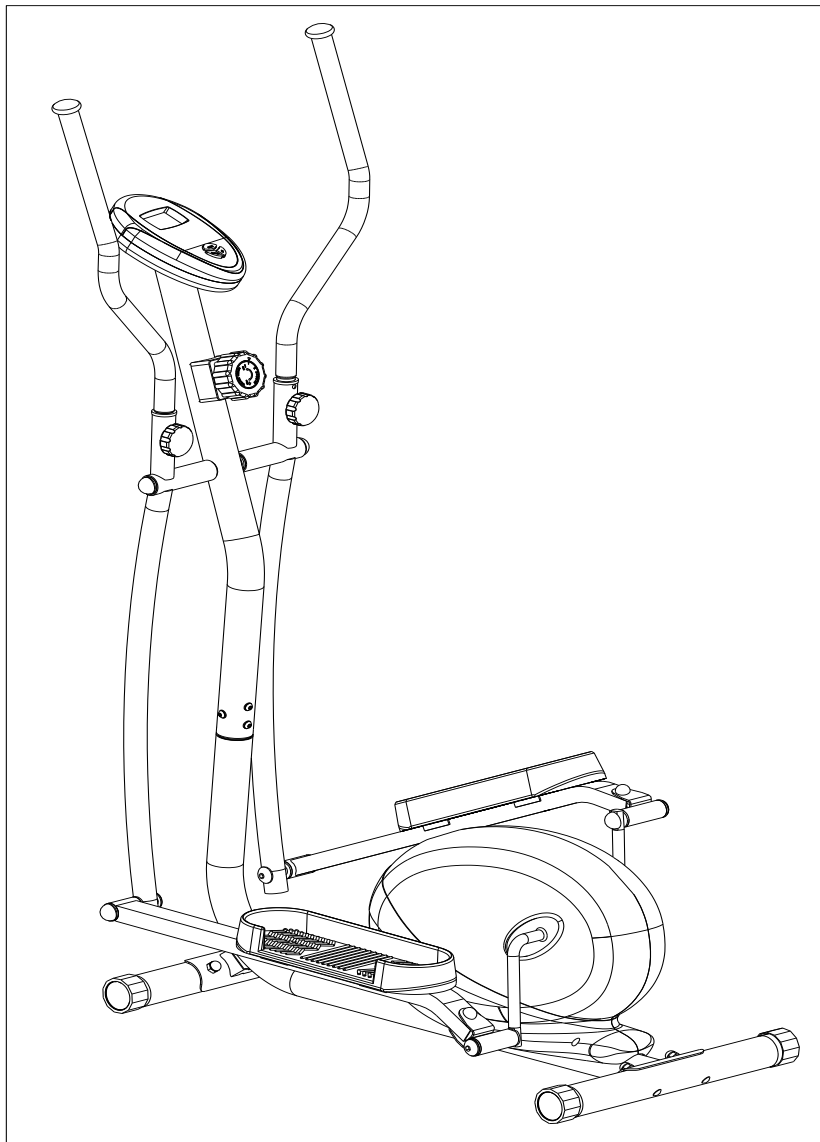




MAGNETIC ELLIPTICAL BIKE

G8300

USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or nauseous feeling. 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 2 feet (60 CM) of free space all around it.
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 are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

PARTS LIST

No.	Description	Spec.	Qty
1	Main Frame		1
2	Rear Stabilizer	Φ50	1
3	Adjustable End Cap	Φ50	2
4	Carriage Bolt	M10*60	4
5	Arc Washer	d10*Φ25*2*R30	4
6	Nut	M10	4
7	Front Stabilizer	Φ50 w/ wheel	1
8	End Cap	Φ50 wheel	2
9	Ball Cap	S16	2
10	Bolt	M10*50	2
11L/R	Hinge Bolt L/R		2
12	Alloy Bushing	Φ24*Φ16.1*20	8
13	Link Connector Combination		2
14	Washer	d10*Φ20*2	6
15	Nylon Nut	M10	6
16	Washer	d13*Φ26*2	4
17L/R	Nylon Nut L/R	B0.5	2
18	Ball Cap	S18	6
19	End Cap	J40*25*1.5	2
20	Bolt	M10*45	4
21L/R	Pedal L/R		2
22L/R	Connecting Rod L/R		2
23	End Cap	Φ32*1.5	2
24	Swing Rod L/R		2
25	Arc Washer	d8*Φ20*2*R30	4
26	Screw	M8*16	4
27	Sensor Wire		1
28	Trunk Wire		1
29	Tension Wire		1
30	Ball Cap	S13	2
31	Nylon Nut	R B0.5	4

