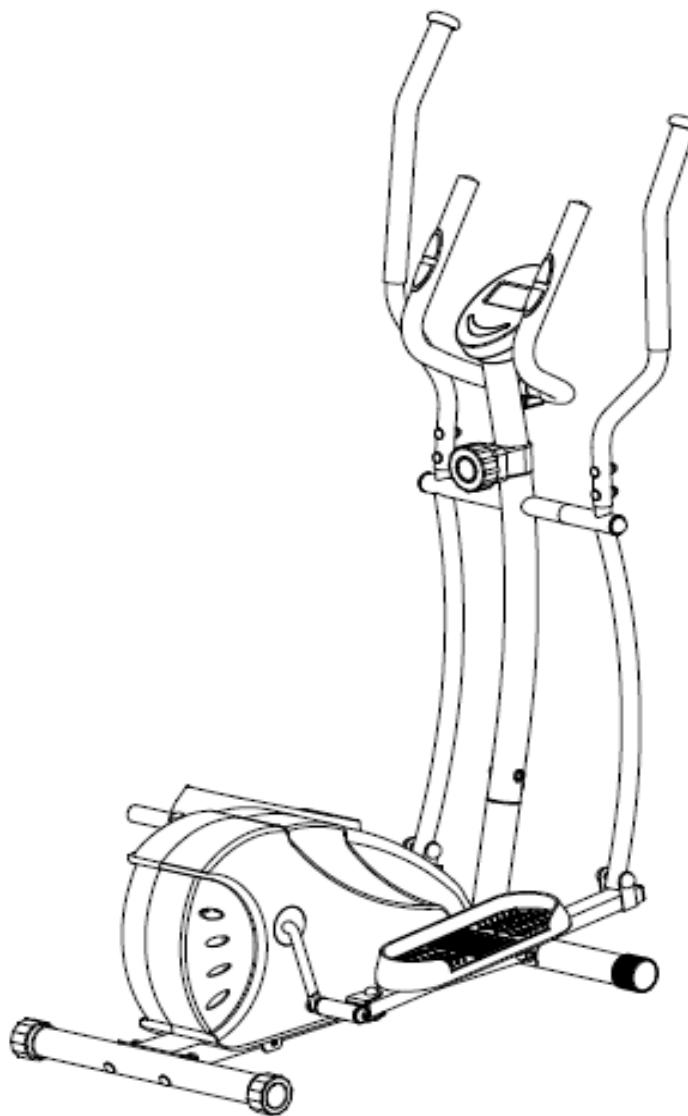




MAGNETIC ELLIPTICAL BIKE

SF-E905

USER MANUAL



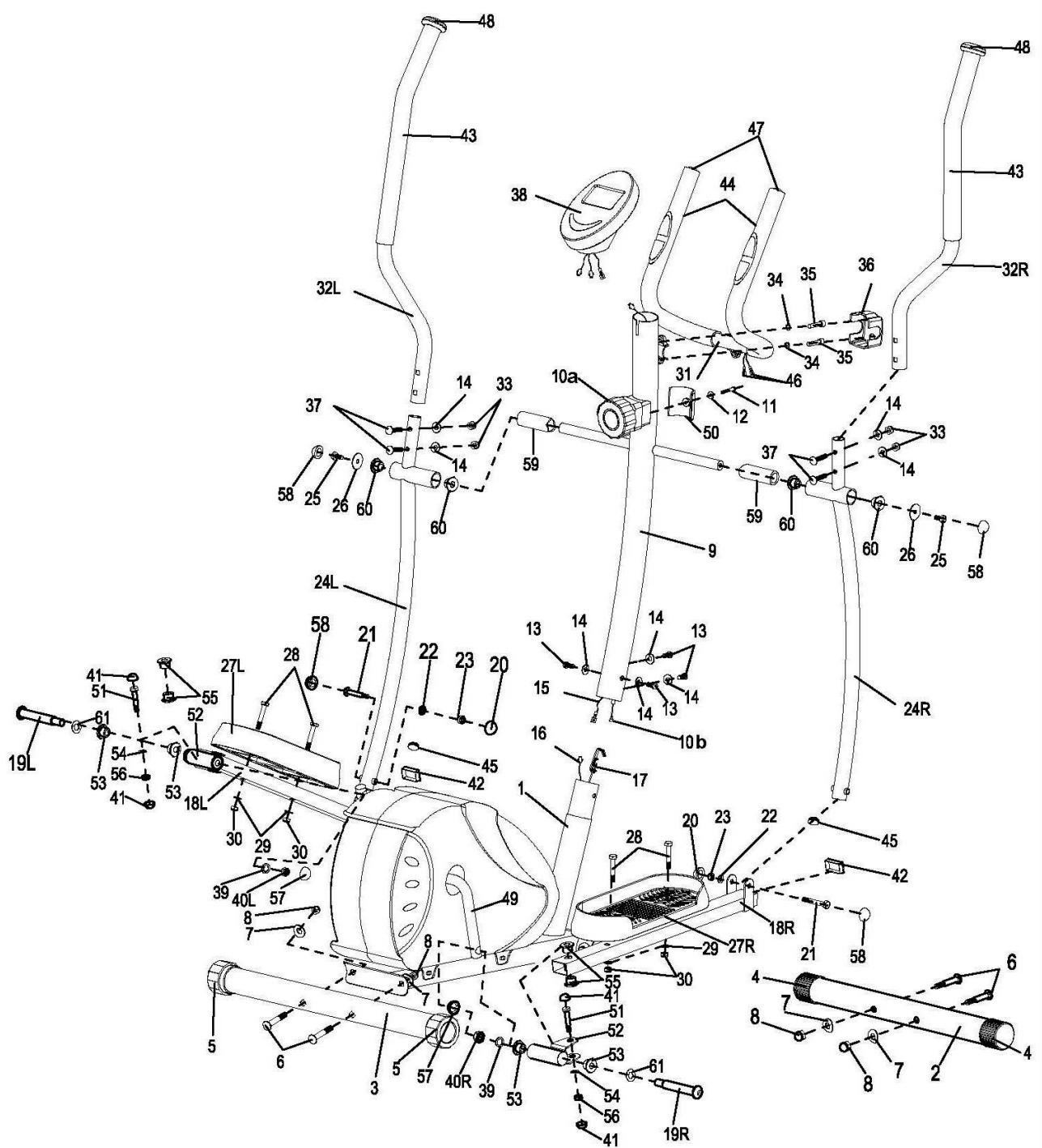
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

