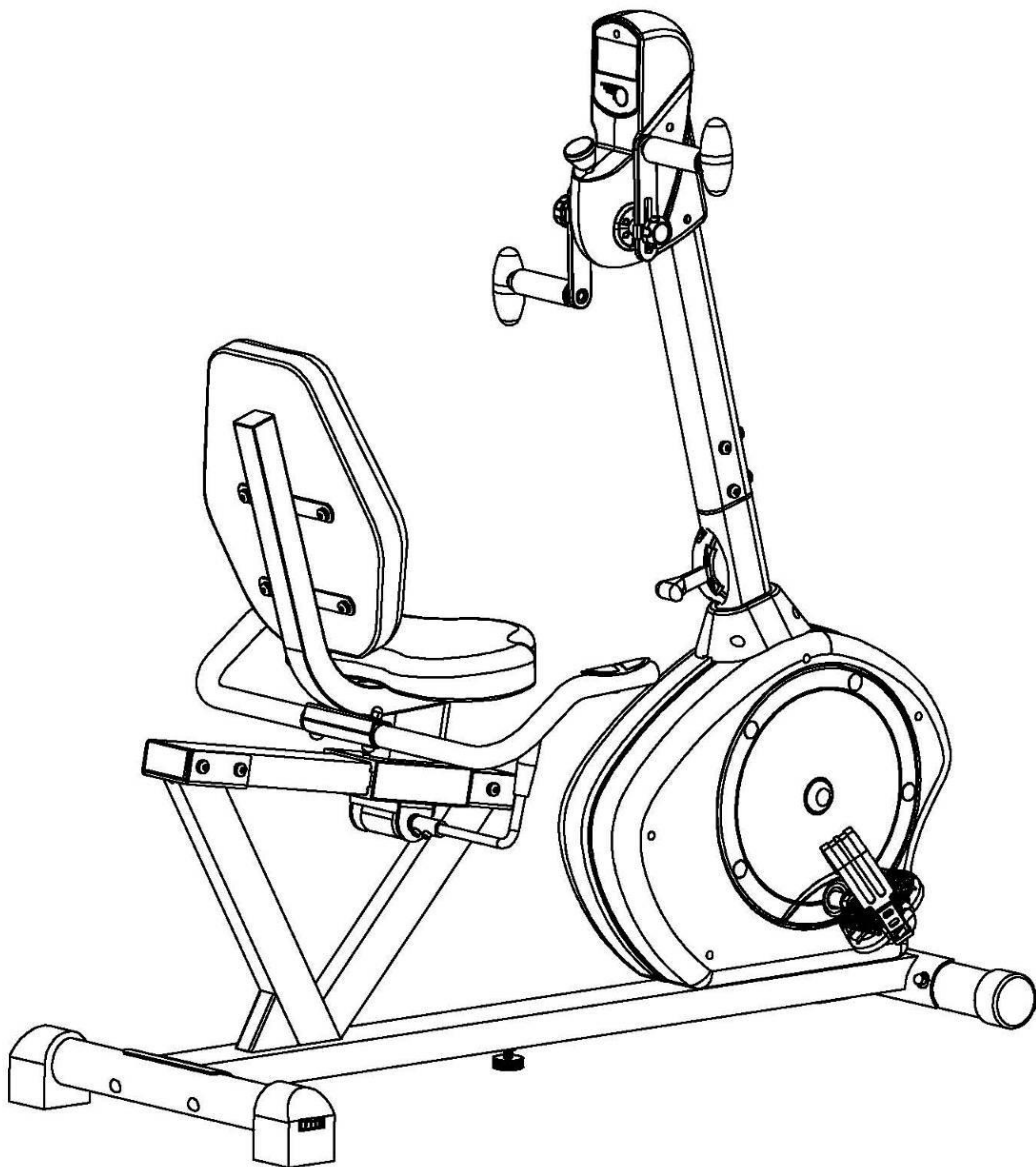




RECUMBENT BIKE WITH ARM EXERCISER

SF-RB4631

USER MANUAL



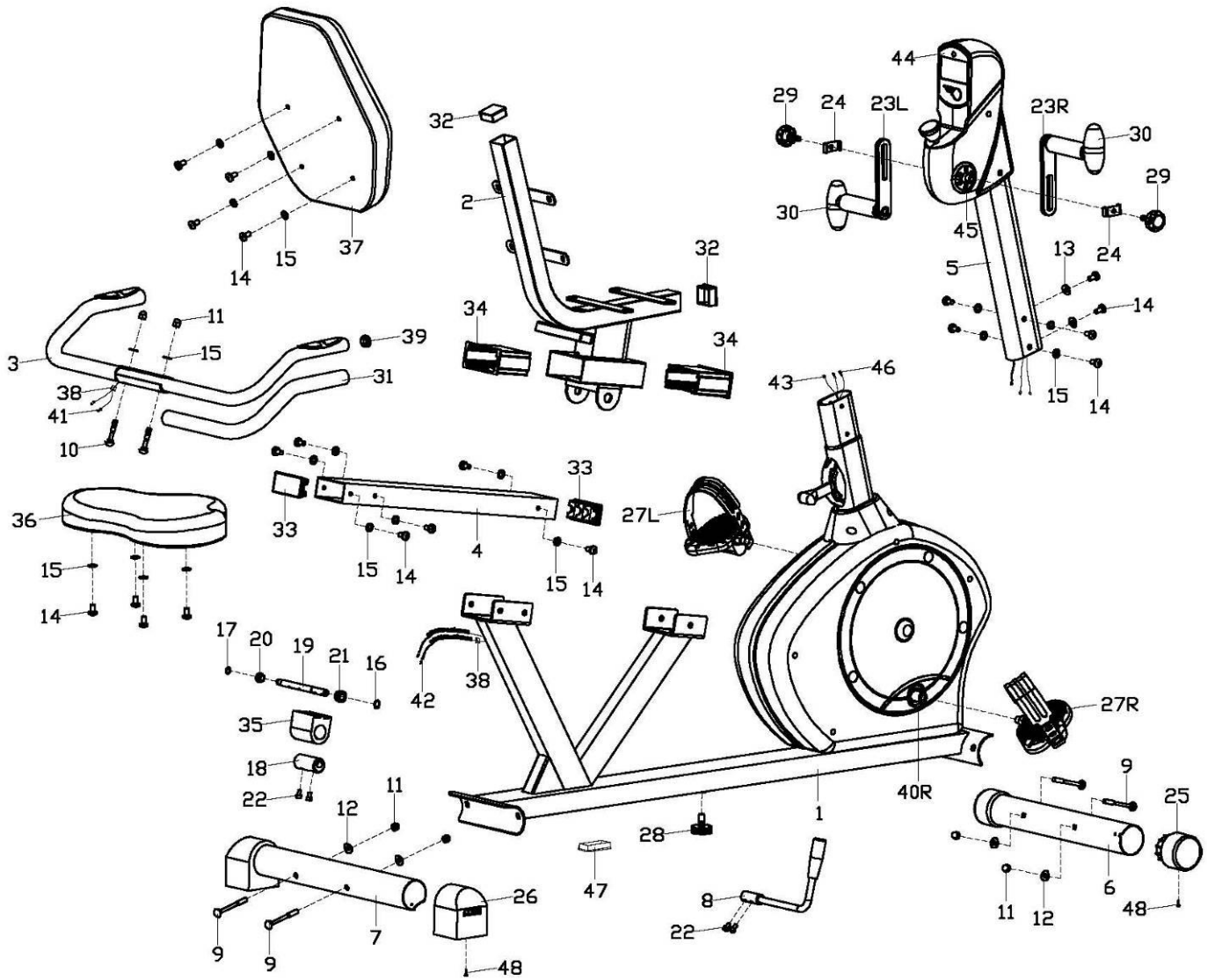
IMPORTANT! Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

