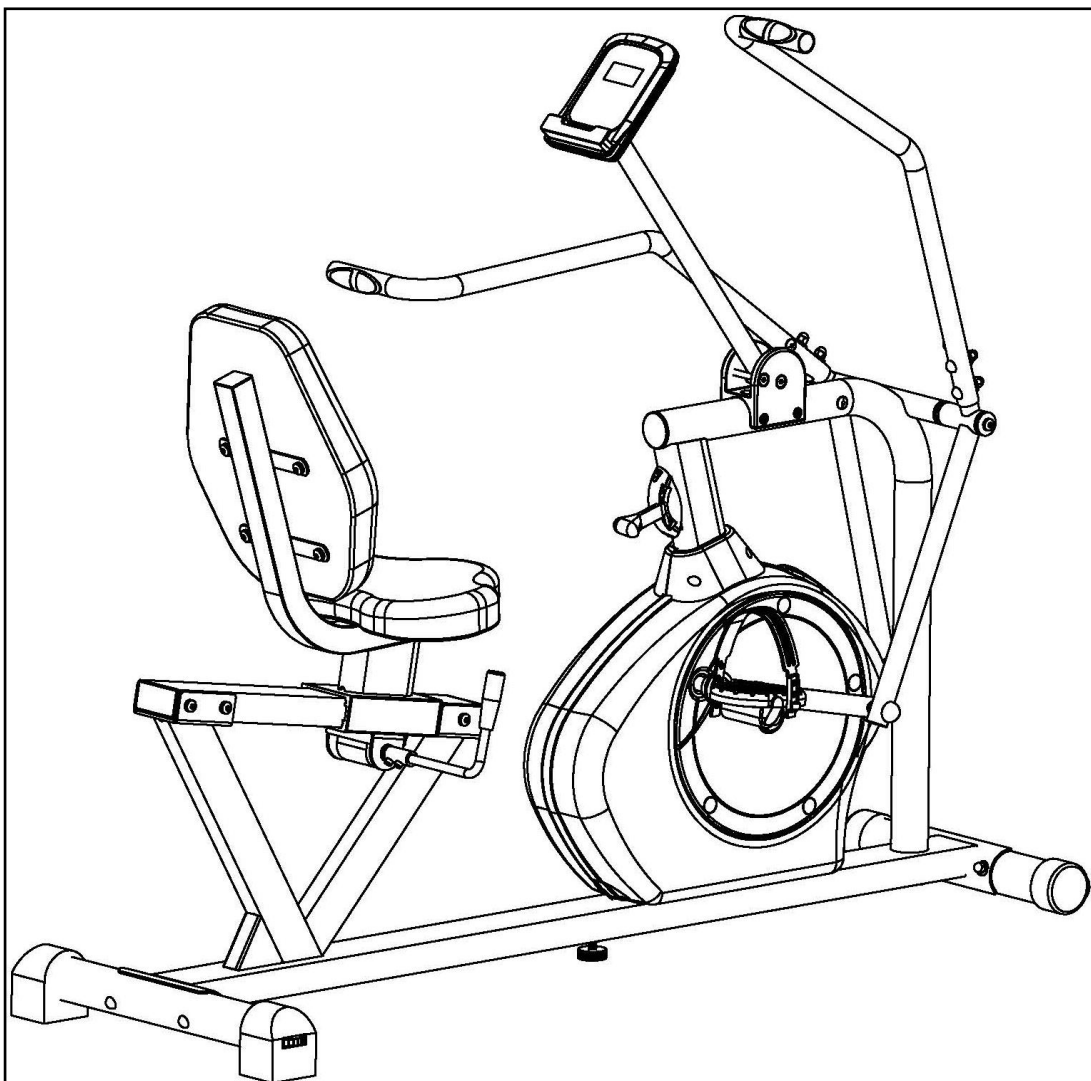




CROSS TRAINING MAGNETIC RECUMBENT BIKE

SF-RB4708

USER MANUAL



