



HYBRID WALKING TREADMILL WITH ARM EXERCISE SF-T7971 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 treadmill.

DANGER – To reduce the risk of electrical shock:

1. 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. The treadmill should never be left unattended when plugged in. Unplug from the outlet when not in use and before placing or removing parts.
2. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this treadmill 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 this treadmill to a service center for examination for repair.
4. Keep the cord away from heated surfaces.
5. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and alike items.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. To disconnect, turn the treadmill off, then remove plug from outlet.
10. Connect this treadmill to a properly grounded outlet only. See grounding instructions.

CAUTION:

To avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.

SAVE THESE INSTRUCTIONS

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 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 (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 220 pounds (100 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving 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 OPERATING INSTRUCTIONS

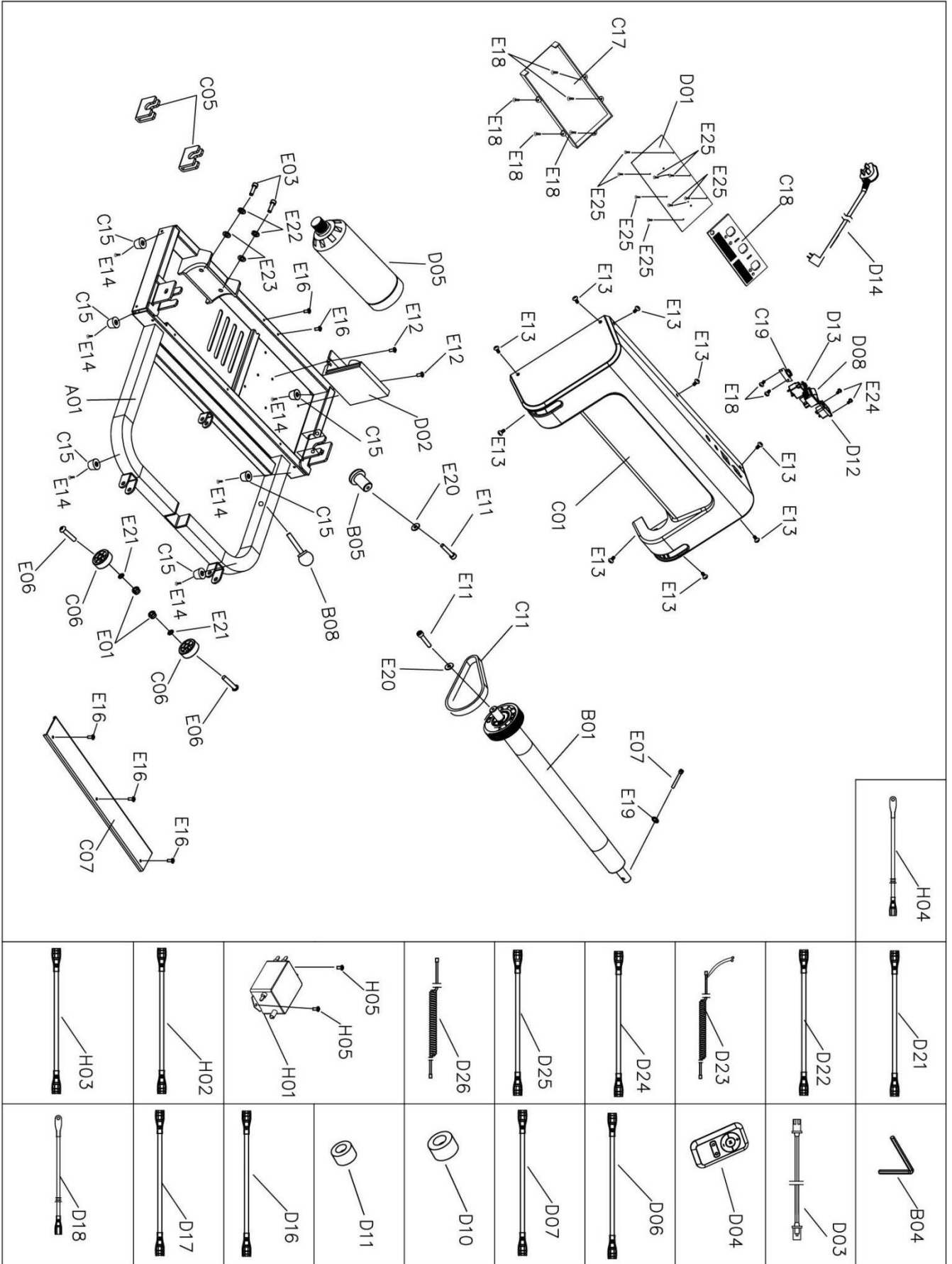
1. Insert the AC power plug directly into the socket.
2. Read the manual before operating the treadmill.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the remote control. The speed will increase gradually.
4. While on the treadmill, move with caution 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 treadmill starts at a very low speed. To begin use, stand on the side rails while it starts up, then step onto the running belt once it's in motion.
6. A safety key is provided for emergency use. The treadmill will function only if the safety key is inserted into the Left Handrail. 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.
7. 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.
8. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
9. Always stay hydrated during and after exercise.



IMPORTANT NOTE:

The running belt must be lubricated before the first use! Please see *Page 19* for instructions on how to properly apply lubricant.

EXPLODED DIAGRAM 1



PARTS LIST

No.	Description	Spec.	Qty
A01	Base Frame		1
A02	Main Frame		1
A03	Left Handrail Frame		1
A04	Right Handrail Frame		1
B01	Front Roller		1
B02	Rear Roller		1
B03	Cylinder		1
B04	Allen Wrench	5mm	1
B05	Front Base Secure Shaft		1
B06	Safety Key Spring Gasket		2
B07	Adjustment Knob		2
B08	Ball Pin		1
C01	Motor Top Cover		1
C02	Left Side Rail Plug		1
C03	Right Side Rail Plug		1
C04	Motor Cover Board		1
C05	Plastic Insulation Block		2
C06	Transportation Wheel		2
C07	Front Board		1
C08	Side Rail		2
C09	Running Belt		1
C10	End Foot Pad		2
C11	Motor Belt		1
C12	Left End Cap		1
C13	Right End Cap		1
C14	Black Cushion		6
C15	Foot Pad		6
C16	Black Cushion Column		2
C17	Table Core Cover		1
C18	Grating		1
C19	Module Switch Button		1
C20	Motor Cover Right Board		1
C21	Handrail Top Cover		2
C22	Handrail Bottom Cover		2
C23	Safety Key Top Cover		1

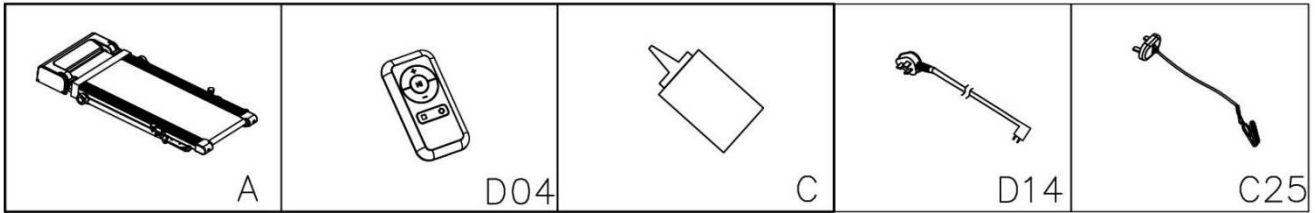
No.	Description	Spec.	Qty
C24	Safety Key Bottom Cover		1
C25	Safety Key		1
C26	Handrail Left Cover		1
C27	Handrail Right Cover		1
C28	Handrail Outer Cover		2
C29	Handrail Inner Cover		2
C30	Support Fastener		2
C31	Plastic Gasket		4
C33	Bushing		2
D01	Console		1
D02	Control Board		1
D03	Console Communication Wire		1
D04	Remote Control		1
D05	DC Motor		1
D06	AC Single Line	Blue	1
D07	AC Single Line	Brown	1
D08	Square Switch		1
D09	Running Board		1
D10	Magnetic Ring		1
D11	Magnetic Core		1
D12	Power Socket		1
D13	Overload Protector		1
D14	Power Wire		1
D15	Inverted Switch		1
D16	AC Single Line	Blue	1
D17	AC Single Line	Brown	1
D18	Grounding Wire		1
D19	Button		2
D20	Button Switch Board		2
D21	Left Handrail Top Wire		1
D22	Left Handrail Middle Wire		1
D23	Left Handrail Bottom Wire		1
D24	Right Handrail Top Wire		1
D25	Right Handrail Middle Wire		1
E20	Big Washer	6	2

