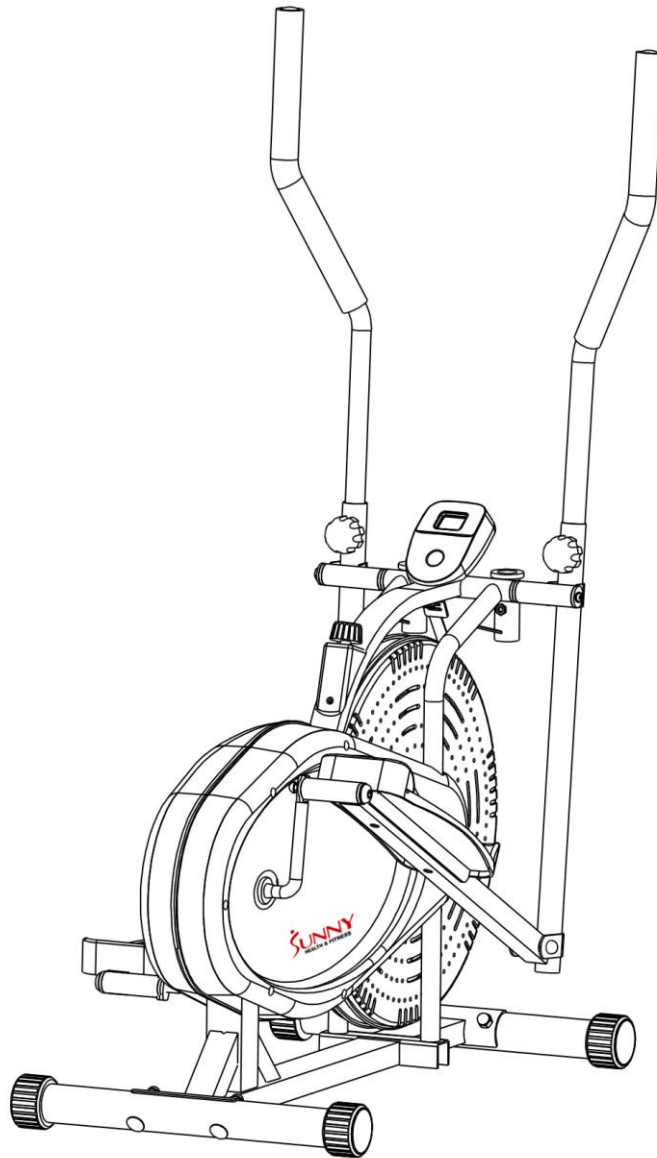




AIR ELLIPTICAL TRAINER

USER MANUAL

SF-E1404



IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

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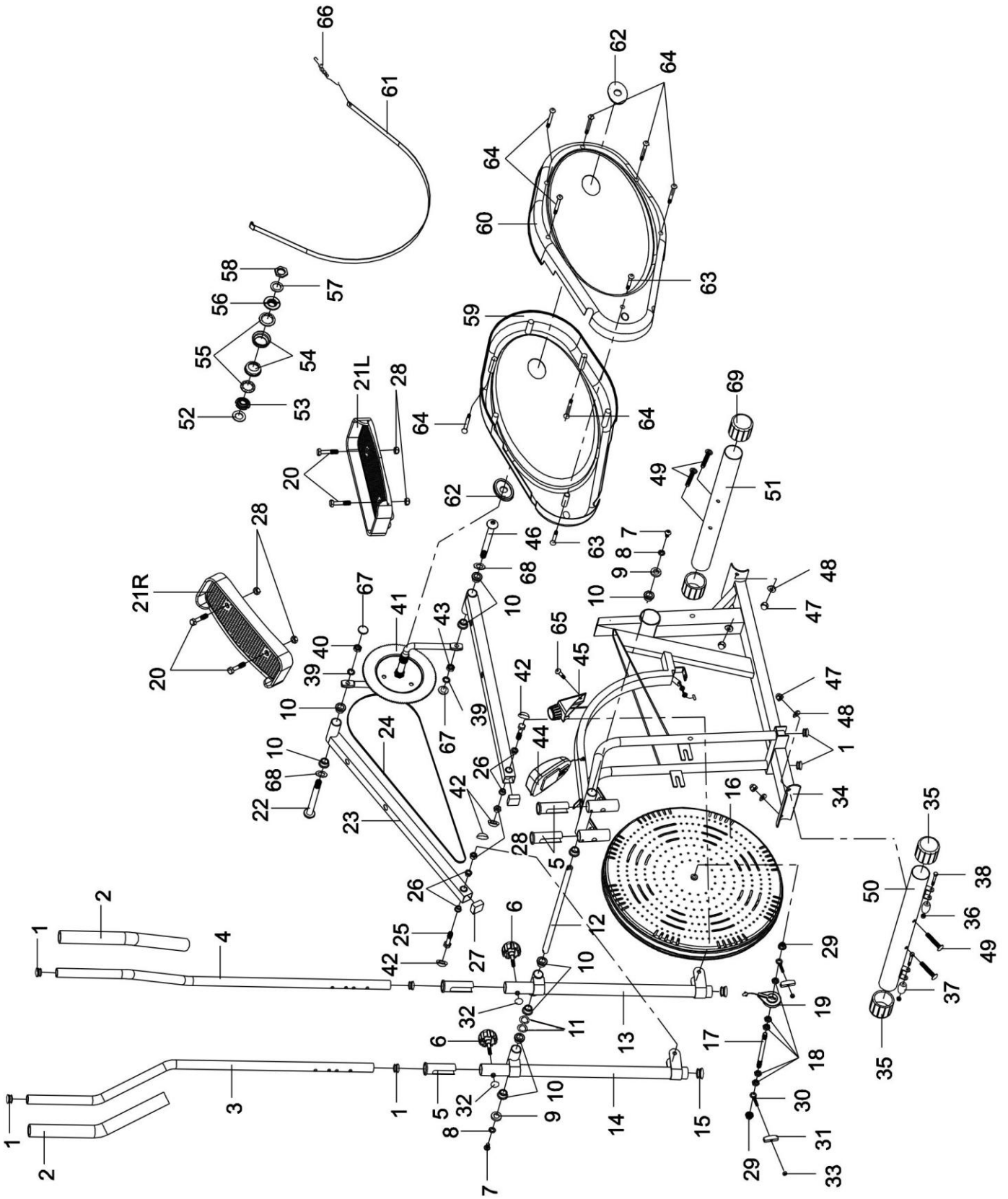
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IMPORTANT SAFETY INFORMATION