IMPORTANT SAFETY INFORMATION

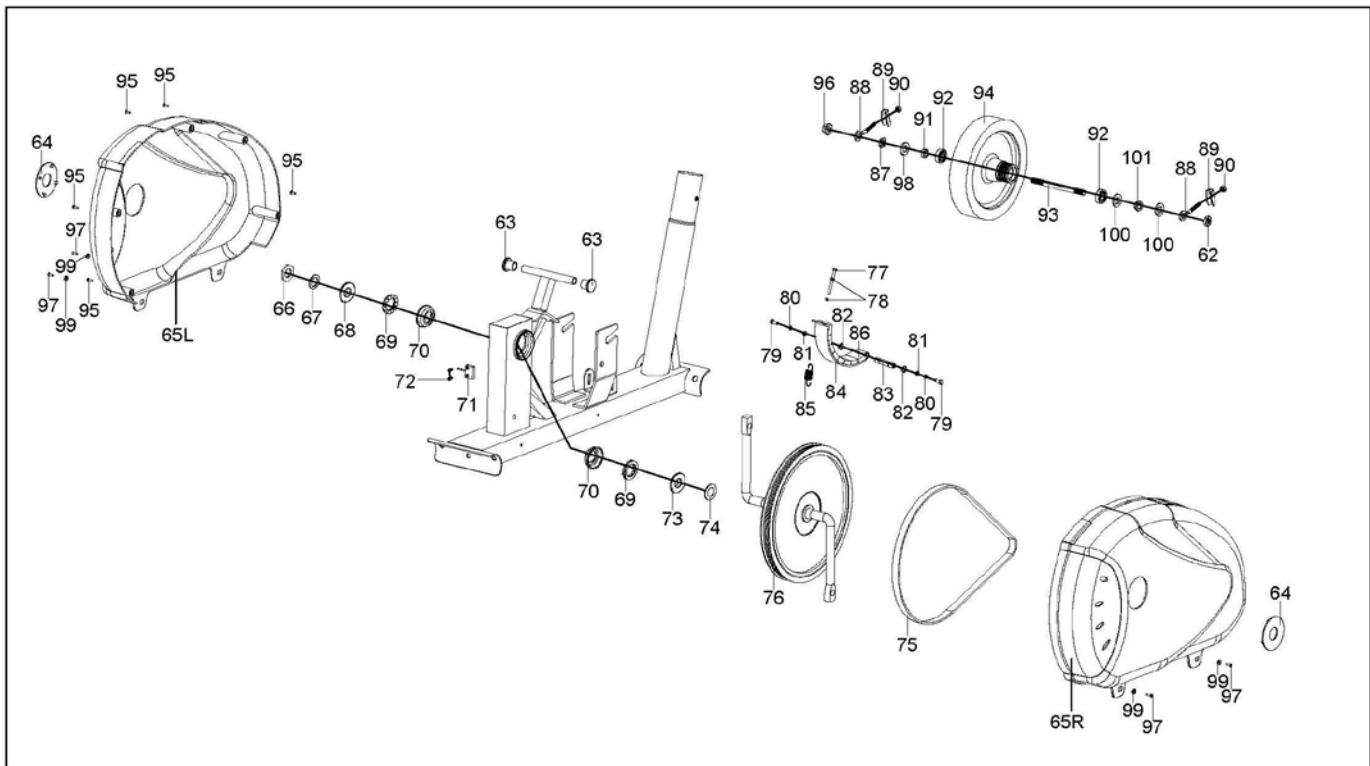
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.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

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



HARDWARE PACKAGE

	#28 M10*L45*L25 4PCS
	#30 M10 4PCS
	#14 $\Phi 20*d8.5*R25$ 4PCS
	#19L $\Phi 16*89*L23*B0.5*20-L$ 1PC
	#39 $\Phi 13*B2$ 2PCS
	#40R B0.5*20 1 PC
	#103 S6 1PC
	#105 S17、S19 2PCS
	#29 d10*1.5 4PCS
	#37 M8*40 4PCS
	#33 M8 4PCS
	#19R $\Phi 16*89*L23*B0.5*20-R$ 1PC
	#40L B0.5X20 1 PC
	#102 S8 1PC
	#104 S13、S14 2PCS

PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Roller Cap		2
5	Leveler Cap		2
6	Carriage Bolt	M10XL57	4
7	Arc Washer	Φ10X1.5XΦ25XR28	4
8	Domed Nut	M10	4
9	Handlebar Post		1
10a	Tension Controller		1
10b	Tension Cable		1
11	Phillips Screw		1
12	Flat Washer		1
13	Allen Bolt	M8X20	4
14	Arc Washer	Φ20Xd8.5XR25	8
15	Upper Sensor Wire		1
16	Lower Sensor Wire		1
17	Tension Hook		1
18L/R	Pedal Support Tube		1pr.
19L/R	Hinge Bolt	Φ16X89	1pr.
20	Nut Cap	S13	2
21	Hex Bolt	M8X55	2
22	Flat Washer	d8X15	2
23	Nylon Nut	M8 (Black color)	2
24L/R	Swing Bar (L/R)		1pr.
25	Hex Bolt	M8X15	2
26	Flat Washer	Φ8.2XΦ32X2	2
27L/R	Pedal		1pr.
28	Hex Bolt	M10XL45	4
29	Flat Washer	d10X1.5	4
30	Nylon Nut	M10 (White color)	4
31	Armrest		1
32L/R	Handlebar		1pr.
33	Domed Nut	M8	4
34	Spring Washer	d8X1.5	2
35	Hex Bolt		2
36	Decorative Cover		1
37	Carriage Bolt	M8X40	4
38	Meter		1

