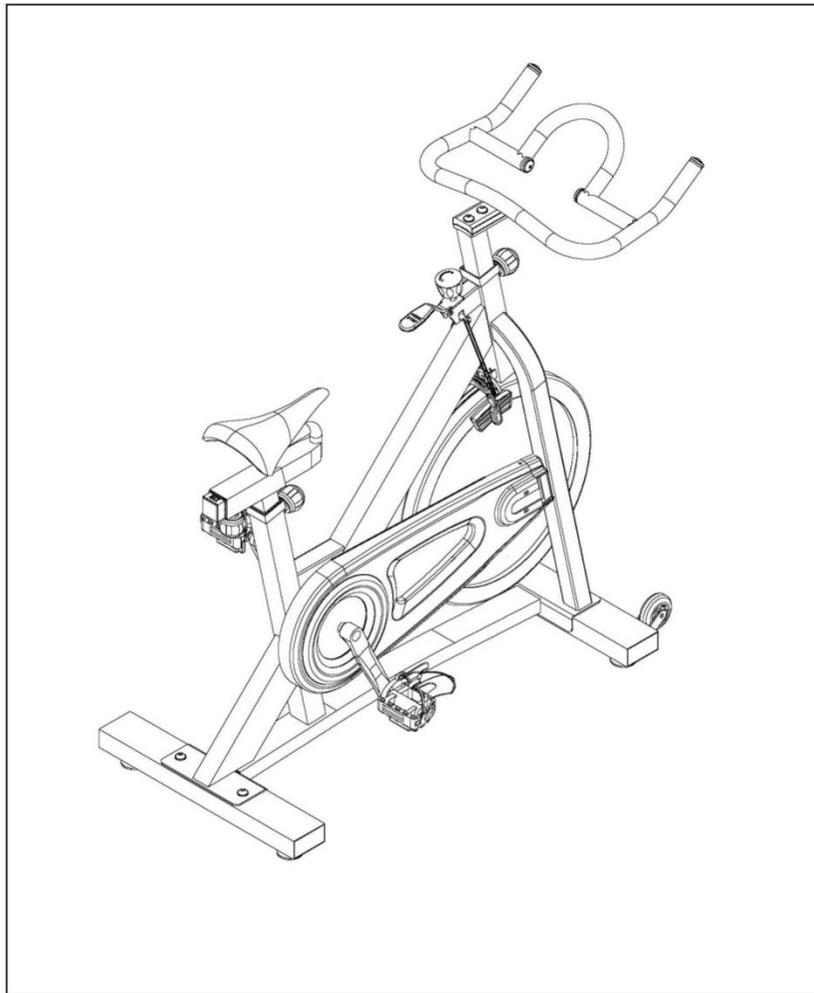




PRO INDOOR CYCLING BIKE

SF-B901

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 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 4 feet (1.2 M) 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 275 pounds (125 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 is required.
12. Your product is intended for use in cool, 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!

HARDWARE PACKAGE

	———— #34 (M10*25*S6) 4PCS		———— #33 (d10*Φ20*2.0) 4PCS
	———— #66 (M10*25*S6) 2PCS		———— #67 (d10*Φ20*2) 2PCS
	———— #75 (S=13、 15) 1PC		———— #76 (S=6) 1PC
	———— #77 (S=14、 15、 17) 1PC		———— #78 (S=8、 14、 22) 1PC

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).

