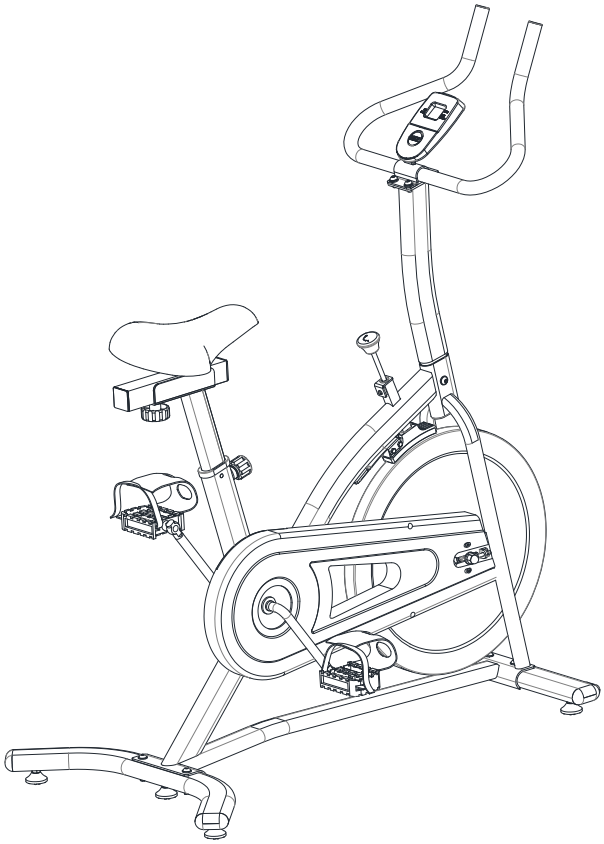
INDOOR CYCLING BIKE

SF-B1203

USER MANUAL



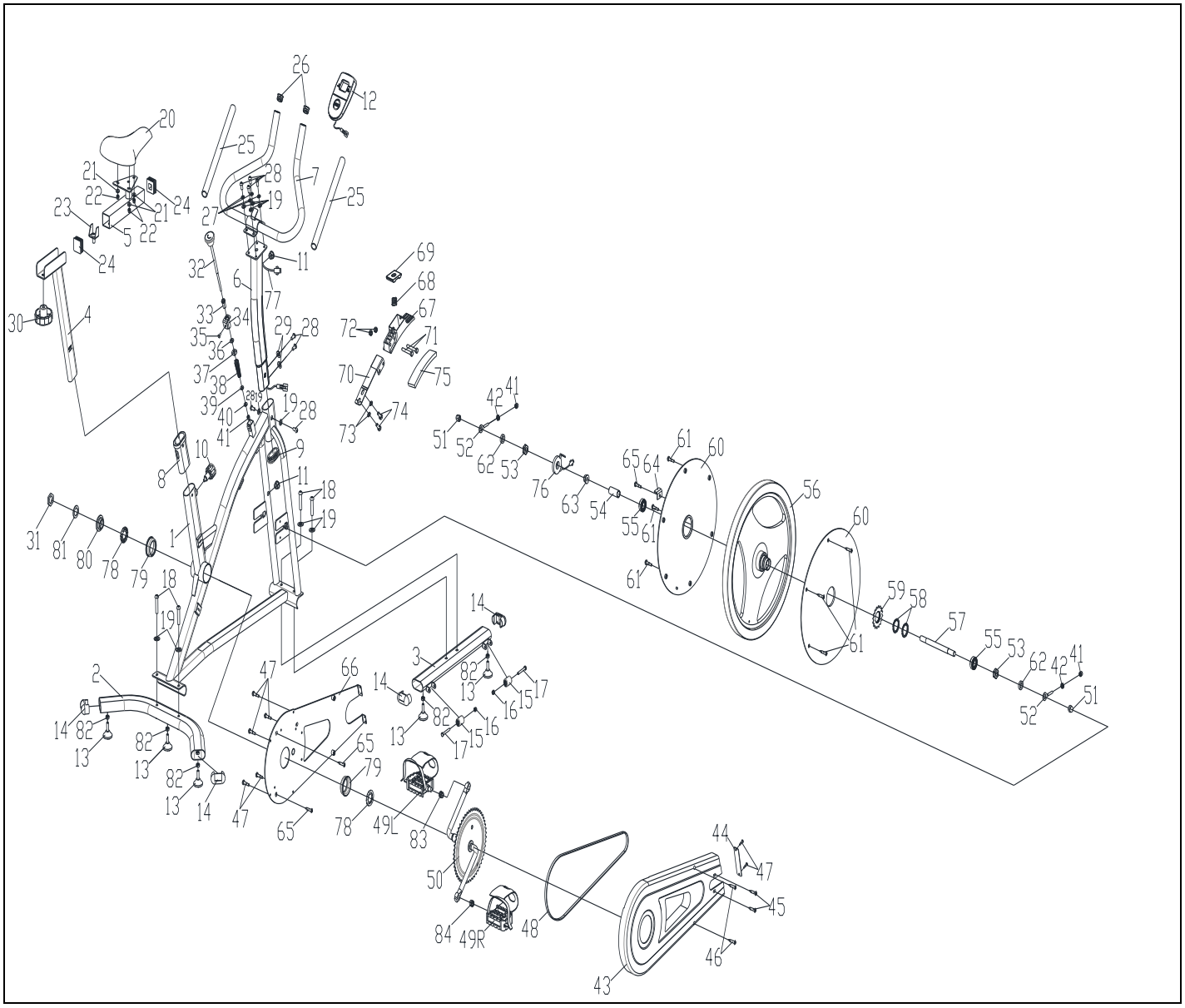
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US**: support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

