



User Manual



Pace 500 Smart Auto Incline Treadmill

SF-T724081

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

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using (this appliance).

DANGER –To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Please contact Customer Service at support@sunnyhealthfitness.com.
5. Do not carry this appliance by supply cord or use cord as a handle.
6. Keep the cord away from heated surfaces.
7. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
8. Never drop or insert any object into any opening.
9. Do not use outdoors. Household use only.
10. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. CAUTION: Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
13. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
14. REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN, AS APPLICABLE) WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.
15. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons

SAVE THESE INSTRUCTIONS

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s) and Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1) This device may not cause interference.
- 2) This device must accept any interference, including interference that may cause undesired operation of the device.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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.
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 240cm (8 feet) of free space behind it and 60cm (2 feet) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
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. This 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 Operating Information

1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt. This may result in serious injury.
5. This unit starts at a very low speed. To begin use, hold onto the handrails, and stand on the side rails while it starts up, then step onto the belt once it is in motion.
6. Always hold the handrail when making changes in the settings.
7. A safety key is provided for emergency use. The machine will function only if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should always be supervised by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after exercise.



IMPORTANT NOTE:

The running belt must be lubricated before the first use! Please see *Page 14* for instructions on how to properly apply lubricant.

Statement of Purpose

The treadmill is a cardio workout machine that provides indoor running at various speeds.

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









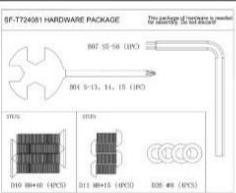
You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Technical Data

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

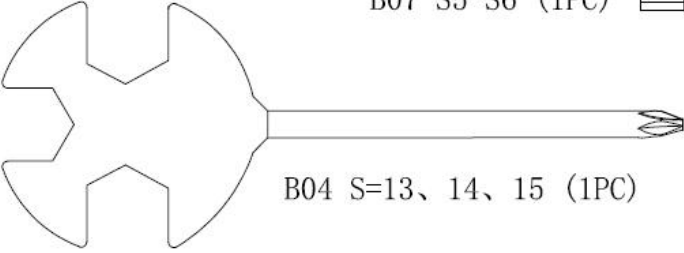
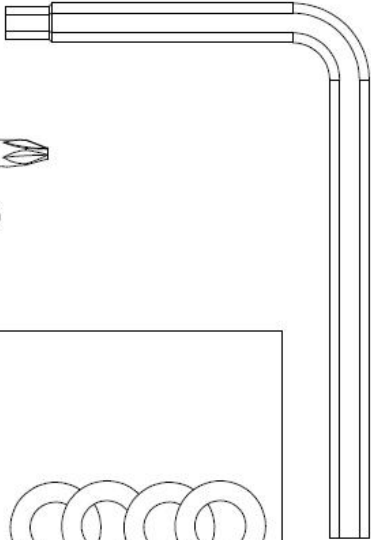
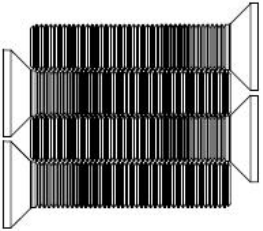
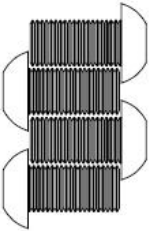
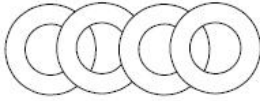
Pre-Assembly Check List

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

 <p>A</p>	 <p>B</p>	 <p>C</p>	 <p>D</p>
 <p>C29</p>	 <p>C11</p>	 <p>E09</p>	 <p>F</p>
 <p>HP</p>			

No.	Description	Spec.	Qty
A	Main Frame		1
B	Console Assembly		1
C	Device Holder		1
D	Lubricant Oil		1
C29	Safety Key		1
C11	Upright Tube Cover		1
E09	Power Wire		1
F	Manual		1
HP	Hardware Package		1

Hardware Package

SF-T724081 HARDWARE PACKAGE		This package of hardware is needed for assembly. Do not discard!	
			
B07 S5-S6 (1PC)		B04 S=13、14、15 (1PC)	
STEP2	STEP3		
			
D10 M8*40 (4PCS)	D11 M8*15 (4PCS)	D26 Ø8 (4PCS)	

