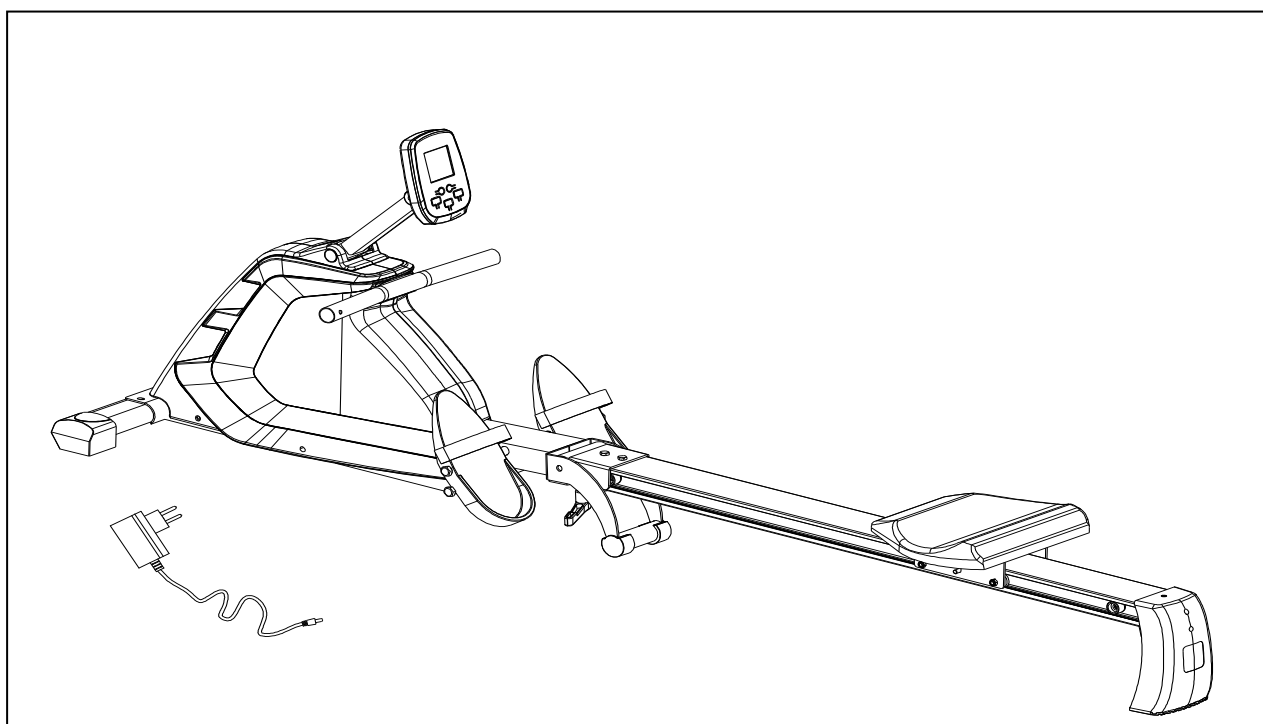# PROGRAMMABLE MAGNETIC ROWER

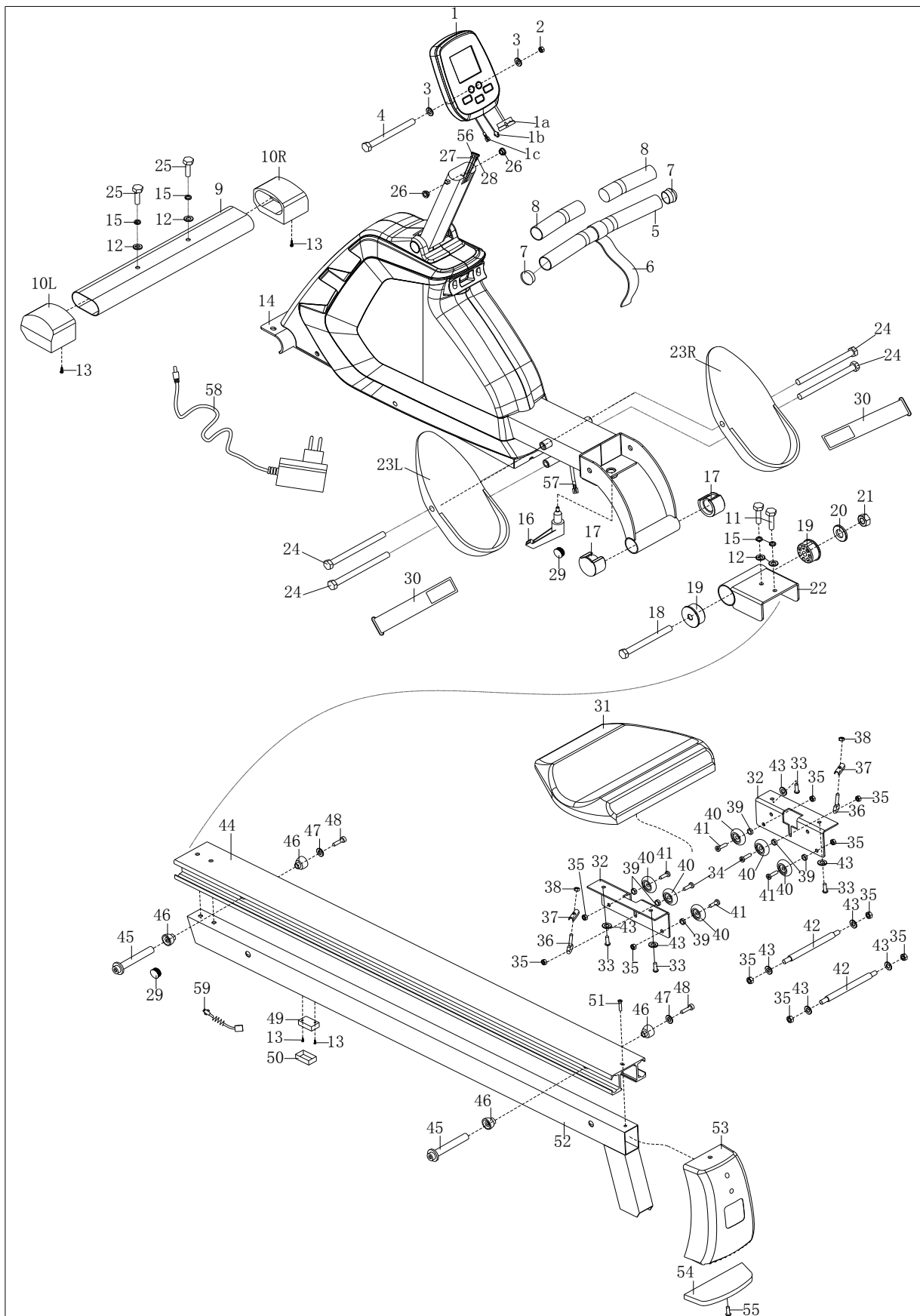## SF-RW5854

USER MANUAL

IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