

ASUNA

*ASUNA 7700
HI-PERFORMANCE
CARDIO TRAINER*



*Owner's Manual
Made in China*

INDEX

IMPORTANT SAFETY INFORMATION.....	1
EXPLODED DRAWING.....	2
PARTS LIST.....	3
TOOLS & HARDWARE.....	3
ASSEMBLY INSTRUCTIONS.....	4
FOLDING INSTRUCTIONS.....	5
MOVING INSTRUCTIONS.....	6
ADJUSTMENTS GUIDE.....	6-7
LUBRICATION.....	8

ATTENTION: Please verify that all parts associated with this product are in good condition and accounted for. During the assembly process, please be sure to follow each step accordingly as it has been explained within this manual.



WARNING: During assembly, it is recommended that all bolts be tightened by hand. Upon completing assembly, bolts should be secured using the wrench provided. To avoid injury, check bolts carefully before use.

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

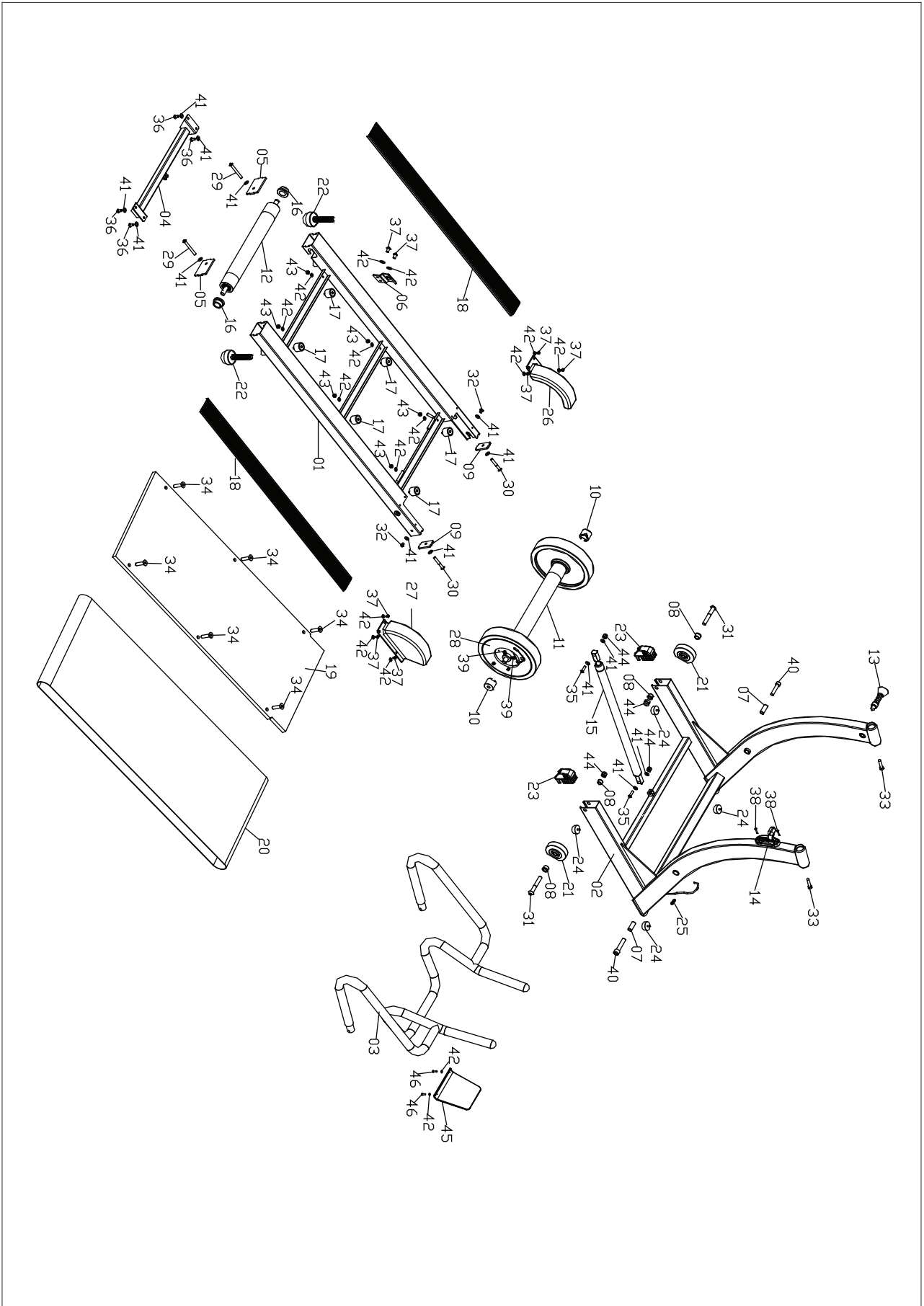
Note the following precautions before assembling and using the machine.

