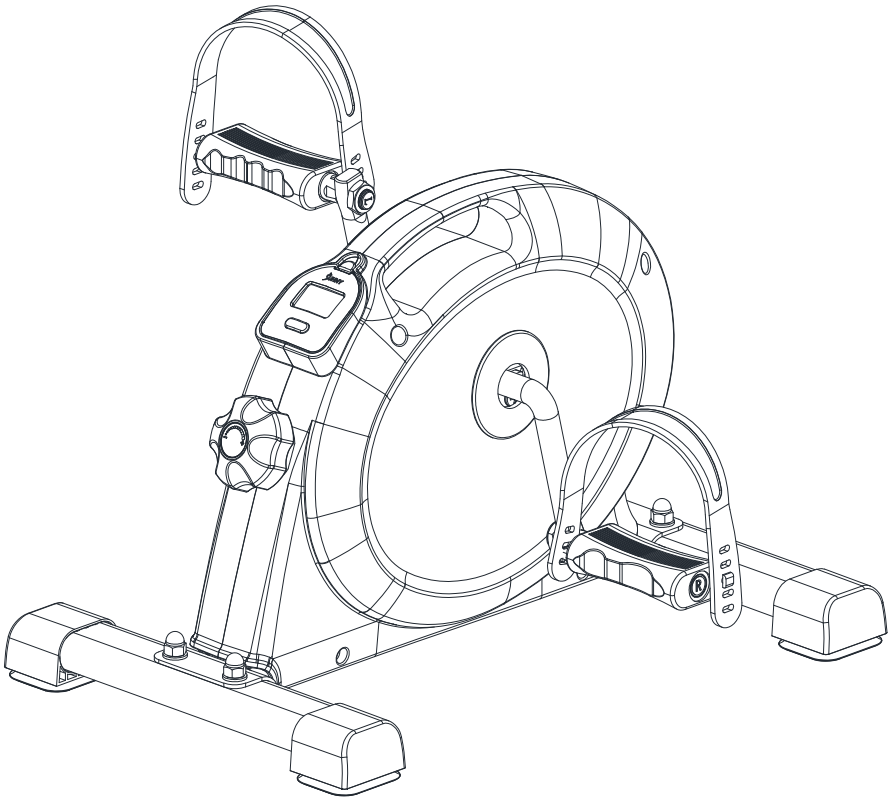
User Manual



Under Desk Smart Mini Exercise Bike (Dark Grey)

SF-B023005DGY

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 equipment is not suitable for therapeutic use.
10. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
11. 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.
12. This equipment is designed for indoor and home use only, it is not intended for commercial use.

⚠ **IMPORTANT NOTE: DO NOT STAND ON THE UNIT!**

Statement of Purpose

The mini exercise bike is designed to help people stay active while sitting. It provides a low-impact workout to improve circulation, burn calories, and strengthen leg muscles. The smart features let users track their progress easily. It's a simple and convenient way to stay healthy at home or at work.

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

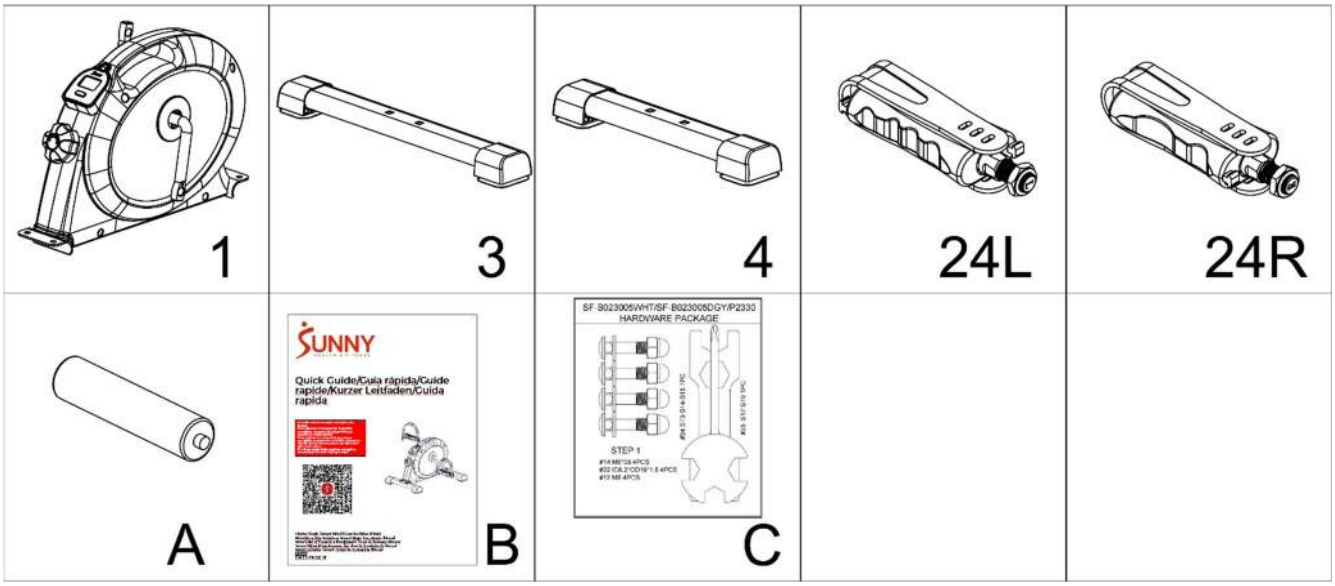
You can find the declaration of conformity at the following link:
https://sunnyhealthfitness.com/pages/declaration-of-conformity

