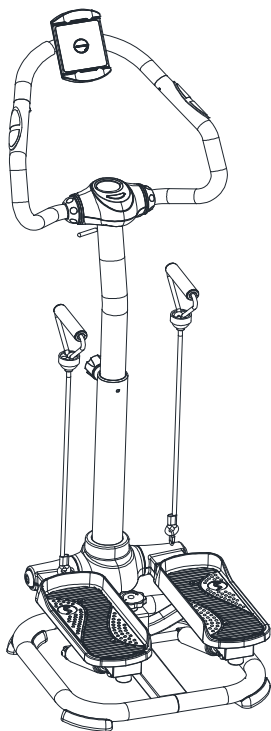




User Manual



Power Stepper With Resistance Bands and Handlebar

SF-S021055

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 400 lbs (180 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 Power Stepper with Resistance Bands and Handlebar provides an efficient, compact solution for full-body exercise through integrated cardiovascular and resistance training.

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

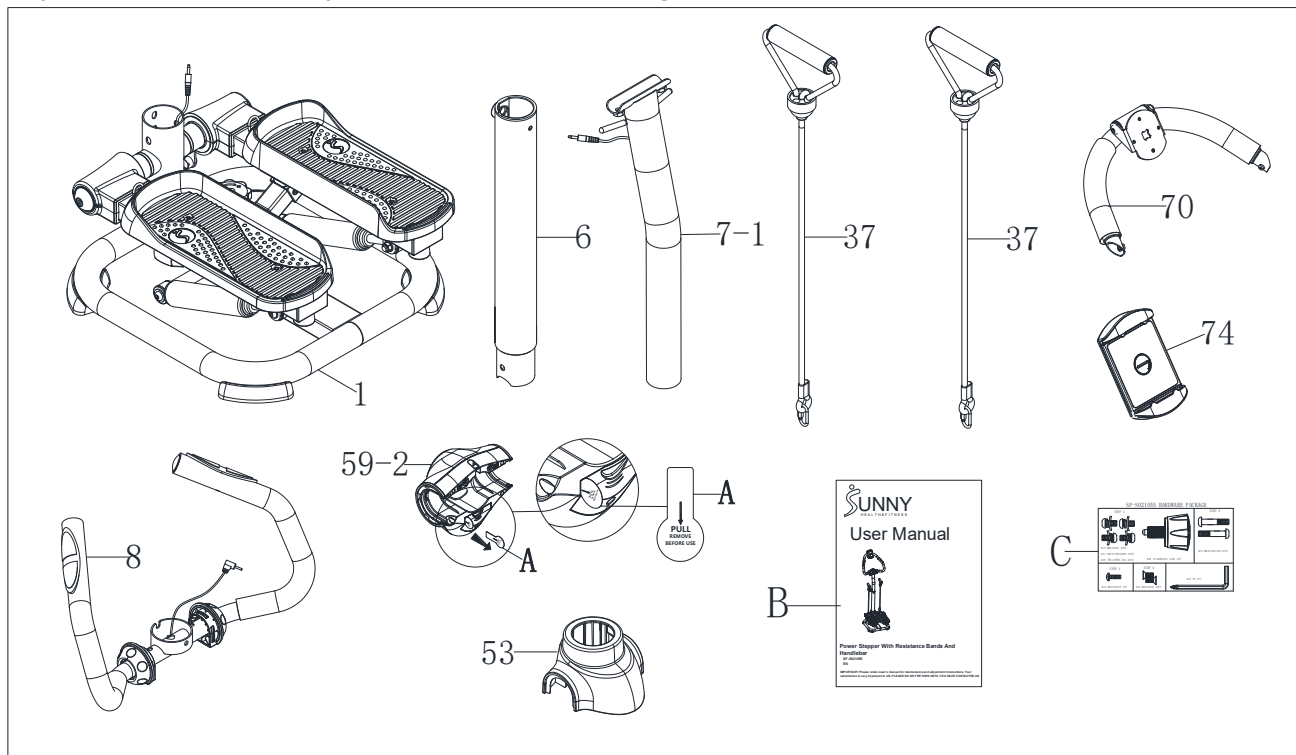
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

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:

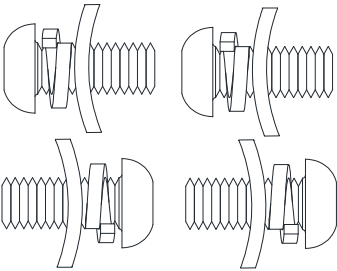
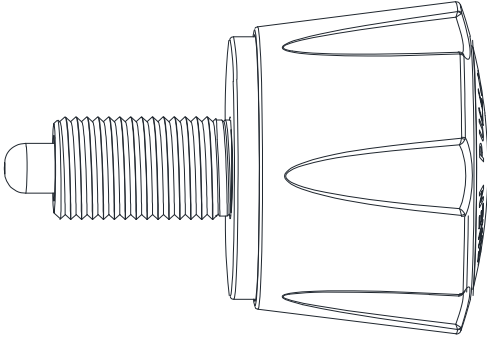
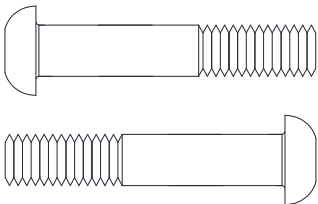
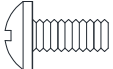
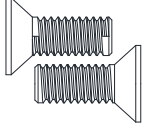
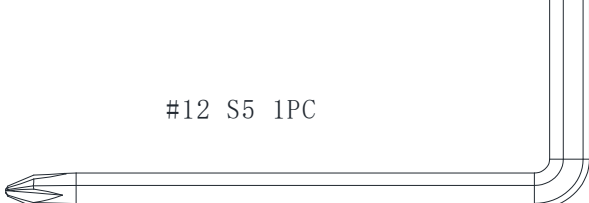


