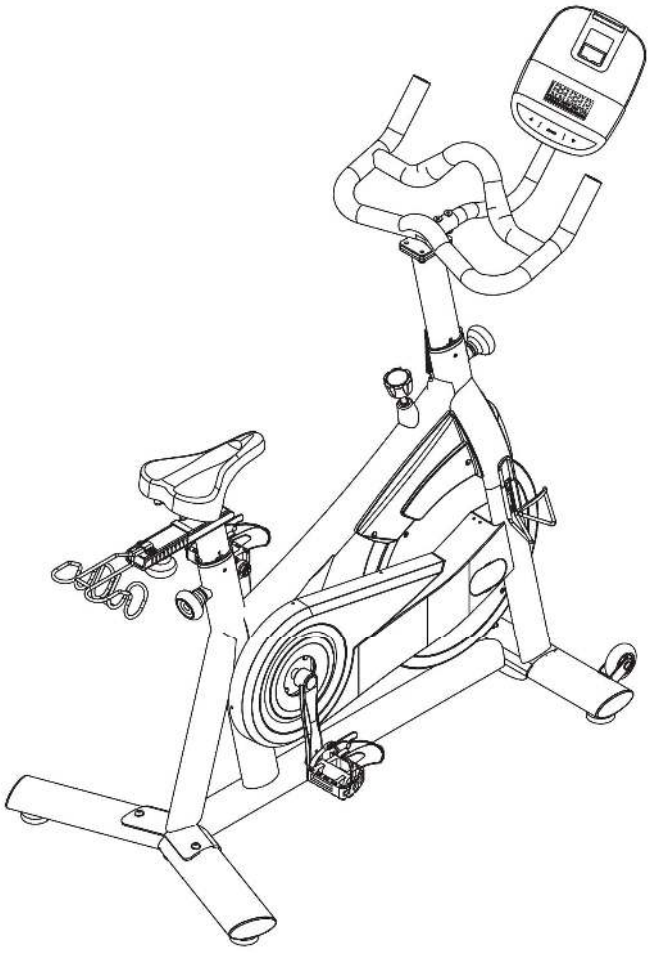
User Manual



PACE 300 Smart Magnetic Cycling Exercise Bike

SF-B124068

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 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 330 lbs (150 kg).
10. This 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 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.

Statement Of Purpose

This exercise bike is designed to help people stay healthy and fit. It provides a safe, low-impact workout with adjustable resistance to suit different fitness levels, improving heart health, building stamina, and burning calories. Its goal is to make regular exercise convenient, effective, and enjoyable for everyone.

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

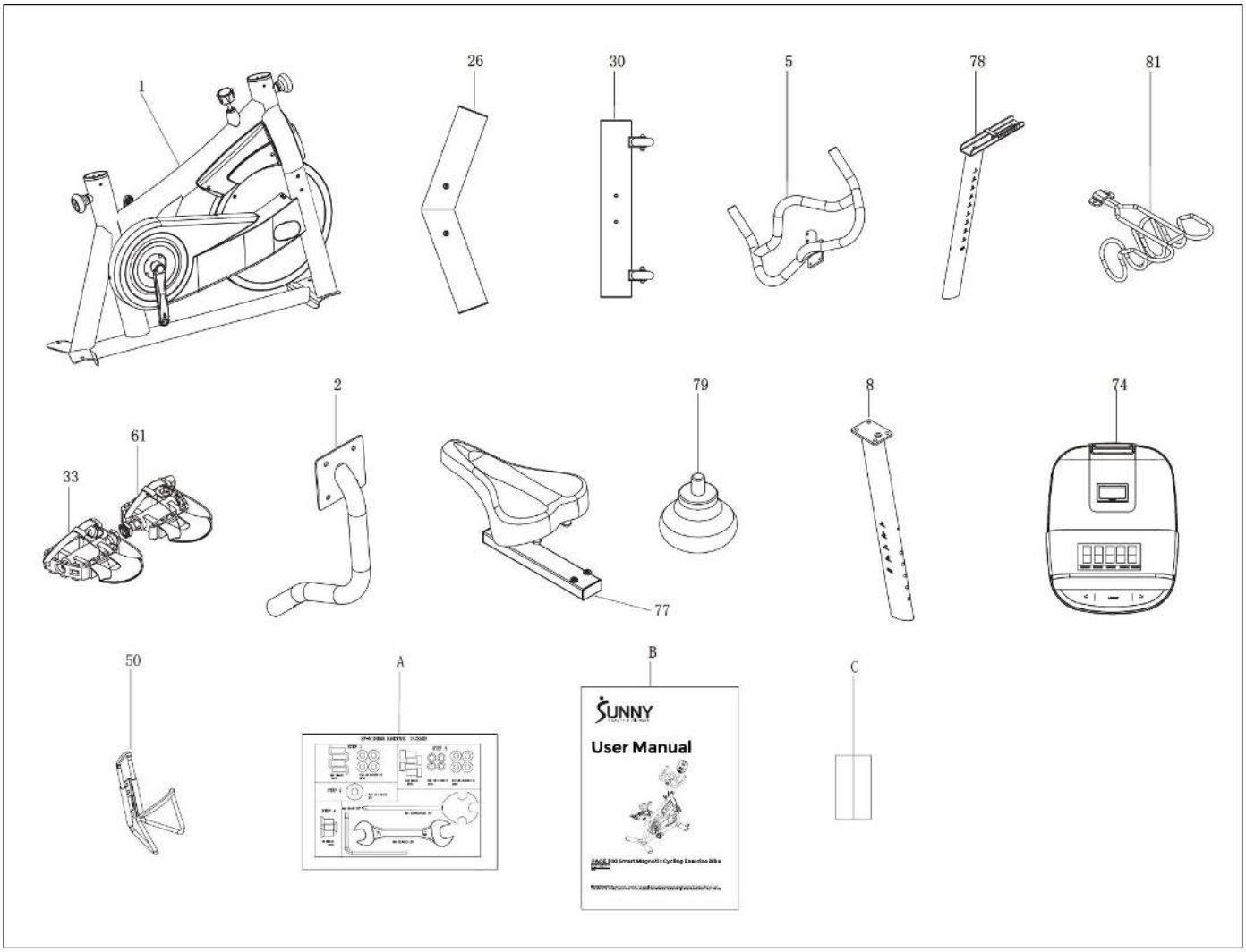
You can find the declaration of conformity at the following link:
https://sunnyhealthfitness.com/pages/declaration-of-conformity

