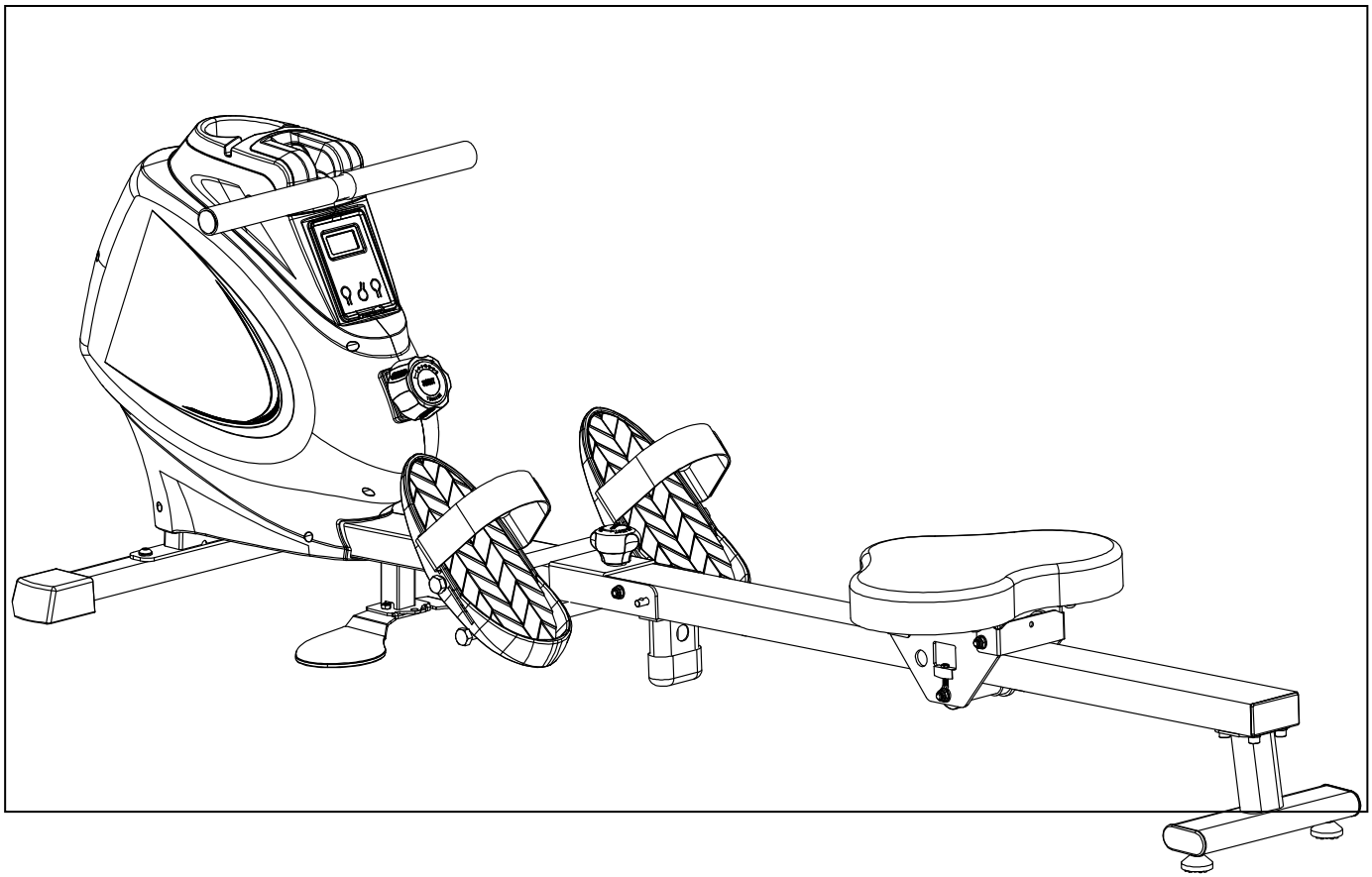
SMART MULTIFUNCTION SPM MAGNETIC ROWING MACHINE

SF-RW5941 SMART

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).

