



PREMIUM ULTIMATE INCLINE DECLINE TREADMILL

SF-X7210

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).



WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INSTRUCTION

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 conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 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. 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!

IMPORTANT OPERATING INSTRUCTIONS

1. Insert the power plug directly into the socket.
2. Read the manual before operating the treadmill.
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 running 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 running belt once it's in motion.
6. Always hold the handrails when making changes in the settings.
7. A safety key is provided for emergency use. The treadmill 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 running 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 treadmill is designed for adult use only! Children should not be allowed to use or play near this treadmill. 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 belt must be lubricated before the first use! Please see *Page 17* for instructions on how to properly apply lubricant.

PRE-ASSEMBLY CHECKLIST

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

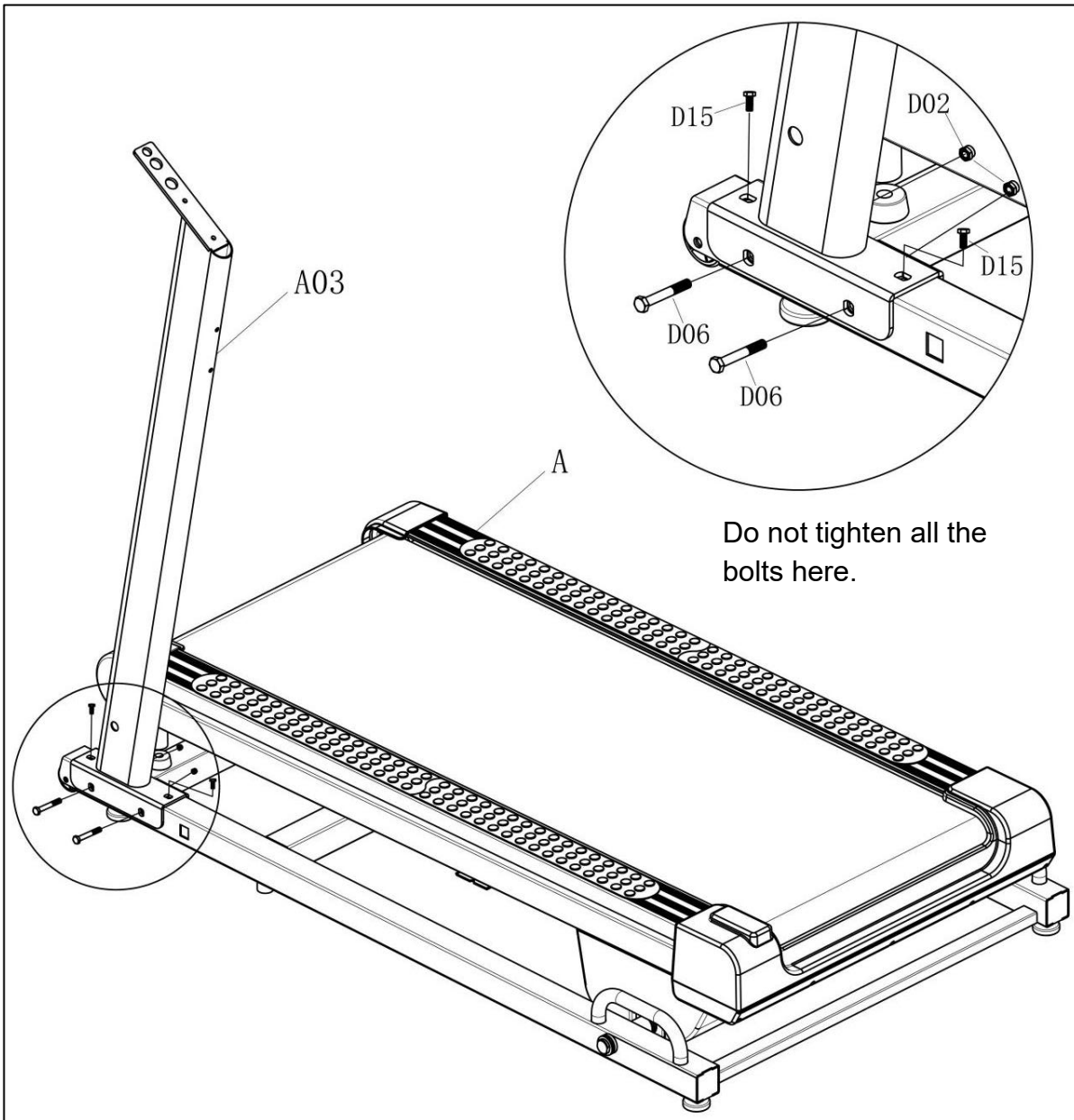
 A	 B	 C	 A07	 C24
 E	 A03	 A04	 F	 G
 C12	 C13	 E18	 H	 B13
 HP	 K	 L		

HARDWARE PACKAGE

SF-X7210 HARDWARE PACKAGE		This package of hardware is needed for assembly. Do not discard!	
<p style="text-align: center;">Step:1 & Step:2</p> <p>#D06 M10*70 (4PCS) #D15 M8*15 (4PCS)</p>	<p style="text-align: center;">Step:3</p> <p>#D13 M8*40 (4PCS)</p>	<p style="text-align: center;">Step:5</p> <p>#D18 M6*15 (2PCS)</p> <p>#D01 $\phi 6$ (2PCS)</p> <p style="text-align: center;">Step:9</p> <p>#D45 M5*12 (2PCS)</p>	<p style="text-align: center;">Step:6 & Step:8</p> <p>#D09 M8*85 (4PCS) #D14 M8*15 (8PCS)</p>
<p style="text-align: center;">#B11 17# (2PCS)</p> <p style="text-align: center;">#B08 S=13, 14, 15 (1PC)</p>		<p style="text-align: center;">Step:7</p> <p>#D43 M6*10 (4PCS) #D44 $\phi 6$ (4PCS)</p> <p style="text-align: center;">#B07 S6 (1PC)</p> <p style="text-align: center;">#B06 S5 (1PC)</p>	

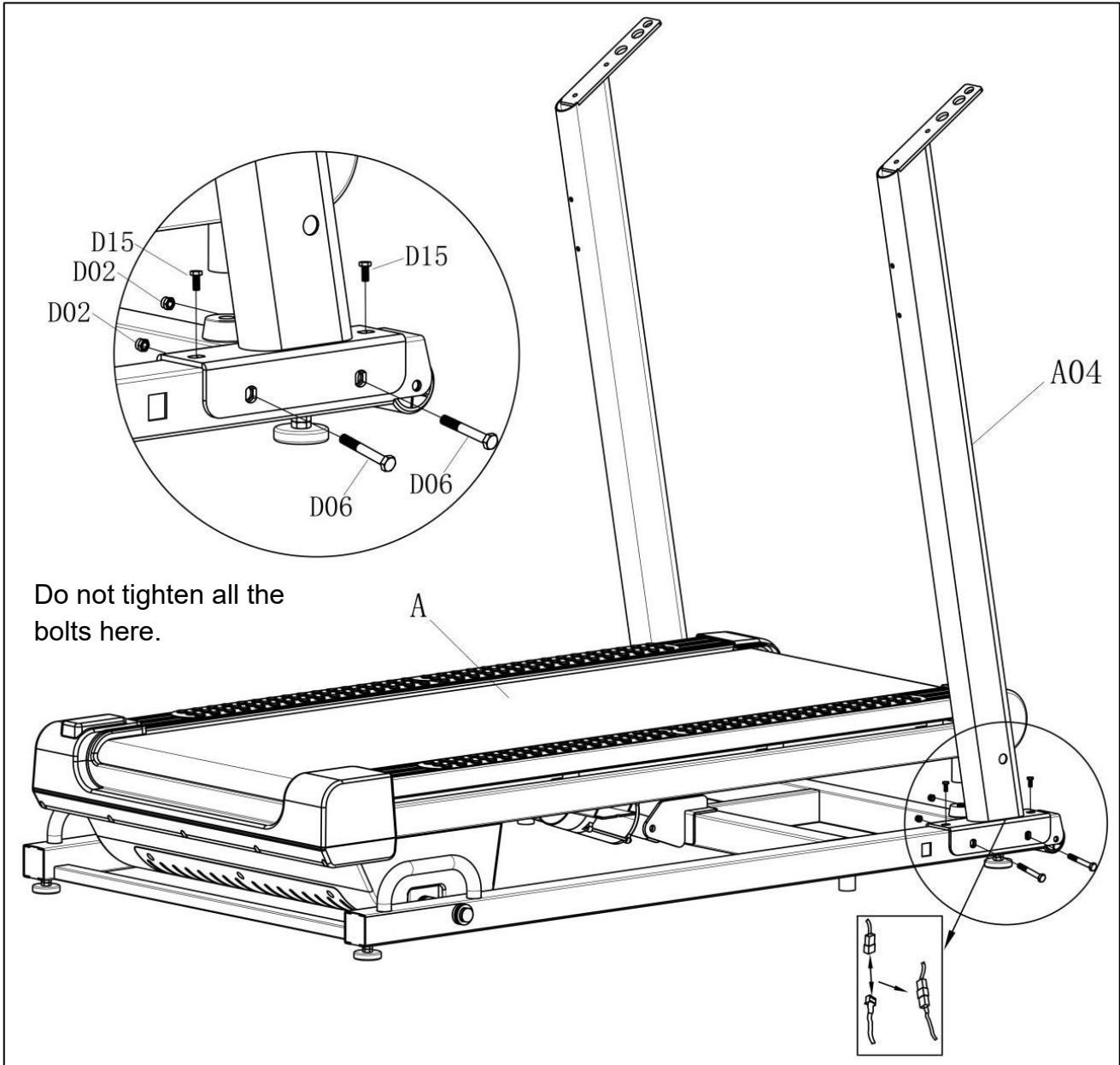
ASSEMBLY INSTRUCTIONS

STEP 1

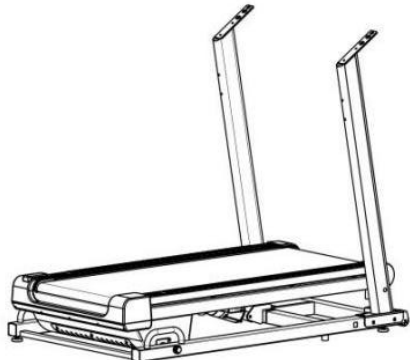



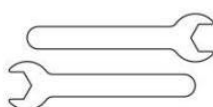
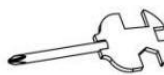


