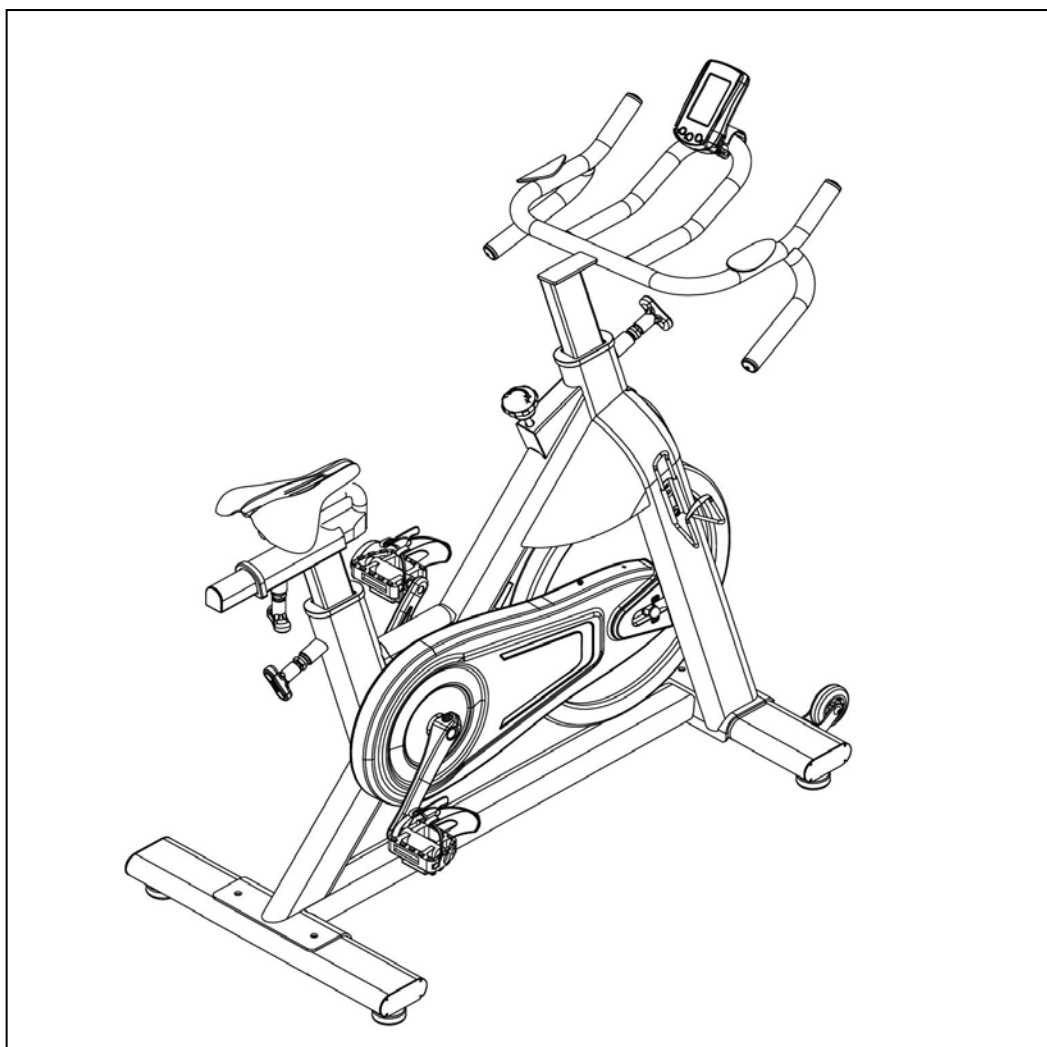




44 LBS FLYWHEEL BELT DRIVE COMMERCIAL INDOOR CYCLING BIKE

SF-B1735

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).



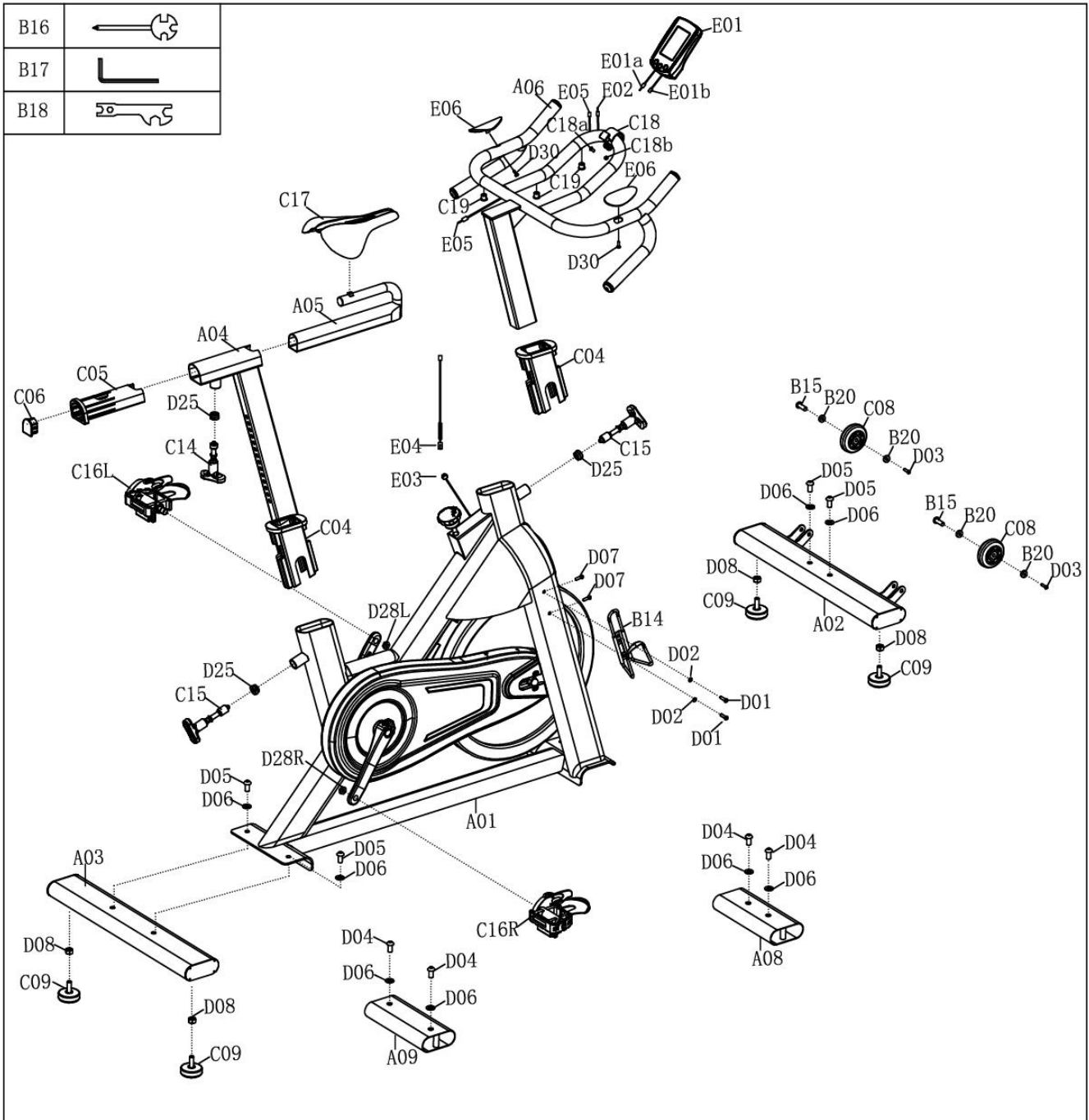
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

