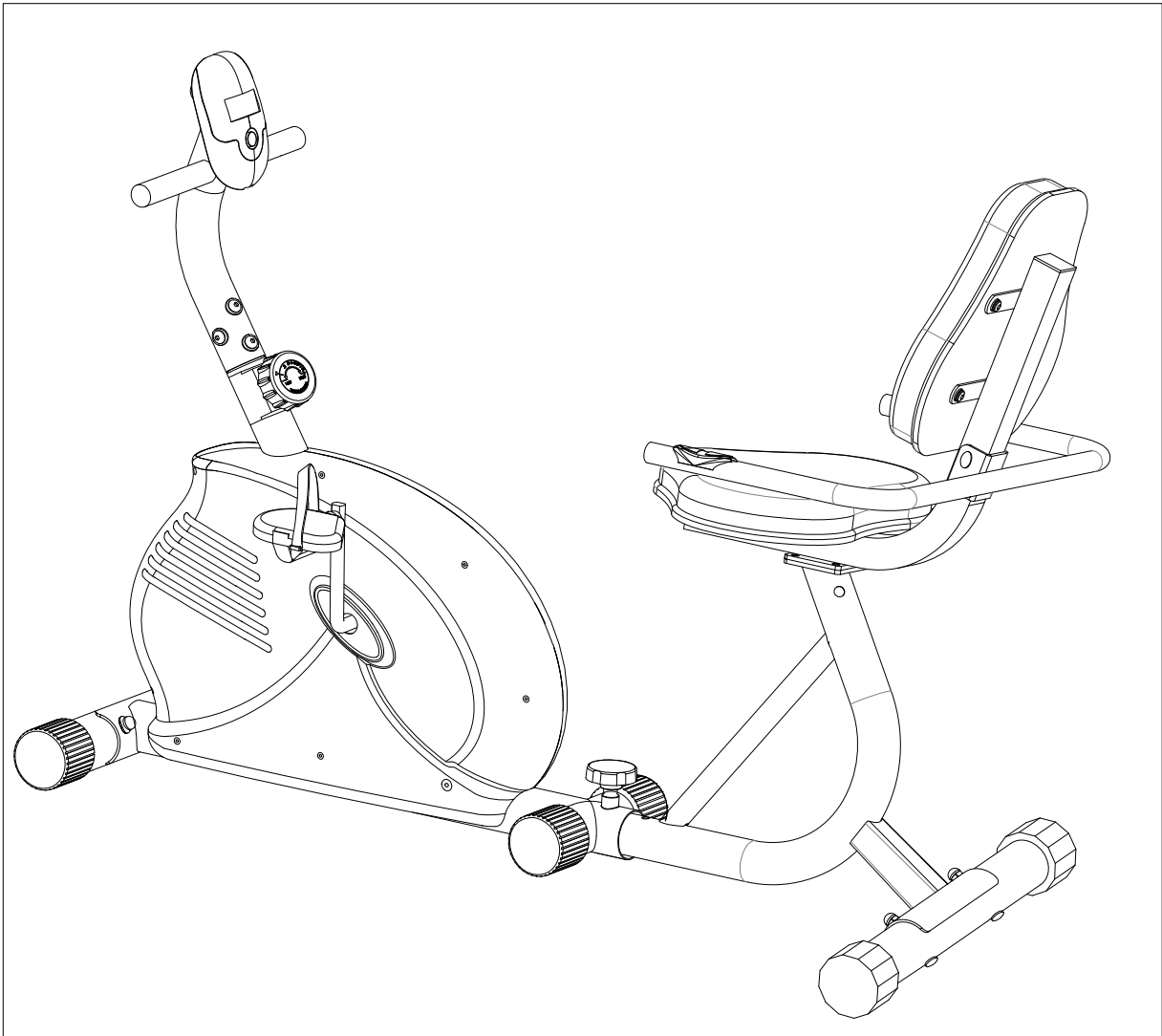




Sunny Magnetic Recumbent Bike

SF-RB921



IMPORTANT!

Please read the manual carefully before assembling and using the bike.

