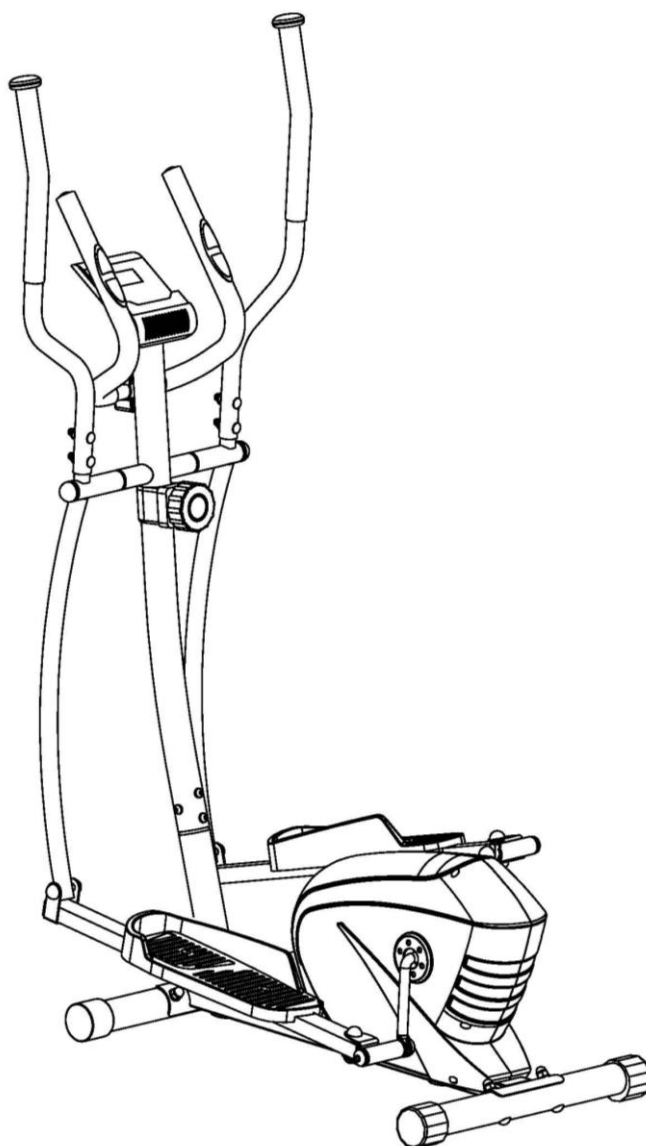




MAGNETIC ELLIPTICAL TRAINER

SF-E3628

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 NOTICE

Note the following precaution before assembling and operating the machine.

1. Assemble the machine exactly as described in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g. rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt.
5. Before beginning exercise, remove all objects within a radius of 4 feet from the machine.
6. Do not use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the training program. This machine is not suitable for therapeutic purpose.
8. Only use the elliptical when it is working correctly. Use only original spare parts for any necessary repairs.
9. This machine can be used by one person at a time.
10. Wear training clothes and shoes that are suitable for fitness training with the machine. Do not wear clothing that could get tangled in the machine.
11. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
12. This elliptical is intended for adult use only. Keep children away from the elliptical.
13. Do not put fingers or objects in the moving parts of the machine.
14. Maximum user's weight is 220 LBS.

[illegible]

PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	32	Nylon nut M8	2
2	Handlebar post	1	33	Hex bolt M10X45	4
3	Front stabilizer	1	34	Flat washer d10X1.5	6
4	Rear stabilizer	1	35	Nylon nut M10	6
5L/R	Pedal support (L/R)	1.pr	36	Nut cap S16	4
6L/R	Swing bar(L/R)	1.pr	37	Hex bolt M10X50	2
7L/R	Handlebar (L/R)	1.pr	38L/R	Pedal locking bolt (L/R)	1.pr
8	Armrest	1	39	Axle bushing Φ24 X20XΦ16.1	4
9	Computer	1	40L/R	Connecting joint (L/R)	1.pr
10L/R	Pedal (L/R)	1.pr	41	Spring washer Φ13 XB2	2
11	Front end cap	2	42L/R	Nylon nut (L/R)	1.pr
12	Carriage bolt M8XL74	4	43	Nut cap S19	2
13	Arc washer d8X2XΦ20XR30	4	44	Arc washer Φ20 Xd8X2XR16	4
14	Acorn nut M8	8	45	Carriage bolt M8X40	4
15	Rear end cap	2	46	Mushroom end cap	2
16	Allen screw M8X16	4	47	Handlebar foam grip	2
17	Tension controller	1	48	Armrest foam grip	2
18	Extension wire	1	49	Round end cap Φ25X1.5	2
19	Tension cable	1	50	Pulse sensor wire	2
20	Sensor wire	1	51	Hex bolt M8X30	2
21	Cross screw M5X45	1	52	Spring washer D8	8
22	Crank	1	53	Handlebar chuck cover	1
23	Nut cap S14	4	54	Waveform washer Φ20XΦ28X0.3	2
24	Hex bolt M8X15	2	55	Cross screw M4X12	4
25	Flat washer Φ8.2XΦ32 X2	2	56	Arc washer Φ20Xd8.5XR25	4
26	Axle bushing Φ32 X2.5	6	57	Nut cap S13	2
27	Long axle	1	58	Crossing tapping screw ST3X10	2
28	Round end cap Φ28 X1.5	2	59	Flat washer D5	1
29	Square end cap 40X25X1.5	4	60	Tension controller cover	1
30	Hex bolt M8X55	2	61	Metal bushing Φ14X10XΦ10.1	4
31	Flat washer d8 X1.5	4	62	Waveform washer D17X0.3	2

NOTE:

Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please reference the individual assembly steps and make note of all preinstalled hardware.

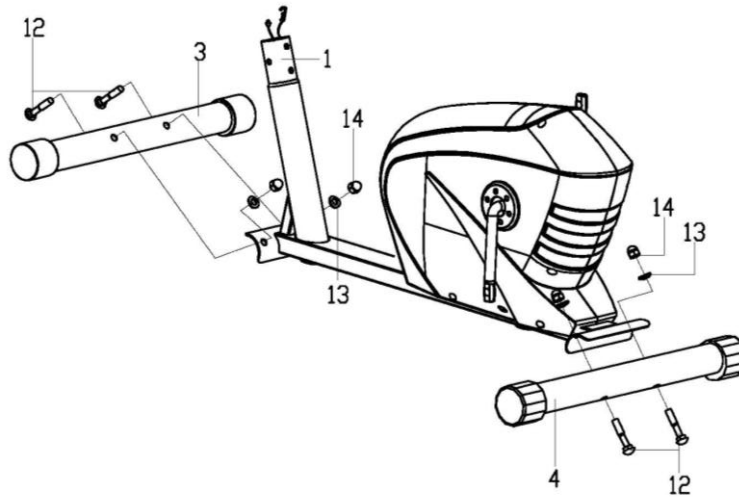
PREPARATION: Before assembling, make sure that you will have enough space around the item; Use the present tooling for assembling; Before assembling please check whether all needed parts are available.

It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

ASSEMBLY INSTRUCTION

Step 1:

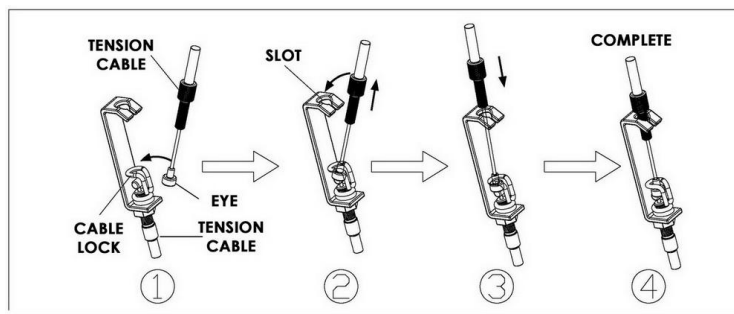
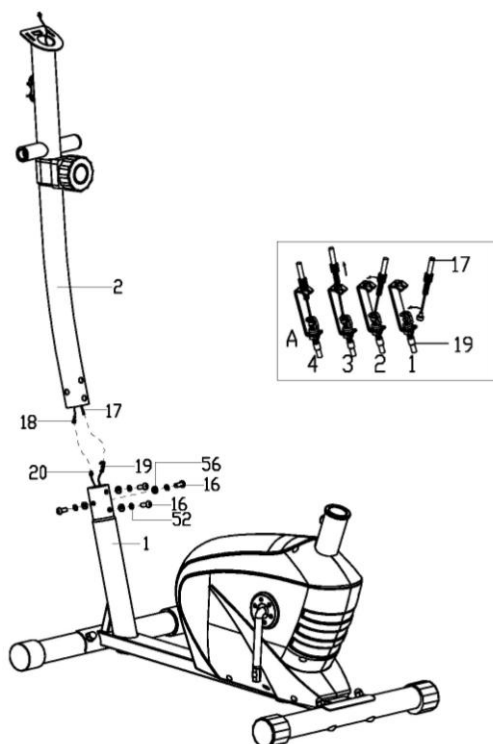
Attach the **Front Stabilizer (3)** and **Rear Stabilizer (4)** to the **Main Frame (1)** with 4 **Carriage Bolts (12)**, 4 **Arc Washers (13)** and **Acorn Nuts (14)**.



