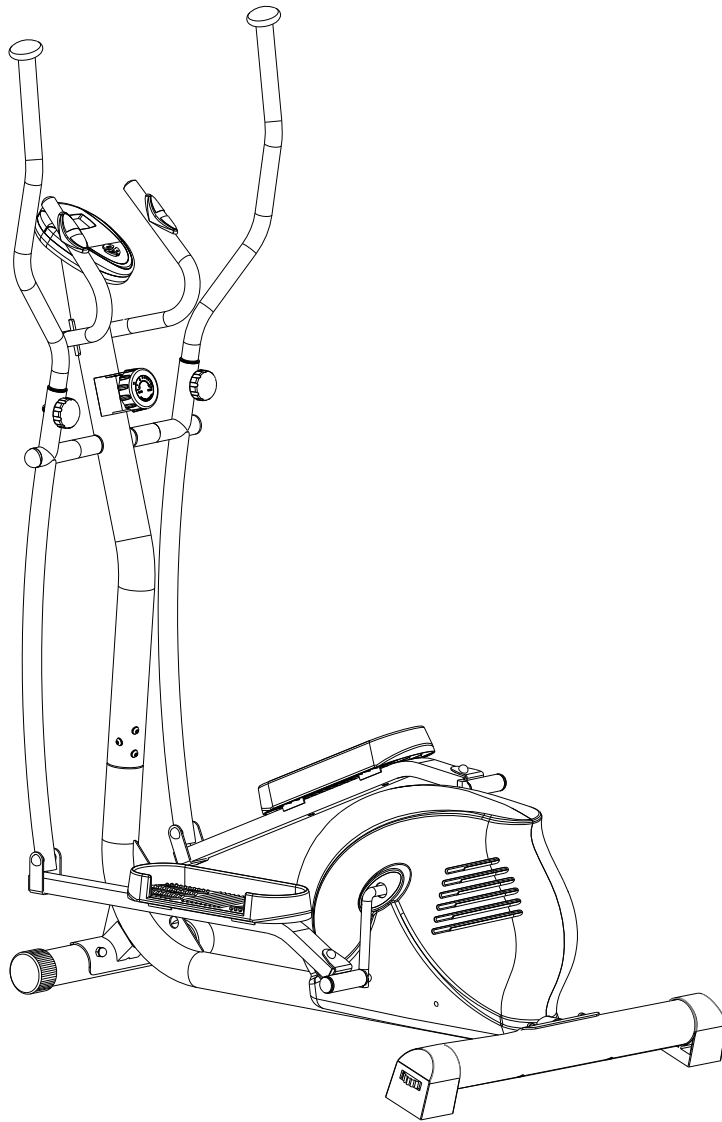




# Sunny Magnetic Elliptical Trainer

## SF-E906



## Assembly & User Manual

**Please ensure that you read this manual carefully before attempting to use your new product and retain it for future reference**

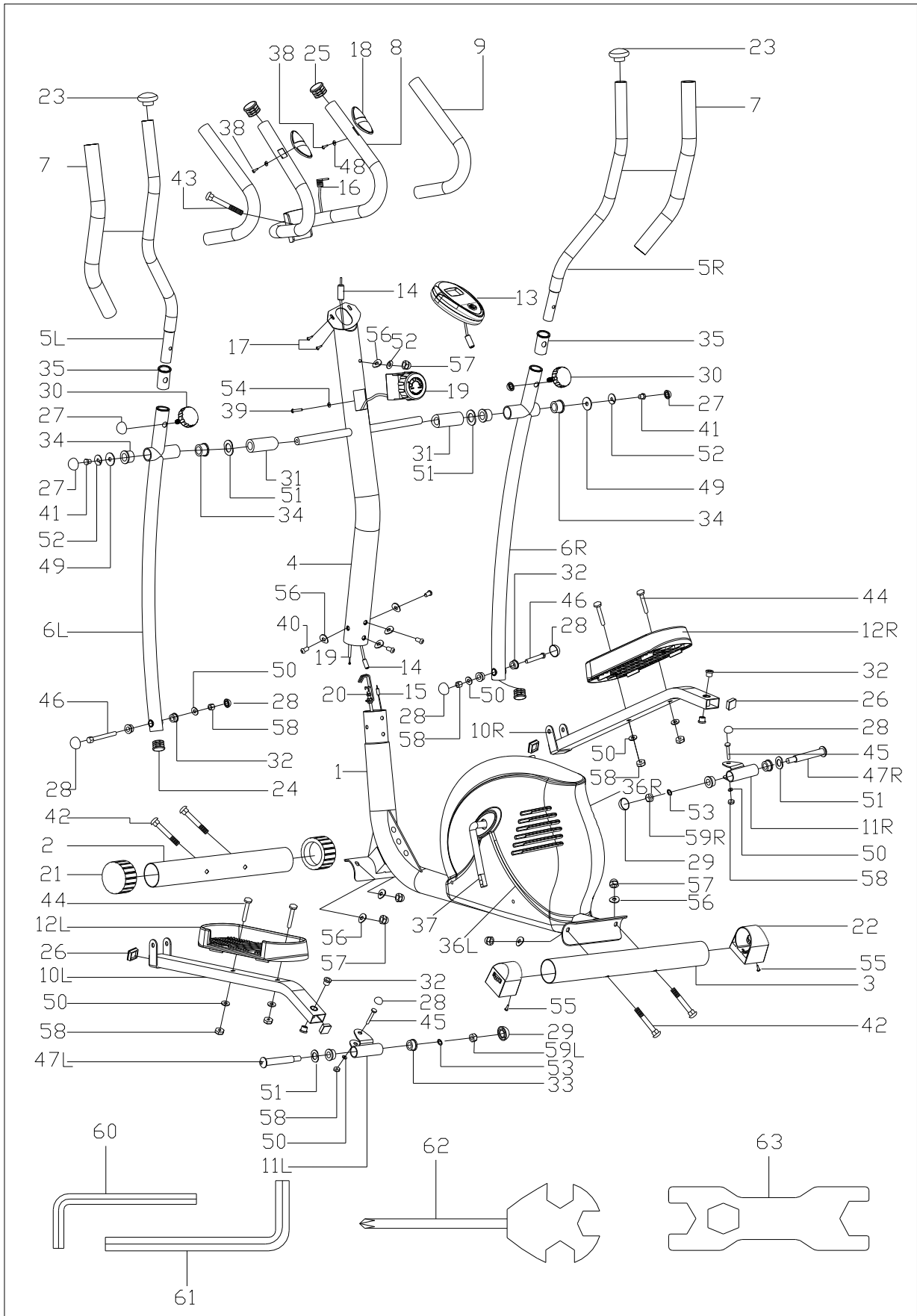
For Customer Service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