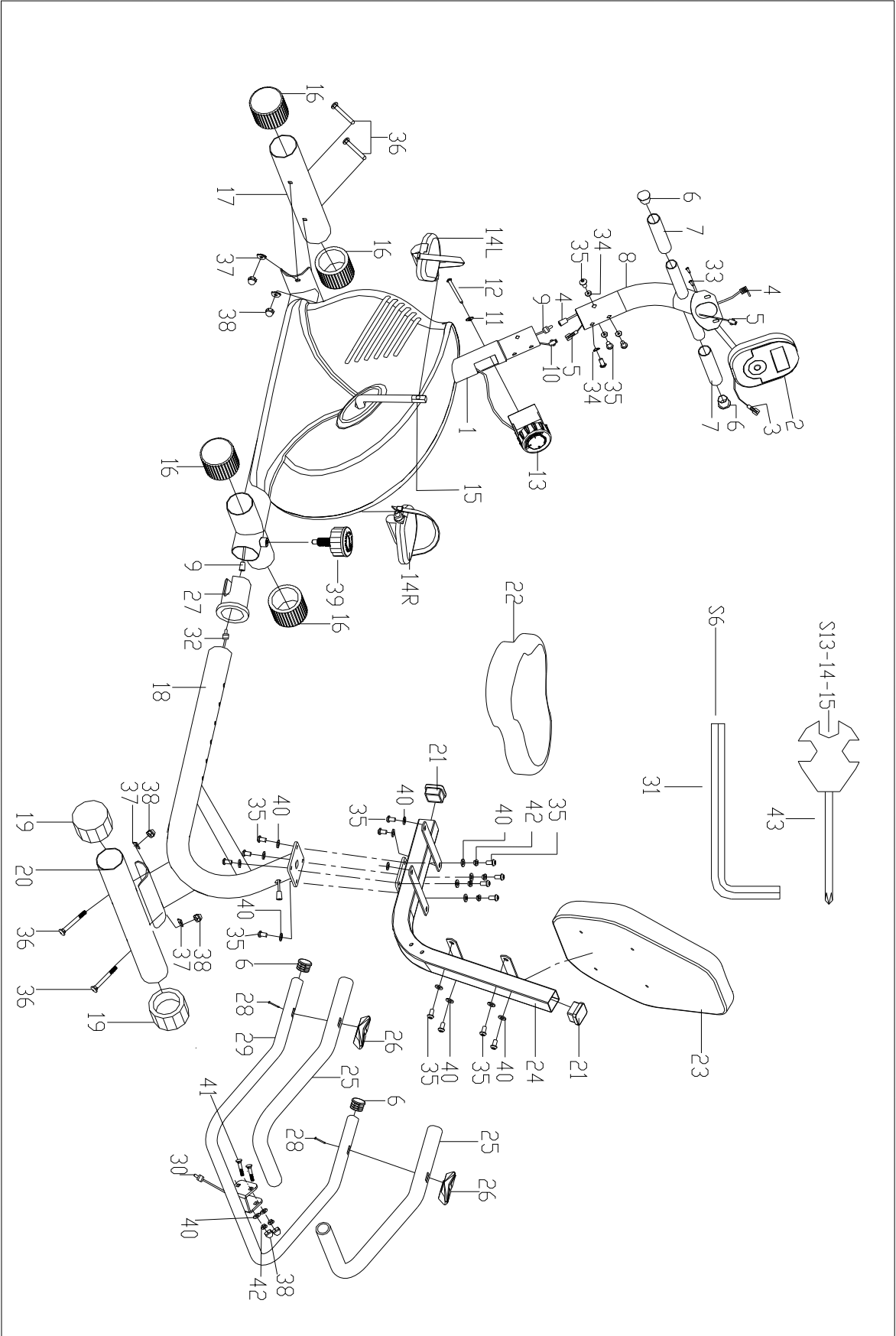
For Customer Service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To guarantee your safety and health, please use this equipment correctly. Please read the information below carefully before using this equipment.

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.
2. Before starting any exercise program you should consult your doctor 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 doctor'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, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor 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 1.7 feet of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened. 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.
7. There are many functions of the computer; the data will show when using the equipment and will display information about your exercise routine.
8. 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.
9. The maximum weight of user: 265 LBS.
10. Care must be taken when lifting or moving the equipment so as not to injure your back.
11. The equipment is not suitable for therapeutic use.
12. Please save this manual and the assembling tools for future use.
13. This equipment is designed for indoor and home use only not intended for commercial use.

