



MOTION AIR BIKE

SF-B2916

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).



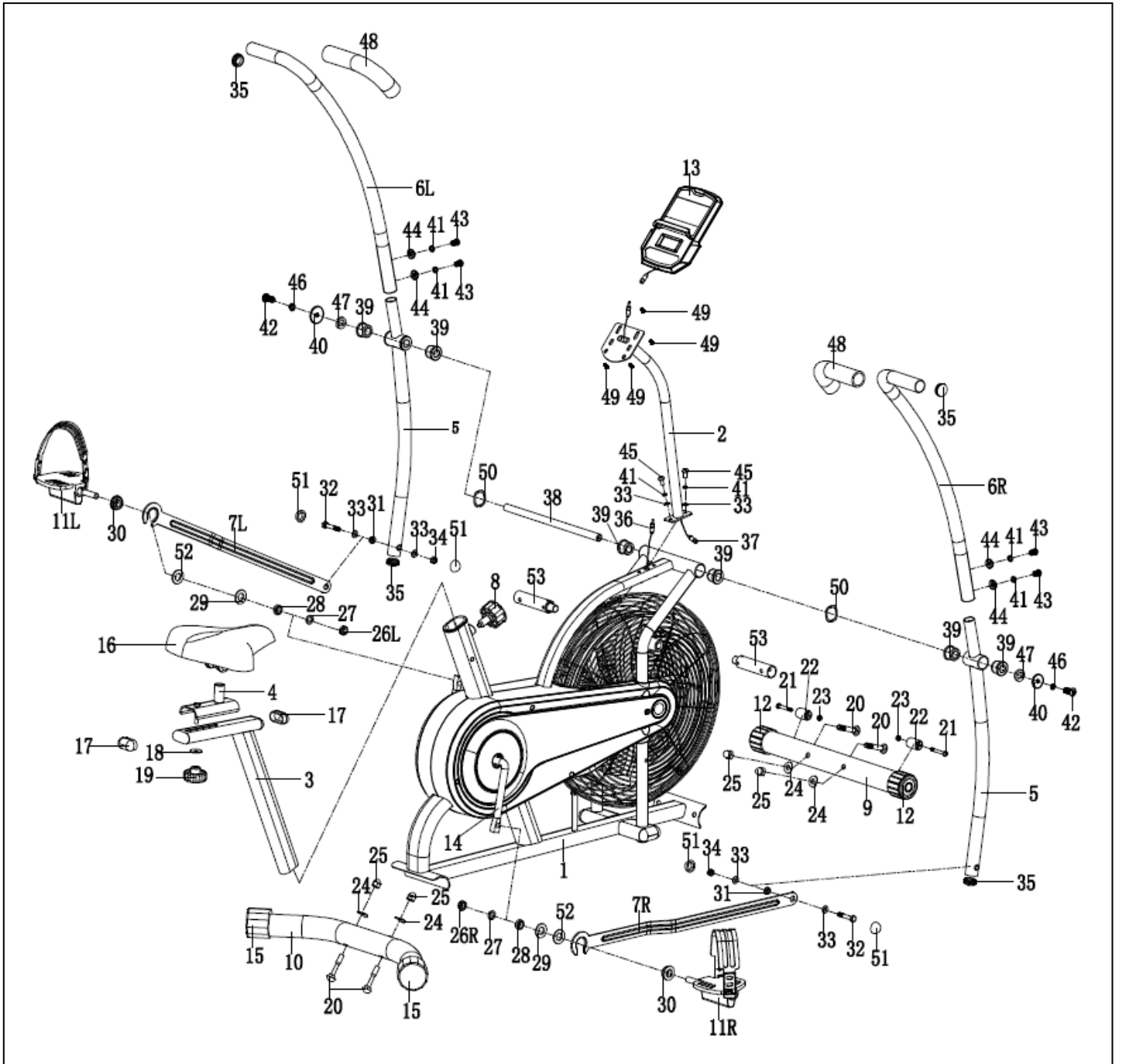
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IMPORTANT SAFETY INFORMATION