No.	Description	Spec.	Qty
1	Main Frame		1
6	Bottom Handlebar Post		1
7-1	Upper Handlebar Post		1
8	Handlebar		1
37	Resistance Band	Φ8*640	2
53	Shield	138*138*94	1

No.	Description	Spec.	Qty.
59-2	Computer	BJHT-096	1
70	Upper Handlebar		1
74	Device Holder	157*100*50	1
A	Plastic Tab		1
B	Manual		1
C	Hardware Package		1

Hardware Package

SF-S021055 HARDWARE PACKAGE

STEP 1  #16 M8*20*S5 4PCS #17 D8*Φ 20*2*R30 4PCS #18 Φ 13*Φ 8.5*2 4PCS  #58 Φ 52*M16*1.5*22 1PC		STEP 2  #75 M8*35*15*S5 2PCS
STEP 3  #21 M5*15*Φ 8 1PC	STEP 4  #15 M6*15*S5 2PCS	#12 S5 1PC 

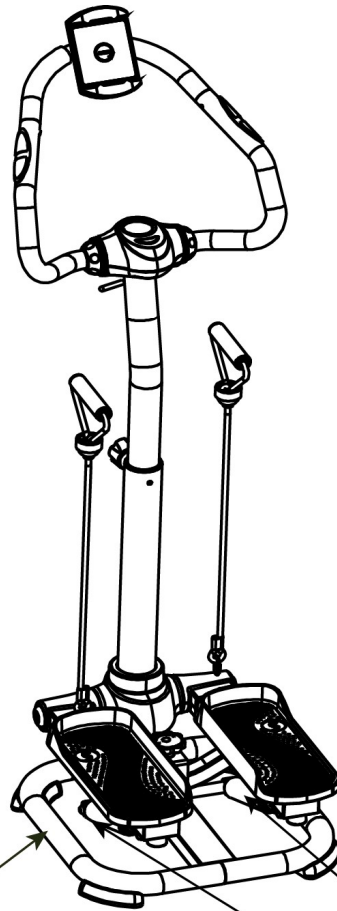
Ordering Replacement Parts

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

400 LBS/180 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.

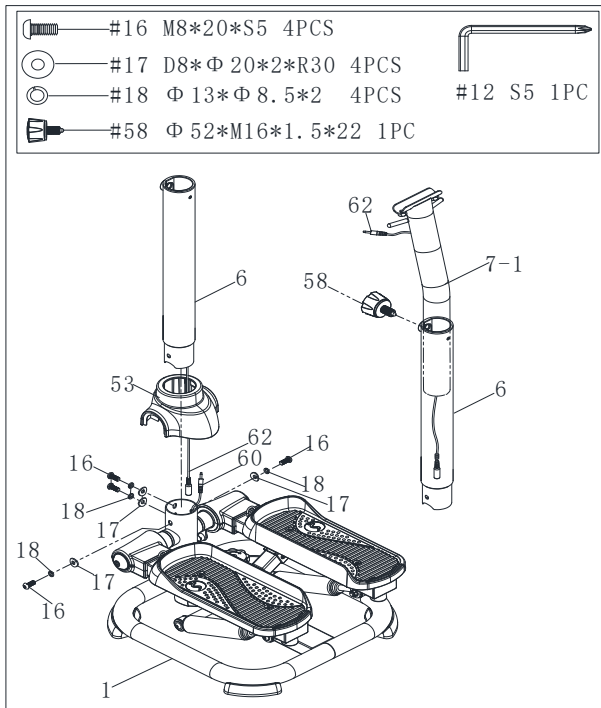


WARNING

The cylinder will become hot during use. Refrain from touching the cylinder until it has completely cooled down.