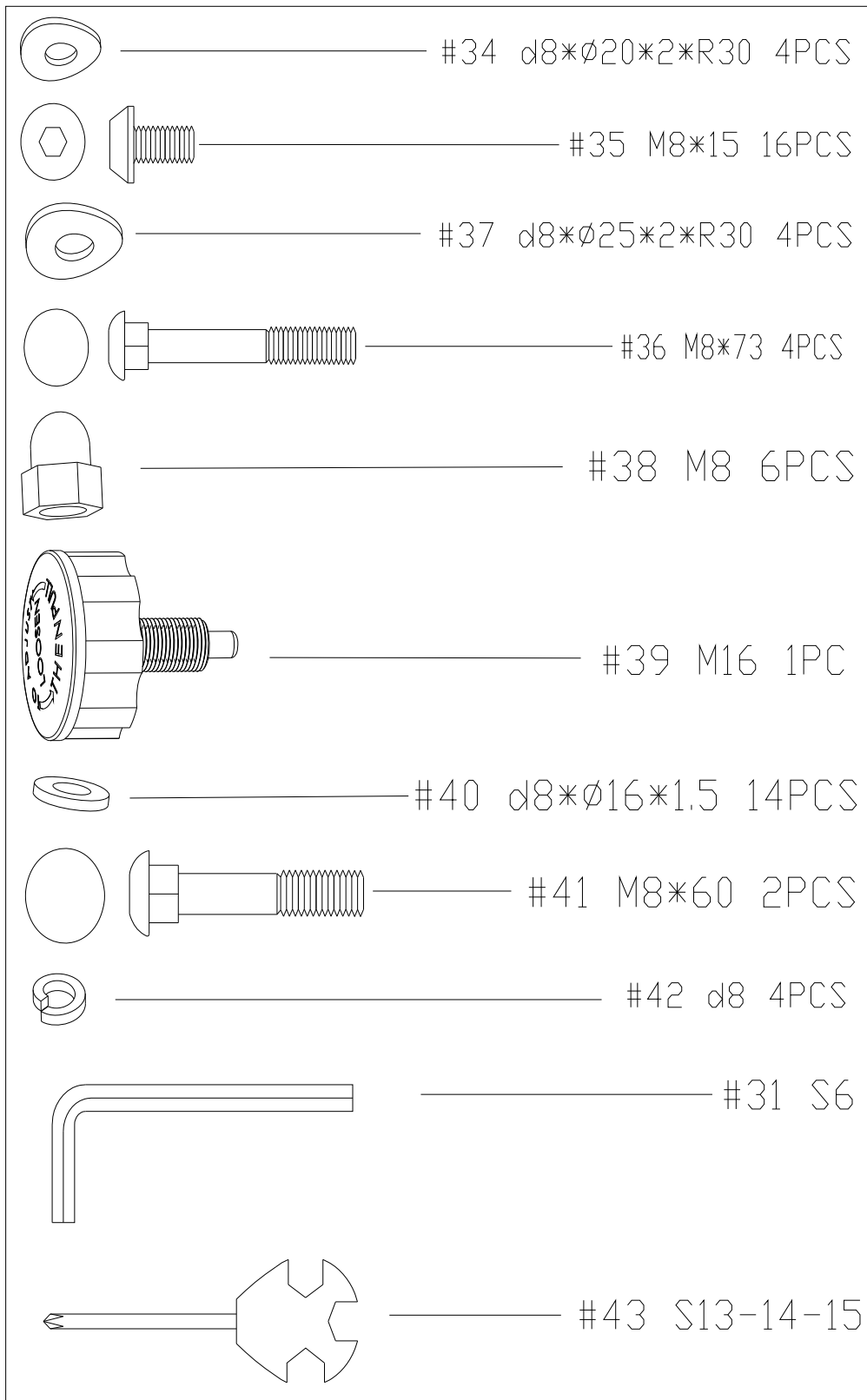
EXPLODED VIEW



PARTS LIST

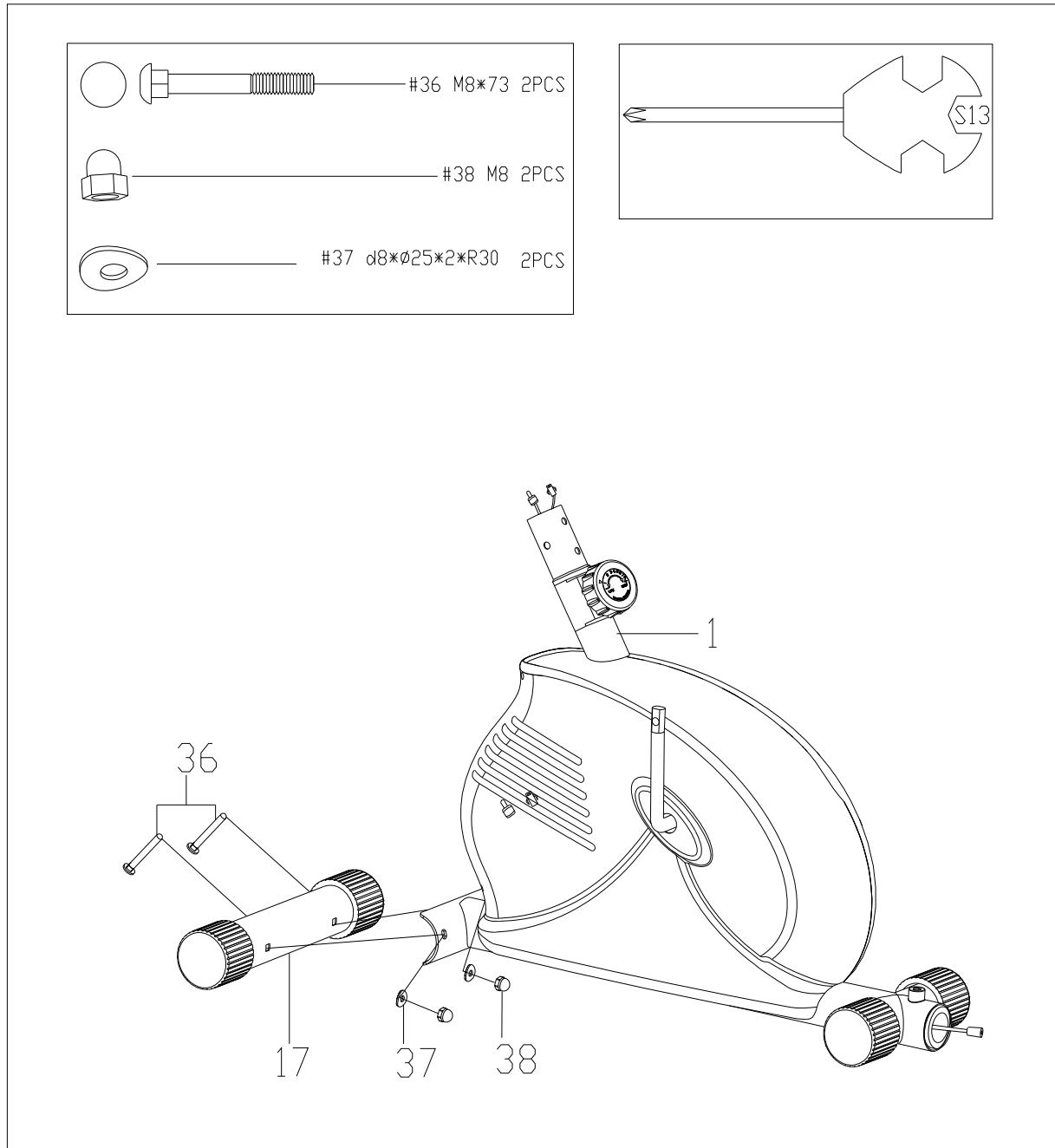
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main frame	1	23	Back cushion	1
2	Computer	1	24	Cushion Bracket	1
3	Computer wire	1	25	Foam grip 2	2
4	Hand pulse wire 1	1	26	Hand pulse sensor	2
5	Trunk wire	1	27	Bushing $\Phi 60$	1
6	End cap for tube $\phi 25 \times 1.5$	4	28	Screw ST4.2*19	2
7	Foam grip 1	2	29	Handlebar	1
8	Handlebar post	1	30	Hand pulse wire	1
9	Hand pulse wire 2	1	31	Allen wrench S6	1
10	Sensor wire	1	32	Hand pulse wire 3	1
11	Arc washer $d5 \times \Phi 20 \times 1.5 \times R30$	1	33	Screw M5*10	2
12	Bolt M5*35	1	34	Arc washer $d8 \times \phi 20 \times 2 \times R30$	4
13	Tension control	1	35	Bolt M8*15	16
14L/R	Pedal	2	36	Bolt M8*73	4
15	Crank	1	37	Arc washer $d8 \times \phi 25 \times 2 \times R30$	4
16	End cap	4	38	Dome nut M8	6
17	Front stabilizer	1	39	Knob M16	1
18	Seat rack combine	1	40	Washer $d8 \times \phi 16 \times 1.5$	14
19	End cap	2	41	Bolt M8*60	2
20	Rear stabilizer	1	42	Spring washer d8	6
21	End cap $38 \times 38 \times 1.5$	2	43	Spanner S13-14-15	1
22	Cushion	1			

