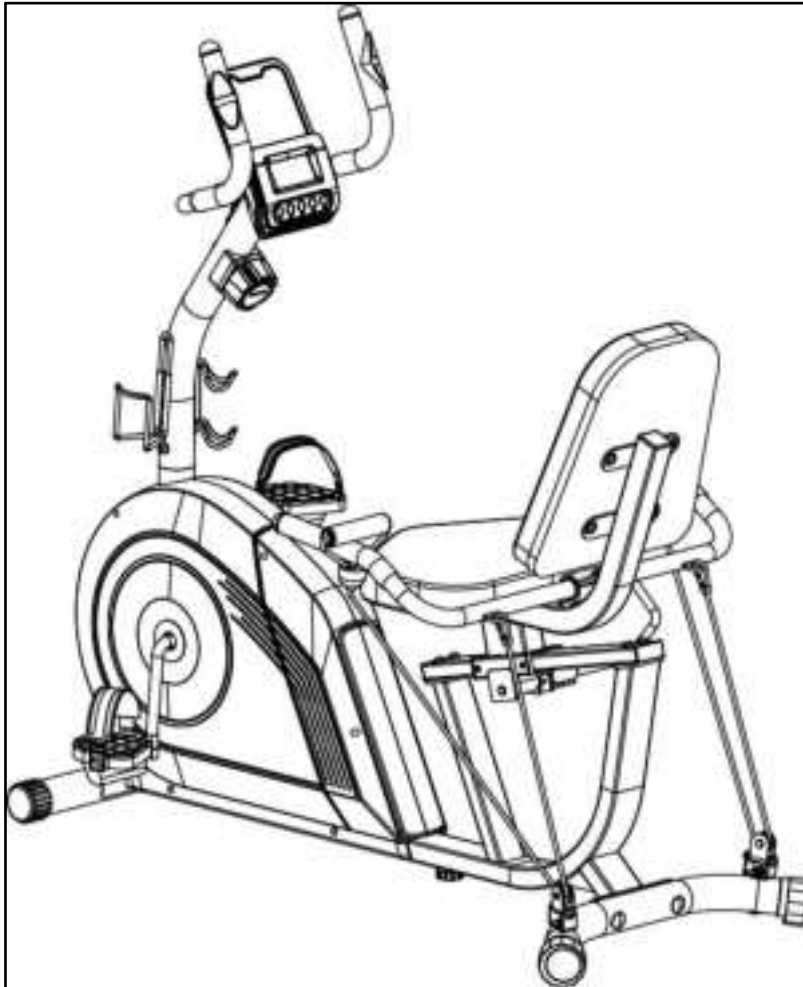




COREZY 16-LEVEL SMART MAGNETIC RESISTANCE RECUMBENT BIKE WITH WORKOUT BANDS

SF-RB424006

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

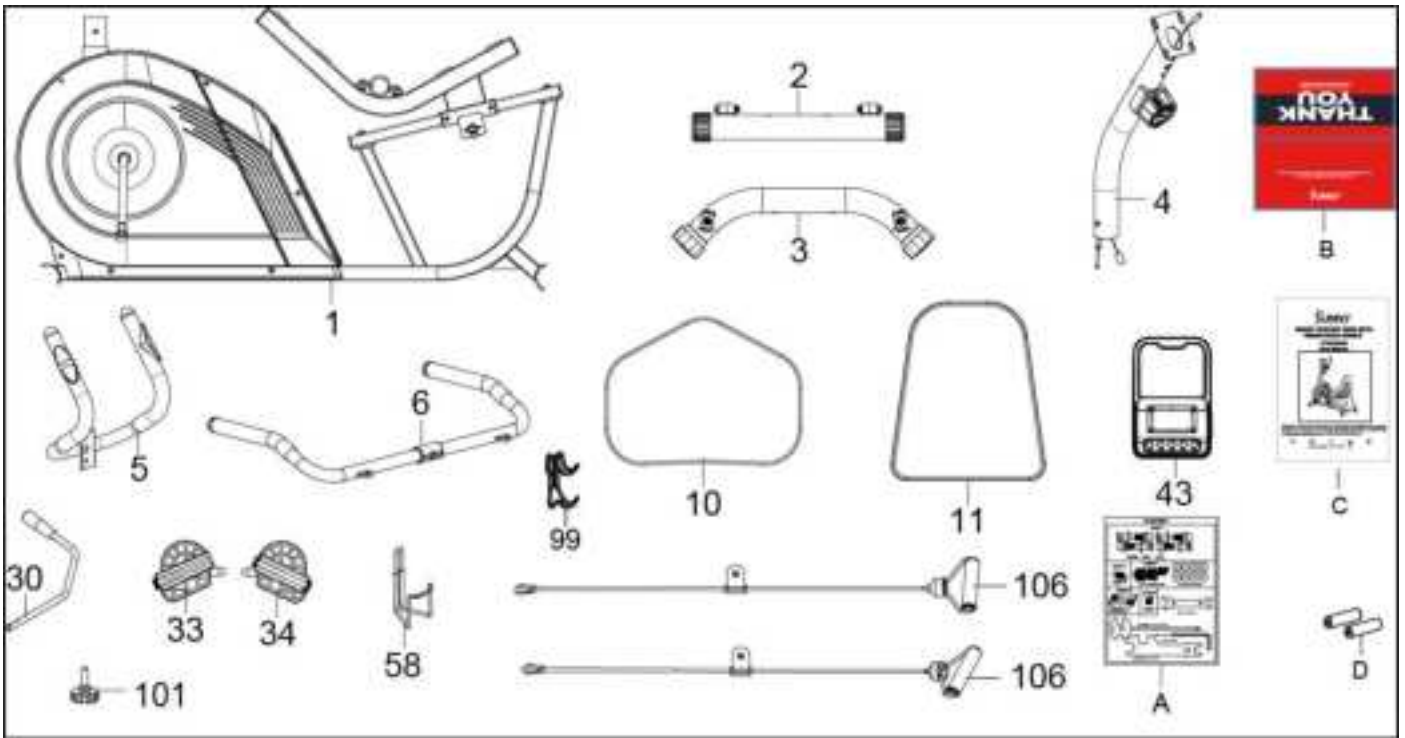
IMPORTANT SAFETY INFORMATION

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. 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 (60 cm) 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. 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 kgs).
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 are 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.