Technical Data

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

Pre-Assembly Checklist

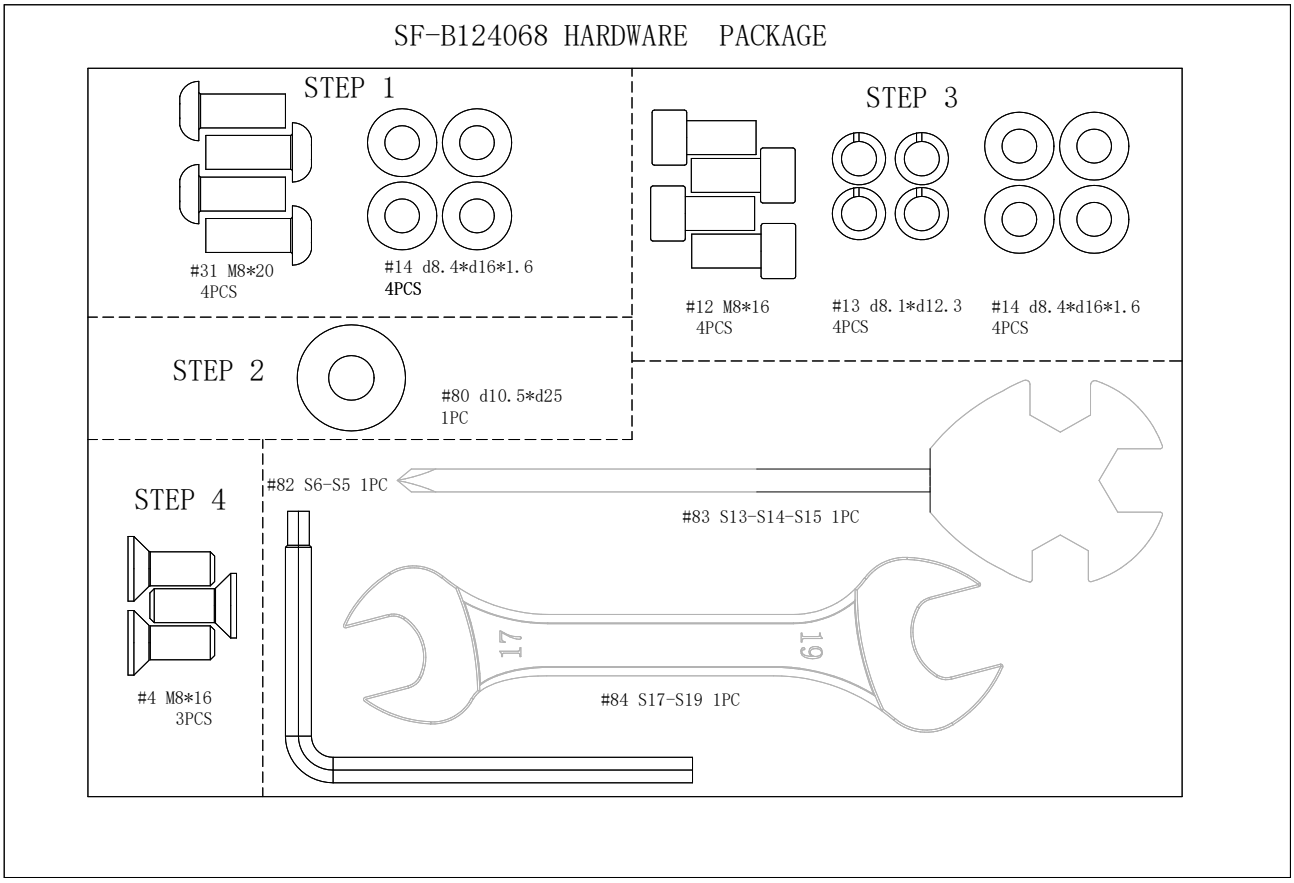
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Meter Support Tube		1
5	Handlebar		1
8	Handlebar Post		1
26	Rear Stabilizer		1
30	Front Stabilizer		1
33	Right Pedal	9/16R	1
50	Bottle Holder		1
61	Left Pedal	9/16L	1

No.	Description	Spec.	Qty.
74	Meter	SF-M2501M	1
77	Seat Slider		1
78	Seat Post		1
79	Adjustment Knob	M10	1
81	Dumbbell Rack		1
A	Hardware Package		1
B	Manual		1
C	Battery	AA	2

Hardware Package



Ordering Replacement Parts

Please provide the following information in order for us to accurately identify the part(s) needed:

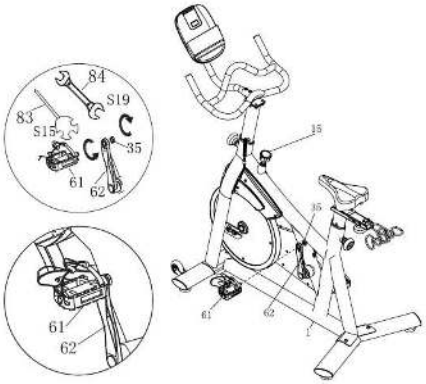
- ✓ The model number
- ✓ The product name
- ✓ The part number

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

Warning Labels

L

Pedal Installation & Maintenance Guide



L

Before installation, please make sure you have the **Left Pedal (#61)** in hand.

Turn the **Tension Control Knob (#15)** clockwise as tightly as you can with your hand.

Align the **Left Pedal (#61)** with the **Left Crank (#62)** at 90°. Turn the pedal bolt on **Left Pedal (#61)** counter-clockwise as tightly as you can with your hand. Then, use **Spanner (#83)** to tighten and secure.

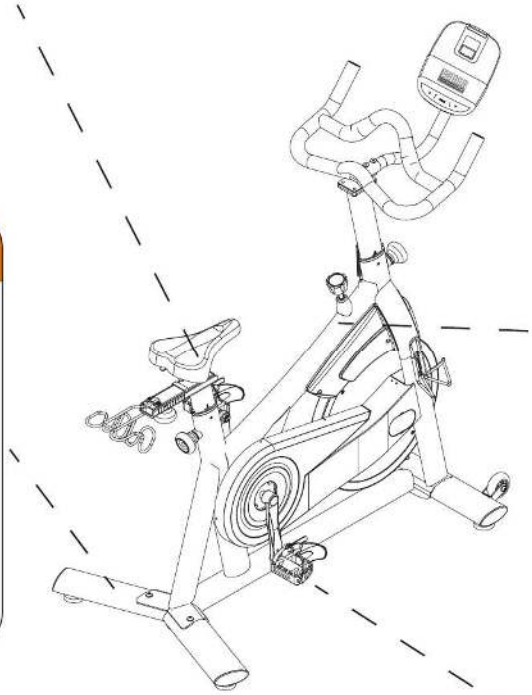
Turn the **Left Nylon Nut (#35)** clockwise as tightly as you can with your hand. Use **Spanner (#83)** to hold the pedal bolt on **Left Pedal (#61)** and use **Wrench (#84)** to turn the **Left Nylon Nut (#35)** clockwise at the same time, until it is tightened onto the **Left Crank (#62).**

NOTE: Reverse pedaling may loosen the pedal and damage the threads. Always check the pedals to ensure that they're secured tightly. If the pedals have loosened, secure the threads with the provided spanner and wrench to ensure safety.





Note failure to follow these instructions will result in overtightening the nut to the pedal bolt.
Left Pedal: hold the left pedal bolt with your left hand, turn the nut away from you to remove it.
Right Pedal: hold the right pedal bolt with your right hand, turn the nut away from you to remove it.



⚠ WARNING

330LBS /150KG Weight capacity

Keep children and pets away from equipment when in use.

