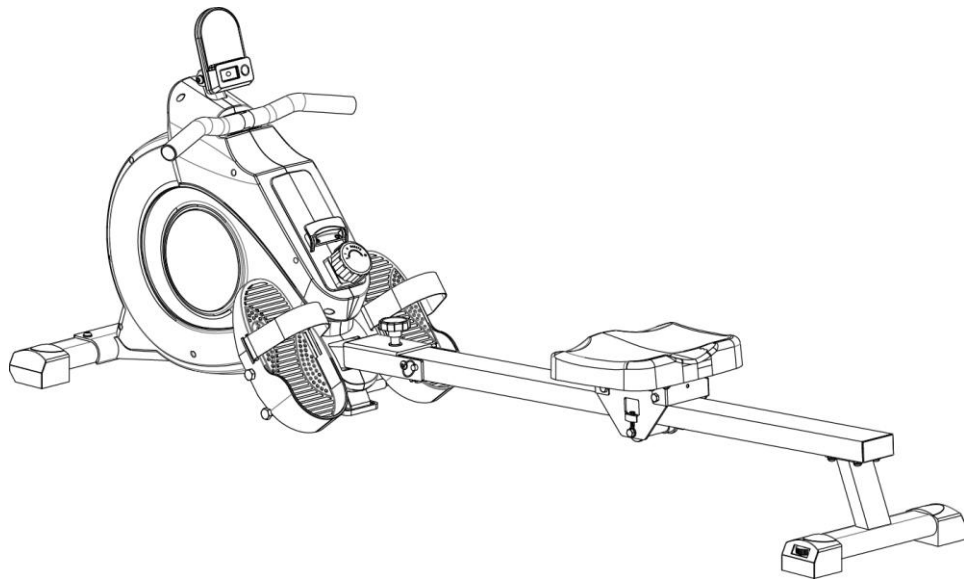




User Manual



Magnetic Rowing Machine Smart Rower with Bluetooth

SF-RW522016

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 250 lbs (110 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 Magnetic Rowing Machine Smart Rower with Bluetooth offers a quiet, full-body workout with adjustable resistance and smart connectivity.

