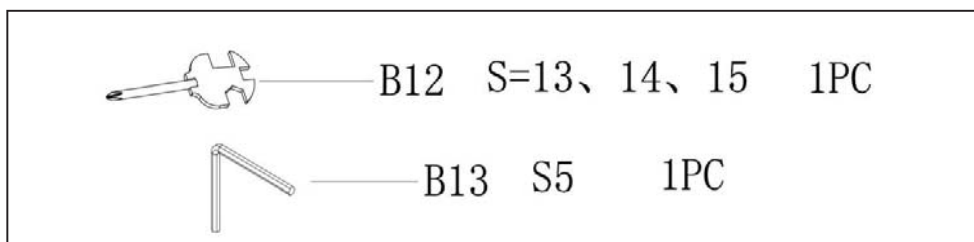


HARDWARE PACKAGE



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 Parts List and Exploded Diagram (found near the front of the manual)

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

Pedido de piezas de repuesto (solo para clientes de EE. UU. y Canadá)

Proporcione la siguiente información para que podamos identificar con precisión las piezas necesarias:

- ✓ El número de modelo (se encuentra en la portada del manual).
- ✓ El nombre del producto (se encuentra en la portada del manual).
- ✓ El número de pieza que se encuentra en el “ESQUEMA DE LAS PIEZAS” y en la “LISTA DE PIEZAS” (se encuentra al principio del manual).

Contáctenos en support@sunnyhealthfitness.com o 1-877-90SUNNY (877-907-8669).

Pour commander des pièces de rechange (clients américains et canadiens seulement)

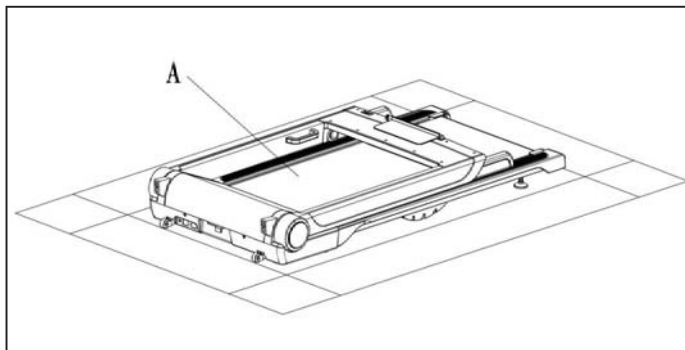
Veillez fournir les informations suivantes afin que nous puissions identifier avec précision la pièce ou les pièces requise(s):

- ✓ Le numéro de modèle (situé sur la couverture du manuel)
- ✓ Le nom du produit (situé sur la couverture du manuel)
- ✓ Le numéro de pièce figurant sur le « SCHÉMA ÉCLATÉ » et la « LISTE DES ÉLÉMENTS » (situé vers le début du manuel)

Veillez nous contacter à support@sunnyhealthfitness.com ou 1- 877 - 90SUNNY (877-907-8669)

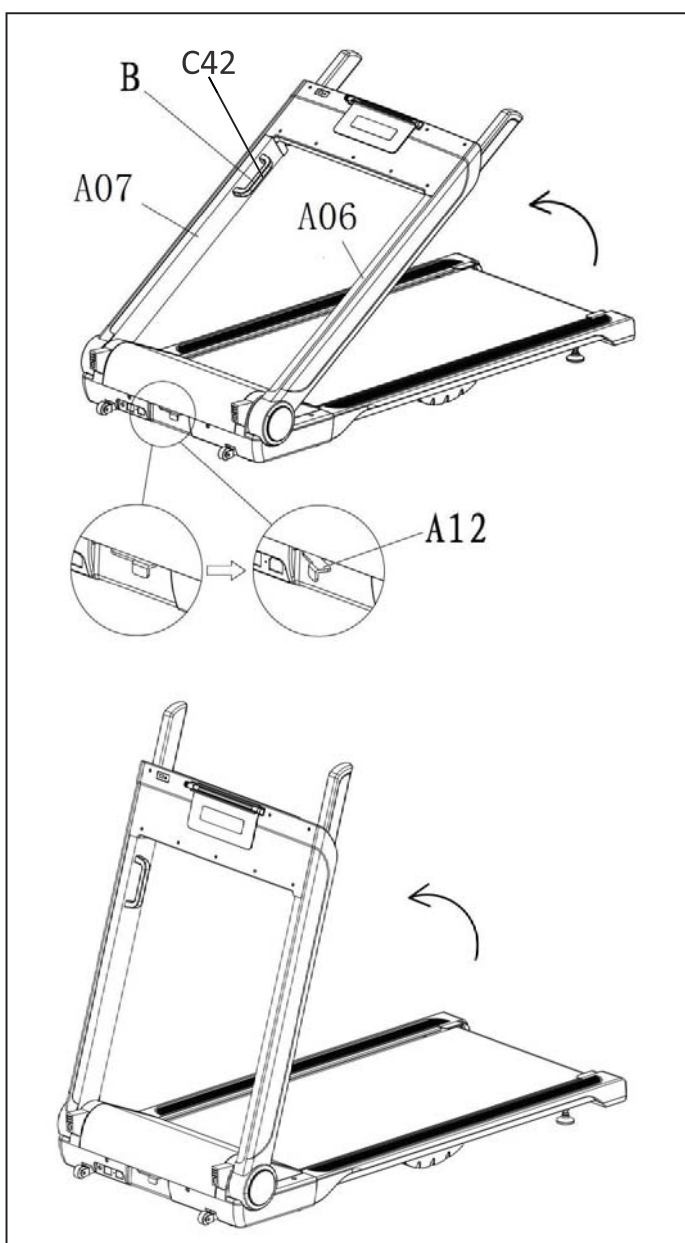
ASSEMBLY INSTRUCTIONS

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 and remove contents. Place the **Treadmill (No. A)** on leveled ground. Ensure that you have a work area that is clean and has adequate space.

