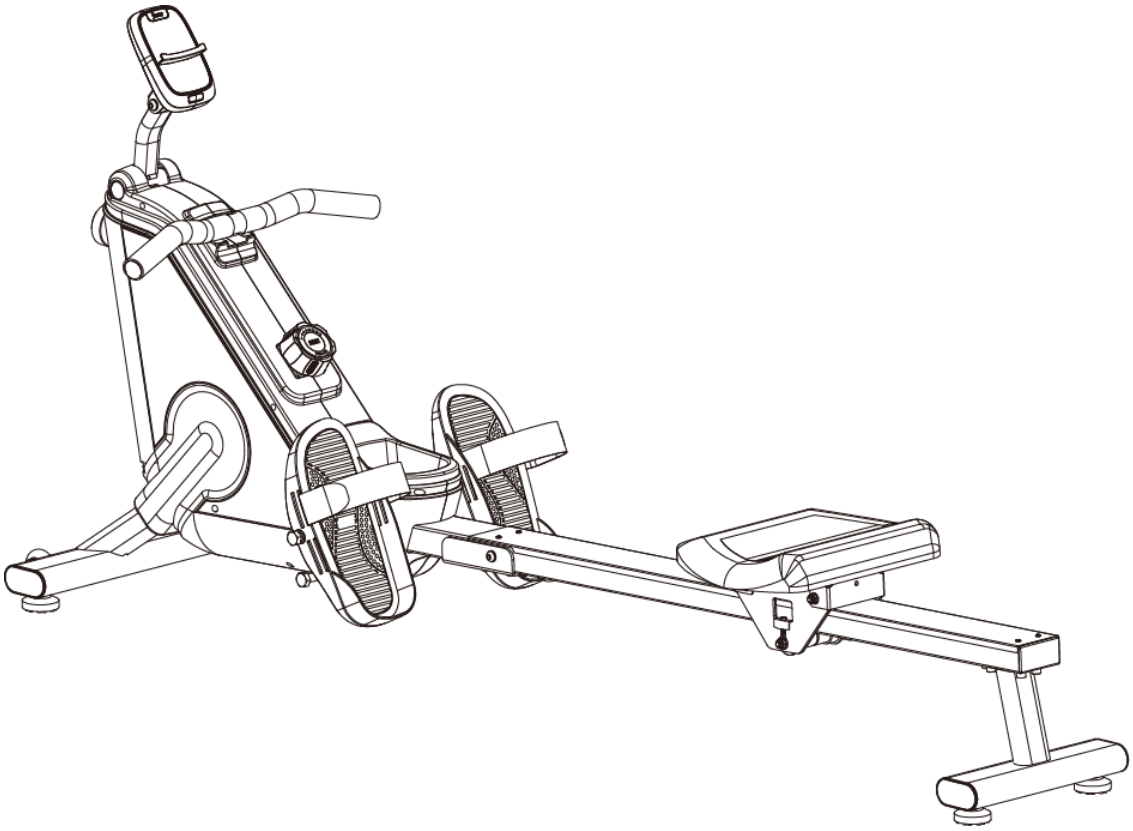
SUNNY
HEALTH & FITNESS

User Manual



COREZY SMART MAGNETIC ROWING MACHINE

SF-RW523043

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 300 lbs (135 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 Corezy Smart Magnetic Rowing Machine delivers a smooth, low-impact full-body workout, building strength and endurance at home.

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

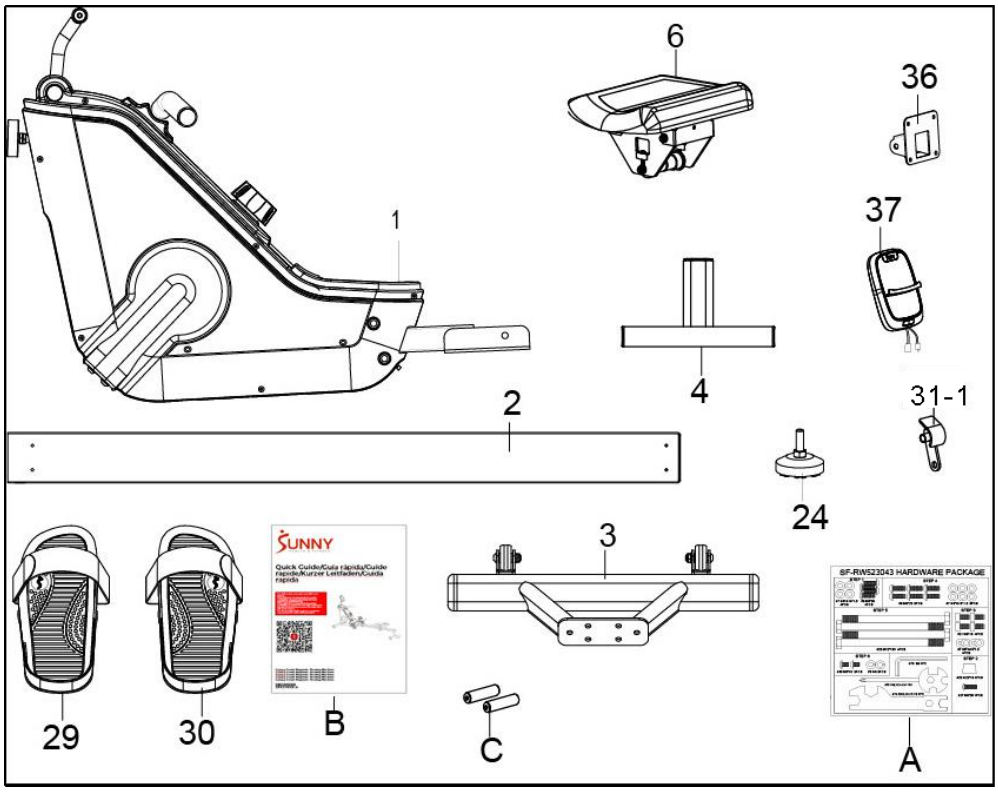
You can find the declaration of conformity at the following link:
https://sunnyhealthfitness.com/pages/declaration-of-conformity

