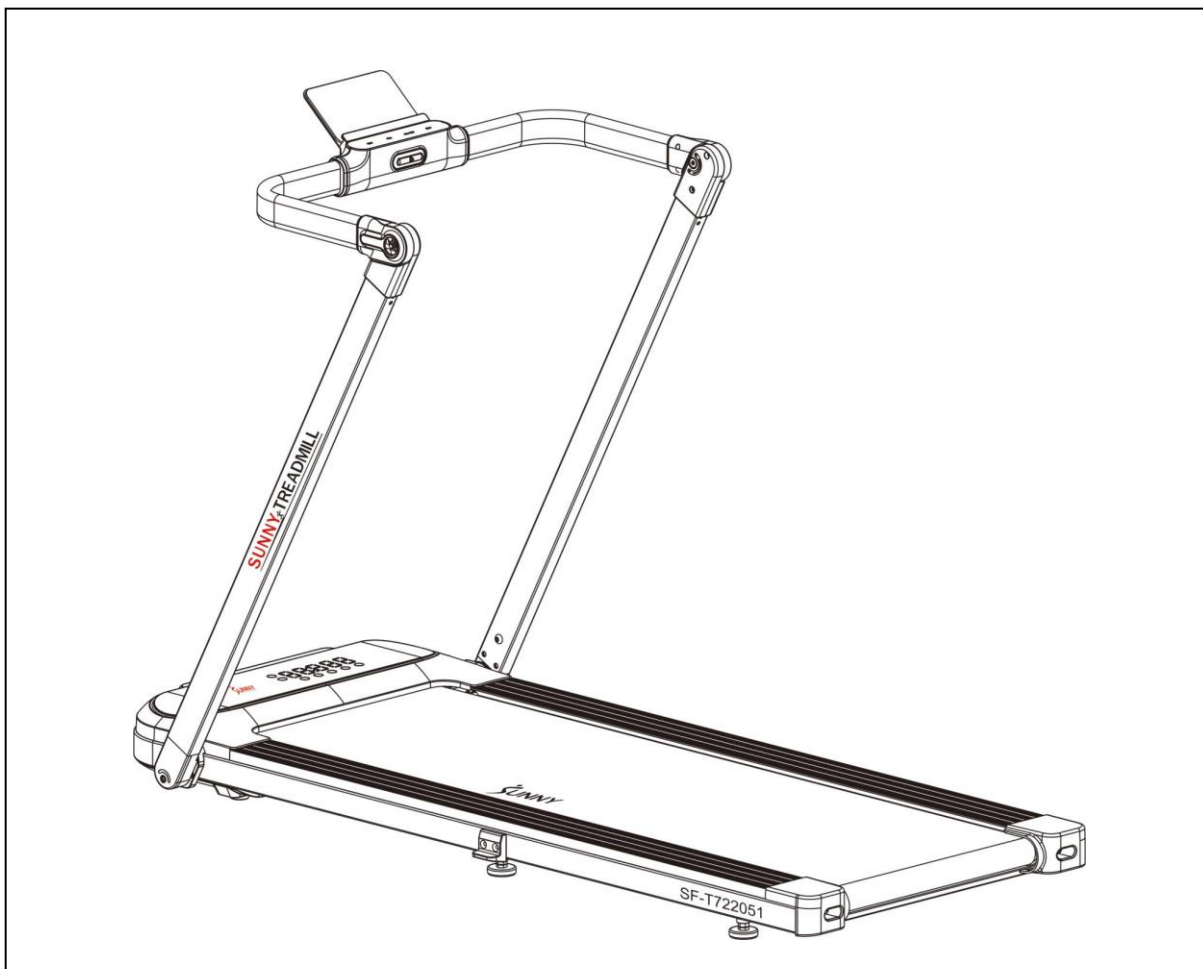# Hybrid Connected Folding Treadmill
SF-T722051
USER MANUAL

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 INSTRUCTIONS

When using electrical appliances, basic precautions should always be followed, including the following:

Read all instructions before using this treadmill.

DANGER – To reduce the risk of electric shock:
1. 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. The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
2. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this treadmill 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 this treadmill to a service center for examination and repair.
4. Keep the cord away from heated surfaces.
5. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and alike items.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. To disconnect, turn the treadmill off, then remove the plug from the outlet.
10. Connect this treadmill to a properly grounded outlet only. See grounding instructions.
11. 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 8 away from this machine.
12. Household use only.
13. REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN, AS APPLICABLE) WHEN NOT IN USE, AND STORE OUT OF REACH OF CHILDREN.
14. Do not carry this appliance by supply cord or use cord as a handle.
15. The total mass and the total surface area (e.g. foot print) of equipment is 43.5KG/1450*680*1030MM.
16. Cleaning and user maintenance shall not be made by children without supervision.
17. WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
18. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
19. In case of any Abnormality during the use process, grasping the handlebar and jumping onto the two edgings, then turn off the treadmill.
20. Maximum allowed running surface lateral is 1200*420MM.
21. When you want to emergency stop the machine, you can pull out the safety key.and before running, please check if the safety key can use normal .
22. Warning: Electric shock hazard, where the appliance is used without the earth connection.

CAUTION:
To avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual

before using.

SAVE THESE INSTRUCTIONS

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 8 feet (240CM) of free space behind it and 2 feet (60CM) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
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 120 KG.
10. This 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 and 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!

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 contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s) and Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
(1) L'appareil ne doit pas produire de brouillage;
(2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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& IC Radiation Exposure Statement:
This equipment complies with FCC and Canada 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.
Déclaration d'IC sur l'exposition aux radiations:
Cet équipement est conforme aux limites d'exposition aux radiations définies par le Canada pour des environnements non contrôlés.
Cet émetteur ne doit pas être installé au même endroit ni utilisé avec une autre antenne ou un autre émetteur.

IMPORTANT OPERATING INSTRUCTIONS

1. Insert the power plug directly into the socket.
2. Read the manual before operating the equipment.
3. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the main console. The speed will increase gradually.
4. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt. This may result in serious injury.
5. This unit starts at a very low speed. To begin use, hold onto the handrails and stand on the side rails while it starts up, then step onto the belt once it's in motion.
6. Always hold the handrail when making changes in the settings.
7. A safety key is provided for emergency use. The machine will function only if the safety key is inserted into the computer console. In case of emergency, remove the safety key to immediately stop the belt and shut off the treadmill. The display screen will reset once the safety key is reinserted.
8. The console control keys are precisely set and require very little finger pressure to use. To avoid damaging these keys, do not use excessive pressure when operating these controls.
9. This equipment is designed for adult use only! Children should not be allowed to use or play near this equipment. When present, children should always be supervised by an adult.
10. Women who are pregnant or nursing should consult a physician before attempting to begin any exercise program.
11. Always stay hydrated during and after exercise.
12. Cleaning and user maintenance shall not be made by children without supervision.
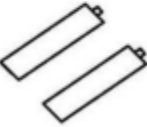

⚠️ **IMPORTANT NOTE:**

The running belt must be lubricated before the first use! Please see *Page 9* for instructions on how to properly apply lubricant.

