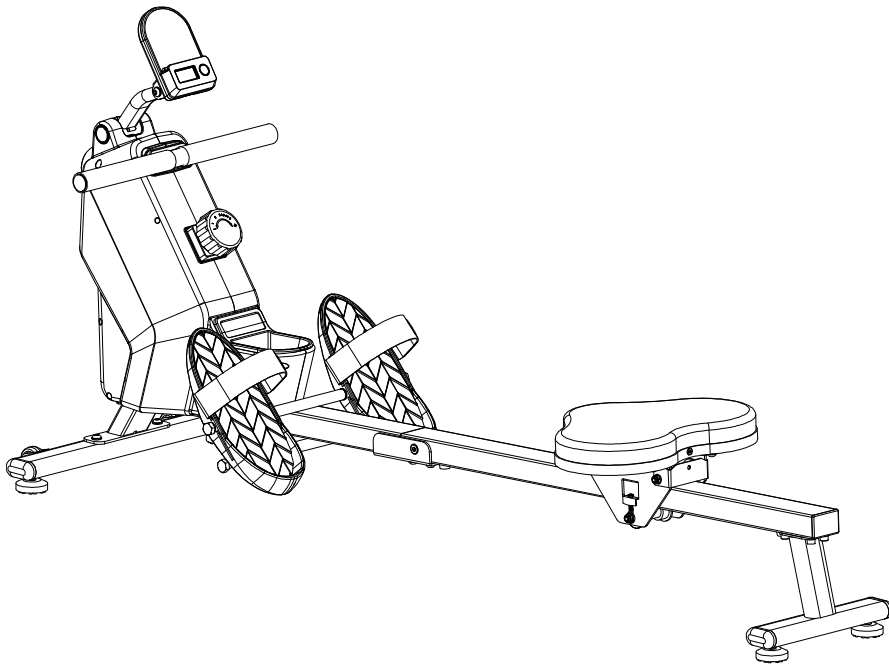




# User Manual



## Rowing Machine with Bluetooth

**SF-RW521020**

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 285 lbs (130 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 Rowing Machine with Bluetooth empowers users to reach their fitness goals with dynamic cardio training and connected performance tracking.