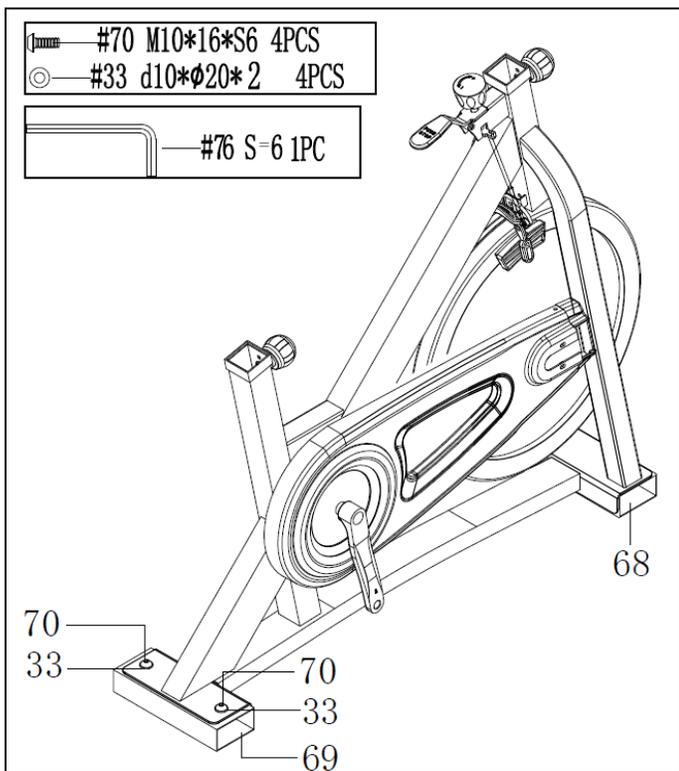
PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Seat Post		1
3	Seat Slider		1
4	Handlebar Post		1
5	Handlebar		1
6	Cap Nut	M12*1*H19.5*S19	2
7	Rear Stabilizer		1
8	Front Stabilizer		1
9	Brake-Handle		1
10	Washer	D10*Φ25*1	1
11	Tension Knob		1
12	Left Crank		1
13	Cross Self-Tapping Screw	ST4.8*16	7
14	Right Chain Cover		1
15	Left Chain Cover		1
16	Base Leveler		4
17	Bushing		3
18	Cap	J80*40*1.5	4
19	Cap	F38*38*14	1
20	Front Cover		1
21	Transport Wheel	Φ71*Φ19*24	2
22	Seat		1
23	Pop Pin		3
24	Plug	Φ22*16	1
25	Cap	F45*45*24	1
26	Washer	Φ8*Φ25*6	3
27	Screw	Ø0.6*35.3*10.6	5
28	Silent Chain		1
29	Washer	D12*Φ24*1.5	2
30	Bottom Bracket Axle		1
31	Right Crank With Big Chain Wheel		1
32	Crank Cap	Φ25*7	2
33	Flat Washer	D10*Φ20*2	8
34	Inner Hexagon Flat Round Head	M10*25*S6	4
35L/R	Refer To Part #79		-
36	Flywheel		1
37	Flywheel Spindle		1
38	Chain Adjuster Welding	M8*83*Φ12*5	2
39	Sleeve	Φ18*Φ12.1*18.5	1
40	Nylon Nut	M8*H7.5*S13	2

No.	Description	Spec.	Qty.
41	Brake Pad		2
42	Clamp Brake Holder		1
43	Flat Washer	Φ11*Φ25*4	1
44	Bearing	6001-2RZ	2
45	Bearing	6004-2RS	2
46	Bearing	608ZZ	4
47	Bi-Direction Small Chain Wheel		1
48	C-Shape Buckle	D20	2
49	Nut	M10*H7*S17	4
50	Inner Hexagon Flat Round Head Screw	Φ7.8*30	3
51	Screw	M6*38*S5	1
52	Flat Washer	D5*Φ10*1	2
53	Hexagon Flange Nut	M10*1.25*H7.5*S14	2
54	Cross Self-Tapping Screw	M5*23	3
55	Hexagon Thin Nut	M12*1*H6*S19	3
56	Hexagon Flange Nut	M6*H7*S10	1
57	Nut		2
58	Nylon Nut	M10*H9*S17	1
59	Cross Pan Head Bolt	M5*12*Φ8	2
60	Inner Hexagon Flat Round Head Screw	M6*12*S5	3
61	Pedal Strap		2
62	Pedal Belt		2
63	Brake Cable		2
64	Clamp Brake Assembly		1
65	Brake Pad Holder		2
66	Hexagon Flat Round Head Screw-Black	M10*25*S6	2
67	Flat Washer	D10*Φ20*2	2
68	Front Packing Base		1
69	Rear Packing Base		1
70	Inner Hexagon Flat Round Head Screw	M10*16*S6	4
71	Screw	ST4.2*16	2
72	Left Nylon Nut	9/16*20*H8*S22	1
73	Right Nylon Nut	9/16*20*H8*S22	1
74	Wave Washer		1
75	Wrench	S13-15	1
76	Allen Wrench	S6	1
77	Spanner	S14-15-17	1
78	Spanner	S8-14-22	1
79L/R	Pedal		2