PRE-ASSEMBLY CHECK LIST

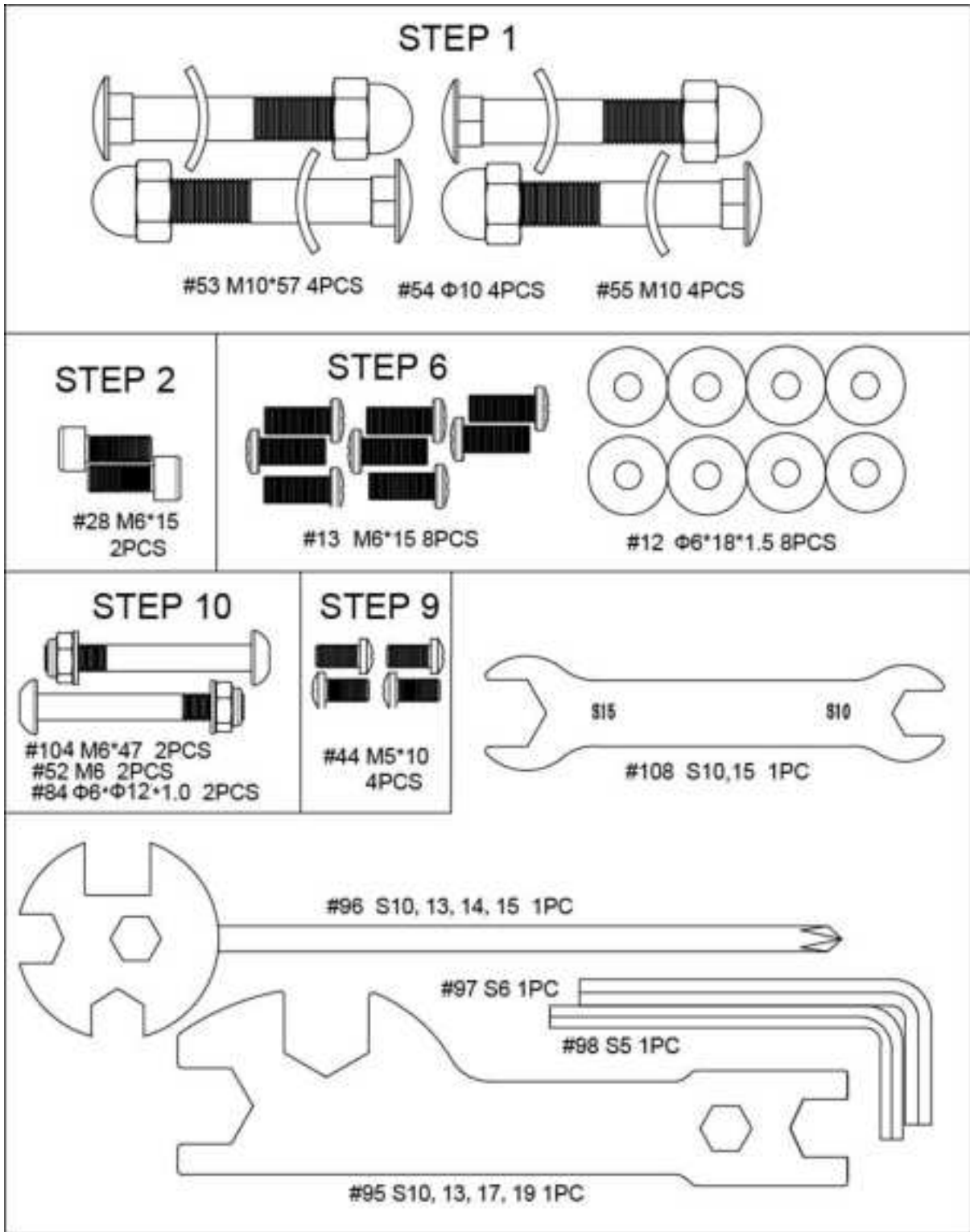
Before you start to assemble, please make sure all parts are included



No.	Description	Spec.	Qty
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Front Post		1
5	Front Handlebar		1
6	Rear Handlebar		1
10	Seat		1
11	Backrest Cushion		1
30	Brake Handle		1
33	Left Pedal	JD-22A	1

No.	Description	Spec.	Qty
34	Right Pedal	JD-22A	1
43	Computer	TZ-2190	1
58	Bottle Holder		1
99	Dumbbell Rack		1
106	Rope Group		2
101	Adjusting Foot Pad	M8*30	1
A	Hardware Package		1
B	Thank You Card		1
C	Manual		1
D	Battery	AA	1

HARDWARE PACKAGE



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

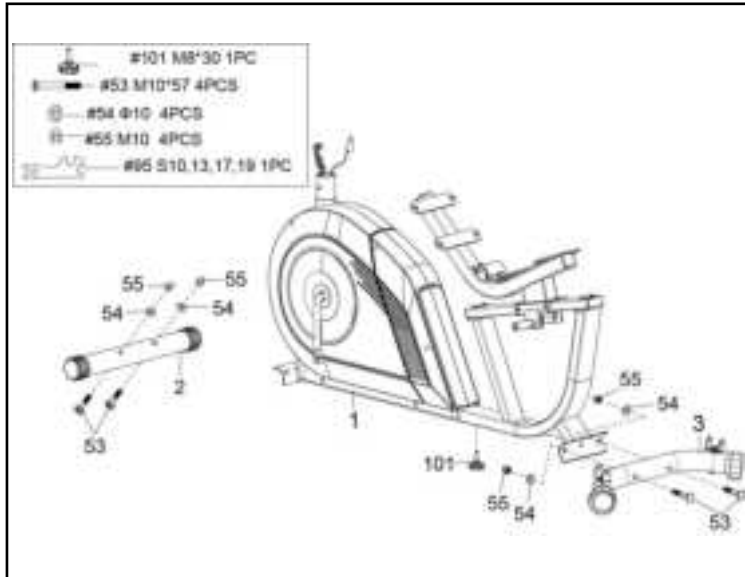
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the "EXPLODED DIAGRAM" (page 17 and page 18) and "PARTS LIST" (page 19 and page 20)

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

ASSEMBLY INSTRUCTIONS

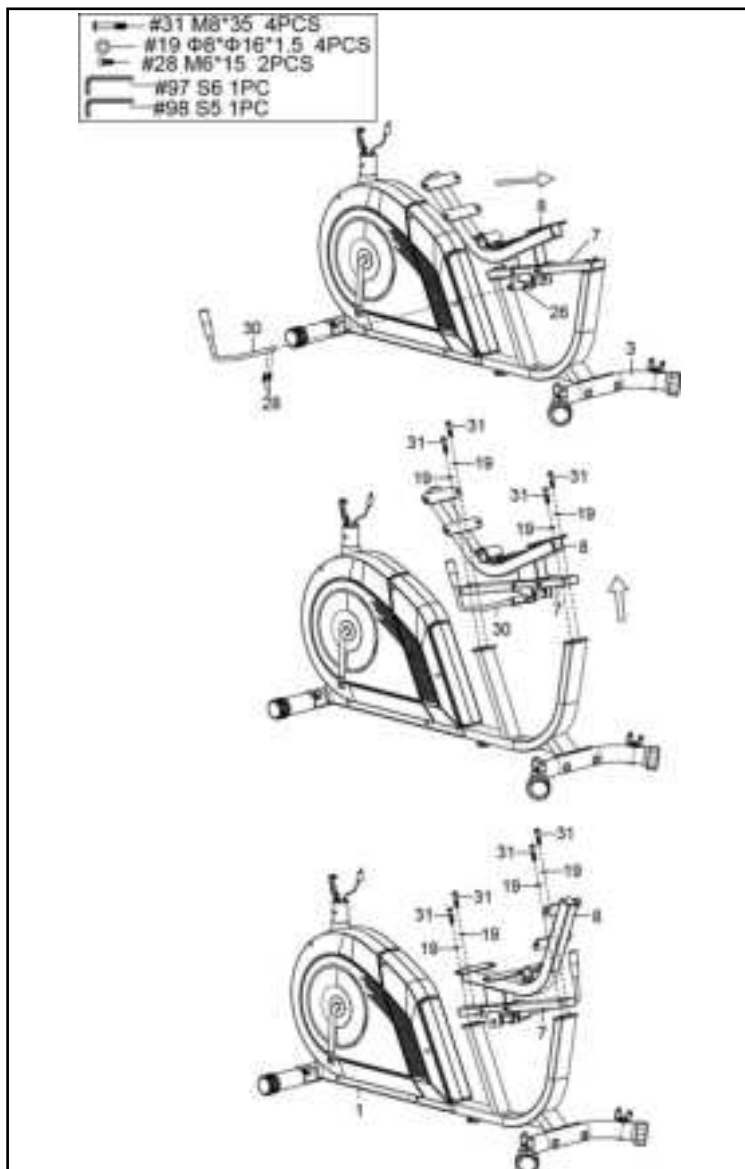
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach the **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 3)** to the **Main Frame (No. 1)** with 4 **Bolts (No. 53)**, 4 **Big Arc Washers (No. 54)** and 4 **Nuts (No. 55)**. Tighten and secure with **Spanner (No. 95)**.