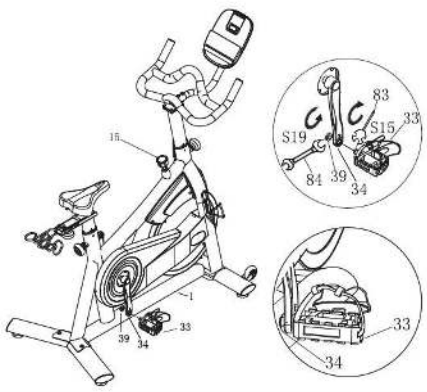
Failure to comply with these warnings could result in serious injury or death. Please read all warnings and instructions before using the machine. Consult your physician prior to beginning any exercise program. Make sure all nuts and bolts are securely tightened before each use. Follow all the instructions in the manual. For Customer Service, please contact: support@sunnyhealthfitness.com.

⚠WARNING

Push down on the tension control knob to immediately stop the bike.
DO NOT ATTEMPT TO REMOVE YOUR FEET FROM THE PEDALS OR DISMOUNT THE BIKE UNTIL BOTH THE PEDALS AND THE FLYWHEEL HAVE COMPLETELY STOPPED SPINNING.
Failure to do so may result in serious bodily injury.

R

Pedal Installation & Maintenance Guide



R

Before installation, please make sure you have the **Right Pedal (#33)** in hand.

Turn the **Tension Control Knob (#15)** clockwise as tightly as you can with your hand.

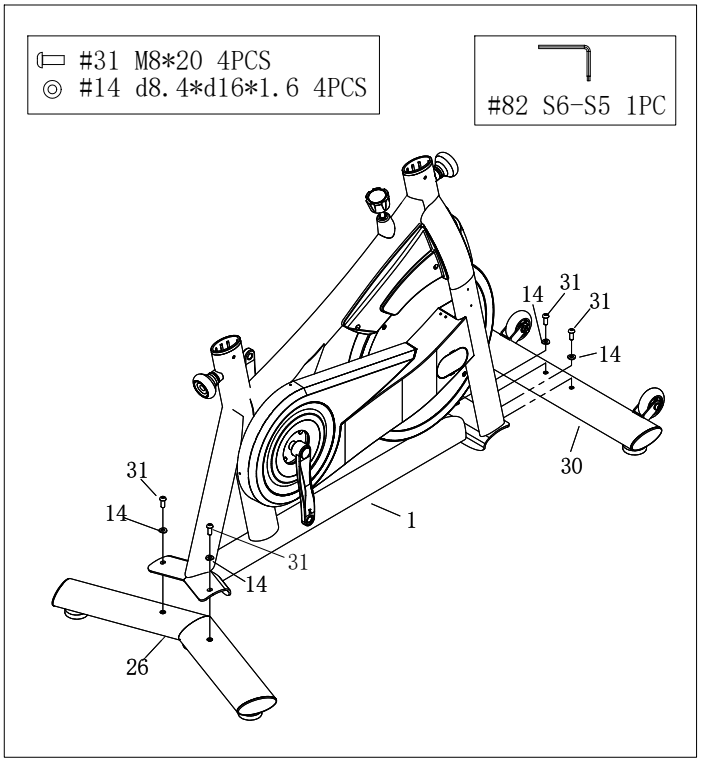
Align the **Right Pedal (#33)** with the **Right Crank (#34)** at 90°. Turn the pedal bolt on **Right Pedal (#33)** clockwise as tightly as you can with your hand. Then, use **Spanner (#83)** to tighten and secure.

Turn the **Right Nylon Nut (#39)** counter-clockwise as tightly as you can with your hand. Use **Spanner (#83)** to hold the pedal bolt on **Right Pedal (#33)** and use **Wrench (#84)** to turn the **Right Nylon Nut (#39)** counter-clockwise at the same time, until it is tightened onto the **Right Crank (#34).**

NOTE: Reverse pedaling may loosen the pedal and damage the threads. Always check the pedals to ensure that they're secured tightly. If the pedals have loosened, secure the threads with the provided spanner and wrench to ensure safety.

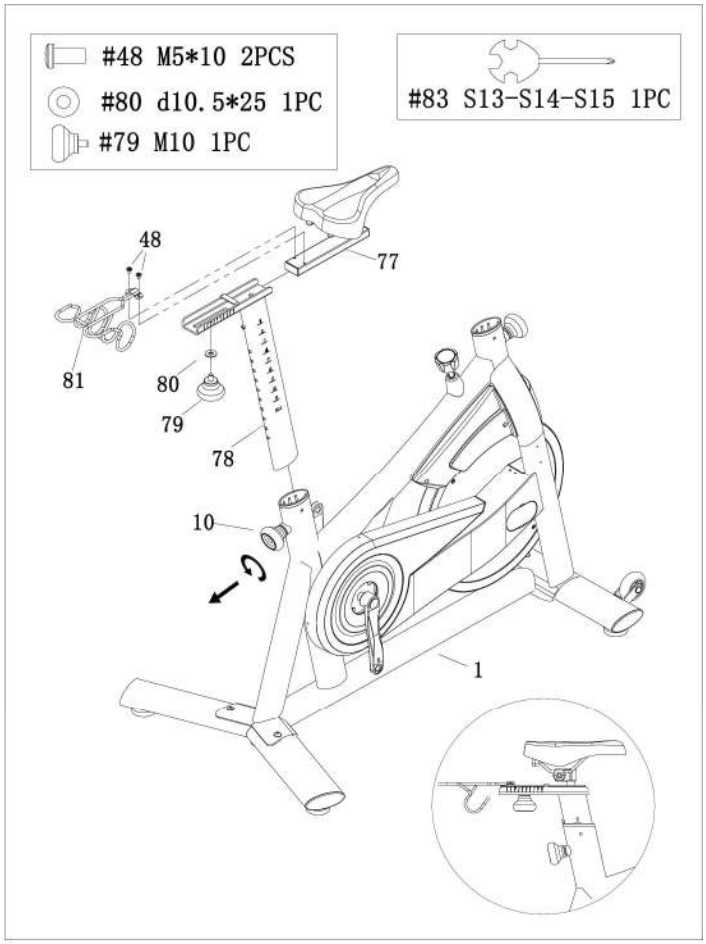
Assembly Instructions

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:

Attach the **Front Stabilizer (No. 30)** and the **Rear Stabilizer (No. 26)** to the **Main Frame (No. 1)** with 4 **Hex Bolts (No. 31)** and 4 **Washers (No. 14)** using **Allen Wrench (No. 82)**.