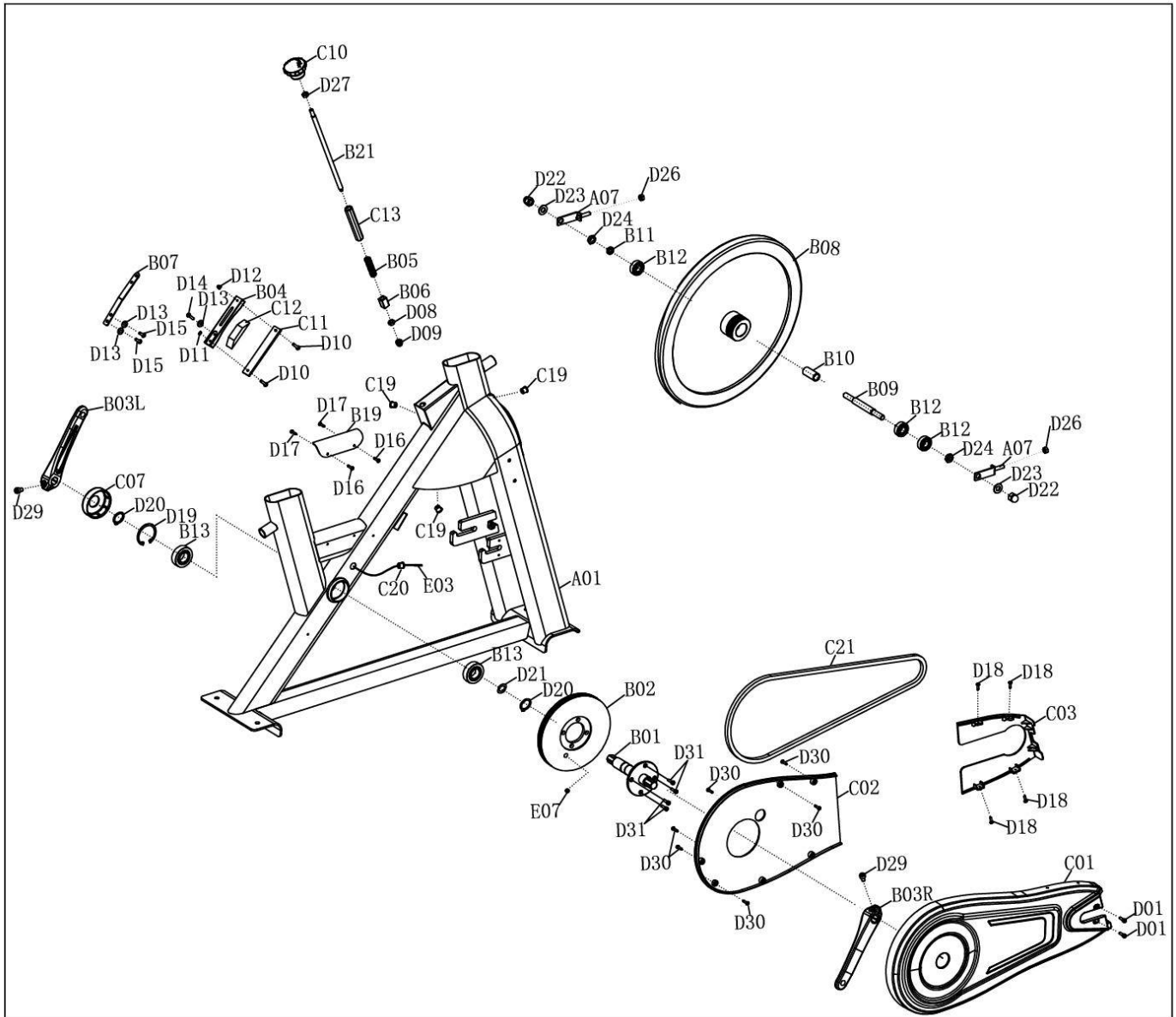
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 300 pounds (135 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 1



EXPLODED DIAGRAM 2



HARDWARE PACKAGE

<p> — D05 M10*25*S6 4PCS</p> <p> — D06 D10*Φ20*2.0 4PCS</p> <p> — B17 S6 1PC</p>	<p> — B16 S13-14-15 1PC</p> <p> — B18 S10-13-17-19 1PC</p>
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PARTS LIST

