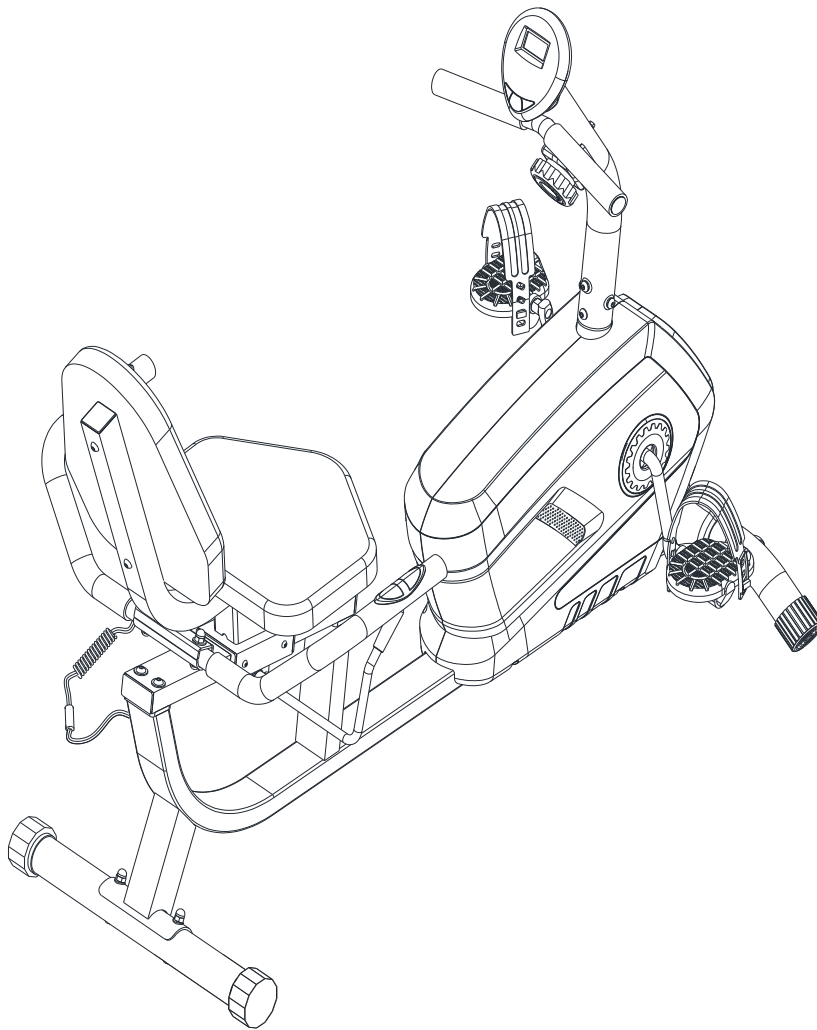




# **EASY ADJUSTABLE SEAT RECUMBENT BIKE**

## **SF-RB4616**

### **USER MANUAL**



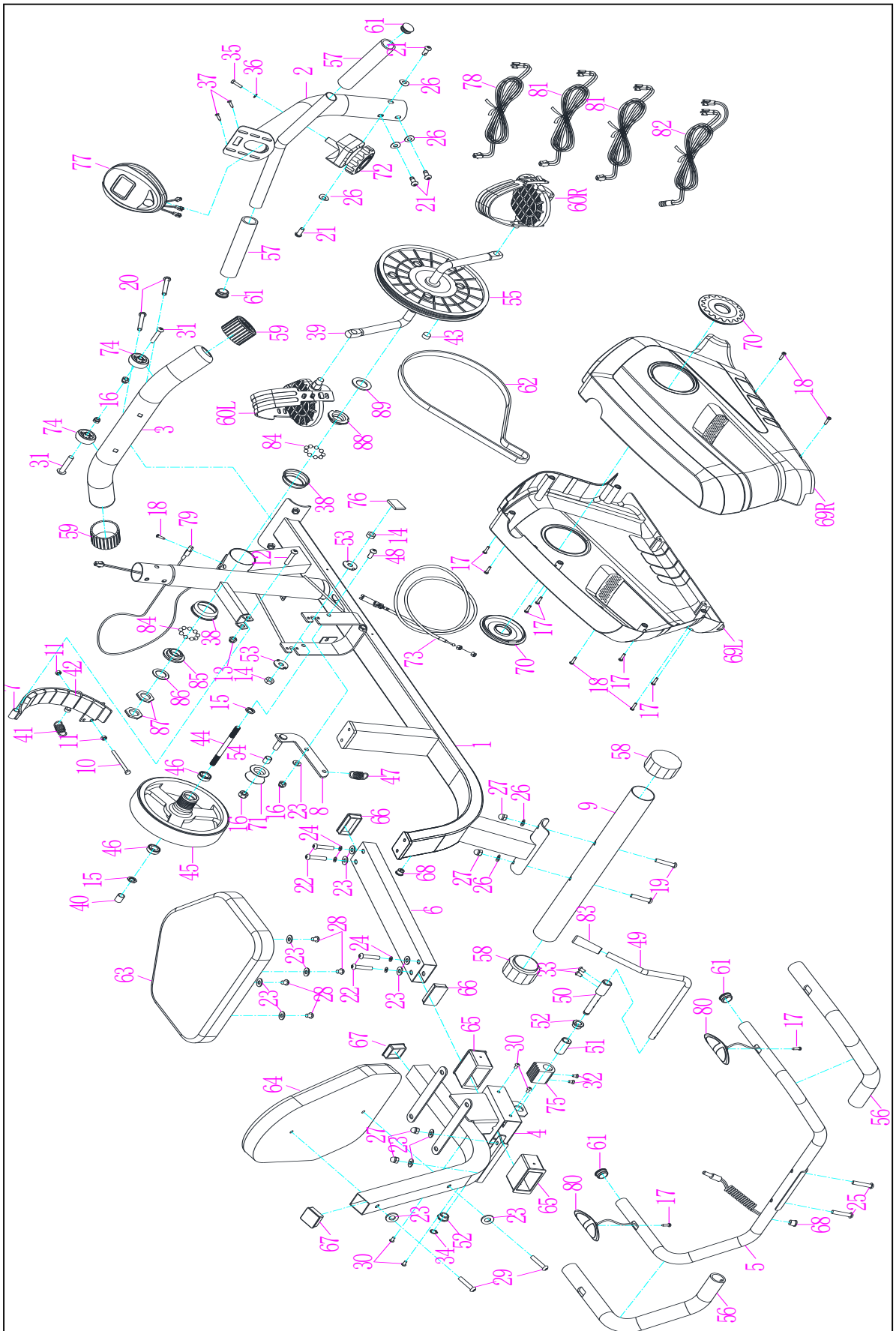
**IMPORTANT: Please read this manual carefully before using the product. Retain owner's manual for future reference. For Customer Service, please contact:**  
[\*\*support@sunnyhealthfitness.com\*\*](mailto:support@sunnyhealthfitness.com)

