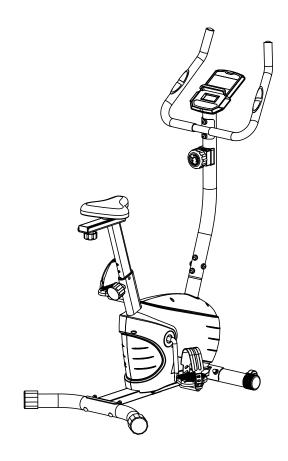


# **User Manual**



# **Performance Interactive Series Upright Bike**

SF-B220030

ΕN

**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**.

# **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 4 feet (120 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 250 lbs (115 kg).
- 10. This 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.

### **Statement Of Purpose**

The exercise bike is a cardio workout machine that provides cross-training at various speeds and levels of resistance.

### **Waste Disposal**



SUNNY HEALTH & FITNESS products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

### **EU Declaration Of Conformity**

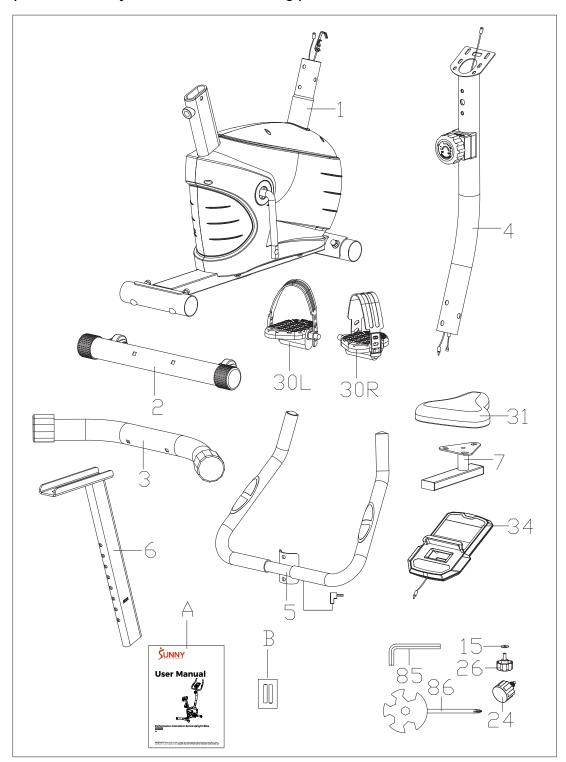
You can find the declaration of conformity at the following link: <a href="https://sunnyhealthfitness.com/pages/declaration-of-conformity">https://sunnyhealthfitness.com/pages/declaration-of-conformity</a>

### **Technical Data**

Connectivity: Bluetooth LE Frequency Range: 2400~2483.5 Mhz Transmitting Power: 0 dBm

# **Pre-Assembly Check List**

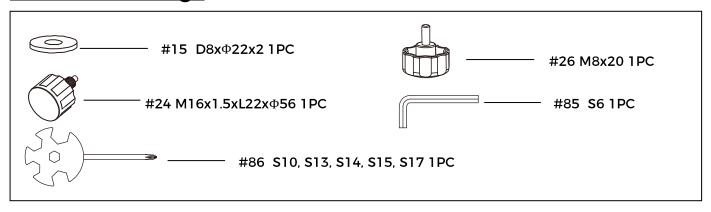
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5	Handlebar		1
6	Seat Tube		1
7	Seat Slider		1
15	Flat Washer	D8xΦ22x2	1
24	Knob	M16x1.5xL22xΦ56	1

	No.	Description	Spec.	Qty.
	26	Knob	M8x20	1
-	30L	Left Pedal	YH-30	1
	30R	Right Pedal	YH-30	1
	31	Seat	982	1
	34	Meter	TZ-4112	1
	85	Allen Wrench	S6	1
	86	Spanner	S10, S13, S14, S15, S17	1
	Α	Manual		1
	В	Battery	AAA	2