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY.
A01	Main Frame		1	C09	Foot Pad		4
A02	Front Stabilizer		1	C10	Tension Control Knob		1
A03	Rear Stabilizer		1	C11	Cow Leather Pad		1
A04	Seat Post		1	C12	EVA Pad		1
A05	Seat Slider Tube		1	C13	Bushing		1
A06	Handlebar		1	C14	T Shape Knob 1		1
A07	Adjusting Screw		2	C15	T Shape Knob 2		2
A08	Shipping Front Tube		1	C16 L/R	Pedal		2
A09	Shipping Rear Tube		1	C17	Seat		1
B01	Middle Axle		1	C18	Computer Bracket		1
B02	Belt Wheel		1	C18a	Bolt	M4*15*Φ7	1
B03 L/R	Crank Arm		2	C18b	Nut	M4	1
B04	Brake Block		1	C19	Grommet	Φ12.5	6
B05	Spring		1	C20	Grommet	Φ16.5	1
B06	Square Nut		1	C21	Belt	3PL1320	1
B07	Spring Piece		1	D01	Bolt	M5*16*Φ8.5	4
B08	Inertial Wheel		1	D02	Flat Washer	D5*Φ10*1.0	2
B09	Inertial Axle		1	D03	Bolt	M6*12*S5	2
B10	Septum		1	D04	Bolt	M10*16*S6	4
B11	Septum		1	D05	Bolt	M10*25*S6	4
B12	Bearing	6202-2RZ NBK	3	D06	Flat Washer	D10*Φ20*2.0	8
B13	Bearing	6205-2RS NBK	2	D07	Rivet	M5*H13*Φ7	2
B14	Bottle Holder		1	D08	Nut	M10*H7*S17	5
B15	Screw	Φ7.8*30*M6*15*S5	2	D09	Nut	M6*H14*S10	1
B16	Spanner	S13-14-15	1	D10	Bolt	M5*20*Φ8.5	2
B17	Allen Wrench	S6	1	D11	Nut	M5*H4*S8	1
B18	Spanner	S10-13-17-19	1	D12	Nut	M5*H9*S8	1
B19	Stainless Steel Board		1	D13	Big Flat Washer	D6*Φ12*1.2	3
B20	Bearing	608ZZ	4	D14	Bolt	M5*12	1
B21	Brake Rod		1	D15	Bolt	M6*12*S10	2
C01	Outer Chain Cover		1	D16	Screw	ST4.2*19	2
C02	Inner Chain Cover		1	D17	Screw	ST4.2*19	2
C03	Blanking Plate		1	D18	Screw	ST4.2*16	4
C04	Bushing		2	D19	Circlip	D52	1
C05	Bushing		1	D20	Circlip	D25	2
C06	End Cap		1	D21	Wave Washer	D25*Φ34*0.3	1
C07	Cover for Middle Axle		1	D22	Nut	M12*1*H19.5*S19	2
C08	Transportation Wheel		2	D23	Big Flat Washer	D12*Φ24*2.0	2

No.	Description	Spec.	QTY.	No.	Description	Spec.	QTY.
D24	Nut	M12*1*H6*S19	2	E01	Computer		1
D25	Nut		3	E01a	Computer Wire a		1
D26	Nut	M8*H7.5*S13	2	E01b	Computer Wire b		1
D27	Nut	M8*H5.5*S14	1	E02	Handle Pulse Wire		1
D28L/R	Nylon Nut	9/16"-20*H8*S19	2	E03	Sensor		1
D29	Bolt	M8*16 *S6	2	E04	Trunk Wire		1
D30	Screw	ST4.2*19	8	E05	Sensor Wire		1
D31	Bolt	M10*16*S6	4	E06	Handle Pulse Sensor		2
				E07	Magnetic		1

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

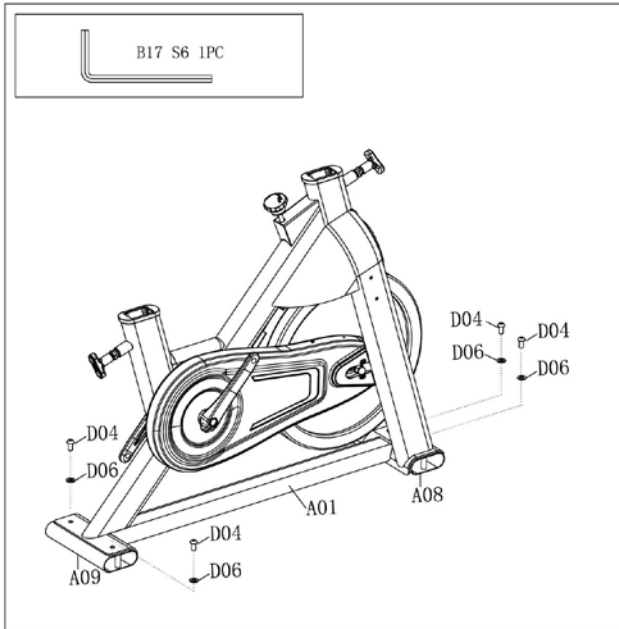
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

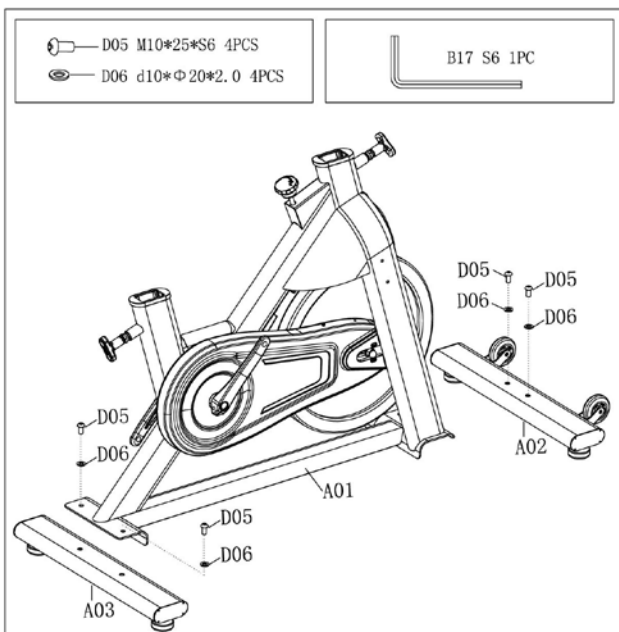
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Unscrew the 4 **Bolts (No. D04)** with **Allen Wrench (No. B17)** and remove the 4 **Flat Washers (No. D06)** from the **Shipping Front Tube (No. A08)** and **Shipping Rear Tube (No. A09)**.

