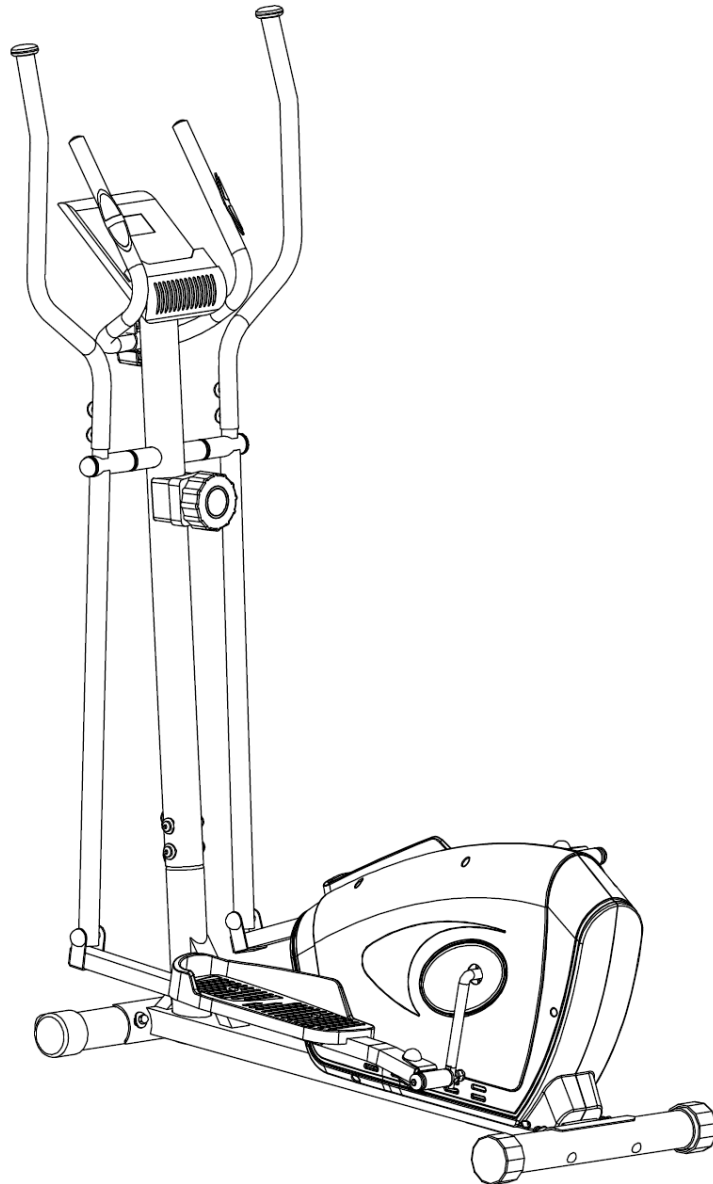




MAGNETIC ELLIPTICAL TRAINER

SF-E3607

USER MANUAL



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

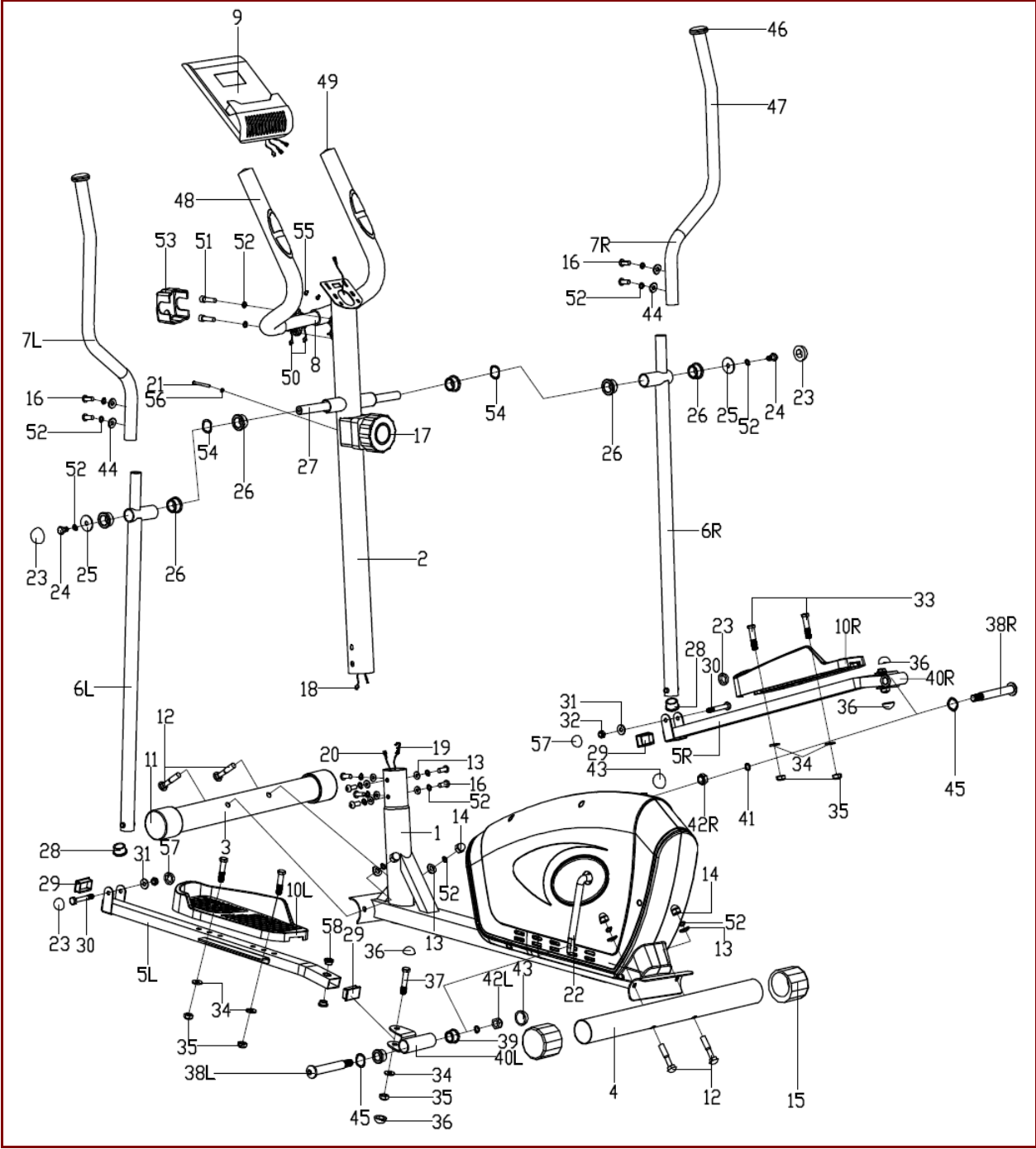
IMPORTANT! Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

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 220 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