## **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**

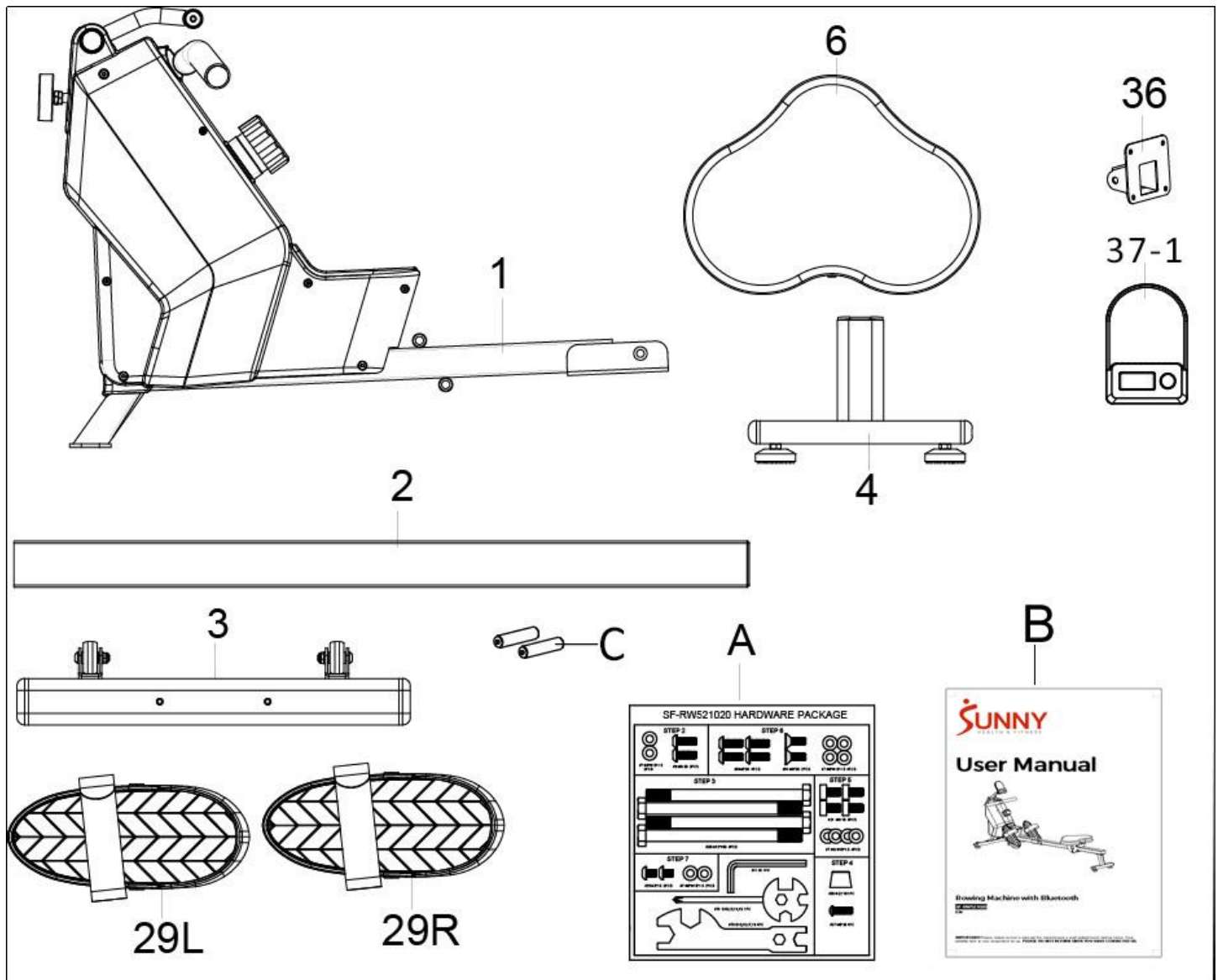
Connectivity: Bluetooth LE

Frequency Range: 2400~2483.5Mhz

Transmitting Power: 0dBm

# Pre-Assembly Check List

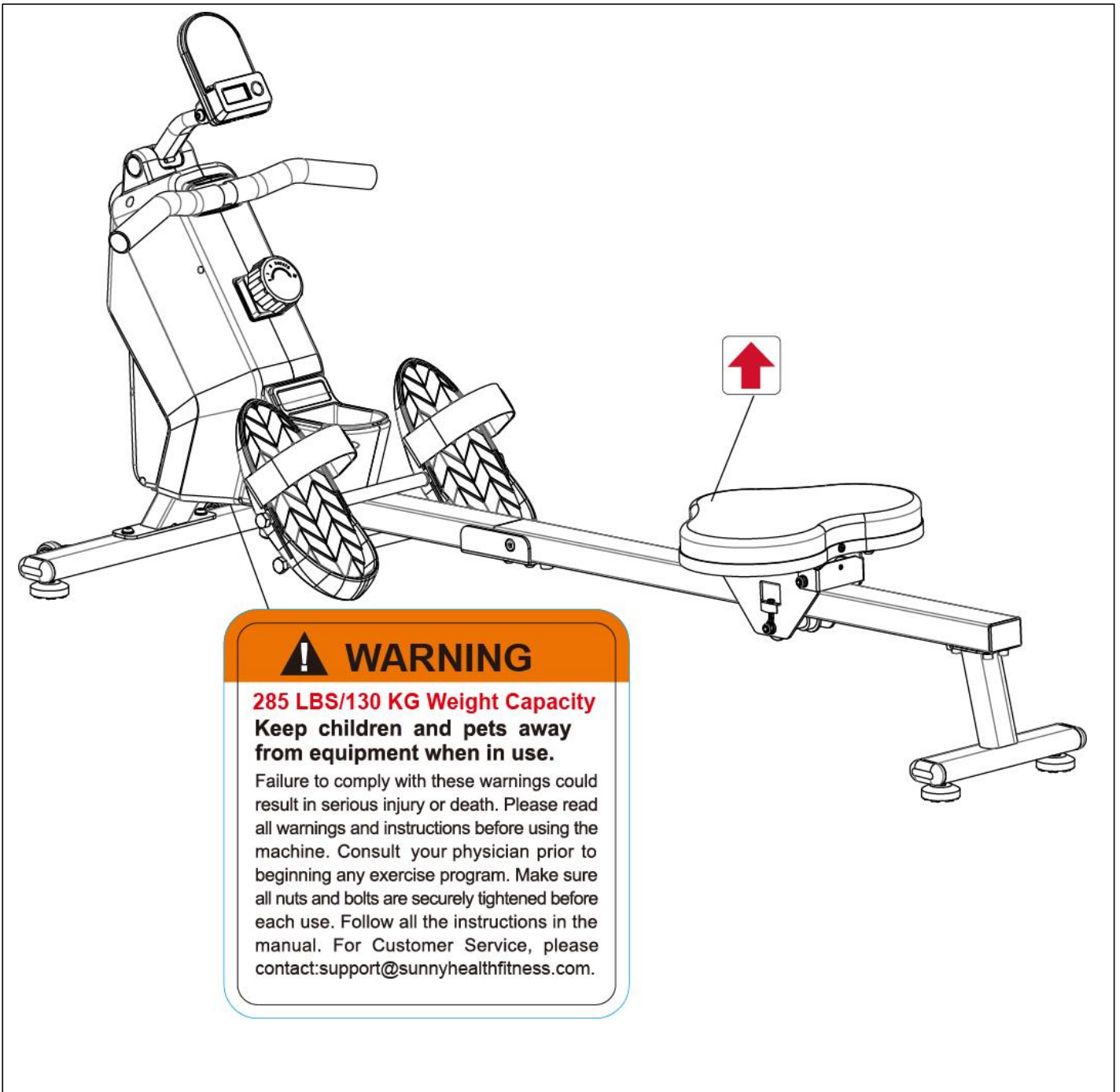
When you open the carton, you will find the following parts:



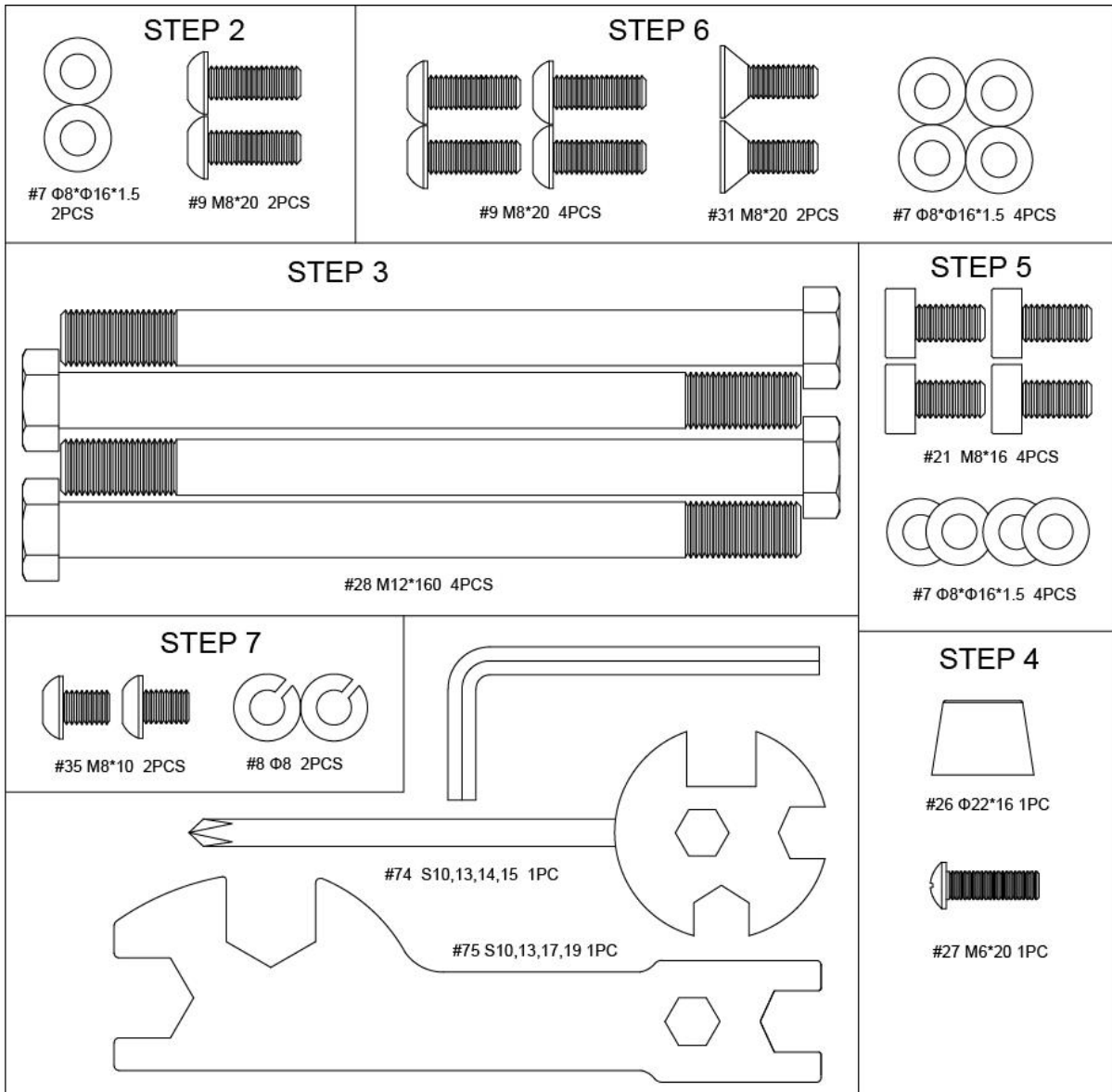
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
6	Seat		1
36	Computer Support		1
37-1	Computer		1

