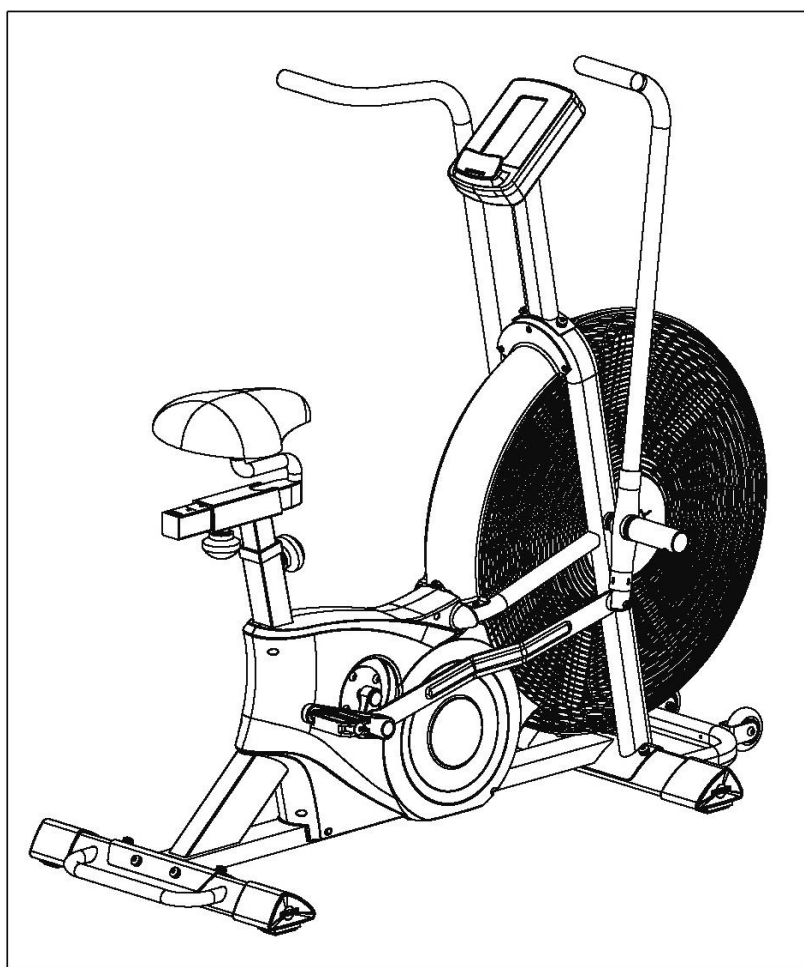# TORNADO SMART DUAL BELT AIR-RESISTANCE BIKE
## SF-B223018
### USER MANUAL



**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).
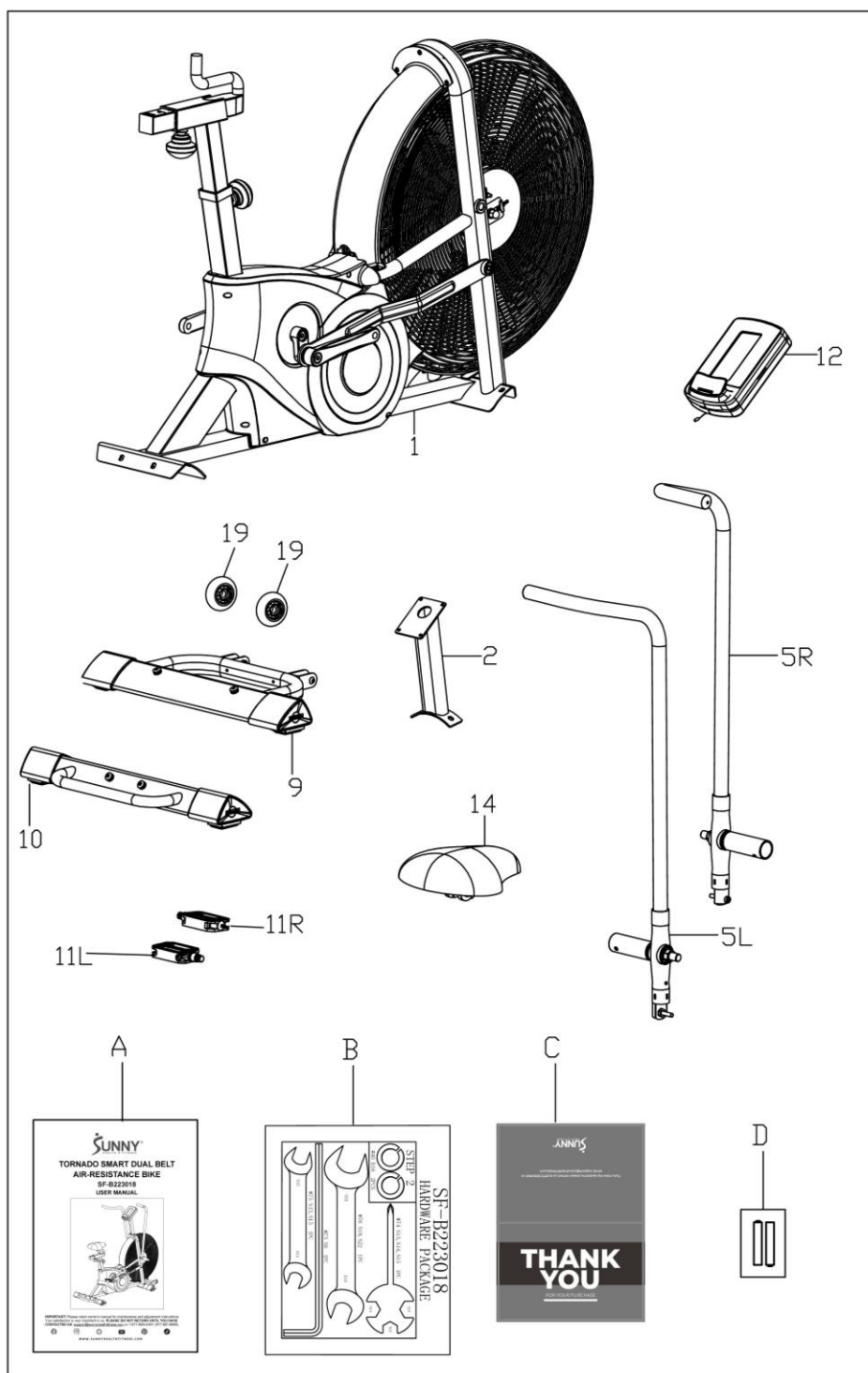
# IMPORTANT SAFETY INFORMATION

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 330 lbs (150 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 is required.
12. Your product is intended for use in cool, 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

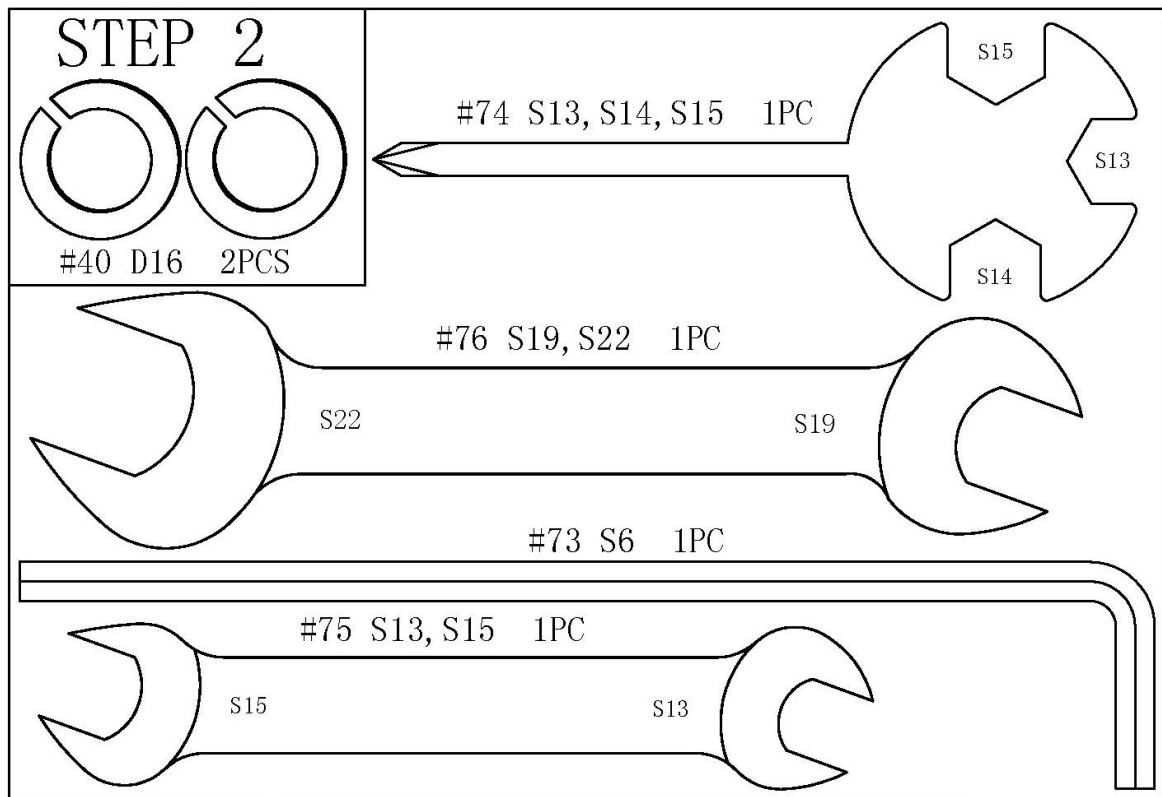Before you start to assemble, please make sure all parts are included.