No.	Description	Spec.	Qty
D26	Right Handrail Bottom Wire		1
E01	Nut	M8	4
E02	Nut	M6	4
E03	Bolt	M8*15	2
E04	Bolt	M8*30	1
E05	Bolt	M8*45	1
E06	Bolt	M8*35	2
E07	Bolt	M6*55	3
E08	Bolt	M6*45	2
E09	Bolt	M6*35	4
E10	Bolt	M6*25	2
E11	Bolt	M6*15	2
E12	Bolt	M5*12	8
E13	Bolt	M5*10	9
E14	Screw	ST4.2*20	7
E15	Screw	ST4.2*12	6
E16	Screw	ST4.2*12	9
E17	Screw	ST4.2*12	4
E18	Screw	ST2.9*6.0	15
E19	Lock Washer	6	3

No.	Description	Spec.	Qty
E21	Lock Washer	8	4
E22	Spring Washer	8	2
E23	Flat Washer	8	2
E24	Screw	ST2.9*8	2
E25	Screw	ST2*6	8
E26	Bolt	M5*25	4
E27	Screw	ST2.9*8	1
E28	Flat Washer	3	1
E29	Screw	ST2.5*6	4
E30	Washer	Φ10	4
E31	Nut	M10	2
E32	Gasket	54	2
E33	Screw	ST4.2*8	2
E34	Screw	ST2.9*4	2
H01	Filter		1
H02	AC Single Line		1
H03	AC Single Line		1
H04	Ground wire		1
H05	Bolt	M5*12	2
G01	Left Handrail		1
G02	Right Handrail		1

ASSEMBLY HARDWARE

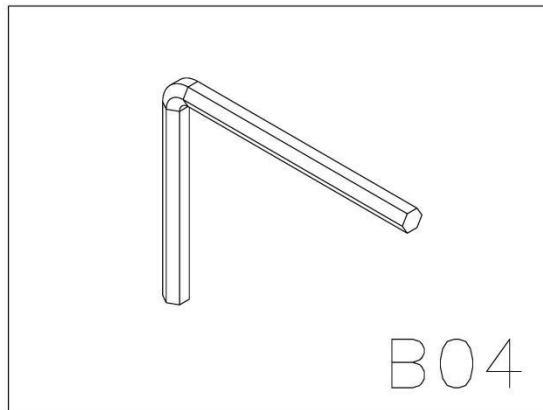
CARTON CONTENTS:



No.	Description	Specification	Qty.
A	Main Frame		1
D04	Remote Control		1
C	Lubricant Oil	20ml/bottle	1
D14	Power Wire		1
C25	Safety key		1

TOOLS

Allen Wrench (5mm)



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:

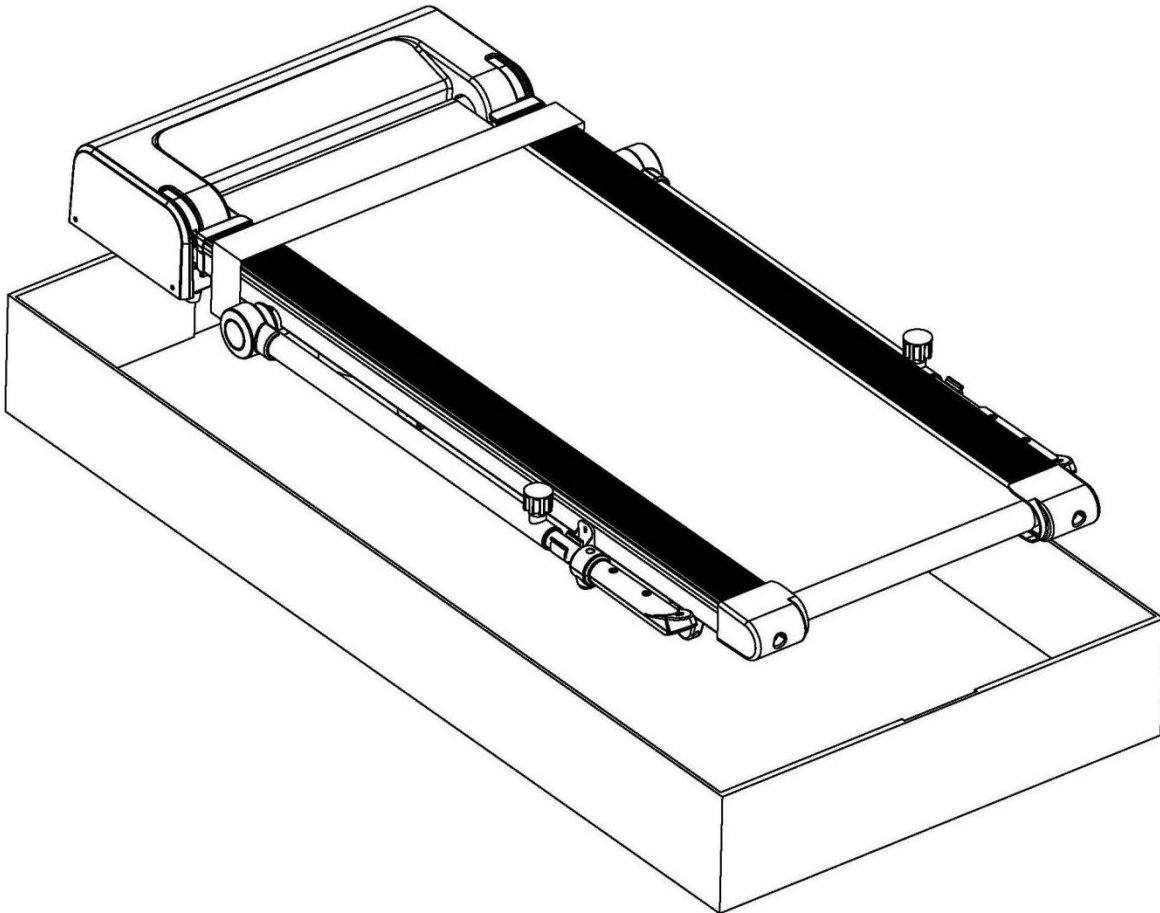
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