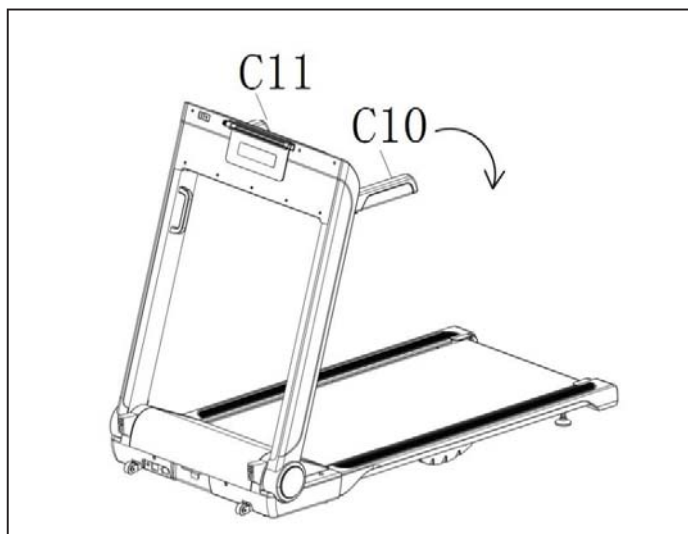


STEP 2:

Pull out the **Rotating Plate (No. A12)** with your right hand. At the same time, place your left hand at the **Handle (No. C42) [Position B]**, then pull up the **Left & Right Upright Tubes (No. A06 & No. A07)**.

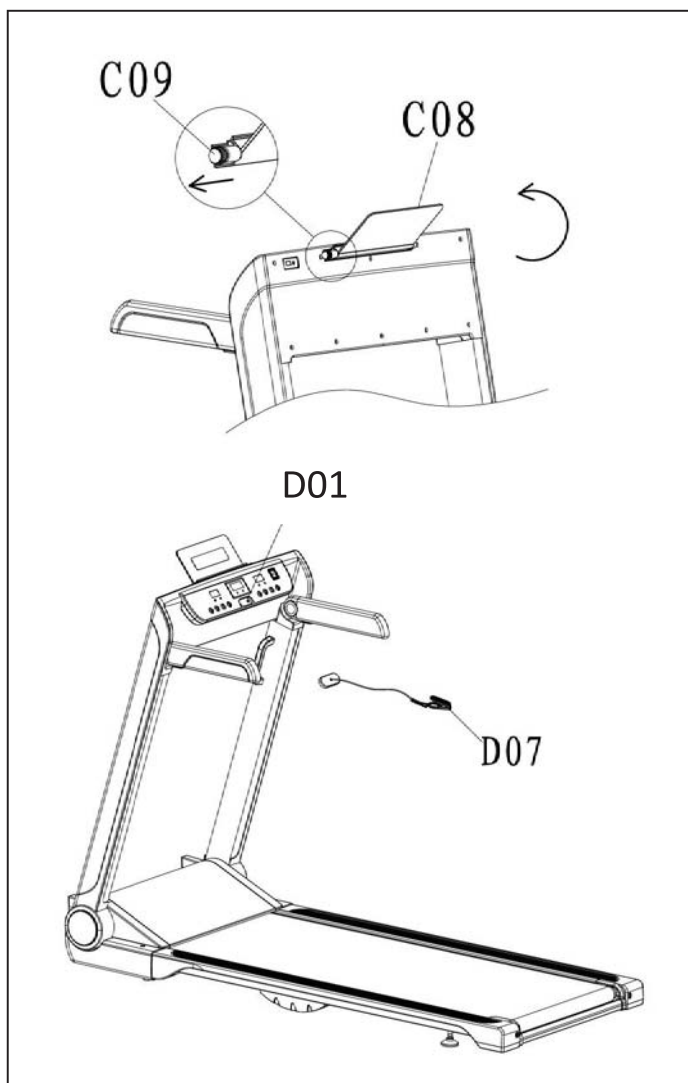
When pulling up the **Left & Right Upright Tubes (No. A06 & No. A07)** you can release the **Rotating Plate (No. A12)**. You will hear a click when the upright tubes are successfully locked in.

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:

Turn down the **Left & Right Handle Bars (No. C10 & No. C11)** to the fixed position.



STEP 4:

Stand behind the treadmill. Pull out the **Plastic Nut (No. C09)** with your left hand and turn up the **Holder (No. C08)** with your right hand. Once the holder is at a suitable angle, you can let go of the **Plastic Nut (No. C09)**.

Insert the **Safety Key (No. D07)** into the magnetic area of the **Console (No. D01)**.

The assembly is now complete!



IMPORTANT NOTE!

You will need to lubricate your treadmill before the first use. See Page 19.

MAINTENANCE & CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the **Running Belt (No. C31)** to prevent dust from accumulating underneath the **Running Belt (No. C31)**. Keep your running shoes clean so that dirt from your shoes do not wear out the **Running Board (No. D18)** and **Running Belt (No. C31)**. Clean the surface of the **Running Belt (No. C31)** with a clean damp cloth.

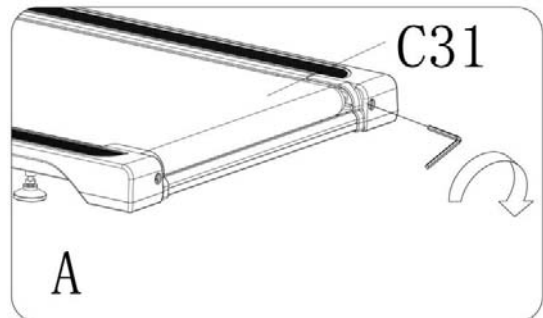
To better maintain and prolong the life of the treadmill, it is recommended that the treadmill be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

A loose **Running Belt (No. C31)** will result in the runner sliding off when running, while too tight of a **Running Belt (No. C31)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. C31)**. The most suitable tightness for the **Running Belt (No. C31)** is pulled out 50-75mm from the **Running Board (No. D18)**.