# **Important Safety Information**

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

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.
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 0.5 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened. 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.
7. There are many functions of the computer; the data will show when using the equipment and will display information about your exercise routine.
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, not intended for commercial use.
10. The Maximum weight of user: 265LB.
11. Care must be taken when lifting or moving the equipment so as not to injure your back.
12. This equipment is not suitable for therapeutic use.
13. Please save this manual and assembling tools.

# EXPLODED DIAGRAM

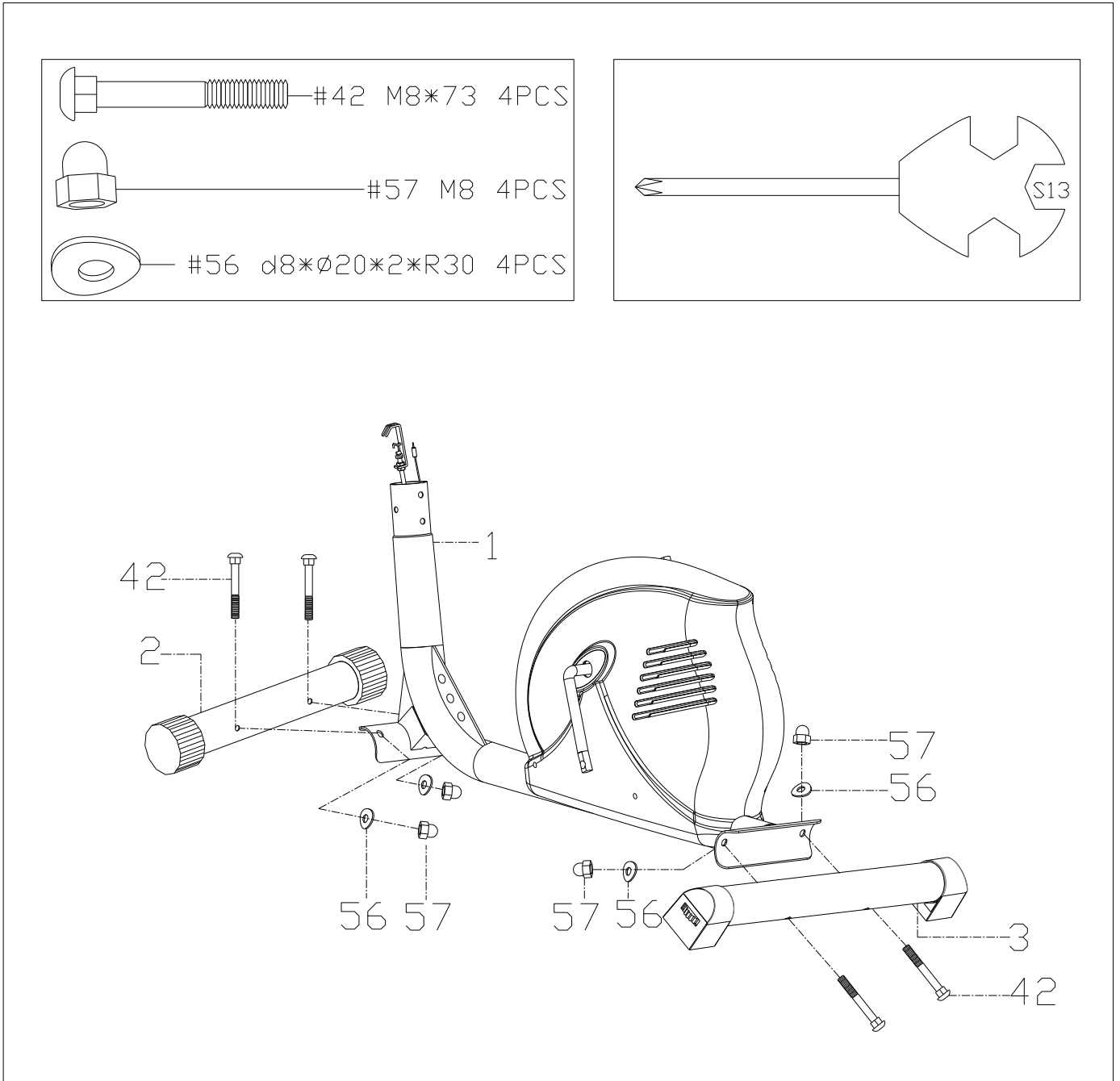


## PART LIST

No.	SPECIFICATION	QTY	No.	SPECIFICATION	QTY
1	Main frame	1	33	Alloy wrap $\Phi 28*4*\Phi 24*12*\Phi 16.1$	4
2	Front stabilizer	1	34	Alloy wrap 2 $\Phi 32*3*\Phi 28*21*\Phi 19.4$	4
3	Rear stabilizer	1	35	Bushing $\Phi 32*\Phi 25*L83$	2
4	Handle bar post	1	36L/R	Chain cover	2
5L/R	Handle bar	2	37	Crank 250*165*72.5*1/2*20	1
6L/R	Swing rod	2	38	Screw ST4*19* $\Phi 7$	2
7	Foam grip $\Phi 26*5*510$	2	39	Screw M5*16	1
8	Middle handlebar	1	40	Screw M8*16	4
9	Foam grip $\Phi 23*5*420$	2	41	Bolt M8*16	2
10L/R	Connecting rod	2	42	Bolt M8*73	4
11L/R	Link connector combination	2	43	Bolt M8*95*45*H5 Class A	1
12L/R	Pedal 365*125*45	2	44	Bolt M10*45*20*S14	4
13	Computer	1	45	Bolt M10*50*12*S17 class A	2
14	Trunk line	1	46	Bolt M10*55*20*S17 class A	2
15	Sensor wire	1	47	*Locking Bolt L/R	2
16	Handle pulse wire	1	48	Washer d6* $\Phi 12*1$	2
17	Screw M5*10	2	49	Washer d8* $\Phi 32*2$	2
18	Handle pulse for tube $\Phi 25$	2	50	Washer d10* $\Phi 20*2$	8
19	Tension control	1	51	Wave washer d19* $\Phi 25*0.3$	4
20	Tension wire	1	52	Spring washer d8	3
21	End cap $\Phi 60$	2	53	Spring washer 1/2"	2
22	End cap $\Phi 60$	2	54	Arc washer d5* $\Phi 20 *1.5*R30$	1
23	End cap $\Phi 28*32*\Phi 50$	2	55	Screw ST4.2*16	2
24	End cap $\Phi 32*17$	2	56	Arc washer d8* $\Phi 20*2*R30$	9
25	End cap $\Phi 25*16$	2	57	Nut M8	5
26	End cap J40*25*15	4	58	Nut M10*H9.5*S17	8
27	End cap S13	4	59L/R	Nut B0.5	2
28	End cap S16	6	60	Spanner S6	1
29	End cap S18	2	61	Spanner S8	1
30	Knob M8*36*15* $\Phi 48$	2	62	Spanner S13-14-15	1
31	Long spacer $\Phi 32*\Phi 19.2*75.5$	2	63	Spanner S17-19inner 17	1
32	Alloy wrap $\Phi 18*3*\Phi 14*7*\Phi 10.1$	8		*Read instructions carefully when assembling part #47L	

