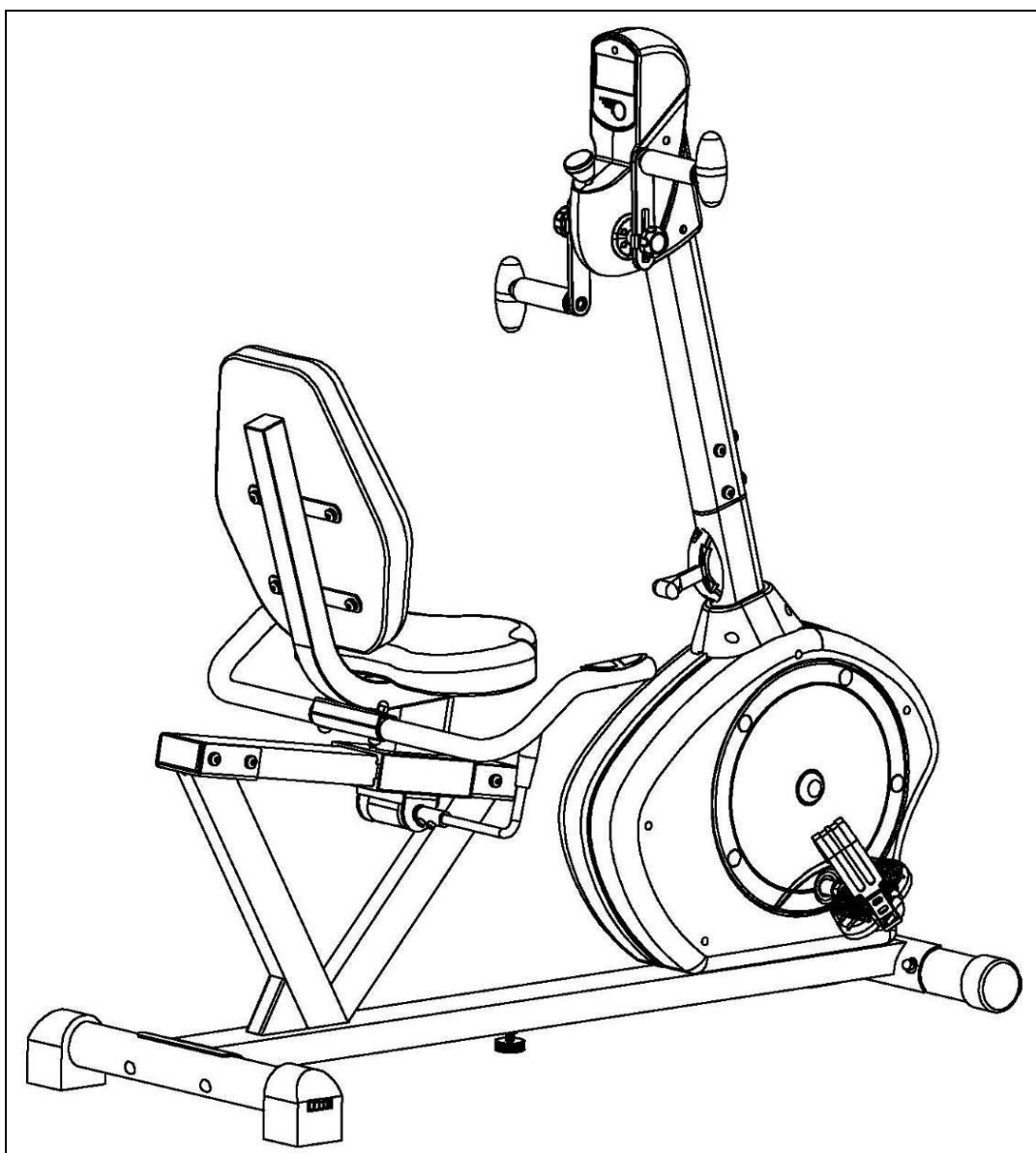




# RECUMBENT BIKE WITH ARM EXERCISER

## SF-RB4631

### USER MANUAL



