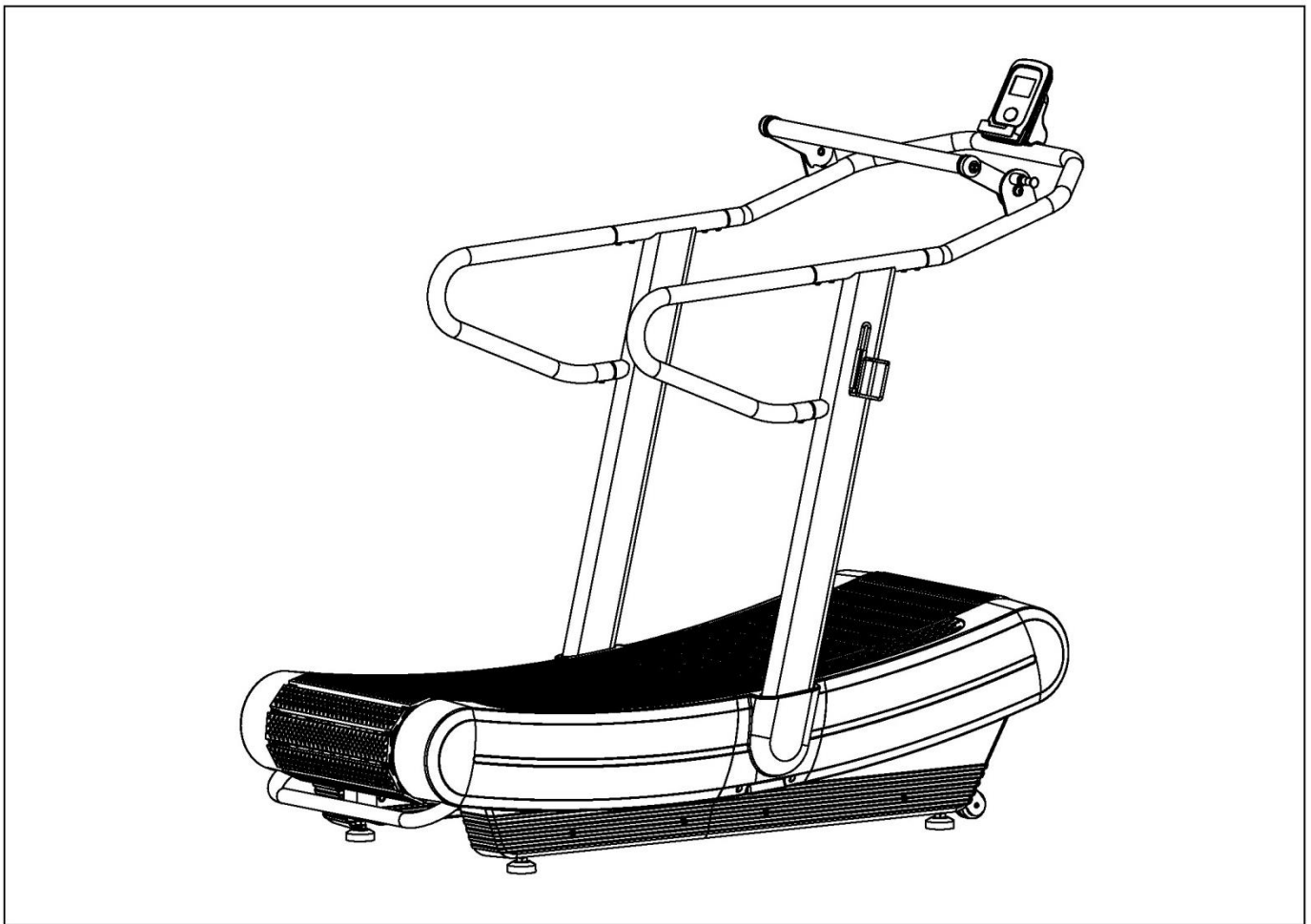




PREMIUM CURVE MANUAL TREADMILL

SF-X7100

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).



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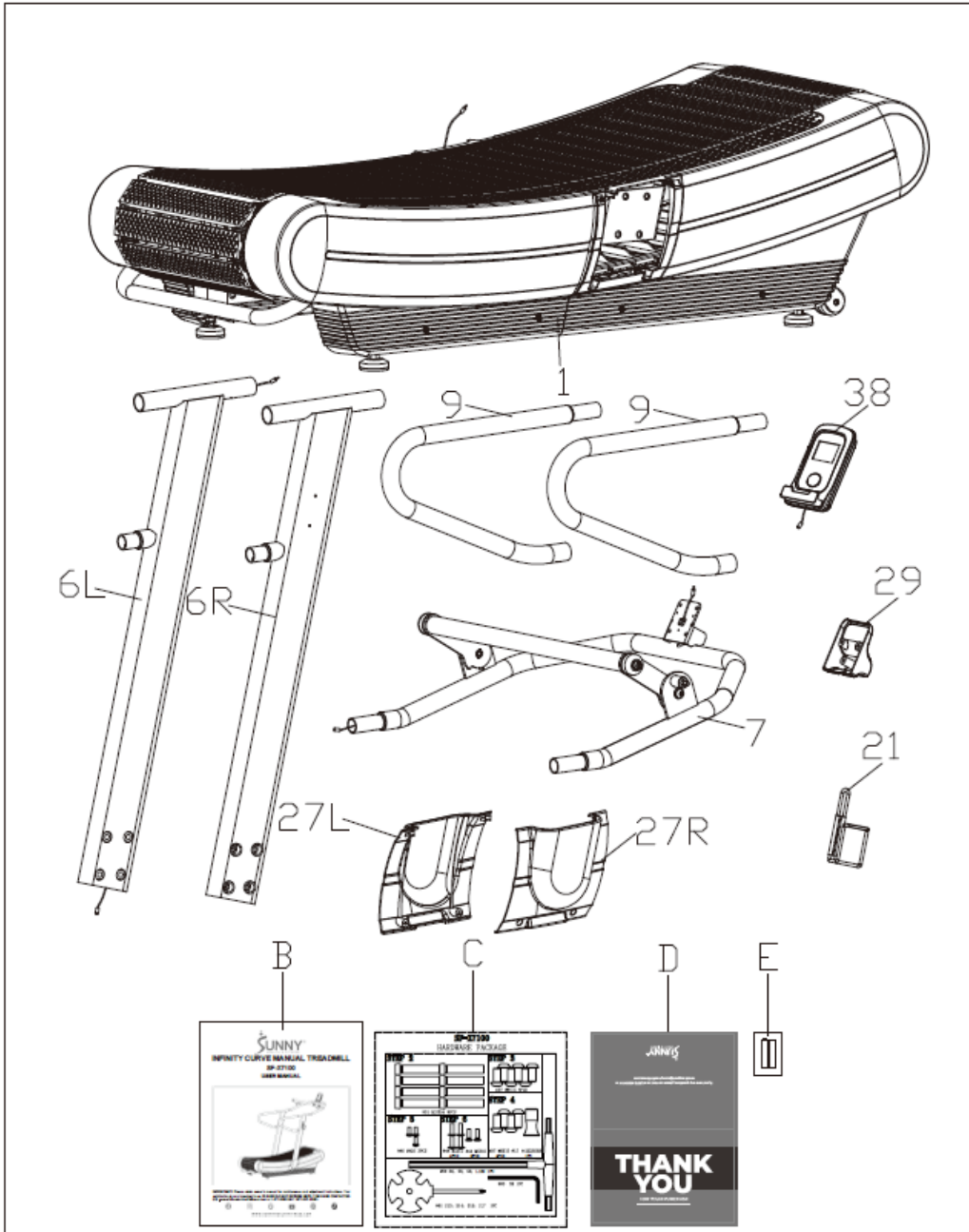
IMPORTANT SAFETY INSTRUCTIONS