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

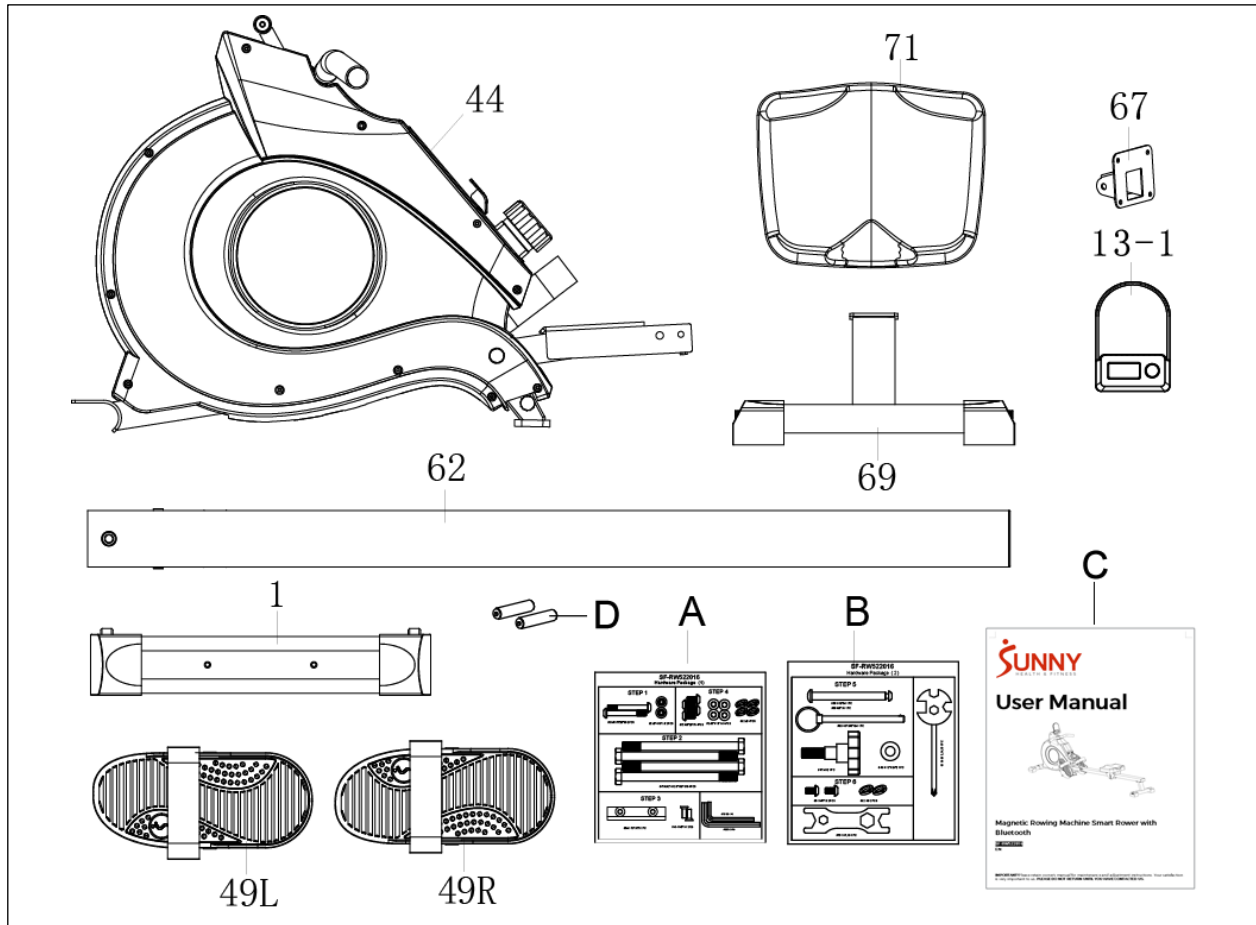
Connectivity: Bluetooth LE

Frequency Range: 2400~2483.5Mhz

Transmitting Power: 0dBm

Pre-Assembly Check List

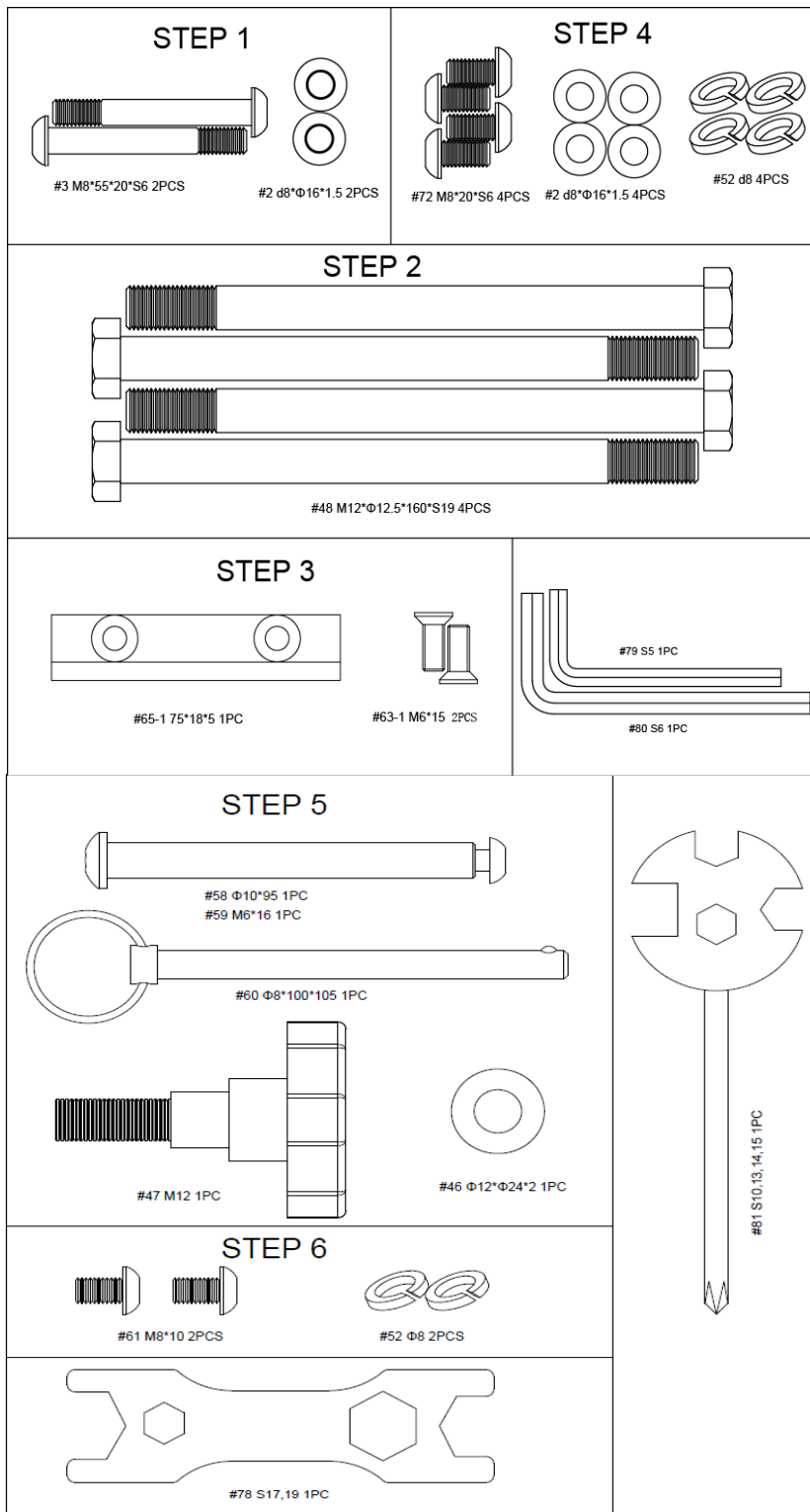
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
44	Main Frame		1
62	Sliding Rail		1
1	Front Stabilizer		1
69	Rear Support		1
71	Seat		1
67	Computer Support		1
49L	Left Pedal		1

No.	Description	Spec.	Qty.
49R	Right Pedal		1
13-1	Computer	BJHT-087	1
A	Hardware Package		1
B	Hardware Package		1
C	Manual		1
D	Battery	AAA	2