PRE-ASSEMBLY CHECK LIST

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

A	B	E14	C24
C	D	E09	E
B03	B21	F	

No.	Description	Spec.	Qty.
A	Main Frame		1
B	Tablet Holder		1
E14	Remote Control		1
C24	Safety Key		1
C	Lubricant Oil		1
D	Manual		1
E09	Power Wire		1
E	Thank You Card		1
B03	Allen Wrench	5mm	1
B21	Spanner w/ Screw Driver	S=13、14、15	1
F	Battery	AAA	2

**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 end of the manual)

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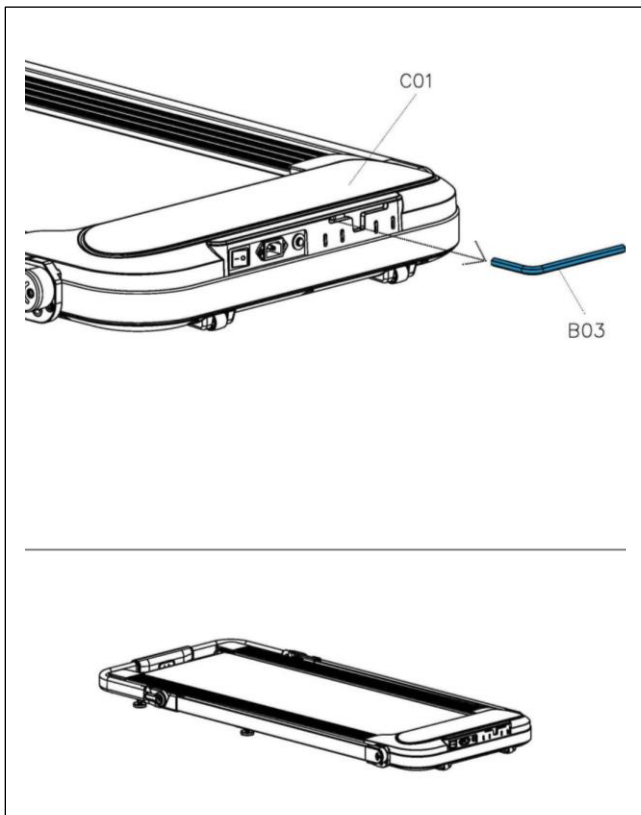
ASSEMBLY INSTRUCTIONS

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).
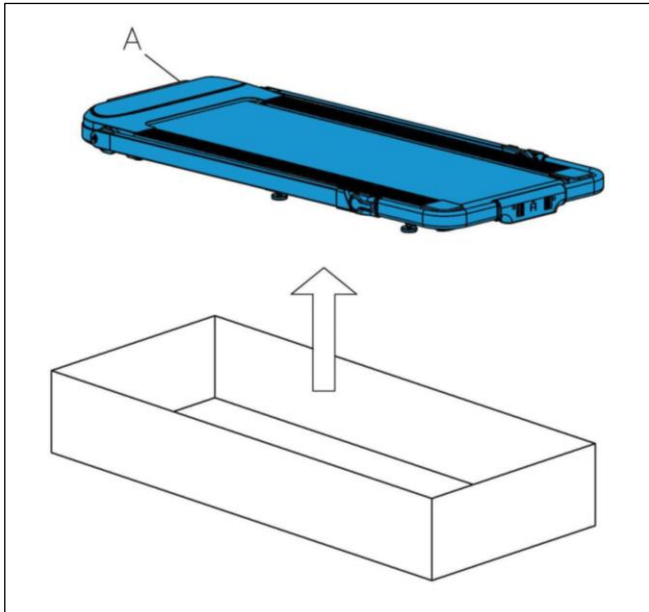
STEP 1:

Open the carton box and remove contents. Place the **Main Frame (No. A)** on level ground, ensure that you have a work area that is clean and has adequate space.
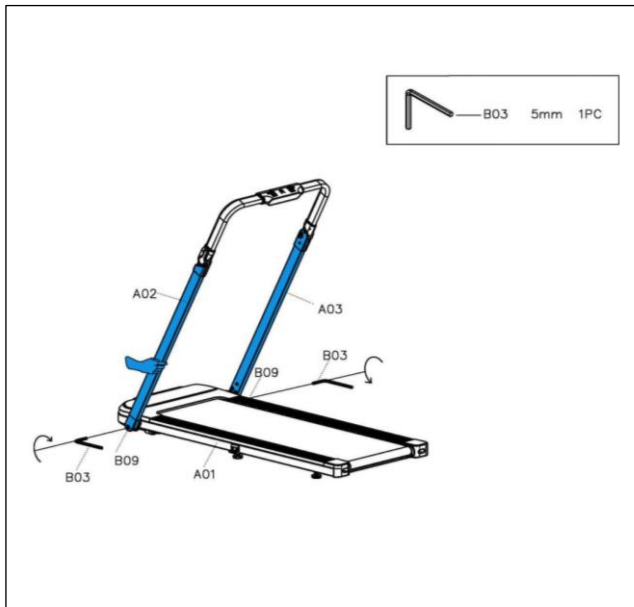
STEP 2:

Take the **Allen Wrench (No. B03)** out from the **Motor Top Cover (No. C01)**

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).
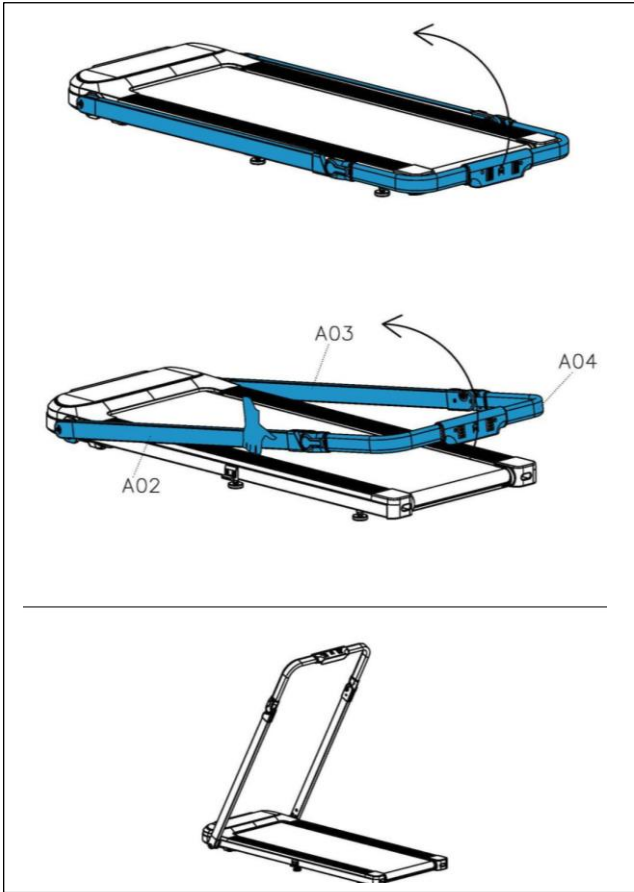
STEP 3:

Lift the **Console Base Bracket (No. A04)** along with **Left** & **Right Upright Tubes (No. A02** & **No. A03)** upward (in the direction specified by the arrows on the diagram to the left).

STEP 4:

Support the **Left** & **Right Upright Tubes (No. A02** & **No. A03)** with your hands to prevent them from falling.

Fix the 2 **Puller Bolts A (No. B09)** inside **Left** & **Right Upright Tubes (No. A02** & **No. A03)** to the **Main Frame (No. A01)** *clockwise* by using **Allen Wrench (No. B03)**.

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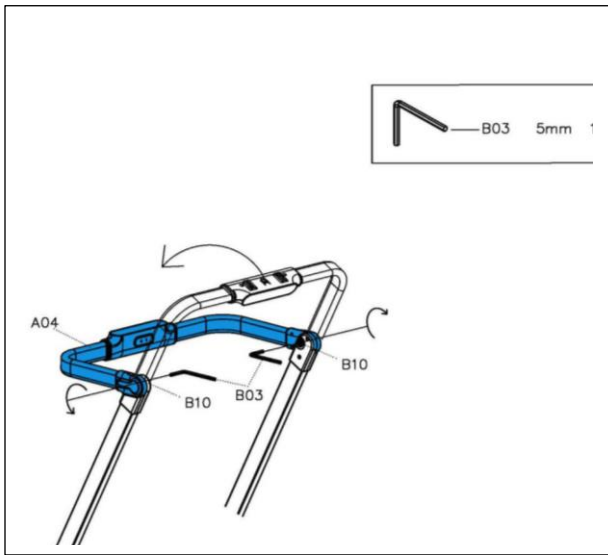
STEP 5:

Adjust the **Console Base Bracket (No. A04)** downward (in the direction specified by the arrows on the diagram to the left).

Fix the 2 **Puller Bolts B (No. B10)** inside the **Console Base Bracket (No. A04)** *clockwise* by using **Allen Wrench (No. B03)**.

