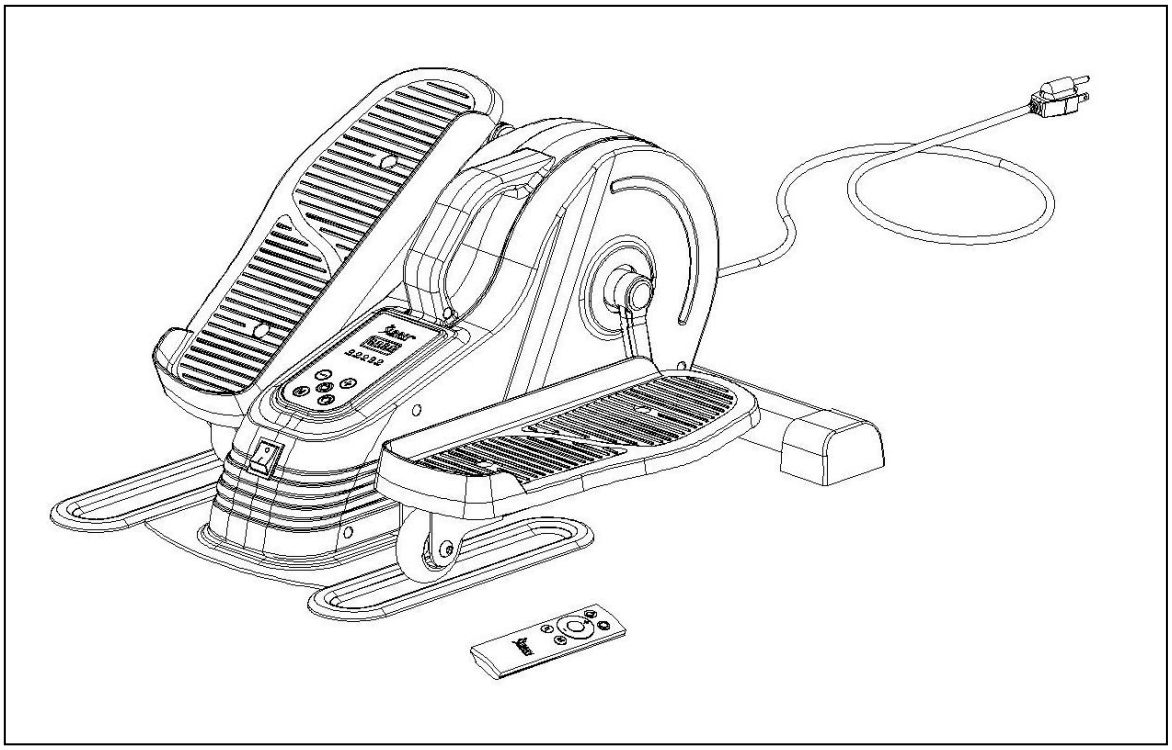
SITFIT SMART ELECTRIC MOTORIZED UNDER DESK ELLIPTICAL

(DARK GREY)

SF-E3959SMARTG

USER MANUAL



DO NOT STAND ON THE UNIT.

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

Thank you for purchasing the Sitfit Smart Electric Motorized Under Desk Elliptical. Please read the operating instructions carefully before use. 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.
When using an electrical appliance, basic precautions should always be followed, including the following:

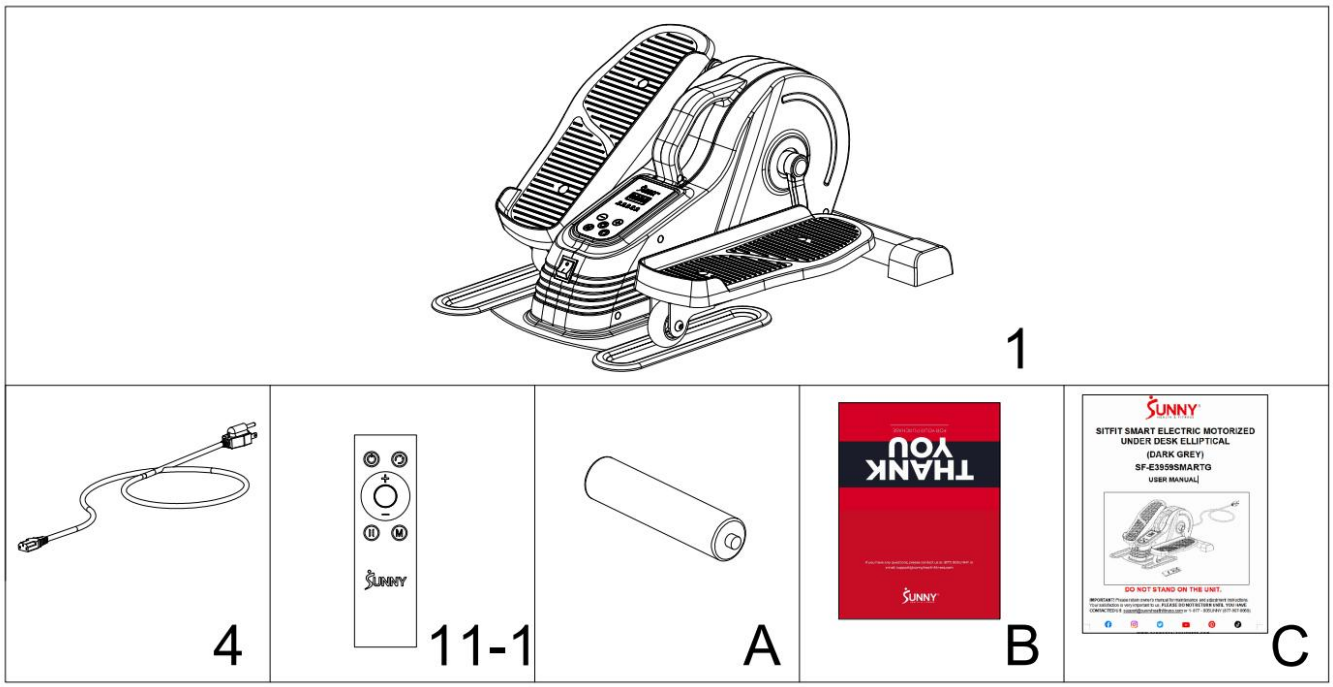
DANGER – To reduce the risk of electric shock:
Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to person(s):

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. The equipment is not suitable for therapeutic use.
4. Keep children and pet away from this machine. The equipment is designed for adult use only.
5. Do not place fingers or objects into the moving parts of the equipment.
6. 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.
7. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, cleaning and before putting on or taking off parts.
8. Do not stand on the elliptical, only use the elliptical while sitting.
9. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, damages 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.
10. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other objects.
11. 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.
12. Keep the appliance dry. Do not expose appliance to wet, moisture and humid environment.
13. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer. If a product is modified or altered, it may void the warranty.

SAVE THESE INSTRUCTIONS

PRE-ASSEMBLY CHECK LIST



No.	Description	Spec.	Qty.
1	Main Frame		1
4	Power Cord		1
11-1	Remote Control		1
A	Battery	AAA	2
B	Thank You Card		1
C	User Manual		1

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” (page 13) and “PARTS LIST” (page 14).

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

IMPORTANT ELECTRICAL INFORMATION

WARNING:

This elliptical requires a power source of **120V** in order to properly operate. For your safety as well as the safety of others, please verify that the power source is correct before powering in the equipment. Any power supply source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This elliptical must be grounded. Should the elliptical malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This elliptical is for use on a nominal 120V circuit and has a grounding plug (Figure A). Ensure that the elliptical is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this product.