No.	Description	Spec.	Qty
32	Alloy Bushing	Φ14*Φ10.1*10	4
33	Bushing	Φ28.5*Φ15.5*23	2
34	Bushing with Chamfer	Φ28.5*Φ15.5*23	2
35	Tension Control	8-level	1
36	Handlebar Post		1
37	Bushing	Φ32*1.5	2
38	Knob	M8*36	2
39	Screw	M5*20	1
40	Arc Washer	d5*Φ20*1.5	1
41	Screw	M5*10	2
42	Spring Washer	d13	2
43	Computer		1
43a	Computer Wire		1
44	End Cap	Φ28*1.5	2
45	Foam Grip		2
46L/R	Handlebar L/R		2
47	Allen Wrench	S6	1
48	Allen Wrench	S8	1
49	Wave Washer	d17*Φ25* 0.3	4
50	Spanner	S13-14-15	1
51	Spanner	S17-19	1
52	Tension Control Wire		1
53	Hex Nut	M6	2
54	Bolt		4
55	Flat Washer	Φ6.5*Φ16*1.5	3
56	Bearing	6001RS C&U	4
57	Bearing Seat	D type	2
58	External Magnetic Flywheel		1
59	Inertia Wheel		1
60	Bearing Baffle		2
61	Flat Washer	Φ6*Φ12*1	4

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
62	Bolt	M6*9	7	79	Magnetic Board Shaft		1
63	Screw	ST4.2*20	6	80	Magnetic Borad		1
64	Belt	310PJ6	1	81	Needle Sensor		1
65	Pulley		1	82	Bolt		1
66	Round Magnet		1	83	Tension Spring 2		1
67	Three Slot Nut		1	84	Induction Line 1		1
68	Washer		1	85	Screw	ST4.2*16	5
69	Collar Ball		2	86	Inert Wheel		1
70	Collar Housing		2	87	Idler Connecting Rod		1
71	Lock Washer		1	88	Plastic Nut	M8	1
72	Hex Nut		1	89	Tap Bolt		1
73	Two Slot Nut		1	90	Flat Washer	Φ10.5*Φ16*0.5	1
74	Black Magnet		4	91	Tension Spring 1		1
75	Magnet Positioning Grid		1	92L	Left Cover		1
76	Screw	ST3*10	5	92R	Right Cover		1
77	Spring Washer	D6	2	93	Crank Plug		2
78	Lock Washers for Shaft	D12	2				




















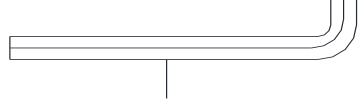
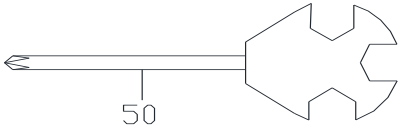
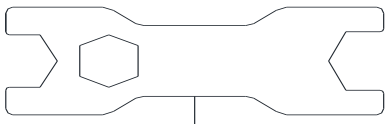
Ordering Replacement Parts (U.S. and Canadian Customers only)