IMPORTANT SAFETY INFORMATION

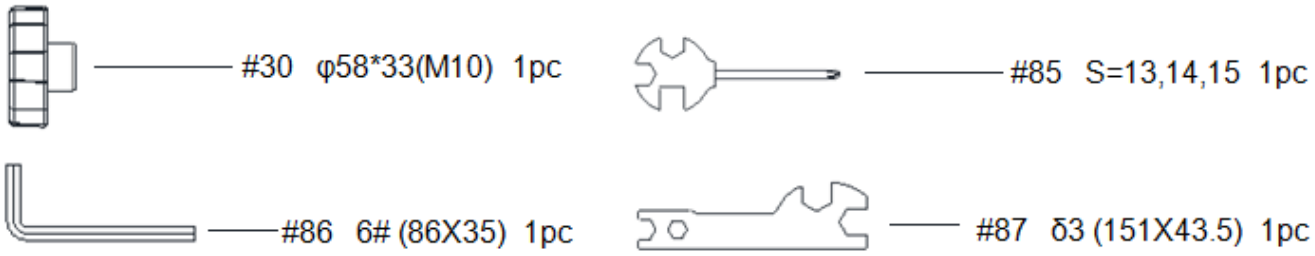
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 nauseous feeling. 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 220 pounds (100 KG).
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

EXPLODED DIAGRAM



HARDWARE PACKAGE



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Rear Stabilizer		1
3	Front Stabilizer		1
4	Seat Post		1
5	Seat Slider		1
6	Front Post		1
7	Handlebar		1
8	Bushing	PP	1
9	Cap	PP	1
10	Adjustment Knob	φ38*66 M16*1.5	1
11	Plastic Plug	φ14*14	2
12	Computer	HS-1011	1
13	Foot Pad	φ38*43	5
14	End Cap		4
15	Wheel	φ23*32	2
16	Lock Nut	GB/T 889.1-2000 M6 (BLACK)	2
17	Bolt	GB/T 5780-2000 M6*45	2
18	Bolt	M8*40	4
19	Flat Washer	GB/T 95-2002 φ8	10
20	Seat	PVC98-2	1
21	Flat Washer	φ19*φ9*t2	3
22	Lock Nut	GB/T 889.1-2000 M8	3
23	Limit Block		1
24	End Cap		2
25	Foam Grip	φ23*φ33*465	2
26	Cap	PP	2
27	Spring Washer	GB/T 859-1987 φ8	4
28	Bolt	GB/T 70.2-2000 M8*15	8
29	Arc Washer	φ8	2
30	Adjustment Knob	φ58*33 (M10)	1

