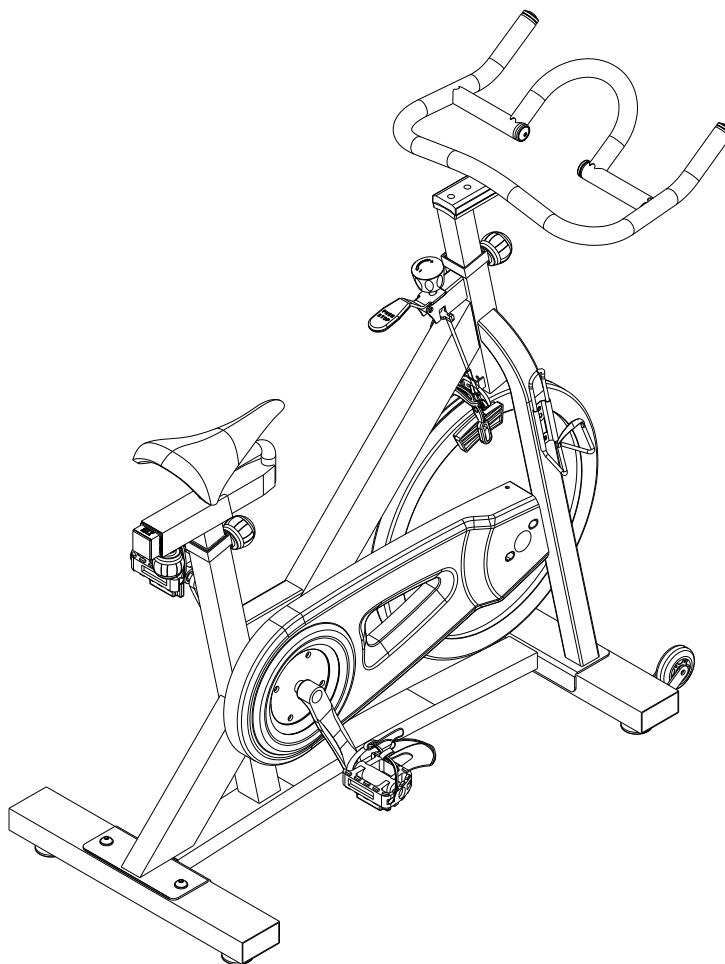




# **BELT DRIVE PRO INDOOR CYCLING BIKE SF-B901B USER MANUAL**



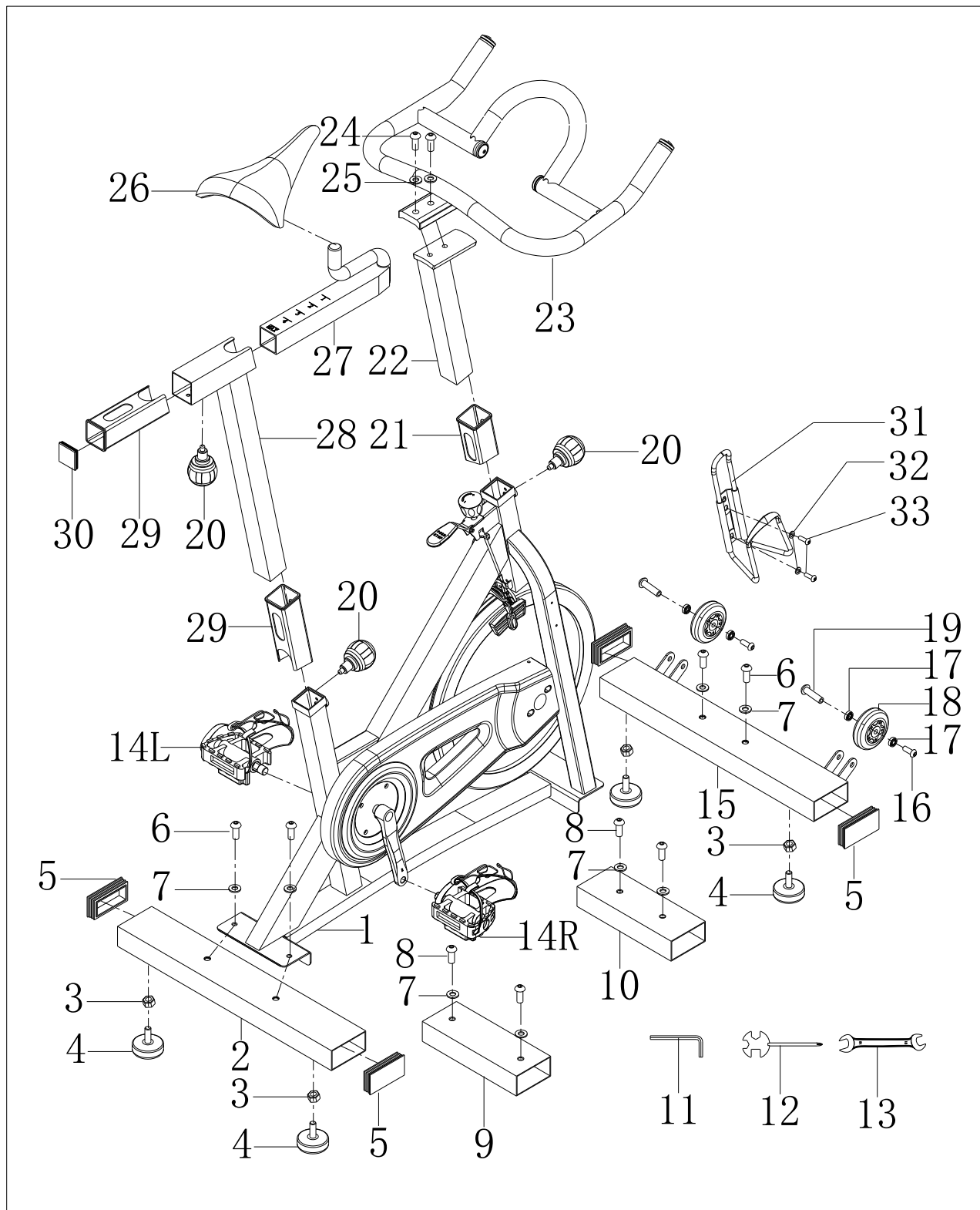
**IMPORTANT:** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