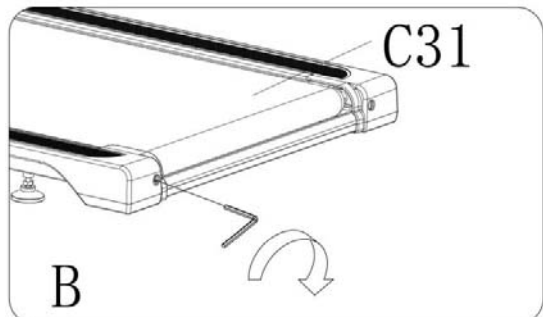
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 3-5mph to check if the **Running Belt (No. C31)** drifts.

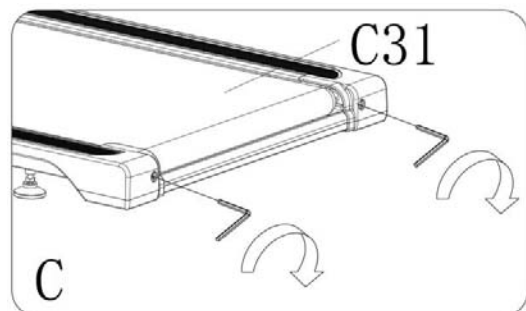
If the **Running Belt (No. C31)** moves to the right, turn the adjusting bolt on the right side $\frac{1}{4}$ turn *clockwise*, then turn the left adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C31)** does not move, repeat this step until it centers. Refer to Figure A.



If the **Running Belt (No. C31)** moves to the left, turn the adjusting bolts on the left side $\frac{1}{4}$ turn *clockwise*, then turn the right adjustment bolt $\frac{1}{4}$ turn *counter-clockwise*. If the **Running Belt (No. C31)** does not move, repeat this step until it centers. Refer to Figure B.



Over time the **Running Belt (No. C31)** will loosen. To tighten the **Running Belt (No. C31)** turn the **Left & Right** side adjustment bolts one full turn *clockwise*, check the tension of the **Running Belt (No. C31)**. Continue this process until **Running Belt (No. C31)** is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to Figure C.



LUBRICATING THE TREADMILL

***IMPORTANT NOTE:**

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

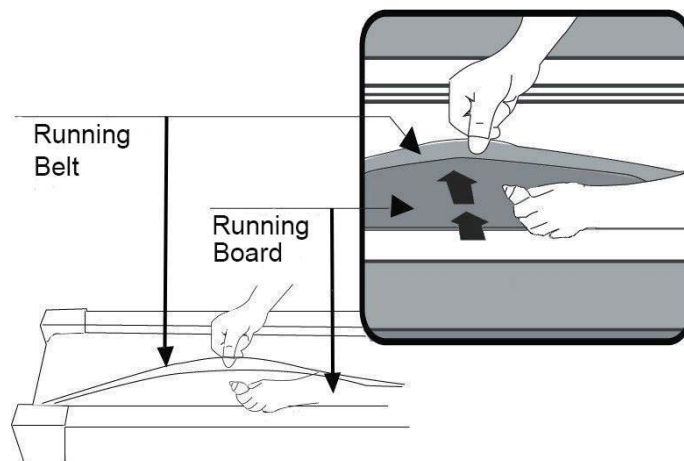
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the **Running Board (No. D18)** and **Running Belt (No. C31)** is essential as the friction between the two affects the life span and function of the treadmill, therefore it is recommended that the **Running Board (No. D18)** and **Running Belt (No. C31)** be inspected regularly. Should you find any wear on the **Running Board (No. D18)**, 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. C31)** up on one side and apply lubricant to the **Running Board (No. D18)**. Use a rag to thoroughly wipe the lubricant over the **Running Board (No. D18)**. 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. A loose **Running Belt (No. C31)** will result in the runner sliding off during use, while too tight of a **Running Belt (No. C31)** will negatively affect the motor's performance and create more friction between the roller and **Running Belt (No. C31)**. The most suitable tightness for the **Running Belt (No. C31)** is pulled out **50-75mm** from the **Running Board (No. D18)**.



The following time table is recommended:

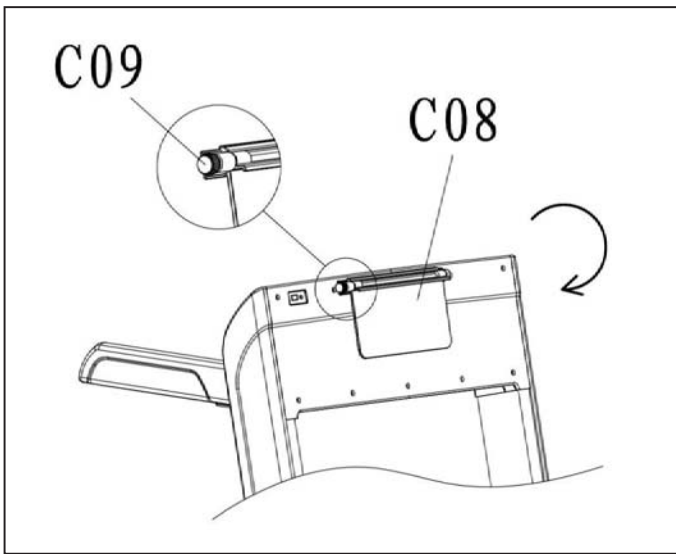
Light user (less than 3 hours/ week)	<i>every six months</i>
Medium user (3-5 hours/ week)	<i>every three months</i>
Heavy user (more than 5 hours/ week)	<i>every two months</i>

FOLDING INSTRUCTIONS

STEP 1:

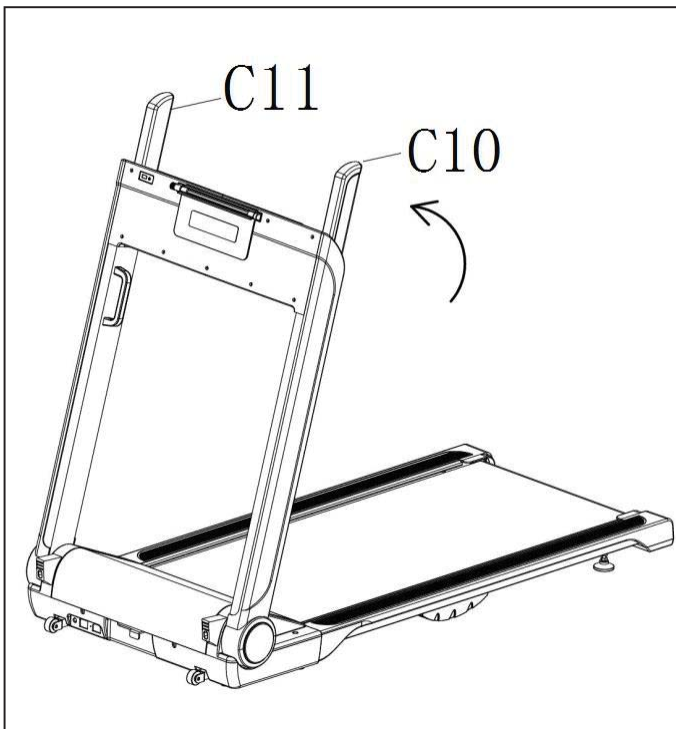
NOTE: Always unplug the treadmill from the electrical outlet before folding.

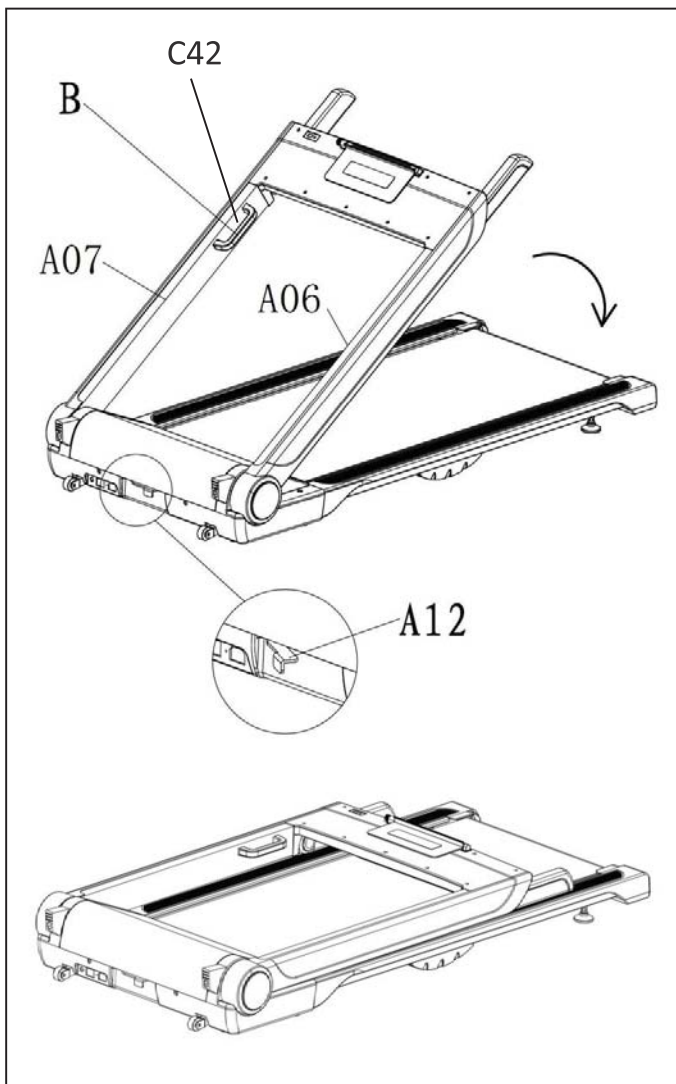
Pull out the **Plastic Nut (No. C09)** with your left hand and turn down the **Holder (No. C08)** with your right hand. Once the holder reaches a suitable angle, let go of the **Plastic Nut (No. C09)**.



STEP 2:

Turn up the **Left & Right Handlebar (No. C10 & No. C11)** to the fixed position.



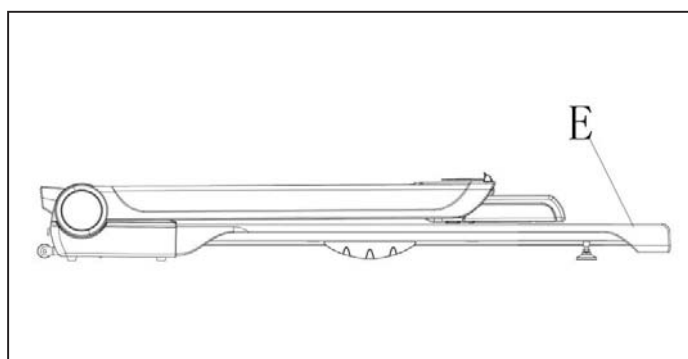


STEP 3:

Pull out the **Rotating Plate (No. A12)** with your right hand and place your left hand at the **Handle (No. C42) [Position B]**. Then push down the **Left & Right Upright Tubes (No. 06 & No. 07)** at the same time.