ASSEMBLY INSTRUCTIONS

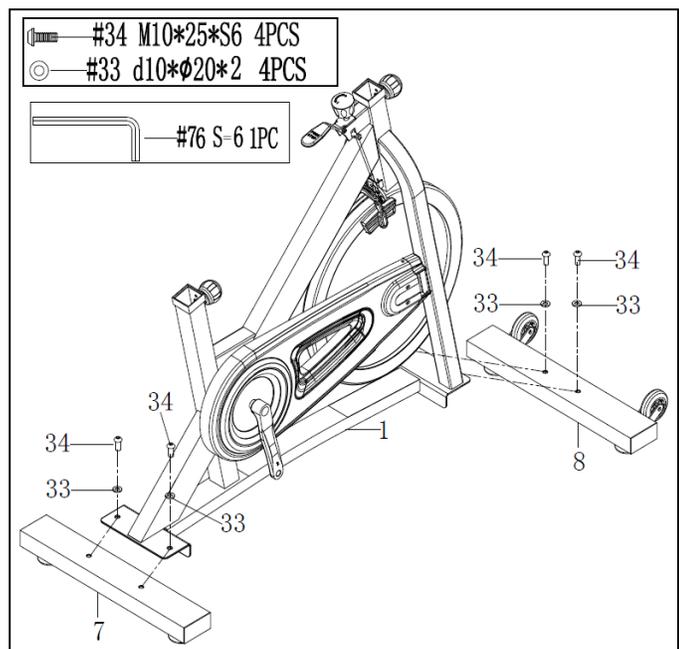
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Use **Allen Wrench (No. 76)** to unscrew 4 **Inner Hexagon Flat Round Head Screws (No. 70)** and 4 **Flat Washers (No. 33)** from **Front & Rear Packing Bases (No. 68 & No. 69)**. Then remove and discard the **Front & Rear Packing Bases (No. 68 & No. 69)**.

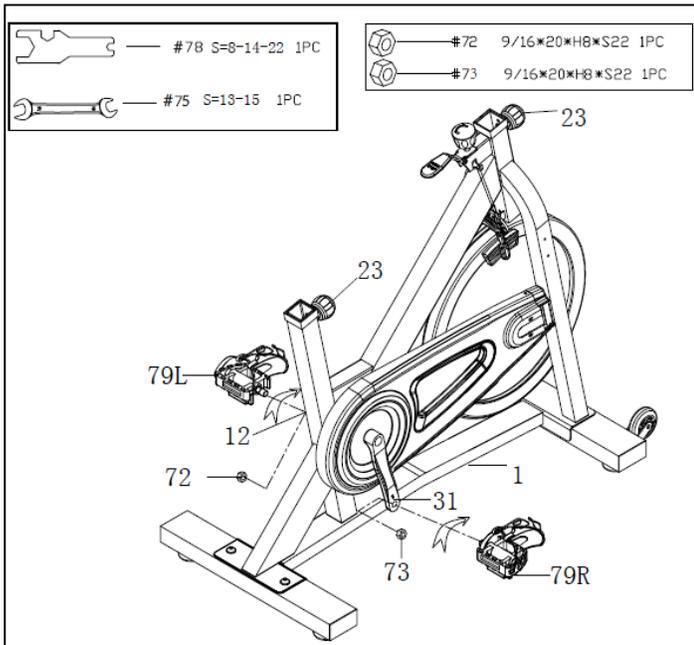
OPTIONAL: You may save these parts: **Inner Hexagon Flat Round Head Screws (No. 70)**, **Flat Washers (No. 33)**, **Front & Rear Packing Bases (No. 68 & No. 69)** for future packaging and transportation of bike.



STEP 2:

Attach the **Front & Rear Stabilizers (No. 8 & No. 7)** to the **Main Frame (No. 1)** using 4 **Inner Hexagon Flat Round Head Screws (No. 34)** and 4 **Flat Washers (No. 33)**. Tighten and secure with **Allen Wrench (No. 76)**.

