



PREMIUM INCLINE TREADMILL

SF-X7200

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 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 330 lbs (150 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!

IMPORTANT SAFETY INSTRUCTIONS

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

Read all instructions before using (this appliance).

DANGER – To reduce the risk of electric shock and the injury from moving parts:

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

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

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

SAVE THESE INSTRUCTIONS

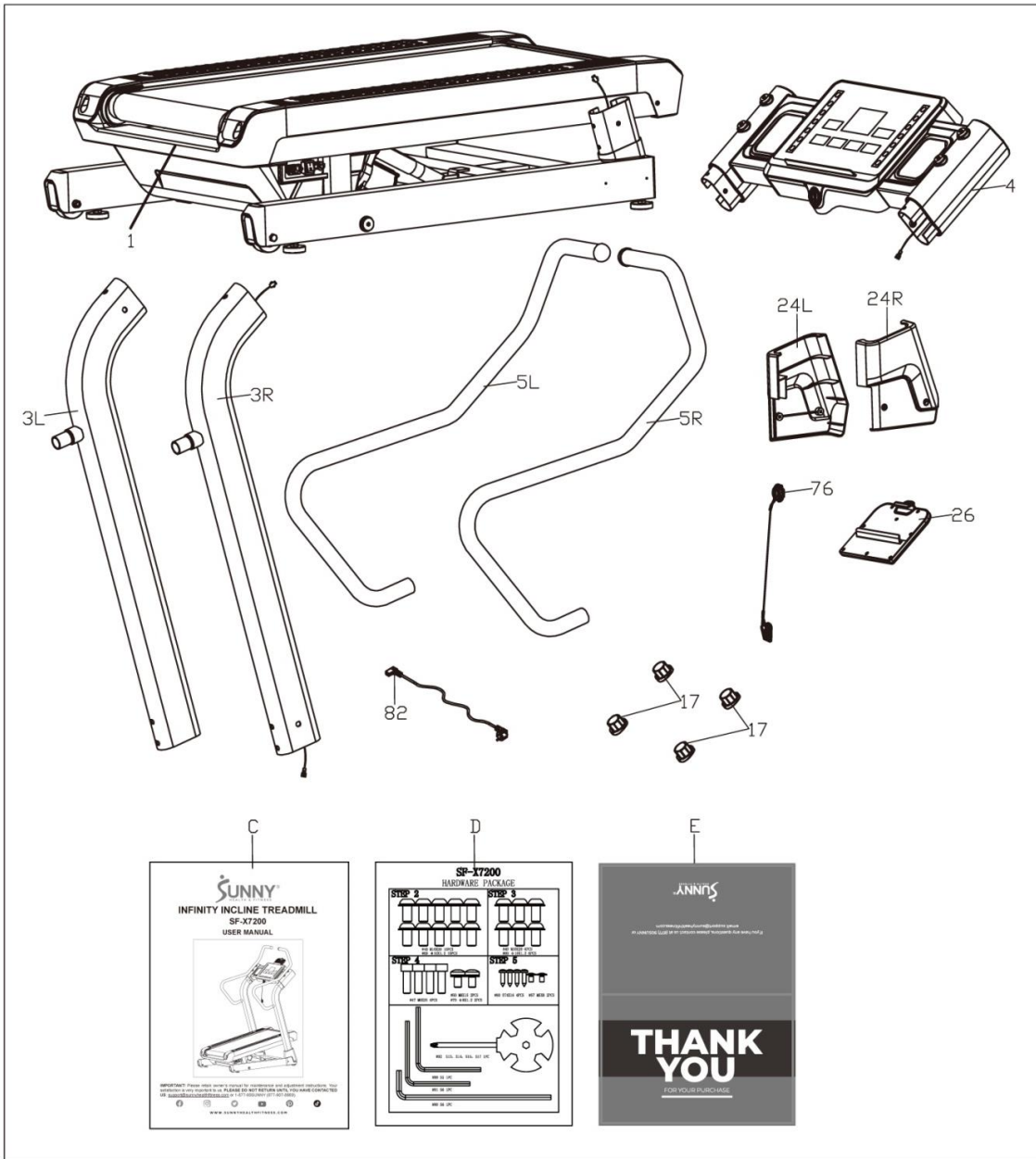


IMPORTANT NOTE:

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

PRE-ASSEMBLY CHECK LIST

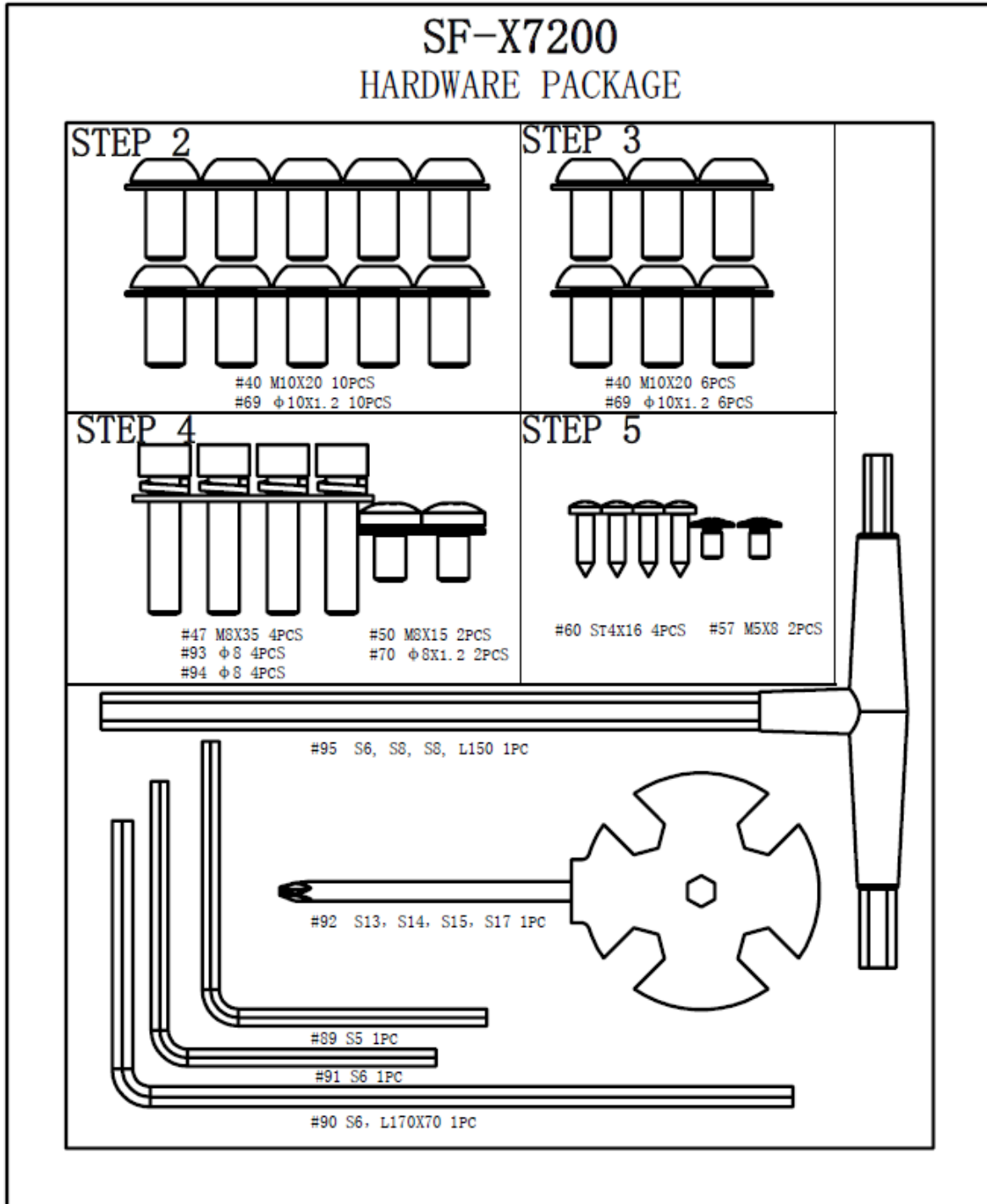
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Main Frame		1
3L	Left Upright Tube		1
3R	Right Upright Tube		1
4	Console Support		1
5L	Left Handrail		1
5R	Right Handrail		1
17	End Cap	Φ23.6X15.2	4
24L	Left Upright Tube Cover	203.5X64.7X254	1