No.	Description	Spec.	Qty.
29L	Left Pedal		1
29R	Right Pedal		1
A	Hardware Package		1
B	Thank You Card		1
C	Manual		1
D	AAA Battery		2

## Warning Labels



# Hardware Package



## Ordering Replacement Parts

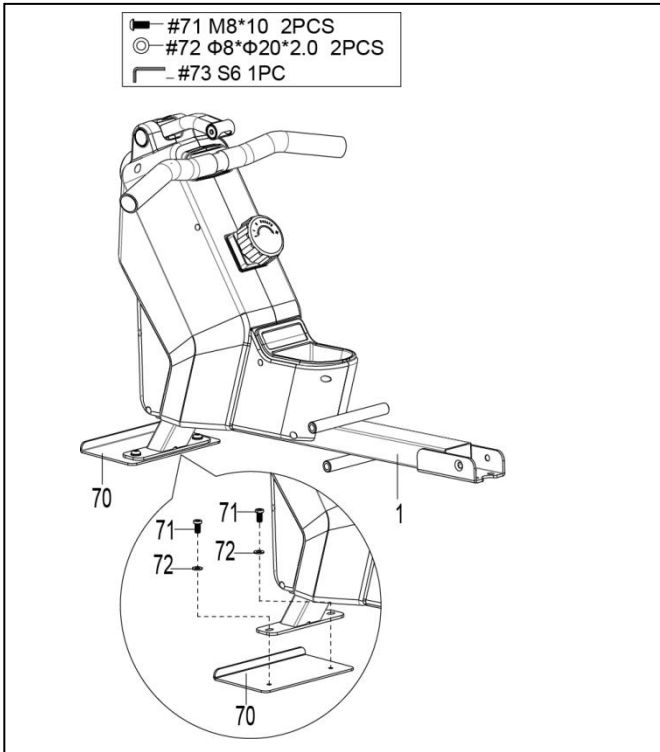
Please provide the following information in order for us to accurately identify the part(s) needed:

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

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

# Assembly Instructions

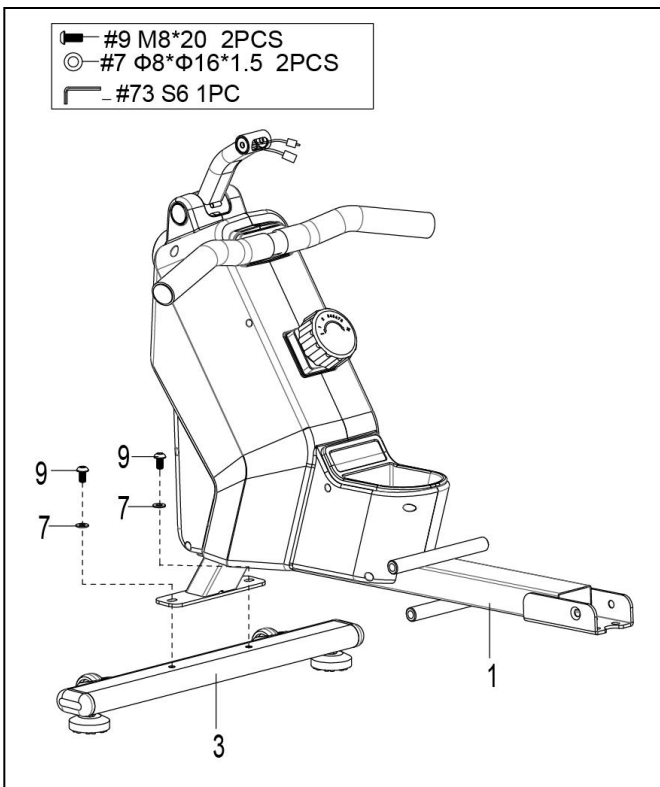
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 1:

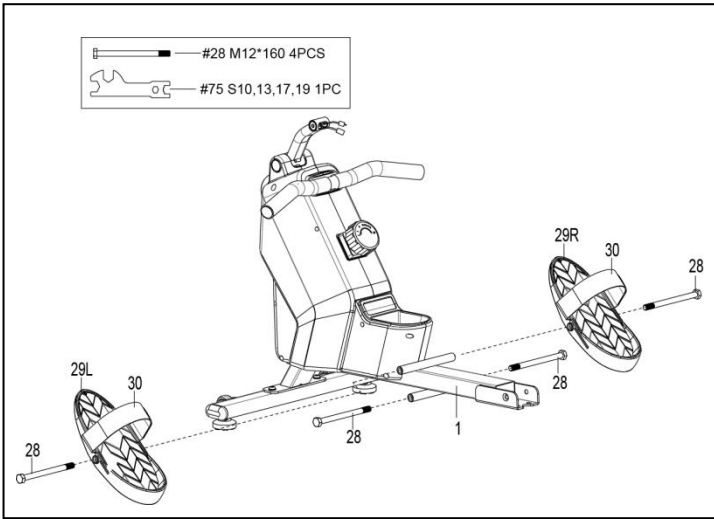
Unscrew 2 Screws (No. 71), 2 Plastic Washers (No. 72) and 1 Shipping Board (No. 70) from Main Frame (No. 1) with Allen Wrench (No. 73).