# **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.

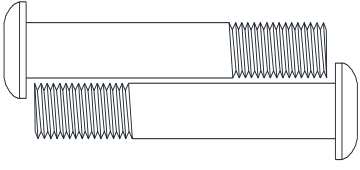

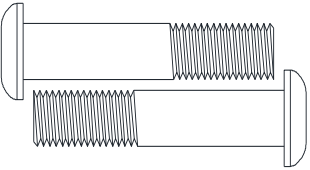
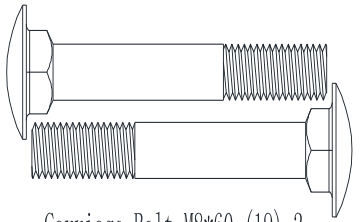

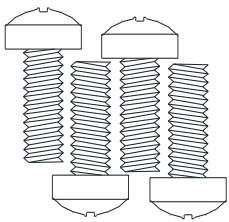

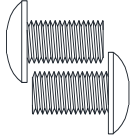
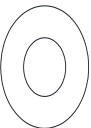
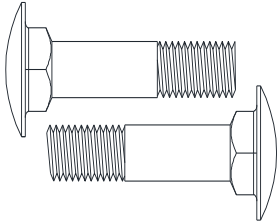

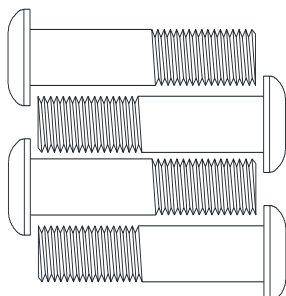
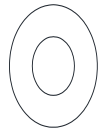


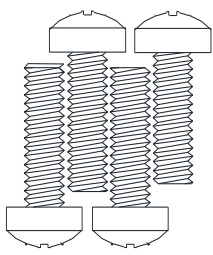

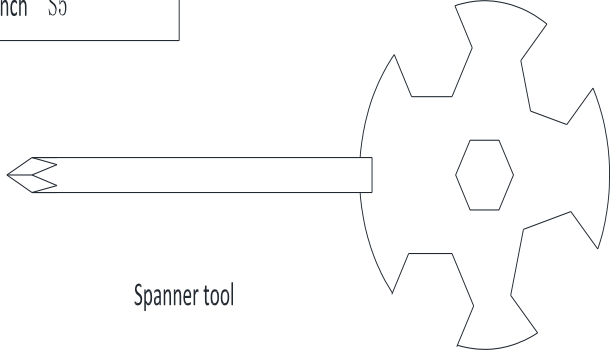
1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that 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 4 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 300 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



# HARDWARE PACKAGE

**SF-RB4616**

 Hexagon bolt M8*60 (20)-2		<p>Step 1</p>  Arc Washer M8 (26)-2		<p>Step 2</p>  Hexagon bolt M8*50 (29)-2	
 Carriage Bolt M8*60 (19)-2		 Flat gasket M8 (27)-2		 Hexagon bolt M8*16 (28)-4	
 M8 Washer (23)-6		<p>Step 3</p>  Hexagon bolt M6*15(33)-2		<p>Step 4</p>  M8 Washer (23)-2	
 Carriage Bolt M8*42 (25)-2		 Flat gasket M8 (27)-2		<p>Step 5</p>  Hexagon bolt M8*45 (22)-4	
 M8 Washer (23)-4		 Elastic gasket M8 (24)-4		<p>Step 6</p>  Arc Washer M8 (26)-4	
 Hexagon bolt M8*20 (21)-4		 Allen wrench S5		 Spanner tool	

