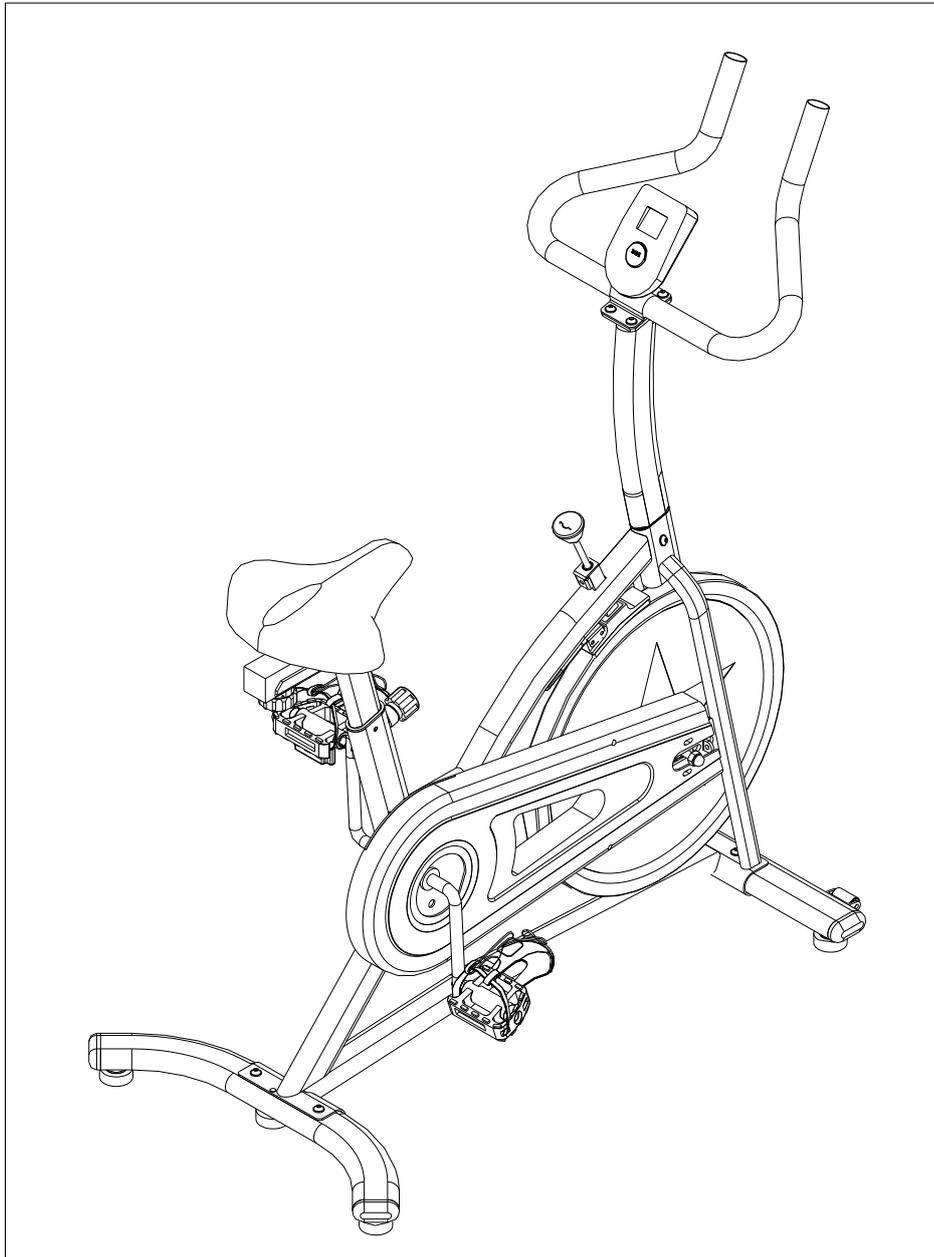




Indoor Cycling Exercise Bike

Model No. P8100 & SF-B1203



IMPORTANT!

PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE.

