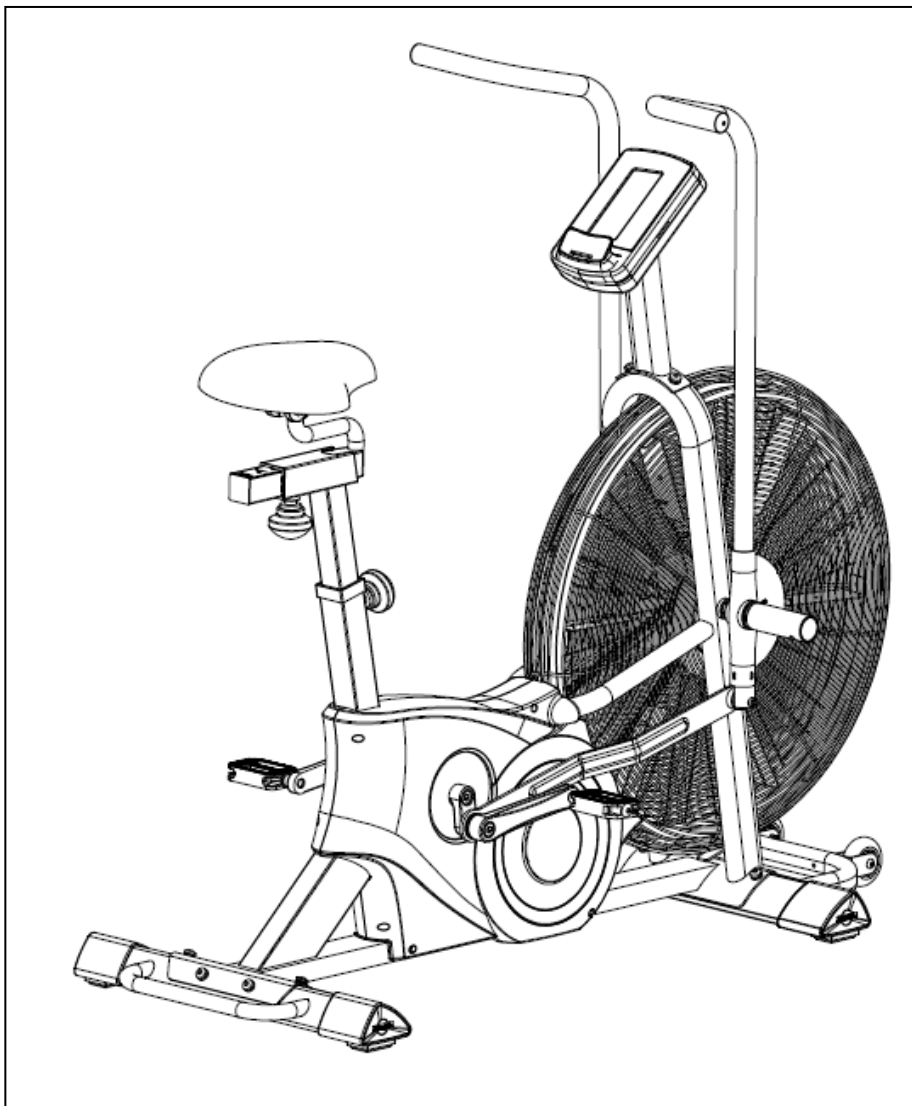




TORNADO LX AIR BIKE

SF-B2729

USER MANUAL



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



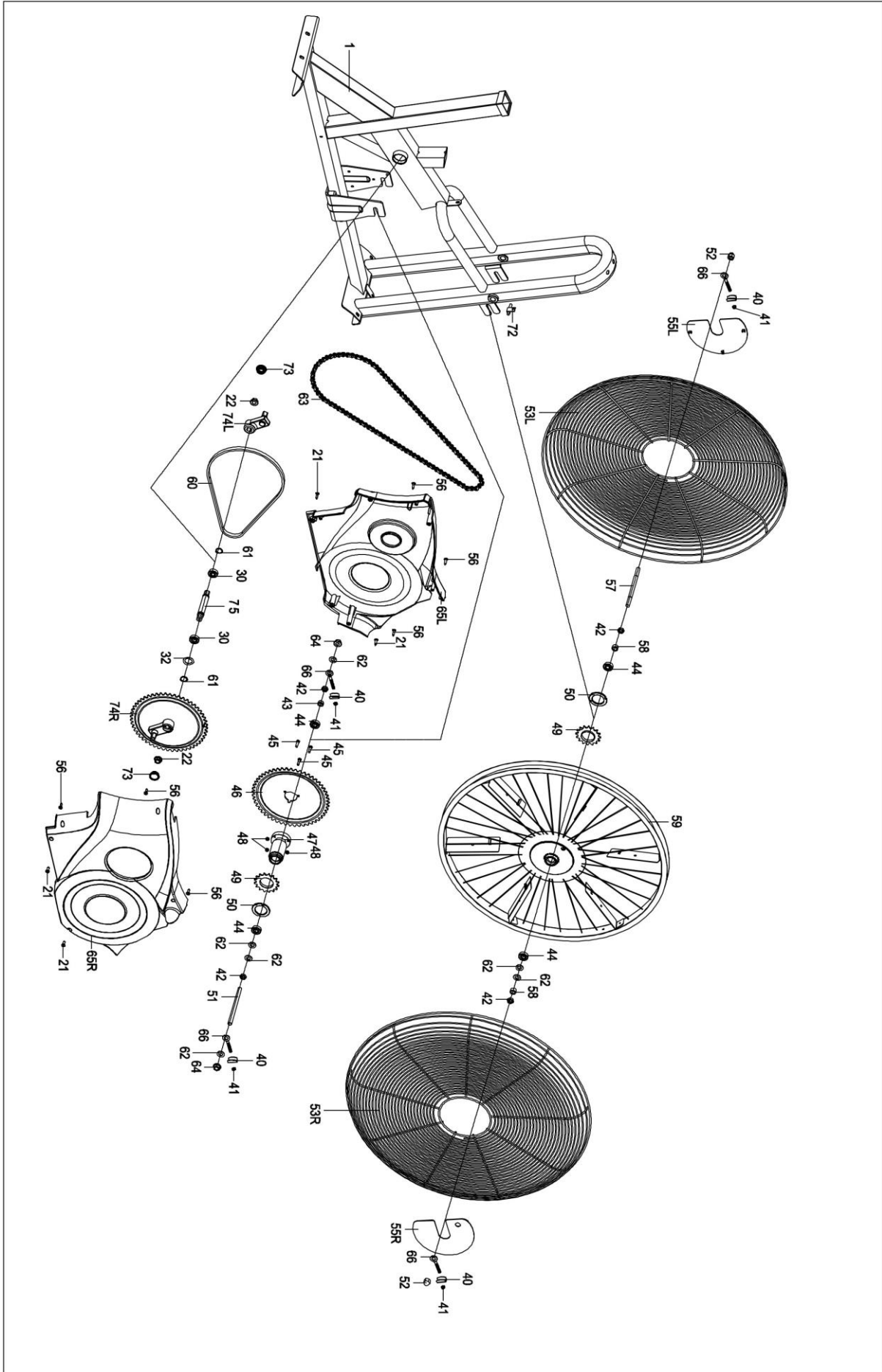
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured 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 2 feet (60CM) 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 330 pounds (150 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!

