



# User Manual



## Smart Ultra Manual Treadmill with 8 Levels Magnetic Resistance

**SF-X7110**

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. 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 8 feet (240 cm) of free space behind it and 2 feet (60 cm) 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 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 are 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.

## **Statement of Purpose**

This treadmill is designed to provide a natural and effective running experience without using electricity. Its curved shape encourages better running form, while the 8 levels of magnetic resistance allow users to adjust intensity — from walking to sprinting or sled-push style workouts. It offers a durable, low-maintenance, and energy-efficient solution for both cardio and strength training.

## **Waste Disposal**



Sunny Health & Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

## **EU Declaration of Conformity**

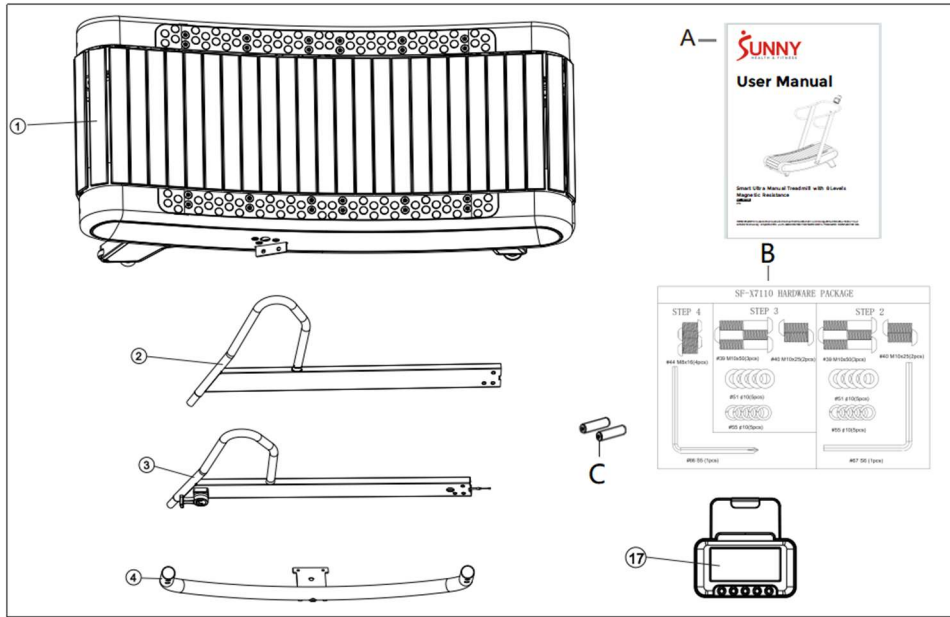
You can find the declaration of conformity at the following link:  
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

## **Technical Data**

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

# Pre-Assembly Checklist

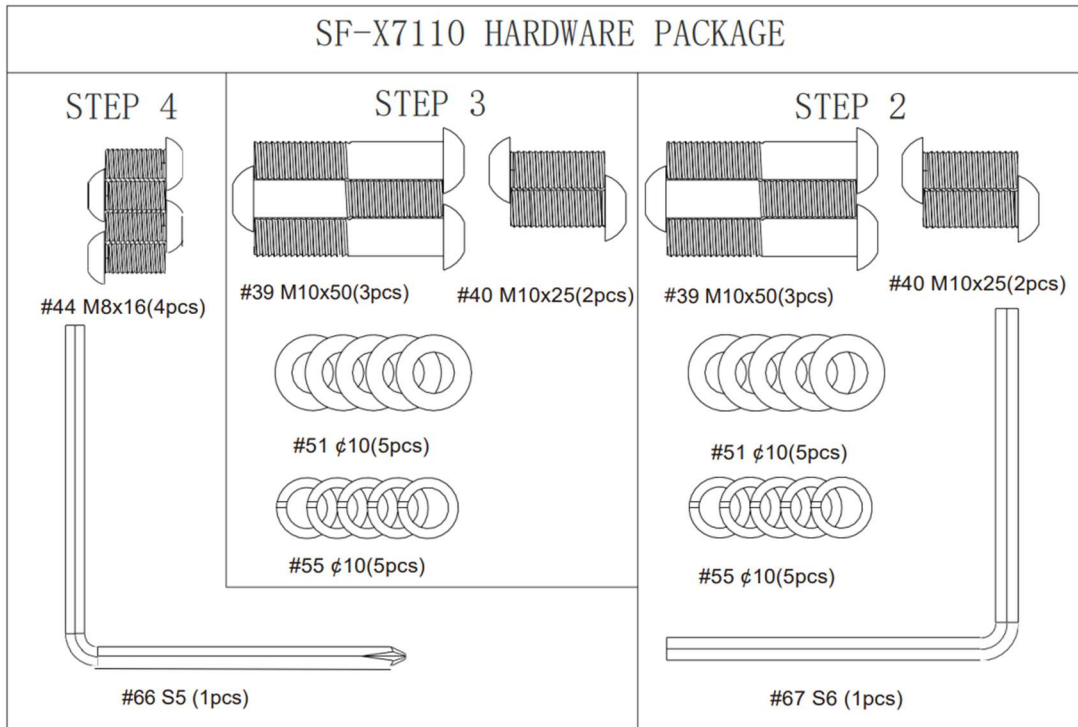
When you open the carton, you will find the following parts:



No.	Description	Spec.	Qty
1	Main Frame		1
2	Left Upright Tube		1
3	Right Upright Tube		1
4	Computer Holder Frame		1