Assembly Instructions

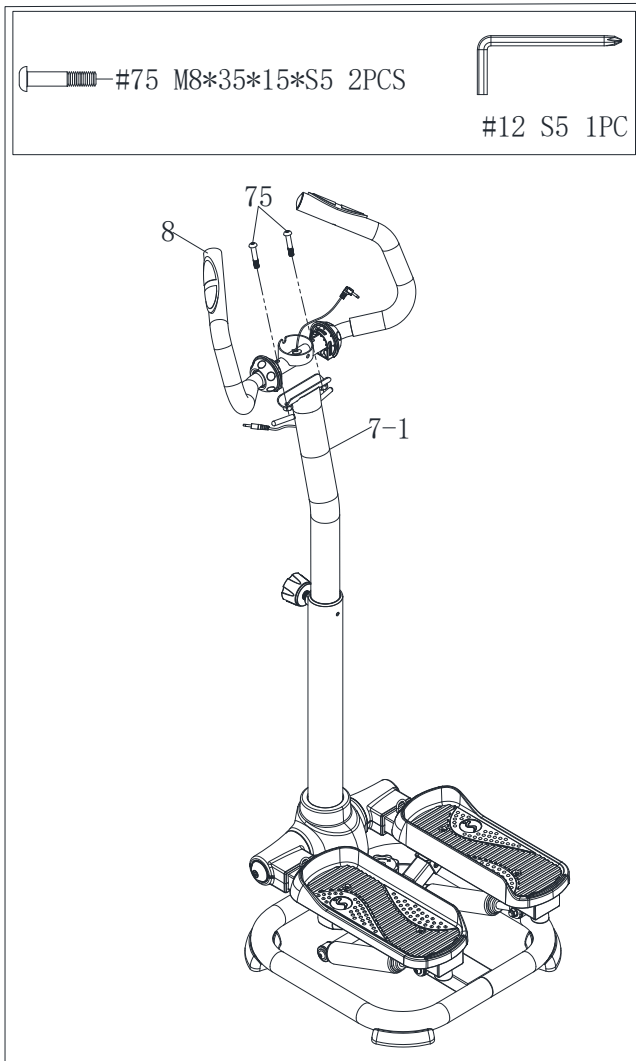
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

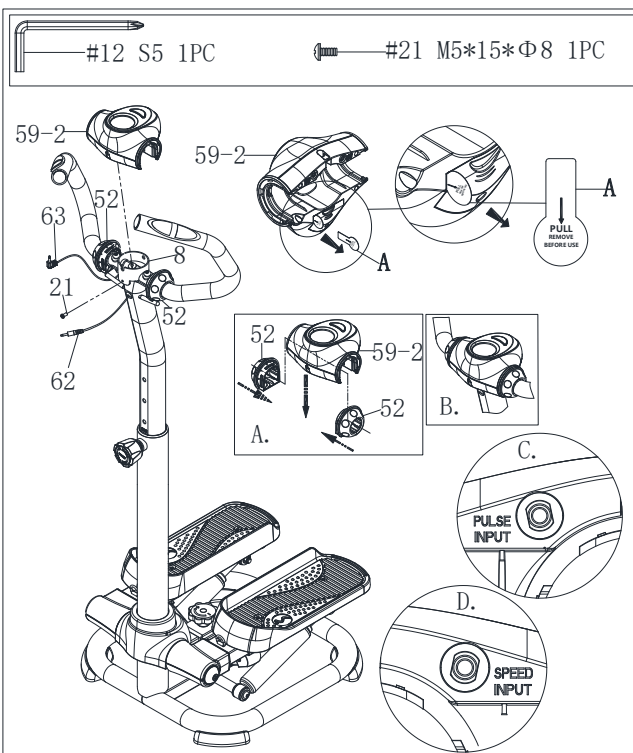
Insert the **Upper Handlebar Post (No. 7-1)** to the **Bottom Handlebar Post (No. 6)**, pass the **Extension Wire (No. 62)** through the **Bottom Handlebar Post (No. 6)**, adjust the **Upper Handlebar Post (No. 7-1)** to desired height, then secure it in place by inserting and tightening the **Adjustment Knob (No. 58)** from hardware package.

Pass the **Bottom Handlebar Post (No. 6)** through the **Shield (No. 53)**, connect the **Sensor Wire (No. 60)** with the **Extension Wire (No. 62)**. Insert the **Bottom Handlebar Post (No. 6)** into the **Main Frame (No. 1)** with 4 **Screws (No. 16)** and 4 **Curved Washers (No. 17)** and 4 **Spring Washers (No. 18)**. Tighten and secure with the **Allen Wrench (No. 12)**. Then press the **Shield (No. 53)** into the **Main Frame (No. 1)**.



STEP 2:

Attach the **Handlebar (No. 8)** onto the **Upper Handlebar Post (No. 7-1)** with 2 **Screws (No. 75)**. Tighten and secure with the **Allen Wrench (No. 12)**.

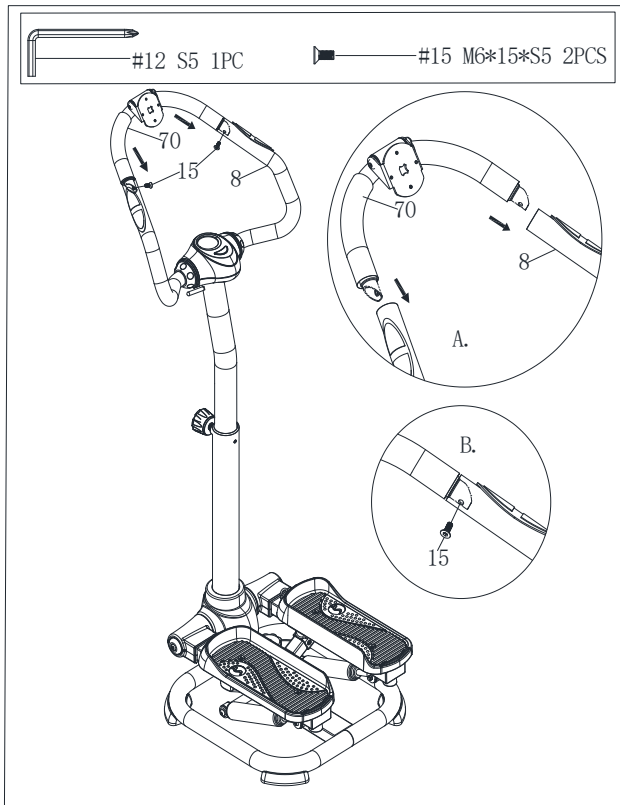


STEP 3:

