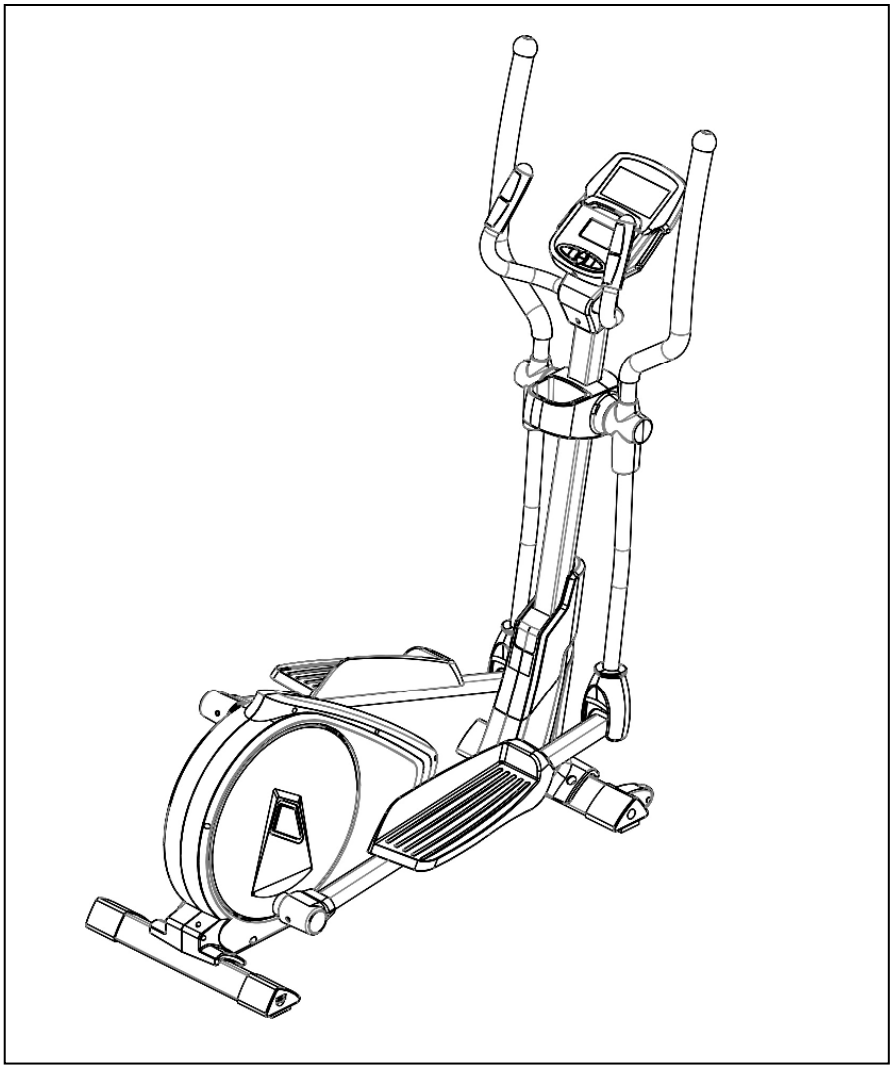
PRE-PROGRAMMED ELLIPTICAL TRAINER

SF-E3912

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).

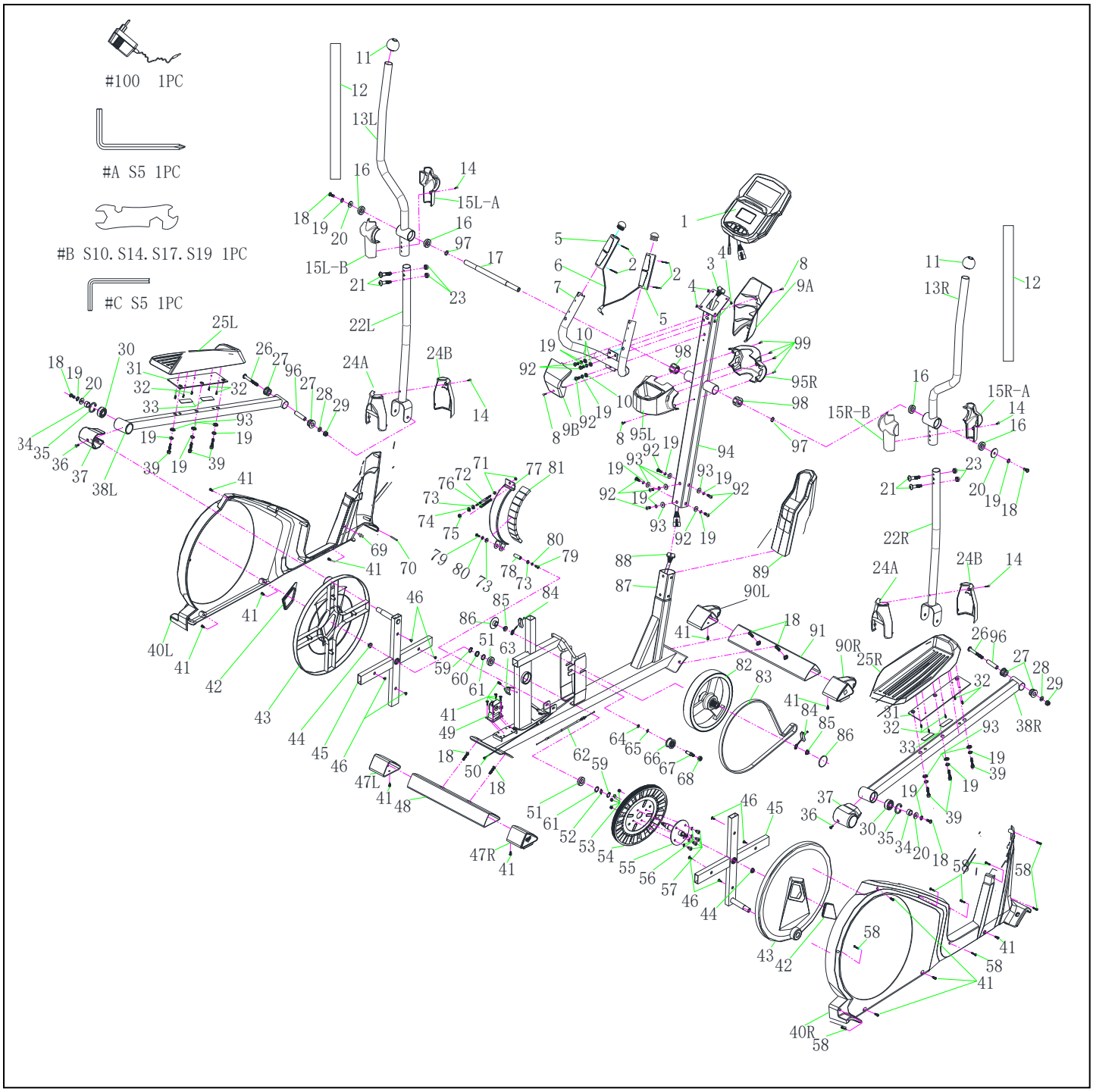
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

