

SPACE SAVING FOLDING TREADMILL SF-T7632 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 INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this treadmill.

DANGER – To reduce the risk of electrical shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1. The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
- 2. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 3. Never operate this treadmill if it has a damaged cord or plug, is not working properly, has been dropped or damaged.
- 4. Keep the cord away from heated surfaces.
- 5. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 6. Never drop or insert any object into any opening.
- 7. Do not use outdoors.
- 8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 9. To disconnect, turn the treadmill off, then remove plug from outlet.
- 10. Connect this treadmill to a properly grounded outlet only. See grounding instructions.

CAUTION: Risk of Injury to Persons:

To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. It is important to read this entire manual before assembling and using the equipment. 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 nausea. If you do experience any of these conditions, 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. Check equipment regularly for damage and/or wear and tear.
- 6. We recommend that you lubricate all moving parts monthly.
- 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 household use only! It is not intended for commercial use!

IMPORTANT OPERATING INSTRUCTIONS

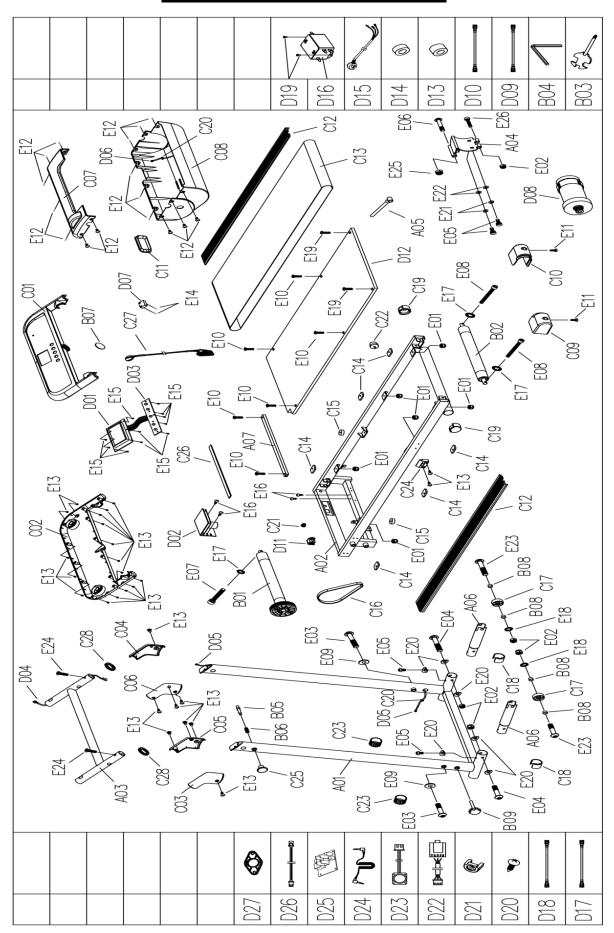
- 1. Insert the power plug directly into the socket.
- 2. Read the manual before operating the equipment.
- 3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
- 4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt which may result in serious injury.
- 5. This unit starts at a very low speed. To begin use, hold onto the handrails and stand on the side rails while it starts up, then step onto the belt once it's in motion.
- 6. Always hold the handrail when making changing settings.
- 7. A safety key is provided for emergency use. The machine will function only if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
- 8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
- 9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should be supervised at all times by an adult.
- 10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
- 11. Always stay hydrated during and after exercise.



IMPORTANT NOTE:

The belt must be lubricated before the first use! Please see *Page 12* for instructions on how to properly apply lubricant.