Attach the **Adjusting Foot Pad (No. 101)** to the **Main Frame (No. 1)** Tighten and secure by hand.



STEP 2:

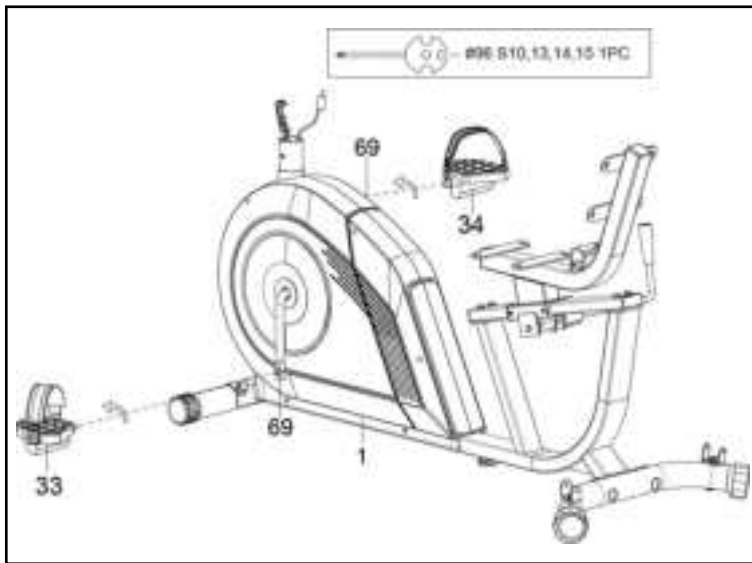
Attach the **Brake Handle (No. 30)** to the **Connecting Axle (No. 26)** with 2 **Bolts (No. 28)**. Tighten and secure with **Allen Wrench (No. 98)**.

Loosen the **Brake Handle (No. 30)**, move the **Seat Support Bracket (No. 8)** to the top, then remove 4 **Bolts (No. 31)** and 4 **Washers (No. 19)** from the **Sliding Rail (No. 7)** with **Allen Wrench (No. 97)**.

Turn the **Seat Support Bracket (No. 8)** and **Sliding Rail (No. 7)** to 180 degrees rotation.

Attach the **Sliding Rail (No. 7)** to the **Main Frame (No. 1)** with 4 **Bolts (No. 31)** and 4 **Washers (No. 19)** that were removed. Tighten and secure with **Allen Wrench (No. 97)**.

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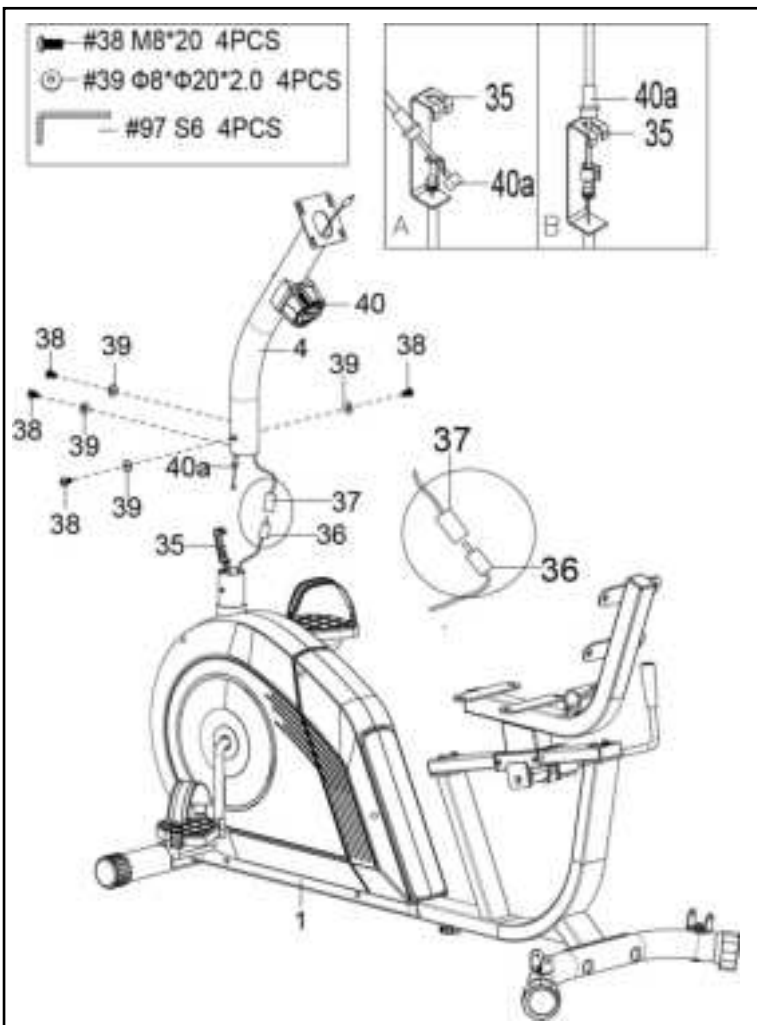


STEP 3:

Align **Left Pedal (No. 33)** with **Belt Pulley With Crank (No. 69)** at 90° and gently insert the **Left Pedal (No. 33)** into the **Belt Pulley With Crank (No. 69)**. Turn the **Left Pedal (No. 33)** *counter-clockwise* as tightly as you can with your hands, then use **Spanner (No. 96)** to tighten securely.

Align **Right Pedal (No. 34)** with **Belt Pulley With Crank (No. 69)** at 90° and gently insert the **Right Pedal (No. 34)** into the **Belt Pulley With Crank (No. 69)**. Turn the **Right Pedal (No. 34)** *clockwise* as tightly as you can with your hands, then use **Spanner (No. 96)** to tighten securely.

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 4:

Remove 4 **Bolts (No. 38)** and 4 **Big Arc Washers (No. 39)** from the **Main Frame (No. 1)** with **Allen Wrench (No. 97)**.

CAUTION: Please make sure the **Tension Control Knob (No. 40)** is at the lowest resistance level (level 1, all the way to the left) before you connect any wires together.

