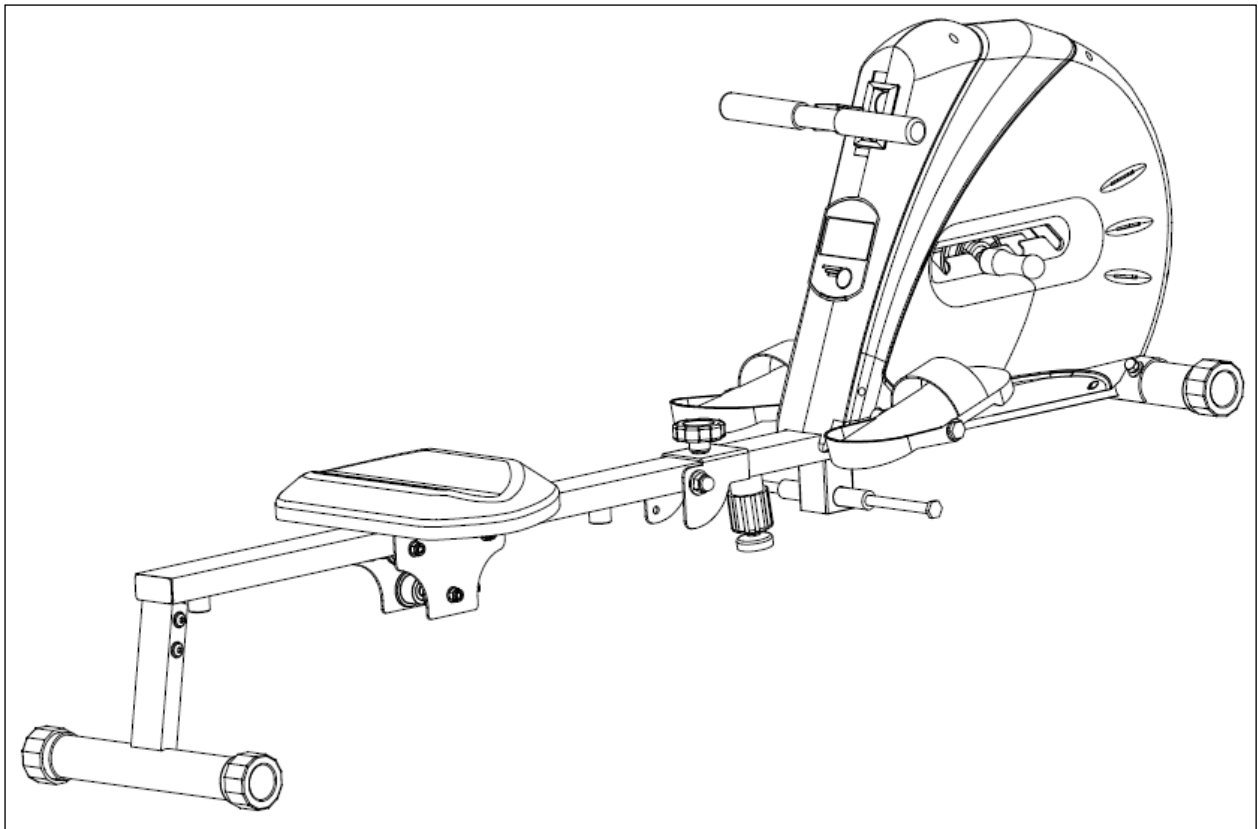




ELASTIC CORD ROWING MACHINE

SF-RW5606

USER MANUAL



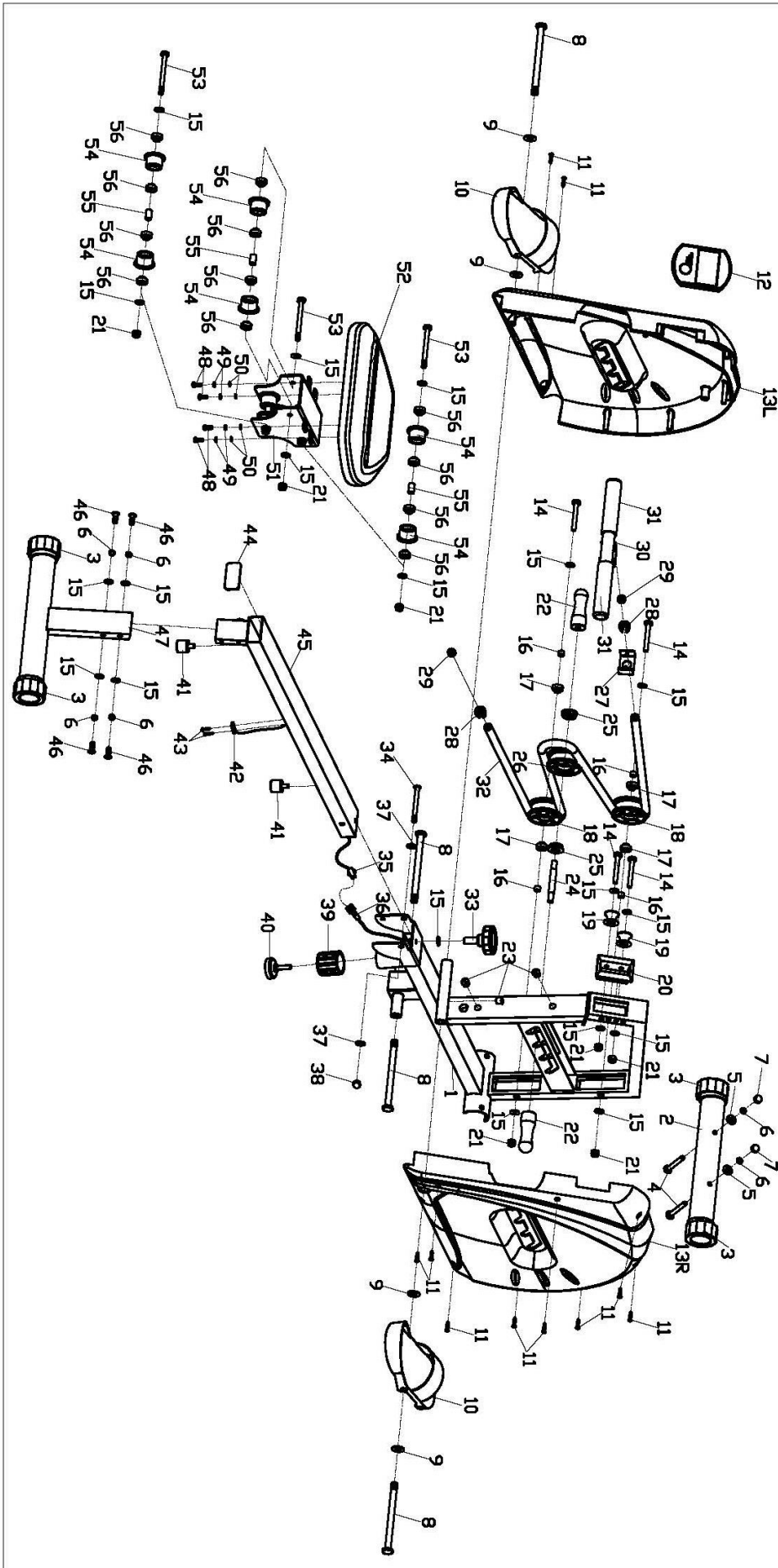
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

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 4 feet (1.2 M) 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 220 pounds (100 KG).
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 is 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!

