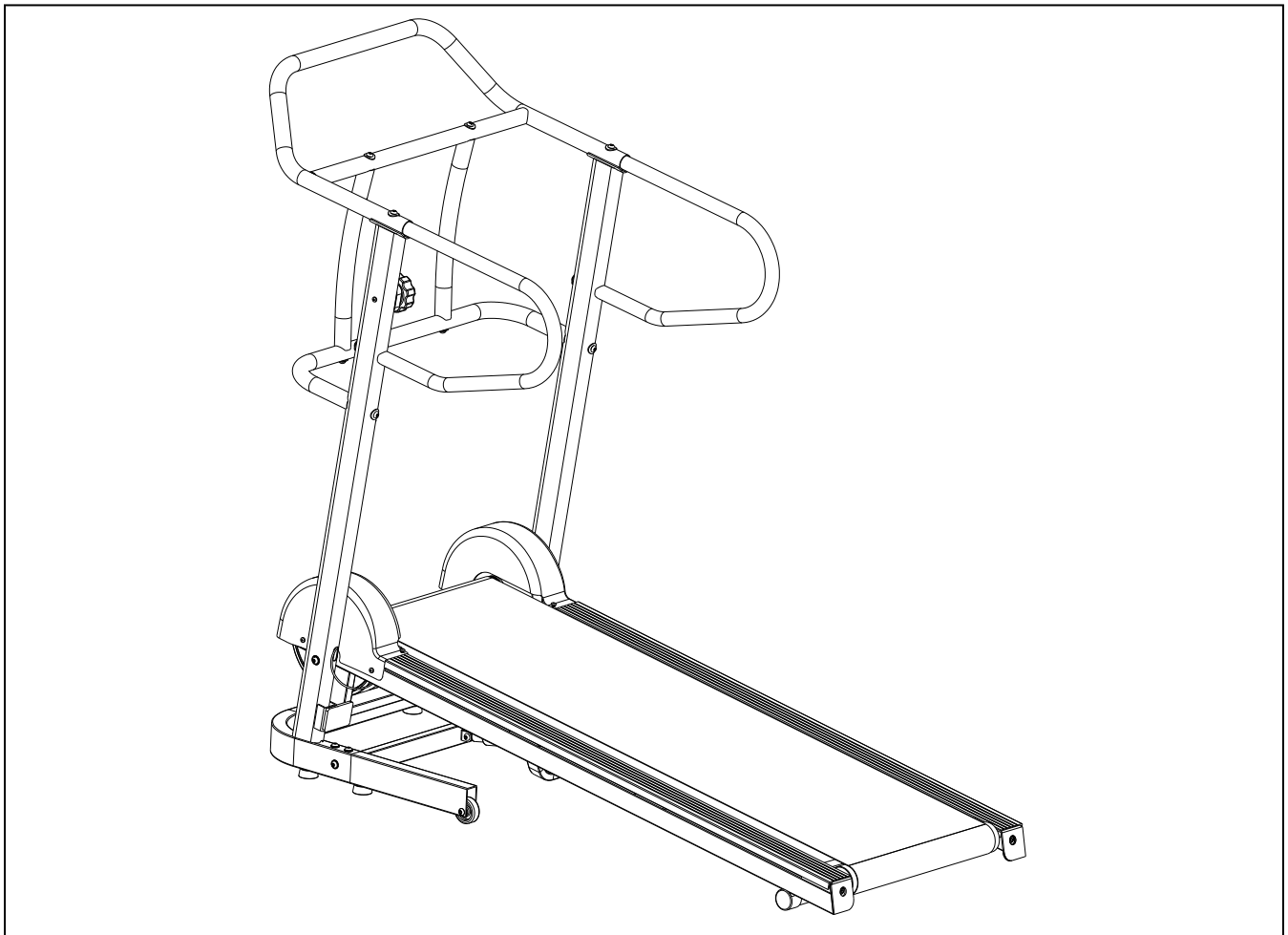




FORCE FITMILL

SF-T7723

USER MANUAL



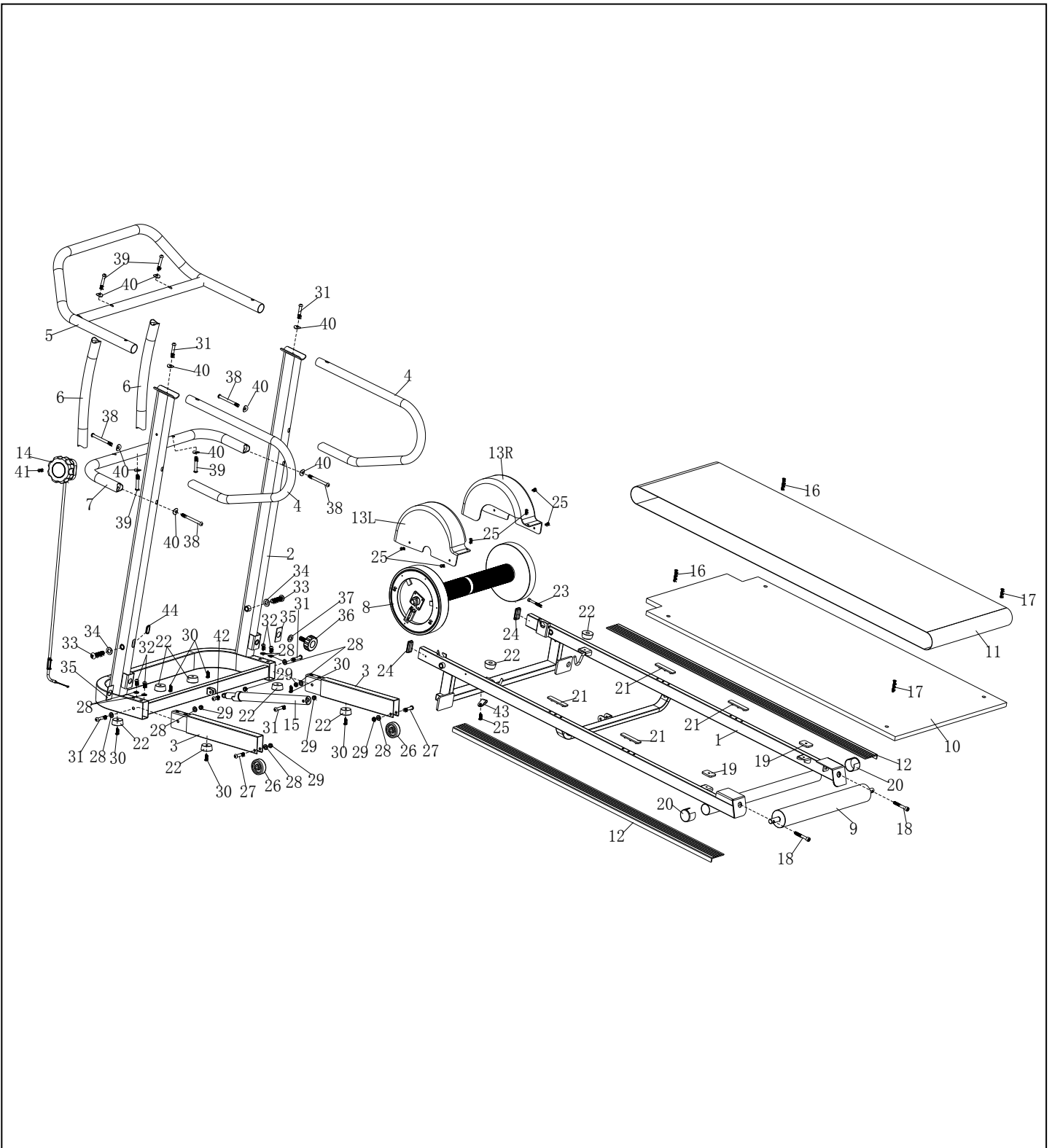
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

IMPORTANT SAFETY INFORMATION