EXPLODED DRAWING



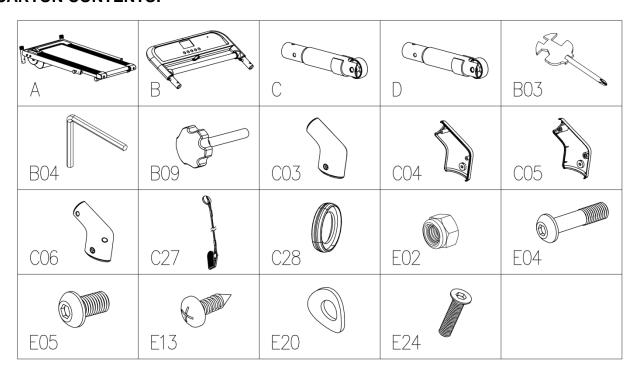
PARTS LIST

P	ARTS LIST							
A01	Base frame		1	D06	Console lower wire	1600m	nm	1
A02	Main frame		1	D07	Speed sensor	200m	m	1
A03	Console bracket		1	D08	DC motor			1
A04	Motor frame		1	D09	AC single line	Blue 350)mm	1
A05	Adjustable frame		1	D10	AC single line	Blown 35	0mm	1
A06	Base support tube		2	D11	Power switch			1
A07	Running board strengthen tube		1	D12	Running deck			1
B01	Front roller		1	D13	Magnetic ring			1
B02	Rear roller		1	D14	Magnetic core			1
B03	Spanner w/ screw driver	S=13 \14 \15	1	D15	Power wire	2150m	nm	1
B04	5#Allen wrench	5mm	1	D16	Filter			1
B05	Locking pin iron		1	D17	AC single line	350mm	optional	1
B06	Pressure spring		1	D18	AC single line	350mm	υριιοπαι	1
B07	Safety key plate		1	D19	Screw	ST4.2*12		2
B08	Transport wheel bushing		4	D20	Screw	ST2.9*6		12
B09	Lock knob		1	D21	Audio fixed cap			4
C01	Console top cover		1	D22	Audio socket connections	100mm		1
C02	Console bottom cover		1	D23	Speaker	400mm 8Ω2W	optional	2
C03	Left upright tube cover		1	D24	MP3 wire		οριιοπαι	1
C04	Right upright tube cover		1	D25	Power amplifiers			1
C05	Left upright tube inside cover		1	D26	Power amplifier wire	150mm		1
C06	Right upright tube inside cover		1	D27	Speaker plate			2
C07	Motor top cover		1	E01	Nut	M6		6
C08	Motor bottom cover		1	E02	Nut	M8		5
C09	Left rear cover		1	E03	Bolt	M10*6	60	2
C10	Right rear cover		1	E04	Bolt	M8*5	0	2
C11	Motor cover buckle		1	E05	Bolt	M8*1	5	4
C12	Side rail		2	E06	Bolt	M10*9	90	1
C13	Running belt		1	E07	Bolt	M6*4	5	1
C14	Rubber cushion		6	E08	Bolt	M6*5	5	2
C15	Blue cushion		2	E09	Flat washer C	10		2
C16	Motor belt		1	E10	Bolt	M6*2		6
C17	Transport wheel		2	E11	Bolt	M5*12(inc washe		2
C18	C shape foot pad 1		2	E12	Bolt	M5*8(includin	g washer)	16
C19	C shape foot pad 2		2	E13	Screw	ST4.2*	12	27
C20	Ring Protecting Wire Plug		2	E14	Screw	ST2.9	*8	2
C21	Power wire buckle		1	E15	Screw	ST2.9	*6	9
C22	Cushion		1	E16	Screw	ST4.2*	12	4
C23	Inner cap		2	E17	Washer	6		3
C24	Fixed block		1	E18	Washer	8		2
C25	Locking pin		1	E19	Washer	M6*2	5	2
C26	Rubber cushion		1	E20	Arc washer	8		6
C27	Safety key		1	E21	Spring washer	8		2

C28	Handle bar decoration ring		2	E22	Flat washer C	8	2
D01	console display		1	E23	Bolt	M6*15	2
D02	Control board		1	E24	Bolt	M8*48	2
D03	Keyboard		1	E25	Nut	M10	1
D04	Console upper wire		1	E26	Bolt	M8*65	1
D05	Console middle wire	1150mm	1				

ASSEMBLY HARDWARE

CARTON CONTENTS:



Parts List:

NO.	DES.	Specification	Nos.
Α	Main Frame		1
В	Console Bracket		1
С	Left base support tube		1
D	Right base support tube		1
B03	Spanner w/ Screw Driver	S=13 · 14 · 15	1
B04	Allen wrench	5mm	1
B09	Lock knob		1
C03	Left upright tube cover		1
C04	Right upright tube cover		1
C05	Left upright tube inside cover		1

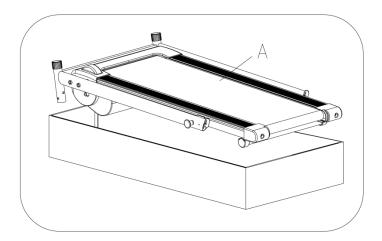
NO.	DES.	Specification	Nos.
C06	Right upright tube inside cover		1
C27	Safety key		1
C28	Handle bar decoration ring		2
E02	Nut	M8	2
E04	Bolt	M8*50	2
E05	Bolt	M8*15	2
E13	Screw	ST4.2*12	8
E20	Arc Washer	8	6
E24	Bolt	M8*48	2

ASSEMBLY TOOLS

Allen Wrench (5mm) – 1PC Spanner with Screw Driver (S=13, 14, 15) – 1PC

ASSEMBLY INSTRUCTIONS

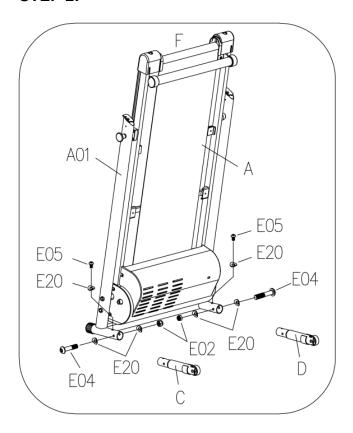
STEP 1:



Notice: We recommend having two people do the assembly.

Open the carton box, take out the contents, and place the Main Frame (A) on level ground.

STEP 2:



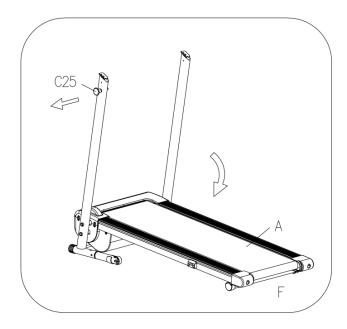
Notice: Support Main frame (A) at position "F" with one hand to prevent it from falling down during assembly.

Attach the **Left base support** tube (C) to Base frame (A01). Use 5#Allen wrench (B04) to screw the M8*50 bolt (E04) and Arc Washer (E20) into the Base frame (A01). Screw the Bolt (E05) and Arc

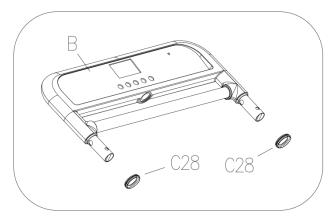
Washer (E20) into the Base frame (A01).

Repeat the step above to assemble the Right base support tube (D) to the Base Frame (A01).

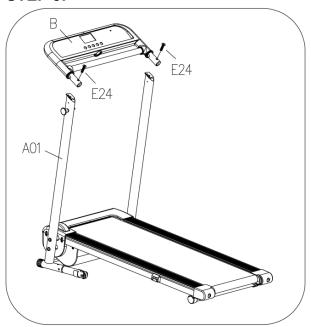
STEP 3:



STEP 4:



STEP 5:



Notice: To avoid any possible injury, please hold on the Main frame (A) at position "F" before you pull the Locking pin (C25) and ensure that the space directly underneath it is clear of any objects. Once the Main frame (A) is released, please continue to hold on until it reaches the floor.

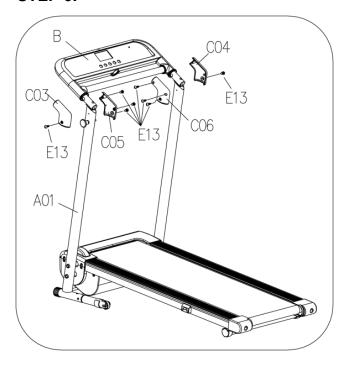
Pull the **Locking pin (C25)** and lower the **Main frame (A)** to the floor.