# PARTS LIST

No.	Description	Quantity	45	External magnetic flywheels,200*72.5/3kg	1
1	Main frame	1	46	Bearing, 6000z	2
2	Front post	1	47	Tension spring, 18*48,Wire 2	1
3	Front Stabilizer	1	48	Tap bolts, 9.8*4*M8*15,similar with BU3501	1
4	Cushion Frame	1	49	Brake handle, 12*380	1
5	Handle bar	1	50	Eccentric shaft,12*105	1
6	Adjusting tube	1	51	Eccentric wheel,20*38	1
7	Magnetic board	1	52	Powder metallurgy set,23*12.2*11	2
8	Idler link	1	53	Lock washer, 30*2	2
9	Rear stabilizer	1	54	Idler spacer, 16*10.2*10	1
10	Hex Tap bolt,M6*70	1	55	Pulley, 240/J6, Hexagonal hole	1
11	Hex nut,M6	2	56	Foam grip for handle bar 1, 3*33*450	2
12	Hex Tap bolt,M6*70	1	57	Foam grip for handle bar 2, 3*33*160	2
13	Plastic nuts M8 S13	1	58	End cap for rear stabilizer, with 50	2
14	Hex thin nut M10*1*H5	2	59	End cap for front stabilizer, with 50	2
15	Taper thin nut M10*1*H4	2	60	Pedal(1/2) each for Left and right	1
16	Plastic nuts M8 S13	4	61	Round end cap, 25*1.5tube	4
17	Screws ST4.2*20	8	62	Leather belt,370PJ6	1
18	Screws,ST4.2*20	4	63	Seat Cushion,360*280*40	1
19	Carriage Bolt M8*60,8,20	2	64	Backrest cushion, 380*290*40	1
20	Bolts,M8*60,teeth20,S5	2	65	Sleeve, Outer Recipe tube 80 * 40 * 1.5	2
21	Bolts, M8*20,full teeth,S5	4	66	Rectangular end cap 60*30*1.5 wire	2
22	Bolts,M8*45,20,S5	4	67	Rectangular end cap 38*38*1.5 wire	2
23	Flat washers 16*8.5*1.5	12	68	The thread plug, with 12 holes	2
24	Spring washer D8	4	69	Shell	1
25	Carriage Bolt M8*60,8,20	2	70	Crank plug	2
26	Arc washer 16*8.5*1.5	6	71	Arc idler*43.5*25,included a 6000 Bering	1
27	cap nut M8	4	72	Tension control wire, line 280mm	1
28	Bolts M8*16, S5,	4	73	Tension control wire,55 max/long760mm	1
29	Bolts M8*50,20,S5	2	74	Idler wheel, 41*8.5*20	2
30	Screw M5*8	4	75	Brake block40*38*32	1
31	Screws M8*38, 15-S5	2	76	EV washer40*20*3	1
32	Screws M5*15	2	77	Computer, long 100	1
33	Screw M6*15 S5	2	78	Trunk Line 1,long600mm	1
34	Lock washers for shafts, D12	1	79	Needle sensor long500mm, with seat	1
35	Bolts M5*45, full teeth	1	80	Hand Pulse Sensors700mm	2
36	Arc washer 20*6*1	1	81	Hand pulse wire 1 long600mm	2
37	Bolts M5*10, full teeth	2	82	Hand pulse wire 2 long 1600mm	2
38	Bead bowl Ø56*15.5	2	83	Brake handsets 24*77*holes 12	1
39	Crank 140*220,1/2	1	84	Bead frame Ø46*8	2
40	Flywheels spacer,16*10.2*17	1	85	Two groove nut Ø46*12 teeth on left	1
41	Tension spring,18*48,wire2	1	86	Locking washers Ø46*2	1
42	Black magnet 40*25*10	9	87	Hex nut 32*32*4	2
43	Round magnet,15*6,without seat	1	88	Three slot nut Ø46*12	1
44	Inertia wheel,10*125*M10*1*17	1	89	Washer Ø40.5*3	1

# ASSEMBLY INSTRUCTIONS

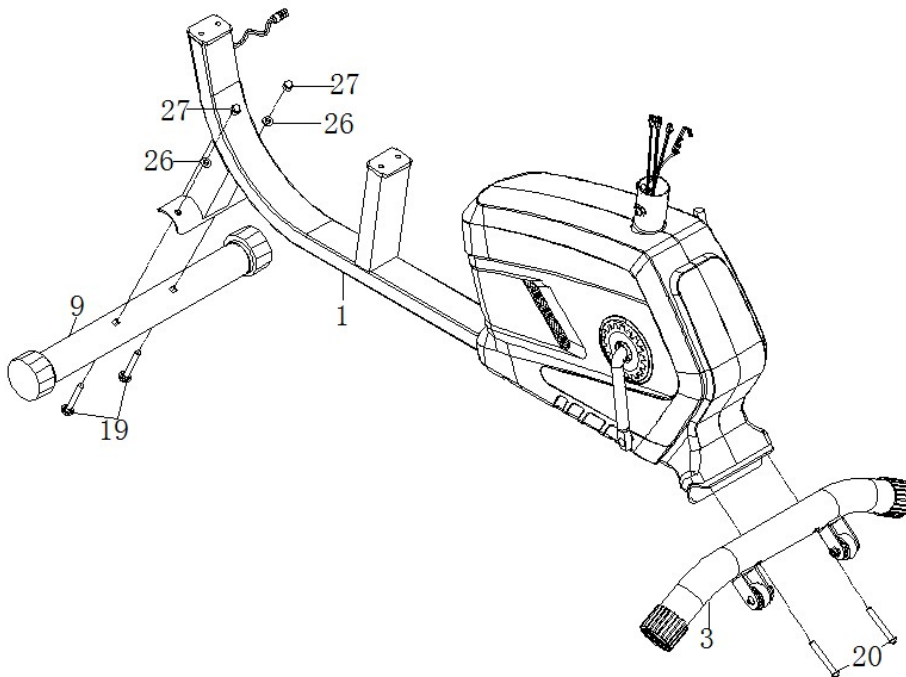
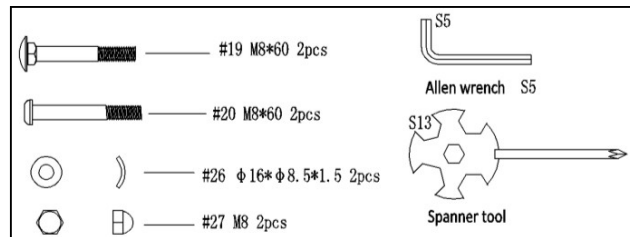
## NOTICE

