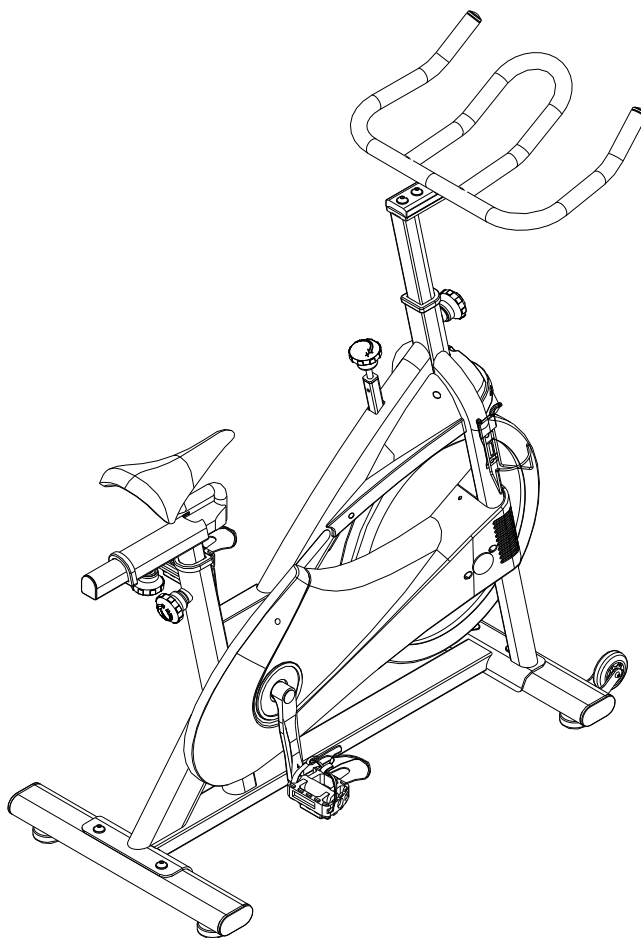




BELT DRIVE PREMIUM INDOOR CYCLING BIKE

SF-B1509

USER MANUAL



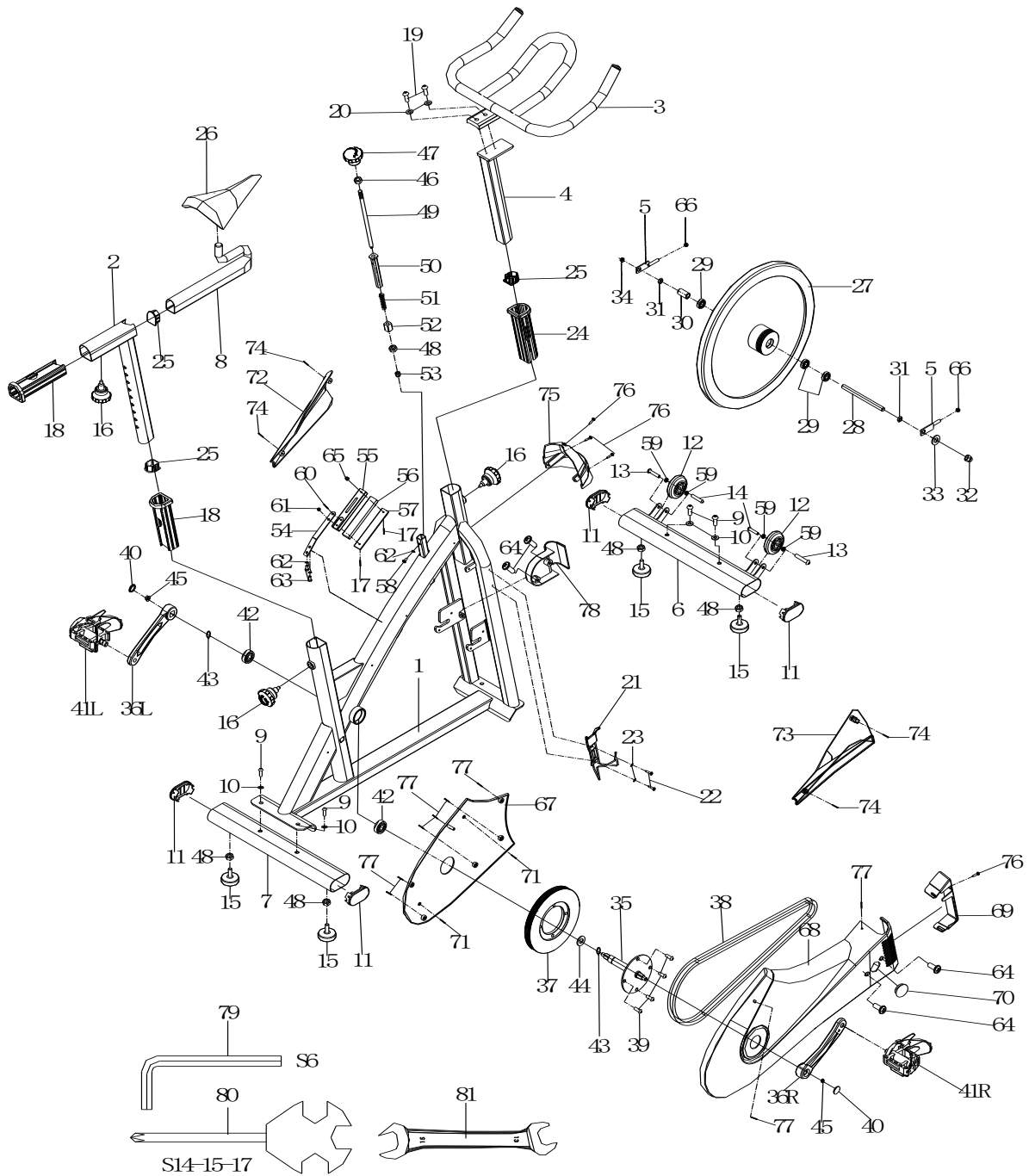
IMPORTANT! Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact:
support@sunnyhealthfitness.com