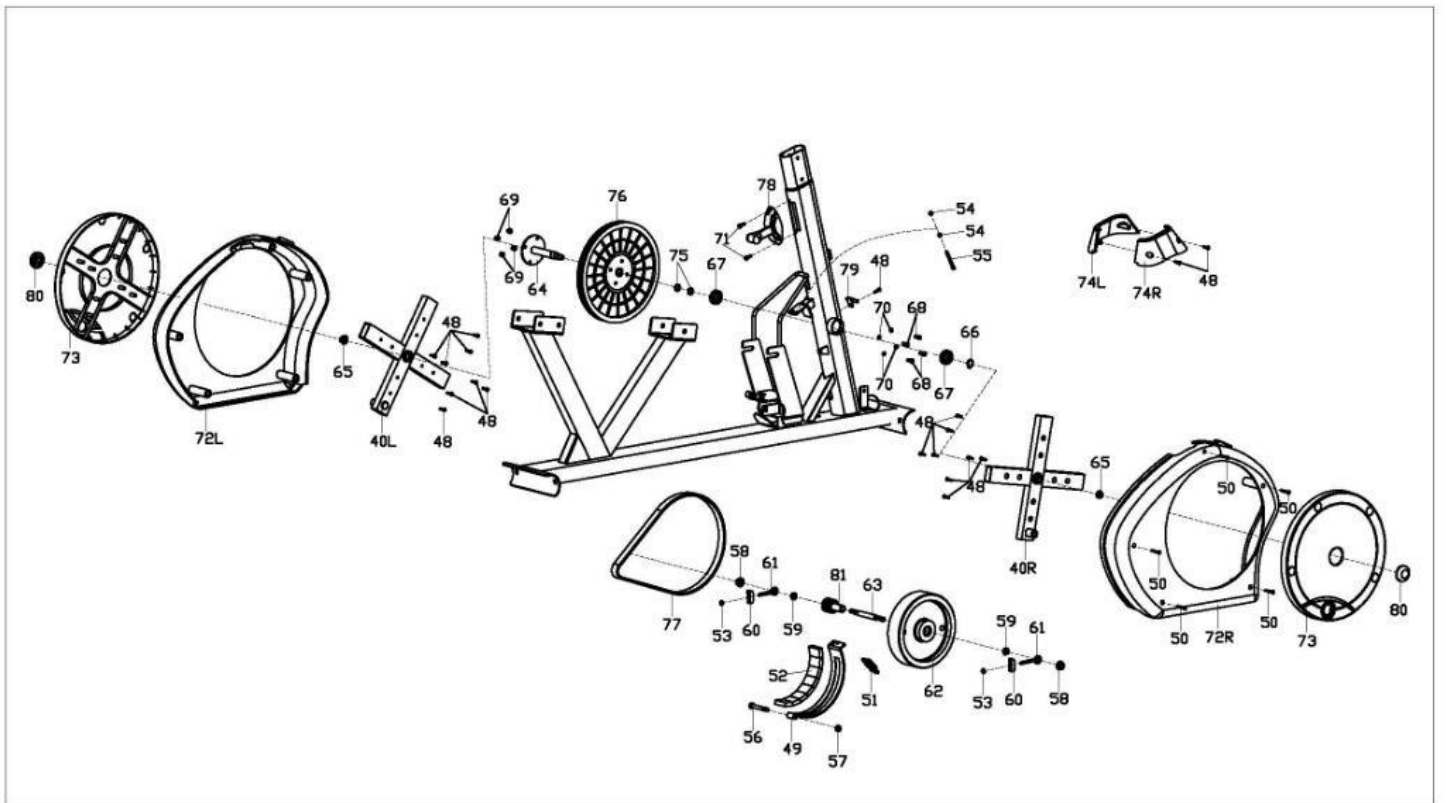
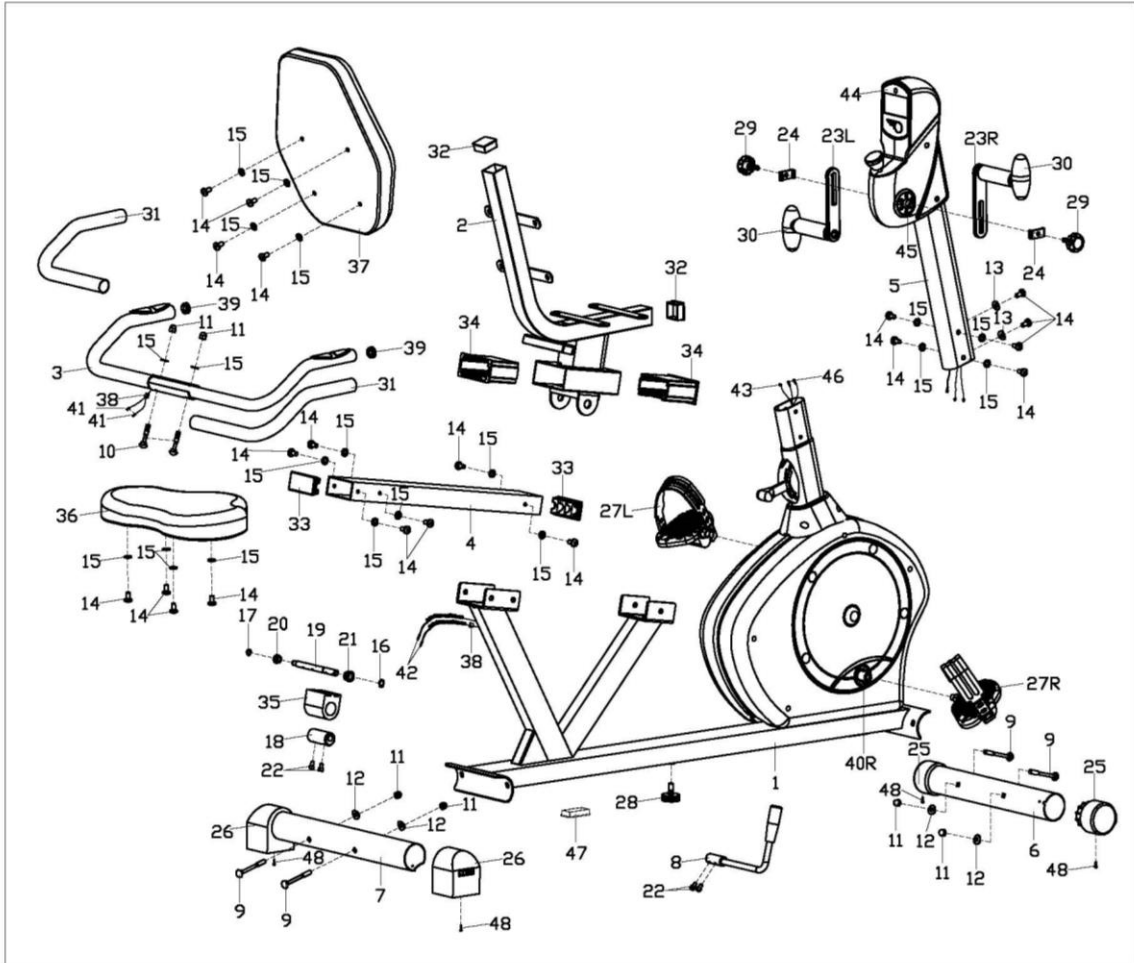
**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).

