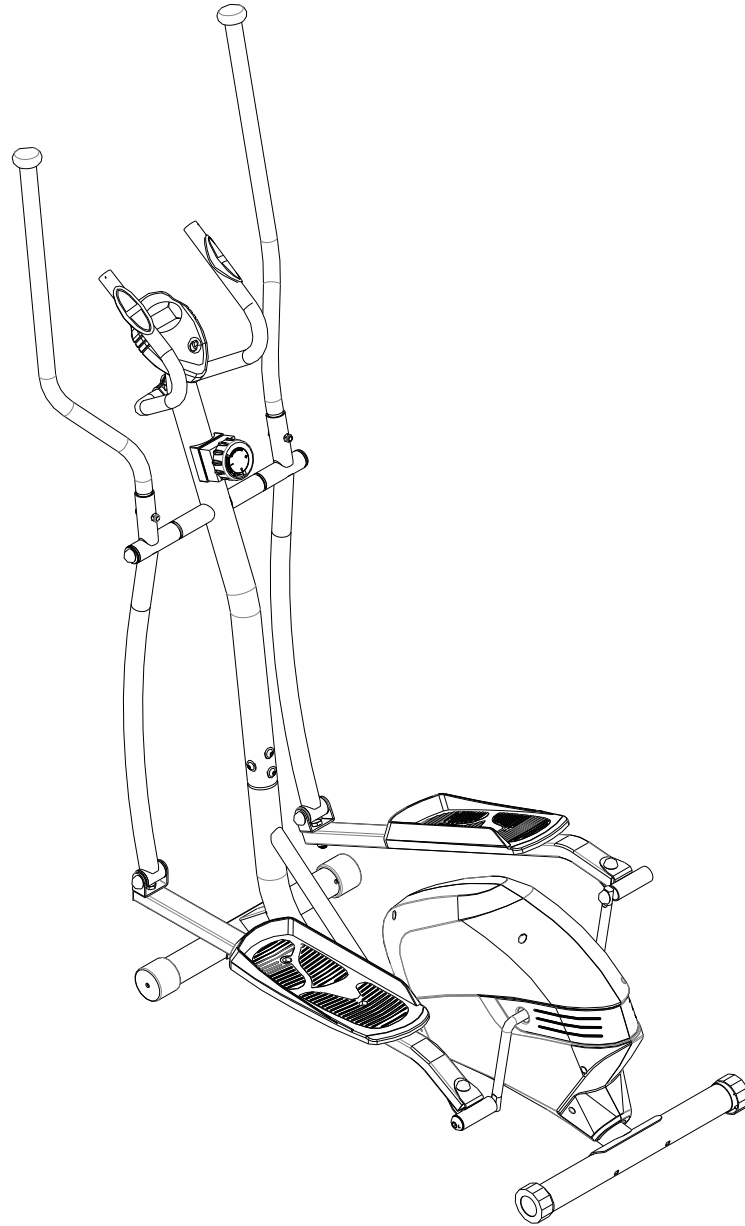




MAGNETIC ELLIPTICAL TRAINER

SF-E3416

USER MANUAL



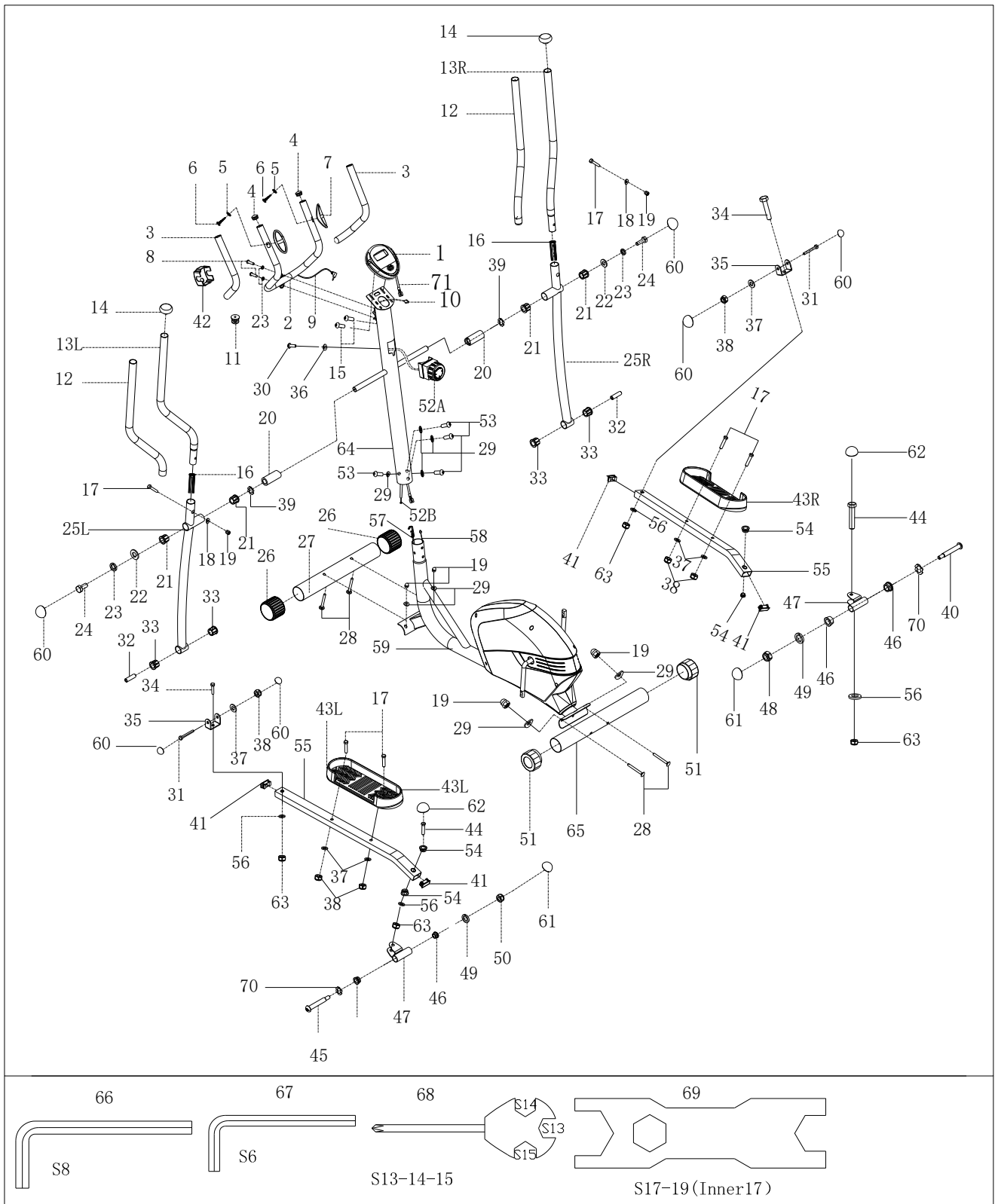
IMPORTANT: Please read this manual carefully before using the product. Retain owner's manual for future reference. For Customer Service, please contact: support@sunnyhealthfitness.com

