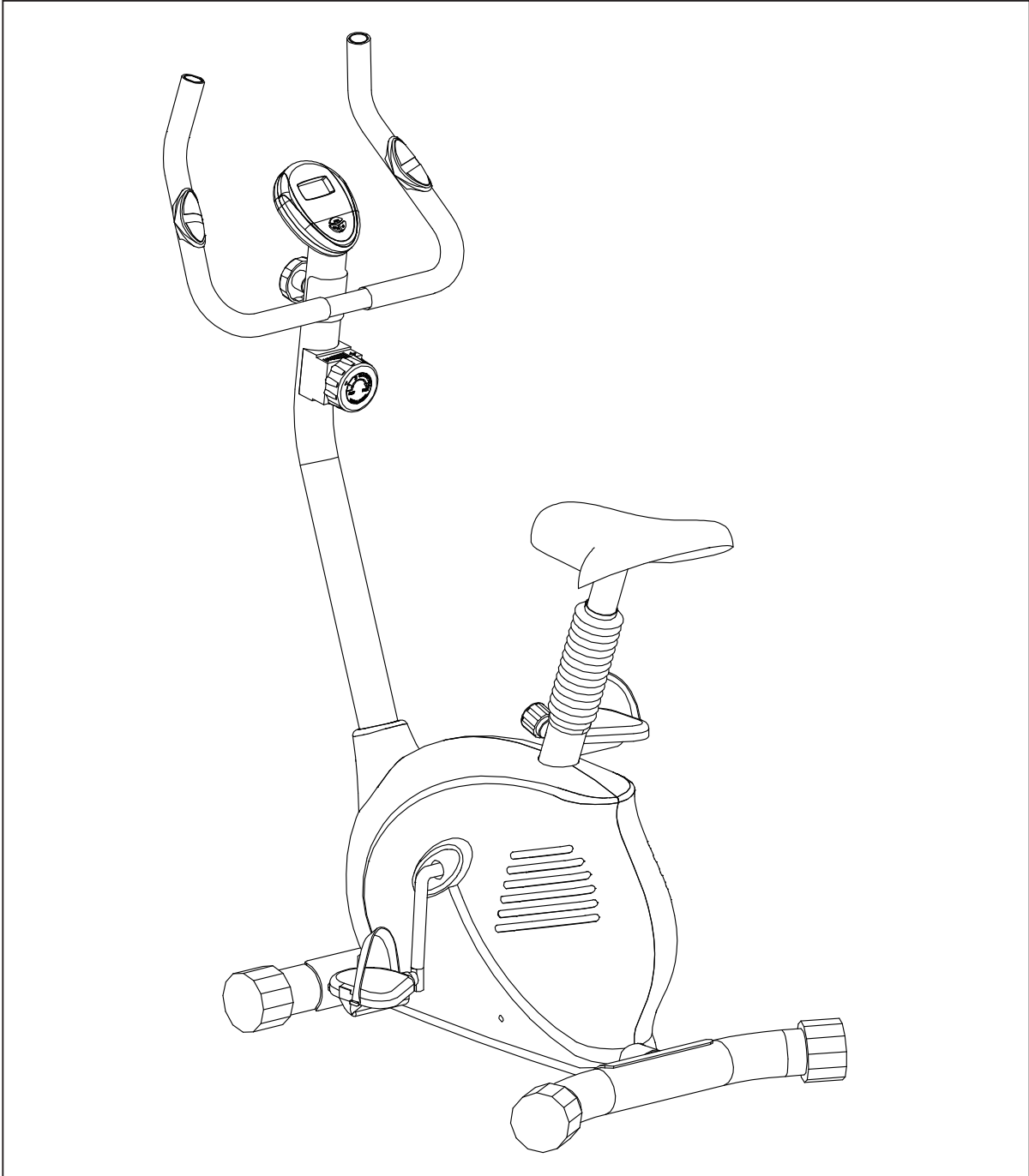




Sunny Magnetic Exercise Bike

SF-B910



IMPORTANT:

PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE

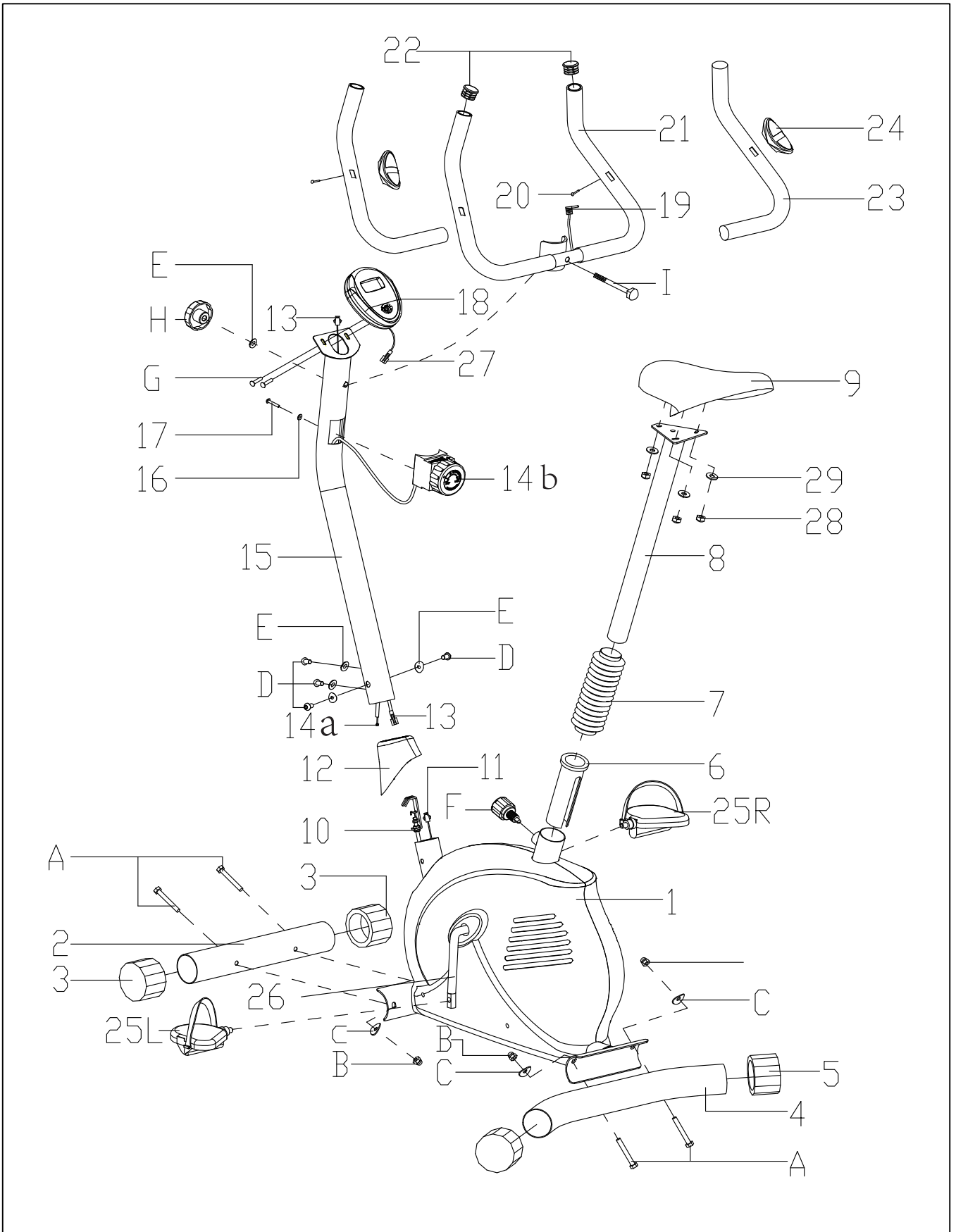
For Customer Service, please contact: support@sunnyhealthfitness.com

Important Safety Information

Please keep this manual for future reference.

1. 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.
2. Before starting any exercise program you should consult your doctor 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 doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. 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, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. 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.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. 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 use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. Maximum weight of user: 220lb.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
13. This equipment is designed for indoor and home use only, not intended for commercial use.

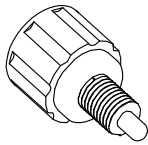
Exploded View



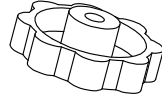
Parts List

NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
A	BOLT M8*73	4	13	TRUNK LINE	1
B	DOMED NUT M8	4	14a	TENSION CABLE	1
C	ARC WASHER ID8.5* ϕ 25*R30	4	14b	TENSION KNOB	1
D	BOLT M8*15	4	15	HANDLEBAR POST ASSEMBLY	1
E	ARC WASHER ID8.5* ϕ 19*R30	5	16	ARC WASHER	1
F	SEAT POST KNOB M16	1	17	SCREW M5*45	1
G	SCREW M5*15	2	18	COMPUTER	1
H	KNOB M8	1	19	HANDLE PULSE WIRE	1
I	BOLT M8*94	1	20	SCREW	2
1	MAIN FRAME	1	21	HANDLEBAR	1
2	FRONT STABILIZER	1	22	END CAP	2
3	END CAP WITH WHEEL	2	23	FOAM GRIP	2
4	BACK STABILIZER	1	24	PULSE SENSOR	2
5	END CAP	2	25 L,R	PEDAL (LEFT&RIGHT)	2
6	SEAT POST BUSHING	1	26	PEDAL ARM	1
7	SEAT POST HOUSING	1	27	COMPUTER WIRE	1
8	SEAT POST	1	28	NYLON LOCK NUT M8	3
9	SEAT	1	29	WASHER D8	3
10	TENSION HOOK	1			
11	SENSOR WIRE CONNECTOR	1			
12	FRONT POST COVER	1			