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 265 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.	Description	Qty	No.	Description	Qty
1	Main Frame	1	42	Bearing 6004-2RS	2
2	Saddle post	1	43	Reed d20	2
3	Handlebar	1	44	Wave washer d20*26*0.3	1
4	Handlebar post	1	45	Nut M10*1.25*H7.5*S14	2
5	Adjusting screw	2	46	Nut M8*H5.5*S14	1
6	Front stabilizer	1	47	Tension knob 55*44*M8*18	1
7	Rear stabilizer	1	48	Nut M10*H7*S17	5
8	Seat slider tube	1	49	Brake rod 10*270*M8*20*M6*7*M10*95	1
9	Screw M10*25*S6	4	50	Bushing 20*20*74	1
10	Flat washer d10*20*2.0	4	51	Spring 2.0*15*54*N12	1
11	End cap PT80*40*20	1	52	Square nut 15*15*25*M10	1
12	Transport wheel 71*19*24	2	53	Nut M6*H14*S10	1
13	Screw 7.8*30*M6*15*S5	2	54	Spring piece t2.0*15.8*153	1
14	Screw M6*12*S5	2	55	Brake board 12*25*138	1
15	Foot leveler M10*30*52*49	4	56	EVA pad 10*22*95	1
16	Adjustment knob M16*1.5*18*56	3	57	Cow leather t5*25*138	1
17	Screw M5*20*8.5	2	58	Screw M6*12*12	1
18	Bushing PT45*51*2PT35*41*L198 PP	2	59	Bearing 608ZZ*8	4
19	Screw M10*25*S6 (black)	2	60	Screw M5*12*10	1
20	Flat washer d10*20*1.5 (black)	2	61	Nut M5*H4*S8	1
21	Water bottle holder	1	62	Washer d6*16*1.5	3
22	Screw M5*16*10	2	63	Bolt M6*16*S10	2
23	Washer d5*13*1	2	64	Screw M6*10*12	4
24	Bushing PTB45*51*PT35*41*L198	1	65	Nut M5*H9*S8	1
25	End cap PTB35*41*2.5*L20	3	66	Nut M8*H7.5*S13	2
26	Saddle	1	67	Inner chain cover	1
27	Flywheel 18*460*80*30*55*42*PK	1	68	Outer chain cover	1
28	Inertial axle 15*162*M12*1*29*29	1	69	Front cover	1
29	Bearing 6202-2RS C&U	3	70	End cap 38*34	1
30	Spacer 20*15.1*28	1	71	Screw ST4.8*16*10	2
31	Nut M12*1*H6*S19	2	72	Left cover for cant beam	1
32	Nut M12*1*H19.5*S19	1	73	Right cover for cant beam	1
33	Washer d12*24*2	1	74	Screw ST4.2*16*8	4
34	Nut M12*1.0*H11*S18	1	75	Upper cover for flywheel	1
35	Middle axle 20*184*43*10.5*74.5*4-10.1*105	1	76	Screw M5*8*8	4
36L/R	Crank 170 "L" "R" 9/16	2	77	Screw ST4.2*16*8	8
37	Belt wheel 204*20*5PK	1	78	Left stay cover	1
38	Belt 5PK520	1	79	Allen wrench S6	1
39	Screw M10*16*S6 grade 8.8	4	80	Spanner S14-15-17	1
40	Crank cap 25*7	2	81	Open end wrench S13-15	1
41L/R	Pedal 9/16	2			

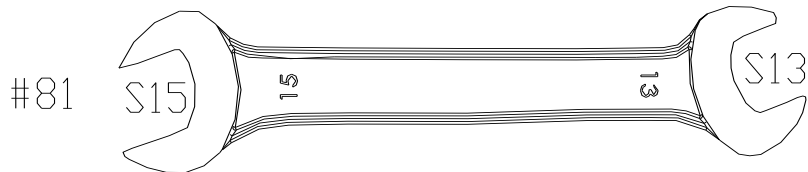
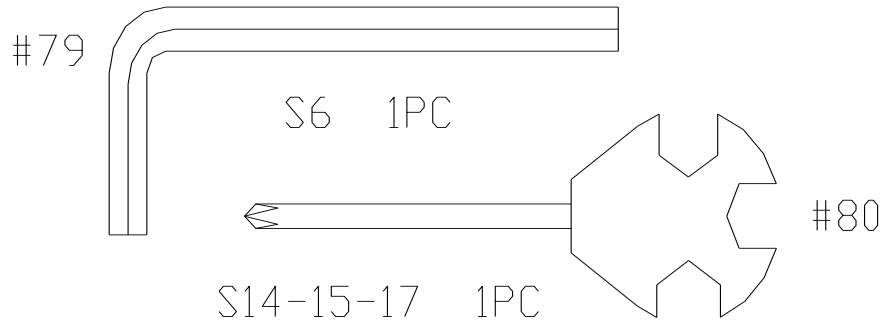
HARDWARE PACKAGE