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 don't 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 250 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

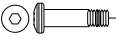







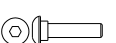



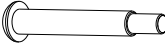

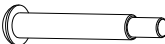










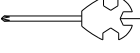
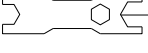
No.	Description	Qty	No.	Description	Qty
1	Computer	1	31	Bolt M8*65*30*S14	2
2	Middle handlebar	1	32	Spacer 14*8.3*48	2
3	Foam grip 23*5*445	2	33	Alloy wrap 1 32*3*28*16*14	4
4	End cap 25*16	2	34	Bolt M10*42*20*S17	2
5	Washer d6*Φ12*1	2	35	U shape plate	2
6	Screw ST4*19	2	36	Arc washer d6*Φ20*1.5*R30	1
7	Handle pulse sensor *25	2	37	Washer d8*Φ16*1.5	6
8	Screw M8*30*S6	2	38	Nylon nut M8*H7.5*S13	6
9	Handle pulse wire	1	39	Wave washer d19*Φ25*0.3	2
10	Upper sensor wire	1	40	Hinge bolt R Φ16*89*23*1/2*S8	1
11	Grommet 12*11*Φ3	1	41	End cap J40*25*15	4
12	Foam grip 26*5*510	2	42	Clamp cover	1
13L/R	Handlebar L/R	2	43L/R	Pedal	2
14	End cap 28*32*50	2	44	Bolt M10*50*13*S17	2
15	Screw M5*10	2	45	Hinge bolt L Φ16*89*23*1/2*S8	1
16	Bushing 32*25*L83	2	46	Alloy bushing 28*4*Φ24*12*16.1	4
17	Bolt M8*40*20*S14 Grade A	6	47	Link connector combination	2
18	Arc washer d8*Φ20*2*R16	2	48	Nylon nut R 1/2*20*H8*S19	1
19	Nut M8*H16*S13	6	49	Spring washer 1/2"	2
20	Long spacer 32*19.2*75.5	2	50	Nylon nut L 1/2*20*H8*S19	1
21	Alloy wrap 2 *32	4	51	End cap 50*45.5*64.5	2
22	Washer d8*Φ32*2	2	52A	Tension control	1
23	Spring washer d8	4	52B	Tension cable	1
24	Bolt M8*16*S14	2	53	Screw M8*16*S6	4
25L/R	Swing rod L/R	2	54	Alloy bushing 18*3*14*7*10.1	4
26	End cap 50*61*50	2	55	Connecting rod	2
27	Front stabilizer	1	56	Washer d10*Φ20*2.0	4
28	Carriage bolt M8*60*20*H5	4	57	Tension wire	1
29	Arc washer d8*Φ20*2*R30	8	58	Lower sensor wire	1
30	Screw M5*16	1	59	Main frame	1

PARTS LIST


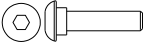

No.	Description	Qty	No.	Description	Qty
60	Ball cap S13	6	66	Allen wrench S8	1
61	Ball cap S18	6	67	Allen wrench S6	1
62	Ball cap S16	2	68	Spanner S13-14-15	1
63	Nylon nut M10*H9.5*S17	2	69	Spanner S17-S19 (inner 17)	1
64	Handlebar post	4	70	Wave washer d17*Φ25*0.3	2
65	Rear stabilizer	1	71	Computer wire	1