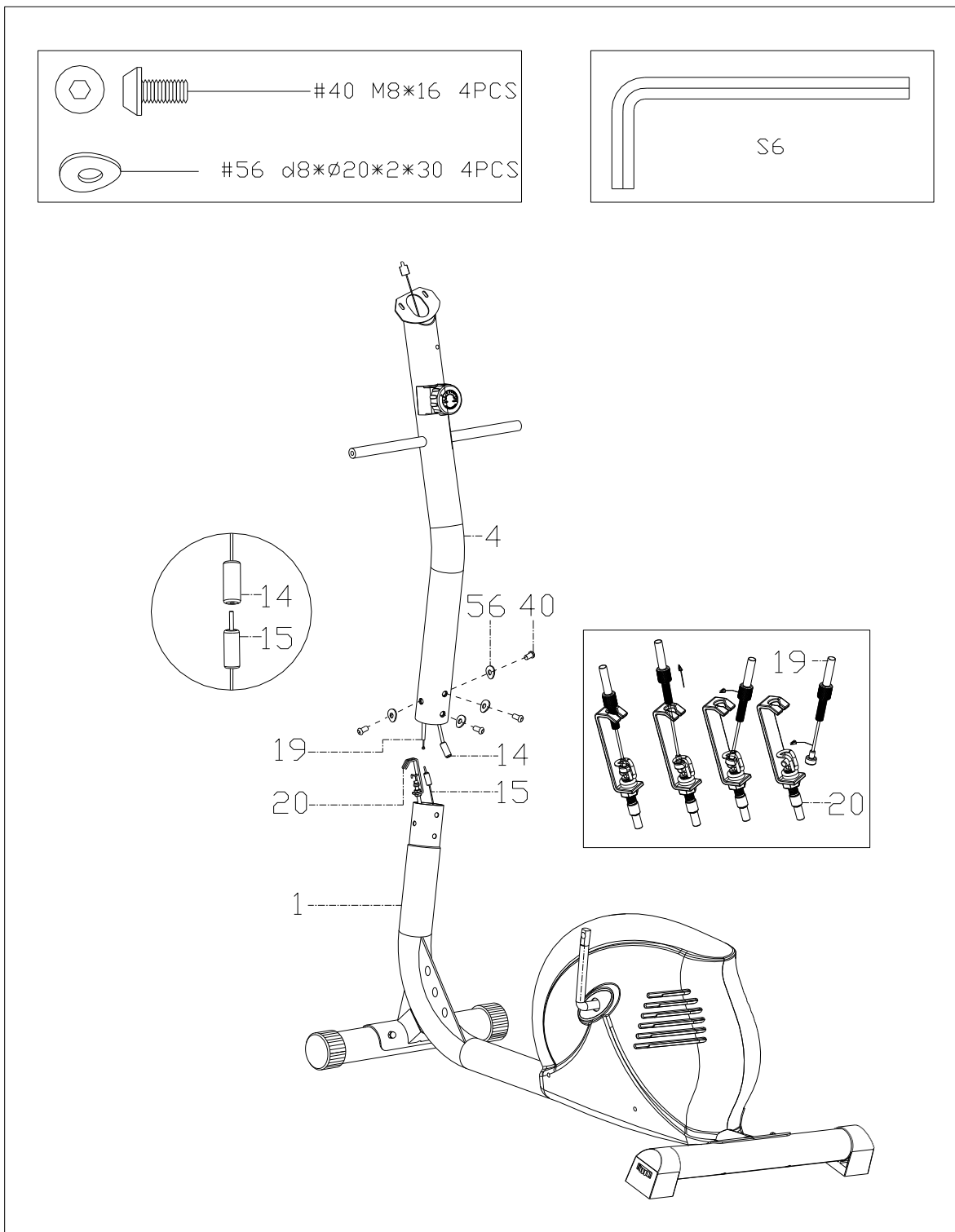
# ASSEMBLY INSTRUCTIONS

## STEP 1:



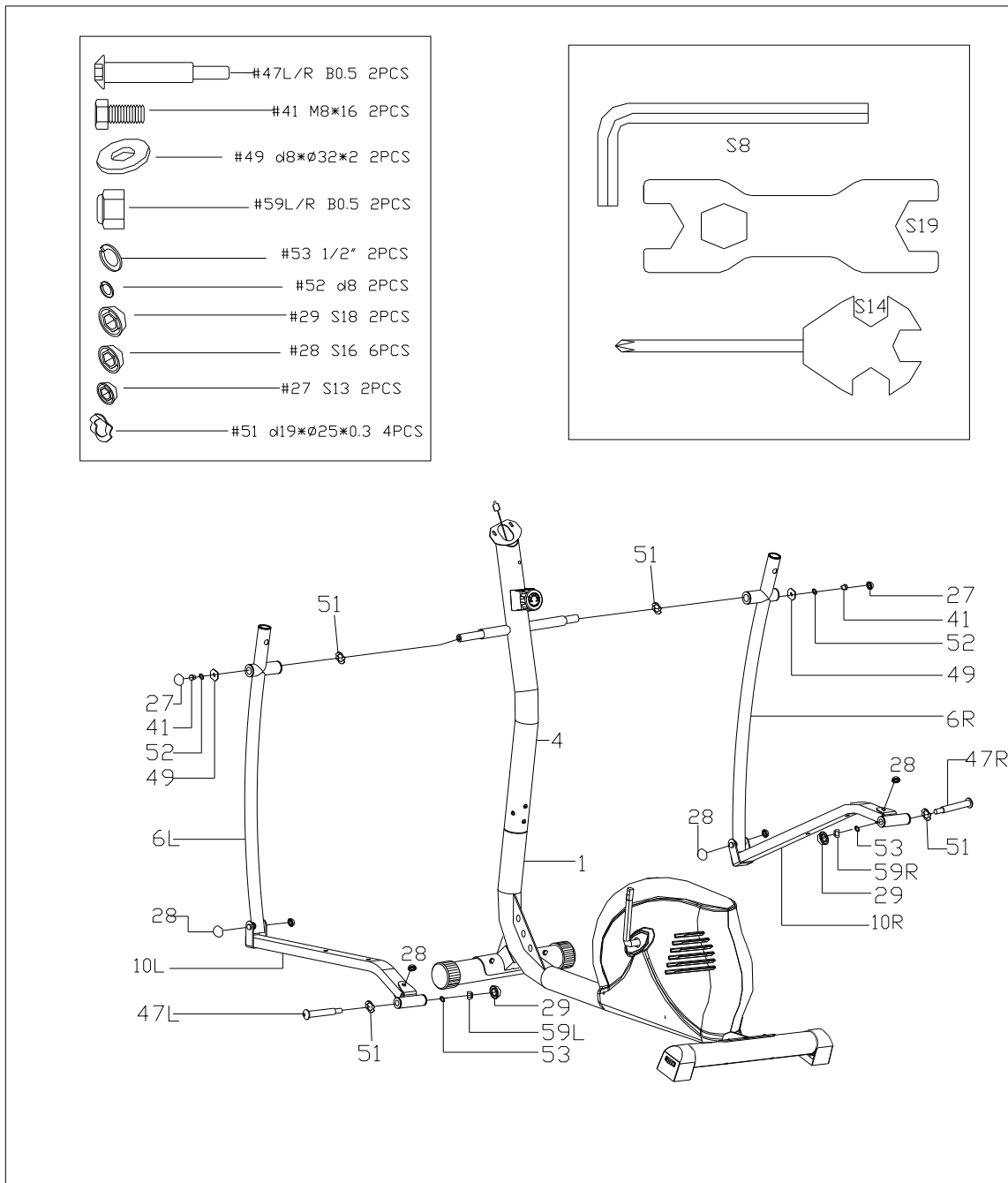
Lock the Front stabilizer and Rear stabilizer (2&3) onto the Main frame (1), with the Bolt (42), Arc washer (56) and Nut (57).

## STEP 2:



- a: Connect the Sensor wire (15) with Trunk line (14). Then connect the Tension Control (19) with the Tension Wire (20). Note: Before connecting these wires, set the Tension Control (19) to the lowest tension level '1' (by turning the knob to the left until the tension level reads '1'). This will insure the wires are at their longest reaching points to meet up and connect easier.
- b: Insert the Handle bar post (4) into the Main frame (1), lock up with the Screw (40) and Arc washer (56).