No.	Description	Spec.	Qty.
39	Spring Washer	Φ13XB2	2
40L/R	Nylon Nut	B0.5X20	1pr.
41	Nut Cap	S17	4
42	Square End Cap		2
43	Foam Grip		2
44	Foam Grip		2
45	Round End Cap		2
46	Pulse Sensor Wire		2
47	Spherical Cap		2
48	Mushroom Cap		2
49	Crank Arm		1
50	Tension Controller Cover		1
51	Hex Bolt	M10X50	2
52	Connecting Joint		2
53	Axle Bushing 1		4
54	Flat Washer	d10X1.5	2
55	Alloy Bushing		4
56	Nylon Nut	M10	2
57	Nut Cap	S19	2
58	Nut Cap	S14	4
59	Spacer	Φ32X59	2
60	Axle Bushing 2		4
61	Wave Washer	Φ17.1XΦ23 X 0.3	2
62	Nylon Nut		1
63	Plug		2
64	Crank Cover		2
65L/R	Chain Cover		1pr.
66	Nut		1
67	Washer		1
68	Two-slot Nut		1
69	Ball Bearings		2
70	Bearing Housing		2
71	Sensor		1
72	Bolt	ST3X10	2
73	Three-slot Nut		1
74	Big Washer		1
75	Belt		1
76	Belt Pulley		1
77	Hex Bolt	M5XL60	1

78	Hex Nut	M5	2
79	Hex Bolt	M6XL15	2
80	Spring Washer	d6	2
81	Flat Washer	D6	2
82	Axle Stop Ring		2
83	Magnetic Board Axle		1
84	Magnetic Board		1
85	Spring		1
86	Square Magnet		8
87	Hex Thin Nut	M10X1	1
88	Adjusting Chain Bolt	M6X50	2
89	Adjusting U Washer		2
90	Hex Nut	M6	2
91	Spacer		1

92	Bearing	6000z	2
93	Flywheel Axle		1
94	Flywheel		1
95	Bolt	ST4.3X20	5
96	Flange Nut		1
97	Bolt	ST5X20	4
98	Flat Washer	d10X20X1.5	1
99	Flat Washer	d5X1	4
100	Flat Washer	d8X19X1.5	2
101	Alloy Sleeve		1
102	Wrench	S=8	1
103	Wrench	S=6	1
104	Spanner	S=13、14	2
105	Spanner	S=17、19	2

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:

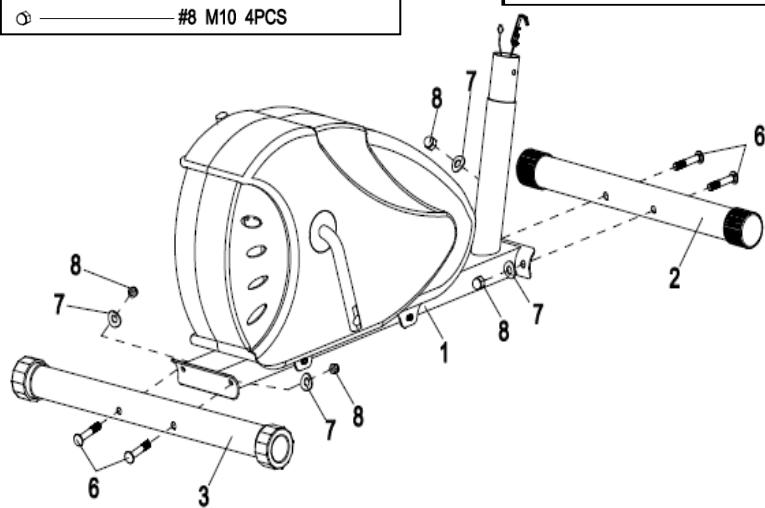
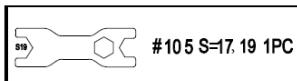
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

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

ASSEMBLY INSTRUCTION

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	#6 M10xL57 4PCS
	#7 $\Phi 10 \times 1.5 \times \Phi 25 \times R28$ 4PCS
	#8 M10 4PCS



STEP 1:

Attach the **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 3)** onto the **Main Frame (No. 1)**, secure with 4 **Carriage Bolts (No. 6)**, 4 **Arc Washers (No. 7)** and 4 **Domed Nuts (No. 8)** which are pre-attached to the stabilizer, tighten with the **Spanner (No. 105)**.

★ Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.

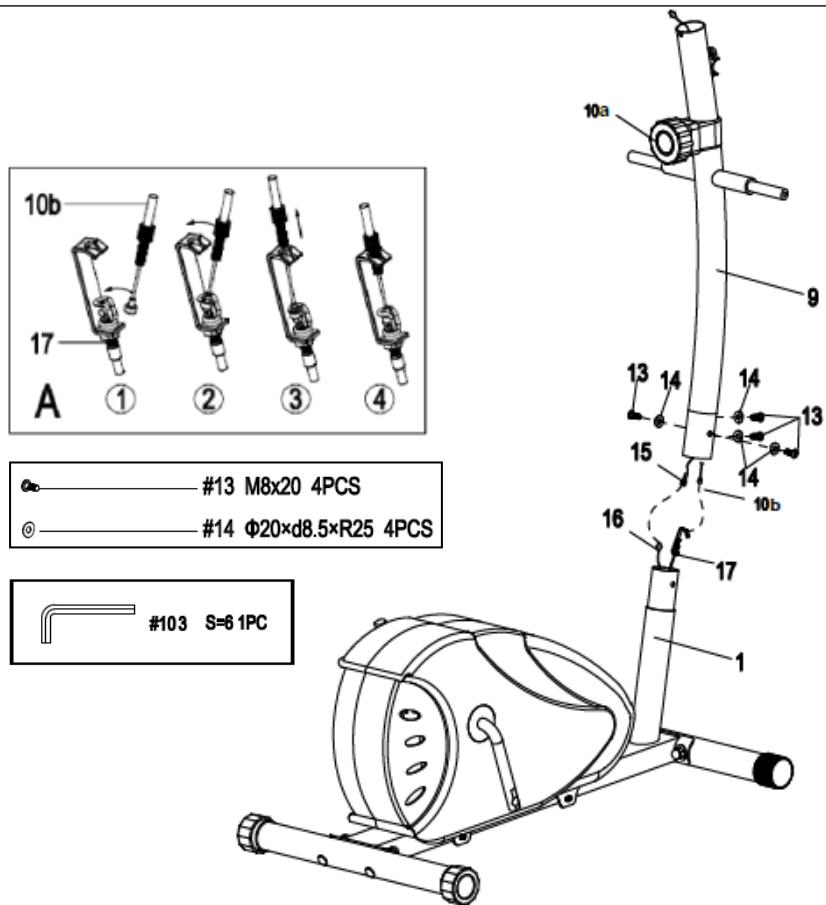
STEP 2:

A: Connect the **Lower Sensor Wire (No. 16)** to the **Upper Sensor Wire (No. 15)**, and then connect **Tension Hook (No. 17)** with **Tension Cable (No. 10b)** as shown in Picture A.

