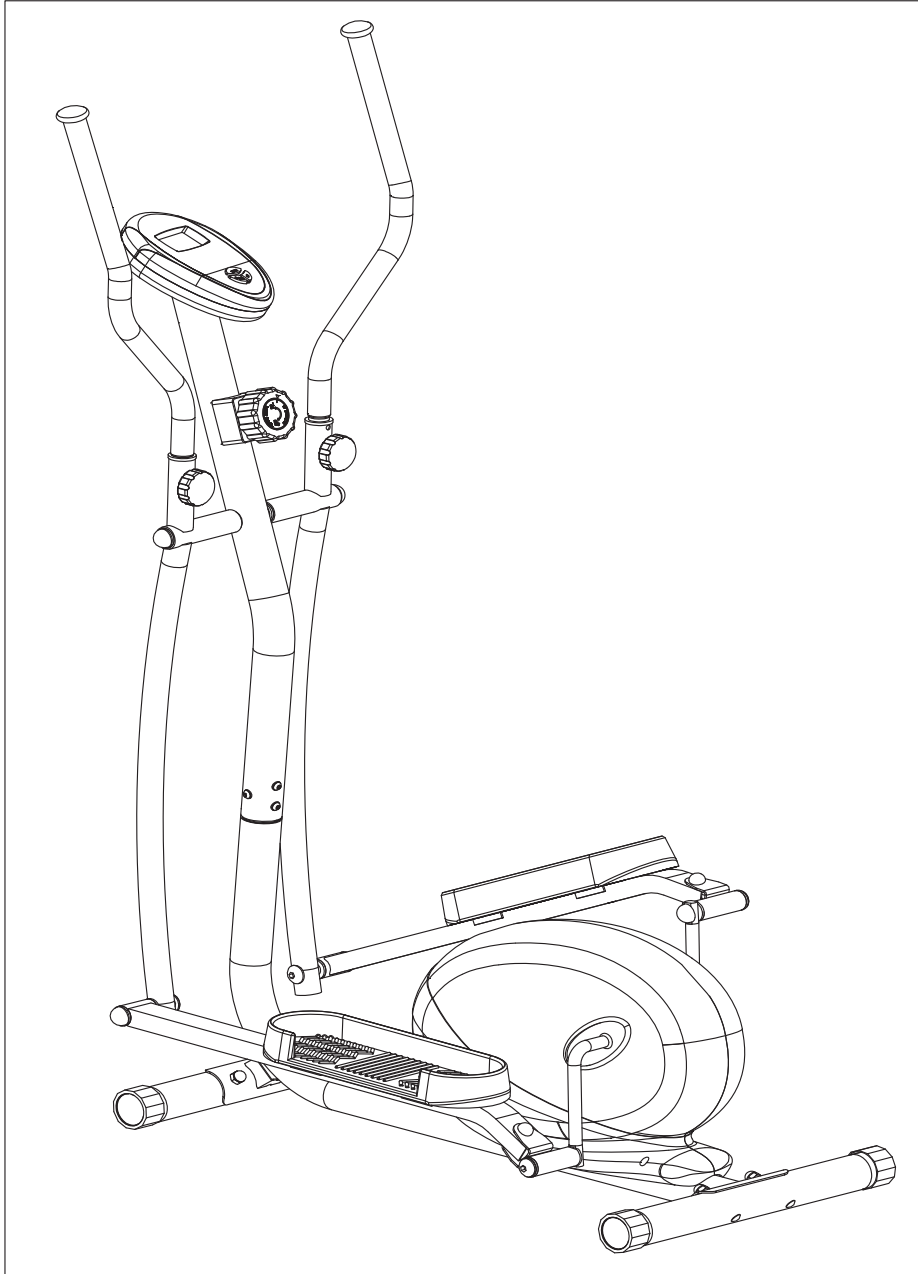




Pink Magnetic Elliptical Bike

Model No. P8300



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.