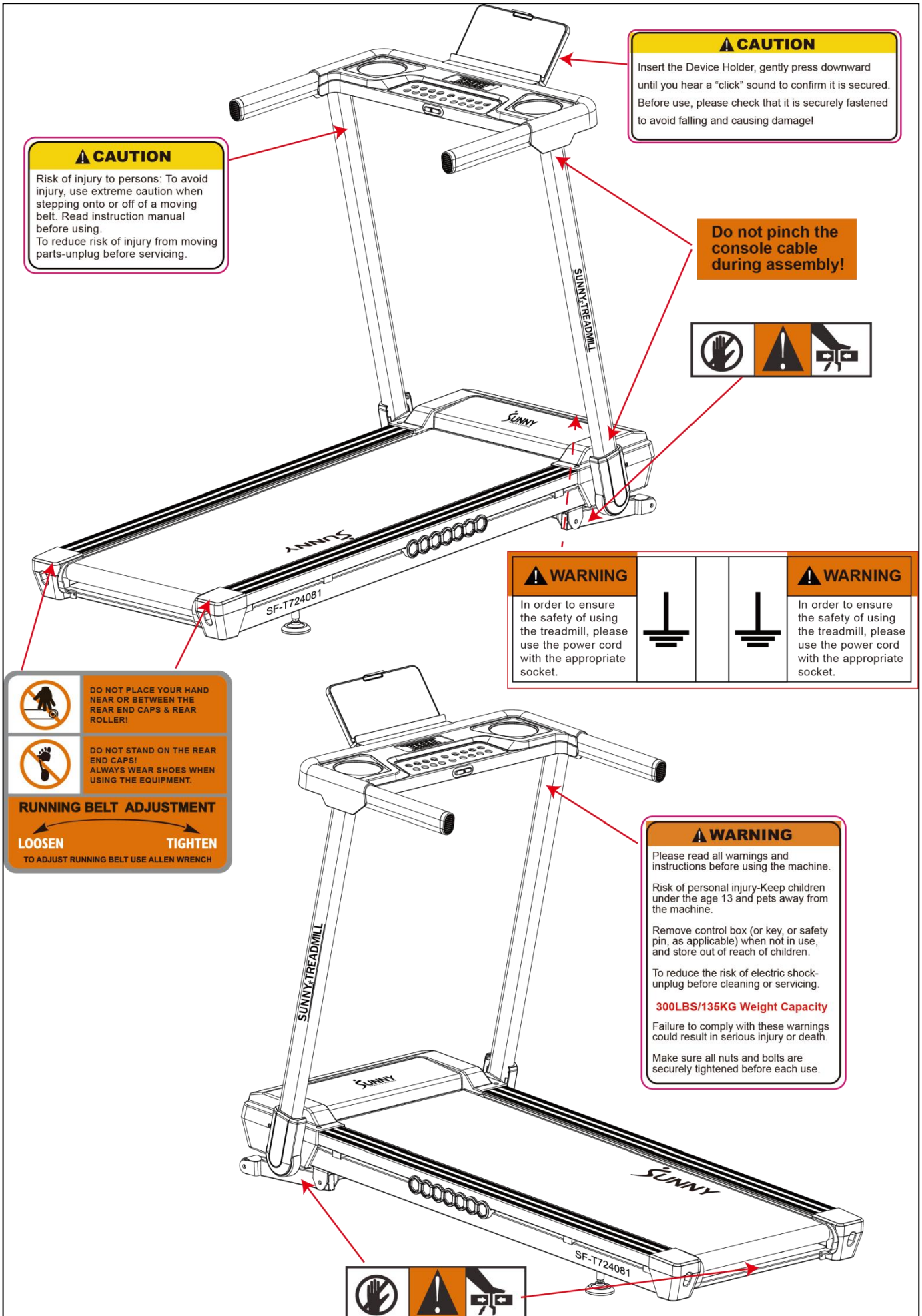
Ordering Replacement Parts

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



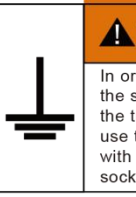
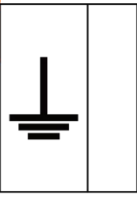
CAUTION
 Risk of injury to persons: To avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.
 To reduce risk of injury from moving parts-unplug before servicing.

CAUTION
 Insert the Device Holder, gently press downward until you hear a "click" sound to confirm it is secured. Before use, please check that it is securely fastened to avoid falling and causing damage!

Do not pinch the console cable during assembly!



WARNING
 In order to ensure the safety of using the treadmill, please use the power cord with the appropriate socket.



WARNING
 In order to ensure the safety of using the treadmill, please use the power cord with the appropriate socket.

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

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

RUNNING BELT ADJUSTMENT

LOOSEN **TIGHTEN**

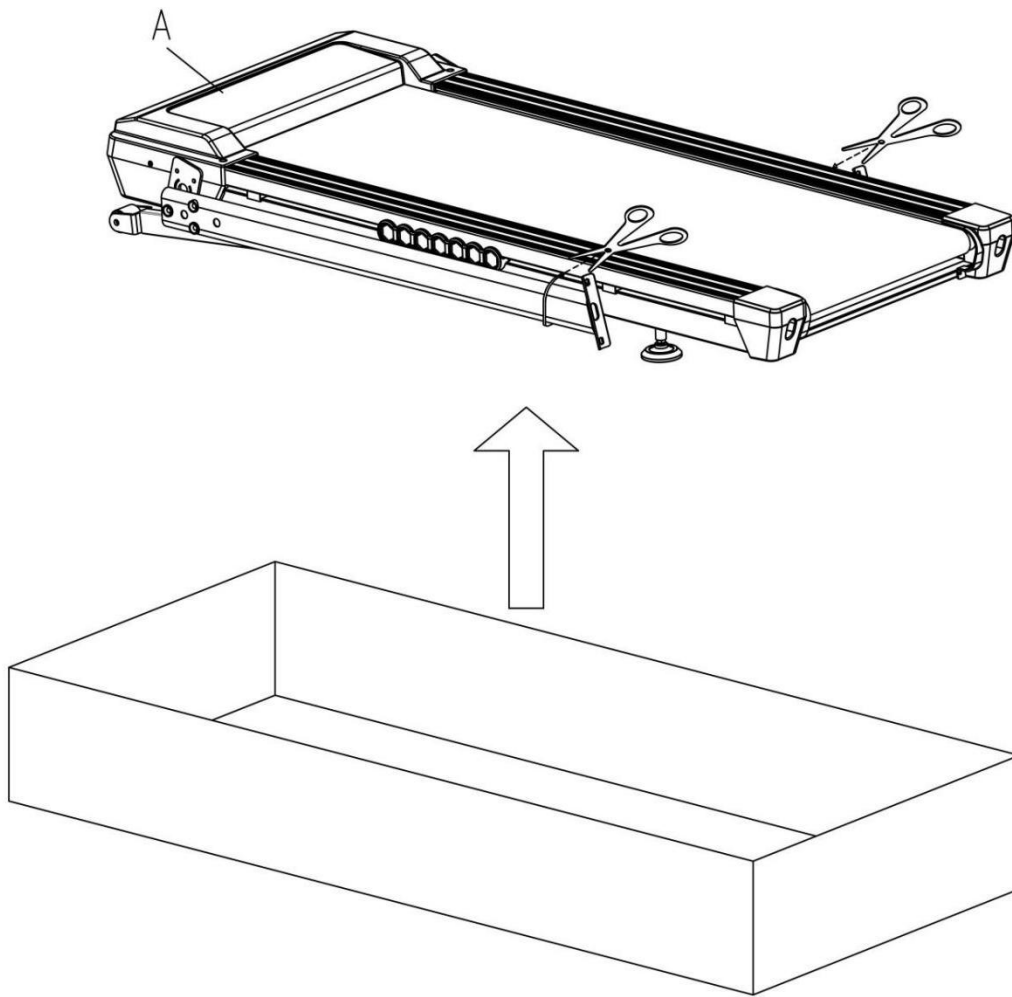
TO ADJUST RUNNING BELT USE ALLEN WRENCH

WARNING
 Please read all warnings and instructions before using the machine.
 Risk of personal injury-Keep children under the age 13 and pets away from the machine.
 Remove control box (or key, or safety pin, as applicable) when not in use, and store out of reach of children.
 To reduce the risk of electric shock-unplug before cleaning or servicing.
300LBS/135KG Weight Capacity
 Failure to comply with these warnings could result in serious injury or death.
 Make sure all nuts and bolts are securely tightened before each use.

