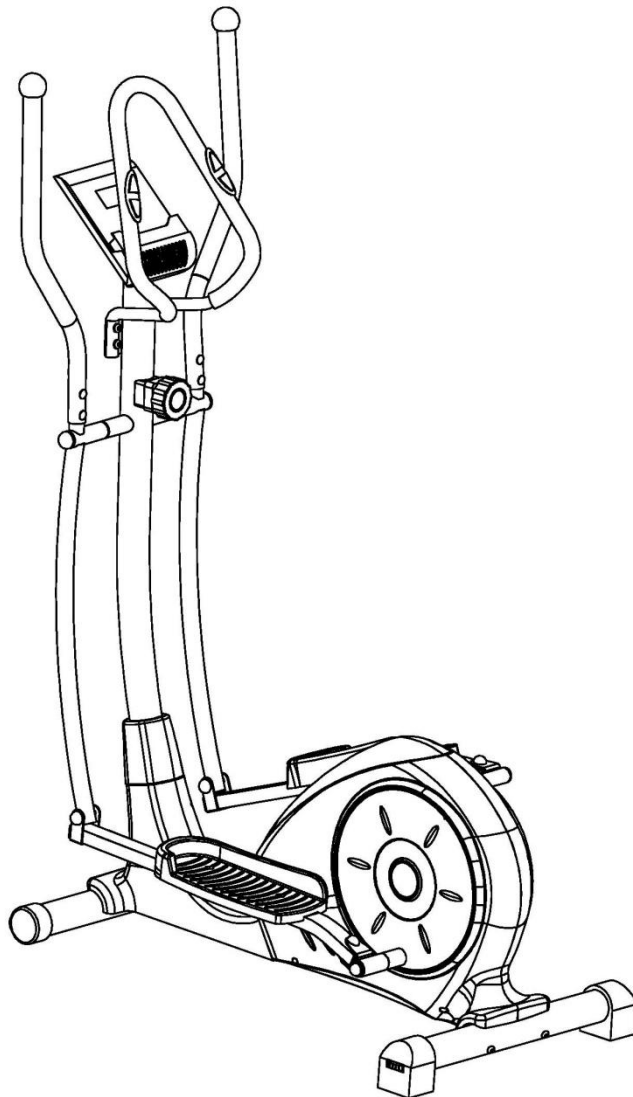




MAGNETIC ELLIPTICAL TRAINER

SF-E3608

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.

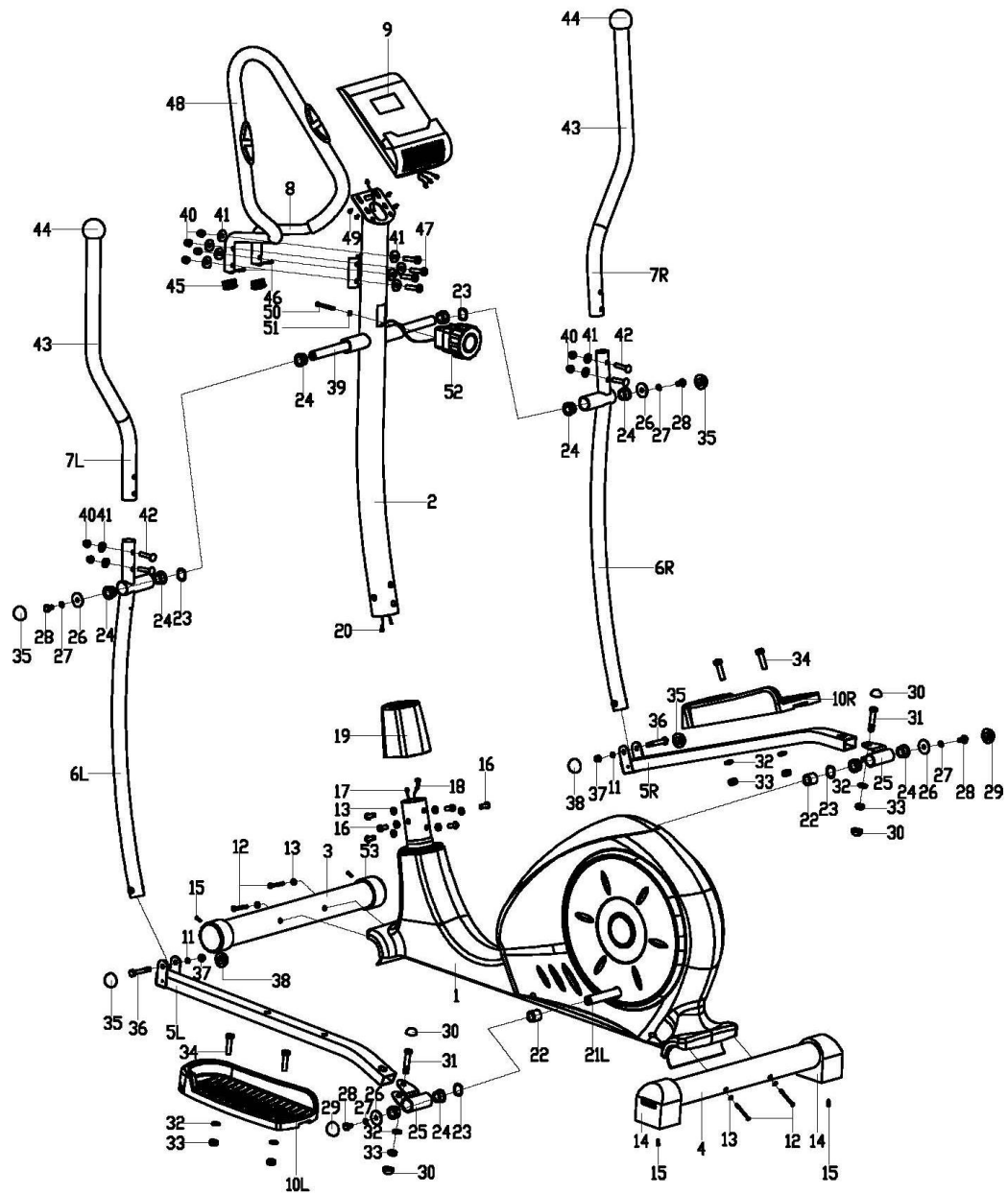
IMPORTANT! Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

