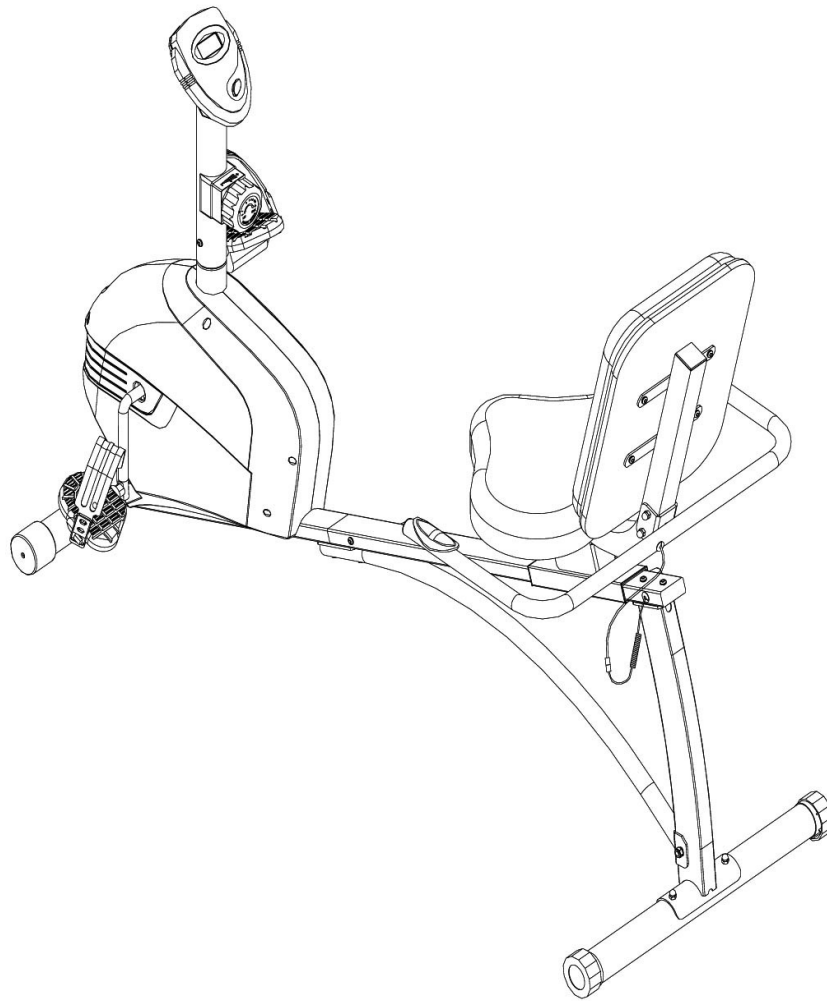




# MAGNETIC RECUMBENT BIKE

## SF-RB4417 USER MANUAL



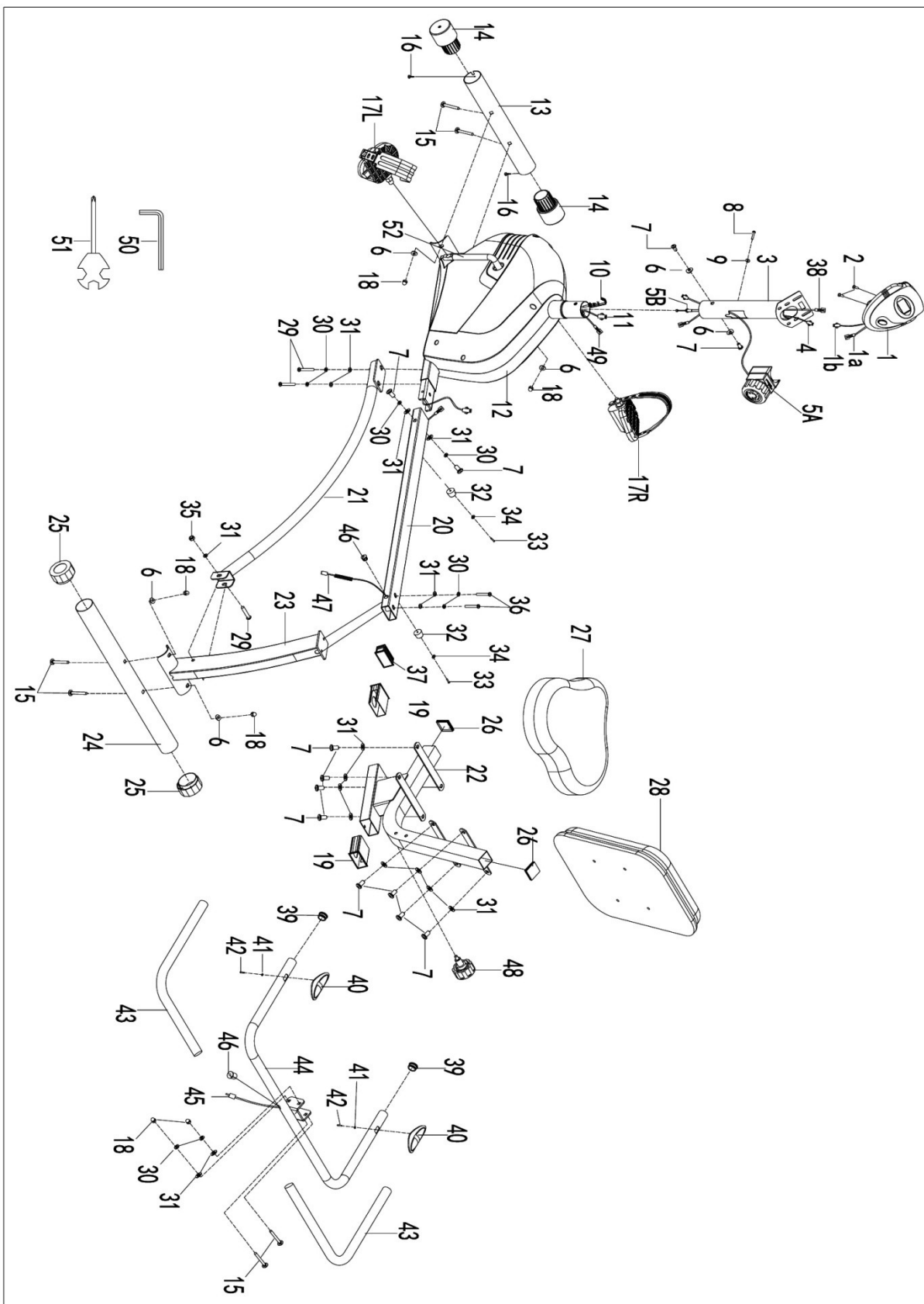
**IMPORTANT:** Please read this manual carefully before using the product. Retain owner's manual for future reference. For Customer Service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

# **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 300 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!

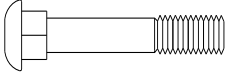


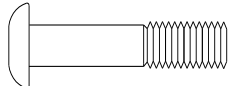
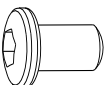