Technical Data

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

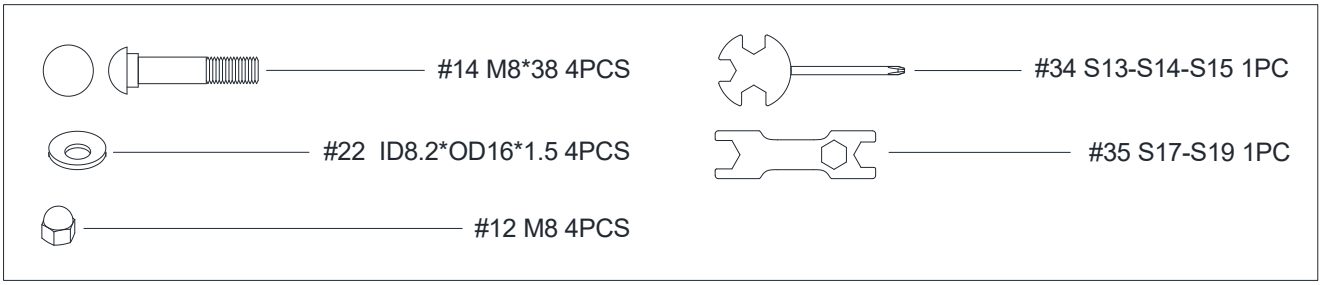
Pre-Assembly Checklist

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



No.	Description	Spec	Qty.
1	Main Frame		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
24L	Left Pedal		1
24R	Right Pedal		1
A	Battery	AAA, 1.5V	2
B	Manual		1
C	Hardware Package		1

Hardware Package



Ordering Replacement Parts

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

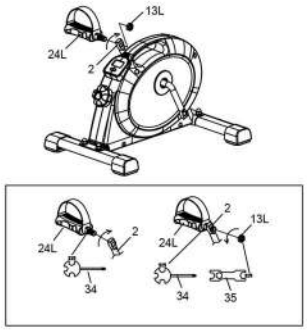
- ✓ The model number
- ✓ The product name
- ✓ The part number

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

Warning Labels

L

Pedal Installation & Maintenance Guide



L

Remove the 1 **Left Nylon Nut (No. 13L)** located on the **Left Pedal (No. 24L)**.
Align the **Left Pedal (No. 24L)** with the **Crank Arm (No. 2)** at 90°. Gently insert the **Left Pedal (No. 24L)** into the **Crank Arm (No. 2)** and turn the **Left Pedal (No. 24L)** *counter-clockwise* as tightly as you can with your hand. Use **Spanner (No. 34)** to tighten and secure.
NOTE: **The Left Nylon Nut (No. 13L)** is blue on the inside.
Turn the **Left Nylon Nut (No. 13L)** *clockwise* as tightly as you can with your hand. Use **Spanner (No. 34)** to hold the pedal bolt on the **Left Pedal (No. 24L)** and use **Spanner (No. 35)** to turn the **Left Nylon Nut (No. 13L)** *clockwise* at the same time, until it is tightened on to the **Crank Arm (No. 2)**.
NOTE: Reverse pedaling may loosen the pedal and damage the threads. Always check the pedals to ensure that it's secured tightly. If the pedals have loosened, secure the threads with the provide spanner to ensure safety.

⚠WARNING

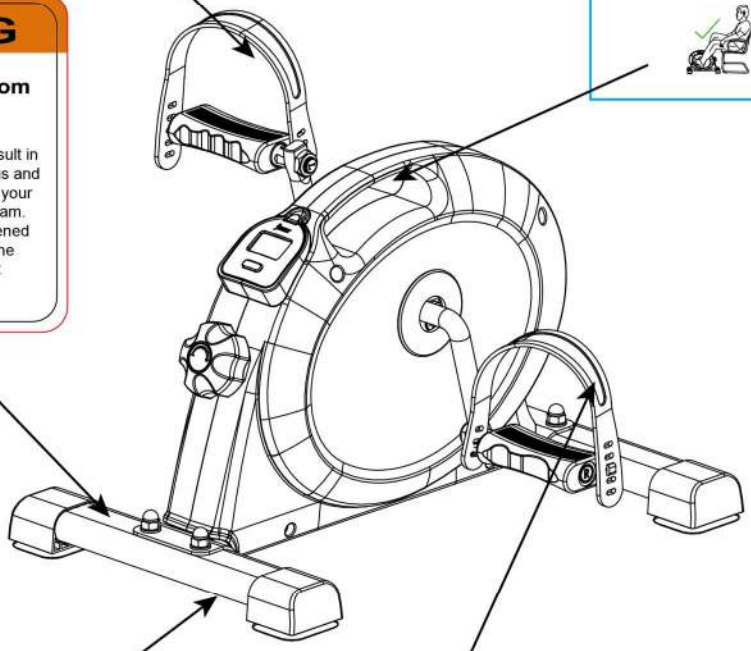
The machine is intended to use in a sitting position only, do not stand on the machine. Failure to follow all warnings and instructions could result in serious injury or death.



