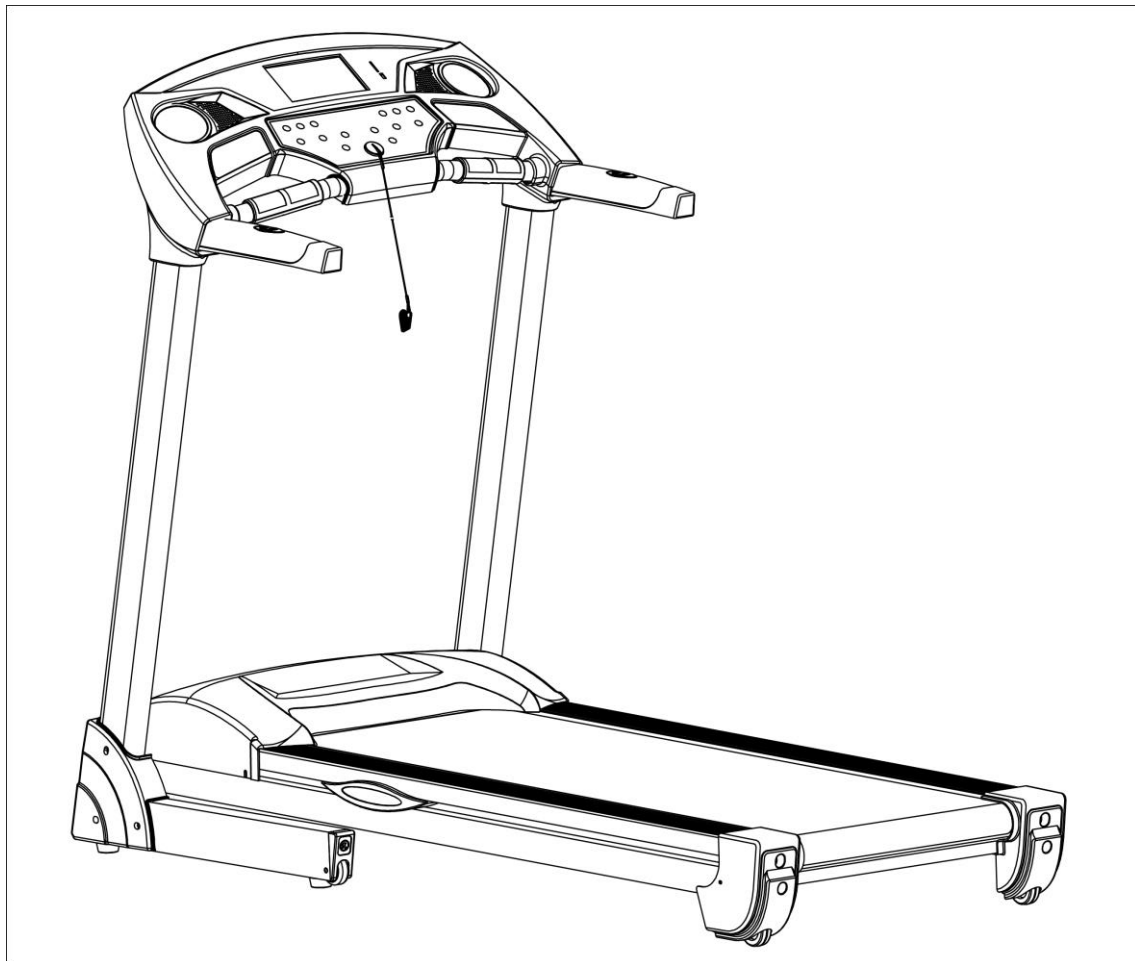




PERFORMANCE TREADMILL WITH AUTO INCLINE

SF-T7874

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.

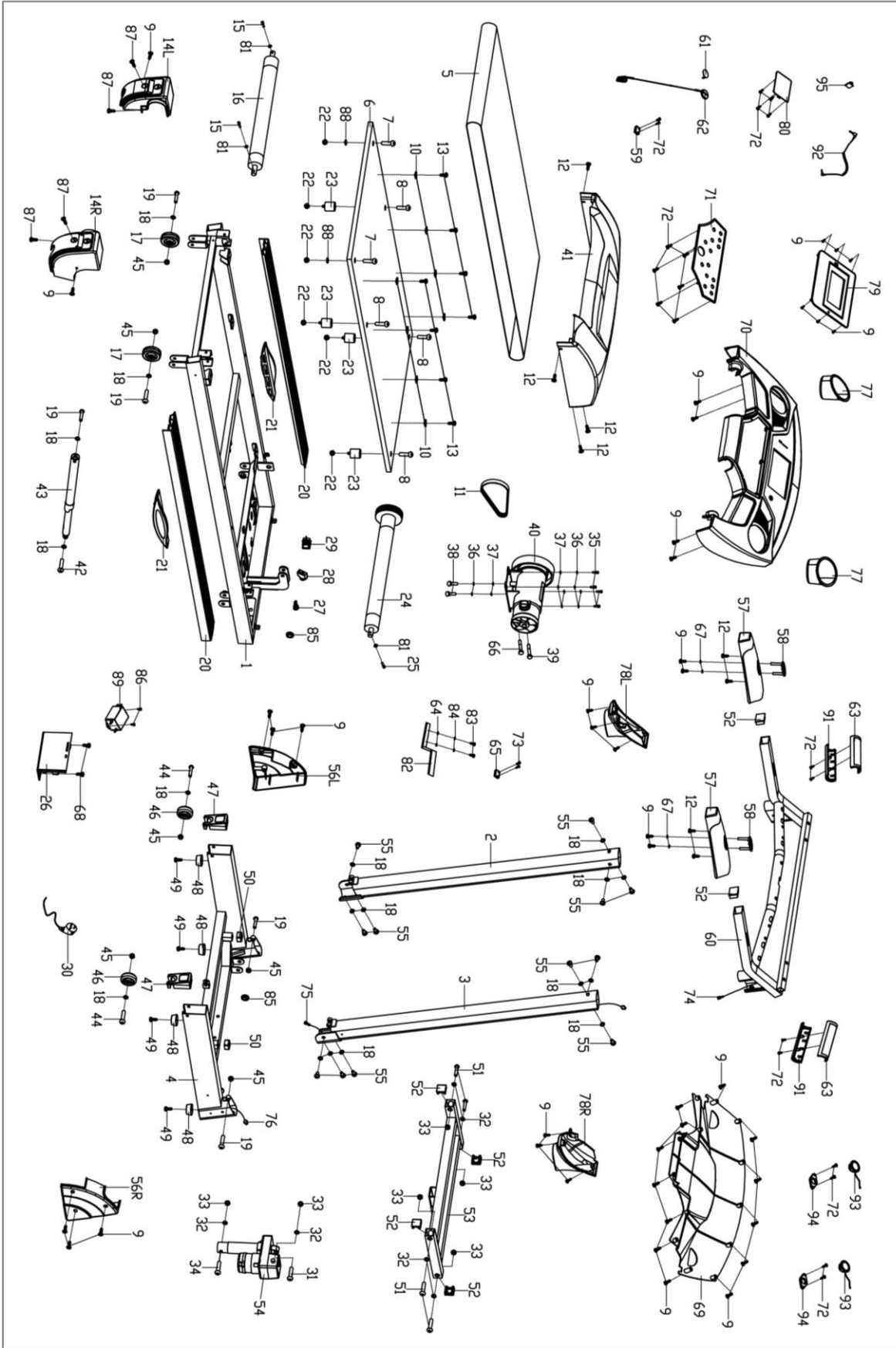
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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 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 (2.4 M) 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 285 pounds (130 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 NOTE:

The belt must be lubricated before the first use! Please see *Page 9* for instructions on how to properly apply lubricant.

