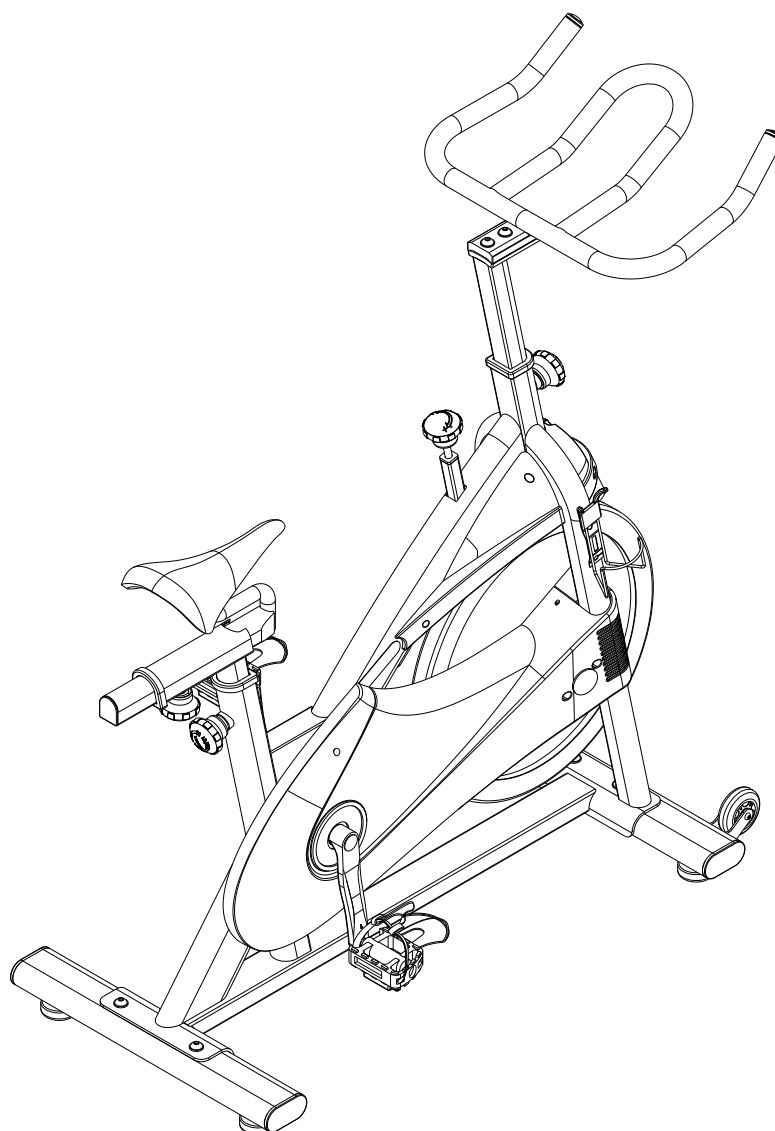




# CHAIN DRIVE PREMIUM INDOOR CYCLING BIKE SF-B1509C USER MANUAL



**WARNING!** Your indoor cycling bike is not designed for reverse pedaling! Failure to comply with this warning may result in permanent damage to your new equipment.