Hardware Package



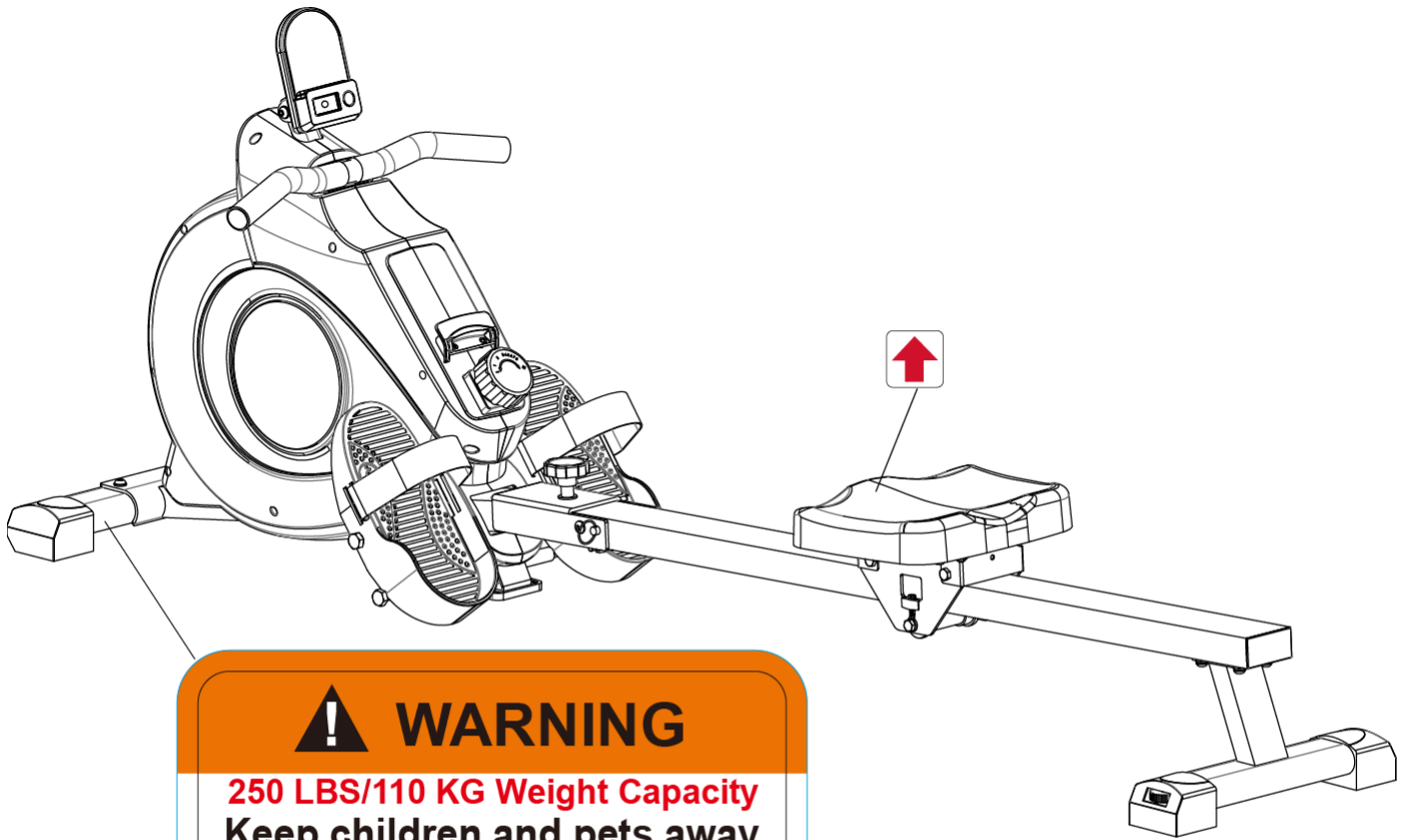
Ordering Replacement Parts

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



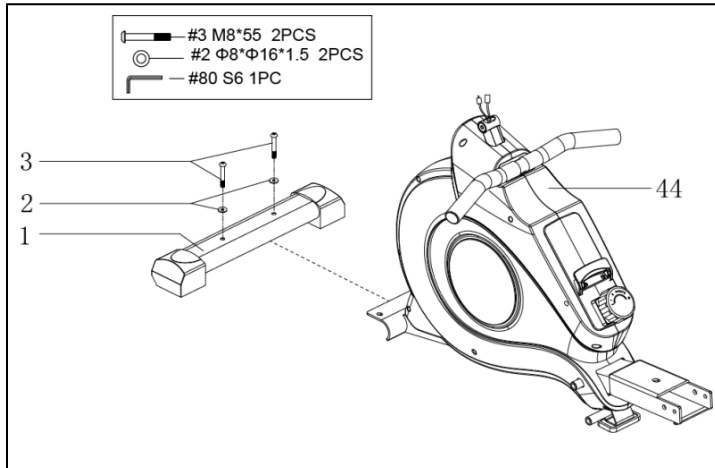
WARNING

250 LBS/110 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.

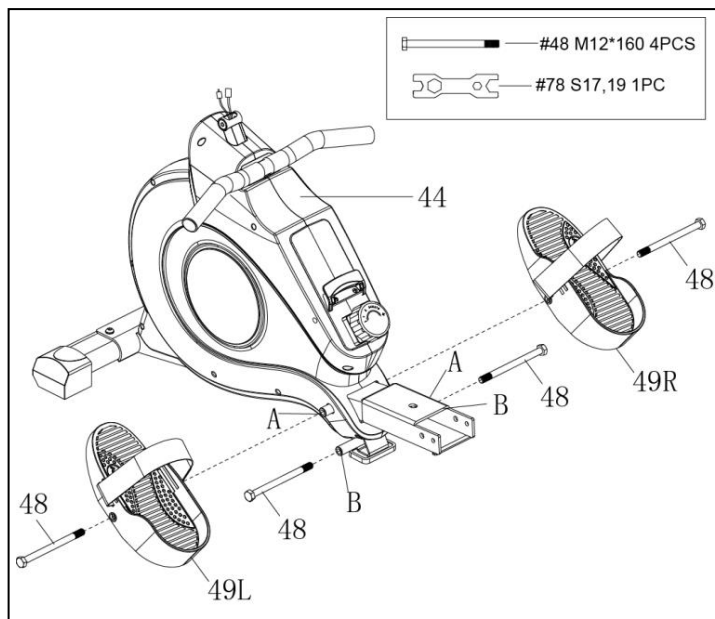
Assembly Instructions

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:

Attach **Front Stabilizer (No. 1)** to **Main Frame (No. 44)** using 2 **Bolts (No. 3)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. 80)**.



STEP 2:

Attach the 2 **Bolts (No. 48)** into the bottom hole in position B of **Main Frame (No. 44)**, with **Spanner (No. 78)**.

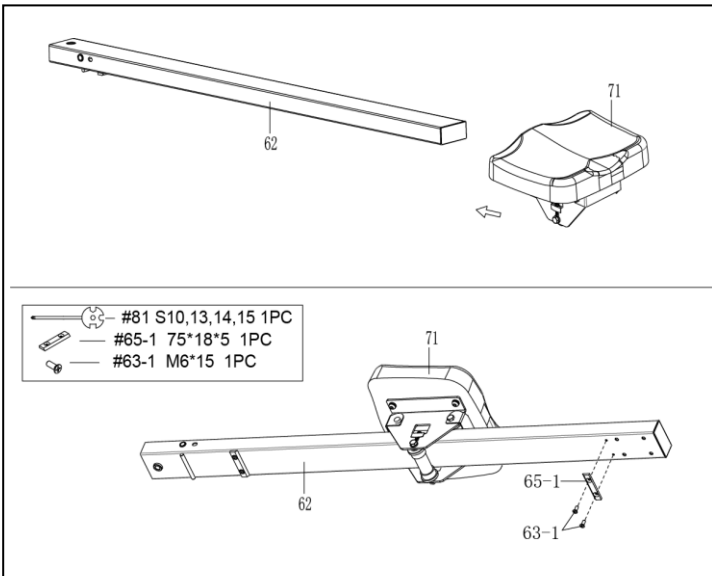
Insert the 2 **Bolts (No. 48)** into the upper hole in position A of the **Main Frame (No. 44)** through the 2 **Pedals (No. 49L/R)**. Tighten with **Spanner (No. 78)**.

