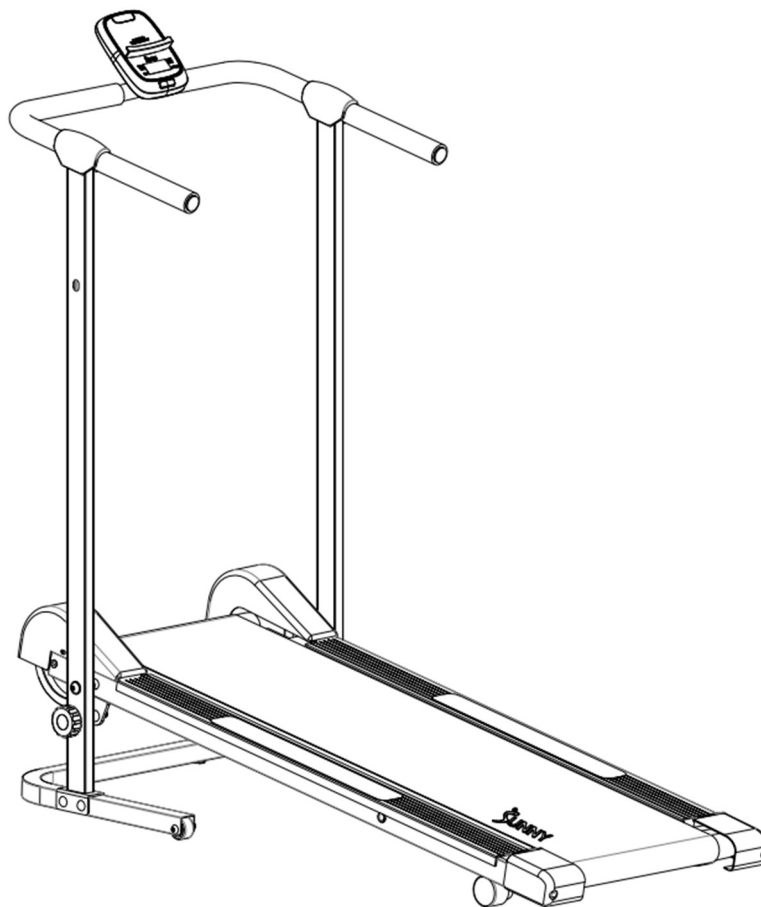




User Manual



Smart Manual Walking Treadmill

SF-T1407SMART

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 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.
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 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.

⚠ IMPORTANT NOTE: The running belt must be lubricated before the first use!

Statement of Purpose

The Smart Manual Walking Treadmill is designed to help people stay active at home in an easy, eco-friendly way. It runs without electricity, powered by the user's own movement, and includes smart features like speed, distance, and calorie tracking. Compact and quiet, it's perfect for small spaces and connects with the SunnyFit app to help users track their progress and stay motivated.

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

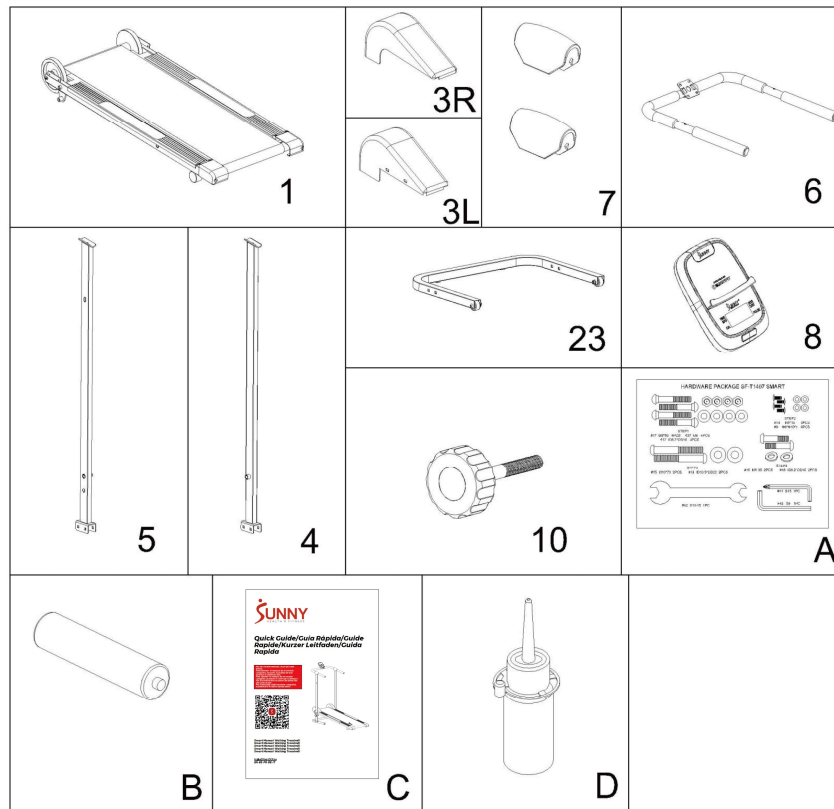
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

