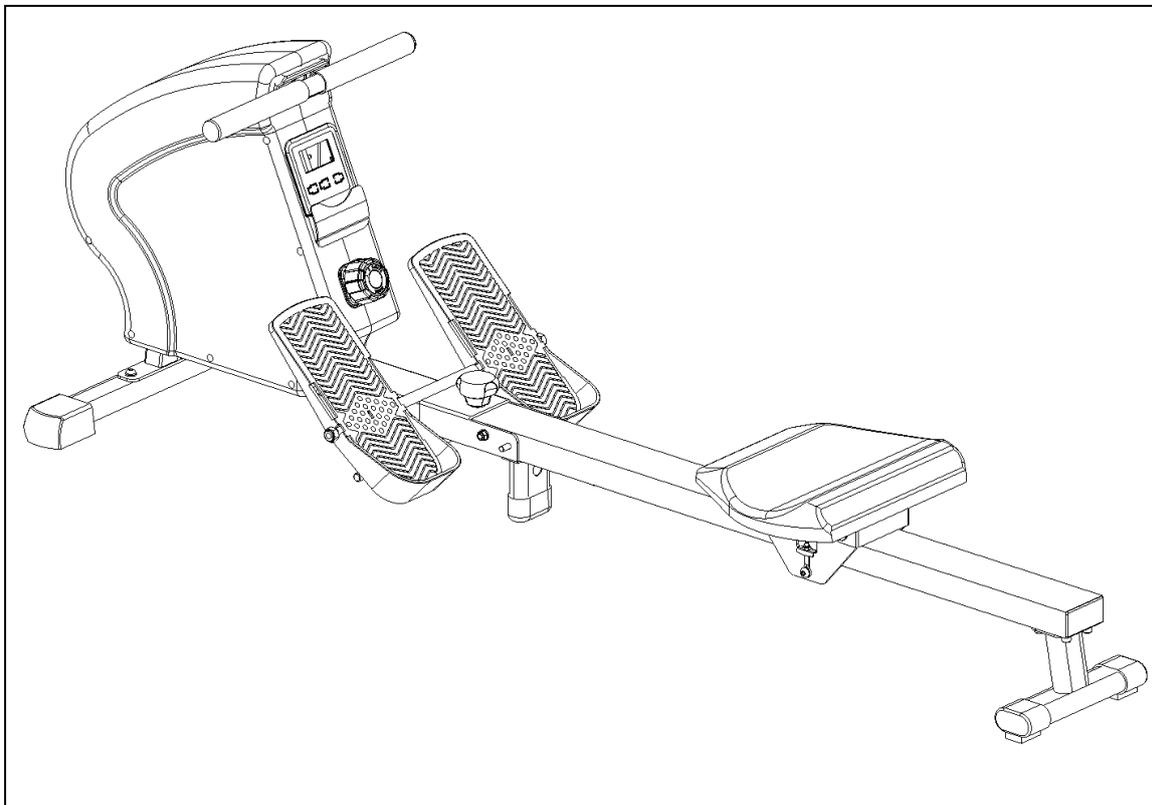




# SPM MAGNETIC ROWING MACHINE

## SF-RW5801

## USER MANUAL



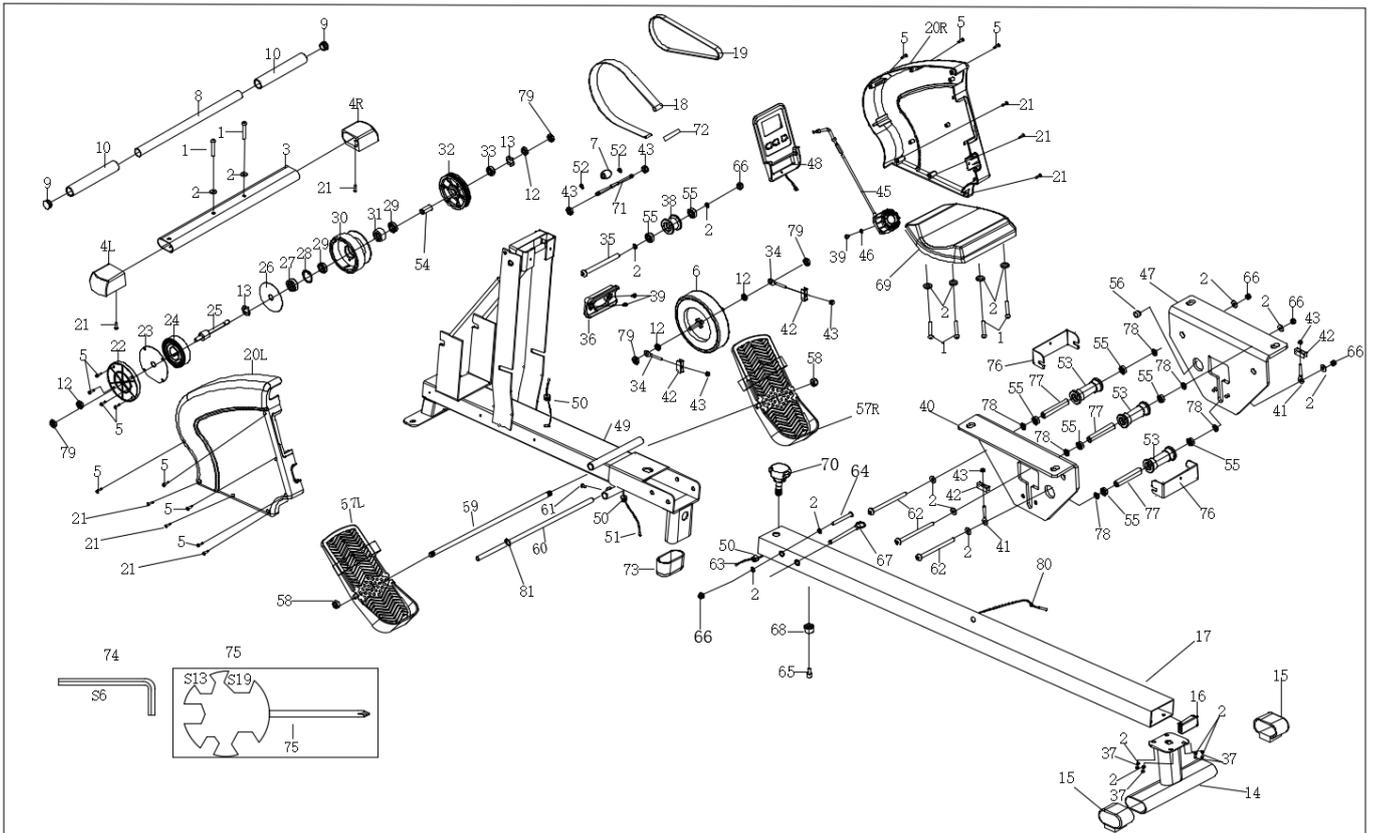
**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

# **IMPORTANT SAFETY INFORMATION**

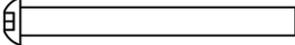
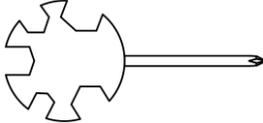
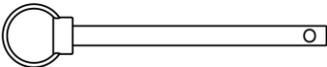
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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, 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 285 pounds (130 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 are required.
12. Your product is intended for use in cool and 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.

# EXPLODED DIAGRAM



# HARDWARE PACKAGE

	#1 M8*15*S6 2PCS		#70 Φ16*94*M16 1PC
	#58 M12*S19 2PCS		#74 S6 1PC
