



INDOOR CYCLING BIKE

SF-B1110

OWNER'S MANUAL



IMPORTANT!

PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THE BIKE.

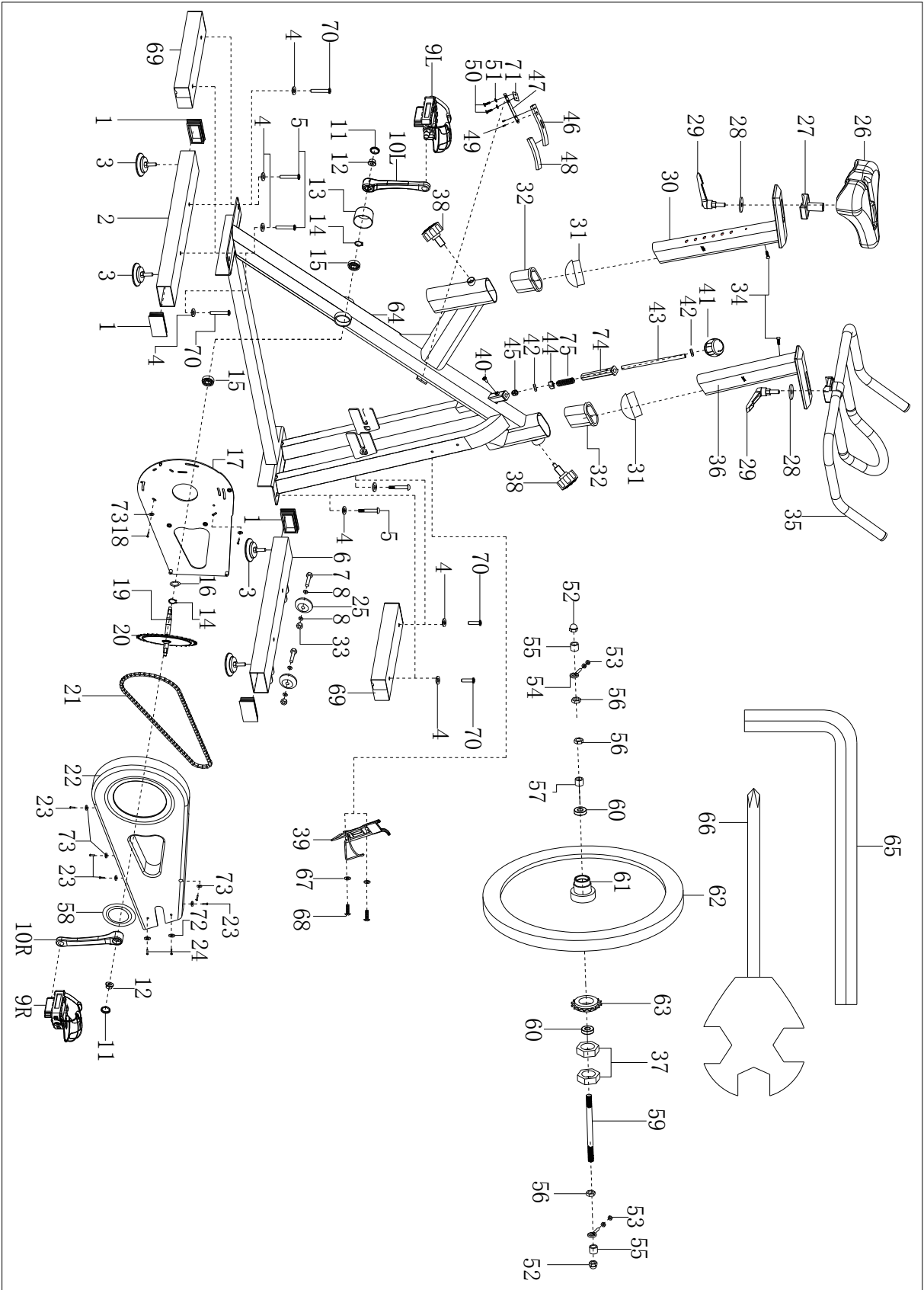
For Customer Service, please contact: support@sunnyhealthfitness.com

Important Safety Information

Please keep this manual for future reference!