# **IMPORTANT SAFETY INFORMATION**

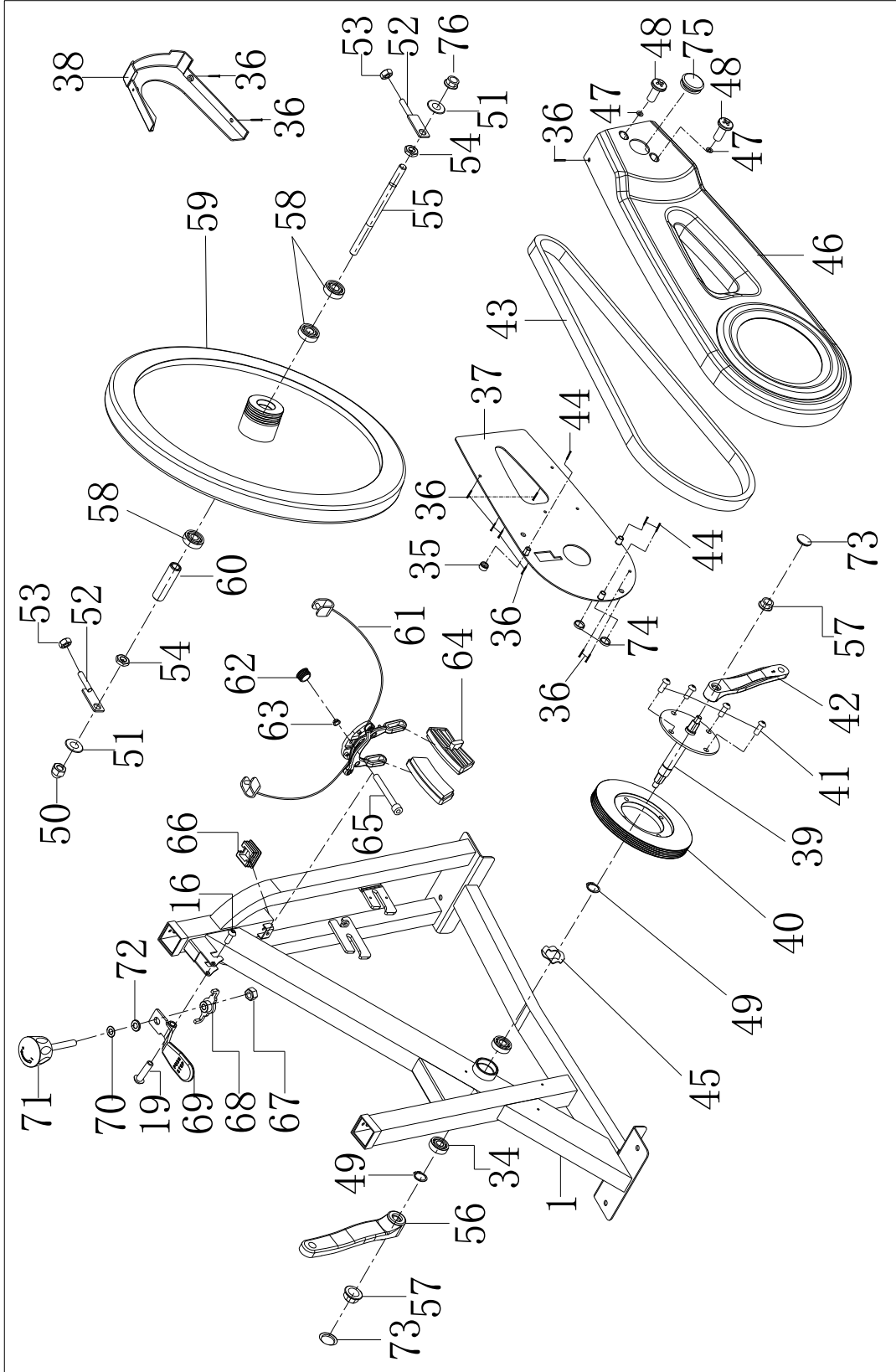
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. 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 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 275 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



# INNER EXPLODED DRAWING

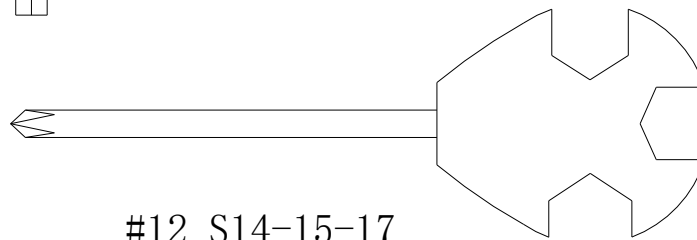
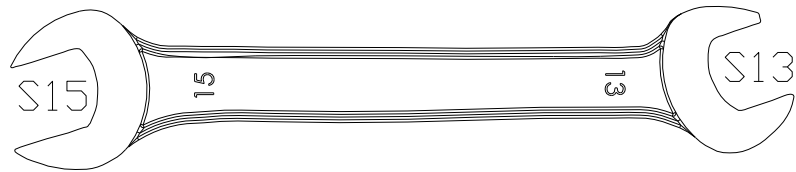
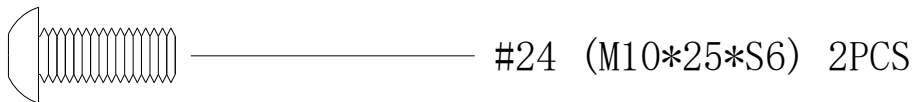
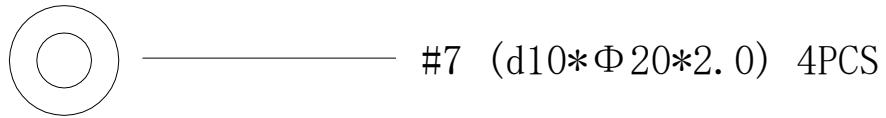
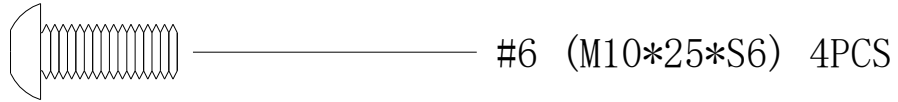