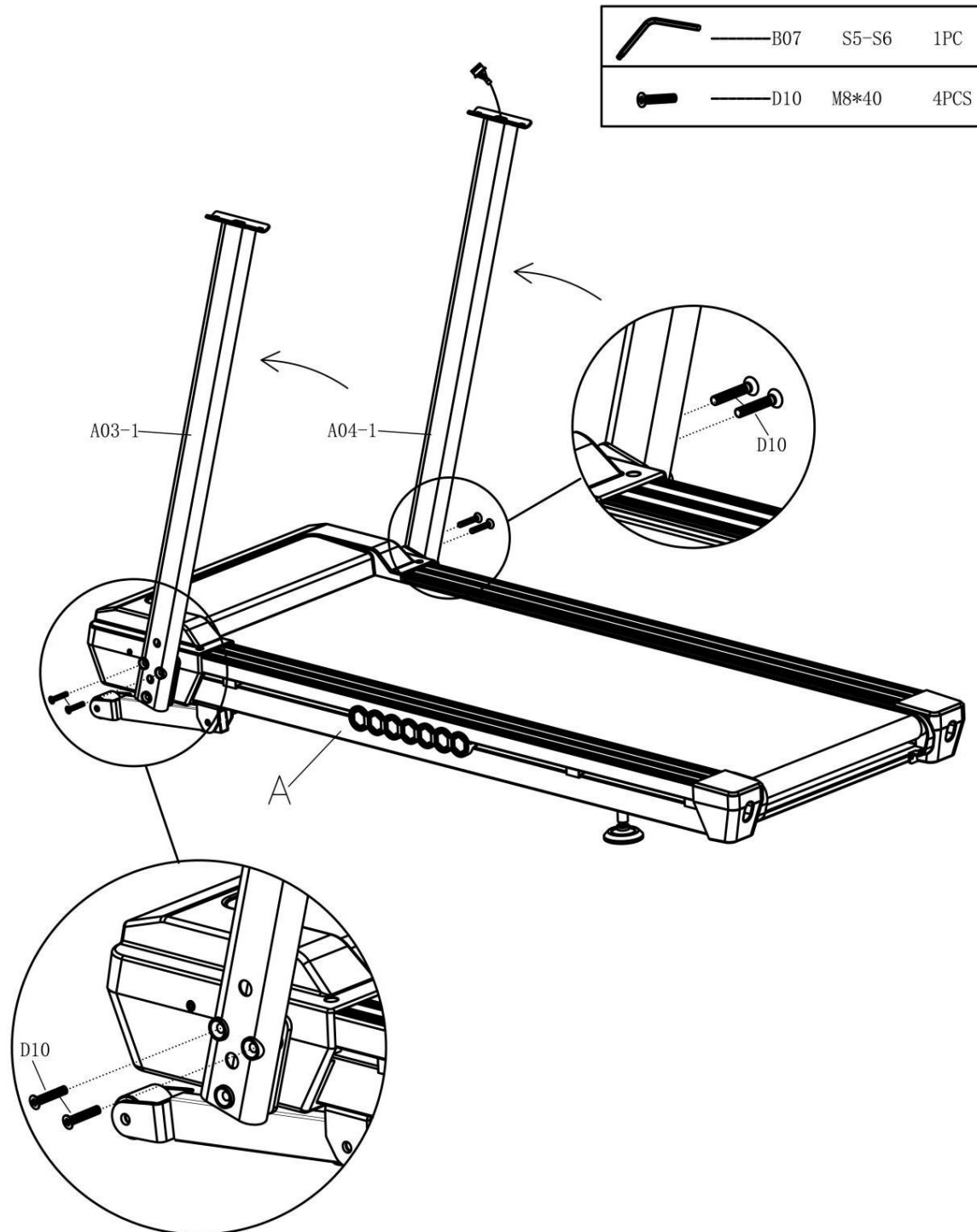


Assembly Instructions

STEP 1





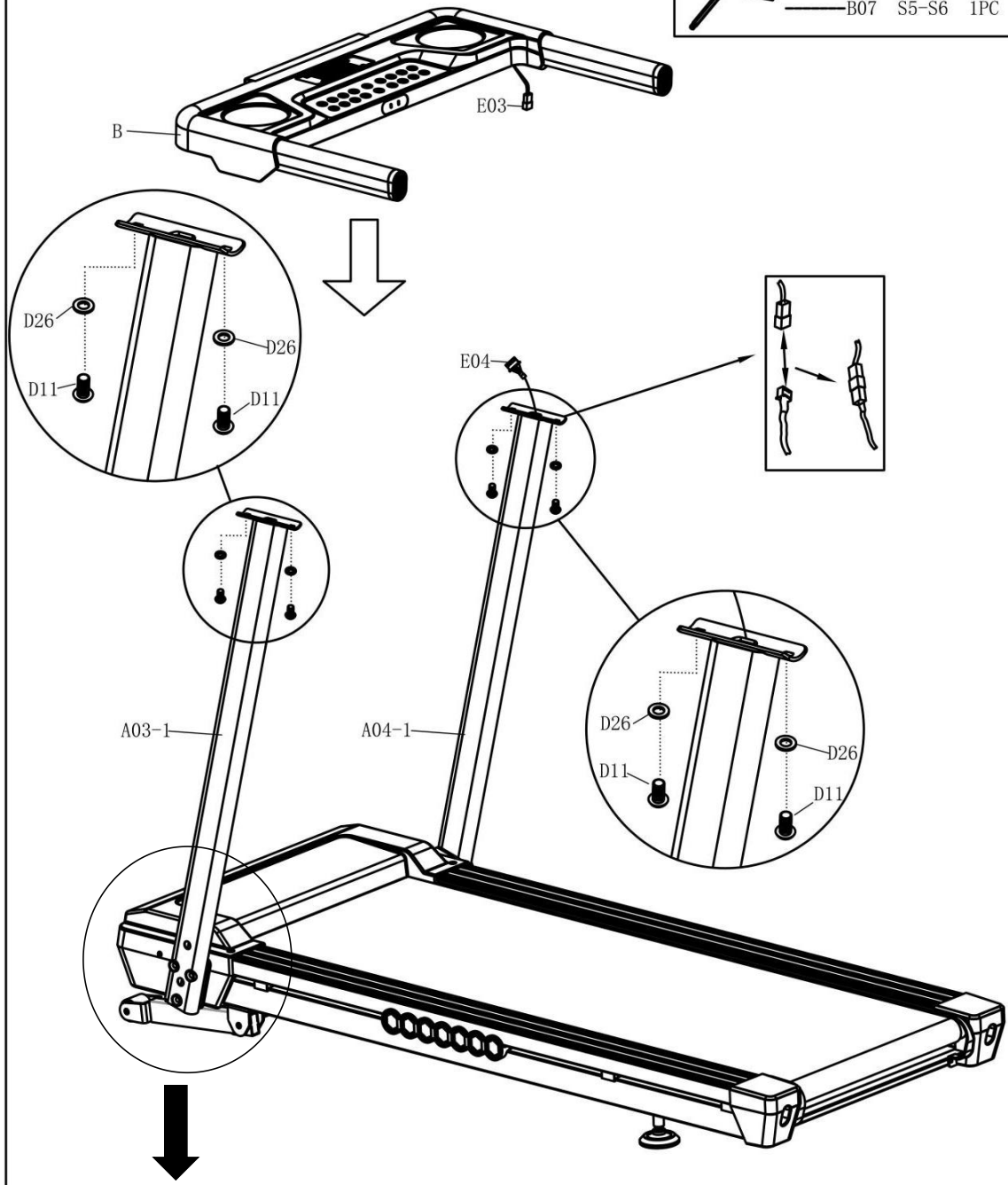
STEP 2



Do not tighten all the bolts here.

