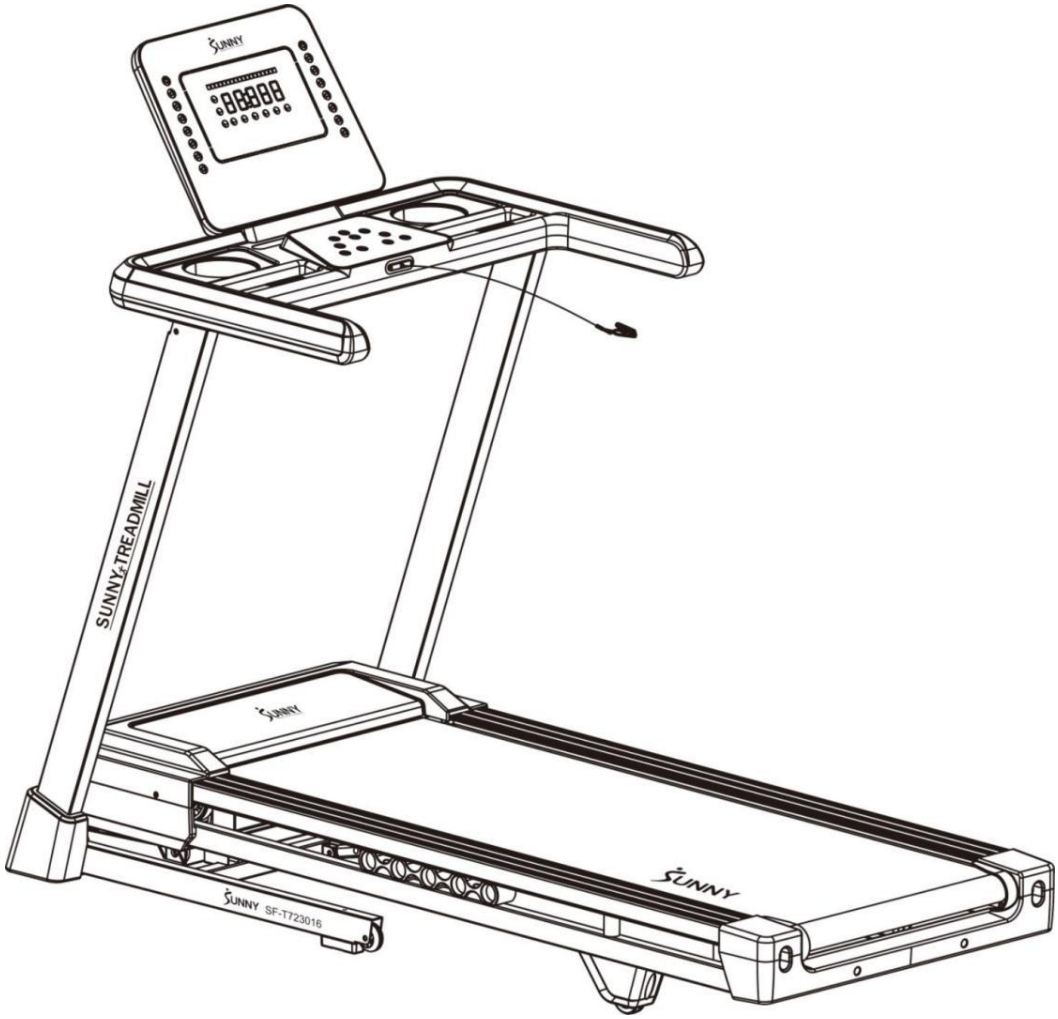
SUNNY HEALTH & FITNESS

User Manual



Elite Smart Auto Incline 20" Deck Treadmill With 300LB Weight Capacity

SF-T723016

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

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

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 persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Please contact Customer Service at support@sunnyhealthfitness.com.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors. Household use only.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. CAUTION: Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
14. REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN, AS APPLICABLE) WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.
15. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

SAVE THESE INSTRUCTIONS

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s) and Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1) This device may not cause interference.
2) This device must accept any interference, including interference that may cause undesired operation of the device.

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.

Important Safety Information

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical condition that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment.
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 8 feet (240cm) of free space behind it and 2 feet (60cm) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 lbs (135 kg).
10. 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!

Important Operating Information

1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt. This may result in serious injury.
5. This unit starts at a very low speed. To begin use, hold onto the handrails, and stand on the side rails while it starts up, then step onto the belt once it is in motion.
6. Always hold the handrail when making changes in the settings.
7. A safety key is provided for emergency use. The machine will function only if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should always be supervised by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after exercise.

IMPORTANT NOTE:
The running belt must be lubricated before the first use! Please see *Page 13* for instructions on how to properly apply lubricant.

Statement of Purpose

The treadmill is a cardio workout machine that provides indoor running at various speeds.

Waste Disposal



Sunny Health & Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

EU Declaration of Conformity

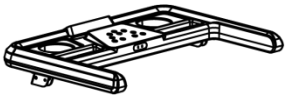
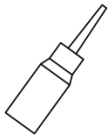
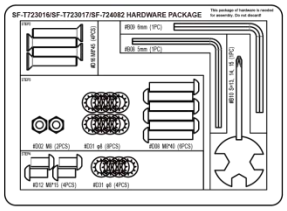
You can find the declaration of conformity at the following link:
https://sunnyhealthfitness.com/pages/declaration-of-conformity

Technical Data

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

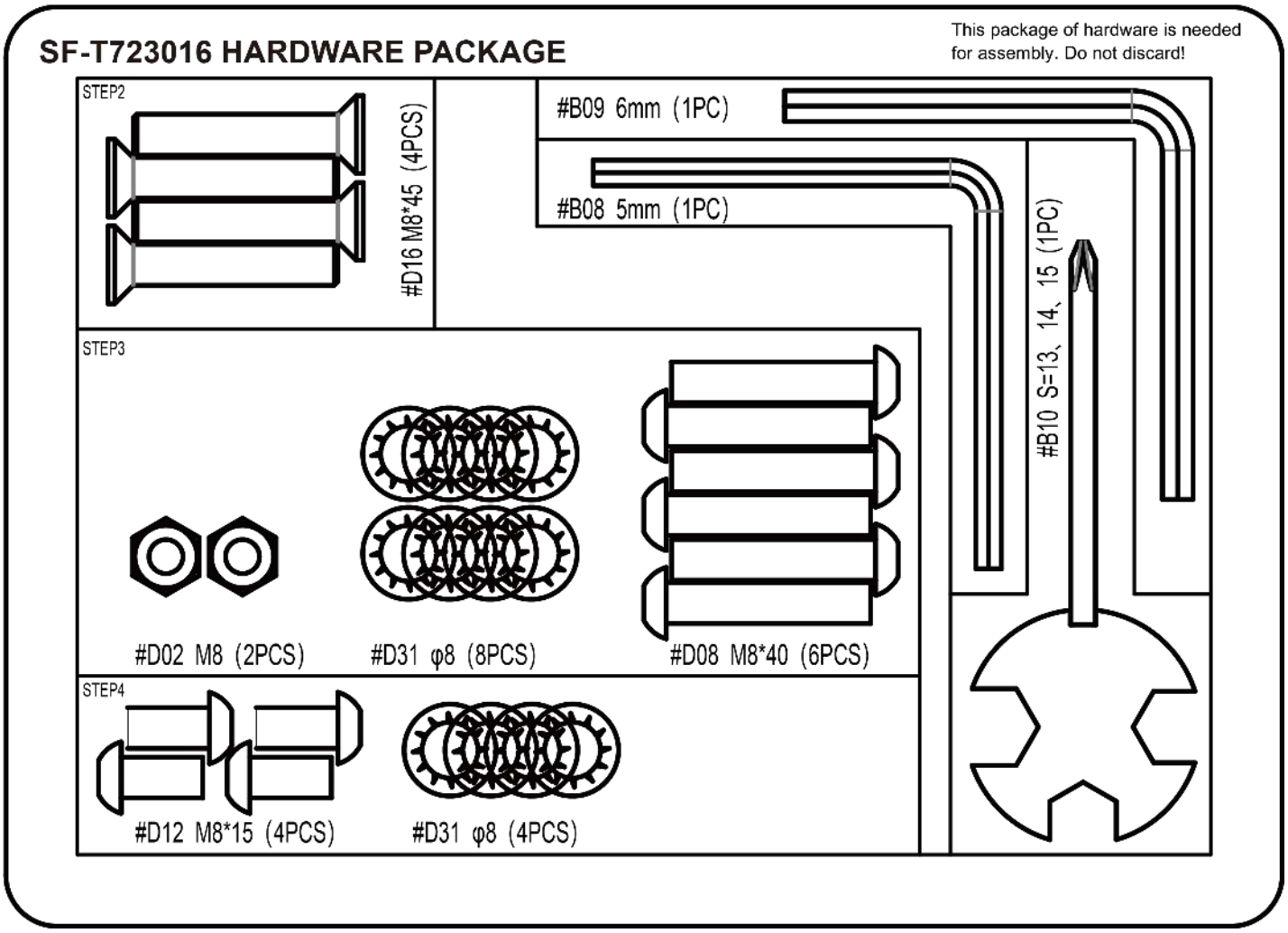
Pre-Assembly Check List

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

 A	 B	 C	 C04
 C05	 C17	 E19	 T01
 D	 E		

No.	Description	Spec.	Qty.
A	Main Frame		1
B	Panel Connecting Bracket		1
C	Console Assembly		1
C04	Left Upright Tube Cover		1
C05	Right Upright Tube Cover		1
C17	Safety Key		1
E19	Power Wire		1
T01	Lubricant Oil		1
D	Hardware Package		1
E	Manual		1

Hardware Package



Ordering Replacement Parts

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

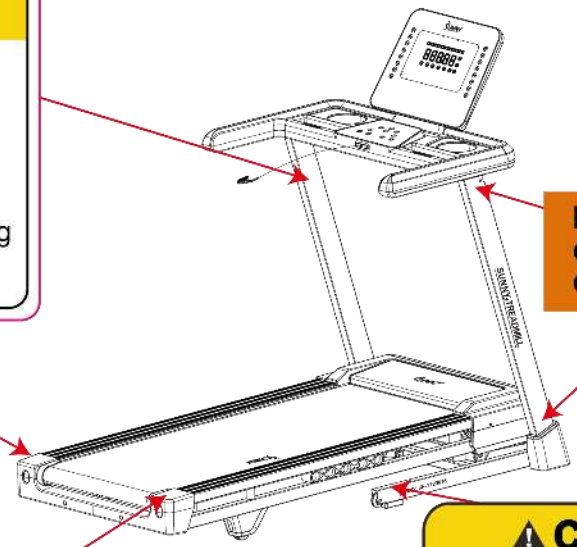
- ✓ The model number
- ✓ The product name
- ✓ The part number

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

Warning Labels

⚠ CAUTION

Risk of injury to persons: To avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.
To reduce risk of injury from moving parts-unplug before servicing.