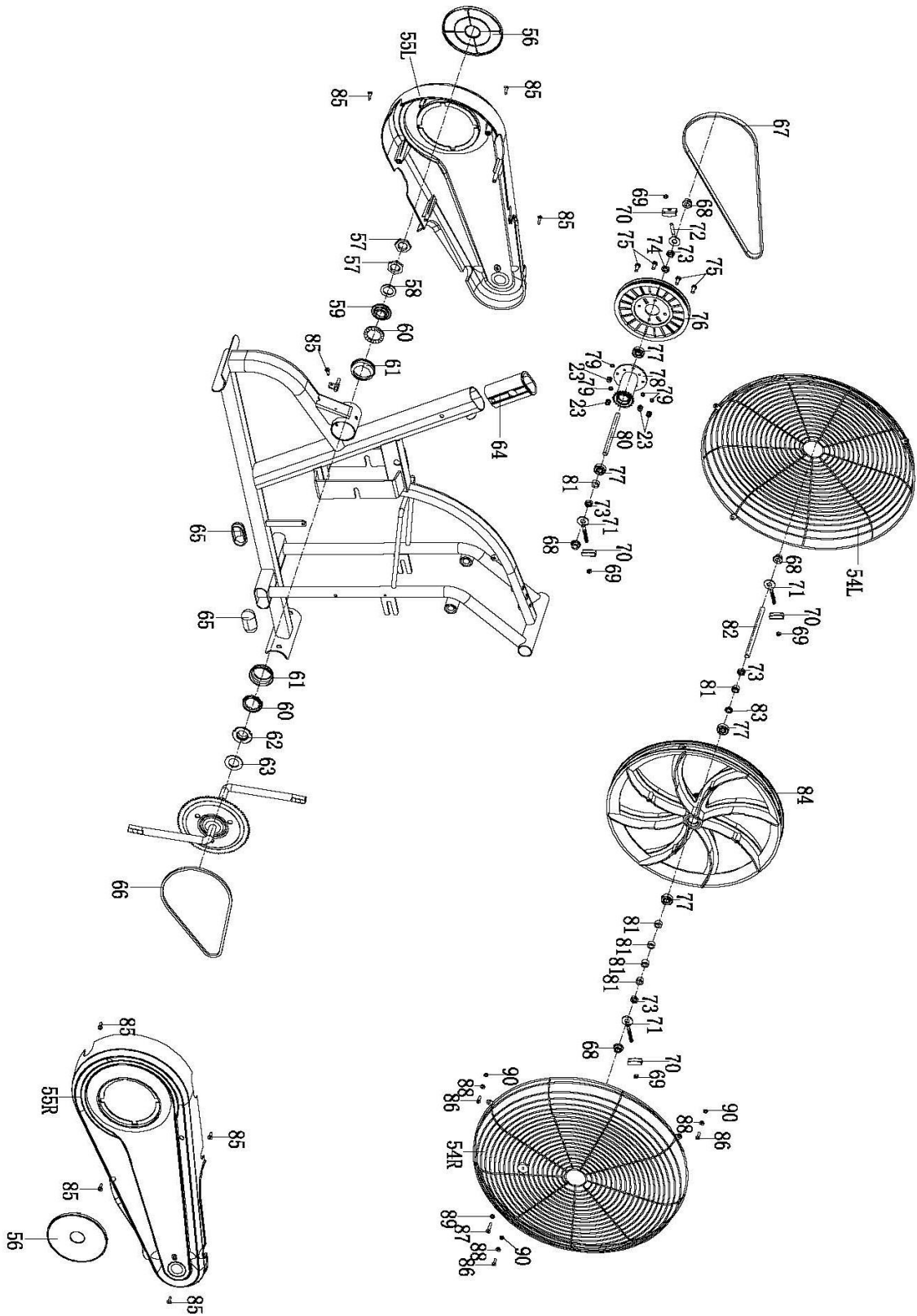
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 265 pounds (120 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving is required.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only, it is not intended for commercial use!

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

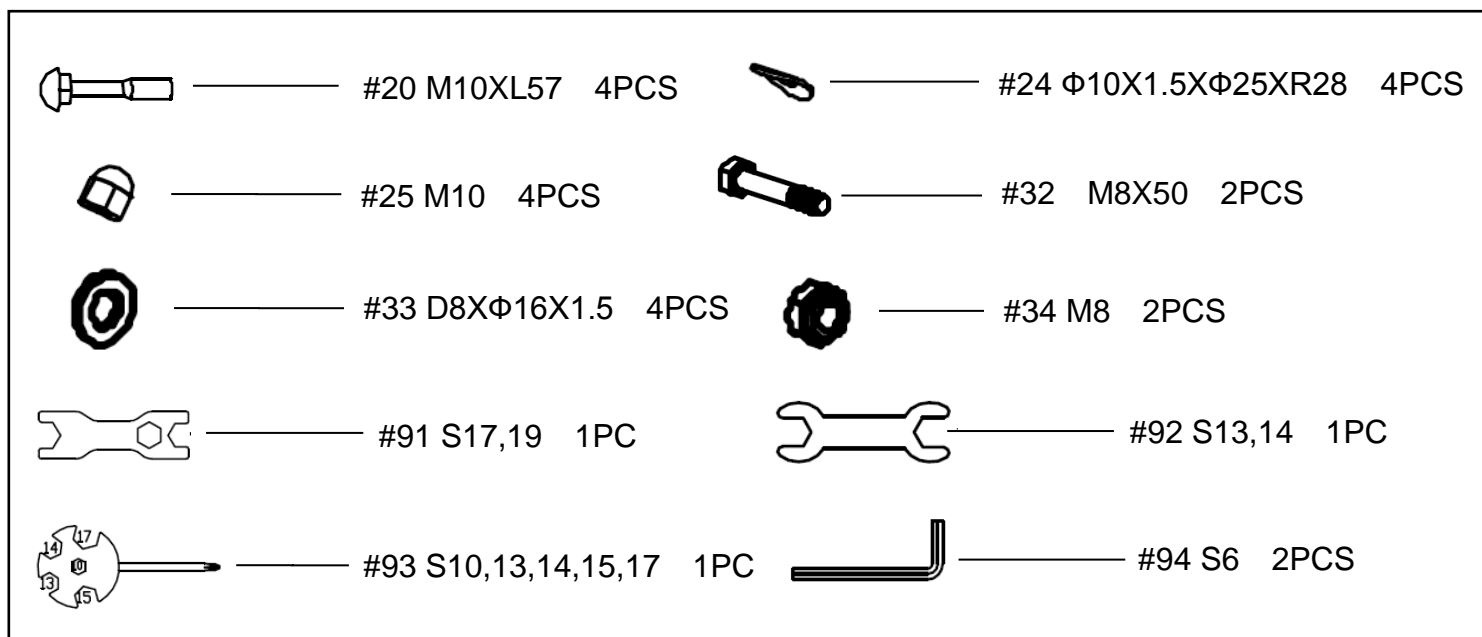
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Meter Frame Tube		1
3	Seat Post		1
4	Seat Slider		1
5	Swing Tube		2
6L/R	Armrest		1 pr.
7L/R	Connecting Boards		1 pr.
8	Spring Knob		1
9	Front Stabilizer		1
10	Rear Stabilizer		1
11L/R	Pedal		1 pr.
12	Front End Cap		2
13	Meter		1
14	Crank		1
15	Rear End Cap		2
16	Seat		1
17	Cap		2
18	Flat Washer	D8XD28X2	1
19	Knob		1
20	Carriage Bolt	M10XL57	4
21	Hex Bolt	M6XL45	2
22	Transportation Wheel		2
23	Nylon Nut	M6	6
24	Arc Washer	Φ10X1.5XΦ25XR28	4
25	Cap Nut	M10	4
26L/R	Nylon Nut	B0.5X20	1 pr.
27	Spring Washer	D12	2
28	Alloy Sleeve		2
29	Flat Washer	D17.1XΦ32X2.5	2
30	Bearing		2
31	Alloy Sleeve		2
32	Hex Bolt	M8X50	2
33	Flat Washer	D8XΦ16X1.5	6
34	Nylon Nut	M8	2
35	Round Cap		4
36	Sensor Wire		1
37	Extension Wire		1
38	Long Axle		1
39	Plastic Sleeve		6
40	Flat Washer	D10XΦ25X2	2
41	Spring Washer	D8	6
42	Hex Socket Pan Head Screw	M10X20	2

