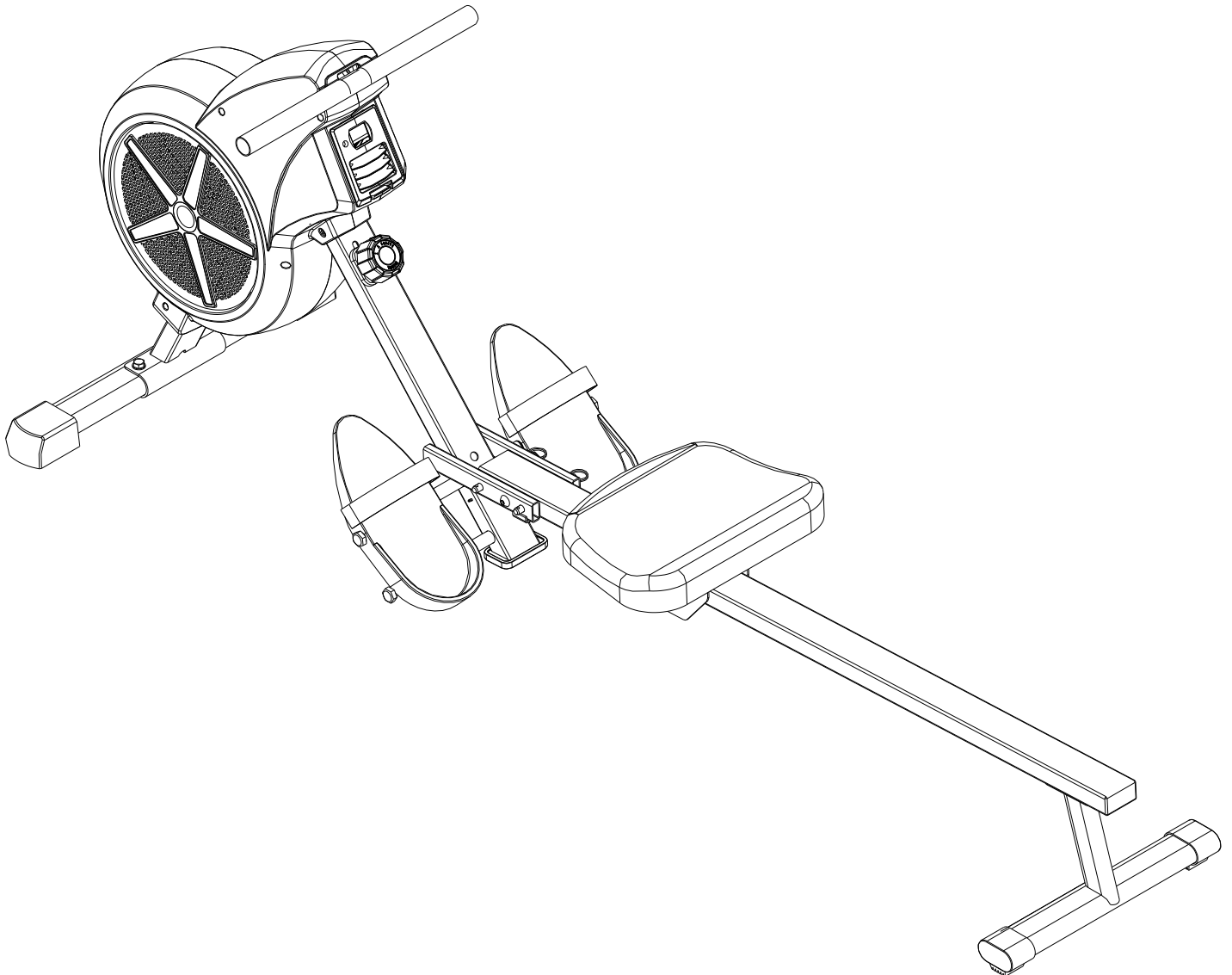




AIR ROWING MACHINE

SF-RW5633

USER MANUAL



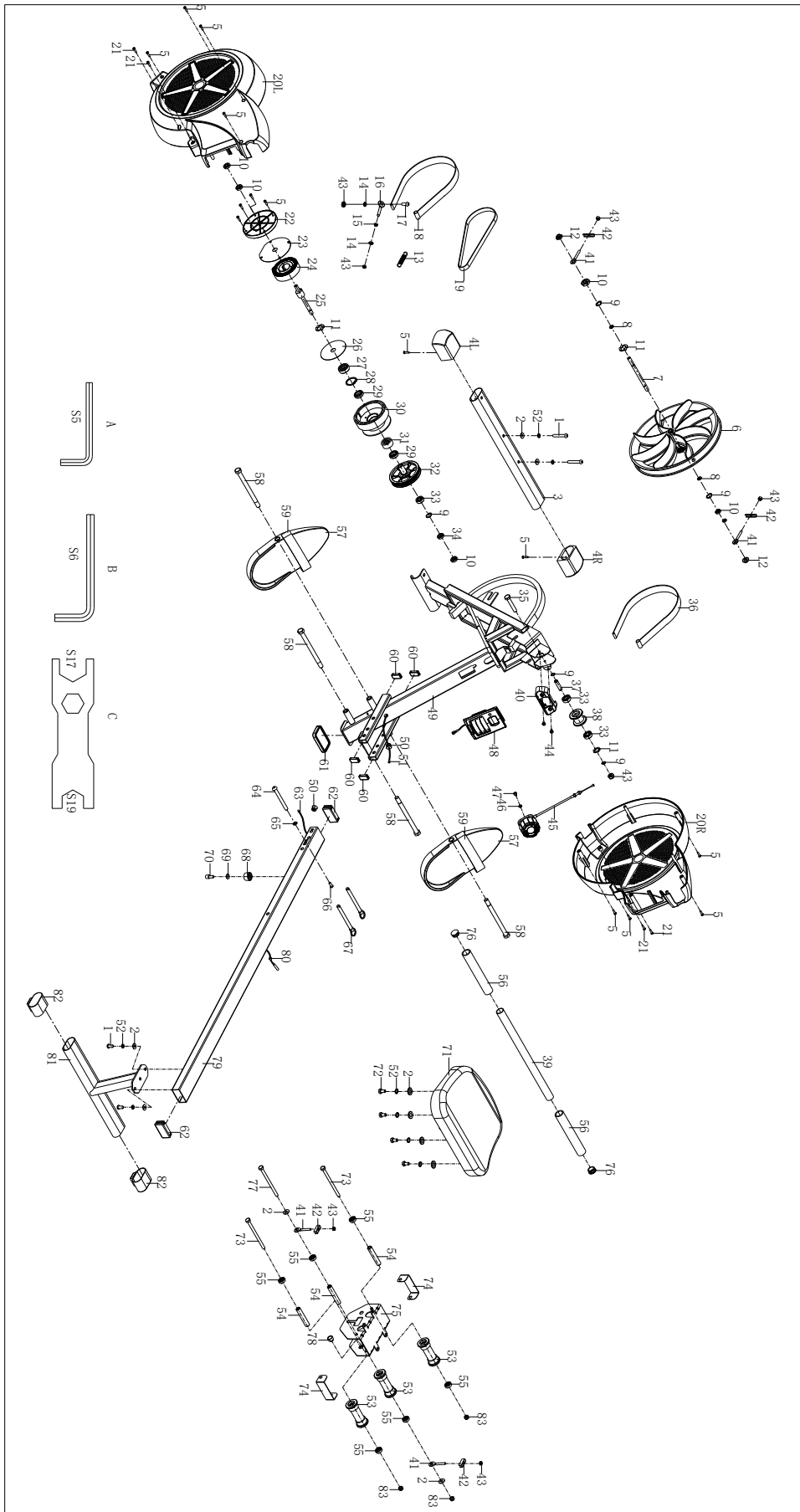
IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY 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	Screw M8*20*S6	4	39	Handlebar $\Phi 28 \times 1.5 \times 440$	1
2	Washer d8* $\Phi 16 \times 1.5$	10	40	Handlebar seat 106*40*31	1
3	Front stabilizer	1	41	Adjusting screw M6*40* $\Phi 10 \times 2.5$	4
4L/R	End cap	2	42	Adjusting U seat 30*10*1.5	4
5	Screw ST4.2*19* $\Phi 8$	14	43	Nut M6*H6*S10	7
6	Fan wheel	1	44	Screw M5*10* $\Phi 10$	2
7	Inertial axle $\Phi 10 \times 150$	1	45	Tension control knob	1
8	Washer d10* $\Phi 20 \times 2$	2	46	Washer d5* $\Phi 20 \times 1.5$	1
9	C clip d10	5	47	Screw M5*25* $\Phi 8$	1
10	Nut M10*1*H5*S17	5	48	Computer	1
11	Wave washer d10* $\Phi 15 \times 0.3$	3	49	Main frame	1
12	Nut M10*1*H8*S15	2	50	Grommet $\Phi 12 \times 11 \times \Phi 3$	2
13	Spring $\Phi 0.8 \times \Phi 15 \times 32 \times N15$	1	51	Trunk wire 1	1
14	Washer d6* $\Phi 20 \times 2$	2	52	Spring washer d8	8
15	Nut M6*H5*S10	1	53	Idler wheel $\Phi 36 \times 69$	3
16	Adjusting screw M6*60* $\Phi 12 \times 5$	1	54	Spacer $\Phi 8 \times \Phi 12 \times 50$	3
17	Screw M6*20*S5 grade 8.8	1	55	Bearing 608RS $\Phi 8 \times \Phi 22 \times 12$	6