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. Before you use, please check if the treadmill is placed stably. When you are exercising, please hold the handrail, straight ahead. Do not look at your feet.
3. 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.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. 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.
6. 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.
7. It is recommended that you lubricate all moving parts on a monthly basis.
8. 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.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
10. Do not place fingers or objects into the moving parts of the equipment.
11. Please accelerate the speed gradually, adapt to the current speed before the acceleration and increasing resistance.
12. The maximum weight capacity of this unit is 440 pounds (200 kg).



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 Drawing



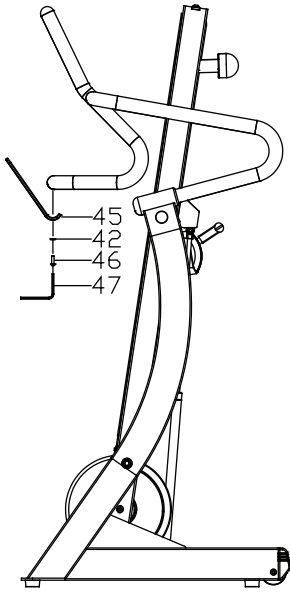
Parts List

No.	DESCRIPTION	QTY	No.	DESCRIPTION	QTY
1	Main Frame	1	25	Wire Plug	2
2	Base Frame	1	26	Left Cover	2
3	Handrail	1	27	Right Cover	1
4	Connecting Tube Seat	1	28	Magnetic Box	1
5	Rear Roller Cover	2	29	Screw M8*70	1
6	Bolt Pinch Plate	1	30	Screw M8*40	1
7	Sleeve 16*Φ12*40L)	2	31	Screw M8*55 thread length 25mm	1
8	Small Sleeve Φ15*8.2*9.5L	4	32	Screw M8*10	4
9	Front Roller Cover	2	33	Screw M8*70 thread length 45mm	2
10	Front Axis Sleeve	2	34	Screw M6*25	1
11	Front Roller	1	35	Screw M8*30	1
12	Rear Roller	1	36	Screw M8*15	1
13	Three-in-one Bolt	1	37	Screw M6*15	1
14	Tension Switch	1	38	Screw M5*30	1
15	Cylinder	1	39	Screw M6*20	1
16	Nylon Sleeve	2	40	Screw M12*55 hread length 30mm	1
17	Cushion	6	41	Washer Φ8.5*Φ16*T1.5	14
18	Side Rail	2	42	Washer Φ8.5*Φ16*T1.5	16
19	Running Board	1	43	Nut M6	6
20	Running Belt	1	44	Nut M8	4
21	Transportation Wheel	2	45	Tablet Bracket	1
22	Feet Cushion	2	46	Screw M6*20	2
23	Transportation Wheel Stopper	2	47	Allen Wrench	1
24	Flat Mat	4			