| No. | Description | Spec. | Qty. | No. | Description | Spec. | Qty. |
|-----|-------------|-------|------|-----|-------------|-------|------|
| 1 | Main Frame | | 1 | 11R | Right Pedal | JD-303V | 1 |
| 2 | Handlebar Post | | 1 | 12 | Meter | ST3921 | 1 |
| 5L | Left Swing Arm | | 1 | 19 | Transportation Wheel | Φ72X24 | 2 |
| 5R | Right Swing Arm | | 1 | A | Manual | | 1 |
| 9 | Front Stabilizer | | 1 | B | Hardware Package | | 1 |
| 10 | Rear Stabilizer | | 1 | C | Thank You Card | | 1 |
| 11L | Left Pedal | JD-303V | 1 | D | Battery | AA | 2 |

# HARDWARE PACKAGE

## SF-B223018
## HARDWARE PACKAGE

STEP 2

#40 D16    2PCS

#74 S13, S14, S15    1PC

S15

S13

S14

#76 S19, S22    1PC

S22

S19

#73 S6    1PC

#75 S13, S15    1PC

S15

S13

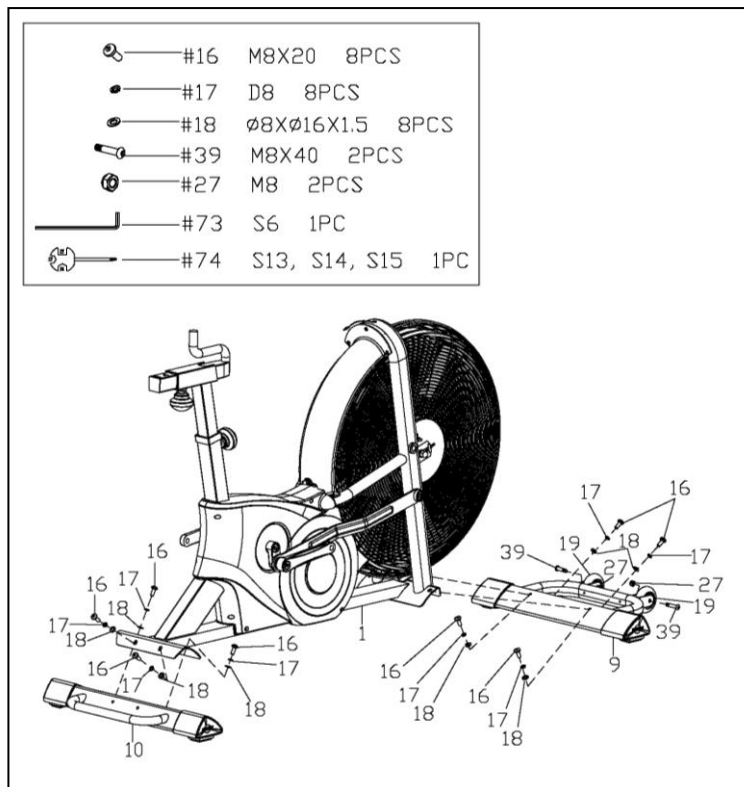**Ordering Replacement Parts (U.S. and Canadian Customers only)**

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" (page 20) and "PARTS LIST" (pages 19)

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).
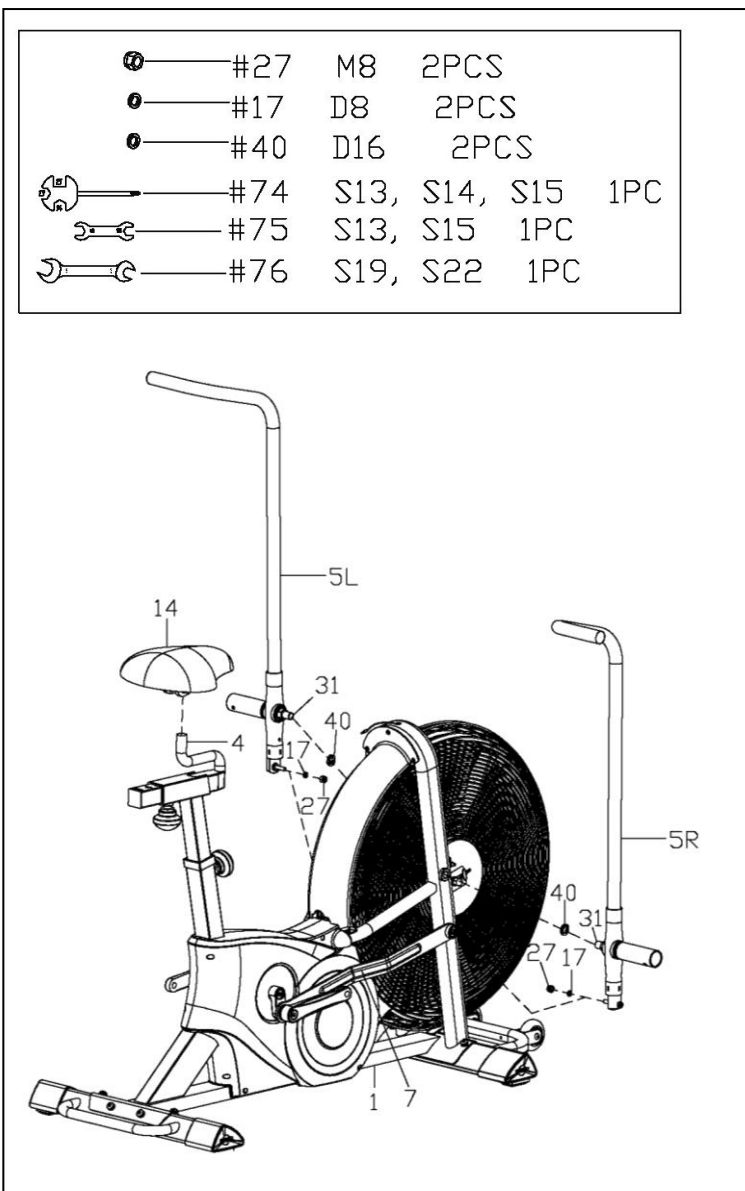


| | | | |
|---|---|---|---|
| #16 | M8X20 | 8PCS | |
| #17 | D8 | 8PCS | |
| #18 | Ø8XØ16X1.5 | 8PCS | |
| #39 | M8X40 | 2PCS | |
| #27 | M8 | 2PCS | |
| #73 | S6 | 1PC | |
| #74 | S13, S14, S15 | 1PC | |

**STEP 1:**

Remove 8 **Allen Screws (No. 16)**, 8 **Spring Washers (No. 17)** and 8 **Flat Washers (No. 18)** from the **Front Stabilizer (No. 9)** and the **Rear Stabilizer (No. 10)** using **Allen Wrench (No. 73)**.

