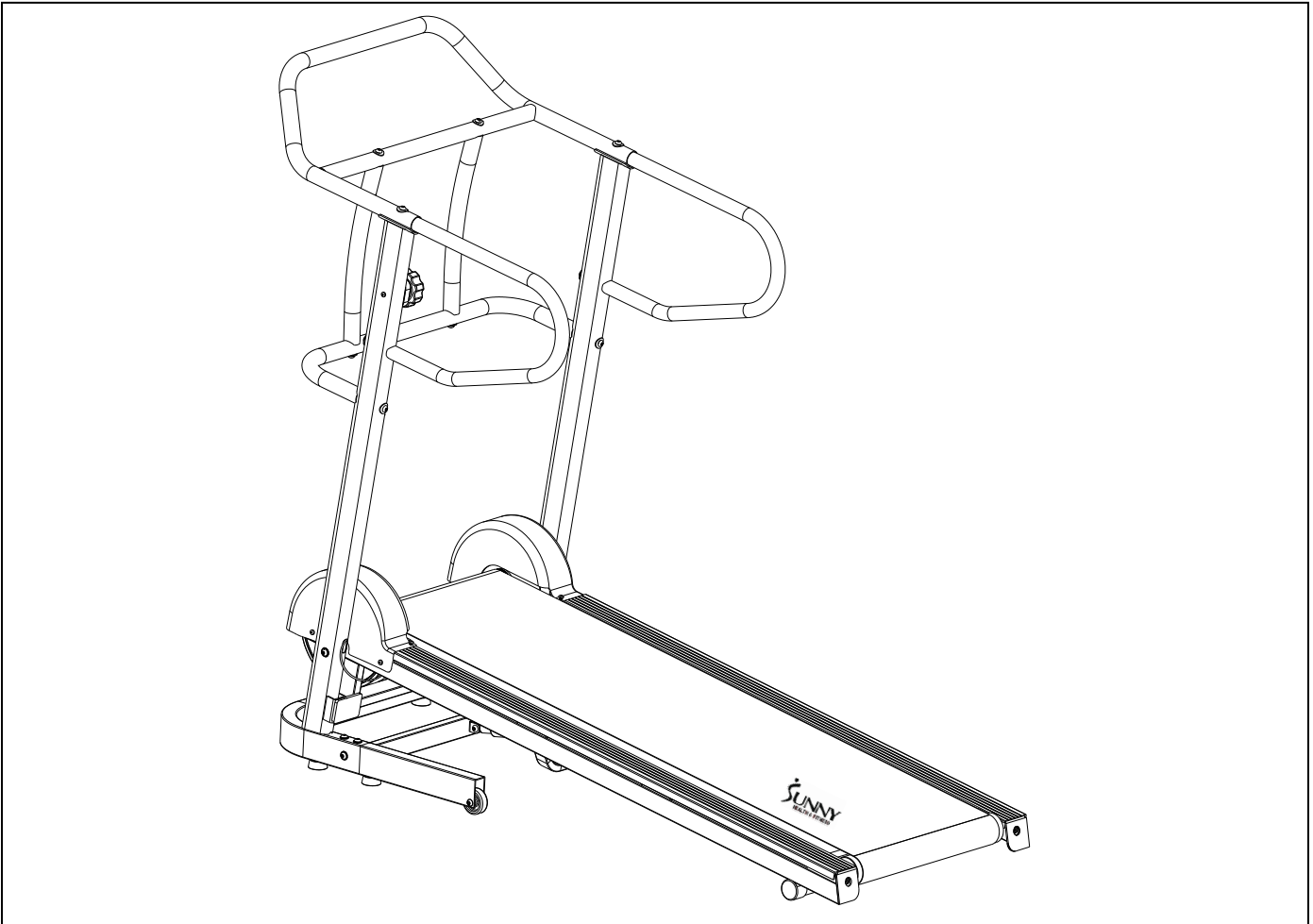




FORCE FITMILL

SF-T7723

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.

