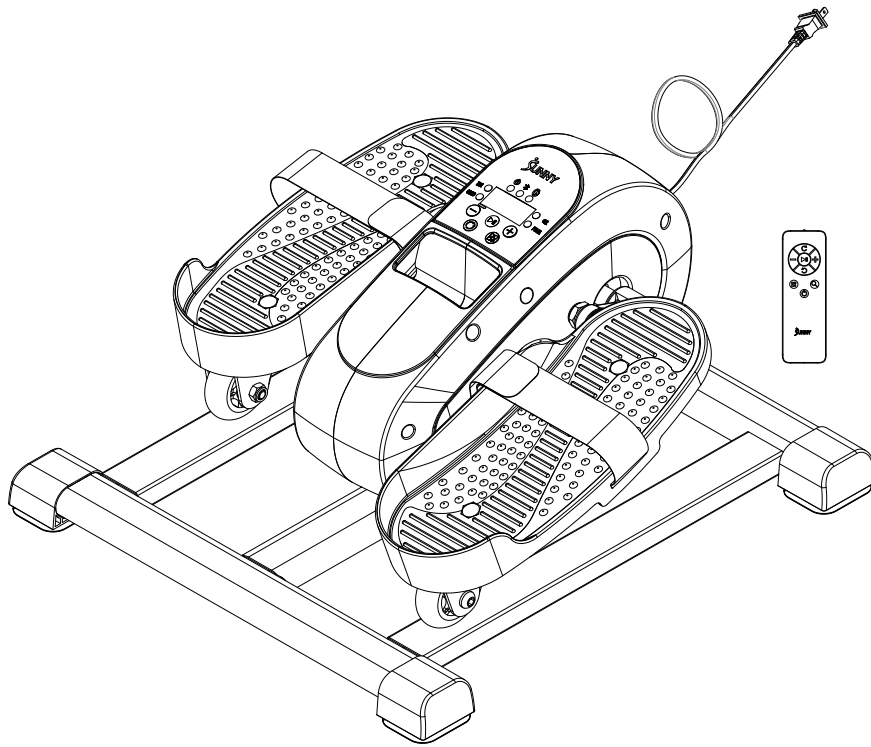




User Manual



Smart Motorized Mini Elliptical with 18-Levels Speed

SF-E324028

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

Thank you for purchasing the Smart Motorized Mini Elliptical with 18-levels Speed. Please read the operating instructions carefully before use. 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. The equipment is not suitable for therapeutic use.
4. Keep children and pet away from this machine. The equipment is designed for adult use only.
5. Do not place fingers or objects into the moving parts of the equipment.
6. 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.
7. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, cleaning and before putting on or taking off parts.
8. Do not stand on the elliptical, only use the elliptical while sitting.
9. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, damages 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.
10. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other objects.
11. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
12. Keep the appliance dry. Do not expose appliance to wet, moisture and humid environment.
13. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer. If a product is modified or altered, it may void the warranty.

⚠ IMPORTANT NOTE: DO NOT STAND ON THE UNIT!

Important Safety Instructions

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 and the injury from moving parts:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning or servicing.

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.

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 20 cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Statement of Purpose

The portable elliptical is designed to offer users a compact and convenient way to engage in low-impact cardiovascular exercise. You can use it at home, at work, or while traveling. It helps you stay active, improve circulation, and boost fitness. Its lightweight design makes it perfect for busy lifestyles.