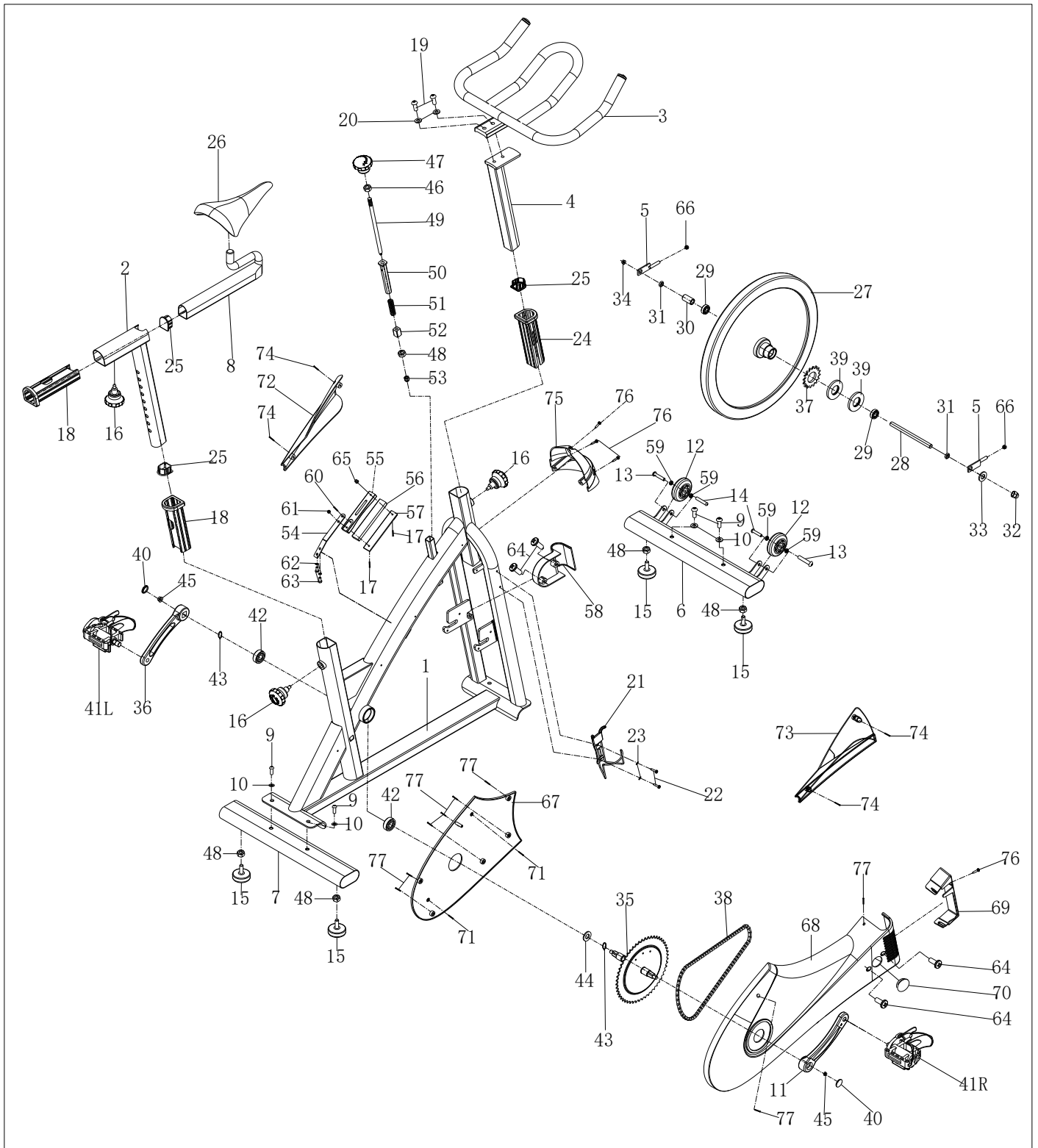
**IMPORTANT!** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

# **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 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 300 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




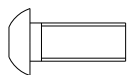
# PARTS LIST

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY
1	Main Frame		1	42	Bearing	6004-2RS	1
2	Saddle post		1	43	Reed	d20	2
3	Handlebar		1	44	Wave washer	d20*Φ26*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	Φ58*44*M8*18	1
7	Rear stabilizer		1	48	Nut	M10*H7*S17	5
8	Seat slider tube		1	49	Brake rod	Φ 10*270*M8*20*M6*7*M 10*95	1
9	Screw	M10*25*S6	4	50	Bushing	20*20*74	1
10	Flat washer	d10*Φ20*2.0	4	51	Spring	Φ 2.0*Φ 15*54*N12	1
11	Right crank	9/16	1	52	Nut	15*15*25*M10	1
12	Transport wheel	Φ71*Φ19*24	2	53	Nut	M6*H14*S10	1
13	Screw	Φ7.8*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*Φ52*49	4	56	EVA pad	10*22*95	1
16	Adjustment knob	M16*1.5*18*Φ56	3	57	Cow leather	t5*25*138	1
17	Screw	M5*20*Φ8.5	2	58	Left stay cover		1
18	Bushing	PTB45*51*2*PTB35 *41*L198 PP	2	59	Bearing	608ZZ Φ 8	4
19	Screw	M10*25*S6	2	60	Screw	M5*12*Φ 10	1
20	Flat washer	d10*Φ20*1.5	2	61	Nut	M5*H4*S8	1
21	Water bottle holder		1	62	Washer	d6*Φ 16*1.5	2
22	Screw	M5*16*Φ10	2	63	Bolt	M6*16*S10	2
23	Washer	d5*Φ13*1	2	64	Screw	M6*10*Φ 12	4
24	Bushing	PT45*51*PT35*41*L 198	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*Φ460*38*30*Φ40 *4	1	68	Outer chain cover		1
28	Inertial axle	Φ12*162*M12*1.0*3 0*50	1	69	Front cover		1
29	Bearing	6001-2RS C & U	1	70	End cap	Φ 34*Φ 38	1
30	Spacer	Φ18*Φ12.1*18.5	2	71	Screw	ST4.8*16*Φ 10	2
31	Nut	M12*1*H6*S19	1	72	Left cover for cant beam		1
32	Nut	M12*1*H19.5*S19	2	73	Right cover for cant beam		1
33	Washer	d12*Φ24*2	1	74	Screw	ST4.2*16*Φ 8	4
34	Nut	M12*1.0*H11*S18	1	75	Upper cover for flywheel		1
35	Middle axle with chain wheel	Φ20*190*53.3*3.3*7 4.5*52T	1	76	Screw	M5*8*Φ 8	4
36	Left Crank	9/16	1	77	Screw	ST4.2*16*Φ8	8
37	Small chain wheel	two ways 16 teeth	2	78	Open end wrench	S13-15	1
38	Chain	1/2**1/8**106 KYC	1	79	Allen wrench	S6	1
39	Nut	M35*1*Φ44*3.5	1	80	Spanner	S14-15-17	1
40	Crank cap	Φ25*7	2				
41	Pedal L/R	YH-76X 9/16	2				