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. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
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. You should consult your doctor before continuing with your exercise program. If you do experience any of these conditions.
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. The equipment should have at least 0.5 meters of free space all around to ensure the safety.
6. Check all the nuts and bolts are securely tightened before using the equipment.
7. The safety of the equipment can only be maintained if it is regularly examined.
8. 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 exercising, stop using the equipment immediately and don't use the equipment until the problem has been repaired.
9. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment
10. The maximum weight capacity of this unit is 265 pounds.
11. The equipment is not suitable for therapeutic use.
12. 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.
13. This equipment is designed for indoor and home use only, not intended for commercial use.

EXPLODED VIEW

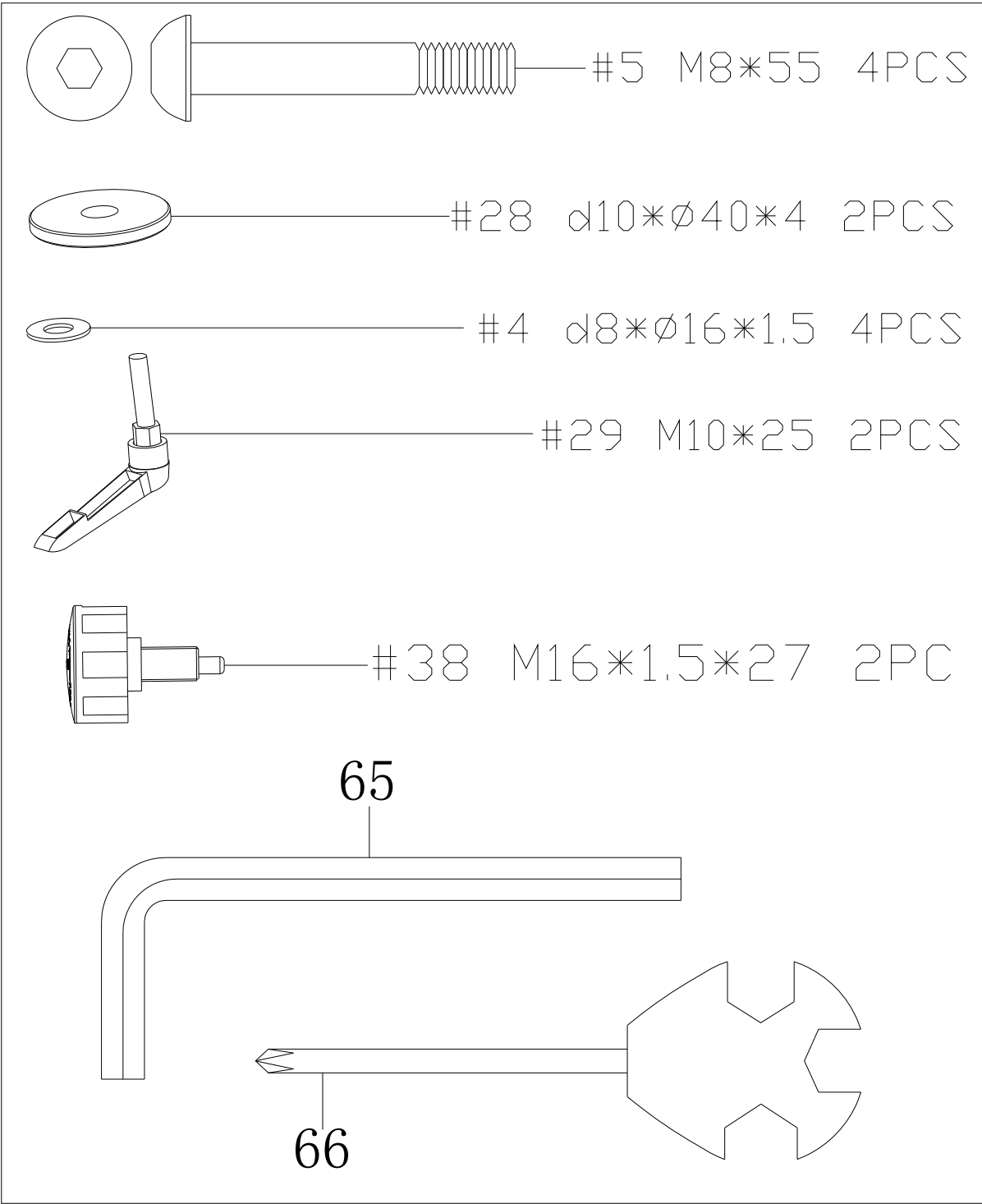


PARTS LIST

NO	DESCRIPTION	QTY
1	End cap F80*40	4
2	Rear stabilizer	1
3	Foot pad	4
4	Washer d8*φ16*1.5	8
5	Screw M8*55	4
6	Front stabilizer	1
7	Bolt M6*45	2
8	Bearing 608 ZZ	4
9L/R	Pedal	2
10L/R	Crank	2
11	End cap	2
