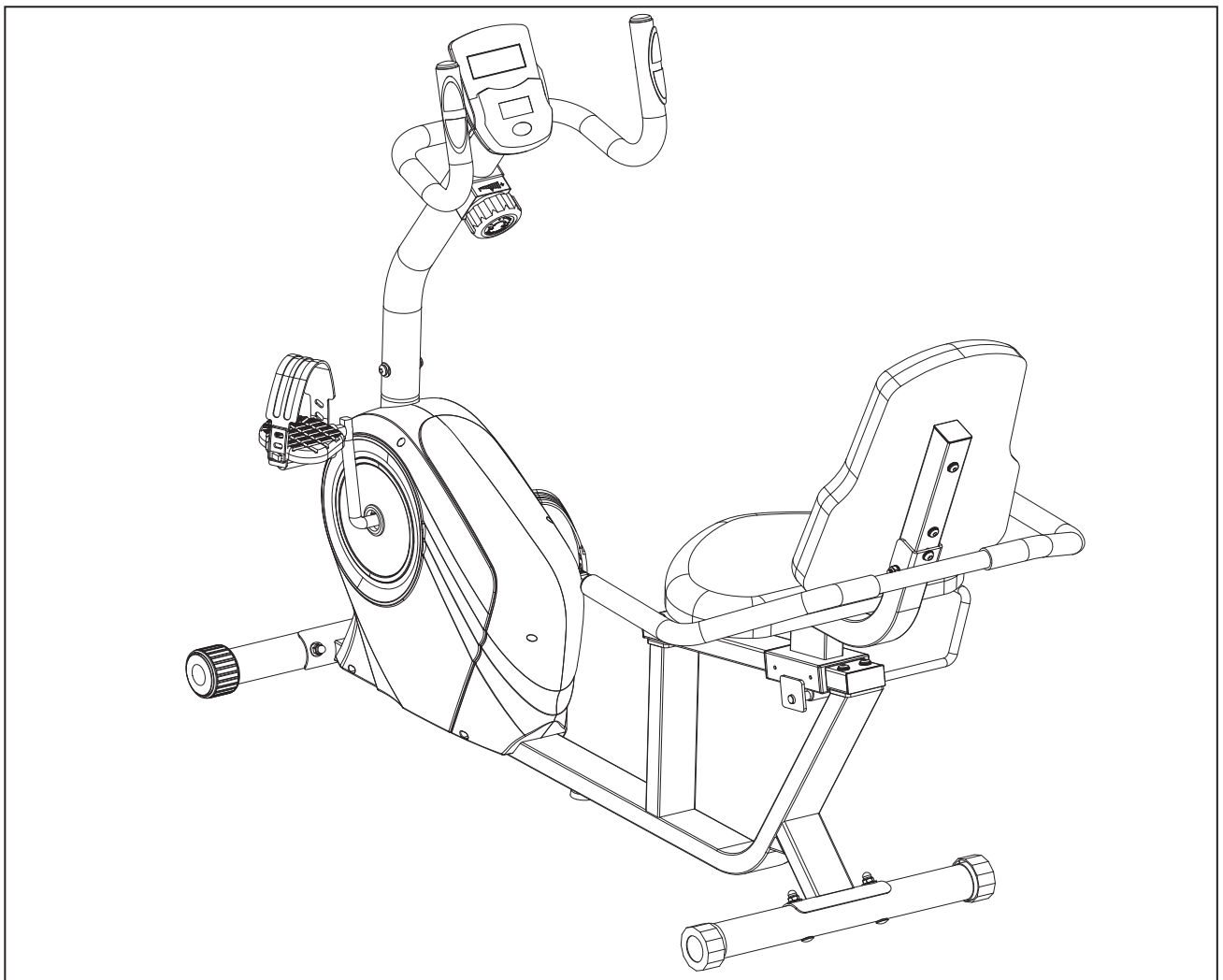




EASY ADJUSTABLE SEAT RECUMBENT BIKE SF-RB4616S USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).



