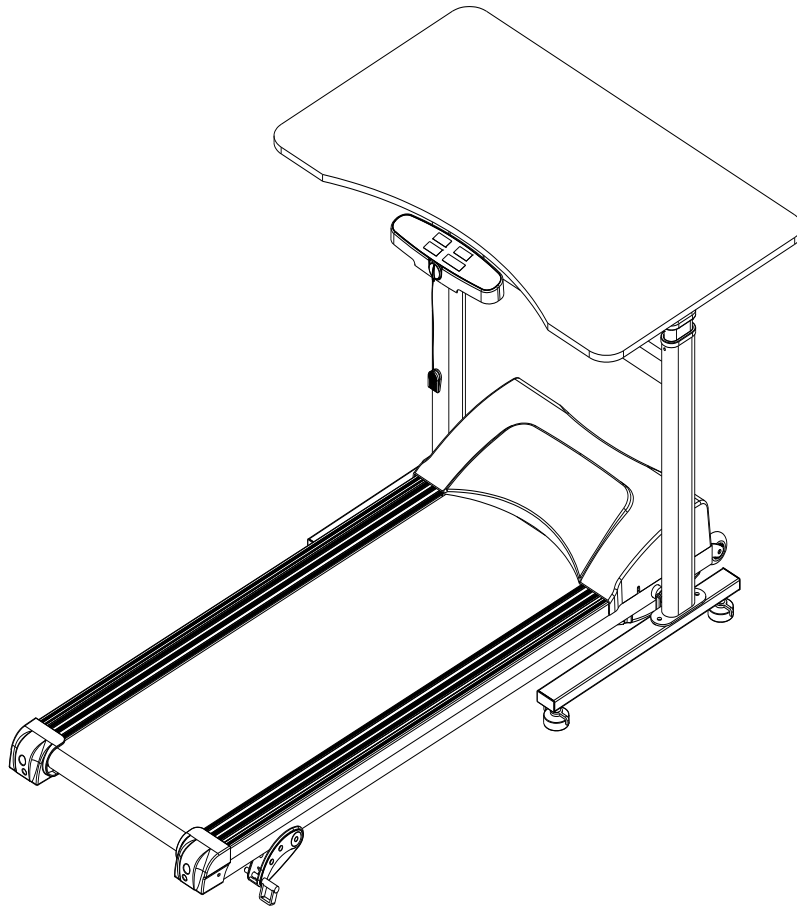




TREADMILL DESK

SF-TD7704

USER MANUAL



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

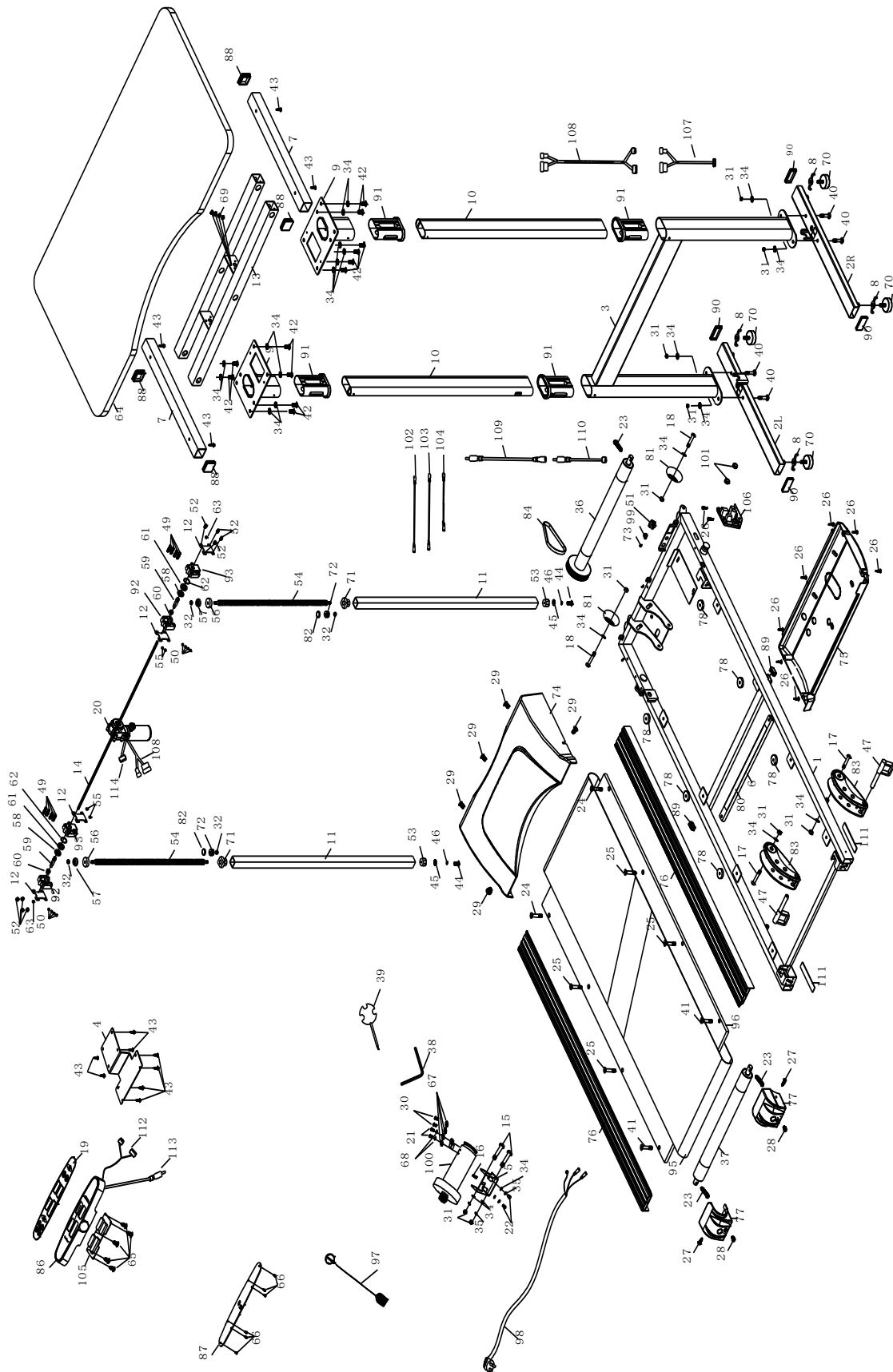
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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, 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 (60 CM) 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. 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.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment
9. The maximum weight capacity of this unit is 220 pounds (100 KG).
10. The equipment is not suitable for therapeutic use.
11. You must take care of yourself when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
12. 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.
13. This equipment is designed for indoor and home use only! It is not intended for commercial use!



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.

EXPLODED VIEW



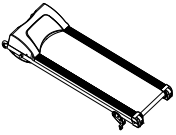


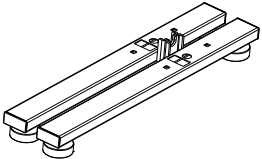
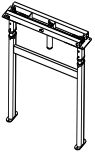
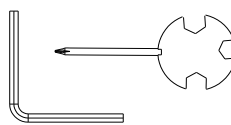


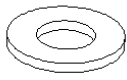
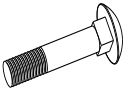

PARTS LIST

