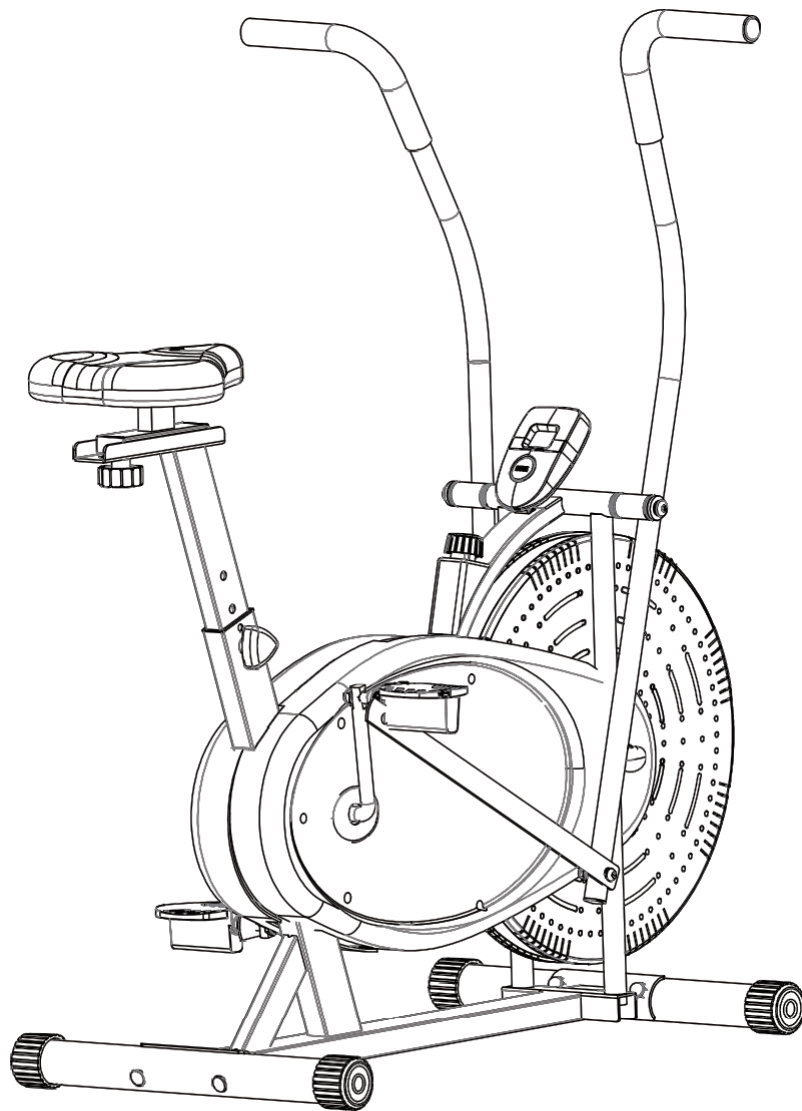




AIR RESISTANCE HYBRID BIKE

USER MANUAL

SF-B2618



IMPORTANT :