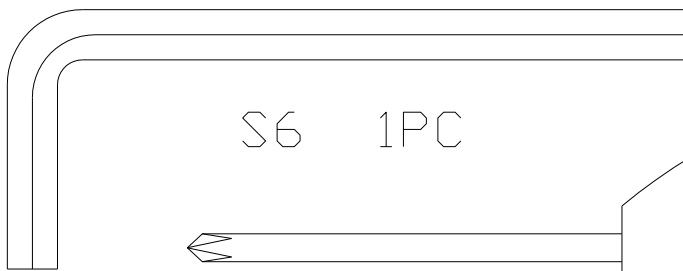
## **HARDWARE PACKAGE**

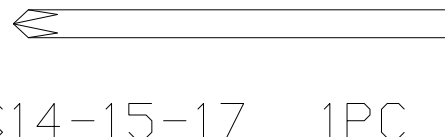
  \_\_\_\_\_ #19 M10\*25\*S6 2PCS

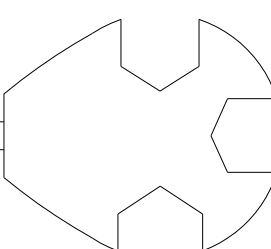
 \_\_\_\_\_ #20  $\phi 10 * \phi 20 * 1.5$  2PCS