No.	Description	Spec.	Qty.
43	Hex Socket Pan Head Screw	M8X15	4
44	Arc Washer	D8X1.5XΦ20XR25	4
45	Hex Socket Pan Head Screw	M8X35	2
46	Spring Washer	D10	2
47	D Shape Washer	Φ26XΦ16X14XB5	2
48	Foam Grip		2
49	Cross Head Screw	M5X10	4
50	Wave Washer	D17	2
51	Cap		4
52	Sleeve		2
53	Foot Supporting Tube		2
54L/R	Protective Cage		1 pr.
55L/R	Chain Cover		1 pr.
56	Crank Cover		2
57	Hex Nut		2
58	Washer		1
59	Two Slot Nut		1
60	Ball Rack		2
61	Axle Bowl		2
62	Three Slot Nut		1
63	Flat Washer		1
64	Bushing		1
65	Cap		2
66	Chain		1
67	Belt		1
68	Flange Nut	M10X1	4
69	Hex Screw	M6	4
70	Adjusting Chain U Mat		4
71	Adjusting Chain Bolt		3
72	Adjusting Chain Bolt		1
73	Thin Nut	M10X1	4
74	Conical Thin Nut	M10X1	1
75	Hex Bolt	M6X15	4
76	Belt Pulley		1
77	Bearing	6000	4
78	Axle		1
79	Spring Washer	D6	4
80	Flywheel Axle		1
81	Sleeve		6
82	Flywheel Axle		1
83	Conical Sleeve		1
84	Fan Wheel		1

No.	Description	Spec.	Qty.
85	Bolt	ST4.2X18	8
86	Cross Head Screw	M5X15	3
87	Cross Head Screw	M6X30	1
88	Flat Washer	D5XΦ10X1.0	3
89	Flat Washer	D6XΦ12X1.2	1

No.	Description	Spec.	Qty.
90	Nylon Nut	M5	3
91	Wrench	S17,19	1
92	Wrench	S13,14	1
93	Spanner	S10,13,14,15,17	1
94	Allen Wrench	S6	2

HARDWARE PACKAGE



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

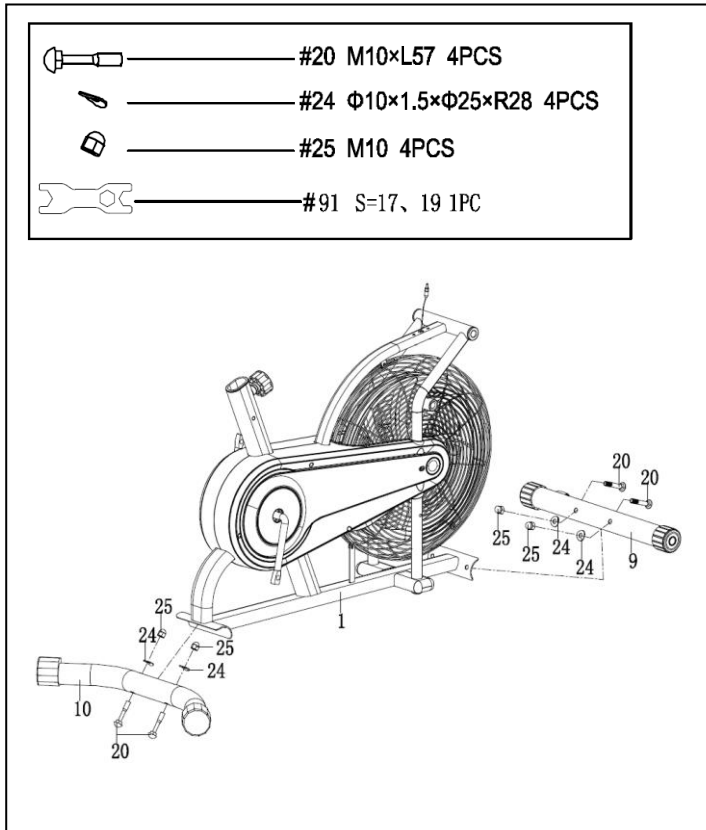
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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:

Attach the **Front Stabilizer (No. 9)** and **Rear Stabilizer (No. 10)** to the **Main Frame (No. 1)** with 4 **Carriage Bolts (No. 20)**, 4 **Arc Washers (No. 24)** and 4 **Cap Nuts (No. 25)**. Tighten and secure with the **Wrench (No. 91)**.

