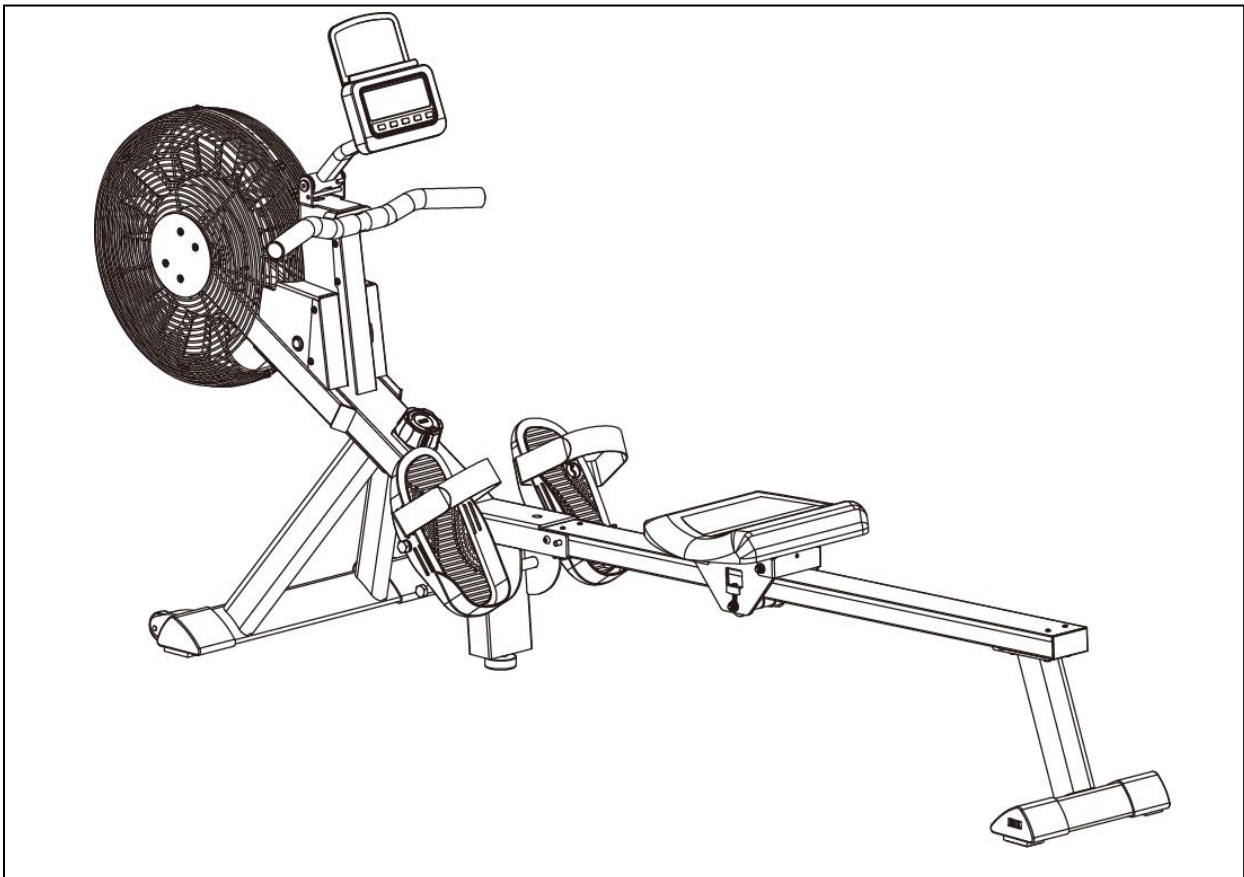




PREMIUM SMART MAGNETIC AIR ROWER SF-RW5940 SMART USER MANUAL



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

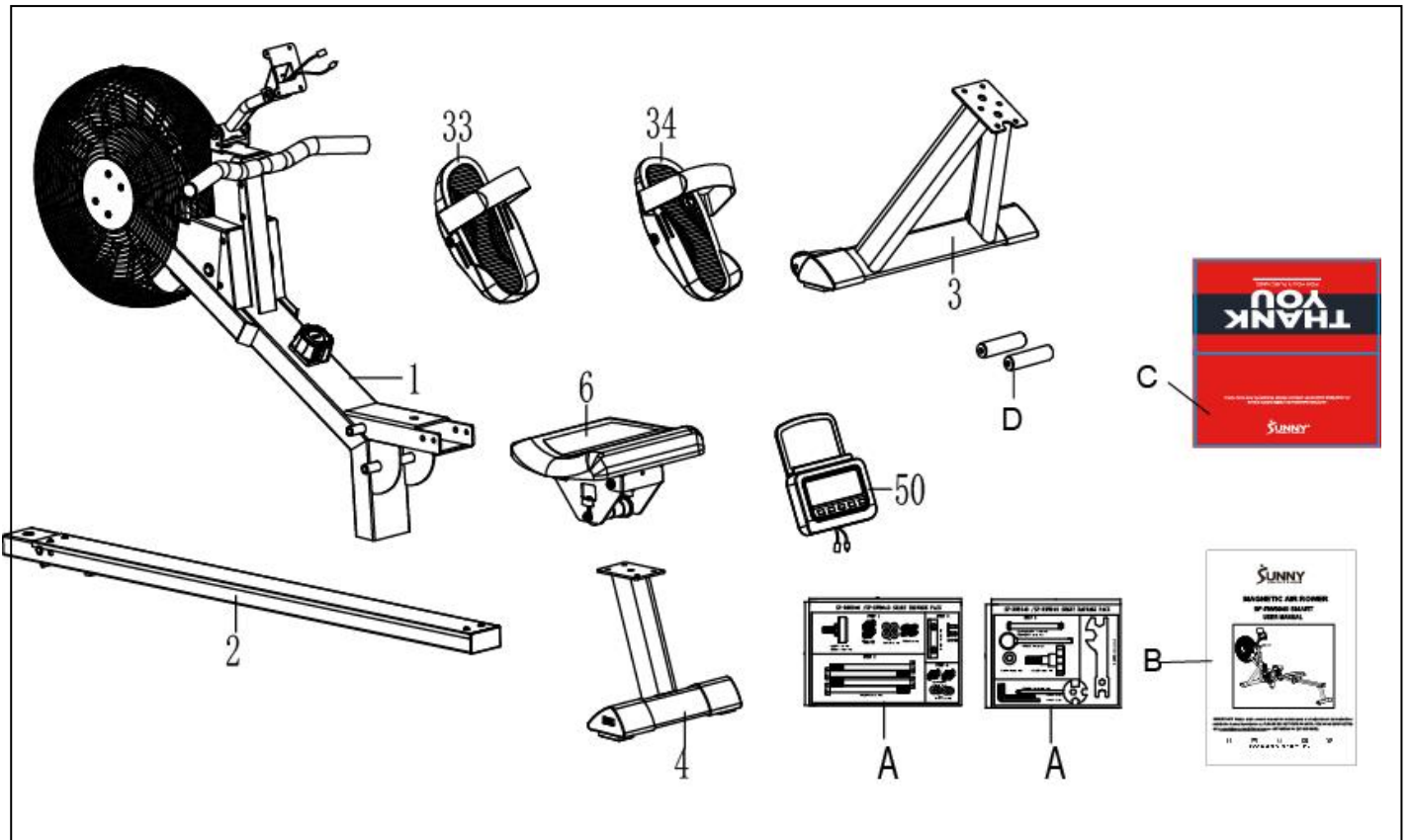
IMPORTANT SAFETY INFORMATION

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 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 kgs).
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.

