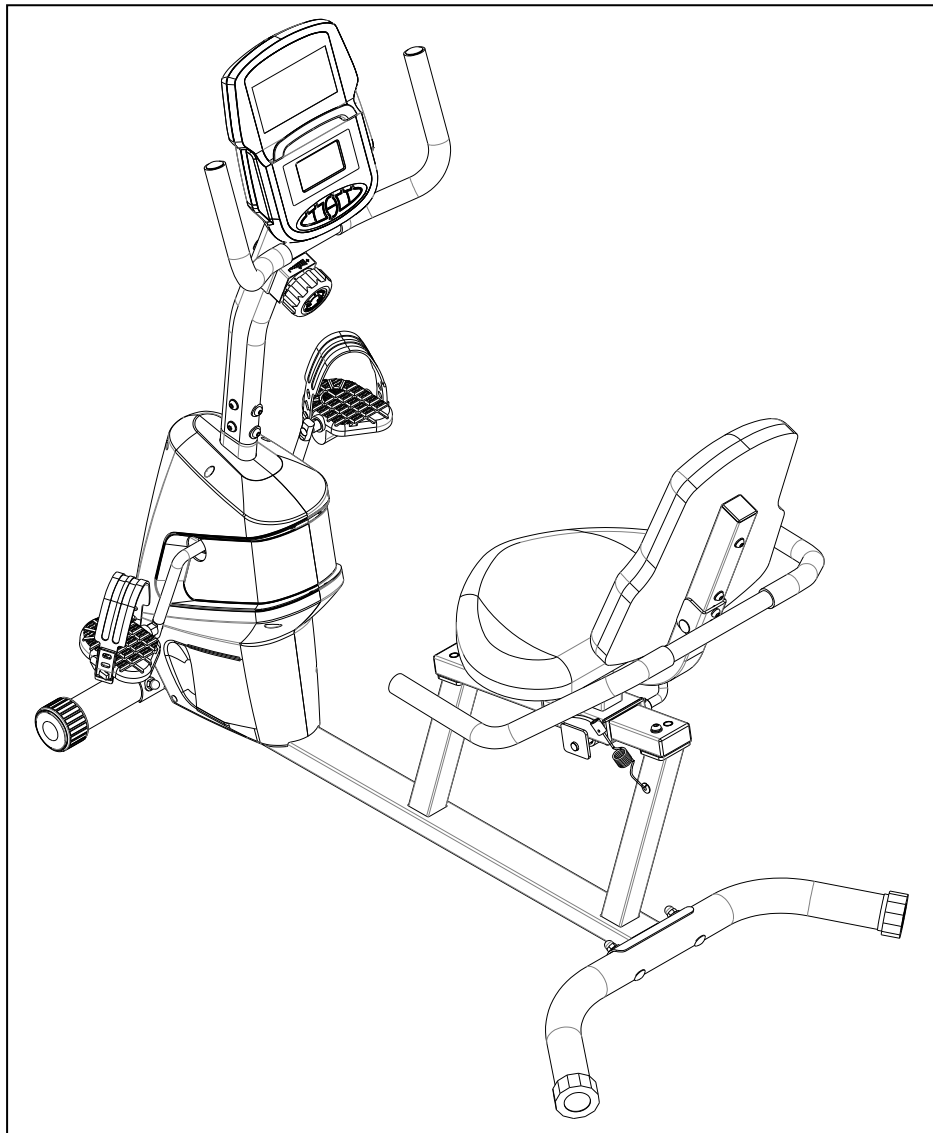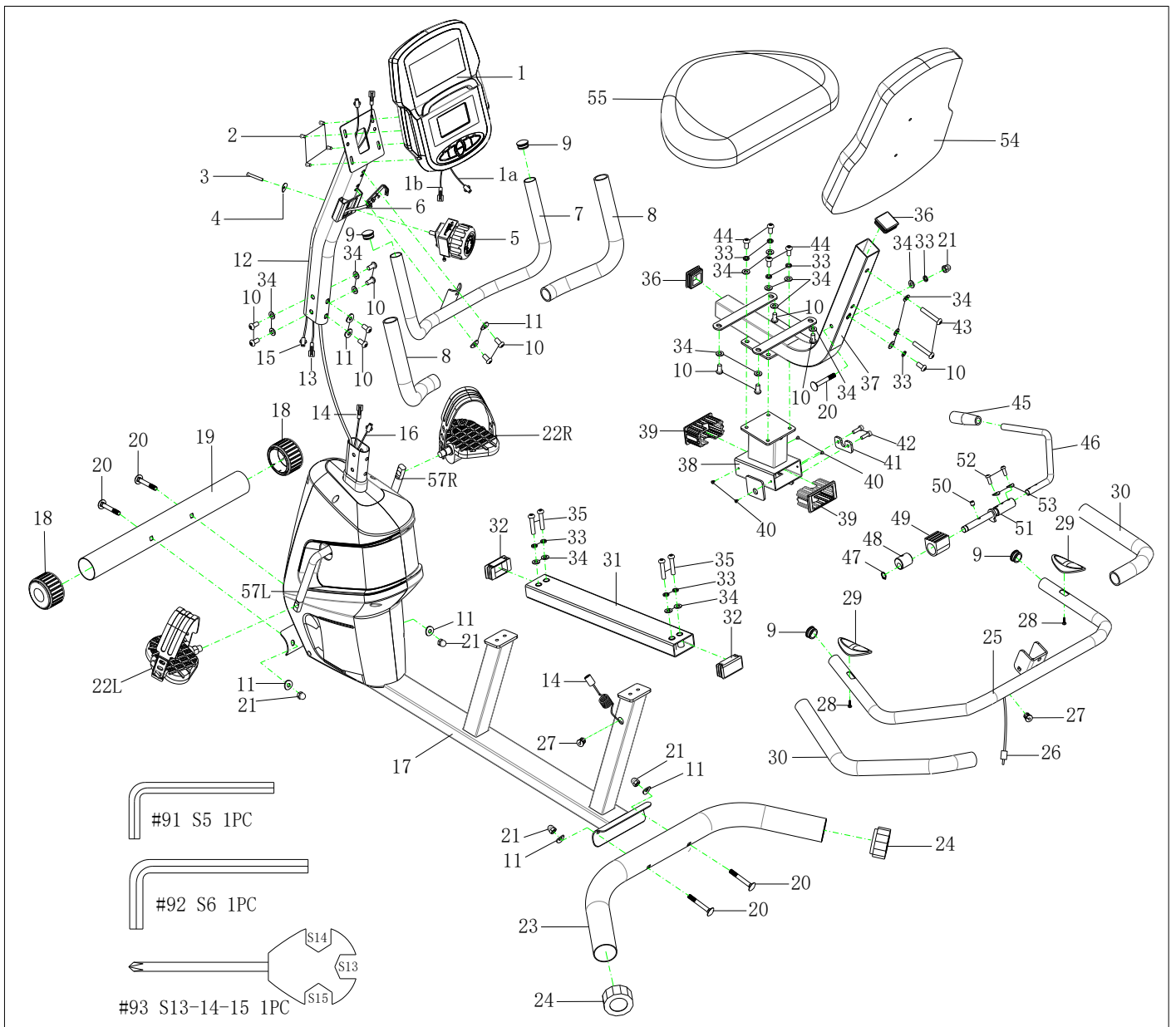# MAGNETIC RECUMBENT BIKE
SF-RB4806
USER MANUAL