No.	Description	Spec.	Qty.
24R	Right Upright Tube Cover	203.5X64.7X254	1
26	Tablet Holder Upper Cover	220X170X8.6	1
76	Safety Key		1
82	Power Cord	2000MM	1
C	Manual		1
D	Hardware Package		1
E	Thank You Card		1

HARDWARE PACKAGE



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

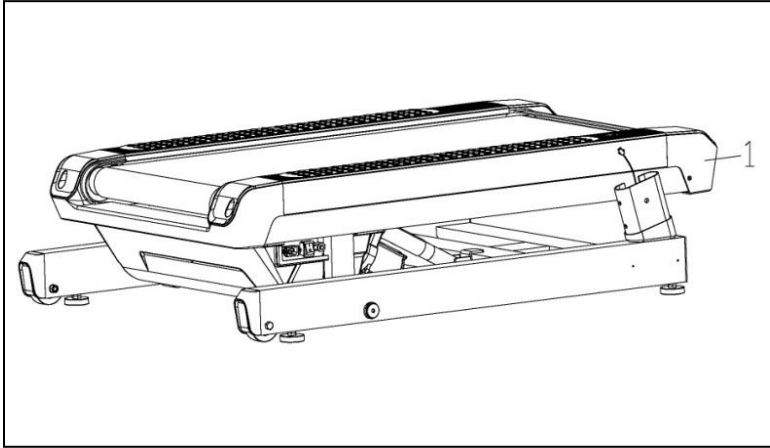
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 17) and “PARTS LIST” (pages 18-19)

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

ASSEMBLY INSTRUCTIONS

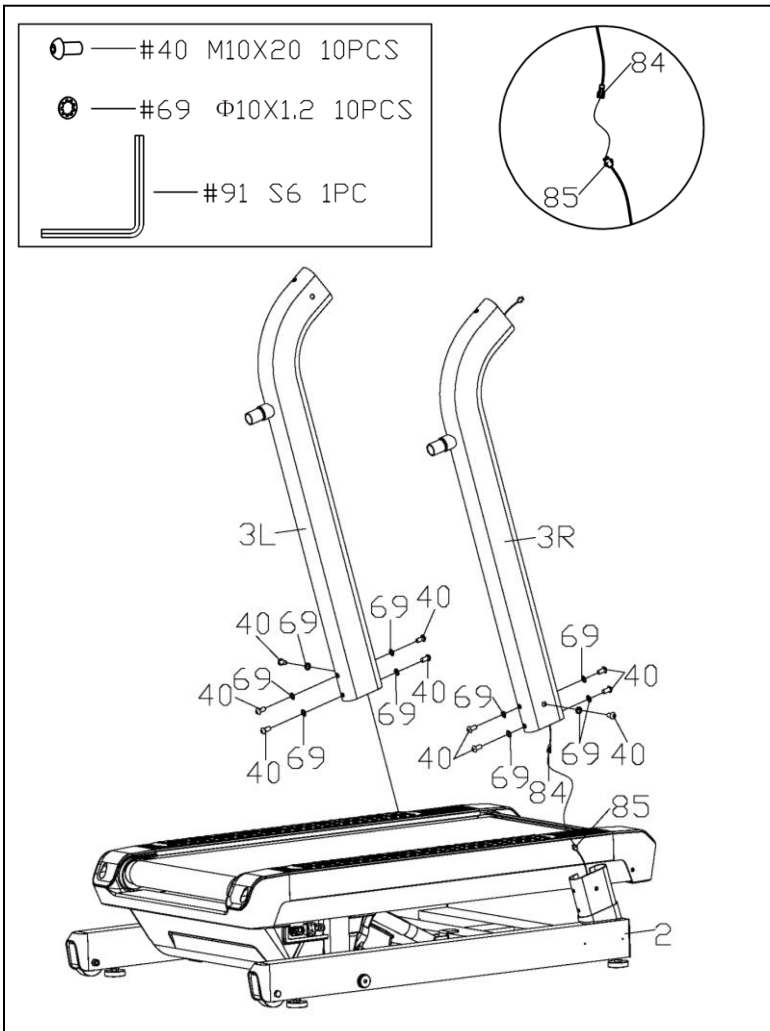
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



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 workspace.



STEP 2:

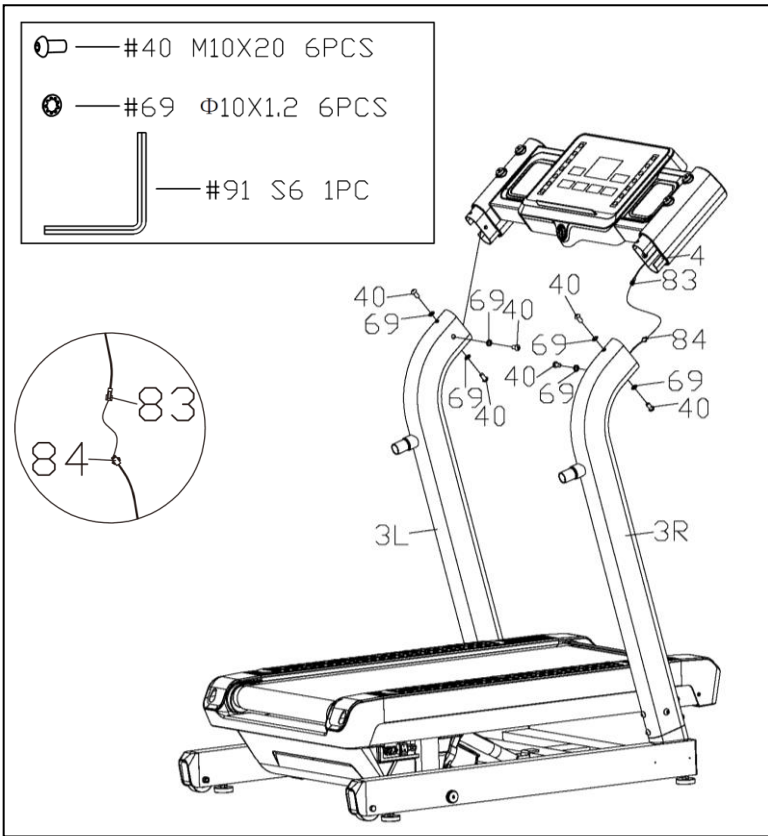
Connect the **Console Middle Cable (No. 84)** with the **Console Lower Cable (No. 85)**.

