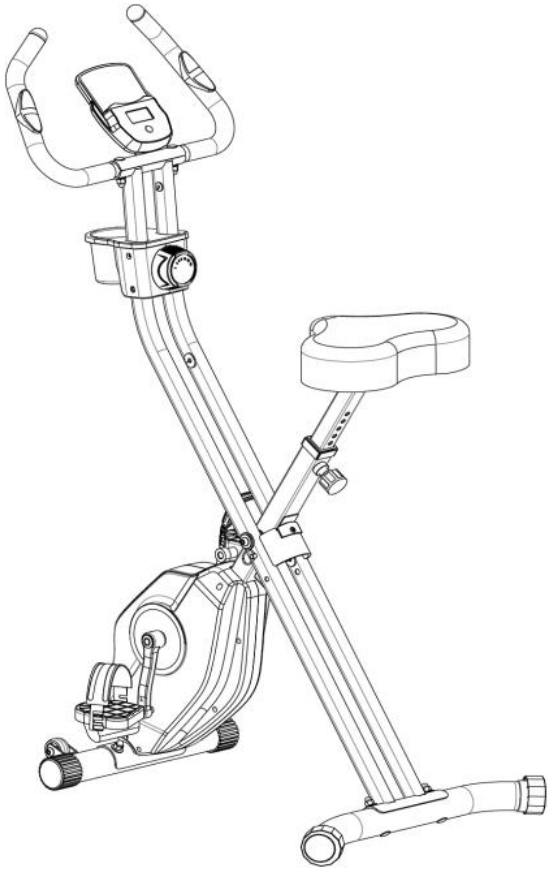
SUNNY
HEALTH & FITNESS

User Manual



Foldable Magnetic X-Bike Pro

SF-B223011
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 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. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 lbs (135 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 extremely cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

Statement Of Purpose

The Foldable Magnetic X-Bike Pro empowers users to build strength and improve health through dynamic, muscle-targeting workouts.

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

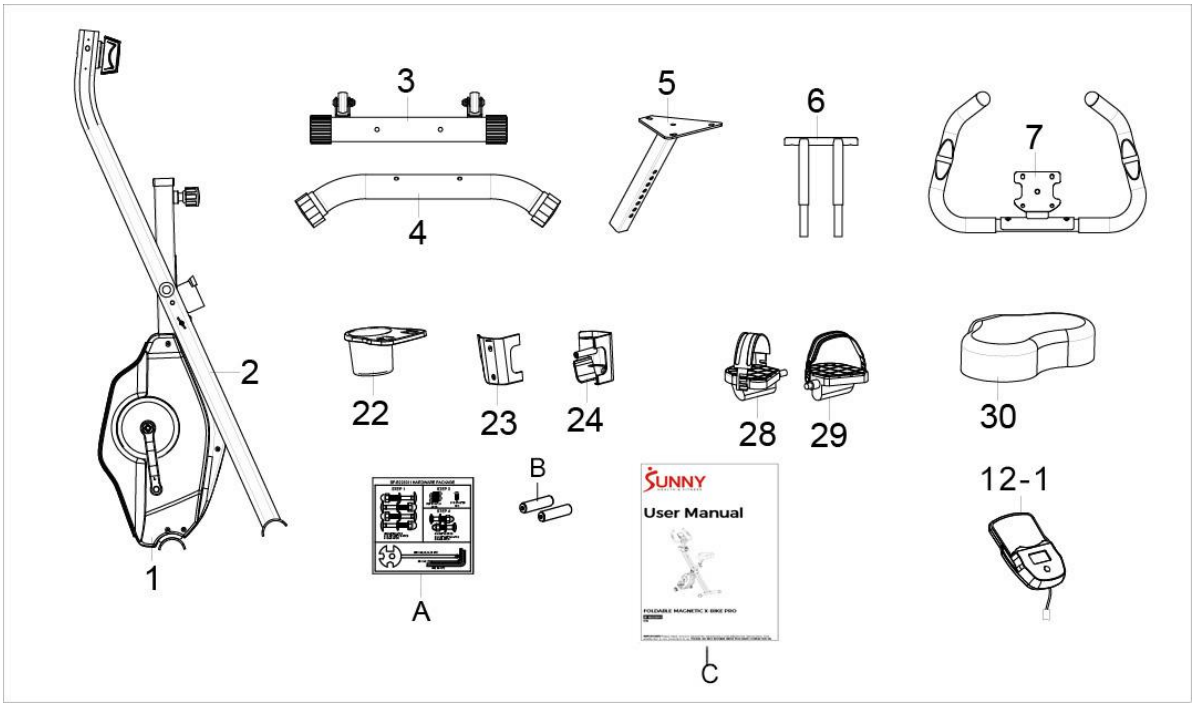
You can find the declaration of conformity at the following link:
https://sunnyhealthfitness.com/pages/declaration-of-conformity

Technical Data

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

Pre-Assembly Check List

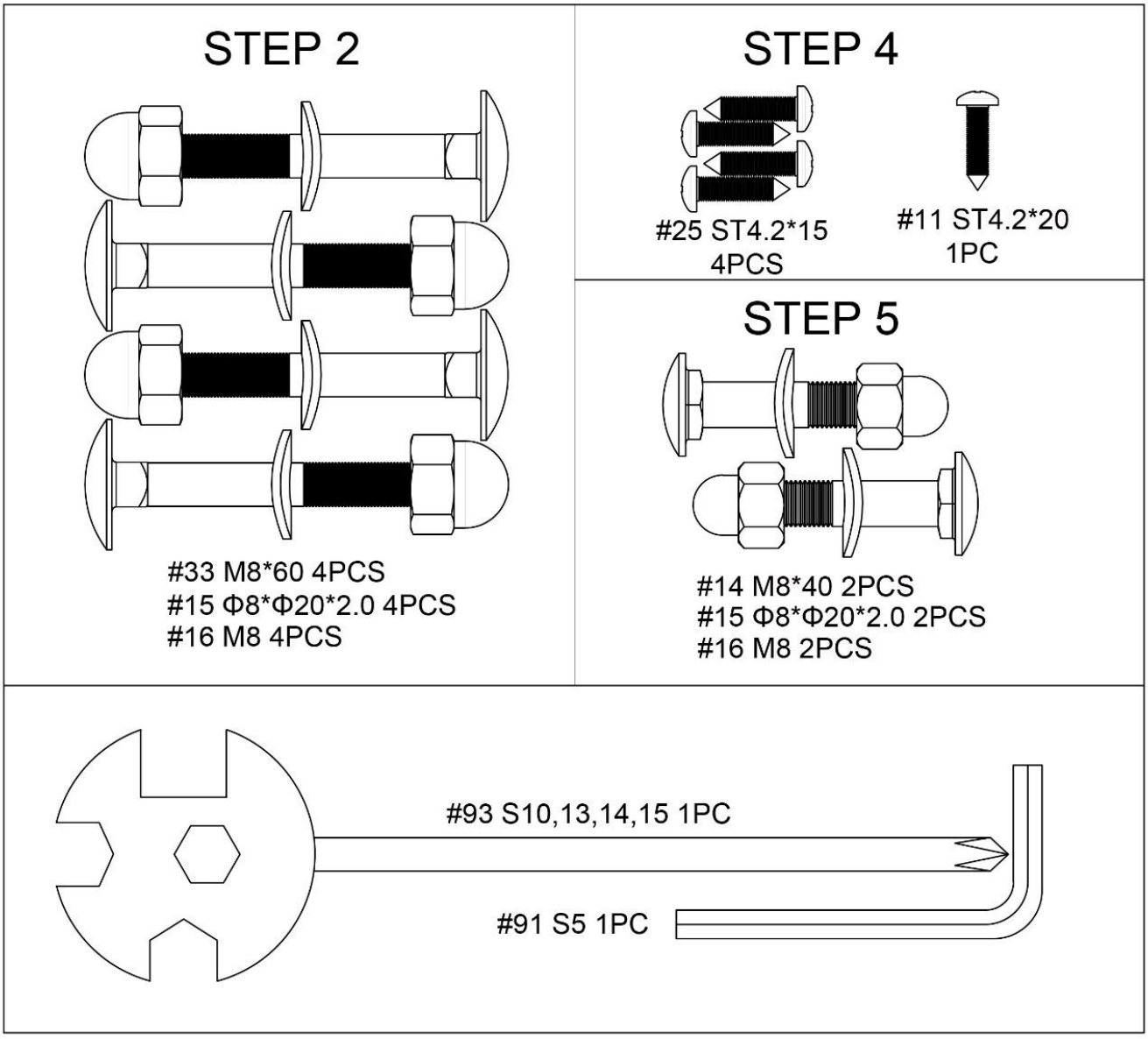
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Front Main Frame Post		1
2	Rear Support Frame		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
5	Seat Support Post		1
6	Handlebar Connect Post		1
7	Front Handlebar Post		1
12-1	Computer		1
22	Bottle Cover		1