Attach the **Front Stabilizer (No. 9)** and the **Rear Stabilizer (No. 10)** to the **Main Frame (No. 1)** with 8 **Allen Screws (No. 16)**, 8 **Spring Washers (No. 17)** and 8 **Flat washers (No. 18)** that were just removed. Tighten and secure with **Allen Wrench (No. 73)**.

Remove 2 **Allen Screws (No. 39)** and 2 **Nylon Nuts (No. 27)** from the **Front Stabilizer (No. 9)** using **Allen Wrench (No. 73)** and **Spanner (No. 74)**.

Attach the 2 **Transportation Wheels (No. 19)** to the **Front Stabilizer (No. 9)** with 2 **Allen Screws (No. 39)** and 2 **Nylon Nuts (No. 27)** that were just removed. Tighten and secure with **Allen Wrench (No. 73)** and **Spanner (No. 74)**.

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| | | | |
|---|---|---|---|
| ⊙——#27 | M8 | 2PCS | |
| ○——#17 | D8 | 2PCS | |
| ○——#40 | D16 | 2PCS | |
| ✎——#74 | S13, S14, S15 | 1PC | |
| ✎——#75 | S13, S15 | 1PC | |
| ✎——#76 | S19, S22 | 1PC | |



## STEP 2:

Remove 2 **Nylon Nuts (No. 27)**, 2 **Spring Washers (No. 17)** from the **Left & Right Swing Arms (No. 5L & No. 5R)** using **Spanner (No. 74)**.

Pre-attach the 2 **Pedal Tube Axles (No. 31)** of the **Left & Right Swing Arms (No. 5L & No. 5R)** and 2 **Spring Washers (No. 40)** to the two sides of the **Main Frame (No. 1)** using **Open End Wrench (No. 76)**.

**NOTE:** Do not completely tighten the **Pedal Tube Axles (No. 31)** yet.

Attach the **Left & Right Swing Arms (No. 5L & No. 5R)** to the 2 **Connecting Arms (No. 7)** with 2 **Nylon Nuts (No. 27)** and 2 **Spring Washers (No. 17)** that were just removed. Tighten and secure with **Spanner (No. 74)**.

Now, tighten the **Pedal Tube Axles (No. 31)** using **Open End Wrench (No. 76)**.

Attach the **Seat (No. 14)** onto the **Seat Slider (No. 4)** and lock them tightly with **Open End Wrench (No. 75)**.

**NOTE:** Before exercise, please make sure the **Seat (No. 14)** is tightened to the **Seat Slider (No. 4)**.

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).
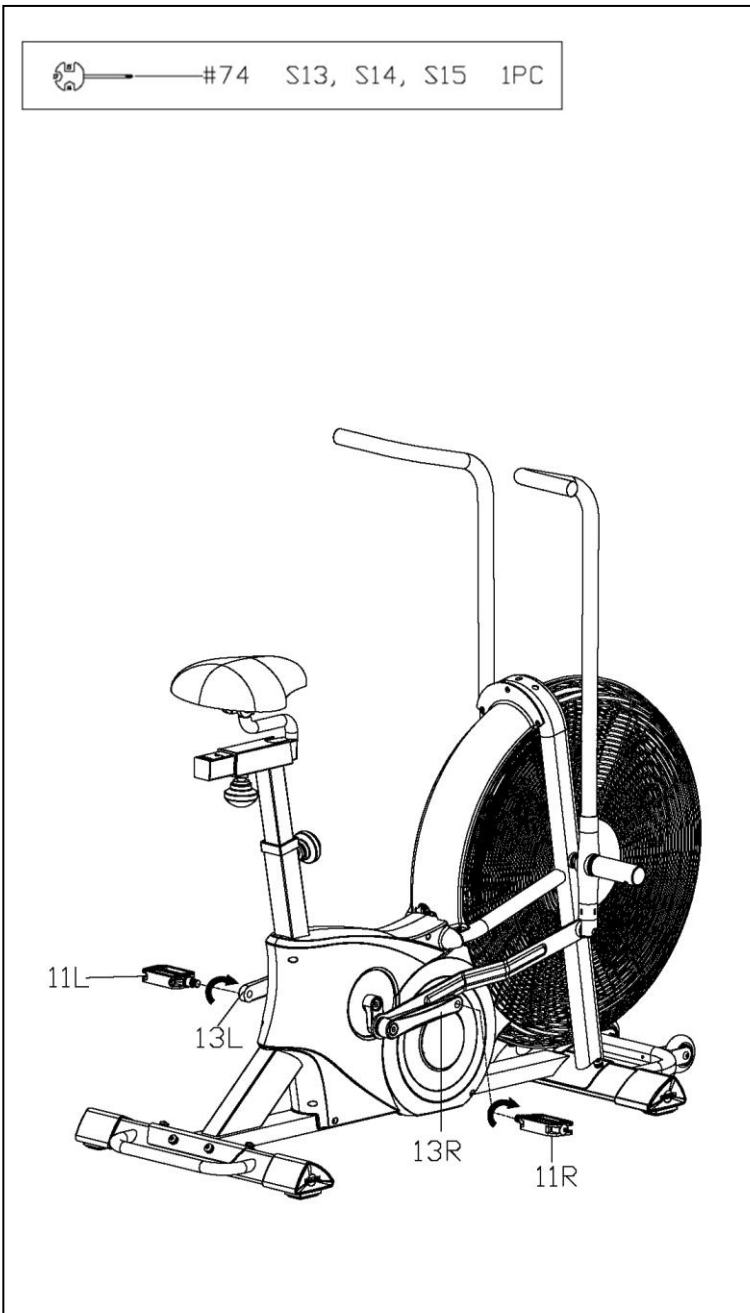


## STEP 3:

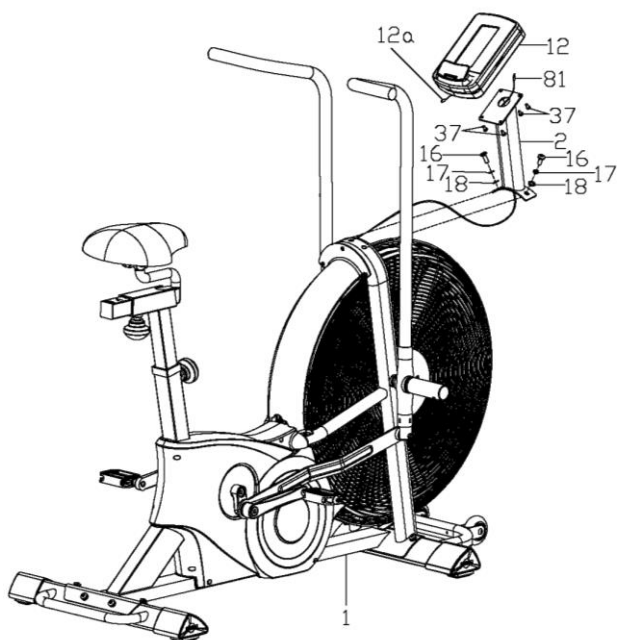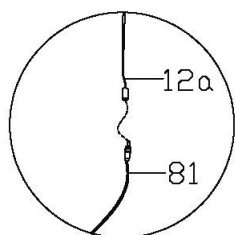**IMPORTANT! Read instructions carefully, failure to do so may cause permanent damage to your bike.**

Align the **Left Pedal (No. 11L)** with the **Left Crank (No. 13L)** at a 90° angle and gently insert the **Left Pedal (No. 11L)** into the **Left Crank (No. 13L)**. Screw the **Left Pedal (No. 11L)** *counter-clockwise* into the **Left Crank (No. 13L)**. Tighten and secure with **Spanner (No. 74)**.

Align the **Right Pedal (No. 11R)** with the **Right Crank (No. 13R)** at a 90° angle and gently insert the **Right Pedal (No. 11R)** into the **Right Crank (No 13R)**. Screw the **Right Pedal (No. 11R)** *clockwise* into the **Right Crank (No. 13R)**. Tighten and secure with **Spanner (No. 74)**.

