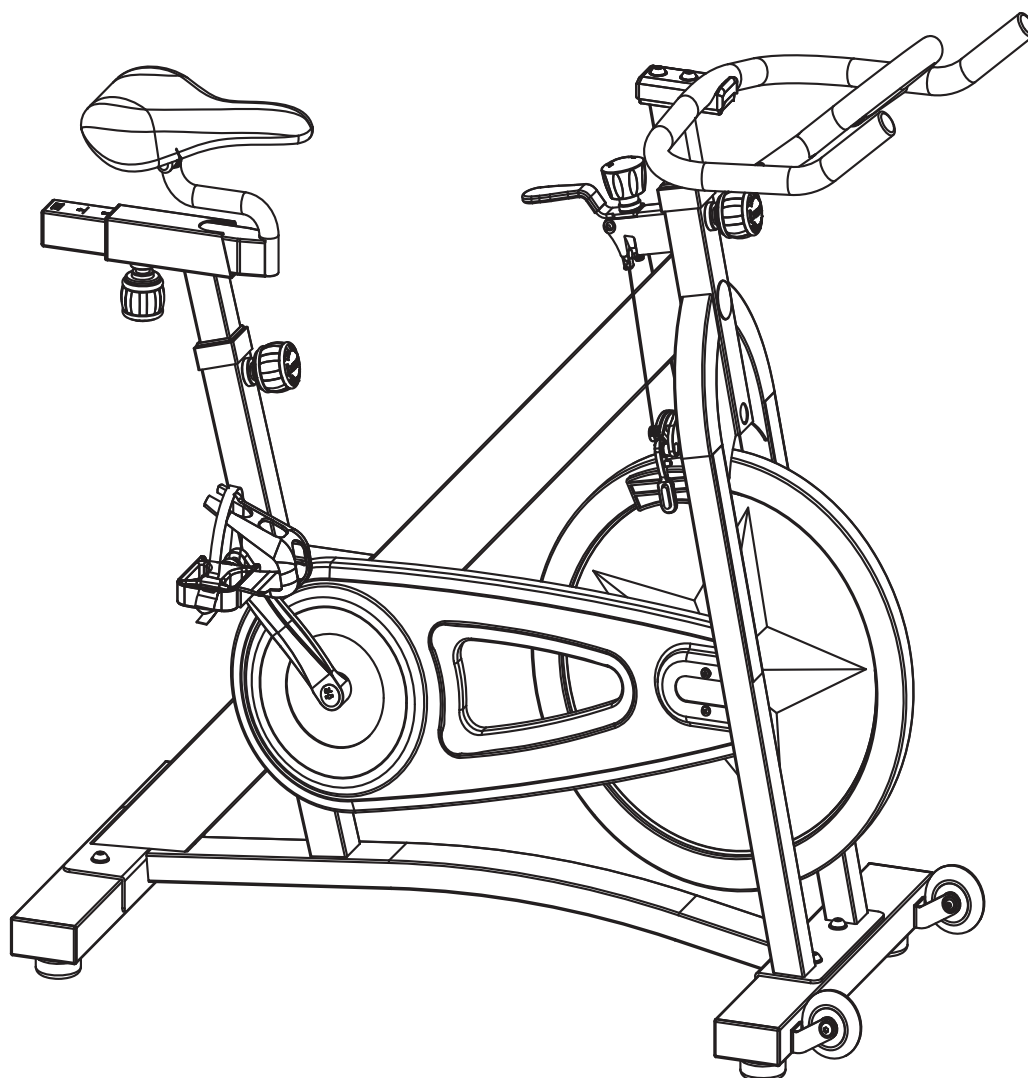




SUNNY PRO INDOOR CYCLING BIKE

USER MANUAL

SF-B901



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

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SAFETY GUIDELINES

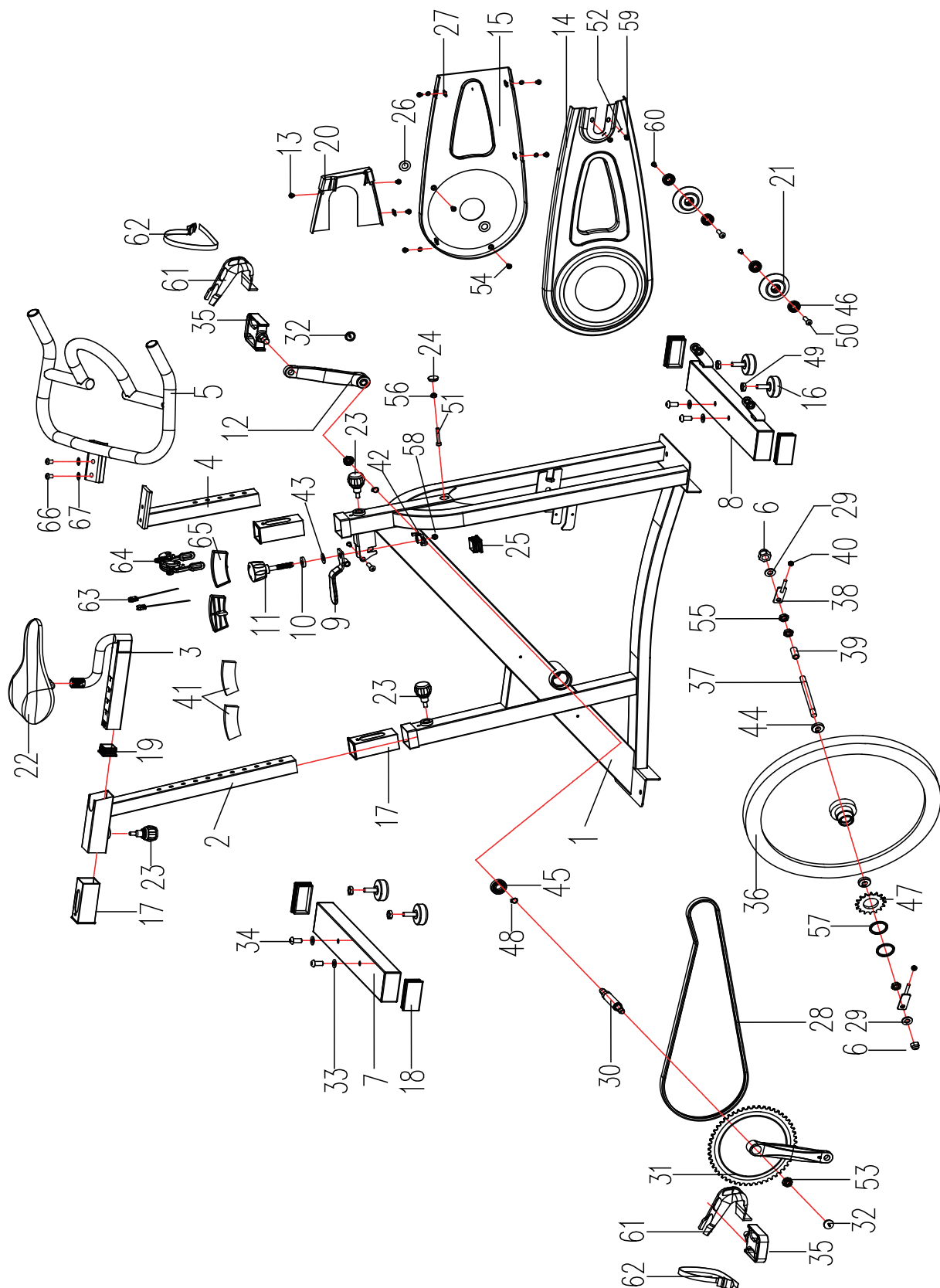
1. It is important to read this entire manual before assembling and using the equipment.
2. Once assembled fully, please inspect to make sure all hardware parts such as bolts, nuts and washers are positioned correctly and tightly secured.
3. Always inspect the safety chain guard that protects the moving parts of the bike to be in safe and good order.
4. Always inspect the seat post, seat slider, pedals and handlebar to make sure they are in safe and stable position before using the bike.
5. It is recommended that you lubricate all moving parts on a monthly basis.
6. To avoid entangling into any moving parts, do not wear loose clothing.
7. Do not remove feet from the pedals while they are in motion.
8. Running or aerobic shoes are required when using the bike.
9. Dry the bike after each use to remove sweat and moisture. Wipe your 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.
10. 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.
11. Do not dismount the bike until the pedals are at a complete STOP.
12. 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.
13. 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! Contact your physician before continuing.
14. Do not place fingers or any other objects into moving parts of the exercise equipment.
15. After exercising, please turn the adjustment control knob clockwise (+) to increase tension so the pedals will not rotate freely and possibly hurt someone while bike is not in use.
16. This equipment is designed for indoor and home use only, not intended for commercial use.
17. The maximum user weight is 275 Lbs, please do not overload.

