

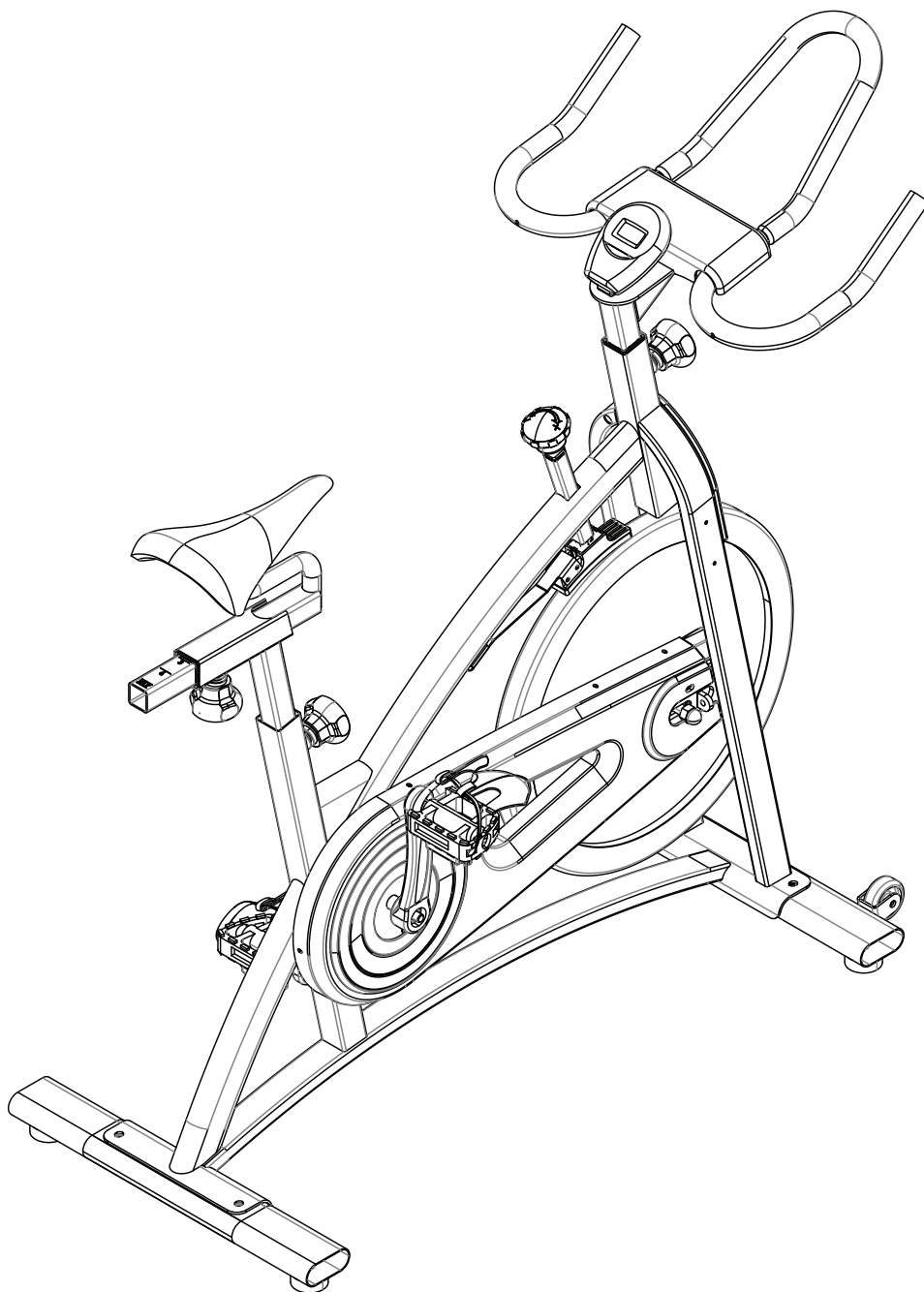


SUNLITE



TRAINER CYCLE

USER'S MANUAL



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 assured 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.