No.	Description	Spec.	Qty.
23	Left Bottle Cover		1
24	Right Bottle Cover		1
28	Left Pedal		1
29	Right Pedal		1
30	Seat		1
A	Hardware Package		1
B	Battery	AAA	2
C	Manual		1

Hardware Package



Ordering Replacement Parts

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

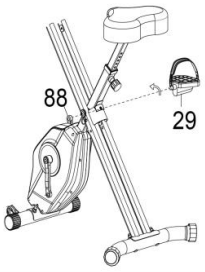
- ✓ The model number
- ✓ The product name
- ✓ The part number

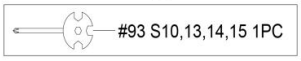
Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

Warning Labels

R

Pedal Installation & Maintenance Guide

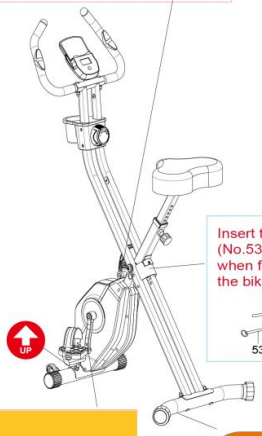




R

Before installation, make sure you have the **Right Pedal (No. 29)** in hand. Align the **Right Pedal (No. 29)** with the **Right Crank (No. 88)** at 90° and gently insert the pedal into the crank arm. Turn the **Right Pedal (No. 29)** CLOCKWISE as tightly as you can with your hand. then use **Spanner (No. 93)** to tighten securely. Always tighten by hand first then finish with the spanner.

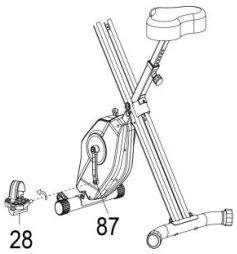
NOTE: Reverse pedaling may loosen the pedals and damage the threads. Always check the pedals to ensure that they're secured tightly. If the pedals have loosened, secure the threads with the provided spanner to ensure safety.

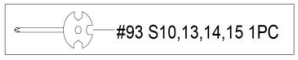




L

Pedal Installation & Maintenance Guide





L

Before installation, make sure you have the **Left Pedal (No. 28)** in hand. Align the **Left Pedal (No. 28)** with the **Left Crank (No. 87)** at 90° and gently insert the pedal into the crank arm. Turn the **Left Pedal (No. 28)** COUNTER-CLOCKWISE as tightly as you can with your hand. then use **Spanner (No. 93)** to tighten securely. Always tighten by hand first then finish with the spanner.

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

⚠ WARNING

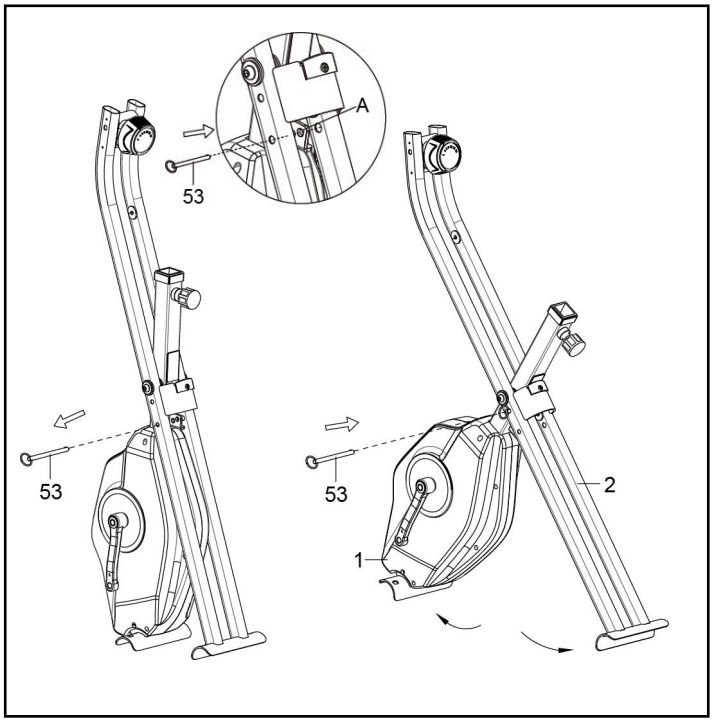
300 LBS/135 KG Weight Capacity

Keep children and pets away from equipment when in use.

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

Assembly Instructions

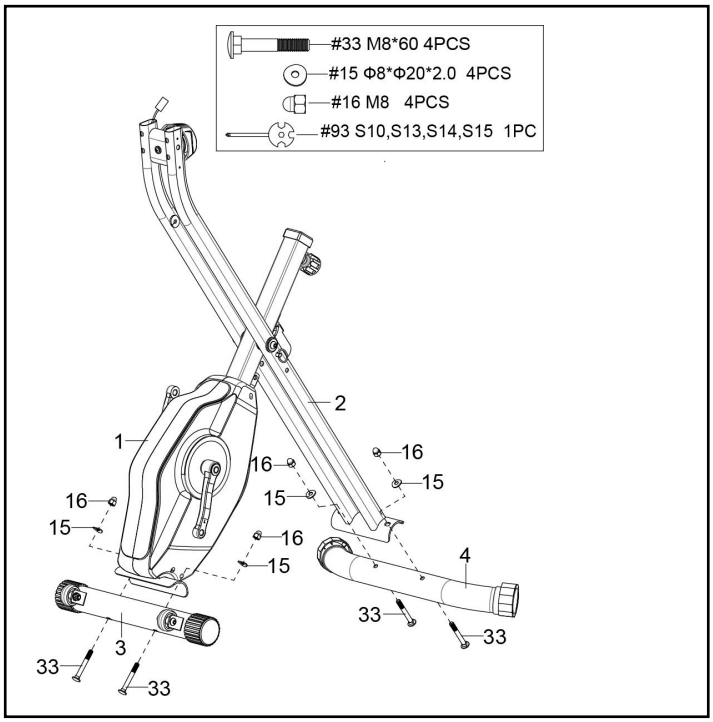
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Pull the **Ring Spring Pin (No. 53)** out and open the **Rear Support Frame (No. 2)** and the **Front Main Frame Post (No. 1)** as the direction of the arrow shown in Figure.