No.	Description	Spec.	Qty
17	Computer	SF-L2402M	1
A	Manual		1
B	Hardware Package		1
C	Battery	AA	2

## 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](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).

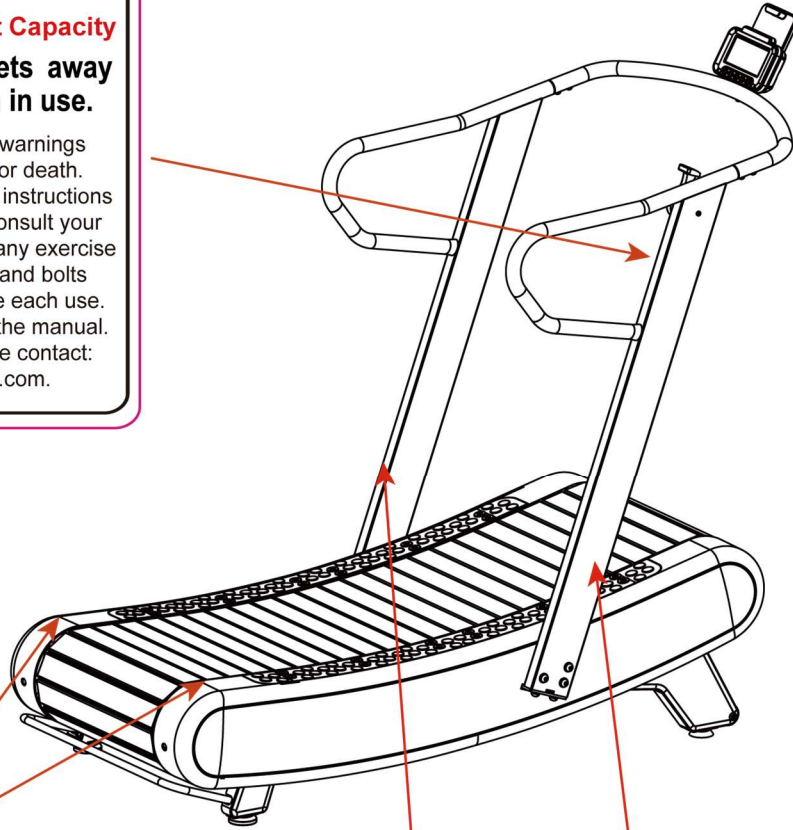
# Warning Labels

## **⚠ WARNING**

### **330 LBS/150 KG Weight Capacity**

**Keep children and pets away from equipment when in use.**

Failure to comply with these warnings could result in serious injury or death. Please read all warnings and instructions before using the machine. Consult your physician prior to beginning any exercise program. Make sure all nuts and bolts are securely tightened before each use. Follow all the instructions in the manual. For Customer Service, please contact: support@sunnyhealthfitness.com.