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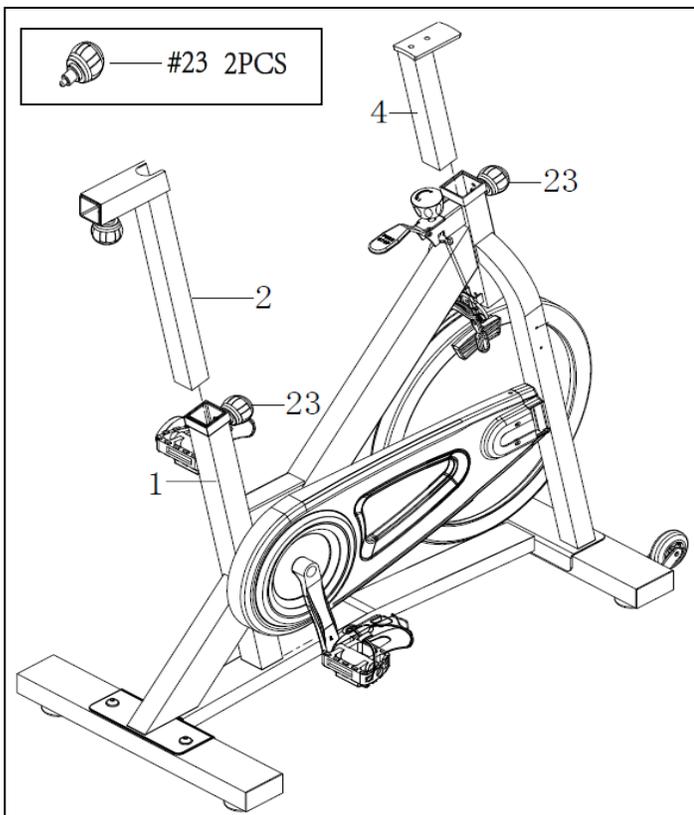
STEP 3:

IMPORTANT! Read instructions carefully, failure to do so may cause permanent damage to your bike.

Remove the **Left & Right Nylon Nuts (No. 72 & 73)** located on the **Pedals (No. 79L/R)**. The **Right Nylon Nut (No. 73)** is white on the inside. The **Left Nylon Nut (No. 72)** is blue on the inside.

Screw the **Left Pedal (No. 79L)** **COUNTER-CLOCKWISE** into the **Left Crank (No. 12)**. Once it is properly screwed into the place, use the **Wrench (No. 75)** to hold the bolt of the pedal and screw the **Left Nylon Nut (No. 72)** **CLOCKWISE** to the thread end of the **Left Pedal (No. 79L)** securely with **Spanner (No. 78)**.

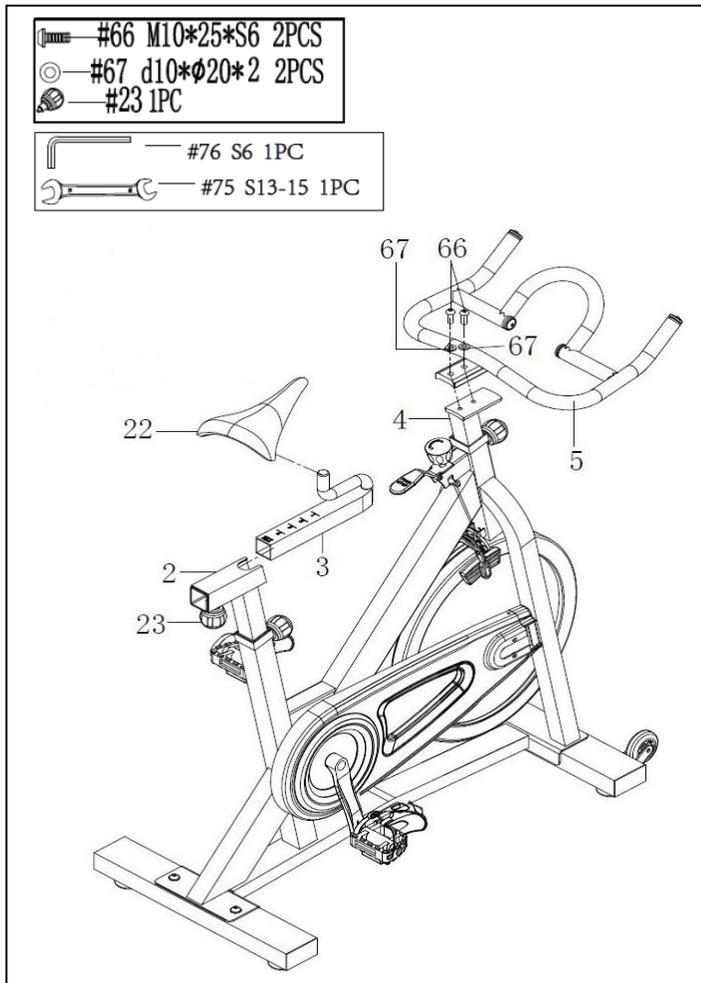
Screw the **Right Pedal (No. 79R)** **CLOCKWISE** into the **Right Crank (No. 31)**. Once properly screwed into the place, use the **Wrench (No. 75)** to hold the bolt of the pedal and screw the **Right Nylon Nut (No. 73)** **COUNTER-CLOCKWISE** to the thread end of the **Right Pedal (No. 79R)** securely with **Spanner (No. 78)**.