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1	29	Bolt M5*12	5
2 L/R	Left & Right Bottom Bar	2	30	Bolt ST3.0*8	2
3	Bottom Upright Bar	1	31	Nylon Nut M8	10
4	Computer Frame	1	32	Nylon Nut M6	4
5	Motor Base	1	34	Flat Washer D8	24
6	Reinforce Tube Of Running Board	1	35	Spring Washer D8	4
7	Support Horizontal Tube	2	36	Front Roller	1
8	Foot Pad Regulator Base M10	4	37	Rear Roller	1
9	Upright Bar	2	38	Allen Wrench S6	1
10	Inner Upright Tube	2	39	Cross Open End Wrench 13*14*15	1
11	Lifting Pipe	2	40	Bolt M8*40	4
12	Fixed Plate For Lifting	4	41	Bolt M6*20	2
13	Support Group For Table	1	42	Bolt M8*10	12
14	Long Outer Hexagonal Rods	1	43	Screw ST4.2*12	12
15	Bolt M8*100	2	44	Screw M6*30	2
16	Bolt M8*30	1	45	Flat Washer $\Phi 6.5 \times \Phi 16 \times 1$	2
17	Bolt M8*48	2	46	Spring Washer D=6	2
18	Bolt M8*40	2	47	P Shape Fixed Bolt	2
19	Membrane Switch	1	49	Screw M4*28	8
20	Incline Motor	1	50	Nylon Nut M4	8
21	Bolt M4	2	51	Square Boat Switch	1
22	Bolt M8*35	2	52	Screw M5*48	8
23	Bolt M6*60	3	53	Limit Block	2
24	Bolt M6*35	2	54	Screw	2
25	Bolt ST4.8*25	4	55	Nylon Nut M5	4
26	Bolt ST4.2*12	4	56	Deep Groove Ball Bearing 6001RS	2
27	Bolt ST4.2*12	2	57	Spiral Bevel Gear 1	2
28	Bolt ST4.2*20	2	58	Spiral Bevel Gear 2	2