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

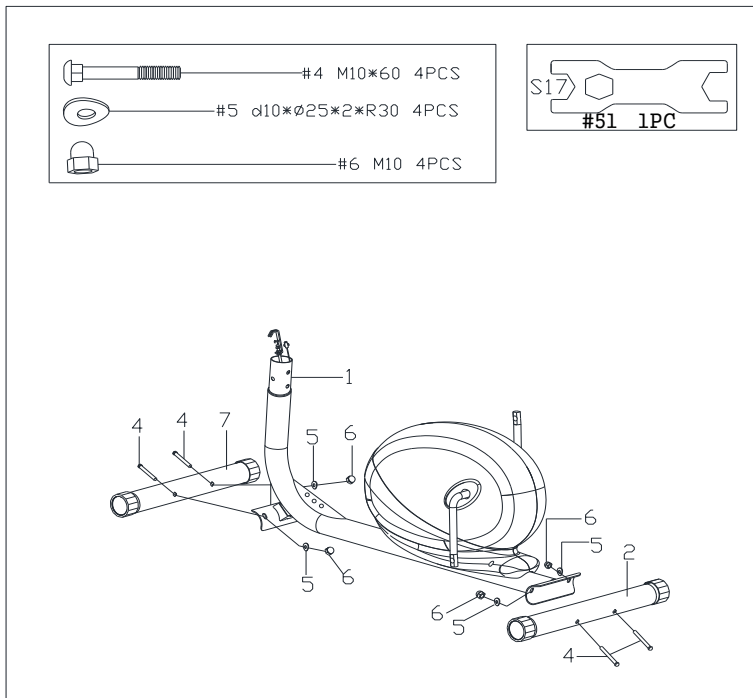
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

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

HARDWARE PACKAGE

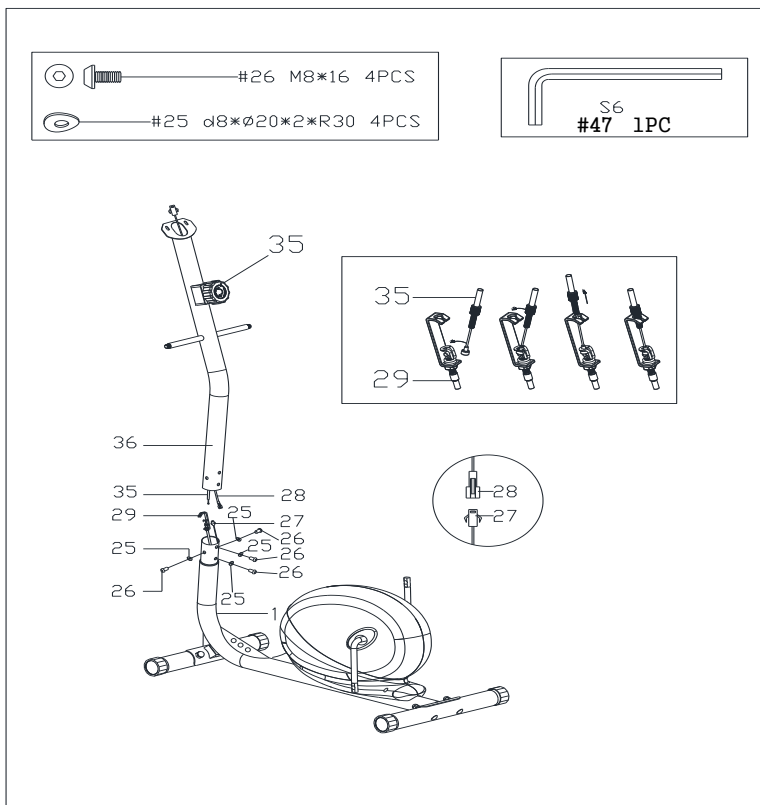
	#38 M8*36 2PCS
	#11L/R 2PCS
	#4 M10*60 4PCS
	#20 M10*45 4PCS
	#26 M8*16 4PCS
	#6 M10 4PCS
	#15 M10 4PCS
	#17R/L B0.5 2PCS
	#31 B0.5 2PCS
	#5 d10*ø25*2*R30 4PCS
	#25 d8*ø20*2*R30 4PCS
	#16 d13*ø26*2 2PCS
	#14 d10*ø20*2 4PCS
	#42 d13 2PCS
	#18 S18 6PCS
	#9 S16 2PCS
	#30 S13 2PCS
	#49 d17*ø25*0.3 2PCS
	47
	48
	50
	51

ASSEMBLY INSTRUCTIONS



STEP 1:

Attach **Front Stabilizer (No. 7)** and **Rear Stabilizer (No. 2)** to **Main Frame (No. 1)** with 4 **Carriage Bolts (No. 4)**, 4 **Arc Washers (No. 5)** and 4 **Nuts (No. 6)**. Tighten and secure with **Spanner (No. 51)**.