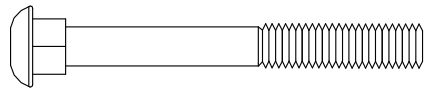
Assembly



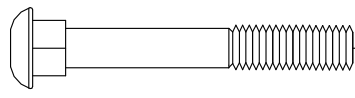
— #F M16 1PC



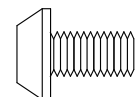
— #H M8 1PCS



— #I M8*94 1PCS



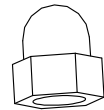
— #A M8*73 4PCS



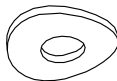
— #D M8*15 4PCS



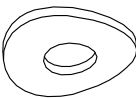
— #G M5*15 2PCS



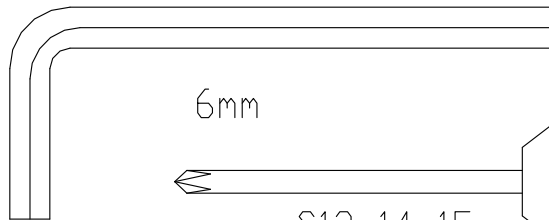
— #B M8 4PCS



— #E D8.5*Ø19*R30 5PCS

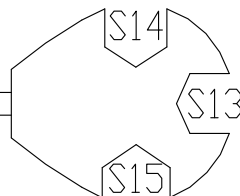


— #C D8.5*Ø25*R30 4PCS

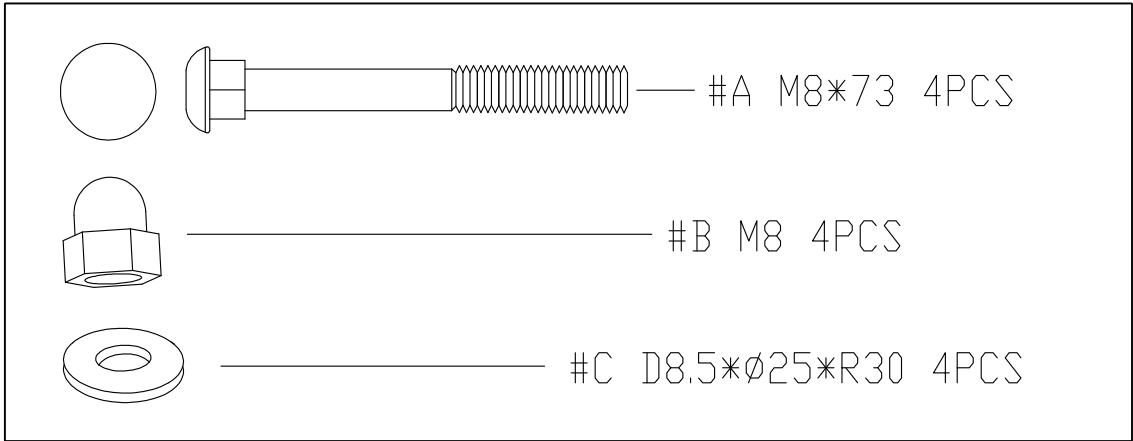


6mm

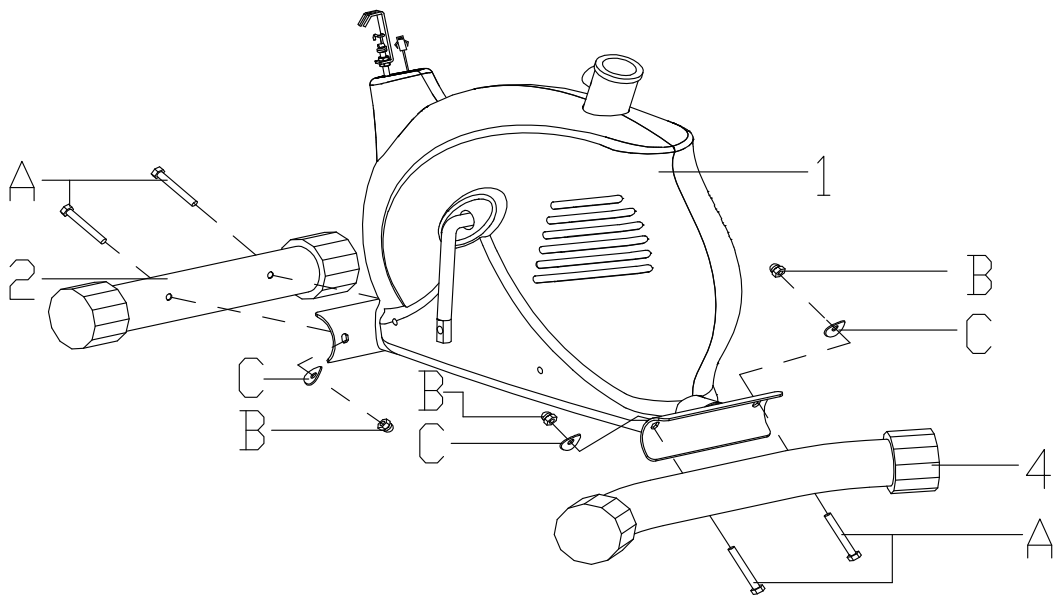
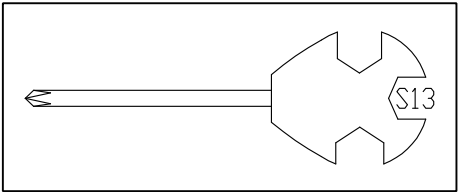
S13-14-15