You may save these parts Screws (No. 71), Plastic Washers (No. 72), Shipping Board (No. 70) in case you would like to repackage and transport this equipment in the future.



## STEP 2:

Attach Front Stabilizer (No. 3) to Main Frame (No. 1) using 2 Bolts (No. 9) and 2 Washers (No. 7). Tighten and secure with Allen Wrench (No. 73).

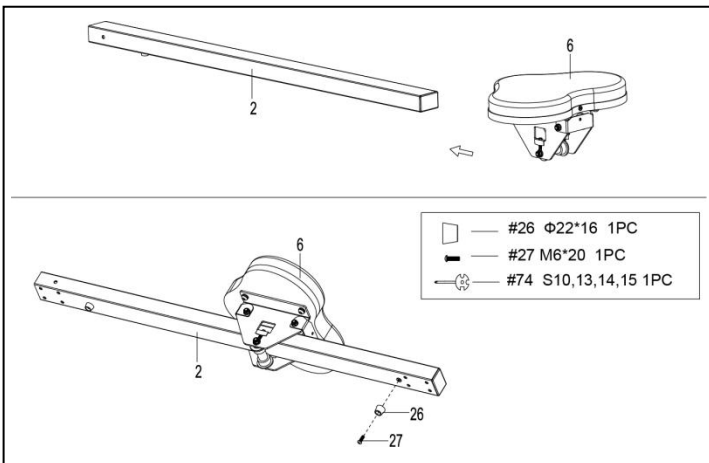


**STEP 3:**

Attach 2 Bolts (No. 28) into the bottom hole in position B of Main Frame (No. 1), with Spanner (No. 75).

Insert 2 Bolts (No. 28) into the upper hole in position A of the Main Frame (No. 1) through the 2 Pedals (No. 29L/R). Tighten with Spanner (No. 75).

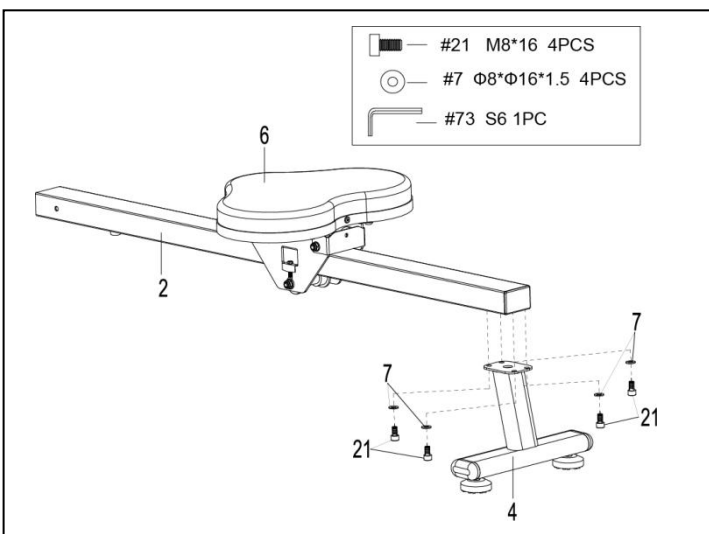
**NOTE:** The 2 Pedals (No. 29L/R) should rest on Bolts (No. 28) that are in position B.



**STEP 4:**

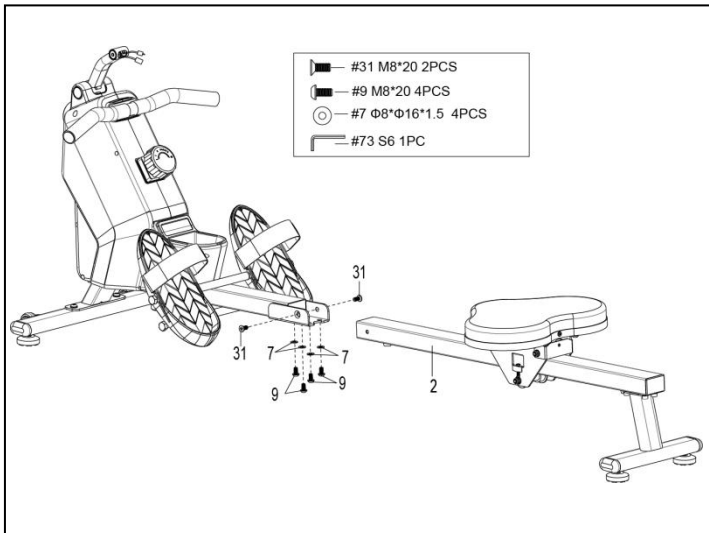
Slide the Seat (No. 6) into the Sliding Rail (No. 2).

Attach 1 Limit Mat (No. 26) onto the Sliding Rail (No. 2) using 1 Screw (No. 27), then tighten with Spanner (No. 74).