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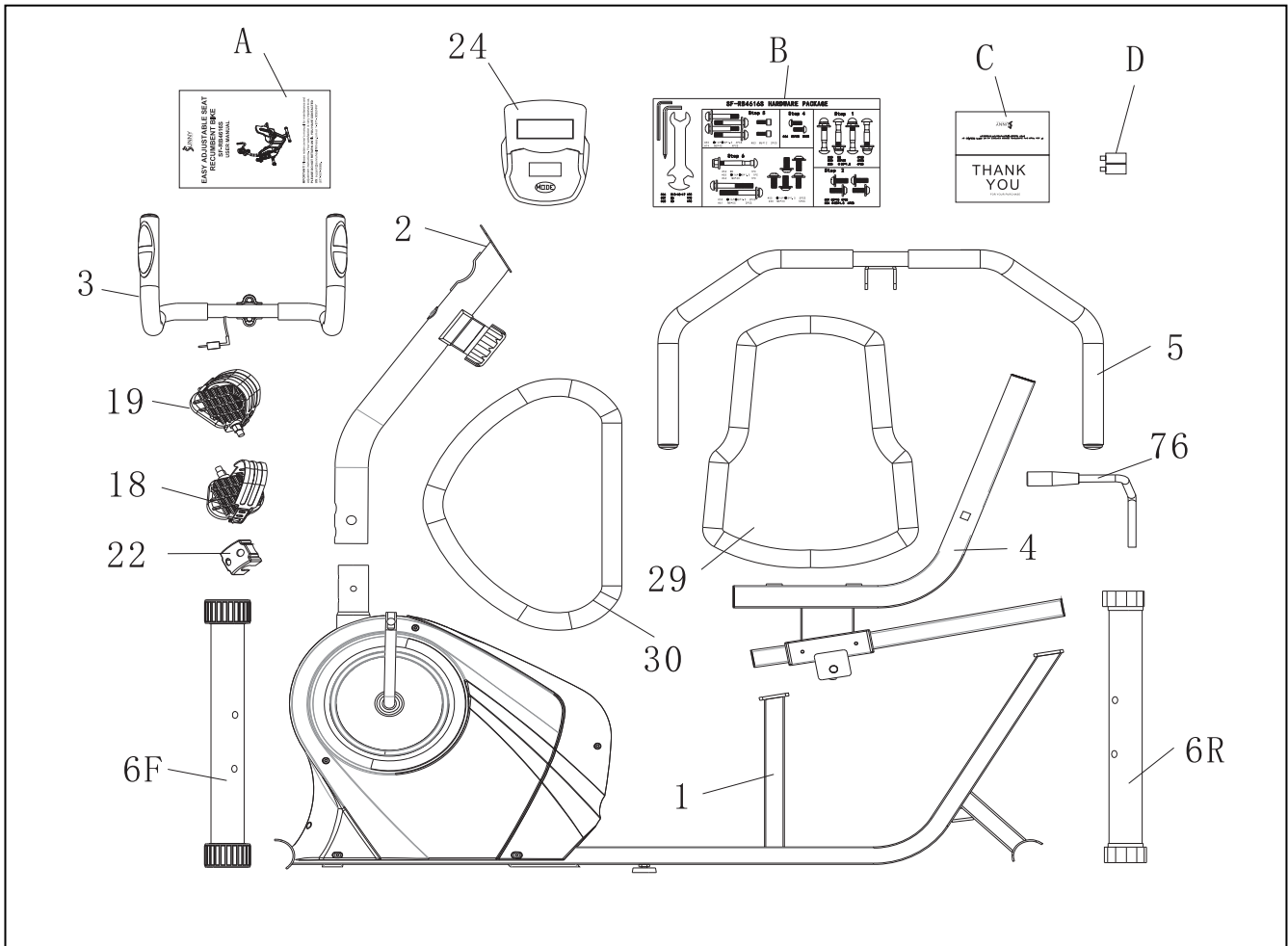
IMPORTANT SAFETY INFORMATION

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, 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 (60 CM) 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. 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, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300pounds (135kgs).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