WWW.SUNNYHEALTHFITNESS.COM

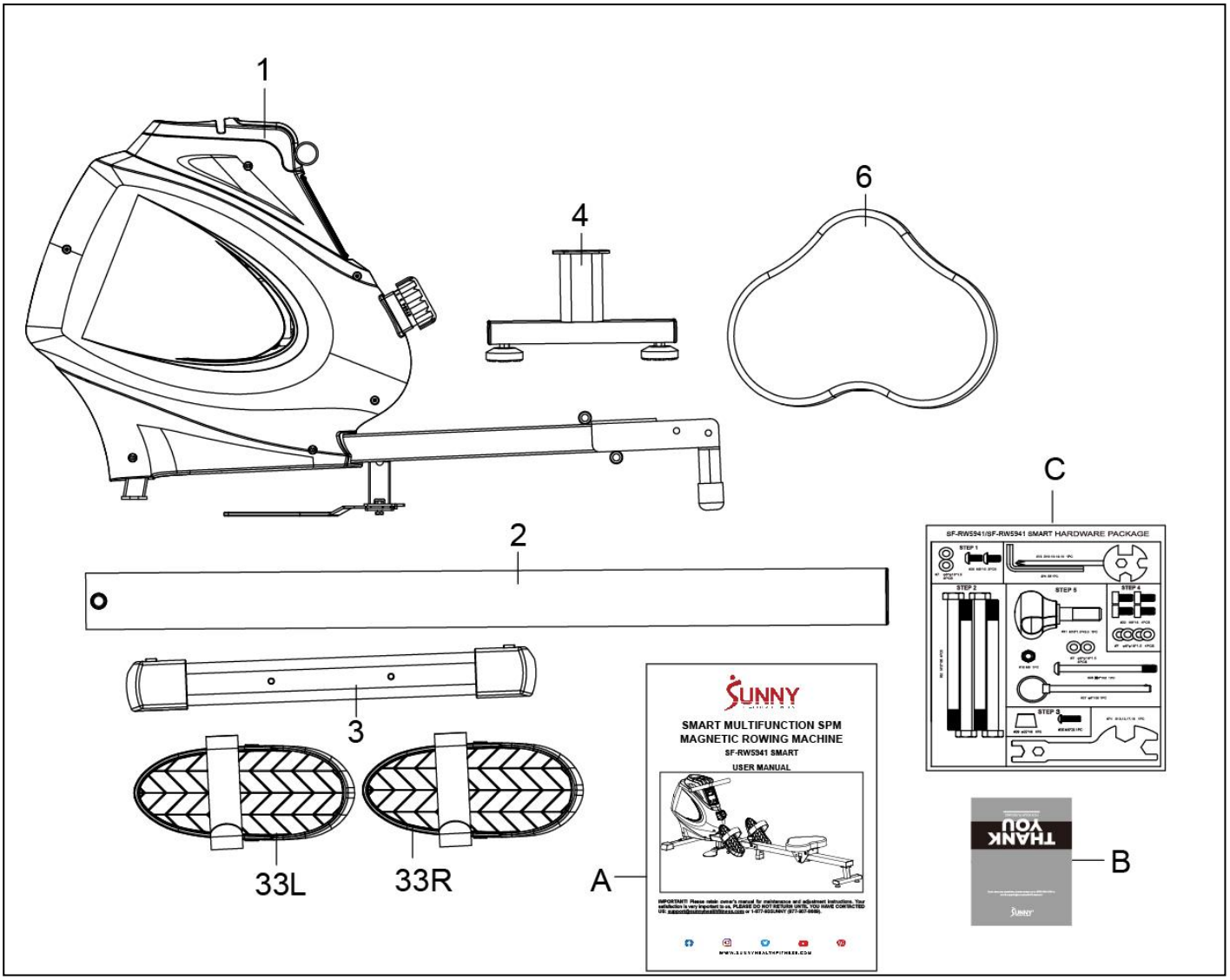
IMPORTANT SAFETY INFORMATION

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 285 lbs (130kgs).
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.

PRE-ASSEMBLY CHECK LIST

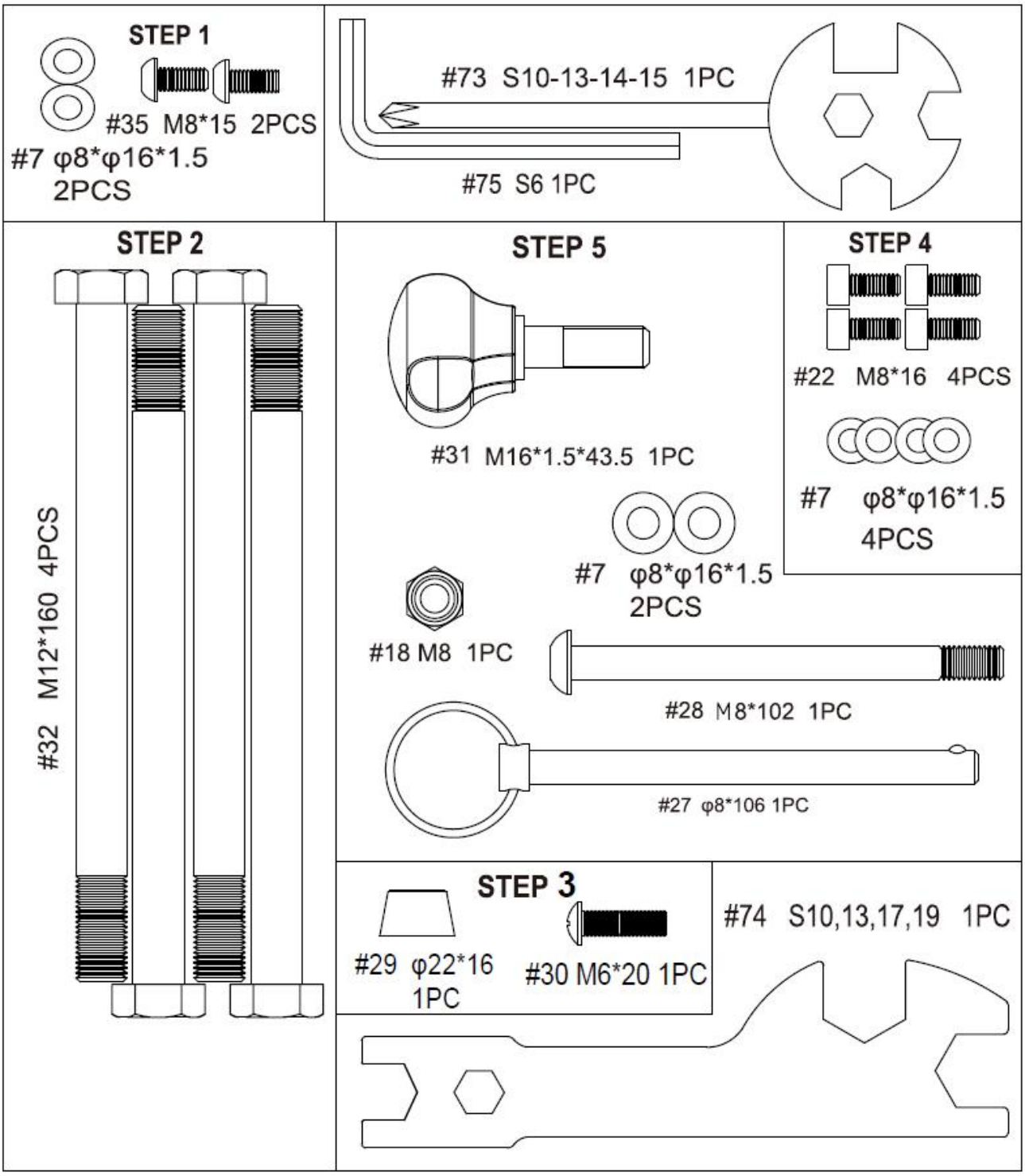
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
6	Seat		1

No.	Description	Spec.	Qty.
33L/R	Pedal L/R		2
A	Manual		1
B	Thank You Card		1
C	Hardware Package		1
D	Battery		2

HARDWARE PACKAGE



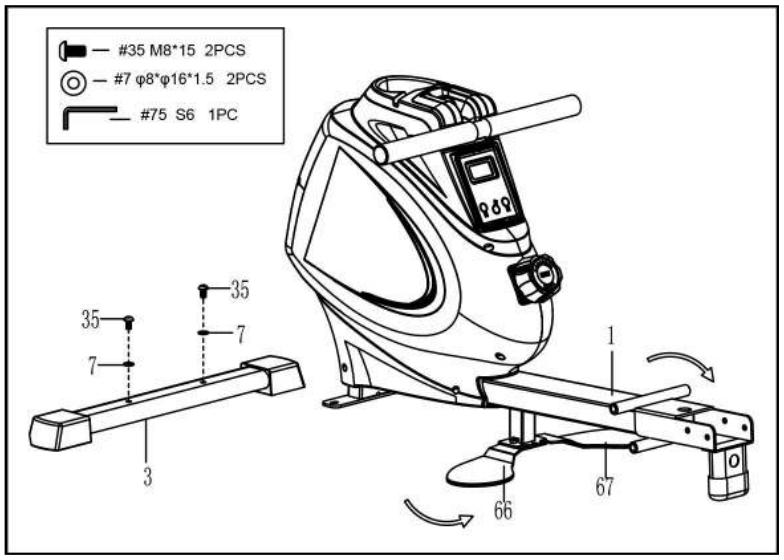
Ordering Replacement Parts (U.S. and Canadian Customers only)

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).

