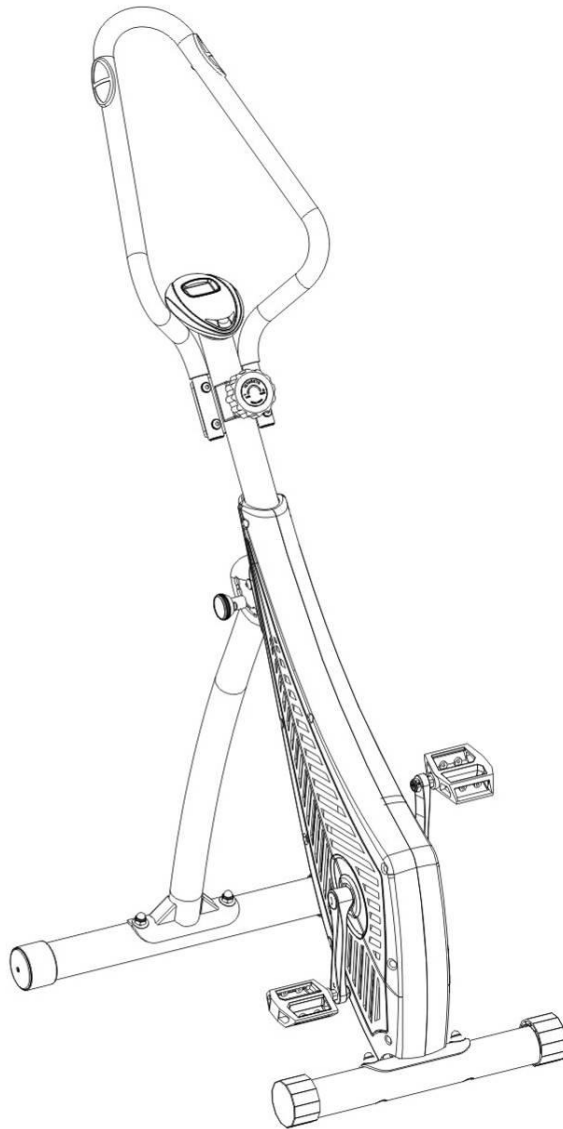




MAGNETIC CYCLING TRAINER

SF-B0419

USER MANUAL



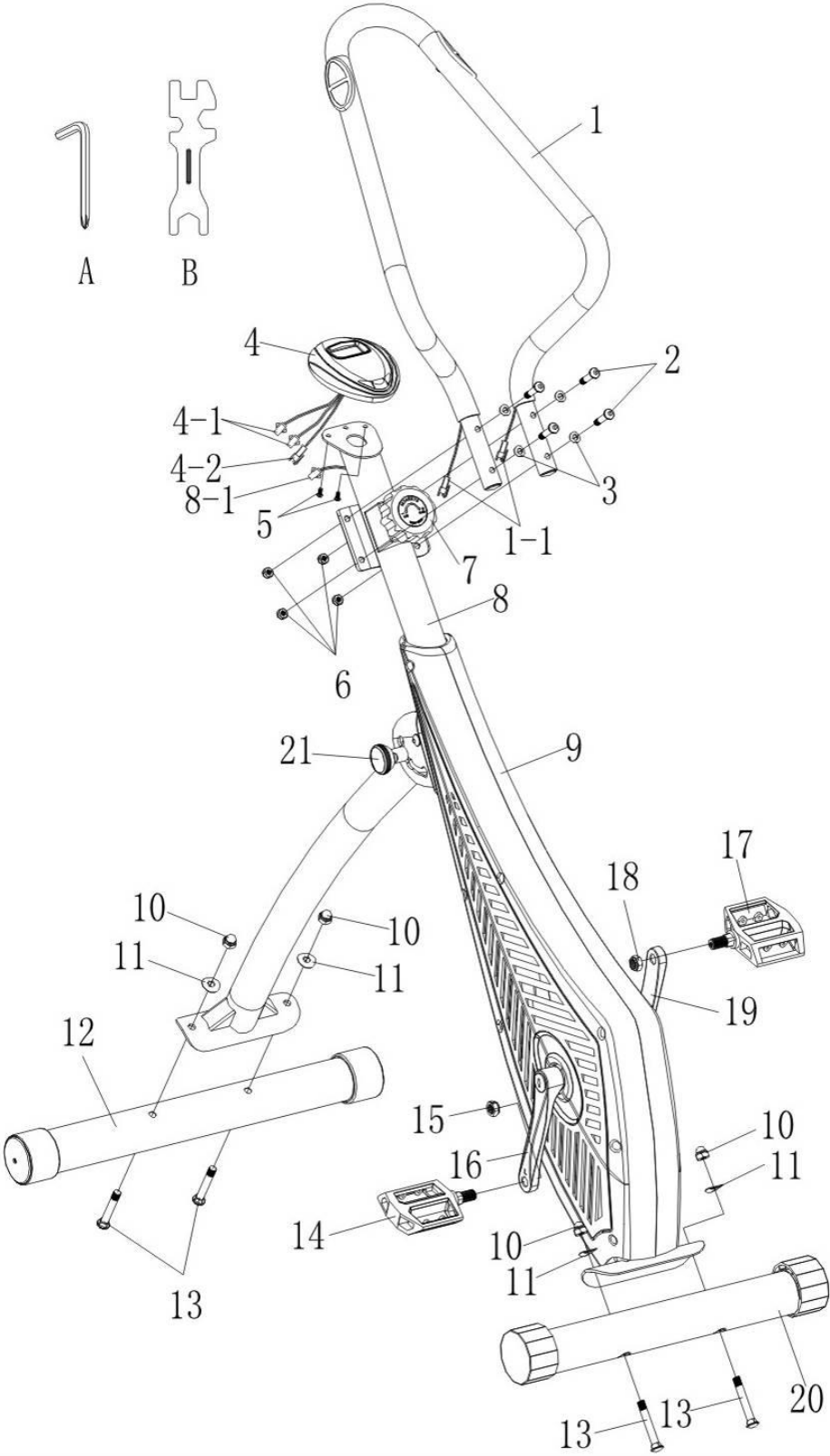
IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY INFORMATION





