### **Hardware Package**



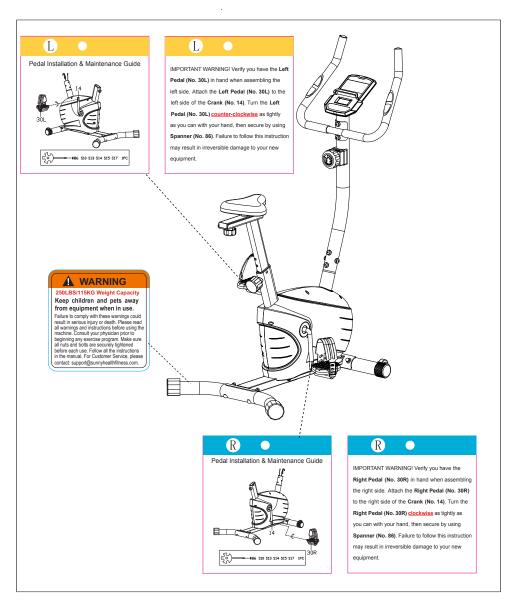
#### **Ordering Replacement Parts**

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

- ✓ The model number
- √ The product name
- ✓ The part number

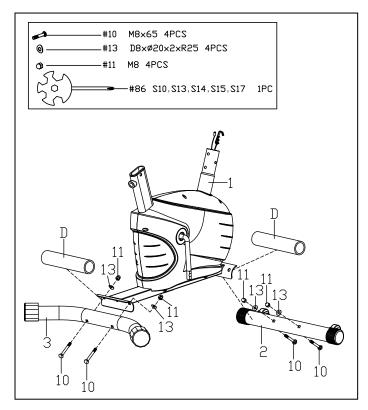
Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

## **Warning Labels**



### **Assembly Instructions**

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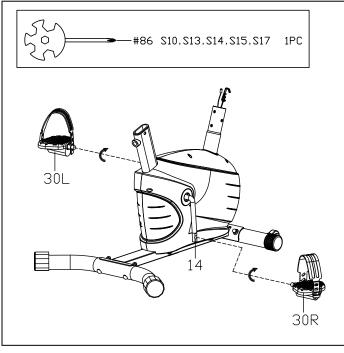


#### STEP 1:

Remove the 4 Carriage Bolts (No. 10), 4 Arc Washers (No. 13) and 4 Cap Nuts (No. 11) from the 2 Paper Tubes (No. D) using Spanner (No. 86).

**NOTE**: You may discard the 2 **Paper Tubes (No. D)** or save them to repackage the item in the future.

Attach the Front Stabilizer (No. 2) and the Rear Stabilizer (No. 3) to the Main Frame (No. 1) with 4 Carriage Bolts (No. 10), 4 Arc Washers (No. 13) and 4 Cap Nuts (No. 11) that were just removed using Spanner (No. 86).



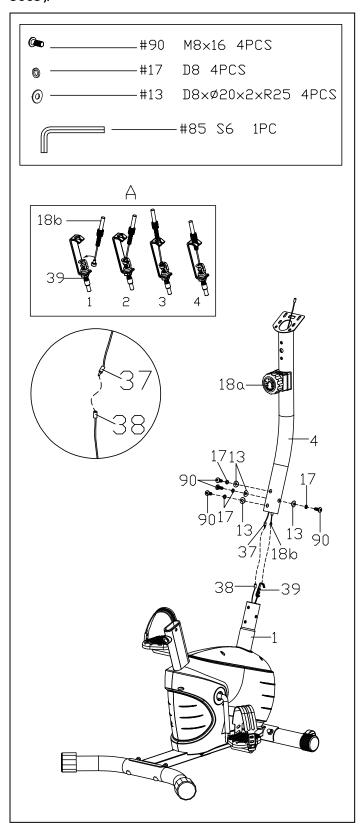
#### STEP 2:

Attach the **Left Pedal (No. 30L)** to the left side of the **Crank (No. 14)**. Turn the **Left Pedal (No. 30L)** <u>counter-clockwise</u> as tightly as you can with your hand. Then secure by using **Spanner (No. 86)**.

Attach the **Right Pedal (No. 30R)** to the right side of the **Crank (No. 14)**. Turn the **Right Pedal (No. 30R)** <u>clockwise</u> as tightly as you can with your hand. Then secure by using **Spanner (No. 86)**.

NOTE: Attaching the Left & Right Pedals (No. 30L & No. 30R) to the wrong side of the Crank (No. 14) or turning it the wrong direction can damage the Crank (No. 14).

