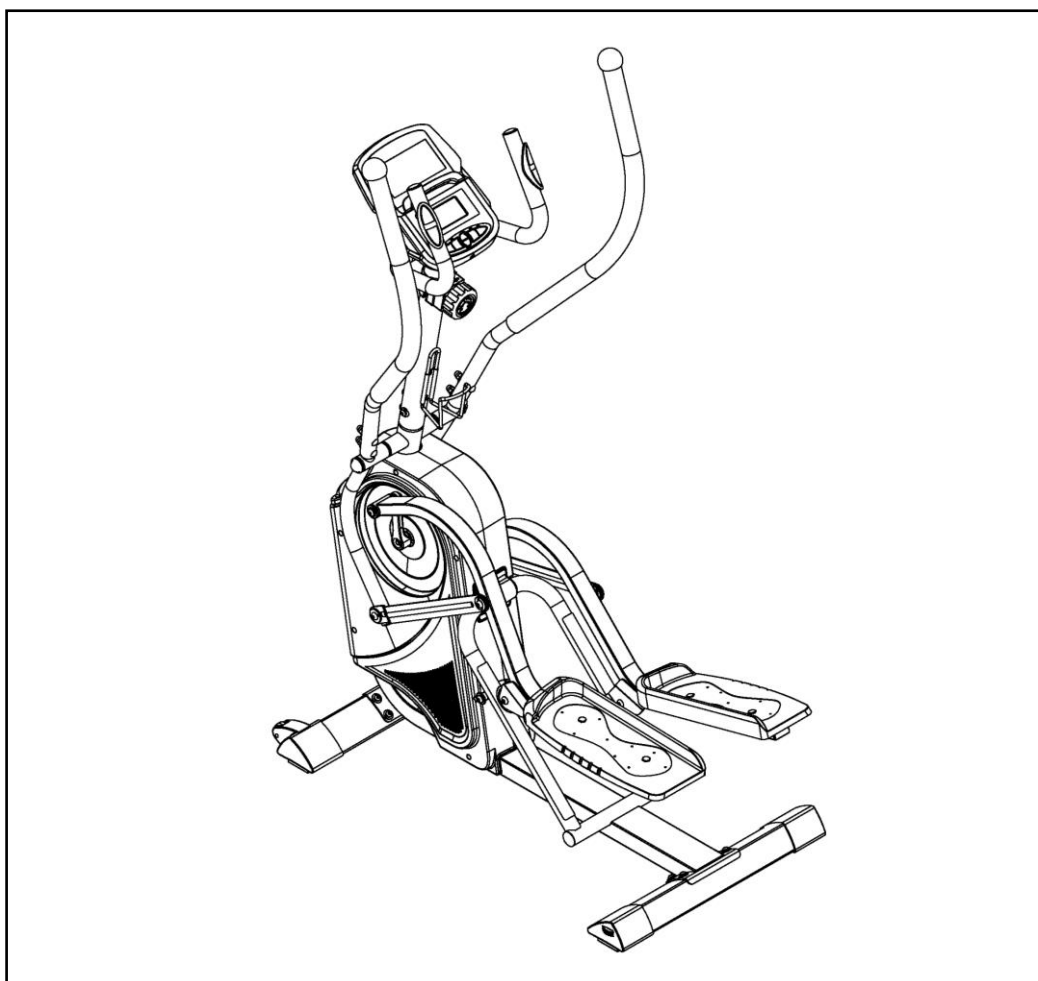




PREMIUM CARDIO CLIMBER

SF-E3919

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).