ASSEMBLY INSTRUCTIONS

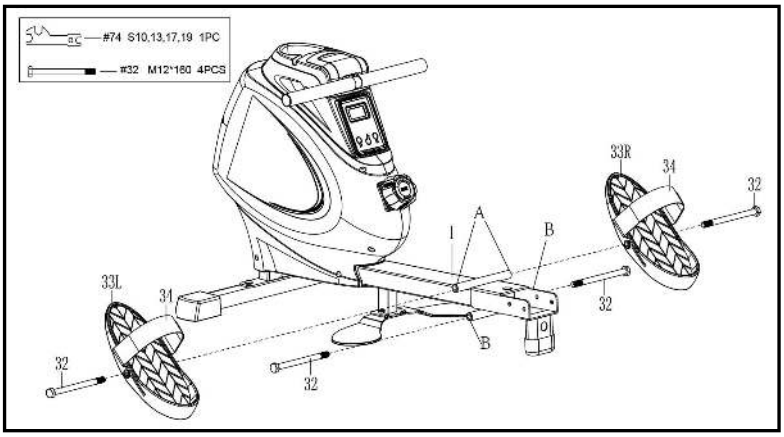
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach the **Front Stabilizer (No. 3)** to the **Main Frame (No. 1)** using 2 **Screws (No. 35)** and 2 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 75)**.

Open the **Left & Right Foot Pads (No. 66 & No. 67)** as indicated by the arrow.



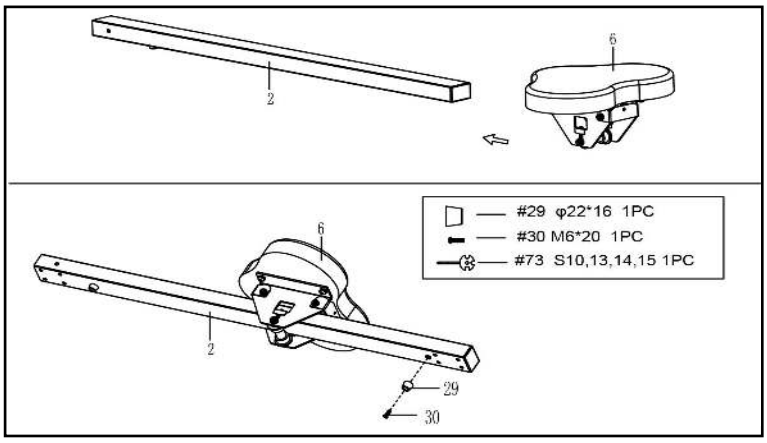
STEP 2:

Insert 2 **Bolts (No. 32)** through the **Pedals L/R (No. 33L/R)** into the upper hole at position A of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74)**.

Insert 2 **Bolts (No. 32)** into the bottom hole at position B of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74).**

NOTE: The **Pedals L/R (No. 33L/R)** should rest on the bottom **Bolts (No. 32)** at position B.

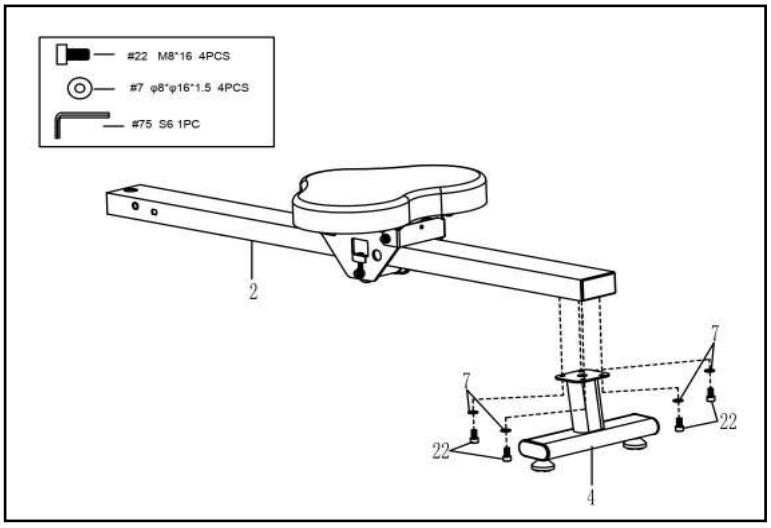
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

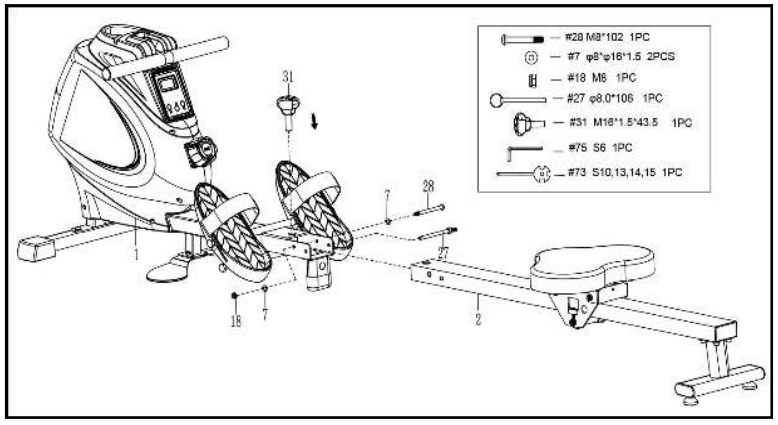
Slide the **Seat (No. 6)** into the **Sliding Rail (No. 2)**.

Attach 1 **Limit Mat (No. 29)** onto the **Sliding Rail (No. 2)** using 1 **Screw (No. 30)**, then tighten with **Spanner (No. 73)**.



STEP 4:

Attach the **Rear Stabilizer (No. 4)** to the **Sliding Rail (No. 2)** using 4 **Screws (No. 22)** and 4 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 75)**.



STEP 5:

Attach the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** with 1 **Bolt (No. 28)**, 2 **Washers (No. 7)** and 1 **Nut (No. 18)**. Tighten and secure with **Allen Wrench (No. 75)** and **Spanner (No. 73)**.

Then screw **Knob (No. 31)** to tighten the **Sliding Rail (No. 2)**. Next insert the **Pull Pin (No. 27)**.

The assembly is complete!

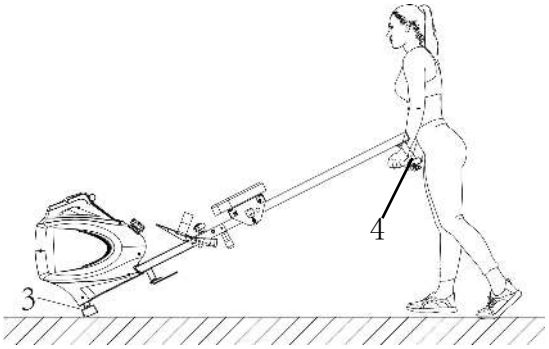
ADJUSTMENTS & USAGE GUIDE

CAUTION! Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!



