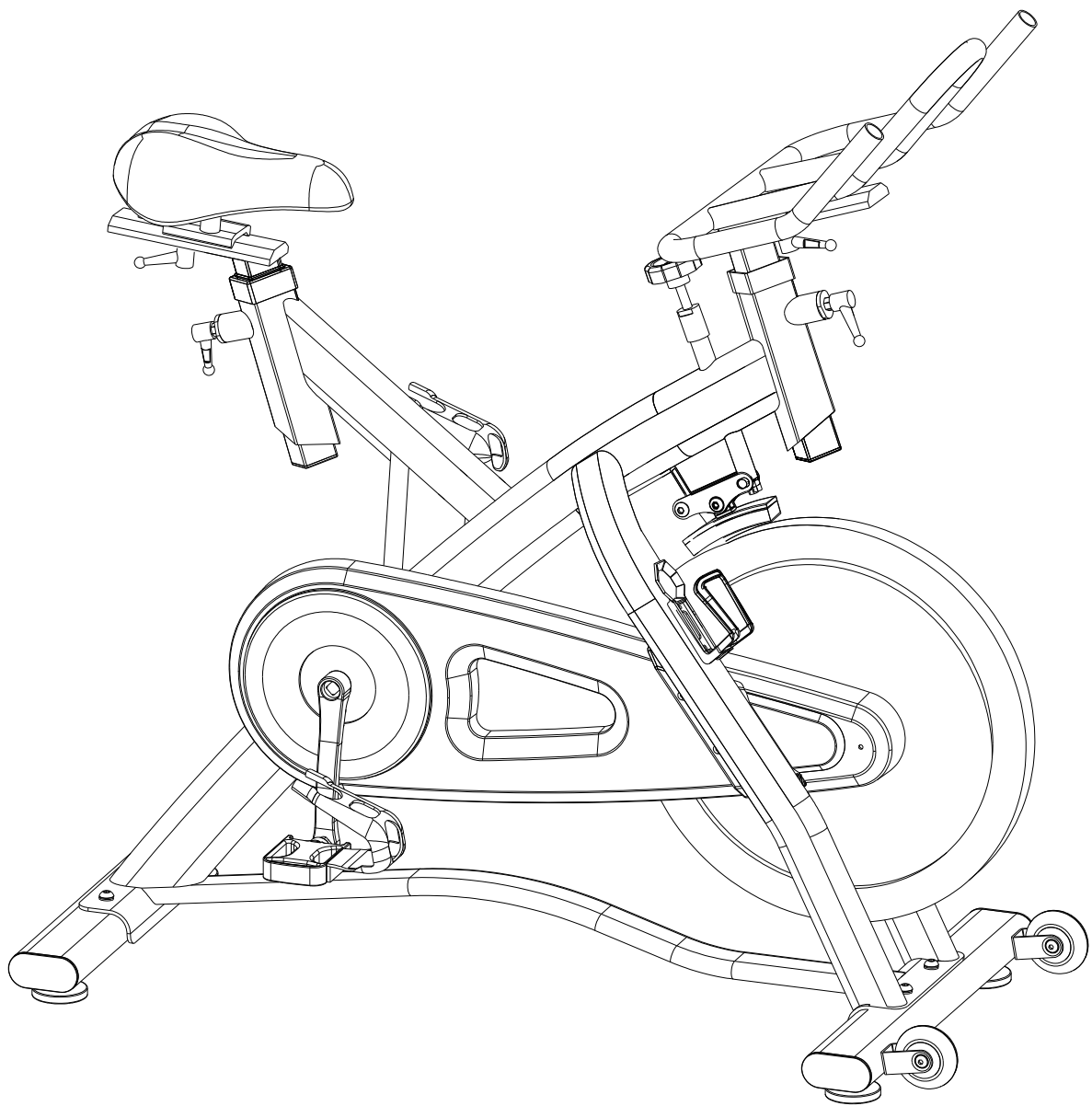




**SUNNY INDOOR CYCLING BIKE
USER MANUAL
SF-B1003**



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SAFETY GUIDELINE

1. Once assemble fully, please inspect to make sure all hardware parts such as bolts, nuts and washers are positioned and in stability situation.
2. Always inspect the safety chain guard that protects the moving parts of the bike to be in safe and in good order.
3. Always inspect the seat post, seat slider, pedals and handlebar to make sure they are in safe and stability situation before using the bike.
4. To lubricate all moving parts monthly is recommended.
5. Do not wear loose clothing to avoid entangling into any moving parts.
6. Do not remove feet from the pedals while they are in motion.
7. Running or aerobic shoes are required when using the bike.
8. Dry the bike after each use to remove sweat and moisture. Wipe your Hope bike regularly with a mild, non-abrasive cleaner and water solution. To avoid damaging the finish on the bike, never use a petroleum-based solvent when cleaning.
