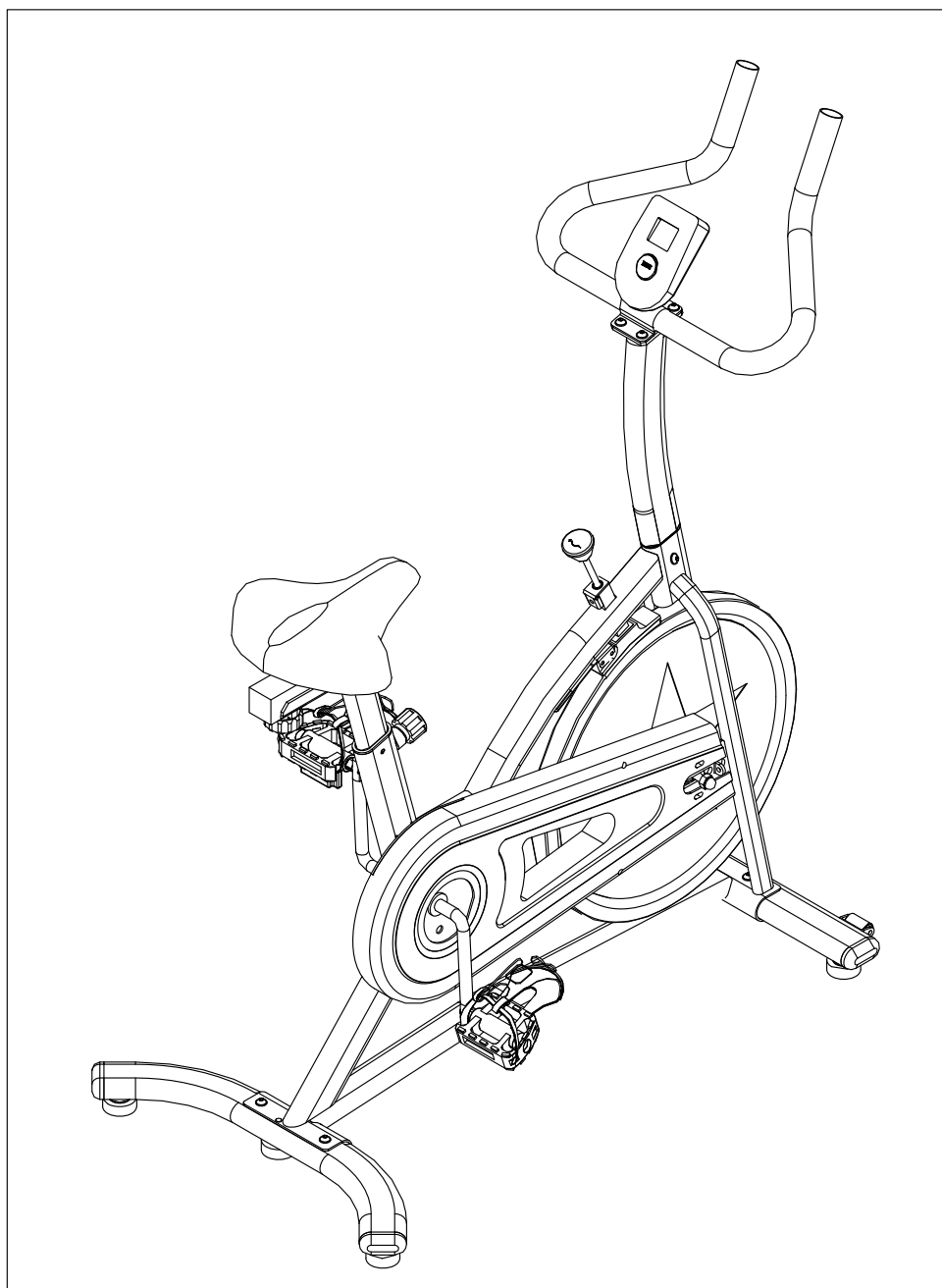




Indoor Cycling Exercise Bike

Model No. P8100 & SF-B1203



IMPORTANT!

PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE.

