



MINI CYCLE

SF-B0638

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

IMPORTANT SAFETY NOTICE

Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. The Mini Cycle is not a toy. Keep children and pets away from the machine at all times. Do not leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine. Do not stand on the machine. Only use machine when seated. The maximum user weight is 200 lbs.
3. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. Position the machine on a clear, level surface. Do not use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Do not wear clothes or accessories that could become tangled in the machine. Athletic shoes are recommended when using the machine.
7. Use the machine only for its intended use as described in this manual.
8. Do not place any sharp object around the machine.
9. This machine is intended for indoor home use only. It is not intended for commercial use! It is not suitable for therapeutic use.
11. Check the machine regularly for wear and tear and damage to parts. Make sure parts are properly tightened before use.
12. Never use the machine if the machine is not functioning properly.
13. To ensure safety, the equipment should have at least 2 feet of clear space around it.

CAUTION:

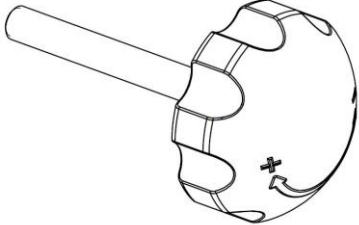
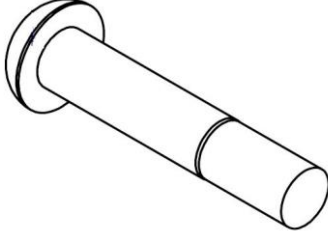
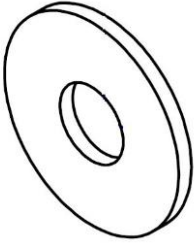
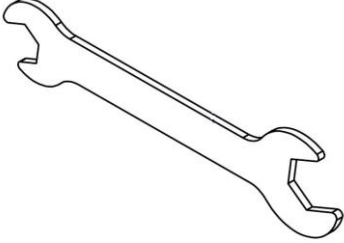
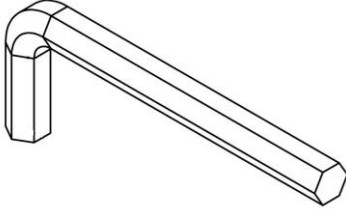
The seller is not responsible or liable for indirect, special or consequential damages or injuries arising out of or in connection with the use or performance of the product or other damages.

Always make sure that the product is placed onto a flat and non-slip surface.



WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to www.P65Warnings.ca.gov.