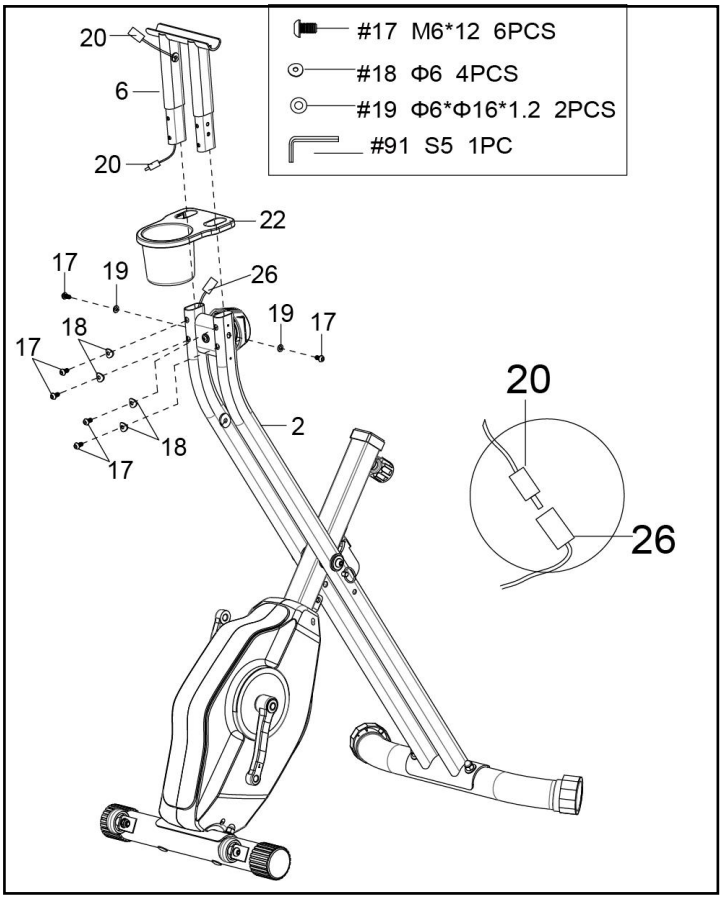
Insert the **Ring Spring Pin (No. 53)** into the hole A in the steel plate of the **Front Main Frame Post (No. 1)**.



STEP 2:

Attach the **Front Stabilizer (No. 3)** to the **Front Main Frame Post (No. 1)** with 2 **Bolts (No. 33)** and 2 **Big Curve Washer (No. 15)**, 2 **Nuts (No. 16)**. Tighten and secure with **Spanner (No. 93)**.

Attach the **Rear Stabilizer (No. 4)** to the **Rear Support Frame (No. 2)** with 2 **Bolts (No. 33)** and 2 **Big Curve Washer (No. 15)**, 2 **Nuts (No. 16)**. Tighten and secure with **Spanner (No. 93)**.



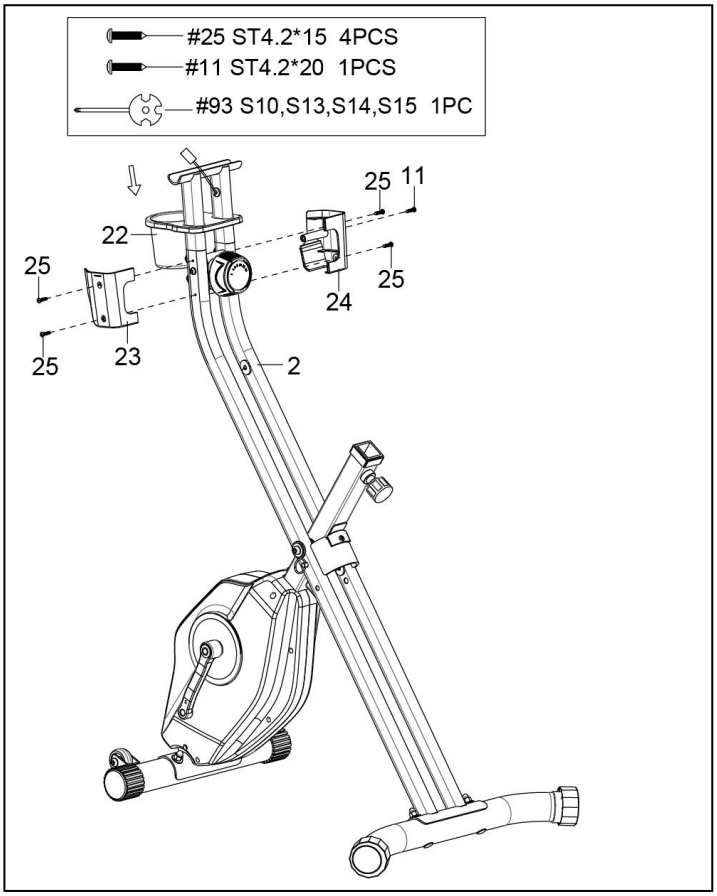
STEP 3:

Remove 6 **Bolts (No. 17)**, 4 **Curve Washers (No. 18)** and 2 **Washers (No. 19)** from the **Handlebar Connect Post (No. 6)** with **Allen Wrench (No. 91)**.

Attach the **Bottle Cover (No. 22) into the Handlebar Connect Post (No. 6)**.

Connect the **Computer Wire II (No. 20)** with **Computer Wire I (No. 26)**. Then insert it into the **Rear Support Frame (No. 2)**.

