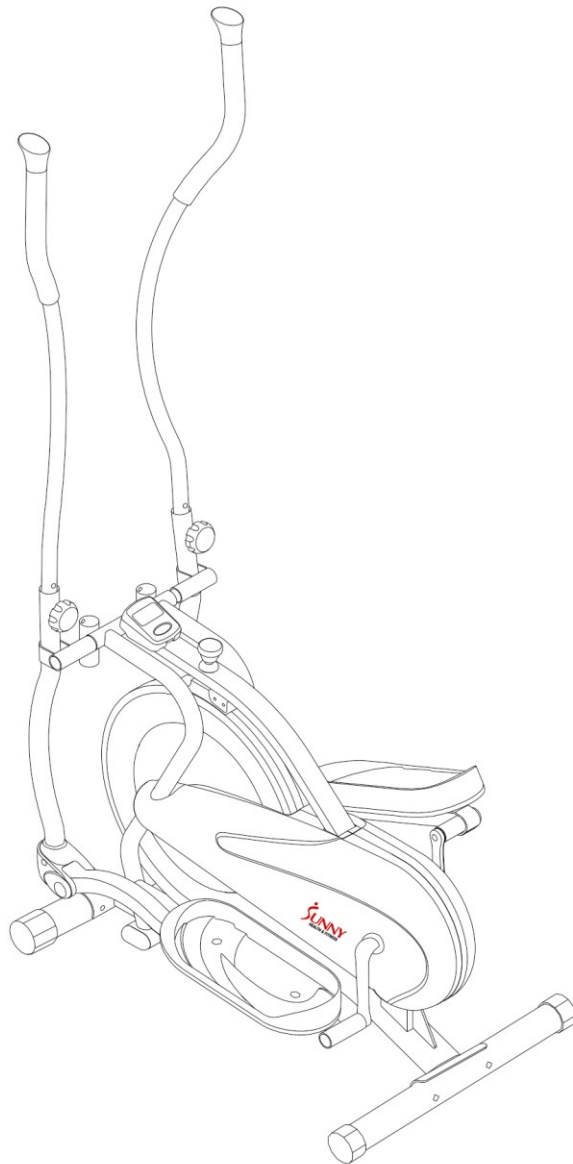




FLYWHEEL ELLIPTICAL TRAINER

USER MANUAL

SF-E1405



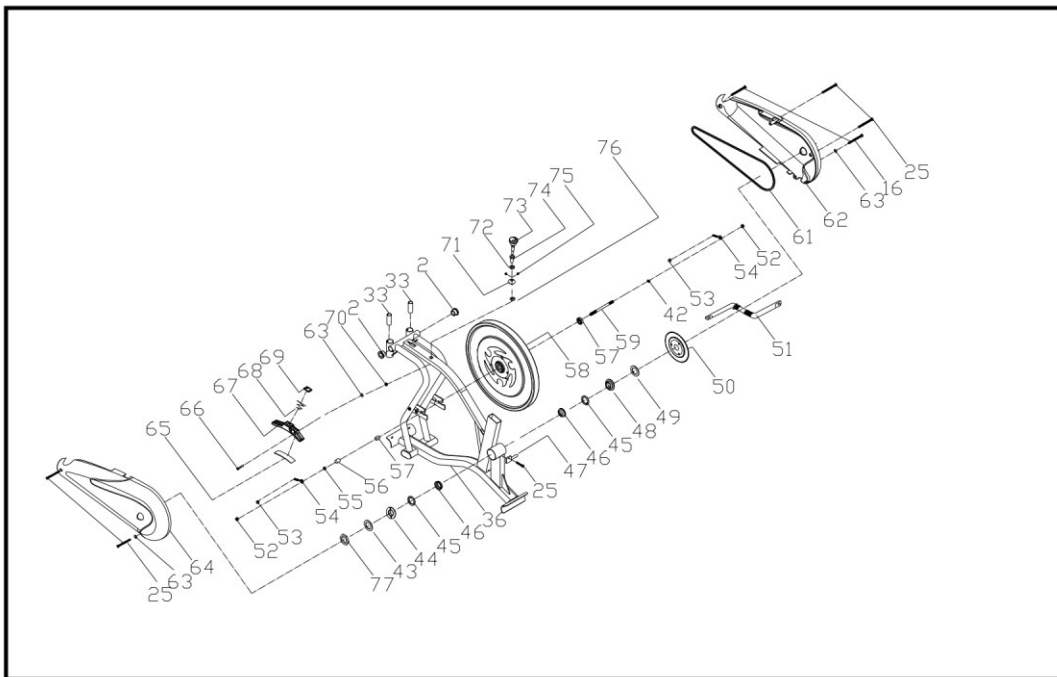
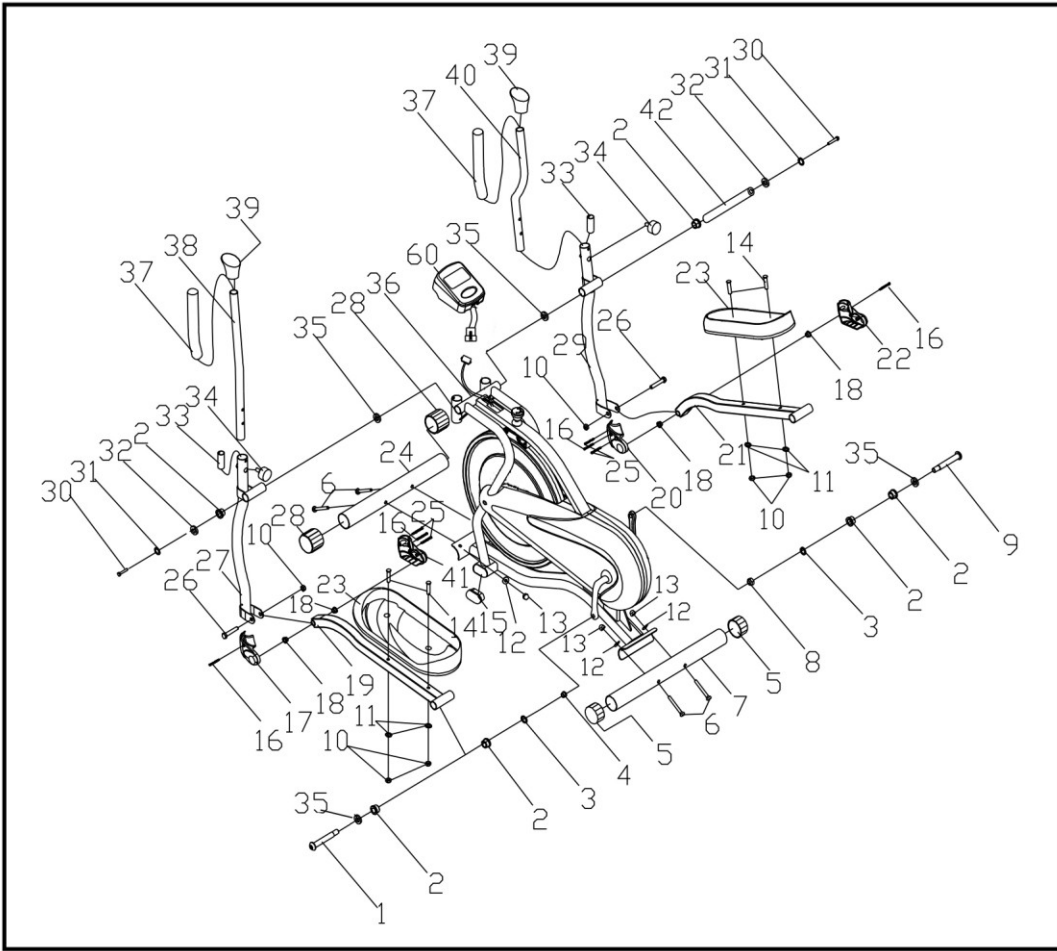
IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