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	End Cap		4
4	Carriage Bolt	M8x65	2
5	Curved Washer	d8x1.5xΦ20xR30	2
6	Spring Washer	D8	6
7	Nut	M8	2
8	Bolt	Φ12.5x130xM12x16	4
9	Flat Washer	D13xΦ26x2	4
10	Pedal		2
11	Screw	ST4.2x18	10
12	Meter		1
13L/R	Chain Cover		1pr
14	Bolt	M8x62	4
15	Flat Washer	D8xΦ19x1.5	19
16	Bushing	Φ12xΦ8.5x10.5	4
17	Bearing	608	4
18	Wheel		2
19	Idler Wheel		2
20	Fixed Sleeve		1
21	Nylon Nut	M8	7
22	Handlebar	Φ30xM10x88	2
23	End Cap		3
24	Axle	M10xΦ12x95	1
25	Bearing	Φ32xΦ12x11	2
26	Wheel		1
27	U-shaped Washer		1
28	Rope Lock		2
29	Plug		2
30	Handlebar		1

No.	Description	Spec.	Qty.
31	Foam Grip		2
32	Rope		1
33	Knob	M8X20	1
34	Bolt	M10x80	1
35	Sensor Wire		1
36	Extended Wire		1
37	Flat Washer	D10xΦ20x1.5	2
38	Nut	M10	1
39	End Cap		1
40	Adjustable Foot Pad	M10x30	1
41	Cushion Pad		2
42	Sensor		1
43	Screw	ST3x10	2
44	End Cap		1
45	Slide Rail		1
46	Screw	M8x16	4
47	Rear Support Frame		1
48	Bolt	M6x15	4
49	Spring Washer	D6	4
50	Flat Washer	D6	4
51	Seat Bracket		1
52	Seat		1
53	Bolt	M8x90	3
54	Wheel		6
55	Bushing	Φ12xΦ8x20	3
56	Bearing		12
57	Spanner	S=13,14,15	1
58	Allen Wrench	S=5	1
59	Allen Wrench	S=6	1
60	Wrench	S=17,19	1


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

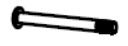
Please provide the following information in order for us to accurately identify the part(s) needed:


- ✓ 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).