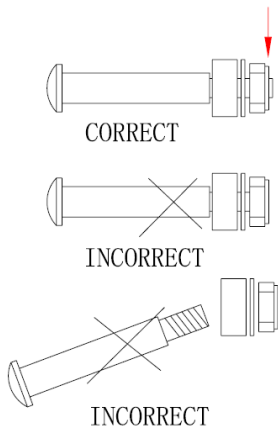
### STEP 3:



- a: Attach the Swing rod (6L/R) onto the Handle bar post (4), and lock up with Bolt (41), Spring washer (52), Wave washer (51) and Washer (49), attach the End cap (27).
- b: Lock up the Connecting rod (10L/R) onto the crank on the Main frame (1) with Bolt (47\*L/R) for L/R pedal, Wave washer (51), Spring washer (53) and Nut (59L/R), attach the End cap (29).

**\*Important Note: 47L has reversed threading; you must screw counter-clockwise.**

**If you experience any trouble with this step; please STOP and read our alternate assembly directions on the next page of the manual before continuing. Incorrect installation can result in permanent and irreversible damage to your machine.**



**ATTENTION:**

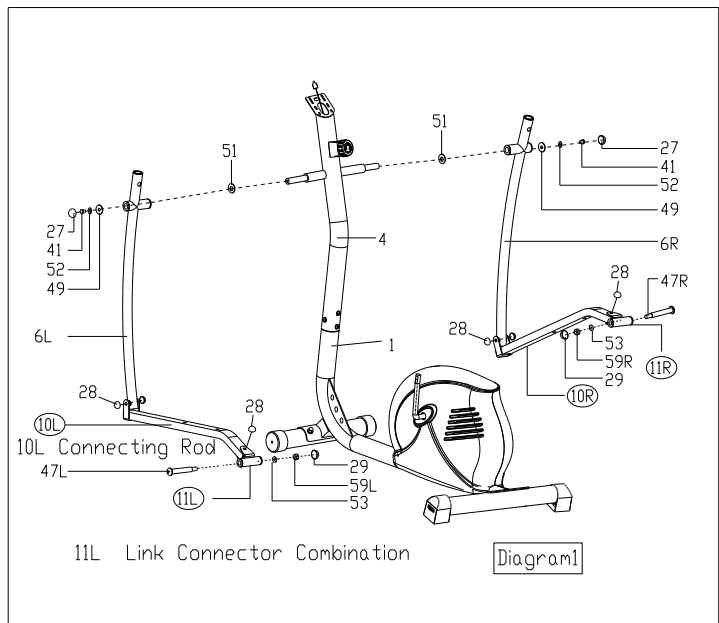
The Right and Left Hinge Bolt(No.47R/L) must fully penetrate the nylon ring inside the Pedal Arm Joint and the Crank. This will ensure the stability and durability of your Elliptical Trainer.

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

If you have trouble connecting this part; try this alternate assembly suggestion:

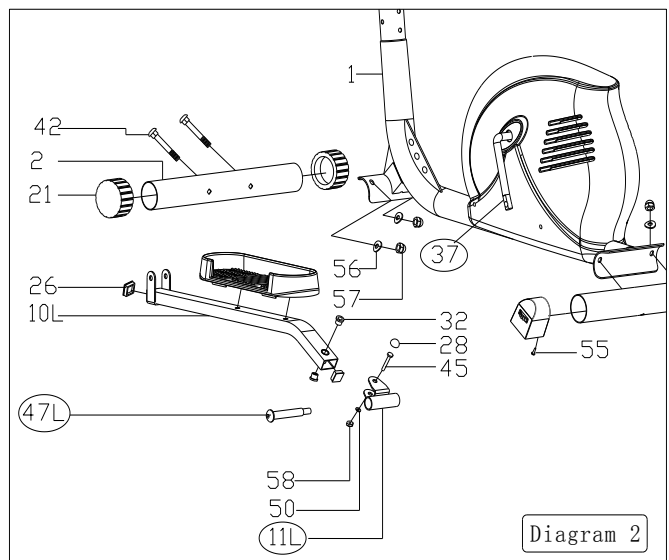
**Diagram 1:**

Disconnect the Connecting Rod (10L/R) from the Link Connector Combination (11L/R).