18	Mesh belt L455*555*B18*H1.5	1	56	Foam grip $\Phi 26 \times 3 \times 208$	2
19	Belt 6PJ280	1	57	Pedal 320*140*55	2
20L/R	Chain cover	2	58	Bolt M12 * $\Phi 12.5 \times 160 \times S19$	4
21	Screw ST4.2*16* $\Phi 8$	4	59	Pedal strap	2
22	Outer cover for mesh belt wheel $\Phi 118.5 \times 11.8$	1	60	End cap F30*15*15	4
23	Outer PC board for mesh belt wheel $\Phi 111 \times \Phi 16 \times 0.5$	1	61	Rubber pad 84.5*49.5*9.7	1
24	Volute spring t0.5*22*5080	1	62	End cap J60*30*15	2
25	Axle for mesh belt wheel	1	63	Sensor wire	1
26	PC board for mesh belt wheel	1	64	Bolt $\Phi 10 \times 95 \times M6 \times 25$	1
27	Bearing 6300-2RS CXSH	1	65	Washer d10* $\Phi 20 \times 2$	1
28	C clip d35	1	66	Screw M6*16*S5	1
29	Bearing 16003-2RS C&U	2	67	Pull pin $\Phi 10 \times 100 \times 105$	2
30	Mesh belt wheel $\Phi 112 \times 67.5$	1	68	Limit mat	1
31	Bearing $\Phi 35 \times d17 \times 16$	1	69	Washer d6* $\Phi 12 \times 1$	1
32	Belt wheel	1	70	Screw M6*30*S5	1
33	Bearing 6000-2RS CXSH	3	71	Saddle 360*250*50	1
34	Nut M10*1*H3*S14	1	72	Screw M8*16*S6	4
35	Bolt M6*55*15*S10 Grade 8.8	1	73	Bolt M8*90*20*S13	2
36	Mesh belt t1.5*22*2150	1	74	U shape baffle	2
37	Fixing axle for mesh belt $\Phi 10 \times 40 \times \Phi 6.1$	1	75	Saddle support	1
38	Mesh belt wheel	1	76	End cap $\Phi 28 \times 15$	2