Remove the plastic tab A from the **Computer (No. 59-2)** before use.

NOTE: The **Pulse Wire (No. 63)** runs up from the bottom of the **Handlebar (No. 8)**. Ensure the **Pulse Wire (No. 63)** passes through the ring of the **Handlebar (No. 8)**.

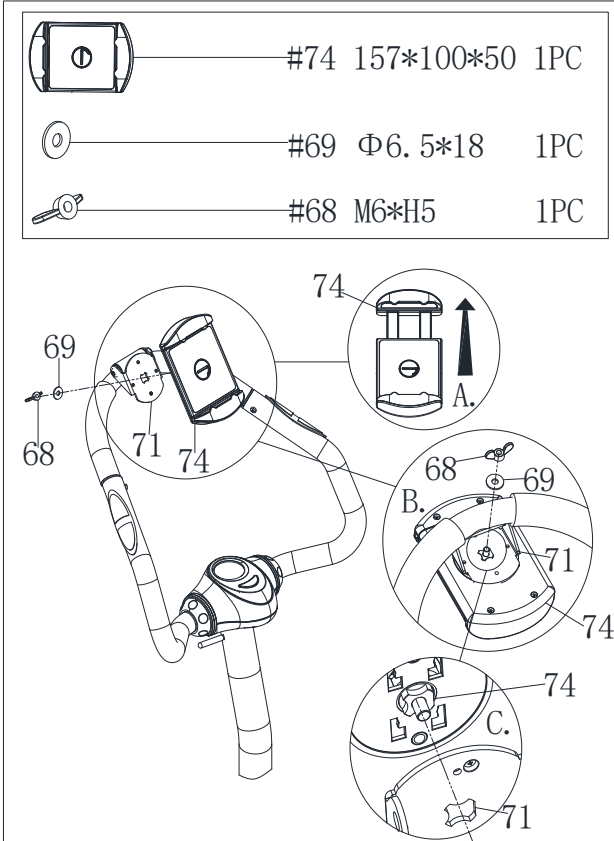
Insert the **Pulse Wire (No. 63)** into the pulse input of the **Computer (No. 59-2)** (Figure C), insert the **Extension Wire (No. 62)** into the speed input of the **Computer (No. 59-2)** (Figure D). Then attach the **Computer (No. 59-2)** onto the **Handlebar (No. 8)** with the **Screw (No. 21)** and tighten with the **Allen Wrench (No. 12)**. More details refer to Figure A & B.



STEP 4:

Insert the **Upper Handlebar (No. 70)** onto the **Handlebar (No. 8)** with the 2 **Screws (No. 15)**. Tighten with the **Allen Wrench (No. 12)**.

NOTE: Please attached the side A of the **Upper Handlebar (No. 70)** onto the **Handlebar (No. 8)** first, and then repeat the same step for side B.



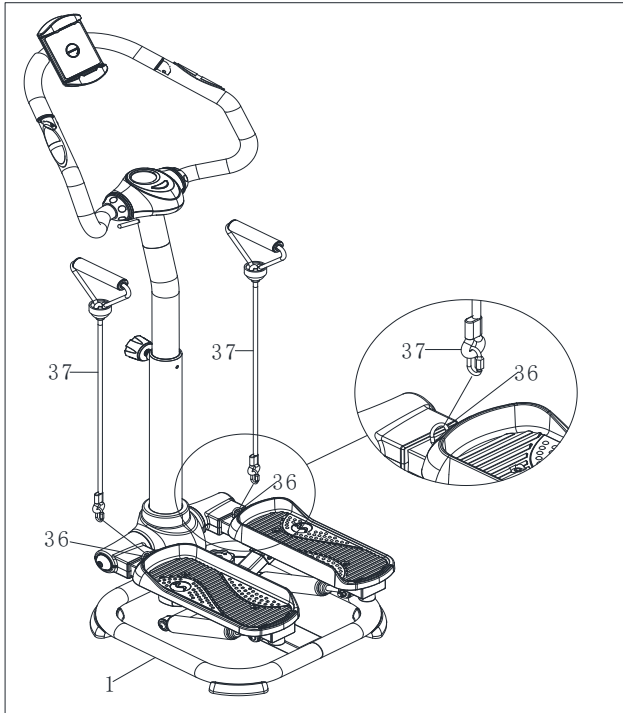
STEP 5:

Remove the **Wing Nut (No. 68)** and the **Washer (No. 69)** from the back of the **Device Holder (No. 74)** using your hand.