HARDWARE PACKAGE


 #8 $\Phi 12.5 \times 130 \times M12 \times 16$ 4PCS


 #34 M10x80 1PC


 #38 M10 1PC


 #15 D8x $\Phi 19 \times 1.5$ 5PCS


 #40 M10x30 1PC

 #5 d8x1.5x $\Phi 20 \times R30$ 2PCS


 #7 M8 2PCS


 #57 S=13,14,15 1PC


 #59 S=6 1PC


 #9 D13x $\Phi 26 \times 2$ 4PCS


 #37 D10x $\Phi 20 \times 1.5$ 2PCS


 #33 M8X20 1PC


 #22 $\Phi 30 \times M10 \times 88$ 2PCS

 #4 M8x65 2PCS

 #6 D8 6PCS

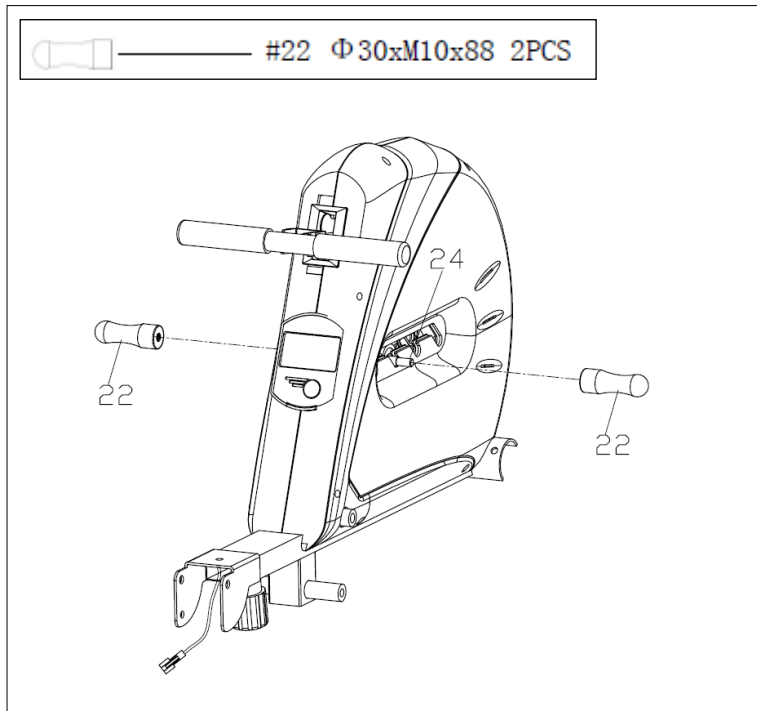
 #46 M8x16 4PCS

 #58 S=5 1PC

 #60 S=17,19 1PC

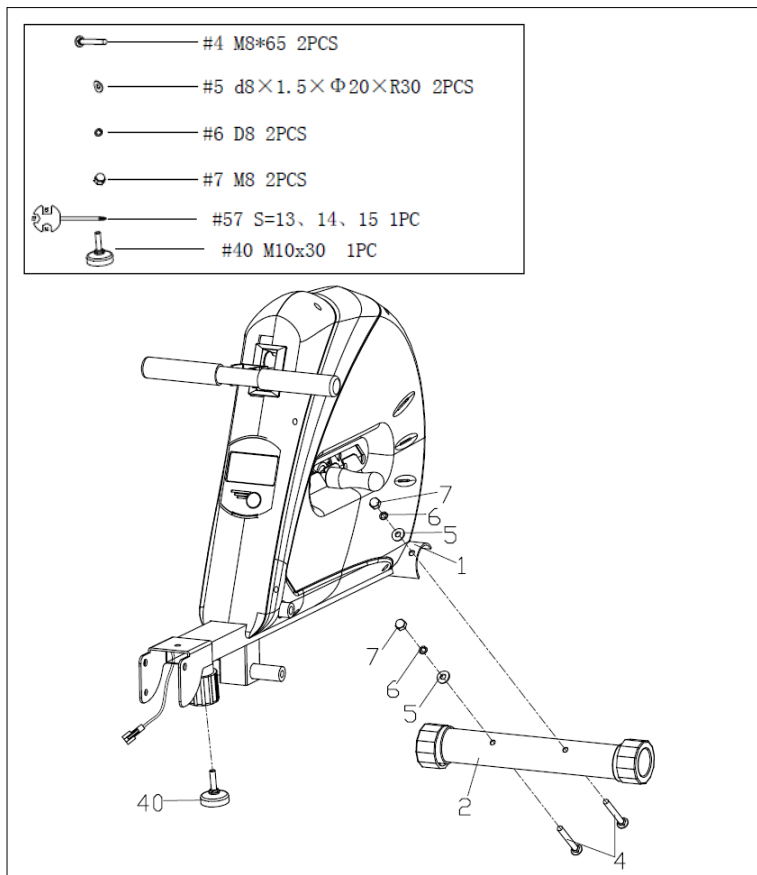
ASSEMBLY INSTRUCTIONS

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 2 **Handlebars (No. 22)** to the **Axle (No. 24)**.