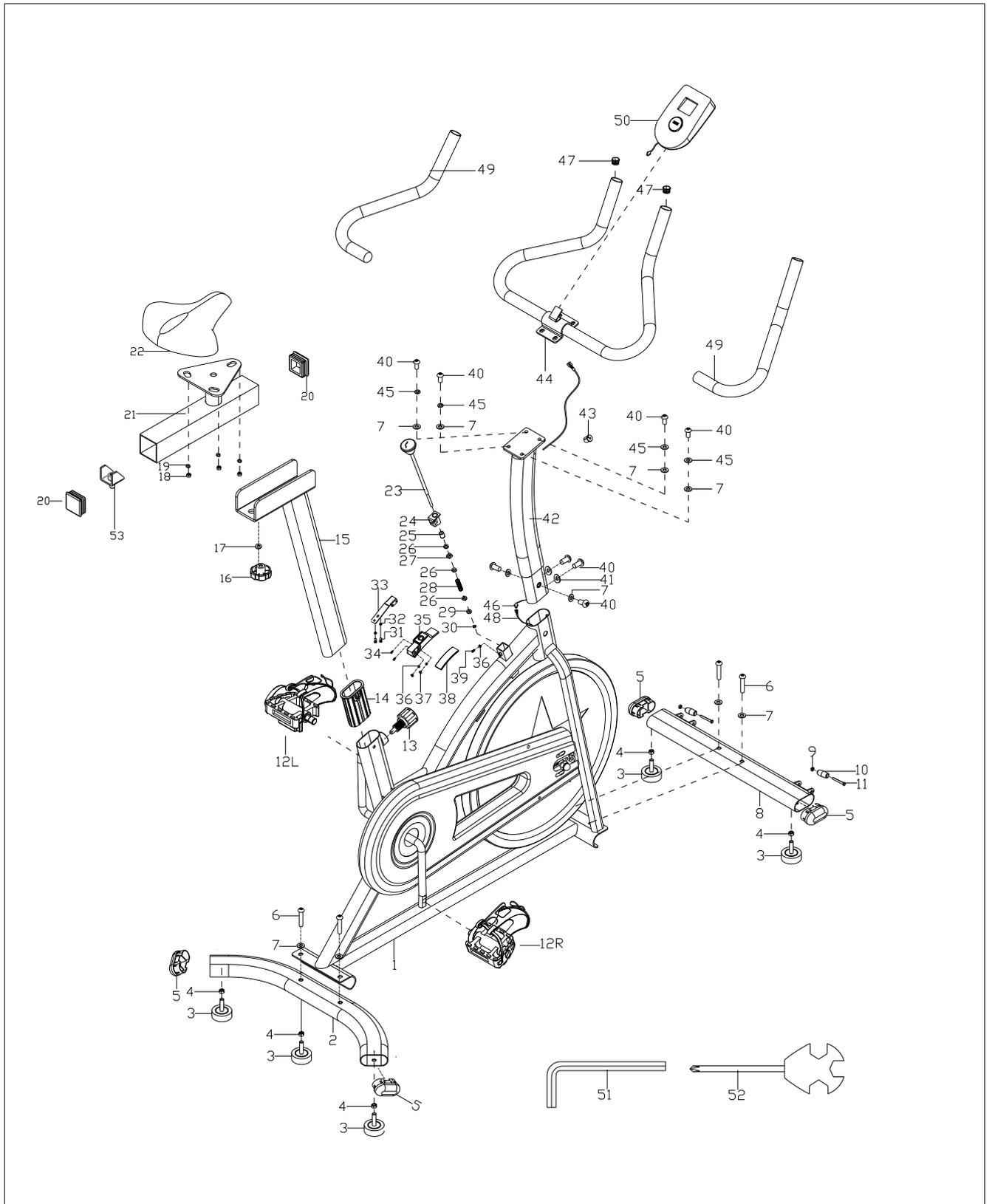
For Customer Service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. 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. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program you should consult your physician 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 physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. 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, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. 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 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. 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 exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. The maximum weight capacity of this unit is 220 pounds.
9. The equipment is not suitable for therapeutic use.
10. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
11. This equipment is designed for indoor and home use only, it is not intended for commercial use.

EXPLODED VIEW

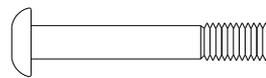


PARTS LIST

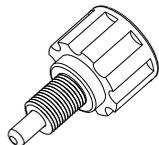
NO.	Description	Qty.
1	Main frame	1
2	Rear stabilizer	1
3	Foot pad Φ 43*14*M8*25	5
4	Nut M8*H5.5*S1	5
5	End cap PT60*30*20	4
6	Screw M8*40*20*S6	4
7	Washer d8* Φ 16*1.5	10
8	Front stabilizer	1
9	Nylon nut M6*H6*S10	2
10	Roll wheel Φ 23*32* Φ 6	2
11	Bolt M6*48*18*S10	2
12L/R	Pedal 76X 1/2"	2
13	Knob M16*1.5*22* Φ 37 English	1
14	Bushing PT60*30*50*20*93*15	1
15	Saddle post	1
16	Knob M10* Φ 58*32	1
17	Washer d10* Φ 20*2	1
18	Nylon nut M8	3
19	Washer d8* Φ 16*1.5	3
20	Square end cap J38*38*14	2
21	Saddle tube	1
22	Saddle	1
23	Brake handle Φ 8* Φ 40*195	1
24	Small cover	1
25	Brake spacer Φ 12* Φ 9*15	1
26	Plastic washer Φ 8.5* Φ 16*2	3
27	Nut M8*H5*S12	1

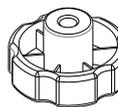
NO.	Description	Qty.
28	Spring Φ 1* Φ 11*57*N11	1
29	Washer d6* Φ 16*1.2	1
30	Nylon nut M6*H6*S10	1
31	Bolt M6*10*S10	2
32	Washer d6* Φ 12*1.2	2
33	Brake Spring pad	1
34	Screw M5*30* Φ 8	2
35	Brake pad	1
36	Washer d5* Φ 10*1	3
37	Nylon nut M5	2
38	Wool felt t8*30*110	1
39	Screw M5*8* Φ 8	1
40	Screw M8*16	8
41	Arc washer d8* Φ 20*R16*2	2
42	Front post	1
43	Grommet	1
44	Handlebar	1
45	Spring washer d8	4
46	Sensor wire 1	1
47	Round end cap Φ 25*16	2
48	Sensor pad	1
49	Foam grip Φ 23*5*400	2
50	Computer	1
51	Wrench S6	1
52	Wrench S13-14-15	1
53	U shape seat	1