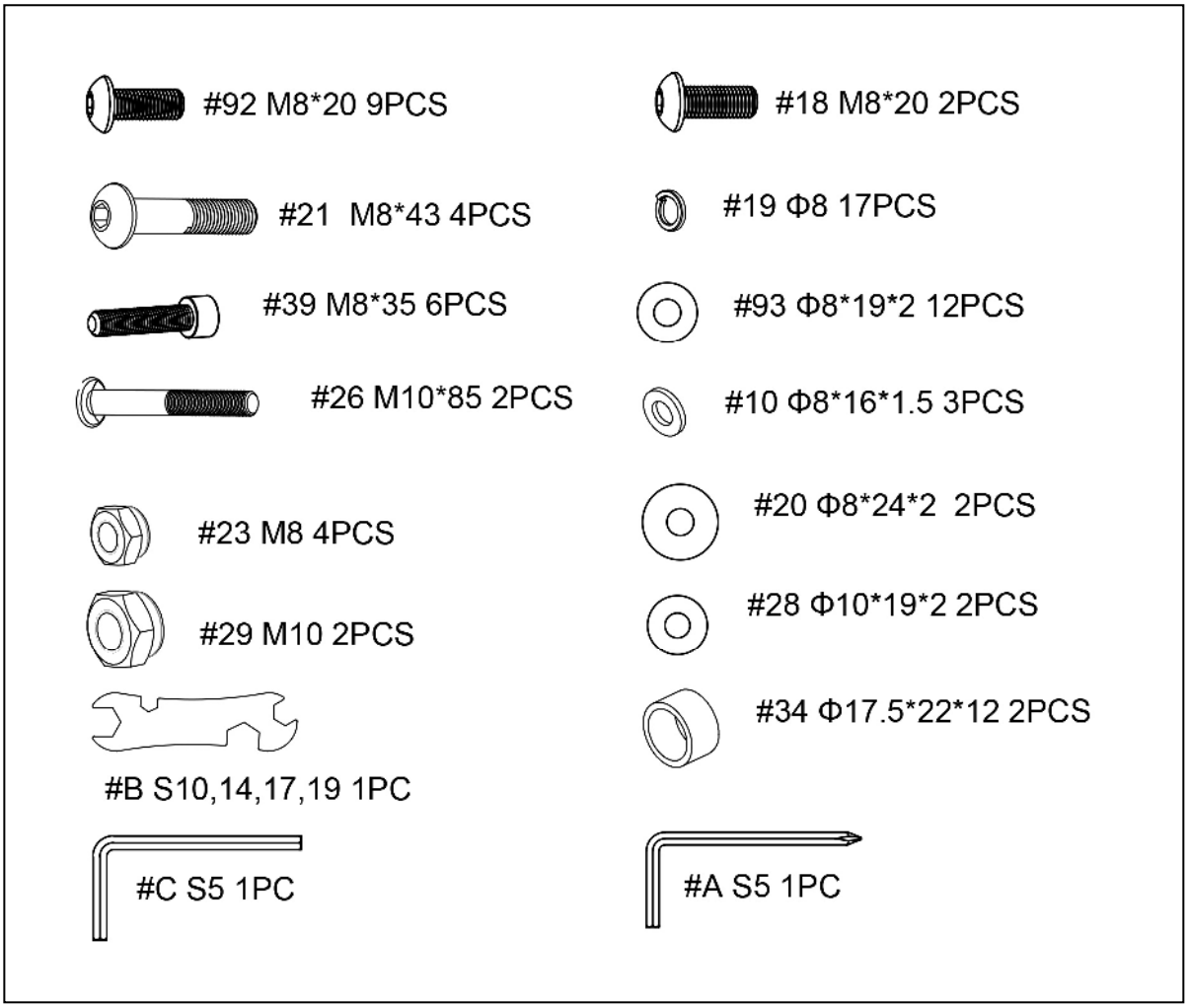
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 (60CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 330 pounds (150 KG).
10. The 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.

EXPLODED DIAGRAM



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).

PARTS LIST

No.	Description	Spec.	Qty.
1	Computer	TZ-4113P	1
2	Screw	M3*28	4
3	Upper Computer Cable	1000mml	1
4	Screw	M5*10	4
5	Hand Grip		2
6	Hand Pulse Cable	650MM	1
7	Handlebar	Φ32*1.5t	1
8	Screw	M5*15	3
9A	Front Handlebar Post Cover		1
9B	Rear Handlebar Post Cover		1
10	Washer	Φ8*16*1.5	3
11	End Cap		2
12	Foam	Φ32*3t*560mml	2
13L	Left Upper Swing Bar	Φ32*1.8t*772mml	1
13R	Right Upper Swing Bar	Φ32*1.8t*772mml	1
14	Screw	M4*20	4
15L-A	Left Upper Central Shaft Plastic Cover -A	Φ45.5	1
15L-B	Left Upper Central Shaft Plastic Cover -B	Φ45.5	1
15R-A	Right Upper Central Shaft Plastic Cover -A	Φ45.5	1
15R-B	Right Upper Central Shaft Plastic Cover -B	Φ45.5	1
16	Bearing	6203-2RS	4
17	Axis	Φ18.8*315.2mml	1
18	Bolt	M8*20	8
19	Spring Washer	Φ8	19
20	Washer	Φ8*24*2	4
21	Bolt	M8*43	4
22L	Left Lower Swing Bar	Φ32*1.5t*620mml	1
22R	Right Lower Swing Bar	Φ32*1.5t*620mml	1
23	Nylon Nut	M8	4

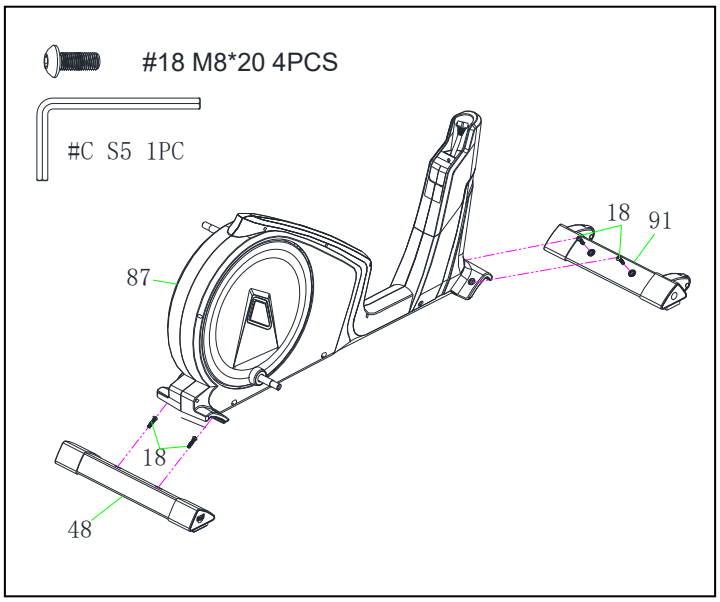
No.	Description	Spec.	Qty.
24A	Lower Swing Plastic Cover-A	ABS	2
24B	Lower Swing Plastic Cover-B	ABS	2
25L	Left Pedal		1
25R	Right Pedal		1
26	Bolt	M10*85	2
27	Bushing	14*32	4
28	Washer	Φ10*19*2	2
29	Nylon Nut	M10	2
30	Bearing	2203-2RS	2
31	Pedal Plate	3T	2
32	Screw	M5*12	10
33	EVA Foam	20*60*1MM	4
34	Tube	Φ17.5*22*12	2
35	C-Shape Clip	Φ40	2
36	Screw	M5*7.5	2
37	M Plastic Cover	Φ46	2
38L	Left Pedal Support Bar	30*60*1.8t*864mml	1
38R	Right Pedal Support Bar	30*60*1.8t*864mml	1
39	Screw	M8*35	6
40L	Left Chain Cover	ABS	1
40R	Right Chain Cover	ABS	1
41	Drill Screw	M5*20	17
42	Crank Cover	45-50°	2
43	Cycle Plate	ABS	2
44	Flathead Screw	M10*1.25	2
45	Crank	20*40*1.5t*188mml	2
46	Self-tapping Screw	M4.5*15	8
47L	Left Rear Stabilizer End Cap		1
47R	Right Rear Stabilizer End Cap		1