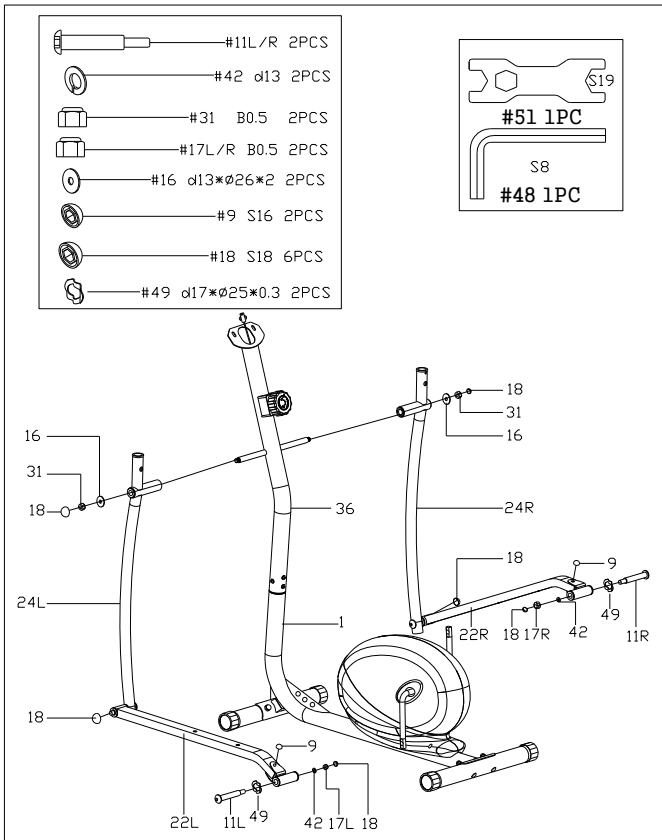


STEP 2:

Connect **Trunk Wire (No. 28)** to **Sensor Wire (No. 27)**. Then connect **Tension Control (No. 35)** with **Tension Wire (No. 29)**.

Note: Please make sure the **Tension Control (No. 35)** is at the lowest resistance level (level 1, all the way to the left) before you connect the Tension Control cable.

Insert **Handlebar Post (No. 36)** to **Main Frame (No. 1)** with 4 **Screws (No. 26)** and 4 **Arc washers (No. 25)**. Tighten and secure with **Allen Wrench (No. 47)**.



STEP 3:

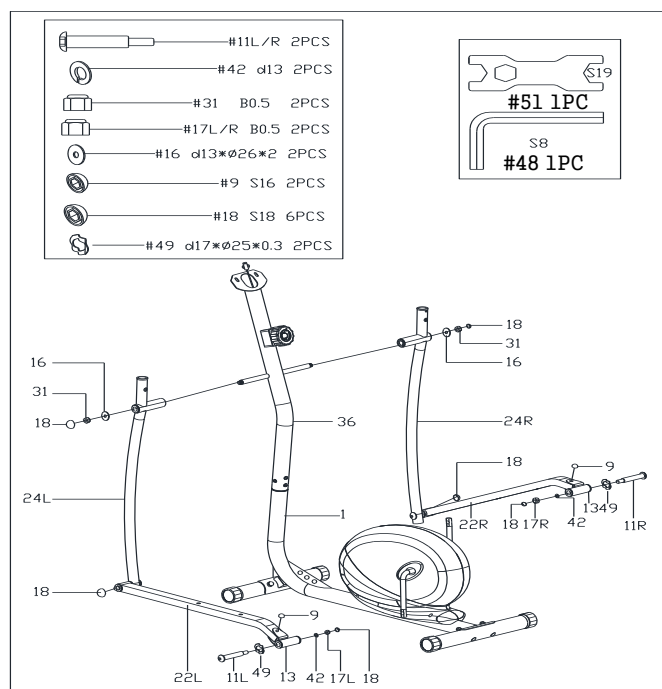
Lock **Swing Rod (No. 24L/R)** to **Handlebar Post (No. 36)** with 2 **Nuts (No. 31)**, and 2 **Washers (No. 16)**, then attach 2 **Ball Caps (No. 18)**.