	#37 M8*15*S6 4PCS		#64 M8*102 1PC
	#66 M8 1PC		#75 S10*13*14*17*19 2PCS
	#61 M6*10 1PC		#67 Φ8*100*105 1PC
	#2 d8*Φ16*1.5 8PCS		

# PACKING LIST

No.	Description	Spec.	QTY.
1	Screw	M8*15*S6	6
2	Washer	d8*Φ16*1.5	20
3	Front Stabilizer		1
4L/R	End Cap		2
5	Screw	ST4.2*20	11
6	Inertial Wheel		1
7	Mesh Belt Pulley		1
8	Handlebar	Φ25*1.5*420	1
9	End Cap	Φ25*15	2
10	Foam Grip	Φ26*3*200	2
11	N/A		-
12	Nut	M10*1*H5	4
13	Wave Washer	d10*Φ13.5*0.3	2
14	Rear Support		1
15	End Cap		2
16	End Cap		1
17	Sliding Rail		1
18	Mesh Belt	t1.5*22*2150	1
19	Belt	6PJ220	1
20L/R	Chain Cover L/R		2
21	Screw	ST4.2*16	8
22	Volute Spring Cover		1
23	Outer PC Board	Φ111*Φ16*0.5	1
24	Volute Spring	t0.5*22*5080	1
25	Mesh Belt Wheel Axle		1
26	PC Board		1
27	Bearing	6300-2RS	1
28	C-Clip	d35	1
29	Bearing	16003-2RS	2
30	Belt Wheel	Φ112*67.5	1