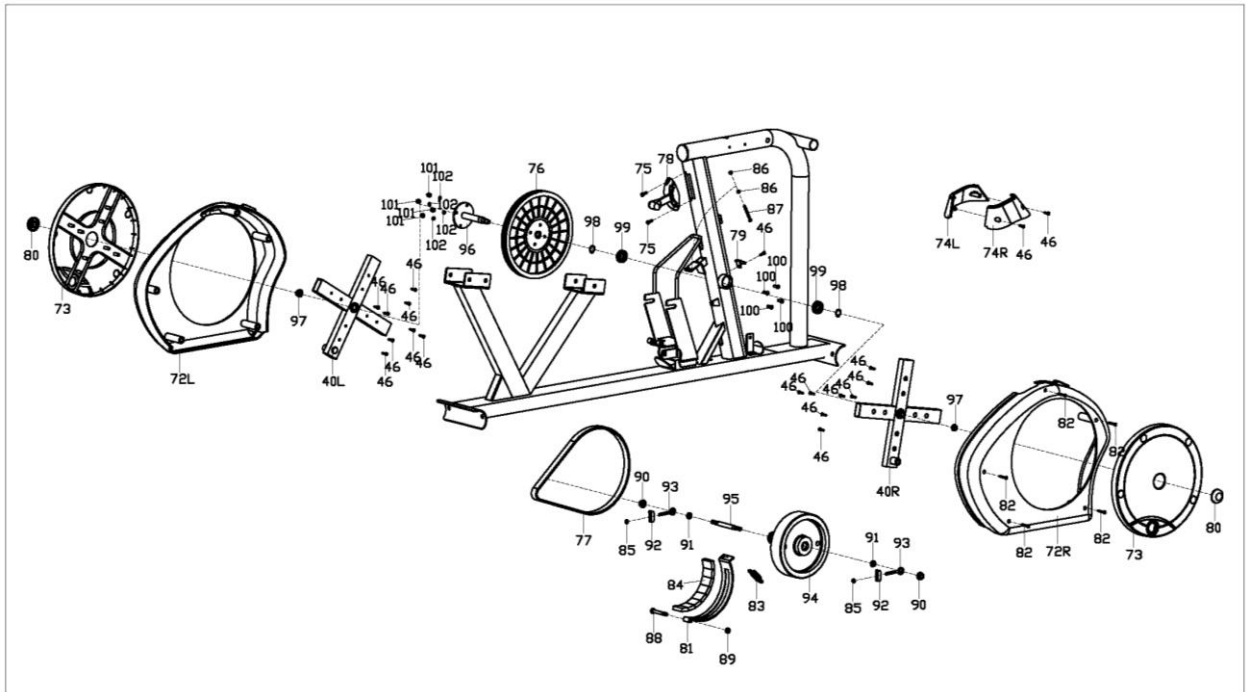
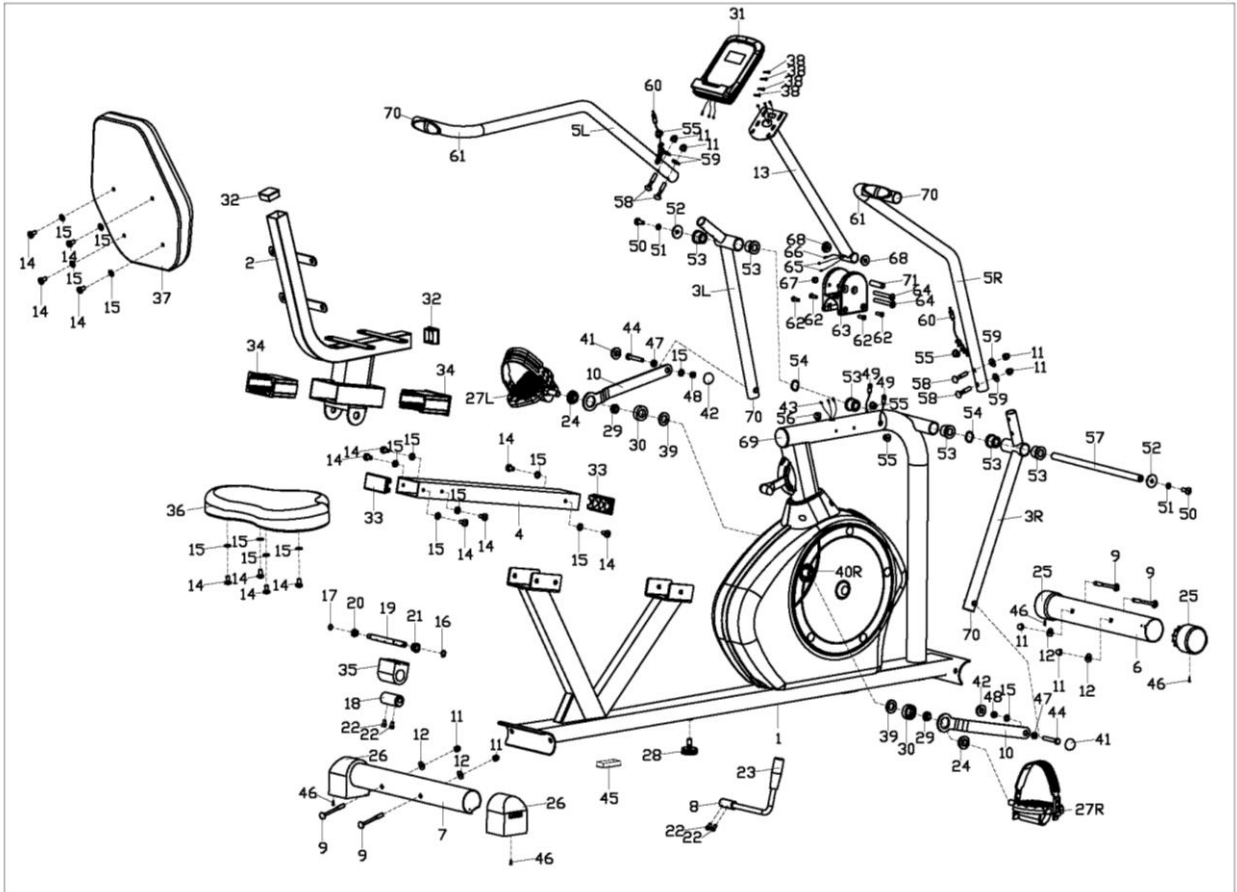
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