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

Pre-Assembly Checklist

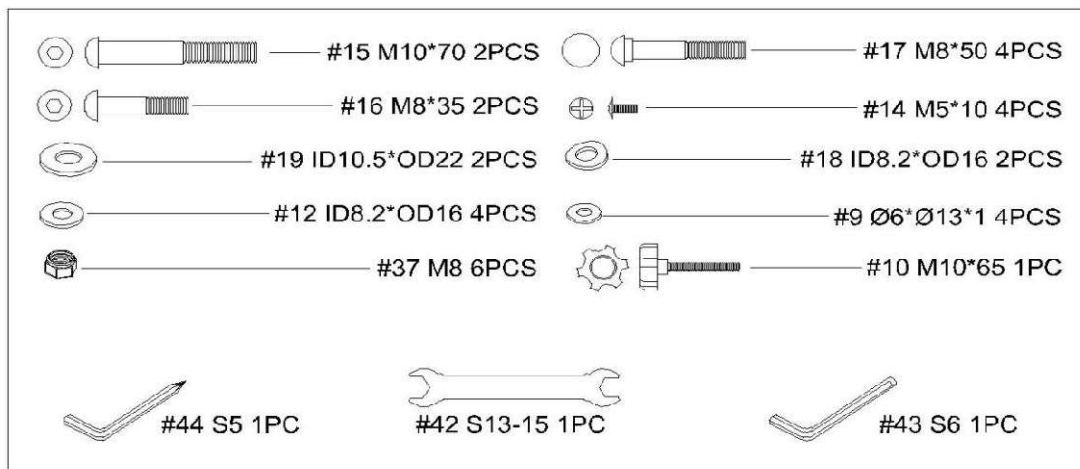
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty.
1	Main Frame		1
3L	Left Flywheel Cover		1
3R	Right Flywheel Cover		1
4	Right Upright Support		1
5	Left Upright Support		1
6	Handlebar		1
7	Decorative Cover		2

No.	Description	Spec.	Qty.
8	Computer		1
10	Lock Knob		1
23	Base Frame		1
A	Hardware Package		1
B	Battery	AAA	2
C	User Manual		1
D	Lubricant Oil		1

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).

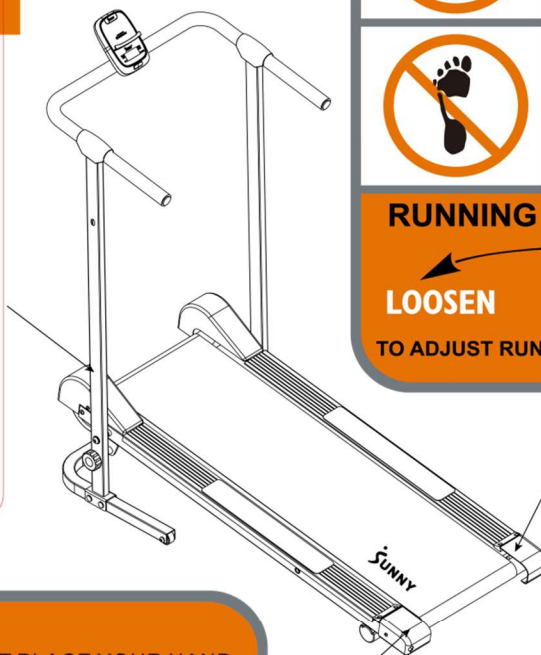
Warning Labels

WARNING

300LBS/135KG 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.



DO NOT PLACE YOUR HAND NEAR OR BETWEEN THE REAR END CAP & REAR ROLLER!



DO NOT STAND ON THE REAR END CAPS! ALWAYS WEAR SHOES WHEN USING THE EQUIPMENT

RUNNING BELT ADJUSTMENT

LOOSEN

TIGHTEN

TO ADJUST RUNNING BELT USE ALLEN WRENCH



DO NOT PLACE YOUR HAND NEAR OR BETWEEN THE REAR END CAP & REAR ROLLER!



