

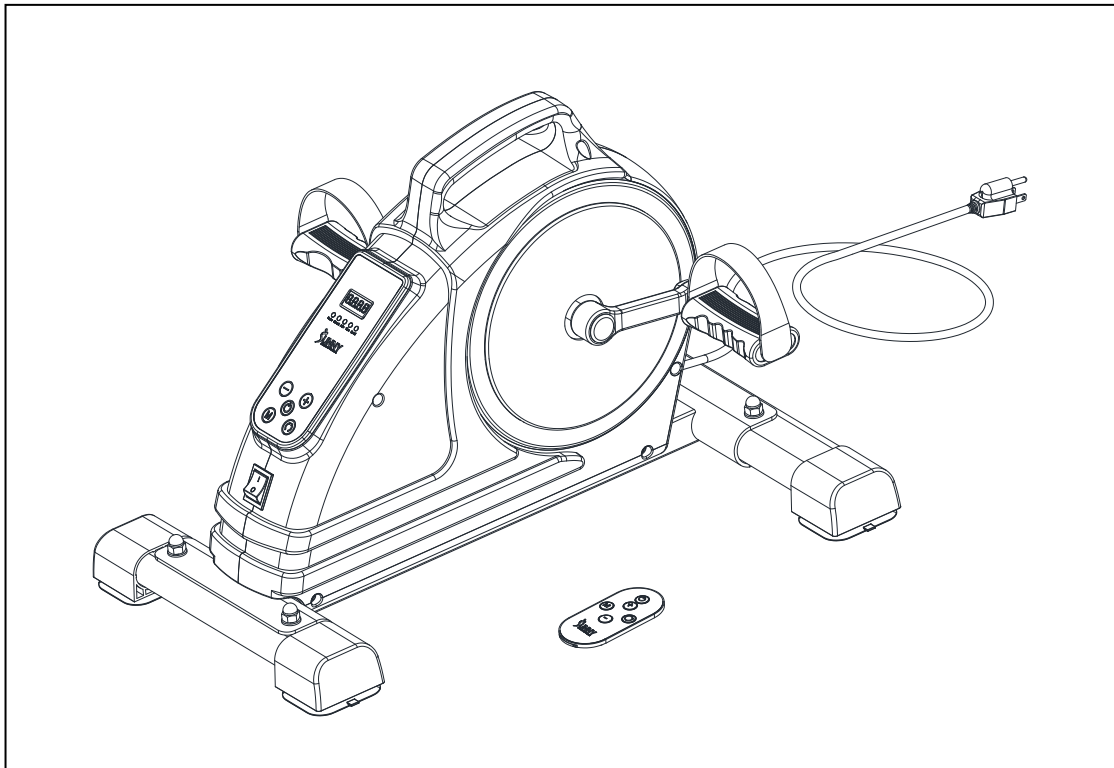


PWR CYCLE ELECTRIC UNDER DESK BIKE

SF-B020029

USER MANUAL

DO NOT STAND ON THE UNIT



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 INSTRUCTIONS

Thank you for purchasing the PWR Cycle Electric Under Desk Bike. Please read the operating instructions carefully before use, especially the safety precautions.

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.