No.	Description	Spec.	QTY.
31	Bearing	Φ35*d17*16	1
32	Belt Wheel		1
33	Bearing	6000-2RS	1
34	Adjusting Screw	M6*40*Φ10*2.5	2
35	Bolt	M8*125*20*S6	1
36	Handlebar Seat	106*40*31	1
37	Screw	M8*15*S6	4
38	Mesh Belt Pulley		1
39	Screw	M5*15	3
40	Left Seat Supporting Board		1
41	Adjusting Screw	M6*40*Φ9*2.5	2
42	U Shape Baffle	30*10*1.5	4
43	Nut	M6*H6*S10	6
44	N/A		-
45	Tension Control Knob		1
46	Washer	d5*Φ20*1.5	1
47	Right Seat Supporting Board		1
48	Computer		1
49	Main Frame		1
50	Grommet	Φ12*11*Φ3	3
51	Trunk Wire 1		1
52	C-Clip	d6	2
53	Wheel		3
54	Bearing Steel		1
55	Bearing	608RS Φ8*Φ22*12	8
56	Magnet	Φ15*7	1
57L/R	Pedal L/R	L/R 320*140*55	2
58	Nut	M12*S19	2
59	Bolt	12*M12*P1.75*460	1
60	Bolt	Φ12*440	1

61	Screw	M6*10	1	72	Mesh Belt Axle		1
62	Bolt	M8*125*15*S14	3	73	End cap		1
63	Sensor Wire		1	74	Allen Wrench	S6	1
64	Bolt	M8*102	1	75	Spanner	S=10*13*14*17*19	2
65	Bolt	M6*20	1	76	U Shape Bracket		2
66	Nut	M8	5	77	Casing Pipe for Idler Wheel	Φ13*Φ8*78	3
67	Pull Pin	Φ8*100*105	1	78	Spacer	d8*Φ15*4	6
68	Rubber Buffer		1	79	Nut	M10*1*H8*S14	4
69	Seat		1	80	Grommet	Φ16	1
70	Knob	Φ16*94*M16	1	81	C-Clip	d12	1
71	Connecting Rod		1				

### Ordering Replacement Parts (U.S. and Canadian Customers only)

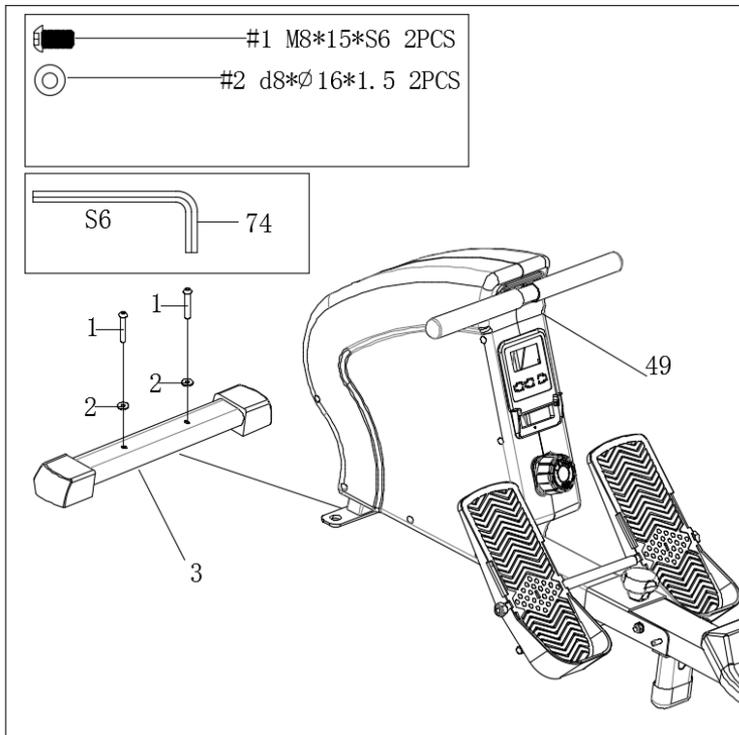
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