# PARTS LIST

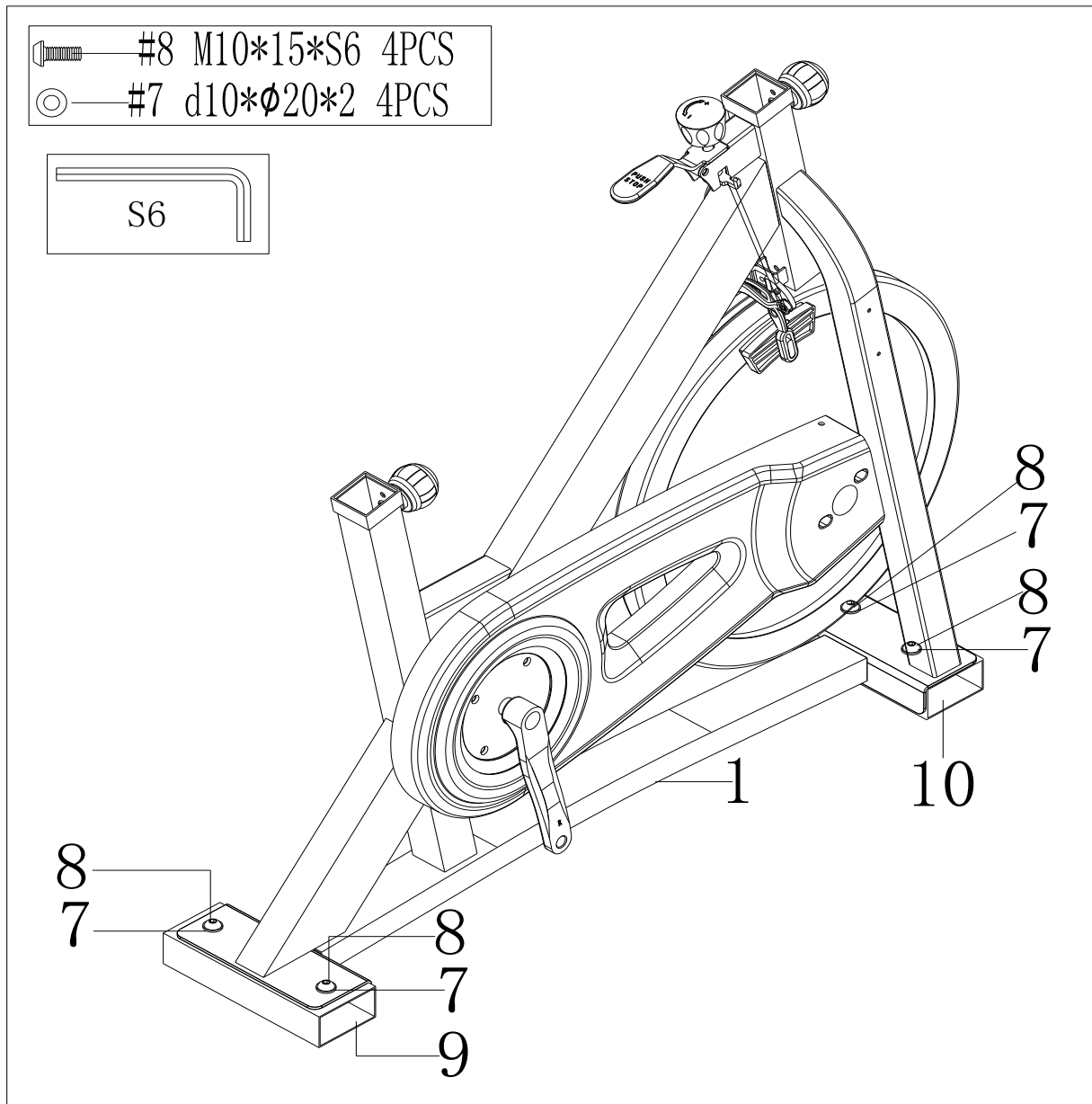
No.	Description	Qty
1	Main frame	1
2	Rear stabilizer	1
3	Nut M10*H7*S17	4
4	Foot pad M10*30*φ52*49	4
5	End cap J80*40*1.5	4
6	Screw M10*25*S6	4
7	Washer d10*φ20*2	8
8	Screw M10*15*S6	4
9	Shipping rear tube	1
10	Shipping front tube	1
11	Allen wrench S6	1
12	Spanner S14-15-17	1
13	Open end wrench S13 S15	1
14L/R	Pedal YH-76X 9/16	2
15	Front stabilizer	1
16	Screw M6*12*S5	3
17	Bearing 608ZZ φ8	4
18	Transport wheel φ71*φ19*24	2
19	Screw φ7.8*30*M6*15*S5	3
20	Adjustment knob M16*1.5*16*φ49	3
21	Bushing F45*F38*153	1
22	Handlebar post	1
23	Handlebar	1
24	Screw M10*25*S6	2
25	Washer d10*φ20*1.5	2
26	Saddle 6618	1
27	Seat slider	1
28	Saddle post	1
29	Bushing F45*F38*153	2
30	End cap F38*38*14	1
31	Water bottle holder	1
32	Washer d5*φ10*1	2
33	Screw M5*12*φ8.5	2
34	Bearing 6004-2RS NBK	2
35	Plastic washer φ6.5*φ25*6	1
36	Screw ST4.8*16*φ10	9
37	Inner chain cover	1
38	Front cover	1