Pre-secure the **Left and Right Upright Tubes (No. 3L & No. 3R)** to the **Bottom Support (No. 2)** with 10 **Inner Hex Bolts (No. 40)** and 10 **Serrated Lock Washers (No. 69)** using **Allen Wrench (No. 91)**.

NOTE: Please do not completely tighten the **Inner Hex Bolts (No. 40)** at this step.

NOTE: Be careful not to cut or pinch any cables when attaching the **Left and Right Upright Tubes (No. 3L & No. 3R)**.

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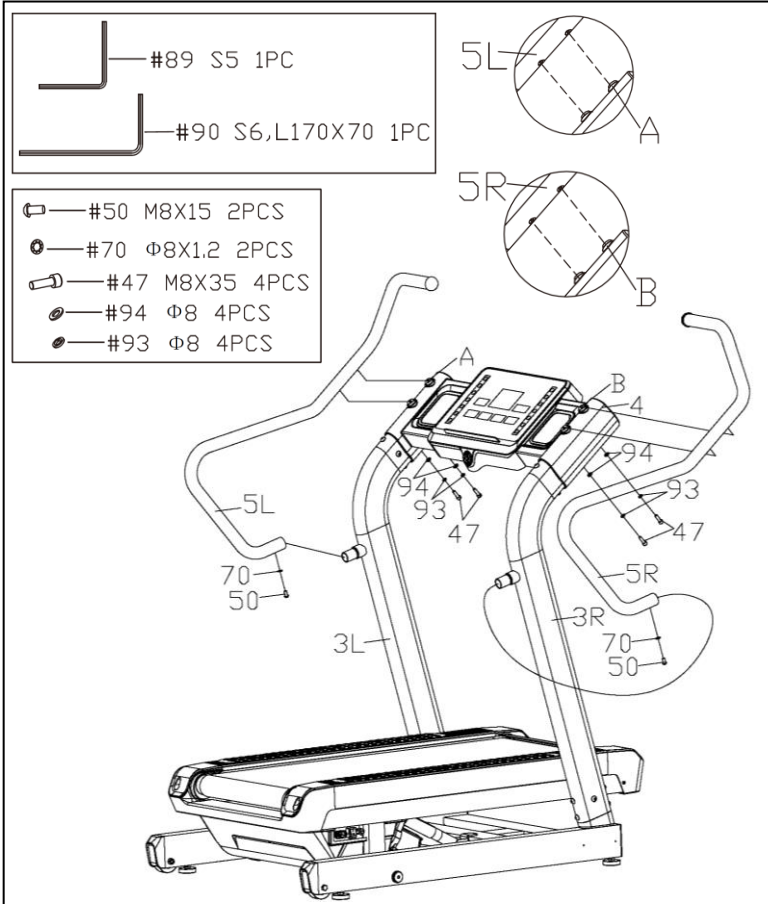


STEP 3:

Connect the **Console Upper Cable (No. 83)** to the **Console Middle Cable (No. 84)**.

Fasten the **Console Support (No. 4)** to the **Left and Right Upright Tubes (No. 3L & No. 3R)** with 6 **Inner Hex Bolts (No. 40)** and 6 **Serrated Lock Washers (No. 69)** using **Allen Wrench (No. 91)**.

NOTE: Be careful not to cut or pinch any cables when attaching the **Console Support (No. 4)**.







STEP 4:

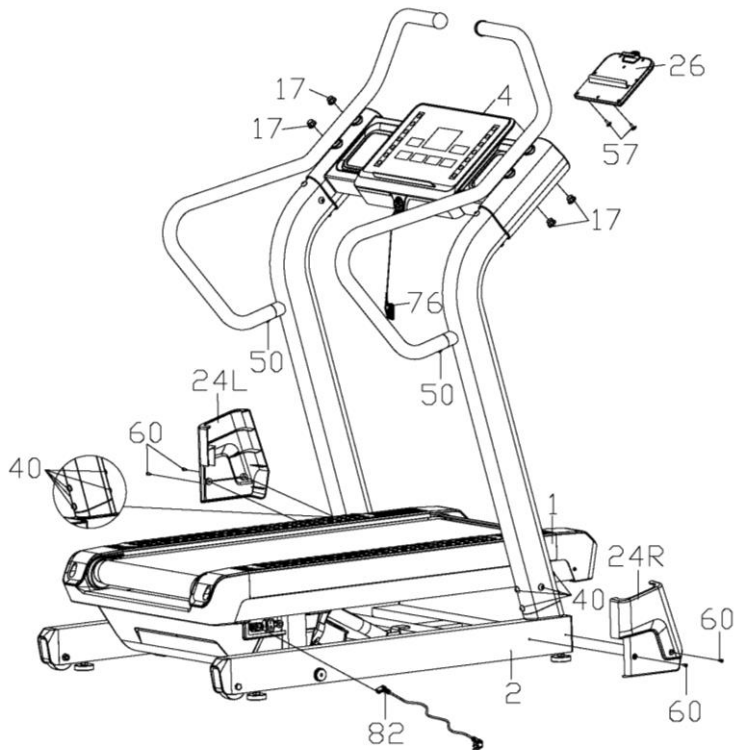
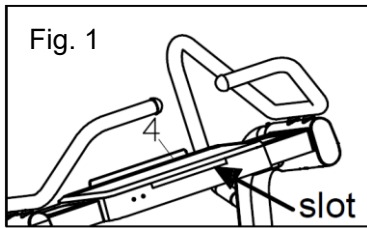
Insert the **Left and Right Handrails (No. 5L & No. 5R)** onto the connecting tubes of the **Left and Right Upright Tubes (No. 3L & No. 3R)**. Pre-secure with 2 **Inner Hex Flat Head Bolts (No. 50)** and 2 **Serrated Lock Washers (No. 70)** using **Allen Wrench (No. 89)**.

NOTE: Please do not completely tighten **Inner Hex Flat Head Bolts (No. 50)** now.

Align the corresponding holes on **Left and Right Handrails (No. 5L & No. 5R)** with the holes A and B located on the **Console Support (No. 4)**. Fasten the **Left and Right Handrails (No. 5L & No. 5R)** to the **Console Support (No. 4)** together with 4 **Socket Head Cap Bolts (No. 47)**, 4 **Spring Washers (No. 93)** and 4 **Flat Washers (No. 94)** using **Allen Wrench (No. 90)**.

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-  — #60 ST4X16 4PCS
-  — #57 M5X8 2PCS
-  — #17 ϕ 23.6X15.2 4PCS
-  — #92 S13,S14,S15,S17 1PC



STEP 5:

First, fasten the 10 **Inner Hex Bolts (No. 40)** from STEP 2 tightly using **Allen Wrench (No. 91)**.

Then, fasten the 2 **Inner Hex Flat Head Bolts (No. 50)** from STEP 4 tightly using **Allen Wrench (No. 89)**.

Insert the **Tablet Holder Upper Cover (No. 26)** into the slot on the **Console Support (No. 4)** (as shown in Fig. 1), then secure with 2 **Phillips Screws (No. 57)** using **Spanner (No. 92)**.

