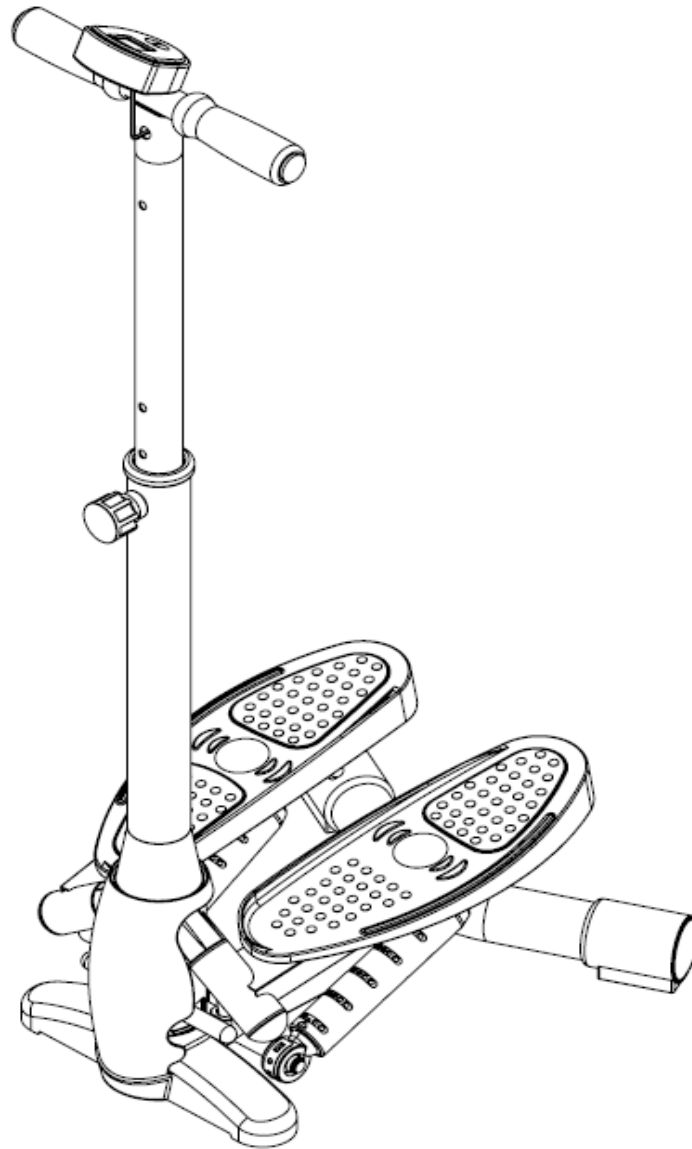




# TWIST-IN STEPPER WITH HANDLEBAR SF-S0637 USER MANUAL



**IMPORTANT!** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact:  
[support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

# IMPORTANT SAFETY NOTICE

Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. The Twist-In Stepper with Handlebar is not a toy. Keep children and pets away from the machine at all times. Do not leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. Position the machine on a clear, level surface. Do not use the machine near water or outdoors.
5. Keep hands away from all moving parts. Keep at least 2 feet of free space around the machine.
6. Always wear appropriate workout clothing when exercising. Do not wear clothes or accessories that could become tangled in the machine. Athletic shoes are recommended when using the machine.
7. Use the machine only for its intended use as described in this manual.
8. Do not place any sharp object around the machine.
9. This machine is intended for indoor home use only. It is not intended for commercial use! This machine is not suitable for therapeutic use.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Check the machine regularly for wear and tear and damage to parts. Make sure parts are properly tightened before use.
12. Never use the machine if the machine is not functioning properly.
13. Maximum user weight is 220 lbs.

## CAUTION:

The seller is not responsible or liable for indirect, special or consequential damages or injuries arising out of or in connection with the use or performance of the product or other damages.



**WARNING:** This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**NOTE:**

We recommend that you place a non-slip mat underneath the stepper to protect your carpet or floor.

Always make sure that the product is placed on a flat and non-skid surface.

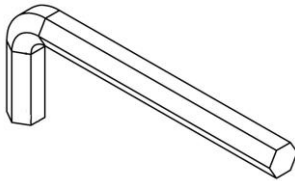
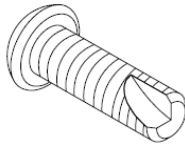
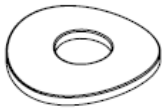

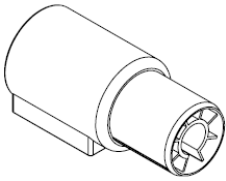
Check all connections and moving parts on a regular basis. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody.