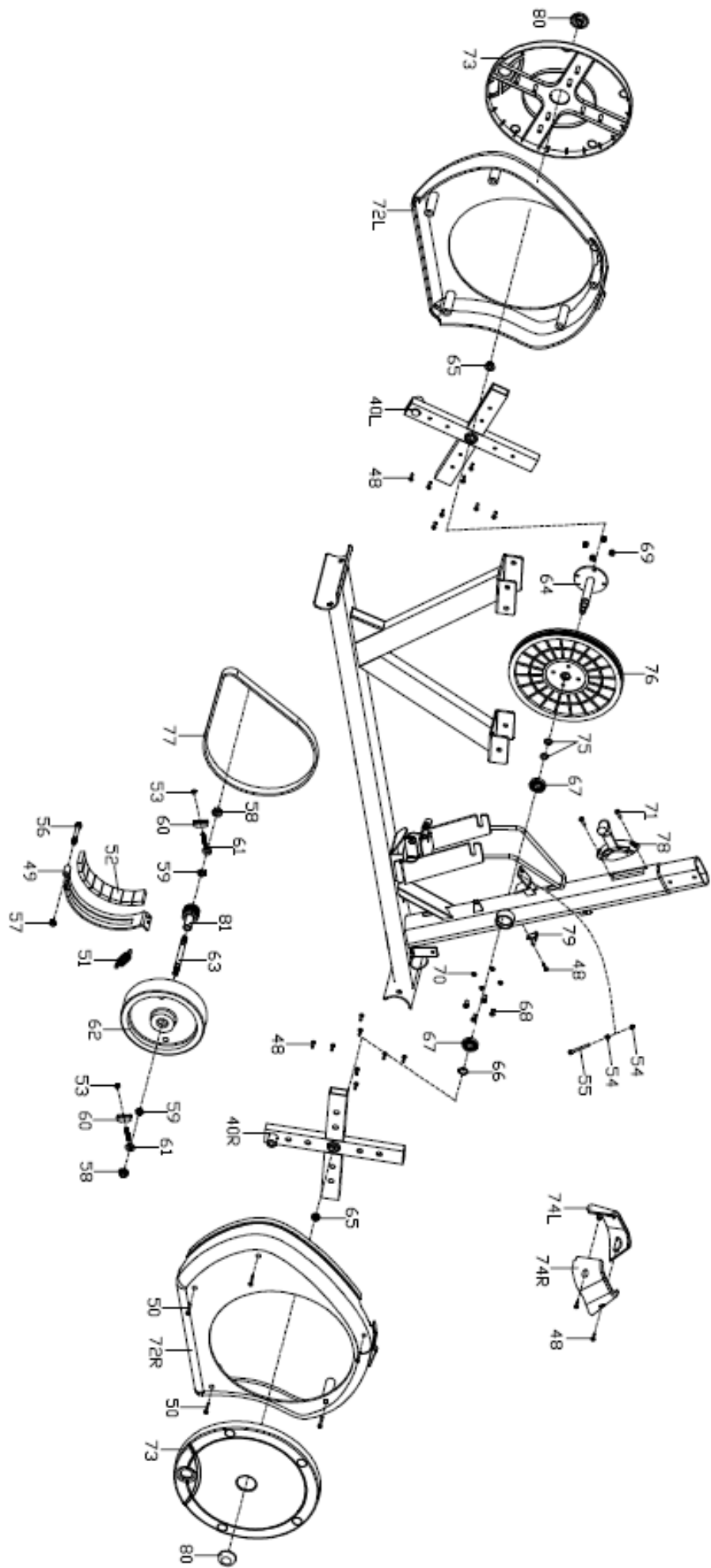
IMPORTANT SAFETY NOTICE

Note the following precaution before assembling and operating the machine.