# **IMPORTANT SAFETY INFORMATION**








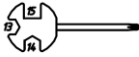


We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 4 feet (1.2 M) 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 350 pounds (160 KG).
10. The equipment is not suitable for therapeutic use.
11. Use caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
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

	_____ #9 M8*L73*120*□8 4PCS		_____ #10 M8*L45*140*□8 2PCS
	_____ #11 M8 6PCS		_____ #12 Φ8.2*2*Φ19*R30 4PCS
	_____ #15 D8*1.5*Φ16 2PCS		_____ #24 2PCS
	_____ #29 2PCS		_____ #82 S13-14-15 1PC
	_____ #83 S5 1PC		_____ #84 S6 1PC

## **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:

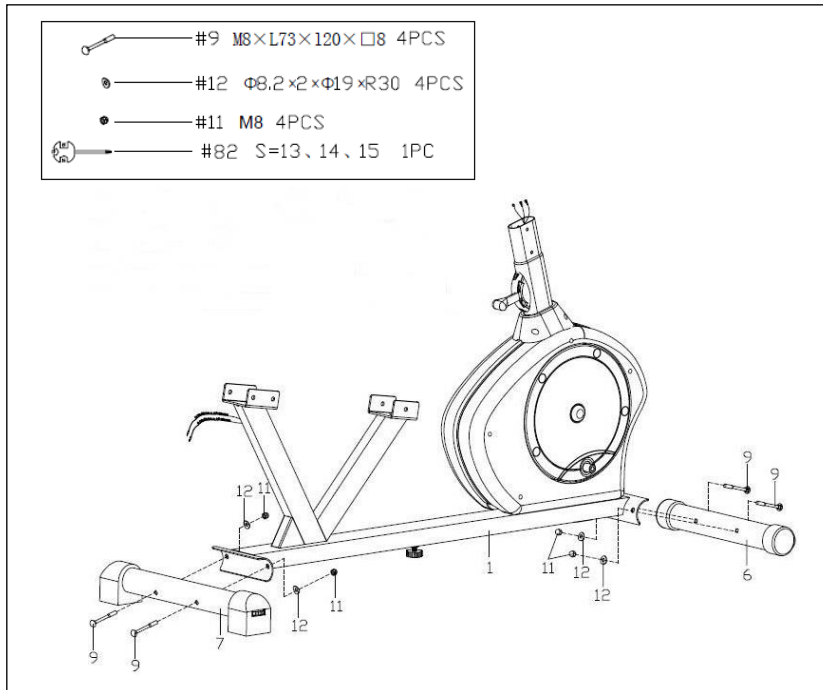
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

