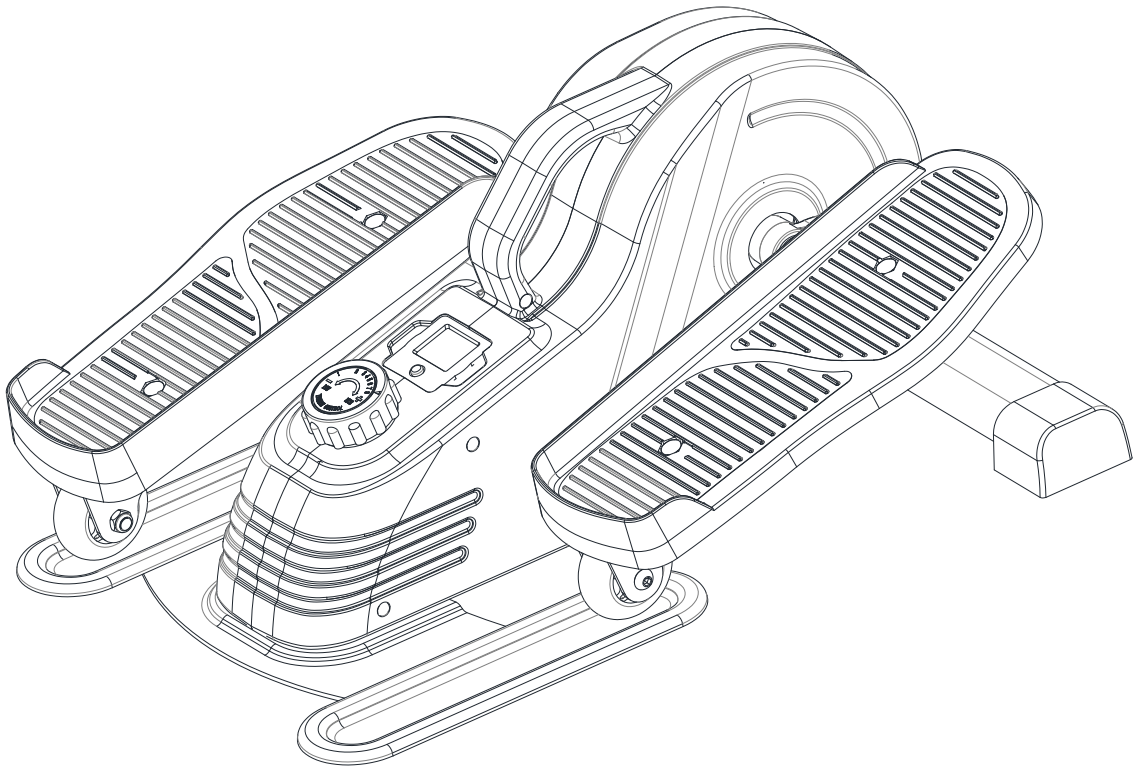
SUNNY
HEALTH & FITNESS

User Manual



Magnetic Under Desk Elliptical

SF-E3872

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 exeprcise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 cm) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The equipment is not suitable for therapeutic use.
10. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
11. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed for indoor and home use only, it is not intended for commercial use.

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

Statement of Purpose

The 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

Ordering Replacement Parts

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

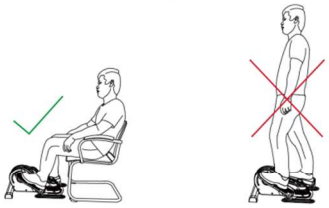
- ✓ The model number
- ✓ The product name
- ✓ The part number found on the "EXPLODED DIAGRAM" and "PARTS LIST"

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.