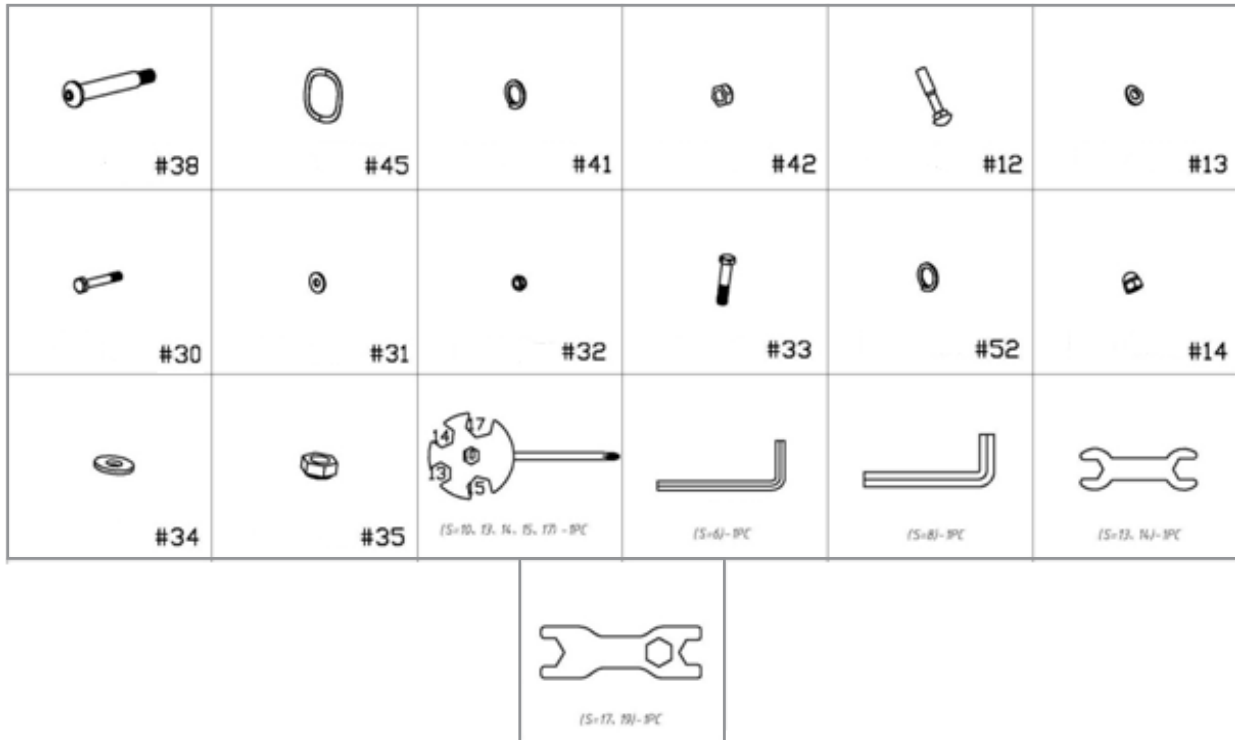


PARTS LIST

No.	Description	QTY	No.	Description	QTY
1	Main frame	1	30	Hex bolt M8×55	2
2	Handlebar post	1	31	Flat washer d8×1.5	2
3	Front Stabilizer	1	32	Nylon nut M8	2
4	Rear Stabilizer	1	33	Hex bolt M10×45	4
5 L/R	Pedal support	1 set	34	Flat washer d10×1.5	6
6 L/R	Swing tube	1 set	35	Nylon nut M10	6
7 L/R	Handlebar	1 set	36	Cap S17	4
8	Fixed handlebar	1	37	Hex bolt M10×50	2
9	Computer	1	38	Hinge bolt	2
10 L/R	Pedal	1 set	39	Bushing Φ24×20×Φ16.1	4
11	Front end cap	2	40 L/R	Connecting joint	1 set
12	Carriage bolt M8×76	4	41	Spring washerΦ13×B2	2
13	Arc washer Φ20×Φ8.5×R30	10	42	Nylon nut	2
14	Acorn nut M8	4	43	Cap S19	2
15	Rear end cap	2	44	Arc washer Φ20×d8.5×R12.5	4
16	Inner hex screw M8×16	10	45	Wave washer D17×0.3	2
17	Tension controller	1	46	End cap	2
18	Extension wire	1	47	Handlebar grip	2
19	Tension cable	1	48	Foam grip	2
20	Sensor wire	1	49	Round capΦ25×1.5	2
21	Cross pan head screw M5X50	1	50	Pulse wire	2
22	Crank	1	51	Inner hex screw M8×30	2
23	Cap S14	4	52	Spring washer D8	18
24	Hex boltM8×15	2	53	Clamp cover	1
25	Flat washerΦ8.2×Φ32×2	2	54	Wave washer Φ20×Φ28×0.3	2
26	BushingΦ32×2.5	6	55	Cross pan head screw M4X12	2
27	Shaft	1	56	Arc washer	1
28	Round cap Φ28×1.5	2	57	Cap S13	2
29	Square cap 40×25×1.5	4	58	BushingΦ14*10*Φ10.1	4

NOTE: Most of the listed assembly hardware have been packaged separately, but some hardware parts have been preassembled on the equipment. In these instances, simply remove and reinstall the hardware as required.