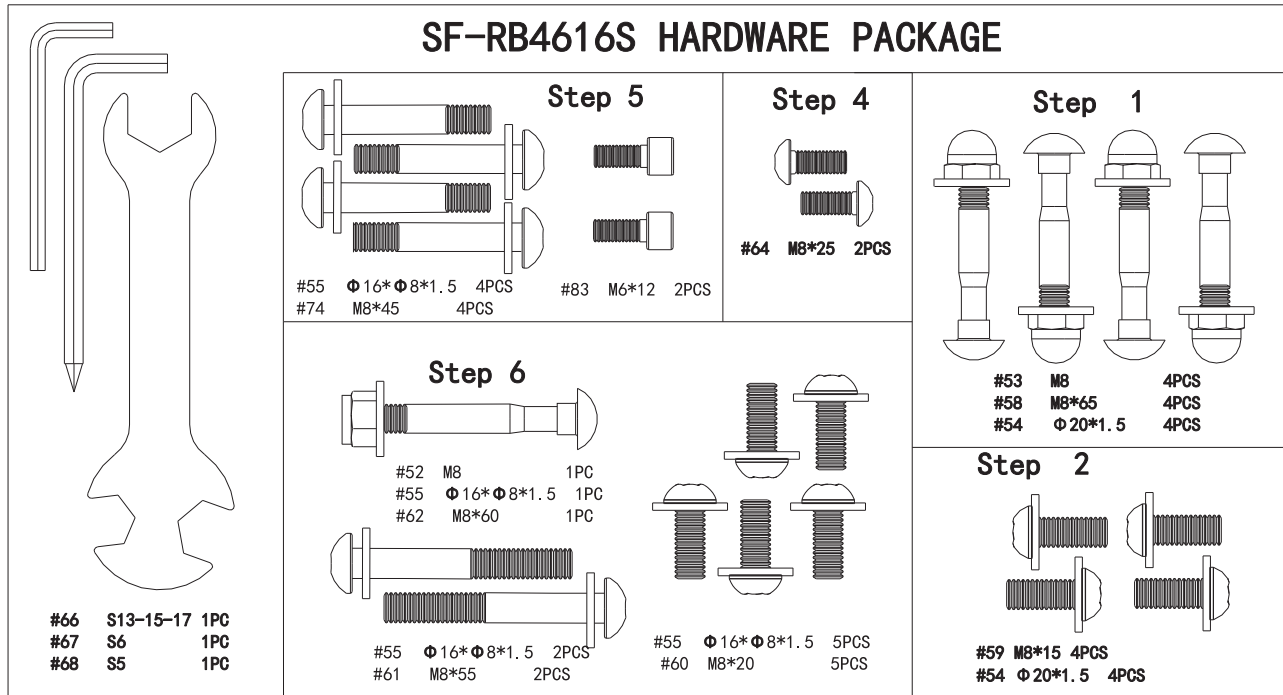


PRE-ASSEMBLY CHECK LIST



No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	22	Handlebar Cover	58*70*40	1
2	Front Post		1	24	Computer	3910	1
3	Front Handlebar		1	29	Back Cushion	430*325*50	1
4	Seat Post		1	30	Seat	430*300*50	1
5	Rear Handlebar		1	A	Manual	297*210	1
6F/R	Stabilizer	Φ50*1.5*460	2	B	Hardware Package	340*185	1
18	Left Pedal	1/2"(L)	1	C	Thank You Card		1
19	Right Pedal	1/2"(R)	1	D	Battery		2

HARDWARE PACKAGE



Ordering Replacement Parts (U.S. and Canadian Customers only)

Please provide the following information in order for us to accurately identify the part(s) needed:

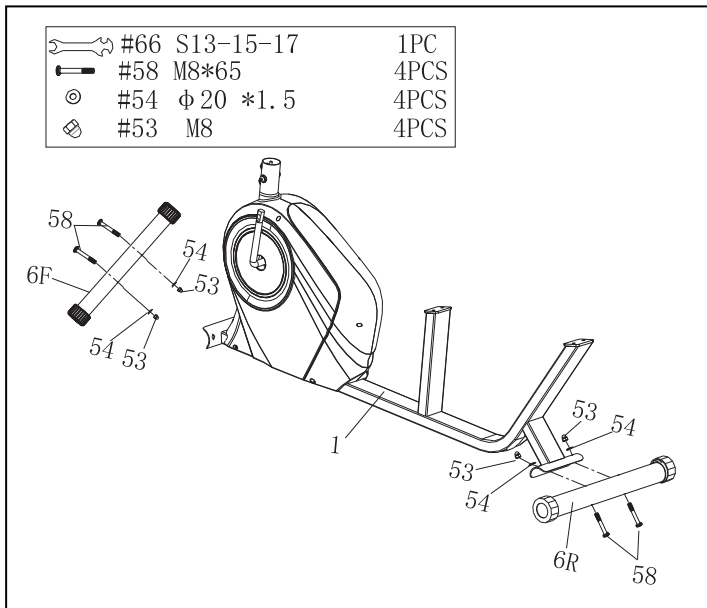
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).



ASSEMBLY INSTRUCTIONS

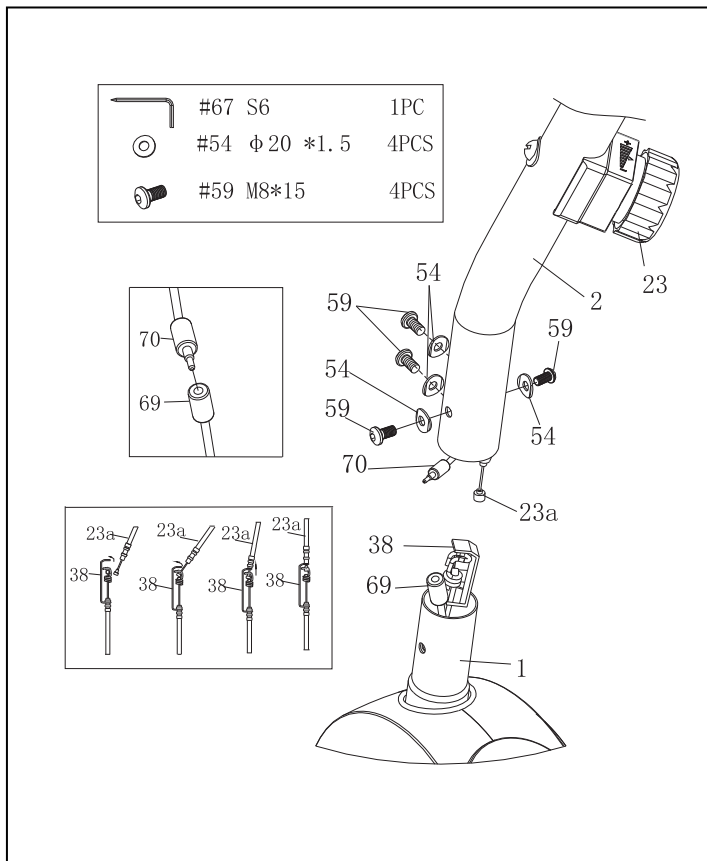
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

NOTE: The **Stabilizers (No. 6F & No. 6R)** are marked “FRONT” and “REAR” for Front Stabilizer and Rear Stabilizer.

Attach the **Front & Rear Stabilizers (No. 6F & No. 6R)** onto the **Main Frame (No. 1)** with 4 **Cross Head Bolts (No. 58)**, 4 **Arc Washers (No. 54)**, and 4 **Cap Nuts (No. 53)**. Tighten with the **Spanner (No. 66)**.



