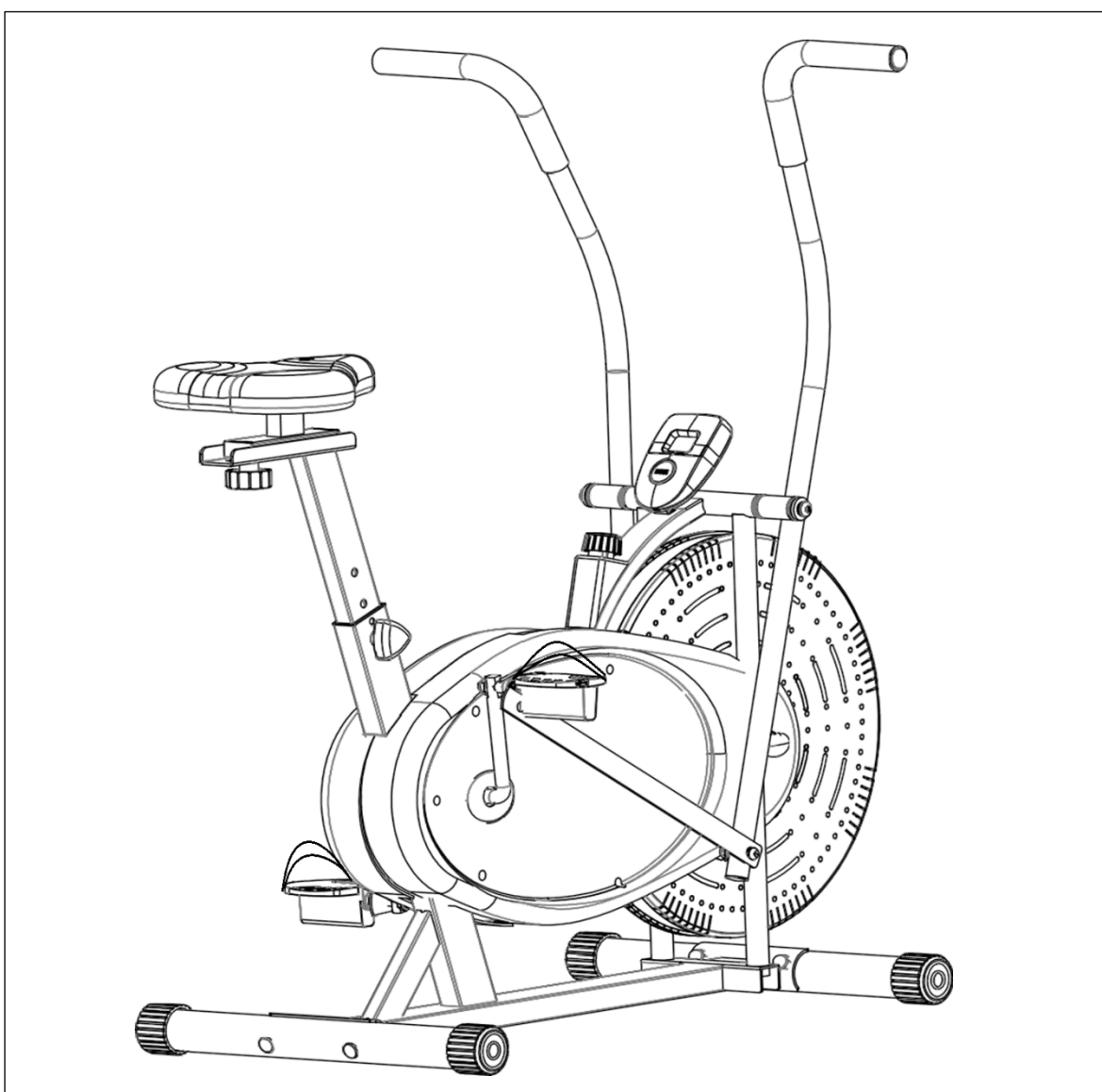




AIR RESISTANCE HYBRID BIKE

USER MANUAL

SF-B2618



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).



