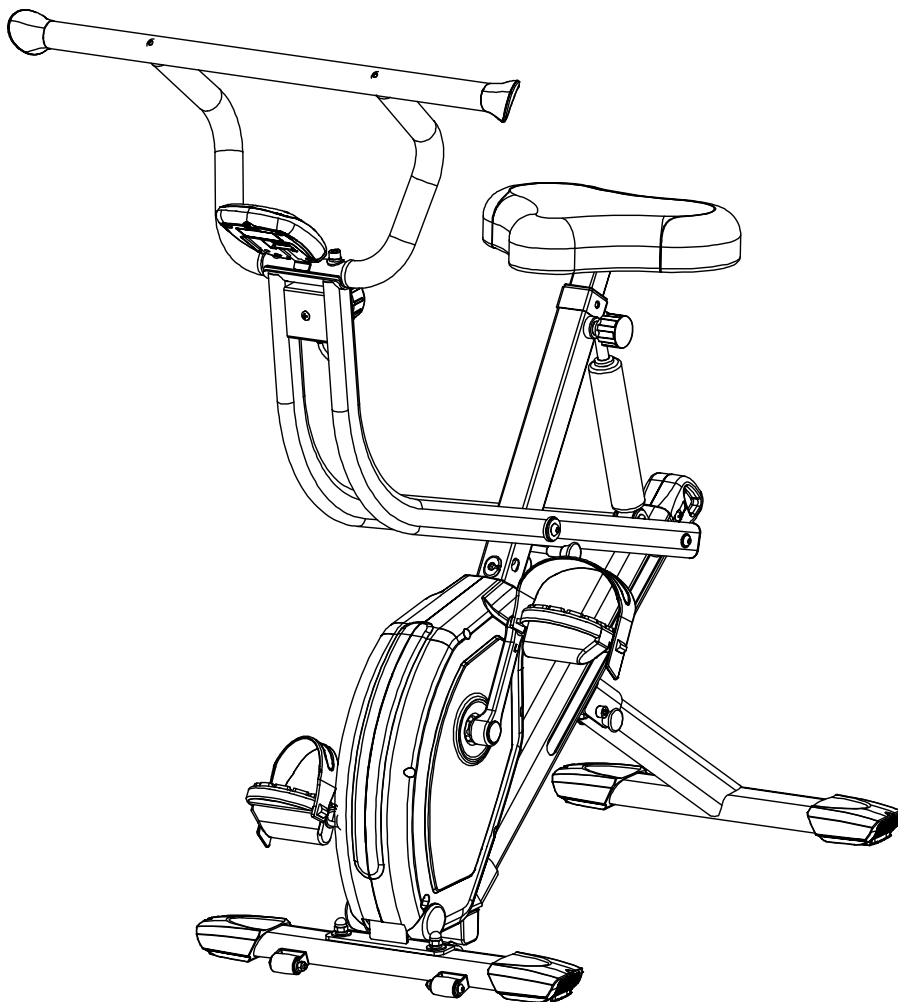




DUAL ACTION RIDER BIKE

SF-B2620

USER MANUAL



IMPORTANT :

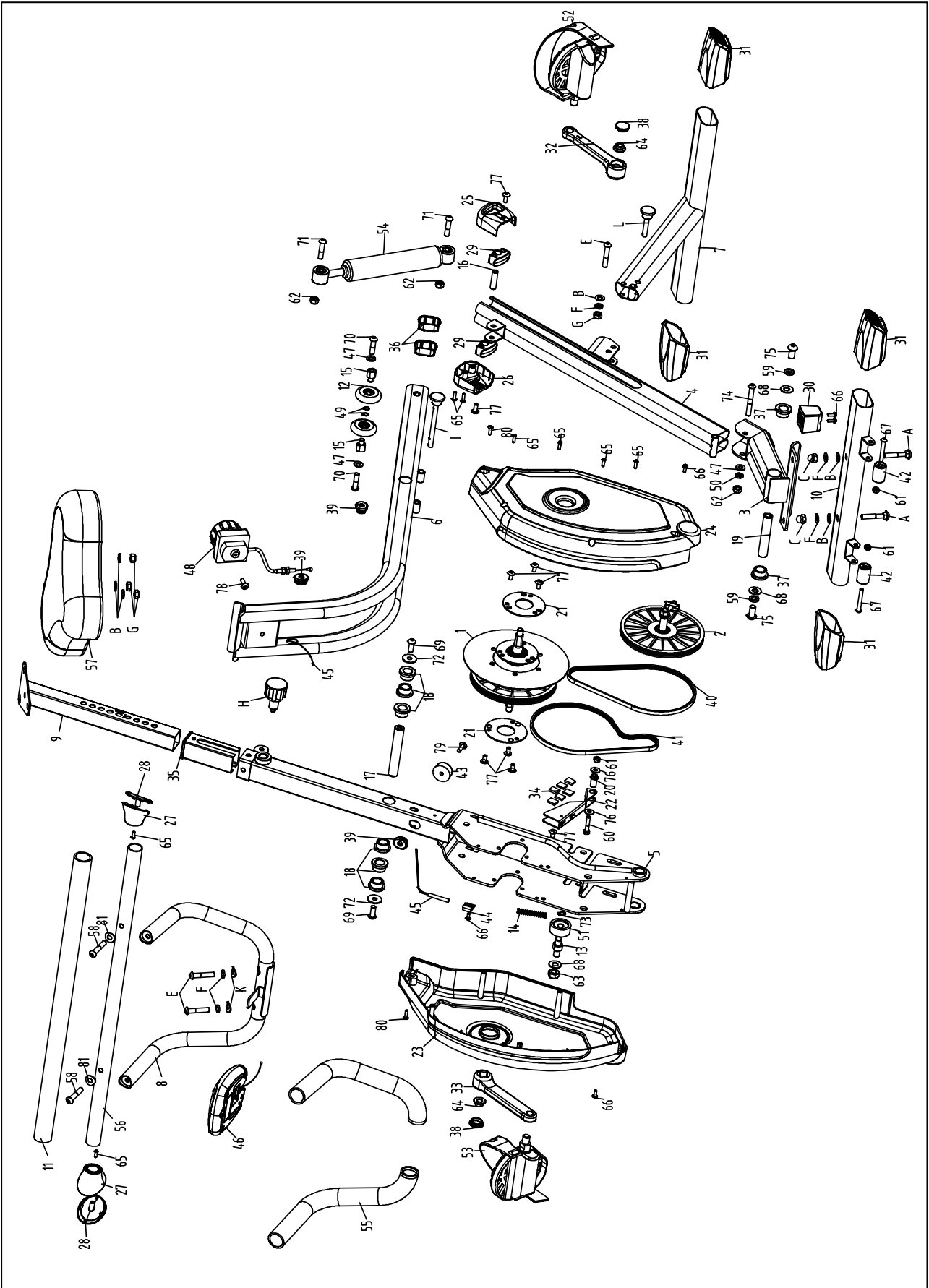
Read all instructions carefully before using this product. Retain this manual for future reference. For customer service, contact support@sunnyhealthfitness.com

PRECAUTIONS

IMPORTANT! Before exercising, please read this manual first and always remember these safety warnings.