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 condition 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 375 lbs (170 kgs).
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, dry conditions. You should avoid storage in extremely 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!

PRE-ASSEMBLY CHECK LIST

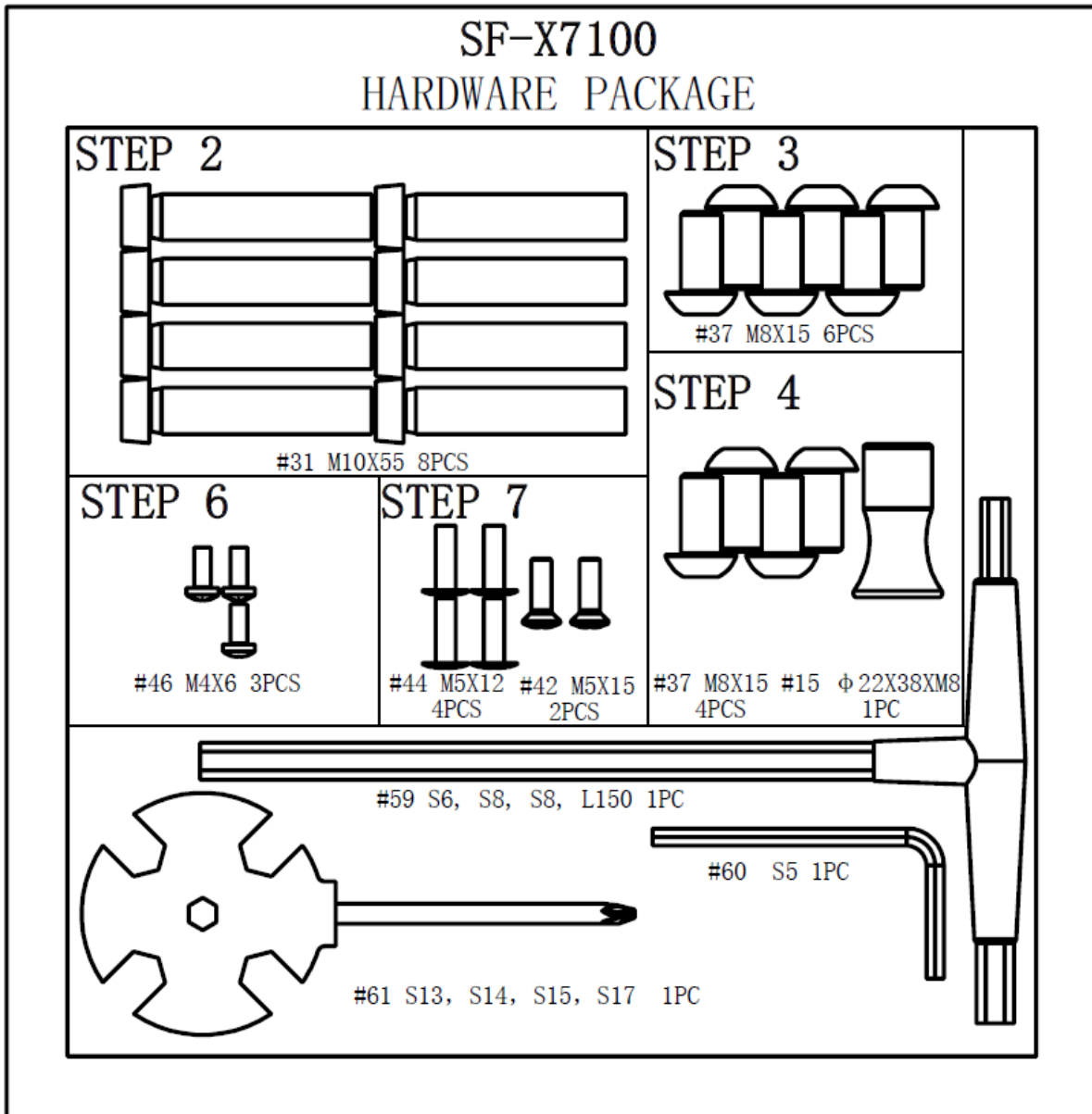
Before you start to assemble, please make sure all parts are included.



| No. | Description | Spec. | Qty. |
|-----|-------------------------|-------|------|
| 1 | Main Frame | | 1 |
| 6L | Left Upright Tube | | 1 |
| 6R | Right Upright Tube | | 1 |
| 7 | Handlebar Support | | 1 |
| 9 | Handrail | | 2 |
| 21 | Bottle Holder | | 1 |
| 27L | Left Upright Tube Cover | | 1 |

| No. | Description | Spec. | Qty. |
|-----|--------------------|----------|------|
| 27R | Right Upright Tube | | 1 |
| 29 | Meter Cover | | 1 |
| 38 | Meter | BJHT038B | 1 |
| B | Manual | | 1 |
| C | Hardware Package | | 1 |
| D | Thank You Card | | 1 |
| E | Battery | AAA | 2 |

HARDWARE PACKAGE



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

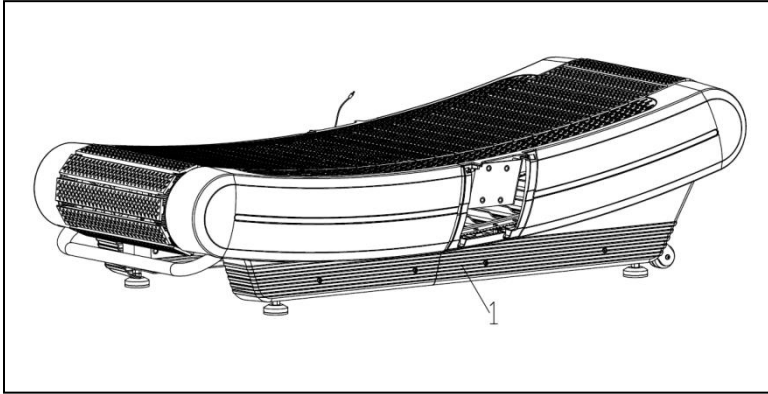
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” (page 11) and “PARTS LIST” (pages 12~13)

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.