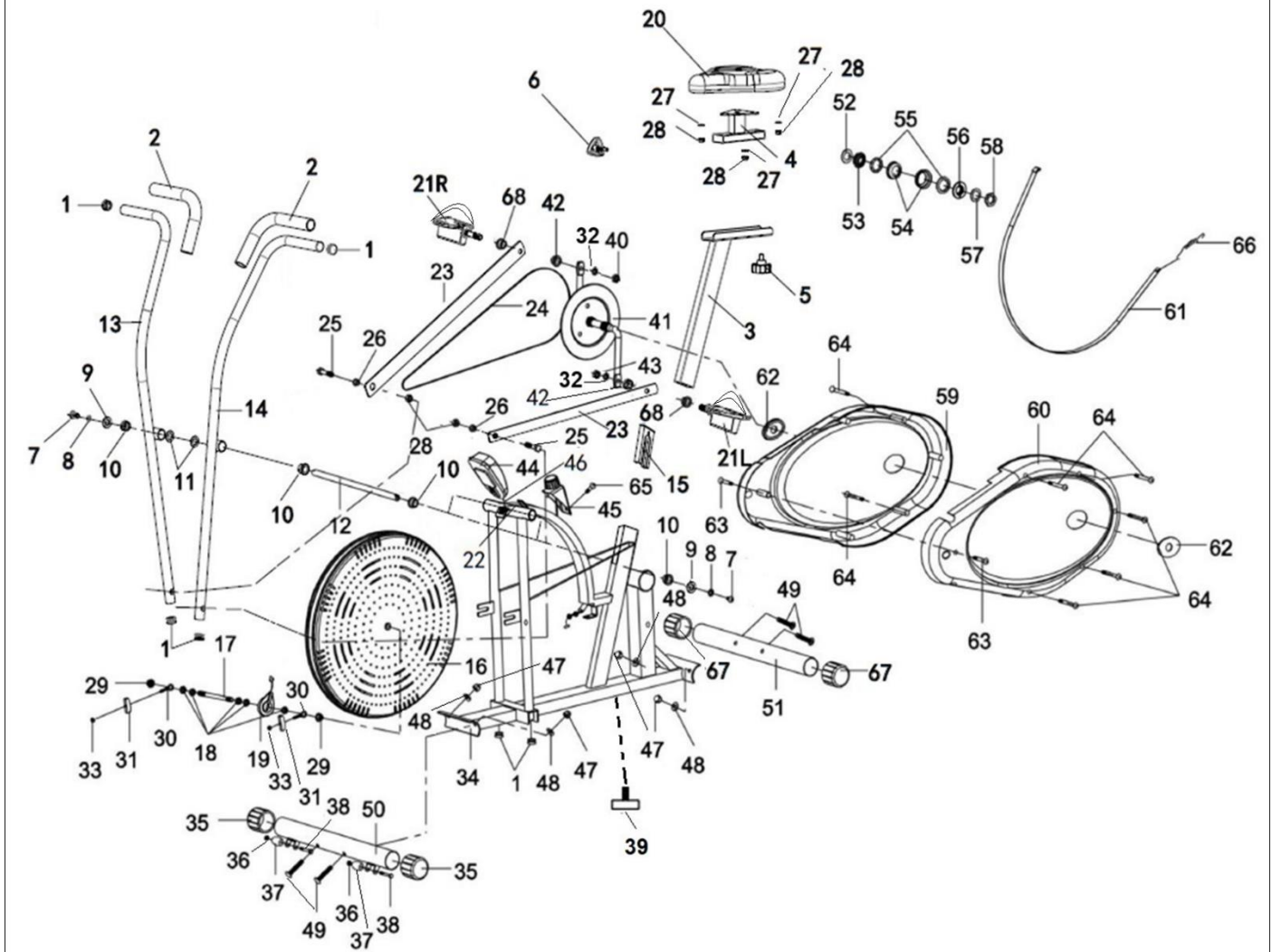
WWW.SUNNYHEALTHFITNESS.COM

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 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 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.