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!

EXPLODED VIEW DIAGRAM

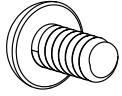


PARTS LIST

NO	NAME	SPEC	QUANTIGY
1	LEFT HINGE BOLT	Φ 16*112, 1/2"	1
2	BUSHING 1	φ 28*φ16*16	10
3	SPRING WASHER	φ 20* φ 13*2	2
4	LEFT LOCK NUT	1/2"	1
5	ADJUSTABLE END CAP	62*42	2
6	CARRIAGE BOLT	GB/T 12-1988 M10X62	4
7	REAR STABILIZER	PUNCHING	1
8	RIGHT LOCK NUT	1/2"	1
9	RIGHT HINGE BOLT	Φ 16*112, 1/2"	1
10	NYLON NUT	M8*9	4
11	FLAT WASHER	GB/T 95-2002 Φ8	4
12	CURVE WASHER	φ 10*Φ25*1.5	4
13	DOMED NUT	GB/T 802-1988 M10	4
14	HEX HEAD BOLT 1	M8*50	4
15	END CAP 1	60*30*1.5	2
16	SCREW 1	GB/T 15856.1-2002 ST4.2X19	9
17	LEFT HANDLEBAR COVER (L)	99*80*39	1
18	BUSHING 2	φ 18*φ10*10	4
19	LEFT PEDAL TUBE	WELDING	1
20	RIGHT HANDLEBAR COVER (L)	99*80*39	1
21	RIGHT PEDAL TUBE	WELDING	1
22	RIGHT HANDLEBAR COVER (R)	99*80*39	1
23	PEDAL	346*150*55	2
24	FRONT STABILIZER	PUNCHING	1
25	SCREW 2	GB/T 845-1985 ST4.2*19	6
26	HEX HEAD BOLT 2	M10*55	2
27	LEFT SWING BAR	WELDING	1
28	FRONT END CAP	Φ65*46	2
29	RIGHT SWING BAR	WELDING	1
30	HINGE SCREW	3/8"*20	2
31	SPRING WASHER	φ 11.5* φ 19.5*3	2
32	D SHAPE WASHER	δ 5 (φ 28*5)	2
33	PLASTIC SLEEVE 1	Φ 32*1.5	4
34	LOCKING KNOB	M8*38	4
35	WAVE WASHER	GB/T 955-1987 (d1=16 D=26 s=0.3)	4
36	MAIN FRAME	WELDING	1
37	FOAM GRIP	φ 33* φ 23*280	2
38	LEFT HANDLEBAR	WELDING	1
39	END CAP 2	25X1.5	2
40	RIGHT HANDLEBAR	WELDING	1
41	LEFT HANDLEBAR COVER (R)	99*80*39	1
42	SPINDLE BAR	Φ 15.8*373 (3/8")	1
43	WASHER (L)	Φ 35*22.8*2	1