IMPORTANT SAFETY INFORMATION






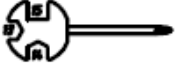







We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 4 feet (1.2 M) 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 350 pounds (158 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



HARDWARE PACKAGE

	_____	#9 M8*73 4PCS		_____	#71 Φ 12*47 1PC
	_____	#11 M8 8PCS		_____	#59 Φ 20*d8.5 4PCS
	_____	#12 Φ 19*2 4PCS		_____	#103 S13-14-15 1PC
	_____	#39 Φ 26*2 2PCS		_____	#104 S13-14 1PC
	_____	#30 Φ 36* Φ 21*11.82PCS		_____	#105 S5 1PC
	_____	#58 M8*40 4PCS		_____	#106 S6 2PCS
	_____	#64 M8*70 1PC			

Most of the listed assembly hardware has been packaged separately, but some hardware parts have been preassembled. In these instances, simply remove and reinstall the hardware as required.

PARTS LIST

NO.	Description	Spec.	Qty.
1	Main Frame		1
2	Seat Tube		1
3L/R	Swing Tube		1 pr.
4	Slide Rail		1
5L/R	Handlebar		1pr.
6	Front Stabilizer		1
7	Rear Stabilizer		1
8	Adjustment Handle		1
9	Square Neck Bolt	M8xL73x1 20X □8	4
10	Connecting Board		2
11	Ball Cap Nut	M8	8
12	Arc Washer	Φ8.2x2xφ 19x R30	4
13	Computer Tube		1
14	Hex Pan Head Screw	M8x16	14
15	Washer	D8x1.5xφ 16	16
16	Spring Stop Collar	D12	1
17	Spring Stop Collar	D10	1
18	Eccentric Gear		1
19	Axle		1
20	Small Alloy Bushing		1
21	Big Alloy Bushing		1
22	Hex Socket Cap Screw	M6x10	4
23	Located Handlebar Glove		1
24	Simple Bearing		2
25	End Cap		2
26	End Cap		2
27L/R	Pedal		1 pr.
28	Adjusting Pad		1
29	Alloy Bushing 2		2
30	Spacer		2
31	Computer		1
32	Square Plug	38x38x1.5	2