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 experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and animals away from the equipment. The equipment is designed for adult use only.
4. This equipment is not suitable for therapeutic use.
5. 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.
6. Batteries can be extremely dangerous if swallowed. Keep batteries away from the reach of children. If a battery has been swallowed, seek medical help immediately.
7. Keep packaging material away from children or pets. There is a danger of suffocation.
8. Do not use the product if it is damaged or defective.
9. Make sure that no more than one person is using the product at the same time.
10. Use the product only on a flat level and non-slipping surface. Never use it near water and keep at least 4 feet of space around it clear when in use.
11. Take care when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
12. Protect the product against splashes, humidity, high temperature and direct sunlight.
13. The high speed rotating pedal may cause damage Do not take your feet out of the pedals or dismount the bike until the pedals rotating.
14. When adjusting the seat height, do not exceed the "Max" line. Make sure that the knob is tightened.
15. The maximum user weight is 240 lbs.

EXPLODED VIEW



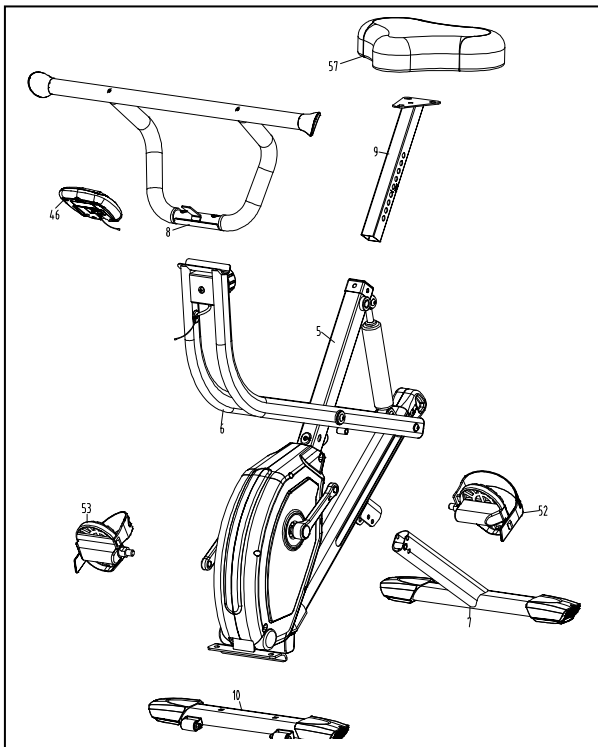
PARTS LIST

NO.	DESCRIPTION	Q'TY
A	BOLT M8x45	2
B	WASHER $\Phi 8.5*\Phi 22.0*T1.5$	6
C	NUT M8	2
D	WRENCH S13-14-15	1
E	BOLT M8x45	3
F	SPRING WASHER $\Phi 8.4*\Phi 13.5*T2.5$	3
G	NUT M8	4
H	KNOB	1
I	PIN $\Phi 8*90$	1
J	WRENCH S6	1
K	ARC WASHER $\Phi 8.4*\Phi 19.0*T1.5$	2
L	PIN $\Phi 8*36$	1
1	MAGNET SET	1
2	DRIVING WHEEL	1
3	CONNECTING FRAME	1
4	SLIDING TUBE	1
5	MAIN FRAME	1
6	HANDLE BAR SUPPORTING POST	1
7	REAR STABILIZER	1
8	HANDLE BAR	1
9	SEAT POST	1
10	FRONT STABILIZER	1
11	FOAM GRIP	1
12	WHEEL	2
13	AXLE	1
14	SPRING	1
15	PU WHEEL AXLE	2
16	SLEEVE	1
17	CONNECTING AXLE	1
18	BUSHING	6
19	CONNECTING AXLE	1
20	MAGNET BASE AXLE	1
21	BIG WASHER	2
22	MAGNET BASE	1
23	COVER(LEFT)	1
24	COVER (RIGHT)	1

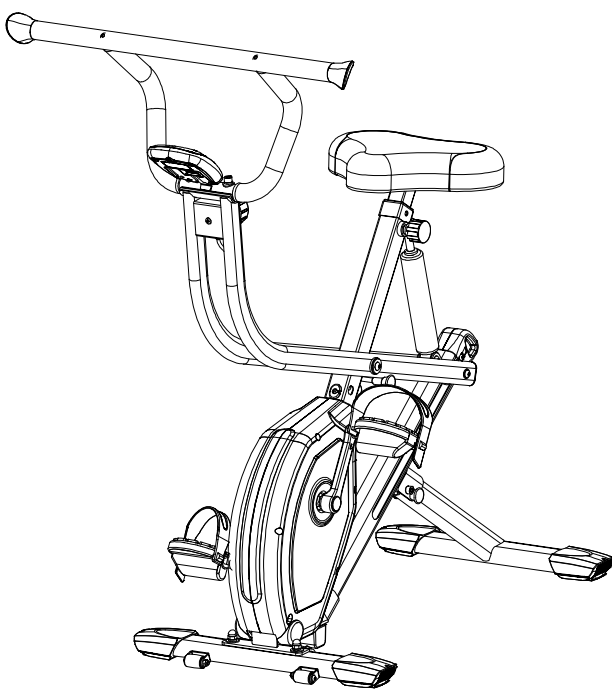
NO.	DESCRIPTION	Q'TY
25	PLASTICS COVER (LEFT)	1
26	PLASTICS COVER (RIGHT)	1
27	END CAP	2
28	LID	2
29	RUBBER BLOCK	2
30	CUSHION	1
31	END CAP	4
32	CRANK (LEFT)	1
33	CRANK (RIGHT)	1
34	MAGNET	6
35	SEAT POST BUSHING	1
36	END CAP	2
37	BUSHING	2
38	END CAP	2
39	LINE PLUG	3
40	BELT 230PJ3	1
41	BELT 235PJ3	1
42	WHEEL	2
43	RUBBER CUSHION	1
44	SENSOR BASE	1
45	SENSOR	1
46	COMPUTER	1
47	WASHER $\Phi 8.5*\Phi 16.0*T1.5$	3
48	TENSION KNOB AND CABLE	1
49	SPRING WASHER $\Phi 8.0*\Phi 7.4*T0.8$	2
50	SPRING WASHER $\Phi 8.4*\Phi 13.5*T2.5$	1
51	PULLEY(6200)	1
52	PEDAL (LEFT)	1
53	PEDAL (RIGHT)	1
54	CYLINDER	1
55	FOAM GRIP	2
56	HANDLE BAR	1
57	SADDLE	1
58	BOLT M8x45	2
59	SPRING WASHER $\Phi 10.2*\Phi 16.6*T3.0$	2
60	BOLT M6x30	1


