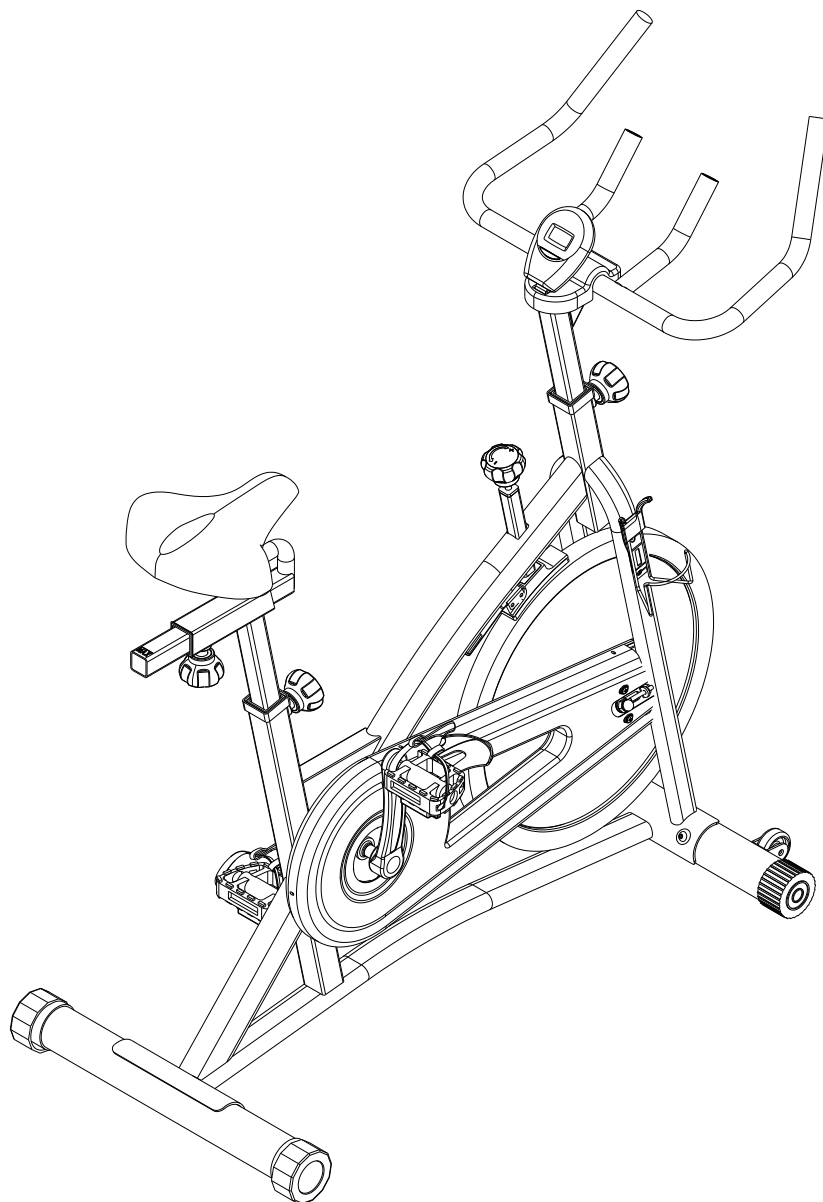




# INDOOR CYCLING BIKE

## SF-B1421

### USER MANUAL



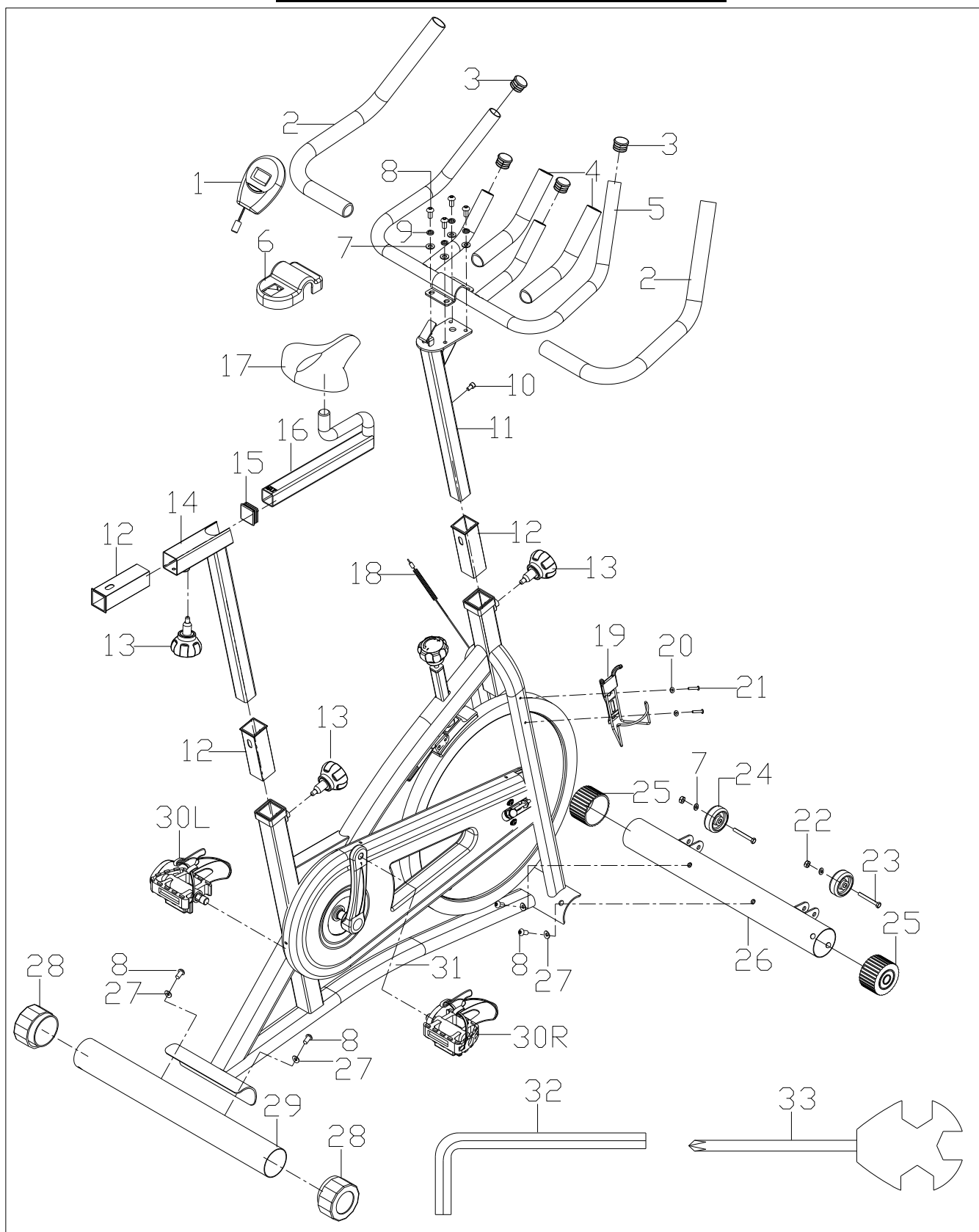
**IMPORTANT:** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

# **IMPORTANT SAFETY INFORMATION**

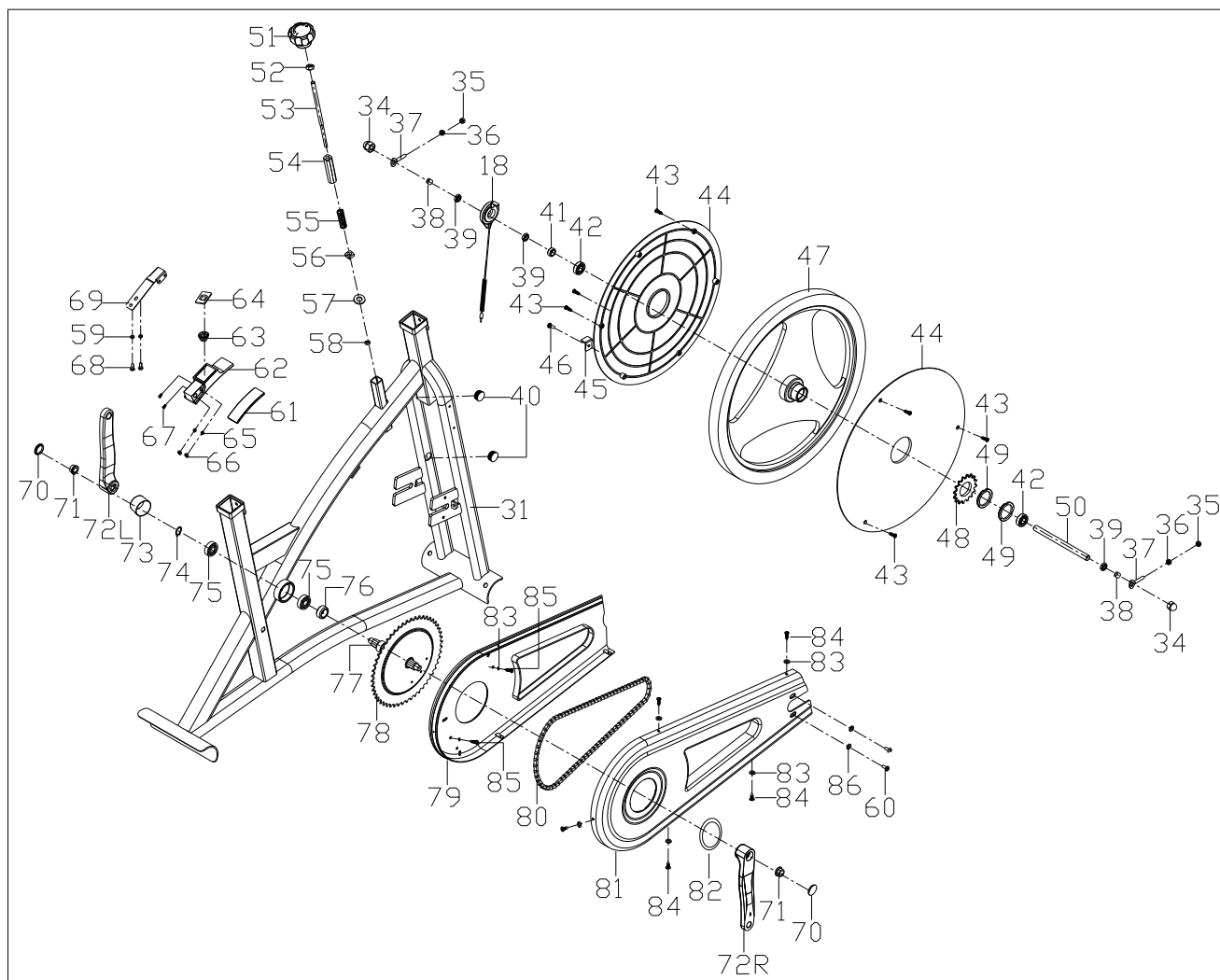
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. 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 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, and extreme 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 moving parts of the exercise equipment.
10. The maximum weight capacity of this unit is 265 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! It is not intended for commercial use!

