



Pink Magnetic Recumbent Bike

Model No. P8400



IMPORTANT!

PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE.

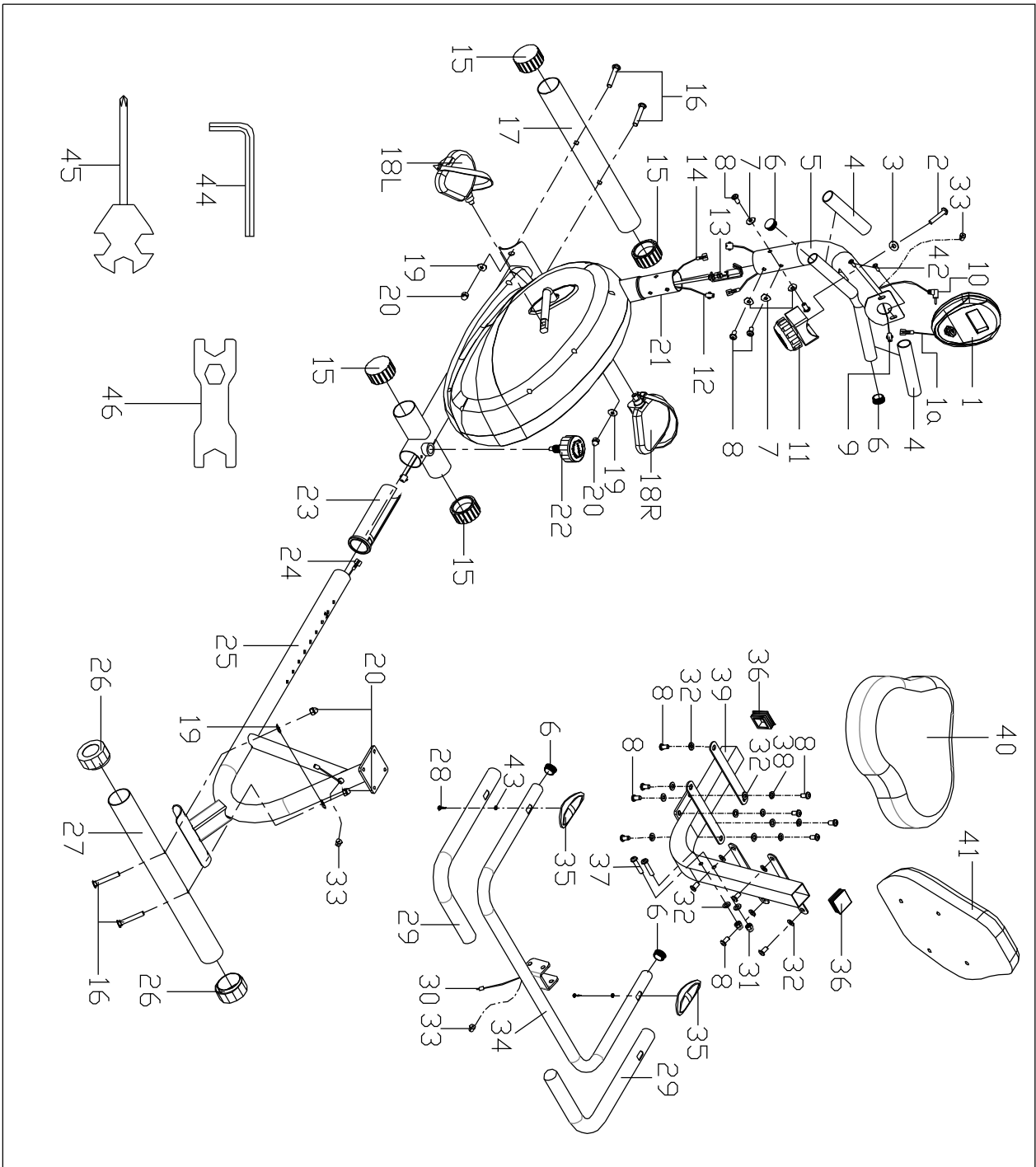
For Customer Service, please contact: support@sunnyhealthfitness.com

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.