NO.	DESCRIPTION	Q'TY
61	NUT M6	3
62	NUT M8	3
63	NUT M10	1
64	NUT M10x1.25	2
65	SCREW ST4.2x13.0	8
66	SCREW M4x12	5
67	BOLT M6x45	2
68	WASHER Φ 10.5* Φ 22.0*T1.4	3
69	BOLT M8x20	2
70	BOLT M8x30	2
71	BOLT M8x35	2
72	WASHER Φ 8.0* Φ 25.0*T2.0	2
73	SPRING WASHER Φ 10.0x Φ 9.3xT1.0	1
74	BOLT M8x60	1
75	BOLT M10x20	2
76	WASHER Φ 6.5* Φ 16.0*T1.0	2
77	BOLT M6x12	9
78	BOLT M6x15	2
79	BOLT M6x20	2
80	SCREW ST4.2x15.0	2
81	ARC WASHER Φ 8.4* Φ 19.0*T1.5	2

ASSEMBLY



NO.	DESCRIPTION	Q'TY
5	MAIN FRAME	1
6	HANDLE BAR SUPPORTING POST	1
7	REAR STABILIZER	1
8	HANDLE BAR	1
9	SEAT POST	1
10	FRONT STABILIZER	1
46	COMPUTER	1
52	PEDAL (LEFT)	1
53	PEDAL (RIGHT)	1
57	SADDLE	1

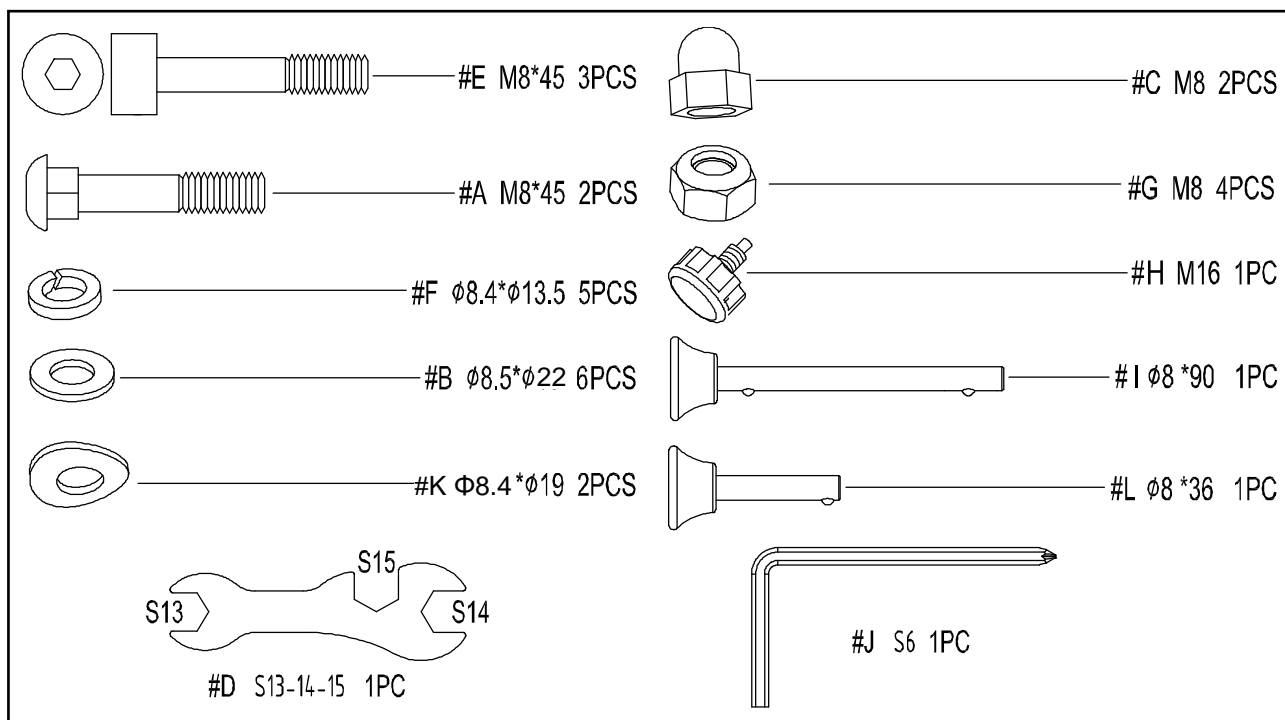




NOTICE

- Read this manual before assembly.
- Check the parts first.
- Check the hardware.
- Ensure that you have the right tools.
- Prepare an area to assemble.
- Follow the instructions carefully.
- Never force the joints.
- Periodically tighten the joints.
- Keep this manual for future reference.

HARDWARE PACKAGE

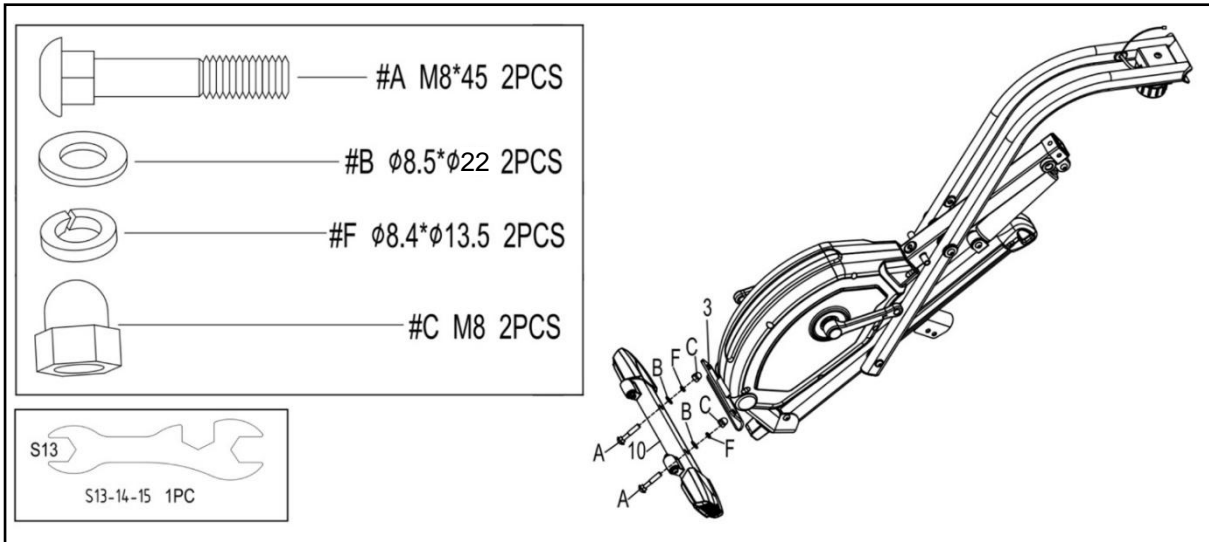


We strongly recommend you that keep at least 4 feet of free space around the machine during your workout.