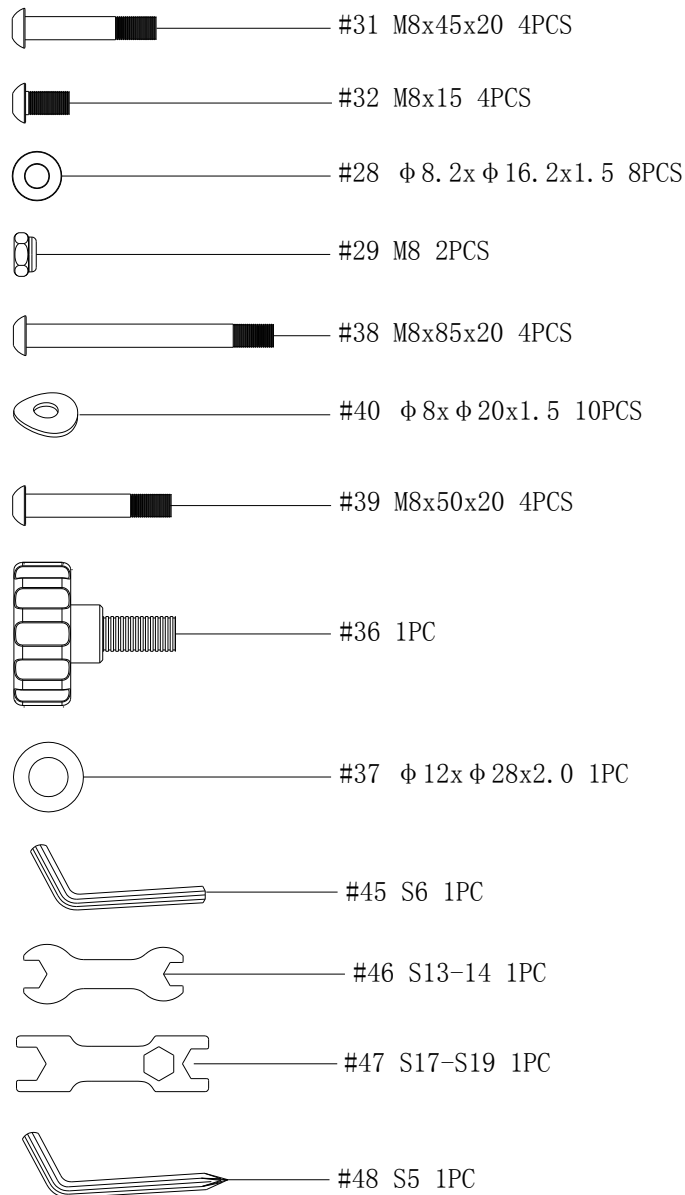
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 (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, 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