Technical Data

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

Pre-Assembly Checklist

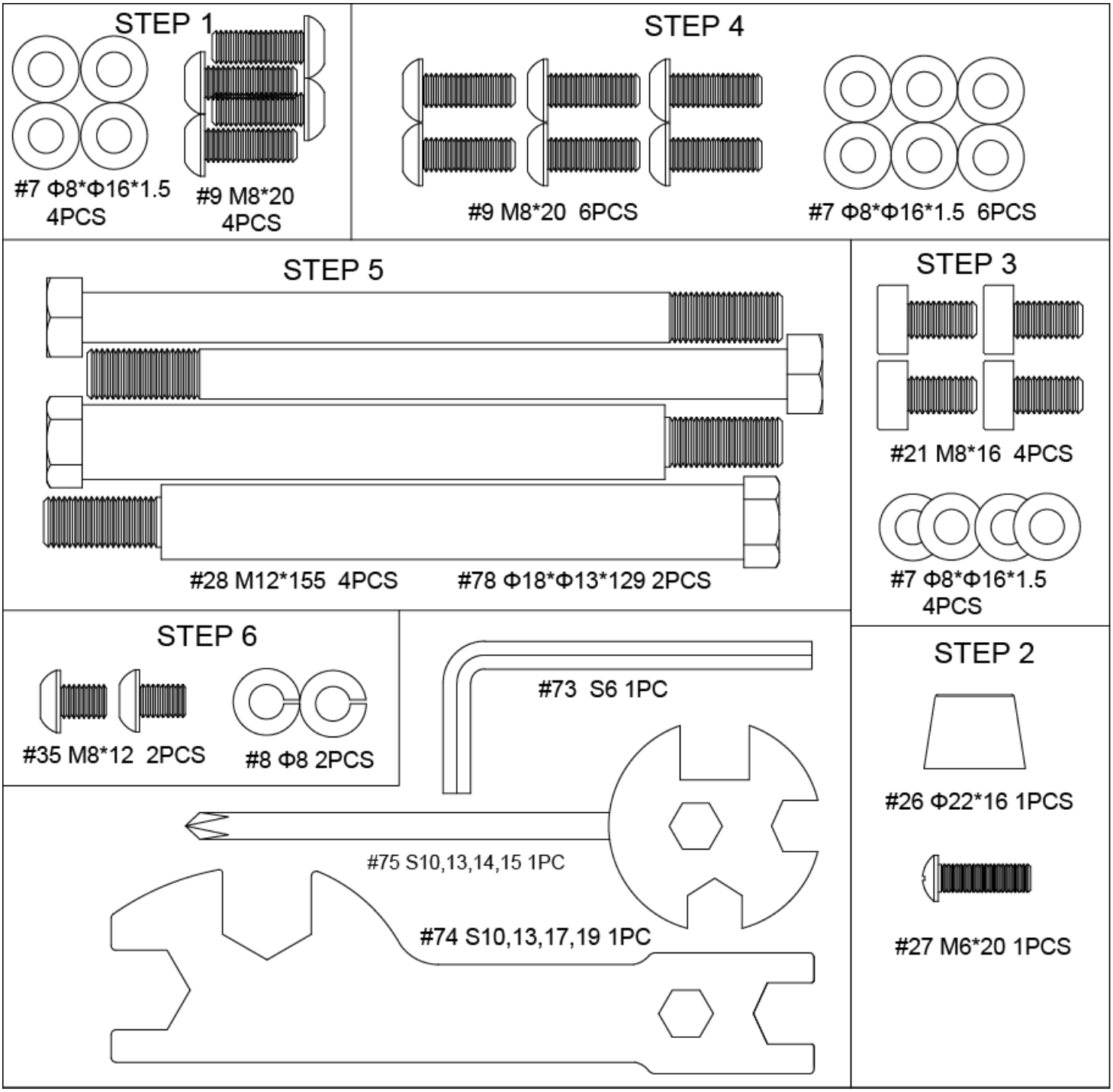
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Sliding Rail		1
3	Front Stabilizer		1
4	Rear Stabilizer		1
6	Seat		1
24	Foot Pad		4
29	Left Pedal		1

No.	Description	Spec.	Qty.
30	Right Pedal		1
31-1	Foot Limit Assembly		2
36	Computer Support		1
37	Computer		1
A	Hardware Package		1
B	Manual		1
C	Battery	AAA	2

