/2000mm	1
97a	Signal Connecting Wire 1a		1

No.	Description	Spec.	Qty.
97b	Signal Connecting Wire 1b		1
98	Power Connecting Wire 1	100+200mm	1
99	Power Connecting Wire 2	200mm	1
100	Power Connecting Wire 3	100mm	1
101	Power Connecting Wire 4	200mm	2
102	Ground Wire 1	100mm	1
103	Filter		1
104	Ground Wire 2		1
105	Safety Key Wire	3P/350mm	1
106	Fan		1
107	Speaker		2
108	Console		1
109	Signal Connecting Wire 2	5P/800mm	1
110	Ground Wire 3	800mm	1
111	Upper Hand Pulse Wire	2P/400mm	2
112	Lower Hand Pulse Wire	2P/300mm	2
113	Power Cord	1830mm	1
114	USB Charging Board		1
115	Running Board	1300*684*18T	1
116	Plastic Plate L		1
117	Plastic Plate R		1
118	Screw	M8*16L	8

HARDWARE PACKAGE

	_____	#12	M8*70L*S20L	8PCS		_____	#34	φ 8* φ 16*2T	12PCS
	_____	#13	M4*12L	2PCS		_____	#37	S6	1PC
	_____	#25	M8*16L	4PCS					

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

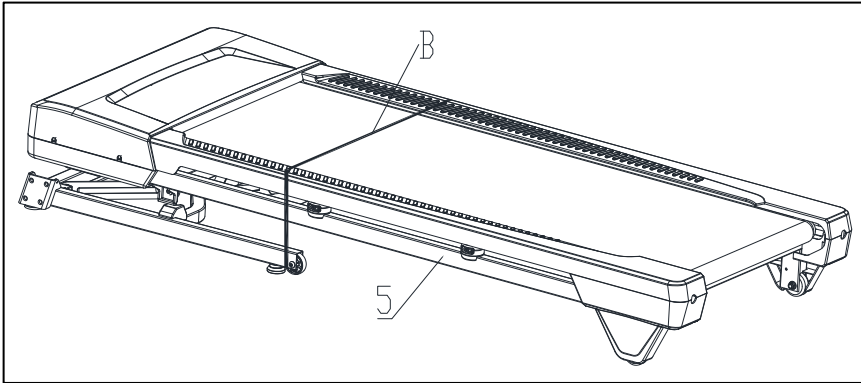
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).



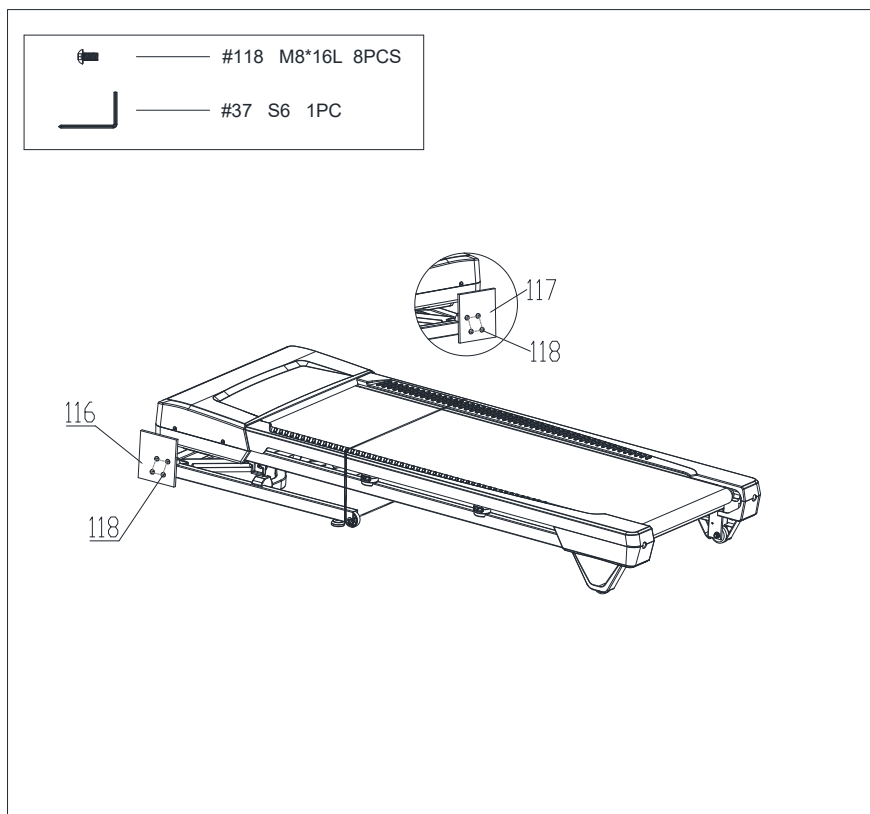
STEP 1:

We recommend having two people to do the assembly. Open the carton and remove contents.