HARDWARE PACKAGE CONTENTS



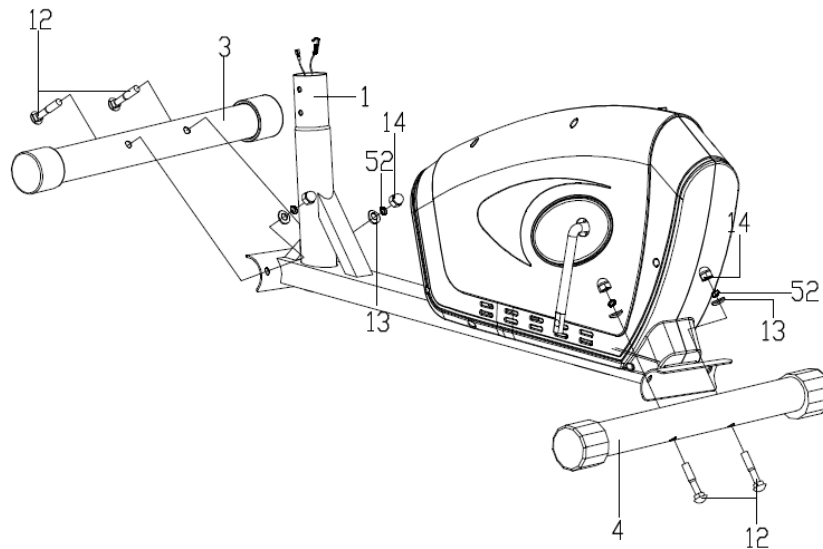
HARDWARE LIST

No.	Description	Specification	Qty	No.	Description	Specification	Qty
12	Carriage Bolt	M8×76	4	41	Spring Washer	Ö13×B2	2
13	Arc Washer	Φ20×Φ8.5×R30	4	42	Nylon Nut		2
14	Acorn Nut	M8	4	45	Wave Washer	D17×0.3	2
30	Hex Bolt	M8×55	2	52	Spring Washer	D8	4
31	Flat Washer	D8×1.5	2	A	Spanner with Screw Driver	S=13,14,15,17	1
32	Nylon Nut	M8	2	B	Allen Wrench	#6	1
33	Hex Bolt	M10×45	4	C	Allen Wrench	#8	1
34	Flat Washer	D10×1.5	4	D	Spanner Wrench	S=13, 14	1
35	Nylon Nut	M10	4	E	Spanner Wrench	S=17, 18	1
38	Hinge Bolt		1				

ASSEMBLY INSTRUCTIONS

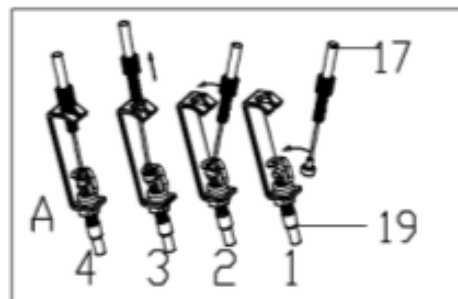
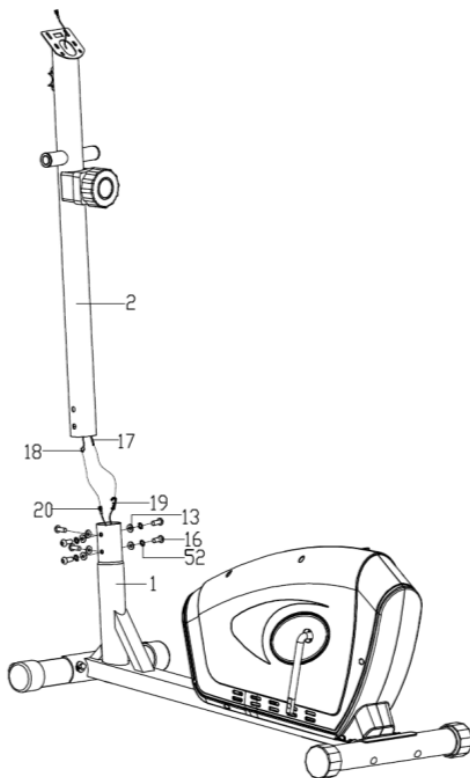
STEP 1:

Attach the **Front & Rear Stabilizers (No. 3 & 4)** to the **Main Frame (No. 1)** using 4 **Carriage Bolts (No. 12)**, 4 **Spring Washers (No. 52)**, 4 **Arc Washers (No. 13)** and 4 **Acorn Nuts (No. 14)**.



STEP 2:

Connect **Extension Wire (No. 18)** to **Sensor Wire (No. 20)** then connect the cable of **Tension Controller (No. 17)** to the hook of the **Tension Cable (No. 19)** as shown in *Figure A*. Next, attach the **Handlebar Post (No. 2)** to the **Main Frame (No. 1)** using **Inner Hex Bolts (No. 16)**, **Spring Washers (No. 52)** and **Arc Washers (No. 13)**. Don't completely tighten the bolts yet.