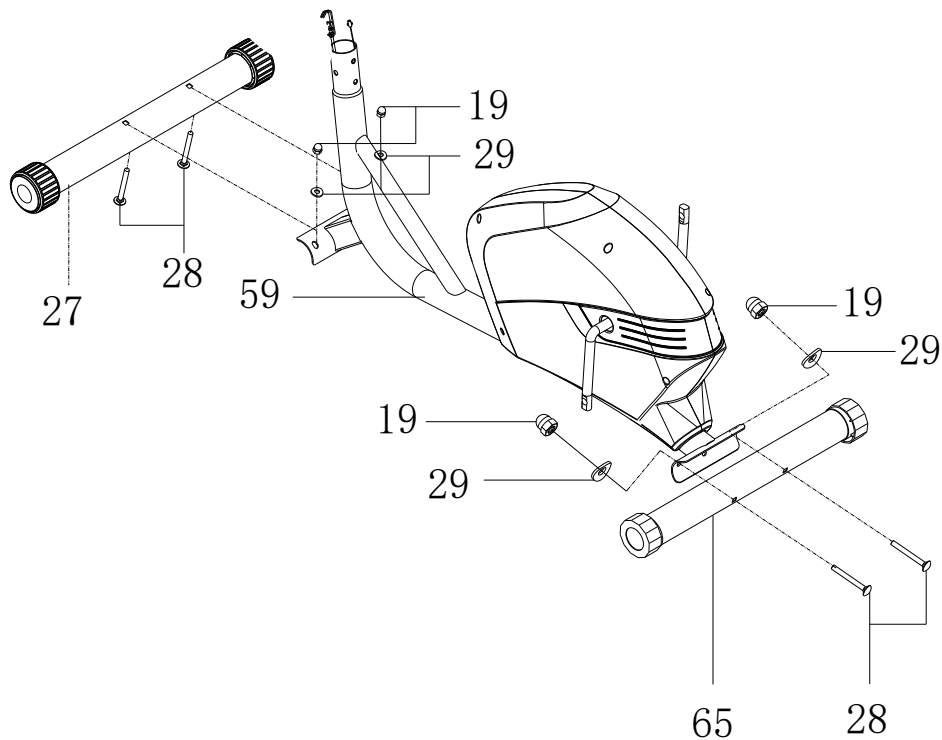
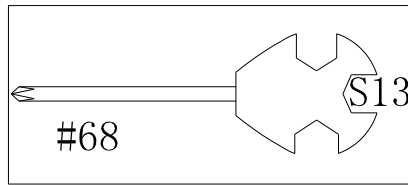
NOTE: Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled on the machine in. In these instances, simply remove the hardware and reinstall the hardware as assembly is required.

HARDWARE PACKAGE

	#8	M8*30*S6	2PCS
	#15	M5*10	2PCS
	#17	M8*40*20*S14	6PCS
	#18	d8*ø20*2*R16	2PCS
	#19	M8*H16*S13	6PCS
	#22	d8*ø32*2	2PCS
	#23	d8	4PCS
	#24	M8*16*S14	2PCS
	#28	M8*60*20*H5	4PCS
	#29	d8*ø20*2*R30	8PCS
	#37	d8*ø16*1.5	4PCS
	#38	M8*H7.5*S13	4PCS
	#40	ø16*89*23*1/2*S8 R	1PC
	#42		1PC
	#45	ø16*89*23*1/2*S8 L	1PC
	#48	1/2*20*H8*S19 R	1PC
	#49	1/2"	2PCS
	#50	1/2*20*H8*S19 L	1PC
	#53	M8*16*S6	4PCS
	#60	S13	6PCS
	#61	S18	2PCS
	#62	S16	2PCS
	#70	d17*ø25*0.3	2PCS
	66#	S8	1PC
	67#	S6	1PC
	68#	S13-14-15	1PC
	69#	S17-19	1PC