Hardware Package



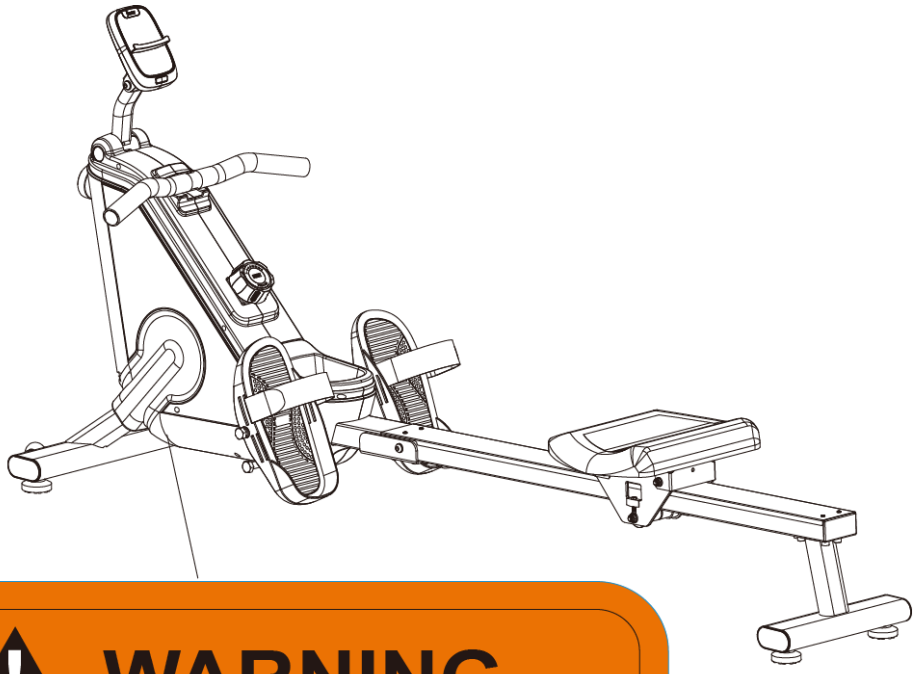
Ordering Replacement Parts

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

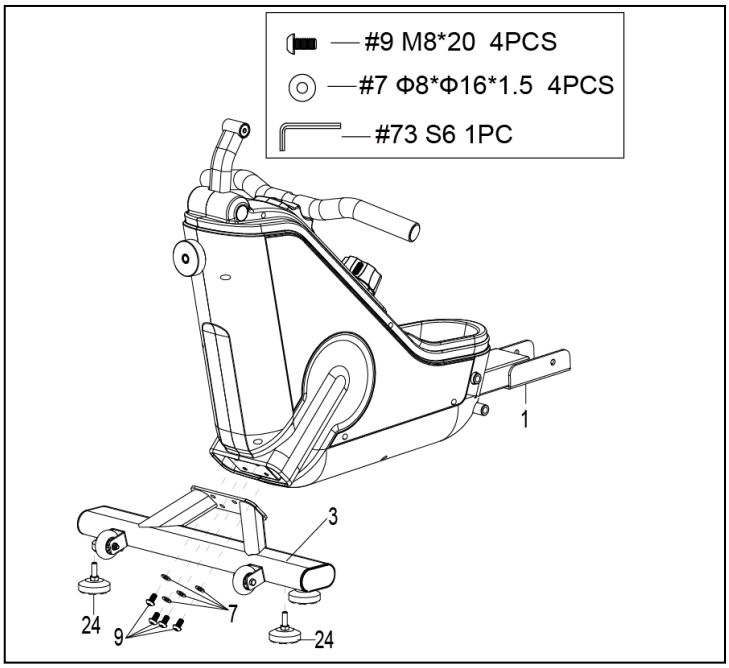
300 LBS/135 KG Weight Capacity

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

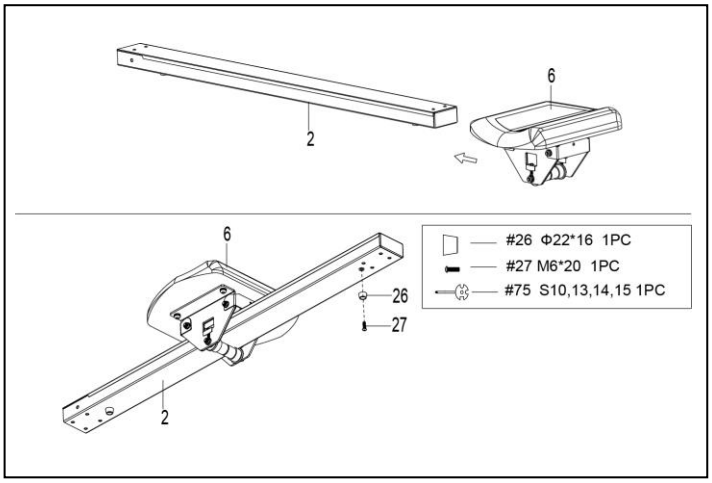
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.comor 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach **Front Stabilizer (No. 3)** to **Main Frame (No. 1)** using 4 **Bolts (No. 9)** and 4 **Washers (No. 7)**. Tighten and secure with **Allen Wrench (No. 73)**.

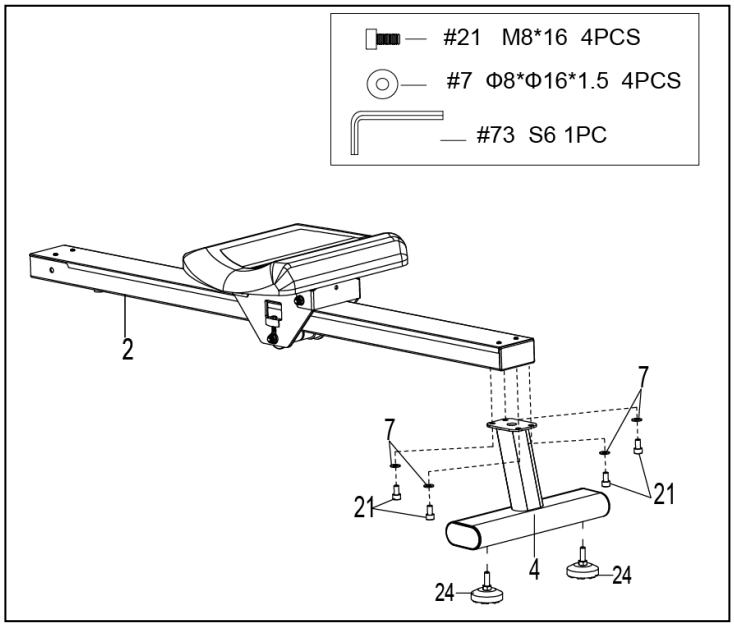
Attach the 2 **Foot Pad (No. 24)** to the **Front Stabilizer (No. 3)** by hand.