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














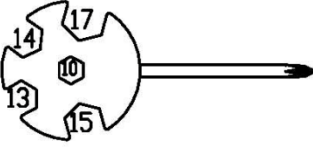

PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	28	Hex bolt	4
2	Handlebar Post	1	29	Round cap	2
3	Front stabilizer	1	30	Round cap	4
4	Rear stabilizer	1	31	Hex bolt	2
5L/R	Pedal tube	1 set	32	Flat washer	6
6L/R	Swing tube	1 set	33	Nylon nut	6
7L/R	Handlebar	1 set	34	Hex bolt	4
8	Handrail	1	35	Round cap	4
9	Computer	1	36	Hex bolt	2
10L/R	Pedal	1 set	37	Thin nylon nut	2
11	Flat washer	2	38	Round cap	2
12	Inner hexagon bolt	4	39	Long axle	1
13	Arc washer	10	40	Nut	8
14	Rear End Cap	2	41	Arch washer	12
15	Cross pan head screw	4	42	Carriage bolt	4
16	Inner hexagon bolt	6	43	Foam grip	2
17	Sensor wire	1	44	Cap	2
18	Tension connecting wire	1	45	Round cap	2
19	Front Cover	1	46	Pulse sensor wire	2
20	Extension wire	1	47	Inner hexagon bolt	4
21L/R	Crank	1 set	48	Handrail foam grip	1
22	Spacer	2	49	Cross pan head screw	4
23	Spring washer	4	50	Cross pan head screw	1
24	Axle sleeve	10	51	Arc washer	1
25	Connecting joint	2	52	Tension controller	1
26	Flat washer	4	53	Front End Cap	2
27	Spring washer	4			

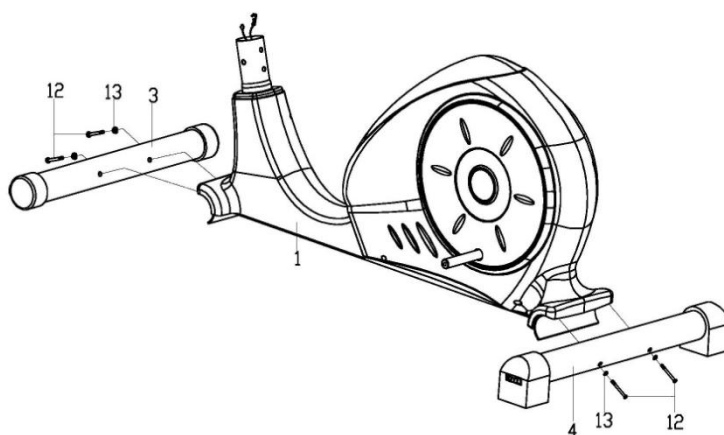
NOTE: Most of the listed assembly hardware have been packaged separately, but some hardware parts have been preassembled on the equipment. In these instances, simply remove and reinstall the hardware as required.