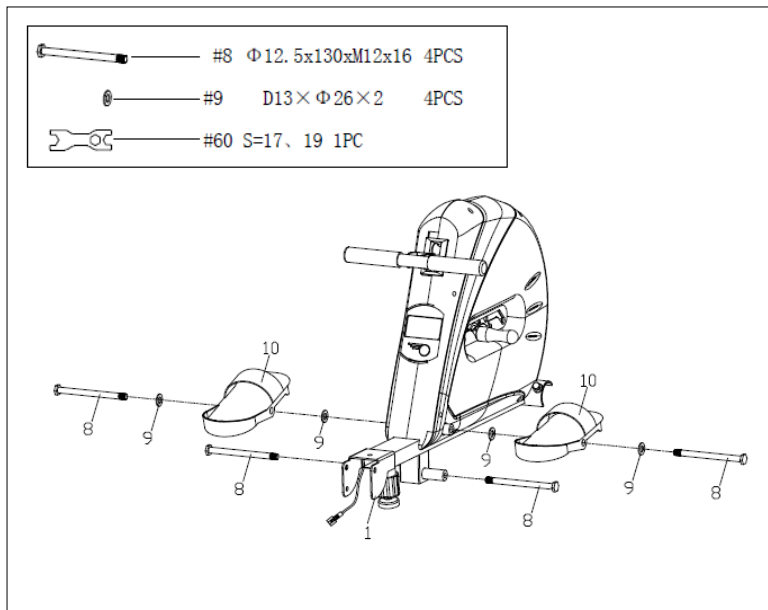


STEP 2:

Attach the **Front Stabilizer (No. 2)** to the **Main Frame (No. 1)** with 2 **Carriage Bolts (No. 4)**, 2 **Curved Washers (No. 5)**, 2 **Spring Washers (No. 6)** and 2 **Nuts (No. 7)** using **Spanner (No. 57)**.

Attach the **Adjustable Foot Pad (No. 40)** to the **Main Frame (No. 1)**.

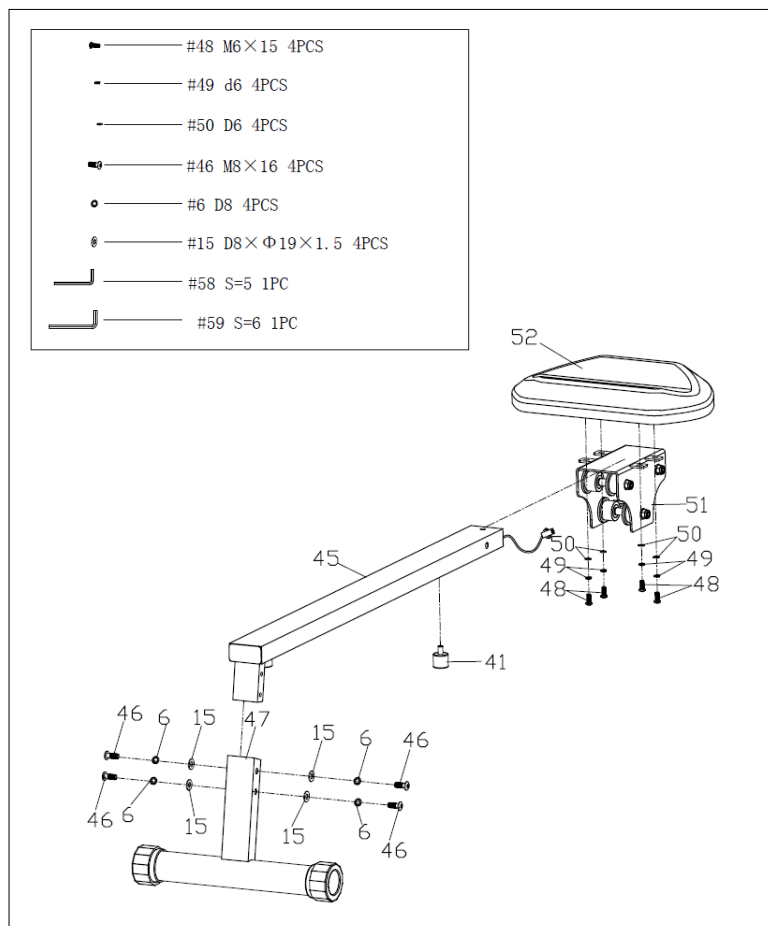
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Insert the 2 **Bolts (No. 8)** to the short bottom shaft of the **Main Frame (No. 1)**, and tighten with **Wrench (No. 60)**.

Attach the 2 **Pedals (No. 10)** to the **Main Frame (No. 1)** with 2 **Bolts (No. 8)** and 4 **Flat Washers (No. 9)** using **Wrench (No. 60)**.