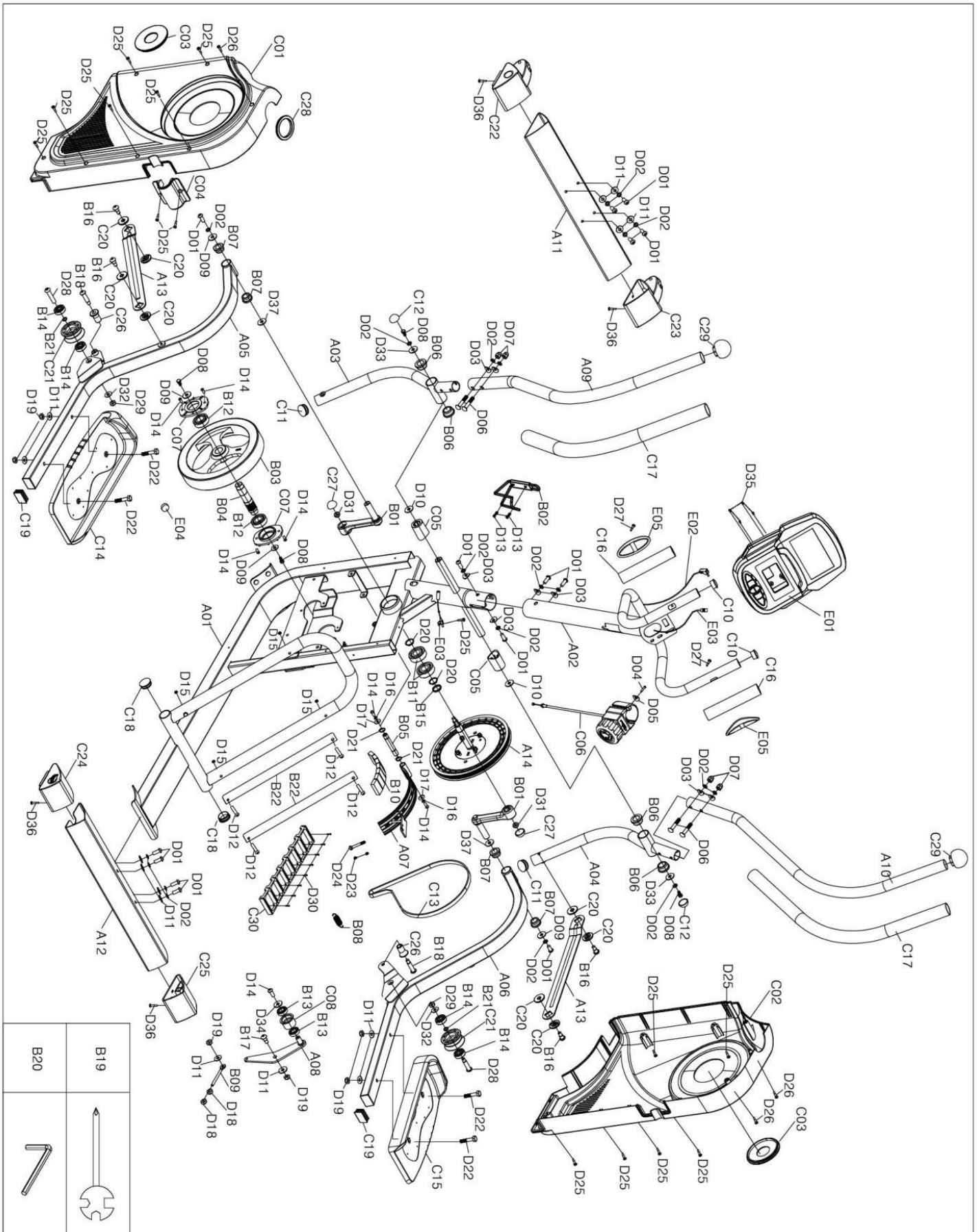
WWW.SUNNYHEALTHFITNESS.COM

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 any 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 260 pounds (118KG).
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



PARTS LIST

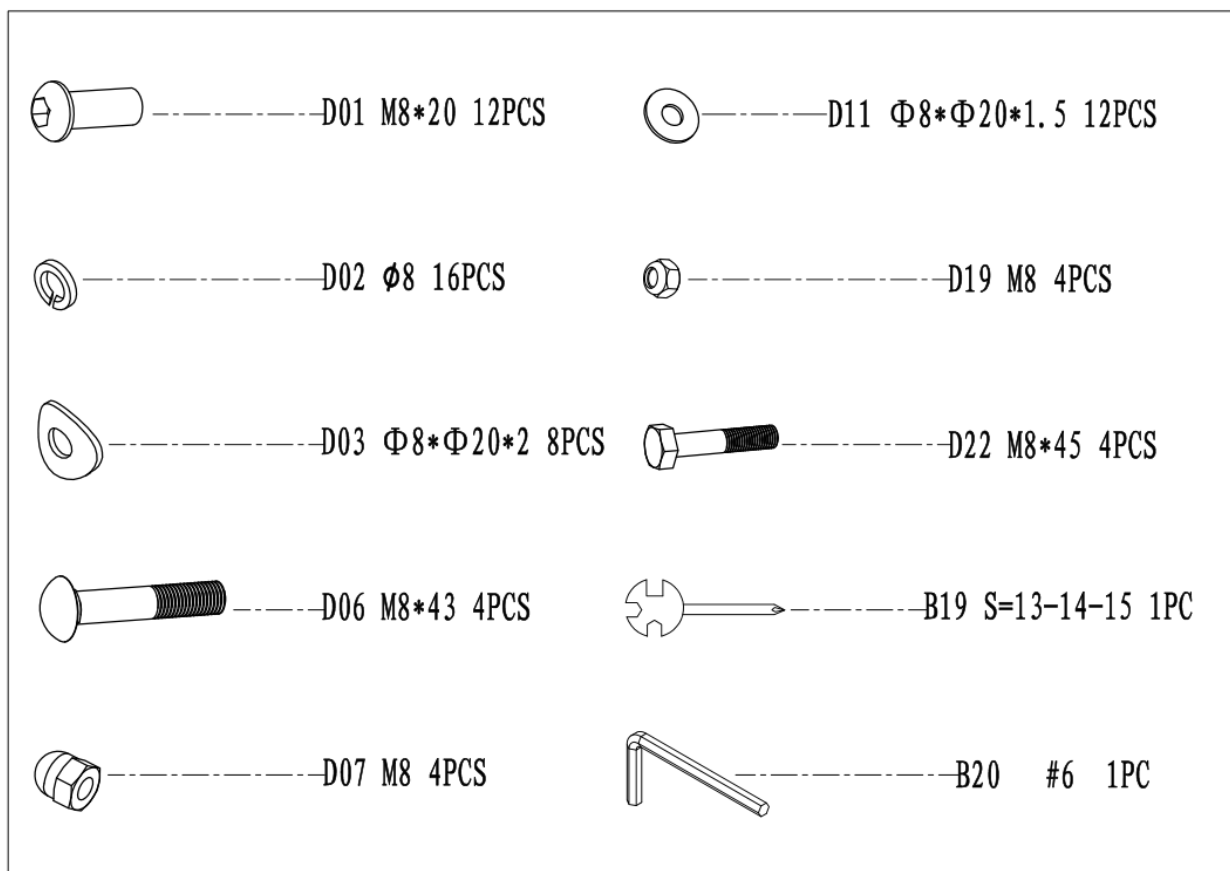
No.	Description	Spec.	Qty.
A01	Main Frame		1
A02	Upright Post		1
A03	Left Swing Rod		1
A04	Right Swing Rod		1
A05	Left Pedal Tube		1
A06	Right Pedal Tube		1
A07	Magnetic Board		1
A08	Idler Wheel Shaft		1
A09	Left Handlebar		1
A10	Right Handlebar		1
A11	Front Stabilizer		1
A12	Rear Stabilizer		1
A13	Connection Plate		2
A14	Belt Wheel		1
B01	Crank	4"	2
B02	Bottle Holder		1
B03	Flywheel	6KG	1
B04	Flywheel Axle		1
B05	Magnetic Board Axle		1
B06	Sleeve		4
B07	Sleeve		4
B08	Tension Spring		1
B09	Bolt	M8*65	1
B10	Magnet	40*25*10	7
B11	Bearing	6204ZZ	2
B12	Bearing	6004ZZ	2
B13	Bearing	6001-2RS	2
B14	Bearing	6200Z	4
B15	Sleeve		1
B16	Bolt	M8*24.5	4
B17	Screw	M8*20	1
B18	Screw	M8*41.5	2
B19	Spanner	S13-14-15	1
B20	Allen Wrench	#6	1
B21	Sleeve		2
B22	Stainless Steel Plate		2
C01	Left Belt Cover		1
C02	Right Belt Cover		1
C03	Crank Cover	ø97	2
C04	Cover		1
C05	Sleeve		2
C06	Tension Control Knob		1
C07	Bearing Bracket		2