12	Nut M10*1.25	2
13	Cover for middle axle	1
14	Jump ring d20	2
15	Bearing 6004-2RS	2
16	Wave washer d20*Φ25*0.3	1
17	Inner chain cover	1
18	Screw ST4.8*16	2
19	Middle axle Φ 20*190	1
20	Chain wheel φ225*2.5*Z52	1
21	Drive chain 1/2*1/8*104	1
22	Outer chain cover	1
23	Screw ST4.2*13	5
24	Screw M6*10	2
25	Transport wheel φ70*24	2
26	Saddle	1
27	Saddle column	1
28	Washer d10*φ40*4	2
29	L shape knob M10*25	2
30	Saddle post	1
31	End cap PT70*30	2
32	Bushing PT80*40*L130	2
33	Nut M6	2
34	Screw M5*10	2
35	Handle bar	1
36	Handlebar post	1
37	Nut	2
38	Knob M16*1.5*27	2

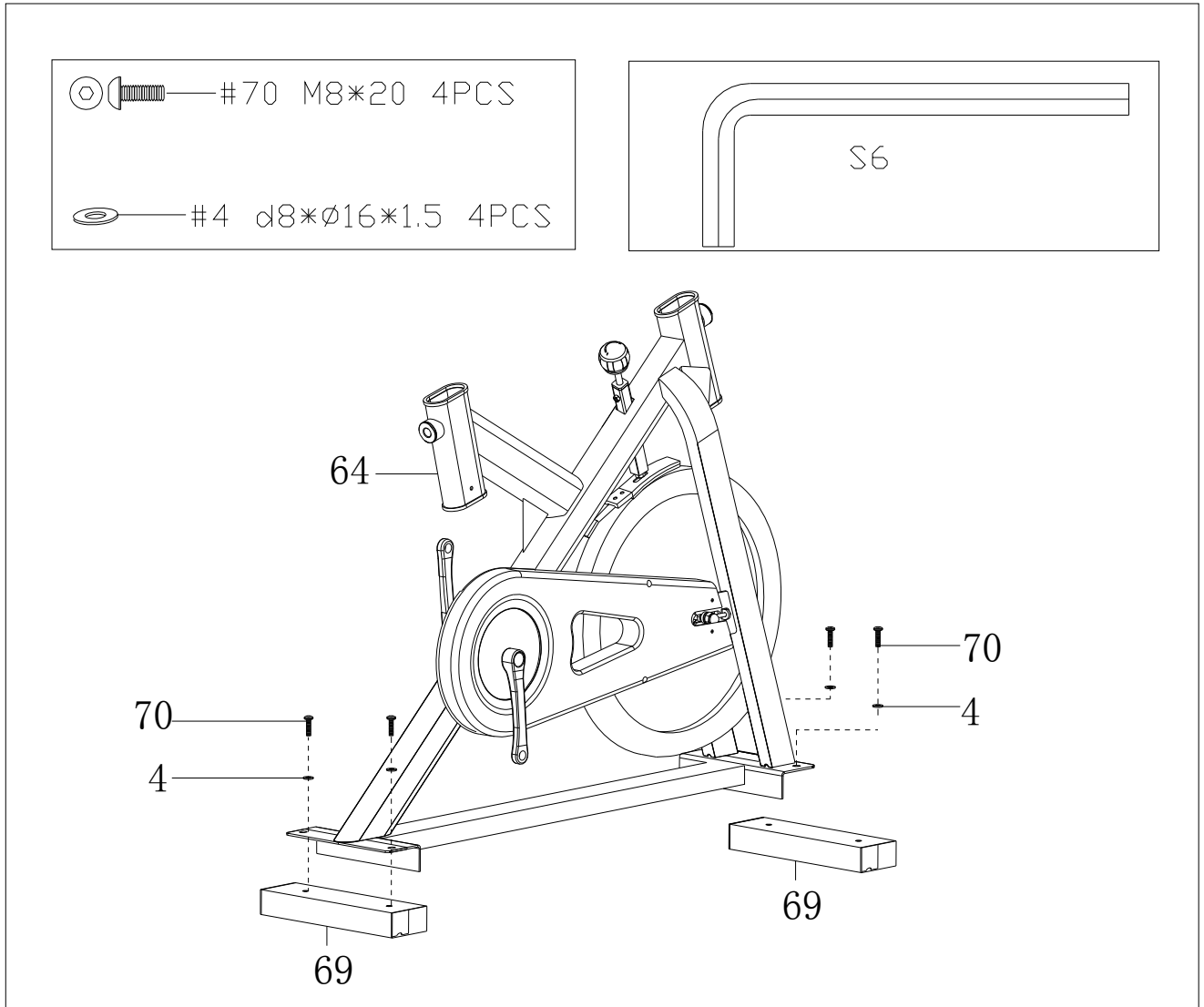
NO	DESCRIPTION	QTY
39	Bottle holder	1
40	Screw M6*12*Φ12	1
41	Knob M10	1
42	Nut M10	2
43	Brake rod φ10*210	1
44	Square nut	1
45	Nut M6*H14*S10	1
46	Brake board t7*138.3*28	1
47	Spring piece t1.5*110*15.5	1
48	AL902Twoolen felt	1
49	screw M5*10*φ8.5	2
50	bolt M6*10*S10	2
51	washer d6*φ12*1.2	2
52	Nut M12*1	2
53	Nut M6	4
54	Adjusting screw M6*60* φ 12*5	2
55	Spacer φ18*φ12.2*6	2
56	Nut M12*1	3
57	SpacerΦ 18*Φ12.1*9	1
58	Crank cover	1
59	Inertia axle φ12*162	1
60	Bearing 6001-RS	2
61	Bushing	1
62	Flywheel	1
63	Chain wheel	1
64	Main frame	1
65	Spanner S6	1
66	Spanner S13-14-15	1
67	Washer d5*φ10*1	2
68	Screw M5*16	2
69	Shipping tube	2
70	Screw M8*20	4
71	Rubber pad 44*25*3	1
72	Washer d6*φ16*1.2	2
73	Washer d5*φ10*1	7
74	Spacer 20*20*75	1
75	Spring Φ 2.0*Φ15*54*N12	1