Tools & Hardware

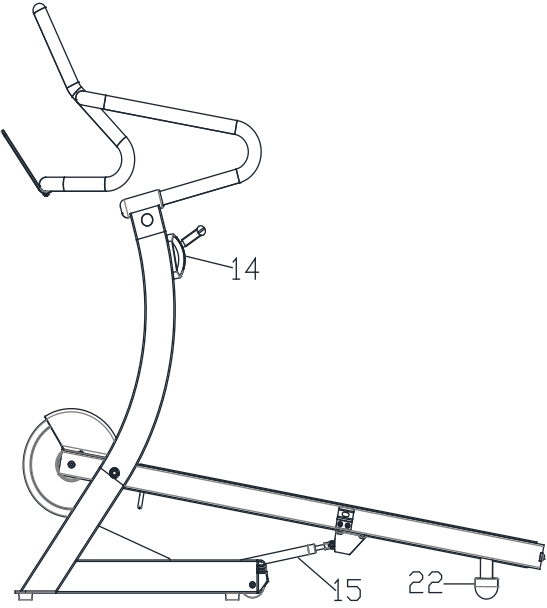
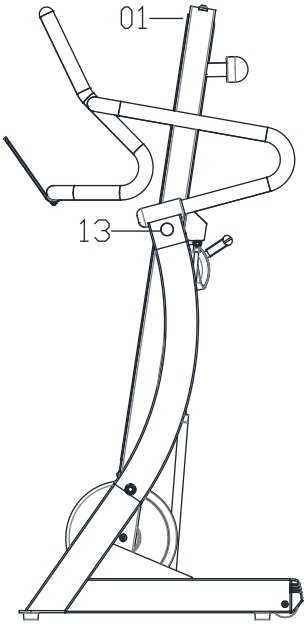
	#46	M6*20	2 PCS
	#42	Φ6.5*Φ12*T1.5	2 PCS
	#47	5MM	1 PC

Assembly Instructions



STEP 1:

Assemble **Tablet Bracket (No.45)** with **2 Washers (No.42)** and **2 Screws (No.46)**. Tighten and secure using **Allen Wrench (No.47)**.

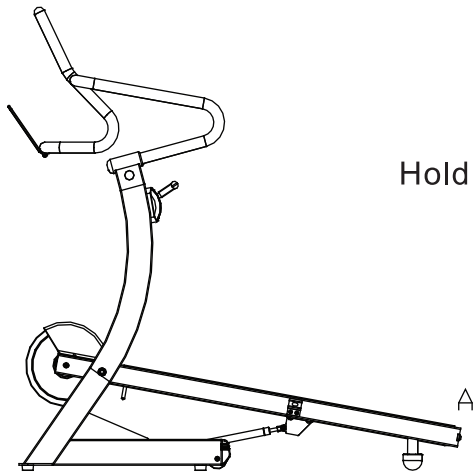


STEP 2:

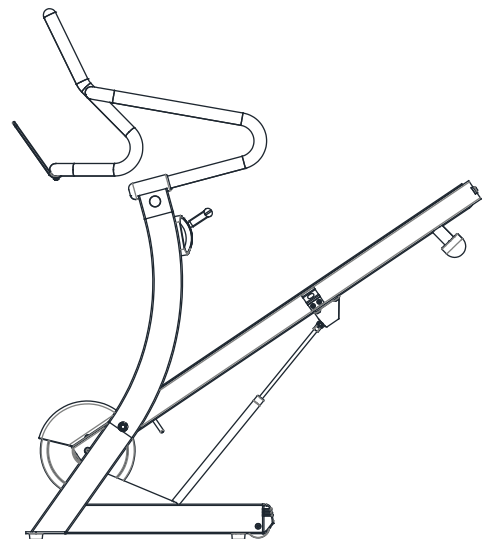
Make sure the area on the floor is clear. Hold the **Main Frame (No.1)** where it says 01, then pull the **Three-in-one Bolt (No.13)** to release the running deck. Slowly lower the deck to the floor.

The treadmill must be lubricated before first use. See page 8 for lubrication instructions.

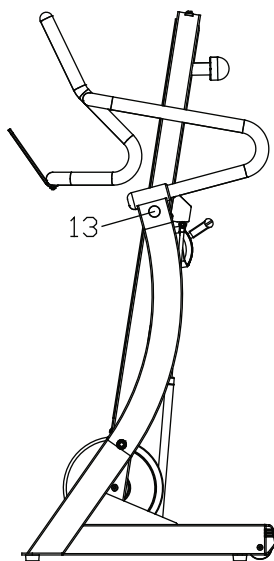
Folding Instructions



Hold the bottom of the frame at Position A and lift up.