HARDWARE PACKAGE



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	Main Frame		1		25	Phillips Self Drilling Screw	ST4.8x16	7
2	Bottom Frame		1		26	Transportation Wheel		2
3	Stabilizer Tube		2		27	Socket Pan Head Screw	M8x40x15	2
4	Rear Handlebar		2		28	Flat Washer	φ8.2xφ16.2x1.5	10
5	Front Handlebar		1		29	Nylon Nut	M8	6
6	Middle Handlebar		2		30	Phillips Pan Head Self Drilling Screw	ST5.5x22	6
7	Bottom Handlebar		1		31	Socket Pan Head Bolt	M8x45x20	5
8	Front Roller		1		32	Socket Pan Head Screw	M8x15	4
9	Rear Roller		1		33	Bolt	M12x70x30	2
10	Running Deck		1		34	Flat Washer	φ12xφ24x2.0	2
11	Running Belt		1		35	EVA Mat		2
12	Side Rail		2		36	Round Knob		1
13L	Left Plastic Cover		1		37	Flat Washer	φ12xφ28x2.0	1
13R	Right Plastic Cover		1		38	Socket Pan Head Bolt	M8x85x20	4
14	Tension Knob		1		39	Socket Pan Head Bolt	M8x50x20	4
15	Cylinder		1		40	Arc Washer	φ8xφ20x1.5	10
16	Phillips Button Head Screw	M6x40	2		41	Phillips Pan Head Self Drilling Screw	M5X15	1
17	Phillips Button Head Screw	M6x30	2		42	Socket Pan Head Bolt	M8x25x15	1
18	Socket Cap Screw	M8x55	2		43	Wire Clip		1
19	Square Rubber Mat		2		44	Grommet		1
20	End Cap		2		45	Allen Wrench	S6	1
21	Cushion Strip		4		46	Wrench	S13-14	1
22	Cushion Mat		8		47	Spanner	S17-19	1
23	Socket Cap Screw	M6x50	1		48	Allen Wrench	S5	1
24	End Cap		2					

ASSEMBLY INSTRUCTIONS

STEP 1:

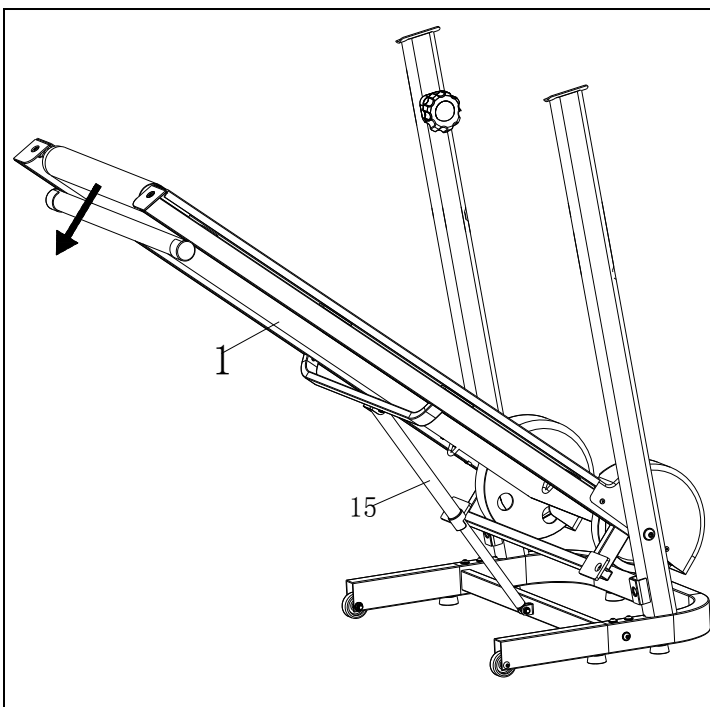
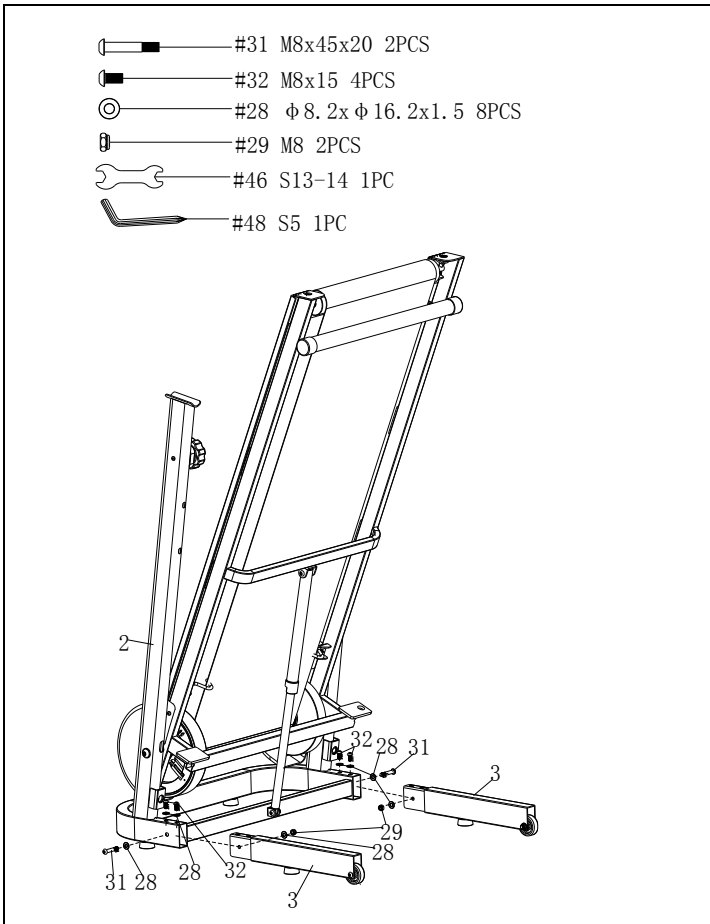
Remove 2 **Socket Pan Head Bolts (No. 31)**, 4 **Socket Pan Head Screws (No. 32)**, 8 **Flat Washers (No. 28)** and 2 **Nylon Nuts (No. 29)** from **Stabilizer Tubes (No. 3)** with **Allen Wrench (No. 48)** and **Wrench (No. 46)**.