EXPLODED DIAGRAM 2

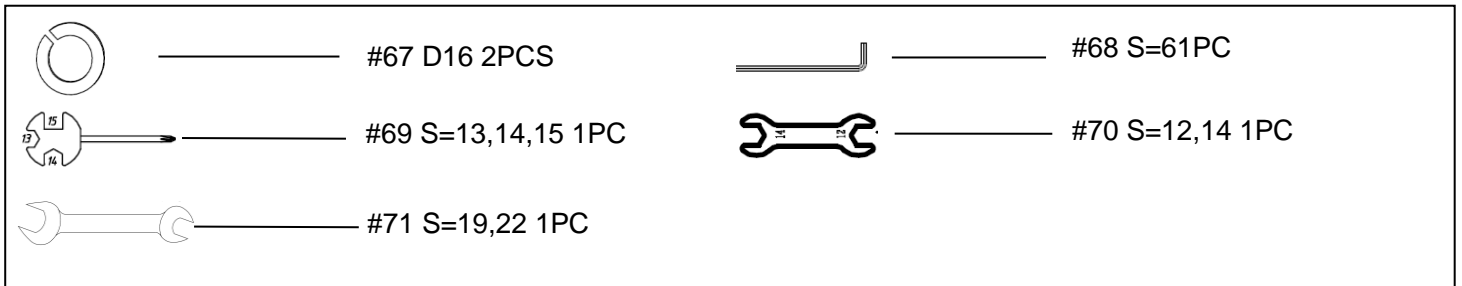


PARTS LIST

| NO. | DESCRIPTION | SPEC. | QTY. |
|-------|----------------------|-------------|------|
| 1 | Main Frame | | 1 |
| 2 | Handlebar Post | | 1 |
| 3 | Seat Tube | | 1 |
| 4 | Seat Slider | | 1 |
| 5L/R | Swing Arm | | 1pr. |
| 6 | Foot Tube | | 2 |
| 7L/R | Connecting Arm | | 1pr. |
| 8L | Refer to #74L | | - |
| 8R | Refer to #74R | | - |
| 9 | Front Stabilizer | | 1 |
| 10 | Rear Stabilizer | | 1 |
| 11L/R | Pedal | | 1pr. |
| 12 | Computer | | 1 |
| 13L/R | Crank | | 1pr. |
| 14 | Seat | | 1 |
| 15 | Bushing | | 2 |
| 16 | Hex Pan Head Screw | M8*20 | 10 |
| 17 | Spring Washer | D8 | 12 |
| 18 | Flat Washer | Φ8*Φ16*1.5 | 10 |
| 19 | Wheel | | 2 |
| 20L/R | Front End Cap | | 1pr. |
| 20L/R | Rear End Cap | | 1pr. |
| 21 | Cross Pan Head Screw | ST4.2*18 | 8 |
| 22 | Nut | M10*1.25 | 4 |
| 23 | Bearing | | 2 |
| 24 | Bolt | φ10*44.5 | 2 |
| 25 | Hex Thin Nut | M8*H5 | 2 |
| 26 | Bearing | | 2 |
| 27 | Nylon Nut | M8 | 4 |
| 28 | Flange Nut | M14*1.5 | 2 |
| 29 | Flat Washer | Φ17*Φ22*1 | 2 |
| 30 | Bearing | 6003Z | 6 |
| 31 | Pedal Tube Axle | | 2 |
| 32 | Wave Washer | Φ17*Φ25*0.3 | 5 |
| 33 | Stop Ring | Φ22 | 2 |
| 34 | Foam Grip | | 2 |
| 35 | Spring Knob | | 2 |
| 36 | End Cap | | 1 |
| 37 | Cross Pan Head Screw | M5*10 | 4 |

| NO. | DESCRIPTION | SPEC. | QTY. |
|-------|----------------------------------|-----------|------|
| 38 | Sensor Wire | | 1 |
| 39 | Hex Pan Head Screw | M8*40 | 2 |
| 40 | U-Shape Washer | | 4 |
| 41 | Hex Nut | | 4 |
| 42 | Hex Thin Nut | M10*1.0 | 4 |
| 43 | Spacer | | 1 |
| 44 | Bearing | | 4 |
| 45 | Hex Pan Head Screw | M5*25 | 3 |
| 46 | Big Chain Gear | | 1 |
| 47 | Hub | | 1 |
| 48 | Nylon Nut | M5 | 3 |
| 49 | Bi-Directional Small Chain Wheel | | 2 |
| 50 | Locking Nut | | 2 |
| 51 | Chain Wheel Axle | | 1 |
| 52 | Cap Nut | M10*1.0 | 2 |
| 53L/R | Protective Cage | | 1pr. |
| 54 | Refer to #75 | | - |
| 55L/R | Cage Cover | | 1pr. |
| 56 | Cross Pan Head Screw | ST4.2*18 | 6 |
| 57 | Fan Wheel Axle | | 1 |
| 58 | Spacer | | 2 |
| 59 | Fan Wheel | | 1 |
| 60 | Chain | | 1 |
| 61 | Closing Ring | Φ17 | 2 |
| 62 | Flat Washer | D10*Φ20*2 | 6 |
| 63 | Big Chain | | 1 |
| 64 | Flange Nut | M10*1.0 | 2 |
| 65L/R | Chain Cover | | 1pr. |
| 66 | Adjustable Bolt | | 4 |
| 67 | Spring Washer | D16 | 2 |
| 68 | Allen Wrench | S6 | 1 |
| 69 | Spanner | S13,14,15 | 1 |
| 70 | Wrench | S12,14 | 1 |
| 71 | Wrench | S19,22 | 1 |
| 72 | Sensor Wire Seat | | 1 |
| 73 | Crank Cover | | 4 |
| 74L | Small Crank | | 1 |
| 74R | Chain Wheel with Small Crank | | 1 |
| 75 | Central Axle | | 1 |