US**: support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).
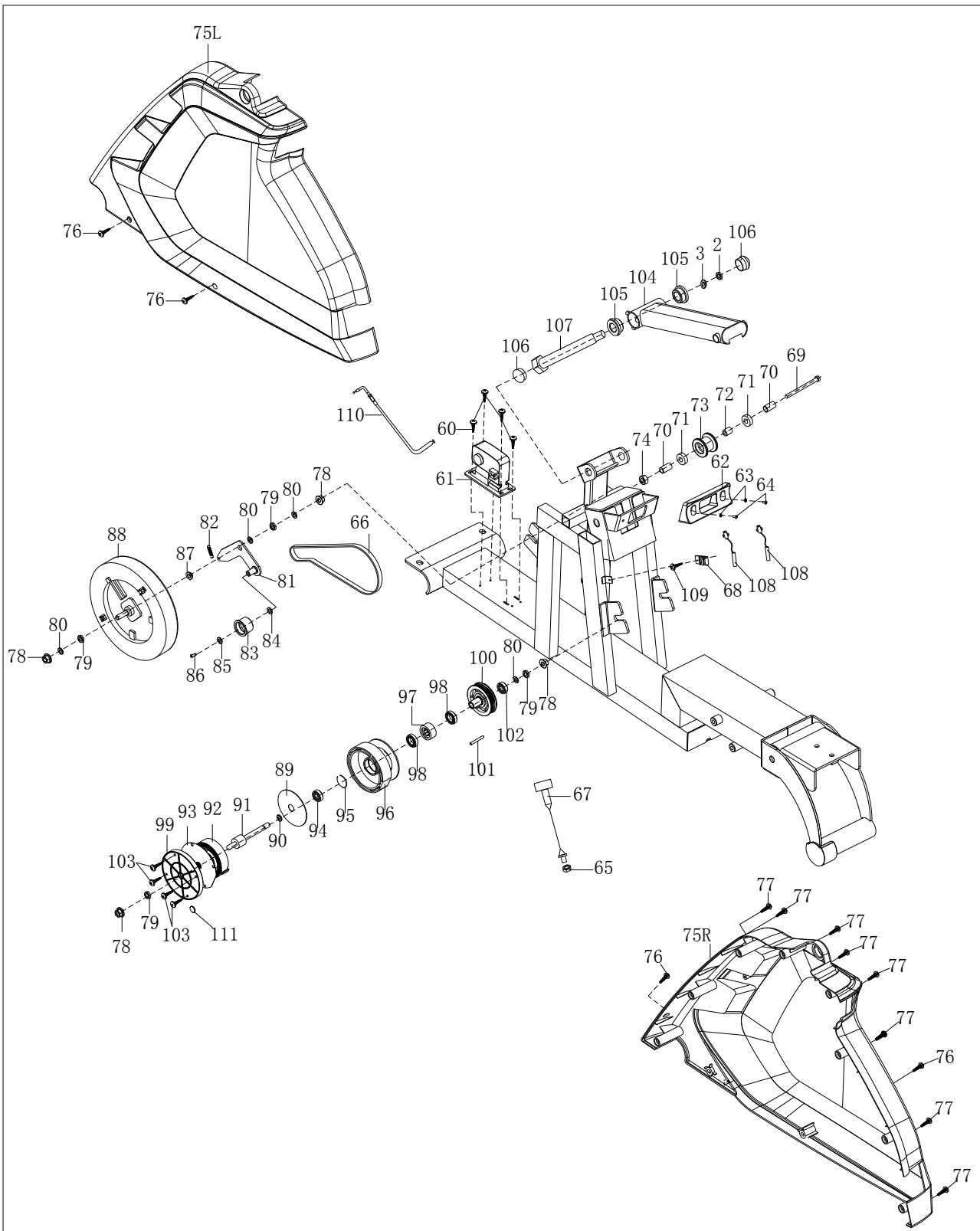
IMPORTANT SAFETY INFORMATION