STEP 2:

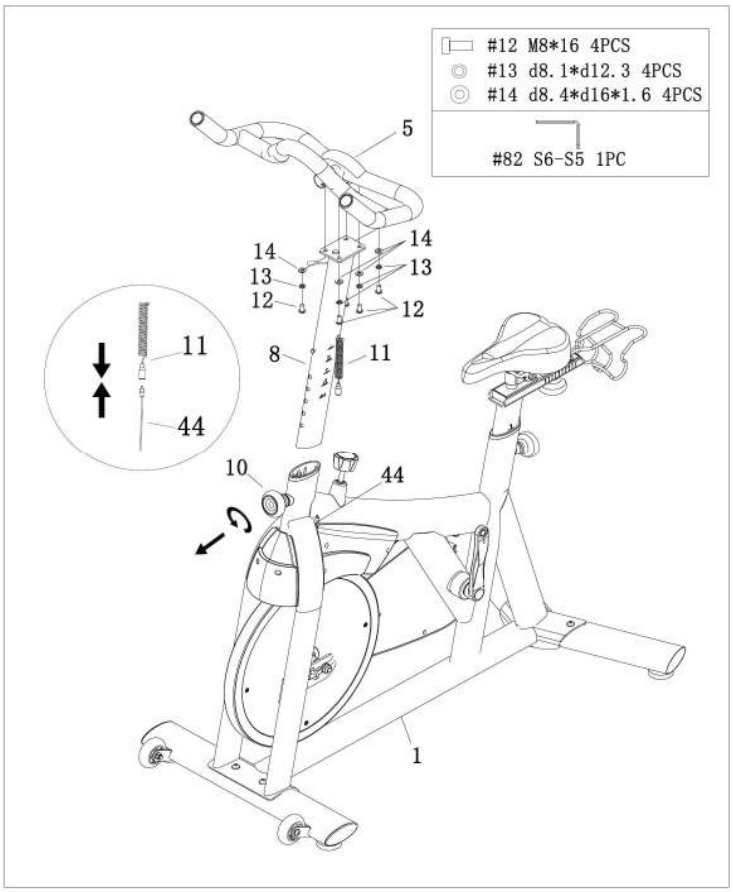
Loosen and pull out the **Adjustment Knob (No. 10)**, insert the **Seat Post (No. 78)** into **Main Frame (No. 1)**, adjust the **Seat Post (No. 78)** to desired position, then secure and tighten by **Adjustment Knob (No. 10).**

Remove 2 **Cross Recessed Pan Head Screws (No. 48)** from **Seat Slider (No. 77)** with **Spanner (No. 83).**

Insert the **Seat Slider (No. 77)** into the slot on the **Seat Post (No. 78)**. Slider the **Seat Slider (No. 77)** to desired position, then tighten it with **Adjustment Knob (No. 79)** and **Washer (No. 80)**.

Attach the **Dumbbell Rack (No. 81)** to the **Seat Slider (No. 77)** with 2 **Cross Recessed Pan Head Screws (No. 48)** that were just removed. Secure and tighten with **Spanner (No. 83)**.

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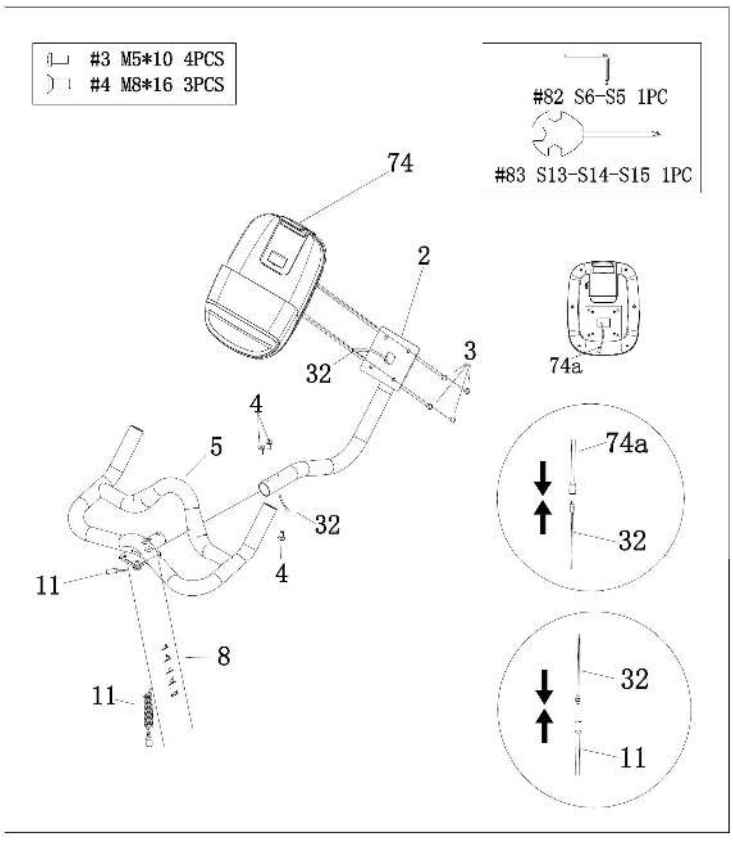


STEP 3:

Loosen and pull out the **Adjustment Knob (No. 10)**, insert the **Handlebar Post (No. 8)** into **Main Frame (No. 1)**, adjust the **Handlebar Post (No. 8)** to desired position, then secure and tighten by **Adjustment Knob (No. 10).**

Attach the **Handlebar (No. 5)** onto the **Handlebar Post (No. 8)** with 4 **Hex Bolts (No. 12)**, 4 **Spring Washers (No. 13)** and 4 **Washers (No. 14).** Secure and tighten with **Allen Wrench (No. 82).**

Connect **Spring Wire (No. 11)** with **Sensor Wire (No. 44)**.



STEP 4:

Insert the **Meter Support Tube (No. 2)** to the **Handlebar (No. 5)** with 3 **Bolts (No. 4),** 2pcs with the direction from top to bottom, 1pc with the direction from bottom to top. Secure and tighten with **Allen Wrench (No. 82).**

