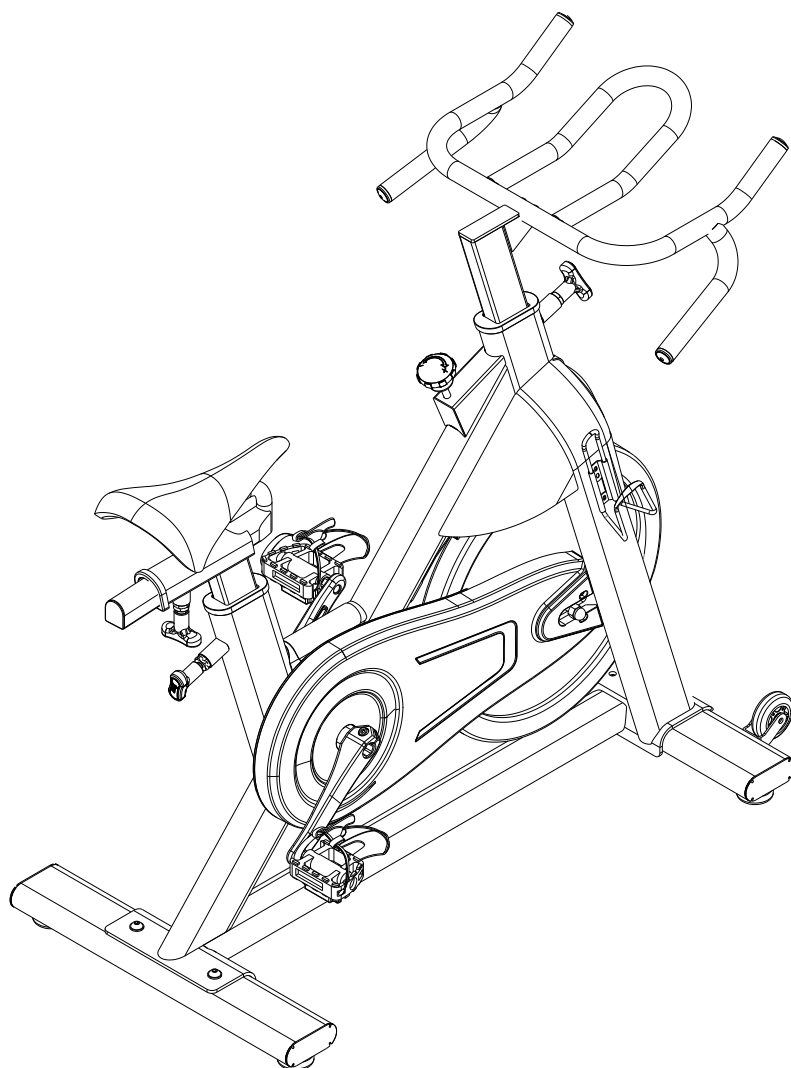




COMMERCIAL INDOOR CYCLING BIKE SF-B1516 USER MANUAL



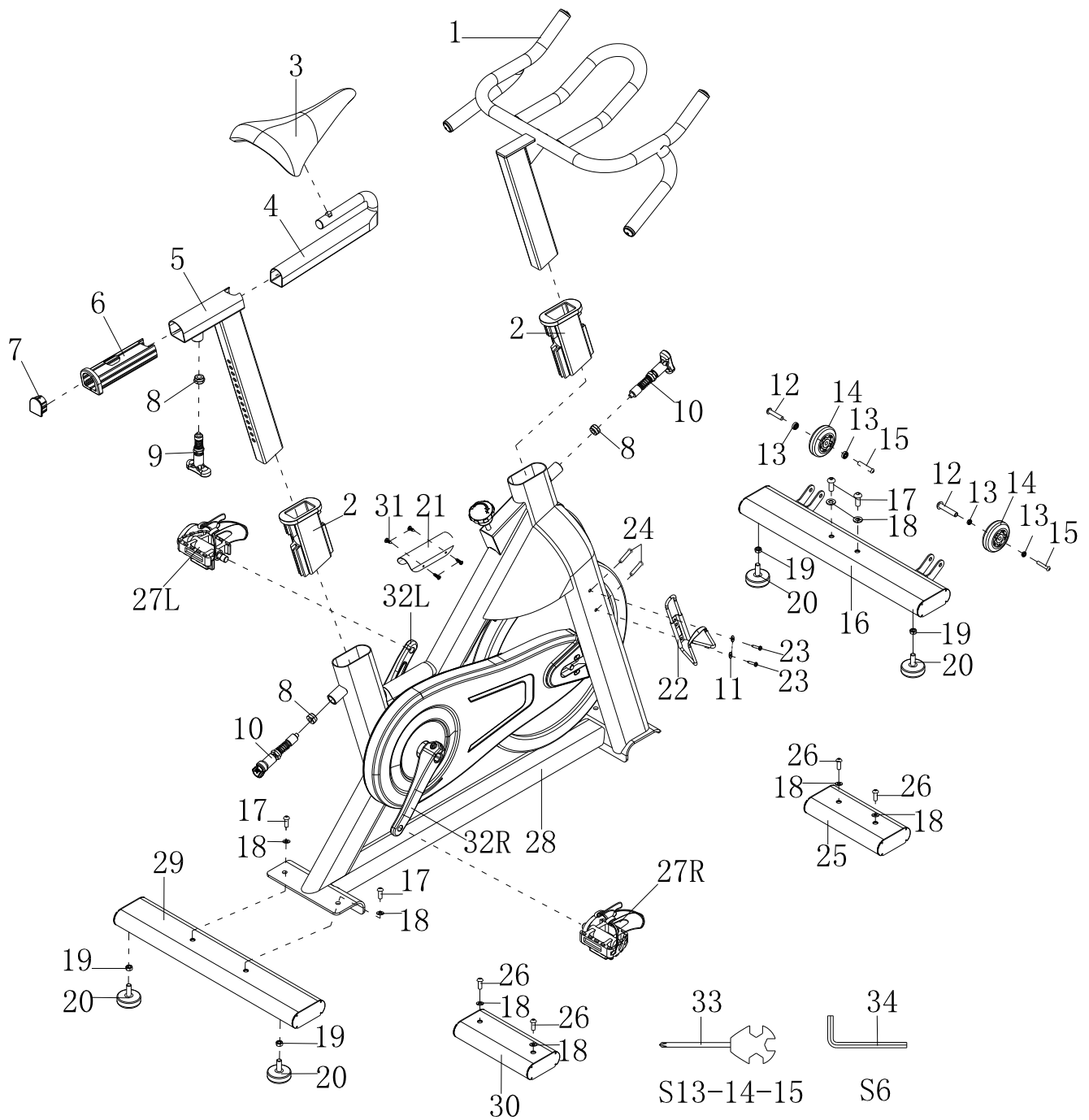
IMPORTANT! Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY INFORMATION