77	Bolt M8*100*20*S13	1		82	End cap	2
78	Round magnet $\Phi 15$ *7	1		83	Nut M8*H7.5*S13	3
79	Sliding rail	1		A	Allen wrench S5	1
80	Grommet $\Phi 16$	1		B	Allen wrench S6	1
81	Rear stabilizer	1		C	Spanner S17-19	1

HARDWARE PACKAGE


 #1 M8*20*S6 4PCS

 #2 d8* \varnothing 16*1.5 4PCS

 #52 d8 4PCS

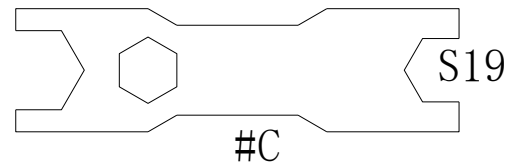
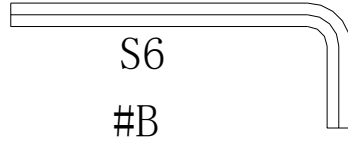
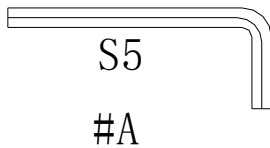
 #58 M12* \varnothing 12.5*160*S19 4PCS

 #64 \varnothing 10*95*M6*25 1PC

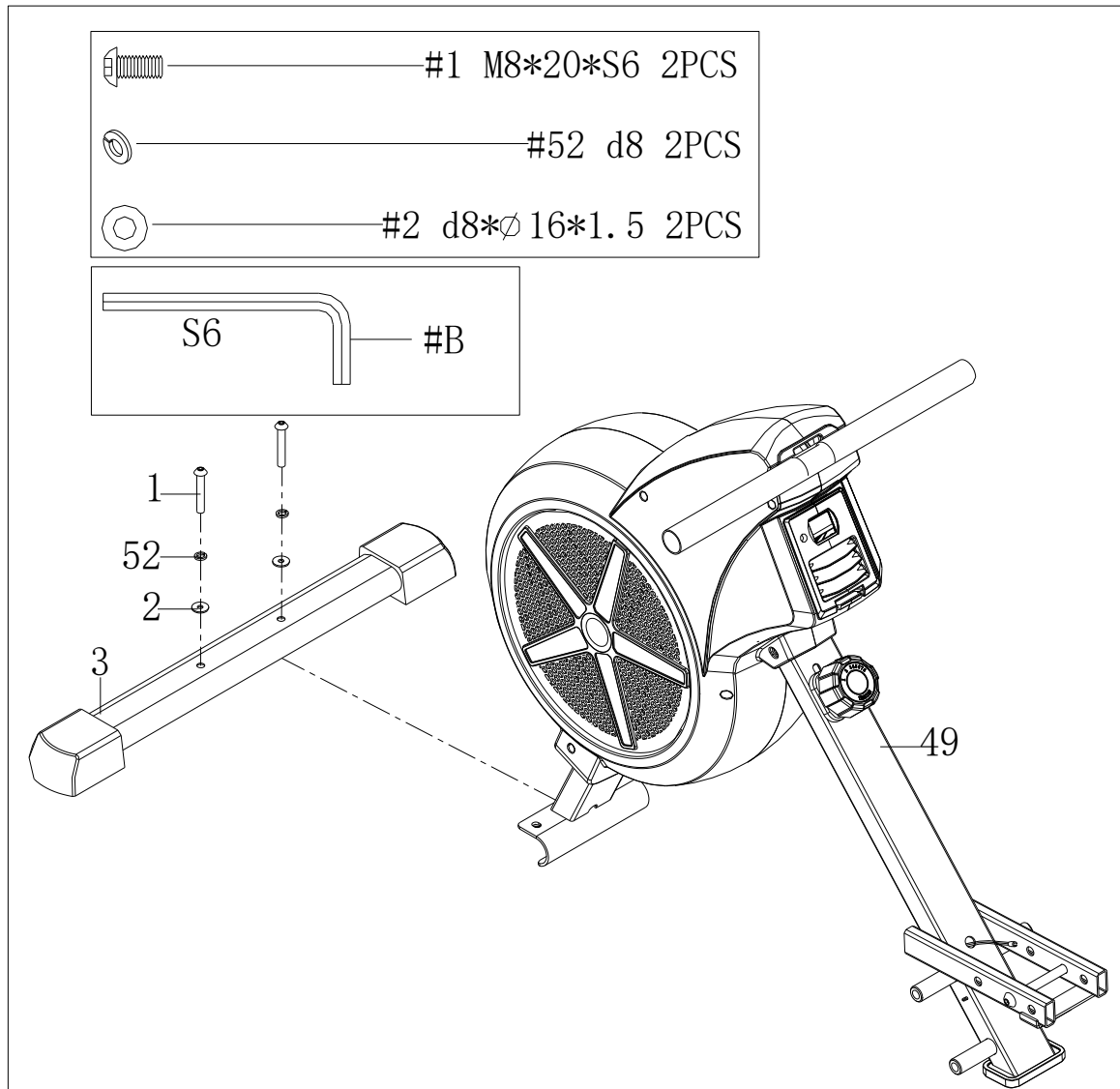
 #65 d10* \varnothing 20*2 1PC

 #66 M6*16*S5 1PC

 #67 \varnothing 10*100*105 2PCS

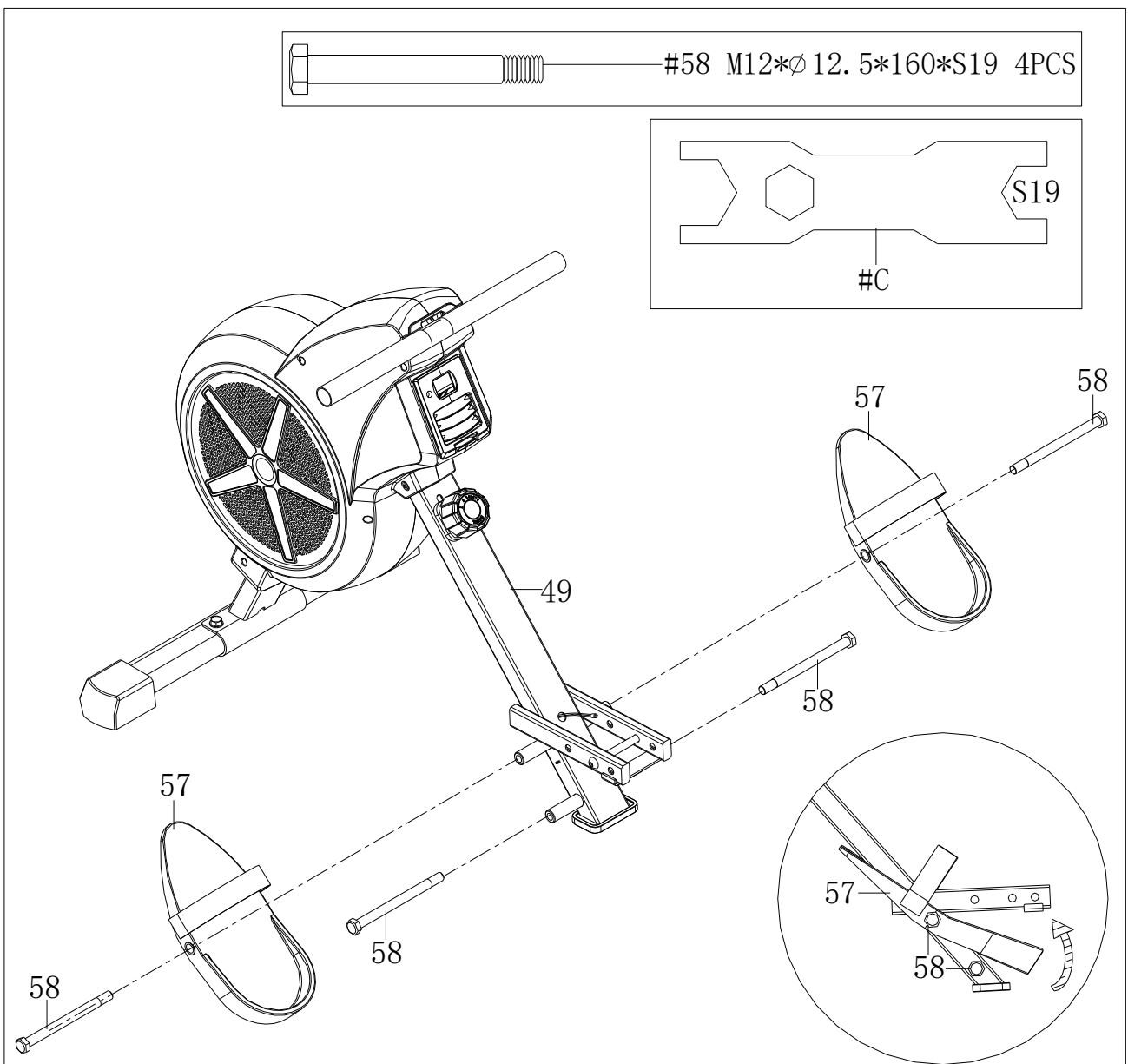


ASSEMBLY INSTRUCTIONS



STEP 1:

Attach the **Front Stabilizer (No. 3)** to the **Main Frame (No. 49)** using 2 **Screws (No. 1)**, 2 **Spring Washers (No. 52)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. B)**.