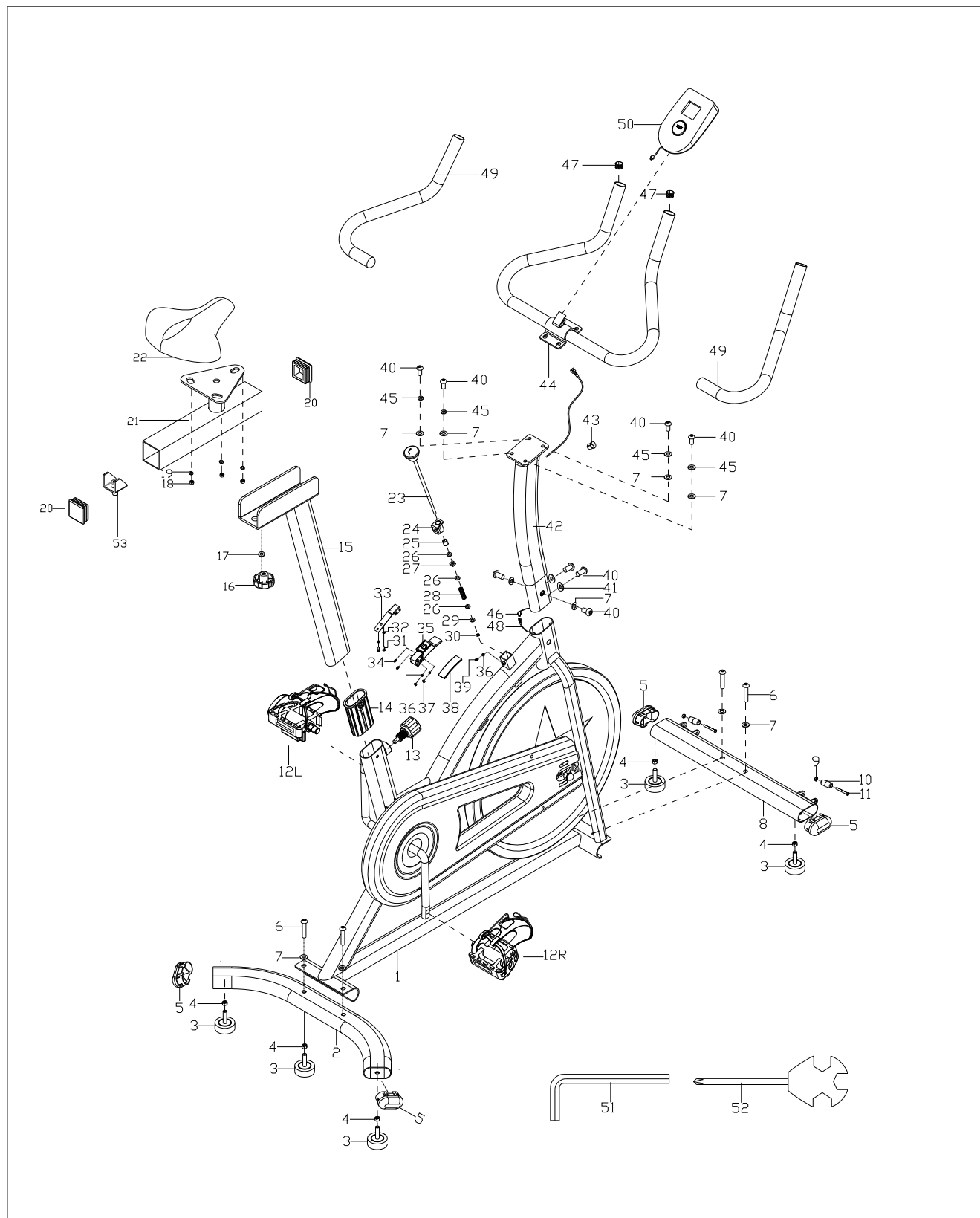
For Customer Service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY NOTICE

Please keep this manual for future reference.

1. 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.
2. 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.
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, extreme 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, while it is in use. Do not allow children to use 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 1.5 feet of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
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 use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has Maximum user weight of: 220lb.
11. The equipment is not suitable for therapeutic use. There are many functions of the computer, in which the value will show up when using the equipment. Please note that the value of the heart pulse displayed on the monitor is an estimate for reference.
12. To prevent injury to your back or other parts of body, care must be taken when lifting or moving the equipment. Always use proper lifting techniques and/or seek assistance if necessary.
13. Braking ability is independent of speed/tension.
14. This equipment is designed for indoor and home use only, it is not intended for commercial use.

EXPLODED VIEW



PART LIST

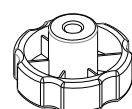
| NO. | Description | Qty. | NO. | Description | Qty. |
|-------|-----------------------------------------|------|-----|--------------------------------------|------|
| 1 | Main frame | 1 | 28 | Spring $\Phi 1^* \Phi 11^* 57^* N11$ | 1 |
| 2 | Rear stabilizer | 1 | 29 | Washer d6* $\Phi 16^* 1.2$ | 1 |
| 3 | Foot pad $\Phi 43^* 14^* M8^* 25$ | 5 | 30 | Nylon nut M6*H6*S10 | 1 |
| 4 | Nut M8*H5.5*S1 | 5 | 31 | Bolt M6*10*S10 | 2 |
| 5 | End cap PT60*30*20 | 4 | 32 | Washer d6* $\Phi 12^* 1.2$ | 2 |
| 6 | Screw M8*40*20*S6 | 4 | 33 | Brake Spring pad | 1 |
| 7 | Washer d8* $\Phi 16^* 1.5$ | 10 | 34 | Screw M5*30* $\Phi 8$ | 2 |
| 8 | Front stabilizer | 1 | 35 | Brake pad | 1 |
| 9 | Nylon nut M6*H6*S10 | 2 | 36 | Washer d5* $\Phi 10^* 1$ | 3 |
| 10 | Roll wheel $\Phi 23^* 32^* \Phi 6$ | 2 | 37 | Nylon nut M5 | 2 |
| 11 | Bolt M6*48*18*S10 | 2 | 38 | Wool felt t8*30*110 | 1 |
| 12L/R | Pedal 76X 1/2" | 2 | 39 | Screw M5*8* $\Phi 8$ | 1 |
| 13 | Knob M16*1.5*22* $\Phi 37$ | 1 | 40 | Screw M8*16 | 8 |
| 14 | Bushing PT60*30*50*20*93*15 | 1 | 41 | Arc washer d8* $\Phi 20^* R16^* 2$ | 2 |
| 15 | Saddle post | 1 | 42 | Front post | 1 |
| 16 | Knob M10* $\Phi 58^* 32$ | 1 | 43 | Grommet | 1 |
| 17 | Washer d10* $\Phi 20^* 2$ | 1 | 44 | Handlebar | 1 |
| 18 | Nylon nut M8 | 3 | 45 | Spring washer d8 | 4 |
| 19 | Washer d8* $\Phi 16^* 1.5$ | 3 | 46 | Upper sensor wire | 1 |
| 20 | Square end cap J38*38*14 | 2 | 47 | Round end cap $\Phi 25^* 16$ | 2 |
| 21 | Saddle tube | 1 | 48 | Lower Sensor wire | 1 |
| 22 | Saddle | 1 | 49 | Foam grip $\Phi 23^* 5^* 400$ | 2 |
| 23 | Brake handle $\Phi 8^* \Phi 40^* 195$ | 1 | 50 | Computer | 1 |
| 24 | Small cover | 1 | 51 | Wrench S6 | 1 |
| 25 | Brake spacer $\Phi 12^* \Phi 9^* 15$ | 1 | 52 | Wrench S13-14-15 | 1 |
| 26 | Plastic washer $\Phi 8.5^* \Phi 16^* 2$ | 3 | 53 | U shape slider | 1 |
| 27 | Nut M8*H5*S12 | 1 | | | |