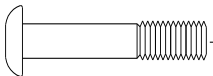


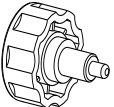
# EXPLODED DRAWING



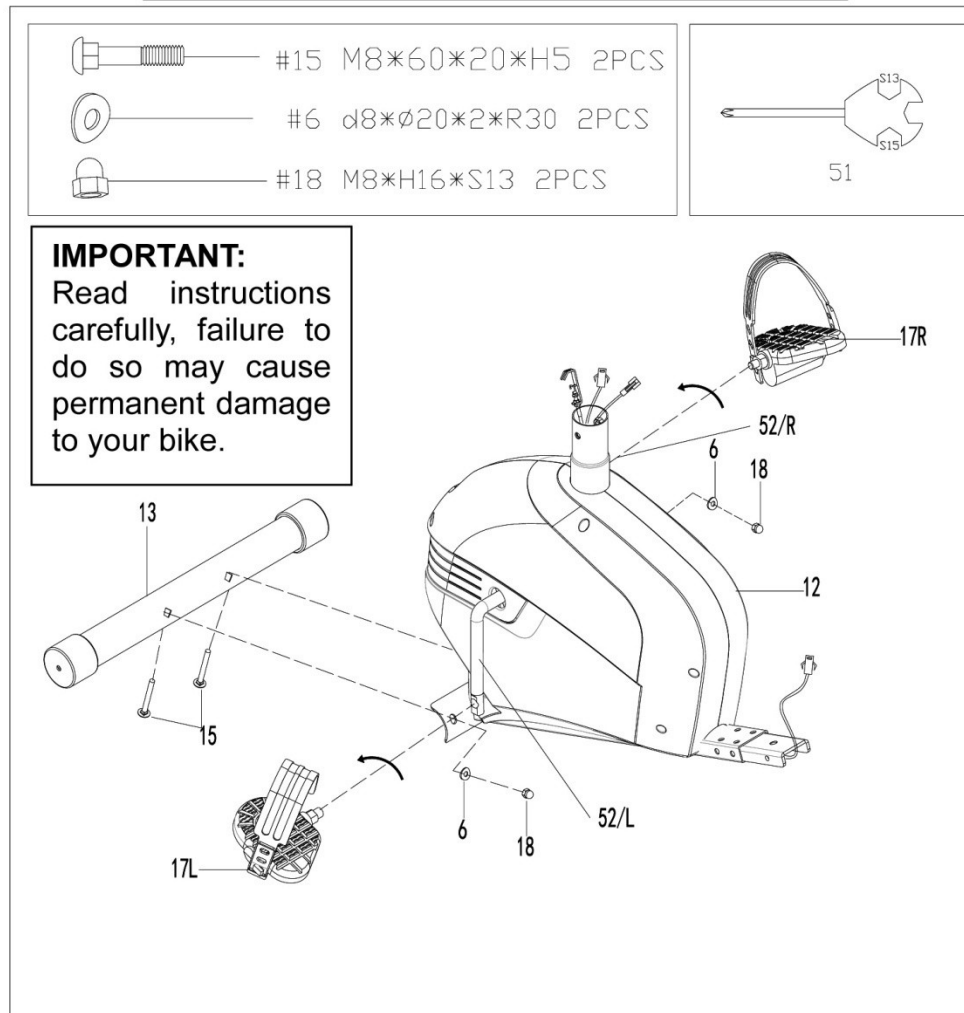
# **PARTS LIST**

<b>No.</b>	<b>Description</b>	<b>Qty</b>	<b>No.</b>	<b>Description</b>	<b>Qty</b>
1	Computer (wire 1a and 1b)	1	27	Seat cushion 245	1
2	Screw M5*10	2	28	Backrest cushion 246	1
3	Front upright tube	1	29	Screw M8*45*20*S6	3
4	Upper sensor wire 1	1	30	Spring washer d8	8
5A	Tension control	1	31	Washer d8*16*1.5	17
5B	Tension cable	1	32	Bumper 22*18*16*4	2
6	Arc washer d8*20*2*R30	6	33	Screw M4*16*6	2
7	Screw M5*16*S6	12	34	Washer d4*9.1	2
8	Screw M5*15	1	35	Nut M8*H7.5*S14	1
9	Arc washer d5	1	36	Screw M8*40*20*S6	2
10	Tension wire	1	37	End cap J53*23*11	1
11	Sensor wire	1	38	Upper sensor wire 2	1
12	Main frame	1	39	End cap 25*16	2
13	Front stabilizer	1	40	Handle pulse for tube 25	2
14	End cap	2	41	Washer d6*12.1	2
15	Carriage bolt M8*60*20*H5	6	42	Screw ST4*19*7	2
16	Screw ST4*10*6	2	43	Foam grip 23*5*500	2
17L/R	Pedal L/R	2	44	Handlebar	1
18	Nut M8*H16*S13	6	45	Hand pulse wire	1
19	Bushing J60*30*J53*23*L100*8.5	2	46	Grommet	2
20	Seat support tube	1	47	Lower sensor wire 1	1
21	Curve support tube	1	48	Adjustment knob	1
22	Backrest frame	1	49	Lower sensor wire 2	1
23	Rear support tube	1	50	Allen wrench S6	1
24	Rear stabilizer	1	51	Spanner S13-14-15	1
25	End cap 50*45.5*64.5*64.5	2	52L/R	Crank arms (left and right)	1
26	End cap F38*38*14	2			

## **HARDWARE PACKAGE**

	#15	M8*60*20*H5	6PCS
	#6	d8* $\phi$ 20*2*R30	6PCS
	#18	M8*H16*S13	6PCS
	#36	M8*40*20*S6	2PCS
	#7	M8*16*S6	12PCS
	#31	d8* $\phi$ 16*1.5	17PCS
	#30	d8	8PCS
	#29	M8*45*20*S6	3PCS
	#35	M8*H7.5*S14	1PCS
	#2	M5*10	2PCS
	#48	M16*1.5*27* $\phi$ 56	1PCS