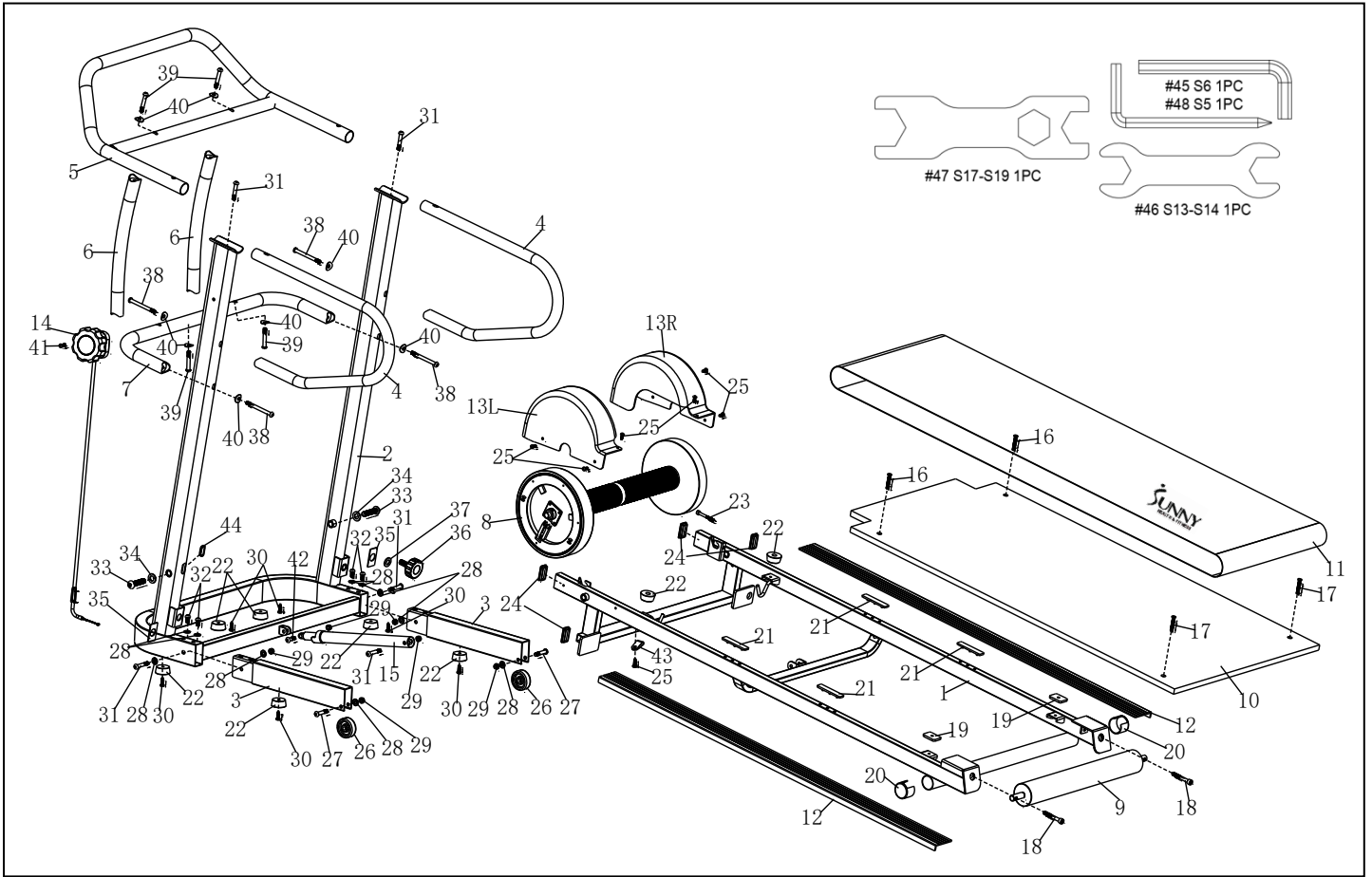
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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 8 feet (240 CM) 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 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.



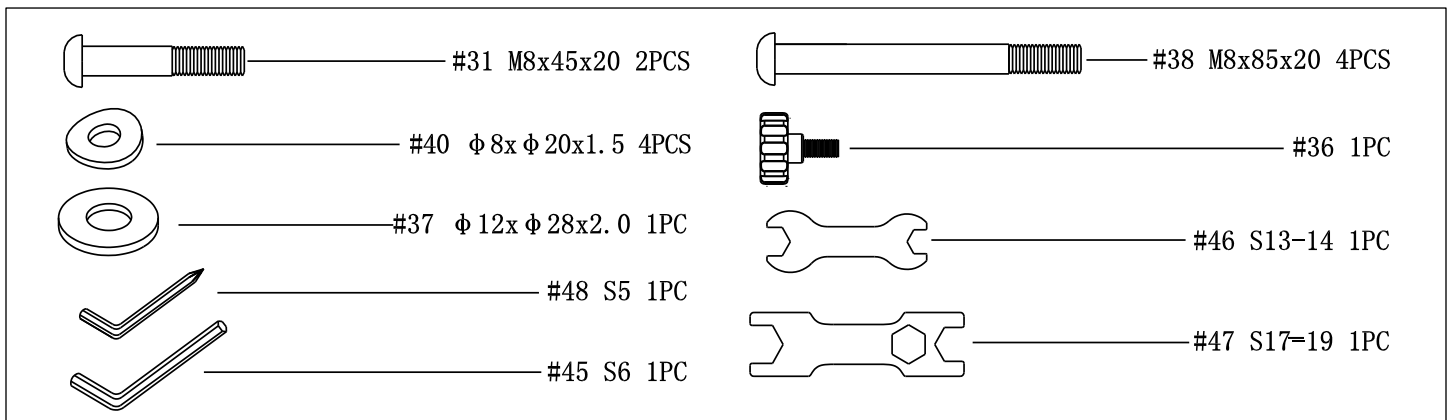
IMPORTANT NOTE:

The running belt must be lubricated before the first use! Please see Page 7 for instructions on how to properly apply lubricant.