- A. Please make sure there has enough space around the machine before assembly.
- B. Ensure that you have the right tool.
- C. Check the parts and the hardware first.

## Step1:

Attach the **Front Stabilizer (No. 3)** to the **Main Frame (No. 1)** using 2 **Bolts (No. 20)**. Tighten with Allen wrench.

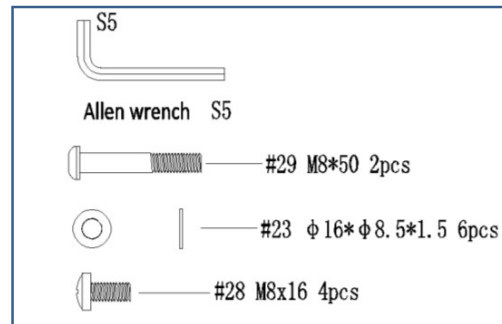
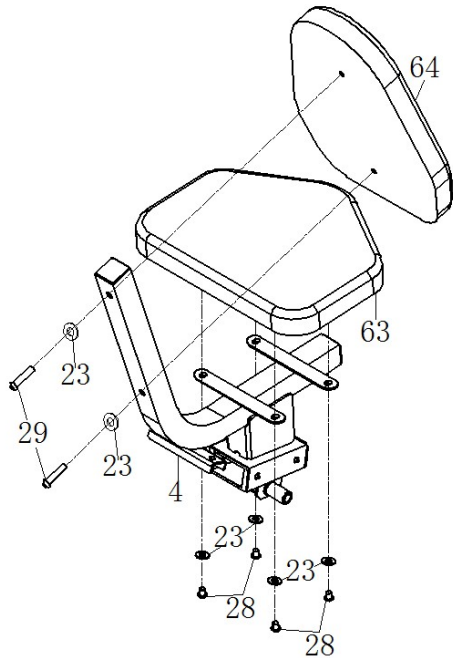
Attach the **Rear Stabilizer (No. 9)** to the **Main Frame (No. 1)** using 2 **Carriage Bolts (No. 19)**, 2 **Arc Washers (No. 26)** and 2 **Cap Nuts (No. 27)**. Make sure the bolts have been tightly fastened. Tighten with Spanner Tool.



## Step 2:

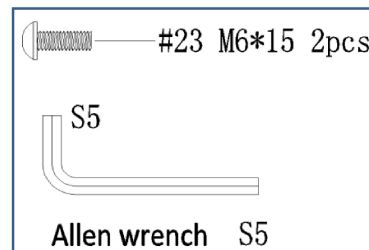
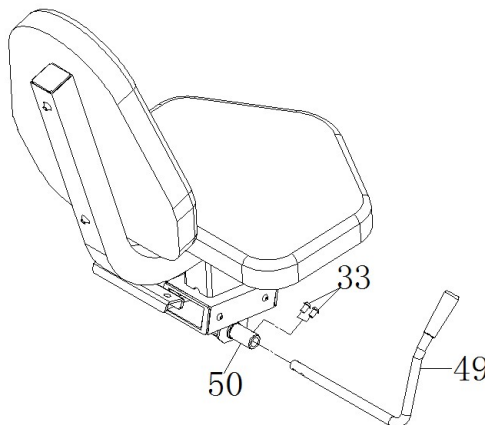
Attach the **Seat Cushion (No. 63)** to the **Cushion Frame (No. 4)**, making sure the correct side is facing up, using 2 Bolts (No. 28) and 2 Flat Washers (No. 23).

Attach the **Backrest Cushion (No. 64)** to the **Cushion Frame (No. 4)** using 4 Bolts (No. 29) and 2 Flat Washers (No. 23), as the diagram shown. Tighten with Allen Wrench S5.



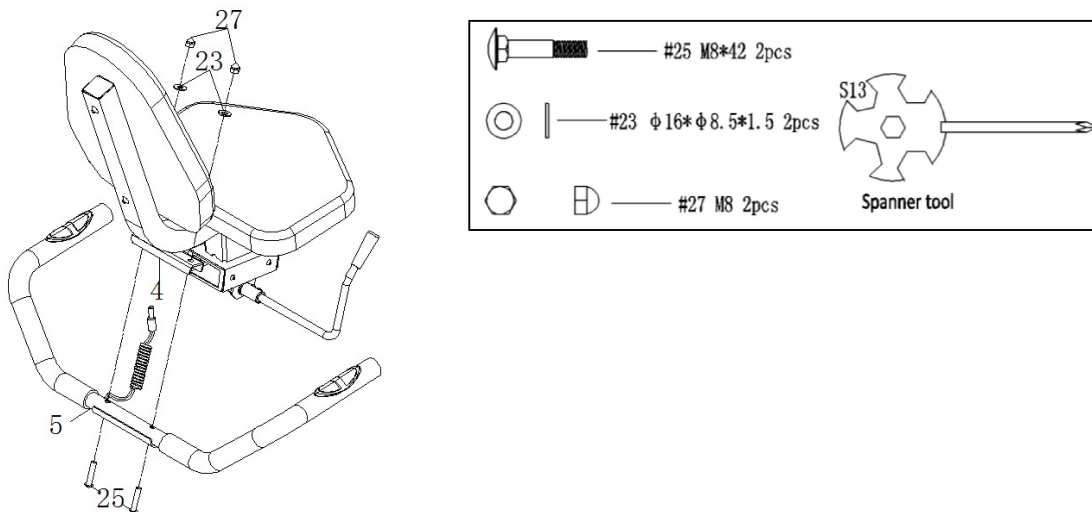
## Step 3:

Insert the **Brake Handle (No. 49)** into the **Eccentric Shaft (No. 50)** hole, making sure the correct side is facing up, and then lock with the **Screws (No. 33)**, assembly such as diagram. Tighten with Allen Wrench S5.



## Step 4:

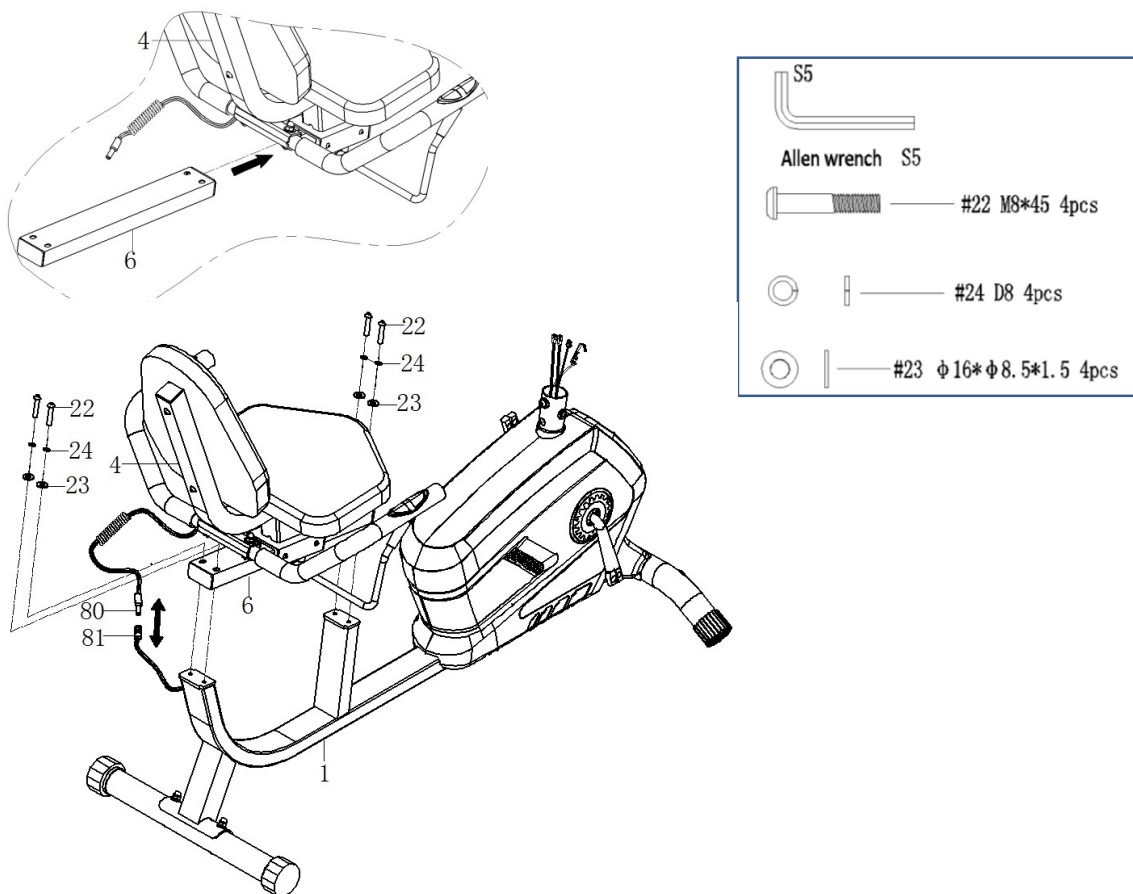
Attach the **Handle Bar (No. 5)** to the **Cushion Frame (No. 4)** using **Carriage Bolts (No. 25)**, **Flat Washers (No. 23)** and the **Cap Nuts (No. 27)**.



## Step 5:

Insert the **Adjusting Tube (No. 6)** into the **Cushion Frame (No. 4)** square tube holes and attach the **Cushion Frame (No. 4)** to the **Main Frame (No. 1)** using 4 **Bolts (No. 22)**, 4 **Spring Washers (No. 24)**, and 4 **Flat Washers (No. 23)**. Tighten with Allen Wrench S5.

Connect the **Hand Pulse Sensors (No. 80)** with the **Hand Pulse Wire (No. 81)**, as shown in diagram.