Lock **Connecting Rod (No. 22L/R)** to **the cranks of Main Frame (No. 1)** with 2 **Hinge Bolts (No. 11L/R)**, 2 **Wave Washers (No. 49)**, 2 **Spring Washers (No. 42)**, and 2 **Nuts (No. 17L/R)**. **Tighten and secure with Allen Wrench (No. 48) and Spanner (No. 51)**. Then cover with 4 **Ball Caps (No. 18)** and 2 **Ball Caps (No. 9)**.

CAUTION: Part 11 is labeled L for LEFT and R for RIGHT. Please make sure you have the correct bolt before installing.

NOTE: Please make sure to turn **Hinge Bolt (No. 11L)** counter clockwise, **Hinge Bolt (No. 11R)** clockwise, **Nut (No. 17L)** clockwise, and **Nut (No. 17R)** counter clockwise.

★Failure to follow procedures may result in permanent damage to your machine. (If you are having trouble with assembly of **Hinge Bolt (No. 11L/R)**, please see the next page for alternate assembly method.)



ALTERNATE INSTALLATION METHOD:

STEP 1:

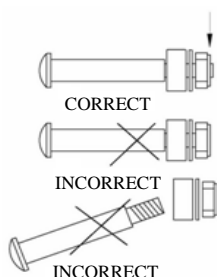
Disconnect the **Link Connector Combination (13L/R)** from the **Connecting Rod (No. 22L/R)**.

STEP 2:

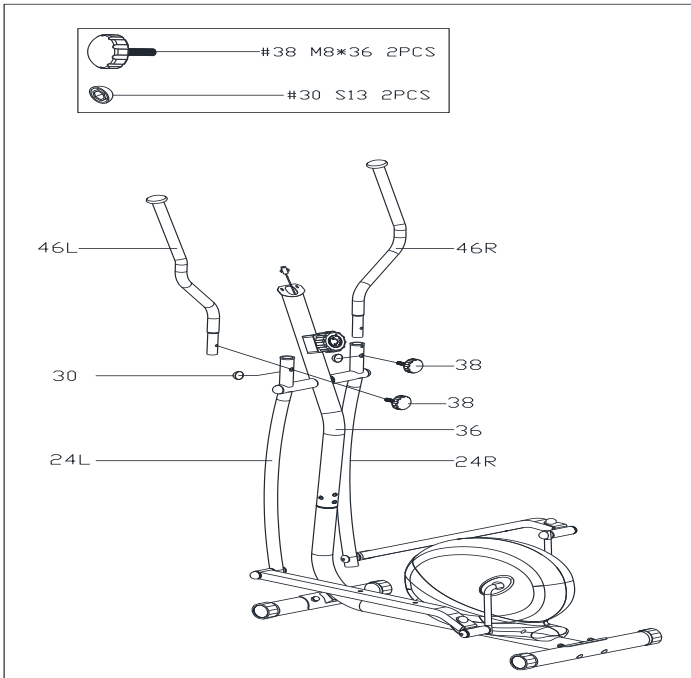
Insert the 2 **Hinge Bolt (No. 11L/R)** through the 2 **Wave Washer (No. 49)**, then through the hole of the **Link Connector Combination (No. 13)**, then screw the Hinge bolt into the crank arm. *Remember when assembling the left side, you must screw counter-clockwise to tighten* Connect the **Spring Washer (No. 42)** and **Nylon Nut (No. 17L/R)** and attach the **Ball Cap (No. 18)**. You can now reattach the **Link Connector Combination (No. 13)** to the **Connecting Rod (No. 22L/R)**.