59	Central Spindle	2	87	Bottom Cover For Console	1
60	Copper Sheathing	2	88	Square Tube Plug 38*38	4
61	Deep Groove Ball Bearing 6802Z	2	89	Cap	2
62	Flat Washer $\Phi 20 \times \Phi 23 \times 1$	2	90	Square Tube Plug 25*50	4
63	E Shape Snap Ring	2	91	Hollow Oval Tube Plug	4
64	Table	1	92	Plastic Box 1	2
65	Screw ST2.5*7	5	93	Plastic Box 2	2
66	Screw ST4.2*15	6	95	Running Belt (5400-S06)	1
67	Flat Washer $\Phi 4.5 \times \Phi 10 \times 1$	4	96	Running Deck (5400-S07)	1
68	Spring Gasket D=4	2	97	Safety Key	1
69	Screw M4*15	4	98	Power Line	1
70	Adjustable Foot Pedal M10*30	4	99	Over Current Protector	1
71	Plastic Screw Block	2	100	DC Motor	1
72	Plastic Wrap	2	101	Magnet Ring	2
73	Cross Section Shape	1	102	Power Cable	1
74	Top Motor Cover	1	103	Power Cable	1
75	Bottom Motor Cover	1	104	Power Cable	1
76	Edge Strip	2	105	Upper Controller	1
77	Left & Right Square Bar	2	106	Controller	1
78	Cushion Rubber $\Phi 29.5 \times \Phi 10 \times 6$	6	107	Bottom Signal Line	1
79	Thread Plug	1	108	Middle Signal Wire	1
80	Eva Pad	1	109	Middle Incline Power Cable	1
81	Rear Wheel $\Phi 70 \times \Phi 8.5 \times 23\text{mm}$	2	110	Bottom Incline Power Cable	1
82	Felt Bushing	2	111	Rubber	2
83	Plastic Adjustable Foot Pedal	2	112	Computer Signal Wire	1
84	Ribbed Belt	1	113	Signal Wire	1
86	Upper Cover For Console	1	114	Incline Signal Wire	1

HARDWARE PACKAGE

When you open the carton, you will find the below parts.

1 	97 	A 
2L/R 	B 	38&39 
C 	31 	34 
40 	42 	

ITEM NO.	NAME	SPECIFICATION	QTY
1	Main Frame		1pc
97	Safety Key		1pc
A	Oil		1pc
2L/R	Left & Right Bottom Bar		2 pc
B	Upright Assembly		1pc
38&39	Tool Box		1 set
C	Table		1 pc
31	Nylon Nut	M8	4 pcs
34	Flat Washer	D8	8 pcs
40	Bolt	M8*40	4 pcs
42	Screw	M8*10	4 pcs

NOTE

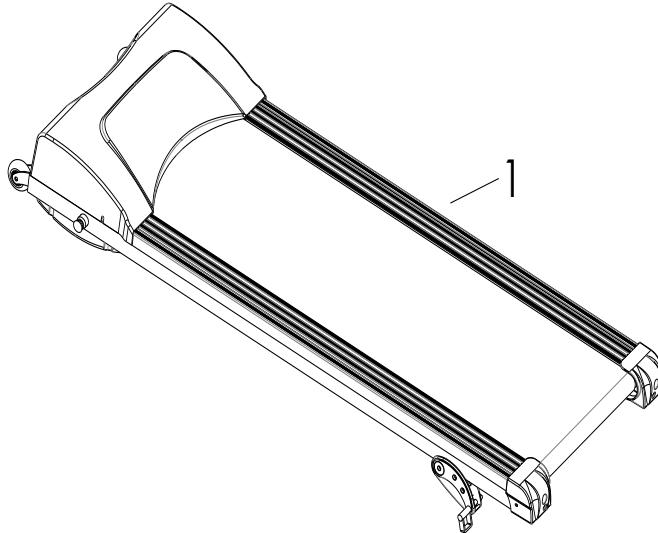
- Read this manual before assembly.
- Check that you have all the parts for assembly.
- Check the hardware.
- Ensure that you have the right tool.
- Prepare an area to assemble.
- Follow the instructions accordingly.
- Never force the joints.
- Keep this manual for future reference

ASSEMBLY INSTRUCTIONS

STEP 1:

We recommend having 2 people to do the assembly. Always use proper lifting technique to prevent injuries.