PRE-ASSEMBLY CHECK LIST

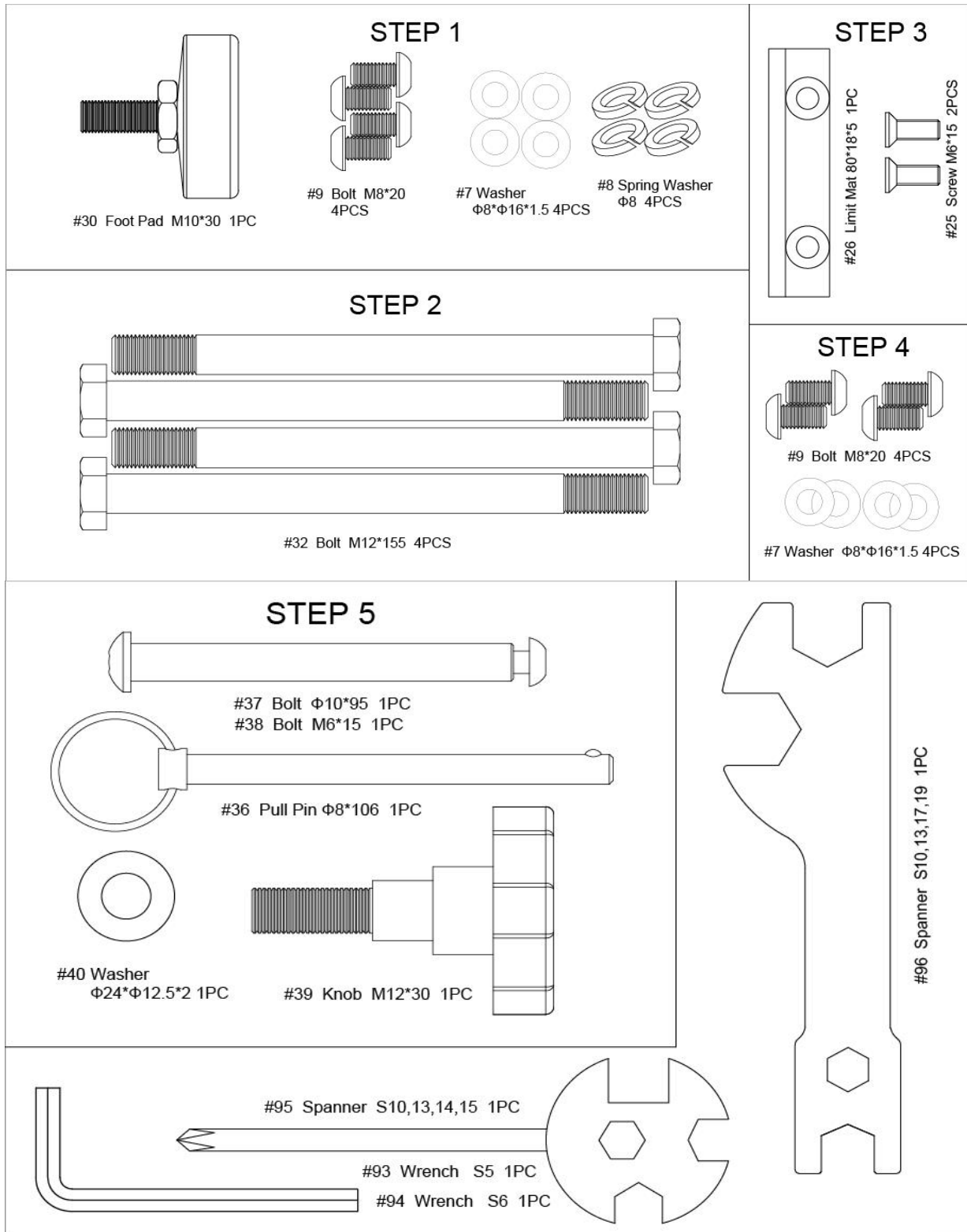
Before you start to assemble, please make sure all parts are included.



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

No.	Description	Spec.	Qty.
34	Right Pedal		1
39	Knob	M12*30	1
50	Meter	BJHT109	1
A	Hardware Package		2
B	Manual		1
C	Thank You Card		1
D	Battery		2

SF-RW5940 SMART HARDWARE PACKAGE



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

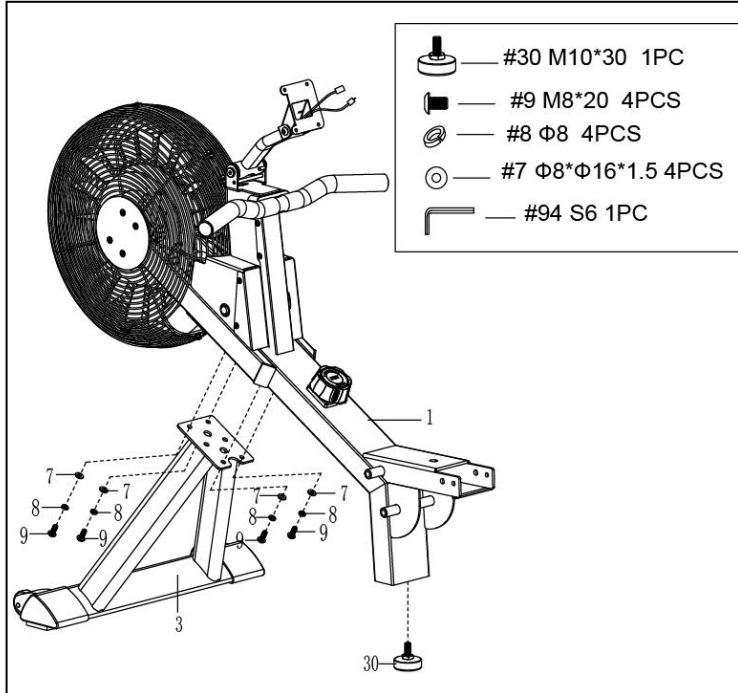
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” (pages 14-15) and “PARTS LIST” (pages 16-17)

Please contact us at 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 or 1-877-90SUNNY (877-907-8669).