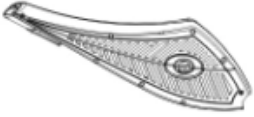


We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. 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 any medication that may affect 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 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. It is recommended that you lubricate all moving parts on a monthly basis.
7. 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 rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the equipment.
10. The maximum weight capacity of this unit is 250 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. 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.
14. This equipment is designed for indoor use only! It is not intended for commercial use!

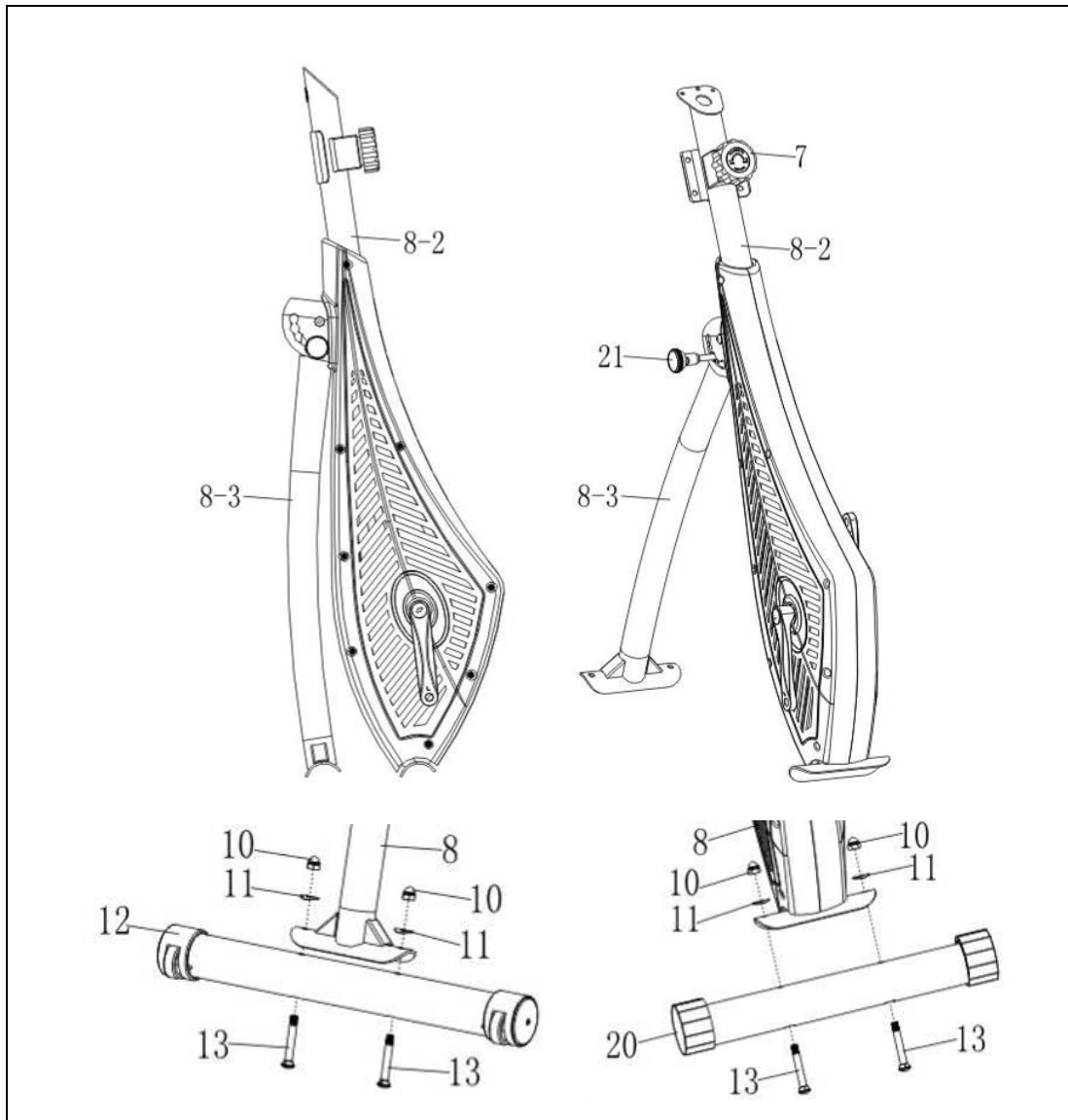
EXPLODED DRAWING



PARTS LIST

No.	PART	DESCRIPTION	QTY	No.	PART	DESCRIPTION	QTY