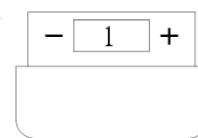
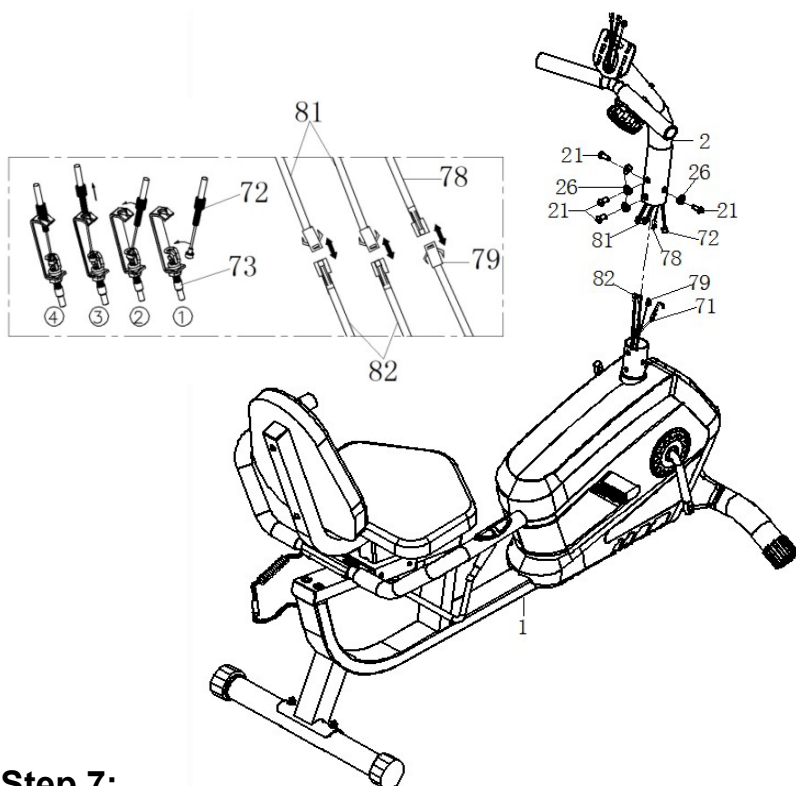




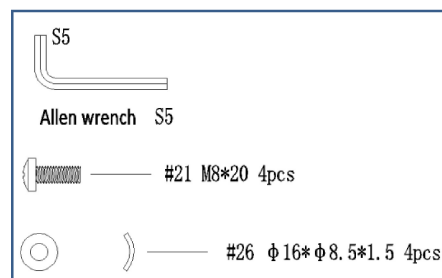
## Step 6:

Insert the **Tension Control Wire (No. 72)** to **Tension Control Wire (No. 73)** as shown, Then connect the **Trunk Line (No. 78)** with the **Needle Sensor Line (No. 79)** as shown and connect the **Hand Pulse Wire 1 (No. 81)** with the **Hand Pulse Wire 2 (No. 82)**.

Attach the **Front post (No. 2)** to the **Main Frame (No. 1)**, making sure align the screw holes, using **4 Bolts (No. 21)** and **2 Arc Washers (No. 26)** as shown.

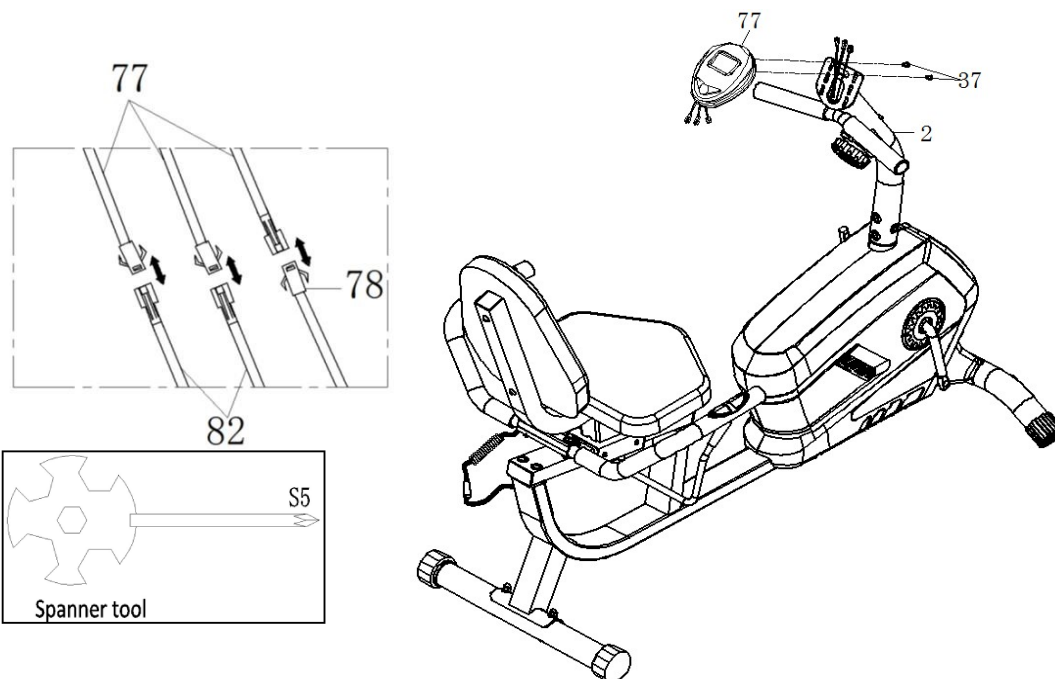


**Note:** Set the Tension Control Knob at 1 to ensure enough wire length to connect the Tension Control Wires (No. 72 and 73).