NO	NAME	SPEC	QUANTIGY
44	FIXING WASHER (L)	7/8''	1
45	COLLAR BALL/COLLAR HOUSING	Φ44.5	2
46	COLLAR HOUSING	Φ55.5*16	2
47	SENSOR	L=1000	1
48	FIXING WASHER (R)	15/16''	1
49	WASHER (R)	Φ40*2.5	1
50	CHAIN WHEEL	d=3.2, P=6.35, Z=100	1
51	CRANK	Φ16*140	1
52	FIXING NUT 1	GB/T 6177.2-2000 M10*1.0	4
53	NUT	GB/T 41-2000 M6	2
54	FIXING BOLT	M6*48	2
55	FIXING NUT 2	GB/T 6173-2000 M10*1.0 (H=5.0mm)	3
56	SHORT FIXING TUBE	Φ14*25.5	1
57	BUSHING	Φ18*15	2
58	FLY WHEEL	Φ446*32	1
59	FLYWHEEL SHAFT	Φ10*147	1
60	COMPUTER	LT9508	1
61	CHAIN	d=3.2, P=6.35, 204	1
62	RIGHT CHAIN COVER	690*285*98.4	1
63	FLAT WASHER	GB/T 95-2002 5	3
64	LEFT CHAIN COVER	690*285*92.4	1
65	WOOLLY BLOCK	113*25*5	1
66	HEX HEAD BOLT	GB/T 5780-2000 M5*35	1
67	PLASTIC FRAME	200*47*30	1
68	SPRING	Φ2.2	1
69	RUBBER/SPRING COVER	35*23.5*6	1
70	LOCK NUT	GB/T 889.1-2000 M5	1
71	RUBBER COVER	Φ32*10	1
72	NUT	GB/T 6173-2000 M14*1.5 (H=7mm)	1
73	PALSTIC KNOB NUT	Φ40*75	1
74	ADJUSTABLE NUT	Φ15*30	1
75	LEFT LITTLE COVER	Φ6*4.7	2
76	DOMED NUT	GB/T 802-1988 M6	1
77	NUT	7/8''	1

HARDWARE AND TOOL LIST



(30) Hinge Screw
3/8" * 20
2 PCS



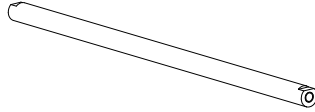
(31) Spring Washer
Ø19.5 * Ø11.5 * 3
2 PCS



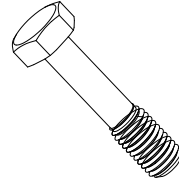
(32) D Shape Washer
Ø28 * 5 2 PCS



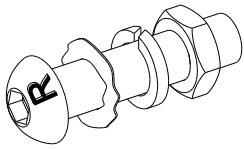
(35) Wave Washer
Ø26 * Ø16 * 0.3
4 PCS



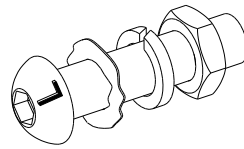
(42) Spindle Bar
1 PC



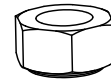
(14) Bolt M8 * 50
4 PCS



(9) Right Hinge Bolt
Ø16 * 112, 1 PC



(1) Left Hinge Bolt
Ø16 * 112, 1 PC



(10) Nylon Nut M8 * 9
4 PCS

(3) Spring Washer
Ø20 * Ø13 * 2, 1 PC

(8) Right Lock Nut
B0.5, 1 PC

(35) Wave Washer
Ø26 * Ø16 * 0.3, 1 PC

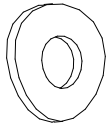
(3) Spring Washer
Ø20 * Ø13 * 2, 1 PC

(4) Left Lock Nut
B0.5, 1 PC

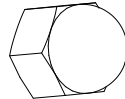
(35) Wave Washer
Ø28 * Ø16 * 0.3, 1 PC



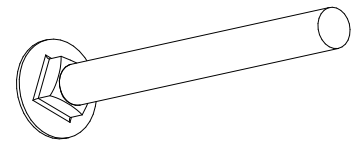
(11) Flat Washer
2 PCS



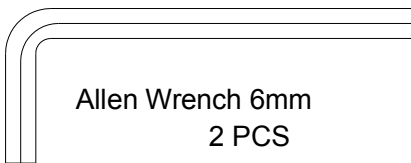
(12) Curve Washer
Ø10 * Ø25 * 1.5
4 PCS



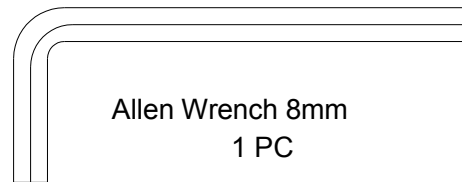
(13) Domed Nut M10
4 PCS



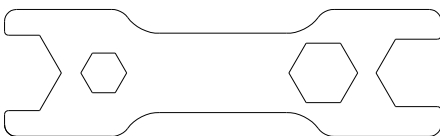
(6) Bolt M10 * 62
4 PCS



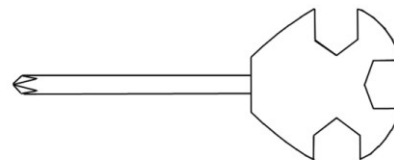
Allen Wrench 6mm
2 PCS



Allen Wrench 8mm
1 PC



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



Spanner S13, S14, S15
1 PC

ASSEMBLY INSTRUCTIONS

BEFORE YOU BEGIN:

1. Locate a comfortable work area to assemble your Sunny Flywheel Elliptical Trainer. Ensure that your work area is open, contains adequate ventilation and lighting. Because the Sunny Flywheel Trainer is portable, to some extent, you don't need to assemble it in the exact location which you plan on using it. However, for your safety and convenience, once the equipment has been fully assembled you should avoid doing the following: hauling it excessive distances, through narrow passages and up and down staircases.