HARDWARE PACKAGE & TOOLS

		
#33 4PCS	#34 4PCS	#32 4PCS
		
#41 12PCS	#40 8PCS	#47 4PCS
		
#42 4PCS	#36 2PCS	#50 2PCS

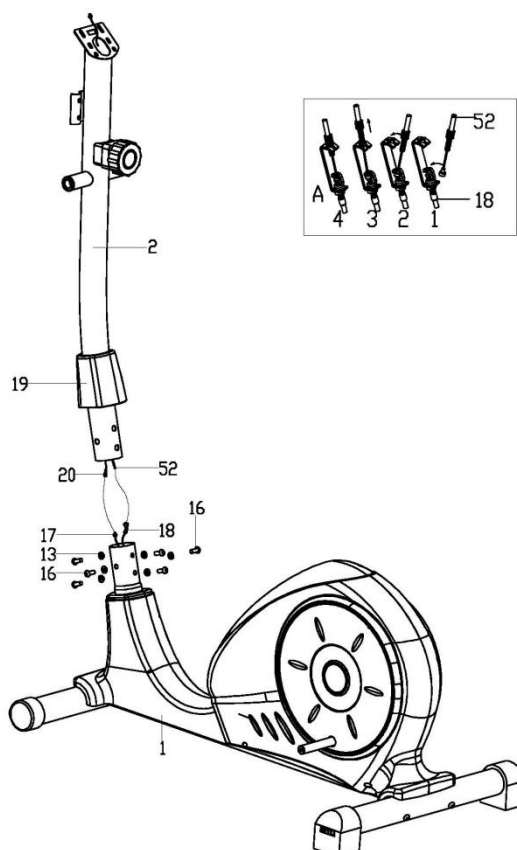
	
#37 2PCS	#11 2PCS
	
(S=13\14\15\17)-2PCS	S=6 1PC

ASSEMBLY INSTRUCTIONS



STEP 1:

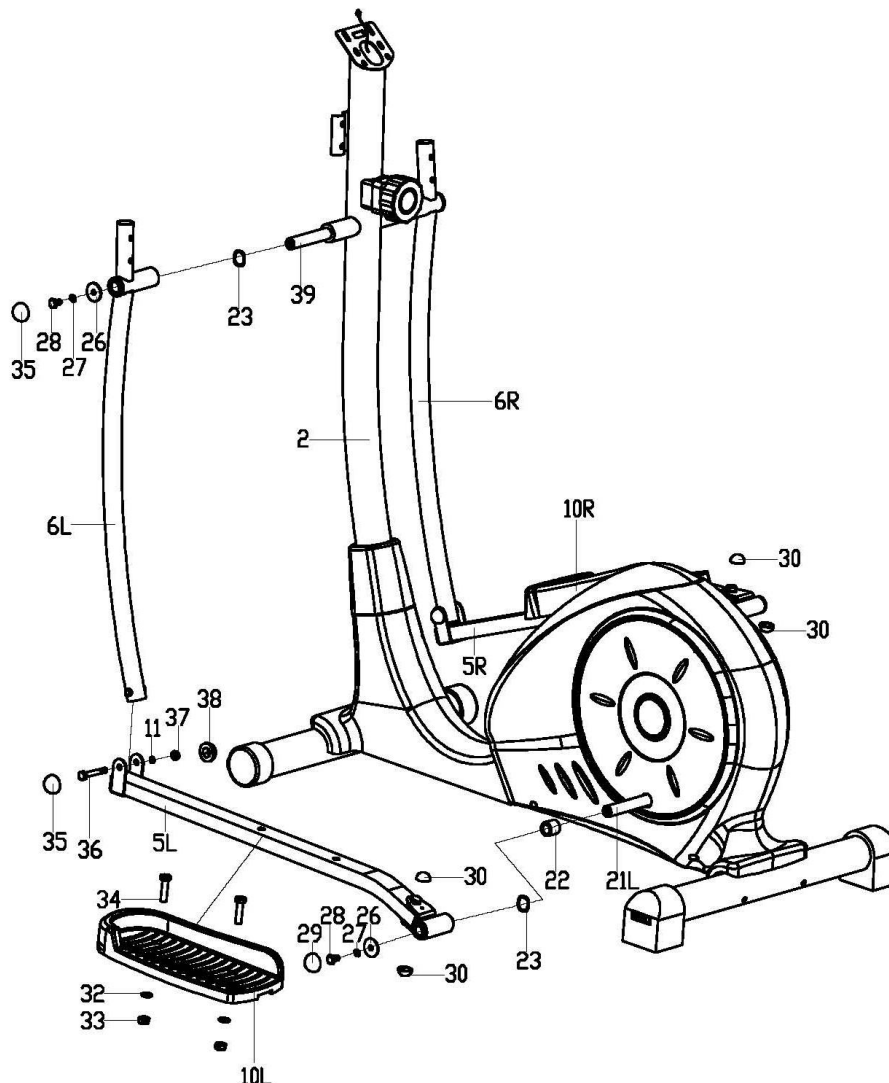
Attach the **Front Stabilizer (No. 3)** and the **Rear Stabilizer (No. 4)** to the **Main Frame (No. 1)** using 4 **Hexagon Bolt (No. 12)** and 4 **Arc Washers (No. 13)**.