EXPLODED DIAGRAM



HARDWARE PACKAGE



PARTS LIST

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
1	Main Frame		1	25	Phillips Self Drilling Screw	ST4.8x16	7
2	Bottom Frame		1	26	Transportation Wheel		2
3	Stabilizer Tube		2	27	Socket Pan Head Screw	M8x40x15	2
4	Rear Handlebar		2	28	Flat Washer	φ8.2xφ16.2x1.5	10
5	Front Handlebar		1	29	Nylon Nut	M8	6
6	Middle Handlebar		2	30	Phillips Pan Head Self Drilling Screw	ST5.5x22	6
7	Bottom Handlebar		1	31	Socket Pan Head Bolt	M8x45x20	5
8	Front Roller		1	32	Socket Pan Head Screw	M8x15	4
9	Rear Roller		1	33	Bolt	M12x70x30	2
10	Running Board		1	34	Flat Washer	φ12xφ24x2.0	2
11	Running Belt		1	35	EVA Mat		2
12	Side Rail		2	36	Round Knob		1
13L	Left Plastic Cover		1	37	Flat Washer	φ12xφ28x2.0	1
13R	Right Plastic Cover		1	38	Socket Pan Head Bolt	M8x85x20	4
14	Tension Knob		1	39	Socket Pan Head Bolt	M8x50x20	4
15	Cylinder		1	40	Arc Washer	φ8xφ20x1.5	8
16	Phillips Button Head Screw	M6x40	2	41	Phillips Pan Head Self Drilling Screw	M5x15	1
17	Phillips Button Head Screw	M6x30	2	42	Socket Pan Head Bolt	M8x30x15	1
18	Socket Cap Screw	M8x55	2	43	Wire Clip		1
19	Square Rubber Mat		2	44	Grommet		1
20	End Cap		2	45	Allen Wrench	S6	1
21	Cushion Strip		4	46	Wrench	S13-14	1
22	Cushion Mat		8	47	Spanner	S17-19	1
23	Socket Cap Screw	M6x50	1	48	Allen Wrench	S5	1
24	End Cap		4				

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

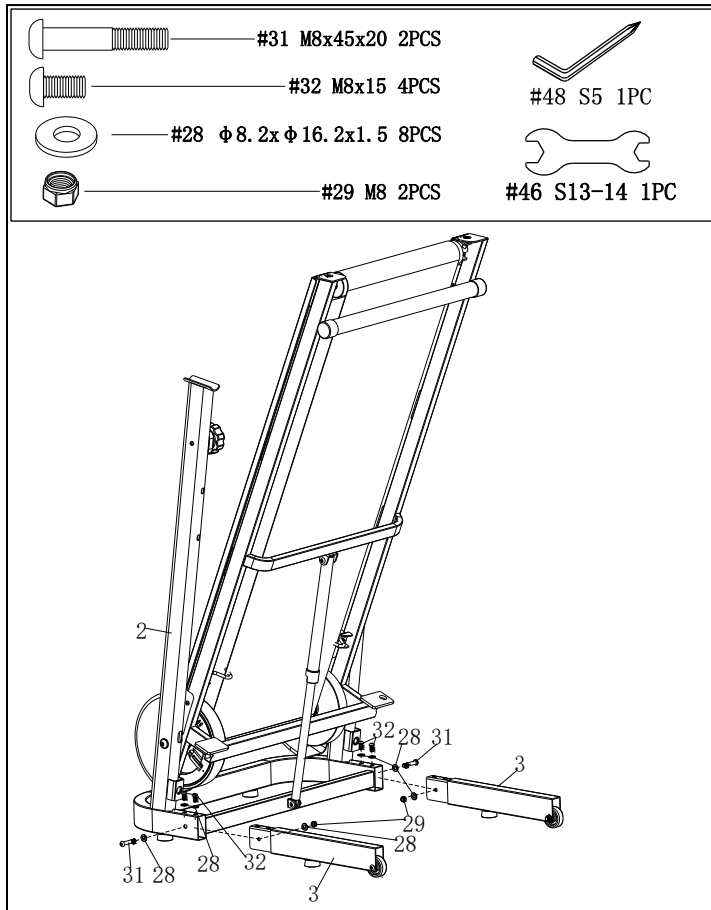
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

