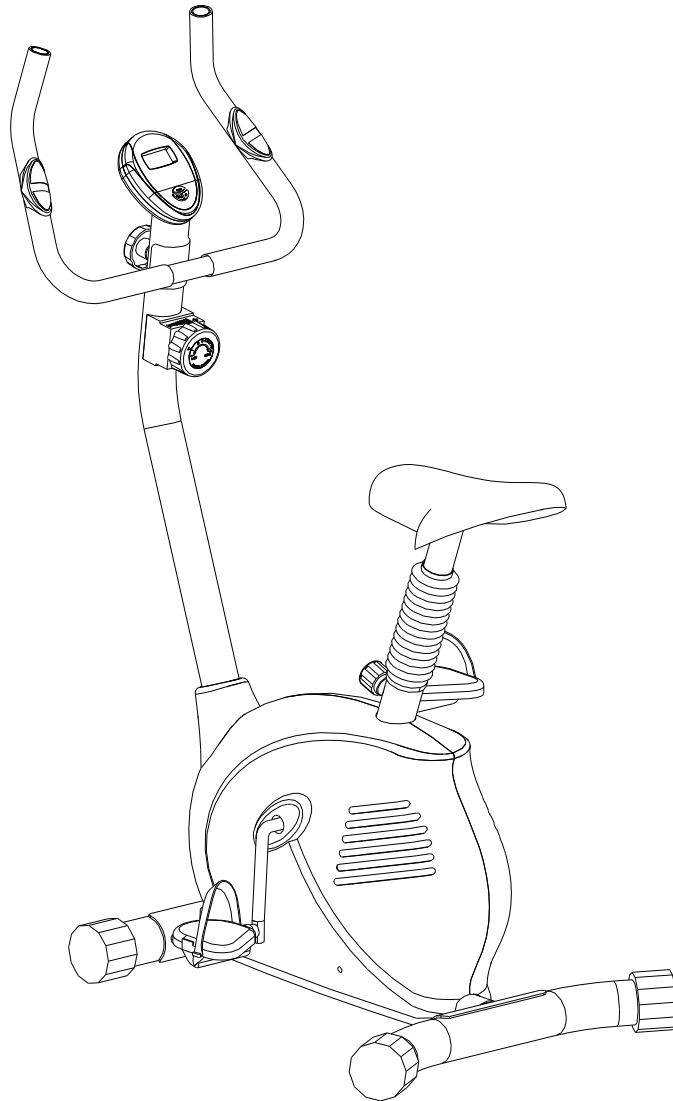# SUNNY MAGNETIC EXERCISE BIKE
SF-B910

IMPORTANT!

Please read the manual carefully before assembling and using the bike.

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 achieved 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 ware and tear.
6. 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.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment
8. The maximum weight capacity of this unit is 220 pounds.
9. The equipment is not suitable for therapeutic use.
10. 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.
11. This equipment is designed for indoor and home use only, it is not intended for commercial use.