HARDWARE PACKAGE


 #6 M8*40*20*S6 4PCS

 #7 d8*ø16*1.5 10PCS

 #13 M16*1.5*22*ø37 1PC

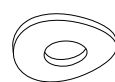
 #16 M10*ø58*22 1PC


 #17 d10*ø20*2 1PC

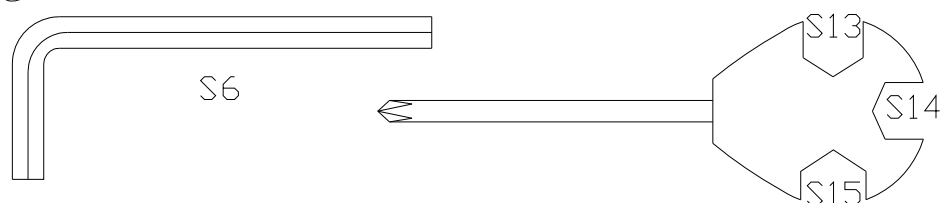
 #36 d5*ø10*1 1PC

 #39 M5*8*ø8 1PC

 #40 M8*16 4PCS

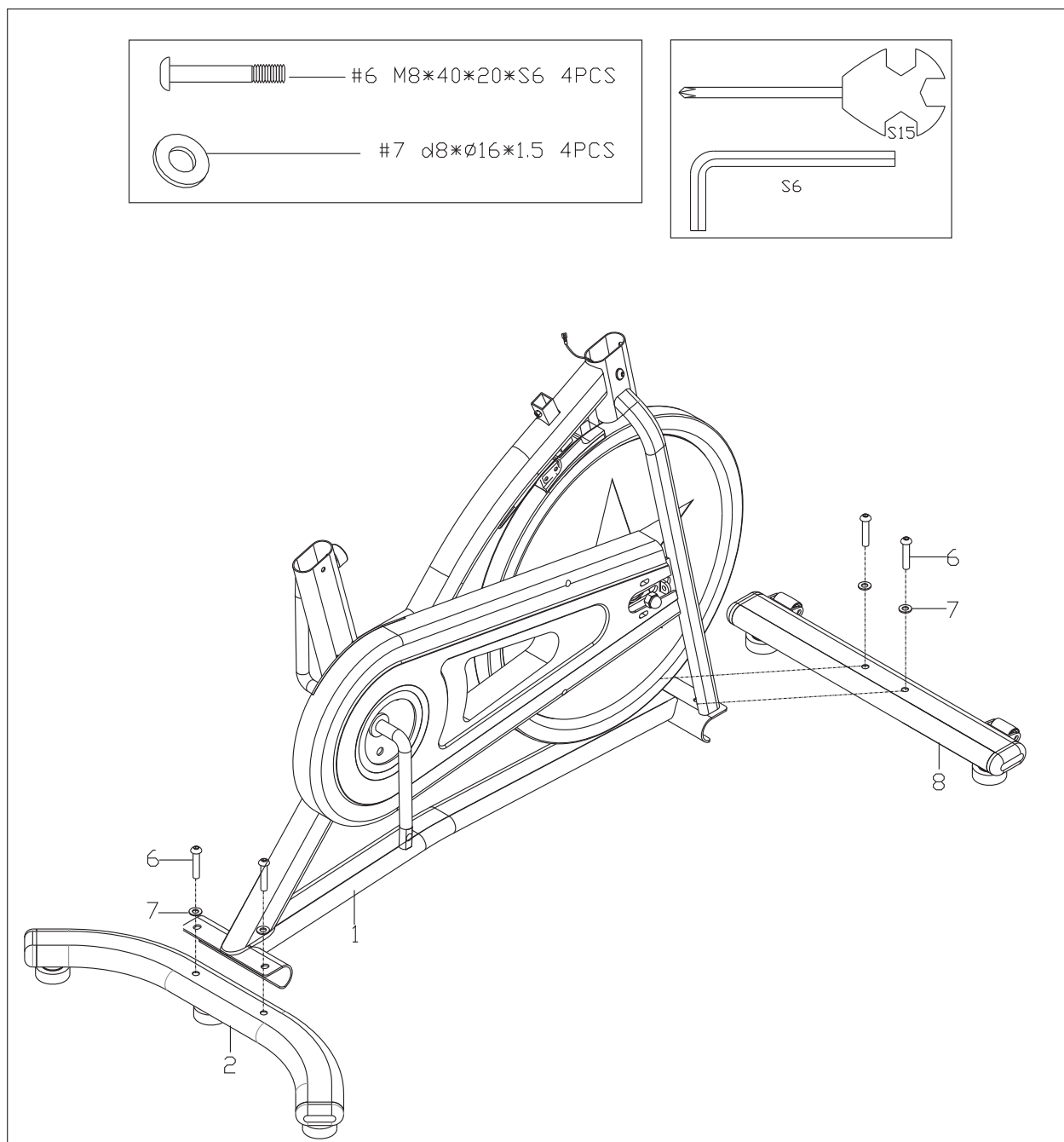
 #41 d8*ø20*R16*2 2PCS

 #45 d8 4PCS



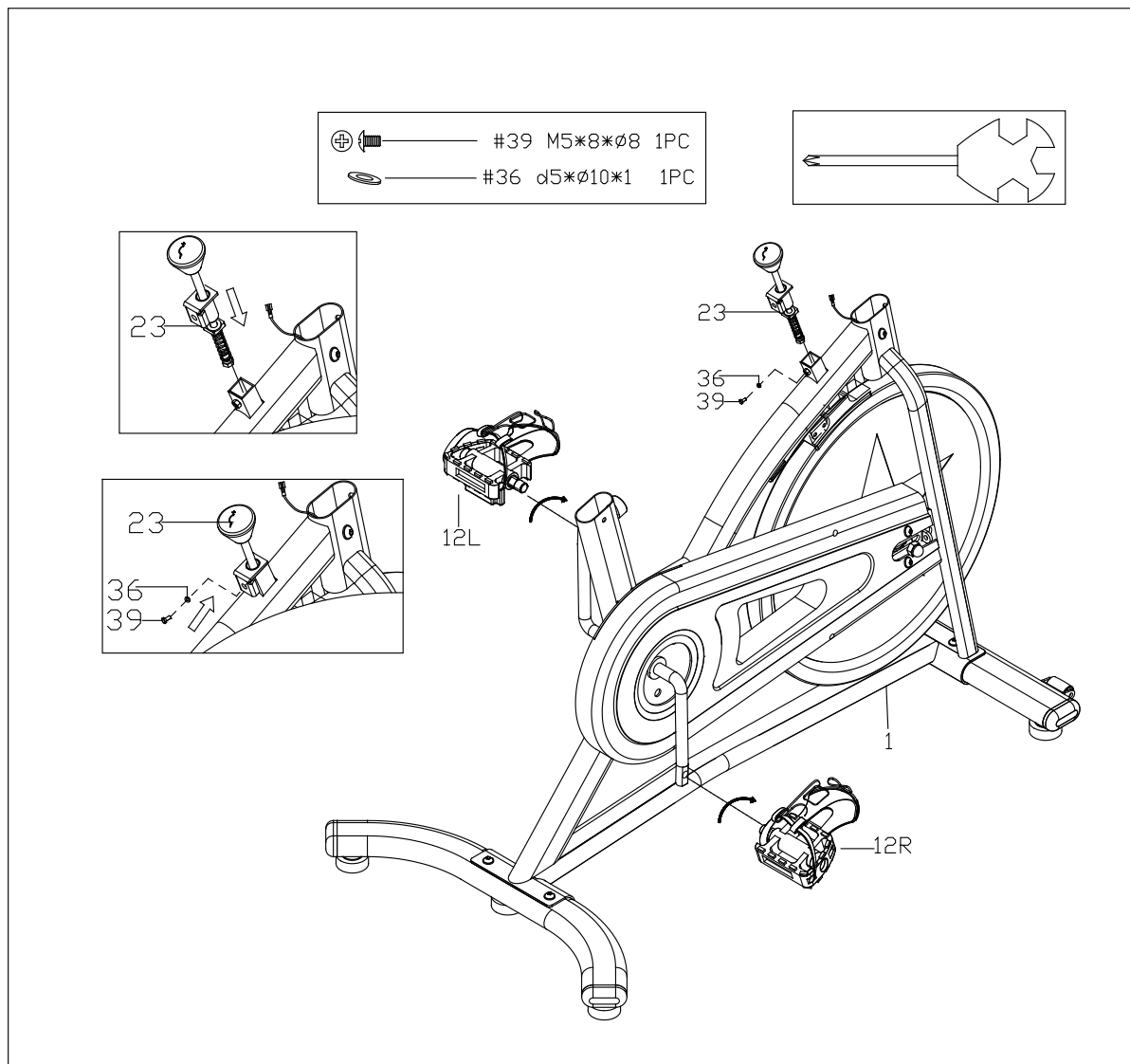
ASSEMBLY INSTRUCTIONS

STEP 1:



Fix the Front stabilizer (8) and the Rear stabilizer (2) onto the Main frame (1) with Screws (6) and Washers (7).