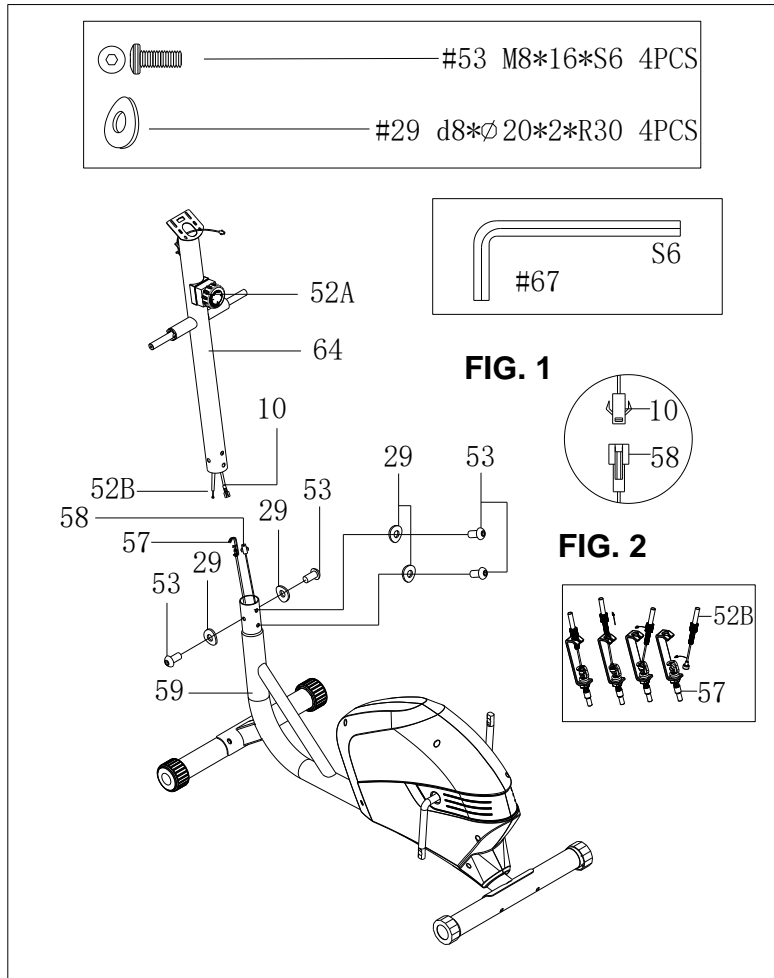
ASSEMBLY INSTRUCTIONS

- | | | | |
|---|-----|---------------|------|
|  | #19 | M8*H16*S13 | 4pcs |
|  | #28 | M8*60*20*H5 | 4pcs |
|  | #29 | d8*Ø 20*2*R30 | 4pcs |



STEP 1:

Attach the **Front and Rear Stabilizers (No. 27 & No. 65)** to the **Main Frame (No. 59)** using 4 **Carriage Bolts (No. 28)**, 4 **Arc Washers (No. 29)** and 4 **Nuts (No. 19)**, tighten and secure with **Spanner (No. 68)**.



STEP 2:

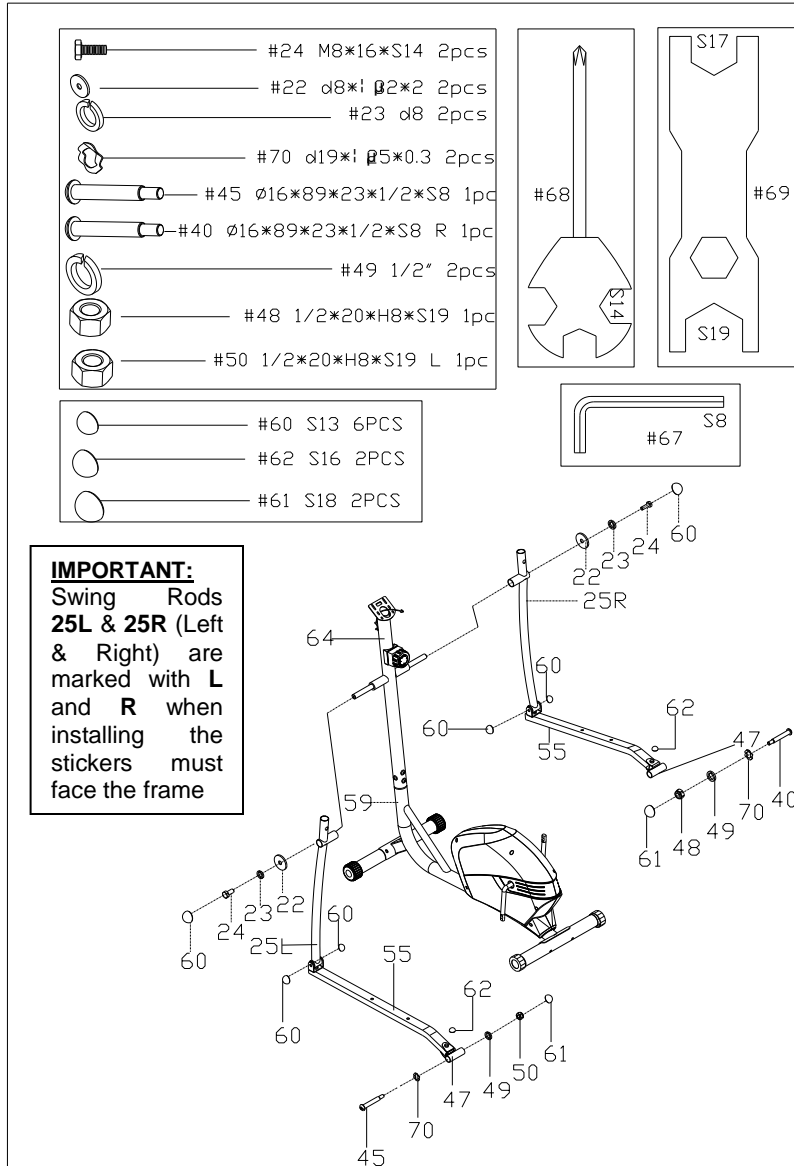
IMPORTANT: Before attempting to connect the **Tension Cable (No. 52B)** ensure that the **Tension Control (No. 52A)** is turned all the way to the left (the lowest level of resistance), this will provide the tension cable with the necessary length required to connect it.

Connect the **Upper Sensor Wire (No. 10)** to the **Lower Sensor Wire (No. 58)**, shown above in *Fig. 1*. Ensure that the connection is properly secured before continuing.

Lower the **Tension Cable (No. 52B)** from the **Handlebar Post (No. 64)** and connect it to the **Tension Wire (No. 57)**, following the tension cable assembly shown above in *Fig. 2*.

Attach the **Handlebar Post (No. 64)** to the **Main Frame (No. 59)** using 4 **Screws (No. 53)** and 4 **Arc Washers (No. 29)**, secure with **Allen Wrench S6 (No. 67)**.

