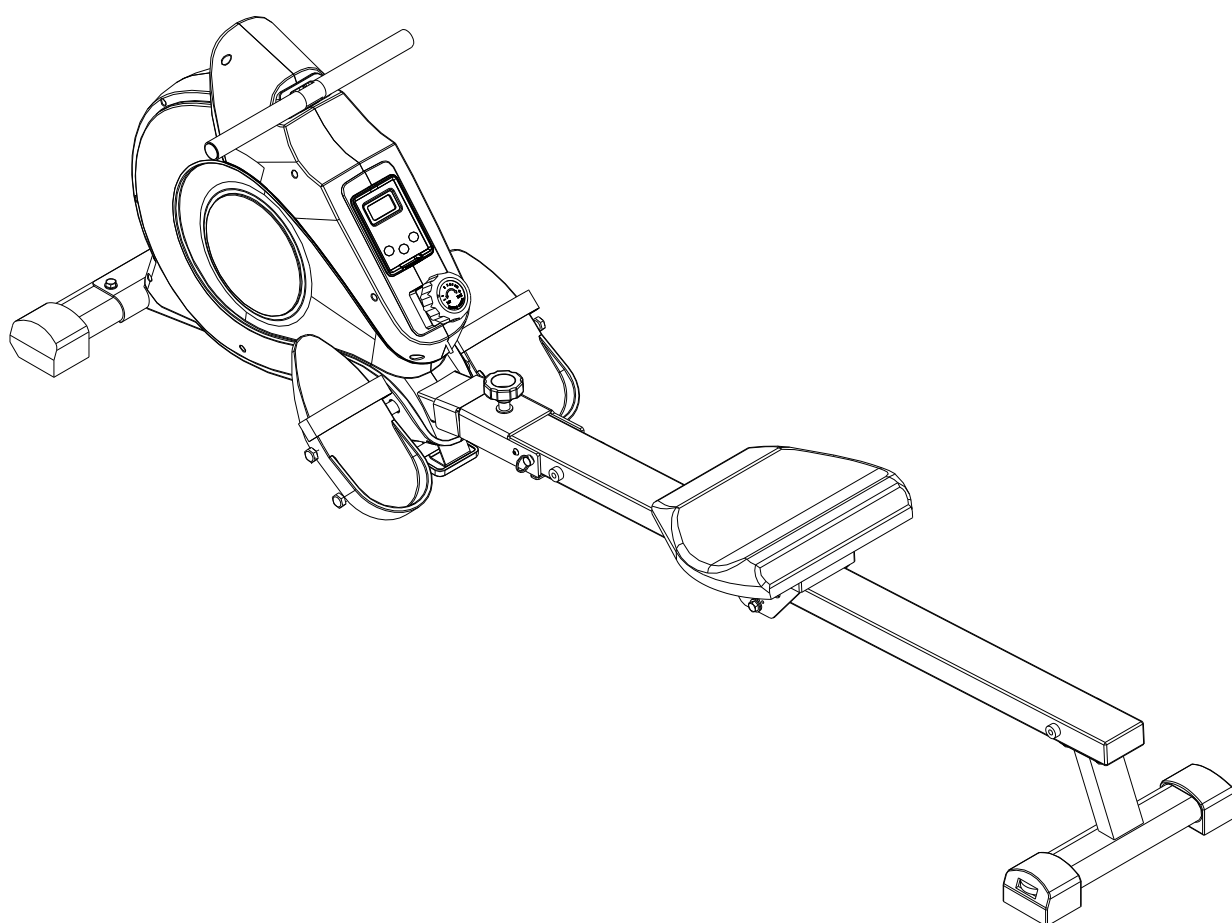




# MAGNETIC ROWING MACHINE

## SF-RW5515

### USER MANUAL



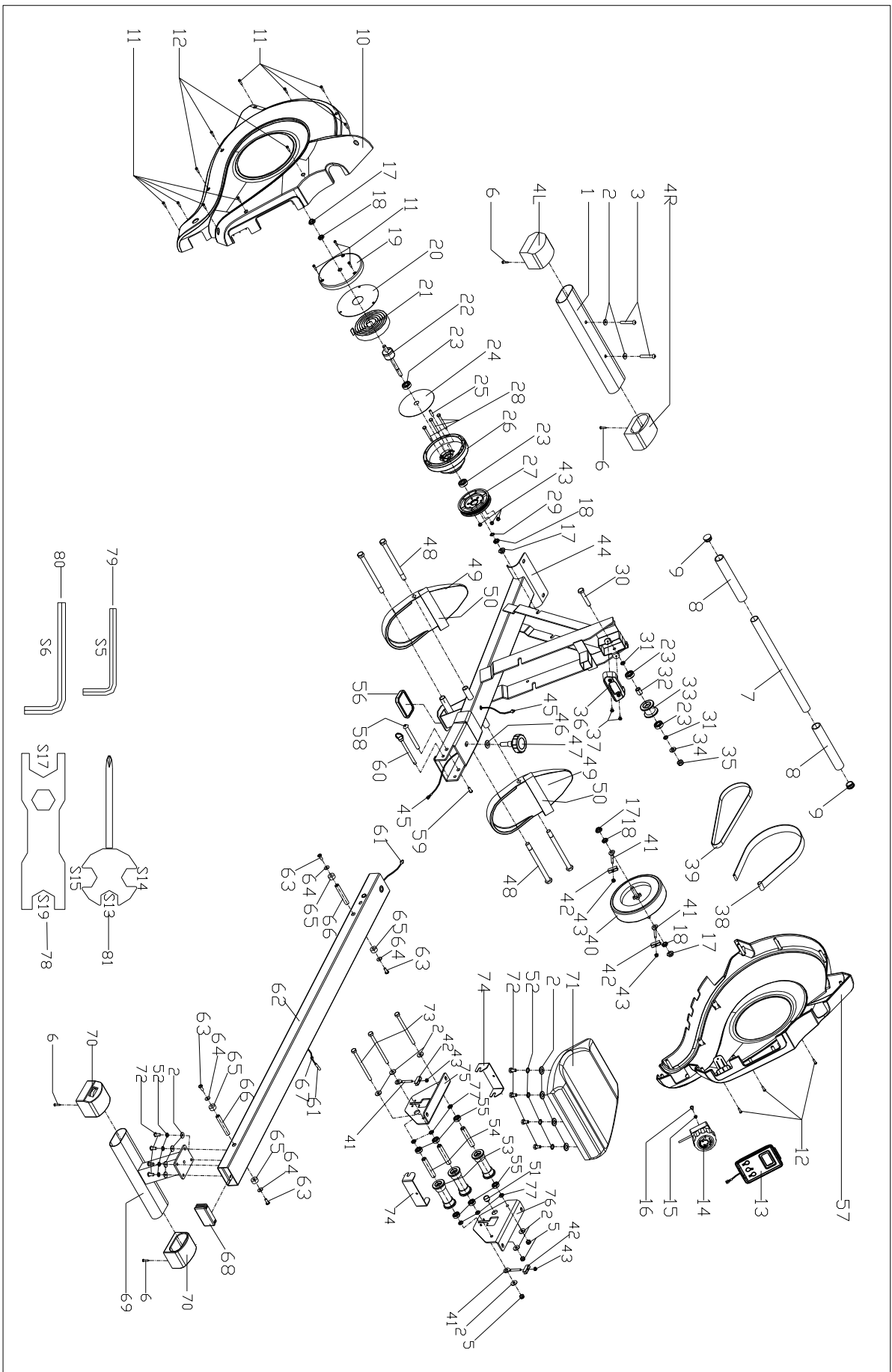
**IMPORTANT:** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