  ——— #19 M10*25*S6 2PCS

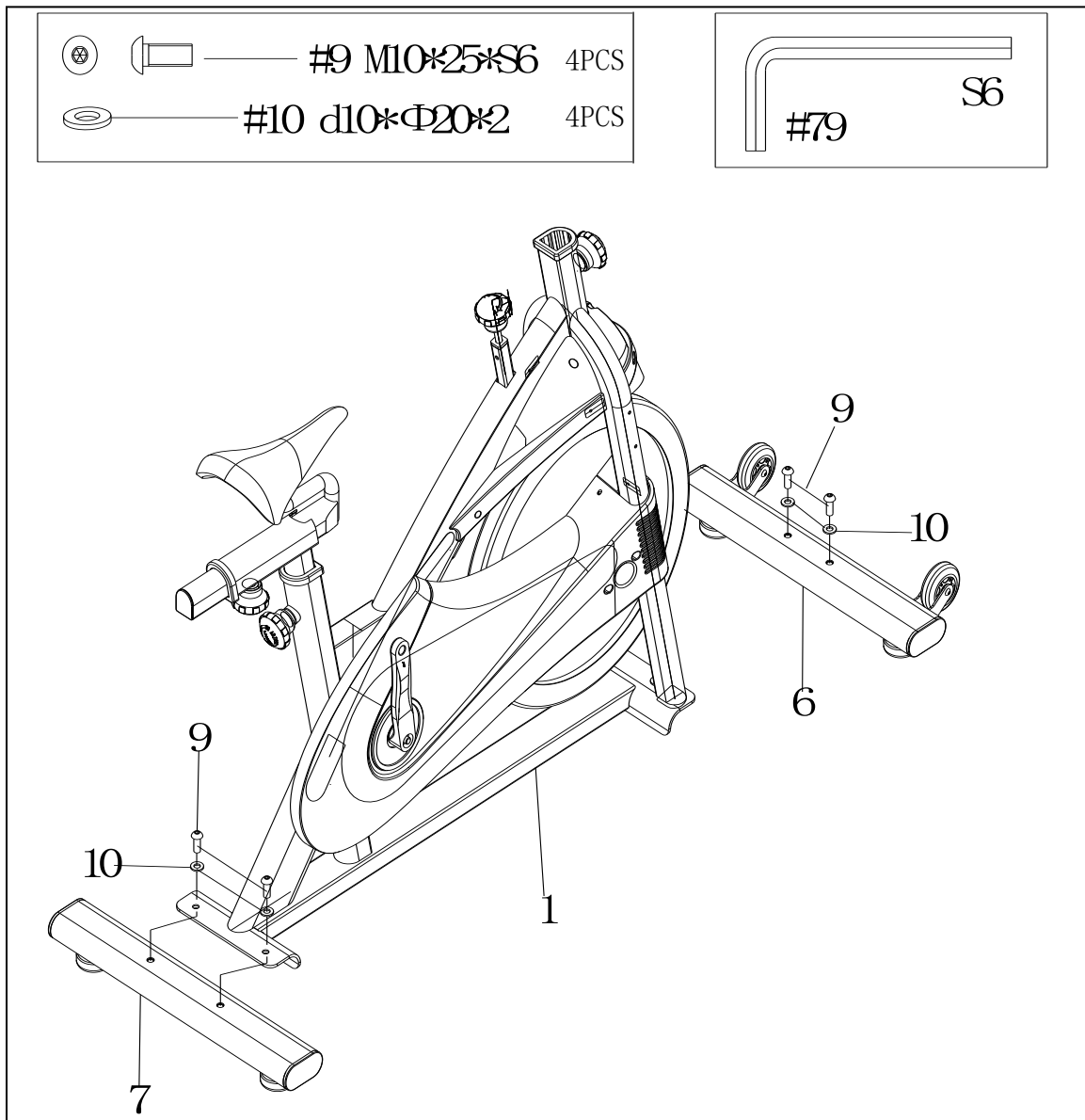
 ——— #20 d10*φ20*1.5 2PCS

  ——— #9 M10*25*S6 4PCS

 ——— #10 d10*φ20*2.0 4PCS

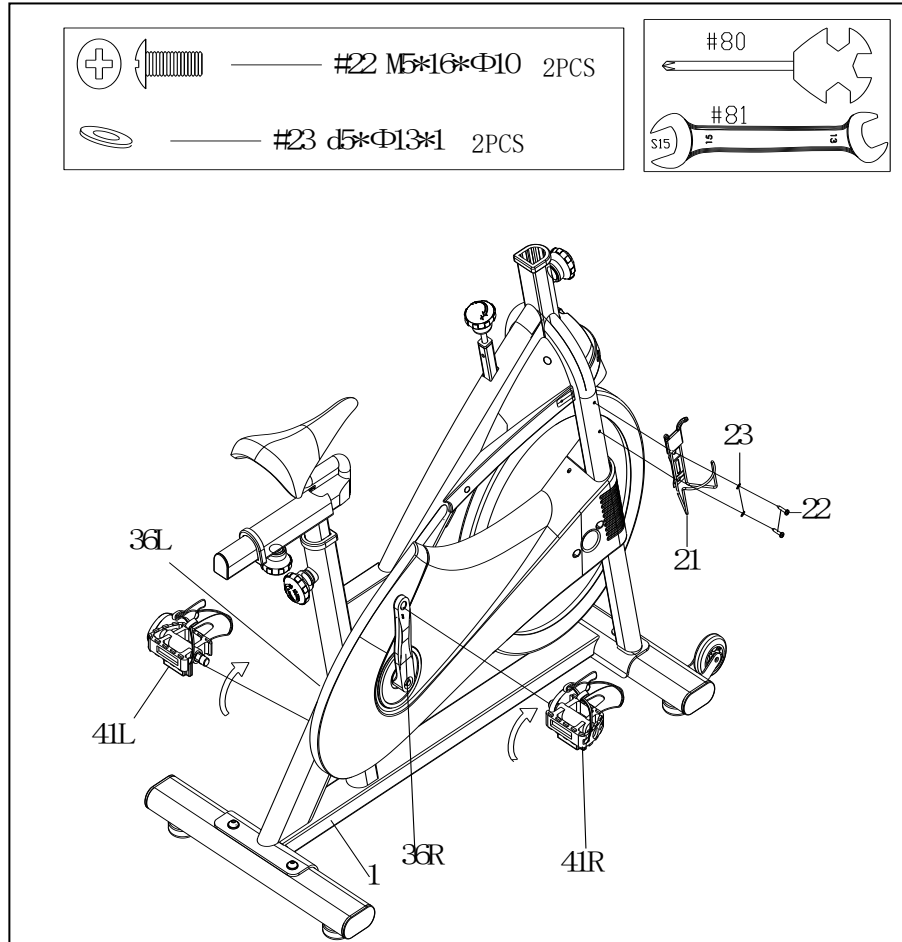


ASSEMBLY INSTRUCTIONS



STEP 1:

Attach the **Front and Rear Stabilizers (No. 6 and No. 7)** to the **Main Frame (No. 1)** using **4 Screws (No. 9)** and **4 