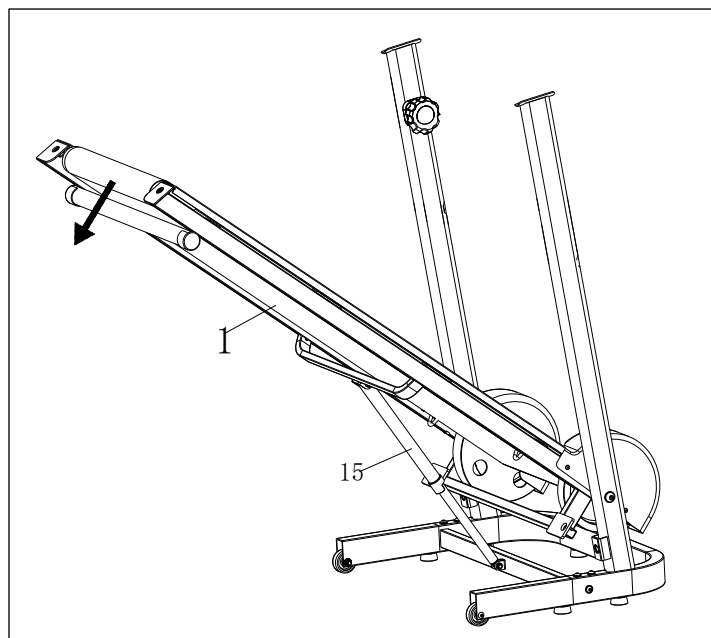


STEP 1:

Remove 2 **Socket Pan Head Bolts (No. 31)**, 4 **Socket Pan Head Screws (No. 32)**, 8 **Flat Washers (No. 28)**, and 2 **Nylon Nuts (No. 29)** from **Stabilizer Tubes (No. 3)** with **Allen Wrench (No. 48)** and **Wrench (No. 46)**.

Attach **Stabilizer Tubes (No. 3)** to **Bottom Frame (No. 2)** with 2 **Socket Pan Head Bolts (No. 31)**, 4 **Socket Pan Head Screws (No. 32)**, 8 **Flat Washers (No. 28)**, and 2 **Nylon Nuts (No. 29)** that were removed. Tighten and secure with **Allen Wrench (No. 48)** and **Wrench (No. 46)**.

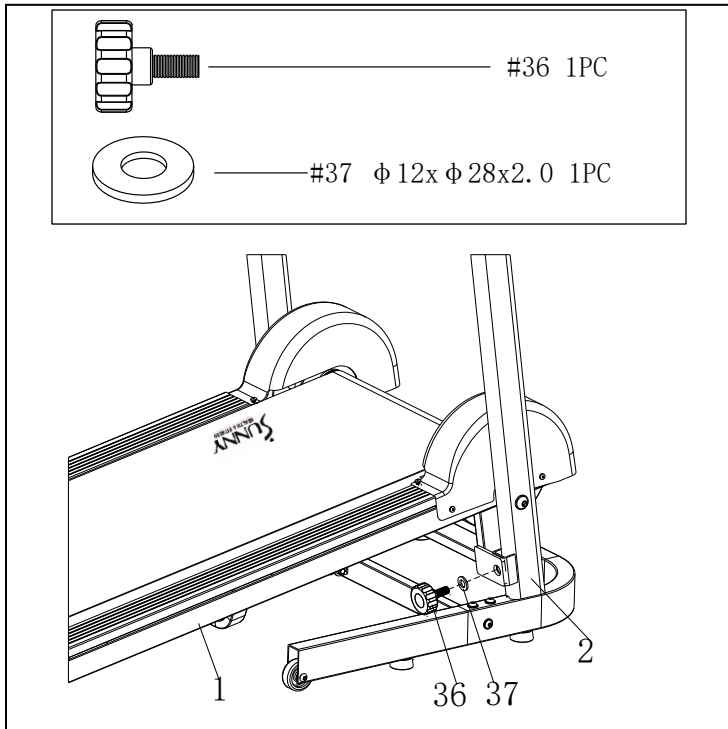
Note: To prevent an injury caused by the treadmill falling, please ask someone to hold the treadmill when assembling.



STEP 2:

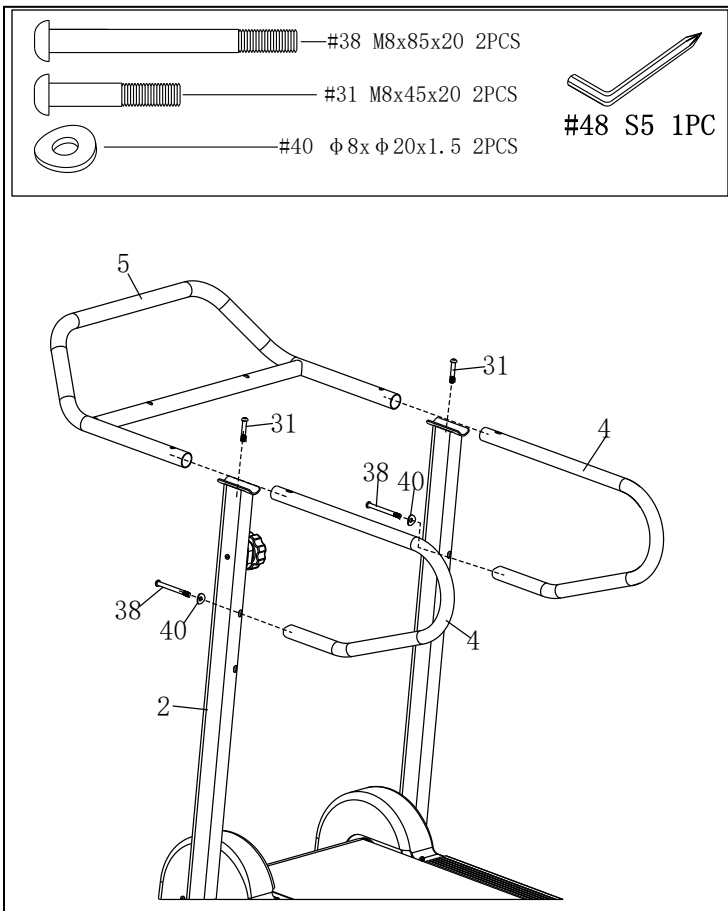
Hold the rear end of **Main Frame (No. 1)** with one hand. Use your foot to press down the **Cylinder (No. 15)** and then press down on the **Main Frame (No. 1)**. Once the **Main Frame (No. 1)** has been pushed down, it will automatically continue to steadily lower itself until it reaches level ground.