HARDWARE PACKAGE



ASSEMBLY INSTRUCTIONS

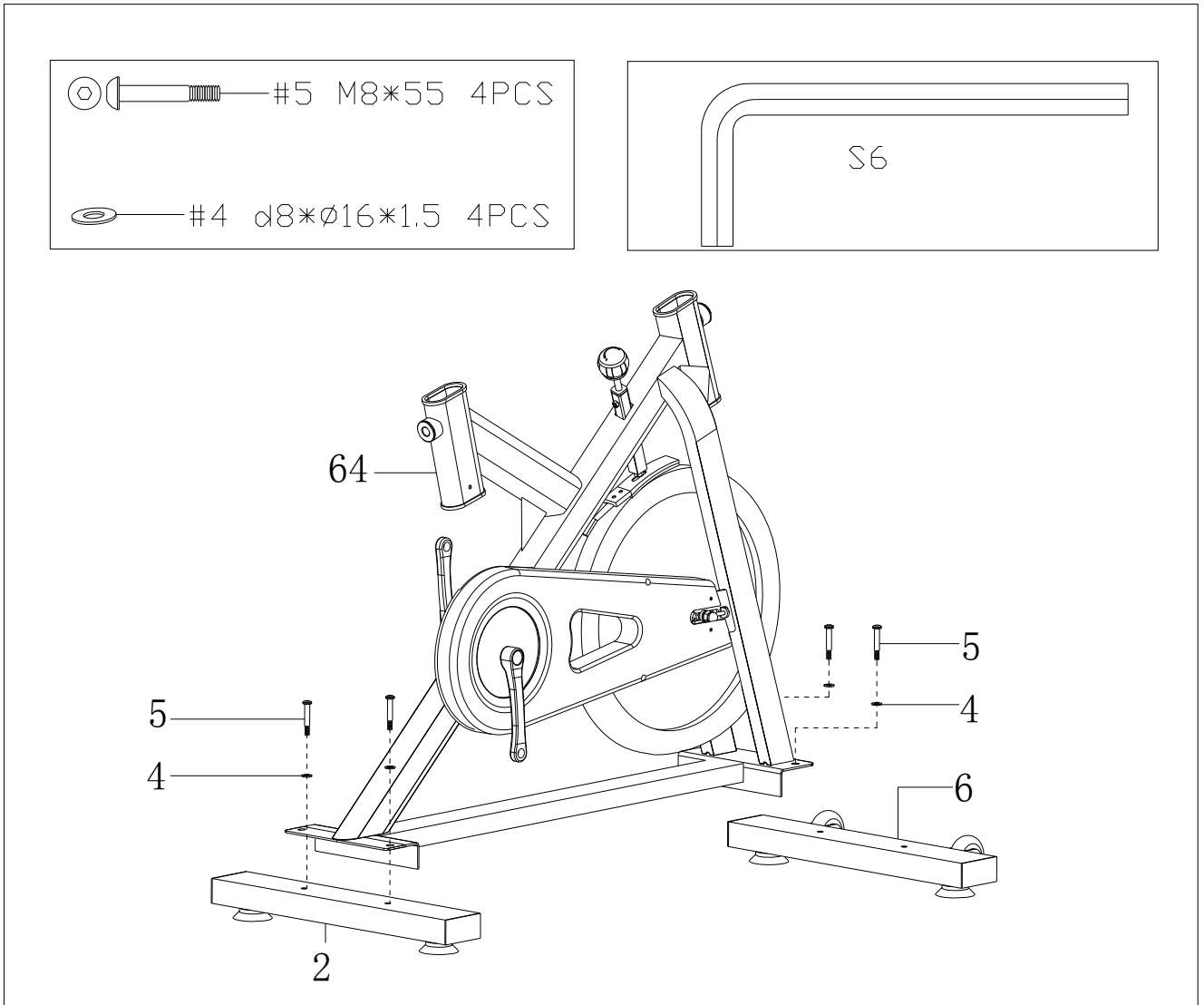
STEP 1:



A: Remove the shipping tubes (69) from main frame (64) by unscrewing the screws (70) and washers (4) with Allen wrench (65).

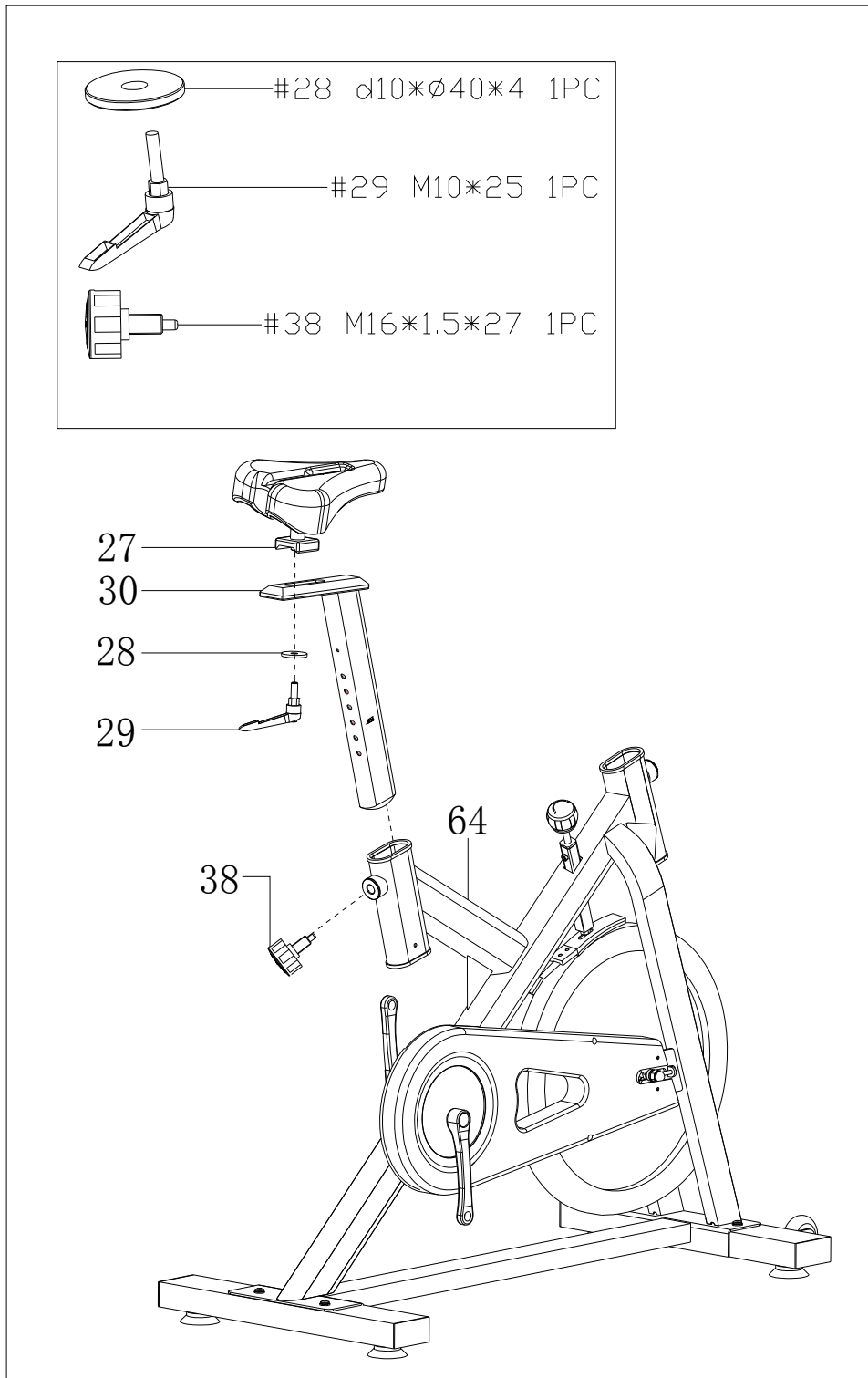
B: You can save these parts for future packaging and transportation of the bike if desired. {screws (70), washers (4), the shipping tube (69) }