Do not pinch the console cable during assembly!

DO NOT PLACE YOUR HAND NEAR OR BETWEEN THE REAR END CAPS & REAR ROLLER!

DO NOT STAND ON THE REAR END CAPS!
ALWAYS WEAR SHOES WHEN USING THE EQUIPMENT.

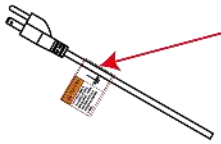
RUNNING BELT ADJUSTMENT

LOOSEN ⟷ TIGHTEN

TO ADJUST RUNNING BELT USE ALLEN WRENCH

⚠ CAUTION

Keep hands and feet away from this area while treadmill is running.



⚠ WARNING

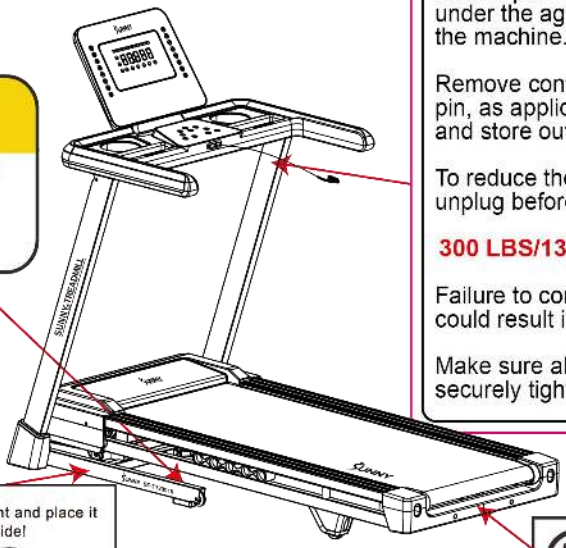
In order to ensure the safety of using the treadmill, please use the power cord with the appropriate socket.

⚠ WARNING

In order to ensure the safety of using the treadmill, please use the power cord with the appropriate socket.

⚠ CAUTION

Keep hands and feet away from this area while treadmill is running.



⚠ WARNING

Please read all warnings and instructions before using the machine.

Risk of personal injury-Keep children under the age 13 and pets away from the machine.

Remove control box (or key, or safety pin, as applicable) when not in use, and store out of reach of children.

To reduce the risk of electric shock-unplug before cleaning or servicing.

300 LBS/135 KG Weight Capacity

Failure to comply with these warnings could result in serious injury or death.

Make sure all nuts and bolts are securely tightened before each use.



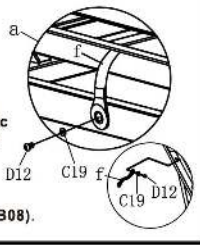
Remove the safety wirerope before use

CAUTION

1. Open the carton to remove the equipment and place it on the ground. Do NOT lay the unit on its side!

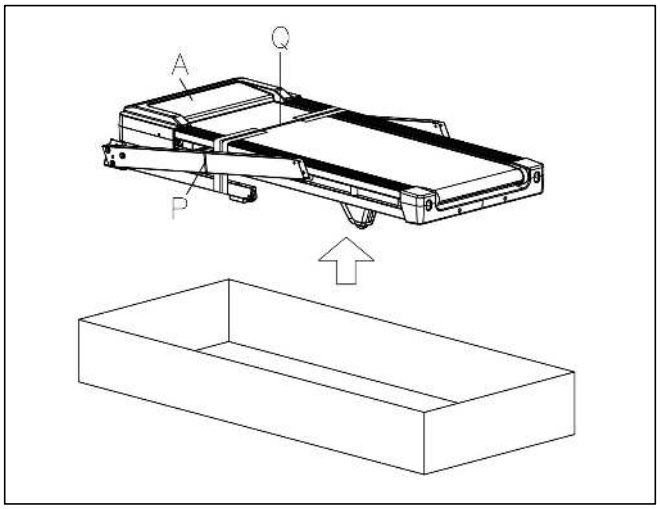
2. Assemble the treadmill by following the manual instructions.

3. Remove the 2 **Flat Round Head Bolt (No. D12)**, 2 **Plastic Gasket (No. C19)**, and **Safety Wirerope (No. f)** from the **Base Assembly (No. A02)** & the **Main Frame (No. A01)** using the **Allen Wrench (No. B08)**.



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).

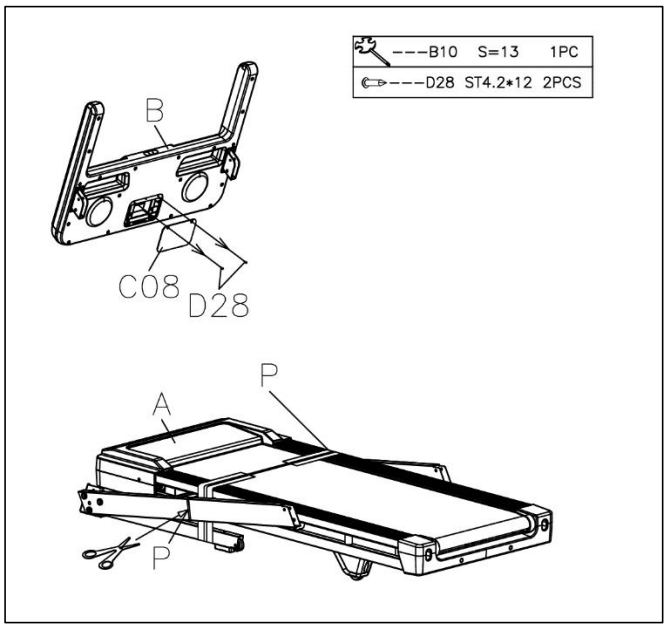


STEP 1:

Note: We recommend having two people to do the assembly.

Open the carton, take out the contents, and place the **Treadmill (No. A)** on leveled ground.

Do not cut the **Packing Belt (No. Q)** until the assembly is complete!

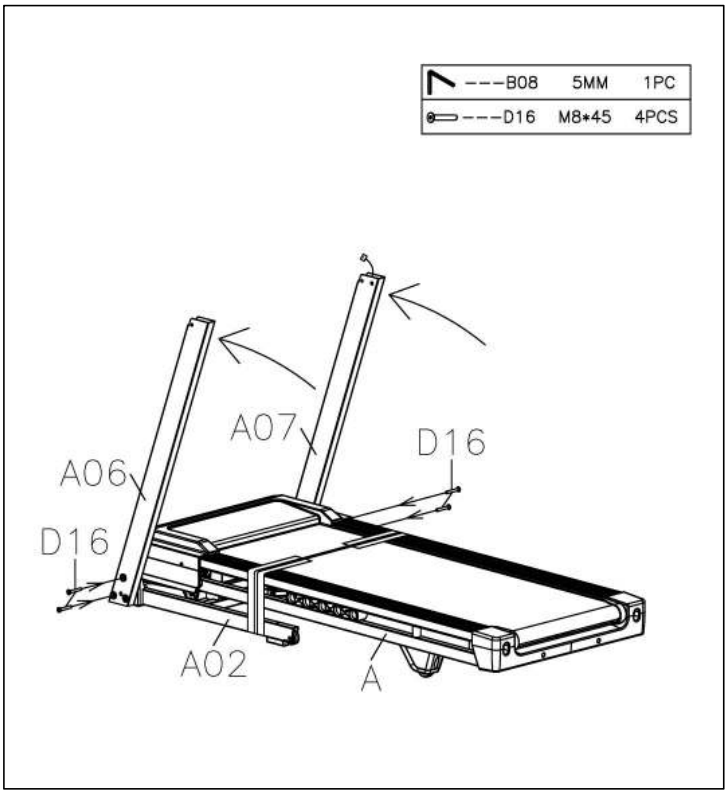


STEP 2:

Cut the **Packing Belt (No. P)** on each side.

Loosen the 2 **Countersunk Head Screws (No. D28)** on the **Console Small Cover (No. C08)** by using **Cross Wrench (No. B10)** and remove the **Console Small Cover (No. C08)**.

Place the **Console Small Cover (No. C08)** and **Countersunk Head Screws (No. D28)** to the side, it will be used during STEP 7.



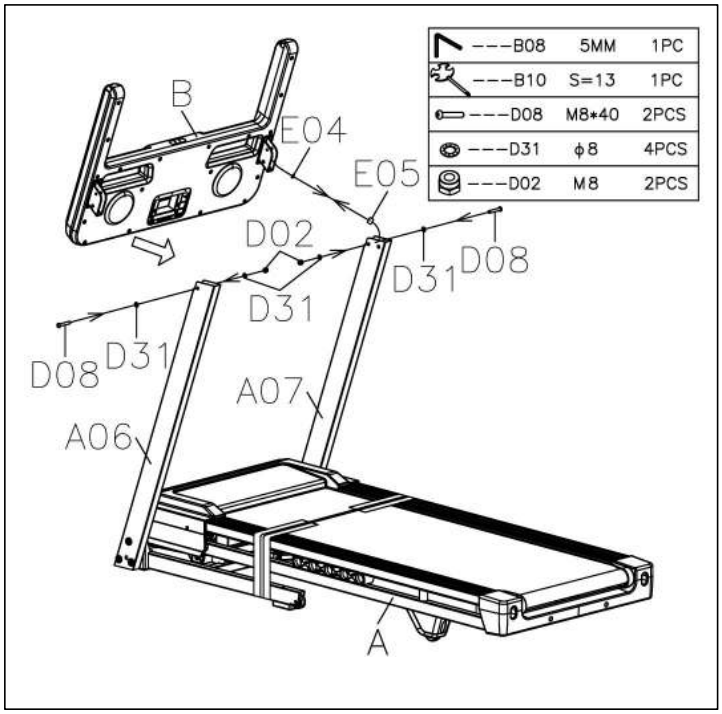
STEP 3:

Lift the **Left & Right Upright Tubes (No. A06 & No. A07)** (in the direction shown on the diagram) to the left.

Support the **Left & Right Upright Tubes (No. A06 & No. A07)** with your hands to prevent them from falling.

