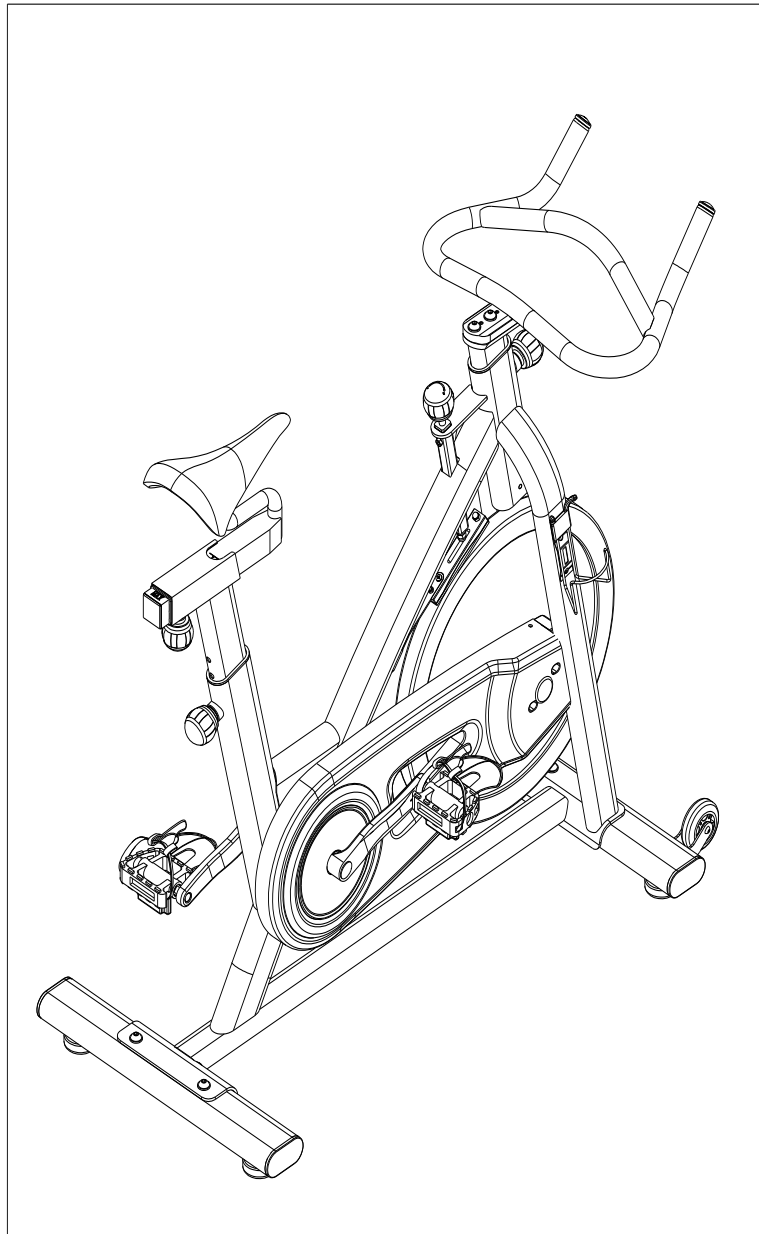




CHAIN DRIVE INDOOR CYCLING BIKE

SF-B1002C

OWNER'S MANUAL



IMPORTANT!