No.	Description	Spec.	Qty.
C08	Idler Wheel		1
C10	End Cap	ø25	2
C11	End Cap	ø28	2
C12	Bolt Cap	S13	2
C13	Belt		1
C14	Left Pedal		1
C15	Right Pedal		1
C16	Foam Grip		2
C17	Foam Grip		2
C18	End Cap	ø32	2
C19	End Cap	40*25*15	2
C20	Bushing		8
C21	Pulley		2
C22	Left End Cap for Front Stabilizer		1
C23	Right End Cap for Front Stabilizer		1
C24	Left End Cap for Rear Stabilizer		1
C25	Right End Cap for Rear Stabilizer		1
C26	Wheel		2
C27	Bolt Cap	ø26	2
C28	Ring		1
C29	End Cap		2
C30	Magnetic Box		1
D01	Bolt	M8*20	14
D02	Spring Washer	ø8	20
D03	Arc Washer	ø8*ø20*2	8
D04	Bolt	M5*40	1
D05	Flat Washer	ø5*ø10*1	1
D06	Carriage Bolt	M8*43	4
D07	Nut	M8	4
D08	Bolt	M8*16	4
D09	Flat Washer	ø8*ø24*2	4
D10	Wave Washer	ø19*ø25*0.3	2
D11	Big Flat Washer	ø8*ø20*1.5	14
D12	Bolt	M6*40	4
D13	Bolt	M5*10	2
D14	Bolt	M6*12	7
D15	Nut	M6	4
D16	Spring Washer	M6	2
D17	Flat Washer	ø6*ø12*1.5	2
D18	Nut	M8	2
D19	Nut	M8	6
D20	Spring Washer	ø20	2
D21	Spring Washer	ø12	2

No.	Description	Spec.	Qty.
D22	Bolt	M8*45	4
D23	Nut	M6	2
D24	Bolt	M6*40	1
D25	Screw	ST4.2*16	15
D26	Screw	ST4.2*16	3
D27	Screw	ST4.2*19	2
D28	Bolt	M10*45	2
D29	Nut	M10	2
D30	Screw	ST2.9*10	8
D31	Flange Nut	M10*1.25	2
D32	Flat Washer	Ø10*Ø20*1.5	2

No.	Description	Spec.	Qty.
D33	Flat Washer	Ø8*Ø32*1.5	2
D34	Flat Washer	Ø6*Ø18*1.5	1
D35	Bolt	M5*10	4
D36	Screw	ST4.2*13	4
D37	Wave Washer	Ø16*Ø21*0.3	2
E01	Computer		1
E02	Handle Pulse Wire		1
E03	Sensor Wire		1
E04	Magnet		1
E05	Handle Pulse Sensor		2