STEP 2:

Attach the **Front Cover (No. 19)** onto the **Handlebar Post (No. 2)**. Connect the **Extension Wire (No. 20)** to the **Sensor Wire (No. 17)** then connect the **Tension Wire (No. 18)** to the **Tension Controller (No. 52)**. Attach the **Handlebar Post (No. 2)** into the **Main Frame (No. 1)** and secure using 6 **Inner Hexagon Bolt (No. 16)** and 6 **Arc Washer (No. 13)**.

Do not fully tighten the bolts yet.



STEP 3:

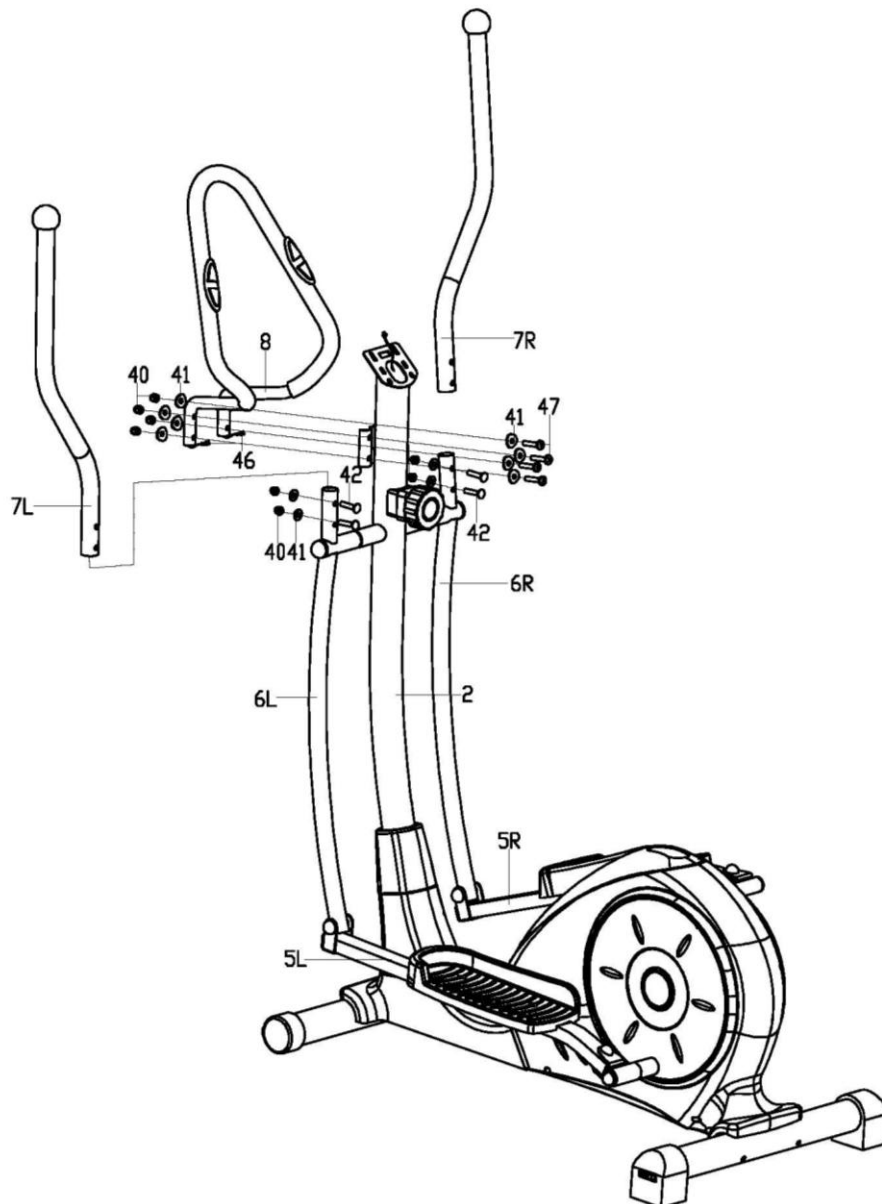
Attach the **Left & Right Swing Tube (No. 6L/R)** to the shaft on **Handlebar Post (No. 2)** with **Bolt (No. 28)**, **Spring Washer (No. 27)**, **Flat Washer (No. 26)**, **Wave Washer (No. 23)** and **Long Axle (No. 39)**, but do not fully tighten the bolts yet.