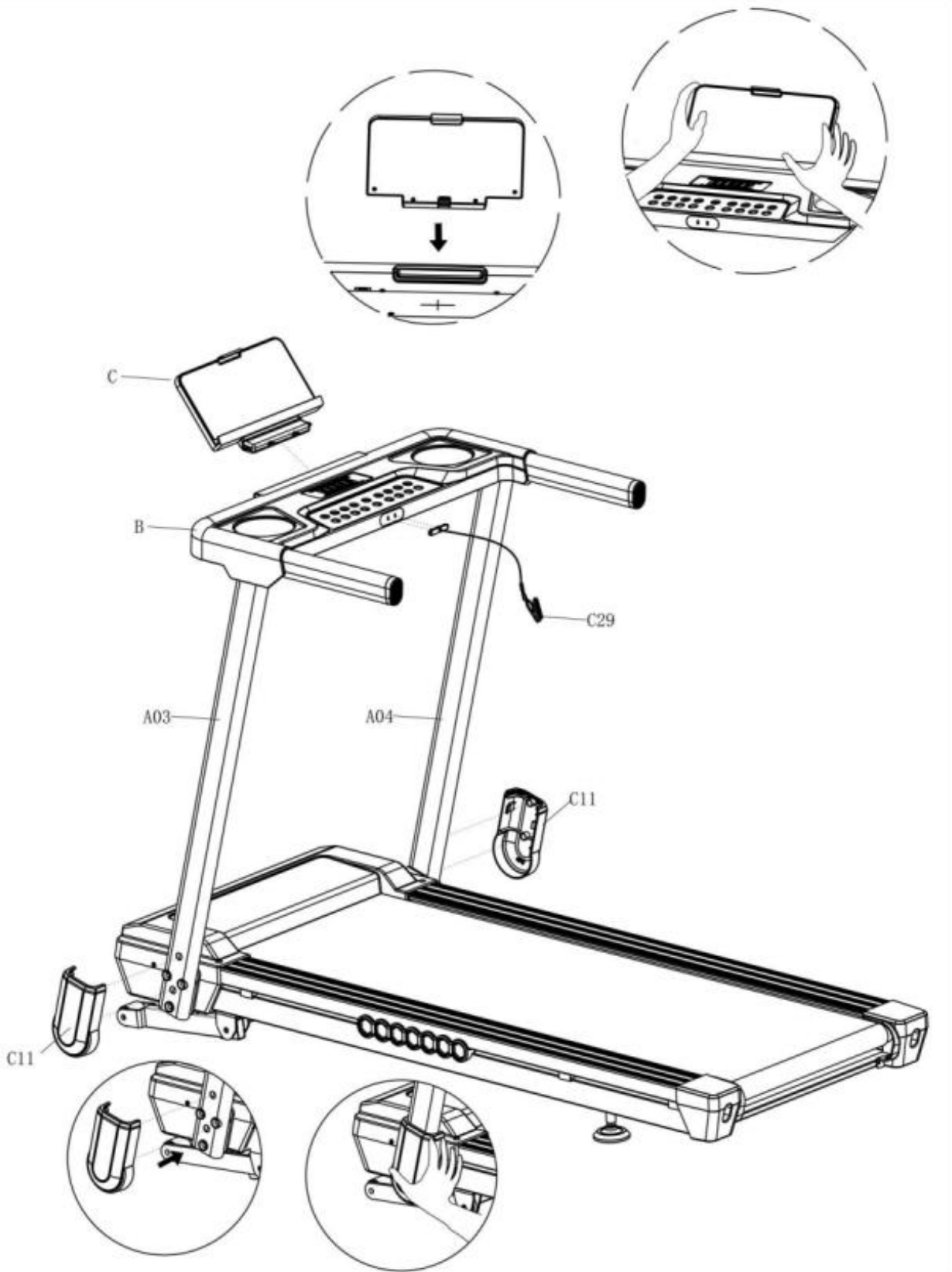
STEP 3

	D26	Φ8	4PCS
	D11	M8*15	4PCS
	B07	S5-S6	1PC

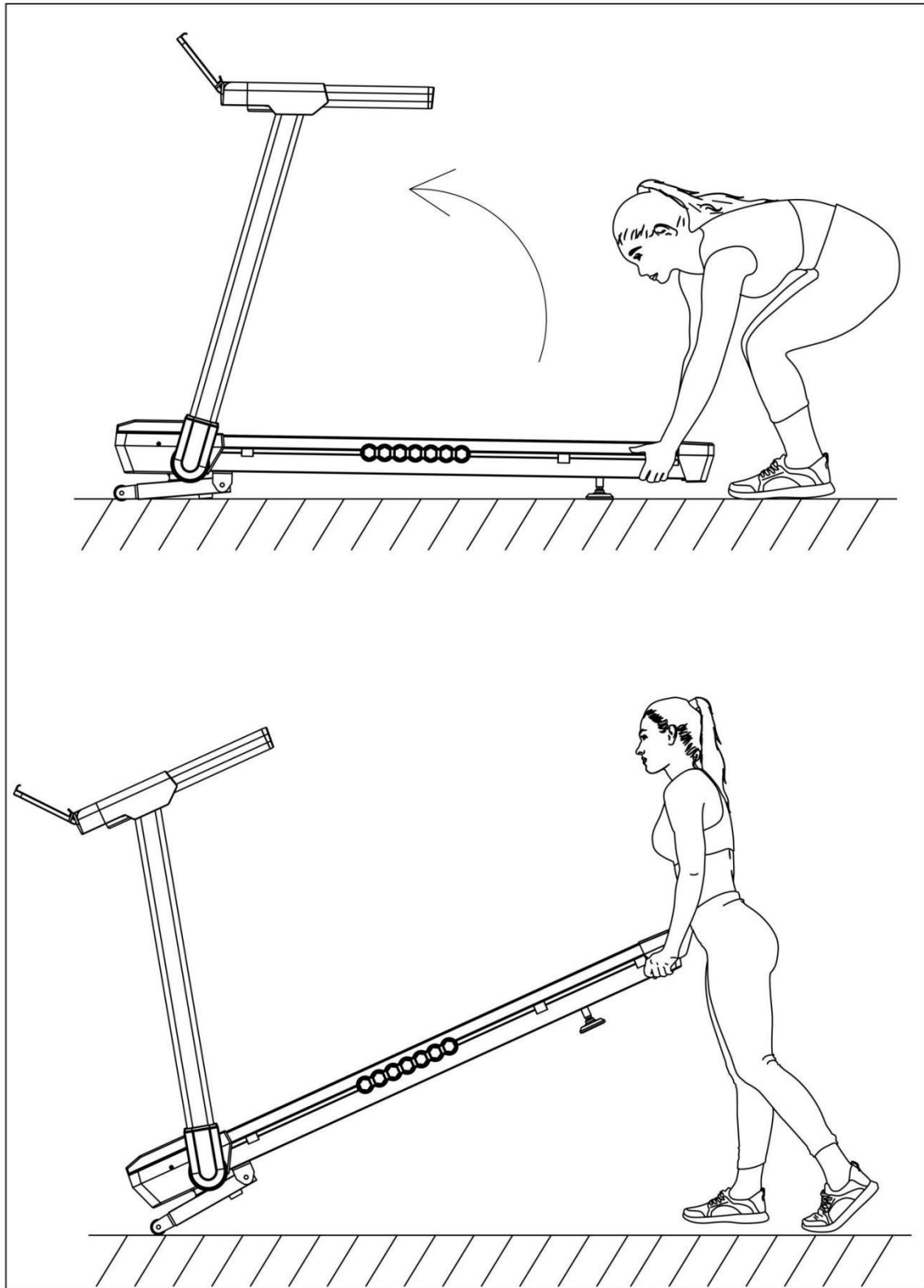


Tighten all the bolts after assembling console part.