**NOTE: Left Pedal (No. 11L)** is marked with "L" on the pedal, while **Right Pedal (No. 11R)** is marked with "R" on the pedal. Attaching the **Left & Right Pedals (No. 11L & No. 11R)** to the wrong **Left & Right Cranks (No. 13L & No. 13R)** or turning them with the wrong direction will damage the **Left & Right Cranks (No. 13L & No. 13R)**.

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 4:**

Remove 2 **Allen Screws (No. 16)**, 2 **Spring Washers (No. 17)** and 2 **Flat Washers (No. 18)** from the **Main Frame (No. 1)** using **Allen Wrench (No. 73)**.

Thread the **Sensor Wire (No. 81)** through the bottom of the **Handlebar Post (No. 2)** and bring out from the top. Then attach the **Handlebar Post (No. 2)** to the **Main Frame (No. 1)** with 2 **Allen Screws (No. 16)**, 2 **Spring Washers (No. 17)** and 2 **Flat Washers (No. 18)** that were just removed. Tighten and secure with **Allen Wrench (No. 73)**.

Remove 4 **Screws (No. 37)** from the back of the **Meter (No. 12)** using **Spanner (No. 74)**. Connect the **Sensor Wire (No. 81)** with the **Meter Wire (No. 12a)**, then attach the **Meter (No. 12)** on the bracket of the **Handlebar Post (No. 2)** with 4 **Screws (No. 37)** that were just removed. Tighten and secure with **Spanner (No. 74).**

*THE ASSEMBLY IS COMPLETE!*

# ADJUSTMENT GUIDE



## ADJUSTING THE SEAT
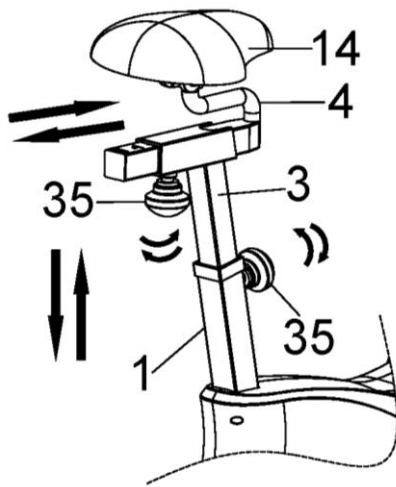
The **Seat (No. 14)** of this bike is fully adjustable as it moves *Up*, *Down, Fore (forward), Aft (backward).*

To adjust the height of the **Seat Tube (No. 3)**, loosen and pull the **Knob (No. 35)** on the **Main Frame (No. 1)** outward, then raise or lower the **Seat (No. 14)** to the desired height. Once adjusted, re-insert and tighten the **Knob (No. 35)** to secure the **Seat (No. 14)** in place.

To adjust the **Seat (No. 14)** back and forth, loosen and pull the **Knob (No. 35)** on the **Seat Tube (No. 3)** outward, then slide the **Seat Slider (No. 4)** to the desired position. Once adjusted, re-insert and tighten the **Knob (No. 35)** to secure the **Seat Slider (No. 4)** in place.
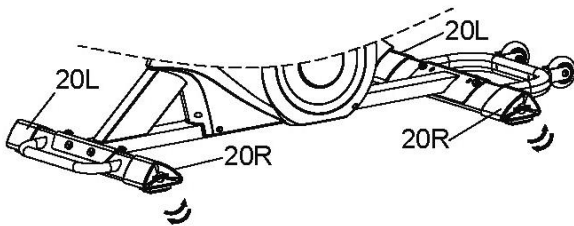


## ADJUSTING THE LEVEL

If at any point the bike feels uneven, you can adjust the **Left & Right Leveler Caps (No. 20L & No. 20R)**. If the bike is wobbly when you use it, please consider adding an exercise mat under it.
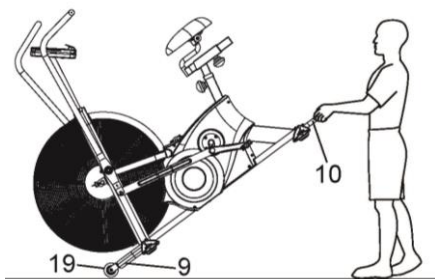


## HOW TO MOVE THE BIKE

There are **Transportation Wheels (No. 19)** located on the **Front Stabilizer (No. 9)**. Hold the handlebar on the **Rear Stabilizer (No. 10)** and pull forward to lift the rear of the bike off the floor. Now you can move the bike.

# BATTERY INSTALLATION & REPLACEMENT



Battery Cover

Battery

12
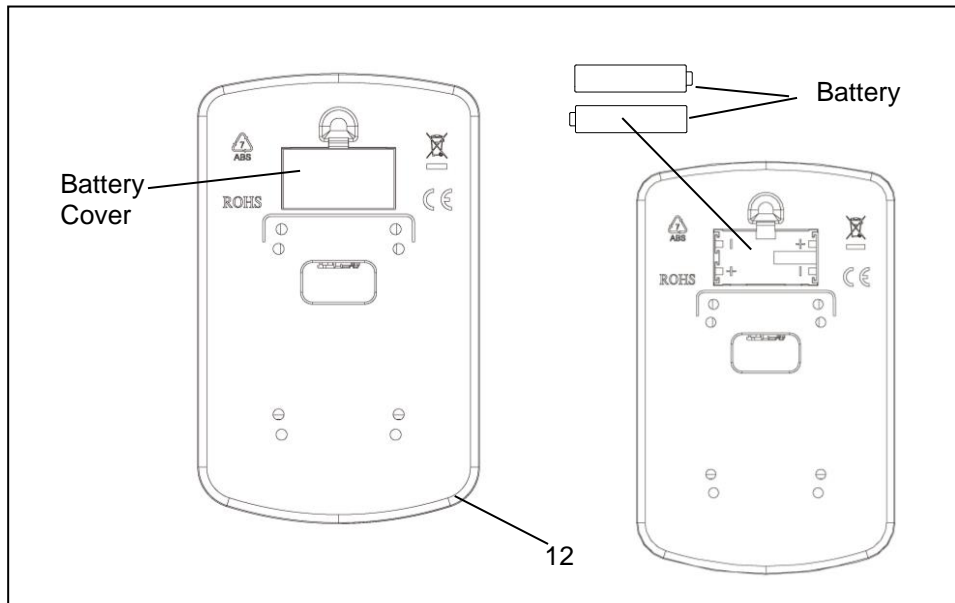
## BATTERY INSTALLATION

1. Take out 2 AA batteries from meter box.
2. Press the buckle of battery cover on the **Meter (No. 12)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Meter (No. 12)**. 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. 12)**.

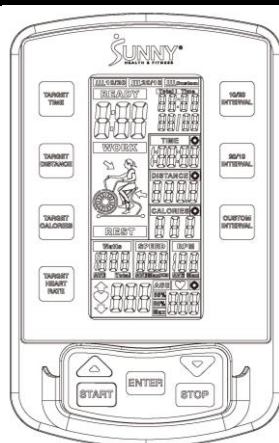*The installation is complete!*

## BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the **Meter (No. 12)**, 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. 12)**. 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. 12)**.

*The replacement is complete!*

## BATTERY DISPOSAL

Dispose the batteries according to the laws and regulations of your local region. Some batteries may be recycled. When disposing or recycling, do not mix battery types.