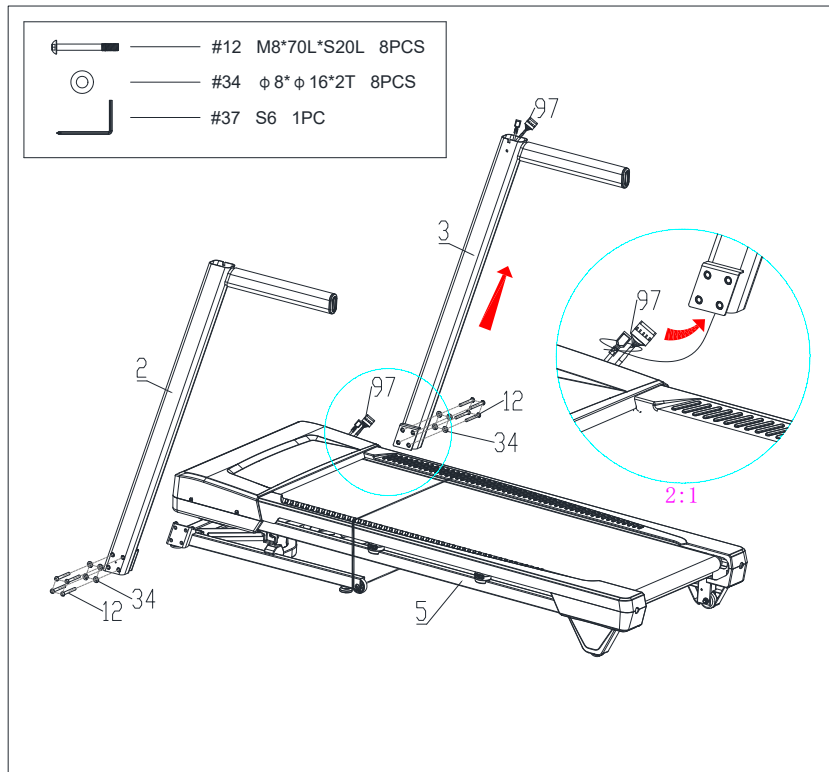
Place the **Main Frame (No. 5)** on level ground, and ensure that you have a work area that is clean and has adequate space. **Do not cut the Packing Belt (No. B) until the assembly is complete!**

STEP 2:

Remove 8 **Screws (No. 118)** from 2 **Plastic Plates L & R (No. 116 & 117)** by using **Allen Wrench (No. 37)**. You may save these 8 **Screws (No. 118)** and **Plastic Plates L & R (No. 116 & No. 117)** in case you'd like to repackage and transport this treadmill in the future.



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).

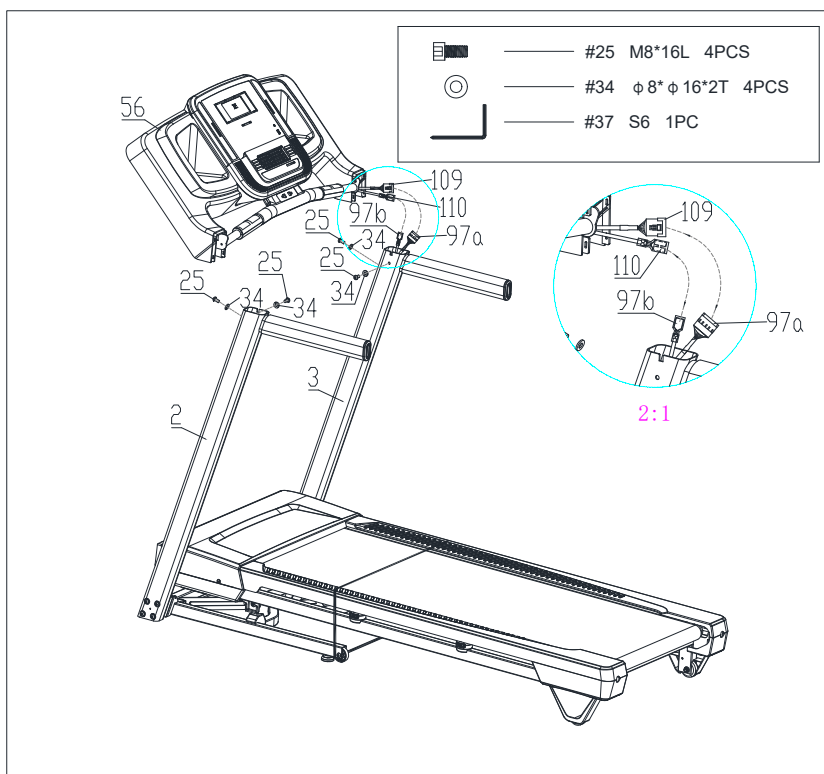


STEP 3:

There are 2 joints for **Signal Connecting Wire 1 (No. 97)**. Attach the twist tie provided to the **Signal Connecting Wire 1 (No. 97)**. With the **Signal Connecting Wire 1 (No. 97)** attached, use the twist tie to insert the **Signal Connecting Wire 1 (No. 97)** through the **Right Upright Tube (No. 3)**.

Attach **Left & Right Upright Tubes (No. 2 & No. 3)** to the **Main Frame (No. 5)** with 8 **Screws (No. 12)** and 8 **Flat Washers (No. 34)**. Tighten and secure with **Allen Wrench (No. 37)**.

Note: Do not pinch or cut any wires when attaching the **Right Upright Tube (No. 3)** to the **Main Frame (No. 5)**.



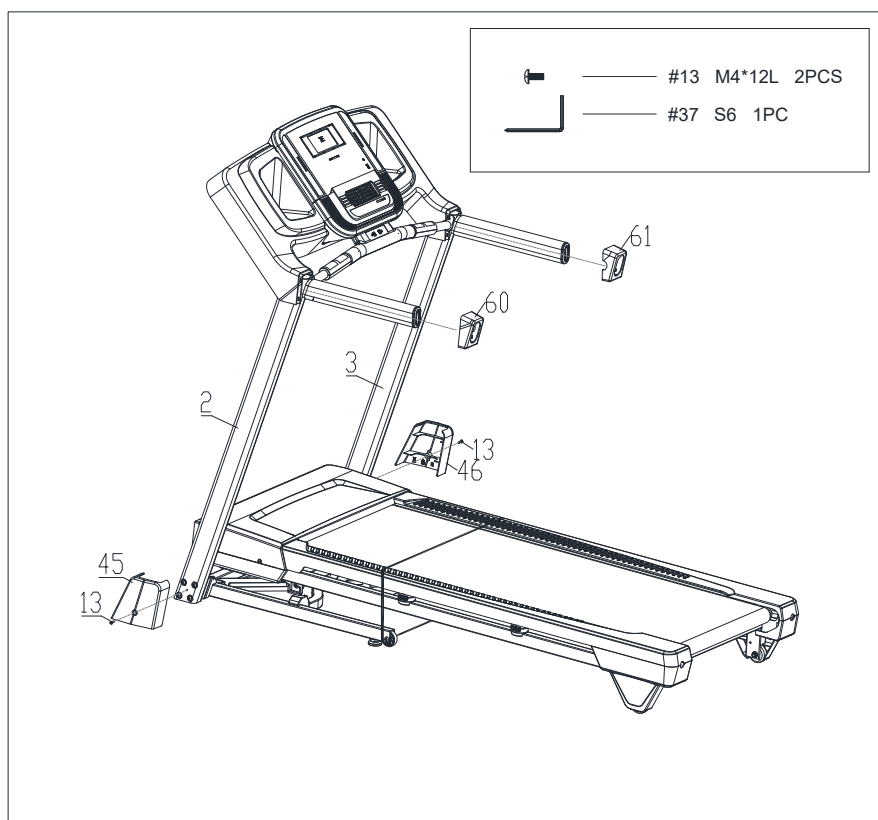
STEP 4:

Connect **Signal Connecting Wire 1a (No. 97a)** with the **Signal Connecting Wire 2 (No. 109)**. Connect **Signal Connecting Wire 1b (No. 97b)** with **Ground Wire 3 (No. 110)**.

Attach **Console Bottom Cover (No. 56)** to **Left & Right Upright Tubes (No. 2 & No. 3)** with 4 **Flat Washers (No. 34)** and 4 **Screws (No. 25)**. Tighten and secure with **Allen Wrench (No. 37)**.

Note: Do not pinch or cut any wires when attaching the **Console Bottom Cover (No. 56)** to the **Left & Right Upright Tubes (No. 2 & No. 3)**.

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 5:

Cover the **Left & Right Handlebar Covers (No. 60 & No. 61)** to the handlebars for **Left & Right Upright Tubes (No. 2 & No. 3)**.

Cover the **Left and Right Upright Covers (No. 45 & No. 46)** to the **Left & Right Upright Tubes (No. 2 & No. 3)** with **2 Screws (No. 13)**. Tighten and secure with **Allen Wrench (No. 37)**.



STEP 6:

Insert the **Upper Tablet Cover (No. 65)** to the **Console Bottom Cover (No. 56)**.

Insert the **Safety Key (No. 89)** to **Handlebar Upper Cover (No. 58)**.

Cut the **Packing Belt (No. B)**.

Assembly is now complete!

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

LUBRICATING THE TREADMILL

***IMPORTANT NOTE:**

This treadmill does come pre-lubricated, but it is recommended to lubricate your treadmill before the first use.

RUNNING BELT & TREADMILL LUBRICANT:

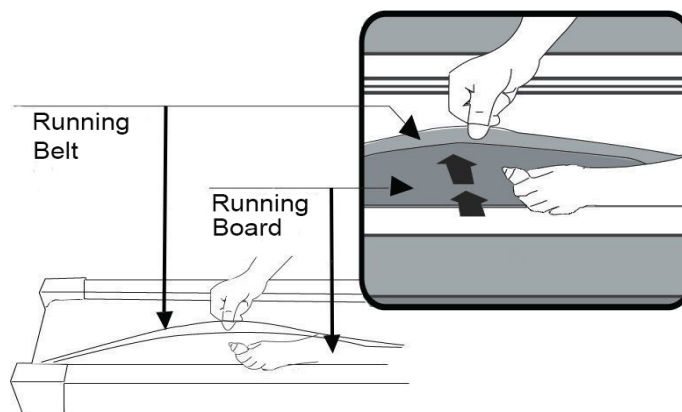
Lubricating the **Running Board (No. 115)** and **Running Belt (No. 78)** is essential as the friction affects the life span and operation of the treadmill. Inspect the **Running Board (No. 115)** and **Running Belt (No. 78)** regularly. If you find any wear on the **Running Board (No. 115)**, please 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. Raise the **Running Belt (No. 78)** up on one side and apply lubricant to the **Running Board (No. 115)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. 115)**. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. 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. 78)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. 78)** will negatively affect the motor's performance and also create more friction between the roller and **Running Belt (No. 78)**. The most suitable tightness for the **Running Belt (No. 78)** is when it is pulled out **50-75mm** from the **Running Board (No. 115)**.



The following time table is recommended:

Light user (less than 3 hours/ week)	every five months
Medium user (4-7 hours/ week)	every two months
Heavy user (more than 7 hours/ week)	every month

MAINTENANCE & CARE

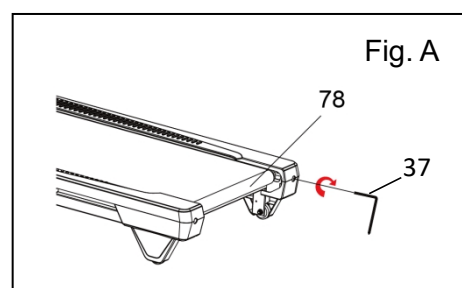
General cleaning will help prolong the life and improve the performance of your treadmill. Keep the treadmill clean and maintained by dusting the components on a regular basis. Cleaning the two exposed sides both sides of the **Running Belt (No. 78)** will prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. 115)** and **Running Belt (No. 78)**. Clean the surface of the **Running Belt (No. 78)** with a clean damp cloth. Keep liquids away from electrical parts and Running Belt (No. 78)

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

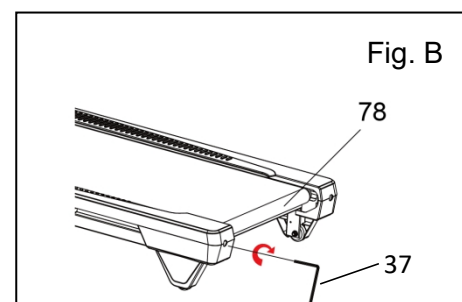
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. 78)** drifts from the center. Adjust the **Running Belt (No. 78)** according to below instructions with **Allen Wrench (No. 37)**.