NOTE: Do not tighten the **Screws (No. 53)** and **Arc Washers (No. 29)** yet.



STEP 3:

Attach **Swing Rods (No. 25L & No. 25R)** to the **Handlebar Post (No. 64)** using 2 **Bolts (No. 24)**, 2 **Spring Washers (No. 23)** and 2 **Washers (No. 22)**, tighten and secure with **Spanner (No. 68)**. Cover both swing rod ends using 6 **Ball Caps (No. 60)**.

Attach **Link Connector Combination (No. 47)** to the left crank arm of the **Main Frame (No. 59)** using **Hinge Bolt L (No. 45)**, 1 **Wave Washer (No. 70)**, 1 **Spring Washer (No. 49)** and **Nylon Nut L (No. 50)**. Tighten and secure with **Allen Wrench S8 (No. 66)** and **Spanner (No. 69)**. Repeat this process to complete the assembly on the (right side).

Cover **Nylon Nut L & Nylon Nut R (No. 45 & No. 40)** using 2 **Ball Caps (No. 61)**. Cover nut on lower end of **Connector (No. 55)** (both sides), using 2 **Ball Caps (No. 62)**.

IMPORTANT NOTE: The left **Hinge Bolt L (No. 45)** contains reverse threading. When assembling the left side, **Hinge Bolt L (No. 45)** must be turned *counter-clockwise* to tighten.

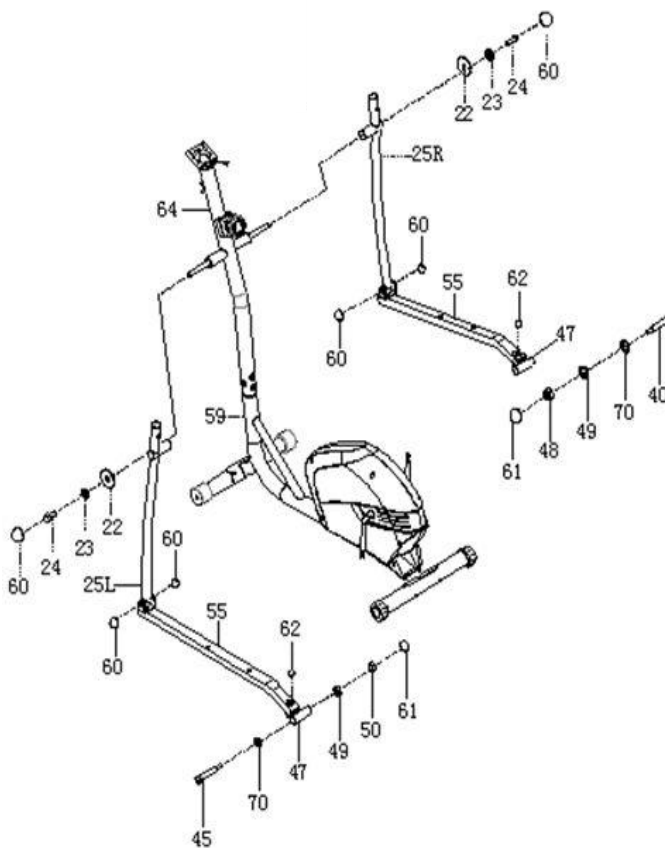
ALTERNATE INSTALLATION METHOD:

STEP 1:

Disconnect the **Link Connector Combination (No. 47)** from the **Connecting Rod (No. 55)**.

STEP 2:

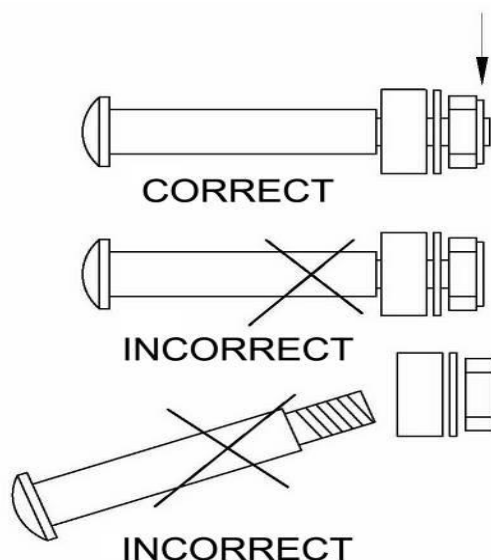
Insert **Hinge Bolt L (No. 45)** and **Hinge Bolt R (No. 40)** through the **Wave Washers (No. 70)**, then through the hole of the **Link Connector Combination (No. 47)**, then screw the Hinge Bolt into the crank arm. (Remember when assembling the left side, you must screw counter-clockwise to tighten). Connect the **Spring Washers (No. 49)**, **Nylon Nut L (No. 50)** and **Nylon Nut R (No. 48)** and attach the **Ball Caps (No. 61)**. You can now reattach the **Link Connector Combination (No. 47)** to the **Connecting Rod (No. 55)**.