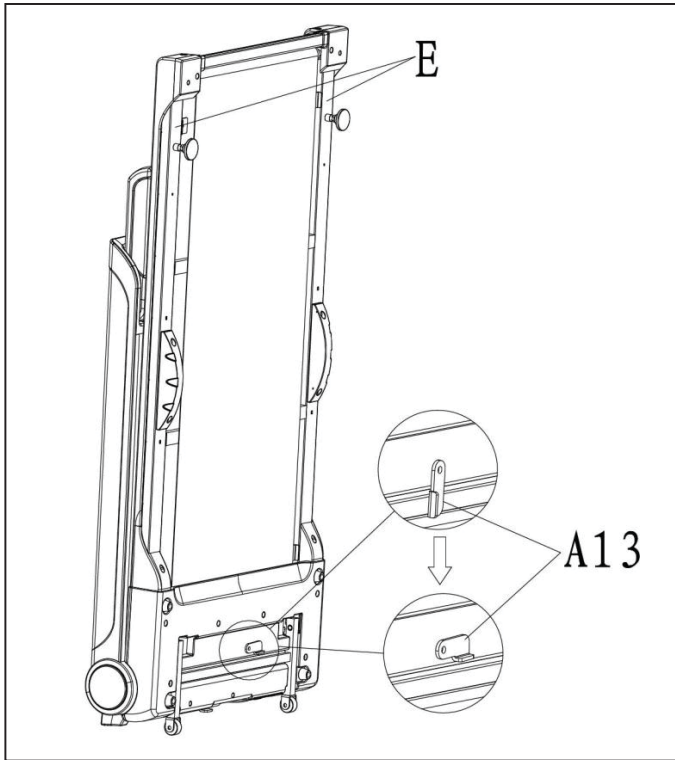
When pushing down the **Left & Right Upright Tubes (No. A06 & No. A07)** you can let go of the **Rotating Plate (No. A12)**.

NOTE: Always place your left hand at the **Handle (No. C42) [Position B]** when pushing down the upright tubes to avoid the tubes falling and injuring your hands.



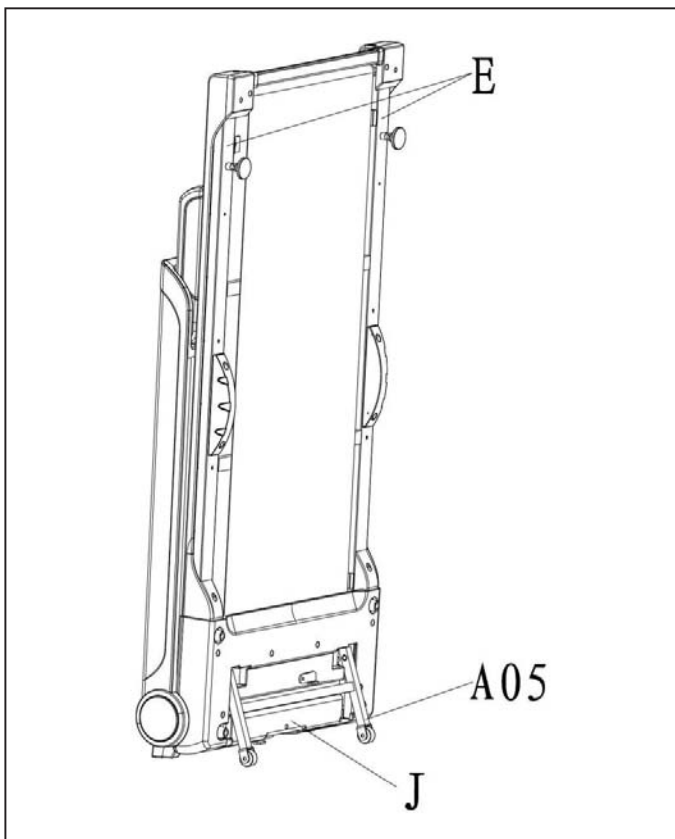
STEP 4:

Place your hand at Position E, and then lift the treadmill.



STEP 5:

Place your hand on Position E, and using your foot, turn the **Folding Fixed Board (No. A13)** to horizontal position.



STEP 6:

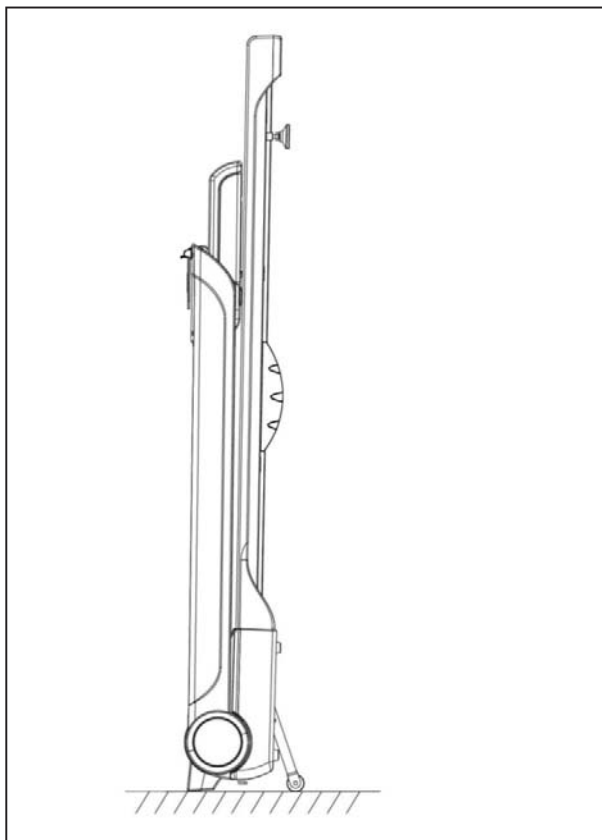
Hold the treadmill at Position E with your hand. Next, using your foot, firmly push against treadmill at position J. Carefully tilt the treadmill forward. **Folding Frame (No. A05)** will release automatically.

The folding is now complete!