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

ASSEMBLY INSTRUCTIONS

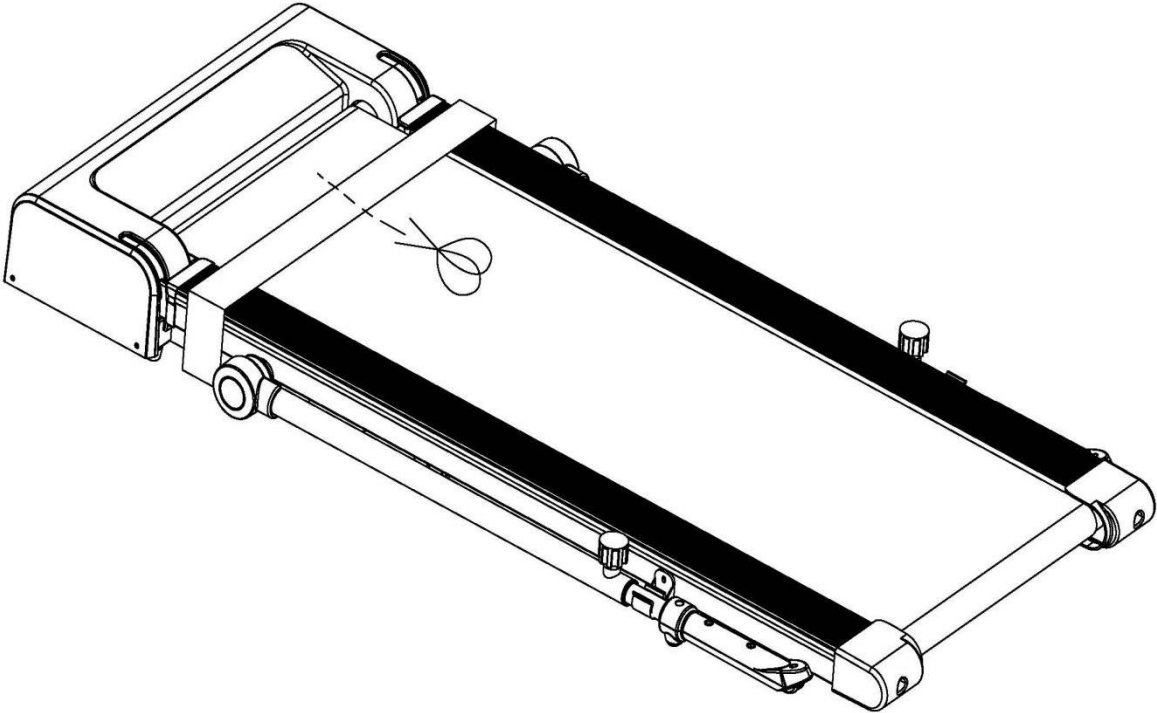
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

STEP 1:



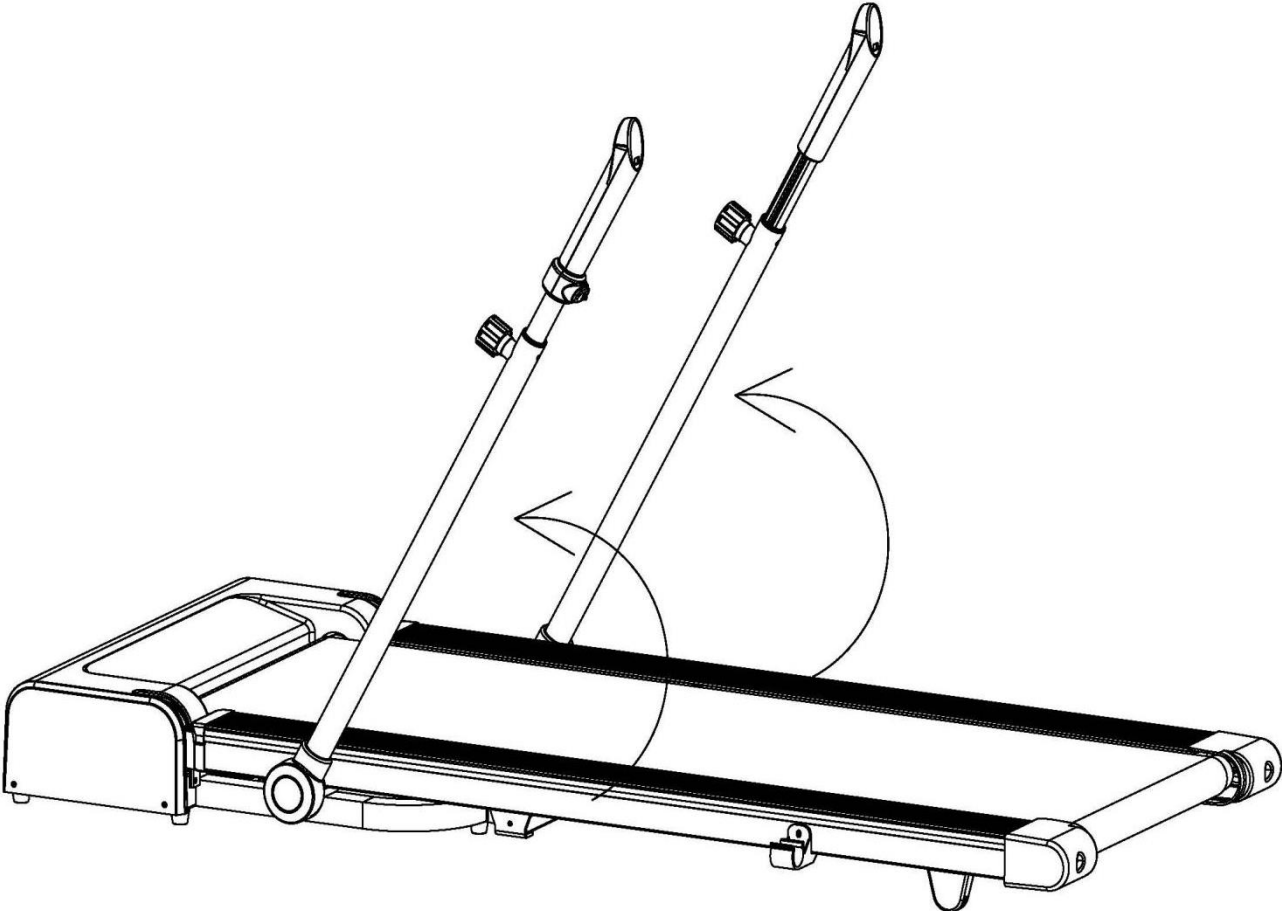
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STEP 2:



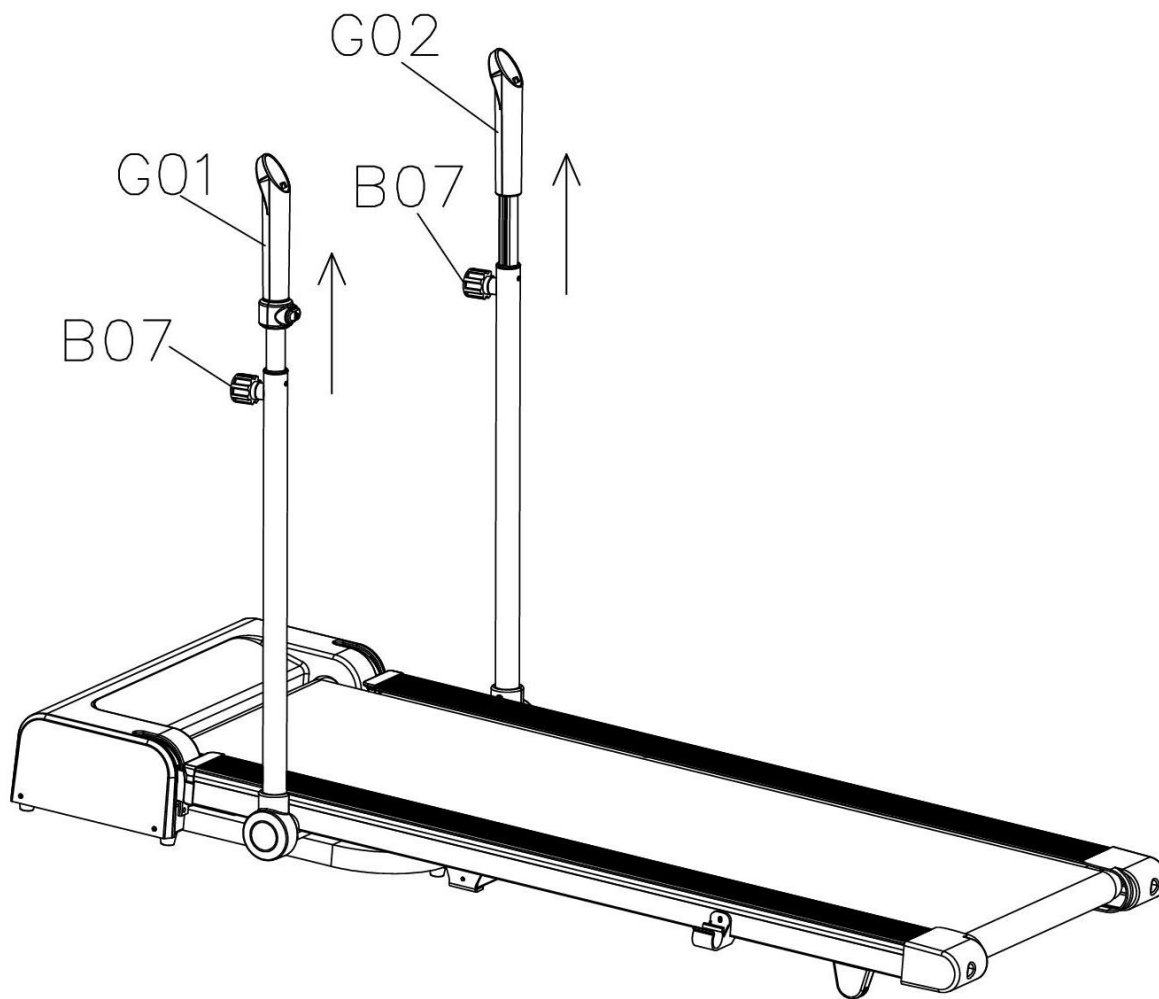
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STEP 3:



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).

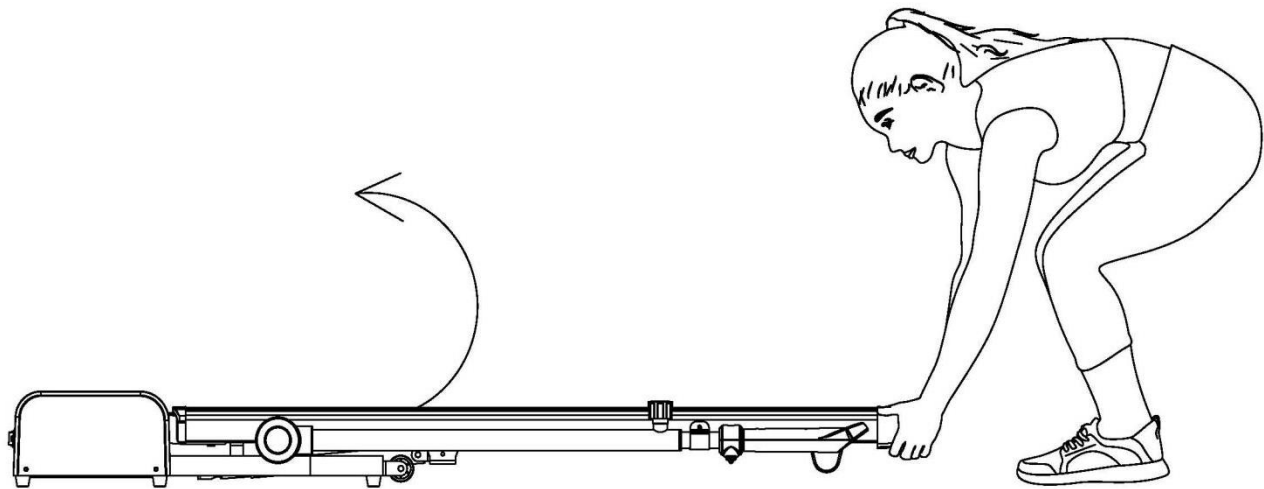
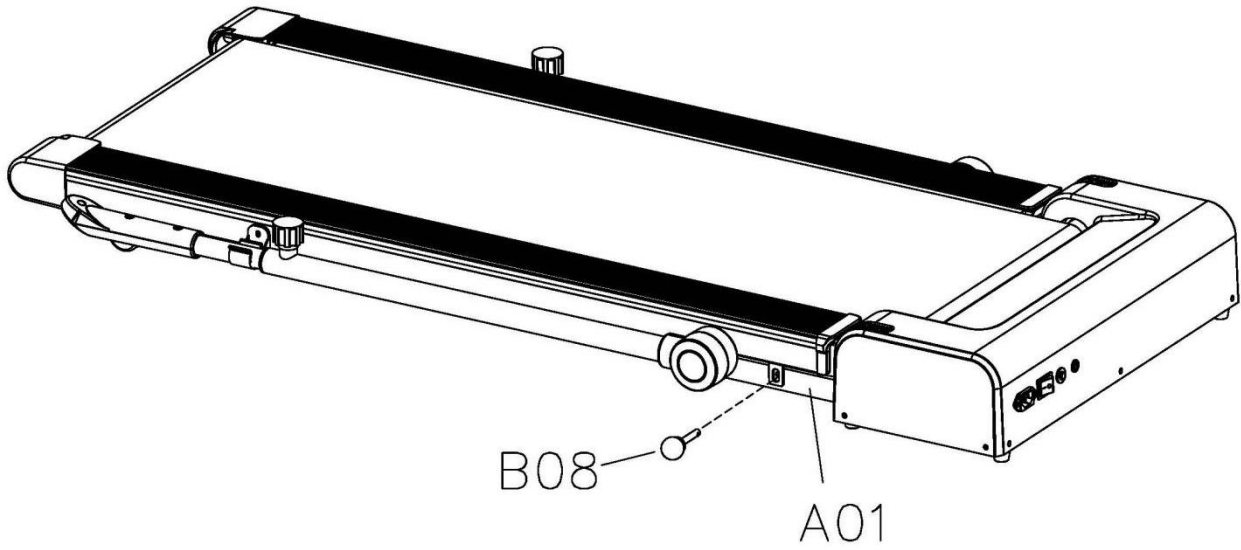
STEP 4:



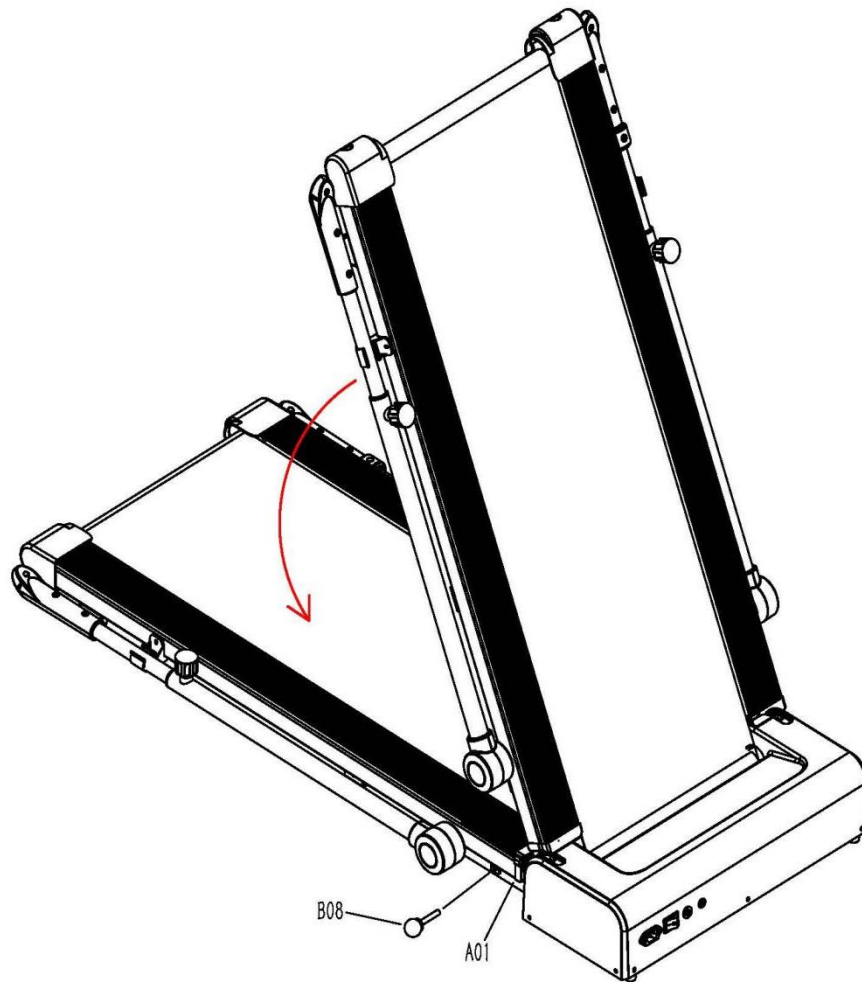
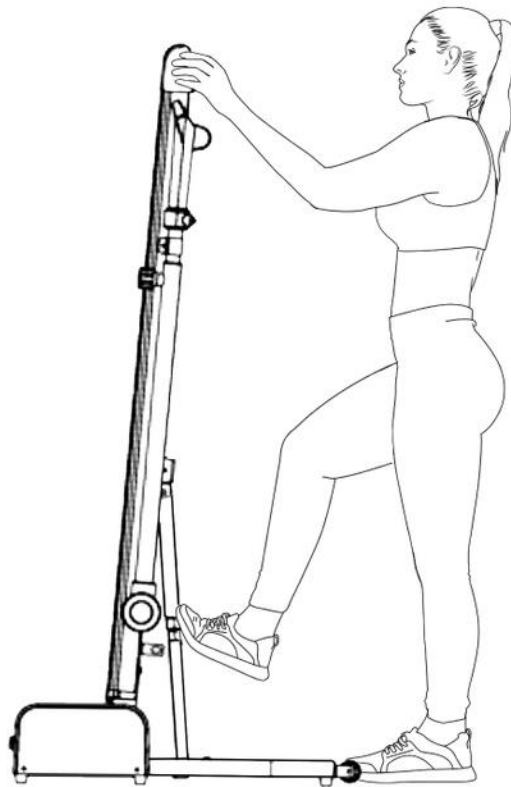
When it is necessary to adjust the length of the **Left Handrail (No. G01)**, hold the **Adjustment Knob (No. B07)** with one hand and rotate until it becomes loosened. Pull the **Adjustment Knob (No. B07)** outward, and hold **Left Handrail (No. G01)** with your other hand. Pull upward until the **Adjustment Knob (No. B07)** clicks on the handrail. Tighten the **Adjustment Knob (No. B07)** up once desired length is achieved. Adjust the **Right Handrail (No. G02)** in the same way.

FOLDING INSTRUCTIONS

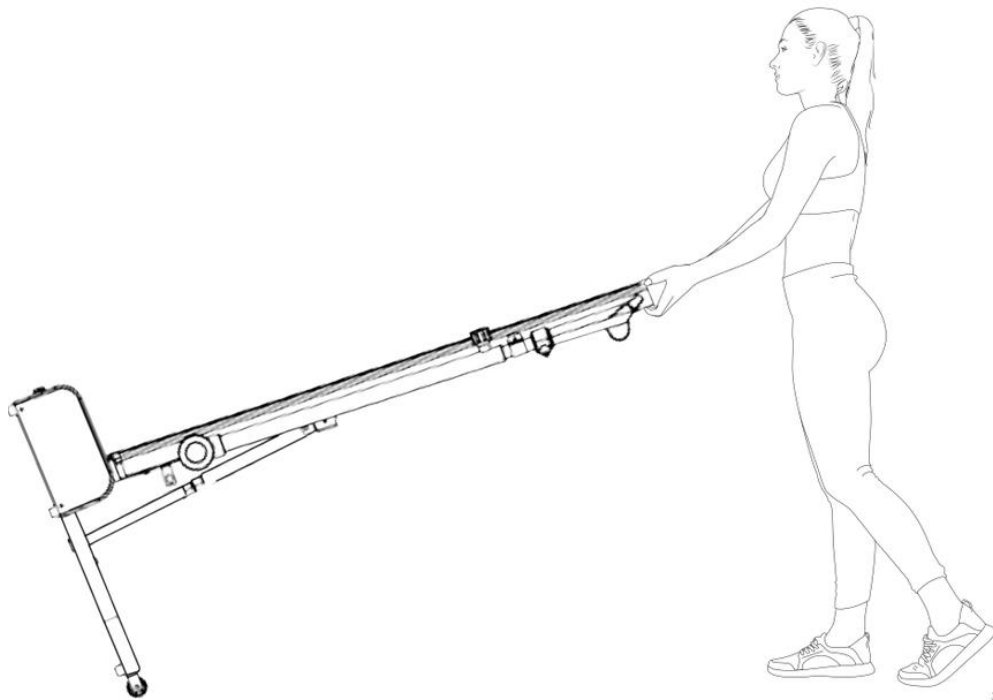
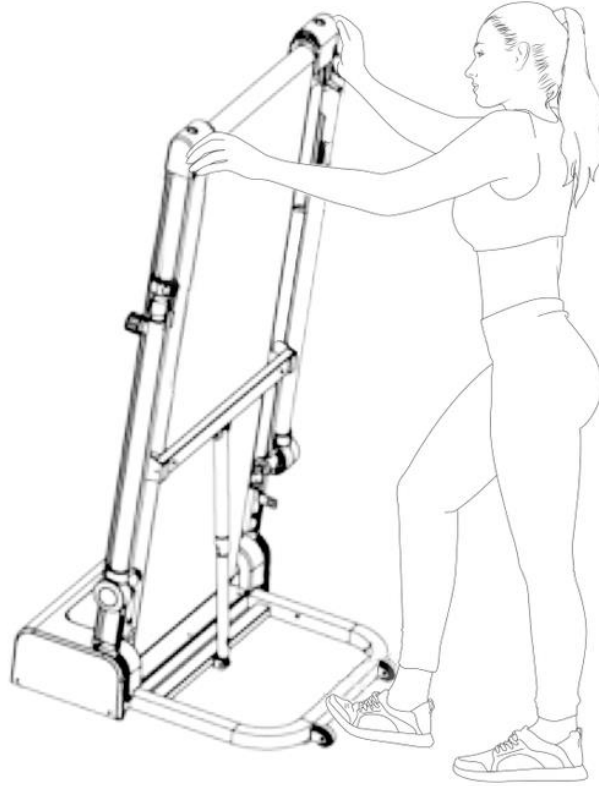
FOLDING:



UNFOLDING:

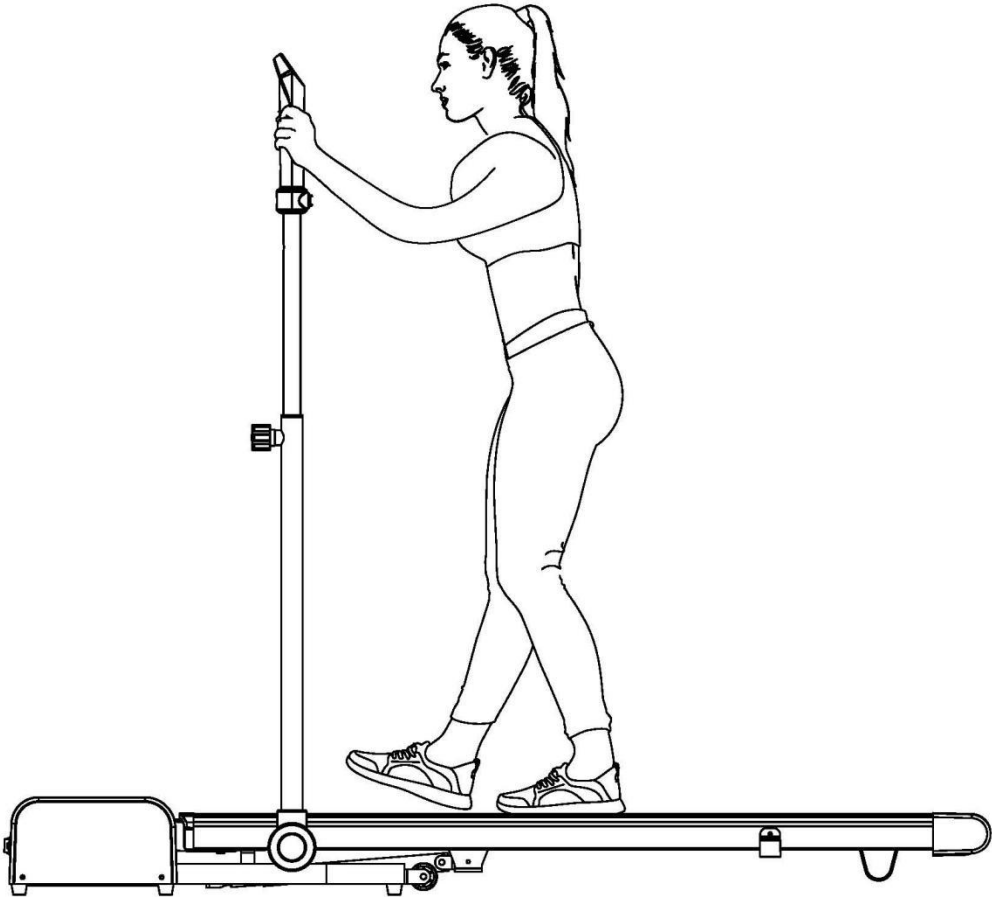


HOW TO MOVE THE TREADMILL

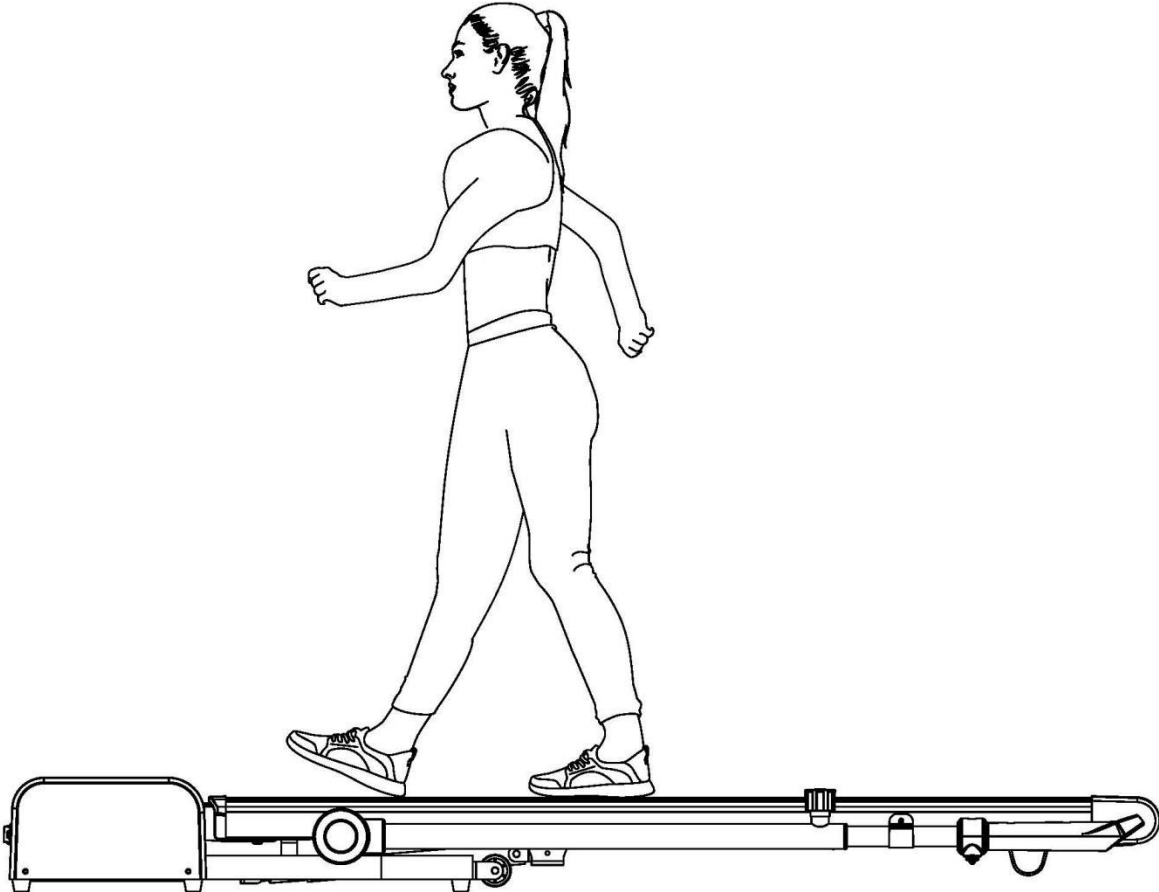


HOW TO USE THE TREADMILL

WITH HANDRAILS:



WITHOUT HANDRAILS:



MAINTENANCE & CARE

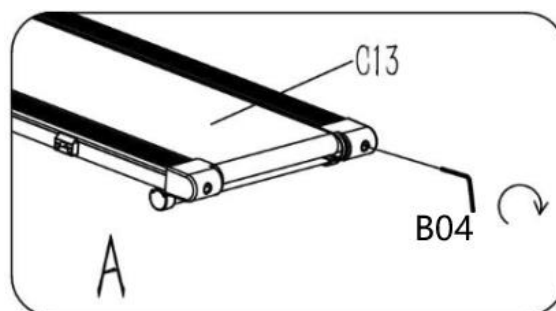
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. C09)** to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear the **Running Board (No. D09)** and **Running Belt (No. C09)**. Clean the surface of the **Running Belt (No. C09)** with a clean damp cloth.

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

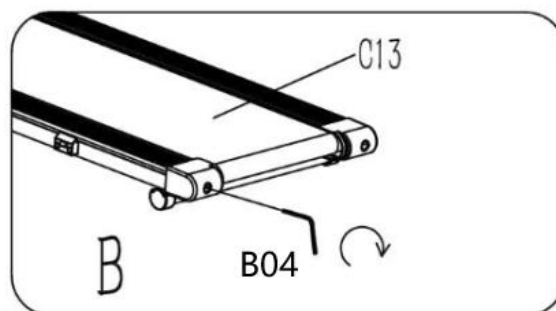
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 4 mph to check if the **Running Belt (No. C09)** drifts from the center. Use **Allen Wrench (No. B04)** to adjust.

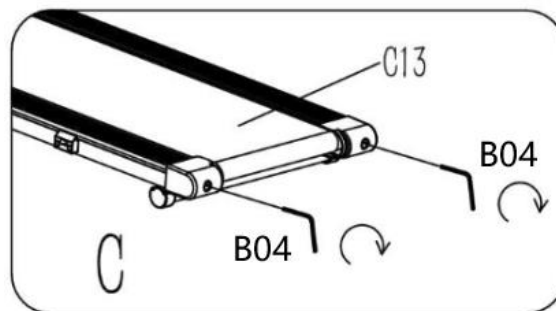
1. If the **Running Belt (No. C09)** drifts to the right, turn the right adjusting bolt $\frac{1}{4}$ turn *clockwise*, then turn the left adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C09)** does not move, repeat this step until it centers. Refer to Figure A.



2. If the **Running Belt (No. C09)** drifts to the left, turn the left adjusting bolt $\frac{1}{4}$ of a turn *clockwise*, then turn the right adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C09)** does not move, repeat this step until it centers. Refer to Figure B.



3. Over time the **Running Belt (No. C09)** will loosen. To tighten the running belt turn the **Left & Right** adjusting bolts one full turn *clockwise*, check the tension of the **Running Belt (No. C09)**. Continue this process until **Running Belt (No. C09)** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to diagram "C".