Attach the **Left Pedal Support (No. 5L)** to the **Left Crank (No. 21L)** with **Bolt (No. 28)**, **Spring Washer (No. 27)**, **Spacer (No. 22)**, **Flat Washer (No. 26)**, and **Wave Washer (No. 23)**, do not tighten them yet. Use the same instructions to attach the **Right Pedal Support (No. 5R)** to the **Right Crank (No. 21R)**.

Connect the **Swing Tube (No. 6L/R)** and **Pedal Support (No. 5L/R)** with **Hex Bolt (No. 36)**, **Flat Washer (No. 11)**, and **Nylon Nut (No. 37)** then secure them tightly with **Hex Bolt (No. 36)** and **Hex Bolt (No. 28)**. Cover the bolts using **Round Cap (No. 29)**, **Round Cap (No. 30)**, **Round Cap (No. 35)** and **Round Cap (No. 38)**.

Attach the **Left & Right Pedals (No. 10L/R)** to the corresponding **Pedal Support (No. 5L/R)** with **Hex Bolt (No. 34)**, **Flat Washer (No. 32)** and **Nylon Nut (No. 33)**.

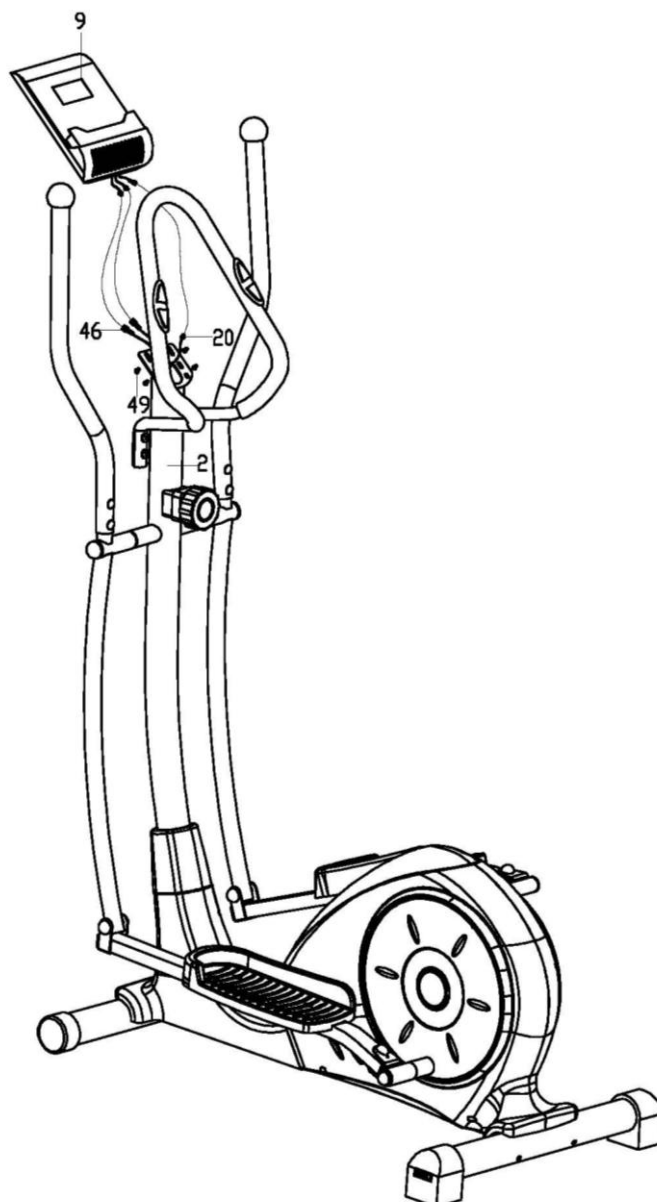
Securely tighten all the **Inner Hexagon Bolts (No. 16)** on the **Handlebar Post (No. 2)**.