# **EXPLODED DRAWING 1**



# EXPLODED DRAWING 2



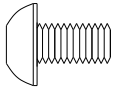
# PARTS LIST

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY
1	Computer		1	44	Flywheel Cover		2
2	Foam Grip	23*3*480	2	45	Sensor Stopper	T2*20	1
3	End Cap	25*16	4	46	Screw	ST4.8*10*8	1
4	Foam grip	23*3*190	2	47	Flywheel	13*460	1
5	Handlebar		1	48	Small Chain Wheel	16 teeth	1
6	Handlebar Cover	125*80*42	1	49	Nut	M35*1*44*3.5	1
7	Washer	D8*16*1.5	6	50	Inertia Axle	12*150*M12*1.0	1
8	Screw	M8*16*S6	8	51	Knob	M8*56*43	1
9	Spring Washer	D8	4	52	Nut	M10*H5.5*S17	1
10	Screw	M5*10*S4	1	53	Brake Rod	10*200*M10*15*M6*7*M10*95	1
11	Handlebar Post		1	54	Bushing	20*20*74	1
12	Bushing	F38*38*F30*30*L120	3	55	Nut	16*16*25*S10	1
13	Adjustment Knob	M16*1.5*24*56	3	56	Spring	Φ2.0*Φ15*54*N12	1
14	Saddle Post		1	57	Washer	D6*16*1.5	1
15	End Cap	F30*30*16	1	58	Nut	M6*H6*S10	1
16	Seat Slider		1	59	Washer	D6*12*1.2	2
17	Saddle		1	60	Screw	M6*12*12	2
18	Inductor		1	61	Wool Felt	110*30*8	1
19	Water Bottle Holder		1	62	Brake Board	110*27*30	1
20	Washer	D5*10*1	2	63	Spring	2*24*13*15*N5	1
21	Screw	M5*16*10	2	64	Brake Stopper	35*24*2	1
22	Nut	M8*H7.5*S13	2	65	Washer	D5*10*1	2
23	Bolt	M8*40*20*S14	2	66	Nut	M5*H5.5*S10	2
24	Transport Wheels	42*18*8*22	2	67	Screw	M5*30*8	2
25	End Cap	60*45.5	2	68	Bolt	M6*12*S10	2
26	Front Stabilizer		1	69	Brake Spring Board	T1.2*23*122	1
27	Arc Washer	D8*20*2*R30	4	70	Crank Cap	25*7	2
28	End Cap	60*45.5	2	71	Nut	M10*1.25*H7.5*S14	2
29	Rear Stabilizer		1	72 <sub>L/R</sub>	Left & Right Crank Arm		2
30 <sub>L/R</sub>	Left & Right Pedal		2	73	Middle Axle Cover	50*32*33	1
31	Main Frame		1	74	Reed	D17	1
32	Allen Wrench	S6	1	75	Bearing	6203-2RS	2
33	Spanner	S13-14-15	1	76	Spacer	22*18*5	1
34	Nut	M12*1*H19.5*S19	2	77	Middle Axle	17*175*57*74.2*S25	1
35	Nut	M6*H6*S10	2	78	Big Chain Wheel	225*2.5*z52*1/2"	1
36	Nut	M6*H5*S10	2	79	Inner Chain Cover	625*270*27	1
37	Adjusting Screw	M6*50*12*5	2	80	Chain	1/2"*1/8"*104 KYC	1
38	Spacer	22*12.5*6	2	81	Outer Chain Cover	650*270*40	1
39	Nut	M12*1*H6*S19	3	82	Crank Cover	100*40	1
40	End Cap	22*16	2	83	Washer	D5*10*1	7
41	Spacer	18*12.2*4	1	84	Screw	ST4.2*13*8	5
42	Bearing	6001-2RS	2	85	Screw	ST4.8*16*10	2
43	Screw	ST4.8*10*8	6	86	Washer	D6*16*1.5	2