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 or 1- 877 - 90SUNNY (877-907-8669).
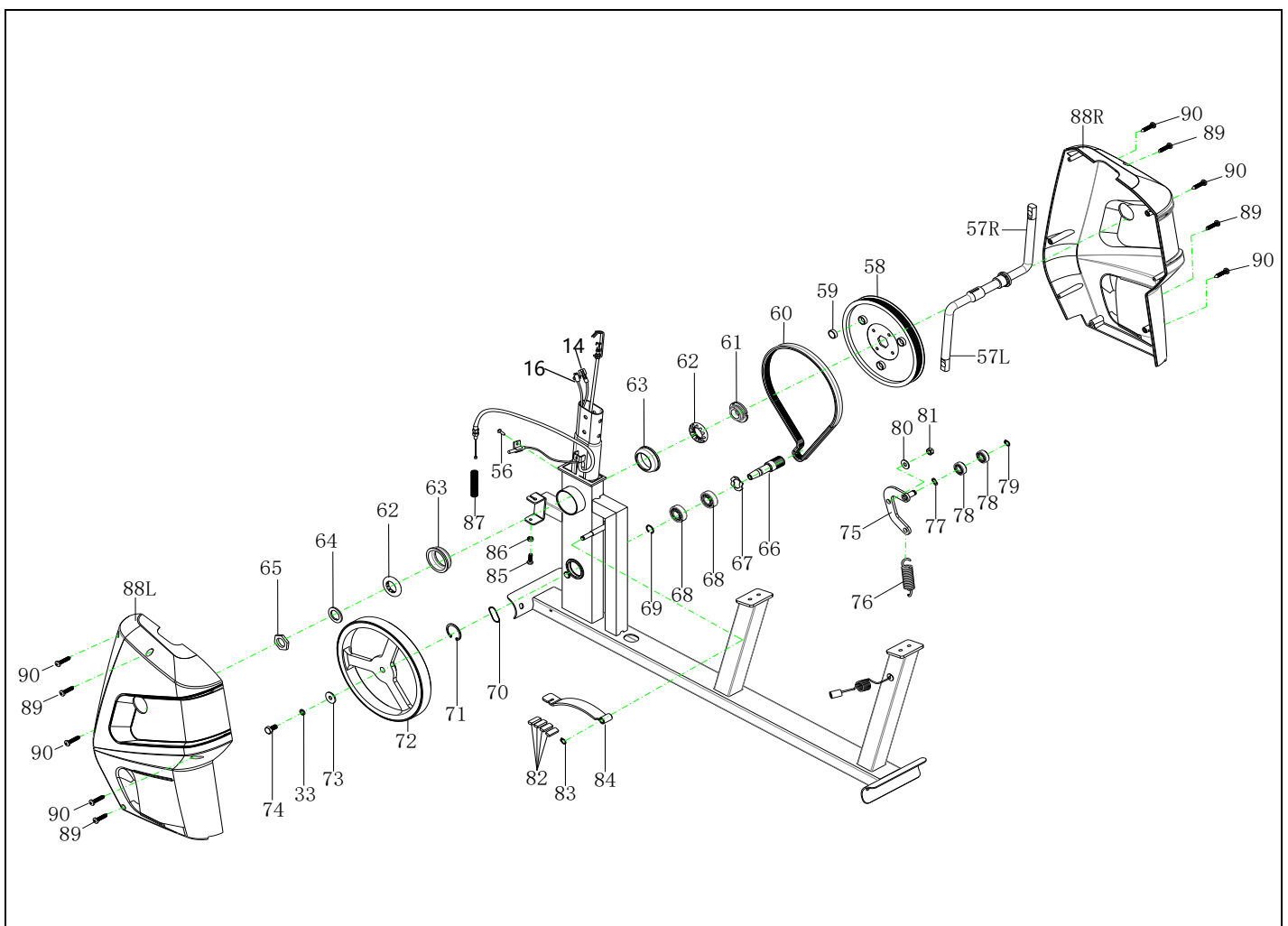
IMPORTANT SAFETY INFORMATION