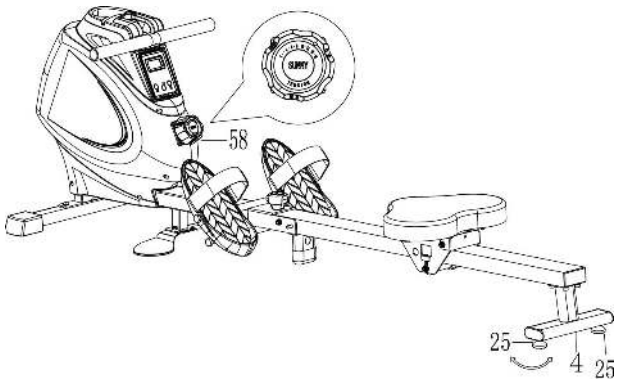
PEDAL STRAP ADJUSTMENT

The **Pedal Strap (No. 34)** is adjustable and can be personalized to fit the user's foot size.



MOVING THE ROWER

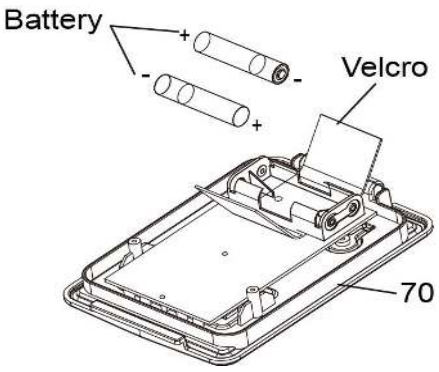
To move the rower, lift the **Rear Stabilizer (No. 4)** up until the transportation wheels on the **Front Stabilizer (No. 3)** touch the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.

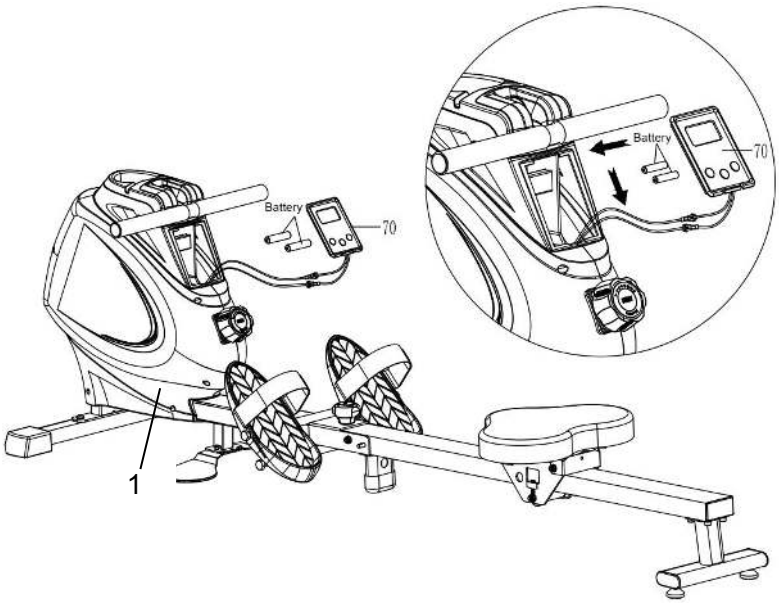


ADJUSTING THE BALANCE AND RESISTANCE

Adjust the **Foot Pads (No. 25)** on the **Rear Stabilizer (No. 4)** of the rower if the rower is unbalanced during use.
Turn the **Tension Control Knob (No. 58)** *clockwise* to increase the level of resistance.
Turn the **Tension Control Knob (No. 58)** *counter-clockwise* to decrease the level of resistance.
Tension levels are set at Level 1 being the lowest and Level 16 being the highest.

BATTERY INSTALLATION & REPLACEMENT





BATTERY INSTALLATION:

1. Press the buckle on the bottom of **Computer (No. 70)**, then remove **Computer (No. 70)** from **Main Frame (No. 1).** Then open the velcro above the battery case on the back of the **Computer (No. 70)**.
2. Take out 2pcs AAA batteries from the manual bag. Install the 2pcs AAA batteries into the battery case on the back of the **Computer (No. 70)**, then cover with the velcro. Press the buckle on the bottom of **Computer (No. 70)** and put the **Computer (No. 70)** back onto the **Main Frame (No. 1)**. Pay attention to the battery + and – poles before installing.

The installation is complete!

BATTERY REPLACEMENT:

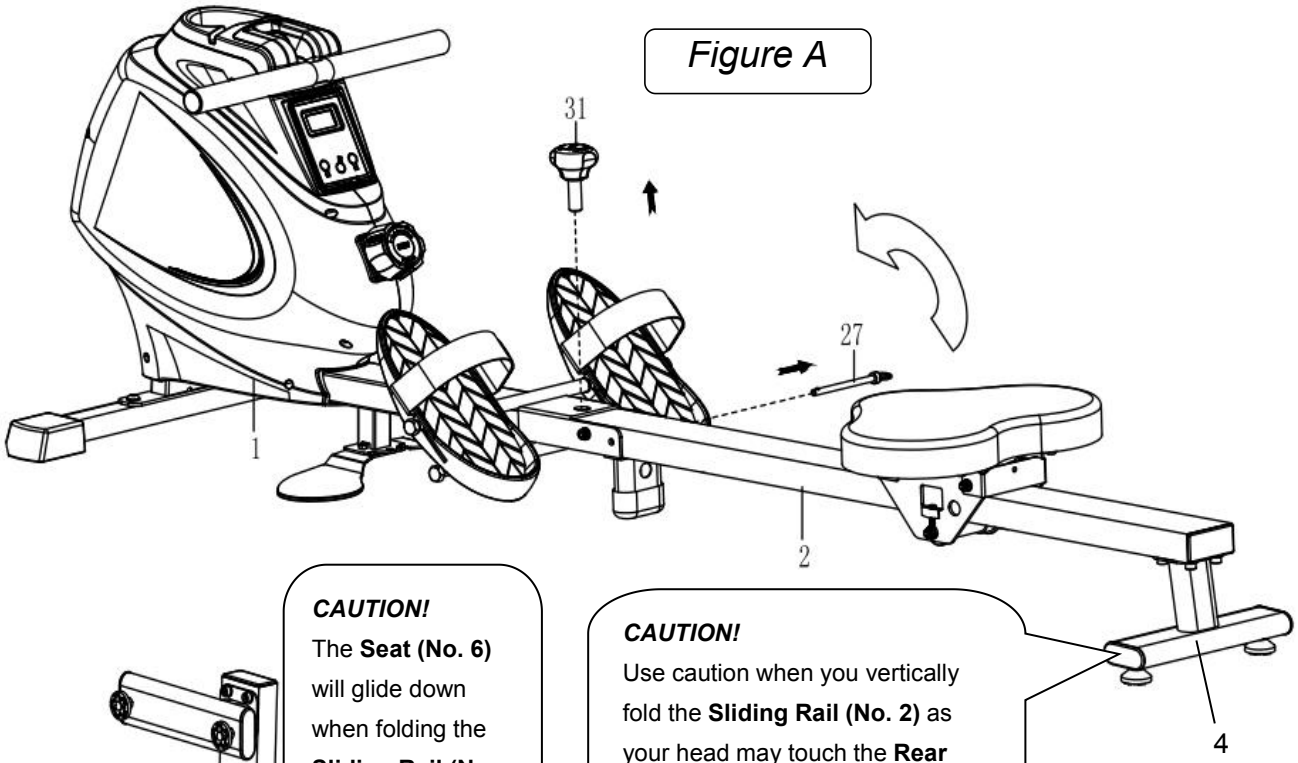
1. Press the buckle on the bottom of **Computer (No. 70)**, then remove **Computer (No. 70)** from **Main Frame (No. 1).** Then open the velcro above the battery case on the back of the **Computer (No. 70)**.
2. Take out the 2pcs old AAA batteries from the battery case and install 2pcs new AAA batteries into the battery case on the back of the **Computer (No. 70)**, then cover with the velcro. Press the buckle on the bottom of **Computer (No. 70)** and put the **Computer (No. 70)** back onto the **Main Frame (No. 1)**. Pay attention to the battery + and – poles before installing.