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

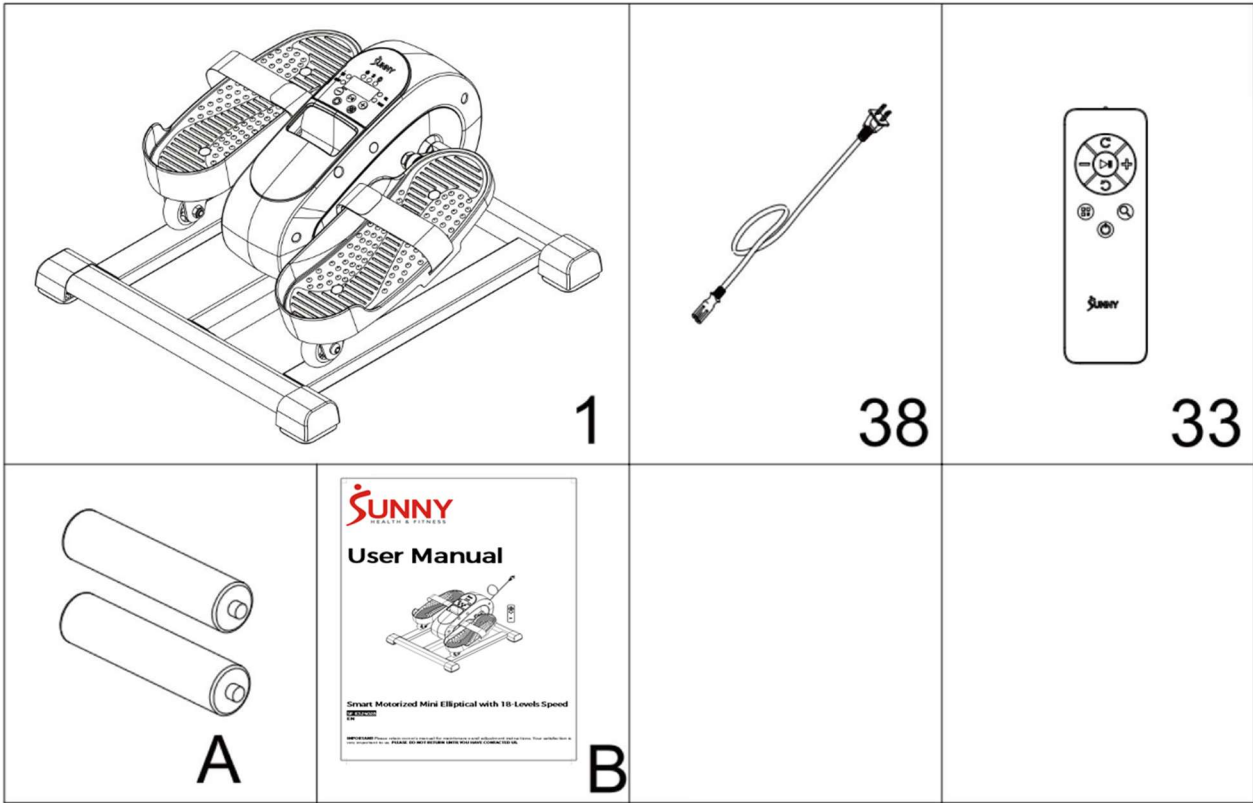
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

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

Pre-Assembly Checklist

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



No.	Description	Spec.	Qty.
1	Main Frame		1
38	Power Cord		1
33	Remote Control		1
A	Battery	AAA	2
B	User Manual		1

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).

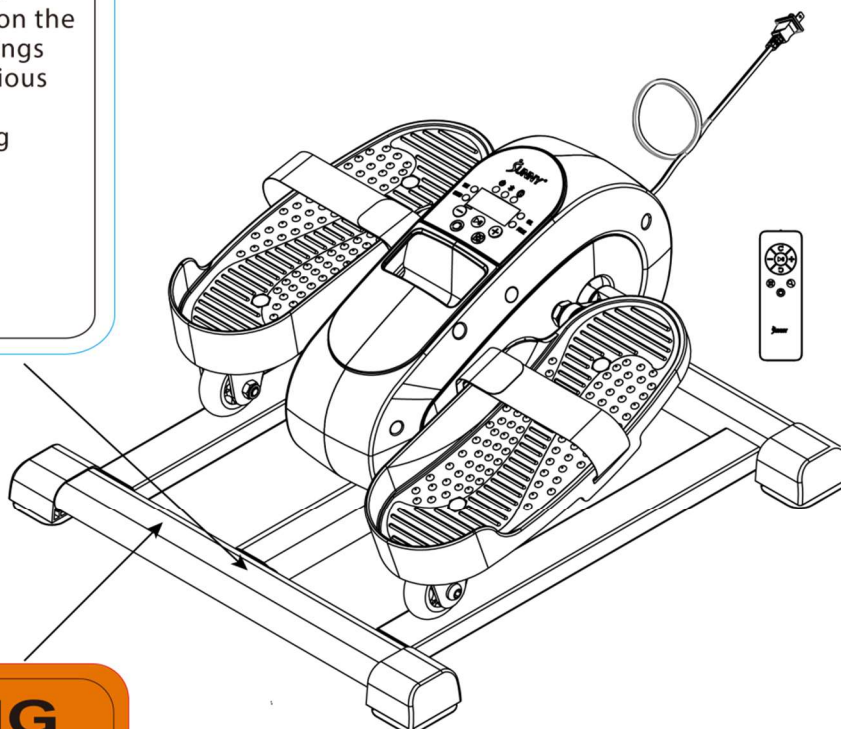
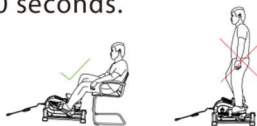
Warning Labels