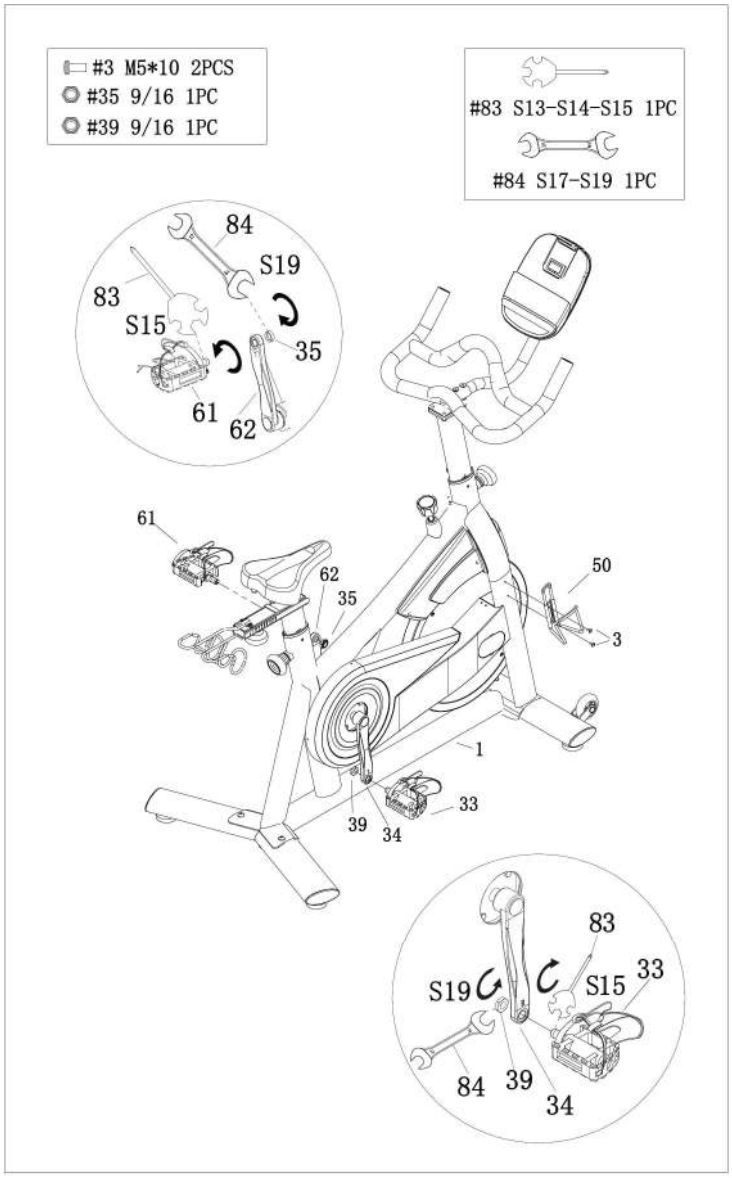
Connect the with **Upper Sensor Wire (No. 32)** with **Meter Wire (No. 74a).**

Remove 4 **Cross-groove Washer Head Screws (No. 3)** from the back of **Meter (No. 74)** using **Spanner (No. 83).** Attach **Meter (No. 74)** to the **Meter Support Tube (No. 2)** with 4 **Cross-groove Washer Head Screws (No. 3)** that were just removed**.** Secure and tighten with **Spanner (No. 83)**.

Connect **Spring Wire (No. 11)** with **Upper Sensor Wire (No. 32).**

NOTE: Do not cut or pinch any wires when attaching the **Meter (No. 74)** to the **Meter Support Tube (No. 2).**

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 5:

Remove 2 **Cross-groove Washer Head Screws (No. 3)** from **Main Frame (No. 1)** with **Spanner (No. 83).** Attach the **Bottle Holder (No. 50)** to the **Main Frame (No. 1)** with 2 **Cross-groove Washer Head Screws (No. 3)** that were just removed**.** Secure and tighten with **Spanner (No. 83).**

IMPORTANT! Read instructions carefully, failure to do so may cause permanent damage to your bike.

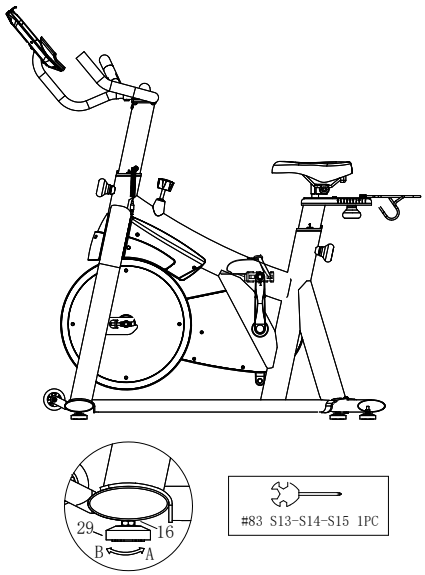
Remove the **Left & Right Nylon Nuts (No. 35 & No. 39)** located on the **Left & Right Pedals (No. 61 & No. 33)** with **Wrench (No. 84)** and **Spanner (No. 83).** The **Right Nylon Nut (No. 39)** is WHITE on the inside. The **Left Nylon Nut (No. 35)** is BLUE on the inside. **Left Pedal (No. 61)** is marked “L” on it, **Right Pedal (No. 33)** is marked “R” on it.

Align the **Left Pedal (No. 61)** with the **Left Crank (No. 62)** at a 90° angle. Turn the pedal bolt on the **Left Pedal (No. 61)** *counter-clockwise* as tightly as you can with your hand. Then, use **Wrench (No. 84)** to tighten and secure. Turn the **Left Nylon Nut (No. 35)** *clockwise* as tightly as you can with your hand. Use **Wrench (No. 84)** to hold the pedal bolt on the **Left Pedal (No. 61)** and use **Spanner (No. 83)** to turn the **Left Nylon Nut (No. 35)** *clockwise* at the same time, until it is tightened onto the **Left Crank (No. 62)**.

Align the **Right Pedal (No. 33)** with the **Right Crank (No. 34)** at a 90° angle. Turn the pedal bolt on **Right Pedal (No. 33)** *clockwise* as tightly as you can with your hand. Then, use **Wrench (No. 84)** to tighten and secure. Turn the **Right Nylon Nut (No. 39)** *counter-clockwise* as tightly as you can with your hand. Use **Wrench (No. 84)** to hold the pedal bolt on the **Right Pedal (No. 33)** and use **Spanner (No. 83)** to turn **Right Nylon Nut (No. 39)** *counter-clockwise* at the same time, until it is tightened onto the **Right Crank (No. 34)**.

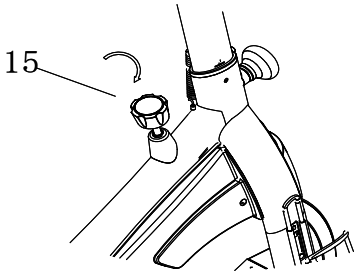
THE ASSEMBLY IS COMPLETE!

Adjustment Guide



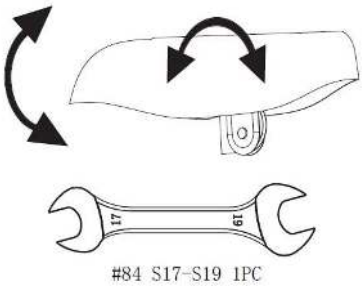
ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stabled and secured. If you notice that the bike is unbalanced during use, you should adjust the **Foot Levelers (No. 29)** located on the front and rear stabilizers of the bike. To do so, use **Spanner (No. 83)** to loosen **Hex Nut (No. 16)** by turning it *clockwise* (direction A). With the **Hex Nut (No. 16)** loosened, rotate the **Foot Leveler (No. 29)** until the bike becomes levelled with the floor surface. When you have finished adjusting the **Foot Leveler (No. 29)**, re-tighten the **Hex Nut (No. 16)** by turning it *counter-clockwise* (direction B) to complete the balance adjustment of the bike. If required, repeat this process to adjust the remaining the **Foot Levelers (No. 29)**.