STEP 2:



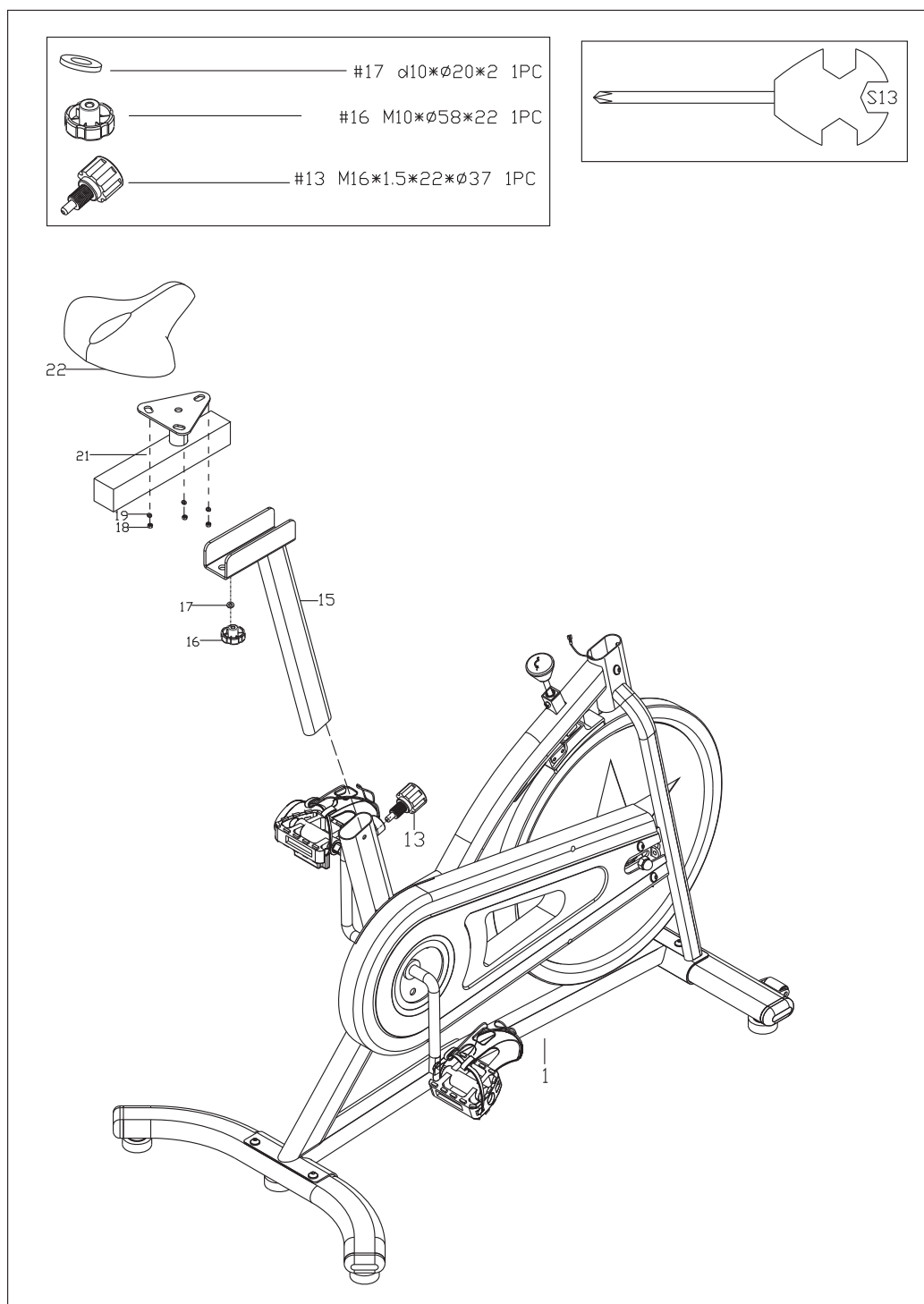
A. Push the Brake handle (23) into the Main frame (1) down slowly and then fix it with the Screw (39) and Washer (36).

B. Lock the Pedal (12L/R) on the *left and right crank of the Main frame (1).

★**CAUTION:** The left side of the machine has reversed threading. You must screw the left pedal counter-clockwise to tighten. The right pedal is tightened by turning clockwise.