## Step 7:

Connect the **Computer Line (No. 77)** with the **Hand Pulse Wire 2 (No. 82)** and **Trunk Line (No. 78)** in turn. Then attach the **Computer Line (No. 77)** to the **Front Post (No. 2)** using **2 Bolts (No. 37)**.

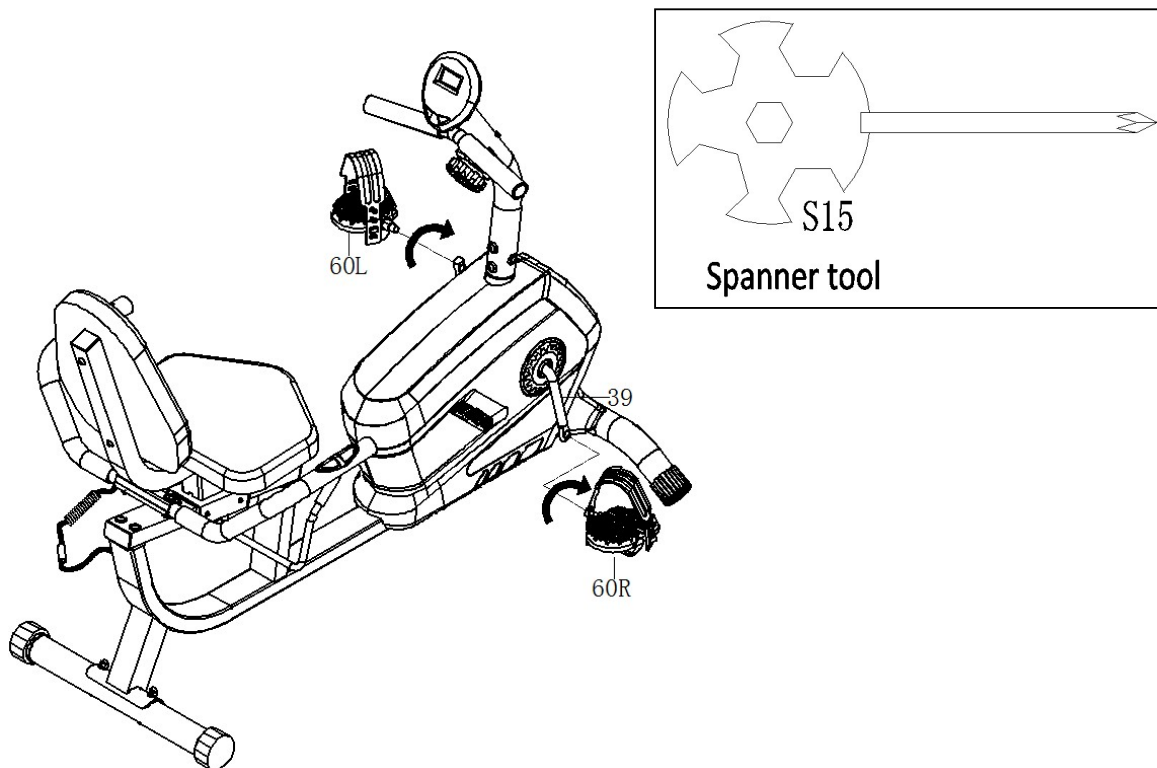


## Step 8:

Connect the **Left & Right Pedal (No. 60L & R)** onto the **Left & Right Crank (No. 39)**.

**Left Pedal:** Align the **Left Pedal (No. 60)** with the **Left Crank Arm (No. 39)** at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal counter-clockwise as tightly as you can with your hand then secure with **Spanner Tool**.

**Right Pedal:** Align the **Right Pedal (No. 19R)** with the **Right Crank Arm (No. 64R)** at 90 degrees and gently insert the pedal into the crank arm. Turn the pedal clockwise as tightly as you can with your hand then secure with **Spanner Tool**.

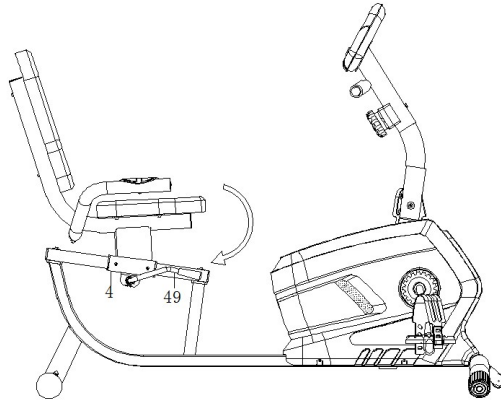


*Assembly is complete!*

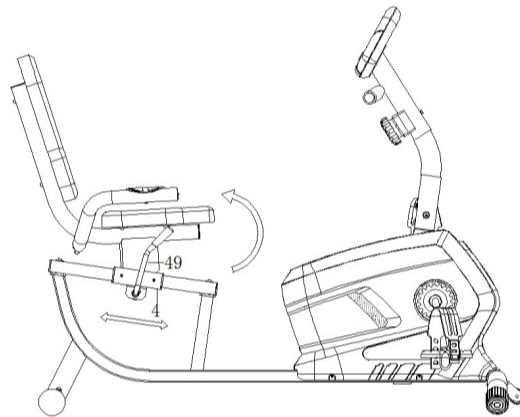
## ADJUSTING THE SADDLE

Push the **Brake Handle (No. 49)** down to loosen (see *Fig 1*). Keep your feet on the pedals as leverage, then move the **Cushion Frame (No. 4)** to the desired position. Once positioned, pull up **Brake Handle (No. 49)** back to the vertical position to tighten (see *Fig 2*).