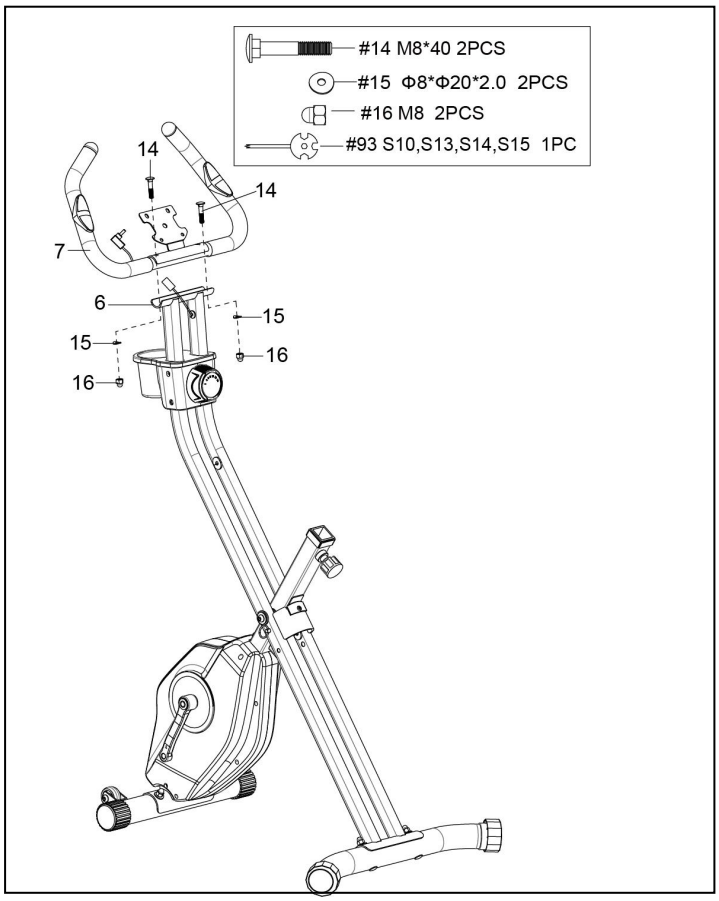
Attach the **Handlebar Connect Post (No. 6)** to the **Rear Support Frame (No. 2)** with 6 **Bolts (No. 17)**, 4 **Curve Washers (No. 18)** and 2 **Washers (No. 19)** that were removed. Tighten and secure with **Allen Wrench (No. 91)**.



STEP 4:

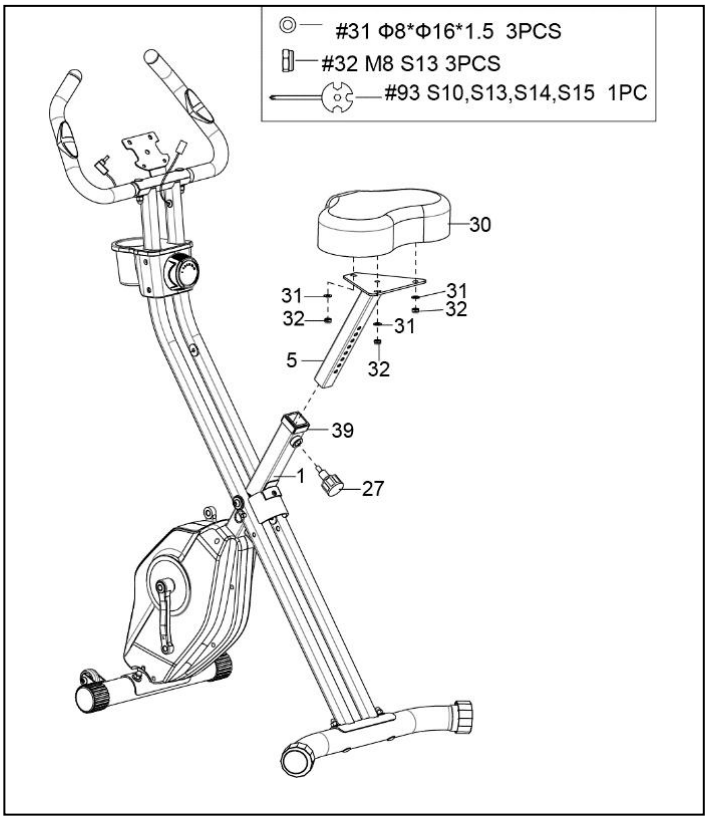
Attach the **Left Bottle Cover (No. 23)** and **Right Bottle Cover (No. 24)** to the **Rear Support Frame (No. 2)** with 4 **Screws (No. 25)**, 1 **Screw (No. 11)**. Tighten and secure with **Spanner (No. 93)**.

Lower the **Bottle Cover (No. 22)** to fit in the **Left Bottle Cover (No. 23)** and **Right Bottle Cover (No. 24)**.



STEP 5:

Attach the **Front Handlebar Post (No. 7)** to the **Handlebar Connect Post (No. 6)** with 2 **Square Neck Bolts (No. 14)**, 2 **Big Curve Washers (No. 15)**, 2 **Nuts (No. 16)**. Tighten and secure with **Spanner (No. 93)**.



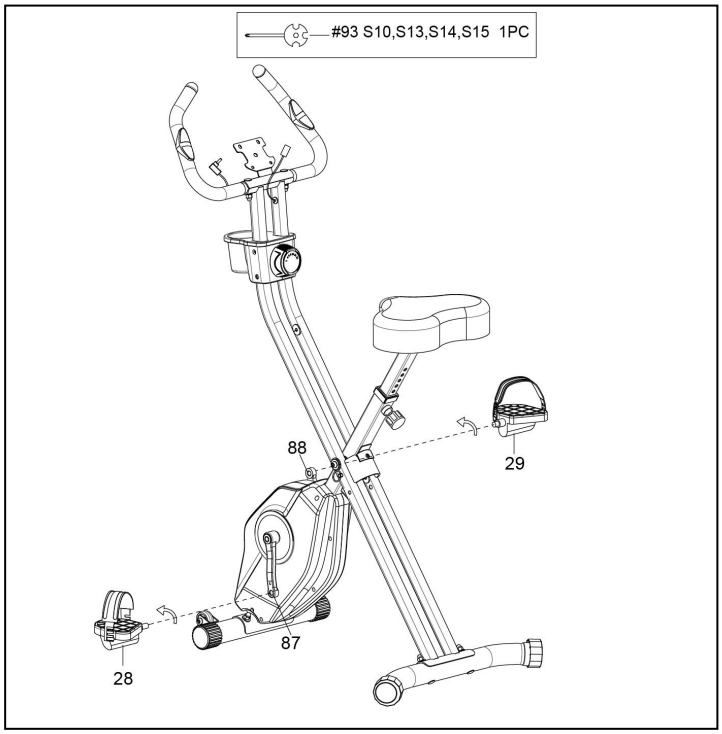
STEP 6:

Remove 3 **Washers (No. 31)**, 3 **Nuts (No. 32)** from the **Seat (No. 30)** with **Spanner (No. 93)**.

Attach the **Seat (No. 30)** to the **Seat Support Post (No. 5)** with 3 **Washers (No. 31)**, 3 **Nuts (No. 32)** that were removed. Tighten and secure with **Spanner (No. 93)**.

Loosen and pull out 1 **Spring Pin Knob (No. 27)** in the **Front Main Frame Post (No. 1)** by hand.