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 220 pounds (100 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 1

#91 S5 1PC

#92 S6 1PC

#93 S13-14-15 1PC

EXPLODED DIAGRAM 2

HARDWARE PACKAGE

#10 M8*16 5PCS		#20 M8*60*20*H5 1PC
#21 M8*H16 1PC		#34 d8*Φ16*1.5 8PCS
#33 d8 2PCS		#43 M8*50 2PCS
#91 S5 1PC	#92 S6 1PC	#93 S13-14-15 1PC
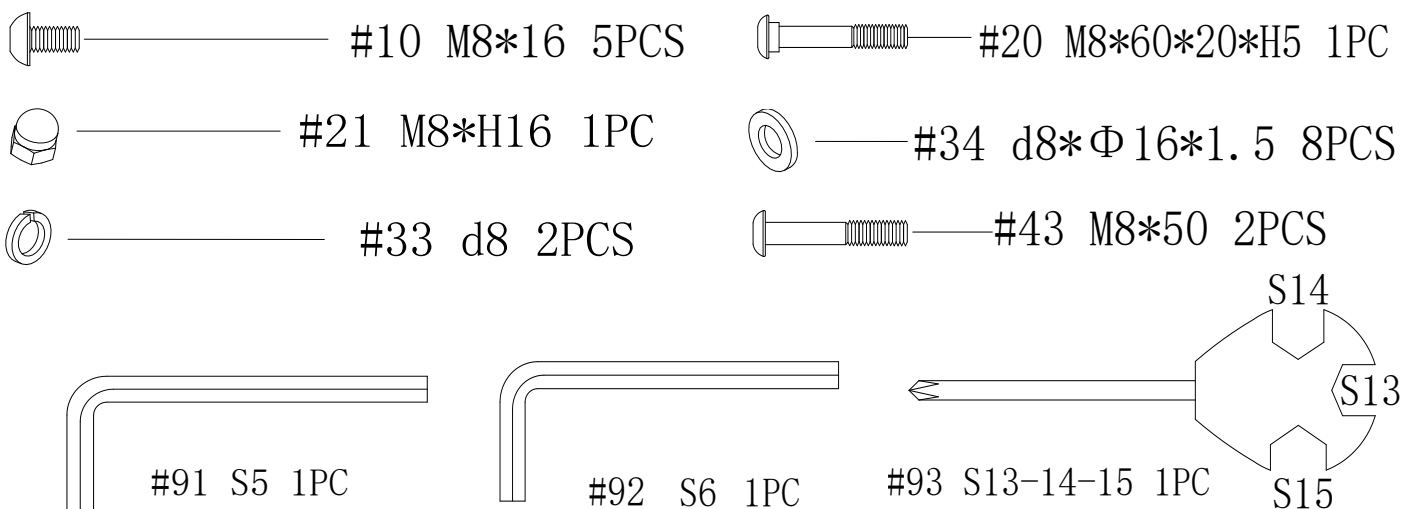
PARTS LIST

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
1	Computer		1	28	Screw	ST4.0*19	2
1a	Computer Wire		1	29	Handle Pulse Plate		2
1b	Computer Wire		1	30	Foam Grip	Φ23*3*520	2
2	Bolt	M5*10	4	31	Slider		1
3	Bolt	M5*40*Φ8	1	32	Square End Cap	J60*30	2
4	Arc Washer	d5*Φ20*R30*1.5	1	33	Spring Washer	d8	11
5	Tension Control Knob		1	34	Washer	d8*Φ16*1.5	20
6	Lower Wire		1	35	Bolt	M8*45	4
7	Front Handlebar		1	36	Square End Cap	F38*38*14	2
8	Foam Grip	Φ23*3*340	2	37	Backrest Frame		1
9	Round End Cap	Φ25*16	4	38	Backrest Frame Support		1
10	Bolt	M8*16	13	39	Bushing	J80*40	2
11	Arc Washer	d8*Φ20*2*R30	8	40	Screw	ST3*6	4
12	Handlebar Post		1	41	Fixed Plate	For Handlebar	1
13	Sensor Wire Extension		1	42	Bolt	M6*16	2
14	Pulse Wire		1	43	Bolt	M8*50	2
15	Pulse Wire Extension		1	44	Bolt	M8*20	4
16	Sensor Wire		1	45	Bushing	For Adjusted Handlebar	1
17	Main Frame		1	46	Adjusted Handlebar		1
18	End Cap		2	47	Washer	D12	1
19	Front Stabilizer		1	48	Eccentric Wheel		1
20	Bolt	M8*60*20*H5	5	49	Clamp		1
21	Cap Nut	M8*H16	5	50	Bolt	M8*10	1
22L/R	Pedal		2	51	Clamp Shaft		1
23	Rear Stabilizer		1	52	Bolt	M6*20	2
24	End Cap		2	53	Arc Washer	d6*Φ16*1.5*R16	2
25	Rear Handlebar		1	54	Backrest Cushion		1
26	Handle Pulse Wire		1	55	Seat Cushion		1
27	Grommet	Φ12*11*Φ3	2	56	Screw	ST4.2*16	1