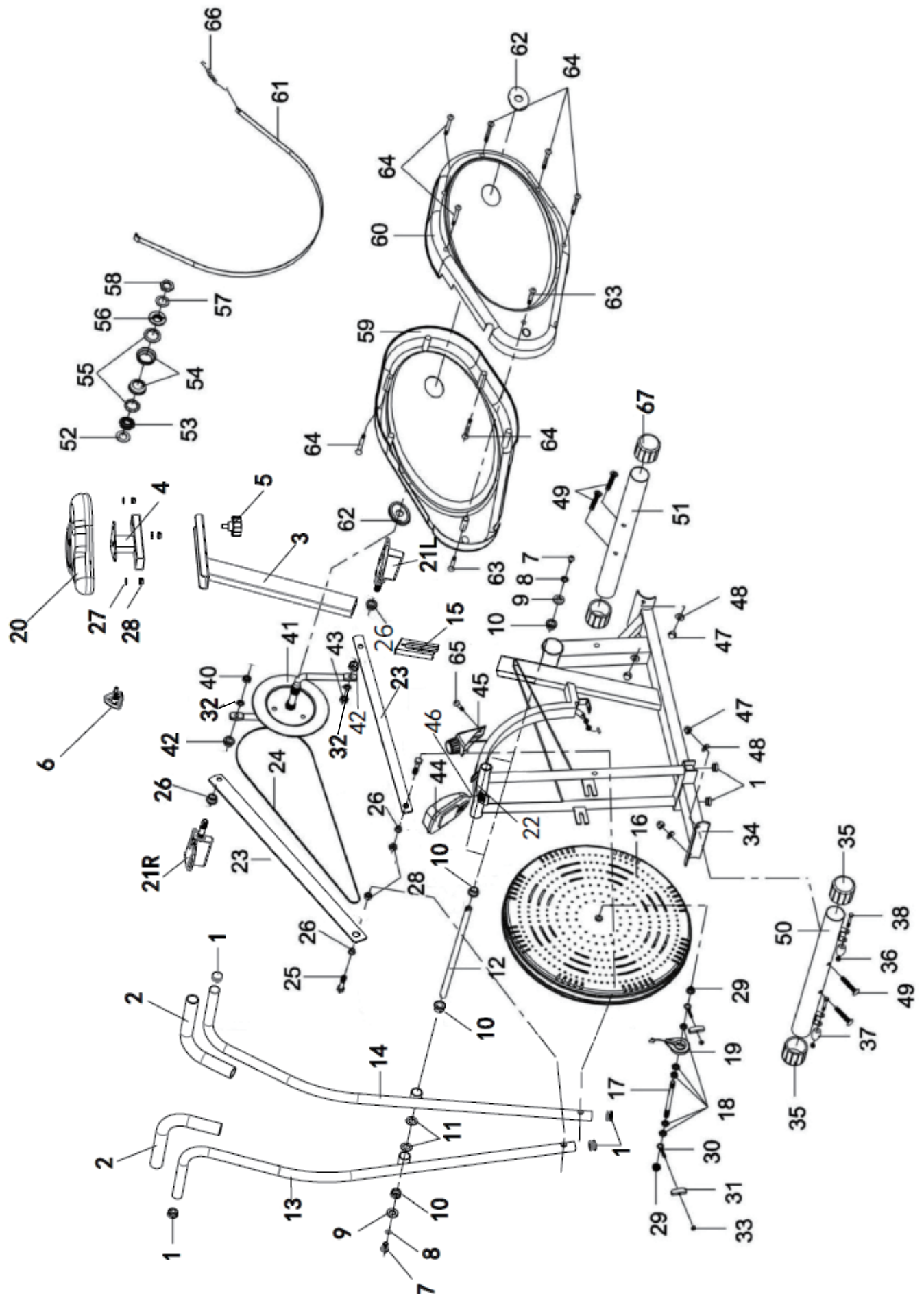
Read all instructions carefully before using this product. Retain this manual for future reference. For customer service, contact support@sunnyhealthfitness.com

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, light headedness, 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 4 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 moving parts of the exercise equipment.
10. The maximum weight capacity of this unit is 220 pounds.
11. The equipment is not suitable for therapeutic use.
12. 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.
13. Never operate bike where oxygen is being administered or where aerosol products are being used.
14. This equipment is designed for indoor and home use only! It is not intended for commercial use!

OVERVIEW DRAWING



PARTS LIST

NO.	Description	Qty	NO.	Description	Qty
1	Handrail Arm End Capø25x1.5	6	34	Main Frame	1
2	Handrail Arm Foam Grip ø32x23x260	2	35	Front Stabilizer End Capø50	2
3	Seat Post	1	36	Nylon Nut M6	2
4	Seat Slider	1	37	Transport Wheelø23xø6x32	2
5	Knob	1	38	Bolt M6x48	2
6	Triangle Knobs	1	39	Spring Washer ø20xø13x2	2
7	Hinge Screw M10x8	2	40	Right Lock Nut B0.5X20	1
8	Spring Washerø18xø10x2	2	41	Chain Pulley With Crank 1/4 ø205x2.6	1
9	D Shape Washerø28xø16.2x4	2	42	Spacer	2
10	Metal Bushing ø24.8xø16x14	10	43	Left Lock Nut B0.5X20	1
11	Wave Washerø28xø16x0.2	2	44	Computer XLG-203	1
12	Rotation Rod	1	45	Tension Control Knob	1
13	Right Handrail Arm ø25x1.5	1	46	Computer Sensor Wire	1
14	Left Handrail Arm ø25x1.5	1	47	Domed Nut M10	4
15	Bushing	2	48	Curve Washerø10x1.5xø25xR28	4
16	Fan Wheel	1	49	Bolt M10x57	4
17	Fan Wheel Axle	1	50	Front Stabilizerø50x1.5x470	1
18	Hexagon Nut M10X1	5	51	Rear Stabilizerø50x1.5x470	1
19	Sensor	1	52	Washer ø40xø24x3	1
20	Seat	1	53	Notched Bearing Nut 15/16	1
21L	Left Foot Pedal	1	54	Bearing Cup	2
21R	Right Foot Pedal	1	55	Bearing	2
22	Sensor Wire	1	56	Slotted Bearing Nut 7/8	1
23	Connection Piece	2	57	Washer ø34.5xø23xø2.5	1
24	Chain	1	58	Hexagon Nut 7/8	1
25	Bolt M8X40	2	59	Right Cover	1
26	Metal Bushingø18xø8.5x5	4	60	Left Cover	1
27	Washer ø16xø8.5x1.5	5	61	Strap	1
28	Nylon Nut M8xL9	6	62	Cover Cap 86x65x1.5	2
29	Flange Nut M10x1	2	63	Phillips Self Tapping Screw ST4.8X20	2
30	Eyebolt M6x36	2	64	Screw ST4.8x40	7
31	Tension Bracket	2	65	Screw ST4.8x15	1
32	Spring Washerø20xø15x2	2	66	Spring ø10x1.8x32	1
33	Nut M6	2	67	Rear Stabilizer End Cap ø50	2