	D02 M10	D15 M8*15	D06 M10*70
	 (2X)	 (2X)	 (2X)
	B11 17#	B08 S13 14 15	
	 (2X)	 (1X)	

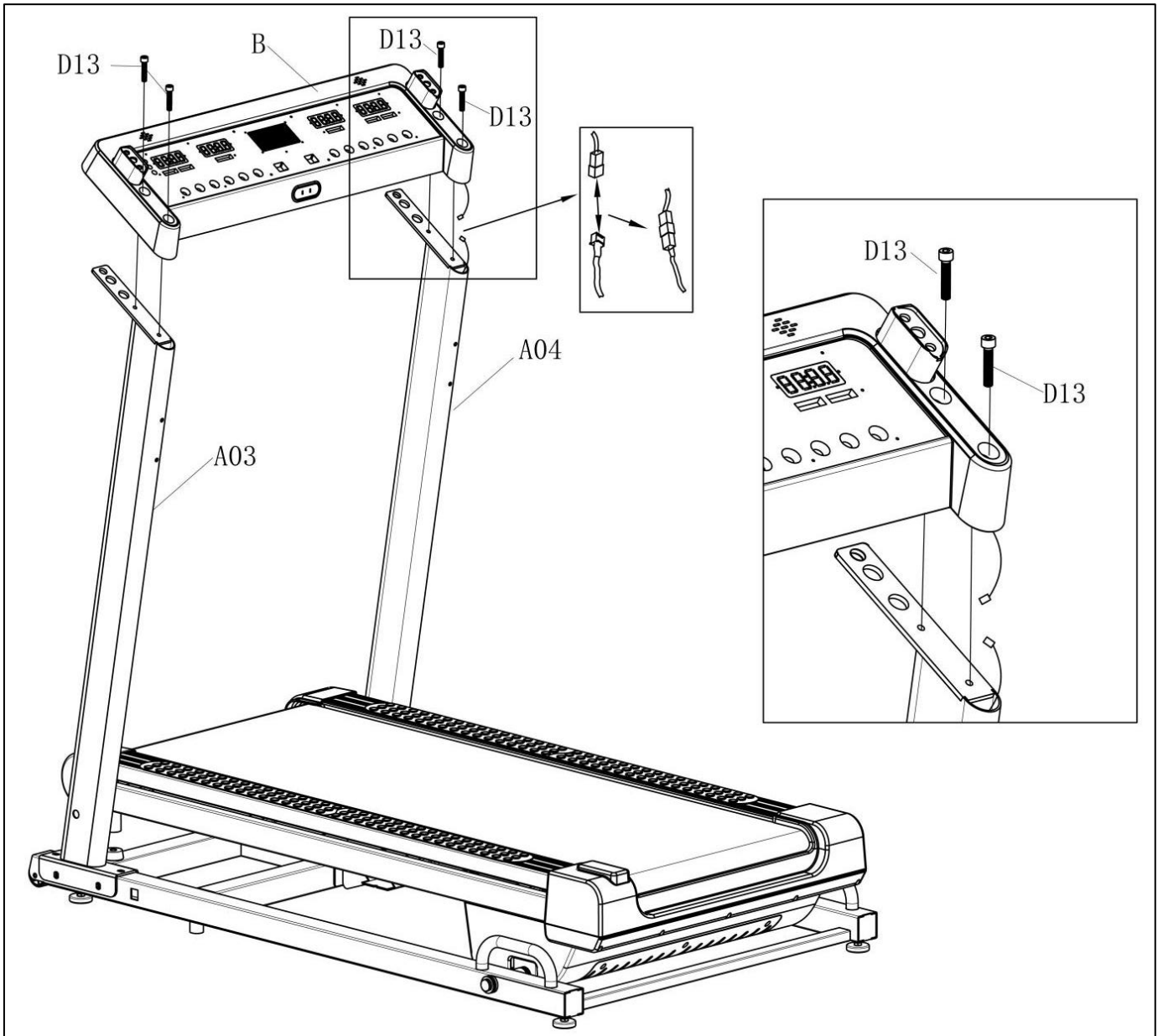
STEP 2



Do not tighten all the bolts here.

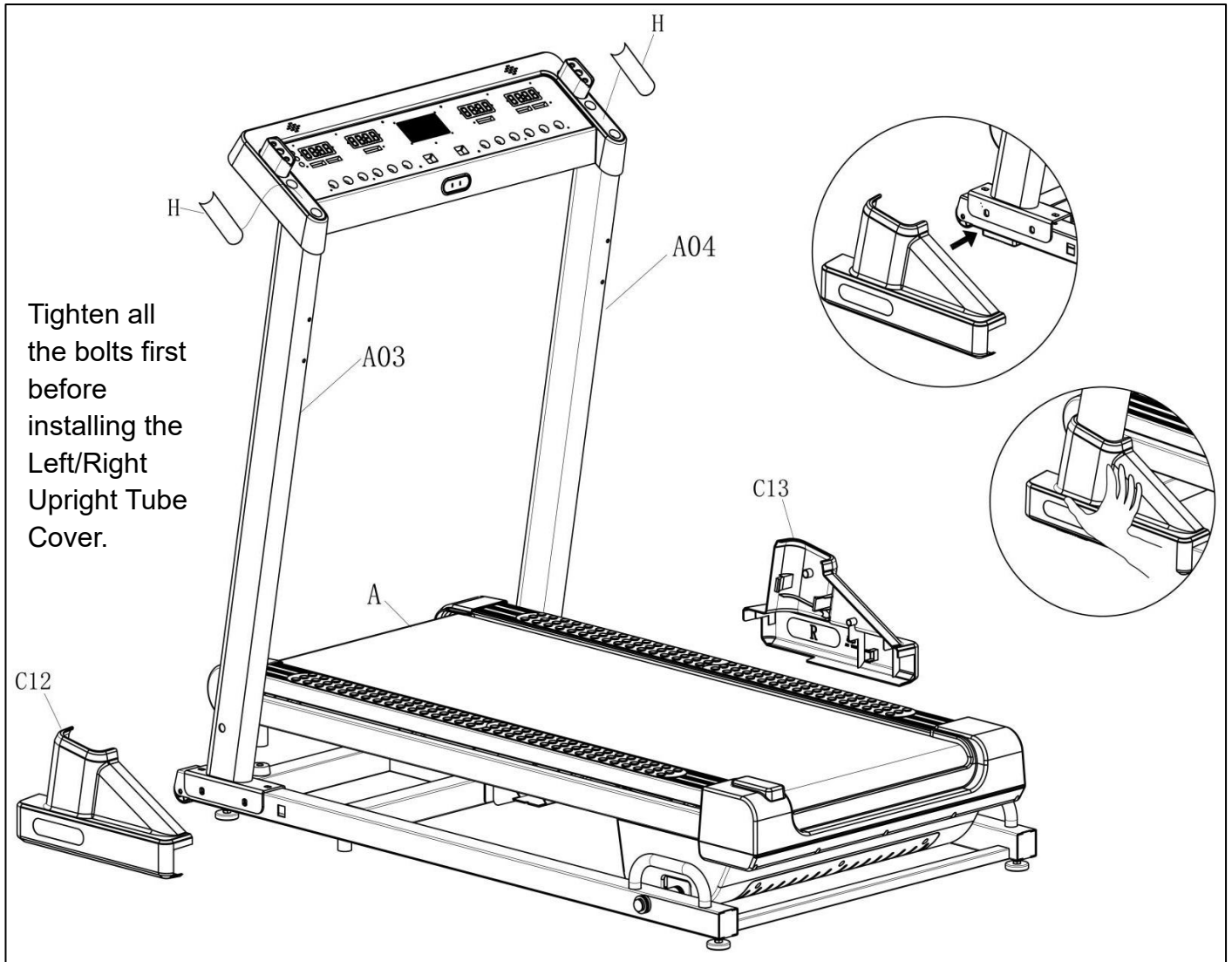
	D02 M10  (2X)	D15 M8*15  (2X)	D06 M10*70  (2X)
	B11 17#  (2X)	B08 S13 14 15  (1X)	

