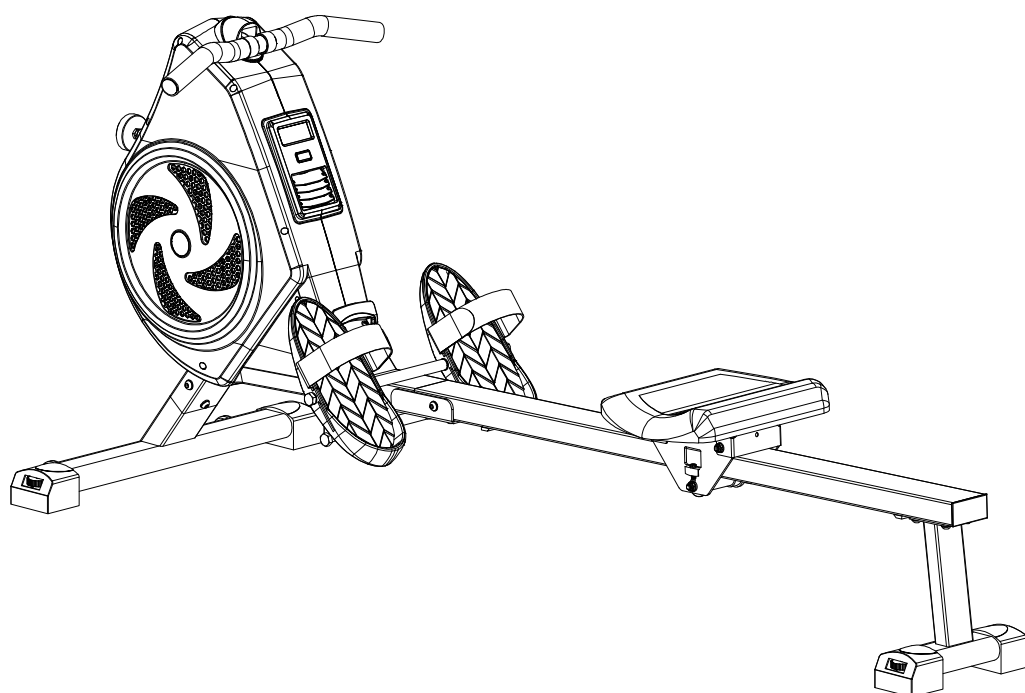




User Manual



AIR ROWING MACHINE

SF-RW520007

EN

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 condition 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 lbs (135 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 extremely 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 rowing machine simulates the motion of rowing, combining cardio and strength training through a dynamic, full-body workout.

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

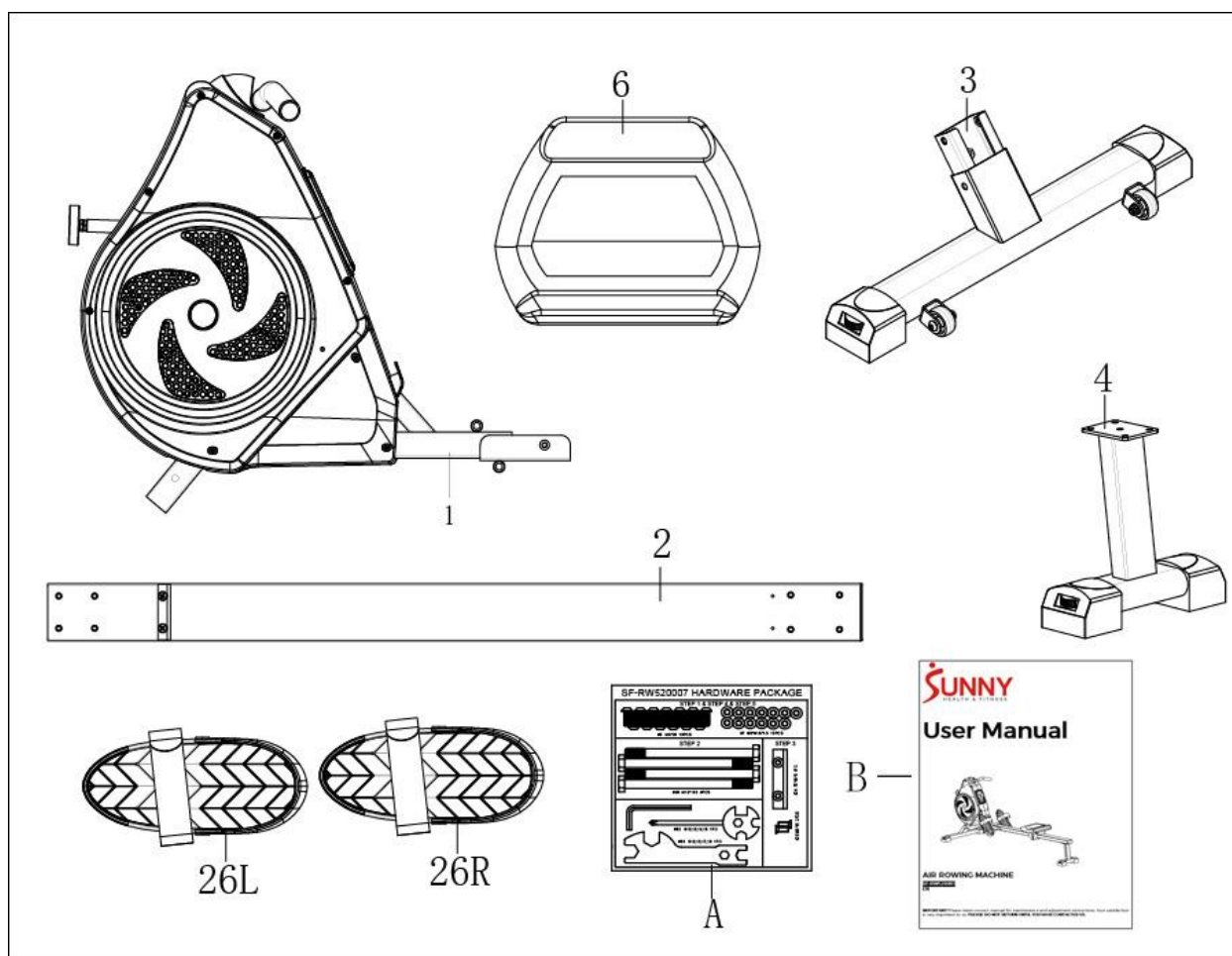
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