LUBRICATING THE TREADMILL

IMPORTANT NOTE:

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

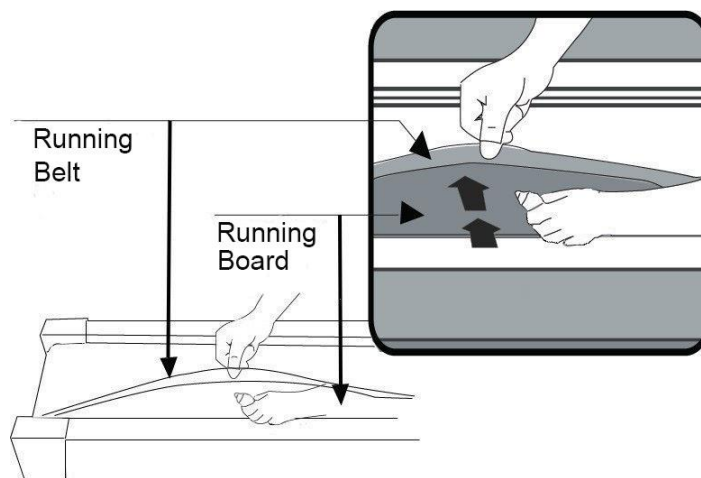
RUNNING BELT & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. D09)** and **Running Belt (No. C09)** is essential as the friction between the two affects the life span and operations of the treadmill. Inspect the **Running Board (No. D09)** and **Running Belt (No. C09)** regularly. If you find any wear on the **Running Board (No. D09)**, 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. C09)** up on one side and apply lubricant to the **Running Board (No. D09)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. D09)**. 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 all 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. C09)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C09)** will negatively affect the motor performance and also create more friction between the roller and **Running Belt (No. C09)**. The most suitable tightness for the **Running Belt (No. C09)** is when it is pulled out **50-75mm** from the **Running Board (No. D09)**.



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>

IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **8 amps (100-120V)** in order to properly operate. For your safety, as well as the safety of others, verify that the power source is correct before powering 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. Should the treadmill malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. 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.

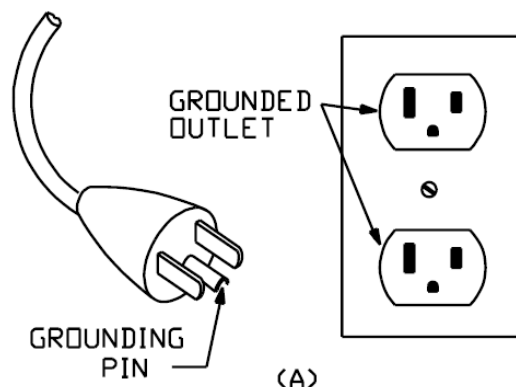
DANGER:

Improper connection of the equipment-grounding conductor 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.

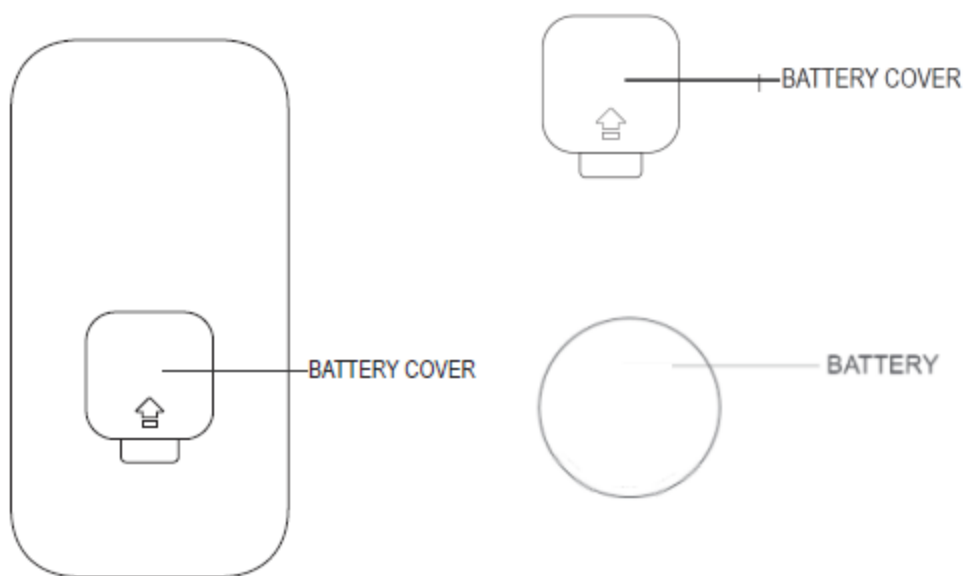
WARNING!

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 AC power cord.
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



BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Remove the battery cover from the **Remote Control (No. D04)**.
2. Take out the 1pc battery that is included inside the remote control box.
3. Install the battery into the battery holder with the positive end facing up.
4. Put the battery cover back on to the battery holder.

The installation is complete!

BATTERY REPLACEMENT:

1. Remove the battery cover from the back of the **Remote Control (No. D04)**.
2. Remove the old battery and install the new battery into the battery holder with the positive end facing up.
3. Put the battery cover back on to the battery holder.

The installation is complete!

Dispose the old battery according to your state or regional guidelines.

EXERCISE INSTRUCTIONS

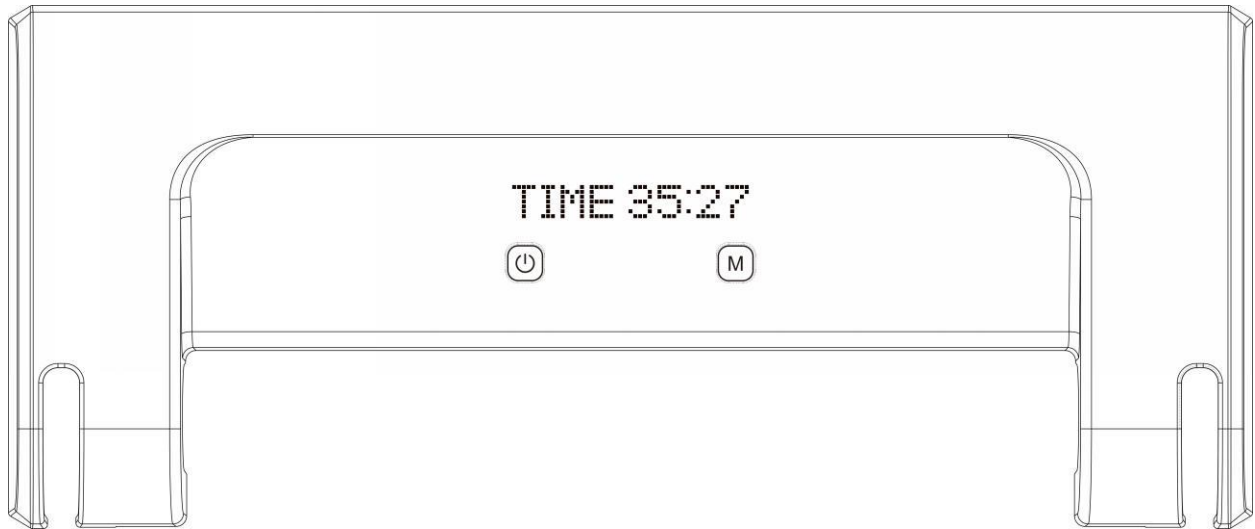
GETTING STARTED:

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 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 **Left & Right Handrails (No. G01 & No. G02)**.
2. Next, attach the clip end of the **Safety Key (No. C25)** to your clothes and insert the magnetic end of the **Safety Key (No. C25)** into the Left Handrail.
3. Press the **START** button to start the treadmill. The treadmill will start at the system default setting speed of **0.5 MPH**. Step onto the running belt.
4. When you feel comfortable, you may slowly increase this speed. 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. C25)** to stop the treadmill.