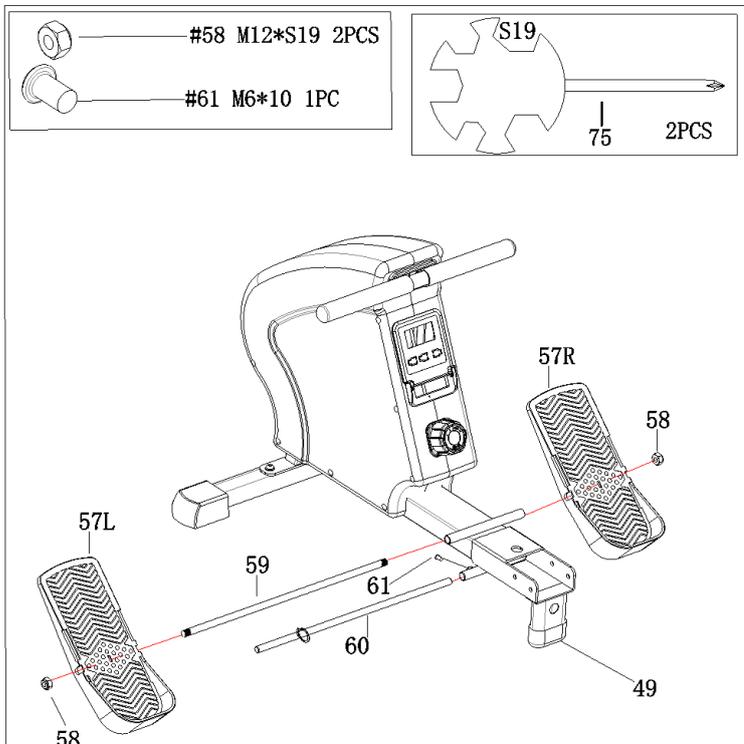
# ASSEMBLY INSTRUCTIONS

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 1:

Attach **Front Stabilizer (No. 3)** to **Main Frame (No. 49)** using 2 **Screws (No. 1)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. 74)**.



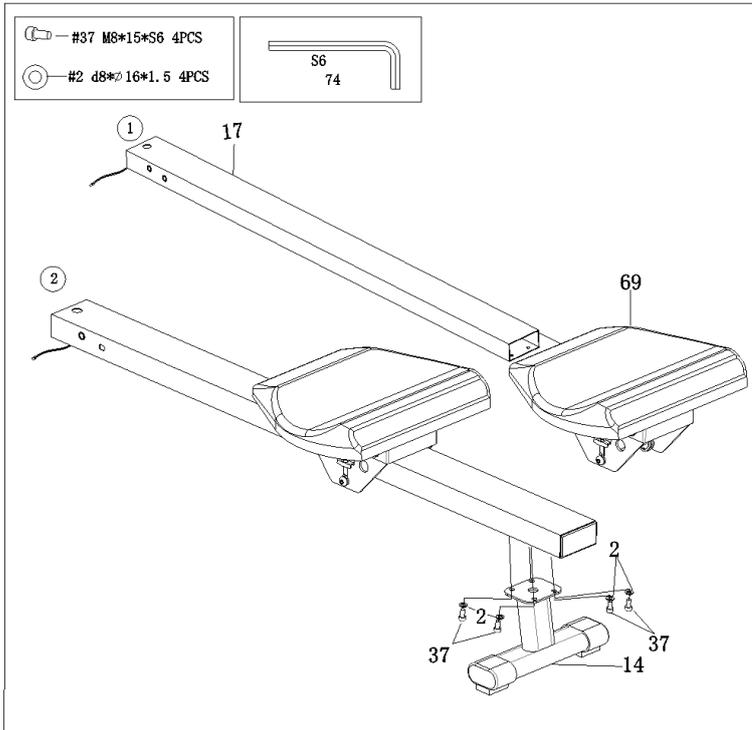
## STEP 2:

Attach **Bolt (No. 59)** into the upper hole of **Main Frame (No. 49)** through **Pedals (No. 57L/R)**, screw **Pedals (No. 57L/R)** into **Bolt (No. 59)** using 2 **Nuts (No. 58)**. Use 1 **Spanner (No. 75)** to hold one of **Nut (No. 58)**, then use the other **Spanner (No. 75)** to tighten the other **Nut (No. 58)**.

Attach **Bolt (No. 60)** into the bottom hole of **Main Frame (No. 49)** and screw **Bolt (No. 60)** using **Screw (No. 61)**, tighten with **Spanner (No. 75)**.