UNIT GENERAL KNOWLEDGE

Adjust the resistance by turning the Adjusting Knob, and brake by pressing the Brake Handle. The equipment is suitable for using at home, in office, or other small places of leisure for fitness.

1. Make sure the equipment is stable before starting exercise, if the ground isn't flat, you can adjust Base Levelers (16) on the bottom of the stabilizers to help equalize the bike's position.
2. Adjust Seat (22) to a suitable position by adjusting Seat Slider (3) and Seat Post (2). Please adjust height of Handlebar (5) according to your body size.
3. Set correct resistance by turning Tension Knob (11), please set the right resistance according to your body's conditioning
4. The drive mode of the equipment is bi-directive drive.
5. Do not get off the bike until all parts come to a complete stop. Please press the Brake Handle (9) for braking when aggressive exercise is performed, it will stop immediately.

EXPLODED DRAWING



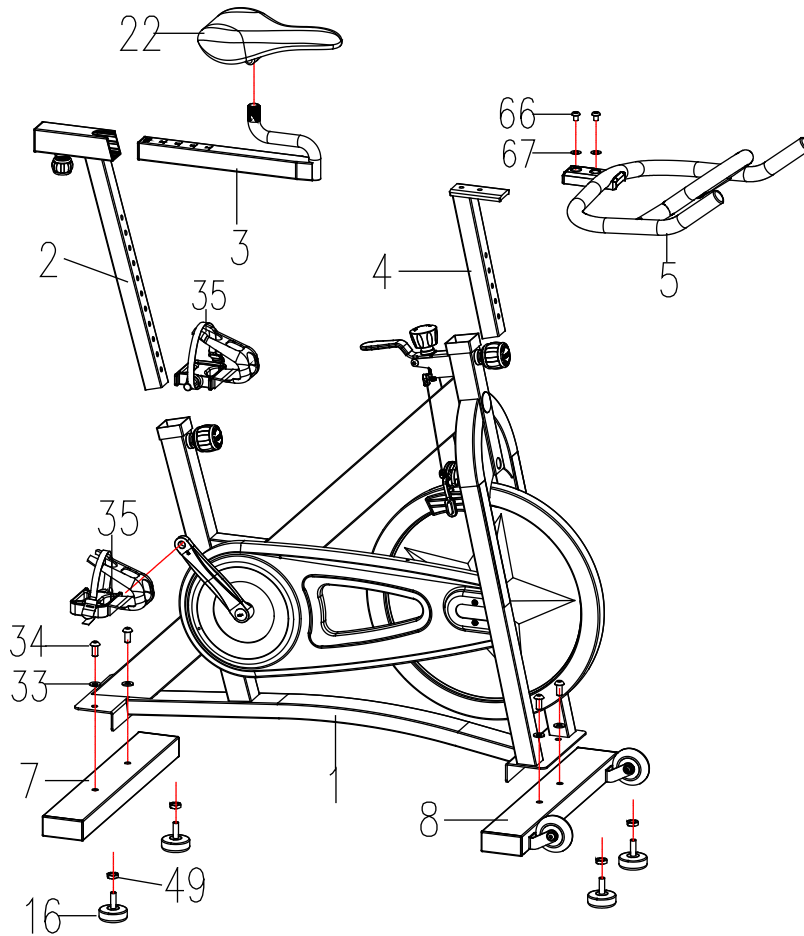
PARTS LIST

Part No.	DESCRIPTION	SPECIFICATION	QTY
1	Main Frame		1
2	Seat Post	Ø38*460*t1.5	1
3	Seat Slider	38*38*270*T1.5	1
4	Handlebar Post	Ø38*270*1.5T	1
5	Handlebar	Ø28*998*t1.5	1
6	Cap Nut	M12*1.0	2
7	Rear Base	Flat Oval 40*80*1.5T*500L	1
8	Front Base	Flat Oval 40*80*1.5T*500L	1
9	Brake-handle		1
10	Washer	Ø10*Ø25*T4	1
11	Tension Knob	M10*60	1
12	Left Crank		1
13	Cross Self-tapping Screw		7
14	Chain Cover A		1
15	Chain Cover B		1
16	Base Leveler	M10	4
17	Post Housing	Suitable for 45*45*1.5 Square Tube &38*38 Square Tube	3
18	Cap of Bases	Suitable for 40*80*1.5T Elliptical Tube	4
19	Cap of Seat Slider	Suitable for 38*38*1.5T Square Tube	1
20	Front Cover	For chain drive system	1