9. Please keep children away from the bike while it is in use. Do not allow children to use the bike. This bike is designed for adults, not children.
10. Do not dismount the bike until the pedals are at a completely STOP.
11. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP!
12. Do not place fingers or any other objects into moving parts of the exercise equipment.
13. Before starting any exercise program, consult with your physician first. He or she can help establish the exercise frequency, time and intensity appropriate for your particular age and condition.
14. After exercising, please turn the adjustment control knob clockwise (+) to increase tension so the pedals will not rotate freely and possibly hurt someone.
15. The maximum user weight is 275 Lbs, pls do not overloaded.

UNIT GENERAL KNOWLEDGE

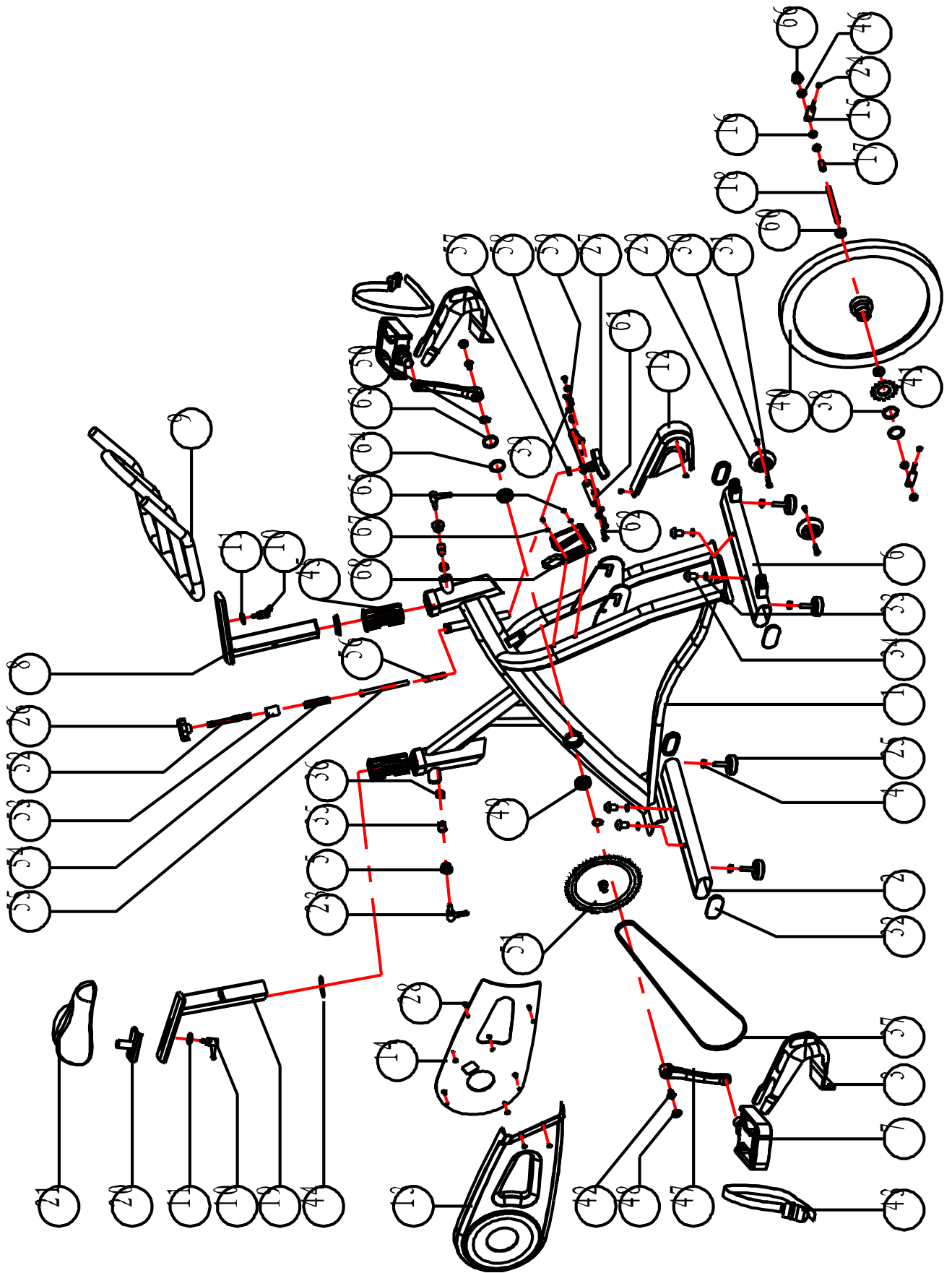
The unit belongs to Aerobic Exercise equipment. Its training objective is to increase oxygen inhaled and blood recycling through long time training (stamina exercise), active your heart blood cycling and lung breath system so that all the organs of your body can get plenty of oxygen and nutrition, thus whole body maintains a good fitness situation.