**NOTE:** The **Bolt (No. 60)** should be attached into the middle position of **Main Frame (No. 49)**.

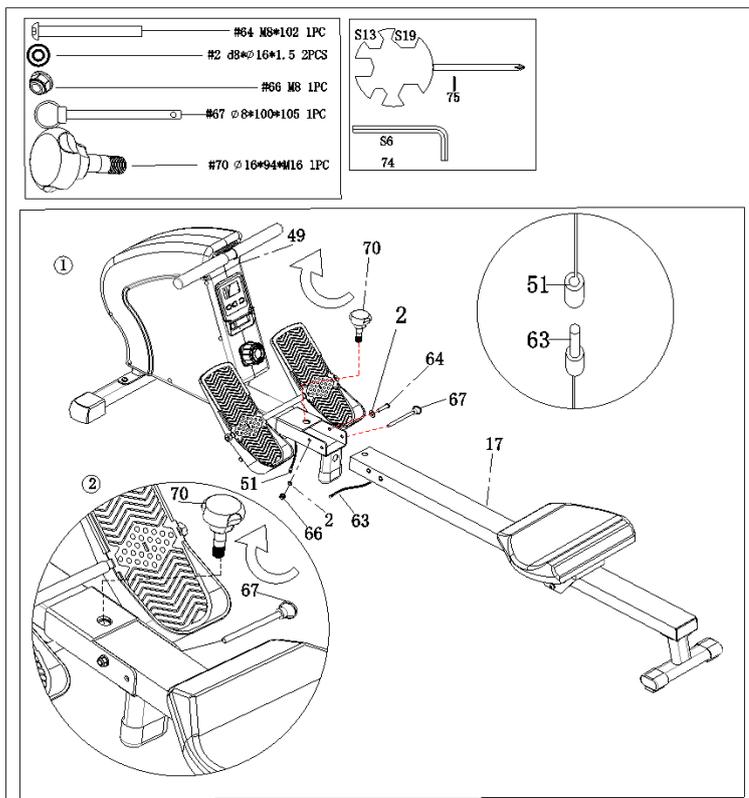
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



### STEP 3:

Insert the **Seat (No. 69)** into the **Sliding Rail (No. 17)**.

Attach the **Sliding Rail (No. 17)** onto the **Rear Support (No. 14)** using 4 **Screws (No. 37)** and 4 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. 74)**.



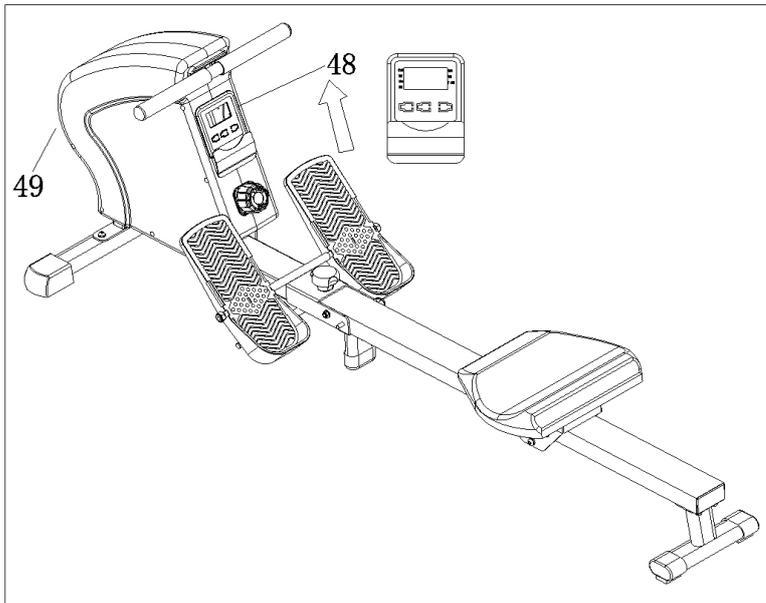
### STEP 4:

Connect **Trunk Wire 1 (No. 51)** with the **Sensor Wire (No.63)**.

Attach the **Sliding Rail (No. 17)** to **Main Frame (No. 49)** using **Bolt (No. 64)**, 2 **Washers (No. 2)** and **Nut (No. 66)**. Tighten and secure with **Spanner (No. 75)** and **Allen Wrench (No. 74)**.

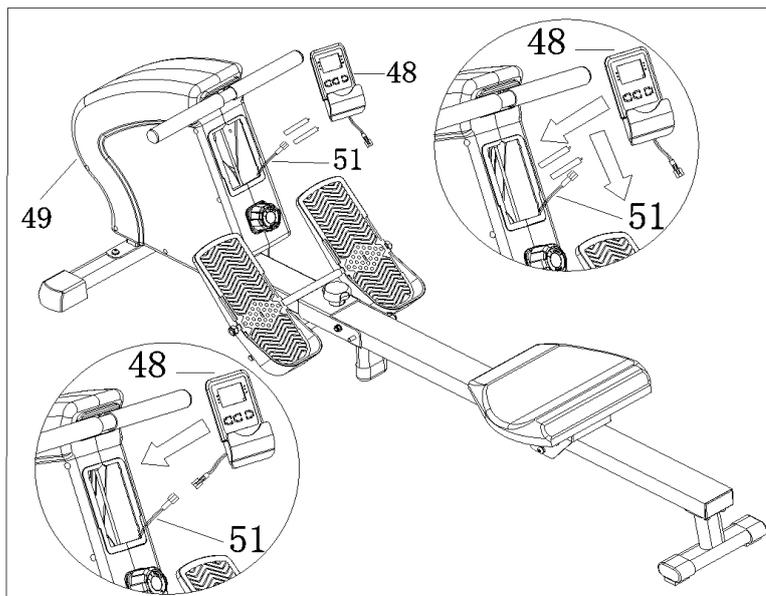
Next, attach the top of the **Sliding Rail (No. 17)** to the **Main Frame (No. 49)**, insert the **Pull Pin (No. 67)**, then use **Knob (No. 70)** to tighten.