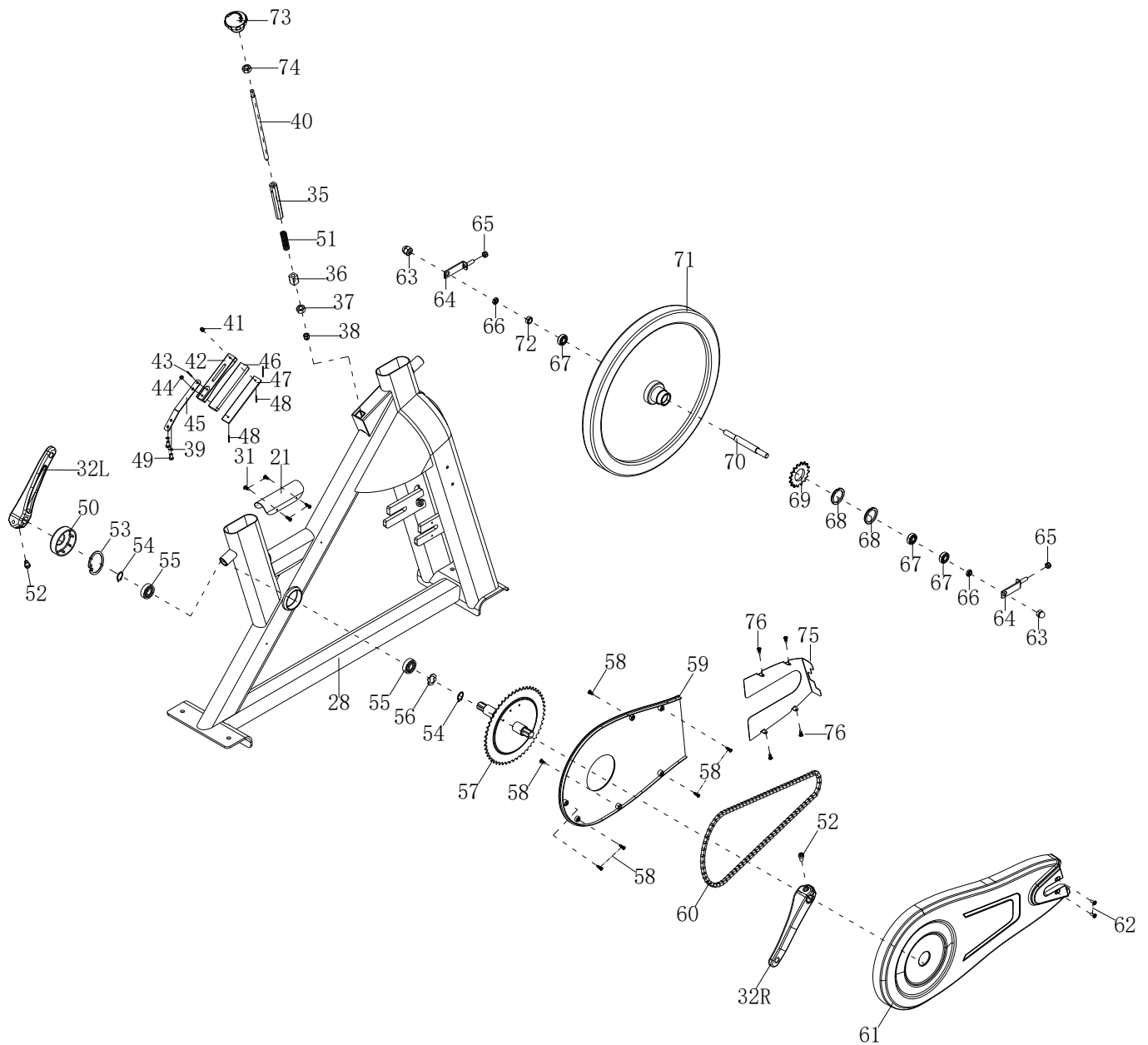
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. 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 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 intended for indoor commercial use!