Step 1:



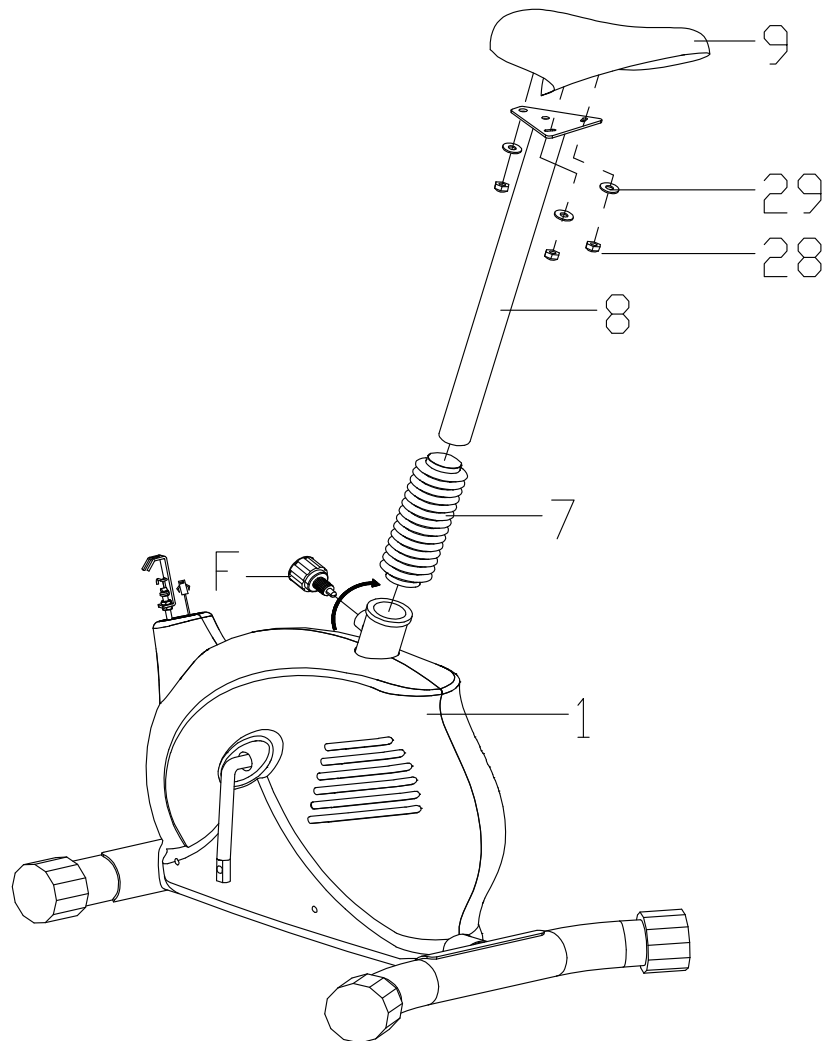
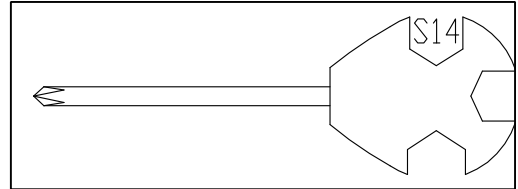
STEP 1: Attach the Front & Back Stabilizer (2 & 4) to Main Frame (1) with Bolt (A), Arc Washer (C) and Domed Nut (B) then tighten them.