EXPLODED VIEW
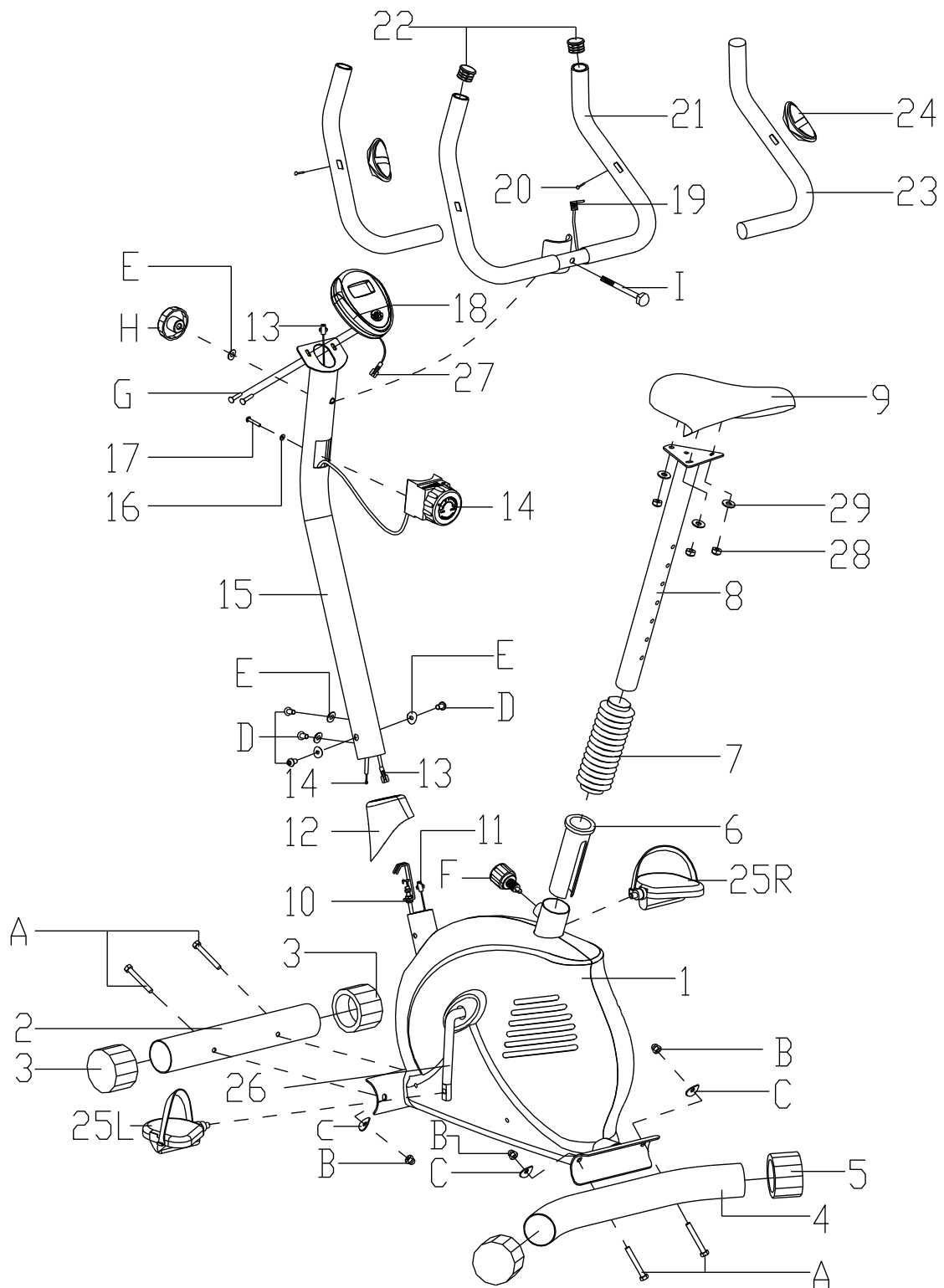
PARTS LIST

| NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
A	BOLT M8*73	4	13	TRUNK LINE	1
B	CAP NUT M8	4	14	TENSION WIRE	1
C	ARC WASHER ID8.5*OD25*R30	4	15	HANDLEBAR POST ASSEMBLY	1
D	BOLT M8*15	4	16	ARC WASHER	1
E	ARC WASHER ID8.5*OD19*R30	5	17	SCREW M5*45	1
F	KNOB M16	1	18	COMPUTER	1
G	SCREW M5*15	2	19	HANDLE PULSE WIRE	1
H	KNOB M8	1	20	SCREW	1
I	BOLT M8*94	1	21	HANDLE	1
1	MAIN FRAME	1	22	END CAP	2
2	FRONT BOTTOM TUBE	1	23	SPONGE TUBE	2
3	END CAP WITH WHEEL	2	24	PULSE SENSOR	2
4	BACK BOTTOM TUBE	1	25 L,R	PEDAL (LEFT & RIGHT)	2
5	END CAP	2	26	CRANK	1
6	SEAT POST BUSH	1	27	COMPUTER WIRE	1
7	EXTENT COVER	1	28	NYLON LOCK NUT M8	3
8	SADDLE POST	1	29	WASHER D8	3
9	SADDLE	1			
10	TENSION CABLE	1			
11	SENSOR WIRE CONNECTOR	1			
12	POST CONNECT COVER	1			

HARDWARE PACKAGE
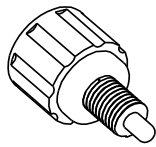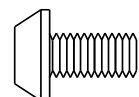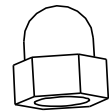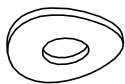
#F M16 1PC
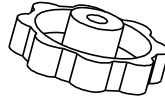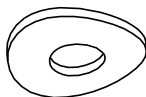
#H M8 1PCS
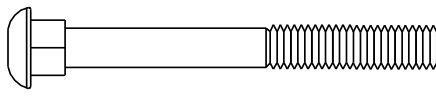
#I M8*94 1PCS
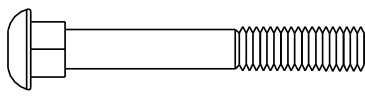
#A M8*73 4PCS

#D M8*15 4PCS

#G M5*15 2PCS

#B M8 4PCS

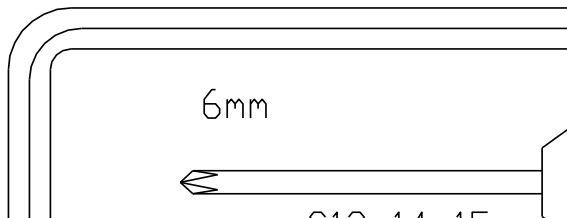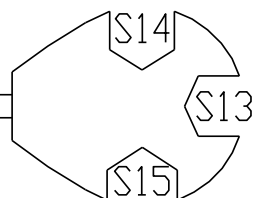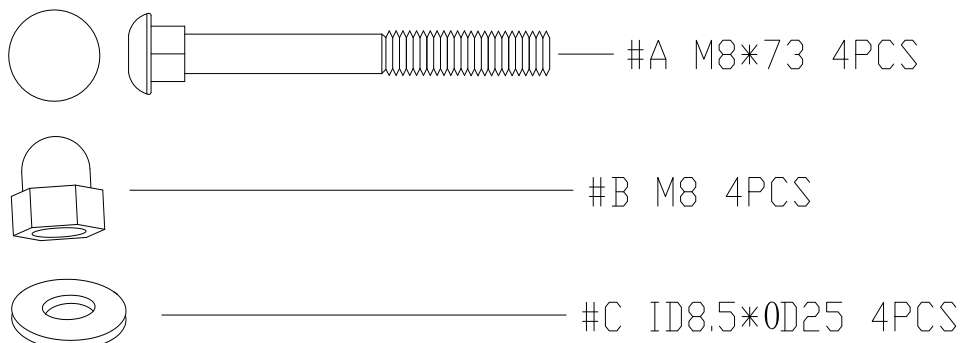#E ID8.5*^{0}D19*R30 5PCS