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, and 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.
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 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. It is recommended that you lubricate all moving parts on a monthly basis.
7. 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, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into moving parts of the exercise equipment.
10. The maximum weight capacity of this unit is 220 pounds.
11. The equipment is not suitable for therapeutic use.
12. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
13. This equipment is designed for indoor and home use only! It is not intended for commercial use !

OVERVIEW DRAWING



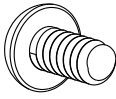
PARTS LIST

No.	Description	Qty	No.	Description	Qty
1	Handrail Arm End Cap Ø25x1.5	6	29	Flange Nut M10x1	2
2	Handrail Arm Foam Grip Ø32xØ23x260	2	30	Eyebolt M6x36	2
3	Right Handrail Arm Ø25x1.8	1	31	Tension Bracket	2
4	Left Handrail Arm Ø25x1.8	1	32	Nut Cap S13	2
5	Handrail Arm Plastic Bushing Ø28.5xØ25.4x84	4	33	Nut M6	2
6	Handrail Arm Height Adjustment Knob	2	34	Main Frame	1
7	Hinge Screw M10x18	2	35	Front Stabilizer End Cap Ø50	2
8	Spring Washer Ø18xØ10x2	2	36	Nylon Nut M6	2
9	D Shape Washer Ø28xØ16.2x4	2	37	Transport Wheel Ø23xØ6x32	2
10	Metal Bushing Ø24.8xØ16x14	10	38	Bolt M6x48	2
11	Wave Washer Ø28xØ16x0.2	2	39	Spring Washer Ø20xØ13x2	2
12	Rotation Rod	1	40	Right Lock Nut B0.5x20	1
13	Left Swing Bar	1	41	Chain Pulley with Crank 1/4"/Ø205x2.6	1
14	Right Swing Bar	1	42	Nut Cap S16	4
15	Swing Bar End Cap Ø32x1.5	2	43	Left Lock Nut B0.5x20	1
16	Fan Wheel	1	44	Computer XLG-203	1
17	Fan Wheel Axle	1	45	Tension Control Knob	1
18	Hexagon Nut M10x1	5	46	Left Hinge Bolt Ø16x89xL23	1
19	Sensor	1	47	Domed Nut M10	4
20	Bolt M8x45	4	48	Curve Washer Ø10x1.5xØ25xR28	4
21L	Left Foot Pedal 345x146x40	1	49	Bolt M10x57	4
21R	Right Foot Pedal 345x146x40	1	50	Front Stabilizer Ø50x1.5x470	1
22	Right Hinge Bolt Ø16x89xL23	1	51	Rear Stabilizer Ø50x1.5x470	1
23	Pedal Tube (L & R)	2	52	Washer Ø40xØ24x3	1
24	Chain	1	53	Notched Bearing Nut 15/16"	1
25	Bolt M10x55	2	54	Bearing Cup	2
26	Metal Bushing Ø14xØ10x10	4	55	Bearing	2
27	Square End Cap (30x30)	2	56	Slotted Bearing Nut 7/8"	1
28	Nylon Nut M8xL9	6	57	Washer Ø34.5xØ23x2.5	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
58	Hexagon Nut 7/8"	1	64	Screw ST4.8x40	7
59	Right Cover	1	65	Screw ST4.8x15	1
60	Left Cover	1	66	Spring Ø10x1.8x32	1
61	Strap	1	67	Nut Cap S18	2
62	Cover Cap 86x65x1.5	2	68	Wave Washer Ø28xØ16x0.3	2
63	Phillips Self Tapping Screw ST4.8x20	2	69	Rear Stabilizer End Cap Ø50	2