STEP 2:

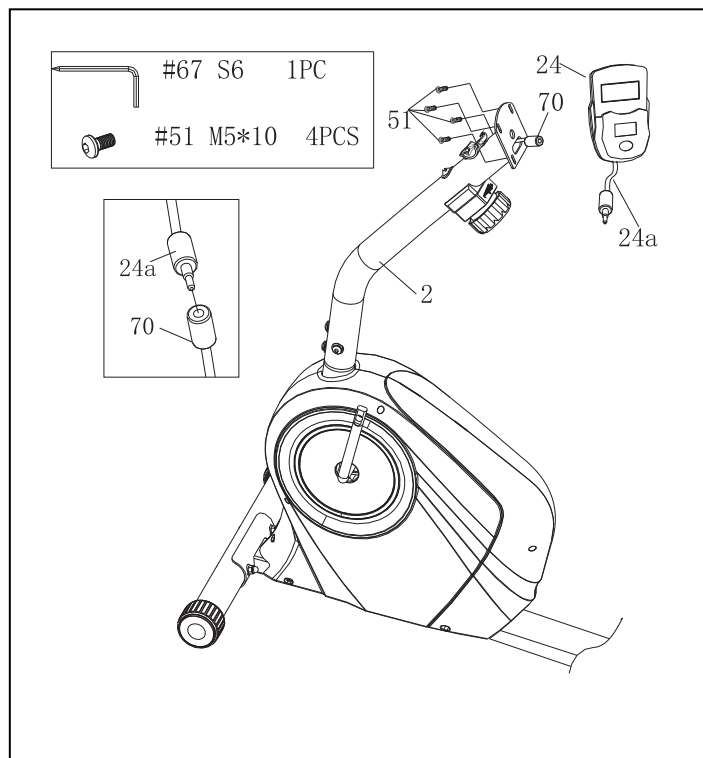
Connect the **Sensor Wire 2 (No. 70)** with **Sensor Wire 1 (No. 69)**.

CAUTION: Please make sure the **Tension Control Knob (No. 23)** is at the highest resistance level (level 8, all the way to the right) before you connect the **Tension Wire (No. 38)**.

Connect **Tension Control Wire (No. 23a)** and **Tension Wire (No. 38)**. Then, pull **Tension Control Wire (No. 23a)** upward and insert it into the slot of metal bracket on **Tension Wire (No. 38)**. Make sure the metal fitting on **Tension Control Wire (No. 23a)** is secured in the metal bracket.

Attach the **Front Post (No. 2)** onto the **Main Frame (No. 1)** using with 4 **Hexagon Bolts (No. 59)** and 4 **Arc Washers (No. 54)**. Tighten and secure with the **Allen Wrench (No. 67)**.

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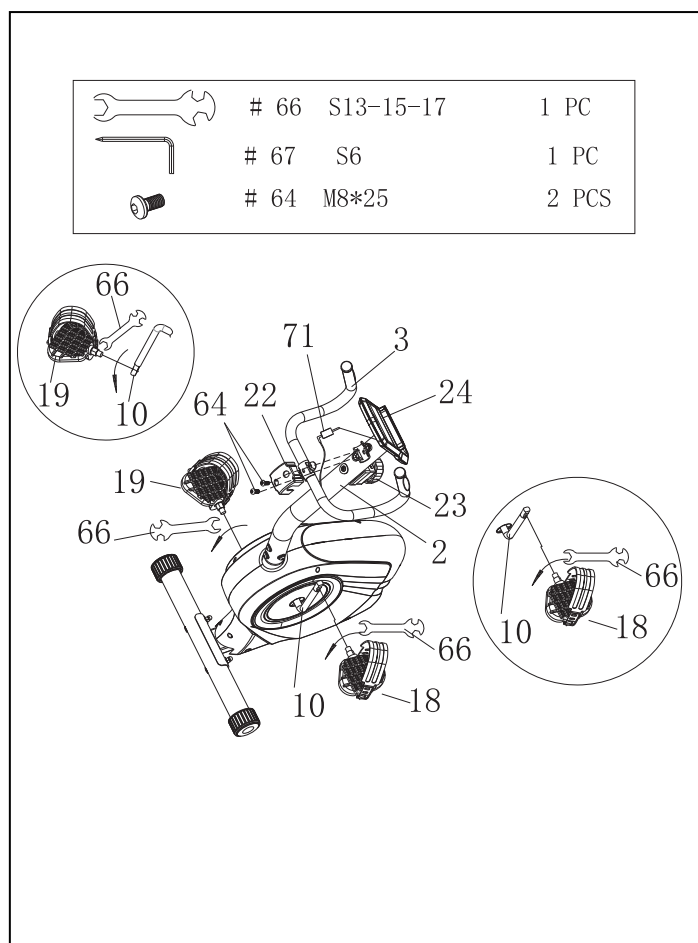
STEP 3:

Remove 4 **Cross Head Screws (No. 51)** from the back of the **Computer (No. 24)** using **Allen Wrench (No. 67)**.

Connect the **Sensor Wire 2 (No. 70)** and the **Computer Wire (No. 24a)**. Then attach the **Computer (No. 24)** onto the bracket of the **Front Post (No. 2)** with 4 **Cross Head Screws (No. 51)** that were removed. Tighten and secure with **Allen Wrench (No. 67)**.



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STEP 4:

WARNING! Read instructions carefully as improper assembly may cause permanent damage to your bike.