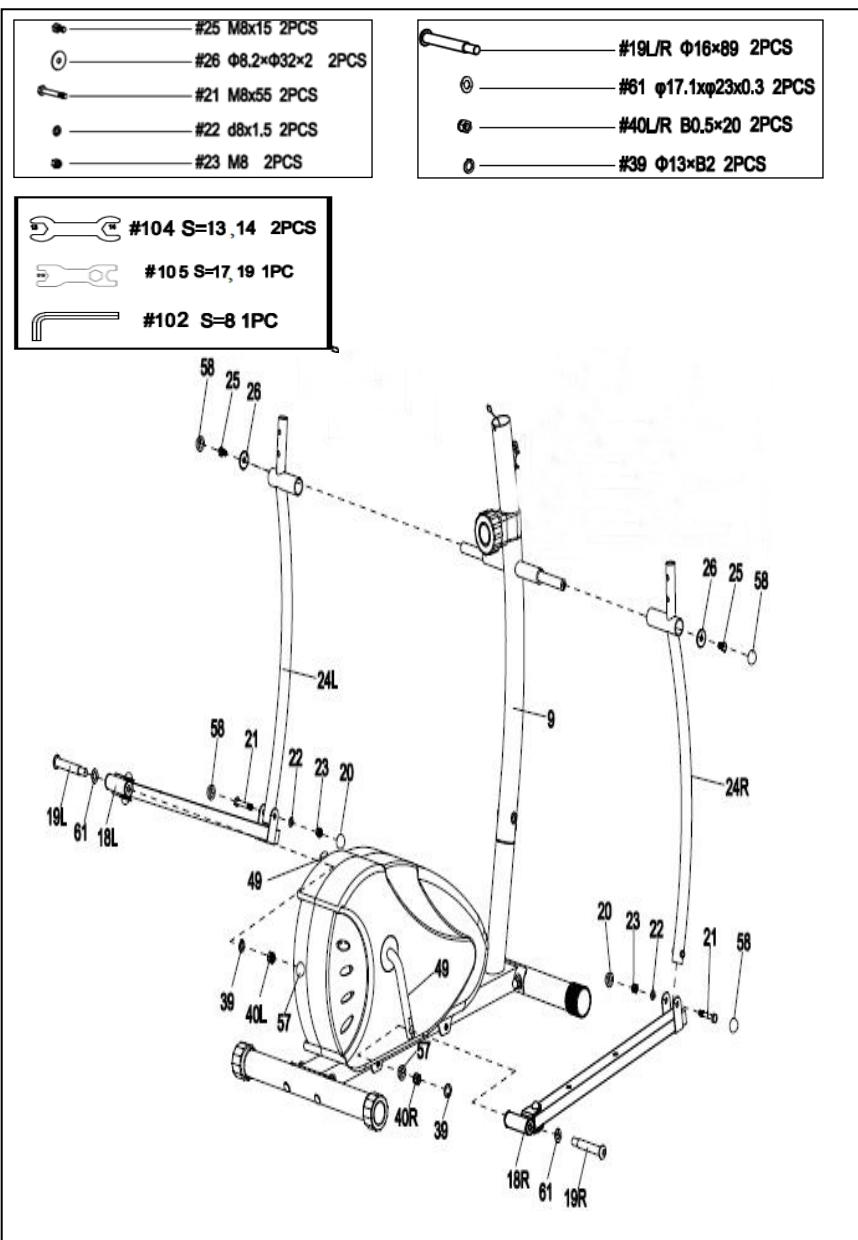
Note: Make sure the **Tension Controller (No. 10a)** is at the lowest level before you connect the Tension Control Cable. This ensures the wires are at their longest point. We recommend the assistance of a second person to help hold the **Handlebar Post (No. 9)**. This will make the connection easier when you are attaching **Tension Hook (No. 17)** to **Tension Cable (No. 10b)**.

B: Remove the preassembled 4 **Allen Bolts (No. 13)** and 4 **Arc Washers (No. 14)** from the Main Section. Insert the **Handlebar Post (No. 9)** into the post of the **Main Frame (No. 1)**; secure in place with 4 **Allen Bolts (No. 13)** and 4 **Arc Washers (No. 14)** with the **Wrench (No. 103)**.

★ Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.



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STEP 3:

A: Attach the **Swing Bar (No. 24L/R)** to the long axle of the **Handlebar Post (No. 9)** with **Hex Bolt (No. 25)** and **Flat Washer (No. 26)** with **2 Spanners (No. 104)**.

Note: Please do not fully tighten at this time.

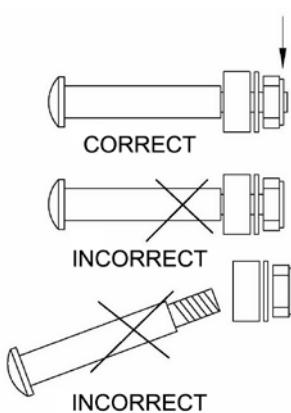
B: Attach the **2 Pedal Support Tubes (No. 18L/R)** to the **Crank Arm (No. 49)** with **2 Hinge Bolts (No. 19L/R)**, **2 Wave Washers (No. 61)**, then put on **2 Spring Washers (No. 39)** and **2 Nylon Nuts (No. 40L/R)** to the end of **2 Hinge Bolts (No. 19L/R)** using **Wrench (No. 102)** and **Spanner (No. 105)**. (Note: The end of **LEFT Nylon Nut (No. 40L)** is Blue, while the **RIGHT Nylon Nut (No. 40R)** is White.

Note: Please do not fully tighten at this time.

C: Fasten the **2 Swing Bars (No. 24L/R)** and the **2 Pedal Support Tubes (No. 18L/R)** tightly with **2 Hex Bolts (No. 21)**, **2 Flat Washers (No. 22)** and **2 Nylon Nuts (No. 23)** using **2 Spanners (No. 104)**.

D: Fasten **2 Hex Bolts (No. 25)** and **2 Nylon Nuts (No. 40L/R)** tightly now. Then cover with the **8 Nut Caps (No. 20) (No. 58) (No. 57)**.

★ Ensure that all bolts and washers are in place and partially threaded in before completely tightening any of them.