STEP 6:

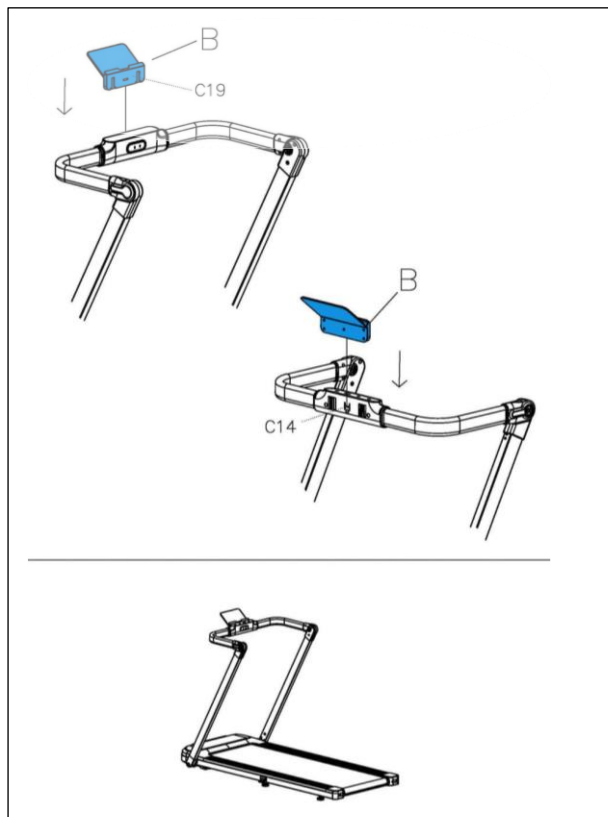Insert the **Tablet Holder Fixed Base (No. C19)** to **Console Rear Cover (No. C14)**.

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).
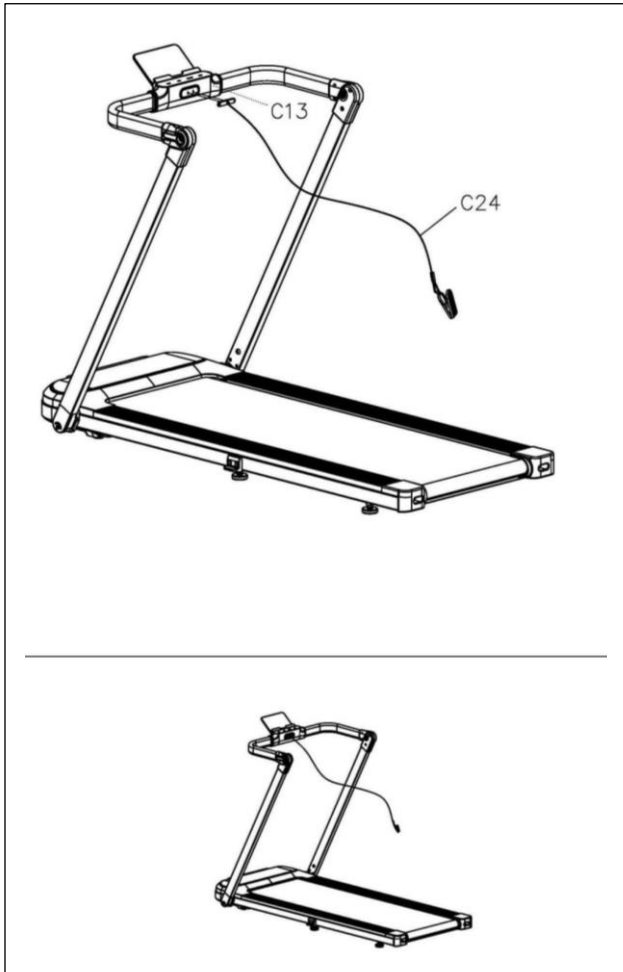
STEP 7:

Insert the pin end of **Safety Key (No. C24)** into the **Console Front Cover (No. C13)**.

The assembly is complete!

⚠ **IMPORTANT NOTE!**
You will need to lubricate your treadmill before the first use. See *Page 9*.

LUBRICATING THE TREADMILL

IMPORTANT NOTE:
You will need to lubricate your treadmill before the first use.

RUNNING BELTS & TREADMILL LUBRICANT:
Lubricating the **Running Board (No. E18)** and **Running Belt (No. C22)** is essential as the friction affects the life span and operations of the treadmill. Inspect the **Running Belt (No. C22)** and **Running Board (No. E18)** regularly. If you find any wear on the **Running Board (No. E18)**, please contact us at: support@sunnyhealthfitness.com.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating, or repairing the unit.

HOW TO LUBRICATE:
1. Raise the **Running Belt (No. C22)** up on one side and apply lubricant to the **Running Board (No. E18)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. E18)**. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.
4. DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. A loose **Running Belt (No. C22)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C22)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. C22)**. The most suitable tightness for the **Running Belt (No. C22)** is when it is pulled out **50-75mm** from the **Running Board (No. E18)**.

The following time table is recommended:

Light user (less than 3 hours/ week)	*every six months*
Medium user (3-5 hours/ week)	*every three months*
Heavy user (more than 5 hours/ week)	*every two months*

HOW TO FOLD THE MACHINE

STEP 1:

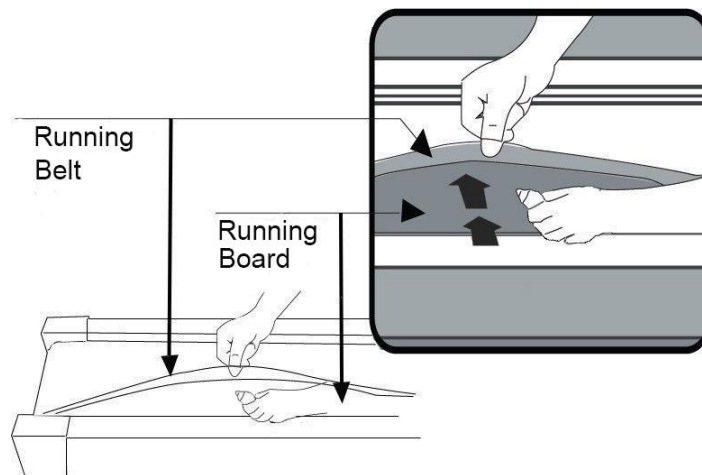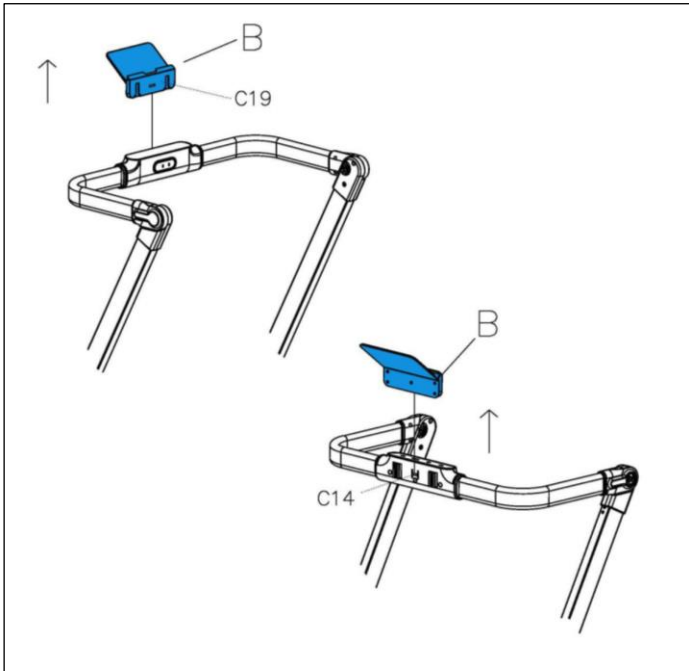Pull out the **Tablet Holder Fixed Base (No. C19)** from **Console Rear Cover (No. C14).**
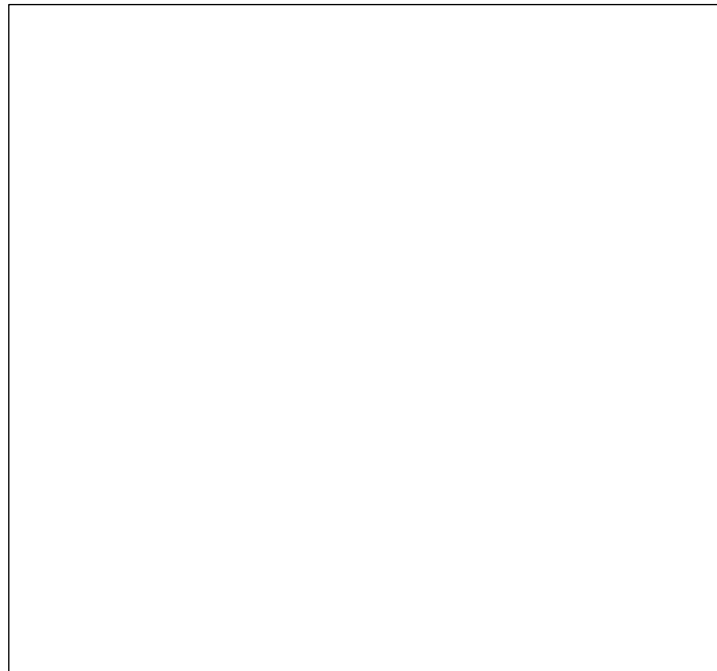
STEP 2:

Loosen the 2 **Puller Bolts B (No. B10)** inside the **Console Base Bracket (No. A04)** *counter-clockwise* by using **Allen Wrench (No. B03)**.