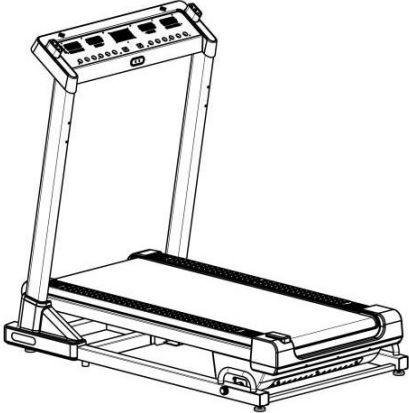


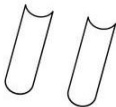
STEP 3



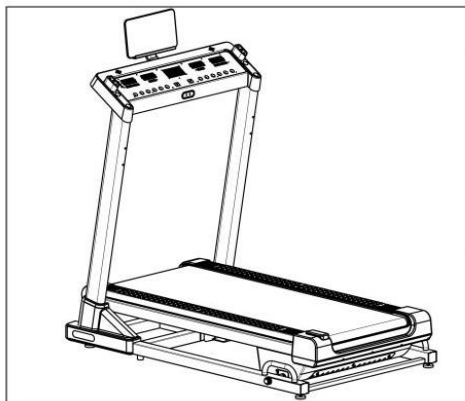
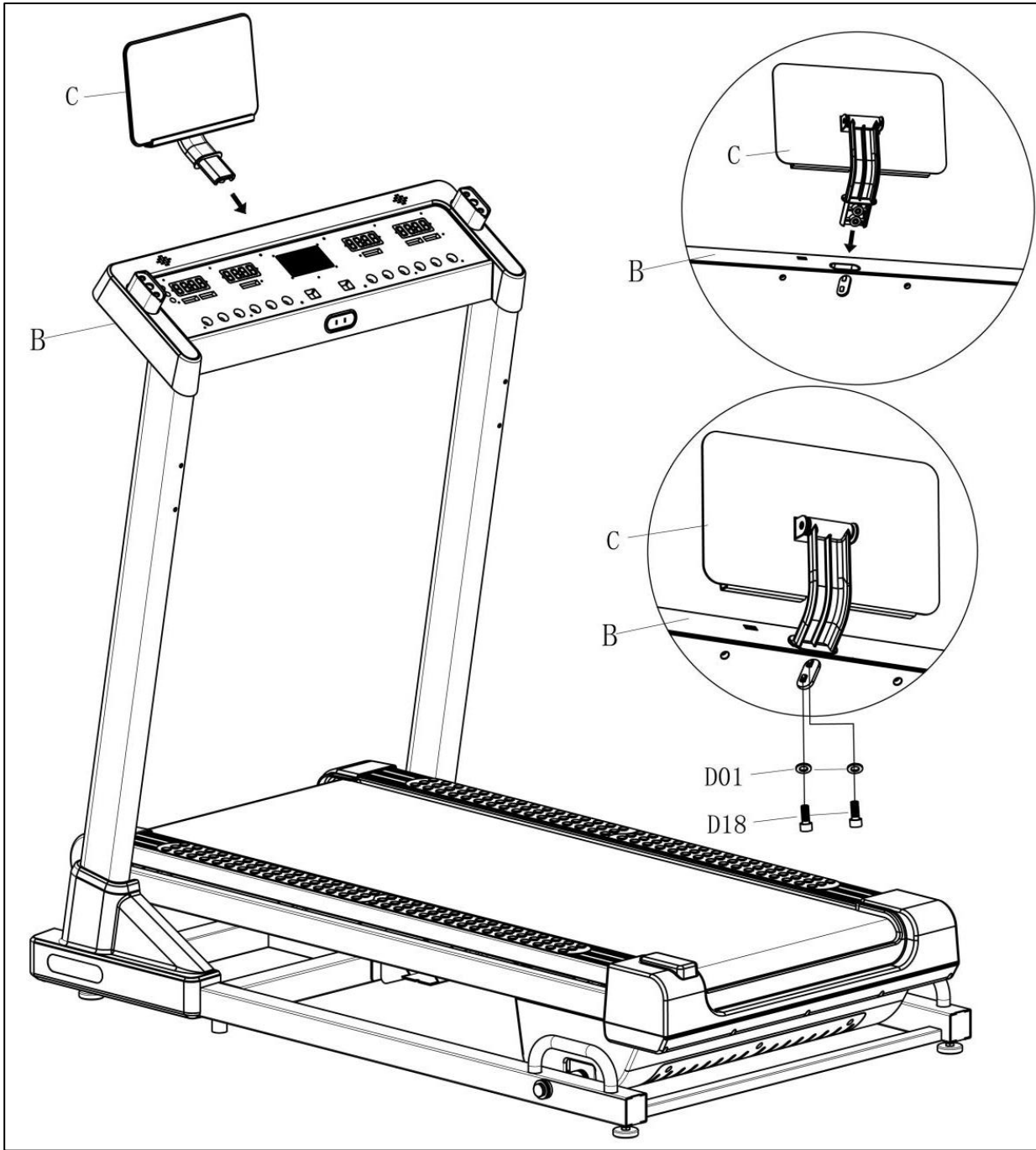
	B	D13 M8*40	B07 S6
	 (1X)	 (4X)	 (1X)