Clean your equipment with non-caustic detergents. Use a soft cloth for drying after cleaning.

A) This product has been tested in accordance with the requirements of EN 957-1, 957-8 standard, class H (home use). The maximum load is limited to 100 kg.

B) The CE marking of this item is in regard to the electromagnetic compatibility (EC-directive 89/EGW) as well as to the electrical safety.

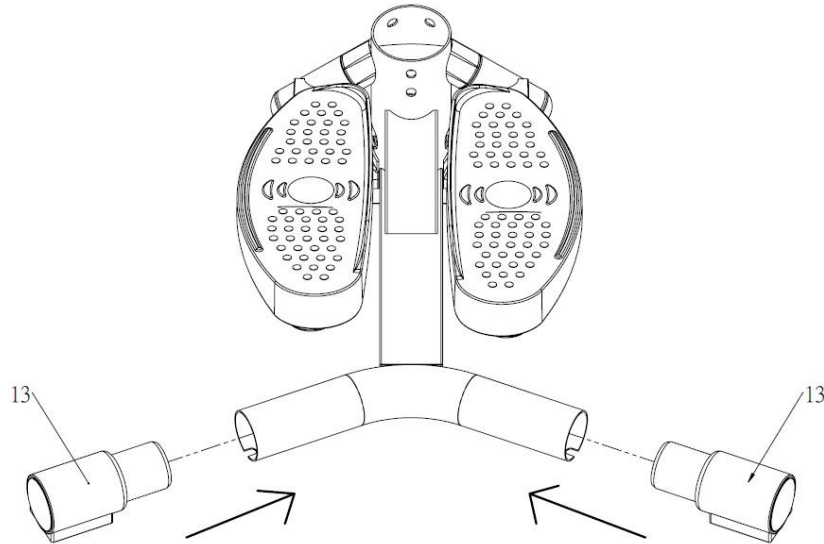
**HARDWARE IDENTIFICATION CHART**

 ALLEN WRENCH x 1 PCS	 NO. 61 SCREW M8 x 24.5 x 4 PCS
 NO. 60 WASHER x 4 PCS	 NO. 27 COVER x 1 PCS
 NO. 13 END CAP x 2PCS	

# ASSEMBLY INSTRUCTIONS

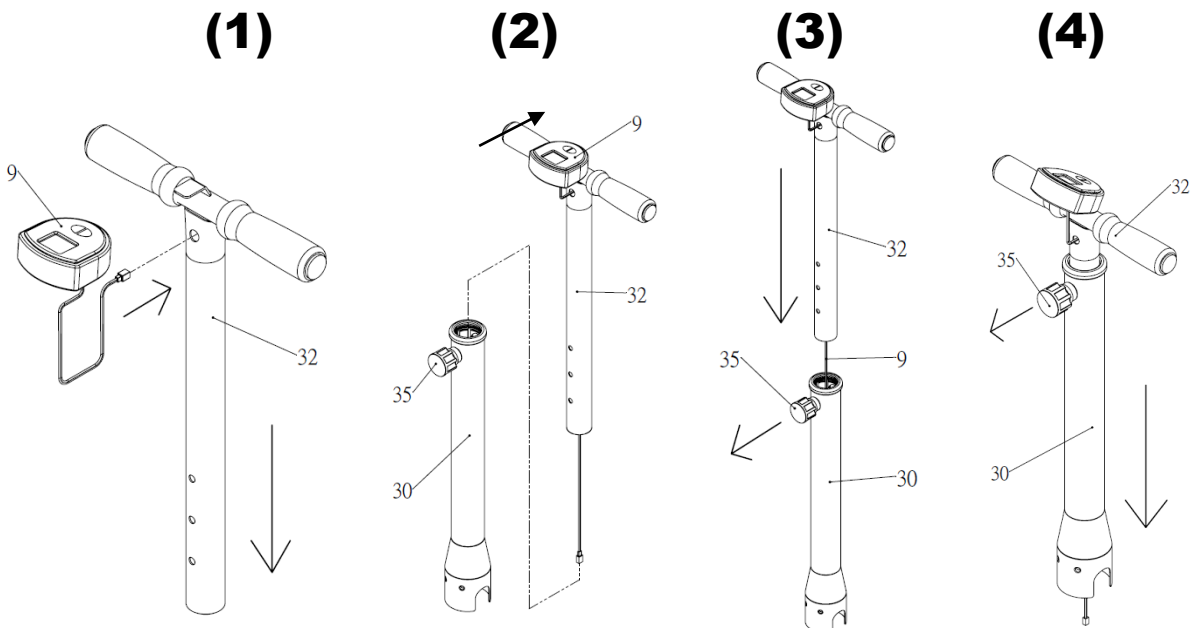
## STEP 1:

Put the 2 **Plastic End Pieces (13)** onto the rear tube. Make sure the ball pins pop into the holes on the bottom of the rear support.