## **WARNING**

**DO NOT STEP HERE**



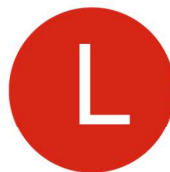
Do Not Touch Running Belt



Prohibit barefoot, slippers

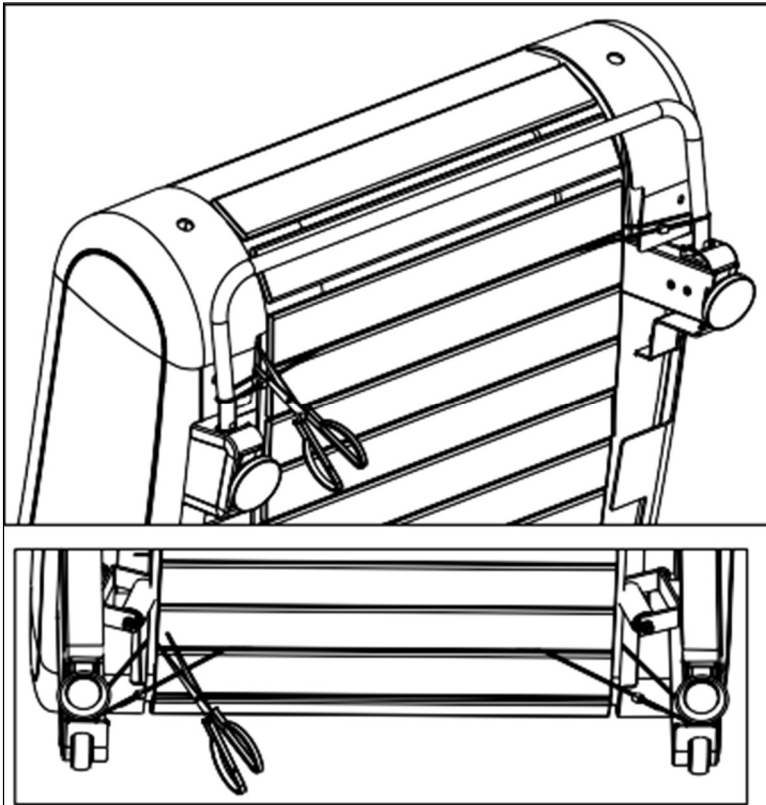


Put on your shoes



## Assembly Instructions

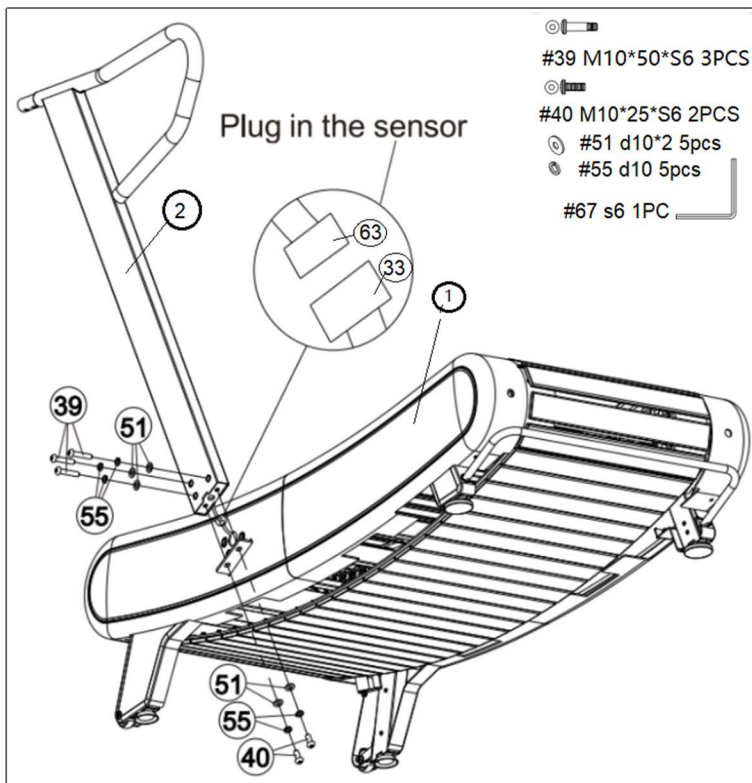
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



### STEP 1:

We recommend having two people to do the assembly.

Remove the **Main Frame (No. 1)** from the carton on level ground and ensure a clean and adequate space. Then follow the direction of shown in the picture use scissors to cut the 4 cable ties that hold the running belt.

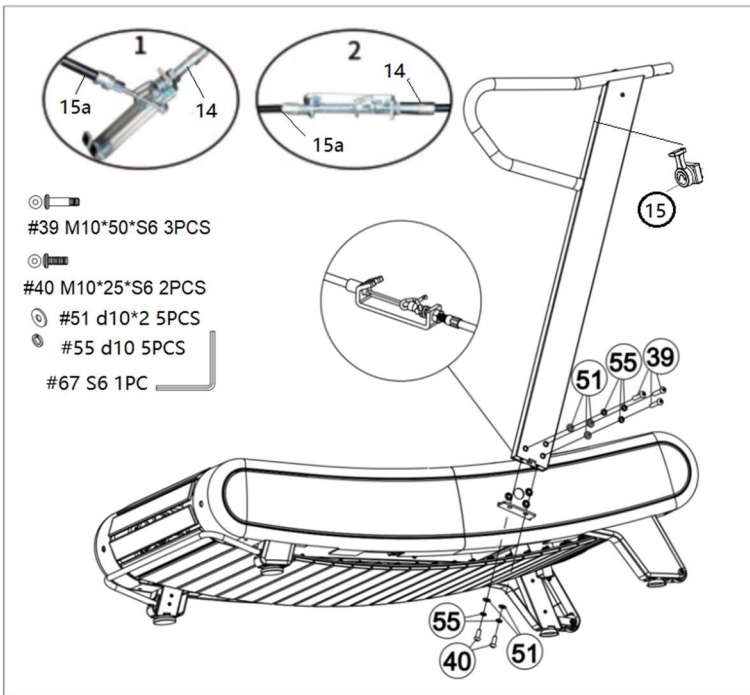


### STEP 2:

Connect the **Middle Sensor Wire 1 (No. 63)** to the **Sensor Wire (No. 33)**.

Attach the **Left Upright Tube (No. 2)** onto the **Main Frame (No. 1)** with 3 **Bolts (No. 39)**, 2 **Bolts (No. 40)**, 5 **Spring Washers (No. 55)** and 5 **Flat Washers (No. 51)**. Then pre-secure with **Allen Wrench (No. 67)**.

**NOTE:** Do not clip the sensor wire and completely tighten the **Bolt (No. 39)** and **Bolt (No. 40)** yet.



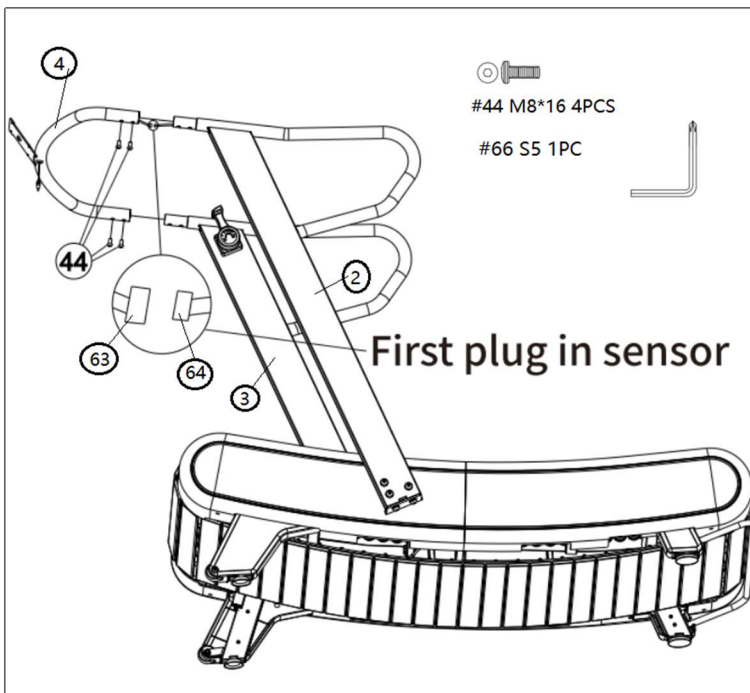
### STEP 3:

**CAUTION:** Please make sure the **Tension Control Knob (No. 15)** is at the highest resistance level (**level 8**) before you connect any wires together. Attach the **Tension Control Wire (No. 15a)** into the metal bracket of **Tension Wire (No. 14)** as shown in drawing 1.