# **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 assured 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 any medication that may affect 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 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. It is recommended that you lubricate all moving parts on a monthly basis.
7. 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, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into the moving parts of the equipment.
10. The maximum weight capacity of this unit is 250 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. 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.
14. This equipment is designed for indoor use only! It is not intended for commercial use!

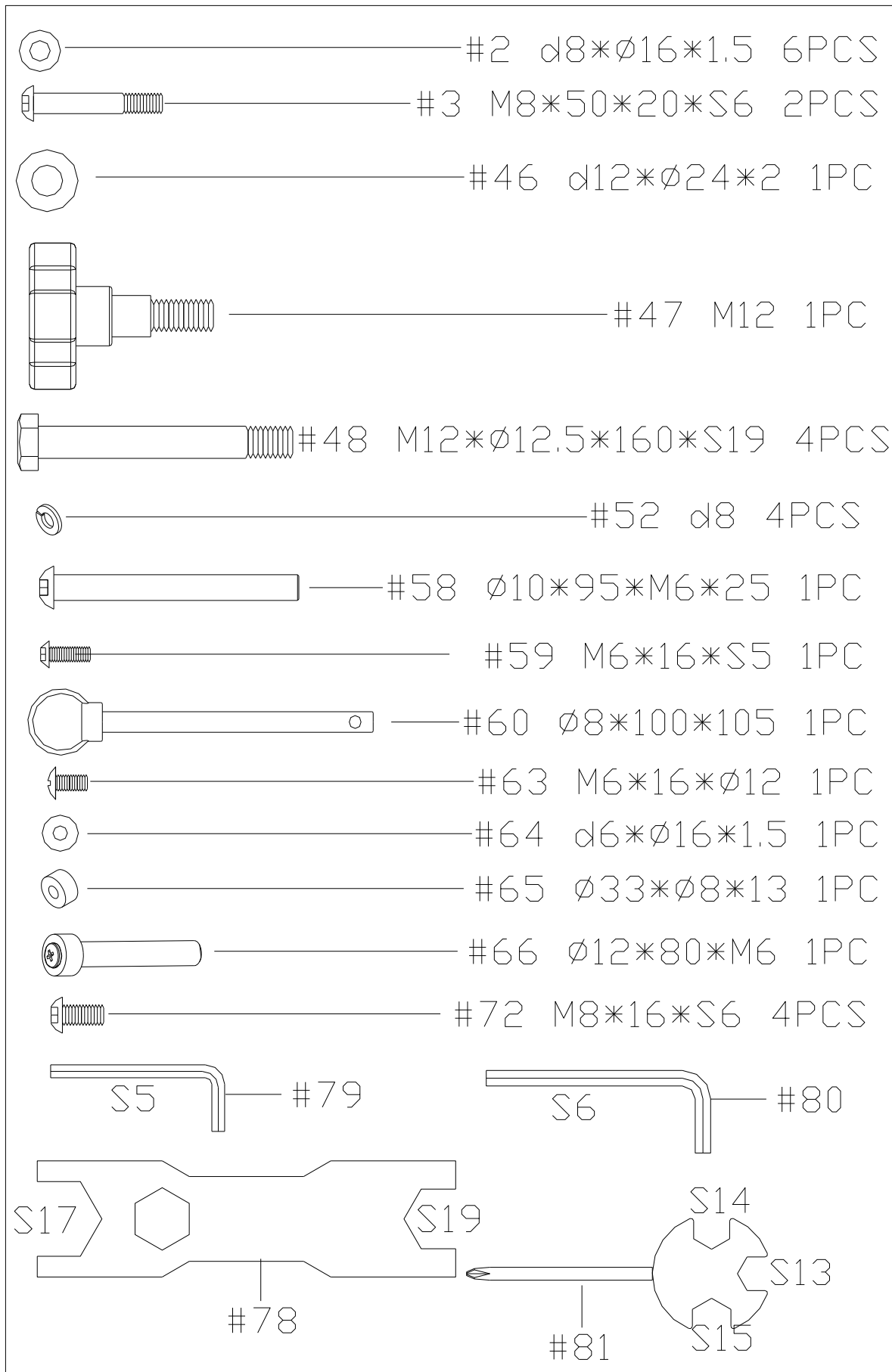
# EXPLODED DRAWING



# PARTS LIST

No.	Description	Spec.	QTY	No.	Description	Spec.	QTY
1	Front stabilizer		1	44	Main frame		1
2	Washer	d8*Φ16*1.5	16	45	Trunk wire 1		1
3	Screw	M8*50*20*S6	2	46	Washer	d12*Φ24*2	1
4	End cap		2	47	Knob	M12	1
5	Nut	M8*H7.5*S13	3	48	Bolt	M12 * Φ 12.5*160*23*S19	4
6	Screw	ST4.2*25*Φ10.5	4	49	Pedal L/R		2
7	Handlebar		1	50	Pedal strap		2
8	Foam grip	Φ23*3*180	2	51	Magnet	Φ 15*7	1
9	End cap	Φ25*16	2	52	Spring washer	d8	8
10	Left chain cover		1	53	Wheel	Φ 40*92	3
11	Screw	ST4.2*19*Φ8	11	54	Casing pipe for idler wheel	Φ 14*Φ8*78	3
12	Screw	ST4.2*16*Φ8	6	55	Bearing	608Z	6
13	Computer		1	56	Rubber pad	M8*H5.5*S14	1