⚠ WARNING

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.



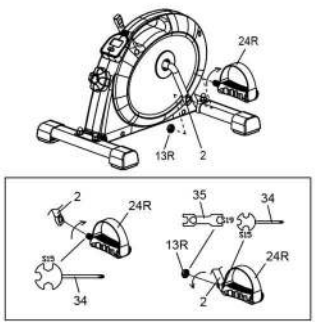
⚠WARNING

The machine is intended to use in a sitting position only, do not stand on the machine. Failure to follow all warnings and instructions could result in serious injury or death.



R

Pedal Installation & Maintenance Guide

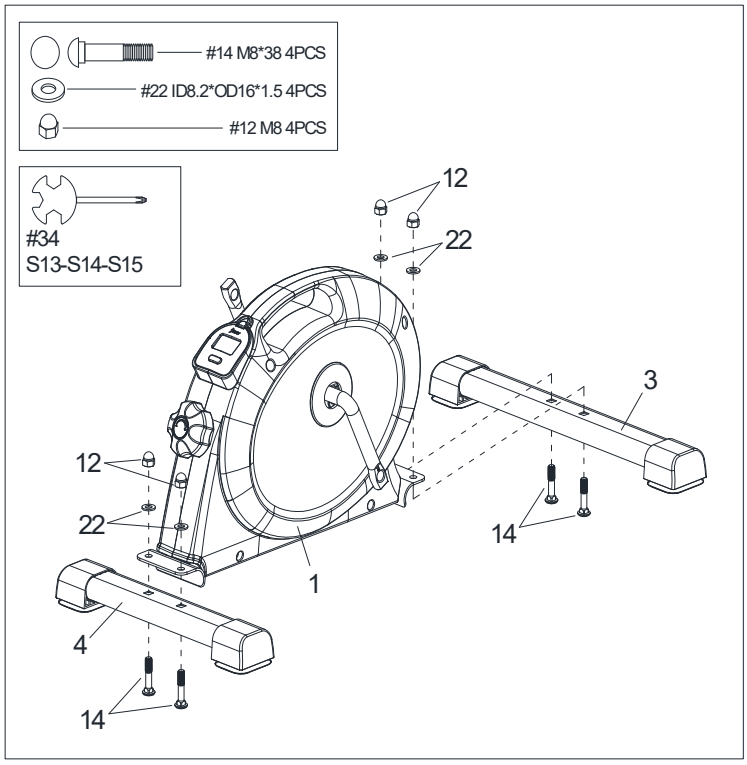


R

Remove the 1 **Right Nylon Nut (No. 13R)** located on the **Right Pedal (No. 24R)**.
Align the **Right Pedal (No. 24R)** with the **Crank (No. 2)** at 90°. Gently insert the **Right Pedal (No. 24R)** into the **Crank (No. 2)** and turn the **Right Pedal (No. 24R)** *clockwise* as tightly as you can with your hand. Use **Spanner (No. 34)** to tighten and secure.
NOTE: **The Right Nylon Nut (No. 13R)** is white on the inside.
Turn the **Right Nylon Nut (No. 13R)** *counter-clockwise* as tightly as you can with your hand. Use **Spanner (No. 34)** to hold the pedal bolt on the **Right Pedal (No. 24R)** and use **Spanner (No. 35)** to turn the **Right Nylon Nut (No. 13R)** *counter-clockwise* at the same time, until it is tightened on to the **Crank Arm (No. 2)**.
NOTE: Reverse pedaling may loosen the pedal and damage the threads. Always check the pedals to ensure that it's secured tightly. If the pedals have loosened, secure the threads with the provide spanner to ensure safety.