HARDWARE PACKAGE

 #6 M8*40*20*S6 4PCS

 #7 d8*ø16*1.5 10PCS

 #13 M16*1.5*22*ø37 1PC

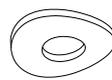
 #16 M10*ø58*22 1PC

 #17 d10*ø20*2 1PC

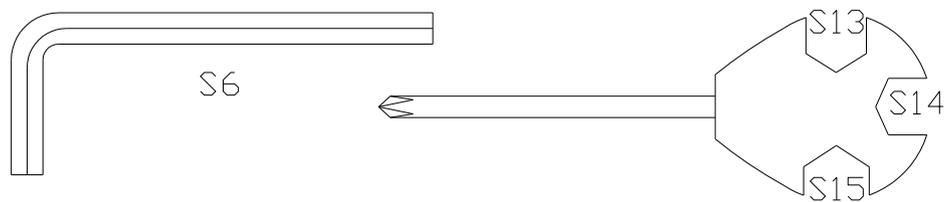
 #36 d5*ø10*1 1PC

 #39 M5*8*ø8 1PC

 #40 M8*16 4PCS

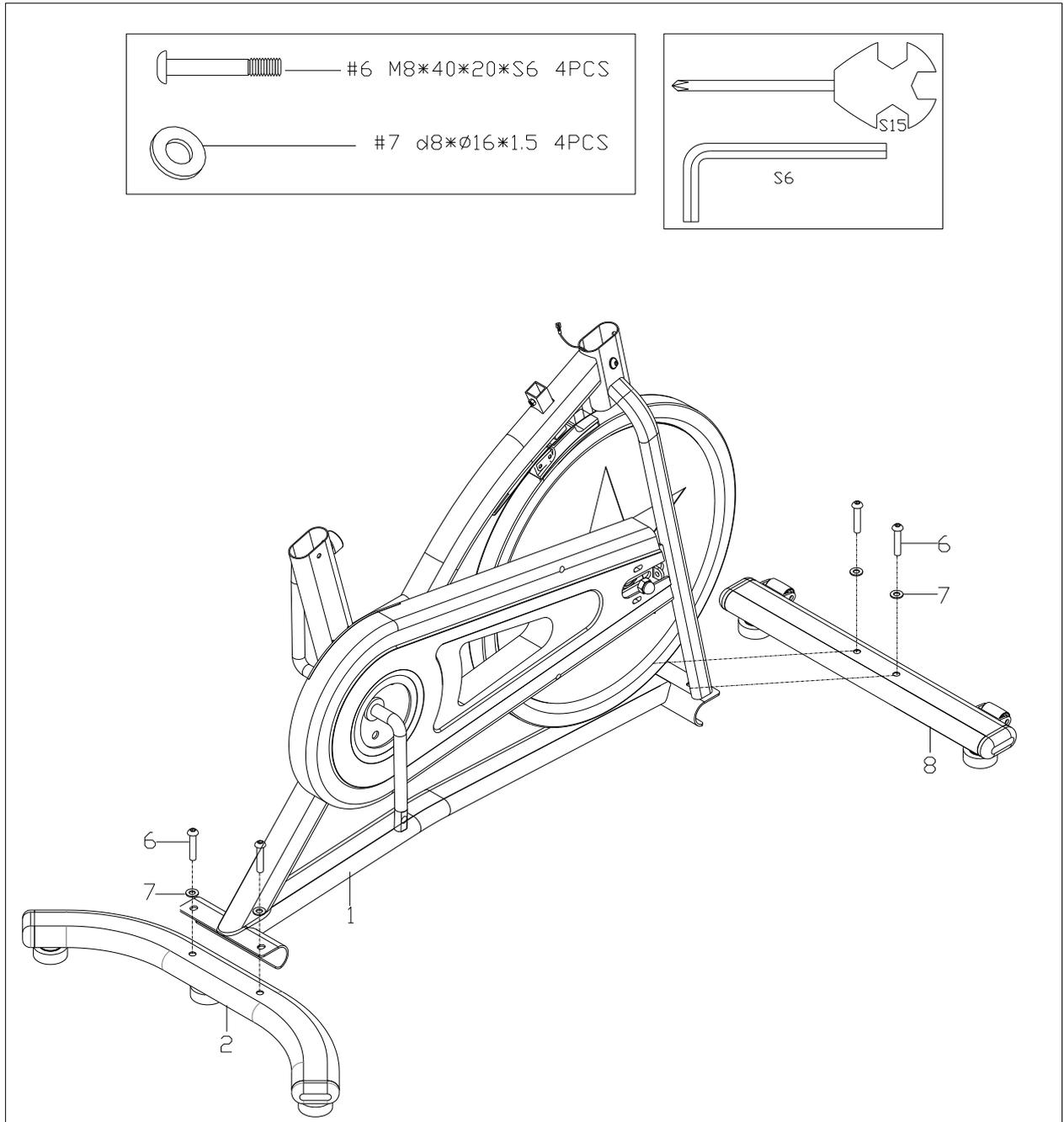
 #41 d8*ø20*R16*2 2PCS

 #45 d8 4PCS



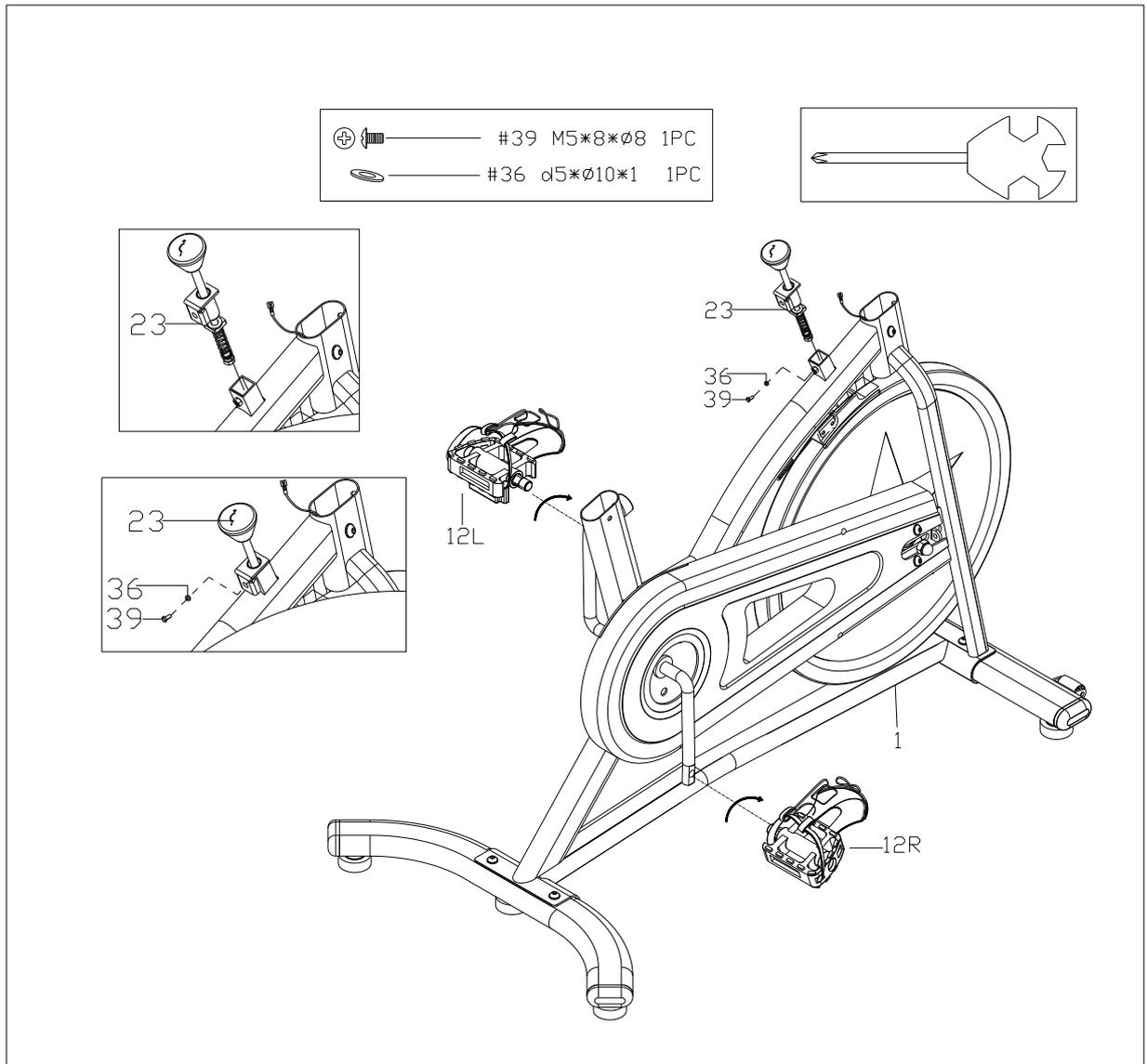
ASSEMBLY INSTRUCTIONS

STEP 1:



Fix the Front stabilizer (8) and the Rear stabilizer (2) onto the Main frame (1) with Screws (6) and Washers (7).