STEP 2:

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

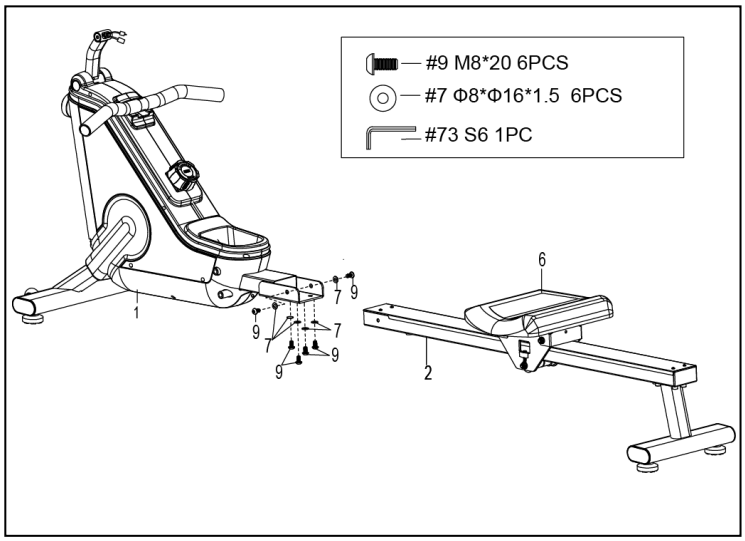
Attach 1 **Limit Mat (No. 26)** onto the **Sliding Rail (No. 2)** using 1 **Screw (No. 27)**, then tighten with **Spanner (No. 75)**.



STEP 3:

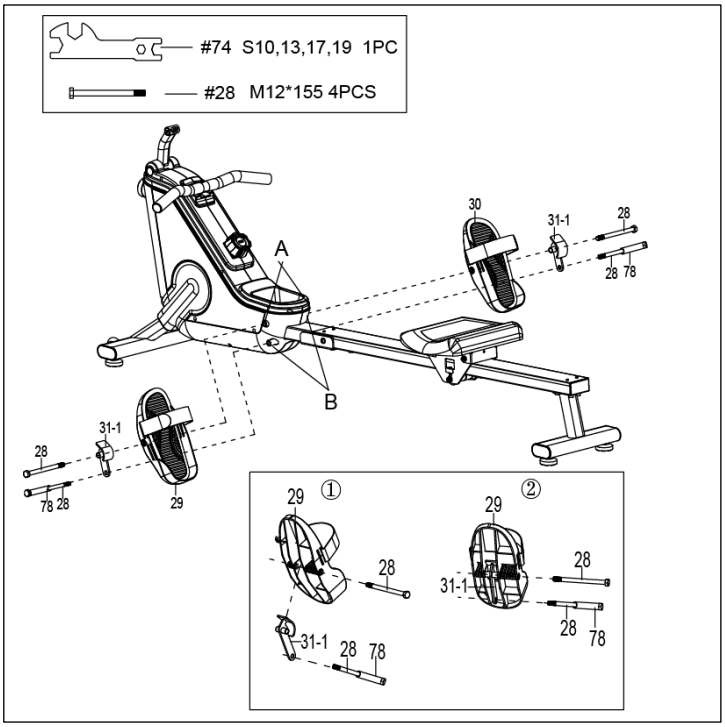
Attach the 2 **Foot Pads (No. 24)** to the **Rear Stabilizer (No. 4)** by hand.

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 4:

Attach the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** by 6 **Bolts (No. 9)**, 6 **Washers (No. 7)**, and tighten and secure with **Wrench (No. 73)**.

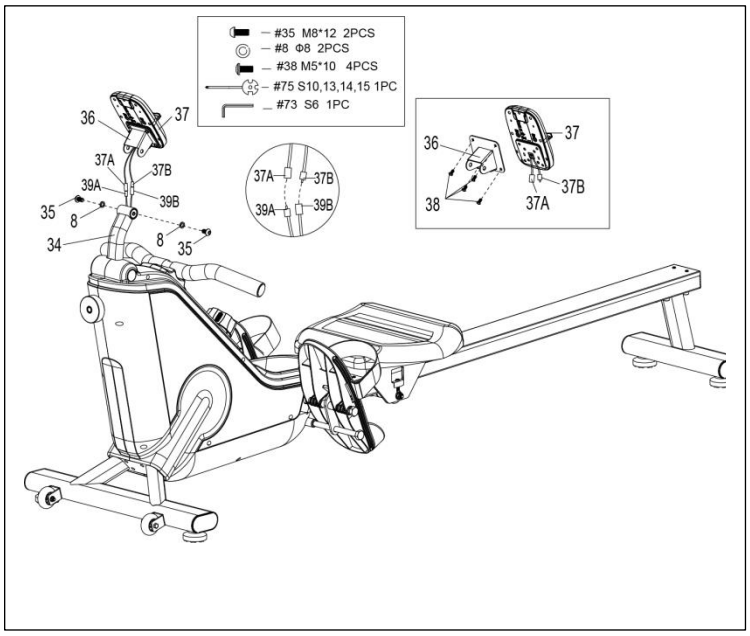


STEP 5:

Insert 2 **Bolts (No. 28)** through the **Left Pedal (No. 29)** and **Right Pedal (No. 30)** through **Foot Limit Assembly (No. 31-1)** into the upper hole at position A of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74)**.