Assembly Instructions

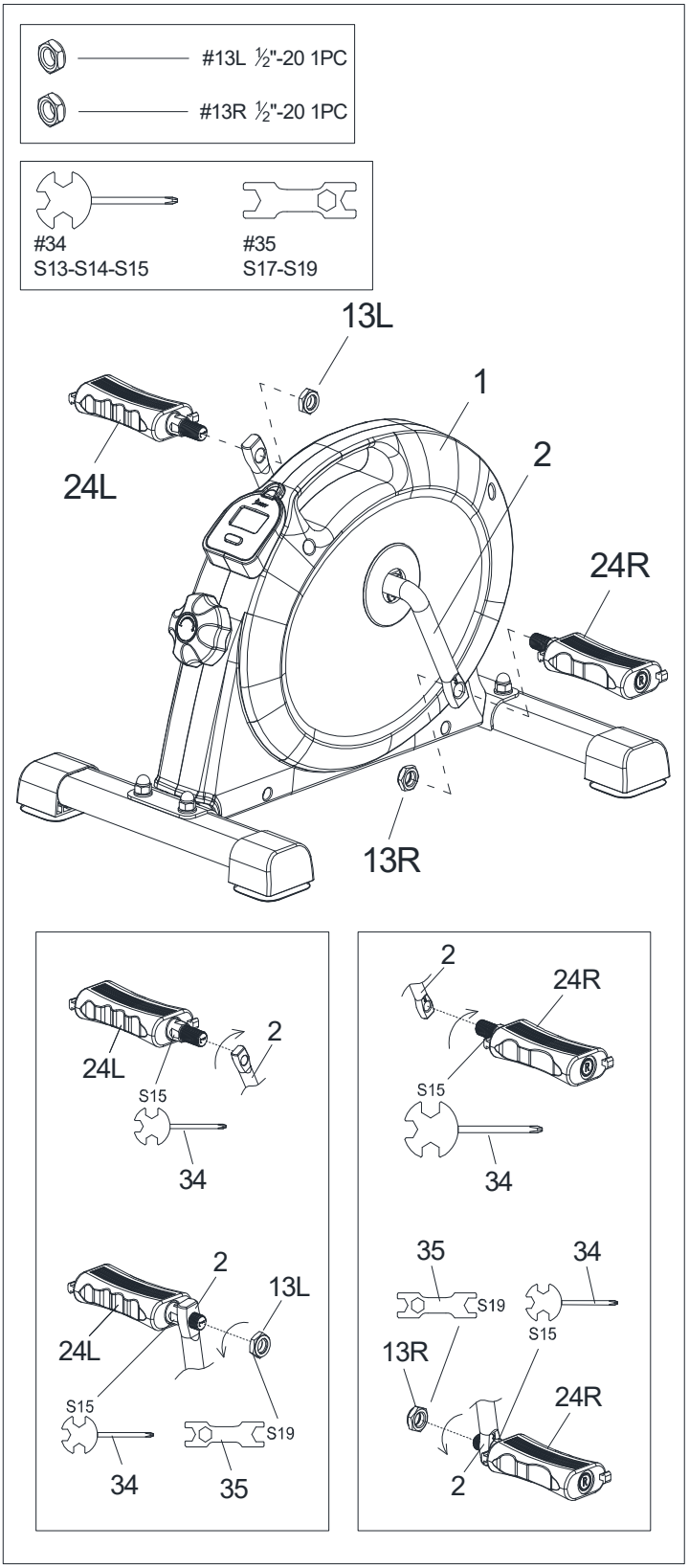
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach **Rear Stabilizer (No. 4)** to the **Main Frame (No. 1)** with 2 **Carriage Bolts (No. 14)**, 2 **Flat Washers (No. 22)**, and 2 **High Cap Nuts (No. 12)**. Tighten and secure with **Spanner (No. 34)**.

Attach **Front Stabilizer (No. 3)** to the **Main Frame (No. 1)** with 2 **Carriage Bolts (No. 14)**, 2 **Washers (No. 22)**, and 2 **High Cap Nuts (No. 12)**. Tighten and secure with **Spanner (No. 34)**.



STEP 2:

NOTE: The **Left & Right Pedals (No. 24L & No. 24R)** are marked "L" and "R" for Left and Right.

WARNING! *Read instructions carefully as improper assembly may cause permanent damage to your bike.*

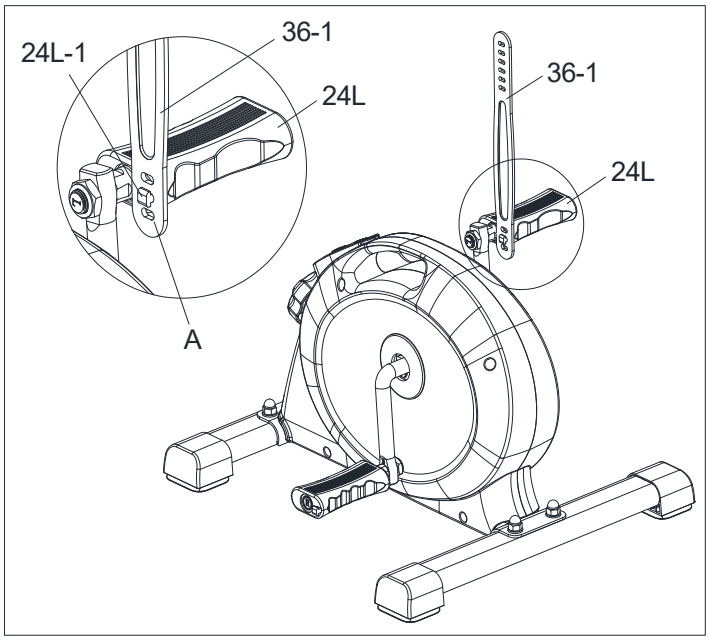
Remove the **Left & Right Nylon Nuts (No. 13L & No. 13R)** located on the **Left & Right Pedals (No. 24L & No. 24R)**.