ASSEMBLY

STEP 1

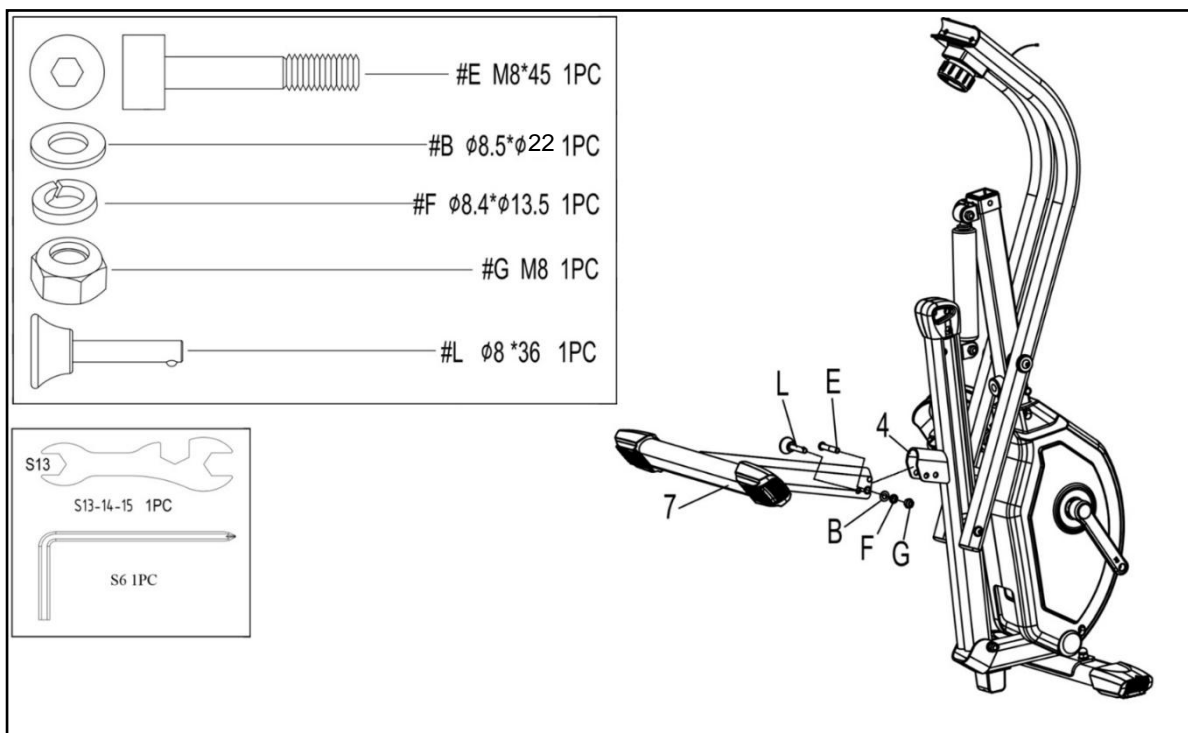
Attach the **Front Stabilizer (#10)** to **Main Frame (#3)** using 2 **Bolts (#A)**, 2 **Nuts (#C)**, 2 **Spring Washers (#F)** and **Washer (#B)**. Tighten with **Wrench (#D)**.



STEP 2

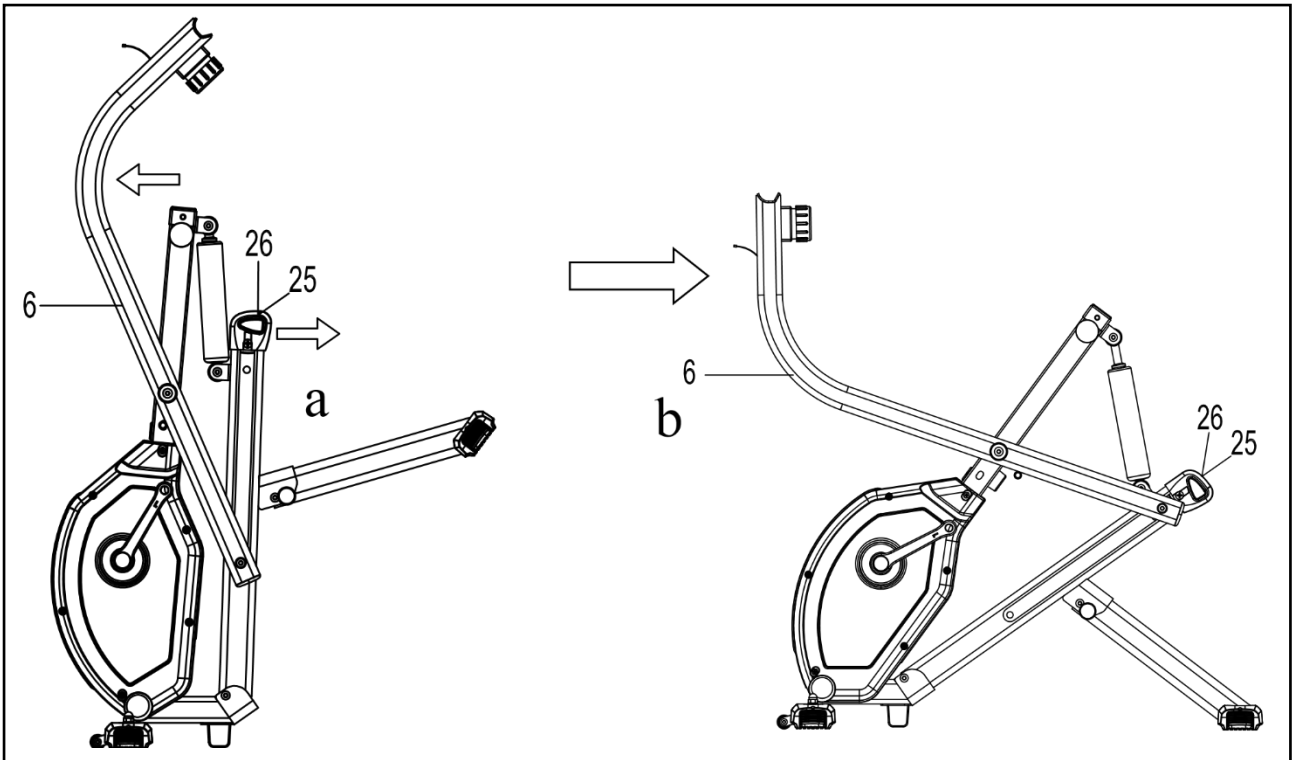
Attach the **Rear Stabilizer (#7)** to the **Sliding Tube (#4)**, using 1 **Bolt (#E)**, 1 **Washer (#B)**, 1 **Spring Washer (#F)**, and 1 **Nut (#G)**. Tighten with **Wrench (#D)** and **Wrench (#J)**.