HARDWARE PACKING LIST



(7) Screw M10x18
2 PCS



(8) Spring Washer
Ø18xØ10x2
2 PCS



(9) D Shape Washer
Ø28xØ16.2x4xB5
2 PCS



(11) Wave Washer
Ø28xØ16x0.2
2 PCS



(12) Rotation Rod
1 PC



(25) Bolt M8x40
2 PCS



(28) Nylon Nut M8xL9
2 PCS



(32) Spring Washer
Ø20xØ15x2
2 PCS



(48) Curve Washer
Ø10x1.5xØ25xR28
4 PCS



(47) Cap Nut M10
4 PCS



(49) Bolt M10x57
4 PCS

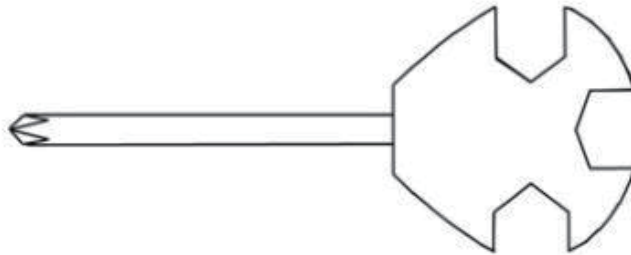
TOOLS



Allen Wrench 6mm
2 PCS



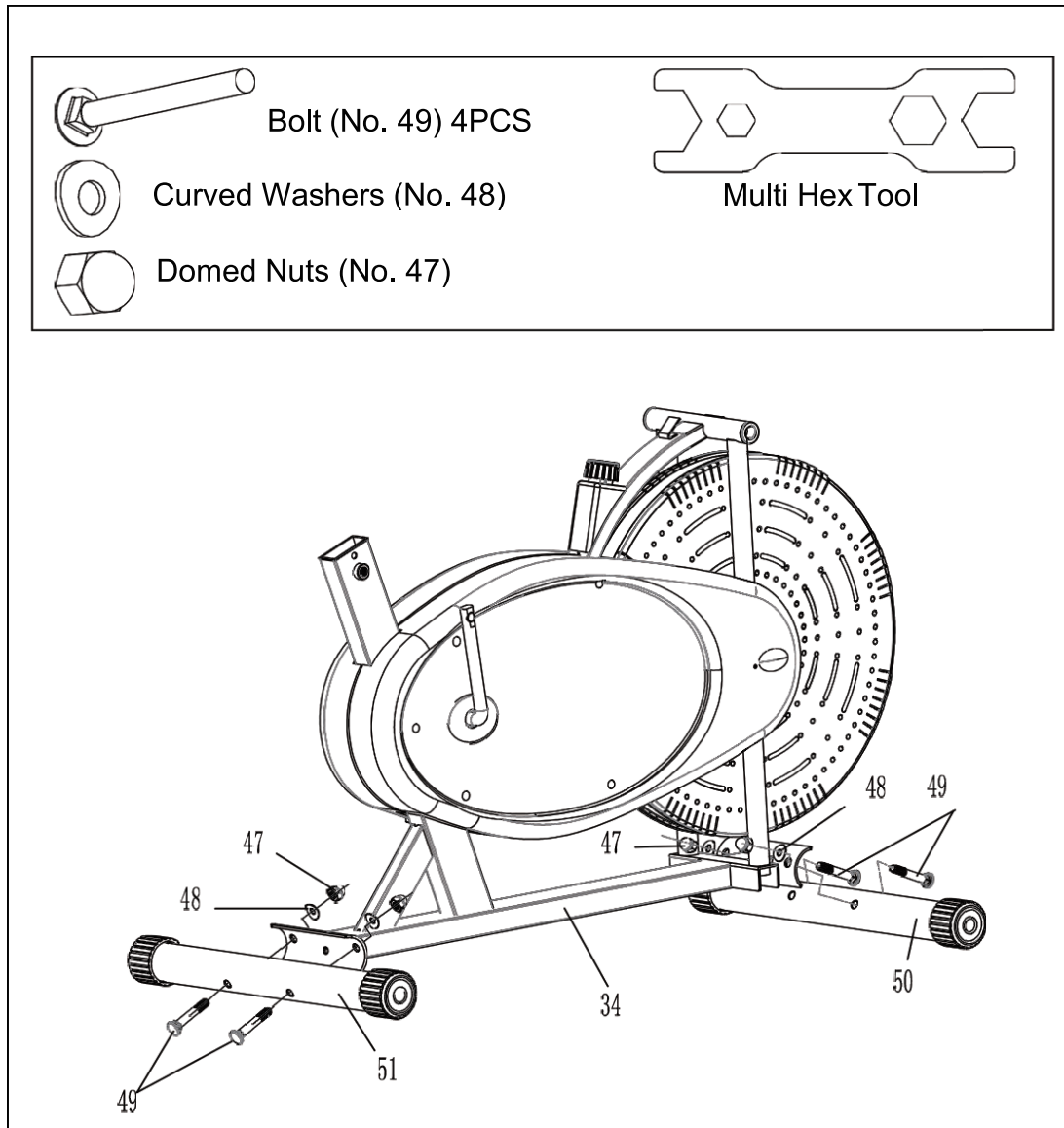
Multi Hex Tool S19, S10, S13, S17
1 PC



Spanner S13, S14, S15

ASSEMBLY INSTRUCTIONS

STEP 1: INSTALLING THE FRONT & REAR STABILIZERS



Position the **Front Stabilizer (No. 50)** in front of **Main Frame (No. 34)**, making sure the UP label is facing up and align bolt holes.

Attach the **Front Stabilizer (No. 50)** onto the **Main Frame (No. 34)** with two **Domed Nuts (No. 47)**, two **Curve Washers (No. 48)**, and two **Bolts (No. 49)**. Tighten **Nuts (No. 47)** with the Multi Hex Tool provided.

Position the **Rear Stabilizer (No. 51)** behind the **Main Frame (No. 34)** and align bolt holes. Attach the **Rear Stabilizer (No. 51)** onto the **Main Frame (No. 34)** with two **Domed Nuts (No. 47)**, two **Curve Washers (No. 48)**, and two **Bolts (No. 49)**. Tighten **Nuts (No. 47)** with the Multi Hex Tool provided.