1		Handlebar	1	10		Cap Nut	4
				11		Washer	4
2		Screw	4	12		Front Stabilizer	1
3		Washer	4	13		Bolt	4
4		Meter	1	14	 L	Left Pedal	1
5		Screw	2	15	 L	Nut (for Left Pedal)	1
6		Nut	4	16	 L	Left Crank Arm	1
7		Tension Knob	1	17	 R	Right Pedal	1
8		Main Frame	1	18	 R	Nut (for Right Pedal)	1
				19	 R	Right Crank Arm	1
				20		Rear Stabilizer	1
				21		Adjustment Knob	1
9		Cover	2	A		Allen Wrench	1
				B		Spanner	1

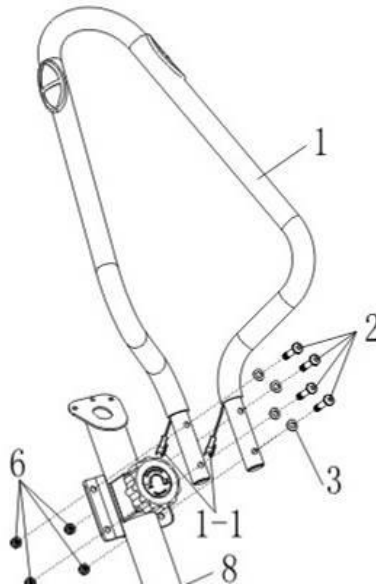
ASSEMBLY INSTRUCTIONS



STEP 1:

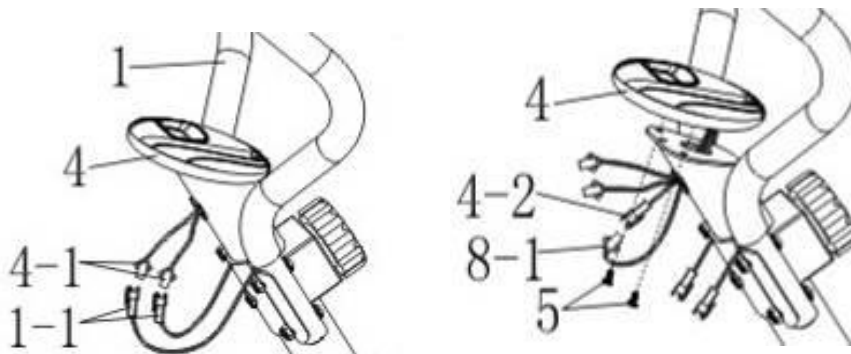
Loosen and remove the **Adjustment Knob (No. 21)** and unfold the **Main Frame (No. 8)**. Re-insert and tighten the **Adjustment Knob (No. 21)**. Attach the **Front and Rear Stabilizers (No. 12 and No. 20)** to the **Main Frame (No. 8)** using 4 **Bolts (No. 13)**, 4 **Washers (No. 11)** and 4 **Cap Nuts (No. 10)**. Tighten using **Spanner (B)**.