Then, pull **Tension Control Wire (No. 15a)** upward and insert it into the slot of metal bracket of **Tension Wire (No. 14)** as shown in drawing 2. Make sure the metal fitting on **Tension Control Wire (No. 15a)** is secured in the metal bracket. Slide the **Tension Wire (No. 14)** into the main frame.

Attach the **Right Upright Tube (No. 3)** onto the **Main Frame (No. 1)** with 3 **Bolts (No. 39)**, 2 **Bolts (No. 40)**, 5 **Spring Washers (No. 55)** and 5 **Flat Washers (No. 51)**. Then pre-secure with **Allen Wrench (No. 67)**.

**NOTE:** Do not completely tighten the **Bolt (No. 39)** and **Bolt (No. 40)** yet.

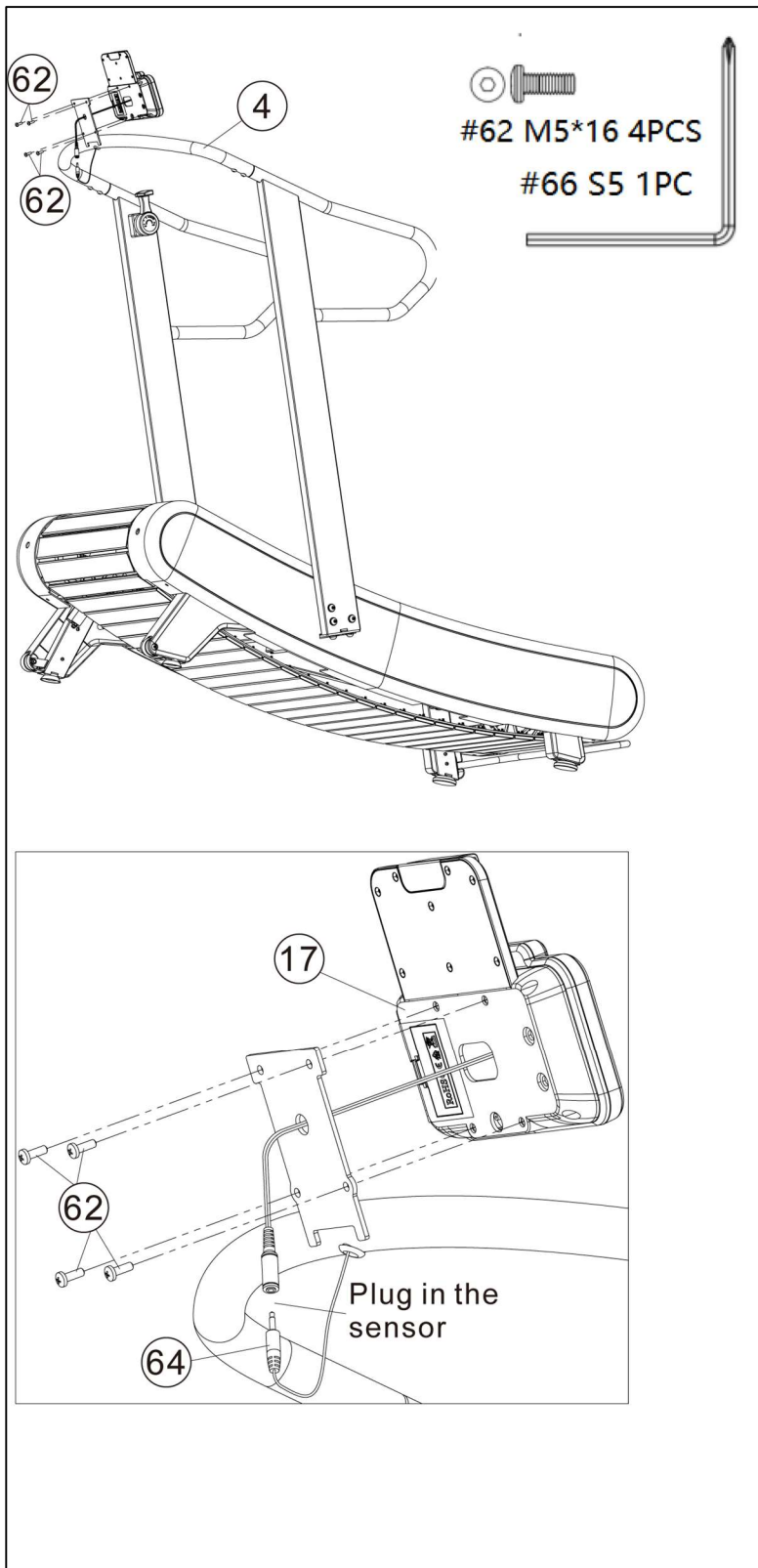


### STEP 4:

Connect the **Middle Sensor Wire 1 (No. 63)** with the **Middle Sensor Wire 2 (No. 64)**.