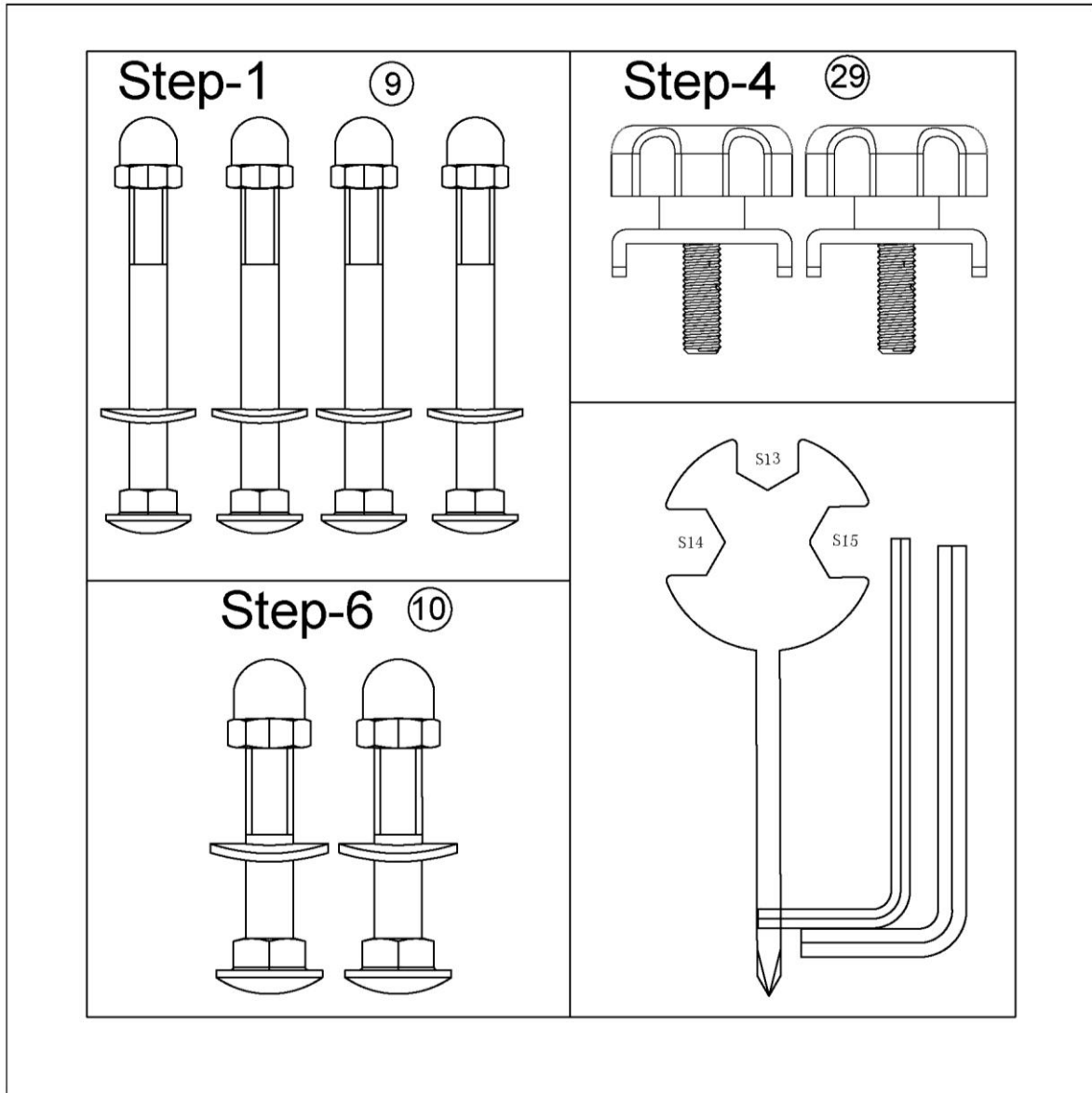
1. Assemble the machine exactly as described in the instruction manual.
2. Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. 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 350 LBS.

EXPLODED DIAGRAM





HARDWARE DRAWING & TOOLS



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

PARTS LIST

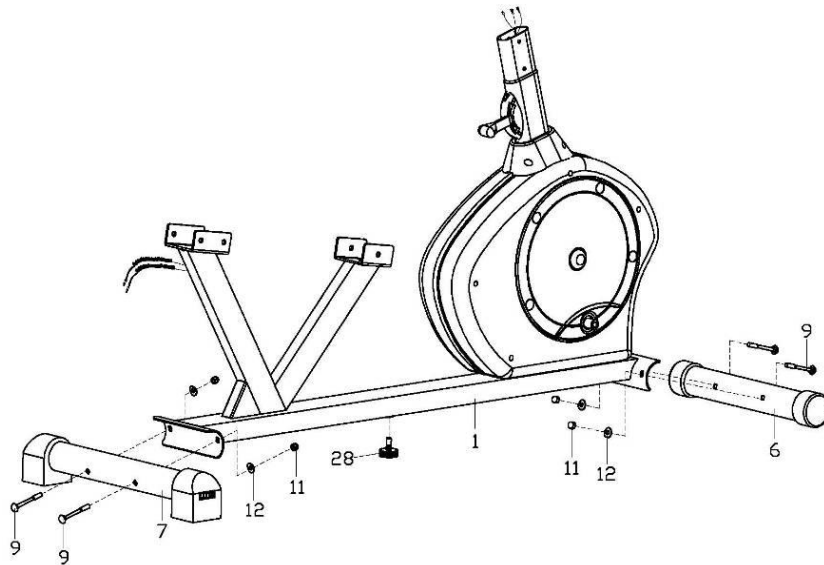
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main frame	1	25	Wheeled end cap	2
2	Seat tube	1	26	Horseshoe-shaped end cap	2
3	Handlebar	1	27L/R	Pedal	1pr.
4	Slide rail	1	28	Adjustable pad	1.
5	Handlebar post	1	29	Knob	2
6	Front stabilizer	1	30	Oval handle	2
7	Rear stabilizer	1	31	Foam grip	2
8	Adjustment Handle	1	32	Square plug 38*38*1.5	2
9	Square neck bolt M8*L73*120*□8	4	33	Square plug 80*40*2	2
10	Square neck bolt M8*L45*140*□8	2	34	Bushing	2
11	Ball cap nut M8	6	35	Upper holder block	1
12	Arc washer $\Phi 8.2*2*\Phi 19*R30$	4	36	Saddle	1
13	Arc washer d8*R20	2	37	Backrest	1
14	Hex pan head screw M8*16	20	38	Guide line hole plug	2
15	Washer D8*1.5* $\Phi 16$	20	39	Round tube plug	2
16	Spring stop collar D12	1	40L/R	Crank	1pr.
17	Spring stop collar D10	1	41	Pulse wire	2
18	Eccentric gear	1	42	Pulse sensor wire 1	2
19	Axle	1	43	Sensor wire	1
20	Small alloy bushing	1	44	Computer	1
21	Big alloy bushing	1	45	Connecting axle	1
22	Hex socket cap screw M6*10	4	46	Pulse sensor wire 2	2
23L/R	Rotating Handle	1pr.	47	Square plug 60*30*1.5	1
24	U shape board	2	48	Cross pan head self-drilling screw ST4.2*18	23

49	Magnet board connection	1	66	Spring shield	1
50	Cross pan head self-drilling screw ST4.2*30	5	67	Bearing 6003RZ	2
51	Spring	1	68	Hex socket head cap screw M6*15	4
52	Magnet	8	69	Nylon nut M6	4
53	Nut M6	2	70	Spring washer D6	4
54	Nut M5	2	71	Cross pan head screw M5*12	2
55	Hex bolt M5*60	1	72L/R	Chain cover	1pr.
56	Hex bolt M8*L60*120	1	73	Disc	2
57	Nylon nut M8	1	74L/R	Front tube cover	1pr.
58	Flange nut M10*1	2	75	Central axle spacer	2
59	Cone thin nut M10*1*H5	2	76	Big belt pulley	1
60	Adjustable U washer	2	77	Belt	1
61	Adjustable screw	2	78	Tension controller	1
62	Fly wheel	1	79	Sensor	1
63	Fly wheel axle	1	80	Nut cap	2
64	Central axle connection	1	81	Small belt pulley	1
65	Flange nut M10*1.25	2			