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

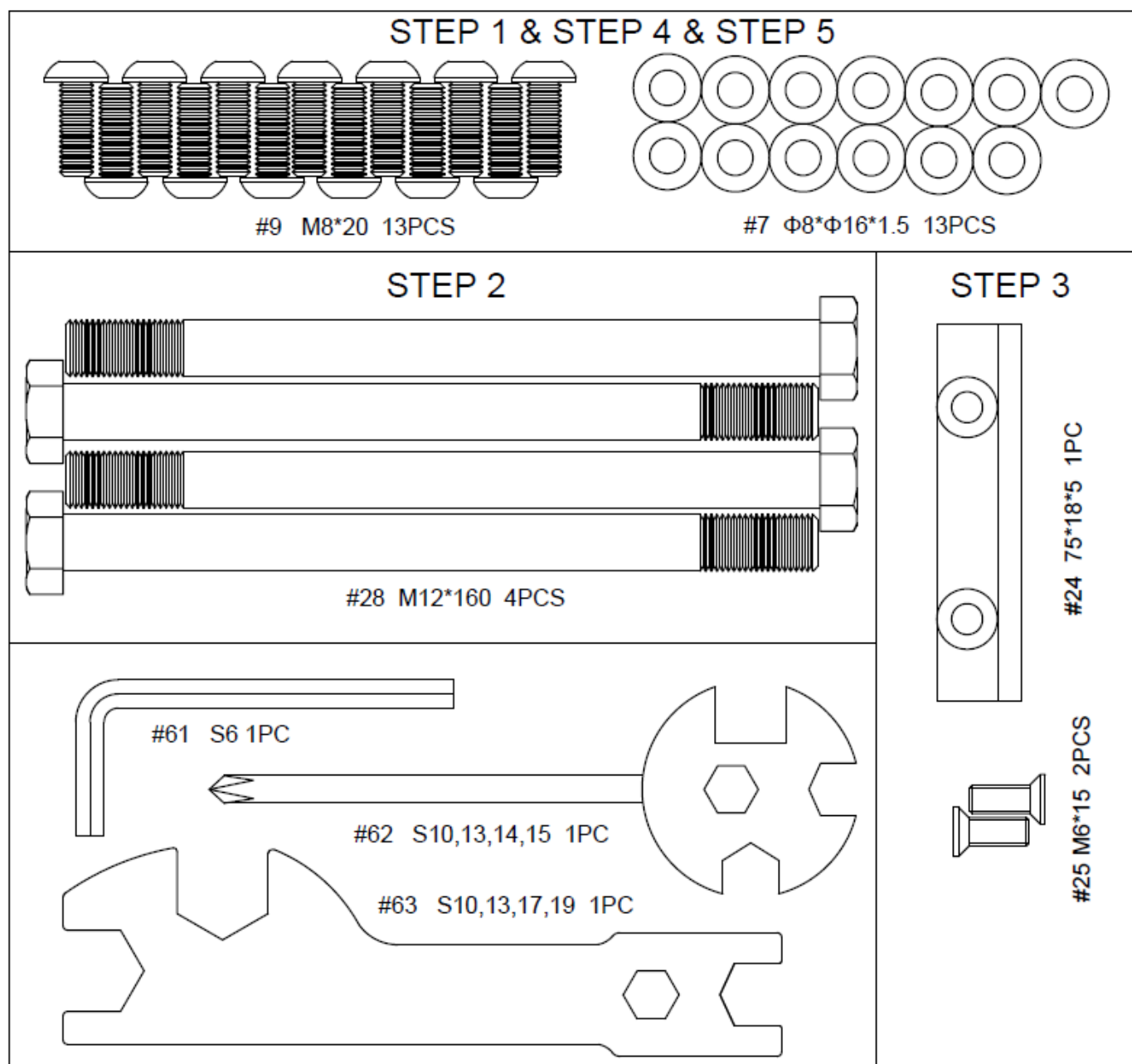
Pre-Assembly Check List

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



| No. | Description | Spec. | Qty. | No. | Description | Spec. | Qty. |
|-----|------------------|-------|------|-----|------------------|-------|------|
| 1 | Main Frame | | 1 | 26L | Left Pedal | | 1 |
| 2 | Sliding Rail | | 1 | 26R | Right Pedal | | 1 |
| 3 | Front Stabilizer | | 1SET | A | Hardware Package | | 1 |
| 4 | Rear Stabilizer | | 1 | B | Manual | | 1 |
| 6 | Seat | | 1 | | | | |