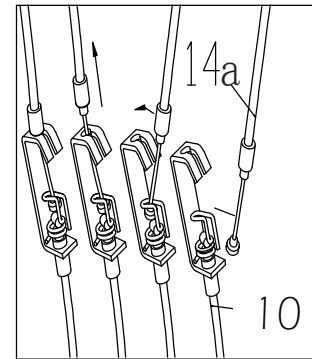
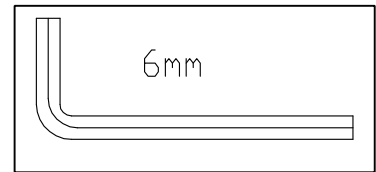
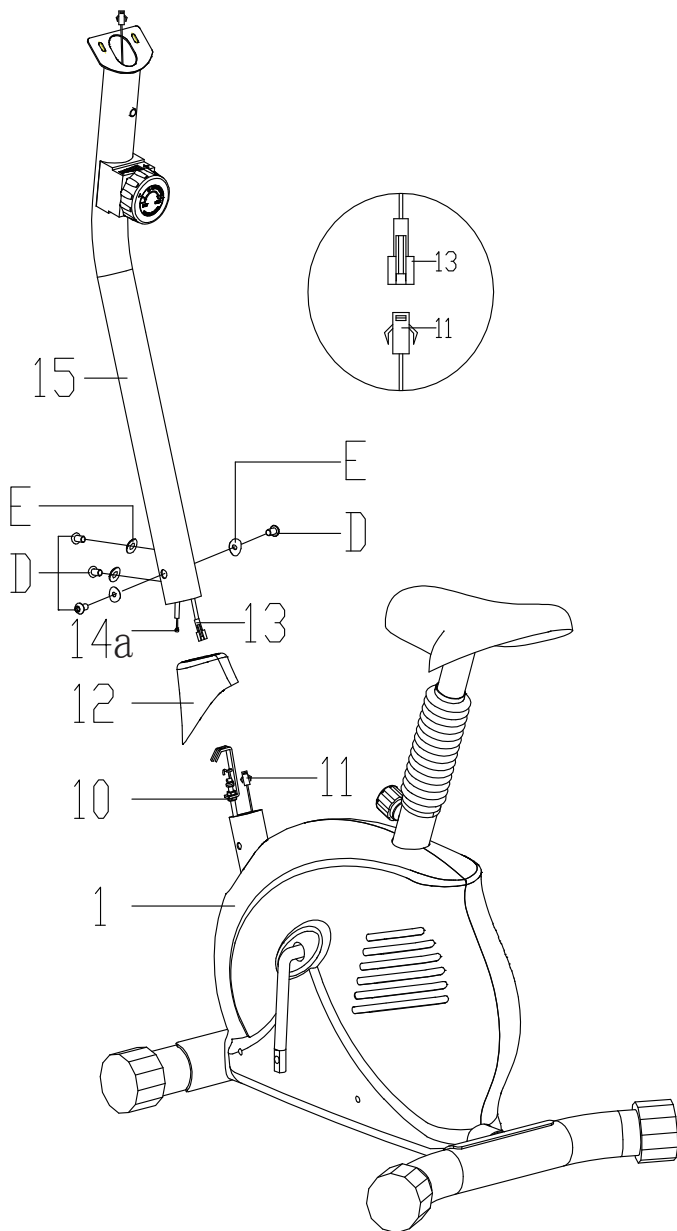
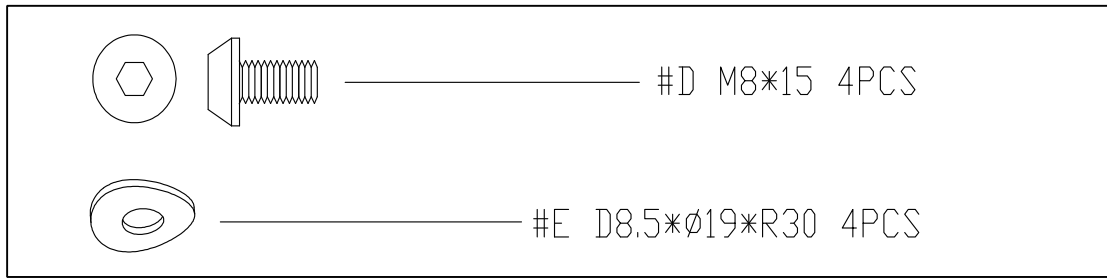
Step 2:



STEP 2: Attach the Seat (9) to Seat Post (8) with Nylon Lock Nut (28) and Washer (29). Slide the Seat Post Housing(7) on to the Seat Post (8), attach the Seat Post (8) to Main Frame (1) with Seat Post Knob (F) then tighten.



Step 3:

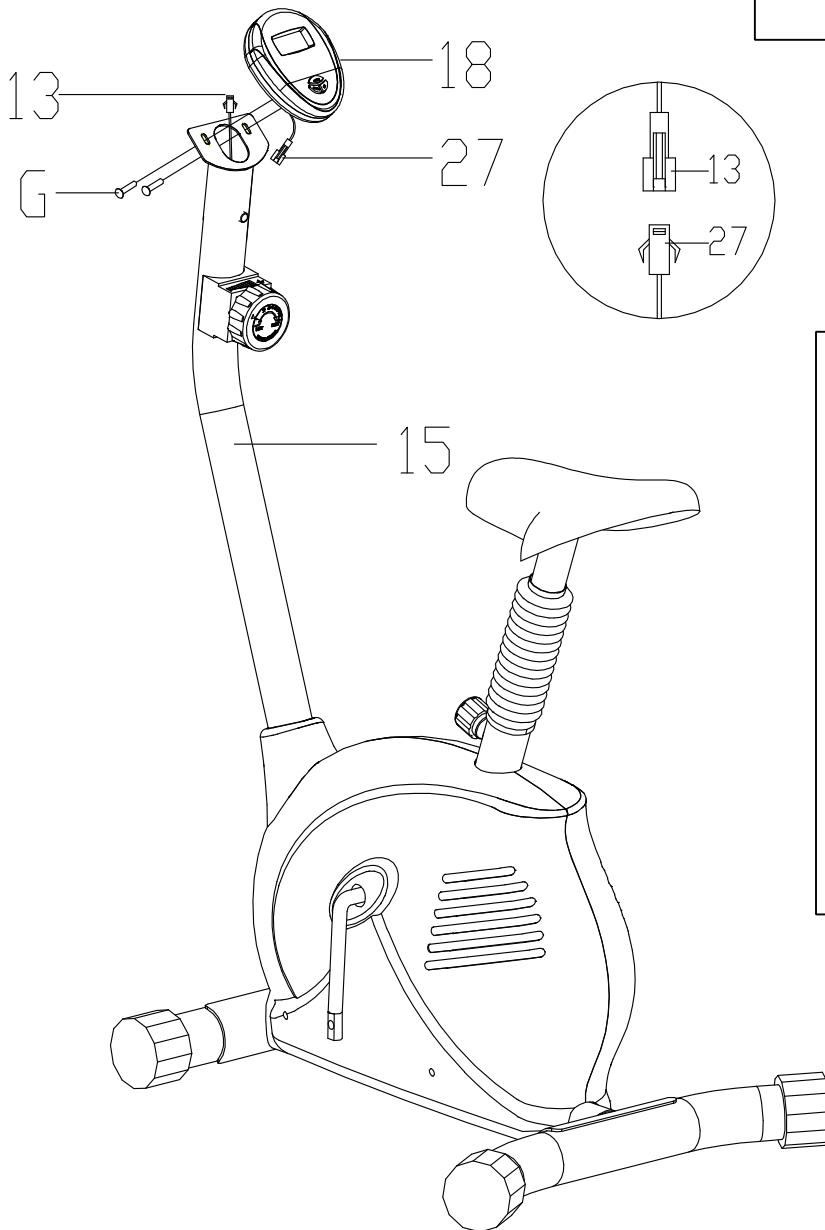
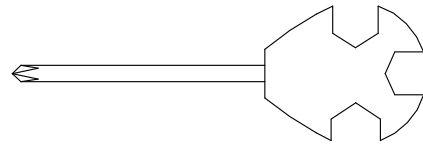


