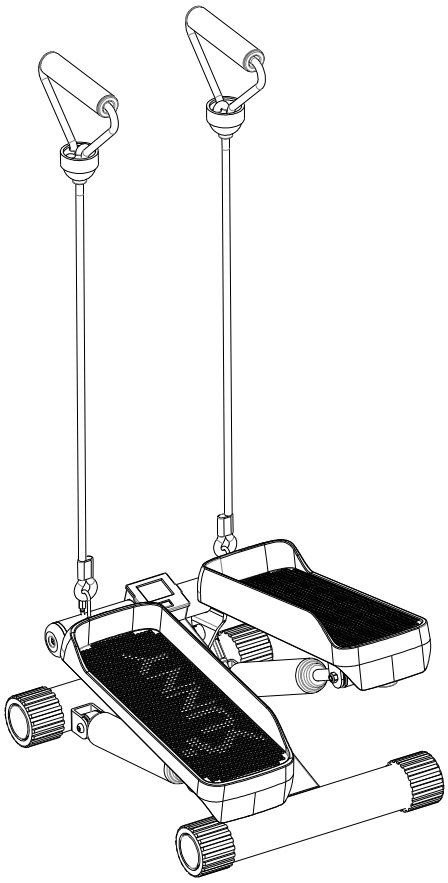
SUNNY
HEALTH & FITNESS

User Manual



Smart Mini Stepper With Eexercise Bands

NO. 012SMART

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 Smart Mini Stepper with Exercise Bands is designed to provide a low-impact, full-body workout, helping to tone muscles, improve cardio fitness, and burn calories at home.

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

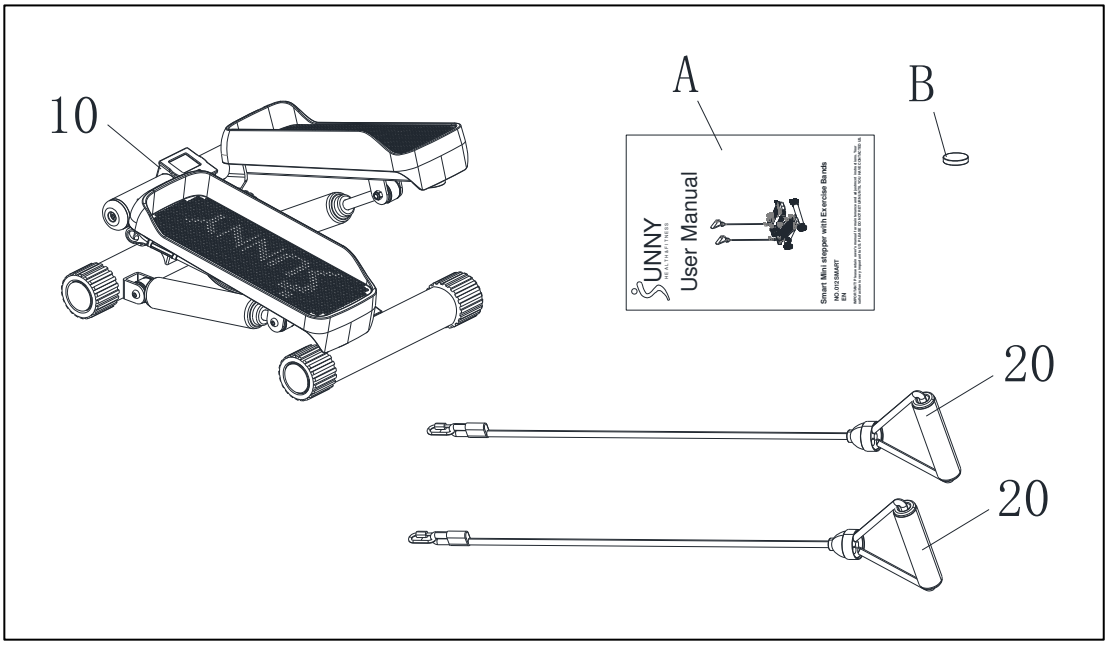
You can find the declaration of conformity at the following link:
https://sunnyhealthfitness.com/pages/declaration-of-conformity

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.
10	Main Frame		1
20	Exercise Band		2

No.	Description	Spec.	Qty.
A	Manual		1
B	Battery	CR2032	1

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).