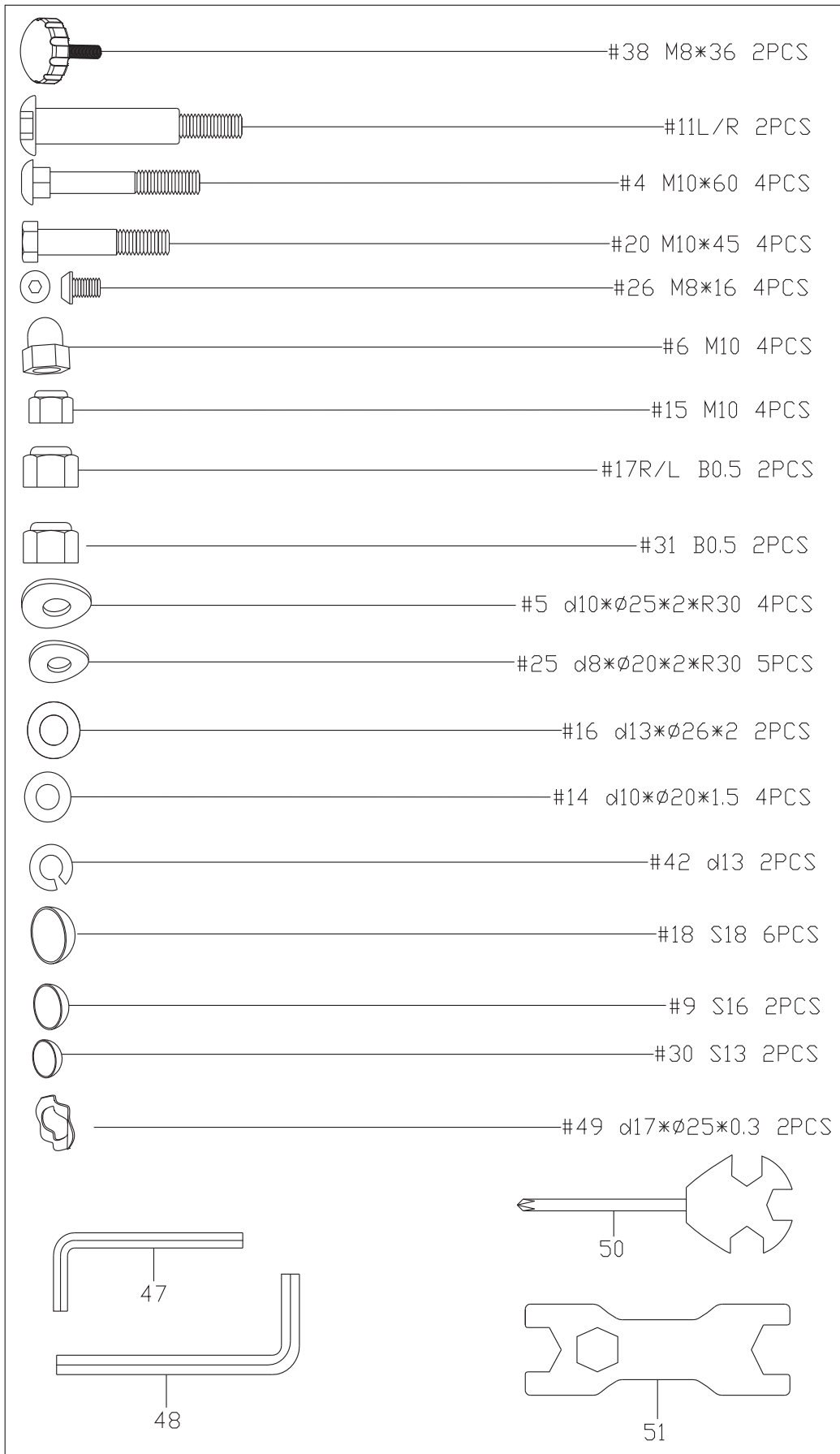
1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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.

PARTS LIST

No.	Description	Qty.	No.	Description	Qty.
1	Main frame	1	27	Sensor wire	1
2	Rear stabilizer $\Phi 50$	1	28	Trunk wire	1
3	Adjustable end cap $\Phi 50$	2	29	Tension wire	1
4	Carriage bolt M10*60	4	30	Ball cap S13	2
5	Arc washer d10* $\Phi 25$ *2*R30	4	31	Nylon nut R B0.5	4
6	Nut M10	4	32	Alloy bushing $\Phi 14$ * $\Phi 10.1$ *10	4
7	Front stabilizer $\Phi 50$	1	33	Bushing $\Phi 28.5$ * $\Phi 15.5$ *23	2
8	End cap $\Phi 50$	2	34	Bushing with chamfer $\Phi 28.5$ * $\Phi 15.5$ *23	2
9	Ball cap S16	2	35	8-level tension control	1
10	Bolt M10*50	2	36	Handlebar post	1
11L/R	Hinge bolt L/R	2	37	Bushing $\Phi 32$ *1.5	2
12	Alloy bushing $\Phi 24$ * $\Phi 16.1$ *20	8	38	Knob M8*36	2
13	Link connector combination	2	39	Screw M5*20	1
14	Washer d10* $\Phi 20$ *2	6	40	Arc washer d5* $\Phi 20$ *1.5	1
15	Nylon nut M10	6	41	Screw M5*10	2
16	Washer d13* $\Phi 26$ *2	4	42	Spring washer d13	2
17L/R	Nylon nut L/R B0.5	2	43	Computer	1
18	Ball cap S18	6	43a	Computer wire	1
19	End cap J40*25*1.5	2	44	End cap $\Phi 28$ *1.5	2
20	Bolt M10*45	4	45	Foam grip	2
21L/R	Pedal L/R	2	46L/R	Handlebar L/R	2
22L/R	Connecting rod L/R	2	47	Allen wrench S6	1
23	End cap $\Phi 32$ *1.5	2	48	Allen wrench S8	1
24L/R	Swing rod L/R	2	49	Wave washer d17* $\Phi 25$ * 0.3	4
25	Arc washer d8* $\Phi 20$ *2*R30	4	50	Spanner S13-14-15	1
26	Screw M8*16	4	51	Spanner S17-19	1