Lift the **Console Base Bracket (No. A04)** upward (in the direction specified by the arrows on the diagram to the left).
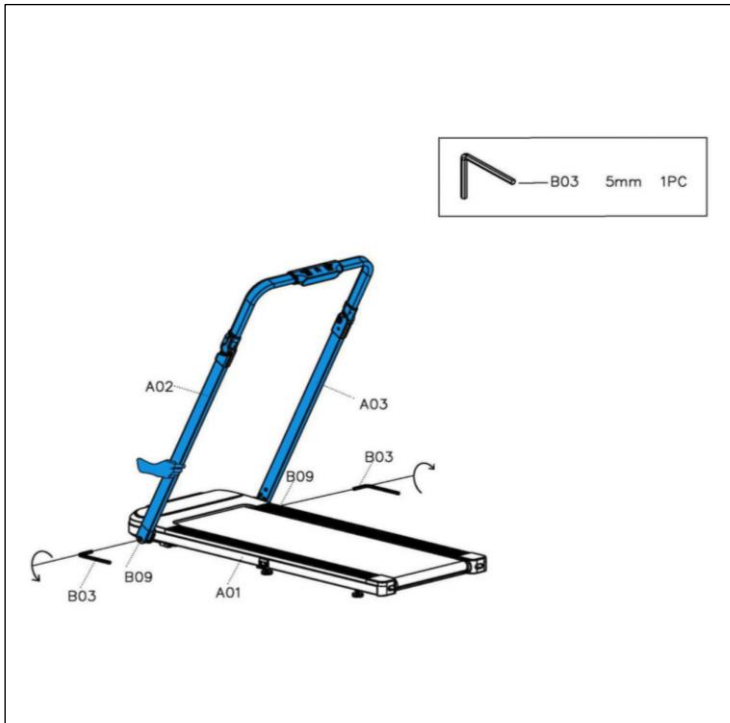
STEP 3:

Support the **Left** & **Right Upright Tubes (No. A02** & **No. A03)** with your hands to prevent them from falling.

Loosen the 2 **Puller Bolts A (No. B09)** inside **Left** & **Right Upright Tubes (No. A02** & **No. A03)** *counter-clockwise* by using **Allen Wrench (No. B03)**.
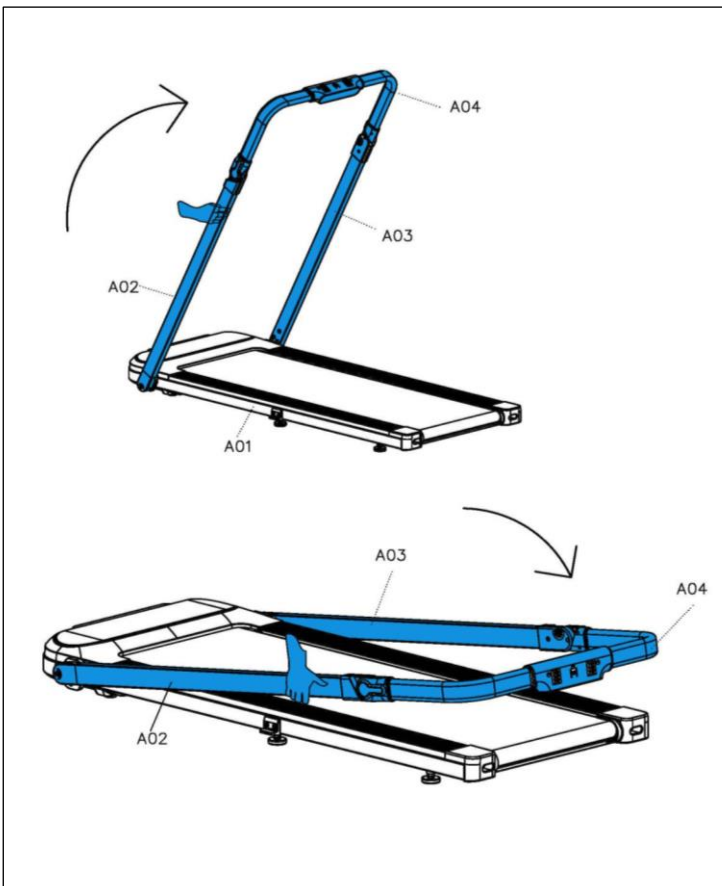
STEP 4:

Pull the **Console Base Bracket (No. A04)** along with **Left** & **Right Upright Tubes (No. A02** & **No. A03)** downward (in the direction specified by the arrows on the diagram to the left).

HOW TO MOVE THE MACHINE
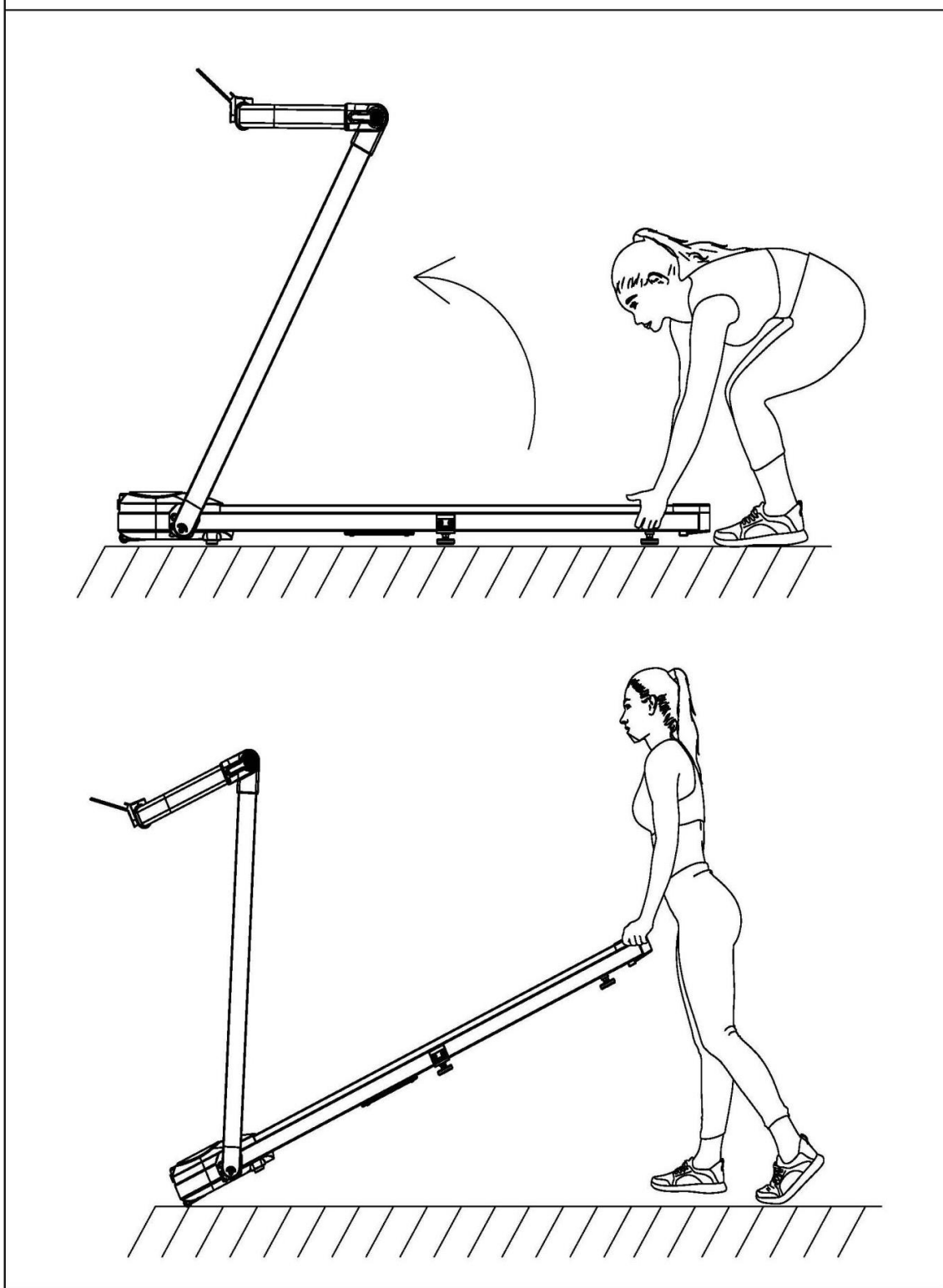
Hold the treadmill at position as above with your hand. Lift up the treadmill and then you can move the treadmill to any place.