Battery Safety Warning

⚠ WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours.**
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



NOTES:

1) Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.

2) Even used batteries may cause severe injury or death.

3) Call a local poison control center for treatment information.

4) The compatible battery type CR2032 3V.

5) Non-rechargeable batteries are not to be recharged.

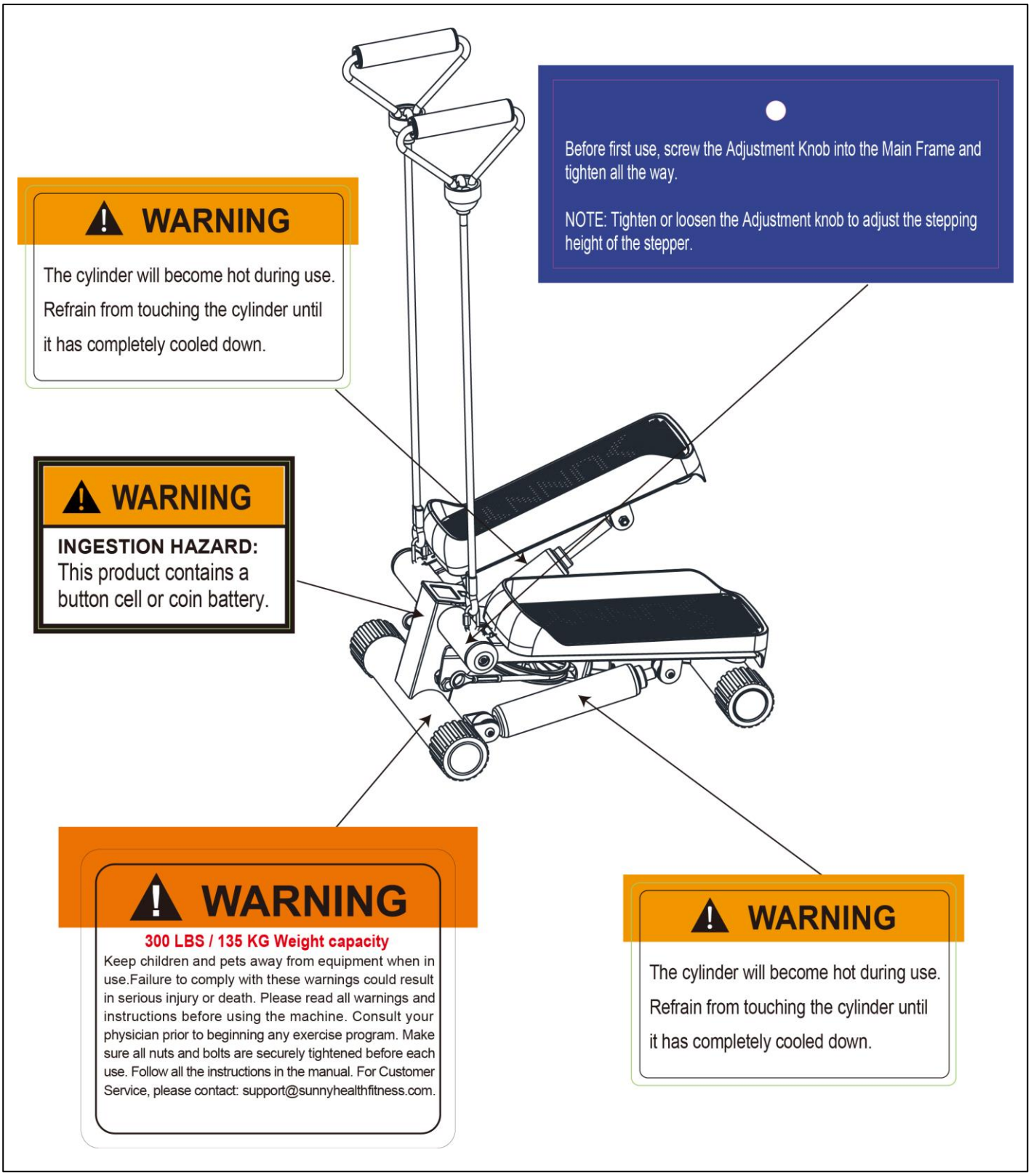
6) Do not force discharge, recharge, disassemble, heat above 50°C/122°F, or incinerate. Doing so may result in injury due to venting, leakage or explosion, resulting in chemical burns.