21	Transport Wheel	D8*Ø71.5*W223	2
22	Seat		1
23	Pop Pin	M16*P1.5*35L	3
24	Φ21 End Cap		1
25	Cap of Inner Pipe	45*45*2T Square Tube	1
26	Washer	Φ6.5*Φ25*6	2
27	Nut	t0.8*11	5
28	Silent Chain	53 burl 2~P=12.7	1
29	Flat Washer	Φ12*1.5	2
30	Bottom Bracket Axle	Φ20X152	1
31	Right Crank + Big Chain Wheel 52T	9/16"-20UNF-RH	1 set
32	Crank Cover		2
33	Flat Washer	Φ20*Φ10*1.5	4
34	Hexagon Flat Round Head Screw	M10x25	4

Part No.	DESCRIPTION	SPECIFICATION	QTY
35	Pedal (L/R)	9/16"-20UNF-RH	2
36	Flywheel (18KG)		1
37	Flywheel Spindle	M12*1.0*154	1
38	Chain Adjuster Welding		2
39	Sleeve	Ø18*Ø12*18.5L	1
40	Nylon Nut	M8	2
41	Brake Pad		2
42	Clamp Brake Holder	T4.0*M10*P1.25	1
43	Flat Washer	Ø10.2-Ø25*T1.5	1
44	6001	6001 (Black plastic rind) ABEC-5	2
45	6004	6004 (Black plastic rind) ABEC-5	2
46	608	608	4
47	Bi-direction Small Chain Wheel	1-3/8"-24UNF-RH	1
48	C-shaped Buckle	Φ 20	1
49	Inner Hexagon Flat Round Head Screw	M10*H7*S17	4
50	Inner Hexagon Hollow Bolt	Φ 7.8*30*M6*15*S5	3
51	Nut	M6*38*S5	1
52	Flat washer	d5*10*1	2
53	Hexagon Flange Nut	M10*P1.25*8	2
54	Cross Recessed Countersunk Bolt	M5*22	2
55	Hexagon Thin Nut	M12*1.0 (Rigidity 16~23HRC)	3
56	Hexagon Flange Nut	M6 (Rigidity 16~23HRC)	1
57	Locknut	1-3/8"-24UNF-RH	2
58	Nylon Nut	M10	1
59	Cross Pan Head Bolt	M5*12 (Rigidity 16~23HRC)	2
60	Inner Hexagon Flat Round Head Screw	M6*12*S5	3
61	Pedal Strap		2
62	Pedal Belt		2
63	Brake Cable		2
64	Clamp Brake Assembly		1
65	Brake Pad Holder	96*35*19	2
66	Hexagon Flat Round Head Screw - black	M10*25	2
67	Flat Washer-black	Φ 20*Φ 10*1.5	2
68	Front Packing Base	220*80*40	1
69	Rear Packing Base	220*80*40	1
70	Inner Hexagon Flat Round Head Screw	M10*16L	4