ASSEMBLY INSTRUCTIONS



STEP 2:

Attach the **Handlebar (No. 1)** to the **Main Frame (No. 8)** using 4 **Screws (No. 2)**, 4 **Washers (No. 3)** and 4 **Nuts (No. 6)**. Tighten using **Allen Wrench (A)** and **Spanner (B)**.



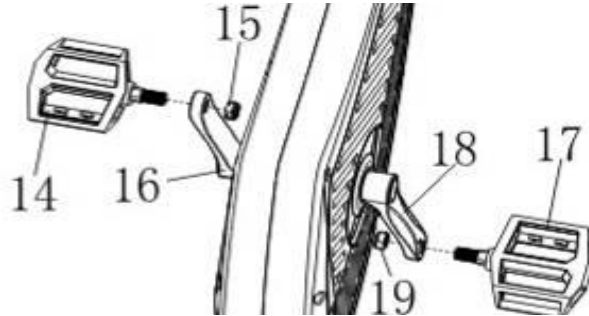
STEP 3:

Insert the **Meter Wires (No. 4-1 and 4-2)** through the hole of the meter bracket located along the top end of the **Main Frame (No. 8)**.

Connect the **Meter Wire (No. 4-2)** to the **Connecting Wire (No. 8-1)** then attach and secure the **Meter (No. 4)** to the meter bracket located on the top of **Main Frame (No. 8)** using 2 **Screws (No. 5)** and **Allen Wrench (A)**.

Connect the **Pulse Sensor Wires (No. 1-1)** from the handlebar to the **Meter Wires (No. 4-1)**.

ASSEMBLY INSTRUCTIONS



STEP 4:

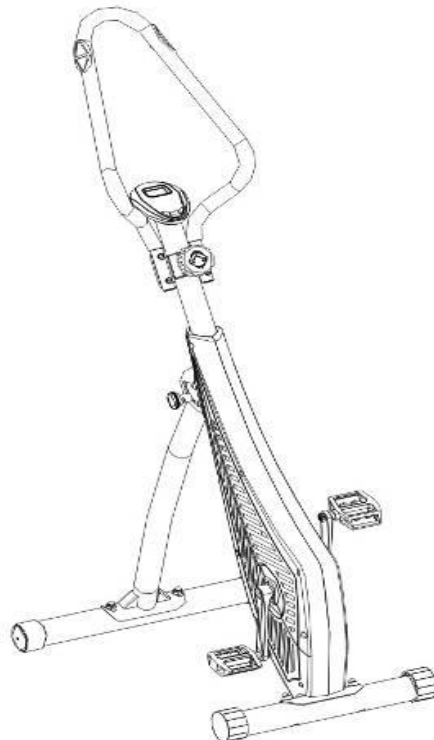
Connect the **Left and Right Pedals (No. 14 and No. 17)** onto the **Left and Right Crank Arms (No. 16 and No. 19)**. Before you begin, immobilize the crank arms by turning the tension knob all the way to the right.

Left Pedal: Align the **Left Pedal (No. 14)** with the **Left Crank Arm (No. 16)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal **counter-clockwise** as tightly as you can with your hand. Use **Nut (No. 15)** (Left Pedal Nut) to secure the left pedal, tighten using **Spanner (B)**. (The left pedal is marked with "L").

Right Pedal: Align the **Right Pedal (No. 17)** with the **Right Crank Arm (No. 19)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal **clockwise** as tightly as you can with your hand. Use **Nut (No. 18)** (Right Pedal Nut) to secure the right pedal, tighten using **Spanner (B)**. (The right pedal is marked with "R").

STEP 5:

Assembly is complete!

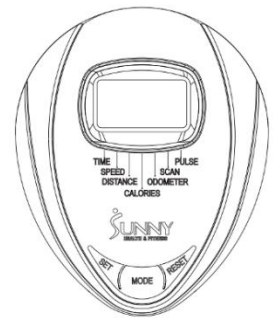


EXERCISE MONITOR

Our computerized display console on the Sunny Magnetic Cycling Trainer allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display your Time, Speed, Distance, Odometer, and Pulse. With our easy-to-use console, the user can efficiently track their fitness improvements from one workout to the next.