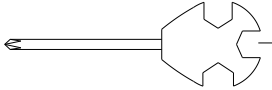

EXPLODED DRAWING 1



EXPLODED DRAWING 2



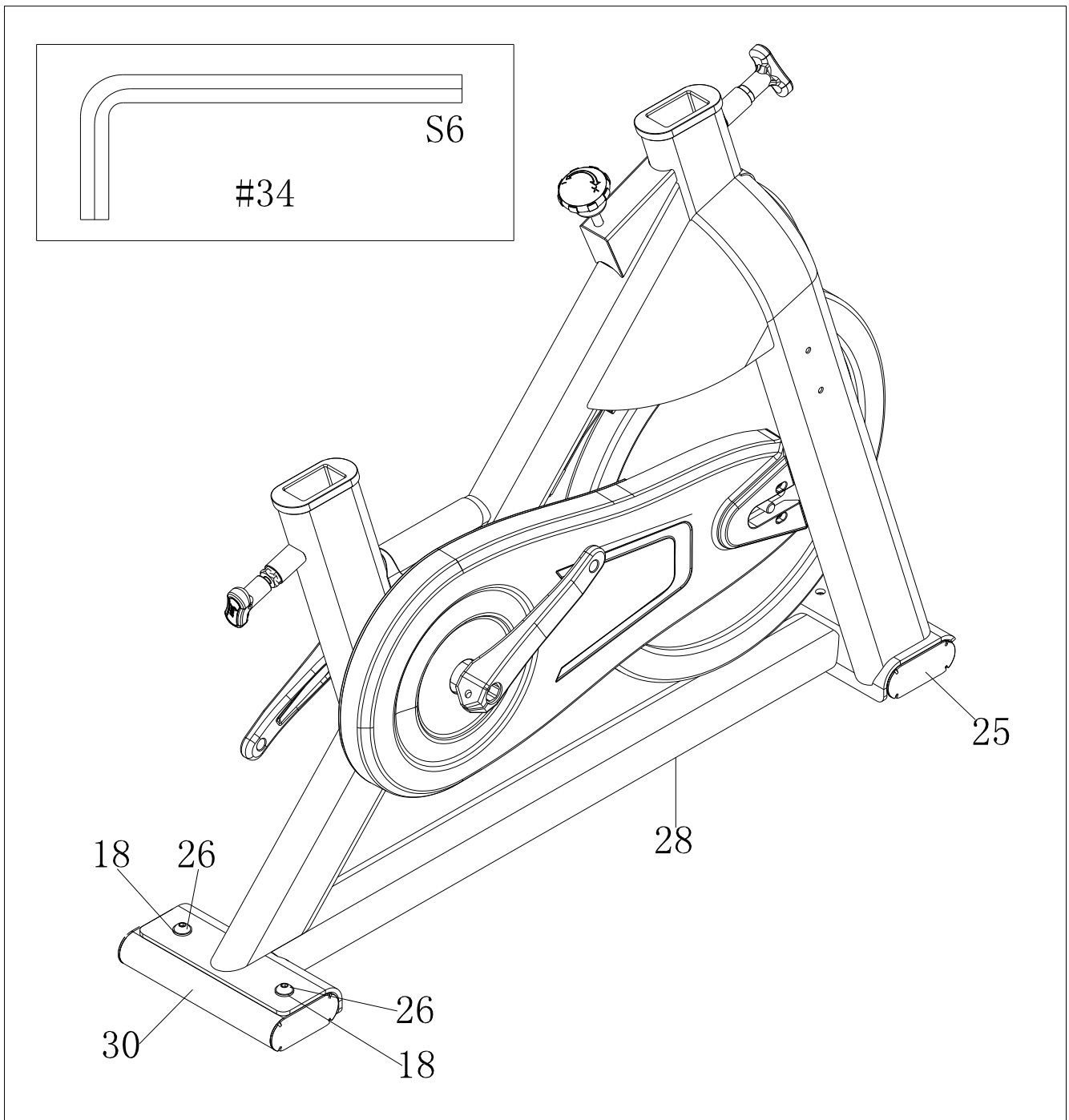
HARDWARE PACKAGE

	17	M10*25*S6 4PCS
	18	d10*Φ 20*2 4PCS
	33	S13-14-15 1PC
	34	S6 1PC

PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Handlebar	1	39	Washer d6*Φ12*1.2	2
2	Bushing PT100*40*J60*30*188	2	40	Brake rod	1
3	Saddle	1	41	Nut M5*H9*S8	1
4	Seat slider tube	1	42	Brake block 12*25*138	1
5	Saddle post	1	43	Screw M5*12*Φ10	1
6	Bushing PTB45*51*2.0*PTB35*41*L198	1	44	Nut M5*H4*S8	1
7	D shape end cap	1	45	Spring piece t2.0*15.8*153	1
8	Nut	3	46	EVA pad 22*75	1
9	T shape knob 1	1	47	Cow leather pad t5*25*138	1
10	T shape knob 2	2	48	Screw M5*20*Φ8.5	2
11	Washer d5*Φ13*1	2	49	Bolt M6*12*S10	2
12	Screw Φ7.8*30*M6*15*S5	2	50	Cover for middle axle Φ74*Φ30*22 PP	1
13	Bearing 608ZZ Φ8	4	51	Spring Φ2.0*Φ15*54*N12	1
14	Transport wheel	2	52	Screw M8*16*S6	2
15	Screw M6*12*S5	2	53	Circlip d52	1
16	Front stabilizer	1	54	Circlip d25	2
17	Screw M10*25*S6	4	55	Bearing 6205-2RS NBK	2
18	Flat washer d10*Φ20*2.0	8	56	Wave washer d26*Φ34*0.3	1
19	Nut M10*H7*S17	4	57	Big chain wheel with middle axle	1
20	Foot leveler M10*30*Φ52*49	4	58	Screw ST4.2*16*Φ8	6
21	Stainless steel board	1	59	Inner chain cover	1
22	Water bottle holder	1	60	Chain 1/2"*1/8"%106 KYC	1
23	Screw M5*16*Φ8.5	2	61	Outer chain cover	1
24	Rivet M5*40	2	62	Screw M5*20*Φ8.5	2
25	Shipping front tube	1	63	Nut M12*1*H19.5*S19	2
26	Screw M10*16*S6	4	64	Adjusting screw	2
27L/R	Pedal JD-308 9/16	2	65	Nut M8*H7.5*S13	2
28	Main frame	1	66	Nut M12*1*H6*S19	2
29	Rear stabilizer	1	67	Bearing 6202-2RZ NBK	3
30	Shipping rear tube	1	68	Nut M42*1*Φ50*3.5	2
31	Screw ST3.5*16	4	69	Small chain wheel 16teeth M42 tooth	1
32L/R	Crank arm	2	70	Inertial axle	1
33	Spanner S13-14-15	1	71	Inertial wheel	1
34	Allen Wrench S6	1	72	Spacer Φ18*Φ12.2*5.5	1
35	Bushing 20*20*69.5	1	73	Tension knob	1
36	Square nut 16*16*25*M10	1	74	Nut M8*H5.5*S14	1
37	Nut M10*H7*S17	1	75	Blanking plate	1
38	Nut M6*H14*S10	1	76	Screw ST4.2*16	4

