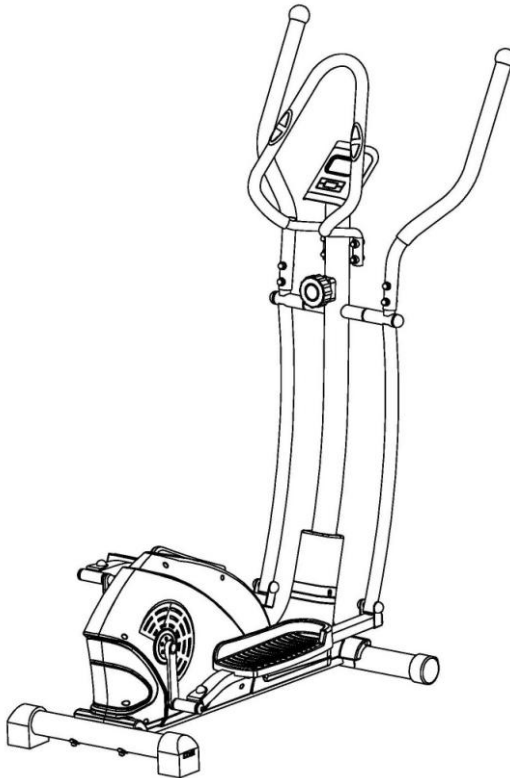




# Elliptical Bike

## SF-E1114



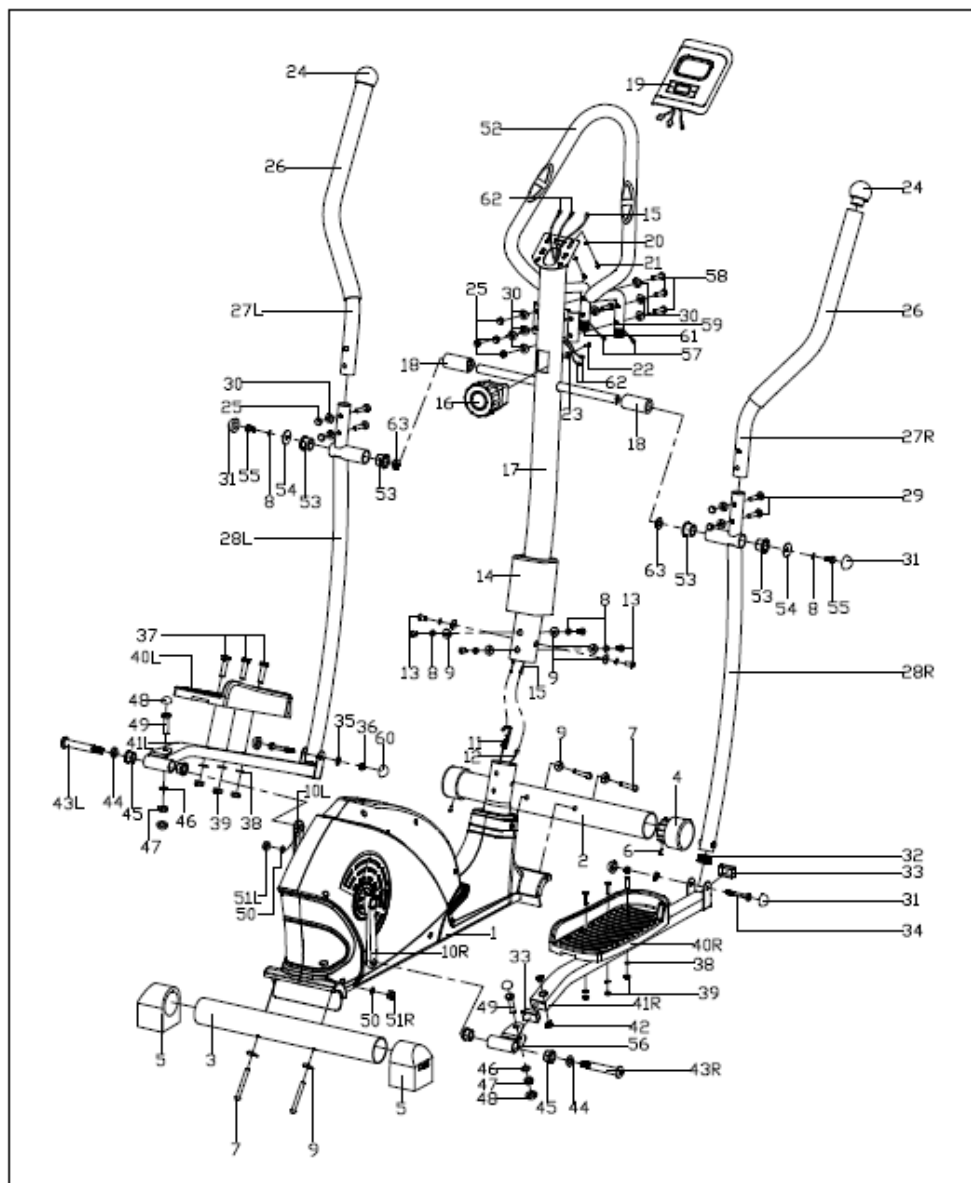
*The specifications of this product may vary from this photo and are subject to change without notice. For Customer Service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).*