Lock the **Left and Right Upright Tube Covers (No. 24L & No. 24R)** on the **Bottom Support (No. 2)** with 4 **Phillips Tapping Screws (No. 60)** using **Spanner (No. 92)**.

Insert the 4 **End Caps (No. 17)** on the **Console Support (No. 4)**.

Attach the **Safety Key (No. 76)** onto the safety key seat of the **Console Support (No. 4)**.

Insert the jack of the **Power Cord (No. 82)** to the power interface on the **Main Frame (No. 1)**, then plug the **Power Cord (No. 82)** into an outlet.

The assembly is now complete!



IMPORTANT NOTE!

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

LUBRICATING THE TREADMILL

***IMPORTANT NOTE:**

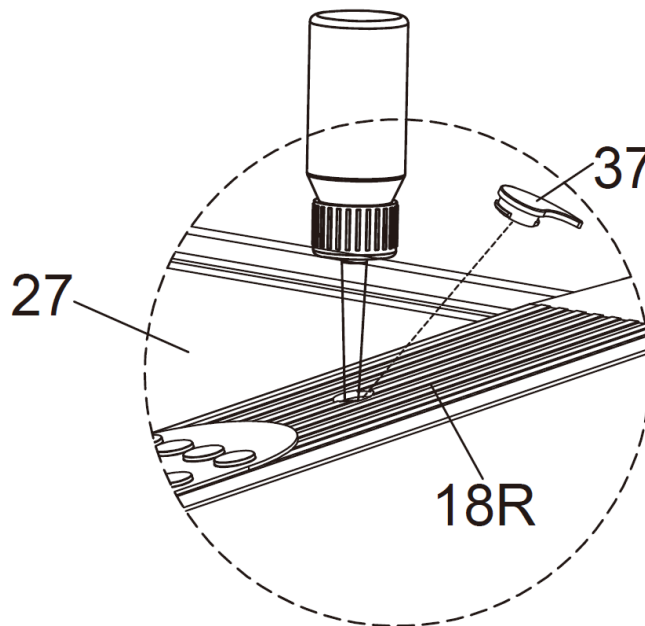
You will need to lubricate your treadmill before the first use.

Lubricating the **Running Board (No. 27)** and **Running Belt (No. 28)** is essential as the friction between the two affects the life span and function of the treadmill. Inspect the **Running Board (No. 27)** and **Running Belt (No. 28)** regularly. Should you find any wear on the **Running Board (No. 27)**, 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:

Open the **Lubricant Plug (No. 37)** on the **Right Side Rail (No. 18R)** and fill the lubricant into the lubricant injection hole. Put the **Lubricant Plug (No. 37)** back in place after lubricant filling is finished. Next, start the treadmill at the lowest speed setting and allow the lubricant to spread over the **Running Board (No. 27)**.



The following timetable is recommended:

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

MAINTENANCE & CARE

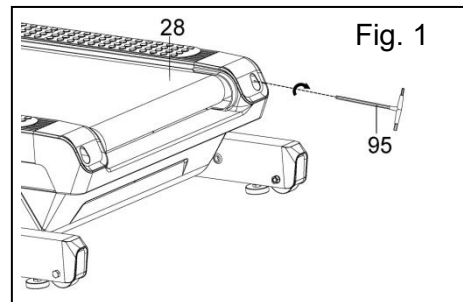
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. 28)** to prevent dust from accumulating underneath the **Running Belt (No. 28)**. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. 27)** and **Running Belt (No. 28)**. Clean the surface of the **Running Belt (No. 28)** 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 of use and fully powered off whenever not in use.

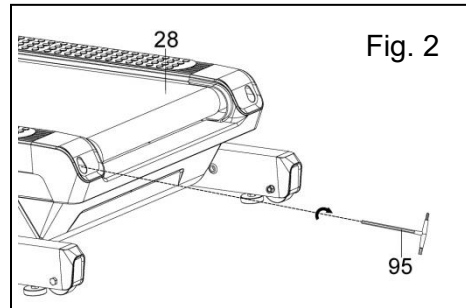
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5 MPH to check if the **Running Belt (No. 28)** drifts.

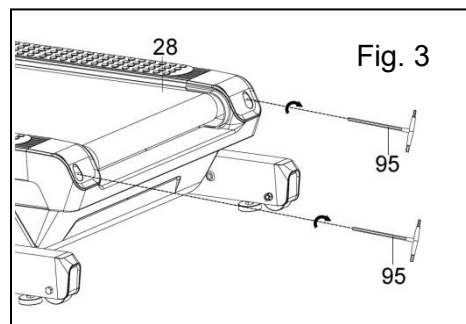
1. If the **Running Belt (No. 28)** moves to the right, turn the right adjustment bolt $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. 28)** does not move, keep adjusting $\frac{1}{4}$ turn at a time until it centers. Refer to Fig. 1.



2. If the **Running Belt (No. 28)** moves to the left, turn 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. 28)** does not move, keep adjusting $\frac{1}{4}$ turn at a time until it centers. Refer to Fig. 2.



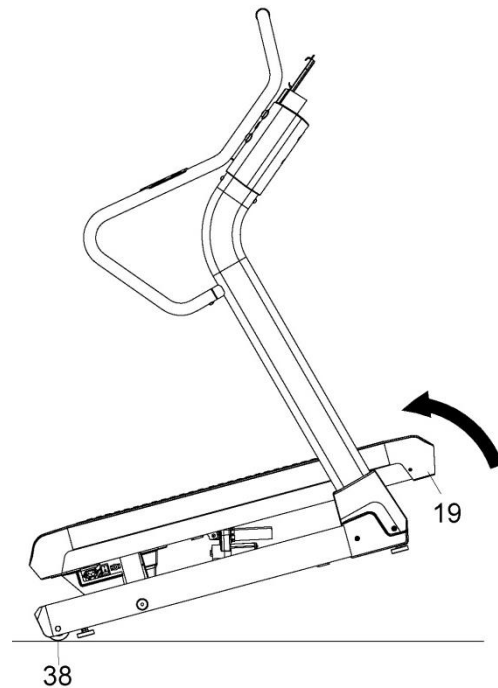
3. Over time the **Running Belt (No. 28)** will loosen. To tighten the belt, turn the left and right adjustment bolts one full turn *clockwise*, check the tension of the **Running Belt (No. 28)**. Continue this process until **Running Belt (No. 28)** is at the correct tension. Make sure to adjust both sides equally to ensure correct **Running Belt (No. 28)** alignment. Refer to Fig. 3.