STORAGE OF TREADMILL

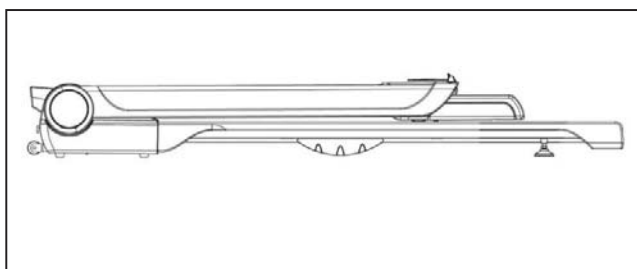
This treadmill is designed for saving space. You can choose to store treadmill vertically or horizontally.

A. Vertical Storage



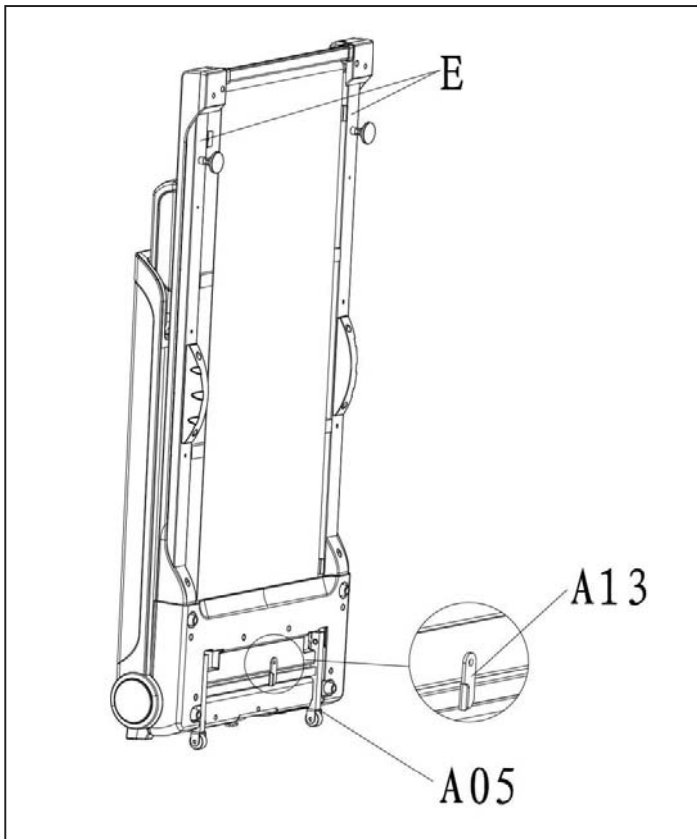
After folding, place the treadmill near the wall to avoid falling. Keep out of reach of children.

B. Horizontal Storage



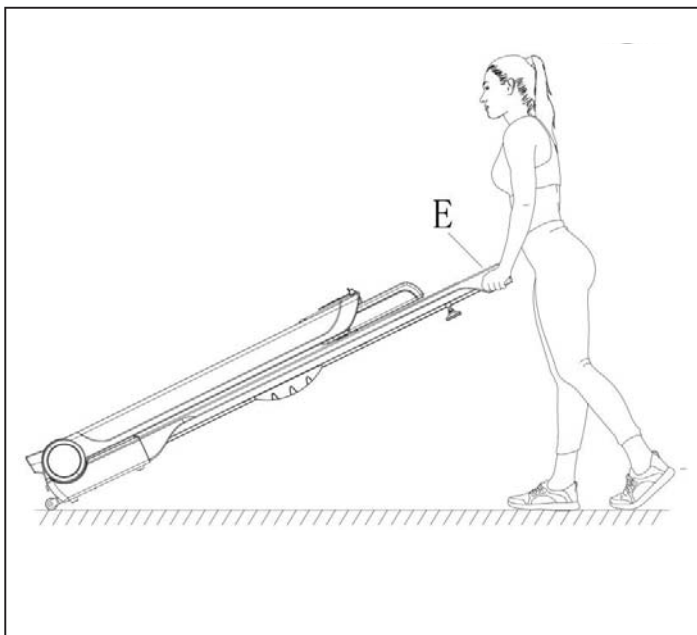
After folding, you can store the treadmill under table or any other available space.

HOW TO MOVE THE TREADMILL



Place your hands at Position E.

Put the **Folding Frame (No. A05)** inside the bottom of the treadmill and turn the **Folding Fixed Board (No. A13)** to vertical with your foot to fix the **Folding Frame (No. A05)**.



To transport, hold the treadmill at Position E and tilt until the transportation wheels can move smoothly.

IMPORTANT ELECTRICAL INFORMATION

WARNING: This treadmill requires a power source of **10 amps (100-120V)** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before 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 the least resistance for electrical current and will 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 100-120V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

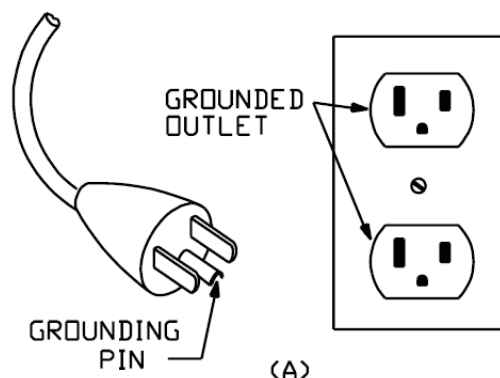
DANGER:

Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an electrician.