Hardware Package



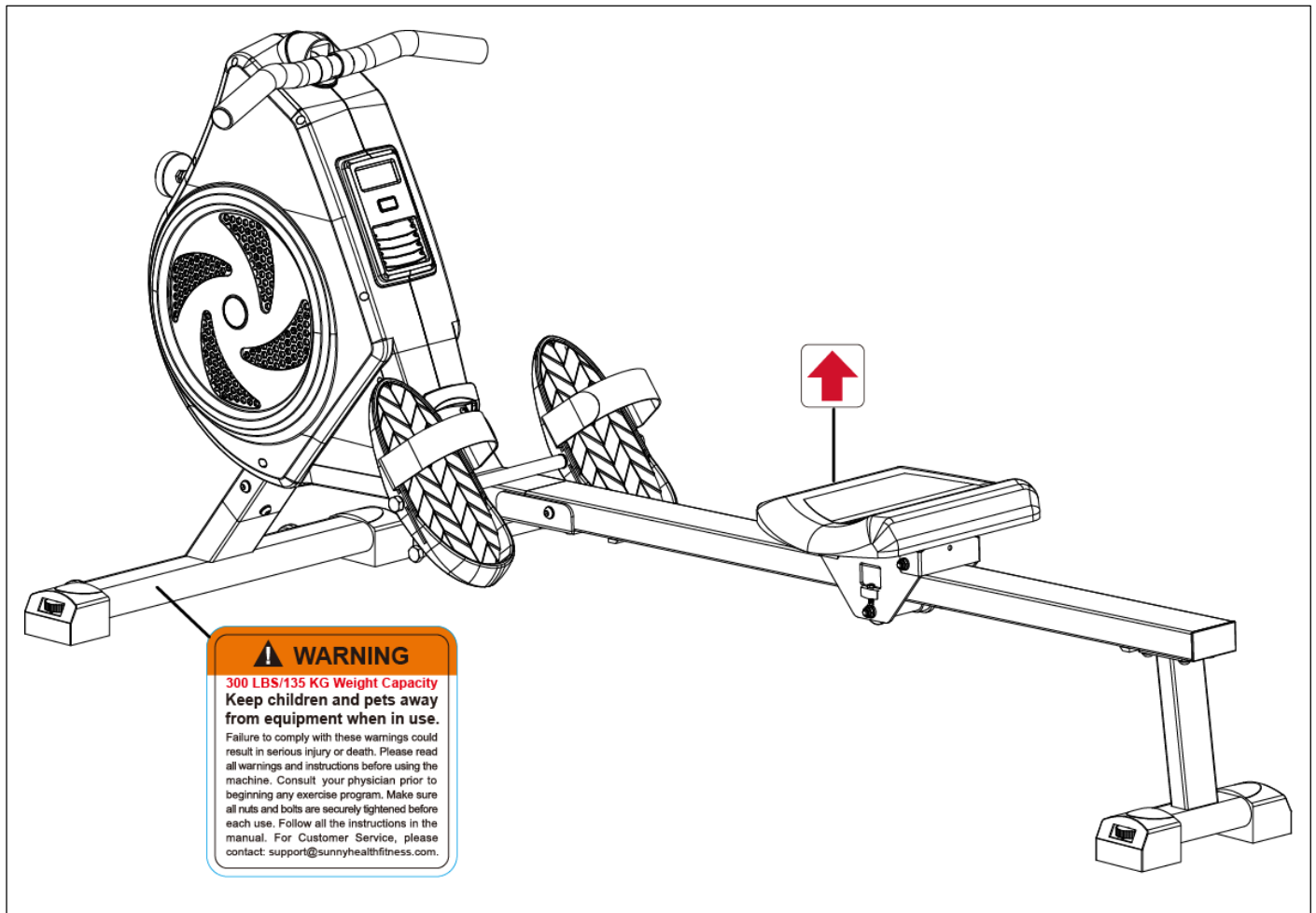
Ordering Replacement Parts

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

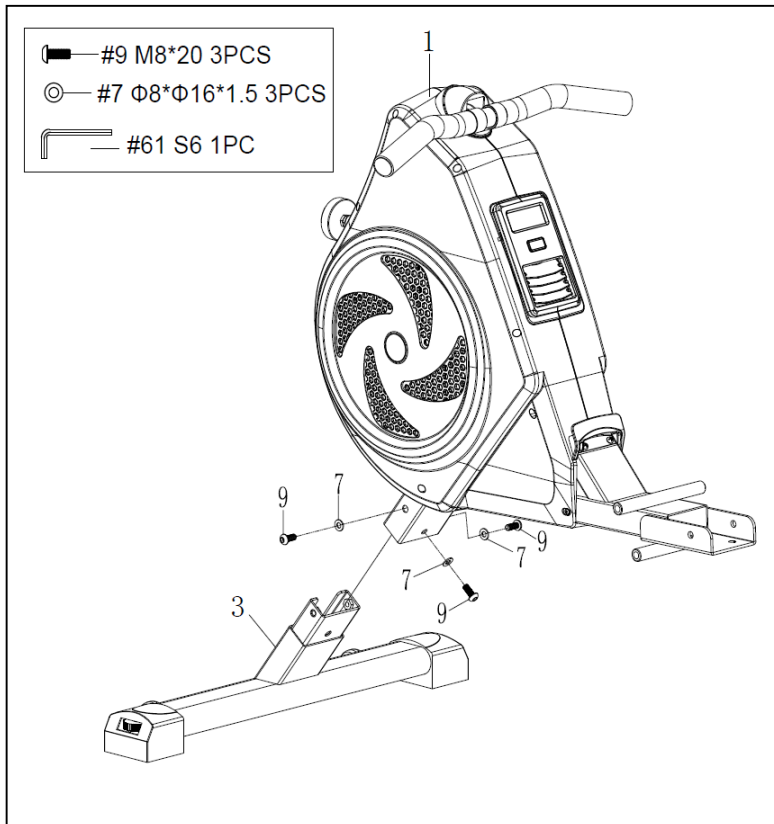
Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

Warning Labels



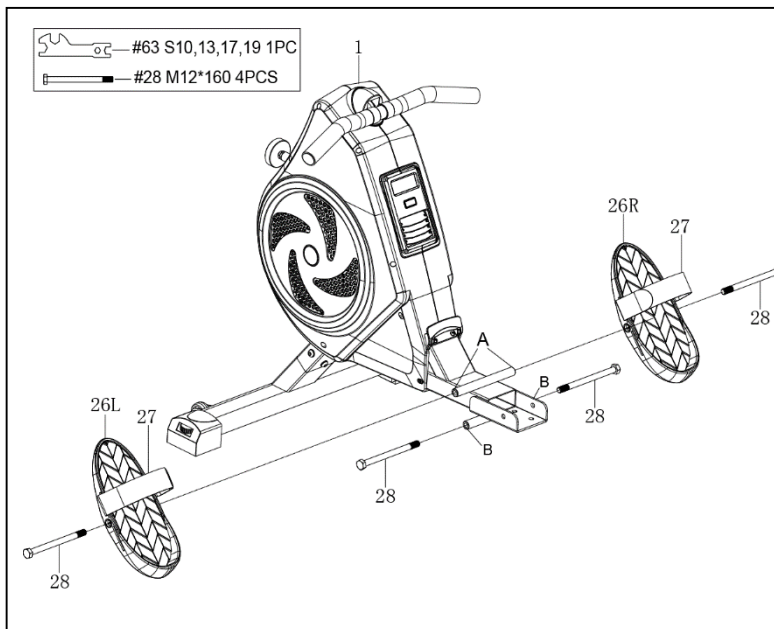
Assembly Instructions

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 the **Front Stabilizer (No. 3)** to the **Main Frame (No. 1)** using **3 Bolts (No. 9)** and **3 Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 61)**.