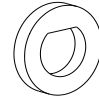
HARDWARE PACKING LIST



(7) Screw M10x18
2 PCS



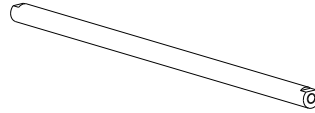
(8) Spring Washer
Ø18xØ10x2
2 PCS



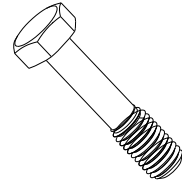
(9) D Shape Washer
Ø28xØ16.2x4xB5
2 PCS



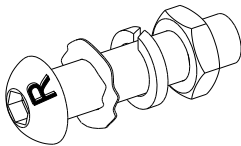
(11) Wave Washer
Ø28xØ16x0.2
2 PCS



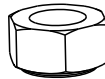
(12) Rotation Rod
1 PC



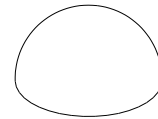
(20) Bolt M8x45
4 PCS



(22) Right Hinge Bolt
Ø16x89xL23, 1 PC

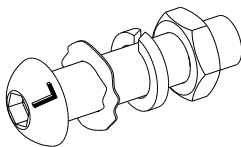


(28) Nylon Nut M8xL9
4 PCS

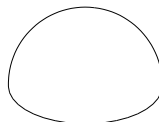


(32) Nut Cap S13
2 PCS

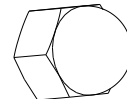
(68) Wave Washer
Ø28xØ16x0.3, 1 PC
(39) Spring Washer
Ø20xØ13x2, 1 PC
(40) Right Lock Nut
B0.5x20, 1 PC



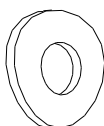
(46) Left Hinge Bolt
Ø16x89xL23, 1 PC
(68) Wave Washer
Ø28xØ16x0.3, 1 PC
(39) Spring Washer
Ø20xØ13x2, 1 PC
(43) Left Lock Nut
B0.5x20, 1 PC