STEP 2:



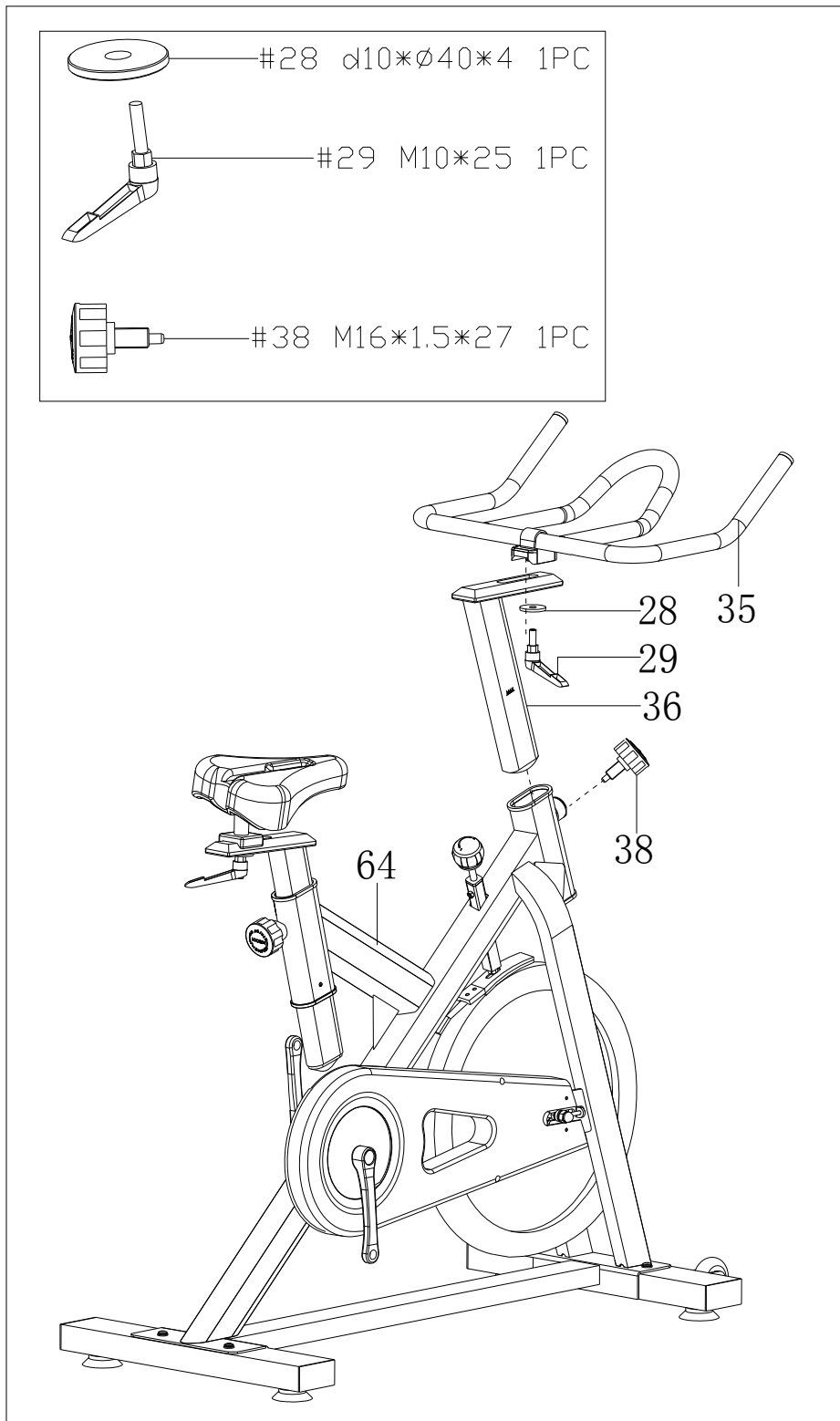
Attach the front stabilizer (6) and rear stabilizer (2) to main frame (64), secure each of them together using two hex screws (5) and washers (4).

