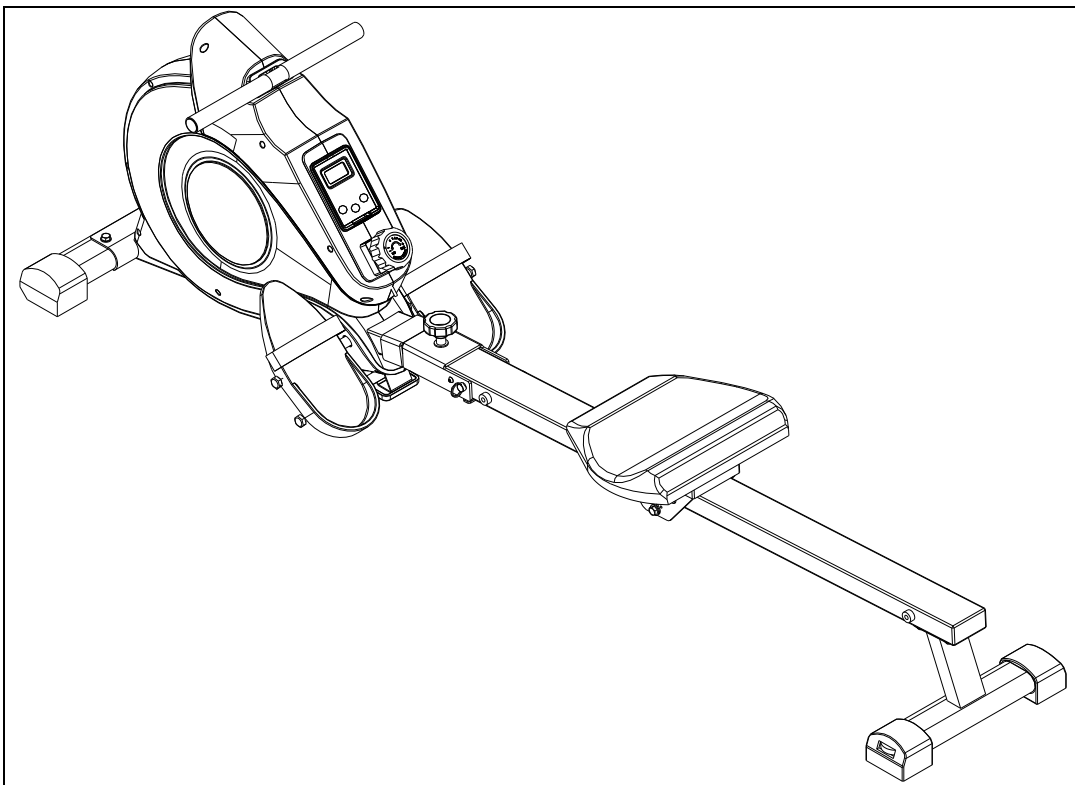




MAGNETIC ROWING MACHINE

SF-RW5515

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).