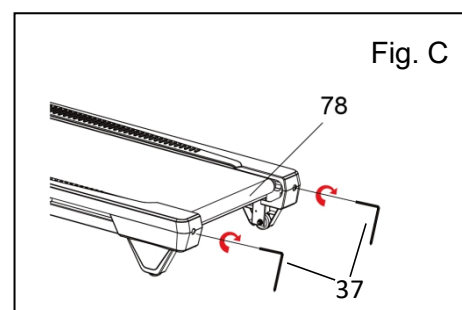
1. If the **Running Belt (No. 78)** moves to the right, turn the Right adjustment bolt $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. 78)** does not move, keep adjusting $\frac{1}{4}$ turn at a time until it centers. Refer to Fig. A.



2. If the **Running Belt (No. 78)** moves to the left, turn the Left adjustment bolt $\frac{1}{4}$ turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. 78)** does not move, keep adjusting $\frac{1}{4}$ turn at a time until it centers. Refer to Fig. B.

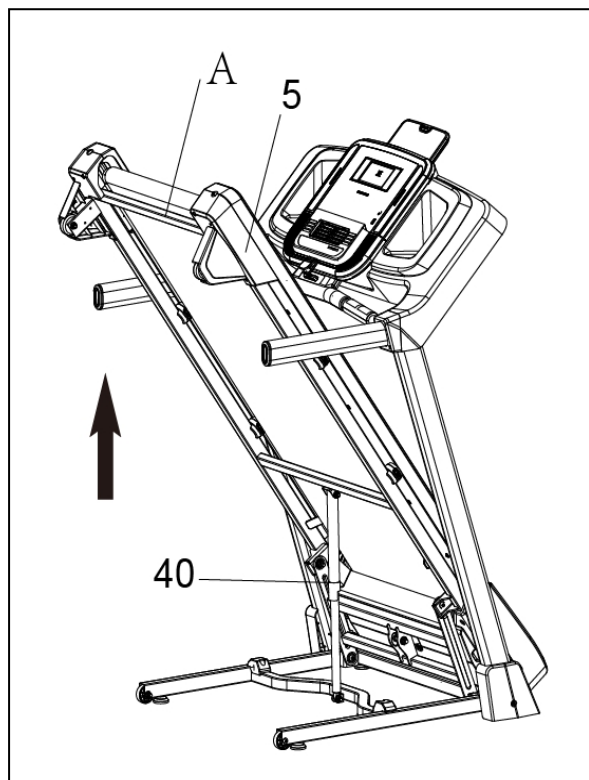


3. Over time the **Running Belt (No. 78)** will loosen. To tighten the running belt, turn the Left & Right adjustment bolts one full turn *clockwise*, check the tension of the **Running Belt (No. 78)**. Continue this process until the **Running Belt (No. 78)** is at the correct tension. Make sure to adjust both sides equally to ensure correct **Running Belt (No. 78)** alignment. Refer to Fig. C.



FOLDING INSTRUCTIONS

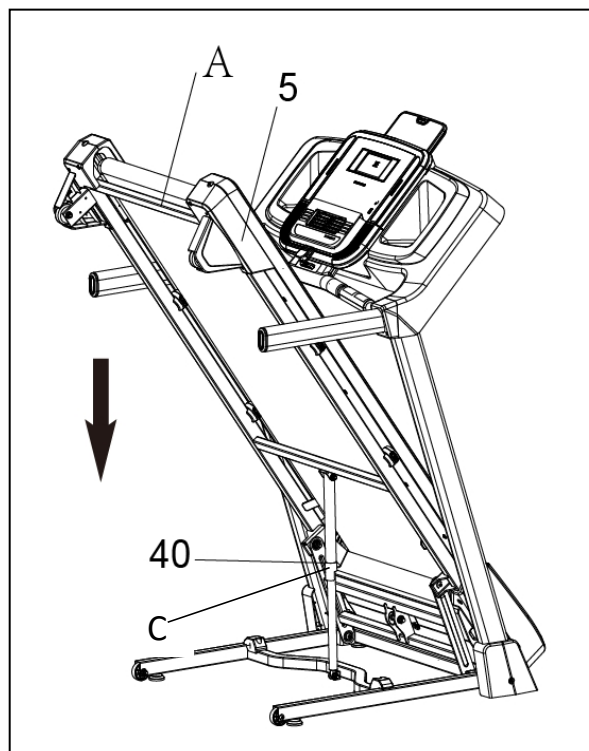
FOLDING



Restore the incline to flat position (Incline Level 0). Then turn off the power. Place your hand at position “A” and lift up the **Main Frame (No. 5)** to push top of the running board forward until the **Cylinder (No. 40)** locks into the tube.

Note: When the **Cylinder (No. 40)** successfully locks into the tube you will hear a clicking sound.