7) Ensure the batteries are installed correctly according to polarity (+ and -).

8) Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.

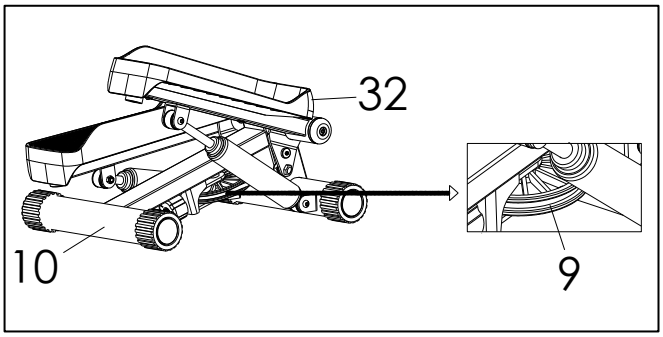
9) Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

Warning Labels



Assembly Instructions

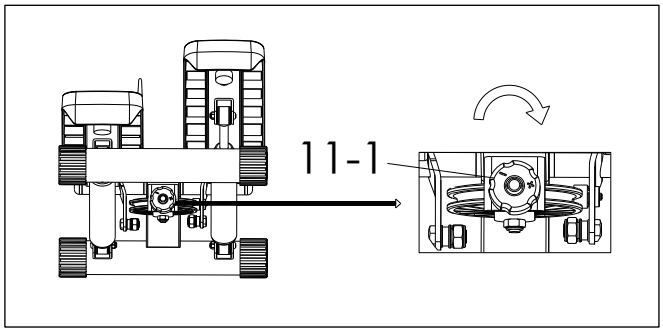
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1

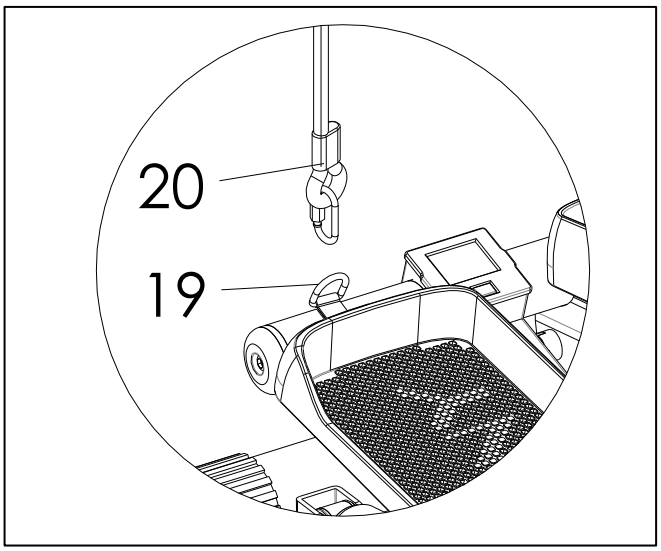
Remove the **Main Frame (No. 10)** from the box.

Lift the **Right Pedal (No. 32)** up with your hand and ensure that **Cable (No. 22)** is inserted into the slot of the **Pulley (No. 9)** as shown in the picture.



STEP 2

Turn the **Adjustment Knob (No. 11-1)** *clockwise* " + " all the way right until it reached its end point.

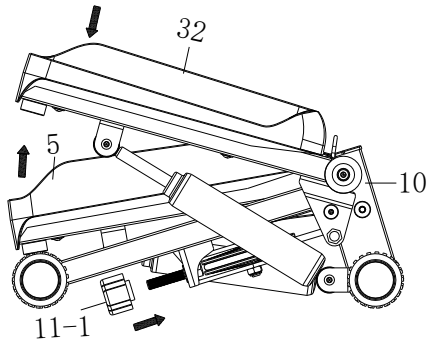


STEP 3

Connect 2 **Exercise Bands (No. 20)** to the **Exercise Band Buckles (No. 19)** at the front of the left and right pedals as shown in the picture.