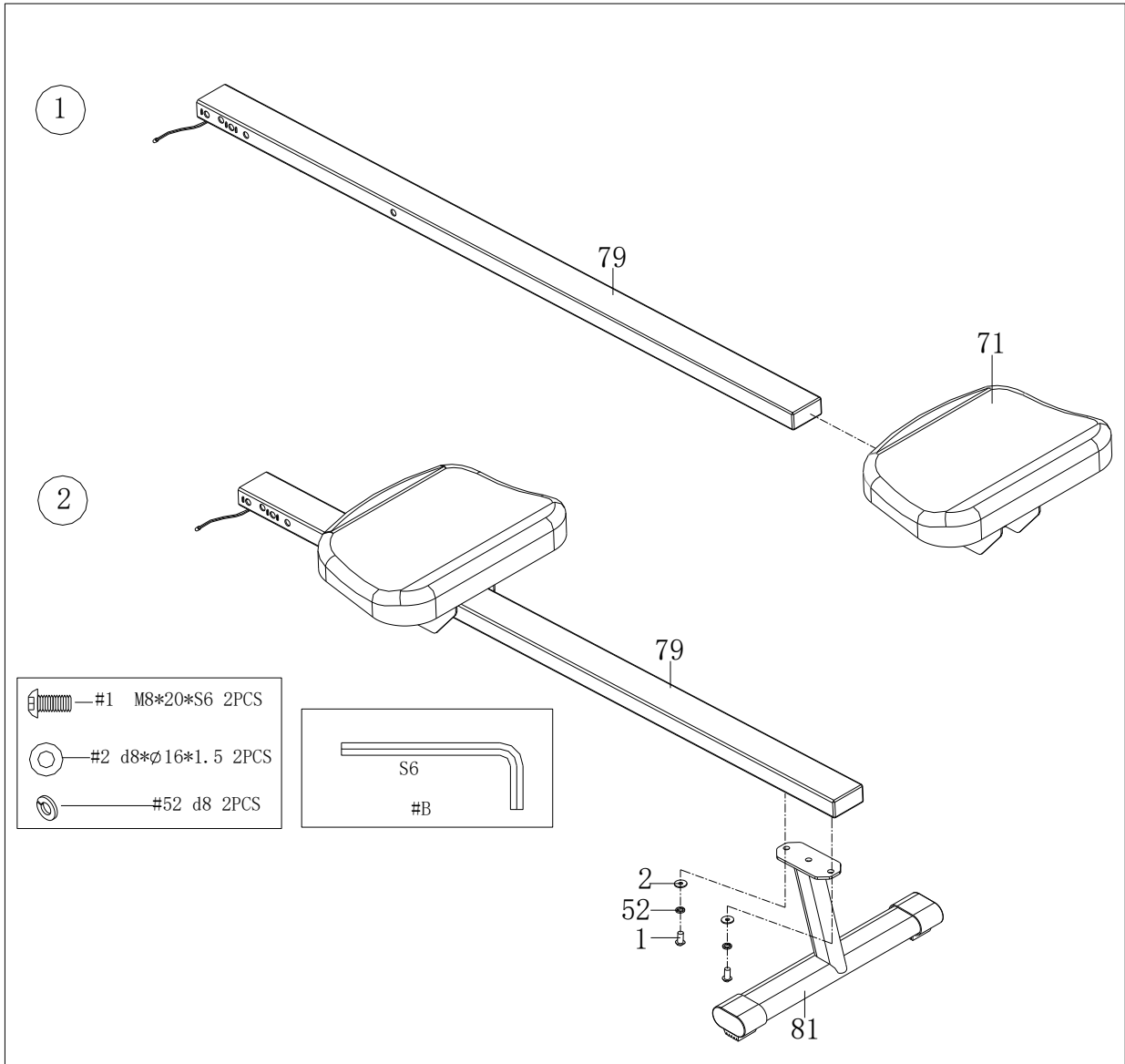


STEP 2:

Fix the 2 **Bolts (No. 58)** into the bottom hole of **Main Frame (No. 49)** with **Spanner (No. C)**.

Insert 2 **Bolts (No. 58)** through the **Pedals (No. 57)**, into the upper hole of the **Main Frame (No. 49)**, and tighten with **Spanner (No. C)**.

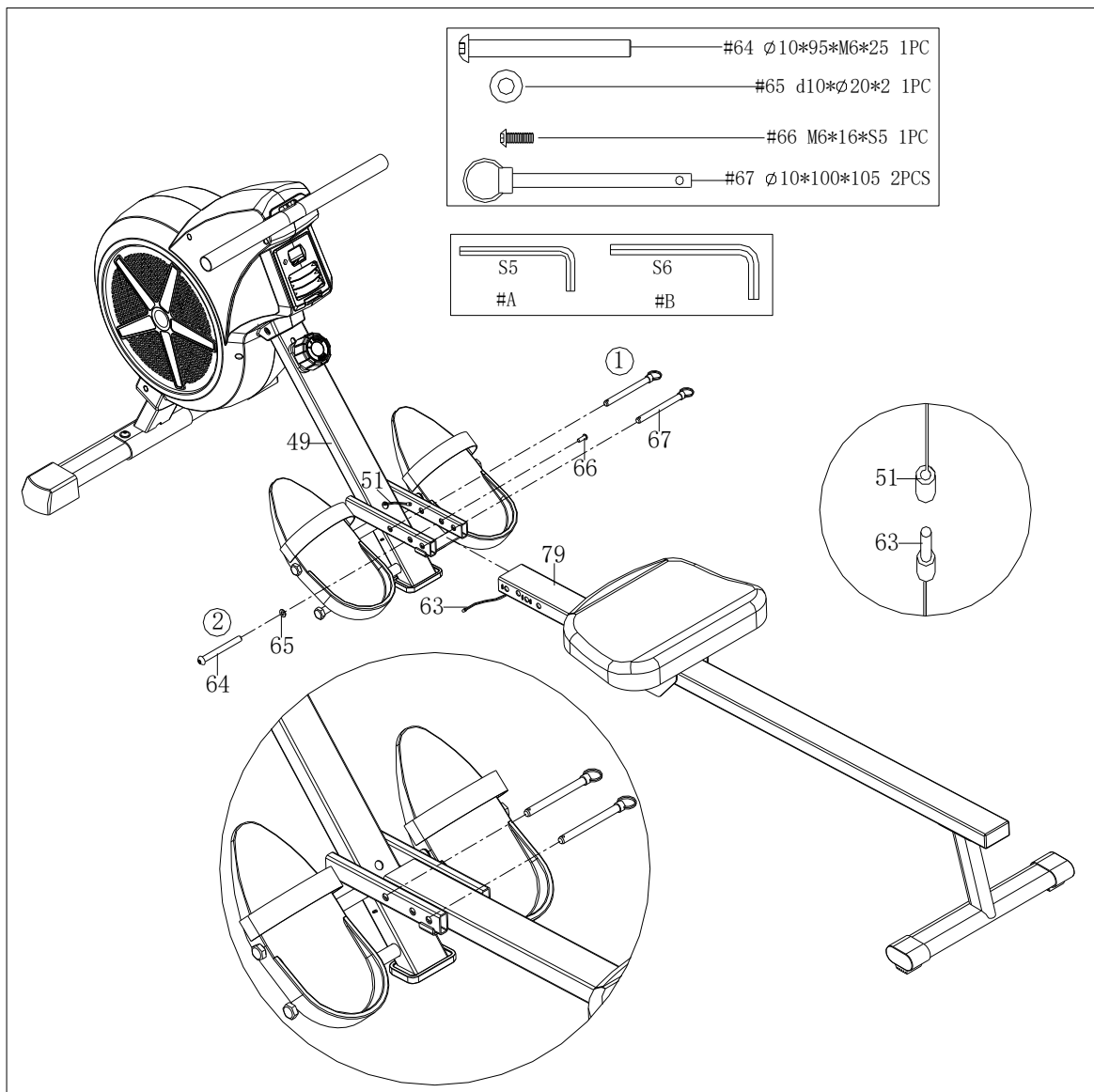
NOTE: The **Pedals (No. 57)** should rest on the bottom **Bolts (No. 58)**.