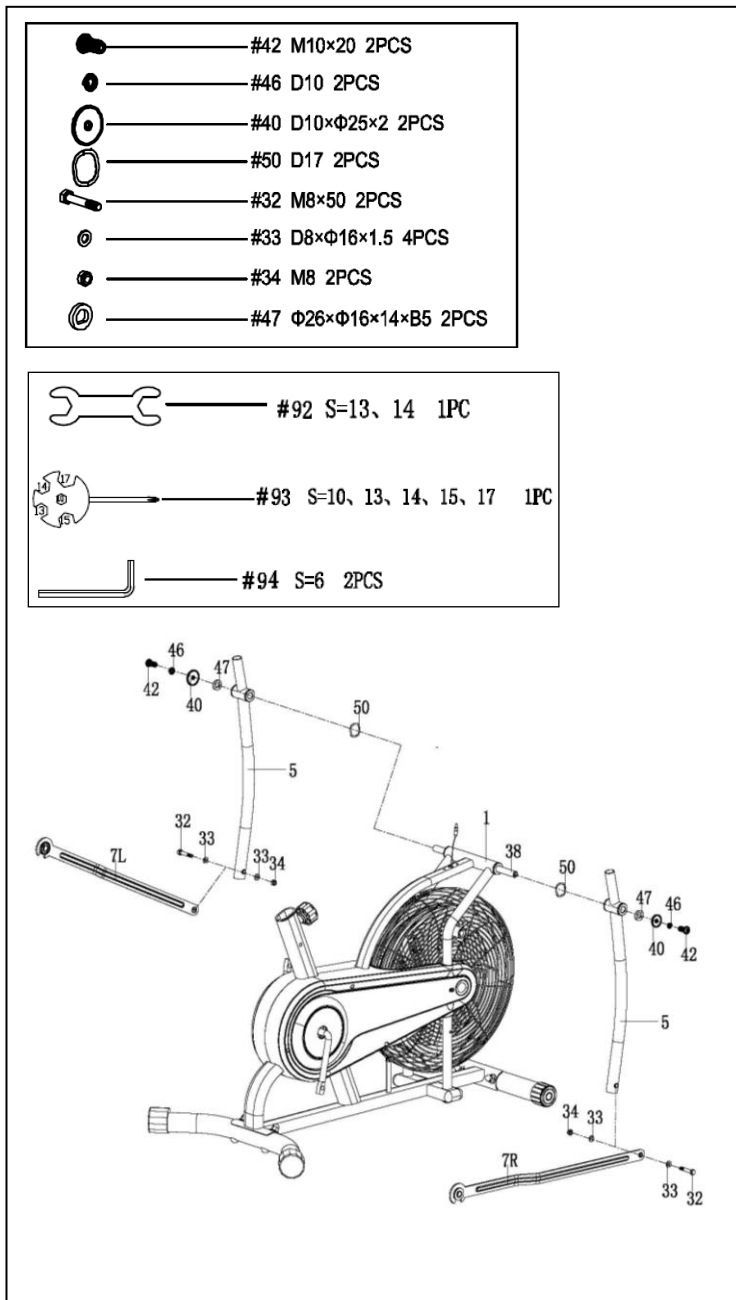
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STEP 2:

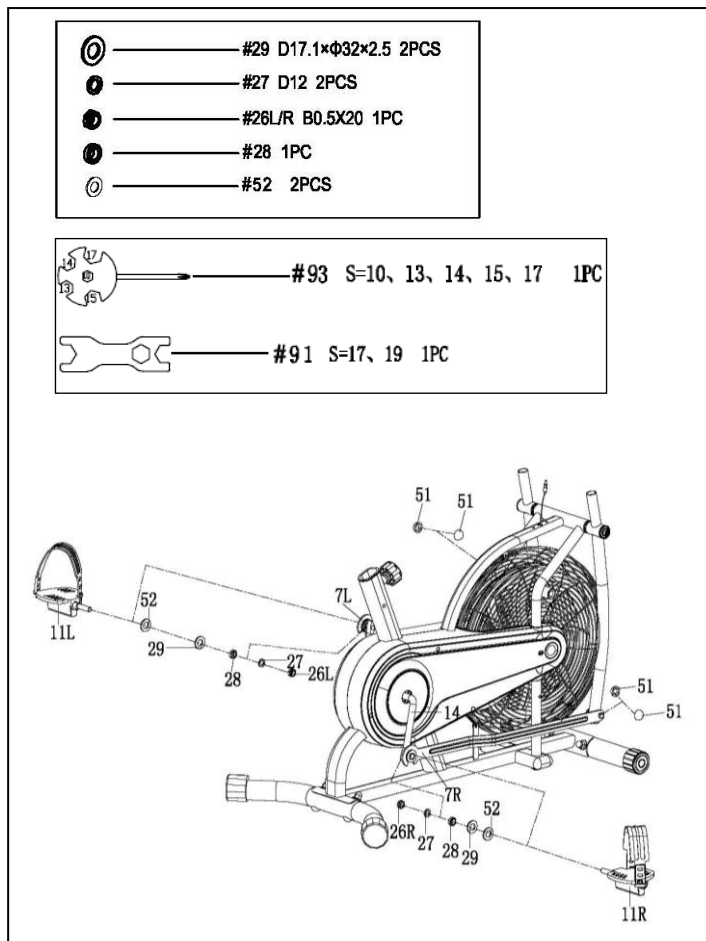
Remove 2 **Hex Socket Pan Head Screws (No. 42)**, 2 **Spring Washers (No. 46)**, 2 **Flat Washers (No. 40)**, 2 **D Shape Washers (No. 47)**, and 2 **Wave Washers (No. 50)** from the **Long Axle (No. 38)** using **Allen Wrench (No. 94)**.