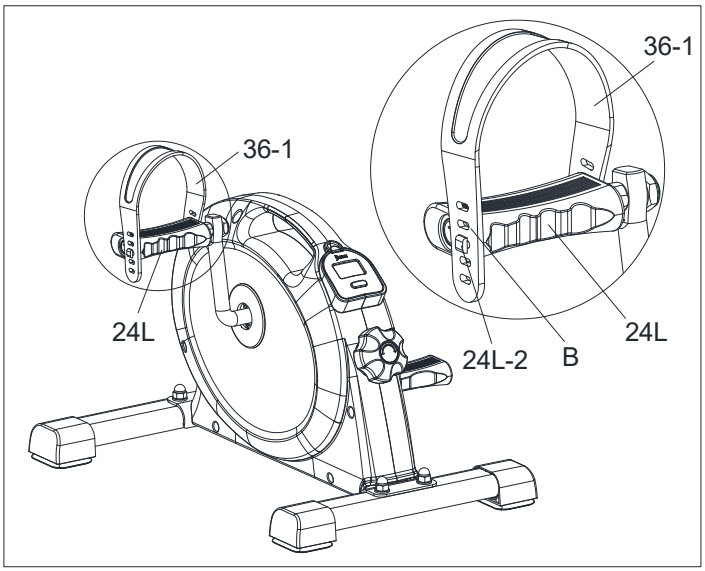
Align the **Left Pedal (No. 24L)** with the left side of **Crank Arm (No. 2)** at 90°. Gently insert the **Left Pedal (No. 24L)** into the **Crank Arm (No. 2)** and turn the **Left Pedal (No. 24L)** *counter-clockwise* as tightly as you can with your hand. Use **Spanner (No. 34)** to tighten and secure.

Turn the **Left Nylon Nut (No. 13L)** *clockwise* as tightly as you can with your hand. Use **Spanner (No. 34)** to hold the pedal bolt on the **Left Pedal (No. 24L)** and use **Spanner (No. 35)** to turn the **Left Nylon Nut (No. 13L)** *clockwise* at the same time, until it is tightened on to the **Crank Arm (No. 2)**.

Align the **Right Pedal (No. 24R)** with the right side of **Crank Arm (No. 2)** at 90°. Gently insert the **Right Pedal (No. 24R)** into the **Crank Arm (No. 2)** and turn the **Right Pedal (No. 24R)** *clockwise* as tightly as you can with your hand. Use **Spanner (No. 34)** to tighten and secure.

Turn the **Right Nylon Nut (No. 13R)** *counter-clockwise* as tightly as you can with your hand. Use **Spanner (No. 34)** to hold the pedal bolt on the **Right Pedal (No. 24R)** and use **Spanner (No. 35)** to turn the **Right Nylon Nut (No. 13R)** *counter-clockwise* at the same time, until it is tightened on to the **Crank Arm (No. 2)**.