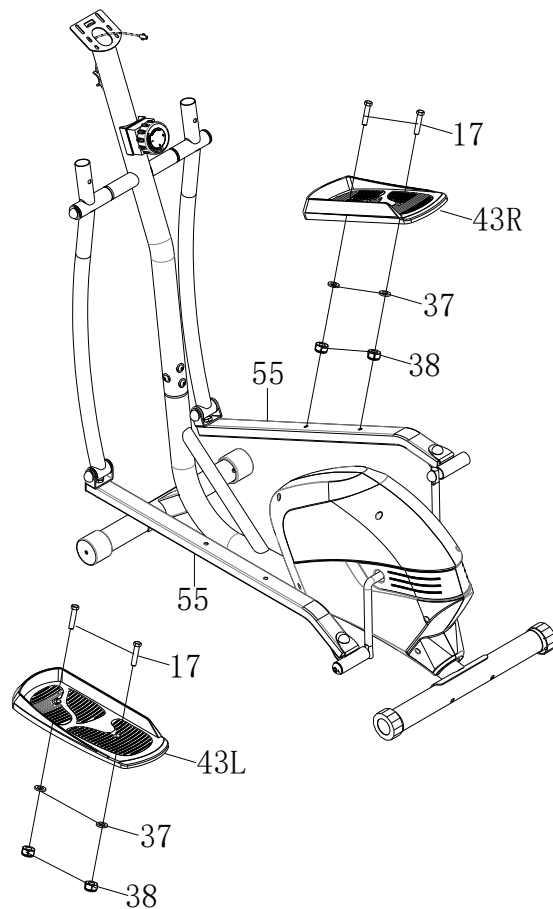
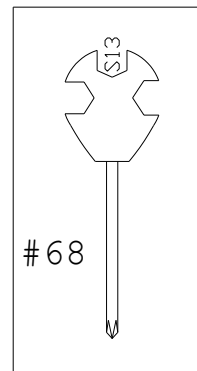
IMPORTANT:

The **Left & Right Hinge Bolts (No. 45 and No. 40)** must fully penetrate the **Link Connector Combination (No. 47)** and crank. This will ensure the stability and durability of your Elliptical Trainer.

To install the hinge bolt properly, keep it perfectly straight as the bolt passes through the pedal arms and the crankshaft. If the hinge bolt is connected to the crankshaft at an angle, damage to both the hinge and crankshaft may occur.



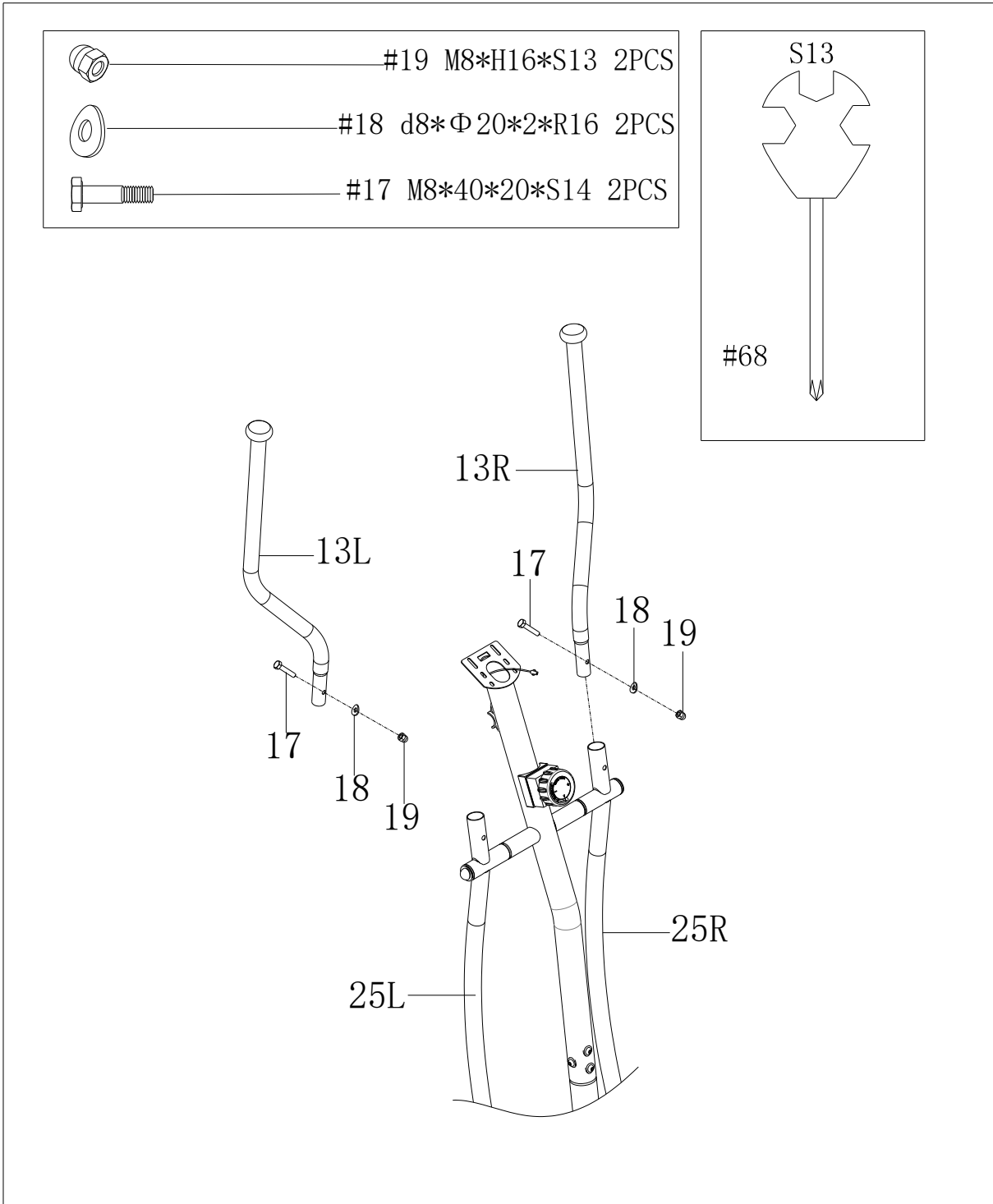
	—	#37	d8*Φ16*1.5	4pcs
	—	#38	M8*H7.5*S13	4pcs
	—	#17	M8*40*20*S14	4pcs