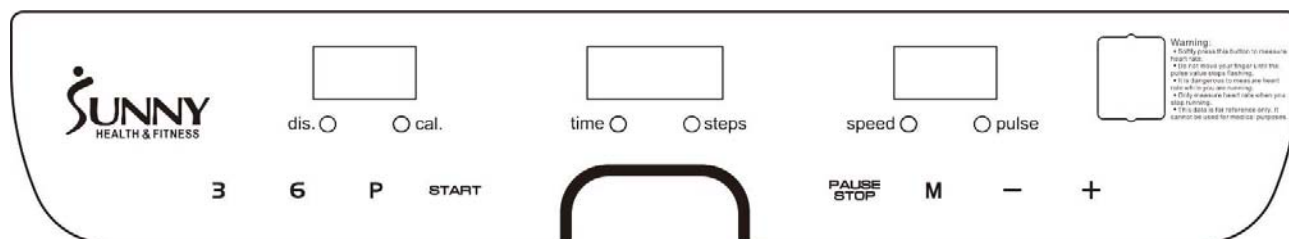
WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting AC power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

GROUNDING METHOD



OPERATING INSTRUCTIONS



QUICK START:

1. Insert the magnet end of the safety key into the computer console. Turn on the power switch.
2. Press the START button, and the system will automatically display a 3 second countdown. Once the countdown reaches zero, the running belt will start at the initial **default speed of 0.6 MPH**.
3. To adjust the speed, you can use the SPEED +/- BUTTONS.

***NOTE: The maximum speed on this treadmill is 9.0 MPH**

CONTROL FUNCTIONS:

1. Press the – Speed Button to reduce the running speed.
2. Press the + Speed Button to increase the running speed.
3. Pressing the STOP Button will PAUSE the running belt and current workout data during running. Under pause mode, if you press “START” button again, the treadmill will continue to work. If you press “STOP” button, the treadmill will terminate current workout session completely.
4. Softly press Infrared Heart Rate Sensor Button (No. G01) to measure heart rate.

WINDOW DISPLAY:

Each window will alternately display each function every few seconds.

SPEED/ PULSE: The speed range is 0.6-9.0 MPH. 0.6 MPH is the default running speed. When the runner put finger on the pulse sensor (located on the console), the system will calculate the runner's heart beat and display it in this window. The pulse range is 50-200 beats/min (This data is just for reference and cannot be used as the medical data).

TIME/STEPS: Displays the time elapsed. Display starts at 0:00 minutes:seconds. After it reaches 59:59 minutes:seconds, the display will change to 01:00 hours:minutes. Maximum display for time elapsed is 18:00 hours:minutes. When time elapsed reaches the maximum, the treadmill will continue running. It will start count again from 0:00. When in Countdown Mode, it will count from the setting time to 0:00. When the clock reaches 0:00, the treadmill will stop smoothly and display “End” then automatically reset itself after 5 seconds. Maximum Countdown time is 99:00 minutes:seconds.

Display steps that the user has walked. When display steps, it will count from 0 to 99999, when up to 99999, it will count again from 0.

CALORIES/DISTANCE: Displays the number of calories burned from 0 to 999 KCAL. When the count reaches 999, it will reset and start back from 0. When in Countdown Mode, it will count down from the desired setting to 0. Once it reaches 0, the treadmill will stop smoothly and display “End”, then automatically reset to the initial setting after 5 seconds. Displays the distance traveled (0.0-99.9 MILES). When the clock reaches 99.9, it will reset to 0.00 and begin counting again from 0.0. When in Countdown Mode, it will count down from the setting data to 0.00. When it reaches 0.00, the treadmill will stop smoothly and display “End” and automatically reset to the initial setting after 5 seconds. When setting PROGRAMS, the speed is programmed in intervals; PROGRAMS are from P1-P9.

PROGRAMS	Initial	Default Value	Set Range	Display Range
TIME(MIN:SECOND)	0:00	15:00	5:00-99:00	0:00—99:00
SPEED(MPH)	0.6	0.6	0.6-9.0	0.6-9.0
DISTANCE(MILE)	0.00	1.00	0.50-99.9	0.00—99.9
PULSE(BPM)	P	N/A	N/A	50-200
CALORIE(KCAL)	0	50	10-999	0—999

FUNCTION KEYS:

START: To start the treadmill, insert the magnet end of the Safety Key into the console and press the START button. (This machine requires a safety key in order to operate)

STOP/PAUSE: This button has functions of STOP and PAUSE. During running, press this button, the treadmill will pause, and all data will be kept, window will show “PAU”; Under pause mode, if you press “START” button, the treadmill will continue to work. If you press “STOP” button, the treadmill will stop and all data recover to initial setting.

MODE: When stopped, press this button to select a MODE. Pressing once will enter “0.0”, the default operating mode. H1 is the TIME countdown mode starting from 15:00 MINS. H2 is the DISTANCE Countdown Mode starting from 1 MILE and H3 is the CALORIES countdown mode which starts from 50 KCAL. P1-P2……P9 are preset programs. When setting each mode and programs, you can press speed+/- to increase or decrease from the set data. Press START to start the treadmill.

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

PROGRAM: Press the PROGRAM button to set your desired interval setting. Programs are displayed as P1-P9 and the various intervals are shown on the face of the treadmill. P1-P9 are preset programs. Turn to Page 23 for further details on all programs.

3 & 6 (QUICK SPEED BUTTONS): These buttons are preset to the speeds of 3 or 6MPH for convenience.

USB CONNECTION:

You can plug in a device to charge via USB.

PLAYING MUSIC:

You can connect your mobile device to the treadmill to play music. You select music tracks and adjust the volume of music using your device buttons. There are 2 ways to connect:

1. Connect your device using the **MP3 Wire (No. D20)**.
2. Connect your device using Bluetooth.

To connect using Bluetooth, make sure the **MP3 Wire (No. D20)** is disconnected. If the **MP3 Wire (No. D20)** is connected, the Bluetooth will not function. From your mobile device, select SYMK from the list of available devices and connect.

If the mobile device receives a phone call while it is connected using Bluetooth, the treadmill Bluetooth will automatically disconnect. When you want to resume playing music on the treadmill, you will have to connect again.

LUBRICATION REMINDER:

Your treadmill needs lubrication maintenance every 188 miles. 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 19 to learn the proper steps to lubricating 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.