## **Important Safety Information**

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. Please read the information below carefully before using this equipment. 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.

1. 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.
2. 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 0.5 meters of free space all around it.
6. Before using the equipment, please make sure all the nuts and bolts are securely tightened.
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 use, stop immediately. Do not use the equipment until the problem has been rectified.
8. 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.
9. This equipment is designed for indoor and home use only. The maximum weight of user: 220LBS.
10. Care must be taken when lifting or moving the equipment so as not to injure your back.
11. The equipment is not suitable for therapeutic use.
12. Please keep this manual and the assembling tools well for future reference.

# EXPLODED DIAGRAM



# PARTS LIST

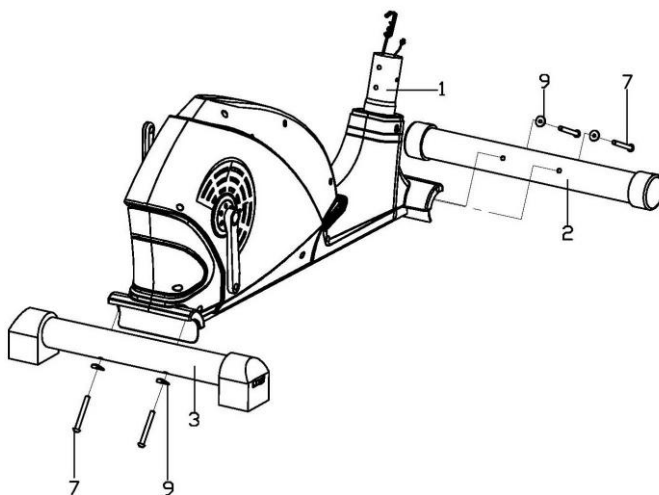
NO.	DESCRIPTION	QTY		NO.	DESCRIPTION	QTY
1	Main frame	1		33	Square end cap	4
2	Front bottom tube	1		34	Screw M8x55	2
3	Rear bottom tube	1		35	Washer d8x1.2	2
4	End cap	2		36	Nylon nut M8	2
5	End cap	2		37	Screw M6x35	6
6	Screw ST4.2X18	2		38	Washer φ6×φ12×1.2	6
7	Bolt M8XL75	4		39	Nylon nut M6	6
8	Spring washer D8	8		40L/R	Pedal	1pr.
9	Curved washer Φ20×d8.5×R30	10		41L/R	Pedal support tube	1pr.
10L/R	Crank	1pr		42	Bushing Φ14×10×Φ10.1	4
11	Tension wire	1		43L/R	Hinge Bolt	1pr.
12	Sensor wire	1		44	Wave washer Φ17XΦ23X0.3	2
13	Screw M8x20	6		45	Axle sleeve (2) Φ28×20	4
14	Cover for handlebar post	1		46	Washer φ10.5Xφ20X2	2
15	Connecting sensor wire	1		47	Nylon nut M10	2
16	Tension Controller	1		48	Cap S17	4
17	Handlebar post	1		49	Screw M10X50	2
18	Bushing	2		50	Spring washer D13	2
19	Computer	1		51L/R	Nylon nut B0.5x20	1pr.
20	Flat washer D5	2		52	Foam grip	1
21	Screw M5X10	2		53	Axle sleeve (1) Φ26.8×28	4
22	Screw M5X55	1		54	Washer Φ8.2×Φ32×2	2
23	Curved washer D5	1		55	Screw M8x15	2
24	End cap	2		56	Connecting joint	2