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

# PARTS LIST

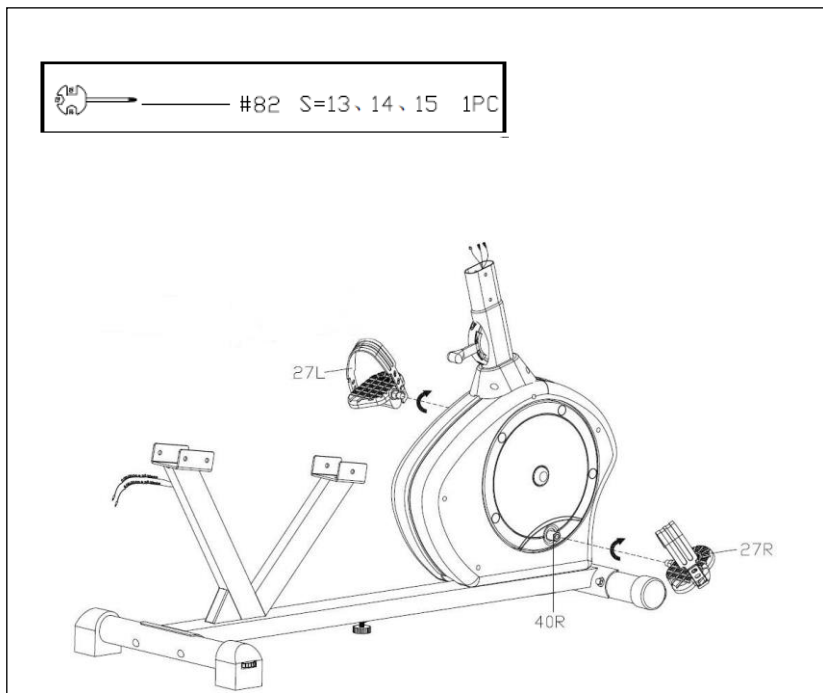
NO.	DESCRIPTION	SPEC.	QTY	NO.	DESCRIPTION	SPEC.	QTY
1	Main Frame		1	43	Sensor Wire		1
2	Seat Tube		1	44	Computer		1
3	Handlebar		1	45	Connecting Axle		1
4	Slide Rail		1	46	Pulse Sensor Wire 2		2
5	Handlebar Post		1	47	Square Plug	60*30*1.5	1
6	Front Stabilizer		1	48	Cross Pan Head Self-Drilling Screw	ST4.2*18	23
7	Rear Stabilizer		1	49	Magnet Board Connection		1
8	Adjustment Handle		1	50	Cross Pan Head Self-Drilling Screw	ST4.2*30	5
9	Square Neck Bolt	M8*L73*120*□ 8	4	51	Spring		1
10	Square Neck Bolt	M8*L45*140*□ 8	2	52	Magnet		8
11	Ball Cap Nut	M8	6	53	Nut	M6	2
12	Arc Washer	Φ8.2*2*Φ 19*R30	4	54	Nut	M5	2
13	Arc Washer	d8*R20	2	55	Hex Bolt	M5*60	1
14	Hex Pan Head Screw	M8*16	20	56	Hex Bolt	M8*L60*120	1
15	Washer	D8*1.5*Φ16	20	57	Nylon Nut	M8	1
16	Spring Stop Collar	D12	1	58	Flange Nut	M10*1	2
17	Spring Stop Collar	D10	1	59	Cone Thin Nut	M10*1*H5	2
18	EccentricGear		1	60	Adjustable U Washer		2
19	Axle		1	61	Adjustable Screw		2
20	Small Alloy Bushing		1	62	Fly Wheel		1
21	Big Alloy Bushing		1	63	Fly Wheel Axle		1
22	Hex Socket Cap Screw	M6*10	4	64	Middle Axle		1
23L/R	Rotating Handle		1pr.	65	Flange Nut	M10*1.25	2
24	U Shape Board		2	66	Spring Shield		1
25	Wheeled End Cap		2	67	Bearing	6003RZ	2
26	End Cap		2	68	Hex Socket Head Cap Screw	M6*15	4
27L/R	Pedal		1pr.	69	Nylon Nut	M6	4
28	Adjustable Pad		1.	70	Spring Washer	D6	4
29	Knob		2	71	Cross Pan Head Screw	M5*12	2
30	Oval Handle		2	72L/R	Chain Cover		1pr.
31	Foam Grip		2	73	Disc		2
32	Square Plug	38*38*1.5	2	74L/R	Front Tube Cover		1pr.
33	Square Plug	80*40*2	2	75	Central Axle Spacer		2
34	Bushing		2	76	Big Belt Pulley		1
35	Upper Holder Block		1	77	Belt		1
36	Seat		1	78	Tension Controller		1
37	Backrest		1	79	Sensor		1
38	Guide Line Hole Plug		2	80	Nut Cap		2
39	Round Tube Plug		2	81	Small Belt Pulley		1
40L/R	Crank		1pr.	82	Spanner	S13-14-15	1
41	Pulse Wire		2	83	Allen Wrench	S5	1
42	Pulse Sensor Wire 1		2	84	Allen Wrench	S6	1