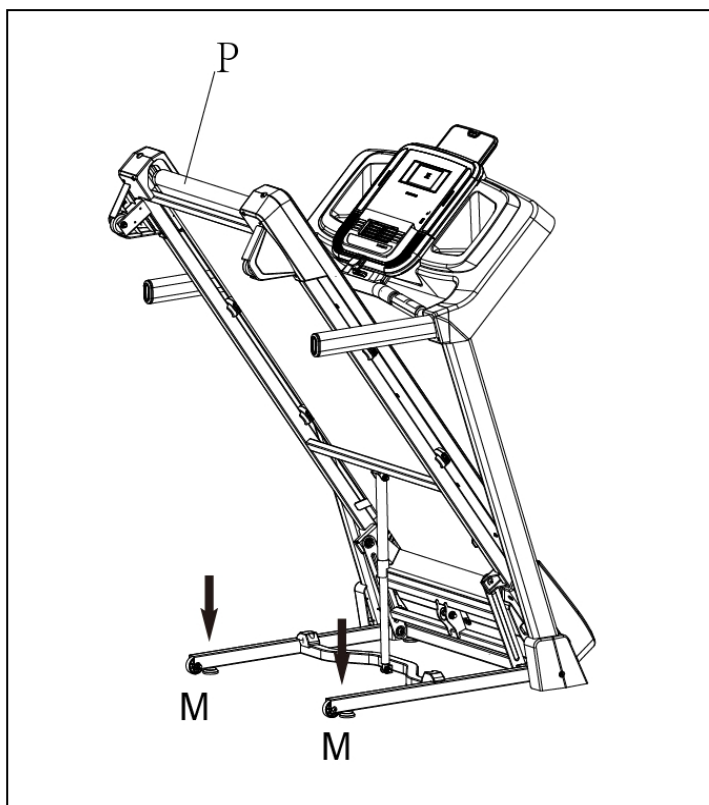
UNFOLDING:



Before lowering the **Main Frame (No. 5)**, ensure that the space directly underneath is clear of any objects and the power is turned off.

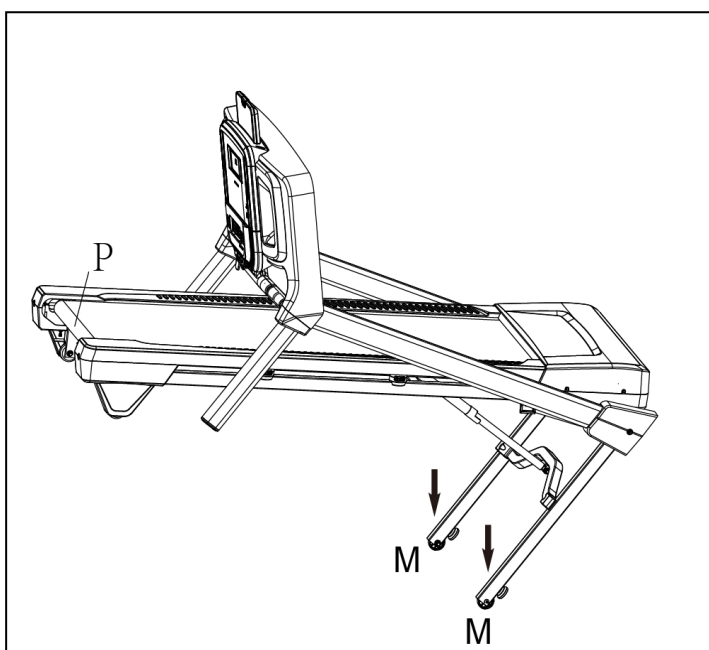
Lift up the **Main Frame (No. 5)** at position “A” with one hand. Next, using your foot, firmly push against the **Cylinder (No. 40)** in position “C” and press down on the **Main Frame (No. 5)**. Once the **Main Frame (No. 5)** starts to lower, it will automatically continue to steadily lower itself until it reaches level ground.

HOW TO MOVE THE TREADMILL



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

To tilt, start by placing one hand at position “P” to support the top end of the treadmill. Next, place one foot at position “M” to hold the bottom end of the treadmill steady. With your foot at “M”, slowly tilt the top end of the treadmill downward towards the ground. Once the treadmill reaches a low enough point, the transportation wheels of the treadmill touch the ground.



To transport, hold the treadmill at position “P” and tilt until the transportation wheels at “M” are able to move on the ground.

IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **15 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 powering 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. Should the treadmill malfunction or breakdown, grounding provides a path of least resistance for electric current to 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 with the same configuration as the plug. Do not use an adaptor for this product.

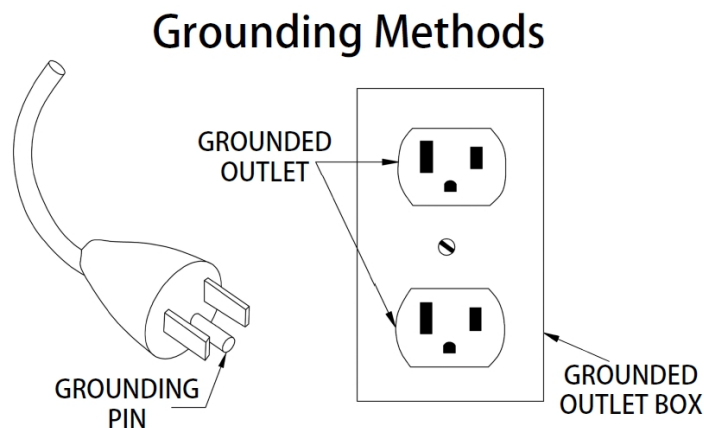
This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A.

DANGER:

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

WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from all 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 on this treadmill without first disconnecting the power cord.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any high humidity environment.



EXERCISE INSTRUCTIONS

GETTING STARTED:

Before starting any exercise program, you should consult with 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.