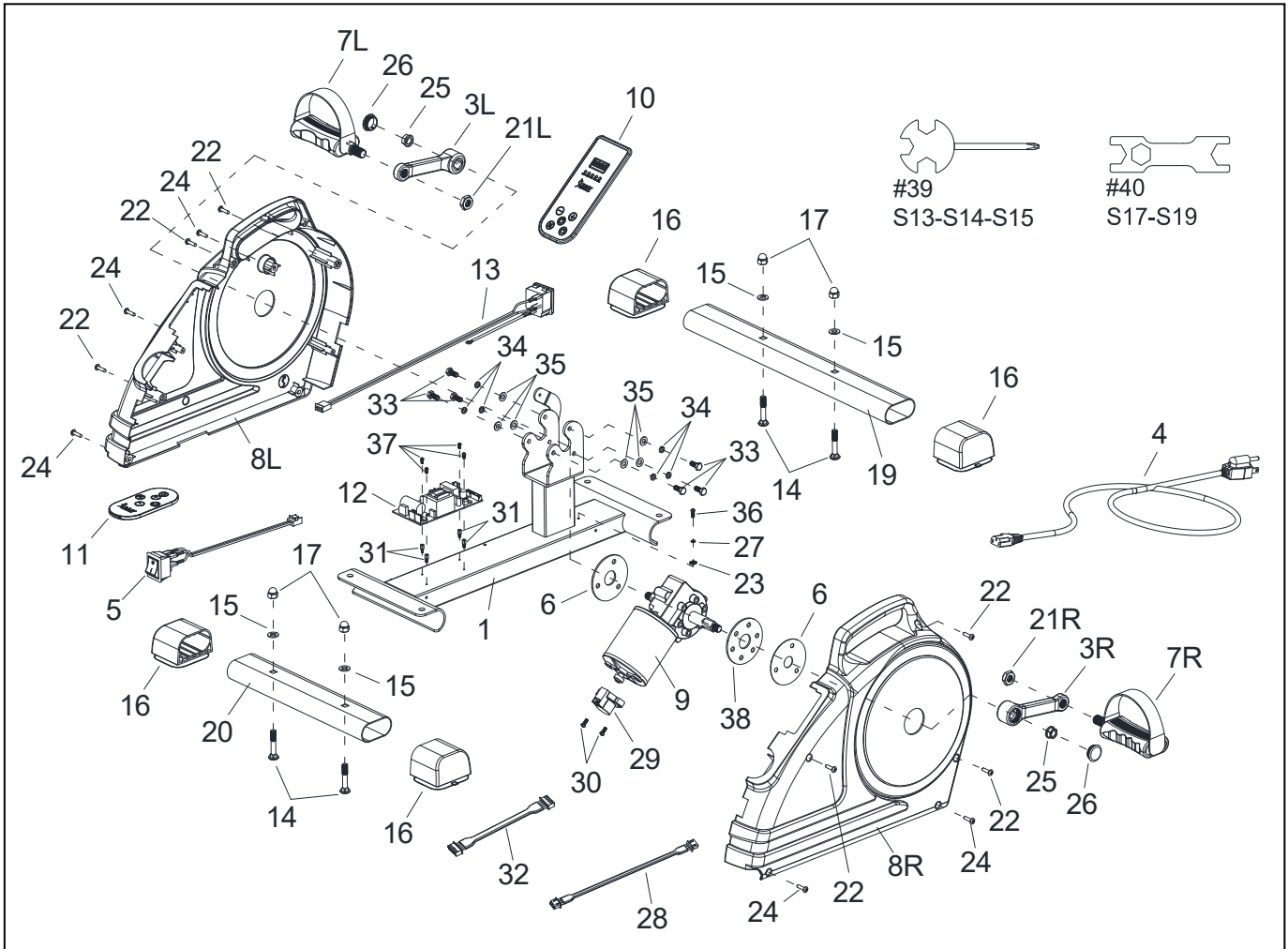
WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. This product's rated voltage is 120V, rated power is 220W, 30 min.
2. 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.
3. Do not stand on the bike, only use the bike while sitting.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. 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 and pets away from this machine. This is for adult use only.
6. 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. Return the appliance to a service center for examination and repair.
7. Do not carry this appliance by supply cord or use cord as a handle.
8. Keep the cord away from the heated surfaces.
9. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
10. Never drop or insert any object into any opening.
11. Do not use outdoors.
12. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
13. To disconnect, turn all controls off, then unplug from outlet.
14. To reduce the risk of injury, place the appliance on a flat, horizontal, and stable surface. Do not place or use the appliance on a slippery surface.
15. To reduce the risk of injury, do not use the appliance with wet shoes, wet feet, or socks.
16. To reduce the risk of injury, do not use the appliance if the surface is wet. If the appliance surface becomes wet, dry the surface before using.
17. Turn off the power after each use. After using or before cleaning the appliance, unplug the power supply from the outlet.
18. Do not cover while using, to avoid motor overheating and cause malfunction or damage.
19. Be aware how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop the using the appliance immediately.
20. Do not use the appliance if it is damaged or defective.
21. This appliance is not suitable for therapeutic use. Do not use with other medical electronic equipment, such as pacemakers or EKG machines.