The replacement is complete!

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

FOLDING GUIDE

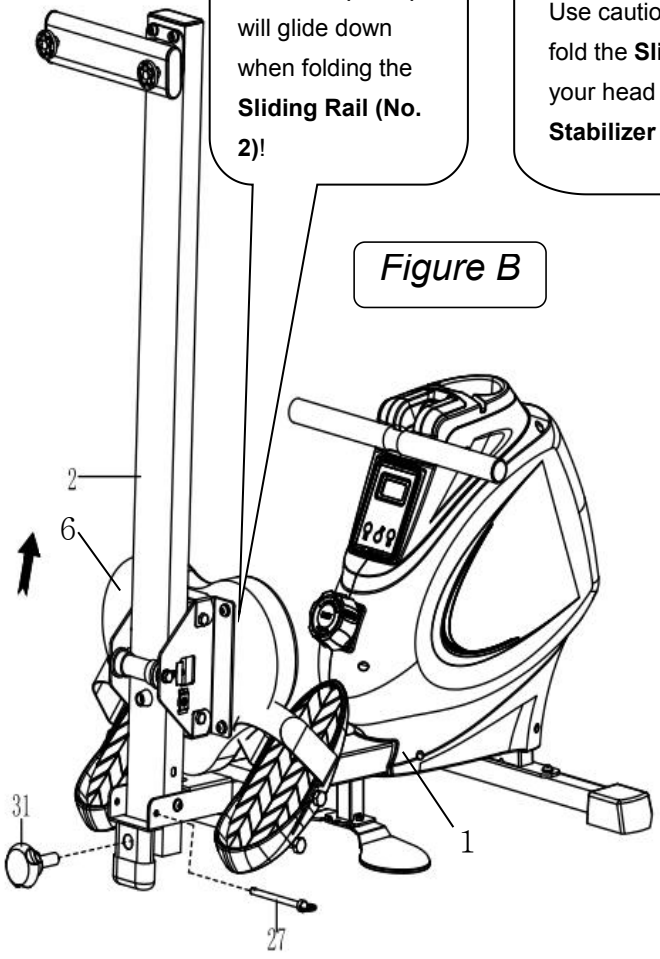
Figure A



CAUTION!
The **Seat (No. 6)** will glide down when folding the **Sliding Rail (No. 2)**!

CAUTION!
Use caution when you vertically fold the **Sliding Rail (No. 2)** as your head may touch the **Rear Stabilizer (No. 4).**

Figure B



When not in use, you can save space by folding the **Sliding Rail (No. 2)**.

Disassemble **Knob (No. 31)** and pull out the **Pull Pin (No. 27)**. Fold the **Sliding Rail (No. 2)** to vertical angle (*Figure A*).

SAFETY NOTE: the **Seat (No. 6)** will glide down when folding the **Sliding Rail (No. 2)**.

Reinsert **Pull Pin (No. 27)** into the hole on the **Main Frame (No. 1)**, then tighten **Knob (No. 31)** to **Main Frame (No. 1)**. (*Figure B)*

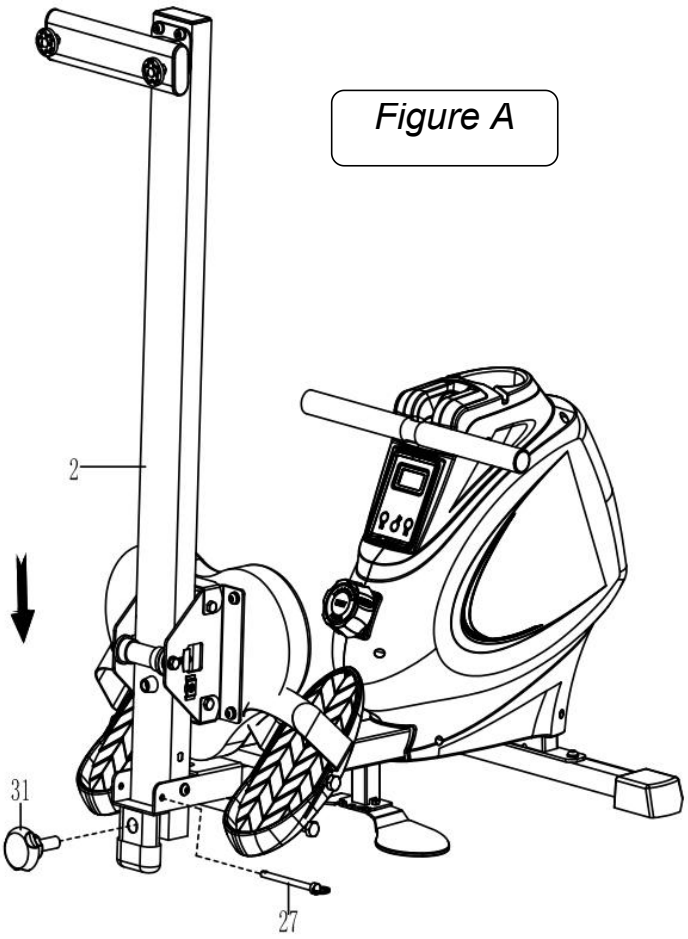
UNFOLDING GUIDE

To unfold the **Sliding Rail (No. 2)**, first remove **Knob (No. 31)** and **Pull Pin (No. 27)** (as Figure A showed).