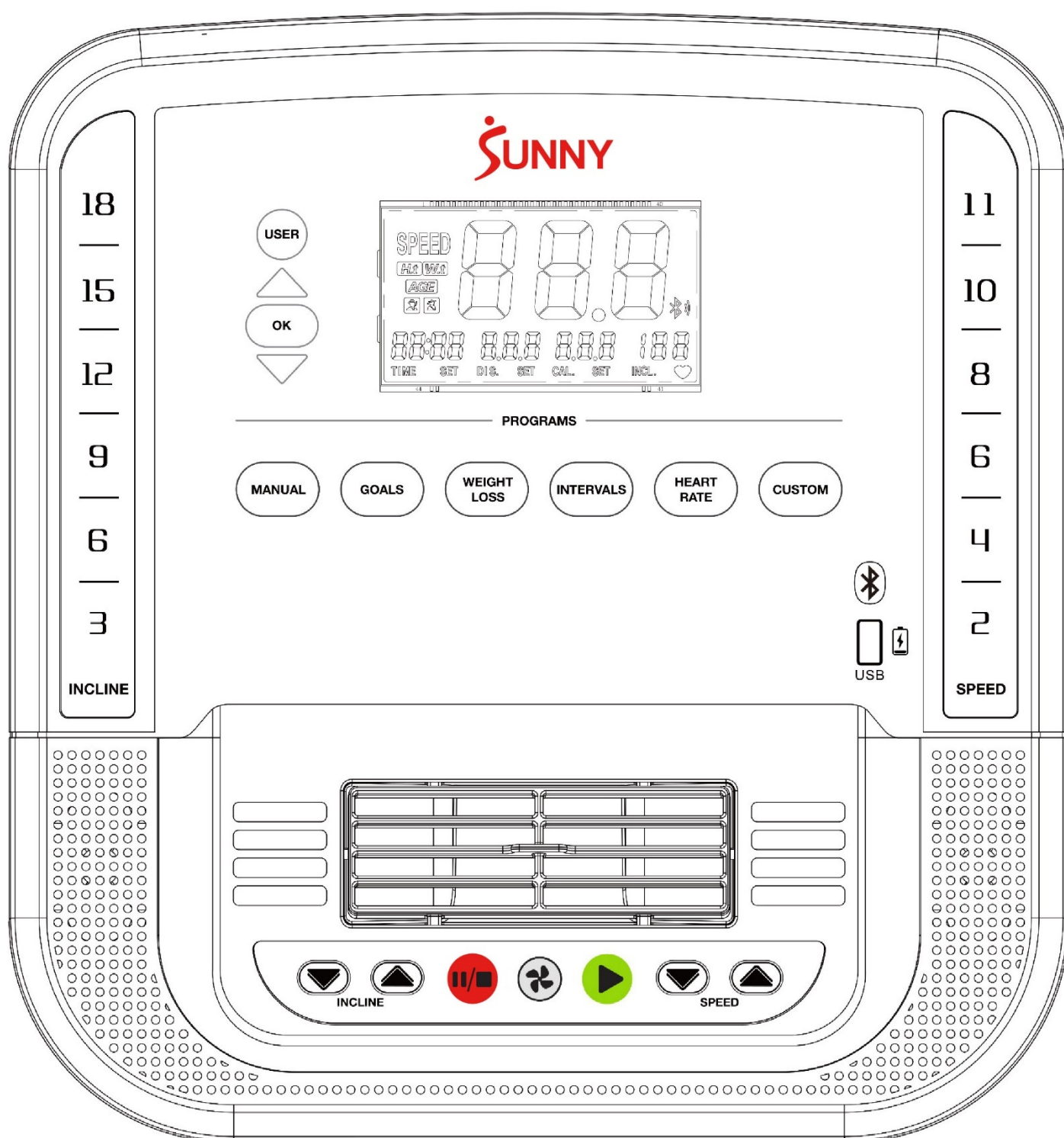
Be aware of your body's signals. Incorrect or excessive exercise can damage your health.

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. Turn on the power switch.
2. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handlebars.
3. Next, attach the clip end of the **Safety Key (No. 89)** to your clothes and insert the magnetic end of the **Safety Key (No. 89)** into the **Handlebar Upper Cover (No. 58)**.
4. Press the START key to start the treadmill.
5. The treadmill will start at the system default setting speed of **1.0 MPH**. When you feel comfortable, you may slowly increase this speed.
6. When you are finished with your exercise, press the STOP key to stop the treadmill or you can remove the magnetic end of the **Safety Key (No. 89)** to stop the treadmill.

THE DISPLAY CONSOLE



DISPLAY FUNCTION

1. Speed display window showing current speed value.
2. Incline / Heart rate display window shows the incline value and heart rate.
3. Time display window shows the time count-down and count-up when in running state.
4. Distance display window shows distance count-down and count-up when in running state.
5. Calories display window shows calories count-down and count-up when in running state.

KEY FUNCTION

1. **START:**

Press to start up the treadmill in the stop state. The default speed displayed is 1.0 MPH.

2. **PAUSE / STOP:**

When the treadmill is running, press PAUSE / STOP once to pause the treadmill. When the treadmill is paused, press PAUSE / STOP to stop the treadmill, and all values will be cleared.

3. **INCLINE + / INCLINE -:**

When the treadmill is running, press to increase or decrease the incline. Value increases or decreases in increments of 1%. When setting program parameters, press to increase or decrease the set value. If you press and hold for 0.5 seconds, values will increase or decrease quickly.

4. **SPEED+ / SPEED -:**

In setting state, press to increase or decrease the set value. When the treadmill is running, press to increase or decrease the speed. Value increases or decreases in increments of 0.1 MPH. After holding for more than 0.5 seconds, automatic continuous acceleration and deceleration will occur.

5. **MANUAL:**

In other optional mode state, press this button to return to home screen.

6. **GOALS:**

In standby mode to switch off 3 count-down mode: time countdown, distance countdown, calories countdown.

7. **WEIGHT LOSS:**

Press to choose WEIGHT LOSS mode.

8. **INTERVAL:**

Press to choose INTERVAL mode.

9. **HEART RATE:**

Press to choose HEART RATE CONTROL mode.

10. **CUSTOM:**

Press to choose CUSTOM mode.

11. **UP / DOWN:**

In HEART RATE CONTROL mode or CUSTOM mode, press to adjust parameter.

12. **USER:**

Press to choose User 1 or User 2.

13. **OK:**

In HEART RATE CONTROL mode or CUSTOM mode, press to set parameter.

14. **SPEED SHORTCUT KEYS:**

Press to select 2/4/6/8/10/11 MPH when the treadmill is running.