The unit is designed according to the drive theory of bicycle; the friction theory is adopted the resistance. Adjust the resistance by tuning the Tensioner Knob, and brake by the Brake Handle. The equipment is safety during the exercise. It is suitable for using at home, office and club.

Notice:

1. Make sure the equipment is steady before starting exercise. If the ground isn't flat, please adjust Base Levelers (25) for level.
2. Adjusting height of Seat Post (19) and slide the Seat Slider (20) in order that Seat (21) to a suitable position, and then please adjust height of Handlebar Post (8) in accordance with your body size. Set right resistance by Tensioner Knob (26).
3. You may do exercise three times every week, it spends about one hour every time, the best working effect is HBF as 110-150 times/min.
4. The drive mode equipment is bi-directive drive. Please press Tensioner Knob (26) for braking if you want to stop the exercise.
5. Do not leave Seat (21) until all parts stop completely.

EXPLODED DRAWING

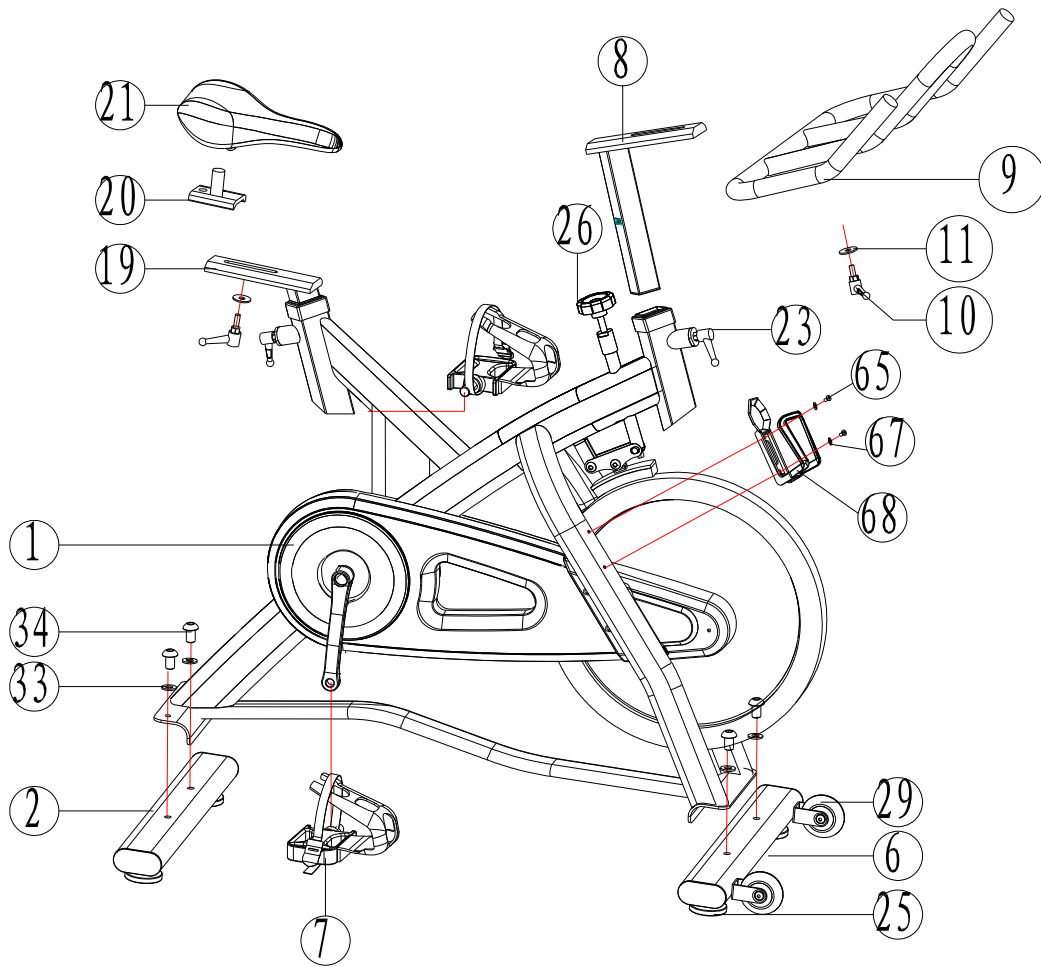


SPARE LIST

NO.	DESCRIPTION	SPECIFICATION	QTY
1	Main Frame		1
2	Rear Base	Flat Oval 40*80*1.5T*498L	1
3	Pedal House		2