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, 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 (60 CM) 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, discontinue use of the equipment immediately and do not use 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. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 pounds (136 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.
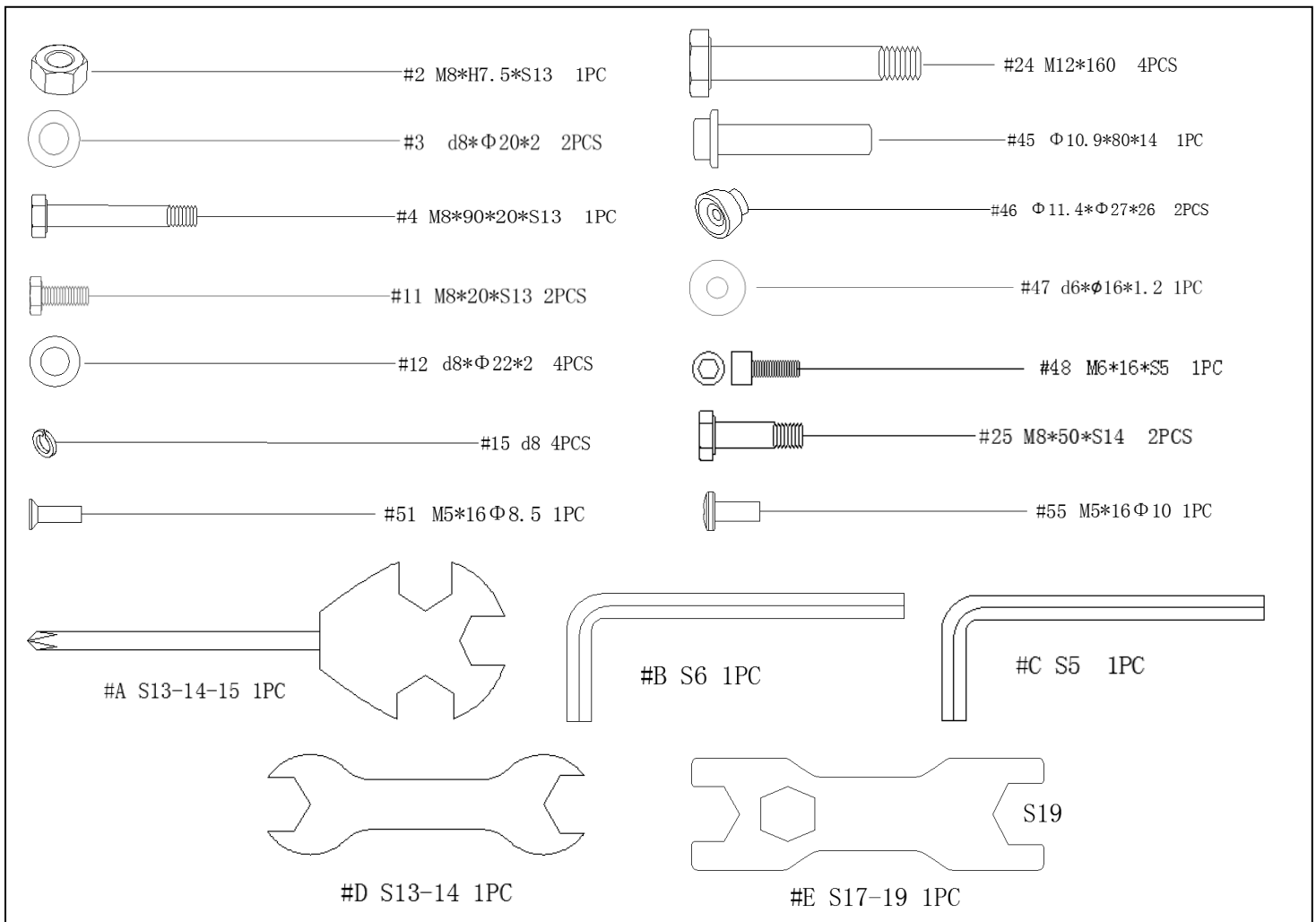
EXPLODED DIAGRAM 1

HARDWARE PACKAGE

#2 M8*H7.5*S13 1PC

#3 d8*Φ20*2 2PCS

#4 M8*90*20*S13 1PC

#11 M8*20*S13 2PCS

#12 d8*Φ22*2 4PCS

#15 d8 4PCS

#51 M5*16Φ8.5 1PC

#24 M12*160 4PCS

#45 Φ10.9*80*14 1PC

#46 Φ11.4*Φ27*26 2PCS

#47 d6*Φ16*1.2 1PC

#48 M6*16*S5 1PC

#25 M8*50*S14 2PCS

#55 M5*16Φ10 1PC

#A S13-14-15 1PC

#B S6 1PC

#C S5 1PC

#D S13-14 1PC

#E S17-19 1PC

S19

Ordering Replacement Parts (U.S. and Canadian Customers only)

Please provide the following information in order for us to accurately identify the part(s) needed:

✓ The model number (found on cover of manual)

✓ The product name (found on cover of manual)

✓ The part number found on the "EXPLODED DIAGRAM" and "PARTS LIST" (found near the front of the manual

Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

PARTS LIST

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
1	Computer		1	31	Seat		1
1a	Computer Wire		1	32	Seat Post		2
1b	Computer Wire		1	33	Bolt	M8*16	4
1c	Computer Wire		1	34	Bolt	M8*32	2
2	Nylon Nut	M8*H7.5*S13	2	35	Nylon Nut	M8	10
3	Washer	d8*Φ20*2	3	36	Adjusting Bolt	M6*40	2
4	Bolt	M8*90*20*S13	1	37	Adjusting U Seat		2
5	Handlebar		1	38	Nylon Nut	M6	2
6	Mesh Belt		1	39	Spacer	Φ12.5*Φ8.2*10	6
7	End Cap	Φ32*17	2	40	Roller for Seat Slider		6
8	Foam Grip		2	41	Bolt	M8*28	4
9	Front Stabilizer		1	42	Seat Axle		2
10L/R	End Cap L/R		2	43	Washer	d8*Φ16*1.5	8
11	Bolt	M8*20*S13	2	44	Aluminum Rail		1
12	Washer	d8*Φ22*2	4	45	Axle	Φ10.9*80*14	2
13	Screw	ST4.2*25	4	46	Locating Mount	Φ11.4*Φ27*26	4
14	Main Frame		1	47	Washer	d6*Φ16*1.2	2
15	Spring Washer	d8	4	48	Bolt	M6*16*S5	2
16	L Knob		1	49	Upper Part of Heart Rate Receiver		1
17	End Cap	Φ38*28	2	50	Lower Part of Heart Rate Receiver		1
18	Bolt	M12*139	1	51	Bolt	M5*16*Φ8.5	1
19	Bushing	Φ50*3	2	52	Aluminum Rail Support Frame		1
20	Washer	d12*Φ24*2	1	53	Back Stand		1
21	Nylon Nut	M12	1	54	Rubber Board		1
22	Aluminum Rail Link		1	55	Bolt	M5*16*Φ10	1
23L/R	Pedal		2	56	Trunk Wire		1
24	Bolt	M12 *160	4	57	Trunk Wire 3		1
25	Bolt	M8*50*S14	2	58	Adapter		1
26	Bushing	Φ16*2	2	59	Pulse Sensor Wire		1
27	Trunk Wire 4		1	60	Screw	ST4.2*10	4
28	Trunk Wire 2		1	61	Motor		1
29	End Cap	Φ22	2	62	Handlebar Seat		1
30	Pedal Strap		2	63	Washer	d5*Φ10*1.0	2