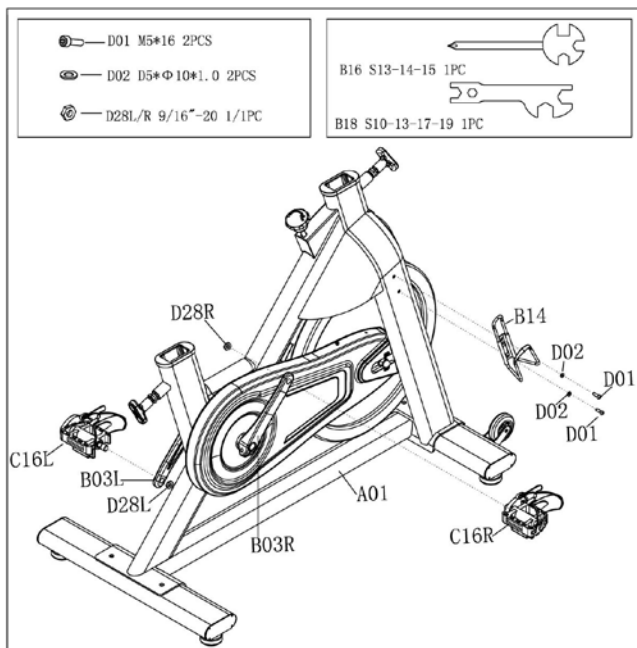
You may save these **Bolts (No. D04)**, **Flat Washers (No. D06)**, **Shipping Front Tube (No. A08)** and the **Shipping Rear Tube (No. A09)** in case you would like to repackage and transport this equipment in the future.



STEP 2:

Attach the **Front & Rear Stabilizers (No. A02 & No. A03)** to the **Main Frame (No. A01)** using 4 **Bolts (No. D05)** and 4 **Flat Washers (No. D06)**. Tighten and secure with **Allen Wrench (No. B17)**.

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STEP 3:

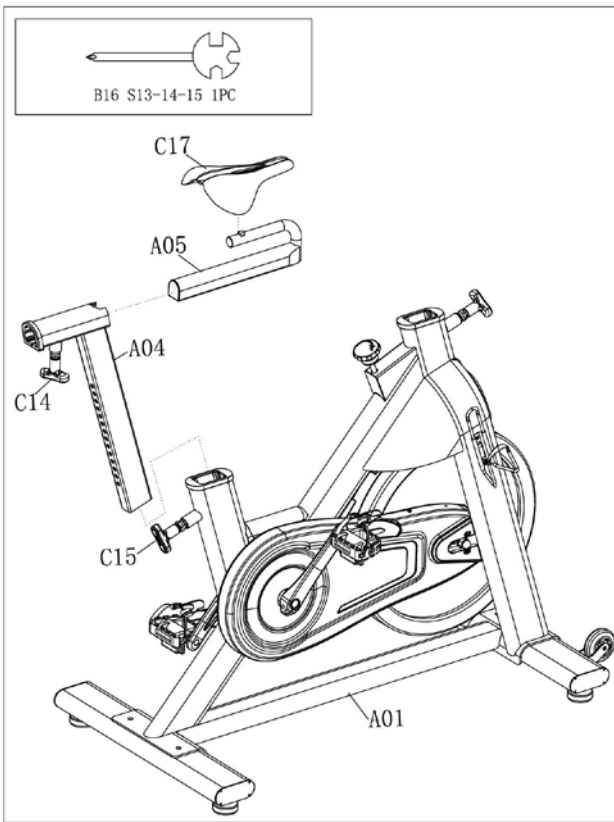
WARNING! Read instructions carefully as improper assembly may cause permanent damage to your bike.

Remove the preassembled 2 **Bolts (No. D01)** and 2 **Flat Washers (No. D02)** from the **Main Frame (No. A01)** using **Spanner (No. B16)**. Attach the **Bottle Holder (No. B14)** to the **Main Frame (No. A01)** using the 2 **Bolts (No. D01)** and 2 **Flat Washers (No. D02)** that were removed. Tighten and secure with **Spanner (No. B16)**.

Remove the 2 **Nylon Nuts (No. D28L/R)** located on the **Pedals (No. C16L/R)**. Align the **Left Pedal (No. C16L)** with the **Left Crank Arm (No. B03L)** at 90°. Screw the **Left Pedal (No. C16L)** counter-clockwise into its corresponding **Left Crank Arm (No. B03L)**. Once screwed in place, use the **Spanner (No. B16)** to hold the bolt of the pedal, then screw **Left Nylon Nut (No. D28L)** clockwise into the thread end of the **Left Pedal (No. C16L)**. Secure with **Spanner (No. B18)**.

Align the **Right Pedal (No. C16R)** with the **Right Crank Arm (No. B03R)** at 90°. Screw the **Right Pedal (No. C16R)** clockwise into its corresponding **Right Crank Arm (No. B03R)**. Once screwed in place, use the **Spanner (No. B16)** to hold the bolt of the pedal, then screw **Right Nylon Nut (No. D28R)** counter-clockwise into the thread end of the **Right Pedal (No. C16R)**. Secure with **Spanner (No. B18)**.

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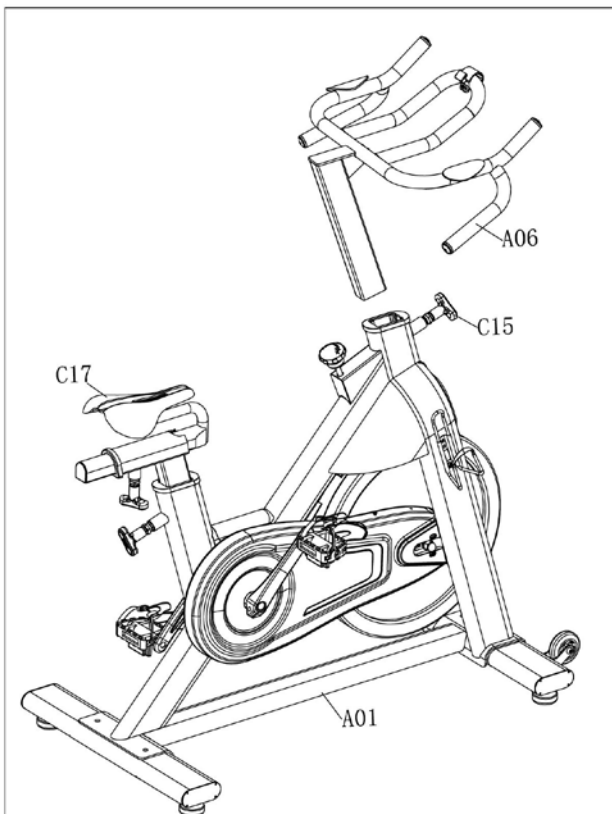