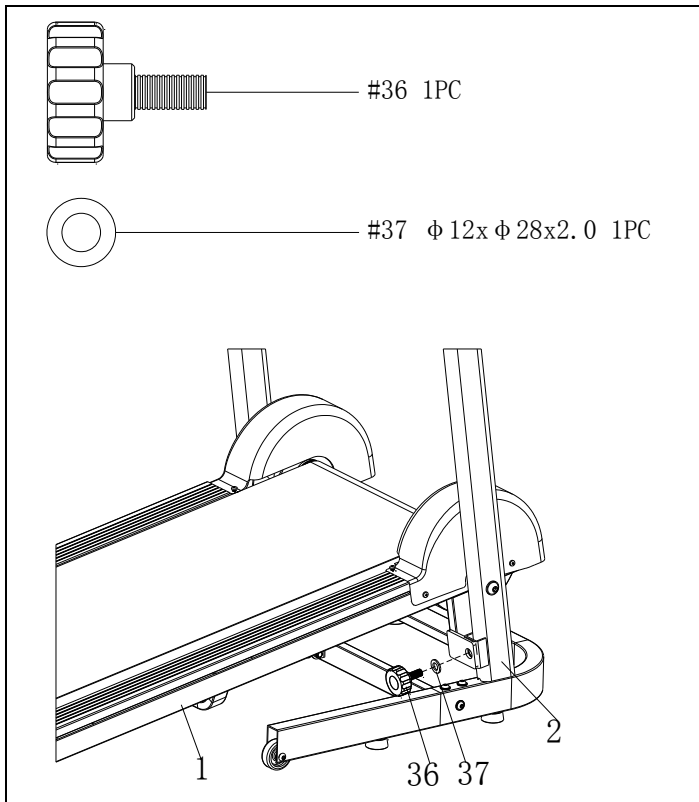
Attach **Stabilizer Tubes (No. 3)** to **Bottom Frame (No. 2)** with 2 **Socket Pan Head Bolts (No. 31)**, 4 **Socket Pan Head Screws (No. 32)**, 8 **Flat Washers (No. 28)** and 2 **Nylon Nuts (No. 29)**. Tighten and secure with **Allen Wrench (No. 48)** and **Wrench (No. 46)**.

Note: to prevent the injury caused by the machine falling down, please ask someone to hold the machine when assembling.