Insert the **Long Axle (No. 38)** to the **Main Frame (No. 1)**, then attach the **Swing Tubes (No. 5)** to both sides of **Main Frame (No. 1)** with 2 **Hex Socket Pan Head Screws (No. 42)**, 2 **Spring Washers (No. 46)**, 2 **Flat Washers (No. 40)**, 2 **D Shape Washers (No. 47)**, and 2 **Wave Washers (No. 50)** that were just removed. Tighten and secure with the **Allen Wrench (No. 94)**. Do not fully tighten the screws at this time.

Attach the **Connecting Boards (No. 7L/R)** to the **Swing Tubes (No. 5)** with 2 **Hex Bolts (No. 32)**, 4 **Flat Washers (No. 33)** and 2 **Nylon Nuts (No. 34)**. Tighten and secure with the **Wrench (No. 92)** and **Spanner (No. 93)**. Do not fully tighten the bolts at this time.



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STEP 3:

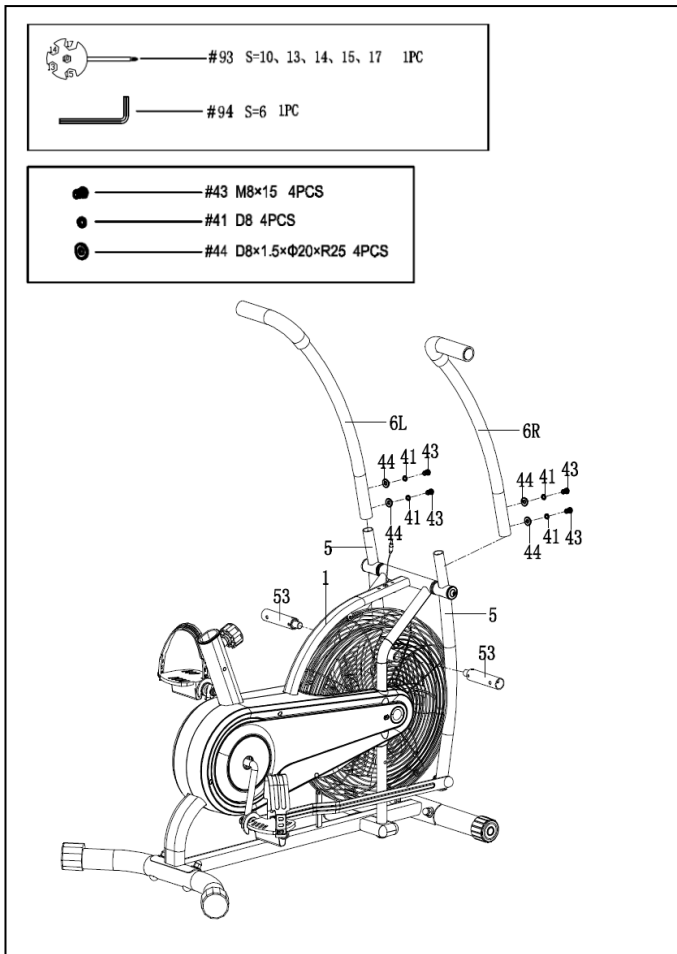
Remove 2 **Nylon Nuts (No. 26L/R)**, 2 **Spring Washers (No. 27)**, 2 **Alloy Sleeves (No. 28)**, 2 **Flat Washers (No. 29)**, 2 **Sleeves (No. 52)** from the **Pedal (No. 11L/R)** using **Wrench (No. 91)**.

Insert the **Pedal (No. 11R)** into the **Connecting Board (No. 7R)**, then attach to the **Crank (No. 14)** with **Spring Washer (No. 27)**, **Alloy Sleeve (No. 28)**, **Flat Washer (No. 29)**, **Sleeve (No. 52)** that were just removed using **Spanner (No. 93)** to tighten. Then screw the **Nylon Nut (No. 26 R)** to **Pedals (No. 11 R)** using **Wrench (No. 91)**. Repeat the same assembly for **left Pedal (No.11L)**.

NOTE: Make sure to attach **Right Pedal (No. 11R)**, marked R, to the **Right Crank (No. 14)**. It should be tightened CLOCKWISE. Then screw **Nylon Nut (No. 26R)** COUNTER-CLOCKWISE. Attach the **Left Pedal (No. 11L)**, marked L, to the **Left Crank (No. 14)**. It should be tightened COUNTER-CLOCKWISE. Then screw **Nylon Nut (No. 26L)** CLOCKWISE. Attaching the **Pedals (No. 11L/R)** to the wrong **Cranks (No. 14)** or turning it the wrong direction will permanently damage the crank and the pedal.

Now you can fully tighten the 2 **Hex Socket Pan Head Screws (No. 42)** and 2 **Hex Bolts (No. 32)** from step 2, then cover with 4 **Caps (No. 51)**.