Lift the the assembled **Rear Stabilizer (#7)** up and align the hole on the **Rear Stabilizer (#7)** with the hole on the **Sliding Tube (#4)**, then insert the **Pin (#L)** to secure.



STEP 3

Use left hand to hold the **Handle Bar Supporting Post (#6)** and the right hand to grasp the **Plastics Cover (#25&26)**, pull the main frame out horizontally.



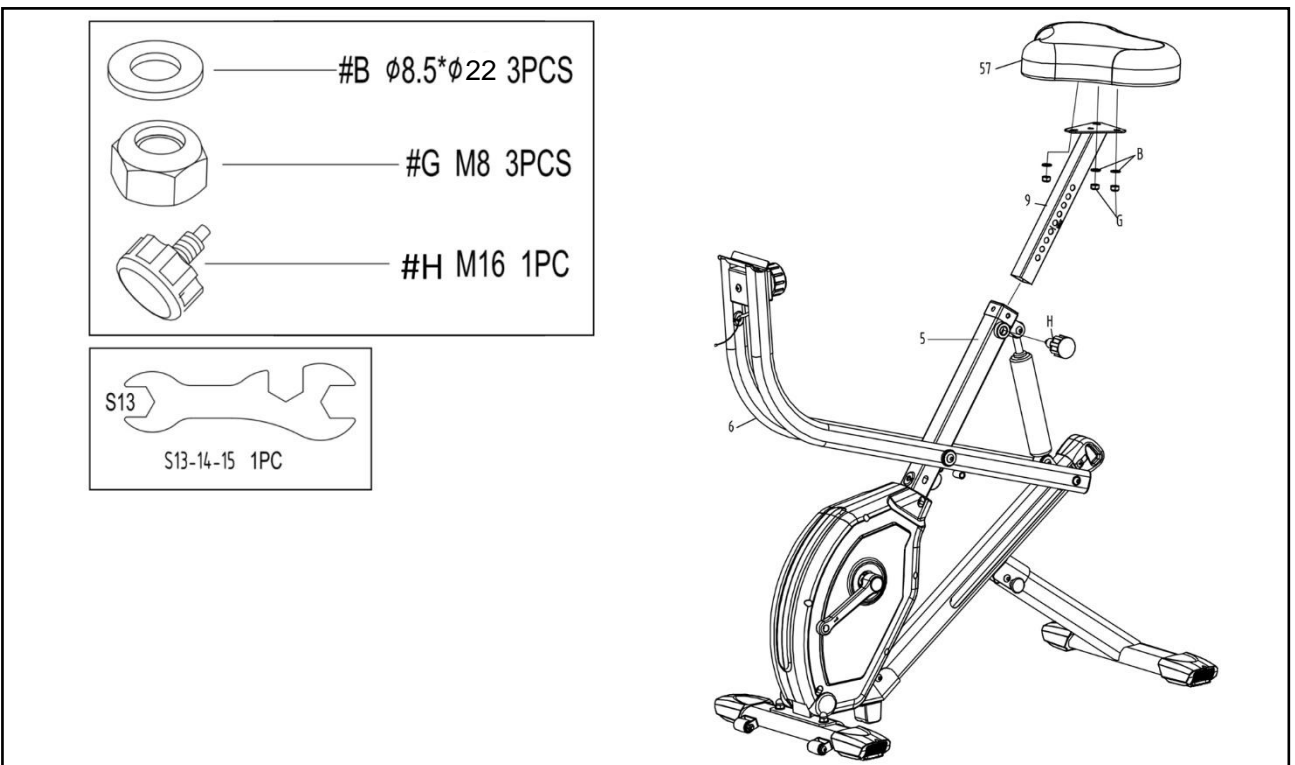
STEP 4

Unscrew Washers (#B) and Nuts (#G) from the Saddle (#57).

Attach the Saddle (#57) to the Seat Post (#9) using 3 Washers (#B), 3 Nuts (#G).

Tighten with Wrench (#D).

Then insert Seat Post (#9) into the Main Frame (#5). Insert Knob (#H) and tighten.



STEP 5

Insert the **Pin (#I)** to the **Handle Bar Supporting Post (#6)**.

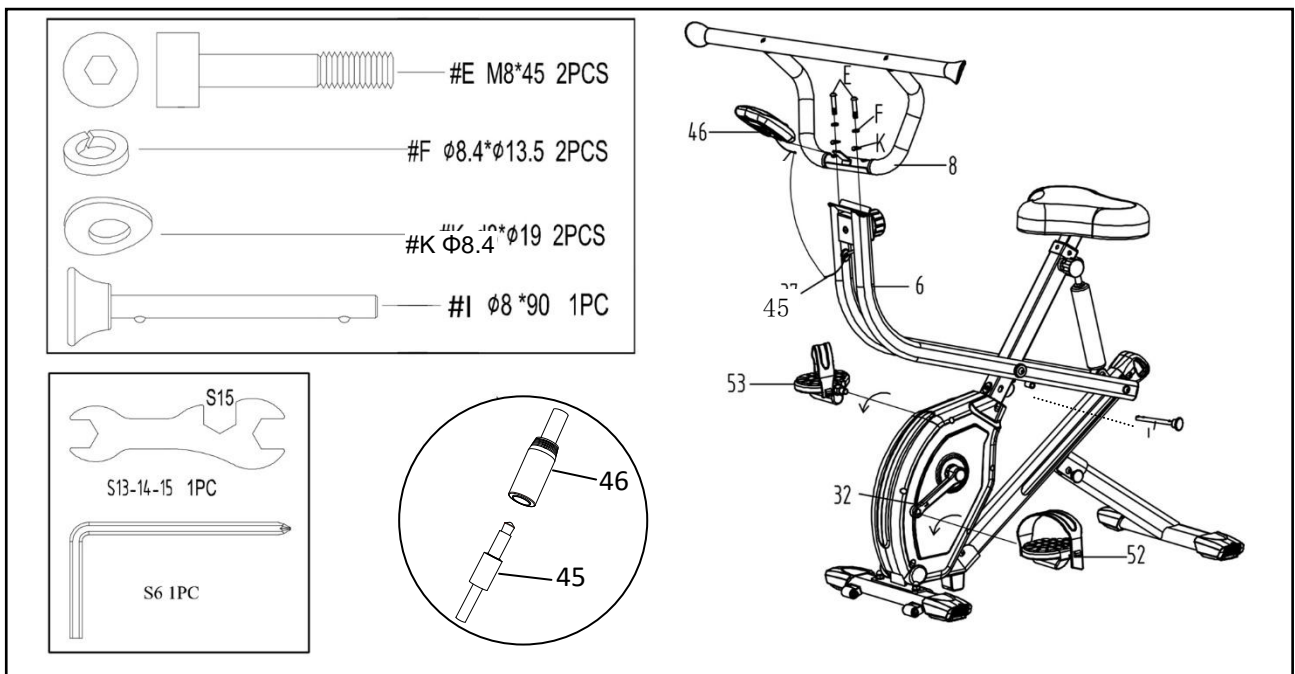
Attach the **Handle Bar (#8)** to the **Handle Bar Supporting Post (#6)** using 2 **Bolts (#E)**, 2 **Spring Washers (#F)**, and 2 **Arc Washers (#K)**. Tighten with **Wrench (#J)**.