STEP 4:

Loosen and pull out the [seat] **T Shape Knob 2 (No. C15)**. Insert the **Seat Post (No. A04)** into the tube located on the back of the **Main Frame (No. A01)**. Adjust the **Seat Post (No. A04)** to the desired height then secure it in place by reinserting and tightening the **T Shape Knob 2 (No. C15)**.

Loosen and pull out the **T Shape Knob 1 (No. C14)**. Insert the **Seat Slider Tube (No. A05)** into the **Seat Post (No. A04)**. Adjust the **Seat Slider Tube (No. A05)** to the desired position then secure it in place by reinserting and tightening the **T Shape Knob 1 (No. C14)**.

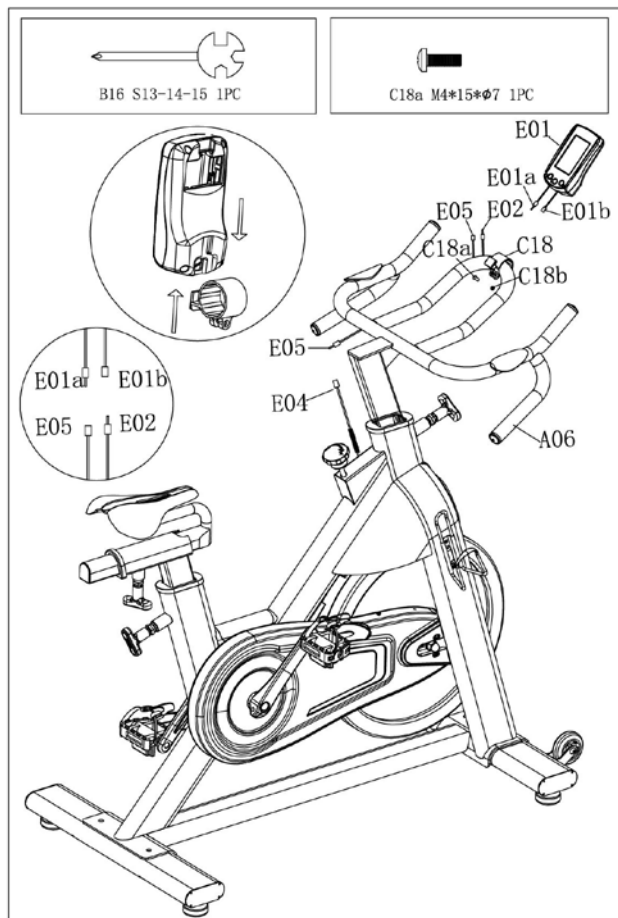
Secure **Seat (No. C17)** to **Seat Slider Tube (No. A05)** with **Spanner (No. B16)**.



STEP 5:

Loosen and pull out the [handlebar] **T Shape Knob 2 (No. C15)**. Insert the **Handlebar (No. A06)** into the tube located on the front of the **Main Frame (No. A01)**. Adjust the **Handlebar (No. A06)** to the desired height then secure it in place by reinserting and tightening the **T Shape Knob 2 (No. C15)**.

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STEP 6:

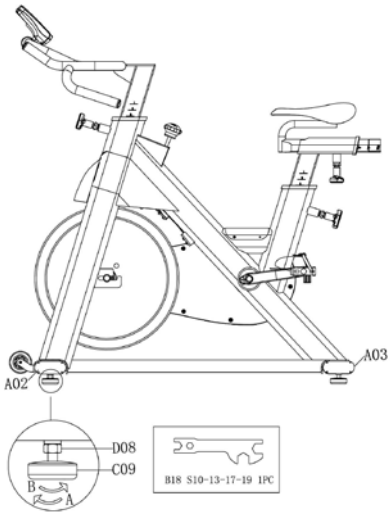
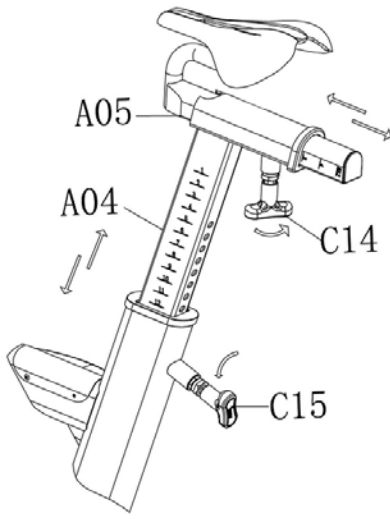
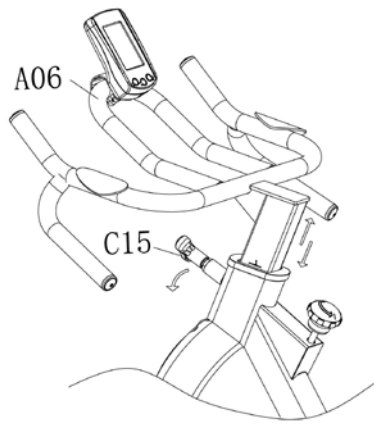
Attach **Computer (No. E01)** onto the **Computer Bracket (No. C18)** located on the **Handlebar (No. A06)**.

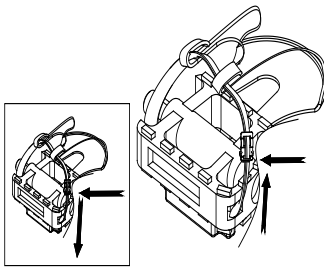
Connect the **Computer Wire a (No. E01a)** with the **Sensor Wire (No. E05)**. Connect the **Handle Pulse Wire (No. E02)** with **Computer Wire b (No. E01b)**. Connect the **Sensor Wire (No. E05)** with the **Trunk Wire (No. E04)**.