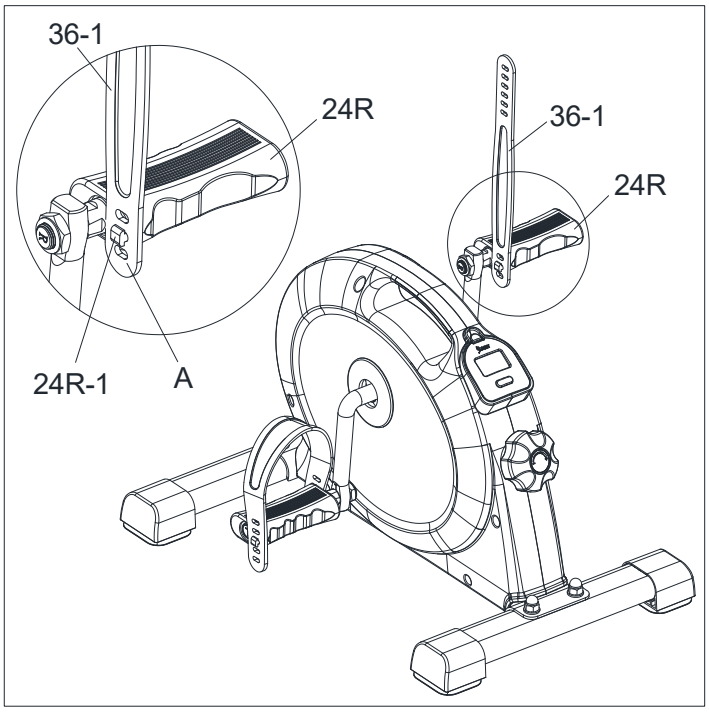


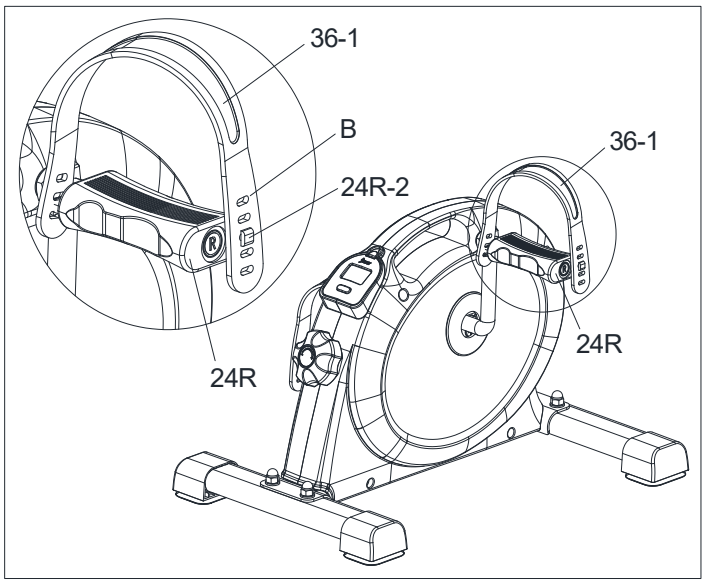
STEP 3:

Insert the fixing hole (A) of the **Pedal Strap (No. 36-1)** into the groove (24L-1) of the **Left Pedal (No. 24L)**.

Insert the fixing hole (B) of the **Pedal Strap (No. 36-1)** into the groove (24L-2) of the **Left Pedal (No. 24L)**.

NOTE: The position of fixing holes and groove can be adjusted according to the size of your feet.





STEP 4:

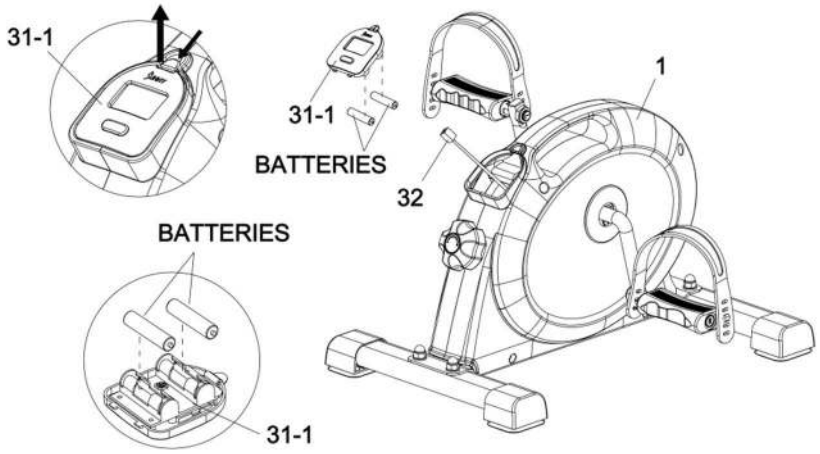
Insert the fixing hole (A) of the **Pedal Strap (No. 36-1)** into the groove (24R-1) of the **Right Pedal (No. 24R)**.

Insert the fixing hole (B) of the **Pedal Strap (No. 36-1)** into the groove (24R-2) of the **Right Pedal (No. 24R)**.

NOTE: The position of fixing holes and groove can be adjusted according to the size of your feet.

The assembly is complete!

Battery Installation & Replacement



BATTERY INSTALLATION
1. Take out 2 AAA batteries from the manual bag.
2. Remove the **Meter (No. 31-1)** from **Main Frame (No. 1)**. Then disconnect the **Sensor Wire (No. 32)** from the **Meter (No. 31-1)**.
3. Install 2 AAA batteries into the battery case on the back of the **Meter (No. 31-1)**. Pay attention to the battery + and – poles before installing.
4. Insert the **Sensor Wire (No. 32)** into the hole on the back of **Meter (No. 31-1)**.
5. Attach the **Meter (No. 31-1)** onto the **Main Frame (No. 1)**.

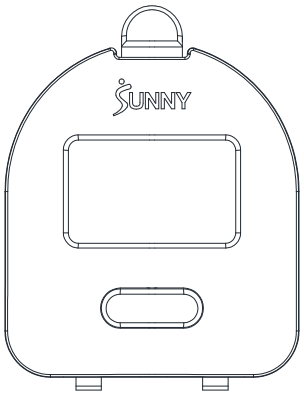
The installation is complete!

BATTERY REPLACEMENT
1. Remove the **Meter (No. 31-1)** from **Main Frame (No. 1)**. Then disconnect the **Sensor Wire (No. 32)** from the **Meter (No. 31-1)**.
2. Remove the 2 old AAA batteries from the battery case and install 2 new AAA batteries into the battery case on the back of the **Meter (No. 31-1)**. Pay attention to the battery + and – poles before installing.
3. Insert the **Sensor Wire (No. 32)** into the hole on the back of **Meter (No. 31-1)**.
4. Attach the **Meter (No. 31-1)** onto the **Main Frame (No. 1)**.