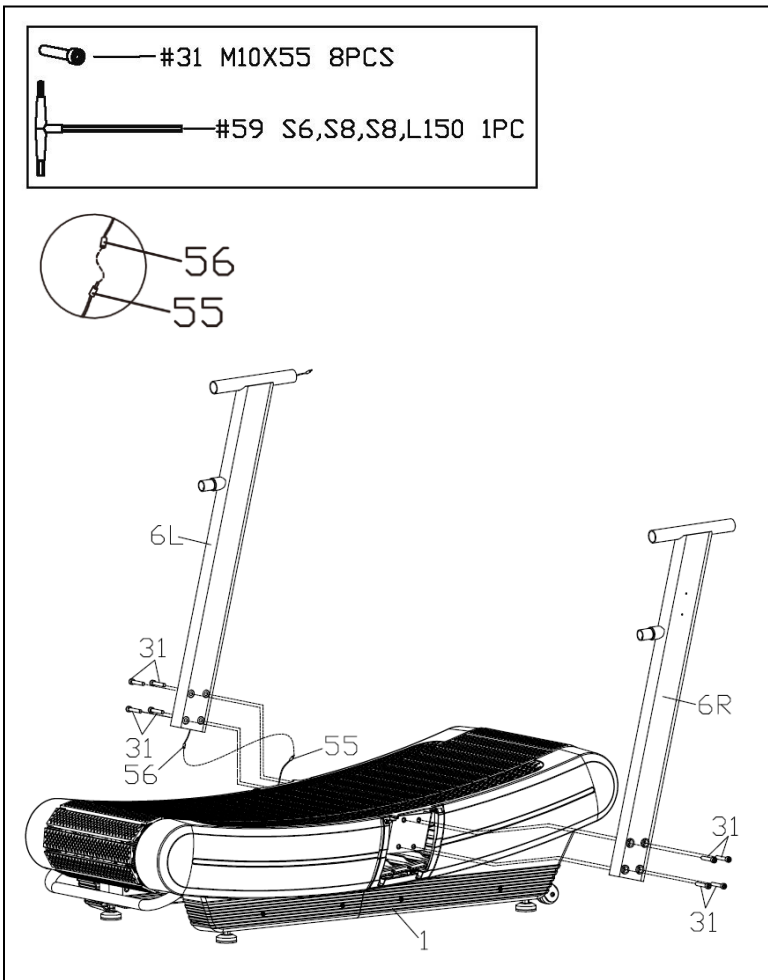
Open the carton and remove contents. Place the **Main Frame (No. 1)** on level ground and ensure you have a clean and adequate space.

STEP 2:

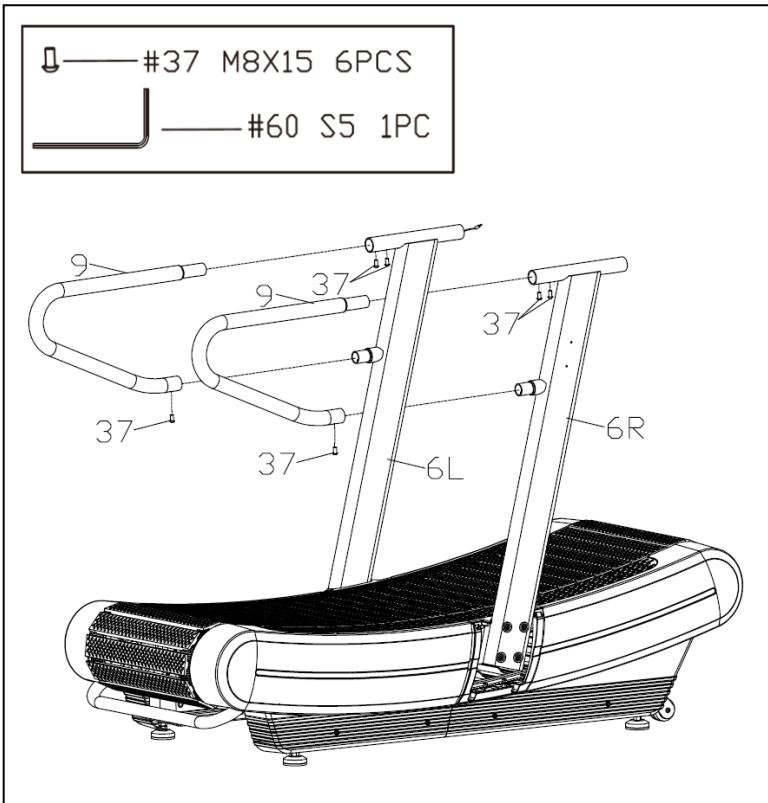
Connect the **Sensor Wire (No. 55)** to the **Middle Extension Wire (No. 56)**.

Attach **Left and Right Upright Tubes (No. 6L & No. 6R)** to the **Main Frame (No. 1)** with 8 **Inner Hex Bolts (No. 31)** using **T-shaped Wrench (No. 59)**.

NOTE: Do not completely tighten the **Inner Hex Bolts (No. 31)** yet.