STEP 2: INSTALLING THE LEFT & RIGHT HANDRAILS & FOOT PEDALS



Hinge Screw (No. 7) 2PCS



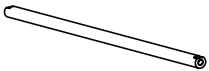
Spring Washer (No. 8) 2PCS



D Shape Washers (No. 9) 2PCS

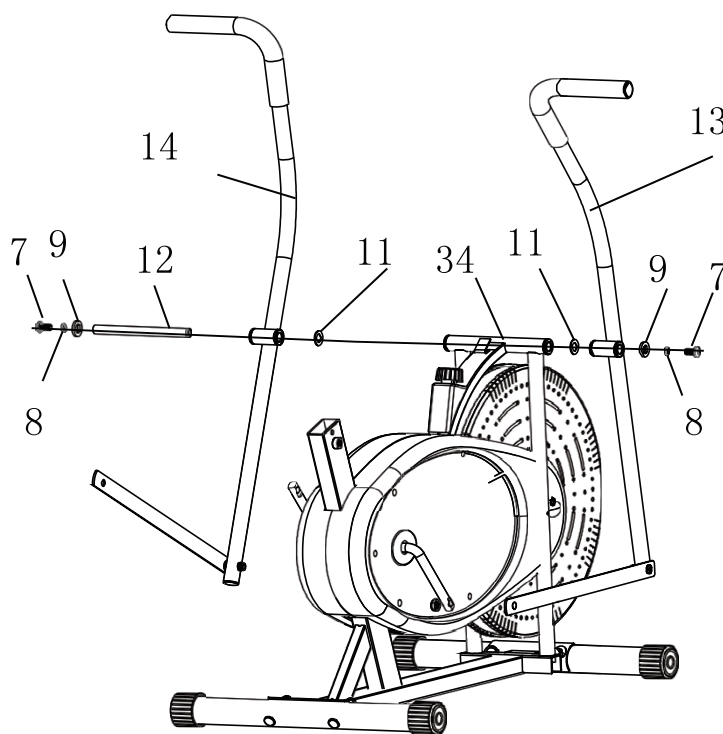


Wave Washer (No. 11) 2PC



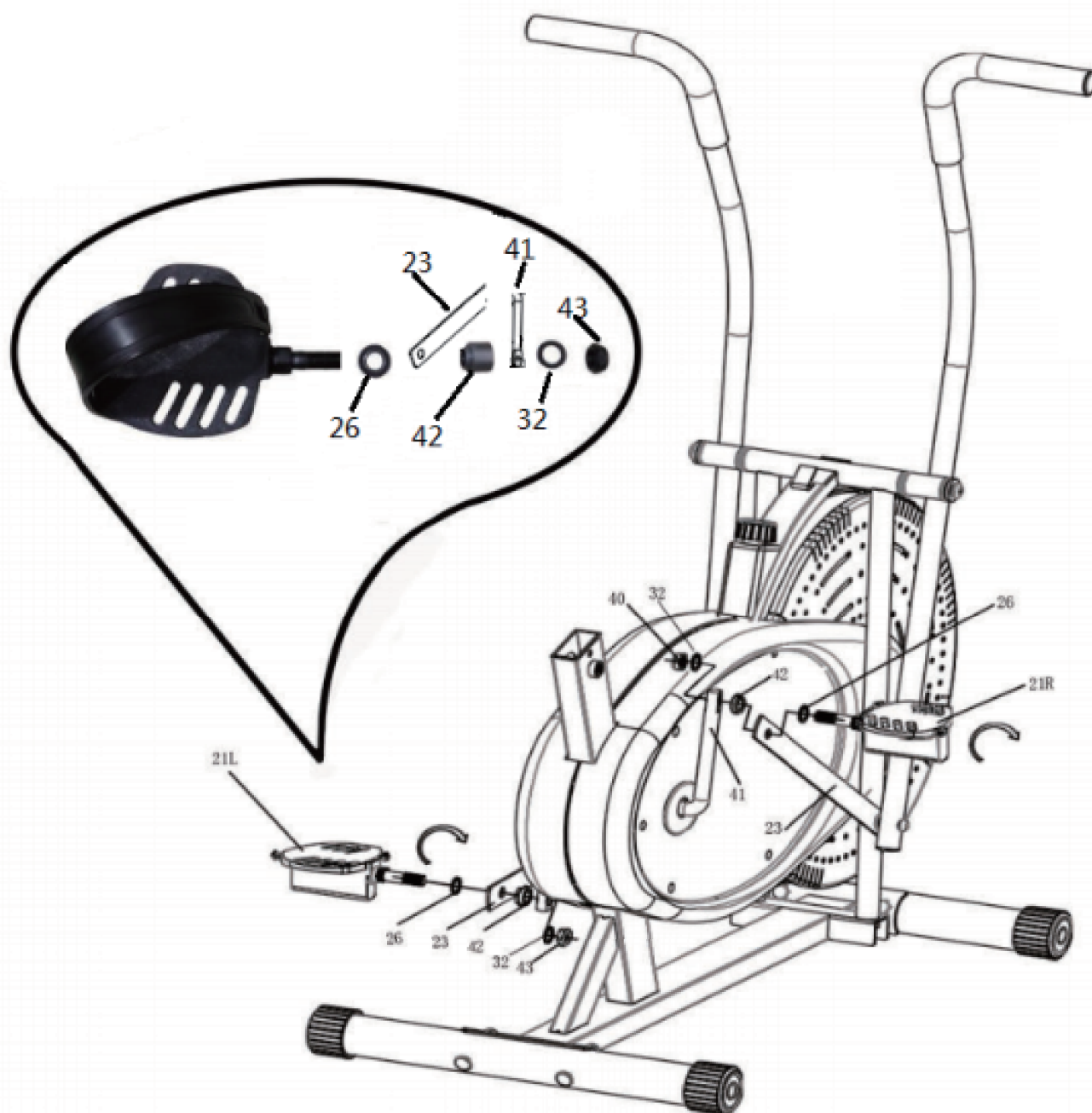
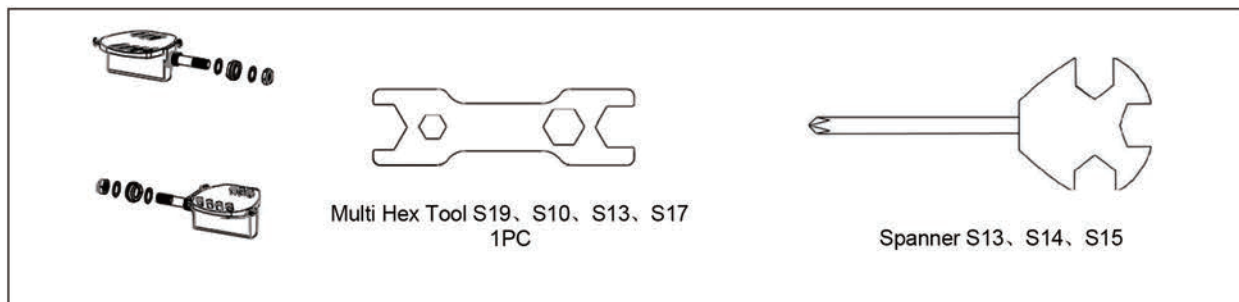
Rotation Rod (No. 12) 1PC