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



#### STEP 5:

Take out 2 AAA batteries from the plastic bag with the manual. Push **Computer (No. 48)** upward, then remove **Computer (No. 48)** from **Main Frame (No. 49)**. Disconnect **Trunk Wire 1 (No. 51)** and the wire of **Computer (No. 48)**. Install the 2 AAA batteries into the back of **Computer (No. 48)**.



#### STEP 6:

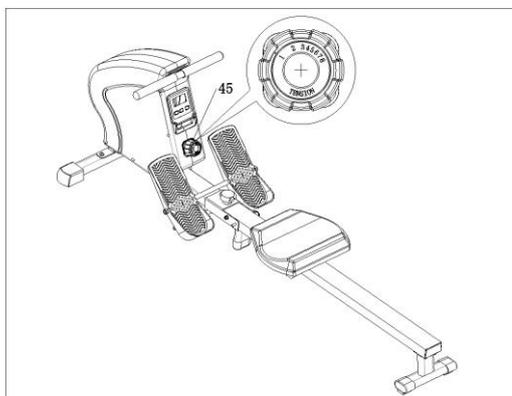
**NOTE:** The two upper buckles of **Computer (No. 48)** should be aligned to the two upper slots of computer seat of **Main Frame (No. 49)**.

Connect **Trunk Wire 1 (No. 51)** with the wire of **Computer (No. 48)** and put **Computer (No. 48)** back onto the **Main Frame (No. 49)**, then push the **Computer (No. 48)** downwards to fit in position.

*The assembly is complete!*

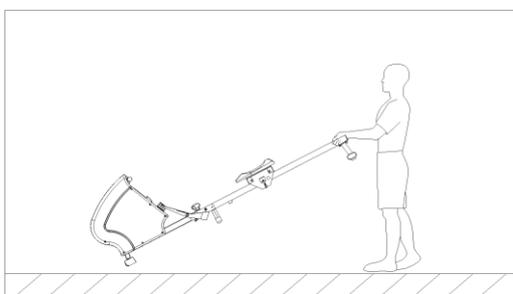
# ADJUSTMENT GUIDE

**CAUTION!** Moving parts, such as the seat, can crush and cut. Keep hands clear of the sliding rail during use!



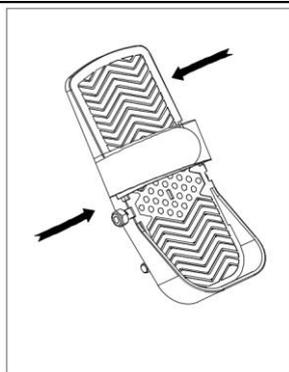
## ADJUSTING THE RESISTANCE

Rotate the **Tension Control Knob (No. 45)** *clockwise* to increase the level of resistance. Rotate the tension control knob *counter-clockwise* to decrease the level of resistance.



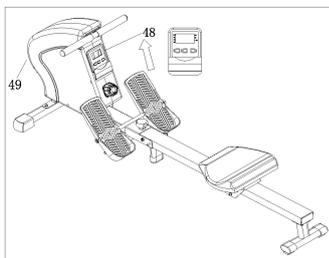
## MOVING THE ROWER

To move the rower, lift the rear support until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.



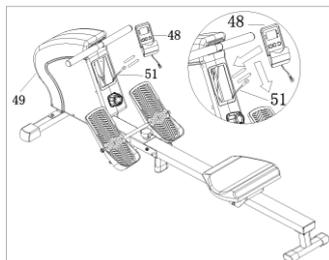
## PEDAL STRAP ADJUSTMENT

The pedal strap is adjustable and can be personalized to fit the user's foot size.