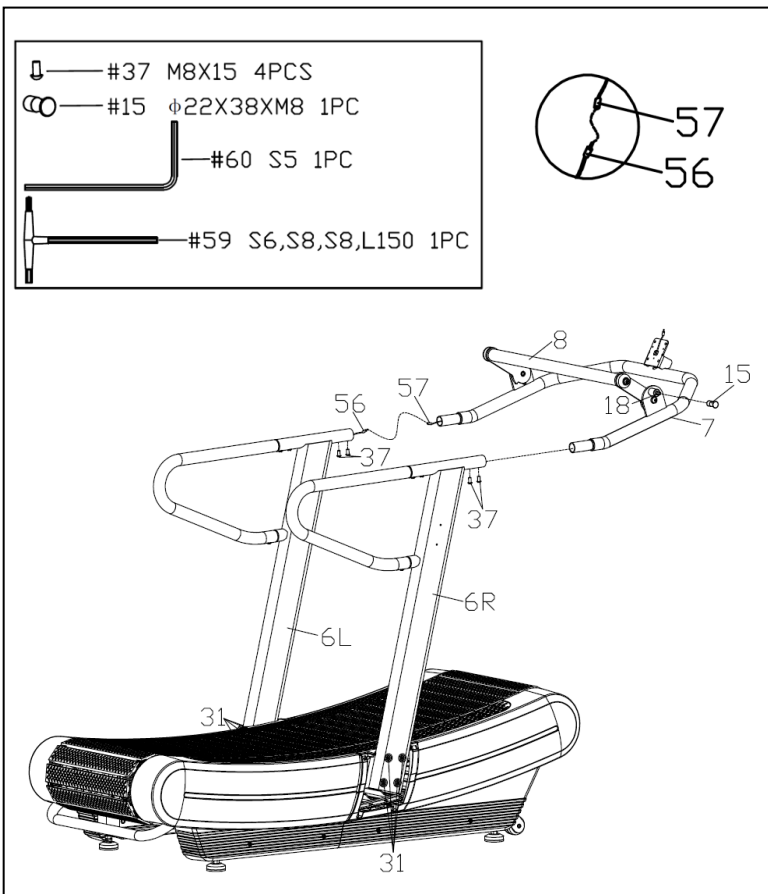


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STEP 3:

Insert the **Handrails (No. 9)** into the upper and lower connecting tubes of the **Left and Right Upright Tubes (No. 6L & No. 6R)** and then secure with 6 **Hex Flat Head Screws (No. 37)** using **Allen Wrench (No. 60)**.



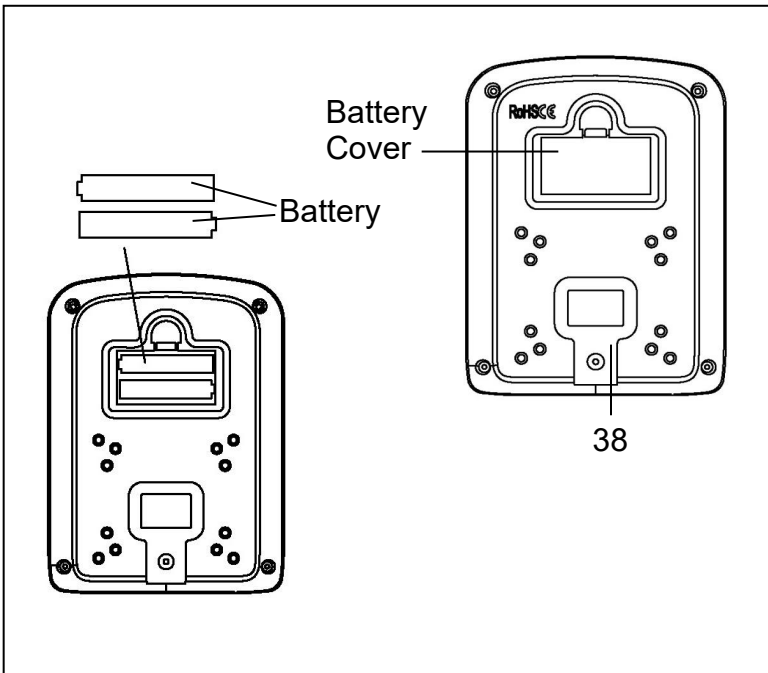
STEP 4:

Connect the **Middle Extension Wire (No. 56)** to the **Upper Extension Wire (No. 57)**. Insert the wires inside the tubes of the **Handlebar Support (No. 7)** and then secure the **Handlebar Support (No. 7)** to the **Left and Right Upright Tubes (No. 6L & No. 6R)** with 4 **Hex Flat Head Screws (No. 37)** using **Allen Wrench (No. 60)**.

Now, fasten 8 **Inner Hex Bolts (No. 31)** from STEP 2 tightly using **T-shaped Wrench (No. 59)**.

Screw the **Spring Knob (No. 15)** onto the **Bolt Pin (No. 18)** and adjust the **Front Handlebar (No. 8)** to a desired position.

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:

Take out 2 AAA batteries from meter box.

Press down on the buckle of battery cover on the **Meter (No. 38)**, then remove battery cover.

Install 2 AAA batteries into the battery case on the back of the **Meter (No. 38)**. Pay attention to the battery + and – poles before installing.

Press down on the buckle of battery cover, then put the battery cover back on the back of the **Meter (No. 38)**.

STEP 6:

Remove 4 **Cross Pan Head Screws (No. 58)** from the **Meter (No. 38)** using the **Spanner (No. 61)**.

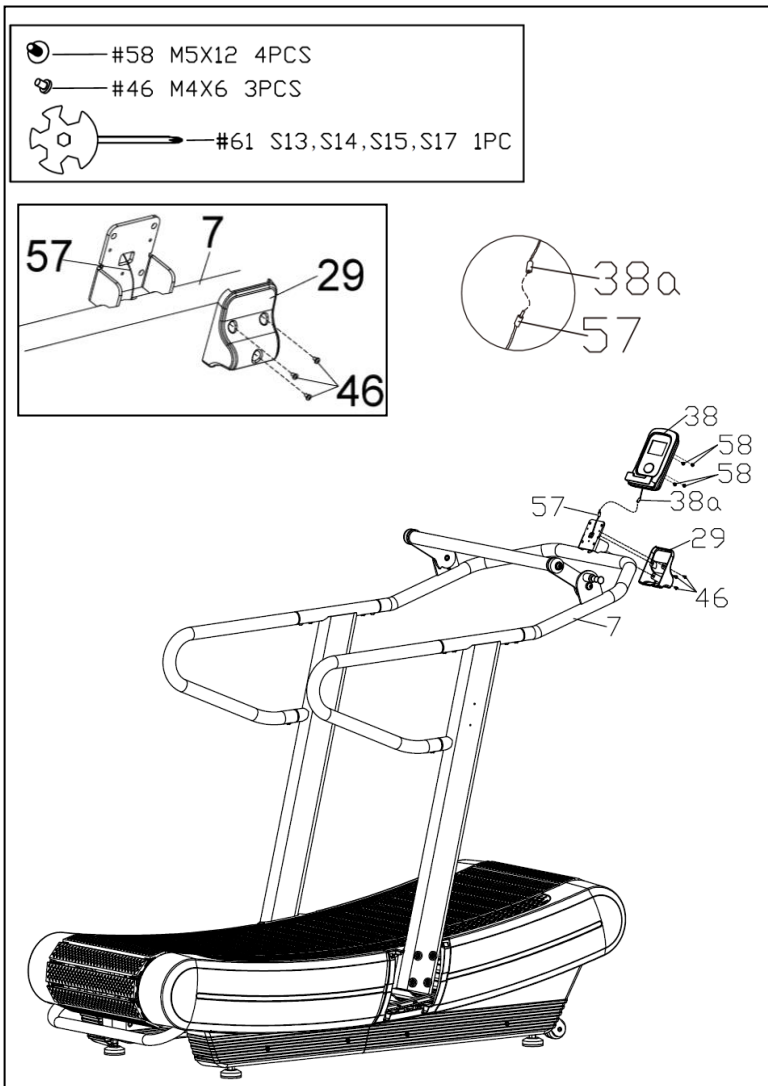
Connect the **Upper Extension Wire (No. 57)** with **Meter Wire (No. 38a)**.