4	Hexagon Nut	M10	4
5	Inner Nut	φ 31*M24*14.5L	2
6	Front Base	Flat Oval 40*80*1.5T*498L	1
7	Pedal	9/16 “-20UNF	1 set
8	Handlebar Post	□40*40*1.5T*250L	1
9	Handlebar		1
10	Handle	M10*25L (Iron)	2
11	Flat Washer	φ 10. 2* φ 30*4T	2
12	Small Chain Cover		1
13	Big Chain Cover		1
14	Chain Cover Fixation		1
15	Chain Adjuster Welding		2
16	Hexagon Nut	M12*P1.0*6T (sub tense: 19)	4
17	Sleeve	φ 18* φ 12*20L	1
18	Flywheel Spindle	M12*P1.0*153L	1
19	Seat Post	□40*40*1.5T*250L	1
20	Seat Slider		1
21	Seat		1
22	Opening Wrench	13#15# Opening Wrench	1
23	Handle	M10*25L (Iron Material)	2
24	Nylon Nut	M8	2
25	Base Leveler	φ 52*M10*47L	4
26	Tensioner Knob	M10 (with Silk-screen +, -)	1
27	Brake Pad	110*30*10T	1
28	Umbrella Cross Head screws	M4*10L Whole Teeth	7
29	Pulley	φ 15x φ 71.5xW23	2
30	Inner Hexagon Flat Round Head Screw	M6*12L	4
31	Hexagon Hollow Bolt	φ 8*M6*30	2
32	Tube Mat	Suitable for Flat Oval 40*80*2T	4
33	Flat Washer	φ 20* φ 10*1.5T	4
34	Inner Hexagon Flat Round Head Screw	M10x25	4
35	Limit Axis	φ 21.5* φ 18*27.5L	2
36	Spring	φ 1.5*14L	2
37	Silence Chain	61 sets (P=12.7) 122 pcs	1
38	Locknut	1-3/8 “-24UNF-RH	2
39	Flat Washer	φ 8* φ 16*2T	4
40	Flywheel	460*30	1