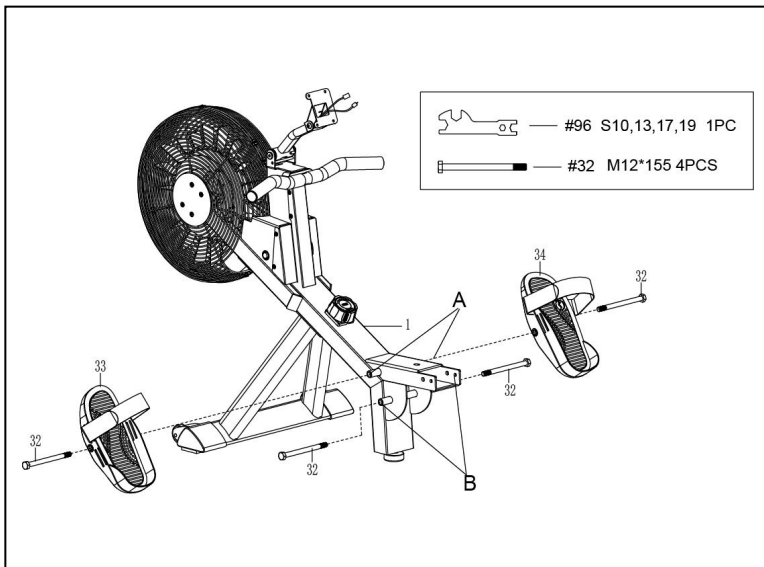


STEP 1:

Attach the **Front Stabilizer (No. 3)** to the **Main Frame (No. 1)** using 4 **Spring Washers (No. 8)** and 4 **Washers (No. 7)** and 4 **Bolts (No. 9)**. Tighten and secure with **Wrench (No. 94)**.

Attach the **Foot Pad (No. 30)** to the **Main Frame (No. 1)**, tighten and secure with your hand.

Notice: During installation, one person should hold the machine steady while the other performs the assembly. This can prevent the machine from tipping or causing injury.



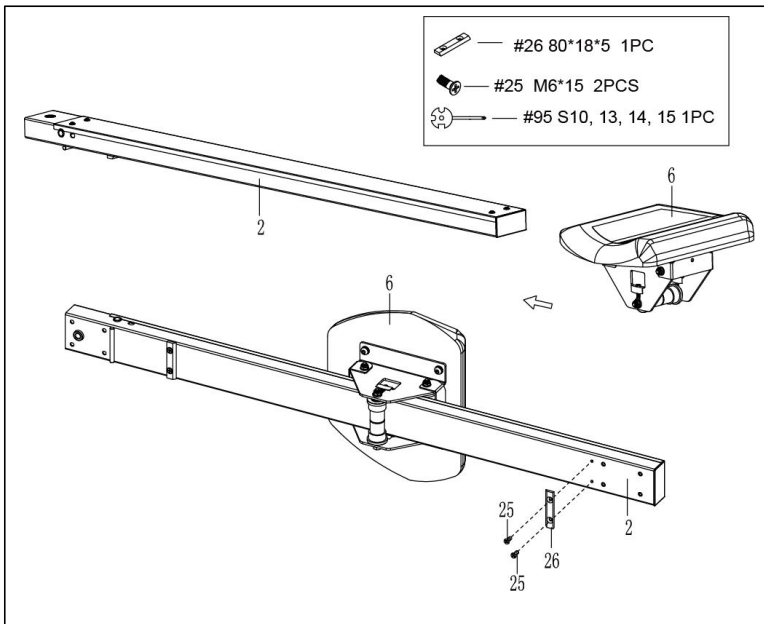
STEP 2:

Insert 2 **Bolts (No. 32)** through the **Left & Right Pedals (No. 33 & No. 34)** into the upper hole at position A of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 96)**.

Insert 2 **Bolts (No. 32)** into the bottom hole at position B of the **Main Frame (No. 1)**. Tighten with **Spanner (No. 96)**.

NOTE: The **Left & Right Pedals (No. 33 & No. 34)** should rest on the bottom **Bolts (No. 32)** at position B.

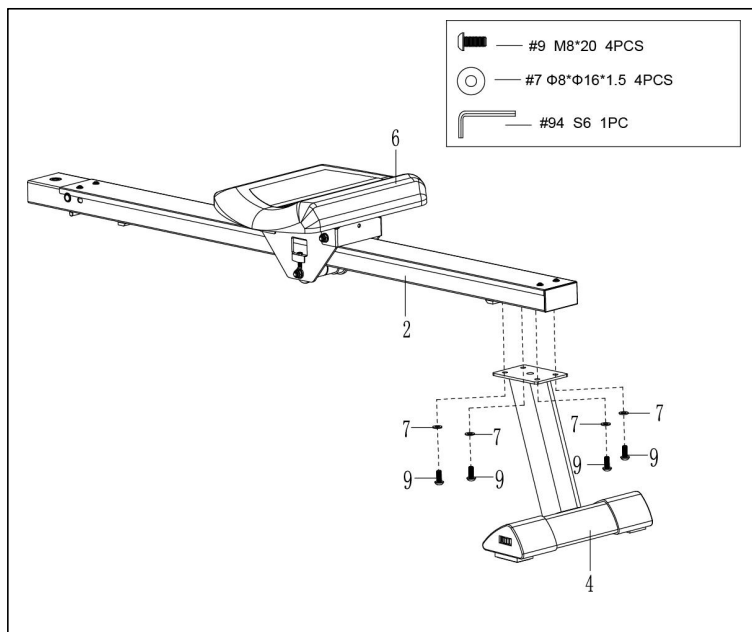
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

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

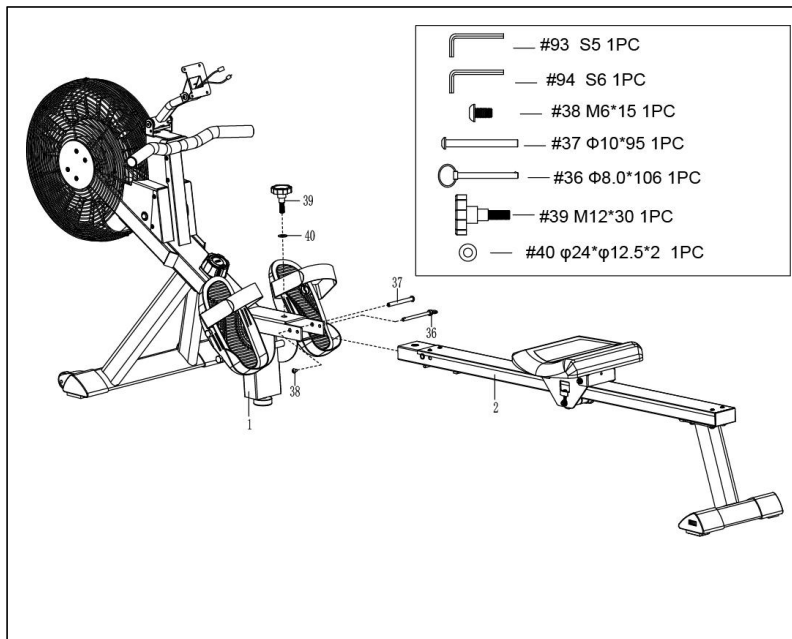
Attach 1 **Limit Mat (No. 26)** to the **Sliding Rail (No. 2)** using 2 **Screws (No. 25)**. Tighten and secure with **Spanner (No. 95)**.