Slightly lay down the **Sliding Rail (No. 2)**, then screw **Knob (No. 31)** to tighten the **Sliding Rail (No. 2)** and insert the **Pull Pin (No. 27)** (as Figure B showed).

NOTE: When unfolding, please keep one hand to hold the **Sliding Rail (No. 2)** to avoid the injury.

Figure A



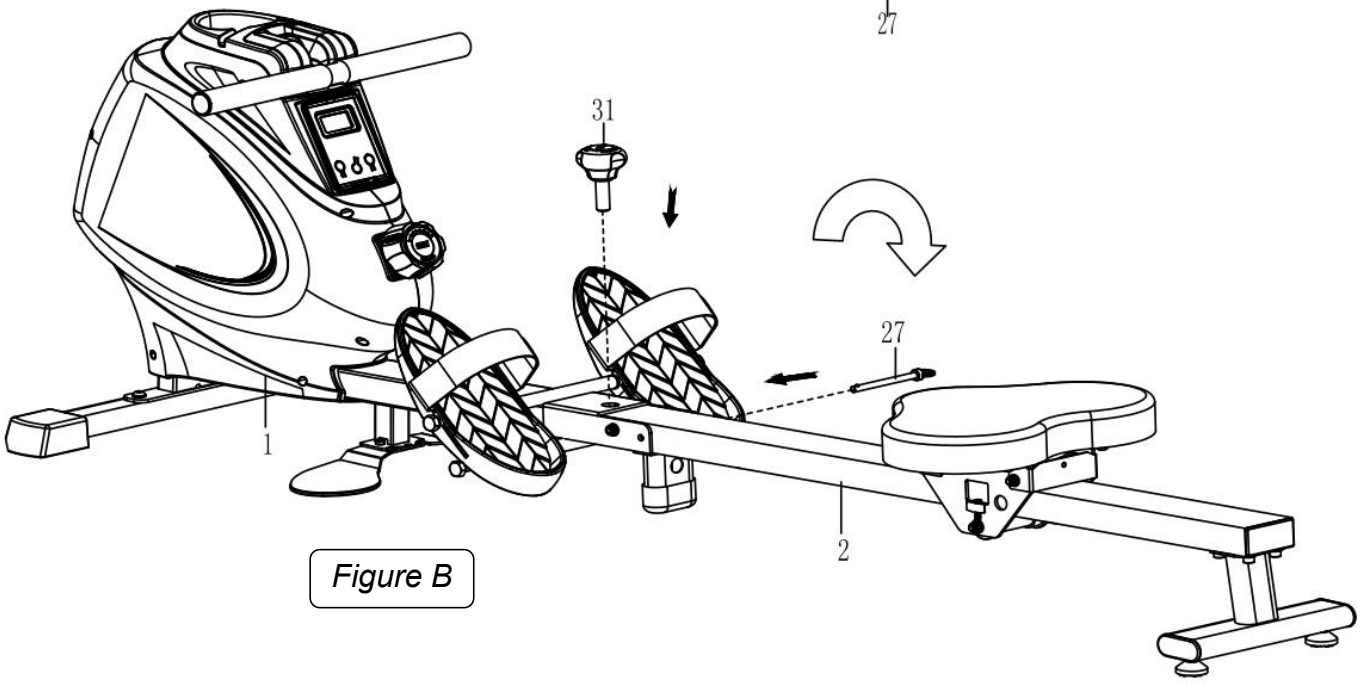


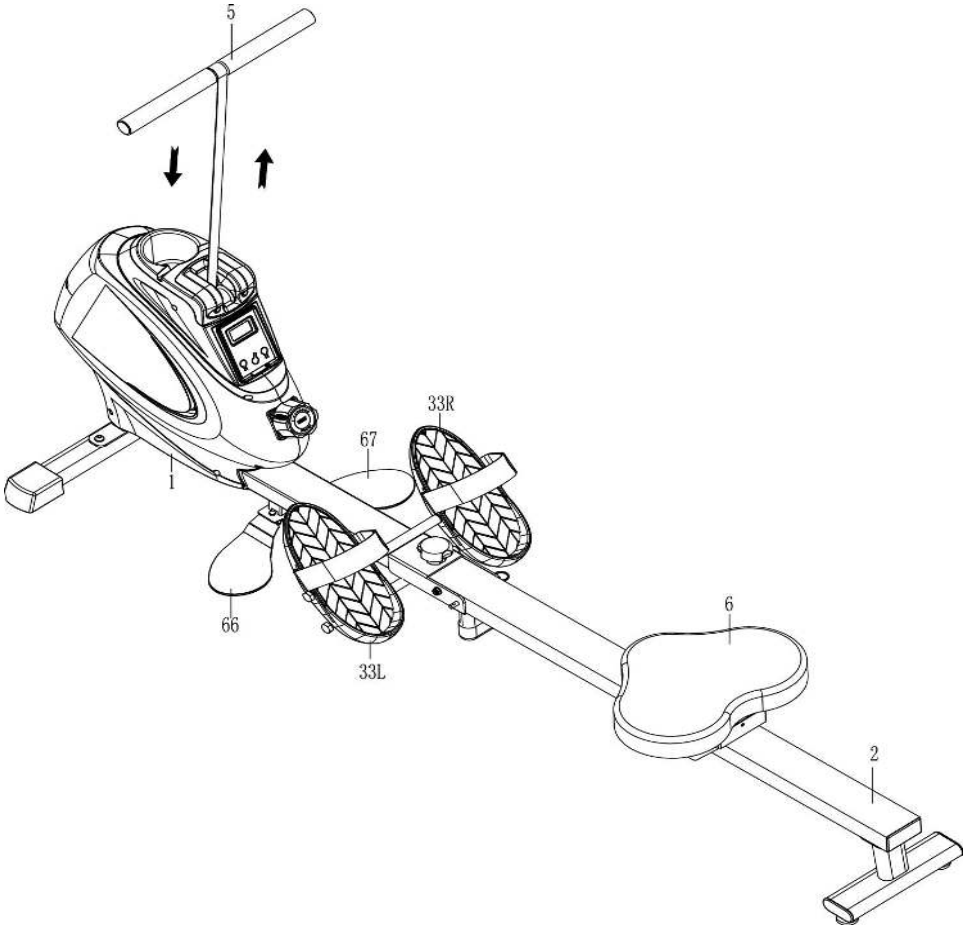
Figure B

USING THE MACHINE

The Multifunction SPM Magnetic Rowing Machine lets you work out in multiple ways. You can use it as a traditional rowing machine or use it to do upper body strength exercises.