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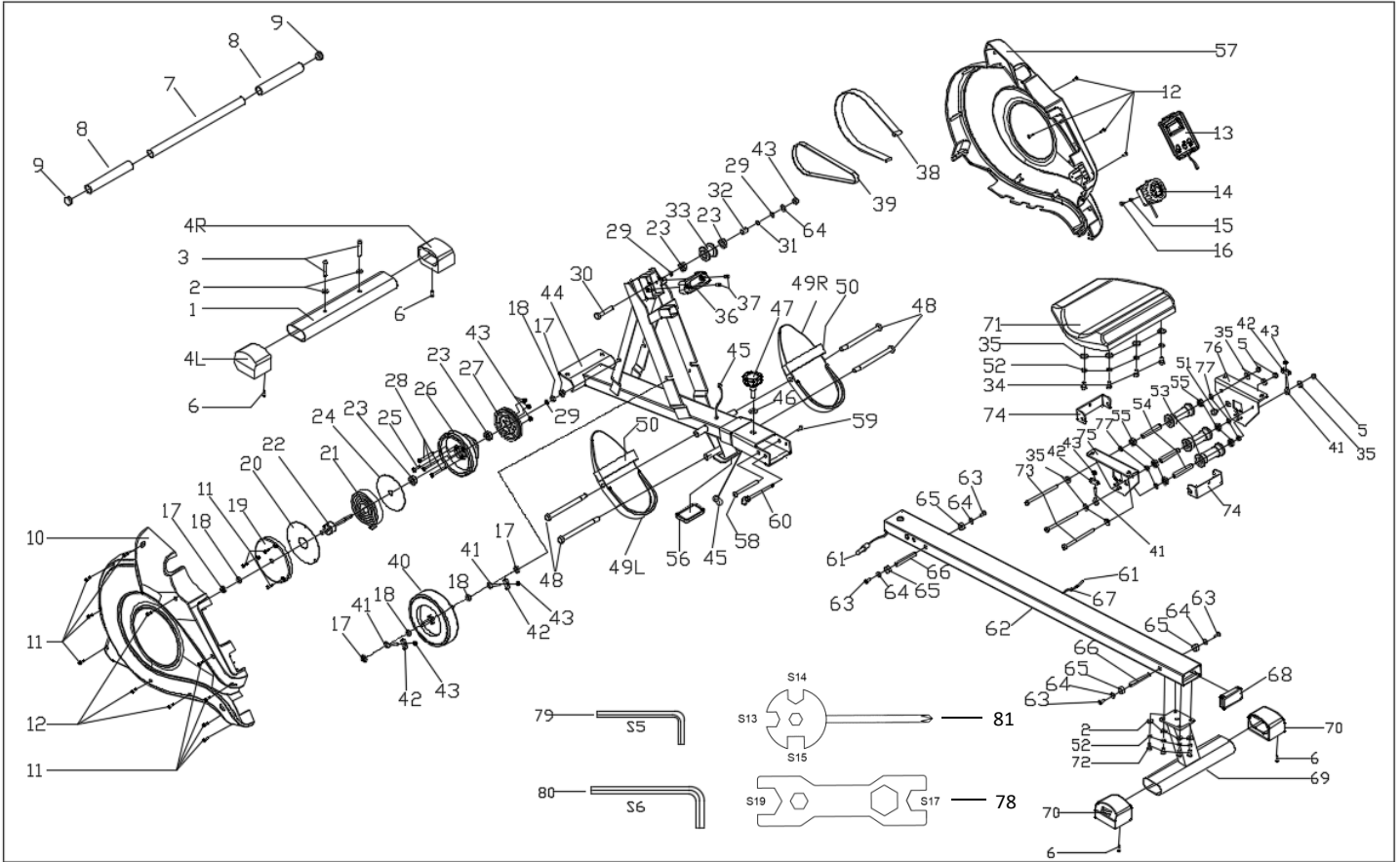
SUNNYHEALTHFITNESS.COM/SIGNUP

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 250 pounds (110KG).
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 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.