Insert 2 **Bolts (No. 28) and Rubber Tubes (No. 78) assembly** through **Foot Limit Assembly (No. 31-1)** into the bottom hole at position B of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 74)**.

NOTE: The **Left Pedal (No. 29)** and **Right Pedal (No. 30)** should rest on the bottom **Bolts (No. 28)** at position B.



STEP 6:

Remove 4 **Bolts (No. 38)** from the back of the **Computer (No. 37)** with the **Spanner (No.75)**.

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. 75)**.

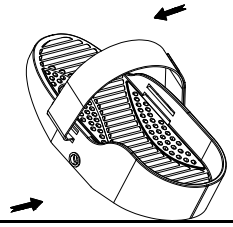
Connect the **Sensor Wire A (No. 39A)** to the **Computer Wire A (No. 37A)** and connect the **Sensor Wire B (No. 39B)** to the **Computer Wire B (No. 37B)**. Next, insert the connected wire into **Computer Supporting Tube (No. 34)**.

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)**.

The assembly is complete!

Adjustments & Usage Guide

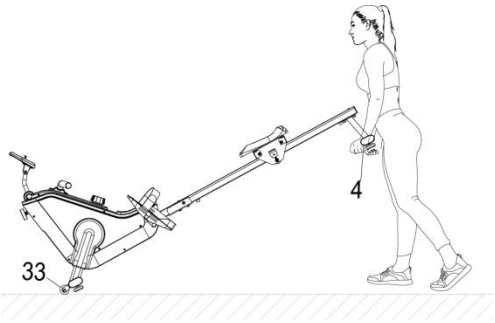
CAUTION! Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!



PEDAL STRAP ADJUSTMENT

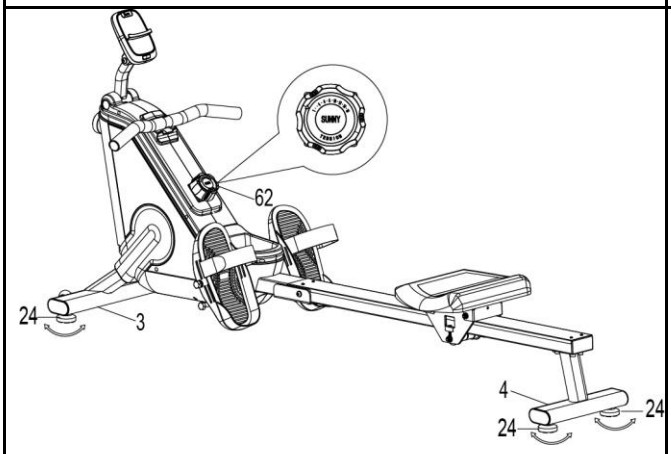
The **Pedal Straps (No. 42)** are adjustable and can be personalized to fit the user's foot size.

NOTE: To avoid injury, please adjust the pedal straps to user's foot before exercise.



MOVING THE ROWER

To move the rower, lift up the **Rear Stabilizer (No. 4)** until the **Transportation Wheels (No. 33)** touch the ground. With the transportation wheels on the ground, you can transport the rower to the desired location with ease.



ADJUSTING THE BALANCE AND RESISTANCE

Adjust the **Foot Pad (No. 24)** on the **Front Stabilizer (No. 3)** and **Rear Stabilizer (No. 4)** of the rower if the rower is unbalanced during use.

Turn the **Tension Control Knob (No. 62)** *clockwise* to increase the level of resistance.

Turn the **Tension Control Knob (No. 62)** *counter-clockwise* to decrease the level of resistance.

Tension levels are set at Level 1 being the lowest and Level 16 being the highest.