# EXERCISE METER INSTRUCTIONS



## BUTTON FUNCTIONS

| FUNCTION | DESCRIPTION |
|---|---|
| START | To start workout quickly or resume workout in STOP mode. |
| STOP | To stop/pause workout.<br>To clear up all settings.<br>Hold on this key for 2 seconds to reboot the meter. |
| DOWN ▽ | To adjust DISTANCE, CALORIES, HEART RATE, TIME, AGE value down. |
| UP △ | To adjust DISTANCE, CALORIES, HEART RATE, TIME, AGE value up. |
| TARGET DISTANCE | Fast access to Target Distance training mode. |
| TARGET CALORIES | Fast access to Target Calories training mode. |
| TARGET HEART RATE | Fast access to Target Heart Rate training mode. |
| TARGET TIME | Fast access to Target Time training mode. |
| INTERVAL | There are 3 programs: 10/20 INTERVAL, 20/10 INTERVAL, and CUSTOM INTERVAL. |
| ENTER | To confirm settings or enter program.<br>Press and hold the button for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor, the meter will enter sleep mode. |

## OPERATING INSTRUCTIONS

1. After the batteries are installed, the screen displays for 2 seconds (FIG. 1) and will beep at the same time. Then the screen will display the wheel diameter for 1 second (FIG. 2) in the DISTANCE window and enter the AGE setting. When entering the AGE, the age value will flash (FIG. 3), press the UP/DOWN buttons to adjust the value, press the ENTER button to confirm and enter standby mode.
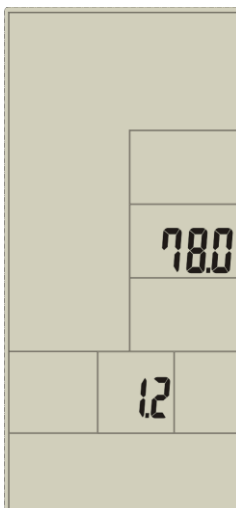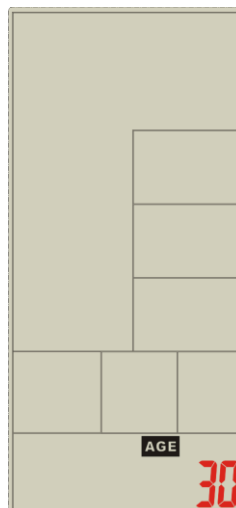


FIG. 1          FIG. 2          FIG. 3

2. 10/20 INTERVAL, 20/10 INTERVAL, CUSTOM INTERVAL, READY, WORK, REST, TIME, DISTANCE, CALORIES, WATTS, SPEED, RPM, and HEART RATE symbol ♥ will cycle though in SCAN mode (FIG. 4 to FIG. 16).
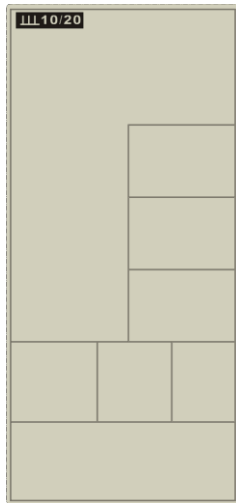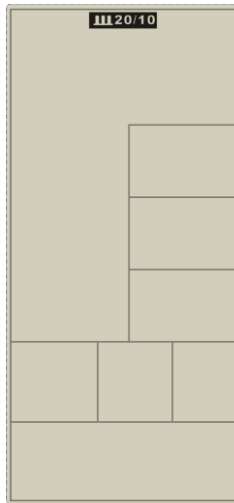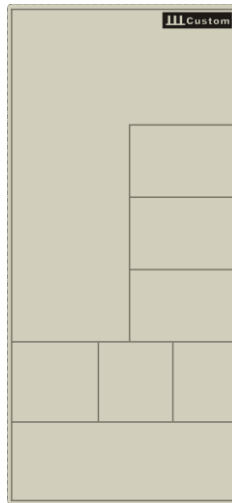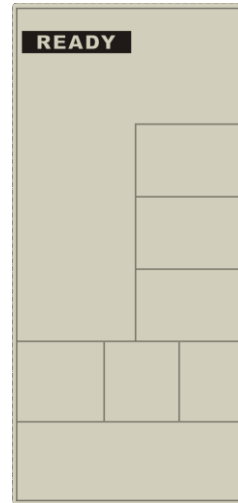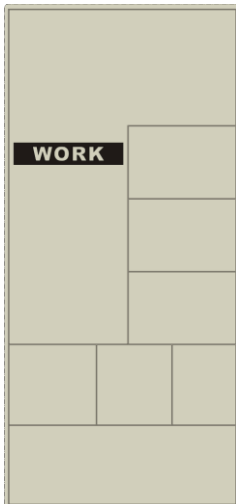


| FIG. 4 | FIG. 5 | FIG. 6 | FIG. 7 |



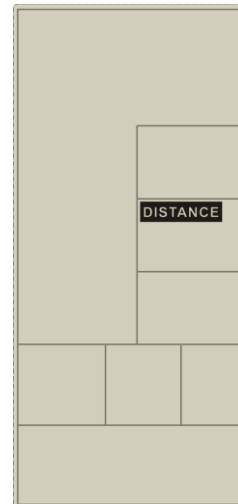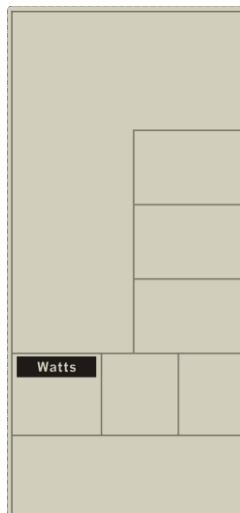| FIG. 8 | FIG. 9 | FIG. 10 | FIG. 11 |

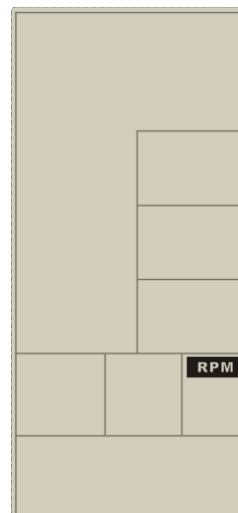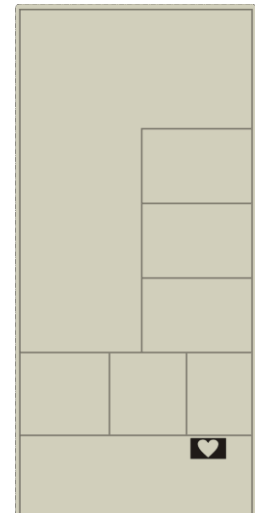

| FIG. 12 | FIG. 13 | FIG. 14 | FIG. 15 | FIG. 16 |
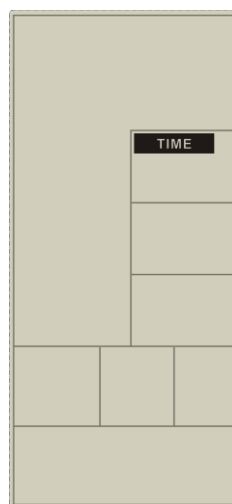
3. If there is no button input and no RPM signal input for 60 seconds, the meter will enter sleep mode.

4. Manual Program:
   1) In standby mode, if there is RPM signal input, the meter will start immediately and beep at the same time.
   2) TOTAL TIME, TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM will start

counting according to the calculation value (FIG. 17).

3) When there is heart rate input, the heart rate symbol ♡ will light up, and the ♥ symbol will blink and display the current heart rate value (FIG. 18); "P" will blink continuously if there is no heart rate input (FIG. 17).

4) After 30 seconds without any signal input, the meter will beep and enter standby mode.



FIG. 17　　FIG. 18

5. 10/20 INTERVAL：
1) Press 10/20 INTERVAL button to enter 10/20 INTERVAL mode. The 10/20 symbol will light up on the top left corner of the screen and the meter will beep at the same time.
2) CYCLE TIME starts in 3 seconds, the meter will beep and READY will flash once per second, and the count will display 00/08 (FIG. 19).
3) The CYCLE TIME will start to count down from 10 seconds and WORK will flash once every second. The TIME window will count down from 3:40. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM will start counting according to the calculation value. The count shows 01/08 (FIG. 20).
4) The CYCLE TIME will start to count down from 20 seconds and REST will flash once every second. The meter will beep synchronously (FIG. 21). READY will flash synchronously at the last 3 seconds (FIG. 22).
5) Repeat STEP 3 and STEP 4 for each cycle. Each cycle count adds 1, until 08/08 WORK movement is displayed, then enter the end screen.
6) Under the execution of the WORK movement, after 30 seconds without any signal input, the meter will beep and enter standby mode.
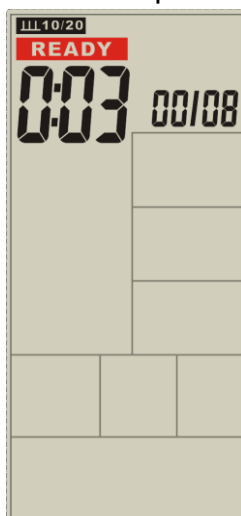


FIG. 19　　FIG. 20　　FIG. 21　　FIG. 22

6. 20/10 INTERVAL：
1) Press 20/10 INTERVAL button to enter 20/10 INTERVAL mode. The 20/10 symbol will light up on the top center of the screen, and the meter will beep at the same time.