HARDWARE PACKAGE



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

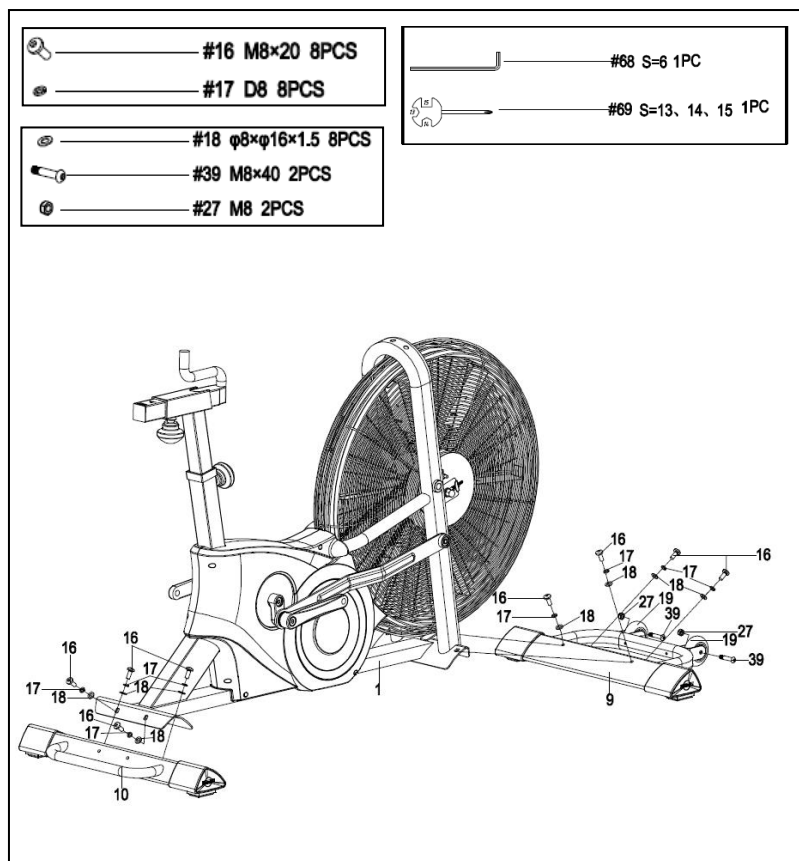
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” 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 INSTRUCTION

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STEP 1

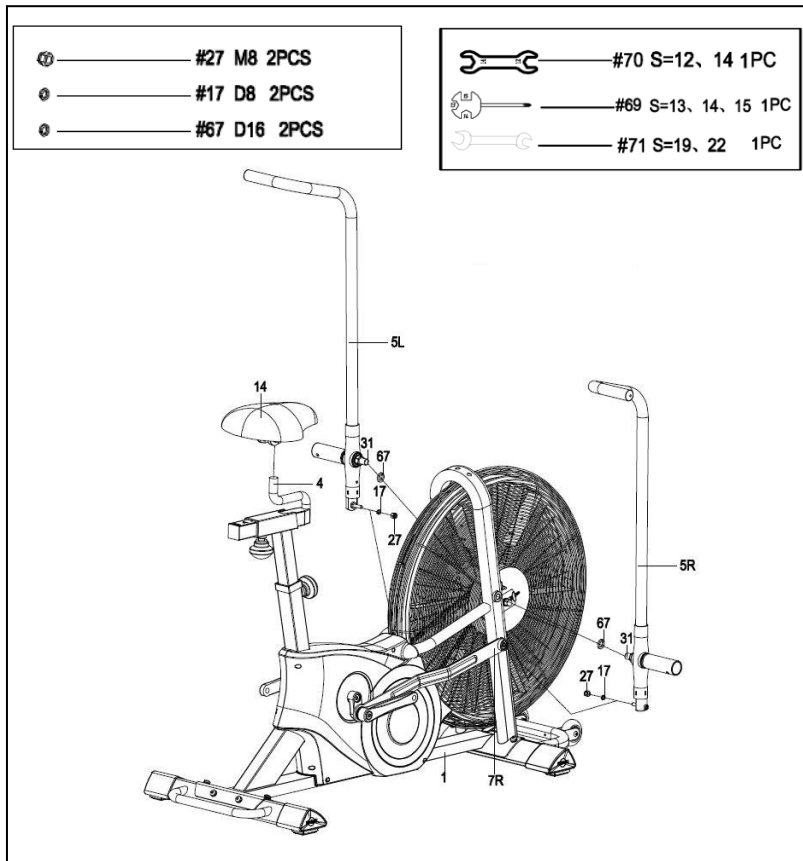
Remove the pre-assembled 8 **Hex Pan Head Screws (No. 16)**, 8 **Spring Washers (No. 17)** and 8 **Flat Washers (No. 18)** from the **Front Stabilizer (No. 9)** and the **Rear Stabilizer (No. 10)** using **Allen Wrench (No. 68)**.

Attach the **Front Stabilizer (No. 9)** and the **Rear Stabilizer (No. 10)** to the **Main Frame (No. 1)** with 8 **Hex Pan Head Screws (No. 16)**, 8 **Spring Washers (No. 17)** and 8 **Flat washers (No. 18)** that were removed using **Allen Wrench (No. 68)**.

Remove the pre-assembled 2 **Hex Pan Head Screws (No. 39)** and 2 **Nylon Nuts (No. 27)** from the **Front Stabilizer (No. 9)** using **Spanner (No. 69)**.