Flat Washers (No. 10)**. Tighten and secure with **Allen Wrench (No. 79)**.



STEP 2:

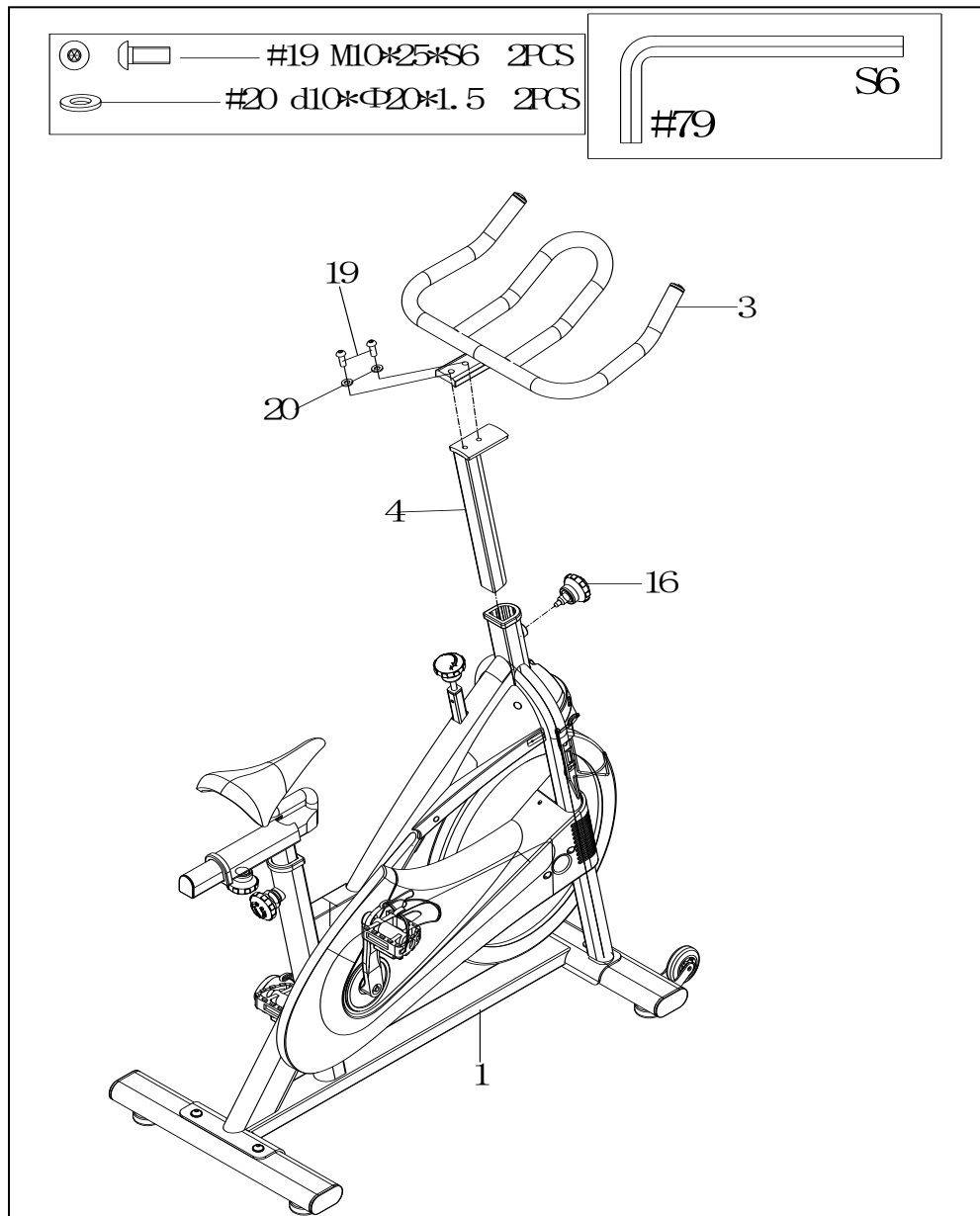
Connect the **Left and Right Pedals (No. 41L and No. 41R)** to the **Left and Right Crank Arms (No. 36L and No. 36R)**. Before you begin, immobilize the crank arms by turning the tension knob all the way to the right.