# ASSEMBLY INSTRUCTIONS



## STEP 1

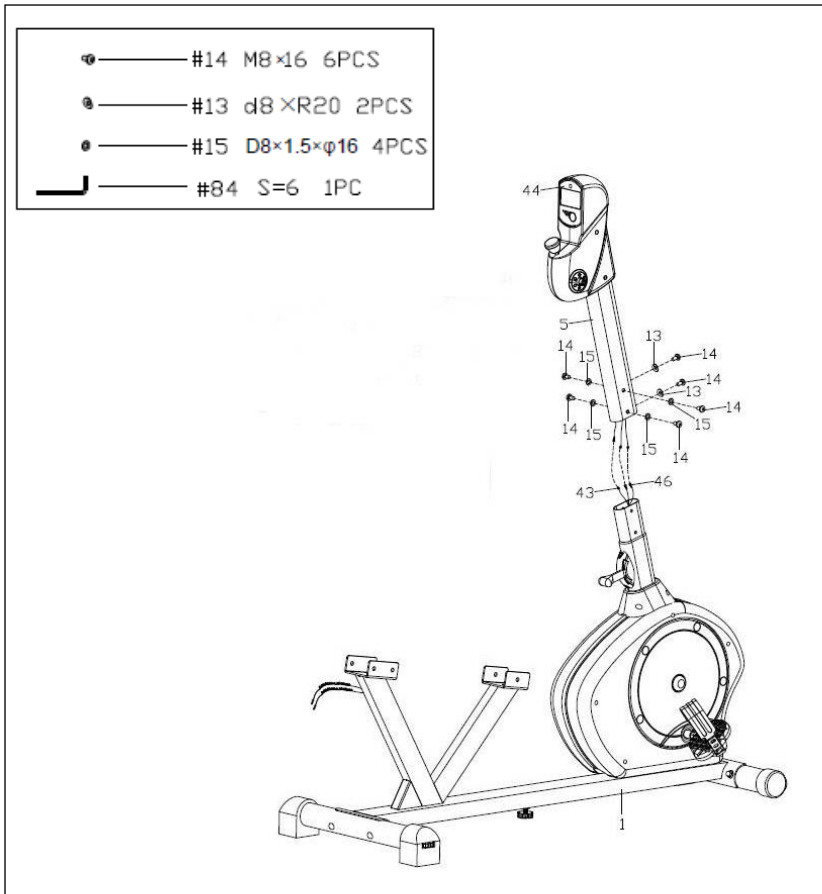
Attach the **Front Stabilizer (No. 6)** and the **Rear Stabilizer (No. 7)** to the **Main Frame (No. 1)** with the 4 **Square Neck Bolts (No. 9)**, 4 **Arc Washers (No. 12)** and 4 **Ball Cap Nuts (No. 11)** using **Spanner (No. 82)**.



## STEP 2

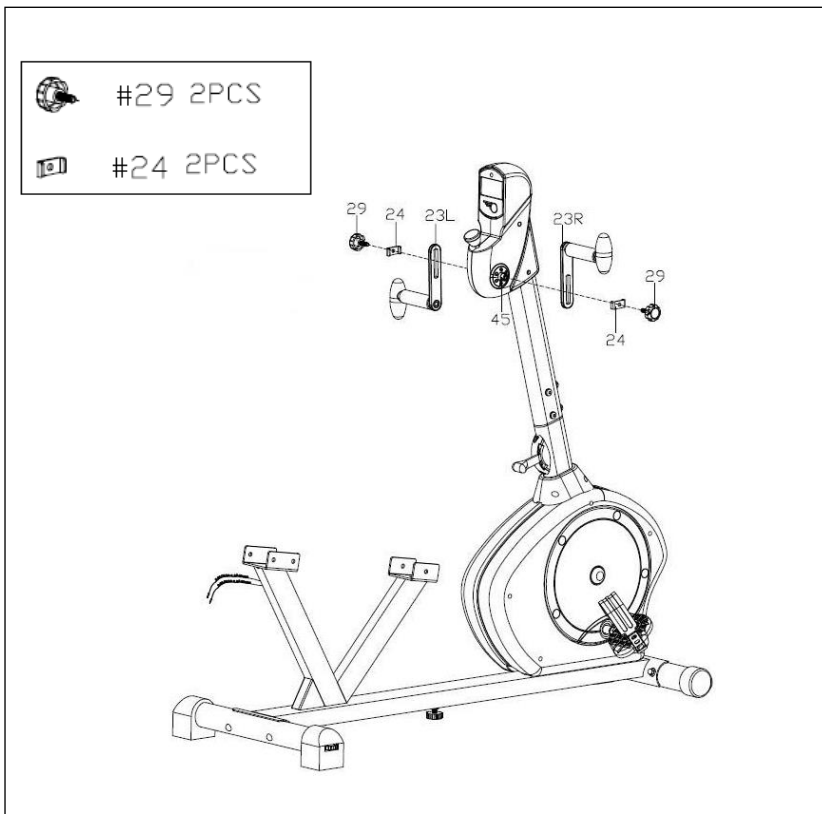
Attach the **Pedal (No. 27L/R)** to the **Crank (No. 40L/R)** with the **Spanner (No. 82)**.

**NOTE:** Make sure to attach **Right Pedal (No. 27R)**, marked (R), to the **Right Crank (No. 40R)** and should be tightened clockwise. Attach the **Left Pedal (No. 27L)**, marked (L), to the **Left Crank (No. 40L)**. It should be tightened counter-clockwise. Attaching the **Pedal (No. 27L/R)** to the wrong **Crank (No. 40L/R)** or turning it the wrong direction can damage the Crank.