STEP 3:

Attach the **Shaft (No. 27)** into the **Handlebar Post (No. 2)** then insert a **Wave Washer (No. 54)** and attach the **Left Swing Tube (No. 6L)** to the left side of **Shaft (No. 27)**. Next, fix the other end using **Flat Washer (No. 25)**, **Spring Washer (No. 52)** and **Hex Bolt (No. 24)**. **NOTE:** Do not tighten the bolts yet.

CAUTION: **Left Hinge Bolt (No. 38L)** and **Nylon Nut (No. 42L)** have reverse threading and must be turned **counterclockwise** to tighten. **Hinge Bolt (No. 38L)** is labeled L and **Nylon Nut (No. 42L)** is white on the inside.

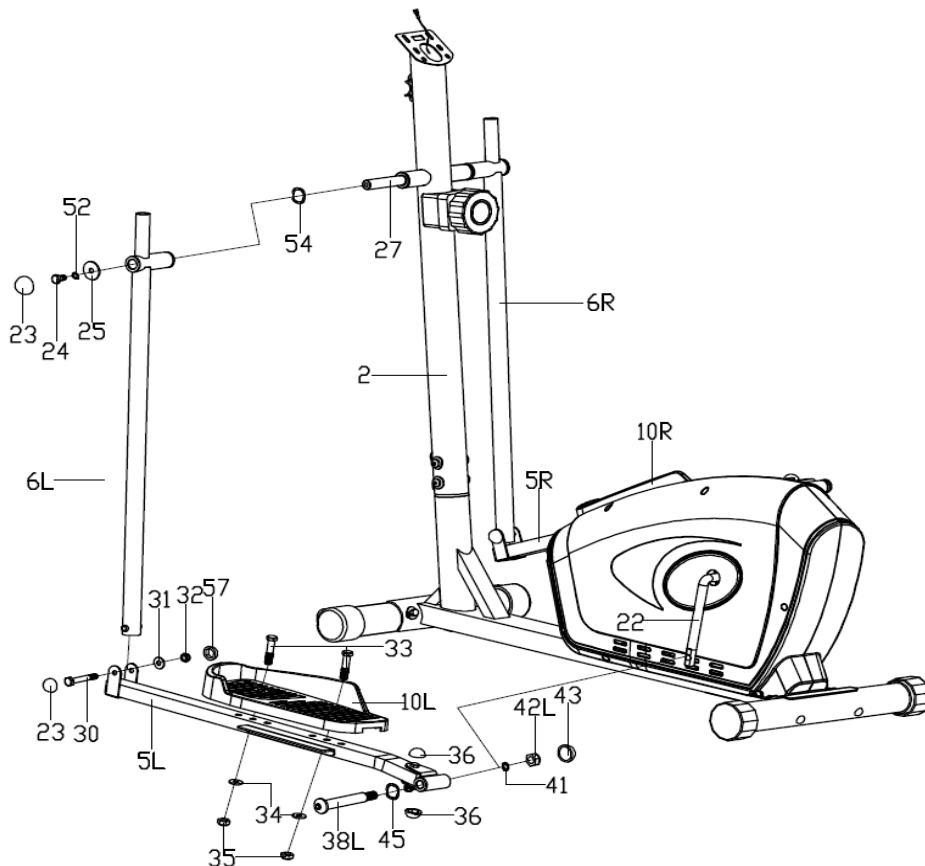
Attach the **Left Pedal Support (No. 5L)** to the **Left Crank (No. 22)** using **Left Hinge Bolt (No. 38L)**, **Wave Washer (No. 45)**, **Spring Washer (No. 41)** and **Nylon Nut (No. 42L)**. **NOTE:** Do not tighten the bolts yet.

Attach the **Left Swing Tube (No. 6L)** to the **Left Pedal Support (No. 5L)** with **Hex Bolt (No. 30)**, **Flat Washer (No. 31)** and **Nylon Nut (No. 32)**. Tighten **Hex Bolt (No. 24)**, **Hex Bolt (No. 30)** and **Nylon Nut (No. 42L)** and cover the bolts with **Caps (No. 23, 57, 43 & 36)**.

Repeat the steps above to assemble the right side, but turn **clockwise** to tighten.