EXPLODED DIAGRAM



PARTS LIST

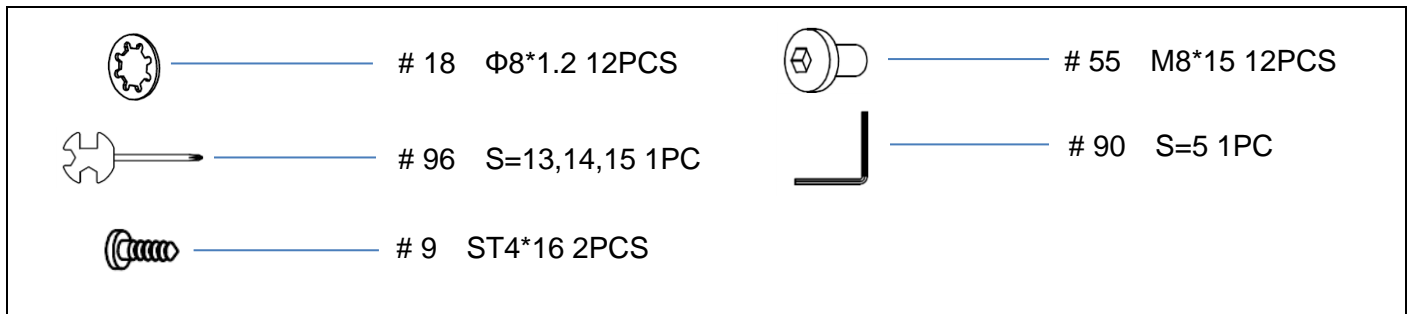
No.	Description	Specification	Qty.
1	Main Frame		1
2	Left Upright Tube		1
3	Right Upright Tube		1
4	Base Frame		1
5	Running Belt		1
6	Running Board		1
7	Bolt	M6*30	2
8	Bolt	M6*25	4
9	Screw	ST4*16	41
10	Edging Washer		8
11	Motor Belt		1
12	Screw	M5*8	8
13	Screw	ST4*16	8
14L/R	End Cap		1 pr.
15	Bolt	M6*55	2
16	Rear Roller		1
17	Adjusting Wheel		2
18	Washer	Φ8*1.2	18
19	Bolt	M8*40	5
20	Side Rail		2
21	EVA Cushion		2
22	Nut	M6	6
23	Cushion		4
24	Front Roller		1
25	Bolt	M6*45	1
26	Control Board		1
27	Power Cord Buckle		1
28	Overload Protector		1
29	Switch		1
30	Power Cord		1
31	Bolt	M10*40	1
32	Washer	Φ10*1.2	6
33	Nut	M10	6
34	Bolt	M10*55	1
35	Bolt	M8*15	4
36	Spring Washer	D8	6
37	Flat Washer	D8	6
38	Bolt	M8*30	2
39	Bolt	M8*55	1
40	Motor		1
41	Motor Cover		1
42	Bolt	M8*25	1
43	Cylinder		1

No.	Description	Specification	Qty.
44	Bolt	M8*50	2
45	Nut	M8	6
46	Transport Wheel		2
47	Transport Wheel Plug		2
48	Flat Pad		4
49	Screw	M6*15	4
50	Square Plug		2
51	Bolt	M10*50	4
52	Square Plug		6
53	Incline Frame		1
54	Incline Motor		1
55	Bolt	M8*15	12
56L/R	Protective Cover		1 pr.
57	Foam Grip		2
58	Shortcut Key		2
59	Safety Key Sensor		1
60	Console Bracket		1
61	Safety Key Sheet		1
62	Safety Key		1
63	Hand Pulse Upper Cover		2
64	Flat Washer	D4	2
65	Light Sensor		1
66	Bolt	M8*90	1
67	Flat Washer	D6	4
68	Screw	M4*8	2
69	Console Rear Cover		1
70	Console Upper Cover		1
71	Console Button Board		1
72	Screw	ST3*9.5	20
73	Screw	ST2.9*6	2
74	Console Linking Wire		1
75	Extension Wire		1
76	Controller Wire		1
77	Bottle Holder		2
78L/R	Upright Tube Cover		1 pr.
79	Console Panel		1
80	Amplifier Board		1
81	Washer	Φ6	3
82	Light Sensor Bracket		1
83	Screw	M4*8	2
84	Spring Washer	D4	2
85	Plastic Plug		2
86	Bolt	M4*8	2

87	Bolt	M5*16	4
88	Plastic Pad		2
89	Filter		1
90	Allen Wrench	S=5	1
91	Pulse Bottom Cover		2

92	MP3 Connecting Wire		1
93	Loudspeaker		2
94	Loudspeaker Platen		2
95	Audio Jack		1
96	Spanner	S=13,14,15	1

HARDWARE PACKAGE



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

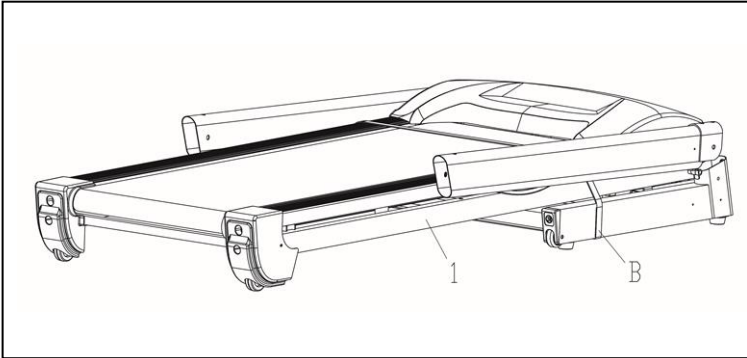
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 INSTRUCTIONS