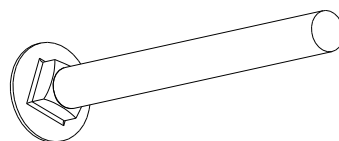
(42) Nut Cap S16
4 PCS



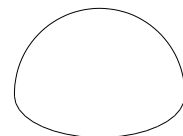
(47) Cap Nut M10
4 PCS



(48) Curve Washer
Ø10x1.5xØ25xR28
4 PCS



(49) Bolt M10x57
4 PCS



(67) Nut Cap S18
2 PCS

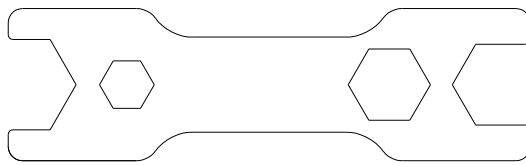
TOOLS



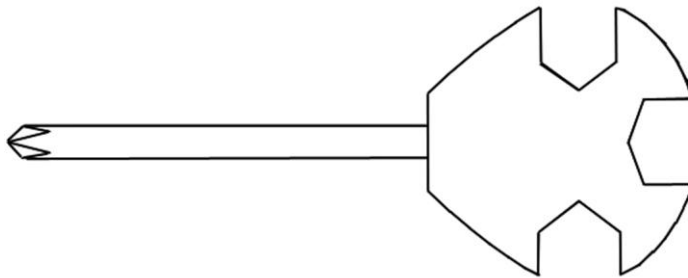
Allen Wrench 6mm
2 PCS



Allen Wrench 8mm
1 PC



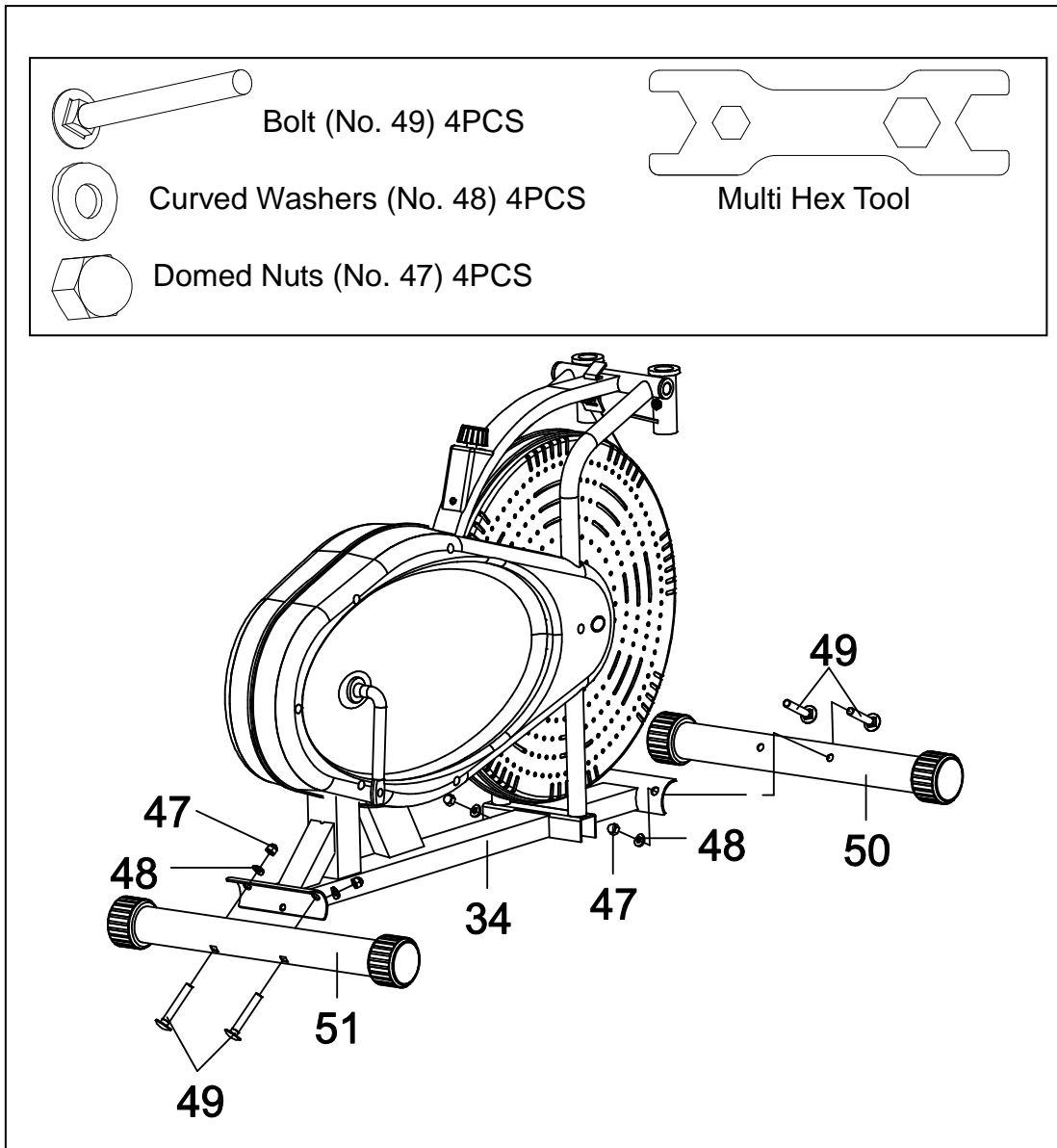
Multi Hex Tool S19, S10, S13, S17
1 PC



Spanner S13, S14, S15

ASSEMBLY INSTRUCTIONS

STEP 1: INSTALLING THE FRONT & REAR STABILIZERS



According to the “UP” direction label on the **Front Stabilizer (No. 50)** position it in front of **Main Frame (No. 34)** and align bolt holes.

Attach the **Front Stabilizer (No. 50)** onto the front curve of the **Main Frame (No. 34)** with two **Domed Nuts (No. 47)**, two **Curve Washers (No. 48)**, and two **Bolts (No. 49)**. Tighten nuts with the Multi Hex Tool provided.

Position the **Rear Stabilizer (No. 51)** behind the **Main Frame (No. 34)** and align bolt holes. Attach the **Rear Stabilizer (No. 51)** onto the rear curve of the **Main Frame (No. 34)** with two **Domed Nuts (No. 47)**, two **Curve Washers (No. 48)**, and two **Bolts (No. 49)**. Tighten nuts with the Multi Hex Tool provided.

