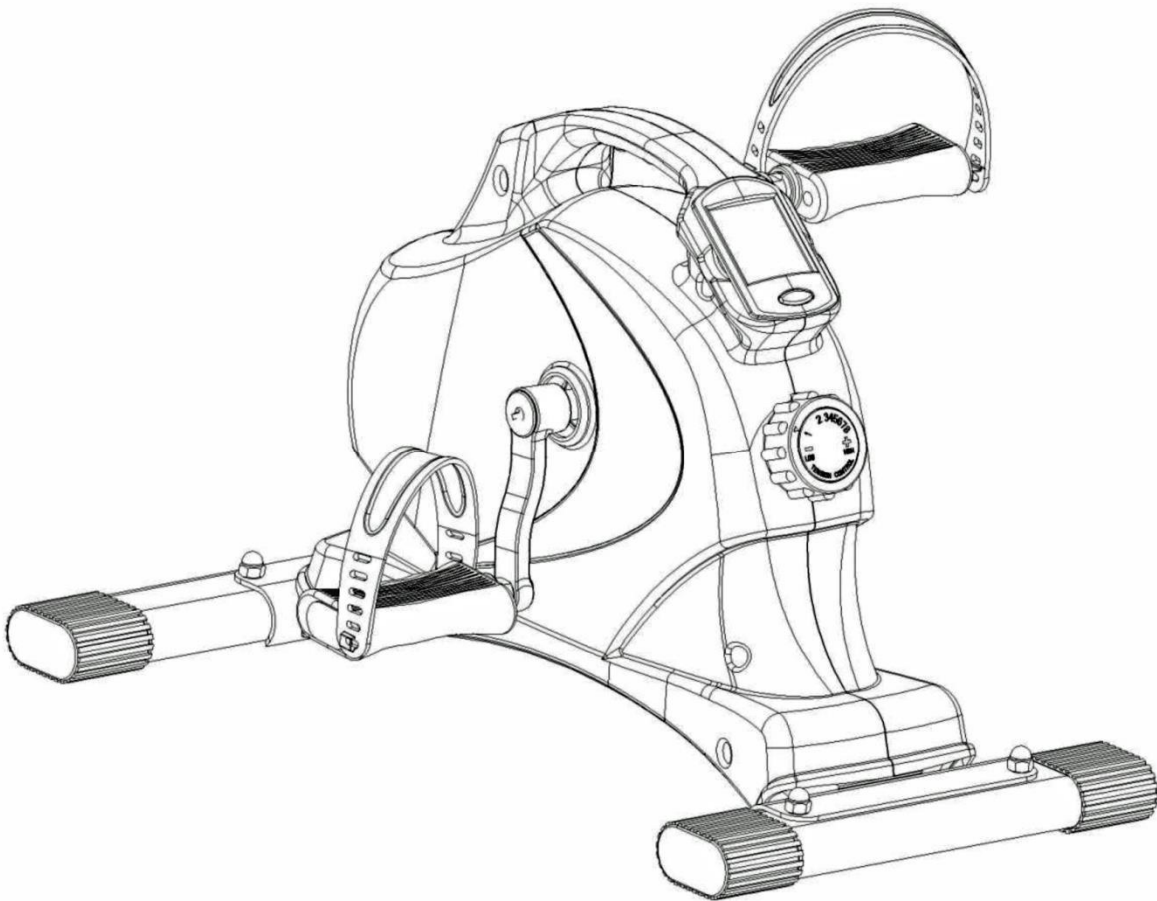




# MAGNETIC MINI EXERCISE BIKE

## SF-B0418

### USER MANUAL



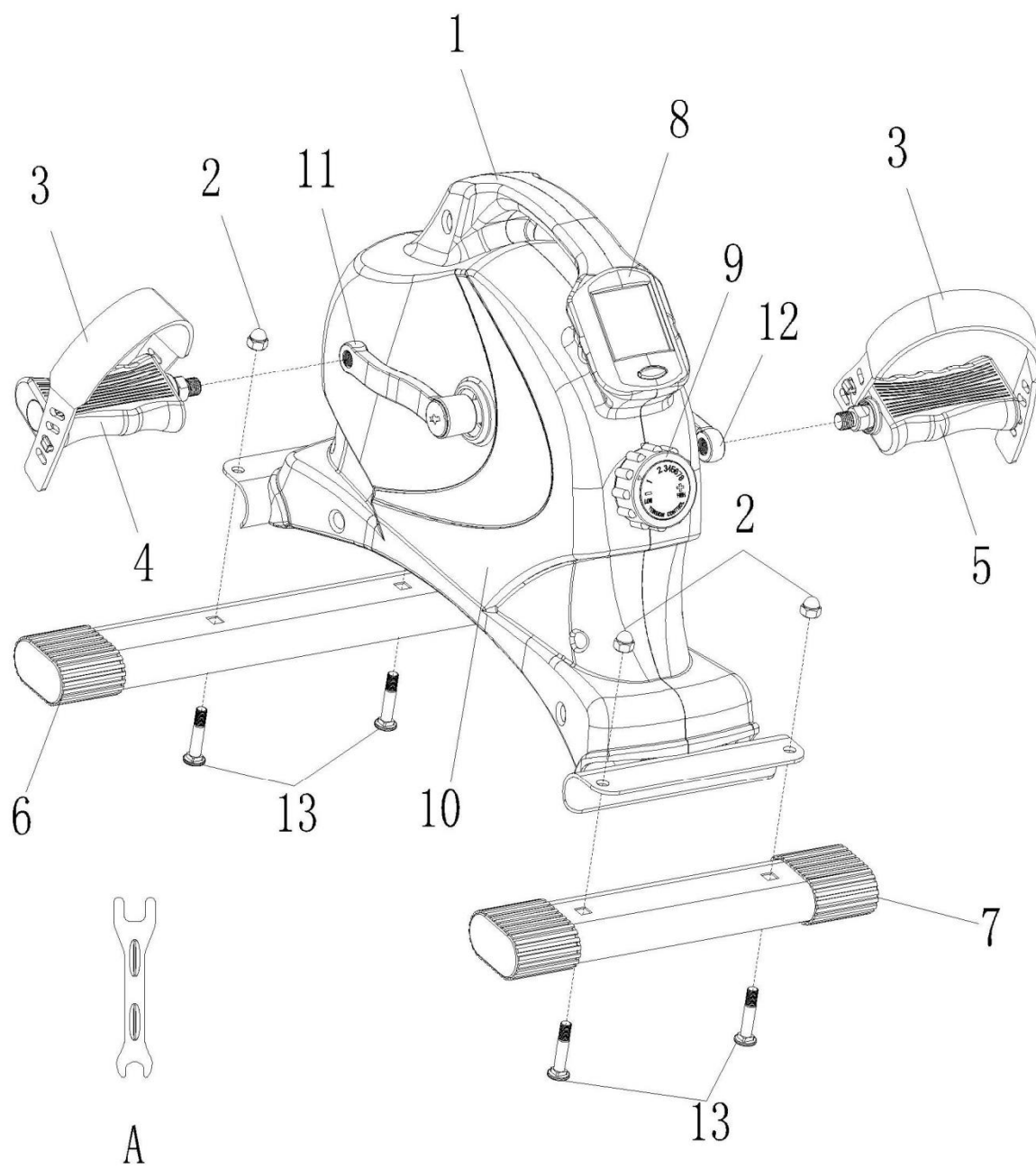
**IMPORTANT:** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

# **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 do not 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!

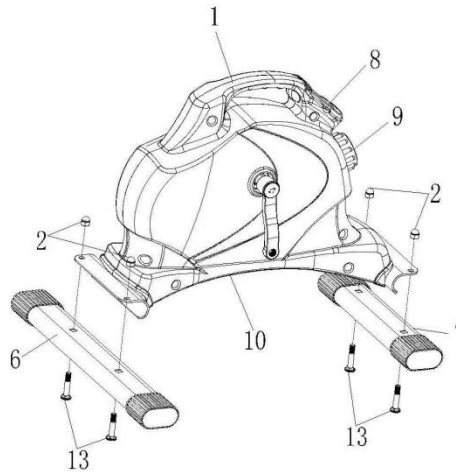
# EXPLODED DRAWING



# PARTS LIST

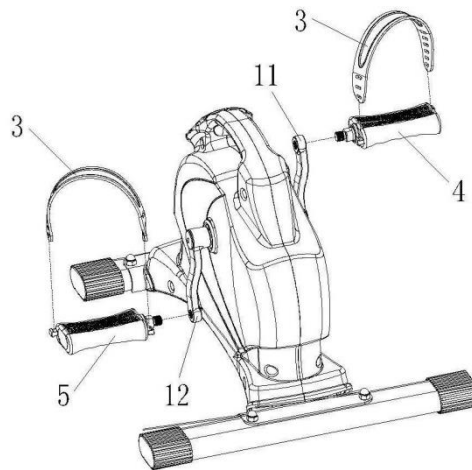
NO.	PART	DES.	QTY
1		Main Frame	1
2		Cap Nut	4
3		Pedal Strap	2
4	 L	Left Pedal	1
5	 R	Right Pedal	1
6		Rear Stabilizer	1
7		Front Stabilizer	1
8		Meter	1
9		Tension Knob	1
10		Cover	1
11	 L	Left Crank	1
12	 R	Right Crank	1
13		Bolt	4
A		Spanner	1

