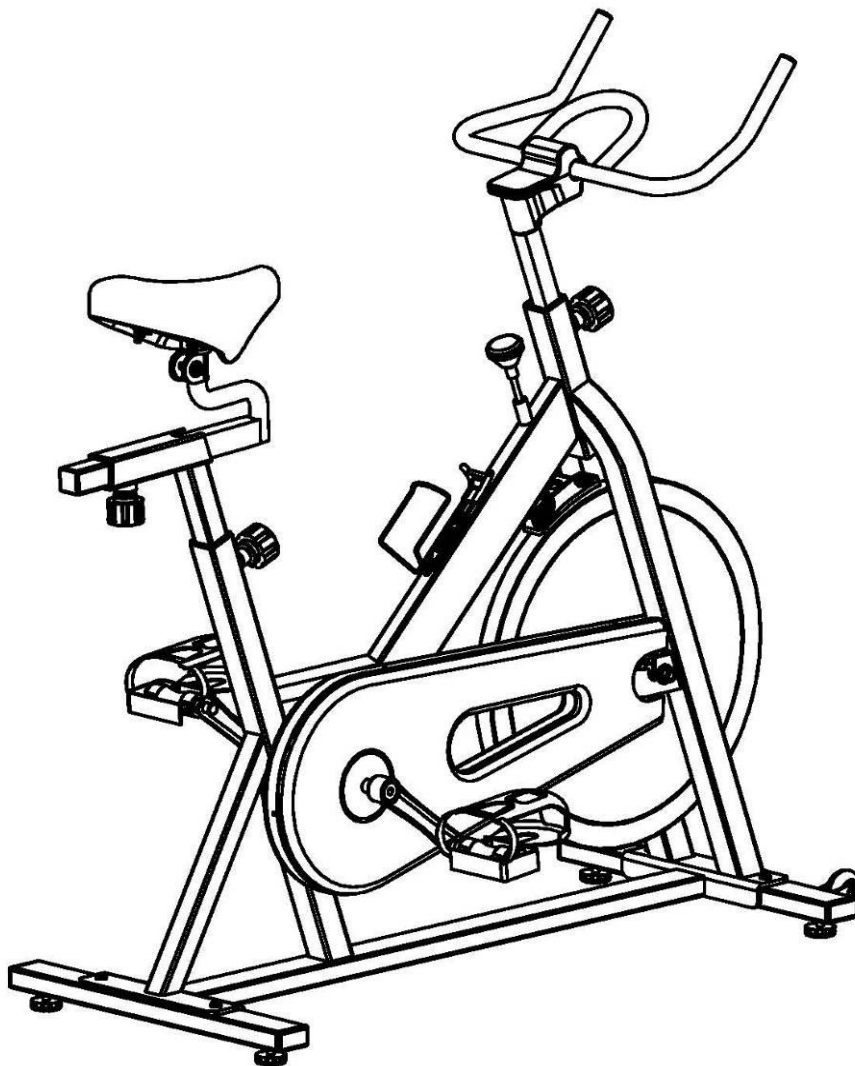




INDOOR CYCLING BIKE

SF-B1001

USER'S MANUAL



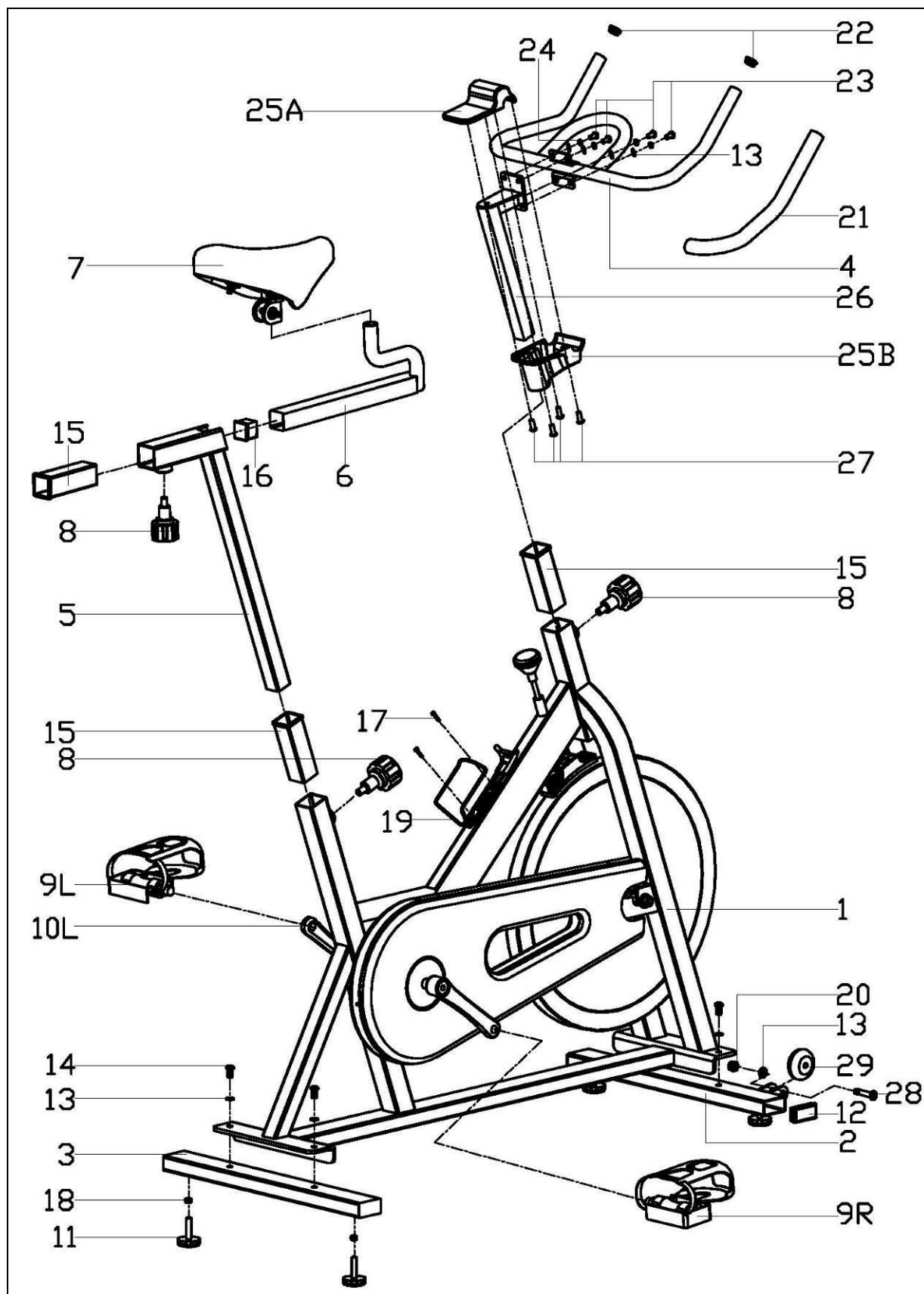
IMPORTANT! Please read this manual carefully before using this product. Retain owner's manual for future reference. For Customer Service, please contact: support@sunnyhealthfitness.com

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 assured 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 any medication that may affect 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, 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 the moving parts of the equipment.
10. The maximum weight capacity of this unit is 220 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. Your product is intended for use in cool, dry conditions. You should avoid storage in extremely cold, hot, or damp places as this may lead to corrosion and other related problems.
14. This equipment is designed for indoor use only! It is not intended for commercial use!