No.	Description	Qty
39	Middle axle φ20*184*43*10.5*74.5*4-φ10.1*φ105	1
40	Belt wheel Φ204*20*5PK	1
41	Screw M10*16*S6	4
42	Crank 170“R”9/16	1
43	Belt	1
44	Screw M5*20*φ8.5	3
45	Wave washer	1
46	Outer chain cover	1
47	Washer d6*φ12*1.2	2
48	Screw M6*12*φ12	2
49	Reed d20	2
50	Nut M12*1*H19.5*S19	1
51	Washer d12*φ24*1.5	2
52	Adjustable bolt M8*83*φ12*5	2
53	Nut M8*H7.5*S13	2
54	Nut M12*1*H6*S19	2
55	Inertia axle 15*162*M12*1*29*29	1
56	Crank 170“L”9/16	1
57	Nut M10*1.25*H7.5	2
58	Bearing 6202Z	3
59	Flywheel 18*460*80*30*55*42*PK	1
60	Spacer Φ20*φ15.1*28	1
61	Clamp brake assembly	1
62	End cap φ22*16	1
63	Nut M6*H7*S10	1
64	Brake pad	2
65	Screw M6*38*S5	1
66	End cap F45*45*24	1
67	Nut M10*H9*S17	1
68	End cap F45*45*24	1
69	Brake handle 142*34*46	1
70	Washer d10*φ25*1	1
71	Tension control knob M10*60*40*50	1
72	Flat washer φ11*φ25*4	1
73	Crank cap Φ25*7	2
74	Plastic washer Φ30*φ10.1*3	2
75	End cap Φ38*14	1
76	Nut M12*1.0*H11*S18	1

## **HARDWARE PACKAGE**



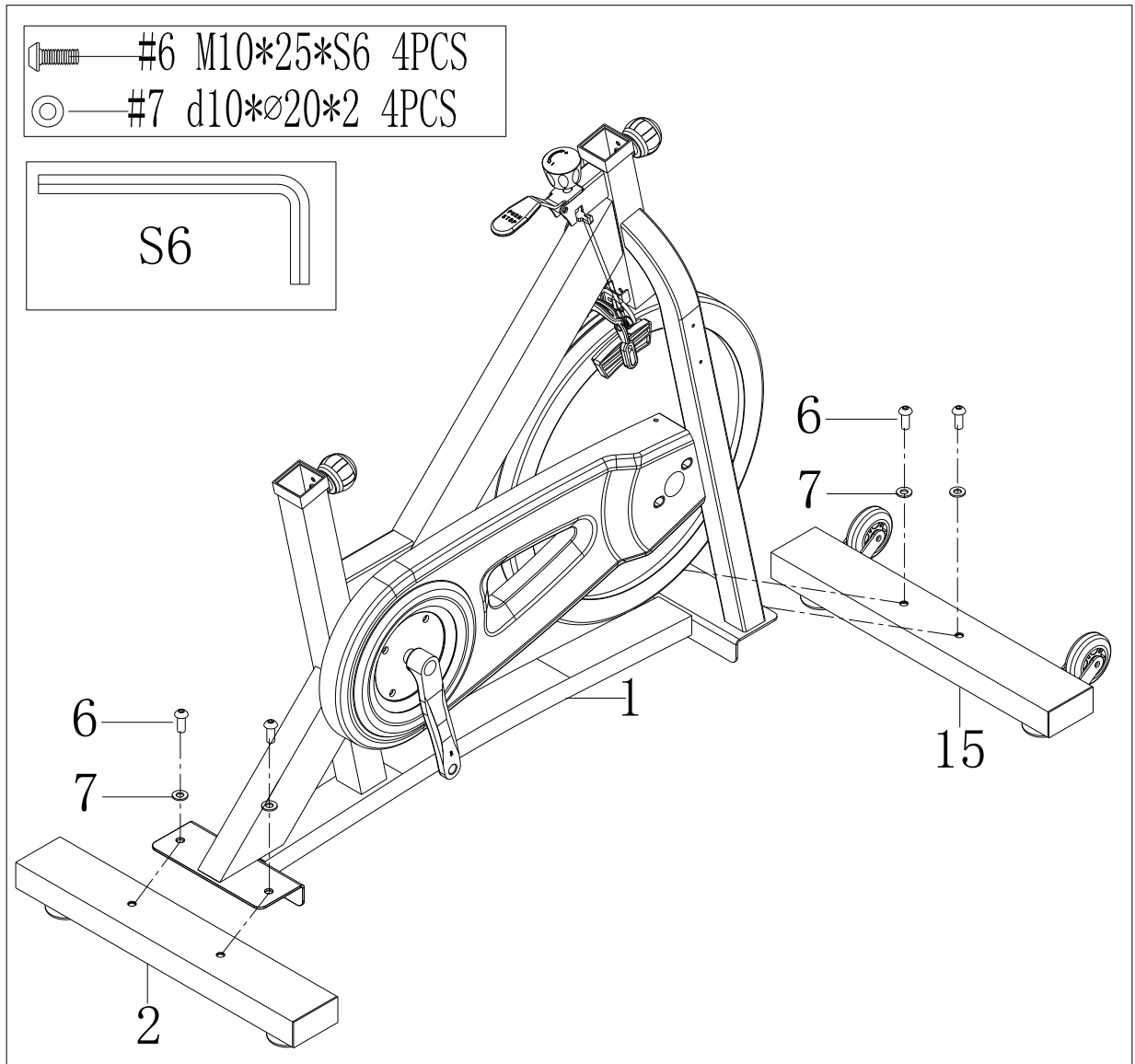
# **ASSEMBLY INSTRUCTIONS**



## **STEP 1:**

Unscrew **Screws (No. 8)** using **Allen Wrench (No. 11)** then, remove and discard the **Front & Rear Shipping Tubes (No. 9 & No. 10)**.