Attach the **Computer Holder Frame (No. 4)** onto the **Left Upright Tube (No. 2)** and the **Right Upright Tube (No. 3)** with 4 **Bolts (No. 44)**. Tighten and secure with the **Allen Wrench (No. 66)**.

Now tighten the screws in steps 2 and 3.



**STEP 5:**

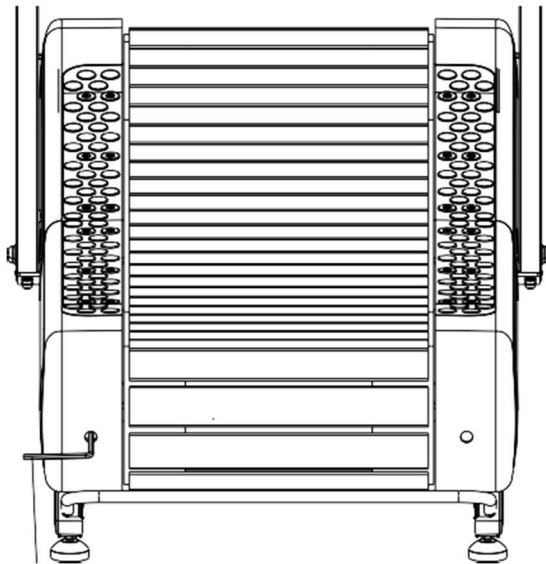
Remove the preinstalled 4 **Bolts (No. 62)** from the back of computer with **Allen Wrench (No. 66)**.

Through the wire of the computer from the middle hole on the bracket of the **Computer Holder Frame (No. 4)**, connect the computer wire with the **Middle Sensor Wire 2 (No. 64)** in the **Computer Holder Frame (No. 4)**,

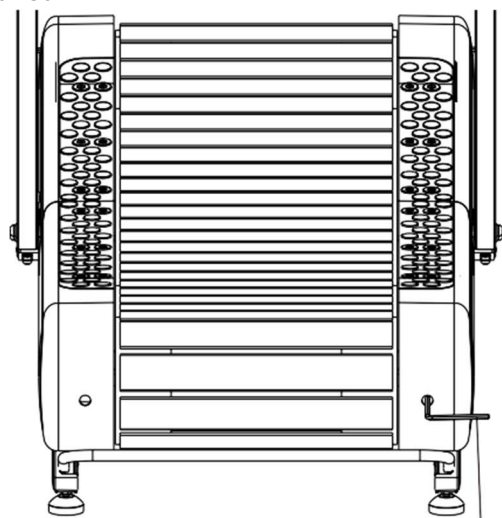
Attach the **Computer (No. 17)** onto the bracket of the **Computer Holder Frame (No. 4)** with 4 **Bolts (No. 62)** that were removed. Tighten and secure with **Allen Wrench (No. 66)**.

*The assembly is complete!*

# Adjustments Guide



#67 S6



#67 S6



The lowest point of the running belt must not touch the ground.

## ADJUSTING THE RUNNING BELT

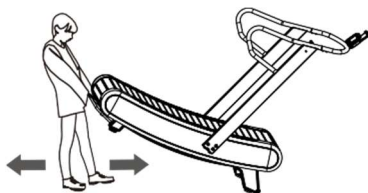
When you use a treadmill, the pressure on the running belt is not balanced due to the different forces used by the two feet during running, which causes the running belt to deviate from the center. This deviation is normal, and you need to bring the running belt back to the center. Observe which side the running belt is skewed while running.

If it is biased to the left, use the **Allen Wrench (No. 67)** to turn the left screw clockwise or turn the right screw  $1/4$  counterclockwise;

If it is biased to the right, use the **Allen Wrench (No. 67)** to turn the right screw clockwise or turn the left screw  $1/4$  counterclockwise;

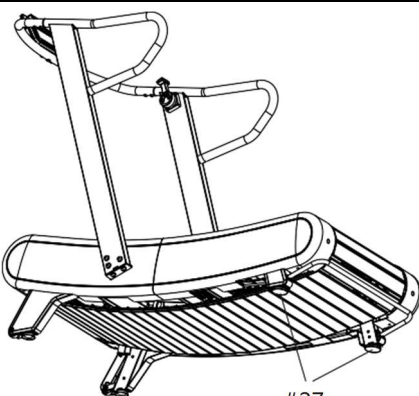
If the running belt is still not in the middle, repeat the above movements until it is adjusted to the middle.

After the adjustment, pay attention to whether the lowest point of the running belt touches the ground. If so, adjust both sides of the running belt clockwise at the same time until can't reach the ground.



## MOVING THE TREADMILL

When moving the machine, grab the handrail with both hands and lift the machine, then move it.