Tighten the **Left & Right Upright Tubes (No. A06 & No. A07)** to the **Base Assembly (No. A02)** by using 4 **Bolts (No. D16)**. Secure by using **Allen Wrench (No. B08)**.

Note: Do not tighten the 4 **Bolts (No. D16)** here, wait until the assembly is complete in STEP 5.



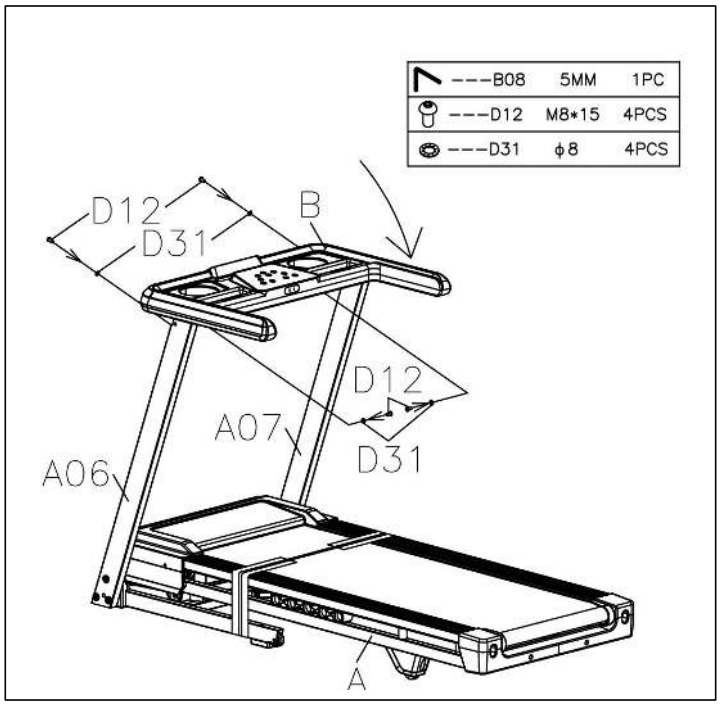
STEP 4:

Connect the **Bottom Signal Wire 1 (No. E04)** to the **Bottom Signal Wire2 (No. E05)**.

Attach the **Panel Connecting Bracket (No. B)** to the **Left & Right Upright Tubes (No. A06 & No. A07)** with 2 **Bolts (No. D08)**, 2 **Nuts (No. D02)** and 4 **Locking Washers (No. D31)**. Tighten by using **Allen Wrench (No. B08)** and **Cross Wrench (No. B10)**.

NOTE: When lifting, avoid puncturing the wires inside the **Right Upright Tubes (No. A07)** as this will cause damage.

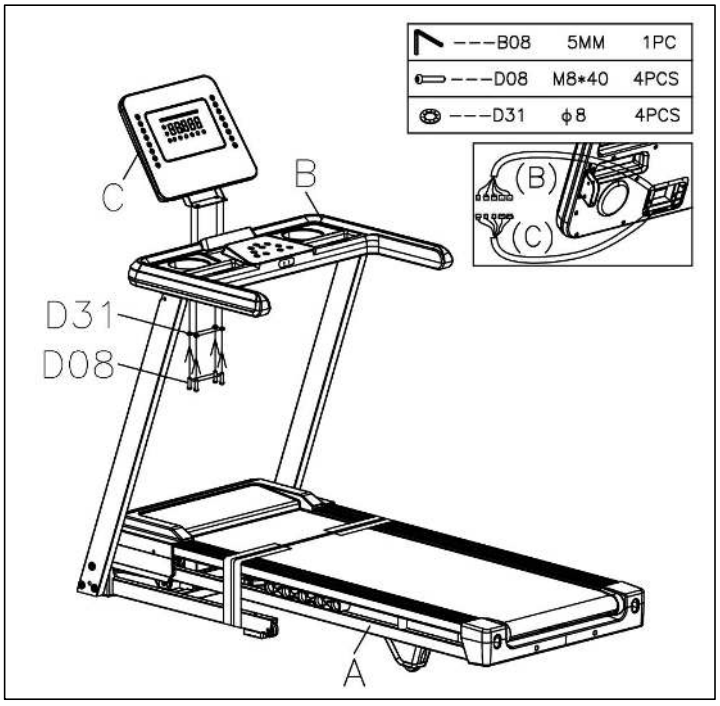
Note: Do not tighten the 2 **Bolts (No. D08)** here, wait until the assembly is complete in STEP 5.



STEP 5:

Tighten the **Panel Connecting Bracket (No. B)** to the **Left & Right Upright Tubes (No. A06 & No. A07)** with 4 **Flat Round Head Bolts (No. D12)** and 4 **Locking Washers (No. D31)** by using **Allen Wrench (No. B08)**.

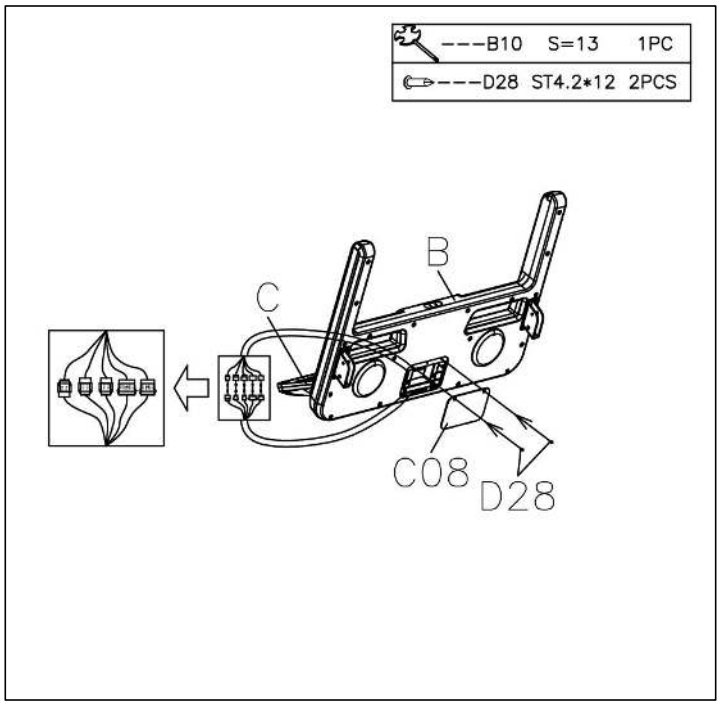
Note: Recheck all the bolts in the **Left & Right Upright Tubes (No. A06 & No. A07)**, then tighten them.



STEP 6:

Note: The wire should be guarded when passing through the **Panel Connecting Bracket (No. B)**.

Insert the **Console Assembly (No. C)** into the holes on the **Panel Connecting Bracket (No. B)**. Attach with 4 **Bolts (No. D08)** and 4 **Locking Washers (No. D31)**. Tighten by using **Allen Wrench (No. B08)**.

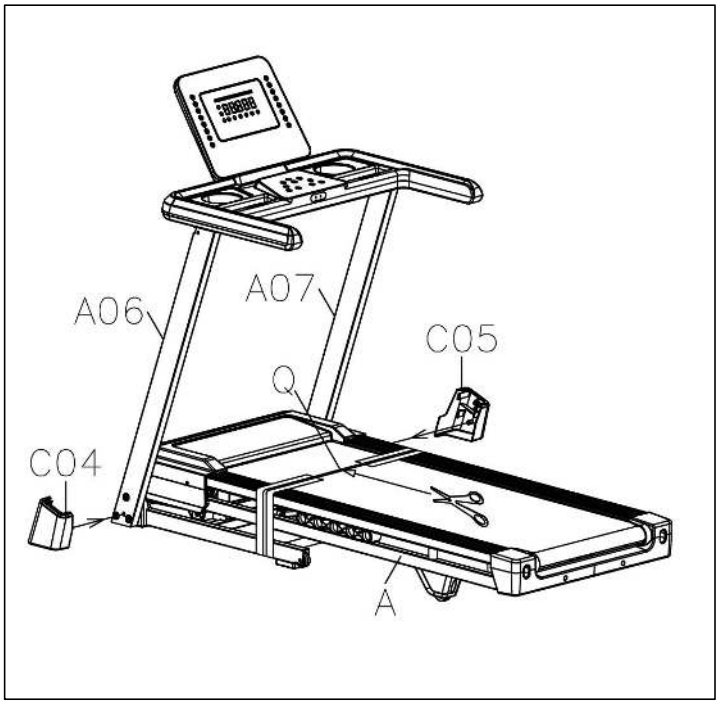


STEP 7:

Connect the wire ports of **Console Assembly (No. C)** to the wire ports of **Panel Connecting Bracket (No. B)** first.

Note: Connect the same-colored wires.

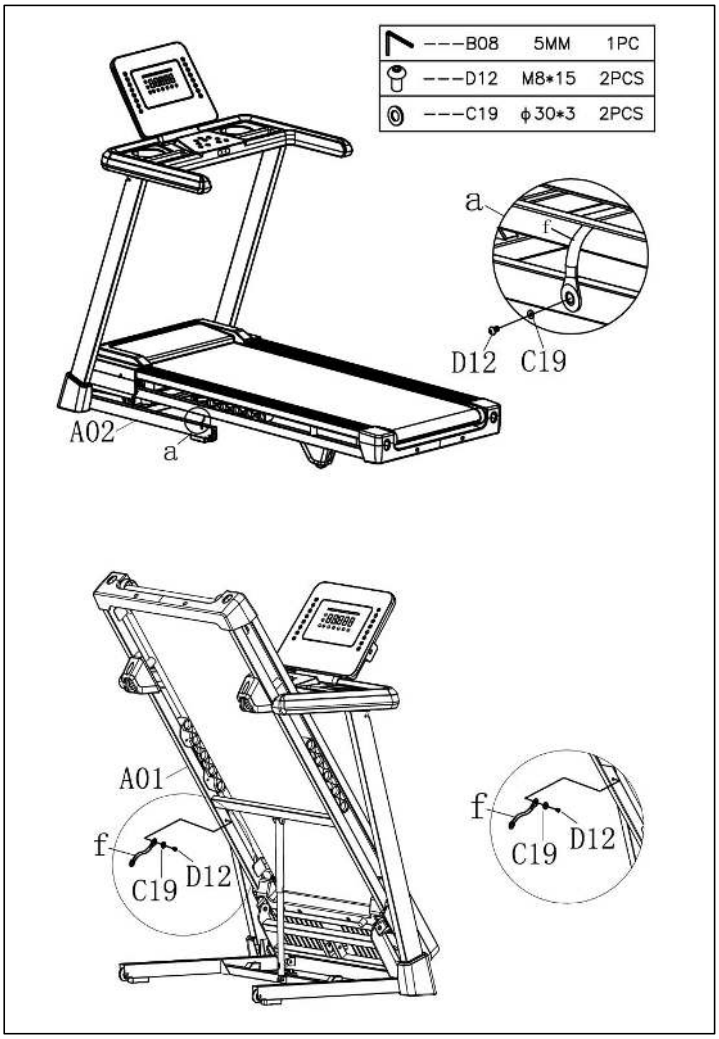
Attach the **Console Small Cover (No. C08)** to the **Panel Connecting Bracket (No. B)** with 2 **Countersunk Head Screws (No. D28)**. Tighten by using **Cross Wrench (No. B10)**.