EXPLODED DIAGRAM

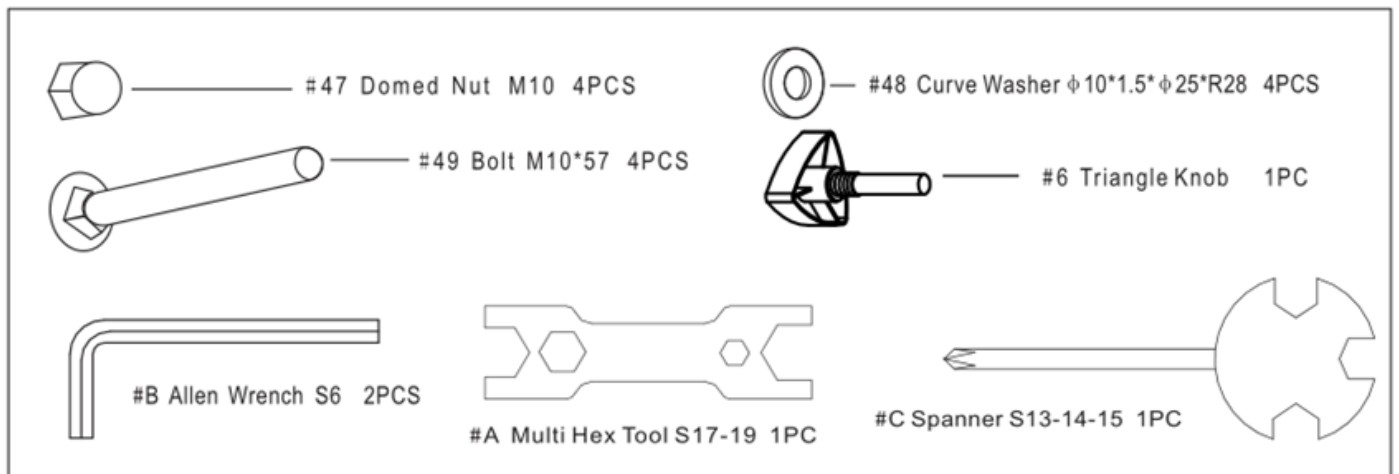


PARTS LIST

No.	Description	Spec.	Qty.
1	End Cap	Φ25*1.5	6
2	Foam Grip	Φ32*23*260	2
3	Seat Post		1
4	Seat Slider		1
5	Knob		1
6	Triangle Knob		1
7	Hinge Screw	M10*8	2
8	Spring Washer	Φ18*Φ10*2	2
9	D Shape Washer	Φ28*Φ16.2*4	2
10	Metal Bushing	Φ24.8*Φ16*14	4
11	Wave Washer	Φ28*Φ16*0.2	2
12	Rotation Rod		1
13	Right Handrail Arm	Φ25*1.5	1
14	Left Handrail Arm	Φ25*1.5	1
15	Bushing		1
16	Fan Wheel		1
17	Fan Wheel Axle		1
18	Hexagon Nut	M10*1	5
19	Sensor		1
20	Seat		1
21L	Left Pedal		1
21R	Right Pedal		1
22	Sensor Wire		1
23	Connection Piece		2
24	Chain		1
25	Bolt	M8*40	2
26	Metal Bushing	Φ18*Φ8.5*5	2
27	Washer	Φ16*Φ8.5*1.5	3
28	Nylon Nut	M8*L9	5
29	Flange Nut	M10*1	2
30	Eyebolt	M6*36	2
31	Tension Bracket		2
32	Spring Washer	Φ20*Φ15*2	2
33	Nut	M6	2
34	Main Frame		1
35	End Cap	Φ50	2

No.	Description	Spec.	Qty.
36	Nylon Nut	M6	2
37	Transportation Wheel	Φ23*Φ6*32	2
38	Bolt	M6*48	2
39	Foot Pad	M6*20	1
40	Right Lock Nut	B0.5*20	1
41	L/R Crank	1/4 Φ205*2.6	1
42	Spacer		2
43	Left Lock Nut	B0.5*20	1
44	Computer	XLG-203	1
45	Tension Control Knob		1
46	Computer Sensor Wire		1
47	Domed Nut	M10	4
48	Curve Washer	Φ10*1.5*Φ25*R28	4
49	Bolt	M10*57	4
50	Front Stabilizer	Φ50*1.5*470	1
51	Rear Stabilizer	Φ50*1.5*470	1
52	Washer	Φ40*Φ24*3	1
53	Notched Bearing Nut	15/16	1
54	Bearing Cup		2
55	Bearing		2
56	Slotted Bearing Nut	7/8	1
57	Washer	Φ34.5*Φ23*Φ2.5	1
58	Hexagon Nut	7/8	1
59	Right Cover		1
60	Left Cover		1
61	Strap		1
62	Cover Cap	86*65*1.5	2
63	Phillips Self-tapping Screw	ST4.8*20	2
64	Screw	ST4.8*40	7
65	Screw	ST4.8*15	1
66	Spring	Φ10*1.8*32	1
67	End Cap	Φ50	2
68	Washer	Φ20*Φ12.7*2	2
A	Multi Hex Tool	S17-19	1
B	Allen Wrench	S6	2
C	Spanner	S13-14-15	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