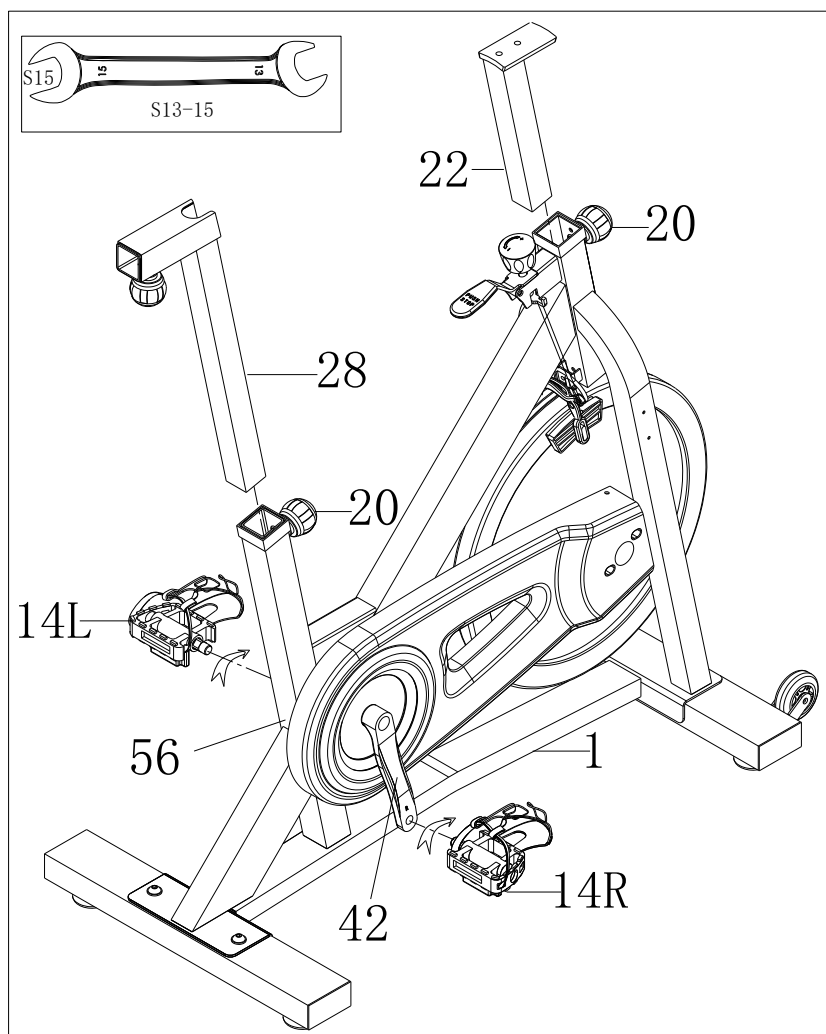
**OPTIONAL:** You may save these parts: **Screws (No. 8)**, **Washers (No. 7)**, **Front & Rear Shipping Tubes (No. 9 & No. 10)** for future packaging and transportation of bike.



## STEP 2:

Attach the **Front & Rear Stabilizers (No. 15 & No. 2)** to the **Main Frame (No. 1)** using 4 **Screws (No. 6)** and 4 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 11)**.





### STEP 3:

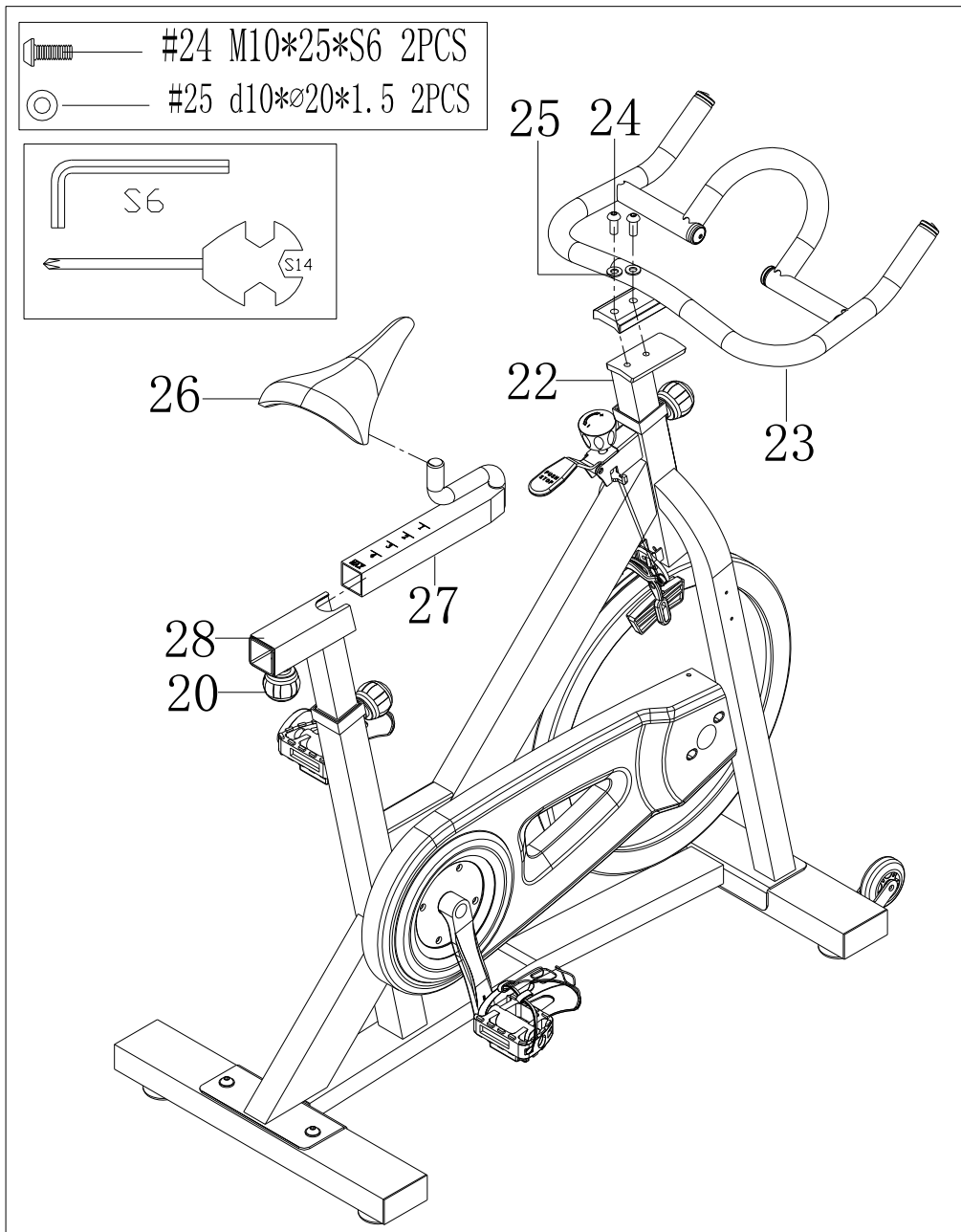
Connect the **Left & Right Pedals (No. 14L/R)** onto the **Left & Right Crank Arms (No. 56 & No. 42)**. Before you begin, immobilize the crank arms by turning the tension control knob all the way to the right.