# ASSEMBLY INSTRUCTIONS



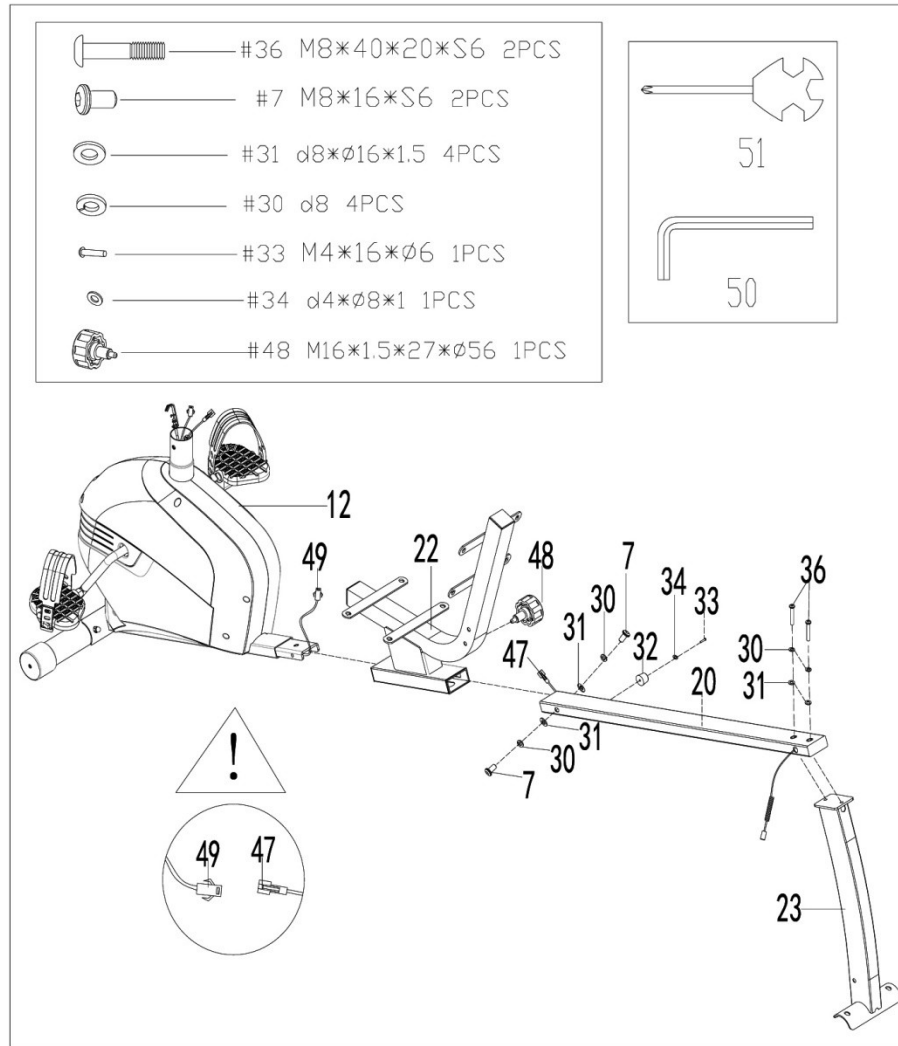
## **STEP: 1**

Attach the **Front Stabilizer (No. 13)** to the **Main Frame (No. 12)** using 2 **Carriage Bolts (No. 15)**, 2 **Arc Washers (No. 6)** and 2 **Nuts (No. 18)**, tighten with **Spanner (No. 51)**.

Connect the **Left and Right Pedals (No. 17L/R)** onto the **Left and Right Crank Arms (No. 52L/R)**.

**Left Pedal:** Align the **Left Pedal (No. 17L)** with the **Left Crank Arm (No. 52L)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal **counter-clockwise** as tightly as you can with your hand. Tighten and secure with **Spanner (No. 51)**.

**Right Pedal:** Align the **Right Pedal (No. 17R)** with the **Right Crank Arm (No. 52R)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal **clockwise** as tightly as you can with your hand. Tighten and secure with **Spanner (No. 51)**.