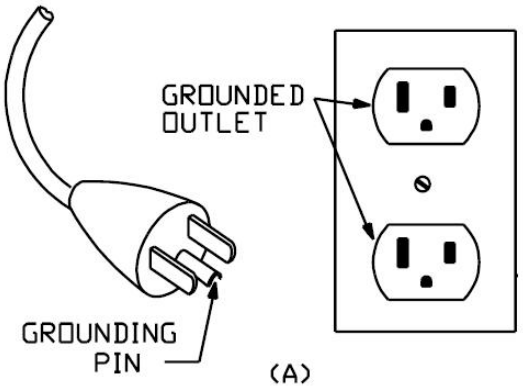
CAUTION:

Improper connection of the equipment can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

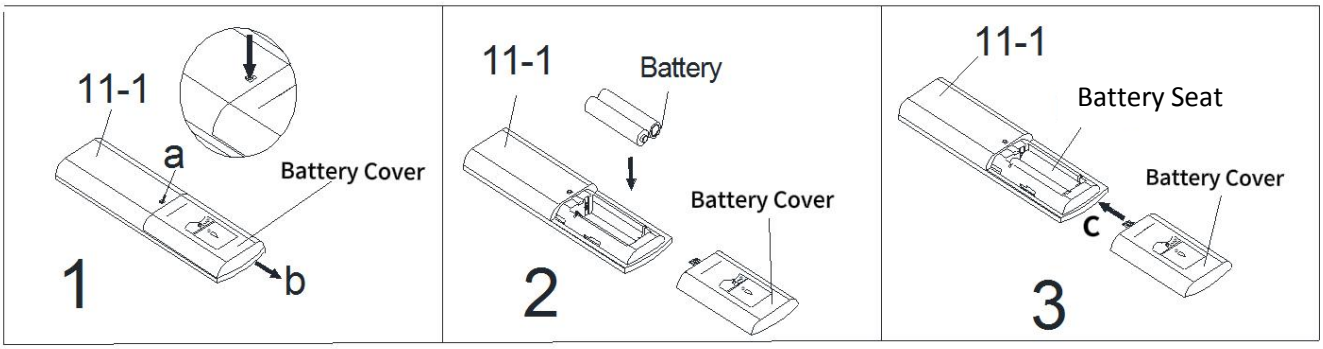
WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this elliptical.
2. **NEVER** operate the elliptical using a generator or UPS power supply.
3. **NEVER** remove any cover on this elliptical without first disconnecting the **Power Cord (No. 4)**.
4. **NEVER** expose the elliptical to rain or moisture. This elliptical is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD



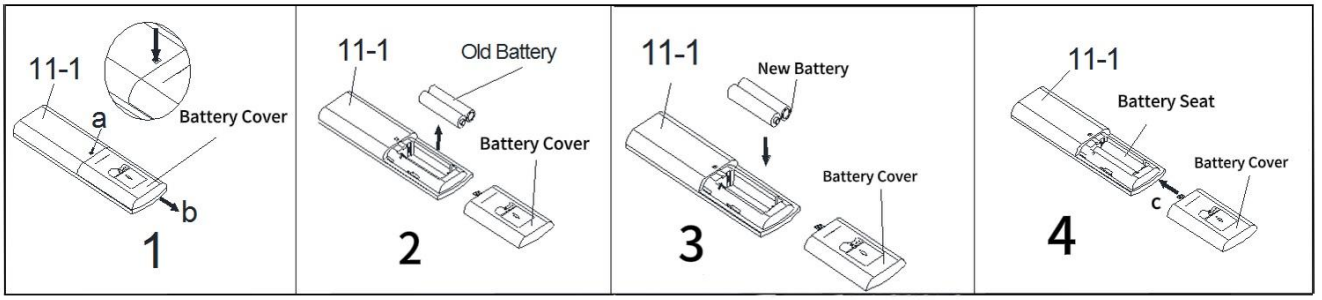
BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Press point a with a pen or other something sharp, then push down the battery cover on the back of the **Remote Control (No. 11-1)** to remove the battery cover.(as shown by the arrow b)
2. Take out 2 AAA batteries from the manual bag. Install 2 AAA batteries into the battery seat on the back of the **Remote Control (No. 11-1)**. Pay attention to the battery + and – ends before installing.
3. Put the battery cover back to the **Remote Control (No. 11-1)** and push the cover up to tighten it on the back of the **Remote Control (No. 11-1)** (as shown by the arrow c).

The installation is complete!