Insert the **Computer (#46)** onto the computer bracket on **Handle Bar (#8)**. Connect the **Computer Wire (#46)** to the **Sensor Wire (#45)**.

Find the **Pedals (52 & 53)** with marking L, R.

Align the **Left Pedal (#52)** at 90° angle to **Left Crank**. Gently insert the pedal onto the crank arm, making sure it is straight and turn **counterclockwise** as tightly as you can with your hand. Use Wrench (**#D**) to ensure it is tightened securely.

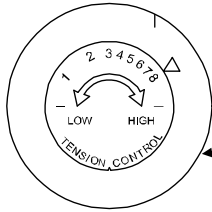
Align the **Right Pedal (#53)** at 90° angle to **Right Crank**. Gently insert the pedal onto the crank arm, making sure it is straight and turn **clockwise** as tightly as you can with your hand. Use Wrench (**#D**) to ensure it is tightened securely.



Assembly is now complete! Before using the bike, check that all parts are tightened and fastened.

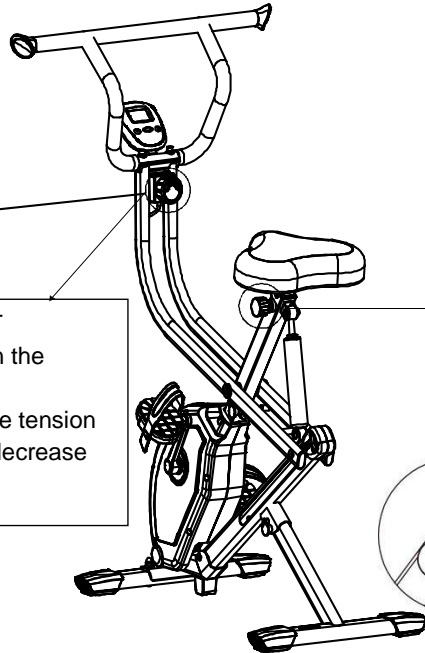
Warning: Do not reverse pedal on this bike. Reverse pedaling will damage the bike.

Adjustment Guide

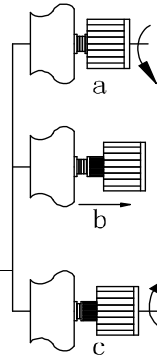


TENSION ADJUSTMENT

To adjust the tension, turn the **Tension Knob (#48)**:
Clockwise (+) to increase tension
Counterclockwise (-) to decrease tension



How to adjust the seat height using **Knob (H)**:



A. Turn the knob about 3 times counterclockwise.

B. Using one hand, pull out the knob, using the other hand, move the seat post to the desired height.

C. Insert the knob and turn it clockwise to tighten.

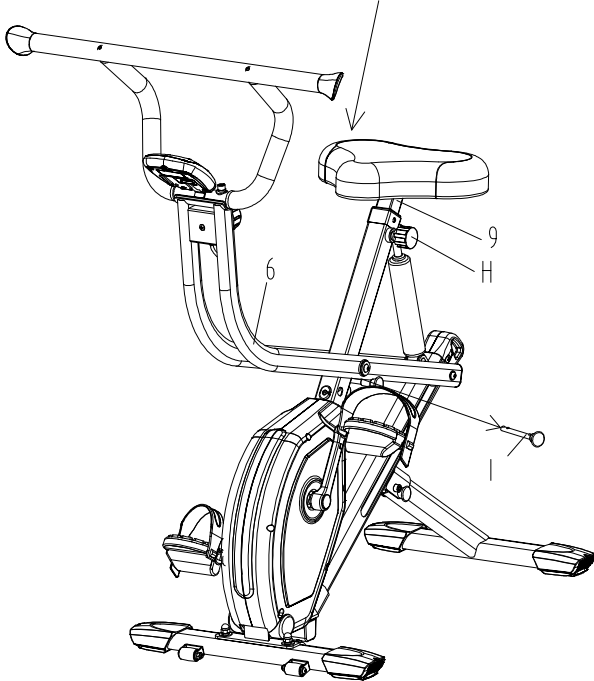
Note: The **Knob (H)** must be tightened to prevent any accident.

CAUTION:

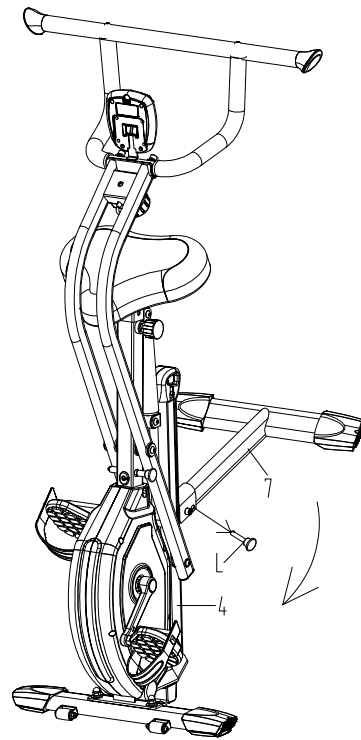
- Do not adjust the height of the seat post over the MAX line shown on the seat post.
- Do not reverse pedal on the bike. Reverse pedaling will damage the bike.