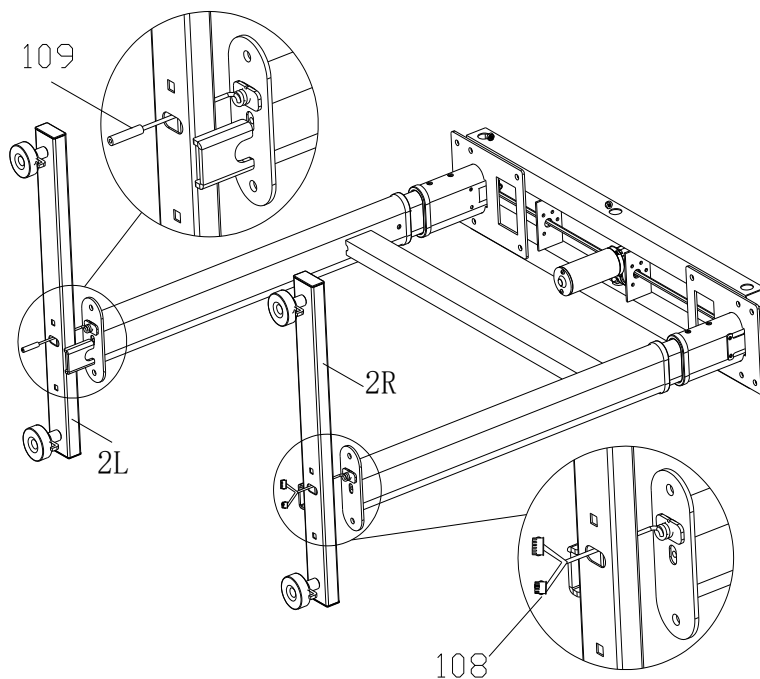
Open the carton, take out the parts, and put the **Main Frame (No. 1)** on level ground.



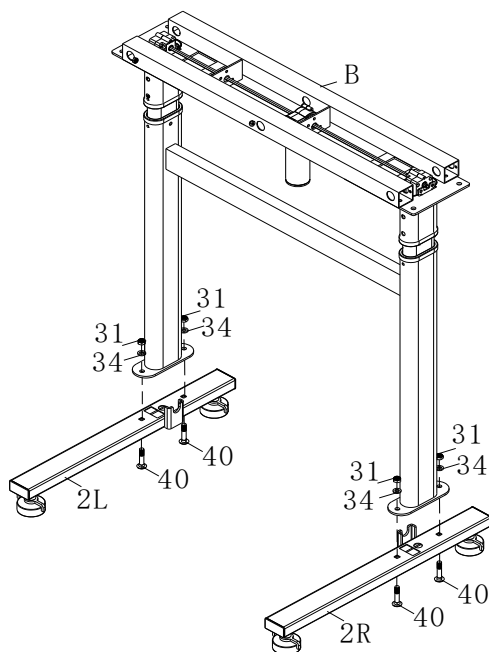
STEP 2:

Keeping the wire straight, insert **Middle Signal Wire (No. 108)** into the hole of the **Right Bottom Bar (No. 2R)**.

Keeping the wire straight, insert **Middle Incline Power Cable (No. 109)** into the hole of the **Left Bottom Bar (No. 2L)**.



Secure the **Upright Assembly (No. B)** to **Left & Right Bottom Bar (No. 2L/R)** with 4 **Bolts (No. 40)**, 4 **Flat Washers (No. 34)** and 4 **Nylon Nuts (No. 31)**.