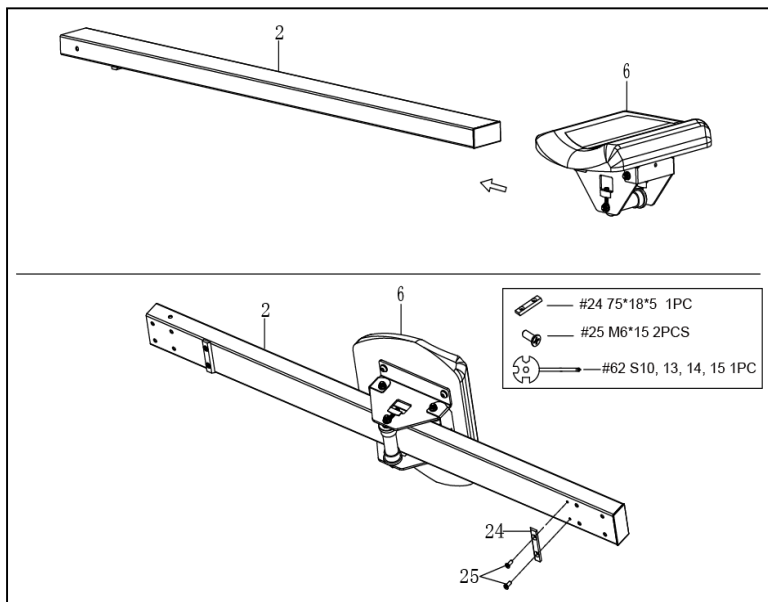


STEP 2:

Insert **2 Bolts (No. 28)** through the **Left & Right Pedals (No. 26L/R)** into the upper hole at position **A** of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 63)**.

Insert **2 Bolts (No. 28)** into the bottom hole at position **B** of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 63)**.

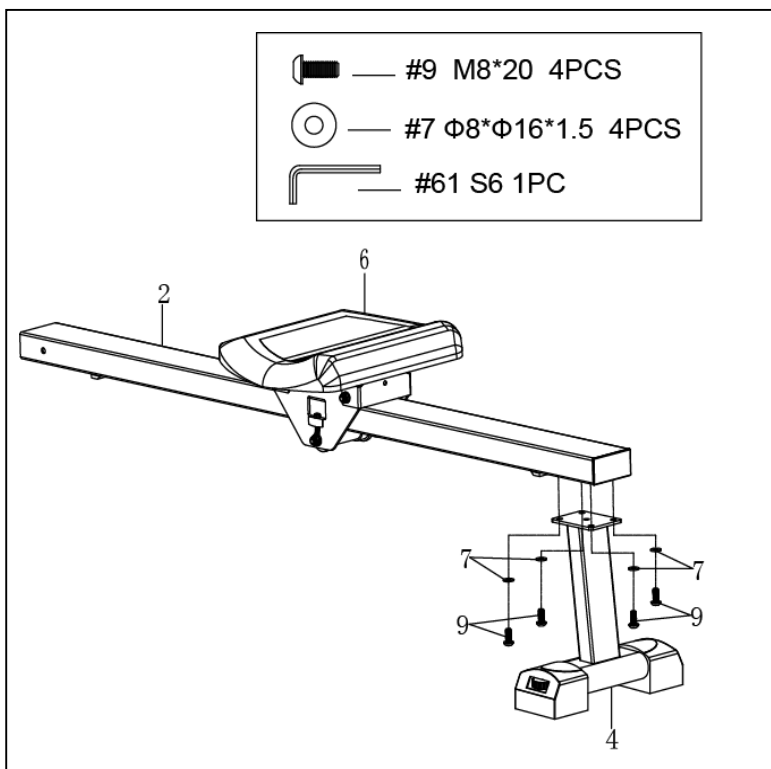
NOTE: The **Left & Right Pedals (No. 26L/R)** should rest on the bottom **Bolts (No. 28)** at position **B**.



STEP 3:

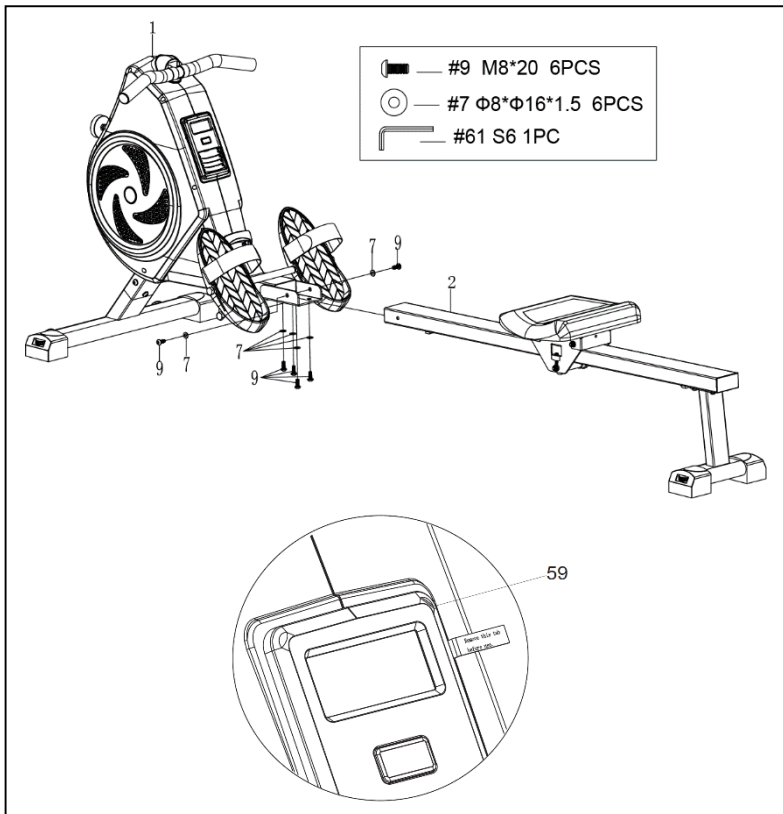
Slide the **Seat (No. 6)** into the **Sliding Rail (No. 2)**.