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#### **STEP 3:**

NOTE: Make sure the Tension Controller (No. 18a) is at the lowest level before you connect the cable. This ensures the wires are at their longest point. We recommend the assistance of a second person to help hold the Handlebar Post (No. 4). This will make the connection easier when you are attaching Tension Hook (No. 39) to the Tension Cable (No. 18b).

Attach the **Tension Cable (No. 18b)** into the metal bracket of **Tension Hook (No. 39)** as shown in drawing A-①. Then, pull **Tension Cable (No. 18b)** upward and insert it into the slot of metal bracket of **Tension Hook (No. 39)** as shown in drawing A-③. Make sure the metal fitting on **Tension Cable (No. 18b)** is secured in the metal bracket.

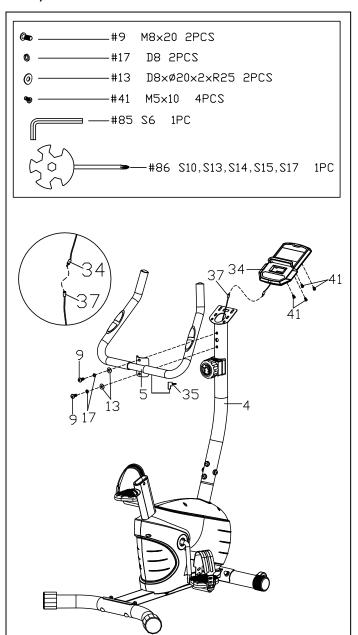
Connect the **Sensor Extension Wire (No. 37)** to the **Sensor Wire (No. 38)**.

Remove 4 Screws (No. 90), 4 Spring Washers (No. 17) and 4 Arc Washers (No. 13) from the Main Frame (No. 1) using Allen Wrench (No. 85).

Attach the Handlebar Post (No. 4) to the Main Frame (No. 1) with 4 Screws (No. 90), 4 Spring Washers (No. 17) and 4 Arc Washers (No. 13) that were just removed. Tighten and secure with the Allen Wrench (No. 85).

**NOTE:** Do not cut or pinch any wires when attaching the **Handlebar Post (No. 4)**.

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#### STEP 4:

Remove the preassembled 4 Screws (No. 41) from the Meter (No. 34) with Spanner (No. 86). Connect the Sensor Extension Wire (No. 37) to the wire coming from the Meter (No. 34).

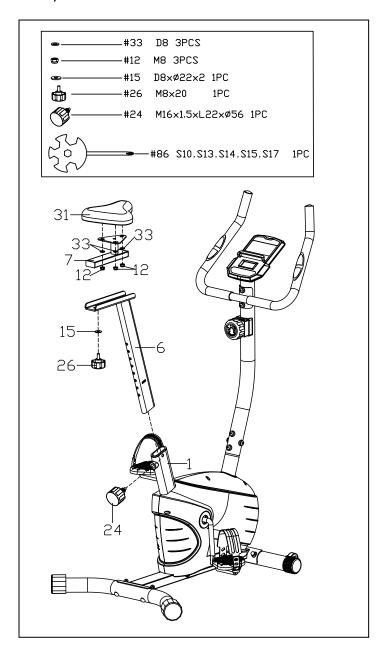
Attach the Meter (No. 34) to the bracket of the Handlebar Post (No. 4) with 4 Screws (No. 41) that were just removed using Spanner (No. 86). Then plug the Pulse Wire (No. 35) to the jack on the back of the Meter (No. 34).

**NOTE:** To avoid damaging the wires, please insert them inside the **Handlebar Post (No. 4)** before securing the **Meter (No. 34)** onto the bracket.

Remove 2 Arc Washers (No. 13), 2 Spring Washers (No. 17) and 2 Screws (No. 9) from Handlebar Post (No. 4) with Allen Wrench (No. 85).

Attach the Handlebar (No. 5) to the bracket of the Handlebar Post (No. 4) with 2 Arc Washers (No. 13), 2 Spring Washers (No. 17) and 2 Screws (No. 9) that were just removed with Allen Wrench (No. 85).

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



#### STEP 5:

Remove 3 Flat Washers (No. 33) and 3 Nylon Nuts (No. 12) from the Seat (No. 31) by using the Spanner (No. 86).

Attach the **Seat (No. 31)** to the **Seat Slider (No. 7)** and tighten with 3 **Flat Washers (No. 33)** and 3 **Nylon Nuts (No. 12)** that are just removed using the **Spanner (No. 86)**.