Step 2:

Check the **Tension Controller (17)** is at Level 1 (lowest resistance) to ensure the cable is the longest. Connect the **Sensor Wire (20)** with **Extension Wire (18)**. Then connect **Tension Cable (19)** with wire of **Tension Controller (17)** as shown.

Attach the **Handlebar Post (2)** to the **Main Frame (1)** with **Allen Screws (16)**, **Spring Washers (52)**, **Arc Washers (56)**.



Step 3:

Important: Please read entire page before starting this step and note all cautions.

A: Attach the **Swing Bar (6L)** on the long axle of the **Handlebar Post (2)** with **Hex Bolt (24)**, **Spring Washer (52)**, **Flat Washer (25)**, **Waveform Washer (54)** and **Long Axle (27)** as shown. Do not tighten them all the way yet.

Caution! Part 38 is labeled L for LEFT and R for RIGHT. Do not try to install the Left Bolt on the Right Crank and vice versa. Make sure to turn 38L **counterclockwise** to tighten, and 38 R **clockwise** to tighten.

Part 38L and 42L have reverse threading. Turn 38L and 42L **counterclockwise** to tighten.

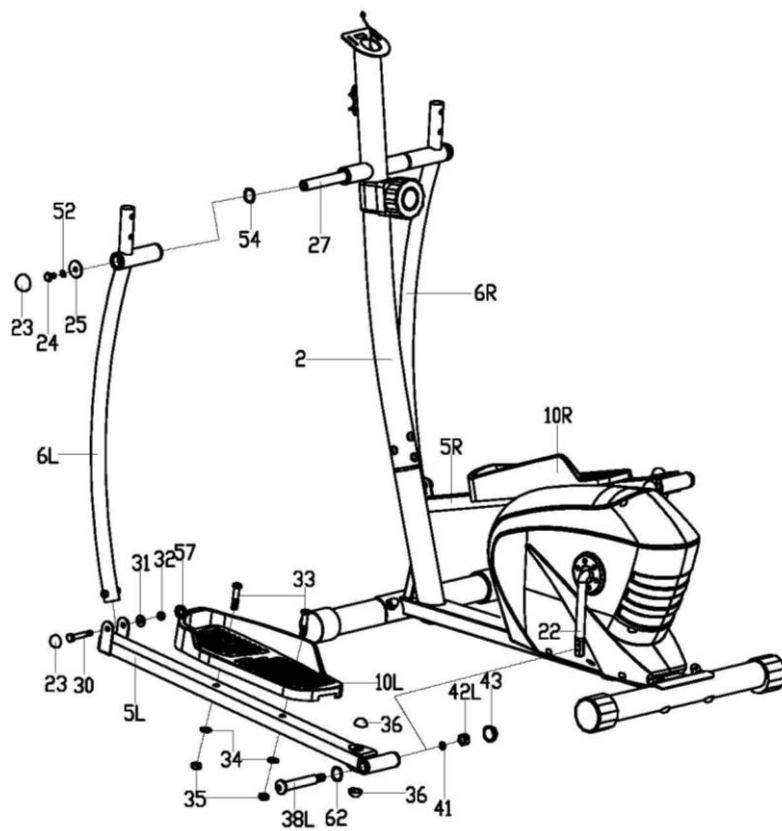
Keep the **Right and Pedal Support Bolt (38 R/L)** at a 90° angle to the **Crank (22)**. The Right and Left Pedal Support Bolt must be perfectly straight as it goes through the Pedal Support to the Crank. If the Pedal Support is connected to the Crank at an angle, permanent damage to both the Bolt and Crank may occur.