STEP 8:

Attach the **Left & Right Upright Tube Covers (No. C04 & No. C05)** to the **Left & Right Upright Tubes (No. A06 & No. A07)**.

You may now cut the **Packing Belt (No. Q)**.

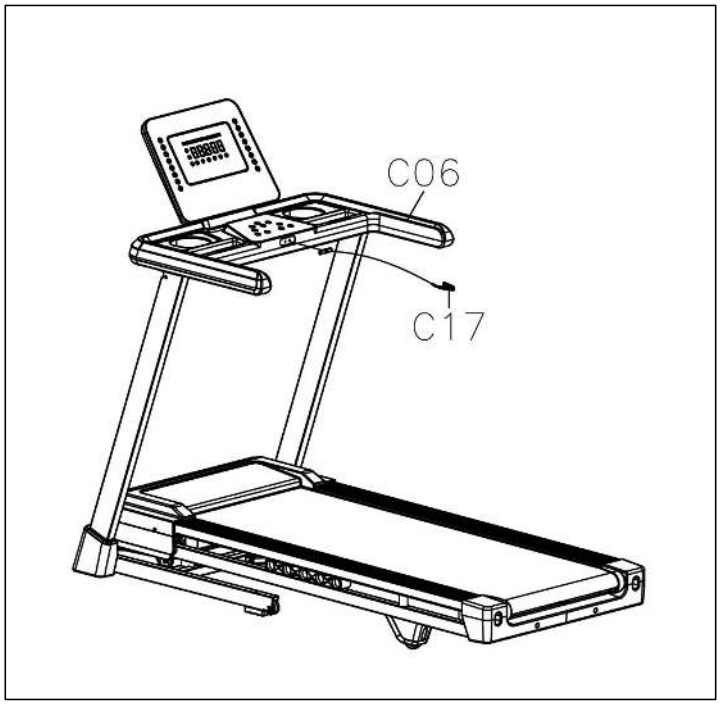


STEP 9:

Remove the **Flat Round Head Bolt (No. D12)** and **Plastic Gasket (No. C19)** from the **Base Assembly (No. A02)** using the **Allen Wrench (No. B08)**.

Fold the treadmill, remove the **Flat Round Head Bolt (No. D12)** and **Plastic Gasket (No. C19)** from the **Main Frame (No. A01)** using the **Allen Wrench (No. B08)**. Then remove the **Safety Wirerope (No. f)**.

Please keep the 2 **Flat Round Head Bolts (No. D12)**, 2 **Plastic Gaskets (No. C19)** and **Safety Wirerope (No. f)** as spare parts after it is removed.



STEP 10:

Insert the pin end of **Safety Key (No. C17)** into the **Console Top Cover (No. C06).**

NOTE: Attach the clip end of the **Safety Key (No. C17)** to your clothes before you start your workout.

The assembly is complete!

IMPORTANT NOTE!
You will need to lubricate your treadmill before the first use. *See Page 13.*

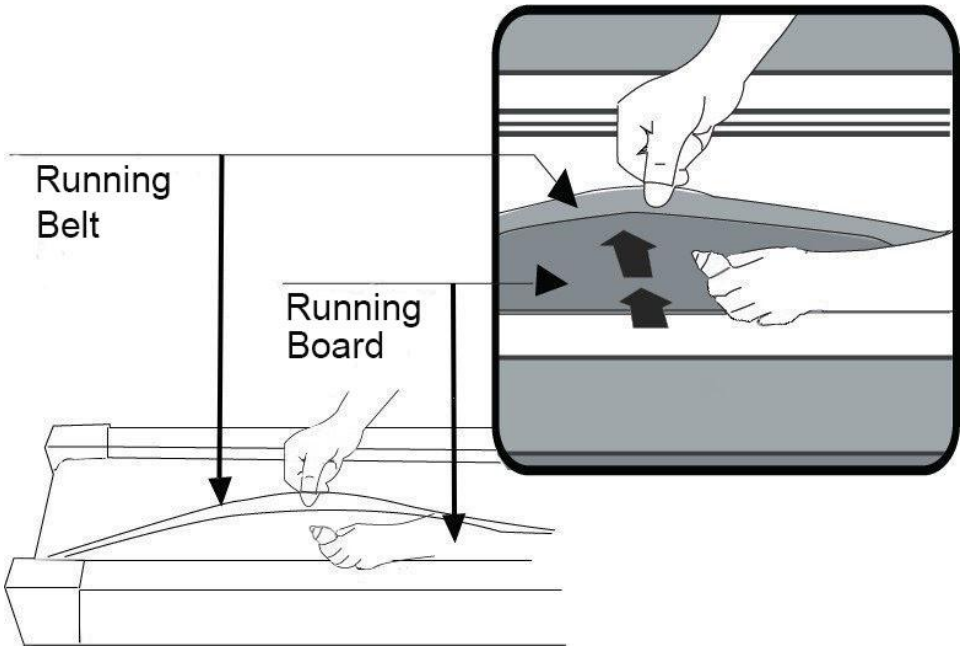
Lubricating the Treadmill

IMPORTANT NOTE:
You will need to lubricate your treadmill before the first use.
RUNNING BELTS & TREADMILL LUBRICANT:
Lubricating the **Running Board (No. E31)** and **Running Belt (No. C26)** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Belt (No. C26)** and **Running Board (No. E31)** regularly. If you find any wear on the **Running Board (No. E31)**, please contact us at: support@sunnyhealthfitness.com.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

HOW TO LUBRICATE:

1.To apply lubricant, lift one side of the **Running Belt (No. C26)** and apply oil to the middle of the **Running Board (No. E31)**. Next, start the treadmill and place it at the lowest speed setting and allow the oil to spread over the **Running Board (No. E31)**. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. A loose **Running Belt (No. C26)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C26)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. C26)**. The most suitable tightness for the **Running Belt (No. C26)** is when it is pulled out **50-75mm** from the **Running Board (No. E31)**.

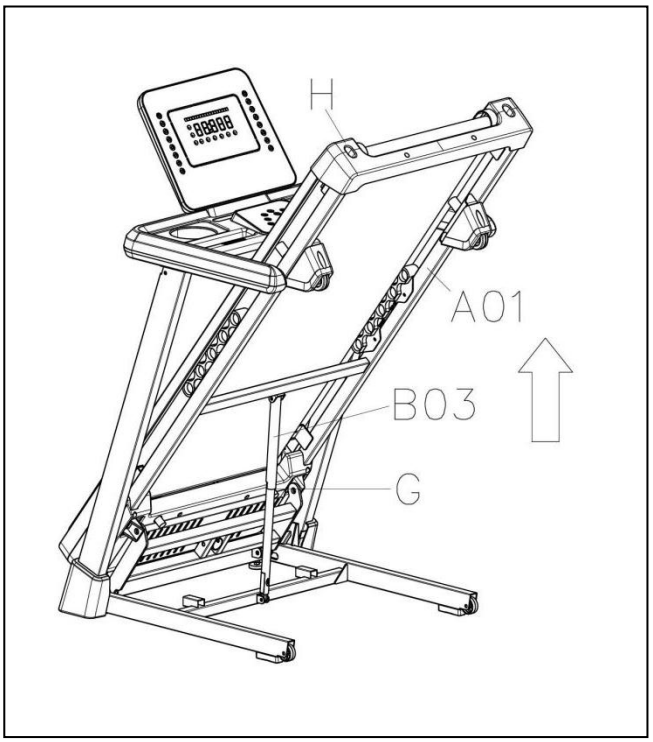


The following timetable is recommended:

Light user (less than 3 hours/ week)	*every six months*
Medium user (3-5 hours/ week)	*every three months*
Heavy user (more than 5 hours/ week)	*every two months*

How to Fold/Unfold the Machine

FOLDING:

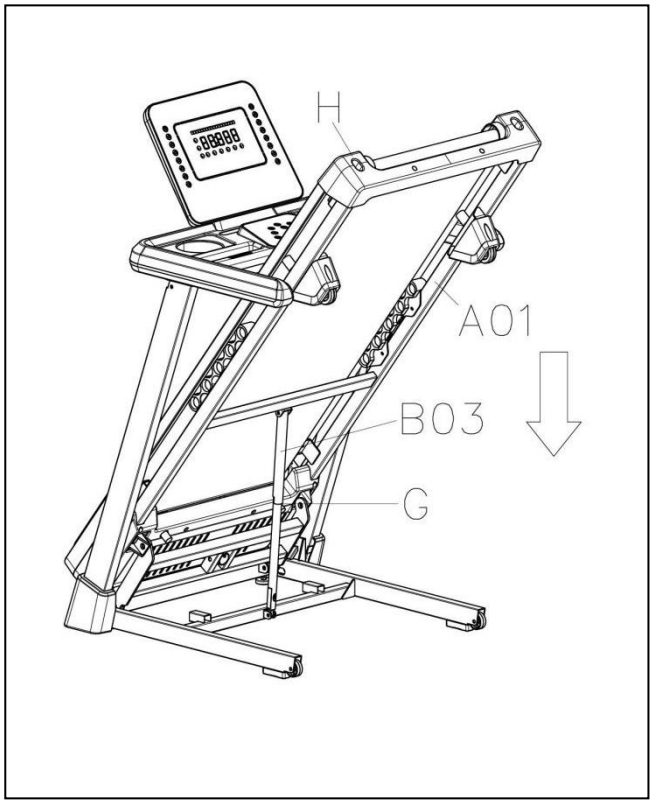


NOTE: Please make sure the incline is at ZERO when folding and unfolding.