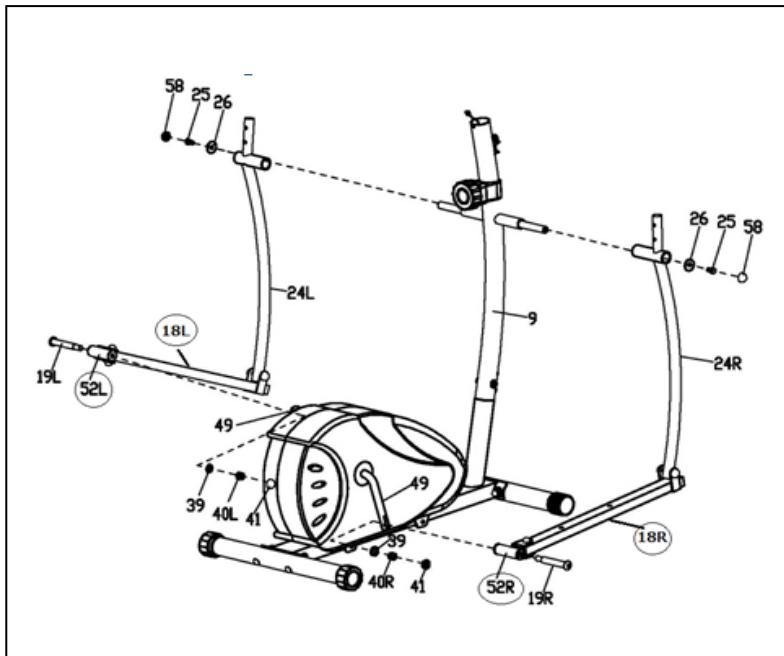
IMPORTANT: **Hinge Bolt (No. 19L/R)** is labeled L for LEFT and R for RIGHT. Please make sure to turn **Left Hinge Bolt (No. 19L)** counter clockwise and **Right Hinge Bolt (No. 19R)** clockwise.

The **Hinge Bolt (No. 19L/R)** must fully penetrate the nylon ring of the **Nylon Nut (No. 40L/R)**. This will ensure the stability and durability of your Elliptical Trainer.

In order to install the hinge bolt properly, it must go through the **Connecting Joint (No. 52L/R)** and then screw into the hole of the **Crank Arm (No. 49L/R)**. Then attach **Spring Washer (No. 39)** and **Nylon Nut (No. 40L/R)** to the end of **Hinge Bolt (No. 19L/R)**. If the hinge bolt is connected to the crank arm at an angle, damage to both the hinge thread and the crank arm may occur.

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If you experience any trouble with this step; please STOP and read our alternate assembly directions below before continuing. Incorrect installation can result in permanent damage to your machine. If you have trouble connecting this part; try this alternate assembly suggestion:



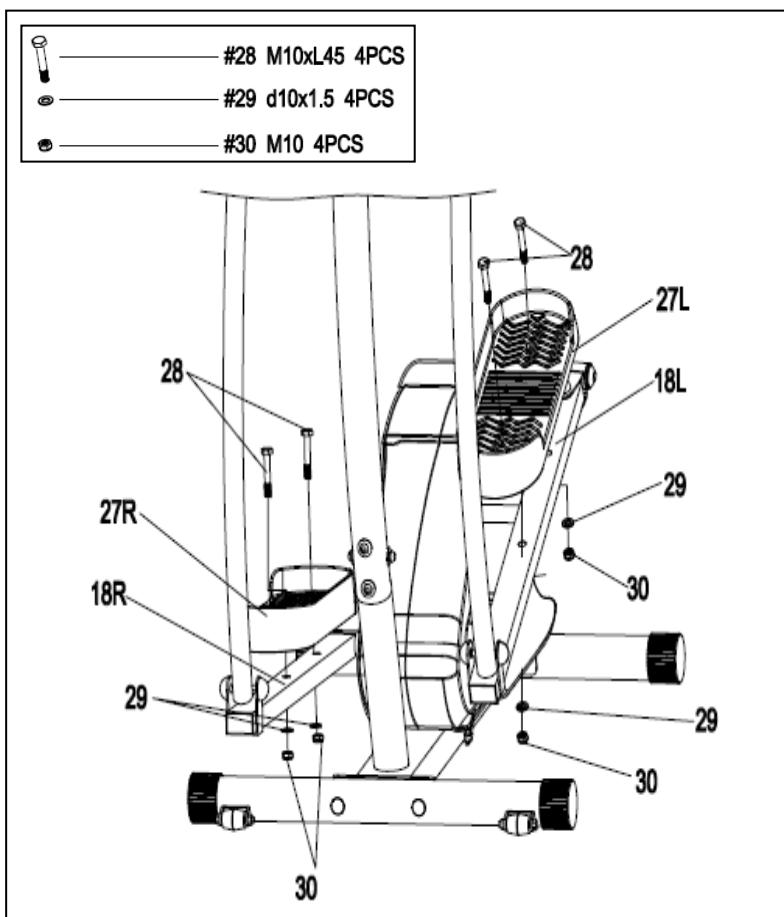
Step A:

Disconnect the **Connecting Joint (No. 52L/R)** from the **Pedal Support Tube (No. 18L/R)**.

Step B:

Insert the **Locking Bolt (No. 19L/R)** through the hole of the **Connecting Joint (No. 52L/R)**, then screw the **Locking Bolt (No. 19L/R)** in the **Crank Arm (No. 49)**.

★ Remember when assembling the left side, you must screw counter-clockwise to tighten. Connect the **Spring Washer (No. 39)** and **Nylon Nut (No. 40L/R)** and attach the **End Cap (No. 41)**. You can now reattach the **Connecting Joint (No. 52L/R)** to the **Support Tube (No. 18L/R)**.