**STEP 5:**

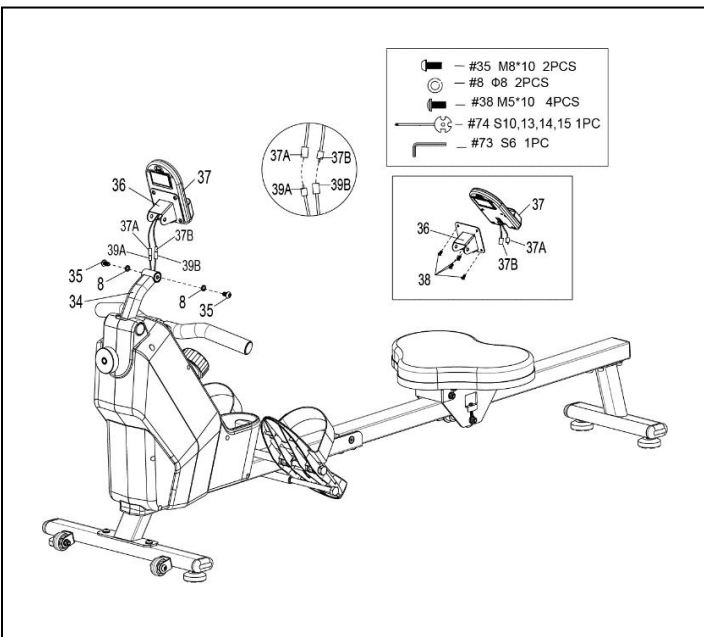
Attach the Rear Stabilizer (No. 4) to the Sliding Rail (No. 2) using 4 Bolts (No. 21) and 4 Washers (No. 7). Tighten and secure with Allen Wrench (No. 73).



### STEP 6:

Attach the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** by securing 2 **Bolts (No. 31)** onto the left and right sides of the **Main Frame (No. 1)**. Don't tighten the **Bolts (No. 31)** now.

Secure 4 **Bolts (No. 9)** and 4 **Washers (No. 7)** to the bottom of the **Main Frame (No. 1)**. Tighten all the 4 **Bolts (No. 9)** and 2 **Bolts (No. 31)** with **Allen Wrench (No. 73)** now.



### STEP 7:

Remove 4 **Bolts (No. 38)** from the back of the **Computer (No. 37)** with the **Spanner (No. 74)**.

First insert **Computer Wires A/B (No. 37A/B)** through **Computer Support (No. 36)**, then attach the **Computer (No. 37)** to the **Computer Support (No. 36)** using 4 **Bolts (No. 38)** that were removed. Tighten and secure with **Spanner (No. 74)**.

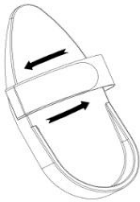
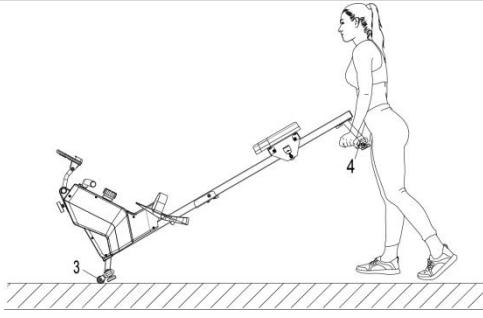
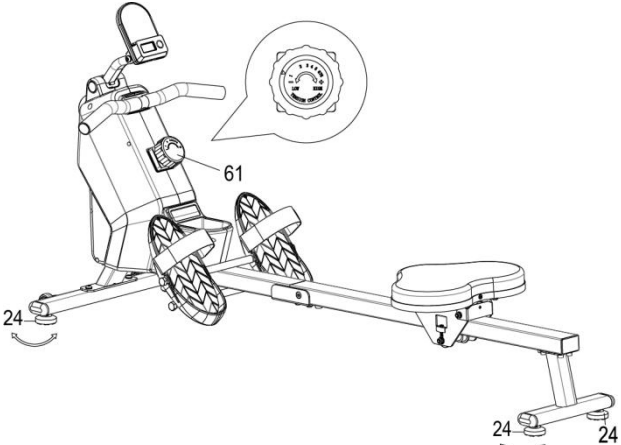
Connect the **Sensor Wire A (No. 39A)** to the **Computer Wire A (No. 37A)** and connect the **Sensor Wire B (No. 39B)** to the **Computer Wire B (No. 37B)**. Next, Insert the connected wire into **Computer Supporting Tube (No. 34)**.

Attach the **Computer Support (No. 36)** to **Computer Supporting Tube (No. 34)** using 2 **Bolts (No. 35)** and 2 **Spring Washers (No. 8)**. Tighten and secure with **Allen Wrench (No. 73)** and **Spanner (No. 74)**.