EXPLODED DRAWING



PARTS LIST

Part No.	Description	Qty
1	Main frame	1
2	Front stabilizer	1
3	Rear stabilizer	1
4	Handlebar	1
5	Seat post	1
6	Seat slider	1
7	Saddle	1
8	Pop-pin knob	3
9L/R	Pedal	1 set
10L/R	Crank	1 set
11	Leveler feet	4
12	Oblong cap	4
13	Flat washer	10
14	Allen bolt	4
15	Plastic bushing	3
16	Square cap	1

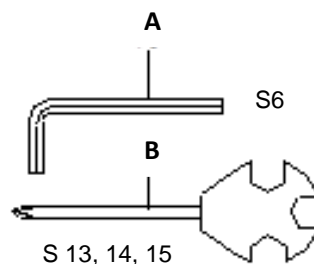
Part No.	Description	Qty
17	Phillips tapping screw	2
18	Hex nut M10	4
19	Water bottle holder	1
20	Nylon nut	2
21	Foam grip	2
22	End cap	2
23	Allen bolt	4
24	Spring washer	4
25 A/B	Handlebar cover	1 set
26	Handlebar post	1
27	Phillips screw	4
28	Allen bolt	2
29	Roller	2
A	Allen Wrench S6	1
B	Spanner	1

NOTE:

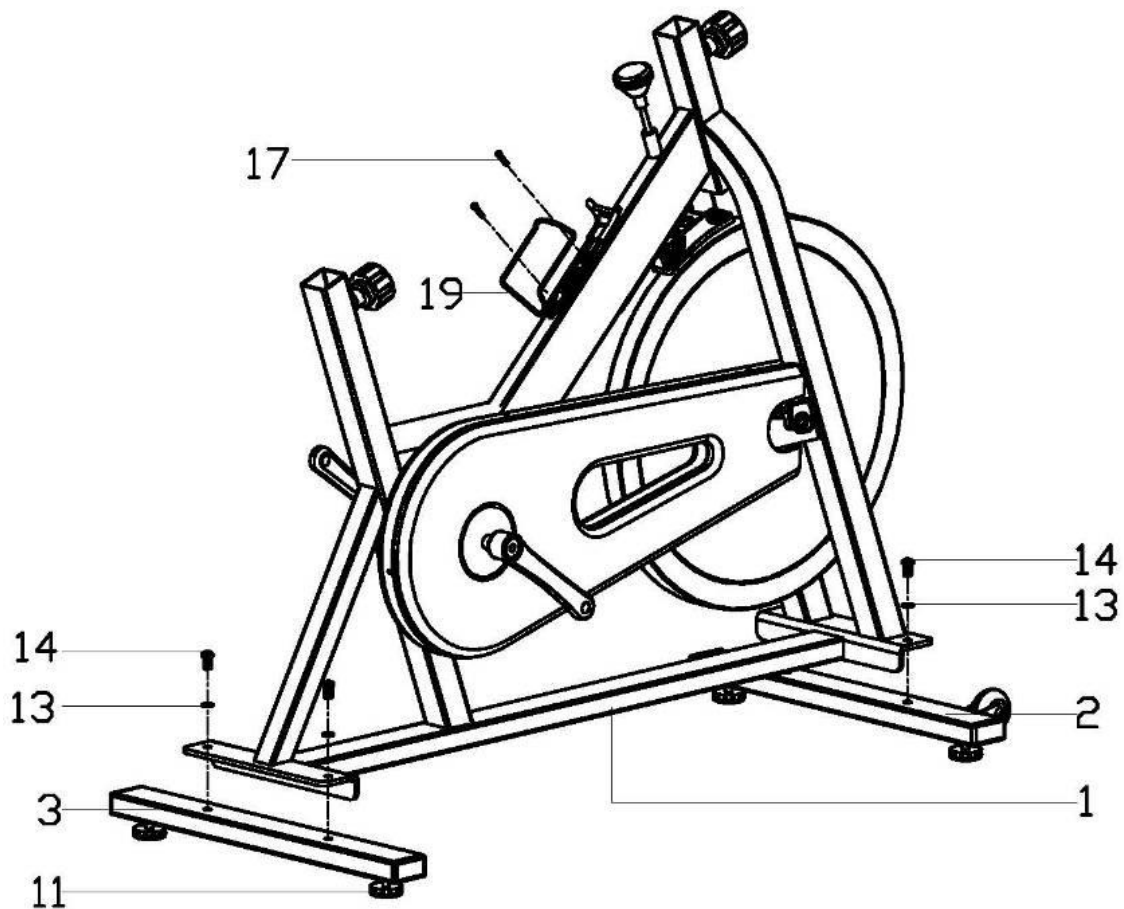
Most of the listed assembly parts have been packaged separately, but some hardware items have been preinstalled. In these instances, simply remove and reinstall the hardware assembly as required.