STEP 2:

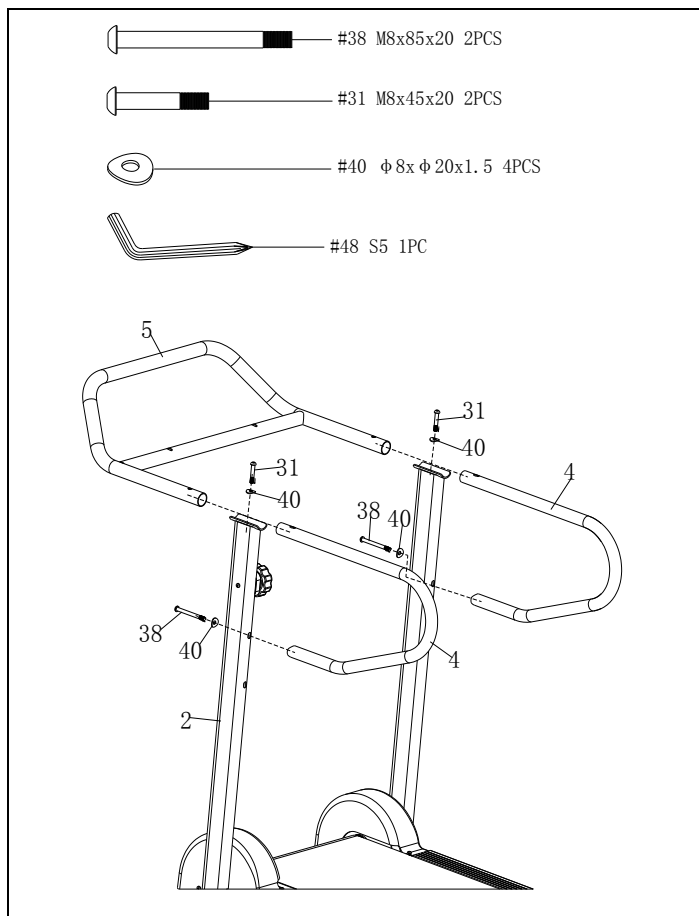
Grasp the rear end of **Main Frame (No. 1)** with one hand then use your foot to press down the **Cylinder (No. 15)** and then press down on the **Main Frame (No. 1)**. Once the **Main Frame (No. 1)** has been pushed down it will automatically continue to steadily lower itself until it reaches level ground.





STEP 3:

Attach **Main Frame (No. 1)** to **Bottom Frame (No. 2)** with 1 **Round Knob (No. 36)** and 1 **Flat Washer (No. 37)**. Then tighten and secure with **Round Knob (No. 36)**.

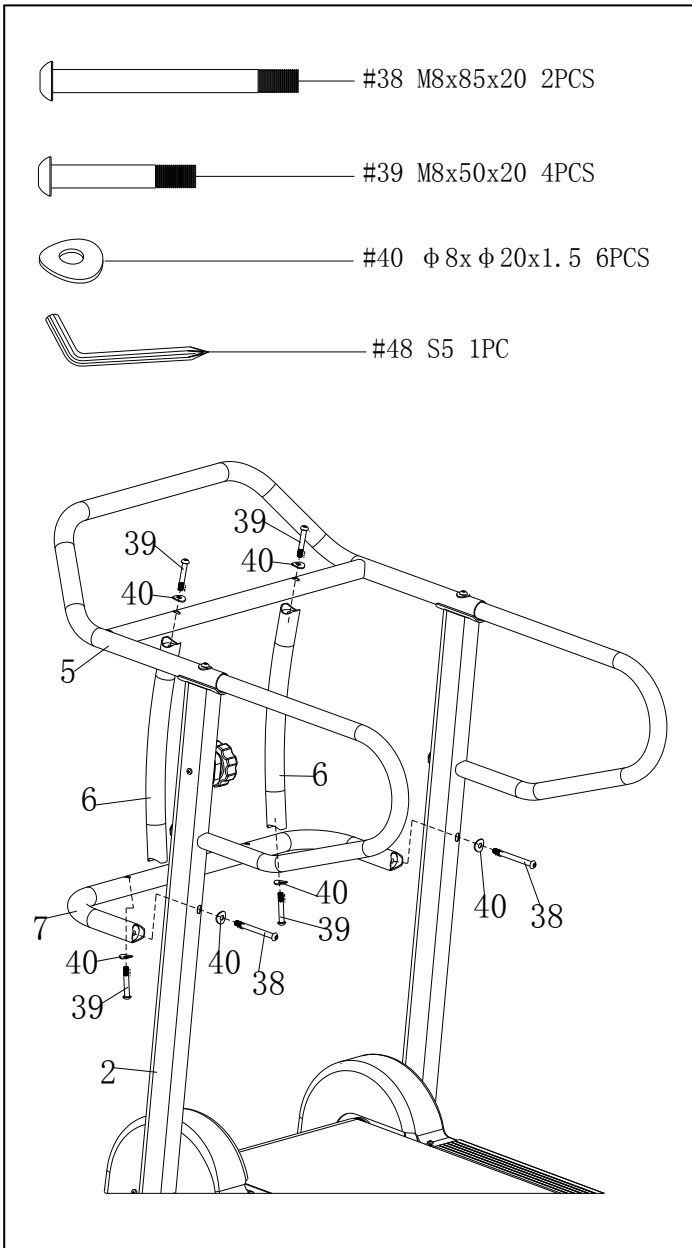


STEP 4:

Insert **Rear Handlebars (No. 4)** to **Front Handlebar (No. 5)**, then attach them to **Bottom Frame (No. 2)** with 2 **Socket Pan Head Bolts (No. 31)** and 2 **Arc Washers (No. 40)**.