## STEP 2:

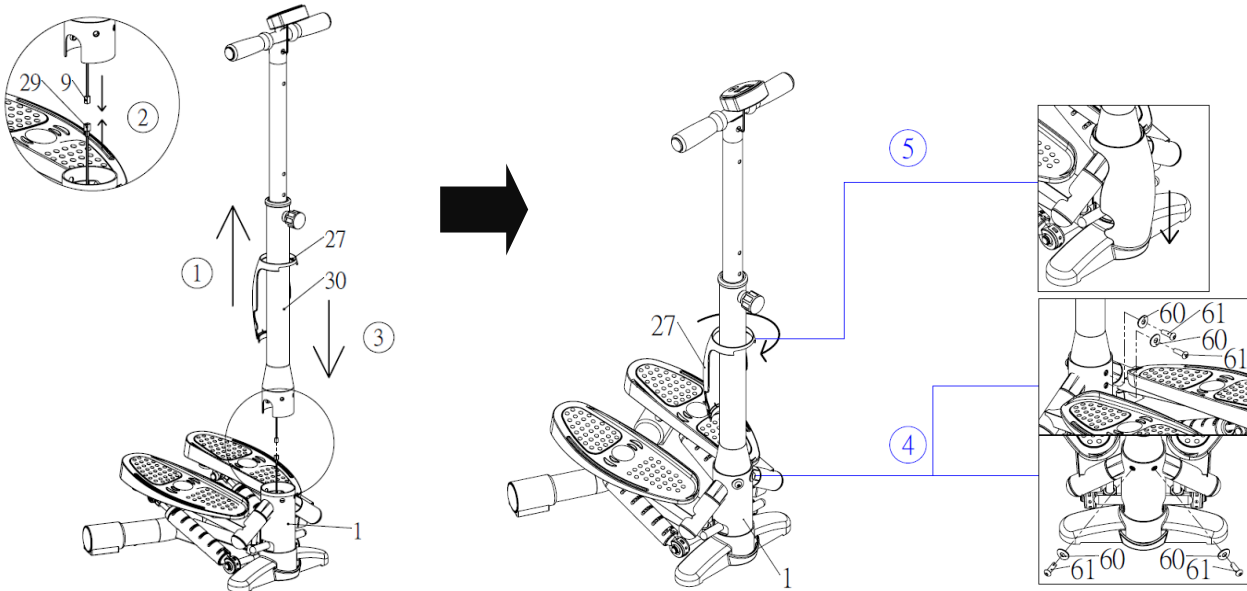
- (1). Insert the **Meter Wire (9)** into the hole at the top of the handlebar.
- (2). Insert the **Meter (9)** onto the Handlebar.
- (3). **Pull the Knob (35)** and lower the **Handlebar (32)** post and the wire into **Handlebar Tube A (30)**. Release the **Knob (35)** and make sure the pin pops into one of the holes on the **Handlebar (32)** post.



### STEP 3:

Pull the **Cover (27)** up. Connect the **Meter Wire (9)** to the **Wire A (29)** in the **Main Frame (1)**. Lower the **Handlebar Tube (30)** into the **Main Frame (1)**.

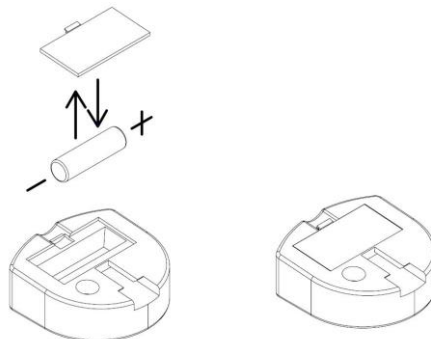
Secure with **4 Washers (61)** and **4 Screws (60)**. Rotate the **Cover (27)** and lower it, so the bottom of the **Cover (27)** inserts into the slot on the **Main Frame (1)**.