WARNING

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

If elliptical detects problems during exercise, it will automatically stop within 10 seconds.

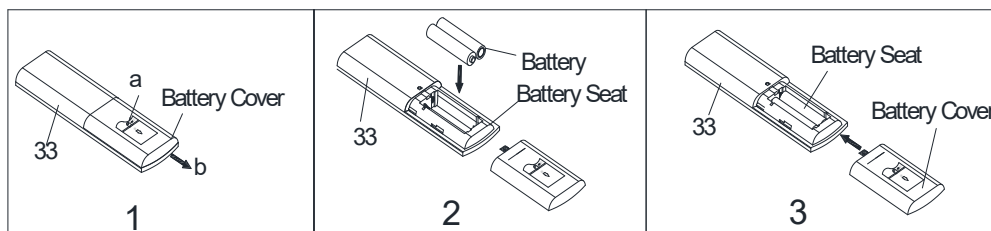


WARNING

Keep children and pets away from equipment when in use.

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

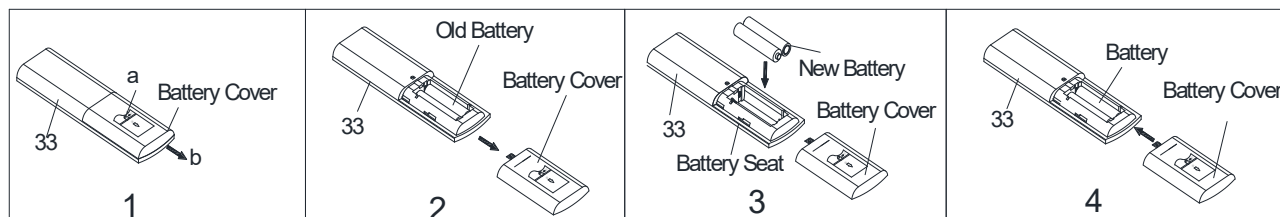
Battery Installation & Replacement



BATTERY INSTALLATION:

1. Press point a, then push down the battery cover on the back of the **Remote Control (No. 33)** to remove the battery cover. (as shown by the arrow b)
2. Take out 2 AAA batteries from the manual bag. Install 2 AAA batteries into the battery case on the back of the **Remote Control (No. 33)**. Pay attention to the battery + and – ends before installing.
3. Put the battery cover back to the **Remote Control (No. 33)** and push the cover up to tighten it on the back of the **Remote Control (No. 33)** (show as arrow c).

The installation is complete!



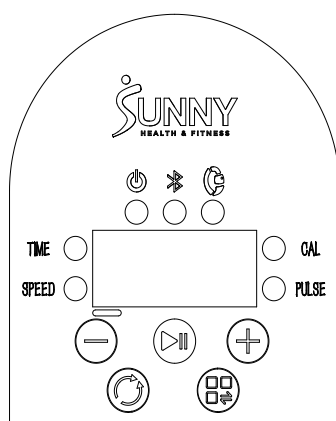
BATTERY REPLACEMENT:

1. Press point a, then push down the battery cover on the back of the **Remote Control (No. 33)** to remove the battery cover. (as shown by the arrow b)
2. Take out the old batteries from the battery seat.
3. Install 2 AAA batteries into the battery case on the back of the **Remote Control (No. 33)**. Pay attention to the battery + and – ends before installing.
4. Put the battery cover back to the **Remote Control (No. 33)** and push the cover up to tighten it on the back of the **Remote Control (No. 33)** (show as arrow c).