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
57L/R	Crank		2	76	Spring	Φ3.2*φ20.2*70*N10	1
58	Belt Plate		1	77	Wave Washer	d10	1
59	Magnet	φ15*7	1	78	Bearing	6000	2
60	Belt		1	79	Washer	d10	1
61	Nut		1	80	Washer	d8*Φ20*2	1
62	Bearing		2	81	Nylon Nut	M8*H7.5	1
63	Bearing Housing		2	82	Magnet		4
64	Washer		1	83	Washer	d8	1
65	Big Nut		1	84	Magnetic Plate		1
66	Flywheel Shaft	Φ21*35*84-9PJ	1	85	Bolt	M6*20	1
67	Wave Washer	d15	1	86	Nut	M6*H5	1
68	Bearing	6202	2	87	Spring	Φ1.2*Φ15*48*N9	1
69	Washer	d15	1	88L/R	Chain Cover		2
70	Wave Washer	d31.5	1	89	Screw	ST4.2*16	4
71	Washer	d35	1	90	Screw	ST4.2*19	6
72	Flywheel	2KG	1	91	Allen Wrench	S5	1
73	Washer	d8*Φ25*2	1	92	Allen Wrench	S6	1
74	Bolt	M8*16	1	93	Spanner	S13-14-15	1
75	Idler Wheel Connect Staff		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 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 or 1-877-90SUNNY (877-907-8669).
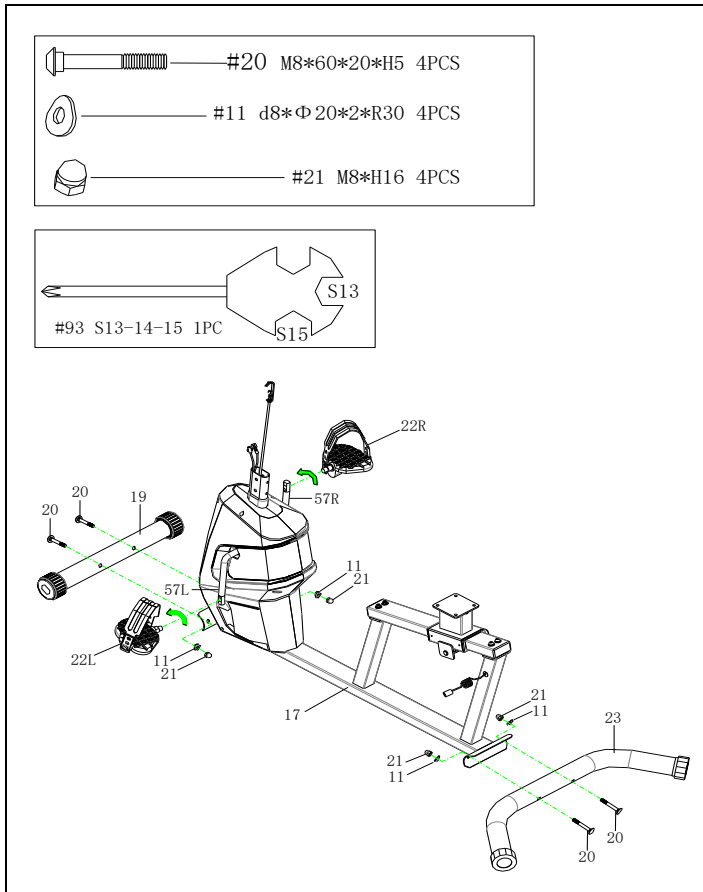
STEP 1:

Remove 4 **Bolts (No. 20)**, 4 **Arc Washers (No. 11)**, and 4 **Cap Nuts (No. 21)** from **Front Stabilizer (No. 19)** and **Rear Stabilizer (No. 23)** using **Spanner (No. 93)**.
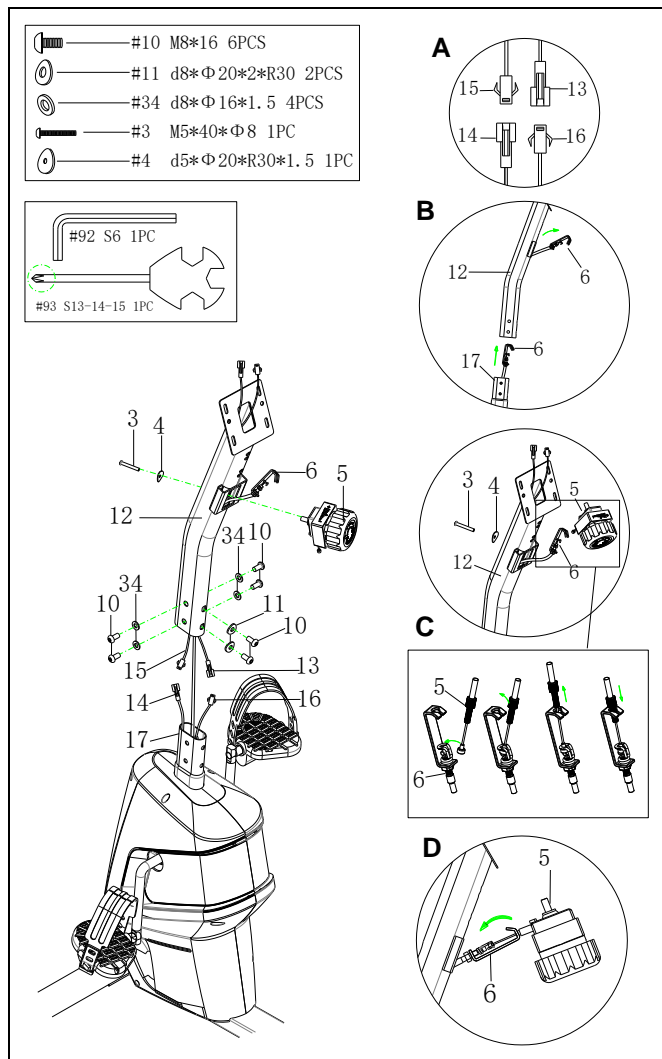
Attach **Front Stabilizer (No. 19)** and **Rear Stabilizer (No. 23)** to **Main Frame (No. 17)** using 4 **Bolts (No. 20)**, 4 **Arc Washers (No. 11)**, and 4 **Cap Nuts (No. 21)** that were removed. Tighten and secure with **Spanner (No. 93)**.

Connect the **Left** & **Right Pedals (No. 22L** & **No. 22R)** onto the **Left** & **Right Cranks (No. 57L** & **No. 57R)**.

Left Pedal: Align the **Left Pedal (No. 22L)** with the **Left Crank (No. 57L)** at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal _counter-clockwise_ as tightly as you can with your hand. Secure with **Spanner (No. 93)**.

Right Pedal: Align the **Right Pedal (No. 22R)** with the **Right Crank (No. 57R)** at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal _clockwise_ as tightly as you can with your hand. Secure with **Spanner (No. 93)**.

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#10 M8*16 6PCS
#11 d8*Φ20*2*R30 2PCS
#34 d8*Φ16*1.5 4PCS
#3 M5*40*Φ8 1PC
#4 d5*Φ20*R30*1.5 1PC

#92 S6 1PC
#93 S13-14-15 1PC

A

B

C

D

STEP 2:

Remove 6 **Bolts (No. 10)**, 2 **Arc Washers (No. 11)**, and 4 **Washers (No. 34)** from **Main Frame (No. 17)** using **Allen Wrench (No. 92)**.

Connect **Sensor Wire (No. 16)** with **Sensor Wire Extension (No. 13)** and connect **Pulse Wire (No. 14)** with **Pulse Wire Extension (No. 15)** as shown in picture A. Pull out the **Lower Wire (No. 6)** from the hole of **Main Frame (No. 17)**, then insert the **Lower Wire (No. 6)** into the bottom hole of the **Handlebar Post (No. 12)** and go out through the side hole of the **Handlebar Post (No. 12)** as shown in picture B.

Attach **Handlebar Post (No. 12)** to **Main Frame (No. 17)** using 6 **Bolts (No. 10)**, 2 **Arc Washers (No. 11)**, and 4 **Washers (No. 34)** that were removed. Tighten and secure with **Allen Wrench (No. 92)**.
Note: Do not clip the wires when assembling the **Handlebar Post (No. 12)**.

Remove 1 **Bolt (No. 3)** and 1 **Arc Washer (No. 4)** from **Tension Control Knob (No. 5)** using **Spanner (No. 93)**.

Check the **Tension Control Knob (No. 5)** is at level 8 (highest resistance) to ensure the wire is the longest. Connect **Tension Control Knob (No. 5)** with **Lower Wire (No. 6)** as shown in picture C, then back **Lower Wire (No. 6)** into **Handlebar Post (No. 12)**.
Note: When the **Lower Wire (No. 6)** is backed into **Handlebar Post (No. 12)**, the direction should be correct as shown in picture D.

Attach **Tension Control Knob (No. 5)** to **Handlebar Post (No. 12)** using 1 **Bolt (No. 3)** and 1 **Arc Washer (No. 4)** that were removed. Tighten and secure with **Spanner (No. 93)**.

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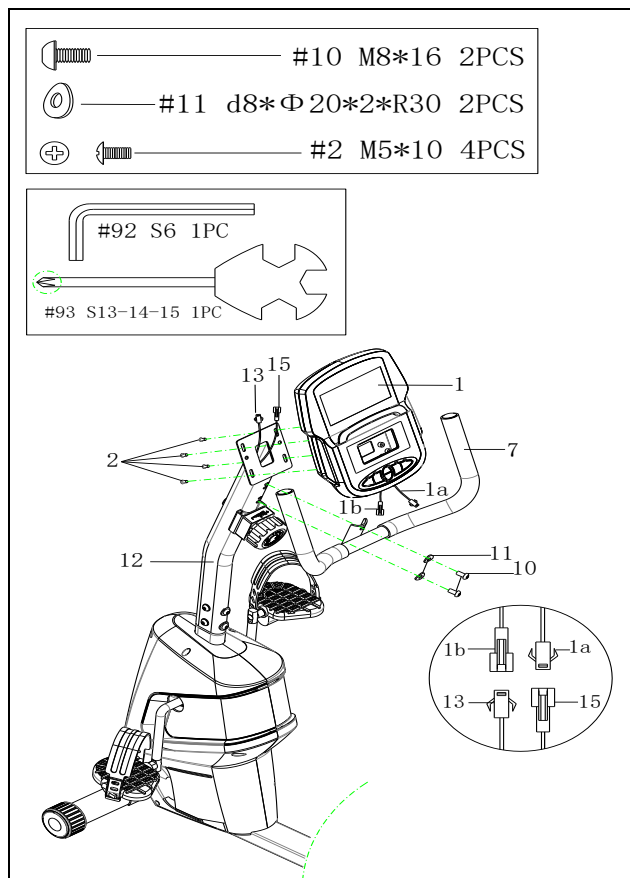