## HARDWARE PACKAGE



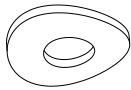
\_\_\_\_\_ #7 d8\*Ø16\*1.5 4PCS



\_\_\_\_\_ #8 M8\*16\*S6 8PCS



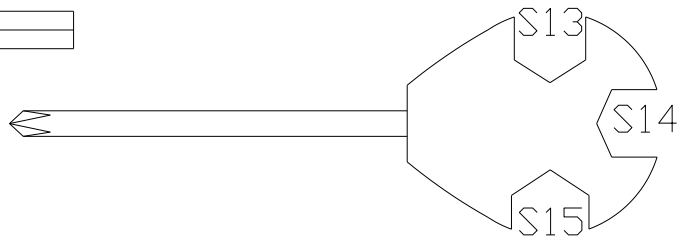
\_\_\_\_\_ #9 d8 4PCS



\_\_\_\_\_ #27 d8\*Φ20\*2\*R30 4PCS



S6

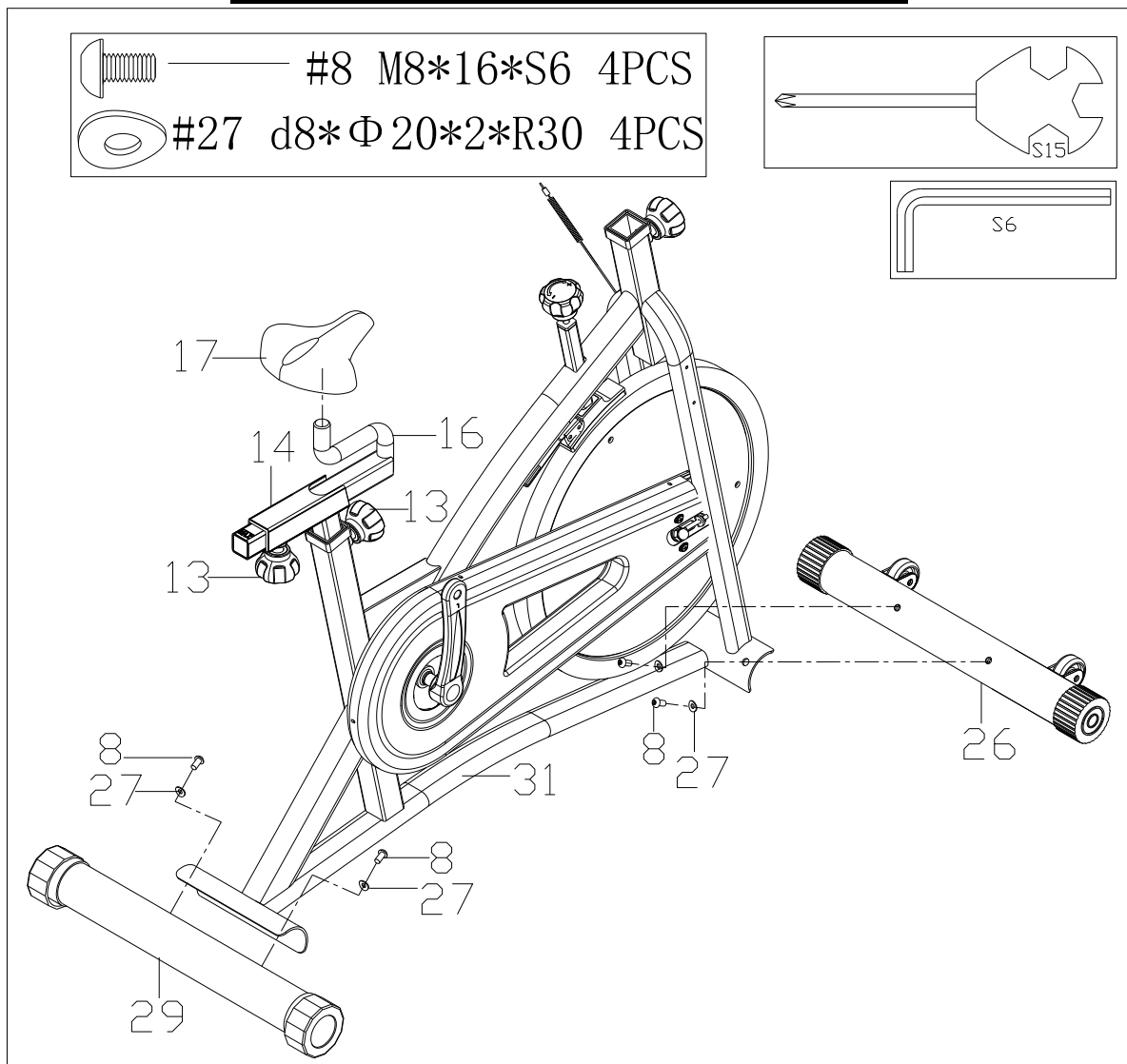


S13