25	Nut M8	8		57	Pulse wire	2
26	Handlebar grips	2		58	Screw M8x38	4
27L/R	Handlebar	1pr.		59	Hand Grip	1
28L/R	Swing bar	1pr.		60	Cap S13	2
29	Screw M8×45X8	4		61	Round end cap	2
30	Curved washer Φ20×d8.5×R12.5	12		62	Connecting pulse wire	2
31	Cap S14	4		63	Wave washer Φ20×Φ28×0.5	2
32	Round end cap	2				

## ASSEMBLY INSTRUCTIONS

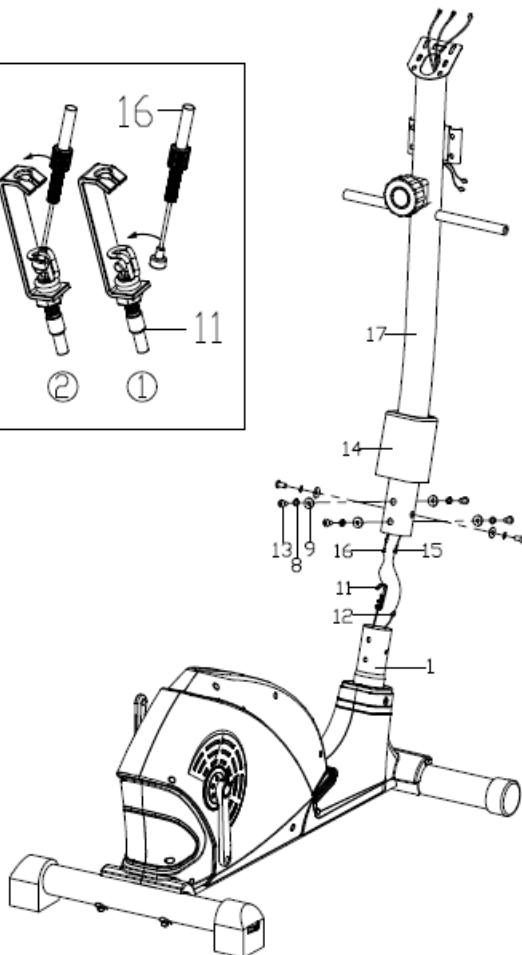
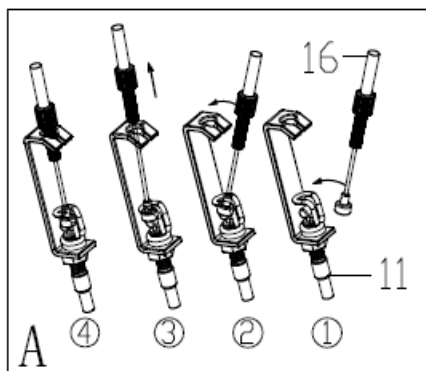
### STEP 1:

Fix the front bottom tube (2) and the rear bottom tube (3) to the mainframe (1) with bolts (7), curved washers (9). (Tips: Two people installing this step together will be easier to align to the holes position.)



## Step 2:

Insert handlebar post (17) through the cover of the handlebar post (14), then connect the sensor wire (12) to the connecting sensor wire (15) securely. Connect tension wire (11) and the tension control wire (16) according to diagram below. Lastly, attach the handlebar post (17) onto the mainframe (1) with screws (13), spring washers (8) and curved washers (9) then slide down the cover of the handlebar post (14).



### Step 3:

1. Tighten the swing tubes (28R/L) to handlebar post (17) with wave washers (63), screws (55), spring washer (8) and flat washers (54).

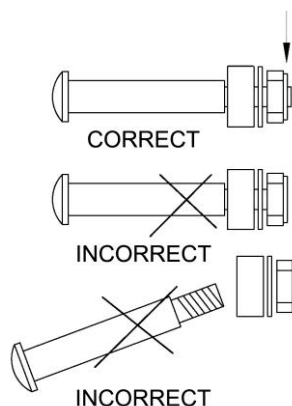
\*Note: do not screw it too tightly.

★ **CAUTION**: For next step: Part 43 is labeled L for LEFT and R for RIGHT.