Attach **Rear Handlebars (No. 4)** to **Bottom Frame (No. 2)** with 2 **Socket Pan Head Bolts (No. 38)** and 2 **Arc Washers (No. 40)**.

Do not tighten the **Socket Pan Head Bolts (No. 31)** and the **Socket Pan Head Bolts (No. 38)**.



STEP 5:

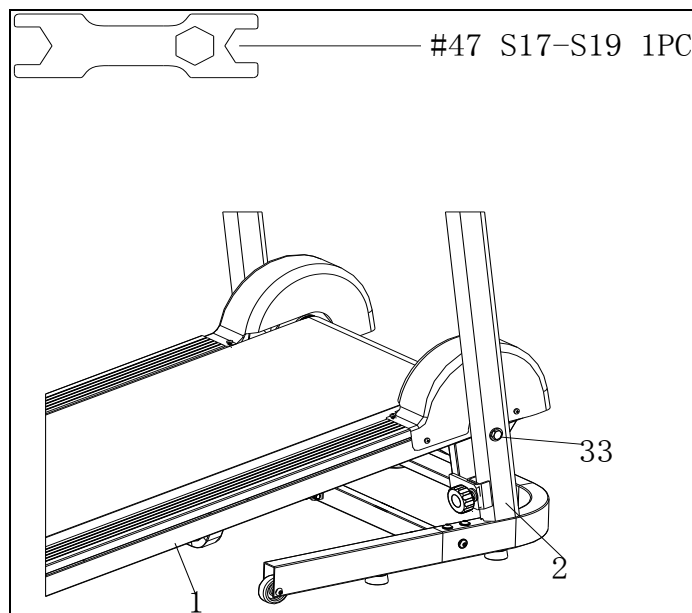
Remove 4 **Socket Pan Head Bolts (No. 39)**, 4 **Arc Washers (No. 40)** from **Middle Handlebars (No. 6)** with **Allen Wrench (No. 48)**.

Attach **Middle Handlebars (No. 6)** to **Front Handlebar (No. 5)** with 2 **Socket Pan Head Bolts (No. 39)** and 2 **Arc Washers (No. 40)**. Do not tighten the **Socket Pan Head Bolts (No. 39)**.

Attach **Bottom Handlebar (No. 7)** to **Middle Handlebars (No. 6)** with 2 **Socket Pan Head Bolts (No. 39)** and 2 **Arc Washers (No. 40)**. Do not tighten the **Socket Pan Head Bolts (No. 39)**.

Attach **Bottom Handlebar (No. 7)** to **Bottom Frame (No. 2)** with 2 **Socket Pan Head Bolts (No. 38)** and 2 **Arc Washers (No. 40)**. Do not tighten the **Socket Pan Head Bolts (No. 38)**.

Tighten and secure all the **Socket Pan Head Bolts (No. 31)**, **Socket Pan Head Bolts (No. 38)** and **Socket Pan Head Bolts (No. 39)** on Step 4 and Step 5 with **Allen Wrench (No. 48)**.



STEP 6:

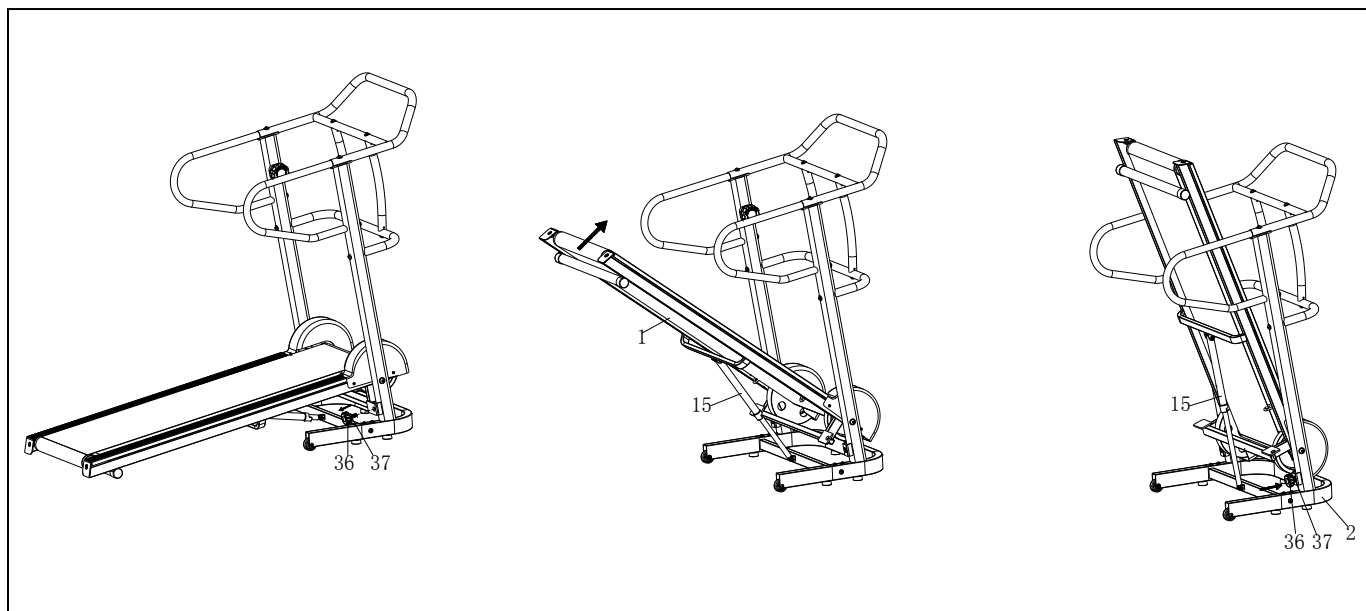
Tighten and secure the **Bolts (No. 33)** on the two sides of **Bottom Frame (No. 2)** with **Spanner (No. 47)**.