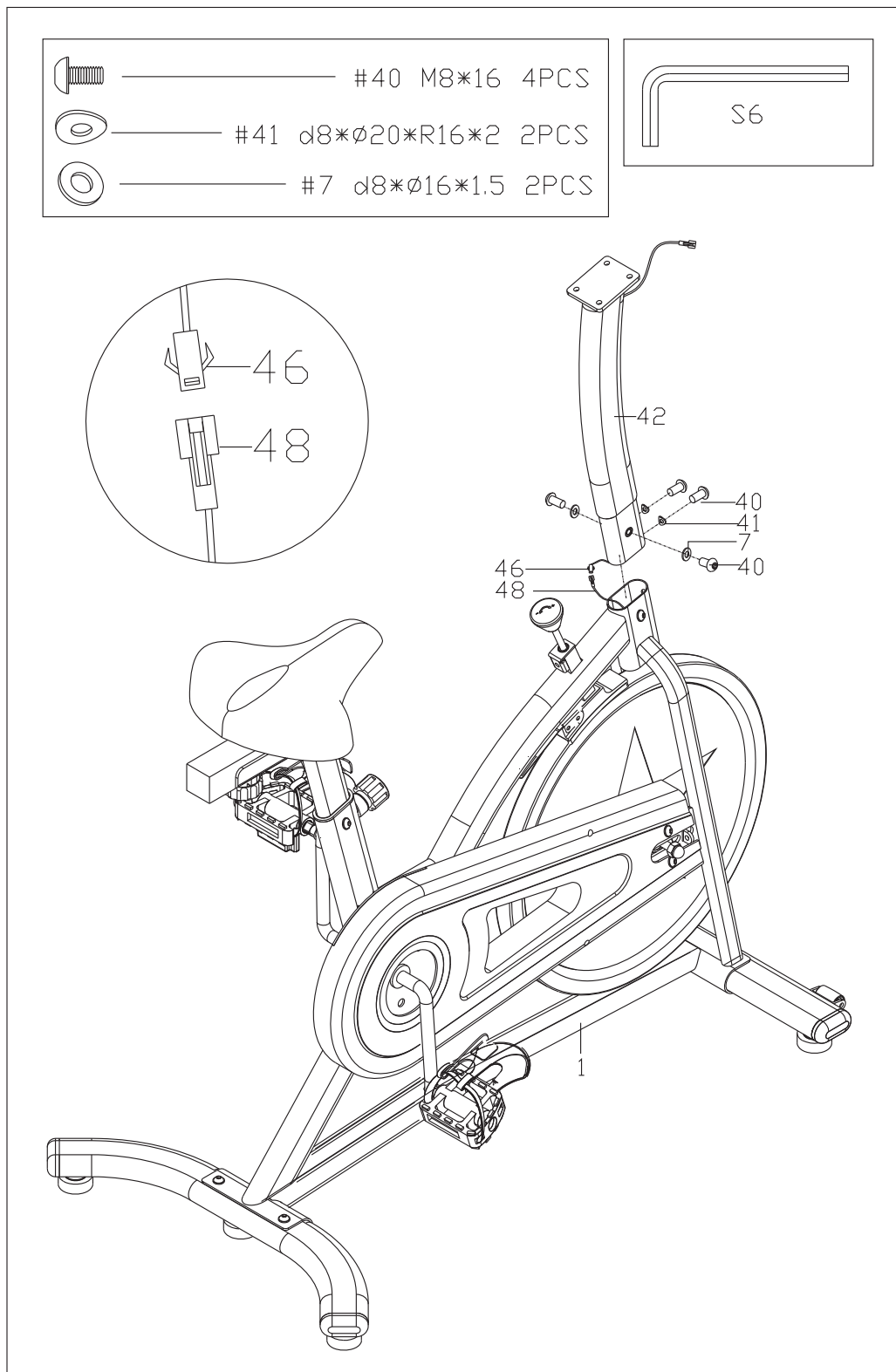
Failure to follow these instructions can result in permanent damage to your bike.

STEP 3:



- Fix the Saddle (22) onto the Saddle tube (21) with Washers (19) and Nylon nuts (18).
- Insert the Saddle post (15) into the Main frame (1), and then tighten it with the Knob (13).
- Put the Saddle tube (21) on the Saddle post (15), and then tighten it using the Knob (16) and Washer (17).