ASSEMBLY INSTRUCTION

STEP 1

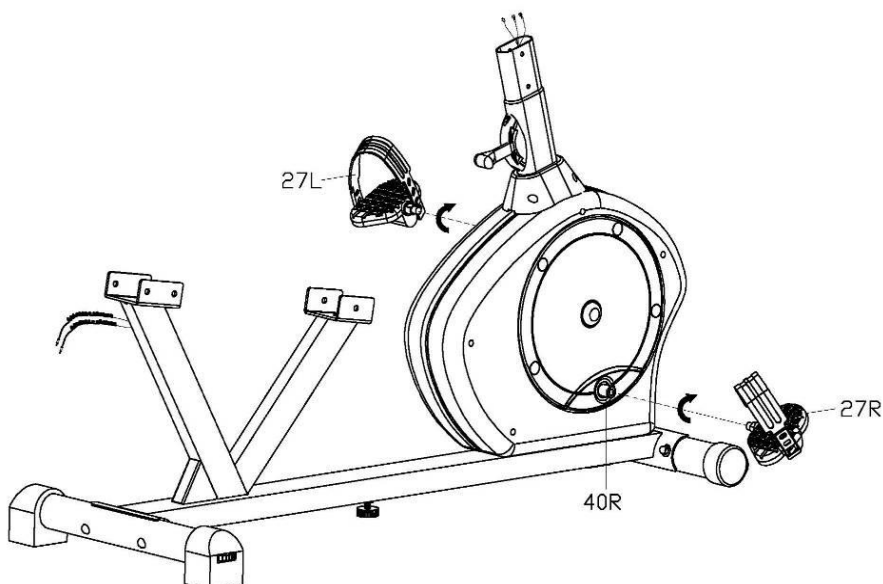
1. Attach the **Front Stabilizer (6)** and the **Rear Stabilizer (7)** to the **Main Frame (1)** with the **Square Neck Bolts (9)**, **Arc Washers (12)** and **Ball Cap Nuts (11)**.
2. Attach the **Adjustable Pad (28)** to the **Main Frame (1)**.



STEP 2

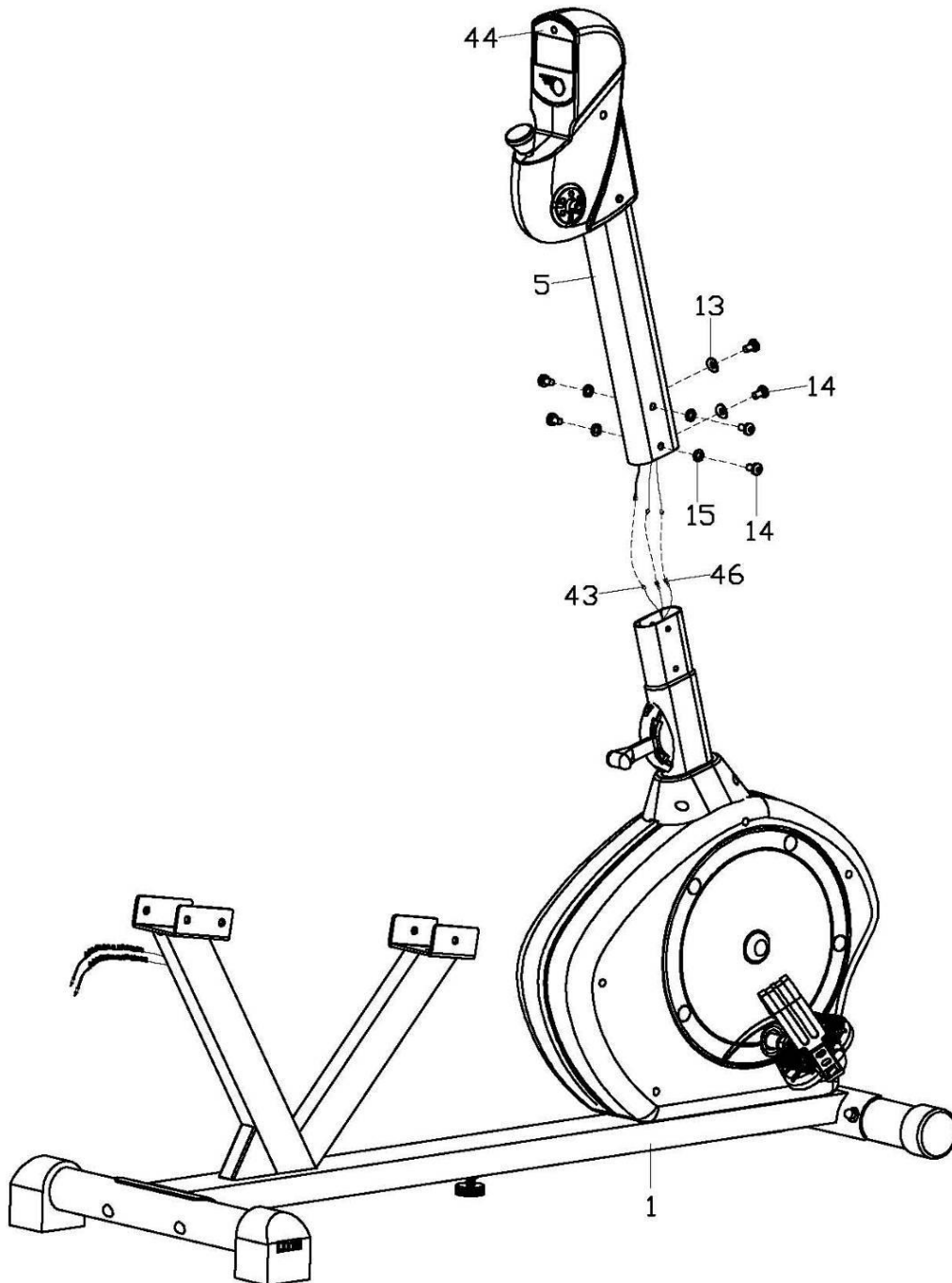
Attach the **Pedal (27L/R)** to the **Crank (40L/R)** with the cross wrench.

NOTE: Make sure to attach **Right Pedal**, marked **(R)**, to the **Right Crank (R)**. It should be tightened clockwise. Attach the **Left Pedal**, marked **(L)**, to the **Left Crank (L)**. It should be tightened counterclockwise. Attaching the **Pedal** to the wrong **Crank** or turning it the wrong direction will damage the **Crank**.