STEP 3 : Connect the Sensor Wire Connector (11) and Trunk Line (13). Connect the Tension Hook (10) and Tension Cable (14a). Put the Handlebar Post (15) in Main Frame (1), with Front Post Cover (12), and attach with Bolt (D) and Arc Washer (E) and tighten.

Step 4:



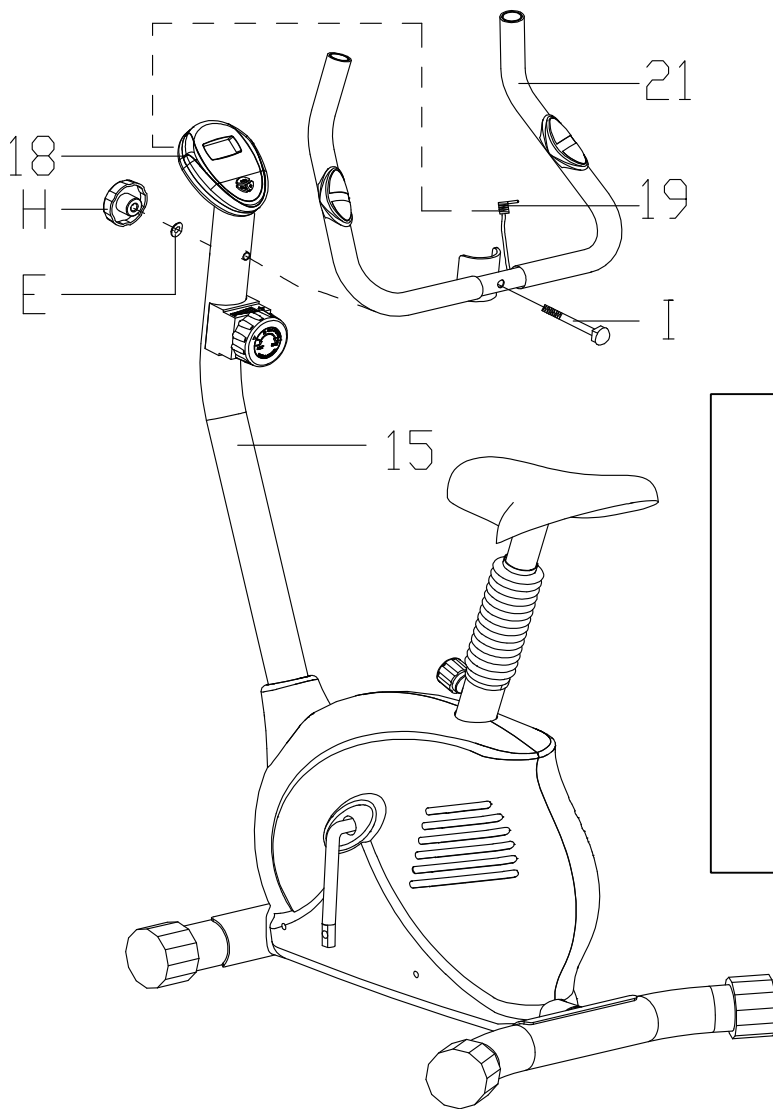
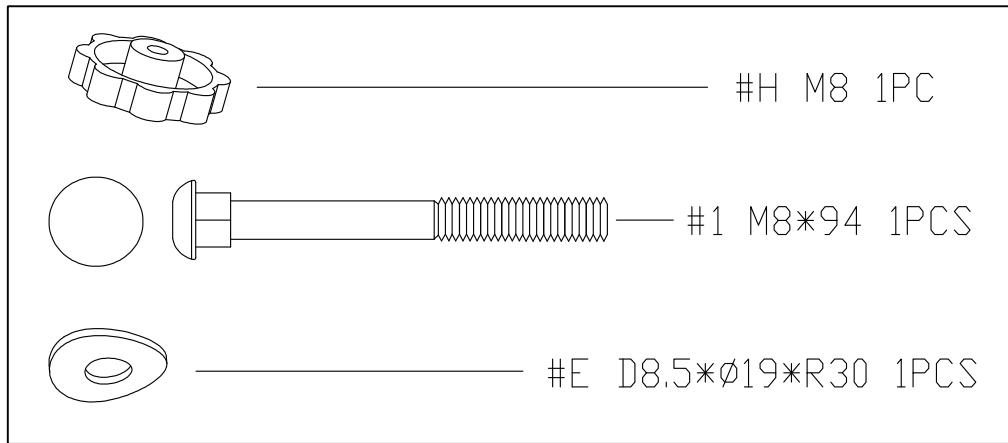
#G M5*15 2PCS