HOW TO ADJUST THE BALANCE
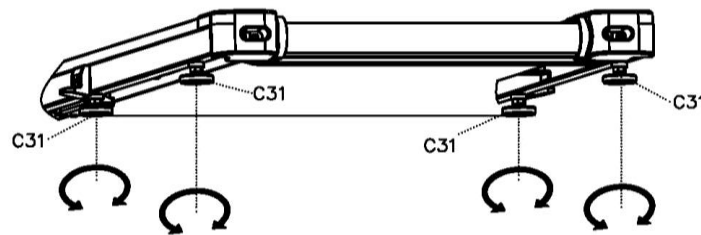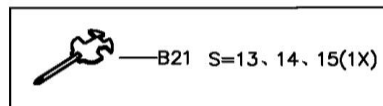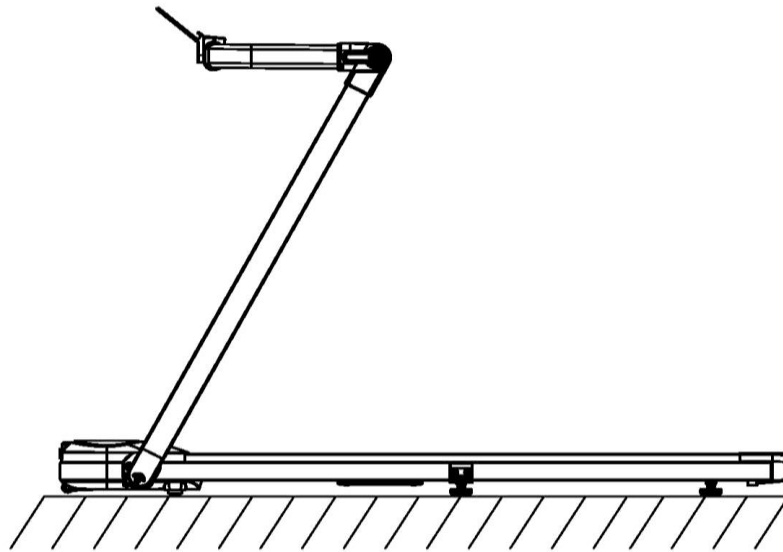
When the height of each pad or because of individual machine placed on the ground is not even, you need to adjust the **Adjustable Pads (No. C31)** to level the machine on the ground.
Adjustment method: First, place the machine as shown in above, use **Spanner w/ Screw Driver (No. B21)**, and adjust the **Adjustable Pads (No. C31)** *clockwise* to raise the footpad and *counter-clockwise* to lower the footpad. When you have finished adjusting the base leveler, re-tighten **the first Nut (look down from the top) of Adjustable Pads (No. C31)** *clockwise* by using **Spanner w/ Screw Driver (No. B21)**. If required, repeat this process to adjust the remaining base levelers.

MAINTENANCE & CARE

General cleaning will help prolong the life and improve performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Cleaning two exposed sides of the **Running Belt (No. C22)** will prevent dust from accumulating underneath. Keep your running shoes clean so that dirt from your shoes does not wear out the **Running Board (No. E18)** and **Running Belt (No. C22)**. Clean the surface of the **Running Belt (No. C22)** with a clean damp cloth.

To better maintain the treadmill and prolong its life, it is suggested that the treadmill be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
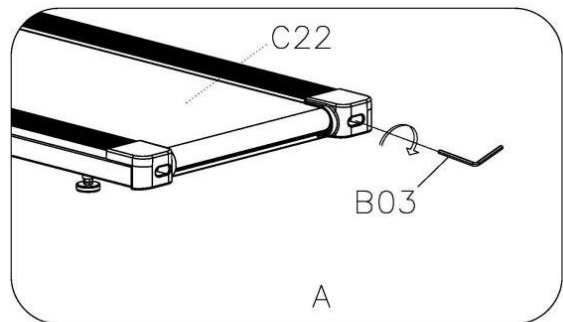
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5MPH to check if the **Running Belt (No. C22)** drifts from the center.

If the **Running Belt (No. C22)** moves to the right, turn the right adjusting bolt ¼ turn *clockwise*, then turn the left adjusting bolt ¼ turn *counter-clockwise*. If the **Running Belt (No. C22)** does not move, repeat this step until it centers. Refer to Figure A.

If the **Running Belt (No. C22)** moves to the left, turn the left adjusting bolt ¼ turn *clockwise*, then turn the right adjusting bolt ¼ turn *counter-clockwise*. If the **Running Belt (No. C22)** does not move, repeat this step until it centers. Refer to Figure B.
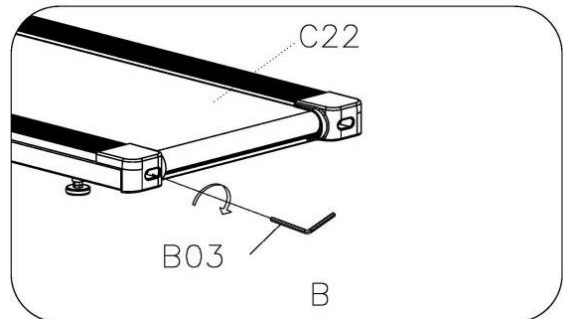
Over time, the **Running Belt (No. C22)** will loosen. To tighten the **Running Belt (No. C22)**, turn the left & right adjusting bolts one full turn *clockwise*, check the tension of the **Running Belt (No. C22)**. Continue this process until **Running Belt (No. C22)** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to Figure C.
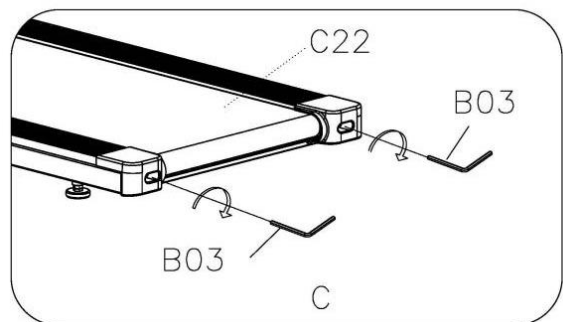
IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **6 amps (220V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the equipment. Any power source above or below this level could cause significant damage to the equipment and/or user.

GROUNDING METHODS:
This product must be grounded. Grounding provides a path of the least resistance for electrical current to reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adapter for this product.

This product is for use on a nominal **220V** circuit and has a grounding plug that looks like the plug illustrated in sketch A.

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 this 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 treadmill. Route the power cord away from all moving parts of the treadmill, including the elevation mechanism and transportation wheels.
2. **NEVER** operate the treadmill using a generator or UPS power supply.
3. **NEVER** remove any cover on the treadmill without first disconnecting power cord.
4. **NEVER** expose the treadmill to rain or moisture. This treadmill is not designed for outdoor use or use in any high humidity environment.