ADJUSTING THE TENSION & EMERGENCY STOP

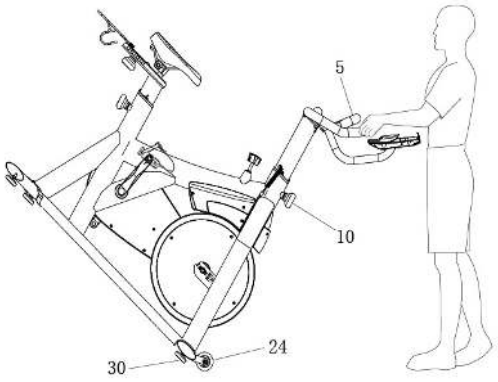
Adjust the tension by rotating the **Tension Control Knob (No. 15)** *clockwise* to increase the level of resistance. Rotate the **Tension Control Knob (No. 15)** *counter-clockwise* to decrease the level of resistance. Push down on the **Tension Control Knob (No. 15)** to enforce the brake and stop the bike immediately.



ADJUSTING THE ANGLE OF SEAT

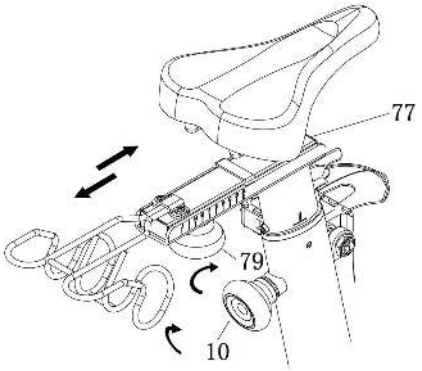
Use **Wrench (No. 84)** to unscrew the nut under the seat. Adjust the seat to the desired angle and reinstall the nut. Check the nut periodically to ensure that it is tight and secure. Use the **Wrench (No. 84)** to tighten when necessary.

NOTE: You will need to tighten the nut on the opposite side at the same time. The use of an additional spanner is required.



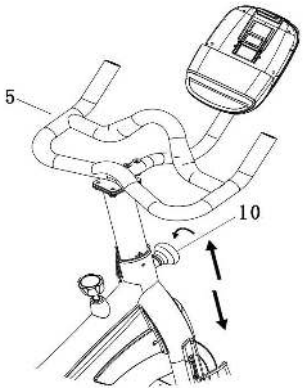
MOVING THE BIKE

To move the bike, first ensure that the **Handlebar (No. 5)** is properly secured. If the **Handlebar (No. 5)** is loose, tighten the **Adjustment Knob (No. 10)** to secure it. Next, stand in front of the bike so that you're directly in front of the **Handlebar (No. 5)**. Firmly grasp and hold each side of the **Handlebar (No. 5)**, place one foot on the **Front Stabilizer (No. 30)**, and tilt the bike towards you until the **Transportation Wheels (No. 24)** on the **Front Stabilizer (No. 30)** touches the ground. With the **Transportation Wheels (No. 24)** on the ground, you can transport the bike to the desired location with ease.



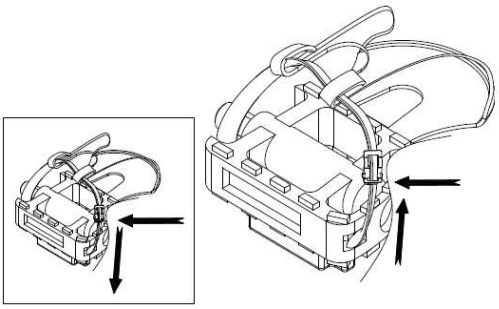
ADJUSTING THE SEAT

Loosen and pull out the **Adjustment Knob (No. 10)** to adjust the height of the seat. You may also slide the seat forward or backwards by loosening the **Adjustment Knob (No. 79)** on the **Seat Slider (No. 77)**. When adjusting, you will see a limit on the seat post and seat slider. Do not lift the posts passed this mark. Always check the **Adjustment Knob (No. 10)** and **Adjustment Knob (No. 79)** to ensure that they are fully secured when you finish making an adjustment.



ADJUSTING THE HANDLEBAR

It is important that the handlebar and seat are both set to the correct height to your body. To adjust the handlebar height, loosen and pull the **Adjustment Knob (No. 10)** outward, then slide the **Handlebar (No. 5)** up or down to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the handlebar in place. When adjusting, you will see a limit on the handlebar post. Do not lift the post passed this mark.



PEDAL STRAP ADJUSTMENT

Your feet should be secured in the toe clips during exercise. Place your feet as far forward into the toe clips as you can. With your feet in place, turn the crank to bring one foot to within arm's reach, grasp the pedal strap and pull it upward to tighten the toe clip cage. Then insert the strap back into the hoop of the toe clip. Repeat this process to secure your other foot.

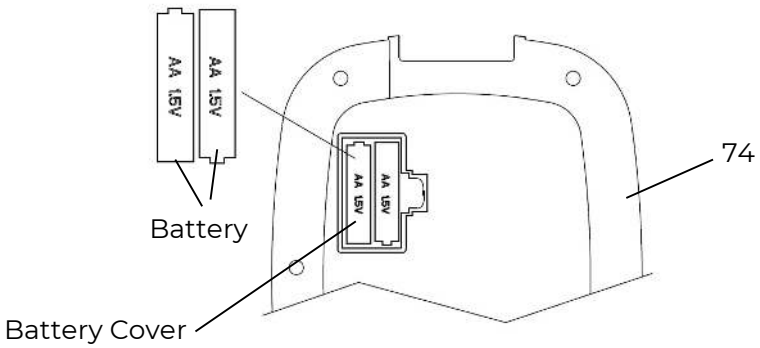
DISMOUNTING:

For your safety, it is recommended that you never attempt to dismount or remove your feet from the pedals until both the flywheel and pedals/cranks have come to a complete stop. Failure to follow this recommendation may lead to loss of control and/or serious injury.

Here are a few examples of how to safely dismount the bike:

1. Reduce the pedal speed until the pedals/cranks come to a complete stop.
2. Increase the resistance until the pedals/cranks come to a complete stop.
3. Push and hold the brake lever down until the pedals/cranks come to a complete stop.

Battery Installation & Replacement



BATTERY INSTALLATION

1. Take out 2 AA batteries from meter box.
2. Press the buckle of battery cover on the **Meter (No. 74)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 74)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 74)**.

The installation is complete!

BATTERY REPLACEMENT

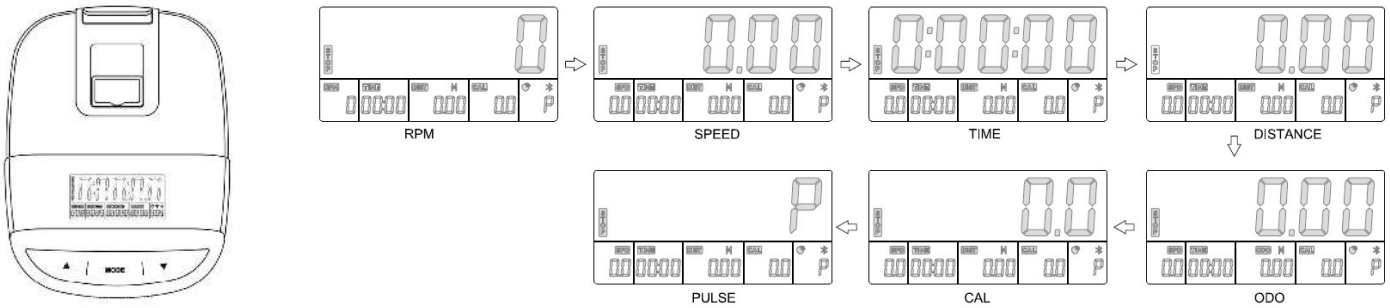
1. Press the buckle of battery cover on the back of the **Meter (No. 74)**, then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Meter (No. 74)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 74)**.