**Diagram 2:**

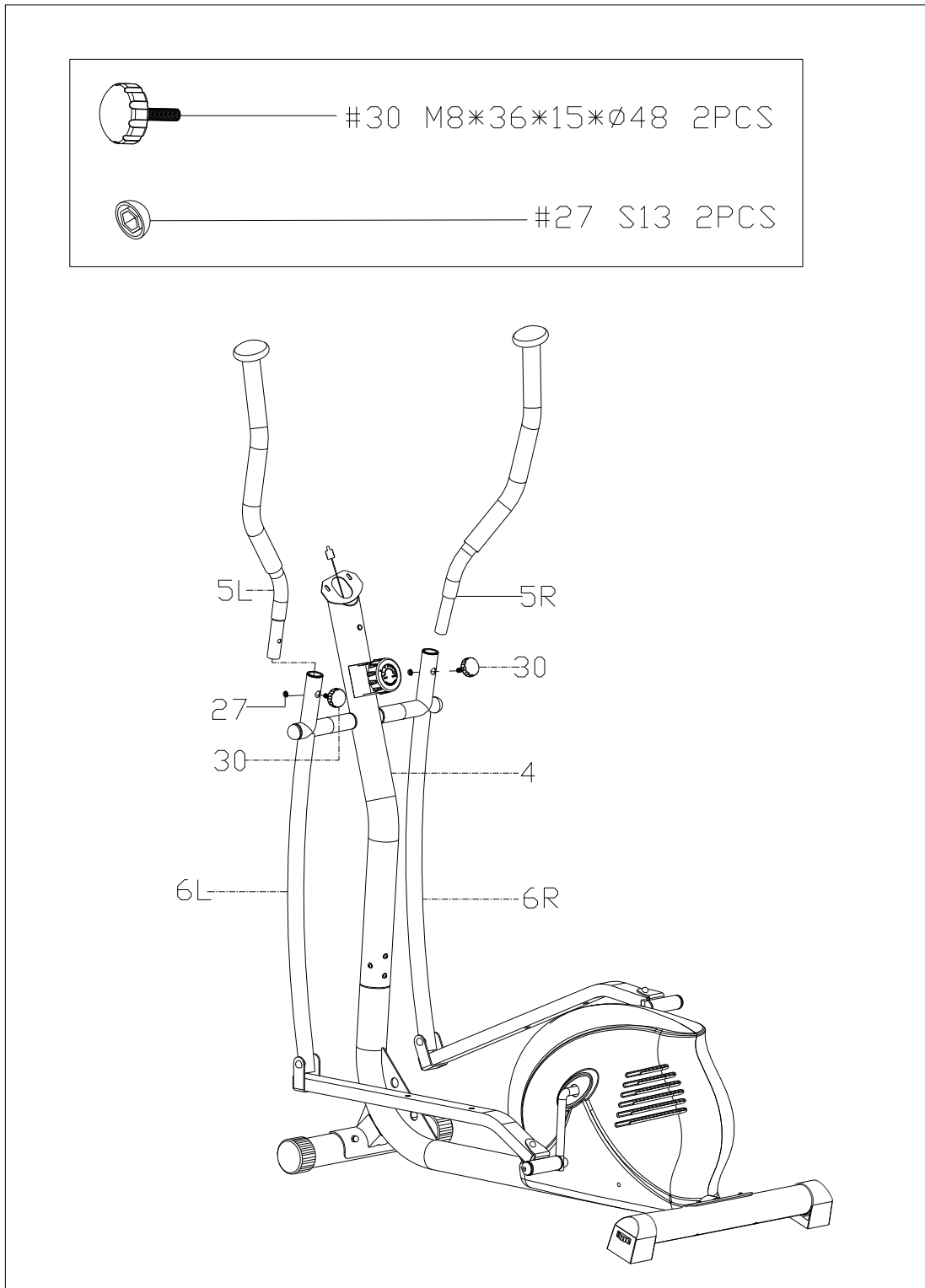
Insert the Locking Bolt (47L/R) through the hole of the Link Connector Combination (11L/R). Then screw the Locking Bolt into the Crank Arm (37). \*Remember when assembling the Left Side; you must screw the Locking Bolt Counter-Clockwise to tighten\*. Connect the Spring Washer (53) and Nut (59L/R), and attach the End Cap (29), as seen in the Diagram on page 5. You can now re-attach the Connecting Rod (10) to the Link Connector Combination (11).



\*Please note: The 'L/R' in the part number means there is one part for the LEFT side, and one part for the RIGHT side of the machine.