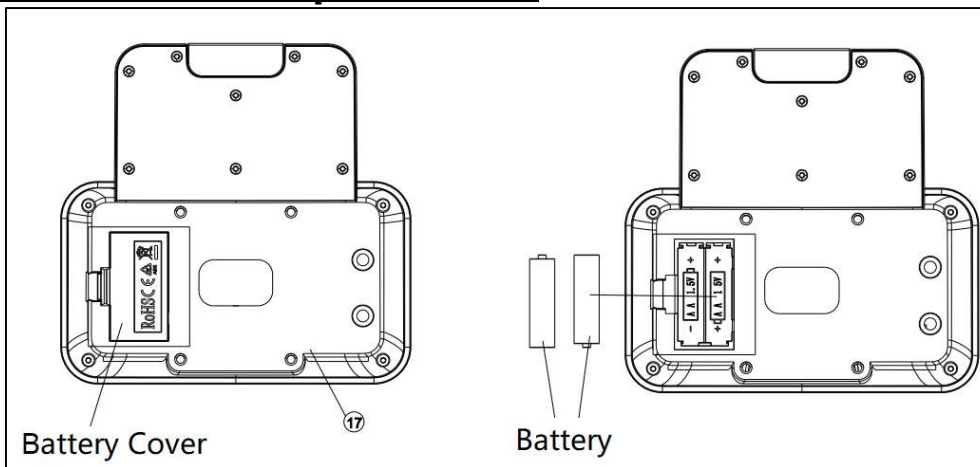


#27

## ADJUSTING THE BALANCE

When the uneven ground causes the machine to tilt, you can adjust the rear 2 **Foot Pads (No. 27)** to keep the machine stable.

## Battery Installation & Replacement



### **BATTERY INSTALLATION**

1. Take out 2 AA batteries from the computer box.
2. Press the buckle of battery cover on the **Computer (No. 17)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 17)**. 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. 17)**.

*The installation is complete!*

### **BATTERY REPLACEMENT**

1. Press the buckle of battery cover on the back of the **Computer (No. 17)**, 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 **Computer (No. 17)**. 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. 17)**.

*The replacement is complete!*

### **BATTERY DISPOSAL**

**NOTE:** Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose battery according to your state and regional guidelines.

## 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 3 minutes, the Bluetooth icon will turn off.
2. The Bluetooth icon will stay on when it is connected.

### **WIRELESS HEART RATE**

1. The wireless heart rate icon will flash when the computer 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 computer 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:**

1. 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.
2. 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.

**1. FUNCTION BUTTONS**

- 1.1 **RESET:** Press and hold the key for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor; the the computer will enter sleep mode. In the stopped state, click to return to the main menu to select the standby mode. Hold down for 3 seconds to display the full display and enter the MANUAL mode to start the movement. Press and hold for 3 seconds in motion and pause mode to clear data, when the Bluetooth disconnect.
- 1.2 **START/STOP:** Start/stop exercise; In the mode selection state, press the key to confirm the selected mode.
- 1.3 **MODE:** Confirm the selected function and switch to the next function setting in the TARGET mode setting.
- 1.4 **UP/DOWN:** Select Toggle function mode and set the TARGET value in Target mode, when the Bluetooth disconnect.

**2. FUNCTION**

- 2.1 TIME: Displays the time of the exercise.
- 2.2 SPEED: Displays the speed at which you are moving.
- 2.3 CALORIES: Shows how many calories the user burned during exercise.
- 2.4 DISTANCE: Displays the distance of the exercise.
- 2.5 PACE: Pace (The time it takes to move one mile).
- 2.6 PULSE: Displays the user heart rate.

**3. OPERATION**

- 3.1 MANUAL Mode: After the battery is installed, the computer display interface will jump directly into the manual mode (Figure 1), and you can start to move at this time.



Figure 1

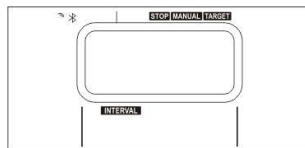


Figure 2

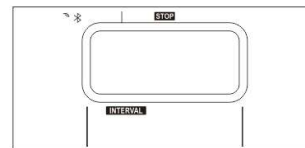


Figure 3

- 3.2 INTERVAL Mode: Press the "START/STOP" key to STOP the movement, and then press the "RESET" key to return to the main menu (Figure 2). At this time, press the "UP" or "DOWN" key to select the INTERVAL mode (Figure 3) and press the "START/STOP" key to enter. After entering interval mode, you can switch between two pre-set modes (10/20, 20/10) (Figure 4, Figure 5) and one CUSTOM mode (CUSTOM) (Figure 6).

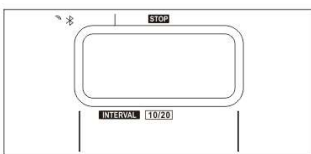


Figure 4

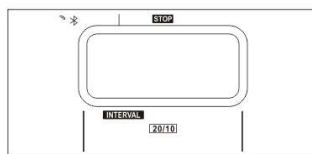


Figure 5

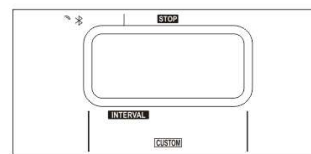


Figure 6

**3.2.1 INTERVAL 10/20 MODE**

- A. In INTERVAL mode, select 10/20 mode and press START/STOP key to start the movement. The computer displays READY and counts down for 3 seconds.
- B. When the countdown ends, the main screen displays "WORK" and "01/08" at the bottom of the main screen, and the countdown starts for 10 seconds (Figure 7);
- C. When the 10-seconds countdown ends, "REST" and "01/08" are displayed at the bottom of the main screen and the 20-seconds countdown starts (Figure 8);



Figure 7



Figure 8



Figure 9

- D. B and C continue to cycle, and the cumulative times of each cycle will be increased by one until "WORK 08/08" is displayed at the bottom of the main screen. After the movement is over, the end interface will be entered (Figure 9). At this time, press "START/STOP" key to restart the movement in the current mode.