The removable part of the **Device Holder (No. 74)** faces upwards, as shown in figure A.

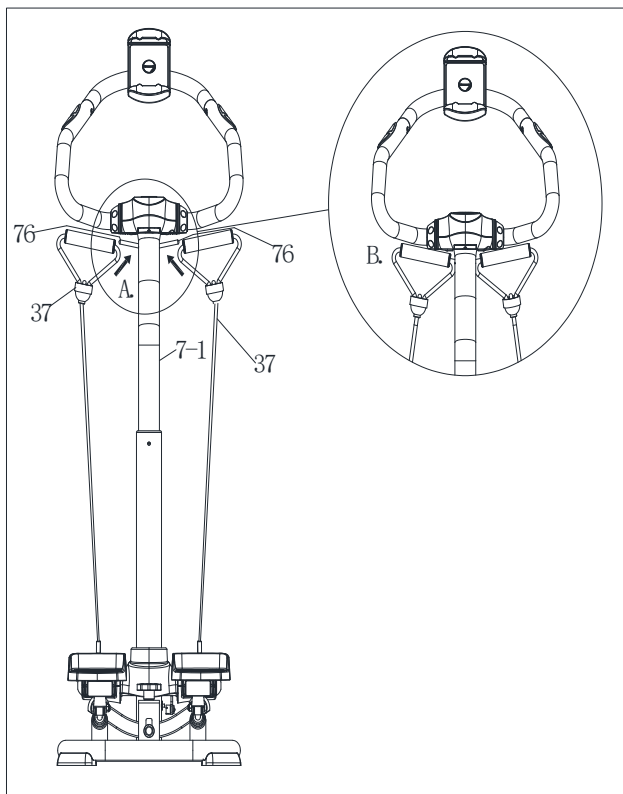
Attach the **Device Holder (No. 74)** onto the **Fixed Bracket (No. 71)** with the **Wing Nut (No. 68)** and the **Washer (No. 69)**. Tighten with your hand.

NOTE: The protruding part of the **Device Holder (No. 74)** should be aligned with the concave hole position of **Fixed Bracket (No. 71)**.



STEP 6:

Connect the 2 **Resistance Bands (No. 37)** to the 2 **Resistance Band Buckles (No. 36)** at the front of the left and right pedals as shown in the picture.

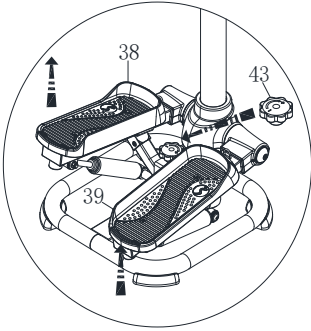
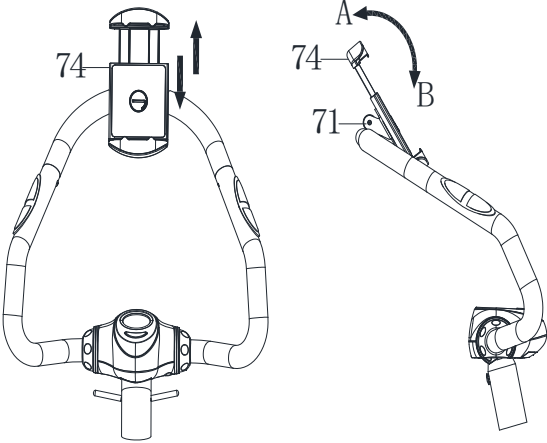
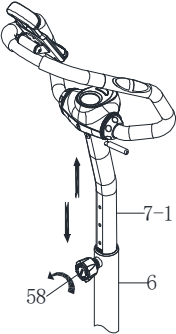


STEP 7:

After using the stepper, the 2 **Resistance Bands (No. 37)** can be hung on the **Sheath (No. 76)** of **Upper Handlebar Post (No. 7-1)**.

The assembly is complete!

Maintenance & Adjustment Guide

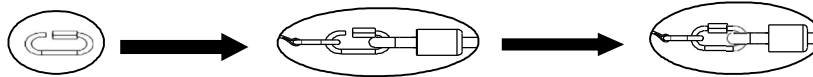
	ADJUSTING THE PEDAL STEPPING HEIGHT Before adjusting the stepping height, raise the Left Pedal (No. 38) and Right Pedal (No. 39) first. Then turn the Adjustment Knob (No. 43) <u>clockwise</u> to increase the stepping height. Turn the Adjustment Knob (No. 43) <u>counter-clockwise</u> to decrease the stepping height.
	ADJUSTING THE DEVICE HOLDER Pull up the upper end of the Device Holder (No. 74), place your phone or tablet and adjust its position, after releasing your hand, the Device Holder (No. 74) will automatically reset and clamp tightly. After use, reverse the operation to remove the phone or tablet. By adjusting the Fixed Bracket (No. 71) towards the A direction as shown in the picture, the angle can be increased, while towards the B direction, the angle can be reduced.
	ADJUSTING THE HEIGHT OF HANDLEBAR Turn the Adjustment Knob (No. 58) <u>counter-clockwise</u> and pull out it from Bottom Handlebar Post (No. 6). Adjust the Upper Handlebar Post (No. 7-1) to desired position, then insert and re-tighten the Adjustment Knob (No. 58) by turning it <u>clockwise</u>.
CLEANING The stepper 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 stepper after each use. Be careful not get excessive moisture on the computer display panel as this might cause electrical hazards or electronics failure. Please keep the stepper, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the stepper for proper tightness every week.	
STORAGE Store the stepper in a clean and dry environment, away from children.	