IMPORTANT:

The **Left & Right Hinge Bolt (No. 11L/R)** must fully penetrate the **Link Connector Combination (No. 13)** and crank. This will ensure the stability and durability of your Elliptical Trainer.

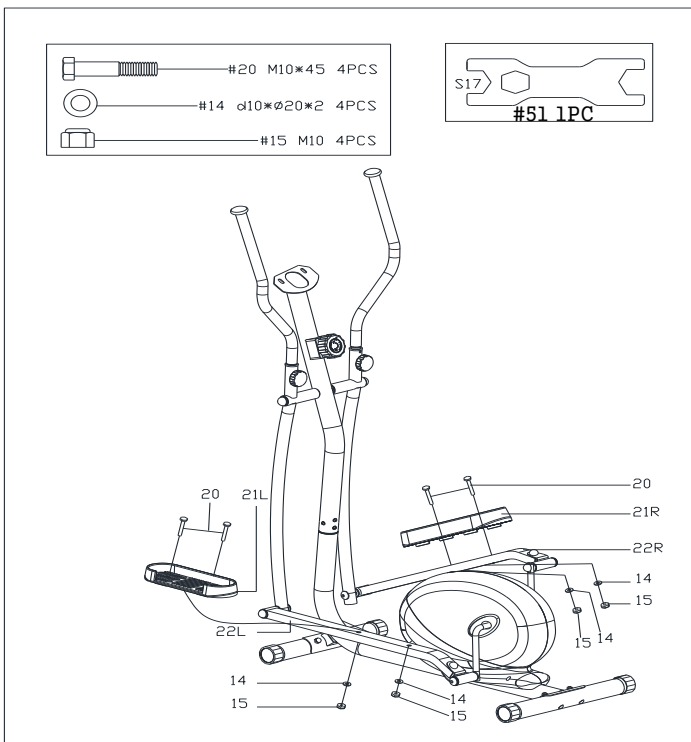


In order to install hinge bolt properly, keep it perfectly straight as the bolt goes through the pedal arms and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge and the crankshaft may occur.



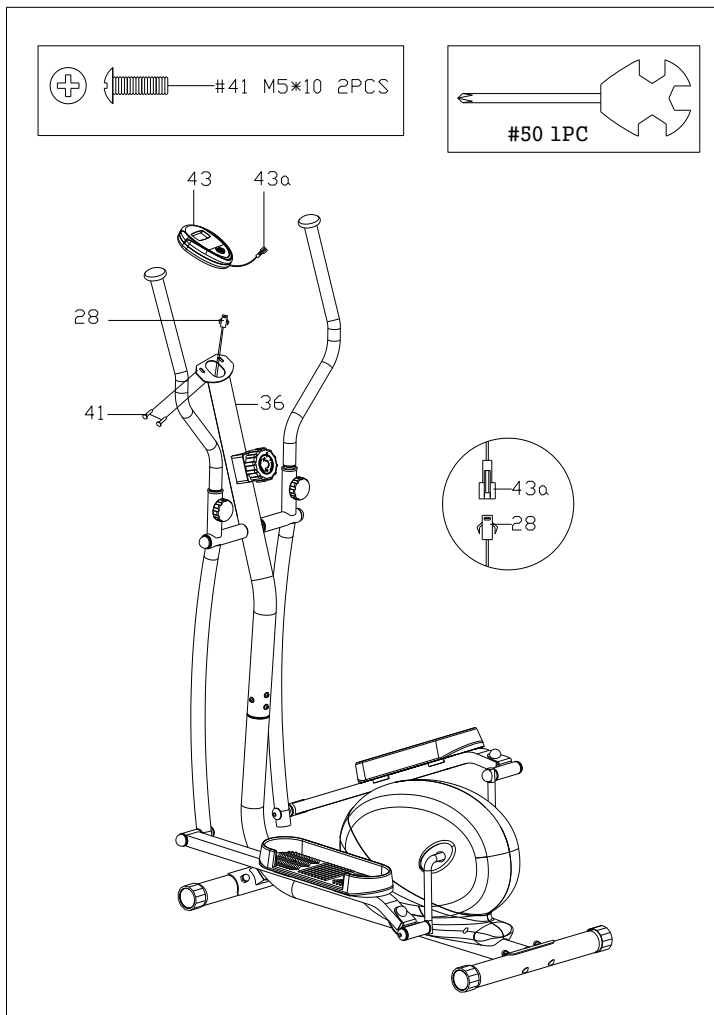
STEP 4:

Insert **Handlebar (No. 46 L/R)** into **Swing Rod (No. 24L/R)** and tighten with 2 **Knobs (No. 38)**, then cover with 2 **Ball Caps (No. 30)**.



STEP 5:

Attach **Pedal (No. 21L/R)** to **Connecting Rod (No. 22L/R)** with 4 **Bolts (No. 20)** and 4 **Washers (No. 14)**, 4 **Nuts (No. 15)**. Tighten and secure with **Spanner (No. 51)**.



STEP 6:

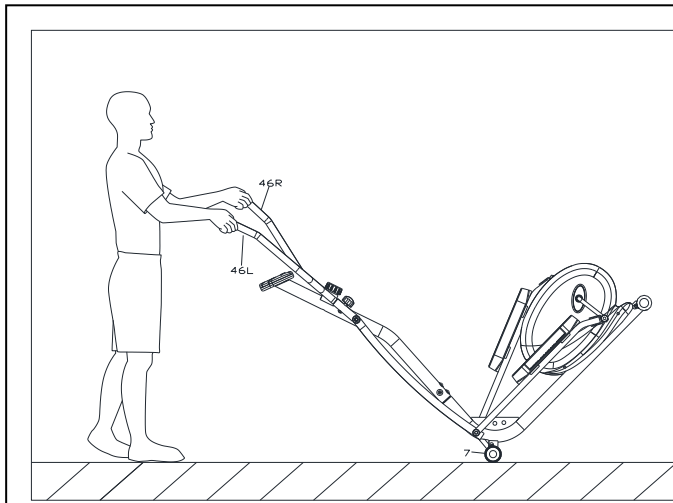
Removing the preassembled 2 **Screws (No. 41)** from **Computer (No. 43)**.

Connect **Trunk Wire (No. 28)** to **Computer Wire (No. 43a)**.

Fix **Computer (No. 43)** to computer holder on the top of **Handlebar Post (No. 36)** with 2 **Screws (No. 41)** that were removed from **Computer (No. 43)**.

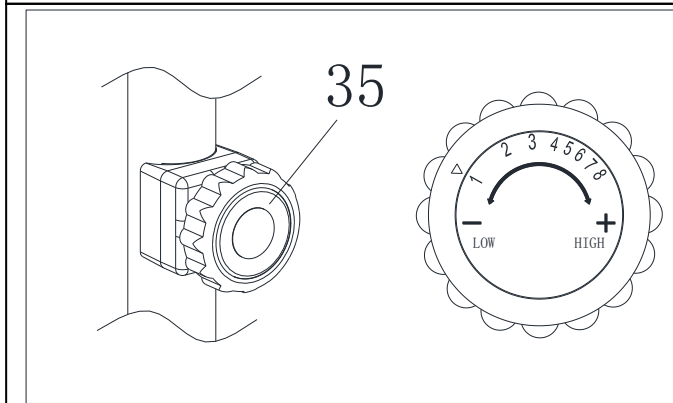
Assembly is completed!