The replacement is complete!

BATTERY DISPOSAL

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

Exercise Meter



FUNCTION BUTTONS:
MODE:

1. Press the button for selecting a particular function you want to show on the main window: SCAN→RPM→SPD (SPEED)→TIME→DIST (DISTANCE)→ODO→CAL (CALORIES)→PULSE→SCAN.
2. In stop mode, press the button to switch each setting item TIME, DIST (DISTANCE), CAL (CALORIES) and PULSE.
3. Press and hold with 3 seconds to reset the value to zero (except ODO) when Bluetooth is not connected.
4. Press and hold the MODE button for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then the meter will enter sleep mode.

▲ and ▼:

1. In stop mode, adjust upwards or downwards to set the target value for TIME→DIST (DISTANCE)→CAL (CALORIES)→PULSE
2. If the pulse limit is set, when the heart rate exceeds the set limit, the meter will have a “DI DI” voice prompt.

FUNCTIONS:

1. **SCAN:**
   Display changes according to the following order every 6 seconds, and the “SCAN” icon is flash.
   RPM→SPD (SPEED)→TIME→DIST (DISTANCE)→ODO→CAL (CALORIES)→PULSE
2. **RPM:**
   Display the current number of turns per minute of the wheel to measure the speed of the pedal.
3. **SPD (SPEED):**
   Displays the current training speed.

4. **TMR (TIME):**
   Accumulates total time.
   The user may preset target time by pressing ▲ and ▼ buttons in stop mode. Each increment is 5 minutes. When a target time is set, the meter will automatically count down from target value during exercise. When the value count to 0, the meter will have a “DI DI” voice prompt, then resume counting upwards. When no target time is set, the meter will count upwards during exercise.
5. **DST (DISTANCE):**
   Accumulates the current distance.
   The user may preset target distance by pressing the ▲ and ▼ buttons in stop mode. Each increment is 0.5 M (Miles) or KM. When a target distance is set, the meter will automatically count down from targeting value during exercise. When the value count to 0, the meter will have a “DI DI” voice prompt, then resume counting upwards. When no target distance is set, the meter will count upwards during exercise.
6. **ODO (ODOMETER):**
   Displays the total accumulated distance.
7. **CAL (CALORIES):**
   Accumulates calories burned during training.
   The user may preset the target calories before training by pressing the ▲ and ▼ buttons in stop mode. Each setting increment is 10 Cal. When a target calorie is set, the meter will automatically count down from targeting value during exercise. When the value count to 0, the meter will have a “DI DI” voice prompt, then resume counting upwards. When no target calories is set, the meter will count upwards during exercise.
8. **PUL (PULSE):**
   The meter will display the user's heart rate in beats per minute (BPM) during training. When the heart rate is detected, the  icon is on.
   The user may preset the target pulse before training by pressing the ▲ and ▼ buttons in stop mode. When the heart rate exceeds the targeting value, the meter will have a “DI DI” voice prompt.

SLEEP MODE:
1. The meter turns off automatically and disconnect the heart rate monitor if there is no signal input and no button is pressed for approximately 4 minutes when Bluetooth is not connected.
2. The meter turns on when there is a button pressed or there is a signal input from the sensor.

SWITCH BETWEEN IMPERIAL AND METRIC SYSTEM:
Press and hold the ▲ and ▼ buttons for about 0.2 seconds to switch between imperial and metric system.

BLUETOOTH  **:**
1. The Bluetooth icon will flash when the meter is on or wakes from sleep mode. 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 flash when the meter is on. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
2. After exercise resumes, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
3. When the meter wakes from sleep mode, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
4. The wireless heart rate icon will flash when there is the button pressed. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
5. The wireless heart rate icon will stay on when the heart rate monitor is connected.

NOTE:
1. The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the meter when the wireless heart rate icon is flashing.
2. 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. The information is provided for reference purposes only and should not be used for medical or dietary purposes.
3. If the meter display is abnormal, please install new batteries and try again. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries.
4. Battery Spec: 1.5V UM-4 or AA (2PCS).
5. Dispose the batteries safely, according to your state and regional guidelines.

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.

Maintenance Instructions

This is general information for daily, weekly, and monthly maintenance to be performed on your bike.

DAILY MAINTENANCE

After each exercise session, wipe down all the equipment: seat, frame, and handlebars. Pay special attention to the seat post, handlebar post and belt/chain guard. Sweat is very corrosive and may cause problems that require parts replacement later.

1. Get on the bike and engage the drive train.
2. Pay attention to any vibrations felt through the pedals. If you feel any vibrations, you may need to tighten the pedals, bottom bracket, or adjust the drive belt/chain tension.
3. Use a wrench to tighten the pedals until they are secure.

MONTHLY MAINTENANCE

1. Check all hardware is secure, such as: bottle holder, flywheel nuts, belt/chain guard bolts, brake caliper lock nuts and brake caliper tension rod nuts.
2. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod.
3. Clean and lubricate the seat post, handlebar post and seat slider. Remove any buildup of foreign material.

WEEKLY MAINTENANCE

1. Inspect moving parts and tighten the hardware.
2. Inspect pull pin frame fittings, making sure the fittings are snug. Loose frame fittings may strip out threads over time and cause extensive damage.
3. Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft.
4. Tighten the seat hardware, making sure the seat is level and centered.
5. Brush and treat the resistance pads. Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel.
6. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten.

LEATHER BRAKE PAD CARE (If Applicable)