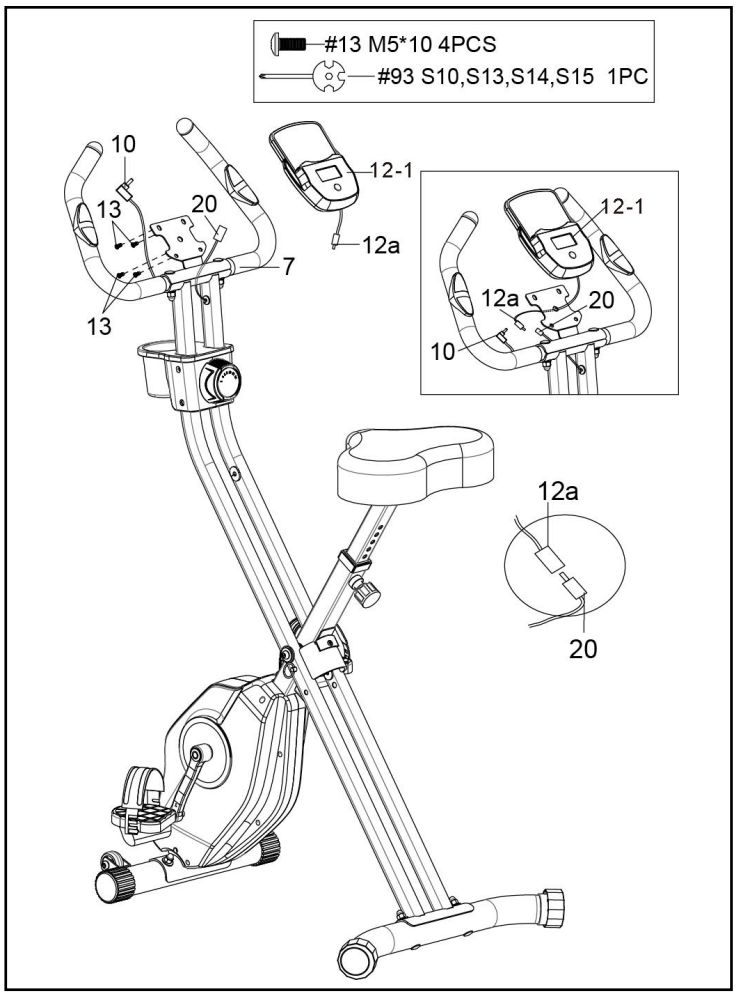
Attach the **Seat Support Post (No. 5)** into the the **Bushing (No. 39)** which is in the **Front Main Frame Post (No. 1)** with 1 **Spring Pin Knob (No. 27)** that was loosen Tighten and secure by hand.



STEP 7:

Keep **Left Pedal (No. 28)** and **Left Crank (No. 87)** at 90˚ and then gently insert **Left Pedal (No. 28)** into the **Left Crank (No. 87)**, then turn the **Left Pedal (No. 28)** ***counter-clockwise*** as tightly as you can with your hands, then use **Spanner (No. 93)** to tighten securely.

Keep **Right Pedal (No. 29)** and **Right Crank (No. 88)** at 90˚ and gently insert **Right Pedal (No. 29)** into the **Right Pedal (No. 29)**. Then turn the **Right Pedal (No. 29)** ***clockwise*** as tightly as you can with your hands, then use **Spanner (No. 93)** to tighten securely.



STEP 8:

Remove 4 **Pan Screws (No. 13)** from the back of the **Computer (No. 12-1)** with the **Spanner (No. 93)**.

Attach **Computer (No. 12-1)** to the top end of the **Front Handlebar Post (No. 7)** with 4 **Pan Screws (No. 13)** that were removed. Tighten and secure with **Spanner (No. 93)**.

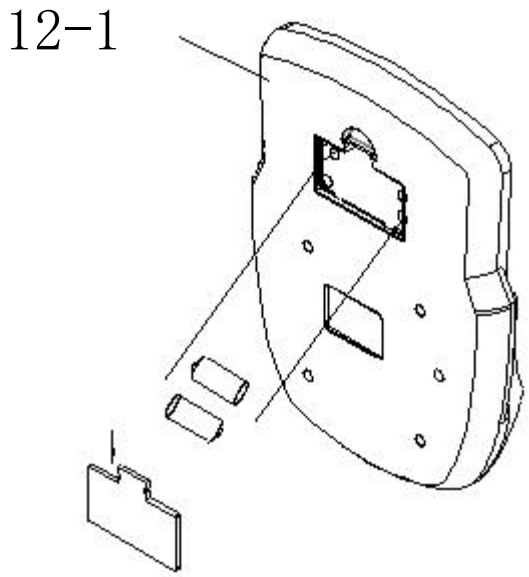
Connect the **Computer Wire II (No. 20)** with **Computer Wire A (No. 12a)**.

NOTE: Computer Wire A (No. 12a) have to go through the hole in the middle **Front Handlebar Post (No. 7)** Connect the wire in the back of the **Front Handlebar Post (No. 7)**

Insert the **Hand Pulse Sensor with Wire (No. 10)** into the Pulse Input jack on the back of **Computer (No. 12-1)**.

The assembly is complete!

Battery Installation & Replacement



BATTERY INSTALLATION

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the **Computer (No. 12-1)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 12-1)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 12-1)**.

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the **Computer (No. 12-1)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. 12-1)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 12-1)**.

The replacement is complete!

BATTERY DISPOSAL

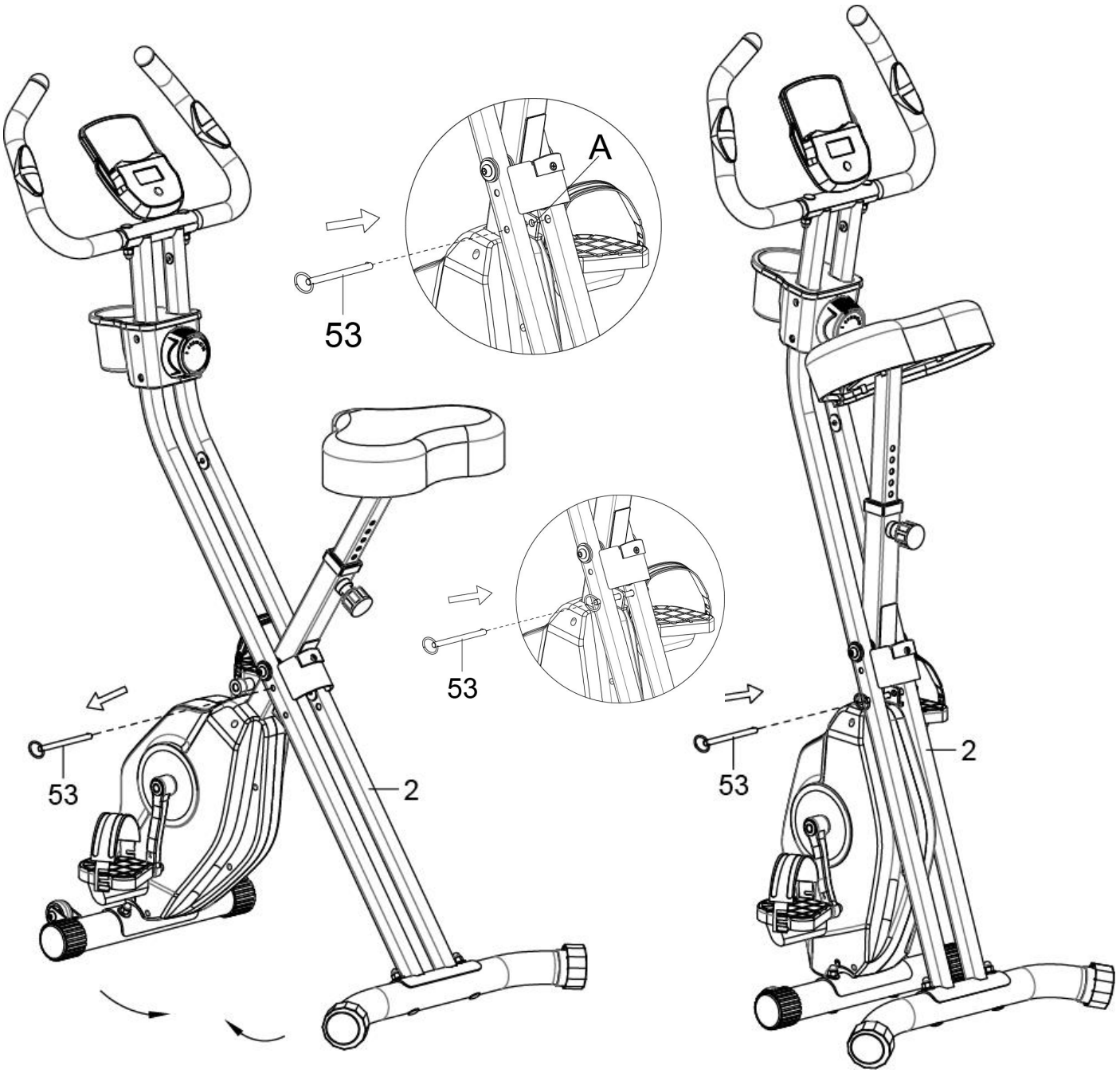
Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