Place your hand at **position "H"** and lift the **Main Frame (No. A01)** until the **Air Cylinder (No. B03) "G"** locks into the tube.

When the **Air Cylinder (No. B03)** successfully locks into the tube, you will hear a clicking sound.

UNFOLDING:

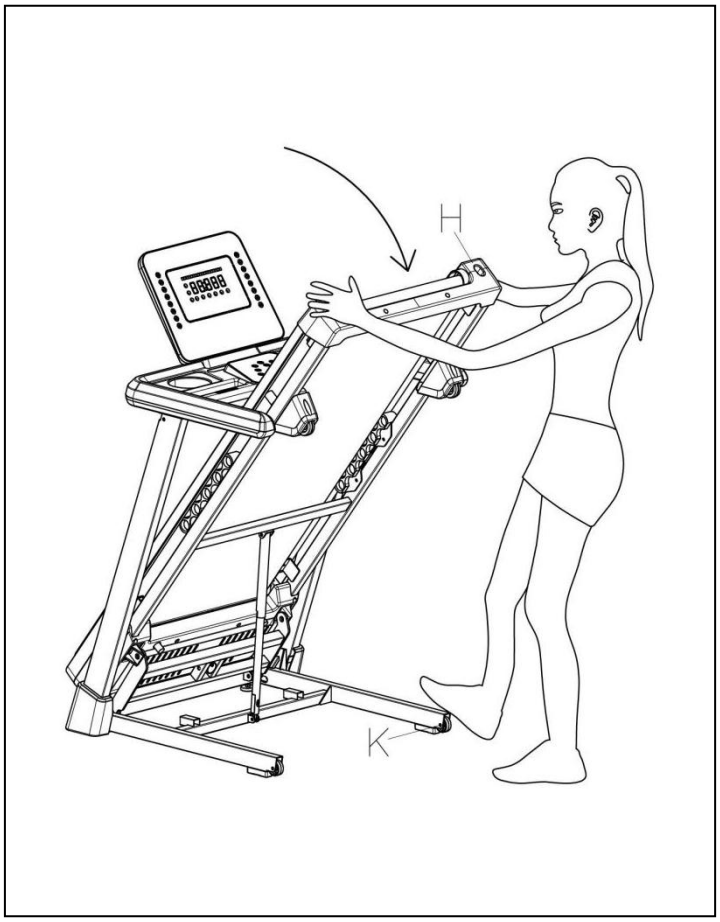


Before lowering the **Main Frame (No. A01)**, ensure that the space directly underneath it is clear of any objects.

Hold the **Main Frame (No. A01)** at **position "H"** with one hand. Next, using your foot, firmly push against the **Air Cylinder (No. B03) "G"** and press down on the **Main Frame (No. A01)**. Once the **Main Frame (No. A01)** has been pushed down, it will automatically continue to steadily lower itself until it reaches level ground.

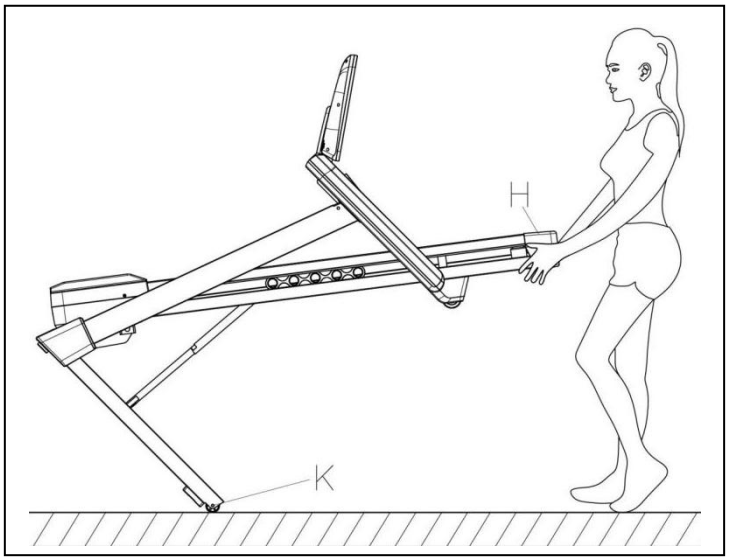
(Please keep people and pets away from the treadmill when unfolding.)

How to Move the Machine



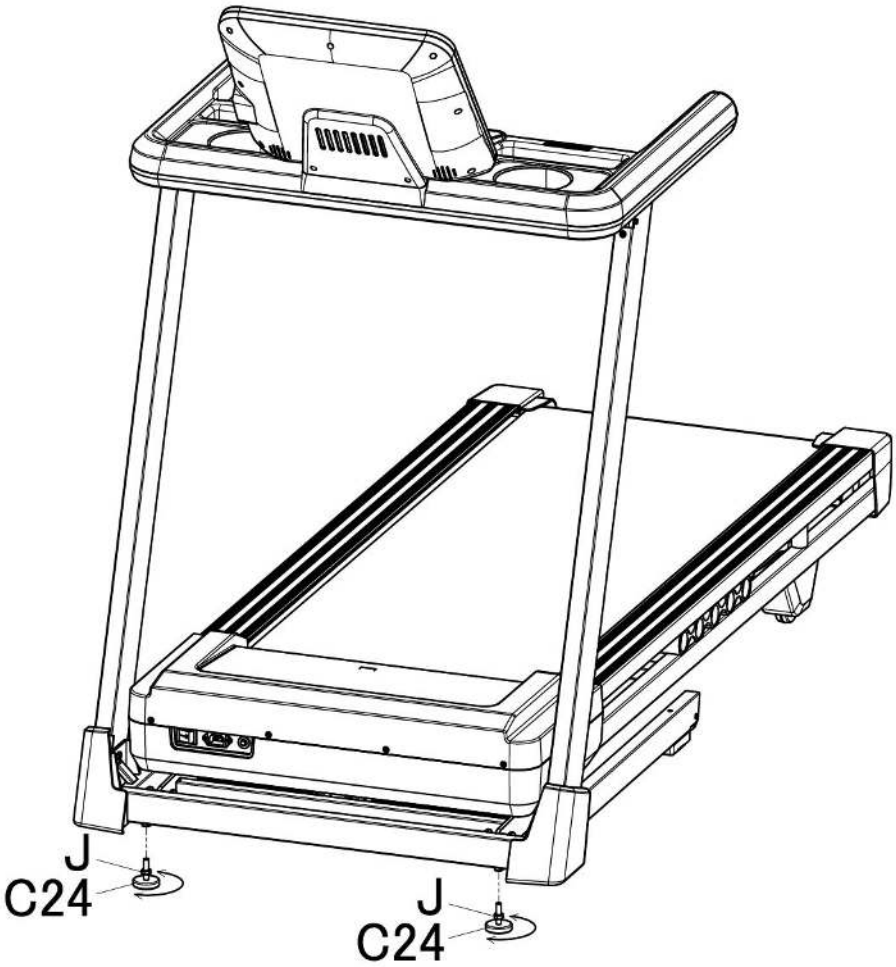
Before attempting to move the treadmill, make sure that it has been properly folded. Unplug the power cord.

To tilt, start by placing one hand at position “H” to support the top end of the treadmill. Next, place one foot at position “K” to hold the bottom end of the treadmill steady. With your foot at “K,” slowly tilt the top of the treadmill downward towards the ground. Once the treadmill reaches a low enough point, the transportation wheels will touch the ground.



To transport, hold the treadmill at position “H” and tilt until the transportation wheels “K” can move on the ground.

How to Adjust the Balance



Adjustment method: Place the machine on the ground, rotate **Adjustable Foot Pad (No. C24)** to raise or lower the footpad until the machine is level.

Maintenance & Care

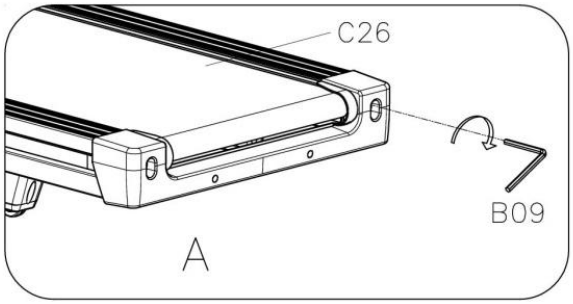
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. C26)** to prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear the **Running Board (No. E31)** and **Running Belt (No. C26)**. Clean the surface of the **Running Belt (No. C26)** with a clean, damp cloth.

To better maintain the treadmill and prolong its life, it is suggested that the treadmill be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

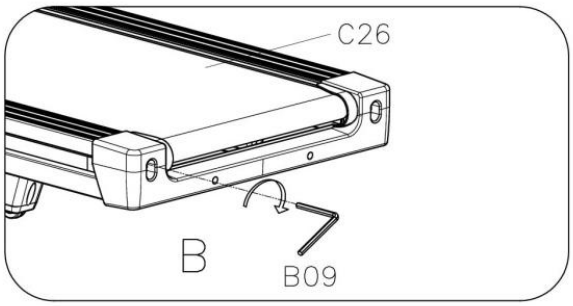
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 6-8KM/H(3-5MPH) to check if the **Running Belt (No. C26)** drifts from the center.

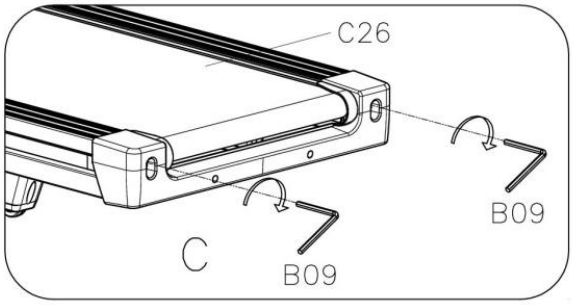
If the **Running Belt (No. C26)** moves to the right, turn the right adjusting bolt ¼ turn clockwise, then turn the left adjusting bolt ¼ turn *counter-clockwise*. If the **Running Belt (No. C26)** does not move, repeat this step until it centers. Refer to Figure A.



If the **Running Belt (No. C26)** moves to the left, turn the left adjusting bolt ¼ turn clockwise, then turn the right adjusting bolt ¼ turn *counter-clockwise*. If the **Running Belt (No. C26)** does not move, repeat this step until it centers. Refer to Figure B.



Over time, the **Running Belt (No. C26)** will loosen. To tighten the **Running Belt (No. C26)**, turn the left & right adjusting bolts one full turn *clockwise*, check the tension of the **Running Belt (No. C26)**. Continue this process until **Running Belt (No. C26)** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to Figure C.