THE DISPLAY CONSOLE





TIME 3:35 SPD 3.0 MILE 0.88 KCAL 20.8 STEP 00035

WINDOW DISPLAY:

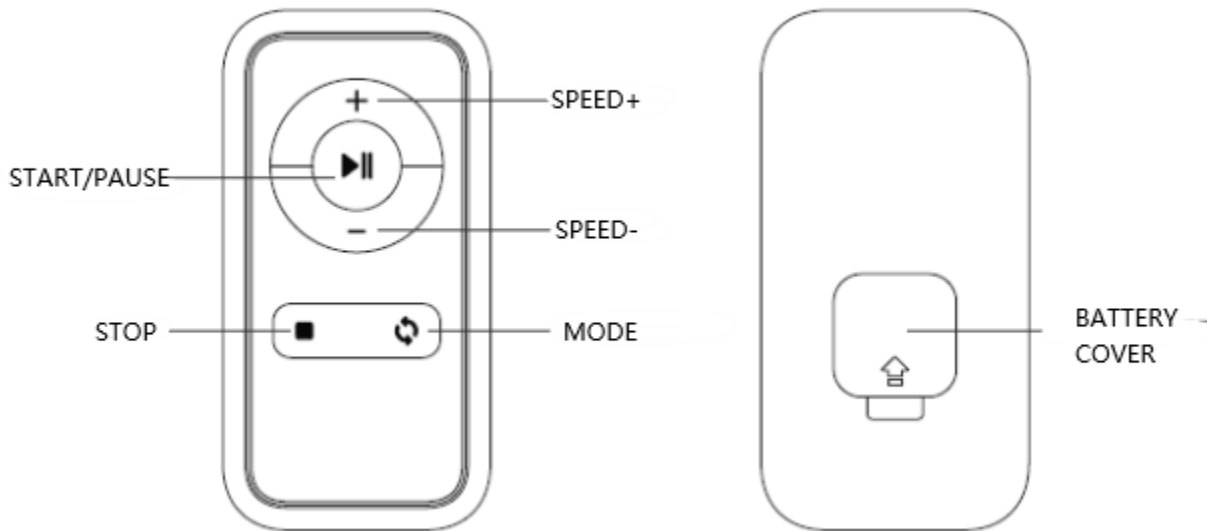
1. **LATTICE WINDOW:** Displays time, distance, calories, steps and speed value in turn every 5 seconds.
2. **MODE:** Includes standby mode and manual mode. When pressing the mode switch on the remote control or the mode switch on the console, the corresponding current state light of the mode window will be lit.

CONSOLE FUNCTIONS:

1.  **STANDBY MODE:** the treadmill is waiting for the input command. You can use the remote control to switch to manual mode.
2.  **MANUAL MODE:** You can use the remote control to start/pause/stop the treadmill, as well as increase or decrease the speed.

NOTE: When attempting to get off of the treadmill but you do not press the Start/Pause button, the treadmill will stop automatically within 10 seconds. If you want to continue exercising, restart the treadmill.

REMOTE CONTROL FUNCTIONS:



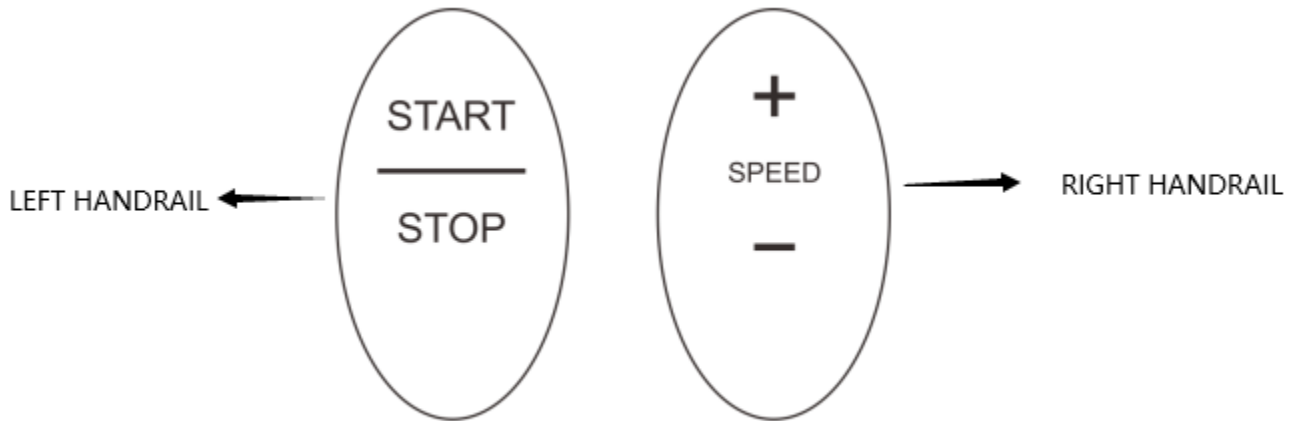
Note: If the treadmill does not respond to the remote control, you will need to resync the treadmill and remote control. To sync the remote control with the treadmill, press the start/pause button on the remote control for five seconds.

1. **START/PAUSE BUTTON:** Press the START button to start the treadmill. 0.5 MPH is the default start speed. During the exercise, you can also press this button to pause the treadmill.
2. **SPEED +/- BUTTONS:** Press the +/- buttons to increase or decrease the speed in increments of 0.1 MPH (Miles per hour). Pressing and holding either of these buttons for a duration of over ½ a second will increase or decrease the speed continually.
3. **STOP BUTTON:** When in use, press the STOP button to terminate your workout session. All data will be deleted and reset to the initial setting.
4. **MODE:**
 - a. When in stop mode, you can press this button to switch between Standby Mode and Manual Mode.
 - b. When running on the running belt, you can press this button to switch the display.

***NOTE:** The maximum speed on this treadmill is 4 MPH (Miles per hour).

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME (MIN:SECOND)	0	-	-	0:00—18H
SPEED (MPH)	0.0	0.5	0.5-4.0	0.0-4.0
DISTANCE (MILES)	0.00	-	-	0.00—99.9
STEP	0	-	-	0--99999
CALORIES (KCAL)	0.0	-	-	0.0—9999

HANDRAIL CONTROL FUNCTIONS:



1. **START BUTTON:** Press the START button to start the treadmill. 0.5 MPH is the default start speed. During the exercise, you can also press this button to pause the treadmill.
2. **STOP BUTTON:** When in use, press the STOP button to terminate your workout session. All data will be deleted and reset to the initial setting.
3. **SPEED + BUTTON:** Press the + button to increase the speed in increments of 0.1 MPH (Miles per hour).
4. **SPEED – BUTTON:** Press the - button to decrease the speed in increments of 0.1 MPH (Miles per hour).

LUBRICATION REMINDER

Your treadmill needs lubrication maintenance every 188 miles. The system will release a beeping sound every 10 seconds and displays an “OIL” icon on your LCD display. Please read the LUBRICATING THE TREADMILL instructions on Page 19 to learn the proper steps to lubricate your treadmill. Apply the lubricant oil to the middle of the running board on both sides. After application, press and hold the STOP button for 3 seconds to clear the reminder.

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 LCD display of the console will be turned off. To turn it back on, press any button.

I POWER ON:

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

O POWER OFF:

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

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start.	Not plugged in.	Plug power cord into outlet.
	Safety Key (No. C25) is not inserted.	Insert Safety Key (No. C25) .
Running belt is not centered.	Running belt tension is not correct on the left or right side of the running board.	Tighten the left and right adjusting bolts of the rear roller.
Computer is not working.	Wires from the console and bottom control board are not properly connected.	Check wire connections from the console to the bottom 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 bottom 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 bottom 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 any strange noises 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.
E09: Inversion error.	The treadmill sets upright or not placed horizontally.	Adjust the treadmill and place it horizontally. The wires of the control board are not connected well. 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.

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