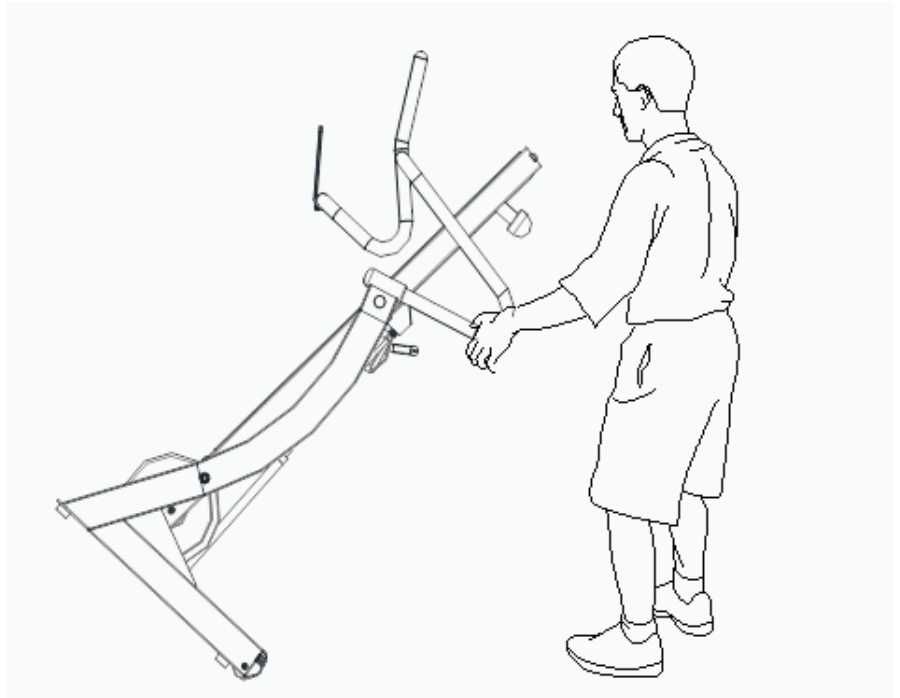
Push frame upward gently.



Make sure the **Three-in-One Bolt (No.13)** catches in the hole on the side of the running deck to secure.

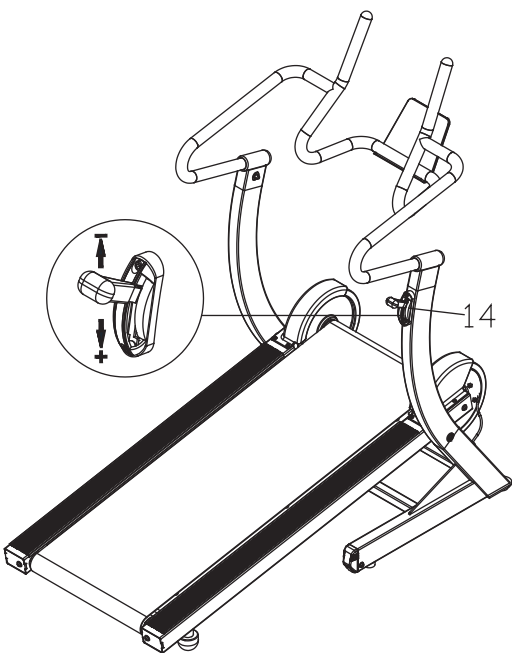
Moving Instructions

Hold handrail at the bend, then tilt the treadmill toward you. When the transportation wheels touch the ground, you can move the treadmill forward or backward.



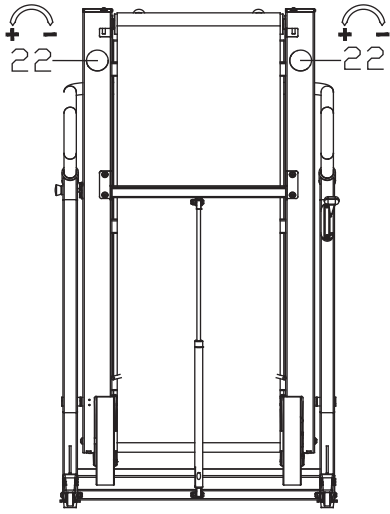
Adjustments Guide

ADJUSTING RESISTANCE



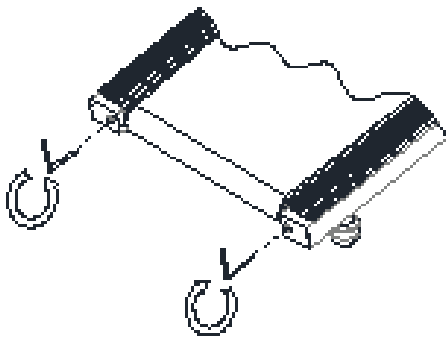
The **Tension Switch (No. 14)** has 8 levels. To increase resistance, move the switch up. To decrease the resistance, move the switch down.