B: Attach **Pedal Support (5L)** to the **Crank (22)** using **Pedal Support Bolt (38L)**, **Waveform Washer (62)**, **Spring Washer (41)** and **Nylon nut (42L)** as shown. Do not tighten them at this time.

C: Connect **Swing Bar (6L)** with **Pedal Support (5L)** using **Hex Bolt (30)**, **Flat Washer (31)** and **Nylon Nut (32)**. Now, tighten the **Hex Bolt (24)** (30) and **Nylon Nut (42L)**. Cover with the **Nut Caps (23)** (57) (43) (36).

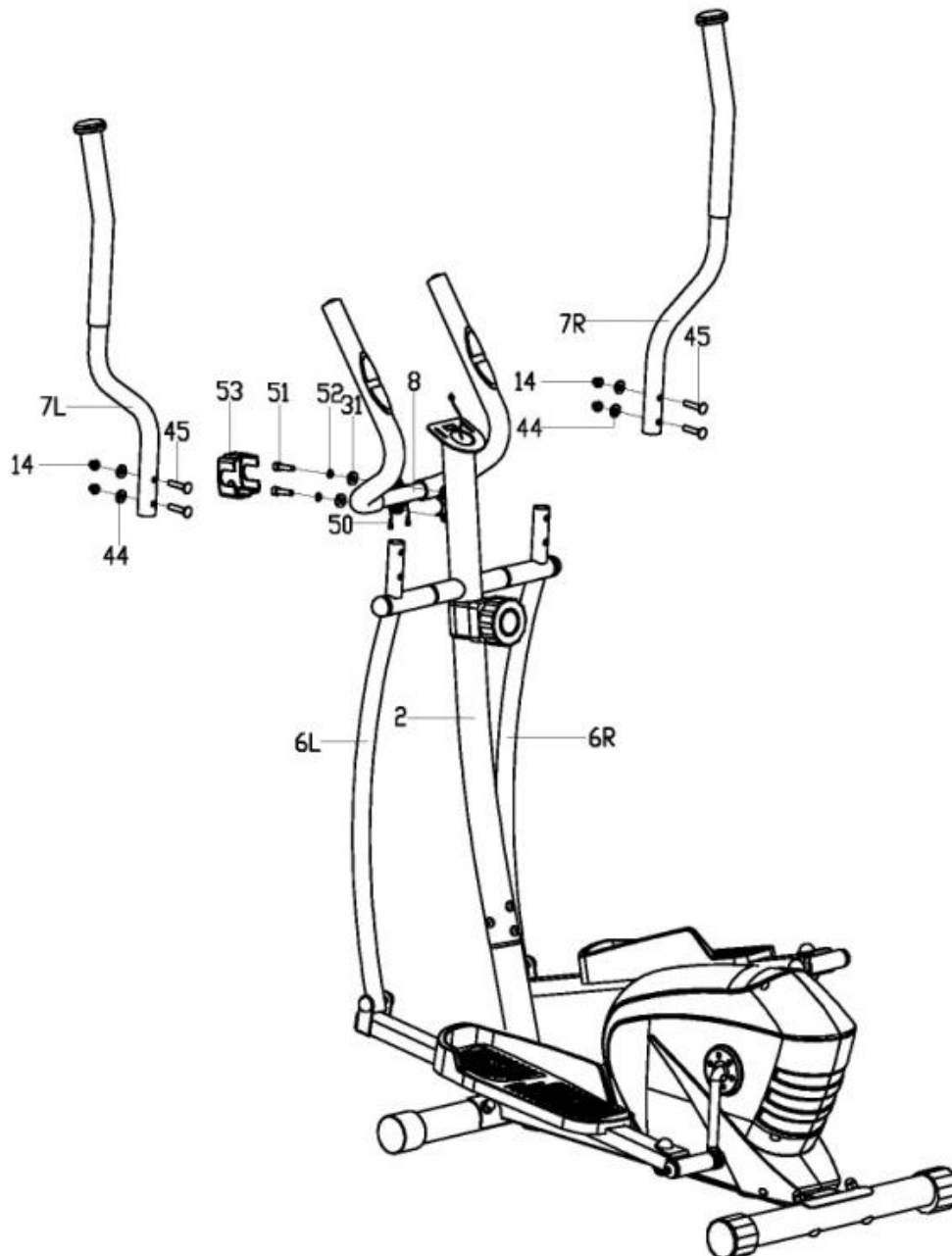
D: Fix the **Pedal Support (5R)** and **Swing Bar (6R)** to **Crank (22)** and **Handlebar Post (2)** in the same way, but make sure to turn clockwise to tighten.