STEP 2:



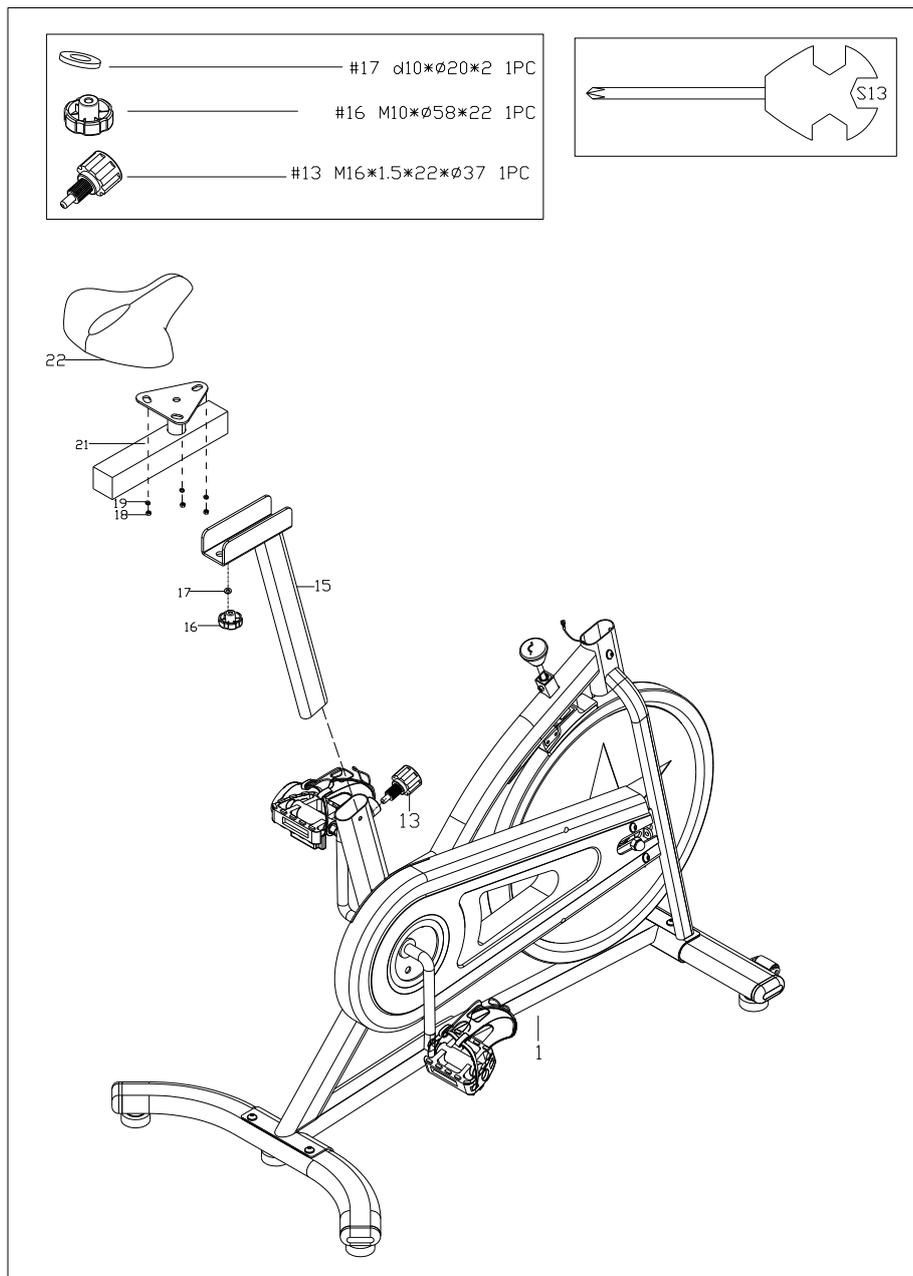
A. Push the Brake handle (23) into the Main frame (1) down slowly and then fix it with the Screw (39) and Washer (36).

B. Lock the Pedal (12L/R) on the *left and right crank of the Main frame (1).

★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 3:

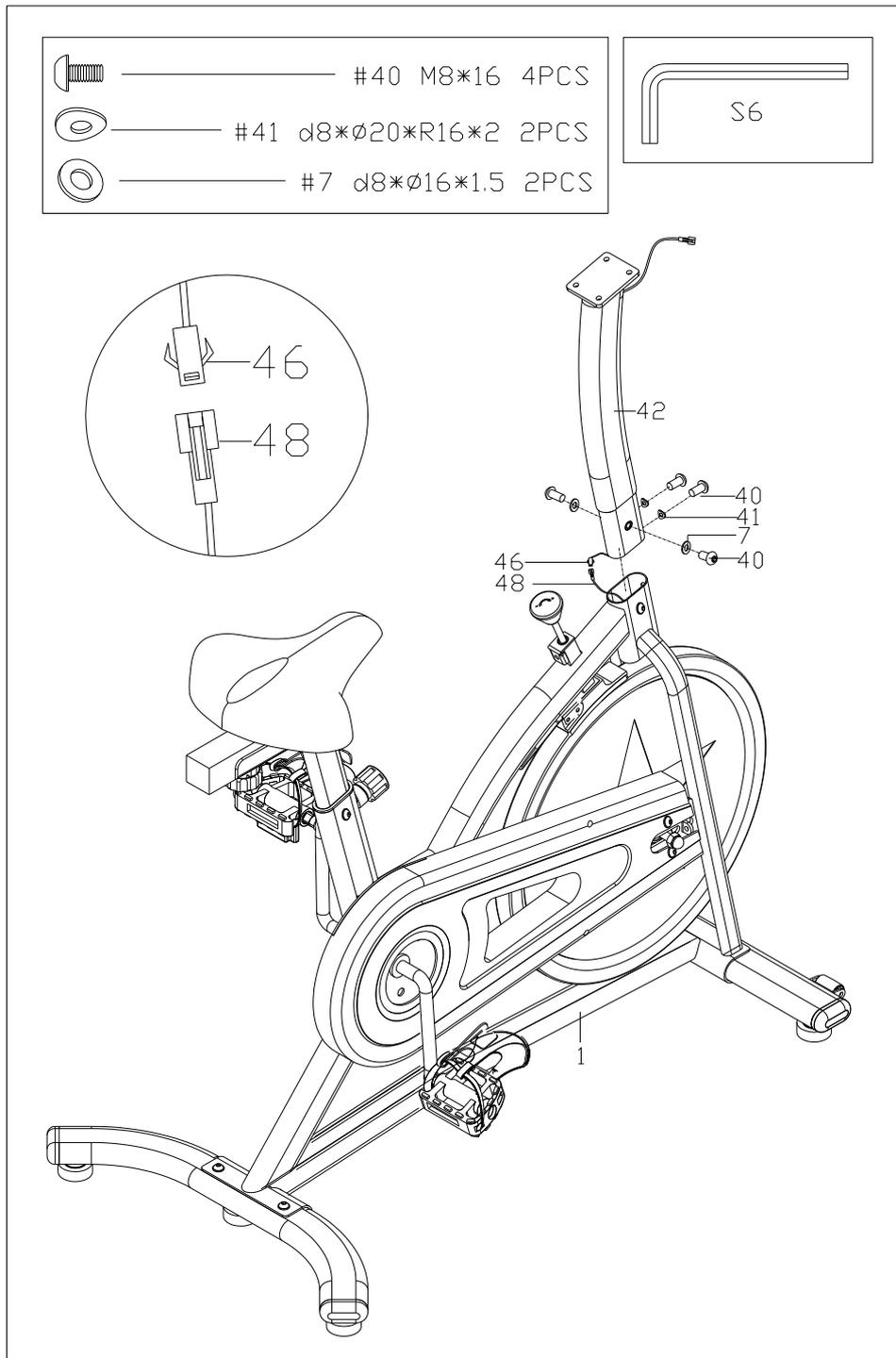


A. Fix the Saddle (22) onto the Saddle tube (21) with Washers (19) and Nylon nuts (18).

B. Insert the Saddle post (15) into the Main frame (1), and then lock it with the Knob (13).

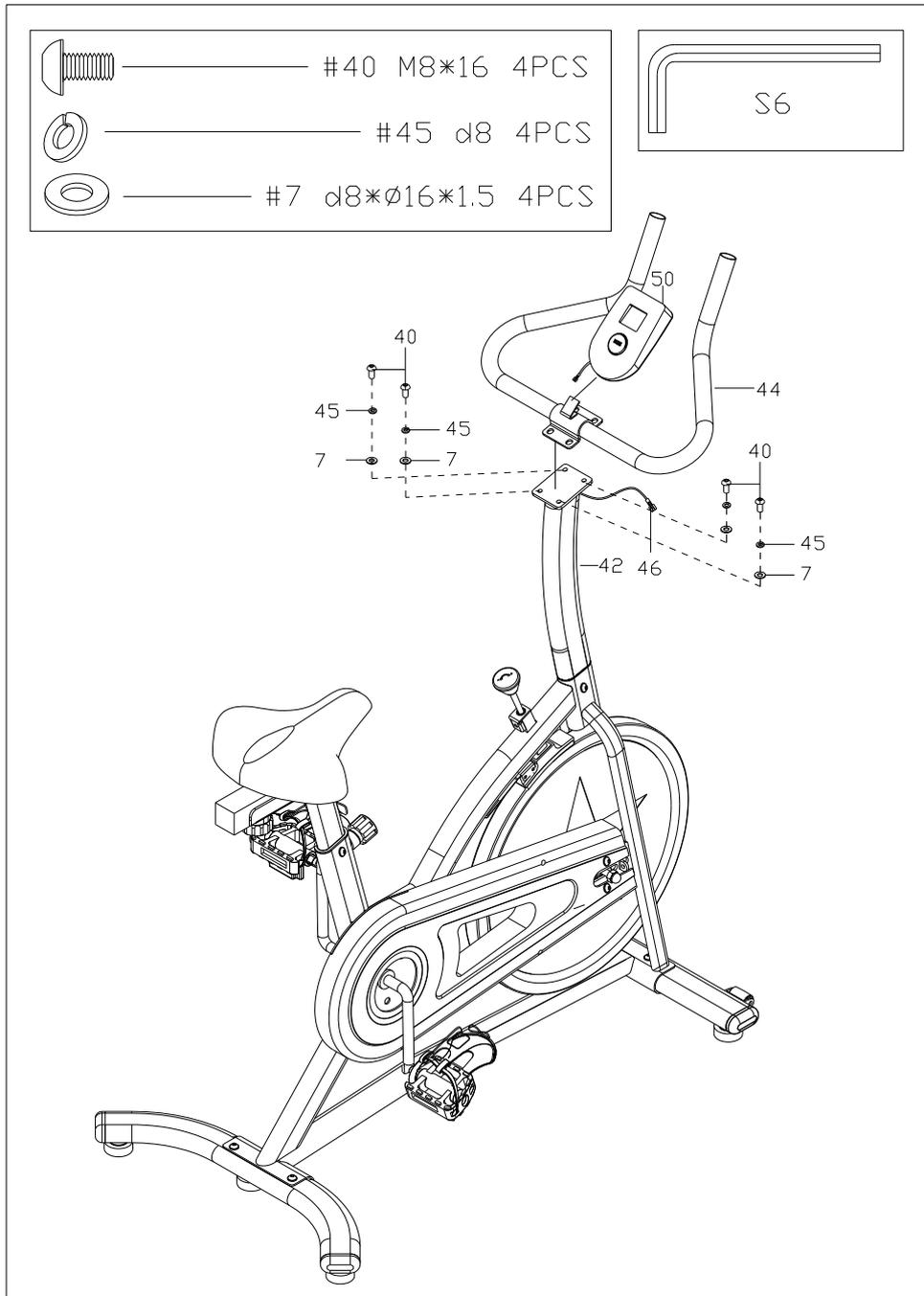
C. Put the Saddle tube (21) on the Saddle post (15), and then tighten it using the Knob (16) and Washer (17).

