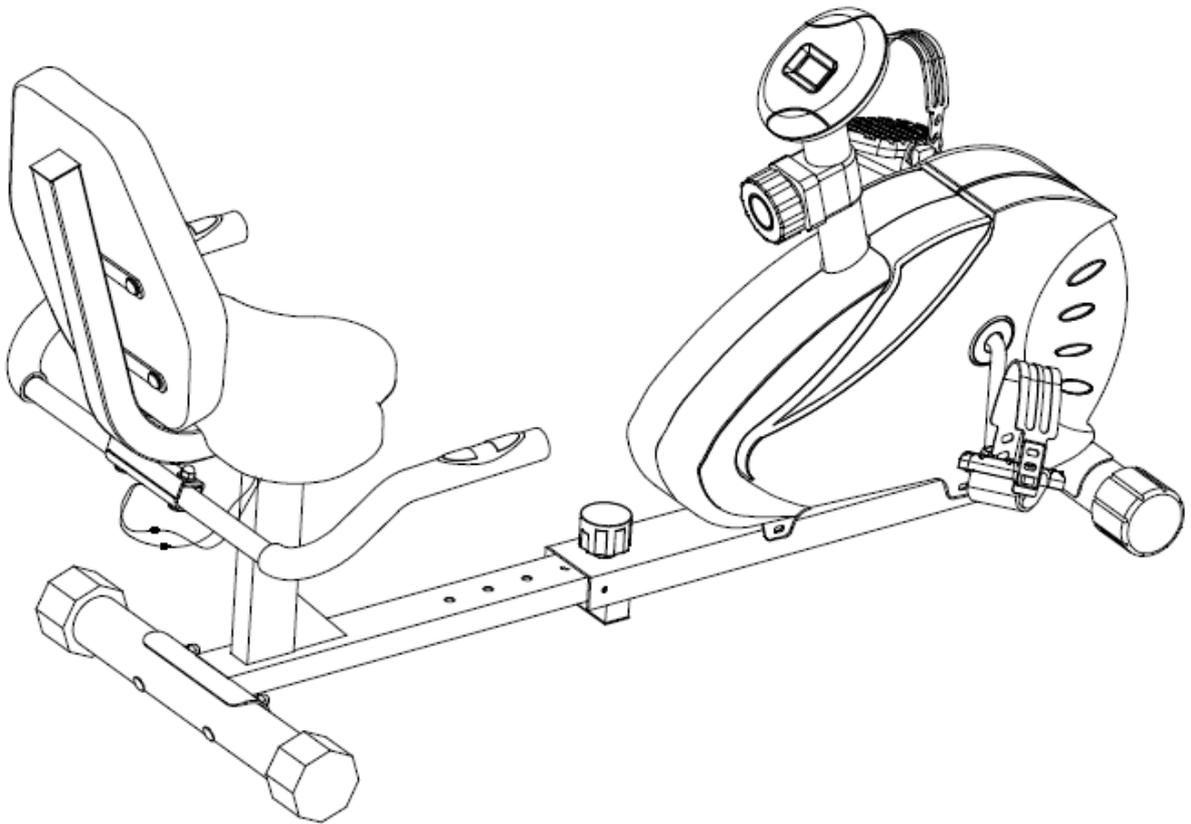




Magnetic Recumbent Bike

Model No. SF-RB925

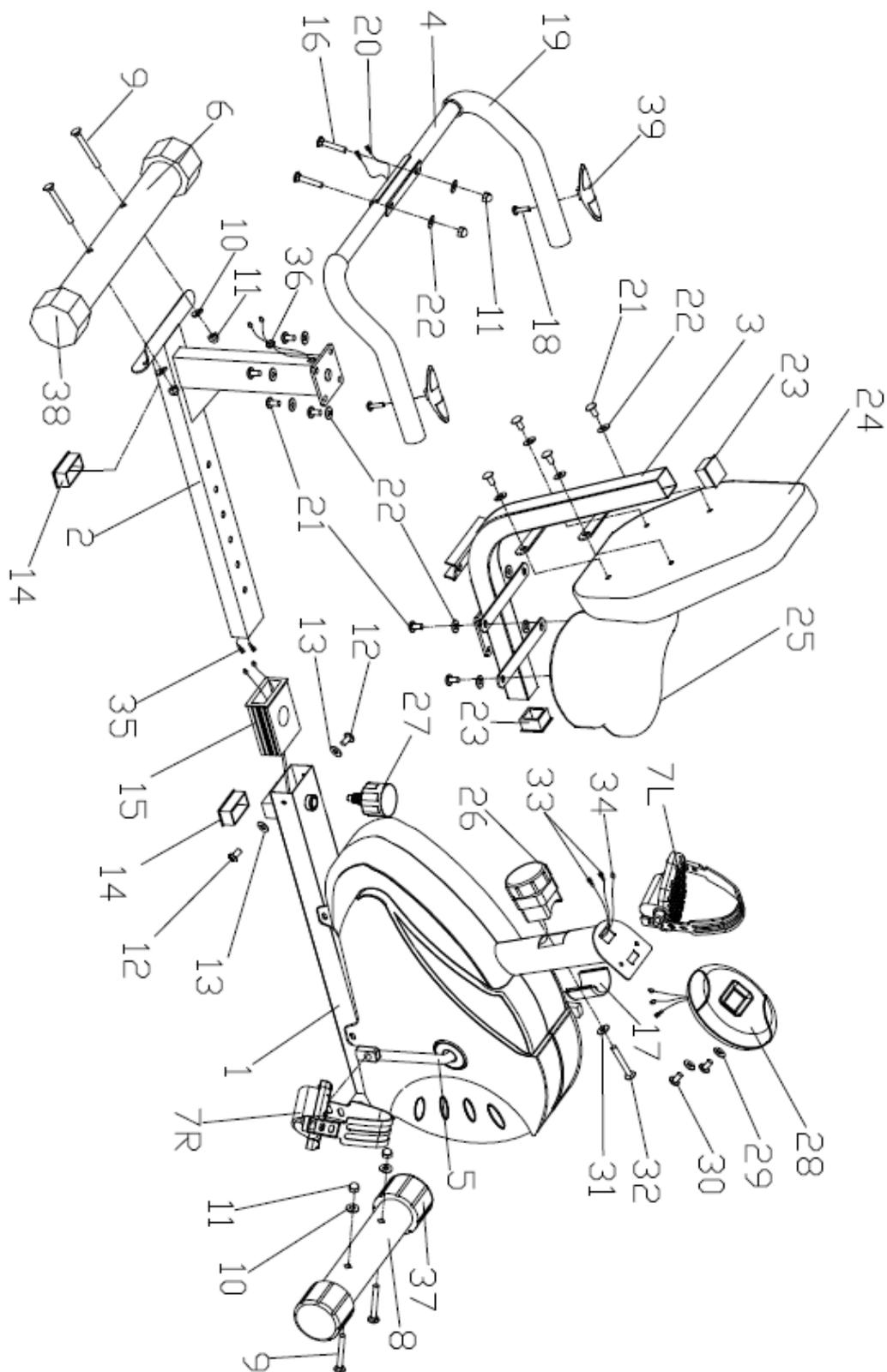


For Customer Service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY INFORMATION

1. Before you start your exercise, read the manual carefully and also keep this manual for future reference.
2. Before beginning any exercise program you should consult your doctor first to determine if you have any medical or physical conditions that could put your health and safety at risk. 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 symptoms you should consult your doctor before continuing with your exercise program.
4. Do not operate this equipment if it is not assembled correctly. Also you should inspect your machine periodically to ensure your machine is still in good condition. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
5. Keep children and pets away from the equipment. The equipment is designed for adult use only. The equipment is not suitable for therapeutic use.
6. Before using the machine, please check the nuts and bolts are securely tightened.
7. Always use the equipment as specified. If any defective components have been found during assembly or while checking the equipment; or you hear any unusual noises from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
8. Wear appropriate workout clothing while exercising. Do not wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required while using the machine.
9. Use the equipment on a flat, and level surface. Do not use the machine near water or outdoors.
10. Keep hands away from all moving parts. While lifting or moving the equipment, always do so carefully.
11. This equipment is designed for indoor and home use only, not intended for commercial use.
12. Maximum weight of user: 220Lbs.