## STEP: 2

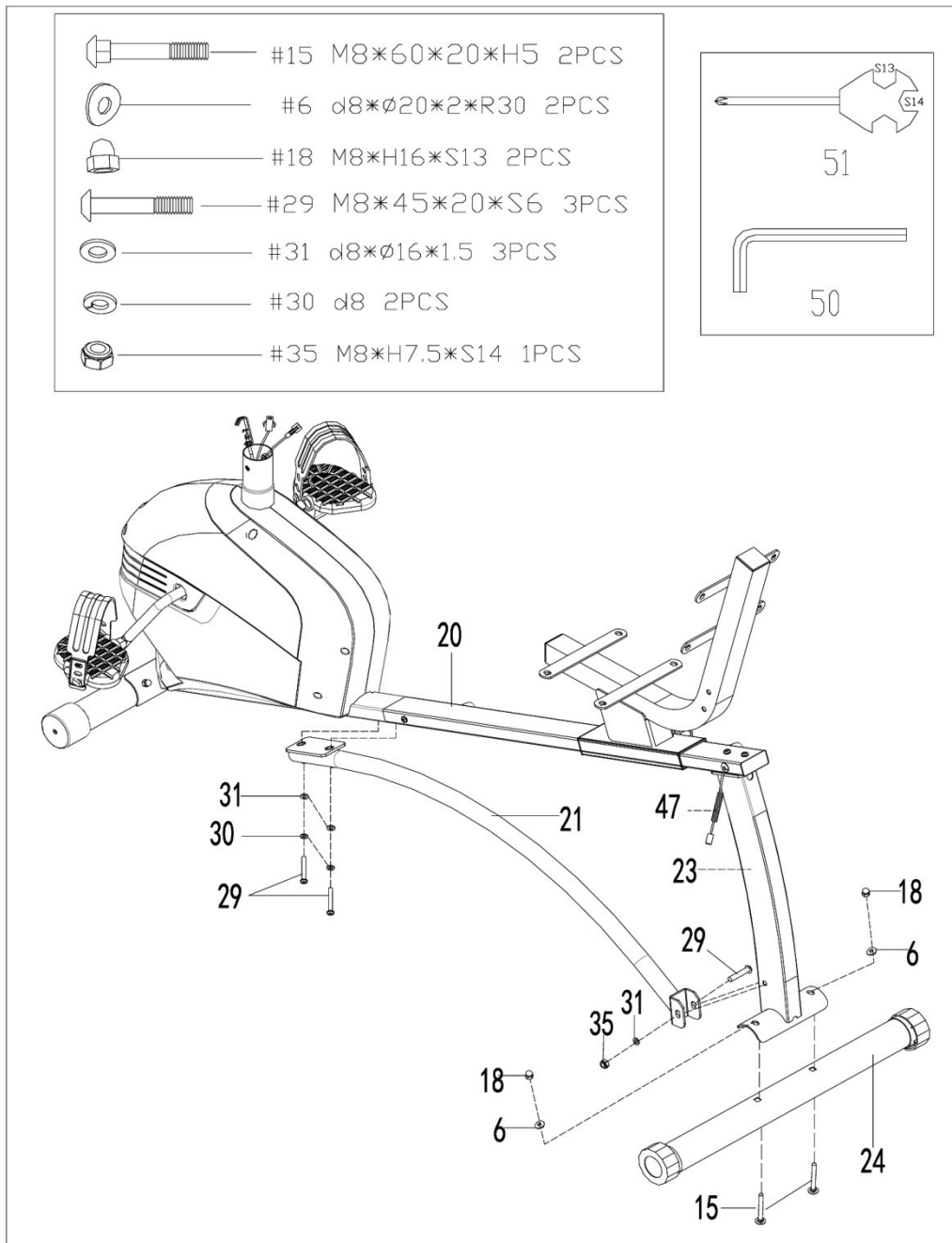
Unscrew and remove **Bumper (No. 32)** located on the **Seat Support Tube (No. 20)** using **Spanner (No. 51)**.

Align the **Backrest Frame (No. 22)** with the **Main Frame (No. 12)**. Insert **Seat Support Tube (No. 20)** through the **Backrest Frame (No. 22)** and connect **Lower Sensor Wire 1 (No. 47)** with **Lower Sensor Wire 2 (No. 49)**.

Next, slide the **Seat Support Tube (No. 20)** onto the bottom tube of the **Main Frame (No. 12)** and secure it using 2 **Screws (No. 7)**, 2 **Washers (No. 31)** and 2 **Spring Washers (No. 30)**, tighten with **Allen Wrench (No. 50)**.

Reattach **Bumper (No. 32)** to the **Seat Support Tube (No. 20)** using **Screw (No. 33)** and **Washer (No. 34)**.

Attach the **Rear Support Tube (No. 23)** to **Seat Support Tube (No. 20)** using 2 **Screws (No. 36)**, 2 **Spring Washers (No. 30)** and 2 **Washers (No. 31)**, tighten with **Allen Wrench (No. 50)**. Lastly, adjust the **Backrest Frame (No. 22)** to the desired position and secure in to place using the **Adjustment Knob (No. 48)**.