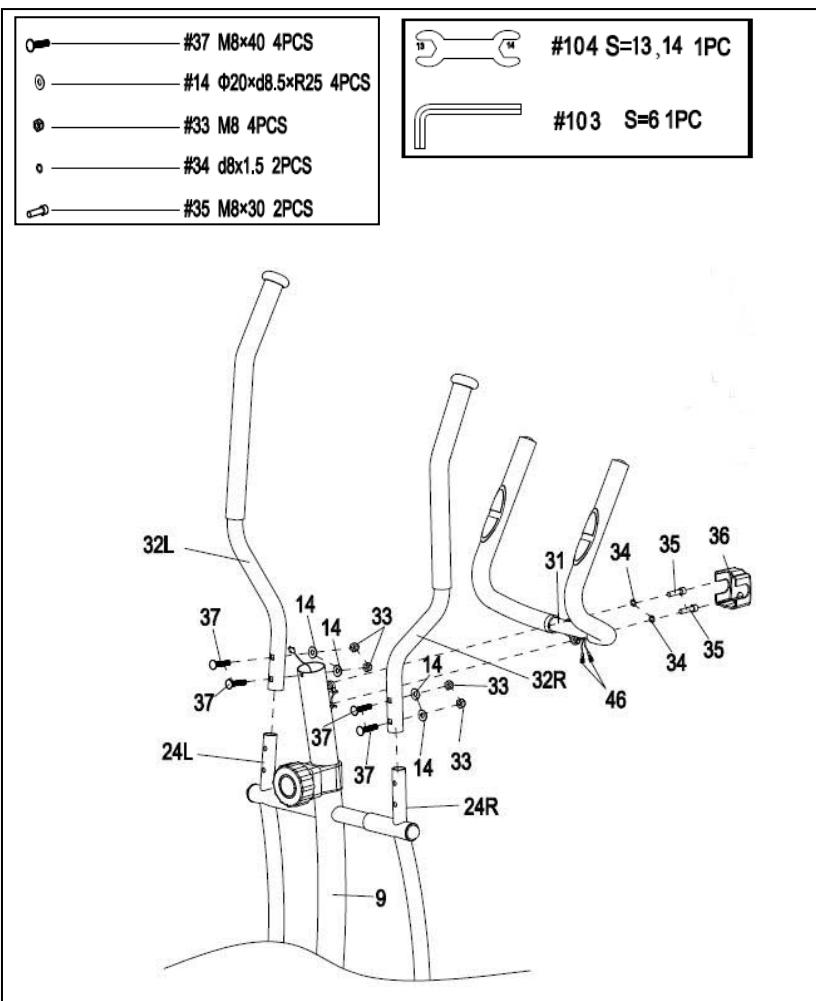
STEP 4:

Secure the 2 Pedals (No. 27L/R) to the 2 Pedal Support Tubes (No. 18L/R) respectively using 4 Hex Bolts (No. 28), 4 Flat Washers (No. 29) and 4 Nylon Nuts (No. 30) using Spanner (No. 105).

CAUTION:

Both pedals are labeled; L for LEFT and R for RIGHT.

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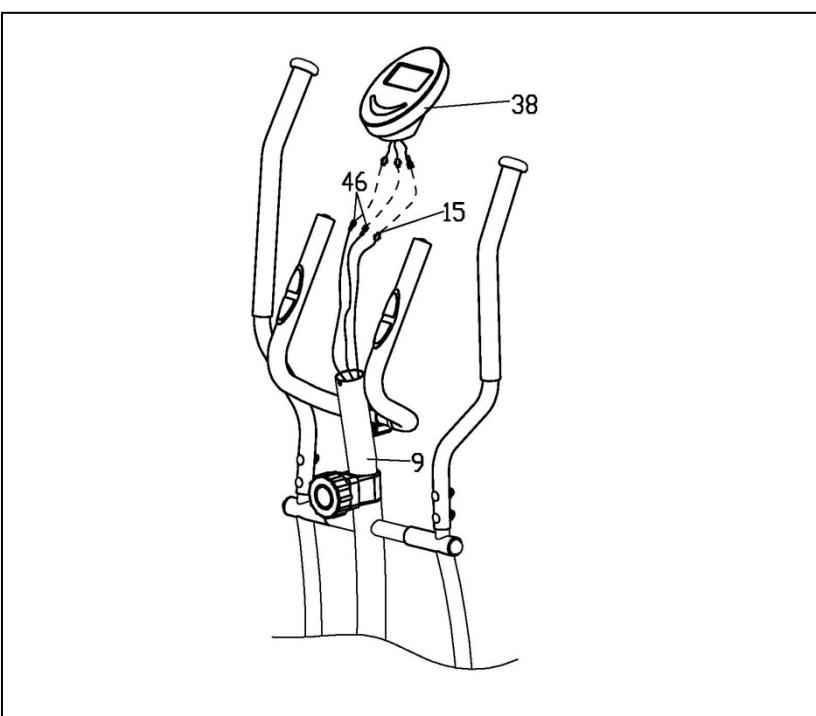


STEP 5:

A: Remove the preassembled 2 **Spring Washers (No. 34)** and 2 **Hex Bolts (No. 35)** from the **Handlebar Post (No. 9)**. Attach **Armrest (No. 31)** to the **Handlebar Post (No. 9)** in place. Secure it with 2 **Spring Washers (No. 34)** and 2 **Hex Bolts (No. 35)** that just removed using **Wrench (No. 103)**, and then pull the **Pulse Sensor Wire (No. 46)** out of the **Handlebar Post (No. 9)**. Finally attach the **Decorative Cover (No. 36)** onto the **Armrest (No. 31)**.

B: Attach the 2 **Handlebars (No. 32L/R)** on the 2 **Swing Bars (No. 24L/R)** with 4 **Carriage Bolts (No. 37)**, 4 **Arc Washers (No. 14)** and 4 **Domed Nuts (No. 33)** using **Spanner (No. 104)**.

Note: If the **Handlebar (No. 32L/R)** rubs against the **Armrest (No. 31)** during the workout please confirm you assembled the correct parts to the correct side. You should attach **Handlebar (No. 32L)** to **Swing Bar (No. 24L)** according to the label marked with L or R. while assembling the left side.



STEP 6:

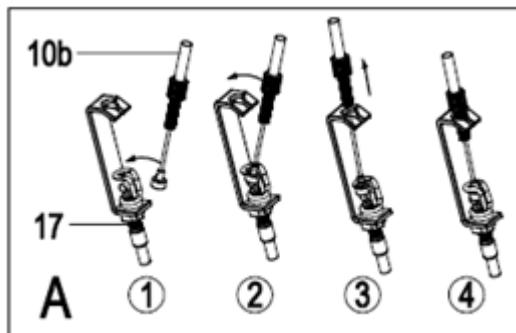
Connect the 2 **Pulse Sensor Wires (No. 46)** and **Upper Sensor Wire (No. 15)** to the **Meter (No. 38)** respectively. Align the slot of the **Handlebar Post (No. 9)** to the bulge inside the **Meter (No. 38)** then slide it onto the **Handlebar Post (No. 9)** slowly.