#C ID8.5*^{0}D25*R30 4PCS

6mm

S13-14-15

S14

S13

S15

ASSEMBLY INSTRUCTIONS

Step1:

#A M8*73 4PCS

#B M8 4PCS

#C ID8.5*OD25 4PCS
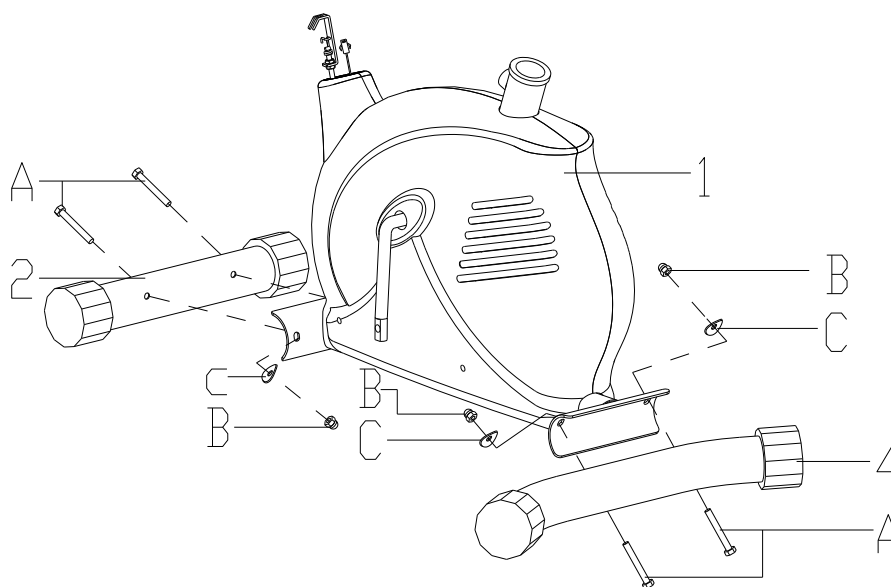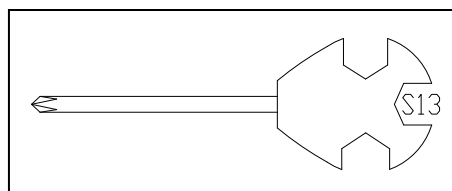
STEP 1：Attach the Front & Rear Stabilizer (2&4) to Main Frame (1) with Bolt (A), Arc Washer (C) and Cap Nut (B) then tighten them.

S13

A

2

1

B

C

C

B

B

C

4

A
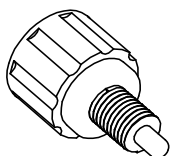
Step 2:

#F M16 1PC

STEP 2：Attach the Saddle (9) to Saddle Post (8) with Nylon Lock Nut (28) and Washer (29). Slide the Extent Cover (7) on to the Saddle Post (8), attach the Saddle Post (8) to Main Frame (1) with Knob (F) and tighten.

S14

9

29

28

8

7

F

1

Step 3:

#D M8*15 4PCS

#E ID8.5*OD19 4PC

6mm

13

11

15

E

E

D

D

14

13

14

13

12

11

10

11

1
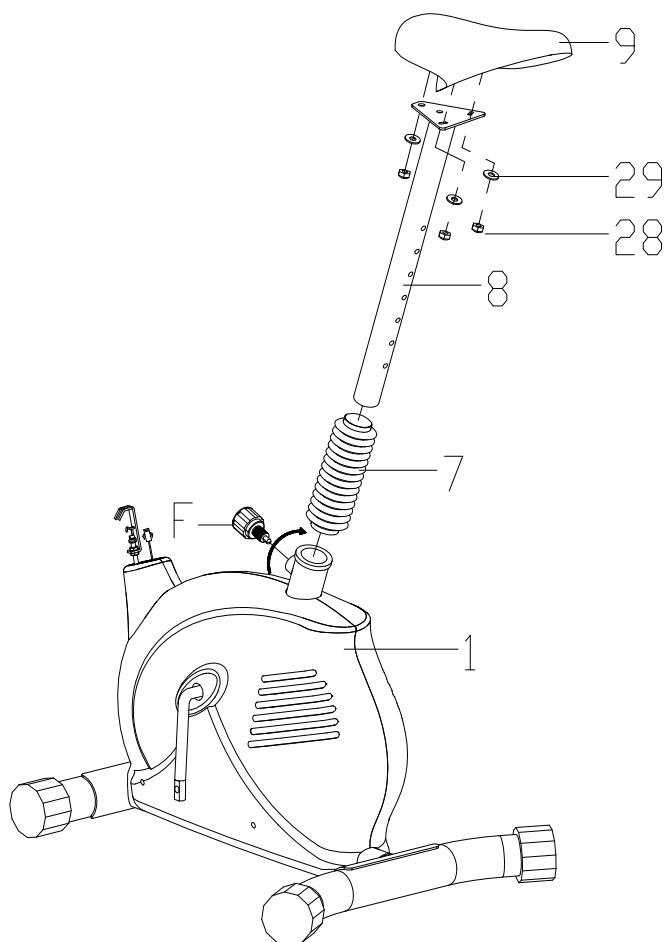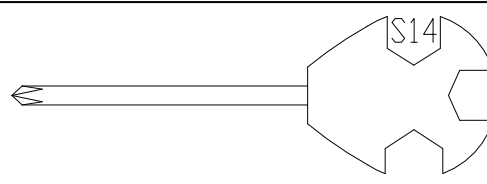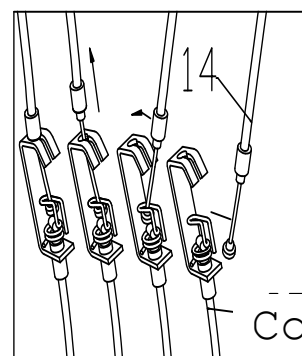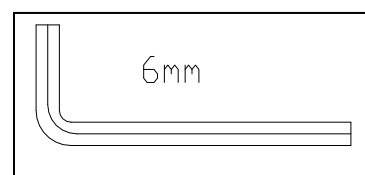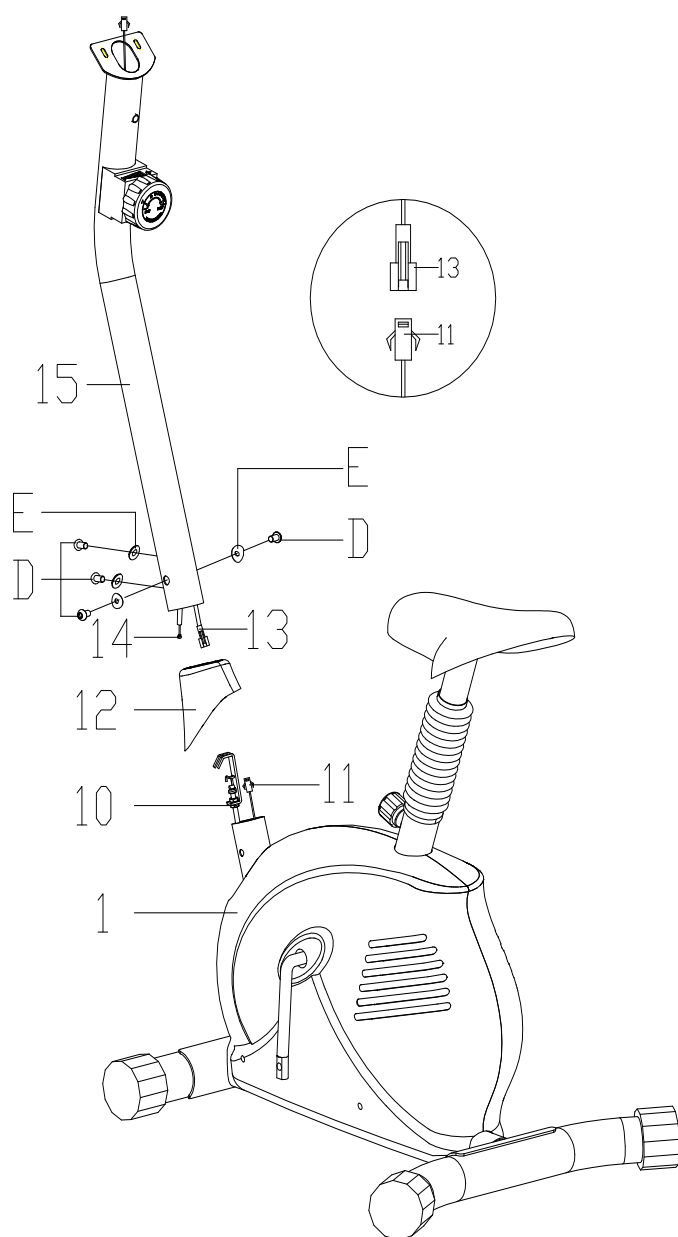
STEP 3：Connect the Sensor Wire Connector (11) and Trunk Line (13). Connect the Tension Cable (10) and Tension Wire (14). Put the Handlebar Post (15) in Main Frame (1), with Post Connect Cover (12), and attach with Bolt (D) and Arc Washer (E) and tighten.