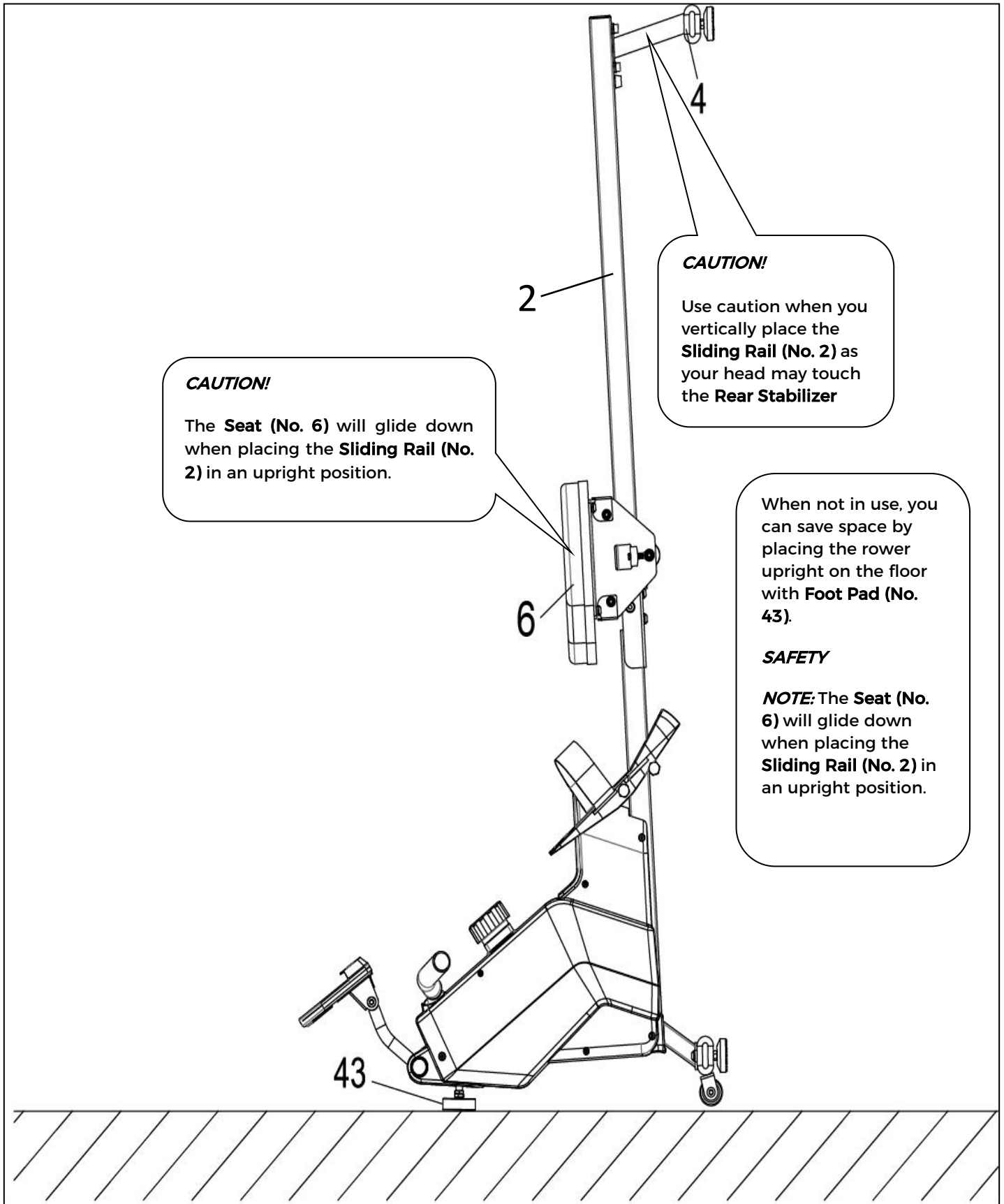
*The assembly is complete!*

# Adjustment & Usage Guide

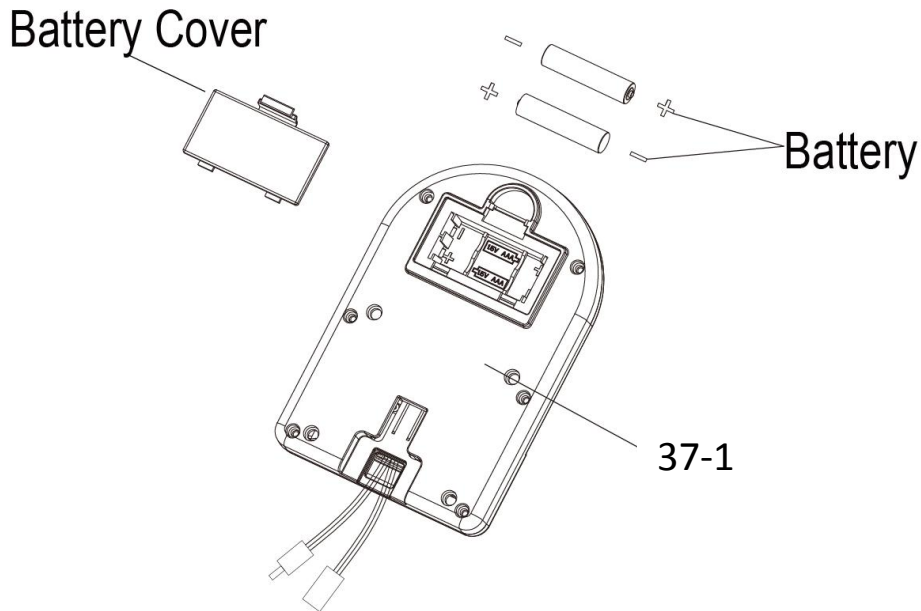
**CAUTION!** Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!

	<p><b>PEDAL STRAP ADJUSTMENT</b></p> <p>The pedal straps are adjustable and can be personalized to fit the user's foot size.</p> <p><b>NOTE:</b> To avoid injury, please adjust the pedal straps to user's foot before exercise.</p>
	<p><b>MOVING THE ROWER</b></p> <p>To move the rower, lift up the <b>Rear Stabilizer (No. 4)</b> until the transportation wheels on the <b>Front Stabilizer (No. 3)</b> touch the ground with the transportation wheels on the ground, you can transport the rower to the desired location with ease.</p>
	<p><b>ADJUSTING THE BALANCE AND RESISTANCE</b></p> <p>Adjust the <b>Foot Pads (No. 24)</b> on the rear support of the rower if the rower is unbalanced during use.</p> <p>Rotate the <b>Tension Control Knob (No. 61)</b> <i>clockwise</i> to increase the level of resistance. Rotate the <b>Tension Control Knob (No. 61)</b> <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>

## Storage Guide



## **Battery Installation & Replacement**



### **BATTERY INSTALLATION:**

1. Take out 2 AAA batteries from computer box.
2. Press the buckle of battery cover on the back of the **Computer (No. 37-1)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 37-1)**. 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. 37-1)**.

*The installation is complete!*

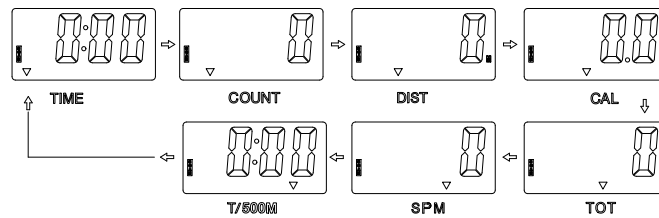
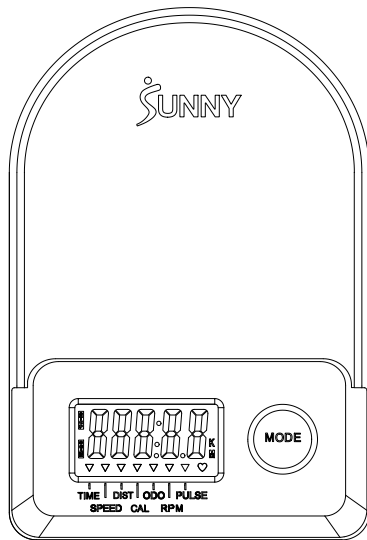
### **BATTERY REPLACEMENT:**

1. Press the buckle of battery cover on the back of the **Computer (No. 37-1)**, 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. 37-1)**. 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. 37-1)**.