| No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
64	Bolt	M5*10	2	91	Axle for Mesh Belt Wheel		1
65	Nut	M12	1	92	Volute Spring		1
66	Belt		1	93	Outer PC Board for Mesh Belt Wheel		1
67	Power Cord		1	94	Bearing	6300-2RS	1
68	Sensor Seat		1	95	C Clip	d35	1
69	Bolt	M10*112	1	96	Mesh Belt Plate		1
70	Spacer	Φ19*2	2	97	Bearing		1
71	Bearing	6000-ZZ	2	98	Bearing	16003-2RS	2
72	Spacer	Φ15*Φ10.2	1	99	Outer Cover for Mesh Belt Wheel		1
73	Mesh Belt Pulley	Φ45*35	1	100	Belt Wheel		1
74	Nylon Nut	M10	1	101	Fixing Axle for Mesh Belt		1
75L/R	Cover L/R		2	102	Bearing	6000-2RS	1
76	Screw	ST4.2*16	4	103	Screw	ST4.2*19	4
77	Screw	ST4.8*16	8	104	Computer Post		1
78	Nut	M10*1.0*H9.5	4	105	Bushing	Φ32*3.3*Φ28*16*Φ14	2
79	Nut	M10*1.0*H5	4	106	Computer Post Cover		2
80	Washer	d10*Φ20*2.0	4	107	Knob	Φ14*81.5*M8*S6	1
81	Idler Wheel Connect Staff		1	108	Sensor Wire		2
82	Pulling Spring	Φ2.2	1	109	Bolt	M4*8	1
83	Idler Wheel		1	110	Resistance Control Cable		1
84	Wave Washer	d12*Φ15.5*0.3	1	111	Magnet	Φ10*3	1
85	Washer	d6*Φ16*1.5	1	A	Spanner	S13-14-15	1
86	Bolt	M6*12	1	B	Allen Wrench	S6	1
87	Nut	M10*1	1	C	Allen Wrench	S5	1
88	Inertial Wheel		1	D	Wrench	S13-14	1
89	PC Board for Mesh Belt Wheel		1	E	Spanner	S17-19	1
90	Wave Washer	d10*Φ15*0.3	1	F	Paper Tube		1

ASSEMBLY INSTRUCTIONS

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).
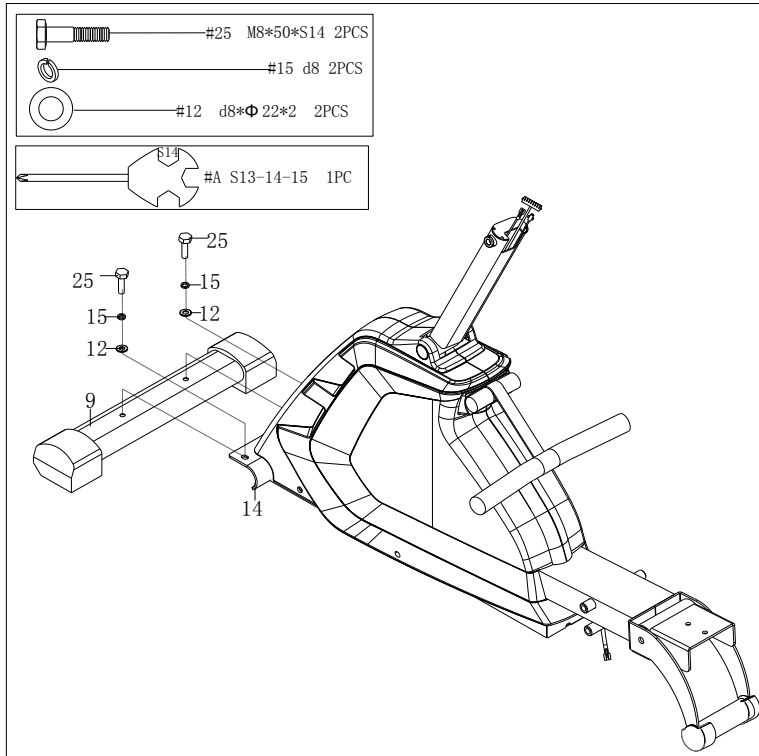
STEP 1:

Attach **Front Stabilizer (No. 9)** to **Main Frame (No. 14)** using 2 **Bolts (No. 25)**, 2 **Spring Washers (No. 15)**, and 2 **Washers (No. 12)**. Tighten and secure with **Allen Wrench (No. A)**.
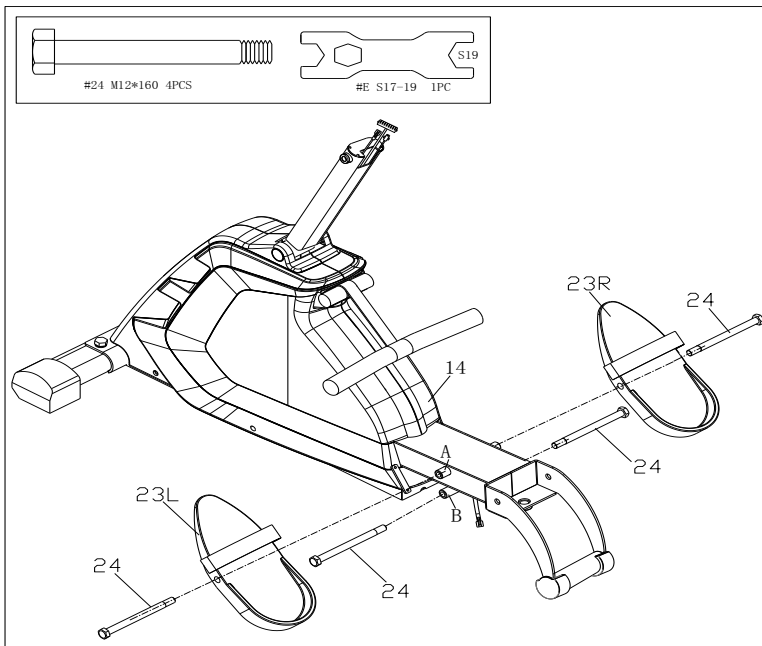

STEP 2:

Attach 2 **Bolts (No. 24)** into the bottom hole in position B of the **Main Frame (No. 14)** with **Spanner (No. E)**.