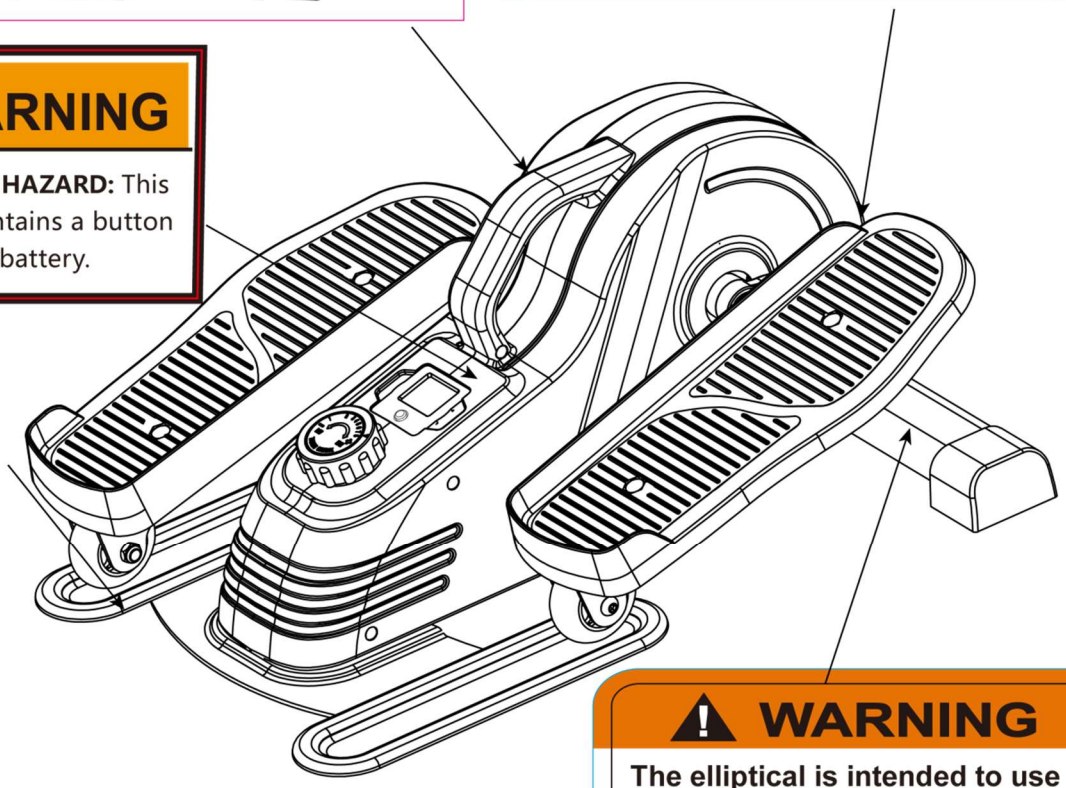
WARNING

Keep children and pets away from equipment when in use.

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

WARNING

INGESTION HAZARD: This product contains a button cell or coin battery.



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.



Battery Safety Warning

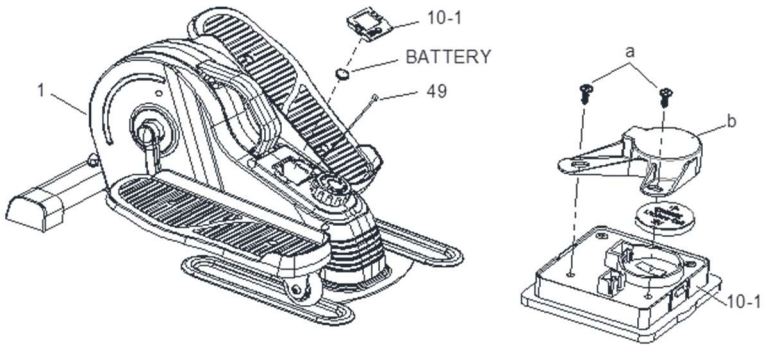
⚠WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours.**
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



NOTES:
1) Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
2) Even used batteries may cause severe injury or death.
3) Call a local poison control center for treatment information.
4) The compatible battery type CR2032 3V.
5) Non-rechargeable batteries are not to be recharged.
6) Do not force discharge, recharge, disassemble, heat above 50°C/122°F, or incinerate. Doing so may result in injury due to venting, leakage or explosion, resulting in chemical burns.
7) Ensure the batteries are installed correctly according to polarity (+ and -).
8) Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
9) Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

Battery Replacement

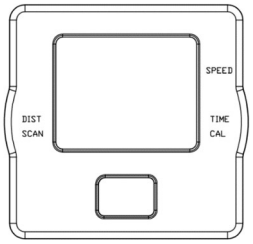


1. Remove the **Meter (No. 10-1)** from **Main Frame (No. 1)**. Then disconnect the link wire of **Inductor (No. 49)** with the **Meter (No. 10-1)**.
2. Use the screwdriver to remove screws (a) and plastic cap (b) from the back of **Meter (No. 10-1)** and take out the old battery.
3. Insert the new battery and ensure that the positive side of the battery, which is labeled with a + sign is facing outward as shown in diagram above.
4. Attach the plastic cap back to the back of **Meter (No. 10-1)** using the screws (a), tighten with the screwdriver.
5. Insert the link wire of **Inductor (No. 49)** into the jack hole on the back of **Meter (No. 10-1)**.
6. Attach the **Meter (No. 10-1)** onto **Main Frame (No. 1)**.

The replacement is complete!