STEP 4: Connect the Trunk Line (13) to Computer Wire (27), put the Computer (18) on Handlebar Post (15). Attach the Computer (18) to Handlebar Post (15) with Screws (G) and then tighten.

Please note: Screws (G) come preassembled on the computer; they are not in hardware package.

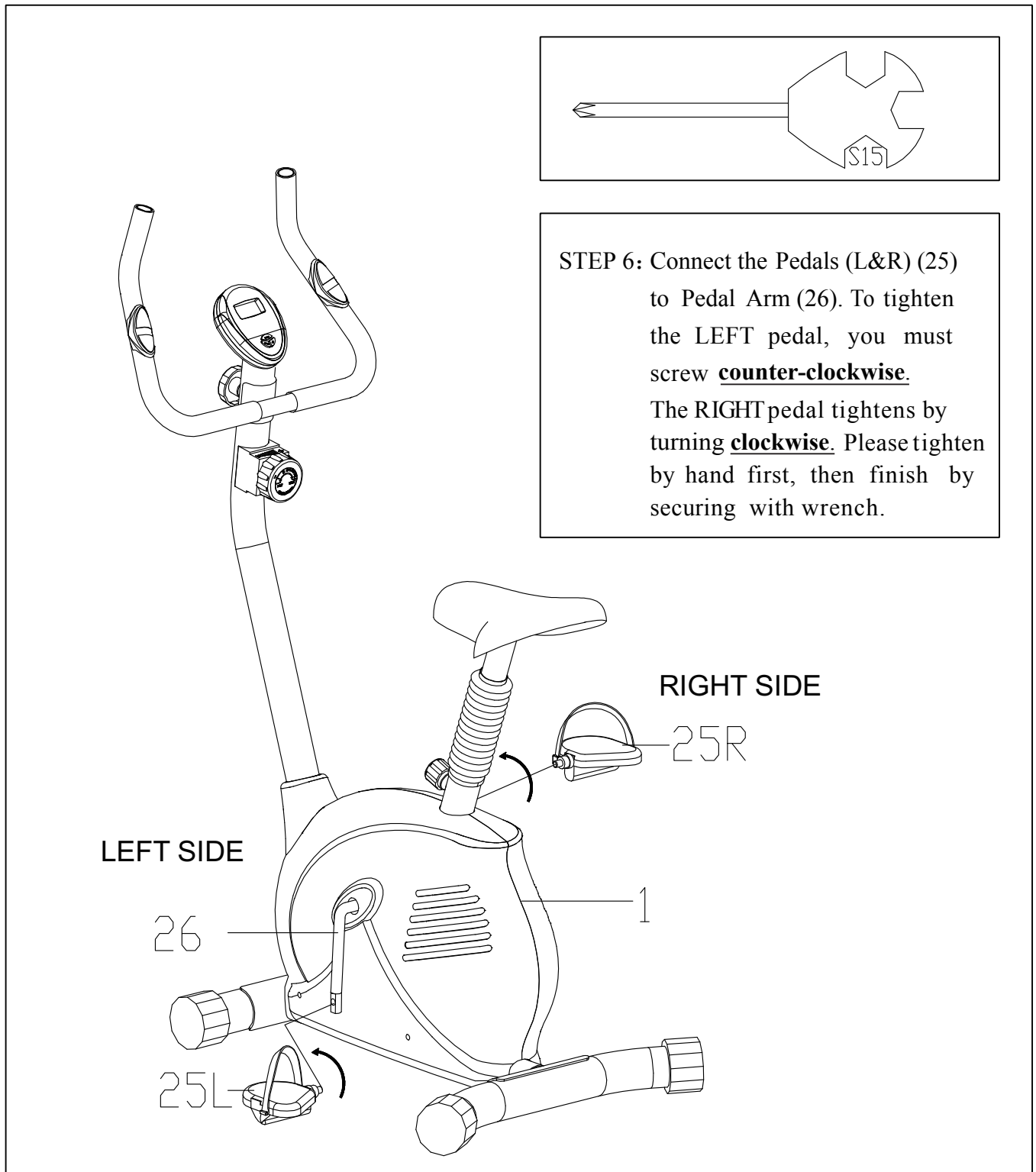
Step 5:



STEP 5: Attach the Handlebar (21) to Handlebar Post (15) with Bolt (I), Arc Washer (E) and Knob (H) then tighten. Insert the Hand Pulse Wire's (19) circular pin to Computer's back hole.