DO NOT STAND ON THE REAR END CAPS! ALWAYS WEAR SHOES WHEN USING THE EQUIPMENT

RUNNING BELT ADJUSTMENT

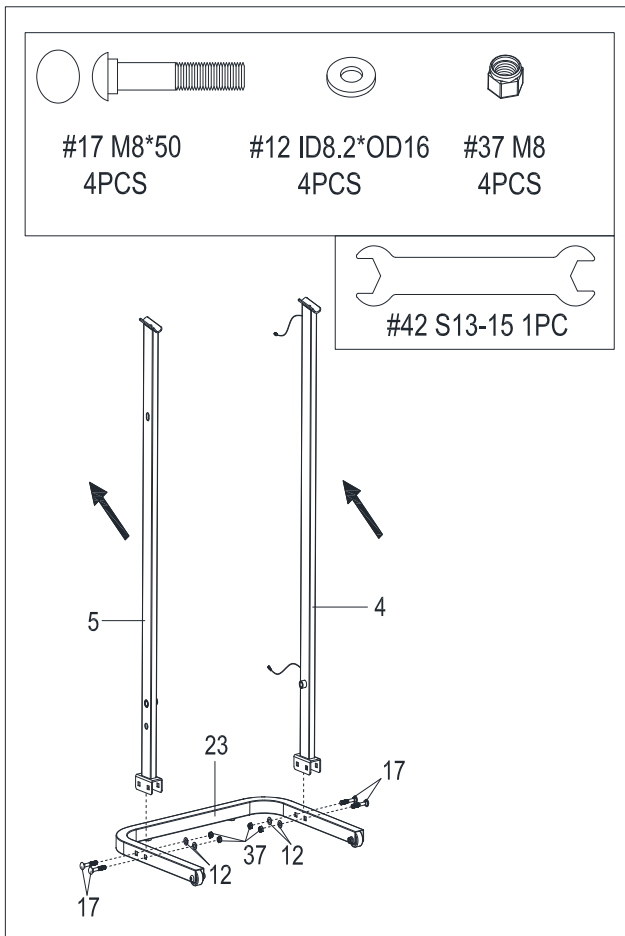
LOOSEN

TIGHTEN

TO ADJUST RUNNING BELT USE ALLEN WRENCH

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).



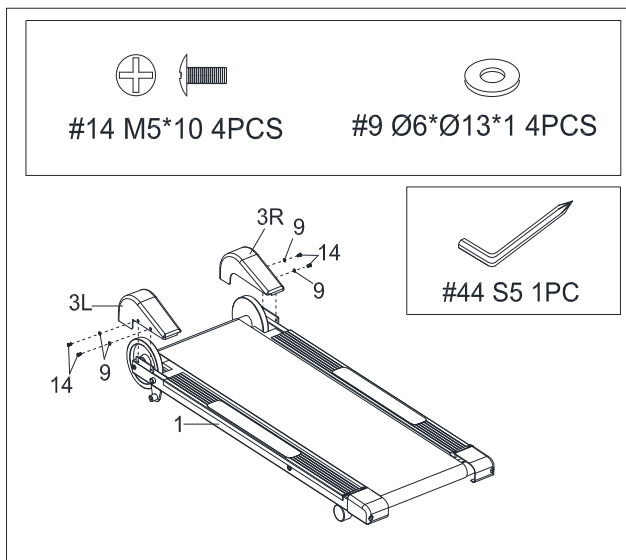
STEP 1:

NOTE: To complete steps that involve assembling heavy components, have a second person help with the assembly process. For your safety, do **NOT** attempt to complete these steps on your own.

CAUTION: **Left Upright Support (No. 5)** is marked with "L" and **Right Upright Support (No. 4)** is marked with "R".

Please make sure that the arrow point on the L/R labels should face forward before assembling.

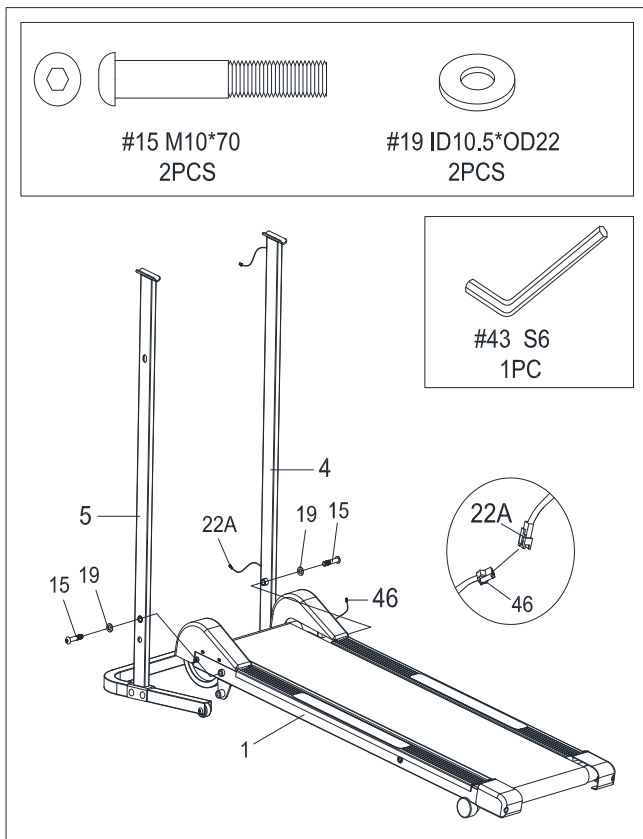
Secure the **Right & Left Upright Supports (No. 4 & No. 5)** to the **Base Frame (No. 23)** using 4 **Carriage Bolts (No. 17)**, 4 **Flat Washers (No. 12)**, and 4 **Nylon Nuts (No. 37)**. Tighten and secure with **Spanner (No. 42)**.



STEP 2:

Secure the **Left & Right Flywheel Covers (No. 3L & No. 3R)** to the **Main Frame (No. 1)** using 4 **Phillips Head Screws (No. 14)** and 4 **Washers (No. 9)**. Tighten and secure with **Allen Wrench (No. 44)**.

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).