S14

S15

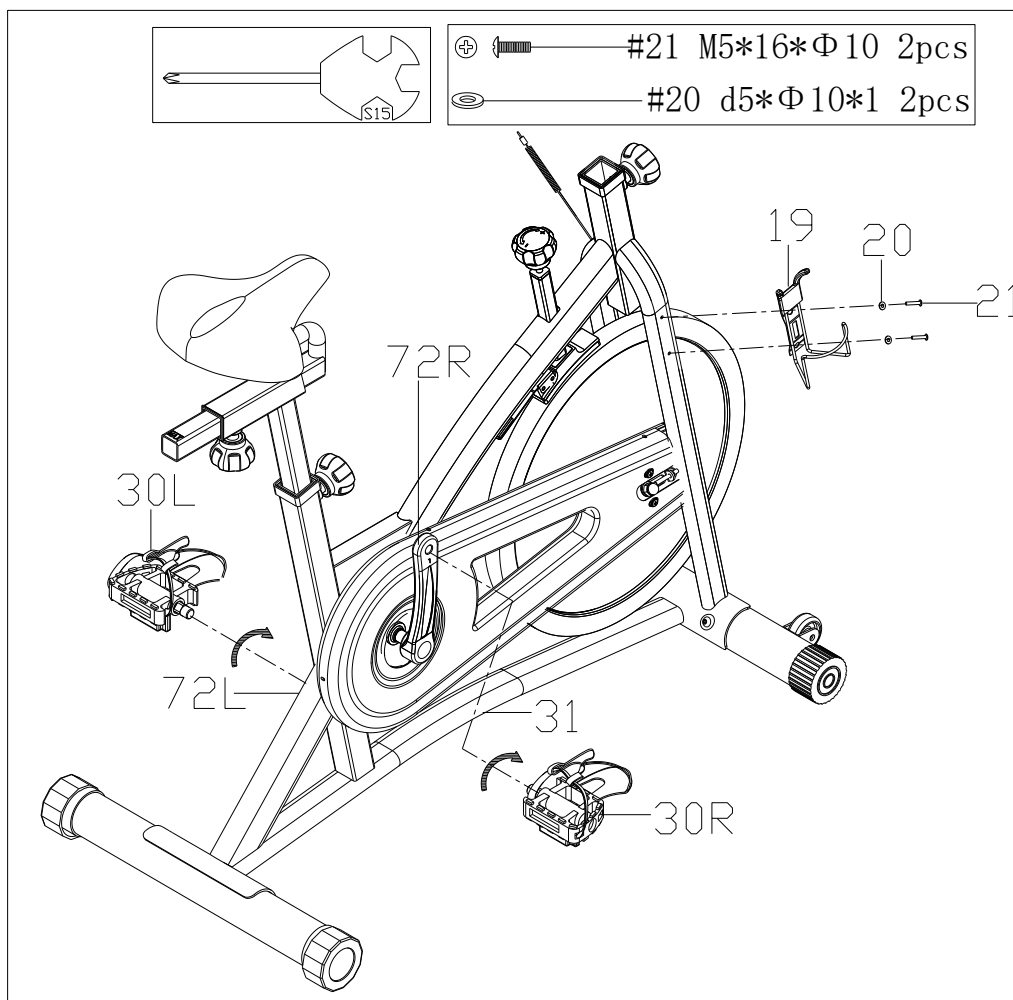
# ASSEMBLY INSTRUCTIONS



## STEP 1:

Attach the **Front and Rear Stabilizers (No. 26 & No. 29)** to the **Main Frame (No. 31)** using 4 **Screws (No. 8)** and 4 **Arc Washers (No. 27)**. Tighten and secure with **Allen Wrench (No. 32)**.