Allen Wrench 6mm



Put the **Rotation Rod (No. 12)** into the torque tube of the **Main Frame (No. 34)**, and put the **L/R Handrail Arms (No. 13 & 14)** onto the **Rotation Rod (No. 12)**, then lock it with **Hinge Screw (No. 7)**, **Spring Washer (No. 8)**, **D Shape Washer (No. 9)** and **Wave Washer (No. 11)**, using the Allen Wrench 6mm tool.

STEP 3: INSTALLING THE LEFT & RIGHT FOOT PEDALS



Read this step all the way through before assembling the pedals.

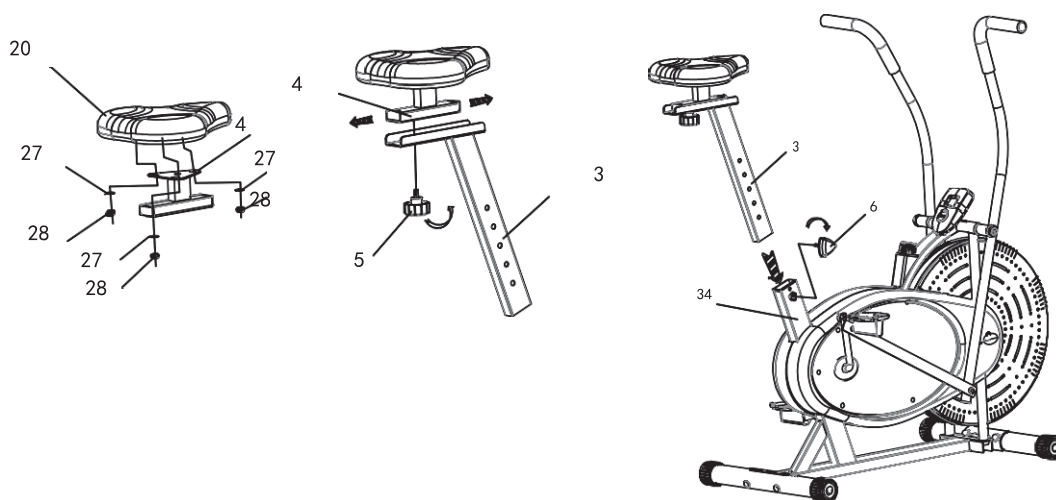
Note: The **Left Foot Pedal (No. 21L)** and the **Left Lock Nut (No. 43)** have reverse threading and have to be turned counterclockwise to tighten.

Turn the **Chain Pulley with Crank (No. 41)** to the front to make it horizontal.

Make sure you have the left pedal in hand. Insert the **Left Foot Pedal (No. 21L)** through the **Metal Bushing (No. 26)**, **Connection Piece (No. 23)**, **Spacer (No. 42)** and **Crank**. Turn the **Left Foot Pedal (No. 21L)** *counterclockwise* as tightly as you can with your hands. Make sure the bolt on the **Left Foot Pedal (No. 21L)** penetrates the **Crank** fully. Lock the **Left Foot Pedal (No. 21L)** with the **Spring Washer (No. 32)** and **Left Lock Nut (No. 43)**. Finish tightening with the Multi Hex Tool and Spanner.

Insert the **Right Foot Pedal (No. 21R)** through the **Metal Bushing (No. 26)**, **Connection Piece (No. 23)**, **Spacer (No. 42)** and **Crank**. Turn the **Right Foot Pedal (No. 21R)** *clockwise* as tightly as you can with your hands. Make sure the bolt on the **Right Foot Pedal (No. 21R)** penetrates the crank fully. Lock the **Right Foot Pedal (No. 21R)** with the **Spring Washer (No. 32)** and **Right Lock Nut (No. 40)**. Finish tightening with the Multi Hex Tool and Spanner.

STEP 4: INSTALLING THE SEAT



Unscrew **Washers (No. 27)** and **Nylon Nuts (No. 28)** from the **Seat (No. 20)** using the Multi Hex tool.