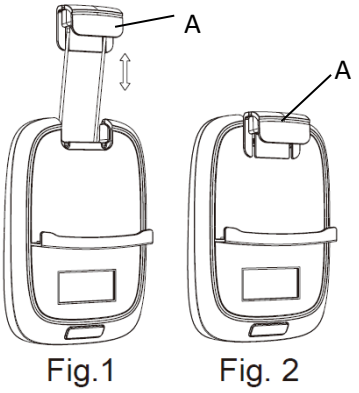
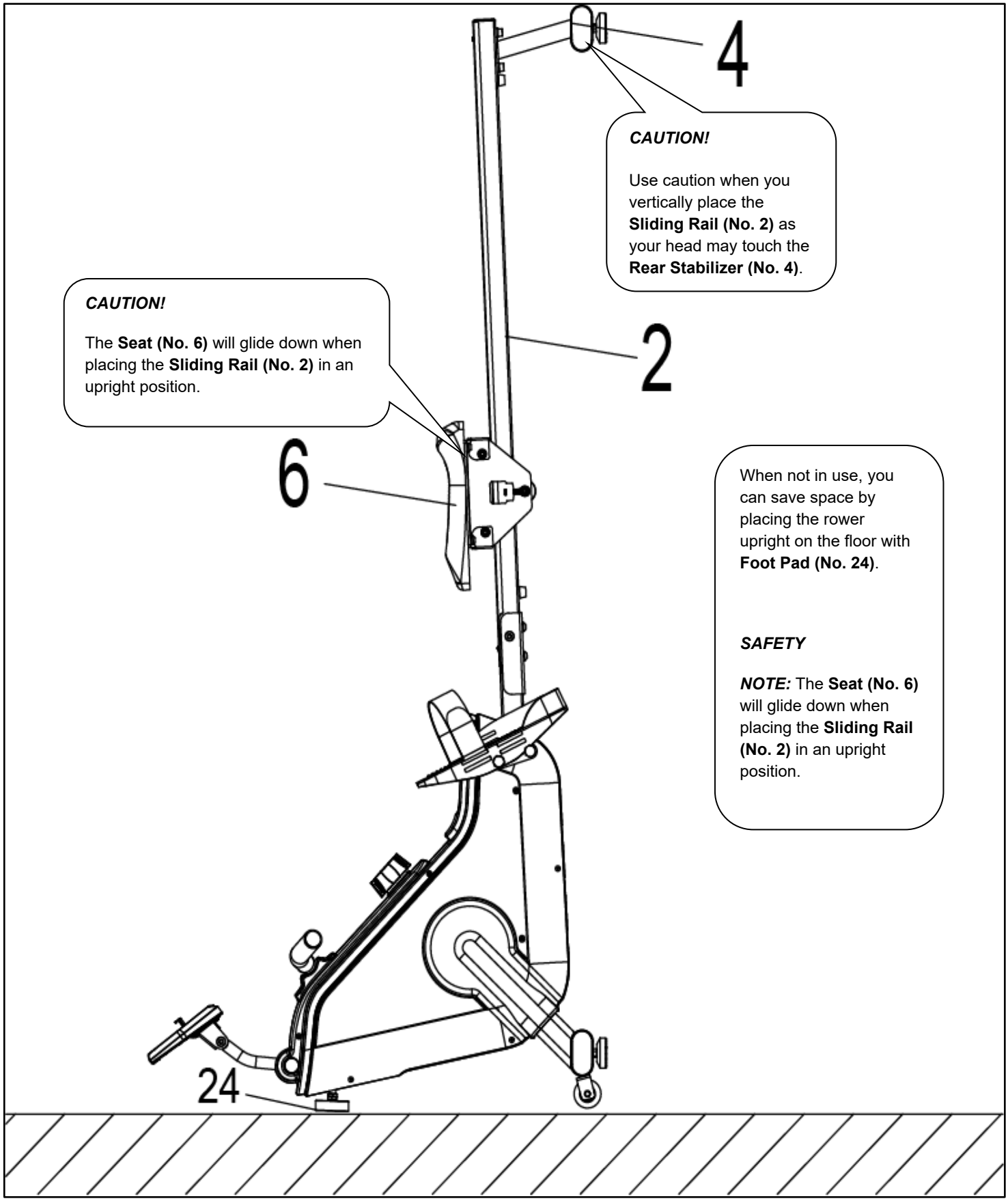


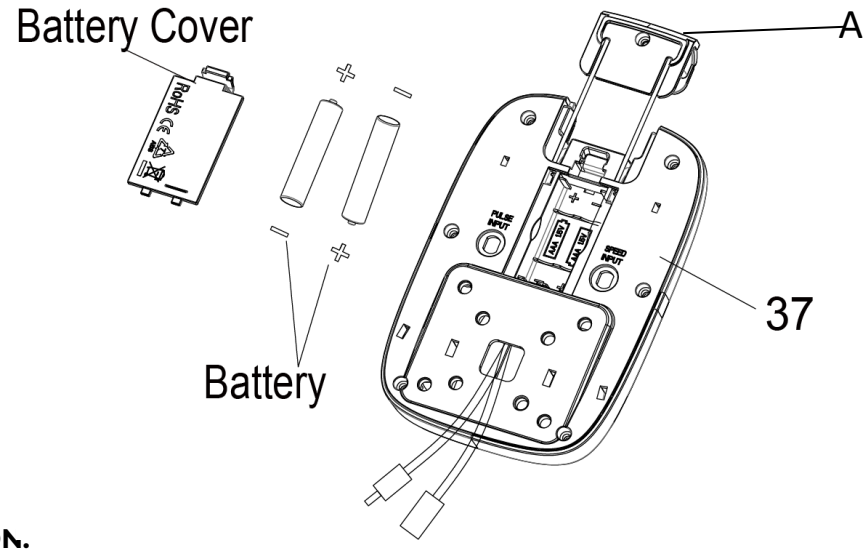
Fig.1 Fig. 2

The insert (No. A) can be pulled upward to secure the mobile device in place (as shown in Fig. 1). When the mobile device is placed horizontally, please move the SUNNY insert (No. A) in front of the meter after it is pulled out (as shown in Fig. 2) to avoid the insert from returning back into the meter.

Storage Guide



Battery Installation & Replacement



BATTERY INSTALLATION.

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

The installation is complete!

BATTERY REPLACEMENT:

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

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 computer when the wireless heart rate icon is flashing.

FUNCTION BUTTON

(MODE)

Press the button to switch display or automatically display through each function value in sequence every 6 seconds.

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.

Operation

1 Power on –

Installs 2 pieces of 1.5V AAA batteries. (Whenever batteries are removed, all the functions values will be reset to zero.)

2. Sleep mode/wake up

After entering speed signal, each function will skip to display. STOP will be displayed once no speed signal detected for 10 seconds.

The meter will shut off automatically and disconnect the heart rate monitor if there is no activity for 4 minutes when the Bluetooth is not connected.

Sleep mode:

A. No connection with Bluetooth module.

B. No speed signal and button operation input

It will enter the sleep mode then the screen and broadcast will turn off, and the pulse measurement will stop if A and B exist simultaneously.

3. SCAN

After power on or press the mode button, automatically scan through each function value in sequence every 6 seconds. SCAN-->TIME-->CNT-->DIST-->CAL-->TOT-->SPM-->T/500M-->PULSE-->SCAN

4. TIME: Accumulates total training time from 00:00 up to 999:59.

5. CNT: Display current training frequency from 0 up to 99999.

6. DIST: Accumulates training distance from 0 up to 99999 Meter.

7. CAL: Accumulates calories consumption during training from 0.0 up to 9999.9 kcal

Note: This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.

8. TOT: Display the total counts from the battery has been installed, and the data will be re-counted after replacing the battery.