### STEP 3

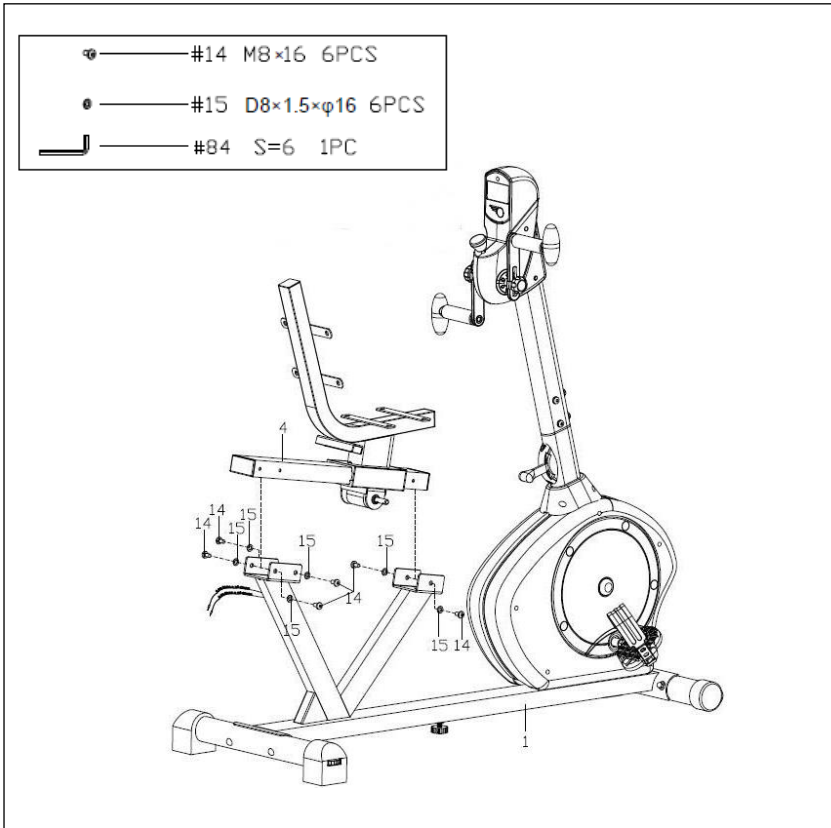
First, remove the preassembled 6 **Hex Pan Head Screws (No. 14)**, 2 **Arc Washers (No. 13)** and 4 **Washers (No. 15)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 84)**. Then connect the **Pulse Sensor Wire 2 (No. 46)** and **Sensor Wire (No. 43)** with the wires of the **Computer (No. 44)**. Then attach the **Handlebar Post (No. 5)** to the **Main Frame (No. 1)** with the 6 **Hex Pan Head Screws (No. 14)**, 2 **Arc Washers (No. 13)** and 4 **Washers (No. 15)** using **Allen Wrench (No. 84)**.



### STEP 4

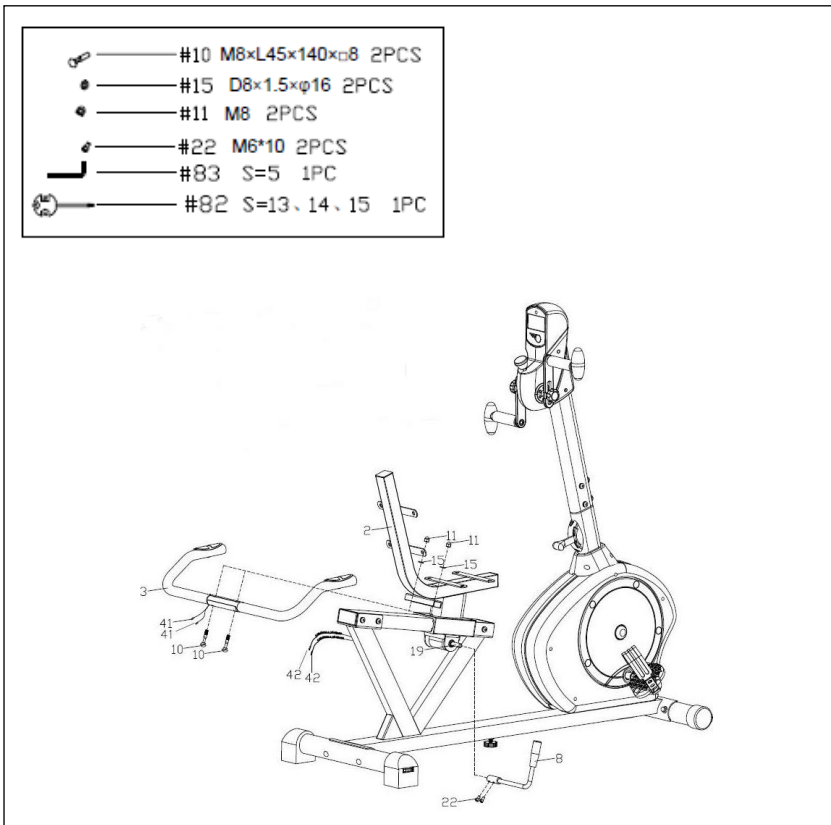
Attach the **Rotating Handles (No. 23L/R)** to the **Connecting Axle (No. 45)** with 2 **Knobs (No. 29)** and 2 **U Shape Boards (No. 24)**.