NO.	DESCRIPTION	SPECIFICATION	QTY
41	Bi-direction Small Chain Wheel	1-3/8 “-24UNF-RH	1
42	Drop Resistant Screws (Hexagonal, Subtense: 14)	M8xP1. 0x20L (30#), Class :8.8	2
43	Pedal Strap		
44	Tube Mat	Suitable for Square Tube 40*40*2T	2
45	Tube Bushing	Outer with 50*50*2T, Inner with 40*40	2
46	Flat Washer	φ 12* φ 20*2T	1
47	R/L Crank	9/16” 170L	1set
48	Crank Cover		2
49	Bearing 6004	6004 (Black Plastic Case)	2
50	C-Shaped Buckle	φ 20	2
51	Axis + Chain Wheel Welding	φ 20*160L	1
52	Thread Rod	M10*105L	1
53	Limit Cover	φ 25*35L	1
54	Inner Thread Rod	M10*55L	1
55	Spring Shaft	M10*P1. 0*140L	1
56	Spring	φ 1. 5*65L	1
57	Hex Nut (Subtense:14)	M10*P1. 0*4T	1
58	Connecting Pressing Cover	φ 16*25L	1
59	Sleeve	φ 12* φ 8. 2*21. 5L	2
60	Bearing 6001	6001 (Black Plastic Case)	2
61	Arc-Shaped Block	3T	2
62	Inner Hexagon Hollow Bolt	φ 8*M6*24	2
63	Flat Washer	φ 17. 5* φ 25*0. 3T	1
64	Wave-shaped Washer	φ 17. 5* φ 25*0. 3T	1
65	Cross Umbrella Head Screw	M5*15 Whole Teeth	2
66	Cap Nut	M12*P1. 0 (subtense:19)	1
67	Flat Washer	φ 5*1. 0	2
68	Water Bottle Holder		1

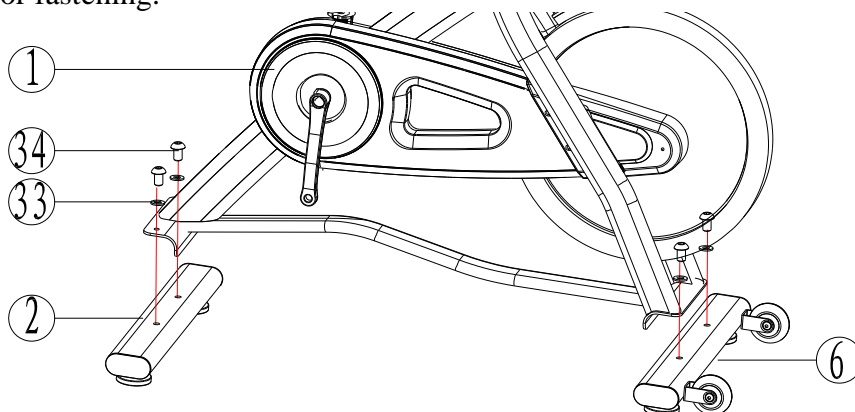
INSTALLATION



Steps of Installation:

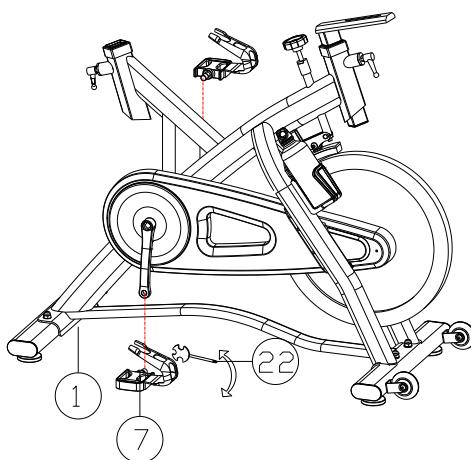
Step 1: Fix Front Base and Back One.

According to the following figure, fix the Front Base (6) and Back Rear Base (2) to Main Frame (1) respectively with 4pcs of Inner Hexagon Flat Round Head Screw (34) and Flat Washer (33) by Inner Hexagon Wrench for fastening.



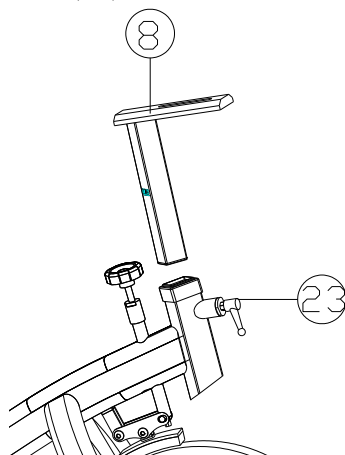
Step 2: Install Left Pedal and Right one.