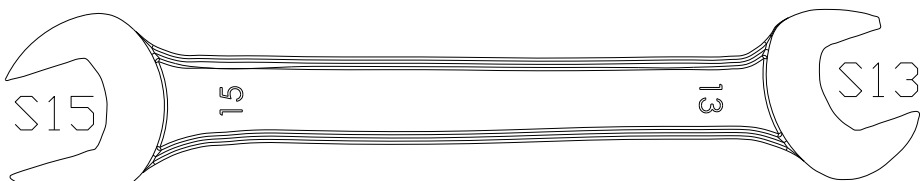
  \_\_\_\_\_ #9 M10\*25\*S6 4PCS

 \_\_\_\_\_ #10  $\phi 10 * \phi 20 * 2.0$  4PCS




#79  S6 1PC


 S14-15-17 1PC

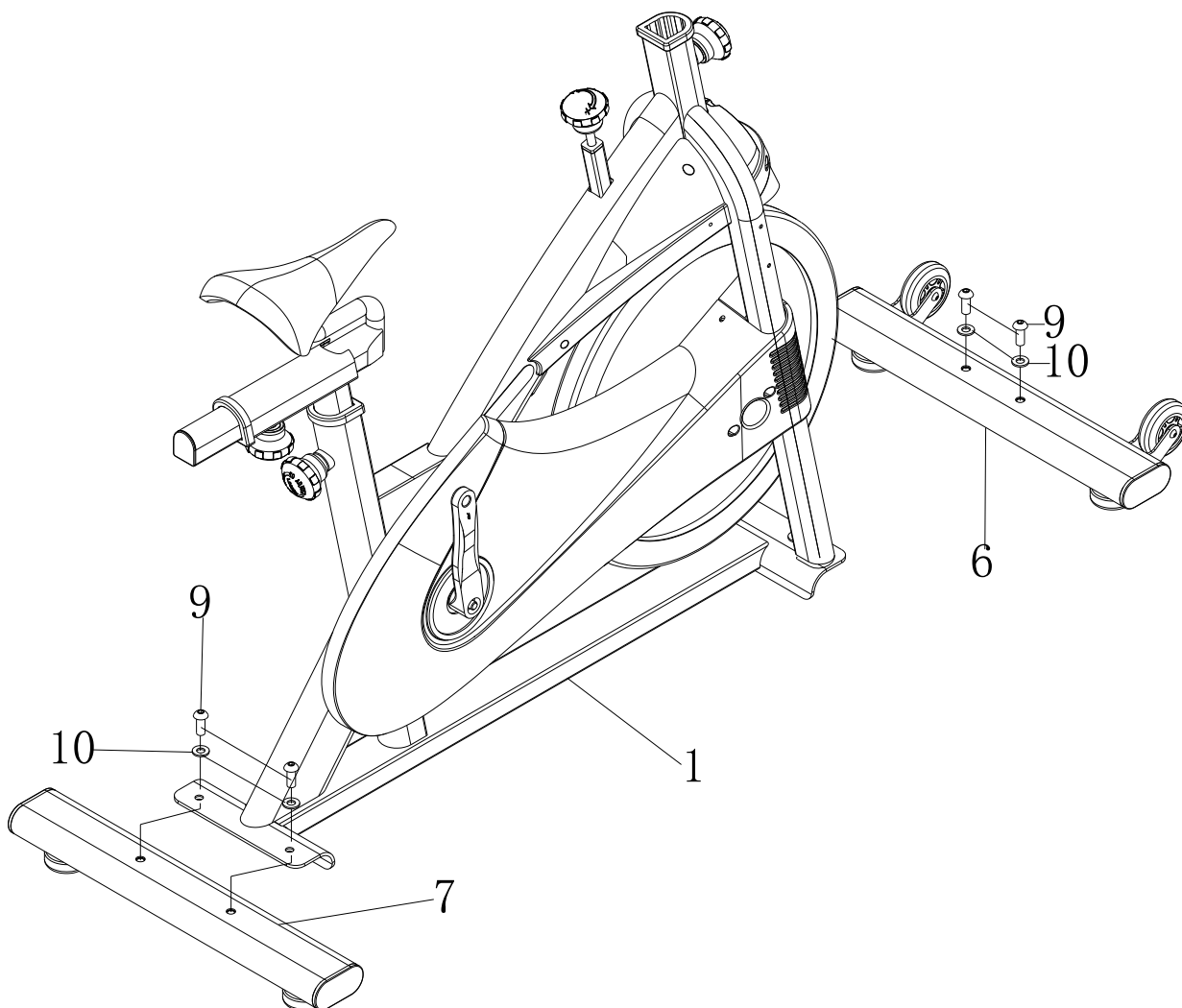
#80 

#78  S15 15 13 S13

# ASSEMBLY INSTRUCTIONS

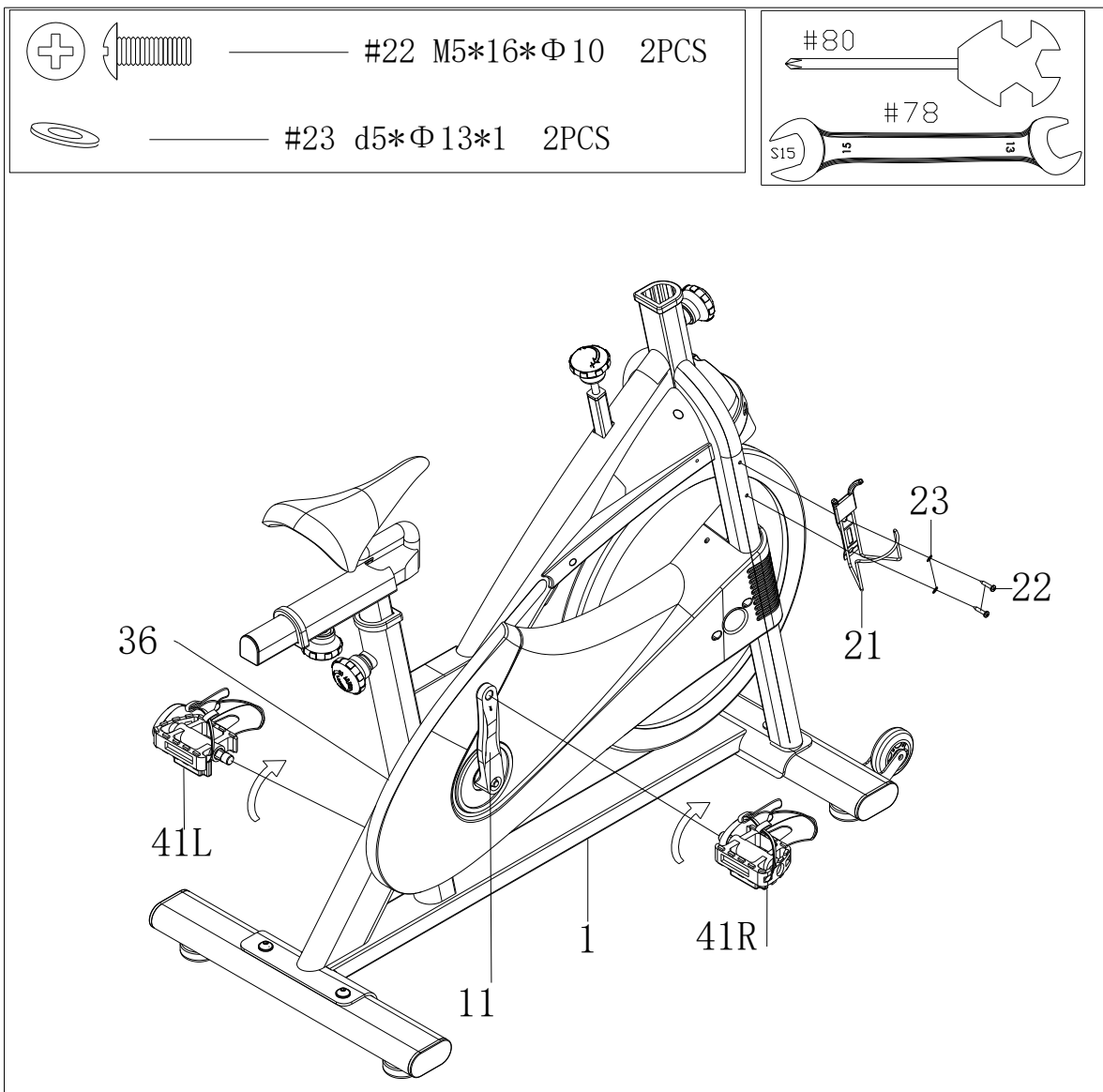
  ——— #9 M10\*25\*S6 4PCS  
 ——— #10 d10\*Φ 20\*2 4PCS

 #79 S6