14	Tension control		1	57	Right chain cover		1
15	Washer	D5	1	58	Bolt	Φ10*95*M6*25	1
16	Screw	M5	1	59	Screw	M6*16*S5	1
17	Nut	M10*1*H8*S15	4	60	Pull pin	Φ8*100*105	1
18	Nut	M10*1*H5*S17	4	61	Sensor wire		1
19	Cover for mesh belt wheel	Φ149*14	1	62	Sliding rail		1
20	Outer PC board		1	63	Screw	M6*16*Φ12	4
21	Volute spring		1	64	Washer	d6*Φ16*1.5	4
22	Axle for mesh belt wheel		1	65	Limit mat	Φ33*Φ8*13	4
23	Bearing	6000-ZZ	4	66	Limit axle	Φ12*80*M6	2
24	PC board		1	67	Grommet	Φ12*11*Φ3	1
25	Fixing axle for mesh belt	Φ5*32	1	68	End cap	J80*40*18	1
26	Mesh belt wheel		1	69	Rear support		1
27	Belt wheel		1	70	End cap		2
28	Bolt	M6*55*S10	3	71	Saddle	DDPU986	1
29	Circlip	d10	1	72	Screw	M8*16*S6	8
30	Bolt	M10*60*25*S17	1	73	Bolt	M8*125*15*S14	3
31	Spacer	Φ14*Φ10*2.5	2	74	U shape baffle		2
32	Spacer	Φ15*Φ10.2*19	1	75	Left seat supporting board		1
33	Mesh belt pulley	Φ45*35	1	76	Right seat supporting board		1
34	Washer	d10*Φ20*2	1	77	Spacer	d8*Φ15*4	6
35	Nut	M10*H9.5*S17	1	78	Spanner	S17-19	1
36	Handlebar seat		1	79	Allen wrench	S5	1
37	Screw	M5*10*Φ10	2	80	Allen wrench	S6	1
38	Mesh belt	t1.3*18*2140	1	81	Spanner	S13-14-15	1
39	Belt	6PJ250	1				
40	Inertial wheel	Φ176	1				
41	Adjusting screw	M6*40*Φ10*2.5	4				
42	Adjusting U seat	30*10*1.5	4				
43	Nut	M6*H6*S10	7				

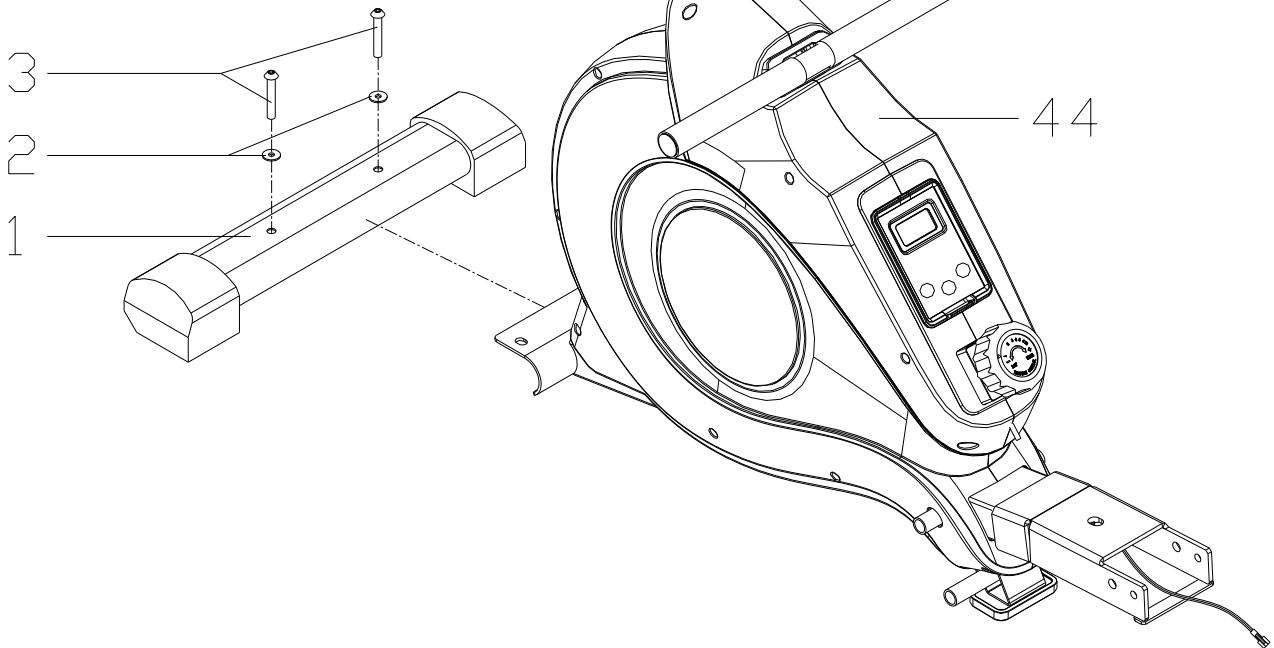
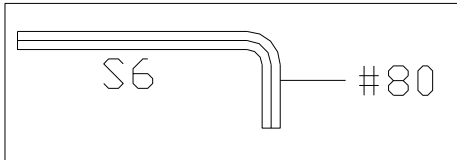
# HARDWARE PACKAGE