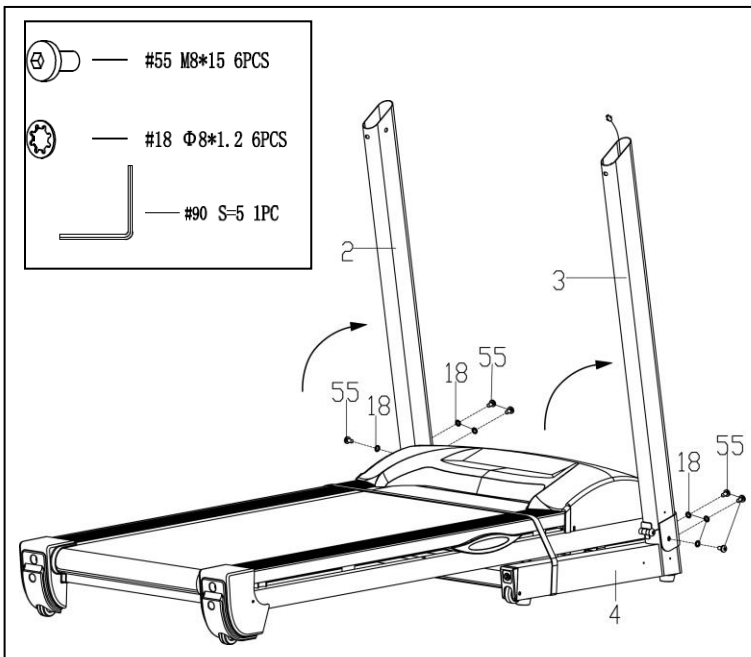
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



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 that you have a work area that is clean and has adequate space. **Do not cut the Packing Belt (No. B) until the assembly is complete!**



STEP 2:

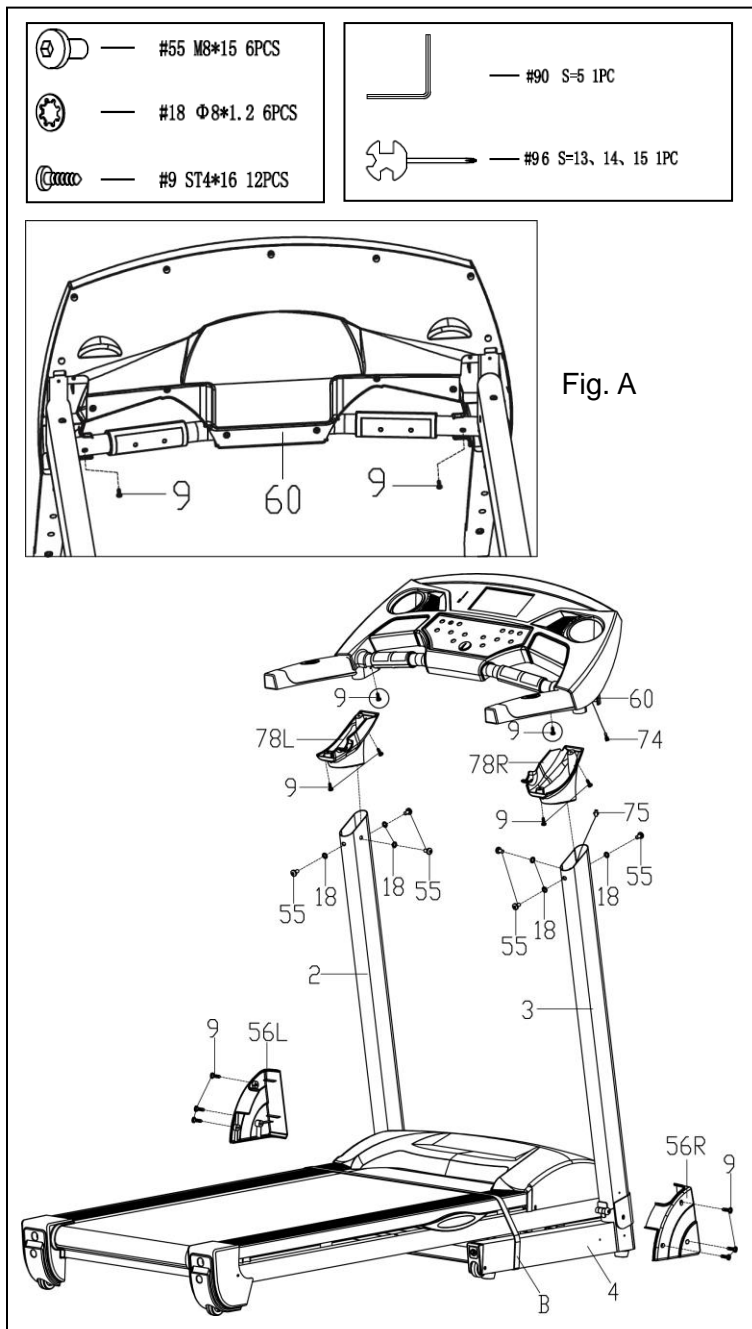
Lift up the **Left Upright Tube (No. 2)** and hold the tube by hand to prevent it from falling down.

Fix the **Left Upright Tube (No. 2)** to the **Base Frame (No. 4)** with 3 **Bolts (No. 55)** and 3 **Washers (No. 18)** using **Allen Wrench (No. 90)**. Do not fully tighten the bolts at this time.

Repeat to assemble the **Right Upright Tube (No. 3)**. Do not fully tighten the bolts at this time.

Note: Make sure you do not cut or pinch the wire inside the **Right Upright Tube (No. 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 3:

Thread the **Extension Wire (No. 75)** through **Right Upright Tube Cover (No. 78R)**. Put the **Upright Tube Covers (No. 78L/R)** on the **Left & Right Upright Tubes (No. 2 & No. 3)**. Connect the **Console Linking Wire (No. 74)** and the **Extension Wire (No. 75)**.

Attach the **Console Bracket (No. 60)** to the **Left & Right Upright Tubes (No. 2 & No. 3)** with 6 **Bolts (No. 55)** and 6 **Washers (No. 18)** using **Allen Wrench (No. 90)**. Then tighten all **Bolts (No. 55)** and **Washers (No. 18)** of **Left & Right Upright Tubes (No. 2 & No. 3)** tightly. Make sure to tighten the 6 **Bolts (No. 55)** and 6 **Washers (No. 18)** at the bottom of the **Left & Right Upright Tubes (No. 2 & No. 3)** that were assembled in Step 2.

Note: Make sure you do not cut or pinch the wire inside the **Right Upright Tube (No. 3)**.

Remove 4 **Screws (No. 9)** from **Console Bracket (No. 60)**. Fix the **Upright Tube Covers (No. 78L/R)** to the **Console Bracket (No. 60)** with 4 **Screws (No. 9)** that were removed. Tighten and secure with **Spanner (No. 96)**.

Insert the 2 **Screws (No. 9)** marked in circles to the **Console Bracket (No. 60)** and tighten with **Spanner (No. 96)**. See Fig. A.