2) CYCLE TIME starts in 3 seconds, the meter will beep and READY will flash once per second, and the count will display 00/08 (FIG. 23).
3) The CYCLE TIME will start to count down from 20 seconds and WORK will flash once every second. The TIME window will count down from 3:50. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM will start counting according to the calculation value. The count shows 01/08 (FIG. 24).
4) The CYCLE TIME will start to count down from 10 seconds and REST will flash once every second. The meter will beep synchronously (FIG. 25). READY will flash synchronously at the last 3 seconds (FIG. 26).
5) Repeat STEP 3 and STEP 4 for each cycle. Each cycle count adds 1, until the 08/08 WORK movement is displayed, then enter the end screen.
6) Under the execution of the WORK movement, after 30 seconds without any signal input, the meter will beep and enter standby mode.
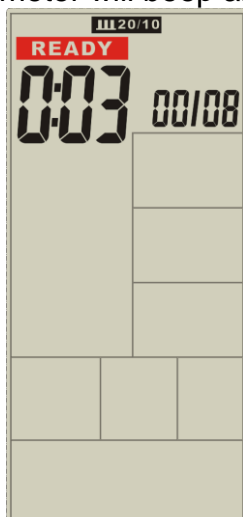


| FIG. 23 | FIG. 24 | FIG. 25 | FIG. 26 |

7. CUSTOM INTERVAL：
   1) Press the CUSTOM INTERVAL button to enter CUSTOM INTERVAL mode. The CUSTOM symbol will light up on the top right corner of the screen, 00/XX will flash and the meter will beep at the same time. Press UP or DOWN button to set 00/XX. The setting range is 1~99. Range will cycle through after 99 and restart from 1. Press the ENTER button to confirm after the meter will beep and enter the next option setting (FIG. 27).
   2) TIME will light up, WORK and 0:01 will flash, press UP or DOWN button to set the working time. The setting range is 0:01~9:59. It will cycle through after 9:59 and restart from 0:01. Press the ENTER button to confirm after the meter will beep and enter the next option setting (FIG. 28).
   3) TIME will light up, REST and 0:01 will flash, press UP or DOWN button to set the resting time. The setting range is 0:01~9:59. It will cycle through after 9:59 and restart from 0:01. Press the ENTER button to confirm after the meter will beep and CUSTOM will continue to light up (FIG. 29).
   4) CYCLE TIME starts in 3 seconds, the meter will beep and READY will flash once per second and the count will display 00/XX (FIG. 30)
   5) The CYCLE TIME starts to count down from the setting time and WORK will flash once every second. TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM will start counting according to the calculation value. The count shows 01/XX (FIG. 31).
   6) The CYCLE TIME will start to count down from the setting time and REST will flash once every second. The meter will beep synchronously (FIG. 32). READY will flash synchronously at the last 3 seconds (FIG. 33).
   7) Repeat STEP 5 and STEP 6 for each cycle. Each cycle count adds 1, until all the setting WORK movement are finished, then enter the end screen.
   8) Under the execution of the WORK movement, after 30 seconds without any signal input, the meter will beep and enter standby mode.
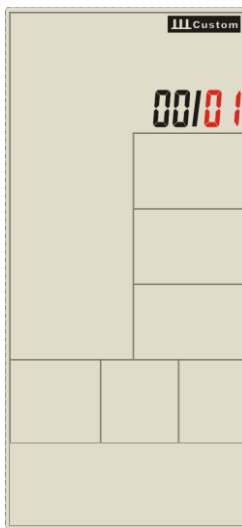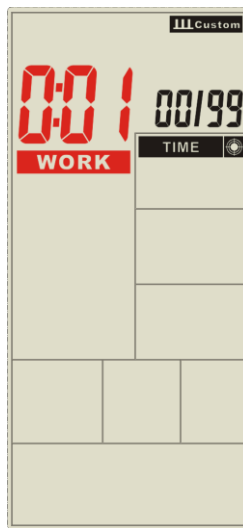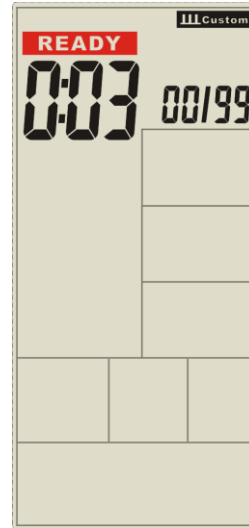
FIG. 27      FIG. 28      FIG. 29      FIG. 30



FIG. 31      FIG. 32      FIG. 33

8. TARGET TIME：

1) Press the TARGET TIME button to enter TARGET TIME mode. The ⊕ icon and TIME will light up and the meter will beep at the same time.
2) The TIME value will flash, press UP or DOWN button to set the TIME (FIG. 34). Press the ENTER button to confirm.
3) A countdown will start, then DISTANCE, CALORIES, WATTS, SPEED and RPM will start counting according to the calculation value (FIG. 35).
4) After 30 seconds without any signal input, the meter will beep and enter standby mode.



FIG. 34      FIG. 35

14

9. TARGET DISTANCE

   1) Press the TARGET DISTANCE button to enter TARGET DISTANCE mode.

      The [icon] icon and DISTANCE will light up and the meter will beep at the same time.
   2) The DISTANCE value will flash, press UP or DOWN button to set the DISTANCE (FIG. 36). Press the ENTER button to confirm.
   3) A countdown will start, then TIME, CALORIES, WATTS, SPEED and RPM will start counting according to the calculation value (FIG. 37).
   4) After 30 seconds without any signal input, the meter will beep and enter standby mode.
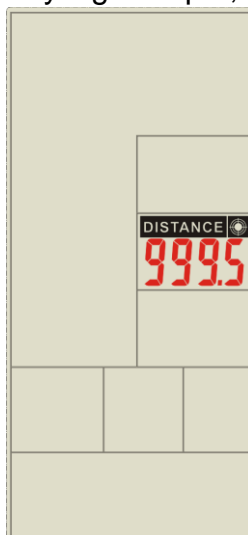


FIG. 36              FIG. 37

10. TARGET CALORIES：

   1) Press the TARGET CALORIES button to enter TARGET CALORIES mode.

      The [icon] icon and CALORIES will light up and the meter will beep at the same time.
   2) The CALORIES value will flash, press UP or DOWN button to set the CALORIES (FIG. 38). Press the ENTER button to confirm.
   3) A countdown will start, then TIME, DISTANCE, WATTS, SPEED and RPM will start counting according to the calculation value (FIG. 39).
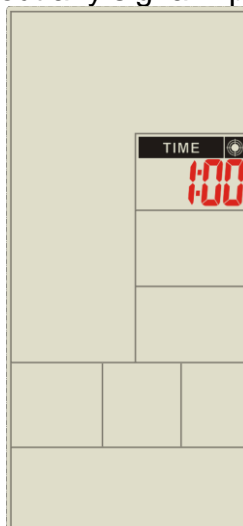   4) After 30 seconds without any signal input, the meter will beep and enter standby mode.



FIG. 38              FIG. 39

11. TARGET HEART RATE：

   1) Press the TARGET HEART RATE button to enter TARGET HEART RATE mode.

      The [icon] and [icon] icons will light up and the meter will beep the same time.
      **NOTE:** the mode is only available when connected to the SunnyFit Heart Rate Monitor HR200. The heart rate monitor is not included.