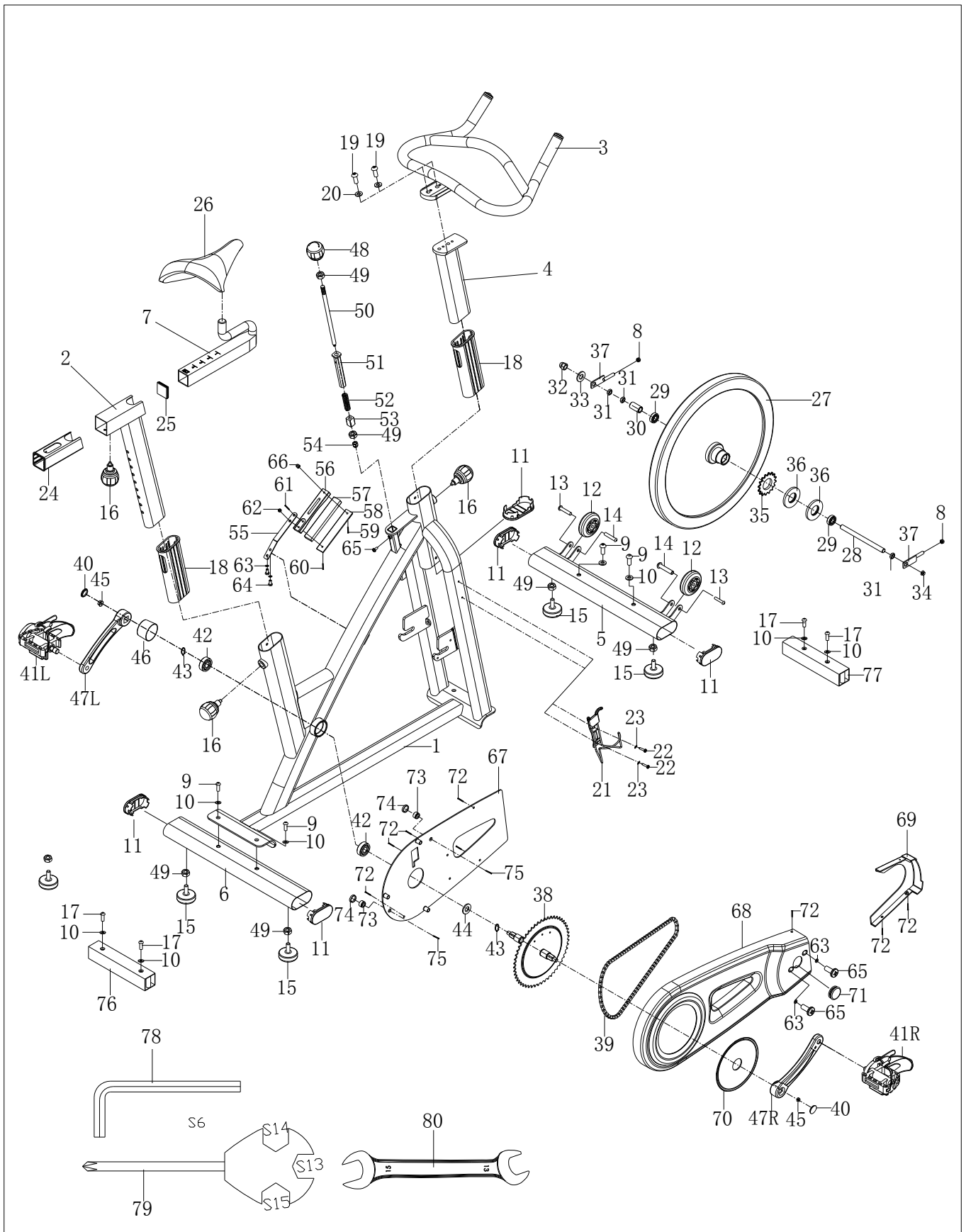
PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE.
For Customer Service, please contact: support@sunnyhealthfitness.com

Important Safety Information

Please keep this manual for future reference.

1. 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.
2. Before starting any exercise program you should consult your doctor 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 doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. 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, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. You should consult your doctor before continuing with your exercise program. If you do experience any of these conditions.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. The equipment should have at least 0.5 meters of free space all around to ensure the safety.
6. Check all the nuts and bolts securely tightened before using the equipment.
7. The safety of the equipment can only be maintained if it is regularly examined.
8. 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, stop using the equipment immediately and don't use the equipment until the problem has been repaired.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment
10. The maximum weight capacity of this unit is 275 pounds.
11. The equipment is not suitable for therapeutic use.
12. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
13. This equipment is designed for indoor and home use only, not intended for commercial use.

EXPLODED VIEW



PARTS LIST

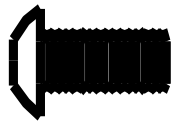
NO	DESCRIPTION	QTY
1	Main frame	1
2	Saddle post	1
3	Handlebar	1
4	Handlebar post	1
5	Front stabilizer	1
6	Rear stabilizer	1
7	Seat slider	1
8	Nut M8*H7.5*S13	2
9	Screw M10*25*S6	4
10	Washer d10*φ20*2.0	8
11	End cap PT80*40*20	5
12	Transport wheel φ71*φ19*24	2
13	Screw φ7.8*30*M6*15*S5	2
14	Screw M6*12*S5	2
15	Foot pad M10*30*φ52*49	4
16	Knob M16*1.5*15*φ49	3
17	Screw M10*16*S6	4
18	Bushing PT80*40*PT70*30*175	2
19	Screw M10*25*S6	2
20	Washer d10*φ20*1.5	2
21	Water bottle holder	1
22	Screw M5*12*φ8.5	2
23	Washer d5*φ13*1	2
24	Bushing F45*F38*153	1
25	End cap F38*38*14	1
26	Saddle	1
27	Inertial wheel 22*φ460*38*φ40*4	1
28	Inertial axle φ12*165*M12*1.0*24*50	1

NO	DESCRIPTION	QTY
29	Bearing 6001-2RZ NBK	2
30	Spacer φ18*φ12.1*22	1
31	Nut M12*1*H6*S19	3
32	Nut M12*1*H19.5*S19	1
33	Washer d12*φ24*2.0	1
34	Nut M12*1.0*H11*S18	1
35	Small chain wheel two ways 16 teeth	1
36	Nut M35*1*φ44*3.5	2
37	Adjusting screw M8*83*φ12*5	2
38	Big chain wheel φ20*190*61*Z52*2/1	1
39	Chain 1/2"*1/8"*106 KYC	1
40	Crank cap φ25*7	2
41L/R	Pedal YH-76X 9/16	1
42	Bearing 6004-2RS NBK	2
43	Jump ring d20	2
44	Wave washer d20*φ26*0.3	1
45	Nut M10*1.25*H7.5*S14	2
46	Cover for middle axle φ50*φ32*33	1
47L/R	Crank 170 "L" "R" 9/16	1
48	Knob M10*φ49*46	1
49	Nut M10*H7*S17	6
50	Brake rod φ10*240*M10*15*M6*7*M10*95	1
51	Spacer 20*20*120	1
52	Spring φ2.0*φ15*54*N12	1
53	Square nut 16*16*25*M10	1
54	Nut M6*H14*S10	1
55	Spring piece t2.0*15.8*153	55
56	Brake block 12*25*138	56