Attach the 2 **Wheels (No. 19)** to the **Front Stabilizer (No. 9)** with 2 **Hex Pan Head Screws (No. 39)** and 2 **Nylon Nuts (No. 27)** that were removed using **Spanner (No. 69)**.

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STEP 2

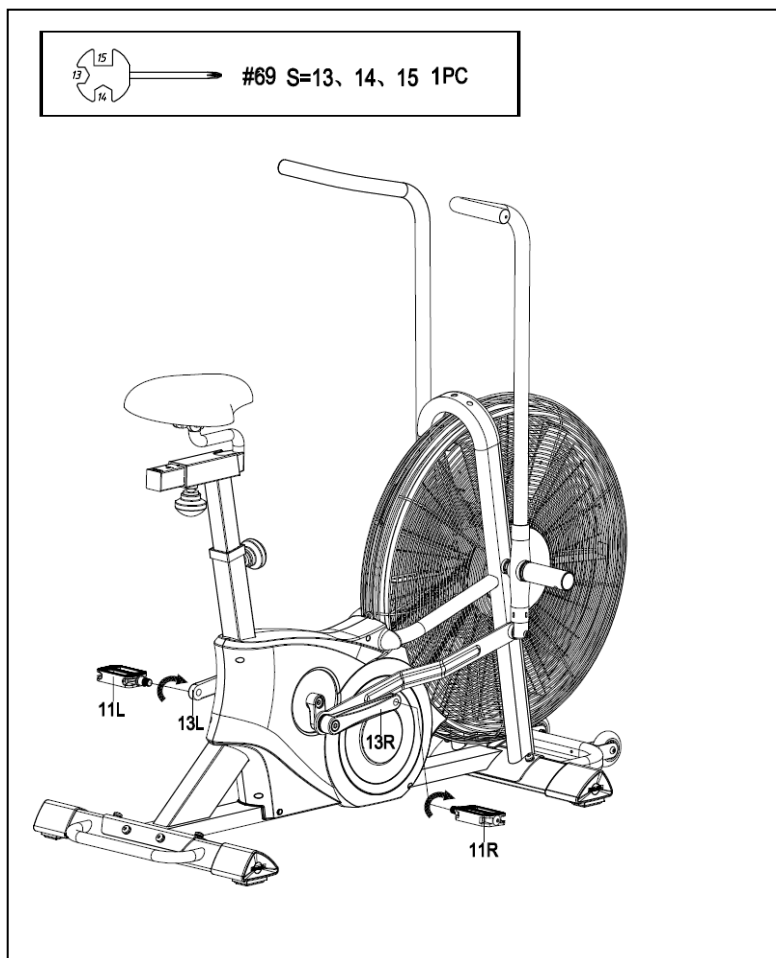
Remove the pre-assembled 2 **Nylon Nuts (No. 27)**, 2 **Spring Washers (No. 17)** from the 2 **Swing Arms (No. 5L/R)** using **Spanner (No. 69)**.

Attach the 2 **Pedal Tube Axles (No. 31)** of the **Swing Arms (No. 5L/R)** and 2 **Spring Washers (No. 67)** to the two sides of the **Main Frame (No. 1)**. **Note:** Do not tighten yet.

Attach the 2 **Swing Arms (No. 5L/R)** to the 2 **Connecting Arms (No. 7L/R)** with 2 **Nylon Nuts (No. 27)** and 2 **Spring Washers (No. 17)** that were removed using **Spanner (No. 69)**. Tighten the **Pedal Tube Axle (No. 31)** using **Wrench (No. 71)**.

Attach the **Seat (No. 14)** onto the **Seat Slider (No. 4)**, and lock them tightly with **Wrench (No. 70)**.