2. To avoid damages to the equipment during assembly, it's a good idea to flatten out the shipping carton and use it as a work surface. Some components of the Sunny Flywheel Trainer, are lightly pre-greased, as such, it is recommended to keep a rag or a few paper towels handy during assembly.

NOTE:

In order to properly complete assembly of the Sunny Flywheel Trainer, you will need the following tools; a ruler with both metric and standard measurements, an Allen Wrenches (#6 & #8) and a Spanner.

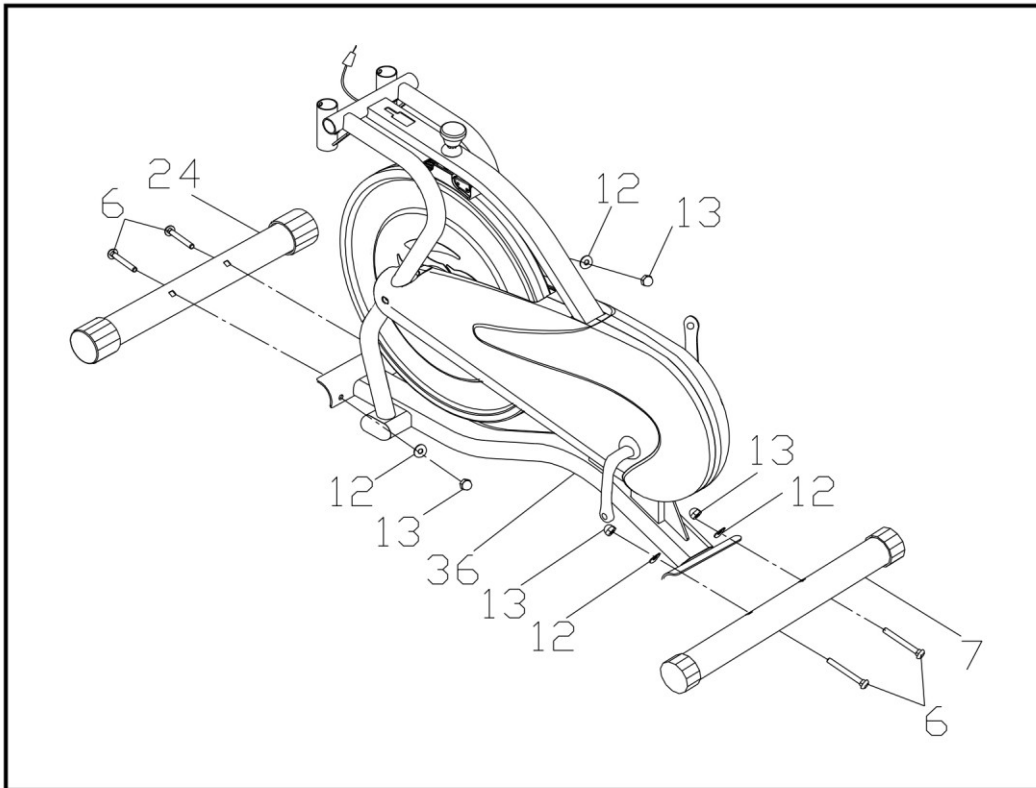
Before assembling, please verify that all the necessary parts required for assembly are available, to do this please refer to the **(Parts List)** section of the manual. For further reference, the **(Exploded View Diagram)** provides a view of each individual part that the equipment is comprised of. Each part is marked with a number these numbers reference that part on in relation to the **(Parts List)** where the part is also identified as well.

IDENTIFY THE HARDWARE:

Organize nuts, bolts and washers before beginning assembly of equipment. For further information pertaining to hardware and/or parts, refer to **(Exploded View Diagram) & (Parts List)** section(s) of this manual.

ASSEMBLY

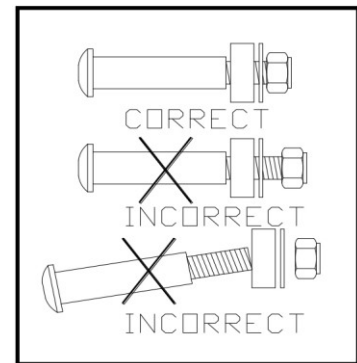
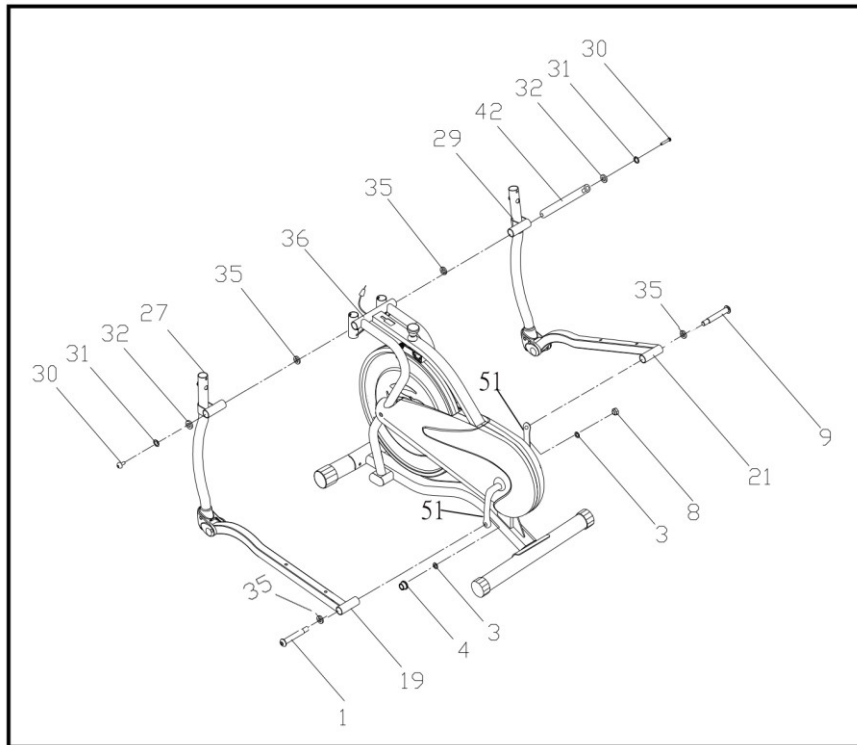
STEP 1: ATTACHING FRONT & REAR STABILIZER