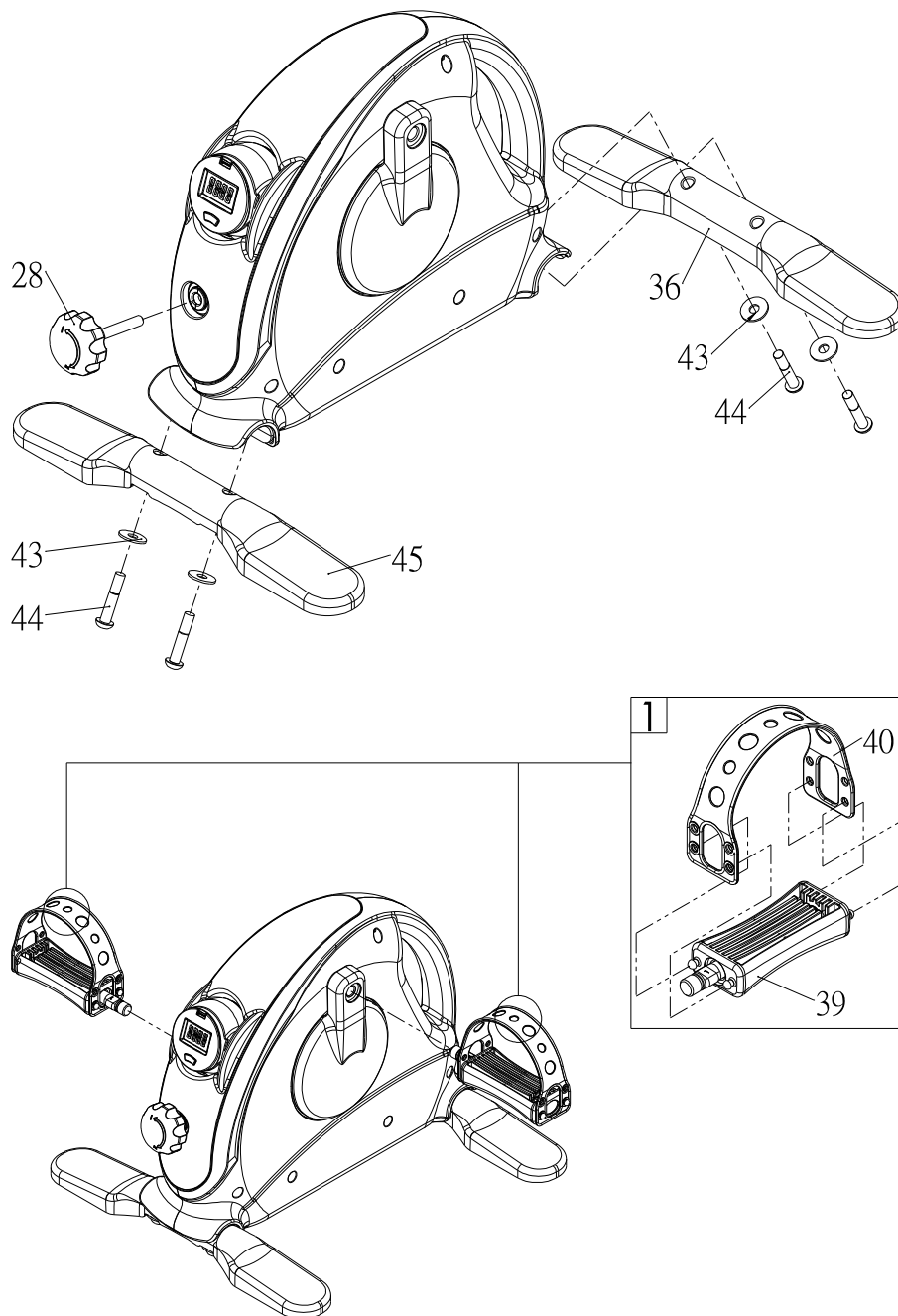
HARDWARE PACKAGE

 <p>NO. 28 KNOB x 1PC</p>	 <p>NO. 44 SCREW M8 x 40 x 4 PCS</p>
 <p>NO 43 WASHER x 4 PCS</p>	 <p>NO 48 WRENCH x 1 PC</p>
 <p>NO 49 ALLEN WRENCH x 1 PCS</p>	

ASSEMBLY INSTRUCTIONS

Attach the **Front Tube (45)** and **Rear Tube (36)** to the main frame with the **Screws (44)** and **Washers (43)**. Tighten with **Allen Wrench (49)**. Insert the **Tension Knob (28)** into the mini cycle and turn clockwise to tighten.

Put the **Pedal Straps (40)** onto the **Pedals (39)**. Attach the **Left and Right Pedal (39)** to the cranks and tighten with **Wrench (48)**.



METER INSTRUCTIONS



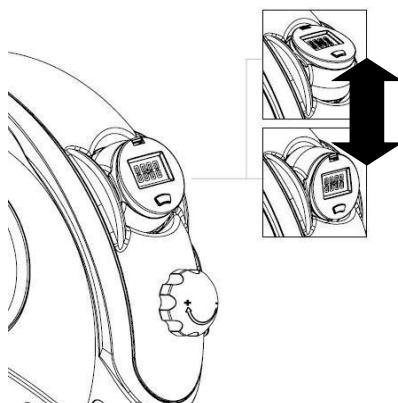
- SCAN:** Repeatedly displays each function in sequence.
- TIME:** Counts the time of exercise from 0:00 to 99:59 in one second increments.
- COUNT:** Counts the number of steps during each exercise session.
- TOTAL COUNT :** Counts the accumulated number of steps from first use.
- CALORIES:** Calculates the estimated number of calories burned during the exercise session.