Remove 2 **Screws (No. 9)** from **Left & Right Upright Tubes (No. 2 & No. 3)** and 4 **Screws (No. 9)** from **Base Frame (No. 4)**. Cover the **Protective Covers (No. 56L/R)** to the **Base Frame (No. 4)** and **Left & Right Upright Tubes (No. 2 & No. 3)** with 6 **Screws (No. 9)** that were removed. Tighten and secure with **Spanner (No. 96)**.

Now you can cut the **Packing Belt (No. B)**.

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:

Put the **Safety Key (No. 62)** on the E slot of **Console Button Board (No. 71)**.

The assembly is complete!



IMPORTANT NOTE!

You will need to lubricate your treadmill before the first use. See *Page 9*.

MAINTENANCE & CARE

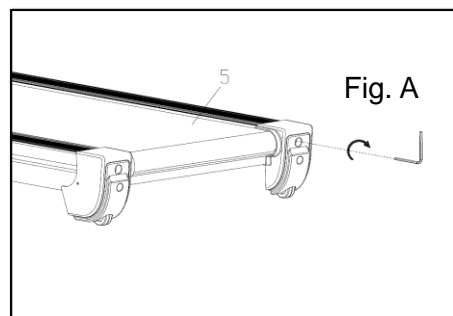
General cleaning will help prolong the life and improve performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Cleaning the two exposed sides of the **Running Belt (No. 5)** will prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from the shoes does not wear out the **Running Board (No. 6)** and **Running Belt (No. 5)**. Clean the surface of the **Running Belt (No. 5)** with a clean damp cloth.

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

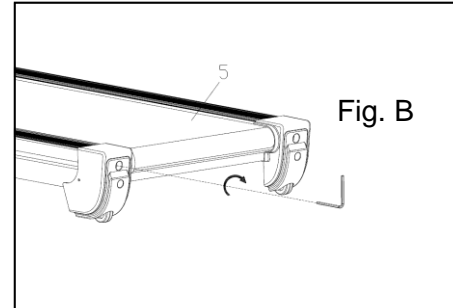
CENTERING THE RUNNING BELT:

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

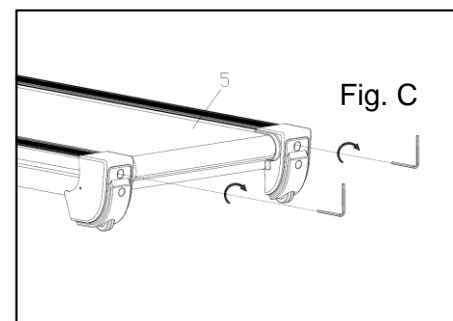
1. If the **Running Belt (No. 5)** drifts to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn **clockwise**, then turn the left adjusting bolt $\frac{1}{4}$ turn **counter-clockwise**. If the **Running Belt (No. 5)** does not move, keep adjusting $\frac{1}{4}$ turn at a time until it centers. Refer to Fig. A.



2. If the **Running Belt (No. 5)** drifts to the left, turn the adjusting bolt on the left side $\frac{1}{4}$ of a turn **clockwise**, then turn the right adjusting bolt $\frac{1}{4}$ turn **counter-clockwise**. If the **Running Belt (No. 5)** does not move, keep adjusting $\frac{1}{4}$ turn at a time until it centers. Refer to Fig. B.



3. Over time the **Running Belt (No. 5)** will loosen. To tighten the **Running Belt (No. 5)** turn the **Left & Right** side adjusting bolts one full turn **clockwise**, check the tension of the **Running Belt (No. 5)**. Continue this process until **Running Belt (No. 5)** is at the correct tension. Make sure to adjust both sides equally to ensure correct **Running Belt (No. 5)** alignment. Refer to Fig. C.



LUBRICATING THE TREADMILL

***IMPORTANT NOTE:**

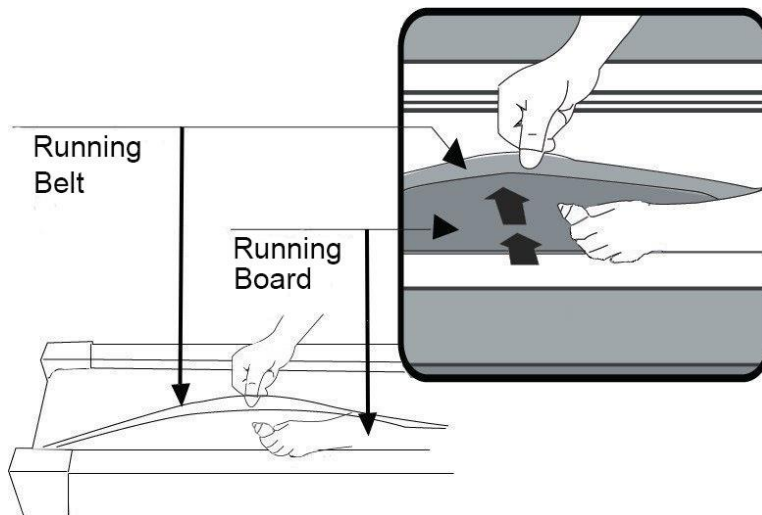
You will need to lubricate your treadmill before the first use.

Lubricating the **Running Board (No. 6)** and **Running Belt (No. 5)** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Board (No. 6)** and **Running Belt (No. 5)** regularly. If you find any wear on the **Running Board (No. 6)**, 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. 5)** up on one side and apply lubricant to the **Running Board (No. 6)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. 6)**. 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 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 ADJUSTMENT TO THE RUNNING BELT WHILE APPLYING LUBRICANT.** A loose **Running Belt (No. 5)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. 5)** will negatively affect the motor's performance and also create more friction between the roller and **Running Belt (No. 5)**. The most suitable tightness for the **Running Belt (No. 5)** is pulled out **50-75mm** from the **Running Board (No. 6)**.

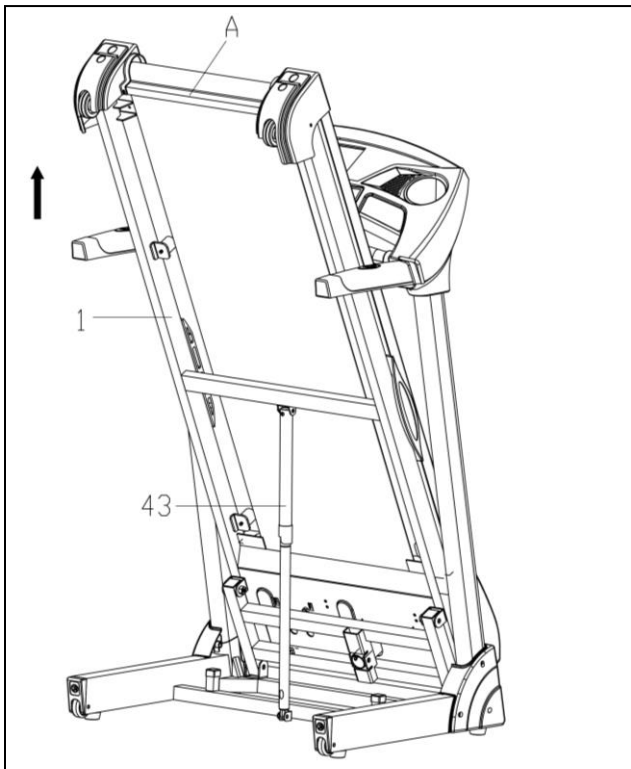


The following time table is recommended:

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 one months</i>

FOLDING INSTRUCTIONS

FOLDING

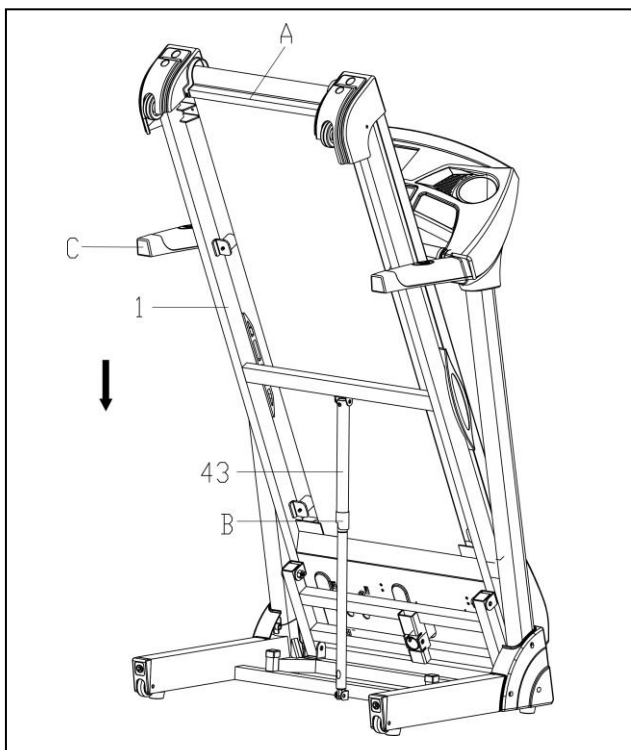


Turn off the power before folding.

Restore the incline to flat position (Incline Level 0). Place your hand at position "A" and lift up on the **Main Frame (No. 1)** to push top of the running board forward until the **Cylinder (No. 43)** locks into the tube.

Note: When the **Cylinder (No. 43)** successfully locks into the tube you will hear a clicking sound.

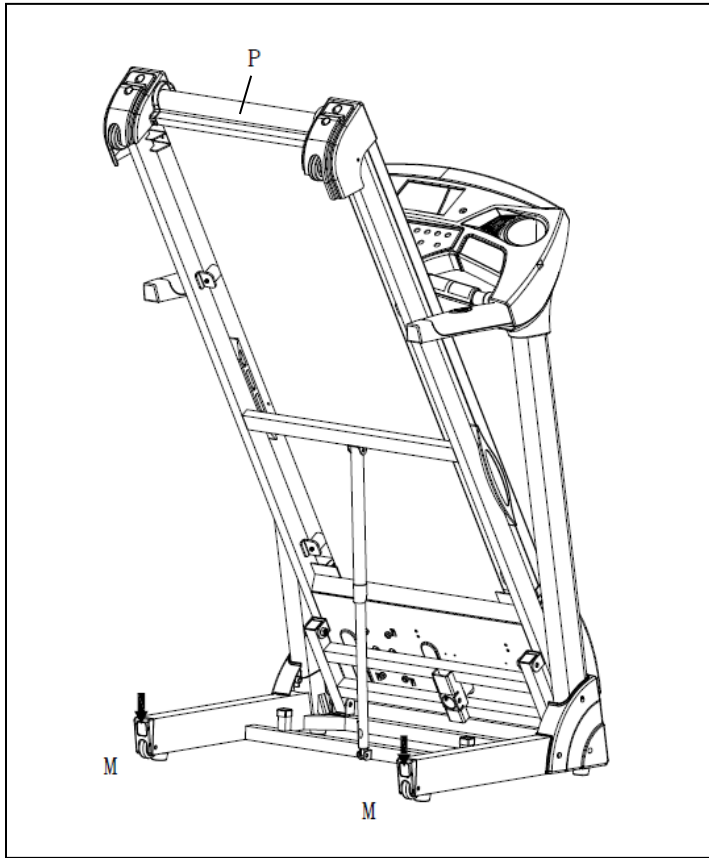
UNFOLDING:



Before lowering the **Main Frame (No. 1)**, ensure that the space directly underneath it is clear of any objects and the power is turned off.

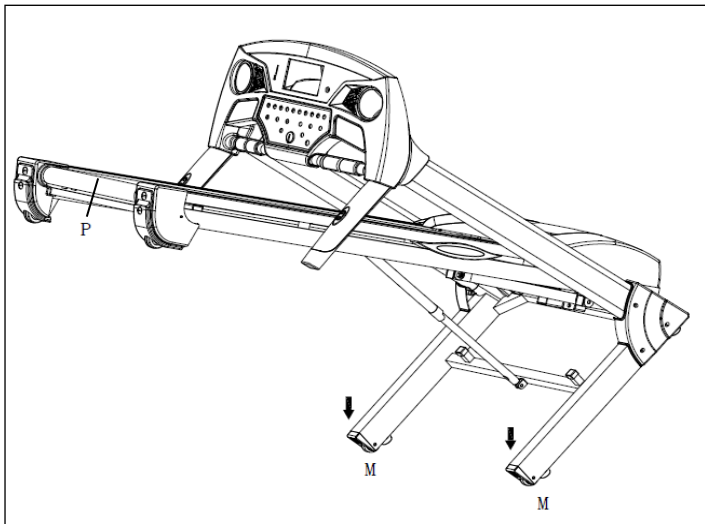
Grasp the **Main Frame (No. 1)** at position "A" with one hand. Next, using your foot, firmly push against the **Cylinder (No. 43)** and press down on the **Main Frame (No. 1)**. Once the **Main Frame (No. 1)** starts to lower, it will automatically continue to steadily lower itself until it reaches level ground.

HOW TO MOVE THE MACHINE



Before attempting to move the treadmill, make sure that it has been properly folded. Unplug the power cord.

To tilt, start by placing one hand at position “P” to support the top end of the treadmill. Next, place one foot at position “M” to hold the bottom end of the treadmill steady. With your foot at “M”, slowly tilt the top of the treadmill downward towards the ground. Once the treadmill reaches a low enough point, the wheels of the treadmill touch the ground.



To transport, hold the treadmill at position “P” and tilt until the wheels “M” are able to move on the ground.

IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **10 amps (100-120V)** in order 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.

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. 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 which contains the same configuration as the plug. Do not use an adaptor for this product.