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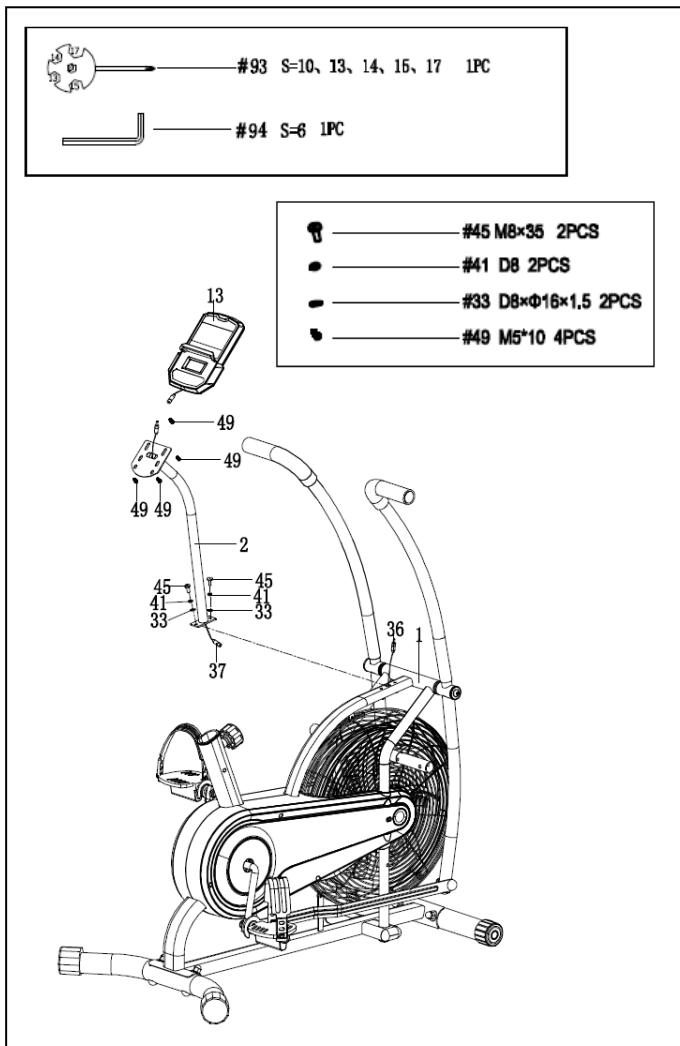
STEP 4:

Remove 4 **Hex Socket Pan Head Screws (No. 43)**, 4 **Spring Washers (No. 41)** and 4 **Arc Washers (No. 44)** from the **Swing Tubes (No. 5)** using **Allen Wrench (No. 94)**.

Attach the **Armrests (No. 6L/R)** to the **Swing Tube (No. 5)** with 4 **Hex Socket Pan Head Screws (No. 43)**, 4 **Spring Washers (No. 41)** and 4 **Arc Washers (No. 44)** that were just removed. Tighten and secure with **Allen Wrench (No. 94)**.

Lock 2 **Foot Supporting Tubes (No. 53)** on the **Main Frame (No. 1)** using the **Spanner (No. 93)**.

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STEP 5:

Remove 2 **Hex Socket Pan Head Screws (No. 45)**, 2 **Spring Washers (No 41)** and 2 **Flat Washers (No. 33)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 94)**.

Connect the **Sensor Wire (No. 36)** and **Extension Wire (No. 37)**.

Attach the **Meter Frame Tube (No. 2)** to the **Main Frame (No. 1)** with 2 **Hex Socket Pan Head Screws (No. 45)**, 2 **Spring Washers (No 41)** and 2 **Flat Washers (No. 33)** that were just removed. Tighten and secure with **Allen Wrench (No. 94)**.

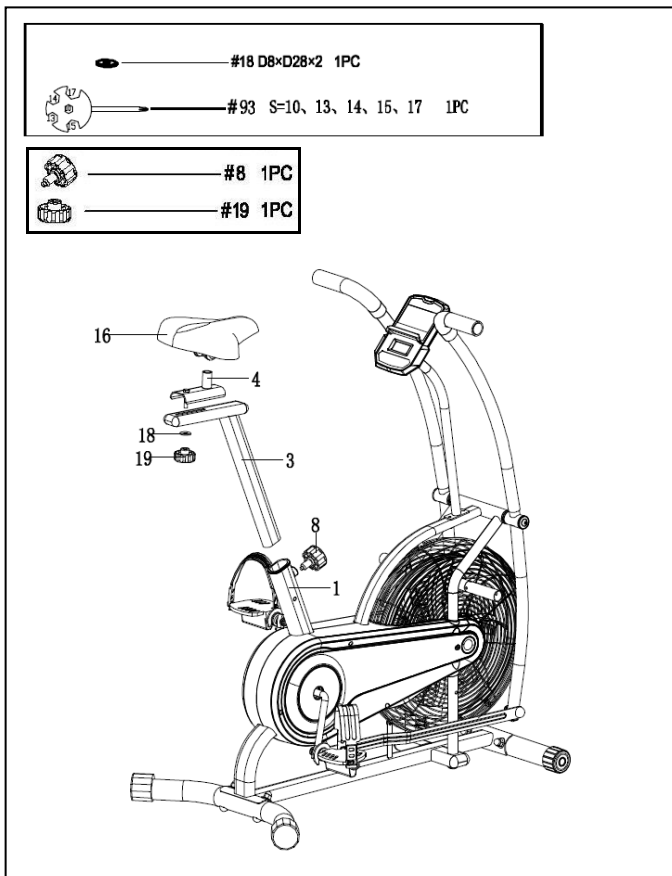
Connect the **Extension Wire (No. 37)** with wire of **Meter (No. 13)**.

Remove 4 **Cross Head Screws (No. 49)** from the **Meter (No. 13)** using **Spanner (No. 93)**.

Attach the **Meter (No. 13)** to the **Meter Frame Tube (No. 2)** with 4 **Cross Head Screws (No. 49)** that were just removed. Tighten and secure with **Spanner (No. 93)**.

NOTE: Make sure you do not cut or pinch any wires inside the tube.