## **STEP 1:**

Attach the **Front and Rear Stabilizers (No. 6 & 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:

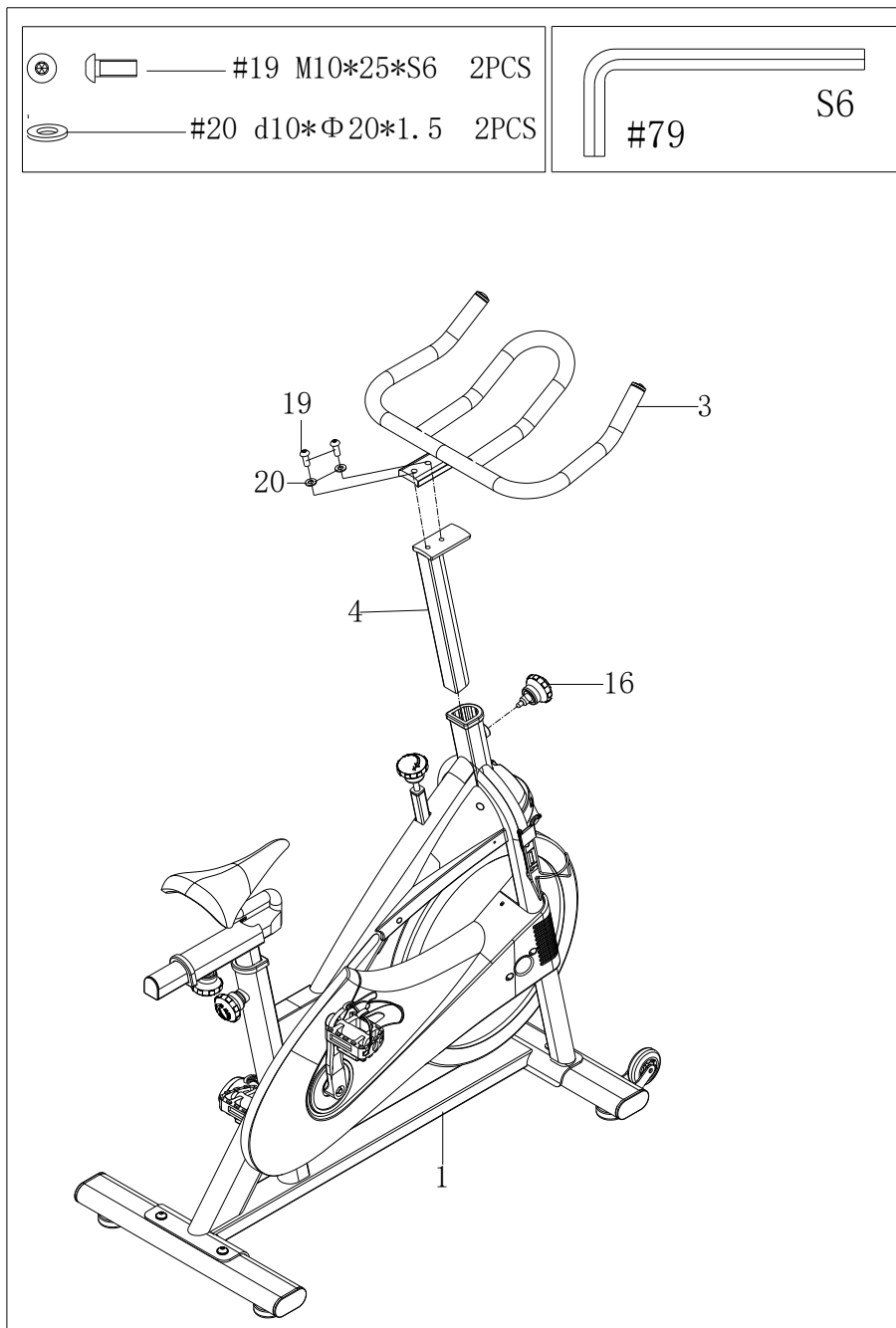
Connect the **Left** and **Right Pedals (No. 41L & No. 41R)** to the **Left** and **Right Crank Arms (No. 36L & No. 36R)**. Before you begin, immobilize the crank arms by turning the tension knob all the way to the right.