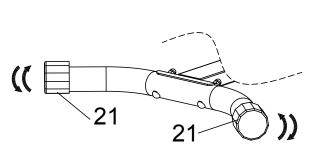
Attach the **Seat Slider (No. 7)** to the **Seat Tube (No. 6)**, secure and tighten **Flat Washer (No. 15)** and **Knob (No. 26)**.

Insert the **Seat Tube (No. 6)** to the post of **Main Frame (No. 1)**, adjust to the proper height. Then insert and tighten the **Knob (No. 24)** to secure the **Seat Tube (No. 6)** in place.

NOTE: Before exercise, make sure the Seat (No. 31) is tightly locked to the post of Seat Slider (No. 7).

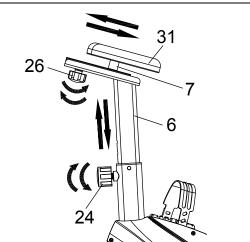
THE ASSEMBLY IS COMPLETE!

### **Adjustment Guide**



#### **ADJUSTING THE BALANCE**

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the **Read End Caps (No. 21)** located on the rear stabilizer until the bike becomes levelled with the floor surface.

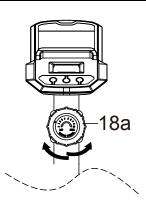


#### **ADJUSTING THE SEAT**

The **Seat (No. 31)** of this bike is fully adjustable as it moves *Up, Down, Fore (forward), Aft (backward).* 

To adjust the height of the **Seat Tube (No. 6)**, loosen and pull the **Knob (No. 24)** outward, then raise or lower the **Seat (No. 31)** to the desired height. Once adjusted, re-insert and tighten the **Knob (No. 24)** to secure the **Seat (No. 31)** in place.

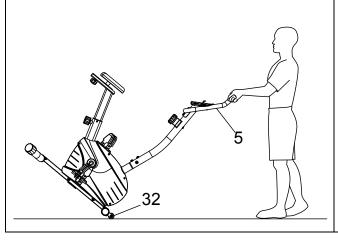
To adjust the **Seat (No. 31)** back and forth, loosen the **Knob (No. 26)** and slide the **Seat Slider (No. 7)** to the desired position. Then tighten the **Knob (No. 26)** to secure the **Seat Slider (No. 7)** in place.



#### ADJUSTING THE TENSION

Adjust the tension by rotating the **Tension Controller** (No. 18a) <u>clockwise</u> to increase the level of resistance. Rotate the **Tension Controller** (No. 18a) <u>counter-clockwise</u> to decrease the level of resistance.

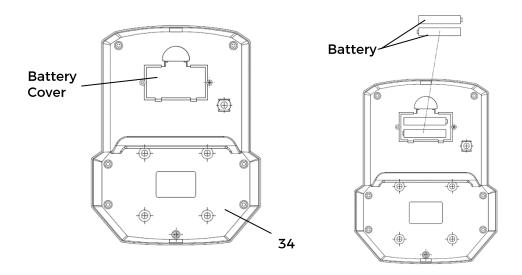
Tension levels are set at Level 1 being the lowest and Level 8 being the highest.



#### **MOVING THE BIKE**

Hold the bike by the **Handlebar (No. 5)** and press down until the **Transportation Wheels (No. 32)** touch the ground. With the **Transportation Wheels (No. 32)** on the ground, you can transport the bike to the desired location with ease.

### **Battery Installation & Replacement**



#### **BATTERY INSTALLATION**

- 1. Take out 2 AAA batteries from meter box.
- 2. Press the buckle of battery cover on the Meter (No. 34), then remove battery cover.
- 3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 34)**. Pay attention to the battery + and poles before installing.
- 4. Press the buckle of battery cover, then put the battery cover back to the back of the Meter (No. 34).

The installation is complete!

#### **BATTERY REPLACEMENT**

- 1. Press the buckle of battery cover on the back of the Meter (No. 34), then remove battery cover.
- 2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Meter (No. 34)**. Pay attention to the battery + and poles before installing.
- 3. Press the buckle of battery cover, then put the battery cover back to the back of the Meter (No. 34).

The replacement is complete!