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STEP 6:

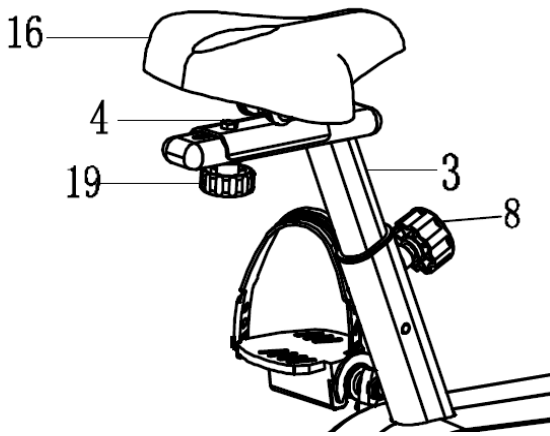
Remove the **Spring Knob (No. 8)** from the **Main Frame (No. 1)**. Insert the **Seat Post (No. 3)** to the tube of **Main Frame (No. 1)**, then secure with **Spring Knob (No. 8)** after adjusting to the proper position.

Remove the **Flat Washer (No. 18)** and **Knob (No. 19)** from the **Seat Slider (No. 4)**. Attach the **Seat Slider (No. 4)** to the **Seat Post (No. 3)** with the **Flat Washer (No. 18)**, then tighten **Knob (No. 19)**.

Attach the **Seat (No. 16)** to the **Seat Slider (No. 4)**. Tighten and secure with **Spanner (No. 93)**.

The assembly now is complete!

ADJUSTMENTS GUIDE

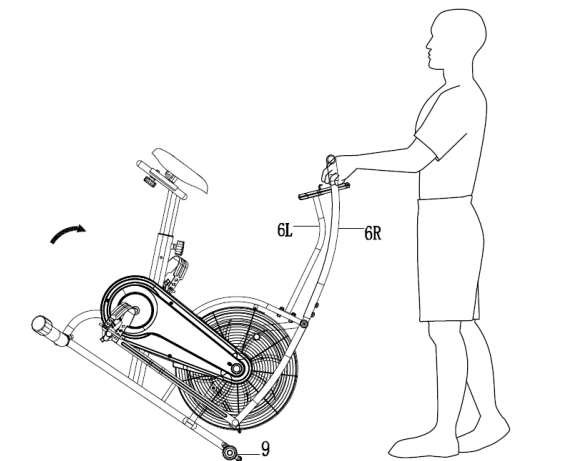


ADJUSTING THE SEAT

The **Seat (No. 16)** of this bike is fully adjustable as it moves up, down, forward and backward.

To adjust the height of the **Seat Post (No. 3)**, loosen and pull the **Spring Knob (No. 8)** outward, then raise or lower the **Seat (No. 16)** to the desired height. Once adjusted, re-insert and tighten the **Spring Knob (No. 8)** to secure the **Seat Post (No. 3)** in place.

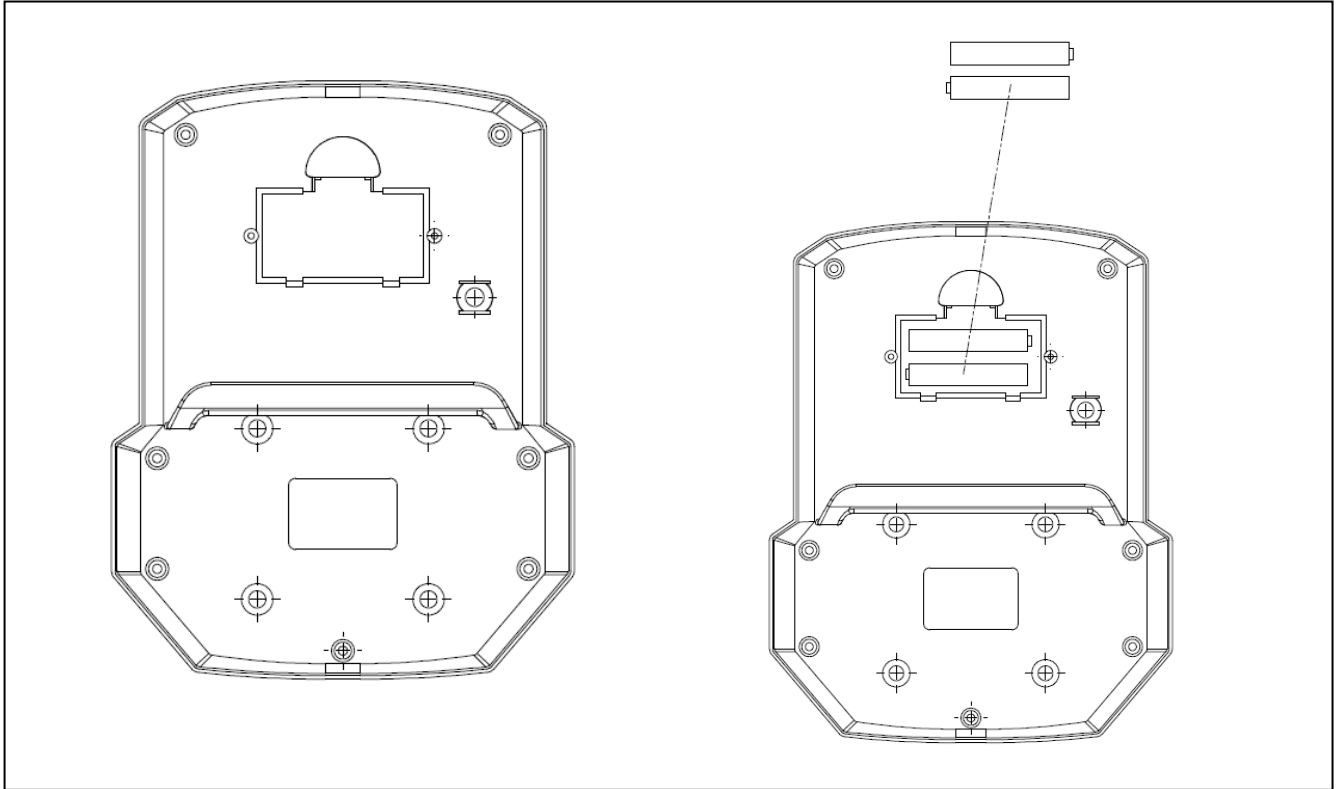
To adjust the **Seat (No. 16)** back and forth, loosen **Knob (No. 19)**, then slide the **Seat Slider (No. 4)** to the desired position. Once positioned, tighten the **Knob (No. 19)** to secure the **Seat Slider (No. 4)** in place.