STEP 3:

Insert the **Saddle (No. 71)** onto the **Sliding Rail (No. 79)**.

Attach the **Rear Stabilizer (No. 81)** to the **Sliding Rail (No. 79)** using 2 **Screws (No. 1)**, 2 **Spring Washers (No. 52)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. B)**.



STEP 4:

Connect the **Sliding Rail (No. 79)** to **Main Frame (No. 49)**. Lift the **Main Frame (No. 49)** and the **Sliding Rail (No. 79)** to align the holes. Then insert 2 **Pull Pins (No. 67)**.

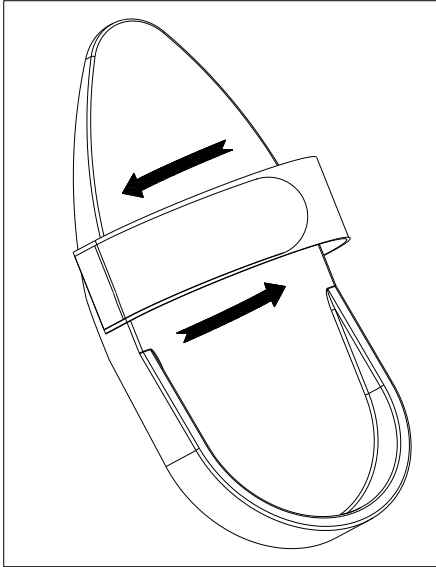
Fix the **Sliding Rail (No. 79)** to **Main Frame (No. 49)** using 1 **Bolt (No. 64)**, 1 **Washer (No. 65)** and 1 **Screw (No. 66)**. Tighten and secure with **Allen Wrench (No. A)** and **Allen Wrench (No. B)**.

Connect **Trunk Wire 1 (No. 51)** with the **Sensor Wire (No. 63)**.

The assembly is complete!

ADJUSTMENT GUIDE

❖ PEDAL ADJUSTMENT



The pedal strap is adjustable and can be personalized to fit the user's foot size.

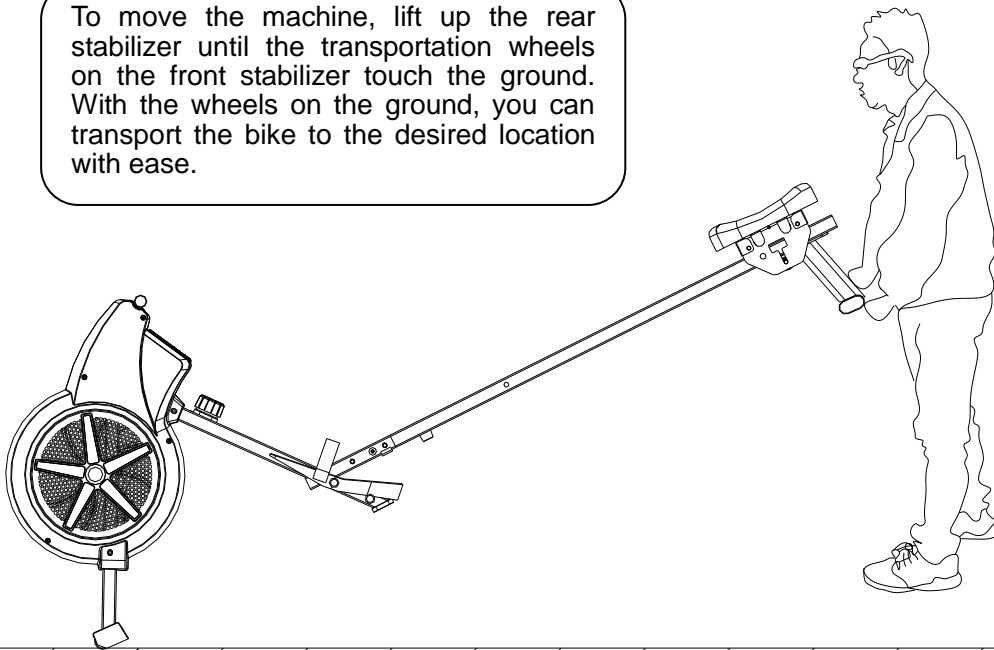
To adjust the pedal strap, remove the Velcro end of the strap from the mesh side by pulling it upward then to the left.

Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

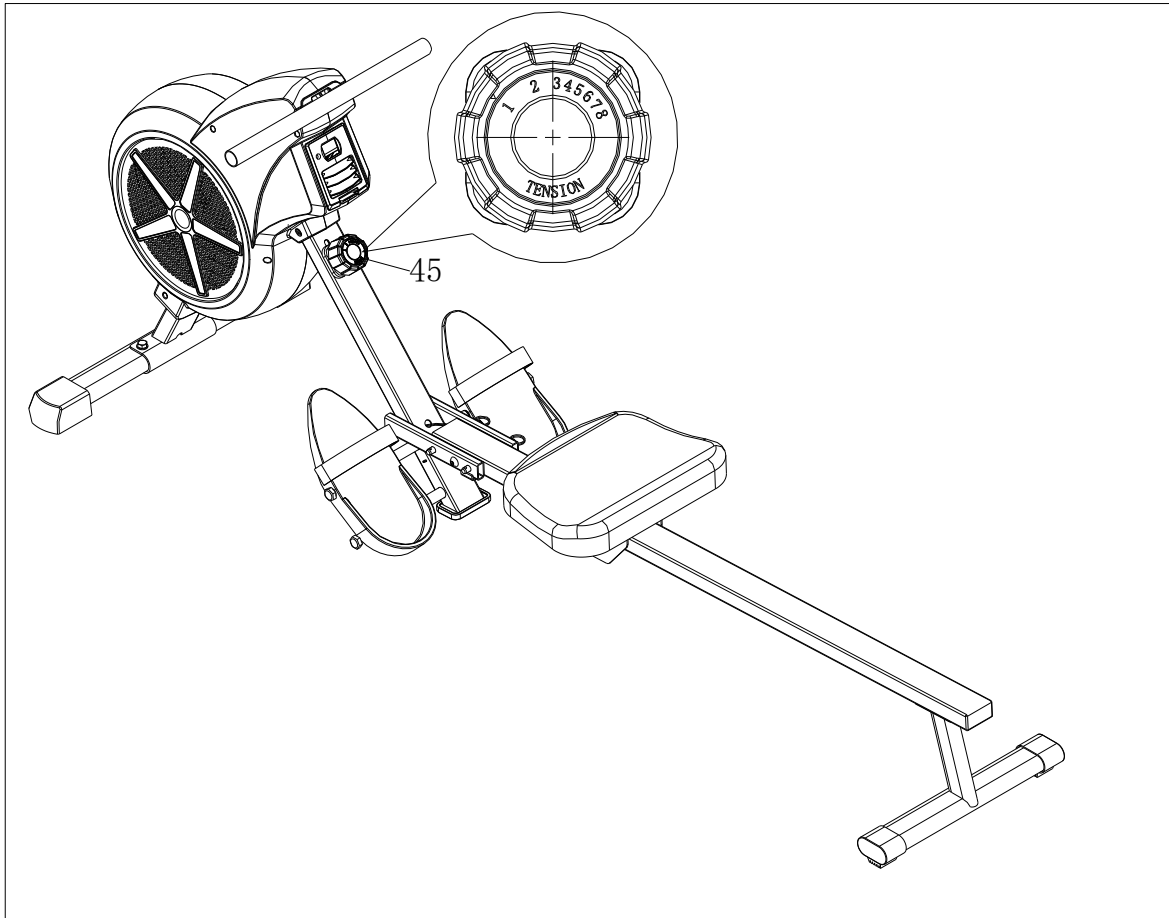
To tighten, pull the Velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

❖ MOVING THE MACHINE

To move the machine, lift up the rear stabilizer until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