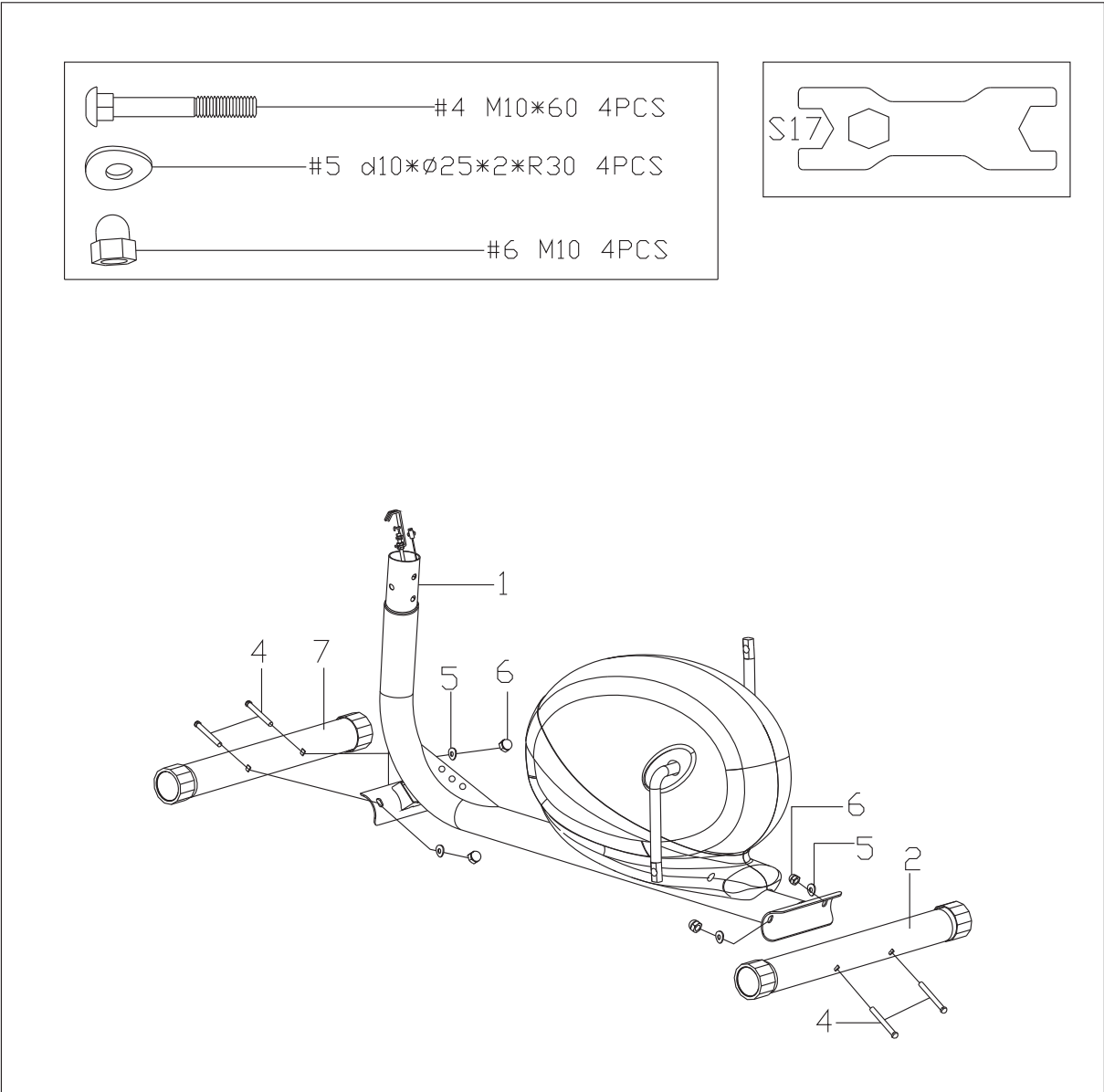
NOTE: Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled on the machine. In these instances, simply remove and reinstall the hardware as assembly is required.