The replacement is complete!

Dispose the old battery according to your regional guidelines.

Display Console



BLUETOOTH



1. The Bluetooth icon will flash when the console is on. 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 always light up when the heart rate monitor is connected.
2. 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. But the heart rate monitor can also be connected.
3. The heart rate monitor will disconnect when the console power off. The heart rate icon will turn off and the heart rate function will temporary failure.
4. The heart rate monitor and bluetooth will disconnect with the console when press and hold the START/PAUSE button for 3 seconds or more. The heart rate icon will turn off and the heart rate function will temporary failure.

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

CONSOLE FUNCTION KEYS

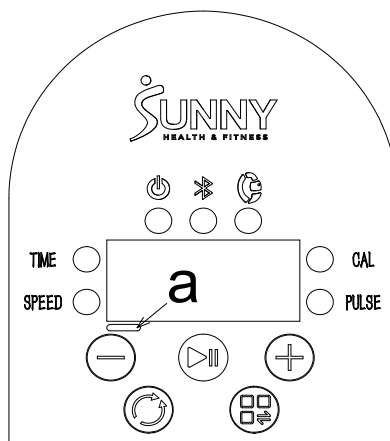
	Start/Pause: Start or pause elliptical (Press 3 Seconds to turn on or turn off the elliptical)
	MODE: Changes between automatic and manual
	Direction: Changes the direction forward or backward
	Speed: Select + key for increasing or – key for decreasing speed (18 speed levels)

WARNINGS AND INSTRUCTIONS

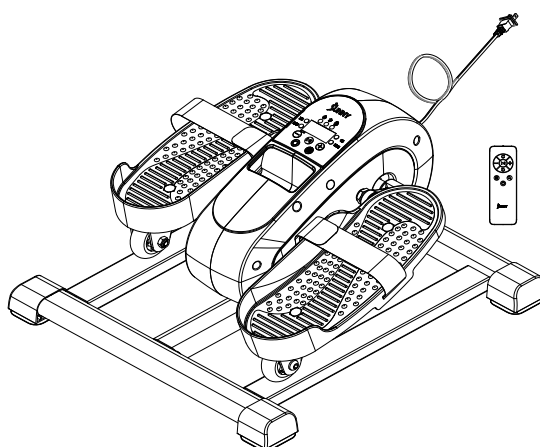
1. After the machine is powered on, you need press  key on the console 3 seconds or press the  on the remote control to turn on the machine, then you can use the machine.
2. Do not stand on the elliptical. Only use while seated in a chair.
3. If elliptical detects problems during exercise, it will auto stop within 10 seconds.

When the display console shows “ERR”, press the  button to reset automatically. If the “ERR” no longer appears, continue to use normally. If the code continues to appear, please contact customer service.

NOTE: When using the remote control, aim it at the receiver on the elliptical (a) and keep it within a maximum distance of 16 inches.



Operating Instructions



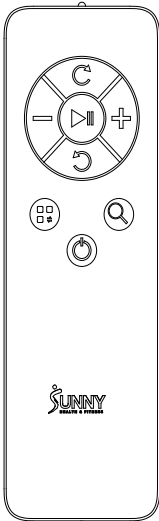
1. Plug in the **Power Cable (No. 38)**. The elliptical will beep and LED display will show “----”. LED will turn on for 1 second then turn off. This is standby mode.
2. Press the  key on the console 3 seconds or  key on the remote control to turn on the machine, the elliptical will beep and the LED shows -U-, now press  key to start the elliptical. LED shows L1.
3. Under the manual mode, press the **Speed “+”** button to increase the speed from L1 to L18. Or press the **Speed “-”** button to decrease the speed from L18 to L1.

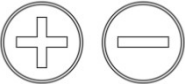
- Under the manual mode, press the  button to change the direction forward or backward.
- Under the manual mode, the LED display will alternate display between TIME, SPEED, CAL, and PULSE.
- Press  the button on the console or the remote control to change the mode from manual mode to pre-program mode P1. Mode P1-P2-P3-P4-P5-P6-U (manual mode)
- They are 6 pre-program modes, P1.P2.P3.P4.P5.P6 Different modes have different speeds and working directions, see below details. It can't be changed speeds or working directions under mode.