No.	Description	Spec.	Qty.
48	Rear Stabilizer	52.5*95*1.8t*450 mml	1
49	Motor		1
50	DC Cable	300MM	1
51	Bearing	6004-2RS	2
52	Wave Washer	Φ20*25*0.5	1
53	Nylon Nut	M6-10MM	4
54	Belt Wheel	Φ305, J6	1
55	Round Metal Welding	Φ20*126mml	1
56	Spring Washer	Φ6	4
57	Bolt	M6*15	4
58	Self-tapping Screw	M4.5*25	8
59	C-Shape Clip	Φ20	2
60	Washer	Φ20*25*2	1
61	Washer	Φ20*25*1	2
62	Conduction Wire	620MM	1
63	Sensor	300mml	1
64	C-Shape Clip	Φ8	1
65	Wave Washer	10*15*0.5	1
66	Idler Wheel	φ37*20.5L	1
67	Idler Wheel Axis	Φ10*42mml	1
68	Nylon Nut	M10	1
69	Plastic Screw		1
70	Pin	Φ3.9*36	1
71	Nut	M6	2
72	Double-thread Screw	Φ6*80/M6*25	1
73	Washer	Φ6*14*1.5	3
74	Silica Gel Washer	Φ8*16*1.5	1
75	Nylon Nut	M6	1
76	Spring Washer	Φ1*12	1
77	Magnetic Board		1

No.	Description	Spec.	Qty.
78	Spin Axis	Φ12*33.2	1
79	Allen Bolt	M6*15	2
80	Spring Washer	Φ6	2
81	Magnet	29.5*20*12MM	10
82	Flywheel	Φ250*34, 6kgs	1
83	Belt	480J6	1
84	Chain Adjust Set		2
85	Nut	M10*1.25/ 15MM*10T	2
86	Axis Protection Piece	15MM	2
87	Main Frame		1
88	Lower Computer Cable	1350mm	1
89	Front Plastic Cover	8501--5	1
90L	Left Front Stabilizer Cap		1
90R	Right Front Stabilizer Cap		1
91	Front Stabilizer	52.5*95*1.8t*400 mml	1
92	Bolt	M8*20	9
93	Washer	Φ8*19*2	12
94	Handlebar Post	55*61*1.5T*950m m	1
95L	Left Axis Plastic Cover	Φ38	1
95R	Right Axis Plastic Cover	Φ38	1
96	Tube	Φ14*10*68.2	2
97	Wave Washer	Φ17*25*0.5	2
98	Nylon Bushing	Φ19*38-0.15	2
99	Self-tapping Screw	M4*20	4
100	Adapter	9V/1.0A	1
101	End Cap		2
A	Allen Wrench	S5	1
B	Spanner	S10, 14, 17, 19	1
C	Allen Wrench	S5	1

ASSEMBLY INSTRUCTIONS

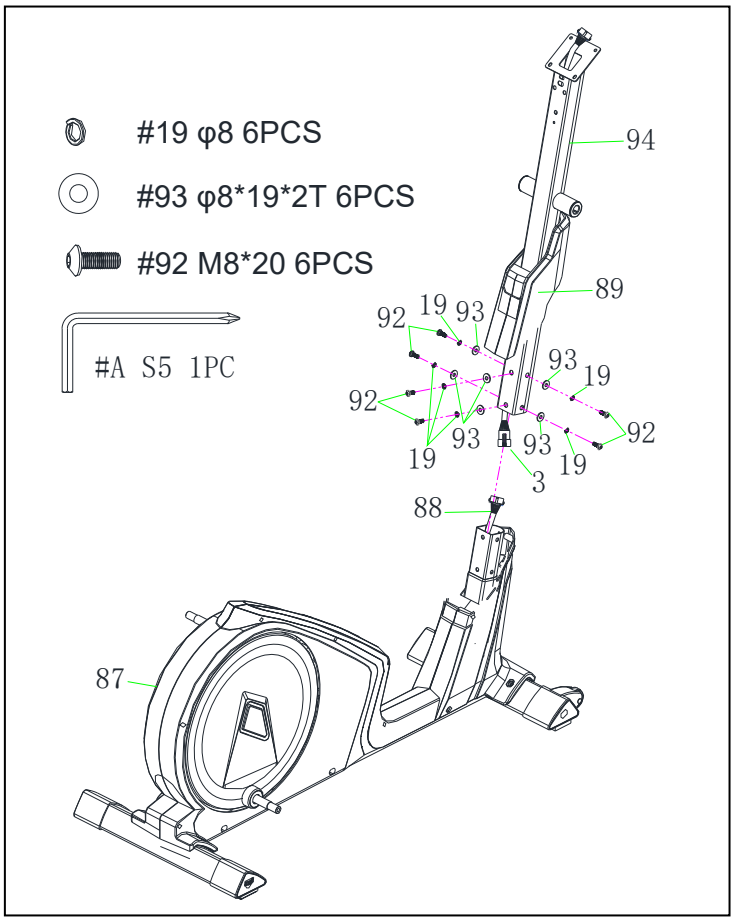
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Remove 2 **Bolts (No. 18)** from the **Front Stabilizer (No. 91)**.
Attach the **Front Stabilizer (No. 91)** to the **Main Frame (No. 87)** with 2 **Bolts (No. 18)** that were removed. Tighten and secure with **Allen Wrench (No. C)**.

Remove 2 **Bolts (No. 18)** from the **Rear Stabilizer (No. 48)**.
Attach the **Rear Stabilizer (No. 48)** to the **Main Frame (No. 87)** with 2 **Bolts (No. 18)** that were removed. Tighten and secure with **Allen Wrench (No. C)**.



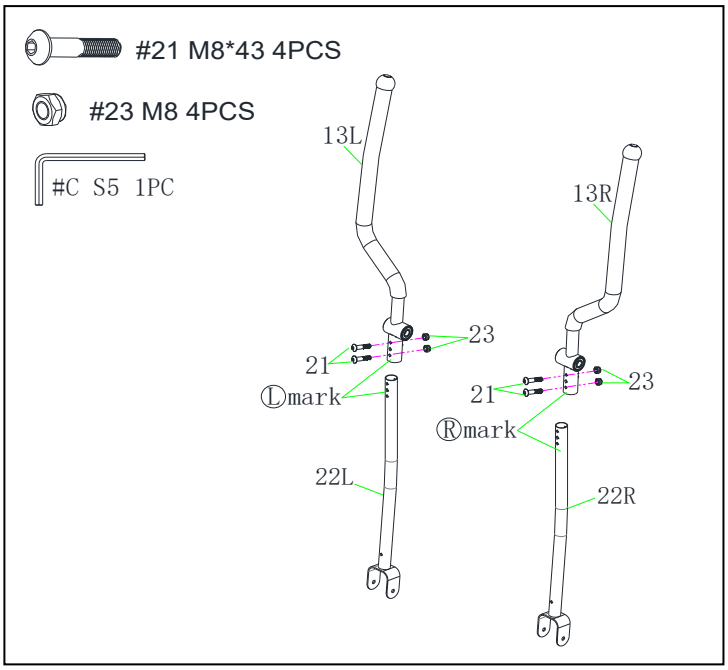
STEP 2:

Put the **Front Plastic Cover (No. 89)** through the **Handlebar Post (No. 94).**

Connect the **Lower Computer Cable (No. 88)** with the **Upper Computer Cable (No. 3).**

Attach the **Handlebar Post (No. 94)** to the **Main Frame (No. 87)** with 6 **Spring Washers (No. 19)**, 6 **Washers (No. 93)**, and 6 **Bolts (No. 92)**. Tighten and secure with **Allen Wrench (No. A)**. Then, place the **Front Plastic Cover (No. 89)** into position.