Step 4:

#G M5✳15 2PCS

13

18

G

27

13

27

15
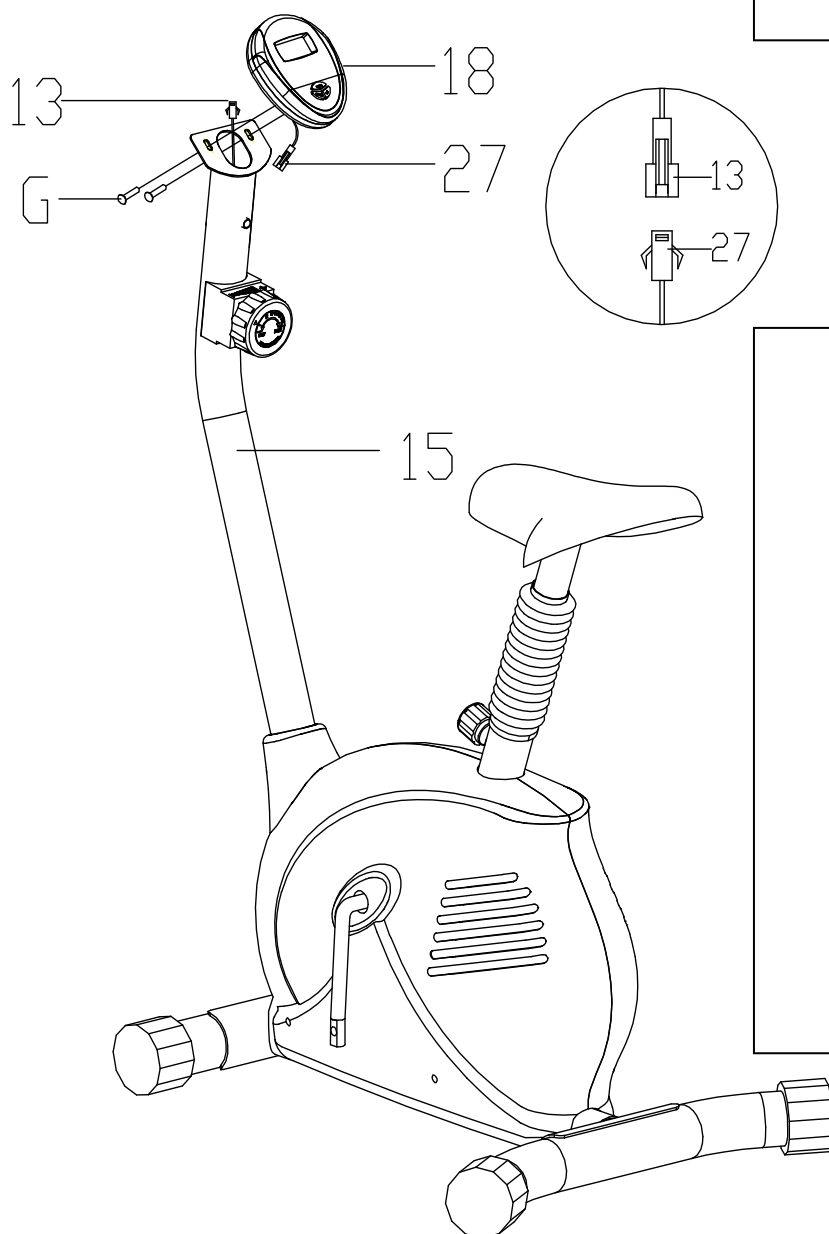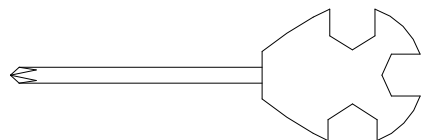
STEP 4：Connect the Trunk Line (13) and Computer Wire (27), put the Computer (18) on Handlebar Post (15). Attach the Computer (18) to Handlebar Post (15) with Screws (G) and tighten.
Please note: Screws (G) come preassembled on the monitor; they are not in hardware package.

Step 5:

#H M8 1PC

#I M8✳94 1PCS

#E ID8.5✳OD19 1PCS

18

H

E

21

19

I

15
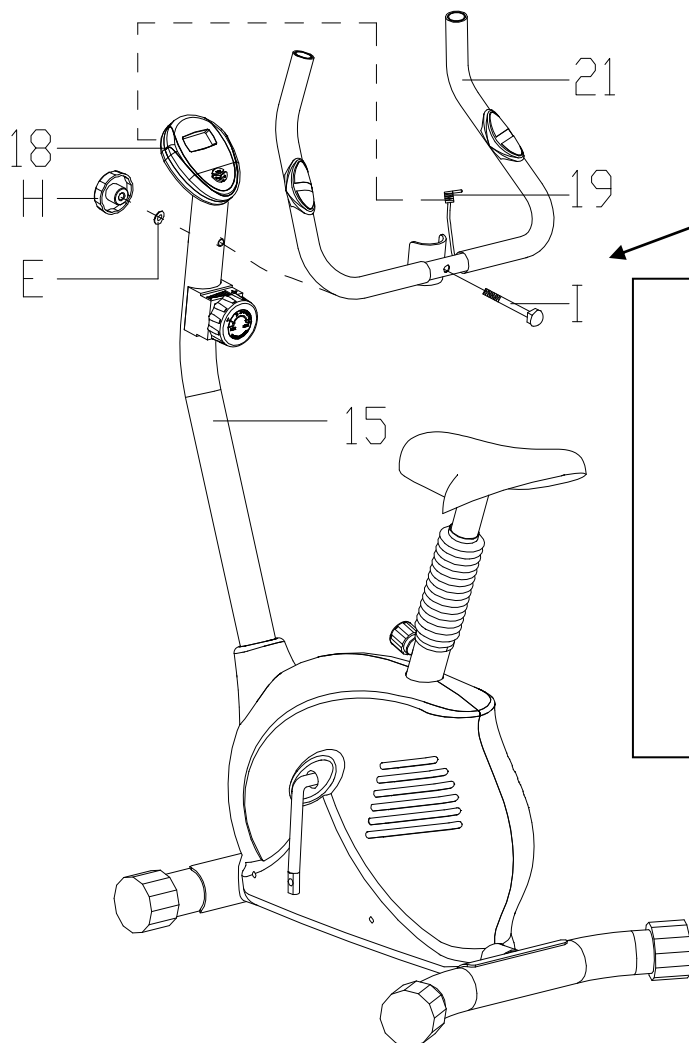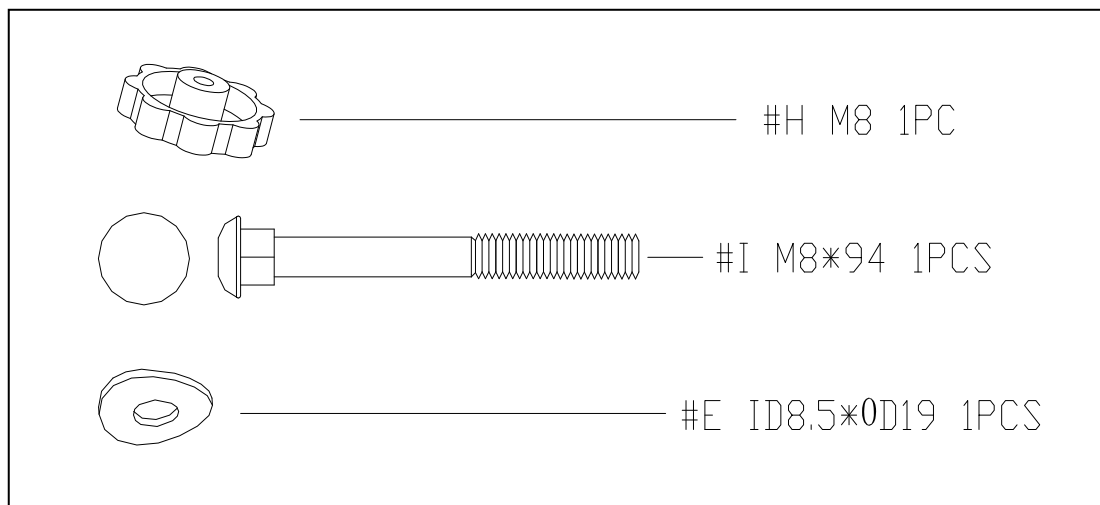
This does not look like a letter I. Please correct the picture to make it look clearer.

STEP 5：Attach the Handle (21) to Handlebar Post (15) with Bolt (I), Arc Washer (E) and Knob (H) then tighten. Connect the Handle Pulse Wire's (19) circular pin and Computer hole.

Step 6:

IMPORTANT: FAILURE TO FOLLOW PROCEDURES MAY RESULT IN PERMANENT DAMAGE. READ INSTRUCTIONS CAREFULLY BEFORE CONNECTING YOUR PEDALS.
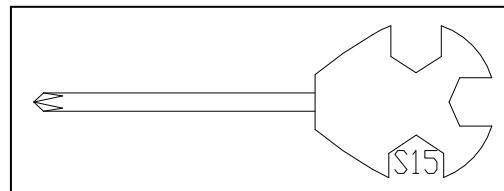
STEP 6：Connect the Pedals (L & R) (25) to Pedal axes and Crank (26). To tighten the LEFT pedal; you must screw **counter-clockwise**. Right pedal tightens clockwise.