*The replacement is complete!*

**NOTE:** Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

# 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 FUNCTIONS:

- Press the MODE key to select and lock on a function for following sequence: SCAN→TIME→ COUNT→ DIST→ CAL→ TOTAL COUNT (TOT) → SPM→T/500M→PULSE→SCAN
- Hold the MODE key for 2 seconds to reset all values except TOT 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 system turns on when MODE key is pressed and system senses a signal input from the sensor.
- 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.

### ■ FUNCTIONS:

- SCAN: Display changes according to the next diagram every 6 seconds.
- COUNT: The current count from starting exercise.
- DIST: The current distance from starting exercise.
- TIME: The total working times elapsed from starting exercise.
- TOTAL COUNT (TOT): The total count from first inserting batteries

- CALORIES: The calorie burned from starting exercise.
- SPM: Number of strokes per minute, indicating the stroke speed during exercise.
- T/500M: The time for 500 meters during exercise.
- PULSE: Display the current pulse rate.

SPECIFICATION	
SCAN	6S
TIME	999M:59S
COUNT	0-65535
DIST	0-65535 Meters
TOT	0-65535
CALORIES	0.0~9999.9 Kcal
SPM	0~299
BATTERY	SIZE-AAA *2
Operating	0~40°C(32°F-104°F)
Storage	-10~60°C(14°F-140°F)
PULSE	40-240BPM

## 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](http://www.sunnyfit.com/guide) or scan the QR code below:



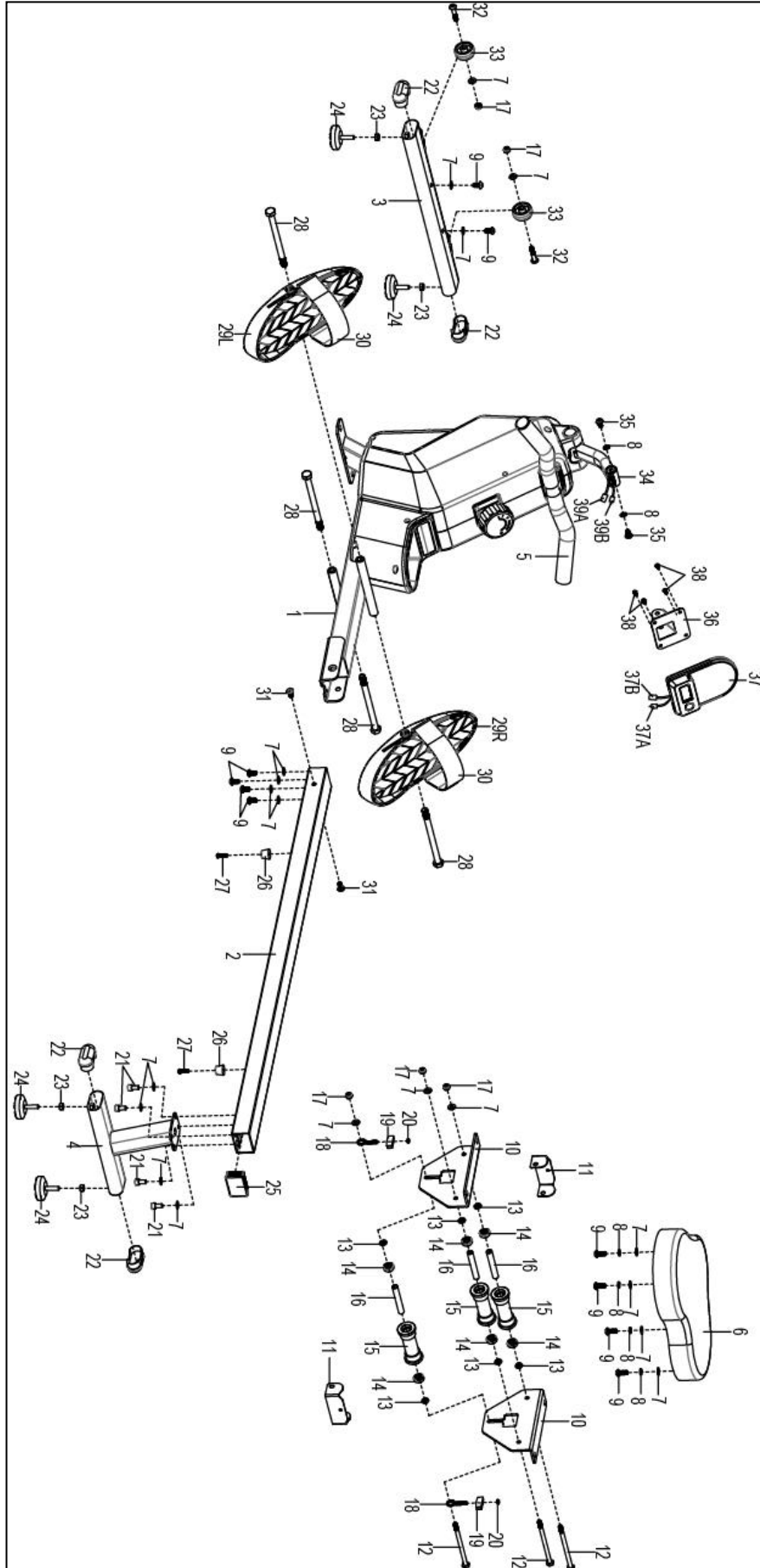
- If you require additional support, please contact [support@sunnyfit.com](mailto:support@sunnyfit.com).