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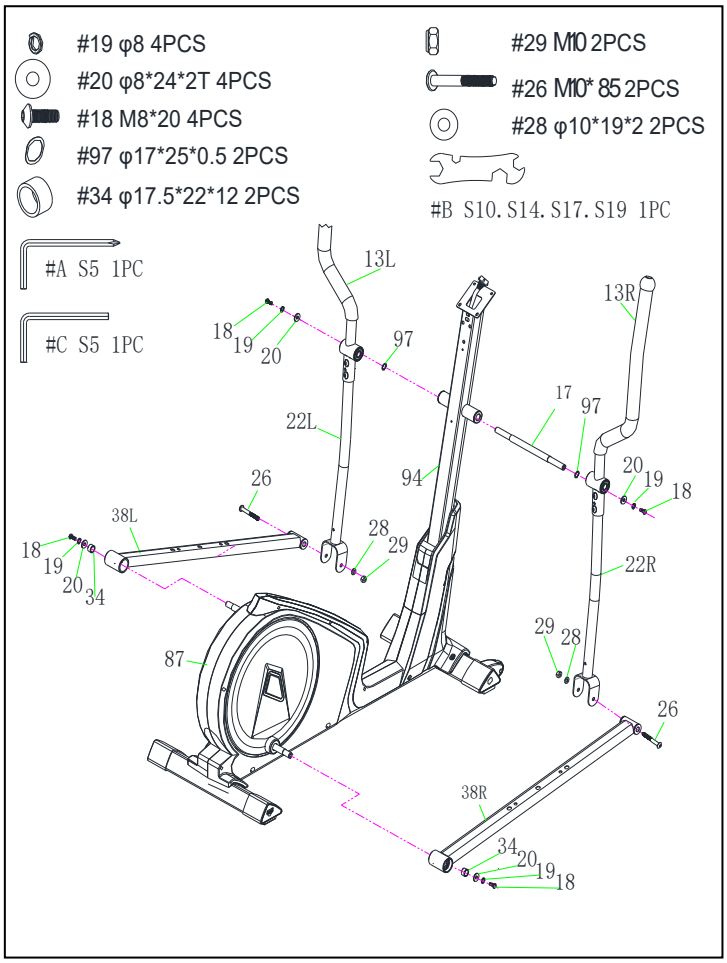


STEP 3:

Attach the **Left Upper Swing Bar (No. 13L)** to **Left Lower Swing Bar (No. 22L)** with 2 **Bolts (No. 21)** and 2 **Nylon Nuts (No. 23)**. Tighten and secure with **Allen Wrench (No. C)**.

Note: The L/R mark on **Left & Right Upper Swing Bars (No. 13L & No. 13R)** and **Left & Right Lower Swing Bars (No. 22L & No. 22R)** should always be assembled facing front direction.

Please repeat this assembly step to the Right side.



STEP 4:

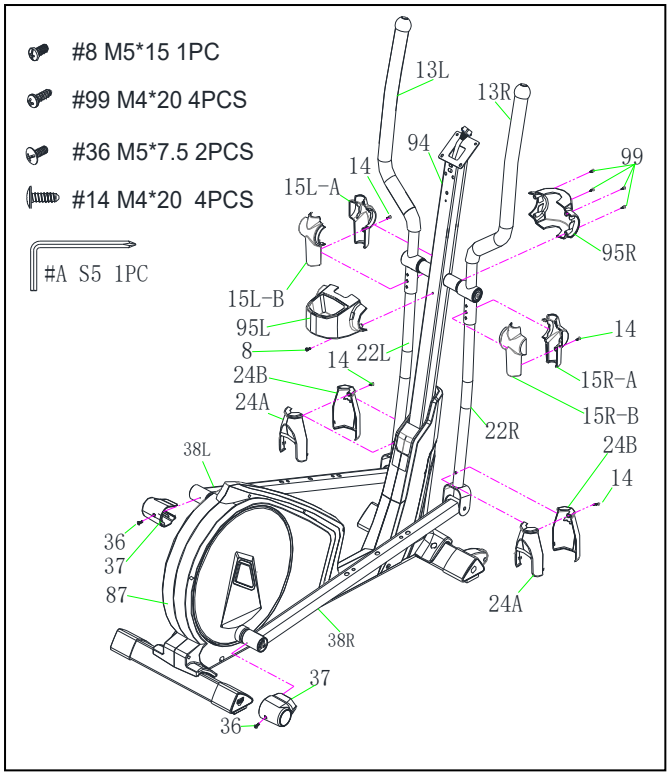
Remove 2 **Wave Washers (No. 97)**, 2 **Washers (No. 20)**, 2 **Spring Washers (No. 19)**, and 2 **Bolts (No. 18)** from the **Axis (No. 17)**.

Attach the **Left & Right Lower Swing Bars (No. 22L & No. 22R)** and the **Axis (No. 17)** to the **Handlebar Post (No. 94)** with 2 **Wave Washers (No. 97)**, 2 **Washers (No. 20)**, 2 **Spring Washers (No. 19)**, and 2 **Bolts (No. 18)** that were removed. Tighten and secure with **Allen Wrenches (No. A & No. C)**.

Attach the **Left & Right Lower Swing Bars (No. 22L & No. 22R)** to the **Left & Right Pedal Support Bars (No. 38L & No. 38R)** with 2 **Nylon Nuts (No. 29)**, 2 **Washers (No. 28)**, and 2 **Bolts (No. 26)**. Tighten and secure with **Allen Wrench (No. A)** and **Spanner (No. B)**.
Note: For the **Left & Right Pedal Support Bars (No. 38L & No. 38R)**, the side with more holes needs to face up to attach **Left & Right Lower Swing Bars (No. 22L & No. 22R)**.

Attach the **Left & Right Pedal Support Bars (No. 38L & No. 38R)** to the **Main Frame (No. 87)** with 2 **Washers (No. 20)**, 2 **Spring Washers (No. 19)**, 2 **Bolts (No. 18)**, and 2 **Tubes (No. 34)**. Tighten and secure with **Allen Wrench (No. C)**.

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STEP 5:

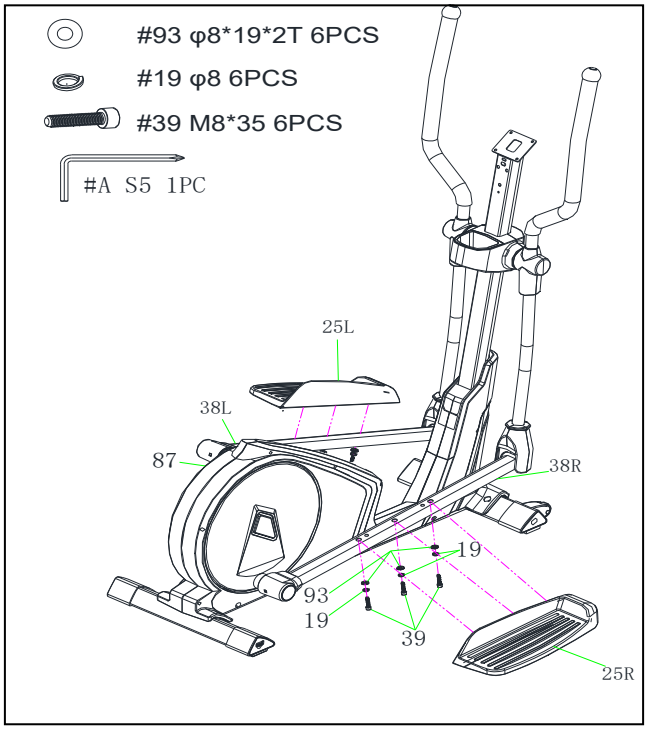
Remove 2 **Screws (No. 36)** from the **Left & Right Pedal Support Bars (No. 38L & No. 38R)**.
Attach the **M Plastic Cover (No. 37)** to the **Left & Right Pedal Support Bars (No. 38L & No. 38R)** with 2 **Screws (No. 36)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