STEP 2: INSTALLING THE LEFT & RIGHT HANDRAILS & FOOT BARS



Hinge Screw (No. 7) 2PCS



Spring Washer (No. 8) 2PCS



D Shape Washers (No. 9) 2PCS



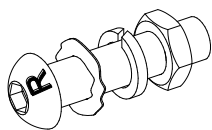
Wave Washer (No. 11) 2PC



Nut Cap (No. 67) 2PCS



Nut Cap (No. 42) 2PCS

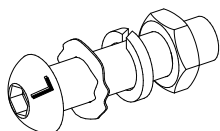


Right Hinge Bolt (No. 22) 1PC

Wave Washer (No. 68) 1PC

Spring Washer (No. 39) 1PC

Nylon Nut RT Crank (No. 40) 1PC

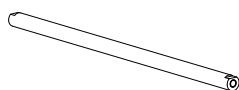


Left Hinge Bolt (No. 46) 1PC

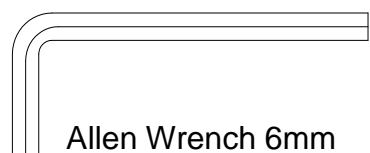
Wave Washer (No. 68) 1PC

Spring Washer (No. 39) 1PC

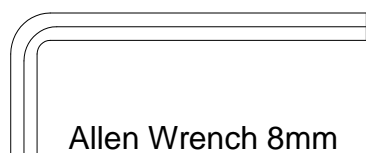
Nylon Nut LT Crank (No. 43) 1PC



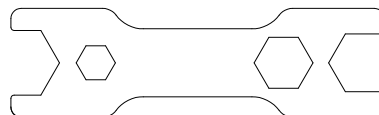
Rotation Rod (No. 12) 1PC



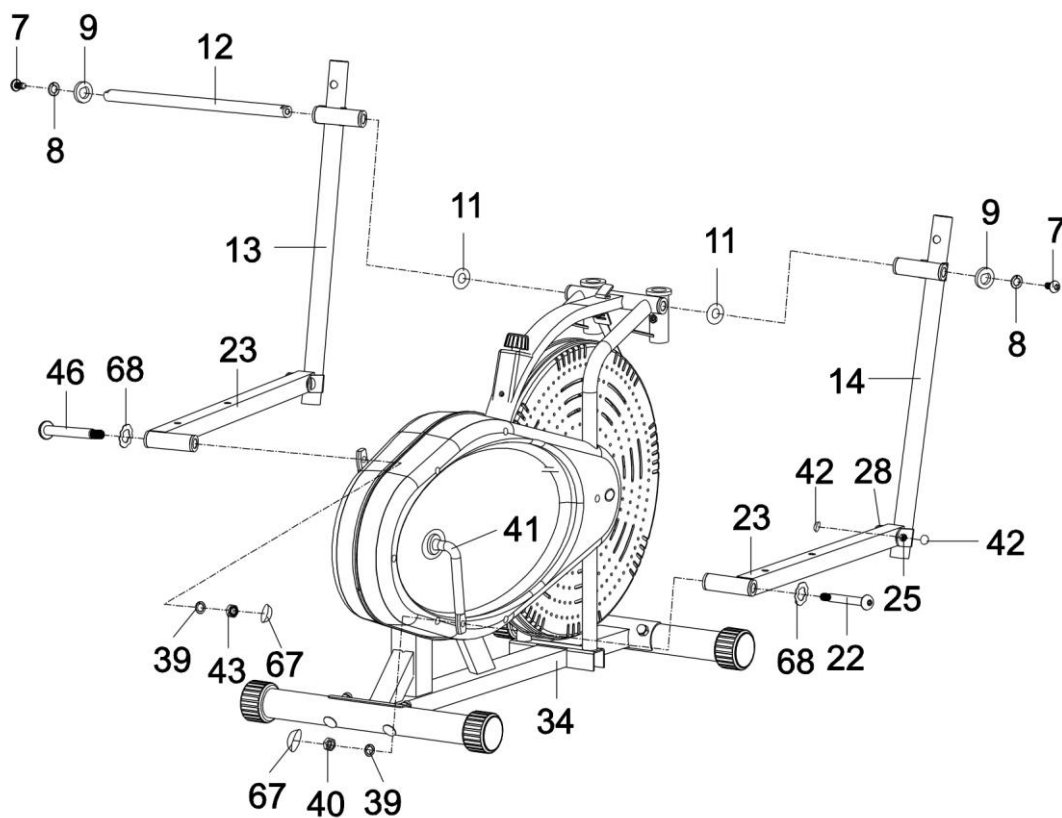
Allen Wrench 6mm



Allen Wrench 8mm



Multi Hex Tool



Insert the **Rotation Rod (No. 12)** through the **Left Swing Bar (No. 13)** and **Wave Washer (No. 11)** into the main frame, then through **Wave Washer (No. 11)** and into **Right Swing Bar (No. 14)**. Put a **“D” Shape Washer (No. 9)** & a **Spring Washer (No. 8)** on both sides of the **Rotation Rod**, tighten both ends using the **Hinge Screws (No. 7)**. **Note:** Before you tighten the **Hinge Screws (No. 7)**, ensure the **D Shape Washers (No.9)** are fully onto the **Rotation Rod (No. 12)**.

Insert the **Right Hinge Bolt (No. 22)** through the **Wave Washer (No. 68)** and the hole of the **Right Pedal Tube (No. 23)**, screw the **Right Hinge Bolt “Clockwise”** into the **Crank Arm (No. 41)** then slide the **Spring Washer (No. 39)** onto the **Right Hinge Bolt (No. 22)** and secure the bolt with the **Right Lock Nut (No. 40)**. Install a **Nut Cap (No. 67)** onto the lock nut. Repeat this assembly process for the Left Side.

***Important Note:** **Left Hinge Bolt (No. 46)** has reversed threading, when assembling the Left Side, you must screw the **Left Hinge Bolt “Counter-Clockwise”** to tighten*.

Install four **Nut Caps (No. 42)** onto **Bolts (No. 25)** and **Nylon Nuts (No. 28)** on both **Pedal Tubes (No. 23)**.

ATTENTION:

The **Right and Left Hinge Bolt (No. 22 & No. 46)** must fully penetrate the nylon ring inside the **Pedal Tube (No. 23)** & the **Right and Left Crank (No. 41)**. This will ensure the stability and durability of the Sunny Flywheel Elliptical Trainer.

In order to install hinge bolt properly, keep it perfectly straight as the bolt goes through the pedal tubing and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge and the crankshaft may occur.