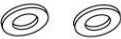

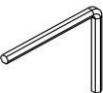
STEP 4



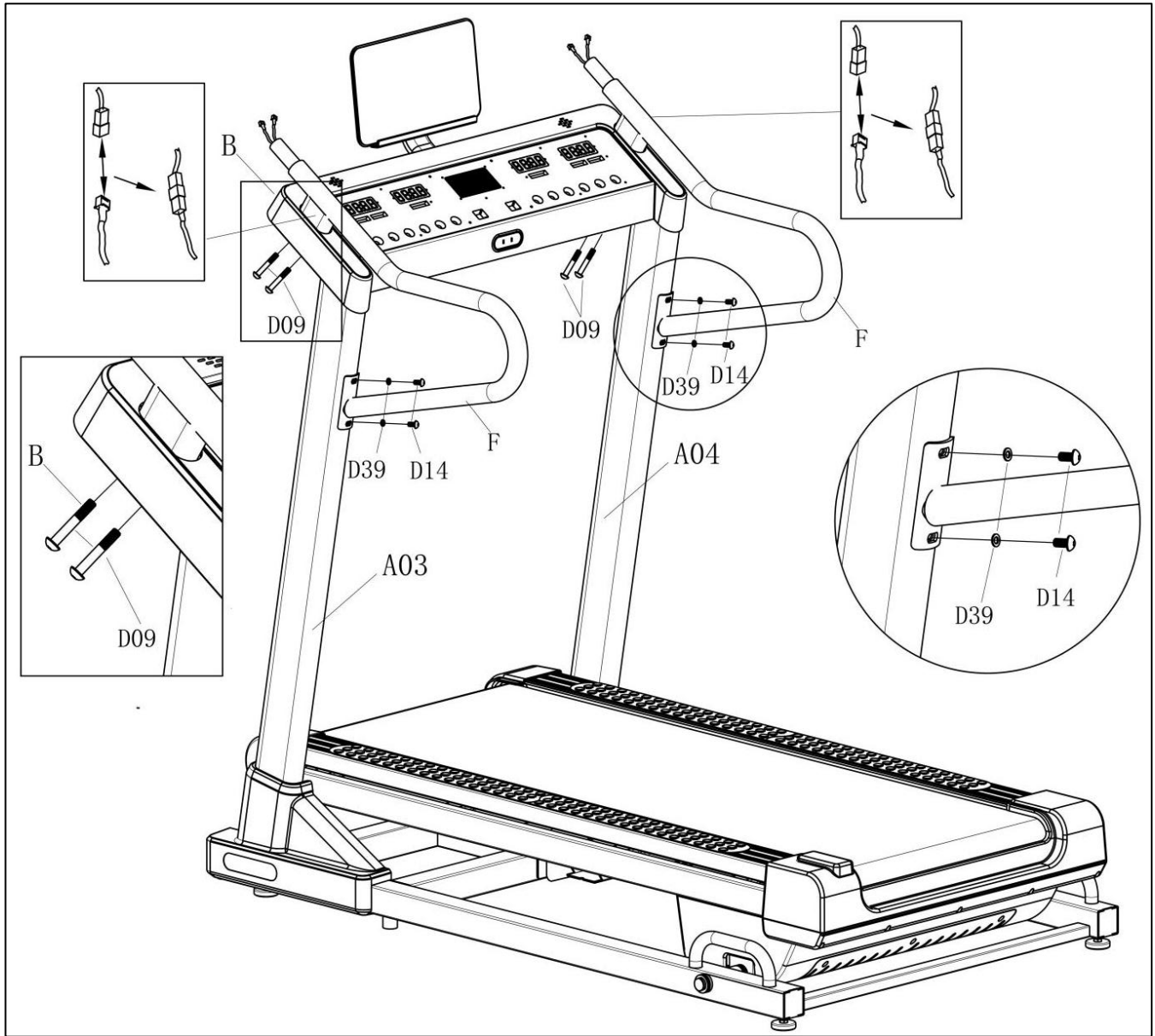
	C12	C13	H
	 <p>(1X)</p>	 <p>(1X)</p>	

STEP 5



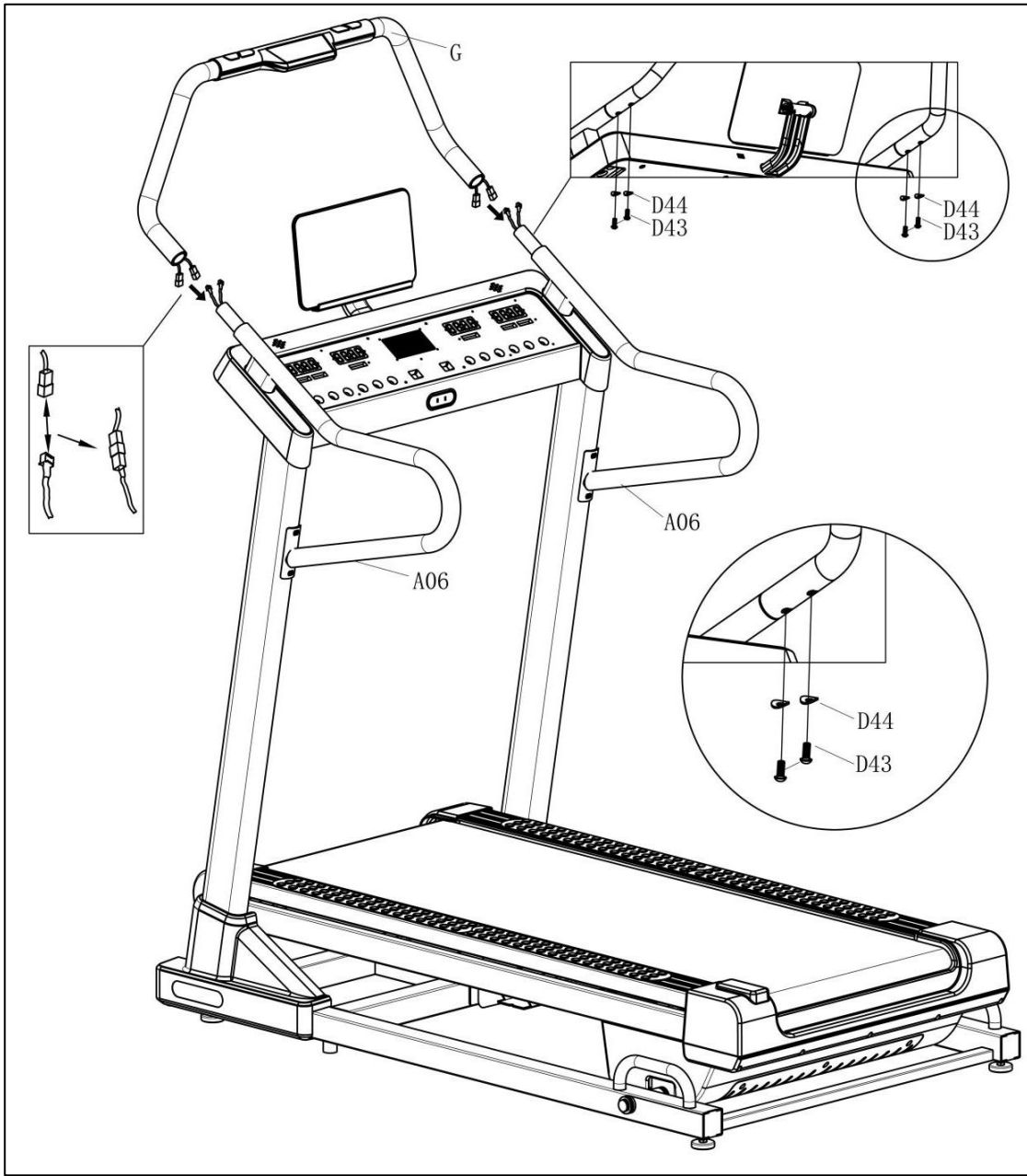
C	D01 $\phi 6$	D18 M6*15
 (1X)	 (2X)	 (2X)
B06 S5		
 (1X)		

STEP 6



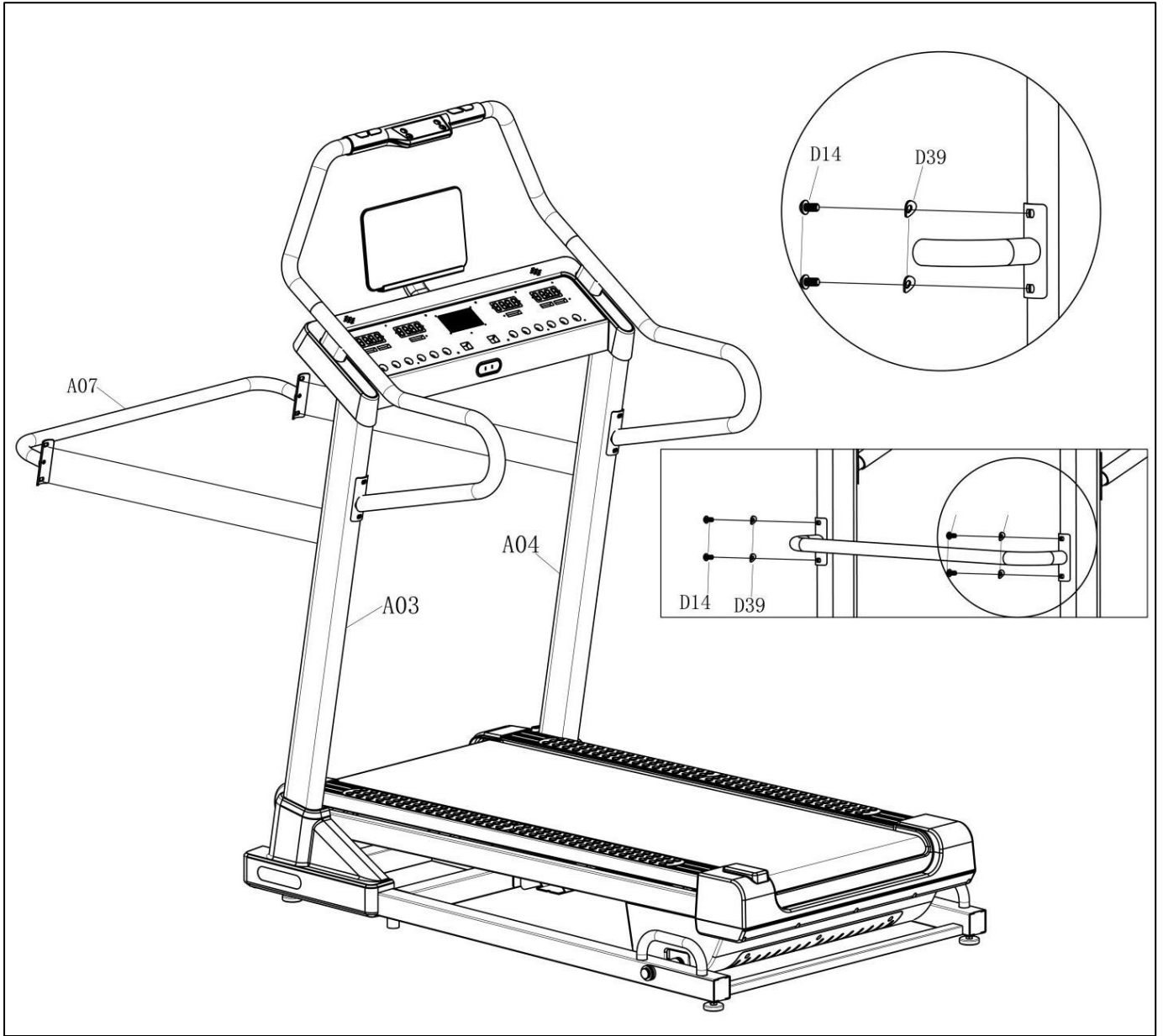
	F (2X)	D09 M8*85 (4X)	D14 M8*15 (4X)
	D39 ϕ8 (4X)	B06 S5 (1X)	

STEP 7



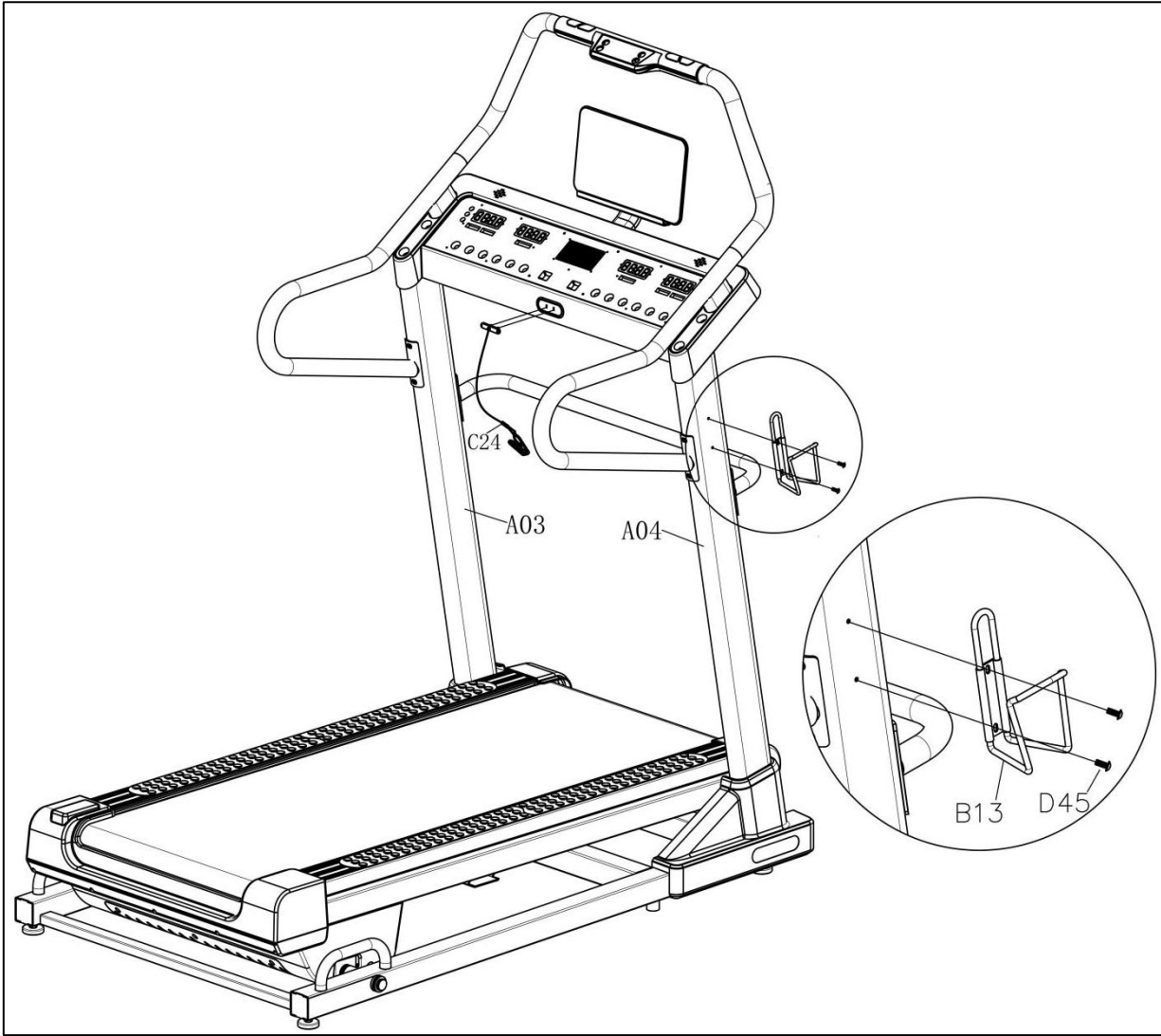
	G	D43 M6*10	B06 S5
	 (1X)	 (4X)	 (1X)
	D44 φ6		
	 (4X)		