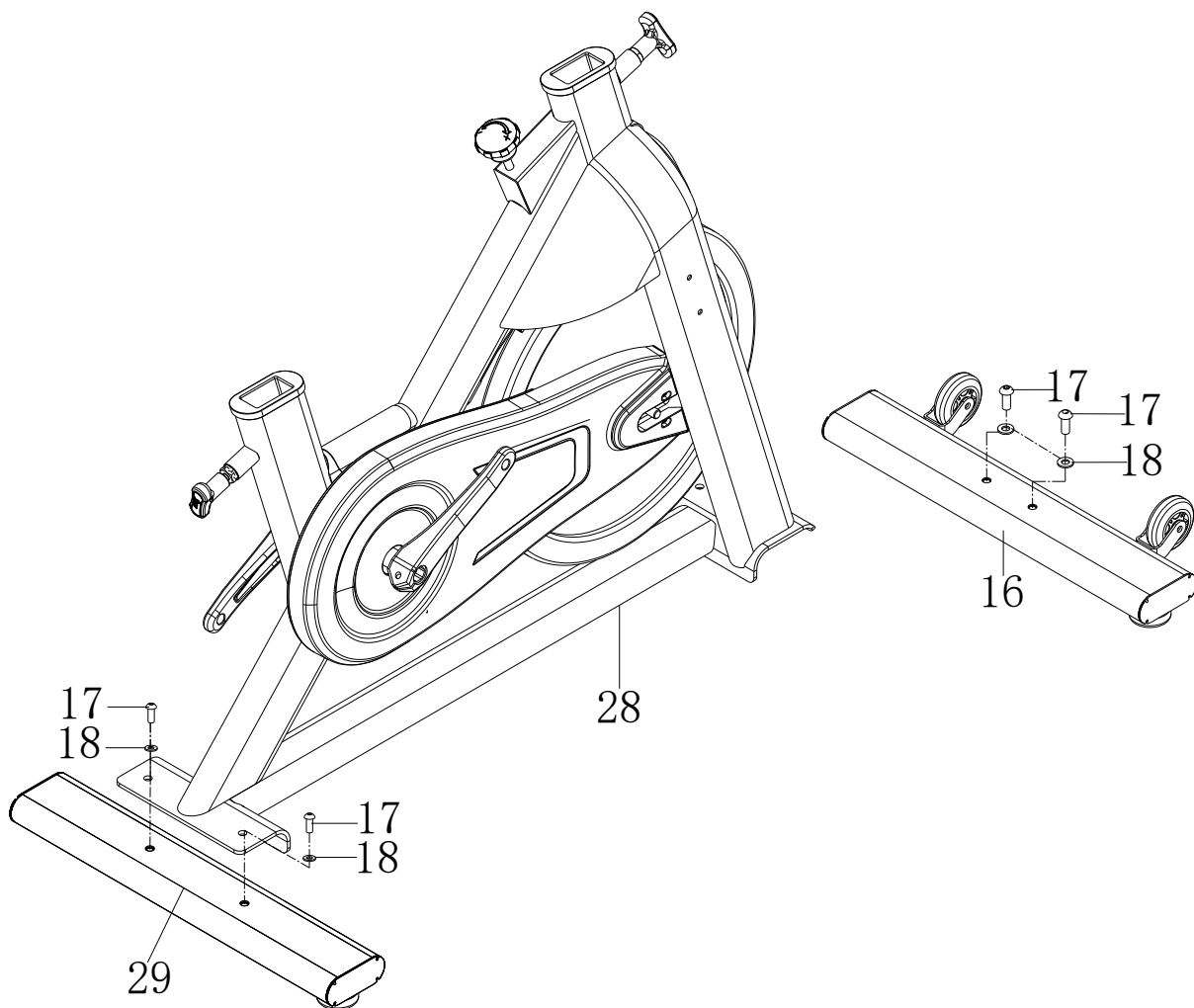
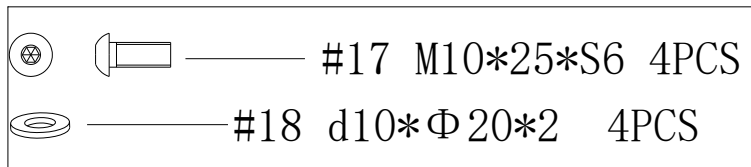
ASSEMBLY INSTRUCTIONS



STEP 1:

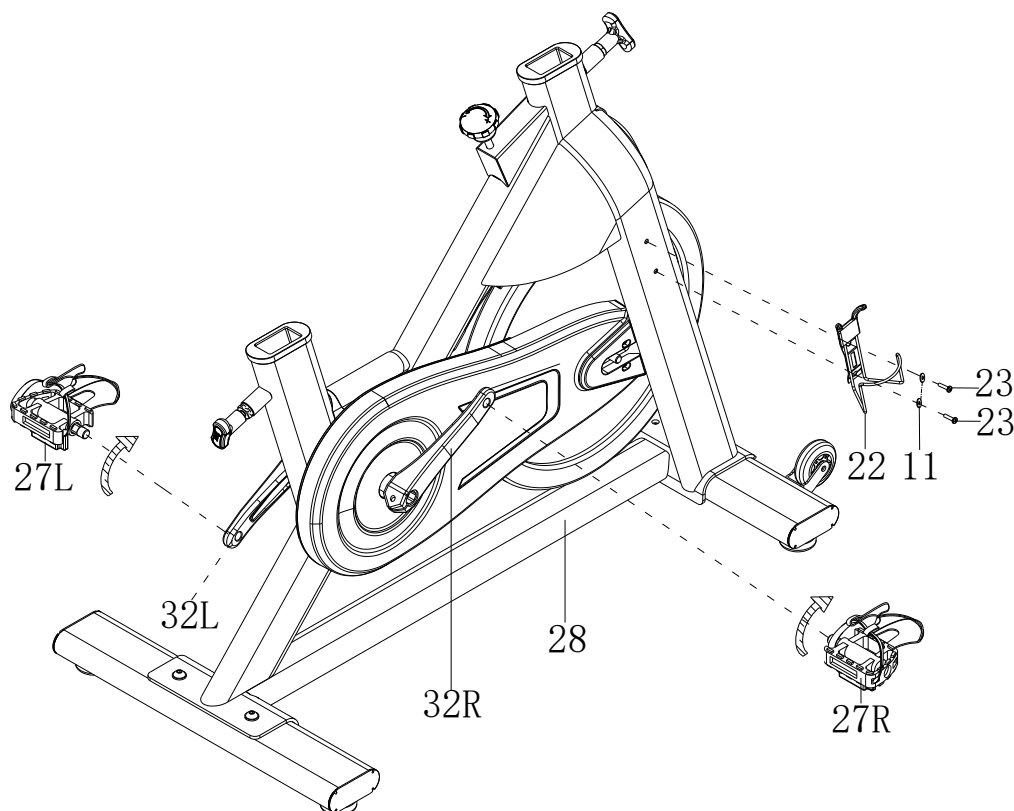
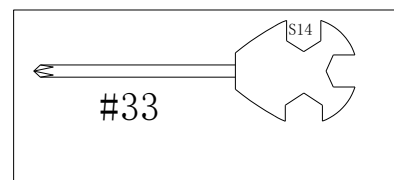
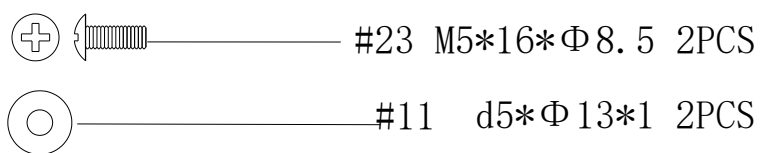
Unscrew the 2 **Screws (No. 26)** with **Allen Wrench (No. 34)** and remove the 2 **Flat Washers (No. 18)**, **Shipping Front Tube (No. 25)** and **Shipping Rear Tube (No. 30)**.