**NOTE:** The **Left & Right Pedals (No. 14L/R)** are marked **L** for the left pedal and **R** for right pedal.

Align the **Left Pedal (No. 14/L)** with the **Left Crank Arm (No. 56)** 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. Tighten and secure with (15mm) **Spanner Wrench**.

Align the **Right Pedal (No. 14/R)** with the **Right Crank Arm (No. 42)** at 90 degrees. Gently insert the pedal into the crank arm and turn the pedal *clockwise* as tightly as you can with your hand. Tighten and secure with (15mm) **Spanner Wrench**.

Loosen and remove **Adjustment Knobs (No. 20)**. Insert the **Saddle** and **Handlebar Posts (No. 28 & No. 22)** into the sleeves located on the **Main Frame (No. 1)**. Adjust the **Saddle** and **Handlebar Posts (No. 28 & No. 22)** to the desired positions. Re-insert and tighten the **Adjustment Knobs (No. 20)** to secure the posts in place.

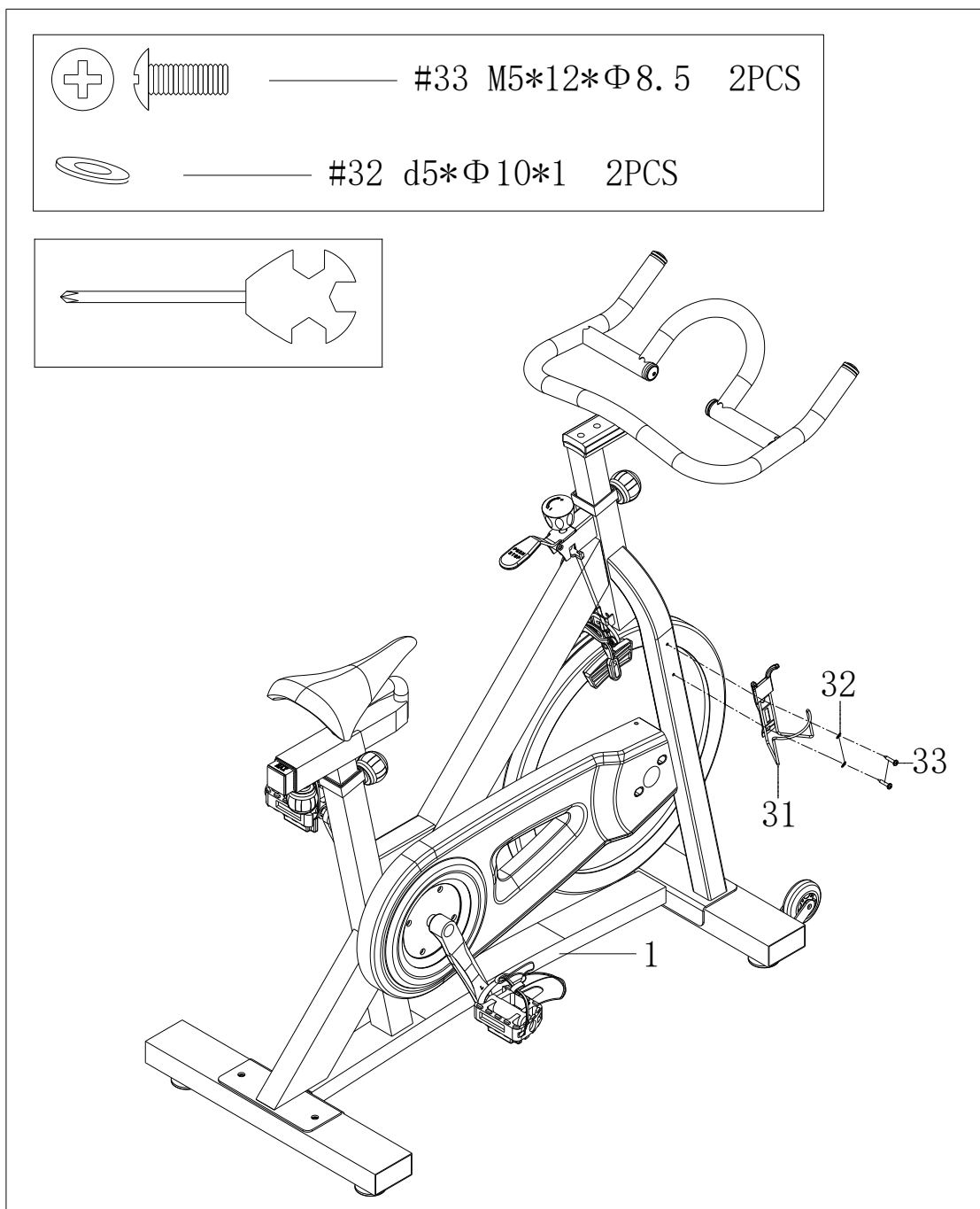


#### STEP 4:

Loosen and remove the **Adjustment Knob (No. 20)**. Next, insert the **Seat Slider (No. 27)** into the **Saddle Post (No. 28)** and adjust it to the desired position. Re-insert and tighten **Adjustment Knob (No. 20)** to secure the seat slider in place.

Attach the **Saddle (No. 26)** to the **Seat Slider (No. 27)**, tighten and secure with **Spanner (No. 12)**.

Attach the **Handlebar (No. 23)** to the **Handlebar Post (No. 22)** using 2 **Screws (No. 24)** and 2 **Washers (No. 25)**, tighten and secure with **Allen Wrench (No. 11)**.