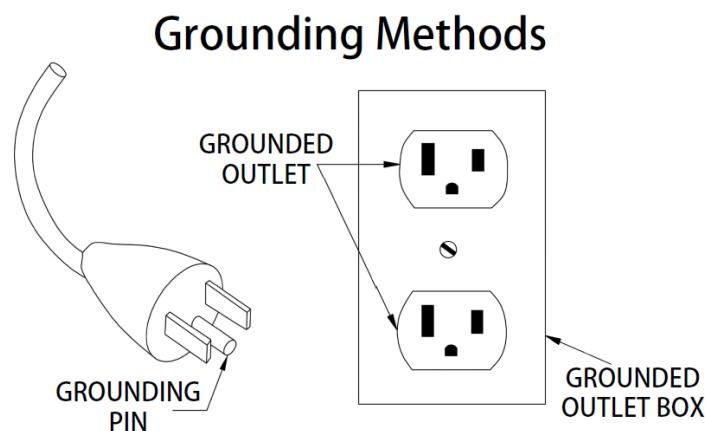
This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A.

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 is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet a qualified by an electrician.

WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) outlet with this treadmill. Route the power cord away from all moving parts of the treadmill including the elevation mechanism and transport 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.
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.



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 equipment properly.

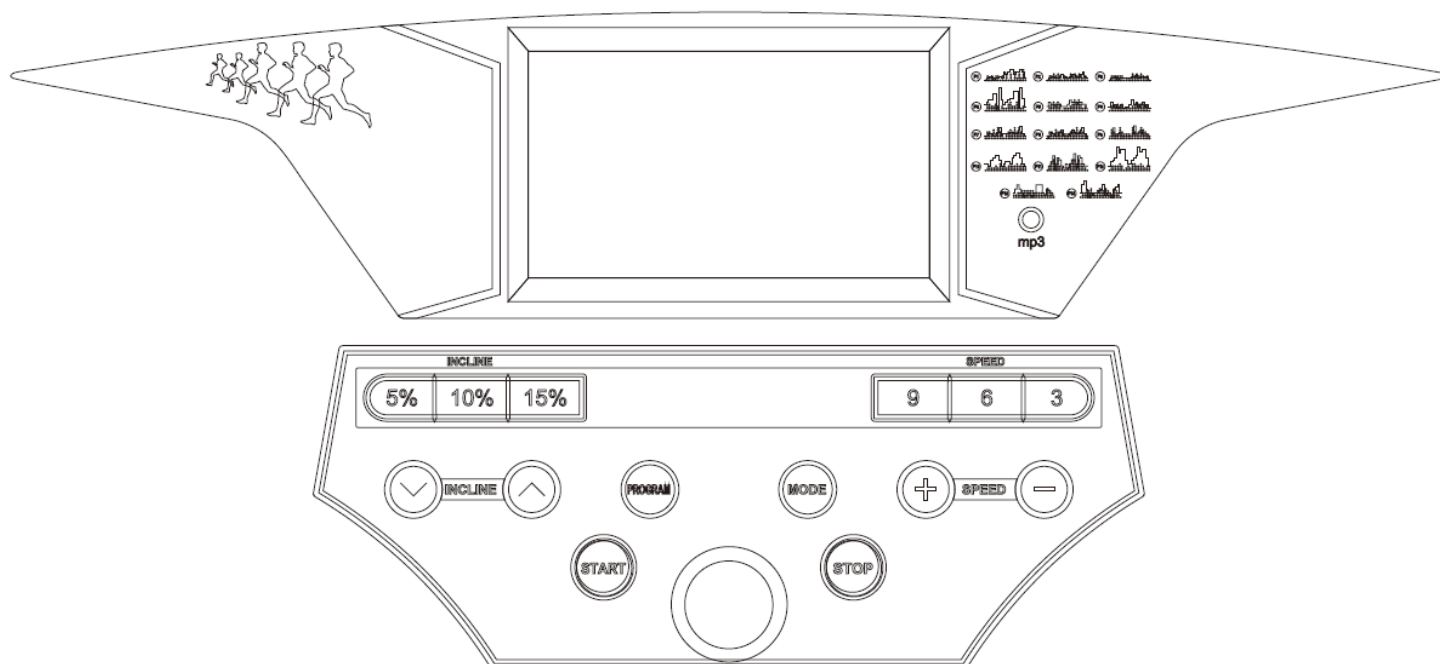
Be aware of your body's signals. Incorrect or excessive exercise can damage your health.

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 stand alongside and familiarize yourself with the controls.

1. Turn on the power switch.
2. Once you get on, you can stand with your feet on the side rails and stabilize yourself by holding onto the handrails.
3. Next, attach the clip end of the **Safety Key (No. 62)** to your clothes and insert the magnetic end of the **Safety Key (No. 62)** into the computer console.
4. Press the key "START" to start the treadmill.
5. The treadmill will start at the system default setting speed of **0.6 MPH**. when you feel comfortable, you may slowly increase this speed.
6. When you are finished with your exercise, press the key "STOP" to stop the treadmill or you can remove the magnetic end of the **Safety Key (No. 62)** to stop the treadmill.

THE DISPLAY CONSOLE



DISPLAYS

DISPLAY WINDOW	DESCRIPTION
Speed	Displays the speed (0.6-11.0 mph / 1.0 – 18.0 KM/H)
Time/Heart Rate	Alternates display of heart rate (50-200 bpm) And time (0:00-99:59 minutes)
Distance/Calorie/Incline	Alternates display of distance (0.00-99.99 mi or km), calorie (0.0 – 999.9 kcal), and incline (0-15)

FUNCTION KEYS

KEY	DESCRIPTION
PROGRAM	In the stop state, press to select programs in turn: manual mode -P01 -P02- ...-P14 -U01 -U02 -U03
MODE	In the stop state, press to select programs in turn: manual mode (normal state) - time countdown- distance countdown – calorie countdown
START	In the stop state, press to start up the treadmill
STOP	When the treadmill is running, press to stop the motor
SPEED +	In setting state, press it to increase the set value. When the motor is running, press it to increase the speed
SPEED -	In setting state, press it to decrease the set value. When the motor is running, press it to decrease the speed
INCLINE +	In setting state, press it to increase the set value. When the motor is running, press it to increase the incline
INCLINE -	In setting state, press it to decrease the set value. When the motor is running, press it to decrease the incline

	Initial	Initial setting value	Setting range	Display range
Time (m: s)	0:00	30:00	5:00-99:00	0:00-99:59
Speed in metric system (km/h) Speed in imperial system (mi/h)	0.0	N/A	N/A	1.0—18.0 KM/H 0.6-11.0 MPH
Incline (%)	00	N/A	N/A	0-15
Distance (km/mi)	0.0	1.00	0.00—99.9	0.00—99.99
Calorie (kcal)	0	50.0	0.0—999	0.0—999.9

KILOMETERS OR MILES

When the safety key is removed, press PROGRAM and MODE for 3 seconds to change from miles to kilometers.