Storage Guide

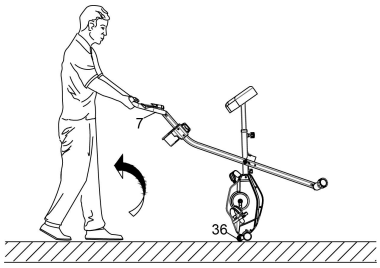
Pull the **Ring Spring Pin (No. 53)** out and fold the **Rear Support Frame (No. 2)** to the **Front Main Frame Post (No. 1)** as the direction of the arrow shown in Figure.

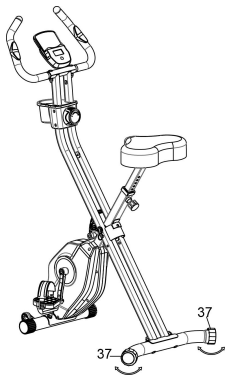
Turn the **Ring Spring Pin (No. 53)** into the hole A in the steel plate of the **Front Main Frame Post (No. 1)**.

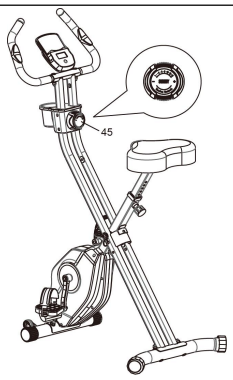
WARNING: WATCH OUR HANDS WHEN YOU FOLD THE BIKE.

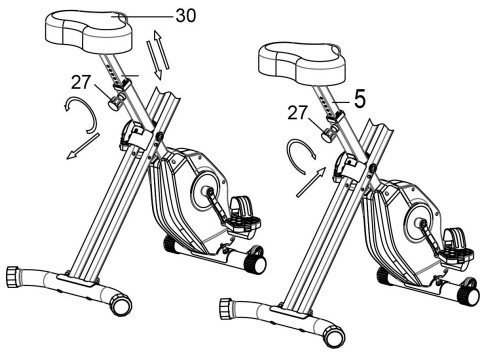


Adjustments Guide

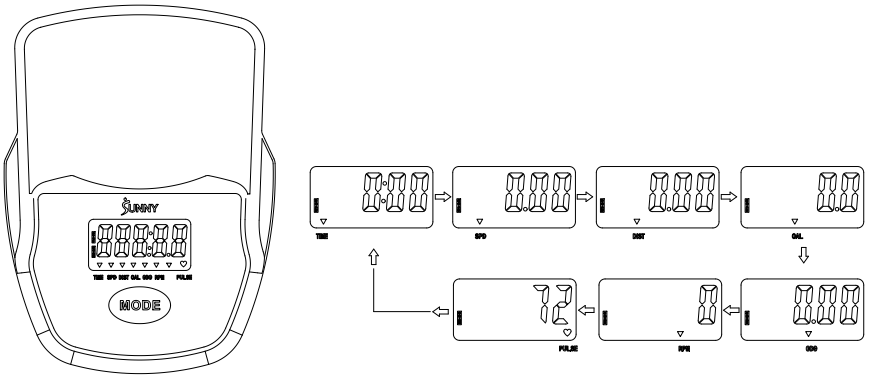
<table>
<tr><td>
</td><td>MOVING THE RECUMBENT BIKE

Hold the Front Handlebar Post (No. 7) and tilt the bike until the 2 Transportation Wheels (No. 36) touch the ground. Now you can transport the bike to the desired location with ease.</td></tr>
<tr><td>
</td><td>ADJUSTING THE BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stable and secured. If you notice that the bike is unstable during use, you should adjust the Rear Stabilizer End Caps (No. 37) until the bike becomes levelled with the floor surface.</td></tr>
<tr><td>
</td><td>ADJUSTING THE TENSION

Adjust the tension by rotating the Tension Control Knob (No. 45) clockwise to increase the level of resistance. Rotate the Tension Control Knob (No. 45) counter-clockwise to decrease the level of resistance. Tension levels are set at Level 1 being the lowest and Level 14 being the highest.</td></tr>
<tr><td>
</td><td>ADJUSTING THE SEAT
Loosen and pull out the Spring Pin Knob (No. 27) to adjust the height of the Seat (No. 30). When adjusting, you will see a limit on the Seat Support Post (No. 5). DO NOT lift the posts passed this mark. Always check the Spring Pin Knob (No. 27) and to ensure that they are fully secured when you finish making an adjustment.</td></tr>
<tr><td colspan="2">CLEANING
The bike can be cleaned with a soft, clean, damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause electrical hazard or electronics to fail. Please keep the bike, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the recumbent bike for proper tightness every week.</td></tr>
<tr><td colspan="2">STORAGE
Store the recumbent bike in a clean and dry environment, away from children.</td></tr>
</table>

Exercise Computer



BLUETOOTH :

1. The Bluetooth icon will flash when the meter is on or wakes from sleep mode. If no Bluetooth connection is established within 3 minutes, the Bluetooth icon will turn off.
2. The Bluetooth icon will stay on when it is connected.

WIRELESS HEART RATE :

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

NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the meter when the wireless heart rate icon is flashing.

KEY FUNTION:

- This key lets you to select and lock on to a particular function you want.
  SCAN→TIME→SPD →DIST →CAL→ ODO →RPM →PULSE
- Hold the MODE key for 2 seconds to reset all values except ODO when the Bluetooth is not connected.
- Press and hold the MODE key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the meter will enter sleep mode.

SLEEP MODE:

- The meter will shut off automatically and disconnect the heart rate monitor if there is no activity for 4 minutes when Bluetooth is not connected.
- The system turns on when the MODE key is depressed or a signal input from the sensor.