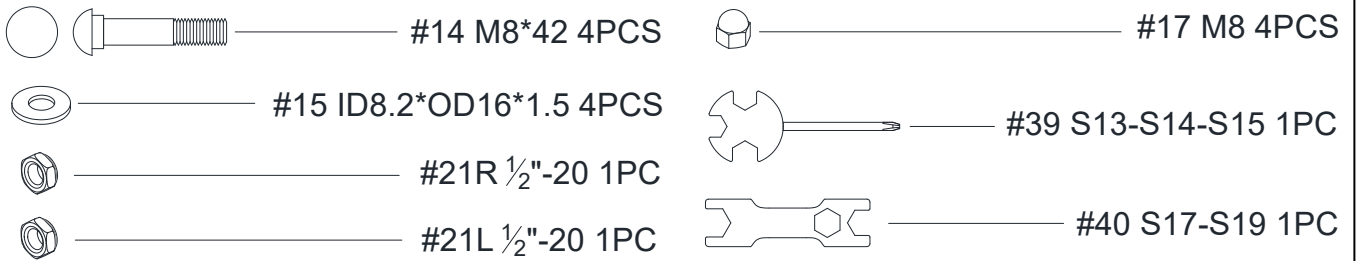
22. Do not use the appliance in wet or dusty environment. Do not use in humid environment, such as bathroom.
23. Keep the appliance away from direct sunlight.
24. Do not operate the appliance with wet hands.
25. Do not allow water and other liquids to touch control switch.
26. Do not place the power cable under the appliance or any heavy object.
27. Do not wind the power cable around the appliance. That could damage the power cable, cause electric shock or electrical fire.
28. If the power plug is loose, do not use the appliance.
29. If there is a power surge during use, stop using the appliance. Sudden restoration of power could cause injury to you.
30. Consult your physician before use, especially if you have any medical conditions such as diabetes.
31. Connect this appliance to a properly grounded outlet only. See Grounding Instructions.
32. 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 (60 CM) of free space all around it.

SAVE THESE INSTRUCTIONS

EXPLODED DIAGRAM



HARDWARE PACKAGE



PARTS LIST

No.	Description	Spec.	Qty	No.	Description	Spec.	Qty
1	Main Frame		1	21L/R	Nylon Nut	1/2"-20	2
2	N/A		--	22	Screw	ST4.2*15	6
3L/R	Crank		2	23	Toothed Lock Washer	D4	1
4	Power Cable		1	24	Screw	ST4.2*19	5
5	Power Switch		1	25	Flange Nut	M10	2
6	Rubber Pad		2	26	End Cap		2
7L/R	Pedal		2	27	Spring Washer	D4	1
8L/R	Belt Cover		2	28	3P Data Line		1
9	Motor		1	29	Sensor		1
10	Console		1	30	Screw	M3*8	2
11	Remote Control		1	31	Fixing Bolt		4
12	Controller		1	32	6P Data Line		1
13	Outlet		1	33	Screw	M6*15	6
14	Carriage Bolt	M8*42	4	34	Spring Washer	D6	6
15	Flat Washer	ID8.2*OD16*1.5	4	35	Flat Washer	Φ6.4*Φ12*1.2	6
16	End Cap		4	36	Screw	M4*10	1
17	High Cap Nut	M8	4	37	Screw	M3*6	4
18	N/A		--	38	Washer	Φ17*Φ70*1.0	1
19	Front Stabilizer		1	39	Spanner	S13-S14-S15	1
20	Rear Stabilizer		1	40	Spanner	S17-S19	1

Ordering Replacement Parts (U.S. and Canadian Customers only)

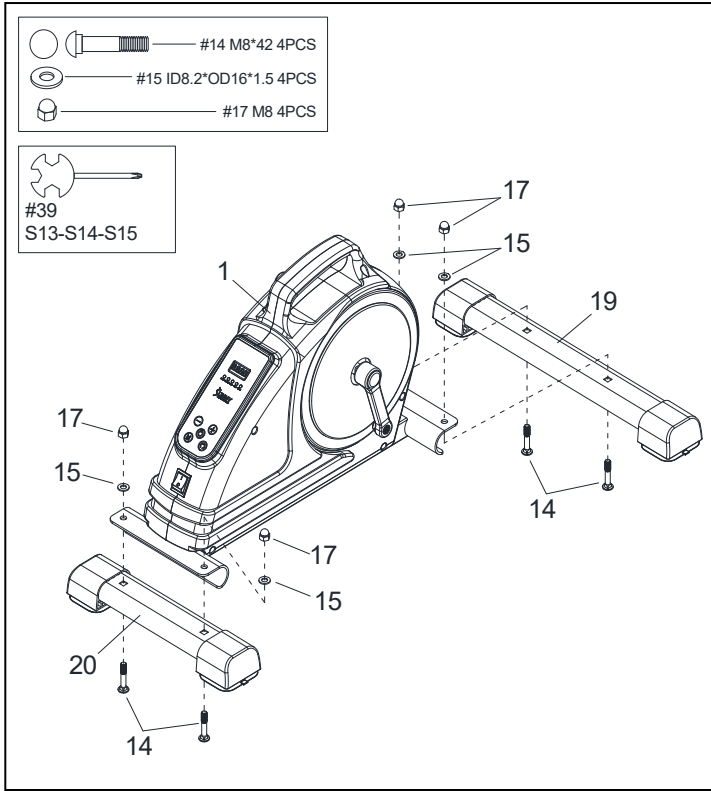
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the "EXPLODED DIAGRAM" and "PARTS LIST" (found near the front of the manual)

Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS

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

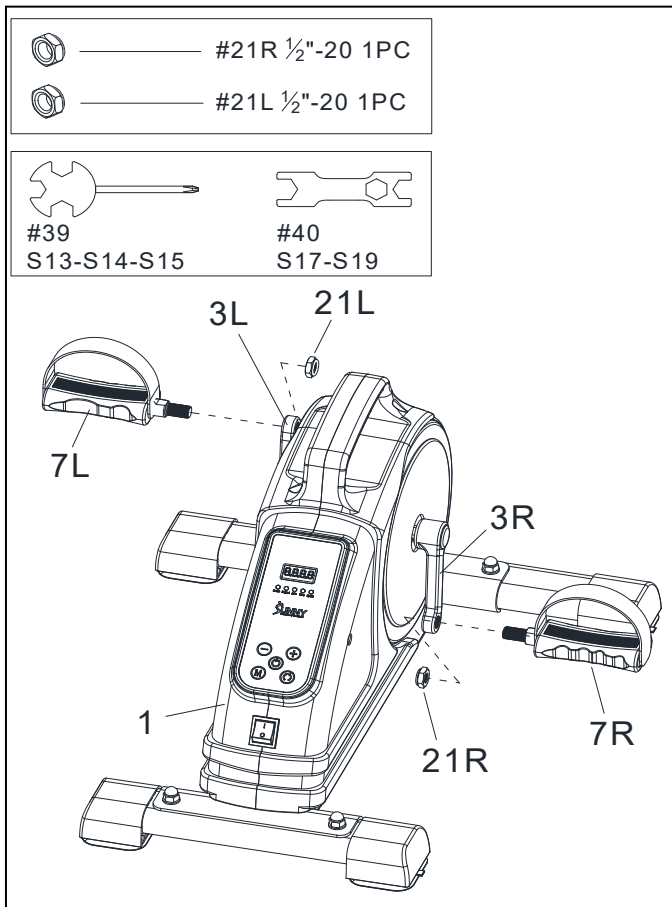


STEP 1:

Attach **Rear Stabilizer (No. 20)** to the **Main Frame (No. 1)** with 2 **Carriage Bolts (No. 14)**, 2 **Flat Washers (No. 15)**, and 2 **High Cap Nuts (No. 17)**. Tighten and secure with **Spanner (No. 39)**.

Attach **Front Stabilizer (No. 19)** to the **Main Frame (No. 1)** with 2 **Carriage Bolts (No. 14)**, 2 **Flat Washers (No. 15)**, and 2 **High Cap Nuts (No. 17)**. Tighten and secure with **Spanner (No. 39)**.

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STEP 2:

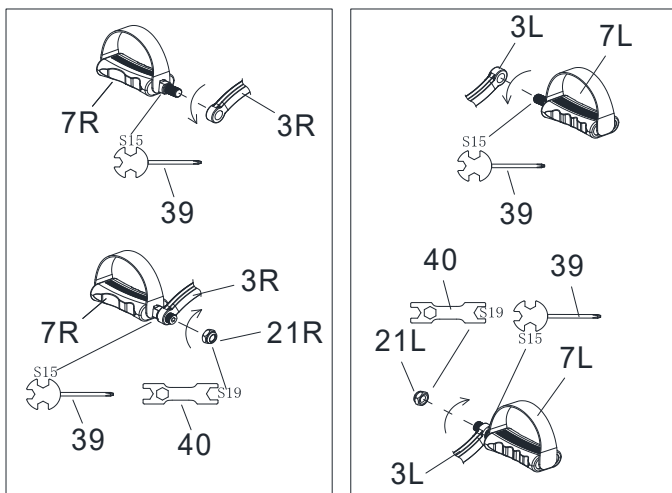
NOTE: The **Pedals (No. 7L & No. 7R)** are marked “L” and “R” for Left and Right.