The **Left** and **Right Pedals (No. 41L & 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. 78)**.

**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. 78)**.

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:

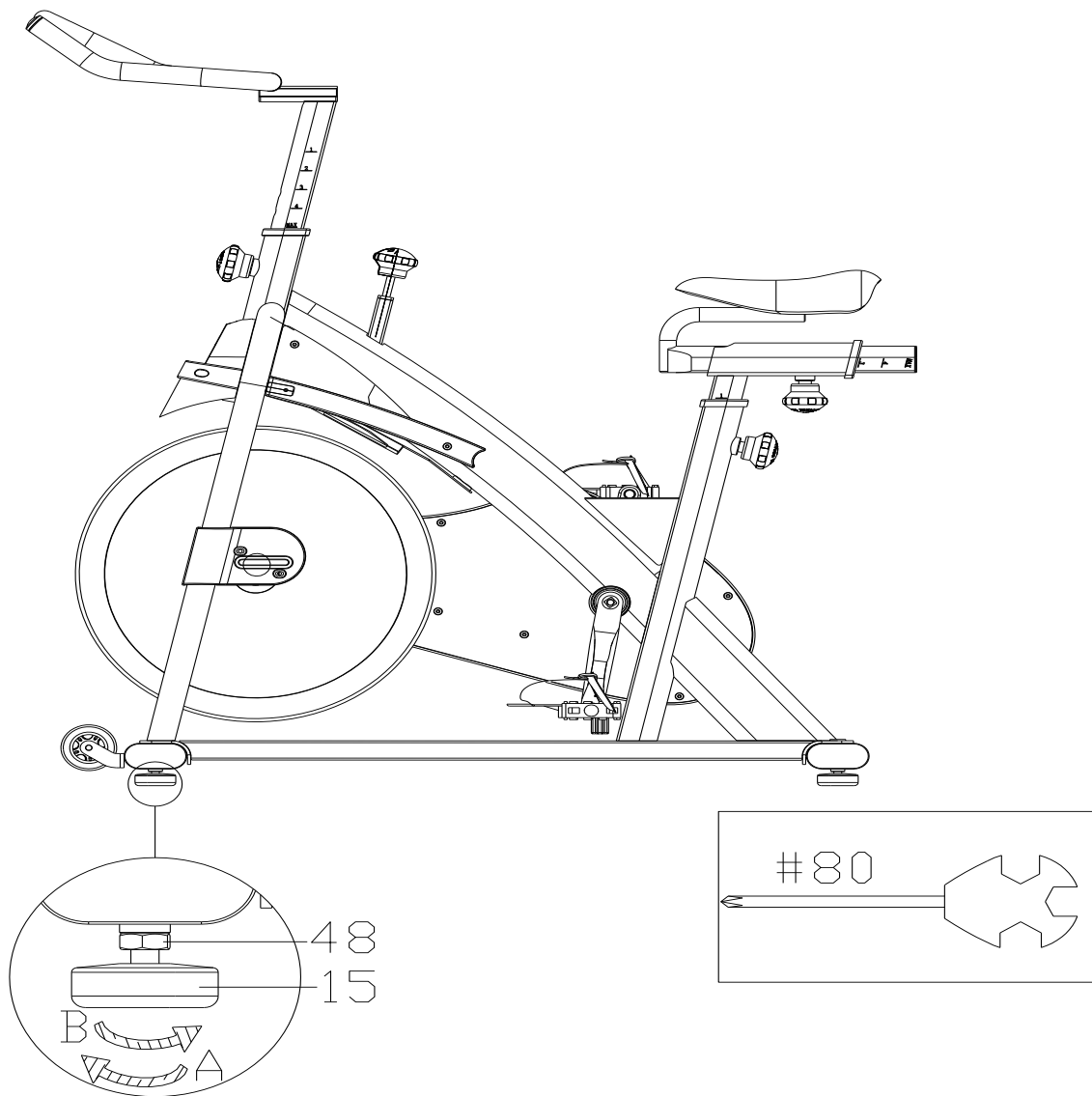
Loosen and remove the **Adjustment Knob (No. 16)**. Insert the **Handlebar Post (No. 4)** into the tube located on the front of the **Main Frame (No. 1)**. Adjust the **Handlebar Post (No. 4)** to the desired position then secure it in place by reinserting and tightening the **Adjustment Knob (No. 16)**.