STEP 3:

Remove 2 **Bolts (No. 10)** and 2 **Arc Washers (No. 11)** from **Handlebar Post (No. 12)** using **Allen Wrench (No. 92)**.

Attach **Front Handlebar (No. 7)** to **Handlebar Post (No. 12)** using 2 **Bolts (No. 10)** and 2 **Arc Washers (No. 11)**. Tighten and secure with **Allen Wrench (No. 92)**.

Remove 4 **Bolts (No. 2)** from **Computer (No. 1)** using **Spanner (No. 93)**.

Connect **Computer Wire (No. 1b)** with **Sensor Wire Extension (No. 13)** and connect **Computer Wire (No. 1a)** with **Pulse Wire Extension (No. 15)**. Then, attach **Computer (No. 1)** to **Handlebar Post (No. 12)** using 4 **Bolts (No. 2)** that were removed. Tighten and secure with **Spanner (No. 93)**.
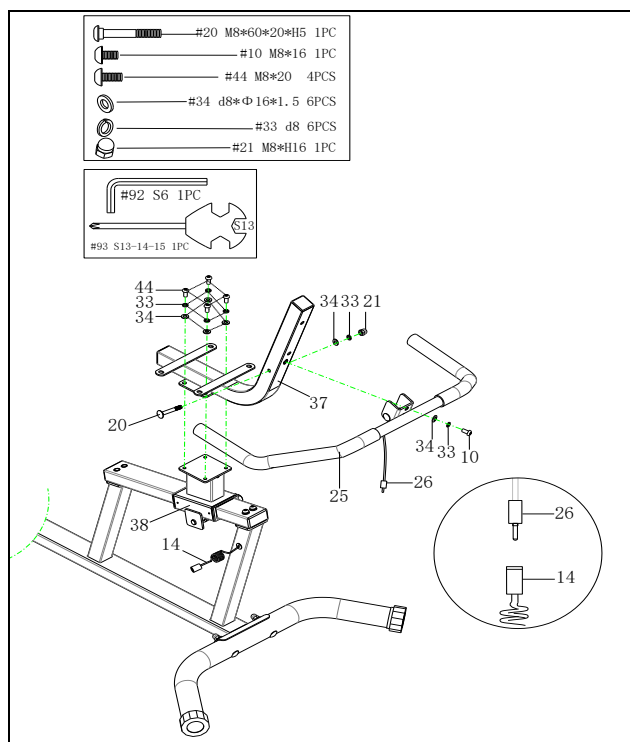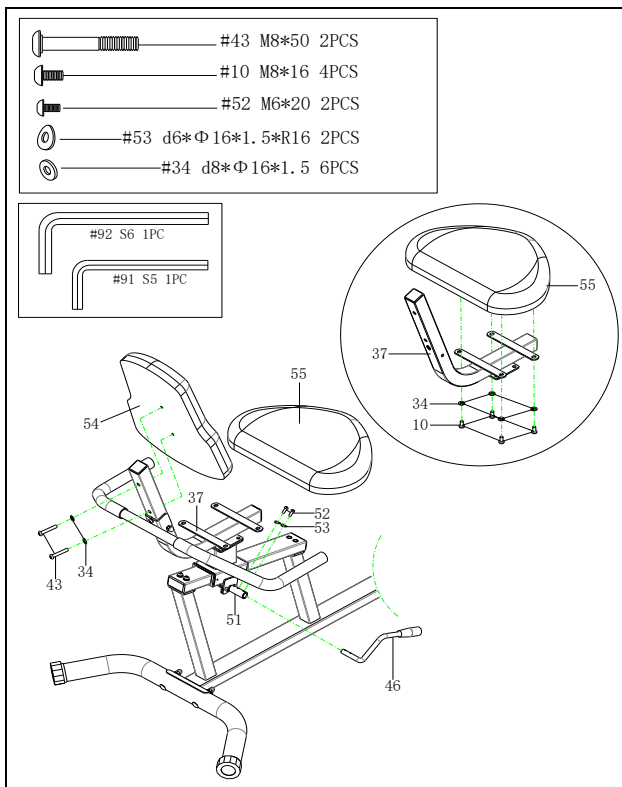

STEP 4:

Remove 4 **Bolts (No. 44)**, 4 **Spring Washers (No. 33)**, and 4 **Washers (No. 34)** from **Backrest Frame Support (No. 38)** using **Allen Wrench (No. 92)**.