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:

Attach **Main Frame (No. 1)** to **Bottom Frame (No. 2)** with 1 **Round Knob (No. 36)** and 1 **Flat Washer (No. 37)**. Then, tighten and secure with **Round Knob (No. 36)**.



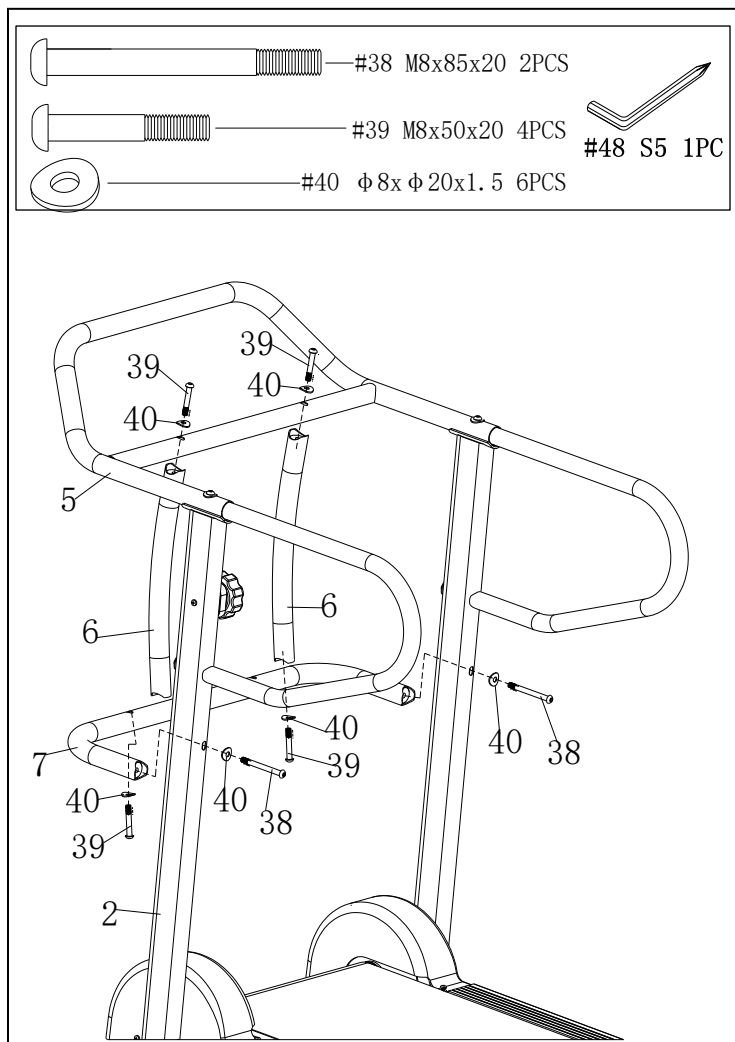
STEP 4:

Insert **Rear Handlebars (No. 4)** to **Front Handlebar (No. 5)**, then attach them to **Bottom Frame (No. 2)** with 2 **Socket Pan Head Bolts (No. 31)**.

Attach **Rear Handlebars (No. 4)** to **Bottom Frame (No. 2)** with 2 **Socket Pan Head Bolts (No. 38)** and 2 **Arc Washers (No. 40)**.

Note: Do not tighten the **Socket Pan Head Bolts (No. 31)** and the **Socket Pan Head Bolts (No. 38)**.