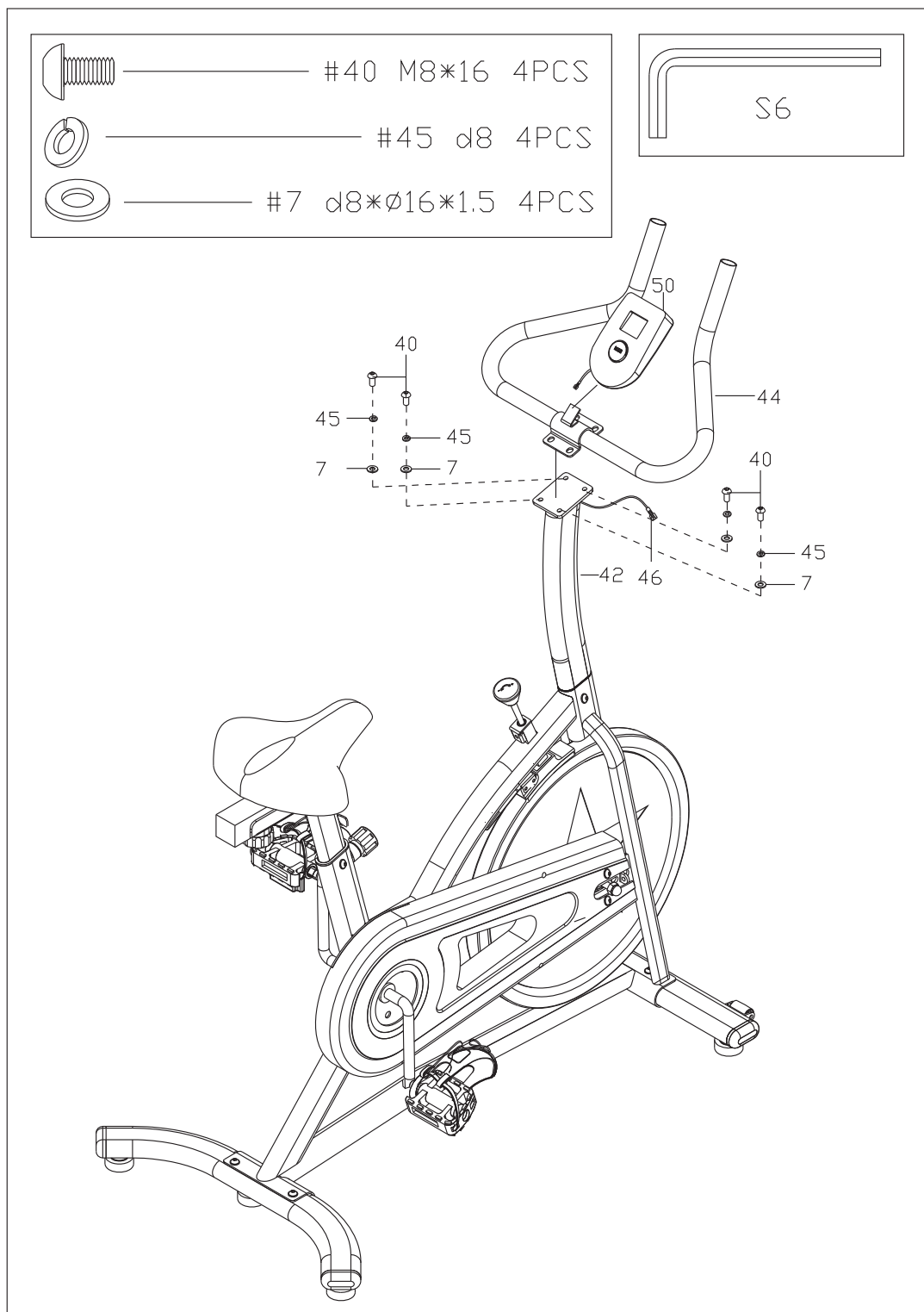
STEP 4:



A. Connect the Lower Sensor wire (48) with the Upper sensor wire (46), then push the connected sensor wire back into the tube of Main frame(1).

B. Fix the Front post (42) onto the Main frame (1) with Arc washers (41), Washers (7) and Screws (40).

STEP 5:

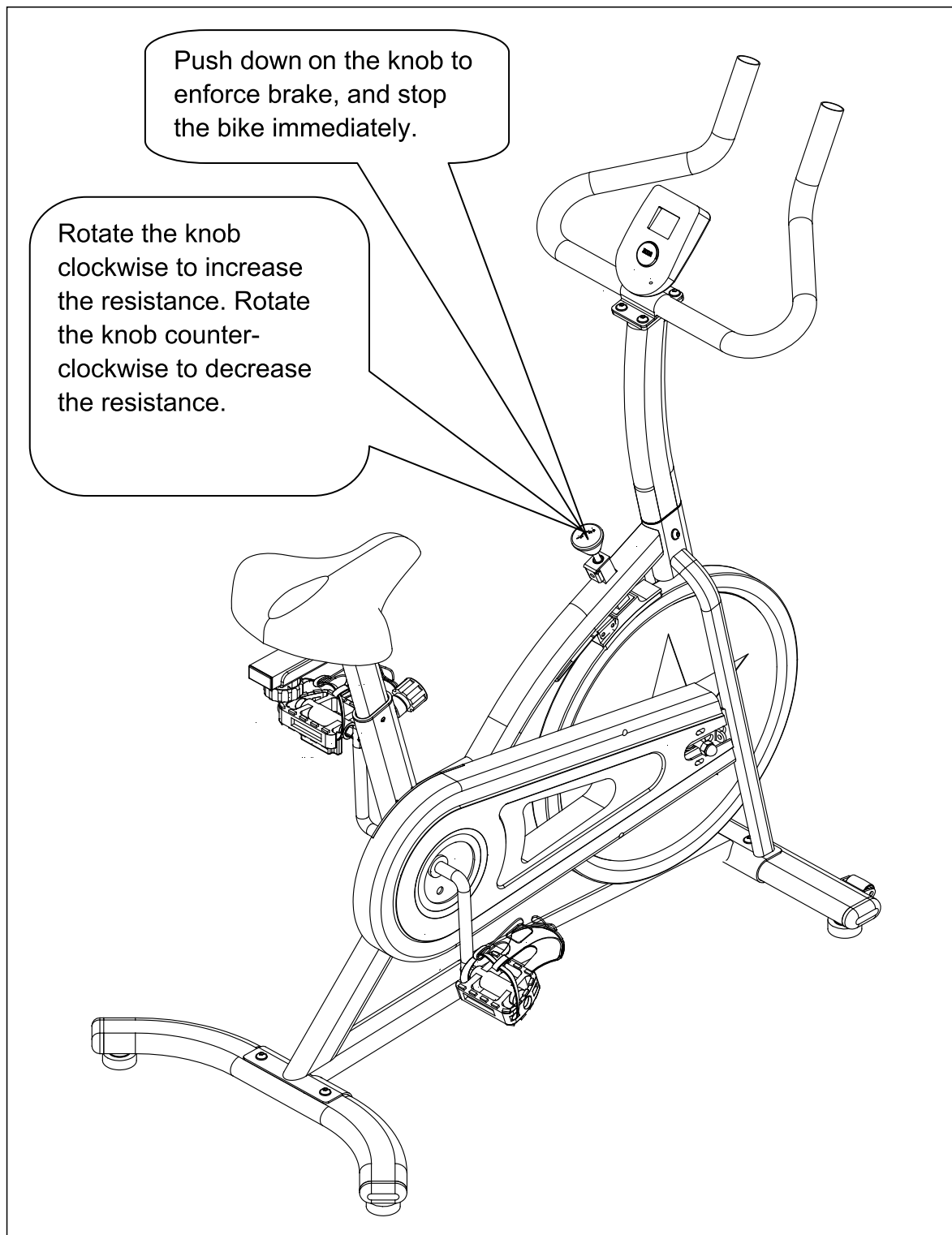


A. Assemble the Handlebar (44) on the Front post (42), and fix it with Screws (40), Spring washers (45) and Washers (7).

B. Insert the Computer (50) onto the Computer mount of the Handlebar (44) and then connect the Sensor wire (46) to the Computer (50).

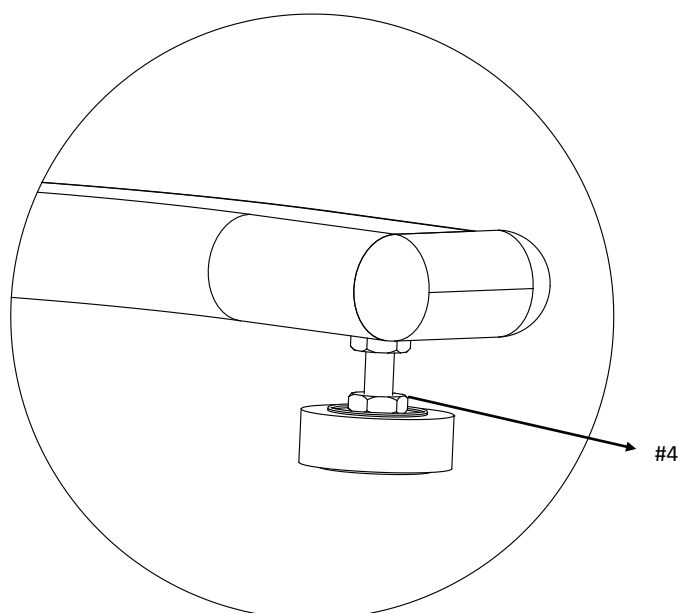
Assembly is now complete.

Notice:



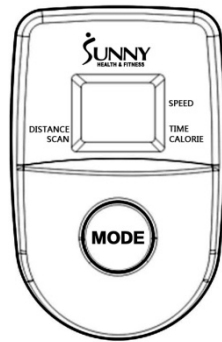
USAGE AND MAINTENANCE

1. If there is no signal coming to the computer please check if the sensor wires (46 & 48) are connected correctly.
2. If the display becomes blurry, please replace the batteries to improve the result.
3. This bike can be leveled to compensate for uneven surfaces. To level the bike, please raise or lower the foot pads, which are located on the bottom of the front and rear stabilizers. To raise the foot pad, screw it counterclockwise; to lower the foot pad, screw it clockwise (See picture below). Once the mainframe is leveled, turn the nut (4) upward and secure it tightly against the front and rear stabilizers.



4. Before every workout, please check the pedal axle. If the pedals have become loose, please retighten them.
5. Always make sure all hardware parts such as bolts, nuts and washers are positioned correctly and tightly secured.
6. Always inspect the safety chain guard that protects the moving parts of the bike to be in safe and good order.
7. Always inspect the seat post, seat slider, pedals and handlebar to make sure they are in safe and stable position before using the bike.
8. It is recommended that you lubricate all moving parts on a monthly basis.
9. Do not dismount the bike until the pedals are at a complete STOP.

EXERCISE COMPUTER



SPECIFICATIONS:

TIME -----00:00 - 99:59 MIN:SEC
SPEED -----0.0 – 999.9 KM/H OR ML/H
DISTANCE -----0.00 – 99.99 KM OR ML
CALORIES -----0.0 – 999.9 KCAL

KEY FUNCTION:

MODE: To select the function you want. Hold the key for 4 seconds to have all function values reset to zero .

OPERATION PROCEDURES:

AUTO ON/OFF .The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when starts exercise or press the key.

FUNCTION:

- <1>.TIME** Accumulates the workout time while exercising.
- <2>.SPEED** Display the current speed.
- <3>.DISTANCE** Accumulates the distances while exercising.
- <4>.CALORIES** Accumulates amount of calories consumed while exercising.
- <5>.SCAN** Automatically scan through each function between ① TIME② SPEED
③ DISTANCE④ CALORIE

BATTERY: If the display on the monitor appears improper or becomes difficult to see , please replace the batteries to correct the issue. This monitor uses two "AA" batteries.