HARDWARE PACKAGE



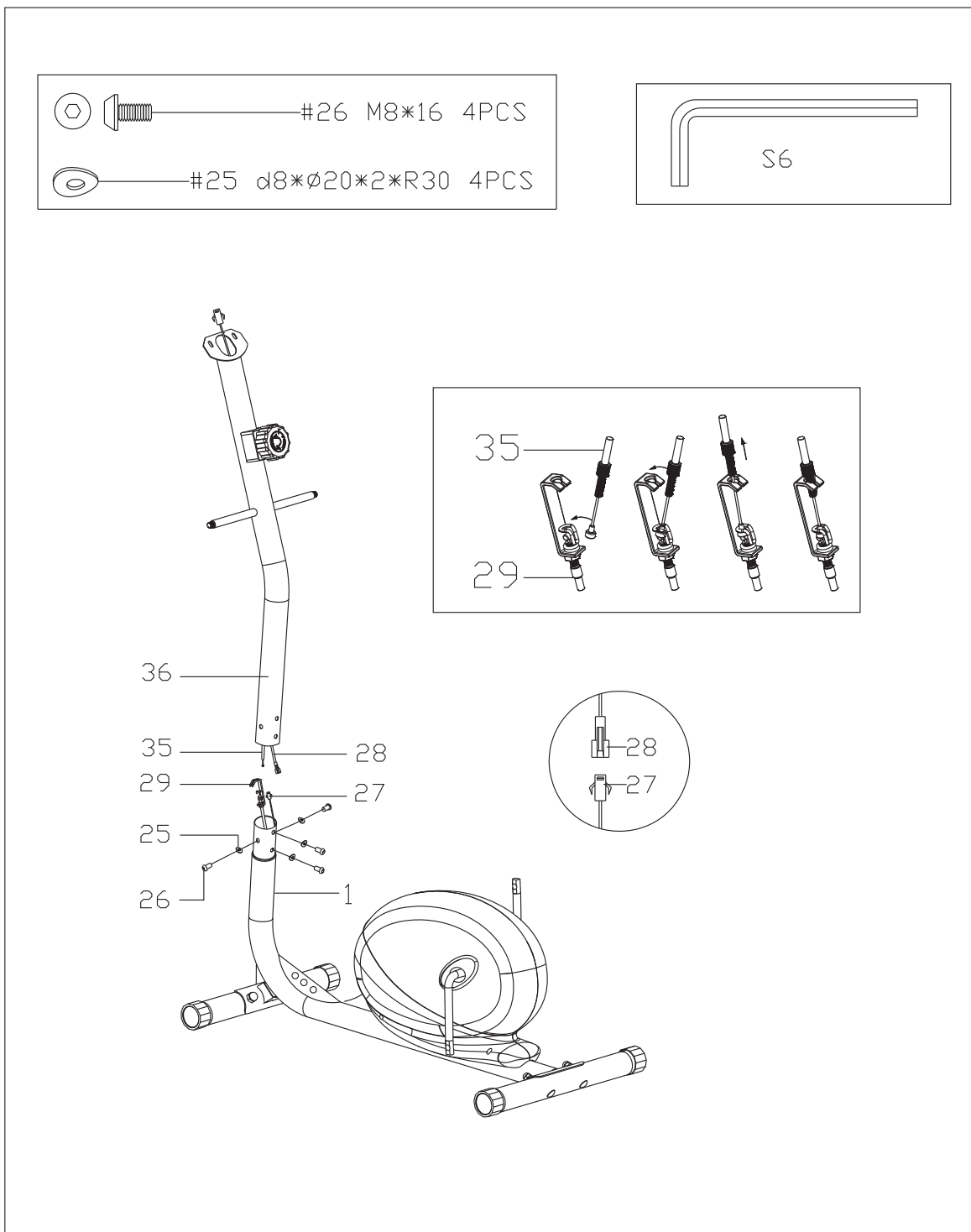
ASSEMBLY INSTRUCTIONS

Step 1:



Attach Front stabilizer (7) and Rear stabilizer (2) to Main frame (1) and tighten with 4 sets Carriage bolts (4), Arc washers (5), and Nut (6).

Step 2:

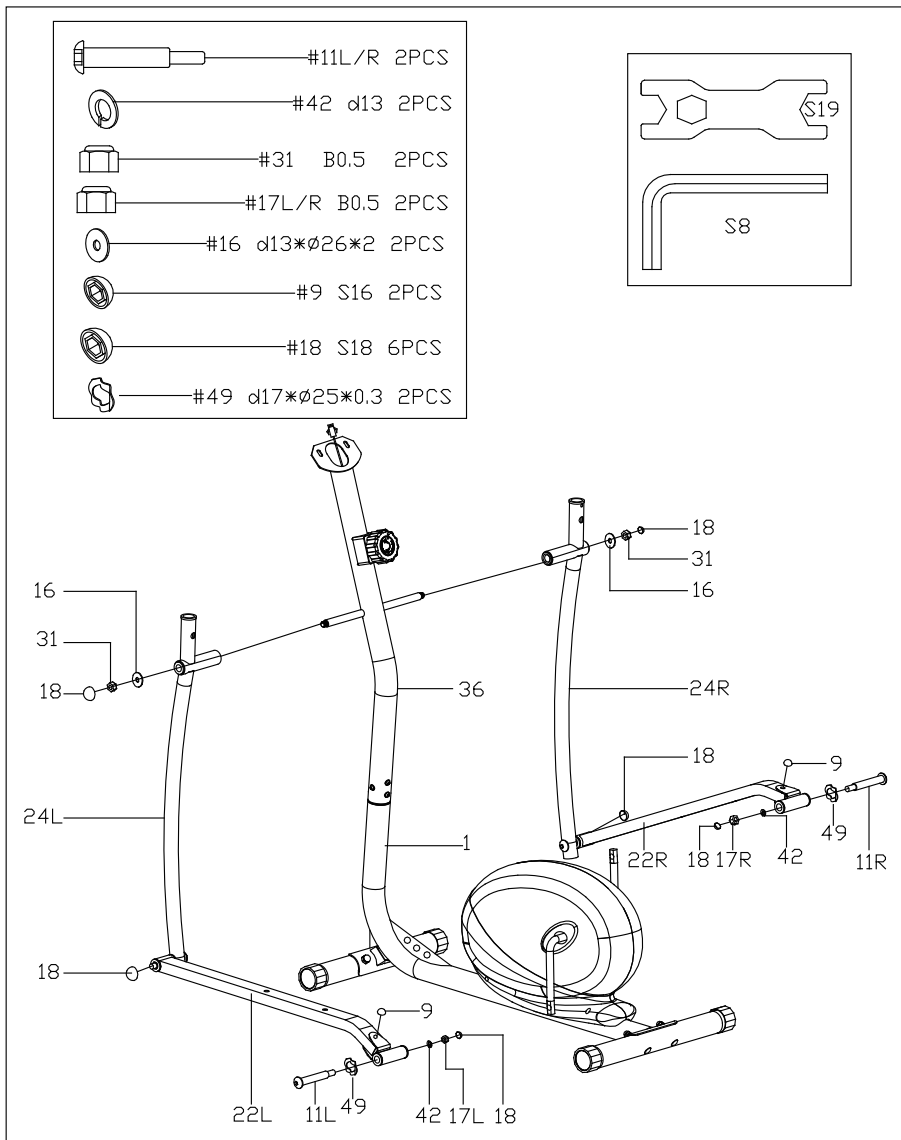


A. Connect Trunk wire (28) to Sensor wire (27). Then connect 8-level tension control (35) with Tension wire (29).

CAUTION : Please make sure the 8-level tension controller (35) is at the lowest resistance level (level 1, Turn Tension knob all the way to the left) before you connect the Tension Control cable.

B. Insert Handlebar post (36) to Main frame (1), and tighten with 4 sets Screws (26) and Arc washers (25).

Step 3:



A. Lock Swing rod (24L/R) to Handlebar post (36) with Nuts (31), and Washers (16) , then attach Ball caps (18).

B. Lock Connecting rod (22L/R) to main frame (1) with Hinge bolts (11L/R), Wave washers (49), Spring washers (42), and Nuts (17L/R), then cover with Ball caps (18) and Ball caps (9).

CAUTION : Part 11 is labeled L for LEFT and R for RIGHT. Please make sure you have the correct bolt before installing. **IMPORTANT**: Please make sure to turn 11L counter clockwise and 11R clockwise.

★Failure to follow procedures may result in permanent damage to your machine.

(If you are having trouble with assembly of Hinge bolt 11L/R , please see the next page for alternate assembly method.)

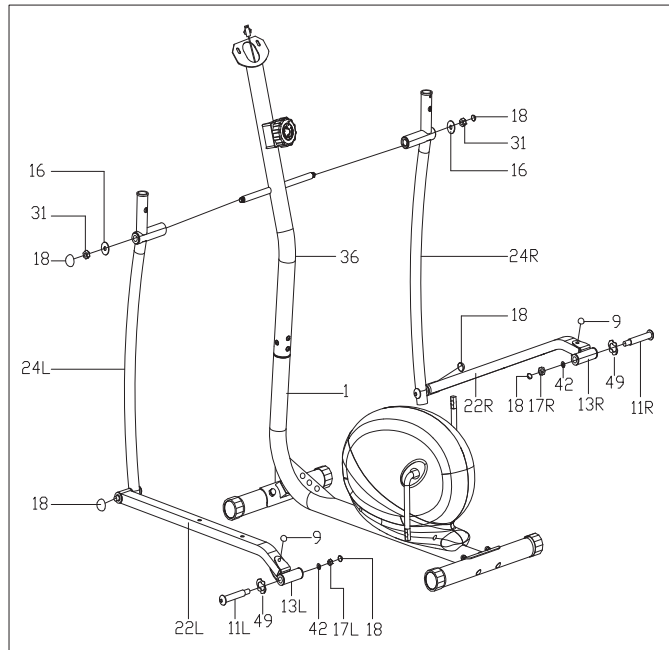
ALTERNATE INSTALLATION METHOD:

Step 1

Disconnect the Link connector combination (13L/R) from the Connecting rod (22L/R).

Step 2

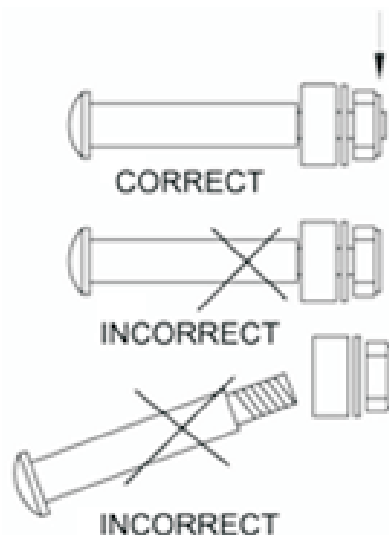
Insert the Hinge bolt (11L/R) through the Wave washer (49), then through the hole of the Link connector combination (13L/R), then screw the Hinge bolt into the crank arm. *Remember when assembling the left side, you must screw counter-clockwise to tighten.* Connect the Washer (42) and Nylon nut (17L/R) and attach the Ball cap (18). You can now reattach the Link connector combination (13L/R) to the Connecting rod (22L/R).