NOTE:

The **Hydraulic Cylinder (No. 9)** may become excessively hot after prolonged use and may be dangerous to touch. Allow the **Hydraulic Cylinder (No. 9)** to cool between uses.

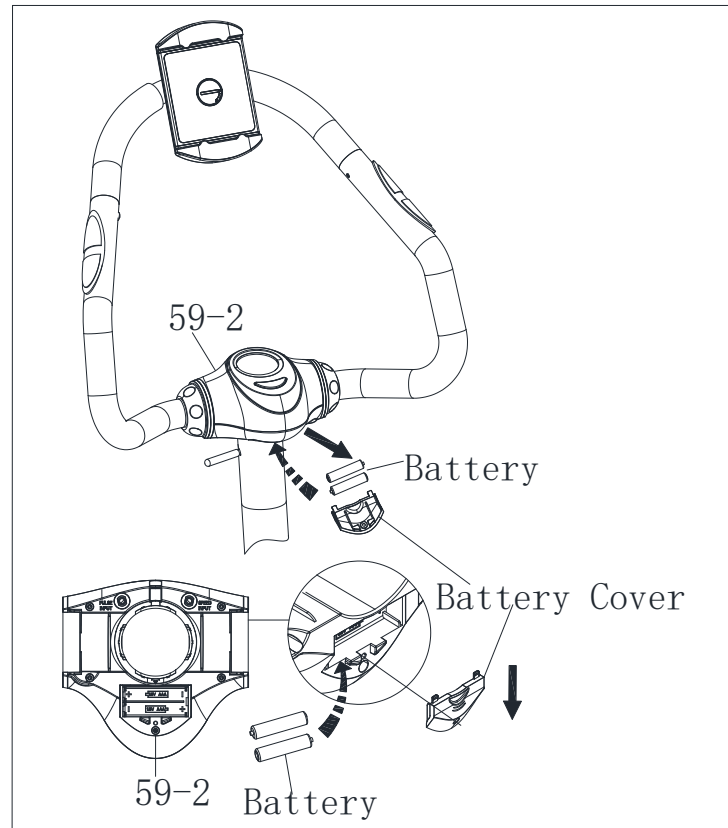
Resistance Band Instructions

1. Unscrew the hook nut located on the resistance band until the hook is open as shown in the picture below.
2. Attach the resistance band hook onto the resistance band buckle and screw the hook nut closed until the resistance band buckle is secured with the hook nut.
3. Assembly is done.



Adjusting the Resistance Band Length	
To Lengthen Resistance Band	To Shorten Resistance Band
Push one side of the resistance band down and then pull the bottom of the resistance band downward as shown in the picture below. Repeat this process until the resistance band is at the desired length. NOTE: This adjustment decreases the tension on the resistance bands.	Push the resistance band upward from the bottom and then pull one side of the top resistance band up as shown in the picture below. Repeat this process until the resistance band is at the desired length. NOTE: This adjustment increases the tension on the resistance bands.
NOTE: When lengthening the resistance band, only one side of the resistance band can be pushed down. If the side that you are trying to push down does not move, try the other side of the resistance band.	

Changing The Battery



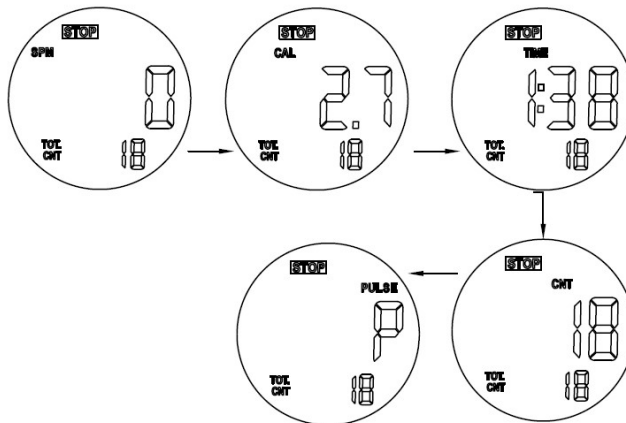
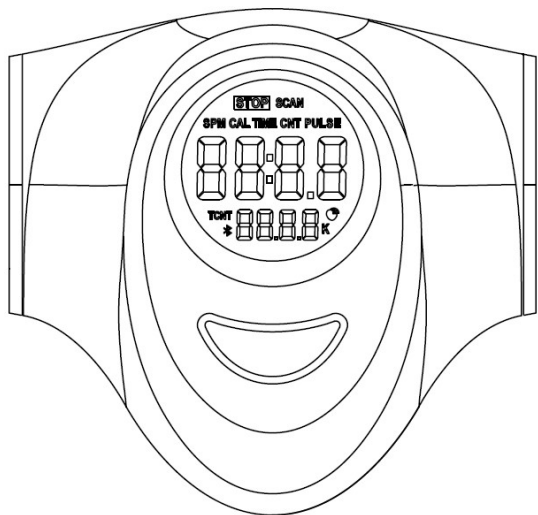
1. Press the buckle of battery cover on the back of the **Computer (No. 59-2)**, then remove battery cover.
2. Remove the 2 old AAA batteries in the battery case and install 2 new AAA batteries into the battery case on the back of the **Computer (No. 59-2)**. Pay attention to the battery + and - ends before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 59-2)**.

