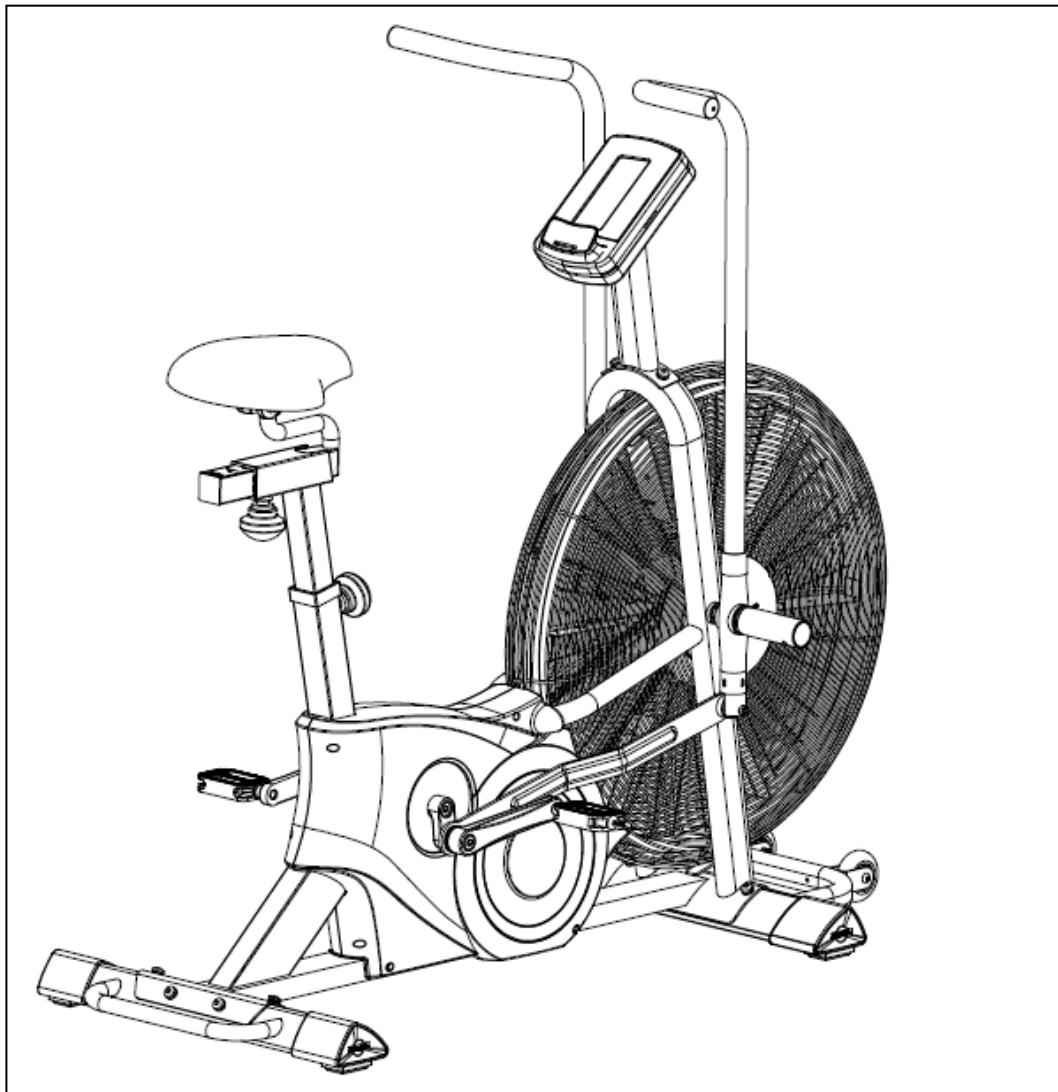




TORNADO LX AIR BIKE

SF-B2729

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