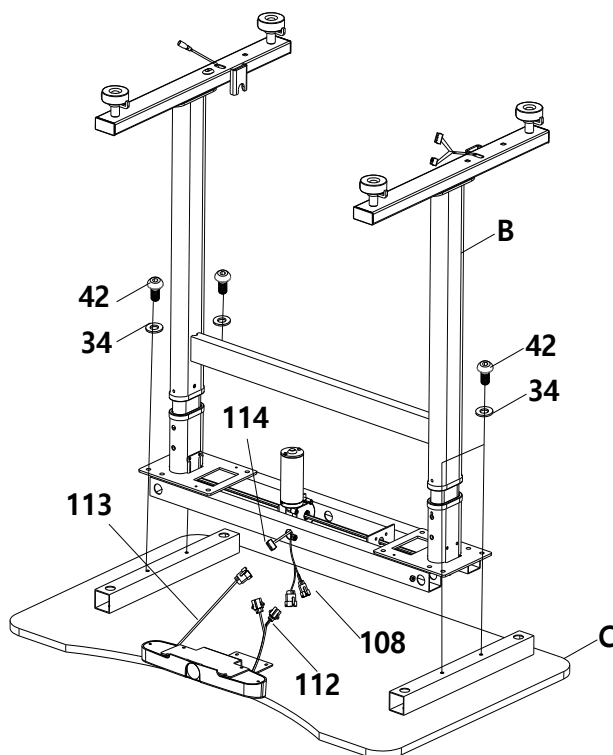


STEP 3:

Place the **Table (No. C)** on the floor. Secure and lock the **Upright Assembly (No. B)** to the **Table (No. C)** with 4 **Screws (No. 42)** and 4 **Flat Washers (No. 34)**.

Connect the **Incline Signal Wire (No. 114)** with the **Signal Wire (No. 113)**.

Connect the **Middle Signal Wire (No. 108)** with the **Computer Signal Wire (No. 112)**. Place the **Table (No. C)** and **Upright Assembly (No. B)** right side up on the ground.

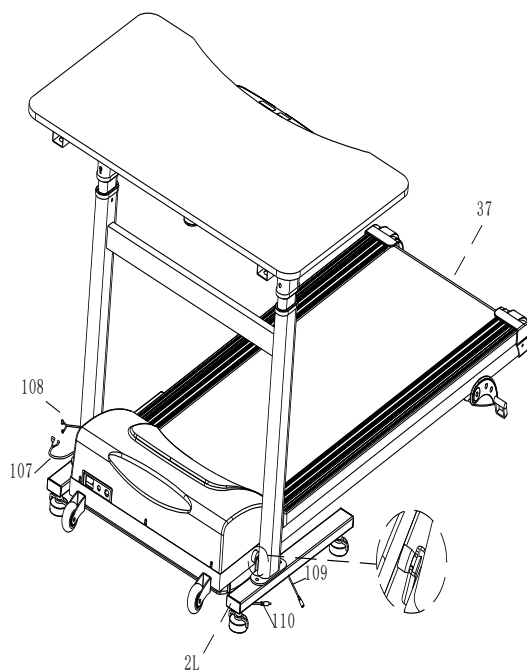


STEP 4

Hold the **Rear Roller (No. 37)** and lift the **Main Frame (No. 1)** until the wheels are able to move on the ground.

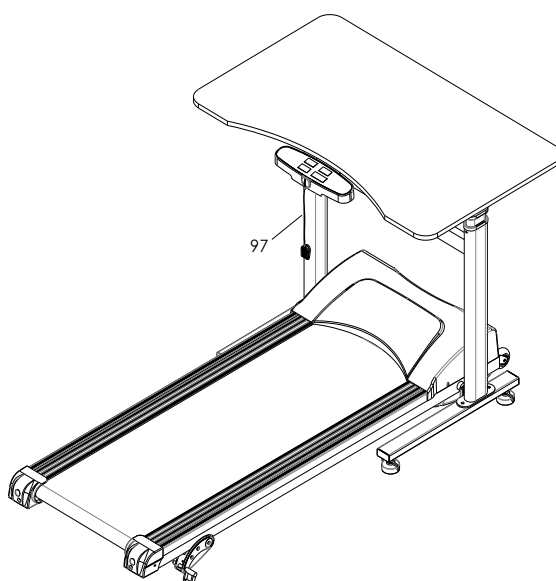
Move the **Main Frame (No. 1)** under the **Table (No. C)**, and make sure the knobs on the sides of the **Main Frame (No. 1)** fit into the slots on the **Left Bottom Bar (No. 2L)**. See figure below.