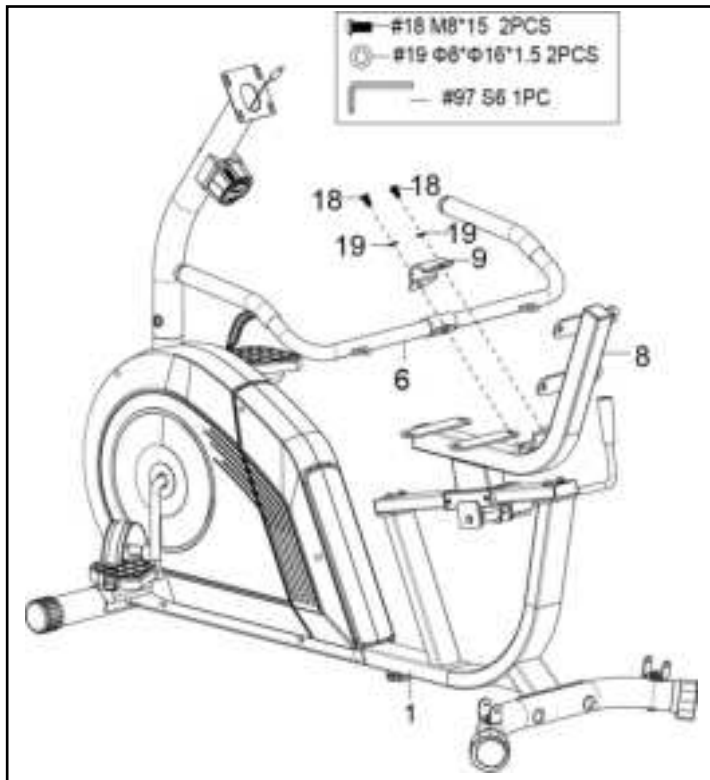
Attach the **Tension Control Knob Wire (No. 40a)** into the metal bracket of **Tension Wire (No. 35)** as shown in drawing A. Then pull **Tension Control Knob Wire (No. 40a)** upward and insert it into the slot of metal bracket of **Tension Wire (No. 35)** as shown in drawing B. Make sure the metal fitting on **Tension Control Knob Wire (No. 40a)** is secured in the metal bracket.

Connect the **Sensor Wire (No. 36)** to the **Extension Sensor Wire (No. 37)**. Insert the connecting wires into **Front Post (No. 4)**.

Attach the **Front Post (No. 4)** to the **Main Frame (No. 1)** with 4 **Bolts (No. 38)** and 4 **Big Arc Washers (No. 39)** that were removed. Tighten and secure with **Allen Wrench (No. 97)**.

NOTE: Be careful not to pinch any wires when attaching **Front Post (No. 4)** to **Main Frame (No. 1)**.

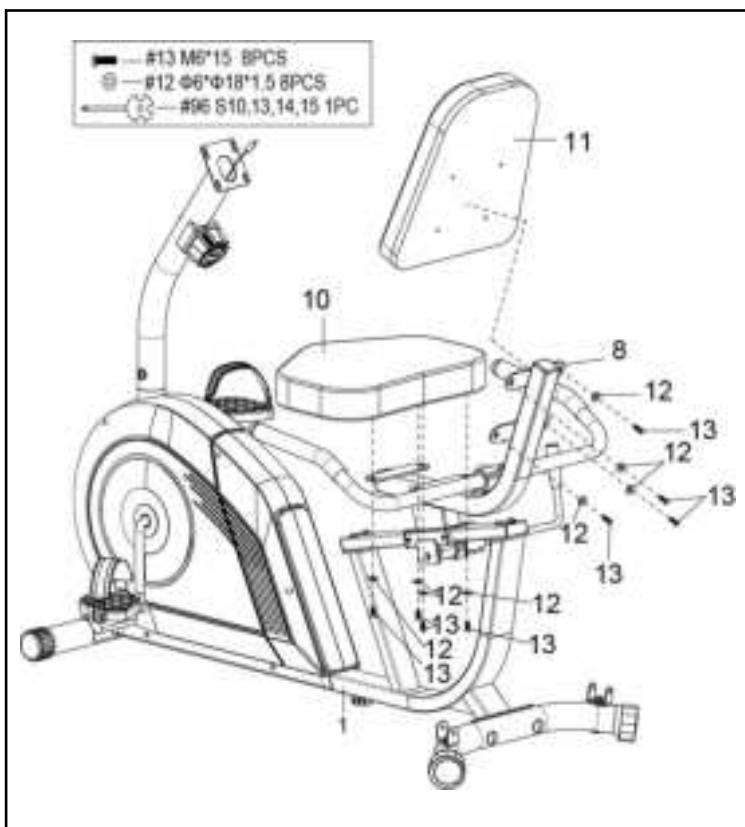
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 5:

Remove 2 **Bolts (No. 18)**, 2 **Washers (No. 19)** and **Handlebar Cover (No. 9)** from the **Seat Support Bracket (No. 8)** with **Allen Wrench (No. 97)**.

Attach the **Rear Handlebar (No. 6)** to the **Seat Support Bracket (No. 8)** with 2 **Bolts (No. 18)**, 2 **Washers (No. 19)** and **Handlebar Cover (No. 9)** that were removed. Tighten and secure with **Allen Wrench (No. 97)**.

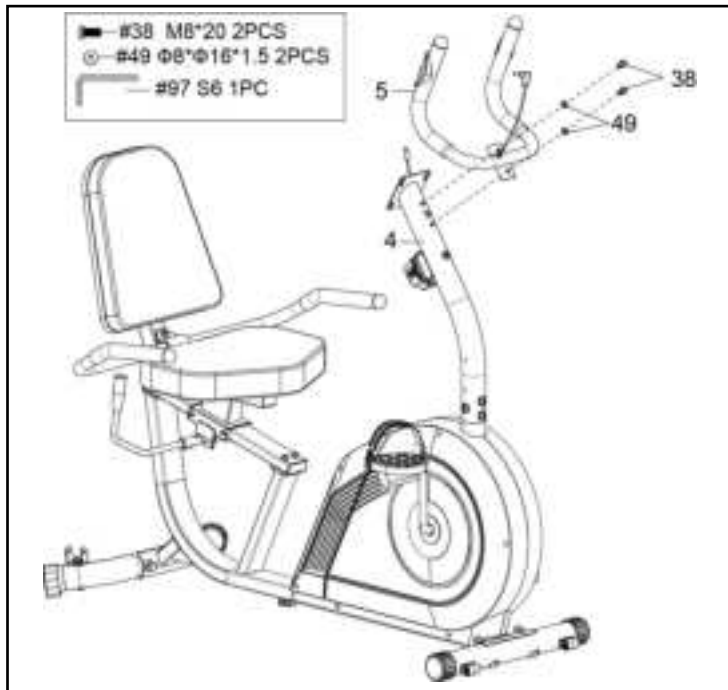


STEP 6:

Attach the **Seat (No. 10)** to the **Seat Support Bracket (No. 8)** with 4 **Bolts (No. 13)** and 4 **Washers (No. 12)**. Tighten and secure with **Spanner (No. 96)**.

Attach the **Backrest Cushion (No. 11)** to the **Seat Support Bracket (No. 8)** with 4 **Bolts (No. 13)** and 4 **Washers (No. 12)**. Tighten and secure with **Spanner (No. 96)**.