No.	Description	Spec.	Qty.
31	Hexagon Nut	37/8"-LH	1
32	Tension Knob	L=175	1
33	Plastic Sleeve	L=175	1
34	Limit Block		1
35	Bolt	M6*8	1
36	Soft PVC Gasket	φ16*φ8.2*2	1
37	Square Nut	16*16*8 M8	1
38	Spring	φ1.0*55	1
39	Soft PVC Gasket	φ15*φ6*2	1
40	Flat Washer	φ14*Φ6*t2.5	1
41	Lock Nut	GB/T 889.1-2000 M6	3
42	Lock Nut	GB/T 889.1-2000 M6	2
43	Outer Chain Cover	1655*268*43	1
44	Plastic Sheet	108*37*3.5	1
45	Bolt	GB/T 5780-2000 M6*15	2
46	Screw	GB/845-85 ST4.2*9.5 F	2
47	Screw	GB/T 845-1985 ST4.2*19	7
48	Chain	P=12.7, Lp=106	1
49L/R	Pedal	1/2"	2
50	Crank		1
51	Domed Nut	GB/T 802-1988 M10*1.0	2
52	Guide Bolt	M6*48	2
53	Hexagon Nut		2
54	Spacer		1
55	Bearing	16000ZZ	2
56	Flywheel	10KG	1
57	Flywheel Spindle	φ10*160	1
58	Lock Nut	M33*1*4	2
59	Chain Wheel	A7K-16 1/2"*1/8" 16T(1.37")	1
60	Flywheel Cover	φ387*6.5	2

No.	Description	Spec.	Qty.
61	Screw	GB/845-85 ST3.5*10 F	6
62	Spacer	φ16*φ10.1*4	2
63	Hex Flange Nut	GB/T 6177.2-2000 M10*1.0	1
64	L Shape Bracket	Q235	1
65	Screw	4GB/T 15856.1-2002 ST4.2*13	3
66	Inner Chain Cover	2653.5*264.5*24	1
67	Brake Block	110*29.5*27	1
68	Spring	φ2.2	1
69	Plastic Cover	35*23.5*6	1
70	Spring Piece	65Mn	1
71	Bolt	GB/T 5780-2000 M5*30	2
72	Lock Nut	GB/T 889.1-2000 M5	2
73	Elastic Washer	GB/T 859-1987 φ5	2
74	Bolt	GB/T 5780-2000 M5*10	2

No.	Description	Spec.	Qty.
75	Felt Pad	110*30*10	1
76	Sensor Wire		1
77	Sensor Wire	L=520	1
78	Bearing	φ44.5	2
79	Bearing Housing	φ55.5*16	2
80	Lock Nut	67/8"-LH	1
81	Flat Washer	φ35*22.8*2	1
82	Hexagon Nut	GB/T 41-2000 M8	5
83	Left Nylon Nut	1/2" -LH	1
84	Right Nylon Nut	1/2"	1
85	Crosshead Spanner	S=13,14,15	1
86	Inner Hexagon Spanner	6#(86*35)	1
87	Universal Wrench	δ3(151*43.5)	1

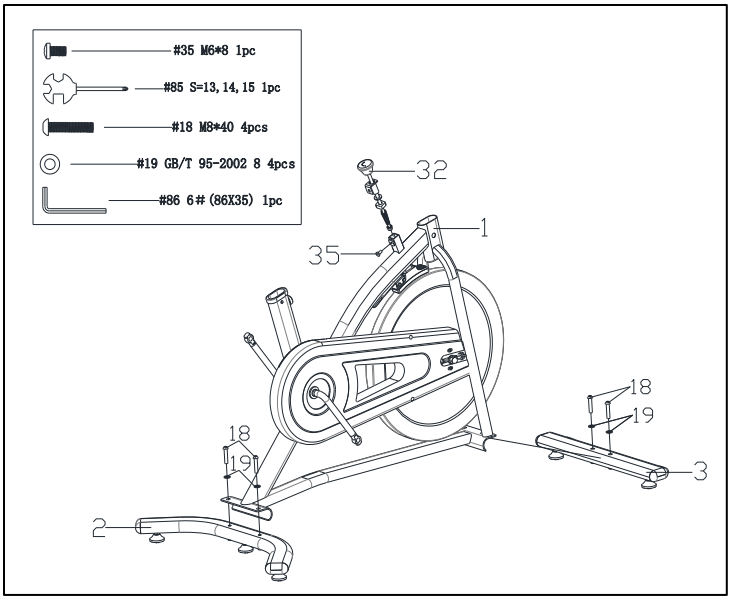
Ordering Replacement Parts (U.S. and Canadian Customers only)