PROGRAMS

Manual Mode: includes normal mode, time countdown, calorie countdown and distance countdown

Programs: P01, P02...P14

Customized Programs: U01, U02 and U03.

OPERATING INSTRUCTIONS

1. Insert safety key into the console.
2. Press START and the window will display 3—2—1. The treadmill will beep and then start.

MANUAL MODE

1. Turn on the treadmill. The treadmill is in normal mode. When the treadmill is stopped, press MODE to select normal mode.
2. To set countdown mode:
 - a. In manual mode, press MODE to enter time countdown mode; the time window will display the time and flash. The initial time is 30:00. Set countdown time pressing SPEED + / SPEED - or INCLINE + / INCLINE -. Time setting range: 5:00-99:00.
 - b. Press MODE to enter distance countdown mode. The initial distance is 1.00 km/mi. Set the distance by pressing SPEED + / SPEED - or INCLINE + / INCLINE -. Distance setting range: 0.00—99.9 km/mi. Value is in increment of 0.1 km/mi.
 - c. Press MODE to enter calorie countdown. The initial calorie will be displayed as 50.0 kcal. Set the calorie by SPEED + / SPEED - or INCLINE + / INCLINE -. Calorie setting range: 0.0—999 kcal. Value increases in increment of 1 kcal.

OPERATION IN MANUAL MODE

- A.** Press START and the treadmill will start operating after 3 seconds of countdown. The initial speed is 1.0 KM/H for metric system or 0.6 MPH for imperial system.
- B.** Press SPEED + / SPEED - to adjust speed, or press speed shortcuts to change to the speed marked on the key;
- C.** Press INCLINE + / INCLINE - to adjust the incline, or press incline shortcuts to change to the incline marked on the key;
- D.** When the treadmill is running, press STOP to stop the treadmill;
- E.** To stop the treadmill immediately, remove the safety key; then, LCD window will display “---” and the buzzer will beep three times.
- F.** When the countdown value reaches zero, the buzzer will beep three times. The speed window will display END. Five seconds later, the treadmill will return to the standby state and the buzzer will make long alarm beep sound.
- G.** If a value reaches the set range, it will reset to 0 and the treadmill will stop. In manual mode, the treadmill will stop when the time accumulates to be more than 99: 59 (100 min).

PROGRAM MODE

- 1.** The initial time is set to be 30 min. Only time can be set. Setting range: 5:00- 99:00. Press SPEED + / SPEED - or INCLINE + / INCLINE - to adjust the set value;
- 2.** Press START key. The treadmill will start running and the speed will gradually increase to the value for the first section of auto program (see details in the table of program parameters);
- 3.** Press SPEED + / SPEED - to adjust speed, or press speed shortcuts to change to the speed marked on the key;
- 4.** Press INCLINE + / INCLINE - to adjust the incline; or press incline shortcuts to change to the incline marked on the key;
- 5.** Each program is divided into 20 sections; operating time for each section will be 1/20 of the set time.
- 6.** The buzzer will sound for three times when switching from one section to another;
- 7.** When the set time goes to zero, the treadmill will slow to a stop. The speed window will display END; 5 seconds later, the treadmill will return to the standby state; then, the treadmill will beep three times and then make one long beep when the treadmill is stopped.
- 8.** At any time, if you need to stop the treadmill immediately, remove the safety key. LCD window will display “---” and the buzzer will beep three times.

PROGRAM PARAMETERS

Program	Time Section	Set time/ 20 =running time for each section																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	Speed	1.2	2.5	1.9	2.5	1.9	3.1	2.5	1.2	3.1	1.2	3.7	1.2	4.3	1.2	5.0	1.9	4.3	1.9	5.6	1.9
	Incline	1	2	3	3	1	2	2	3	2	5	4	5	6	6	4	5	5	6	5	2
P02	Speed	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.9	1.9	3.7	3.1	4.3	3.1	4.3	3.1	1.9	3.1	1.2
	Incline	1	2	3	3	2	2	3	4	2	3	2	3	4	4	3	3	4	5	3	2
P03	Speed	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.9	1.9	1.9	3.7	3.1	3.7	3.1	3.7	3.1	1.9	2.5	1.2
	Incline	1	2	2	3	1	2	2	2	2	2	2	3	3	4	2	3	3	3	3	1
P04	Speed	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.9	1.9	4.3	5.0	3.1	3.1	5.0	3.1	1.9	3.1	1.2
	Incline	4	5	6	6	9	9	1	12	6	4	5	6	7	7	10	10	2	12	7	3
P05	Speed	1.2	2.5	3.7	5.0	4.3	5.0	3.7	1.2	1.9	1.9	1.9	3.1	4.3	5.6	5.0	5.6	4.3	1.9	2.5	1.2
	Incline	3	5	4	4	3	4	4	3	3	3	4	6	5	5	4	5	5	4	4	2
P06	Speed	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.9	1.9	1.9	1.9	3.1	3.7	3.7	4.3	3.7	4.3	2.5	2.5	1.2
	Incline	3	5	3	4	2	3	4	2	3	3	4	6	4	5	3	4	5	3	4	2
P07	Speed	1.9	3.7	4.3	3.1	5.0	3.1	5.6	3.7	2.5	1.2	2.5	4.3	5.0	3.7	5.6	3.7	6.2	4.3	2.5	1.9
	Incline	2	2	3	3	2	2	4	6	2	3	3	3	4	4	3	3	5	7	3	2
P08	Speed	1.9	3.7	4.3	3.1	5.0	3.7	4.3	3.7	2.5	2.5	2.5	4.3	5.0	3.7	5.6	4.3	5.0	4.3	3.1	1.9
	Incline	1	2	4	3	2	2	4	5	2	2	2	3	5	4	3	3	5	6	3	1
P09	Speed	1.2	5.0	3.7	2.5	3.1	5.6	4.3	3.1	2.5	2.5	1.9	5.6	4.3	3.1	3.7	6.2	5.0	3.7	3.1	1.9
	Incline	2	2	6	2	3	4	2	2	2	2	3	3	7	3	4	5	3	3	3	1
P10	Speed	1.2	1.9	3.1	1.9	1.9	3.1	1.9	3.7	1.9	2.5	1.9	2.5	3.7	2.5	2.5	3.7	2.5	4.3	2.5	1.9
	Incline	4	4	3	6	7	8	8	6	3	4	5	5	4	7	8	9	9	7	4	3
P11	Speed	1.2	3.1	5.0	6.2	3.7	5.6	3.1	1.9	1.2	1.9	1.9	3.7	5.6	6.2	4.3	6.2	3.7	2.5	1.9	1.2
	Incline	1	3	5	8	1	7	6	3	2	4	2	4	6	9	2	8	7	4	3	3
P12	Speed	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.9	3.1	1.9	3.7	3.7	3.1	3.1	4.3	3.1	1.9	2.5	2.5
	Incline	3	5	6	7	12	9	11	11	6	4	4	6	7	8	12	10	11	11	7	3
P13	Speed	1.9	1.9	2.5	2.5	3.7	3.7	4.3	4.3	3.7	3.7	3.1	3.1	2.5	2.5	1.9	1.9	5.0	3.7	3.1	1.2
	Incline	3	5	7	5	3	1	2	3	2	1	3	7	7	7	3	2	5	4	3	2
P14	Speed	1.2	2.5	3.1	3.7	4.3	5.0	2.5	1.9	4.3	5.0	5.0	3.7	5.0	3.7	3.1	1.9	5.0	3.7	2.5	1.2
	Incline	3	7	9	5	1	3	2	3	3	4	5	7	2	3	3	0	5	6	7	3

CUSTOMIZED PROGRAM

In addition to 14 built-in programs, the treadmill also has 3 customized programs to support the customized setting based on the user's specific situation: U01, U02 and U03.