FOLD UP THE MACHINE

1. Loosen and pull out **Knob (#H)**, then adjust **Seat Post (#9)** to the lowest setting. Pull out the **Pin (#I)**.

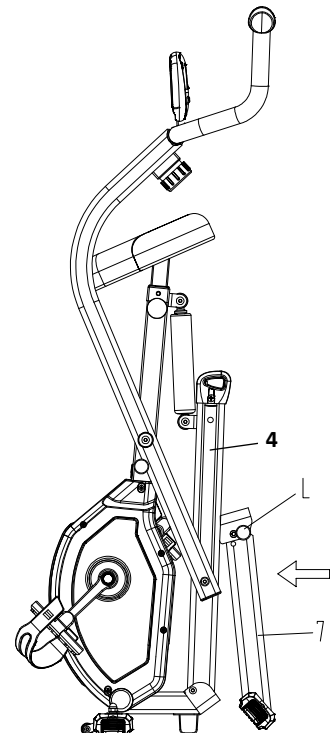
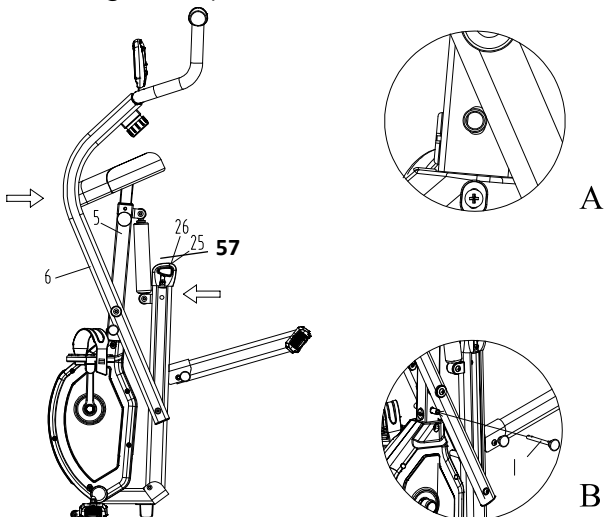


3. Hold the **Rear Stabilizer (#7)** by the right hand, pull **Pin (#L)** out first, then rotate the **Rear Stabilizer (#7)** as shown below.



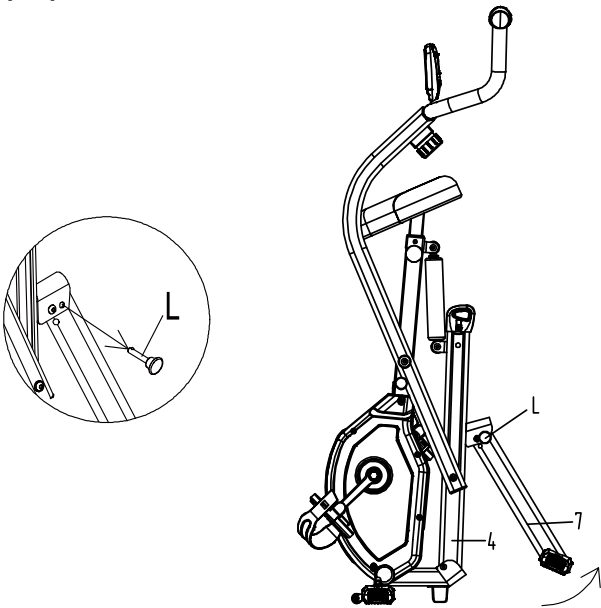
2. Hold the **Handle Bar Supporting Post (#6)** by the left hand, and grasp the **Saddle (#57)** by the right hand and push it forward until the oval-shaped holes on the **Handle Bar Supporting Post (#6)** and **Main Frame (#5)** align with each other. (Refer to the drawing No. A). Then insert **Pin (#I)**. (Refer to drawing No. B).

4. Align the two holes on the **Rear Stabilizer (#7)** and **Sliding Tube (#4)**. Insert **Pin (#L)** to finish this process.

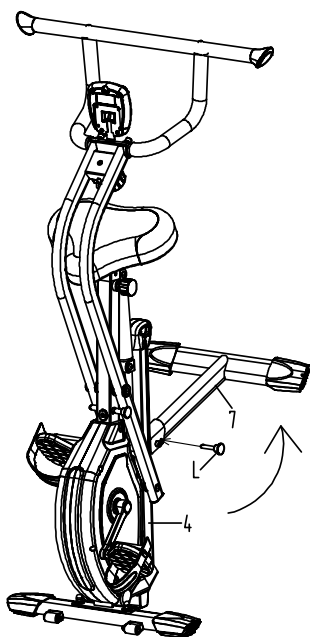


UNFOLD THE MACHINE

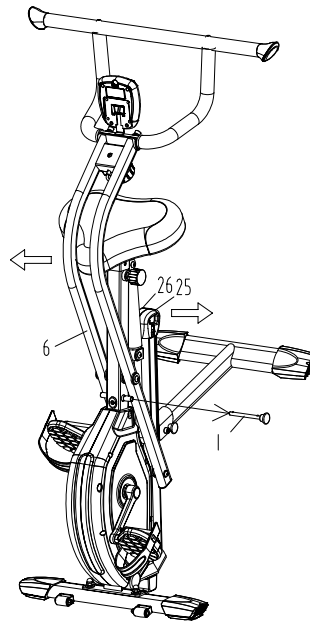
1. Pull **Pin (#L)** out, hold the the **Rear Stabilizer (#7)** by the right hand and rotate the **Rear Stabilizer (#7)** as the following arrow shows. Align the two holes on the **Rear Stabilizer (#7)** and **Sliding Tube (#4)**, then reinsert the **Pin (#L)**.



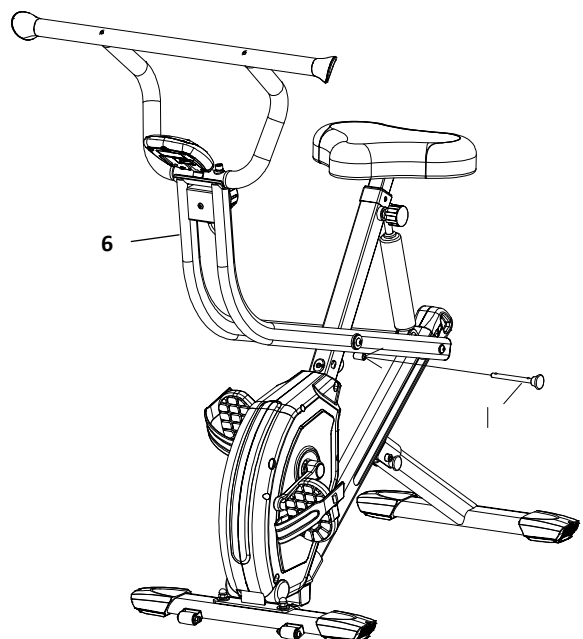
2. Pull out the **Pin (#I)**.