Note: The **Locking pin (C25)** will snap back into the machine. It does not detach from the machine.

Put the Handle bar decoration rings (C28) onto the tubes on Console (B).

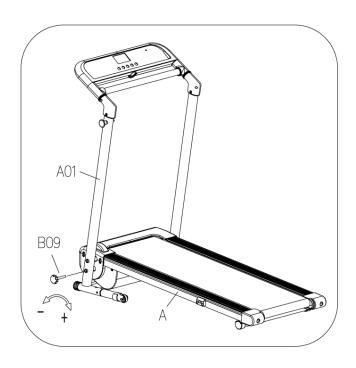
Fix the Console bracket (B) to the Base Frame (A01) with 2 Bolts (E24). Tighten using 5#Allen wrench (B04).

STEP 6:

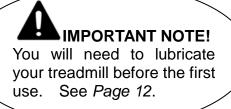


Fix the Left & Right upright tube covers (C03, C04) and Left & Right upright tube inside covers (C05, C06) to the Base Frame (A01) and Console bracket (B) with Screw (E13). Tighten using Spanner with Screw Driver (B03).

STEP 7:



Insert Lock knob (B09). Secure the Base frame (A01) to Main frame (A) by turning Lock knob (B09) clockwise until tight.



MAINTENANCE & CARE

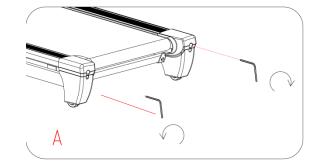
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- ➤ To maintain the treadmill and prolong its life, turn off the machine for 10 minutes after every 2 hours of use and turn off whenever not in use.
- ➤ A loose running belt will result in the user sliding off when walking, while too tight of a running belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out **50-75mm** from the Running Deck.

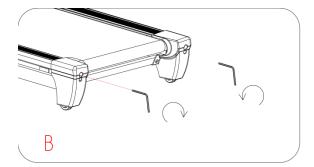
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5MPH to check if the **Running Belt** (C13) drifts.

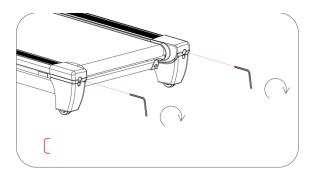
1. If the **Running Belt (C13)** moves to the right, turn the adjusting bolt on the right side ¼ turn *clockwise*, then turn the left adjustment bolt ¼ turn *counter-clockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure A.



2. If the Running Belt (C13) moves to the left, turn the adjusting bolts on the left side ¼ of a turn *clockwise*, then turn the right adjustment bolt ¼ turn *counterclockwise*. If the belt does not move, repeat this step until it centers. Refer to Figure B.



3. Over time the Running Belt (C13) will loosen. To tighten the belt, turn the Left & Right side adjustment bolts one full turn *clockwise*. Check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to diagram "C".



LUBRICATING THE TREADMILL

*IMPORTANT NOTE:

Lubricate your treadmill before the first use.

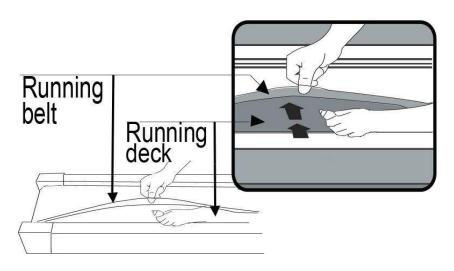
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill. Inspect both the running board and the belt regularly. If you find any wear on the Running Board, please contact us at: support@sunnyhealthfitness.com.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

HOW TO LUBRICATE:

- 1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
- 2. The moving parts should turn freely and quietly. Malfunction of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
- 3. Regular maintenance will prolong the lifespan of the treadmill.