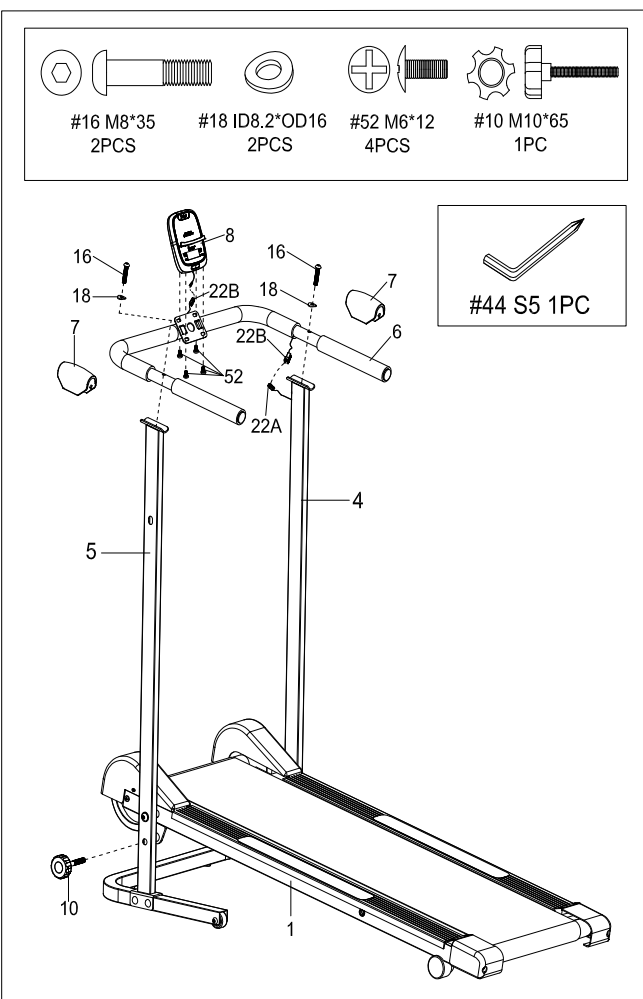


STEP 3:

Attach the **Main Frame (No. 1)** to the **Right & Left Upright Supports (No. 4 & No. 5)** using 2 **Flat Washers (No. 19)** and 2 **Bolts (No. 15)**.

NOTE: Do not tighten the 2 **Bolts (No. 15)** to the **Main Frame (No. 1)** yet.

Connect the **Lower Sensor Wire (No. 22A)** to **Sensor Wire (No. 46)**.



STEP 4:

Attach the **Handlebar (No. 6)** to the **Right & Left Upright Supports (No. 4 & No. 5)** using 2 **Arc Washers (No. 18)** and 2 **Bolts (No. 16)**. Tighten and secure with **Allen Wrench (No. 44)**. Next, connect the **Lower Sensor Wire (No. 22A)** to the **Upper Sensor Wire (No. 22B)**.

Open the battery cover of the **Computer (No. 8)**, insert 2 AAA batteries, and close the cover. Connect the **Upper Sensor Wire (No. 22B)** to the link wire of **Computer (No. 8)**. Remove 4 **Screws (No. 52)** from the **Meter (No. 8)** by using **Allen Wrench (No. 44)**. Attach the **Meter (No. 8)** on the **Handlebar (No. 6)** using 4 **Screws (No. 52)**, tighten with **Allen Wrench (No. 44)**.

Attach 2 **Decorative Covers (No. 7)** onto the **Handlebar (No. 6)**.

Screw the **Lock Knob (No. 10)** into the holes of the **Left Upright Support (No. 5)** and **Main Frame (No. 1)**.

NOTE: Make sure to tighten 2 **Bolts (No. 15)** to **Main Frame (No. 1)** in **STEP 3** and make sure all other bolts are tightened.

The assembly is complete!

Lubricating the Treadmill

IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use!

RUNNING BELT & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. 26)** and **Running Belt (No. 2)** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Board (No. 26)** and **Running Belt (No. 2)** regularly. If you find any wear on the **Running Board (No. 26)**, please contact us at support@sunnyhealthfitness.com.

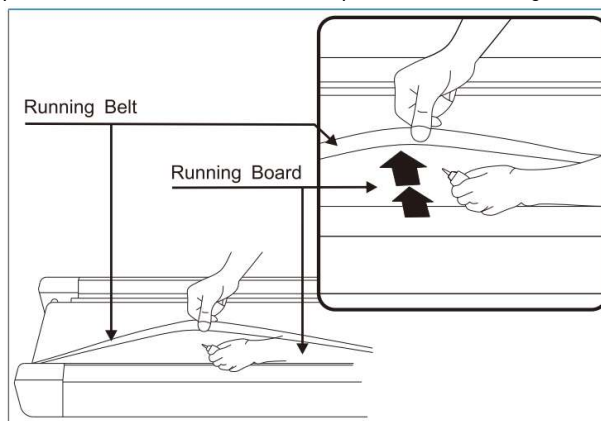
HOW TO LUBRICATE:

1. Raise the **Running Belt (No. 2)** up on one side and apply lubricant to the **Running Board (No. 26)**. Repeat this process for the other side.
2. It is suggested that the treadmill be powered off for 10 minutes every 1 hour and fully powered off whenever not in use to better maintain the treadmill and prolong its life.
3. A loose **Running Belt (No. 2)** will result in the runner sliding off when in use, while too tight of a **Running Belt (No. 2)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. 2)**. The most suitable tightness for the **Running Belt (No. 2)** is when it is pulled out 50-75 mm from the **Running Board (No. 26)**.