HARDWARE PACKAGE



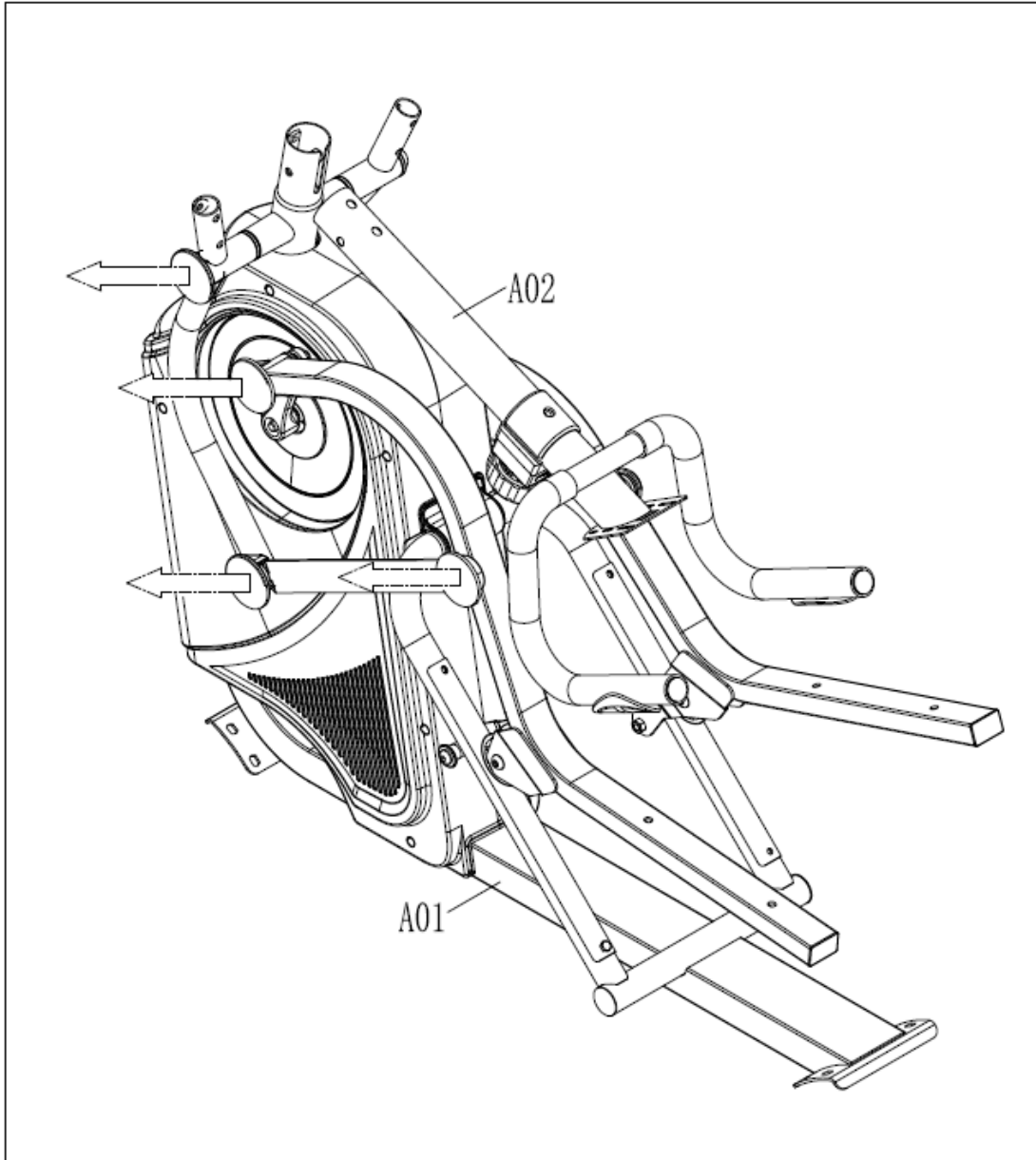
Ordering Replacement Parts (U.S. and Canadian Customers only)

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).

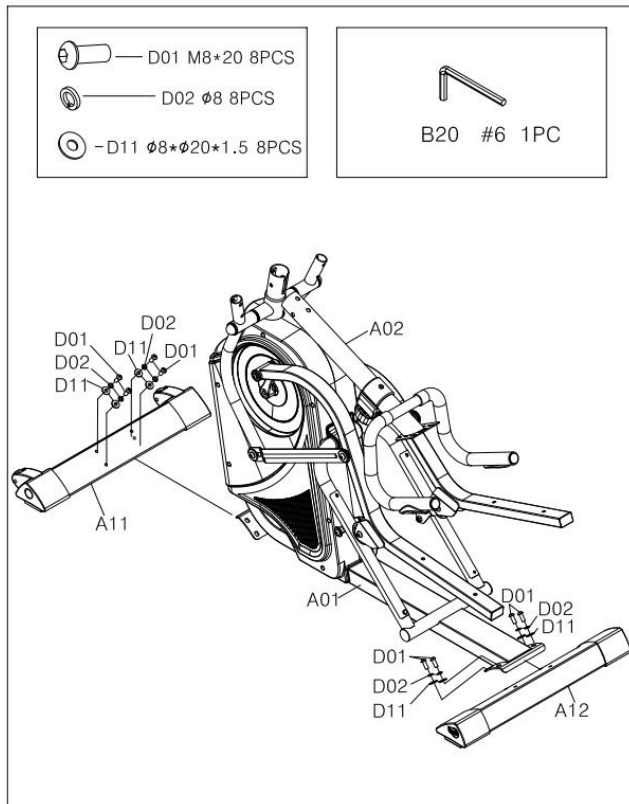
ASSEMBLED ATTENTION



When the package is opened, please remove the 8 plugs from the product before assembling. Please note there are 4 plugs on each side.

ASSEMBLY INSTRUCTIONS

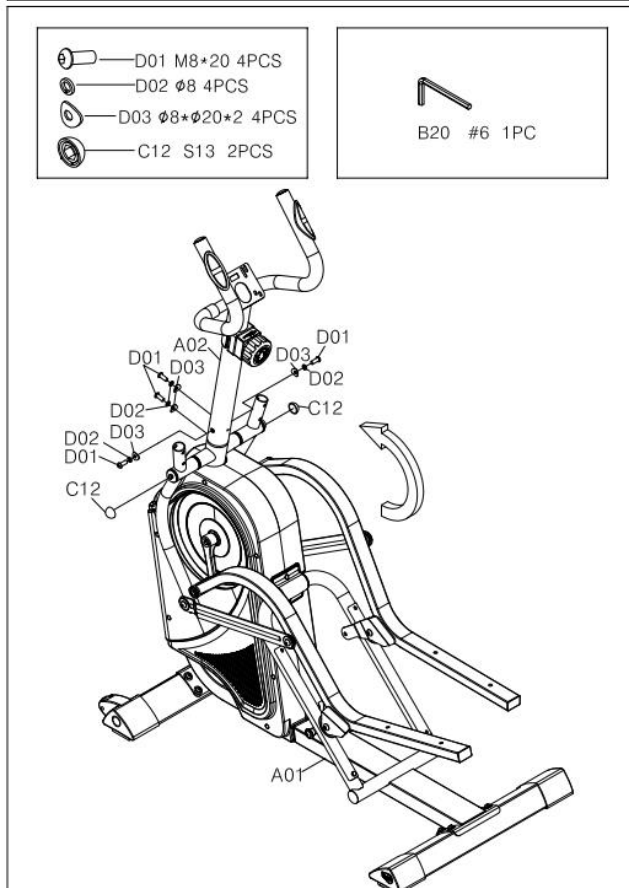
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach the **Front Stabilizer (No. A11)** to the **Main Frame (No. A01)**, using 4 **Bolts (No. D01)**, 4 **Spring Washers (No. D02)** and 4 **Big Flat Washers (No. D11)**. Tighten and secure with **Allen Wrench (No. B20)**.