WARNING! Read instructions carefully as improper assembly may cause permanent damage to your bike.

Remove the 2 **Left & Right Nylon Nuts (No. 21L & No. 21R)** located on the **Pedals (No. 7L & No. 7R)**.

Align the **Left Pedal (No. 7L)** with the **Left Crank (No. 3L)** at 90°. Gently insert the **Left Pedal (No. 7L)** into the **Left Crank (No. 3L)** and turn the **Left Pedal (No. 7L)** *counter-clockwise* as tightly as you can with your hand. Use **Spanner (No. 39)** to tighten and secure.

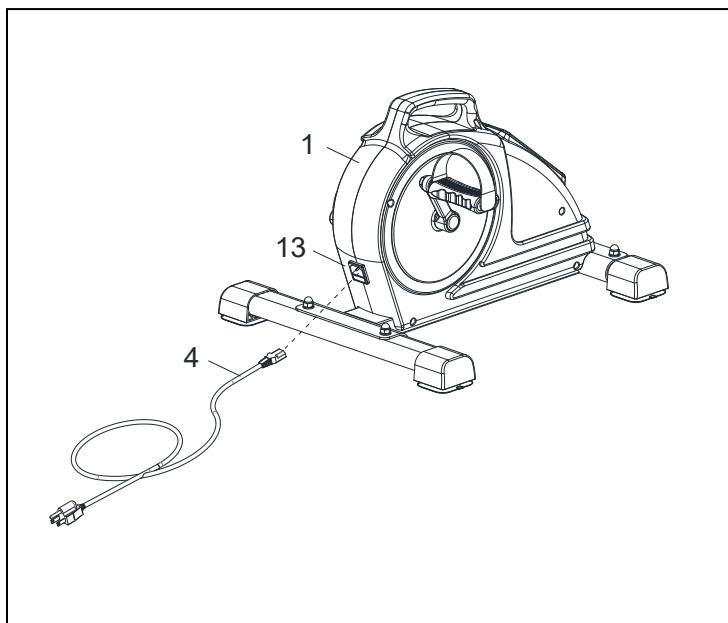
Turn the **Left Nylon Nut (No. 21L)** *clockwise* as tightly as you can with your hand. Use **Spanner (No. 39)** to hold the pedal bolt on the **Left Pedal (No. 7L)** and use **Spanner (No. 40)** to turn the **Left Nylon Nut (No. 21L)** *clockwise* at the same time, until it is tightened on to the **Left Crank (No. 3L)**.



Align the **Right Pedal (No. 7R)** with the **Right Crank (No. 3R)** at 90°. Gently insert the **Right Pedal (No. 7R)** into the **Right Crank (No. 3R)** and turn the **Right Pedal (No. 7R)** *clockwise* as tightly as you can with your hand. Use **Spanner (No. 39)** to tighten and secure.

Turn the **Right Nylon Nut (No. 21R)** *counter-clockwise* as tightly as you can with your hand. Use **Spanner (No. 39)** to hold the pedal bolt on the **Right Pedal (No. 7R)** and use **Spanner (No. 40)** to turn the **Right Nylon Nut (No. 21R)** *counter-clockwise* at the same time, until it is tightened on to the **Right Crank (No. 3R)**.

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STEP 3:

Plug the **Power Cable (No. 4)** into the **Outlet (No. 13)** on the **Main Frame (No. 1)**.

The assembly is complete!

IMPORTANT ELECTRICAL INFORMATION

WARNING:

This PWR Cycle Electric Under Desk Bike requires a power source of **120V** in order to properly operate. For your safety as well as the safety of others, please verify that the power source is correct before powering in the equipment. Any power supply source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:

This PWR Cycle Electric Under Desk Bike must be grounded. Should the PWR Cycle Electric Under Desk Bike malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This PWR Cycle Electric Under Desk Bike is for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Ensure that the cycle is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this product.