2) The AGE value will flash, press UP or DOWN button to set the age (FIG. 40). Press the ENTER button to confirm.
3) Once started, MAX symbol will remain lit up and display the heart rate value of 65% and 85%. TIME, DISTANCE, CALORIES, WATTS, SPEED and RPM will start counting according to the calculation value (FIG. 41).
4) When the heart rate drops 65%, ⬆ and the 65% value will flash, the meter will beep every 10 seconds until the heart rate reaches above 65% (FIG. 42).
5) When the heart rate exceeds 85%, ⬇ and the 85% value will flash, the meter will beep every 10 seconds until the heart rate reaches below 85% (FIG. 43).
6) When the heart rate is in the range of 65%~85%, the heart rate symbol will flash, and MAX/65%/85% will not be displayed, indicating that it is in the range of 65%~85% (FIG. 44).
7) After 30 seconds without any signal input, the meter will beep and enter standby mode.
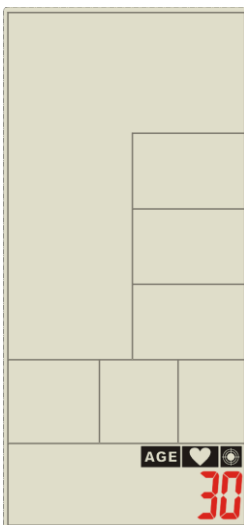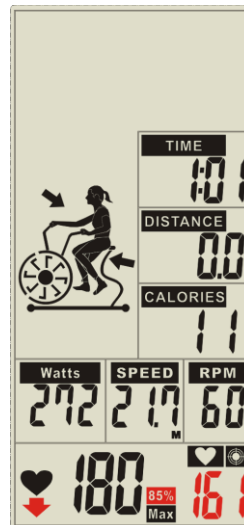


FIG. 40     FIG. 41     FIG. 42     FIG. 43     FIG. 44

## SPECIAL FUNCTION DESCRIPTION
1. Setting pattern
   1) In standby mode, long press the START and ENTER buttons for 2 seconds, after entering the meter will beep, DISTANCE will light up, M (FIG. 45) and KM (FIG. 46) blink once per second.
   2) Press UP or DOWN button to switch between imperial and metric system. Press the ENTER button to confirm. After the meter will beep and enter standby mode.
   3) If there is no input for 30 second, the meter will enter standby mode.
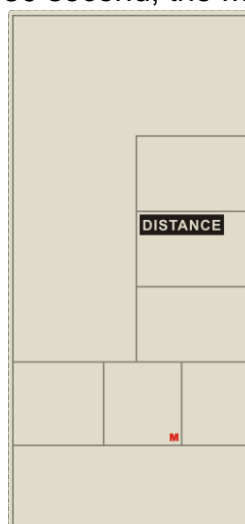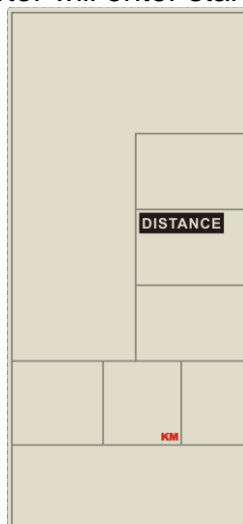


FIG. 45     FIG. 46

2. Press the START button once to enter pause mode. The meter will beep every 30 seconds. When in pause mode, all displays will remain on the screen for 3 seconds and then blink on the 4th second. After 5 minutes in pause mode, the meter will beep and enter standby mode, press START button to continue.
3. Press the STOP button and the meter will beep, TIME window displays the time elapsed for the current exercise, DISTANCE window displays the current distance, and CALORIES window displays current heat consumption for 30 seconds. WATT, SPEED, and RPM windows display average and maximum values every 5 seconds.
4. In STOP mode, when there is heart rate input, heart rate values of 85%, 65% and the maximum heart rate value are displayed every 5 seconds (FIG. 49- FIG. 51). If there is no heart rate input, nothing will be displayed (FIG. 47- FIG. 48).

| FIG. 47 | FIG. 48 | FIG. 49 | FIG. 50 | FIG. 51 |
|---|---|---|---|---|

5. Reset mode:
   1) Press the STOP button for 2 seconds in any case to TOTAL RESET.
   2) The screen will blink once every 2 seconds, and the meter will beep for 2 seconds.
   3) Return to standby mode, all settings will be reset and return to default presets.

# WIRELESS HEART RATE:

1. The meter will turn on Bluetooth scan for wireless heart rate connection when the meter is on or wakes from sleep mode. If no heart rate monitor is connected within 1 minute, press the ENTER button to start the Bluetooth scan again.
2. If no heart rate monitor is connected, the meter will start the Bluetooth scan for wireless heart rate connection for 1 minute when starting exercise.
3. After exercise resumes, if no heart rate monitor is connected, the meter will start the Bluetooth scan for wireless heart rate connection for 1 minute.

## 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.

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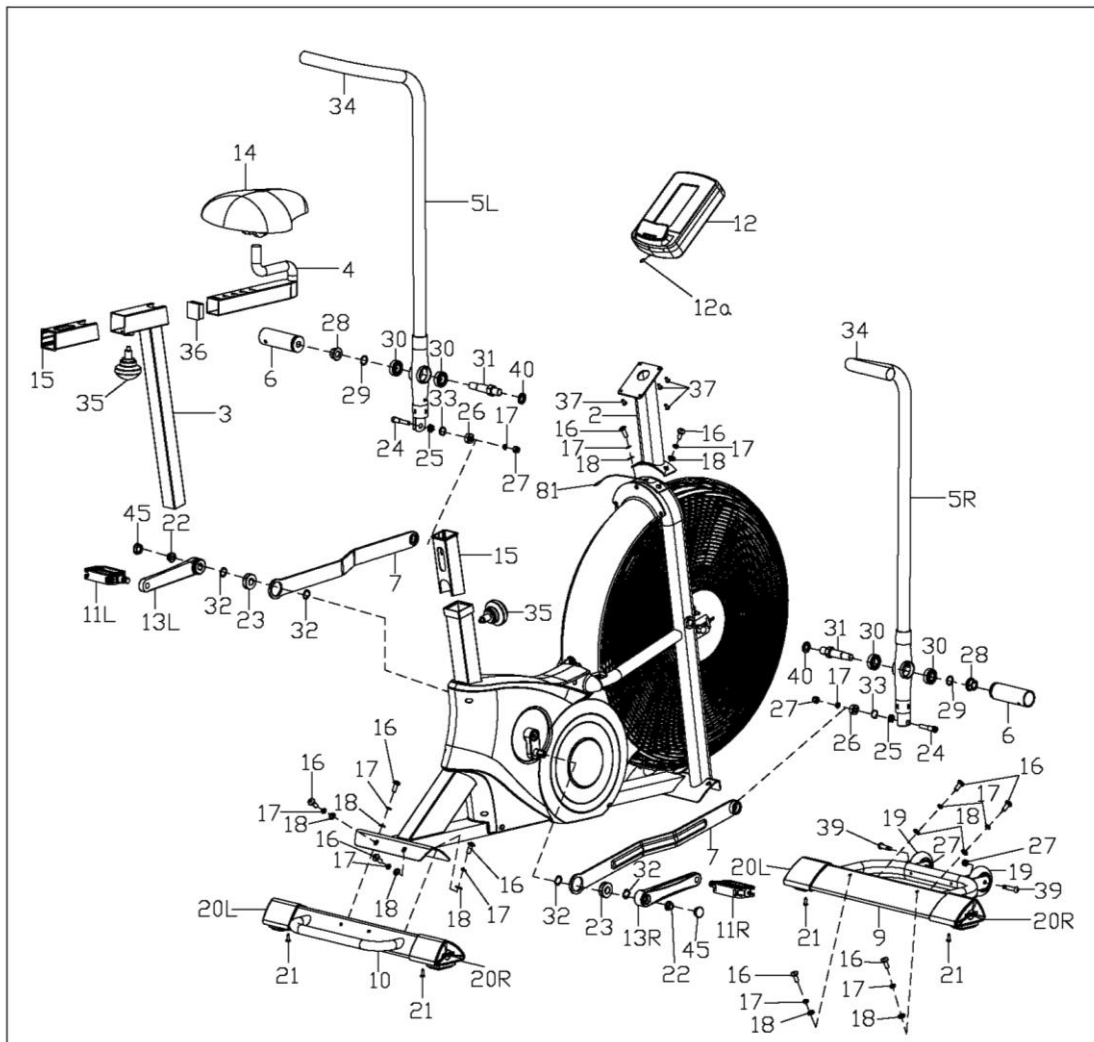**Connectivity:** Bluetooth LE
**Frequency Range:** 2400~2483.5 Mhz
**Transmitting Power:** 0 dBm