Note: To avoid damaging the wires please push them into the **Handlebar Post (No. 9)** before sliding the **Meter (No. 38)** onto it.

ASSEMBLY IS COMPLETE!

ADJUSTMENTS & USAGE GUIDE

1. If you find there is no difference between tension level 1 to level 8, please check the connection of the tension cable. Please see Diagram A under Step 2.

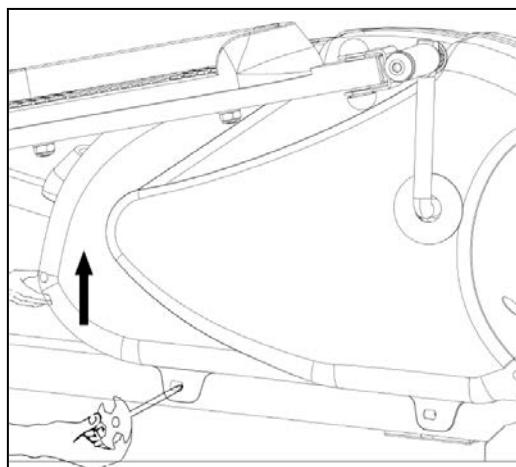


2. If the meter does not show numbers correctly, please check the batteries. If the meter does not count the speed and time, please check the connections of **Upper Sensor Wire (No. 15)** to the **Meter (No. 38)** and **Upper Sensor Wire (No. 15)** to **Lower Sensor Wire (No. 16)**.

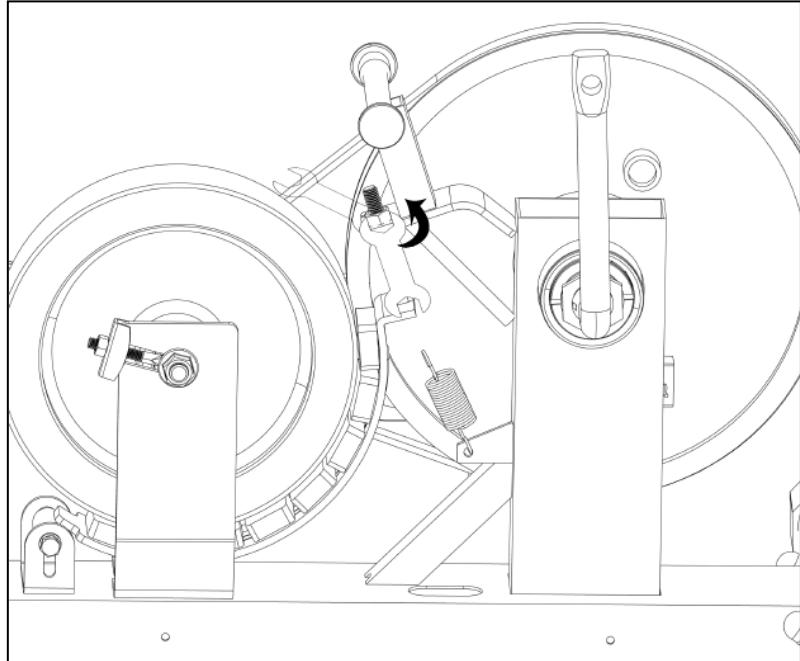
3. If you have difficulty putting **Hinge Bolts (No. 19L/R)** into the **Crank Arm (No. 49)**, please try moving the **Crank Arm (No. 49)** to a different angle. *Keep in mind the **Left Locking Bolt (No. 19L)** has reversed threading and must be installed by turning counter-clockwise.

4. If you hear any noise when using the machine, please check if **Hinge Bolts (No. 19L/R)**, **Hex Bolt (No. 21)**, **Flat Washer (No. 26)** and **Connecting Joint (No. 52)** are loose. You may remove these parts and add some lubricant oil to eliminate all noise possibilities, remember to tighten all the parts securely.

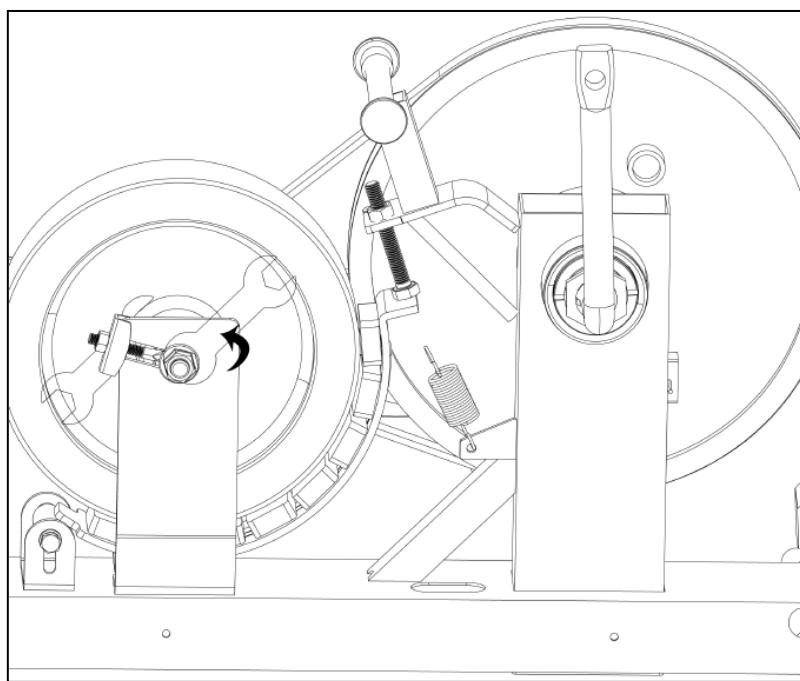
5. When you first use the machine, if you hear any unusual noises from the inside of the **Chain Cover (No. 65L/R)**, please loosen the screws on the chain cover about two rotations, then push the **Chain Cover (No. 65L/R)** up a little bit; finally, fasten the screws you loosened before. See the following diagram. (During shipping, the **Chain Cover (No. 65L/R)** can be dislocated, and the **Flywheel (No. 94)** may rub on the **Chain Cover (No. 65L/R)**)



6. If it is very hard to pedal on the higher tension levels, or you hear rubbing noises, please remove the **Chain Cover (No. 65L/R)**, and adjust the screw seen in the following diagram. You will need to lower the position of the screw by turning counter-clockwise; this will keep the **Magnet Board (No. 84)** from contacting the magnetic flywheel. Before re-installing the **Chain Cover (No. 65L/R)**, test the tension level 8 to ensure the magnets do not touch the flywheel.