Attach 1 **Limit Pad (No. 24)** onto the **Sliding Rail (No. 2)** using 2 **Screws (No. 25)**, then tighten with **Spanner (No. 62)**.



STEP 4:

Attach the **Rear Stabilizer (No. 4)** to the **Sliding Rail (No. 2)** using 4 **Bolts (No. 9)** and 4 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 61)**.



STEP 5:

Attach the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** by securing 2 **Bolts (No. 9)** and 2 **Washers (No. 7)** onto the left and right sides of the **Main Frame (No. 1)**. Don't tighten the **Bolts (No. 9)** now.

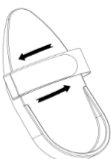
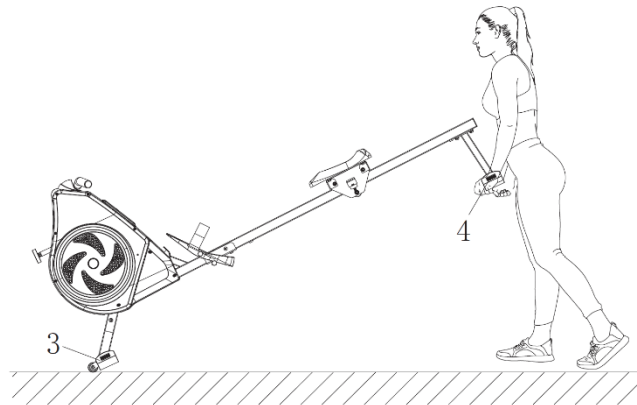
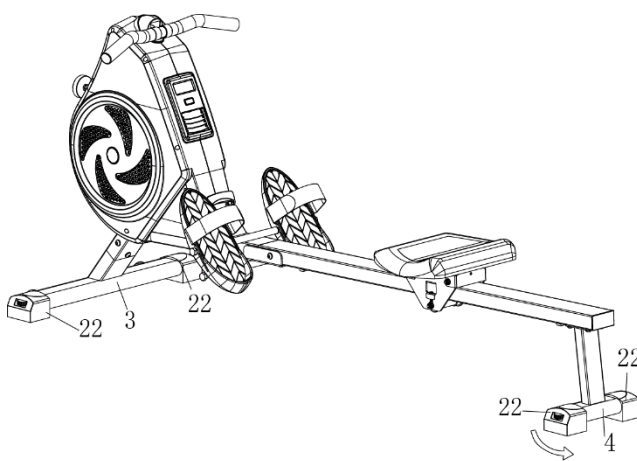
Secure 4 **Bolts (No. 9)** and 4 **Washers (No. 7)** to the bottom of the **Main Frame (No. 1)**. Tighten all the 6 **Bolts (No. 9)** with **Allen Wrench (No. 61)** now.

IMPORTANT NOTE: Please remove the plastic tab from the computer before use! If computer doesn't work after removing the plastic tab, please press the buckles on one side of the **Computer (No. 59)** to remove the **Computer (No. 59)** from **Main Frame (No. 1)** and check if the batteries are well installed.

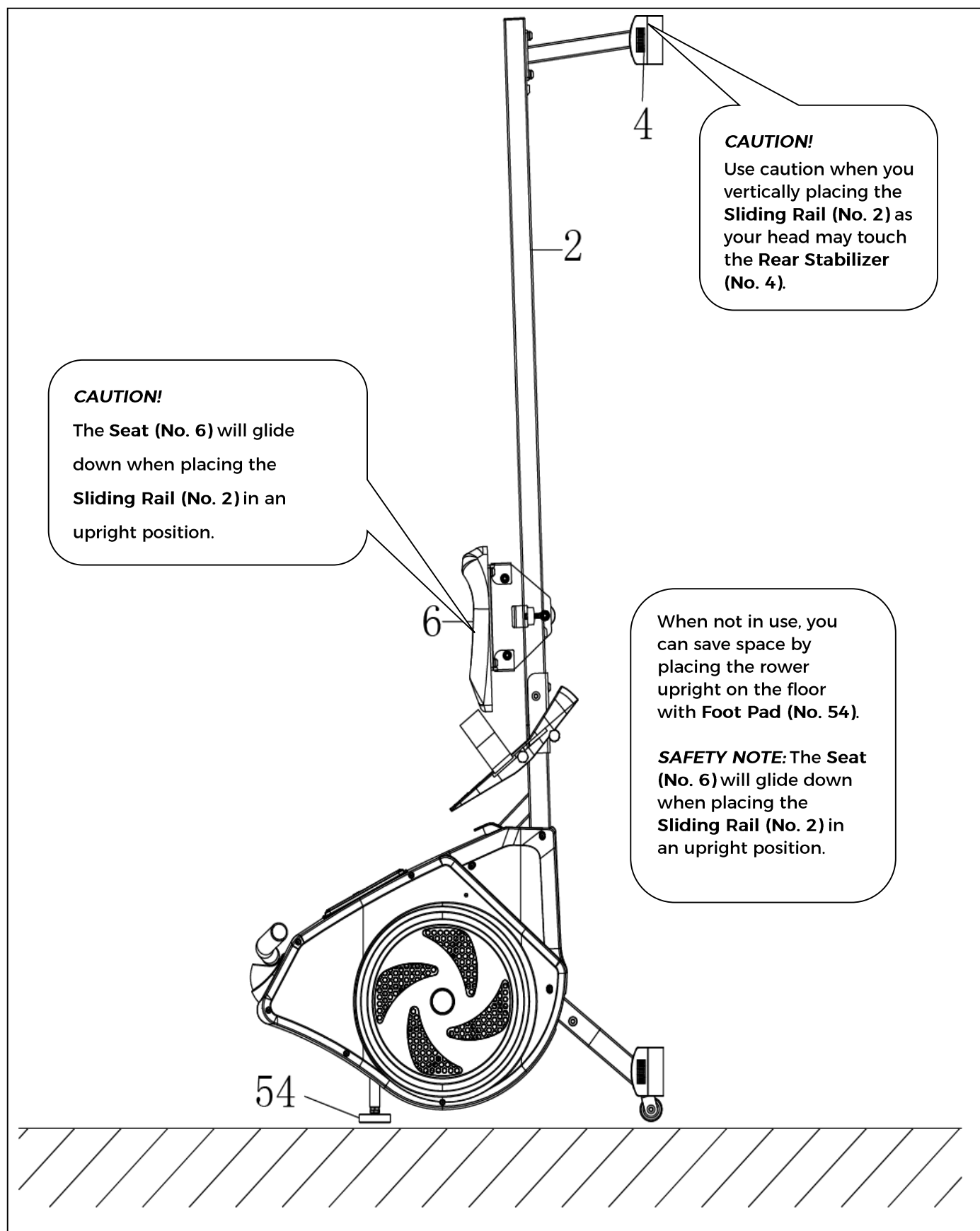
The assembly is complete!