**Note:** You can adjust the position of the **Rotating Handles (No. 23L/R)** and **Connecting Axle (No. 45)** by loosening the **Knob (No. 29)**, moving the **Rotating Handles (No. 23L/R)** to desired position, and then tightening the **Knob (No. 29)**.



## STEP 5

First, remove the preassembled 6 **Hex Pan Head Screws (No. 14)** and 6 **Washers (No. 15)** from the **Slide Rail (No. 4)** with **Allen Wrench (No. 84)**. Then attach the **Slide Rail (No. 4)** to the **Main Frame (No. 1)** with 6 **Hex Pan Head Screws (No. 14)** and 6 **Washers (No. 15)** tightly using **Allen Wrench (No. 84)**.

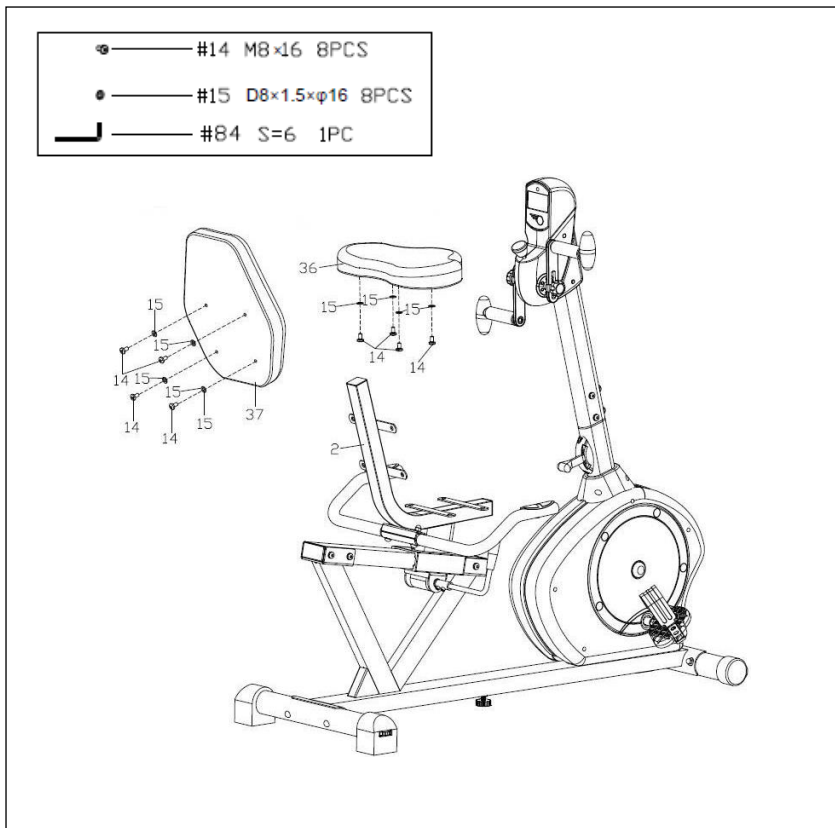


## STEP 6

1. First, remove the preassembled 2 **Hex Socket Cap Screws (No. 22)** from the **Axle (No. 19)**. Then attach the **Adjustment Handle (No. 8)** to the **Axle (No. 19)**, and secure tightly with the 2 **Hex Socket Cap Screws (No. 22)** using **Allen Wrench (No. 83)**. Make sure the **Adjustment Handle (No. 8)** is pointing up.

2. Set the **Handlebar (No. 3)** onto the **Seat Tube (No. 2)**, and secure tightly with the 2 **Square Neck Bolts (No. 10)**, 2 **Washers (No. 15)** and 2 **Ball Cap Nuts (No. 11)** using **Spanner (No. 82)**. Connect the 2 **Pulse Wires (No. 41)** with the 2 **Pulse Sensor Wires 1 (No. 42)**.





## STEP 7

1. Remove the preassembled 4 **Hex Pan Head Screws (No. 14)** and 4 **Washers (No. 15)** from the **Backrest (No. 37)** with **Allen Wrench (No. 84)**. Then attach the **Backrest (No. 37)** to the **Seat Tube (No. 2)** tightly with 4 **Hex Pan Head Screws (No. 14)** and 4 **Washers (No. 15)** using **Allen Wrench (No. 84)**.

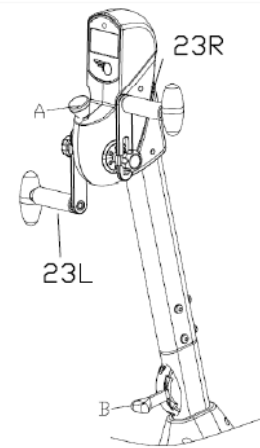
2. Remove the preassembled 4 **Hex Pan Head Screws (No. 14)** and 4 **Washers (No. 15)** from the **Seat (No. 36)** with **Allen Wrench (No. 84)**. Then attach the **Seat (No. 36)** to the **Seat Tube (No. 2)** tightly with 4 **Hex Pan Head Screws (No. 14)** and 4 **Washers (No. 15)** using **Allen Wrench (No. 84)**.