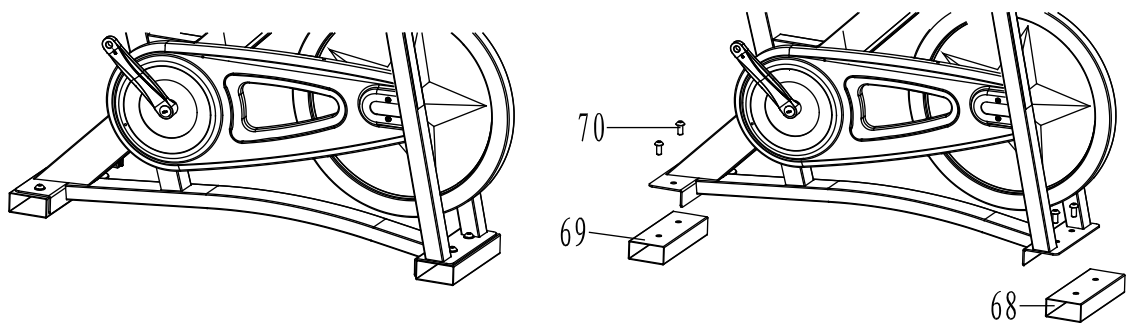
INSTALLATION

According to the Exploded Figure and parts list, take out all parts from carton.



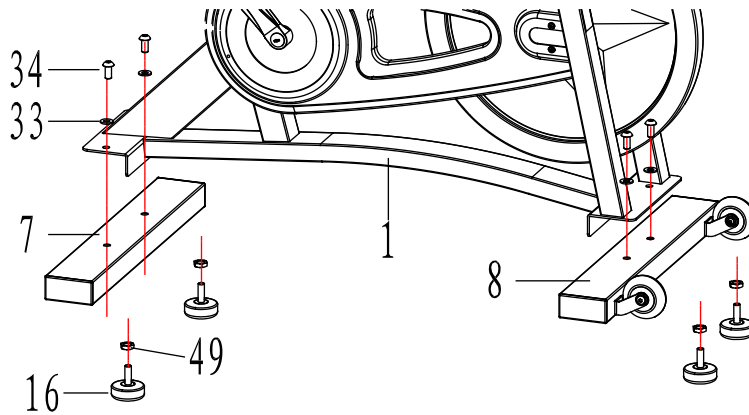
Step 1: Disassemble Front Packing Base and Rear Packing Base

Take out Main Frame from Carton, remove Inner Hexagon Flat Round Head Screw M10*16L (70), and take off the Front Packing Base (68), and Rear Packing Base (69) from the bike.



Step 2: Assemble Front Base and Rear Base

According to the following figure, fix the Front Base (8) and Rear Base (7) to Main Frame (1) with Flat Washer (33) and Inner Hexagon Flat Round Head Screw (34) using Inner Hexagon Wrench.



Step 3: Install Left and Right Pedal.

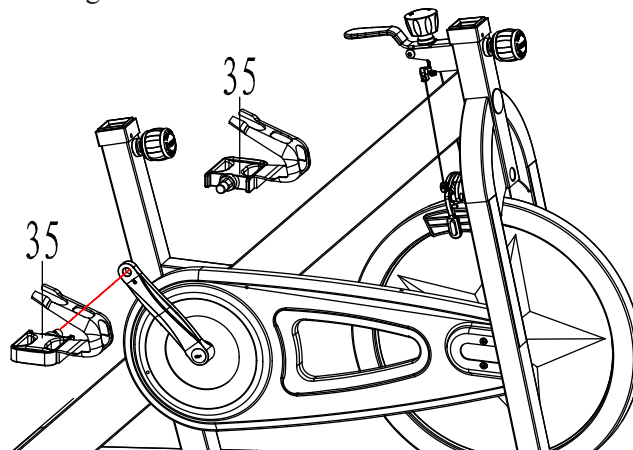
★**IMPORTANT:** Read instructions carefully, failure to do so may cause permanent damage to your bike.

Before you begin: Turn the resistance knob all the way to the right until the crank arms are immobilized.

Left Pedal: Please make sure the pedal in your hand is the Left pedal before installation. Refer to the figure, align the Left Pedal with Left Crank at 90°. Gently insert the pedal in the crank arm, turn the pedal **counter-clockwise** as tightly as you can with your hand. Use the Spanner #15 to ensure it is tightened securely. Please always tighten by hand first, then finish by Spanner.