ADJUSTMENT GUIDE



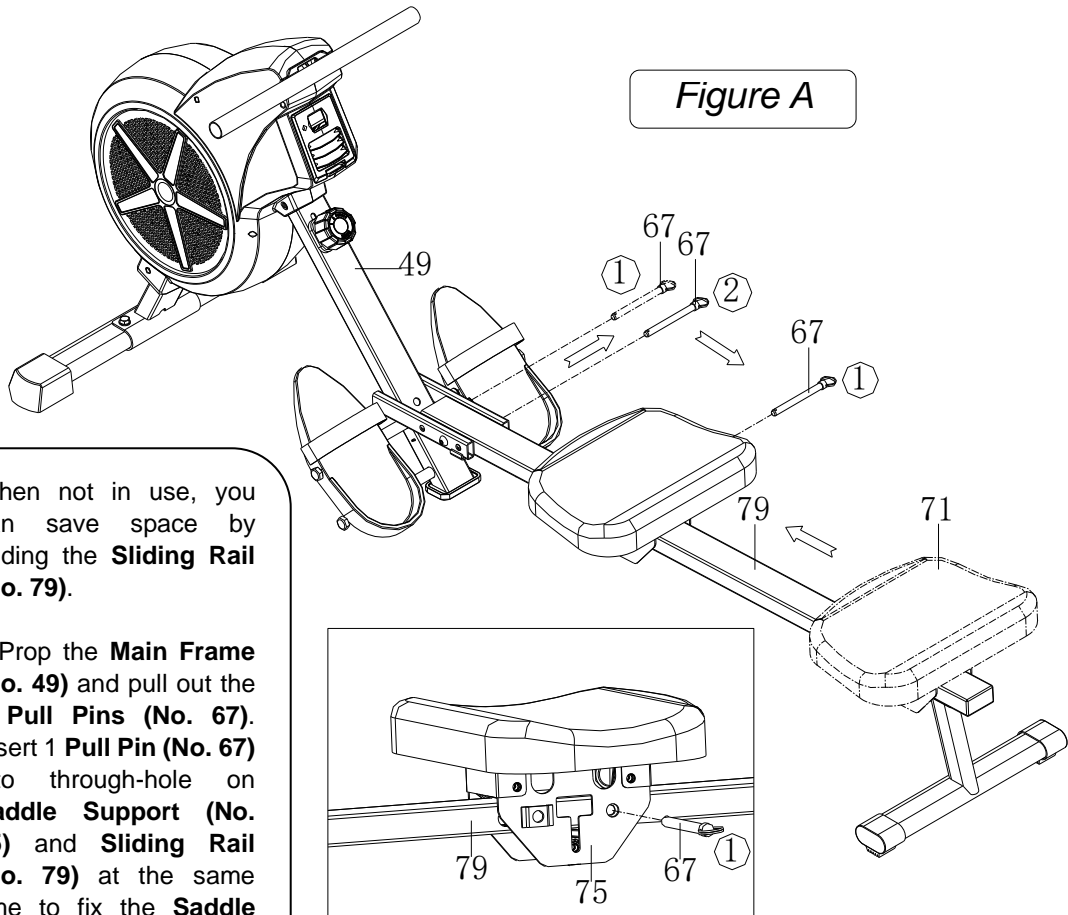
❖ ADJUSTING THE RESISTANCE

Rotate the **Tension Control Knob (No. 45)** *clockwise* to increase the level of resistance. Rotate the tension control *counter-clockwise* to decrease the level of resistance.

Level 1 is the lowest and Level 8 is the highest tension.

ADJUSTMENT GUIDE

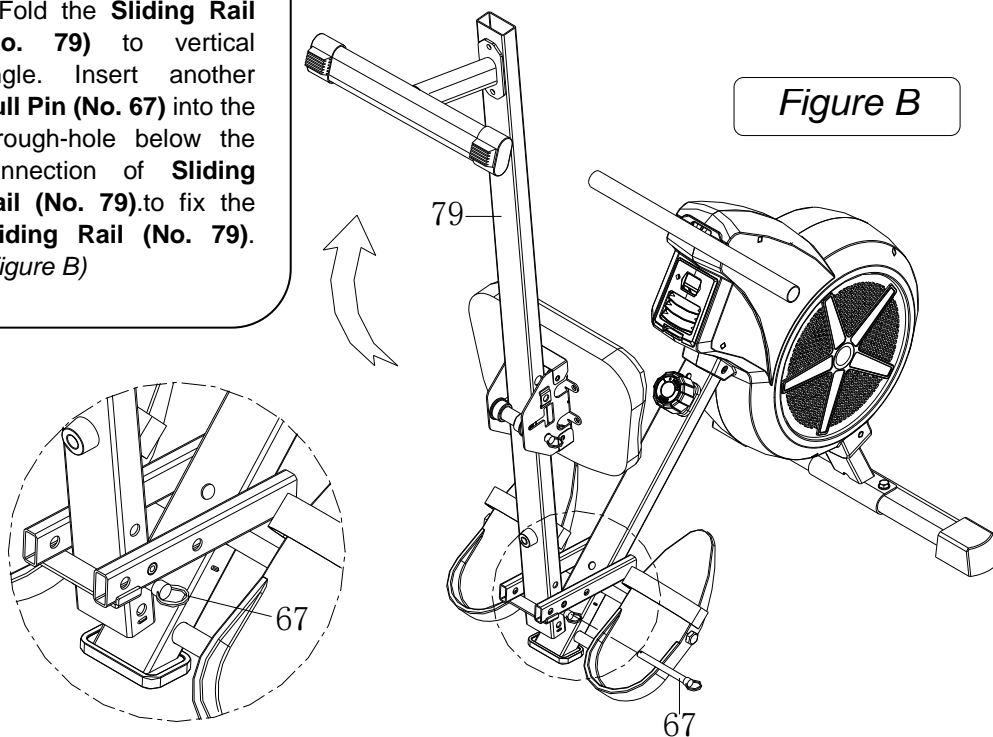
Figure A



When not in use, you can save space by folding the **Sliding Rail (No. 79)**.

1. Prop the **Main Frame (No. 49)** and pull out the **2 Pull Pins (No. 67)**. Insert **1 Pull Pin (No. 67)** into through-hole on **Saddle Support (No. 75)** and **Sliding Rail (No. 79)** at the same time to fix the **Saddle (No. 75)** on the **Sliding Rail (No. 79)**. (Figure A)
2. Fold the **Sliding Rail (No. 79)** to vertical angle. Insert another **Pull Pin (No. 67)** into the through-hole below the connection of **Sliding Rail (No. 79)** to fix the **Sliding Rail (No. 79)**. (Figure B)

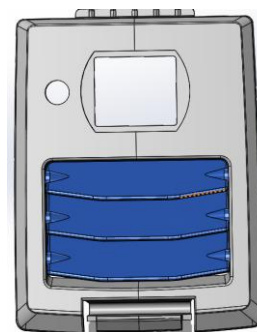
Figure B



EXERCISE METER

SPECIFICATIONS:

TIME-----00:00 - 99:59 MIN:SEC
COUNT-----0 - 9999 STROKES
CALORIE-----0 - 9999 KCAL
REPS/MIN (STROKES/MIN) -----0 - 9999 STROKES/MIN



KEY FUNCTION:

MODE: To select the function you want. Hold the key for 4 seconds to reset all function values (total reset).

OPERATION PROCEDURES:

AUTO ON/OFF: The monitor will turn on when you start rowing or **press MODE**.
The monitor will turn off after there has been no signal for 4 minutes.

FUNCTION:

<1>.TIME: Counts the workout time while exercising.

<2>.COUNT: Counts the **strokes** while exercising.

<3>.CALORIE: Counts calories burned while exercising.

<4>.REPS/MIN: Displays the strokes per minute while exercising.

<5>.SCAN: Scans through each function between ①TIME ②CALORIES ③**REPS/MIN** (STROKES/MIN) repeatedly.

BATTERY

If there is a problem with the display, try replacing the battery. This monitor uses one "AAA" battery.

Dispose of battery according to the guidelines of your state and local region.