NOTE: The 2 **Pedals (No. 49L/R)** should rest on **Bolts (No. 48)** that are in position B.

STEP 3:

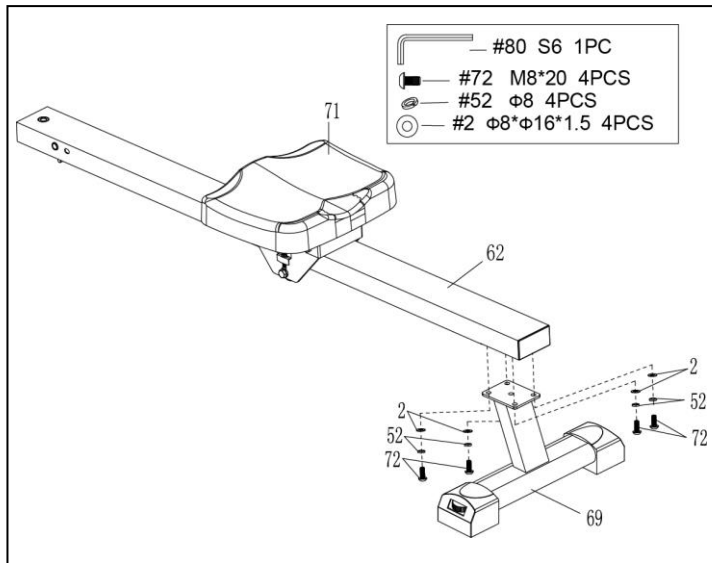
Insert the **Seat (No. 71)** onto **Sliding Rail (No. 62)**.

Attach the **Limit Mat (No. 65-1)** onto **Sliding Rail (No. 62)** using 2 **Screw (No. 63-1)**, then tighten with **Spanner (No. 81)**.



STEP 4:

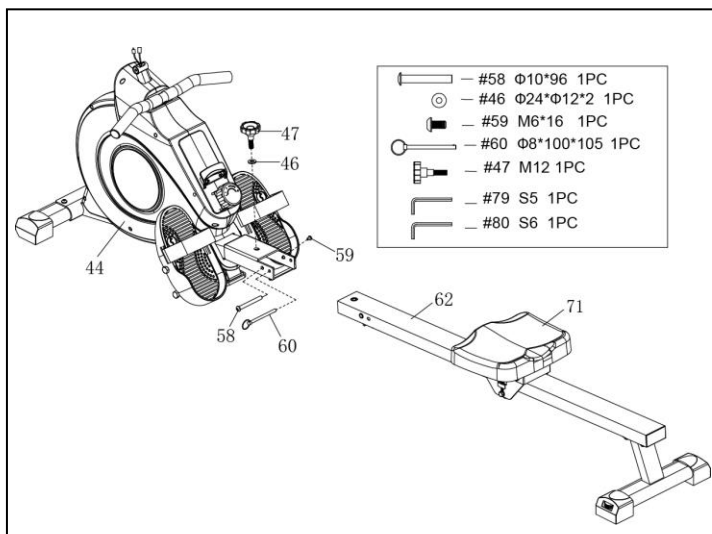
Attach **Sliding Rail (No. 62)** onto **Rear Support (No. 69)** using 4 **Screws (No. 72)**, 4 **Spring Washers (No. 52)**, and 4 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. 80)**.

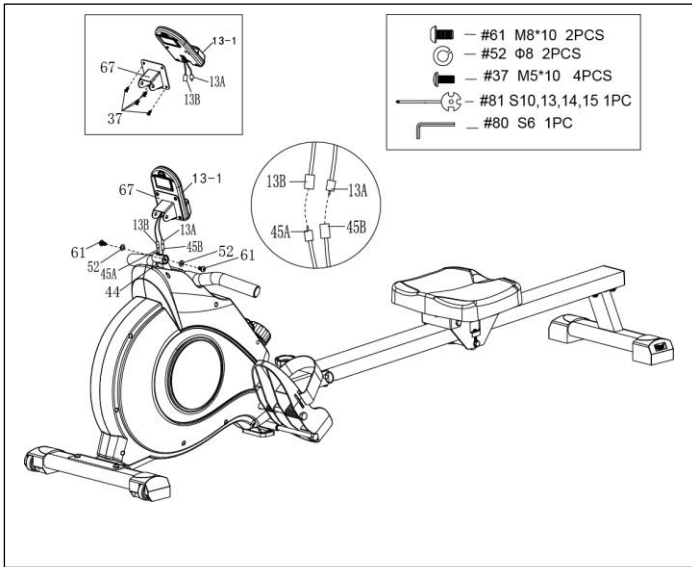


STEP 5:

Attach the **Sliding Rail (No. 62)** to **Main Frame (No. 44)** using 1 **Bolt (No. 58)** and 1 **Screw (No. 59)**. Tighten and secure with **Allen Wrench (No. 79)** and **Allen Wrench (No. 80)**.

Next, secure **Sliding Rail (No. 62)** to the **Main Frame (No. 44)** using 1 **Knob (No. 47)** and 1 **Washer (No. 46)**, then insert **Pull Pin (No. 60)**.





STEP 6:

Remove 4 **Screws (No. 37)** from the back of the **Computer (No. 13-1)** with the **Spanner (No. 81)**.

First insert **Computer Wire A/B (No. 13A/B)** though **Computer Support (No. 67)**, then attach the **Computer (No. 13-1)** to the **Computer Support (No. 67)** using 4 **Screws (No. 37)** that were removed. Tighten and secure with **Spanner (No. 81)**.