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



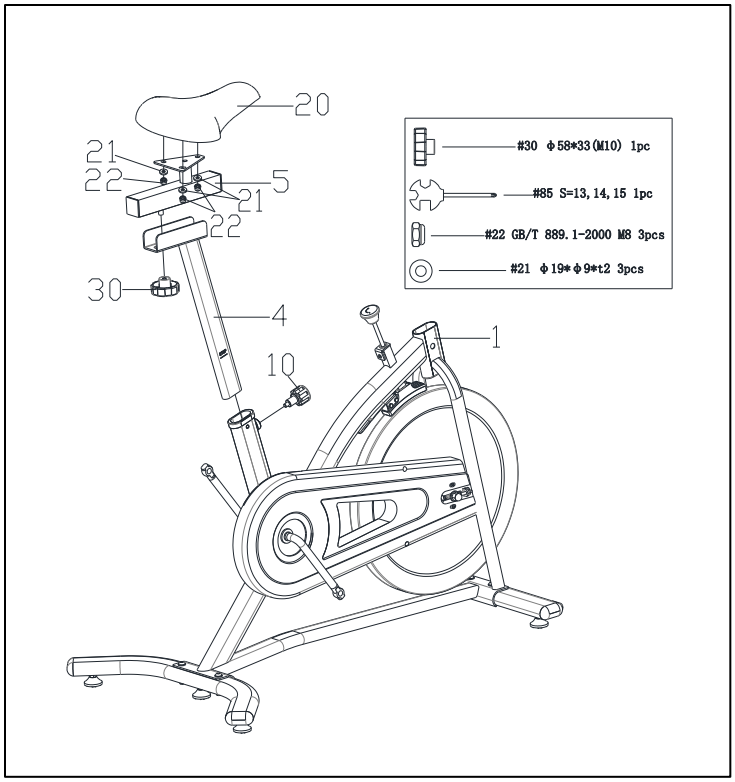
STEP 1:

Remove 4 **Flat Washers (No. 19)** and 4 **Bolts (No. 18)** from **Front Stabilizer (No. 3)** and **Rear Stabilizer (No. 2)** with **Inner Hexagon Spanner (No. 86)**.

Attach the **Front Stabilizer (No. 3)** and **Rear Stabilizer (No. 2)** to the **Main Frame (No. 1)** using 4 **Flat Washers (No. 19)** and 4 **Bolts (No. 18)** that were removed. Tighten and secure with **Inner Hexagon Spanner (No. 86)**.

Remove **Bolt (No. 35)** from **Main Frame (No. 1)** with **Crosshead Spanner (No. 85)**.

Insert the **Tension Knob (No. 32)** into the **Main Frame (No. 1)** using 1 **Bolt (No. 35)** that were removed. Tighten and secure with **Crosshead Spanner (No. 85)**.



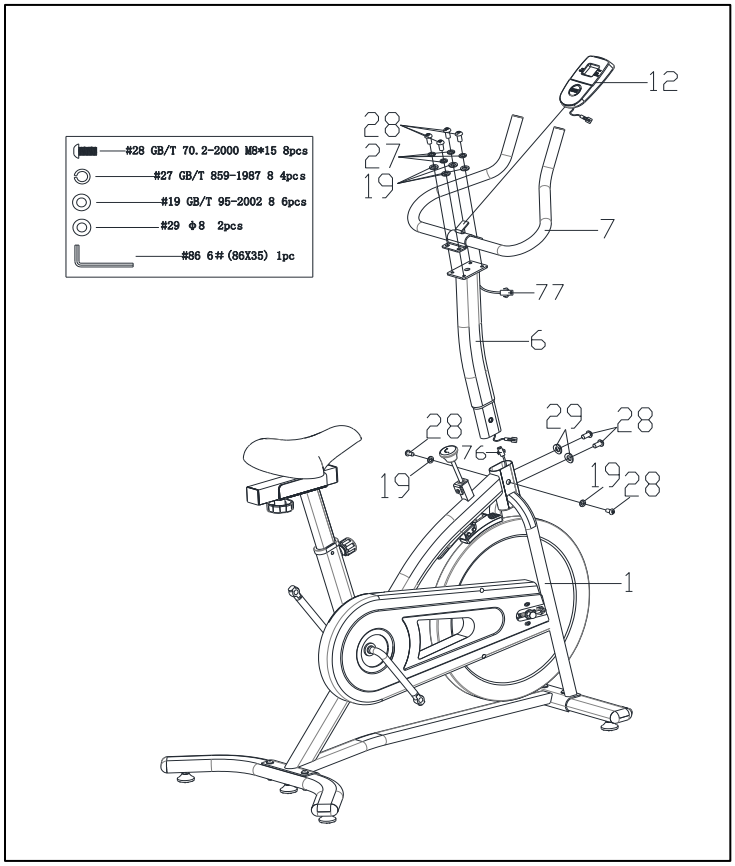
STEP 2:

Loosen and pull out the **Adjustment Knob (No. 10)** and insert the **Seat Post (No. 4)** into the seat post tube of the **Main Frame (No. 1).** Then select the desired height. Release the knob and re-tighten the knob.

Attach **Seat Slider (No. 5)** onto **Seat Post (No. 4)**. Tighten and secure with the **Adjustment Knob (No. 30)**.

Remove 3 **Lock Nuts (No. 22)** and 3 **Flat Washers (No. 21)** from the back of **Seat (No. 20)** with **Crosshead Spanner (No. 85)**.

Attach the **Seat (No. 20)** onto **Seat Slider (No. 5)** with 3 **Lock Nuts (No. 22)** and 3 **Flat Washers (No. 21)** that were removed. Tighten and secure with **Crosshead Spanner (No. 85)**.



STEP 3:

Connect the **Sensor Wire (No. 76)** and **Sensor Wire (No. 77)**.

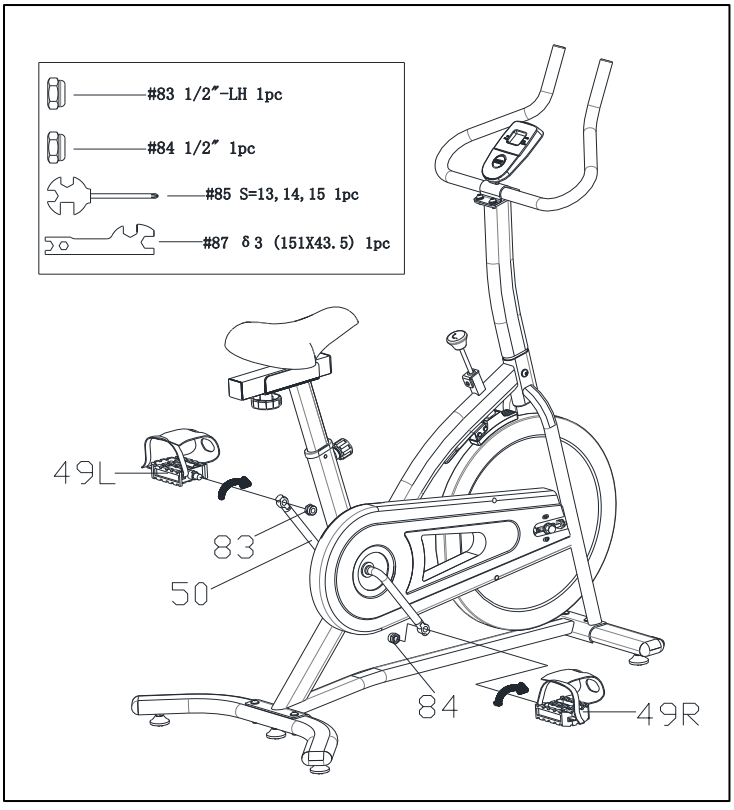
Remove 4 **Bolts (No. 28)**, 2 **Arc Washers (No. 29)** and 2 **Flat Washers (No. 19)** from **Front Post (No. 6)** with **Inner Hexagon Spanner (No. 86)** .

Then attach **Front Post (No. 6)** to **Main Frame (No. 1)** with 4 **Bolts (No. 28)**, 2 **Arc Washers (No. 29)** and 2 **Flat Washers (No. 19)** that were removed. Tighten and secure with **Inner Hexagon Spanner (No. 86)**.