ADJUSTING THE INCLINE

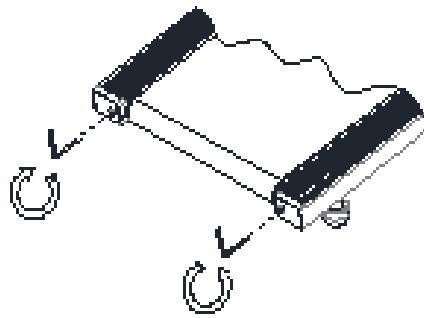


To adjust the incline, fold the treadmill first. Adjust the incline of the treadmill by turning the **Foot Cushion (No. 22)** at the bottom of the treadmill. To increase the incline, turn the cushions counterclockwise. To decrease the incline, turn the cushions clockwise. Make sure the treadmill is level before use.

ADJUSTING THE BELT



Picture A



Picture B

Use **Allen Wrench (No. 47)** to adjust the belt.

1. If the running belt deviates to the right, turn the right side adjusting bolt clockwise by 1/2 circle, then turn the left side adjusting bolt counterclockwise by 1/2 circle. (Picture A)
2. If the running belt deviates to the left, turn the left adjusting bolt clockwise by 1/2 circle, then turn the right side adjusting bolt counterclockwise by 1/2 circle. (Picture B)

Continue making adjustments until the treadmill is belt is centered.

Lubrication

*IMPORTANT NOTE:

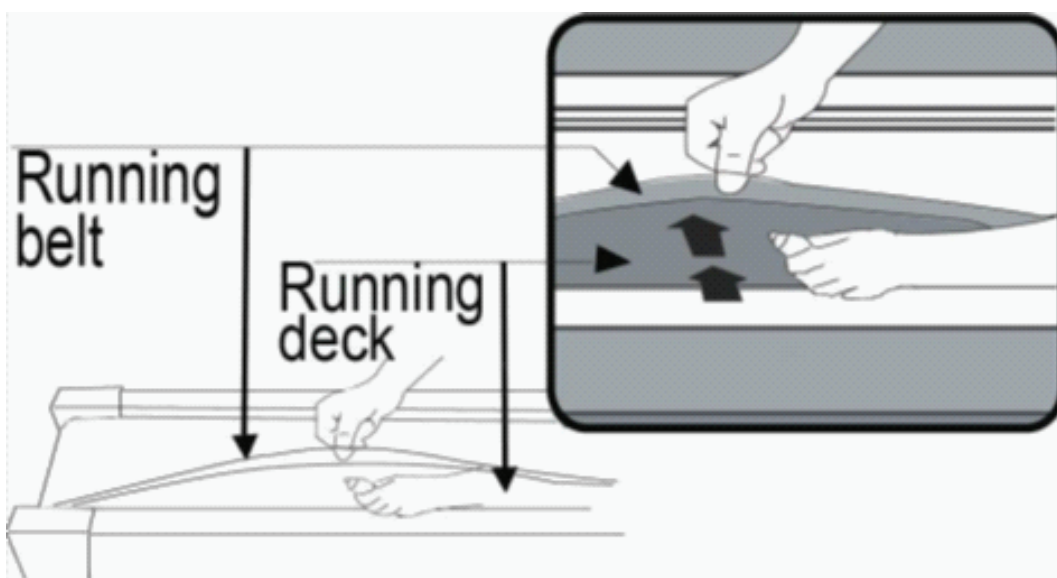
You will need to lubricate your treadmill before the first use.

RUNNING BELT & 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. Therefore it is suggested that the running board and belt be inspected regularly. Should you find any wear on the Running Board, please contact us at: support @sunnyhealthfitness.com.

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. Problem with moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance is done on a regular basis.
4. A loose running belt will result in the runner sliding off during use, while too tight of a running belt will decrease the motor performance and also create more friction between the roller and running belts. The most suitable tightness for the belt is pulled out 50-75mm from the **Running Board**.



The following time table is recommended:

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