STEP 4:

Loosen and remove 2 **Pop Pins (No. 23)**. Insert the **Seat Post (No. 2)** and **Handlebar Post (No. 4)** into the post housing located on the **Main Frame (No. 1)**. Adjust the **Seat Post (No. 2)** and **Handlebar Post (No. 4)** to the desired positions. Re-insert and tighten the 2 **Pop Pins (No. 23)** to secure the posts in place.

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 5:

NOTE: In order to properly tighten the seat, it is important to note that you will need two open faced wrenches (1 for each side) and will need to tighten the nut on each side simultaneously working in opposite direction of each other.

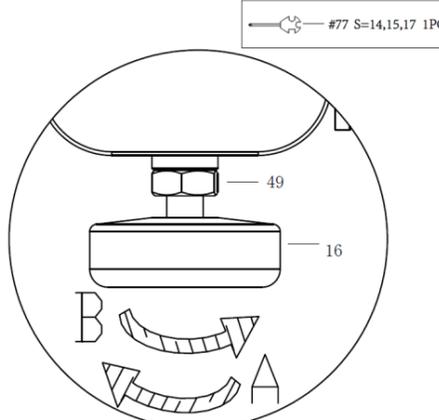
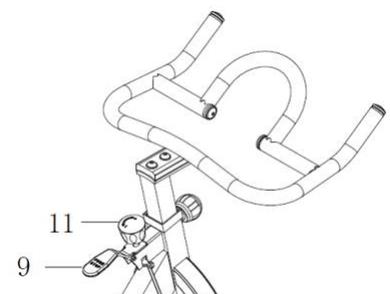
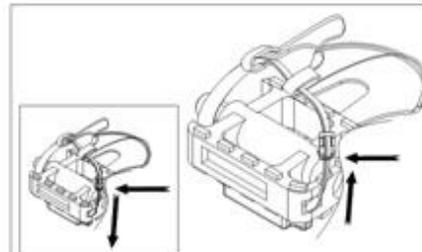
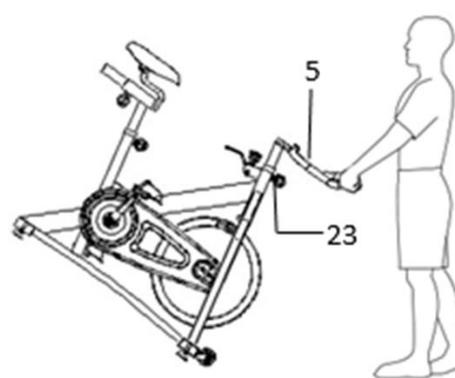
Loosen and remove the **Pop Pin (No. 23)**. Next, insert the **Seat Slider (No. 3)** into the **Seat Post (No. 2)** and adjust it to the desired position. Re-insert and tighten **Pop Pin (No. 23)** to secure the **Seat Slider (No. 3)** in place.

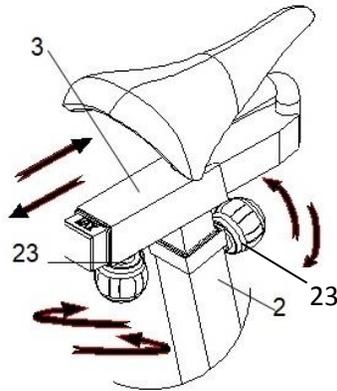
Attach the **Seat (No. 22)** to the **Seat Slider (No. 3)**. Tighten and secure with **Wrench (No. 75)**.

Attach the **Handlebar (No. 5)** to the **Handlebar Post (No. 4)** using 2 **Hexagon Flat Round Head Screws (No. 66)** and 2 **Flat Washers (No. 67)**, tighten and secure with **Allen Wrench (No. 76)**.

The assembly is complete!