EXPLODED DIAGRAM



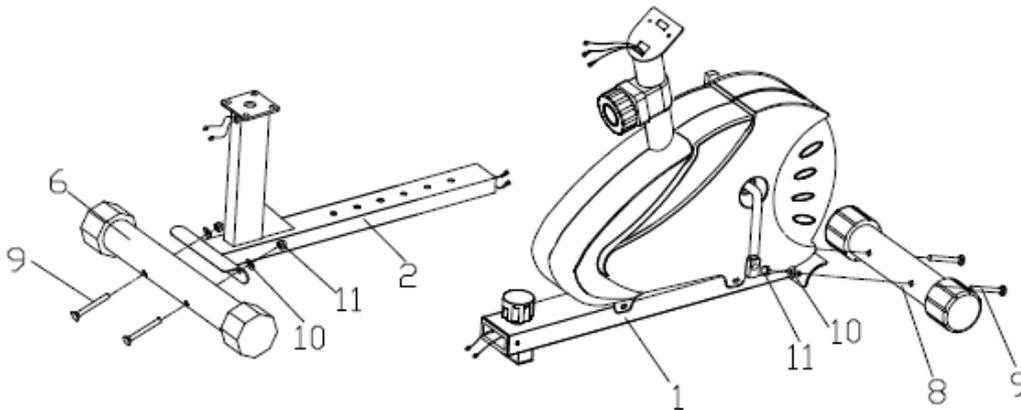
PARTS LIST

PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
1	Front main frame	1	21	Screw M8x16	12
2	Rear main frame	1	22	Flat washer D8	14
3	Seat bracket	1	23	Quadrate plastic cap	2
4	Handlebar	1	24	Back cushion	1
5	Crank	1	25	Seat cushion	1
6	Rear stabilizer	1	26	Tension controller	1
7L/R	Pedal (L/ R)	1/pr	27	Knob	1
8	Front stabilizer	1	28	Meter	1
9	Carriage bolt M8xL73	4	29	Flat washer D4	2
10	Arc washer $\Phi 8.2 \times 2 \times \Phi 19$	4	30	Screw M4x12	2
11	Acorn nut M8	6	31	Flat washer D5	1
12	Screw M5x10	2	32	Screw M5x45	1
13	Flat washer D5	2	33	Pulse wire a	2
14	Quadrate plastic cap	2	34	Sensor wire	1
15	Bushing	1	35	Pulse wire b	2
16	Carriage bolt M8xL45	2	36	Pipe plug	1
17	Tension rear cover	1	37	Front end cap	2
18	Screw M3x10	2	38	Rear end cap	2
19	Foam grip	2	39	Handle pulse sensor	2
20	Handle pulse wire	2			

ASSEMBLY INSTRUCTIONS

STEP 1:

Attach the front stabilizer (8) to the front main frame (1), and the rear stabilizer (6) to the rear main frame (2), respectively with carriage bolts (9), flat washers (10), and acorn nuts (11).

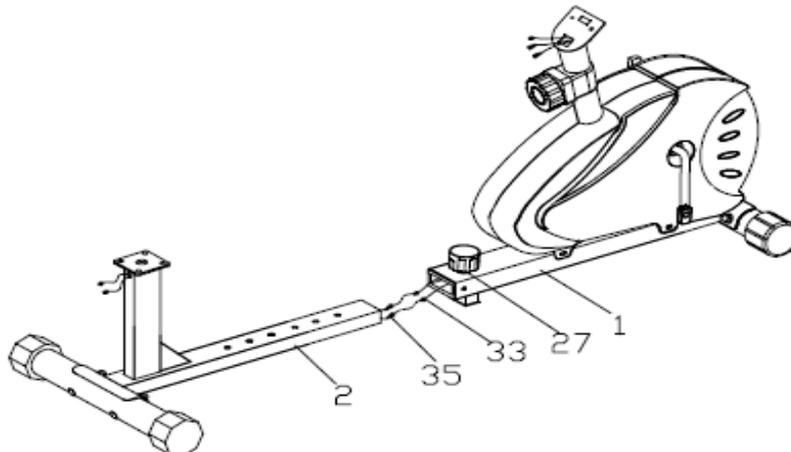


STEP 2:

A: Connect the pulse wires a (33) with pulse wires b (35) together.