STEP 3

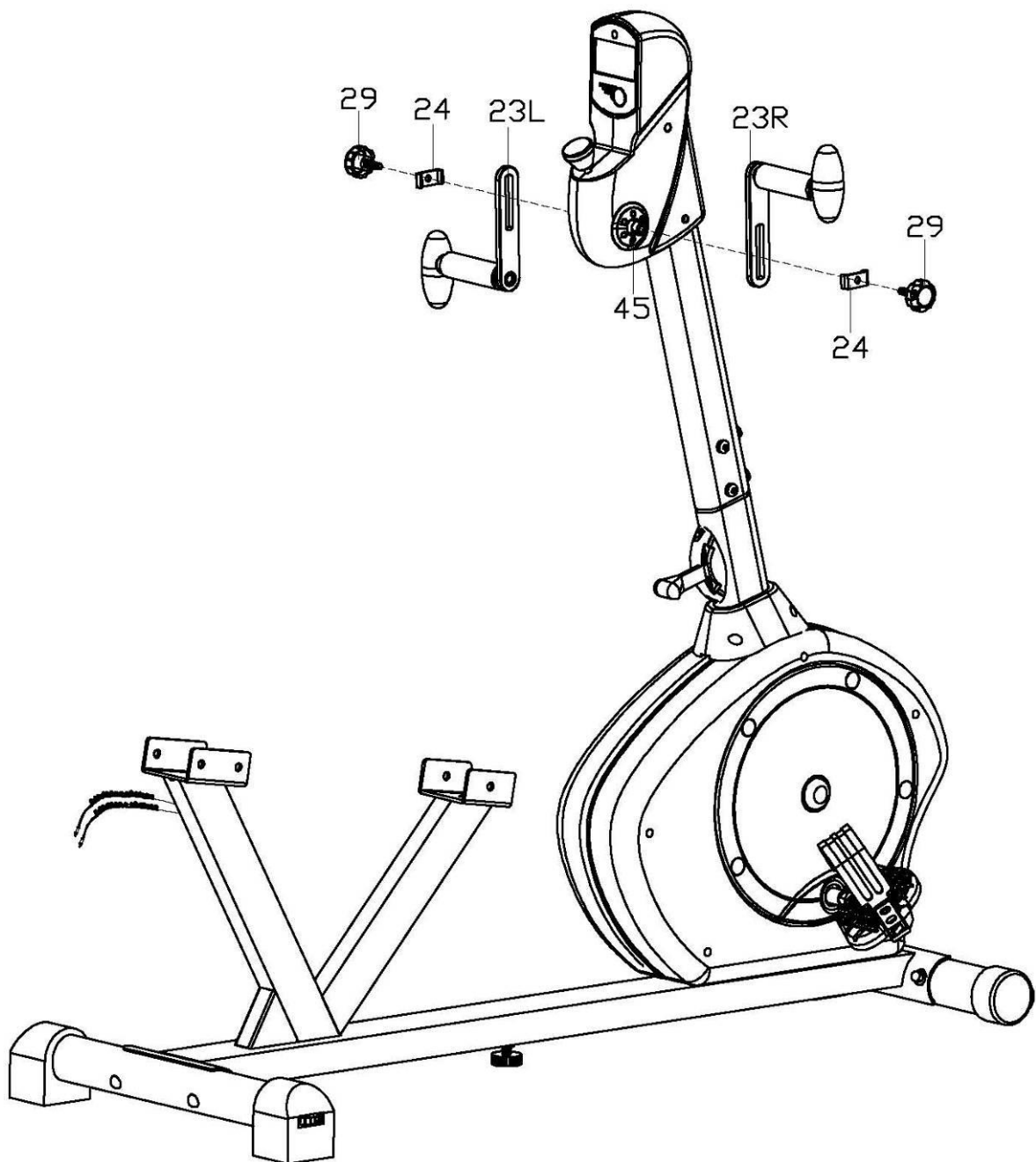
Connect the **Pulse Sensor Wire 2 (46)** and **Sensor Wire (43)** with the wires of the **Computer (44)**. Then attach the **Handlebar Post (5)** to the **Main Frame (1)** with the **Hex Pan Head Screws (14)**, **Arc Washers (13)** and **Washers (15)**.



STEP 4

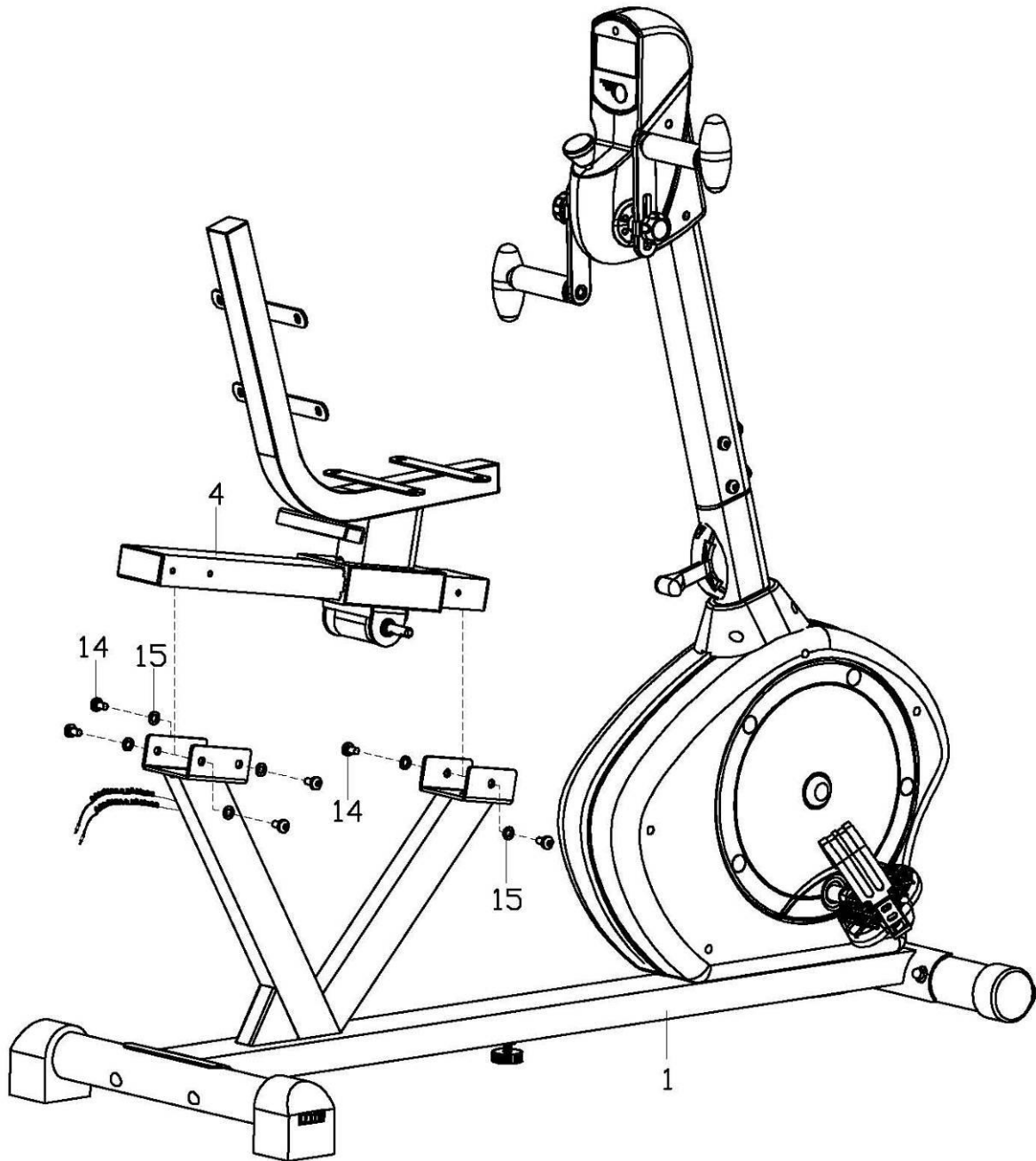
Attach the **Rotating Handles (23L/R)** to the **Connecting Axle (45)** with the **Knob (29)** and **U Shape Board (24)**.