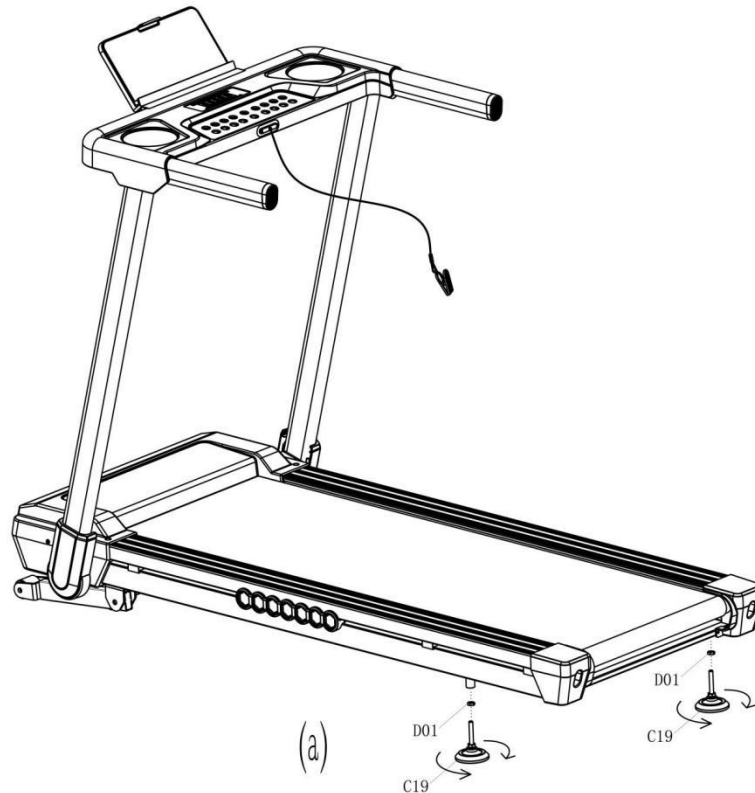
STEP 4



How To Move the Machine



How To Adjust the Balance



If the machine is uneven, you need to adjust the **Adjustable Knob (No. C19)** to level the machine on the ground.

Adjustment method: First, loosen the Nut (No. D01) by turning it *counter-clockwise* using **Cross Wrench (No. B04)**, adjust the **Adjustable Knob (No. C19)** *clockwise* to raise, and *counter-clockwise* to lower. When you have finished adjusting the **Adjustable Knob (No. C19)**, re-tighten the Nut (No. D01) by turning it *clockwise* using **Cross Wrench (No. B04)**. If required, repeat this process to adjust the remaining **Adjustable Knob (No. C19)**.

Lubricating The Treadmill

IMPORTANT NOTE:

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

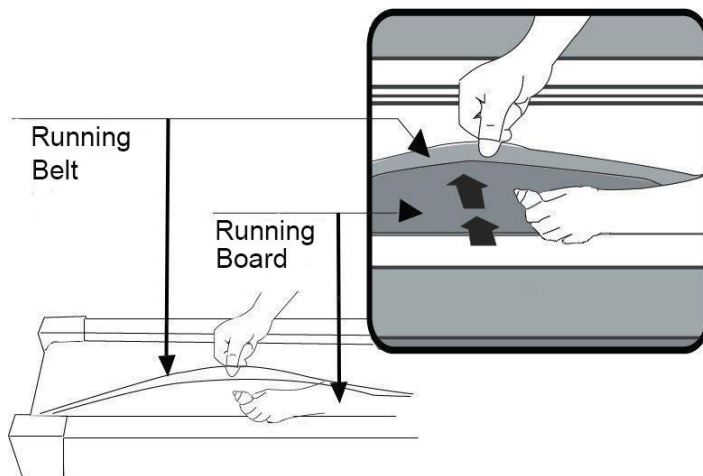
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the **Running Board** and **Running Belt** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Belt** and **Running Board** regularly. If you find any wear on the **Running Board**, please contact us at: support@sunnyhealthfitness.com.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

HOW TO LUBRICATE:

1. To apply lubricant, lift one side of the **Running Belt** and apply oil to the middle of the **Running Board**. Next, start the treadmill and place it at the lowest speed setting and allow the oil to spread over the **Running Board**. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. **DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT.** A loose **Running Belt** will result in the runner sliding off during use, while too tight of a **Running Belt** will negatively affect the motor's performance and create more friction between the roller and **Running Belt**. The most suitable tightness for the **Running Belt** is when it is pulled out **50-75mm** from the **Running Board**.



The following timetable is recommended:

Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

Maintenance & Care

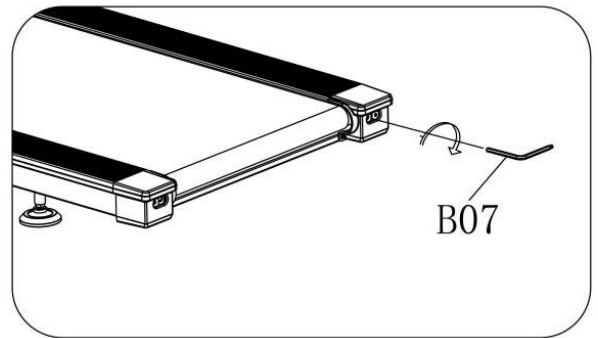
General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt** to prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear the **Running Board** and **Running Belt**. Clean the surface of the **Running Belt** with a clean, damp cloth. Keep liquids away from electrical parts and **Running Belt**.

To better maintain the treadmill and prolong its life, it is suggested that the treadmill be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

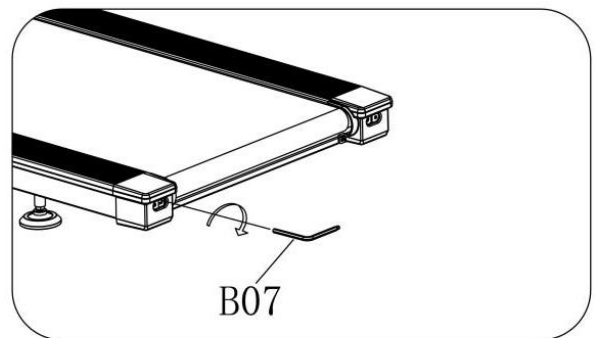
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5MPH to check if the **Running Belt** drifts from the center.

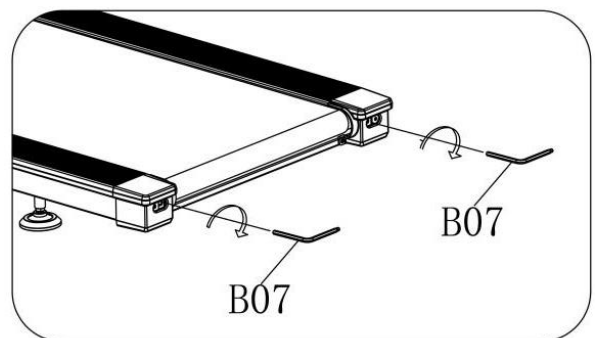
If the **Running Belt** moves to the right, turn the right adjusting bolt $\frac{1}{4}$ turn *clockwise*, then turn the left adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt** does not move, repeat this step until it centers. Refer to Figure A.



If the **Running Belt** moves to the left, turn the left adjusting bolt $\frac{1}{4}$ turn *clockwise*, then turn the right adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt** does not move, repeat this step until it centers. Refer to Figure B.



Over time, the **Running Belt** will loosen. To tighten the **Running Belt**, turn the left & right adjusting bolts one full turn *clockwise*, check the tension of the **Running Belt**. Continue this process until **Running Belt** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to Figure C.