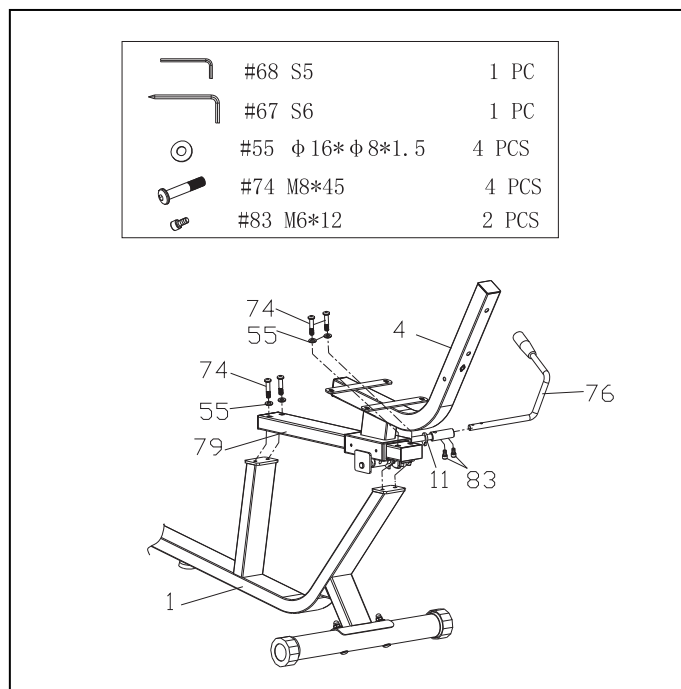
Align the **Left Pedal (No. 18)** with the left side of the **Crank (No. 10)** at 90°. Turn the pedal bolt on **Left Pedal (No. 18)** counter-clockwise as tightly as you can with your hand. Then, use **Spanner (No. 66)** to tighten and secure.

Align the **Right Pedal (No. 19)** with the right side of the **Crank (No. 10)** at 90°. Turn the pedal bolt on **Right Pedal (No. 19)** clockwise as tightly as you can with your hand. Then, use **Spanner (No. 66)** to tighten and secure.

Attach the **Front Handlebar (No. 3)** onto the **Front Post (No. 2)** with 2 **Hexagon Bolts (No. 64)**. Tighten with **Allen Wrench (No. 67)**. Then attach the **Handlebar Cover (No. 22)** onto **Front Handlebar (No. 3)**. Plug the **Pulse Wire (No. 71)** to the jack on the back of the **Computer (No. 24)**.



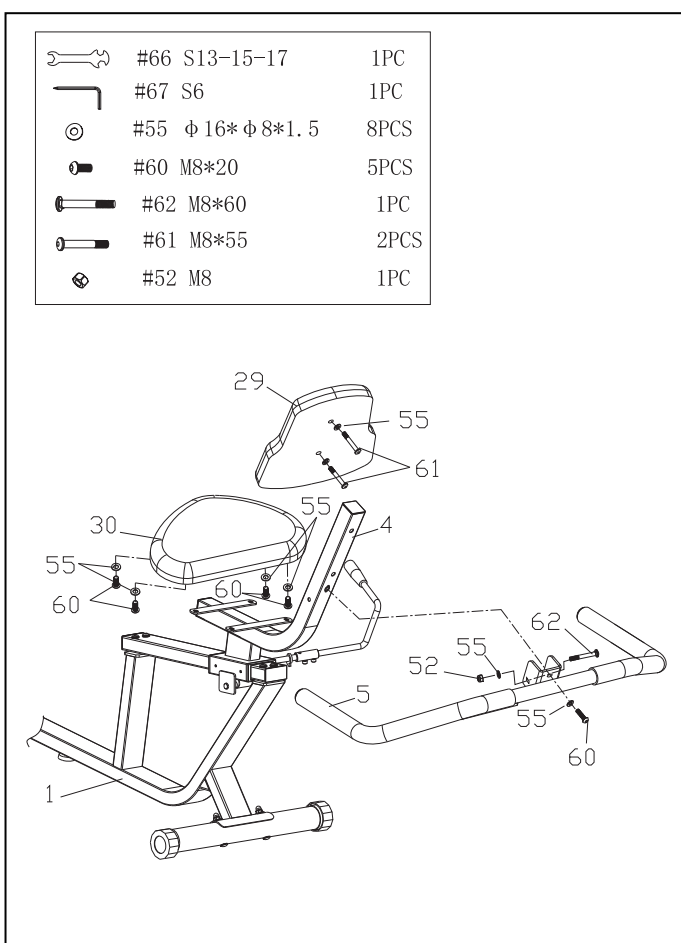
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STEP 5:

Attach the **Slide Rail Assembly (No. 79)** to the **Main Frame (No. 1)**, using 4 **Hexagon Bolts (No. 74)** and 4 **Flat Washer (No. 55)** to secure and tighten with **Allen Wrench (No. 67)**.

Attach the **Adjustable Handle (No. 76)** to the **Axle (No. 11)** with 2 **Hexagon Socket Bolts (No. 83)**. Tighten with **Allen Wrench (No. 68)**.