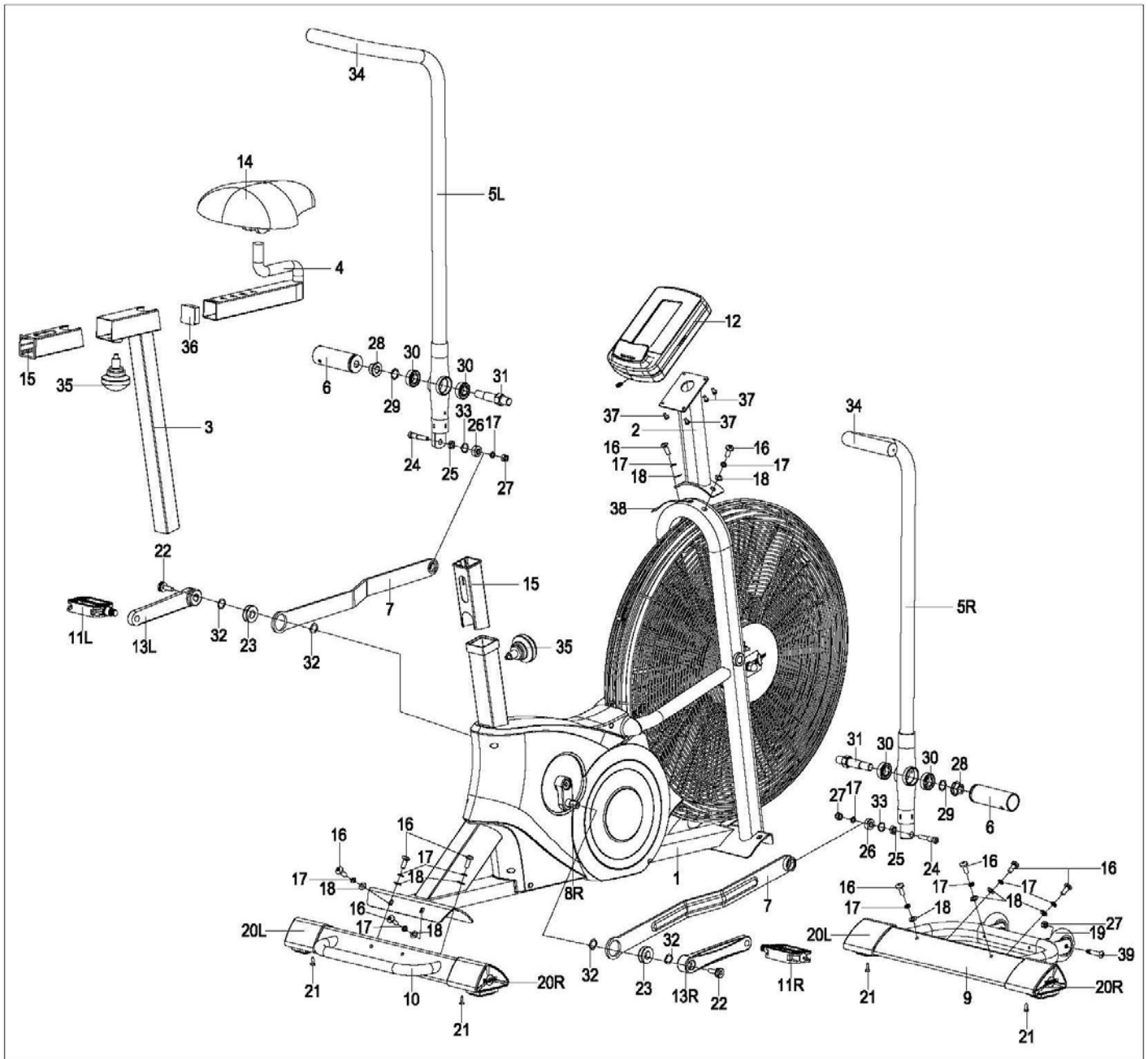
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