Important Electrical Information

WARNING: This treadmill requires a power source of 12 amps (100-120V) in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides a path of the least resistance for electrical current to reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adapter for this product.

This product is for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated in sketch A.

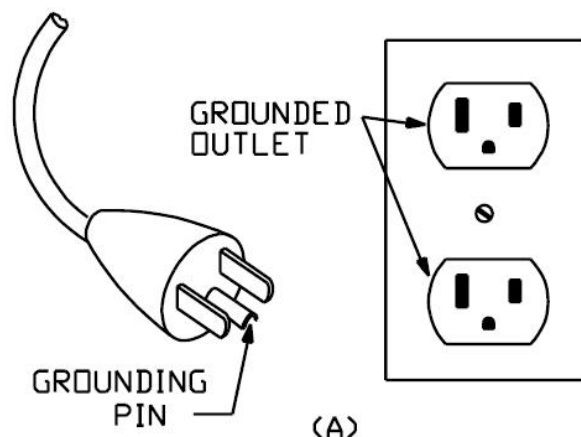
DANGER:

Improper connection of the equipment can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product has been properly grounded. Do not modify the plug provided with this product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

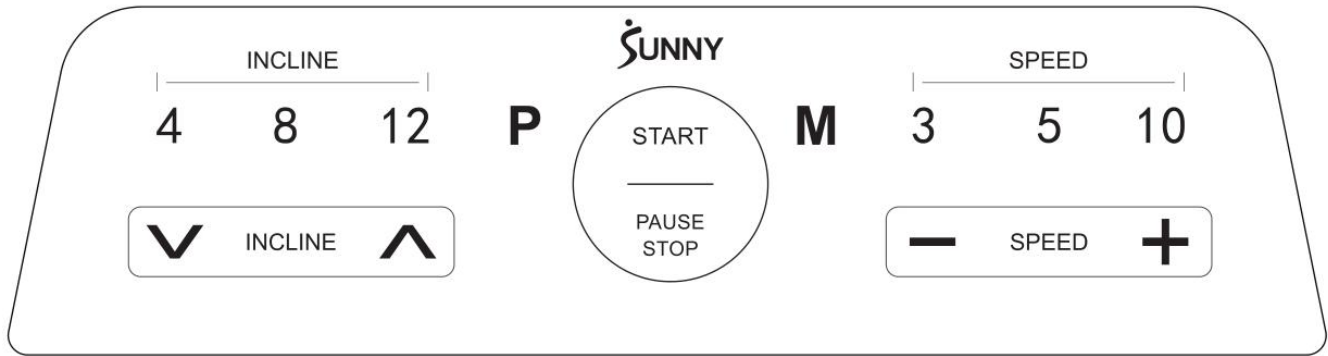
WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from all moving parts of the treadmill, including the elevation mechanism and transportation wheels.
2. **NEVER** operate the treadmill using a generator or UPS power supply.
3. **NEVER** remove any cover on the treadmill without first disconnecting power cord.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD



The Display Console




Quick Start:


1. Insert the pin end of the **Safety Key** into the holes on the **Console**.
2. Press the **START** button, and the system will automatically display a 3 seconds countdown. Once the countdown reaches zero, the **Running Belt** will start at the initial **default speed of 1.0 MPH**.
3. To adjust the speed, you can use the **SPEED +/-** buttons on the **Console**, or the **QUICK SPEED** buttons 3,5,10.
4. To adjust the incline, you can use the **INCLINE ^/∨** buttons on the **Console**, or the **QUICK INCLINE** buttons 4,8,12.


NOTE: The maximum speed on this treadmill is 10.0MPH.

Window Display:

Displays incline, pulse, calories, time, steps, distance and speed value in turn every 5 seconds.

 **TIME:** Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, the treadmill will stop smoothly and display “End” then automatically reset to 0:00 after 5 seconds. When in Countdown Mode, it will count down from the set time to 0:00. When the clock reaches 0:00, the treadmill will stop smoothly and display “End” then automatically reset itself after 5 seconds.

 **DISTANCE:** Displays the distance traveled (0.00-99.99 MILES). When the distance reaches 99.99 MILES, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will count down from the set distance to 0.00. When it reaches 0.00, the treadmill will stop smoothly and display “End” and automatically reset to the initial setting after 5 seconds.

 **CALORIES:** Displays the number of calories burned from 0.0 to 9999.9 KCAL. When the count reaches 9999.9 KCAL, it will reset and start back from 0. When in Countdown Mode, it will count down from the desired setting to 0.0. Once it reaches 0, the treadmill will stop smoothly and display “End”, then automatically reset to the initial setting after 5 seconds.

 **STEPS:** Displays the steps from 0 to 99999.

 **INCLINE:** Displays the incline from 0-12 level.

 **SPEED:** The speed range is **1.0-10.0 MPH**. 1.0MPH is the default running speed.

 **PULSE:** If runner is wearing a compatible heart rate monitor, the system will automatically

detect the runner's heart rate value. At this time, the heart rate icon will light up and the corresponding heart rate value will be displayed. The pulse range is 50-200 beats/min.

NOTE: This data is for reference only and can not be used for medical purposes.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME (MIN: SECOND)	0:00	15:00	5:00-99:00	0:00—99:59
SPEED (MPH)	0.0	1.0	1.0-10.0MPH	1.0-10.0MPH
INCLINE	0	0	0-12	0-12
DISTANCE (MILE)	0.00	1.00	0.5-99.90	0.00-99.99
STEP	0	N/A	N/A	0-99999
CALORIE (KCAL)	0.0	50.0	10.0-999.0	0.0—9999.9

Console Function Keys:

PROGRAM: Press the “P” button to set your desired interval setting. Programs are displayed as P1-P2---P12.

START: To start the treadmill, insert the pin end of the **Safety Key** into the holes on the **Console** and then press the **START** button. The system will automatically display a 3 seconds countdown. Once the countdown reaches zero, the treadmill will start at the initial default speed of 1.0 MPH and Incline of 0.

STOP/PAUSE: This button has functions of PAUSE and STOP. Press this key during exercise to pause, and the window will display "PAU"; If you press this button again, the machine will stop and all data will be deleted and reset to the initial setting.

In the STOP state, press and hold this button for 6 seconds to disconnect the heart rate monitor. To reconnect the heart rate monitor, press and hold this button for 6 seconds again.

MODE: When the machine is stopped. Press “M” button to select a Countdown mode. 15:00 MIN is the default Countdown for TIME.

1.00 MILE is the default Countdown for DISTANCE.

50.0 KCAL is the default Countdown for CALORIES.

When setting each Countdown Mode, you can press the **SPEED +/-** buttons or **INCLINE ^/∨** buttons to increase or decrease from the default setting. Press **START** to start the treadmill.

In the running state, press this button to select the function displayed.

SPEED +/-: Press the +/- buttons to increase or decrease the speed in increments of 0.1 MPH. Pressing and holding either of these buttons for a duration of over ½ a second will increase or decrease the speed continuously.

3, 5, 10 (QUICK SPEED): These buttons are preset to 3, 5, 10 MPH speeds for convenience.