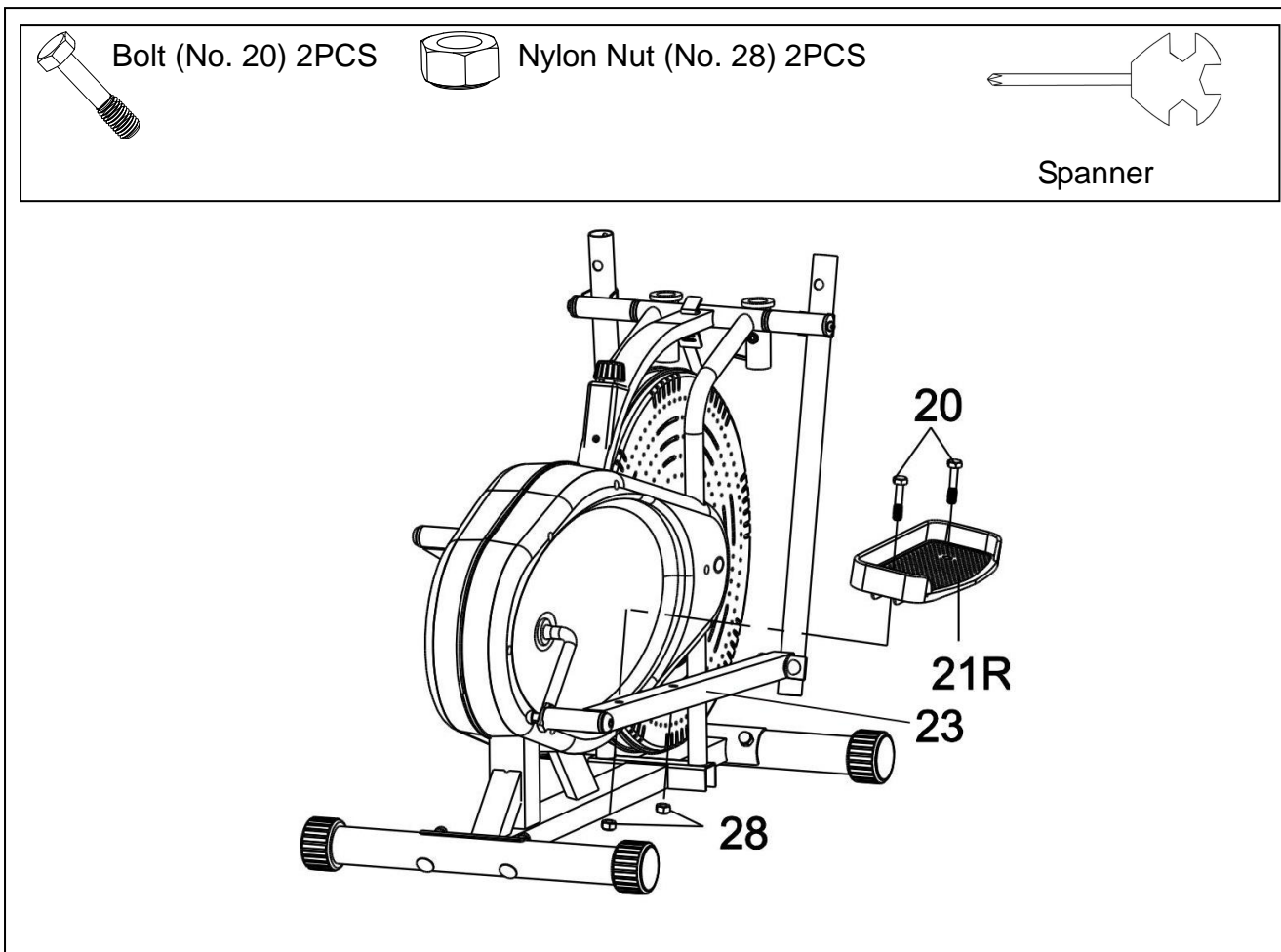


For easier assembly of the **Right Hinge Bolt (No. 22)** you can turn the **Crank (No. 41)** to the front and make it horizontal. Doing this will allow you to easily screw the **Right Hinge Bolt (No. 22)** into the hole of the **Crank (No. 41)**.



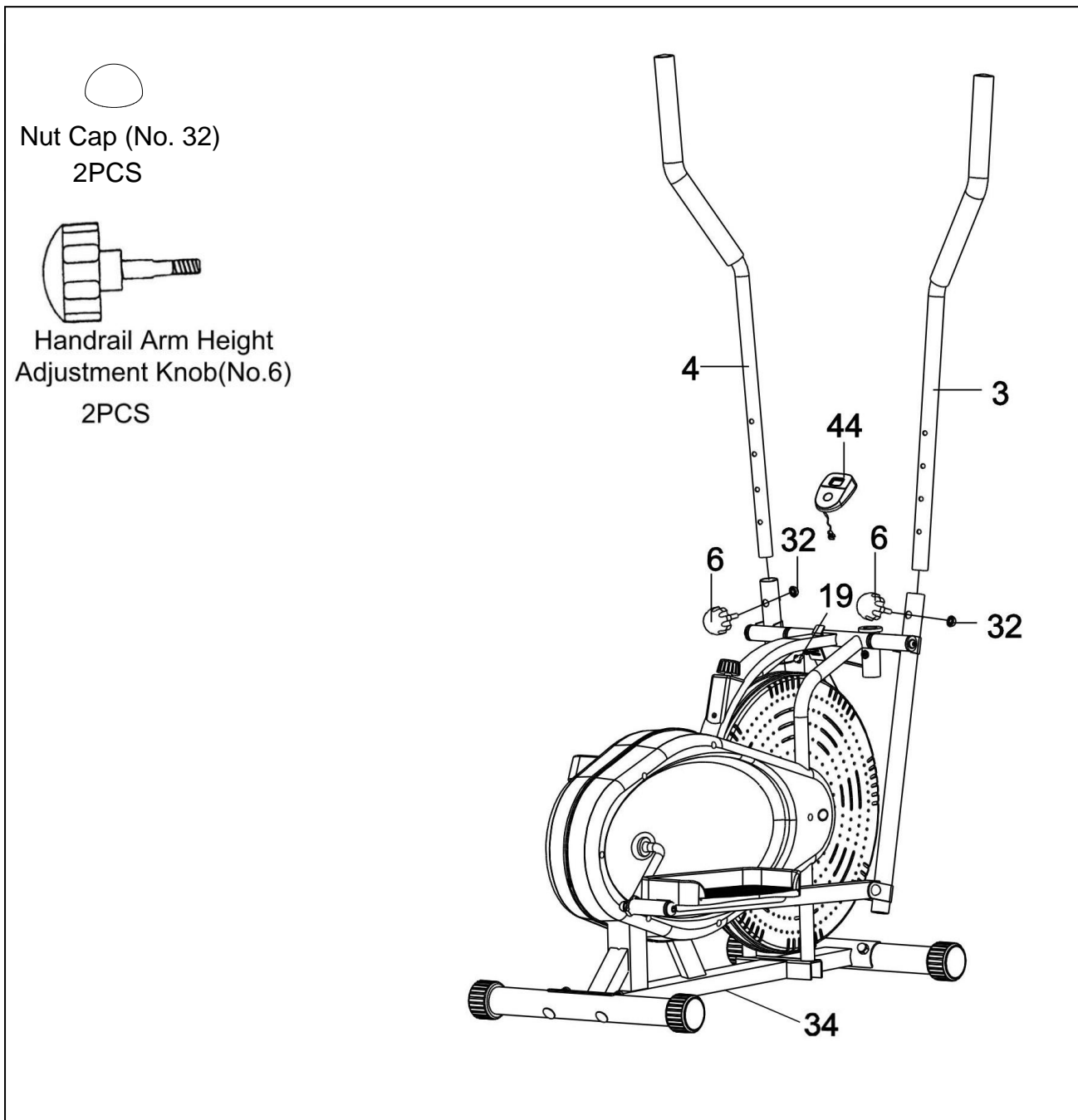
For easier assembly of **Left Hinge Bolt (No. 46)** you can turn the **Crank (No. 41)** to the front and make it horizontal. Doing this will allow you to easily screw the **Left Hinge Bolt (No. 46)** into the hole of the **Crank (No. 41)**.