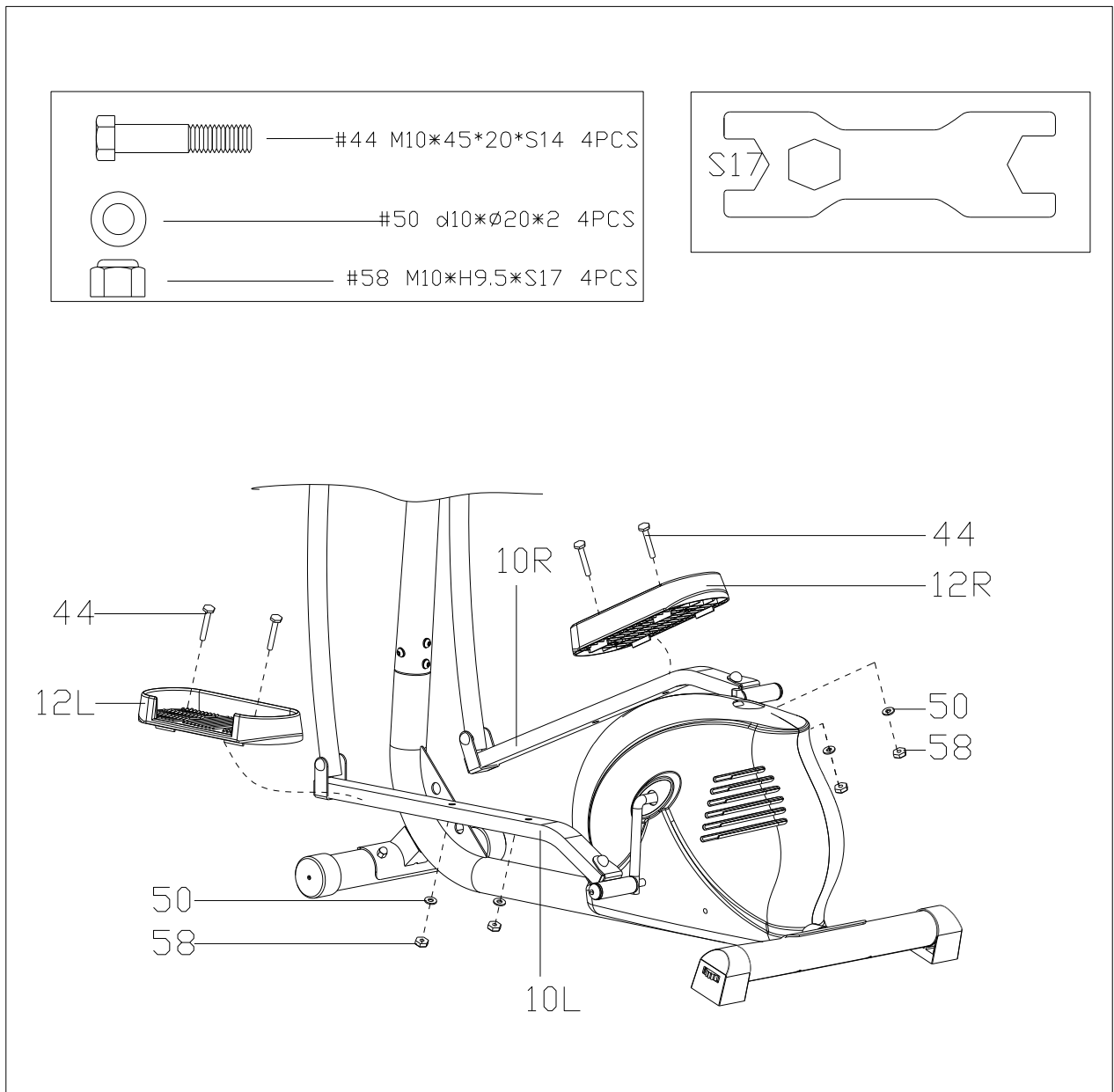


## STEP 4:



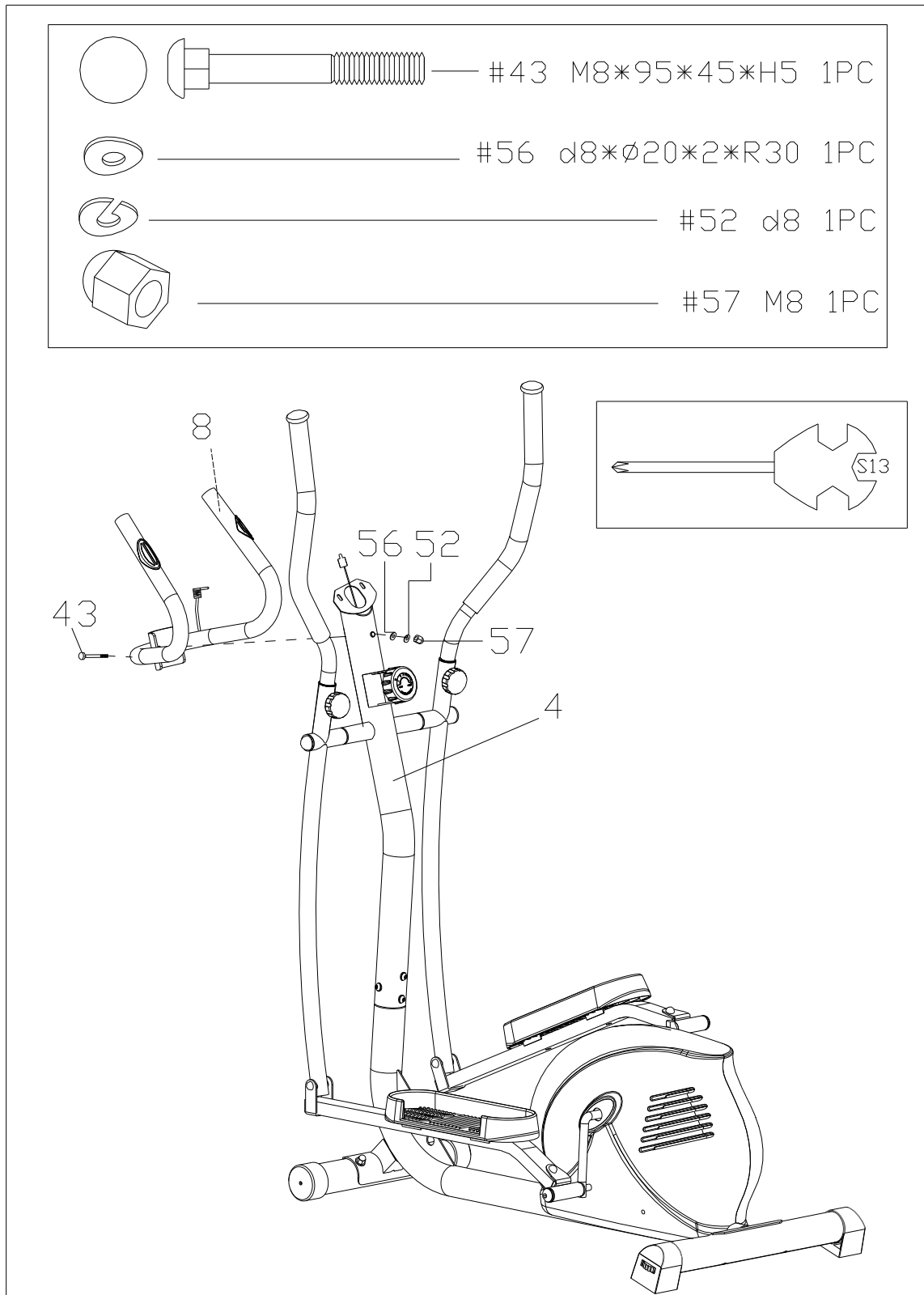
Insert the Handlebar (5L/R) into the Swing rod (6L/R), lock up with Knob (30), and then attach the End cap (27).