STEP 4:

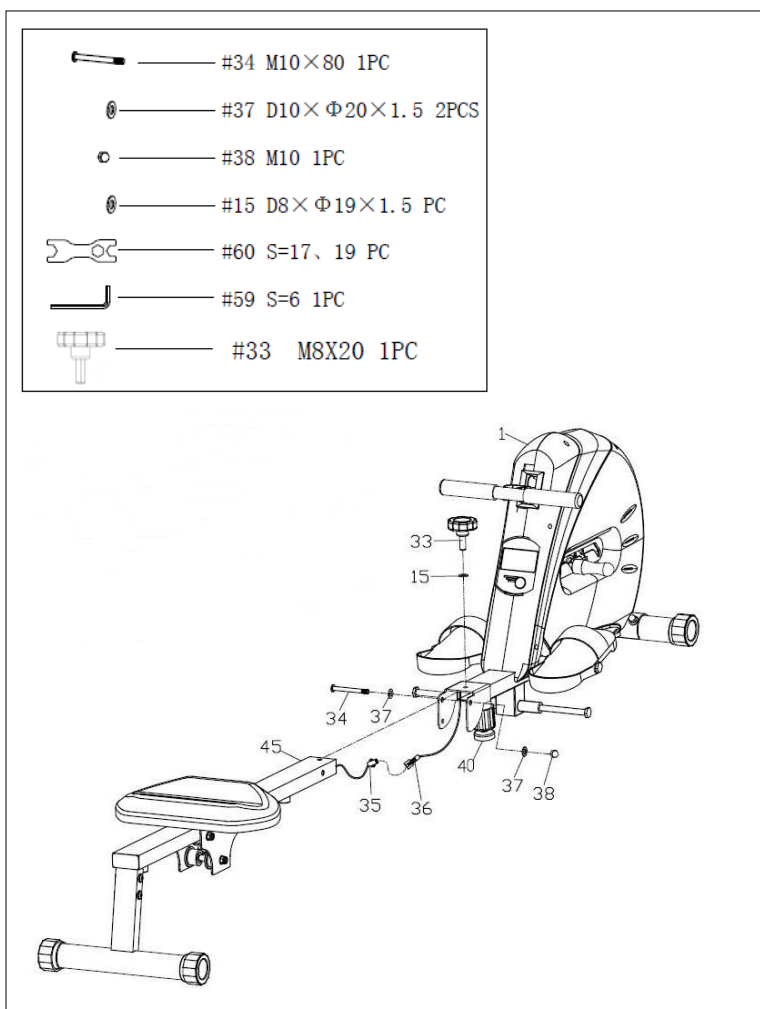
Remove 4 **Bolts (No. 48)**, 4 **Spring Washers (No. 49)** and 4 **Flat Washers (No. 50)** from the **Seat (No. 52)** using **Allen Wrench (No. 58)**.

Attach the **Seat (No. 52)** to the **Seat Bracket (No. 51)** with 4 **Bolts (No. 48)**, 4 **Spring Washers (No. 49)** and 4 **Flat Washers (No. 50)** using **Allen Wrench (No. 58)**.

Attach the **Rear Support Frame (No. 47)** to the **Slide Rail (No. 45)** with 4 **Screws (No. 46)**, 4 **Spring Washers (No. 6)** and 4 **Flat Washers (No. 15)** using **Allen Wrench (No. 59)**.

Slip the **Seat Bracket (No. 51)** onto the **Slide Rail (No. 45)** until past the hole of **Cushion Pad (No. 41)**. Then insert the **Cushion Pad (No. 41)** into the **Slide Rail (No. 45)** and turn to tighten.

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:

Connect the **Extended Wire (No. 36)** to the **Sensor Wire (No. 35)** and put the wires into the **Slide Rail (No. 45)**. Then attach the **Slide Rail (No. 45)** to the **Main Frame (No. 1)** with **Bolt (No. 34)**, **2 Flat Washers (No. 37)**, and **Nut (No. 38)** using **Allen Wrench (No. 59)** and **Wrench (No. 60)**.