Connect **Middle Incline Power Cable (No. 109)** and **Bottom Incline Power Cable (No. 110)**. Connect **Middle Signal Wire (No. 108)** with **Signal Wire (No. 107)**.



STEP 5

Tighten all screws and insert the **Safety Key (No. 97)**.

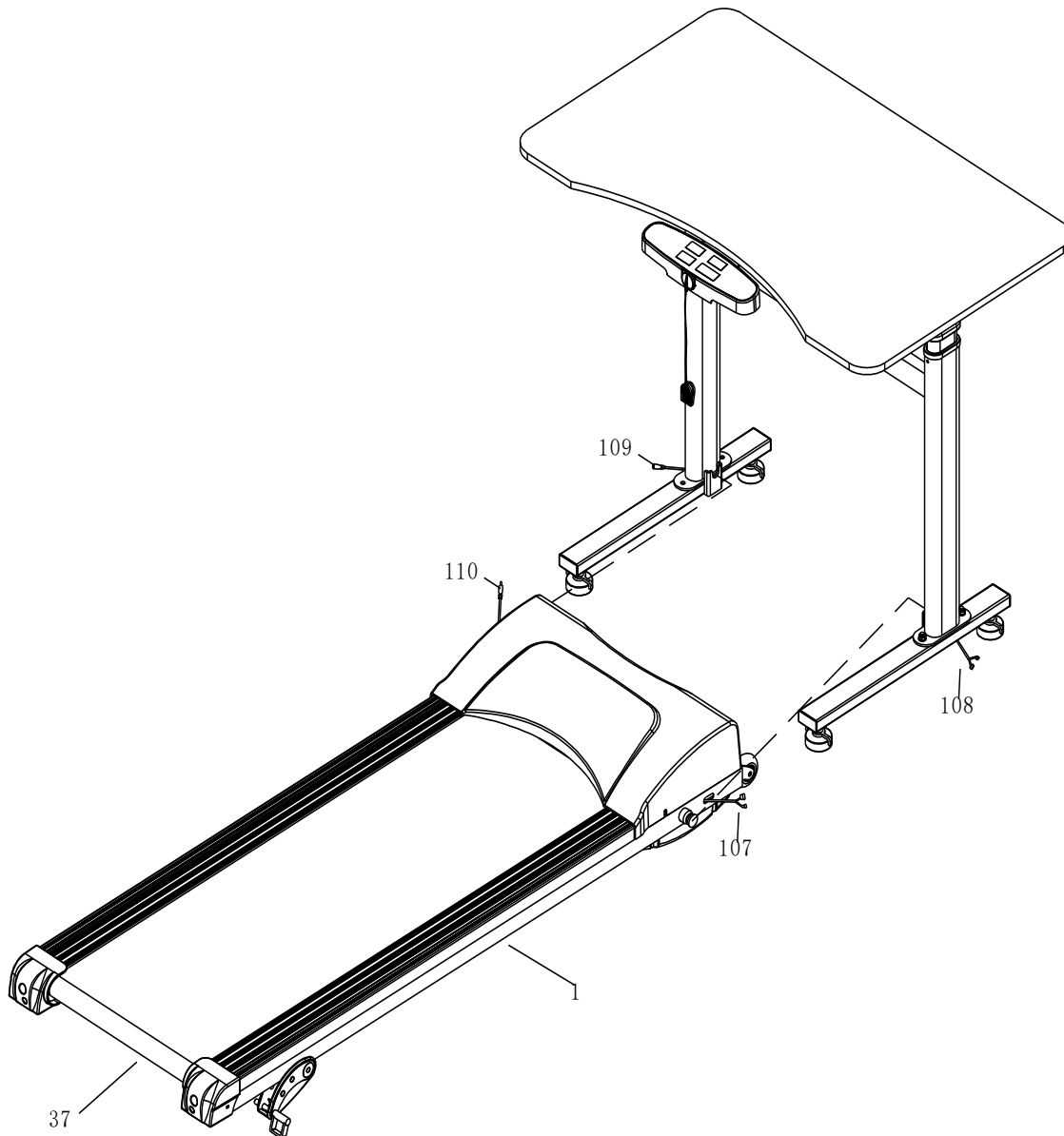


HOW TO MOVE THE TREADMILL

Disconnect **Middle Incline Power Cable (No. 109)** and **Bottom Incline Power Cable (No. 110)**.