# **ASSEMBLY INSTRUCTIONS**

 #3 M8\*50\*20\*S6 2PCS


 #2 d8\*Ø16\*1.5 2PCS

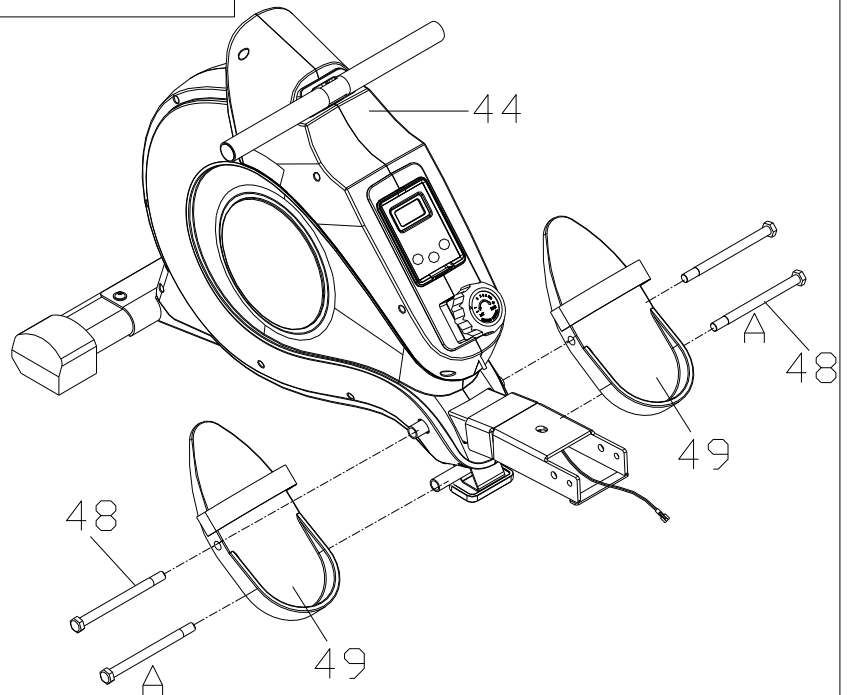
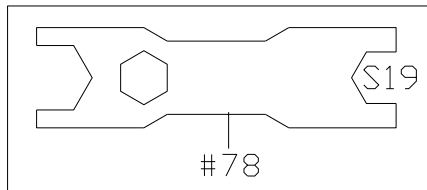


## **STEP 1:**

Attach the **Front Stabilizer (No. 1)** to the **Main Frame (No. 44)** using 2 **Screws (No. 3)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. 80)**.

# **ASSEMBLY INSTRUCTIONS**

 #48 M12\*Ø12.5\*160\*S19 4PCS



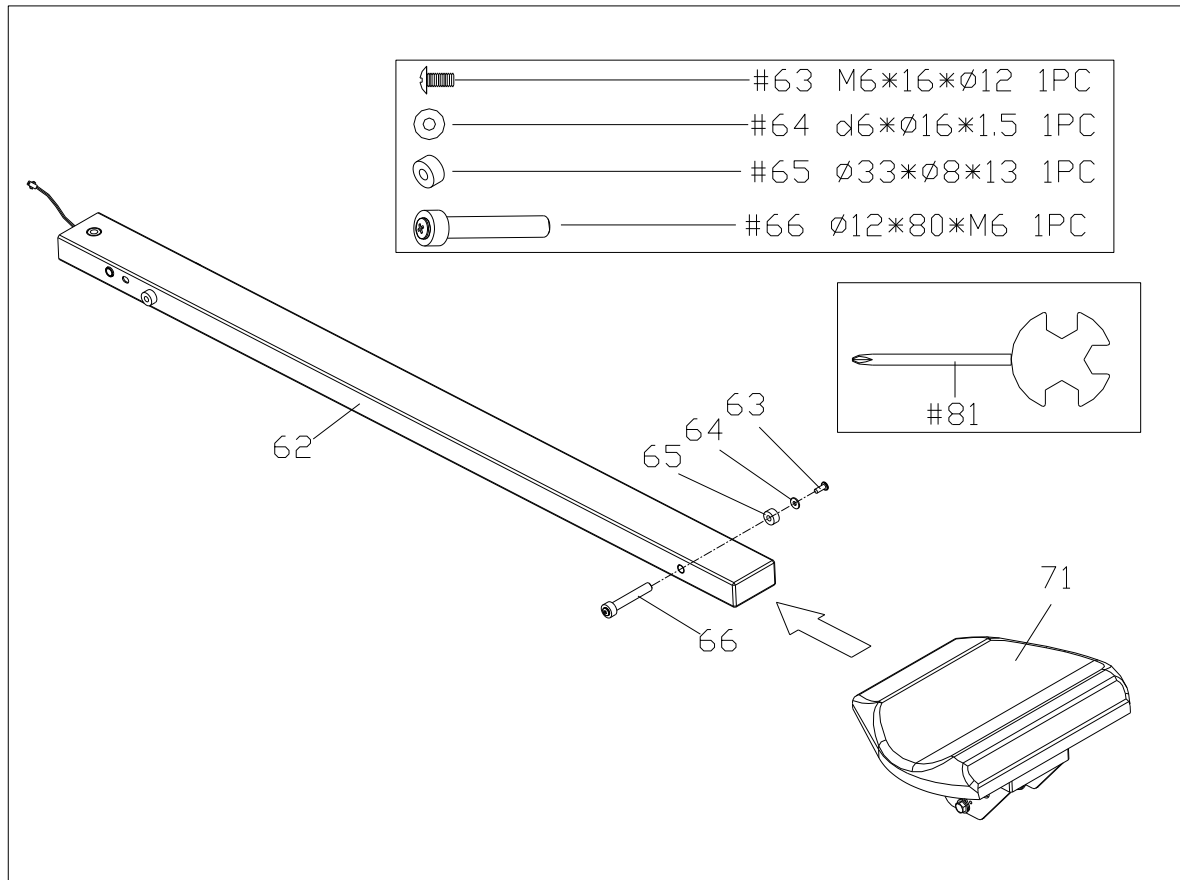
## **STEP 2:**

Fix the 2 **Bolts (No. 48)** in position A into the bottom hole of **Main Frame (No. 44)** with **Spanner (No.78)**.

Attach the 2 **Bolts (No.48)** into the upper hole of the **Main Frame (No. 44)** through the **Pedals (No.49)** and tighten with **Spanner (No.78)**.