NO.	Description	Spec.	Qty.
33	Square Plug	80x40x2	2
34	Bushing		2
35	Block		1
36	Seat		1
37	Back Rest		1
38	Cross Pan Head Screw		4
39	Flat Washer	D13x2xφ26	2
40L/R	Crank		1 pr.
41	Cap	S14	2
42	Cap	S13	2
43	Sensor Wire		1
44	Hex Bolt	M8x50	2
45	Square Plug	60x30x1.5	1
46	Cross Pan Head Screw	ST4.2x18	23
47	Alloy Bushing 1		2
48	Nylon Nut	M8	2
49	Extension Wire 1		2
50	Hex Pan Head Screw	M8*20	2
51	Spring Washer	D8	2
52	Flat Washer	D8 Xφ30 X 2	2
53	Axle Glove		6
54	Wave Washer	φ17 Xφ25 X 0.3	2
55	Plug		4
56	Plug		1
57	Long Axle		1
58	Square Bolt	M8*40	4
59	Arc Washer	Φ20x D8.5x R12.5	4
60	Pulse Wire		2
61	Foam Grip		2
62	Cross Screw	M6x20	4
63	Fixed Bracket		1
64	Hex Screw	M8x70	2

65	Extension Wire 2		2
66	Sensor Wire		1
67	Nylon Nut	M8	1
68	Alloy Bushing		2
69	Round End Cap		1
70	Round End Cap		4
71	Sleeve		1
72L/R	Belt Cover		1 pr.
73	Turn Plate		2
74L/R	Protective Cover		1 pr.
75	Cross Pan Head Screw	M5x12	2
76	Belt Pulley		1
77	Flat Belt		1
78	Tension Control		1
79	Sensor		1
80	Nut Cover		2
81	Magnetic Board		1
82	Cross Pan Head Screw	ST4.2x30	5
83	Tension Spring		1
84	Square Magnet		8
85	Nut	M6	2

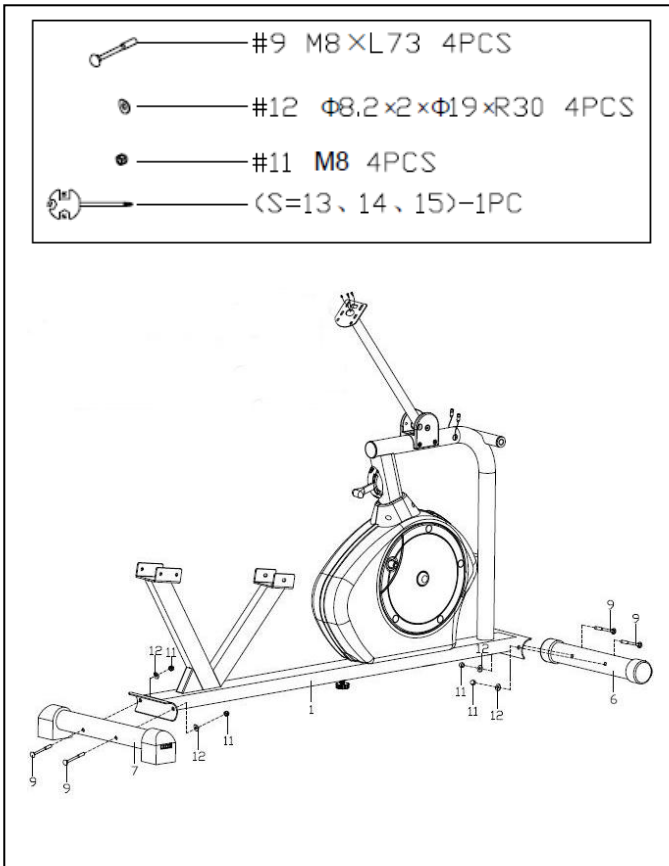
86	Nut	M5	2
87	Hex Bolt	M5x60	1
88	Hex Bolt	M8xL60x120	1
89	Nylon Nut	M8	1
90	Flange Nut	M10x1	2
91	Conical Thin Nut	M10x1x H5	2
92	Adjustable Belt U Mat		2
93	Adjustable Belt Bolt		2
94	Flywheel		1
95	Flywheel Axle		1
96	Middle Axle		1
97	Flange Nut	M10x1.25	2
98	Spring Stop Collar		2
99	Bearing	6003RZ	2
100	Hex Socket Cap Screw	M6x15	4
101	Nylon Nut	M6	4
102	Spring Washer	D6	4
103	Spanner	S13-14-15	1
104	Spanner	S13-14	1
105	Allen Wrench	S5	1
106	Allen Wrench	S6	2