When using it as a rowing machine, make sure to put your feet in the **Pedals (No. 33L/R)** and use the straps.

When using it to do upper body exercises, adjust the **Pedals (No. 33L/R)** to suitable position. Stand on the **Left & Right Foot Pads (No. 66 & No. 67)**. Pull on the **Handlebar (No. 5)** to do the exercises.



EXERCISE COMPUTER



FUNCTION KEYS:

MODE: To select your specification mode and/or turn on computer.
SET: To set a value of TIME, COUNT, or CALORIES (when not in SCAN mode).
RESET: Press to reset TIME, COUNT, or CALORIES. Press and hold for about 3 seconds to reset all values, except TOTAL COUNT.

FUNCTIONS AND OPERATIONS:

AUTO ON/OFF: The power will turn off automatically once there is no signal for 4 minutes. The computer will reactivate once the machine is put into motion or when a computer button is pressed.
SCAN: Press MODE button until SCAN appears. The computer will rotate through the four functions in the following order: TIME, COUNT, TOTAL COUNT, and CALORIES. Each function will be held for 6 seconds.
TIME: Counts the total time elapsed during your current workout.
COUNT (CNT): Counts the number of rowing strokes from your current workout.
TOTAL COUNT (TOTAL CNT): Counts the total amount of strokes from the first use.
CALORIES (CAL): Counts the total calories burned from current workout.

COUNTDOWN:
You can set the value of TIME, COUNT or CALORIES to countdown.
1. Press MODE to select a function. Make sure you are not in SCAN mode.
2. Press SET to select a value you want. You can press RESET to clear the value.
3. When the display stops flashing, start rowing and the machine will start to countdown.

BATTERY: This computer uses two AAA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

SPECIFICATIONS:

FUNCTIONS	SCAN	Every 6 seconds
	TIME	0:00~99:59 (Minute: Second)
	COUNT	0~9999 Count
	CALORIES	0.0~9999 Kcal
	TOTAL COUNT	0~9999 Count
BATTERY TYPE		(2) Two AAA or UM-4
OPERATING TEMPERATURE		0°C ~ 40°C
STORAGE TEMPERATURE		-10°C ~ 60°C

TECHNICAL DATA

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

APP CONNECTION:

CONNECT SMART EQUIPMENT TO SUNNYFIT APP:

1. Scan to download SunnyFit from the app store.

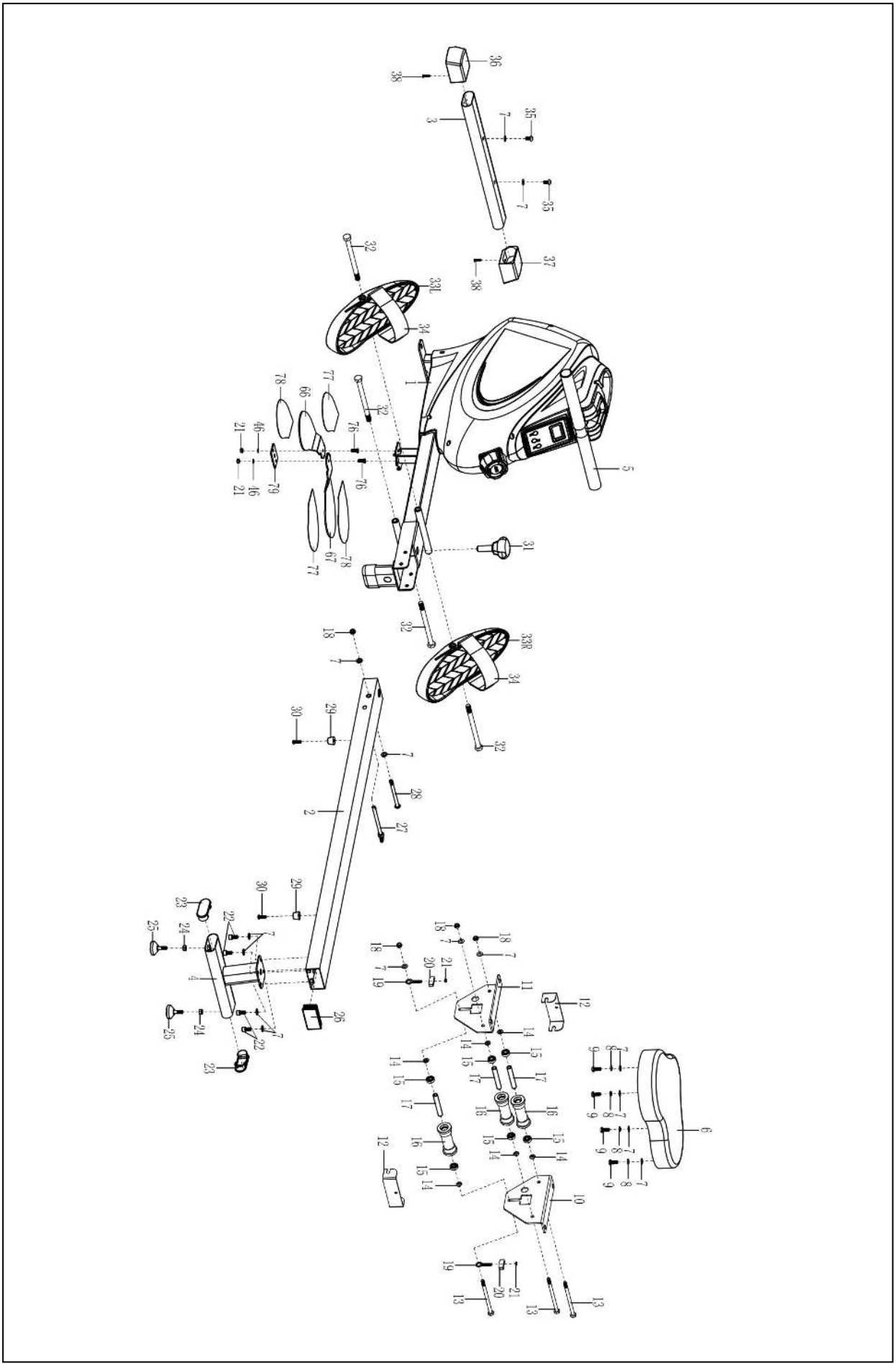
2. Ensure that the Bluetooth function is turned on from your mobile device.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen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