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STEP 3

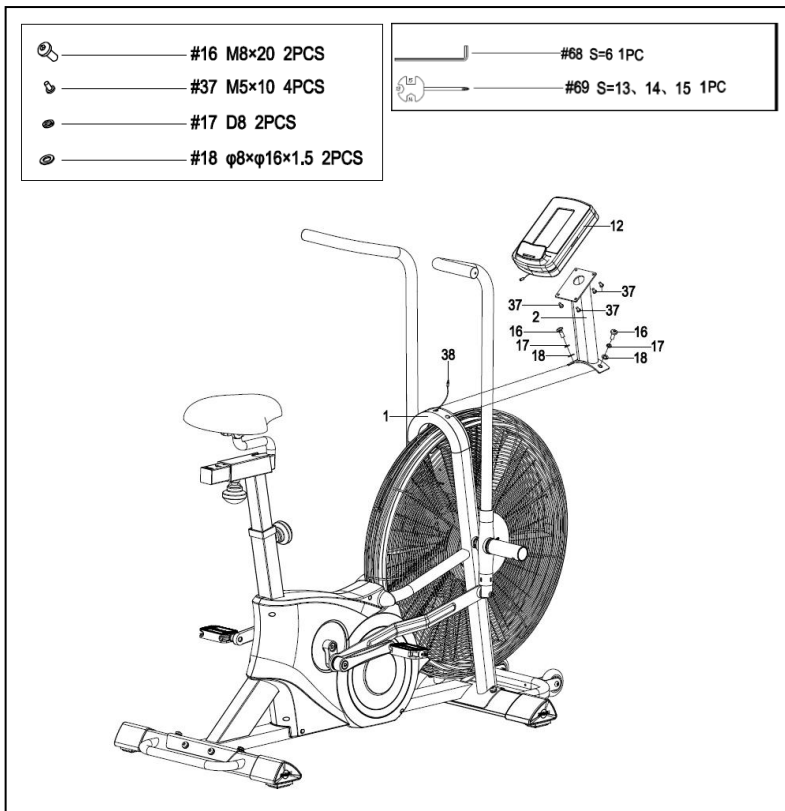
Attach the 2 **Pedals (No. 11L/R)** to the 2 **Cranks (No. 13L/R)** using **Spanner (No. 69)**.

Note: Attach the **Left Pedal (No. 11L)**, marked **(L)**, to the **Left Crank (No. 13L)**. It should be tightened COUNTER-CLOCKWISE.

Make sure to attach the **Right Pedal (No. 11R)**, marked **(R)**, to the **Right Crank (No. 13R)**. It should be tightened CLOCKWISE.

Attaching the **Pedals (No. 11L/R)** to the wrong **Cranks (No. 13L/R)** or turning it the wrong direction will damage the **Cranks (No. 13L/R)**.

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

Remove the pre-assembled 2 **Hex Pan Head Screws (No. 16)**, 2 **Spring Washers (No. 17)** and 2 **Flat Washers (No. 18)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 68)**. Thread the **Sensor Wire (No. 38)** through the bottom of the **Handlebar Post (No. 2)** and bring out from the top. Then attach the **Handlebar Post (No. 2)** to the **Main Frame (No. 1)** with 2 **Hex Pan Head Screws (No. 16)**, 2 **Spring Washers (No. 17)** and 2 **Flat Washers (No. 18)** that were removed by using **Allen Wrench (No. 68)**.

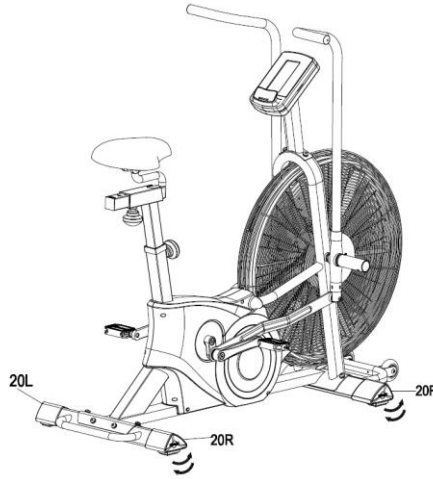
Remove the pre-assembled 4 **Cross Pan Head Screws (No. 37)** from the back of the **Computer (No. 12)** using **Spanner (No. 69)**. Connect the **Sensor Wire (No. 38)** with the wire of the **Computer (No. 12)**, then attach the **Computer (No. 12)** on the bracket of the **Handlebar Post (No. 2)** with 4 **Cross Pan Head Screws (No. 37)** that were removed by using **Spanner (No. 69)**.

Assembly is now complete!

ADJUSTMENT GUIDE

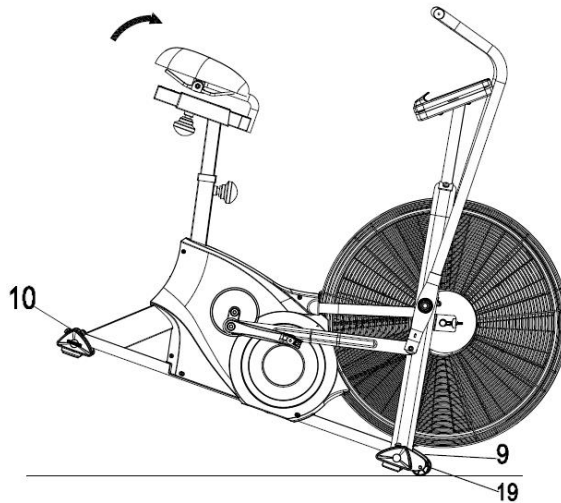
ADJUSTING THE LEVEL

If the bike is not level, turn the dials on the **End Cap (No. 20L/R)** to adjust. Turn to the right to raise, and turn to the left to lower.