The assembly is complete!

Maintenance & Adjustment Guide



ADJUSTING THE STEPPING HEIGHT

Turn the **Adjustment Knob (No. 11-1)** *clockwise* to increase the stepping height.
Turn the **Adjustment Knob (No. 11-1)** *counter-clockwise* to decrease the stepping height.
NOTE: Before turning the adjustment knob, you need to lift one pedal of the **Left or Right Pedals (No. 5 or No. 32)** up and ensure the cable is around the pulley. If the cable is not properly positioned around the pulley, it can cause damage to the main frame of the product or prevent the height from adjusting correctly.

CLEANING

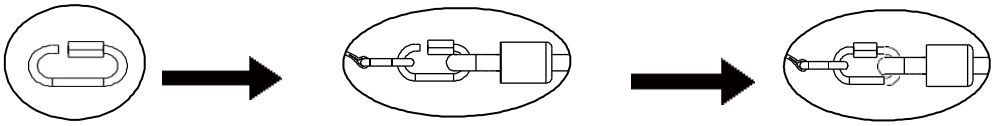
The stepper can be cleaned with a soft, clean, and damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the stepper after each use. Be careful not get excessive moisture on the computer display panel as this might cause electrical hazards or electronics failure. Please keep the stepper, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the stepper for proper tightness every week.

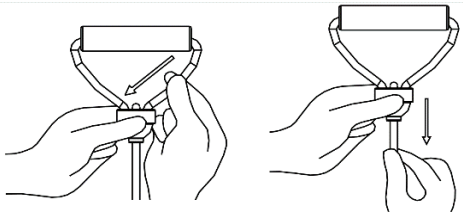
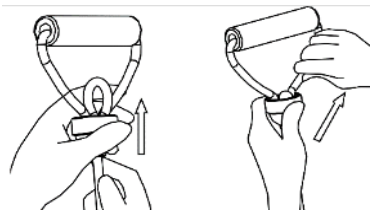
STORAGE

Store the stepper in a clean and dry environment, away from children.

Exercise Band Instructions

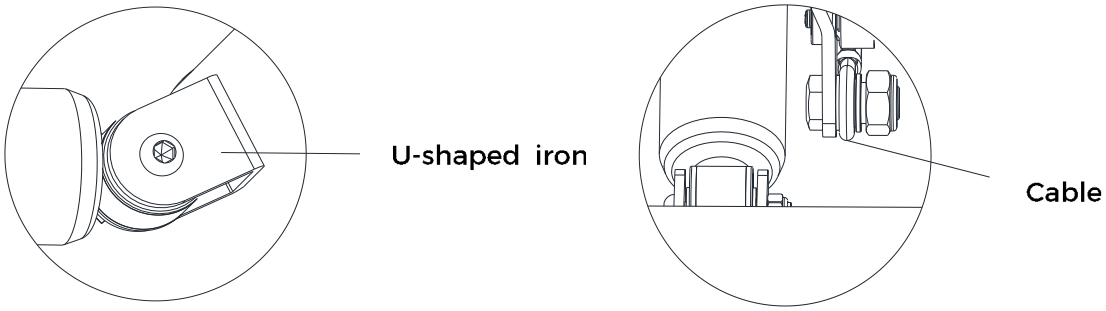
1. Unscrew the hook nut located on the band until the hook is open as shown in the picture below.
2. Attach the band hook onto the pedal hook and screw the hook nut closed until the pedal hook is secured with the hook nut.
3. Assembly is done.



Adjusting the Rope Length	
To Lengthen Rope	**To Shorten Rope**
Push one side of the rope down and then pull the bottom of the rope downward as shown in the picture below. Repeat this process until the rope is at the desired length. **NOTE:** This adjustment decreases the tension on the bands.	Push the rope upward from the bottom and then pull one side of the top rope up as shown in the picture below. Repeat this process until the rope is at the desired length. **NOTE:** This adjustment increases the tension on the bands.
	