Insert 2 **Bolts (No. 24)** into the upper hole in position A of the **Main Frame (No. 14)** through the **Pedals (No. 23L/R)** and tighten with **Spanner (No. E)**.

NOTE: The Pedals **(No. 23 L/R)** should rest on the **Bolts (No. 24)** that are in position B.

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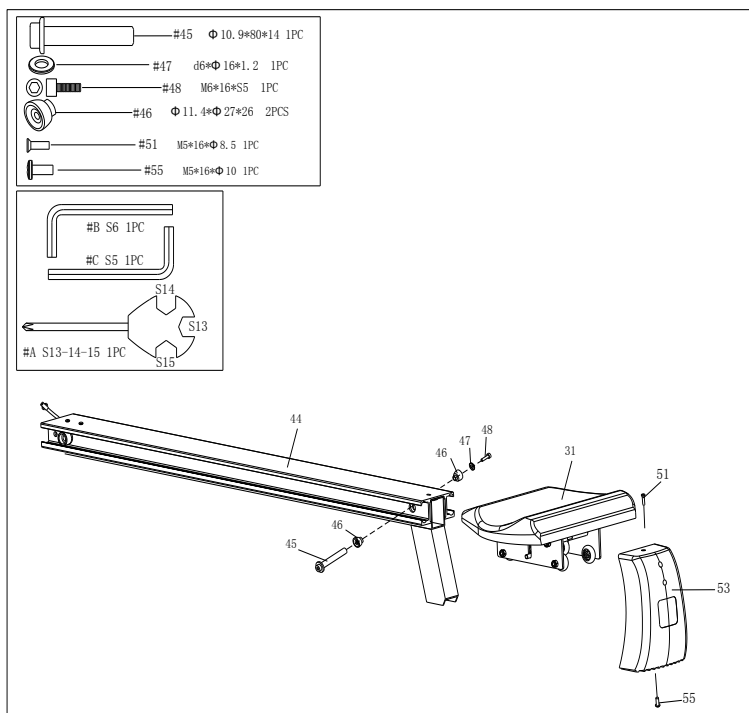
STEP 3:

Attach **Seat (No. 31)** onto **Aluminum Rail (No. 44)**.
NOTE: There is an arrow sticker marked on **Seat (No. 31)**, please attach it as the arrow directs to prevent assembly in the wrong direction.

Next, install 2 **Locating Mounts (No. 46)**, **Axle (No. 45)**, **Washer (No. 47)**, and **Bolt (No. 48)** to **Aluminum Rail (No. 44)**. Tighten and secure **Bolt (No. 48)** using **Allen Wrenches (No. B** & **No. C)**.

Attach **Back Stand (No. 53)** to **Aluminum Rail (No. 44)** using **Bolt (No. 51)** and **Bolt (No. 55)**. Tighten and secure with **Spanner (No. A)**.
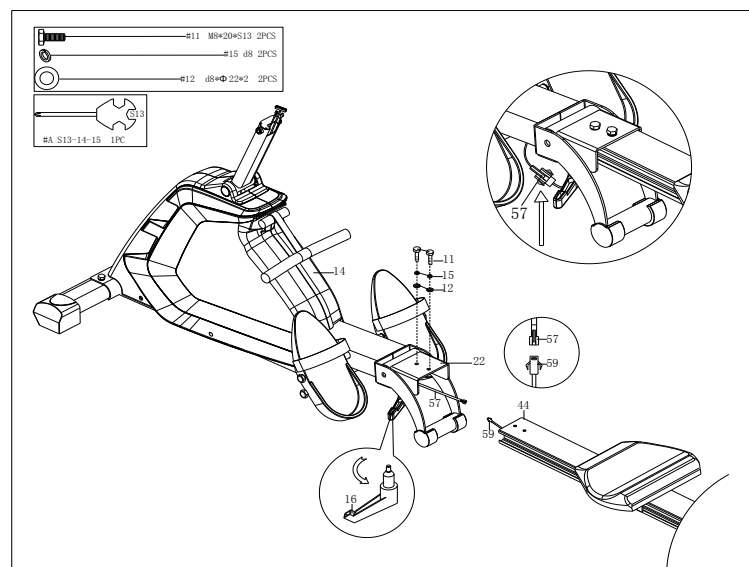
STEP 4:

NOTE: To avoid damage to the wires, please ensure that you keep the wires beneath **Main Frame (No. 14)** and **Aluminum Rail (No. 44)**, away from the connection point of the two sections.

Connect **Trunk Wire 3 (No. 57)** with **Pulse Sensor Wire (No. 59)**.

Attach **Aluminum Rail (No. 44)** into the **Aluminum Rail Link (No. 22)** using **2 Bolts (No. 11)**, **2 Spring Washers (No. 15)**, and 2 **Washers (No. 12)**.

Tighten and secure the **Aluminum Rail Link (No. 22)** with **L Knob (No. 16)**.

Then, back **Trunk Wire 3 (No. 57)** into the hole of **Main Frame (No. 14)**.
NOTE: When backing the **Trunk Wire 3 (No. 57)** into the hole of **Main Frame (No. 14)**, the direction should be correct as shown in picture.