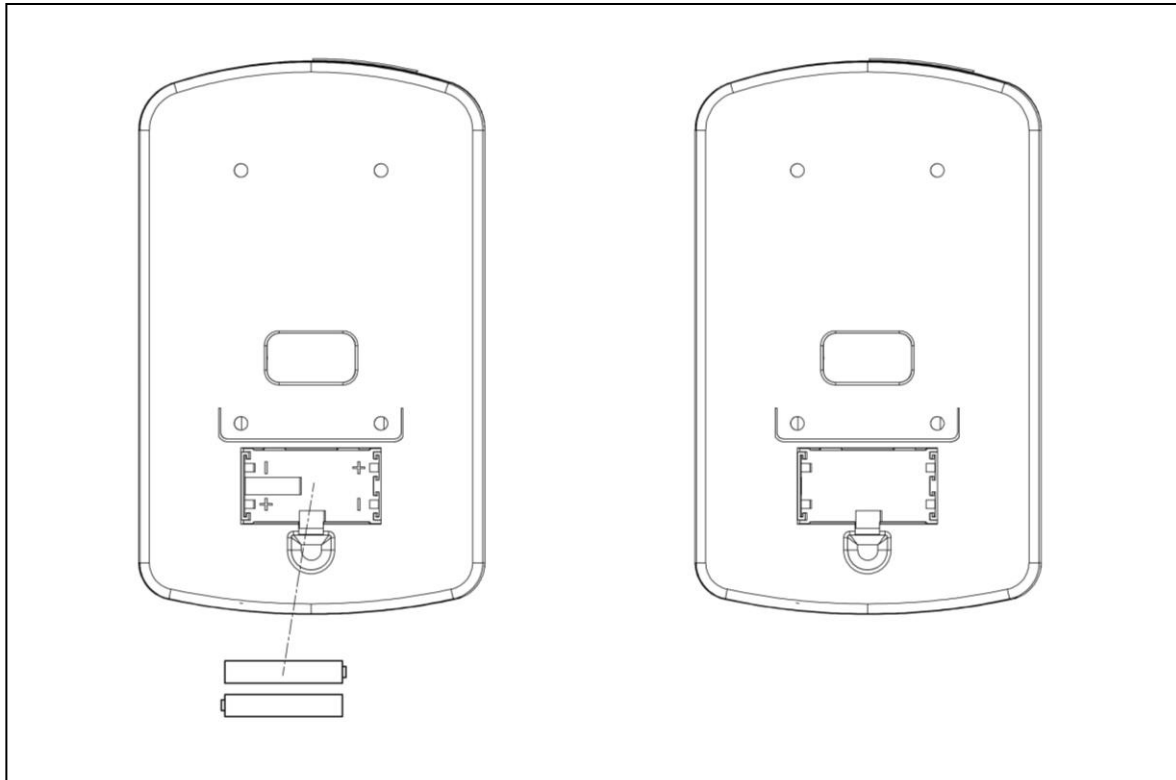


MOVING THE BIKE

Lift the bike by the handle on the **Rear Stabilizer (No. 10)** until the **Wheels (No. 19)** on the **Front Stabilizer (No. 9)** touch the floor. Now you can move the bike.



BATTERY INSTRUCTION



BATTERY INSTALLATION

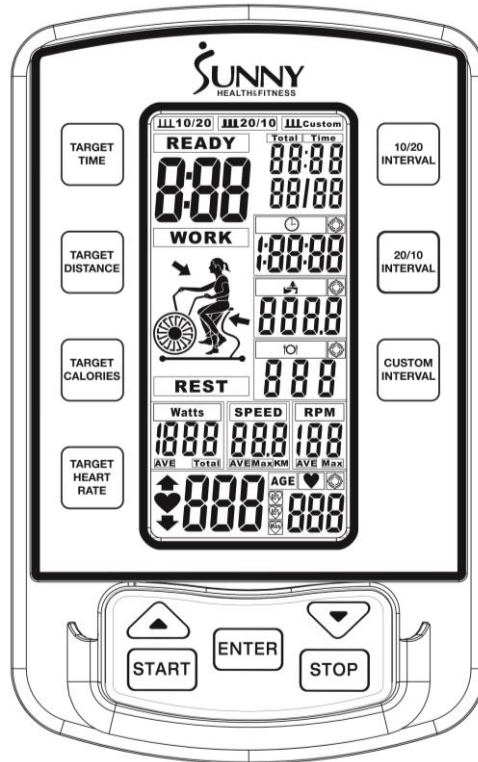
The computer uses 2 AA batteries. Open the battery cover from the back of the computer, then put 2 batteries into the battery compartment. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back.

BATTERY REPLACEMENT

If there is a problem with the display, try changing the batteries first. Open the battery cover, remove the old batteries and replace with new batteries. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back.