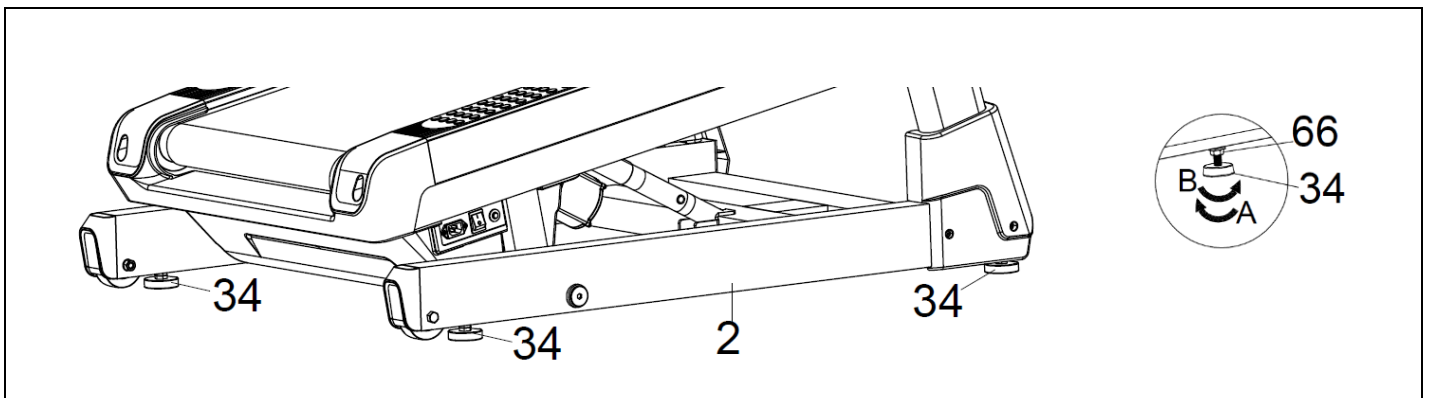
HOW TO MOVE THE TREADMILL

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

Hold the **Front Protective Cover (No. 19)** and tilt the treadmill until the **Transportation Wheels (No. 38)** touch the ground. With the **Transportation Wheels (No. 38)** on the ground, you can transport the treadmill with ease.



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. 34)**. There are a total of 4 **Adjustable Pads (No. 34)** located beneath the **Bottom Support (No. 2)**. Simply rotate the **Adjustable Pads (No. 34)** until the treadmill becomes level with the floor surface.

To do so, loosen the **Hex Thin Nut (No. 66)** on the **Adjustable Pad (No. 34)** by turning it *clockwise* (direction A). With the **Hex Thin Nut (No. 66)** loosened, rotate **Adjustable Pad (No. 34)** until it sits level with the surface that the treadmill is on. When you have finished adjusting the **Adjustable Pad (No. 34)**, re-tighten the **Hex Thin Nut (No. 66)** by turning it *counter-clockwise* (direction B). If necessary, repeat this process to adjust the remaining **Adjustable Pads (No. 34)**.

GROUNDING INSTRUCTIONS

WARNING: This treadmill requires a power source of **20 amps (120V)** 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.

This product must be grounded. If it should 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 cord having 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.

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

For a grounded, cord-connected product rated less than 15 A and intended for use on a nominal 120V supply circuit, the instructions in either (1) or (2):

1) This product is for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1. A temporary adapter that looks like the adapter illustrated in sketches B and C may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available.

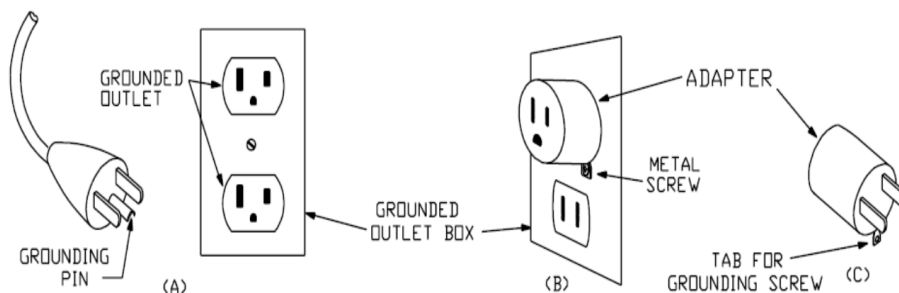
The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

2) This product is for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

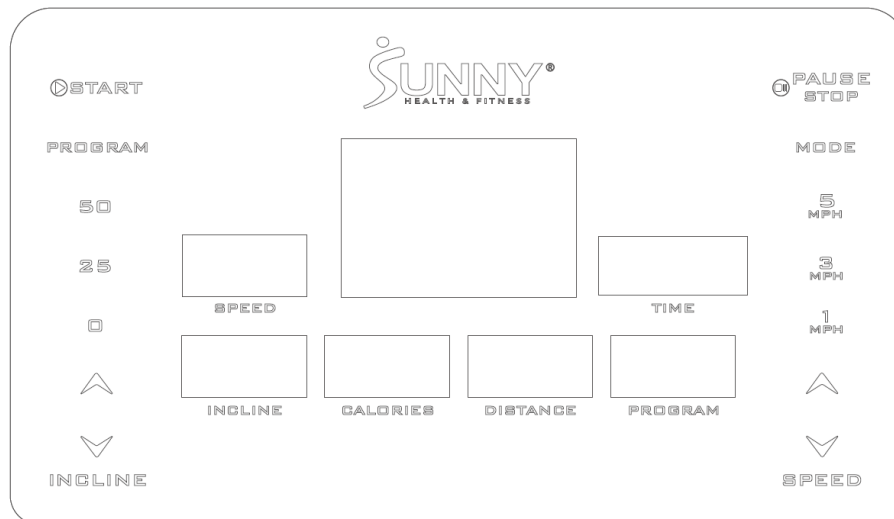
WARNING!

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

Figure 1
Grounding methods



THE DISPLAY CONSOLE



WINDOW AND KEY DESCRIPTION

1. LED WINDOW FUNCTION

- 1) MAIN WINDOW: Standby or select the three countdown modes of TIME, DISTANCE and CALORIES; displays the speed dot matrix diagram when selecting the program; displays error; displays the runway and the number of laps, or the speed lift dot pattern.
- 2) SPEED WINDOW: Displays the current running speed. Data range: 0.0~5.0 MPH.
- 3) TIME WINDOW: Display the running time. Data range: 0:00~99:59.
- 4) INCLINE WINDOW: Display the incline. Data range: -5%~50%.
- 5) PROGRAM WINDOW: Displays the selected running program from "P01~P12", "U01~U03".
- 6) CALORIES WINDOW: Displays the calorie consumption value of the exercise. Data range: 0.0-999.
- 7) DISTANCE WINDOW: Displays the accumulated distance. Data range: 0.00~99.9.

2. KEY FUNCTION

- 1) PROGRAM KEY: In the standby state, press the "PROGRAM" key to select the program: manual mode-P01-P02- ... -P12-U01-U02-U03.
- 2) MODE KEY: In the standby state, press the "MODE" key to select the mode: manual mode (normal mode), time countdown mode, distance countdown mode, or calories countdown mode.
- 3) START KEY: In the standby or pause state, press the "START" key to start the treadmill.
- 4) PAUSE/STOP KEY: When the treadmill is running, press the "PAUSE/STOP" key to pause the treadmill. Time, distance, and calories data will be retained. The speed will go to zero. Press the "PAUSE/STOP" key again to stop the treadmill and all data will be cleared to zero.
- 5) SPEED ▲ ▼ KEY: In the setting state, pressing the "SPEED ▲ ▼" keys will increase or decrease the set value. When the treadmill is running, pressing the "SPEED ▲ ▼" keys will increase or decrease the speed.
- 6) INCLINE ▲ ▼ KEY: In the setting state, pressing the "INCLINE ▲ ▼" keys will increase or decrease the set value. When the treadmill is running, pressing the "INCLINE ▲ ▼" keys will increase or decrease the incline.
- 7) SPEED SHORTCUT KEYS (1MPH, 3MPH, 5MPH): When the treadmill is running, pressing the speed shortcut keys will adjust the treadmill speed directly to the speed value identified on the key.
- 8) INCLINE SHORTCUT KEYS (0%, 25%, 50%): When the treadmill is running, pressing the incline shortcut keys will adjust the incline to the incline value marked on the key.