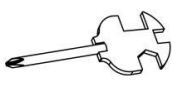

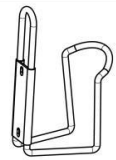

STEP 8



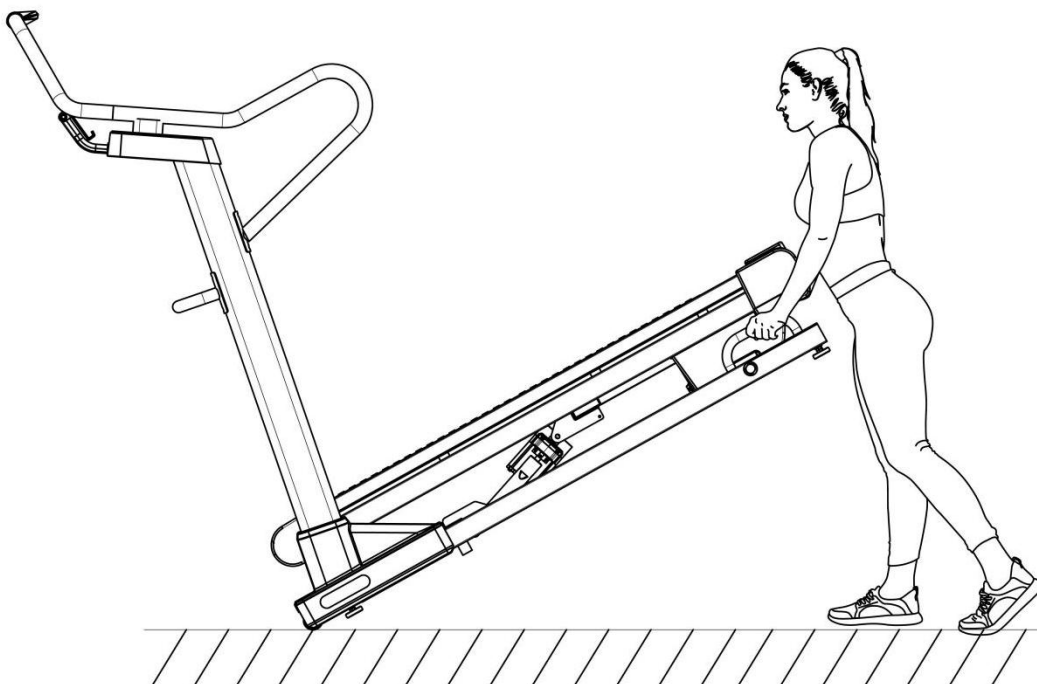
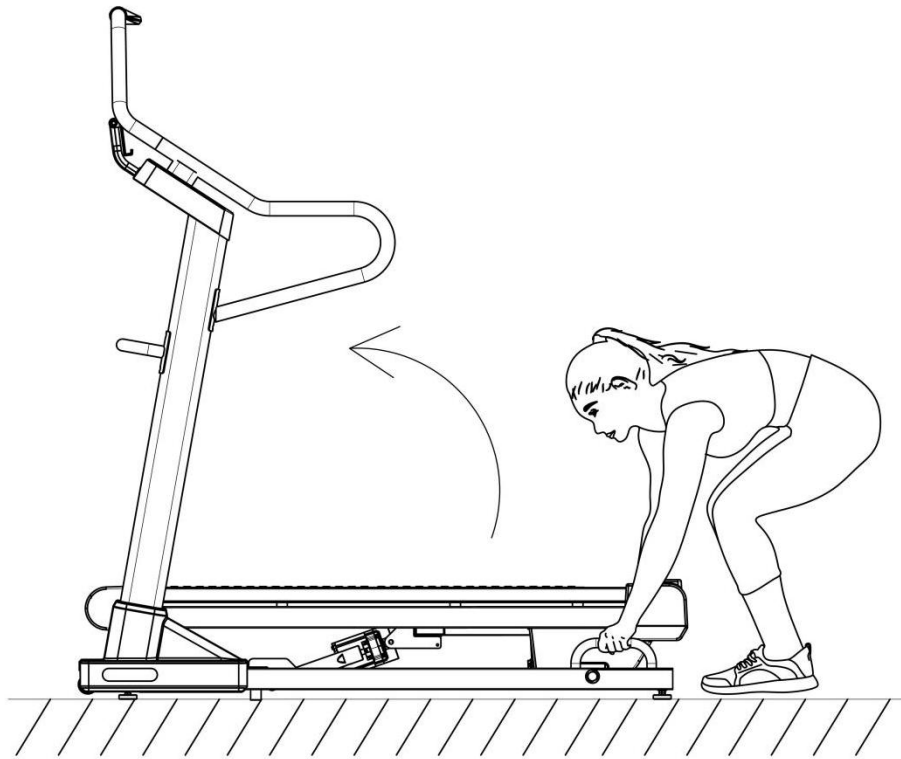
	A07	B06 S5	D14 M8*15
	 (1X)	 (1X)	 (4X)
	D39 $\phi 8$		
	 (4X)		

STEP 9

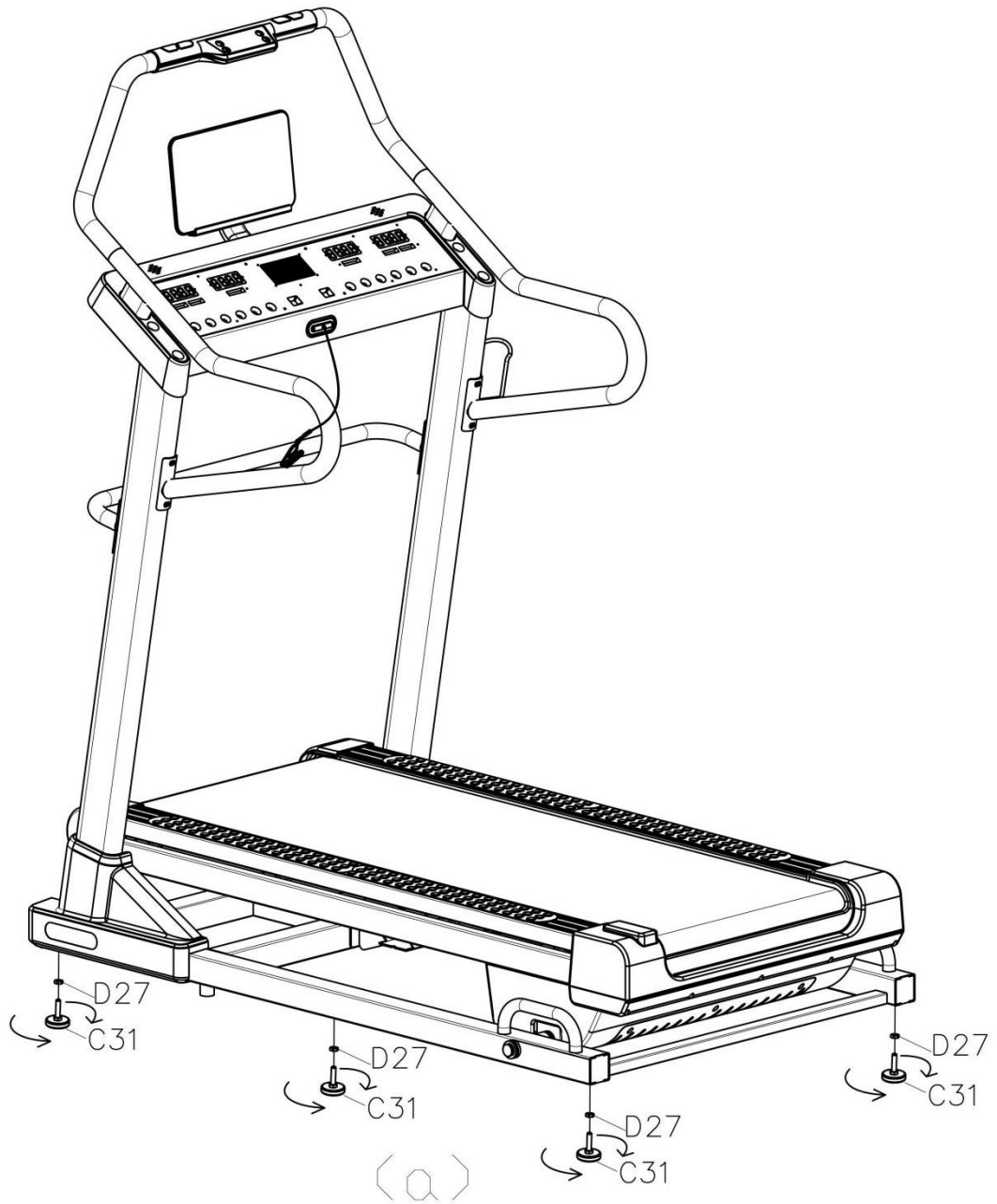


	B08 S13 14 15	D45 M5*12	B13
	 (1X)	 (2X)	
	C24 		

HOW TO MOVE THE MACHINE



HOW TO ADJUST THE BALANCE



LUBRICATING THE TREADMILL

IMPORTANT NOTE:

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

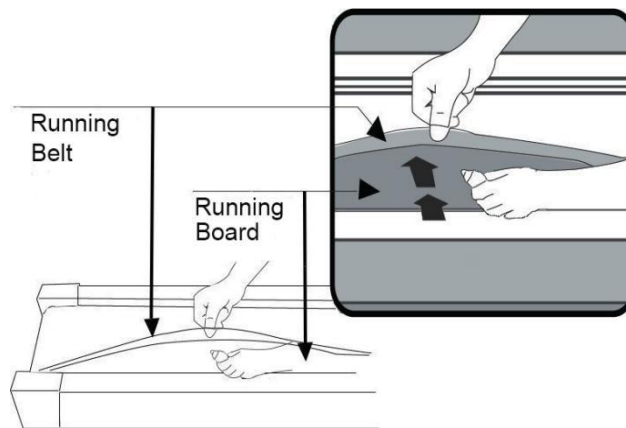
RUNNING BELT & TREADMILL LUBRICANT:

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 time table 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

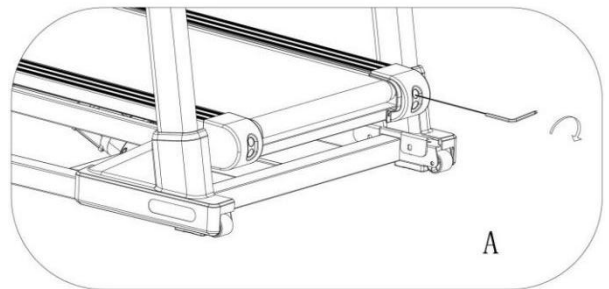
General cleaning will help prolong the life and improve performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Cleaning two exposed sides of the **Running Belt** will prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear out 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 1 hour and fully powered off whenever not in use.

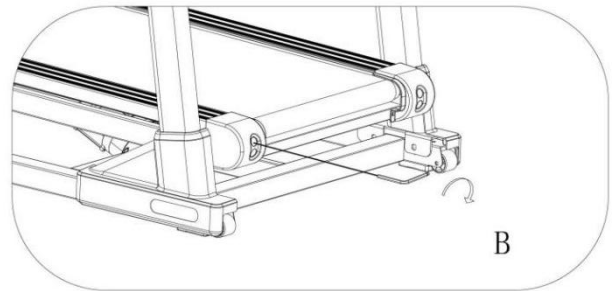
CENTERING THE RUNNING BELT:

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

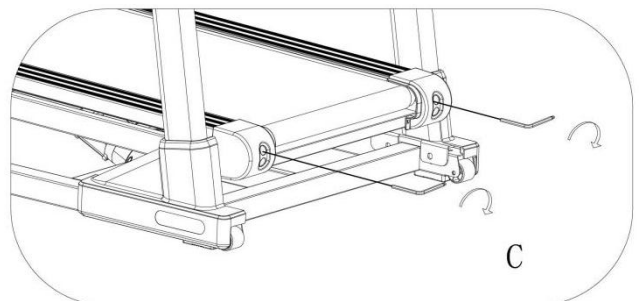
If the **Running Belt** moves to the right, turn the right adjusting bolt $\frac{1}{4}$ turn *clockwise*, then turn the left adjusting bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt** does not move, repeat this step until it centers. Refer to Figure A.



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 **15 amps (100-120 V)** 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.

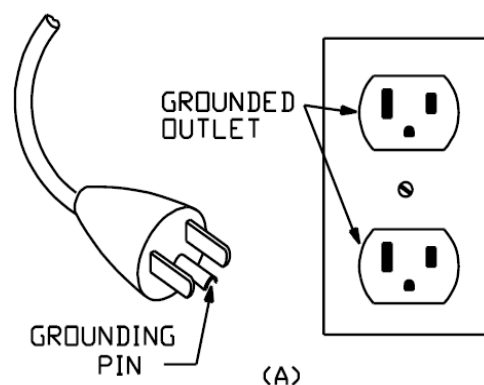
DANGER:

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.

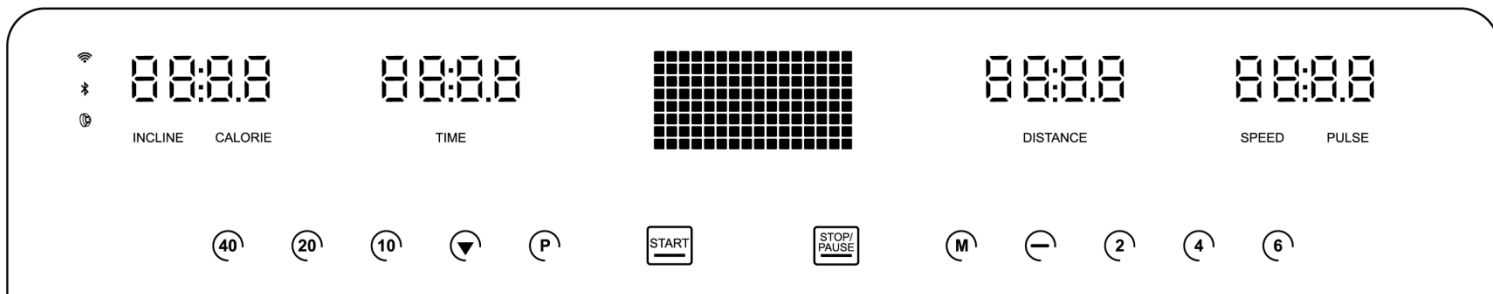
WARNING!

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 0.5 MPH**.
3. To adjust the speed, you can use the **SPEED +/-** buttons on the **Console**, or the **QUICK SPEED** buttons 2,4,6.
4. To adjust the incline, you can use the **INCLINE ^/v** buttons on the **Console**, or the **QUICK INCLINE** buttons 10,20,40.

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

WINDOW DISPLAY:

TIME: Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, the treadmill will stop 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 and display "End" then automatically reset after 5 seconds. Maximum Countdown time is 99:00 (minutes: seconds.)

DISTANCE: Displays the distance traveled (0.00-99.99 MILES). If 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 and display "End" then automatically reset to the initial setting after 5 seconds.

CALORIES: Displays the number of calories burned (0.0 to 999.0 KCAL). If the count reaches 999.0 KCAL, it will reset and start back from 0.

When in Countdown Mode, it will count down from the set calories to 0.0. When it reaches 0, the treadmill will stop and display "End" then automatically reset to the initial setting after 5 seconds.

INCLINE: Displays the incline from -3 to 45 level.

SPEED: The speed range is **0.5-10.0 MPH**. 0.5MPH is the default running speed.

For Incline level -3 to 15, speed is set at 0.5-10 MPH
For Incline level 16 to 22, speed is set at 0.5-5.6 MPH
For Incline level 23 to 29, speed is set at 0.5-5 MPH
For Incline level 30 to 37, speed is set at 0.5-4.4 MPH
For Incline level 38 to 45, speed is set at 0.5-3.7 MPH

PULSE: When the runner holds both hands on the pulse sensors (located on the handles) or wear a heart rate monitor, the system will calculate the runner’s heart rate and display it in this window. The pulse range is 50-200 beats/min.

NOTE:

- 1.This pulse data is for reference only and should not be used for medical purposes.
- 2.Distance and calories will not count when no one is running on the treadmill.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME (MIN: SECOND)	0:00	30:00	5:00-99:00	0:00—99:59
SPEED (MPH)	0.0	0.5	0.5-10.0MPH	0.5-10.0MPH
INCLINE	0	0	-3-45	-3-45
DISTANCE (MILE)	0.00	1.00	0.5-99.90	0.00-99.99
CALORIE (KCAL)	0.0	50.0	10.0-999.0	0.0—999.0

CONSOLE FUNCTION KEYS:

PROGRAM: Press the “P” button to set your desired interval setting. Programs are displayed as P1-P12, C1-C6, FAT and the various intervals are shown on the console of the treadmill.

When treadmill is in running mode, Press the “P” button to set your desired interval setting.

Programs are displayed as P1-P2---P12. P1 is manual, you can set yourself. When treadmill is in climbing mode, Press the “P” button to set your desired interval setting. Programs are displayed as C1-C2---C6. C1 is manual, you can set yourself.