Insert the wires into the holes on the bracket of **Handlebar Support (No. 7)**. Then attach the **Meter (No. 38)** to the bracket of the **Handlebar Support (No. 7)** with 4 **Cross Pan Head Screws (No. 58)** that were just removed using the **Spanner (No. 61)**.

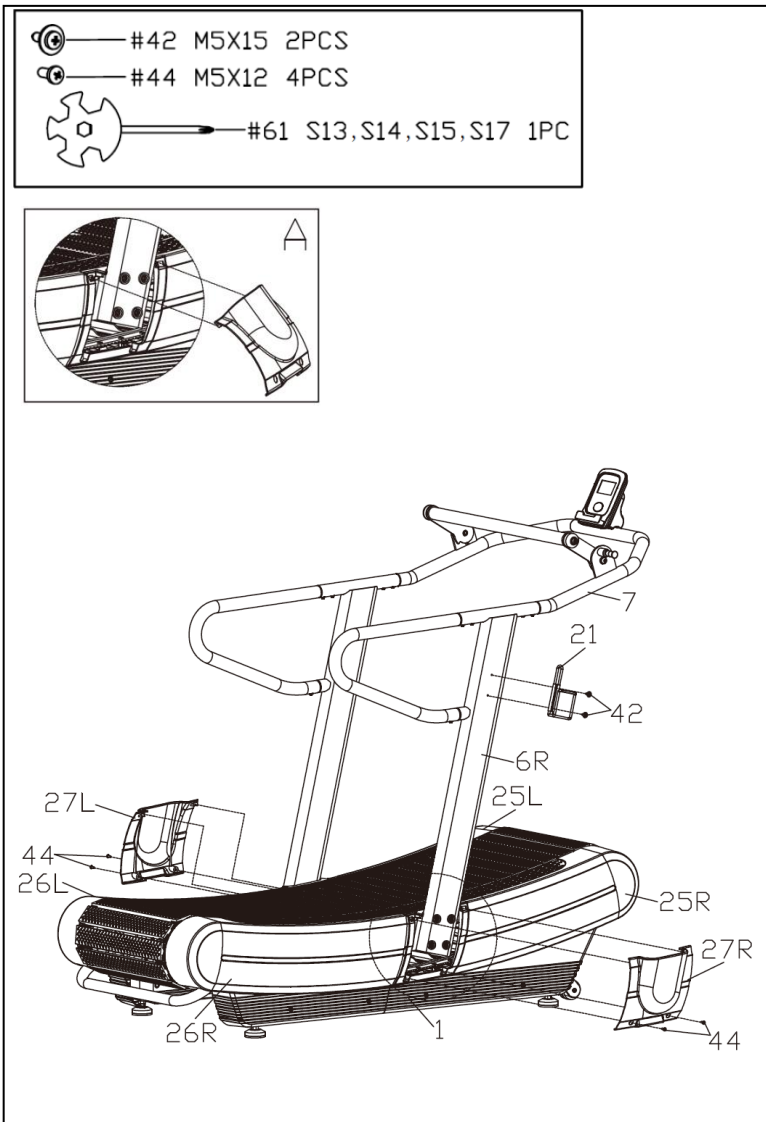
NOTE: Be careful not cut or pinch any wires when attaching the **Meter (No. 38)**.

Attach the **Meter Cover (No. 29)** to bracket of the **Handlebar Support (No. 7)** with 3 **Philips Screws (No. 46)** using the **Spanner (No. 61)**.

NOTE: Be careful not pinch the **Upper Extension Wire (No. 57)** when screwing the 3 **Philips Screws (No. 46)** to mount the **Meter Cover (No. 29)** onto the bracket of the **Handlebar Support (No. 7)**.



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STEP 7:

Tilt the **Left and Right Upright Tube Covers (No. 27L & No. 27R)** at an angle as shown in Fig. A.

Align the clips of the **Left and Right Upright Tube Covers (No. 27L & No. 27R)**, **Left and Right Front Covers (No. 25L & No. 25R)** and **Left and Right Rear Covers (No. 26L & No. 26R)** properly.

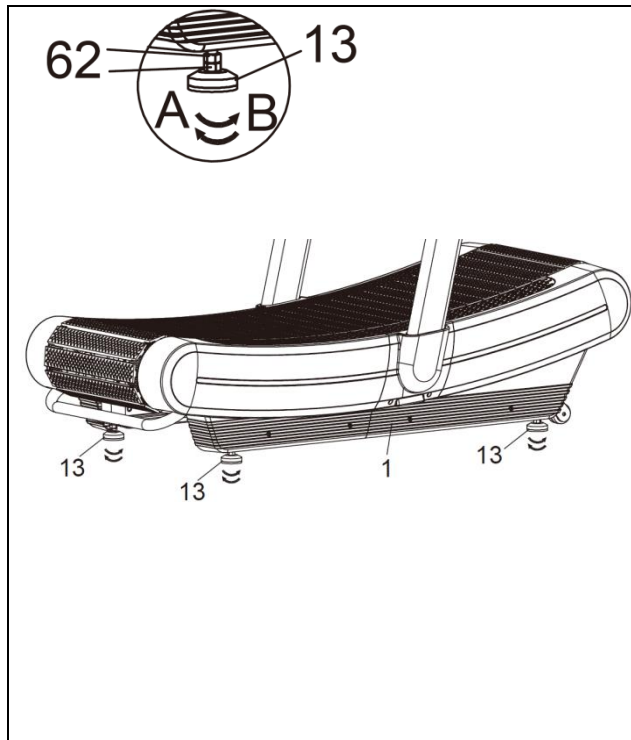
Then buckle the **Left and Right Upright Tube Covers (No. 27L & No. 27R)** to the **Left and Right Front Covers (No. 25L & No. 25R)** and the **Left and Right Rear Covers (No. 26L & No. 26R)**.