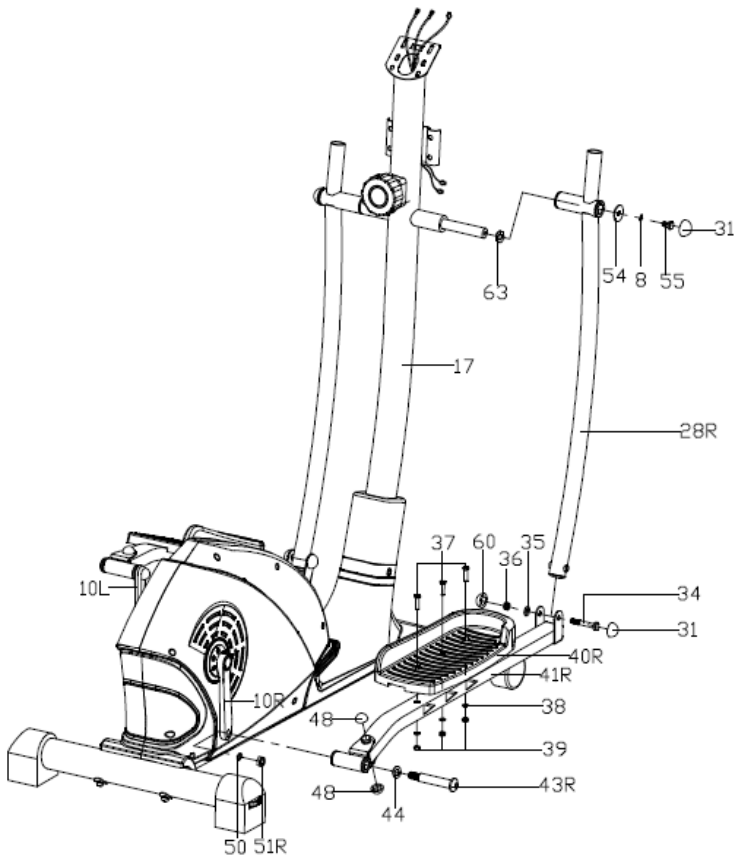
Please make sure to turn 43L Counter clockwise and 43R clockwise.

The Right and Left Hinge Bolt (No. 43R/L) must fully penetrate the nylon ring of the nylon nuts (51R/L). This will ensure the stability and durability of your Elliptical Trainer.

In order to install hinge bolt properly, keep it perfectly straight as the bolt goes through the pedal arms and the crank. If the hinge bolt is connected to the crank at an angle, damage to both the hinge and the crank may occur.



2. Tighten the pedal support tubes (41R/L) to the cranks (10R/L) with wave washers (44) and bolt (43R). Attach spring washers (50) and nylon nuts (51R/L) to the end of the bolts (43) Note: do not screw it too tightly.



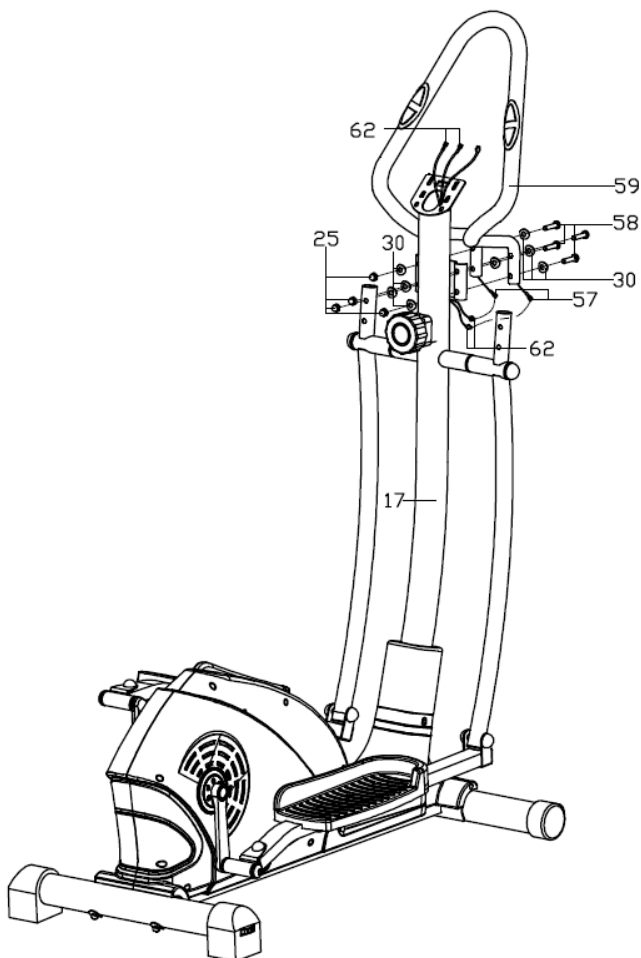
3. Connect the swing tubes (28R/L) to the pedal support tubes (41R/L) with screw (34), flat washer (35), nylon nut (36). Now tighten screw (55) screw (34) and nylon nut (51R/L). Last; install cap (31), cap (48), and cap (60).