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STEP 1:

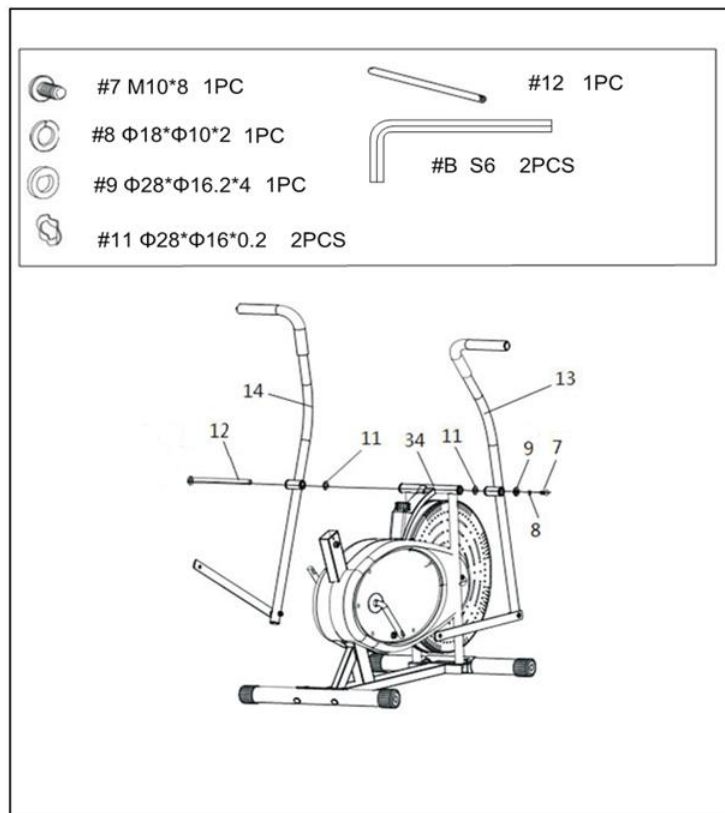
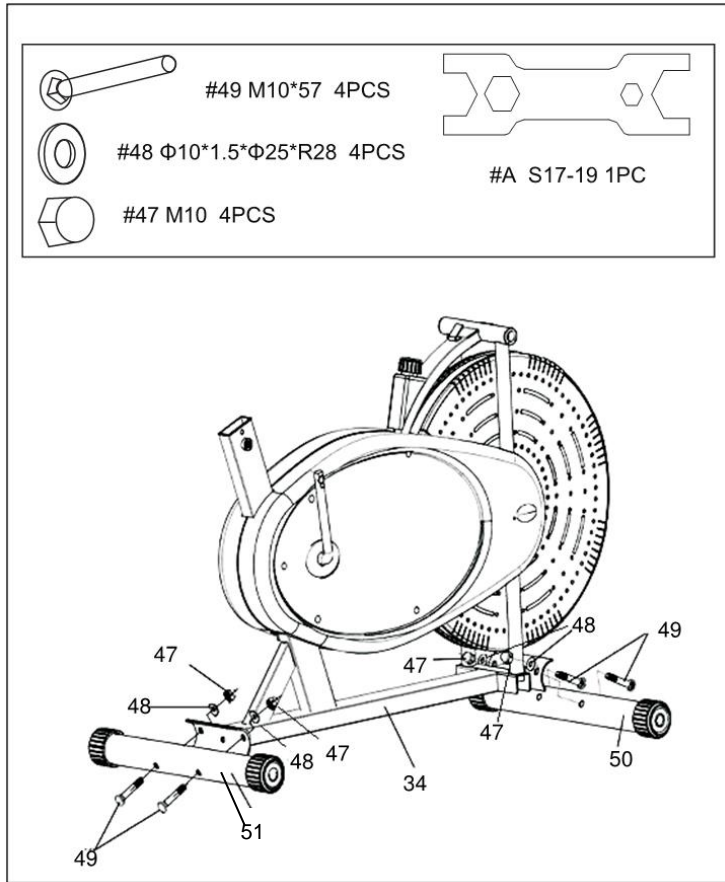
Position the **Front Stabilizer (No. 50)** in front of **Main Frame (No. 34)**. Make sure the UP label is facing up and the bolt holes align. Attach the **Front Stabilizer (No. 50)** onto the **Main Frame (No. 34)** with 2 **Domed Nuts (No. 47)**, 2 **Curve Washers (No. 48)**, and 2 **Bolts (No. 49)**. Tighten and secure with the **Multi Hex Tool (No. A)**.