STEP 6:

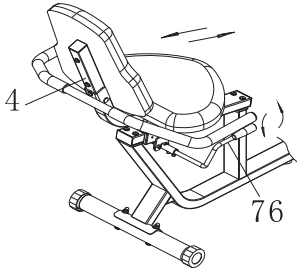
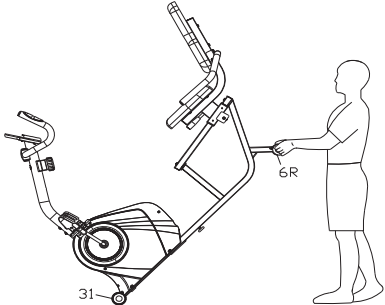
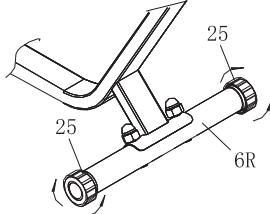
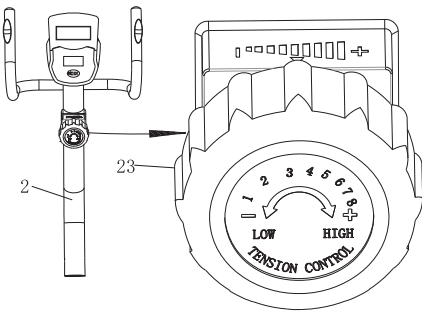
Attach the **Seat (No. 30)** onto the **Seat Post (No. 4)** with 4 **Hexagon Bolts (No. 60)** and 4 **Flat Washers (No. 55)**. Tighten with **Allen Wrench (No. 67)**.

Attach the **Rear Handlebar (No. 5)** onto the **Seat Post (No. 4)** with 2 **Flat Washers (No. 55)**, 1 **Hexagon Bolt (No. 60)**, 1 **Cross Head Bolt (No. 62)** and 1 **Lock Nut (No. 52)**. Tighten with the **Spanner (No. 66)** and the **Allen Wrench (No. 67)**.

Attach the **Back Cushion (No. 29)** onto the **Seat Post (No. 4)** with 2 **Flat Washers (No. 55)** and 2 **Hexagon Bolts (No. 61)**. Tighten with the **Allen Wrench (No. 67)**.

The assembly is complete!

MAINTENANCE & ADJUSTMENT GUIDE

	ADJUSTING THE SEAT To adjust the Seat Post (No. 4) forward or backward, while seated on the bike, put your feet on the floor. Shift down the Adjustable Handle (No. 76), then slide the seat to your desired position, lift the Adjustable Handle (No. 76) to tighten.
	MOVING THE RECUMBENT BIKE To move the recumbent bike, hold the Rear Stabilizer (No. 6R) and tilt the recumbent bike until the End Caps (No. 31) located on the front stabilizer touch the ground. With the End Caps (No. 31) on the ground, you can transport the recumbent bike to the desired location with ease.
	ADJUSTING THE BALANCE To achieve a smooth and comfortable ride, you must ensure that the recumbent bike is stabled and secured. If you notice the recumbent bike is unbalanced during use, adjust the End Caps (No. 25) located on the Rear Stabilizer (No. 6) until the recumbent bike becomes levelled with the floor surface.
	ADJUSTING THE TENSION Adjust the tension by rotating the Tension Control Knob (No. 23) <u>clockwise</u> to increase the level of resistance. Rotate the Tension Control Knob (No. 23) <u>counter-clockwise</u> to decrease the level of resistance. Tension levels are set at Level 1 being the lowest and Level 8 being the highest.

CLEANING

The recumbent bike can be cleaned with a soft, clean, damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause electrical hazards or electronics to fail.

Please keep the recumbent bike, especially the computer, out of direct sunlight to prevent screen damage.

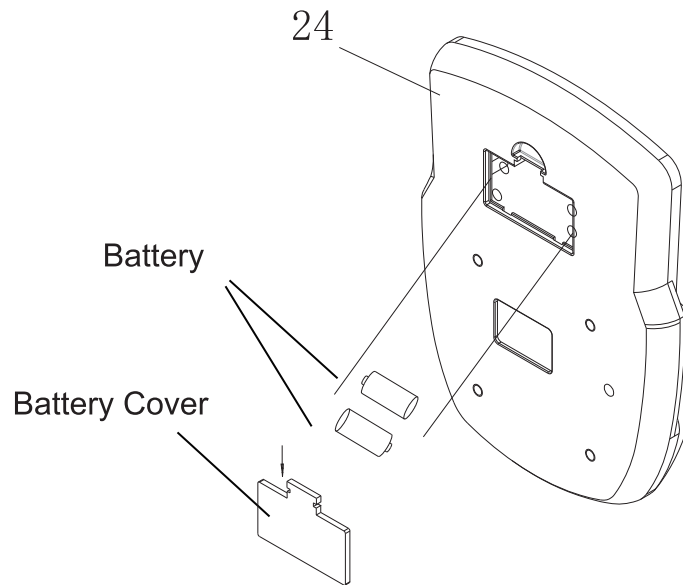
Please inspect all assembly bolts and pedals on the recumbent bike for proper tightness every week.

STORAGE

Store the recumbent bike in a clean and dry environment, away from children.



BATTERY INSTALLATION AND REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the back of the **Computer (No. 24)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 24)**. Pay attention to the battery + and – ends before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 24)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 24)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. 24)**. Pay attention to the battery + and – ends before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 24)**.