FUNCTION:

- SCAN: Display changes according to the next diagram every 6 seconds.
- TIME: The total working time with starting exercise.
- SPEED: The current speed with starting exercise.
- DISTANCE: The current distance with starting exercise.
- CALORIE: The current calories burned with starting exercise.
- TOTAL DIST: Counts the total distance with from start to finish. If the battery is replaced, the value returns to zero.
- RPM: The average number of turns per minute of the wheel to measure the speed of the pedal.
- PULSE: The current pulse rate.

SPECIFICATIONS

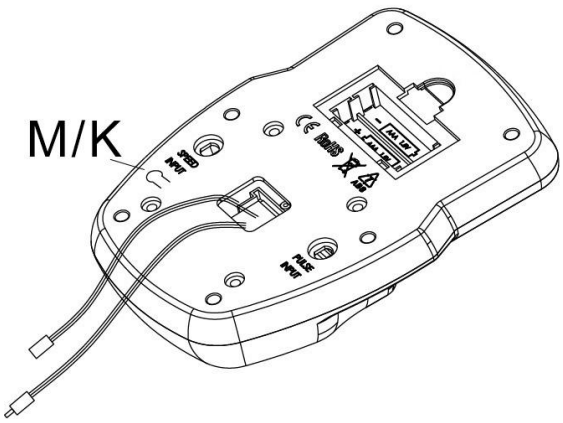
FUNCTION	SCAN	6 S
	TIME	0:00-999:59 M：S
	SPEED	0.0~999.99 M/H (KM/H)
	DIST	0.0~9999.9 M/KM
	ODO	0.00~9999.9 M/KM
	CAL	0.0~9999.9 Kcal
	RPM	0~299
	PULSE RATE	40~240 BPM
BATTERY		SIZE-AAA*2
Operating temperature		0~40℃(32℉-104℉)
Storage temperature		-10~60℃(14℉-140℉)

NOTE: 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 CONVERTIONS FROM IMPERIAL TO METRIC SYSTEM

Pressing the button “M/K” 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.



APP Connection:

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



2. Ensure that the Bluetooth function is turned on from your mobile device.
3. If this is your first time using the SunnyFit app, follow the in-app instructions to register for your free SunnyFit account and log in.
4. Begin any workout activity that matches your smart equipment, then follow the onscreen prompts to search for and connect to your smart equipment.
5. When connected, your stats and records will be displayed at the end of your course/session, and recorded in your account profile!

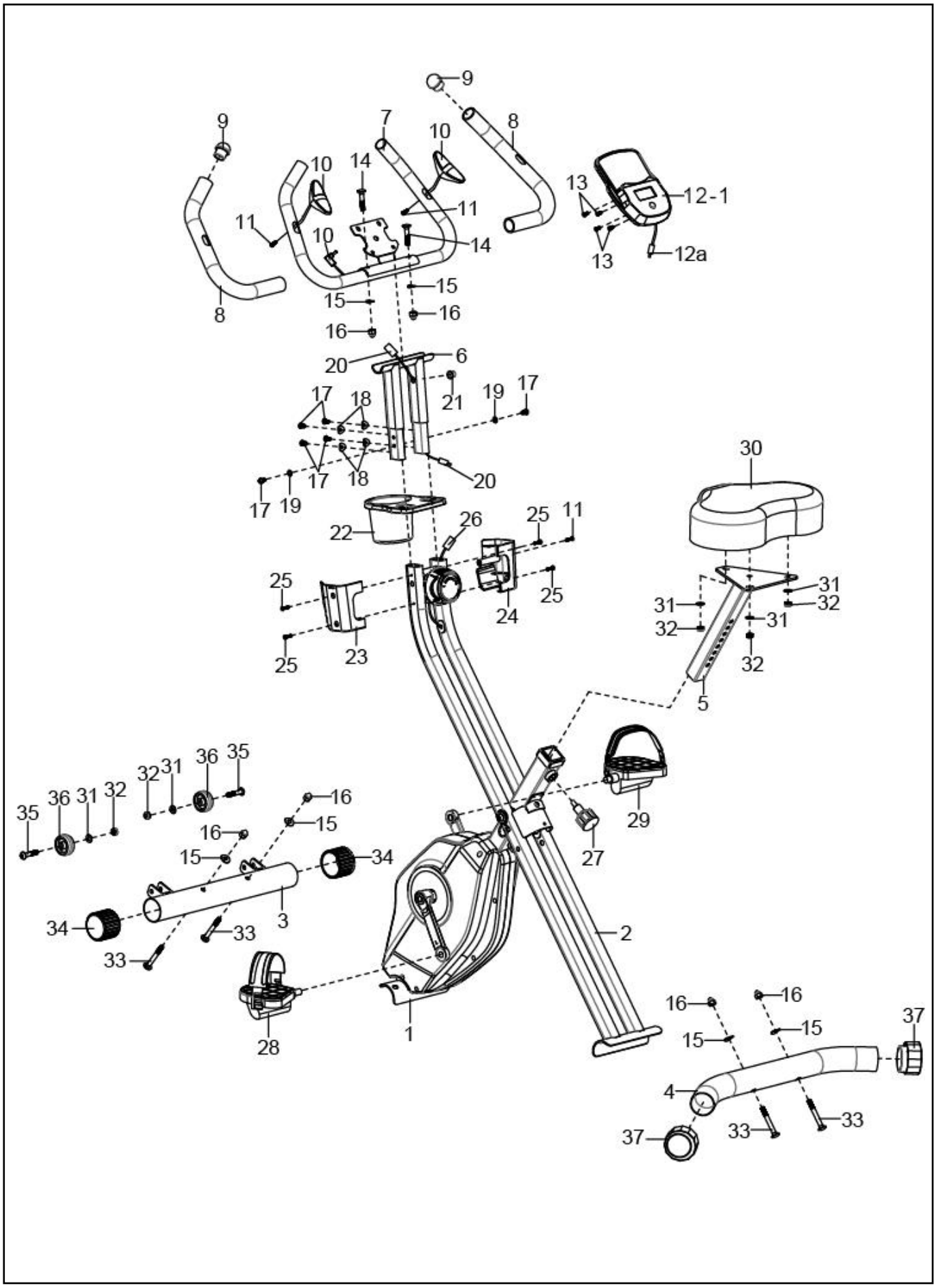
Troubleshooting:

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

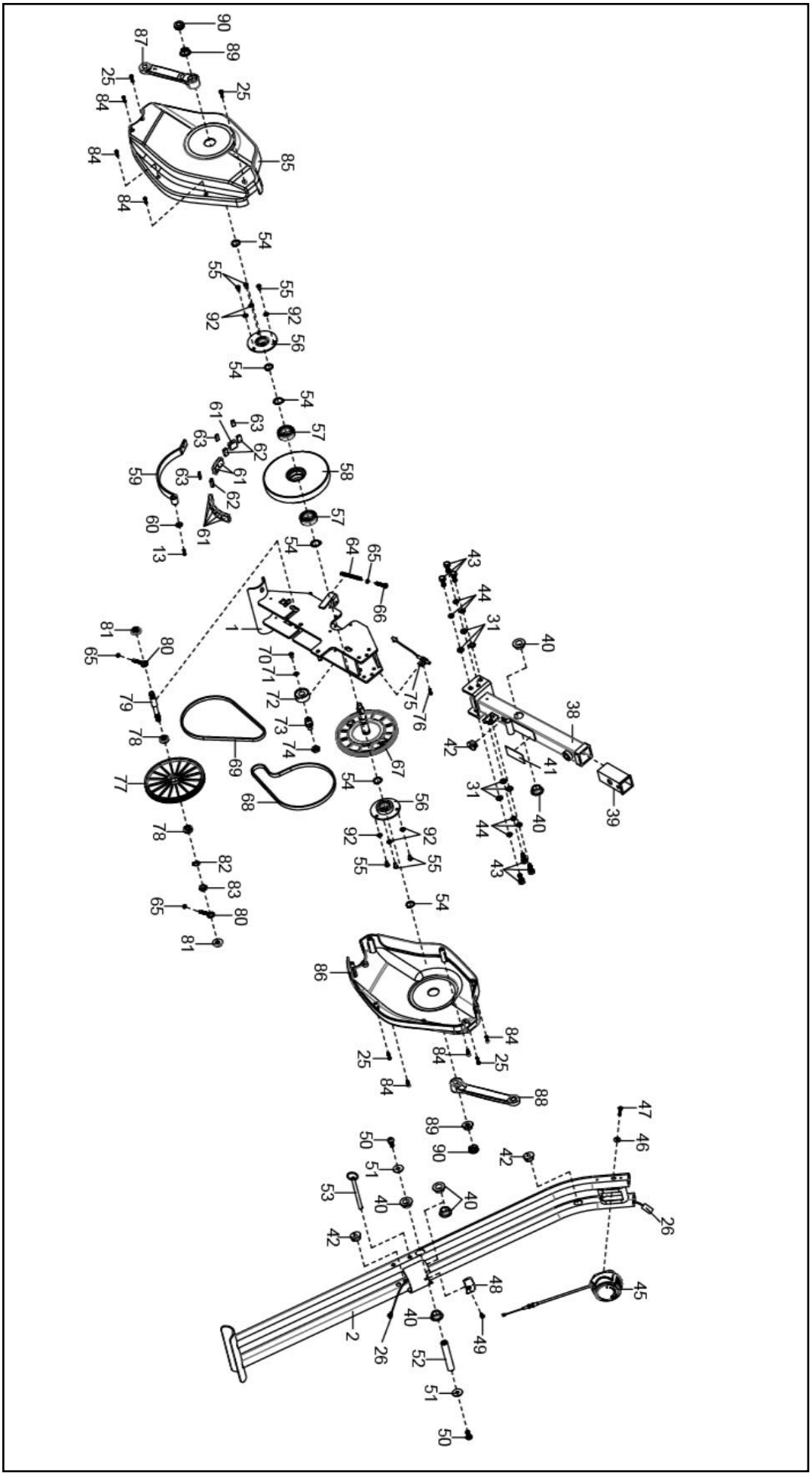


- If you require additional support, please contact support@sunnyfit.com.

Exploded Diagram 1



Exploded Diagram 2



Troubleshooting

ISSUES	SOLUTIONS
There is no display on the computer.	1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the front post. 2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries. 3. The batteries in the computer may be unresponsive. Change to new batteries.
The bike wobbles when in use.	Turn the adjustable end caps on the front and rear stabilizers as needed to level the bike.
The bike makes squeaking noise when in use.	Some bolts on the bike might have become loose. Please inspect all the bolts and tighten any loose bolts.

Parts List

No.	Description	Spec.	Qty
1	Front Main Frame Post		1
2	Rear Support Frame		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
5	Seat Support Post		1
6	Handlebar Connect Post		1
7	Front Handlebar Post		1
8	Front Handlebar Foam Grip		2
9	Round Cap		2
10	Hand Pulse Sensor with Wire	L=550mm	2
11	Screw	ST4.2*20	3
12-1	Computer	HT060-BLE	1
12a	Computer Wire A		1
13	Pan Screw	M5*10	5
14	Square Neck Bolt	M8*40	2
15	Big Curve Washer	ϕ8*ϕ20*2.0	6
16	Nut	M8	6
17	Bolt	M6*12	6
18	Curve Washer	ϕ6	4
19	Washer	Φ6*Φ12*1.0	8
20	Computer Wire II	L=200MM	1
21	Wire Plug II		1
22	Bottle Cover		1
23	Left Bottle Cover		1
24	Right Bottle Cover		1
25	Screw	ST4.2*15	8
26	Computer Wire I	L=950MM	1
27	Spring Pin Knob		1
28	Left Pedal	YH-30X	1
29	Right Pedal	YH-30X	1
30	Seat		1
31	Washer	Φ8*Φ16*1.5	11
32	Nut	M8 S13	5
33	Bolt	M8*60	4

No.	Description	Spec.	Qty
34	Cap		2
35	Bolt	M8*40	2
36	Transportation Wheel	Φ**8*Φ16*1.5**	2
37	Rear Stabilizer End Cap		2
38	Seat Post		1
39	Bushing		1
40	Plastic Shaft Sleeve	ϕ30*ϕ22*L12	6
41	PC Pad		1
42	Wire Plug I		3
43	Screw I	M8*20	6
44	Spring Washer	Φ8	6
45	Tension Control Knob	1150mm	1
46	Big Flat Washer	Φ5*Φ15*1.0	1
47	Bolt	M5*25	1
48	Seat Support Block		1
49	Screw	M5*8	1
50	Bolt	M8*20	2
51	Big Flat Washer	Φ8*Φ25*2.0	2
52	Mandrel		1
53	Ring Spring Pin	Φ8*108	1
54	Shaft Circlip	Φ17	6
55	Bolt	M6*12	6
56	Plastic Bearing Seat		2
57	Bearing	6003ZZ	2
58	Flywheel	Φ165	1
59	Magnetic Plate Post		1
60	Washer	Φ5*Φ12*1.0	1
61	Magnet	20*20*8	8
62	Square Magnet	20*10*5	3
63	Magnet Plate		3
64	Spring		1
65	Nut	M6	3
66	Bolt	M6*20	1
67	Belt Pully Crank		1

Parts List

No.	Description	Spec.	Qty
68	Belt	240 PJ4	1
69	Belt	230 PJ3	1
70	Screw	M5*10	1
71	Big Flat Washer	Φ20*Φ8*2.0	1
72	Bearing	ϕ35*ϕ15*15	1
73	Pulley Shaft	Φ17*33	1
74	Nut	M10	1
75	Sensor Wire	L=250MM	1
76	Screw	M4*10	1
77	Driven Plate		1
78	Bearing	608	2
79	Driven Shaft		1
80	Pulling Bolt	M6*36	2

No.	Description	Spec.	Qty
81	Nut	M10*1.0	2
82	Shaft Circlip		1
83	Nut	M10*1*3	1
84	Screw	ST4.2*25	6
85	Left Cover		1
86	Right Cover		1
87	Left Crank		1
88	Right Crank		1
89	Nut	M10*1.25	2
90	Crank Cover Cap		2
91	Allen Wrench	S5	1
92	Washer	Φ6*Φ12*1.0	6
93	Spanner	S10,13,14,15	1

Version 1.7

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