The replacement is complete!

NOTE: Dispose battery according to your state and regional guidelines.

Exercise Meter



KEY GUIDE:

MODE:
1. Press the Mode key to select the function you want.
2. Press and hold the key for 3 seconds to reset the value to zero (without resetting ODO).

FUNCTIONS:
TMR (TIME): Press the key until "TMR" is displayed on the screen, the meter will display the time elapsed during exercise.
SPD (SPEED): Press the key until "SPD" is displayed on the screen, the meter will display the speed during exercise.
DIS (DISTANCE): Press the key until "DIS" is displayed on the screen, the meter will display the distance travelled during exercise.
CAL (CALORIE): Press the key until "CAL" is displayed on the screen, the meter will display the calories burned during exercise.
ODO: Counts the total distance from when batteries was installed. If the batteries are replaced, the value will reset to zero.

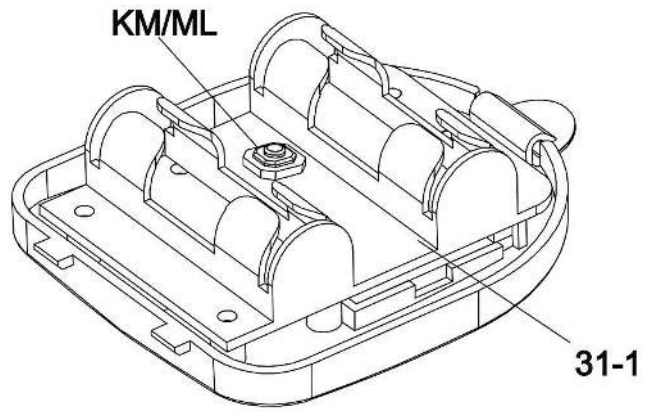
NOTE:
1. The meter will shut off automatically, if there is no input for 4 minutes, all function values will be saved. You can press any key or restart exercising to wake ~~up~~ the meter.
2. If the display on the meter does not show properly, please re-install or replace the batteries.

3. Battery spec: 1.5V AAA*2pcs.
4. 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.

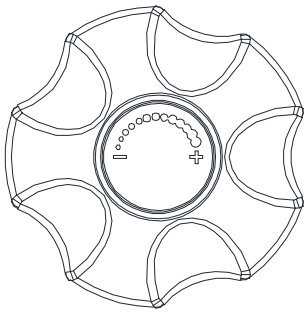
UNIT CONVERSIONS FROM IMPERIAL TO METRIC SYSTEM

Pressing the button “KM/ML” on the back of the meter to convert Imperial/Metric System. The display will show “K” or “M”. It's in Imperial System when “M” is displayed. It's in Metric System when “K” is displayed.

NOTE: If the bike is converted to Metric System, speed and distance will be measured in Kilometers/Hour and Kilometers.



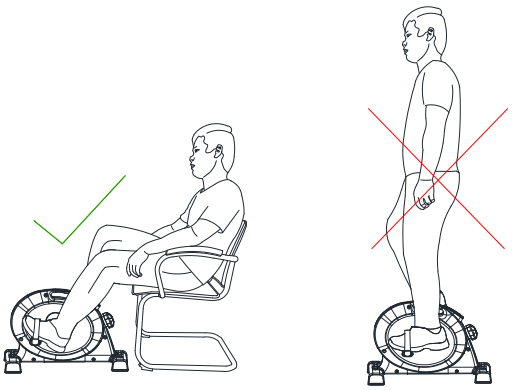
Adjustments & Usage Guide



ADJUSTING THE TENSION

Adjust the tension by rotating the **Tension Control Knob (No. 28)** *clockwise* to increase the level of resistance. Rotate the **Tension Control Knob (No. 28)** *counter-clockwise* to decrease the level of resistance.

NOTE: The **Tension Control Knob (No. 28)** can be stepless adjustment, just turn it *clockwise* to the end or *counter-clockwise* to the end.



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

WARNING!

The machine is intended to be used in a sitting position only, do not stand on the machine.