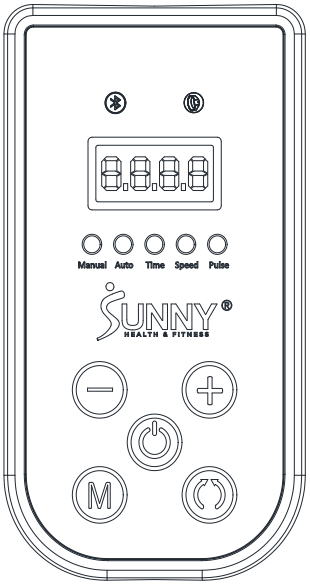


BATTERY REPLACEMENT:

1. Press point a with a pen or other something sharp, then push down the battery cover on the back of the **Remote Control (No. 11-1)** to remove the battery cover. (as shown by the arrow b).
2. Take out the old batteries from the battery seat.
3. Install 2 AAA batteries into the battery seat on the back of the **Remote Control (No. 11-1)**. Pay attention to the battery + and – ends before installing.
4. Put the battery cover back to the **Remote Control (No. 11-1)** and push the cover up to tighten it on the back of the **Remote Control (No. 11-1)** (as shown by the arrow c).
   The replacement is complete!

Dispose the old battery according to your regional guidelines.

DISPLAY CONSOLE



BLUETOOTH :

1. The Bluetooth icon will flash when the console is on. If no Bluetooth connection is established within 3 minutes, the Bluetooth icon will turn off.
2. The Bluetooth icon will stay on when it is connected.

WIRELESS HEART RATE :

1. The wireless heart rate icon will always light up when the heart rate monitor is connected.
2. The wireless heart rate icon will flash when the console is on. If the heart rate monitor is not connected within 3 minutes, the wireless heart rate icon will turn off. But the heart rate monitor can also be connected.
3. The heart rate monitor will disconnect when the console power off. The heart rate icon will turn off and the heart rate function will temporary failure.
4. The heart rate monitor will disconnect when press and hold the START/PAUSE button for 6 seconds or more. The heart rate icon will turn off and the heart rate function will temporary failure.

NOTE: It needs to reawaken the heart rate icon to re-connect the heart rate monitor when the heart rate function temporary failure.

Ways to wake up the heart rate icon: A. Press the START button when the console is in paused or stopped state; B. The APP is successfully connected and the sports interface is entered when the console is in suspended or stopped state; C. Press the MODE button or switch the MODE in the APP when the console is in running state.

NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200.

FUNCTION KEYS

	Start/Pause: Start and pause elliptical
	MODE: Changes between automatic and manual
	Direction: Changes the direction forward or backward
	Speed: Select + key for increasing or – key for decreasing speed (18 speed levels)

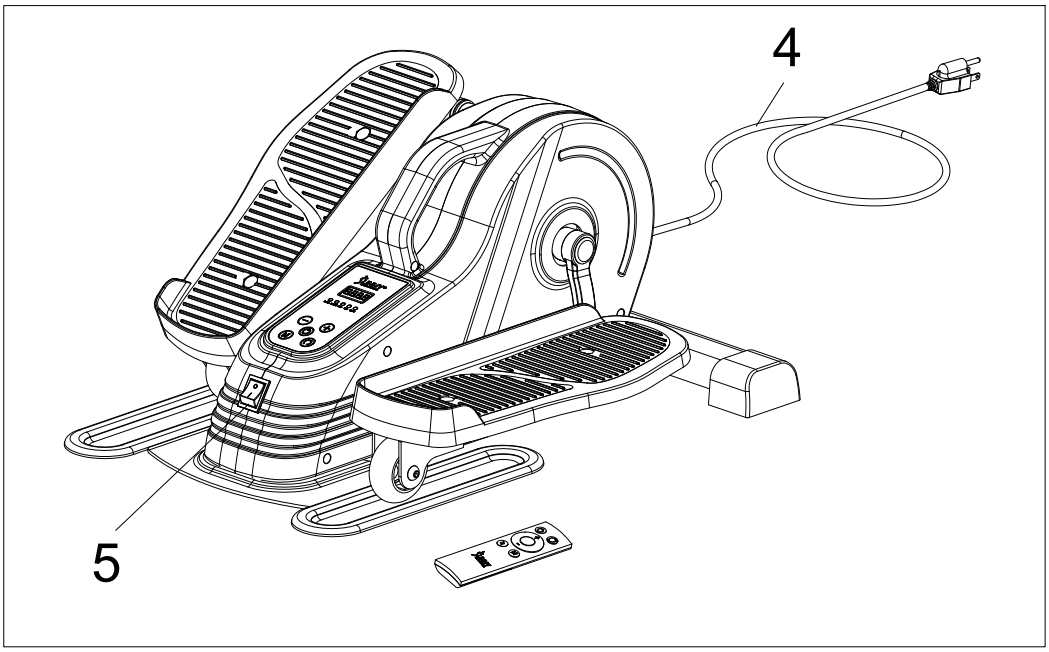
Note: Elliptical will auto stop and make alarm sound when tilted over 45 degrees or detects problems during exercise.