GROUNDING METHOD

16
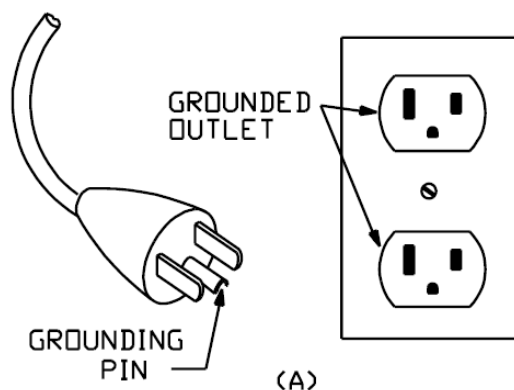
THE DISPLAY CONSOLE
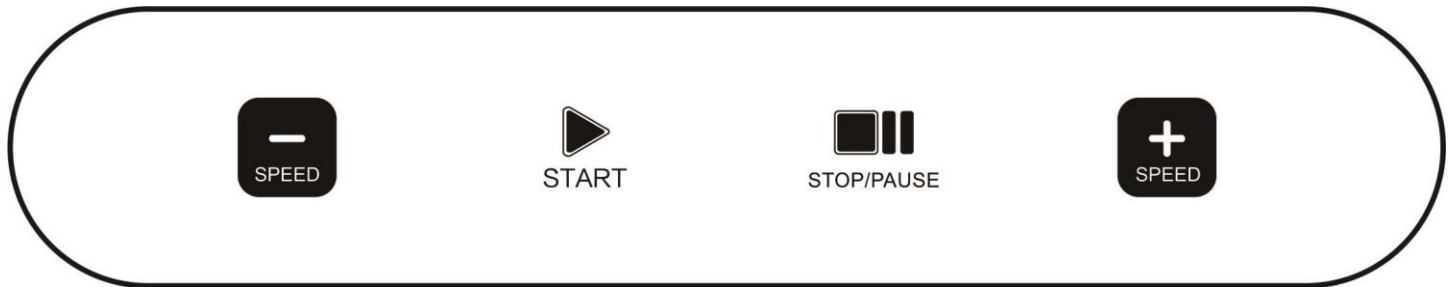
QUICK START:
1. Insert the pin end of the **Safety Key (No. C24)** into the **Console Front Cover (No. C13)**.
2. Press the START button, and the system will automatically display a 3 seconds countdown. Once the countdown reaches zero, the **Running Belt (No. C22)** will start at the initial **default speed of 0.8 KM/H**.
3. To adjust the speed, you can use the SPEED **+/-** BUTTONS.

*NOTE: The maximum speed on this treadmill is 12 KM/H.

WINDOW DISPLAY:
Displays calories, time, steps, distance and speed value in turn every 5 seconds.
CALORIES: Displays the number of calories burned from 0 to 99999 KCAL. When the count reaches 99999 KCAL, it will reset and start back from 0.
TIME: Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, the treadmill will stop smoothly and display "End" then automatically reset to 0:00 after 5 seconds.
STEPS: Displays the number of steps from 0 to 99999. When the count reaches 99999, it will reset and start back from 0.
DISTANCE: Displays the distance traveled (0.0-99.99). When the distance reaches 99.99 KM, it will reset to 0.00 and begin counting again from 0.00.
SPEED: 0.8 MK/H is the default running speed.
When the handrails lie down, the treadmill is **walking mode**. In **walking mode**, the speed range is **0.8-6 KMH**. The machine will stop automatically if no person walk on it for more than 15S;
When the handrails stand up, the treadmill is **running mode**. In **running mode,** the speed range is **0.8-12KM/H**.
Note：When no person walk or run on the machine, distance and calories are not counted.

| PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME (MIN:SECOND)	0:00	N/A	N/A	0:00－99:59
SPEED (KM/H)	0.0	0.5	0.8-6(WALKING) 0.8-12(RUNNING)	0.8-6(WALKING) 0.8-12(RUNNING)
DISTANCE (KM)	0.00	N/A	N/A	0.00-99.99
STEP	0	N/A	N/A	0-99999
CALORIE (KCAL)	0	N/A	N/A	0-99999

FUNCTION KEYS:

START: To start the treadmill, insert the pin end of the **Safety Key (No. C24)** into the **Console Front Cover (No. C13)** and then press the START button. This treadmill requires the **Safety Key (No. C24)** in order to start. 0.8 KM/H is the default start speed.

STOP/PAUSE: This button has functions of PAUSE and STOP. When in use, press this button once to PAUSE your workout and the current workout data will still be shown. Press STOP again to terminate your workout session completely and all data will be deleted and reset to the initial setting.

SPEED +/– BUTTONS: Press the **+/-** buttons to increase or decrease the speed in increments of 0.1 KM/H. Pressing and holding either of these buttons for a duration of over ½ of a second will increase or decrease the speed continually.

REMOTE CONTROL FUNCTIONS:
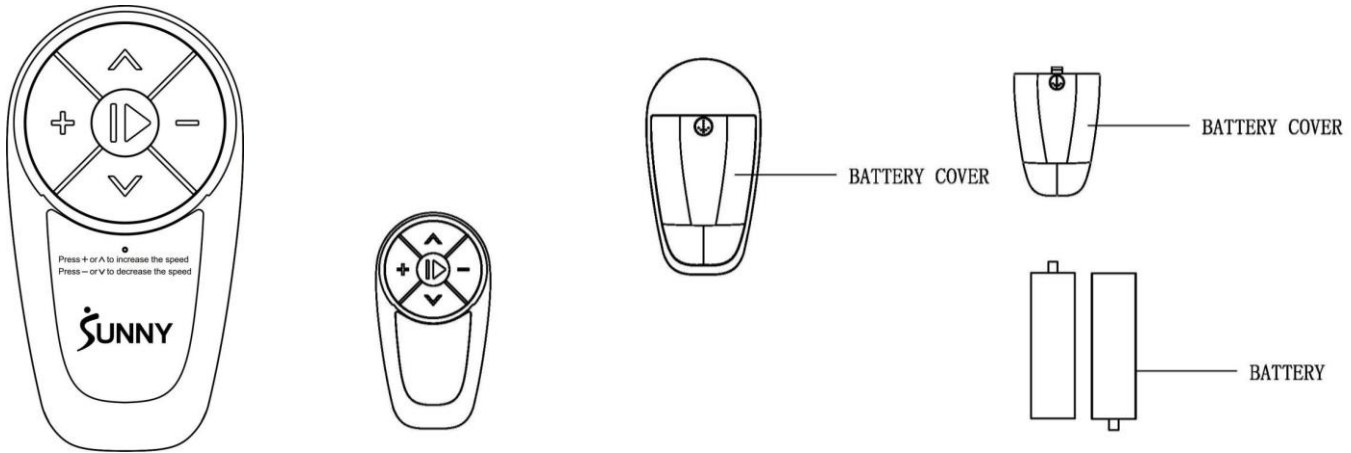
1. "▷" is **START/PAUSE BUTTON**: When the power is turned on and the safety key is put on standby, press this button and the system will enter a 3-second countdown. The treadmill will start to run at a speed of 0.8KM/H. Press this button to stop the treadmill during operation.

2. "✚""⋀" is **SPEED + BUTTON**: Pressing the speed button will increase the running speed of the treadmill.

3. "▬""⋁" is **SPEED - BUTTON**: Pressing the speed button will decrease the running speed of the treadmill.

Note: If the treadmill does not respond to the remote control, you will need to resync the treadmill and remote control. To sync the remote control with the treadmill, press the start/pause button on the remote control for five seconds, and you will listen a "di sound that means the remote control have resynced with the treadmill.

2402MHz-2480MHz @ 3.15dBm
Manufacturer name: Amoy YG Sports Technology Co., Ltd.
Manufacturer address: Room 505, North of Chengye Building, Pioneer Park, Torch High-tech Zone, Xiamen, China.
Importer name: 123 Co., Ltd
Importer address: 123 Road, 456 City, Germany

BATTERY INSTALLATION:
1. Take out the 2pcs batteries that are included inside the **Remote Control (No. E14)** bag.
2. Press the buckle of battery cover on the **Remote Control (No. E14)**, then remove battery cover.
3. Install the 2pcs batteries into the **Remote Control (No. E14)**.
4. Pay attention to the battery + and - ends before installing.