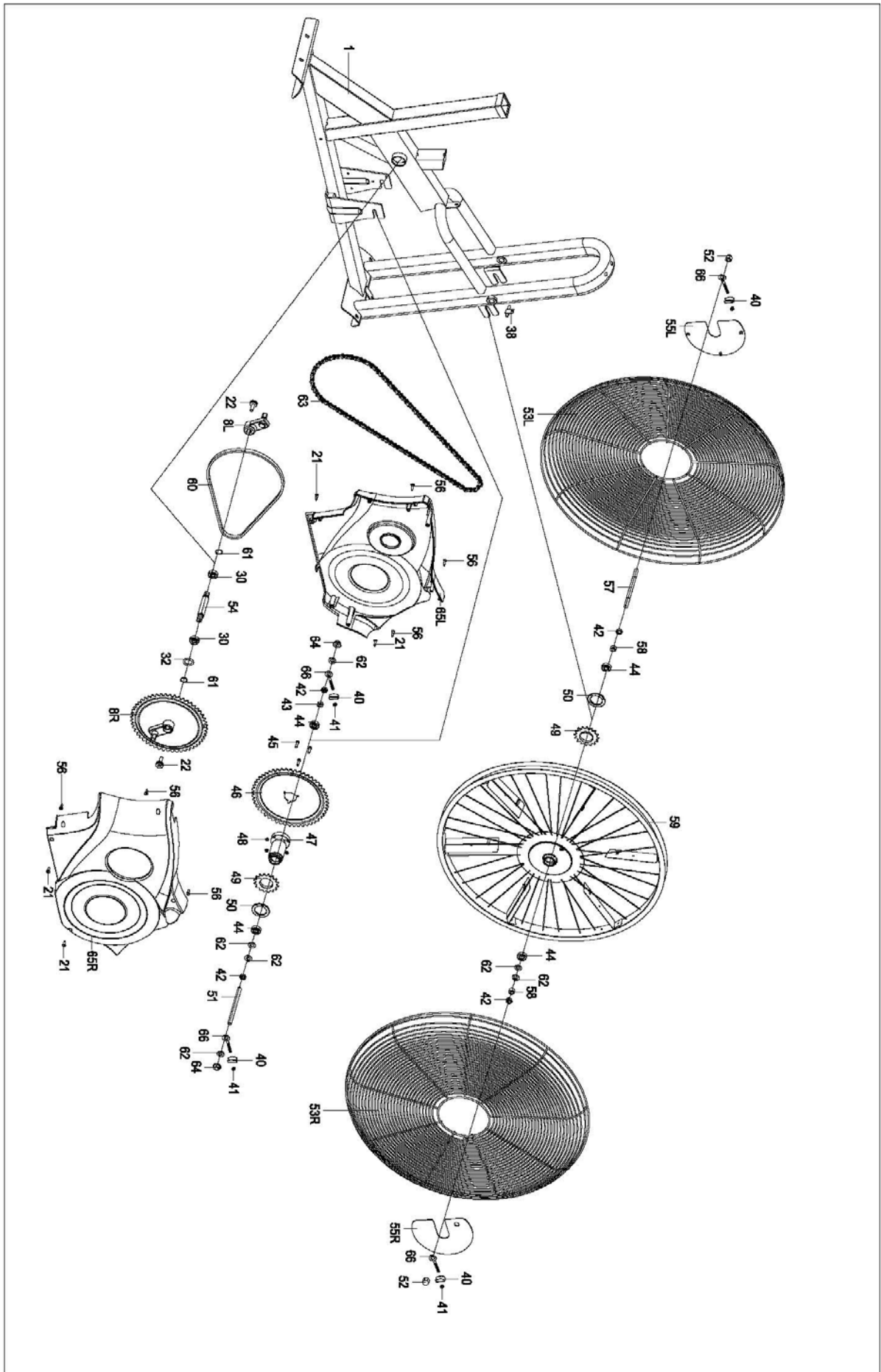
1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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, discontinue use of the equipment immediately and do not use 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 330 pounds (150 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/ or damage to the product or property, proper lifting and moving is required.
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 DIAGRAM