When the display console shows “ERR”, press the **Start/Pause** button to reset automatically. If the “ERR” no longer appears, continue to use normally. If the code continues to appear, please contact customer service.

TECHNICAL DATA

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

OPERATING INSTRUCTIONS



1. Plug in the **Power Cable (No. 4)**. Turn on the **Power Switch (No. 5)**. The elliptical will beep and LED display will show “OFF“. This is standby mode.
2. Press the **Start/Pause** button on the console or the remote control to start the elliptical, it will begin in manual mode. Display will show L1. Press the **Start/Pause** button longer than 5 seconds, the elliptical will clear all the LED display information.
3. Under the manual mode, press the **Speed** “+” button to increase the speed from L1 to L18. Or press the **Speed** “–” button to decrease the speed from L18 to L1.

Level	Speed (MPH)	Level	Speed (MPH)
L1	0.674	L10	1.412
L2	0.737	L11	1.496
L3	0.843	L12	1.559
L4	0.948	L13	1.622
L5	1.032	L14	1.685
L6	1.074	L15	1.749
L7	1.180	L16	1.791
L8	1.285	L17	1.854
L9	1.369	L18	1.896

4. Under the manual mode, press the **Direction** button to change the direction forward or backward.
5. Under the manual mode, the LED display will alternate display between speed level, speed and time.
6. Press the **Mode** button on the console or the remote control to change the mode from

manual mode to pre-program mode P1, press again from P1 to P2 mode, press again from P2 to P3, and then press again from P3 back to the manual mode.

7. They are 3 pre-program modes, P1, P2 and P3. Different modes have different speeds and working directions, see below details.

   P1 MODE: The pedals would move forward or backward when in use. After each run of 13 times, the direction of movement will be changed. Repeat this process until it stops running after 30 minutes.

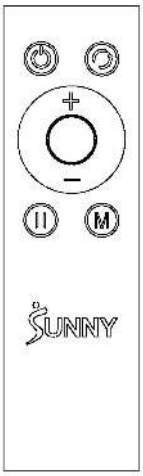
   P2 MODE: The pedals would move forward or backward when in use. There are 9 Levels for this mode, the speed will increase from Level 1 to Level 9 gradually, then the speed will decrease from Level 9 to Level 1. When the speed reaches Level 1, the direction of movement will change. The machine will keep repeating this process until it stops running after 30 minutes.

   P3 MODE: The pedals would move forward or backward when in use. There are 18 Levels for this mode, the speed will increase from Level 1 to Level 18 gradually, then the speed will decrease from Level 18 to Level 1. When the speed reaches Level 1, the direction of movement will change. The machine will keep repeating this process until it stops running after 30 minutes.

   The elliptical will stop automatically after working continuously for 30 minutes. At the stop moment, the LED display will show “OFF” then show the exercise mode and data.

   NOTE: After finish using, please turn off the switch and disconnect the power cable.