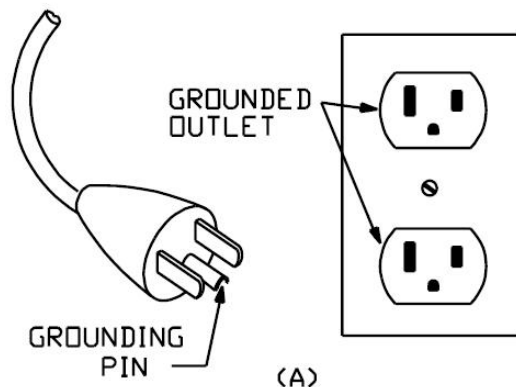
DANGER:

Improper connection of the equipment can result in 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 the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

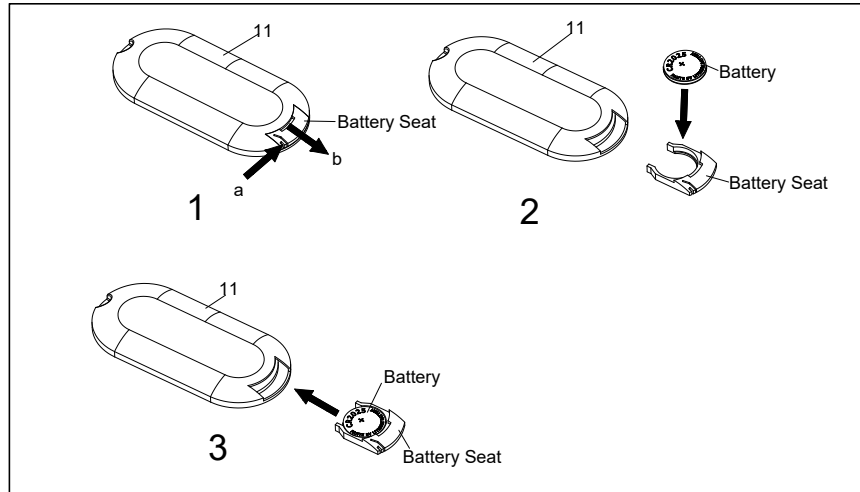
WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this PWR Cycle Electric Under Desk Bike.
2. NEVER operate the bike using a generator or UPS power supply.
3. NEVER remove any cover on this bike without first disconnecting the **Power Cable (No. 4)**.
4. NEVER expose the bike to rain or moisture. This PWR Cycle Electric Under Desk Bike is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD



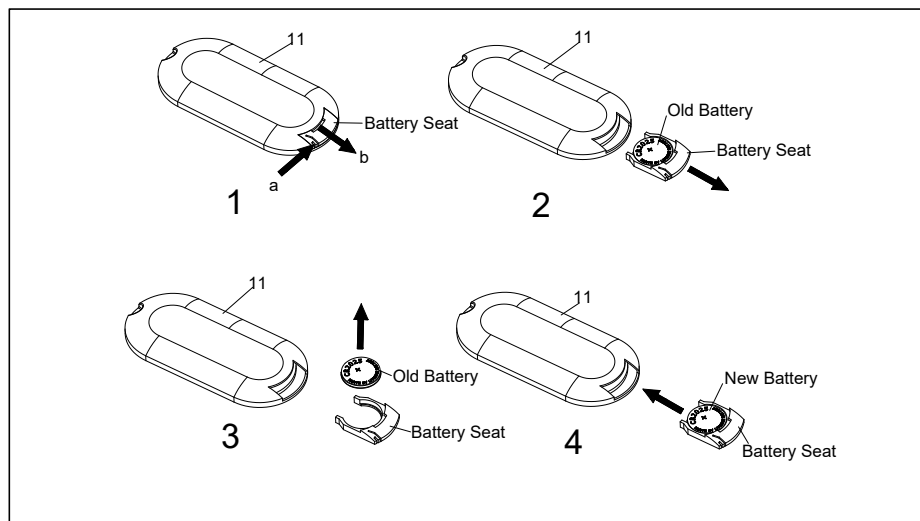
BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION:

1. Press the arrow at squeeze point a of battery seat and buckle point b of battery seat, then pull out battery seat. Take out the 1pc CR2025 3V battery that is included inside the remote control box.
2. Install the 1pc battery into the battery seat with the positive end facing up.
3. Put the battery seat back.

The installation is complete!



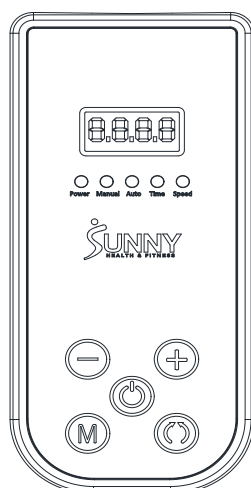
BATTERY REPLACEMENT:

1. Press the arrow at squeeze point a of battery seat and buckle point b of battery seat, then pull out battery seat.
2. Take out the old battery from the battery seat.
3. Install the new battery, CR2025 3V into the battery seat with the positive pole facing up.
4. Put the battery seat back.

The replacement is complete!