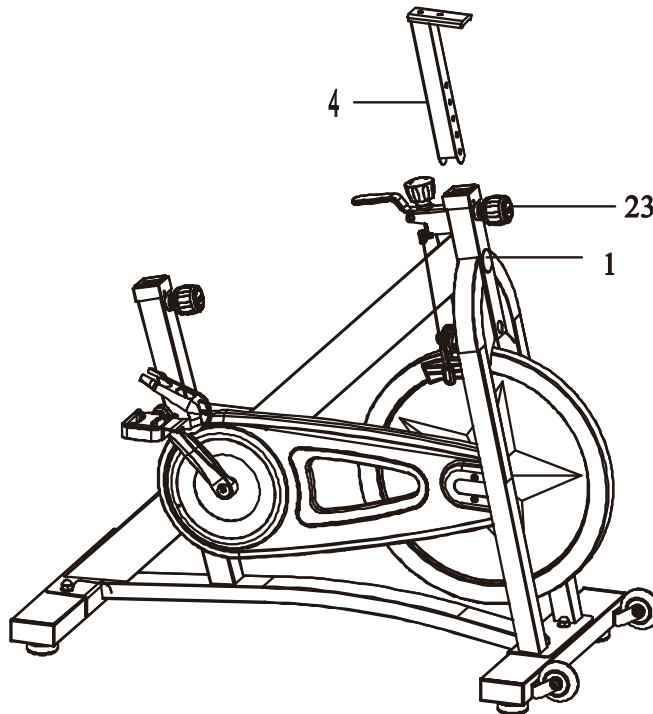
Right pedal: Please make sure the pedal in your hand is the Right pedal before installation. Refer to the figure, align the Right Pedal with Right Crank at 90°. Gently insert the pedal in the crank arm, turn the pedal **clockwise** as tightly as you can with your hand. Use the Spanner #15 to ensure it is tightened securely. Please always tighten by hand first, then finish by Spanner.

Note: Please make sure pedals are securely connected when assembling; and also each time you use the bike. Riding this bike backwards may loosen the pedals which will damage the threads. Always check pedals to ensure the pedals are tightened.



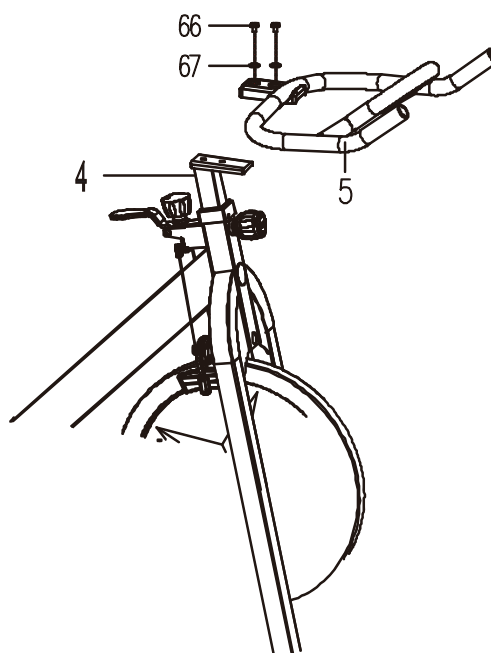
Step 4: Assemble the Handlebar Post

According to the following figure, loosen and pull the Pop Pin (23), and slide the Handlebar Post (4), into the Handlebar Post Housing on the Main Frame (1), and re-tighten the Pop Pin.



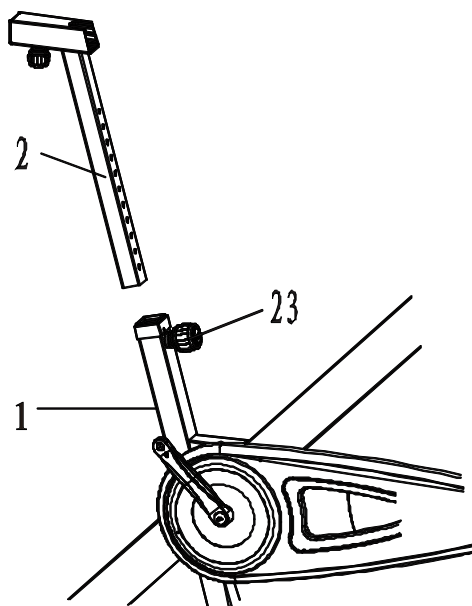
Step 5: Assemble the Handlebar

Fix the Handlebar (5) to the Handlebar Post (4) and tighten it with Hexagon Flat Round Head Screw - black M10*25L (66) and Flat Washer - black (67).