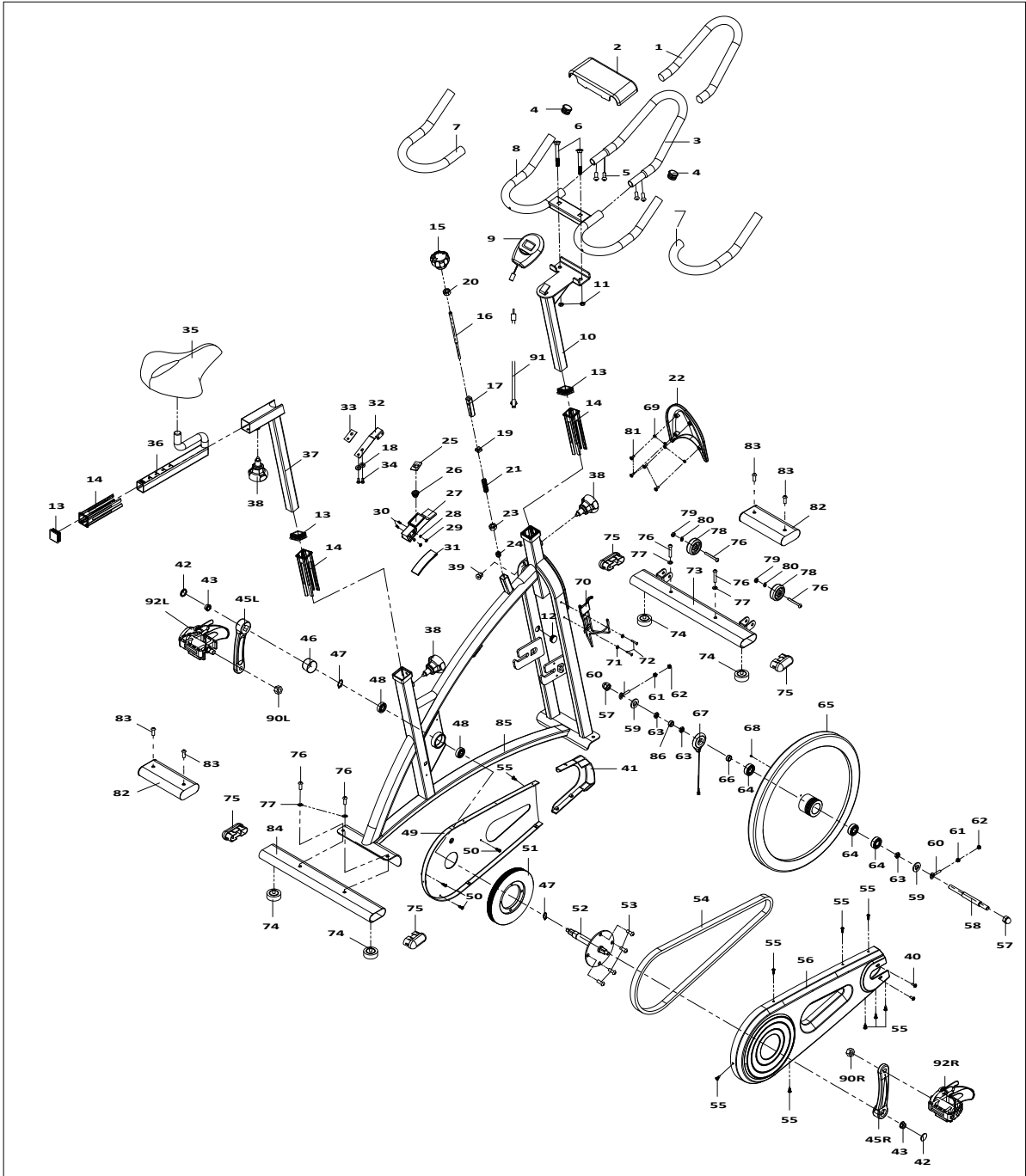
1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect 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, stop using the equipment immediately and do not use the equipment 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.
Do not place fingers or objects into the moving parts of the equipment.
8. The maximum weight capacity of this unit is 265 pounds(120 KG).
9. This equipment is not suitable for therapeutic use.
10. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
11. 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.
12. This equipment is designed for indoor use only! It is not intended for commercial use!



WARNING: This product can expose you to chemicals including Lead, DEHP, DiNP and BPA which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.

This product is intended for the use of persons over 12 years of age.

EXPLODED DRAWING



PARTS LIST

No.	Description	Spec.	Qty
1	Foam (A)	Φ23*3*550	1
2	Handlebar Cover		1
3	Handlebar (A)		1
4	End Cap	Φ25*16	2
5	Screw	M6*16*S4	4
6	Bolt	M10*35*15*H6	2
7	Foam Grip	Φ23*3*460	2
8	Handlebar (B)		1
9	Computer		1
10	Handlebar Post		1
11	Nut	M10*H9.5*S17	2
12	Plug	Φ22*16	1
13	End Cap	F30*30*16	3
14	Bushing	F38*F30*153.3	3
15	Tension Knob	Φ58*44*M8*18	1
16	Brake Rod	Φ10*210*M8*15*M6*7 *M10*95	1
17	Bushing	20*20*65	1
18	Washer	D6*Φ12*1.2	2
19	Square Nut	15*15*25*M10	1
20	Nut	M8*H5.5*S14	1
21	Spring	Φ2.0*Φ15*54*N12	1
22	DecorativeCover	195*161*31	1
23	Nut	M10*H5.5*S17	1
24	Nut	M6*H11*S10	1
25	Brake Stopper	35*24*2	1
26	Spring	Φ2*Φ24*Φ13*17*N4	1
27	Brake Block	110*27*30	1
28	Washer	D5*Φ10*1	2
29	Nut	M5*H5.5*S10	2
30	Screw	M5*30*Φ8	2
31	Woolen Felt	110*30*10	1
32	Spring Piece	T2*59*185	1
33	Rubber Mat	44*25*3	1
34	Bolt	M6*12*S10	2