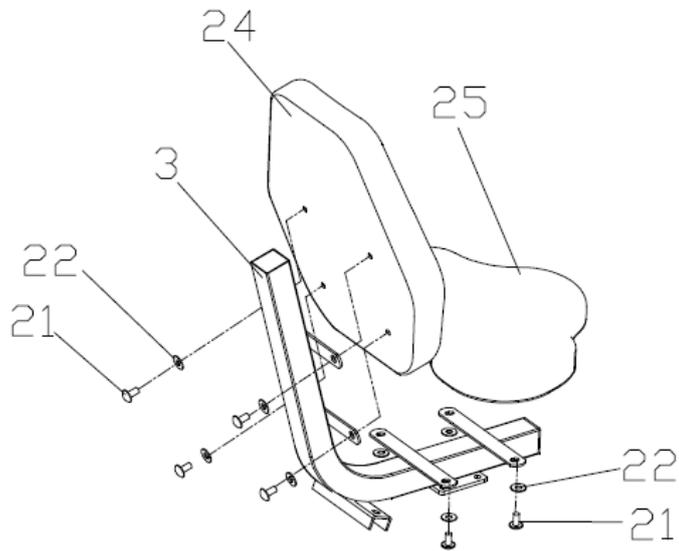
B: Loosen the knob (27) and pull it upward; then insert the rear main frame (2) to the front main frame (1). (Make sure you keep the pulse wires a (33) and pulse wires b (35) inside the tube of the main frame while installing this step.). Align the hole on the rear main frame (2) to the hole on the front main frame (1). Then release the pin of the knob (27) into the aligned holes and fasten tightly.

Tips: If you need to adjust the rear main frame (2) forward or backward, please follow the above step to select desired position. Before using the machine, please find the most suitable position according to your height in order to ensure a steady frame.



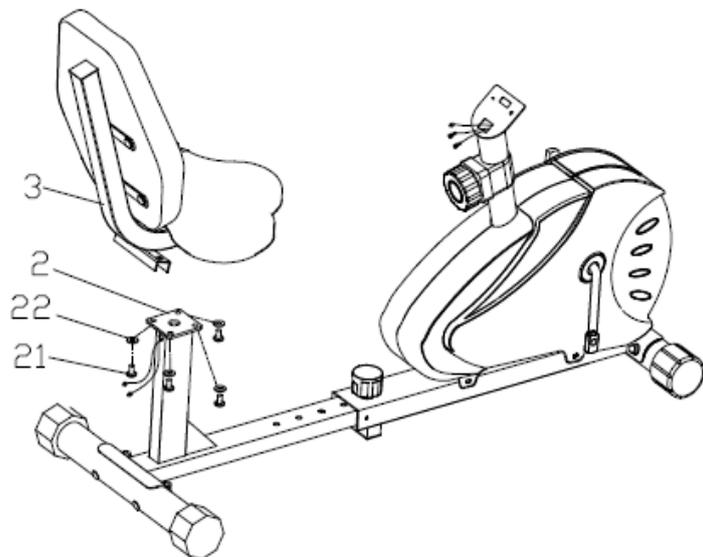
STEP 3:

Attach the back and seat cushion (24, 25) to the seat bracket (3) fixing with flat washers (22) and screws (21).



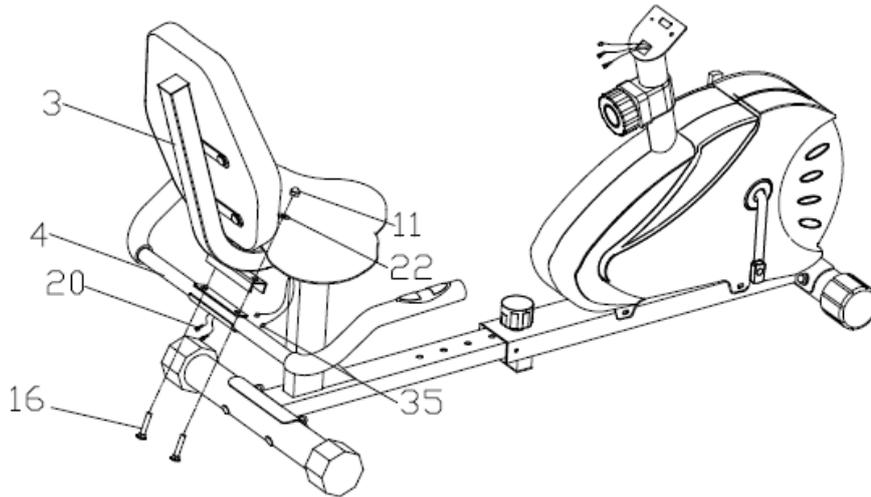
STEP 4:

Install the seat bracket (3) onto the rear main frame (2) with screws (21) and flat washers (22).