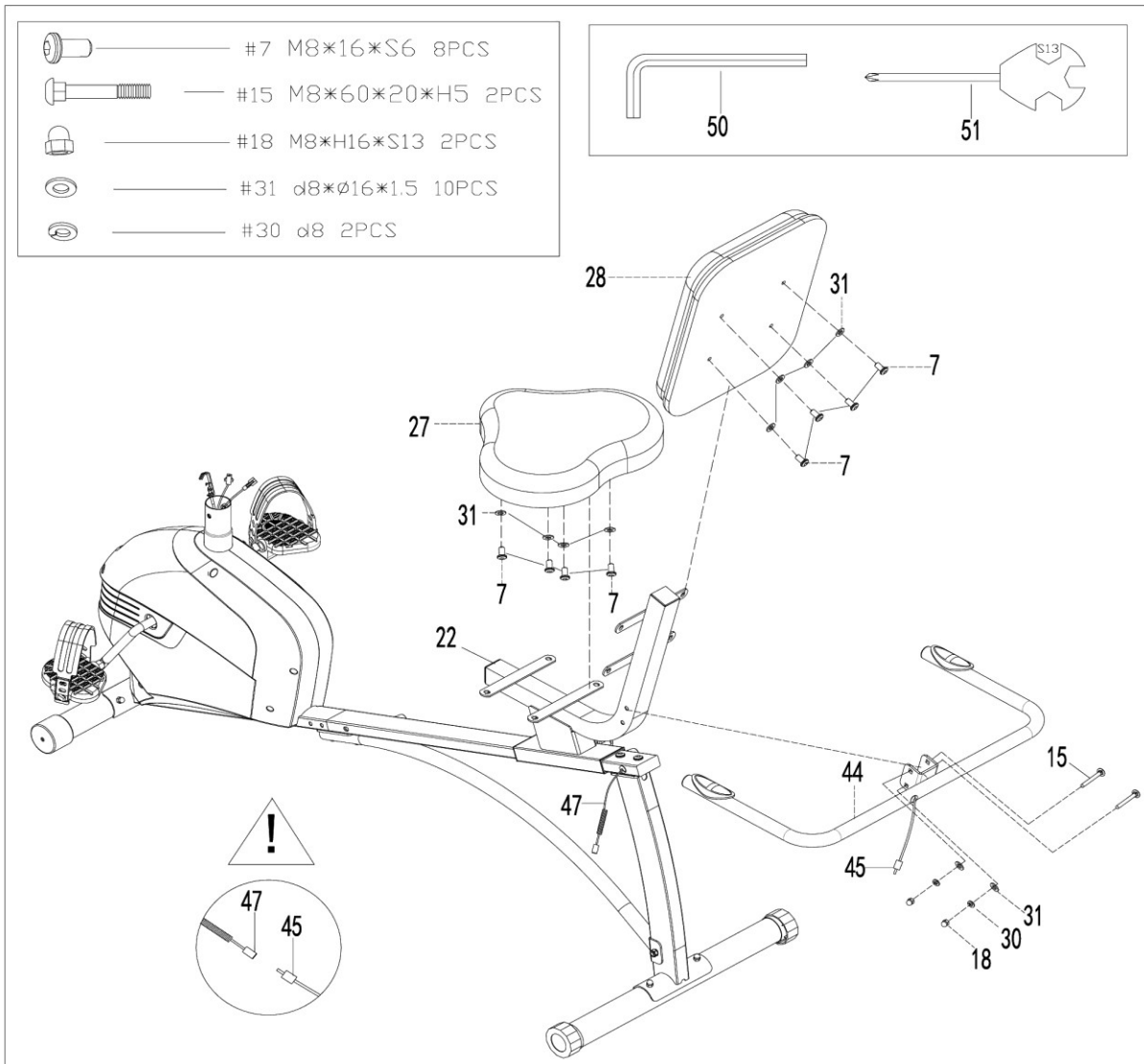
### STEP: 3

Attach the upper end of the **Curve Support Tube (No. 21)** to **Seat Support Tube (No. 20)** using 2 **Screws (No. 29)**, 2 **Spring Washers (No. 30)** and 2 **Washers (No. 31)**, tighten with **Allen Wrench (No. 50)**.

Next attach the lower end of the **Curve Support Tube (No. 21)** to **Rear Support Tube (No. 23)** using 1 **Screw (No. 29)**, 1 **Washer (No. 31)** and 1 **Nut (No. 35)**, tighten with **Allen Wrench (No. 50)** and **Spanner (No. 51)**.

Attach **Rear Stabilizer (No. 24)** to **Rear Support Tube (No. 23)** using 2 **Carriage Bolts (No. 15)**, 2 **Arc Washers (No. 6)** and 2 **Nuts (No. 18)**, tighten with **Spanner (No. 51)**.