## REPLACE THE BATTERIES

Two AAA batteries are included in **Computer (No. 48)**. To replace the batteries, remove **Computer (No. 48)** from **Main Frame (No. 49)**, and disconnect the **Trunk Wire 1 (No. 51)** and the wire of **Computer (No. 48)**. Replace both batteries. Do not mix battery types and do not mix old and new batteries.



After the replacement, connect **Trunk Wire 1 (No. 51)** to the computer wire and put **Computer (No. 48)** back onto the **Main Frame (No. 49)**. Dispose or recycle batteries according to your state and local rules.

# FOLDING THE ROWER

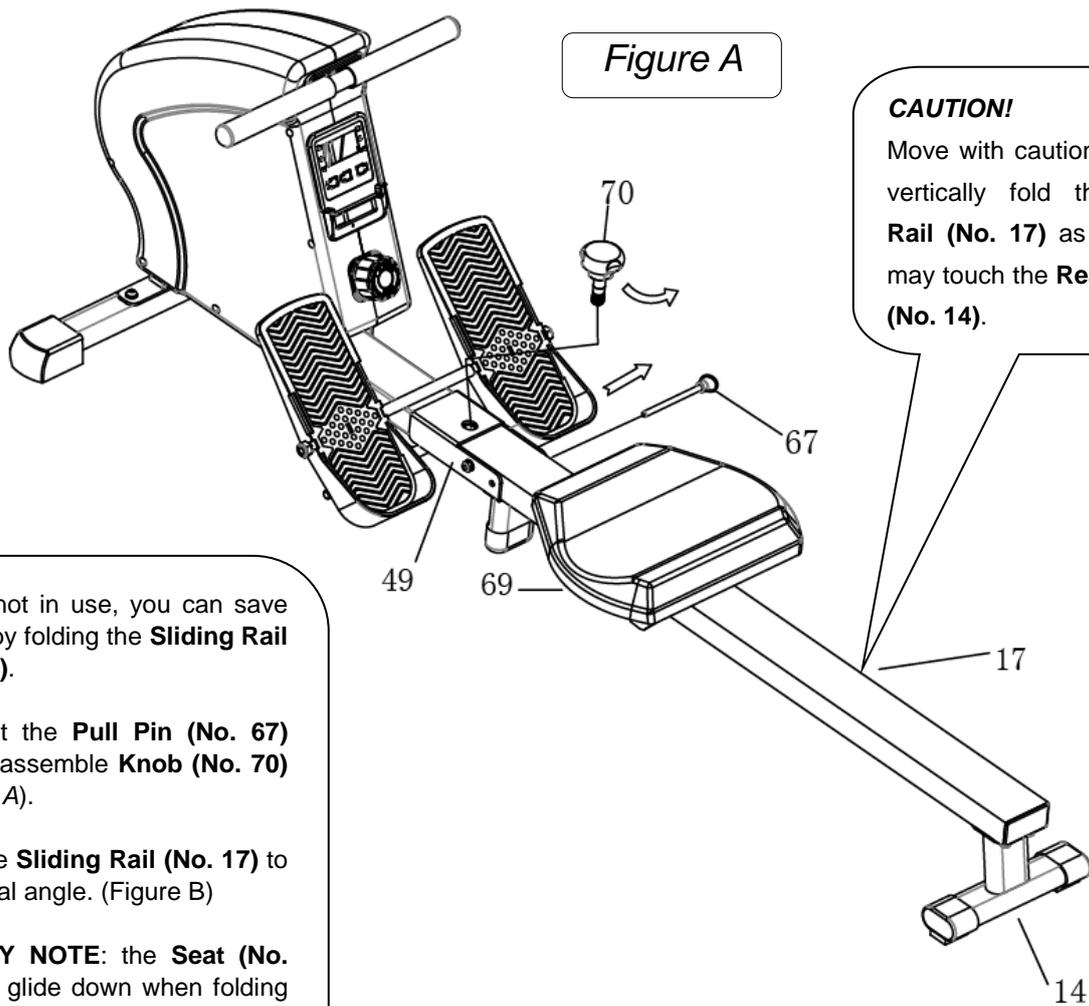


Figure A

**CAUTION!**  
Move with caution when you vertically fold the **Sliding Rail (No. 17)** as your head may touch the **Rear Support (No. 14)**.

When not in use, you can save space by folding the **Sliding Rail (No. 17)**.