EXPLODED DIAGRAM

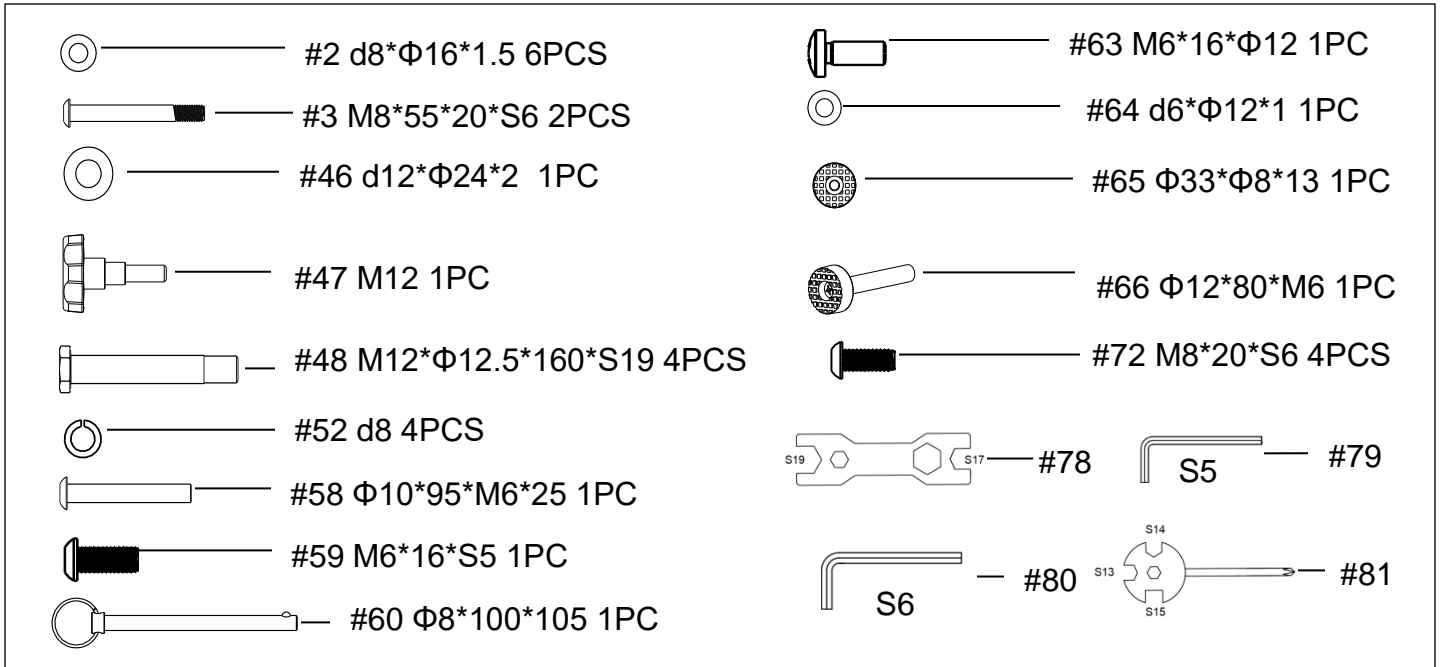


PARTS LIST

No.	Description	Spec.	Qty
1	Front Stabilizer		1
2	Washer	d8*Φ16*1.5	6
3	Screw	M8*55*20*S6	2
4L/R	End Cap		2
5	Nut	M8*H7.5*S13	3
6	Screw	ST4.2*25*Φ10.5	4
7	Handlebar		1
8	Foam Grip	Φ26*3*215	2
9	End Cap	Φ28*15	2
10	Left Belt Cover		1
11	Screw	ST4.2*19*Φ8	11
12	Screw	ST4.2*16*Φ8	7
13	Computer		1
14	Tension Control Knob		1
15	Washer	D5	1
16	Screw	M5	1
17	Nut	M10*1*H8*S15	4
18	Nut	M10*1*H5*S17	4
19	Cover for Mesh Belt Wheel	Φ149*14	1
20	Outer PC Board		1
21	Volute Spring		1
22	Axle for Mesh Belt Wheel		1
23	Bearing	6000-ZZ	4
24	PC Board		1
25	Bolt	M5*45*Φ4.8	1
26	Mesh Belt Wheel	Φ145	1
27	Belt Wheel	Φ104	1
28	Bolt	M6*55*S10	3
29	Circlip	d10	3
30	Bolt	M6*55*15*S10	1
31	Wave Washer	Φ13.5*Φ10.2*0.4	1
32	Spacer	Φ10*Φ6.1*40	1
33	Mesh Belt Pulley	Φ45*35	1
34	Screw	M8*16*S6	4
35	Washer	d8*Φ20*1.5	10
36	Handlebar Seat		1
37	Screw	M5*10*Φ10	2
38	Mesh Belt	t1.5*22*2270	1
39	Belt	6PJ250	1
40	Inertial Wheel	Φ176	1
41	Adjusting Screw	M6*40*Φ10*2.5	4

No.	Description	Spec.	Qty
42	Adjusting U Seat	30*10*1.5	4
43	Nut	M6*H6*S10	8
44	Main Frame		1
45	Trunk Wire 1		1
46	Washer	d12*Φ24*2	1
47	Knob	M12	1
48	Bolt	M12*Φ12.5*160*S19	4
49L/R	Pedal L/R		2
50	Pedal Strap		2
51	Magnet	Φ15*7	1
52	Spring Washer	d8	8
53	Wheel	Φ40*92	3
54	Casing Pipe for Idler Wheel	Φ13*Φ8*78	3
55	Bearing	608Z	6
56	Rubber Pad		1
57	Right Belt Cover		1
58	Bolt	Φ10*95*M6*25	1
59	Screw	M6*16*S5	1
60	Pull Pin	Φ8*100*105	1
61	Sensor Wire		1
62	Sliding Rail		1
63	Screw	M6*16*Φ12	4
64	Washer	d6*Φ12*1	5
65	Limit Mat	Φ33*Φ8*13	4
66	Limit Axle	Φ12*80*M6	2
67	Grommet	Φ16*15*Φ5	1
68	End Cap	J80*40*18	1
69	Rear Support		1
70	End Cap		2
71	Seat	DDPU986	1
72	Screw	M8*20*S6	4
73	Bolt	M8*125*15*S14	3
74	U Shape Bracket		2
75	Left Seat Supporting		1
76	Right Seat Supporting		1
77	Spacer	d8*Φ15*4	6
78	Spanner	S17-19	1
79	Allen Wrench	S5	1
80	Allen Wrench	S6	1
81	Spanner	S13-14-15	1