Attach the **Front Stabilizer (No. 24)** and the **Rear Stabilizer (No. 7)** to the main frame using **4-Carriage Bolt (No. 6)**, **4-Arc Washers (No. 12)** & **4- Domed Nuts (No. 13)**.

Place the **Front Stabilizer (No.24)** and **Rear Stabilizer (No. 7)** against the main frame; be sure that both holes are aligned with each other. Take two of the **Carriage Bolts (No. 6)** and pass them through the stabilizers and main frame. Slip the two **Arc Washers (No. 12)** over the threaded portions of the **Carriage Bolts (No. 6)**. Place the two **Domed Nuts (No. 13)** over the **Arc Washers (No. 12)** and firmly tighten down the **Domed Nuts (No. 13)** using the Multi Hex Tool provided.

STEP 2: ATTACHING THE SPINDLE BAR



Insert the **Spindle Bar (No. 42)** through the **Right Swing Bar (No. 29)** and **Wave Washer (No. 35)** into the main frame, then through **Wave Washer (No. 35)** and into **Left Swing Bar (No. 27)**. Put a “D” **Shape Washer (No. 32)** & a **Spring Washer (No. 31)** on both sides of the **Spindle Bar**, tighten both ends using the **Hinge Screws (No. 30)**. **Note:** Before you tighten the **Hinge Screws (No. 30)**, ensure the **D Shape Washers (No.32)** are fully onto the **Spindle Bar (No.42)**.

Insert the **Right Hinge Bolt (No. 9)** through the **Wave Washer (No.35)** and the hole of the **Right Pedal Tube (No. 21)**, screw the **Right Hinge Bolt** “Clockwise” into the **Crank Arm (No. 51)** then slide the **Spring Washer (No. 3)** onto the **Right Hinge Bolt (No. 9)** and secure the bolt with the **Right Lock Nut (No. 8)**.

Repeat this assembly process for the Left Side.

***Important Note:** **Left Hinge Bolt (No. 1)** has reversed threading, when assembling the Left Side, you must screw the **Left Hinge Bolt** “Counter-Clockwise” to tighten*.

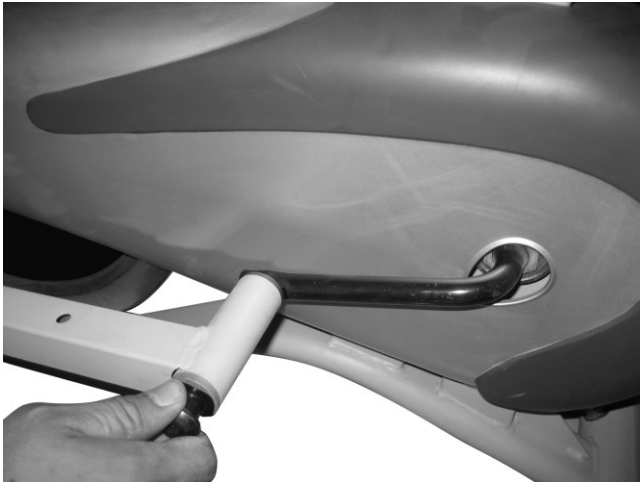
ATTENTION:

The **Right and Left Hinge Bolt (No. 9 & No. 1)** must fully penetrate the nylon ring inside the **Pedal Tube (No. 21 & No. 19)** & the **Right and Left Crank (No. 51)**. 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.