Remove 2 **Screws (No. 14)** from the **Lower Swing Plastic Covers (No. 24A & No. 24B)**.
Attach the **Lower Swing Plastic Covers (No. 24A & No. 24B)** to the **Left & Right Lower Swing Bars (No. 22L & No. 22R)** with 2 **Screws (No. 14)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

Remove 2 **Screws (No. 14)** from the **Left & Right Upper Central Shaft Plastic Covers (No. 15L-A/B & No. 15R-A/B)**. Attach the **Left & Right Upper Central Shaft Plastic Covers (No.15L-A/B & No. 15R-A/B)** to the **Left & Right Upper Swing Bars (No. 13L & No. 13R)** with 2 **Screws (No. 14)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

Remove 4 **Self-tapping Screws (No. 99)** from the **Left & Right Axis Plastic Covers (No. 95L & No. 95R)**.

Remove 1 **Screw (No. 8)** from the **Handlebar Post (No. 94)**. Attach the **Left & Right Axis Plastic Covers (No. 95L & No. 95R**) to the **Handlebar Post** (**No. 94**) by using 4 **Self-tapping Screws (No. 99)** and 1 **Screw (No. 8)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

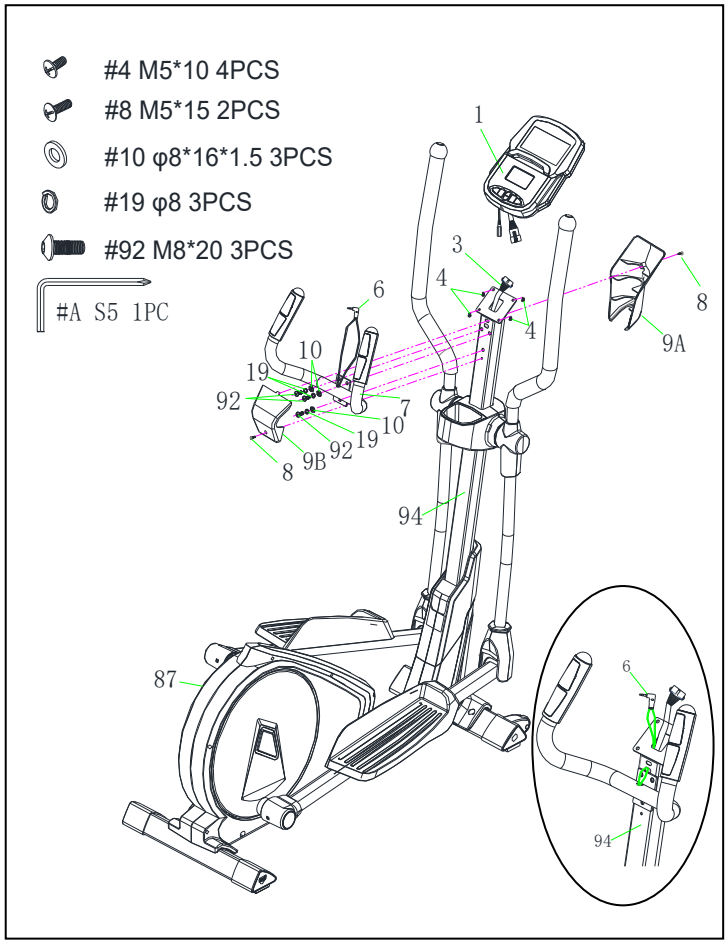


STEP 6:

Attach the **Right Pedal (No. 25R)** to **Right Pedal Support Bar (No. 38R)** using 3 **Washers (No. 93)**, 3 **Spring Washers (No. 19)**, and 3 **Screws (No. 39)**. Tighten and secure with **Allen Wrench (No. A)**.

Please repeat this assembly step to the Left side.

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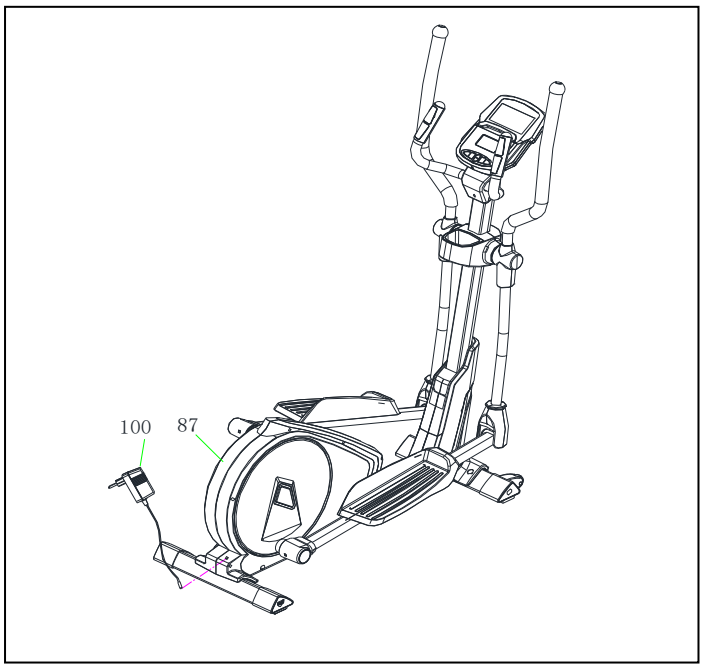
STEP 7:

Attach **Handlebar (No. 7)** to the **Handlebar Post (No. 94)** with 3 **Spring Washers (No. 19)**, 3 **Washers (No. 10)**, and 3 **Bolts (No. 92)**. Tighten and secure with **Allen Wrench (No. A)**. Insert the **Hand Pulse Cable (No. 6)** into the front hole of **Handlebar Post (No. 94)** and pull up the **Hand Pulse Cable (No. 6)** from the top hole the **Handlebar Post (No. 94)**.

Remove 4 **Screws (No. 4)** from the back of the **Computer (No. 1)**.
Connect the **Upper Computer Cable (No. 3)** and **Hand Pulse Cable (No. 6)** to the wires of **Computer (No. 1)**.

Attach the **Computer (No. 1)** onto the top end of **Handlebar Post (No. 94)** using 4 **Screws (No. 4)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

Remove 2 **Screws (No. 8)** from the **Handlebar Post (No. 94)**.
Attach the **Front /Rear Handlebar Post Cover (No. 9A & No. 9B)** to the **Handlebar Post (No. 94)** using 2 **Screws (No. 8)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.



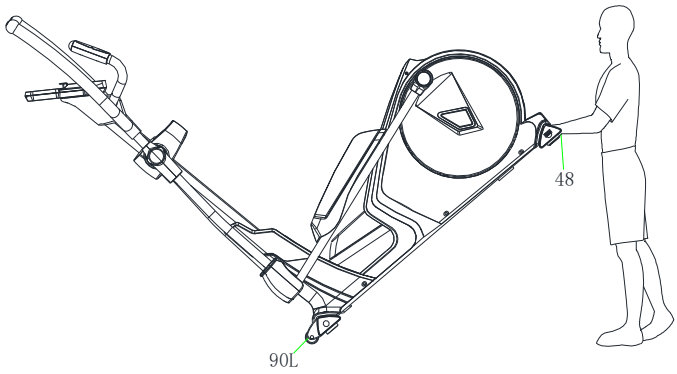
STEP 8:

Before plugging in the elliptical, make sure to check the specifications carefully on the **Adapter (No. 100)**.