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

Exercise Meter



SPECIFICATIONS
SPEED----------0.0~999.9 MPH (Miles Per Hour)
TIME ----------0:00~99:59 MIN (Minutes)
DIST (DISTANCE)----------0.0~9999 ML (Miles)
CAL (CALORIES)----------0.0~9999 KCAL (Kilocalories)

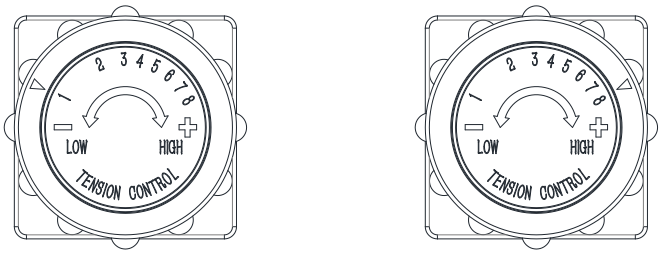
FUNCTION KEYS:
MODE: Press the red key repeatedly to select the desired value (TIME, SPEED, DISTANCE, CALORIES, SCAN). Hold the key for 4 seconds to have all function values reset (total reset).

FUNCTIONS:
SPEED: Displays current speed.
TIME: Displays the total time of the exercise from start to finish.
DIST (DISTANCE): Displays the distance of the exercise from start to finish.
CAL (CALORIES): Displays the total calories burned during an exercise from start to finish.
SCAN: Displays functions automatically in the following order: TIME, CALORIES and DISTANCE.

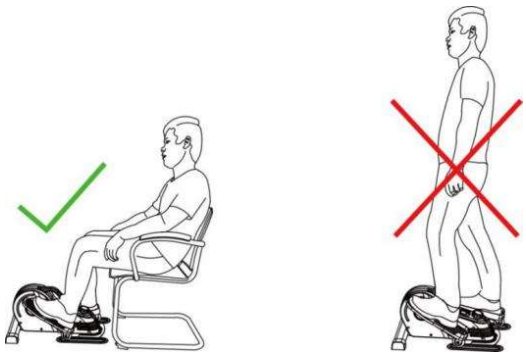
NOTE:

1. Please use 1pc of BUTTON CELL LR44 1.5V battery as a power supply. If there is an abnormal display on the meter, please replace the battery.
2. The meter will automatically power on when pedals are in motion or the MODE key is being pressed.
3. The meter will automatically start calculating when exercise begins.
4. All functions will automatically stop calculating with a “STOP” sign on the upper left corner of the meter when there is no movement for about 4 seconds; “STOP” sign will be off and the meter will automatically start calculating as soon as the machine is in motion.
5. The meter will automatically shut off if there is no movement for 4 to 5 minutes.
6. 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.

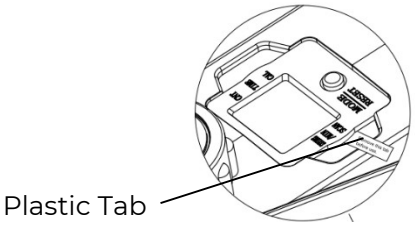
Adjustment & Usage Guide

<table>
<tr>
<td>
</td>
<td>ADJUSTING THE TENSION

Adjust the tension by rotating the Tension Control Knob (No. 9) clockwise to increase the level of resistance. Rotate the Tension Control Knob (No. 9) counter-clockwise to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</td>
</tr>
<tr>
<td>USE ONLY WHILE SITTING.
DO NOT STAND ON THE ELLIPTICAL!
</td>
<td>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.</td>
</tr>
<tr>
<td>
</td>
<td>IMPORTANT NOTE