7. If you still hear noises after you did Step 5 and Step 6, please remove the **Chain Cover (No. 65L/R)**; loosen the screws for the **Flywheel (No. 94)** about a half of a rotation. See the following diagram.



8. If you feel the machine is uneven, please adjust the **Leveler Cap (No. 5)** on **Real Stabilizer (No. 3)** by turning it. If the machine is wobbly when you use it, please consider adding an exercise mat under it.

BATTERY INSTRUCTION

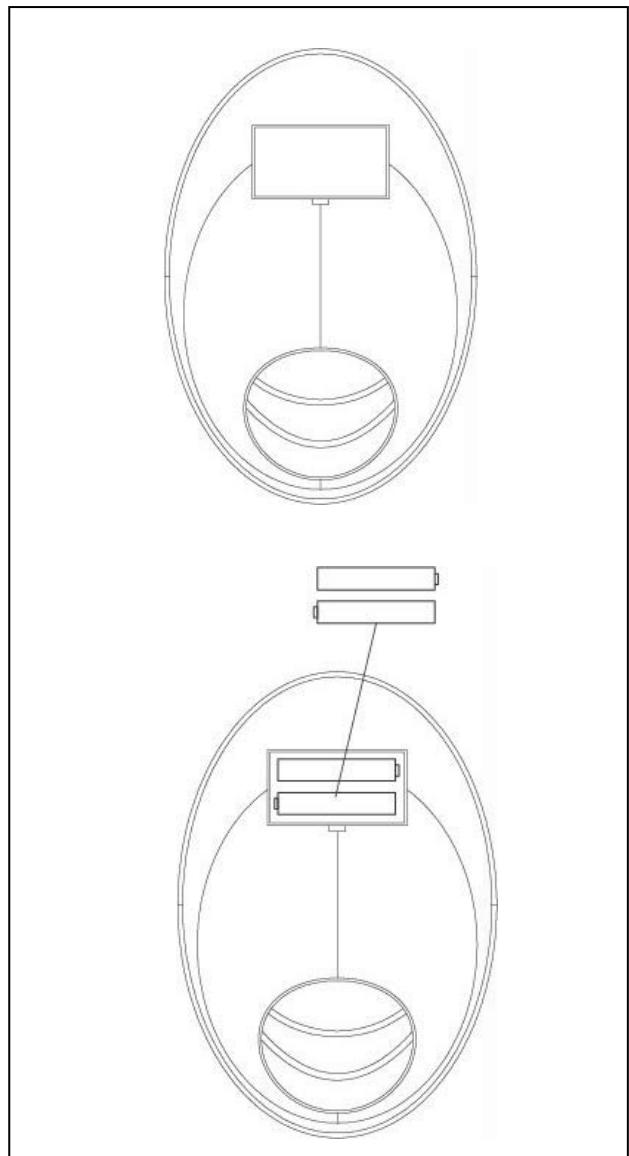
BATTERY INSTALLATION:

The meter uses 2 AA batteries. Open the battery cover from the back of meter, then put 2 batteries into the battery compartment. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back.

BATTERY REPLACEMENT:

If there is a problem with the display, try changing the batteries first. Open the battery cover, remove the old batteries, and replace with new batteries. Make sure the (+) and (-) ends of the batteries are in the correct position. Put the battery cover back.

When changing batteries, always replace both with new batteries. Do not mix old and new batteries.



EXERCISE COMPUTER



FUNCTION KEYS:

1. MODE:

Press to select functions.

Press and hold the MODE button for 6 seconds to reset time, distance and calories.

2. SET: Press to set values of time, pulse, distance and calories when not in scan mode.

Press the MODE button to cycle through functions: time, distance and calories to select desired function.

Use the SET button to set a value for time, distance or calories. The value of a function will be set on a countdown.

Press the MODE button once more, to save the function value you've created.

3. RESET: Press to reset time, pulse, distance and calories to zero when not in scan mode.

FUNCTIONS:

1. SCAN: Press MODE button until "▼" appears at SCAN position (or until "SCAN" appears), the computer will rotate through all 5 functions: Time, Speed, Distance, Calories and Total Distance. Each display will be held for 6 seconds.

2. TIME: Counts the total time of the exercise from start to finish.

3. SPEED: Displays the current speed.

4. DISTANCE (DIST): Counts the distance of an exercise from start to finish.

5. CALORIES (CAL): Counts the amount of total calories burned during an exercise from start to finish.

6. TOTAL DISTANCE (ODO): Counts the total distance after installing the batteries.

7. AUTO ON/OFF & AUTO START/STOP: If the wheel is put into motion, or any 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 4 minutes, the power (computer), will turn off automatically.

8. PULSE RATE (If Available): Press MODE button until "▼" appears at PULSE position, (or until "V" appears). In order properly measure your pulse rate, you must place both your palms on the contact pads located on the handlebar next to the seat, once you have done this the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.

Note: During the process of "pulse measurement", as a result of the contact jamming, the measurement value may be higher than virtual pulse rate during the first 2~3 seconds, after which it will return to normal level. To ensure testing accuracy, it is suggested that user test pulse during stop/pause exercise to avoid any possible influence.

The measurement value cannot be regarded as the basis of medical treatment.

9. ALARM: The functions of time, distance and calorie can be set to countdown, if any of the above value goes to zero, the computer will alarm for 15 seconds.

Press MODE to select the function, then press SET to adjust the value.

Note:

- The computer containing only the "MODE" button does not have ALARM function.
- If you find "M" in left side of monitor screen, it's an Imperial system and the unit will be expressed as mile.

BATTERY DISPOSAL: The computer uses 2 AA batteries, which are packed with computer. Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00 ~ 99:59 (Minute: Second)
	Current Speed	The max pick-up signal is 999.9 MILE/H (or 1500RPM)
	Trip Distance	0.00 ~ 99.99 MILE
	Calories	0 ~ 999.9 Kcal
	Total Distance	0 ~ 999.9 MILE
	Pulse Rate	40-240BPM
	Battery Type	2 pcs of SIZE-AA
	Operating Temperature	0 C ~ 40°C (32°F ~ 104°F)
	Storage Temperature	-10C ~ 60C (14°F ~ 140°F)

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