Attach the **Rear Stabilizer (No. A12)** to the **Main Frame (No. A01)**, using 4 **Bolts (No. D01)**, 4 **Spring Washers (No. D02)** and 4 **Big Flat Washers (No. D11)**. Tighten and secure with **Allen Wrench (No. B20)**.



STEP 2:

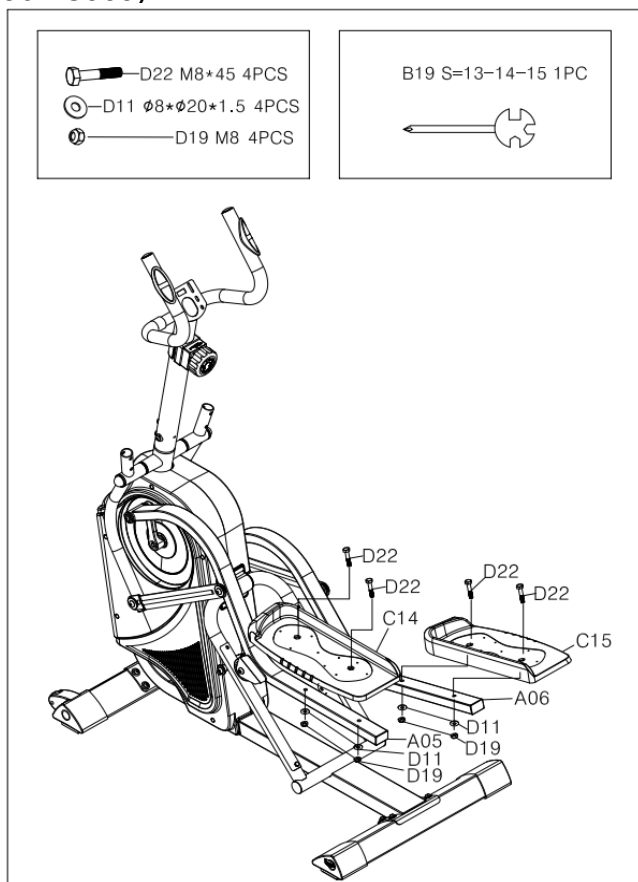
Attach the **Upright Post (No. A02)** to the **Main Frame (No. A01)**, using 4 **Bolts (No. D01)**, 4 **Spring Washers (No. D02)** and 4 **Arc Washers (No. D03)**. Tighten and secure with **Allen Wrench (No. B20)**.

Take out of the 2 **Bolt Caps (No. C12)** from the manual plastic bag and attach them to the **Main Frame (No. A01)**.

Note:

Please be careful not to clip the wires.

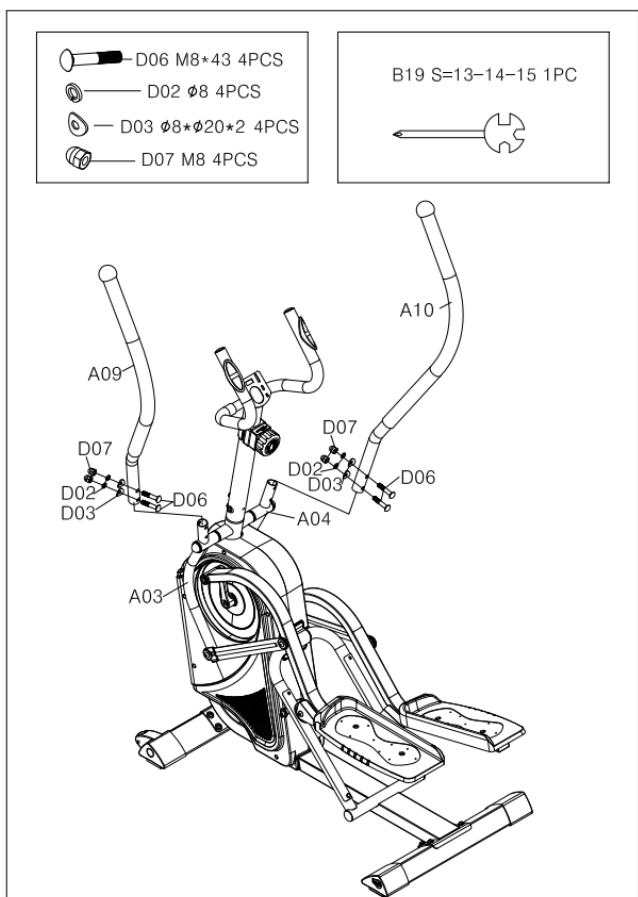
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Attach the **Left Pedal (No. C14)** to the **Left Pedal Tube (No. A05)**, using 2 **Bolts (No. D22)**, 2 **Big Flat Washers (No. D11)** and 2 **Nuts (No. D19)**. Tighten and secure with **Spanner (No. B19)**.