NOTE: Do not make any adjustments to the **Running Belt (No. 2)** while applying lubricant.

The following timetable is recommended:

Light user (less than 3 hours/ week)	once a year
Medium user (3-5 hours/ week)	every six months
Heavy user (more than 5 hours/ week)	every three months

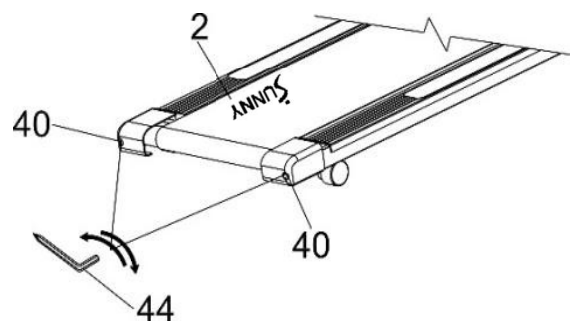


Maintenance Instructions

General cleaning will help to prolong the life and improve performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Cleaning the two exposed sides of the **Running Belt (No. 2)** will prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from the shoes does not wear the **Running Board (No. 26)** and **Running Belt (No. 2)**. Clean the surface of the **Running Belt (No. 2)** using a clean damp cloth.

ADJUSTING THE RUNNING BELT:

1. If the **Running Belt (No. 2)** moves to the right, turn the **Adjustable Bolt (No. 40)** on the right side $\frac{1}{4}$ turn **clockwise**, then turn the **Adjustable Bolt (No. 40)** on the left side $\frac{1}{4}$ turn **counter-clockwise**. If the **Running Belt (No. 2)** does not move, repeat this step until it centers.
2. If the **Running Belt (No. 2)** moves to the left, turn the **Adjustable Bolt (No. 40)** on the left side $\frac{1}{4}$ of a circle **counter-clockwise**, then turn the **Adjustable Bolt (No. 40)** on the right side $\frac{1}{4}$ turn **clockwise**. If the **Running Belt (No. 2)** does not move, repeat this step until it centers.
3. Over time the **Running Belt (No. 2)** will loosen. To tighten the **Running Belt (No. 2)**, turn both the **Adjustable Bolts (No. 40)** on the left and right sides one full turn **clockwise**. Check the tension of the **Running Belt (No. 2)**. Continue this process until **Running Belt (No. 2)** is at the correct tension. Make sure to adjust both sides equally to ensure even alignment.

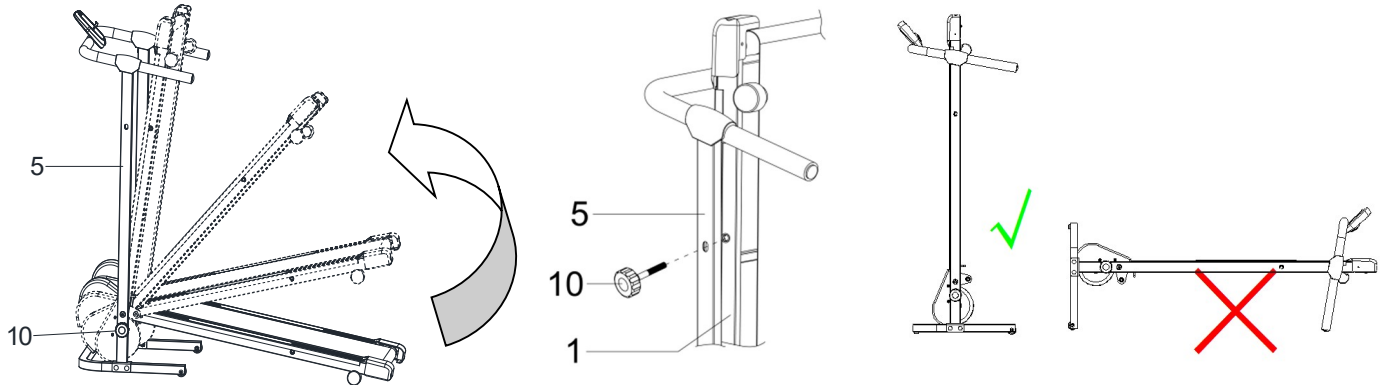


During exercise, if the **Running Belt (No. 2)** feels loose, you can tighten the **Running Belt (No. 2)** a little by rotating both **Adjustable Bolts (No. 40)** at the same time $\frac{1}{4}$ turn **clockwise**. If the **Running Belt (No. 2)** feels too tight, you can loosen the **Running Belt (No. 2)** by rotating both **Adjustable Bolts (No. 40)** at the same time $\frac{1}{4}$ turn **counter-clockwise**. You can repeat this adjustment to obtain your desired belt tightness.