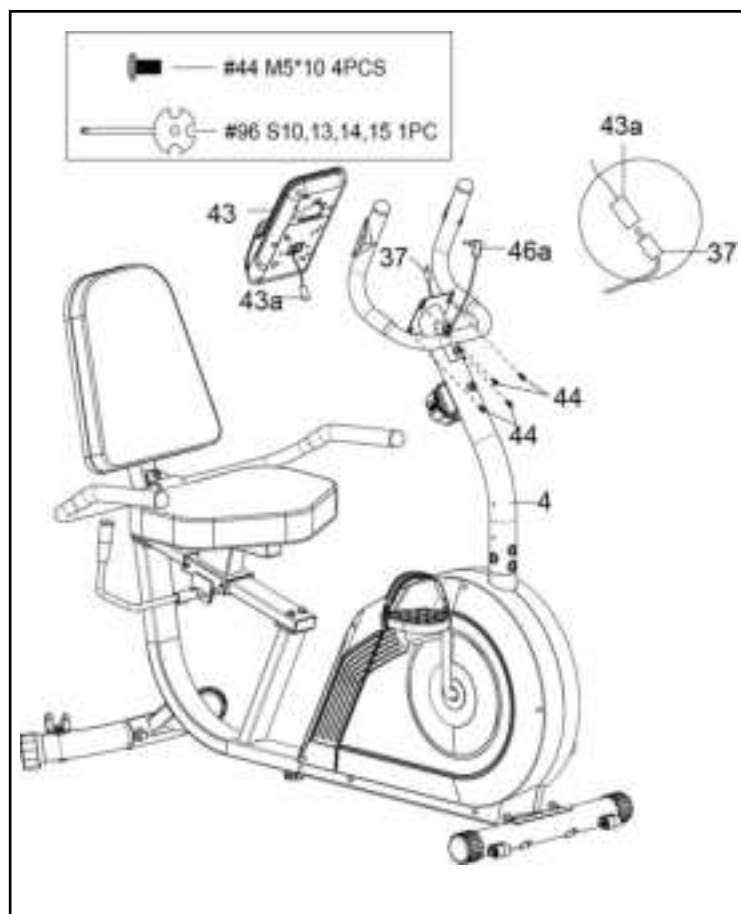
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 7:

Remove 2 **Bolts (No. 38)** and 2 **Arc Washers (No. 49)** from the **Front Post (No. 4)** with **Allen Wrench (No. 97)**.

Attach the **Front Handlebar (No. 5)** to the **Front Post (No. 4)** with 2 **Bolts (No. 38)** and 2 **Arc Washers (No. 49)** that were removed. Tighten and secure with **Allen Wrench (No. 97)**.



STEP 8:

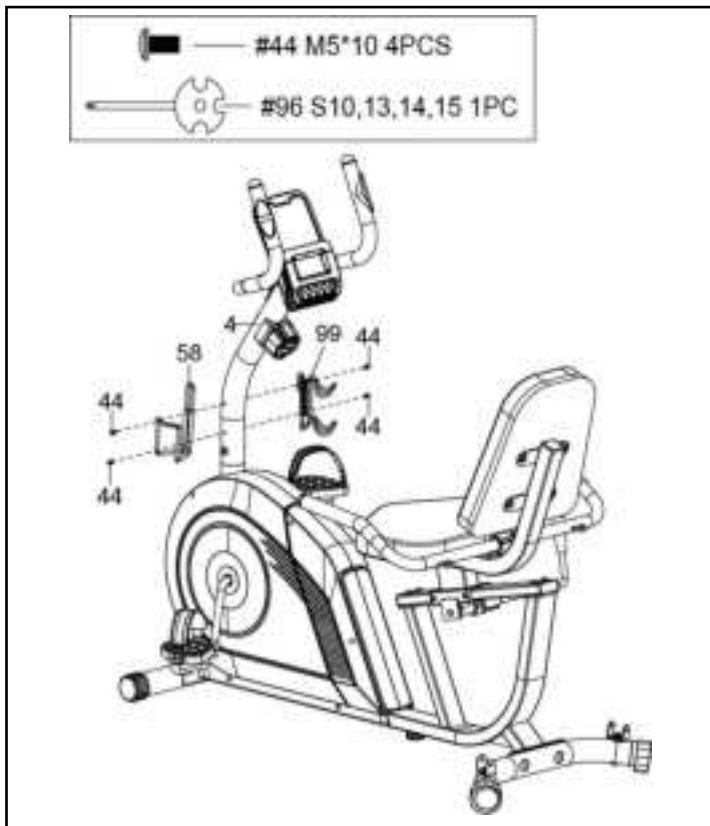
Remove 4 **Bolts (No. 44)** from the back of the **Computer (No. 43)** with the **Spanner (No. 96)**.

Connect the **Extension Sensor Wire (No. 37)** with **Computer Wire (No. 43a)**. Then insert them into the **Front Post (No. 4)**.

Insert the **Hand Pulse Wire A (No. 46a)** into the pulse Input jack on the back of **Computer (No. 43)**.

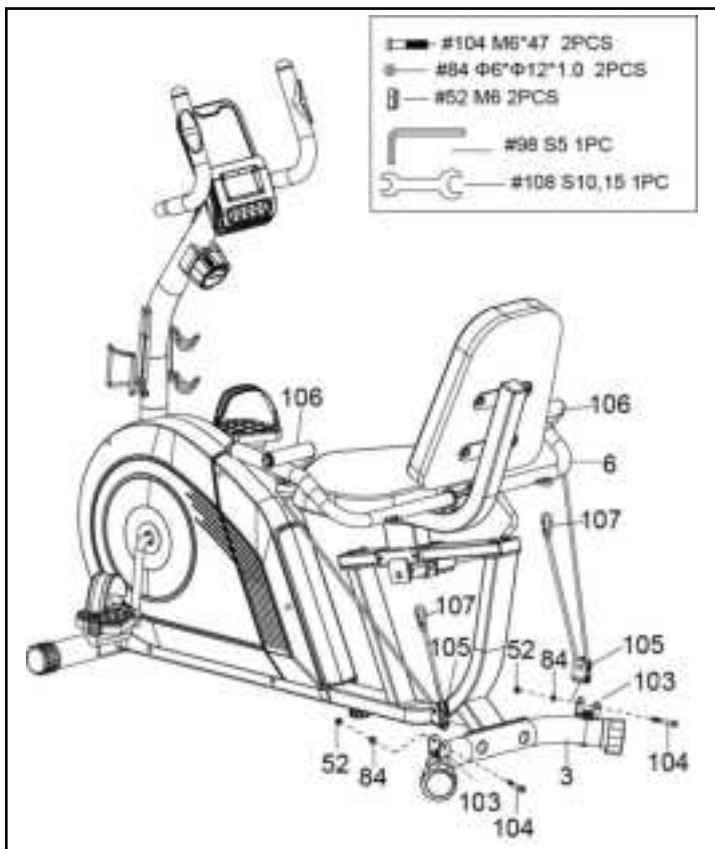
Attach **Computer (No. 43)** to the top end of the **Front Post (No. 4)** with 4 **Bolts (No. 44)** that were removed. Tighten and secure with **Spanner (No. 96)**.

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STEP 9:

Attach the **Bottle Holder (No. 58)** and **Dumbbell Rack (No. 99)** to the **Front Post (No. 4)** with 4 **Bolts (No. 44)**. Tighten and secure with **Spanner (No. 96)**.