STEP 4:

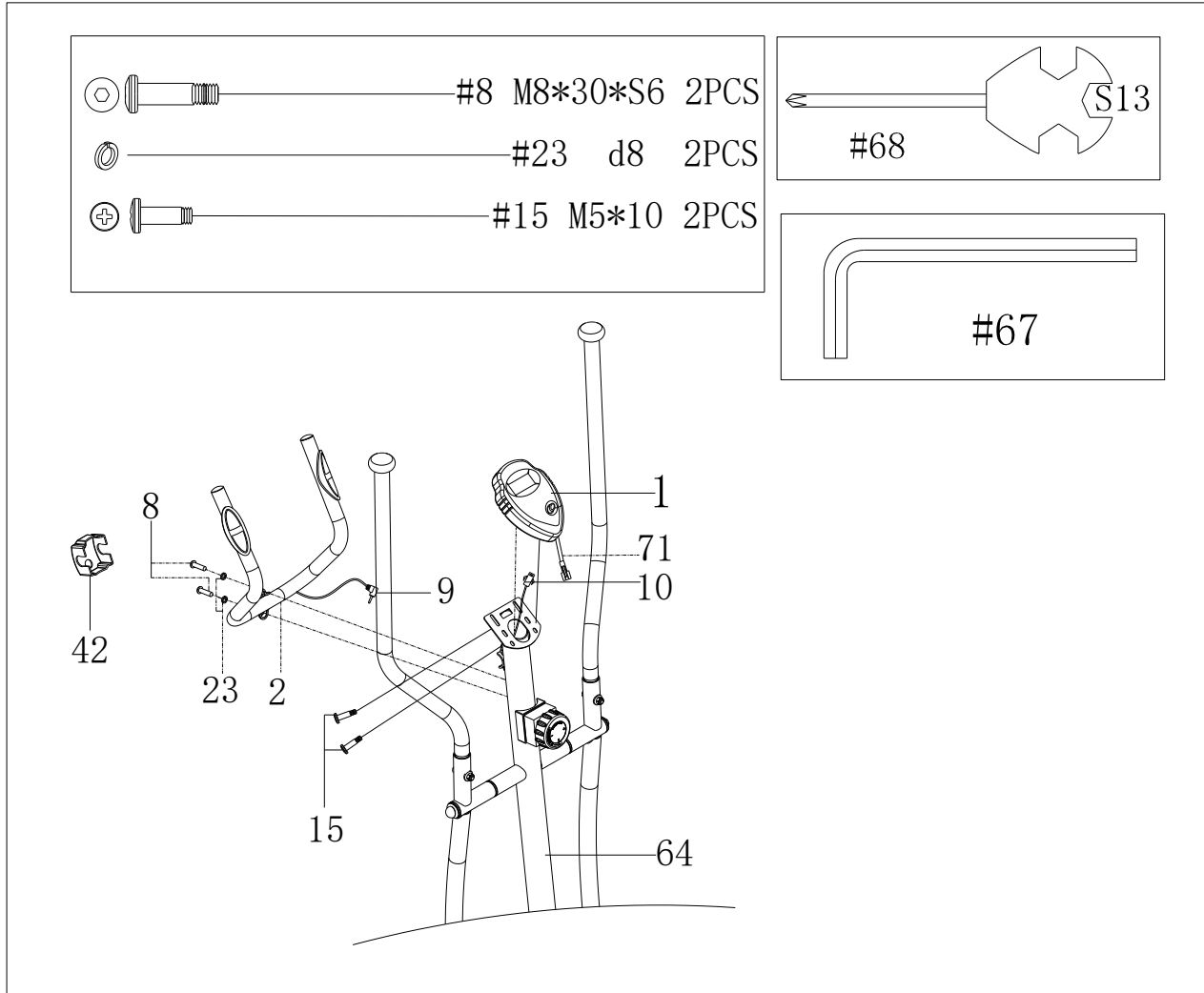
Attach the left and right **Pedals (No. 43L & No. 43R)** to the **Connecting Rods (No. 55)** using 4 **Bolts (No. 17)**, 4 **Washers (No. 37)** and 4 **Nylon Nuts (No. 38)**, tighten and secure with **Spanner (No. 68)**.

You may now securely tighten the **Screws (No. 53)** and **Arc Washers (No. 29)** on **Handlebar Post (No. 64)**.



STEP 5:

Insert the left and right **Handlebars (No. 13L/R)** into the tops of left and right **Swing Rods (No. 25L and No. 25R)**. Fix using 2 **Bolts (No. 17)**, 2 **Arc Washers (No. 18)** and 2 **Nuts (No. 19)**, tighten and secure with **Spanner (No. 68)**.