**NOTE:** The **Pedals (No.49)** should be attached by the **Bolts (No.48)** in position A.

# ASSEMBLY INSTRUCTIONS

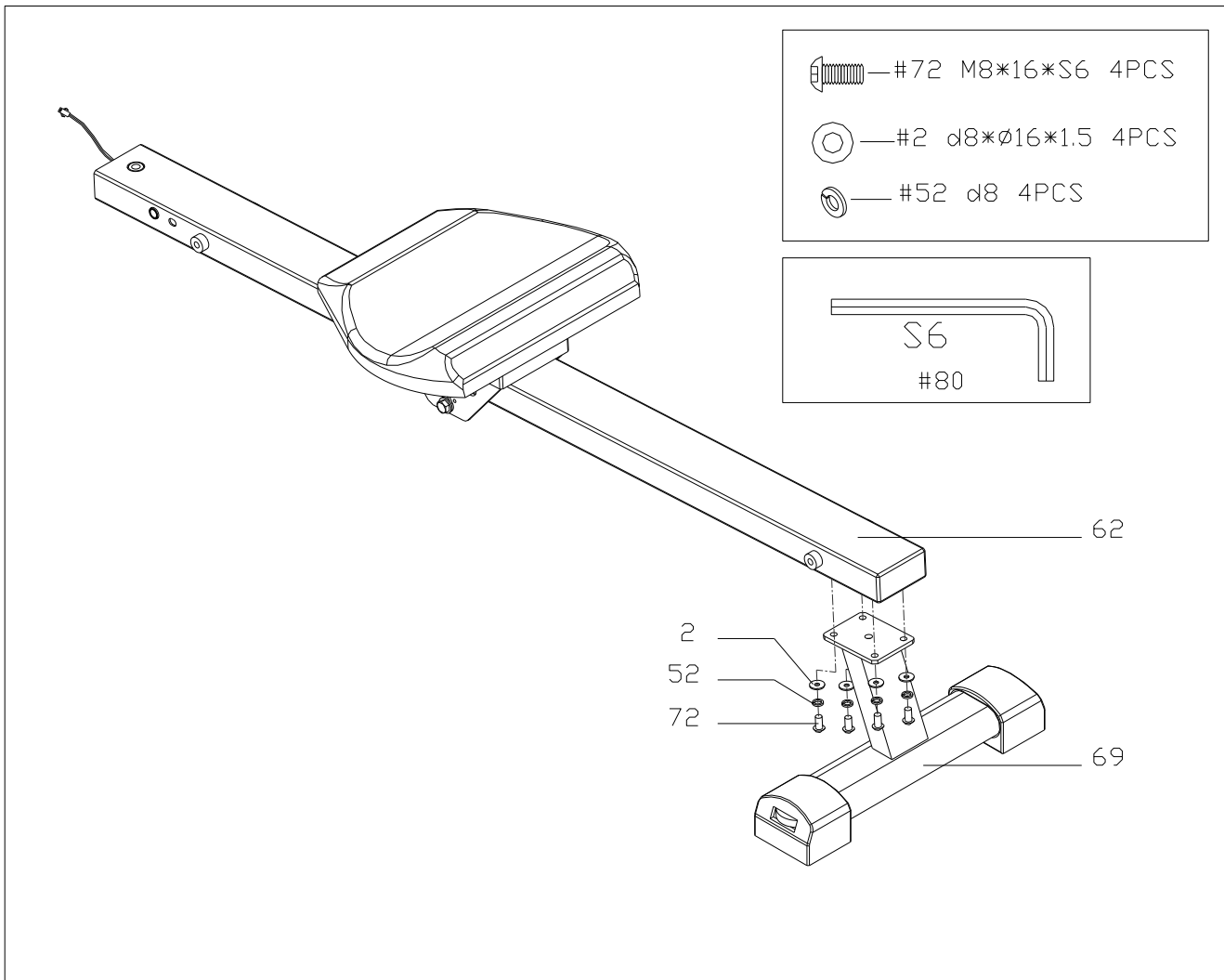


## STEP 3:

Insert the **Saddle (No. 71)** into the **Sliding Rail (No. 62)**.

Insert the **Limit Axle (No. 66)** into the hole on the back of the **Sliding Rail (No. 62)**. Attach the **Limit Mat (No. 65)** onto the **Limit Axle (No. 66)** using 1 **Screw (No. 63)** and 1 **Washer (No. 64)** then tighten with **Spanner (No. 81)**.