The assembly is complete!

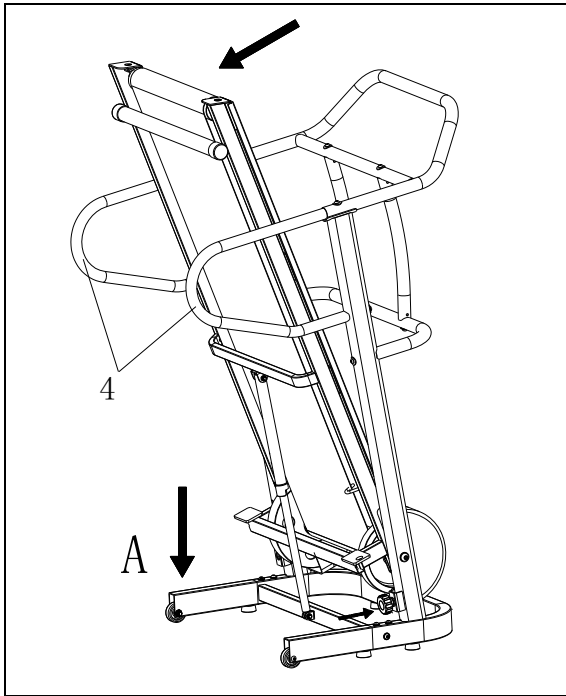
FOLDING INSTRUCTIONS

Folding: To fold up the treadmill, loosen and pull out **Round Knob (No. 36)** and **Flat Washer (No. 37)**. Lift up on the rear end of **Main Frame (No. 1)** until the **Cylinder (No. 15)** lock into the tube. [When the **Cylinder (No. 15)** successfully locks into the tube you will hear a clicking sound]. Then re-tighten **Round Knob (No. 36)** and **Flat Washer (No. 37)** to **Bottom Frame (No. 2)**.

Unfolding: To unfold the treadmill, loosen and pull out **Round Knob (No. 36)** and **Flat Washer (No. 37)**. Grasp the rear end of **Main Frame (No. 1)** with one hand, using your foot lightly press down the **Cylinder (No. 15)** and then press down on the **Main Frame (No. 1)**. Once the **Main Frame (No. 1)** has been pushed down it will automatically continue to steadily lower itself until it reaches level ground. Then re-tighten **Main Frame (No. 1)** to **Bottom Frame (No. 2)** with **Round Knob (No. 36)** and **Flat Washer (No. 37)**.

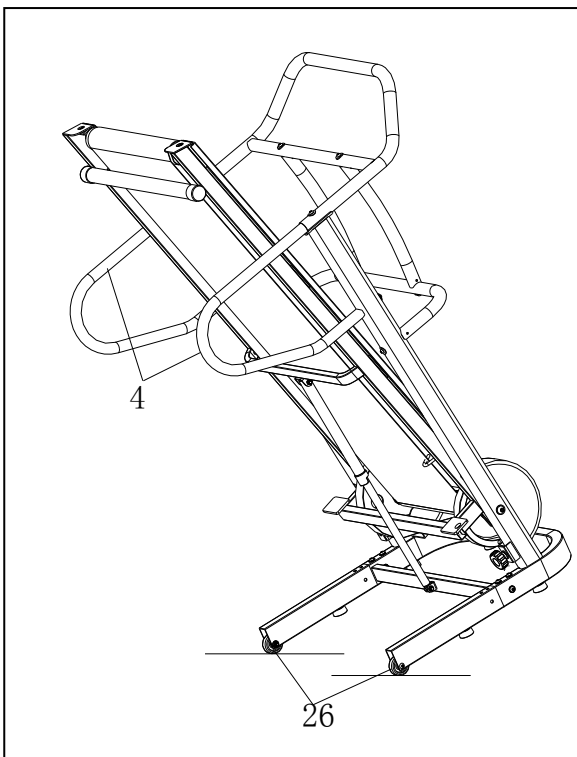


HOW TO MOVE THE TREADMILL



Before attempting to move the treadmill, please make sure that it has been properly folded.