#### **BATTERY DISPOSAL**

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

### **Exercise Meter**

#### **FUNCTION BUTTONS:**

MODE:

Press the button for selection function display value on LCD or display all function values from TMR (TIME) - SPD (SPEED) -DST (DISTANCE) - CAL (CALORIES) - ODO (ODOMETER) - RPM

- PUL (PULSE). Each value will be held for 6 seconds.

When Bluetooth is not connected, press the button and hold for 2 seconds, and the LCD will be all displayed. After

releasing the button, all values except ODO (ODOMETER) will reset to zero.

(When user replaces the batteries, all the workout values will reset to ZERO automatically).

Press and hold the button for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the meter will enter sleep mode.

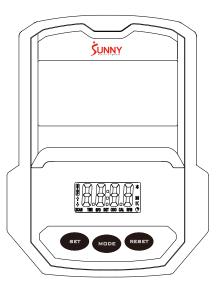
SET: To set up the target value of TMR (TIME), DST (DISTANCE), and

CAL (CALORIES).

Press the button and hold for 2 seconds to speed up the

increment.

Press the button to reset function value when setting.



#### **FUNCTIONS & OPERATIONS:**

#### 1. BATTERY INSTALLATION:

Please install 2 AAA 1.5V batteries in the battery case on the back of the meter. (Whenever batteries are removed, all the workout values will be reset to zero.)

#### 2. AUTO ON/OFF:

When the user begins exercise, the meter will show the workout value automatically. When there is no sensor signal for 10 seconds, the meter will display "STOP". After about 4 minutes of inactivity, when Bluetooth is not connected, the meter will turn off.

#### 3. AUTO SCAN:

After the meter is powered on, press MODE button and the LCD will display all function values from TMR (TIME) - SPD (SPEED) - DST (DISTANCE) - CAL (CALORIES) - ODO (ODOMETER) -RPM- PUL (PULSE). Each value will be held for 6 seconds.

#### 4. SPD (SPEED):

Displays the current training speed from 0.0 to 99.9 MPH (Miles per hour) or KM/H.

#### 5. DST (DISTANCE):

Accumulates total distance from 0.0 up to 999.9 M (miles) or KM. The user may preset target distance by pressing the SET & MODE buttons. Each increment is 0.1 M (Miles) or KM.

Automatically counts down from targeting value during exercise.

#### 6. TMR (TIME):

Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing SET & MODE buttons. Each increment is 1 minute.

Automatically counts down from targeting value during exercise.

#### 7. CAL (CALORIES):

Accumulates calories burned during training from 0.0 to 999.9 (Cal). The user may also preset the target calories before training by pressing the SET & MODE buttons. Each setting increment is 1 Cal. Automatically counts down from targeting value during exercise.

NOTE: This data is a rough guide which cannot be used in medical treatment.

#### 8. ODO (ODOMETER):

Displays the total accumulated distance from 0.0 to 9999 M (miles) or KM. User can also press MODE button to display the odometer value.

#### 9. RPM:

The average number pedal revolutions per minute.

#### 10. PUL (PULSE):

The meter will display the user's heart rate in beats per minute (BPM) during training from 30 to 240. NOTE: This data is a rough guide which cannot be used in medical treatment.

#### 11. SWITCH BETWEEN IMPERIAL AND METRIC SYSTEM:

Press and hold the SET & RESET buttons for about 0.2 seconds to switch between imperial and metric system.

#### NOTE:

- 1. If the meter display is abnormal, please install new batteries and try again. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries.
- 2. Battery Spec: 1.5V UM-4 or AAA (2PCS).
- 3. Dispose the batteries safely, according to your state and regional guidelines.

#### **APP CONNECTION:**

**Connect Smart Equipment to SunnyFit App:** 

Scan to download SunnyFit from the app store:



- 2. Ensure that the Bluetooth function is turned on from your mobile device.
- 3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
- 4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
- 5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!

#### Troubleshooting:

• If you are having trouble connecting your smart equipment, visit <u>www.sunnyfit.com/guide</u> or scan the QR code below:



If you require additional support, please contact <u>support@sunnyfit.com</u>.



- 1. The Bluetooth icon will flash when the meter is on or wakes from sleep mode. If no Bluetooth connection is established within 3 minutes, the Bluetooth icon will turn off.
- 2. The Bluetooth icon will stay on when it is connected.