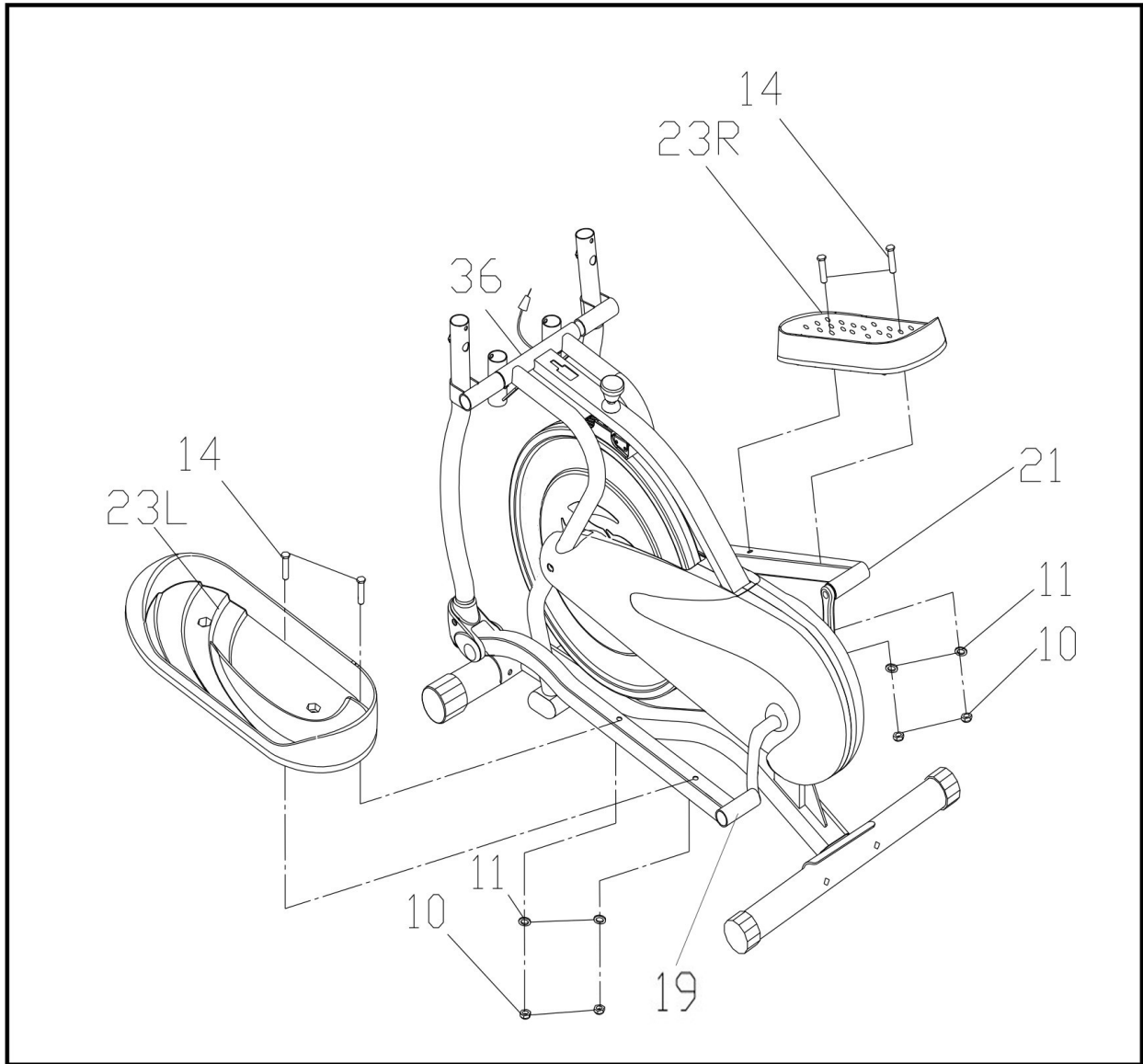


For easier assembly of the **Right Hinge Bolt (No. 9)** you can turn the **Crank (No. 51)** to the front and make it horizontal. Doing this will allow you to easily screw the **Right Hinge Bolt (No. 9)** into the hole of the **Crank (No. 51)**.



For easier assembly of **Left Hinge Bolt (No.1)** you can turn the **Crank (No. 51)** to the front and make it horizontal. Doing this will allow you to easily screw the **Left Hinge Bolt (No. 1)** into the hole of the **Crank (No. 51)**.