Note: You can adjust the position of the **Rotating Handles (23L/R)** and **Connecting Axle (45)** by loosening the **Knob (29)**, moving the **Rotating Handles (23L/R)** to desired position, and then tightening the **Knob (29)**.



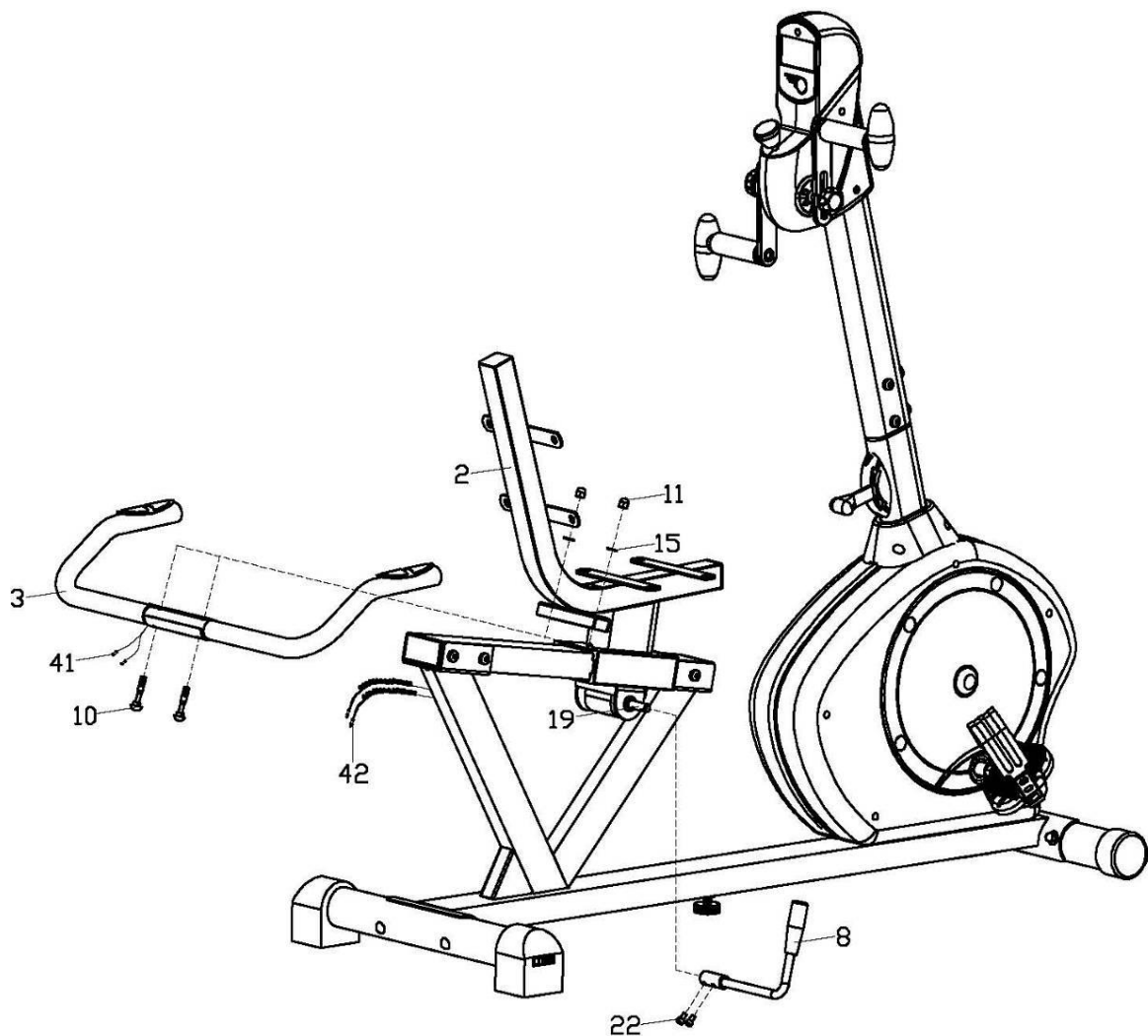
STEP 5

Attach the **Slide Rail (4)** to the **Main Frame (1)** with the **Hex Pan Head Screws (14)** and **Washers (15)** tightly.