STEP 4:

Attach the **Rear Stabilizer (No. 4)** to the **Sliding Rail (No. 2)** using 4 **Bolts (No. 9)** and 4 **Washers (No. 7)**. Tighten and secure with **Wrench (No. 94)**.

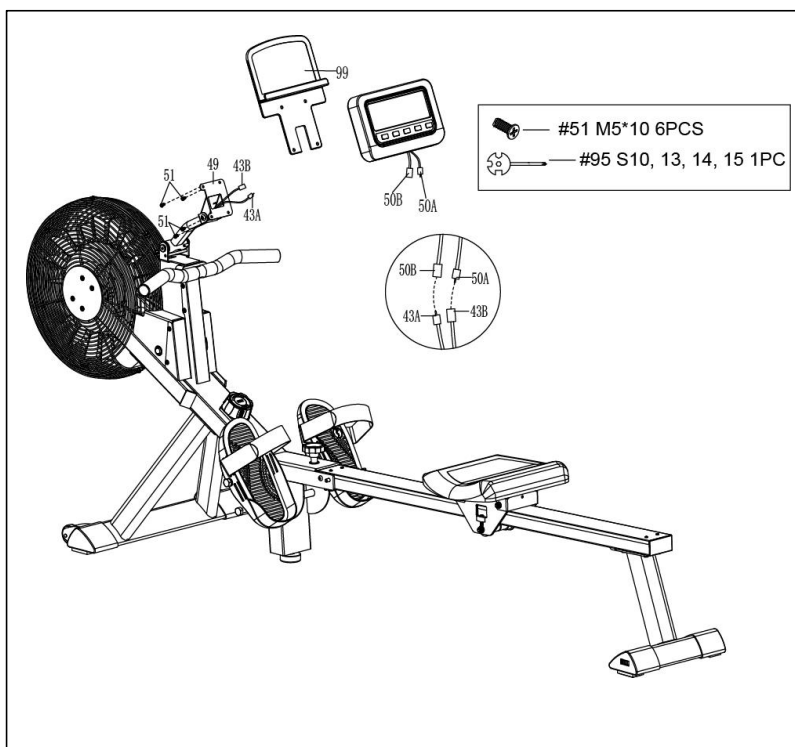
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5:

Attach the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** using 1 **Bolt (No. 38)** and 1 **Bolt (No. 37)**. Tighten and secure with **Wrench (No. 93)** and **Wrench (No. 94)**.

Next, secure the **Sliding Rail (No. 2)** to the **Main Frame (No. 1)** using 1 **Knob (No. 39)** and 1 **Washer (No. 40)**, then insert **Pull Pin (No. 36)**.



STEP 6:

Remove 4 **Screws (No. 51)** from the back of the **Tablet Holder (No. 99)** with the **Spanner (No. 95)**

Connect the **Sensor Wire A (No. 43A)** to the **Meter Wire B (No. 50B)** and connect the **Sensor Wire B (No. 43B)** to the **Meter Wire A (No. 50A)**. Then attach the **Tablet Holder (No. 99)** and the **Meter (No. 50)** to the **Meter Holder (No. 49)** with 4 **Screws (No. 51)** that were removed. Tighten and secure with **Spanner (No. 95)**.

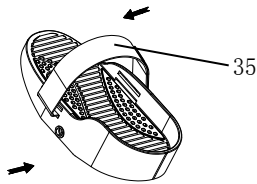
NOTE: Put all wires to the **Meter Holder (No. 49)** before attaching the **Tablet Holder (No. 99)** and the **Meter (No. 50)** to the **Main Frame (No. 1)**.

The assembly is complete!

ADJUSTMENTS & USAGE GUIDE

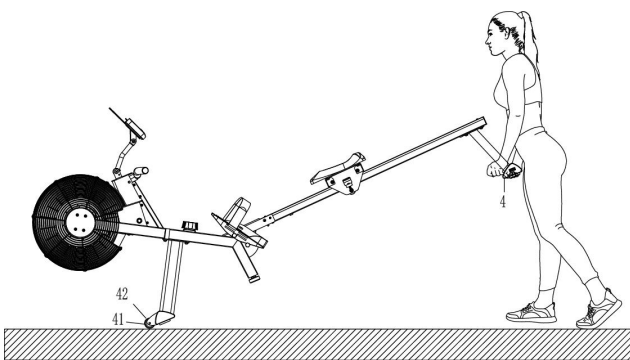
CAUTION! Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!

PEDAL STRAP ADJUSTMENT



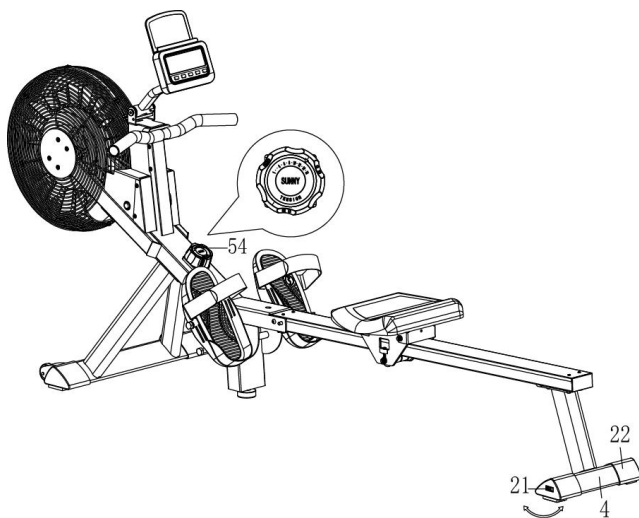
The **Pedal Strap (No. 35)** is adjustable and can be personalized to fit the user's foot size.