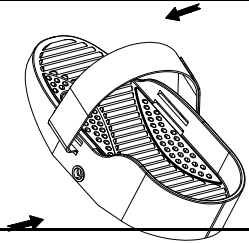
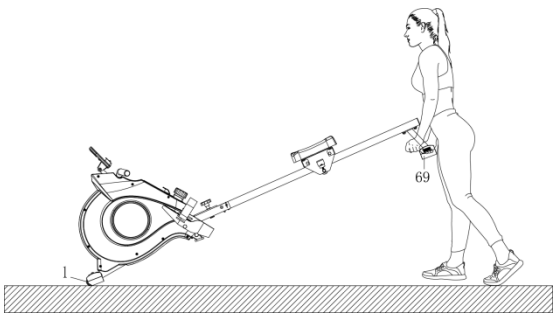
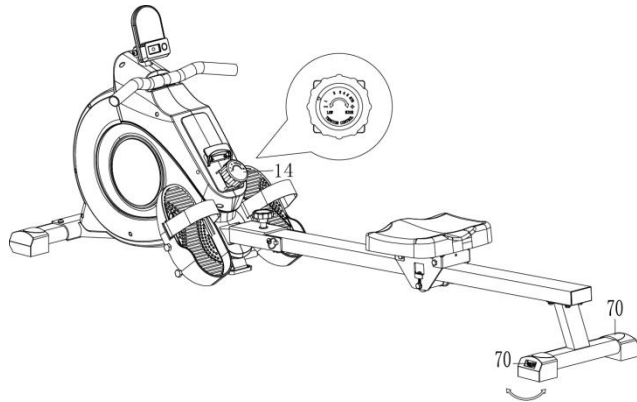
Connect the **Sensor Wire A (No. 45A)** to the **Computer Wire B (No. 13B)** and connect the **Sensor Wire B (No. 45B)** to the **Computer Wire A (No. 13A)**. Next, insert the connected wire into **Main Frame (No. 44)**.

Attach the **Computer Support (No. 67)** to **Main Frame (No. 44)** using 2 **Bolts (No. 61)** and 2 **Spring Washers (No. 52)**. Tighten and secure with **Allen Wrench (No. 80)**.

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>PEDAL STRAP ADJUSTMENT</p> <p>The pedal straps is adjustable and can be personalized to fit the user's foot size.</p> <p>NOTE: To avoid injury, please adjust the pedal straps to user's foot before exercise.</p>
	<p>MOVING THE ROWER</p> <p>To move the rower, lift up the Rear Support (No. 69) until the transportation wheels on the Front Stabilizer (No. 1) touch the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.</p>
	<p>ADJUSTING THE BALANCE AND RESISTANCE</p> <p>Adjust the End Caps (No. 70) on the rear support of the rower if the rower is unbalanced during use.</p> <p>Rotate the Tension Control Knob (No. 14) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. 14) <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>

Folding Guide

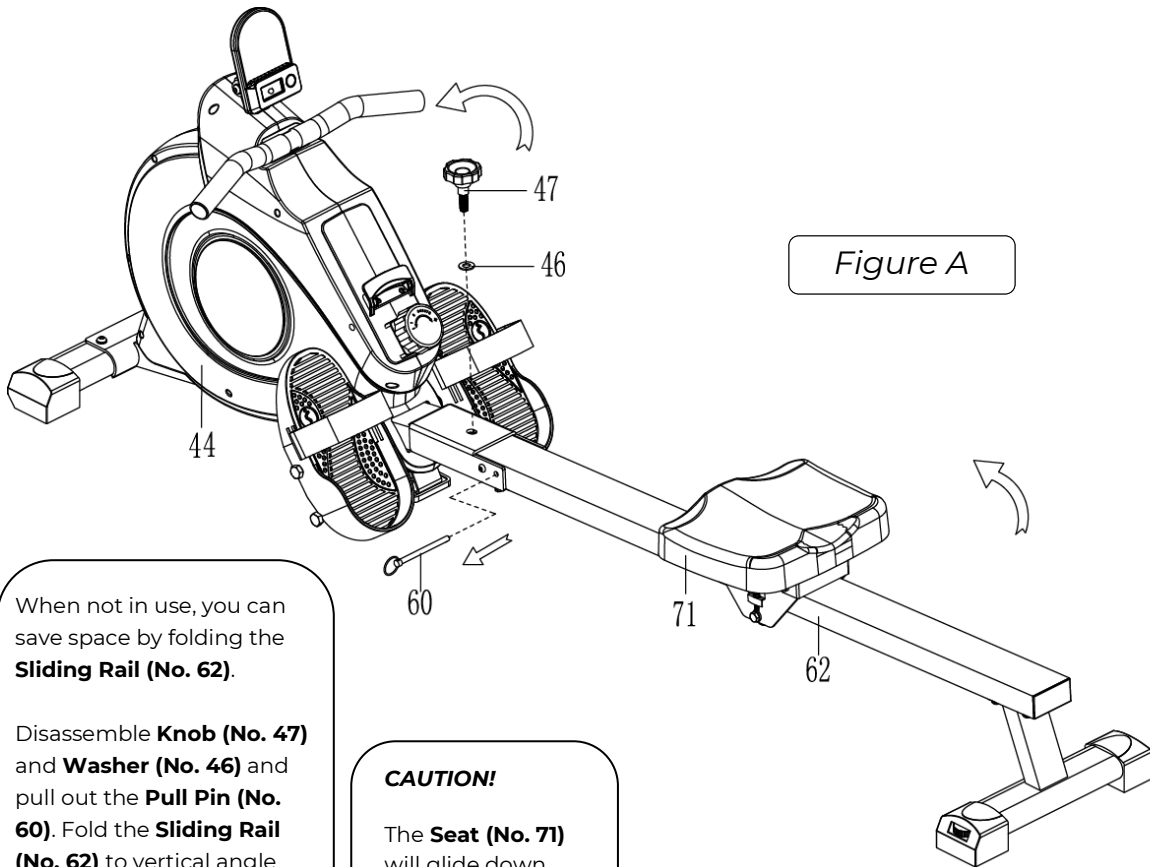


Figure A

When not in use, you can save space by folding the **Sliding Rail (No. 62)**.

Disassemble **Knob (No. 47)** and **Washer (No. 46)** and pull out the **Pull Pin (No. 60)**. Fold the **Sliding Rail (No. 62)** to vertical angle (Figure A).