The **Left and Right Pedals (No. 41L and No. 41R)** are marked **L** for the left pedal and **R** for the right pedal.

Left Pedal: Align the **Left Pedal (No. 41L)** with the **Left Crank Arm (No. 36L)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal **counter-clockwise** as tightly as you can with your hand. Tighten and secure with **Open End Wrench (No. 81)**.

Right Pedal: Align the **Right Pedal (No. 41R)** with the **Right Crank Arm (No. 36R)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal **clockwise** as tightly as you can with your hand. Tighten and secure with **Open End Wrench (No. 81)**.

Attach the **Water Bottle Holder (No. 21)** to the **Main Frame (No. 1)** using 2 **Screws (No. 22)** and 2 **Washers (No. 23)**. Tighten and secure with **Spanner (No. 80)**.



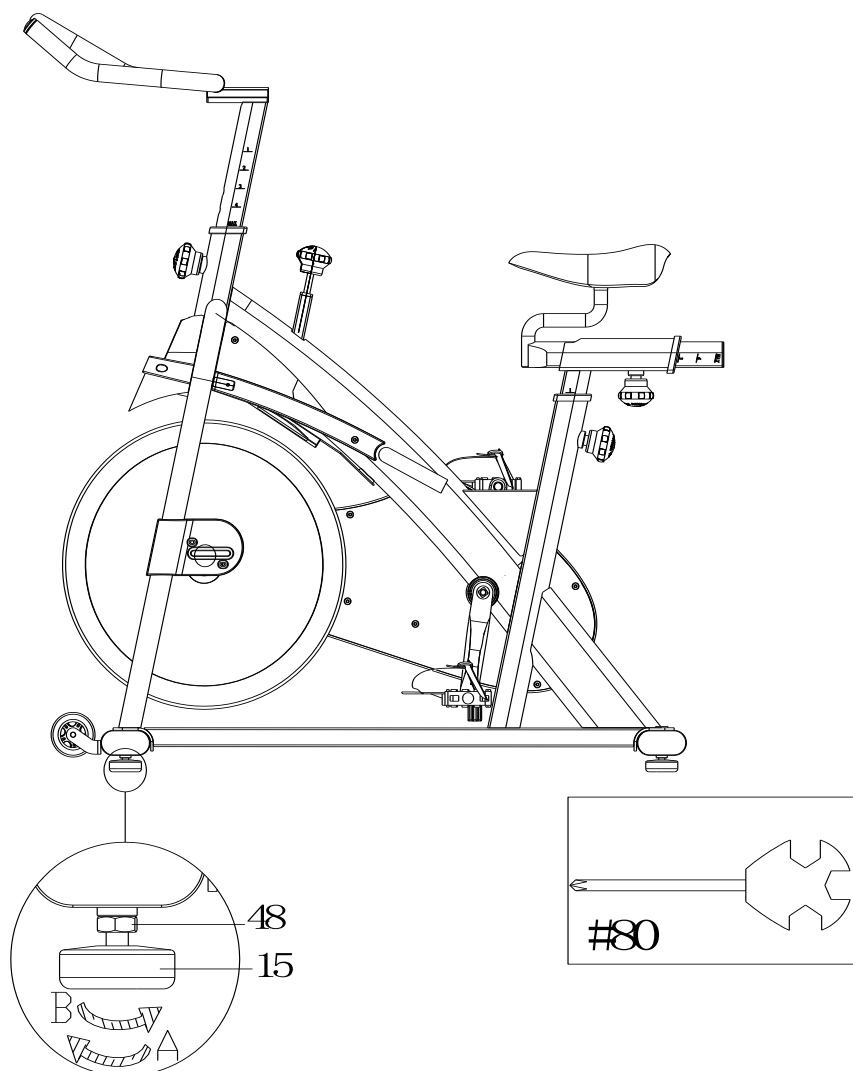
STEP 3:

Loosen and remove the **Adjustment Knob (No. 16)**. Insert the **Handlebar Post (No. 4)** into the tube located on the front of the **Main Frame (No. 1)**. Adjust the **Handlebar Post (No. 4)** to the desired position then secure it in place by reinserting and tightening the **Adjustment Knob (No. 16)**.

Attach the **Handlebar (No. 3)** to the **Handlebar Post (No. 4)** using 2 **Screws (No. 19)** and 2 **Washers (No. 20)**, tighten and secure with **Allen Wrench (No. 79)**.

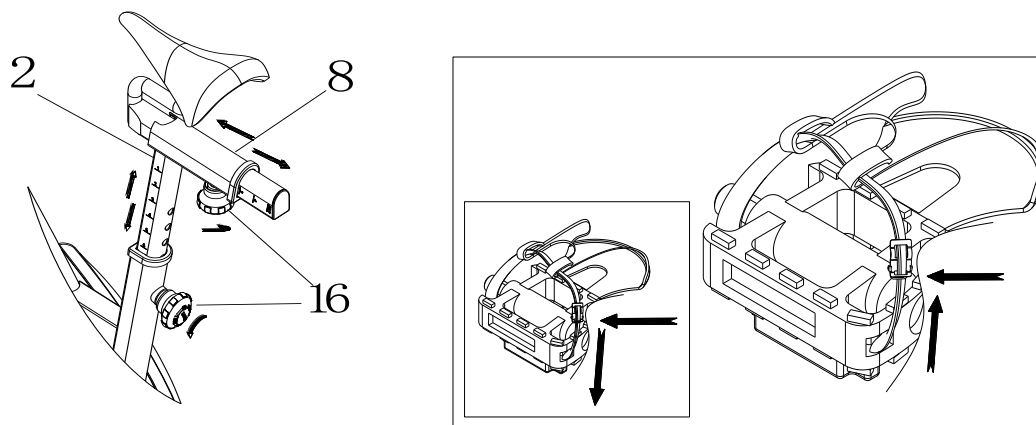
The assembly is complete!

ADJUSTMENTS GUIDE



➤ ADJUSTING THE HEIGHT AND BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should adjust the foot levelers located beneath the Front and Rear Stabilizers of the bike. To do so, use **Spanner (No. 80)** to loosen **Nut (No. 48)** by turning it *clockwise* (direction A). With the nut loosened, rotate the **Foot Leveler (No. 15)** until it sits level with the surface that the bike is on. When you have finished adjusting the foot leveler, use **Spanner (No. 80)** to re-tighten the **Nut (No. 48)** by turning it *counter-clockwise* (direction B). If required, repeat this process to adjust the remaining foot levelers.

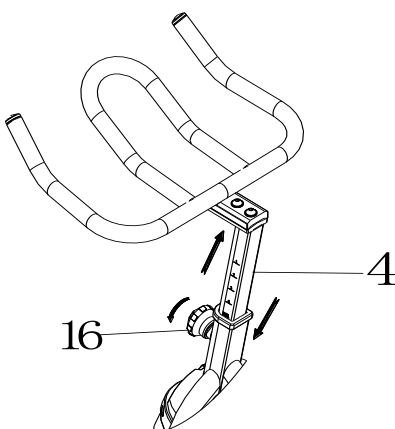


➤ ADJUSTING THE SADDLE

The seat of this bike is fully adjustable as it moves *Up, Down, Fore (forward), Aft (backward)*.

To adjust the height of the **Saddle Post (No. 2)**, loosen and pull the **Adjustment Knob (No. 16)** outward, then raise or lower the saddle to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 16)** to secure the saddle in place.

To adjust the saddle back and forth, loosen and pull **Adjustment Knob (No. 16)** outward, then slide the **Seat Slider Tube (No. 8)** to the desired position. Once positioned, re-insert and tighten the **Adjustment Knob (No. 16)** to secure the seat slider tube in place.

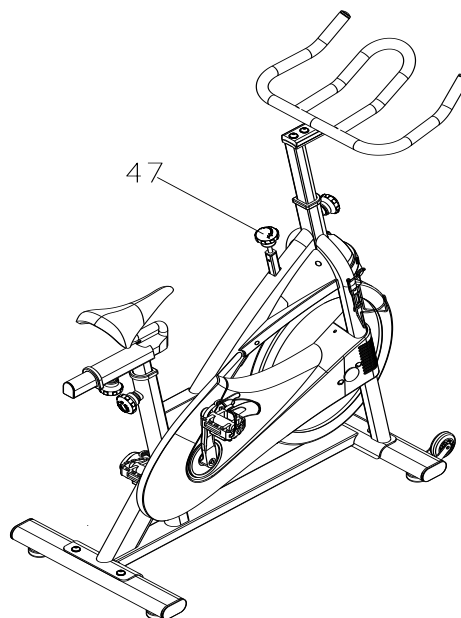


➤ ADJUSTING THE HANDLEBAR

It is important that the handlebar and seat are both set to the correct height of your body. To adjust the handlebar height, loosen and pull the **Adjustment Knob (No. 16)** outward, then slide the **Handlebar Post (No. 4)** up or down to the desired height. Once adjusted re-insert and tighten the **Adjustment Knob (No. 16)** to secure the handlebar post in place.