MOVING THE ROWER



To move the rower, lift the **Rear Stabilizer (No. 4)** up until the transportation wheels on the **Left & Right End Caps (No. 41 & No. 42)** 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 **Left & Right End Caps (No. 21 & No. 22)** on the **Rear Stabilizer (No. 4)** of the rower if the rower is unbalanced during use.

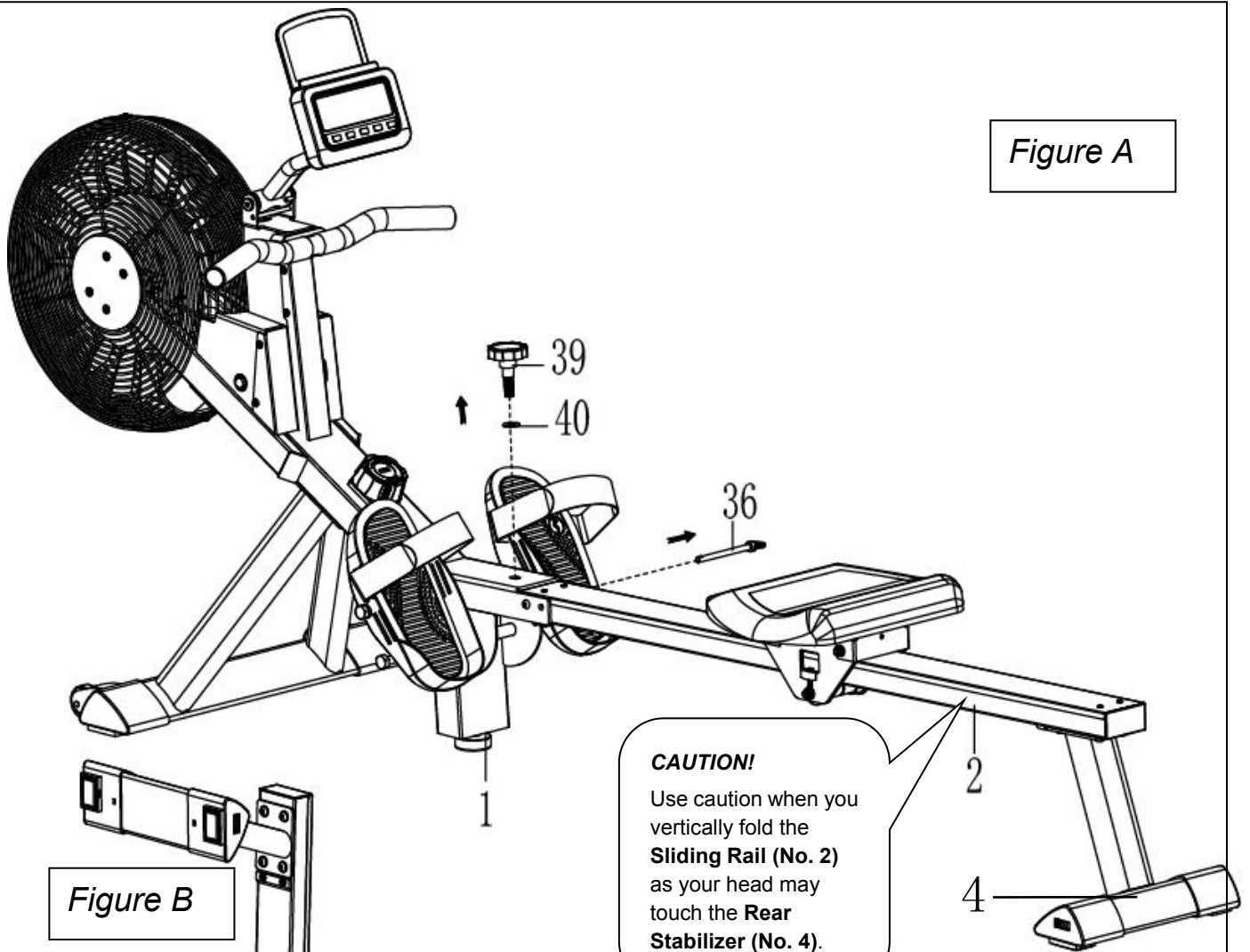
Turn the **Tension Control Knob (No. 54)** clockwise to increase the level of resistance.

Turn the **Tension Control Knob (No. 54)** counter-clockwise to decrease the level of resistance.

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

STORAGE GUIDE

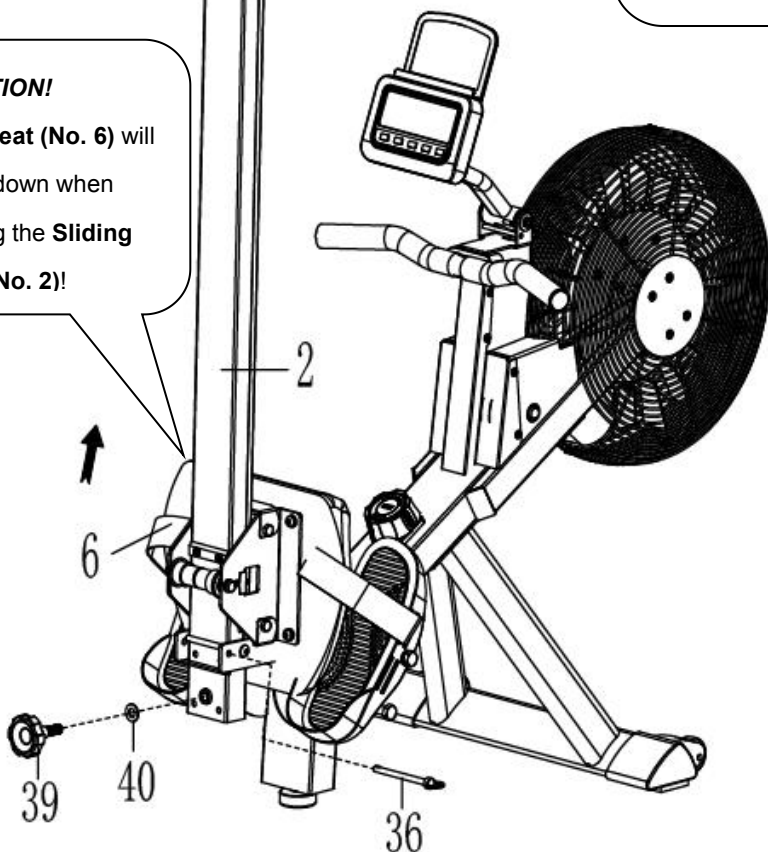
Figure A



CAUTION!
Use caution when you vertically fold the **Sliding Rail (No. 2)** as your head may touch the **Rear Stabilizer (No. 4)**.

Figure B

CAUTION!
The **Seat (No. 6)** will glide down when folding the **Sliding Rail (No. 2)**!