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).
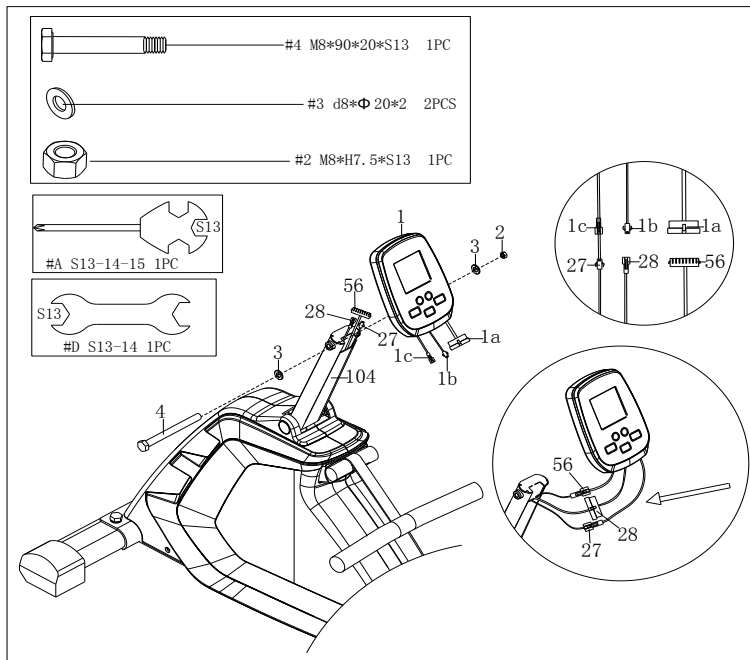
STEP 5:

Connect **Trunk Wire (No. 56)** with **Computer Wire (No. 1a)**.

Connect **Trunk Wire 2 (No. 28)** with **Computer Wire (No. 1b)**.

Connect **Trunk Wire 4 (No. 27)** with **Computer Wire (No. 1c)**.

Then, back **Trunk Wires (No. 27** & **No. 28** & **No. 56)**, into the front hole of **Computer Post (No. 104)**.
NOTE: When backing the **Trunk Wires (No. 27** & **No. 28** & **No. 56)** into **Computer Post (No. 104)**, the direction should be correct as shown in picture.

Secure **Computer (No. 1)** to the **Computer Post (No. 104)** using **Bolt (No. 4)**, 2 **Washers (No. 3)**, and **Nylon Nut (No. 2)** with **Spanner (No. A)** and **Wrench (No. D)**.
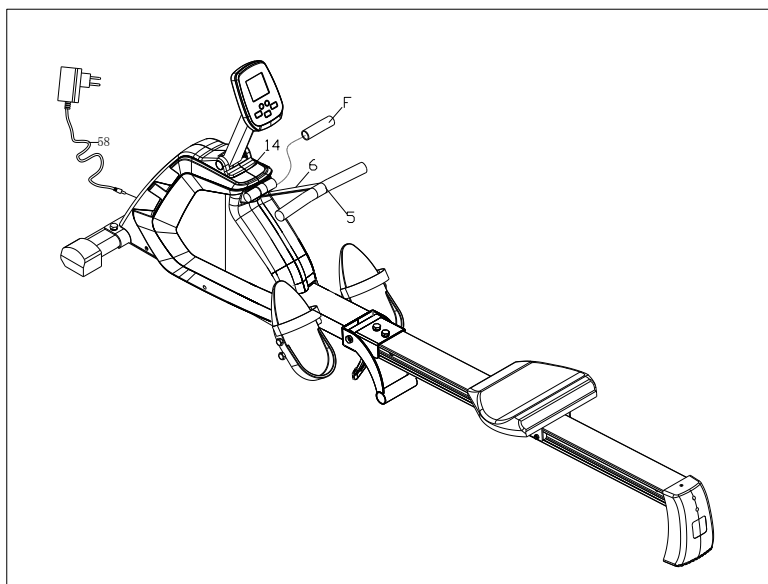
STEP 6:

Pull out the **Handlebar (No. 5)**, then take out the **Paper Tube (No. F)** and keep the **Mesh Belt (No. 6)** in the middle of **Handlebar (No. 5)**. Put **Handlebar (No. 5)** in the handlebar seat of **Main Frame (No. 14)**.

Insert one end of **Adapter (No. 58)** to the power hole of **Main Frame (No. 14)**, connect another end of **Adapter (No. 58)** with power.

When not in use, please put away **Adapter (No. 58)** for your next use.

The assembly is complete!

EXERCISE COMPUTER

OPERATING INSTRUCTIONS:

1. Connect all cables to the monitor.
2. After turning on, all LCD segments will light up for 2 seconds and the Computer will start at level 1. <u>The monitor will go to initial mode</u>.

NOTE: If the connection cables were installed incorrectly, motor will not run. Before servicing, please examine if all connection cables are well connected and then reset the power until you hear a beeping sound or press DELETE to restart the system. If the motor still does not run, please contact customer service. If the monitor shows "E2" message, please contact customer service.
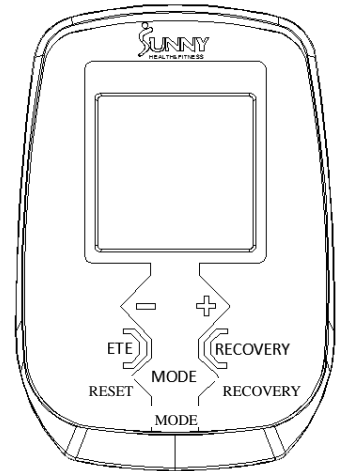
KEY FUNCTION:

MODE:
1. During the stop mode, press MODE button to enter the desired program.
2. Press MODE button to confirm the setting values of TIME, COUNT, DISTANCE, CALORIES, and PULSE in setting mode, or to confirm the PROGRAM PROFILE in User program.

RESET:
1. Press RESET button to clear all setting data to 0 or the default value.
2. Hold RESET button for 2 seconds to enter initial mode and reset all value to 0.

RECOVERY:
Press RECOVERY to enter recovery mode.
F1.0 = Excellent   F2.0 = Good   F3.0 = Fair   F4.0 = below average
F5.0 = No Good   F6.0 = Poor
(User needs wireless belt to use this function. This Product does not include wireless belt.)

+ :
1. During the stop mode, select Program or increase the setting value of TIME, COUNT, DISTANCE, CALORIES, and PULSE in the heart rate control program 8, or increase PROGRAM PROFILE in the User setting program.
2. During the exercise mode, press this button to increase the resistance level.