NOTE: When lengthening the rope; only one side of the rope can be pushed down. If the side that you are trying to push down does not move; try the other side of the rope.	

Maintenance & Care Instructions

1. If the stepper screeches during exercise, please discontinue use and do the following: loosen the screw located on the U-Shaped iron then loosen the cable as shown in the picture below. Next, lubricate both the U-Shaped iron and cable to improve the sliding condition. Re-tighten and secure the screw and cable.
2. For safety and efficiency, please be sure to inspect and lubricate the U-Shaped iron and cable regularly.
3. Always use dry cloth when cleaning the stepper, never clean the stepper using a wet or damp cloth.
4. Store the stepper in a dry area free of moisture, do not store or leave outdoors.
5. During exercise the hydraulic cylinders may produce noise if they become too hot, it is perfectly normal for this to occur.
6. To avoid injury to your hands, please refrain from touching the hydraulic cylinders during or immediately after use.



Operating Instructions

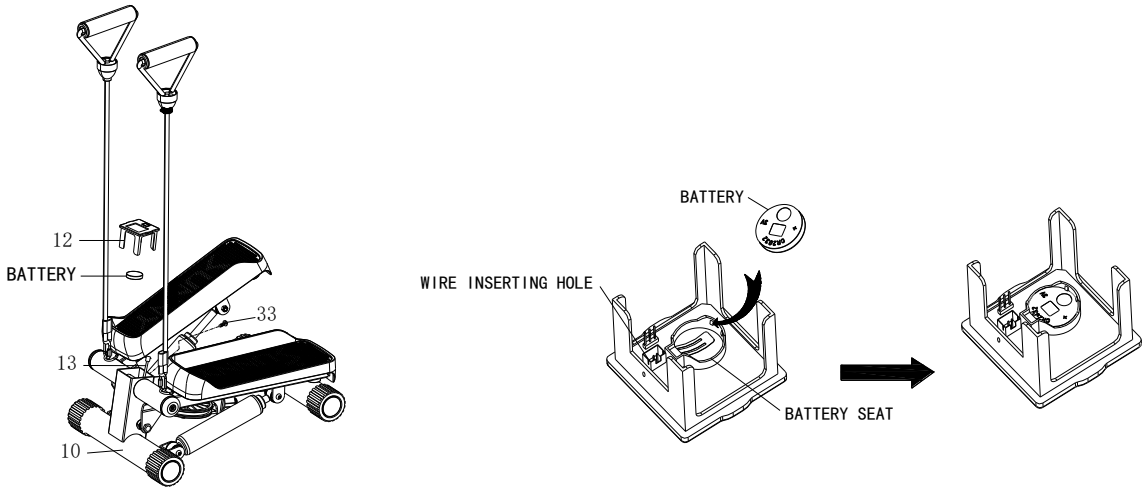
1. During the use of the equipment, please make sure to follow all instructions carefully as any improper techniques of usage and/or assembly may result in injury and/or damage to the equipment.
2. The suggested exercise regimen for optimal results is 10-15 minutes per day, at least three times a week.
3. Before beginning exercise, always inspect the equipment to ensure that all moving parts as well as hardware are secured correctly and are in proper condition.

NOTES:

If you are having a hard time balancing on the stepper, please hold onto something for support.

The **Hydraulic Cylinder (No. 16)** may become excessively hot after prolonged use and may be dangerous to touch. Allow the **Hydraulic Cylinder (No. 16)** to cool between uses.

Changing The Battery



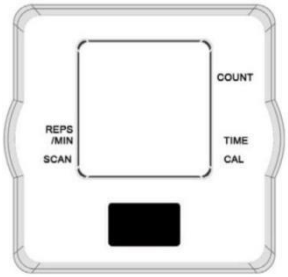
1. Remove the **Screw (No. 33)** from the **Main Frame (No. 10)**. Remove **Meter (No. 12)** from **Main Frame (No. 10)** and disconnect the link wire of **Sensor (No. 13)** from the **Meter (No. 12)**.
2. Remove the battery from the backside of **Meter (No. 12)**.
3. Please insert the battery diagonally into the backside of **Meter (No. 12)**. Please ensure the positive (+) side is facing upward. and make sure the battery is under the obstruction as shown in above diagram.