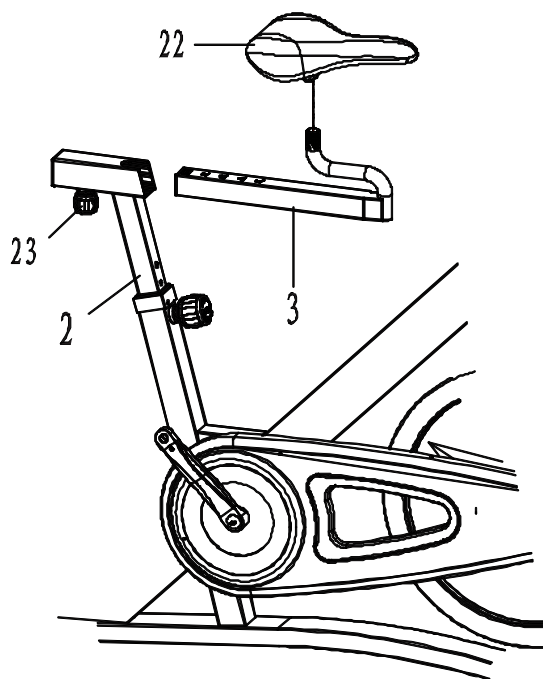
Step 6: Assemble the Seat Post

Loosen and pull the Pop Pin (23), and slide the Seat Post (2) into the Seat Post Housing on the Main Frame(1), then retighten the Pop Pin (23).



Step 7: Assemble the Seat

Loosen and pull the Pop Pin (23) and slide the Seat Slider (3) into the Seat Post (2), then re-tighten the Pop Pin (23) and fix the Seat (22) to the Seat Slider (3).



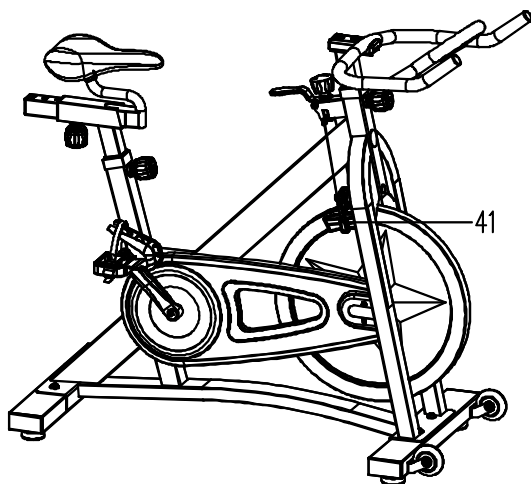
Step 8: Installation Completed

After finishing installation, please inspect all the screws and nuts carefully to make sure all of them are tightened.

NOTICE

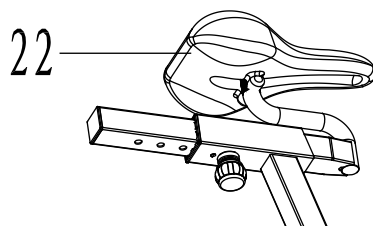
Ensure all the Nuts, Nut Caps and Pedals are in a safe situation regularly and inspect the equipment periodically. If you should find any defective parts, don't exercise until they've been repaired.

1. Pay more attention to easily damage parts due to wear. Please inspect the Brake Pads (41) if they fall off, or are not working before exercise. If necessary, please replace them.