- :
1. During the stop mode, select Program or decrease the setting value of TIME, COUNT, DISTANCE, CALORIES, and PULSE in the heart rate control program 8, or decrease PROGRAM PROFILE in the User setting program
2. During the exercise mode, Press this button to decrease the resistance level.

FUNCTIONS:

TIME:
Exercise time will be shown on the display when exercising. If the computer is inactive for over 4 minutes, it will enter sleep mode. To turn on the computer, press any button or start the work out, all values will reset to zero. Without setting the time value, the monitor will count the time from 0:00 to 99:59. Setting the exercise time, the monitor will countdown from your setting values. Once the setting value has been reached, the monitor will beep and then stop. Press any button to count from 0:00.

DISTANCE:
The distance will be displayed on the window. The monitor begins to calculate from 1 to 999 and the measure unit is 1 (mile/1000). After reaching 1 mile, the measure unit will display 0.1 mile. The monitor will display from 1.0 mile to 99.9 miles. Without setting the distance value, the monitor will count from 0.1-99.9 miles. By setting the exercise distance, the monitor will count down from your setting values. Once the setting value is reached, the monitor will beep and then stop. Press any button to count from 1 (mile/1000).

CALORIE:
The calories burned will be displayed on the window. Its scope is 0.0-999 kcal.
Without setting the calorie value, the monitor will count from 0.0 to 999.
By setting the calories burned, the monitor will count down from your setting values. Once the setting value is reached, the monitor will beep and then stop. Press any key to count from 0.0.

COUNT:
The count will be shown on the display when exercising. If the computer is inactive for over 4 minutes, it will reset to zero. Without setting the count value, the monitor will count from 0 to 9999. By setting the exercise time, the monitor will count down from your setting values. Once the setting value is reached, the monitor will beep and then stop. Press any key to count from 0.

PULSE:
The monitor will display your current heartbeat rate in beats per minute, the range is 40-220. If the signal has been entered, the monitor will count the beats. If no pulse has been detected within 6 seconds, the display will indicate "p". Pulse value will blink when the current pulse is higher than your default value.

(Wear your wireless belt during this time. This product does not include the wireless belt.)

STROKES/MIN:
It means the moment of strokes **per minute**.

PROGRAM:

Preset Program: Program 1- Program 7

1. Press the **+/-** button to select the desired program.
2. Press MODE to enter the program.
3. The time display will flash, press the **+/-** button to set up the desired time to do the exercise. Press MODE button to confirm your setting value.
4. The count display will flash, press the **+/-** button to set up the desired value. Press MODE button to confirm your setting value.
5. The distance display will flash, press the **+/-** button to set up the desired distance you would like to reach. Press MODE button to confirm your setting value.
6. The calorie display will flash, press the **+/-** button to set up the desired calorie you would like to burn. Press MODE button to confirm your setting value.
7. The Pulse display will flash, press the **+/-** button to set up the desired pulse value you would like to reach. Press MODE button to confirm your setting value.
8. Input the speed signal/pedal to start the work out.

Note:

1. Press MODE button to set the next function.
2. There will be a beeping sound when you reach the desired value.
   If there is more than one desired value, press any button to continue the work out after the beep.

PROGRAM 8 (COMPETITION PROGRAM)

1. Press the **+/-** button to P8.
2. Press MODE button to enter the competition program.
3. The time display will flash, press the **+/-** button to set up the desired time to do the exercise. Press MODE button to confirm your setting value.
4. The distance display will flash, press the **+/-** button to set up the desired distance you would like to reach. Press MODE button to confirm your setting value.
5. Input the speed signal/pedal to start work out.

Note:

1. Press MODE button to set the next function.
2. There are two parts of the display: the upper and the lower part.
   The upper: unit workout is distance; each bar means 1/10 of the desired distance.
   The lower: unit workout is time; each bar means 1/10 of the desired time.
3. When the user reaches the work out time, and the distance is less than unit work out distance. The distance bars will flash, and this means the user does not reach the desired work out distance. Otherwise, the bars will increase which means the workout is ok.

PROGRAM 9 (PULSE PROGRAM)

Computer will adjust the resistance level according to the pulse value. If the current value is lower than the desired value, the resistance will increase, otherwise, the resistance will decrease.

1. Press the **+/-** button to P9.
2. Press MODE button to enter the pulse program.
3. Pulse display will flash, press the **+/-** button to set up the desired pulse value you would like to reach. Press MODE button to confirm your setting value.
4. The time display will flash, press the **+/-** button to set up the desired time to do the exercise. Press MODE button to confirm your setting value.
5. The count display will flash, press the **+/-** button to set up the desired value. Press MODE button to confirm your setting value.
6. The distance display will flash, press the **+/-** button to set up the desired distance you would like to reach. Press MODE button to confirm your setting value.
7. The calorie display will flash, press the **+/-** button to set up the desired calorie you would like to burn. Press MODE button to confirm your setting value.
8. Input the speed signal/pedal to start the workout.

Note:

If there is no desired pulse value in the initial mode, the heartbeat is 90/mins.
There will be a beeping sound when one of the desired values is reached: TIME, COUNT, DISTANCE, CALORIES, and the computer stops.
If there is more than one desired value, press any button to continue the workout after the beep.

USER PROGRAM: (U1-U4)

1. Press the **+/-** button to U1-U4.
2. Press MODE button to enter the USER program.
3. The time display will flash, press the **+/-** button to set up the desired time to do the exercise. Press MODE button to confirm your setting value.
4. The count display will flash, press the **+/-** button to set up the desired value. Press MODE button to confirm your setting value.
5. The distance display will flash, press the **+/-** button to set up the desired distance you would like to reach. Press MODE button to confirm your setting value.
6. The calorie display will flash, press the **+/-** button to set up the desired calories you would like to burn. Press MODE button to confirm your setting value.
7. Pulse display will flash, press the **+/-** button to set up the desired pulse you would like to reach. Press MODE button to confirm your setting value.
8. Profile will flash, press the **+/-** button to set up the desired profile value you would like to reach. Press MODE button to confirm your setting value. The setting is set the same way until all profiles are finished.
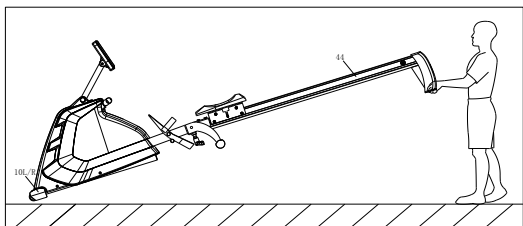9. Input the speed signal/pedal to start the workout.