You may save these parts [**Screws (No. 26)**, **Flat Washers (No. 18)**, **Shipping Front Tube (No. 25)** and the **Shipping Rear Tube (No. 30)**] in case you'd like to repackage and transport this equipment in the future.



STEP 2:

Attach the **Front and Rear Stabilizers (No.16 and No.29)** to the **Main Frame (No. 28)** using 4 **Screws (No. 17)** and 4 **Flat Washers (No. 18)**. Tighten and secure with **Allen Wrench (No. 34)**.



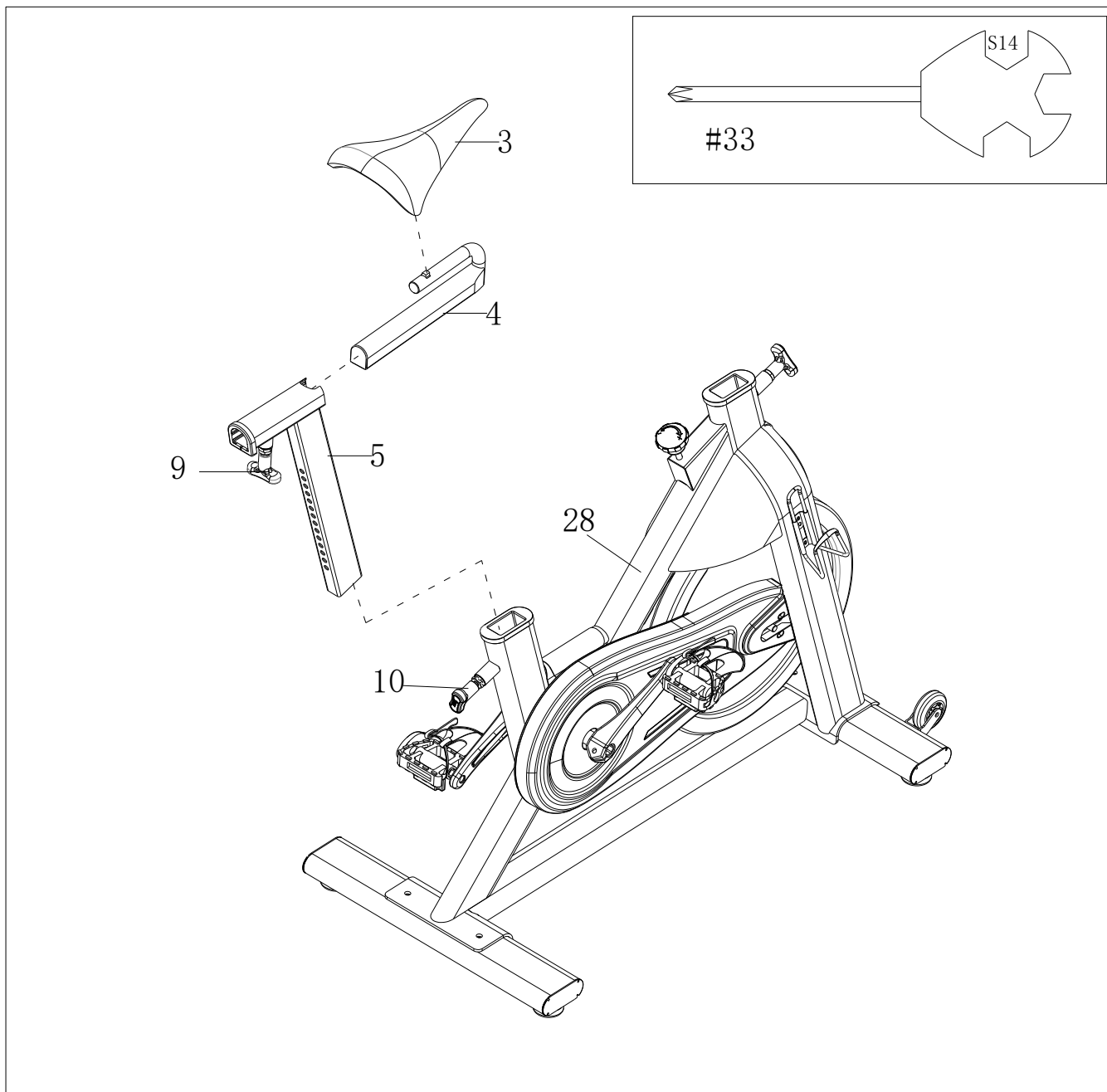
STEP 3:

Connect the **Left and Right Pedals (No. 27L and No. 27R)** to the **Left and Right Crank Arms (No. 32L and No. 32R)**. 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. 27L)** with the **Left Crank Arm (No. 32L)** 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 **Spanner (No. 33)**.

Right Pedal: Align the **Right Pedal (No. 27R)** with the **Right Crank Arm (No. 32R)** 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 **Spanner (No. 33)**.

Attach the **Water Bottle Holder (No. 22)** by first unscrewing the 2 already preassembled **Screws (No. 23)** and 2 **Washers (No. 11)** from the **Main Frame (No. 28)**. Reattach the 2 **Screws (No. 23)** and 2 **Washers (No. 11)** along with the **Water Bottle Holder (No. 22)**. Tighten and secure with **Spanner (No. 33)**.