Assembly is now complete!

# ADJUSTMENT GUIDE

## ADJUSTING THE TENSION

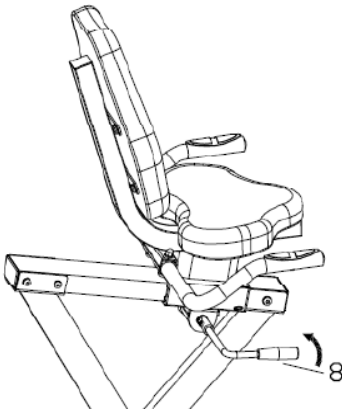
To adjust the tension of the **Rotating Handles (No. 23L/R)**, turn the **Tension Knob A** in front of the meter. Turn clockwise (+) to increase the tension, counterclockwise (-) to decrease the tension.



To adjust the tension of the bike, move the **Tension Switch B**. 1 is the lowest tension. 8 is the highest tension.

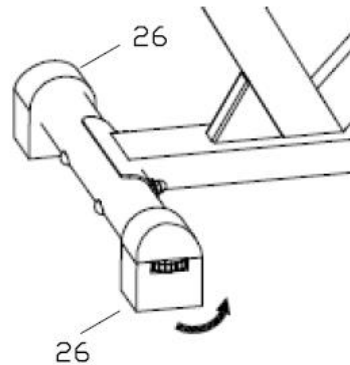
## ADJUSTING THE SEAT POSITION

To move the seat forward or backward while seated on the bike, pull the **Adjustment Handle (No. 8)** towards you. Move the seat. Push the **Adjustment Handle (No. 8)** forward to secure.



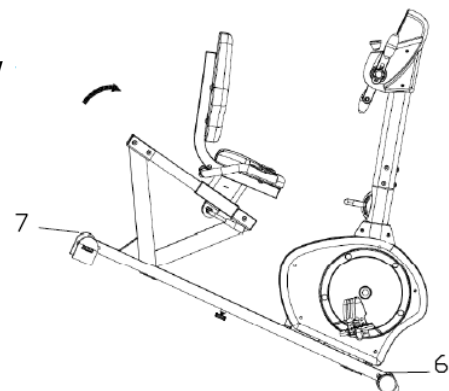
## ADJUSTING THE LEVEL

If at any point the bike does not feel level, you can adjust the dials located on the side of the rear **End Caps (No. 26)**.



## MOVING THE BIKE

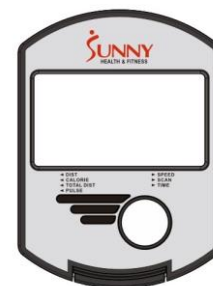
Lift the bike by the **Rear Stabilizer (No. 7)** until the wheels on the **Front Stabilizer (No. 6)** touch the floor. You can now move the bike to your desired location with ease.



# EXERCISE METER

**MODE:** Press to select function.

Press and hold for 2 seconds to reset all values except **TOTAL DIST**



## FUNCTIONS AND OPERATIONS:

1. **SCAN:** Press MODE button until “▼” appears at SCAN Position. Computer will rotate through all the 6 functions: Time, Speed, Distance, Calorie, Total Distance, and Pulse. Each function will display for 6 seconds.
2. **TIME:** Counts the total time from exercise start to end.
3. **SPEED:** Displays current speed.
4. **DIST:** Count the distance from exercise start to end.
5. **CALORIES(CAL):** Counts the total calories from exercise start to the end.
6. **TOTAL DIST(ODO):** Counts the total distance after installing the batteries.
7. **PULSE:** Press MODE button until “▼” appears at PULSE. Before measuring your pulse rate, place both your palms on the contact pads and the computer will show your current heart beat rate in beats per minute (BPM) after 3~4 seconds.

Remark: During the process of pulse measurement, the measurement value may be higher than virtual pulse rate during the first 2~3 seconds, then it will return to normal level.

To ensure testing accuracy, it is suggested that user test pulse while not pedaling. The measurement value cannot be regarded as the basis for medical treatment.

8. **AUTO ON/OFF & AUTO START/STOP:** Without any signal for 4 minutes, the power will turn off automatically.

## BATTERY

If there is a problem with the display, try replacing the batteries. When changing the batteries, change both of them. Do not mix battery types. Do not mix old and new batteries.

Dispose of batteries according to your state and local guidelines.

## SPECIFICATIONS

FUNCTION	Auto Scan	Every 6 seconds
	Running Time	00:00~99:59(Minute: Second)
	Current Speed	The max pick-up signal is 99.9KM/H or MILE/H(or 1500RPM)
	Trip Distance	0.00~99.99KM or MILE
	Calories	0.0~999.9Kcal
	Total Distance	0.0~999.9KM or MILE
	Pulse Rate	40-240BPM
Battery Type		2 pcs of SIZE-AA or UM3
Operating Temperature		0 °C~+40 °C(32°F~104°F)
Storage Temperature		-10 °C~+60 °C(14°F~140°F)

Version 1.5