The replacement is complete!

BATTERY DISPOSAL

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



KEY FUNCTIONS:

1. Pressing the red button to select and lock on a function for following sequence:
SCAN→ SPM→ CAL (CALORIES)→TIME→CNT (COUNT)→PULSE→SCAN.
2. Pressing and holding the red button for 3 seconds to reset the value to zero (without TOT.CNT) when the Bluetooth is not connected.
3. 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 meter turns on when the red button is pressed, or system senses a signal input from the sensor. The meter turns off automatically when the sensor has no signal input, or no key is pressed for approximately 4 minutes.

FUNCTIONS:

SCAN: Display changes according to the next diagram every 6 seconds.

SPM→ CAL (CALORIES)→TIME→CNT (COUNT)→PULSE

SPM: Number of strokes per minute, indicating the stroke speed during exercise.

CAL (CALORIES): The current calories burned since the beginning of exercise.

TIME: The total working time since the exercise started.

CNT (COUNT): The current count since the beginning of exercise.

TOT. CNT (TOTAL COUNT): The total count since the battery installed.

When reach 10,000~99,999 steps: meter will only display 10.00K~99.99K

When reach 100,000~999,999 steps: meter will display 100.0K~999.9K

When reach 1,000,000~9,999,999 steps: meter will display 1000K~9999K

PULSE: Displays current heart rate value. The data comes from the matching Bluetooth heart rate monitor.



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.

SPECIFICATIONS

FUNCTION	SCAN	6S
	TIME	00:00~99M:59S
	COUNT	0~9999
	SPM	0~299
	TOT	0~99999999
	CALORIES	0.0~999.9Kcal
	PULSE	30~240
BATTERY		SIZE-AAA *2
OPERATING TEMPERATURE		0~40°C (32°F -104°F)
STORAGE TEMPERATURE		-10~60°C (14°F -140°F)

Note:

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:



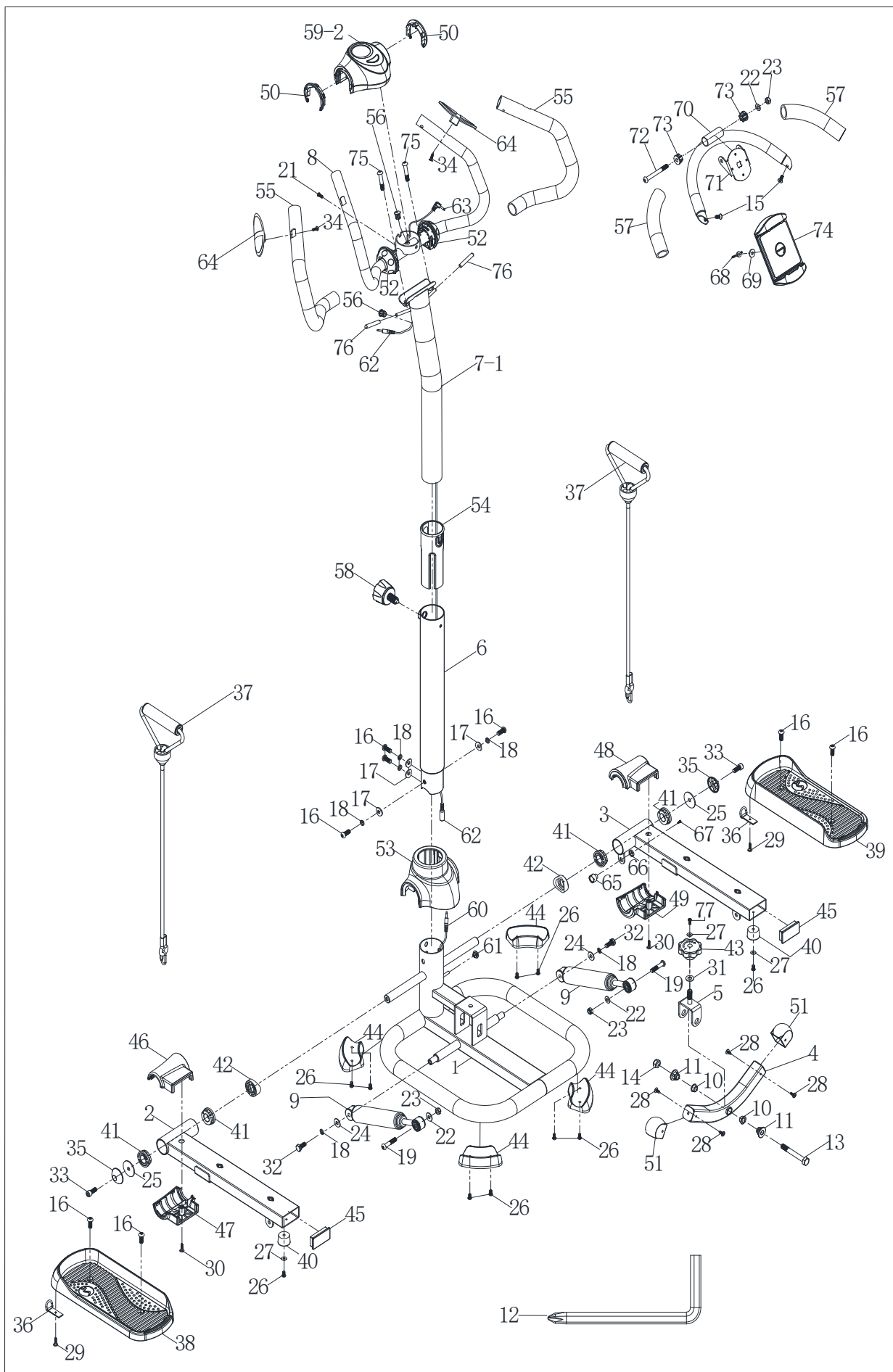
- If you require additional support, please contact support@sunnyfit.com.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Left Pedal Bar		1
3	Right Pedal Bar		1
4	Support Tube		1
5	U-shaped Bracket		1
6	Bottom Handlebar Post		1
7-1	Upper Handlebar Post		1
8	Handlebar		1
9	Hydraulic Cylinder	Φ38	2
10	Metal Bushing	Φ17*Φ14.2*Φ10	2
11	Limit Spacer Sleeve	25*25*14	2
12	Allen Wrench	S5	1
13	Bolt	M10*80*15*S16	1
14	Nylon Nut	M10*H9.5*S17	1
15	Screw	M6*15*S5	2
16	Screw	M8*20*S5	8
17	Curved Washer	D8×Φ20×2×R30	4
18	Spring Washer	Φ13*Φ8.5*2	6
19	Screw	M8*40*15*S5	2
20	NA	NA	NA
21	Screw	M5*15*Φ8	1
22	Washer	D8*Φ16*1.5	3
23	Nylon Nut	M8*H7*S14	3
24	Washer	D8*Φ20*1.5	2
25	Washer	D8*Φ38*2	2
26	Screw	M5*10*S4	10
27	Washer	D5.5*Φ12.5*1.0	3
28	Screw	ST4.8x16*Φ11	4
29	Screw	ST4.8x19*Φ13	2
30	Screw	ST4.2x20*Φ8	2
31	Washer	D10.5*Φ20*2.0	1
32	Screw	M8*20*S5	2
33	Screw	M8*20*S6	2
34	Screw	ST4.2x20*Φ8	2
35	Cover	Φ38*Φ8.5*8	2
36	Resistance Band Buckle	61.25*23	2
37	Resistance Band	Φ8*640	2
38	Left Pedal	354*140*46	1
39	Right Pedal	354*140*46	1

No.	Description	Spec.	Qty.
40	Cushion	Φ30*20	2
41	Bushing	Φ38*Φ19.1*12	4
42	Spacer Sleeve	Φ38*Φ19.1*17.25	2
43	Adjustment Knob	Φ58*Φ23*M10	1
44	Foot Pad	108*62.5*24	4
45	Plug	J60*30*2.0	2
46	Left Upper Cover	91*98*35	1
47	Left Lower Cover	91*98*39	1
48	Right Upper Cover	91*98*35	1
49	Right Lower Cover	91*98*39	1
50	Ring	68*57*13	2
51	Contact Roller	46*44*37	2
52	Sealing Ring	66*56*35	2
53	Shield	138*138*94	1
54	Bushing	Φ60*51*146	1
55	Foam Grip 1	Φ23*3*420	2
56	Wire Clamp Plug	Φ12*Φ11*11.5	2
57	Foam Grip 2	Φ23*3*180	2
58	Adjustment Knob	Φ52*M16*1.5*22	1
59-2	Computer	BJHT-096	1
60	Sensor Wire		1
61	Sensor Base	Φ17*8	1
62	Extension Wire	1000mm	1
63	Pulse Wire	600mm	1
64	Grip Piece		1
65	Magnet Holder	Φ17*17.3	1
66	Magnet Cover	Φ15*3.5	1
67	Screw	ST3x8	1
68	Wing Nut	M6*H5	1
69	Washer	Φ6.5*18	1
70	Upper Handlebar		1
71	Fixed Bracket	118*72*2.5	1
72	Screw	M8*75*S5	1
73	Bush	22*20*8*11	2
74	Device Holder	157*100*50	1
75	Screw	M8*35*15*S5	2
76	Sheath	Φ8*Φ6*48	2
77	Hex Head Screw	M5*10	1

Exploded Diagram



Register

Register your product and verify warranty terms:

Sunnyhealthfitness.com/warranty



Download

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

Download SunnyFit App today!



Follow

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Contact

Get in touch with us for any questions



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



support@sunnyhealthfitness.com