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:

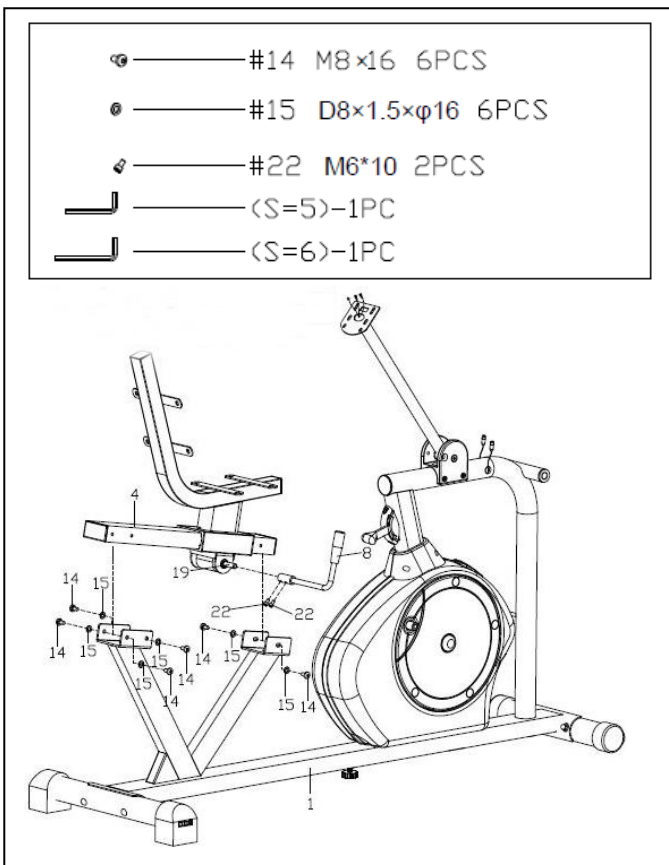
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

ASSEMBLY INSTRUCTIONS



STEP 1:

Attach the **Front Stabilizer (No. 6)** and the **Rear Stabilizer (No. 7)** to the **Main Frame (No. 1)** with the 4 **Square Neck Bolts (No. 9)**, 4 **Arc Washers (No. 12)** and 4 **Ball Cap Nuts (No. 11)**.

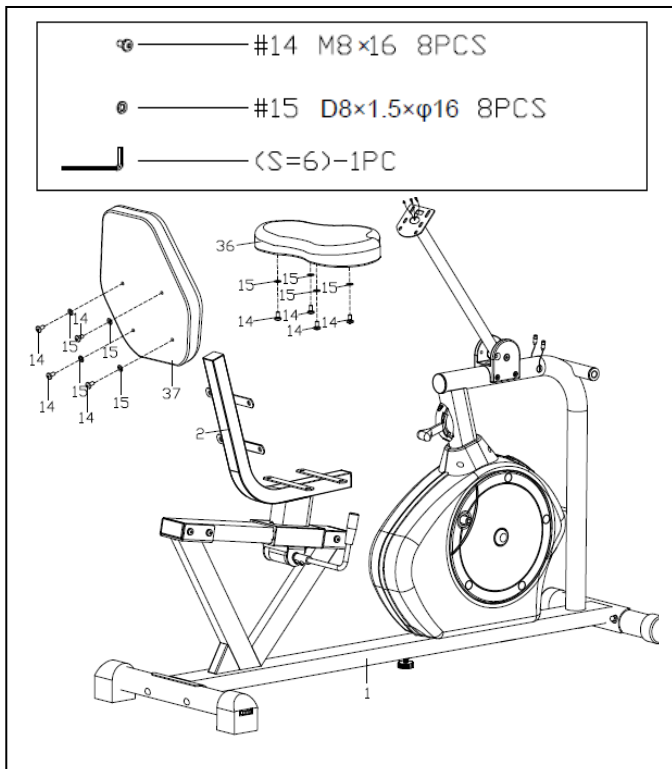


STEP 2:

Remove 6 **Hex Pan Head Screws (No. 14)** and 6 **Washers (No. 15)** from **Slide Rail (No. 4)**.