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!*

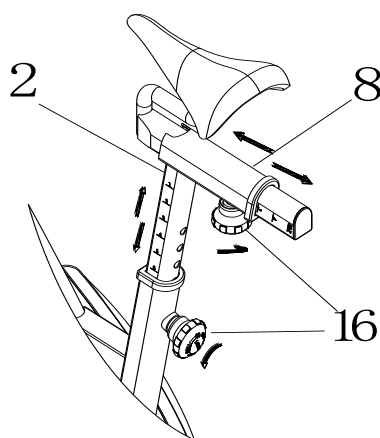


# ADJUSTMENT GUIDE



## ➤ 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.

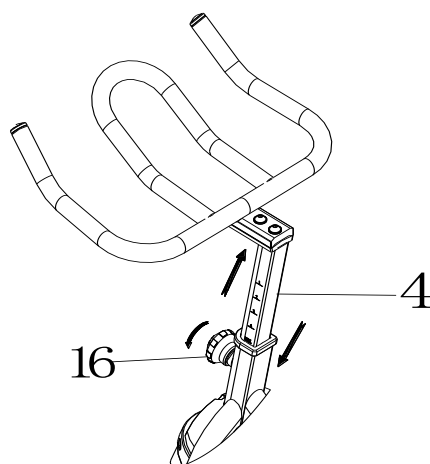


## ➤ ADJUSTING THE SADDLE

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

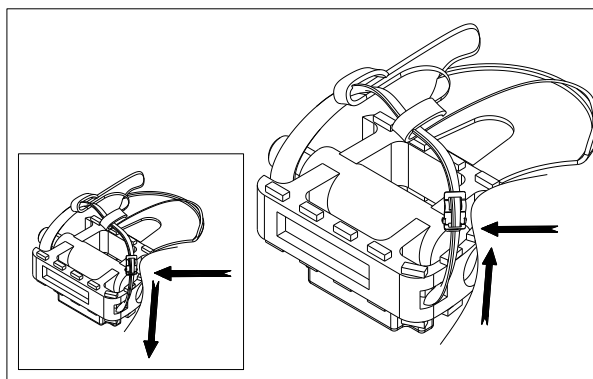
To adjust the height of the **Saddle Post (No. 2)**, loosen and pull the **Adjustment Knob (No. 16)** outward, then raise or lower the saddle to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 16)** to secure the saddle in place.

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.