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, please make sure all 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, in which the value will show up when using the equipment. Please note that the value of the heart pulse displayed on the monitor is an estimate for reference.
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. 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 for future reference.
13. This equipment is designed for indoor and home use only, not intended for commercial use.

EXPLODED VIEW

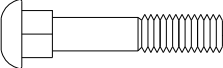
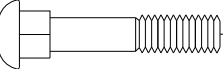
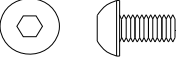


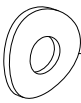



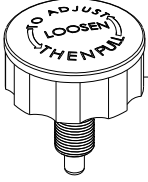
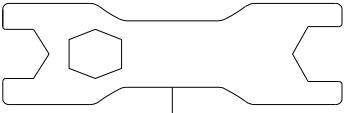
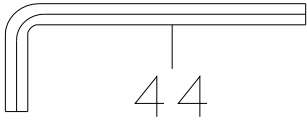
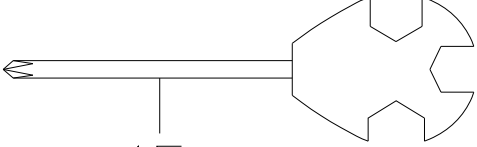


PARTS LIST

No.	Description	Qty.
1	Computer	1
1a	Computer wire	1
2	Screw M5*15	1
3	Arc washer d5*Φ20*1*R30	1
4	Foam grip Φ23*5*120	2
5	Handlebar post	1
6	End cap Φ25*16	4
7	Arc washer d8*Φ20*2*R30	4
8	Screw M8*16	16
9	Sensor wire a	1
10	Sensor wire b	1
11	Tension control cable	1
12	Sensor wire c	1
13	Tension hook	1
14	Sensor wire d	1
15	End cap Φ50	4
16	Bolt M10*60	4
17	Front stabilizer	1
18L/R	Pedal L/R	2
19	Arc washer d10*Φ25*2*R30	4
20	Nut M10	4
21	Main frame	1
22	Knob M16*1.5*27	1
23	Bushing Φ50	1