STEP 3: INSTALLING THE RIGHT & LEFT PEDALS



Attach the **Right Foot Pedal (No. 21R)** onto the **Right Pedal Tube (No. 23)** with two **Bolts (No. 20)** and two **Nylon Nuts (No. 28)**. Tighten the Nylon Nuts with the Spanner provided. Use the same procedure to attach the **Left Foot Pedal (No. 21L)** onto the **Left Pedal Tube (No. 23)**.

STEP 4: RIGHT & LEFT HANDRAIL ARMS & COMPUTER INSTALLATION



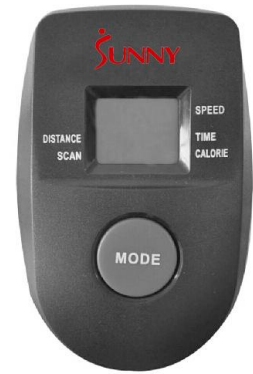
Connect the **Sensor Wire (No. 19)** to the **Computer (No. 44)**. Place the **Computer (No. 44)** onto the **Main Frame (No. 34)** and slide it down into the place. Insert the **Right Handrail Arm (No. 3)** into the **Right Swing Bar (No. 14)** and then tighten both of them by turning the **Handrail Arm Height Adjustment Knob (NO.6)** in a clockwise direction. Install a **Nut Cap (No. 32)** onto the nut of the knob.

Use the same procedure to lock the **Left Handrail Arm (No. 4)** onto the **Left Swing Bar (No. 13)**.

OPERATING THE 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-----	0.00-999.9 KCAL



KEY FUNCTIONS:

MODE: Press to select function. (Time, Speed, Distance, Calories).

-Press and hold the mode button for three seconds to reset time, distance and calories.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

If the wheel is put into motion, or the mode button is pressed the computer will become active, and shall remain active while either of these two things continues to be done, however without any signal for approximately 4 minutes, power (computer), will turn off automatically.

2. RESET:

The computer can be reset by pressing and holding the mode button for three seconds, removing the batteries will also reset the computer and return all function settings back to zero.

3. MODE:

To select the LOCK MODE setting press the MODE key when the pointer on the function you wish to select begins to blink, (once locked only the selected function will be displayed).

4. FUNCTIONS:

TIME: Counts the total time of an exercise from start to finish.

SPEED: Displays the current speed being obtained.

DISTANCE: Counts the total distance of an exercise from start to finish.

CALORIES: Counts the amount of total calories burned during an exercise from start to finish.

SCAN: Automatically displays functions in the following order shown; time, speed, distance, calories (repeat).

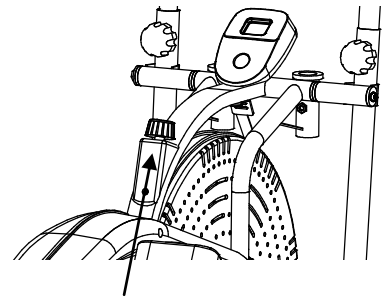
Battery: This monitor uses two AA batteries. If the display appears improper or becomes difficult to read please try installing new batteries before attempting to contact.

ADJUSTMENTS

Adjusting the Tension Control Knob

To increase the load, turn the tension control knob in a clockwise direction.

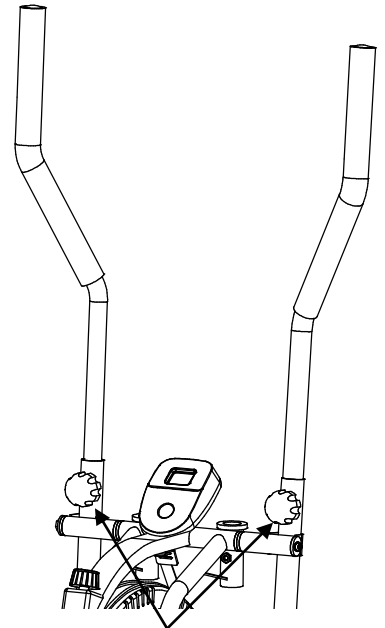
To decrease the load, turn the tension control knob in a counter-clockwise direction.