Refer to the figure as below, insert the left Pedal and Right One (7) into the Crank. Furthermore, fix them to the Main Frame (1) with Opening Wrench #15(22).



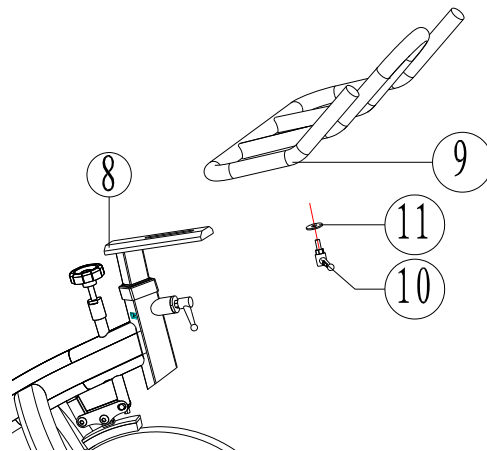
Step 3: Fasten Handlebar Post.

Refer to the following figure, loose handle (23), and insert Handlebar Post (8) to the Handlebar Support, and then fasten Handle (23) again.



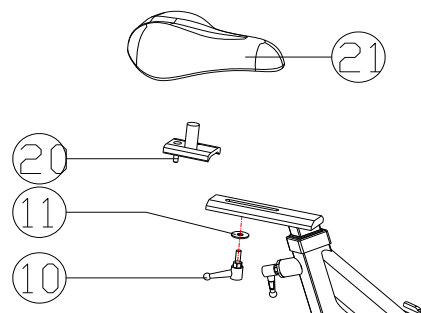
Step 4: Fasten Handlebar.

Refer to the following figure, put the Handlebar (9) onto the Handlebar Post (8), and fasten them through Flat Washer (11) and Handle (10).



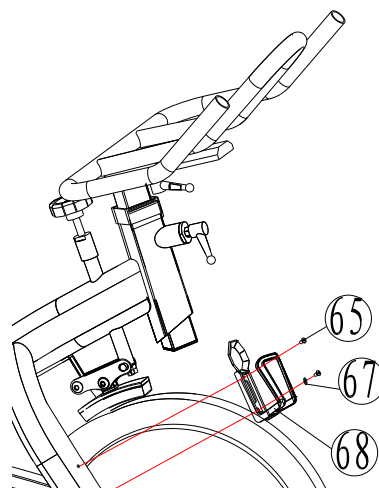
Step 5: Fix Seat Slider and Seat.

Refer to the following figure, fix Seat Slider(20) to Seat Post (19) through Flat Washer (11) and Handle (10), and then fasten Seat (21) to Seat Slider (20) through Opening Wrench 13# (22).



Step 6: Installation Water Bottle Holder.

Assembly Water Holder (68) on Main Frame (1) with Flat Washer (67) & Cross Umbrella Head Screw (65) with tools.

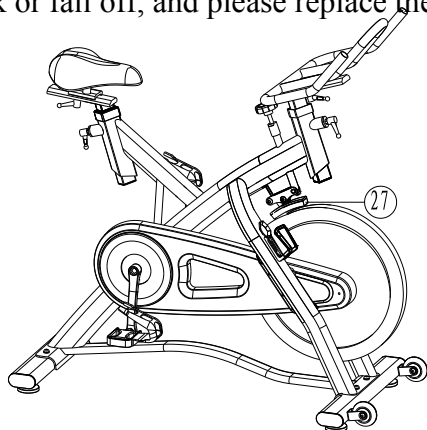


Step 7: Installation complete.

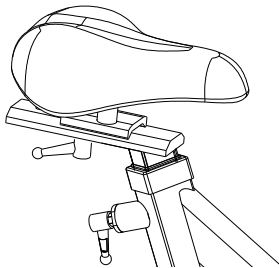
After installation, please check carefully whether all screws and nuts are fastened well or not.