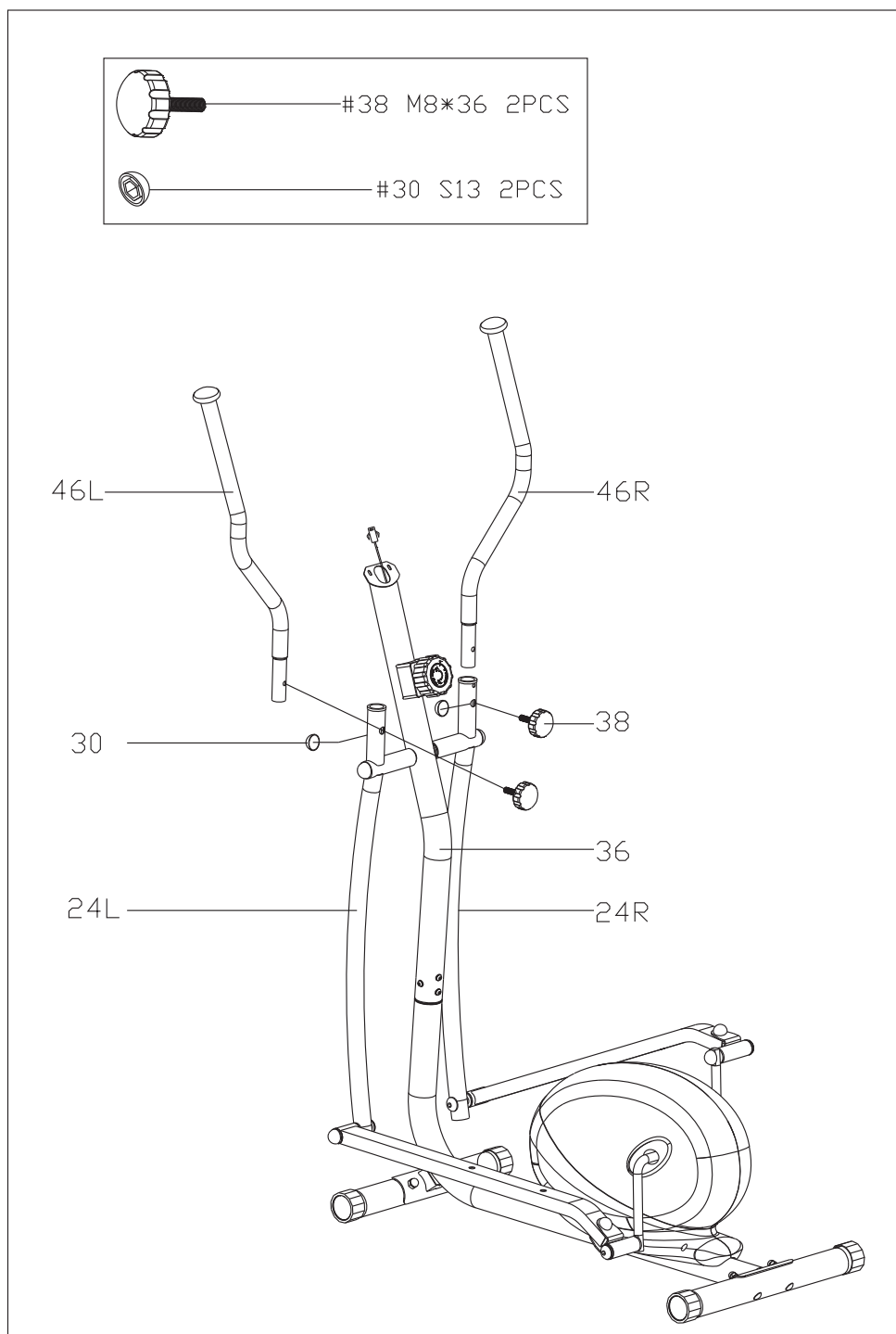
IMPORTANT:

The Left and Right Hinge Bolt (11L/R) must fully penetrate the Link connector combination (13L/R) and 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.