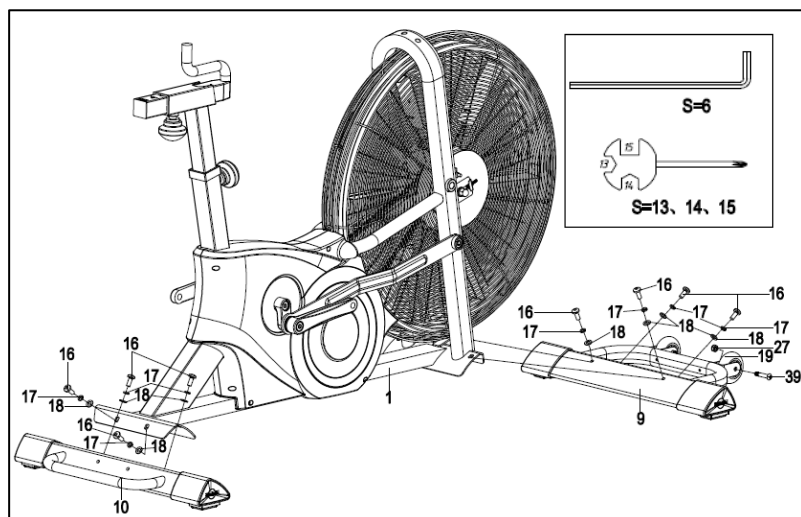


PARTS LIST

NO.	DESCRIPTION	SPEC.	QTY	NO.	DESCRIPTION	SPEC.	QTY
1	Main Frame		1	33	Stop Ring	Φ22	2
2	Handlebar Post		1	34	Foam Grip		2
3	Seat Tube		1	35	Spring Knob		2
4	Seat Slider		1	36	End Cap		1
5L/R	Swing Arm		1pr.	37	Cross Pan Head Screw	M5*10	4
6	Foot Tube		2	38	Sensor Wire		1
7L/R	Connecting Arm		1pr.	39	Hex Pan Head Screw	M8*40	2
8L	Small Crank		1	40	U-Shape Washer		4
8R	Chain Wheel With Small Crank		1	41	Hex Nut		4
9	Front Stabilizer		1	42	Hex Thin Nut	M10*1.0	4
10	Rear Stabilizer		1	43	Spacer		1
11L/R	Pedal		1pr.	44	Bearing		4
12	Computer		1	45	Hex Pan Head Screw	M5*25	3
13L/R	Crank		1pr.	46	Big Chain Gear		1
14	Saddle		1	47	Hub		1
15	Bushing		2	48	Nylon Nut	M5	3
16	Hex Pan Head Screw	M8*20	10	49	Bi-Directional Small Chain Wheel		2
17	Spring Washer	D8	12	50	Locking Nut		2
18	Flat Washer	Φ8*Φ16*1.5	10	51	Chain Wheel Axle		1
19	Wheel		2	52	Cap Nut	M10*1.0	2
20L/R	Front End Cap		1pr.	53L/R	Protective Cage		1pr.
20L/R	Rear End Cap		1pr.	54	Central Axle		1
21	Cross Pan Head Screw	St4.2*18	8	55L/R	Cage Cover		1pr.
22	Central Axle Screw	M8*1.0*25	4	56	Cross Pan Head Screw	St4.2*18	6
23	Bearing		2	57	Fan Wheel Axle		1
24	Bolt	φ10*44.5	2	58	Spacer		2
25	Hex Thin Nut	M8*H5	2	59	Fan Wheel		1
26	Bearing		2	60	Chain		1
27	Nylon Nut	M8	4	61	Closing Ring	Φ17	2
28	Flange Nut	M14*1.5	2	62	Flat Washer	D10*Φ20*2	6
29	Flat Washer	Φ17*Φ22*1	2	63	Big Chain		1
30	Bearing	6003Z	6	64	Flange Nut	M10*1.0	2
31	Pedal Tube Axle		2	65L/R	Chain Cover		1pr.
32	Wave Washer	Φ17*Φ25*0.3	5	66	Adjustable Bolt		4

ASSEMBLY INSTRUCTION

	#16 M8×20 8PCS		#18 φ8×φ16×1.5 8PCS
	#17 D8 8PCS		#39 M8×40 2PCS
			#27 M8 2PCS



STEP 1

Remove the pre-assembled 8 Hex Pan Head Screws (No. 16), 8 Spring Washers (No. 17) and 8 Flat Washers (No. 18) from the Front Stabilizer (No. 9) and the Rear Stabilizer (No. 10).

Attach the Front Stabilizer (No. 9) and the Rear Stabilizer (No. 10) to the Main Frame (No. 1) with 8 Hex Pan Head Screws (No. 16), 8 Spring Washers (No. 17) and 8 Flat washers (No. 18) that you just removed.

Remove the pre-assembled 2 Hex Pan Head Screws (No. 39) and 2 Nylon Nuts (No. 27) from the Front Stabilizer (No. 9).

Attach the Wheels (No. 19) to the Front Stabilizer (No. 9) with 2 Hex Pan Head Screws (No. 39) and 2 Nylon Nuts (No. 27) that you just removed.