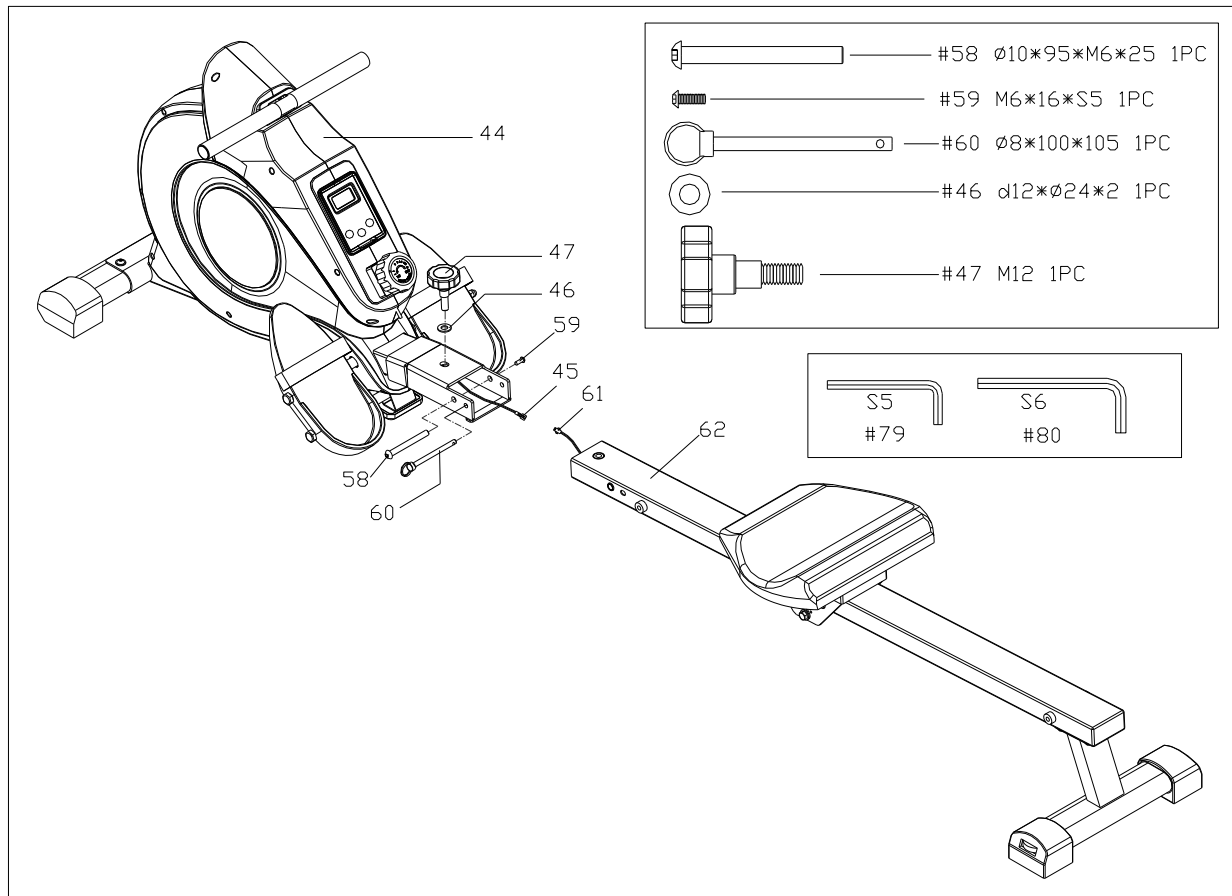
# ASSEMBLY INSTRUCTIONS



## **STEP 4:**

Attach the **Sliding Rail (No. 62)** onto the **Rear Support (No. 69)** using 4 **Screws (No. 72)**, 4 **Spring Washers (No. 52)**, and 4 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. 80)**.

# ASSEMBLY INSTRUCTIONS



## STEP 5:

Connect **Trunk Wire 1 (No. 45)** with the **Sensor Wire (No. 61)**.

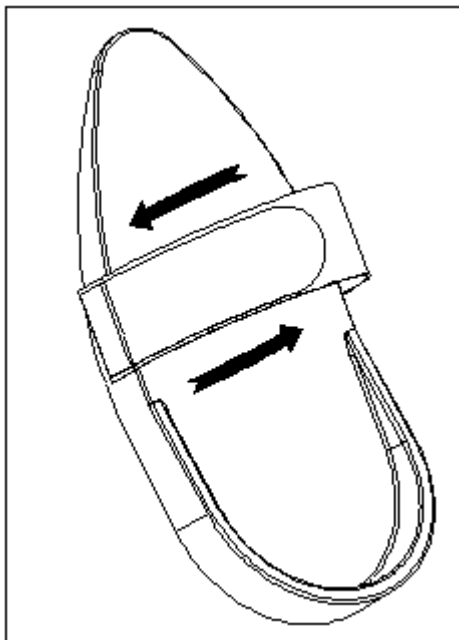
Attach the **Sliding Rail (No. 62)** to **Main Frame (No. 44)** using 1 **Bolt (No. 58)** and 1 **Screw (No. 59)**. Tighten and secure with **Allen Wrench (No. 79)** and **Allen Wrench (No. 80)**.

Next, fix the top of the **Sliding Rail (No. 62)** to the **Main Frame (No. 44)** using 1 **Knob (No. 47)** and 1 **Washer (No. 46)** then insert the **Pull Pin (No. 60)**.

*The assembly is complete!*

# **ADJUSTMENT GUIDE**

## **❖ PEDAL ADJUSTMENT**



The pedal strap is adjustable and can be personalized to fit the user's foot size.

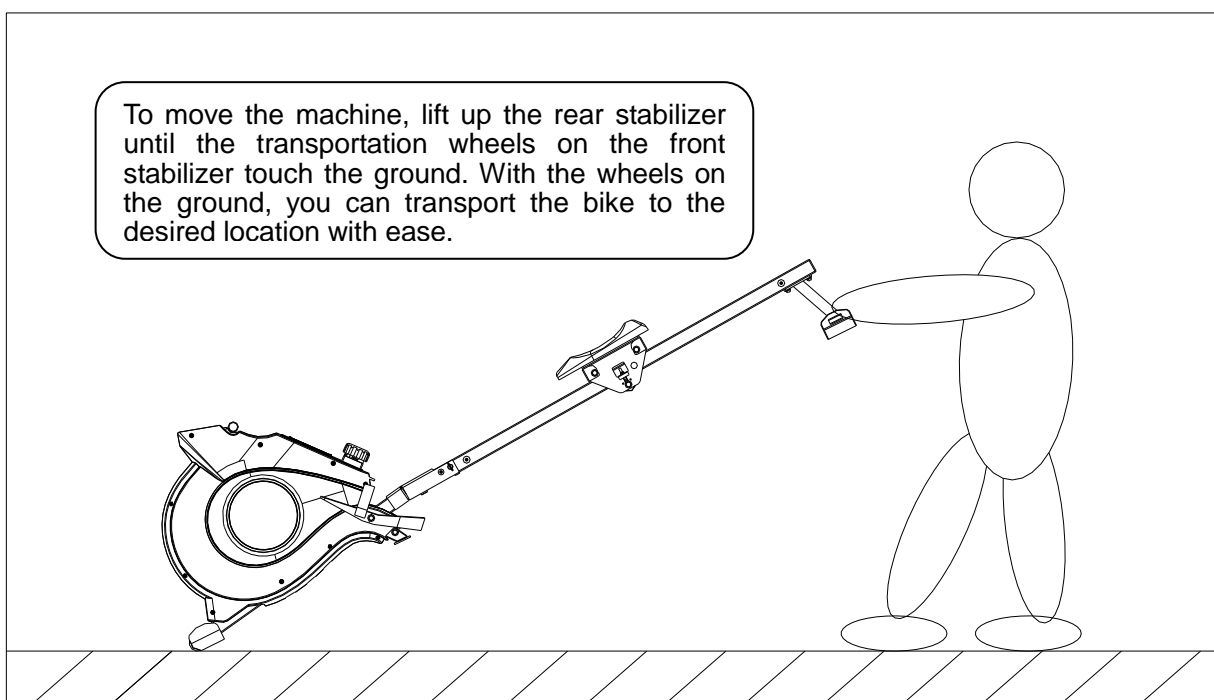
To adjust the pedal strap, remove the velcro end of the strap from the mesh side by pulling it upward then to the left.

Once removed, you may increase the opening of the pedal strap by pulling the mesh end up and to the right.