## Parts List

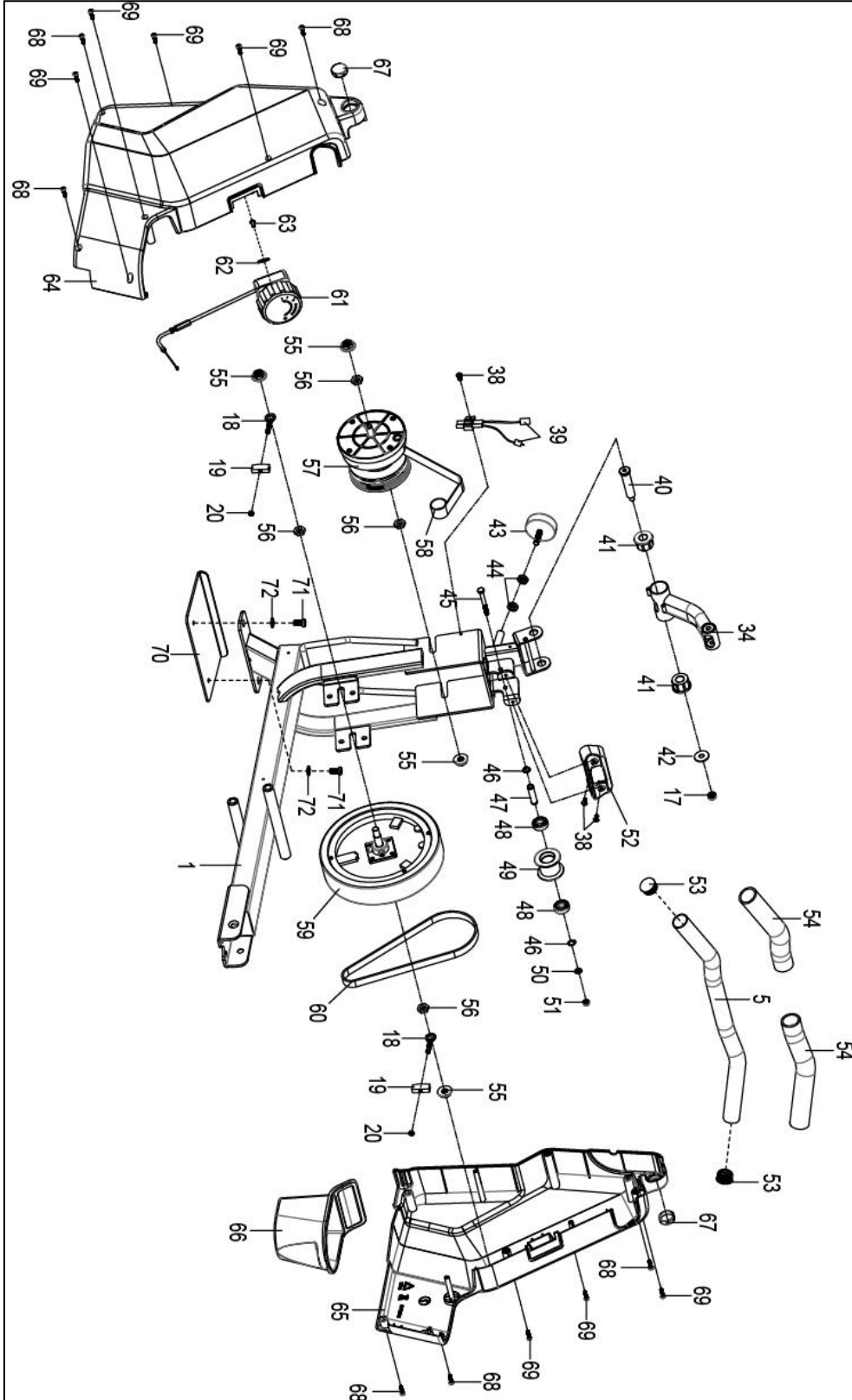
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
5	Handlebar	Φ28*1.5	1
6	Seat		1
7	Washer	Φ8*Φ16*1.5	19
8	Spring Washer	Φ8	6
9	Bolt	M8*20	10
10	Seat Supporting Board		2
11	U Shape Bracket		2
12	Bolt	M8*100	3
13	Spacer	Φ15*Φ8*4	6
14	Bearing	608	6
15	Wheel		3
16	Casing Pipe for Idler Wheel		3
17	Nut	M8	6
18	Adjusting Screw	M6*36	4
19	U Shape Baffle		4
20	Nut	M6 S10	4
21	Bolt	M8*16	4
22	End Cap		4
23	Nut	M8	4
24	Foot Pad	Φ38*18-M8*25	4
25	Square Plug		1
26	Limit Mat	Φ22*16	2
27	Screw	M6*20	2
28	Bolt	M12*160	4
29L	Left Pedal		1
29R	Right Pedal		1
30	Pedal Strap		2
31	Bolt	M8*20S6	2
32	Bolt	M8*40	2
33	Transportation Wheel		2
34	Computer Supporting Tube		1
35	Bolt	M8*10	2
36	Computer Support		1
37-1	Computer		1
37A	Computer Wire A		1
37B	Computer Wire B		1

No.	Description	Spec.	Qty.
38	Bolt	M5*10	7
39	Sensor Wire	L=310mm	1
39A	Sensor Wire A		1
39B	Sensor Wire B		1
40	Bolt	Φ14*77.5*M8	1
41	Axle Sleeve		2
42	Big Washer	Φ8*Φ25*2.0	1
43	Foot Pad	M8*30*Φ52*19	1
44	Nut	M8*B4	2
45	Bolt	M6*55	1
46	Shaft Snap Ring		2
47	Belt Pulley Shaft		1
48	Bearing	6000	2
49	Mesh Belt Pulley		1
50	Washer	Φ6*Φ12*1.0	1
51	Nut	M6	1
52	Handle Guide		1
53	Round End Cap		2
54	Foam Grip	Φ27*Φ33*244	2
55	Nut	M10*1.0*9	4
56	Nut	M10*1	4
57	Volute Spring Complete Set		1
58	Mesh Belt		1
59	Inertial Wheel		1
60	Belt	220PJ	1
61	Tension Control Knob	L=310mm	1
62	Washer	Φ5	1
63	Bolt	M5*12	1
64	Left Cover		1
65	Right Cover		1
66	Bottle holder		1
67	Cover		2
68	Screw	ST4.2*20	6
69	Screw	ST4.2*25	7
70	Shipping Board		1
71	Screw	M8*10	2
72	Plastic Washer	Φ8*Φ20*2.0	2
73	Allen Wrench	S6	1
74	Spanner	S10,13,14,15	1
75	Spanner	S10,13,17,19	1

# Exploded Diagram 1



# Exploded Diagram 2



# Register

Register your product and verify warranty terms:

[Sunnyhealthfitness.com/warranty](https://Sunnyhealthfitness.com/warranty)



# Download

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

Download SunnyFit App today!



# Follow

Find us on social media



# Contact

Get in touch with us for any questions

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

 [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

[www.sunnyhealthfitness.com](https://www.sunnyhealthfitness.com)