Press the button below the display to turn on the meter and select the function. Press and hold the button for 3 seconds to reset all values to 0.

The pointer in the display indicates the function.

The meter will automatically switch off after 4 minutes of no activity.

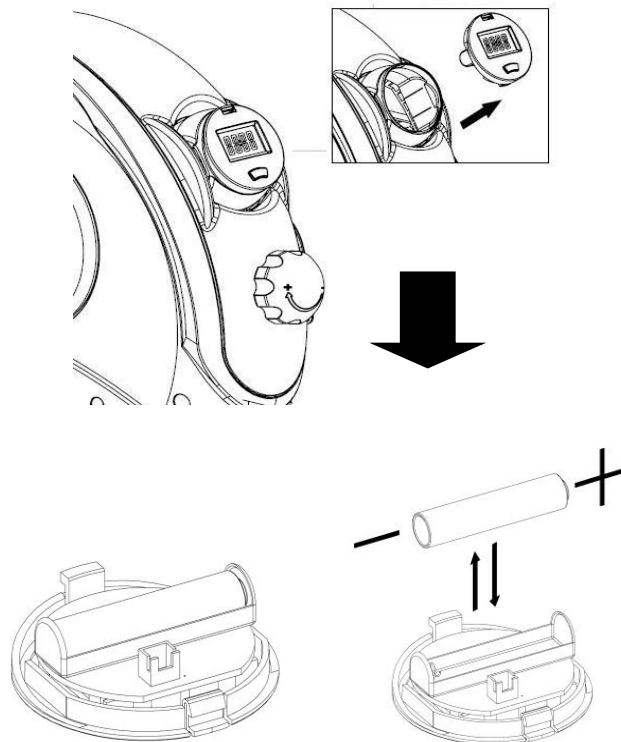
You can adjust the angle of the meter.



BATTERY REPLACEMENT

If the meter does not switch on after turning on the Mini Cycle, try replacing the battery.

1. Press the tab at the top of the meter. Pull the LCD panel up slowly.
2. Remove the battery from the battery compartment and replace it with a new AAA battery. Dispose of old battery according to your state and regional guidelines.
3. Insert the meter into the main frame. Make sure the LCD panel is correctly aligned.



HOW TO USE

This Mini Cycle can be used for aerobic exercise of your legs as well as your arms.

You can adjust the tension by turning the Tension Knob. Turn Knob clockwise to increase tension and counterclockwise to decrease tension.

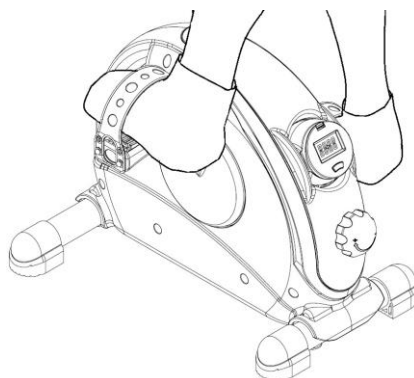
Do not stand on the Mini Cycle.

Only exercise when in a seated position. Make sure the seat does not move or tilt.

Leg exercise

Place the Mini Cycle on a non-skid floor and comfortably sit on a chair with the Mini Cycle directly in front of you and your knee joint is at an angle not more than 90°. When using the Mini Cycle, be sure to wear shoes with rubber soles and use the pedal straps to avoid slipping off the pedals during exercise.

- Sit comfortably on a stable chair. Put your feet onto the pedals and you can start pedaling.
- To better maintain your balance, you may hold onto the edge of the chair or table, or lay your hands on your knees.



Arm exercise

Place the Mini Cycle directly in front of you on a table.

Sit on a comfortable chair so you are able to easily reach the pedals without overstretching the elbow joint.

When using it for arm exercise, keep your body a distance of at least 4 inches from the Mini Cycle. Maintain good posture.

Firmly grip the pedals with your hands and rotate them with the support of your shoulders, arms and your wrists.