To tilt, start by placing one hand at **Rear Handlebar (No. 4)** to support the treadmill. Next, place one foot on position “**A**” to hold the bottom end of the treadmill steady. With your foot at “**A**”, slowly tilt **Rear Handlebar (No. 4)** downward towards the ground. Once **Rear Handlebar (No. 4)** reaches a low enough point, the transportation wheels will reach the ground and start rolling.



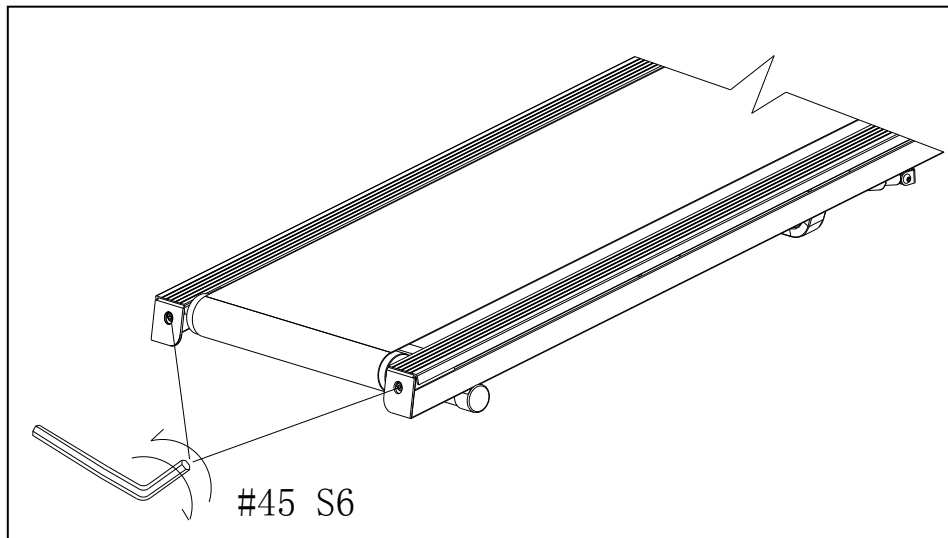
To transport, hold **Rear Handlebar (No. 4)** and tilt until **Transportation Wheels (No. 26)** are able to move on the ground.

MAINTENANCE INSTRUCTIONS

CENTERING THE WALKING BELT:

If the walking belt is off centered, the unit will make noise. Please use the tool to re-adjust the walking belt if it is too loose or too tight.

1. When the walking belt moves to the right side, please turn the right side hexagon socket screw clockwise 1 or 2 circles, and then turn back a little bit.
2. When the walking belt moves to the left side, please turn the left side hexagon socket screw clockwise 1 or 2 circles, and then turn back a little bit.
3. When the walking belt is too tight, please turn the left and the right side hexagon socket screw counter-clockwise, and then turn back a little bit.
4. When the walking belt is too loose, please turn the left and the right side hexagon socket screw clockwise, and then turn back a little bit.

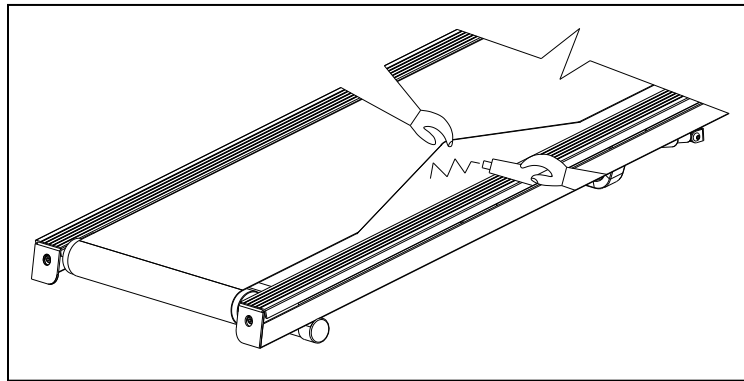


TREADMILL LUBRICATION

To reduce the friction of the walking belt and minimize wear, lubricant may be applied directly onto the treadboard and underside of the walking belt.

Lift one side of the walking belt and touch the top surface of the treadboard. If the surface is wet, no lubrication is required. If the surface is dry, lift one side of the walking belt edge first and at the same time spray or apply lubricant to the board. Make sure to walk on your treadmill at a slow speed for the first 3-4 minutes of use after applying lubricant. This helps to distribute the lubricant equally.

NOTE: Do not apply lubricant over the walking belt. Any excess lubricant should be wiped off. Lubricant may be applied whenever friction occurs, but it is usually required every 50 hours of use. Please remember that this is only a guideline based on average treadmill use, your schedule may vary.



ADJUSTING THE TENSION

There are 16 resistance levels on this **Tension Knob (No. 14)**. Number 1 is the lowest resistance; number 16 is the highest resistance.

To increase the tension, turn the knob *clockwise*;

To decrease the tension, turn the knob *counter-clockwise*.