BATTERY REPLACEMENT:

1. Press the buckle of battery cover on the **Remote Control (No. E14)**, then remove battery cover.
2. Remove the 2 old batteries in the battery case and install 2 new batteries into the battery case on
3. the back of the **Remote Control (No. E14)**.
4. Pay attention to the battery + and - ends before installing.
5. Press the buckle of battery cover. Then, put the battery cover back on the **Remote   Control   (No. E14)**.

Dispose the old batteries according to your regional guidelines.

LUBRICATION REMINDER:

Your treadmill needs lubrication maintenance every 300 KM. The system will release a beeping sound every 10 seconds and display an "OIL" icon on your display to remind you when it's time. Please read the LUBRICATING THE TREADMILL on Page 9 to learn the proper steps to lubricate your treadmill. Apply the lubricant to the middle of the running board on both sides. After application, press and hold the STOP button for 3 seconds to clear the "OIL" reminder.

SAFETY KEY FUNCTION:

Removing the **Safety Key (No.C24)** from the **Console Front Cover (No. C13)** while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the console will show "- - -" and the speaker will beep 3 times. To start the treadmill again, insert the pin end of the **Safety Key (No. C24)** into the **Console Front Cover (No. C13)** and press the START button.

POWER SAVE FUNCTION:

In **running mode**, when the treadmill has been inactive for 10 minutes, it will enter Power Saving Mode. While the treadmill is in this mode, the window display of the **Console Front Cover (No. C13)** will be turned off. To turn it back on, press any button.
In **walking mode,** the machine will stop automatically if no one walks on it for more than 15 seconds.

IPOWER ON:

Click the power switch to this symbol to turn on the treadmill.

OPOWER OFF:

Click the power switch to this symbol to turn the treadmill off at anytime. This includes during exercise.

SAFETY NOTE:

We recommend that you maintain a slow speed at the beginning of a session and hold the **Console**

Front Cover (No. C13) handrails until you have become familiar with the treadmill.

Insert the pin end of the **Safety Key (No. C24)** into the **Console Front Cover (No. C13)** and attach the opposite end (containing the safety clip on it) to your clothing before starting your workout. To end your workout, press the STOP button or remove the **Safety Key (No. C24)** and the treadmill will stop immediately.

EXERCISE INSTRUCTIONS

GETTING STARTED:

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.

Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. Once you get on, you can stand with your feet on the **Side Rails (No. C05)** and stabilize yourself by holding onto the handrails.
2. Next, attach the end of the **Safety Key (No. C24)** to your clothes and insert the pin end of the **Safety Key (No. C24)** into the **Console Front Cover (No. C13)**.
3. Press the START button to start the treadmill.
4. The treadmill will start at the system default setting speed of **0.5MPH**. When you feel comfortable, you may slowly increase this speed.
5. When you are finished with your exercise, press the STOP button to stop the treadmill or you can remove the pin end of the **Safety Key (No. C24)** to stop the treadmill.

APP CONNECTION:

1. Scan the QR code below to download the SunnyFit app onto your mobile device.

2. 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.

3. Ensure that the Bluetooth function is turned on from your mobile device.

4. To connect the equipment to the SunnyFit app:
   a. From the "Workout" tab, press on the "Search" button to search for your equipment.
   b. Once your equipment appears on the list, tap the "Select" button to confirm.
   c. Note: If your equipment does not appear on the "Searching for Equipment" list, check the CONSOLE on your equipment to ensure that it is not in sleep mode and your phone's Bluetooth function is on, then tap "Retry" to search again.

d. Once your equipment shows up on the "Workout" tab as "Currently Selected", your equipment is now ready to display, track, and record your equipment's workout stats on the app!

5. If you are unable to replicate these steps, or have any other issues with the SunnyFit app, please contact SunnyFit support at support@sunnyfit.com, or use the in-app "Contact Us" form to request support ("Me" tab -> "Contact Us").

EXPLODED DIAGRAM 1
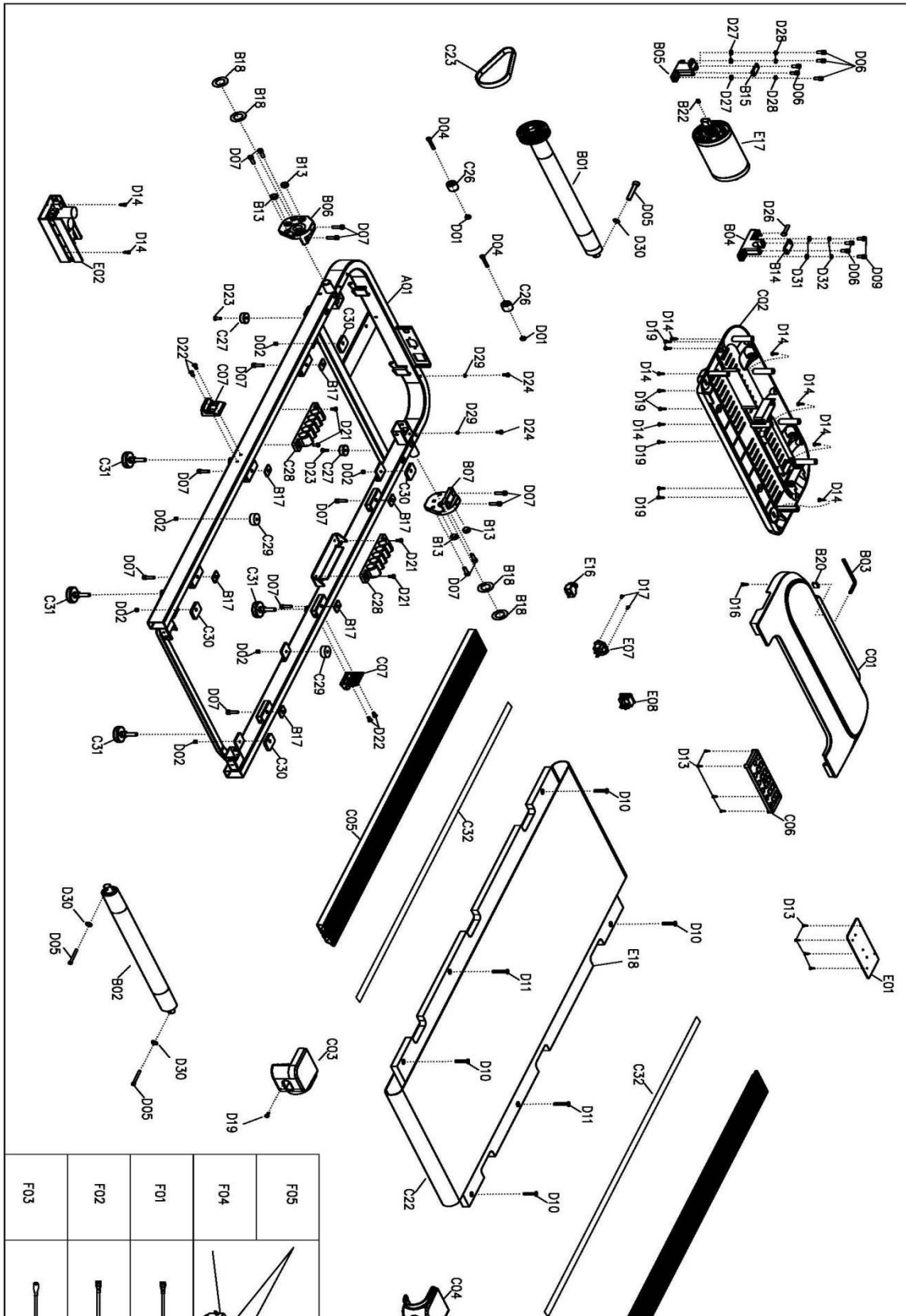
EXPLODED DIAGRAM 2
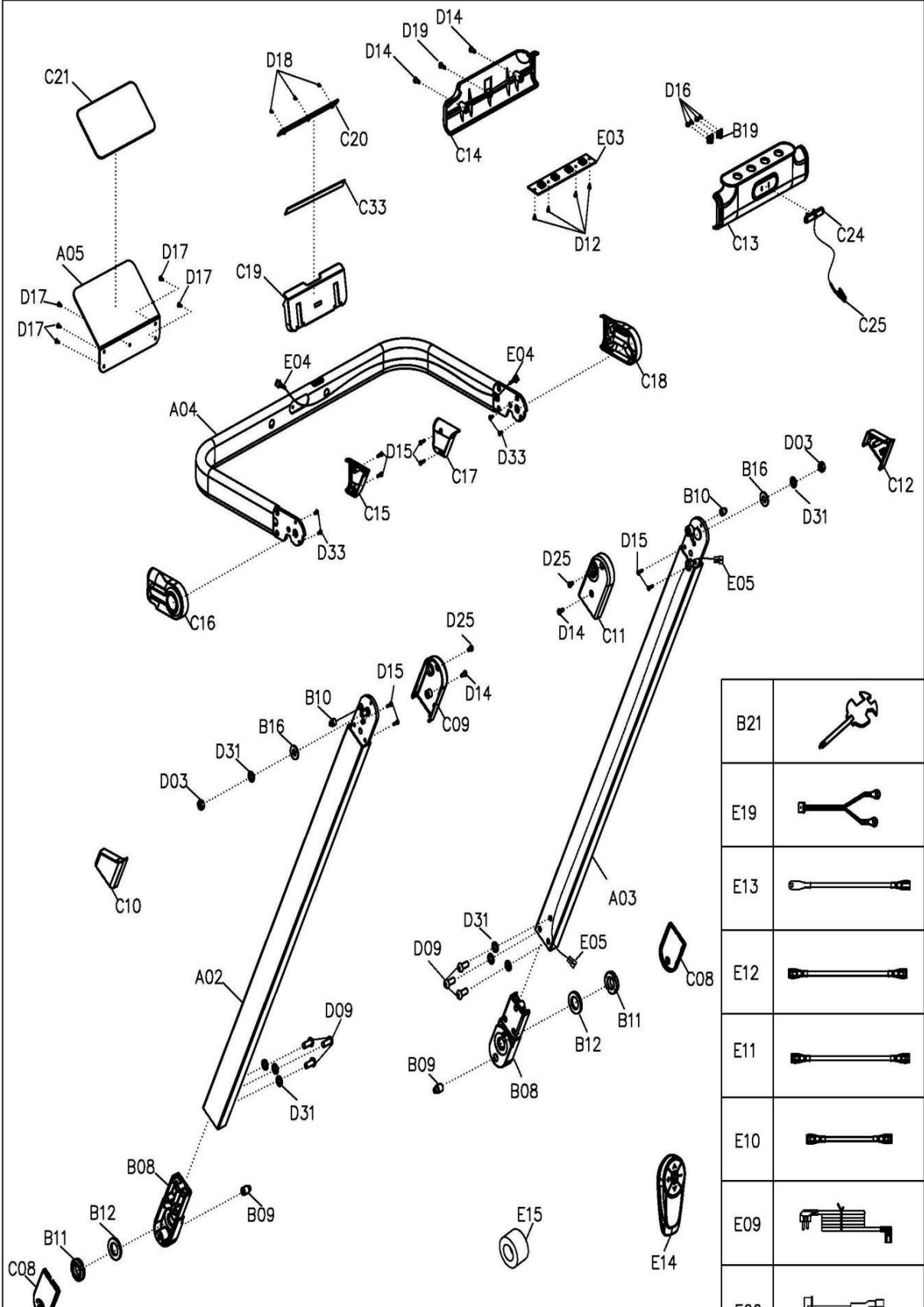
PARTS LIST