#### WIRELESS HEART RATE



- 1. The wireless heart rate icon will flash when the meter is on. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
- 2. After exercise resumes, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
- 3. When the meter wakes from sleep mode, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
- 4. The wireless heart rate icon will flash when the MODE key is pressed. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
- 5. The wireless heart rate icon will stay on when the heart rate monitor is connected.

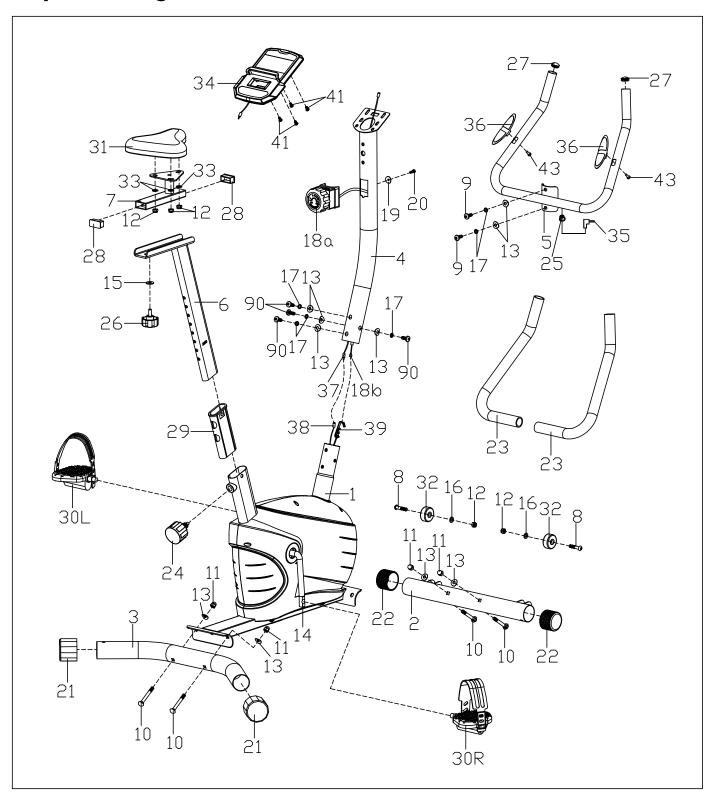
**NOTE:** The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the meter when the wireless heart rate icon is flashing.

# Parts List

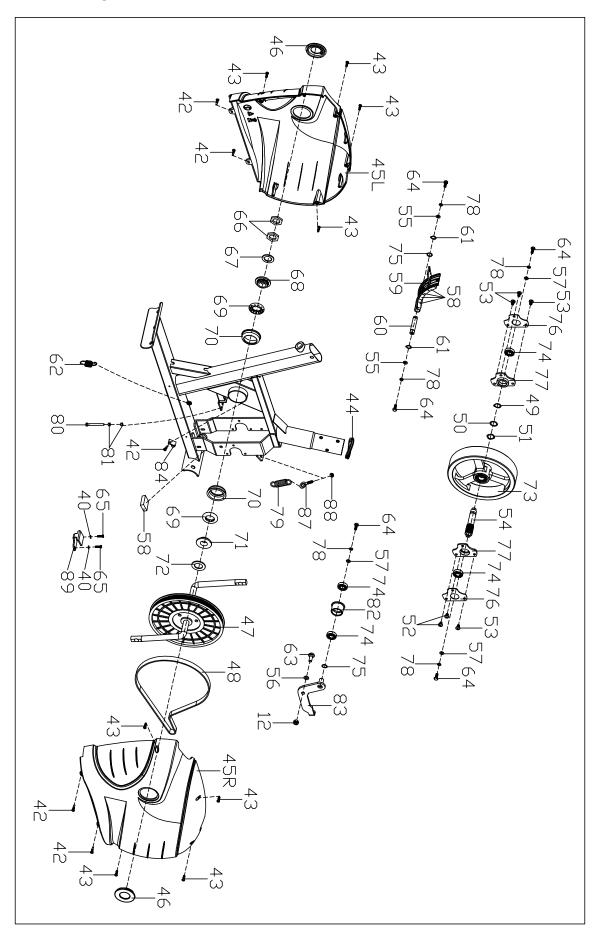
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Handlebar Post		1
5	Handlebar		1
6	Seat Tube		1
7	Seat Slider		7
8	Screw	M8x40	2
9	Screw	M8x20	2
10	Carriage Bolt	M8x65	4
11	Cap Nut	M8	4
12	Nylon Nut	M8	6
13	Arc Washer	D8xΦ20x2xR25	10
14	Crank	B0.5×20	1
15	Flat Washer	D8xΦ22x2	1
16	Flat Washer	D8xD16x1.5	2
17	Spring Washer	D8	6
18a	Tension Controller		1
18b	Tension Cable		1
19	Arc Washer	D5	1
20	Screw	M5x15	1
21	Rear End Cap	Φ <b>50</b>	2
22	Front End Cap	Φ50	2
23	Foam Grip	Φ <b>24</b> xT3x520	2
24	Knob	M16x1.5xL22xΦ56	1
25	Wire Plug	Φ12.5	1
26	Knob	M8x20	1
27	Round Cap	Φ <b>25</b> x1.5	2
28	Square Cap	40x20x2	2
29	Bushing	70x30x21.5	1
	Left Pedal	YH-30	i
-	Right Pedal	YH-30	i
31	Seat	982	i
32	Transportation Wheel	Φ <b>42</b> xΦ8xL121	2
33	Flat Washer	D8	3
34	Meter	TZ-4112	1
35	Pulse Wire	700mm	1
36	Pulse Sensor	, 50111111	2
	Sensor Extension	7F0mama	
37 38	Wire Sensor Wire	750mm	1
39	Tension Hook	500mm	1
40	Flat Washer	1000mm Φ4.2xΦ9x1	2
41	Screw	M5x10	4
42	Screw	ST4.2x19	5
43	Screw	ST4.2x18	10
44	Sealing	Ф <b>5</b> 0	1
, ++			