9. SPM: Displays current stroke per minute.

10. T/500M: Displays Time for training of 500 Meter

11. PULSE (Needs to pair with the Bluetooth device)

Display the user's heart rate from 30-240 upon pulse signal detected with pulse symbol glittering. The pulse graphic will not glitter upon no pulse signal detected.

Note：

1. If the computer displays abnormally, please re-install the battery and try again.

2. Battery Spec: 1.5V or AAA (2PCS).

3. The batteries must be removed from the appliance before it is scrapped and that they are disposed of safely.

4. 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.

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!

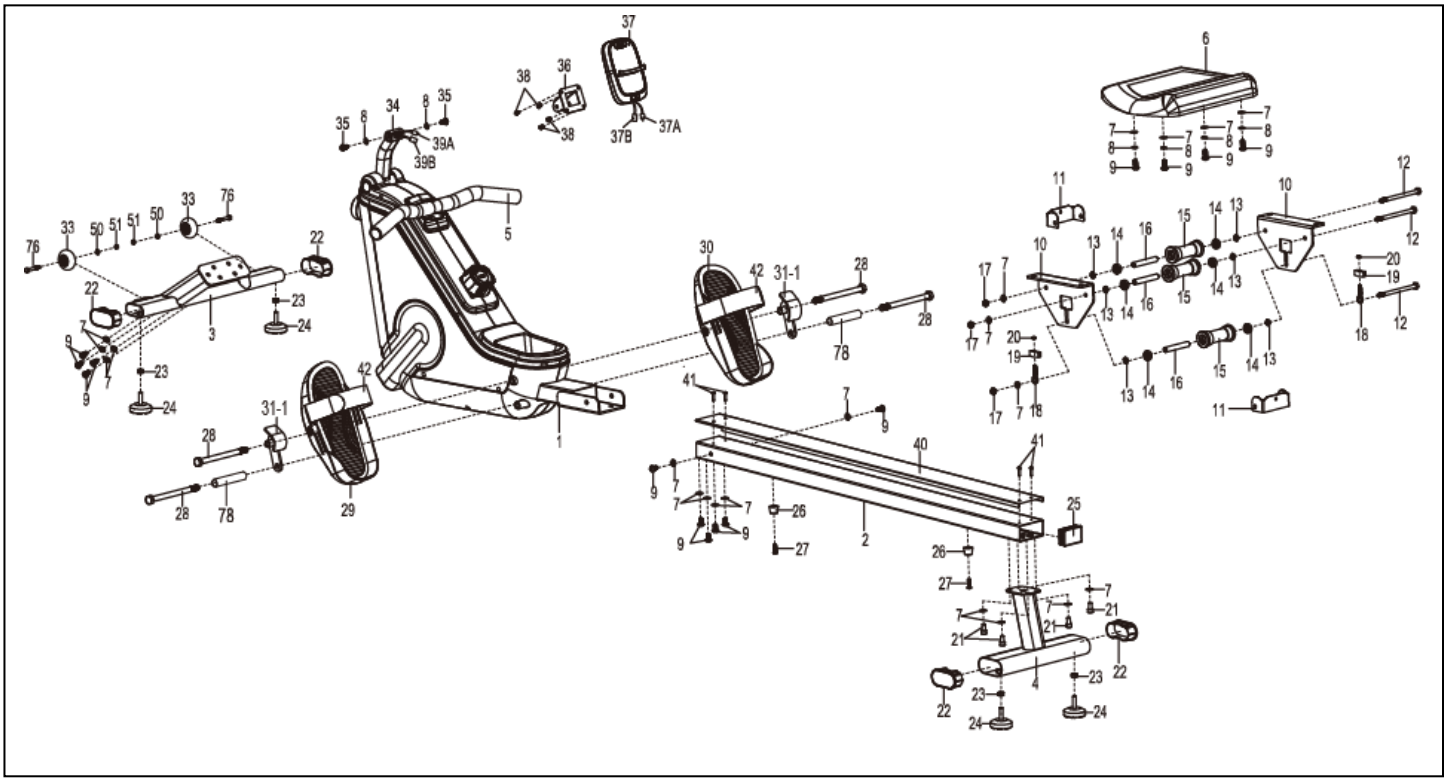
TROUBLESHOOTING:

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

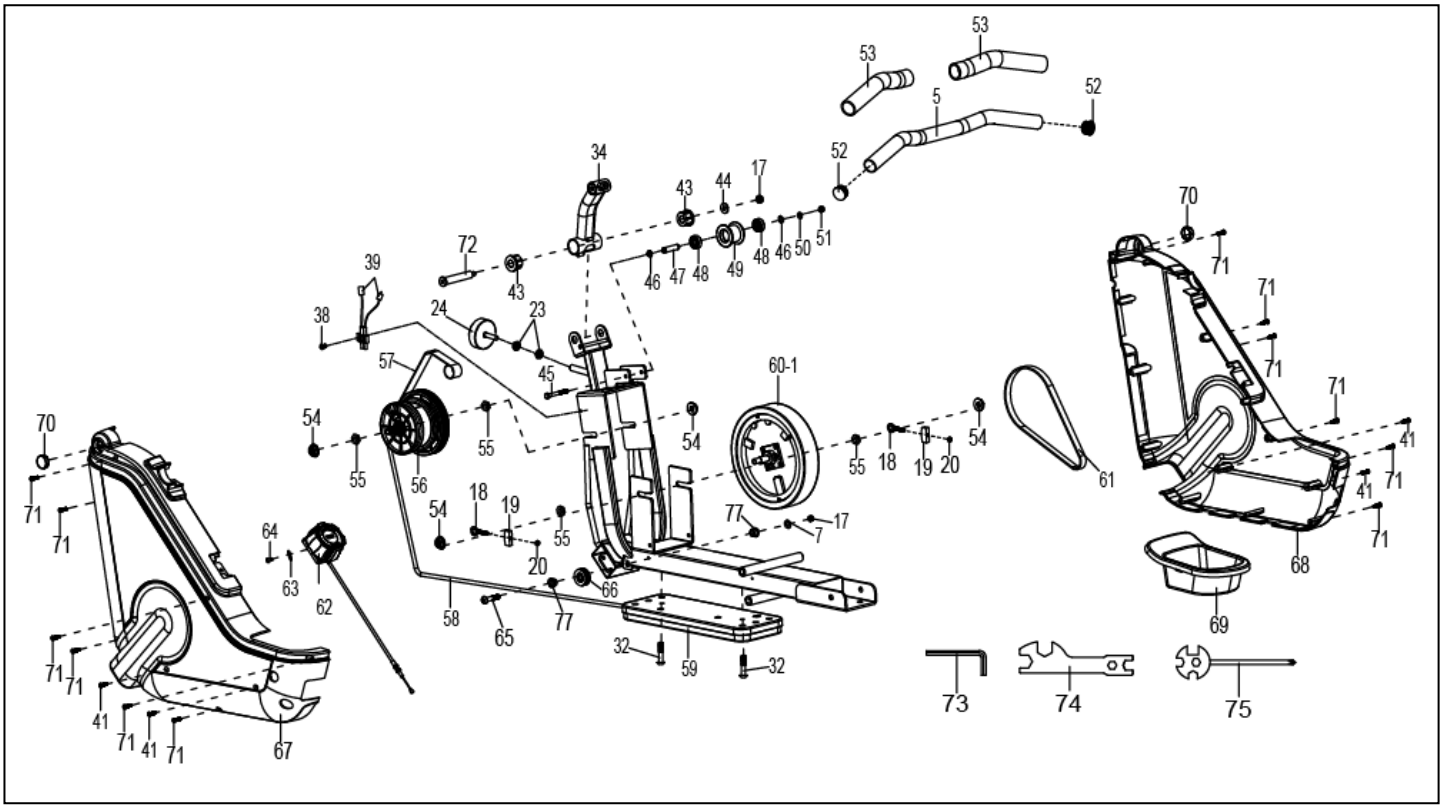


- If you require additional support, please contact support@sunnyfit.com.

Exploded Diagram 1



Exploded Diagram 2



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	22
8	Spring Washer	Φ8	6
9	Bolt	M8*20	14
10	Seat Supporting Board		2
11	U Shape Bracket		2
12	Bolt	M8*155	3
13	Spacer	Φ15*Φ8*4	6
14	Bearing	608	6
15	Wheel	Φ39*69	3
16	Casing Pipe for Idler Wheel	Φ12*Φ9*54	3
17	Nut	M8	5
18	Adjusting Screw	M6*36	4
19	U Shape Baffle		4
20	Nut	M6	4
21	Bolt	M8*16	4
22	End Cap	80*40*1.5	4
23	Nut	M8	6
24	Foot Pad	M8*25	5
25	Square plug	60*40*1.5	1
26	Limit mat	Φ22*16	2
27	Screw	M6*20	2
28	Bolt	M12*155	4
29	Left Pedal		1
30	Right Pedal		1
31-1	Foot Limit Assembly		2
32	Bolt	M8*50	2
33	Transportation Wheel	Φ42*22*Φ8.2	2
34	Computer Supporting Tube		1
35	Bolt	M8*12	2
36	Computer Support		1
37	Computer		1
37A	Computer Wire A		1
37B	Computer Wire B		1
38	Bolt	M5*10	5
39	Sensor Wire	L=330mm	2

No.	Description	Spec.	Qty
39A	Sensor Wire A		1
39B	Sensor Wire B		1
40	U Shape Stainless Steel Sheet		1
41	Screw	ST4.2*20	8
42	Pedal Strap	50*580	2
43	Axle Sleeve		2
44	Big Washer	Φ8*Φ20*2.0	1
45	Bolt	M6*55	1
46	Shaft snap ring	Φ10*1.0	2
47	Belt pulley shaft	Φ10*40	1
48	Bearing	6000	2
49	Mesh Belt Pulley	Φ45*35	1
50	Washer	Φ6*Φ12*1.0	3
51	Nut	M6	3
52	Round End Cap	Φ28*1.5	2
53	Foam Grip	Φ27*Φ33*244	2
54	Nut	M10*1.0*9	4
55	Nut	M10*1*B5	4
56	Volute Spring Complete sets		1
57	Mesh Belt	22*2140*δ1.5	1
58	Elastic String		1
59	Box assembly		1
60-1	Inertial Wheel		1
61	Belt	PJ6	1
62	Tension Control Knob		1
63	Washer	φ5	1
64	Bolt	M5*12	1
65	Bolt	M8*40	1
66	Wheel		1
67	Left Cover		1
68	Right Cover		1
69	Bottle holder		1
70	Cover		2
71	Screw	ST4.2*25	12
72	Bolt	M8	1
73	Allen Wrench	S6	1
74	Spanner	S10,13,17,19	1
75	Spanner	S10,13,14,15	1
76	Bolt	M6*40	2
77	Sleeve	φ18*φ8*10	2
78	Rubber Tube	φ18*φ13*129	2

Version 1.4

Register

Register your product and verify warranty terms:

Download

Track your fitness progress & join **FREE** workout courses!
Download SunnyFit App today!

GET IT ON Google Play | Download on the App Store | GET IT ON Google TV | Download on the Apple TV

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Get in touch with us for any questions

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support@sunnyhealthfitness.com