Remove 4 **Bolts (No. 28)**, 4 **Spring Washers (No. 27)** and 4 **Flat Washers (No. 19)** from **Front Post (No. 6)**.

Attach **Handlebar (No. 7)** onto **Front Post (No. 6)** with 4 **Bolts (No. 28)**, 4 **Spring Washers (No. 27)** and 4 **Flat Washers (No. 19)** that were removed. Tighten and secure with **Inner Hexagon Spanner (No. 86)**.

Attach **Computer (No. 12)** onto **Handlebar (No. 7)**, then connect the link wire of **Computer (No. 12)** and **Sensor Wire (No. 77)**.



STEP 4:

Note: The **Pedals (No. 49L & No. 49R)** are marked "L" and "R" for Left and Right.

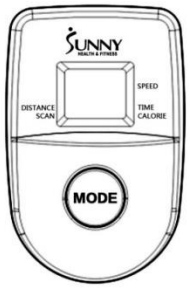
Remove the 2 **Nylon Nuts (No. 83 & 84)** located on the **Pedals (No. 49L/R)**.

Screw the **Left Pedal (No. 49L)** **COUNTER-CLOCKWISE** into **Crank (No. 50)**. Once properly screwed into place, use **Crosshead Spanner (No. 85)** to hold the nut of the pedal and screw the **Left Nylon Nut (No. 83)** **CLOCKWISE** to the thread end of the **Left Pedal (No. 49L)** securely with **Universal Wrench (No. 87)**.

Screw the **Right Pedal (No. 49R)** **CLOCKWISE** into the **Crank (No. 50)**. Once properly screwed into place, use **Crosshead Spanner (No. 85)** to hold the nut of the pedal and screw the **Right Nylon Nut (No. 84)** **COUNTER-CLOCKWISE** to the thread end of the **Right Pedal (No. 49R)** securely with **Universal Wrench (No. 87)**.

The assembly is now complete!

EXERCISE COMPUTER



SPECIFICATIONS:

TIME ----------00:00~99:59 MIN: SEC
SPEED ----------0.0~999.9 KM/H OR ML/H
DISTANCE ----------0.00~99.99 KM OR ML
CALORIES ----------0.0~999.9 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:

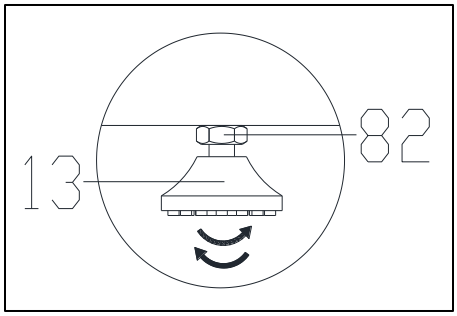
1. AUTO ON/OFF:
If the wheel is put into motion, or the mode button is pressed the computer will become active, and shall remain active while either of these two things continues to be done, however without any signal for approximately 4 minutes, power (computer), will turn off automatically.

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.

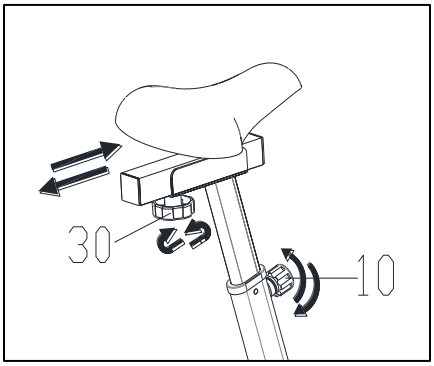
3. MODE:
To select the LOCK MODE setting, press the MODE key when the pointer on the function you wish to select begins to blink, once locked only the selected function will be displayed.

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, 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.