Please reference the individual assembly steps and make note of all preinstalled hardware. Prior to assembly of this product, remove all components from the package and verify all the listed parts are supplied

HARDWARE TOOLS



ASSEMBLY INSTRUCTIONS



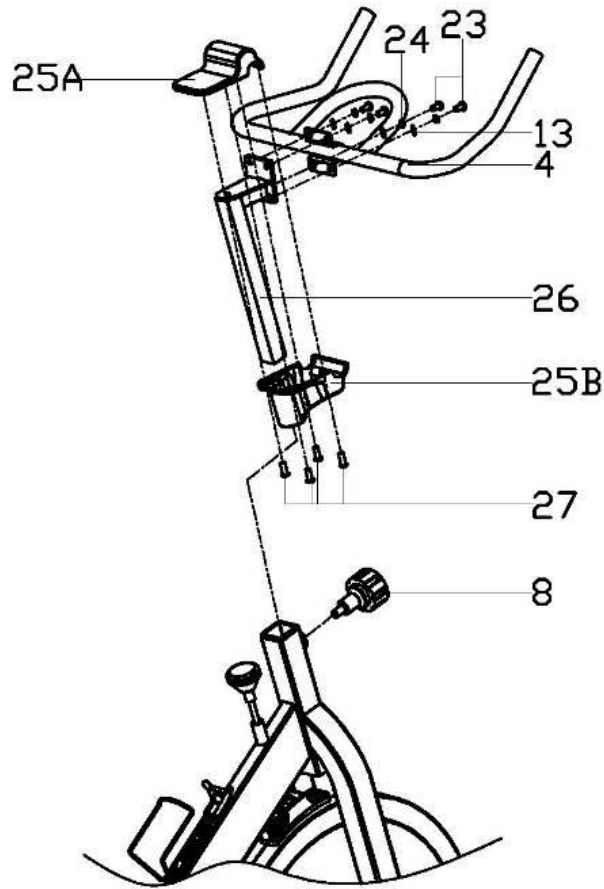
STEP 1:

Install the **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 3)** to the **Main Frame (No. 1)** with the **Bolts (No. 14)** and **Flat Washers (No. 13)**. Ensure the **Foot Levelers (No. 11)** are on the bottom and the transportation wheels are facing up at the front of the bike.

Attach the **Water Bottle Holder (No. 19)** to the **Main Frame (No. 1)** with **Screws (No. 17)**.

NOTE: The **Foot Levelers (No. 11)** under the stabilizers can be adjusted to compensate for uneven ground.