No.	Description	Specification	Qty.	No.	Description	Specification	Qty.
A01	Main Frame		1	C17	Handle Iinner Cover R		1
A02	Left Upright Tube		1	C18	Handle Outer Cover R		1
A03	Right Upright Tube		1	C19	IPAD Holder Fixed Base		1
A04	Console Base Bracket		1	C20	IPAD Holder		1
A05	IPAD Holder Base		1	C21	Anti-slip Sticker		1
B01	Front Roller		1	C22	Running Belt		1
B02	Rear Roller		1	C23	Motor Belt		1
B03	Allen Wrench	5mm	1	C24	Safety Key		1
B04	Motor Fixed Base L		1	C25	Safety Key Clamp		1
B05	Motor Fixed Base R		1	C26	Transportation Wheel		2
B06	Upright Tube Fixed Base L		1	C27	Rubber Foot Pad		2
B07	Upright Tube Fixed Base R		1	C28	Middle Cushion		2
B08	Upright Tube Lower Fixed Base		2	C29	Blue Cushion		2
B09	Puller Bolt A		2	C30	Rubber Cushion		4
B10	Puller Bolt B		2	C31	Adjustable Pad		4
B11	Round Nut		2	C32	EVA Pad		2
B12	Bearing		2	C33	EVA Pad		1
B13	Puller Bolt Base		4	D01	Nut	M5	2
B14	Motor Pressing Board A		1	D02	Nut	M6	6
B15	Motor Pressing Board B		1	D03	Nut	M8	2
B16	Type D board		2	D04	Bolt	M5*35 L15	2
B17	Side Rail Fixed Board		6	D05	Bolt	M6*45	3
B18	Turnning Washer		4	D06	Bolt	M6*15	7
B19	Safety Key Plate		2	D07	Bolt	M6*20	14
B20	Magnet		1	D09	Bolt	M8*20	8
B21	Spanner w/ Screw Driver	S=13、14、15	1	D10	Bolt	M6*30	4
B22	Ground Plate		1	D11	Bolt	M6*35	2
C01	Motor Top Cover		1	D12	Screw	ST2.9*6	4
C02	Motor Bottom Cover		1	D13	Screw	ST2.9*8	8
C03	Left Rear Cover		1	D14	Screw	ST4.2*12	13
C04	Right Rear Cover		1	D15	Screw	ST2.9*12	8
C05	Side Rail		2	D16	Screw	ST2.5*6	5
C06	Grating Plate		1	D17	Screw	ST2.9*8	7
C07	Upright Tube Limited Base		2	D18	Screw	ST2.5*6	3
C08	Upright Tube Decorative Lower Cover		2	D19	Screw	ST4.2*12	10
C09	Upright Tube Iinner Cover L		1	D21	Bolt	M5*10	4
C10	Upright Tube Outer Cover L		1	D22	Bolt	M5*15	4

No.	Description	Specification	Qty.	No.	Description	Specification	Qty.
C11	Upright Tube Iinner Cover R		1	D23	Bolt	M5*12	2
C12	Upright Tube Outer Cover R		1	D24	Bolt	M5*12	2
C13	Console Front Cover		1	D25	Bolt	M4*8	2
C14	Console Rear Cover		1	D26	Bolt	M6*20	1
C15	Handle Iinner Cover L		1	D27	Flat Washer	Φ6	3
C16	Handle Outer Cover L		1	D28	Spring Washer	Φ6	3
No.	**Description**	**Specification**	**Qty.**	**No.**	**Description**	**Specification**	**Qty.**
D29	Spring Washer	Φ5	2	E11	AC Single Line	Brown 350	2
D30	Locked Washer	Φ6	3	E12	AC Single Line	Blue 350	2
D31	Flat Washer	Φ8	10	E13	Grounding Wire		1
D32	Spring Washer	Φ8	2	E14	Remote Control		1
D33	Screw	ST2.9*10	4	E15	Magent Ring		1
E01	Console		1	E16	Overload Protector		1
E02	Control Board		1	E17	Motor		1
E03	Button Board		1	E18	Running Board		1
E04	Button Board Top Signal Wire		1	E19	Safety Key Connecting Wire		1
E05	Button Board Bottom Signal Wire		1	F01	Filter		1
E06	Comsole Connecting Wire		1	F02	AC Single Line	Brown	1
E07	Power Socket		1	F03	AC Single Line	Blue	1
E08	Square Switch		1	F04	Grounding Wire		1
E09	Power Wire		1	F05	Screw	ST4.2*12	2
E10	AC Single Line	Brown 200	1				

Version 1.0

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