Attach the **Right Pedal (No. C15)** to the **Right Pedal Tube (No. A06)**, using 2 **Bolts (No. D22)**, 2 **Big Flat Washers (No. D11)** and 2 **Nuts (No. D19)**. Tighten and secure with **Spanner (No. B19)**.

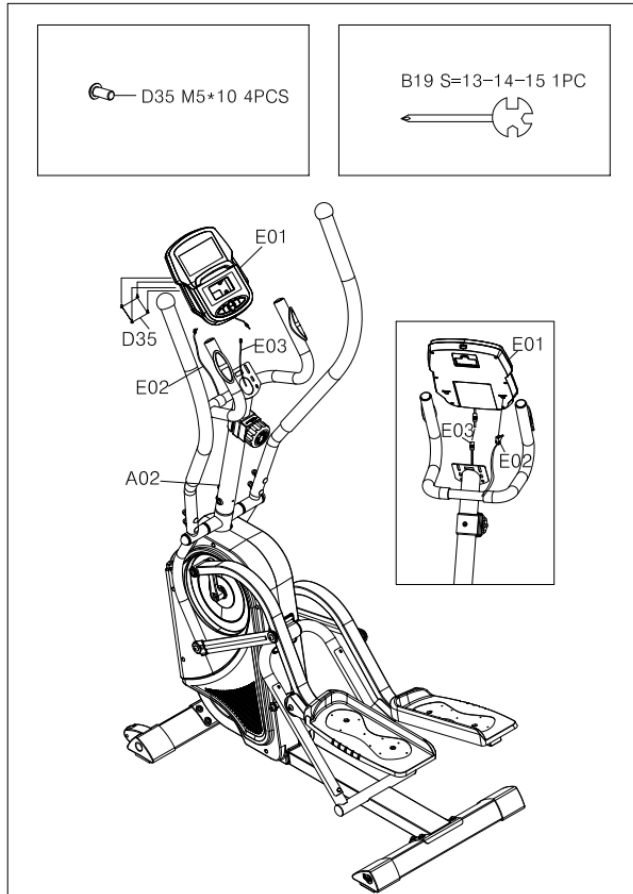


STEP 4:

Attach **Left Handlebar (No. A09)** to the **Left Swing Rod (No. A03)** using 2 **Carriage Bolts (No. D06)**, 2 **Arc Washers (No. D03)**, 2 **Spring Washers (No. D02)** and 2 **Nuts (No. D07)**. Tighten and secure with **Spanner (No. B19)**.

Attach **Right Handlebar (No. A10)** to the **Right Swing Rod (No. A04)** using 2 **Carriage Bolts (No. D06)**, 2 **Arc Washers (No. D03)**, 2 **Spring Washers (No. D02)** and 2 **Nuts (No. D07)**. Tighten and secure with **Spanner (No. B19)**.

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).



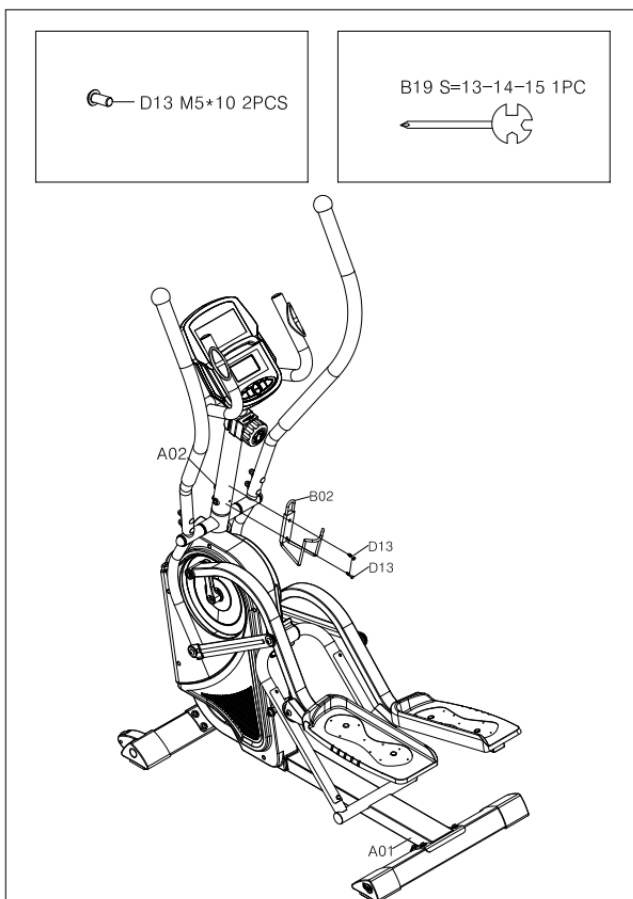
STEP 5:

Remove the 4 **Bolts (No. D35)** from the back of the **Computer (No. E01)**, set them aside.

Connect the **Sensor Wire (No. E03)** with the link wire of **Computer (No. E01)**.

Attach the **Computer (No. E01)** to the bracket on the **Upright Post (No. A02)** using 4 **Bolts (No. D35)** that were removed. Tighten and secure with **Spanner (No. B19)**.

Insert the **Handle Pulse Wire (No. E02)** into the hole on the back of **Computer (No. E01)** as left figure showed.