RIGHT SIDE

25R

LEFT SIDE

1

26

25L
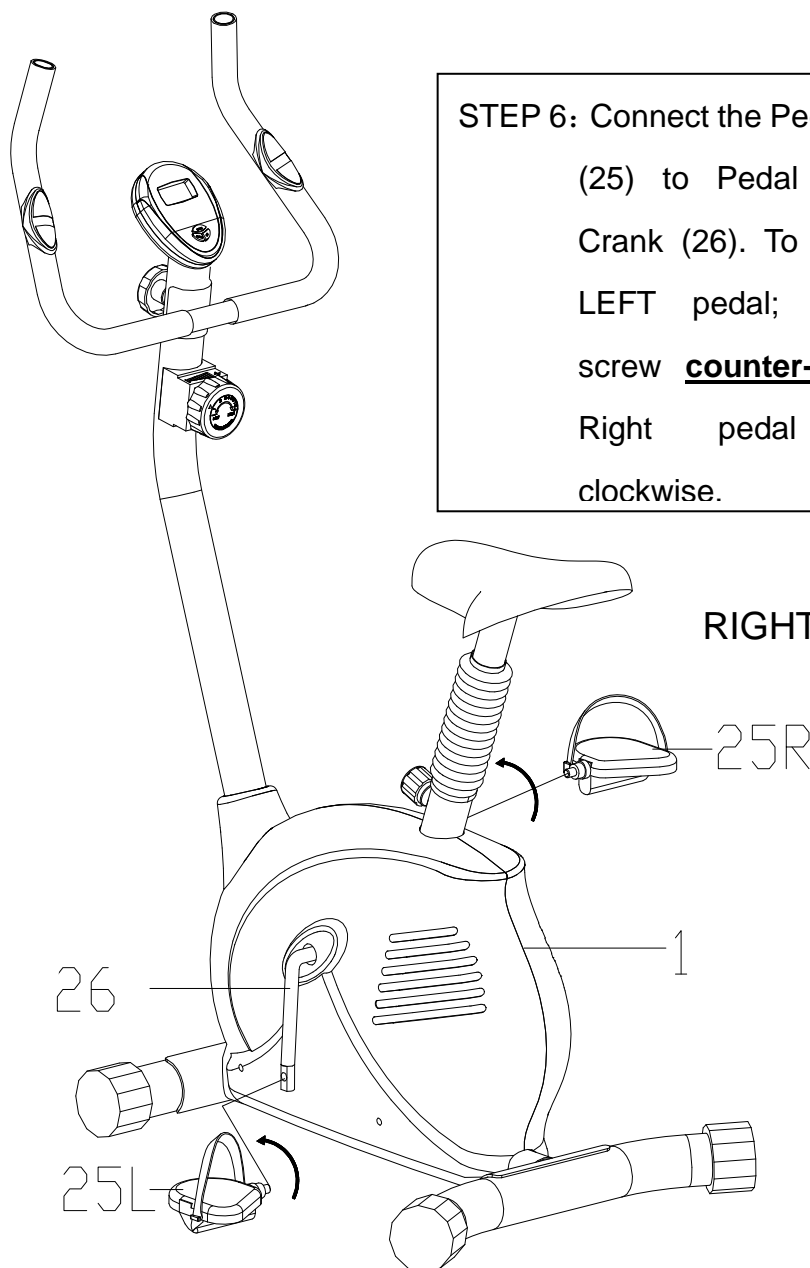
Step 7:

The lowest magnetic force setting is on level 1

The highest magnetic force setting is on level 8
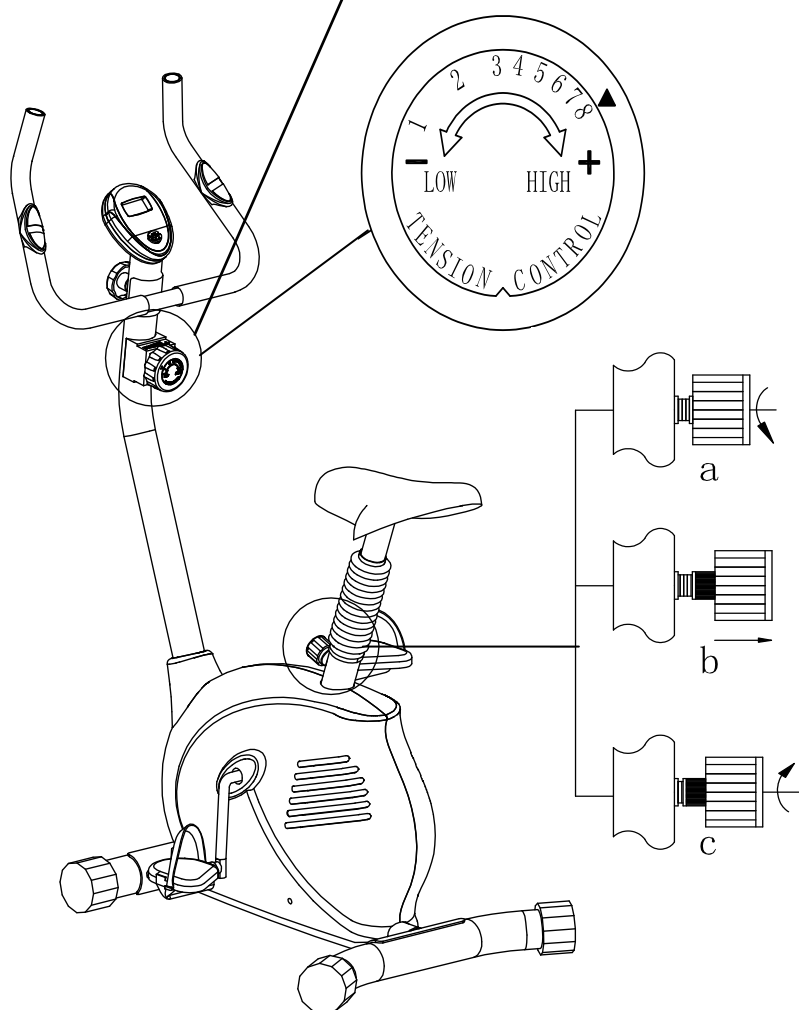
How to adjust the seat's height:

a. Turn the knob 3-4 rotations to the left to loosen the knob.

b. With one hand pull the knob out; use your other hand to move the seat post to the desired place.

c. Place the knob in the desired hole and turn it clockwise to tighten.