15. **INCLINE SHORTCUT KEYS:**

Press to select 3/6/9/12/15/18 incline level when the treadmill is running.

16. **FAN KEY:**

Press to turn the fan on and off.

DATA DISPLAY RANGE AND SETTING RANGE OF VARIOUS PARAMETERS:

	DISPLAY RANGE	DEFAULT VALUE	MODE VALUE	SETTING RANGE
SPEED (MPH)	1.0 – 11.5	----	1.0	1.0 - 11.5
TIME (MIN)	0:00 – 99:59	30:00	30:00	5:00 - 99:00
DISTANCE (MI)	0 - 99.9	----	1.0	1.0 - 99.9
CALORIES (KCAL)	0 - 999	----	50	10 - 990
INCLINE (INCL)	0 - 18	----	0	0 - 18

MANUAL MODE:

1. Press START, and the treadmill will start operating. The speed window will display “3,2,1,0” at the same time. The initial speed is 1.0 MPH.
2. Press SPEED + / SPEED – or speed shortcut keys to adjust speed.
3. Press INCLINE +/- INCLINE – or incline shortcut keys to adjust the incline.
4. When the treadmill is running, press PAUSE / STOP to pause / stop the treadmill.
5. To stop the treadmill immediately, remove the **Safety Key (No. 89)**.

SET UP COUNTDOWN MODE

1. Turn on the treadmill. The treadmill will be in standby mode. Press GOALS key to select time countdown mode (H1), distance countdown mode (H2), or calories countdown mode (H3). Press START to start the treadmill.
2. To set countdown mode:
 - a. In manual mode, press GOALS key to enter time countdown mode. The initial time is 30:00. Set countdown time by pressing SPEED + / SPEED - or INCLINE + / INCLINE -. Time setting range: 5:00 - 99:00. Value is in increment of 1 MIN. Press START to start the treadmill. If you do not press START key and you press GOALS key again, the time value you set will be cleared and treadmill will go into distance countdown mode.
 - b. Press GOALS key to enter distance countdown mode. The initial distance is 1.0 MI. Set the distance by pressing SPEED + / SPEED – or INCLINE + / INCLINE –. Distance setting range: 1.0 - 99.9 MI. Value is in increment of 1 MI. Press START to start the treadmill. If you do not press START key and you press GOALS key again, the distance value you set will be cleared and treadmill will go into calories countdown mode.
 - c. Press GOALS key to enter calories countdown mode. The initial calories will be displayed as 50.0 kcal. Set the calories by pressing SPEED + / SPEED – or INCLINE + / INCLINE –. Calories setting range: 10 - 990 kcal. Value increases in increment of 10 kcal. Press START to start the treadmill. If you do not press START and you press GOALS key again, the calories value you set will be cleared and treadmill will go into standby mode.

WEIGHT LOSS MODE

1. In standby mode, press WEIGHT LOSS key to select pre-set program P1-P15.
2. Press SPEED + / SPEED – or INCLINE + / INCLINE – to adjust the time. The initial time is set to be 30:00. Only time can be set. Setting range: 5:00 - 99:00.
3. Press START key. The treadmill will start running and the speed will gradually increase to the value for the first section of program (see details in the table of program parameters).
4. Press SPEED + / SPEED – or speed shortcut keys to adjust speed.
5. Press INCLINE + / INCLINE – or incline shortcut keys to adjust the incline.
6. Each program is divided into 10 sections. Operating time for each section will be 1/10 of the set time.
7. When the set time goes to zero, the treadmill will slow to a stop. All values go to zero and treadmill is now in standby mode.

8. At any time, if you need to stop the treadmill immediately, remove the **Safety Key (No. 89)**.

PROGRAM PARAMETERS

(speed is in MPH)

		Setup time / 10 = running time for each section									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	3	4	3	5	4	2	5	3
	INCLINE	2	3	2	4	3	2	3	1	2	4
P2	SPEED	2	5	4	6	4	6	4	2	4	2
	INCLINE	1	0	2	5	3	4	6	4	2	5
P3	SPEED	2	5	4	5	4	5	4	2	3	2
	INCLINE	0	1	2	3	4	5	6	4	2	3
P4	SPEED	2	3	4	6	7	6	5	4	4	6
	INCLINE	3	3	2	2	0	4	0	3	2	2
P5	SPEED	3	6	7	5	8	5	9	6	5	3
	INCLINE	0	2	4	1	3	5	2	1	4	1
P6	SPEED	3	6	7	5	8	6	7	6	4	3
	INCLINE	2	0	3	2	3	5	2	4	3	2
P7	SPEED	2	8	6	4	5	9	7	5	4	3
	INCLINE	3	1	2	2	3	4	5	3	2	2
P8	SPEED	2	6	7	4	4	7	4	2	4	2
	INCLINE	0	2	1	3	2	4	5	2	1	3
P9	SPEED	2	4	6	8	7	8	6	2	3	2
	INCLINE	0	1	2	3	4	6	4	2	2	3
P10	SPEED	2	4	5	5	6	5	6	3	3	2
	INCLINE	2	3	4	3	4	5	5	3	4	3
P11	SPEED	2	3	5	3	3	5	3	6	3	3
	INCLINE	0	2	0	1	3	4	2	1	0	1
P12	SPEED	3	5	8	8	9	5	7	6	3	2
	INCLINE	0	3	6	4	3	1	4	5	6	4
P13	SPEED	2	3	6	7	7	7	7	6	3	2
	INCLINE	0	3	6	5	5	5	5	6	3	0
P14	SPEED	3	5	8	8	9	5	7	6	3	2
	INCLINE	0	3	6	6	7	7	6	6	3	0
P15	SPEED	2	3	6	8	9	9	8	6	3	2
	INCLINE	2	3	5	7	9	9	7	5	3	0

INTERVAL MODE

1. In standby mode, press INTERVAL key to select pre-set program P16-P30.
2. Press SPEED + / SPEED – or INCLINE + / INCLINE – to adjust the time. The initial time is set to be 30:00. Only time can be set. Setting range: 5:00 - 99:00.
3. Press START key. The treadmill will start running and the speed will gradually increase to the value for the first section of program (see details in the table of program parameters).
4. Press SPEED + / SPEED – or speed shortcut keys to adjust speed.
5. Press INCLINE + / INCLINE – or incline shortcut keys to adjust the incline.