# PARTS LIST

| No. | Description | Spec. | Qty. | No. | Description | Spec. | Qty. |
|---|---|---|---|---|---|---|---|
| 1 | Main Frame | | 1 | 40 | Spring Washer | D16 | 2 |
| 2 | Handlebar Post | | 1 | 41 | Hex Nut | M6 | 4 |
| 3 | Seat Tube | | 1 | 42 | Hex Thin Nut | M10X1.0 | 3 |
| 4 | Seat Slider | | 1 | 43 | Spacer | Φ17.2XΦ21X5 | 1 |
| 5L | Left Swing Arm | | 1 | 44 | Bearing | 6000Z | 2 |
| 5R | Right Swing Arm | | 1 | 45 | Crank Cover | | 4 |
| 6 | Foot Tube | | 2 | 46 | Thin Cone Nut | M10X1.0 | 2 |
| 7 | Connecting Arm | | 2 | 47 | Centre Axle Set | | 1 |
| 8L | Left Small Crank | 70X27X25 | 1 | 48 | Wheel Hub Set | | 1 |
| 8R | Right Small Crank | 70X27X25 | 1 | 49 | Wave Washer | Φ17XΦ25X0.3 | 1 |
| 9 | Front Stabilizer | | 1 | 50 | Bearing | 6203Z | 2 |
| 10 | Rear Stabilizer | | 1 | 51 | Crank Axle | Φ10X150 | 1 |
| 11L | Left Pedal | JD-303V | 1 | 52 | Cap Nut | M10X1.0 | 2 |
| 11R | Right Pedal | JD-303V | 1 | 53L | Left Protective Cage | | 1 |
| 12 | Meter | ST3921 | 1 | 53R | Right Protective Cage | | 1 |
| 12a | Meter Wire | 150mm | 1 | 54 | Spacer | Φ10.2XΦ15X19 | 1 |
| 13L | Left Crank | L170,9/16"X20 | 1 | 55L | Left Cage Cover | | 1 |
| 13R | Right Crank | L170,9/16"X20 | 1 | 55R | Right Cage Cover | | 1 |
| 14 | Seat | KX98-7 | 1 | 56 | Self-drilling Screw | ST4.2X18 | 7 |
| 15 | Bushing | 45X45X1.5 | 2 | 57 | Fan Wheel Axle | Φ10X150 | 1 |
| 16 | Allen Screw | M8X20 | 10 | 58 | Spacer | Φ10XΦ15X6 | 1 |
| 17 | Spring Washer | D8 | 12 | 59 | Fan Wheel | Φ620X49 | 1 |
| 18 | Flat Washer | Φ8XΦ16X1.5 | 10 | 60 | Belt | 305 | 1 |
| 19 | Transportation Wheel | Φ72X24 | 2 | 61 | Axle Stop Ring | Φ17 | 1 |
| 20L | Left Leveler Cap | | 2 | 62 | Flat Washer | D10XΦ20X2 | 4 |
| 20R | Right Leveler Cap | | 2 | 63 | Belt | 500 | 1 |
| 21 | Screw | ST4.2X18 | 8 | 64 | Flange Nut | M10X1.0 | 2 |
| 22 | Flange Nut | M10X1.25 | 4 | 65L | Left Belt Cover | | 1 |
| 23 | Bearing | 99502Z | 2 | 65R | Right Belt Cover | | 1 |
| 24 | Shoulder | Φ10X44.5 | 2 | 66 | Adjusting Bolt | M6X50 | 2 |
| 25 | Hex Thin Nut | M8XH5 | 2 | 67 | Adjusting U Washer | 3X30X20 | 3 |
| 26 | Bearing | Φ22XΦ8XH9 | 2 | 68 | Adjusting Bolt | M6X48 | 1 |
| 27 | Nylon Nut | M8 | 4 | 69 | Adjusting U Washer | 2X34.6X31 | 1 |
| 28 | Flange Nut | M14X1.5 | 2 | 70 | Adjusting Bolt | M6X36 | 1 |
| 29 | Flat Washer | Φ17XΦ22X1 | 2 | 71 | Screw | ST4.8X16 | 5 |
| 30 | Bearing | 6003Z | 4 | 72 | Fan Wheel Cover | | 1 |
| 31 | Pedal Tube Axle | Φ22X94 | 2 | 73 | Allen Wrench | S6 | 1 |
| 32 | Wave Washer | Φ16XΦ22X0.3 | 4 | 74 | Spanner | S13, S14, S15 | 1 |
| 33 | Stop Ring | Φ22 | 2 | 75 | Open End Wrench | S13, S15 | 1 |
| 34 | Foam Grip | Φ28XΦ34X265 | 2 | 76 | Open End Wrench | S19, S22 | 1 |
| 35 | Knob | M16X1.5XL20 | 2 | 77 | Seal Cover | Φ250X4 | 1 |
| 36 | Square Cap | 38X38X1.5 | 1 | 78 | Screw | M6X12 | 16 |
| 37 | Screw | M5X10 | 4 | 79 | Flywheel | Φ246X36 | 1 |
| 38 | Sensor Seat | | 1 | 80 | Round Magnet | Φ15X6 | 1 |
| 39 | Allen Screw | M8X40 | 2 | 81 | Sensor Wire | 700mm | 1 |

# EXPLODED DIAGRAM 1



# EXPLODED DIAGRAM 2
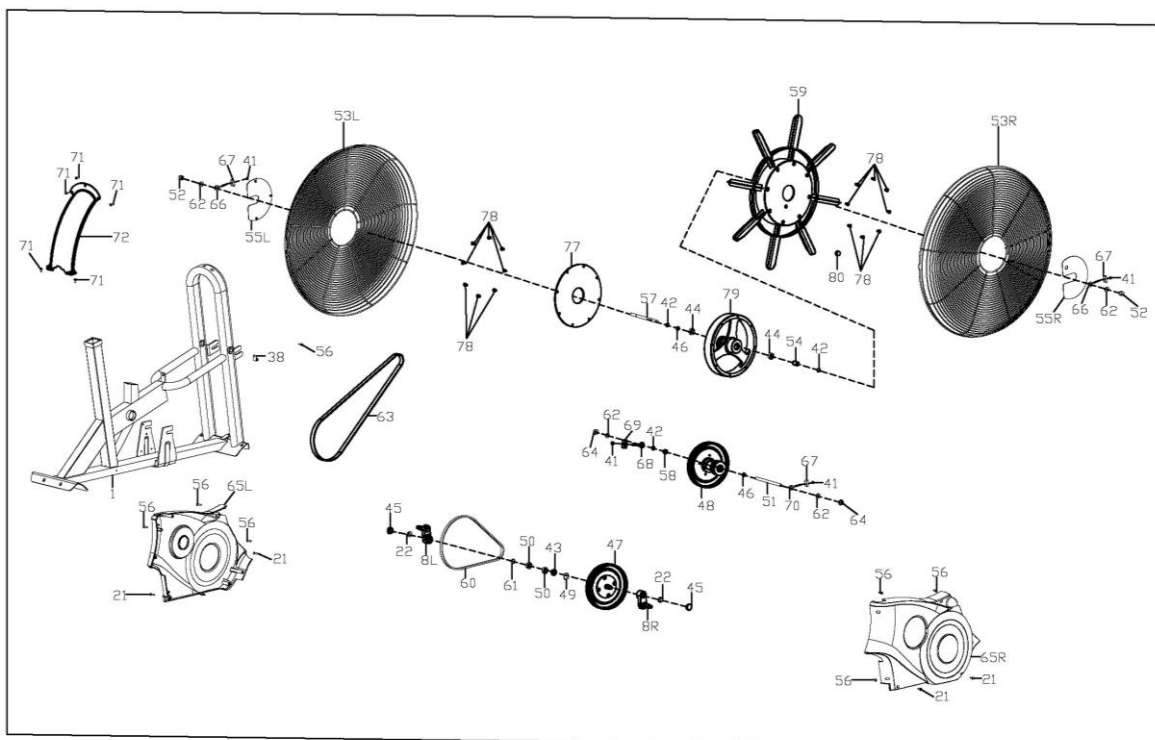


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