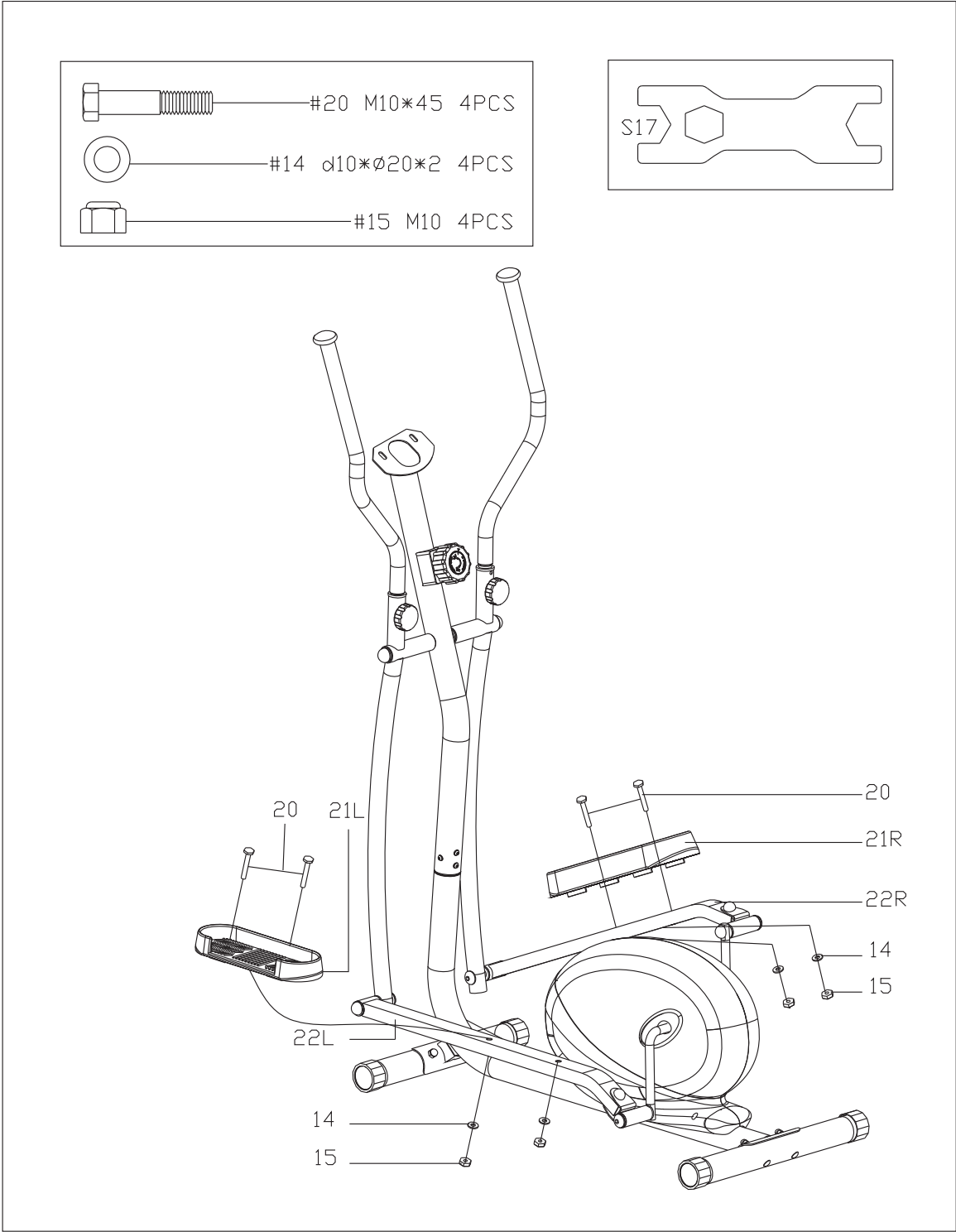


Step 4:



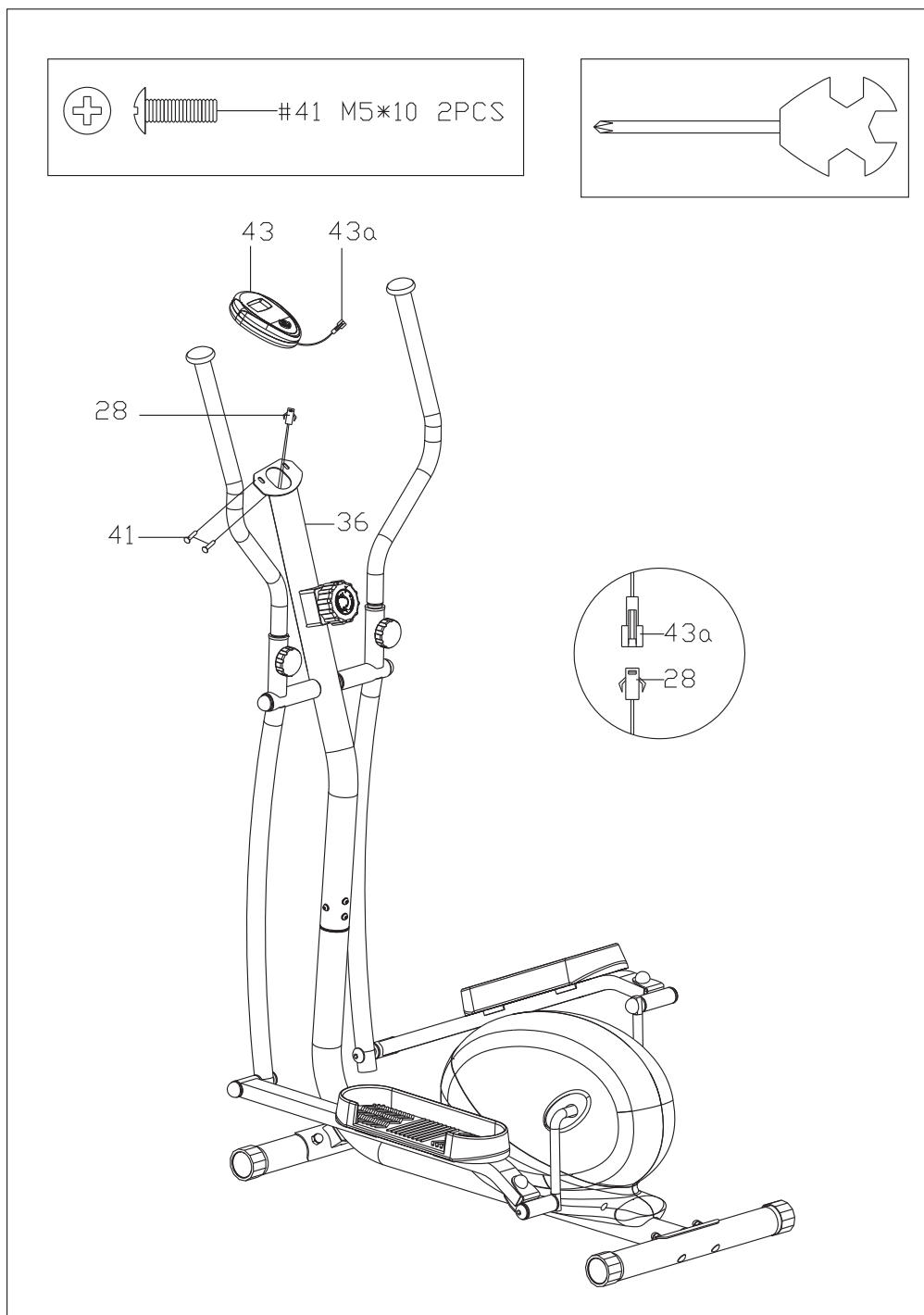
Insert Handlebar (46 L/R) into Swing rod (24L/R) and tighten with Knobs (38), then cover with Ball caps (30).