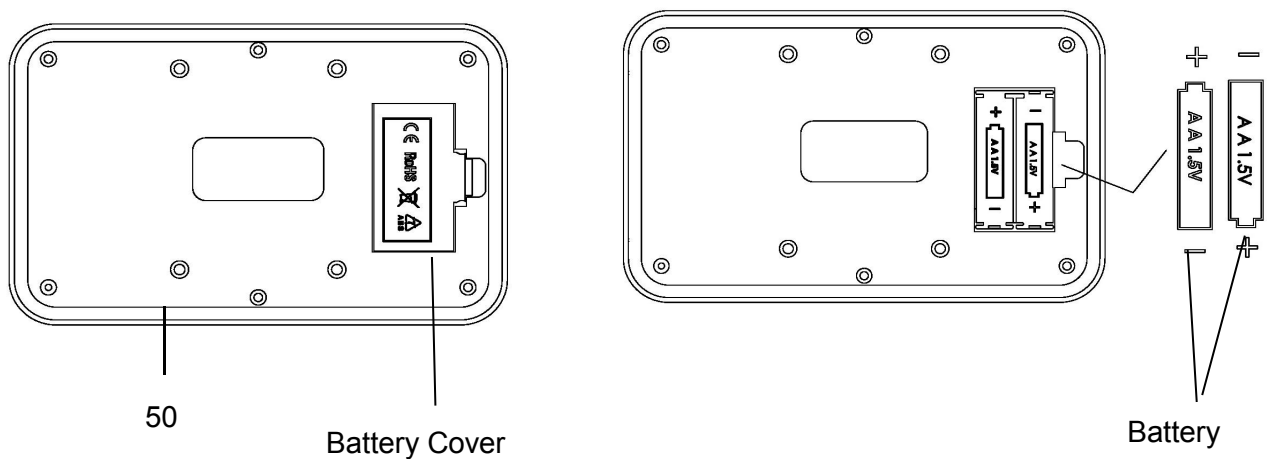
When not in use, you can save space by folding the **Sliding Rail (No. 2)**.

Disassemble **Knob (No. 39)** and **Washer (No. 40)** and pull out the **Pull Pin (No. 36)**. Fold the **Sliding Rail (No. 2)** to vertical angle (*Figure A*).

SAFETY NOTE: the **Seat (No. 6)** will glide down when folding the **Sliding Rail (No. 2)**.

Reinsert **Pull Pin (No. 36)** into the hole on the **Main Frame (No. 1)**, then tighten **Knob (No. 39)** and **Washer (No. 40)** to **Main Frame (No. 1)**. (*Figure B*)

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Take out 2 AA batteries from meter box.
2. Press the buckle of battery cover on the back of the **Meter (No. 50)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 50)**. 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 **Meter (No. 50)**.

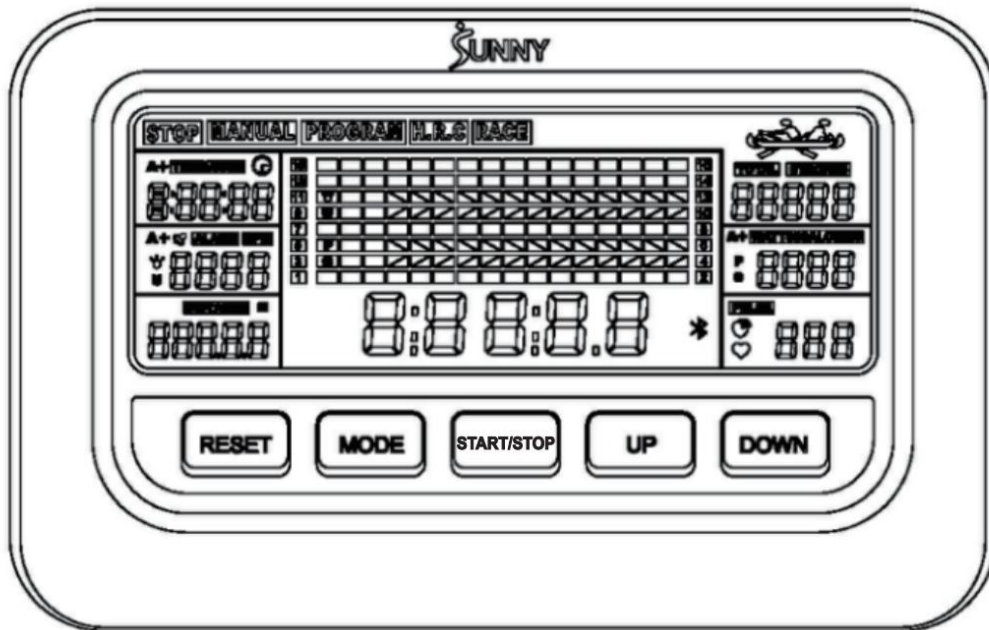
BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Meter (No. 50)**, 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 **Meter (No. 50)**. 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 **Meter (No. 50)**.

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 METER



- TIME, TIME/500, SPM, DISTANCE, STROKES, TOTAL STROKES, CALORIES, WATT, PULSE.

FUNCTION

- TIME: The total working time since starting exercise. Display range: 0:00:00 ~ 9:59:59 (H:M:S).
- TIME/500: The average time for 500 meters during exercise. Display range: 0:00 ~ 99:59 (M:S).
- SPM: Number of strokes per minute, indicating the stroke speed during exercise. Display range: 0 ~ 240.
- STROKES: The current count since starting exercise. Display range: 0 ~ 99999.
- DISTANCE: The current distance since starting exercise. Display range: 0 ~ 99999 meters.
- CALORIES: The current calories burned since starting exercise. Display range: 0 ~ 9999 Cal.
- TOTAL STROKES: The total strokes with all of the workout since starting exercise. If the batteries are replaced, the value resets to zero. Display range: 0 ~ 99999.
- WATTS: Display the user's exercise power.
- PULSE: Display the real time pulse, when the heart rate monitor is connected, the wireless

heart rate icon  is on.

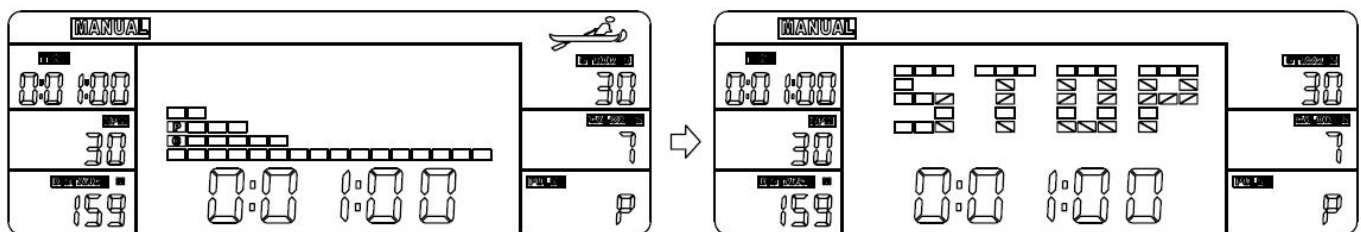
EXERCISE MODE

MANUAL	Standard exercise mode.
PROGRAM	TIME/DISTANCE/DISTANCE/STROKES countdown mode, and PULSE warning mode.
RACE	Race mode. User-defined PC difficulty (L1-L15), you can choose the distance to race: 500-10000 meters.