- 9) In the standby state, press and hold the "SPEED ▲ ▼" keys for 3 seconds to view the total distance. Press the "PAUSE/STOP" key for 3 seconds to clear the total distance. Then remove the **Safety Key (No. 76)** and reinsert back into the safety key seat to return the treadmill back to standby state.
- 10) In the standby state, press and hold the INCLINE ▲ ▼" keys for 3 seconds to enter the incline self-test. After the incline self-test is finished, the treadmill will return to the standby state.

PROGRAM INSTRUCTIONS

1. SCHEMATIC DESCRIPTION

- 1) Manual mode, which includes: normal mode, time countdown mode, calories countdown mode, and distance countdown mode.
- 2) 12 fixed programs: P01, P02, ..., P12.
- 3) 3 user programs: U01, U02, U03.

2. START INSTRUCTIONS

- 1) Attach the **Safety Key (No. 76)** to the safety key seat on the console support.
- 2) Press the "START" key, the main window will show: 3-2-1, and beep for each 3 countdowns, then start the treadmill.

3. MANUAL MODE

- 1) How to get into the manual mode.
 - A. Turn on the power switch and go directly to the normal mode in the manual mode.
 - B. In the standby state, press the "MODE" key to select the normal mode in the manual mode.
- 2) Three setting functions in manual mode: time setting, distance setting, and calories setting.
 - A. In manual mode, the time window is 0:00.
 - B. In manual mode, press the "MODE" key to enter the time countdown mode. The time window shows the time and flashes, and the initial time is: 30:00, then press the "SPEED ▲ ▼" keys, or "INCLINE ▲ ▼" keys to set the value. Time setting range: 5:00~99:00.
 - C. In the time countdown mode: press the "MODE" key to enter the distance countdown mode. The distance window shows the initial distance 1.00 mile, then press the "SPEED ▲ ▼" keys, or "INCLINE ▲ ▼" keys to set the value. Distance setting range: 0.50~99.9 miles, and each increase or decrease is 0.1 mile.
 - D. In the distance countdown mode, press the "MODE" key to enter the calories countdown mode. The calories window shows the initial calories 50.0 kcal, then press the "SPEED ▲ ▼" keys, or "INCLINE ▲ ▼" keys to set the value. Calories setting range: 10.0~999 kcal, and each increase or decrease is 1 kcal.
- 3) Operation in the manual mode
 - A. Press the "START" key for 3 seconds, the treadmill will start running with an initial speed of 0.3 MPH.
 - B. Press the "SPEED ▲ ▼" keys to adjust the speed.
 - C. Press the "INCLINE ▲ ▼" keys to adjust the incline.
 - D. Press the speed shortcut keys to quickly set the speed identified by the key.
 - E. Press the incline shortcut keys to quickly set the incline identified by the key.
 - F. When the treadmill is running, press the "PAUSE/STOP" key and the treadmill will stop running.
 - G. When the set time, calories, or distance decreases to zero, the console will beep 1 short time. The speed will slowly decrease until it comes to a complete stop, then the console will beep 3 long times, and the main window display "End". After 5 seconds, the console will go back to the standby state, beep 2 long times, and the main window will display "Welcome".
 - H. Parameters with no value set will count upward. The value will return to zero after reaching maximum display range for calories and distance. The treadmill will stop if the time exceeds 99:59 (100 minutes) in manual mode.

4. FIXED PROGRAM

- 1) In the standby state, press “PROGRAM” key and the program window will show “P01, P02, ...P12”. After choosing the program, the time window will show the initial time: 30 minutes. Pressing the “SPEED ▲ ▼” keys, or “INCLINE ▲ ▼” keys to set the time, and only time can be adjusted. The time setting range is from 5:00 to 99:00.
- 2) Press the “START” key, the treadmill will start running, and the speed will gradually increase to the speed indicated in the first section of the program (see the program value table for details).
- 3) Press the “SPEED ▲ ▼” keys to adjust the speed.
- 4) Press the “INCLINE ▲ ▼” keys to adjust the incline.
- 5) Press the speed shortcut keys to quickly set the speed represented by the key.
- 6) Press the incline shortcut keys to quickly set the incline represented by the key.
- 7) Each program is divided into 20 segments, and operation time for each segment is 1/20 of the set time.
- 8) When switching from one segment to another, the console will beep three times.
- 9) When the setting time decreases to zero, the console will beep 1 short time. The speed will slowly decrease until it comes to a complete stop, then the console will beep 3 long times, and the main window displays “End”. After 5 seconds, the console will go back to the standby state, beep 2 long times, and the main window will display “Welcome”.

		Program Table																			
		Setup time / 20 = each segment of the running time																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	SPEED	1.2	1.2	1.2	1.2	1.8	1.8	1.8	1.8	2.4	2.4	2.4	2.4	3	3	3	3	3	1.8	1.8	0.6
	INCLINE	0	1	1	1	1	1	2	2	2	2	3	3	3	2	2	3	2	2	2	2
P02	SPEED	1.2	1.8	1.8	1.8	1.8	2.4	2.4	3	3	3	2.4	2.4	3	3	3	2.4	2.4	3	1.8	1.2
	INCLINE	0	1	2	3	4	5	4	5	4	2	1	2	3	2	1	1	2	3	3	2
P03	SPEED	1.2	1.2	1.2	1.8	1.8	1.8	2.4	2.4	2.4	2.4	3	3	3.6	3.6	3.6	3	3	3	2.4	1.8
	INCLINE	0	2	2	4	4	4	6	6	6	7	7	8	8	8	8	6	6	6	4	3
P04	SPEED	1.2	1.8	1.8	2.4	3	3.6	3.6	3.6	3	3	3	3.6	3.6	3.6	3.6	3	3	3	2.4	2.4
	INCLINE	1	1	2	2	4	4	5	5	5	6	6	6	8	8	10	10	8	6	6	3
P05	SPEED	1.2	3	3	3	3.6	3.6	3.6	4.8	4.2	4.2	3.6	3	2.4	1.8	1.8	1.8	3	3	2.4	2.4
	INCLINE	0	2	8	8	8	9	9	10	10	12	12	12	14	14	14	13	13	12	10	6
P06	SPEED	1.2	3.6	3.6	3.6	4.2	4.2	4.2	4.2	3.6	3.6	4.8	4.8	4.2	4.2	3.6	3.6	3	3	3.6	2.4
	INCLINE	0	8	10	14	16	18	20	22	24	25	25	22	20	18	17	16	15	15	12	3
P07	SPEED	1.2	1.8	1.8	3	1.8	1.8	4.2	4.2	3.6	3.6	3	3	2.4	4.8	4.8	4.8	3.6	3.6	3	1.8
	INCLINE	0	8	12	13	13	13	15	15	15	16	16	18	18	20	20	22	22	23	20	5
P08	SPEED	1.2	2.4	3.6	3.6	3.6	3	4.8	4.8	3.6	4.2	4.2	3	3	3	3	4.8	4.2	4.2	3.6	3.6
	INCLINE	2	2	6	6	8	7	9	12	12	14	16	20	22	22	18	18	18	15	15	5
P09	SPEED	0.6	1.2	1.2	1.8	1.8	1.2	1.2	1.8	1.8	1.2	1.2	1.8	1.8	2.4	2.4	1.8	1.8	1.8	1.2	0.6
	INCLINE	24	25	26	28	29	25	26	28	29	25	26	28	29	25	26	25	26	25	25	0
P10	SPEED	0.6	1.2	1.8	1.8	1.8	2.4	2.4	3	3	2.4	2.4	1.8	1.8	1.8	1.2	1.8	1.8	1.2	1.2	0.6
	INCLINE	24	28	25	25	28	25	28	25	28	28	25	25	28	27	24	28	30	32	34	0
P11	SPEED	0.6	1.2	1.8	2.4	3	1.8	2.4	3	1.8	2.4	3	2.4	1.8	2.4	2.4	1.8	1.8	1.2	1.2	0.6
	INCLINE	20	22	24	26	28	30	26	28	24	26	28	30	30	32	34	36	34	34	32	0
P12	SPEED	0.6	1.2	1.2	1.8	1.8	2.4	2.4	1.8	1.8	1.2	1.8	1.2	1.8	1.8	1.8	1.2	1.2	1.8	1.2	0.6
	INCLINE	20	22	24	24	26	26	28	28	30	30	28	26	24	22	20	22	24	26	25	0