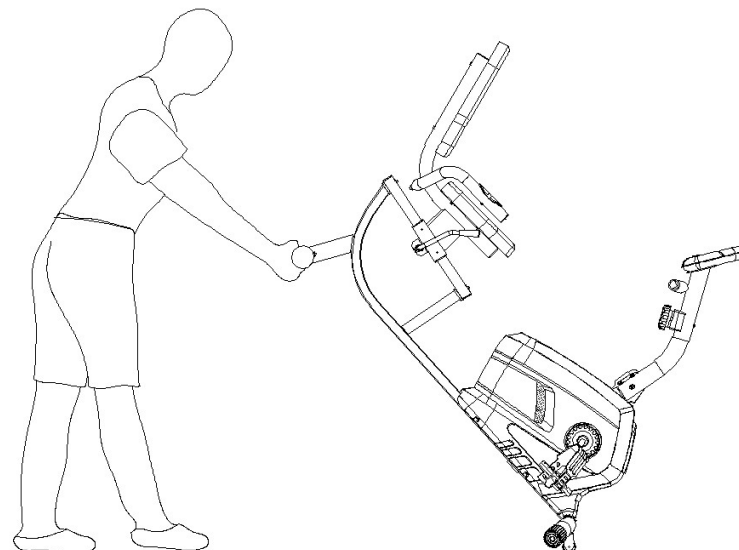
*Fig. 1*



*Fig. 2*



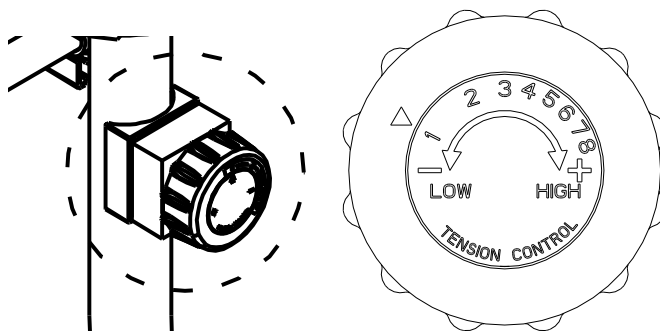
## HOW TO MOVE THE BIKE



Hold the **Rear Stabilizer (No. 3)** and lift the bike until wheels on the **Front Stabilizer (No. 9)** touch the ground. Now you can wheel the bike to the desired location.

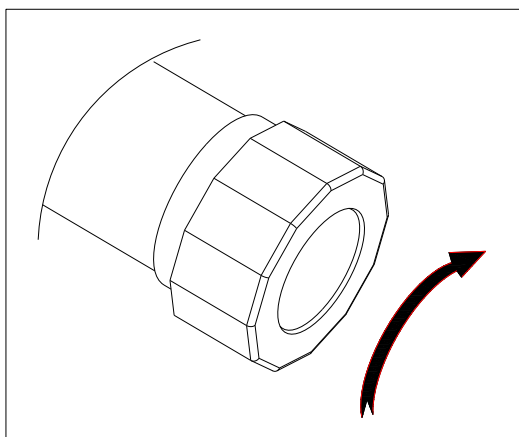
## ADJUSTING THE RESISTANCE

Adjust the resistance of the bike using the **Tension Control (No. 72)**. Increase the level of resistance by turning the tension knob to the RIGHT (*clockwise*), decrease the level of resistance by turning the tension knob to the LEFT (*counter-clockwise*).



## ADJUSTING THE HEIGHT AND BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the bike is stable. If you notice that the bike is unbalanced during use, you should adjust the end caps located beneath the **Rear Stabilizer (No. 9)**. To do so, turn it *clockwise*.



# EXERCISE METER



## FUNCTIONAL BUTTONS

- MODE:** Press this button to select functions.  
**SET:** Press to set the values of time, distance, calories, or pulse when not in scan mode.  
**RESET:** Press to reset time, distance and calories to zero when not in scan mode.

## FUNCTIONS

- SCAN:** Press "MODE" button until "SCAN" appears, monitor will rotate through all the 5 functions: Time, Speed, Distance, Calorie, ODO and Pulse. Each function will display for 4 seconds.
- TIME:** (1) Count the total time from exercise start to end.  
(2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "set" is zero, the computer will beep for 15 seconds.
- SPEED:** Display current speed.
- DIST:** (1) Count the distance from exercise start to end.  
(2) Press "MODE" button until "DIST" appears. Press "SET" button to set exercise distance. When distance counts down to zero, the computer will beep for 15 seconds.
- CALORIES:** (1) Count the total calories from exercise start to end.  
(2) Press "MODE" button until "CAL" appears. Press "SET" button to set the calories.  
When calories counts down to zero, the computer will beep for 15 seconds.
- ODO:** Monitor will display the total accumulated distance.
- PULSE:** Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place your palms of your hands on both of the contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds.

During the process of pulse measurement, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

## NOTE:

1. If the display is faint or shows no figures, please replace the batteries. When you replace batteries, replace both at the same time. Do not mix old and new batteries.
2. The monitor will automatically shut off if there is no signal received for 4 minutes.
3. The monitor will power on when you start to exercise or press any button.
4. The monitor will automatically start calculating when you start to exercise.

## SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9 MI/H
	TRIP DISTANCE	0.00~99.99 MI or 0.00~9999 MI
	CALORIES	0.1~999.9 KCAL
	ODO	0.1~999.9 MI or 1 ~ 9999 MI
	PULSE RATE	40~206 BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C