Attach the **Saddle (No. 17)** to the **Seat Slider (No. 16)**, tighten and secure with **Spanner (No. 33)**.



## STEP 2:

Connect the **Left & Right Pedals (No. 30L & No. 30R)** to the **Left & Right Crank Arms (No. 72L & No. 72R)**. Before you begin, immobilize the crank arms by turning the tension knob all the way to the right.

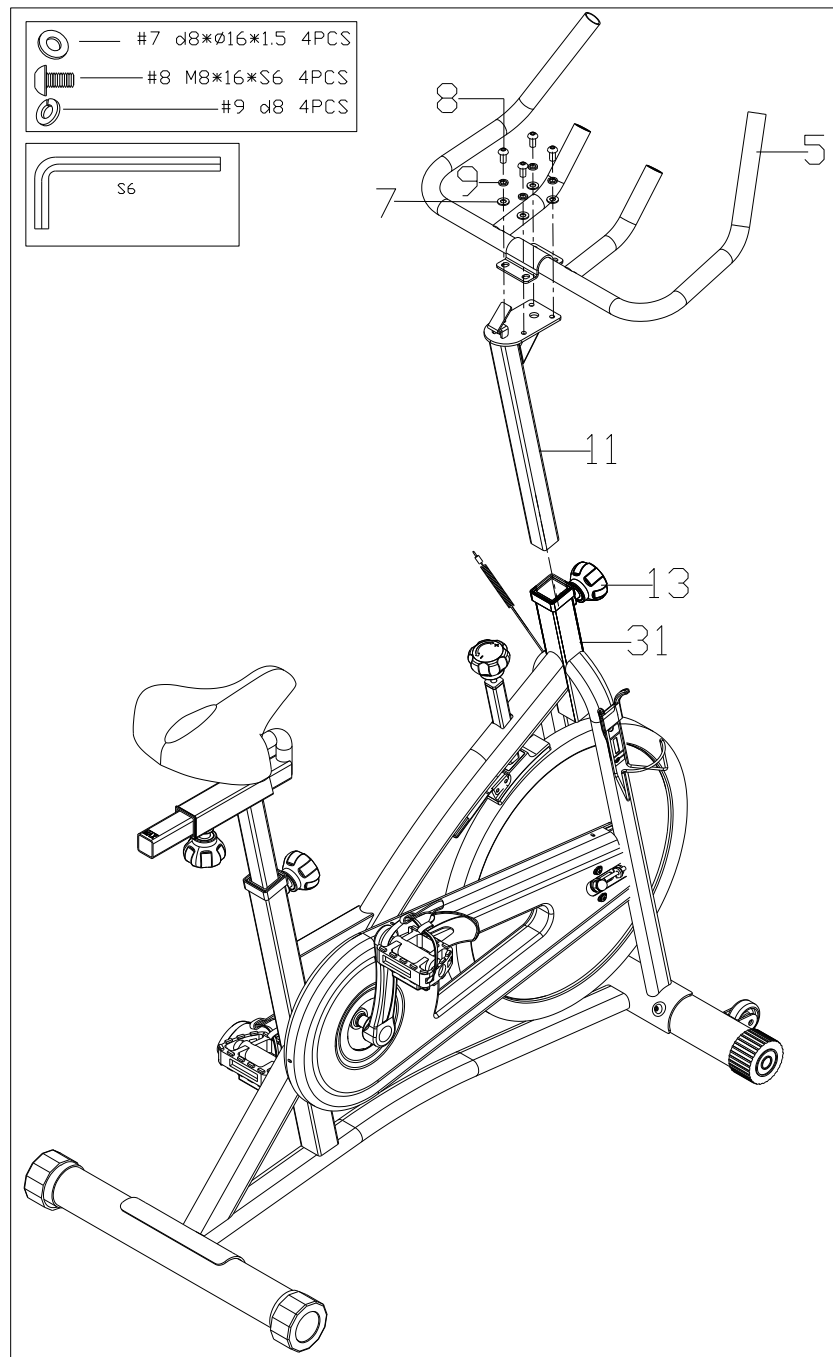
**NOTE:** The **Left & Right Pedals (No. 30L and No. 30R)** are marked L for the left pedal and R for the right pedal.

**Left Pedal:** align the **Left Pedal (No. 30L)** with the **Left Crank Arm (No. 72L)** at 90 degrees. Gently insert the pedal into the crank arm and turn the pedal *counter-clockwise* as tightly as you can with your hand then tighten and secure with **Spanner (No. 33)**.

**Right Pedal:** Align the **Right Pedal (No. 30R)** with the **Right Crank Arm (No. 72R)** at 90 degrees. Gently insert the pedal into the crank arm and turn the pedal *clockwise* as tightly as you can with your hand then tighten and secure with **Spanner (No. 33)**.