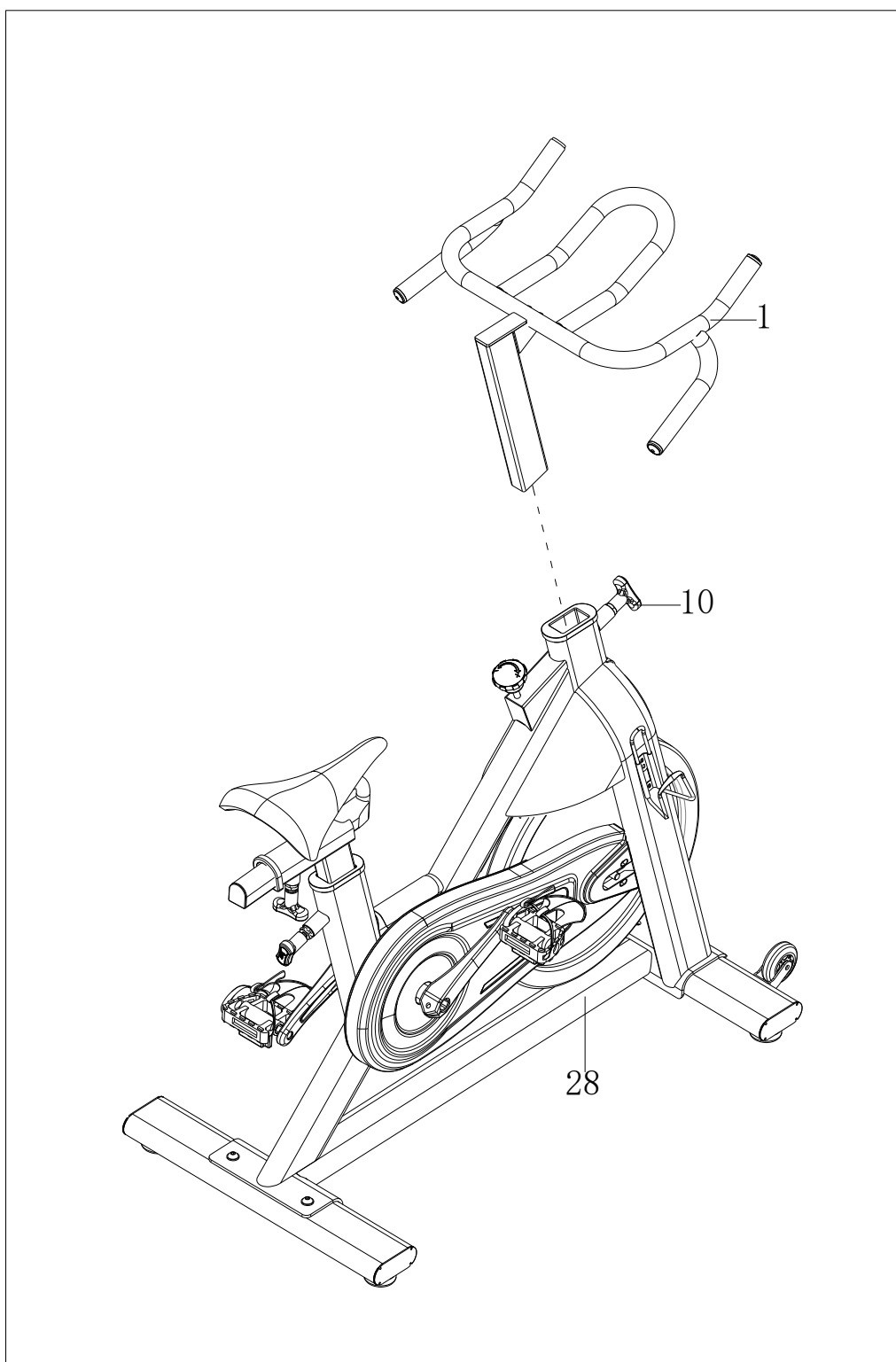


STEP 4:

Loosen and pull out the [seat] **Height Adjustment Knob (No. 10)**. Insert the **Saddle Post (No. 5)** into the tube located on the back of the **Main Frame (No. 28)**. Adjust the **Saddle Post (No. 5)** to the desired height then secure it in place by reinserting and tightening the **Height Adjustment Knob (No. 10)**.

Loosen and pull out the **Seat Adjustment Knob (No. 9)**. Insert the **Seat Slider Tube (No. 4)** into the **Saddle Post (No. 5)**. Adjust the **Seat Slider Tube (No. 4)** to the desired position then secure it in place by reinserting and tightening the **Seat Adjustment Knob (No. 9)**.

Secure **Saddle (No. 3)** to **Seat Slider Tube (No. 4)** with **Spanner (No. 33)**.

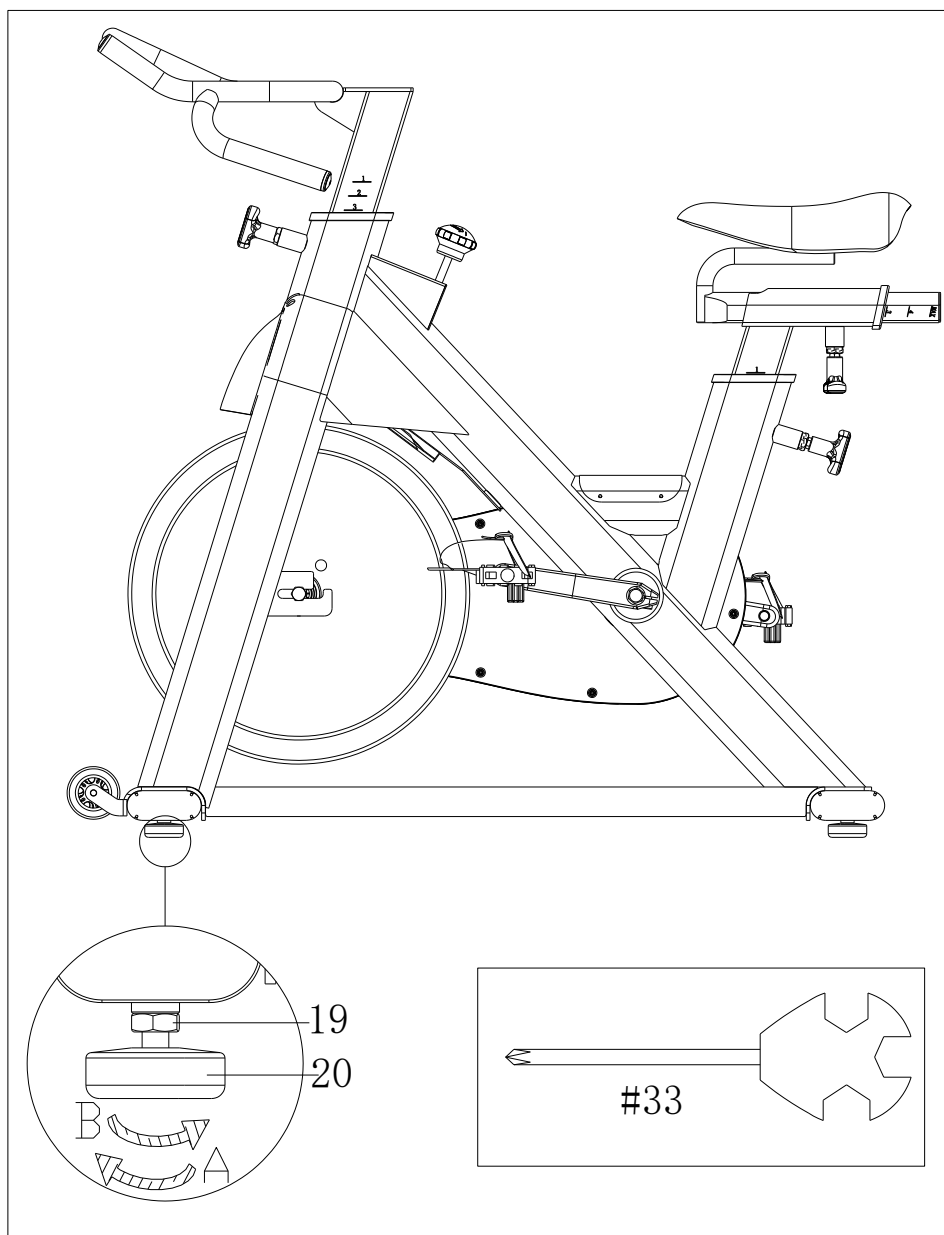


STEP 5:

Loosen and pull out the [handlebar] **Height Adjustment Knob (No.10)**. Insert the **Handlebar (No. 1)** into the tube located on the front of the **Main Frame (No. 28)**. Adjust the **Handlebar (No. 1)** to the desired height then secure it in place by reinserting and tightening the **Height Adjustment Knob (No.10)**.

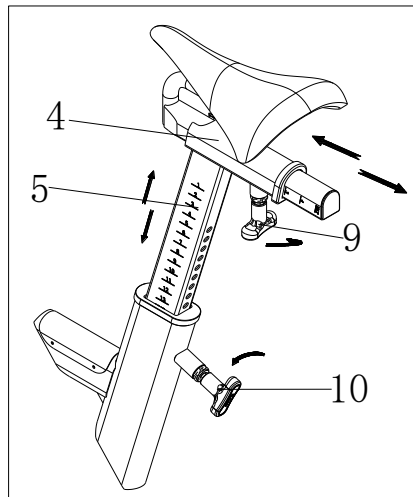
The assembly is complete!

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 (No. 20)** located beneath the **Front and Rear Stabilizers (No. 16 & No. 29)** of the bike. To do so, use **Spanner (No. 33)** to loosen **Nut (No. 19)** by turning it *clockwise* (direction A). With the nut loosened, rotate the **Foot Leveler (No. 20)** until it sits level with the surface that the bike is on. Once you finish adjusting the foot leveler, use **Spanner (No. 33)** to re-tighten the **Nut (No. 19)** by turning it *counter-clockwise* (direction B). If required, repeat this process to adjust the remaining foot levelers.

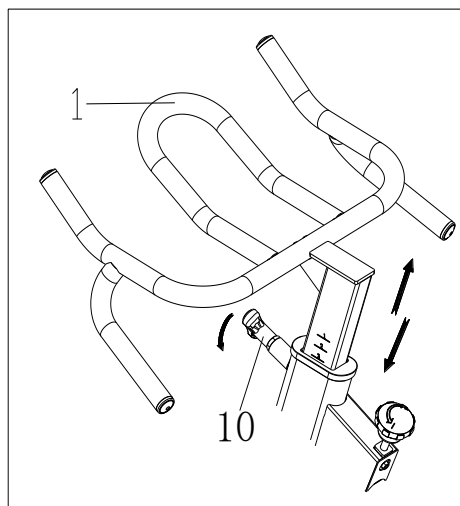


➤ ADJUSTING THE SADDLE

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

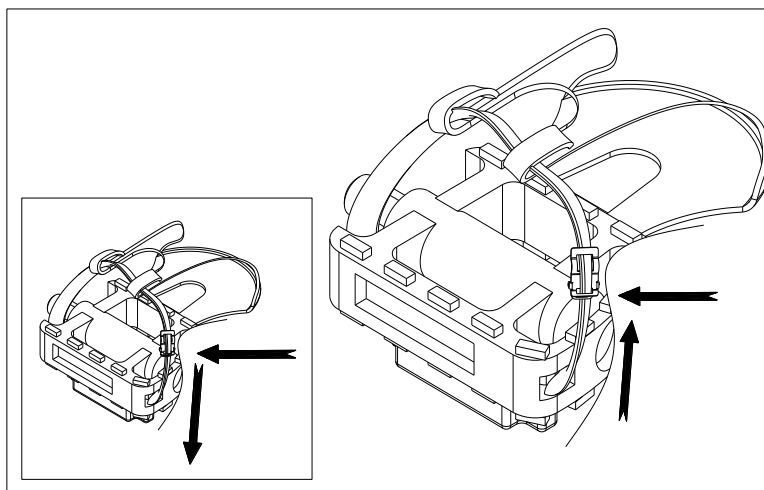
To adjust the height of the **Saddle Post (No. 5)**, loosen and pull the [seat] **Height Adjustment Knob (No. 10)** outward, then raise or lower the saddle to the desired height. Once adjusted, re-insert and tighten the **Height Adjustment Knob (No. 10)** to secure the saddle in place.

To adjust the saddle back and forth, loosen and pull **Seat Adjustment Knob (No. 9)** outward, then slide the **Seat Slider Tube (No. 4)** to the desired position. Once positioned, re-insert and tighten the **Seat Adjustment Knob (No. 9)** to secure the seat in place.



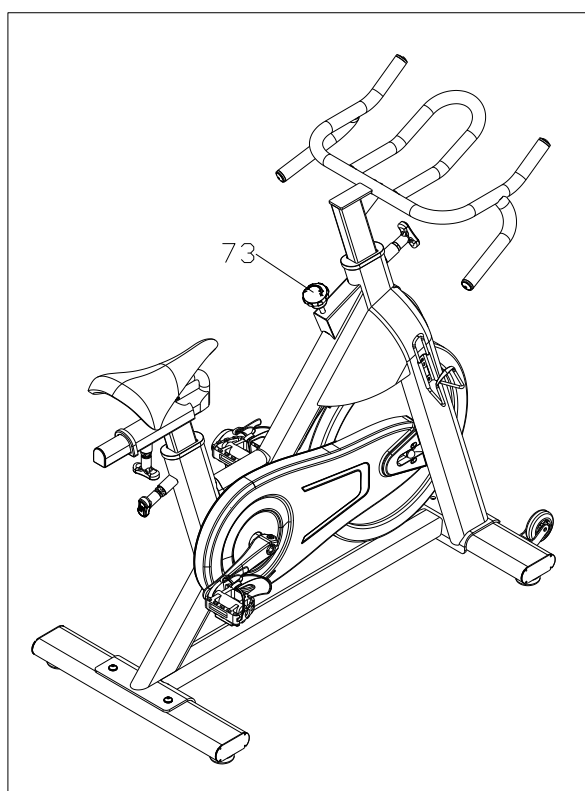
➤ ADJUSTING THE HANDLEBAR

It is important that the handlebar and seat are both set to the correct height to your body. To adjust the handlebar height, loosen and pull the [handlebar] **Height Adjustment Knob (No. 10)** outward, then slide the **Handlebar (No. 1)** up or down to the desired height. Once adjusted, re-insert and tighten the **Height Adjustment Knob (No. 10)** to secure the handlebar 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 then grasp the pedal strap and pull it upward to tighten the toe-clip cage. Insert the strap back into the hoop of the toe-clip. Repeat this process to secure your other foot.