Dispose the old battery according to your regional guidelines.






DISPLAY CONSOLE



ELECTRICAL INFORMATION

Rated Voltage: 120V

FUNCTION KEYS

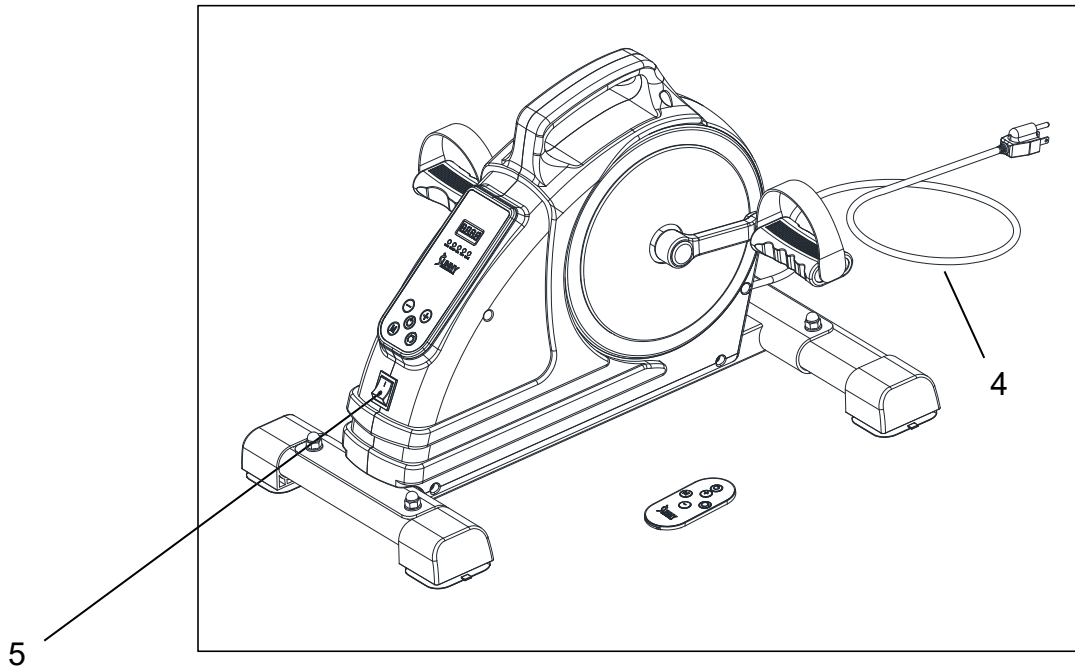
Start/Pause 	Start and pause bike
Mode 	Changes between automatic and manual
Direction 	Changes the direction forward or backward
Speed+/-  	Select key for increasing or decreasing speed (18 speed levels)

WARNINGS AND INSTRUCTIONS

- Do not stand on the bike. Only use while seated in a chair.
- If bike is tilted over 45 degrees, it will automatically stop.
- If bike detects problems during exercise, it will automatically stop within 10 seconds.

Failure to follow above all warnings and instructions could result in serious injury or death, and cause the bike to stop and make an alarm sound. When the display console shows “ERR”, press the **Start/Pause** button to reset automatically. If the “ERR” no longer appears, continue to use normally. If the code continues to appear, please contact customer service.

OPERATING INSTRUCTIONS



1. Plug in the **Power Cable (No. 4)**. Turn on the **Power Switch (No. 5)**. The machine will beep and LED display will show "OFF". This is standby mode.
2. Press the **Start/Pause** button on the console or the remote control to start the bike, it will begin in manual mode. Display will show L1. Press the **Start/Pause** button longer than 5 seconds, the bike will clear all the LED display information.
3. Under the manual mode, press the **Speed "+"** button to increase the speed from L1 to L18. Or press the **Speed "-"** button to decrease the speed from L18 to L1.

Level	Speed (MPH)	Rotate Speed (RPM)	Level	Speed (MPH)	Rotate Speed (RPM)
L1	0.674	32	L10	1.412	67
L2	0.737	35	L11	1.496	71
L3	0.843	40	L12	1.559	74
L4	0.948	45	L13	1.622	77
L5	1.032	49	L14	1.685	80
L6	1.074	51	L15	1.749	83
L7	1.180	56	L16	1.791	85
L8	1.285	61	L17	1.854	88
L9	1.369	65	L18	1.896	90

4. Under the manual mode, press the **Direction** button to change the direction forward or backward.
5. Under the manual mode, the LED display will alternate display between speed level, speed and time.
6. Press the **Mode** button on the console or the remote control to change the mode from manual mode to auto mode P1, press again from P1 to P2 mode, press again from P2 to P3, then press again from P3 back to the manual mode.