SAFETY NOTE: The **Seat (No. 71)** will glide down when folding the **Sliding Rail (No. 62)**.

Reinsert **Pull Pin (No. 60)** into the hole on the **Main Frame (No. 44)**, then tighten **Knob (No. 47)** and **Washer (No. 46)** to **Sliding Rail (No. 62)**. (Figure B)

CAUTION!

The **Seat (No. 71)** will glide down when folding the **Sliding Rail (No. 62)**!

CAUTION!

Use caution when you vertically fold the **Sliding Rail (No. 62)** as your head may touch the **Rear Support (No. 69)**.

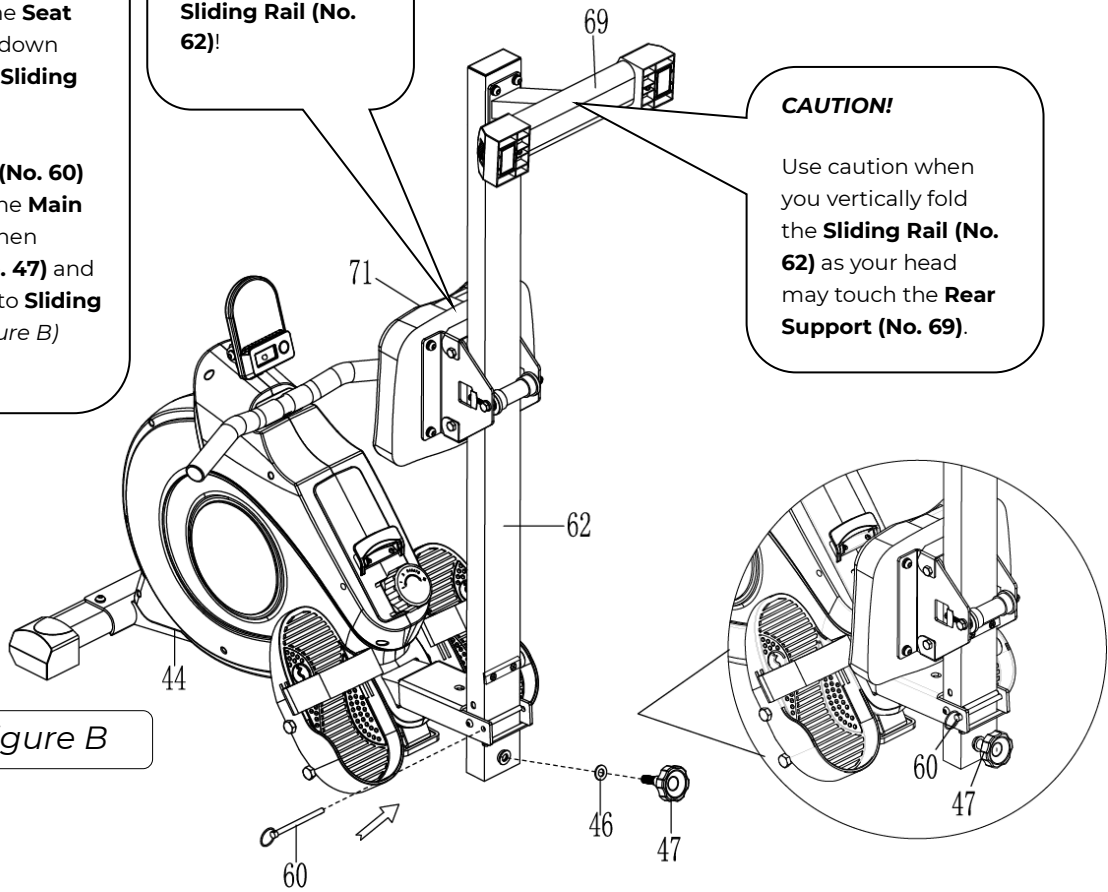
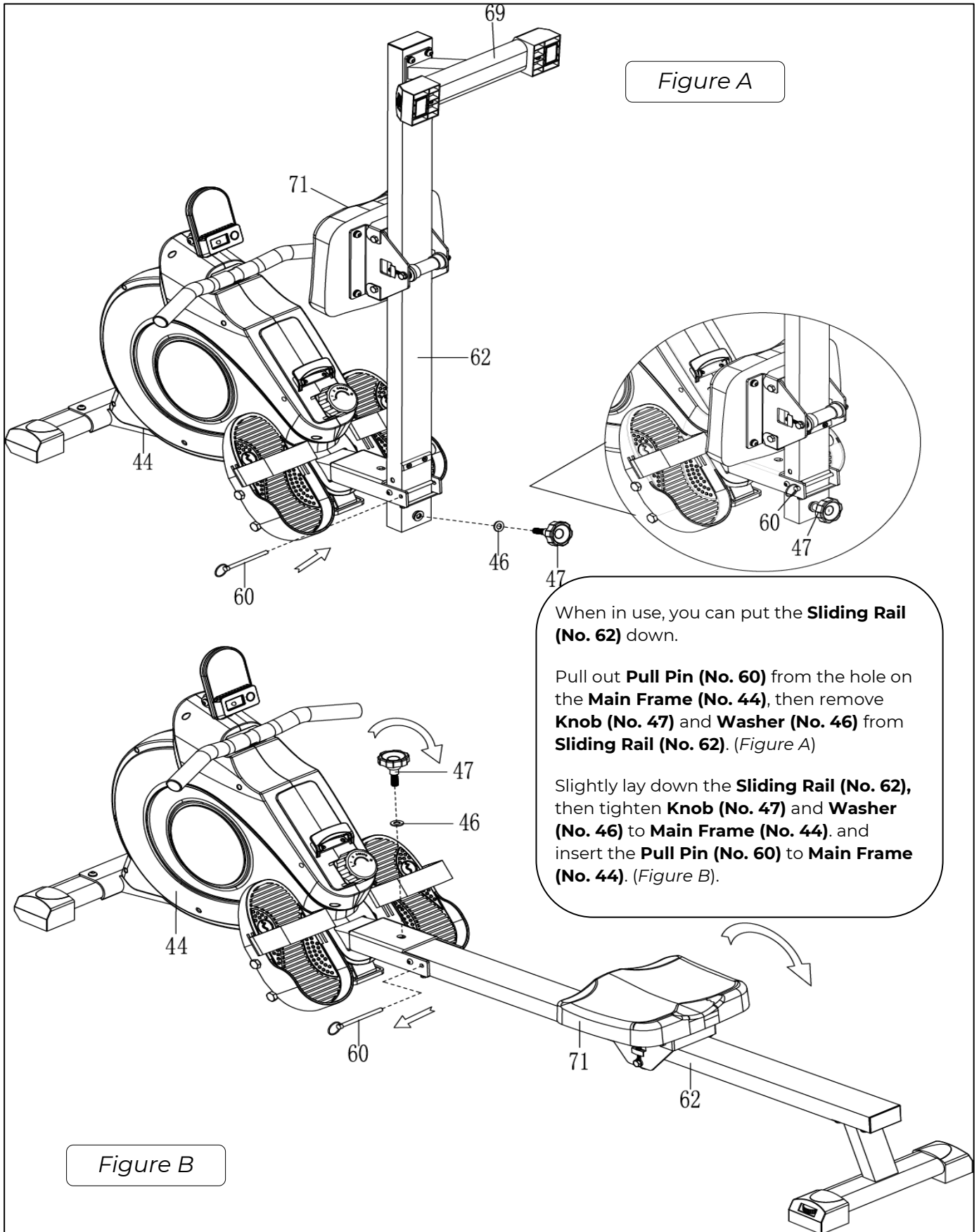
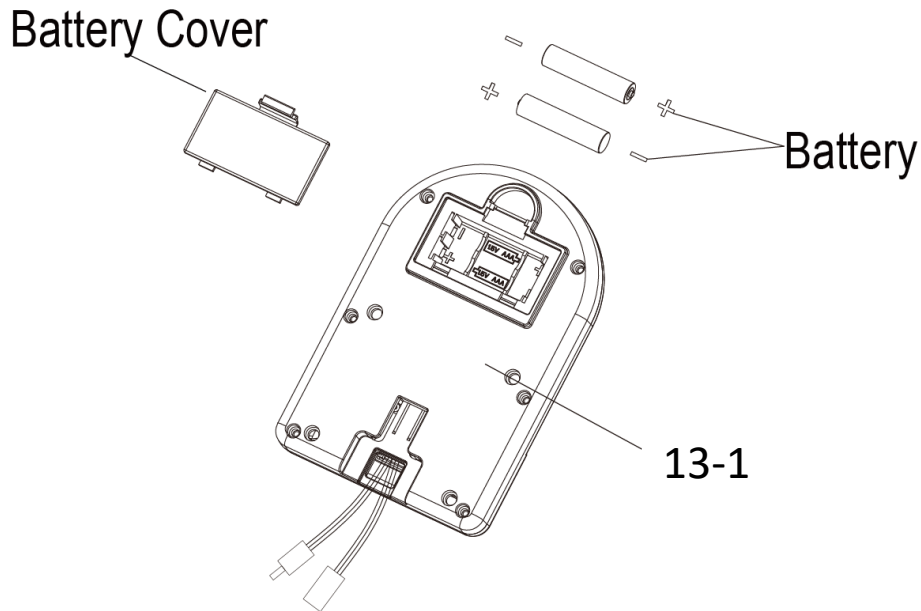