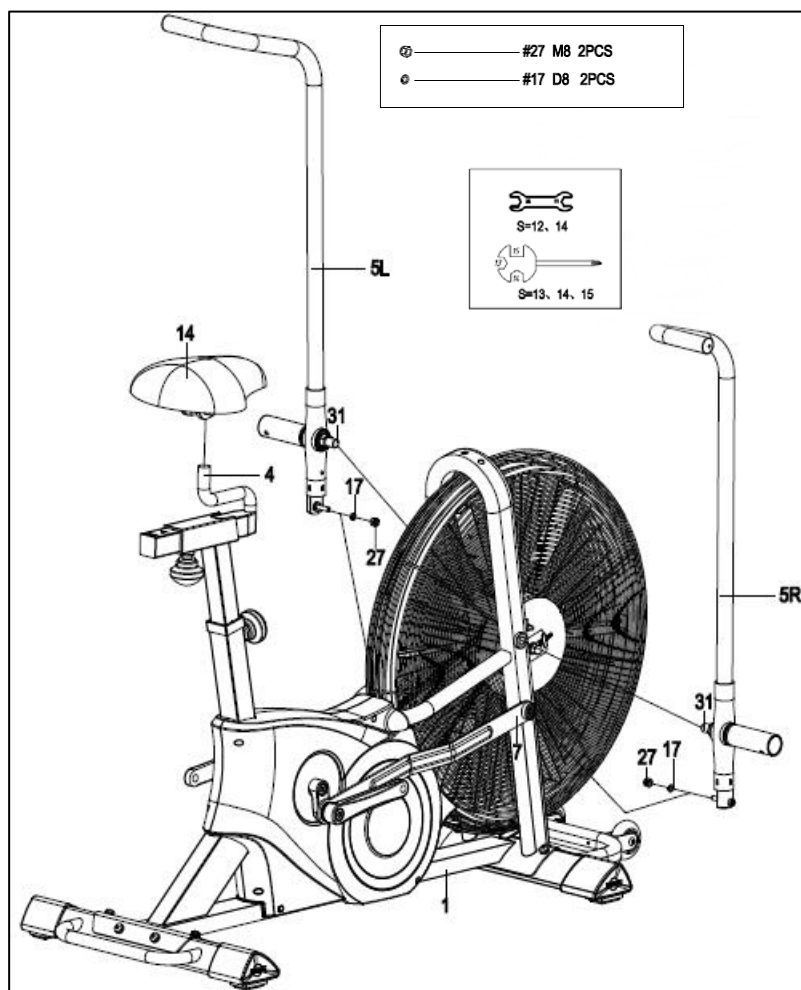
STEP 2

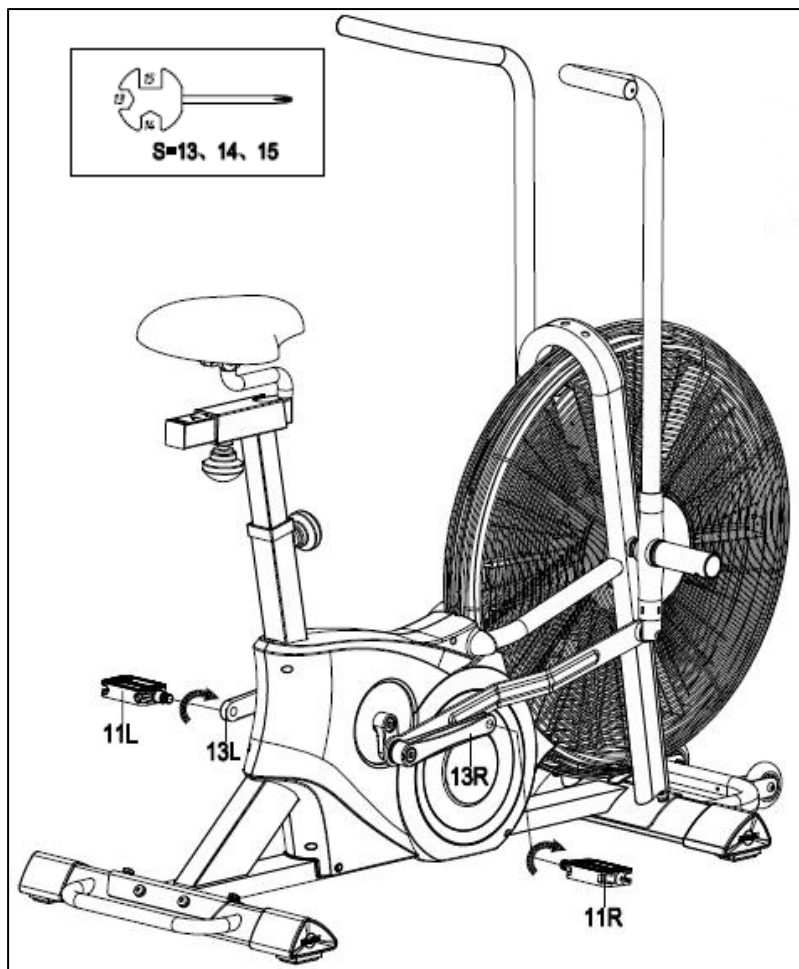
Remove the pre-assembled 2 Nylon Nuts (No. 27) and 2 Spring Washers (No. 17) from the Swing Arm (No. 5L/R).