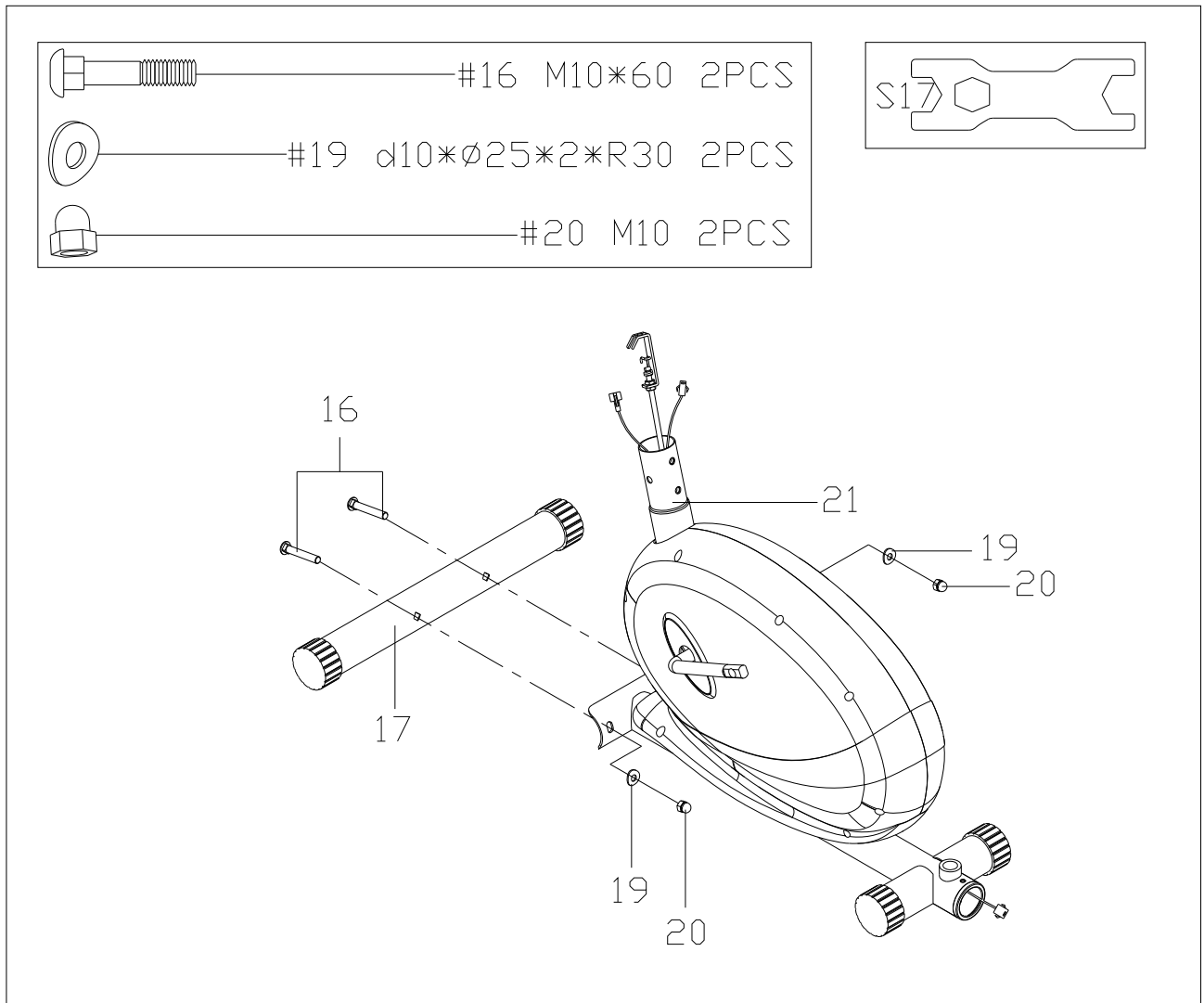
No.	Description	Qty.
24	Sensor wire 5	1
25	Rear main frame	1
26	End cap Φ50	2
27	Rear stabilizer	1
28	Screw ST4*19	2
29	Foam grip Φ23*5*500	2
30	Handle pulse wire	1
31	Nut M8	2
32	Washer d8*Φ16*1.5	14
33	Grommet Φ12*Φ11*3	3
34	Handle bar	1
35	Handle pulse	2
36	End cap F38*38*1.5	2
37	Bolt M8*50	2
38	Spring washer d8	4
39	Backrest frame	1
40	Seat cushion	1
41	Backrest cushion	1
42	Screw M5*10	2
43	Washer d6*Φ12*1	2
44	Allen wrench S6	1
45	Spanner S13-14-15	1
46	Spanner S17-19	1

HARDWARE PACKAGE

	#16	M10*60	4PCS
	#37	M8*60	2PCS
	#8	M8*16	16PCS
	#20	M10	4PCS
	#31	M8	2PCS
	#19	d10*Ø25*2*R30	4PCS
	#7	d8*Ø20*2*R30	4PCS
	#32	d8*Ø16*1.5	14PCS
	#38	d8	4PCS
	#22	M16*1.5*27	1PC
	46		
	44		
	45		