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

EXERCISE COMPUTER INSTRUCTIONS



DISPLAY FUNCTIONS

| FUNCTION | DESCRIPTION |
|-----------------|---|
| RPM | Display the rotations per minute with range from 0 ~ 199. |
| SPEED | Display current training speed. Maximum speed is 99.9 KM/H or ML/H. |
| TIME | Count up - Time will count up from 00:00 to maximum 1:59:59 in 1-minute increments. Count down - The console will countdown from preset time to 00:00:00 in 1-minute increments. |
| DISTANCE | Records total distance from 0.0 up to 999.9 ML or count down from preset value. User may preset target distance value with UP/DOWN key. Each increment is 1.0KM or ML. |
| CALORIES | Records total calories burned or counts down during training from 0 to maximum 999 calories. User may preset target Calories with UP/DOWN key. |
| WATT | Displays the power used during training. Display Range: 0~1999. |
| PULSE | User may set up target pulse value from 0~30 to 230. The console buzzer will beep when the actual heart rate is over the target value during workout. |

BUTTON FUNCTIONS

| FUNCTION | DESCRIPTION |
|-------------------|--|
| START | To start workout quickly or resume workout in STOP mode. |
| STOP | To stop/pause workout. To clear up all settings. Hold on this key for 2 seconds to reboot the console. |
| DOWN | To adjust Distance, Calories, Heart-rate, Time, Age value down. |
| UP | To adjust Distance, Calories, Heart-rate, Time, Age value up. |
| TARGET DISTANCE | Fast access to Target Distance training mode. |
| TARGET CALORIES | Fast access to Target Calories training mode. |
| TARGET HEART-RATE | Fast access to Target Heart Rate training mode. |
| TARGET TIME | Fast access to Target Time training mode. |
| INTERVAL | There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, and Custom. |
| ENTER | To confirm settings or enter program. |

SETTINGS

Age — The first time you turn on the computer, AGE will flash. Use the arrow keys to set age. Press ENTER to confirm. The computer will be in standby mode.

Kilometer or Mile — press and hold START and ENTER key at the same time for 2 seconds. Press arrow key to select KM or M. Press ENTER to confirm.

OPERATING INSTRUCTIONS

1. Press START to start meter. Meter will be in standby mode.
2. Press START again to use Manual mode or press one of the preset function buttons:
3. TARGET DISTANCE, TARGET CALORIES, TARGET HEART RATE, and TARGET TIME, INTERVAL 10/20, INTERVAL 20/10, and CUSTOM INTERVAL
4. Press STOP to pause workout. While the meter is paused, it will beep every 30 seconds. After 5 minutes of inactivity, meter will go into standby mode.
5. Press START to resume workout or STOP to clear data.

Reset – press and hold STOP for 2 seconds to reset meter.

Auto Reset – The computer will auto reset, clear all values and go into standby mode after 30 seconds of inactivity.

Pulse – To measure heart rate, a 5.3 KHz chest strap heart rate monitor (not included) is needed.

The computer will alternately display actual pulse, 65%, 85% MAX. This value cannot be used as the basis for medical treatment.

FUNCTION MODES:

➤ MANUAL

Start pedaling. All functions will count up. Time will continue to count up even if you are not pedaling.

➤ COUNTDOWN

Press TARGET TIME, TARGET DISTANCE, TARGET CALORIES.

Use the arrow keys to set a value. Press ENTER.

Meter will start countdown. The display will alternate between the preset value and the actual workout value for 5 seconds each. When countdown reaches 0, meter will start counting from 0 again.

➤ TARGET HEART RATE

You must be wearing a chest strap heart rate monitor to use this function. Press Target Heart Rate. Use arrow keys to set your age. Press ENTER to confirm.

During workout, display will switch between 65% and 85% heart rate. If heart rate goes below 65% or above 85%, meter will continue to beep until heart rate is between 65% and 85%.

➤ PRESET INTERVAL

Press 10/20 INTERVAL or 20/10 INTERVAL.

Meter will countdown for 3 seconds. WORK will flash and cycle time will countdown. Then REST will flash and beep. Meter displays number of cycles (starts with 01/08). WORK and REST will alternate. After 8 cycles, the workout will end.

➤ CUSTOM INTERVAL

Press CUSTOM INTERVAL. Use arrow keys to set number of cycles. Press ENTER.

Use arrow keys to set number of seconds in WORK. Press ENTER.

Use arrow keys to set number of seconds in REST. Press ENTER.

At the end of interval workout or if you press STOP, meter will display Total Time, Distance, Calories, Watt, Speed and RMP. This will then switch to display Avg and Max values, each for 5 seconds.

BATTERY DISPOSAL: The meter uses 2 AA batteries, which are packed with the meter. Dispose of 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.

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