STEP 4:



- Connect the Lower sensor wire (48) with the Upper sensor wire (46), then push the connected sensor wire back into the tube of Main frame (1).
- Fix the Front post (42) on the Main frame (1) with Arc washers (41), Washers (7) and Screws (40).

STEP 5:

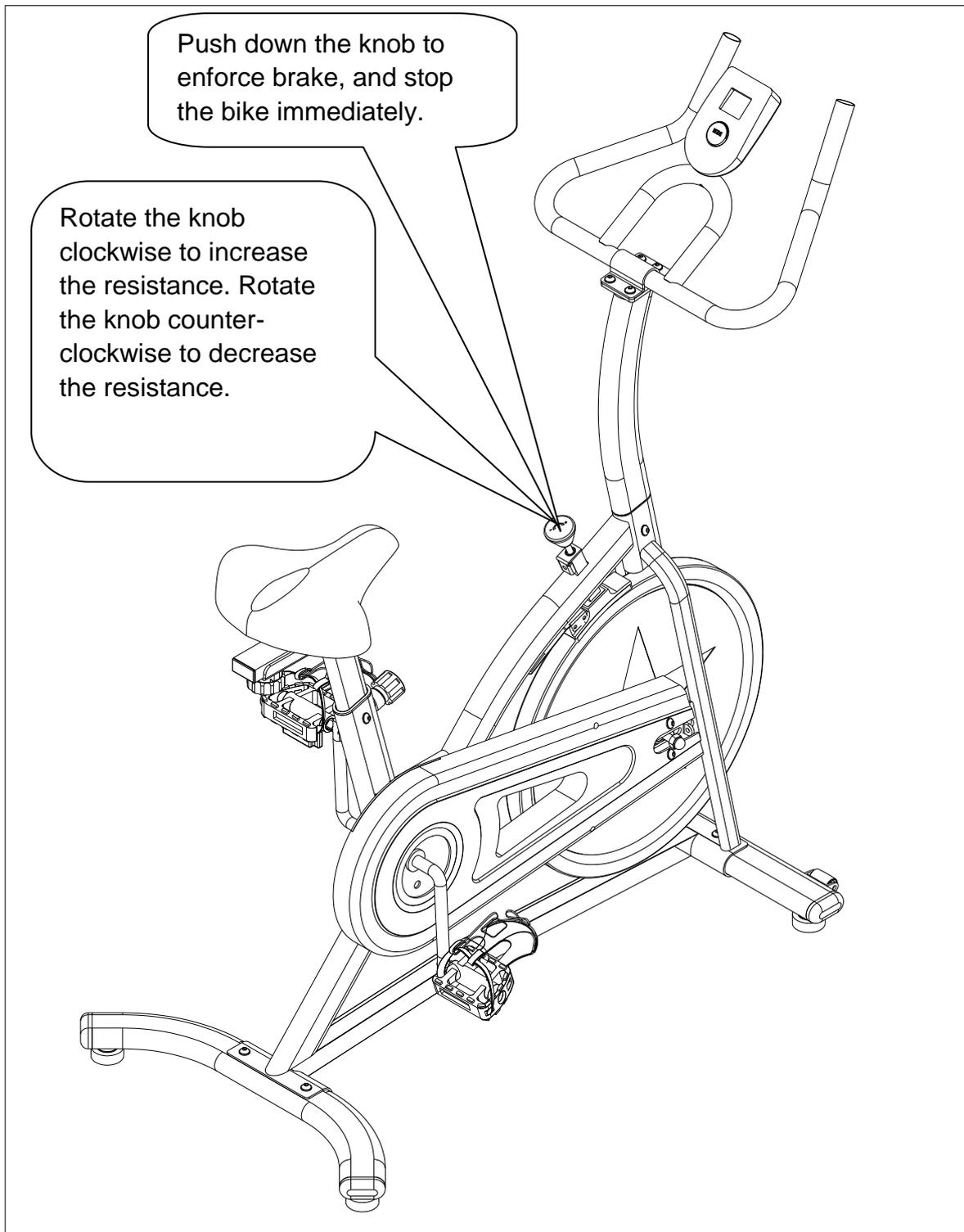


A. Assemble the Handlebar (44) on the Front post (42), and fix it with Screws (40), Spring washers (45) and Washers (7).

B. Insert the Computer (50) onto the support of the Handlebar (44) and then connect the Sensor wire (46) to the Computer (50).