Attach the **Slide Rail (No. 4)** to the **Main Frame (No. 1)** with 6 **Hex Pan Head Screws (No. 14)**, 6 **Washers (No. 15)** you just removed.

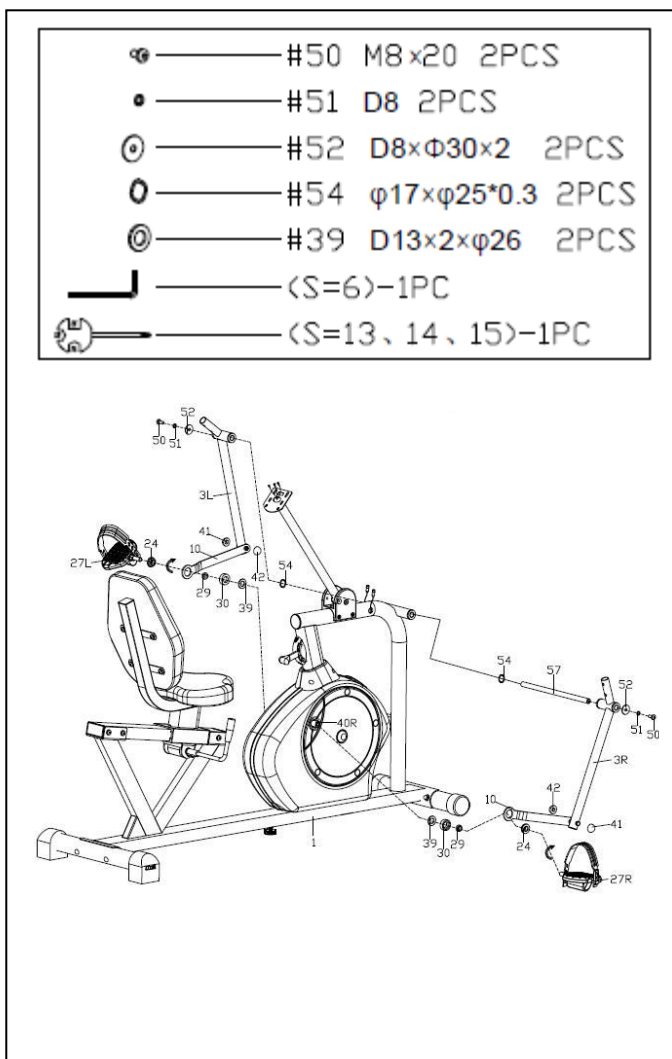
Attach the **Adjustment Handle (No. 8)** to the **Axle (No. 19)**, and lock them with 2 **Hex Socket Cap Screws (No. 22)**.



STEP 3:

Remove 4 **Hex Pan Head Screws (No. 14)** and 4 **Washers (No. 15)** from the **Back Rest (No. 37)**. Attach the **Back Rest (No. 37)** to the **Seat Tube (No. 2)** with 4 **Hex Pan Head Screws (No. 14)** and 4 **Washers (No. 15)**.

Remove 4 **Hex Pan Head Screws (No. 14)** and 4 **Washers (No. 15)** from the **Seat (No. 36)**. Attach the **Seat (No. 36)** to the **Seat Tube (No. 2)** with 4 **Hex Pan Head Screws (No. 14)** and 4 **Washers (No. 15)**.










STEP 4:

Remove 2 **Hex Pan Head Screws (No. 50)**, 2 **Spring Washers (No. 51)**, 2 **Flat Washers (No. 52)**, 2 **Wave Washers (No. 54)** from **Long Axle (No. 57)**. Attach the **Swing Tube (No. 3L/R)** to the **Main Frame (No. 1)** with 2 **Hex Pan Head Screws (No. 50)**, 2 **Spring Washers (No. 51)**, 2 **Flat Washers (No. 52)**, 2 **Wave Washers (No. 54)** and **Long Axle (No. 57)**.