Recommended Time Table:

Light user (less than 3 hours/ week)
Medium user (3-5 hours/ week)
Heavy user (more than 5 hours/ week)

every six months every three months every two months

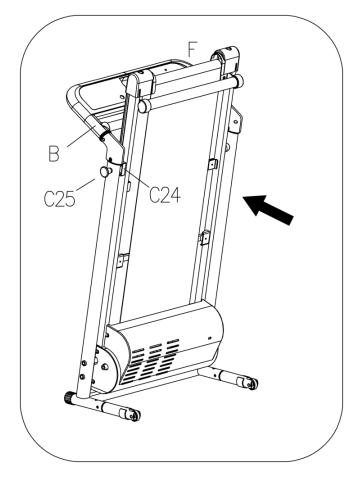
FOLDING INSTRUCTIONS

FOLD UP:



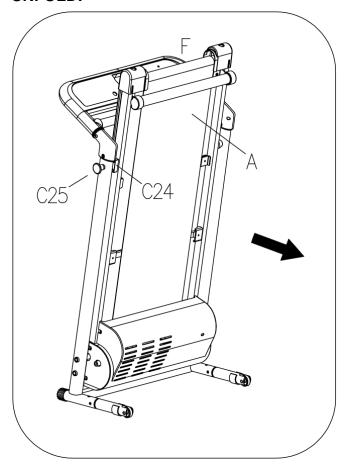
Loosen the **Lock knob (B09)** counterclockwise and pull it out. Fold up the Main frame.

Notice: Remember where you keep the Lock knob (B09) after you pull it out. You will need it when you unfold the machine.



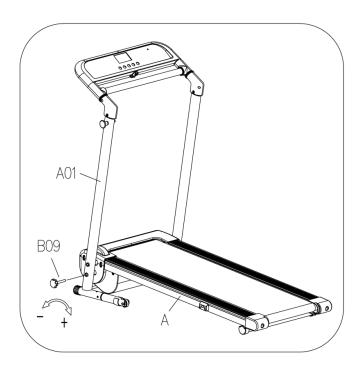
Pull out the Locking pin (C25) with one hand, then lift up the Main frame at position "F" with another hand till the Locking pin (C25) snaps into the hole of Fixed block (C24).

UNFOLD:



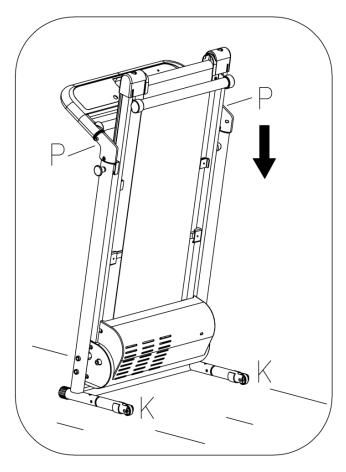
NOTE: Before lowering the **Main Frame (A)**, ensure that the space directly underneath it is clear of any objects.

To avoid any possible injury, please hold on the Main frame (A) at position "F" before you pull the Locking pin (C25). Once the Main frame (A) is released, continue to hold on at position "F" until it reaches the floor.



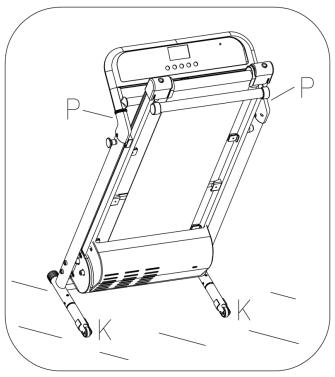
Secure Base frame (A01) into Main frame (A) by inserting Lock knob (B09) and turning clockwise until tight.