   Note: If the battery is not installed properly, the **Meter (No. 12)** can't be turned on.
4. Insert the link wire of **Sensor (No. 13)** into the wire inserting hole on the back of **Meter (No. 12)**.
5. Insert the **Meter (No. 12)** into **Main Frame (No. 10)** and secure the **Screw (No. 33)**.

Exercise Meter

AUTO ON/OFF:

If the steps of the machine are put into motion or the red key is pressed, the meter will activate and will remain active during use. If it goes without signal for approximately 4 minutes, the meter will turn off automatically when Bluetooth is not connected.



KEY FUNCTIONS:

- To select the LOCK MODE setting, press the red key when the pointer is on the function you wish to lock (Time, Reps/Min, Count, Calorie and Scan). Once locked, only the selected function will be displayed.
- The meter can be reset by pressing and holding the red key for two seconds when Bluetooth is not connected.
- When Bluetooth is not connected, hold and press the red key for 6 seconds to enter sleep, and all the values are still retained.
- When Bluetooth is connected, press and hold the red key for 6 seconds to disconnect from the SunnyFit APP then, all values will be reseted and the meter will enter sleep mode.

FUNCTIONS:

TIME: Counts the total time of an exercise from start to finish.

CALORIES: Counts the number of total calories burned during an exercise from start to finish.

COUNT: Automatically accumulates the count of steps taken during sessions. Meter counts 1 step after you step once with each foot.

REPS/MIN: Automatically displays the count of steps per minute.

SCAN: Press the red key until the indicator arrow points to SCAN. The indicator arrow will continue to flash indicating that SCAN mode is active. SCAN mode will automatically scan through each function in sequence.

NOTE:

- If you have an inaccurate reading on the meter, please replace the battery immediately. (See instructions below). Removing the batteries will also reset the meter and return all function settings back to zero.
- Please use one CR2032 battery.
- All functions will automatically stop calculating when "**STOP**" appears in the upper left corner of the meter. This occurs when there is no signal for a period of 4 seconds. Once the exercise begins again, the meter will automatically begin to continue the calculation.
- The information displayed is an estimate only. Actual values may vary depending on factors such as body weight, resistance level, workout intensity, and other individual conditions. This information is provided for reference purposes only and should not be used for medical or dietary purposes.

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:

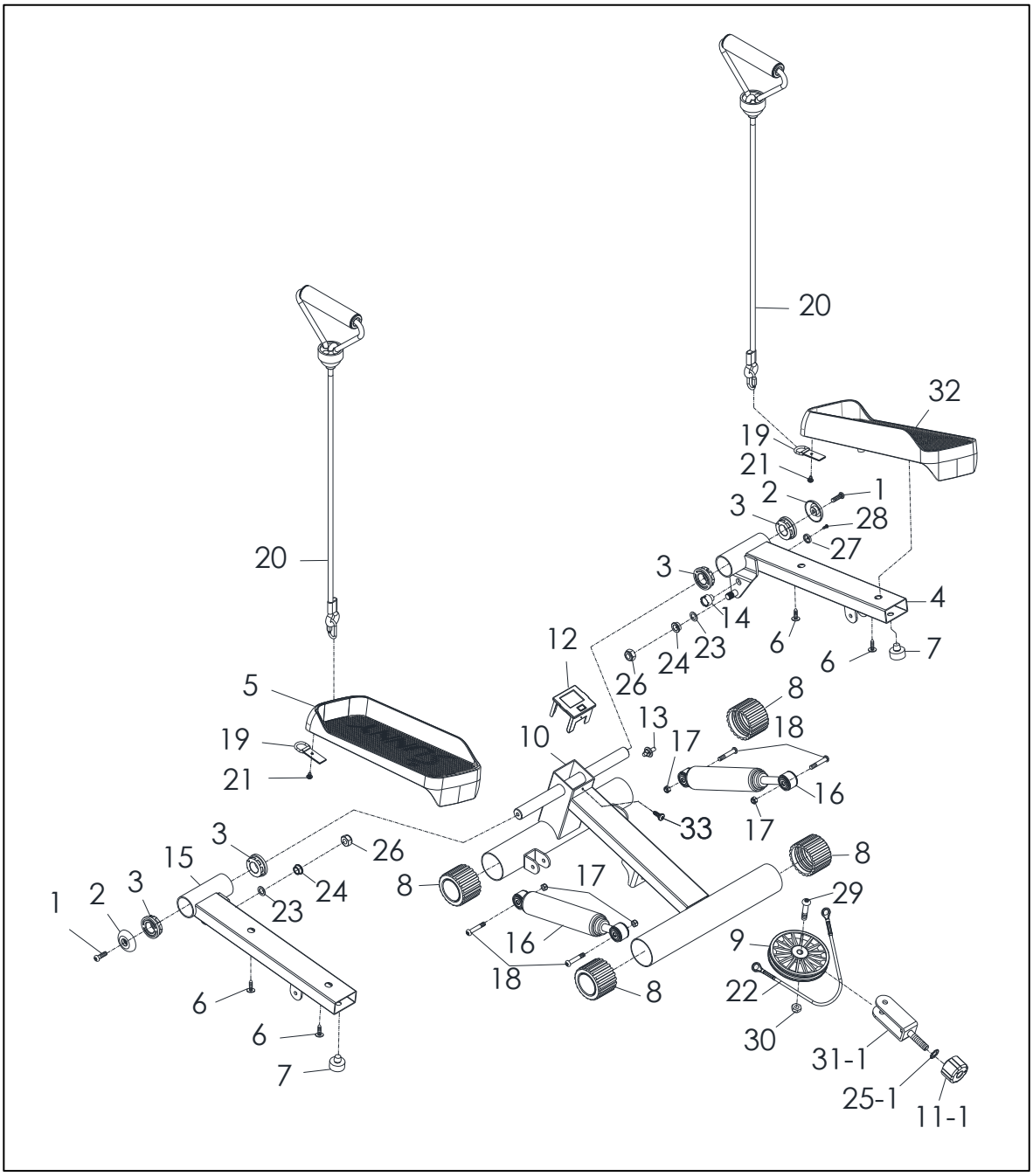
- If you require additional support, please contact support@sunnyfit.com

Parts List

No.	Description	Spec.	Qty.
1	Screw	M6	2
2	Bearing Cap	Φ38*6.2*7.5	2
3	Bearing Sleeve	Φ38*Φ19.1*12	4
4	Right Pedal Tube		1
5	Left Pedal	320*120*82.5	1
6	Screw	M5	4
7	Stopper	Φ25*22	2
8	Cap	Φ50	4
9	Pulley	Φ100*Φ8.2*20	1
10	Main Frame		1
11-1	Adjustment Knob	M12	1
12	Meter	DSC03605BL	1
13	Sensor		1
14	Magnet		1
15	Left Pedal Tube		1
16	Hydraulic Cylinder	Φ38（L220-L350）	2
17	Nut	M6	4

No.	Description	Spec.	Qty.
18	Bolt	M6*34	4
19	Exercise Band Buckle		2
20	Exercise Band	Φ8*640	2
21	Screw	M5	2
22	Cable	Φ6*335	1
23	Plastic Gasket	Φ16*Φ10.2*1	2
24	Power Metallurgy	Φ17*Φ10.1*6.5	2
25-1	Lock Washer	Φ19*Φ12.9*1.0	1
26	Locknut	M10	2
27	Magnet Cover	Φ15*3.5	1
28	Screw	ST3*8	1
29	Screw	M8*40	1
30	Locknut	M8	1
31-1	Pulley Block		1
32	Right Pedal	320*120*82.5	1
33	Screw	ST4.2*12	1

Exploded Diagram



Version: 2.1

Register

Register your product and verify warranty terms:

Sunnyhealthfitness.com/warranty

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