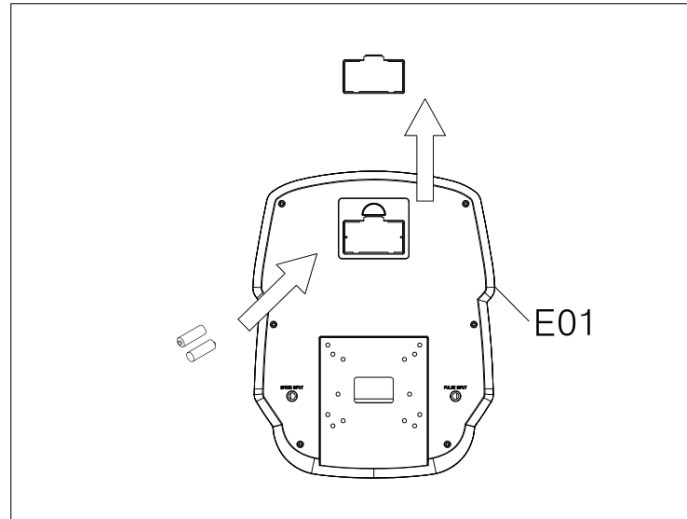
STEP 6:

Remove the 2 **Bolts (No. D13)** that are pre-assembled on the **Upright Post (No. A02)**. Set them aside.

Attach the **Bottle Holder (No. B02)** to the **Upright Post (No. A02)** using the 2 **Bolts (No. D13)** that were removed. Tighten and secure with **Spanner (No. B19)**.

The assembly is complete!

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 2 AA batteries from computer box.
2. Press the buckle of battery cover on the **Computer (No. E01)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. E01)**. Pay attention to the battery + and - ends before installing.
4. Press the buckle of battery cover. Then, put the battery cover back on the **Computer (No. E01)**.

The installation is complete!

BATTERY REPLACEMENT

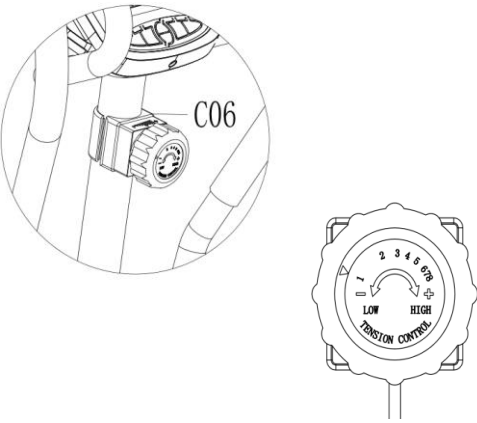
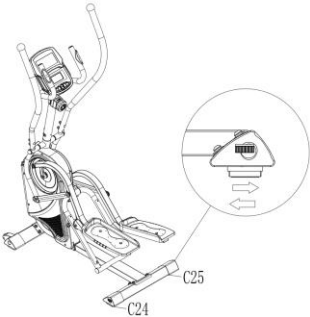
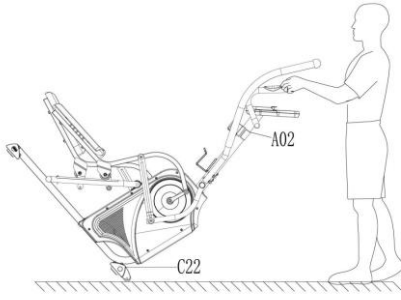
1. Press the buckle of battery cover on the back of the **Computer (No. E01)**. Then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. E01)**. Pay attention to the battery + and - ends before installing.
3. Press the buckle of battery cover. Then, put the battery cover back on the **Computer (No. E01)**.

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.

ADJUSTMENTS & USAGE GUIDE

	ADJUSTING THE TENSION OF THE ELLIPTICAL CLIMBER Adjust the tension of the elliptical climber by rotating the Tension Control Knob (No. C06) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. C06) <i>counter-clockwise</i> to decrease the level of resistance. Tension levels are set at Level 1 being the lowest and Level 8 being the highest.
	ADJUSTING THE BALANCE OF THE ELLIPTICAL CLIMBER If you find that the elliptical climber is unbalanced and causes movement, you can adjust the balance using the Left and Right End Caps for Rear Stabilizer (No. C24 & No. C25).
	MOVING THE ELLIPTICAL CLIMBER To move the elliptical climber, hold the Upright Post (No. A02) and tilt it until the movable wheels located on the Left and Right End Caps for Front Stabilizer (No. C22 & No. C23) touch the ground. With the wheels on the ground, you can transport it to the desired location with ease.
CLEANING The elliptical climber can be cleaned with a soft, clean, and damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the elliptical climber after each use. Be careful not to get excessive moisture on the computer display panel as this might cause an electrical hazard or computer failure. Please keep the elliptical climber, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the elliptical climber for proper tightness every week.	
STORAGE Store the elliptical climber in a clean and dry environment away from children.	

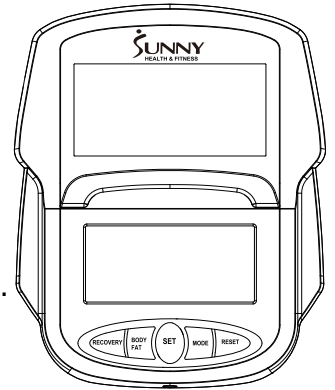
EXERCISE COMPUTER

FUNCTION KEYS

MODE:

1. Press the button to select hour, minute, year, month, and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES, and PULSE to preset.
3. Press the button to select function displaying on main LCD or enter after setting.
4. Press the button to confirm setting value of Gender, Age, Height, and Weight.
5. Press the button and hold for 2 seconds to reset all values to ZERO.
(Replacing batteries will reset all values to ZERO automatically).

Note: If the time, date, and year are not set up in the beginning, you must remove the batteries and reinsert them to set up these functions. Previous data will not be saved.