EXERCISE TIPS

| **Warm up and cool down** | **Stretching routine** |

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1. Inner Thigh Stretch

   Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

2. Hamstring Stretch

   Sit with your right leg extend. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

3. Head Roll

   Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

4. Shoulder Lift

   Lift your right shoulder up toward your ear for one count.
   Then lift your left shoulder up for one count as you lower your right shoulder.

5. Calf-Achilles Stretch
   Lean against a wall with your right leg in front of the left and your arms forward,
   Keep your left leg straight and your right foot on the floor, then bend your right leg and lean forward
   by moving your hips toward the wall, Hold, then repeat on the other side for 15 counts.
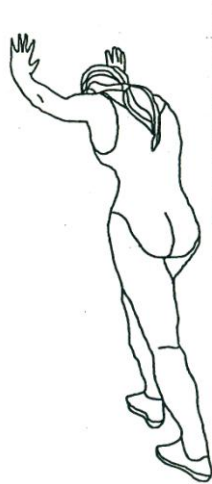
6. Side Stretch
   Open your arms to the side and continue lifting them until they are over your
   head, Reach your right arm as far upward toward the ceiling as you can for one
   count, Feel the stretch up your right side, Repeat this action with your left arm.
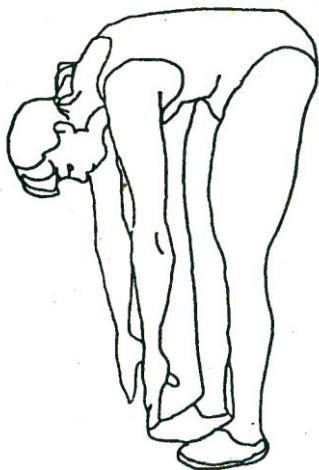
7. Toe Touch
   Slowly bend forward from your waist, letting your back and
   shoulders relax as you stretch toward your toes, Reach down as far
   as you can and hold for 15 counts.

EXERCISE COMPUTER INSTRUCTION MANUAL

FUNCTIONAL BUTTONS:

MODE – Press to select functions.

– Press and hold the MODE button for 3 seconds to reset time, distance and calories.

SET（If Available）– Press to set values of time, pulse, distance and calories when not in scan mode.

A. Press the MODE button to cycle through functions: time, distance and calories to select desired function.

B. Use the SET button to set a value for time, distance or calories. The value of a function will be set on a countdown.

C. Press the MODE button once more, to save the function value you've created.

RESET (If Available) – Press to reset time, pulse, distance and calories to zero when not in scan mode.

FUNCTIONS:

1. **SCAN**: Press MODE button until "▼" appears at SCAN position (or until "SCAN" appears), the computer will rotate through all 5 functions: Time, Speed, Distance, Calories and Total Distance. Each display will be held for 6 seconds.
2. **TIME**: Counts the total time of the exercise from start to finish.
3. **SPEED**: Displays the current speed.
4. **DISTANCE (DIST)**: Counts the distance of an exercise from start to finish.
5. **CALORIES (CAL)**: Counts the amount of total calories burned during an exercise from start to finish.
6. **TOTAL DISTANCE (ODO)**: Counts the total distance after installing the batteries.
7. **AUTO ON/OFF & AUTO START/STOP**: If the wheel is put into motion, or any button is pressed the computer will become active, and shall remain active while either of these two things continue to be done, however without any signal for 8 minutes, the power (computer), will turn off automatically.
8. **PULSE RATE** (If Available)

   Press MODE button until "▼" appears at PULSE position, (or until " ❤ " appears). In order properly measure your pulse rate, you must place both your palms on the contact pads located on the handlebar next to the seat, once you have done this the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.

   Remark: During the process of "pulse measurement", as a result of the contact jamming, the measurement value may be higher than virtual pulse rate during the first 2~3 seconds, after which it will return to normal level. To ensure testing accuracy, it is suggested that user test pulse during stop/pause exercise to avoid any possible influence. The measurement value cannot be regarded as the basis of medical treatment.
9. **ALARM**

   The functions of time, distance and calorie can be set to countdown, if any of the above value goes to zero, the computer will alarm for 15 seconds.

   Press MODE to select the function, then press SET to adjust the value.

Note: ●The computer containing only the "MODE" button does not have ALARM function.

●The computer has been programmed with Imperial system.

SPECIFICATIONS:

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00 ~ 99:59(Minute: Second)
	Current Speed	The max pick-up signal is 999.9KM/H or MILE/H (or 9999RPM)
	Trip Distance	0.0 ~ 999.9 KM or MILE
	Calories	0 ~ 9999 Kcal
	Total Distance	0 ~ 9999 KM or MILE
	Pulse Rate	40-240BPM
Battery Type		2 pcs of SIZE- AAA
Operating Temperature		0℃ ~ +40℃ (32℉ ~ 104℉)
Storage Temperature		-10℃ ~ +60℃ (14℉ ~ 140℉)

Version: 12th, May, 2014