MOVING THE BIKE

To move the bike, stand at the front of the bike so that you're directly in front of the **Armrests (No. 6L/R)**. Firmly grasp and hold each side of the **Armrests (No. 6L/R)**, place one foot on the **Front Stabilizer (No. 9)** and tilt the bike towards you until the transportation wheels on the **Front Stabilizer (No. 9)** touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

BATTERY INSTALLATION & REPLACEMENT



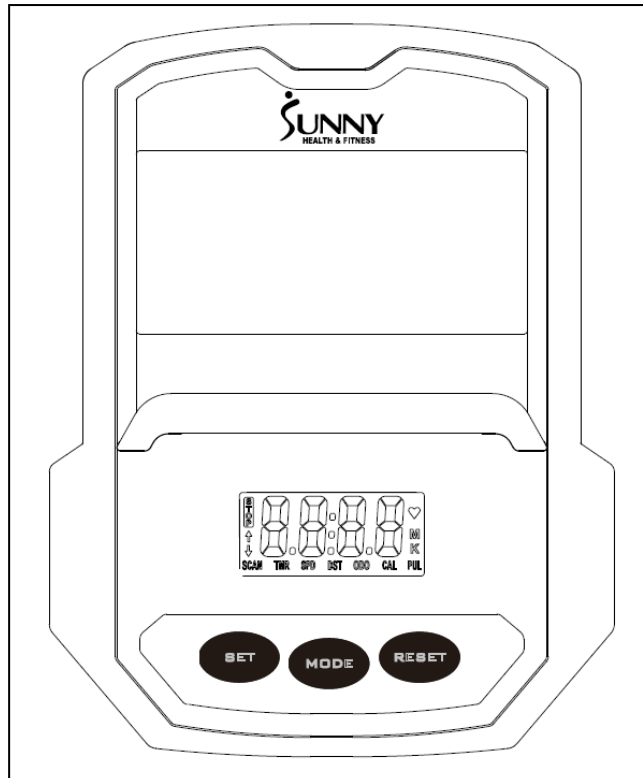
BATTERY INSTALLATION

The meter uses 2 AAA 1.5V batteries. Open the battery cover from the back of meter, then put 2 batteries into the battery compartment. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back.

BATTERY REPLACEMENT

Open the battery cover, remove the old batteries, and replace with new batteries. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back. When changing batteries, always replace both with new batteries. Do not mix old and new batteries.

EXERCISE METER



FUNCTION BUTTONS

MODE:

1. Press the button to select TIME, DISTANCE and CAL to preset.
2. Press the button to select any function display values on meter or enter any values to preset.
3. Press and hold the button for 2 seconds to reset all the values to 0 except the Odometer. (When the user replaces batteries, all the values will reset to ZERO automatically.)

SET:

To set up the target value of TIME, DISTANCE and CAL. Press and hold the button for 2 seconds to speed up the increment.

RESET:

1. Press and hold the button for 2 seconds to reset the function values except the Odometer, which can only be reset after replacing the batteries.
2. Press the button when setting the wrong target values for time, distance or calories, the values will be reset.

FUNCTIONS & OPERATIONS

1. AUTO ON/OFF:

Once the user begins to do exercise, the meter will show the workout value automatically. After about 4 minutes of inactivity, the meter will turn off. Odometer value does not reset to 0 when the meter turns off. When user starts exercise again, workout value of odometer will accumulate continuously.

2. AUTO SCAN:

After the meter is powered on or press Mode key, the meter will display all functions from TIME-SPEED-DISTANCE-CALORIES-ODOMETER. Each value will be held for 4 seconds.

3. SPEED:

Display the current training speed from 0.00 to 99.9 KPH or MPH.

4. DISTANCE:

Accumulates total distance from 0.00 up to 9999. The user may preset target distance by pressing SET & MODE button. Each increment is 0.1 KM or M. Automatically countdown from targeting value during exercise.

5. TIME:

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE button. Each increment is 1 minute. Automatically countdown from targeting value during exercise.

6. CALORIES:

Accumulates calories consumption during training from 0.0 to 9999. The user may also preset the target calorie before training by pressing SET & MODE button. Each setting increases is 1 cal.

Note: This data is a rough guide which cannot be used in medical treatment.

7. ODOMETER:

Display the total accumulated distance from 0.0 to 9999. User also can press mode key to display the Odometer value.

8. RESET:

Press and hold the button for 2 seconds to reset all the values except Odometer to be zero.

BATTERY DISPOSAL: The meter uses 2 AAA 1.5V batteries, which are packed with meter. If there is a problem with the display, try changing the batteries first. Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00 ~ 99:59
	CURRENT SPEED	The maximum signal can be pickup is 99.9 MPH
	TRIP DISTANCE	0.00 ~ 99.99 MI or 0.00 ~ 9999 MI
	CALORIES	0.1 ~ 999.9 KCAL
	ODO	0.1 ~ 999.9 MI or 1 ~ 9999 MI
BATTERY TYPE		2pcs of SIZE AAA or UM-4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

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