Folding Instructions

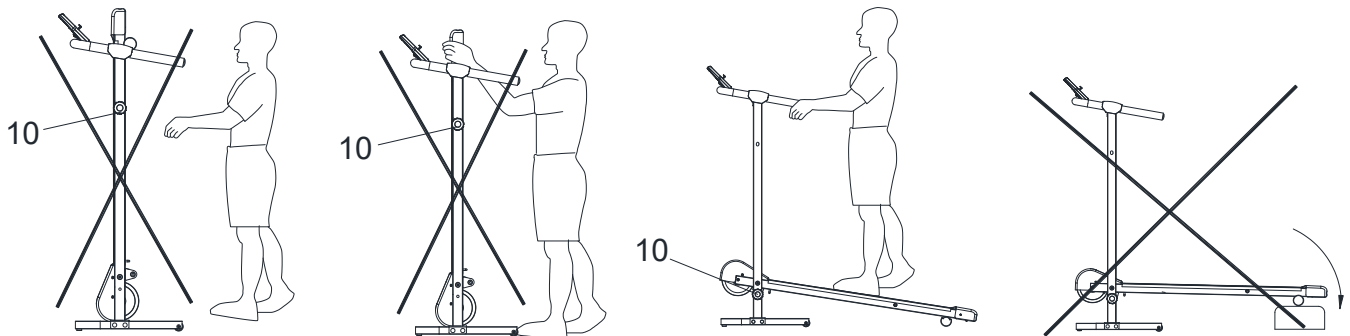
FOLDING: To fold the treadmill, turn the **Lock Knob (No. 10)** *counter-clockwise* and remove it from the lower hole of the **Left Upright Support (No. 5)**. Raise the rear end of the **Main Frame (No. 1)** all the way up to a vertical position, then insert the **Lock Knob (No. 10)** to the upper hole of **Left Upright Support (No. 5)** and turn *clockwise* to tighten it. (See figure below).

UNFOLDING: To unfold the treadmill, turn the **Lock Knob (No. 10)** *counter-clockwise* and remove it from the upper hole of the **Left Upright Support (No. 5)**. Hold the rear end of the **Main Frame (No. 1)** and lower it all the way down to the ground, insert the **Lock Knob (No. 10)** into the lower hole of the **Left Upright Support (No. 5)** and turn *clockwise* to tighten.



⚠️ WARNING!

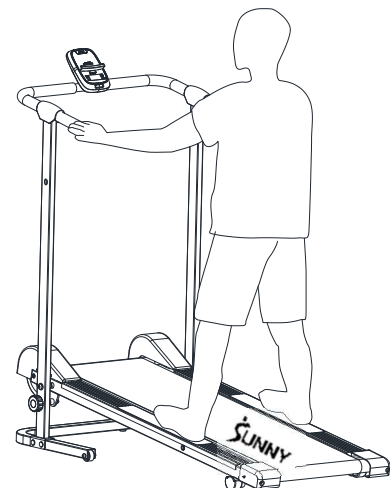
1. When folding or unfolding the treadmill, always ensure that the **Lock Knob (No. 10)** is inserted correctly and properly tightened.
2. For their safety, children should be kept away from the equipment, even when folded.
3. A folded treadmill should not be operated.
4. Do not fold the treadmill until the running belt stops completely.
5. Before folding up or down, do not stand on the running board.



Emergency Dismount

Be aware of your body's signals. Incorrect or excessive exercise can damage your health. If you feel dizziness, nausea, chest pain, back pain, or other health symptoms, stop the workout immediately and consult your physician before continuing.

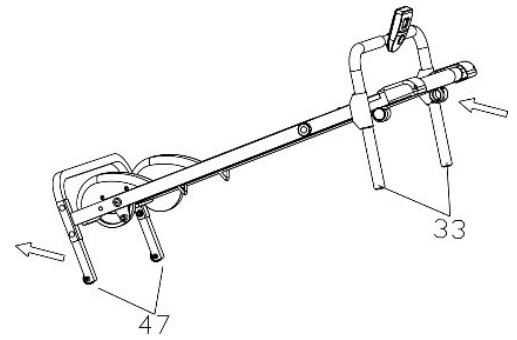
Stand on the staging platforms (as shown in the right figure) and hold the handlebars tightly.



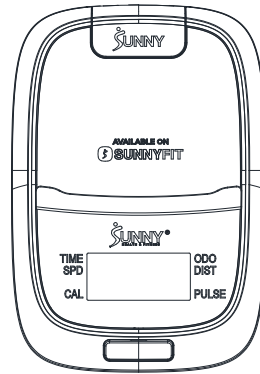
How To Move the Treadmill

Before attempting to move the treadmill, please make sure that it has been properly folded.

MOVING: Hold the **Handlebar Foams (No. 33)** with your hands, slowly tilt the treadmill back towards your body. Once the **Transportation Wheels (No. 47)** touch the ground you can safely move the treadmill to your desired location (see right figure).