START: To start the treadmill, insert the pin end of the **Safety Key** into the holes on the **Console** and 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 0.5 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". Press the **START** button to resume exercise when in pause mode. If you press the **STOP/PAUSE** button again, the machine will stop and all data will be deleted and reset to the initial setting.

MODE: When the machine is in standby mode, press “M” button to select a Countdown mode.

T: 30:00 is the set Countdown for TIME.

D: 1.00 is the set Countdown for DISTANCE.

C: 50.0 is the set Countdown for CALORIES.

To adjust each Countdown Mode, you can press the **SPEED +/-** buttons or **INCLINE ^/v** buttons to increase or decrease from the set data. Press **START** to start the treadmill.

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.

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.

2, 4, 6 (QUICK SPEED): These buttons are preset to 2, 4, 6 MPH speeds for convenience.

INCLINE \wedge/\vee : Press the \wedge/\vee buttons to increase or decrease the incline level. Pressing and holding either of these buttons for duration of over 1/2 a second will increase or decrease the incline level continuously. The incline levels range is from -3 to 45.

10, 20, 40 (QUICK INCLINE): These buttons are preset to 10, 20, 40 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, C1-C6):

In standby mode, Press the “P” button to select from the following range: “P1-P12” “C1-C6”. Select the desired program, and the console will display a countdown starting from 30:00 MINS, press **SPEED +/-** buttons or **INCLINE** \wedge/\vee 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 16 sections. Each exercise time equals the setting time divided by 16. 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** \wedge/\vee 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.

Running Programs(P1-P12)

Stage program		Set time/16 =exercise time of each stage															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1 (MANUAL)	SPEED	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3.1	3.1
	INCLINE	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
P2	SPEED	3.1	6.2	6.2	3.1	3.1	6.2	6.2	3.1	3.1	6.2	6.2	3.1	3.1	6.2	6.2	3.1
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P3	SPEED	3.1	3.1	5	5	3.1	3.1	3.1	5	5	3.1	3.1	3.1	5	5	3.1	3.1
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P4	SPEED	3.1	4.3	4.3	5	5	4.3	4.3	6.2	6.2	4.3	3.1	3.1	4.3	4.3	6.2	3.1
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P5	SPEED	3.1	5.6	5.6	6.8	6.8	7.5	3.1	3.1	5.6	5.6	6.8	6.8	7.5	5.6	5.6	3.1
	INCLINE	2	2	4	4	4	4	4	4	4	4	4	4	2	2	2	2
P6	SPEED	3.1	4.3	5	6.2	7.5	6.2	5	3.1	3.1	5	6.2	7.5	6.2	5	4.3	3.1
	INCLINE	2	2	4	4	6	6	6	6	4	4	4	4	2	2	2	2
P7	SPEED	3.1	3.7	3.7	3.7	4.3	5	6.2	6.2	5	5.6	6.2	6.2	5	3.7	3.1	3.1
	INCLINE	0	5	5	5	4	4	4	3	3	3	3	4	4	4	0	0
P8	SPEED	3.1	3.1	3.1	3.1	3.7	4.3	3.1	3.7	4.3	3.1	3.7	4.3	3.1	3.1	3.1	3.1
	INCLINE	0	4	4	4	3	3	6	6	6	7	7	8	8	9	0	0

P9	SPEED	3.1	3.1	3.1	5	5.6	5.6	3.7	5	5.6	3.7	5	5.6	3.7	3.7	3.1	3.1
	INCLINE	0	5	5	5	6	6	6	7	8	9	9	9	10	10	0	0
P10	SPEED	3.1	3.7	3.7	5.6	5.6	3.7	5.6	6.2	3.7	6.2	6.8	6.8	3.7	3.7	3.1	3.1
	INCLINE	0	5	5	6	6	6	4	4	6	6	5	5	8	8	0	0
P11	SPEED	3.1	3.7	4.3	5	5.6	4.3	3.7	5	6.2	6.2	5	5	4.3	3.7	3.1	3.1
	INCLINE	0	6	6	6	7	5	8	8	4	4	4	5	5	8	0	0
P12	SPEED	3.1	4.3	6.2	7.5	5.6	5.6	7.5	7.5	5.6	5.6	7.5	7.5	4.3	4.3	3.1	3.1
	INCLINE	0	5	3	2	6	6	2	2	2	2	2	4	5	6	0	0

Climbing Programs(C1-C6)

Stage program		Set time/16 =exercise time of each stage															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
C1 (MAN UAL)	SPEED	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.2
	INCLINE	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
C2	SPEED	1.2	3.1	3.1	1.2	1.2	3.1	3.1	1.2	1.2	3.1	3.1	1.2	1.2	3.1	3.1	1.2
	INCLINE	10	10	20	20	30	30	30	30	20	20	20	20	10	10	10	10
C3	SPEED	1.2	1.2	2.5	2.5	1.2	1.2	1.2	2.5	2.5	1.2	1.2	1.2	2.5	2.5	1.2	1.2
	INCLINE	10	10	20	20	20	20	20	20	20	20	20	20	10	10	10	10
C4	SPEED	1.2	1.8	1.8	2.5	2.5	1.8	1.8	3.1	3.1	1.8	1.2	1.2	1.8	1.8	3.1	1.2
	INCLINE	20	20	40	40	40	40	40	40	40	40	40	40	20	20	20	20
C5	SPEED	1.2	3.1	3.1	3.7	3.7	3.7	1.2	1.2	3.1	3.1	3.7	3.7	3.7	3.1	3.1	1.2
	INCLINE	10	10	20	20	20	20	20	20	20	20	20	20	10	10	10	10
C6	SPEED	1.2	1.8	2.5	3.1	3.7	3.1	2.5	1.2	1.2	2.5	3.1	3.7	3.1	2.5	1.8	1.2
	INCLINE	10	10	20	20	30	30	30	30	20	20	20	20	10	10	10	10

MANUAL PROGRAM:

There are 2 manual programs “P1”, “C1”. In standby mode, Press the “P” button to select “P1” or “C1”, and the console will display a countdown starting from 30:00 MINS, press **SPEED +/-** buttons or **INCLINE ^/v** buttons if you wish to increase or decrease the exercise time. The interval program is divided into 16 sections. Each exercise time equals the setting time divided by 16. Press **SPEED +/-** buttons or **INCLINE ^/v** buttons to set up the speed and incline. Press the “MODE” button to enter next. You will need to set all 16 interval values. You can press “START” button start the manual program.

P1 corresponds to the running mode of the custom manual program, speed setting range: 0.5-10.0MPH.

C1 corresponds to the climbing mode of the custom manual program, speed setting range: 0.5-3.7MPH.

BODY MASS INDEX:

Press the PROGRAM button until the window displays FAT to access Body Mass Index. Press MODE to enter F-1, F-2, F-3, F-4, F-5.

F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 is Body Mass Index

Press SPEED +/- BUTTONS to set F1-F4 (refer to the chart below). Once you have finished setting F1-F4, press MODE. This will enter you into the set up for F-5 (Body Mass Index). To set F-5, grasp the Pulse Sensors located on the handles with both hands and hold them for 3 seconds. The window will display your Body Mass Index. The Body Mass Index is used to test the relation between your height and weight. It is only for reference not suitable for medical use. The Body Mass Index is suitable for both male and female.

NOTE: General **Body Mass Index** score is **20-25%**

Underweight	Below 19.0
Normal	19.0 – 25.0
Overweight	26.0 – 29.0
Obesity	30.0 – and above

BODY MASS INDEX (BMI) CHART:

F-1	Sex	01 Male	02 Female
F-2	Age	10-----99	
F-3	Height	40----80INCHES	
F-4	Weight	44-----330LBS	
F-5	BMI	≤ 19	Underweight
	BMI	=(20---25)	Normal Weight
	BMI	=(26---29)	Overweight
	BMI	≥ 30	Obesity

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.



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.

TECHNICAL DATA

Connectivity: Bluetooth LE

Frequency Range: 2400~2483.5Mhz

Transmitting Power: 0dBm

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 “END” 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 on 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 anytime. This includes during exercise.

SAFETY NOTE:

We recommend that you maintain a slow speed at the beginning of a session and hold the **Console** handrails until you have become familiar with the treadmill.

Insert the pin end of the **Safety Key** into the holes on the **Console** and attach the opposite end (containing the safety clip on it) 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**.
3. Press the START button to start the treadmill.
4. The treadmill will start at the system default setting speed of **0.5MPH**. 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 **Safety Key** to stop the treadmill.

USB CHARGING: You can charge your device by the USB port.

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

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.
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.
E01/E03: Message failure	Wires from the console and bottom control board are not properly connected.	Check wire connections from the console to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.
E03: No sensing signal	Speed sensor signal has been damaged.	Replace the speed sensor wire or replace the control.
E04: Incline self-checking failure	The incline motor is damaged or the wire for the incline motor is not connected properly or has been damaged.	Reconnect or replace the wire for the incline motor. Replace the incline motor with a new one, if damaged. Check the control board, replace if damaged. Press incline self-inspection button of the control board once a new control board or a new motor is replaced. After checking everything, press the learn button on the drive to learn again.
E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it is correct. Check the control board, replace if damaged.

	A moving part of the treadmill is stuck and therefore, the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noises, and check for a burning smell. Replace the motor if necessary.
E06: Motor abnormality	The motor wire is not connected, or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor.
E08: Control board abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor abnormality	The motor is damaged, or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.