Adjustment & Usage Guide

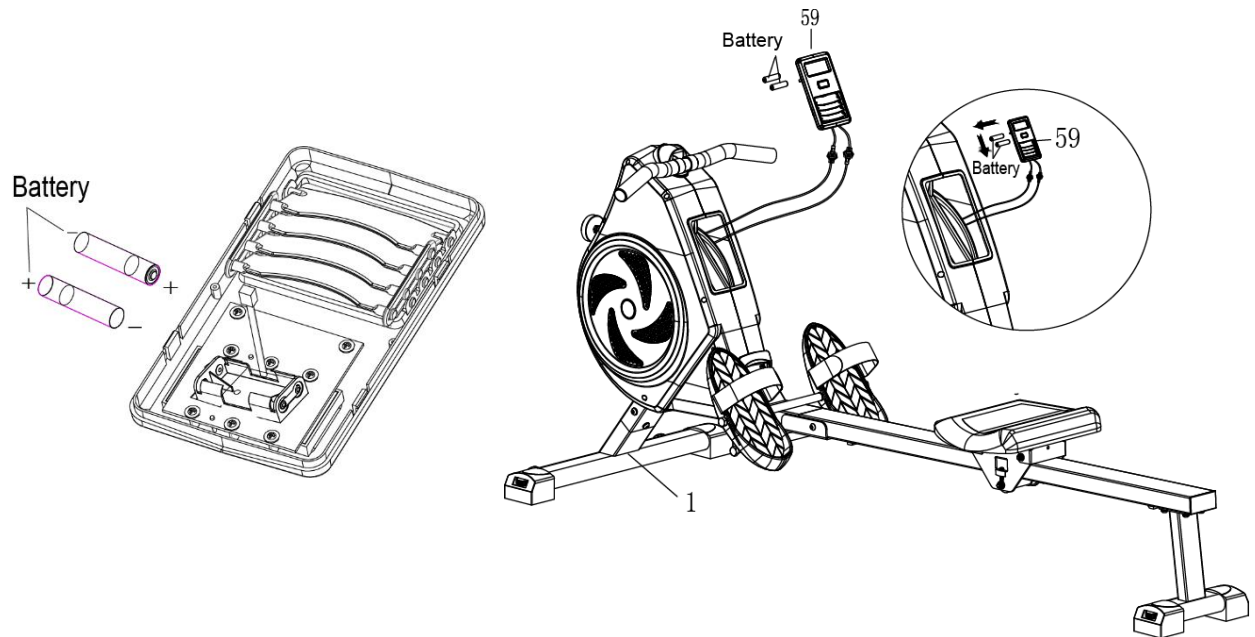
CAUTION! Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!

| | |
|--|---|
|  | <p>PEDAL STRAP ADJUSTMENT</p> <p>The Pedal Strap (No. 27) is adjustable and can be personalized to fit the user's foot size.</p> |
|  | <p>MOVING THE ROWER</p> <p>To move the rower, lift the Rear Stabilizer (No. 4) up until the transportation wheels on the Front Stabilizer (No. 3) touch the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.</p> |
|  | <p>ADJUSTING THE BALANCE</p> <p>Adjust the End Caps (No. 22) on the Rear Stabilizer (No. 4) and Front Stabilizer (No. 3) of the rower if the rower is unbalanced during use.</p> |

Storage Guide



Battery Replacement



1. Press the buckles on one side of the **Computer (No. 59)** to remove the **Computer (No. 59)** from **Main Frame (No. 1)**.
2. Take out the 2pcs old AAA batteries from the battery case and install 2pcs new AAA batteries into the battery case on the back of the **Computer (No. 59)**. Pay attention to the battery + and - poles before installing.
3. Insert the buckles on one side of the **Computer (No. 59)** into the computer slot. Then insert the buckles on the other side of the **Computer (No. 59)**, and press **Computer (No. 59)** down in the computer slot.

The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

Exercise Computer

FUNCTION KEYS:

MODE: To select your specification mode and /or turn on computer.

Press and hold for about 3 seconds to reset all values, except Total Count.

FUNCTIONS AND OPERATIONS:

AUTO ON/OFF: The power will turn off automatically once there is no signal for 4 minutes. The computer will reactivate once the machine is put into motion or when a computer button is pressed.

SCAN: Press MODE button until SCAN appears. The computer will rotate through the four functions in the following order: TIME, COUNT, TOTAL COUNT, and CALORIES. Each function will be held for 6 seconds.

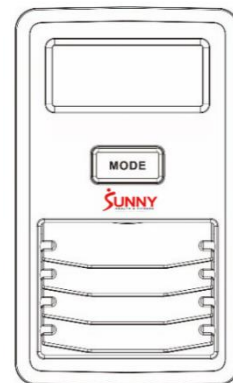
TIME (TMR): Counts the total time elapsed during your current workout.

COUNT (CNT): Counts the number of rowing strokes from your current workout.

TOTAL COUNT (TOTAL CNT): Counts the total amount of strokes from the first use.

CALORIES (CAL): Counts the total calories burned from current workout.

BATTERY: This computer uses two AAA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.