KEY FUNCTION

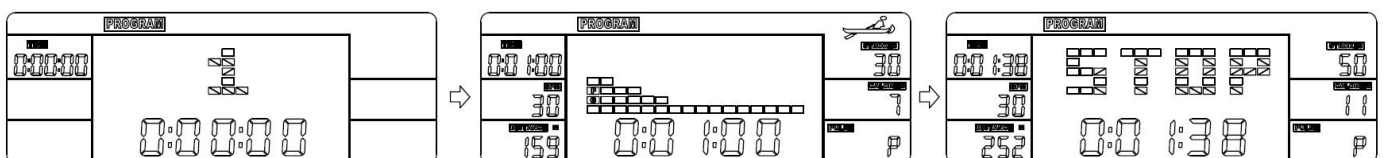
UP	<ol style="list-style-type: none"> 1. Select exercise mode upwards. 2. Increase the value during setting.
DOWN	<ol style="list-style-type: none"> 1. Select exercise mode downwards. 2. Decrease the value during setting.
MODE	<ol style="list-style-type: none"> 1. During exercise, switch the display: TIME or TIME/500, STROKES or TOTAL STROKES, CALORIES or WATT. 2. In PROGRAM mode or RACE mode, select and fix a function to set.
RESET	<ol style="list-style-type: none"> 1. Return to the initial interface in stop state. 2. Reset the setting values to 0 when Bluetooth is not connected. 3. Press and hold the key for 2 seconds to clear all the function values except TOTAL STROKES when Bluetooth is not connected. 4. Press and hold the key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; then, the meter will enter sleep mode.
START/STOP	<ol style="list-style-type: none"> 1. Enter the exercise mode. 2. Start or stop exercise.

MANUAL MODE



- Press UP or Down key to select and lock onto “MANUAL”.
- Press START/STOP key to start exercise.
- Press UP or DOWN key to select a particular function value to display in main window.
- Press MODE key to select and fix a function to display: TIME, STROKES, CALORIES or TIME/500, TOTAL STROKES, WATT.
- When in stop state, press START/STOP key to restart; when in exercise state; press the START/STOP key to stop.
- Press RESET key to return to the initial interface in stop state.

PROGRAM MODE

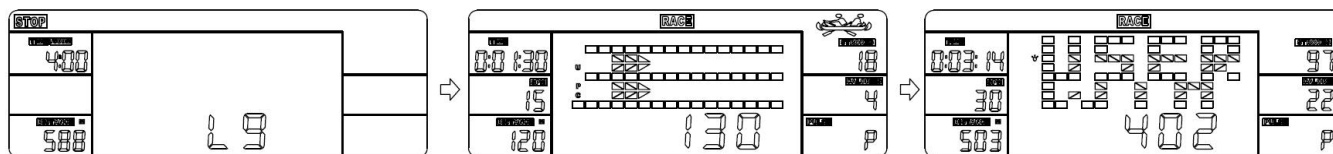


- Press UP or Down key to select and lock onto “PROGRAM”.
- Press START/STOP key to set the mode.
- Press MODE key to select a function to set: TIME→DISTANCE→STROKES→CALORIES→PULSE.
- Press UP or DOWN keys to increase or decrease the setting value. Press RESET key to reset the setting value to 0.
- Press START/STOP key to start exercise.
- Press UP or DOWN key to select a particular function value to display in main window.

- Press MODE key to select and fix a function to display: TIME or TIME/500, STROKES or TOTAL STROKES, CALORIES or WATT.
- If any function is set, at exercise state, this function is displayed as a countdown (except PULSE). When the countdown reaches 0, the exercise will automatically stop with a "DI DI" sound prompt.
- If PULSE value is set, at exercise state, when your pulse value surpasses the target value, the exercise will automatically stop with a "DI DI" sound prompt.
- When in stop state, press START/STOP key to restart; when in exercise state; press the ST./SP. key to stop.
- Press RESET key to return to the initial interface in stop state.

NOTE: If more than one function value is set, only the last function value is valid.

RACE MODE



- Press UP or Down key to select and lock onto "RACE".
- Press ST./SP. key to set the mode.
- Press MODE key to select the function to set: TIME/500 or DISTANCE.
- Press UP or DOWN key to increase or decrease the setting value.
- PC level of difficulty is L1-L15. At higher difficulty, the PC will finish the race faster.
- Press ST./SP. key to start exercise.
- The one who finishes the race first is the winner.
- When in stop state, press START/STOP key to restart; when in exercise state; press the START/STOP key to stop.
- Press RESET key to return to the initial interface in stop state.

■ SLEEP MODE

- The system turns off automatically and disconnects the heart rate monitor if the sensor has no signal input, or no key are pressed for approximately 4 minutes when Bluetooth is not connected.
- The system turns on when any key is pressed or there is a signal input.

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.

BATTERY

This meter uses 2 AA batteries, which are included. Changing the batteries will reset all values. If there is a problem with the display, try to change the batteries first. When changing the batteries, change both at the same time. Do not mix battery types. Do not mix old and new batteries. Dispose of old batteries according to your regional guidelines.

TECHNICAL DATA

Connectivity: Bluetooth LE

Frequency Range: 2400~2483.5 Mhz

Transmitting Power: 0 dBm

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!