Step 5:



Attach Pedal (21L/R) to Connecting rod (22L/R) and tighten with Bolts (20) and Washers (14) and Nuts (15).

Step 6:



A. Connect Trunk wire (28) to Computer wire (43a).

B. Fix Computer (43) to computer holder on the top of Handlebar post (36) with Screws (41). Assembly finished!

EXERCISE COMPUTER INSTRUCTION MANUAL

No. 00002

FUNCTIONAL BUTTONS:

MODE –Press to select functions.

– Press and hold the MODE button for 3 seconds to reset time, distance and calories.

SET (If Available) –Press to set values of time, pulse, distance and calories when not in scan mode.

A. Press the MODE button to cycle through functions: time, distance and calories to select desired function.

B. Use the SET button to set a value for time, distance or calories. The value of a function will be set on a countdown.

C. Press the MODE button once more, to save the function value you've created.

RESET (If Available) –Press to reset time, pulse, distance and calories to zero when not in scan mode.

FUNCTIONS:

1. SCAN: Press MODE button until “▼” appears at SCAN position (or until “SCAN” appears), the computer will rotate through all 5 functions: Time, Speed, Distance, Calories and Total Distance. Each display will be held for 6 seconds.
2. TIME: Counts the total time of the exercise from start to finish.
3. SPEED: Displays the current speed.
4. DISTANCE (DIST): Counts the distance of an exercise from start to finish.
5. CALORIES (CAL): Counts the amount of total calories burned during an exercise from start to finish.
6. TOTAL DISTANCE (ODO): Counts the total distance after installing the batteries.
7. AUTO ON/OFF & AUTO START/STOP: If the wheel is put into motion, or any button is pressed the computer will become active, and shall remain active while either of these two things continue to be done, however without any signal for 8 minutes, the power (computer), will turn off automatically.
8. PULSE RATE (If Available)

Press MODE button until “▼” appears at PULSE position, (or until “♥” appears). In order properly measure your pulse rate, you must place both your palms on the contact pads located on the handlebar next to the seat, once you have done this the computer will show your current heart beat rate in beats per minute (BPM) on the LCD after 3~4 seconds.

Remark: During the process of “pulse measurement”, as a result of the contact jamming, the measurement value may be higher than virtual pulse rate during the first 2~3 seconds, after which it will return to normal level. To ensure testing accuracy, it is suggested that user test pulse during stop/pause exercise to avoid any possible influence. The measurement value cannot be regarded as the basis of medical treatment.

9. ALARM

The functions of time, distance and calorie can be set to countdown, if any of the above value goes to zero, the computer will alarm for 15 seconds.

Press MODE to select the function, then press SET to adjust the value.

Note: ● The computer containing only the “MODE” button does not have ALARM function.

● The computer has been programmed with Imperial system.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 6seconds
	Running Time	00:00 ~ 99:59(Minute: Second)
	Current Speed	The max pick-up signal is 999.9KM/H or MILE/H (or 9999RPM)
	Trip Distance	0.0 ~ 999.9 KM or MILE
	Calories	0 ~ 9999 Kcal
	Total Distance	0 ~ 9999 KM or MILE
	Pulse Rate	40-240BPM
Battery Type	2 pcs of SIZE- AAA	
Operating Temperature	0°C ~ +40°C (32°F ~ 104°F)	
Storage Temperature	-10°C ~ +60°C (14°F ~ 140°F)	

Version: 17th, April,2014