Connect the **Water Bottle Holder (No. 19)** to the **Main Frame (No. 31)** using 2 **Screws (No. 21)** and 2 **Washers (No. 20)**. Tighten and secure with **Spanner (No. 33)**.

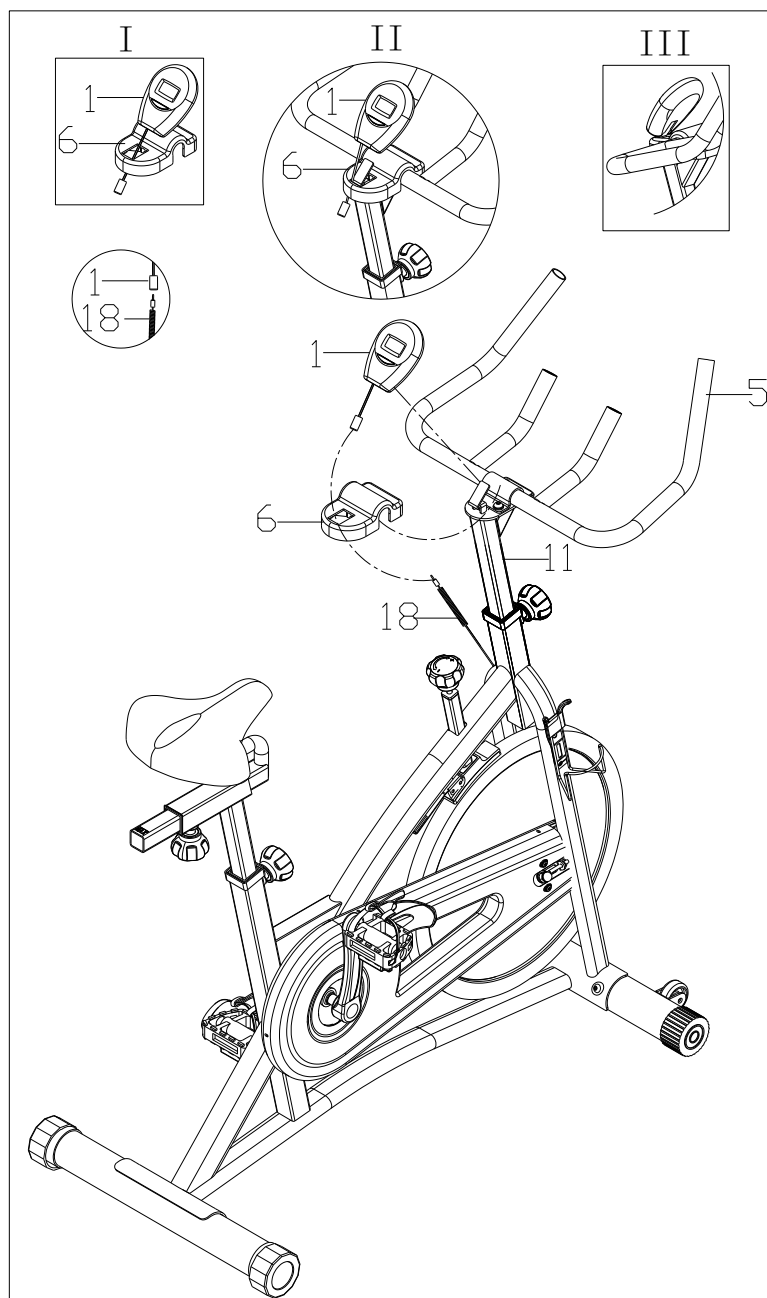




### STEP 3:

Loosen and remove the **Adjustment Knob (No. 13)**. Insert the **Handlebar Post (No. 11)** into the sleeve located on the front of the **Main Frame (No. 31)**. Adjust the **Handlebar Post (No. 11)** to the desired position, re-insert and tighten the **Adjustment Knob (No. 13)** to secure the post in place.

Attach the **Handlebar (No. 5)** to the **Handlebar Post (No. 11)** using 4 **Bolts (No. 8)**, 4 **Spring Washers (No. 9)** and 4 **Washers (No. 7)**. Tighten and secure with **Spanner (No. 33)**.



#### STEP 4:

Insert the link wire of the **Computer (No. 1)** into the middle hole of the **Handlebar Cover (No. 6)** as shown above in *Figure I*.

Attach the **Handlebar Cover (No. 6)** to the **Handlebar (No. 5)** as shown above in *Figure II*.

Attach the **Computer (No. 1)** to the bracket located on the **Handlebar Post (No. 11)** as shown above in *Figure III*.

Connect the link wire of the **Computer (No. 1)** to the **Inductor (No. 18)**.