3. Hold the **Handle Bar Supporting Post (#6)** by the left hand, grasp the **Saddle (#57)**, then press it downward till the **Rear Stabilizer (#7)** touches the ground.



4. Insert the **Pin (#I)** into the **Handle Bar Supporting Post (#6)**.

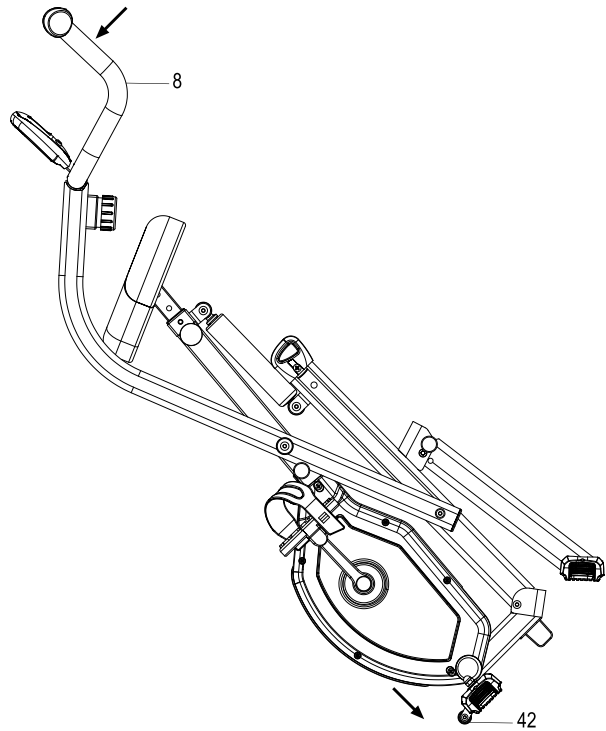


HOW TO MOVE THE BIKE

Before attempting to move the bike, please make sure that it has been properly folded. The **Pins (I&L)** must be inserted.

Put your hands on the **Handle Bar (#8)**, tilt the bike until the **Wheels (#42)** are able to move on the ground.

Now you can move the bike to the desired location with ease.

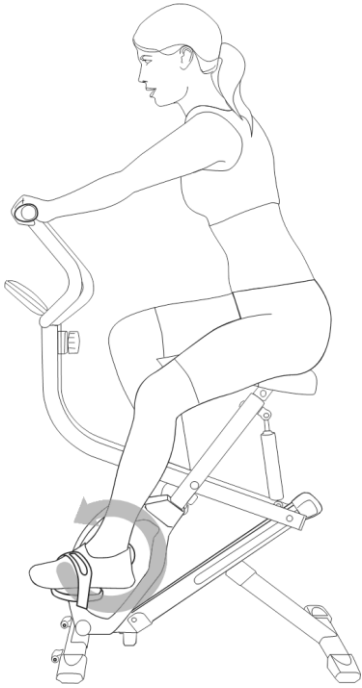


HOW TO USE THE BIKE:

The Dual Function Rider Bike lets you work out both upper and lower body. You have several workout options:

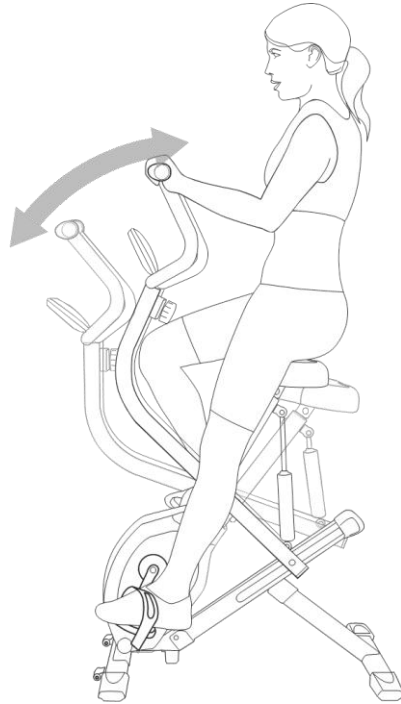
Biking function

Hold the handlebar and pedal, just like a regular exercise bike.



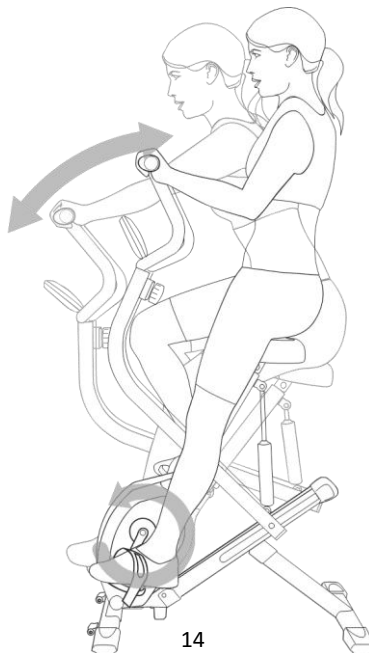
Rider function

Put your feet in the pedals, but do not pedal. Pull on the handlebars.



Two in one function

Pull on the handlebars and pedal at the same time, to work out upper and lower body.



OPERATING INSTRUCTIONS



The meter turns on when you start pedaling or when you press a key. After 4 minutes of inactivity, the meter shuts off.

MODE: Press this button to select and set to a function, hold for 3~4 seconds to reset TIME, DISTANCE, CALORIES, except ODO, the data will be cleared.

SET: After selecting the function, press this button to set the value of TIME, DISTANCE and CALORIES. The value of the function will be set on a countdown.

RESET : Press this button for 3 seconds to reset the value of TIME, DISTANCE, or CALORIES to zero.

FUNCTIONS:

DISTANCE: It shows how many Miles you ran on the machine. It starts from 0.00 to 999.9 MI.

CALORIES: It shows how many calories you burned. It starts from 0.00 to 9999 kcal.

SPEED: It shows the speed of your workout. It starts from 0.00 to 99.9 mi/h.

ODO: It shows the total distance after installing the batteries. (When you replace the batteries, all the values will reset to ZERO automatically.)

TIME: It indicates how long you exercised. It starts from 00:00 to 99:59min.

RPM: It shows how many revolutions per minute.

SCAN: It shows each function for 4 seconds in the following sequence:

TIME—SPEED—DIST—CAL—ODO—RPM

COUNTDOWN

You can preset the time, distance or calories or your workout. Press MODE to select the function. Press SET to increase the value. The meter will count down when you start pedaling.

If you have problems with the meter display, change the batteries. This meter uses 2 AAA batteries. If you replace the batteries, replace both at the same time. Replacing the batteries will reset all the values in the meter.