Please remove the plastic tab from the meter before use!</td>
</tr>
</table>

Download SunnyFit - For Home Fitness

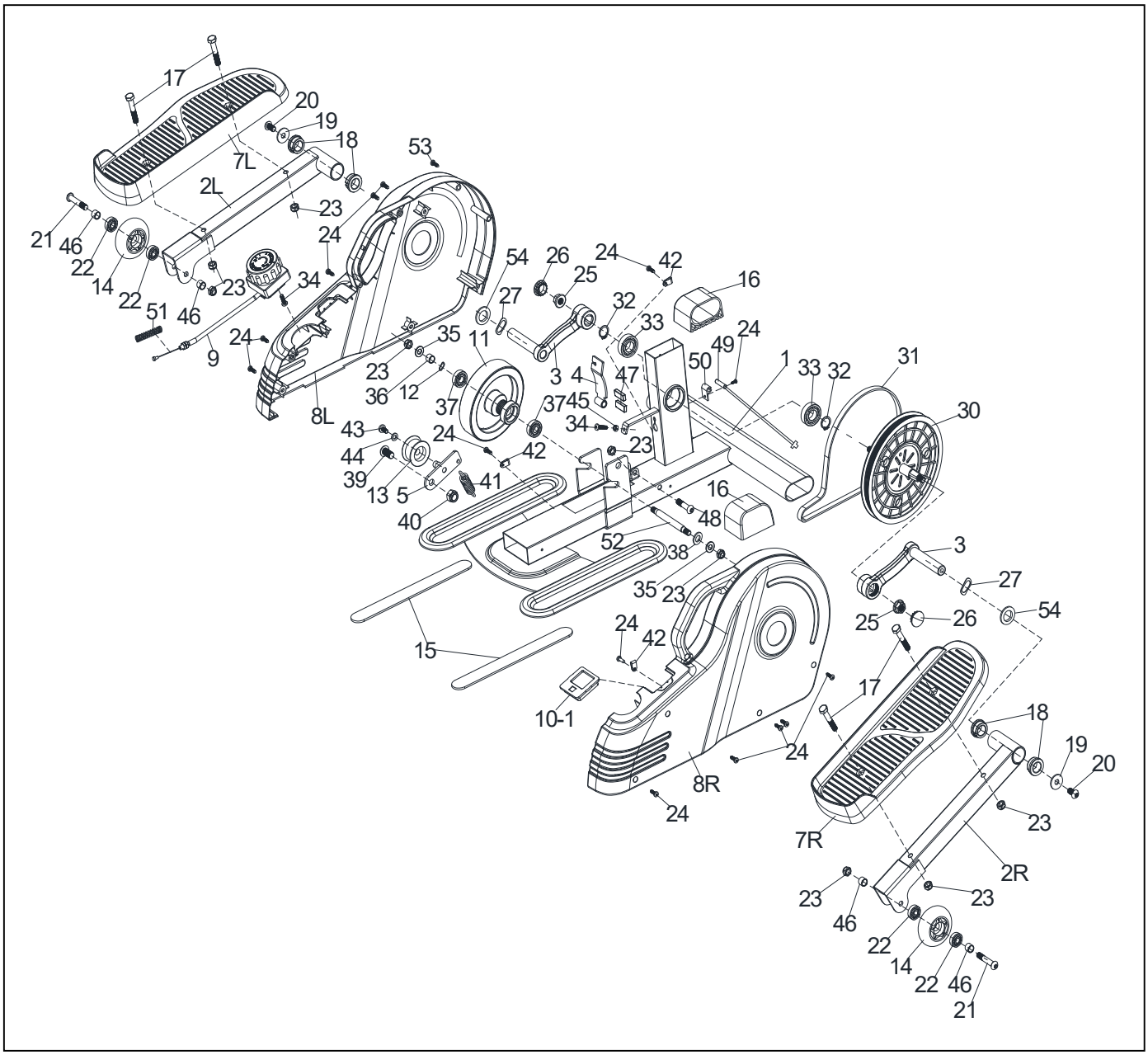
SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, bodyweight, and even resistance band exercises. Whether you have equipment or not, SunnyFit offers the perfect workout for every fitness level and preference. You can enjoy a collection of over 300 free workout courses that require nothing more than your body and the SunnyFit app.

Parts List

No.	Description	Spec.	Qty
1	Main Frame		1
2R	Pedal Frame (R)		1
2L	Pedal Frame (L)		1
3	Crank		2
4	Magnetic Board		1
5	Idler Wheel Shaft		1
6	N/A		
7L	Left Pedal		1
7R	Right Pedal		1
8L	Left Belt Cover		1
8R	Right Belt Cover		1
9	Tension Control Knob		1
10-1	Meter	JJD-2605	1
11	Inertial Wheel		1
12	Wave Washer		1
13	Idler Wheel		1
14	Slide Wheel		2
15	Silicone Pad		2
16	End Cap		2
17	Bolt	M8*45*15	4
18	Alloy Wrap		4
19	Flat Washer	Φ8.2*Φ25*1.5	2
20	Screw	M8*16	2
21	Hex Bolt	M8*45*15	2
22	Bearing		4
23	Nylon Nut	M8	9
24	Screw	ST4.2*15	14
25	Flange Nut	M10	2
26	End Cap		2

No.	Description	Spec.	Qty
27	Wave Washer		2
28	N/A		
29	N/A		
30	Belt Wheel		1
31	Belt	J300	1
32	C-clip		2
33	Bearing	6003	2
34	Screw	M5*15	2
35	Flat Washer	Φ8.2*Φ16*1.5	2
36	Sleeve		1
37	Bearing	6000	2
38	Washer	Φ10.2*Φ20*1.5	1
39	Screw	M10*20*12	1
40	Nylon Nut	M10	1
41	Spring		1
42	Wire Clip		3
43	Screw	M6*12	1
44	Flat Washer	Φ6.4*Φ12*1.2	1
45	Nut	M5	1
46	Sleeve		4
47	Magnet		2
48	Bolt	M8*35*15	1
49	Inductor		1
50	Inductor Seat		1
51	Spring		1
52	Spindle		1
53	Screw	ST3.5*15	1
54	Flat Washer	Φ16.2*Φ28*1.2	2

Exploded Diagram



Version 6.1

Register

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

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Get in touch with us for any questions

1-877-90SUNNY (877-907-8669)
support@sunnyhealthfitness.com