Tension Control Knob

Adjusting the Handrail Arms Height

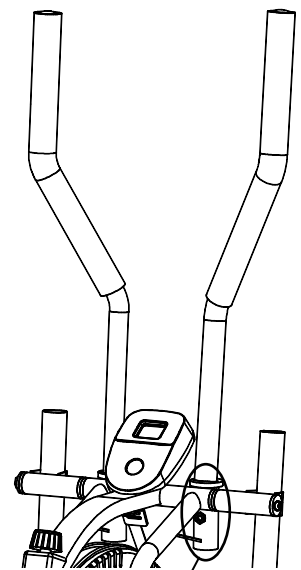
Turn the handrail arm height adjustment knob in a counter-clockwise direction to release the handrail arm and then slide the handrail arm up or down slightly to the desired hole for the suitable position. Lock the handrail arm in place by tightening the handrail arm height adjustment knob in a clockwise direction.



Handrail Arm Height Adjustment Knob

Place the Handrail Arms in a Fixed Position

Insert the handrail arms into the handrail arm plastic bushings on the tubes of the main frame and then attach the handrail arm height adjustment knobs onto the tubes of the main frame by turning it in a clockwise direction to lock the handrail arms in place.



Main Frame

MAINTENANCE

Cleaning

The elliptical trainer can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical trainer after each use. Be sure that the computer display panel is not exposed to excessive moisture, as this could potentially cause an electrical hazard and/or electronics to fail.

Please keep the elliptical trainer, especially the computer console, out of direct sunlight to prevent screen damage.

Please inspect all assembly bolts and pedals on the machine for proper tightness weekly.

Storage

Store the elliptical trainer in a clean and dry environment away from children.

TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer.	<ol style="list-style-type: none">1. Remove the computer console and verify the wire that comes from the computer console is properly connected to the wire that comes from the main frame.2. Verify that the batteries are correctly positioned and are in proper contact with the battery springs.3. The batteries in the computer console may be dead, remove and replace with new.
The elliptical trainer makes a squeaking noise when in use.	<ol style="list-style-type: none">1. Inspect bolts on elliptical for looseness, tighten as needed.2. Inspect moving parts to ensure that they are properly lubricated.
The elliptical Trainer is not stable while in use.	<ol style="list-style-type: none">1. Inspect all the bolts on elliptical trainer have been fully tightened .2. Adjust the end caps (No. 69) on the rear stabilizer to get a best result.

WARM UP AND COOL DOWN ROUTINE

A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

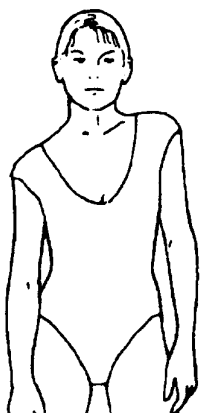
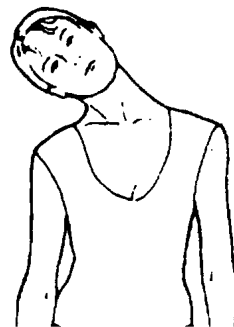
AEROBIC EXERCISE is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL- DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

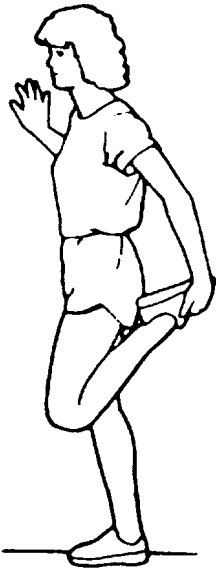
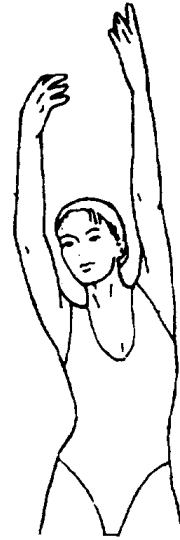


SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



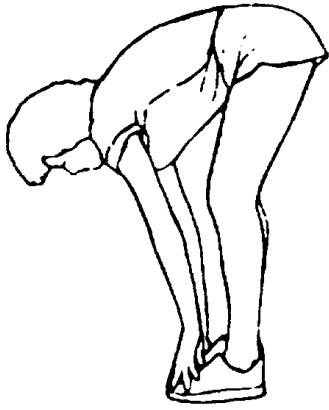
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



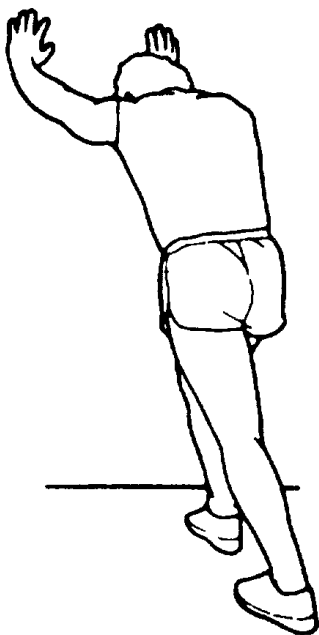
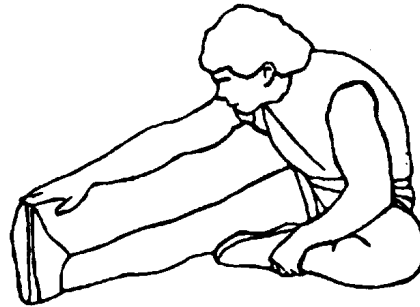


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.