➤ ADJUSTING THE RESISTANCE

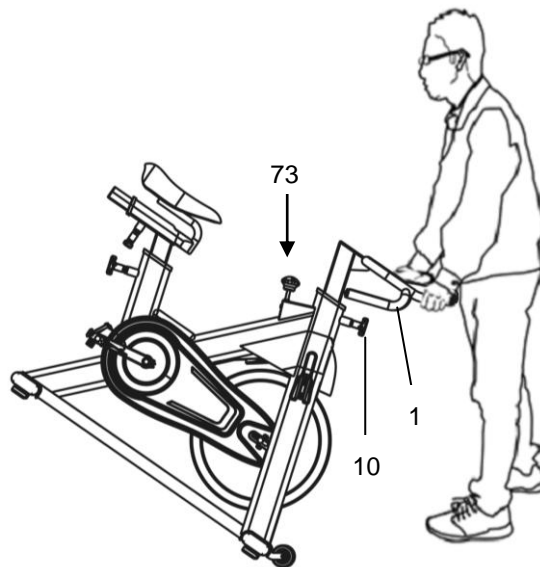
Adjust the resistance of the bike using the **Tension Knob (No. 73)**. Increase the level of resistance by turning the tension knob to the **RIGHT (clockwise)**, decrease the level of resistance by turning the tension knob to the **LEFT (counter-clockwise)**.

MOVING THE BIKE & BRAKING/DISMOUNTING

➤ **TRANSPORTING THE BIKE**

To move the bike, first ensure that the **Handlebar (No. 1)** is properly secured. If the handlebar is loose, tighten the [handlebar] **Height Adjustment Knob (No. 10)** 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. 73)**. Pushing down on the tension knob will enforce the brake and bring the bike to an immediate stop.

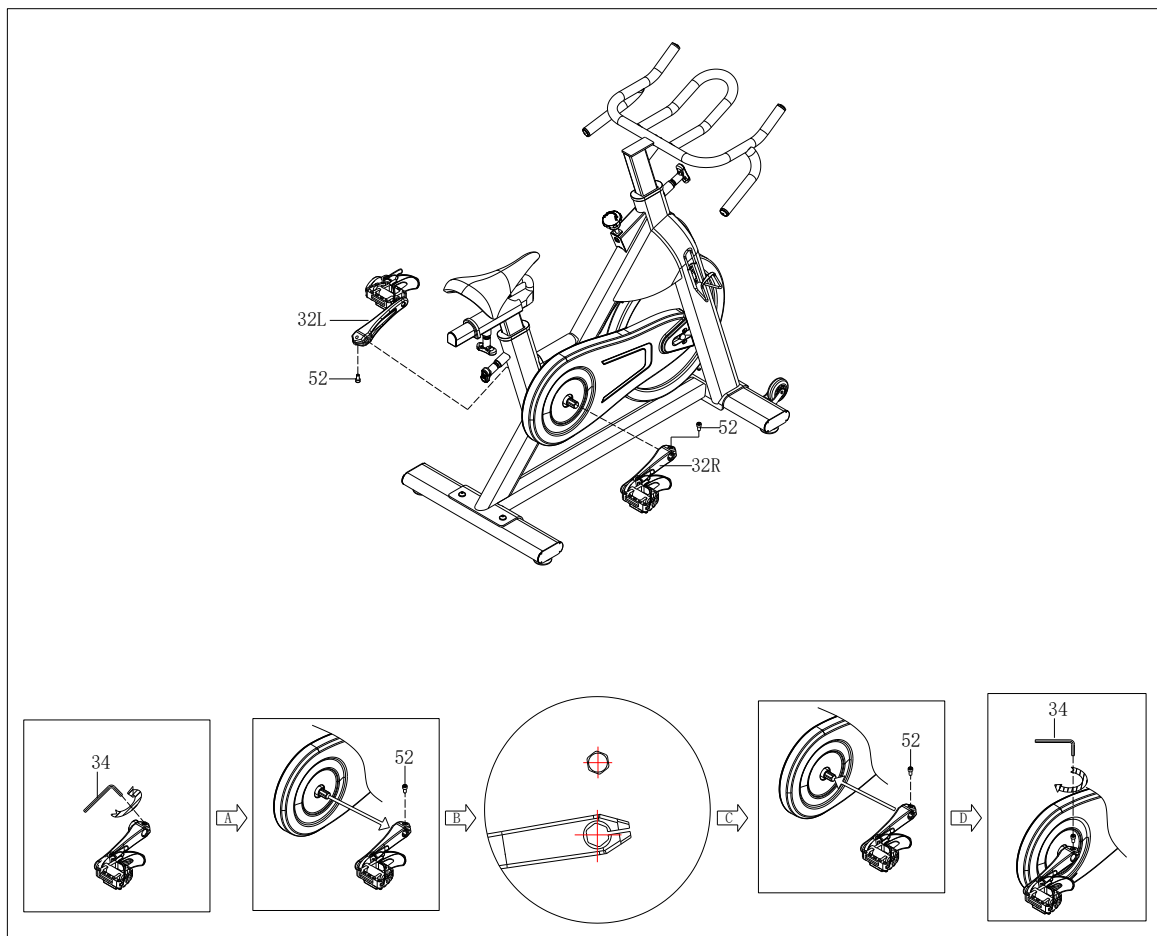
➤ **DISMOUNTING**

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.

REMOVING THE CRANK



➤ TO REMOVE THE CRANK

Unscrew **Screw (No. 52)** *counter-clockwise* with the **Allen Wrench (No. 34)**. Remove the **Screw (No. 52)** and pull out the **Crank Arms (No. 32L & 32R)**.

NOTE: The hexagonal hole on the middle axle and the crank should be aligned when assembling

➤ TO REASSEMBLE THE CRANK

Attach the **Crank Arms (No. 32L & 32R)** to the middle axle. Attach the **Screw (No. 52)** onto the hexagonal hole of the **Crank Arms (No. 32L & 32R)** and secure it by turning *clockwise* with **Allen Wrench (No. 34)**.