# ASSEMBLY INSTRUCTIONS



## **STEP: 1**

Attach the **Front and Rear Stabilizers (No. 7 and No. 6)** to the **Main Frame (No. 1)** using 4 **Bolts (No. 13)** and 4 **Nuts (No. 2)**, secure with **Spanner (A)**.



## **STEP: 2**

Connect the **Left and Right Pedals (No. 4 and No. 5)** onto the **Left and Right Crank Arms (No. 11 and No. 12)**. (Before you begin, immobilize the crank arms by turning the tension control knob all the way to the right).

**NOTE:** The **Left and Right Pedals (No. 4 and No. 5)** are marked, **L** for the (left pedal) and **R** for the (right pedal).

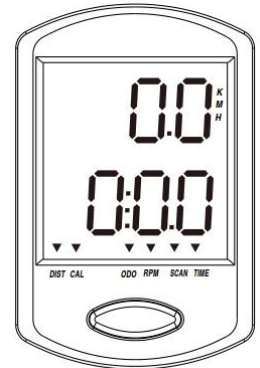
**Left Pedal:** align the left pedal, (**No. 4**) with the **Left Crank Arm (No. 11)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal **counter-clockwise** as tightly as you can with your hand. Secure using **Spanner (A)**.

**Right Pedal:** align the right pedal, (**No. 5**) with the **Right Crank Arm (No. 12)** at 90 degrees. Gently insert the pedal into the crank arm, turn the pedal **clockwise** as tightly as you can with your hand. Secure using **Spanner (A)**. Attach the **Pedal Straps (No. 3)** to the **Left and Right Pedals (No. 4 and No. 5)**. The assembly is now complete!

# EXERCISE COMPUTER

## SPECIFICATIONS:

**TIME** 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 ... 00:00-99:59 Min/Sec.  
**SPEED** 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 ... 0.0-99.9KM/H or ML/H  
**DISTANCE** 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 .... 0.00-999.9KM or ML  
**ODOMETER** 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 . 0-9999KM or ML  
**CALORIES** 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0-9999KCAL



## KEY FUNCTIONS:

**MODE:** Press to select function. (Time, Speed, Distance, Odometer, Calories, RPM and Scan).

-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 (except **ODOMETER**), 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.

**ODOMETER:** Counts the total accumulated distance.

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

**RPM:** Displays the amount of rotations per minute.

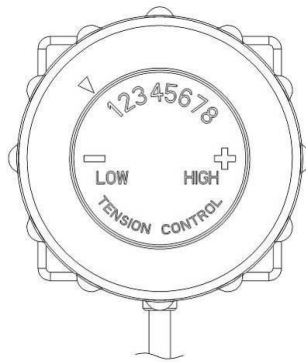
**SCAN:** Automatically displays functions in the following order shown; time, speed, distance, pulse, calories (repeat).

**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.

# **OPERATION & MAINTENANCE**

## **OPERATING INSTRUCTIONS:**

1. Please read all instructions before attempting to assemble the equipment. While assembling and during the use of the equipment, please make sure to follow all instructions carefully, any improper techniques of use and/or assembly may result in injury and/or damage to the equipment.
2. The suggested exercise regimen for optimal results is 10-15 minutes per day, at least three times a week.
3. Before beginning exercise, always inspect the equipment to insure that all moving parts as well as hardware are secured correctly and are in proper condition.
4. To adjust the level of tension before beginning or during an exercise, turn the **Tension Knob (No. 9)** to the left or right and align the arrow to the preferred tension as shown below. This machine contains 8 different levels of tension, level 1 being the lowest and level 8 being the highest. (Turn the Tension Knob to the Left to decrease the level of tension, turn the Tension Knob to the right to increase the level of tension).



## **MAINTENANCE INSTRUCTIONS:**

Only use a dry cloth to gently wipe the bike. It is recommended that you clean the bike after each use. Store the bike in a dry area; do not leave the bike outdoors as prolonged exposure to the weather will cause damage to the parts and affect the functions of the machine.