SPECIFICATIONS

| | | |
|-----------------------|-------------|------------------------------|
| FUNCTIONS | SCAN | Every 6 seconds |
| | TIME | 00:00~99:59 (Minute: Second) |
| | COUNT | 0~9999 Count |
| | CALORIES | 0.0~9999 Kcal |
| | TOTAL COUNT | 0~9999 Count |
| BATTERY TYPE | | (2) Two AAA or UM-4 |
| OPERATING TEMPERATURE | | 0°C ~ 40°C |
| STORAGE TEMPERATURE | | -10°C ~ 60°C |

APP Connection:

Connect Smart Equipment to SunnyFit App:

1. 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 www.sunnyfit.com/guide or scan the QR code below:



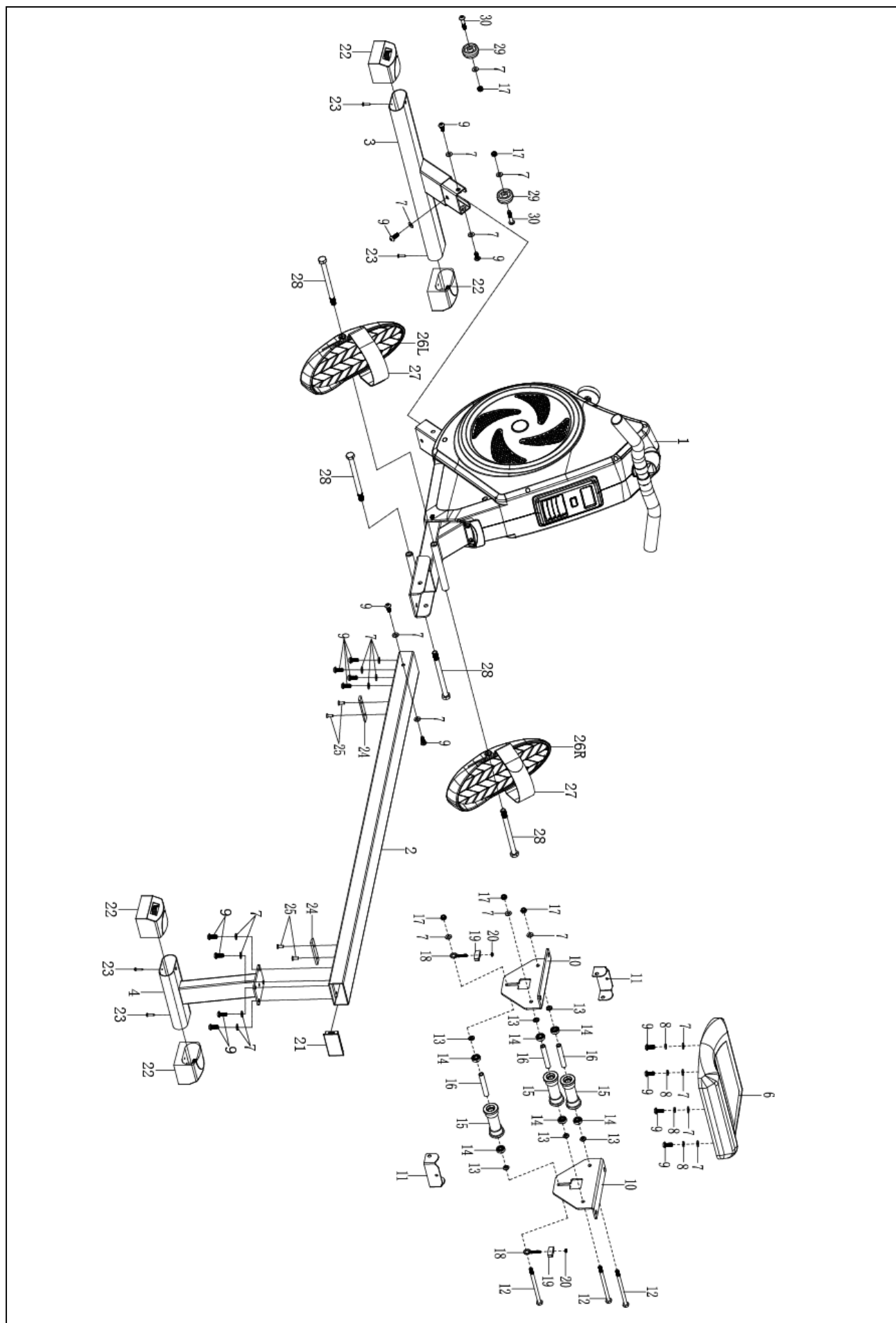
If you require additional support, please contact support@sunnyfit.com.