Secure the **Left and Right Upright Tube Covers (No. 27L & No. 27R)** to the **Main Frame (No. 1)** with 4 **Philips Screw (No. 44)** using the **Spanner (No. 61)**.

Finally, attach the **Bottle Holder (No. 21)** to the **Right Upright Tube (No. 6R)** with 2 **Philips Screws (No. 42)** using the **Spanner (No. 61)**.

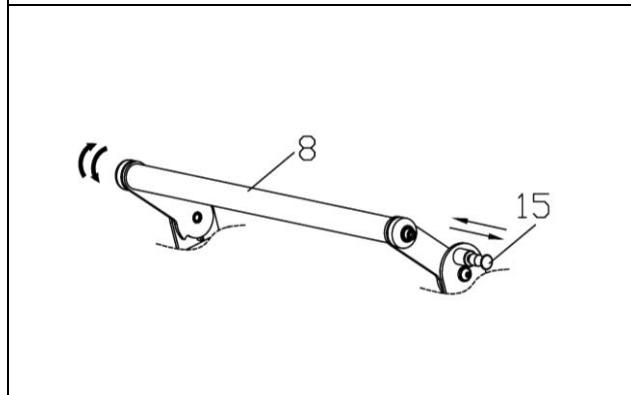
THE ASSEMBLY IS COMPLETE!

ADJUSTMENT GUIDE



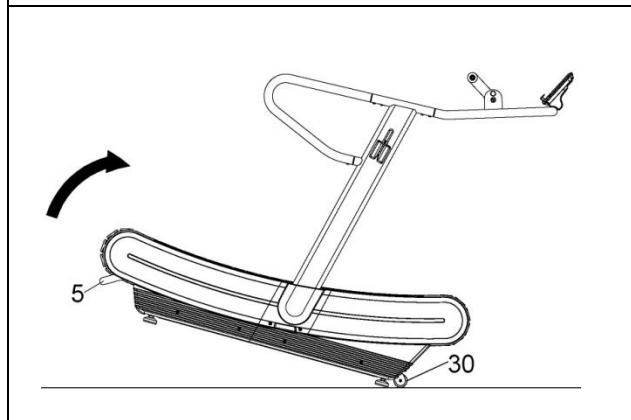
ADJUSTING THE BALANCE

To achieve a smooth and comfortable use, you must ensure that the treadmill is stable and secure. If you notice that the treadmill is unbalanced during use, you should adjust the **Adjustable Pads (No. 13)**. There are 4 **Adjustable Pads (No. 13)** located beneath the **Main Frame (No. 1)**. Simply rotate the **Adjustable Pad (No. 13)** until the treadmill becomes level with the floor surface. To do so, loosen the 2 **Hex Nuts (No. 62)** on the **Adjustable Pad (No. 13)** by turning it clockwise (direction A). With the 2 **Hex Nuts (No. 62)** loosened, rotate **Adjustable Pad (No. 13)** until it sits level with the surface that the treadmill is on. When you have finished adjusting the **Adjustable Pad (No. 13)**, re-tighten the 2 **Hex Nuts (No. 62)** by turning it counter-clockwise (direction B). If necessary, repeat this process to adjust the remaining **Adjustable Pads (No. 13)**.



ADJUSTING THE FRONT HANDLEBAR

To adjust the **Front Handlebar (No. 8)** forward or backward, pull the **Spring Knob (No. 15)** outward, then rotate the **Front Handlebar (No. 8)** to the desired position. Once adjustment is complete, re-insert the **Spring Knob (No. 15)** to secure the **Front Handlebar (No. 8)** in place.