FUNCTION KEY:

1. **MODE:** To select your specification mode and/or turn on display console



FUNCTIONS AND SPECIFICATIONS:

1. **SCAN** -- Repeatedly displays all functions alternately (in the following order)
2. **TIME** -- Counts the total time elapsed (counts up to 99:59 MIN.)
3. **SPEED** -- Displays your current pedaling speed (00.00 up to 999.9 KM/H or MPH)
4. **DISTANCE** -- Measures the total distance traveled (0.00-999.99 Kilometer or Miles)
5. **ODOMETER** -- Counts the total accumulated distance.
6. **CALORIES** -- The rate of calories burned per hour (0.0-999.9 KCAL)
7. **PULSE** -- Displays the detected heart rate in beats per minute (40-240 BPM)

*To measure your heart rate, place the palm of your hands on both contact pads and wait 30 seconds for an accurate reading.

HOW TO USE:

1. AUTO ON/OFF:

Begin pedaling or press the MODE button to turn on the console. Once the display console is on, it will remain active while in motion. The display console will automatically turn off when it has reached approximately 4 minutes without any motion.

2. RESET:

To reset the display console, hold down the MODE button for 3 seconds. You can also reset the console by removing the batteries.

3. LOCK MODE:

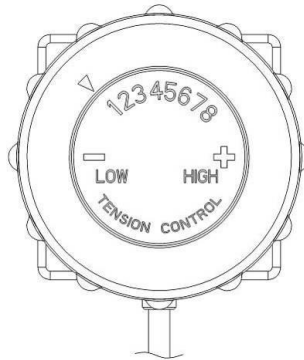
In LOCK MODE, the console will only display the desired statistic. To select the LOCK MODE setting, press the MODE key when the pointer is on the function you wish to select.

4. BATTERY/TROUBLESHOOT: The display console uses two AA batteries. If the display appears improper or becomes difficult to read, please try installing new batteries before contacting our customer service.

OPERATION & MAINTENANCE

1. Please read all instructions before assembling the equipment. During assembling and use, please make sure to follow all instructions carefully as any improper techniques of use or assembly may result in injury or damage to the equipment.
2. The suggested exercise regimen for optimal results is 10-15 minutes per day, at least three times a week.
3. Before beginning exercise, always inspect the equipment to ensure that all moving parts, as well as hardware, are secured properly and are in good condition.
4. To adjust the level of tension, turn the **Tension Knob (No. 7)** to the left or right and align the arrow to the preferred tension level as shown below. This machine contains 8 different levels of tension, with Level 1 being the lowest and Level 8 being the highest.

Turn the Tension Knob to the *left to decrease* the level of tension, turn the Tension Knob to the *right to increase* the level of tension.

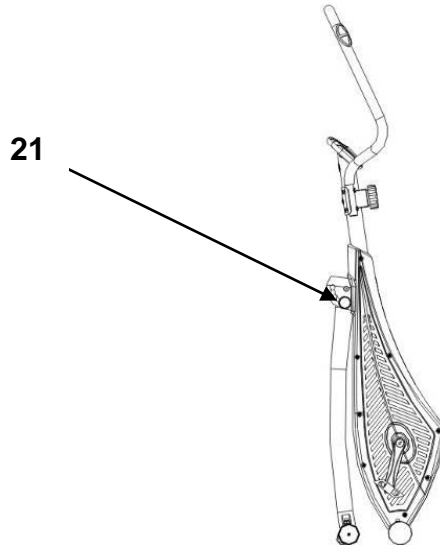


MAINTENANCE:

Only use a dry cloth to gently wipe the bike. It is recommended that you clean the bike after each use. Store the bike in a dry area; do not leave the bike outdoors as prolonged exposure to the extreme weather will cause damage to the parts and affect the function.

FOLDING INSTRUCTIONS

To fold the bike, remove the **Adjustment Knob (No. 21)** from the **Main Frame (No. 8)** and push the front and rear stabilizer bars inward towards each other until the bike is completely folded. Re-insert the **Adjustment Knob (No. 21)** to secure the bike in the folded position.



To unfold the bike, remove the **Adjustment Knob (No. 21)** from the **Main Frame (No. 8)**. Next, pull the front and rear stabilizer bars outward from each other until the bike is completely unfolded. Set the bike to the desired level and re-insert the **Adjustment Knob (No. 21)** to secure the bike in the unfolded position.