*The assembly is now complete!*

# EXERCISE COMPUTER

## SPECIFICATIONS:

**TIME**----- 00:00-99:59 MIN:SEC  
**SPEED**----- 0.0-999.9 MILES/H  
**DISTANCE**----- 0.00-99.99 MILES  
**CALORIES**----- 0.0-999.9 KCAL



## FUNCTION KEY:

**MODE:** Press to select function. (Time, Speed, Distance, Calories.)

## OPERATION PROCEDURES:

### 1. AUTO ON/OFF:

If the belt is put into motion or the mode button is pressed, the computer will activate, and remain active until its reached approximately 4 minutes of no motion.

### 2. MODE:

To select the LOCK MODE setting press the **MODE** key when the pointer on the function you wish to select begins to blink, (once locked only the selected function will be displayed).

## FUNCTIONS:

**TIME:** Counts the total time of an exercise from start to finish.

**SPEED:** Displays the current speed being obtained.

**DISTANCE:** Counts the total distance of an exercise from start to finish.

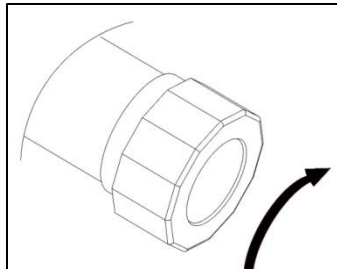
**CALORIES:** Counts the total amount of calories burned during an exercise start to finish.

**SCAN:** Automatically displays functions in the following order shown: time, speed, distance, calories (repeat).

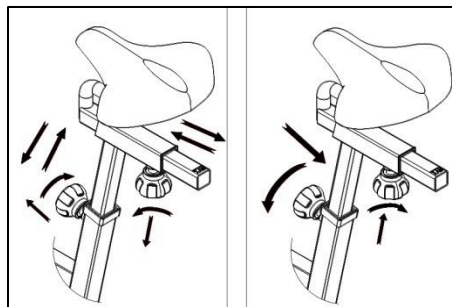
**BATTERY:** This monitor uses two AA batteries. If the display appears improper or becomes difficult to read please try installing new batteries before attempting to contact.

## USAGE & MAINTENANCE

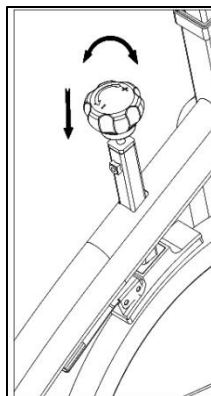
The SF-B1421 Indoor Cycling Bike is designed to help compensate for uneven surfaces by providing the option to level the bike! To do so, simply turn the **End Caps (No. 28)**, located on the **Rear Stabilizer (No. 29)**, until the bike becomes level with the ground.



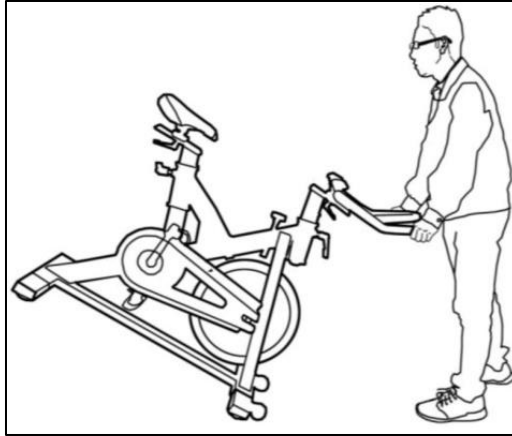
This bike allows you to adjust the height and distance of the saddle within a few steps. Loosen and pull out the **Adjustment Knob (No. 13)** to adjust the height of the saddle to the desired level. You may also slide the seat forwards or backwards by loosening and pulling out the adjustment knob under the **Seat Slider (No. 16)**. You will see limit identification on the saddle post, seat slider, and handlebar post, and this is to indicate that there is no more space for adjustments – do not pass this mark. Always check the **Adjustment Knobs (No. 13)** to ensure that they are in place and fully secure when you finish making an adjustment.



Rotate the tension control knob *clockwise* to increase the level of resistance and rotate the knob *counter-clockwise* to decrease the level of resistance. Push down on the tension control knob to enforce the brake and stop the bike immediately.



To move the bike, grab the **Handlebar (No. 5)** securely then push downwards until the back end of the bike comes off of the ground. Once the two front wheels located on the front stabilizer hit the ground and are put into motion, you can safely and easily move the bike to the desired location.



Use the wrench to unscrew the nut under the saddle to adjust it to the desired angle. Once the angle is located, re-install and secure the nut. Check the nut periodically to ensure that it is secure, use the **Spanner (No. 33)** to tighten when needed.