HARDWARE PACKAGE



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

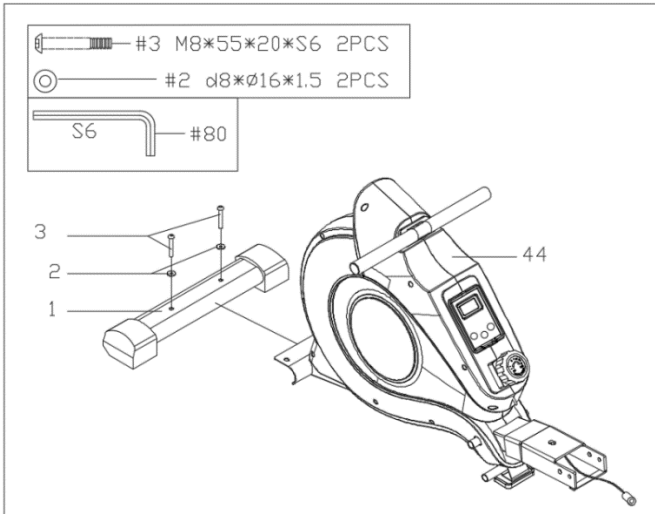
Please provide the following information in order for us to accurately identify the part(s) needed:

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

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

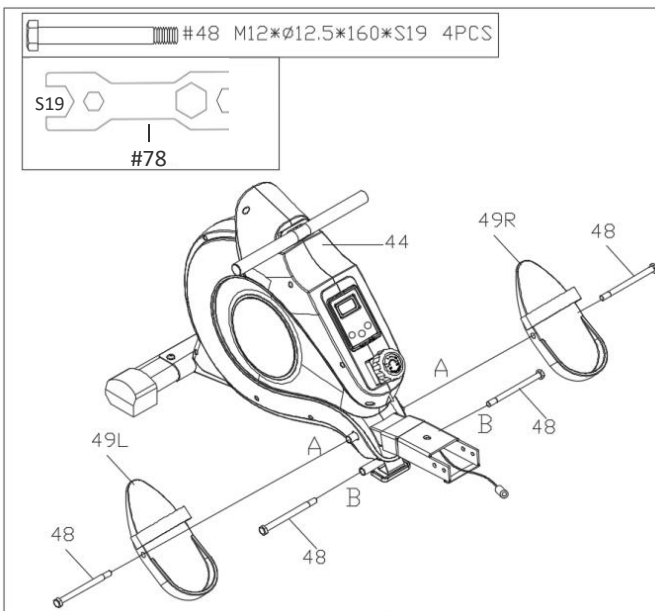
ASSEMBLY INSTRUCTIONS

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 **Front Stabilizer (No. 1)** to **Main Frame (No. 44)** using 2 **Screws (No. 3)** and 2 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. 80)**.



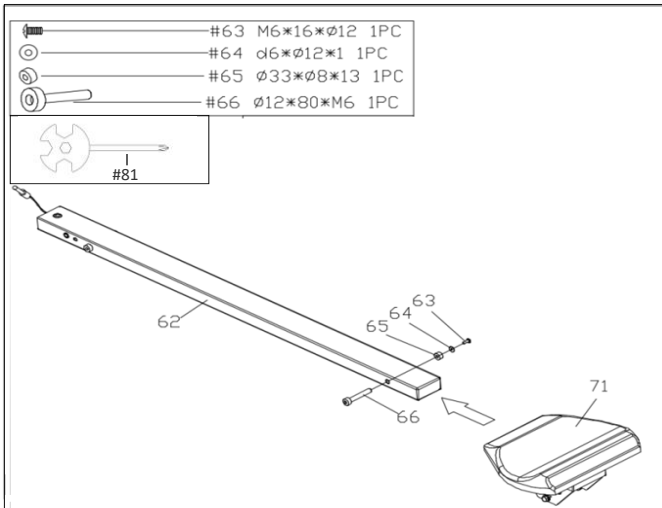
STEP 2:

Attach the 2 **Bolts (No. 48)** into the bottom hole in position B of **Main Frame (No. 44)** with **Spanner (No. 78)**.