Important Electrical Information

WARNING: This treadmill requires a power source of **12 amps (100-120V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides a path of the least resistance for electrical current to reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adapter for this product.

This product is for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated in sketch A.

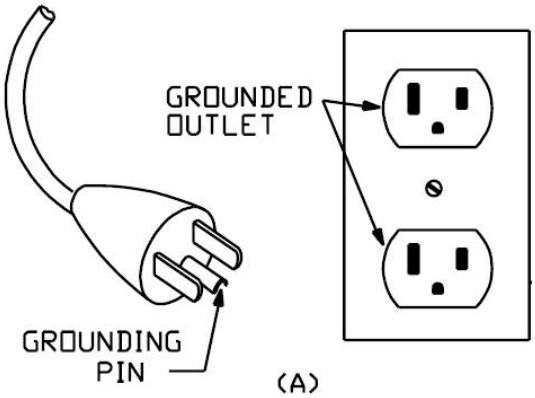
DANGER:

Improper connection of the equipment can result in a 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 this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

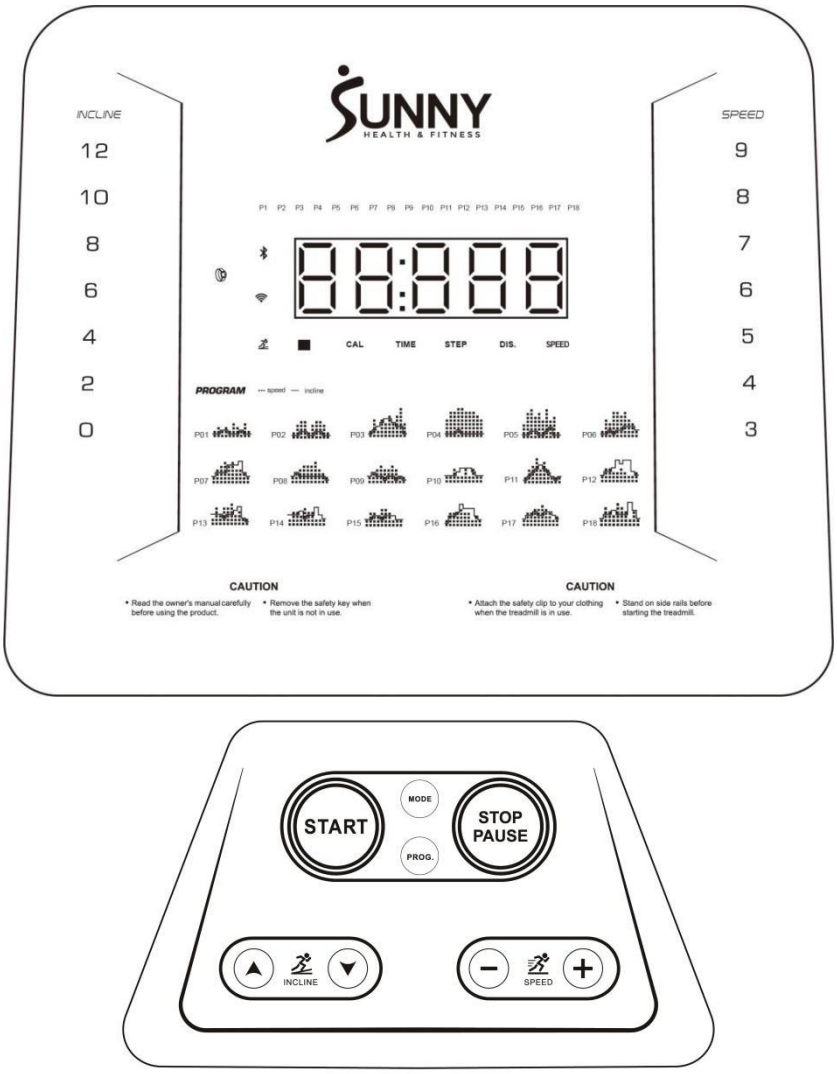
WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from all moving parts of the treadmill, including the elevation mechanism and transportation wheels.
2. **NEVER** operate the treadmill using a generator or UPS power supply.
3. **NEVER** remove any cover on the treadmill without first disconnecting power cord.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD



The Display Console



Bluetooth :

1. The Bluetooth icon will flash when the console is on or wakes from power saving 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 stay on when the heart rate monitor is connected.
2.The console can be connected to the heart rate monitor at any time except in power saving mode.
3.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.

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

Wifi :

1. If access point is not configured or fails to be configured, the WIFI indicator light will turn off.
2. After configuring access point, the WIFI indicator light will flash during the connection to the server.
3. The WIFI indicator light will stay on when the server is successfully connected.

NOTE:

1. WIFI function only supports 2.4G frequency, not 5G frequency.
2. Please use SunnyFit APP to configure WIFI and configure it according to the wizard on SunnyFit APP.

Quick Start:

1. Insert the pin end of the **Safety Key (No. C17)** into the holes on the **Console Top Cover (No. C06)**.
2. Press the START button and the system will automatically display a 3-second countdown. Once the countdown reaches zero, the **Running Belt (No. C26)** will start at the initial default speed of 0.6 MPH or 1.0 KM/H.
3. To adjust the speed, you can use the SPEED +/- buttons on the **Console Top Cover (No. C06)** or the QUICK SPEED buttons 3, 4, 5, 6, 7, 8, 9 MPH(KM/H), on **Panel Top Cover (No. C09)**.
4. To adjust the incline, you can use the INCLINE ∧/∨ buttons on the **Console Top Cover (No. C06)** or the QUICK INCLINE buttons 0, 2, 4, 6, 8, 10, 12 on **Panel Top Cover (No. C09)**.

NOTE: The maximum speed on this treadmill is 12.0MPH or 19KM/H.

WINDOW DISPLAY:

DISTANCE: Displays the distance traveled (0.0-99.99 MILES/KM). When the distance reaches 99.99 MILES/KM, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will count down from the set distance to 0.00. When it reaches 0.00, the treadmill will stop smoothly and display "End" and automatically reset to the initial setting after 5 seconds.
TIME: Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, the treadmill will stop smoothly and display "End" then automatically reset to 0:00 after 5 seconds.
When in Countdown Mode, it will count down from the set time to 0:00. When the clock reaches 0:00, the treadmill will stop smoothly and display "End" then automatically reset itself after 5 seconds. Maximum Countdown time is 99:00 minutes: seconds.
CALORIES: Displays the number of calories burned from 0 to 99999 KCAL. When the count reaches 99999 KCAL, it will reset and start back from 0. When in Countdown Mode, it will count down from the desired setting to 0. Once it reaches 0, the treadmill will stop smoothly and display "End", then automatically reset to the initial setting after 5 seconds.
INCLINE: Displays the incline from 0-15 level.
SPEED: The speed range is 0.6-12 MPH or 1.0-19KM/H. 0.6MPH or 1.0KM/H is the default running speed.
PULSE: When the runner holds both hands on the pulse sensors (located on the handles), the system will calculate the runner's heart rate and display it in this window. The pulse range is 50-200 beats/min.
STEP: Display the step from 0 to 99999.

NOTE:
1. This data is just for reference only and should not be used for medical purposes.
2. Distance and calories will not count when no one is running on the treadmill.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME (MIN: SECOND)	0:00	15:00	5:00-99:00	0:00—99:59
INCLINE	0	0	0-15	0-15
SPEED (MPH or KM/H)	0.6MPH 1.0KM/H	0.6MPH 1.0KM/H	0.6-12.0MPH 1.0-19.0KM/H	0.6-12.0MPH 1.0-19.0KM/H
DISTANCE (MILE/KM)	0.00	1.00	0.50-99.9	0.00-99.9
PULSE (BPM)	P	N/A	N/A	50-200
STEP	0	-	-	0—99999
CALORIE (KCAL)	0	50	10-999	0—99999

Console Function Keys:

PROGRAM: Press the PROGRAM button to set your desired interval setting. Programs are displayed as P1-P2---P18.
MODE: When stopped, press this button to select a Countdown mode.
15:00 MINS is the default Countdown for TIME.
1.0 Mile/KM is the default Countdown for DISTANCE.
50 KCAL is the default Countdown for CALORIES.
When setting each Countdown Mode, you can press the SPEED +/- buttons or INCLINE ∧/∨ buttons to increase or decrease from the default setting. Press START to start the treadmill.
In the running state, press this button to select the function displayed.
START: To start the treadmill, insert the pin end of the **Safety Key (No. C17)** into the holes on the **Console Top Cover (No. C06)** and then press the START button. This treadmill requires the **Safety Key (No. C17)** to be inserted to start. 0.6 MPH or 1.0KM/H is the default start speed.

STOP/PAUSE: This button has functions to PAUSE and STOP. When in use, press this button once to PAUSE your workout and the current workout data will still be kept. Press this button again to STOP your workout session and all data will be reset to the initial setting.
In the STOP state, press and hold this button for 6 seconds to disconnect the heart rate monitor. To reconnect the heart rate monitor, press and hold this button for 6 seconds again.
SPEED +/-: Press the +/- buttons to increase or decrease the speed in increments of 0.1 MPH(KM/H). Pressing and holding either of these buttons for a duration of over ½ a second will increase or decrease the speed continuously.
3, 4, 5, 6, 7, 8, 9 (QUICK SPEED): These buttons are preset to 3, 4, 5, 6, 7, 8, 9 MPH(KM/H) speeds for convenience.
INCLINE ∧/∨: Press these buttons to adjust incline level. When the treadmill is running, press the ∧/∨ buttons to increase or decrease the incline level. Pressing and holding either of these buttons for duration of over ½ a second will increase or decrease the incline level continuously.
The incline levels range from 0-15.
0, 2, 4, 6, 8, 10, 12 (QUICK INCLINE): These buttons are preset to 0, 2, 4, 6, 8, 10, 12 incline level for convenience.

Lubrication Reminder:

Your treadmill needs lubrication maintenance every 300km (188 Miles). The system will release a beeping sound every 10 seconds and display an "OIL" icon on your display to remind you when it is time. Please read LUBRICATING THE TREADMILL to learn the proper steps to lubricate your treadmill. Apply the lubricant to the middle of the running board on both sides. After application, press and hold the STOP button for 3 seconds to clear the "OIL" reminder.

How To Switch Between Metric and Imperial Mode:

In standby mode, remove the safety key, press SPEED+ and SPEED- buttons at the same time and hold for 5 seconds until you hear a beep. The treadmill should switch between metric and imperial mode. The speed window will show "1.0" in Metric mode and show "0.6" in Imperial mode.