Plug one end of the **Adapter (No. 100)** into the power plug at the end of **Main Frame (No. 87)**.

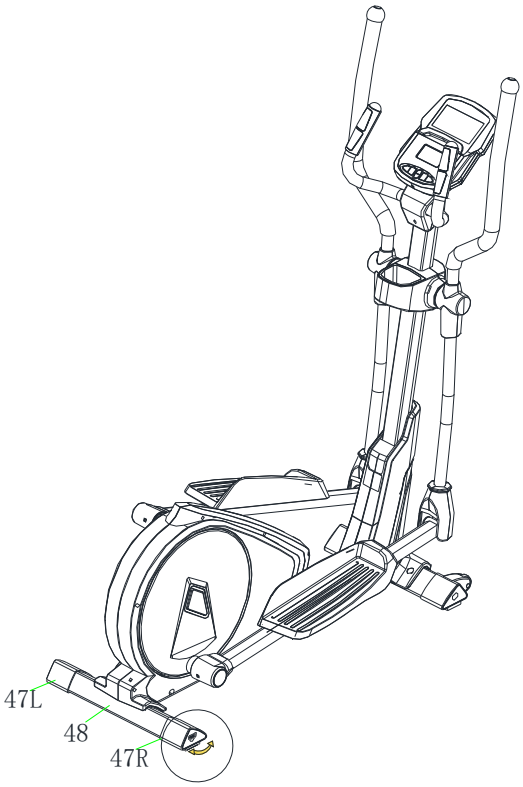
The assembly is complete!

ADJUSTMENTS &USAGE GUIDE



HOW TO MOVE THE ELLIPTICAL

The wheels on the **Left & Right Front Stabilizer Caps (No. 90L & No. 90R)** are movable. Hold the **Rear Stabilizer (No. 48)** and pull forward to lift the rear end of the elliptical off the floor. Now you can move the elliptical.



ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the elliptical is stable. If you notice that the elliptical is unbalanced during use, you should adjust the **Left & Right Rear Stabilizer End Caps (No. 47L & No. 47R)** located beneath the **Rear Stabilizer (No. 48)**.

CLEANING AND MAINTENANCE:

The elliptical can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical after each use. Be careful not get excessive moisture on the computer display panel, as this may cause electrical hazards or cause electronics to fail. Please keep the elliptical and the console out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

STORAGE:

Store the elliptical in a clean and dry environment away from children.

IMPORTANT ELECTRICAL INFORMATION

WARNING: This elliptical trainer requires a power source of **1 amp (100-240V)** 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.

OPERATING INSTRUCTIONS

Plug the adaptor into the elliptical trainer and into the outlet.
The computer will turn on.
The computer will turn off if there is no activity for 4 minutes. Press any key on the computer to turn it on again.

NOTE: You can still use the elliptical trainer when it is not plugged in. However, the computer will not be working and you cannot adjust the resistance level or use any of the functions.



EXERCISE COMPUTER

KEY FUNCTIONS:

KEY	FUNCTION
START/STOP	Start and pause workouts Start body fat measurement
DOWN	Lower the resistance level during workout. Decrease value of selected parameter
UP	Increase the resistance level during workout. Increase value of selected parameter
ENTER	To input the value or mode
RECOVERY	Enter Recovery function when computer displays the heart rate value. Recovery displays F1-F6 F1 is poor recovery heart rate F6 is excellent recovery heart rate
MODE	During workout, switch display from RPM to SPEED, ODO to DIST and WATT to CALORIES Hold for 3 seconds to reset all function values to zero

WORKOUT SELECTION:

After turning the computer on by plugging in the adaptor or if already plugged in, pressing any button on the computer, use the UP or DOWN button to make a selection. Then press ENTER button to choose the desired mode.

There are 7 basic workout modes:

Manual, Pre-set Programs, Watt Program, Body Fat Program, Target Heart Rate Program, Heart Rate Control Program, and User Program.

FUNCTIONS:

SPEED: Displays current training speed. Maximum speed is 99.9 MPH.

RPM: Displays current rotation per minute.

TIME: Accumulates the workout time from 00:00 to 99:59. Users can preset the target time they want.

DIST: Accumulates the workout distance from 0.00 to 999.9 miles. Users can preset the target distance they want to reach.

ODO: Displays the total accumulated distance from 0 to 9999 miles.

CAL: Accumulates the calories burned from 0 to 9999. Users can preset the target Calories they want to burn.

WATT: Displays current watt.

HEART RATE: Displays the current heart rate in beats per minute.

TARGET HR.: Users can preset their Target Heart Rate.

PROGRAM: There are 24 different programs to choose for training.

LEVEL: The program has 10 columns of bars and 8 bars in each column. Each column represents a 1-minute workout and each bar represents 2 resistance levels.

WORKOUT PARAMETERS:

TIME / DISTANCE / CALORIES / AGE / WATT / TARGET HEART RATE

Setting Workout Parameters
After selecting the desired workout mode: Manual Programs, Pre-set Programs, Watt Control Program, Body Fat Programs, Target Heart Rate Programs, Heart Rate Control Programs, and User Program. You may pre-set several workout parameters for desired results.

Note: Some parameters are not adjustable in certain programs. Time and Distance cannot be set up at the same time.

Once a program has been selected, press ENTER and TIME will flash.
Using the UP or DOWN button, you may select the desired time value. Press ENTER to input the values. The flashing prompt will move to the next parameter. Continue using the UP or DOWN button. Press the START/STOP button to begin the workout.

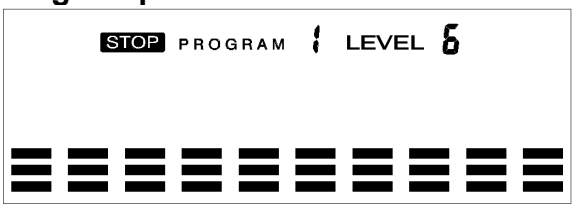
More About Workout Parameters

Field	Setting Range	Default Value	Increment/ Decrement	Description
Time	0:00~99:00	00:00	±1:00	1. When display is set as 0:00, Time will count up. 2. When time is set as 1:00-99:00, it will count down to 0.
Distance	0.00~999.0	0.00	±1.0	1. When display is set as 0.0, Distance will count up. 2. When Distance is set as 1.0~999.0, it will count down to 0.
Calories	0~9995	0	±5	1. When display is set as 0, Calories will count up. 2. When Calories is set as 5~9995, it will count down to 0.
Watt	50~250	100	±5	User can set watt value only in the Watt Control Program.
Age	10~99	30	±1	Target HR will be based on Age. When Heart Rate exceeds Target HR, the Heart Rate number will flash.
Pulse	60~220	90	±1	Setting Parameters for Target heart rate.