Position the **Rear Stabilizer (No. 51)** behind the **Main Frame (No. 34)** and align the bolt holes. Attach the **Rear Stabilizer (No. 51)** onto the **Main Frame (No. 34)** with 2 **Domed Nuts (No. 47)**, 2 **Curve Washers (No. 48)**, and 2 **Bolts (No. 49)**. Tighten and secure with the **Multi Hex Tool (No. A)**.

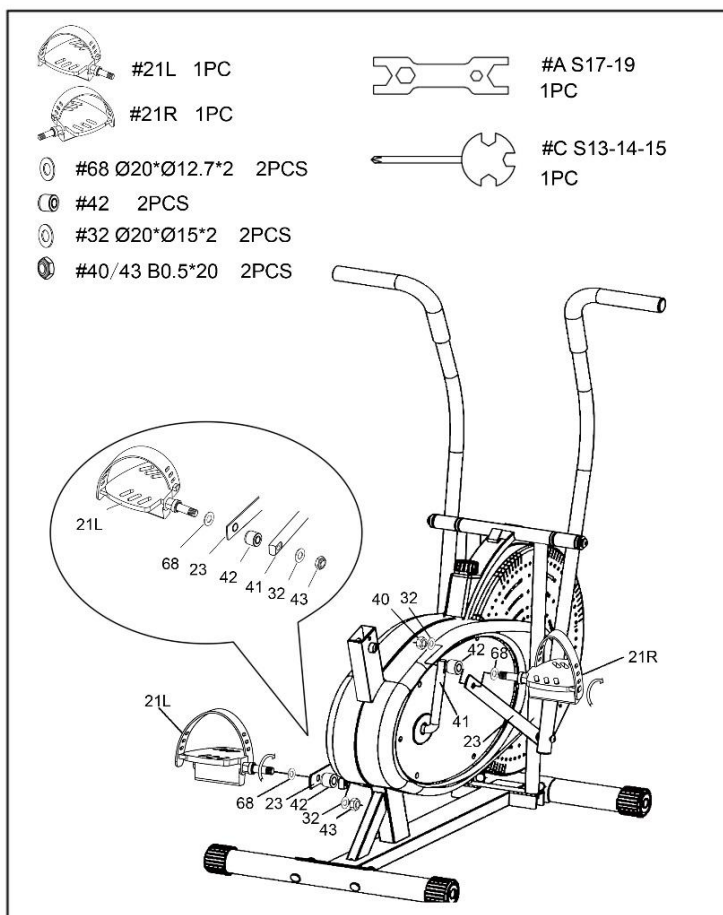
STEP 2:

Remove 1 **Hinge Screw (No. 7)**, 1 **Spring Washer (No. 8)**, 1 **D Shape Washer (No. 9)**, and 2 **Wave Washers (No. 11)** from the right side of **Rotation Rod (No. 12)** with 2 **Allen Wrenches (No. B)**.