7. Under the automatic mode, there are P1/P2/P3 modes included. Different modes have different speeds and working directions, see below details.

P1 MODE: The pedals would move forward or backward when in use. After each run of 13 times, the direction of movement will be changed. Repeat this process until it stops running after 30 minutes.

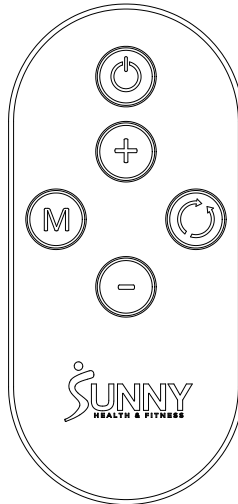
P2 MODE: The pedals would move forward or backward when in use. There are 9 Levels for this mode, the speed will be increasing from Level 1 to Level 9 gradually, then the speed will be decreasing from Level 9 to Level 1. When the speed reaches Level 1, the direction of movement will change. The machine will keep repeat this process until it stops running after 30 minutes.

P3 MODE: The pedals would move forward or backward when in use. There are 18 Levels for this mode, the speed will be increasing from Level 1 to Level 18 gradually, then the speed will be decreasing from Level 18 to Level 1. When the speed reaches Level 1, the direction of movement will change. The machine will keep repeat this process until it stops running after 30 minutes.






The bike will stop automatically after working continuously for 30 minutes. At the stop moment, the LED display will show “OFF” then show the exercise mode and data.

NOTE: After finish using, please turn off the switch and disconnect the power cable.

DISPLAY REMOTE CONTROL



FUNCTION KEYS

Start/Pause 	Start and pause bike
Mode 	Changes between automatic and manual
Direction 	Changes the direction forward or backward
Speed+/-  	Select key for increasing or decreasing speed (18 speed levels)

REMOTE CONTROL NOTICE:

If the **Remote Control (No. 11)** does not activate the PWR Cycle Electric Under Desk Bike, or if you have a replacement remote, the **Remote Control (No. 11)** and PWR Cycle Electric Under Desk Bike will need to be paired.

REMOTE CONTROL PAIRING METHOD:

1. Restart the PWR Cycle Electric Under Desk Bike, press and hold down the **Mode** button and **Direction** button at the same time, you will hear three “beep” sounds.
2. Press and hold down the **Mode** button on the **Remote Control (No. 11)** immediately for about 3 seconds. Hearing a "Beep" indicates that the pairing is successful. During the pairing, the **Remote Control (No. 11)** should be as close to the PWR Cycle Electric Under Desk Bike as possible.

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 complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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.

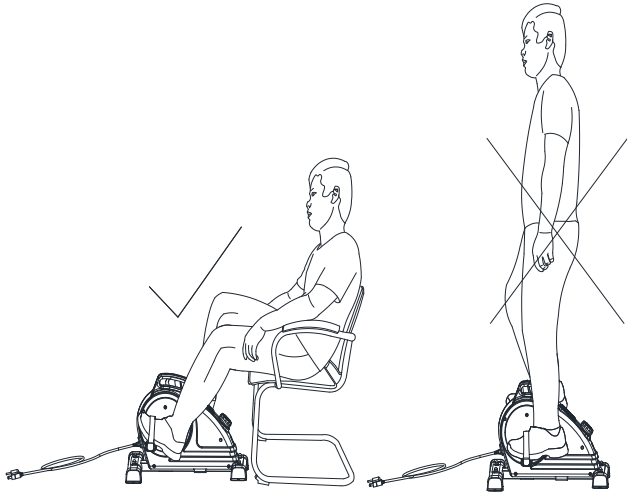
FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

USER-MAINTENANCE INSTRUCTION

Caution: There are no serviceable parts in the appliance, any servicing should be performed by an authorized service person.

When the appliance is not in use, disconnect the power supply, storage of the power cord and the total appliance in a dry location where children cannot touch or in play area(s).



**USE ONLY WHILE SITTING.
DO NOT STAND ON THE BIKE!**

WARNING

The bike is intended to use in a sitting position only. When using the bike, keep the feet flat to avoid rubbing against the floor. Do not stand on the bike.

Failure to follow all warnings and instructions could result in serious injury or death.

Version:1.0

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