Attach the **Connecting Board (No. 10)** to the **Crank (No. 40L/R)** with **Pedals (No. 27L/R)**, **Simple Bearings (No. 24)**, **Alloy Bushings 2 (No. 29)**, **2 Spacers (No. 30)** and 2 **Flat Washers (No. 39)**

NOTE: Make sure to attach **Right Pedal**, marked **R**, to the **Right Crank (No. 40R)**. It should be tightened clockwise. Attach the **Left Pedal**, marked **L**, to the **Left Crank (No. 40L)**. It should be tightened counterclockwise. Attaching the **Pedal** to the wrong **Crank** or turning it the wrong direction will permanently damage the crank and the pedal.

	#58 M8×40 4PCS
	#59 $\Phi 20 \times d 8.5 \times R 12.5$ 4PCS
	#11 M8 4PCS
	#64 M8×70 1PC
	#38 M5×12 4PCS
	<S=5>-1PC
	<S=13、14、15>-1PC

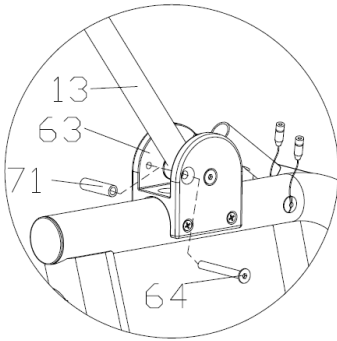
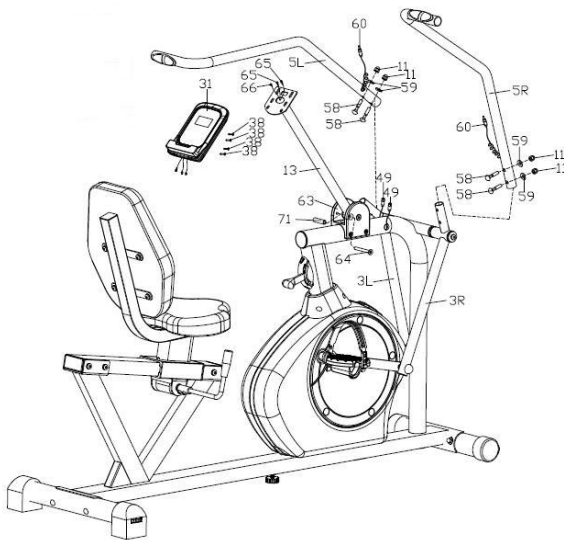


Fig. A



STEP 5:

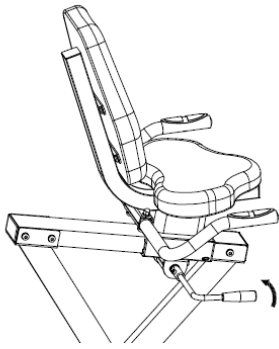
Attach the **Handlebar (No. 5L/R)** to the **Swing Tube (No. 3L/R)** with 4 **Square Bolts (No. 58)**, 4 **Arc Washers (No. 59)** and 4 **Ball Cap Nuts (No. 11)**. Connect the **Pulse Wire (No. 60)** with **Extension Wire (No. 49)**.

Lift up the **Computer Tube (No. 13)**. Position the **Sleeve (No. 71)** in between the holes of **Fixed Bracket (No. 63)**. Thread 1 **Hex Screw (No. 64)** from the side of the **Fixed Bracket (No. 63)**, through **Sleeve (No. 71)**, to the other side of the **Fixed Bracket (No. 63)** and tighten. See Fig. A.

Connect the **Extension Wire (No. 65)**, **Sensor Wire (No. 66)** with the wires of the **Computer (No. 31)**. Remove 4 **Cross Pan Head Screws (No. 38)** from the back of the **Computer (No. 31)**. Attach the **Computer (No. 31)** to the **Computer Tube (No. 13)** with 4 **Cross Pan Head Screws (No. 38)**.

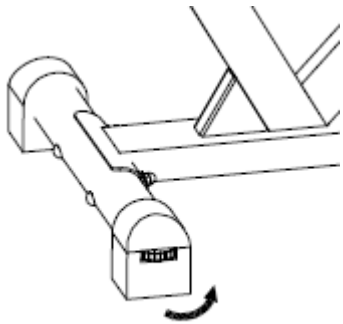
Assembly is now complete!