Exercise Computer



BLUETOOTH :

1. The Bluetooth icon will flash when the computer is on or wakes from sleep mode. If no Bluetooth connection is established within 1 minute, 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:

1. MODE: Press to switch display or automatically display through each function value in sequence every 6 seconds.
2. Hold the MODE key for 2 seconds to reset all values except ODO 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.

OPERATION PROCEDURES:

AUTO ON/OFF:

1. Meter with automatically activated when in use for 10 seconds or MODE button is pressed.
2. Meter will display STOP for inactivity within 10 seconds.
3. 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.

RESET: All functions will reset to zero if batteries are out of power or removed.

SPECIFICATIONS:

TIME-----	00:00-99:59 MIN: SEC
SPEED-----	0.0-999.9 M (Miles) / H
CALORIE-----	0.0-999.9 KCAL
ODOMETER-----	0.00-9999.9 M (Miles)
DISTANCE-----	0.0-999.9 M (Miles)
PULSE-----	30-240 (Beats) / Min

FUNCTIONS:

SCAN: After power on or press the mode button, automatically scan through each function value in sequence every 6 seconds. **SCAN: TIME→SPD→CAL→ODO→DIST→PULSE→SCAN**

TIME: Accumulates total training time

SPD: Display current training speed

CAL: Accumulates calories consumption during training

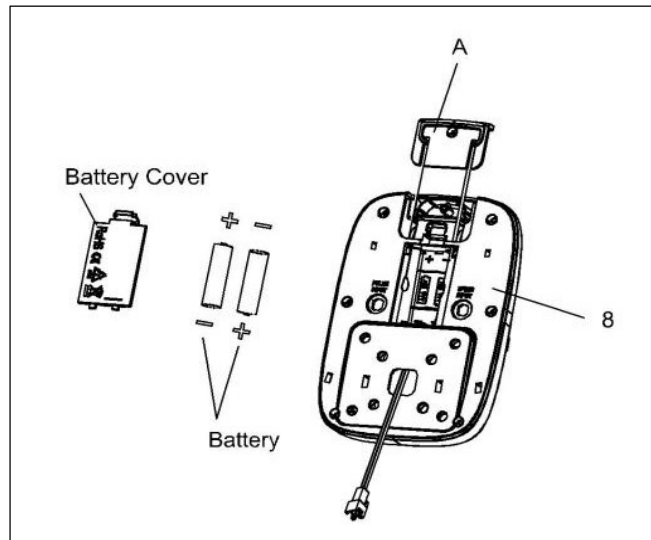
ODO: Accumulates training distance

DIST: Displays the current movement distance of the user

PULSE (Needs to pair with the Bluetooth device): When the heart rate is detected, the real-time value of the heart rate is displayed, the heart rate icon flashes. When there is no heart rate, P is displayed. The heart rate icon change from flashing to off.

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..

Battery Installation & Replacement



BATTERY INSTALLATION:

1. Take out 2 AAA batteries from computer box.
2. Pull out the SUNNY insert (No. A), press the buckle of battery cover on the back of the **Computer (No. 8)**, then remove battery cover.
3. Install 2 AAA batteries into the battery case on the back of the **Computer (No. 8)**. 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. 8)**.

The installation is complete!

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the back of the **Computer (No. 8)**, 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.8)**. 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. 8)**.

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.

Troubleshooting

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Base is unstable.	There is an object under the main frame of the treadmill, or the ground isn't level.	Remove the object. Move the treadmill to level ground.
	The lock knob is loose.	Tighten the lock knob.
Noise from moving parts.	Hardware: nuts, bolts, or screws are loose.	Inspect hardware and tighten.
	Running belt and running board are not lubricated.	Lubricate running belt and running board (see Pg. 6).
Running belt is not centered.	Running belt tension is not accurate on the left or right sides of the running board.	Adjust the adjustable bolts, refer to Maintenance Instructions (see Pg. 6).
The computer screen does not display clearly.	The batteries are low.	Replace with new batteries.
The computer does not work at all.	One of the following sensor wires is not connected correctly: the Sensor Wire (No. 46) , Lower Sensor Wire (No. 22A) , or Upper Sensor Wire (No. 22B) .	Check the connections of the sensor wires, make sure they are attached correctly.
	The batteries are unresponsive.	Replace with new batteries.

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:



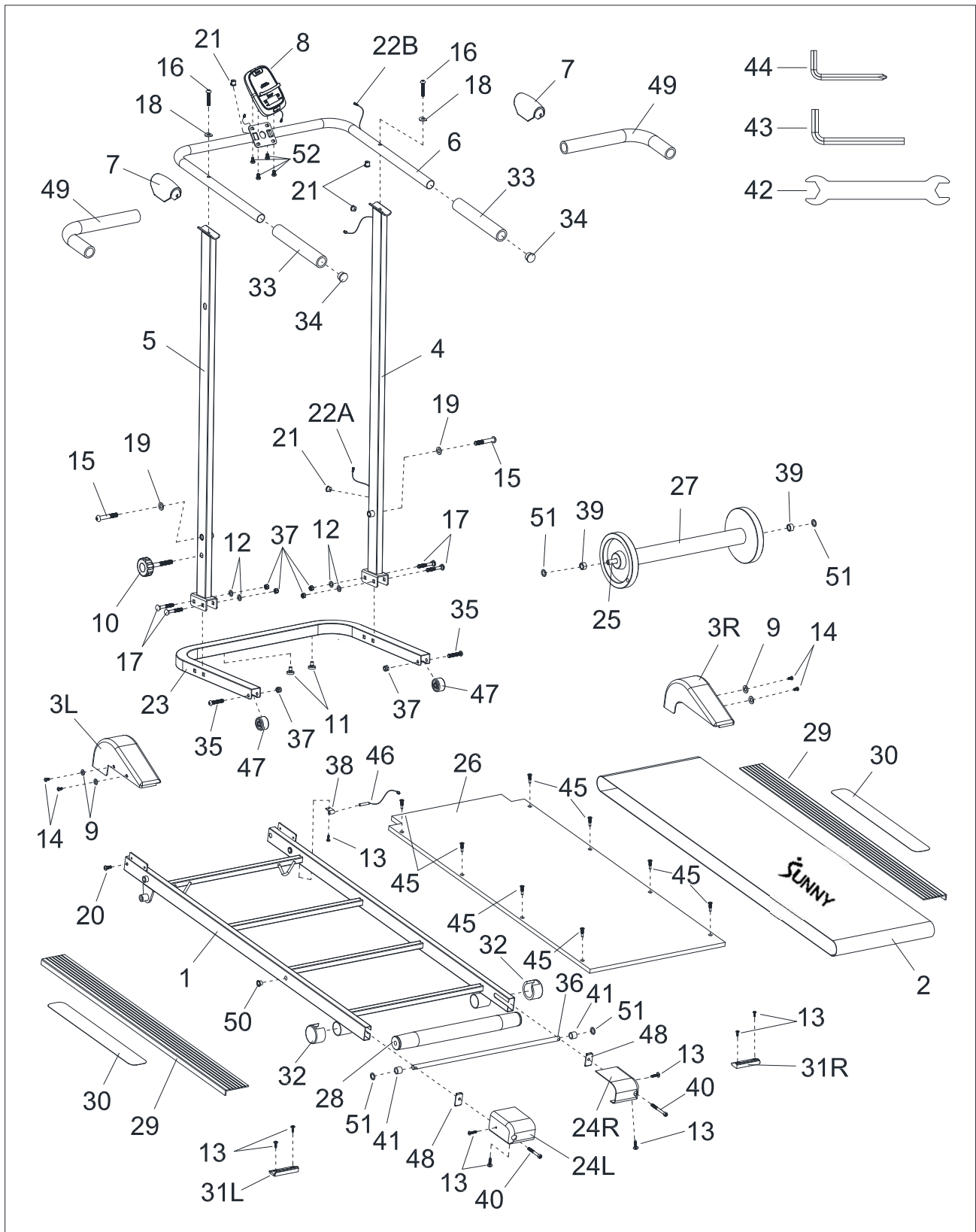
- If you require additional support, please contact support@sunnyfit.com.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Running Belt		1
3L	Left Flywheel Cover		1
3R	Right Flywheel Cover		1
4	Right Upright Support		1
5	Left Upright Support		1
6	Handlebar		1
7	Decorative Cover		2
8	Computer	TZ-1130	1
9	Washer	Φ6*Φ13*1	4
10	Lock Knob	M10*65	1
11	Foot Pad		2
12	Flat Washer	ID8.2*OD16	4
13	Phillips Head Screw	ST4.2*13	9
14	Phillips Head Screw	M5*10	4
15	Bolt	M10*70	2
16	Bolt	M8*35	2
17	Carriage Bolt	M8*50	4
18	Arc Washer	ID8.2*OD16	2
19	Flat Washer	ID10.5*OD22	2
20	Bolt	M6*15	1
21	Plug		4
22A	Lower Sensor Wire		1
22B	Upper Sensor Wire		1
23	Base Frame		1
24L	Rear End Cover L		1
24R	Rear End Cover R		1
25	Front Axle		1

No.	Description	Spec.	Qty.
26	Running Board		1
27	Front Roller		1
28	Rear Roller		1
29	Side Rail		2
30	Anti-slip Cloth		2
31L	Left Side Rail Block		1
31R	Right Side Rail Block		1
32	Foot Cover		2
33	Handlebar Foam		2
34	End Cap		2
35	Bolt	M8*40	2
36	Rear Axle		1
37	Nylon Nut	M8	6
38	Inductor Fixing Seat		1
39	Plastic Washer	D12.5*10	2
40	Adjustable Bolt	M6*75	2
41	Plastic Washer	D12.5*14	2
42	Spanner	S13-15	1
43	Allen Wrench	S6	1
44	Allen Wrench	S5	1
45	Cross Screw	ST5.5*25	8
46	Sensor Wire		1
47	Transportation Wheel		2
48	Plate for Rear Roller		2
49	Handlebar Foam		2
50	Nut	M10	1
51	Washer	D12.5	4
52	Screw	M5*12	4

Exploded Diagram



Version 1.3

Register

Register your product and verify warranty terms:

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

www.sunnyhealthfitness.com