PROGRAM OPERATION:

Manual (P1)

Program profile

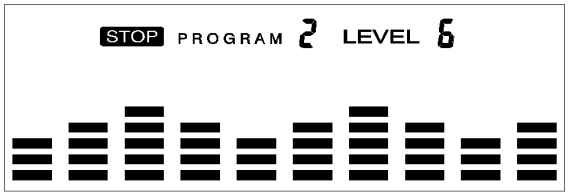


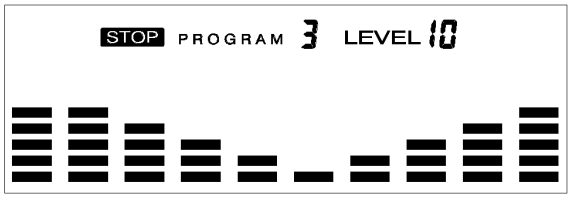
SETTING PARAMETERS FOR MANUAL PROGRAM

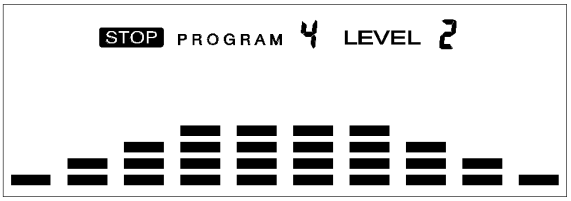
1. Select **Manual Program (P1)** using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.
   Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters and press the START/STOP button to begin the workout.
   Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the workout to reach the unfinished workout parameter.

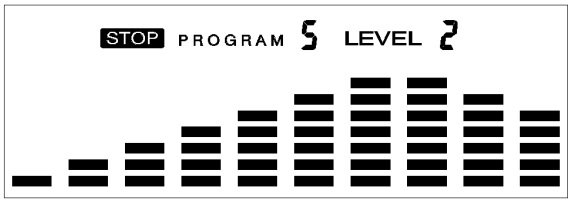
Pre-set programs (P2~P13)

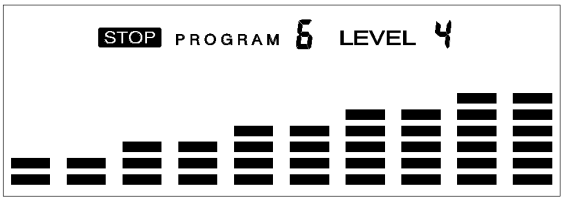
Program profile

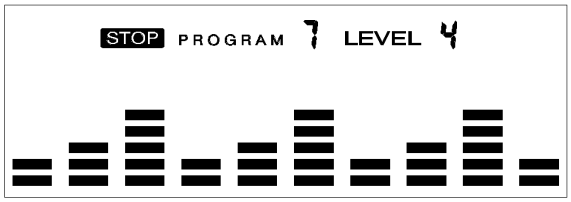


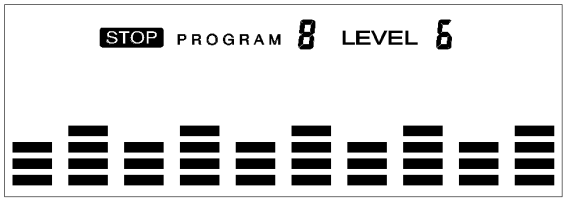


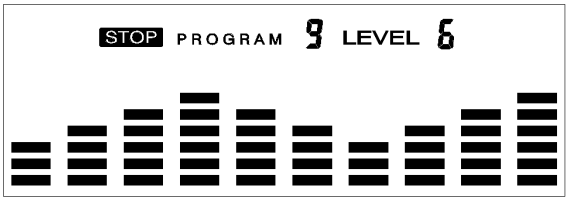


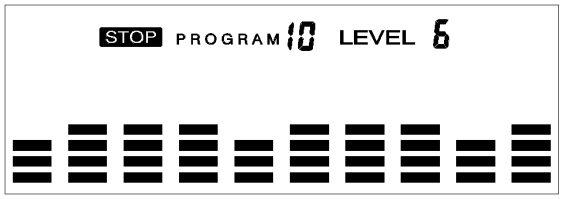


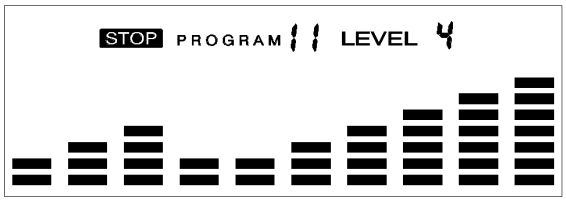


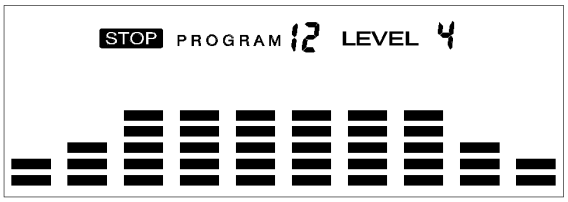


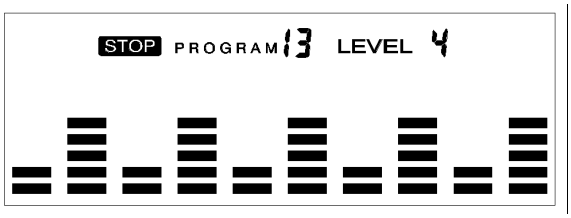












There are 12 pre-set programs ready for use. All program profiles have 16 levels of resistance.

SETTING PARAMETERS FOR PRE- SET PROGRAMS

1. Select one of the **Pre-set Programs** using the UP or DOWN button, then press ENTER. TIME will flash so the value can be adjusted using the UP or DOWN key.
2. Press the ENTER button to save value and move to the next parameter to be adjusted. Continue through all desired parameters, pressing the START/STOP button to begin the workout.

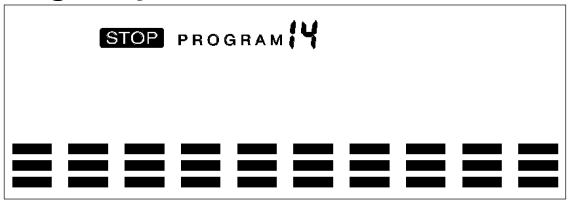
Workout in any pre-set program

You can adjust the level of resistance by pressing the UP or DOWN button during the workout.

Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted. Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START button to continue the unfinished parameter.

Watt Control Program (P14)

Program profile

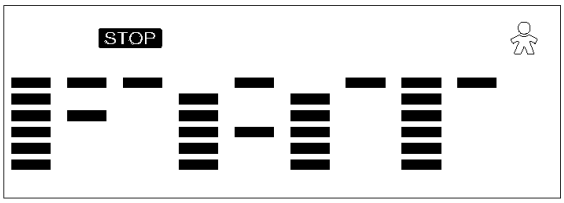


SETTING PARAMETERS FOR THE WATT CONTROL PROGRAM

1. Select **Watt Control Program (P14)** using the UP or DOWN button, then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press ENTER button to save the value and move to the next parameter to be adjusted.
   Note: If you set up the target time for workout, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.
   Note: Once the workout parameters count down to zero, it will beep and stop the workout automatically.
5. Press the START button to continue the workout to reach the unfinished workout parameter.
   The computer will adjust the resistance load automatically depending on the speed to maintain the constant watt value. You can use the UP or DOWN button to adjust the watt value during the workout.

BODY FAT Program (P15)

Program profile



SETTING DATA FOR BODY FAT

Select **BODY FAT Program (P15)** using the UP or DOWN button, then press ENTER. “MALE” will flash so Gender can be adjusted using the UP or DOWN button. Press the ENTER button to save gender and move to the next data.

“5’8 (inches)” of Height will flash so Height can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

“154 (lbs)” of Weight will flash so Weight can be adjusted using the UP or DOWN button. Press ENTER to save the value and move to the next data.

“30” of Age will flash so Age can be adjusted using the UP or DOWN button. Press ENTER to save the value.

Press the START/STOP button to start the measurement. Please also remember to grasp the hand pulse grips. After 15 seconds the display will show Body Fat %, BMR, BMI, & BODY TYPE.