HARDWARE PACKAGE



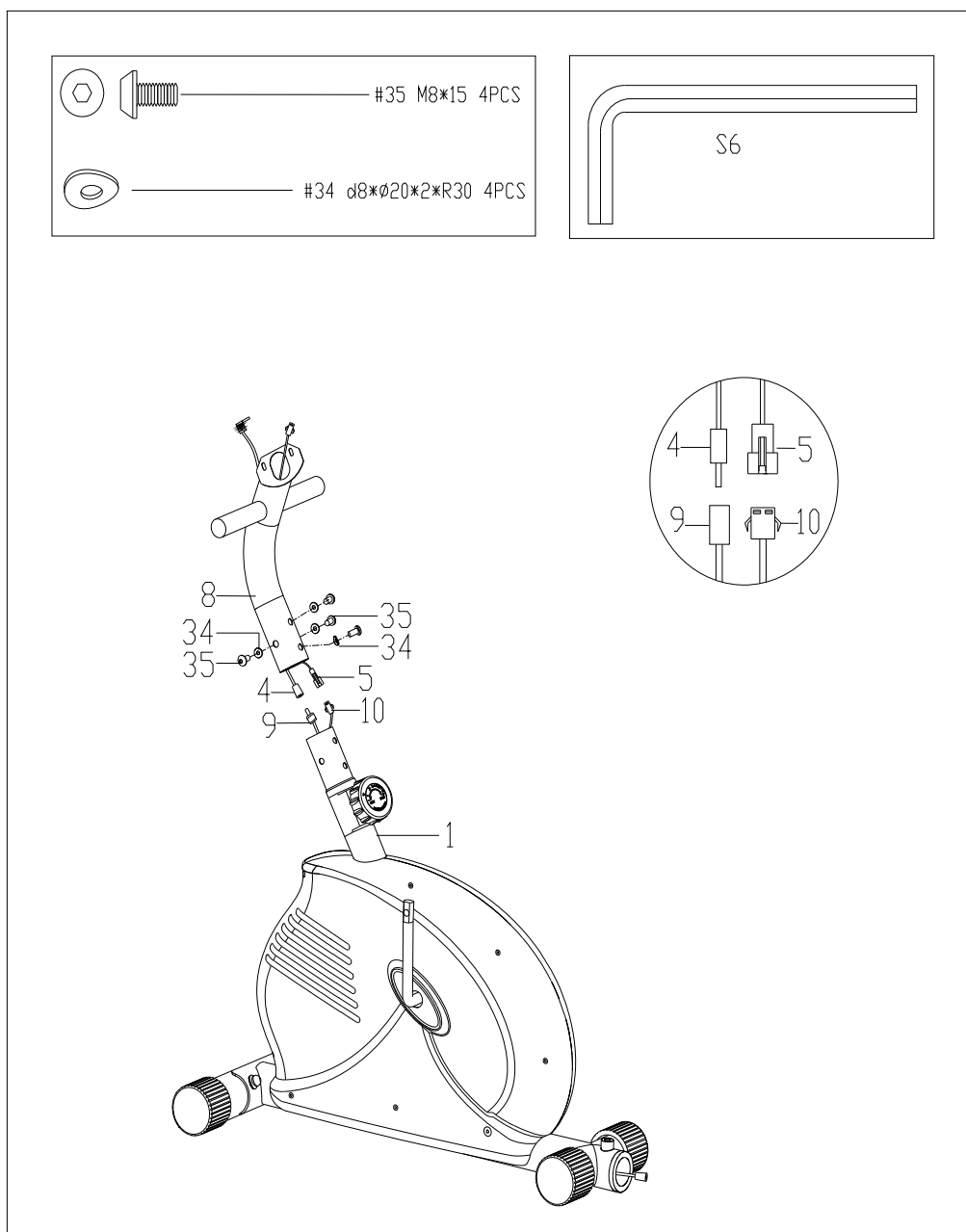
ASSEMBLY INSTRUCTIONS

STEP 1:



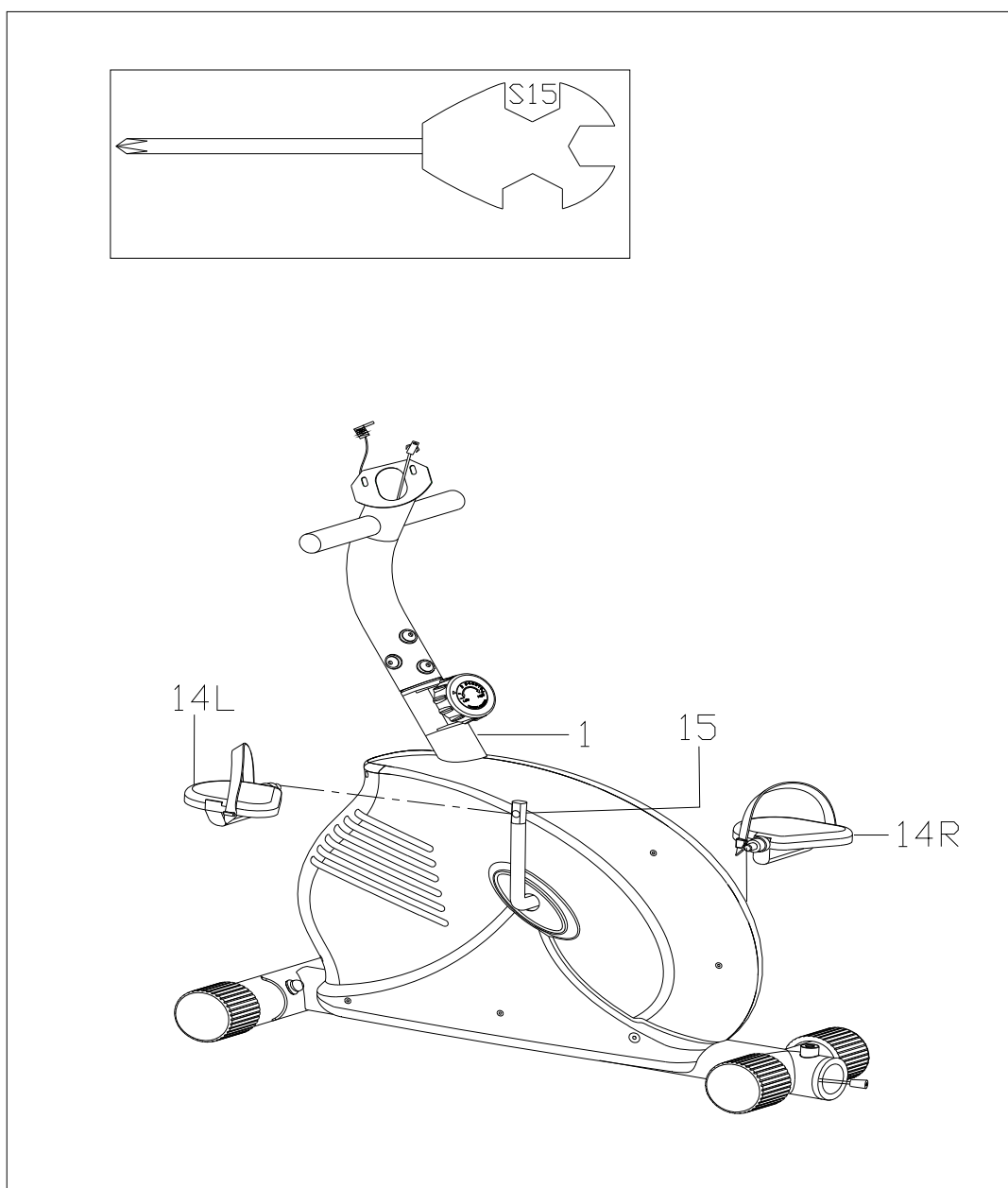
Secure Front stabilizer (17) to Main frame (1) with Bolts (36), Arc washers (37) and Dome nuts (38).

STEP 2:



- Connect Hand pulse wire 1 (4) with Hand pulse wire 2 (9), Trunk wire (5) with Sensor wire (10);
- Connect Handlebar post (8) to Main frame (1) and then tighten with Bolts (35) and Arc washers (34).