ASSEMBLY INSTRUCTIONS



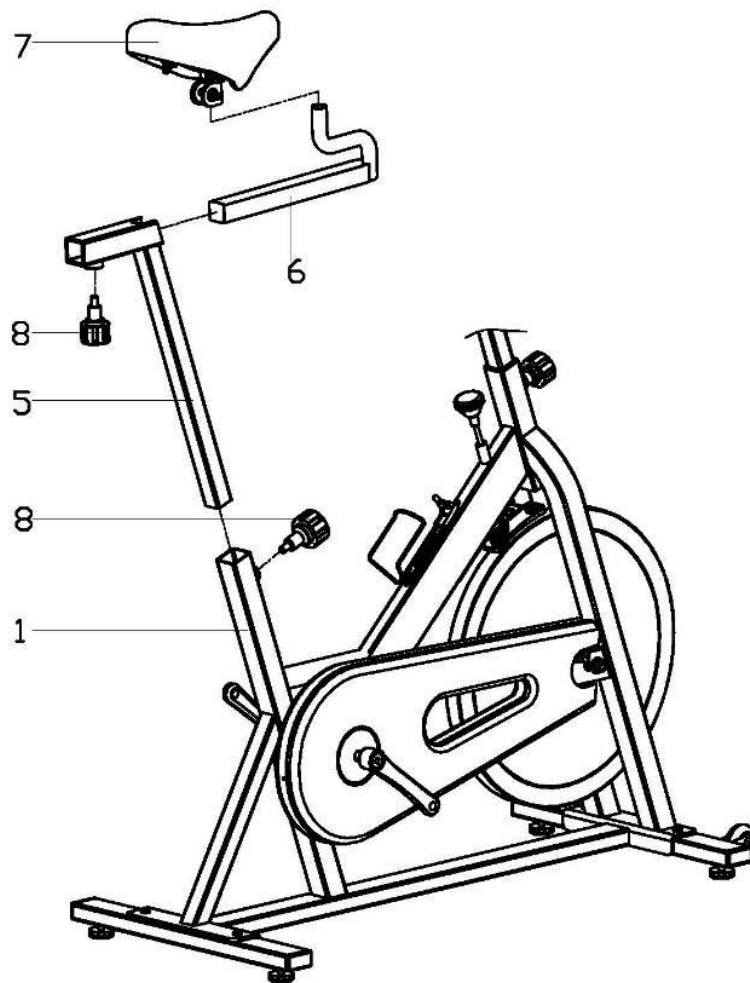
STEP 2:

Attach the **Handlebar (No. 4)** to the **Handlebar Post (No. 26)** and secure with **Allen Bolts (No. 23)**, **Flat Washers (No. 13)** and **Spring Washers (No. 24)**.

Set the **Lower Handlebar Cover (No. 25B)** on the square tube of the **Handlebar Post (No. 26)** in alignment with the four grooves on the mouth of the **Lower Handlebar Cover (No. 25B)**. Slide the **Lower Handlebar Cover (No. 25B)** onto the top of the square tube of the **Handlebar Post (No. 26)** and rotate the cover 45 degrees to align it with the **Handlebar (No. 4)**.

Use **Phillips Screws (No. 27)** to fix the **Top Cover (No. 25A)** to the **Lower Handlebar Cover (No. 25B)** so that the **Handlebar (No. 4)** and **Handlebar Post (No. 26)** are in between the **Handlebar Covers (No. 25A/B)**. Turn and loosen the **Knob (No. 8)**, pull the pin, and insert the handlebar assembly into the main frame simultaneously. Ensure the pin settles into the desired hole before securing the **Knob (No. 8)**.

ASSEMBLY INSTRUCTIONS



STEP 3:

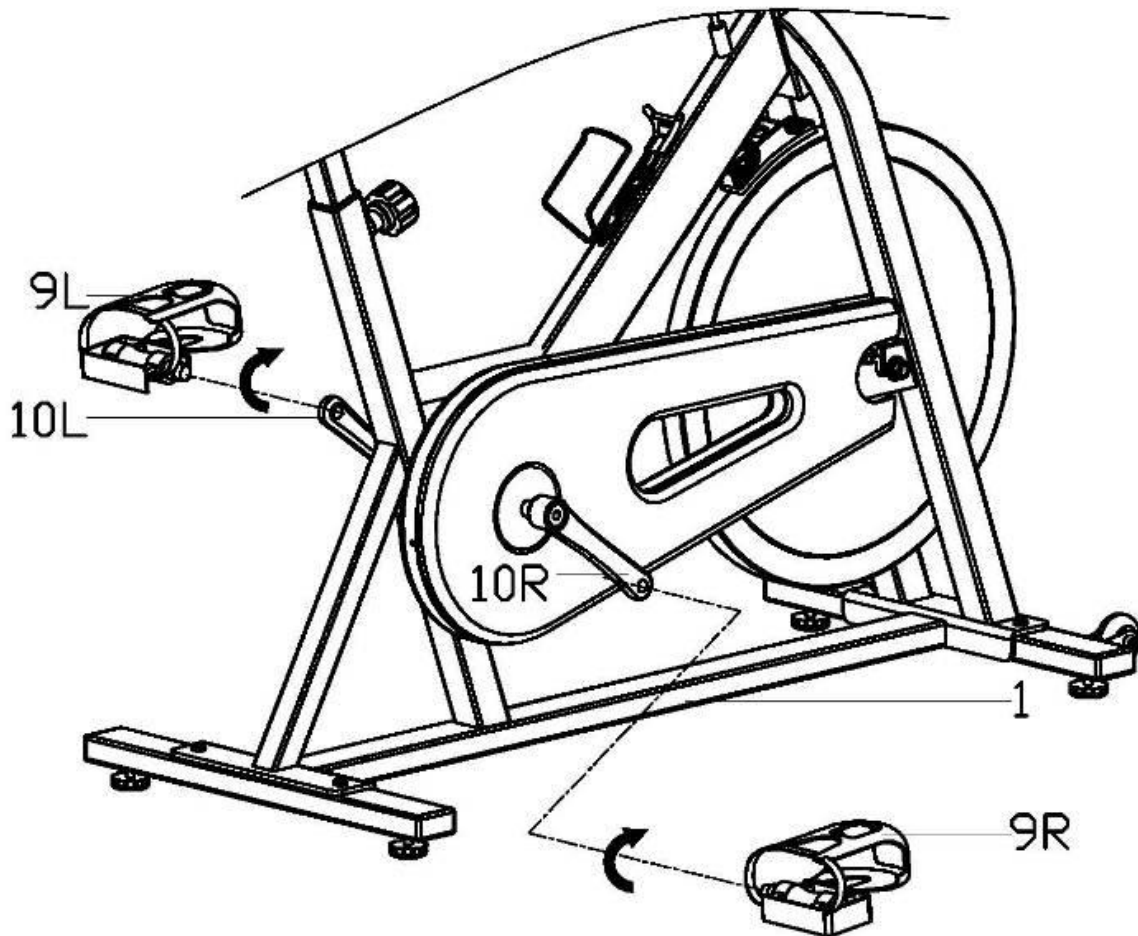
Attach the **Saddle (No. 7)** onto the **Seat Slider (No. 6)** tightly with the **Spanner (No. B)**. Adjust the **Seat Slider (No. 6)** to the desired position before securing the **Seat Slider (No. 6)** onto the **Seat Post (No. 5)** tightly with **Pop-pin Knob (No. 8)**.

Insert the **Seat Post (No. 5)** into the rear upright tube of the **Main Frame (No. 1)** and adjust the height to the desired location. Secure tightly with the **Pop-pin Knob (No. 8)**.

NOTE: You may adjust the distance of the **Seat Slider (No. 6)** by loosening the **Pop-pin Knob (No. 8)** on the **Seat Post (No. 5)**. Ensure the **Saddle (No. 7)** is secured tightly onto the **Seat Slider (No. 6)** before adjusting.

To adjust the height of **Seat Post (No. 5)**, loosen the **Pop-pin Knob (No. 8)** on the rear upright tube on **Main Frame (No. 1)**.

ASSEMBLY INSTRUCTIONS



STEP 4:

Attach the **Left & Right Pedals (No. 9L/R)** to their corresponding **Crank (No. 10 L/R)**. Before you begin, immobilize the crank arms by turning the pop-pin knob all way to the right.

Left Pedal: The left pedal is marked L for left side. Align the **Left Pedal (No. 9L)** to the **Left Crank Arm (No. 10L)** at 90 degrees and insert the pedal. Turn *counter-clockwise* as tightly as you can with your hand then secure with **Spanner (B)**.