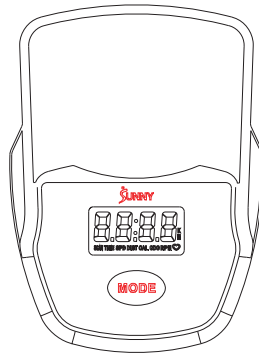
The replacement is complete!

BATTERY DISPOSAL

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.



EXERCISE COMPUTER



KEY FUNTION:

- This key lets you to select and lock on to a particular function you want.
SCAN → TIME → SPEED(SPD) → DISTANCE(DIST) → CALORIES(CAL) → TOTAL DIST(ODO) → RPM → PULSE
- Pressing and hold with 3 seconds to reset the value to zero (without ODO).

SLEEP MODE

- The system turns off automatically when the sensor has no signal input or no key are pressed for approximately 4 minutes.
- The system turns on when the MODE key is depressed or a signal input from the sensor.

FUNCTION

- SCAN : Display changes according to the next diagram every 6 seconds.
- TIME : The total working time with starting exercise.
- SPEED: The current speed with starting exercise.
- DISTANCE : The current distance with starting exercise.
- CALORIE : The current calorie burned with starting exercise.
- TOTAL DIST: Counts the total distance with from start to finish. If the battery is replaced, the value returns to zero.
- RPM: The average number of turns per minute of the wheel to measure the speed of the pedal.
- PULSE: The current pulse rate.

SPECIFICATIONS

FUNCTION	SCAN	6S
	TIME	0:00-99:59(M :S)
	SPEED	0.0~999.9KPH(MPH)
	DIST	0.00~999.9KM(MILE)
	ODO	0.0~999.9KM(MILE)
	CAL	0.0~999.9KCAL
	PULSE RATE	40~240BPM
BATTERY		SIZE-AAA, 2PCS
Operating temperature		0~40°C(32°F-104°F)
Storage temperature		-10~60°C(14°F-140°F)