ADJUSTMENTS & USAGE GUIDE

 <p>#77 S=14,15,17 1PC</p>	<h3>ADJUSTING THE BALANCE</h3> <p>In order to achieve a smooth and comfortable ride 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 base levelers located beneath the front and rear bases. To do so, use Spanner (No. 77) to loosen the Nut (No. 49) by turning it <i>clockwise</i> (direction A). With the nut loosened, rotate the Base Leveler (No. 16) until it sits level with the surface that the bike is on. When you have finished adjusting the base leveler, re-tighten the Nut (No. 49) by turning it <i>counter-clockwise</i> (direction B) using Spanner (No. 77). If required, repeat this process to adjust the remaining base levelers.</p>
	<h3>RESISTANCE AND BRAKING</h3> <p>You may adjust the tension level of the bike by rotating the Tension Knob (No. 11). To increase the level of resistance, rotate the tension knob <i>clockwise</i>, to decrease the level of resistance, rotate the tension knob <i>counter-clockwise</i>. During exercise, you may stop the bike immediately by pushing down on the Brake-Handle (No. 9). This is the emergency brake.</p>
	<h3>PEDAL STRAP ADJUSTMENT</h3> <p>Your feet should be secured in the toe clips during exercise. Place your feet as far forward into the toe-clips as you can. With your feet in place, turn the crank to bring one foot to within arm's reach, grasp the pedal strap and pull it upward to tighten the toe-clip cage, then insert the strap back into the hoop of the toe-clip. Repeat this process to secure your other foot.</p>
	<h3>TRANSPORTING THE BIKE</h3> <p>To move the bike, first ensure that the Handlebar (No. 5) is properly secured. If the handlebar is loose, tighten the Pop Pin (No. 23) to secure it. Next, 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 base and tilt the bike towards you until the transport wheels on the front base touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.</p> <p>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.</p>

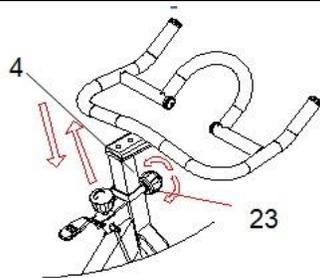


ADJUSTING THE SEAT

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

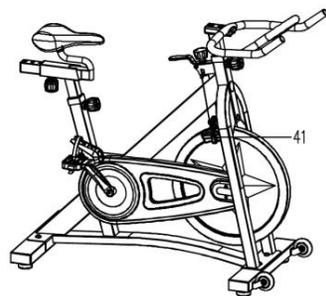
To adjust the height of the **Seat Post (No. 2)**, loosen and pull the [seat post] **Pop Pin (No. 23)** outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the [seat post] **Pop Pin (No. 23)** to secure the seat in place.

To adjust the seat back and forth, loosen and pull [seat slider] **Pop Pin (No. 23)** outward, then slide the **Seat Slider (No. 3)** to the desired position. Once positioned, re-insert and tighten the [seat slider] **Pop Pin (No. 23)** to secure the seat slider tube in place.



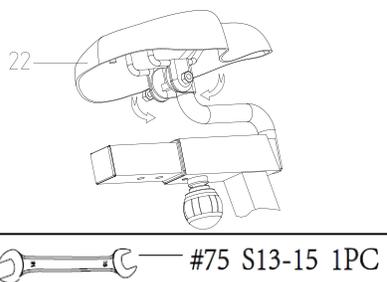
ADJUSTING THE HANDLEBAR

It is important that the handlebar and seat are both set to the correct height of your body. To adjust the handlebar height, loosen and pull the **Pop Pin (No. 23)** outward, then slide the **Handlebar Post (No. 4)** up or down to the desired height. Once adjusted re-insert and tighten the **Pop Pin (No. 23)** to secure the handlebar post in place.



CHECKING BRAKE PADS AND PEDALS

Ensure all the Nuts, Nut Caps and Pedals are secured and inspect the equipment regularly. If you should find any defective parts, do not exercise until they've been repaired. Pay close attention to easily damaged parts due to wear and tear. Please inspect **Brake Pads (No. 41)** to ensure there is still adequate padding on each side before exercising. Make sure to replace brake pads as necessary. Also, inspect the Pedals before exercise. If they have become loose, please re-tighten.