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 5:

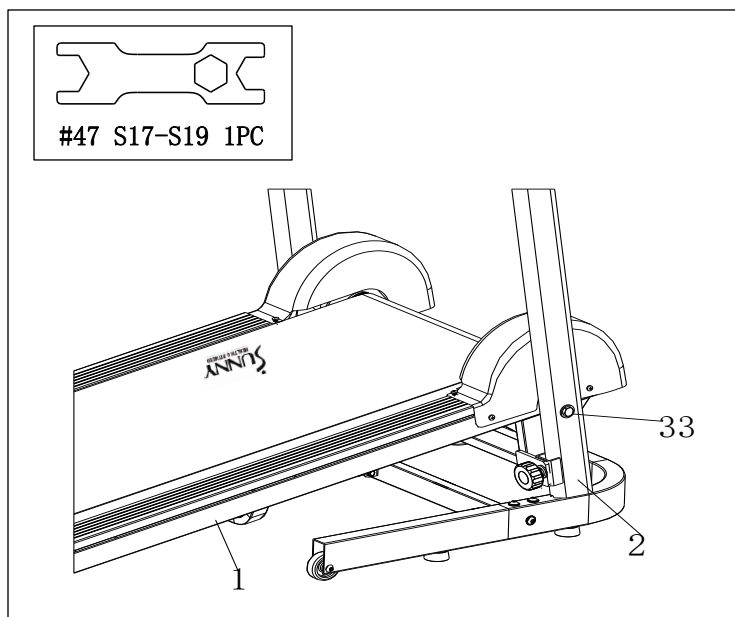
Remove 4 **Socket Pan Head Bolts (No. 39)** and 4 **Arc Washers (No. 40)** from **Middle Handlebars (No. 6)** using **Allen Wrench (No. 48)**.

Attach **Middle Handlebars (No. 6)** to **Front Handlebar (No. 5)** with 2 **Socket Pan Head Bolts (No. 39)** and 2 **Arc Washers (No. 40)** that were removed. Do not tighten the **Socket Pan Head Bolts (No. 39)**.

Attach **Bottom Handlebar (No. 7)** to **Middle Handlebars (No. 6)** with 2 **Socket Pan Head Bolts (No. 39)** and 2 **Arc Washers (No. 40)** that were removed. Do not tighten the **Socket Pan Head Bolts (No. 39)**.

Attach **Bottom Handlebar (No. 7)** to **Bottom Frame (No. 2)** with 2 **Socket Pan Head Bolts (No. 38)** and 2 **Arc Washers (No. 40)**. Do not tighten the **Socket Pan Head Bolts (No. 38)**.

Tighten and secure all the **Socket Pan Head Bolts (No. 31)**, **Socket Pan Head Bolts (No. 38)**, and **Socket Pan Head Bolts (No. 39)** on Step 4 and Step 5 with **Allen Wrench (No. 48)**.



STEP 6:

Tighten and secure the **Bolts (No. 33)** on the two sides of **Bottom Frame (No. 2)** with **Spanner (No. 47)**.

IMPORTANT NOTE:

The running belt must be Lubricated before the first use! Please see Page 7 for instructions on how to properly apply lubricant.

The assembly is complete!

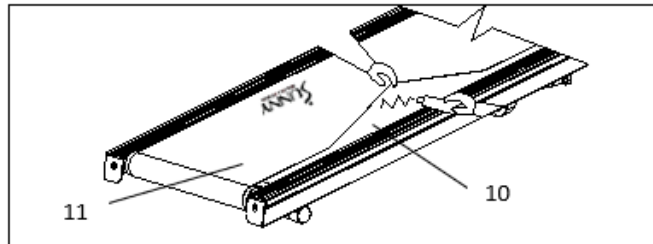
TREADMILL LUBRICATION

Lubricating the **Running Belt (No. 11)** & **Running Board (No. 10)** is essential as the friction between the two affects the life span and operations of the treadmill. Inspect the **Running Belt (No. 11)** regularly. If you find any wear on the **Running Board (No. 10)**, please contact us at support@sunnyhealthfitness.com.

Lift one side of the **Running Belt (No. 11)** and touch the top surface of the **Running Board (No. 10)**. If the surface is dry, lift one side of the **Running Belt (No. 11)** and at the same time apply lubricant to the **Running Board (No. 10)**. Make sure to walk on your treadmill at a slow speed for the first 3-4 minutes of use after applying lubricant. This helps to distribute the lubricant equally.

DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. A loose **Running Belt (No. 11)** will result in the runner sliding off when in use, while too tight of a **Running Belt (No. 11)** will create more friction between the roller and **Running Belt (No. 11)**. The most suitable tightness for the **Running Belt (No. 11)** is pulled out **50-75mm** from the **Running Board (No. 10)**.

NOTE: Do not apply lubricant over the **Running Belt (No. 11)**. Any excess lubricant should be wiped off. Lubricant may be applied whenever friction occurs, but it is usually required every 50 hours of use. Please remember that this is only a guideline based on average treadmill use, your schedule may vary.