Insert **Knob (No. 33)** and **Flat Washer (No. 15)** and turn to tighten.

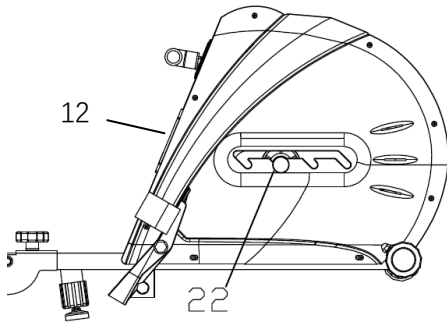
Check that the **Adjustable Foot Pad (No. 40)** does not touch the floor. If it is touching the floor, then the **Adjustable Foot Pad (No. 40)** has not been tightened. Try lifting the **Slide Rail (No. 45)** slightly and tighten the **Adjustable Foot Pad (No. 40)**.

The assembly is now complete!

ADJUSTMENT GUIDE

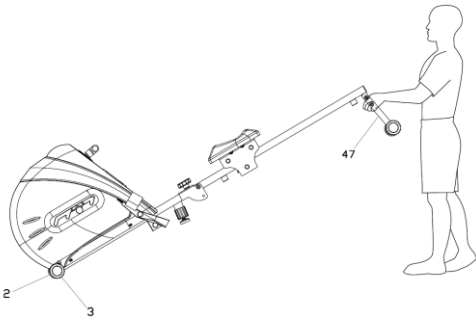
CAUTION! Moving parts, such as the seat, can crush and cut. Keep hands clear of the sliding rail during use!

ADJUSTING THE RESISTANCE



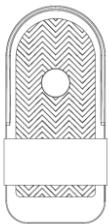
Sit on the seat, hold the **Handlebars (No. 22)** on both sides and move the **Handlebars (No. 22)** into a different slot to adjust the resistance. The slot nearest the **Meter (No. 12)** is the highest resistance level. Move the **Handlebar (No. 22)** *forward* to decrease the resistance level. Move the **Handlebar (No. 22)** towards you to increase the resistance level.

MOVING THE MACHINE



To move the machine, lift the **Rear Support Frame (No. 47)** until the **End Cap (No. 3)** on the **Front Stabilizer (No. 2)** touch the ground. With the end caps on the ground, you can transport the rower to the desired location with ease.