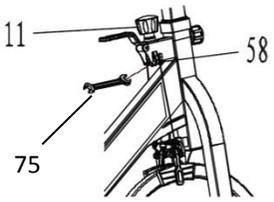
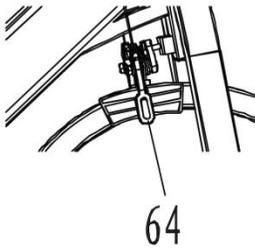
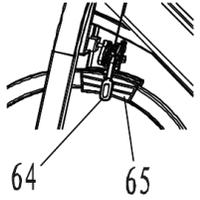
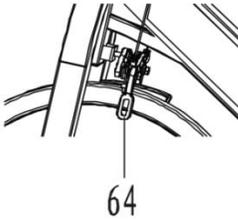
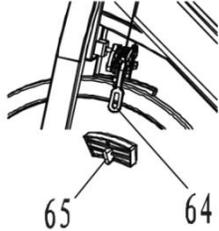
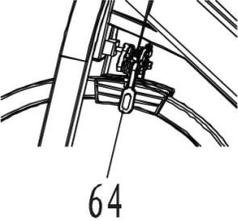
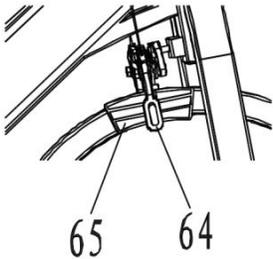
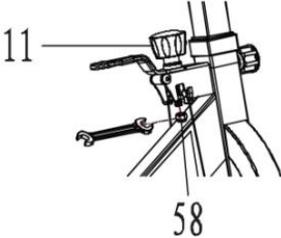
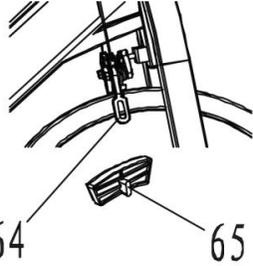
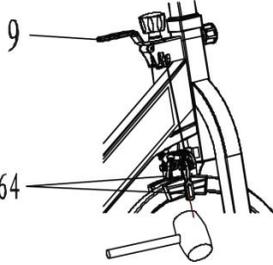


TIGHTENING THE SEAT

Please adjust the Hexagon Nuts by using the **Wrench (No. 75)** if the **Seat (No. 22)** is loose.

NOTE: In order to properly tighten the seat, it is important to note that you will need two open faced wrenches (1 for each side) and will need to tighten the nut on each side simultaneously working in opposite direction of each other.

INSTRUCTIONS ON CHANGING BRAKE PAD

	<p>STEP 1: Remove Nylon Nut (No. 58) which is under Tension Knob (No. 11) with Wrench (No. 75) first, and then adjust the Brake Resistance to least amount of resistance.</p>		<p>STEP 6: Insert the new Right Brake Pad Holder (No. 65) into the Right Clamp Brake Assembly (No. 64).</p>
	<p>STEP 2: Push Left Brake Pad Holder (No. 65) separated from its Clamp Brake Assembly (No. 64) by hand.</p>		<p>STEP 7: Open the Left Clamp Brake Assembly (No. 64) with hand.</p>
	<p>STEP 3: Take down the Left Brake Pad Holder (No. 65).</p>		<p>STEP 8: Insert the new Left Brake Pad Holder (No. 65) into the Left Clamp Brake Assembly (No. 64).</p>
	<p>STEP 4: Push Right Brake Pad Holder (No. 65) separated from its Clamp Brake Assembly (No. 64) by hand.</p>		<p>STEP 9: After tightening up the Tension Knob (No. 11) put the Nylon Nut (No. 58) onto and fix it with Wrench (No. 75) to the normal working place.</p>
	<p>STEP 5: Take down the Right Brake Pad Holder (No. 65).</p>		<p>STEP 10: Put down the Brake Handle (No. 9) by Left hand; and tap the Brake pad inside its clamp brake assembly with wooden mallet (or plastic mallet) gently by right hand.</p>

MAINTENANCE INSTRUCTIONS

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

<p>DAILY MAINTENANCE</p> <p>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.</p> <ol style="list-style-type: none"> 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. 	<p>MONTHLY MAINTENANCE</p> <ol style="list-style-type: none"> 1. Check 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.
<p>WEEKLY MAINTENANCE</p> <ol style="list-style-type: none"> 1. Inspect moving parts and tighten the hardware. 2. Inspect pull pin frame fittings, making 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, making 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. 	<p>LEATHER BRAKE PAD CARE (If Applicable)</p> <ol style="list-style-type: none"> 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.

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