1. Setting of customized program:

In standby state, press PROGRAM to the required customized program (U01~ U03); press MODE to confirm entering the setting.

Then, set parameters in the first time section. Set speed by pressing SPEED + / SPEED - or speed shortcuts and set incline by INCLINE + / INCLINE - or incline shortcuts

Press MODE to complete the first time section's setting and enter the state to set up parameters

for the second time section until the completion of setting for all the 20 time sections.

Set parameters will be permanently saved until the next time setting. These parameters will not be lost until power disconnection.

2. Start of customized program:

A. In standby state, press PROGRAM to the required customized program (U01~ U03). After setting up the operation time, press START.

B. In the customized program state and after the setting of operation time, press START to immediately start the treadmill.

3. Instructions to the setting of customized program:

Each program divides its operation time into 20 sections. Be sure to complete the setting for speed, incline and operation time for all the 20 section before pressing START to start the treadmill.

BODY FAT TEST

1. In standby state, press PROGRAM to enter FAT (physical fitness test) program.

2. Press MODE to enter the program of F—1, F—2, F—3, F—4, F—5 (F—1:gender, F—2:age, F—3:height, F—4:weight, F—5:physical test),

3. Press SPEED + / SPEED - or INCLINE + / INCLINE to set the parameter of 01-02 (see below detailed table), then press MODE to enter the program of F—5 for physical test.

4. At this state, hold the handle pulse board for 5-6 seconds and it will display the FAT, check if the weight matches with your height.

5. FAT is to measure the relevance between height and weight, not the body proportion. The normal FAT is between 20-24, which means if less than 19 is too thin, and if between 25-29 is overweight and if more than 30 is obesity.

F--1	Gender	01(man)	02(woman)
F--2	Age	10-----99	
F--3	Height	40---80 inch / 100---200 cm	
F--4	Weight	44---330 lbs / 20---150kg	
F--5	FAT	≤19	Underweight
	FAT	=(20--24)	Normal weight
	FAT	=(25--29)	Overweight
	FAT	≥30	Obesity

MP3 FUNCTION (OPTIONAL)

You can plug in an audio device to the treadmill. Sound volume is controlled on the device.

ENERGY-SAVING MODE

The treadmill has energy-saving function. In standby state, after 10 minutes and no key has been pressed, console will enter the energy-saving mode and automatically turns off the display. Press any key to turn on the console.

SHUTDOWN

Turn off the treadmill when not in use to avoid damage to the treadmill.

EMERGENCY STOP

If you need to stop the treadmill while it is running, remove the safety key. LCD window will display “---” and the buzzer will beep three times. When the safety key is removed, the keys will not function.

TROUBLE SHOOTING

PROBLEM	POTENTIAL REASONS	SOLUTIONS	
-----	Safety key is disconnected	1.Place back the safety key; 2.Replace safety key switch or magnetic sensor in the console; if the problem still fails to be solved, replace the console;	
ERROR	POSSIBLE REASONS	TEST METHOD	SOLUTIONS
E01	Communicational failure between the meter and the controller, and the drive cannot receive signal from the meter.	Check whether the connector of the console and the controller has broken down.	If yes, change the connector.
		Check whether the joint has been plugged in well.	Pull the joint and plug in again.
E02	Explosion proof protection	Whether the supply voltage is 50% lower than the normal voltage.	Use correct voltage standard and retest.
		Whether the control board has been installed well.	Change the control board.
		Whether the controller has awful smell.	Change the controller.
E03	Failure in inspecting the motor signal for more than 15 seconds continuously and speed sensor for 10 seconds continuously.	Whether the distance and location of the sensor and the disc is correct or the sensor is installed well.	The sensor should be installed right in the hole of disc.
		Whether the sensor wire has been open circuited, short circuited or broken circuited.	Reconnect the motor interface, and examine the sensor wire.
		Whether the sensor has been broken down.	Change the sensor.
E04	Lifting learning or self-inspection fails.	Check whether motor wiring is damaged to form open circuit.	Re-insert the signal wire joint to ensure that it is reliable.
		Check whether incline motor's AC wires are properly connected.	Incline motor shall be correctly plugged according to marks on its AC controller.
		Check whether motor wiring is damaged to form open circuit.	If yes, replace wires or replace the incline motor
		Check whether the incline motor is damaged.	If yes, change the incline motor.
		Incline motor fails in learning.	Press the button of controller for 3 seconds and relearn again.
E05	Over-current protection	Check whether the controller match with the standard of electric engine.	Change the electric machine or controller and retest.
E06	Fault of motor's open circuit	Check whether the motor interface of the drive is loose.	Re-plug the motor interface properly.
		Check whether the motor is open-circuited.	Change the motor.
		When the motor is idling, if the current is less than standard, it will go wrong.	Re-install the motor.

E08	Failure of the controller EEPROM.	The 24C02 from the control board is broken down or you forgot to install 24C02, change the motor control board.	
E09	Controller is in tilted position.	Treadmill is not placed on level surface when it is powered on	Place treadmill on a level surface, then start the treadmill.
E10	Transient current protection	Check if the torsion of controller is normal.	Adjust the torsion regulator to normal value.
		Check whether the motor is short-circuited.	Change the motor.
		Check whether treadmill's transmission part is stuck.	Eliminate the disturbance, and make sure the treadmill runs smoothly.
E11	External AC over-voltage	Check whether the external AC voltage is higher than 270VAC, or if it is unstable; if yes, stop using the product and ask qualified electrician for help.	
E13	Communicational failure between the console and the controller, and the meter cannot receive the signal from the drive.	Check whether the wire between the console and the controller is broken down.	Change the wire.
		Check whether the socket is plugged in well.	Re-plug the socket and make sure it is reliable.
E14	External AC under-voltage	Check whether external AC voltage is lower than 160VAC or if it is unstable, if yes, stop using the product and ask the qualified electrician for help.	

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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