Attach the Pedal Tube Axle (No. 31) of the Swing Arm (No. 5L/R) to the two sides of the Main Frame (No. 1). (Note: Do not tighten yet.)

Attach the Swing Arm (No. 5L/R) to the Connecting Arm (No. 7L/R) with 2 Nylon Nuts (No. 27) and 2 Spring Washers (No. 17). Now tighten the Pedal Tube Axle (No. 31).

Put the Saddle (No. 14) onto the Seat Slider (No. 4), and lock them tightly with cross wrench.

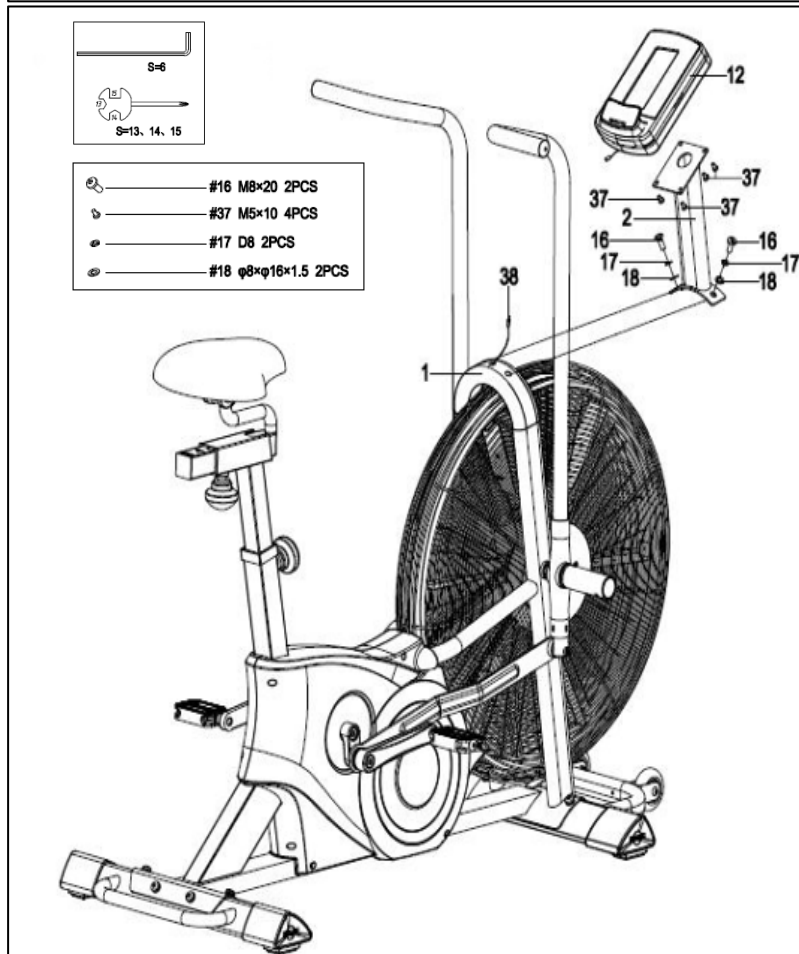




STEP 3

Attach the **Pedal (No. 11L/R)** to the **Crank (No. 13L/R)** with the cross wrench.