Step 6:

IMPORTANT: FAILURE TO FOLLOW PROCEDURES MAY RESULT IN PERMANENT DAMAGE. READ INSTRUCTIONS CAREFULLY BEFORE CONNECTING YOUR PEDALS.

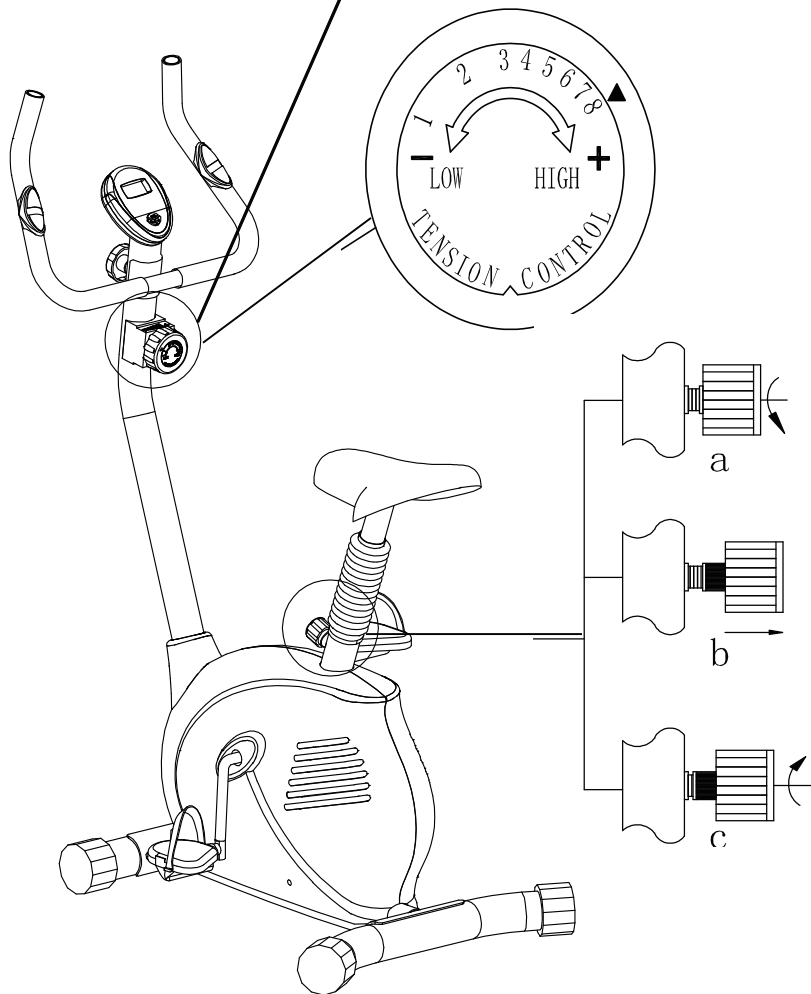


Note: Riding this bike backwards may loosen the pedals which can damage the threads. Always check pedals to ensure they are Securely tightened.

Settings:

The lowest magnetic force setting is on level 1

The highest magnetic force setting is on level 8



How to adjust the seat's height:

- Turn the knob 3-4 rotations to the left to loosen the knob.
- With one hand pull the knob out; use your other hand to move the seat post to the desired place.
- Place the knob in the desired hole and turn it clockwise to tighten.

EXERCISE TIPS

Warm up and cool down

Stretching routine

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

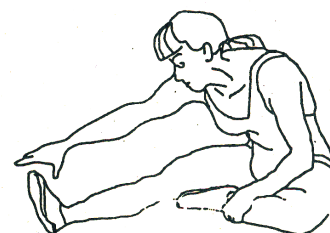
1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



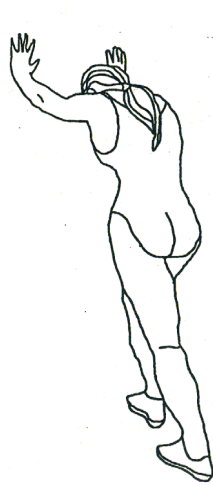
4. Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



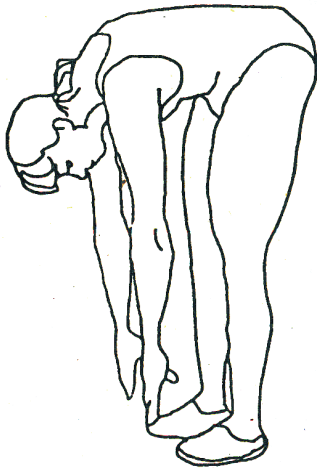
5. Calf-Achilles Stretch

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and your right foot on the floor, then bend your right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



6. Side Stretch

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



7. Toe Touch

Slow bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.