Disconnect **Middle Signal Wire (No. 108)** with **Bottom Signal Line (No. 107)**.

Hold the **Rear Roller (No. 37)** and lift the **Main Frame (No. 1)** until the wheels are able to move on the ground.



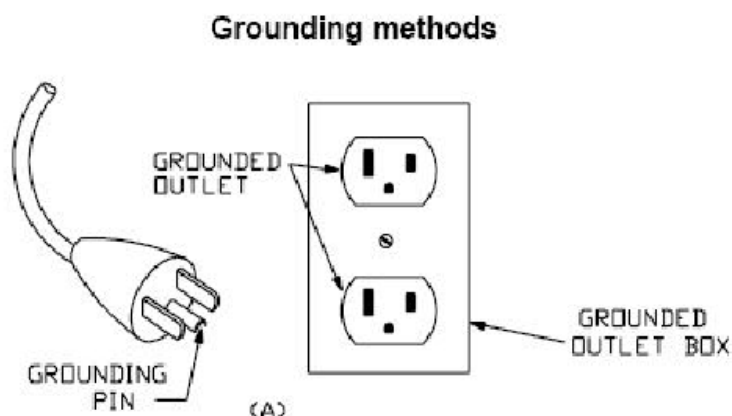
Noted : Check all the parts are fastened or tightened before using.

GROUNDING METHODS

This product power must be grounded. Should the treadmill malfunction or breakdown, grounding provides a path with the least resistance for electric current to reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman 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 a qualified electrician.

This product is for use on a nominal 110-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



MAINTENANCE AND ADJUSTMENTS

Warning: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

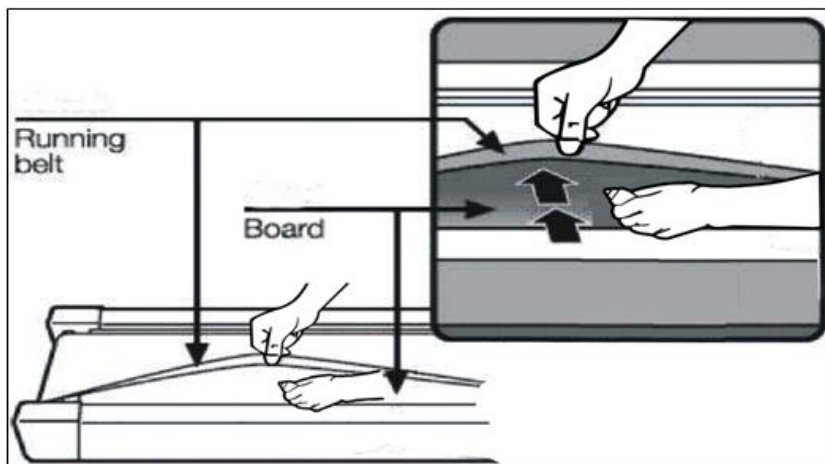
RUNNING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck. You need contact with our service center if you find the damage of the deck.

We recommend lubrication of the deck according to the following timetable:

- Light user (less than 3 hours/ week) annually
- Medium user (3-5 hours/ week) every six months
- Heavy user (more than 5 hours/ week) every three months

Attention:



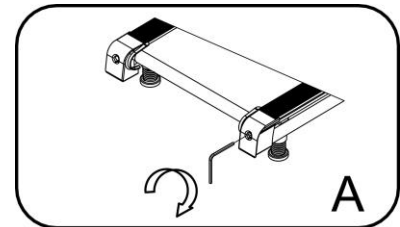
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your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

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, 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 Board.

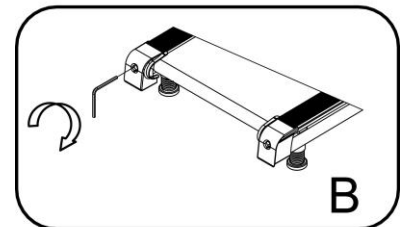
CENTERING THE RUNNING BELT

Place the treadmill on level ground and set it at 6-8 mph to check if the Running Belt drifts.