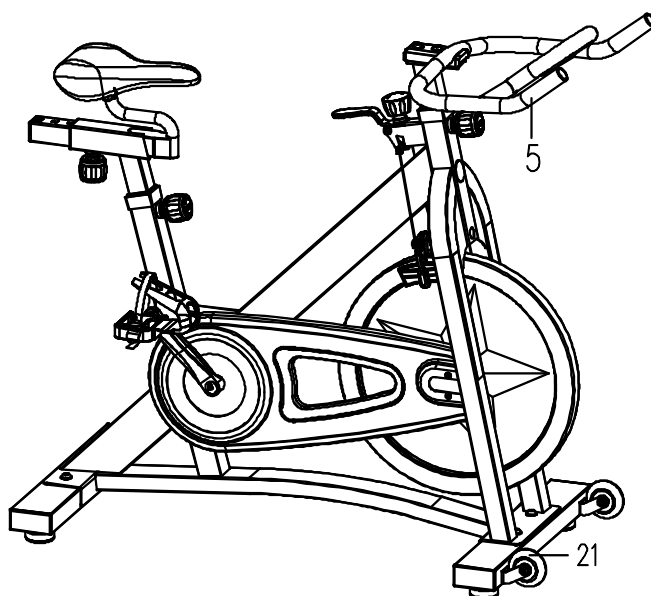


2. Please inspect the pedals before exercise. If they have become loose, please re-tighten.

3. Please adjust the Hexagon Nut by using the Opening Spanner if the Seat (22) is loose.

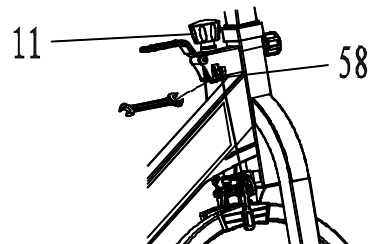


4. If you need to move the bike, please grasp the Handlebar (5) at the very ends to make the Transport Wheel (21) of Front Stabilizer stand on floor, then the bike can be moved easily by rolling.

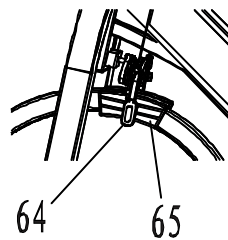


INSTRUCTIONS ON CHANGING BRAKE PAD

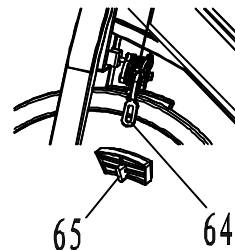
Step 1: Remove Nylon Nut (58) which is under Brake Knob (11) with Opening Spanner Ø17mm first, and then adjust the Brake Resistance to least amount of resistance.



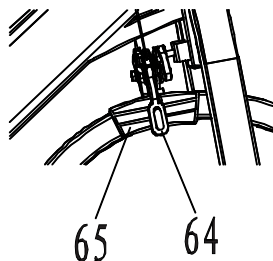
Step 2: Push Left Brake Pad (65) separated from its Holder (64) by hand.



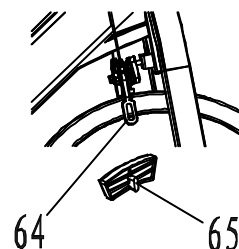
Step 3: Take down the Left Brake Pad (65).



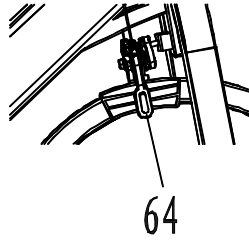
Step 4: Push Right Brake Pad (65) separated from its Holder (64) by hand.



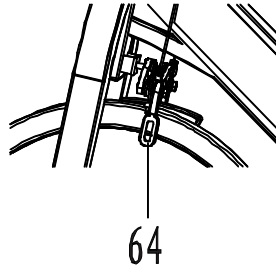
Step 5: Take down the Right Brake Pad (65).



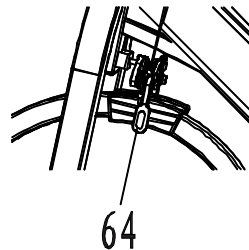
Step 6: Insert the new Right Brake Pad (65) into the Right Holder (64).



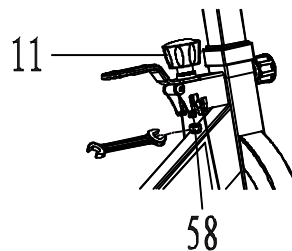
Step 7: Open the Left Holder (64) with hand.



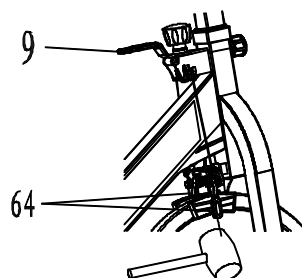
Step 8: Insert the new Left Brake Pad into the Left Holder (64).



Step 9: After tightening up the Tension Knob (11), put the Nylon Nut (58) onto and fix it with Opening Spanner Ø17mm to the normal working place.



Step 10: Put down the Brake Handle (9) by Left hand; and tap the Brake Pad inside its Holder with wooden mallet (or plastic mallet) gently by right hand.



-END-

Version: 18th, March,2014