Insert the 2 **Bolts (No. 48)** into the upper hole in position A of the **Main Frame (No. 44)** through the **Pedals (No. 49L/R)**. Tighten with **Spanner (No. 78)**.

NOTE: The **Pedals (No. 49L/R)** should rest on **Bolts (No. 48)** that are in position B.

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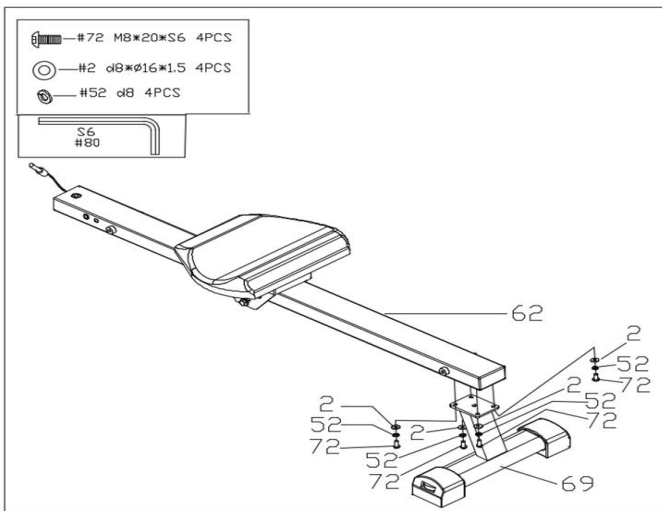


STEP 3:

Insert the **Seat (No. 71)** onto **Sliding Rail (No. 62)**.

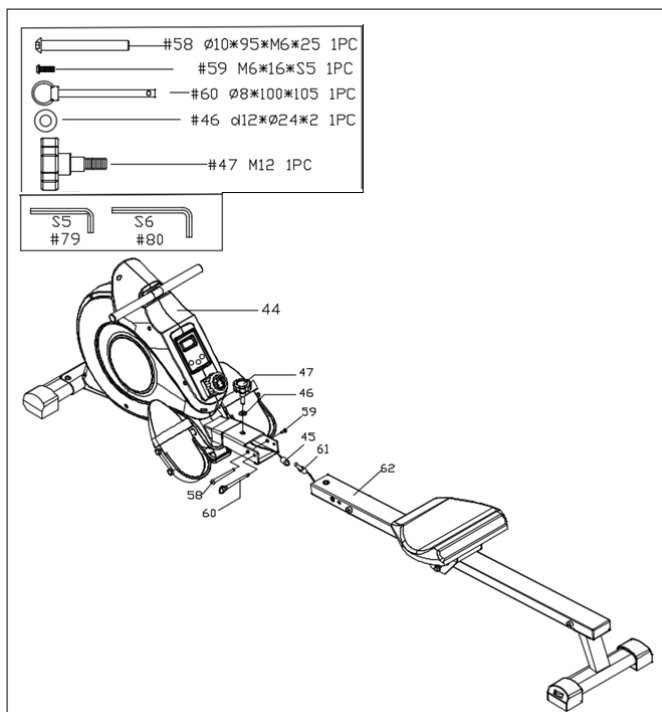
Insert the **Limit Axle (No. 66)** into the hole on the back of the **Sliding Rail (No. 62)**.

Attach the **Limit Mat (No. 65)** onto the **Limit Axle (No. 66)** using 1 **Screw (No. 63)** and 1 **Washer (No. 64)**, then tighten with **Spanner (No. 81)**.



STEP 4:

Attach **Sliding Rail (No. 62)** onto **Rear Support (No. 69)** using 4 **Screws (No. 72)**, 4 **Spring Washers (No. 52)**, and 4 **Washers (No. 2)**. Tighten and secure with **Allen Wrench (No. 80)**.