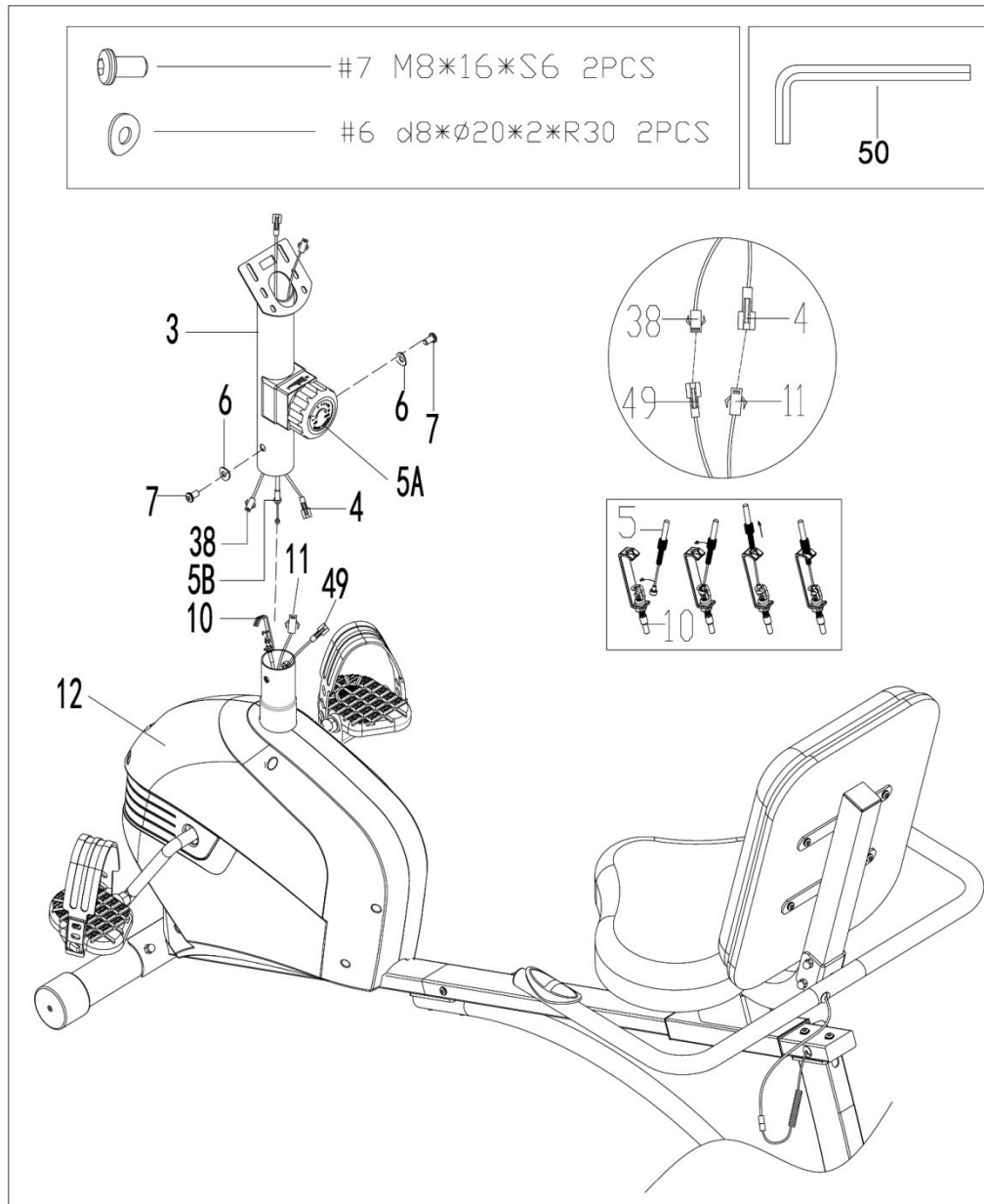


## STEP: 4

Attach the **Seat** and **Backrest Cushions** (No. 27 and No. 28) to the **Backrest Frame** (No. 22) using 8 **Screws** (No. 7) and 8 **Washers** (No. 31), tighten with **Allen Wrench** (No. 50).

Attach the **Handlebar** (No. 44) to the **Backrest Frame** (No. 22) using 2 **Carriage Bolts** (No. 15), 2 **Washers** (No. 31), 2 **Spring Washers** (No. 30) and 2 **Nuts** (No. 18), tighten with **Spanner** (No. 51).

Connect **Lower Sensor Wire 1** (No. 47) with **Hand Pulse Wire** (No. 45).