Attach the **Seat (No. 20)** to the **Seat Slider (No. 4)** with **Washers (No. 27)** and **Nylon Nuts (No. 28)**. Then attach the **Seat Slider (No. 4)** to the **Seat Post (No. 3)** with **Knobs (No. 5)**.

Insert the **Seat Post (No. 3)** into the **Main Frame (No. 34)** and lock it at desired height with **Triangle Knobs (No. 6)**.

How to Adjust the Seat:

To adjust seat height, turn **Triangle Knob (No. 6)** to loosen.

With one hand, pull out **Triangle Knob (No. 6)**. With the other hand, move the **Seat Post (No. 3)** to the desired height.

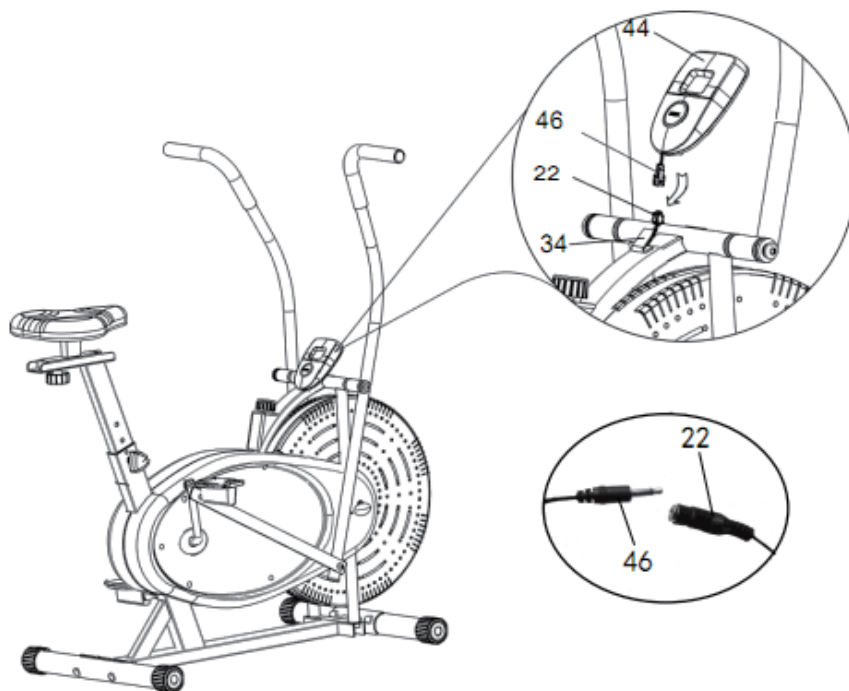
Insert **Triangle Knob (No. 6)** and turn it clockwise to tighten.

To adjust seat position, turn **Knob (No. 5)** to loosen.

Move **Seat Slider (No. 4)** forward or backward to the desired position.