Right Pedal: The right pedal is marked R for right side. Align the **Right Pedal (No. 9R)** to the **Right Crank Arm (No. 10R)** at 90 degrees and insert the pedal. Turn *clockwise* as tightly as you can with your hand then secure with **Spanner (B)**.

OPERATIONAL INSTRUCTIONS

LEVELING THE BIKE

This bike can be leveled to compensate for uneven ground. To level the bike, turn the 4 Foot Levelers (No. 11) located under the Front and Rear Stabilizers (No. 2 & 3).

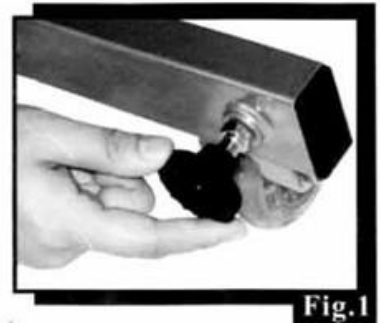


Fig.1

RESISTANCE ADJUSTMENT

The pedal resistance is controlled by the tension knob. To increase resistance, turn the tension control knob *clockwise (+)*. To decrease the resistance, turn the tension control knob *counter-clockwise (-)*. Resistance adjustments can be made at any time. To stop the bike completely during use, use the emergency brake by pushing down on the tension knob.

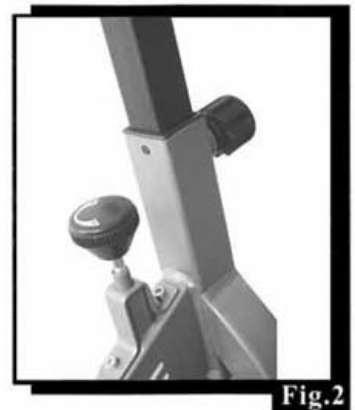


Fig.2

SEAT ADJUSTMENT

Appropriate seat height ensures an efficient workout, reduces the risk of injury, and makes your ride more comfortable. Adjusting the seat forward or backward helps target different body muscle groups.

1. Place one pedal in the upward position. Place your foot in the toe clips and mount the bike.
2. If your leg is bent too much, you should move the seat up. If your foot cannot touch the pedal or your leg is too straight, you should move the seat down.
3. Dismount the bike. Loosen and pull the Pop-pin Knob (No. 8) to raise or lower the seat post to the desired position. Make sure the pop-pin settles into the desired hole then secure firmly.
4. Loosen and pull the Pop-pin Knob (No. 8) out to move the Seat Slider (No. 6) forward or backward to the desired position. When the seat slider is in the desired position then secure the pop-pin.



Fig.3



Fig.4

OPERATIONAL INSTRUCTIONS

HANDLEBAR ADJUSTMENT

Loosen and pull the **Pop-pin Knob (No. 8)** out to raise or lower the **Handlebar (No. 4)** to the desired position. Make sure the pop-pin settles into the desired hole before securing it tightly.



PEDAL STRAP ADJUSTMENT

Place the ball of each foot in the toe clip until the front of the shoe fits into the toe clip cage. Rotate one foot within arm's reach and pull up the strap until the toe clip cage fits the shoe snugly. Insert the strap's end back into the hoop of the toe clip. Repeat for the other foot.



Once you're positioned comfortably, begin pedaling slowly with your hands resting comfortably on the handlebar. After you feel secure, you can change seat positions, hand positions, and resistance levels.

DISMOUNTING THE BIKE

Increase the resistance by turning the tension control knob *clockwise* until the flywheel stops or decrease pedaling speed until you come to a complete stop.

WARNING!

Do not dismount the bike or remove your feet from the pedals until the pedals have completely stopped moving.

MOVING THE BIKE

Carefully lift the rear stabilizer to move the bike to another location. Move with caution as any sudden impact may affect the operation of the machine or inflict injury.