57	EVA pad	1
58	Cow leather pad t5*25*138	1
59	Screw M5*20*Φ8.5	1
60	Screw M5*18*Φ12	1
61	Screw M5*12*Φ10	1
62	Nut M5*H4*S8	1
63	Washer d6*Φ12*1.2	1
64	Bolt M6*12*S10	1
65	Screw M6*12*Φ12	4
66	Nut M5*H9*S8	2
67	Inner chain cover	3
68	Outer chain cover	1
69	Front cover	1

70	Crank cover	1
71	End cap Φ38*14	2
72	Screw ST4.8*16*Φ10	8
73	Plastic washer φ6.5*Φ25*6	2
74	Plastic washer φ6.5*Φ25*2	2
75	Screw M5*20*Φ8.5	2
76	Shipping rear tube	1
77	Shipping front tube	1
78	Allen wrench S6	1
79	Spanner S13-14-15	1
80	Open end wrench S13 S15	1

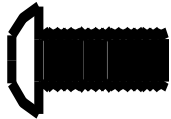
HARDWARE PACKAGE



#9 (M10*25*S6) 4PCS



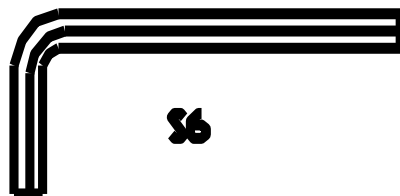
#10 (d10*Φ20*2.0) 4PCS



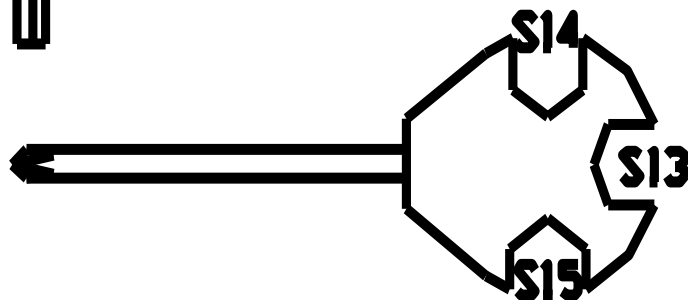
#19 (M10*25*S6) 2PCS



#20 (d10*Φ20*1.5) 2PCS

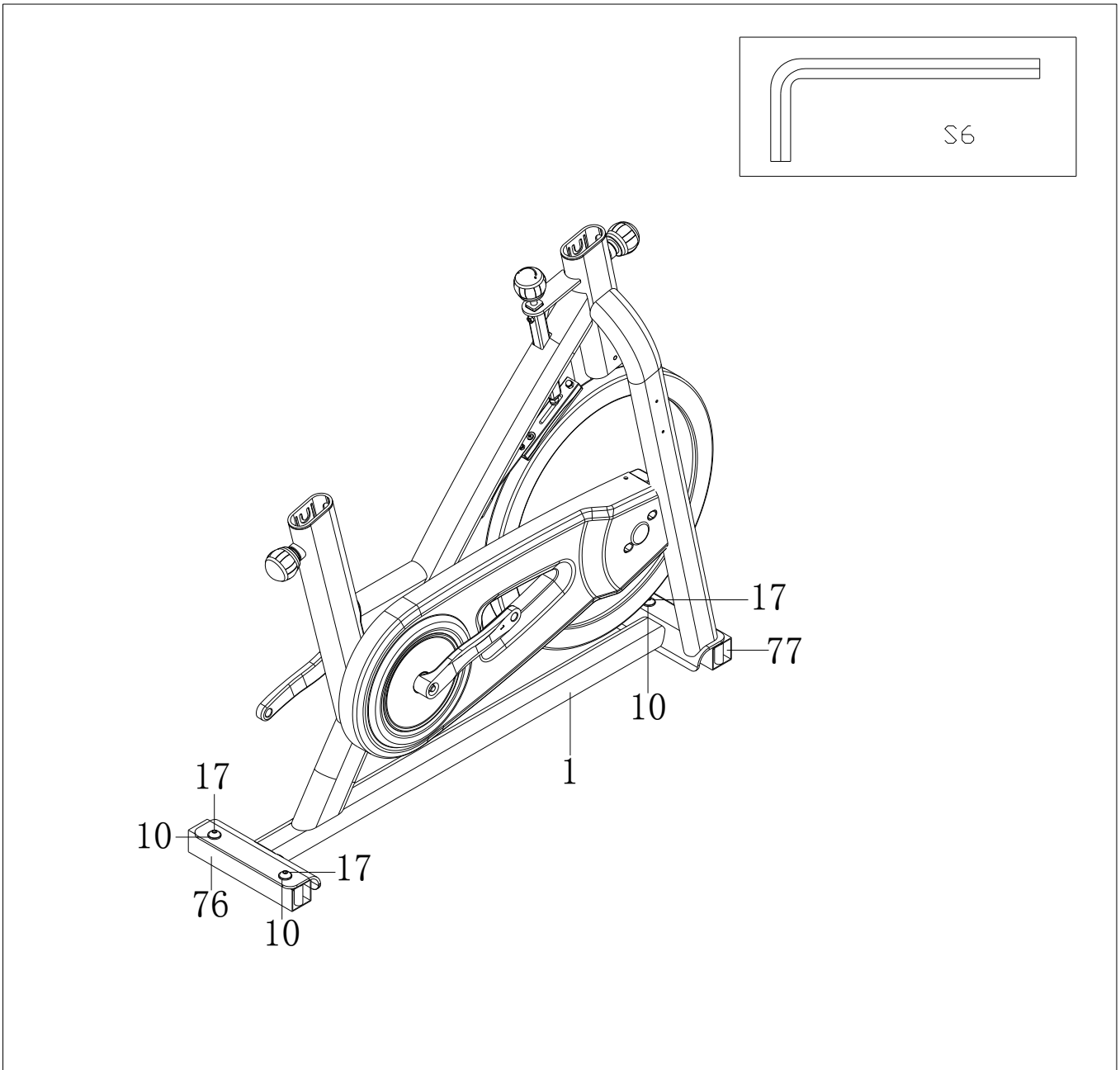


S6



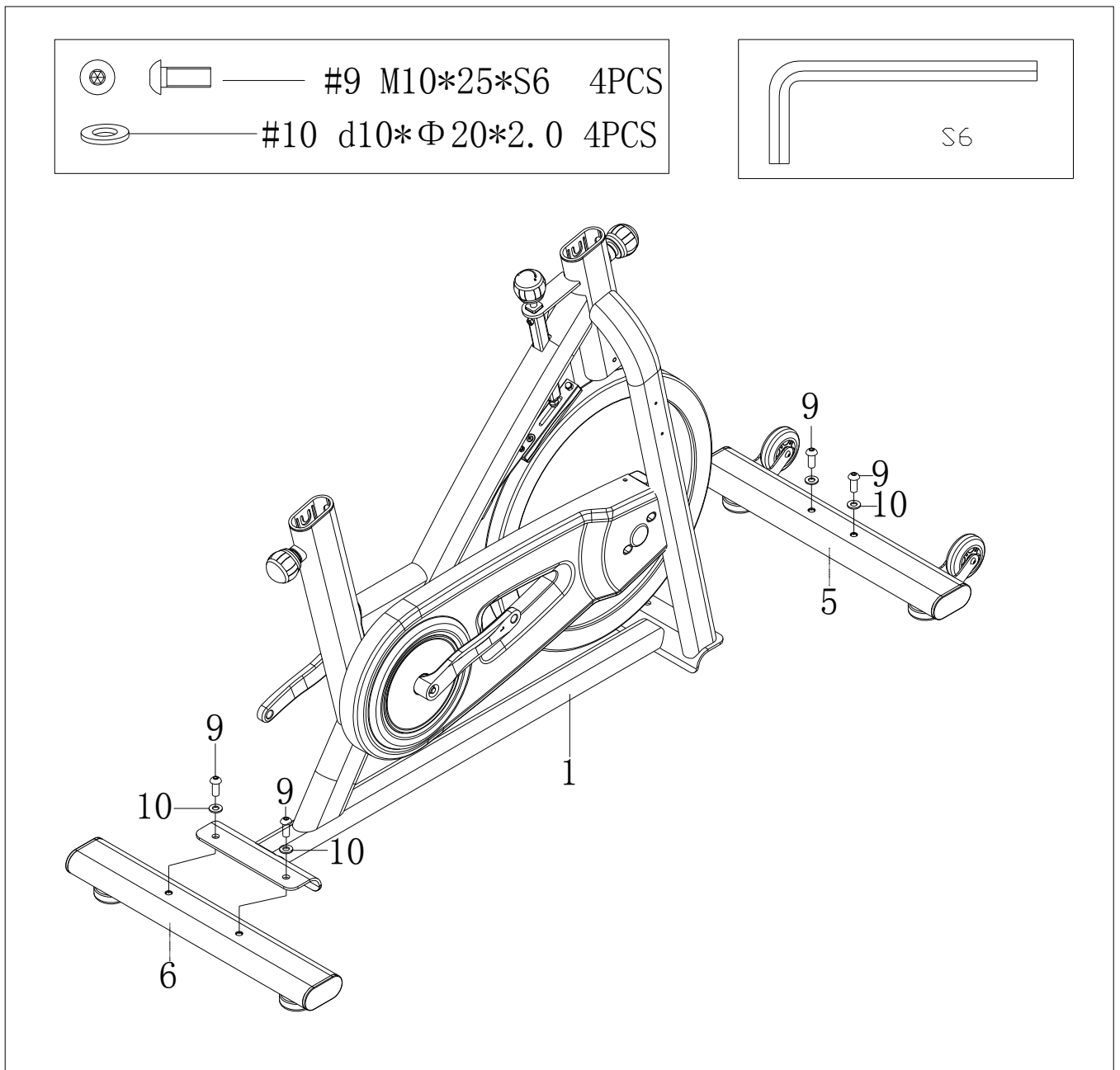
ASSEMBLY INSTRUCTIONS

STEP 1:



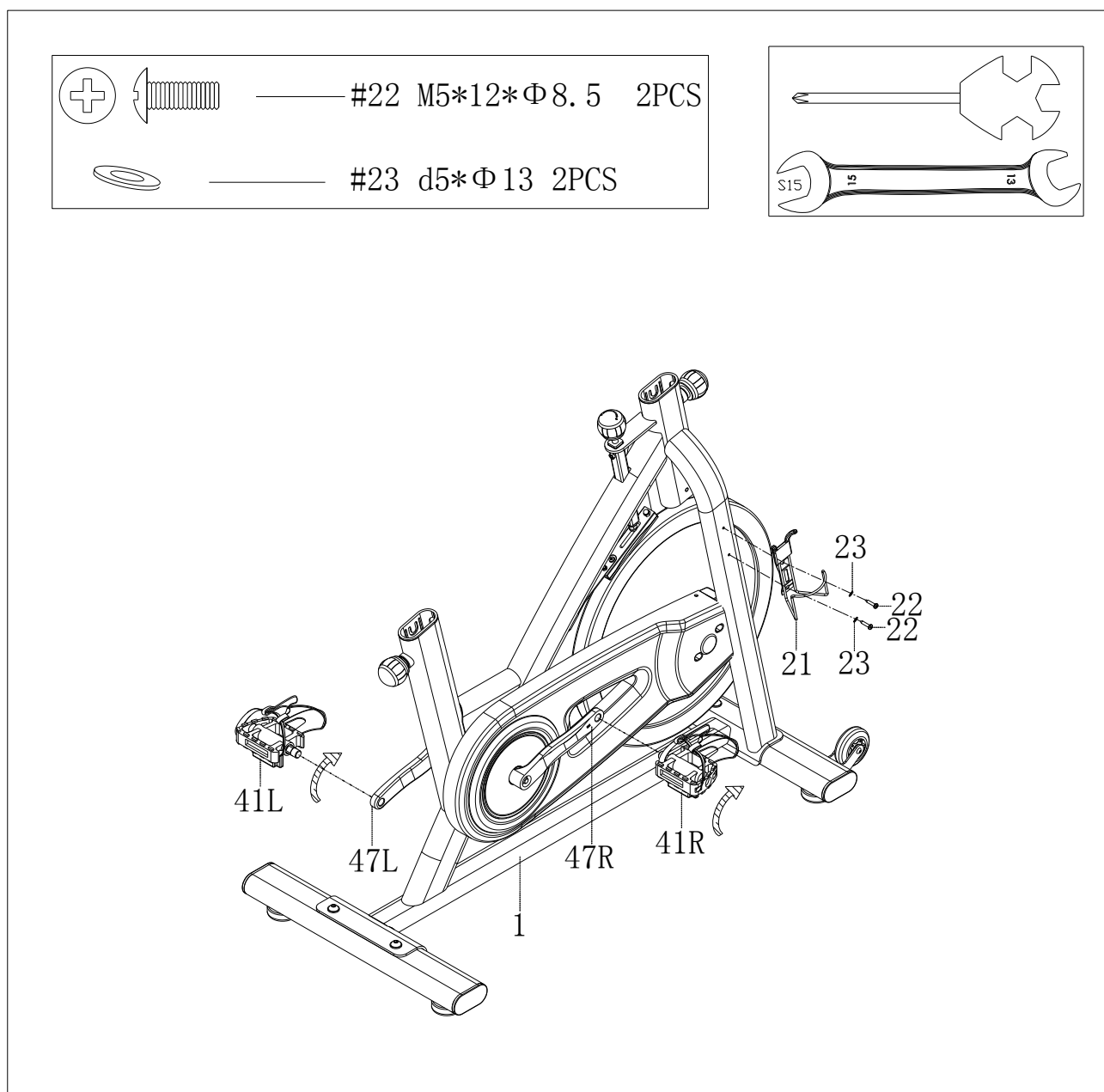
- A. Unscrew the screws (17) with Allen wrench (78), then remove and discard the shipping rear tube (76) and the shipping front tube (77);
- B. You can save these parts for future packaging and transportation of the bike if desired. {screws (17), washers (10), the shipping rear tube (76) and the shipping front tube (77)}

STEP 2:



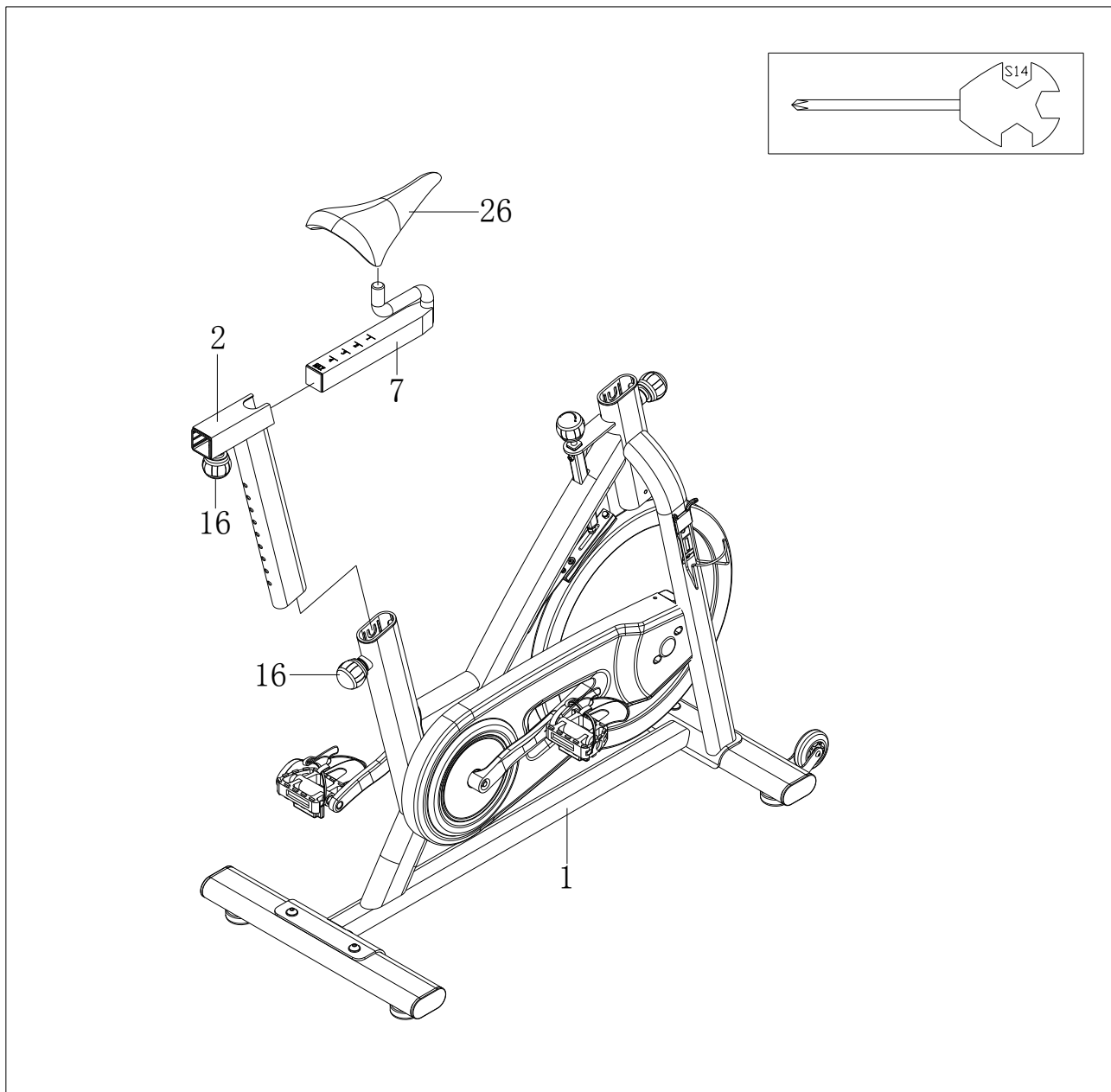
A. Secure front stabilizer (5) and rear stabilizer (6) to main frame (1) with screws (9) and washers (10).

STEP 3:



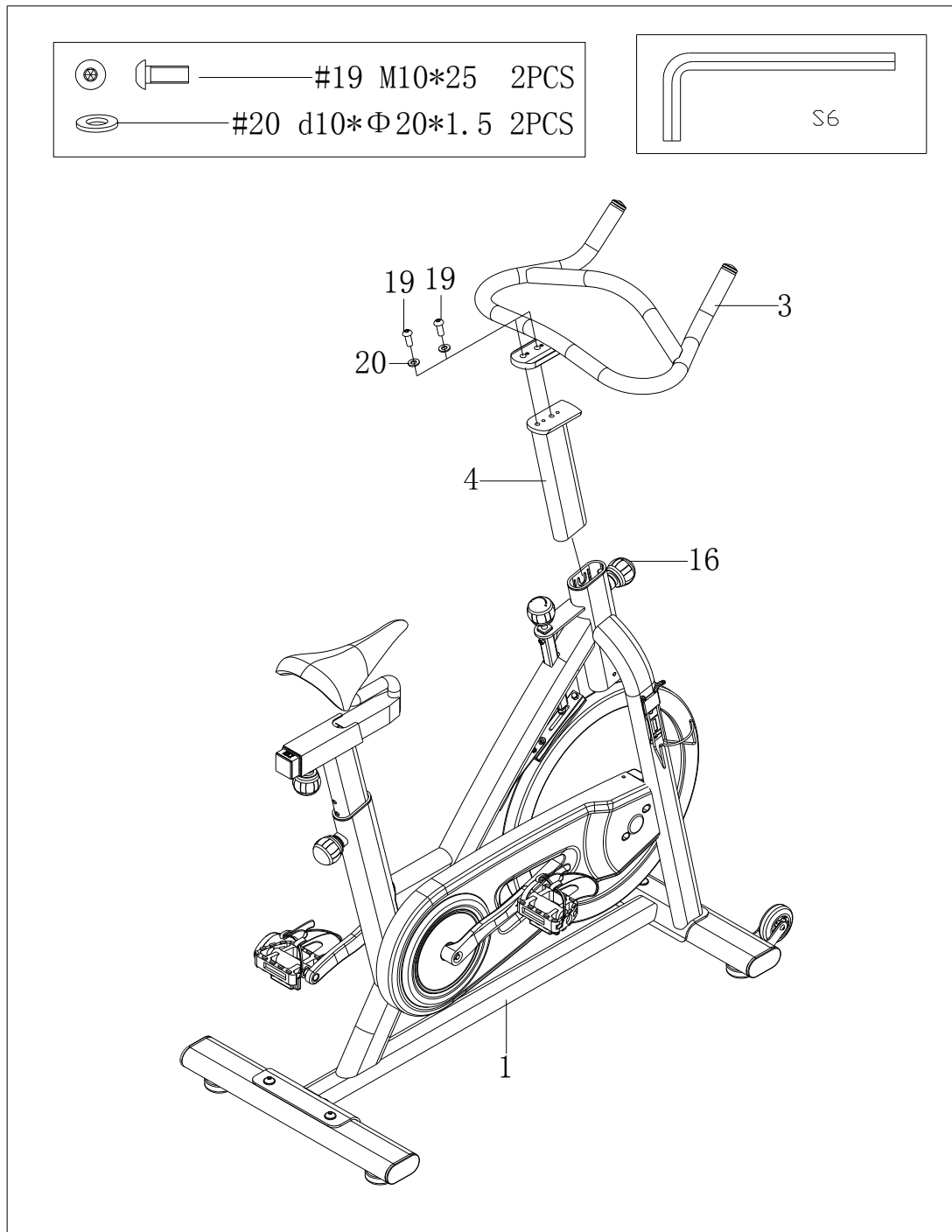
- A. Secure water bottle holder (21) to main frame (1) with screws (22) and washers (23).
- B. Secure pedals (41L/R) to the cranks (47L/R). **The Left pedal has reversed threading, and must be screwed counter-clockwise to tighten;** the right pedal has normal threading and can be screwed clockwise to tighten.

STEP 4:



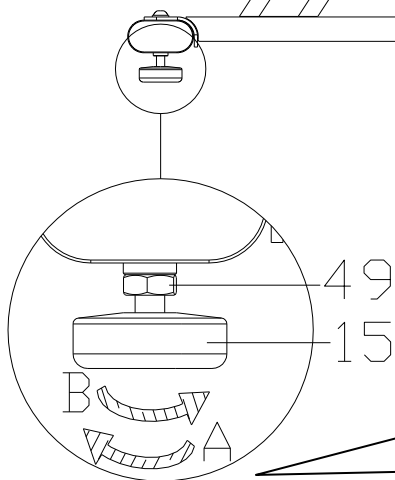
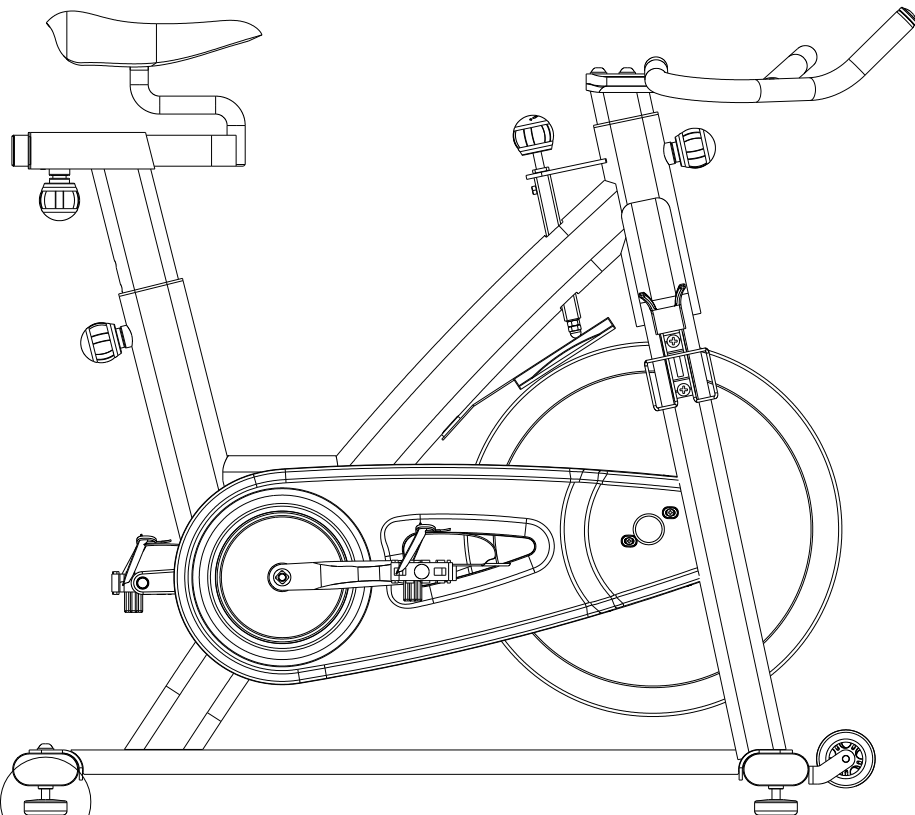
- A. Insert saddle post (2) into main frame (1), and adjust it to desired position, then tighten it with knob (16).
- B. Insert seat slider (7) into saddle post (2), and adjust it to desired position, then tighten it with knob (16).
- C. Secure saddle (26) to seat slider (7). Note: Adjust the saddle, so the front of the seat is higher or lower to meet your comfort needs.