4. Tighten pedals (40R/L) to the pedal support tubes (41R/L) with screw (37), flat washers (38) and nylon nuts (39).



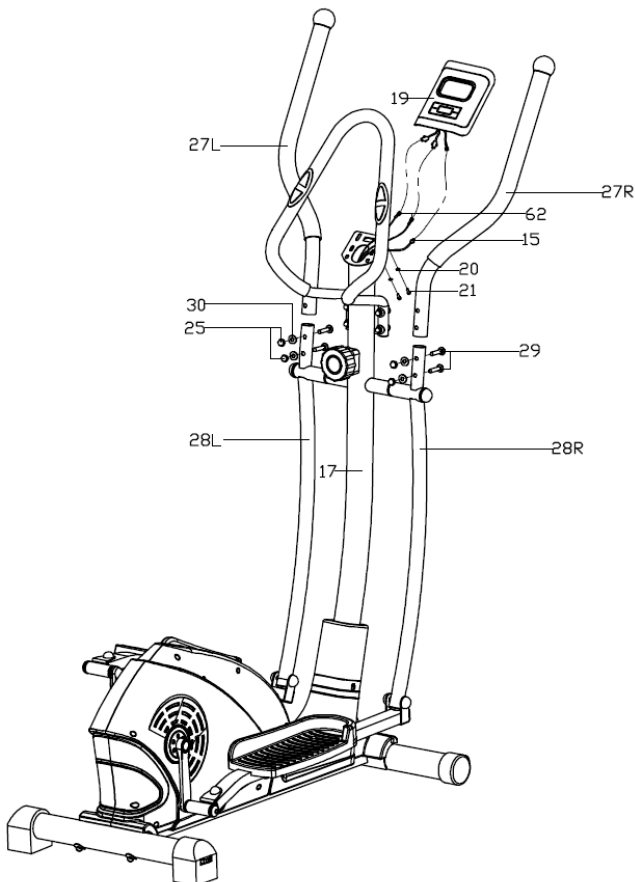
### **Step 4:**

Firstly, connect the pulse wire (57) with the connecting pulse wire (62) (coming out from the hole on the handlebar post (17)). Then screw the hand grip (59) to the handlebar post (17) with the screw (58), the arc washer (30) and the nut (25).



## Step 5:

1. Tighten the L/R handlebars (27L/R) to the L/R swing tube (28L/R) with screws (29), curved washers (30) and nut (25).
2. Connect the connecting pulse wire (62) (coming out from the top of the handlebar post (17)) and connecting sensor wire (15) with the computer (19) relevant wires, Then tighten the computer (19) to the computer bracket of handlebar post (17) with screws (21) and flat washers (20).



# **WARM UP AND COOL DOWN ROUTINE**

A good 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.

**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. You should begin with it before every session to prepare your body for a more strenuous workout. It helps to heat up and stretch your muscles, increases your circulation and pulse rate, and delivers more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

## **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.



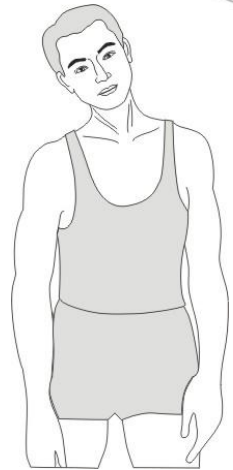
## Hamstring Stretch

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.



## Head Roll

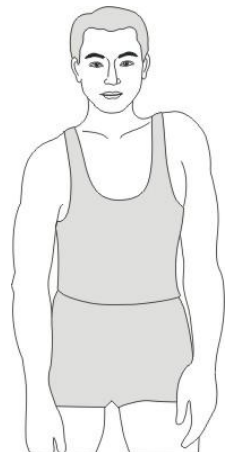
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



## **WARM UP EXERCISES**

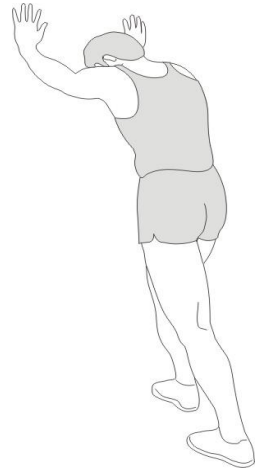
### Shoulder Lift

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.



## Calf-Achilles Stretch

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



## Toe Touch

Slowly 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.



## 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.