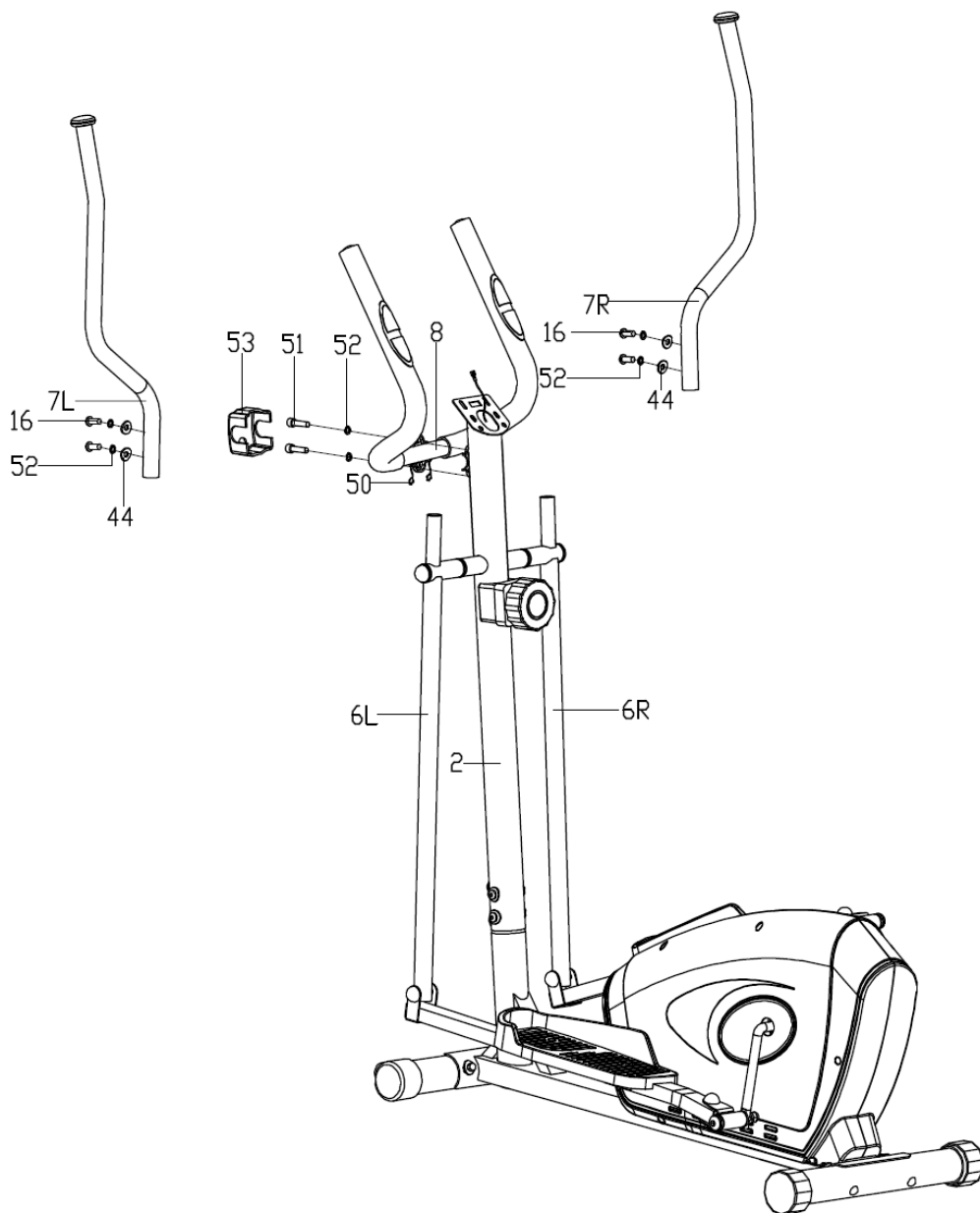
Attach the **Pedals (10L/R)** to the corresponding **Pedal Supports (No. 5L/R)** using **Hex Bolts (No. 33)**, **Flat Washers (No. 34)** and **Nylon Nuts (No. 35)**.

Tighten all the **Inner Hex Bolts (No. 16)** on the **Handlebar Post (No. 2)**.