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:

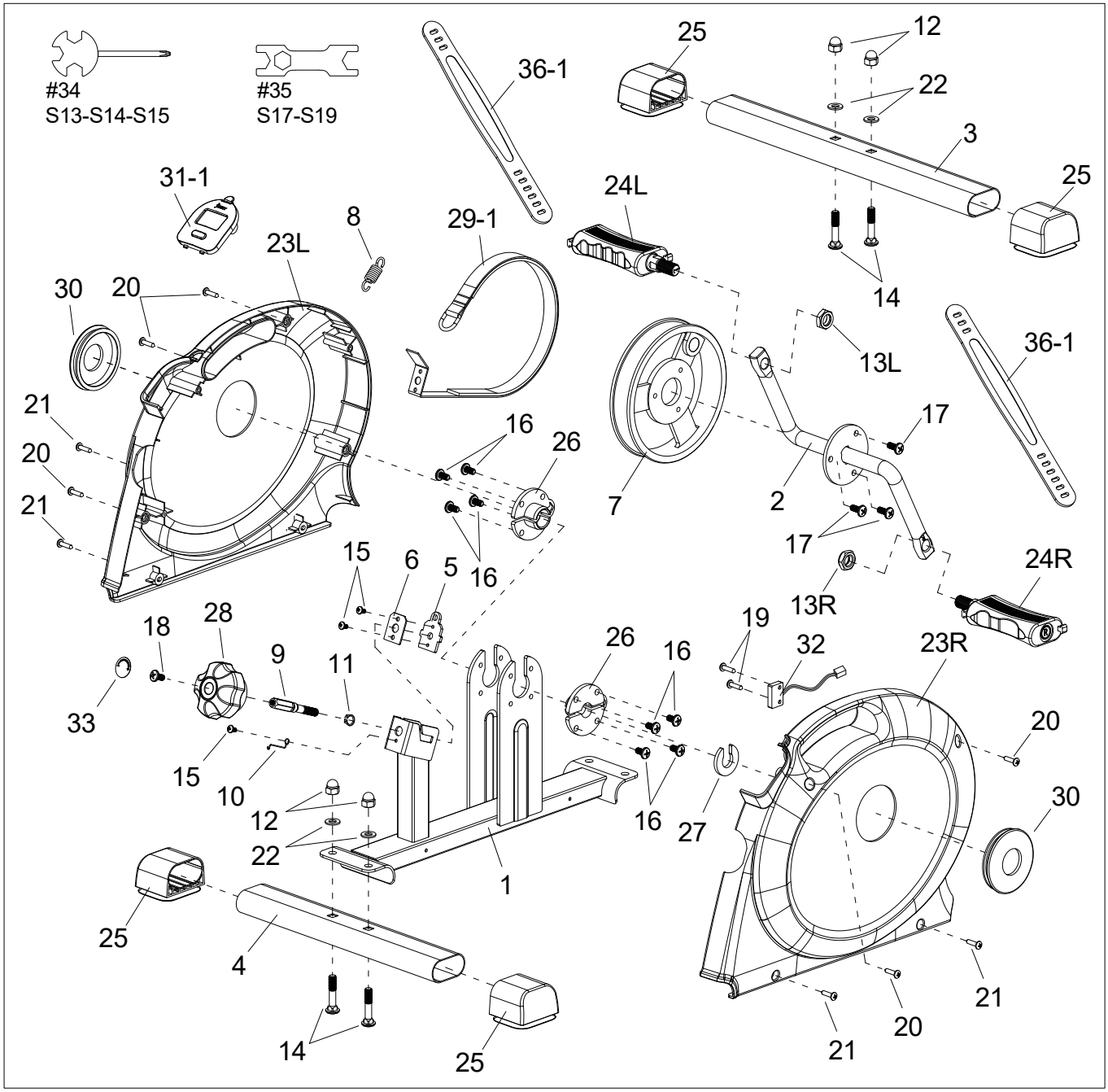
- If you require additional support, please contact support@sunnyfit.com.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Crank Arm		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
5	Adjusting Plate		1
6	Fixing Plate		1
7	Belt Wheel		1
8	Spring		1
9	Adjusting Bolt		1
10	Spring Clip		1
11	R Shape Latch		1
12	High Cap Nut	M8	4
13L	Left Nylon Nut	1/2"-20	1
13R	Right Nylon Nut	1/2"-20	1
14	Carriage Bolt	M8*38	4
15	Screw	M4*8	3
16	Screw	M6*12	8
17	Screw	M6*15	3
18	Screw	M6*15	1
19	Screw	ST2.9*10	2

No.	Description	Spec.	Qty.
20	Screw	ST4.2*15	5
21	Screw	ST4.2*13	4
22	Flat Washer	ID8.2*OD16*1.5	4
23L	Left Belt Cover		1
23R	Right Belt Cover		1
24L	Left Pedal		1
24R	Right Pedal		1
25	End Cap	25*50	4
26	Bearing Clamp	φ55*5	2
27	Flywheel Clamp	φ33.5*φ16*4	1
28	Tension Control Knob	φ60*φ8*41	1
29-1	Belt	L520*W18	1
30	End Cap	φ70*φ29*12	2
31-1	Meter	XT-2366	1
32	Sensor Wire	Line: 200mm	1
33	Knob Sticker	φ21.5	1
34	Spanner	S13-S14-S15	1
35	Spanner	S17-S19	1
36-1	Pedal Strap	277mm	2

Exploded Diagram



Version 2.0

Register

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

Download

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Download SunnyFit App today!

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Get in touch with us for any questions

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support@sunnyhealthfitness.com