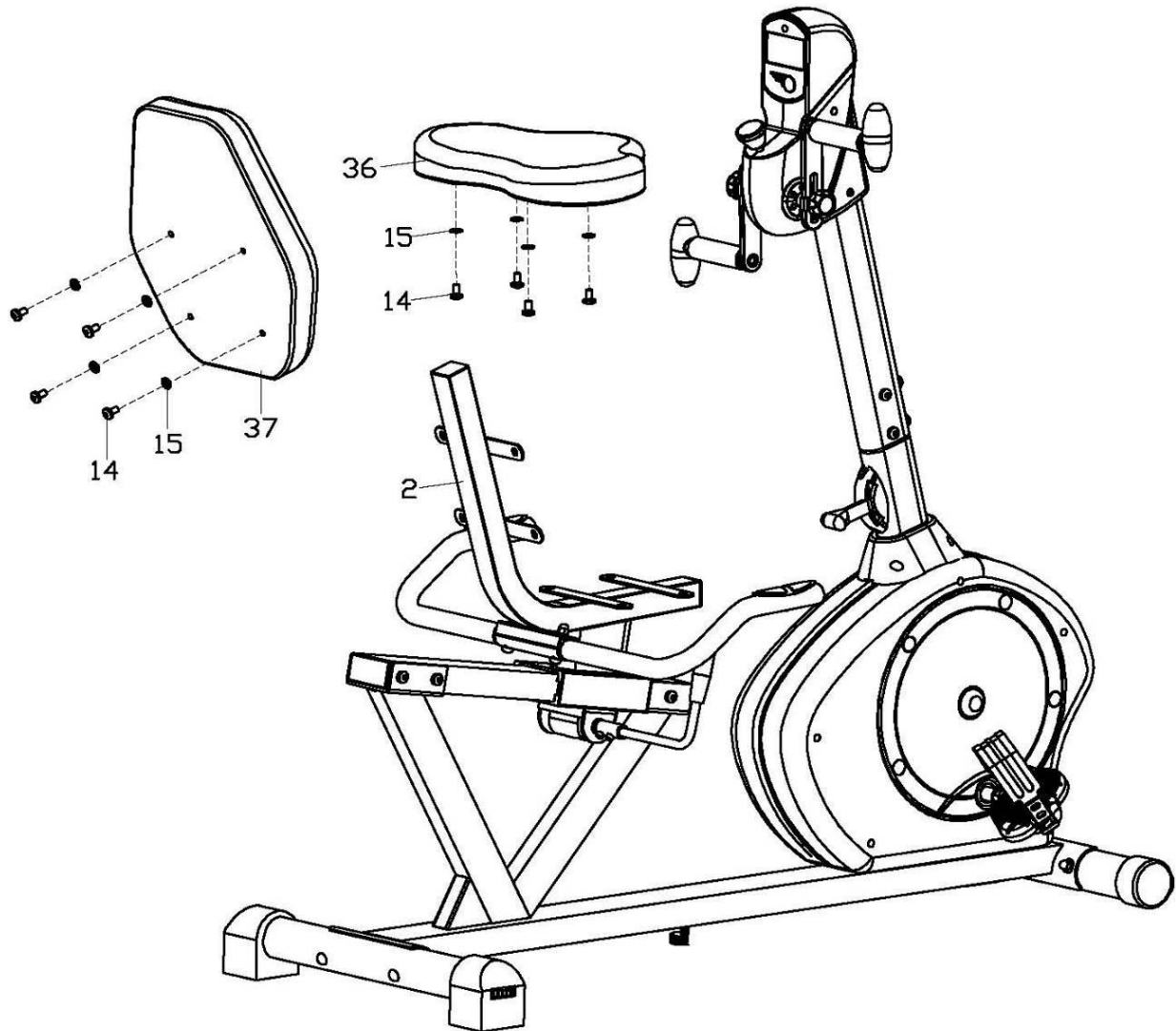
STEP 6

1. Attach the **Adjustment Handle (8)** to the **Axle (19)**, and secure tightly with the **Hex Socket Cap Screws (22)**. Make sure the **Adjustment Handle (8)** is pointing up.
2. Set the **Handlebar (3)** onto the **Seat Tube (2)**, and secure tightly with the **Square Neck Bolts (10)**, **Washers (15)** and **Ball Cap Nuts (11)**. Connect the **Pulse Wire (41)** with the **Pulse Sensor Wire 1 (42)**.



STEP 7

1. Attach the **Backrest (37)** to the **Seat Post (2)** tightly with **Hex Pan Head Screws (14)** and **Washers (15)**.
2. Attach the **Saddle (36)** to the **Seat Post (2)** tightly with **Hex Pan Head Screws (14)** and **Washers (15)**.

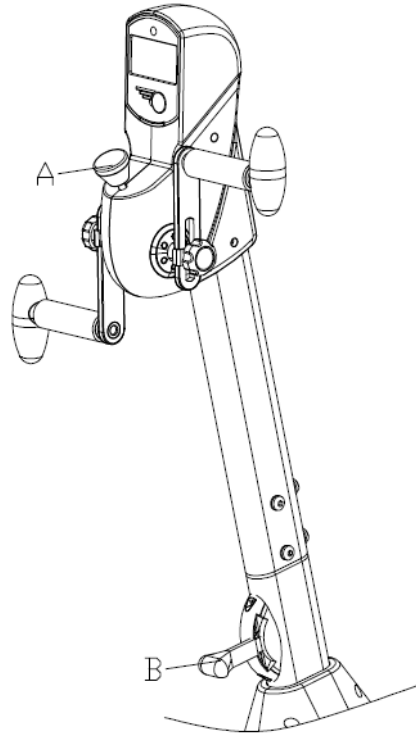


Assembly is now complete!

Adjusting the Tension

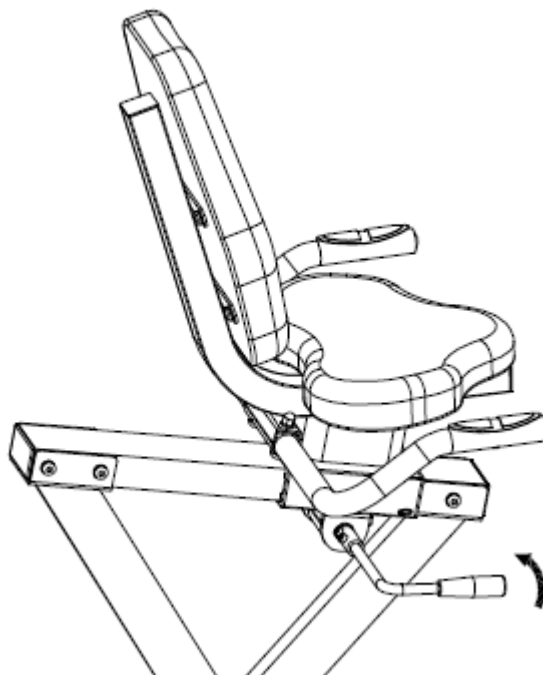
To adjust the tension of the **Rotating Handles (23L/R)**, turn the **Tension Knob A** in front of the meter. Turn clockwise (+) to increase the tension, counterclockwise (-) to decrease the tension.