Adjust **Computer (No. E01)** to the desired angle then secure it in place with the preassembled **Bolt (No. C18a)** by **Spanner (No. B16)**.

The assembly is complete!

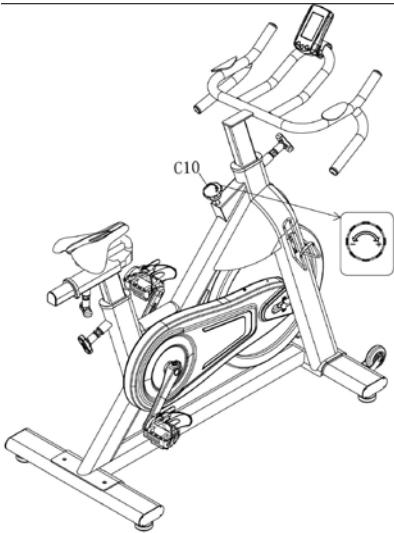
ADJUSTMENTS GUIDE

	<h3>ADJUSTING THE HEIGHT AND BALANCE</h3> <p>In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should adjust the Foot Pads (No. C09) located beneath the Front & Rear Stabilizers (No. A02 & No. A03) of the bike. To do so, use Spanner (No. B18) to loosen Nut (No. D08) by turning it <i>clockwise</i> (direction A). With the nut loosened, rotate the Foot Pads (No. C09) until it sits level with the surface that the bike is on. When you have finished adjusting the Foot Pads (No. C09), use Spanner (No. B18) to re-tighten the Nut (No. D08) by turning it <i>counter-clockwise</i> (direction B). If required, repeat this process to adjust the remaining Foot Pads (No. C09).</p>
	<h3>ADJUSTING THE SEAT</h3> <p>The seat of this bike is fully adjustable as it moves <i>Up, Down, Fore (forward), Aft (backward)</i>.</p> <p>To adjust the height of the Seat Post (No. A04), loosen and pull the [seat] T Shape Knob 2 (No. C15) outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the T Shape Knob 2 (No. C15) to secure the seat in place.</p> <p>To adjust the seat back and forth, loosen and pull T Shape Knob 1 (No. C14) outward, then slide the Seat Slider Tube (No. A05) to the desired position. Once positioned, re-insert and tighten the T Shape Knob 1 (No. C14) to secure the seat slider tube in place.</p>
	<h3>ADJUSTING THE HANDLEBAR</h3> <p>It is important that the handlebar and seat are both set to the correct height to your body. To adjust the handlebar height, loosen and pull the [handlebar] T Shape Knob 2 (No. C15) outward, then slide the Handlebar (No. A06) up or down to the desired height. Once adjusted, re-insert and tighten the T Shape Knob 2 (No. C15) to secure the handlebar in place.</p>



PEDAL STRAP ADJUSTMENT

Your feet should be secured in the toe clips during exercise. Place your feet as far forward into the toe clips as you can. With your feet in place, turn the crank to bring one foot to within arm's reach, grasp the pedal strap and pull it upward to tighten the toe clip cage. Then insert the strap back into the hoop of the toe clip. Repeat this process to secure your other foot.

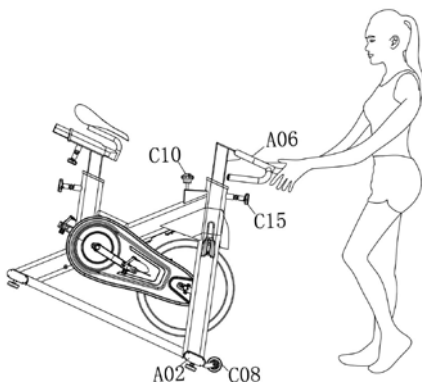


ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Control Knob (No. C10)**. Increase the level of resistance by turning the **Tension Control Knob (No. C10)** to the **RIGHT (clockwise)**, decrease the level of resistance by turning the **Tension Control Knob (No. C10)** to the **LEFT (counter-clockwise)**.

EMERGENCY BRAKE

During use, users can stop the bike completely by pushing down on the **Tension Control Knob (No. C10)**. Pushing down on the **Tension Control Knob (No. C10)** will enforce the brake and bring the bike to an immediate stop.



TRANSPORTING THE BIKE

To move the bike, first ensure that the **Handlebar (No. A06)** is properly secured. If the handlebar is loose, tighten the [handlebar] **T Shape Knob 2 (No. C15)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the handlebar, place one foot on the **Front Stabilizer (No. A02)** and tilt the bike towards you until the **Transportation Wheels (No. C08)** on the **Front Stabilizer (No. A02)** touch the ground. With the **Transportation Wheels (No. C08)** on the ground, you can transport the bike to the desired location with ease.

NOTE: When moving the bike, always use caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's operation.