Insert the **Rotation Rod (No. 12)** into the **Left Handrail Arm (No. 14)** and 1 **Wave Washer (No. 11)**. Then attach those parts into torque tube of the **Main Frame (No. 34)**. Attach 1 **Wave Washer (No. 11)** and the **Right Handrail Arm (No. 13)** onto the right side of **Rotation Rod (No. 12)** with 1 **Hinge Screw (No. 7)**, 1 **Spring Washer (No. 8)**, and 1 **D Shape Washer (No. 9)** that were removed. Secure and tighten with 2 **Allen Wrenches (No. B)**.



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STEP 3:

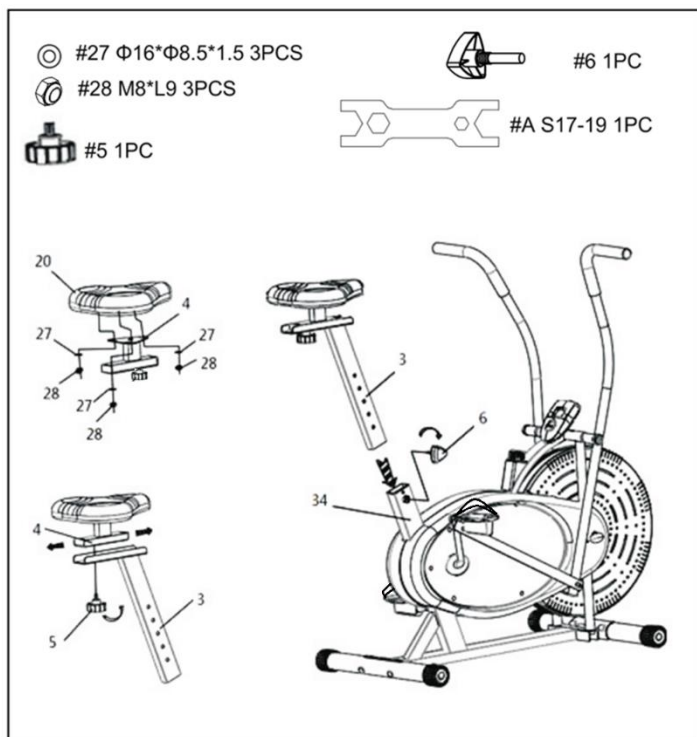
Turn the **L/R Crank (No. 41)** to the front to make it horizontal.

Remove the 2 **Washers (No. 68)**, 2 **Spacers (No. 42)**, and 2 **Left & Right Lock Nuts (No. 43 & No. 40)** from the **Left & Right Pedals (No. 21L/R)** using the **Multi Hex Tool (No. A)** and **Spanner (No. C)**.

Insert the **Left Pedal (No. 21L)** into the **Washer (No. 68)**, then attach **Connection Piece (No. 23)** and **Spacer (No. 42)**. Connect those parts to the **Left Crank (No. 41)**. Turn the **Left Pedal (No. 21L)** *counter-clockwise* as tightly as you can with your hands, then use **Spanner (No. C)** to tighten securely. Use **Spanner (No. C)** to hold the bolt for the pedal in place, then use the **Multi Hex Tool (No. A)** to screw the **Left Lock Nut (No. 43)** and the **Spring Washer (No. 32)** *clockwise* onto the thread end of the **Left Pedal (No. 21L)**.

Insert the **Right Pedal (No. 21R)** into the **Washer (No. 68)**, then attach **Connection Piece (No. 23)** and **Spacer (No. 42)**. Connect those parts to the **Right Crank (No. 41)**. Turn the **Right Pedal (No. 21R)** *clockwise* as tightly as you can with your hands, then use **Spanner (No. C)** to tighten securely. Use **Spanner (No. C)** to hold the bolt for the pedal in place then use the **Multi Hex Tool (No. A)** to screw the **Right Lock Nut (No. 40)** and the **Spring Washer (No. 32)** *counter-clockwise* onto the thread end of the **Right Pedal (No. 21R)**.