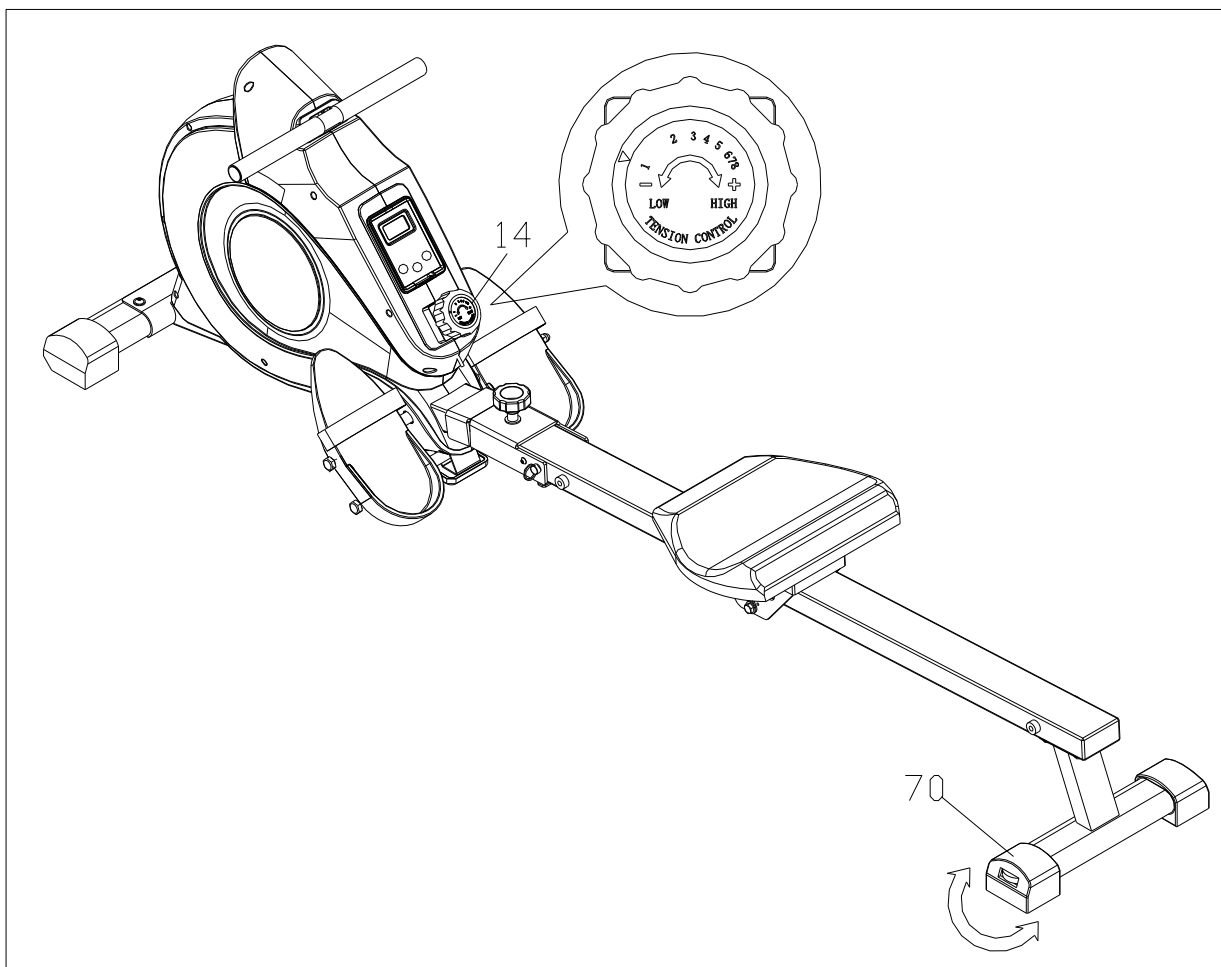
To tighten, pull the velcro end of the pedal strap upward then to the right and down to secure it to the mesh side of the strap.

## **❖ MOVING THE MACHINE**

To move the machine, lift up the rear stabilizer until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.



# ADJUSTMENT GUIDE



## ❖ ADJUSTING THE BALANCE

Adjust the **End Caps (No. 70)** on the rear stabilizer of the machine if the machine is unbalanced during use.

## ❖ ADJUSTING THE RESISTANCE

Rotate the **Tension Control Knob (No. 14)** *clockwise* to increase the level of resistance. Rotate the tension control *counter-clockwise* to decrease the level of resistance.

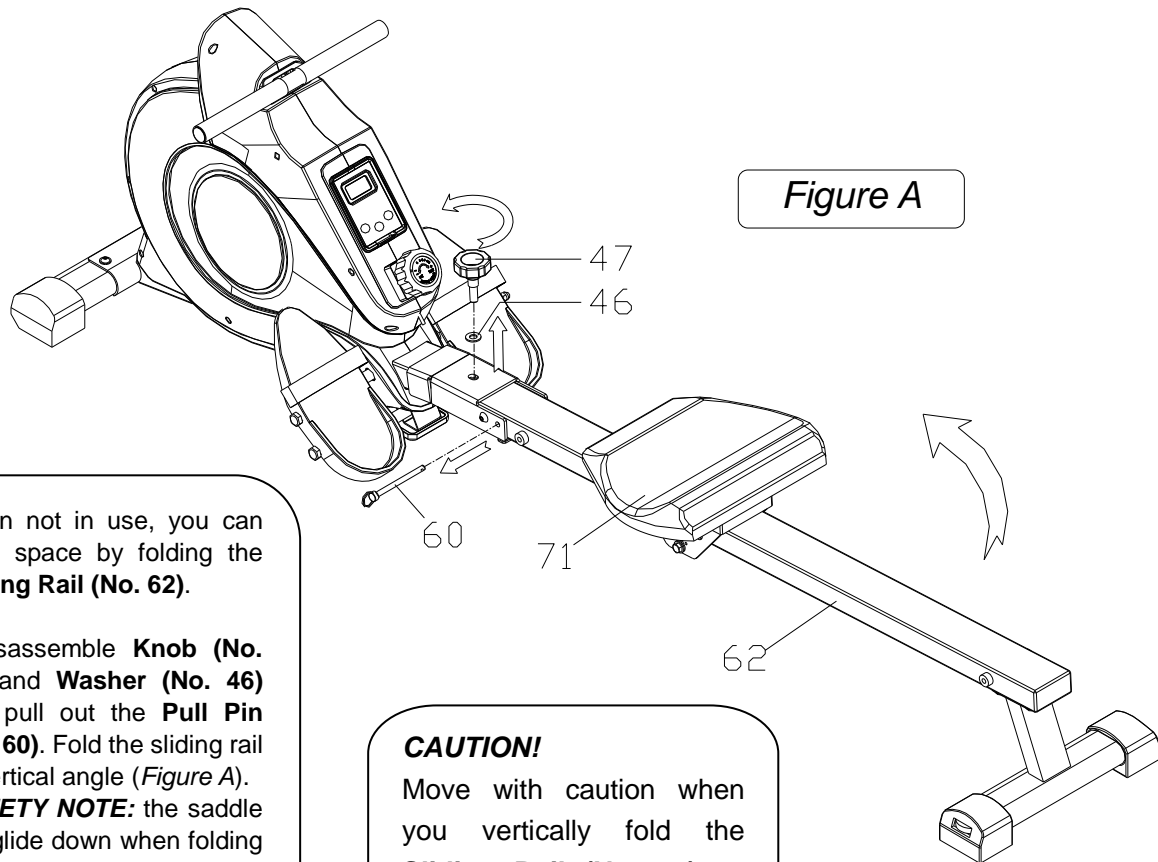
Tension levels are set at Level 1 being the lowest and Level 8 being the highest.