INTERVAL PROGRAMS (P1-P9):

Press the M button to select an interval setting. Programs are displayed as P1-P9. Select the desired program, and the console will display a countdown starting from 10:00 MINS, press SPEED +/- buttons if you wish to increase or decrease the exercise time. Press the START button to start the interval program. The interval program is divided into 10 sections. Each exercise time equals the setting time divided by 10. When the speed enters the next interval, the treadmill will beep, and the speed will be changed according to the set interval. Press SPEED +/- buttons to change the SPEED. After finishing one program, the system will beep and display END. The treadmill will gradually come to a stop, then automatically reset to the initial setting after 5 seconds.

<div>TIME</div> <div>PROG</div>		TIME INTERVAL= setting time/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.2	2.5	1.8	2.5	1.8	3.1	2.5	1.2	3.1	1.8
P2	SPEED	1.2	3.1	2.5	3.7	2.5	3.7	2.5	1.2	2.5	1.2
P3	SPEED	1.2	3.1	2.5	3.1	2.5	3.1	2.5	1.2	1.8	1.2
P4	SPEED	1.8	3.7	4.3	3.1	5	3.1	5.6	3.7	2.5	1.8
P5	SPEED	1.8	3.7	4.3	3.1	5	3.7	4.3	3.7	2.5	1.8
P6	SPEED	1.2	5	3.7	2.5	3.1	5.6	4.3	3.1	2.5	1.8
P7	SPEED	1.2	3.7	4.3	2.5	2.5	4.3	2.5	1.2	2.5	1.2
P8	SPEED	1.2	2.5	3.7	5	4.3	5	3.7	1.2	1.8	1.2
P9	SPEED	1.2	2.5	3.1	3.1	3.7	3.1	3.7	1.8	1.8	1.2

TREADMILL FUNCTIONS

SAFETY LOCK FUNCTION:

Removing the **Safety Key (No. D07)** from the computer console while the treadmill is running will cause it to stop immediately. Once the treadmill reaches a full stop, the window display of the computer will show “- -” and the buzzer will beep 3 times. To start the treadmill again, insert the magnet end of the **Safety Key (No. D07)** into the computer console and press the START button.

POWER SAVE FUNCTION:

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 computer will be turned off. To turn it back on, press any button.

POWER ON:

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

POWER OFF:

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

SAFETY NOTE:

1. We recommend that you maintain a slow speed at the beginning of a session and hold the handrails until you have become familiar with the treadmill.
2. Insert the magnet end of the **Safety Key (No. D07)** into the computer console 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. D07)** 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.

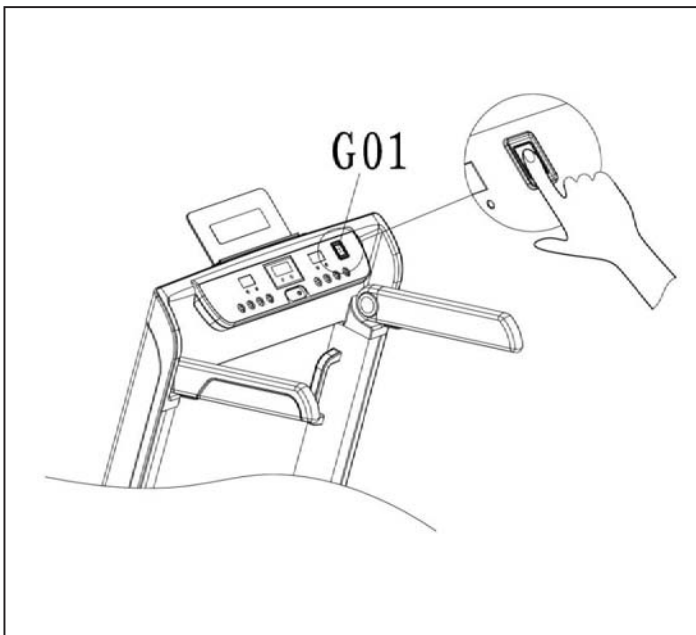
Be aware of your body's signals. Incorrect or excessive exercise can damage your health.

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 and stabilize yourself by holding onto the handrails.
2. Next, attach the clip end of the Safety Key to your clothes and insert the magnetic end of the key into the computer console.
3. Press the START button to start the treadmill.
4. The treadmill will start at the system default setting speed of **0.6 MPH**. 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 magnetic end of the Safety Key to stop the treadmill.

HEART RATE MEASUREMENT



It is dangerous to measure heart rate while you are running. Only measure heart rate when you stop running.

Softly press **Infrared Heart Rate Sensor Button (No. G01)** to measure your heart rate.

Do not move your finger until the pulse value stops flashing.

This data is for reference only. It cannot be used for medical purposes.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in.	Plug cord into outlet.
	Safety Key is not inserted.	Insert Safety Key.
Running belt not centered	Running belt tension is not correct on the left or right sides of the running board.	Tighten the adjustment bolts on the left and right side of the rear roller. (See page 18 for instructions)
Computer not working	Wires from the computer and bottom control board and not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged.	If the transformer is damaged, contact customer service.
E01 or E13: Message failure	Wires from the computer and bottom control board are not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage.
E05: Current overload protection (Self Protecting System)	The incoming voltage is too low or too high. The control board is damaged.	Restart the treadmill. Check the incoming voltage to ensure it is correct. Check the control board, replace if damaged.
	A moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Check the motor, listen for strange noise and check for a burning smell. Replace the motor if necessary.

E06: Motor Abnormality	The motor wire is not connected, or the motor is damaged.	Check motor wires to see if the motor is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the motor.
E08: Control Board Abnormality	The control board is not connected.	Check the upper and middle wires to see if the control board is connected. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E10: Motor Abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly.	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at support@sunnyhealthfitness.com

CONNECT WITH US

FOR FITNESS ARTICLES, VIDEOS & WORKOUTS

SUNNYHEALTHFITNESS.COM/SIGNUP



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT