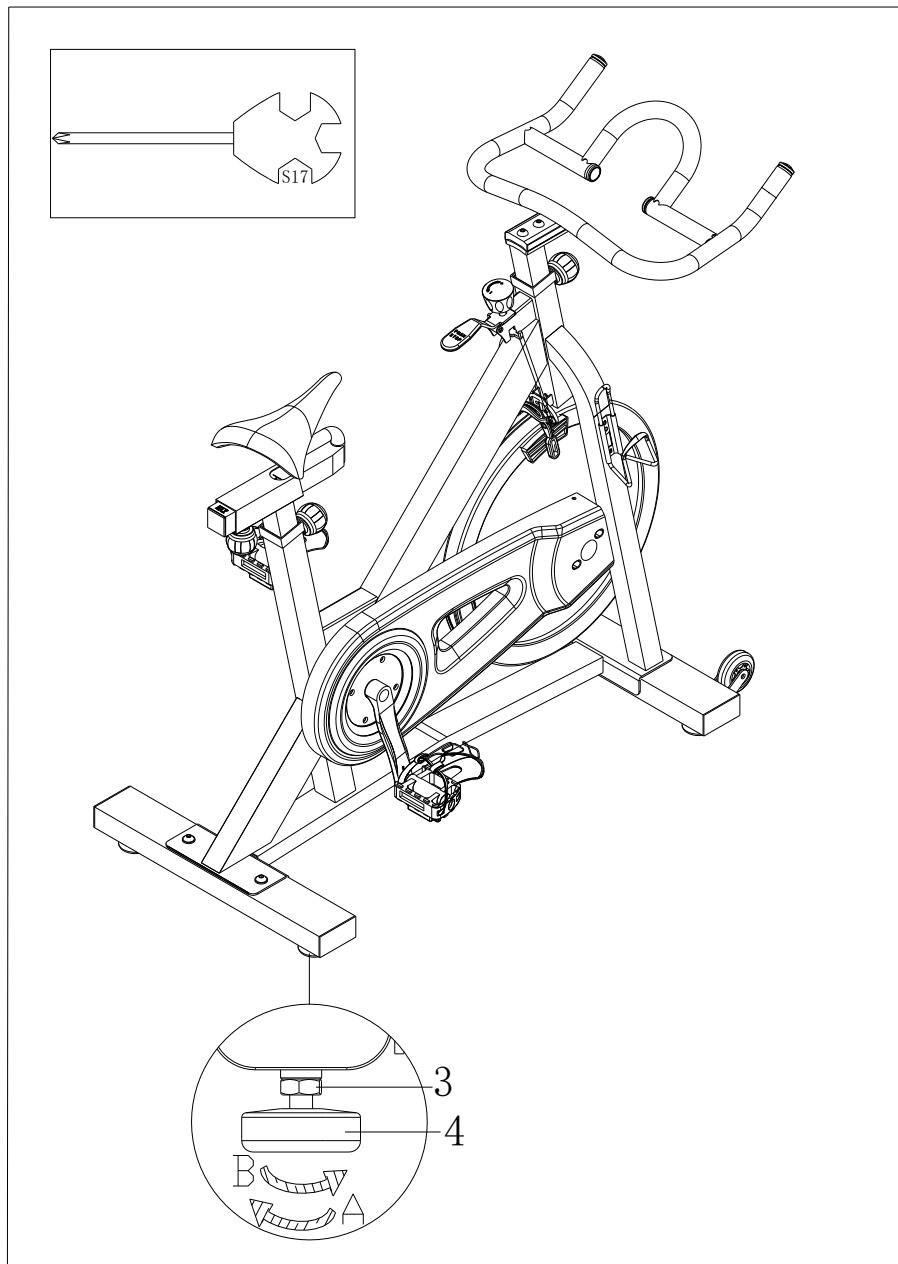


## STEP 5:

Attach the **Water Bottle Holder (No. 31)** to the **Main Frame (No. 1)** using 2 **Screws (No. 33)** and 2 **Washers (No. 32)**. Tighten and secure with **Spanner (No. 12)**.