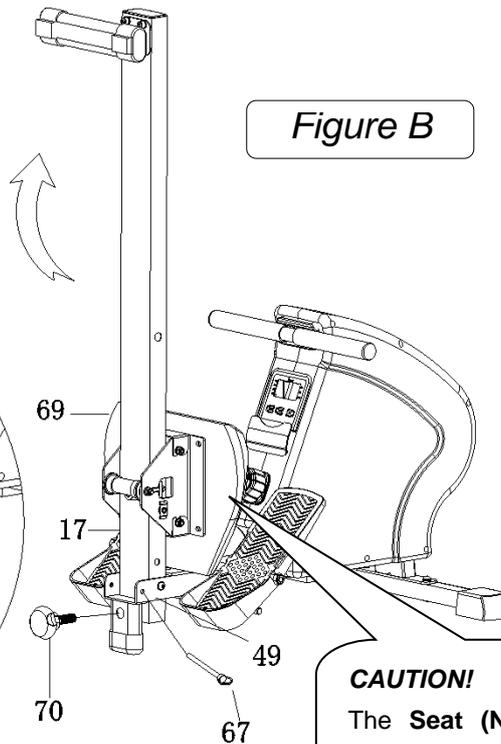
Pull out the **Pull Pin (No. 67)** and disassemble **Knob (No. 70)** (*Figure A*).

Fold the **Sliding Rail (No. 17)** to a vertical angle. (*Figure B*)

**SAFETY NOTE:** the **Seat (No. 69)** will glide down when folding the **Sliding Rail (No. 17)**.

Reinsert **Pull Pin (No. 67)** into the hole on the **Main Frame (No. 49)**, then tighten **Knob (No. 70)** to **Sliding Rail (No. 17)**. (*Figure C*)

Figure B



**CAUTION!**  
The **Seat (NO. 69)** will glide down when folding the **Sliding Rail (No. 17)**!

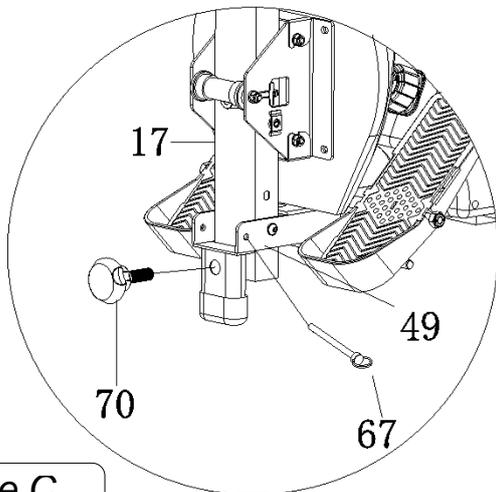
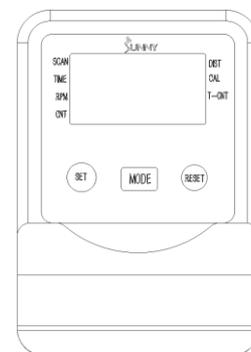


Figure C

# EXERCISE METER

Our computerized display console on the Sunny Magnetic Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display your Time, Count, Calories Burned, Total Count, Distance and Scan (all of the above). With our easy-to-use console, the user can efficiently track their fitness improvements from one workout to the next.



## FUNCTION KEY:

**MODE:** To select your specification mode and/ or turn on display console.

**SET:** To set a value of Time, Count or Calories (when not in Scan mode).

**RESET:** Press to reset Time, Count or Calories.

## FUNCTIONS AND OPERATIONS:

**SCAN:** Press MODE button until SCAN appears. The display will rotate through the six functions in the following order: TIME, DISTANCE, CALORIES, COUNT, TOTAL COUNT, and RPM. Each display will be held for 6 seconds.

**TIME:** Counts the total time elapsed during your current workout.

**COUNT:** Counts the number of rowing strokes from your current workout.

**TOTAL COUNT:** Counts the total amount of strokes from the first use.

**CAL:** Counts the total calories burned from current workout.

**DIST:** Counts the total distance during your current workout.

**RPM (CN/M):** Display the steps per minute while exercising.

## AUTO ON/OFF & AUTO START/STOP:

The power will turn off automatically once there's no signal for 4 minutes. The meter will reactivate once the machine is put into motion or when a meter key is pressed.

## SPECIFICATIONS

<i>FUNCTIONS</i>	SCAN	Every 6 seconds
	DIST	0.00~9999 ML
	TIME	0:00~99:59(Minute:Second)
	COUNT	0~9999 Count
	RPM (CN/M)	0~999 TIMES/MIN
	CALORIES	0.0~999.9 Kcal
	TOTAL COUNT	0~9999 Count
BATTERY TYPE		(2)Two AAA or UM-4
OPERATING TEMPERATURE		0°C ~40°C
STORAGE TEMPERATURE		-10°C ~ 60°C

Version 2.2