ADJUSTMENTS & USAGE GUIDE



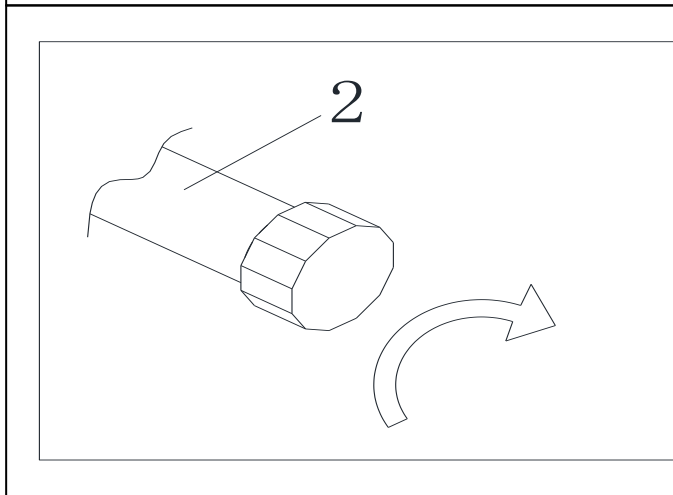
HOW TO MOVE THE ELLIPTICAL

The end caps on the **Front Stabilizer (No. 7)** are wheels. Hold the **Handlebars (No. 46L/R)** and pull forward to lift the rear of the elliptical off the floor. Now you can move the elliptical.



ADJUSTING THE RESISTANCE

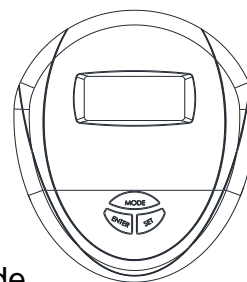
Adjust the resistance of the elliptical using the **Tension Control (No. 35)**. Increase the level of resistance by turning the tension knob to the **RIGHT (clockwise)**, decrease the level of resistance by turning the tension knob to the **LEFT (counter-clockwise)**.



ADJUSTING THE HEIGHT AND BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stable. If you notice that the elliptical is unbalanced during use, you should adjust the end caps located beneath the **Rear Stabilizer (No. 2)**. To do so, turn it *clockwise*.

EXERCISE METER



FUNCTION BUTTONS:

MODE: Press to select functions.

Press and hold the MODE button for 3 seconds to reset time, distance and calories.

SET: Press to set values of time, distance and calories when not in scan mode.

RESET: Press to reset time, pulse, distance and calories to zero when not in scan mode.

- A. Press the MODE button to cycle through functions: time, distance and Calories to select desired function.
- B. Use the SET button to set a value for time, distance or calories. The value of a function will be set on a countdown.
- C. Press the MODE button once more, to save the function value you've created.

FUNCTIONS:

SCAN: Press MODE button until “▼” appears at SCAN position (or until “SCAN” appears), the computer will rotate through all 5 functions: Time, Speed, Distance, Calories and Total Distance. Each function will be display for 6 seconds.

TIME: Counts the total time of the exercise from start to finish.

SPEED: Displays the current speed.

DISTANCE (DIST): Counts the distance of an exercise from start to finish.

CALORIES (CAL): Counts the amount of total calories burned during an exercise from start to finish.

TOTAL DISTANCE (ODO): Counts the total distance after installing the batteries.

AUTO ON/OFF & AUTO START/STOP: If the elliptical is put into motion, or any button is pressed, the computer will turn on.

After about 8 minutes without any signal, the power (computer) will turn off automatically.

ALARM:

The functions of time, distance and calorie can be set to countdown. When the value goes to zero, the computer will beep.

Press MODE to select the function, then press SET to adjust the value.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00 ~ 99:59 (Minute: Second)
	Current Speed	The max pick-up signal is 999.9 MILE/H (or 9999 RPM)
	Trip Distance	0.0 ~ 999.9 MILE
	Calories	0 ~ 9999 Kcal
	Total Distance	0 ~ 9999 MILE
Battery Type		2 pcs of SIZE- AAA
Operating Temperature		0°C ~ +40°C (32°F ~ 104°F)
Storage Temperature		-10°C ~ +60°C (14°F ~ 140°F)

BATTERY REPLACEMENT

To replace the batteries, open the battery cover **on the back of the computer**. Remove the batteries. Replace with new batteries. Make sure the (-) end of the battery goes to the spring end in the battery compartment. Put the cover back.

When changing batteries, always replace both of them with new batteries. Do not mix old and new batteries.

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.