6. Each program is divided into 10 sections; operating time for each section will be 1/10 of the set time.
7. When the set time goes to zero, the treadmill will slow to a stop. All values go to zero and treadmill is now in standby mode.
8. At any time, if you need to stop the treadmill immediately, remove the **Safety Key (No. 89)**.

PROGRAM PARAMETERS

(speed is in MPH)

		Setup time / 10 = running time for each section									
		1	2	3	4	5	6	7	8	9	10
P16	SPEED	2	5	2	5	2	5	2	5	4	3
	INCLINE	1	3	1	2	1	3	1	2	1	1
P17	SPEED	2	6	2	6	2	6	2	6	4	3
	INCLINE	1	4	2	4	2	4	3	4	2	4
P18	SPEED	2	7	2	7	2	7	2	7	4	3
	INCLINE	1	5	2	5	2	5	3	5	2	5
P19	SPEED	2	8	2	8	2	8	2	8	4	3
	INCLINE	1	6	2	6	2	6	3	6	2	6
P20	SPEED	3	9	3	9	3	9	3	9	4	3
	INCLINE	1	7	2	7	2	7	3	7	2	7
P21	SPEED	4	9	4	9	4	9	4	9	4	3
	INCLINE	1	8	2	8	2	8	3	8	2	8
P22	SPEED	2	6	2	6	2	6	2	6	2	6
	INCLINE	3	8	3	8	3	8	3	8	3	8
P23	SPEED	2	7	2	7	2	7	2	7	2	7
	INCLINE	4	7	2	6	2	6	3	6	2	4
P24	SPEED	3	7	3	7	3	7	3	7	3	7
	INCLINE	1	2	2	6	2	6	3	6	2	3
P25	SPEED	4	7	4	7	4	7	4	7	4	7
	INCLINE	1	5	2	8	2	5	3	5	2	8
P26	SPEED	4	8	4	8	4	8	4	8	4	8
	INCLINE	1	6	2	5	2	8	3	7	2	8
P27	SPEED	5	8	5	8	5	8	5	8	5	8
	INCLINE	1	3	5	8	2	3	5	8	2	8
P28	SPEED	5	9	5	9	5	9	5	9	5	9
	INCLINE	2	8	2	6	2	8	3	6	2	4
P29	SPEED	5	10	5	10	5	10	5	10	5	10
	INCLINE	3	5	2	7	2	9	3	8	2	8
P30	SPEED	6	10	6	10	6	10	6	10	6	10
	INCLINE	1	5	1	5	2	5	3	5	1	5

HEART RATE CONTROL MODE

1. In standby mode, press HEART RATE key to enter the HEART RATE CONTROL mode.
2. Press UP/DOWN keys to set time value. Press OK key to confirm.
3. Press UP/DOWN keys to set target heart rate value. Press OK key to confirm.
4. Press START key to exercise.

Note: During exercise, if the current heart rate is lower than the target heart rate, the speed will gradually increase. When the speed reaches the max speed (6.0 MPH) for HEART RATE CONTROL mode, the incline will gradually increase. When the current heart rate is higher than the target heart rate, incline will decrease if applicable. If no incline, speed will slow down to min speed (1.0 MPH) for HEART RATE CONTROL mode.

CUSTOM MODE

1. In standby mode, press CUSTOM key to enter CUSTOM mode.
2. Press USER key to choose USER 1 or USER 2. Press OK key to confirm.
3. Press UP/DOWN keys to set time value. Press OK key to confirm.
4. Press SPEED + / SPEED – to set speed for each section. Press INCLINE + / INCLINE – to set incline for each section.
5. Press START key to exercise.

SLEEP MODE

If there is no operation for 10 minutes in standby mode, the console will enter Sleep Mode. Press any button to wake up the console, then the console will enter standby mode.

SAFETY KEY FUNCTION

Safety key is for emergency stop. Remove the **Safety Key (No. 89)** in any mode, and the treadmill will slow down rapidly until it stops. The console will display E0 in speed window.

USB CHARGING FUNCTION

The USB connection port of the electronic watch can charge the mobile phone through the data cable. (5V---2A)

BLUETOOTH FUNCTION

When the treadmill is in standby mode, the peripheral device is connected to the bluetooth device (Bluetooth model number: SUNNY). After successful operation, user can play music from their mobile device.

ERROR MESSAGE

E0	Safety key drop off.	Please check whether the safety key is well connected and/or inserted.
E1	Speed sensor wire error.	Please check whether the speed sensor wire is well plugged and/or connected.
E2	Overcurrent protection.	1. Please keep the treadmill running and check whether the motor is blocking. 2. Please keep the treadmill running and check whether the load weight is too heavy, such as user's weight.
E4	Motor error.	Please check whether the motor is well connected to the Controller. If it is well connected, please check if the motor is broken. Suggest to use multi-meter to measure the internal resistance of the motor. Generally the data will show just a few Ohm.
E5	Communication fault.	Please check whether the signal connecting wire 1a & 1b are in good condition or well connected.
E6	Controller is damaged.	Please contact our service to replace the controller.
E7	Incline self-checking fault.	Please check if the Incline motor are in good condition and/or the wires of the motor are well connected

CONNECT WITH US

FOR FITNESS
ARTICLES, VIDEOS
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS

WWW.SUNNYHEALTHFITNESS.COM