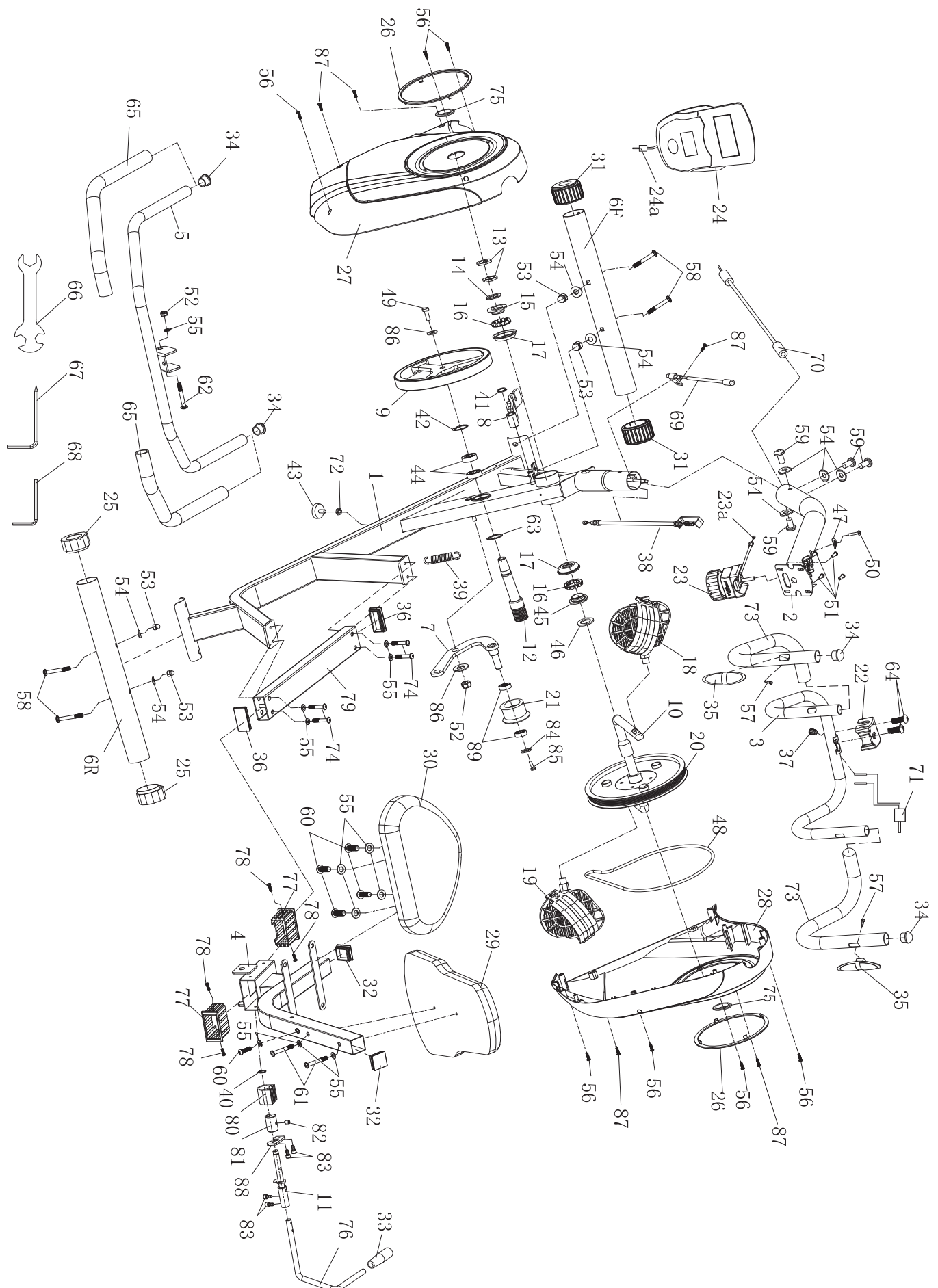


TROUBLESHOOTING

PROBLEM	SOLUTION
There is no display on the computer console.	1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the front post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer may be unresponsive. Change to new batteries.
The recumbent bike wobbles when in use.	Turn the end caps on the rear stabilizer as needed to level the recumbent bike.
The recumbent bike makes squeaking noise when in use.	The bolts may have become loose on the recumbent bike. Please inspect all the bolts and tighten any loose bolts.



EXPLODED DRAWING



PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	45	Locking Nut - Right	15/16"	1
2	Front Post		1	46	Locking Washer	Φ40*T2.8	1
3	Front Handlebar		1	47	Step Gasket	Φ25*Φ12*Φ6*1.5	1
4	Seat Post		1	48	Ribbed Belt	P290-J6	1
5	Rear Handlebar		1	49	Hexagon Bolt	M8*25	1
6F/R	Stabilizer	Φ50*1.5*460	2	50	Cross Head Screw	M5*45	1
7	Idler Wheel Shaft		1	51	Cross Head Screw	M5*10	4
8	Magnetic Board		1	52	Lock Nut	M8	2
9	Magnetic Wheel	Φ230*28, 3.0Kg	1	53	Cap Nut	M8	4
10	Crank	Φ16*140	1	54	Arc Washer	Φ20*1.5	8
11	Axle		1	55	Flat Washer	Φ16*Φ8*1.5	12
12	Magnetic Wheel	Φ21*87.5	1	56	Cross Head Tapping	ST4.2*16	7
13	Hexagon Nut	7/8"L(24)	2	57	Cross Head Tapping	ST4.2*19	2
14	Locking Washer	Φ35*T2	1	58	Cross Head Bolt	M8*65	4
15	Locking Nut - Left	7/8"L(24)	1	59	Hexagon Bolt	M8*15	4
16	Open Face Bearing	Φ44.5 (12)	2	60	Hexagon Bolt	M8*20	5
17	Bearing Housing	Φ56.6*T16	2	61	Hexagon Bolt	M8*55	2
18	Left Pedal	1/2"(L)	1	62	Cross Head Bolt	M8*60	1
19	Right Pedal	1/2"(R)	1	63	Wave Shaped Pad	Φ21.4*Φ15.3*0.3	1
20	Belt Wheel	Φ200	1	64	Hexagon Bolt	M8*25	2
21	Idler Wheel	Φ34*Φ12、H24	1	65	Foam Grip	Φ23*3*500	2
22	Handlebar Cover	58*70*40	1	66	Spanner	S13-15-17	1
23	Tension Control Knob	Φ69*81	1	67	Allen Wrench	S6	1
23a	Tension Control Wire	L400	1	68	Allen Wrench	S5	1
24	Computer	3910	1	69	Sensor Wire 1	Φ6*450	1
24a	Computer Wire		1	70	Sensor Wire 2	L=750	1
25	End Cap	Φ50	2	71	Pulse Wire	L=650	1
26	Snap Joint	Φ178	2	72	Outer Hexagon Nut	M8	1
27	Left Belt Cover	484*418*97	1	73	Foam Grip	Φ23*3*450	2
28	Right Belt Cover	484*418*97	1	74	Hexagon Bolt	M8*45	4
29	Back Cushion	430*325*50	1	75	Crank Cover	Φ44*10	2
30	Seat	430*300*50	1	76	Adjustable Handle	Φ12*367	1
31	End Cap	Φ50	2	77	Slide Rail Bushing	40*80*40	2
32	End Cap	38*38	2	78	Cross Head Tapping	ST4.2*8	4
33	Handle Grip	Φ24*78	1	79	Slide Rail Assembly	WELDMENT	1
34	End Cap	Φ25*1.5	4	80	Brake Block	38*34*36.2	1
35	Handle Pulse	110*25	2	81	Eccentric Wheel	Φ25*38	1
36	End Cap	60*30*2.0	2	82	Hexagon Socket Fixing Bolt	M8*12	1
37	Grommet	Φ15*12	1	83	Hexagon Socket Bolt	M6*12	4
38	Tension Wire	619	1	84	Flat Washer	Φ16*Φ6.2*1.5	1
39	Spring	Φ18*71	1	85	Hexagon Bolt	M6*10	1
40	Circlip	Φ12	1	86	Flat Washer	Φ20*Φ8.3*2.0	2
41	Circlip	Φ8	1	87	Self-Tapping	ST4.2*16	5
42	Circlip	Φ35	1	88	Handle Fixing Plate	50*25*T4	1
43	Adjusting Pad	M8	1	89	Bearing	6001	2
44	Bearing	6202	2				

Version: 1.1



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