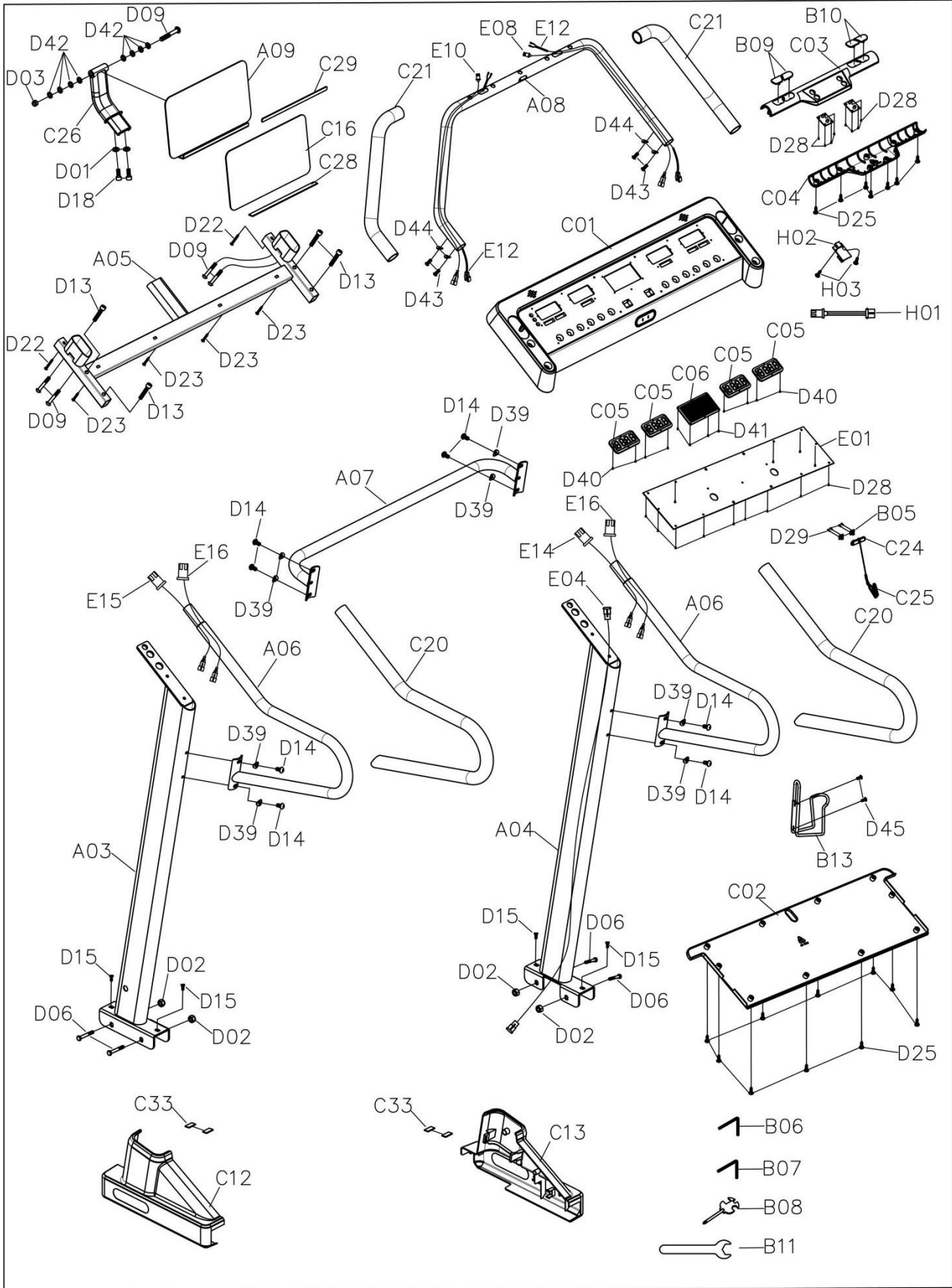
NOTE:

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



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

EXPLODED DIAGRAM 1



PARTS LIST

No.	Description	Specification	Qty.
A01	Base Frame		1
A02	Main Frame		1
A03	Left Upright Tube		1
A04	Right Upright Tube		1
A05	Console Base Bracket		1
A06	Armrest Component		2
A07	Front Bend Pipe Component		1
A08	Upper Armrest Tube		1
A09	Device Rack Components		1
B01	Front Roller		1
B02	Back Roller		1
B03	Main Frame Rotation Shaft		2
B04	Shaft Sleeve		8
B05	Safety Lock Spring Sheet		2
B06	Allen wrench	S5	1
B07	Allen wrench	S6	1
B08	Cross Wrench	S=13 14 15	1
B09	Left Pulse Steel Plate		2
B10	Right Pulse Steel Plate		2
B11	Wrench	17#	2
B12	Shaft Washer	Φ19	2
B13	Bottle Holder		1
C01	Console Top Cover		1
C02	Console Bottom Cover		1
C03	Top Cover of Upper Armrest Pulse Sensor		1
C04	Bottom Cover of Upper Armrest Pulse Sensor		1
C05	Grating Board		4
C06	Grating Board Dot Matrix		1
C07	Motor Top Cover		1
C08	Motor Bottom Cover 1		1
C09	Motor Bottom Cover 2		1
C10	Left Rear End Cap		1
C11	Right Rear End Cap		1
C12	Left Upright Tube Cover		1
C13	Right Upright Tube Cover		1
C14	Transport Wheel		2
C15	Running Belt		1
C16	Device Holder EVA pad		1
C17	Side Rail		2
C18	Motor Belt		1
C19	EVA pad 1		2
C20	Handrail Sponge Sleeve		2
C21	Top Handrail Sponge Sleeve		2

No.	Description	Specification	Qty.
C22	Black Cushion		8
C23	EVA Pad		1
C24	Safety Key		1
C25	Safety Key Clip		1
C26	Device Holder		1
C27	Cylindrical Cushion	Φ30*40*M6	2
C28	Device Holder EVA Pad 2	240*14*2	1
C29	Device Holder EVA Pad 3	240*10*2	1
C30	Cylindrical Cushion	Φ25*25*M6	2
C31	Adjustable Foot Pad		4
C32	Rubber Anti Slip Pad		4
C33	EVA Pad		4
C34	Foot Pad		2
C35	Ring Form Wire Protector		2
D01	Flat Washer	Φ6	2
D02	Nut	M10	5
D03	Nut	M8	4
D04	Nut	M6	8
D05	Bolt	M12*20	2
D06	Bolt	M10*70	4
D07	Bolt	M10*45	1
D08	Bolt	M10*15	2
D09	Bolt	M8*85	5
D10	Bolt	M8*65	2
D11	Bolt	M8*60	2
D12	Bolt	M8*50	1
D13	Bolt	M8*40	4
D14	Flat Round Head Bolt	M8*15	8
D15	Bolt	M8*15	4
D16	Bolt	M8*15	2
D17	Bolt	M6*25	8
D18	Bolt	M6*15	4
D19	Bolt	M5*16	2
D20	Bolt	M5*10	2
D21	Bolt	M5*8	2
D22	Screw	ST4.2*40	2
D23	Screw	ST4.2*30	4
D24	Screw	ST4.2*15	2
D25	Pan Head with Pad Tapping Screw	ST4.2*12	30
D26	Screw	ST4.2*12	12
D27	Nut	M8	4
D28	Screw	ST2.9*6.0	21
D29	Screw	ST2.5*6	4

No.	Description	Specification	Qty.
D30	Screw	ST2.9*10	2
D31	Lock Washer	Φ10	3
D32	Lock Washer	Φ8	5
D33	Lock Washer	Φ5	2
D34	Spring Washer	Φ12	2
D35	Spring Washer	Φ5	2
D36	Spring Washer	Φ8	2
D37	Flat Washer	Φ12	2
D38	Flat Washer	Φ8	2
D39	Arc-shaped Shim	Φ8	8
D40	Screw	ST2.9*8	8
D41	Screw	ST2.9*6	4
D42	Big Washer	Φ8*Φ20*1.5	8
D43	Bolt	M6*10	4
D44	Arc-shaped Shim	Φ6	4
D45	Bolt	M5*12	2
E01	Console		1
E02	Control Board		1
E03	Console Top Signal Wire		1
E04	Console Middle Signal Wire		1
E05	Console Bottom Signal Wire		1
E06	Safety Key Connection Wire		1
E07	Quick Speed Buttons Top Wire	Length 700	1
E08	Quick Speed Buttons Bottom Wire	Length 750	1
E09	Quick Incline Buttons Top Wire	Length 700	1
E10	Quick Incline Buttons Bottom Wire	Length 750	1

No.	Description	Specification	Qty.
E11	Pulse Top Wire	Length 700	1
E12	Pulse Bottom Wire	Length 650	2
E13	Electric Resistance		1
E14	Quick Speed Buttons Middle Wire	Length 250	1
E15	Quick Incline Buttons Middle Wire	Length 250	1
E16	Pulse Middle Wire	Length 250	2
E17	Power Socket		1
E18	Power Wire		1
E19	Switch on-off		1
E20	Magnetic Ring		1
E21	Magnetic Core		1
E22	Ground Wire	Length 350 yellow-green	2
E23	AC Signal Wire	Length 350 brown	3
E24	AC Signal Wire	Length 350 blue	2
E25	Overload Protector		1
E26	DC Motor		1
E27	Incline Motor		1
E28	Running Board		1
F01	AC Single Wire	Blue	1
F02	Ground Wire		1
F03	AC Single Wire	Brown	1
F04	Filter		1
F05	Screw	ST4.2*12	2
H01	USB Wire		1
H02	USB Charging Module		1
H03	Screw	ST2.9*8	2

Version 1.0

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