STEP 3:



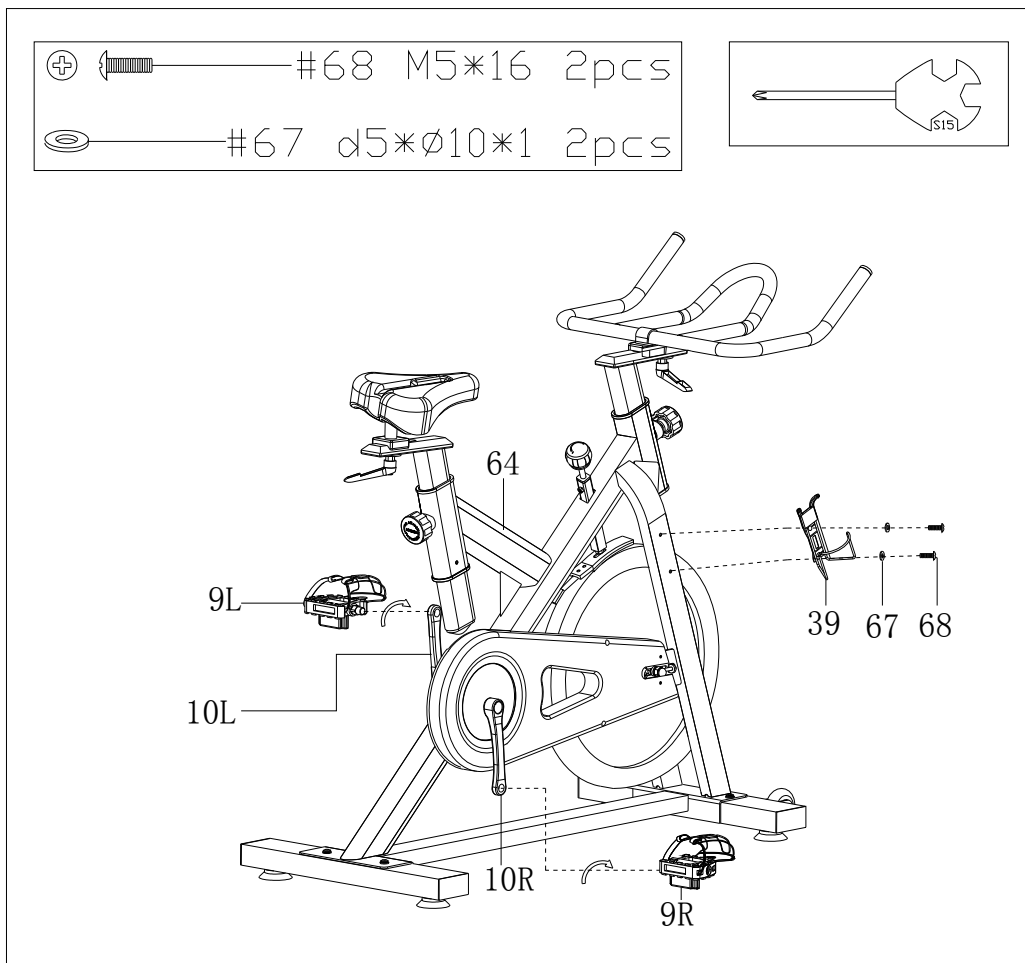
- A. Insert the saddle post (30) into the main frame (64) fixing with knob (38).
- B. Secure the saddle column (27) onto the saddle post (30) using the L shape knob (29) and washer (28).