ADJUSTMENT GUIDE



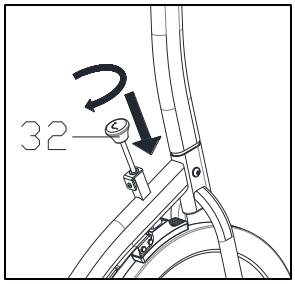
ADJUSTING THE BALANCE:
In order to achieve a smooth and comfortable exercise during use, you must ensure that the stability of the bike is correct. If during use you notice that the bike is unbalanced you can adjust the foot pads located beneath the front and rear stabilizers. To do so, rotate the **Foot Pad (No. 13)** by hand until it sits level with the surface that the bike is on. To raise the foot pad, turn it counter-clockwise; to lower the foot pad, turn it clockwise. When you have finished adjusting the foot pad, re-tighten the **Hexagon Nut (No. 82)** by turning it counter-clockwise using **Crosshead Spanner (No. 85)**. If required, repeat this process to adjust the remaining foot pads.



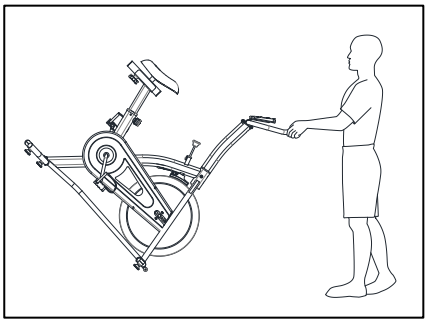
ADJUSTING THE SEAT:
The seat of this bike is fully adjustable as it moves *Up*, *Down, Fore (forward), Aft (backward).*

To adjust the height of the Seat Post, loosen and pull **Adjustment Knob (No. 10)** outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the seat in place.

To adjust the seat back and forth, loosen and pull **Adjustment Knob (No. 30)** outward, then slide the Seat Slider to the desired position. Once positioned, re-insert and tighten the **Adjustment Knob (No. 30)** to secure the seat slider tube in place.



ADJUSTING THE TENSION & EMERGENCY STOP:
Adjust the tension by rotating the knob *clockwise* to increase the resistance. Rotate the knob *counter- clockwise* to decrease the resistance.
Push down the knob to enforce brake, and stop the bike immediately.



TRANSPORTING THE BIKE
To move the bike, first stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the handlebar, place one foot on the front stabilizer and tilt the bike towards you until the transport wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.
NOTE: When moving the bike, always move with caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's operation.

MAINTENANCE INSTRUCTIONS

This is general information for daily, weekly and monthly maintenance to be performed on your bike.

DAILY MAINTENANCE

After each exercise session, wipe down all the equipment: seat, frame, handlebars. Pay special attention to the seat post, handlebar post and belt/chain guard. Sweat is very corrosive and may cause problems that require parts replacement later.

1. Get on the bike and engage the drive train.
2. Pay attention to any vibrations felt through the pedals. If you feel any vibrations, you may need to tighten the pedals, bottom bracket, or adjust the drive belt/chain tension.
3. Use a wrench to tighten the pedals until they are secure.

MONTHLY MAINTENANCE

1. Check if all hardware is secure, such as: water bottle holder, flywheel nuts, belt/chain guard bolts, brake caliper lock nuts and brake caliper tension rod nuts.
2. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod.
3. Clean and lubricate the seat post, handlebar post and seat slider. Remove any build up of foreign material.

WEEKLY MAINTENANCE

1. Inspect moving parts and tighten the hardware.
2. Inspect pull pin frame fittings to make sure the fittings are snug. Loose frame fittings may strip out threads over time and cause extensive damage.
3. Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft.
4. Tighten the seat hardware to make sure the seat is level and centered.
5. Brush and treat the resistance pads. Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel.
6. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten.

LEATHER BRAKE PAD CARE (If Applicable)

1. Perform this maintenance when the brake pad is first installed and for the life of the brake pad. Following these simple guidelines can increase the life of your brake pads.
2. Some brake pad assemblies are pre-lubricated. Squeeze the brake pad. If lubricant is released, then the pad has been pre-lubricated.
3. If the brake pad is dry, then coat the brake pad with 3-n-1 oil. Brush the leather with a clean, wire bristle brush, and then apply the oil. The oil should be allowed to soak in to the pad. Repeat 4-5 times until the pad is saturated, but not dripping with oil. When the pad is saturated, it will no longer absorb oil.
4. Inspect the brake pad weekly and lubricate if needed. The pad should not have a glazed appearance. If the pad appears glazed, then brush it with wire brush and apply lubricant as needed. If any of the sponge padding is showing through the leather pad, the brake pad should be replaced.