No.	Description	Spec.	Qty.
45R	Right Belt Cover		1
46	Crank Cover	Ф60хФ30х8.5	2
47	Belt Pulley	Φ200	1
48	Belt	335 PJ6	1
49	Spring Washer	D17	1
50	Flat Washer	D17xΦ22x0.5	1
51	Wave Washer	Φ17xΦ25x0.3	1
52	Screw	M6x8	2
53	Screw	M6x10	4
54	Flywheel Axle	Φ20x103	1
55	Flat Washer	D6xΦ12x1.2	2
56	Flat Washer	D10xΦ14x1	1
57	Flat Washer	D6xΦ16x1.5	3
58	Magnet	40x25x10	5
59	Magnetic Board	t2.0x54x138	1
60	Magnetic Board	Φ12x61	1
61	Spring Washer	D12	2
		Φ1.6xΦ15xL47.	
62	Spring	2	1
67	6	Ф14хФ10хМ8х2	,
63	Screw	0.5	1
64	Screw	M6x15	5
65	Screw	M4x15	2
66	Nut	4.5x32x32	2
67	Washer	Ф22.6хФ28х2.5	1
68	Locking Nut-L	Ф45хН3.5	1
69	Open Face Bearing	Φ <b>45</b> .8x8.8	2
70	Bearing Housing	2.5x76x76	2
71	Locking Nut-R	Ф45хН3.5	1
72	Big Flat Washer	Ф25.2хФ38х1	1
73	Flywheel	2.5KG Φ200x40	1
74	Bearing	6001RS	4
75	Wave Washer	D12	2
76	Bearing Bracket	72x56x1.5	2
77	Bearing Housing	72x56x11	2
78	Spring Washer	D6	5
79	Spring	Φ3xΦ18xL58.5	1
80	Hex Bolt	M5x60	1
81	Hex Nut	M5	2
82	Idler Wheel	Ф39х24	1
83	ldler Wheel Linkage		1
84	Sensor Bracket		7
85	Allen Wrench	S6	1
86	Spanner	S10, S13, S14, S15, S17	1
87	Adjustable Belt Bolt	M6x36	1
88	Nylon Nut	M6	1
89	Supporting Board		1
90	Screw	M8x16	4

# **Exploded Diagram 1**



# **Exploded Diagram 2**



# Register

Register your product and verify warranty terms: **Sunnyhealthfitness.com/warranty** 



# ownload

Track your fitness progress & join FREE workout courses! Download SunnyFit App today!











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# **Contact**

Get in touch with us for any questions

**\** 1-877-90SUNNY (877-907-8669)

**■** support@sunnyhealthfitness.com