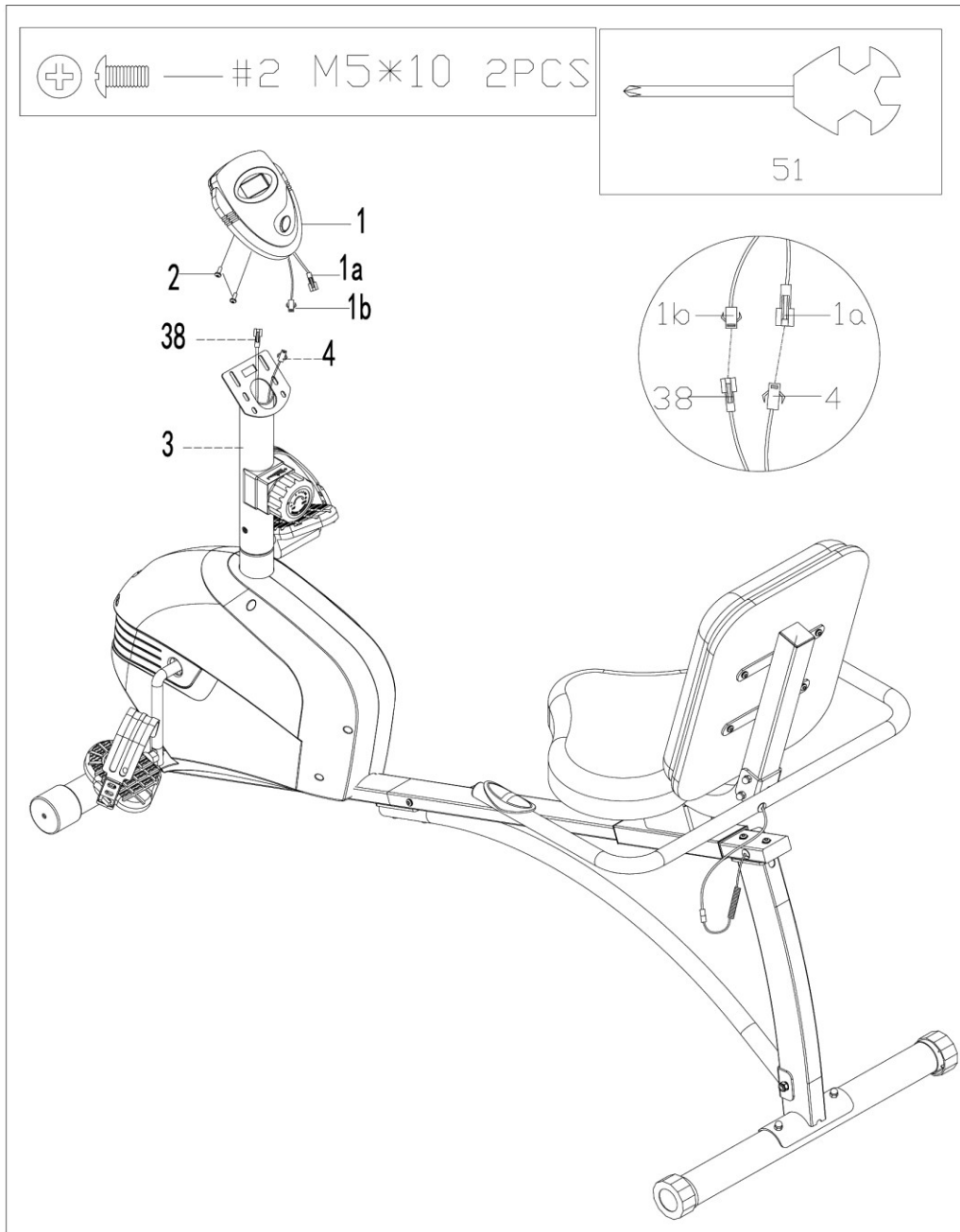
## STEP: 5

**IMPORTANT:** Before attempting to connect the tension control cable, ensure that the **Tension Control (No. 5A)** is turned all the way to the left (the lowest level of resistance), this will provide the tension cable with the necessary length required to connect it.

Connect the **Tension Cable (No. 5B)** to the **Tension Wire (No. 10)**.

Connect **Upper Sensor Wire 1 (No. 4)** with the **Sensor Wire (No. 11)** then connect **Upper Sensor Wire 2 (No. 38)** with **Lower Sensor Wire 2 (No. 49)**.

Attach the **Front Upright Tube (No. 3)** to the **Main Frame (No. 12)** using 2 **screws (No. 7)** and 2 **Washers (No. 6)**, tighten with **Allen Wrench (No. 50)**.



## STEP: 6

Connect Computer **Wire (No. 1a)** with **Upper Sensor Wire 1 (No. 4)** then connect **Computer Wire (No. 1b)** with **Upper Sensor Wire 2 (No. 38)**.

Attach the **Computer (No. 1)** to the computer bracket located on the top of the **Front Upright Tube (No. 3)** using 2 **Screws (No. 2)**, tighten using **Spanner (No. 51)**.

Assembly is complete!

# EXERCISE COMPUTER

## SPECIFICATIONS:

<b>TIME</b> .....	00:00-99:59 Min/Sec.
<b>SPEED</b> .....	0.0-99.9KM/H or ML/H
<b>DISTANCE</b> .....	0.00-999.9KM or ML
<b>CALORIES</b> .....	0-9999KCAL
<b>PULSE</b> .....	40-240BPM



## KEY FUNCTIONS:

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

-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.

**PULSE:** Displays the user's current heart rate in beats per minute.

-Place the palms of your hands on both of the contact pads and wait for 30 seconds to obtain the most accurate reading.

**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.