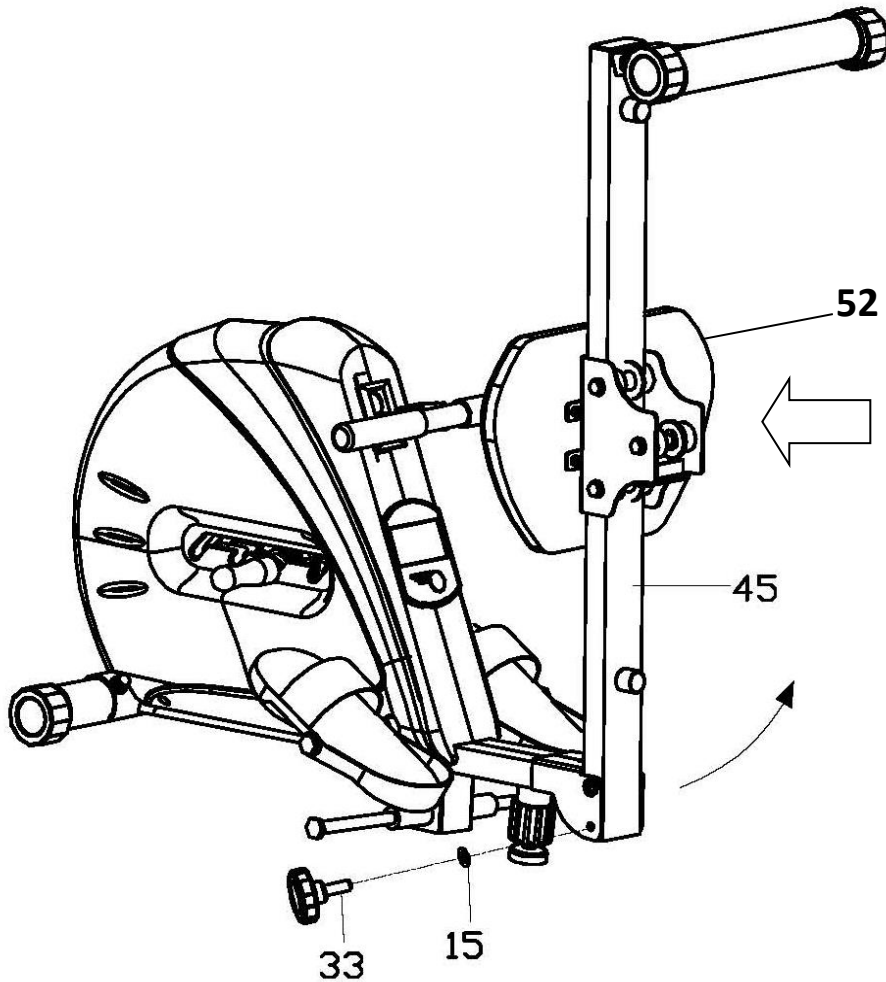
PEDAL STRAP ADJUSTMENT



The pedal strap is adjustable and can be personalized to fit the user's foot size.

FOLDING INSTRUCTIONS:

The rowing machine is foldable. Before folding the machine, remove the **Knob (No. 33)** and **Flat Washer (No. 15)**. Once folded, you may reinsert the **Knob (No. 33)** & **Flat Washer (No. 15)** to secure the folded position.

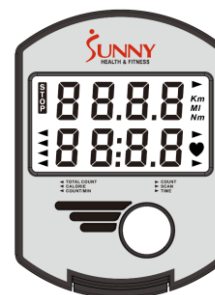


IMPORTANT:

Be cautious when folding as the **Seat (No. 52)** will drop down.

Make sure the **Rail Tube (No. 45)** does not pinch or cut the wires.

EXERCISE MONITOR



FUNCTION BUTTONS:

MODE - Press to select functions.

- Press and hold for 2 seconds to reset all function values.

FUNCTIONS AND OPERATIONS:

1. **SCAN:** When in SCAN position, the meter will rotate through the following functions: time, count, total count, calorie, count/min and (if have) pulse. Each function will display for 6 seconds.
2. **TIME:** Count the rowing time from exercise start to end.
3. **COUNT:** Count the rowing strokes from start to end.
4. **TOTAL COUNT:** Count the total rowing strokes from start to end. Total count will not reset when you press and hold the MODE button. It will reset when you change the batteries.
5. **CALORIES:** Count the total calories from rowing start to end.
6. **COUNT/MIN:** Display current rowing strokes per minute, or the frequency per minute.

AUTO ON/OFF & AUTO START/STOP:

To turn on the meter, start rowing or press MODE. The meter will stay on while you are rowing or if you press MODE. After 4 minutes without any signal, the meter will turn off.

DISPLAY A FUNCTION:

To choose the function that is displayed, press MODE until arrow points to that function and there is no arrow pointing to SCAN. Meter will stay on that function.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00~99:59 (Minute:Second)
	COUNT	0~9999
	TOTAL COUNT	0~9999
	COUNT/MIN	0~1200
	CALORIES	0~9999Kcal
BATTERY TYPE		2pcs of SIZE-AA or UM-3
OPERATING TEMPERATURE		0°C~+40°C (32°F~104°F)
STORAGE TEMPERATURE		-10°C~+60°C (14°F~168°F)

Battery: This monitor uses two AA 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 the batteries according to your state and regional guidelines.

Version 1.6