NOTE: Make sure to attach the **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 4

Remove the pre-assembled 2 **Hex Pan Head Screws (No. 16)**, 2 **Spring Washers (No. 17)** and 2 **Flat Washers (No. 18)** from the **Main Frame (No. 1)**. Thread the **Sensor Wire (No. 38)** through the bottom of the **Handlebar Post (No. 2)** and bring out from the top. Then attach the **Handlebar Post (No. 2)** to the **Main Frame (No. 1)** with 2 **Hex Pan Head Screws (No. 16)**, 2 **Spring Washers (No. 17)** and 2 **Flat Washers (No. 18)**.

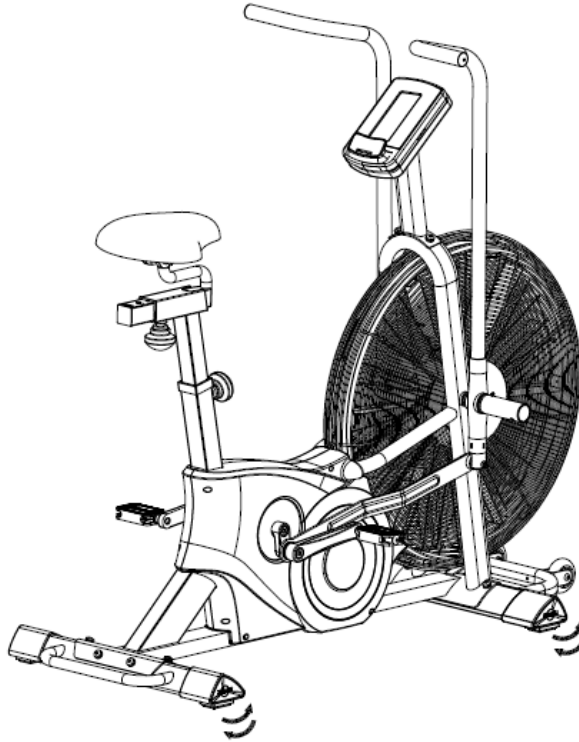
Remove the pre-assembled 4 **Cross Pan Head Screws (No. 37)** from the back of the **Computer (No. 12)**. Connect the **Sensor Wire (No. 38)** with the wire of the **Computer (No. 12)**, then lock the **Computer (No. 12)** on the bracket of the **Handlebar Post (No. 2)** with 4 **Cross Pan Head Screws (No. 37)**.

Assembly is now complete!

ADJUSTMENT GUIDE

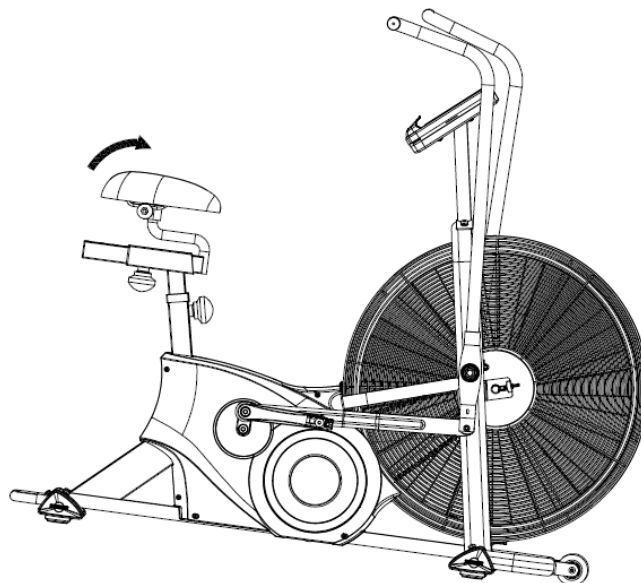
ADJUSTING THE LEVEL

If the bike is not level, turn the dials on the **End Cap (No. 20L/R)** to adjust. Turn to the right to raise, and turn to the left to lower.



MOVING THE BIKE

Lift the bike by the handle on the **Rear Stabilizer (No. 10)** until the wheels on the **Front Stabilizer (No. 9)** touch the floor. Now you can move the bike.



EXERCISE COMPUTER INSTRUCTIONS



DISPLAY FUNCTIONS

FUNCTION	DESCRIPTION
RPM	Display the rotations per minute with range from 0~ 199.
SPEED	Display current training speed. Maximum speed is 99.9 KM/H or ML/H.
TIME	Count up - Time will count up from 00:00 to maximum 1:59:59 in 1 minute increments. Count down - The console will countdown from preset time to 00:00:00 in 1 minute increments.
DISTANCE	Accumulates total distance from 0.0 up to 999.9 ML or count down from preset value. User may preset target distance value with UP/DOWN key. Each increment is 1.0KM or ML.
CALORIES	Accumulates calories consumption or count down during training from 0 to maximum 999 calories. User may preset target Calories with UP/DOWN key.
WATT	Display the power consumption during training. Display Range: 0~1999.
PULSE	User may set up target pulse value from 0~30 to 230 and the console buzzer will beep when the actual heart rate is over the target value during workout.