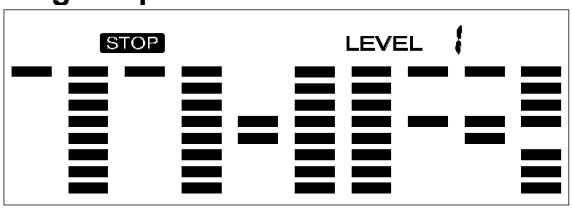
Body Types:
There are 9 body types divided according to the FAT % calculated.

Body Type	FAT %	Body Type	FAT %	Body Type	FAT %
Type 1	5% - 9%	Type 4	20% - 24%	Type 7	35% - 39%
Type 2	10% - 14%	Type 5	25% - 29%	Type 8	40% - 44%
Type 3	15% - 19%	Type 6	30% - 34%	Type 9	45% - 50%

BMR: Basal Metabolism Ratio
BMI: Body Mass Index
Press START/STOP button to return the main display.

TARGET HEART RATE Program (P16)

Program profile

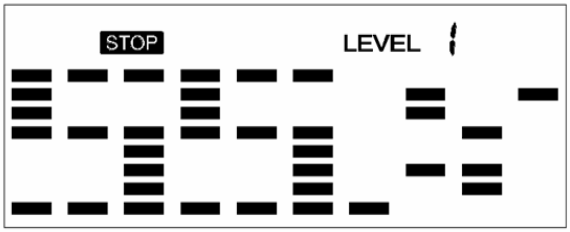


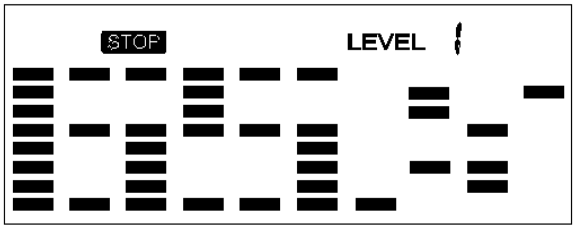
SETTING PARAMETERS FOR TARGET HEART RATE PROGRAM

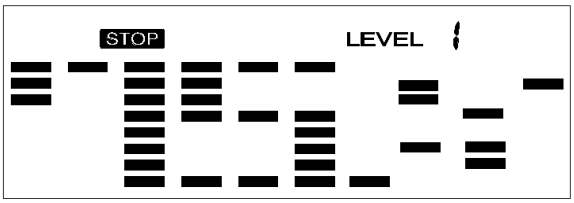
1. Select **TARGET HR (P16)** using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.
   Note: If you set up the target time to workout, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters, pressing START/STOP button to start workout.
   Note: If Pulse is above the set TARGET HR, the Pulse value will flash to remind the user.

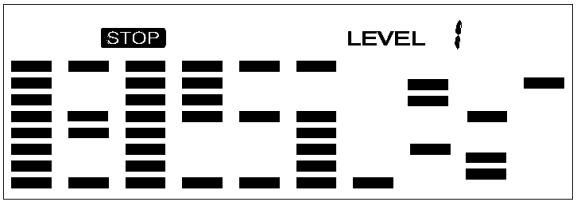
HEART RATE CONTROL Program (P17-P20)

Program profile









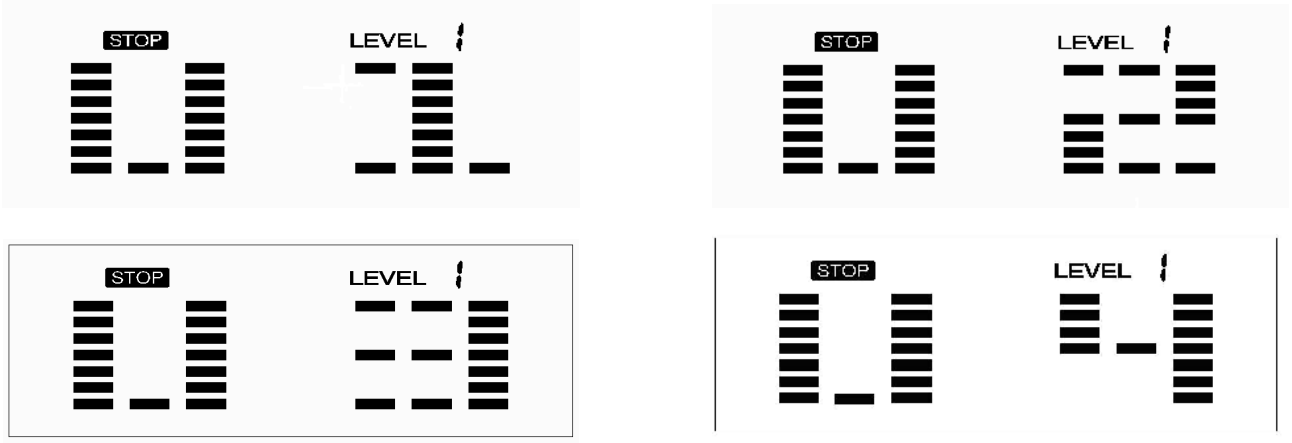
There are 4 selections for target pulse (HR):
HRC - 55% TARGET HR= 55% of (220-AGE)
HRC - 65% TARGET HR= 65% of (220-AGE)
HRC - 75% TARGET HR= 75% of (220-AGE)
HRC - 85% TARGET HR= 85% of (220-AGE)

SETTING PARAMETERS FOR HEART RATE CONTROL

1. Select one of the **Heart Rate Control Programs** using the UP or DOWN button, then press ENTER.
2. TIME will flash. The value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the value and move to the next parameter to be adjusted.
   Note: If you set up the target time to work out, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters, pressing the START/STOP button to start the workout.
   Note: If Pulse is above or below (± 5) the TARGET HR, the computer will adjust the resistance load automatically. It will check every 20 seconds approx. 1 resistance load will increase or decrease (Note: each resistance load represents 2 levels of loading).
   If one of the workout parameters counts down to be zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach unfinished workout parameter.

User Program

Program profile (P21-P24)



The 4 user programs allow the user to set their own program that can be used immediately.

SETTING PARAMETERS FOR USER PROGRAM

1. Select the **User Program** using the UP or DOWN button then press ENTER.
2. TIME will flash so the value can be adjusted using the UP or DOWN button.
3. Press the ENTER button to save the values and move to the next parameter to be adjusted.
   Note: If you set up the target time to work out, then the next parameter of Distance cannot be adjusted.
4. Continue through all desired parameters.
5. After finishing the setup of the desired parameters, level 1 will flash. Use the UP or DOWN button to adjust, then press the ENTER button until finished. (There are 10 times total). Press the START/STOP button to begin the workout.
   Note: Once the workout parameter counts down to zero, it will beep and stop the workout automatically. Press the START/STOP button to continue the workout to reach the unfinished workout parameter.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	CHECK	SOLUTION
E1	The motor doesn't work.	Check if the motor wires are plugged in or check if the motor is stuck.	Plug in the cable again or change the motor.
	There is something wrong with the cables.	Check if the cables are damaged. This can cause a short circuit.	Change the cables or plug in again.
	The computer cannot supply normal voltage to the motor.	Test whether the voltage of the motor is normal when pressing "up" and "down".	Change the computer.
E2	The IC (Integrated Circuits) inside the computer is damaged.		Change the computer.
E4	Hands aren't put on the two handle pulses immediately after pressing START.		Put the hands on the two handle pulses immediately after pressing START.
	Body Fat Function cannot receive the signal for pulse.	Check if the handle pulse wires are well connected.	Plug in the handle pulse wires again or change the handle pulse wires.
		Check if the pulse is working when not in Body Fat program.	Change the computer.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at support@sunnyhealthfitness.com.

Version 1.5

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