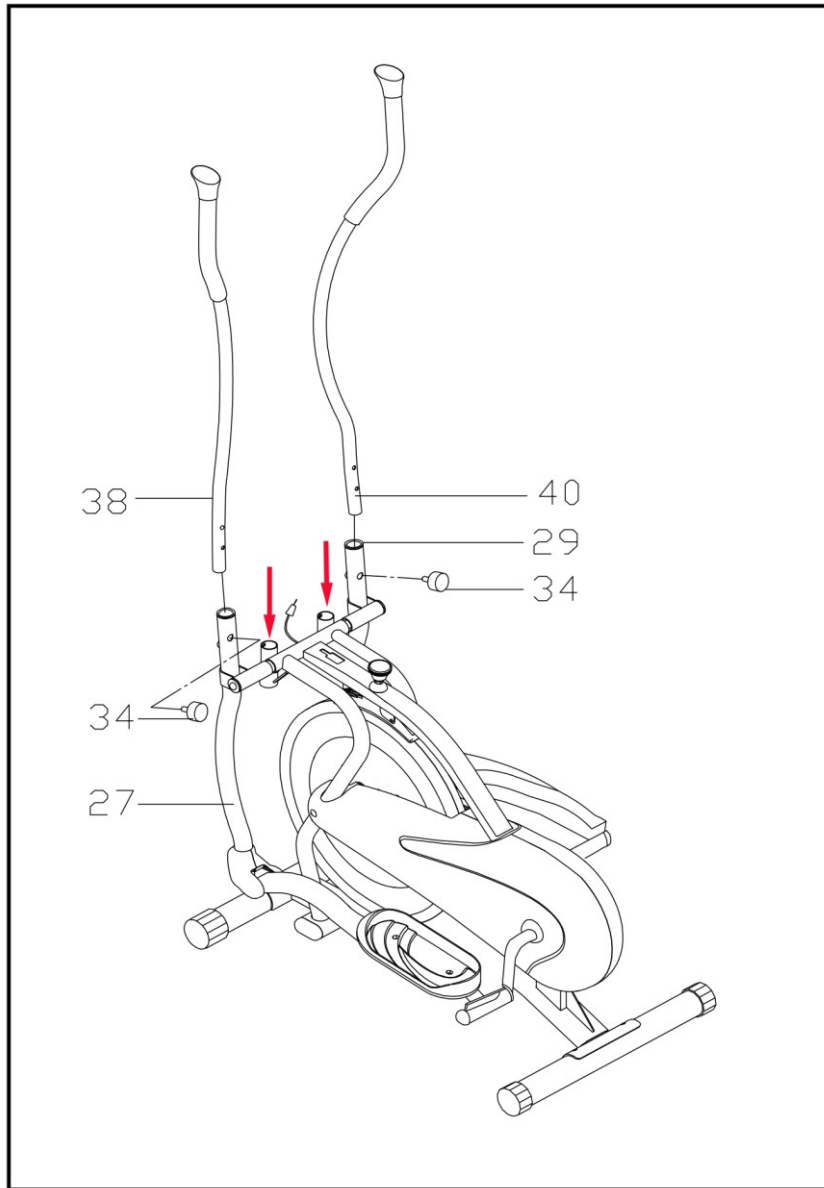
STEP 3: TIGHTENING THE LOCK NUTS & ATTACHING THE PEDALS



Unscrew the **Lock Nuts (No. 10)** from the **Hex Head Bolt (No. 14)** before assembling the pedals. Attach the **Left Pedal (No. 23L)** and the **Right Pedal (No. 23R)** to their respective **Pedal Tube (No. 19 & No. 21)**.

Line up the holes in the pedal with the holes on the pedal tube. Insert the **Hex Head Bolt (No. 14)** through the holes. Slide the **Flat Washer (No. 11)** and the **Lock Nut (No. 10)** over the **Hex Head Bolt (No. 14)** and tighten using the Spanner.

STEP 4: ATTACHING THE HANDLE BARS

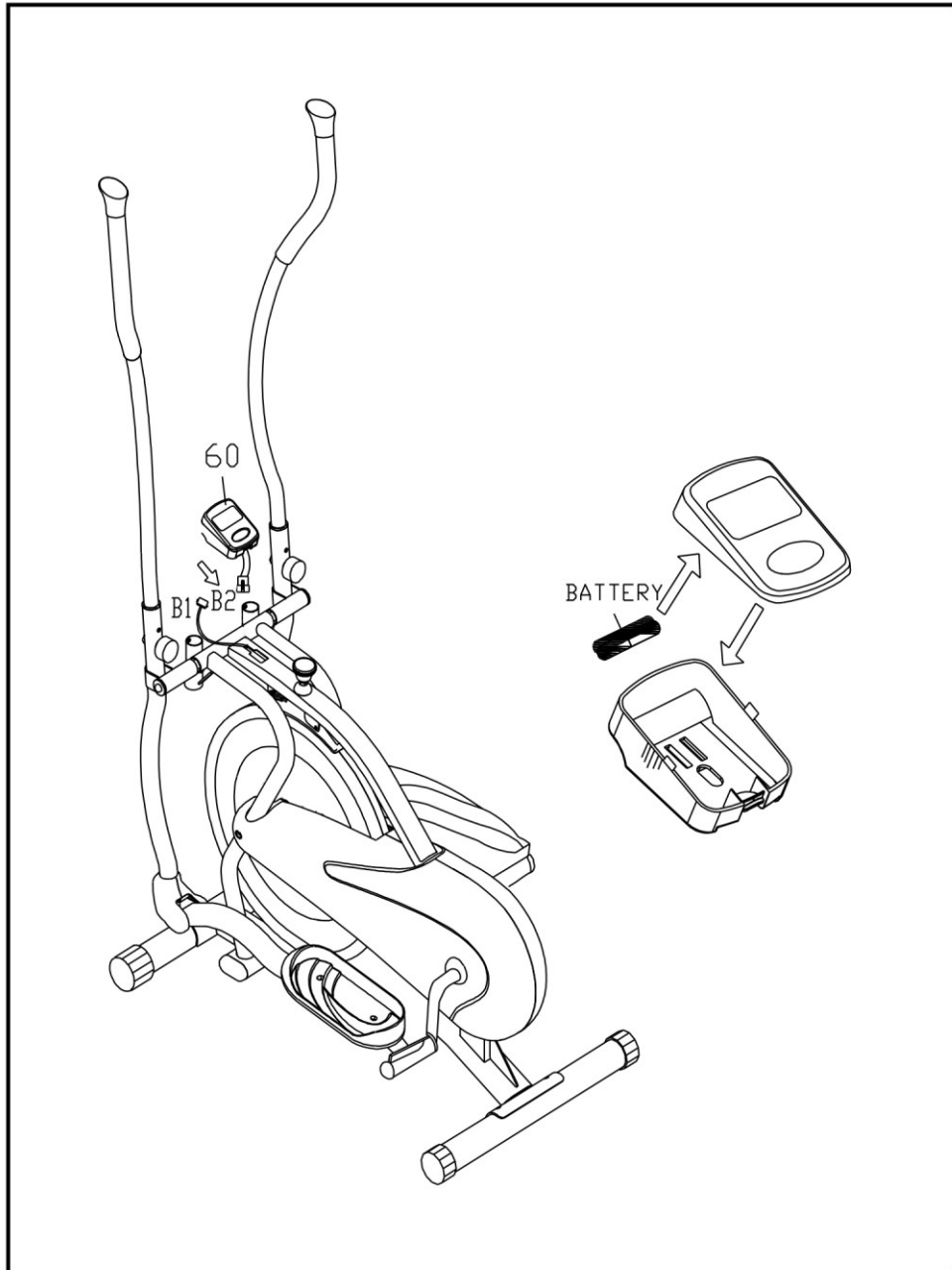


DUAL ACTION MODE

To allow the handlebars to move along with the pedals, attach **Left & Right Handlebar (No. 38 & No. 40)** to the **Left & Right Swing Bar (No. 27 & No. 29)**. Select a height setting that is comfortable for the user and make sure both handlebars are set at the same height. Lock each handlebar in place with **Lock Knob (No. 34)**

Not to allow the handlebars to move along with the pedals, attach **Left & Right Handlebar (No. 38 & No. 40)** to the holes of the **Mainframe (No.36)** as pointed by the arrows. Select a height setting that is comfortable for the user and make sure both handlebars are set at the same height. Lock each handlebar in place with **Lock Knob (No. 34)**.