➤ PEDAL STRAP ADJUSTMENT

Your feet should be secured in the toe clips during exercise. Place your feet as far forward into the toe-clips as you can. With your feet in place, turn the crank to bring one foot to within arm's reach, grasp the pedal strap and pull it upward to tighten the toe-clip cage, then insert the strap back into the hoop of the toe-clip. Repeat this process to secure your other foot.



➤ ADJUSTING THE RESISTANCE

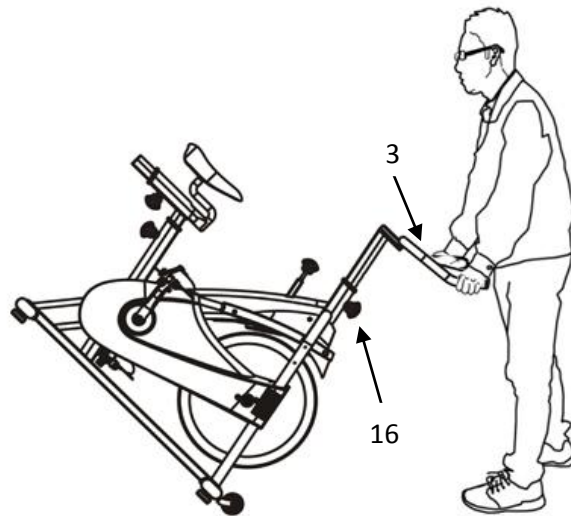
Adjust the resistance of the bike using the **Tension Knob (No. 47)**. Increase the level of resistance by turning the tension knob to the **RIGHT** (*clockwise*), decrease the level of resistance by turning the tension knob to the **LEFT** (*counter-clockwise*).

MOVING THE BIKE & BRAKING/DISMOUNTING

➤ TRANSPORTING THE BIKE

To move the bike, first ensure that the **Handlebar (No. 3)** is properly secured. If the handlebar is loose, tighten the **Adjustment Knob (No. 16)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the handlebar, place one foot on the front stabilizer and tilt the bike towards you until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

NOTE: When moving the bike, always move with caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's operation.



➤ EMERGENCY BRAKE

During use, users can stop the bike completely by pushing down on the **Tension Knob (No. 47)**. Pushing down on the tension knob will enforce the brake and bring the bike to an immediate stop.

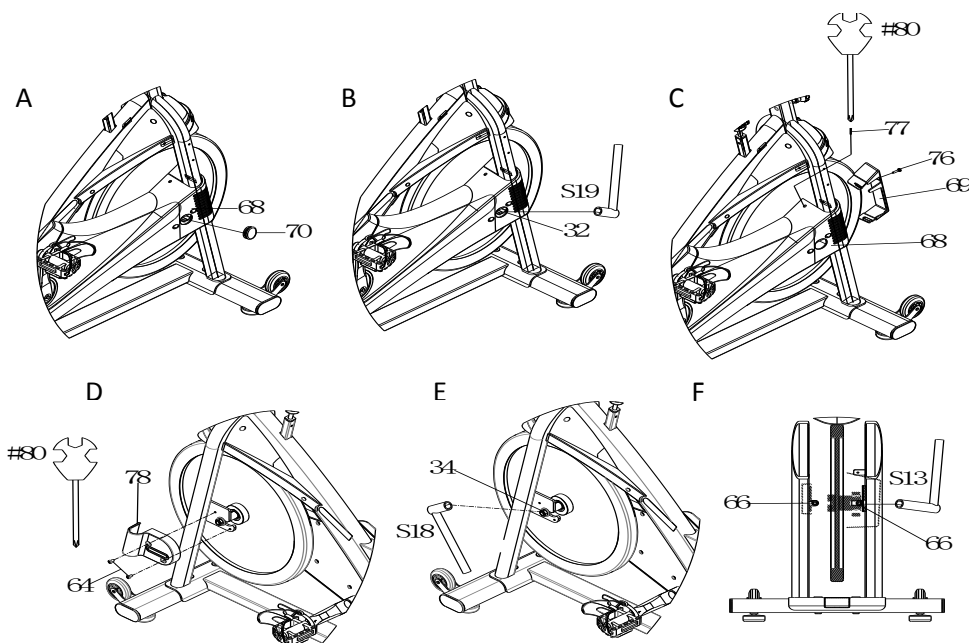
➤ DISMOUNTING

For your safety, it is recommended that you never attempt to dismount or remove your feet from the pedals until both the flywheel and pedals/crank have come to a complete stop. Failure to follow this recommendation may lead to loss of control and/or serious injury.