Parts List

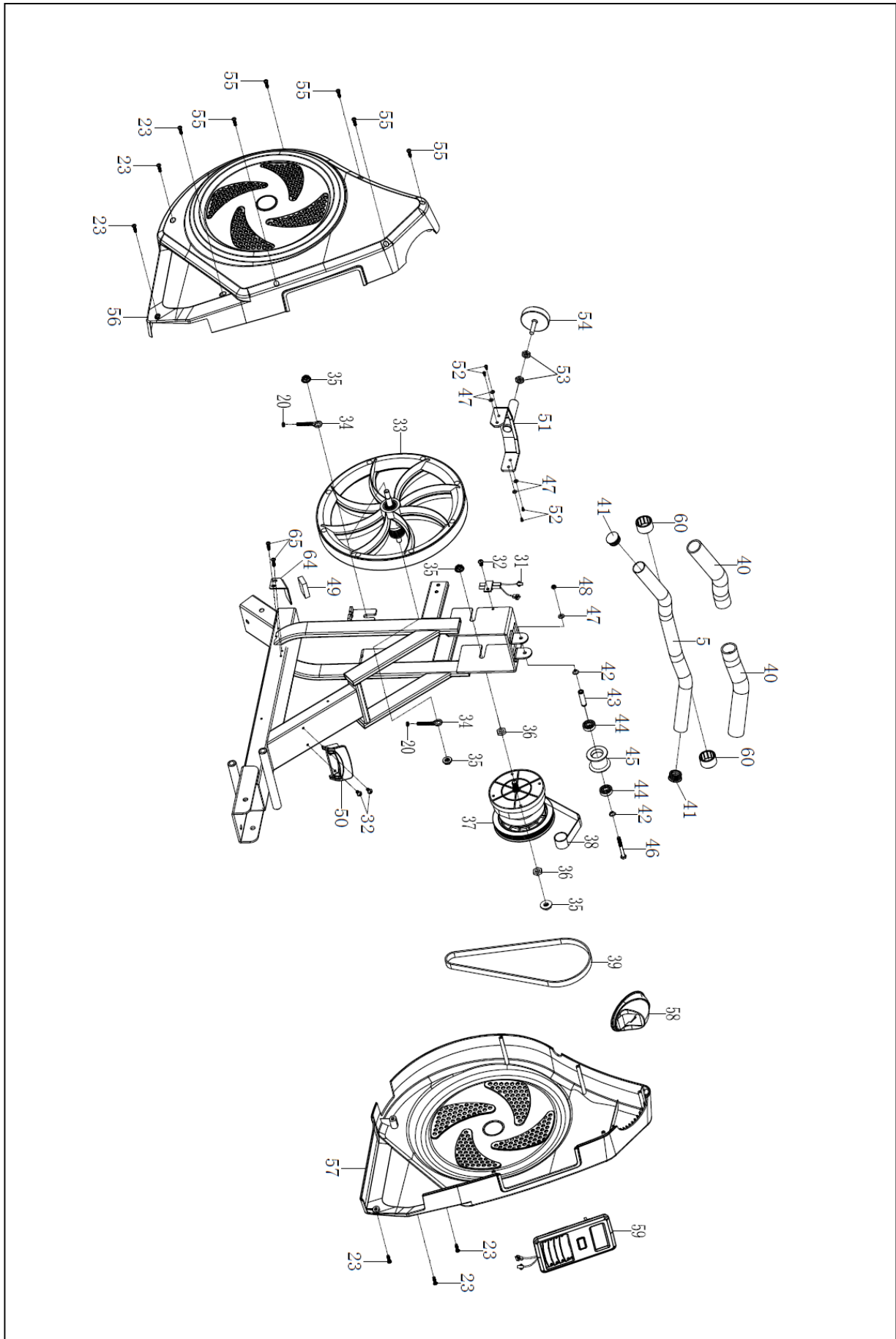
| No. | Description | Spec. | Qty |
|-----|-----------------------|-------------|-----|
| 1 | Main Frame | | 1 |
| 2 | Sliding Rail | | 1 |
| 3 | Front Stabilizer | | 1 |
| 4 | Rear Stabilizer | | 1 |
| 5 | Handlebar | | 1 |
| 6 | Seat | | 1 |
| 7 | Washer | Φ8*Φ16*1.5 | 22 |
| 8 | Spring Washer | Φ8 | 4 |
| 9 | Bolt | M8*20 | 17 |
| 10 | Seat Supporting Board | | 2 |
| 11 | Seat Junction Bracket | | 2 |
| 12 | Bolt | M8*125 | 3 |
| 13 | Spacer | Φ15*Φ8*4 | 6 |
| 14 | Bearing | 608 | 6 |
| 15 | Wheel | Φ39*92 | 3 |
| 16 | Plastic Casing | Φ12*Φ9*78 | 3 |
| 17 | Nut | M8 | 5 |
| 18 | Adjusting Bolt | M6*36 | 2 |
| 19 | U Bracket | | 2 |
| 20 | Nut | M6 | 4 |
| 21 | Cap | 80*40*2.0 | 1 |
| 22 | End Cap | | 4 |
| 23 | Screw | ST4.2*20 | 10 |
| 24 | Limit Pad | 75*18*5 | 2 |
| 25 | Screw | M6*15 | 4 |
| 26L | Left Pedal | | 1 |
| 26R | Right Pedal | | 1 |
| 27 | Pedal Strap | | 2 |
| 28 | Bolt | M12*160 | 4 |
| 29 | Transportation Wheel | Φ42*22*Φ8.2 | 2 |
| 30 | Bolt | M8*40 | 2 |
| 31 | Sensor Wire | L=400 | 1 |
| 32 | Bolt | M5*10 | 3 |
| 33 | Fan Wheel | | 1 |

| No. | Description | Spec. | Qty |
|-----|----------------|--------------|-----|
| 34 | Adjusting Bolt | M6*45 | 2 |
| 35 | Nut | M10*1.0*9 | 4 |
| 36 | Nut | M10*1 | 2 |
| 37 | Belt Wheel | | 1 |
| 38 | Mesh Belt | | 1 |
| 39 | Belt | PJ280 | 1 |
| 40 | Handrail Foam | Φ27*Φ33*224 | 2 |
| 41 | Cap | | 2 |
| 42 | Shaft Ring | Φ10*1.0 | 2 |
| 43 | Slide Shaft | Φ10*40 | 1 |
| 44 | Bearing | 6000 | 2 |
| 45 | Pulley | Φ45*35 | 1 |
| 46 | Bolt | M6*55 | 1 |
| 47 | Washer | Φ6*Φ12*1.0 | 5 |
| 48 | Nut | M6 | 1 |
| 49 | Magnet | 40*25*10 | 1 |
| 50 | Tablet Bracket | | 1 |
| 51 | Foot Pad Tube | | 1 |
| 52 | Bolt | M6*12 | 4 |
| 53 | Nut | M8 | 2 |
| 54 | Foot Pad | M8*30 | 1 |
| 55 | Screw | ST4.2*25 | 5 |
| 56 | Left Cover | | 1 |
| 57 | Right Cover | | 1 |
| 58 | Handle Guide | | 1 |
| 59 | Computer | | 1 |
| 60 | Limit Sleeve | | 2 |
| 61 | Allen Wrench | S6 | 1 |
| 62 | Spanner | S10,13,14,15 | 1 |
| 63 | Spanner | S10,13,17,19 | 1 |
| 64 | Magnetic Plate | 80*48.6*2.0 | 1 |
| 65 | Screw | 4.8*20 | 2 |
| | | | |
| | | | |

Exploded Diagram 1



Exploded Diagram 2



Register

Register your product and verify warranty terms:

Sunnyhealthfitness.com/warranty



Download

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