**3.2.2 INTERVAL 20/10 MODE**

- A. In INTERVAL mode, select the "20/10" mode and press the "START/STOP" key to start the

- movement. The computer displays "READY" and countdown for 3 seconds.
- When the countdown ends, the main screen displays "WORK" and "01/08" at the bottom of the main screen, and the countdown starts for 20 seconds (Figure 10).
  - When the 20-seconds countdown ends, "REST" and "01/08" are displayed at the bottom of the main screen and the 10-seconds countdown begins (Figure 11);
  - B and C continue to cycle, and the cumulative times of each cycle will be increased by one until "WORK 08/08" is displayed at the bottom of the main screen. After the movement is over, the end screen will be entered (Figure 12). At this time, press "START/STOP" key to restart the movement in the current mode.



Figure 10



Figure 11



Figure 12

### 3.2.3 INTERVAL CUSTOM MODE

In INTERVAL mode, select "CUSTOM" mode and press "START/STOP" key to set the number of intermittent alternation (Figure 13). After setting, press "MODE" key to set "WORK TIME" (Figure 14). Press the "MODE" key to set "REST TIME" (Figure 15), and press the "START/STOP" key to start the movement.

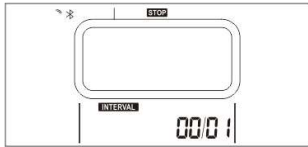


Figure 13

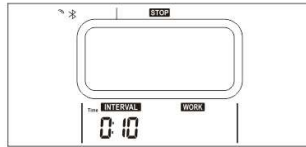


Figure 14

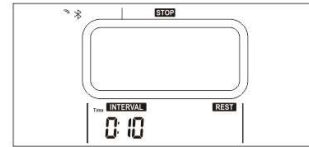


Figure 15

### 3.3 TARGET MODE

On the standby screen, select "TARGET" MODE (Figure 16) and press "START/STOP" key to confirm entering the function setting screen to set the target value of the corresponding function (Figure 17-20); press "MODE" key to switch to select the function to set the target value; press "UP" or "DOWN" key to set the corresponding target value. Press the "START/STOP" key to start the movement.

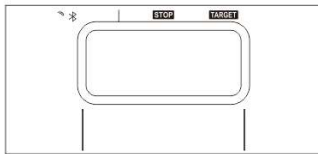


Figure 16



Figure 17



Figure 18



Figure 19

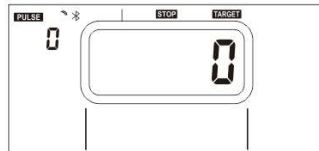


Figure 20

## 4. COMPUTER PARAMETER

		Indication range	Setting range
Function	TIME	0:00:00~2:00:00	Target pattern 0:05:00~2:00:00 (0:05:00)
			INTERVAL 0:10~9:59 (0:01)
	SPEED	0.0~99.9 Miles per hour	
	CALORIES	0.0~999.9 CAL	0.0-100.0 CAL
	DISTANCE	0.00~999.99 Miles	1.00~100.00 Miles
	PULSE	40-240 BPM	60-240 BPM (5BPM)
Battery Model		2 AA batteries	
Operating Temperature		0°C ~ +40°C/32°F ~ 104°F	
Storage Temperature		-10°C ~ +60°C/14°F ~ 140°F	

# **Maintenance Instructions**

This is general information for daily, monthly maintenance to be performed on your treadmill.

## **DAILY MAINTENANCE**

After each workout, wipe all areas: running platform, handrails, console. Pay special attention to running with protection. Sweat is highly corrosive and may cause problems that need to be replaced later.

All treadmills should be adjusted before leaving the factory and after installation, but after a period of use, it may also run off. The reasons causing the running belt deviation phenomenon are:

1. The host is not stable;
2. The user's feet are not in the center of the running belt when exercising;
3. The user's two feet are not using the same force. It artificially causes a runoff. One foot pedals the empty belt for a few minutes to return to normal. For a runaway that cannot be automatically restored, apply the Allen Wrench (No. 67) in the random belt # 64 S6 to gradually adjust at 90° one grille.

## **MONTHLY MAINTENANCE**

1. Check all hardware is solid, such as: column, table frame, handrail;
2. Check the running belt for signs of wear;
3. Remove foreign matter accumulated on the running belt.