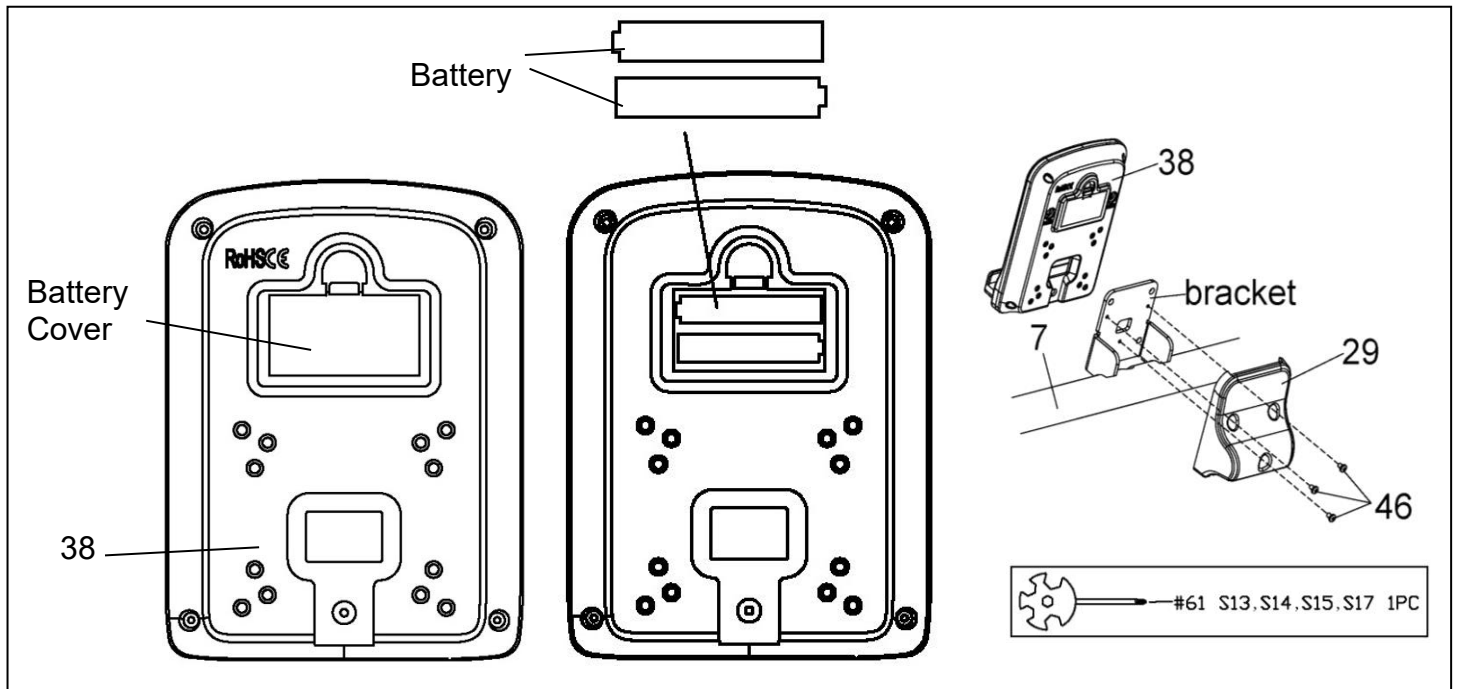


MOVING THE TREADMILL

NOTE: It is suggested to have two people to help move the treadmill to avoid injury.

Lift the treadmill by the **Rear Handlebar (No. 5)** until the **Transportation Wheels (No. 30)** touch the floor. Now you can move the treadmill to your desired location.

BATTERY REPLACEMENT



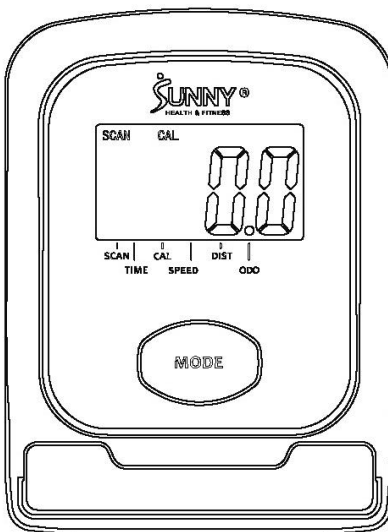
1. Remove 3 **Philips Screw (No. 46)** using **Spanner (No. 61)** and take off the **Meter Cover (No. 29)** from the bracket of the **Handlebar Support (No. 7)**.
2. Press down on the buckle of battery cover on the back of the **Meter (No. 38)**, then remove battery cover.
3. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Meter (No. 38)**. Pay attention to the battery + and – poles before installing.
4. Press down on the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 38)**.
5. Attach the **Meter Cover (No. 29)** to the bracket of the **Handlebar Support (No. 7)** with 3 **Philips Screw (No. 46)** that were just removed. Tighten and secure with **Spanner (No. 61)**.

The replacement is complete!

BATTERY DISPOSAL

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

EXERCISE METER



KEY FUNCTION

- Press the MODE key to select function display value on LCD.
- Press and hold the MODE key for 3 seconds to reset all the values to zero (without resetting ODO [TOTAL DISTANCE]).

SLEEP MODE

- The meter will turn off when the sensor receives no signal input, or no key is pressed for approximately 4 minutes.
- The meter will turn on automatically when the MODE key is pressed or there is a signal input from the sensor, while in sleep mode.