STEP 4:



- A. Insert the handlebar post (36) into the main frame (64) fixing with knob (38).
- B. Secure the handle bar (35) onto the handle bar post (36) using the L shape knob (29) and washer (28).

STEP 5:



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

A. Screw the right pedal (9R) into the crank shaft (10R) in the CLOCKWISE direction. Screw the left pedal (9L) into the crank shaft (10L) in the COUNTER-CLOCKWISE direction. You must use a spanner (66) to tighten securely.

B. Remove the two screws (68) and two washers (67) located on the main frame (64). Then secure the bottle holder (39) to the main frame (64) using screws (68) and washers (67) that you had just previously removed.

OPERATION

Leveling the bike

This bike can be leveled to compensate for uneven surfaces. To level the bike, please raise or lower the four leveler feet located on the underside of the front and rear stabilizers. (Fig.1)



Fig.1

Resistance Adjustment

Pedaling resistance is controlled by the tension control knob (Fig.2). To increase resistance, turn the tension control knob clockwise (+). To decrease resistance, turn the tension control knob counter-clockwise (-). Resistance adjustment can be easily made at any time. Emergency brake is also equipped in this machine, by pushing down the knob, you can stop the transmission immediately. (Fig.3)

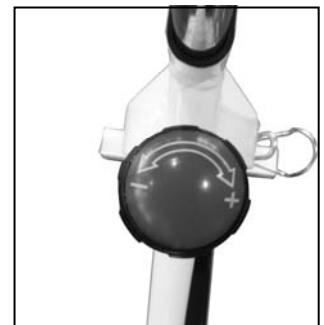


Fig.2



Fig.3

Seat Adjustment

Appropriate seat height helps ensure your exercise efficiency, reduce the risk of injury and makes you feel more comfortable.

Adjusting the seat forward or backward helps you work on different lower body muscle groups.

1. Place one pedal in the upward position. Place your foot in the toe clips, then get on the bike.

2. If your leg is bent too much, you should move the seat up. If your foot can not touch the pedal or your leg is too straight, you should move the seat down.

3. Dismount the bike. Loosen and pull the pop pin (Fig.4), then raise or lower the seat post to the desired position. Make sure the pop pin settles into the desired hole and then secure it firmly.

4. Loosen the L shape knob (Fig.5), then move the seat forward or backward to the desired position. When the seat slider is in the desired position, secure the L shape knob clockwise firmly.



Fig.4



Fig.5

Handlebar Adjustment

1. Loosen and pull the pop pin (Fig.6), then raise or lower the handlebar to the desired position for a more efficient & comfortable ride. Make sure the pop pin settles into the desired hole and then secure it firmly.



Fig.6

2. Loosen the L shape knob (Fig.7), then move the handlebar forward or backward to the desired position. When the handlebar is in the desired position, secure the L shape knob clockwise firmly.



Fig.7

Important!

1. If the L shape knob touches the tube when securing clockwise, please pull down the L shape knob and turn it counter-clockwise, then release it and secure it clockwise. Repeat it several times until you secure it firmly.

2. If the L shape knob touches the tube when releasing counter-clockwise, please pull down the L shape knob and turn it clockwise, then release it and secure it counter-clockwise. Repeat it several times until you can move the handles to desired

Pedal Strap Adjustment

Place the ball of each foot in the toe clip until the front of the shoe fits snugly in the toe clip cage. Rotate one foot to within arm's reach, then pull up the strap until the toe clip cage fits the shoe snugly (Fig.8) and insert the strap back into the hoop of toe clip. Repeat for the other foot.



Fig.8

Workout

Once you are sitting comfortably, begin pedaling slowly, with your hands resting comfortably on the handlebar. After you feel secure, you can change seat positions, hand positions and resistance levels for added enjoyment and variety during your workout.

Dismounting the bike

You can stop the flywheel's motion abruptly by pushing down the tension knob (see page 11, figure 3). Also you can increase the resistance by turning the tension control knob clockwise until the flywheel stops, or pedal slower until you come to a complete stop.

Warning!

Do not dismount the bike or remove your feet from the pedals until the pedals have completely stopped.

Moving the Bike

Carefully press down from the front of the handlebar to move the bike to another location (Fig.9). Please gently move the bike as any sudden impact may affect the operation of the machine.



Fig.9