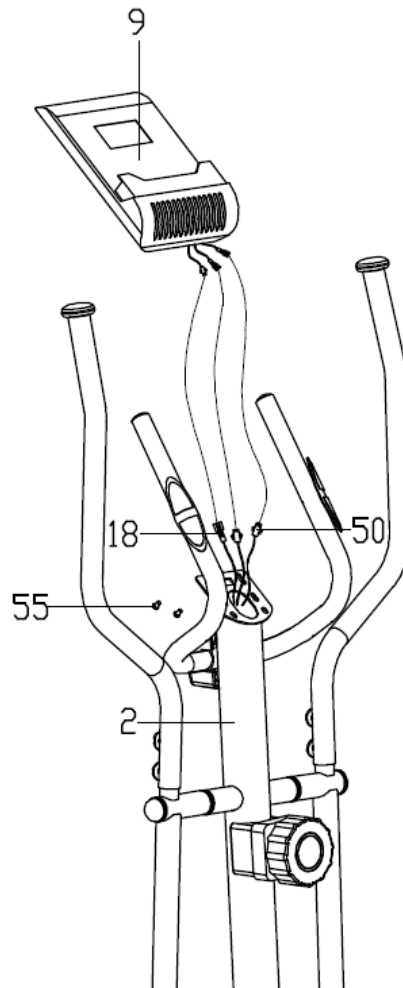
STEP 4:

1. Insert the **Pulse Wire (50)** through hole of **Handlebar Post (No. 2)** then pull it out from the hole of computer bracket at the top of the **Handlebar Post (No. 2)**. Tighten the fixed **Handlebar (No. 8)** onto the **Handlebar Post (No. 2)** with **Inner Hex Bolts (No. 51)** and **Spring Washers (No. 52)**. Lastly, put on the **Clamp Cover (No. 53)**.
2. Attach the **Left & Right Handlebars (No. 7L/R)** to the corresponding **Swing Tubes (No. 6L/R)** and secure them using **Inner Hex Bolts (No. 16)**, **Spring Washers (No. 52)** and **Arc Washers (No. 44)**.



STEP 5:

Connect **Extension Wire (No. 18)** and **Pulse Wire (No. 50)** to the relevant wires of the **Computer (No. 9)**. Attach the **Computer (No. 9)** to the computer bracket of **Handlebar Post (No. 2)** using **Cross Pan Head Screws (No. 55)**.



STORAGE & MAINTENANCE

1. Keep the machine in a cool, dry area.
2. Grasp the frame to move the elliptical. Do not move it by the seat.
3. Please remove the battery before storing the machine for a long period of time.
4. Clean the Seat Rail with an absorbent cloth.
5. Always make sure all the nuts and bolts are properly tightened.
6. Regular maintenance is required.
7. Replace any worn or damaged parts immediately.

EXERCISE MONITOR

SPECIFICATIONS:

TIME	00:00-99:59 MIN: SEC
SPEED	0.0-999.9 MPH
DISTANCE	0.00-99.99 MILES
CALORIES	0.0-999.9 KCAL
ODOMETER.....	0.0-9999 MILES
PULSE	40-240 BPM



FUNCTION KEY:

MODE: Press to select function.

RESET: Press to reset the value back to zero

SET: Press to preset the desired countdown of TIME, DISTANCE, or CALORIES.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

If the elliptical is put into motion, or the **MODE** button is pressed the computer will turn on.

After 4 minutes of inactivity, the computer will turn off.

2. RESET:

The computer can be reset by pressing and holding the **MODE** button for three seconds. Removing the batteries will also reset the computer and change all function values back to zero.

3. MODE:

To select the LOCK MODE setting press the **MODE** key when the pointer on the function you wish to select begins to blink, (once locked only the selected function will be displayed).

4. FUNCTIONS:

TIME: Counts the total time of an exercise session from start to finish.

SPEED: Displays the current speed.

DISTANCE: Counts the total distance of an exercise session from start to finish.

CALORIES: Counts the total amount of calories burned during an exercise session from start to finish.

ODOMETER: Counts the total distance traveled from all workout sessions.

PULSE: Displays the user's current heart rate in beats per minute.

Place the palms of your hands on both of the pulse sensors, the computer will display your current heart beat rate on the monitor. (This value is not intended for medical use)

SCAN: Automatically displays all functions repeatedly.

Battery: This monitor uses two AA batteries. If there is a problem with the display, try installing new batteries before attempting to contact. If you replace the batteries, replace both batteries. Do not mix new and old batteries.