ADJUSTMENTS & USAGE GUIDE



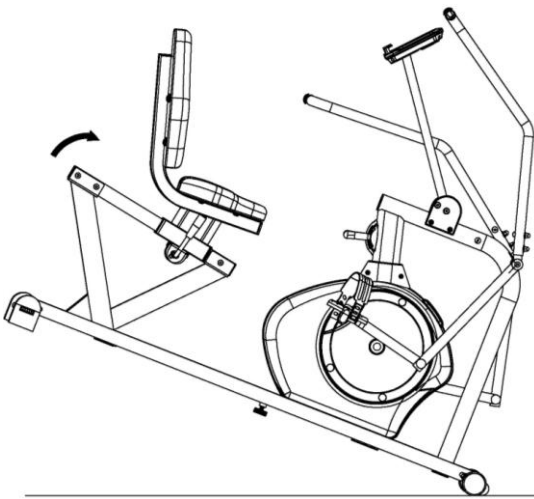
ADJUSTING THE SADDLE POSITION

To move the saddle forward or backward, while seated on the bike, put your feet on the floor. Pull the **Adjustment Handle (No. 8)** towards you. Move the saddle. Push the **Adjustment Handle (No. 8)** forward to secure.



ADJUSTING THE LEVEL

If the bike is not leveled, adjust the **End Caps (No. 26)**.



MOVING THE BIKE

Lift the bike by the **Rear Stabilizer (No. 7)** until the wheels on the **Front Stabilizer (No. 6)** touch the floor. Now you can move the bike.

EXERCISE COMPUTER

BUTTONS

MODE

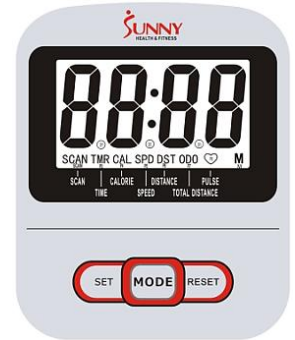
Press this button to change display or choose the window needs to be set. In monitor status, hold this button for 3 seconds to reset all values to zero.

SET

To set value of Time, Distance, Calorie and Pulse when not in scan mode

RESET

Press to reset Time, Distance, Calorie and Pulse. In monitor status, hold this button for 3 seconds to reset all values to zero.



FUNCTIONS

SCAN

Press MODE button until "SCAN" appears, and computer will rotate through all 6 functions: Time, Calorie, Speed, Distance, Total Distance and Pulse. Each will be displayed for 6 seconds.

1. SCAN

SPEED (SPD)

Displays speed, range is 0.0~999.9Mile/H.

TIME (TMR)

Counts the total time from exercise start to the end, range is 0 ~ 99Minute

DISTANCE (DST)

Counts the total distance from exercise start to the end and the range is 0.0 ~ 999.9Mile.

CALORIES (CAL)

Counts the total calories consumed from exercise start to the end, range is 0.0 ~ 999.9 KCAL.

TOTAL DISTANCE (ODO)

Count the total distance since installing the batteries.

PULSE

Hold the pulse sensors to read your heart rate per minute. The range is 40 ~ 240bpm.

AUTO START/STOP

Computer will turn on when you press any key or start exercise.

After 4 minutes of inactivity, computer will turn off.

COUNTDOWN

The functions of Time, Distance and Calorie can be set to countdown.

Press MODE to select the function, then press SET to adjust the value. Make sure you are not in SCAN.

Start pedaling to start the countdown.

When the countdown value goes to zero, the computer will beep for 6 seconds.

PULSE RATE

Remark: During the process of pulse measurement, the measurement value may be higher during the first 2~3 seconds, and then will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

This meter uses 2 AAA batteries. If there is a problem with the display, try changing the batteries. When changing the batteries, change both of them. Do not mix battery types or old and new batteries. Dispose of batteries according to your regional guidelines.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00~ 99:00(Minute: Second)
	Current Speed	Max is 999.9 MILE/H
	Trip Distance	0.0 ~ 999.9 MILE
	Calories	0 ~ 999.9 Kcal
	Total Distance	0 ~ 9999 MILE
	Pulse Rate	40-240BPM
Battery Type		2 pcs of SIZE-AAA and UM-4
Operating Temperature		0°C ~ +40°C (32°F ~ 104°F)
Storage Temperature		-10°C ~ +60°C (14°F ~ 140°F)