E: Fix the **Pedal (10L/R)** to the **Pedal Support (5L/R)** with **Hex Bolt (33)**, **Flat Washer (34)** and **Nylon Nut (35)**.



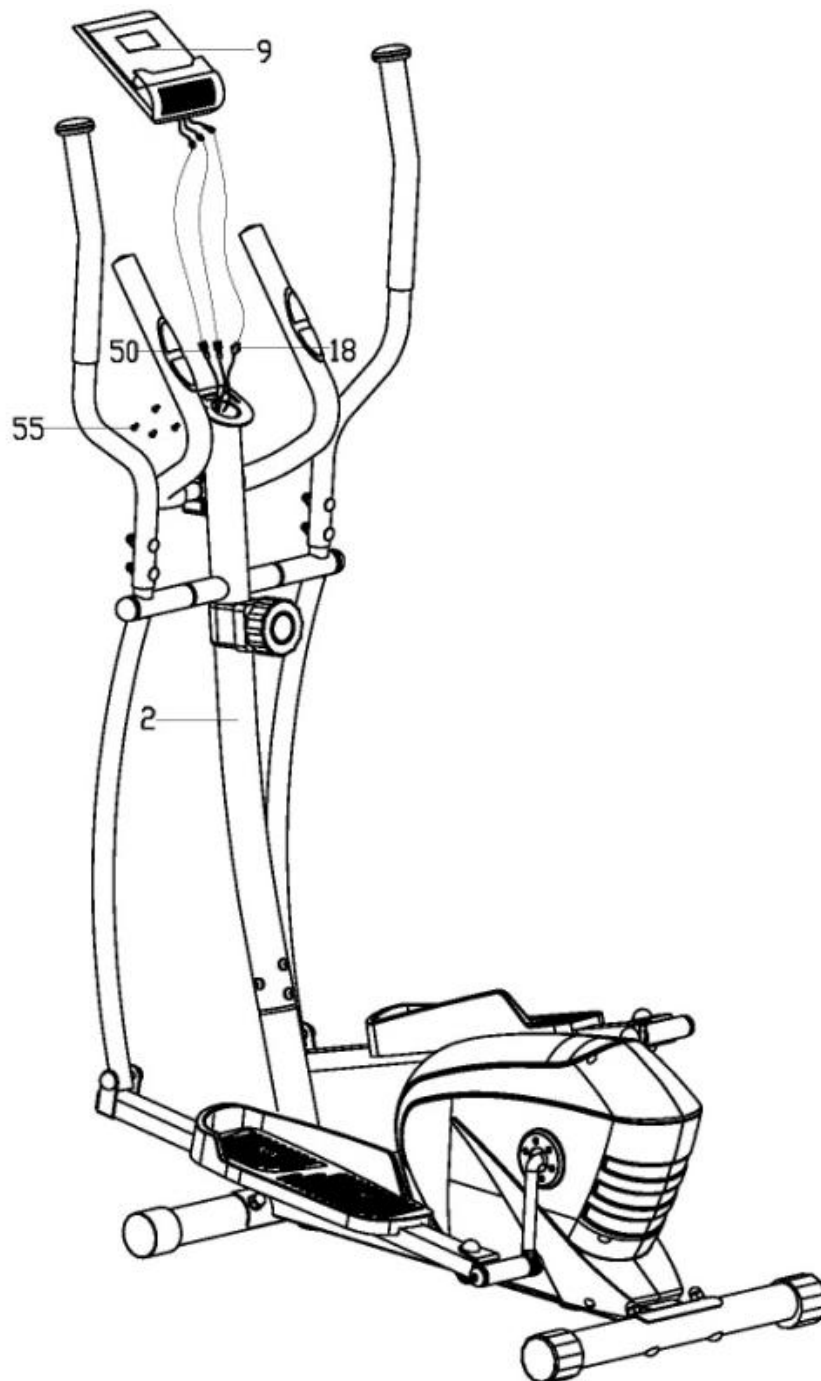
Step 4:

- A:** Insert the **Pulse Sensor Wire (50)** through the **Handlebar Post (2)** and then out of the hole of the computer bracket. Fix the **Armrest (8)** on the **Handlebar Post (2)** with **Hex Screw (51)**, **Spring Washer (52)** and **Flat Washer (31)** and then cover with the **Handlebar Chuck Cover (53)**.
- B:** Attach the **Handlebar (7L/R)** to the **Swing Bar (6L/R)** using **Carriage Bolt (45)**, **Arc Washer (44)** and **Acorn nut (14)**.

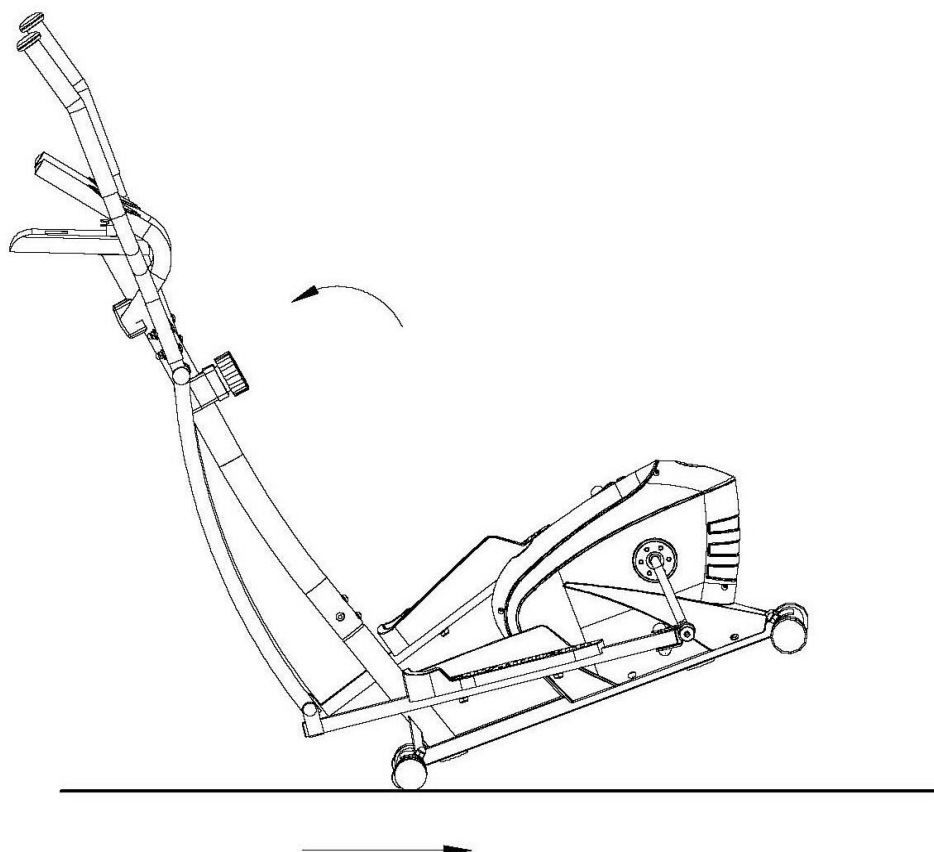


Step 5:

Connect the **Pulse Sensor Wire (50)** and **Extension Wire (18)** with the wires coming from the **Computer (9)**, and then fix the **Computer (9)** onto the computer bracket of the **Handlebar Post (2)** with **Cross Screw (55)**



To move the elliptical, hold by the handles of the **Armrest (8)**. Tilt the elliptical until the wheels of the **Front Stabilizer (3)** touch the floor. Then you can wheel the elliptical to the desired location.



EXERCISE COMPUTER

SPECIFICATIONS:

TIME	00:00-99:59 MIN: SEC
SPEED	0.0-99.9 MPH
DISTANCE	0.00-9999 MILES
CALORIES	0.0-9999 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. Does not reset odometer value.

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 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 AAA batteries. If the display appears improper or difficult to read please try installing new batteries before attempting to contact.