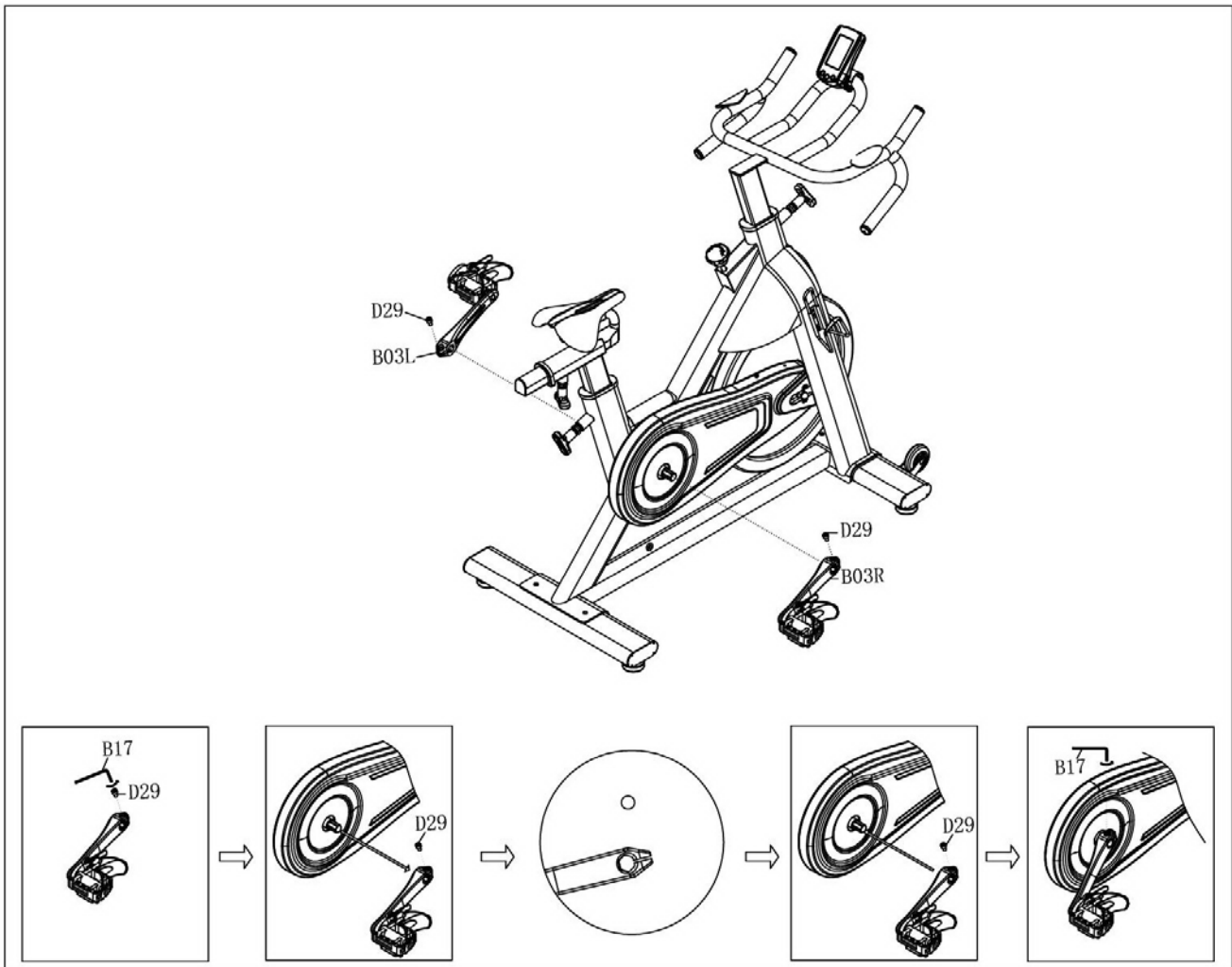
DISMOUNTING

For your safety, it is recommended that you never attempt to dismount or remove your feet from the pedals until both the flywheel and pedals/cranks have come to a complete stop. Failure to follow this recommendation may lead to loss of control and/or serious injury.

Here are a few examples of how to safely dismount the bike:

1. Reduce the pedal speed until the pedals/crank come to a complete stop.
2. Increase the resistance until the pedals/crank come to a complete stop.
3. Push and hold the **Tension Control Knob (No. C10)** down until the pedals/crank come to a complete stop.

REMOVING THE CRANK ARM



TO REMOVE THE CRANK ARM

Unscrew 2 **Bolts (No. D29)** counter-clockwise with the **Allen Wrench (No. B17)**. Remove the 2 **Bolts (No. D29)** and pull out the **Left & Right Crank Arms (No. B03L/R)**.

NOTE: The hexagonal hole on the middle axle and the crank arm should be aligned when assembling.

TO REASSEMBLE THE CRANK ARM

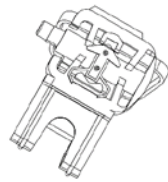
Attach the **Left & Right Crank Arms (No. B03L/R)** to the middle axle. Attach the 2 **Bolts (No. D29)** onto the hexagonal hole of the **Left & Right Crank Arms (No. B03L/R)** and secure it by turning clockwise with **Allen Wrench (No. B17)**.

SPD TECHNICAL SERVICE INSTRUCTIONS

Caution!

Before use, read these instructions carefully.

- Practice engaging and disengaging from the pedals several times in a stationary position before riding.
- Before using, lubricate the concave area of the clip.
- Keep the cleat and pedal clean to ensure proper usage.
- Before using, adjust the retention force of the pedal to suit your needs.



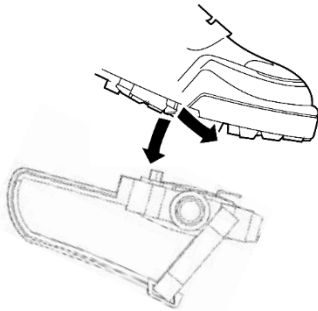
Note:

1. After tightening the cleat, practice engaging and releasing one shoe at a time.
2. Check your pedals every time before you ride the bike.
3. When the pedal starts to wear on the axle, it will not function properly. We recommend you replace the entire pedal.

USE

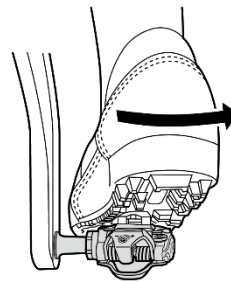
Engaging

Press the cleat into the pedal.



Disengaging

Remove by twisting your heel to the outside.



ADJUSTING THE SPRING TENSION OF THE BINDING

The tension of the spring is adjusted for each pedal (top & bottom) with the adjustment bolt in the rear using 3mm Allen Wrench.

Turn the bolt using 3mm Allen Wrench in a clockwise direction to increase retention force, and in a counter-clockwise direction to decrease retention force.



Decrease

EXERCISE COMPUTER

FUNCTION BUTTONS

MODE:

Press to select the function displayed or enter value during setting mode.
Press and hold for 2 seconds to enter the RACE mode interface during STOP mode.

SET:

To set up the target value of TARGET, TIME, DIST, CAL.
Press the button and hold for 2 seconds to speed up the increment during stop mode.

RESET:

Press the button to reset function value during setting mode.
Press the button and hold for 2 seconds to reset all value to zero.
(When the user replaces the batteries, all values will reset to zero.)