5. USER PROGRAM

The treadmill has three user programs that allow users to set up according to their personal preferences: U01, U02, U03.

1) User program settings:

In standby state, continuously press the "PROGRAM" key until the user program (U01-U03) is selected. Press the "MODE" key to confirm the setting, and then adjust the first time-period. When setting speed, use the "SPEED ▲ ▼" keys or speed shortcut keys, and use the "INCLINE ▲ ▼" keys to set the incline. Press the "MODE" key to complete the setting for the first time-period and enter the setting state for the second time-period until all 20 time-periods are set. After the setting is completed, the data will be saved until you reset it, this data will not be lost due to power outage.

2) Start the user program:

A. Press the "PROGRAM" key continuously in standby state until the user program (U01-U03) is selected. Set the running time before pressing the "START" key to start the program.

B. After the user program and run time is set, press the "START" key to start immediately.

3) User program settings description:

Each program divides the movement time into 20 time-periods. Speed, incline, and running time settings for all 20 time-periods must be set before pressing the "START" key to start the treadmill.

DISPLAY RANGE OF VARIOUS PARAMETERS

PARAMETER	INITIAL VALUE	SET INITIAL VALUE	SETTING RANGE	DISPLAY RANGE
TIME (minute: second)	0:00	30:00	5:00-99:00	0:00-99:59
SPEED (MP/H)	0.0	-	0.3-5.0	0.0-5.0
INCLINE (%)	0.00	0.00	-5-50	-5-50
DISTANCE (MILE)	0.00	1.00	0.50-99.9	0.00-99.9
CALORIES (KCAL)	0.0	50.0	10.0-999	0.0-999

SAFETY KEY FUNCTION

Removing the **Safety Key (No. 76)** in any mode will rapidly decrease the speed of the treadmill until it stops. All keys will be invalid. The console will beep 3 times and "----/---" will be displayed on the main window. The main window moving display "SAFETY KEY DISCONNECTED". Insert the **Safety Key (No. 76)** back into the console to re-enter into standby state and ready for you to input commands.

POWER SAVING MODE

This console has power saving function. In the standby state, if there is no commands input for 10 minutes, the console will enter power saving mode, shutting down the display automatically. The console can be awakened by pressing any key.

SHUTDOWN

You can turn off the treadmill at any time by turning off the power switch, which does not damage the treadmill.

MATTERS THAT NEED ATTENTION

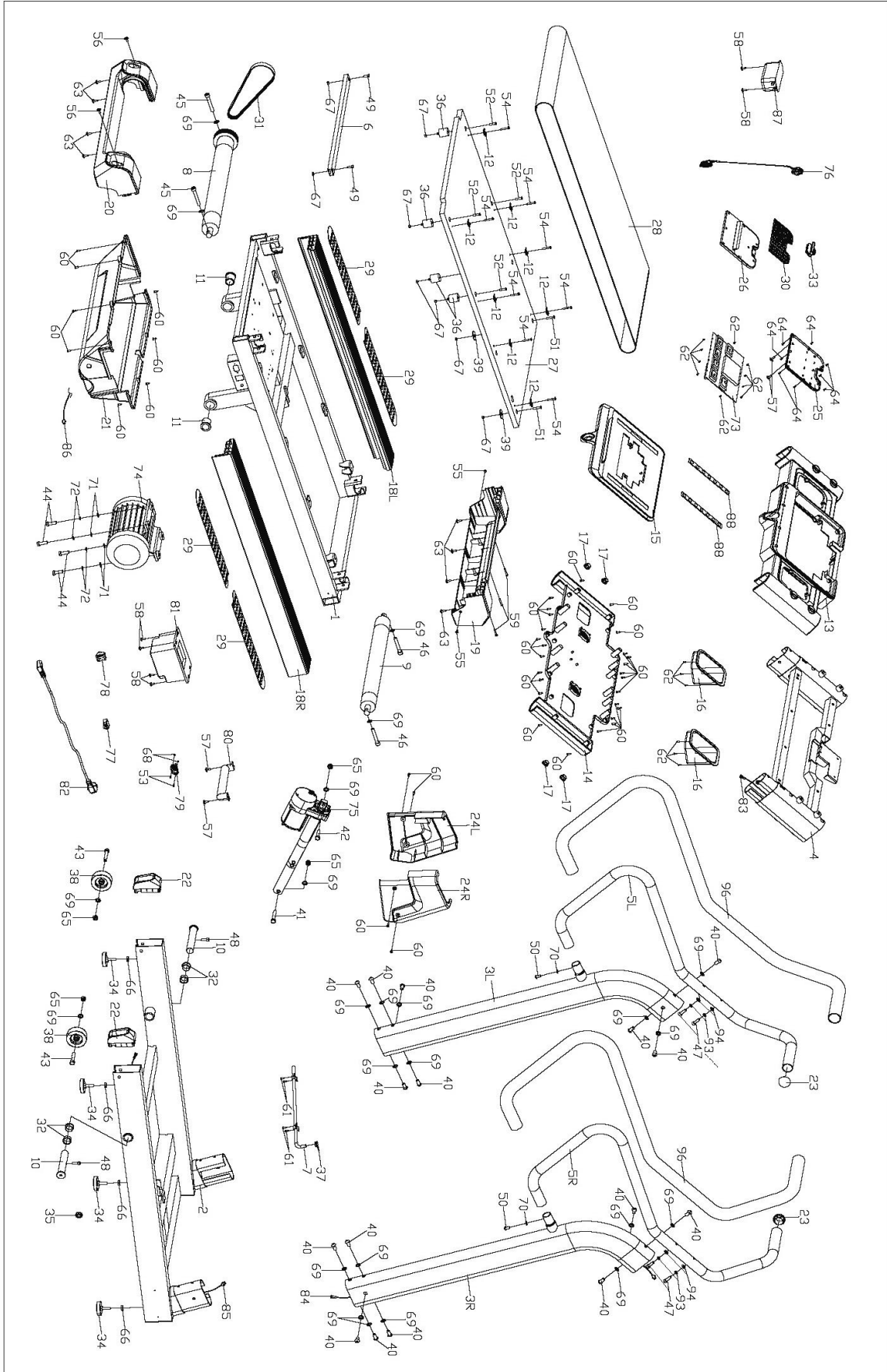
1. Check the power supply before exercising; check whether the **Safety Key (No. 76)** is working.
2. If any abnormal situation occurs during exercise, remove the **Safety Key (No. 76)** and the treadmill will quickly come to a stop. Put the **Safety Key (No. 76)** back into the console to reset the equipment and wait for input instructions.