SET:

1. Set up time, year, month, and date.
2. Set up the target value of Time, Distance, Calories and Pulse. You can hold the button to increase the value fast.
3. Set up the personal data of Gender, Age, Height, and Weight for Body fat test.

RESET:

1. Press the button to reset function value when setting.
2. Press and hold the button for 2 seconds to reset all values to ZERO. (Replacing batteries will reset all values to ZERO automatically).

BODY FAT:

Press this button to enter Body Fat measuring function. Next, press the MODE button to enter your personal data of Gender, Age, Height, and Weight. After you have finished setting, press again to measure your Body fat percentage (FAT%) and BMI.

RECOVERY:

To activate the heart rate recovery function after pulse signal. Press any button to return to the main display.

FUNCTIONS

SCAN: Automatically scans through each mode in sequence every 6 seconds. The cycle of functions showing on display is RPM - Speed – Time – Distance – Calorie – Pulse.

TIME: Accumulates the total time from 00:00 up to 99:59. The user may preset the target time by pressing the SET & MODE buttons. Each increase is 1 minute.

RPM: Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to one another on display, every 6 seconds after the exercise starts.

SPEED: Displays current training speed. Maximum speed is 99.9 mph (miles/hour).

DISTANCE: Accumulates total distance from 0.00 up to 99.99 m (miles). The user may preset target distance data by pressing the SET & MODE buttons, by increments of 0.5m (miles).

CALORIES: Accumulates calories burned during training from 0 to max. 999 calories. The user may also preset the target calorie before training by pressing the SET & MODE buttons, by increments of 10 cal.

PULSE: Displays the user's heart rate in beats per minute during training. You may set the target heart rate by pressing the SET & MODE buttons.

NOTE: This data was designed to be a guide for exercise use only and should not be used for medical purpose.

CALENDAR: Displays date, month, and year when the computer is in sleep mode.

CLOCK: Displays current time when the computer is in sleep mode.

TEMPERATURE: Displays current room temperature from 50°F to 140°F when the computer is in sleep mode.

OPERATION

1. Power on – Install 2 pieces of 1.5V UM-3 or AA batteries. The computer starts the segment test with a long beeping sound. (When the batteries are removed, all the function values will be reset to zero or default value.)
2. Set current data – Press the SET & MODE buttons to set up current clock time, year, month, and date. After the first setting and until the batteries need to be replaced, the preset data will be updated automatically.
3. Select and preset target value – Get access to the setting function for Time, Distance, Calories, and Target Pulse. When you are in TIME setting mode, the value will flash, and you can press SET button to adjust the value. Press MODE button for confirmation and to skip to the next setting. The setting of Distance, Calories, and Target Pulse is the same as setting the Time setting.
4. After entering the speed signal, each function of SPEED-RPM-TIME-DISTANCE-CALORIES-PULSE will display every 6 seconds.
5. You can press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will display every 6 seconds.
6. If you have preset any function targets before, the function starts to count down from the target when the training starts. Once target is achieved, the computer will beep, and the function will count from zero automatically if training continues.
7. Pulse measurement – After holding onto the pulse sensors for a few seconds, the computer will show your current heart rate in beats per minute. To ensure the heart rate readout is precise, please hold the pulse sensors with both hands. You may preset target pulse before training starts.

Once your current heart rate is achieved, the computer will beep to notify you.

8. Recovery – When the PULSE is working, you can press the “RECOVERY” button to start the recovery test function. The computer will count down from 0:60 second to 0:00 and the heartbeat symbol will flash until the countdown reaches “0:00”. For the 60 second counting period, please keep both hands on the pulse sensors. The screen will display “F1 to F6” to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to improve your heart rate recovery status and check it by using the Recovery function.
9. Body Fat -
 - 9-1. Press the BODY FAT key to enter body fat measurement.
 - 9-2. Press MODE & SET buttons to input your personal data. Each personal data available is described as the following:
AGE: 10 ~ 99 years HEIGHT: 100 ~ 250 cm (3'03" ~ 8'02") WEIGHT: 10 ~ 200 kg (22 ~440 lbs)
 - 9-3. After all personal data has been entered, you can press the BODY FAT button and hold pulse sensors to start the body fat test.
 - 9-4. It takes a few seconds to test the body fat. If you did not hold onto the sensors during the test procedure, the LCD will show the error sign Err after 10 seconds period.
 - 9-5. After testing is finished, you will see a percentage and BMI figure (Body Mass Index) displayed on the main LCD in sequence by scan mode.
BODY FAT %: Calculated from your personal data to show the value from 5%~50%.
BMI: Calculated from your personal data to show the value from 1.0~99.99.
 - 9-6. Press any key except SET to return to the main display.

Note:

1. If training stops for 4 minutes, the screen will show room temperature, clock, and calendar display automatically.
2. If the computer has not received speed signal or key input for one minute, the LCD will turn off automatically. Any speed signal or key input can turn on the LCD automatically.
3. If the computer display is abnormal, please re-install the batteries and try again.
4. Battery Spec: 1.5V UM-3 or AA (2PCS).

TROUBLESHOOTING

PROBLEM	SOLUTION
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 upright post. 2. Check if the batteries are correctly positioned and that the battery springs are in proper contact with batteries. 3. The batteries in the computer may be unresponsive. Change to new batteries.
The elliptical climber wobbles when in use.	Turn the adjustable end caps on the rear stabilizer as needed to level elliptical climber.
The elliptical climber makes a squeaking noise when in use.	The bolts may have become loose on the elliptical climber. Please inspect all the bolts and tighten any that may have loosened.

CONNECT WITH US

FOR FITNESS
ARTICLES, VIDEOS
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS

WWW.SUNNYHEALTHFITNESS.COM