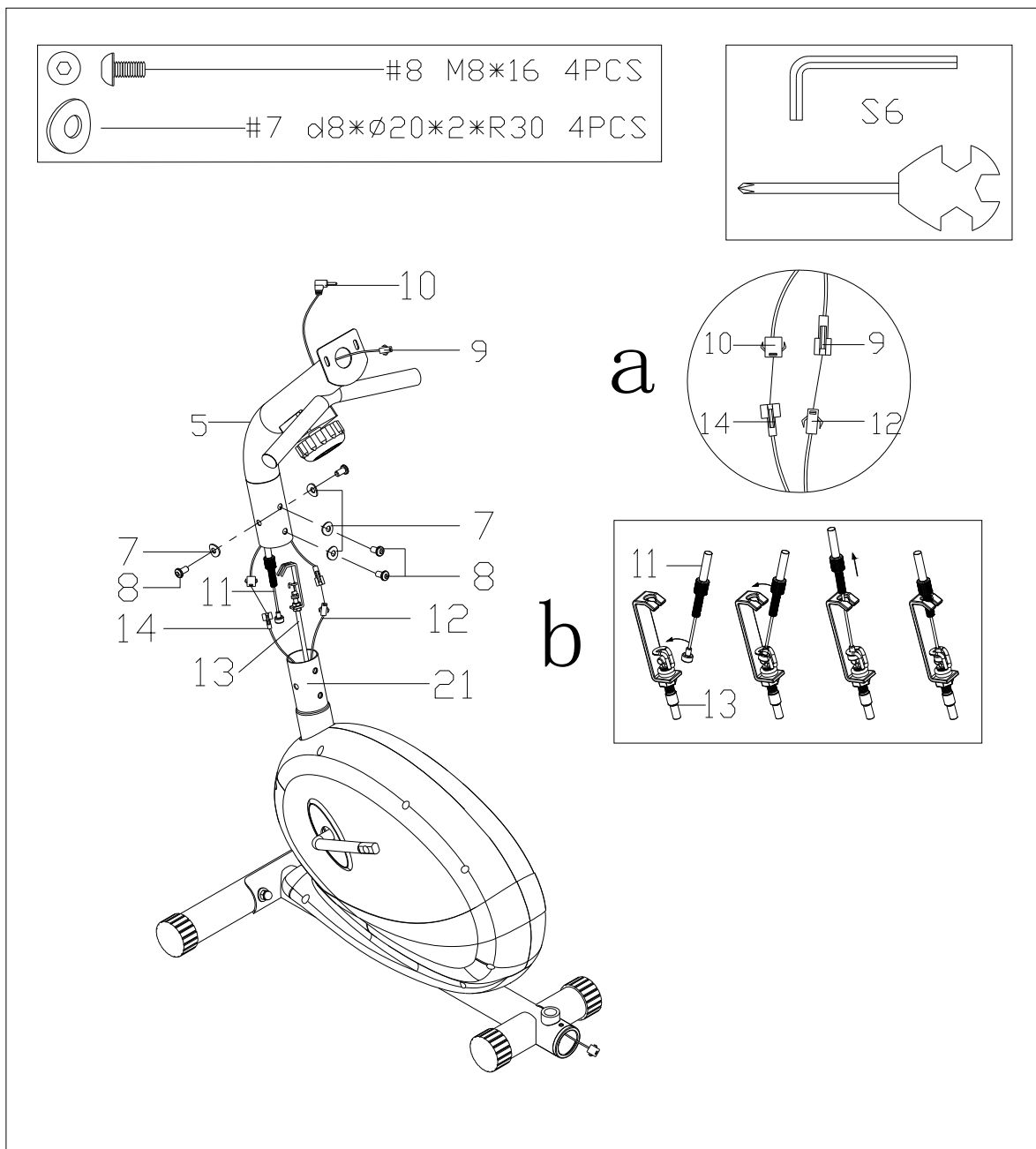
ASSEMBLY INSTRUCTIONS

Step 1:



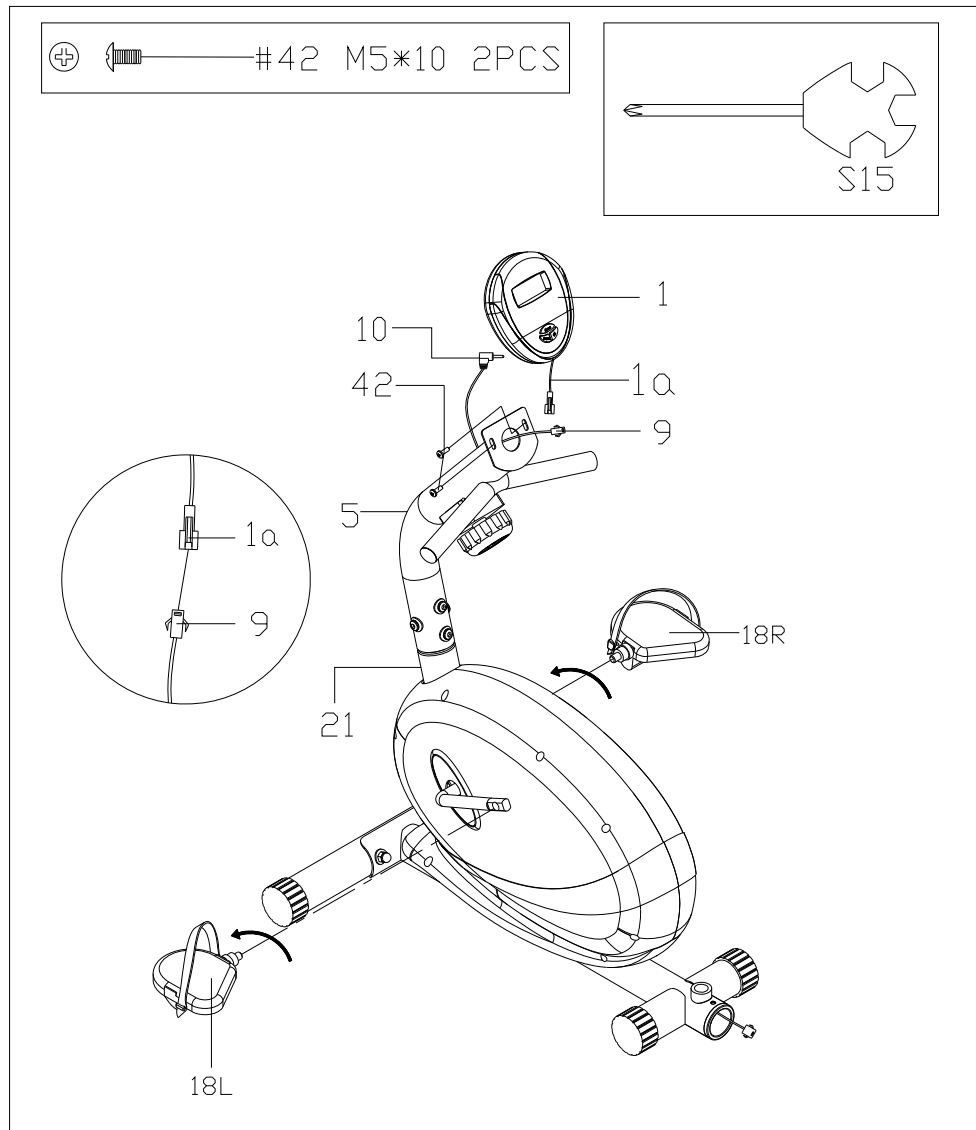
Secure Front stabilizer (17) to Main frame (21) with Bolts (16), Arc washers (19) and Nuts (20).

Step 2:



- A. Connect Sensor wire a (9) with Sensor wire c (12). Then connect Sensor wire b (10) with Sensor wire d (14). (See diagram a above)
- B. Connect Tension hook (13) with Tension control cable (11). (See diagram b above)
- C. Secure Handlebar post (5) to Main frame (21) with Screws (8) and Arc washers (7).

Step 3:

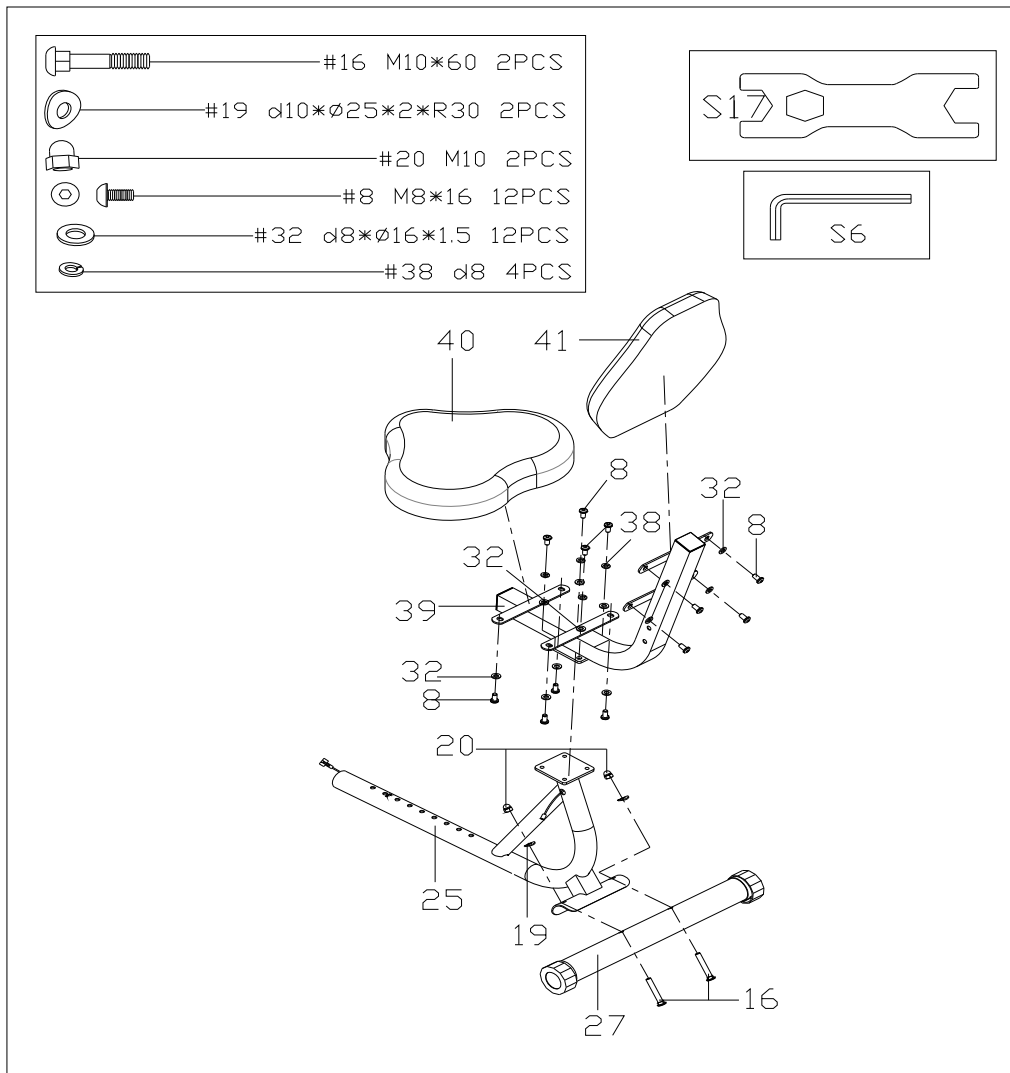


A. Connect Computer wire (1a) with Sensor wire a (9), then secure Computer (1) to Handlebar post (5) with Screws (42). Insert Sensor wire b (10) into the back of Computer (1).

B. Secure Pedals (18L/R) onto the left and right crank of the Main frame (21).

★CAUTION: The left side of the machine has reversed threading. You must screw the left pedal counter-clockwise to tighten. The right pedal is tightened by turning clockwise. Failure to follow these instructions can result in permanent damage to your bike.

Step 4:



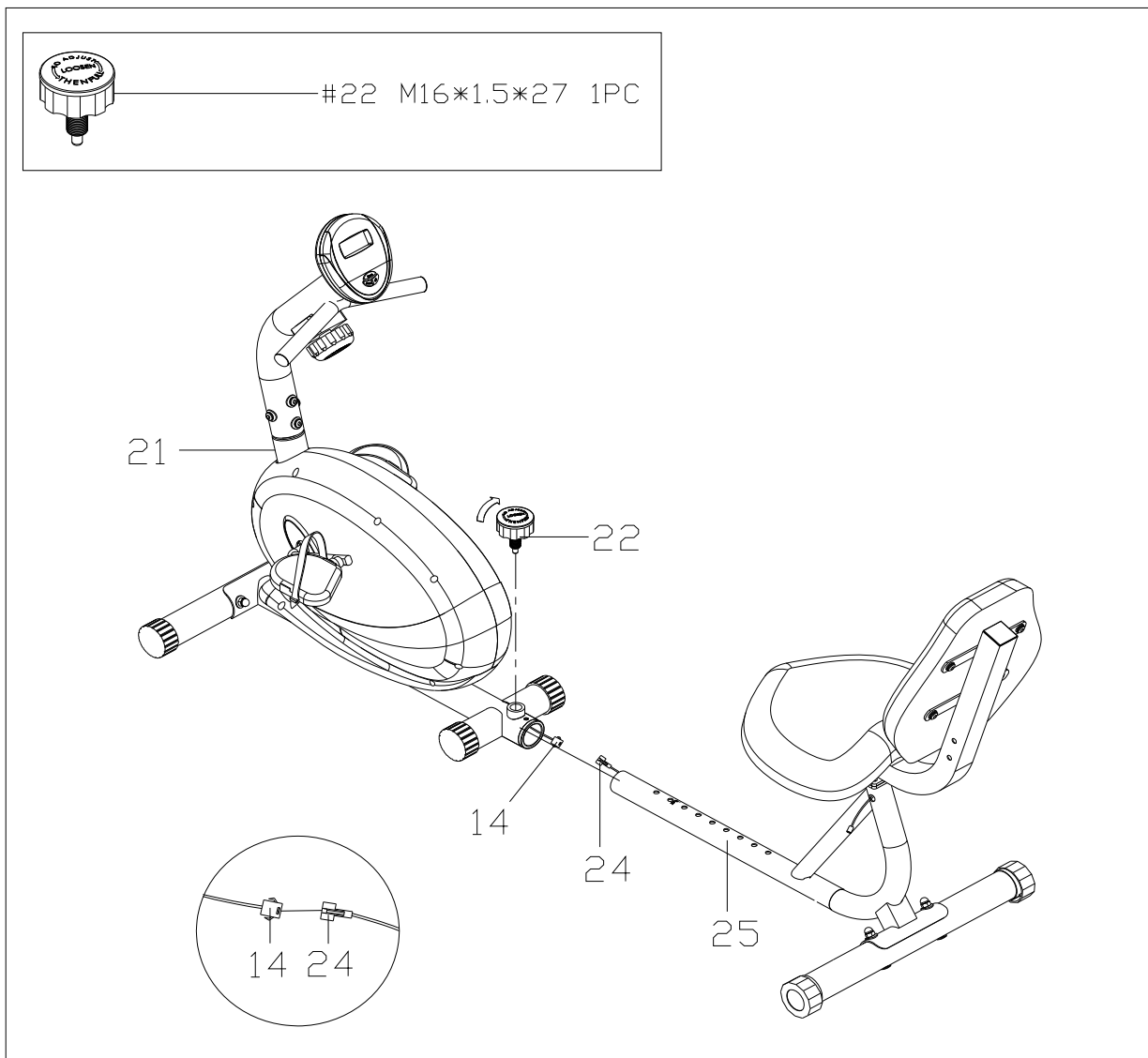
A. Secure the Rear stabilizer (27) to the Rear main frame (25), with Bolts (16), Arc washers (19) and Nuts (20).

B. Secure Backrest frame (39) to Rear main frame (25) with Screws (8), Spring washers (38) and Washers (32).

★**Note:** For easier installation of next step, try flipping Rear main frame (25) over.