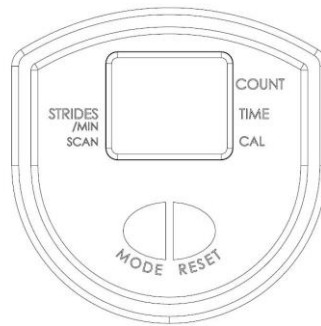
### Battery:

Prior to first use of the product you have to install the battery. If the display is not working properly, change the battery.

To change the battery, remove the **Meter (9)** from the **Handlebar (32)**. The battery compartment is located at the back of the **Meter (9)**. After you change the battery, put the meter back on the **Handlebar (32)**. Dispose of old battery according to your State and Regional guidelines.



# METER INSTRUCTIONS



**MODE** Press to select each function.

**RESET** Press and hold for 3 seconds to reset all values.

**SCAN** Automatically displays each function in sequence for a few seconds each.

**TIME** Counts from 00:00 up to 99:59 in one-second increments.

**CALORIES** Accumulates the calorie consumption during your exercise. This is a rough guide and should only be used as a comparison figure over several exercise sessions.

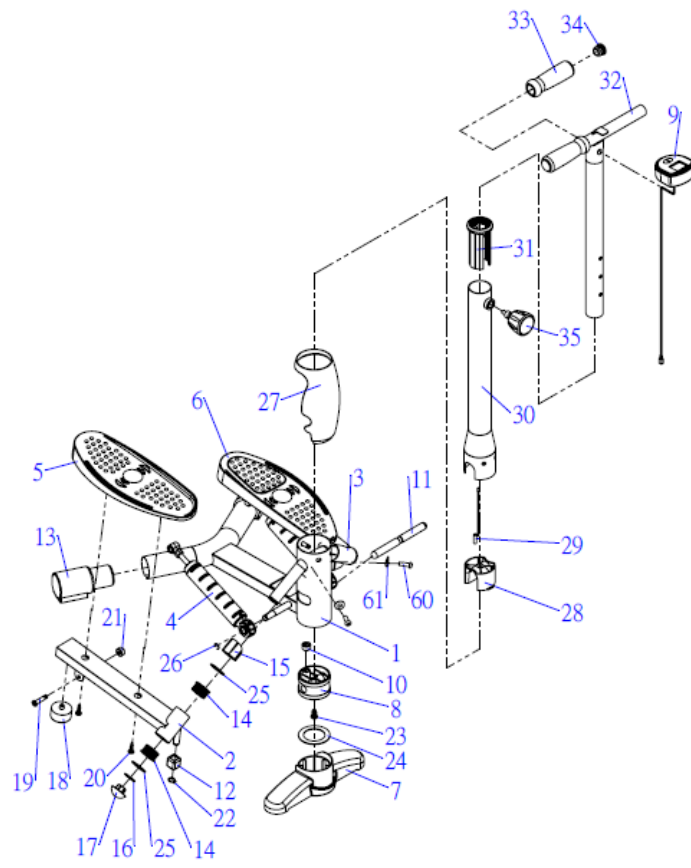
**COUNT** Accumulates the numbers of strides during a work-out session.

**STRIDES/MIN:** Displays strides per minute.

1. To turn on the meter, press any button or start exercise.
2. After 4 minutes of inactivity, the meter will shut off the LCD display.

# Parts List

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	19	Screw M8 x 40 mm	2
2	Pedal holder, right	1	20	Screw M6 x 23 mm	4
3	Pedal holder, left	1	21	Nut M8	2
4	Hydraulic cylinder	2	22	C-ring	2
5	Pedal, right	1	23	Screw M8 x 20 mm	1
6	Pedal, left	1	24	Washer 72 mm	1
7	Front base tube	1	25	Washer 38 mm	4
8	Plastic spacer	1	26	E-Ring	2
9	Meter	1	27	Cover	1
10	Magnet	1	28	Plastic bracket	1
11	Axle, diam. 16x170 mm	1	29	Wire A	1
12	Square plastic bushing, diam. 25.4mm	2	30	Handle tube A	1
13	Plastic end piece	2	31	Plastic bushing	1
14	Plastic bushing, diam. 38mm	2	32	Handlebar	1
15	Plastic spacer	2	33	Foam Grip	2
16	C-Ring	2	34	Round Plug	2
17	Plastic Cap	2	35	Knob	1
18	Pedal stopper	2			



Version 1.1