## **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](http://www.sunnyfit.com/guide) or scan the QR code below:



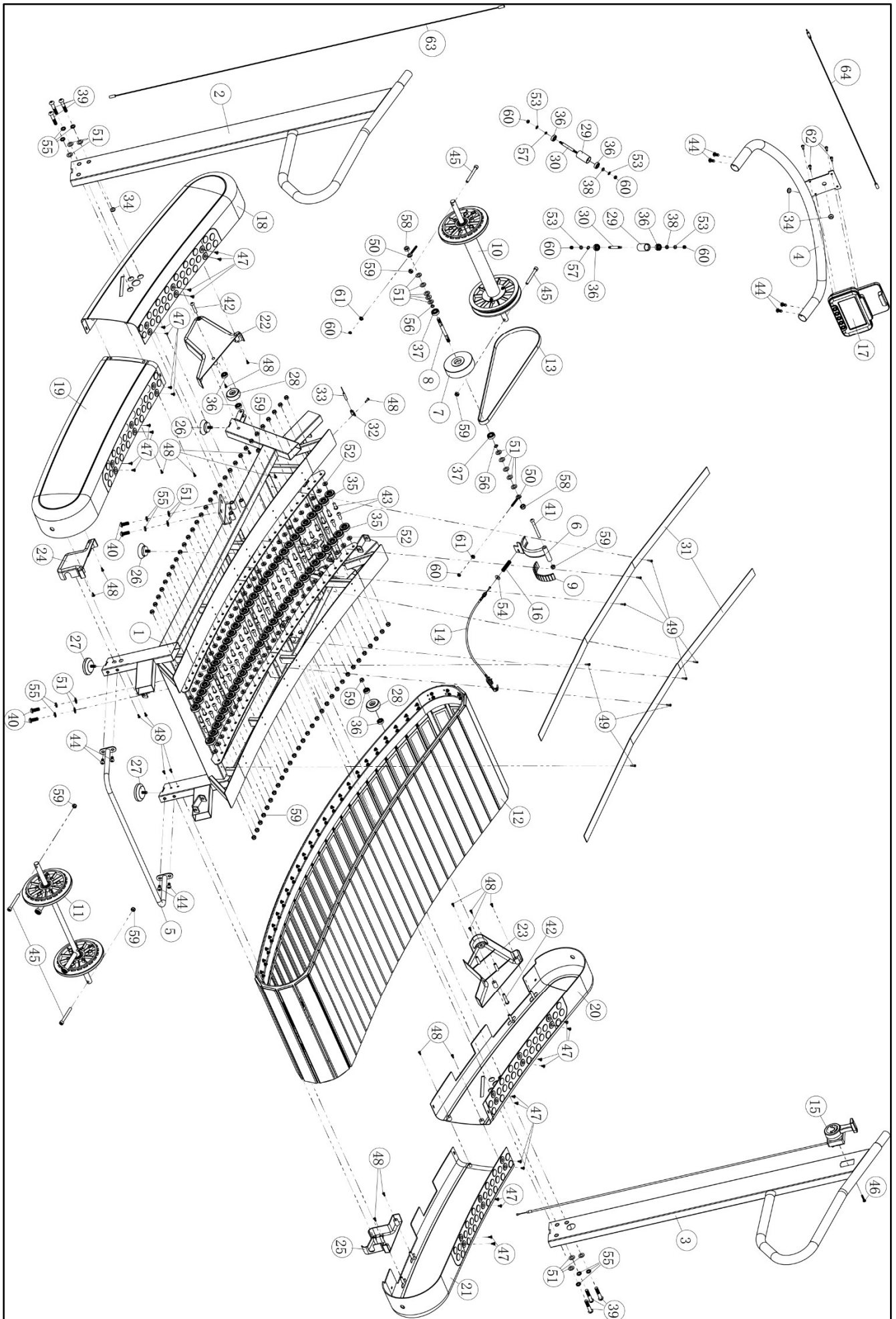
- If you require additional support, please contact [support@sunnyfit.com](mailto:support@sunnyfit.com).

## Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Left Upright Tube		1
3	Right Upright Tube		1
4	Computer Holder Frame		1
5	Rear Handle		1
6	Magnetic Frame		1
7	Flywheel		1
8	Flywheel Axle		1
9	Magnet	24x9x4.5 mm	15
10	Front Roller		1
11	Rear Roller		1
12	Track Assembly		1
13	V-belt		1
14	Tension Wire		1
15	Tension Control Knob		1
15a	Tension Control Wire		1
16	Spring		1
17	Computer	SF-L2402M	1
18	Left Front Guard		1
19	Left Rear Guard		1
20	Right Front Guard		1
21	Right Rear Guard		1
22	Left Front Lower Cover		1
23	Right Front Lower Cover		1
24	Left Rear Lower Cover		1
25	Right Rear Lower Cover		1
26	Suction Cup Pad		2
27	Foot Pads		2
28	Handling Wheels		2
29	Guide Belt Jacket		2
30	Guide Belt Inner Shaft		2
31	Shelter Bar		2
32	Sensor Mounting Seat		1
33	Sensor Wire		1

No.	Description	Spec.	Qty.
34	Protective Coil		3
35	Gummed Bearing		60
36	Deep Groove Ball Bearing	608	8
37	Deep Groove Ball Bearing	6000	2
38	Guide Wheel Washer		2
39	Bolt	M10x50	6
40	Bolt	M10x25	4
41	Bolt	M8x80	1
42	Bolt	M8x40	2
43	Bolt	M8x22	60
44	Bolt	M8x16	8
45	Bolt	M8x70	4
46	Bolt	M5x25	1
47	Screw	ST4.8x13	24
48	Screw	ST4.2x13	23
49	Screw	ST4.2x16	8
50	Lifting Bolt	M6x45	2
51	Flat Washer	Φ10	20
52	Flat Washer	Φ8	60
53	Flat Washer	Φ6	4
54	Large Fat Washer	Φ6	1
55	Spring Washer	Φ10	10
56	Elastic Retaining Ring	Φ10	2
57	Elastic Retaining Ring	Φ8	4
58	Nut	M10	2
59	Nut	M8	67
60	Nut	M6	6
61	Nut	M6	2
62	Bolt	M5x16	4
63	Middle Sensor Wire 1		1
64	Middle Sensor Wire 2		1
66	Allen Wrench	S5	1
67	Allen Wrench	S6	1

# Exploded Diagram



# Register

Register your product and verify warranty terms:

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