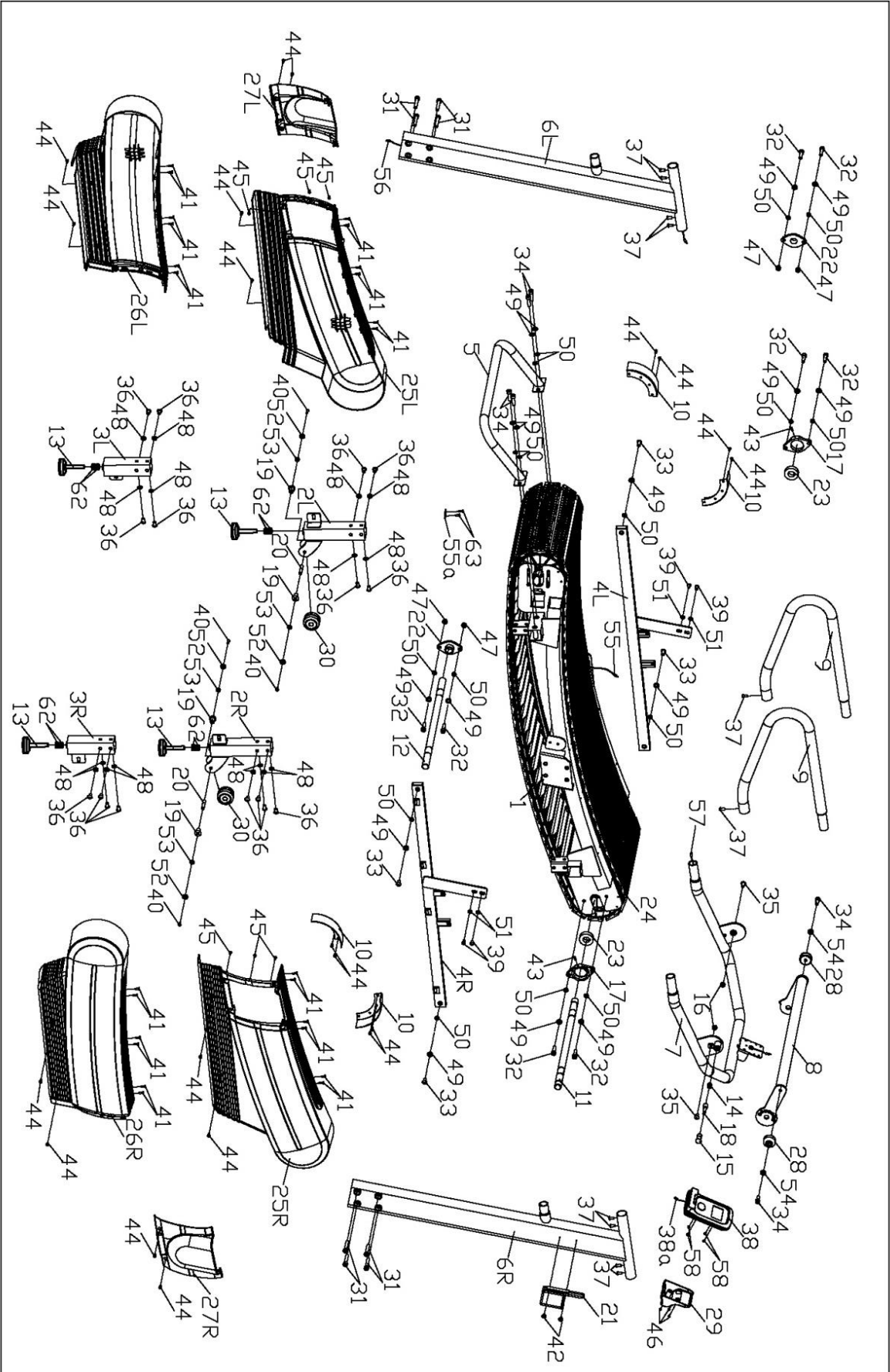
FUNCTION

1. SCAN: Display all function values in the following order every 6 seconds. TIME→SPEED→DIST (DISTANCE)→CAL (CALORIES)→ODO (TOTAL DISTANCE).
2. TIME: The total working time since starting exercise.
3. SPEED: The current speed during exercise.
4. DIST (DISTANCE): The distance since starting this workout.
5. CAL (CALORIES): The calories burned since starting exercise.
6. ODO (TOTAL DISTANCE): The total distance of all workouts since batteries were installed. The value will reset to zero, if the batteries are replaced.

SPECIFICATIONS

| | | |
|-----------------------|----------------------|-----------------------|
| FUNCTION | SCAN | Every 6 seconds |
| | TIME | 0:00-99:59 (MIN:SEC) |
| | SPEED | 0.0~999.9 MILES/HOUR |
| | DIST (DISTANCE) | 0.00~999.9 MILES |
| | ODO (TOTAL DISTANCE) | 0.0~9999 MILES |
| | CAL (CALORIES) | 0.0~999.9 KCAL |
| BATTERY | | SIZE – 2 AAA |
| OPERATING TEMPERATURE | | 0~40°C (32°F-104°F) |
| STORAGE TEMPERATURE | | -10~60°C (14°F-140°F) |

EXPLODED DIAGRAM



PARTS LIST

| No. | Description | Specification | Qty. |
|-----|--------------------------|--------------------|------|
| 1 | Main Frame | | 1 |
| 2L | Left Front Foot Support | | 1 |
| 2R | Right Front Foot Support | | 1 |
| 3L | Left Rear Foot Support | | 1 |
| 3R | Right Rear Foot Support | | 1 |
| 4L | Left Base Bracket | | 1 |
| 4R | Right Base Bracket | | 1 |
| 5 | Rear Handlebar | | 1 |
| 6L | Left Upright Tube | | 1 |
| 6R | Right Upright Tube | | 1 |
| 7 | Handlebar Support | | 1 |
| 8 | Front Handlebar | | 1 |
| 9 | Handrail | | 2 |
| 10 | Protective Cover | | 4 |
| 11 | Front Rotating Axle | Φ25X570 | 1 |
| 12 | Rear Rotating Axle | Φ25X570 | 1 |
| 13 | Adjustable Pad | Φ60XM12X92 | 4 |
| 14 | Spring | Φ1.5XΦ15XL17.5 | 1 |
| 15 | Spring Knob | Φ22X38XM8 | 1 |
| 16 | Spacer | Φ16.8XΦ10X7.0 | 2 |
| 17 | One Way Bearing Base | 110X65X17 | 2 |
| 18 | Bolt Pin | Φ16X65 | 1 |
| 19 | Roller Wheel Spacer | Φ24XΦ15XΦ10.1X22.3 | 4 |
| 20 | Roller Wheel Axle | Φ9.8X50XM6 | 2 |
| 21 | Bottle Holder | | 1 |
| 22 | Bearing | FL005 | 2 |
| 23 | One Way Bearing | 6205 | 2 |
| 24 | Aluminum Chain | | 60 |
| 25L | Left Front Cover | | 1 |
| 25R | Right Front Cover | | 1 |

| No. | Description | Specification | Qty. |
|-----|--------------------------|---------------|------|
| 26L | Left Rear Cover | | 1 |
| 26R | Right Rear Cover | | 1 |
| 27L | Left Upright Tube Cover | | 1 |
| 27R | Right Upright Tube Cover | | 1 |
| 28 | Round Cap | Φ45X25 | 2 |
| 29 | Meter Cover | | 1 |
| 30 | Transportation Wheel | Φ61X40 | 2 |
| 31 | Inner Hex Bolt | M10X55 | 8 |
| 32 | Inner Hex Bolt | M10X35 | 8 |
| 33 | Inner Hex Pan Head Bolt | M10X25 | 4 |
| 34 | Inner Hex Bolt | M10X25 | 6 |
| 35 | Inner Hex Screw | M10X20 | 2 |
| 36 | Inner Hex Screw | M10X15 | 16 |
| 37 | Hex Flat Head Screw | M8X15 | 10 |
| 38 | Meter | BJHT038B | 1 |
| 38a | Meter Wire | 100mm | 1 |
| 39 | Inner Hex Screw | M8X15 | 4 |
| 40 | Inner Hex Screw | M6X16 | 4 |
| 41 | Cross Tapping Screw | ST5.0X20 | 24 |
| 42 | Philips Screw | M5X15 | 2 |
| 43 | Set Screw | M5X15 | 2 |
| 44 | Philips Screw | M5X12 | 20 |
| 45 | Cross Tapping Screw | ST4X12 | 6 |
| 46 | Philips Screw | M4X6 | 3 |
| 47 | Nylon Nut | M10 | 4 |
| 48 | Inner Serrated Washer | Φ10 | 16 |
| 49 | Flat Washer | Φ10 | 16 |
| 50 | Spring Washer | Φ10 | 16 |
| 51 | Inner Serrated Washer | Φ8 | 4 |
| 52 | Flat Washer | Φ6 | 4 |

| No. | Description | Specification | Qty. |
|-----|-----------------------|---------------|------|
| 53 | Spring Washer | Φ6 | 4 |
| 54 | Flat Washer | Φ20XΦ10X1.5 | 2 |
| 55 | Sensor Wire | 1000mm | 1 |
| 55a | Sensor | | 1 |
| 56 | Middle Extension Wire | 1500mm | 1 |
| 57 | Upper Extension Wire | 700mm | 1 |

| No. | Description | Specification | Qty. |
|-----|----------------------|--------------------|------|
| 58 | Cross Pan Head Screw | M5X12 | 4 |
| 59 | T Shaped Wrench | S6, S8, S8, L150 | 1 |
| 60 | Allen Wrench | S5 | 1 |
| 61 | Spanner | S13, S14, S15, S17 | 1 |
| 62 | Hex Nut | M12 | 8 |
| 63 | Philips Screw | ST4X12 | 2 |

Version 1.0

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