BUTTON FUNCTIONS

FUNCTION	DESCRIPTION
START	To start workout quickly or resume workout in Stop mode.
STOP	To stop/pause workout. To clear up all settings. Hold on this key for 2 seconds to reboot the console.
DOWN	To adjust Distance, Calories, Heart-rate, Time, Age value down.
UP	To adjust Distance, Calories, Heart-rate, Time, Age value up.
TARGET DISTANCE	Fast access to Target Distance training mode.
TARGET CALORIES	Fast access to Target Calories training mode.
TARGET HEART-RATE	Fast access to Target Heart Rate training mode.
TARGET TIME	Fast access to Target Time training mode.
INTERVAL	There are 3 programs: INTERVAL 10/20, INTERVAL 20/10, and Custom.
ENTER	To confirm settings or enter program.

SETTINGS

Age — The first time you turn on the meter, AGE will flash. Use arrow keys to set age. Press ENTER to confirm. Meter will be in standby mode.

Kilometer or Mile — press and hold START and ENTER key at the same time for 2 seconds. Press arrow key to select KM or M. Press ENTER to confirm.

OPERATING INSTRUCTIONS

1. Press START to start meter. Meter will be in standby mode.
2. Press START again to use Manual mode or press one of the preset function buttons:
3. TARGET DISTANCE, TARGET CALORIES, TARGET HEART RATE, and TARGET TIME, INTERVAL 10/20, INTERVAL 20/10, and CUSTOM INTERVAL
4. Press STOP to pause workout. While the meter is paused, it will beep every 30 seconds. After 5 minutes of inactivity, meter will go into standby mode.
5. Press START to resume workout or STOP to clear data.

Reset – press and hold STOP for 2 seconds to reset meter.

Auto Reset – After 30 seconds of inactivity, meter will auto reset, clear all values and go into standby mode.

Pulse – To measure heart rate, a 5.3 KHz chest strap heart rate monitor (not included) is needed.

Meter will alternately display actual pulse, 65%, 85% MAX. This value cannot be used as the basis for medical treatment.

FUNCTION MODES:

➤ **MANUAL**

Start pedaling. All functions will count up. Time continues to count up even if you are not pedaling.

➤ **COUNTDOWN**

Press TARGET TIME, TARGET DISTANCE, TARGET CALORIES.

Use the arrow keys to set a value. Press ENTER.

Meter will start countdown. The display will alternate between the preset value and the actual workout value for 5 seconds each. When countdown reaches 0, meter will start counting from 0 again.

➤ **TARGET HEART RATE**

You must be wearing a chest strap heart rate monitor to use this function. Press Target Heart Rate. Use arrow keys to set your age. Press ENTER to confirm.

During workout, display will switch between 65% and 85% heart rate. If heart rate goes below 65% or above 85%, meter will continue to beep until heart rate is between 65% and 85%.

➤ **PRESET INTERVAL**

Press 10/20 INTERVAL or 20/10 INTERVAL.

Meter will countdown for 3 seconds. WORK will flash and cycle time will countdown. Then REST will flash and beep. Meter displays number of cycles (starts with 01/08). WORK and REST will alternate. After 8 cycles, workout ends.

➤ **CUSTOM INTERVAL**

Press CUSTOM INTERVAL. Use arrow keys to set number of cycles. Press ENTER.

Use arrow keys to set number of seconds in WORK. Press ENTER.

Use arrow keys to set number of seconds in REST. Press ENTER.

At the end of interval workout or if you press STOP, meter will display Total Time, Distance, Calories. Watt, Speed and RMP will switch to display Avg and Max values, each for 5 seconds.

BATTERIES

This meter uses 2 AA batteries. If there is a problem with the display, try changing the batteries. When changing the batteries, change both of them. Do not mix battery types or old and new batteries. Dispose of batteries according to your regional guidelines.