STEP 10:

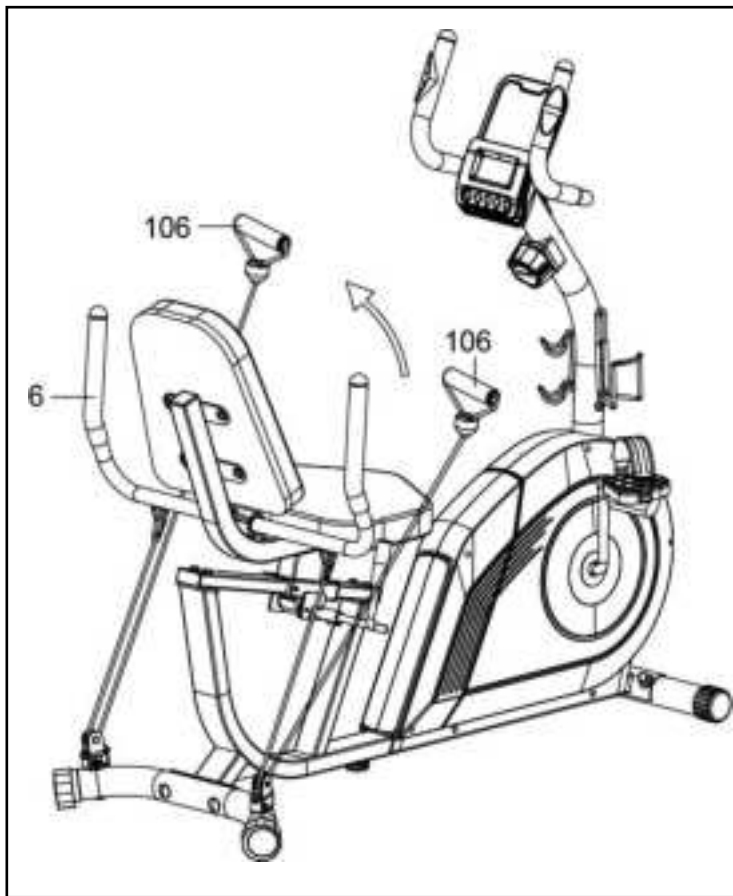
Attach 2 **Plastic Pulley Blocks (No. 105)** to the 2 **Swivel Blocks (No. 103)** which is in the **Rear Stabilizer (No. 3)** with 2 **Bolts (No. 104)**, 2 **Washers (No. 84)** and 2 **Nuts (No. 52)**. Tighten and secure with **Allen Wrench (No. 98)** and **Spanner (No. 108)**.

Attach 2 **Gourd Hooks (No. 107)** into two hooks in the below of **Rear Handlebar (No. 6)**.

Attach 2 **Rope Groups (No. 106)** to the **Rear Handlebar (No. 6)**.





The assembly is complete!

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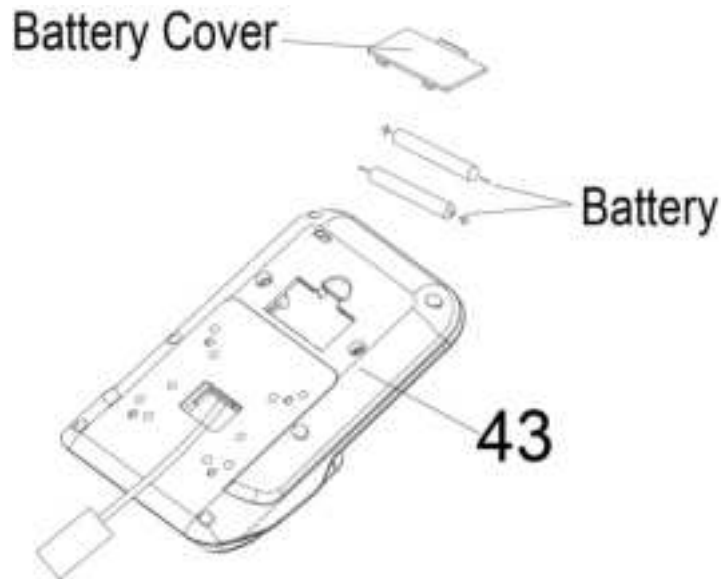


When you want to use the 2 **Rope Groups (No. 106)**, you should be turn up the **Rear Handlebar (No. 6)** as shown in the figure.

ADJUSTMENTS GUIDE

	<p>MOVING THE RECUMBENT BIKE</p> <p>Lift the Rear Stabilizer (No. 3) and tilt the recumbent bike until the Transportation Wheels (No. 51) touch the ground. Now you can transport the recumbent bike to the desired location with ease.</p>
	<p>ADJUSTING THE BALANCE</p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the recumbent bike is stable and secure. If you notice that the recumbent bike is unbalanced during use, you should adjust the Adjustable End Caps (No. 57) located on the rear stabilizers until the recumbent bike becomes levelled with the floor surface.</p>
	<p>ADJUSTING THE TENSION</p> <p>Adjust the tension by rotating the Tension Control Knob (No. 40) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. 40) <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 16 being the highest.</p>
	<p>ADJUSTING THE SEAT</p> <p>To adjust the seat forward or backward, press down Brake Handle (No. 30), then slide the seat to the desired position, lift the Brake Handle (No. 30) to tighten.</p>
<p>CLEANING</p> <p>The recumbent bike can be cleaned with a soft, clean, damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause electrical hazard or electronics to fail. Please keep the recumbent bike, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the recumbent bike for proper tightness every week.</p>	
<p>STORAGE</p> <p>Store the recumbent bike in a clean and dry environment, away from children.</p>	

BATTERY INSTALLATION & REPLACEMENT



BATTERY INSTALLATION

1. Take out 2 AA batteries from computer box.
2. Press the buckle of battery cover on the **Computer (No. 43)**, then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 43)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 43)**.

The installation is complete!

BATTERY REPLACEMENT

1. Press the buckle of battery cover on the back of the **Computer (No. 43)**, then remove battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. 43)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Computer (No. 43)**.

The replacement is complete!

BATTERY DISPOSAL

NOTE: Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

EXERCISE COMPUTER



BLUETOOTH :

1. The Bluetooth icon will flash when the computer is on or wakes from sleep 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 flash when the computer is on. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
2. After exercise resumes, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
3. When the computer wakes from sleep mode, the wireless heart rate icon will flash. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
4. The wireless heart rate icon will flash when the MODE button is pressed during exercise. If the heart rate monitor is not connected within 1 minute, the wireless heart rate icon will turn off.
5. The wireless heart rate icon will stay on when the heart rate monitor is connected.

NOTE: The heart rate monitor is not included. Wireless heart rate function works with SunnyFit Heart Rate Monitor HR200. HR200 can only connect to the computer when the wireless heart rate icon is flashing.

FUNCTION BUTTONS

MODE: 1. Press the button to select TIME, DIST(DISTANCE), CALORIES and PULSE to preset.
2. Press the button for selection function display on main LCD, or enter after setting.
3. Hold the MODE button for 2 seconds to reset all values except ODO(TOTAL DISTANCE) when the Bluetooth is not connected.
4. Press and hold the MODE button for 6 seconds to disconnect from both the SunnyFit APP and the heart rate monitor. Then the computer will enter sleep mode.
(When the user replaces batteries, all the values will reset to ZERO automatically.)

UP: To set up the target value of TIME, DIST(DISTANCE), CALORIES and PULSE. You can hold the button to increase the value fast. (The computer has to be in stop condition.)

DOWN: To set down the target value of TIME, DIST(DISTANCE), CALORIES and PULSE. You can hold the button to increase the value fast. (The computer has to be in stop condition.)

FUNCTIONS

SCAN: Automatically scan through each mode in sequence every 6 seconds. The display loop is RPM - SPEED - TIME - DIST(DISTANCE) - ODO(TOTAL DISTANCE) - CALORIES - PULSE on the main screen.

TIME: Accumulates total time from 00:00 up to 99:59. The user may preset target time by pressing UP or DOWN button. Each increase is 1 minute.

RPM: Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.

SPEED: Displays current training speed. Maximum speed is 99.9 mile/h.