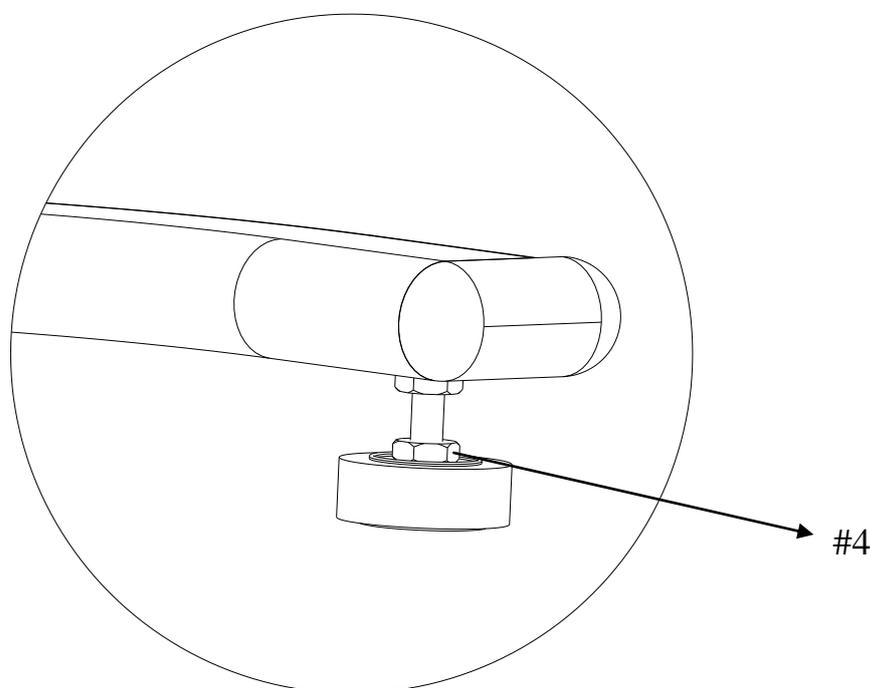
Assembly is now complete.

Notice:



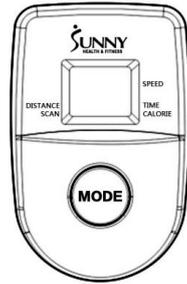
USAGE AND MAINTENANCE

1. If there is no signal coming to the computer, please check if the sensor wires (46&48) are connected correctly.
2. If the display becomes blurry, please replace the batteries to improve the result.
3. This bike can be leveled to compensate for uneven surfaces. To level the bike, please raise or lower the foot pads, which are located on the bottom of the front and rear stabilizers. To raise the foot pad, screw it counterclockwise; to lower the foot pad, screw it clockwise (See picture below). Once the mainframe is leveled, turn the nut (4) upward and secure it tightly against the front and rear stabilizers.



4. Before every workout, please check the pedal axle. If the pedals have become loose, please retighten them.
5. Always make sure all hardware parts such as bolts, nuts and washers are positioned correctly and tightly secured.
6. Always inspect the safety chain guard that protects the moving parts of the bike to ensure their safe and good order.
7. Always inspect the seat post, seat slider, pedals and handlebar to make sure they are in safe and stable position before using the bike.
8. It is recommended that you lubricate all moving parts on a monthly basis.
9. Do not dismount the bike until the pedals are at a complete STOP.

EXERCISE COMPUTER



SPECIFICATIONS:

TIME -----00:00 -- 99:59 MIN: SEC
SPEED -----0.0 – 999.9 KM/H OR ML/H
DISTANCE -----0.00 – 99.99 KM OR ML
CALORIES -----0.0 – 999.9 KCAL

KEY FUNCTIONS:

MODE: Press to select function. (Time, Speed, Distance, Calories).

-Press and hold the mode button for three seconds to reset time, distance and calories.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

If the wheel is put into motion, or the mode button is pressed the computer will become active, and shall remain active while either of these two things continues to be done, however without any signal for approximately 4 minutes, power (computer), will turn off automatically.

2. RESET:

The computer can be reset by pressing and holding the mode button for three seconds, removing the batteries will also reset the computer and return all function settings back to zero.

3. MODE:

To select the LOCK MODE setting, press the MODE key when the pointer on the function you wish to select begins to blink, once locked only the selected function will be displayed.

4. FUNCTIONS:

TIME: Counts the total time of an exercise from start to finish.

SPEED: Displays the current speed being obtained.

DISTANCE: Counts the total distance of an exercise from start to finish.

CALORIES: Counts the amount of total calories burned during an exercise from start to finish.

SCAN: Automatically displays functions in the following order shown; time, speed, distance, calories (repeat).

BATTERY: This monitor uses two AA batteries. If the display appears improper or becomes difficult to read please try installing new batteries before attempting to contact.