To adjust the tension of the bike, move the **Tension Switch B**. 1 is the lowest tension. 8 is the highest tension.



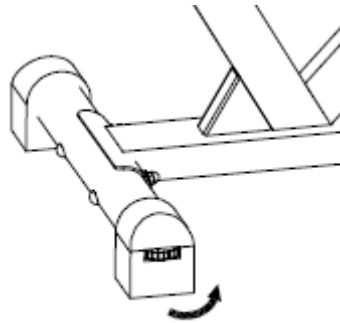
Adjusting the Saddle Position

To move the saddle forward or backward, while seated on the bike, pull the **Adjustment Handle (8)** towards you. Move the saddle. Push the **Adjustment Handle (8)** forward to secure.



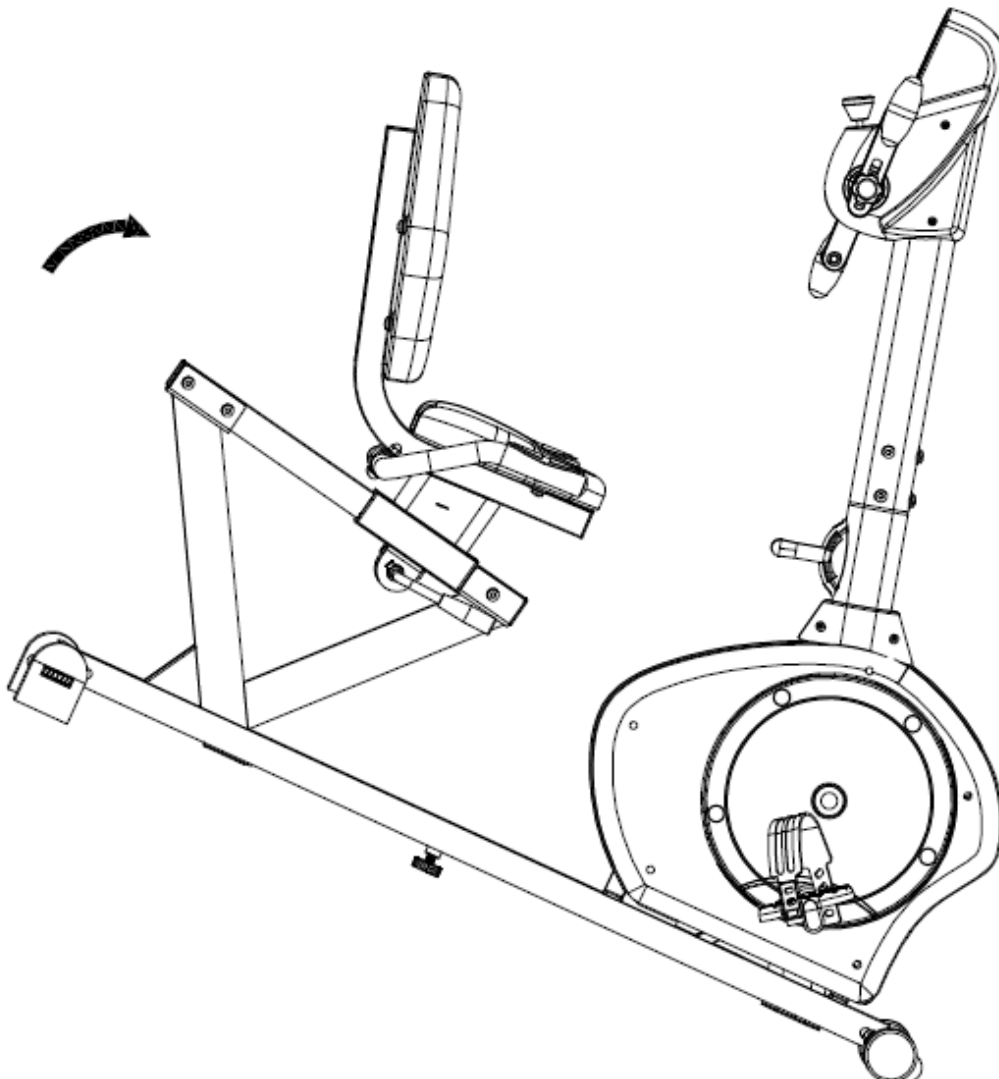
Adjusting the Level

If the bike is not level, adjust the **End Caps (26)**.



Moving the Bike

Lift the bike by the **Rear Stabilizer (7)** until the wheels on the **Front Stabilizer (6)** touch the floor. Now you can move the bike.



EXERCISE COMPUTER INSTRUCTIONS

MODE: Press to select function.

Press and hold for 2 seconds to reset all values except **TOTAL DIST**

FUNCTIONS AND OPERATIONS:

1. **SCAN:** Press MODE button until “▼” appears at SCAN Position. Computer will rotate through all the 6 functions: Time, Speed, Distance, Calorie, Total Distance, Pulse. Each function will display for 6 seconds.
2. **TIME:** Counts the total time from exercise start to end.
3. **SPEED:** Displays current speed.
4. **DIST:** Count the distance from exercise start to end.
5. **CALORIES(CAL):** Counts the total calories from exercise start to the end.
6. **TOTAL DIST(ODO):** Counts the total distance after installing the batteries.
7. **PULSE:** Press MODE button until “▼” appears at PULSE. Before measuring your pulse rate, place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) after 3~4 seconds.

Remark: During the process of pulse measurement, the measurement value may be higher than virtual pulse rate during the first 2~3 seconds, then it will return to normal level.

To ensure testing accuracy, it is suggested that user test pulse while not pedaling. The measurement value cannot be regarded as the basis for medical treatment.

8. **AUTO ON/OFF & AUTO START/STOP:** Without any signal for 4 minutes, the power will turn off automatically.

BATTERY

If there is a problem with the display, try replacing the batteries. When changing the batteries, change both of them. Do not mix battery types. Do not mix old and new batteries.

Dispose of batteries according to your state and local guidelines.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00~99:59(Minute: Second)
	Current Speed	The max pick-up signal is 99.9KM/H or MILE/H(or 1500RPM)
	Trip Distance	0.00~99.99KM or MILE
	Calories	0.0~999.9Kcal
	Total Distance	0.0~999.9KM or MILE
	Pulse Rate	40-240BPM
Battery Type		2 pcs of SIZE-AA or UM3
Operating Temperature		0 °C~+40 °C(32°F~104°F)
Storage Temperature		-10 °C~+60 °C(14°F~140°F)