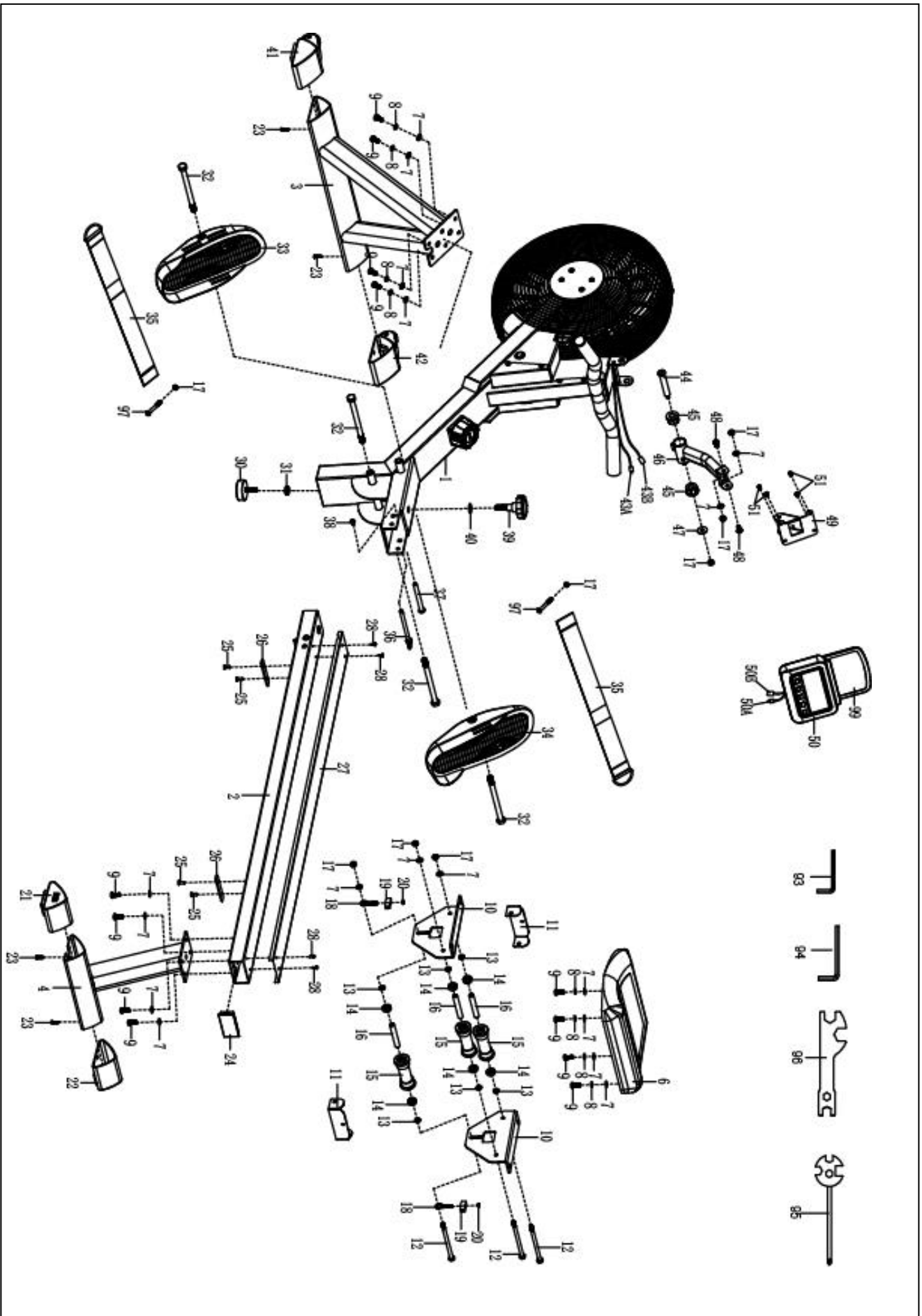
Troubleshooting:

- 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



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	21
8	Spring Washer	Φ8	12
9	Bolt	M8*20	16
10	Seat Supporting Board		2
11	U Shape Bracket		2
12	Bolt	M8*125	3
13	Spacer	Φ15*Φ8*4	6
14	Bearing	608	6
15	Wheel	Φ39*92	3
16	Casing Pipe for Idler Wheel	Φ12*Φ9*78	3
17	Nut	M8	12
18	Adjusting Screw	M6*36	4
19	U Shape Baffle	31*30*1.0	4
20	Nut	M6 S10	5
21	Left End Cap		1
22	Right End Cap		1
23	Screw	ST4.2*20	4
24	Square Plug		1
25	Screw	M6*15	4
26	Limit Mat	80*18*5	2
27	U Shape Stainless Steel Sheet		1
28	Screw	ST4.2*15	13
29	Washer	Φ4*Φ11*1.0	8
30	Foot Pad	M10*30	1
31	Nut	M10	1
32	Bolt	M12*155	4
33	Left Pedal		1

No.	Description	Spec.	Qty.
34	Right Pedal		1
35	Pedal Strap		2
36	Pull Pin	Φ8.0*106	1
37	Bolt	Φ10*95	1
38	Bolt	M6*15	1
39	Knob	M12*30	1
40	Washer	Φ24*Φ12.5*2	1
41	Left End Cap		1
42	Right End Cap		1
43	Sensor Wire	L=500MM	1
43A	Sensor Wire A		1
43B	Sensor Wire B		1
44	Bolt	M8*S6	1
45	Axle Sleeve		2
46	Meter Supporting Tube		1
47	Big Washer	Φ8*Φ25*2.0	1
48	Bolt	M8*15	2
49	Meter Holder		1
50	Meter		1
50A	Meter Wire A		1
50B	Meter Wire B		1
51	Screw	M5*10	4
52	Round End Cap	Φ28*1.5	2
53	Foam Grip	Φ27*Φ33*244	2
54	Tension Control Knob		1
55	Washer	Φ5	1
56	Bolt	M5*45	1
57	Cover Plate		1
58	Screw	M6*15	2
59	Washer	Φ6*Φ12*1.0	3
60	Back Plate		1
61	Nut	M10*1.0	2
62	Washer	Φ10*Φ20*2.0	2

No.	Description	Spec.	Qty
63	Nut	M10*1	2
64	Volute Spring Complete Set		1
65	Mesh Belt		1
66	Belt	320PJ	1
67	Bolt	M6*55	1
68	Shaft Snap Ring	Φ10*1.0	2
69	Belt Pulley Shaft	Φ10*40	1
70	Bearing	6000	2
71	Mesh Belt Pulley	Φ45*35	1
72	Handle Guide		1
73	Bolt	M5*10	2
74	Rubber Tubing		1
75	Magnetic Plate		1
76	Magnet		2
77	Bolt	M6*10	1
78	Spring	Φ8*Φ1*58	1
79	Screw	M6*25	8
80	Cover		2
81	Buckle	M4*10	7

No.	Description	Spec.	Qty
82	Nut	M4	1
83	Nut	M10*1.0*9	2
84	Shaft Snap Ring	Φ12*1.0	2
85	Inertial Wheel Shaft		1
86	Aluminium Plate		1
87	Stainless Steel Sleeve		8
88	Fan Blade		1
89	Washer	Φ6*Φ14*1.5	8
90	Bolt	M6*35	8
91	Bearing	6001	2
92	Fan Wheel Shaft		1
93	Wrench	S5	1
94	Wrench	S6	1
95	Spanner	S10, 13, 14, 15	1
96	Spanner	S10, 13, 17, 19	1
97	Bolt	M8*60	2
98	Washer	Φ5*Φ10*1.0	2
99	Tablet Holder		1

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