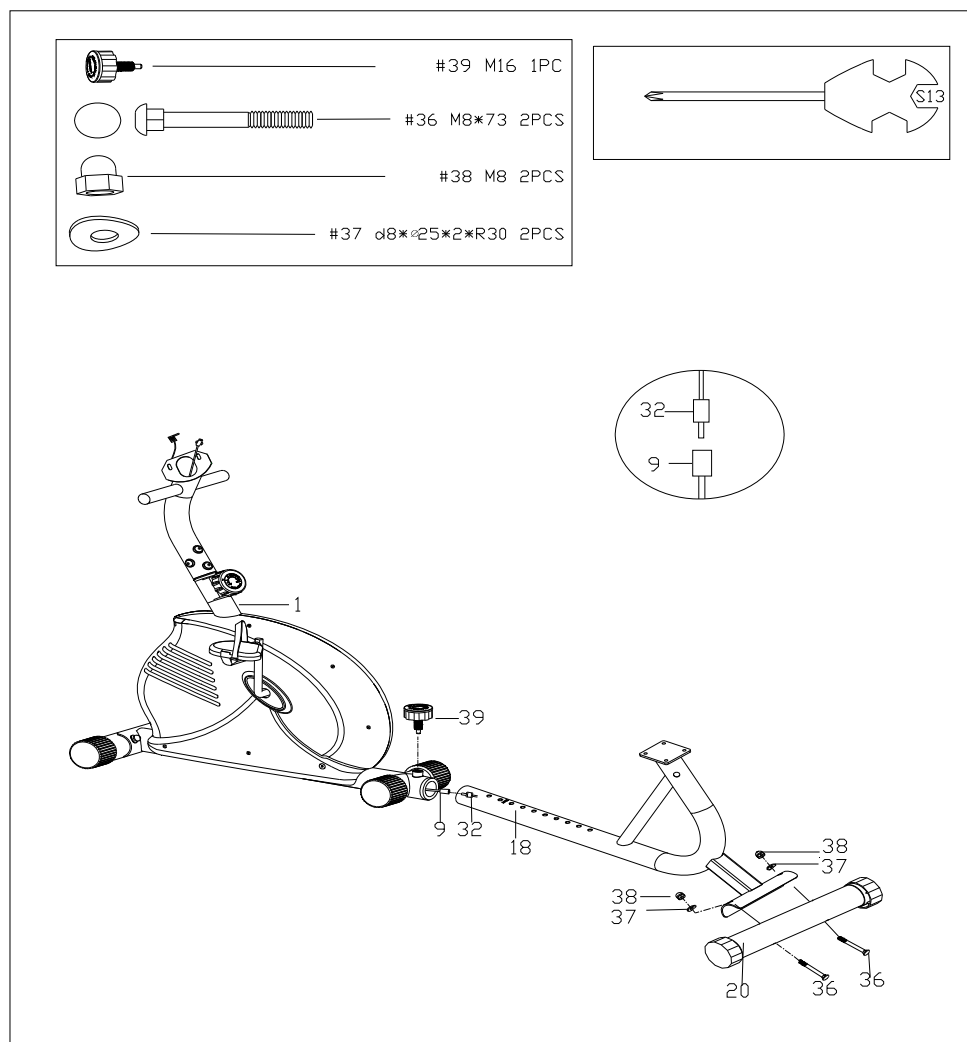
STEP 3:



Secure Pedals (14L/R) to the Crank (15) on the Main frame (1).

★ **IMPORTANT:** The Left Pedal (14L) should be screwed on counter-clockwise to tighten. The Right Pedal (14R) should be screwed on clockwise to tighten. You can screw in by hand first and then tighten by spanner securely.

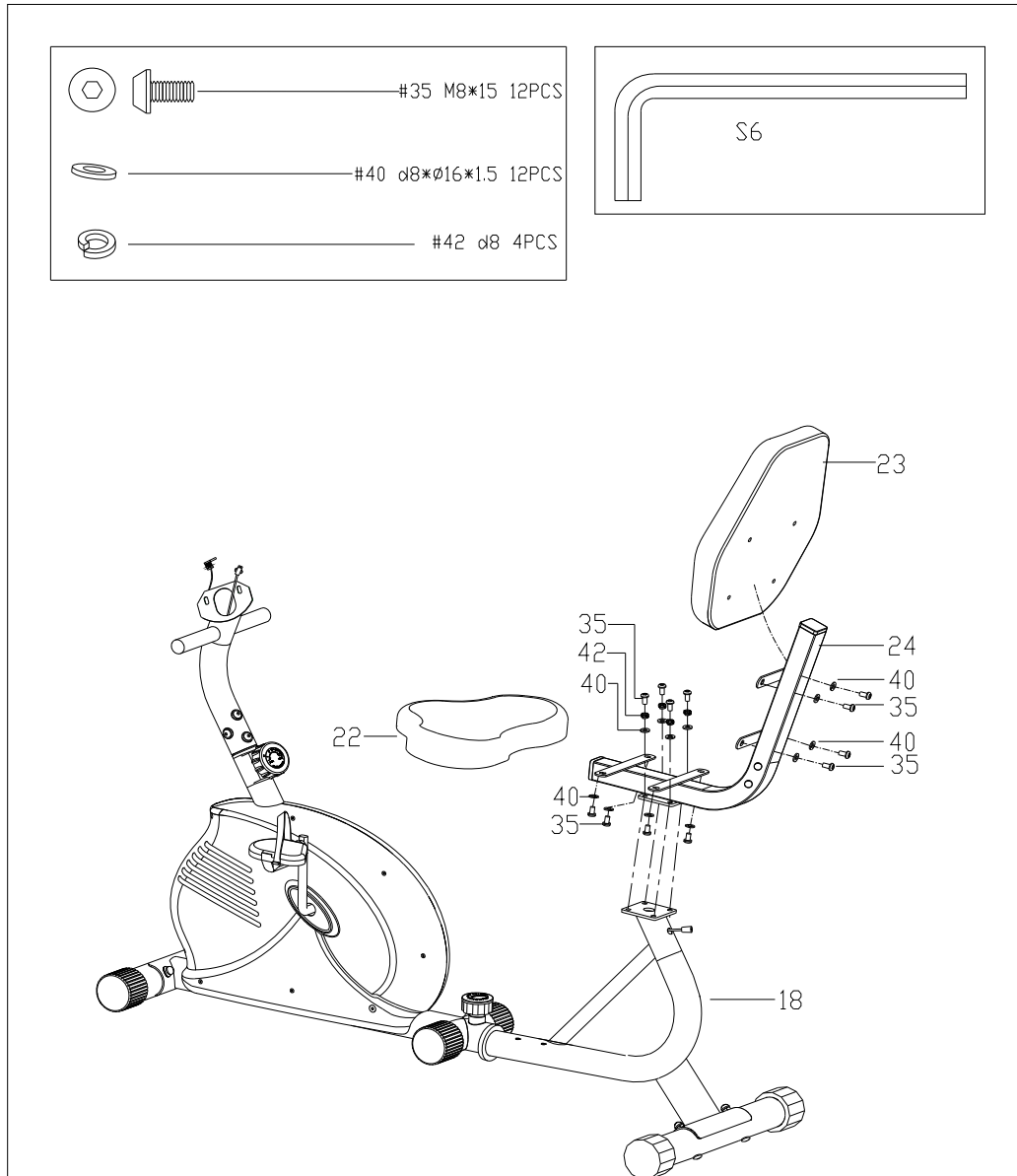
STEP 4:



- Secure Rear stabilizer (20) to Seat rack combine (18) with Bolts (36), Arc washers (37) and Nuts (38);
- Connect Hand pulse wire 3 (32) with Hand pulse wire 2 (9) and insert the pulse wire completely into Seat rack combine (18). Then insert Seat rack combine (18) into Main frame (1), and secure it with Knob (39).

★NOTE: There are different holes on the Seat rack combine (18) which can be used for people of different height. You can find the best position hole for your height. At the farthest point of the pedal's travel your knee should still have a slight 15 degree in it.

STEP 5:



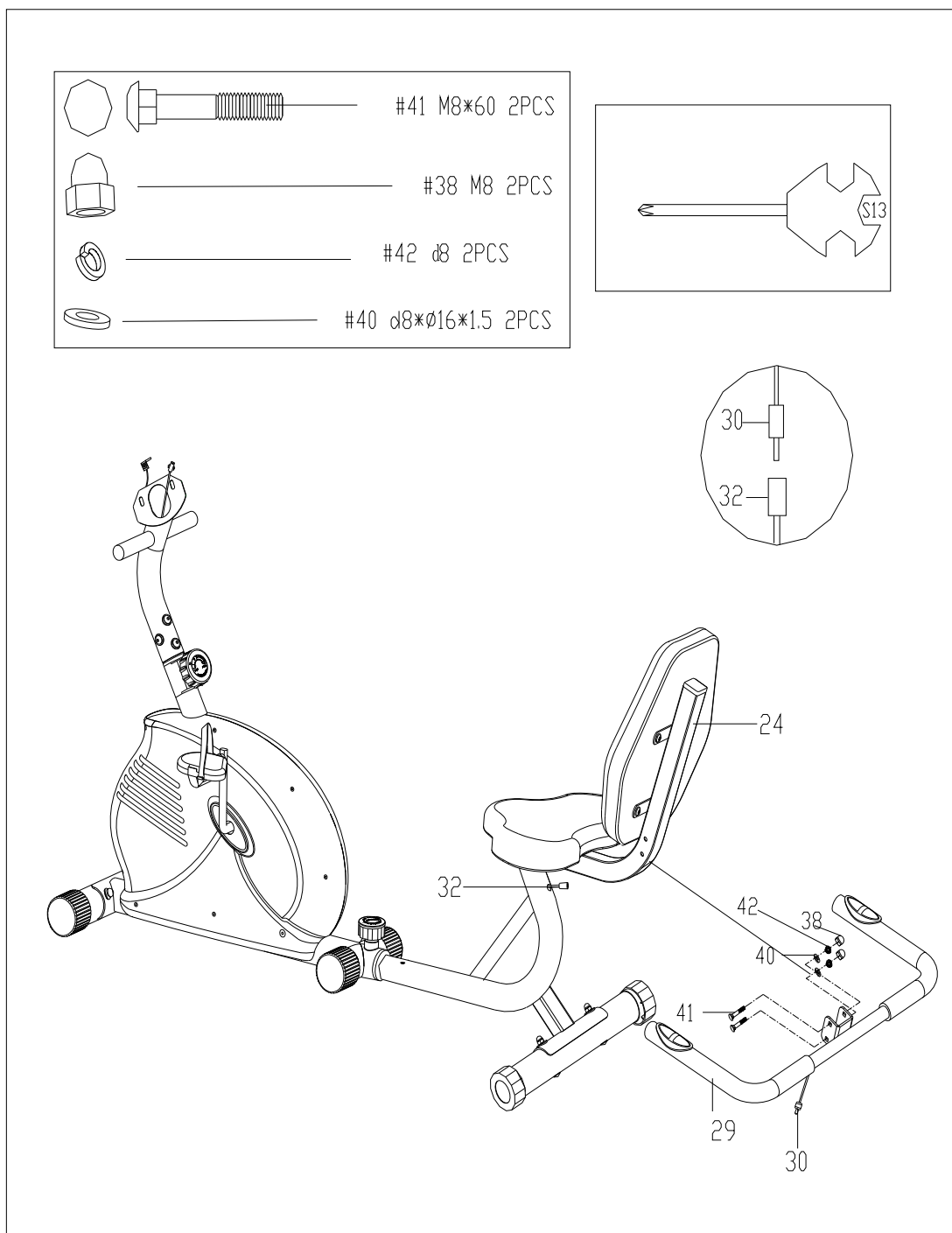
a. Secure Cushion bracket (24) to Seat rack combine (18) with Bolts (35), Spring washers (42) and Washers (40);