STEP 5: ATTACHING THE COMPUTER



Connect the plugs (**B1&B2**) together then slide the **Computer (No.60)** onto the hole of the **Mainframe (No.36)**.

OPERATING THE COMPUTER

SPECIFICATIONS:

TIME-----	00:00-99:59 MIN:SEC
SPEED-----	0.0-999.9 ML/H or KM/H
DISTANCE-----	0.00-99.99 ML or KM
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 continue 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, pulse, 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.

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. Check if all the bolts tightened to the elliptical trainer become loosened.2. Inspect moving parts to insure 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 tightened fully.2. Adjust the end cap (No.5) of the rear stabilizer to get a best result.

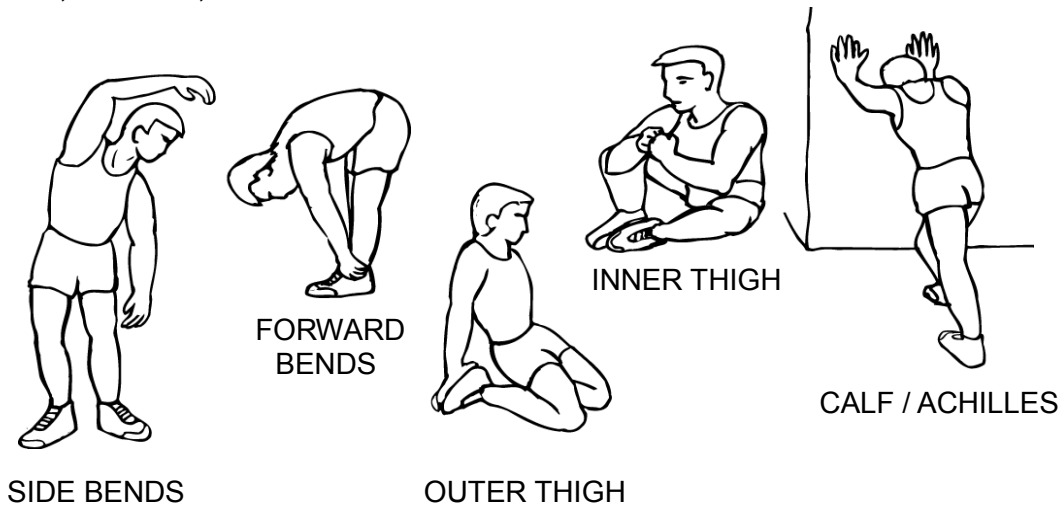
EXERCISE INSTRUCTIONS

NOTE:

Using the Sunny Flywheel Elliptical Trainer provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

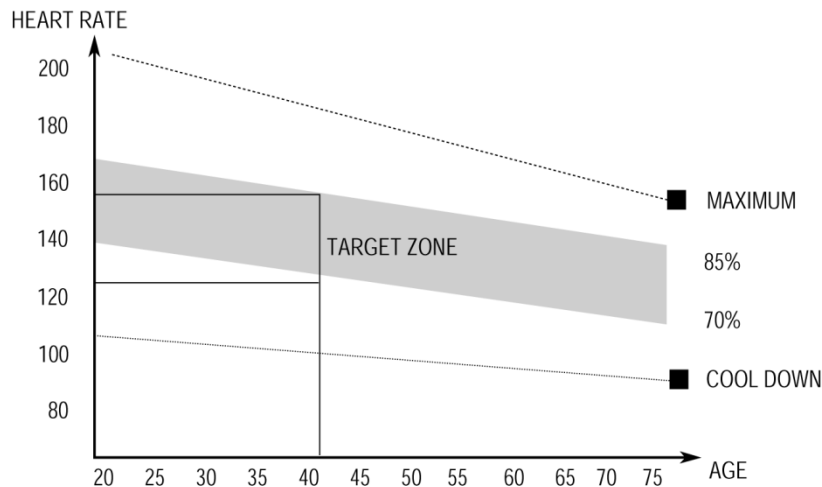
1. THE WARM-UP PHASE:

This stage helps to get the blood flowing around the body while also loosening and preparing the muscles for workout. This phase will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch, if it hurts, **STOP!**



2. THE EXERCISE PHASE:

Effort is the key in this phase. After regular use, the muscles in your legs will become stronger as a result the duration & intensity of your workouts may increase based on your body's tolerance to physical activity, when increasing physical activity it is very important to maintain a steady tempo throughout. The rate of work should be sufficient enough to raise your heart beat into the target zone shown on the graph below.



Physical activity during this stage should last for a minimum of 12 minutes, although for most people it will take about 15-20 minutes for their heart rate to reach the target zone.

3. THE COOL-DOWN PHASE:

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING:

To tone muscle while using the (Sunny Flywheel Elliptical Trainer) you will need to set the resistance level to high, this will increase the strain on leg muscles which will result in shorter training sessions, as the work load being increased will decrease the time required for the muscles to obtain an adequate workout. If you're also trying to improve your fitness, you'll need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase the resistance should be increased in order to make your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

USE:

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the flywheel elliptical trainer is in use.