HOW TO MOVE THE MACHINE



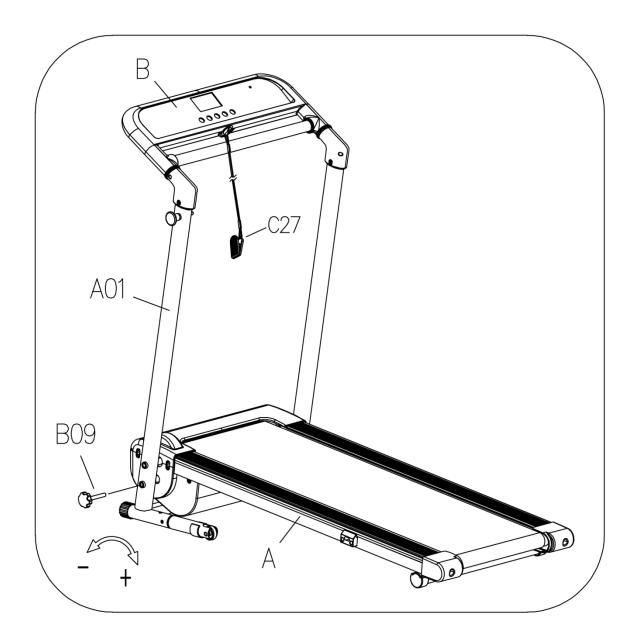
Before attempting to move the treadmill, make sure that it has been properly folded. Unplug the power cord.

To tilt, start by placing one hand at position "P" to support the top end of the treadmill. Next, place one foot at position "K" to hold the bottom end of the treadmill steady. With your foot at "K", slowly tilt the top of the treadmill downward towards the ground. Once the Main Frame "P" reaches a low enough point, the wheels of the treadmill touch the ground.



To transport, hold the treadmill from position "P" and tilt until the wheels "K" are able to move on the ground.

HOW TO USE SAFETY KEY



Secure Base frame (A01) into Main frame (A) by inserting Lock knob (B09) and turning clockwise until tight.

Insert the **Safety Key (C27)** into the magnetic area of the **Console (B)** and clip to your clothes.

Note: In an emergency, pull out the **Safety Key (C27)**, and the machine will stop.

IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **8 amps (100-120 V)** in order to properly operate. For your safety, as well as the safety of others, verify that the power source is correct before plugging the equipment. Any power source above or below this level could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

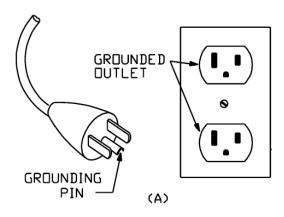
DANGER:

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an electrician.

WARNING!

- 1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- 2. NEVER operate the treadmill using a generator or UPS power supply.
- 3. NEVER remove any cover without first disconnecting AC power.
- 4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

GROUNDING METHOD



THE DISPLAY CONSOLE



DISPLAY

- 1. **SPEED**: Displays current speed (range 0.5-7.0MPH). When in setting mode, the window displays H-1, H-2, H-3.
- 2. **TIME**: Display running time. Display the exercise time from 0:00-99:59 MINS. If the time reaches 99:59, the machine will stop smoothly and display "End" and will enter into standby mode after 5 seconds. When in countdown mode, it will count from the setting time to 0:00. When down to 0:00, the machine will stop smoothly and show 'End', and will enter into standby mode after 5 seconds.
- 3. **DISTANCE**: Displays the distance traveled (range 0.00-99.9 MILES). When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.0. When in countdown mode, it will count down from the distance you set to 0.00. When it reaches 0.00, the machine will stop smoothly and display "End", then enter into the standby mode after 5 seconds.
- 4. **CALORIES:** Displays user's calories burned (range 0-999 calories). When it reaches 999, it will start again from 0. In countdown mode, it will count from the number of calories you set to 0. When it reaches 0, the machine will stop smoothly and show 'End', and then enter into standby mode after 5 seconds.

FUNCTION KEYS

- 1. **START**: To start the machine, insert the magnet end of the safety key into the computer console then press the START button. This machine requires the Safety Key in order to start. 0.5 MPH is the default start speed.
- 2. **STOP**: This button can **PAUSE** and **STOP**. When in use, press this button once to PAUSE your workout and the current workout data will still be shown. Press STOP again to end your workout session and all data from this session will be deleted.
- 3. **MODE**: Press this button to select a MODE. Pressing once will enter H1, the <u>TIME</u> countdown mode starting from 15:00 MINS. H2 is the <u>DISTANCE</u> countdown mode starting from 1.00 MILE and H3 is the <u>CALORIES</u> countdown mode which starts from 50 KCAL. When setting each mode, you can press +/- to increase or decrease the preset H1, H2, H3 settings then press START to start the machine.