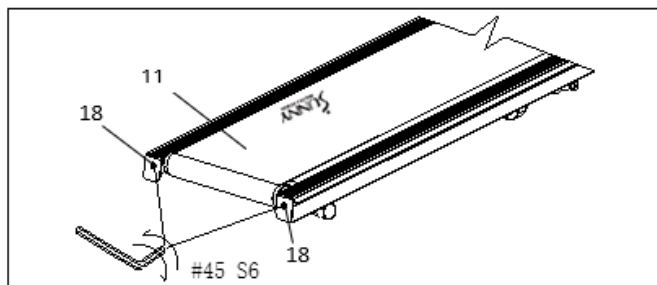


MAINTENANCE INSTRUCTIONS

CENTERING THE RUNNING BELT:

If the **Running Belt (No. 11)** is off centered, the unit will make noise. Please use the **Allen Wrench (No. 45)** to re-adjust the **Running Belt (No. 11)** if it is too loose or too tight.

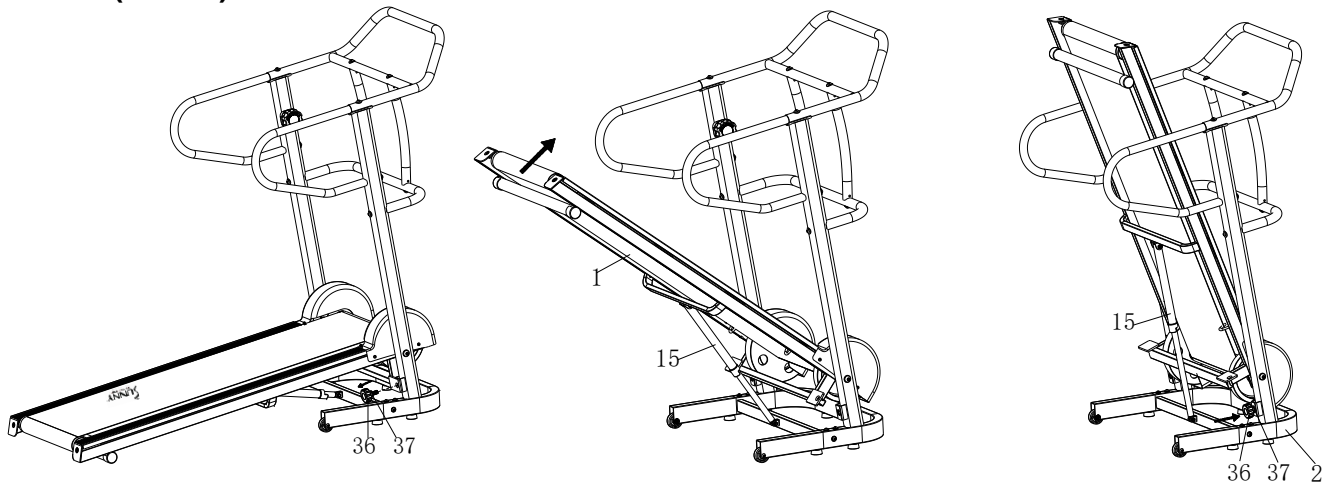
1. When the **Running Belt (No. 11)** moves to the right side, please turn the right side **Socket Cap Screw (No. 18)** *clockwise* 1 or 2 circles, and then turn back slightly.
2. When the **Running Belt (No. 11)** moves to the left side, please turn the left side **Socket Cap Screw (No. 18)** *clockwise* 1 or 2 circles, and then turn back slightly.
3. When the **Running Belt (No. 11)** is too tight, please turn the left and the right side **Socket Cap Screws (No. 18)** *counter-clockwise*, and then turn back slightly.
4. When the **Running Belt (No. 11)** is too loose, please turn the left and the right side **Socket Cap Screws (No. 18)** *clockwise*, and then turn back slightly.



FOLDING INSTRUCTIONS

Folding: To fold the treadmill, loosen and pull out **Round Knob (No. 36)** and **Flat Washer (No. 37)**. Lift up on the rear end of **Main Frame (No. 1)** until the **Cylinder (No. 15)** lock into the tube. [When the **Cylinder (No. 15)** successfully locks into the tube you will hear a clicking sound]. Then, re-tighten **Round Knob (No. 36)** and **Flat Washer (No. 37)** to **Bottom Frame (No. 2)**.

Unfolding: To unfold the treadmill, loosen and pull out **Round Knob (No. 36)** and **Flat Washer (No. 37)**. Hold the rear end of **Main Frame (No. 1)** with one hand, using your foot lightly press down the **Cylinder (No. 15)** and then press down on the **Main Frame (No. 1)**. Once the **Main Frame (No. 1)** has been pushed down, it will automatically continue to steadily lower itself until it reaches level ground. Then, re-tighten **Main Frame (No. 1)** to **Bottom Frame (No. 2)** with **Round Knob (No. 36)** and **Flat Washer (No. 37)**.