DIST(DISTANCE): Accumulates total distance from 0.00 up to 99.99 mile. The user may preset target distance data by pressing UP or DOWN button. Each increase setting is 0.1 mile.

CALORIES: Accumulates calories consumption during training from 0 to max. 999.9 calories. The user may also preset the target calorie before training by pressing UP or DOWN button. Each increase setting is 1 cal.

PULSE: The computer will display the user's heart rate in beats per minute during training. You may set the target heart rate by pressing the UP or DOWN button.

ODO(TOTAL DISTANCE): Accumulates total distance from 0.00 up to 999.9 mile.

NOTE: This data is a rough guide for comparison of different exercise sessions which cannot be used in medical treatment.

OPERATION ORDER:

1. Power on – Installs 2 pieces of 1.5V UM-3 or AA batteries. The computer start to segment test with a long beep sound. (Whenever batteries are removed, all the functions values will be reset to zero or default value.)
2. Select and preset target value – Get access to the setting function of TIME, DIST(DISTANCE), CALORIES and PULSE. When you are in each setting mode. For the TIME setting, when the time value is glitter, you can press the UP or DOWN button to adjust the value. Press the MODE button for confirmation and skip to next setting. The setting of DIST(DISTANCE) and CALORIES is the same as TIME setting.
3. After entering the speed signal, each function of RPM-SPEED-TIME-DIST(DISTANCE)-ODO(TOTAL DISTANCE)-CALORIES- PULSE will skip to display in every 6 seconds.
4. You can also press the MODE button to select a single function display on the main screen.
5. If you have preset any function target before, the function starts to count down from the target when the training starts except PULSE. Once the target is achieved, the computer will beep, and the function will count up from zero automatically if the training is still going.
6. Pulse measurement – After you hold on to two handgrip sensors in a few seconds, the computer will show up your current heart rate in beats per minute. To ensure the heart rate readout precisely, please do not hold one hand only. You may preset your target pulse before training starts. Once your current heart rate is achieved to the target, the value of pulse will beep to remind you.

NOTE:

1. The computer will shut off automatically and disconnect the heart rate monitor if there is no activity for 4 minutes when the Bluetooth is not connected. Pedaling the machine or key selection will wake up the computer.
2. If the computer displays abnormally, please re-install the battery, and try again.
3. Battery Spec: 1.5V UM-3 or AA (2PCS).
4. The batteries must be removed from the appliance before it is scrapped, and they are disposed of safely.

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!

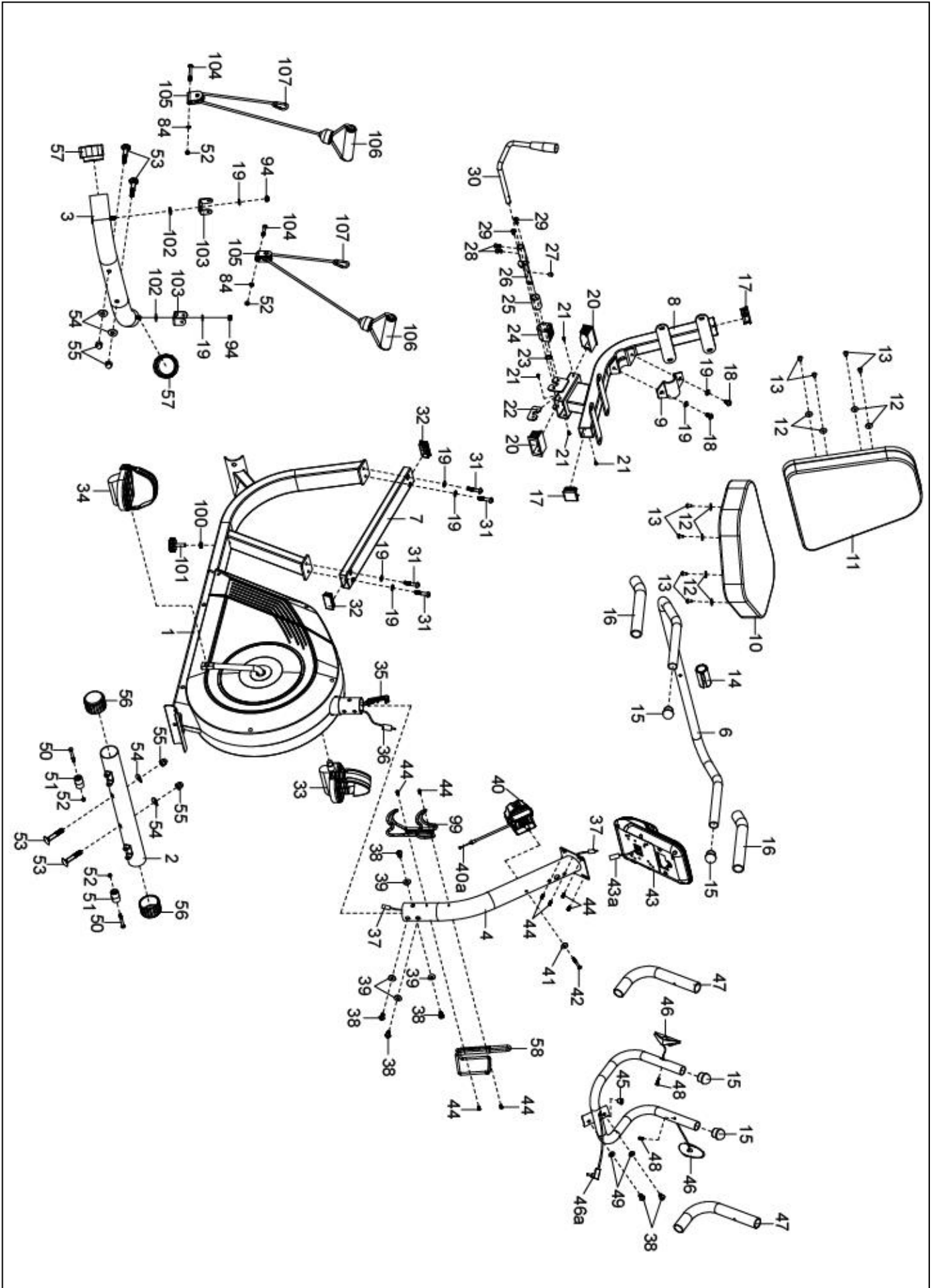
Troubleshooting:

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

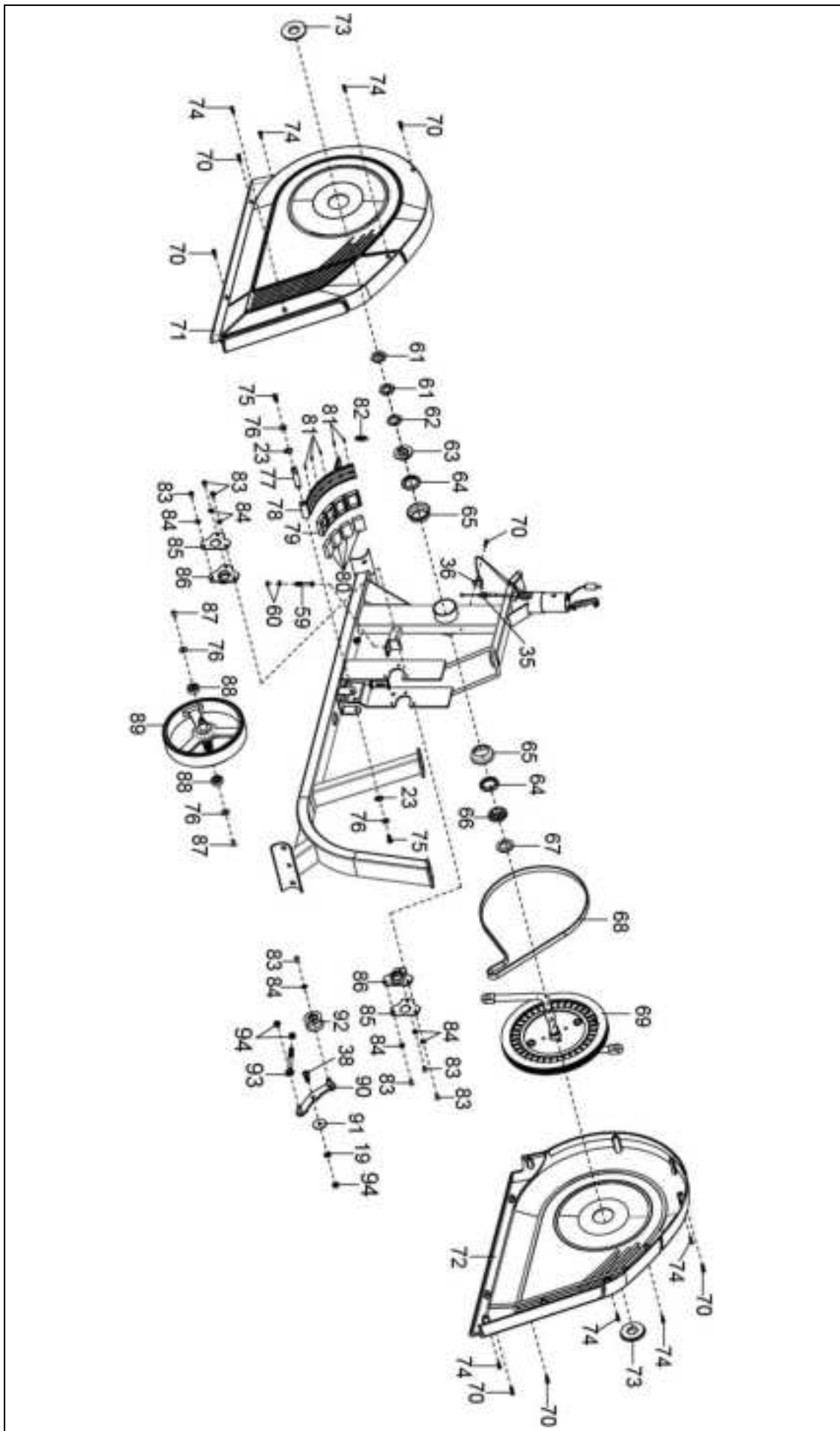


- If you require additional support, please contact support@sunnyfit.com.

EXPLODED DIAGRAM 1



EXPLODED DIAGRAM 2



PARTS LIST

No.	Description	Spec.	Qty
1	Main Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Front Post		1
5	Front Handlebar		1
6	Rear Handlebar		1
7	Sliding Rail		1
8	Seat Support Bracket		1
9	Handlebar Cover		1
10	Seat		1
11	Backrest Cushion		1
12	Washer	Φ6*Φ18*1.5	8
13	Bolt	M6*15	8
14	Handrail Swivel		1
15	End Cap		4
16	Foam Grip	Φ24*Φ30*240	2
17	Square End Cap	38*38*2.0	2
18	Bolt	M8*15	2
19	Washer	Φ8*Φ16*1.5	9
20	Bushing		2
21	Screw	ST4.2*6	4
22	Brake Fixing Plate		1
23	Shaft Snap Ring	Φ12*1.0	3
24	Limited Block		1
25	Shaft	Φ25*38	1
26	Connecting Axle		1
27	Bolt	M8*12	1
28	Bolt	M6*15	2
29	Bolt	M6*15	2
30	Brake Handle	Φ12*367	1
31	Bolt	M8*35	4
32	Square End Cap	53*23*2.0	2
33	Left Pedal	JD-22A	1

No.	Description	Spec.	Qty
34	Right Pedal	JD-22A	1
35	Tension Wire	L=1000mm	1
36	Sensor Wire	L=550mm	1
37	Extension Sensor Wire	L=650mm	1
38	Bolt	M8*20	7
39	Big Arc Washer	Φ8*Φ20*2.0	4
40	Tension Control Knob		1
40a	Tension Control Knob Wire	L=320mm	1
41	Big Arc Washer	Φ5*Φ18*1.0	1
42	Bolt	M5*45	1
43	Computer	TZ-2190	1
43a	Computer Wire		1
44	Bolt	M5*10	10
45	Plug	Φ12.1	1
46	Handle Pulse Sensor With Wire		2
46a	Handle Pulse Wire A	L=550mm	
47	Foam Grip	Φ24*Φ30*220	2
48	Screw	ST4.2*20	2
49	Arc Washer	Φ8*Φ16*1.5	2
50	Bolt	M6*48	2
51	Transportation Wheel	φ6*30	2
52	Nut	M6	4
53	Bolt	M10*57	4
54	Big Arc Washer	Φ10	4
55	Nut	M10	4
56	End Cap For Front Stabilizer		2
57	Adjustable End Cap		2
58	Bottle Holder		1
59	Bolt	M6*45	1
60	Nut	M6	2
61	Nut	7/8"	2
62	Locking Washer	Φ23*Φ34.5*2.5	1
63	Locking Nut-Left	7/8"	1

PARTS LIST

No.	Description	Spec.	Qty
64	Open Face Bearing		2
65	Bearing Housing		2
66	Locking Nut–Right	15/16”	1
67	Locking Washer	Φ24*Φ40*3.0	1
68	Belt	PJ400	1
69	Belt Pulley With Crank	Φ260	1
70	Screw	ST4.2*20	7
71	Left Belt Cove		1
72	Right Belt Cove		1
73	cover	φ60*φ26*6.5	2
74	Screw	ST4.2*25	7
75	Bolt	M6*15	2
76	Washer	Φ6*Φ16*1.2	4
77	Magnetic Plate Axle		1
78	Magnetic Bracket		1
79	Magnet Seat	136*45*10	1
80	Magnet	40*25*10	4
81	Screw	ST2.9*9	5
82	Spring	Φ15*50*Φ1.5	1
83	Bolt	M6*12	7
84	Washer	Φ6*Φ12*1.0	9
85	Bearing End Cover	56*72*1.5	2
86	Plastic Bearing Seat	56*72*11	2

No.	Description	Spec.	Qty
87	Bolt	M6*12 S5	2
88	Bearing	6001	2
89	Flywheel	Φ200	1
90	Idler Wheel Shaft		1
91	PC Pad		1
92	Idler Wheel		1
93	Bolt	M8*75	1
94	Nut	M8	5
95	Spanner	S10,13,17,19	1
96	Spanner	S10,13,14,15	1
97	Allen Wrench	S6	1
98	Allen Wrench	S5	1
99	Dumbbell Rack		
100	Nut	M8	1
101	Adjusting Foot Pad	M8*30	1
102	Plastic Washer	Φ8.5*Φ24*2.0	2
103	Swivel Block		2
104	Bolt	M6*47	2
105	Plastic Pulley Block		2
106	Rope Group	Φ7*850	2
107	Gourd Hook		2
108	Spanner	S10,15	1

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