Here are a few examples of how to safely dismount the bike:

1. Reduce the pedal speed until the pedals/crank come to a complete stop.
2. Increase the resistance until the pedals/crank come to a complete stop.
3. Push and hold the tension knob down until the pedals/crank come to a complete stop.

BELT ADJUSTMENTS



***PLEASE NOTE:** Tools **S19, S18, & S13 (Cylinder Allen Wrenches)** are not included.

Remove the **End Cap (No. 70)** from the **Outer Chain Cover (No. 68)** as indicated above in *Figure A*.

Unscrew and remove the **Nuts (No. 32)** on the right side of the flywheel using **Cylinder Allen Wrench S19** as indicated above in *Figure B*.

Unscrew and remove **Screws (No. 77 and No. 76)** using **Spanner (No. 80)**, then remove the **Front Cover (No. 69)** as indicated above in *Figure C*.

Unscrew and remove **Screws (No. 64)** using **Spanner (No. 80)**. Remove the **Left Stay Cover (No. 78)** as indicated above in *Figure D*.

Unscrew and remove **Nut (No. 34)** on the left side of the flywheel using **Cylinder Allen Wrench S18** as shown in *Figure E*.

As shown in *Figure F*, secure **Nuts (No. 66)** onto both sides of the **Flywheel (No. 27)** using **Cylinder Allen Wrench S13** and tighten. While tightening, check the **Belt (No. 38)** to ensure that it's secured and does not slip. Lastly, ensure that the **Flywheel (No. 27)** is properly centered.

Re-install and tighten **Nuts (No. 32 and No. 34)** to their prospective sides of the **Flywheel (No. 27)** using **Cylinder Allen Wrench S19**. Next, secure the **Front Cover (No. 69)** to the **Outer Chain Cover (No. 68)** using **Screws (No. 77 and No. 76)** and tighten with **Spanner (No. 80)**. Secure the **Left Stay Cover (No. 78)** to the **Main Frame (No. 1)** using 2 **Screws (No. 64)**. Attach **End Cap (No. 70)** to the **Outer Chain Cover (No. 68)**.

MAINTENANCE & CARE

IMPORTANT!

Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that the equipment is maintained regularly. Any components found to be worn and/or damaged should be replaced before continuing use of the equipment. Equipment should only be used and stored indoors as prolonged exposure to extreme weather and changes in temperature or humidity may have a severe impact on moving parts of the machine.

Daily Maintenance:

The life span and performance of your bike will be determined by how consistently you upkeep the maintenance.

Part	Recommended Action	Cleaner	Lubricant
Bike (Frame, seat/handlebar post)	Wipe down to remove moisture, sweat and water This is important because excessive sweat or water may lead to rust or corrosion	Damp cloth or soap & water diluted non- abrasive cleaning liquids	N/A
Flywheel	Check the alignment	N/A	N/A
Pedal/Crank Arms	Inspect for wear and tear, excessive play indicates that the pedal is loose and needs to be tightened or that the pedal and/or crank arm threading may be worn. Replace if necessary before continuing use.	N/A	N/A
Main Frame	While riding, check for vibration. If the bike vibrates during use you may need to tighten the pedals, bottom bracket or adjust the belt tension.	N/A	N/A

Weekly Maintenance:

This maintenance ensures overall performance. Check for vibration and loose parts during this inspection.

Part	Recommended Action	Cleaner	Lubricant
Toe Clips/ Toe Straps	Inspect for ware and tear. Re-tighten if loose or disconnected. Replace if needed.	N/A	N/A
Hardware	Tighten all the frame hardware (Bolts, nuts, screws)	N/A	N/A
Adj. Knob	Inspect, clean, lubricate and tighten all adjustment knobs	Damp cloth	WD-40 / 3-n-1
Stabilizers /Foot Pads	Inspect the stabilizers to ensure that they aren't loose. Check Foot Pads for wear.	N/A	N/A
Bottom Bracket	Visually inspect to ensure that it is tight and secure. Re-attach and re-tighten if needed.	N/A	N/A

Monthly Maintenance:

This maintenance should be comprehensive and should involve checking the overall frame and main assembly components.

Part	Recommended Action	Cleaner	Lubricant
Resistance Pads	Inspect & clean the resistance pads. Remove any foreign material that may have collected on the pads, check for damage, replace if needed. (Damaged pads will affect the balance of bike).	Brush	Non- Abrasive Silicone Lubricant
Hardware (Full Inspection)	Re-check and secure all hardware such as (water bottle holders, flywheel nuts, brake caliper lock nuts, brake caliper tension rod nuts, handlebar screws, chain guard screws and nuts etc.	N/A	N/A
Brake Tension Rod	Clean and lubricate the brake tension rod, inspect for signs of wear such as missing threads.	Small Brush	WD-40 / 3-n-1
Seat Post/Handlebar Post and Seat Slider Tube	Clean and lubricate the seat post, handlebar post and seat slider tube. During cleaning, inspect each part for any build up, foreign material or wear at the insertion points. Replace parts if needed.	Small Brush	WD-40 / 3-n-1