3. If there is any problem with this machine, please contact us (support@sunnyhealthfitness.com). Non-professional personnel should not try to remove or repair the machine, to avoid damage to the equipment.

TROUBLESHOOTING

Error	Possible reasons	Solutions
E01	Controller can not receive signal from inverter.	1.Check the cable between the controller and inverter. 2.Replace the cable between the controller and inverter. 3.Replace the controller. 4.Replace the inverter.
E03	Overvoltage.	Stop use, check external cable.
E04	Overcurrent.	1.Replace the motor. 2.Check transmission parts, add lubricant. 3.Replace the inverter.
E05	Overload.	1.Check transmission parts, add lubricant. 2.Replace the motor.
E06	Inverter MCU breakdown.	Replace the inverter.
E07	Inverter overheated.	1.Stop use and use it after the temperature has returned to normal. 2.Replace the inverter.
E08	Inverter can not receive signal from controller.	1.Check the cable between the controller and inverter. 2.Replace the cable between the controller and inverter. 3.Replace the controller. 4.Replace the inverter.
E09	Inverter inside communication error 1.	Replace the inverter.
E10	Inverter inside communication error 2.	Replace the inverter.
E11	Received boot signal, but before the shutdown signal has not been received.	Replace the inverter.
E12	Lifting fault.	1.Check the cable of lifting motor. 2.Replace the lifting motor. 3.Replace the inverter.
E13	Reverse switch action.	Put the treadmill horizontally.
E14	Stator phase fault.	Stop use, check external cable.
E15	Current sensor U fault.	Replace the inverter.
E16	Current sensor W fault.	Replace the inverter.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Bottom Support		1
3L	Left Upright Tube		1
3R	Right Upright Tube		1
4	Console Support		1
5L	Left Handrail		1
5R	Right Handrail		1
6	Strengthen Tube		1
7	Lubricant Tube Connection		1
8	Front Roller	Φ20X680XΦ90X Φ63X580	1
9	Rear Roller	Φ20X649XΦ56X5 65	1
10	Axle	Φ20X649XΦ56X5 65	2
11	Spacer	Φ38XΦ25X39	2
12	Pressing Plate	25X20X2.0	8
13	Console Upper Cover	906X360X84	1
14	Console Bottom Cover	906X343.7X94.5	1
15	Console Board	473.4X356X82	1
16	Bottle Holder		2
17	Front Handlebar End Cap	Φ23.6X15.2	4
18L	Left Side Rail	104X77.6X1029	1
18R	Right E Side Rail	104X77.6X1029	1
19	Front Protective Cover	718X143.5X158	1
20	Rear Protective Cover	718X154.6X142	1
21	Motor Cover	695X377.5X164	1
22	Roller Cover	100X60X50	2
23	End Cap	Φ44X32	2
24L	Left Upright Tube Cover	203.5X64.7X254	1
24R	Right Upright Tube Cover	203.5X64.7X254	1
25	Tablet Holder Bottom Cover	220X170X27.6	1
26	Tablet Holder Upper Cover	220X170X8.6	1
27	Running Board	1020X693Xt18	1
28	Running Belt	510X2405Xt2.5	1
29	Rubber Cushion	428.2X90X3.3	4
30	Rubber Pad	212.8X99.3X1.4	1

No.	Description	Spec.	Qty.
31	Belt	250J	1
32	Spacer	Φ32XΦ25X14	4
33	Tablet Holder Clip	70.6X37.4X26. 3	1
34	Adjustable Pad	Φ53XM10X13	4
35	Grommet	Φ12XΦ24X9	1
36	Cushion	Φ30X32	4
37	Lubricant Plug	34.5X20X8	1
38	Transportation Wheel	Φ75X26	2
39	Plastic Cushion	35XΦ10X2.0	2
40	Inner Hex Bolt	M10X20	16
41	Hex Bolt	M10X65	1
42	Hex Bolt	M10X45	1
43	Hex Bolt	M10X60	2
44	Socket Head Cap Bolt	M10X30	4
45	Socket Head Cap Bolt	M10X70	2
46	Socket Head Cap Bolt	M10X65	2
47	Socket Head Cap Bolt	M8X35	4
48	Socket Head Cap Bolt	M8X20	2
49	Socket Head Cap Bolt	M6X15	2
50	Inner Hex Flat Head Bolt	M8X15	2
51	Inner Hex Sunk Bolt	M6X30	2
52	Inner Hex Sunk Bolt	M6X25	4
53	Cross Sunk Head Screw	M3X15	2
54	Cross Pan Head Bolt	M5X30	8
55	Phillips Sunk Tapping Screw	ST4.0X16	2
56	Phillips Screw	M5X16	2
57	Phillips Screw	M5X8	4
58	Phillips Screw	M4X8	6
59	Phillips Tapping Screw	ST4X35	3
60	Phillips Tapping Screw	ST4X16	38
61	Phillips Tapping Screw	ST4.0X12	4
62	Phillips Tapping Screw	ST2.9X8	16
63	Phillips Tapping Screw	ST4.0X16	8
64	Phillips Tapping Screw	ST2.9X6	8

No.	Description	Spec.	Qty.
65	Nylon Nut	M10	4
66	Hex Thin Nut	M10	4
67	Hex Nut	M6	8
68	Hex Nut	M3	2
69	Serrated Lock Washer	Φ10X1.2	24
70	Serrated Lock Washer	Φ8X1.2	2
71	Flat Washer	Φ10X2.0	4
72	Spring Washer	Φ10	4
73	Console		1
74	Ac Motor	2.5HP	1
75	Incline Motor	1/8HP	1
76	Safety Key		1
77	Circuit Breaker	AC 250V	1
78	Switch	250V/15A	1
79	Power Socket	15A	1
80	Rheostat		1

No.	Description	Spec.	Qty.
81	Inverter		1
82	Power Cord	2000MM	1
83	Console Upper Cable	950MM	1
84	Console Middle Cable	1450MM	1
85	Console Lower Cable	1700MM	1
86	Controller Cable	550MM	1
87	Filter		1
88	Keyboard		2
89	Allen Wrench	S5	1
90	Allen Wrench	S6, L170X70	1
91	Allen Wrench	S6	1
92	Spanner	S13, S14, S15, S17	1
93	Spring Washer	Φ8	4
94	Flat Washer	Φ8	4
95	T-shaped Wrench	S6, S8, S8, L150	1
96	Foam Grip	Φ36XT3X1720	2

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