STEP 6:

Attach the **Middle Handlebar (No. 2)** to the clamp located on the **Handlebar Post (No. 64)** using 2 **Screws (No. 8)** and 2 **Spring Washers (No. 23)**, tighten with **Allen Wrench S6 (No. 67)**, then cover the clamp using **Clamp Cover (No. 42)**.

Connect the **Upper Sensor Wire (No. 10)** to the **Computer Wire (No. 71)**. Then using 2 **Screws (No. 15)** attach the **Computer (No. 1)** to the computer bracket located on the top of **Handlebar Post (No. 64)**. Tighten with **Spanner (No. 68)**.

Insert the **Handle Pulse Wire (No. 9)** into the socket located on the back of the **Computer (No. 1)**. Assembly is complete!

EXERCISE COMPUTER

Our computerized display console on the Sunny Magnetic Upright Bike allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display your Time, Speed, Distance, Calories, and Pulse. With our easy-to-use console, the user can efficiently track their fitness improvements from one workout to the next.



FUNCTION KEY:

1. **MODE:** To select your specification mode and/or turn on display console

FUNCTIONS AND SPECIFICATIONS:

1. **SCAN** -- Repeatedly displays all functions alternately (in the following order)
2. **TIME** -- Counts the total time elapsed (counts up to 99:59 MIN.)
3. **SPEED** -- Displays your current pedaling speed (00.00 up to 999.9 KM/H or MPH)
4. **DISTANCE** -- Measures the total distance traveled (0.00-999.99 Kilometer or Miles)
5. **CALORIES** -- The rate of calories burned per hour (0.0-999.9 KCAL)
6. **PULSE** -- Displays the detected heart rate in beats per minute (40-240 BPM)
*To measure your heart rate, place the palm of your hands on both contact pads located on the handlebars.

HOW TO USE:

1. AUTO ON/OFF:

Begin pedaling or press the **MODE** button to turn on the console. Once the display console is on, it will remain active while in motion. The display console will automatically turn off when it has reached approximately 4 minutes without any motion.

2. RESET:

To reset the display console, hold down the **MODE** button for 3 seconds. You can also reset the console by removing the batteries.

3. LOCK MODE:

In LOCK MODE, the console will only display the desired statistic. To select the LOCK MODE setting, press the **MODE** key when the pointer is on the function you wish to select.

4. BATTERY/TROUBLESHOOT: The display console uses two AA batteries. If the display appears improper or becomes difficult to read, please try installing new batteries before contacting our customer service.

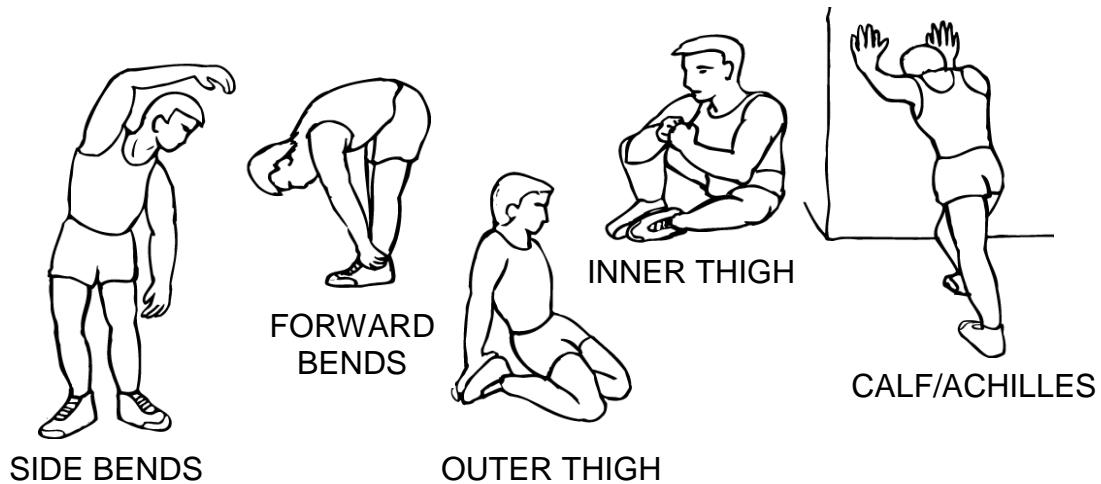
EXERCISE PROCEDURES

NOTE:

The Sunny Magnetic Elliptical Trainer provides you with various benefits. Striding helps to improve your physical fitness by increasing your cardiovascular endurance, and tone your body. If paired with a calorie controlled diet, it can also help you lose weight.

1. THE WARM-UP PHASE:

This stage allows your body to gradually adjust to the increased demand of your heart by getting your blood flowing. This phase will also reduce the risk of cramp and muscle injury. It is advised to do a few of the stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch. If it hurts, **STOP!**



2. THE COOL-DOWN PHASE:

This stage is to let your cardiovascular system and muscles wind down. Start by reducing the tempo of your workout and continuing for approximately 5 minutes. Next, repeat the warm-up phase by doing the stretching exercises again, and remember, do not force your muscles into a stretch!

As you build higher endurance, you may need to train longer and harder. It is advisable to train at least three times a week, and if possible, space your workouts evenly throughout the week.