Attach **Backrest Frame (No. 37)** to **Backrest Frame Support (No. 38)** using 4 **Bolts (No. 44)**, 4 **Spring Washers (No. 33)**, and 4 **Washers (No. 34)** that were removed. Tighten and secure with **Allen Wrench (No. 92)**.

Attach **Rear Handlebar (No. 25)** to **Backrest Frame (No. 37)** using 1 **Bolt (No. 20)**, 1 **Bolt (No. 10)**, 2 **Spring Washers (No. 33)**, 2 **Washers (No. 34)**, and 1 **Cap Nut (No. 21)**. Tighten and secure with **Allen Wrench (No. 92)** and **Spanner (No. 93)**.

Connect **Handle Pulse Wire (No. 26)** with **Pulse Wire (No. 14)**.

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).

#43	M8*50 2PCS
#10	M8*16 4PCS
#52	M6*20 2PCS
#53	d6*Φ16*1.5*R16 2PCS
#34	d8*Φ16*1.5 6PCS
#92	S6 1PC
#91	S5 1PC

STEP 5:

Remove 2 **Bolts (No. 52)** and 2 **Arc Washers (No. 53)** from **Adjusted Handlebar (No. 46)** using **Allen Wrench (No. 91)**.

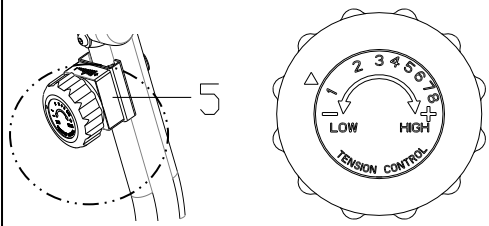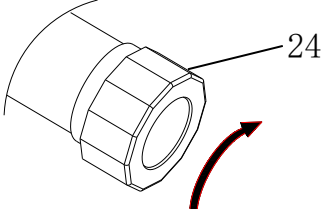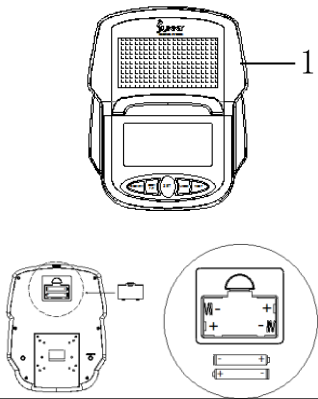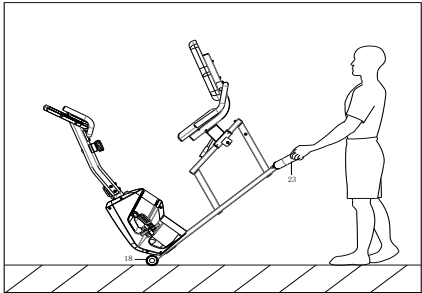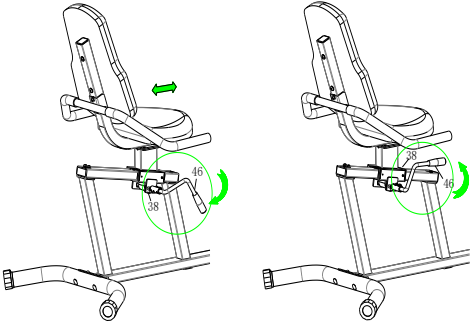Attach **Adjusted Handlebar (No. 46)** to **Clamp Shaft (No. 51)** using 2 **Bolts (No. 52)** and 2 **Arc Washers (No. 53)** that were removed. Tighten and secure with **Allen Wrench (No. 91)**.

Attach **Seat Cushion (No. 55)** to **Backrest Frame (No. 37)** using 4 **Bolts (No. 10)** and 4 **Washers (No. 34)**. Tighten and secure with **Allen Wrench (No. 92)**.

Attach **Backrest Cushion (No. 54)** to **Backrest Frame (No. 37)** using 2 **Bolts (No. 43)** and 2 **Washers (No. 34)**. Tighten and secure with **Allen Wrench (No. 92)**.

The assembly is complete!

ADJUSTMENTS GUIDE

ADJUSTING THE RESISTANCE

Rotate the **Tension Control Knob (No. 5)** *clockwise* to increase the level of resistance. Rotate the tension control *counter-clockwise* to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 8 being the highest.

ADJUSTING THE BALANCE

When this product is on an uneven surface, please adjust both **End Caps (No. 24)** according to the left instruction picture.

REPLACE THE BATTERY

Two AA batteries are included in the **Computer (No. 1)**.
To replace the batteries, replace both batteries from the back of **Computer (No. 1)**. Do no mix battery types and do not mix old and new batteries.

Dispose or recycle batteries according to your state and local guidelines.

MOVING THE MACHINE

To move the machine, lift the **Rear Stabilizer (No. 23)** until **End Caps (No. 18)** touch the ground. With the **End Caps (No. 18)** on the ground, you can transport the bike to the desired location with ease.

ADJUSTING THE SEAT

Push the **Adjusted Handlebar (No. 46)** down to loosen (see *Fig 1*). Keep your feet on the floor as leverage, then move the **Backrest Frame Support (No. 38)** to the desired position. Pull the **Adjusted Handlebar (No. 46)** up to tighten (see *Fig 2*).