FUNCTIONS:

SPEED: Displays the speed from 0 to 99.9 KPH or MPH.

AVG SPEED: Displays the average speed only in STOP mode.

MAX SPEED: Displays the maximum speed only in STOP mode.

CADENCE (RPM): Displays the frequency per minute from 0 to 999.

AVG CADENCE (AVG RPM): Displays the average cadence (RPM) in STOP mode.

MAX CADENCE (MAX RPM): Displays the maximum cadence (RPM) in STOP mode.

DISTANCE (DIST): Accumulates total distance from 0.0 to 999.9 KM or Miles. User can preset TARGET DISTANCE by pressing MODE & SET.

TARGET DISTANCE (TGT DIST): Users can preset the Distance in the TARGET mode.

CALORIES (CAL): Accumulate total calories from 0.0 to 9999. User can preset target calories.

RACE: Exercise in the TARGET mode.

TIME: Accumulates total time from 00:00 to 99:59. User can preset target Time.

TARGET TIME: Users can preset the Time in the TARGET mode.

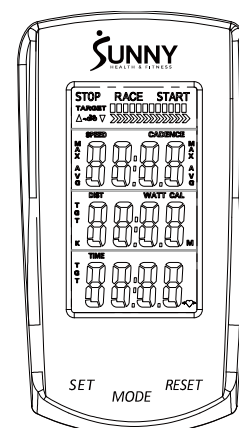
PULSE: Display the current pulse rate.

MILES OR KILOMETERS SETTING:

The default setting is miles. Press and hold SET and MODE together for 2 seconds to change to kilometers.

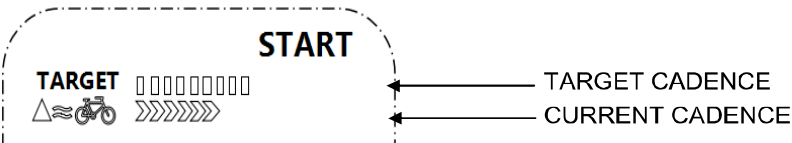
SET TARGET VALUES:

1. Press SET to select a target value. CADENCE will start to flash.
2. Press and hold SET and the value will increase continuously.
3. Press MODE to enter.
4. TIME will flash.
5. Press SET to select a value.
6. Press MODE to enter.
7. Repeat to select values for DIST and CAL.





TARGET

1. TARGET: the preset CADENCE.
2. In STOP mode, press SET key to enter the TARGET setting in STOP mode. Press SET to increase the CADENCE five at a time. The setting change is 15 →20→110→115→120→15 →20→.....→115→120→ 15 →20→
3. The setting range of 15 -120 (Preset value is 60 CADENCES which equals six bars).
4. Each bar equals 10 CADENCE. Total is 12 bars.



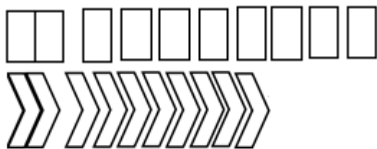
When Current CADENCE is less than Target CADENCE, the up arrow next to the bicycle will be displayed.

 Each arrow equals 10 CADENCES (1-10 CADENCES displays one arrow, 11-20 displays two). The maximum arrows displayed is 12.

 This down arrow next to the bicycle icon will be displayed when the current CADENCE is more than the TARGET CADENCE. The bicycle icon will be displayed during exercise mode.

RACE MODE:

Press and hold MODE for 2 seconds to enter RACE mode. In RACE mode, only TIME and DIST can be set. Default values for 10 minutes / 4 (KM or Miles). Total is 10 bars.



PULSE:

To measure the pulse, press MODE until computer is on the PULSE function. Hold the hand pulse sensors for at least 5 seconds to measure your pulse. This value is for reference only. It cannot be used as the basis for medical treatment.

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

MAINTENANCE INSTRUCTIONS

This is general information for daily, weekly and monthly maintenance to be performed on your bike.

<p>DAILY MAINTENANCE</p> <p>After each exercise session, wipe down all the equipment: seat, frame, and handlebars. Pay special attention to the seat post, handlebar post, and belt/chain guard. Sweat is very corrosive and may cause problems that require parts replacement later.</p> <ol style="list-style-type: none"> 1. Get on the bike and engage the drive train. 2. Pay attention to any vibrations felt through the pedals. If you feel any vibrations, you may need to tighten the pedals, bottom bracket, or adjust the drive belt/chain tension. 3. Use a wrench to tighten the pedals until they are secure. 	<p>MONTHLY MAINTENANCE</p> <ol style="list-style-type: none"> 1. Check if all hardware is secure, such as: water bottle holder, flywheel nuts, belt/chain guard bolts, brake caliper lock nuts and brake caliper tension rod nuts. 2. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod. 3. Clean and lubricate the seat post, handlebar post and seat slider. Remove any buildup of foreign material.
<p>WEEKLY MAINTENANCE</p> <ol style="list-style-type: none"> 1. Inspect moving parts and tighten the hardware. 2. Inspect pull pin frame fittings to make sure the fittings are secured. Loose frame fittings may strip out threads over time and cause extensive damage. 3. Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft. 4. Tighten the seat hardware to make sure the seat is level and centered. 5. Brush and treat the resistance pads. Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel. 6. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten. 	<p>LEATHER BRAKE PAD CARE (If Applicable)</p> <ol style="list-style-type: none"> 1. Perform this maintenance when the brake pad is first installed and for the life of the brake pad. Following these simple guidelines can increase the life of your brake pads. 2. Some brake pad assemblies are pre-lubricated. Squeeze the brake pad. If lubricant is released, then the pad has been pre-lubricated. 3. If the brake pad is dry, then coat the brake pad with 3-n-1 oil. Brush the leather with a clean, wire bristle brush, and then apply the oil. The oil should be allowed to soak into the pad. Repeat 4-5 times until the pad is saturated, but not dripping with oil. When the pad is saturated, it will no longer absorb oil. 4. Inspect the brake pad weekly and lubricate if needed. The pad should not have a glazed appearance. If the pad appears glazed, then brush it with wire brush and apply lubricant as needed. If any of the sponge padding is showing through the leather pad, the brake pad should be replaced.

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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