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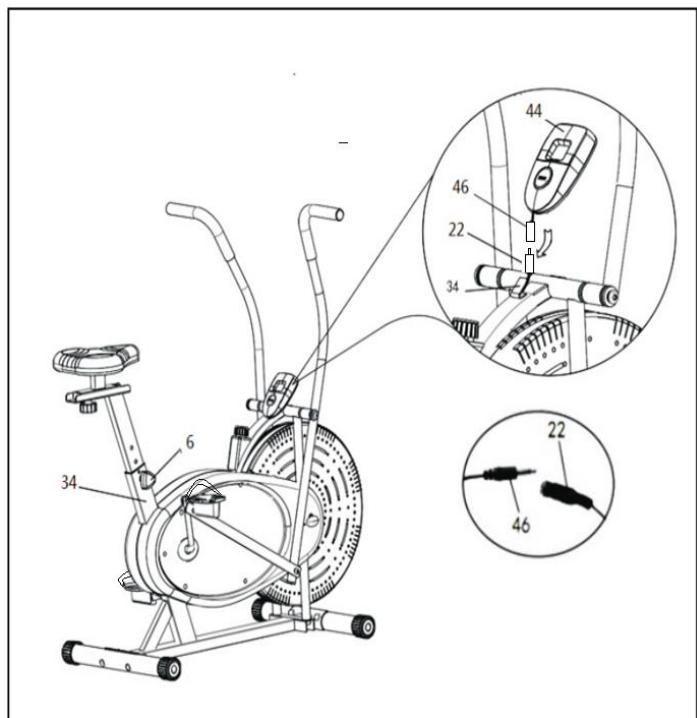
STEP 4:

Remove 3 **Washers (No. 27)** and 3 **Nylon Nuts (No. 28)** from **Seat (No. 20)** using the **Multi Hex Tool (No. A)**.

Attach the **Seat (No. 20)** to the **Seat Slider (No. 4)** with 3 **Washers (No. 27)** and 3 **Nylon Nuts (No. 28)** that were removed. Secure and tighten using the **Multi Hex Tool (No. A)**.

Remove the **Knob (No. 5)** from the **Seat Slider (No. 4)**. Then, attach the **Seat Slider (No. 4)** to the **Seat Post (No. 3)** with **Knob (No. 5)** that was removed.

Insert the **Seat Post (No. 3)** into the **Main Frame (No. 34)** and tighten it at the desired height with **Triangle Knob (No. 6)**.

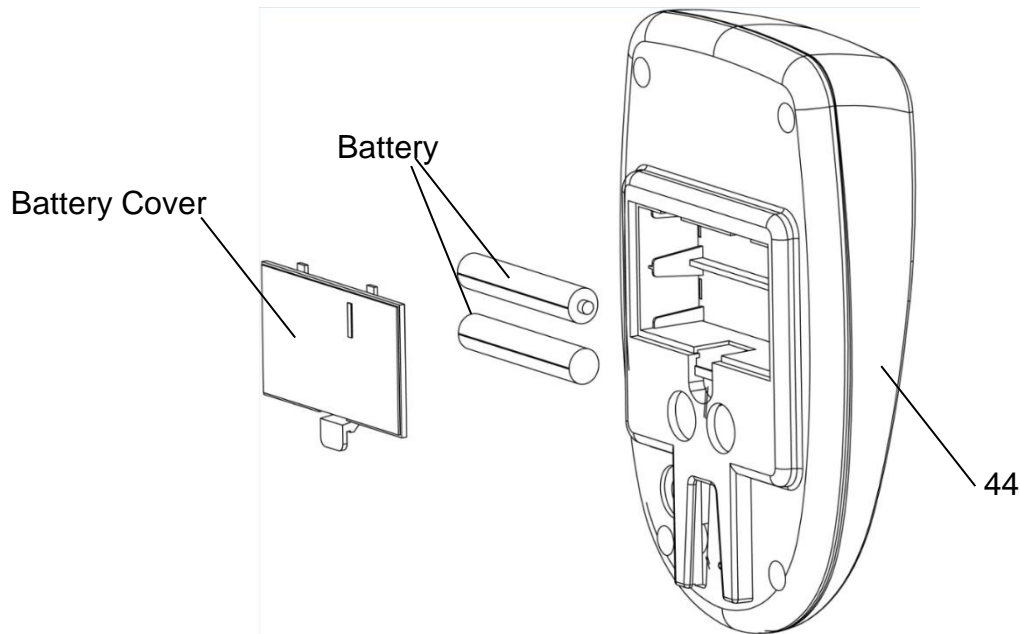


STEP 5:

Connect the **Sensor Wire (No. 22)** with the **Computer Sensor Wire (No. 46)**, then insert the **Computer (No. 44)** into the **Main Frame (No. 34)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



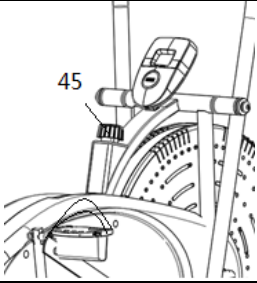
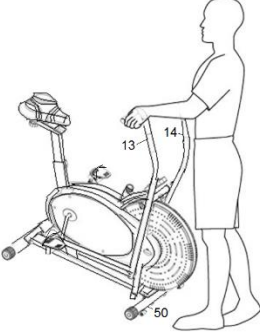
BATTERY INSTALLATION:

1. Take out 2 AA batteries from computer box.
2. Press the buckle of battery cover on the **Computer (No. 44)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 44)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 44)**.
5. The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 44)**, then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. 44)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 44)**.
4. The replacement is complete!

ADJUSTMENTS & USAGE GUIDE

	<p>ADJUSTING THE TENSION</p> <p>Adjust the tension by rotating the Tension Control Knob (No. 45) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. 45) <i>counter-clockwise</i> to decrease the level of resistance.</p>
	<p>MOVING THE BIKE</p> <p>To move the bike, hold the Right & Left Handrail Arm (No. 13 & No. 14) and tilt the bike until the movable wheels located on the Front Stabilizer (No. 50) touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.</p>
<p>CLEANING</p> <p>The bike can be cleaned with a soft, clean, and damp cloth. Do not use abrasives or solvents on the plastic parts. Please wipe your perspiration off the bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause electrical hazard or electronics to fail.</p> <p>Please keep the bike, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the bike for proper tightness every week.</p>	
<p>STORAGE</p> <p>Store the bike in a clean and dry environment, away from children.</p>	

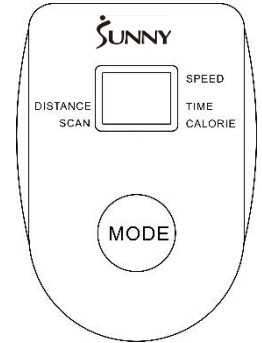
TROUBLESHOOTING

PROBLEM	SOLUTION
<p>There is no display on the computer.</p>	<ol style="list-style-type: none"> 1. Remove the computer and verify the wire that comes from the computer is properly connected to the wire that comes from the main frame. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer may be unresponsive. Change the batteries.
<p>The bike wobbles when in use.</p>	<p>Turn the end cap on the rear stabilizer as needed to level the bike.</p>
<p>The bike makes squeaking noise when in use.</p>	<p>The bolts may have become loose on the bike. Please inspect all the bolts and tighten any loose bolts.</p>

EXERCISE COMPUTER

SPECIFICATIONS

TIME----- 00:00 - 99:59 MIN: SEC
SPEED----- 0.0 - 999.9 MPH (Miles per Hour)
DISTANCE----- 0.00 - 99.99 MI (Miles)
CALORIE----- 0.00-999.9 KCAL



KEY FUNCTIONS

MODE: Press to select the desired function. (Time, Speed, Distance, Calorie).
Hold the MODE button for 3 seconds to reset Time, Distance and Calorie.

AUTO ON/OFF:

The computer will turn on when you start pedaling or when the MODE button is pressed. The computer will automatically turn off if the machine is inactive for about 4 minutes.

RESET:

Reset the computer by pressing and holding the MODE button for 3 seconds. Remove the batteries will also reset the computer and return all function settings back to zero.

MODE:

To select the LOCK MODE setting, press the MODE button when the pointer on the function you wish to select begins to flash. Once locked, only the selected function will be displayed. Press the MODE button to choose another function.

FUNCTIONS

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

SPEED: Displays the current exercise speed.

DISTANCE: Counts the total exercise distance from start to finish.

CALORIE: Counts the total calories burned during an exercise from start to finish.

SCAN: Automatically displays functions in the following order: Time, Speed, Distance, Calorie (repeat).

BATTERY: This computer uses two AA batteries. If the display appears improper or becomes difficult to read, please try installing new batteries. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose the batteries according to your state and regional guidelines.

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