Interval Programs (P1-P18):

Press the PROGRAM button to select an interval setting. Programs are displayed as P1-P18. Select the desired program, and the console will display a countdown starting from 10:00 MINS, press SPEED +/- buttons or INCLINE ∧/∨ buttons if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will change according to the set interval. Press SPEED +/- or QUICK SPEED buttons or INCLINE ∧/∨ or QUICK INCLINE buttons to change the SPEED and INCLINE. After finishing one program, the system will beep and display "End." The machine will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

PROG. \ TIME		TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED(MPH)	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED(MPH)	1.2	3.7	4.3	5	1.8	3.7	5	4.3	3.1	1.2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED(MPH)	1.8	5	1.8	5	3.1	5.6	3.1	5.6	7.5	3.7
	INCLINE	1	3	5	7	9	10	8	6	5	2
P4	SPEED(MPH)	5	6.2	6.8	7.5	7.5	6.8	6.2	6.2	5.6	5
	INCLINE	1	2	2	3	1	2	2	2	2	1
P5	SPEED(MPH)	3.7	6.2	7.5	5.6	6.8	5	7.5	4.3	5.6	1.8
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED(MPH)	1.2	5	3.7	6.2	6.2	5.6	6.8	5	3.1	1.8
	INCLINE	2	2	3	2	3	4	5	6	5	3
P7	SPEED(MPH)	1.2	3.7	4.3	5.6	4.3	5.6	3.7	3.1	2.5	1.2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED(MPH)	1.2	2.5	3.7	5	4.3	5	5.6	3.7	2.5	1.2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED(MPH)	1.2	2.5	3.1	4.3	3.7	3.1	5	3.7	1.8	1.2
	INCLINE	3	5	3	4	2	3	4	2	3	2

P10	SPEED(MPH)	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED(MPH)	1.2	3.1	5	6.2	3.7	5.6	3.1	1.8	1.2	1.2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED(MPH)	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.8	2.5
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED(MPH)	1.2	4.3	2.5	4.3	5	5.6	2.5	3.1	1.8	1.2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED(MPH)	1.2	3.7	3.1	2.5	5	3.7	3.1	1.2	1.8	1.8
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED(MPH)	1.2	3.7	3.1	2.5	5	4.3	3.1	1.8	1.8	1.2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED(MPH)	1.2	3.1	4.3	3.1	5	3.7	3.1	1.2	2.5	1.2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED(MPH)	1.2	3.1	3.7	4.3	5	5.6	5	3.1	1.8	2.5
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED(MPH)	1.2	1.8	3.1	3.7	5	3.7	5.6	3.7	3.1	1.2
	INCLINE	5	7	5	8	6	5	9	10	6	2

TIME / PROG.		TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED(KM/H)	2	4	3	4	3	5	4	2	5	3
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED(KM/H)	2	6	7	8	3	6	8	7	5	2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED(KM/H)	3	8	3	8	5	9	5	9	12	6
	INCLINE	1	3	5	7	9	10	8	6	5	2
P4	SPEED(KM/H)	8	10	11	12	12	11	10	10	9	8
	INCLINE	1	2	2	3	1	2	2	2	2	1
P5	SPEED(KM/H)	6	10	12	9	11	8	12	7	9	3
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED(KM/H)	2	8	6	10	10	9	11	8	5	3
	INCLINE	2	2	3	2	3	4	5	6	5	3
P7	SPEED(KM/H)	2	6	7	9	7	9	6	5	4	2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED(KM/H)	2	4	6	8	7	8	9	6	4	2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED(KM/H)	2	4	5	7	6	5	8	6	3	2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED(KM/H)	2	3	5	3	3	5	3	6	3	3
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED(KM/H)	2	5	8	10	6	9	5	3	2	2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED(KM/H)	2	5	5	4	4	6	4	2	3	4
	INCLINE	3	5	6	7	12	9	11	11	6	3
P13	SPEED(KM/H)	2	7	4	7	8	9	4	5	3	2
	INCLINE	5	6	6	4	6	5	8	9	4	2
P14	SPEED(KM/H)	2	6	5	4	8	6	5	2	3	3
	INCLINE	5	6	5	8	4	5	5	10	6	3
P15	SPEED(KM/H)	2	6	5	4	8	7	5	3	3	2
	INCLINE	3	4	5	6	3	5	5	6	4	3
P16	SPEED(KM/H)	2	5	7	5	8	6	5	2	4	2
	INCLINE	1	5	6	8	12	9	10	9	5	3
P17	SPEED(KM/H)	2	5	6	7	8	9	8	5	3	4
	INCLINE	3	5	6	8	6	5	8	7	5	3
P18	SPEED(KM/H)	2	3	5	6	8	6	9	6	5	2
	INCLINE	5	7	5	8	6	5	9	10	6	2

Treadmill Functions

Safety Lock Function:
Removing the **Safety Key (No. C17)** from the **Console Top Cover (No. C06)** while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the console will show "- - -" and the speaker will beep 3 times. To start the treadmill again, insert the pin end of the **Safety Key (No. C17)** into the **Console Top Cover (No. C06)** and press the START button.

Power Save Function:
When the treadmill has been inactive for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the **Console Top Cover (No. C06)** will be turned off. To turn it back on, press any button.

I POWER ON:
Flick the power switch to this symbol to turn on the treadmill.

O POWER OFF:
Flick the power switch to this symbol to turn the treadmill off at any time. This includes during exercise.

Safety Note:
We recommend that you maintain a slow speed at the beginning of a session and hold the Console Top Cover (No. C06) handrails until you have become familiar with the treadmill.

Insert the pin end of the **Safety Key (No. C17)** into the holes on the **Console Top Cover (No. C06)** and attach the opposite end (with the safety clip on it) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No. C17)** and the treadmill will stop immediately.

Exercise Instructions

Getting Started:
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.
Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.
Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.
1. Once you get on, stand on the **Side Rails (No. C15)** first and stabilize yourself by holding onto the handrails.
2. Next, attach the clip end of the **Safety Key (No. C17)** to your clothes and insert the pin end of the key into the holes on the **Console Top Cover (No. C06)**.
3. Press the START button to start the treadmill.
4. The treadmill will start at the system default setting speed of 0.6MPH/1.0KM/H. When you feel comfortable, you may slowly increase this speed.
5. When you are finished with your exercise, press the STOP button to stop the treadmill or you can remove the pin end of the **Safety Key (No. C17)** to stop the treadmill.

USB CHARGING: You can charge your device by the USB port.

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!

APP Troubleshooting:

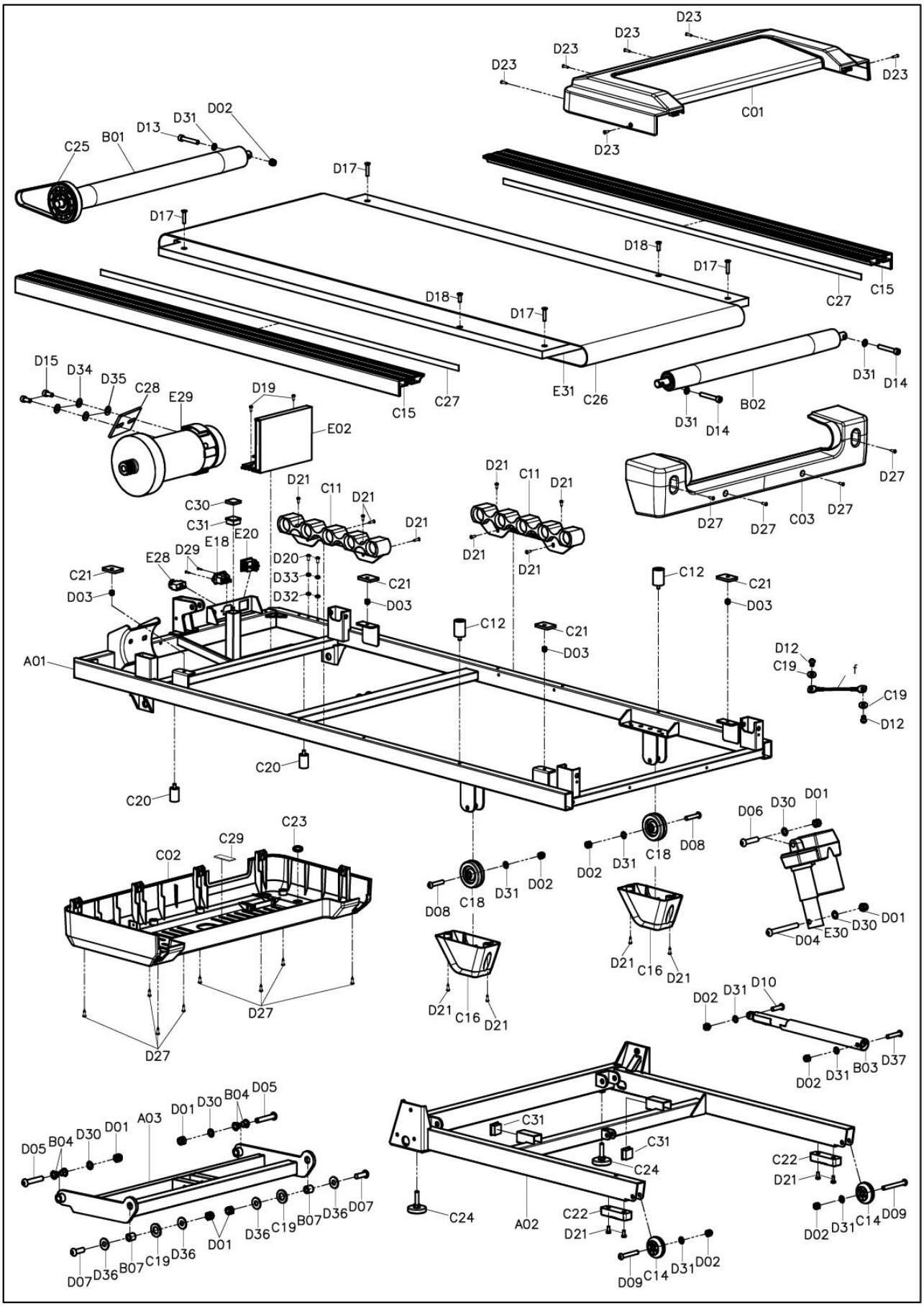
- If you are having trouble connecting your smart equipment, visit www.sunnyfit.com/guide or scan the QR code below:
- If you require additional support, please contact support@sunnyfit.com.