*Note: Part 35, 40, 42 are preassembled on Seat rack combine (18).

b. Secure Cushion (22) and Back cushion (23) to Cushion bracket (24) with Bolts (35) and Washers (40).

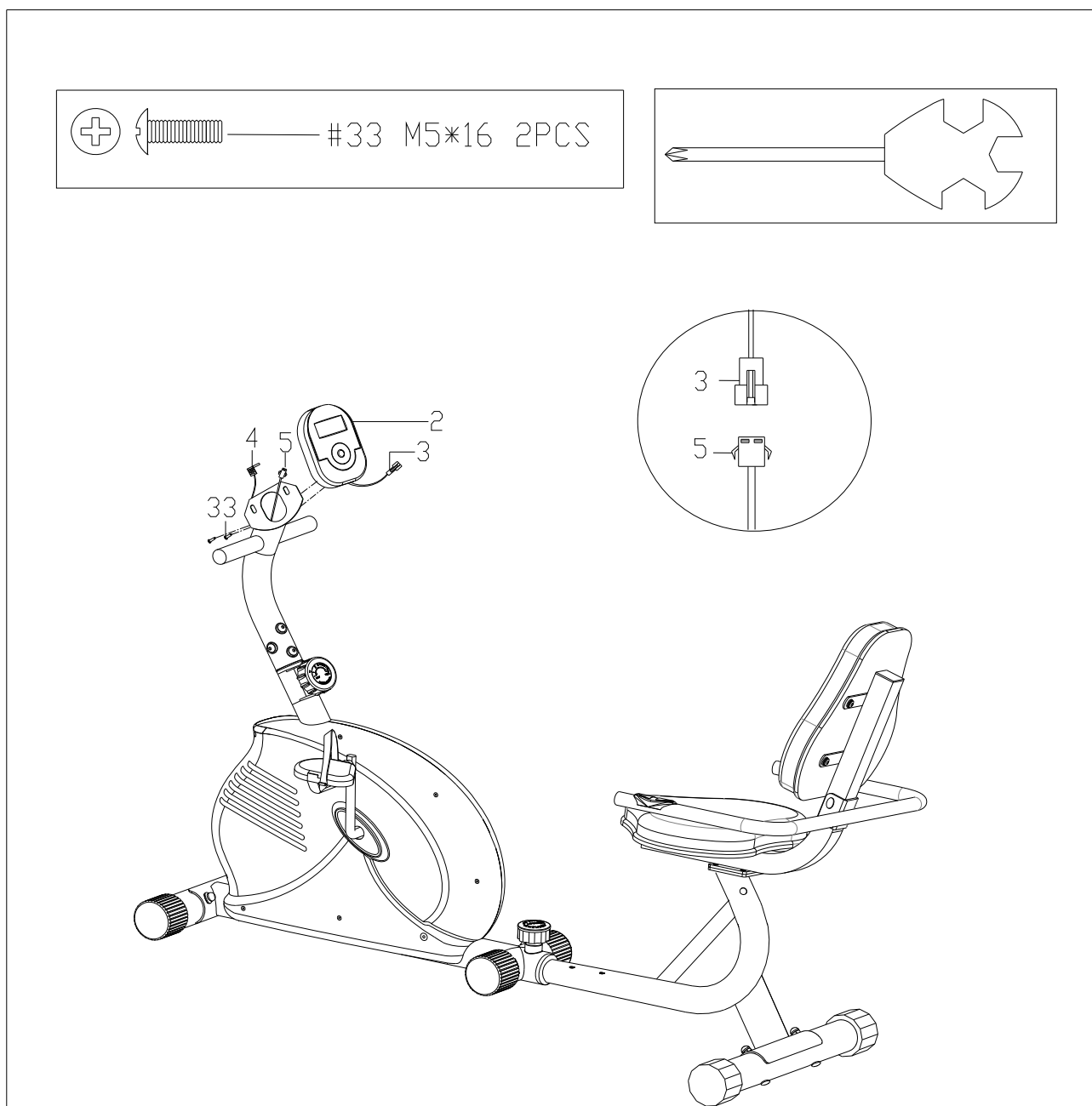
*Note: Part 35 and 40 are preassembled on Back cushion (23) and Cushion (22).

STEP 6:



- Secure Handlebar (29) to Cushion bracket (24) with Bolts (41), Washers (40), Spring washers (42) and Dome nuts (38).
- Connect Hand pulse wire (30) with Hand pulse wire 3 (32).

STEP 7:



Connect Trunk wire (5) with Computer wire (3), and secure Computer (2) to Handlebar post (8) with Screws (33). Then insert Hand pulse wire 1 (4) to the hole on the back of computer. Assembly is complete.