REMOTE CONTROL



FUNCTION KEYS

	Start/Pause: Start and pause elliptical
	MODE: Changes between automatic and manual
	Direction: Changes the direction forward or backward
	Speed: Select + key for increasing or – for decreasing speed (18 speed levels)
	Pause

REMOTE CONTROL PAIRING METHOD:

1. Restart the elliptical, press and hold down the **Mode** button and **Direction** button at the same time, you will hear three “beep” sounds.
2. Press and hold down the **Mode** button on the **Remote Control (No. 11-1)** immediately for about 3 seconds. Hearing a "Beep" indicates that the pairing is successful. During the pairing, the **Remote Control (No. 11-1)** should be as close to the elliptical as possible.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

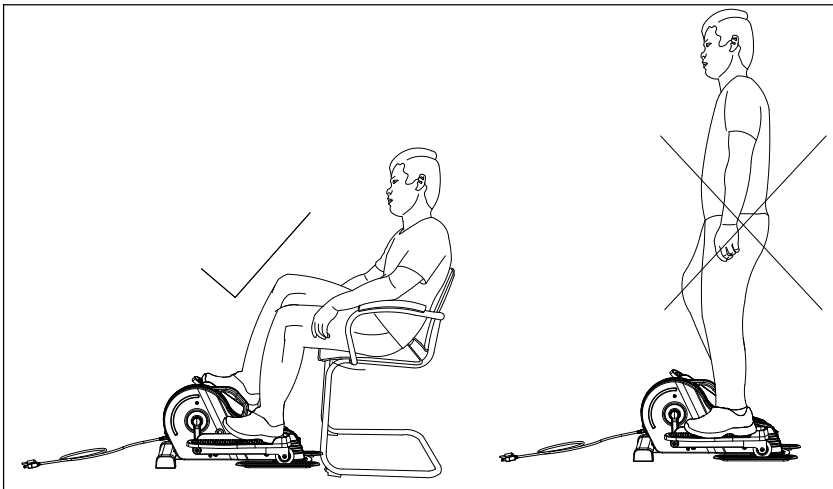
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

USER-MAINTENANCE INSTRUCTION

Caution：There are no serviceable parts in the appliance, any servicing should be performed by an authorized service person.

When the appliance is not in use, disconnect the power supply, store of the power cable and the total appliance in a dry location where children cannot touch or in play area(s).



USE ONLY WHILE SITTING.
DO NOT STAND ON THE ELLIPTICAL!

WARNING

The elliptical is intended to use in a sitting position only, do not stand on the elliptical.

Failure to follow all warnings and instructions could result in serious injury or death.

APP CONNECTION:

Connect Smart Equipment to SunnyFit App:

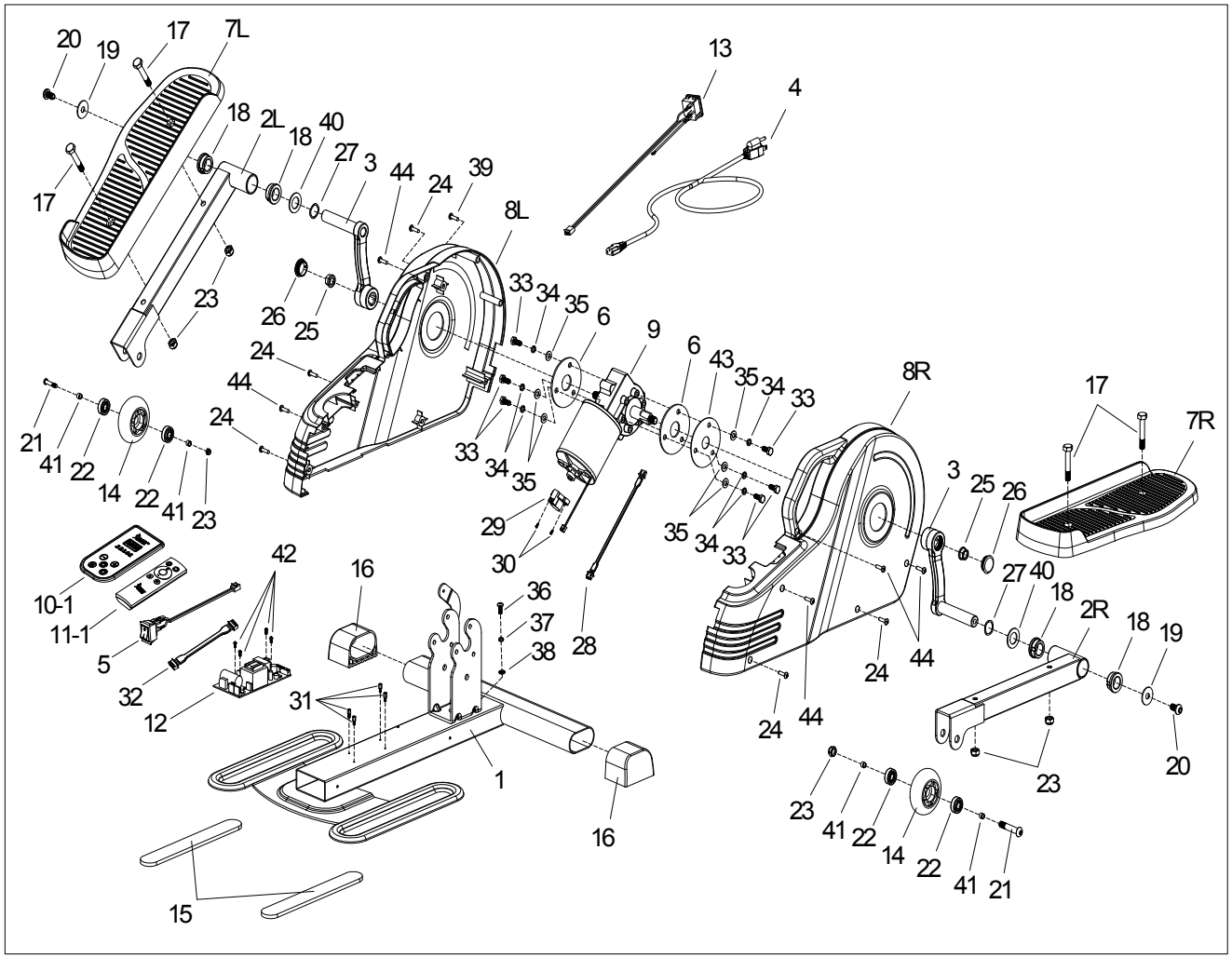
1. Scan to download SunnyFit from the app store:
2. Ensure that the Bluetooth function is turned on from your mobile device.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. Begin any workout activity that matches 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

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.		No.	Description	Spec.	Qty.
1	Main Frame		1		22	Bearing	608Z	4
2R	Pedal Tube		1		23	Nylon Nut	M8	6
2L	Pedal Tube		1		24	Screw	ST4.2*15	5
3	Crank		2		25	Flange Nut	M10*1.25	2
4	Power Cord		1		26	End Cap		2
5	Power Switch		1		27	Rubber Washer	Φ17*Φ21*0.4	2
6	Rubber Pad	Φ70*2.5	2		28	3P Data Line		1
7L	Left Pedal		1		29	Sensor		1
7R	Right Pedal		1		30	Screw	M3*8	2
8L	Left Belt Cover		1		31	Fixing Bolt	M3	4
8R	Right Belt Cover		1		32	6P Data Line		1
9	Motor	DC110V	1		33	Screw	M6*19	6
10-1	Console		1		34	Spring Washer	D6	6
11-1	Remote Control		1		35	Flat Washer	Φ6.4*Φ12*1.2	6
12	Controller		1		36	Screw	M4*10	1
13	Outlet		1		37	Spring Washer	D4	1
14	Slide Wheel	Φ64*24	2		38	Non-Slip Pad	D4	1
15	Silicone Pad	230*35*2	2		39	Screw	ST3.5*15	1
16	End Cap		2		40	Flat Washer	Φ16.2*Φ28*1.2	2
17	Bolt	M8*45*15	4		41	Sleeve	Φ10*Φ8.2*6	4
18	Alloy Wrap	Φ28*18	4		42	Screw	M3*5	4
19	Flat Washer	Φ8.2*Φ25*1.5	2		43	Washer	Φ70*1.0	1
20	Screw	M8*16	2		44	Screw	ST4.2*15	5
21	Hex Bolt	M8*45*15	2					

Version: 1.4

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