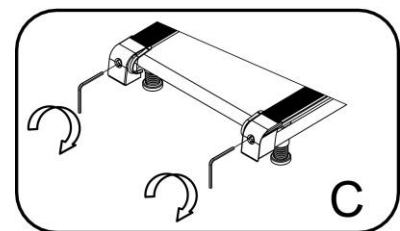
If the belt drifts to the right, turn off the switch first, turn the right adjusting bolt 1/4 turn clockwise, then turn the left adjusting bolt 1/4 turn counter-clockwise until the belt is centered. Refer to PIC – A.



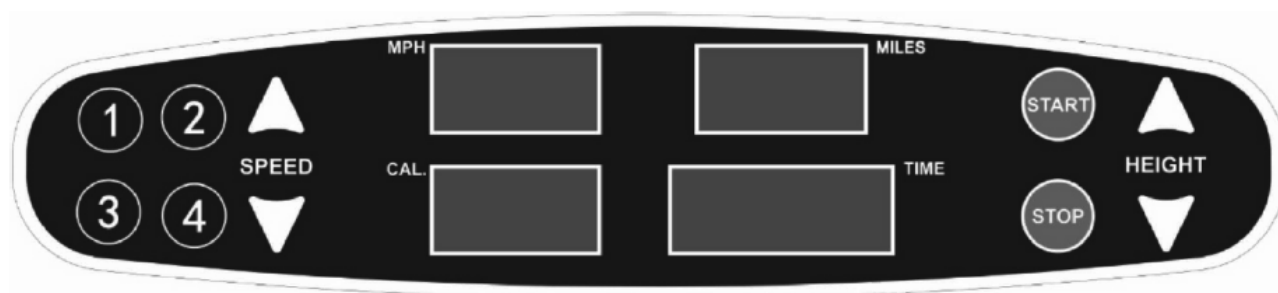
If the belt drifts to the left, turn off the switch first, turn the left adjusting bolt 1/4 turn clockwise, then turn the right adjusting bolt 1/4 turn counter-clockwise until the belt is centered.. Refer to PIC – B.



Over time, the belt will loosen. To tighten the belt, turn both the left & right side adjustment bolts one full turn clockwise. Check the tension of the belt. Continue this process until belts is at the correct tension. Make sure to adjust both sides equally to ensure even belt alignment. Refer to PIC – C.



COMPUTER OPERATION GUIDE



I. START

Display will countdown 3 seconds before starting.

II. SAFTY KEY FUNCTION

If you remove the safety key, the meter will show "---" and beep. The treadmill will stop. Insert the safety key back, the data will be all cleared.

III. BUTTON FUNCTION

START/STOP

To start the machine, insert the magnet end of the safety key into the computer console then press the START button. The safety key must be inserted for the treadmill to function. 0.6 MPH is the default start speed.

Press "STOP" button to stop, and all the data will be cleared.

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 2 seconds will increase or decrease the speed continually.

HEIGHT +/- HEIGHT -

Press this button to increase or decrease the height of treadmill table with 1% rising or falling each time.

SPEED SHORTCUT BUTTON

Press the button to adjust the corresponding speed automatically. "1" stands for 1 M/H.

IV. WINDOW DISPLAY

PROGRAMS	Setting Range	Initial Value	Indication Range	Min:Sec	Note
Time	N/A	N/A	00:00—99:59	Min:sec	N/A
Speed	N/A	0.6	0.6—6.0	M/H	0.6—6.0
Distance	N/A	N/A	0.0—99.90	M/H	N/A
Calorie	N/A	N/A	0.00--999	CAL	N/A

V. TROUBLESHOOTING

Error Code	Error Description	Solution
E01/E10	Message failure between computer and control board	Check if the computer and control board wire are connected. Check if the wires are damaged. If they are, change the wire. Check if IC on bottom control board or computer is damaged. If they are ok, change the control board or computer.
E02	The controller fails to detect the motor voltage	Make sure the motor wire is connected to the control board Check if the motor has any burned smell or not. If yes, change it.
E05	Current overload protection	The incoming voltage is too low or too high. The control board is damaged. Restart the treadmill. Check the incoming voltage to ensure it is correct. Check the control board, replace if damaged. 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	Explosion-Proof Protection	Some unusual condition of power or voltage that cause damage to the motor drive circuit or motor fault. The power voltage is less than normal by 50% or the controller has some problems. Make sure the motor wire is connected.
E09	Undervoltage protection	Check if the 110V AC supply circuit or the supply voltage is normal. Change the controller.
'---	Safety key not in place	Insert the safety key properly. Replace the safety key or the computer.