## CAUTION!

Moving parts, such as the seat, can crush and cut. Keep hands clear of the sliding rail during use!

# ADJUSTMENT GUIDE

## ❖ FOLDING THE MACHINE



When not in use, you can save space by folding the **Sliding Rail (No. 62)**.

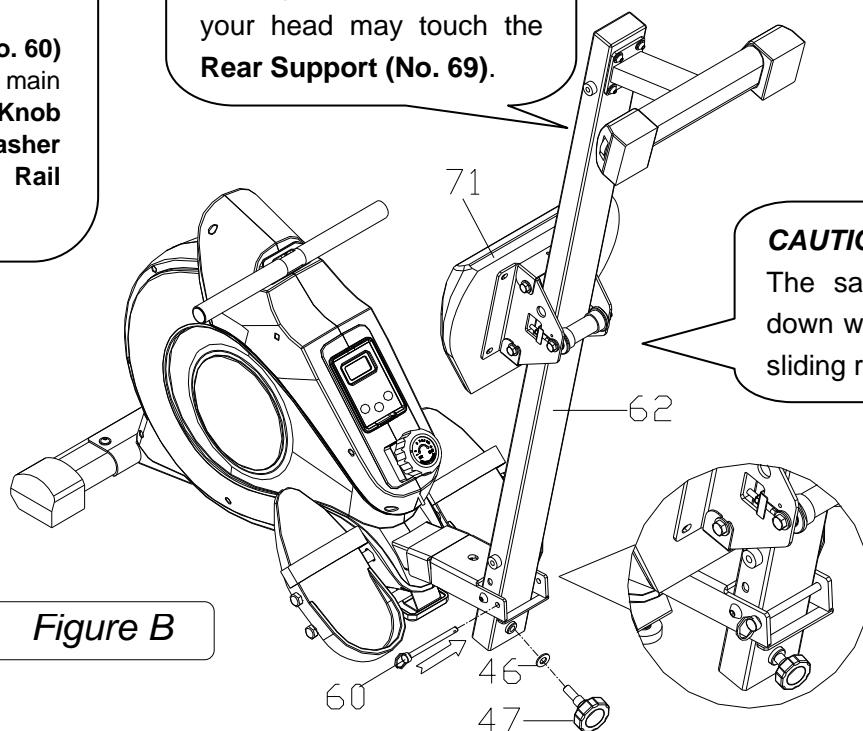
1. Disassemble **Knob (No. 47)** and **Washer (No. 46)** and pull out the **Pull Pin (No. 60)**. Fold the sliding rail to vertical angle (*Figure A*).

**SAFETY NOTE:** the saddle will glide down when folding the sliding rail.

2. Reinsert **Pull Pin (No. 60)** into the hole on the main frame, then tighten **Knob (No. 47)** and **Washer (No. 46)** to **Sliding Rail (No. 62)**. (*Figure B*)

### **CAUTION!**

Move with caution when you vertically fold the **Sliding Rail (No. 62)** as your head may touch the **Rear Support (No. 69)**.



### **CAUTION!**

The saddle will glide down when folding the sliding rail!

# **EXERCISE METER**

Our computerized display console on the Sunny Magnetic Rowing Machine allows the user to tailor a personalized workout by monitoring their progress. During a workout, the display console will alternately and repeatedly display your Time, Count, Calories Burned, Total Count, and Scan (all of the above). With our easy-to-use console, the user can efficiently track their fitness improvements from one workout to the next.

## **FUNCTION KEY:**

1. **MODE:** To select your specification mode and/or turn on display console.
2. **SET:** To set a value of Time or Calories (when not in Scan mode).
3. **RESET:** Press to reset Time or Calories.



## **FUNCTIONS AND OPERATIONS:**

1. **SCAN:** Press MODE button until SCAN appears. The display will rotate through the five functions in the following order: TIME, COUNT, CALORIES, and TOTAL COUNT. Each display will be held for 4 seconds.
2. **TIME:** Counts the total time elapsed during your current workout.
3. **COUNT:** Counts the number of rowing strokes from your current workout.
4. **CAL:** Counts the total calories burned from current workout.
5. **TOTAL COUNT:** Counts the total amount of strokes from the first use.
6. **AUTO ON/OFF & AUTO START/STOP:**

The power will turn off automatically once there's no signal for 4 minutes. The meter will reactivate once the machine is put into motion or when a meter key is pressed.

## **SPECIFICATIONS**

<i>FUNCTIONS</i>	SCAN	Every 6 seconds
	TIME	0:00~99:59 (Minute:Second)
	COUNT	0~9999 Count
	CALORIES	0.0~999.9~9999 Kcal
	TOTAL COUNT	0~9999 hundred count
BATTERY TYPE		(2)Two AAA or UM-4
OPERATING TEMPERATURE		0° C ~ 40° C
STORAGE TEMPERATURE		-10° C ~ 60° C