C. Secure Seat cushion (40) and Backrest cushion (41) to Backrest frame (39) with Screws (8) and Washers (32).

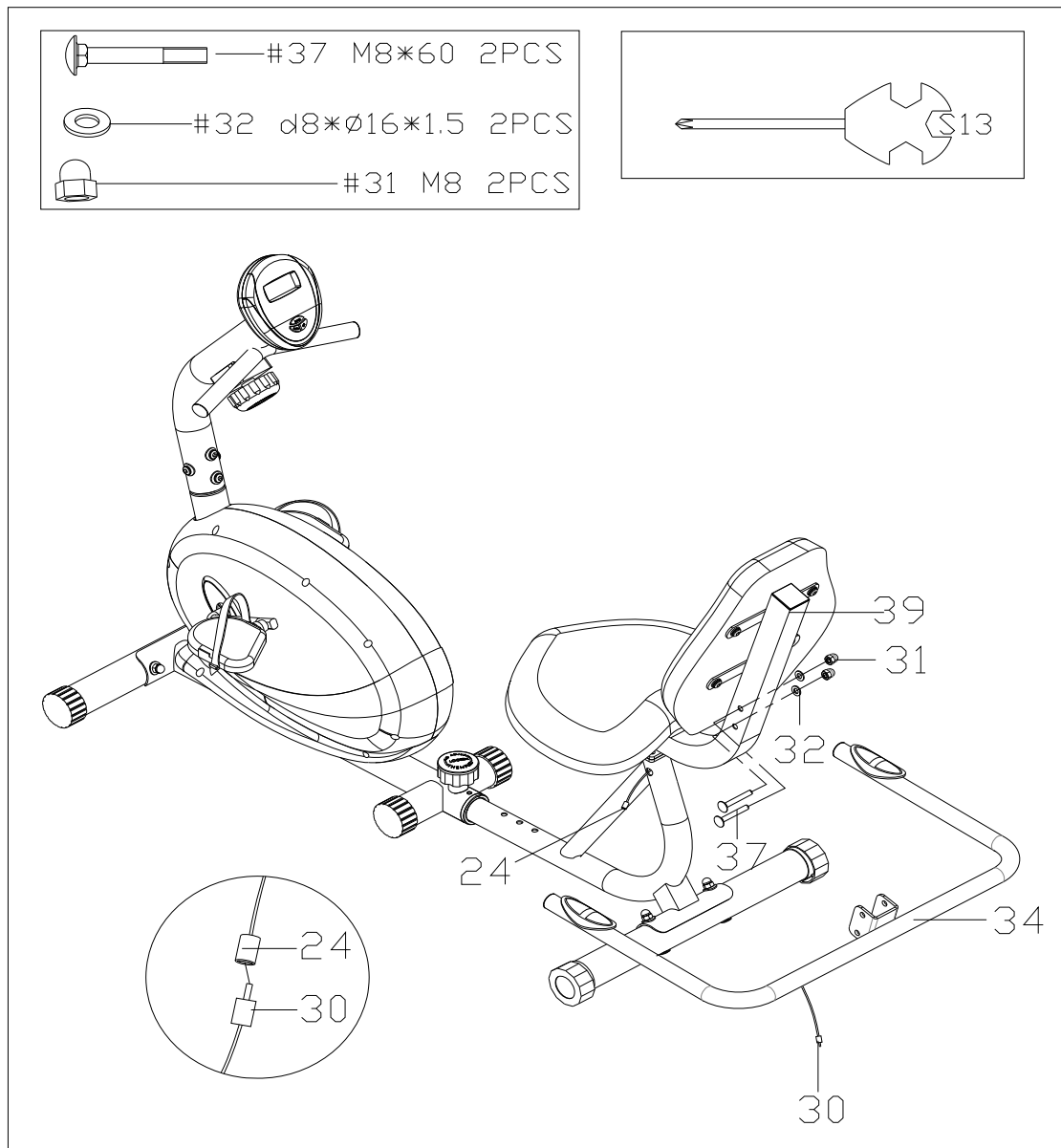
Step 5:



A. Connect Sensor wire d (14) with Sensor wire 5 (24), then secure the Rear main frame (25) to the Main frame (21) with the Knob (22).

★CAUTION: There are different holes on the Rear main frame (25) which can be used for people with different height. You can find the best position hole for your height. At the farthest point of the pedal's travel, your knee should still have a slight 15 degree in it.

Step 6:



A. Secure Handle bar (34) to Backrest frame (39) with Bolts (37), Washers (32) and Nuts (31).

B. Connect Sensor wire 5 (24) with Handle pulse wire (30).

Installation is complete.

Version: Jan.10th, 2014