Troubleshooting

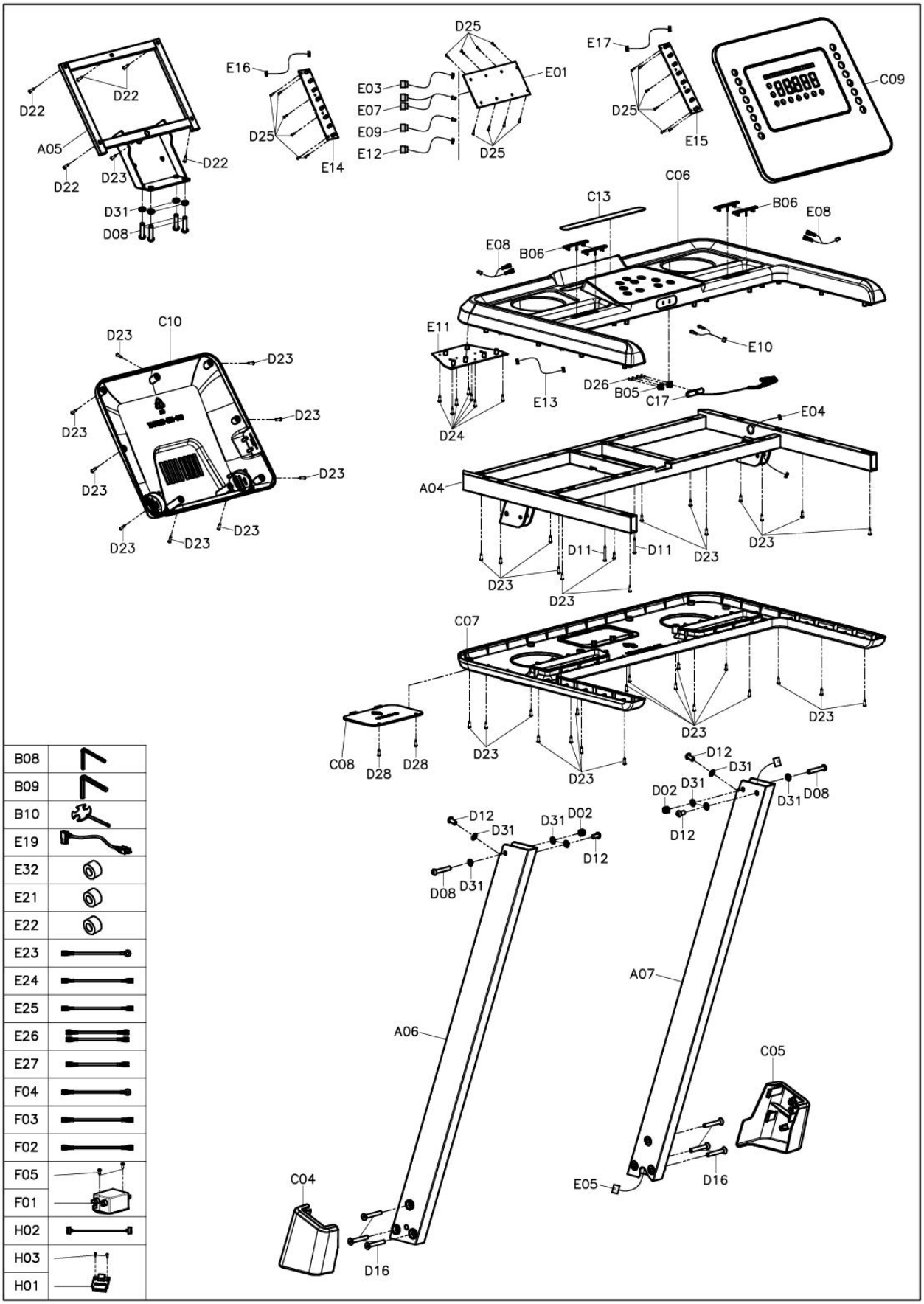
PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in.	Plug cord into outlet.
	Safety Key is not inserted.	Insert Safety Key.
Running belt not centered	Running belt tension is not correct on the left or right sides of the running board.	Tighten the left and right adjusting bolts of the rear roller.
Computer not working	Wires from the console and bottom control board are not properly connected.	Check wire from the console to the control board.
	Transformer is damaged.	If the transformer is damaged, contact customer service.
E01/E13: Message failure	Wires from the console and bottom control board are not properly connected.	Check wire connections from the console to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.
E04: Incline failure	The incline motor is damaged or the wire for the incline motor is not connected properly or has been damaged.	Reconnect or replace the wire for the incline motor. Replace the incline motor with a new one, if damaged. Check the control board, replace if damaged. Press incline self-inspection button of the control board once a new control board or a new motor is replaced.
E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Press the Overload Protector (E28) to restart the treadmill. Check the incoming voltage to ensure it is correct. Check the control board, replace if damaged.

	A moving part of the treadmill is stuck and therefore, the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noises, and check for a burning smell. Replace the motor if necessary.
E06: Motor abnormality	The motor wire is not connected, or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor.
E08: Control board abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor abnormality	The motor is damaged, or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.

Exploded Diagram 1



Exploded Diagram 2



B08	
B09	
B10	
E19	
E32	
E21	
E22	
E23	
E24	
E25	
E26	
E27	
F04	
F03	
F02	
F05	
F01	
H02	
H03	
H01	

Parts List

No.	Description	Specification	Qty.
A01	Main Frame		1
A02	Base Assembly		1
A03	Incline Assembly		1
A04	Console Base Bracket		1
A05	Panel Fixed Bracket		1
A06	Left Upright Tube		1
A07	Right Upright Tube		1
B01	Front Roller		1
B02	Rear Roller		1
B03	Air Cylinder		1
B04	Incline Assembly Bushing		4
B05	Safety Block		2
B06	Hand Pulse Sheet		4
B07	Sleeving		2
B08	Allen Wrench	5mm	1
B09	Allen Wrench	6mm	1
B10	Cross Wrench	S=13	1
C01	Motor Top Cover		1
C02	Motor Bottom Cover		1
C03	Rear Cover		1
C04	Left Upright Tube Cover		1
C05	Right Upright Tube Cover		1
C06	Console Top Cover		1
C07	Console Bottom Cover		1
C08	Console Small Cover		1
C09	Panel Top Cover		1
C10	Panel Bottom Cover		1
C11	Cushion		2
C12	Black Cushion		2
C13	Silicone Pad		1
C14	Transportation Wheel		2
C15	Side Rail		2
C16	Adjustable Wheel Cover		2
C17	Safety Key		1
C18	Adjustable Wheel		2
C19	Plastic Gasket	Φ30*3	4
C20	Cylindrical Cushion		2
C21	Rubber Cushion		4
C22	Foot Pad		2
C23	Ring Protective Plug		1
C24	Adjustable Foot Pad		2
C25	Motor Belt		1
C26	Running Belt		1

No.	Description	Specification	Qty.
C27	EVA Pad	10*1.0*1100	2
C28	EVA Pad	80*64*3.0	1
C29	EVA Pad	50*20*2.0	1
C30	EVA Pad	25*25*5.0	1
C31	Square Plug		3
D01	Nut	M10	6
D02	Nut	M8	9
D03	Nut	M6	4
D04	Bolt	M10*90	1
D05	Bolt	M10*55	2
D06	Bolt	M10*40	1
D07	Bolt	M10*30	2
D08	Bolt	M8*40	8
D09	Bolt	M8*35	2
D10	Bolt	M8*30	1
D11	Screw	ST4.2*40	2
D12	Flat Round Head Bolt	M8*15	6
D13	Bolt	M8*60	1
D14	Bolt	M8*55	2
D15	Cylindrical Head Bolt	M8*12	2
D16	Bolt	M8*45	6
D17	Bolt	M6*32	4
D18	Bolt	M6*25	2
D19	Bolt	M5*15	2
D20	Bolt	M5*12	2
D21	Head with Pad Bolt	M5*12	16
D22	Screw	ST4.2*20	5
D23	Screw	ST4.2*12	48
D24	Screw	ST2.9*8	7
D25	Screw	ST2.9*6	20
D26	Head with Pad Screw	ST2.5*6	4
D27	Pan Head with Pad Tapping Screw	ST4.2*12	12
D28	Countersunk Head Screw	ST4.2*12	2
D29	Countersunk Head Screw	ST2.9*8	2
D30	Locking Washer	Φ10	4
D31	Locking Washer	Φ8	21
D32	Locking Washer	Φ5	2
D33	Spring Washer	Φ5	2
D34	Spring Washer	Φ8	2
D35	Flat Washer	Φ8	2
D36	Big Washer	Φ10	4
D37	Bolt	M8*45 L20	1
E01	Console		1

No.	Description	Specification	Qty.	No.	Description	Specification	Qty.
E02	Control Board		1	E22	Magnetic Core		1
E03	Upper Signal Wire		1	E23	Grounding Wire		1
E04	Bottom Signal Wire1		1	E24	AC Single Line	Brown 350	1
E05	Bottom Signal Wire2		1	E25	AC Single Line	Blue 350	1
E06	N/A		-	E26	AC Single Line	Brown 200	2
E07	Hand Pulse Top Signal Wire		1	E27	AC Single Line	Blue 200	1
E08	Hand Pulse Bottom Signal Wire		2	E28	Overload Protector		1
E09	Safety Key Top Connecting Wire		1	E29	Motor		1
E10	Safety Key Bottom Connecting Wire		1	E30	Incline Motor		1
E11	Bottom Button Board		1	E31	Running Board		1
E12	Button Board Top Signal Wire		1	E32	Magnetic Ring 3		1
E13	Button Board Bottom Signal Wire		1	F01	Filter		1
E14	Left Button Board		1	F02	AC Single Line	Brown	1
E15	Right Button Board		1	F03	AC Single Line	Blue	1
E16	Left Button Board Connecting Wire		1	F04	Grounding Wire		1
E17	Right Button Board Connecting Wire		1	F05	Pan Head Tapping Screw	ST4.2*12	2
E18	Power Socket		1	H01	USB Module		1
E19	Power Wire	2050mm	1	H02	USB Connecting Wire		1
E20	Square Switch		1	H03	Pan Head Tapping Screw	ST2.9*8	2
E21	Magnetic Ring		1	f	Safety Wirerope		1

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