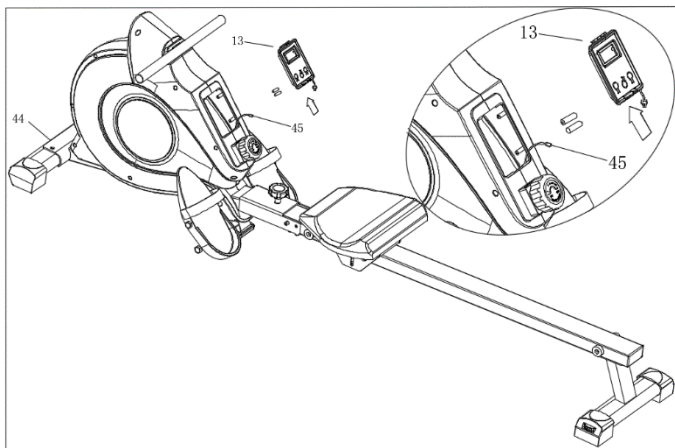
STEP 5:

Connect **Trunk Wire 1 (No. 45)** with **Sensor Wire (No. 61)**.

Attach the **Sliding Rail (No. 62)** to **Main Frame (No. 44)** using 1 **Bolt (No. 58)** and 1 **Screw (No. 59)**. Tighten and secure with **Allen Wrench (No. 79)** and **Allen Wrench (No. 80)**.

Next, attach the top of the **Sliding Rail (No. 62)** to the **Main Frame (No. 44)** using 1 **Knob (No. 47)** and 1 **Washer (No. 46)**, then insert **Pull Pin (No. 60)**.

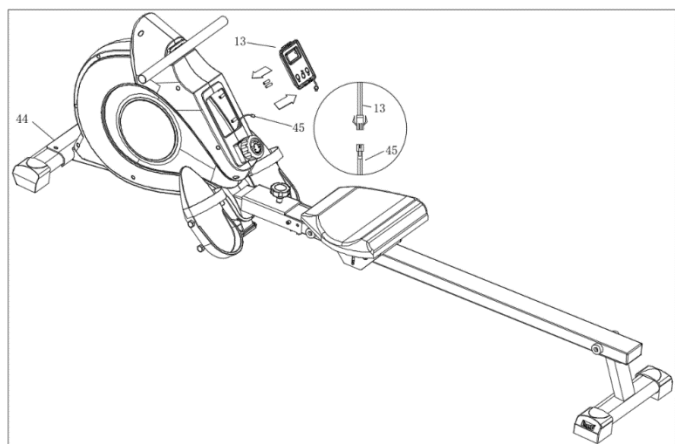
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 6:

Take out 2 AAA batteries from the plastic bag with the manual. Press the buckle on the bottom of **Computer (No. 13)** upward, then remove **Computer (No. 13)** from **Main Frame (No. 44)**.

Disconnect **Trunk Wire 1 (No. 45)** and the link wire of **Computer (No. 13)**. Install the 2 AAA batteries into the back of **Computer (No. 13)**.



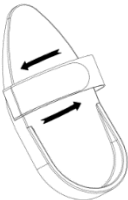
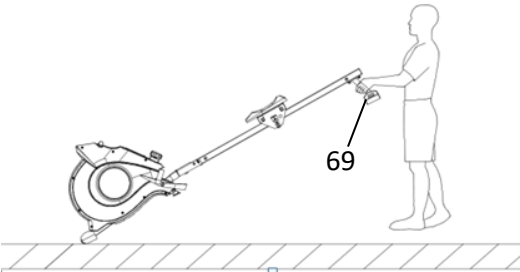
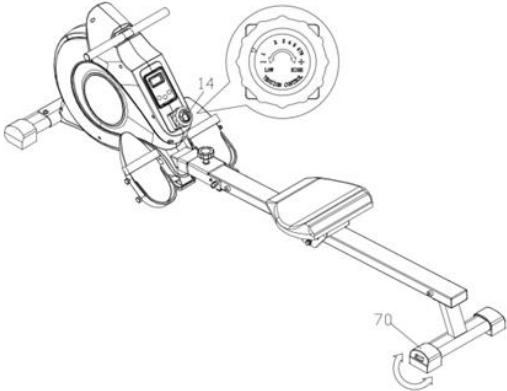
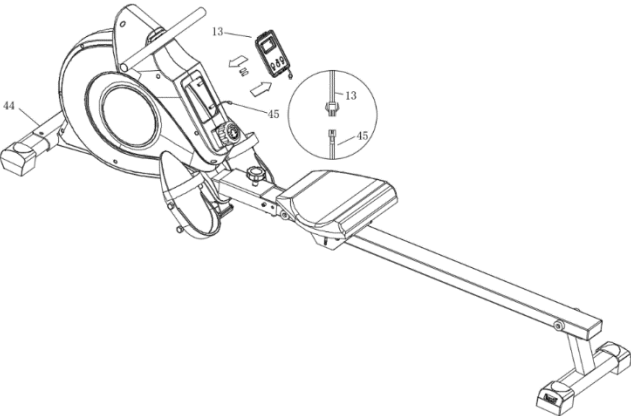
STEP 7:

Connect **Trunk Wire 1 (No. 45)** with the link wire of **Computer (No. 13)** and press the buckle on the bottom of **Computer (No. 13)**, then put **Computer (No. 13)** back onto the **Main Frame (No. 44)**. Push the **Computer (No. 13)** downwards to fit in position.

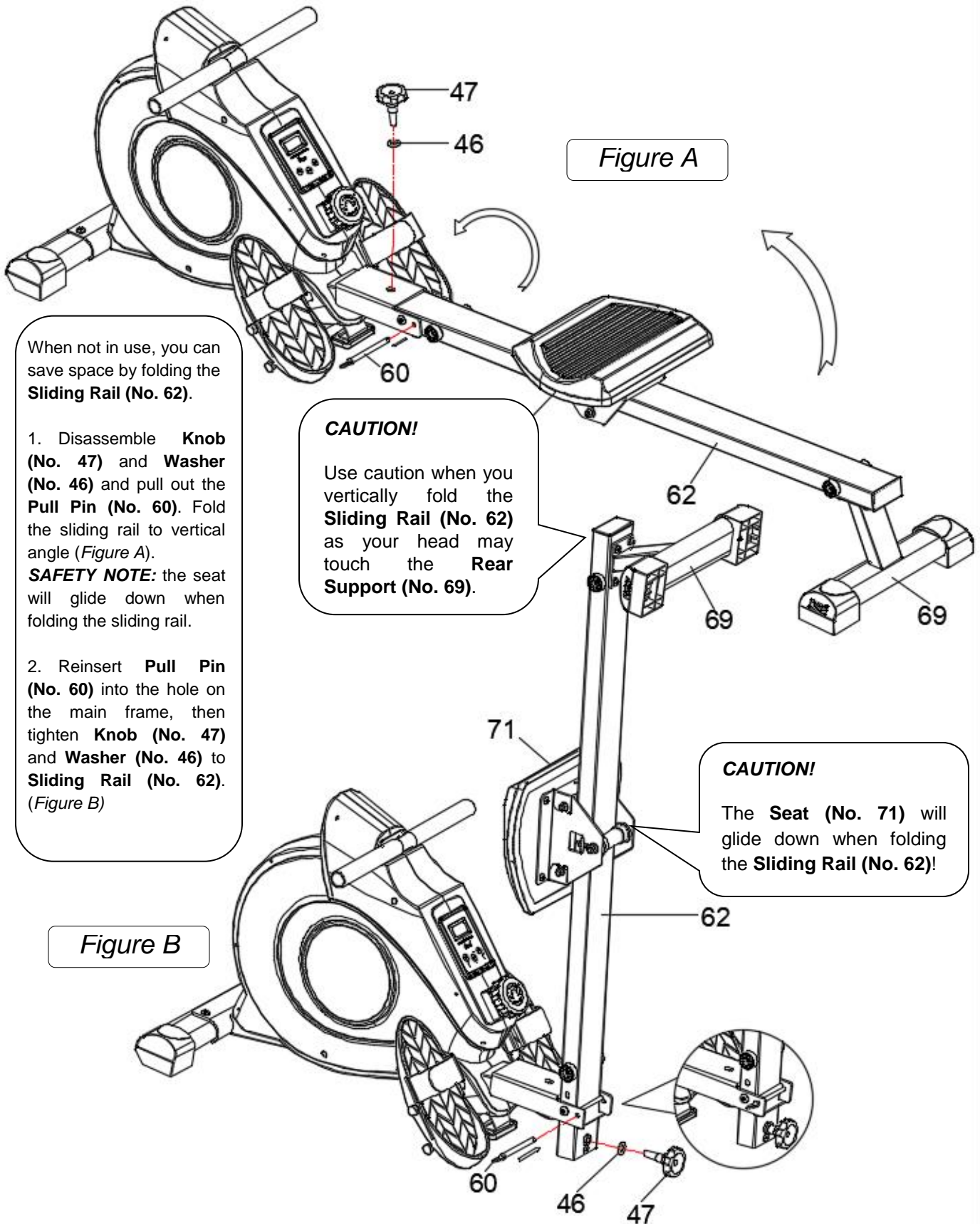
The assembly is complete!