STEP 5:



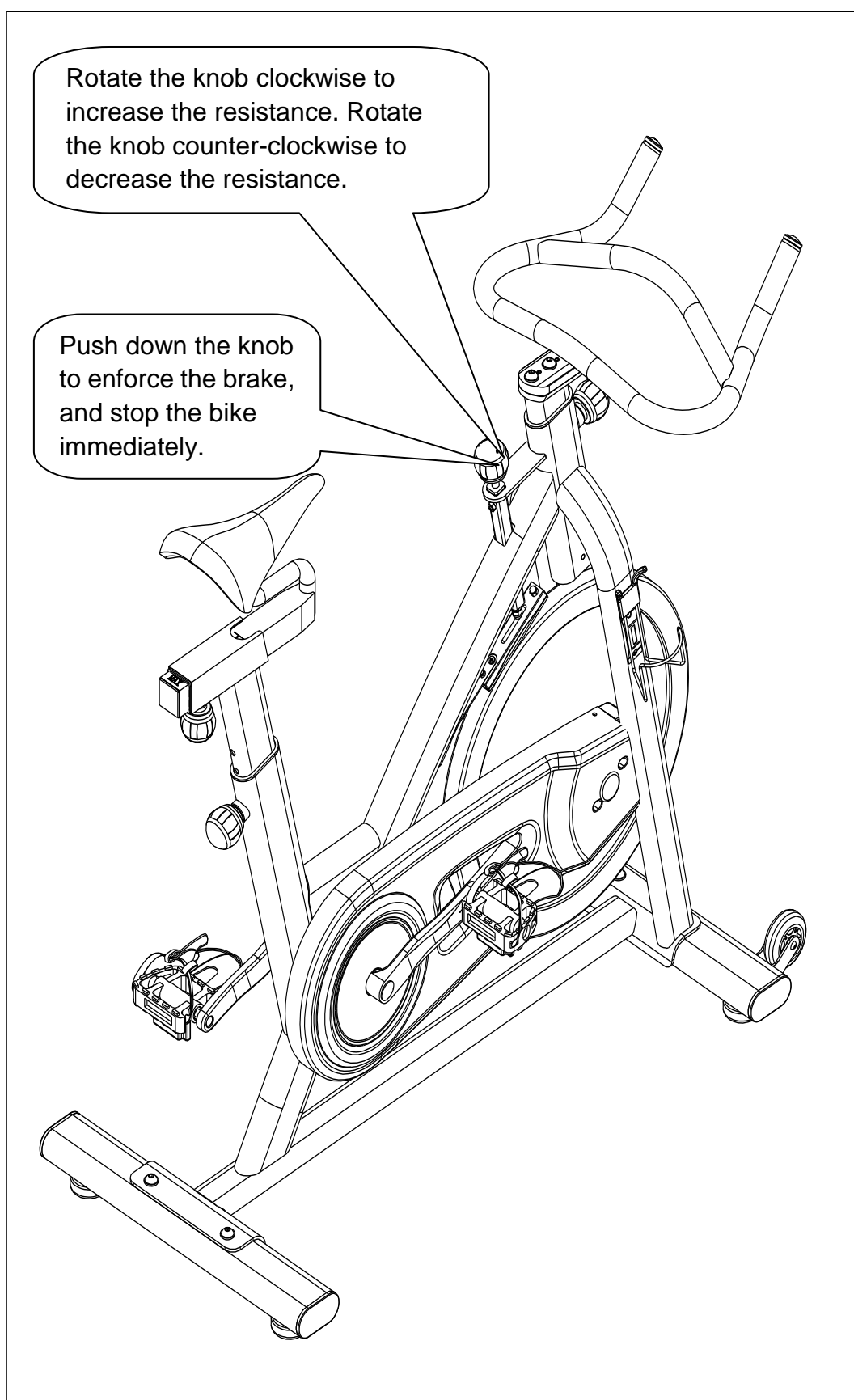
- A. Insert handlebar post (4) into main frame (1), and adjust it to desired position, then tighten it with knob (16).
- B. Secure handlebar (3) to handlebar post (4) with screws (19) and washers (20).

ADJUSTMENTS



If the bike is unbalanced, please adjust it as seen in picture to the left. Unscrew the nut (49) by turning counter-clockwise (diagram A), then rotate foot pad (15) until the bike is balanced. Lastly, tighten the nut (49) by turning it clockwise (diagram B).

RESISTANCE ADJUSTMENTS



Version: Aug 17th, 2013