INCLINE ^/∨: Press these buttons to adjust incline level. When the treadmill is running, press the ^/∨ buttons to increase or decrease the incline level. Pressing and holding either of these buttons for duration of over ½ a second will increase or decrease the incline level continuously. The incline levels range from 0-12.

4, 8, 12 (QUICK INCLINE): These buttons are preset to 4, 8,12 incline level for convenience.

Lubrication Reminder:

Your treadmill needs lubrication maintenance every 188 Miles. The system will release a beeping sound every 10 seconds and display an “OIL” icon on your display to remind you when it’s time. Please read the LUBRICATING THE TREADMILL to learn the proper steps to lubricate your treadmill. Apply the lubricant to the middle of the **Running Board** on both sides. After application, press and hold the STOP button for 3 seconds to clear the “OIL” reminder.

Interval Programs (P1-P12):

In standby mode, Press the “P” button to light up the corresponding program icon. The program icon can be selected from the following range: “P1-P12”.

Select the desired program, and the console will display a countdown starting from 10:00 MINS, press **SPEED +/-** buttons or **INCLINE ^/∇** buttons if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will change according to the set interval. Press **SPEED +/-** or **QUICK SPEED** buttons or **INCLINE ^/∇** or **QUICK INCLINE** buttons to change the SPEED and INCLINE. After finishing one program, the system will beep and display “End.” The machine will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

PROG.	TIME	TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
	INCLINE	1	2	3	3	1	2	2	3	2	2
P2	SPEED	1.2	3.7	4.3	5	1.8	3.7	5	4.3	3.1	1.2
	INCLINE	1	2	3	3	2	2	3	4	2	2
P3	SPEED	1.8	5	1.8	5	3.1	5.6	3.1	5.6	7.5	3.7
	INCLINE	1	3	5	7	9	10	8	6	5	2
P4	SPEED	5	6.2	6.8	7.5	7.5	6.8	6.2	6.2	5.6	5
	INCLINE	1	2	2	3	1	2	2	2	2	1
P5	SPEED	3.7	6.2	7.5	5.6	6.8	5	7.5	4.3	5.6	1.8
	INCLINE	1	2	4	3	2	2	4	5	2	1
P6	SPEED	1.2	5	3.7	6.2	6.2	5.6	6.8	5	3.1	1.8
	INCLINE	2	2	3	2	3	4	5	6	5	3
P7	SPEED	1.2	3.7	4.3	5.6	4.3	5.6	3.7	3.1	2.5	1.2
	INCLINE	4	5	6	6	9	9	10	12	6	3
P8	SPEED	1.2	2.5	3.7	5	4.3	5	5.6	3.7	2.5	1.2
	INCLINE	3	5	4	4	3	4	4	3	3	2
P9	SPEED	1.2	2.5	3.1	4.3	3.7	3.1	5	3.7	1.8	1.2
	INCLINE	3	5	3	4	2	3	4	2	3	2
P10	SPEED	1.2	1.8	3.1	1.8	1.8	3.1	1.8	3.7	1.8	1.8
	INCLINE	4	4	3	6	7	8	8	6	3	3
P11	SPEED	1.2	3.1	5	6.2	3.7	5.6	3.1	1.8	1.2	1.2
	INCLINE	1	3	5	8	10	7	6	3	2	3
P12	SPEED	1.2	3.1	3.1	2.5	2.5	3.7	2.5	1.2	1.8	2.5
	INCLINE	3	5	6	7	12	9	11	11	6	3

Bluetooth :

1. The Bluetooth icon will flash when the console is on or wakes from power saving 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 stay on when the heart rate monitor is connected.
2. The console can be connected to the heart rate monitor at any time except in power saving mode.
3. The wireless heart rate icon will flash when the console is on. If the heart rate monitor is not connected within 3 minutes, the wireless heart rate icon will turn off.

NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200.

WIFI :

1. If access point is not configured or fails to be configured, the WIFI indicator light will turn off.
2. After configuring access point, the WIFI indicator light will flash during the connection to the server.
3. The WIFI indicator light will stay on when the server is successfully connected.

NOTE:

1. WIFI function only supports 2.4G frequency, not 5G frequency.
2. Please use SunnyFit APP to configure WIFI and configure it according to the wizard on SunnyFit APP.

Treadmill Functions

Safety Lock Function:

Removing the **Safety Key** from the **Console** while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the console will show “- - -” and the speaker will beep 3 times. To start the treadmill again, insert the pin end of the **Safety Key** into the **Console** and press the START button.

Power Save Function:

When the treadmill has been inactive for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the **Console** will be turned off. To turn it back on, press any button.

POWER ON:

Flick the power switch to this symbol to turn on the treadmill.

POWER OFF:

Flick the power switch to this symbol to turn the treadmill off at any time. This includes during exercise.

Safety Note:

We recommend that you maintain a slow speed at the beginning of a session and hold the **Left & Right Handlebar Foam** handrails until you have become familiar with the treadmill. Insert the pin end of the **Safety Key** into the **Console** and attach the opposite end (with the safety clip) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key** and the treadmill will stop immediately.

Exercise Instructions

Getting Started:

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.

Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. Once you get on, you can stand with your feet on the **Side Rails** and stabilize yourself by holding onto the handrails.
2. Next, attach the clip end of the **Safety Key** to your clothes and insert the pin end of the key into the holes on the **Console Top Cover**.
3. Press the **START** button to start the treadmill.
4. The treadmill will start at the system default setting speed of **1.0MPH**. When you feel comfortable, you may slowly increase this speed.
5. When you are finished with your exercise, press the **STOP** button to stop the treadmill or you can remove the pin end of the to stop the treadmill.

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!

App Troubleshooting:

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

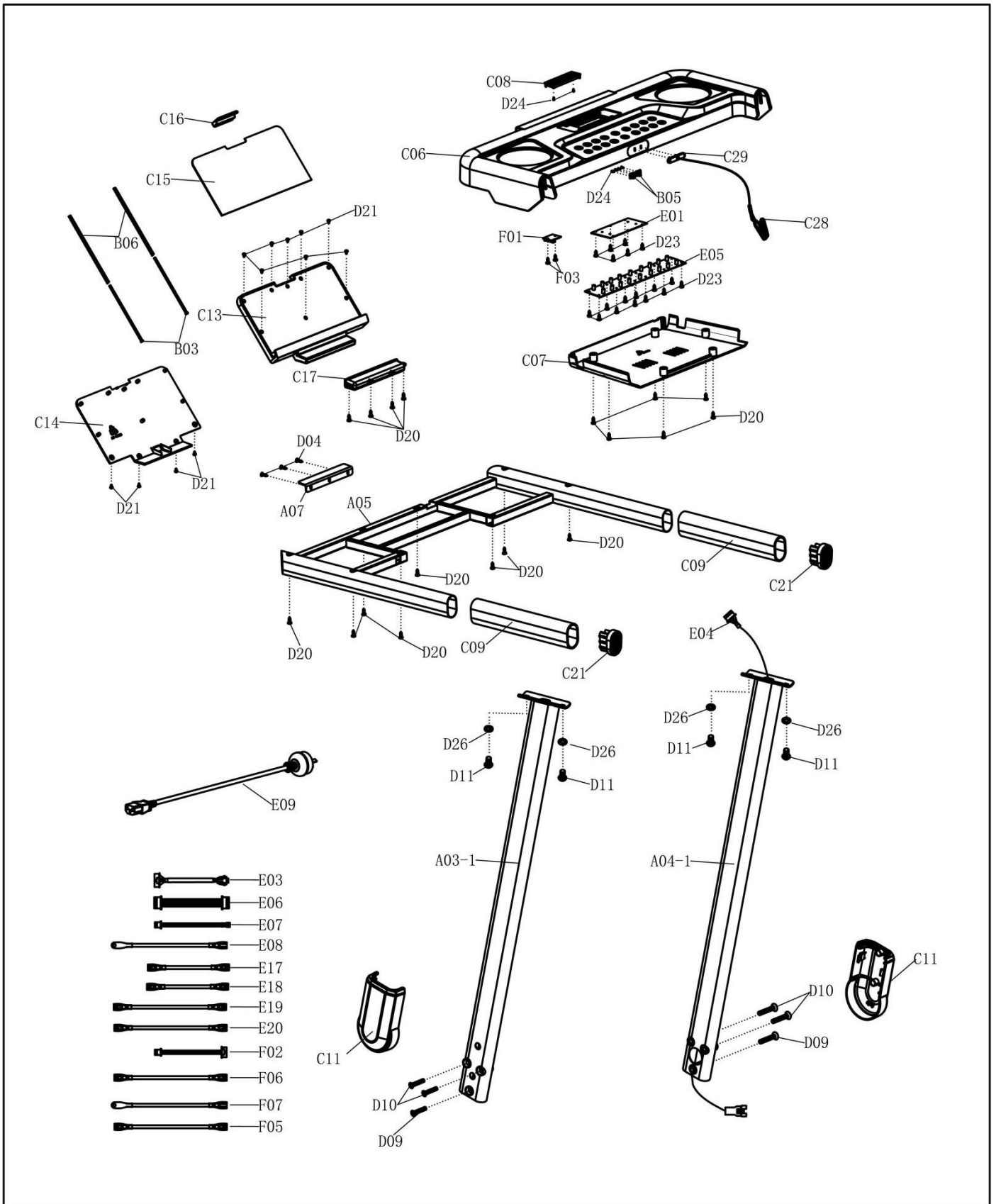


- If you require additional support, please contact support@sunnyfit.com.

Troubleshooting

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in.	Plug cord into outlet.
	Safety Key is not inserted.	Insert Safety Key.
Running belt not centered	Running belt tension is not correct on the left or right sides of the running board.	Tighten the left and right adjusting bolts of the rear roller.
E01&E15: Message failure---Computer not working	Wires from the console and bottom control board are not properly connected.	Check wire from the console to the control board.
	Transformer is damaged.	If the transformer is damaged, contact customer service.
E03: Without speed sensing signal	Speed sensing wire is damaged.	Check if the wire is normal or not. If it is normal, replace the control board.
E04: Incline self-checking	The wire of incline motor is damaged, or control board / incline motor is damaged.	Check if the wire is normal or not. If it is normal, replace the control board or incline motor.
E06: Motor Current overload protection	The machine has been used for long time, and resistance get higher.	Add the lubricating oil; Or replace the motor/control board if necessary.
E07: Overheating protection	Mainly due to high temperature, or control board is damaged.	Stop to use the machine when temperature is getting lower; If it is normal, replace the control board.

Exploded Diagram 1



Parts List

No.	Description	Specification	Qty.
A01	Incline Frame		1
A02	Main Frame		1
A03-1	Left Upright Tube		1
A04-1	Right Upright Tube		1
A05	Console Base Bracket		1
A06	Brushless Motor Pressure		2
A07	Device Support Plate		1
B01	Front Roller		1
B02	Rear Roller		1
B03	Device Telescopic Pole		2
B04	Cross Wrench		1
B05	Incline Frame Bushing		2
B06	Telescopic Pole Pressure		2
B07	Allen Wrench		1
C01	Motor Top Cover		1
C02	Motor Bottom Cover		1
C03	Left Rear Cover		1
C04	Right Rear Cover		1
C05	Cushion		2
C06	Console Top Cover		1
C07	Console Bottom Cover		1
C08	Grating Board		1
C09	Sponge Sheath		2
C10	Transport Wheel		2
C11	Upright Tube Cover		2
C12	Side Rail		2
C13	Device Holder Top Cover		1
C14	Device Holder Bottom		1
C15	Device Holder Cushion 1		1
C16	Device Holder clip		1
C17	Device Holder Base		1
C18	Running Belt		1
C19	Adjustable Knob		2
C20	Soft Foot Pad Sleeve		2
C21	Elliptical Inner Tube Plug		2
C22	Ring Protection Wire		1
C23	Square Cushion		6
C24	Plastic Gasket		2
C25	EVA Pad		2
C26	Cylindrical Cushion		2
C27	Motor Belt		1
C28	Safety Key Clip		1
C29	Safety Key		1
D01	Nut	M8	2
D02	Locking Washer	5	3
D03	Nut	M10	6
D04	Screw	ST4.2*12	3
D05	Bolt	M10*65	3
D06	Bolt	M10*45	1
D07	Bolt	M10*55	2

No.	Description	Specification	Qty.
D08	Bolt	M8*55	2
D09	Bolt	M8*48	2
D10	Bolt	M8*40	4
D11	Bolt	M8*15	4
D12	Bolt	M8*45	1
D13	Bolt	M6*30	6
D14	Bolt	M6*12	4
D15	Bolt	M5*8	3
D16	Head with Washer Tapping	ST4.2*12	14
D17	Bolt	M5*16	2
D18	Bolt	M5*12	2
D19	Spring Washer	5	3
D20	Pan Head Tapping Screw	ST4.2*12	26
D21	Screw	ST2.9*8	12
D22	Pan Head Tapping Screw	ST2.9*8	2
D23	Screw	ST2.9*6	18
D24	Screw	ST2.0*6	6
D25	Big Washer		4
D26	Washer	Φ 8	4
D27	Locking Washer	10	4
D28	Locking Washer	8	3
E01	Console		1
E02	Control Board		1
E03	Upper Signal Wire		1
E04	Lower Signal Wire		1
E05	Button Board		1
E06	Button Board Wire		1
E07	Safety Key Connecting Wire		1
E08	Grounding Wire	350mm	1
E09	Power Wire		1
E10	Brushless Motor		1
E11	Incline Motor		1
E12	Running Board		1
E13	Square Switch		1
E14	Power Socket		1
E15	Overload Protector		1
E16	Magnetic Core		1
E17	AC Single Line	Brown 200mm	1
E18	AC Single Line	Blue 200mm	1
E19	AC Single Line	Brown 350mm	1
E20	AC Single Line	Blue 350mm	1
E21	Grounding Wire	350mm	1
F01	USB Module		1
F02	USB Charging Wire		1
F03	Screw	ST2.9*6.0	2
F04	Filter		1
F05	AC Single Line	Brown 350mm	1
F06	AC Single Line	Blue 350mm	1
F07	Grounding Wire		1
F08	Screw	ST4.2*12	2

Register

Register your product and verify warranty terms:

Sunnyhealthfitness.com/warranty



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Get in touch with us for any questions

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

 support@sunnyhealthfitness.com