Fig 1   Fig 2

EXERCISE COMPUTER

FUNCTION BUTTONS:

MODE:
1. Press the button to select hour, minute, year, month, and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES, and PULSE to preset.
3. Press the button for selection function display on main LCD, or enter after setting.
4. Press the button to confirm setting values of gender, age, height, and weight.
5. Press the button and hold for 2 seconds to reset all values to zero.
   Note: When the user replaces batteries, all the values will reset to ZERO automatically.
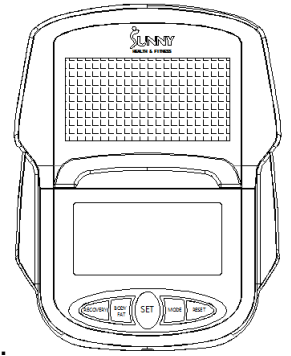
SET:
1. To set up the hour, minute, year, month, and date.
2. To set up the target value of Time, Distance, Calories, and Pulse. You can hold the button to increase the value fast. (No motion should be detected at the time of setting).
3. To set up the personal data of gender, age, height, and weight for Body Fat measure.

RESET:
Press the button to reset function values.
Note: When the user replaces the batteries, all the values will reset to ZERO automatically.

BODY FAT:
Press this button to enter Body Fat measure function, then press MODE button to enter the setting mode of your personal data of Gender, Age, Height, and Weight. After setting is complete, press it again, to measure your Body fat ratio (FAT%) and BMI.

RECOVERY:
To initiate the heart rate recovery function after pulse signal, press any button to return to the main display.

FUNCTIONS:

SCAN:
Automatically scans through each mode in sequence every 6 seconds. The display loop is RPM - Speed – Time – Distance – Calorie - Pulse on the main screen.

TIME:
Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE button. Each increase is 1 minute.

RPM:
Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to another display every 6 seconds after the exercise starts.

SPEED:
Displays current training speed. Maximum speed is 99.9 mi/h.

DISTANCE:
Accumulates total distance from 0.00 up to 99.99 miles. The user may preset
target distance data by pressing the SET & MODE button. Each increase setting is 0.5 miles.

CALORIES:
Accumulates calories burned during training from 0 to 999 calories.
The user may also preset the target calorie before training by pressing the SET & MODE button.
Each setting increase is 10 cal.
Note: This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.

PULSE: The monitor will display the user's heart rate in beats per minute during training.
You may set the target heart rate by pressing the SET & MODE button.

CALENDAR: The monitor will display date, month, and year when the monitor is in sleep mode.

CLOCK: The monitor will display current clock time when the monitor is in sleep mode.

TEMPERATURE: Displays current room temperature from 50℉ to 140℉ when the monitor is in sleep mode.

OPERATION ORDER:
1. Power on – Install 2 pieces of 1.5V UM-3 or AA batteries. The monitors display will flash with a long beep sound.
   Note: Whenever batteries are removed, all the functions values will be reset to zero or default value.
2. Set current data – Press the SET and MODE buttons to set up current clock time, year, month, and date. After the first setting, until the batteries are replaced next time, the preset data will be updated automatically.
3. Select and preset target values – Get access to the setting function of Time, Distance, Calories, and Target Pulse. When you are in each setting mode and the time setting value is flashing, you can press the SET button to adjust the value. Press the MODE button for confirmation and skip to the next setting. The setting of Distance & Calories is the same as the Time setting.
4. After entering speed signal, each function of SPEED-RPM-TIME-DISTANCE-CALORIES-PULSE will skip to display every 6 seconds.
5. You can also press the MODE button to select a single function display on the main screen except RPM & SPEED. The RPM & SPEED function will switch displays in 6 seconds.
6. If you have preset any function target before, the function starts to count down from the target when the training starts. Once the target is achieved, the monitor will beep, and the function will count from zero automatically if the training is continuing.
7. Pulse measurement – After you hold onto two handgrip sensors for a few seconds, the computer will show your current heart rate in beats per minute. To ensure the heart rate readout is precise, please hold on with both hands. You may preset the target pulse before training begins. Once your current heart rate is achieved, the pulse value will beep to remind you.
8. Recovery – When the PULSE is working, you can press the "RECOVERY" button to start the recovery test function. The computer will count down from 0:60 second to 0:00 and the heartbeat symbol will flash counting down to "0:00". During the 60 second counting period, please keep the heart rate sensor attached. Then, the screen will display "F1 to F6" to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to improve your heart rate recovery status and check it by using the Recovery function.

9. Body Fat –
   Press the BODY FAT button to enter body fat measurement.
   Press MODE and SET buttons to input your personal data. Each personal data available setting area is described as the following:
   AGE
   HEIGHT: 3'03" ~ 8'02" inches
   WEIGHT: 22 ~ 220 lbs

   After all personal data has been inputted, you can press the BODY FAT button and hold onto the handgrip sensors to start the body fat testing.
   It takes a few seconds to test the body fat. If you did not hold the handgrip sensors during the testing procedure, the LCD will show the error sign Err after 10 seconds.
   After the testing is finished, you will see body fat percentage and BMI figure (body mass Index) displayed on the main LCD in sequence by scan mode.
   BODY FAT %: Calculated from your personal data to show the value from 5%~50%.
   BMI: Calculated from your personal data to show the value from 1.0~99.99.

   Press any button to return to the main display.

Note:
1. Once training has stopped for 4 minutes, the screen will display room temperature, clock, and calendar automatically.
2. If the computer display is abnormal, please re-install the battery and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).

Version 1.1