STEP 4:

Attach the **Handrail (No. 8)** to the top of the **Handlebar Post (No. 2)** using 4 **Inner Hexagon Bolts (No. 47)**, 4 **Arc Washer (No. 41)**, and 4 **Nut (No. 40)**. Pull the **Pulse Sensor Wire (No. 46)** through the top of the **Handlebar (No. 2)**.

Attach the **Left & Right Handlebars (No. 7L/R)** to the corresponding **Swing Tubes (No. 6L/R)** with 4 **Carriage Bolt (No. 42)**, 4 **Arc Washer (No. 41)** and 4 **Nut (No. 40)**.



STEP 5:

Connect the **Extension Wire (No. 20)** and the **Pulse Sensor Wire (No. 46)** with the wires of the **Computer (No. 9)** then attach the **Computer (No. 9)** to the computer bracket of the **Handlebar (No. 2)** using 4 **Cross Head Screws (No. 49)**.

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. (Time, Speed, Distance, Calories, Pulse).

RESET: Press to reset the value back to zero

SET: Press to preset the desired value of Time, Distance, Calories, or Pulse.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

If the belt is put into motion, or the mode button is pressed the computer will become active, and shall remain active while either of these two things continues to be done, however without any signal for approximately 4 minutes, power (monitor), will turn off automatically.

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 return all function settings 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 from start to finish.

SPEED: Displays the current speed being obtained.

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

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

ODOMETER: Accumulates 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 the display appears improper or difficult to read please try installing new batteries before attempting to contact.

EXERCISE PROCEDURES

NOTE:

The Magnetic Elliptical Trainer provides you with various benefits. Cycling helps to improve your physical fitness by increasing your cardiovascular endurance and tone your body. If paired with a calorie controlled diet, it can also help you lose weight.

1. THE WARM-UP PHASE:

This stage allows your body to gradually adjust to the increased demand of your heart by getting your blood flowing. This phase will also reduce the risk of cramp and muscle injury. It is advised to do a few of the stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch. If it hurts, **STOP!**



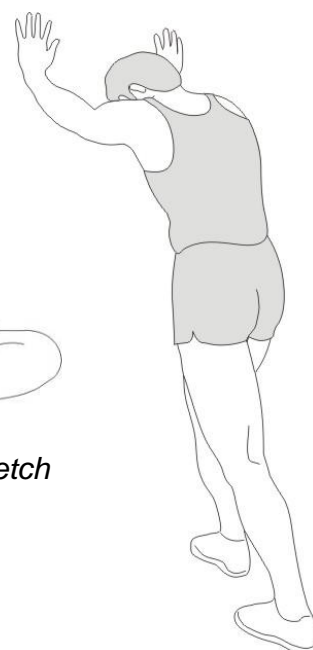
Side stretch



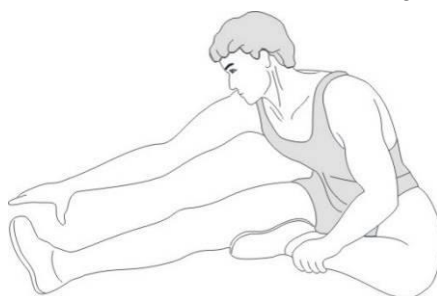
Toe touch



Inner thigh stretch



Calf-Achilles stretch



Hamstring stretch

2. THE COOL-DOWN PHASE:

This stage is to let your cardiovascular system and muscles wind down. Start by reducing the tempo of your workout and continuing for approximately 5 minutes. Next, repeat the warm-up phase by doing the stretching exercises again, and remember, do not force your muscles into a stretch!

As you build higher endurance, you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, space your workouts evenly throughout the week.