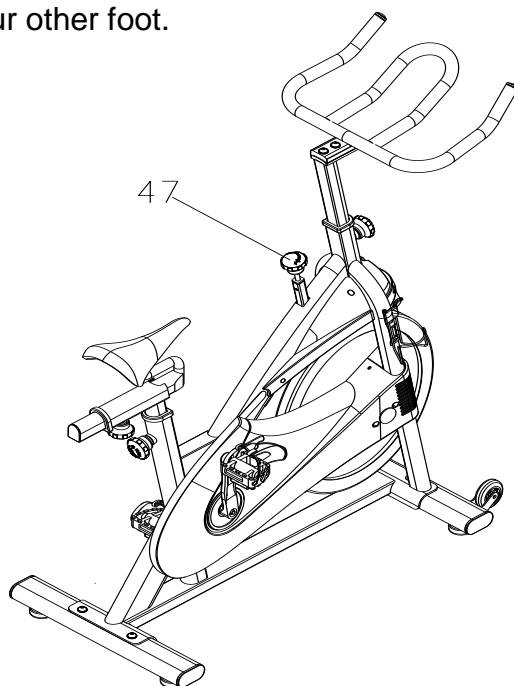
## ➤ ADJUSTING THE HANDLEBAR

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

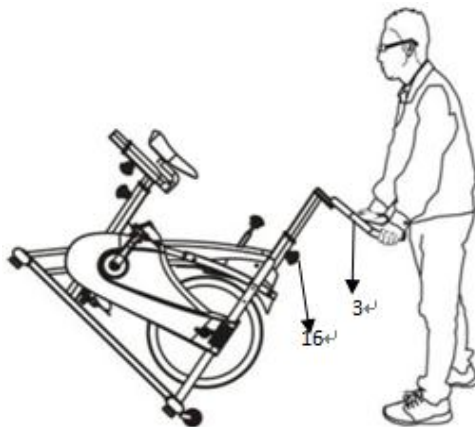
Adjust the resistance of the bike using the **Tension Knob (No. 47)**. Increase the level of resistance by turning the tension knob to the **RIGHT** (*clockwise*), decrease the level of resistance by turning the tension knob to the **LEFT** (*counter-clockwise*).

# **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.

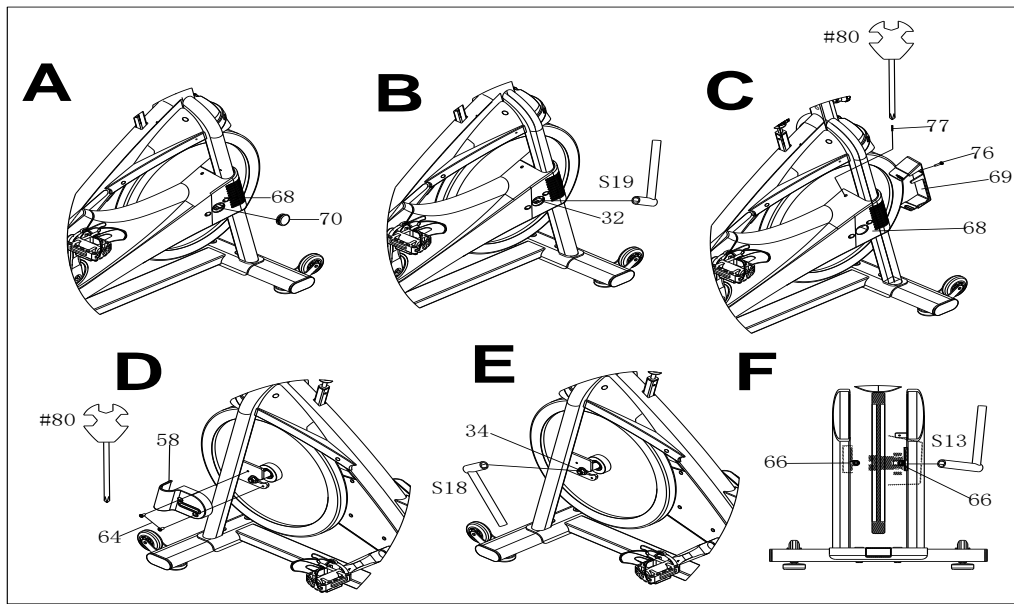
## **➤ DISMOUNTING**

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.

# CHAIN ADJUSTMENTS



**\*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 1 **Screw (No. 77)** and 1 **Screw (No. 76)** located near the top of the **Front Cover** (as shown in *Figure C*) using **Spanner (No. 80)** then remove the **Front Cover (No. 69)**.

Unscrew and remove 2 **Screws (No. 64)** using **Spanner (No. 80)**. Remove the **Left Stay Cover (No. 58)** 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 **CHAIN (No. 38)** to ensure that it's secured. Lastly, ensure that the **Flywheel (No. 27)** is properly centered.

Reinstall and tighten **Nuts (No. 32 & 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 1 **Screw (No. 77)** and 1 **Screw (No. 76)** and tighten with **Spanner (No. 80)**. Secure the **Left Stay Cover (No. 58)** to the **Main Frame (No. 1)** using 2 **Screws (No. 64)**. Attach **End Cap (No. 70)** to the **Outer Chain Cover (No. 68)**.