Note:

1. There will be a beeping sound when the desired value is reached.
2. If there is more than one desired value, press any button to continue the workout after the beep.
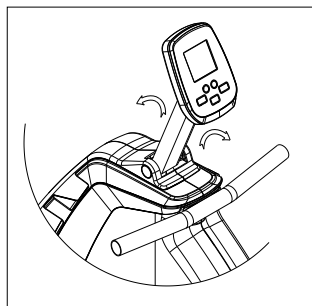
ADJUSTMENTS GUIDE
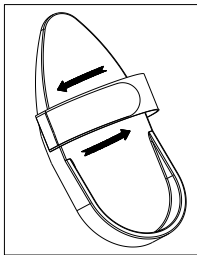
PEDAL ADJUSTMENT

The pedal strap is adjustable and can be personalized to fit the user's foot size.

MOVING THE MACHINE

To move the machine, lift the **Aluminum Rail (No. 44)** until the transportation wheels on **End Caps (No. 10L/R)** touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

COMPUTER ANGLE ADJUSTMENT

The rotation angle of computer post can be adjusted to obtain the best view of the Computer LCD screen.

STORAGE GUIDE

When not in use, you can save space by folding the **Aluminum Rail (No. 44)**.

1. Unscrew the **L Knob (No. 16)** until the rod of **L Knob (No. 16)** completely detaches from the **Aluminum Rail Link (No. 22)**, and at the same time, bring the **L Knob (No. 16)** down until it cannot move anymore. Then, lift the **Aluminum Rail (No. 44)** with the other hand to an angle until the **L Knob (No. 16)** breaks away from the **Aluminum Rail Link (No. 22)**, and you can release the **L Knob (No. 16)**. Refer to figure A.

2. When the **Aluminum Rail Link (No. 22)** rotates to a certain angle, the **L Knob (No. 16)** will automatically fit into the hole on the **Aluminum Rail Link (No. 22)**. Then, screw the **L Knob (No. 16)** tight as shown in figure B.
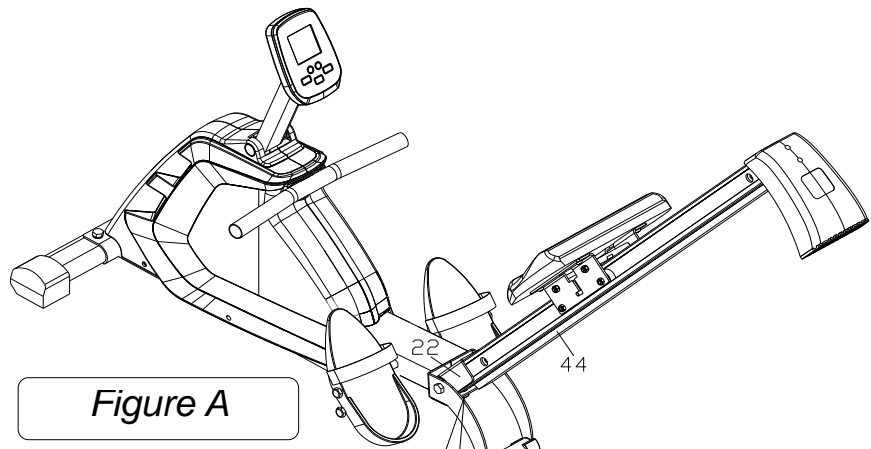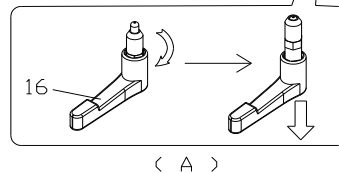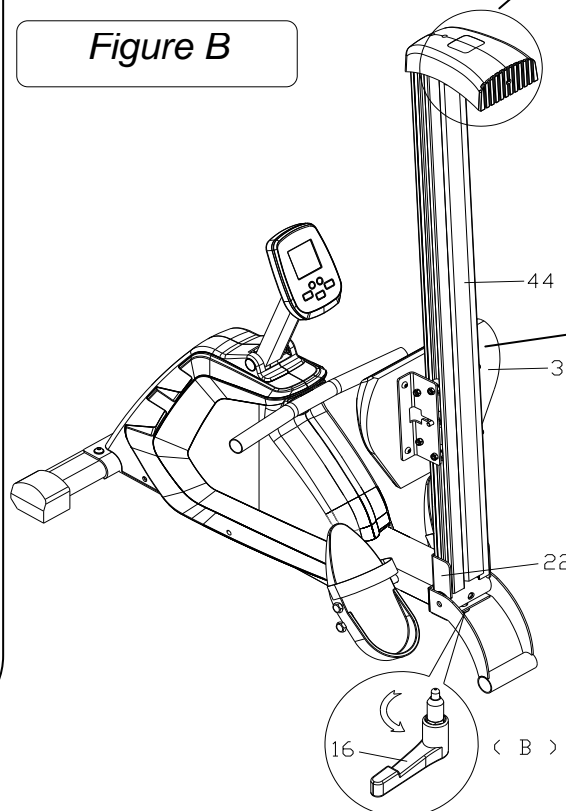
Figure A

Figure B

（ A ）

16

Attention!
It is easy to hit your head when the **Aluminum Rail (No. 44)** is standing upright.

Attention!
The **Seat (No. 31)** will slide down when folding the **Aluminum Rail (No. 44)**.

44

31

22

16   （ B ）

Version 1.2