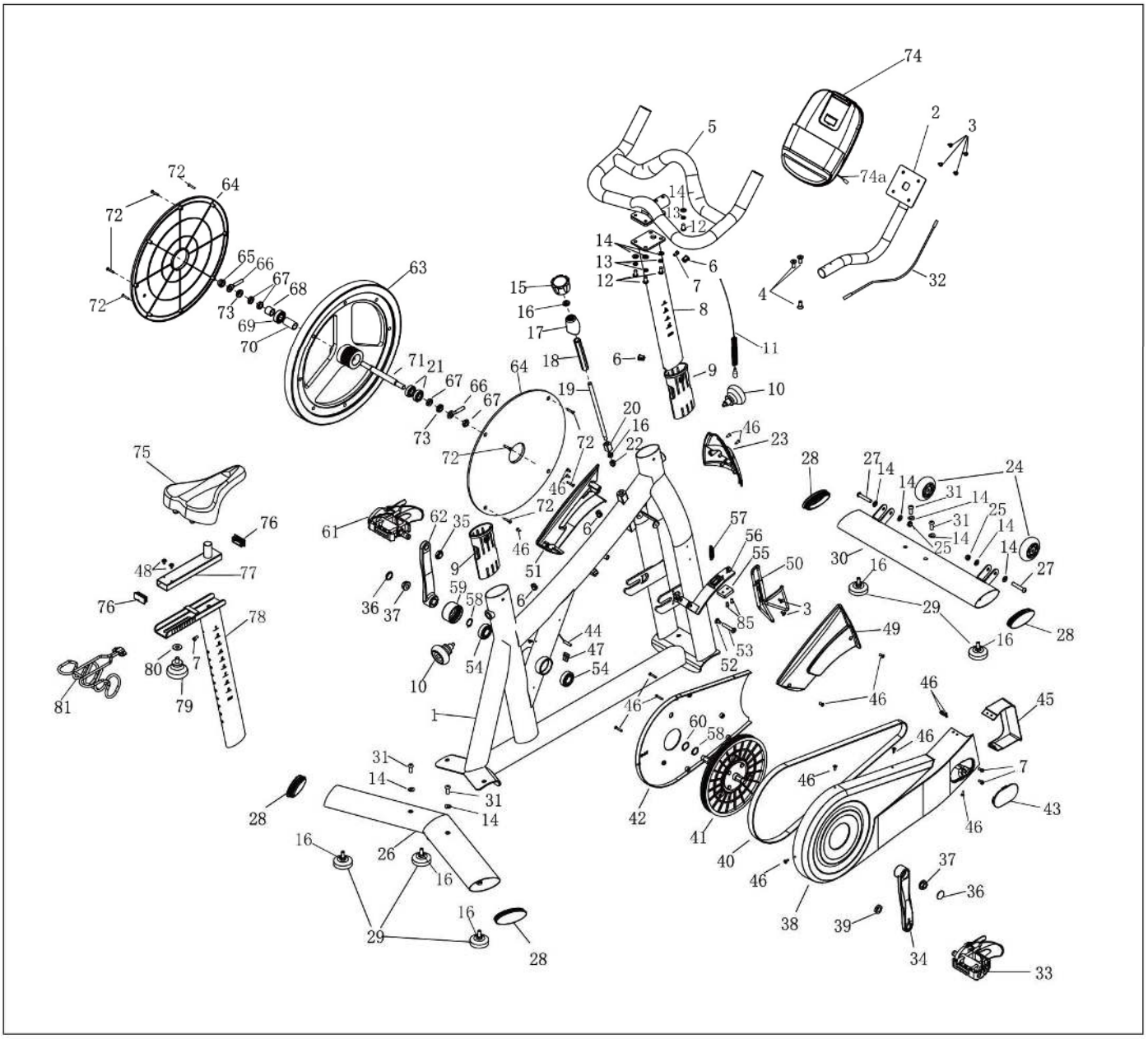
1. Perform this maintenance when the brake pad is first installed and for the life of the brake pad. Following these simple guidelines can increase the life of your brake pads.
2. Some brake pad assemblies are pre-lubricated. Squeeze the brake pad. If lubricant is released, then the pad has been pre-lubricated.
3. If the brake pad is dry, then coat the brake pad with 3-n-1 oil. Brush the leather with a clean, wire bristle brush, and then apply the oil. The oil should be allowed to soak into the pad. Repeat 4-5 times until the pad is saturated, but not dripping with oil. When the pad is saturated, it will no longer absorb oil.
4. Inspect the brake pad weekly and lubricate if needed. The pad should not have a glazed appearance. If the pad appears glazed, then brush it with wire brush and apply lubricant as needed. If any of the sponge padding is showing through the leather pad, the brake pad should be replaced.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Meter Support Tube		1
3	Cross-groove Washer Head Screw	M5*10	6
4	Bolt	M8*16	3
5	Handlebar		1
6	Grommet	d14.5*d4	4
7	Hex Bolt	M5*10	4
8	Handlebar Post		1
9	Bushing	40*80	2
10	Adjustment Knob	M16	2
11	Spring Wire	L350	1
12	Hex Bolt	M8*16	4
13	Spring Washer	d8.1*d12.3	4
14	Washer	d8.4*d16*1.6	12
15	Tension Control Knob		1
16	Hex Nut	M8	7
17	Brake Cover 1		1
18	Brake Inner Liner	d10.2*d110	1
19	Brake Rod	d10*M8	1
20	Square Nut	M10	1
21	Bearing	6002	2
22	Cap Nut	M8	1
23	Brake Cover 2		1
24	Transportation Wheel	d8.5*d70	2
25	Nylon Nut	M8	2
26	Rear Stabilizer		1
27	Hex Bolt	M8*45	2
28	End Cap	95*40	4
29	Foot Leveler	M8	5
30	Front Stabilizer		1
31	Hex Bolt	M8*20	4
32	Upper Sensor Wire		1
33	Right Pedal	9/16R	1
34	Right Crank	175R	1
35	Left Nylon Nut	9/16	1
36	Crank Cap	D22	2
37	Flange Nut	M12	2
38	Outer Belt Cover		1
39	Right Nylon Nut	9/16	1
40	Belt	L1345	1
41	Belt Wheel	d240-5PK	1
42	Inner Belt Cover	284*442	1
43	End Cap	54*94	1

No.	Description	Spec.	Qty.
44	Sensor Wire	L700	1
45	Front Cover		1
46	Screw	ST4.2*12	16
47	Sensor Bracket		1
48	Cross Recessed Pan Head Screw	M5*10	2
49	Right Cant Beam Cover		1
50	Bottle Holder		1
51	Left Cant Beam Cover		1
52	Inner Thread Hex Screw	M6	1
53	Outer Thread Hex Screw	M6	1
54	Bearing	6004	2
55	Cow Leather	30*35*T8	1
56	Magnet Seat		1
57	Spring	d12*47	1
58	C-clip	d20	2
59	Middle Axle Cover	d50	1
60	Wave Washer	d20	1
61	Left Pedal	9/16L	1
62	Left Crank	175L	1
63	Flywheel	13KG	1
64	Flywheel Cover	d380	2
65	Cap Nut	M12	1
66	Adjusting Bolt	M8	2
67	Thin Nut	M12	4
68	Spacer	d21*20	1
69	Bearing	6202	1
70	Limit Spacer	d19*47	1
71	Flywheel Axle	d15*165	1
72	Screw	ST4.2*25	8
73	Conical Bushing	d12.2*d22	2
74	Meter	SF-M2501M	1
74a	Meter Wire		1
75	Seat	265*200*120	1
76	Square Cap	20*40	2
77	Seat Slider		1
78	Seat Post		1
79	Adjustment Knob	M10	1
80	Washer	d10.5*d25	1
81	Dumbbell Rack		1
82	Allen Wrench	S6-S5	1
83	Spanner	S13-S14-S15	1
84	Wrench	S17-S19	1
85	Hexagon Socket Countersunk Bolt	M5*15	2

Exploded Diagram



Version 1.0

Register

Register your product and verify warranty terms:
Sunnyhealthfitness.com/warranty

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