Figure B

Unfolding Guide



Battery Installation & Replacement



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from meter box.
2. Press the buckle of battery cover on the back of the **Computer (No. 13-1)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 13-1)**. 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. 13-1)**.

The installation is complete!

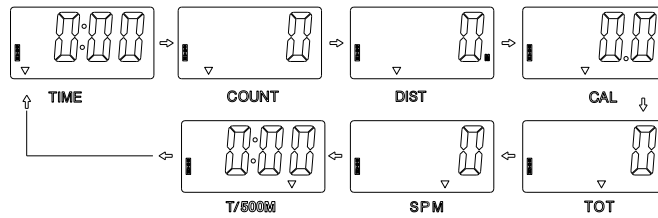
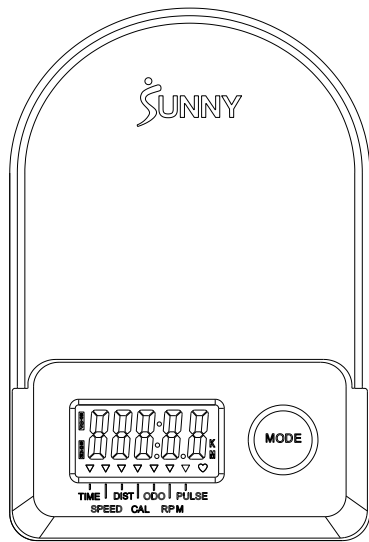
BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 13-1)**, 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. 13-1)**. 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. 13-1)**.

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 or scan the QR code below:



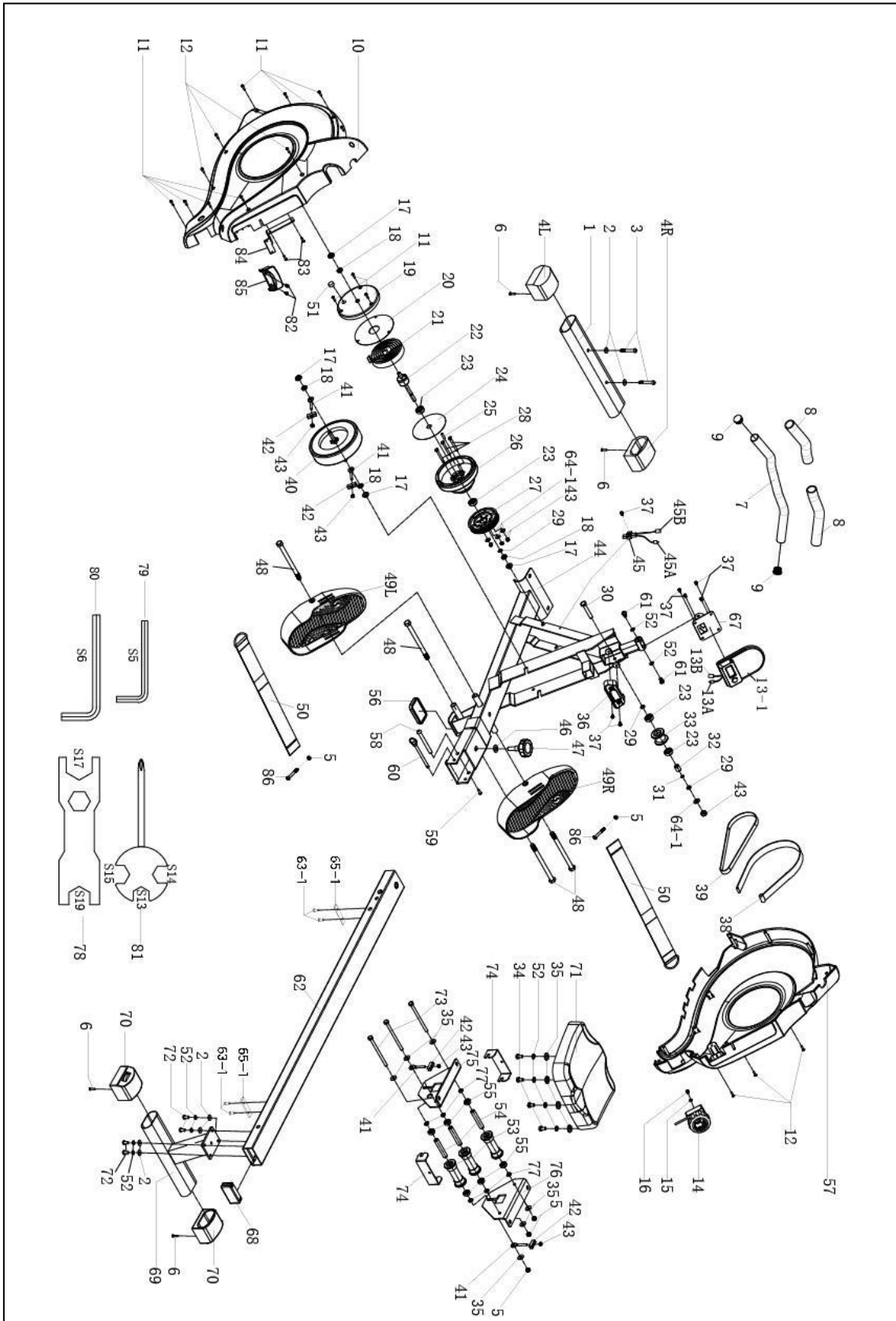
- If you require additional support, please contact support@sunnyfit.com.

Parts List

No.	Description	Spec.	Qty.
1	Front Stabilizer		1
2	Washer	Φ8*Φ16*1.5	6
3	Bolt	M8*55	2
4L	Left End Cap		1
4R	Right End Cap		1
5	Nut	M8	5
6	Screw	ST4.2*25*Φ10.	4
7	Handlebar		1
8	Foam Grip	Φ26*3*215	2
9	End Cap	Φ28*15	2
10	Left Belt Cover		1
11	Screw	ST4.2*19*Φ8	11
12	Screw	ST4.2*16*Φ8	6
13-1	Computer		1
13A	Computer Wire A		1
13B	Computer Wire B		1
14	Tension Control		1
15	Washer	D5	1
16	Screw	M5	1
17	Nut	M10*1*H8*S15	4
18	Nut	M10*1*H5*S17	4
19	Cover for Mesh	Φ149*14	1
20	Outer PC Board		1
21	Volute Spring		1
22	Axle for Mesh Belt		1
23	Bearing	6000-ZZ	4
24	PC Board		1
25	Bolt	M5*45*Φ4.8	1
26	Mesh Belt Wheel	Φ145	1
27	Belt Wheel	Φ104	1
28	Bolt	M6*55*S10	3
29	Circlip	d10	3
30	Bolt	M6*55*15*S10	1
31	Wave Washer	Φ13.5*Φ10.2*0	1
32	Spacer	Φ10*Φ6.1*40	1
33	Mesh Belt Pulley	Φ45*35	1
34	Screw	M8*20*S6	4
35	Washer	d8*Φ20*1.5	10
36	Handlebar Seat		1
37	Screw	M5*10*Φ10	7
38	Mesh Belt	t1.5*22*2270	1
39	Belt	6PJ250	1
40	Inertial Wheel	Φ176	1
41	Adjusting Bolt		4
42	Adjusting U Seat	30*10*1.5	4
43	Nut	M6*H6*S10	8

No.	Description	Spec.	Qty
44	Main Frame		1
45	Sensor Wire		1
45A	Sensor Wire A		1
45B	Sensor Wire B		1
46	Washer	Φ24*Φ12*2	1
47	Knob	M12	1
48	Bolt	M12*160	4
49L	Left Pedal		1
49R	Right Pedal		1
50	Pedal Strap		2
51	Magnet	Φ15*7	1
52	Spring Washer	Φ8	10
53	Wheel	Φ40*92	3
54	Casing Pipe for Idler	Φ13*Φ8*78	3
55	Bearing	608Z	6
56	Rubber Pad		1
57	Right Belt Cover		1
58	Bolt	Φ10*96	1
59	Screw	M6*16	1
60	Pull Pin	Φ8*100*105	1
61	Bolt	M8*10	2
62	Sliding Rail		1
63-1	Screw	M6*15	4
64-1	Washer	Φ6*Φ16*1.2	4
65-1	Limit Mat	75*18*5	2
66	N/A		
67	Computer Support		1
68	End Cap	J80*40*18	1
69	Rear Support		1
70	End Cap		2
71	Seat	DDPU986	1
72	Screw	M8*20	4
73	Bolt	M8*125*15*S14	3
74	U Shape Bracket		2
75	Left Seat		1
76	Right Seat		1
77	Spacer	d8*Φ15*4	6
78	Spanner	S17,19	1
79	Allen Wrench	S5	1
80	Allen Wrench	S6	1
81	Spanner	S10,13,14,15	1
82	Screw	M5*15	2
83	Screw	ST4.2*15	2
84	Tablet Fixing Plate		1
85	Tablet Holder		1
86	Bolt	M8*60	2

Exploded Diagram



Version 1.9

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