*The assembly is complete!*

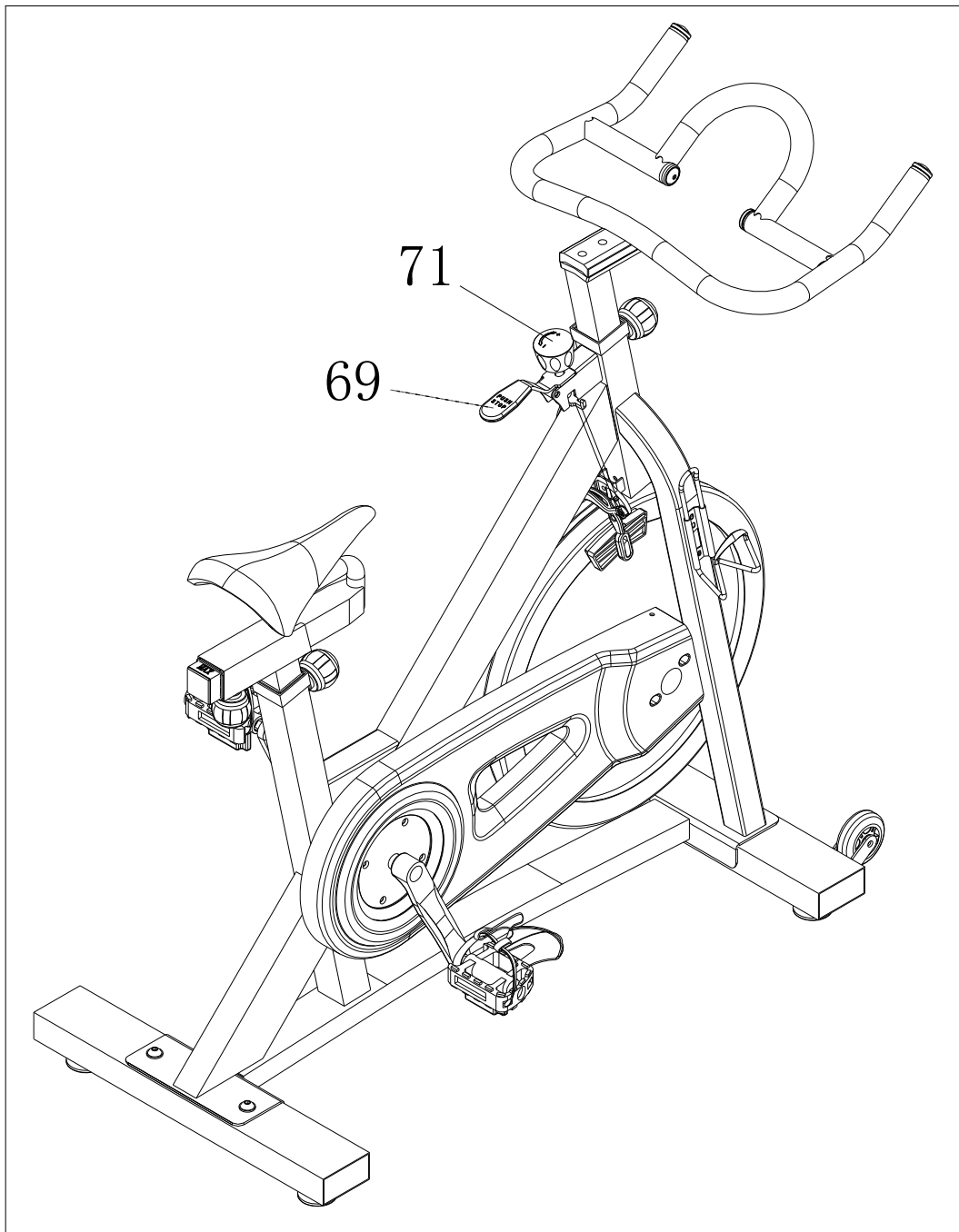
# **ADJUSTMENTS**



## **ADJUSTING THE BALANCE:**

In order to achieve a smooth and comfortable exercise during use, you must ensure that the stability of the bike is correct. If during use you notice that the bike is unbalanced you may adjust the foot pads located beneath the front and rear stabilizers. To do so, use the **Spanner (No. 12)** to loosen the **Nut (No. 3)** by turning it *clockwise* (direction A). With the nut loosened, rotate the **Foot Pad (No. 4)** until it sits level with the surface that the bike is on. When you have finished adjusting the foot pad, re-tighten the **Nut (No. 3)** by turning it *counter-clockwise* (direction B) using **Spanner (No. 12)**. If required, repeat this process to adjust the remaining foot pads.

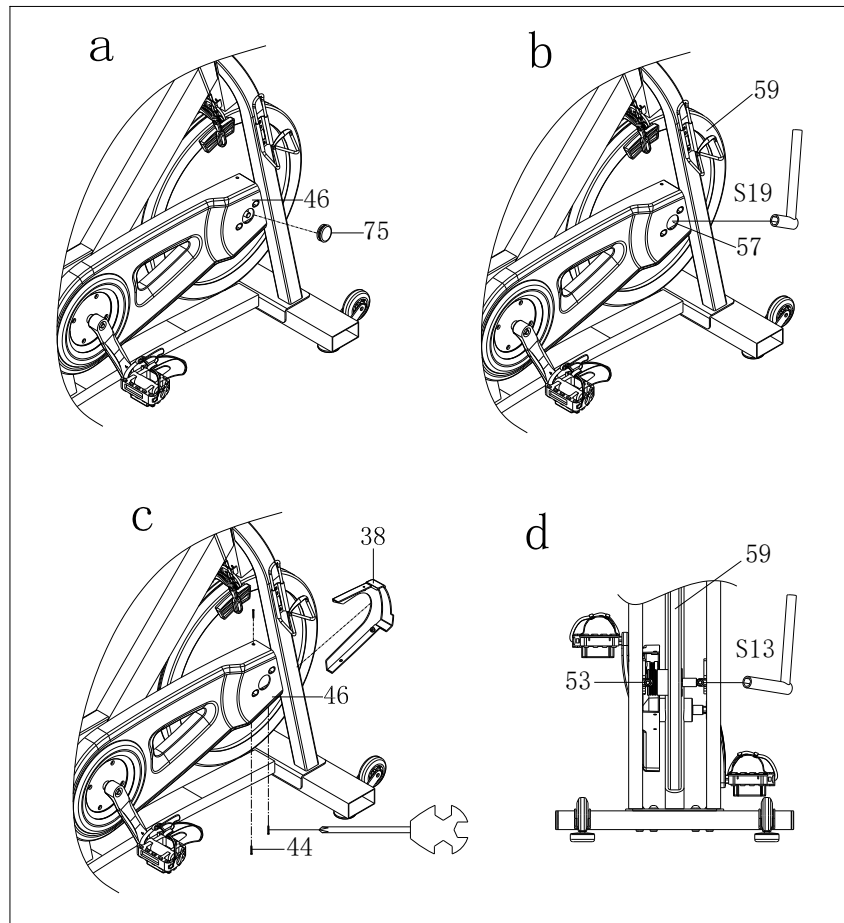
## **RESISTANCE & BREAKING**



You may adjust the tension level of the bike by rotating the **Tension Control Knob (No. 71)**. To increase the level of resistance, rotate the control knob *clockwise*, to decrease the level of resistance, rotate the control knob *counter-clockwise*.

During an exercise, users may stop the bike immediately by pushing down on the **Brake Handle (No. 69)**. This is the emergency brake.

# **BELT ADJUSTMENTS**



Remove the **End Cap (No. 75)** from the **Outer Chain Cover (No. 46)** as indicated above in *Figure A*.

Unscrew **Nuts (No. 57)** from both sides of the **Flywheel (No. 59)** using the **Cylinder Allen Wrench S19** as indicated above in *Figure B*.

Unscrew 2 **Screws (No. 44)** using the **Spanner (No. 12)** and remove the **Front Cover (No. 38)** as indicated above in *Figure C*.

Secure **Nuts (No. 53)** onto both sides of the **Flywheel (No. 59)** using **Cylinder Allen Wrench S13** as shown in *Figure D*. Tighten simultaneously, and while tightening, check the **Belt (No. 43)** to ensure that it's secured and that it does not slip. Finally, ensure that the **Flywheel (No. 59)** is centered correctly and that there isn't any deflection when it is in motion.

Tighten **Nuts (No. 57)** into both sides of the **Flywheel (No. 59)** using **Cylinder Allen Wrench S19**. Next, secure the **Front Cover (No. 38)** to the **Outer Chain Cover (No. 46)** using 2 **Screws (No. 44)** and attach **End Cap (No. 75)** to the **Outer Chain Cover (No. 46)**.

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