PROGRAM	TIME (MIN)	SPEED LEVEL
P1	60	10-18
P2	60	10-18
P3	120	01-18
P4	30	01-09
P5	30	01-09
P6	60	01-18

NOTE: After finish using, please turn off the elliptical and disconnect the power cable.

Remote Control

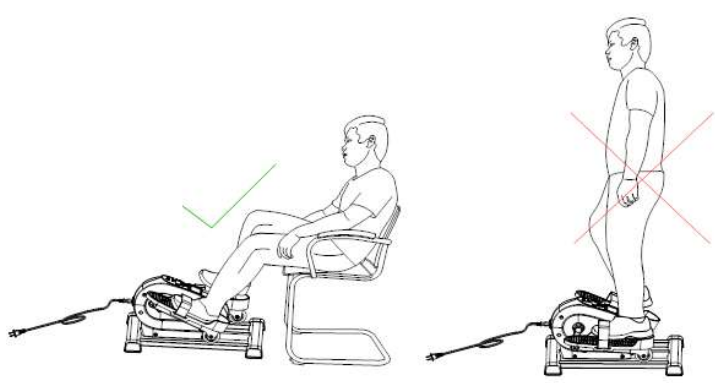


	Direction: Changes the direction forward or backward
	Speed: Select + key for increasing or – for decreasing speed (18 speed levels)
	Start/Pause
	MODE: Changes between automatic and manual
	Power on/off key
	SCAN: TIME, SPEED, CAL, PULSE, SPEED LEVEL, DISTANCE, ODO, MODE, DIRECTION.

User Maintenance Instruction

Caution: There are no serviceable parts in the appliance, any servicing should be performed by an authorized service person.

When the appliance is not in use, disconnect the power supply, store the power cable and the total appliance in a dry location where children cannot touch or in play area(s).

 USE ONLY WHILE SITTING. DO NOT STAND ON THE ELLIPTICAL!	WARNING The elliptical is intended to use in a sitting position only, do not stand on the elliptical. Failure to follow all warnings and instructions could result in serious injury or death.
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APP CONNECTION

Connect Smart Equipment to SunnyFit App:

1. Scan to download SunnyFit from the app store:



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

TROUBLESHOOTING

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



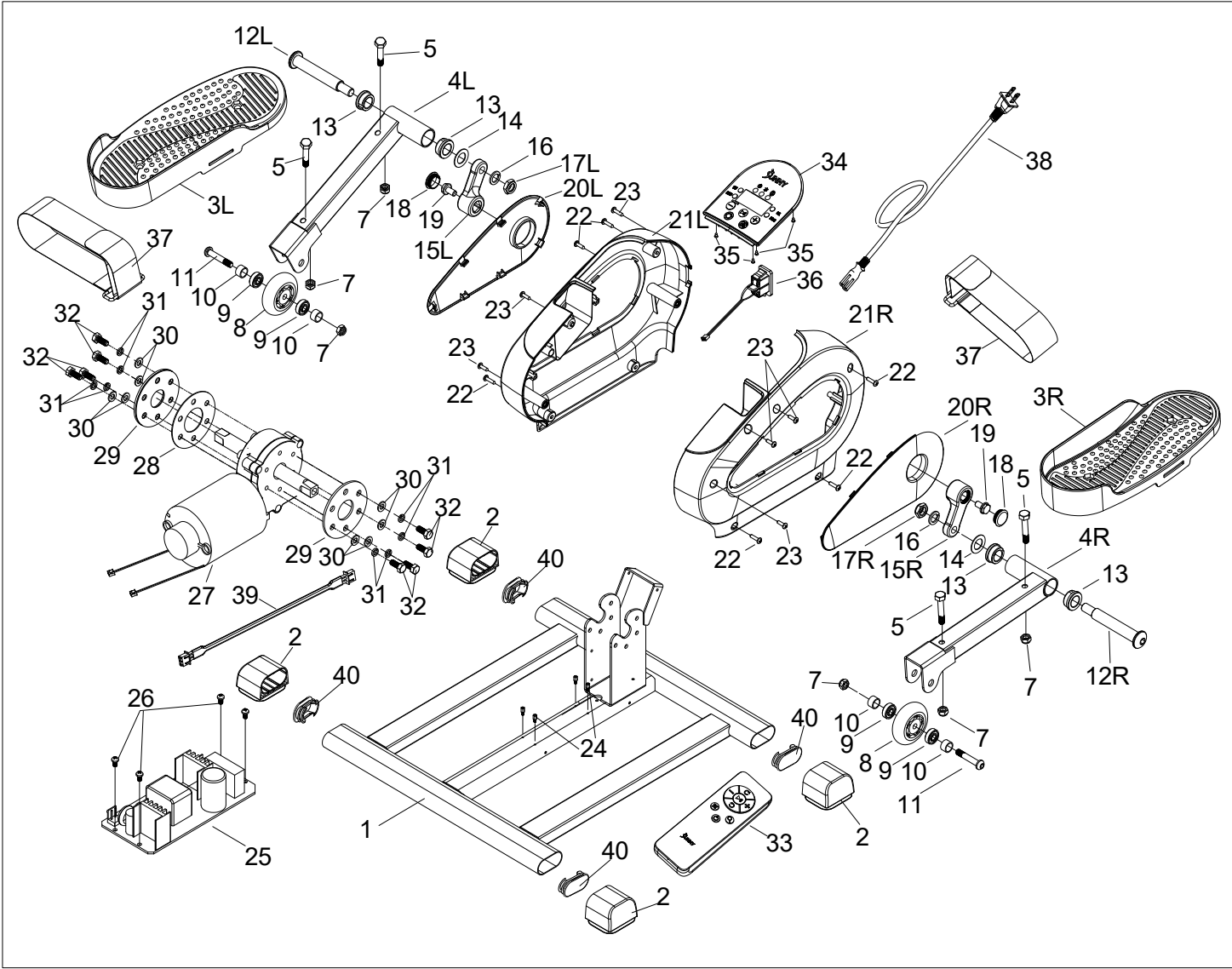
- If you require additional support, please contact support@sunnyfit.com.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	End Cap		4
3L	Left Pedal		1
3R	Right Pedal		1
4L	Pedal Tube		1
4R	Pedal Tube		1
5	Hex Bolt	M8*45	4
6	NA		
7	Nylon Nut	M8	6
8	Slide Wheel	φ64*24	2
9	Bearing		4
10	Sleeve	φ10*φ8.2*6	4
11	Bolt	M8*45	2
12L	Bolt		1
12R	Bolt		1
13	Bearing Sleeve	PA6/φ28*16	4
14	Flat Washer	φ16.25*φ28*1	2
15L	Crank	1/2"	1
15R	Crank	1/2"	1
16	Spring Washer	φ13×B2	2
17L	Nylon Nut	1/2"*20	1
17R	Nylon Nut	1/2"*20	1
18	Hole Plug		2
19	Hex Bolt	M8*16	2

No.	Description	Spec.	Qty.
20L	Plastic Cover		1
20R	Plastic Cover		1
21L	Left Belt Cover		1
21R	Right Belt Cover		1
22	Screw	ST4.2*19	6
23	Screw	ST4.2*16	6
24	Fixing Bolt	M3*6	4
25	Controller		1
26	Screw	M3*5	4
27	Motor	DC24V 110RPM	1
28	Big Washer	φ70*φ30*1.0	1
29	Rubber Washer	φ70*φ30*2.5	2
30	Flat Washer	φ6.4*φ12*1.2	8
31	Spring Washer	D6	8
32	Screw	M6*15	8
33	Remote Control		1
34	Console		1
35	Screw	ST2.6*6	4
36	Outlet		1
37	Pedal Strap		2
38	Power Cord		1
39	3P Data Line		1
40	Inner tube plug		4

Exploded Diagram



Version 1.2

Register

Register your product and verify warranty terms:

Sunnyhealthfitness.com/warranty



Download

Track your fitness progress & join **FREE** workout courses!

Download SunnyFit App today!



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Contact

Get in touch with us for any questions



1-877-90SUNNY (877-907-8669)



support@sunnyhealthfitness.com

www.sunnyhealthfitness.com