ADJUSTMENTS & USAGE GUIDE

CAUTION! Moving parts, such as the seat, can cut and crush. Keep hands clear of the sliding rail during use!

	<h3>PEDAL STRAP ADJUSTMENT</h3> <p>The pedal strap is adjustable and can be personalized to fit the user's foot size.</p>
	<h3>MOVING THE ROWER</h3> <p>To move the rower, lift up the Rear Support (No. 69) until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the rower to the desired location with ease.</p>
	<h3>ADJUSTING THE BALANCE AND RESISTANCE</h3> <p>Adjust the End Caps (No. 70) on the Rear Support (No. 69) of the rower if the rower is unbalanced during use.</p> <p>Rotate the Tension Control Knob (No. 14) <i>clockwise</i> to increase the level of resistance. Rotate the Tension Control Knob (No. 14) <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<h3>REPLACE THE BATTERIES</h3> <p>Two AAA batteries are included in Computer (No. 13). To replace the batteries, remove Computer (No. 13) from Main Frame (No. 44), and disconnect the Trunk Wire 1 (No. 45) and the link wire of Computer (No. 13). Replace both batteries. Do not mix battery types and do not mix old and new batteries.</p> <p>After the replacement, connect Trunk Wire 1 (No. 45) with the link wire of Computer (No. 13) and put Computer (No. 13) back onto the Main Frame (No. 44). Dispose of batteries according to your state and local rules.</p>

STORAGE GUIDE



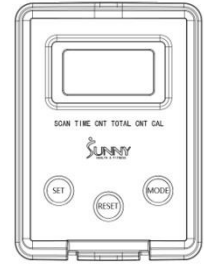
EXERCISE COMPUTER

FUNCTION KEYS:

MODE: To select your specification mode and/or turn on computer.

SET: To set a value of Time, Count, or Calories (when not in Scan mode).

RESET: Press to reset Time, Count, or Calories. Press and hold for about 3 seconds to reset all values, except Total Count.



FUNCTIONS AND OPERATIONS:

AUTO ON/OFF: The power will turn off automatically once there is no signal for 4 minutes. The computer will reactivate once the machine is put into motion or when a computer button is pressed.

SCAN: Press MODE button until SCAN appears. The computer will rotate through the four functions in the following order: TIME, COUNT, TOTAL COUNT, and CALORIES. Each function will be held for 6 seconds.

TIME: Counts the total time elapsed during your current workout.

COUNT: Counts the number of rowing strokes from your current workout.

TOTAL COUNT: Counts the total amount of strokes from the first use.

CAL: Counts the total calories burned from current workout.

COUNTDOWN:

You can set the value of Time, Count or Calories to countdown.

1. Press **MODE** to select a function. Make sure you are not in SCAN mode.
2. Press **SET** to select a value you want. You can press **RESET** to clear the value.
3. When the display stops flashing, start rowing and the machine will start to countdown.

BATTERY: This computer uses two AAA batteries. If the display appears incorrectly or becomes difficult to read, please install new batteries. Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose of batteries according to your state and regional guidelines.

SPECIFICATIONS

<i>FUNCTIONS</i>	SCAN	Every 6 seconds
	TIME	0:00~99:59 (Minute: Second)
	COUNT	0~9999 Count
	CALORIES	0.0~9999 Kcal
	TOTAL COUNT	0~9999 Count
BATTERY TYPE		(2) Two AAA or UM-4
OPERATING TEMPERATURE		0°C ~ 40°C
STORAGE TEMPERATURE		-10°C ~ 60°C

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