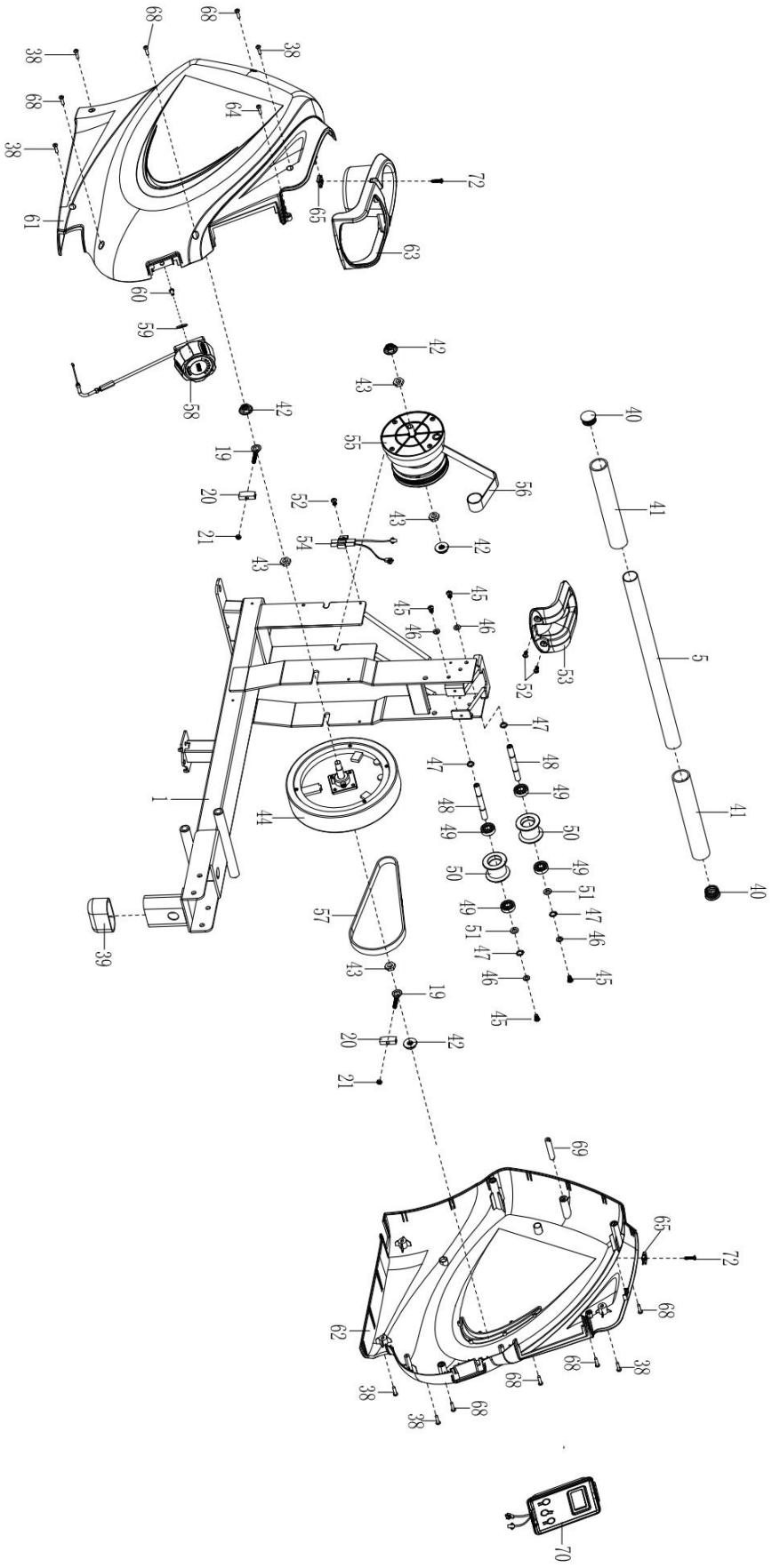
- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:

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

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
5	Handlebar		1
6	Seat		1
7	Washer	φ8*φ16*1.5	15
8	Spring Washer	φ8	4
9	Bolt	M8*20	4
10	Right Seat Supporting Board		1
11	Left Seat Supporting Board		1
12	U Shape Bracket		2
13	Bolt	M8*125	3
14	Spacer	φ15*φ8*4	6
15	Bearing	608	6
16	Wheel	φ39*92	3
17	Casing Pipe for Idler Wheel	φ12*φ9*78	3
18	Nut	M8	4
19	Adjusting Screw	M6*36	4
20	U Shape Baffle		4
21	Nut	M6	6
22	Screw	M8*16	4
23	End Cap		2
24	Nut	M8	2
25	Foot Pad		2
26	Square Plug		1
27	Pull Pin	φ8.0*106	1
28	Bolt	M8*102	1
29	Limit Mat	φ22*16	2
30	Screw	M6*20	2
31	Knob	M16*1.5*43.5	1
32	Bolt	M12*160	4

No.	Description	Spec.	Qty.
33L/R	Pedal L/R		2
34	Pedal Strap		2
35	Screw	M8*15	2
36	Left End Cap		1
37	Right End Cap		1
38	Screw	ST4.2*20	8
39	End Cap		1
40	Round End Cap		2
41	Foam Grip	φ27*φ33*214	2
42	Nut	M10*1.0*9	4
43	Nut	M10*1*B5	4
44	Inertial Wheel		1
45	Bolt	M6*12	4
46	Washer	φ12*φ6.5*1.5	6
47	Shaft Snap Ring	φ10*1.0	4
48	Belt Pulley Shaft	φ10*87*M6	2
49	Bearing	6000	4
50	Mesh Belt Pulley	φ45*35	2
51	Washer	φ14*φ10.2*0.5	2
52	Bolt	M5*10	3
53	Handle Guide		1
54	Sensor Wire		1
55	Volute Spring Complete Set		1
56	Mesh Belt		1
57	Belt	220PJ	1
58	Tension Control Knob		1
59	Washer	φ5	1
60	Screw	M5*12	1
61	Left Cover		1
62	Right Cover		1
63	Water Bottle Holder		1
64	Screw	ST4.2*15	1

No.	Description	Spec.	Qty
65	Clip		2
66	Left Foot Pad		1
67	Right Foot Pad		1
68	Screw	ST4.2*25	7
69	Cover Fixed Column		1
70	Computer	TZ-1128	1
71	N/A		-
72	Bolt	M5*15	2

No.	Description	Spec.	Qty
73	Spanner	S10, 13, 14, 15	1
74	Spanner	S10, 13, 17, 19	1
75	Allen Wrench	S6	1
76	Bolt	M6*15	2
77	Left Anti-slip Mat		2
78	Right Anti-slip Mat		2
79	Bottom Fixed Plate		1

Version 3.3

CONNECT with us

DOWNLOAD

Track your fitness progress & join
FREE workout courses!

Download SUNNYFIT today!

GET IT ON Google Play

Download on the App Store

FOLLOW

Find us on social media @sunnyhealthfitness

@sunnyhealthfitness

@sunnyhealthandfitness

@sunnyhealthfit

/sunnyhealthfitness

/sunnyhealthfitness

/sunnyhealthandfitness

www.sunnyhealthfitness.com