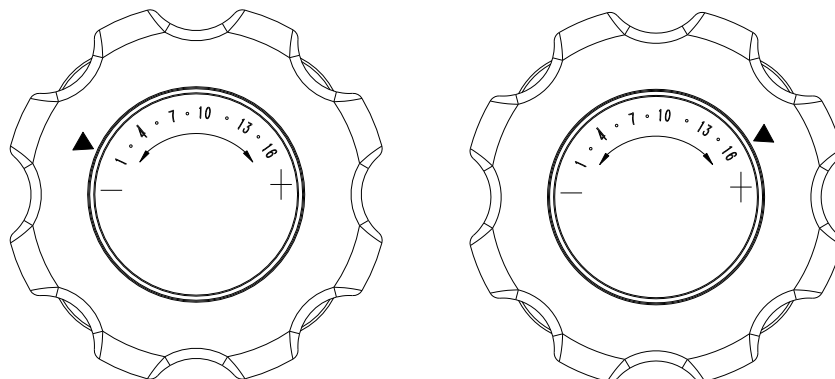


ADJUSTING THE TENSION

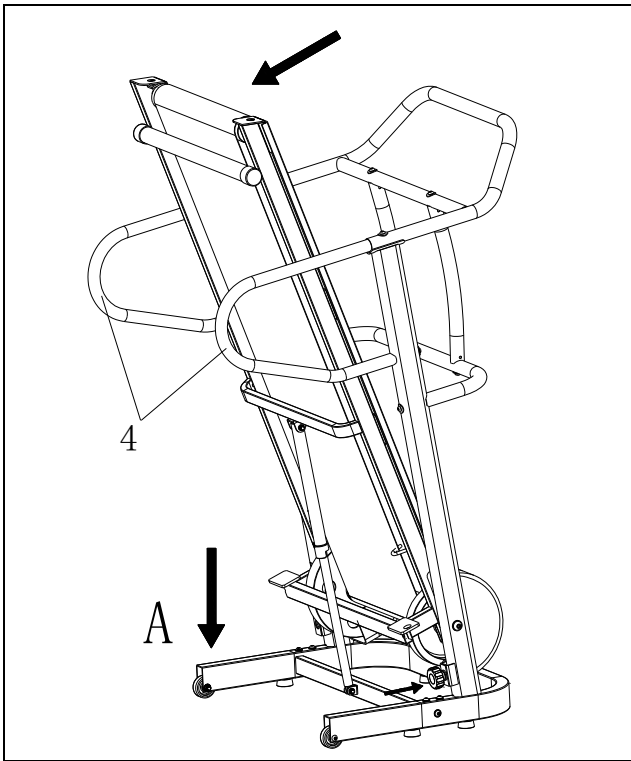
There are 16 resistance levels on **Tension Knob (No. 14)**. Number 1 is the lowest resistance; number 16 is the highest resistance.

To increase the tension, turn the **Tension Knob (No. 14)** *clockwise*.

To decrease the tension, turn the **Tension Knob (No. 14)** *counter-clockwise*.

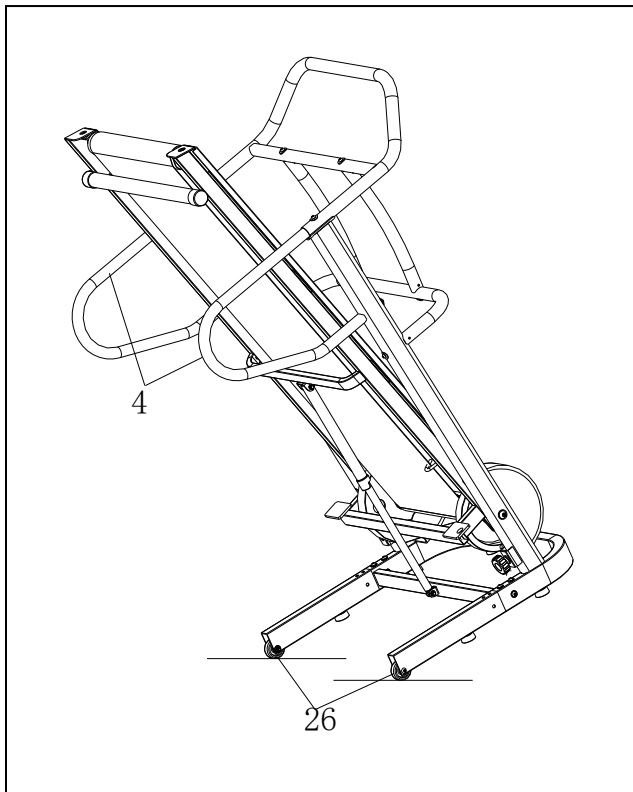


HOW TO MOVE THE TREADMILL



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

To tilt, start by placing two hands at **Rear Handlebars (No. 4)** to support the treadmill. Next, place one foot on position **“A”** to hold the bottom end of the treadmill steady. With your foot at **“A”**, slowly tilt **Rear Handlebars (No. 4)** downward towards the ground. Once **Rear Handlebars (No. 4)** reaches a low enough point, the transportation wheels will touch the ground.



To transport, hold **Rear Handlebars (No. 4)** and tilt until **Transportation Wheels (No. 26)** can move on the ground.

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