## STEP 5:



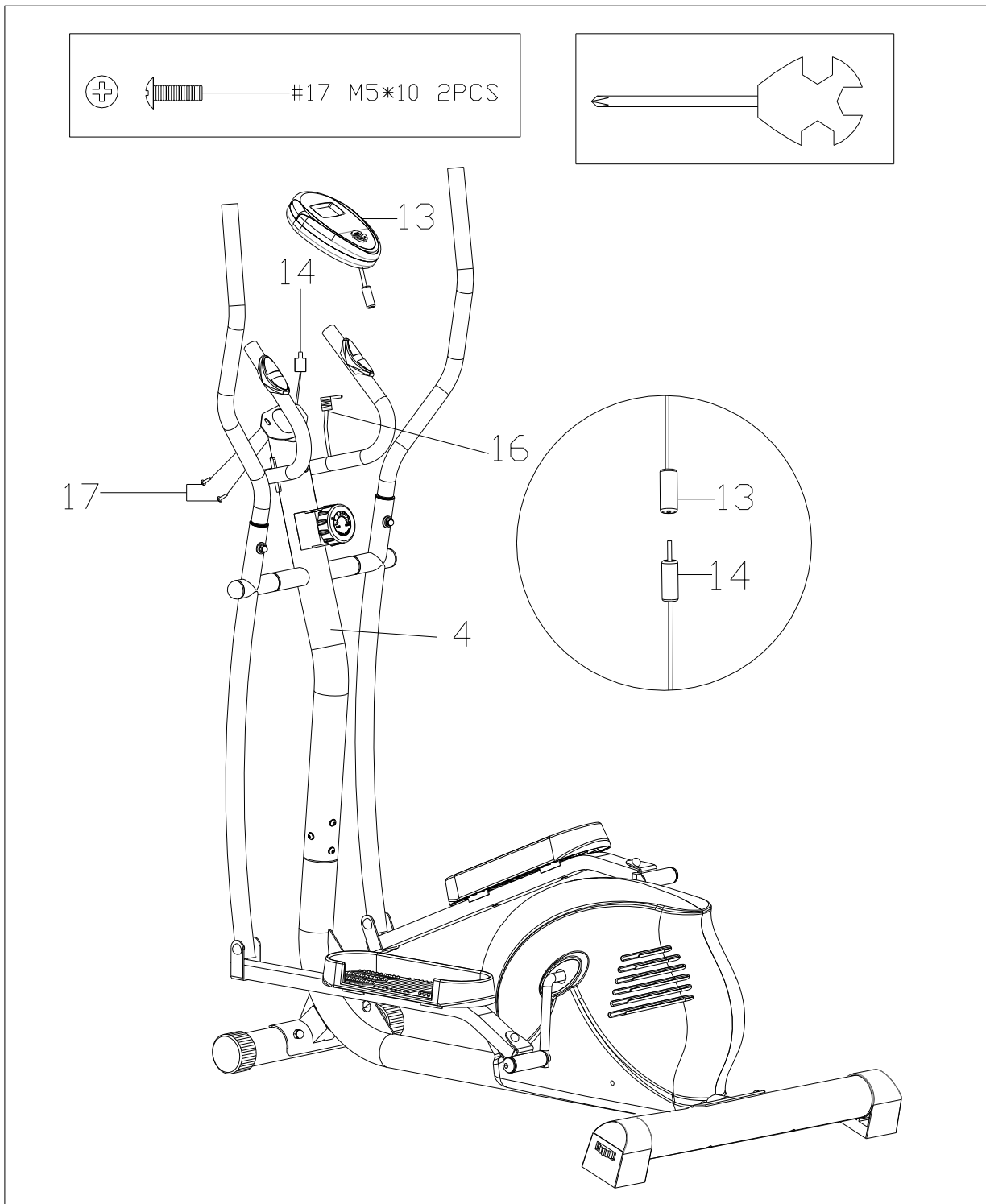
Attach the Pedal (12L/R) onto the Connecting rod (10L/R) with the Bolt (44), Washer (50) and Nut (58).

## STEP 6:



Use Bolt (43), Arc washer (56), Spring washer (52) and Nut (57), lock the Middle handlebar (8) onto the Handle bar post (4).

## STEP 7:



- a: Connect the link wire of Computer (13) with Trunk line (14);
- b: Secure Computer (13) to Handle bar post (4) with Screw (17). Then insert Handle pulse wire (16) into the hole on the back of Computer (13).

**Installation is complete.**

# USING YOUR ELLIPTICAL BIKE

Using your elliptical bike will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie controlled diet, help you lose weight.

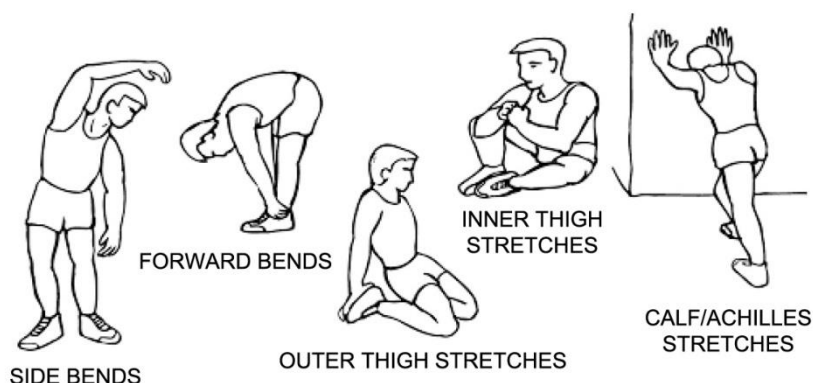
## **WARM-UP PHASE**

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.***



## **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.

Version: Oct 22<sup>th</sup>, 2013