4. **SPEED +/ SPEED -**: Press the SPEED +/- buttons to increase or decrease the speed in increments of 0.1 MPH. Pressing and holding either of these buttons for a duration of over 0.5 second will increase or decrease the speed continually.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	15:00	5:00-99:00	0:00-99:59
SPEED(MPH)	0.5	0.5	0.5-7.0	0.5-7.0
DISTANCE(MILE)	0	1.0	0.5-99.9	0.0-99.9
CALORIE(KCAL)	0	50	10-999	0-999

ENTERTAINMENT FUNCTION

You can connect your MP3 or other audio device to play music. Choose music and adjust the volume using your audio device. Control the volume so as not to affect the quality of the voice and the built-in audio circuit.

LUBRICATION REMINDER

Your treadmill needs lubrication maintenance every 188 miles. When it is time for maintenance, the treadmill beeps every 10 seconds and displays an "OIL" icon on your LCD display. Please read the LUBRICATING THE TREADMILL on Page 12 to learn the proper steps to lubricating your machine. Apply the lubricating oil to the middle of the running deck on both sides. After application, press and hold the STOP button for 3 seconds to clear the reminder.

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:

Remove the **Safety Key (C27)** from the computer console while the treadmill is running and the treadmill will stop immediately. Once the treadmill reaches a full stop, the display will show "- - - "and the buzzer will beep 3 times. To start the treadmill again, insert the magnet end of the **Safety Key (C27)** into the computer console and press the START button.

POWER SAVE FUNCTION:

When the treadmill has been idle for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the display will be turned off. To turn it back on, press any button.

POWER ON:

Flick the power switch to this symbol to turn on the treadmill.

OPOWER OFF:

Flick the power switch to this symbol to turn the treadmill off at anytime, including while the treadmill is in use.

SAFETY NOTE:

- 1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you become familiar with the treadmill.
- 2. Insert the magnet end of the **Safety Key (C27)** into the computer console and clip the safety clip to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (C27)** and the treadmill will stop immediately.

EXERCISE INSTRUCTIONS

GETTING STARTED:

Get to know your treadmill. Before attempting to use the treadmill, take some time to familiarize yourself with the controls. Once you get on, stand with your feet on the side rails and stabilize yourself by holding onto the handrails.

Next, attach the clip end of the Safety Key to your clothes and insert the magnetic end of the key into the computer console. Press the START button to start the machine. The machine will start at the system default setting speed of **0.5 MPH**. Step onto the belt. When you feel comfortable, slowly increase this speed. When you are finished with your workout, press the STOP button to stop the machine or you can remove the magnetic end of the Safety Key to stop the machine.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION	
Treadmill will not start	Not plugged in	Plug cord into outlet	
	Safety Key not inserted	Insert Safety Key	
	Not calibrated correctly	Re-calibrate speed setting	
Running speed inaccurate	Speed set in the wrong units of measurement	Change setting to proper units.	
Running belt not centered	Running belt tension not correct on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller	
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.	
Computer not working	Transformer is damaged	If the transformer is damaged, contact customer service.	
E01/E13: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board	
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.	
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check that the sensor wire is properly connected. If damaged, replace wire. Check to see if the magnetic sensor is damaged, replace if necessary.	
E05: Current overload	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it's correct. Check the control board, replace if damaged.	
protection (Self Protecting System)	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary.	

E06: Motor Abnormality	The motor wire is not connected or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor	
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.	
	Motor is short-circuited.	Replace with a new motor.	
E10: Motor Abnormality	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly and lubricate treadmill. Replace the motor if necessary.	

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at support@sunnyhealthfitness.com