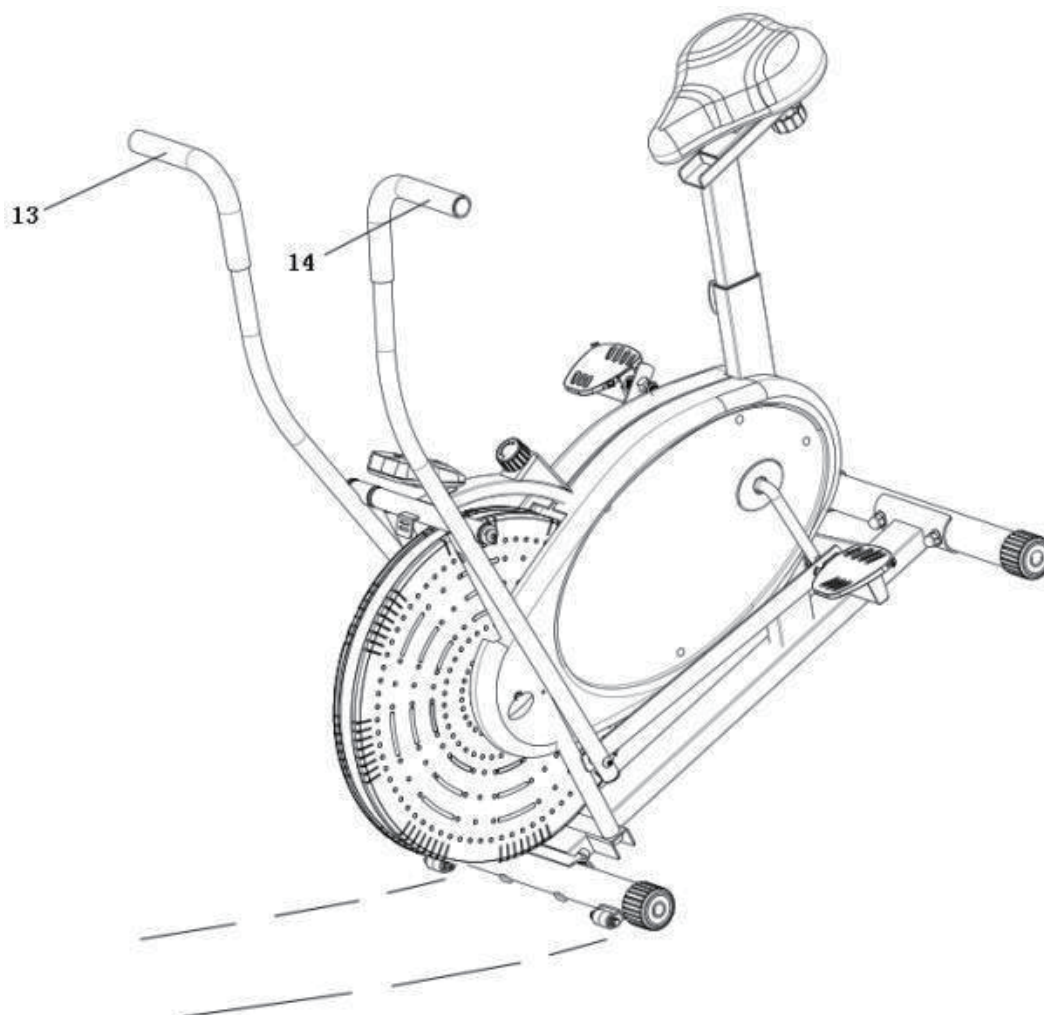
Turn **Knob (No. 5)** to tighten.

STEP 5: INSTALLING THE COMPUTER



Connect the **Sensor Wire (No. 22)** with the **Computer Sensor Wire (No. 46)**, then insert the **Computer (No. 44)** into the **Main Frame Post (No. 34)**.

HOW TO MOVE THE BIKE



Put your hands on the **L/R Handrail Arm (No. 13 &14)** at the same time, tilt the bike until the wheels are able to move on the ground.

Now you can move the bike to the desired location with ease.

OPERATING INSTRUCTIONS

SPECIFICATIONS:

TIME-----	00:00-99:59 MIN: SEC
SPEED-----	0.0-999.9 MI/H
DISTANCE-----	0.00-99.99 MI
CALORIES-----	0.00-999.9 KCAL



KEY FUNCTIONS

MODE: Press to select the desired function.

Hold the MODE button for three seconds to reset time, distance and calories.

AUTO ON/OFF

The computer will turn on when you start pedaling or press the MODE button. The computer will shut off if there is not activity for about 4 minutes.

RESET

Reset the computer by pressing and holding the MODE button for three seconds. Removing the batteries will also reset the computer and all values to zero.

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. Press the MODE button to choose another function.

FUNCTIONS

TIME: Counts the total time.

SPEED: Displays the current speed.

DISTANCE: Counts the total distance.

CALORIES: Counts the amount of total calories burned.

SCAN: Automatically displays functions in the following order: time, speed, distance, calories.

Battery: This meter uses two AA batteries. If there is a problem with the computer, try replacing the batteries. When replacing the batteries, always replace both batteries with new ones. Do not mix old and new batteries. Replacing the batteries will reset all the values in the computer.

MAINTENANCE

Cleaning

The bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts.

Wipe your perspiration off the bike after each use.

Be sure that the monitor is not exposed to excessive moisture, as this could potentially cause an electrical hazard and/or electronics to fail.

Keep the bike, especially the monitor, out of direct sunlight to prevent screen damage.

Inspect all assembly bolts and pedals on the machine before use to make sure they are properly fastened and tightened.

Storage

Store the bike in a clean and dry environment.

Keep children away from the bike.

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer.	<ol style="list-style-type: none">1. Remove the computer console and verify the wire that comes from the computer is properly connected to the wire that comes from the main frame.2. Verify that the batteries are correctly positioned and are in proper contact with the battery springs.3. The batteries in the computer may be dead. Remove and replace with new batteries
The bike makes a squeaking noise when in use.	<ol style="list-style-type: none">1. Inspect bolts. Tighten as needed.2. Inspect moving parts to ensure that they are properly lubricated.
The bike is not stable while in use.	<ol style="list-style-type: none">1. Inspect all the bolts have been fully tightened.2. Adjust the Rear Stabilizer End Caps (No. 67) to make it level.