NOTICE

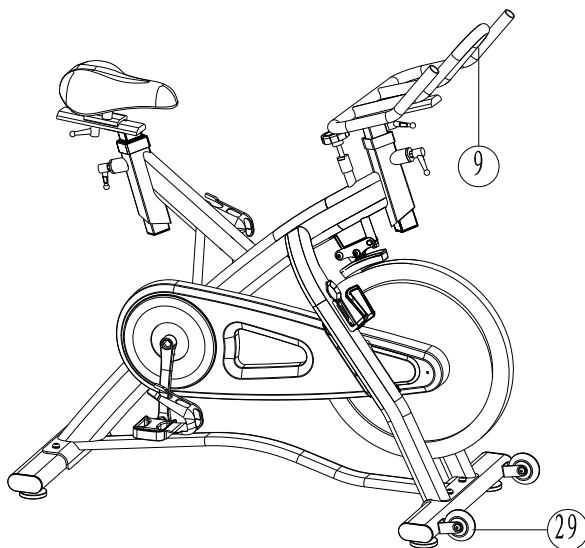
1. Please check all the nuts, nut caps and pedals are in securing state regularly. If you find any defective parts, please do not do any exercise until they are repaired well.
2. Please refer to the following figure, pay more attention to easy damage parts such as Brake Pad (27), if you find them can't work or fall off, and please replace them at once.



3. Please check whether Pedals are loose before starting exercise. If so, please repeat Step 2 for installation.
4. If Seat is loose, please adjust Hexagon Screw for fastening through Opening Wrench (22).

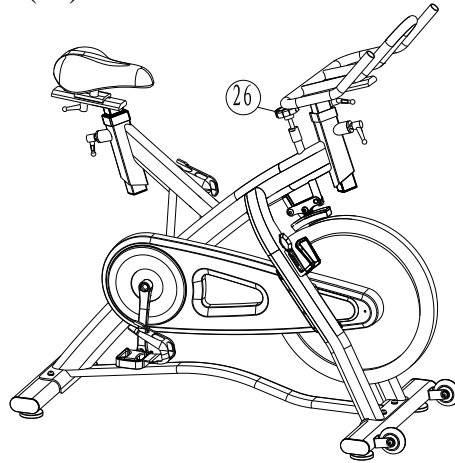


6. If you want to remove this unit, please put your hand onto Sinking – handlebar (9), force it so that Pulley of Front Base (29) to stand on land, this unit can be moved in this way.

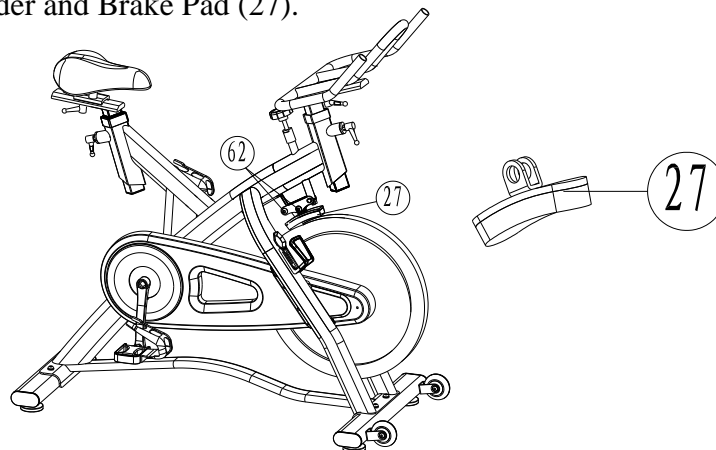


INSTRUCTION ON CHANGING BRAKE PAD

Step 1: adjust Tensioner Knob (26) counter-clockwise so that Brake Pad can be apart from Flywheel.



Step 2: unscrew 2pcs Inner Hexagon Hollow Bolt with 2pcs of Inner Hexagon tools (Remarks: the center one should be unscrewed completely, the other one just be unscrewed for a half is OK), and then take down Brake Pad Holder and Brake Pad (27).



Step 3: change new Brake Pad – including its holder, assemble Sleeve (59), Brake Pad (27), Inner Hexagon Hollow Bolt (62) & Inner Hexagon Flat Round Head Screw (30) in turn, and fastened them with Inner Hexagon Tool firstly, fasten another Inner Hexagon Hollow Bolt (62) finally.