STEP 5:

Connect the pulse wires b (35) with the handle pulse wire (20) first. Then fix the handlebar (4) to the seat bracket (3) with carriage bolts (16), washers (22) and acorn nuts (11).



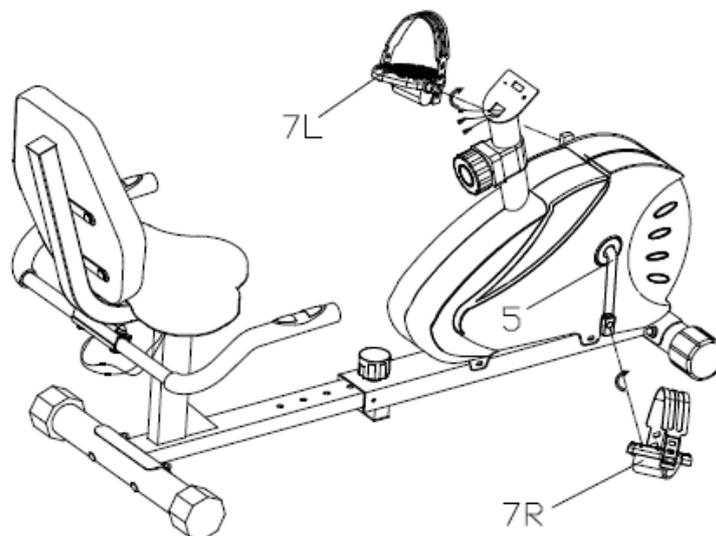
STEP 6:

Attach the pedals (7L/ 7R) to the crank (5) respectively.

To tighten the LEFT pedal; you must screw **counter-clockwise**; it is reversed threaded.

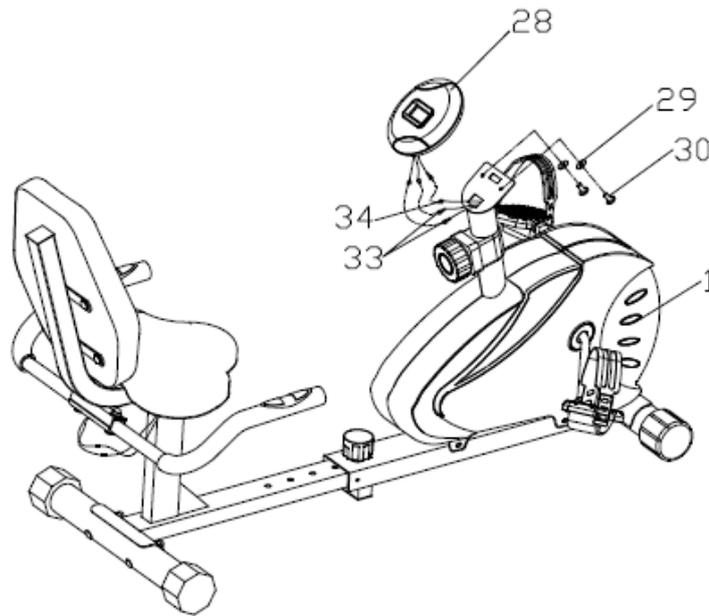
The RIGHT pedal tightens by screwing clockwise.

IMPORTANT: FAILURE TO FOLLOW PROCEDURES MAY RESULT IN PERMANENT DAMAGE TO YOUR BIKE.



STEP 7:

First, connect the wires from the meter (28) to the sensor wire (34) and pulse wires a (33) coming out from the main frame (1). Then connect the meter (28) to the meter bracket on the front main frame (1) with screws (30) and flat washers (29). (Screws come preassembled on the monitor)



Installation is complete.

WARM-UP AND COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably 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.

WARM-UP PHASE

The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds.

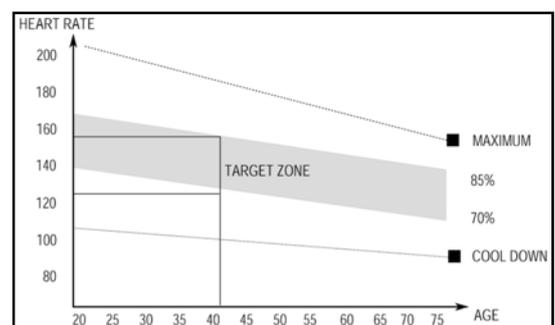
DO NOT BOUNCE.

Remember always to check with your physician before starting any exercise program.



EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



COOL-DOWN PHASE

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.