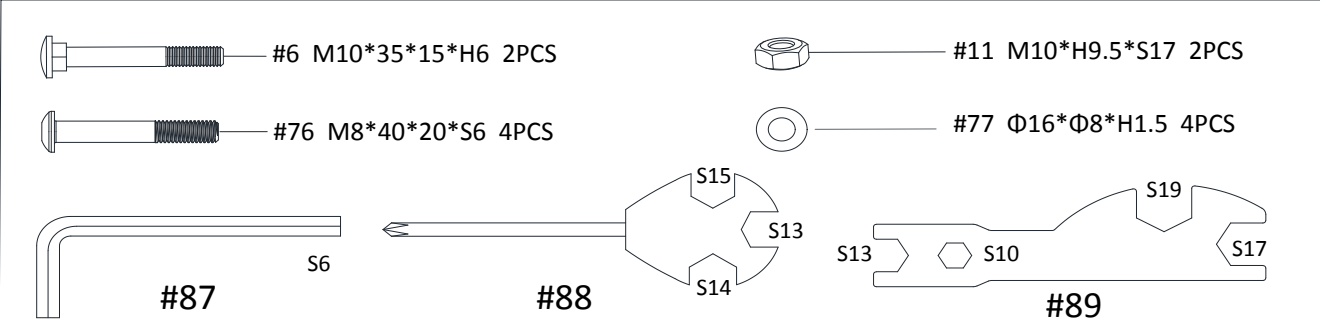
No.	Description	Spec.	Qty
35	Saddle	98-2	1
36	Seat Slider		1
37	Saddle Post		1
38	Adjustment Knob	Φ61*M16*1.5*18*Φ8	3
39	Grommet	Φ12*11*Φ3	1
40	Screw	M6*10*Φ12	2
41	Front Cover	157*152*38.5 HIPS	1
42	Crank Cap	Φ25*7	2
43	Nut	M10*1.25*H7.5*S14	2
44L/R	(Refer to Part #92)		2
45L/R	Crank Arm	170 "L/R"9/16	2
46	Cover For Middle Axle	Φ50*Φ32*33	1
47	C-clip	D17	1
48	Bearing	6203-2RS	2
49	Inner Belt Cover	504*259*23	1
50	Screw	ST4.2*16*Φ8	3
51	Belt Wheel	Φ204*21*5PK	1
52	Middle Axle		1
53	Screw	M10*16*S6	4
54	Belt	5PK520	1
55	Screw	ST4.2*13*Φ8	9
56	Outer Belt Cover	648*264*45	1
57	Nut	M12*1*H19.5*S19	2
58	Inertial Axle	Φ15*165*72*M12*1 *33.5	1
59	Spacer	Φ22*Φ12.5*6	2
60	Adjusting Screw	M6*50*Φ12*5	2
61	Nut	M6*H5*S10	2
62	Nut	M6*H6*S10	2
63	Nut	M12*1*H6*S19	3
64	Bearing	6202-2RS C&U	3
65	Inertial Wheel	18*Φ460*75*30*Φ5 5*42*PK	1
66	Spacer	Φ18*Φ12.2*4	1
67	Inductor		1
68	Magnet		1

PARTS LIST

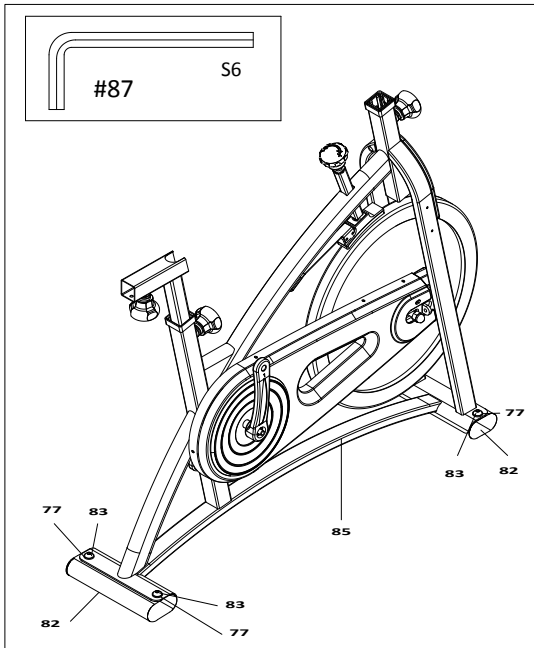
No.	Description	Spec.	Qty
69	Washer	D5*Φ13*1.0	4
70	Water Bottle Holder		1
71	Washer	D5*Φ13*1	2
72	Screw	M5*16*Φ10	2
73	Front Stabilizer		1
74	Foot Leveler	Φ43*14*M8*25	4
75	EndCap	30*70*1.5t	4
76	Screw	M8*40*20*S6	6
77	Washer	D8*Φ16*1.5	4
78	Roll Wheel	Φ42*18*Φ8*22	2
79	Nut	M8*H7.5*S13	2
80	Washer	D8*Φ16*1.5	2

No.	Description	Spec.	Qty
81	Screw	ST4.8*10*Φ8	4
82	Shipping Tube		2
83	Screw	M8*16*S6	4
84	Rear Stabilizer		1
85	Main Frame		1
86	Spacer	Φ18*Φ12.2*11.5	1
87	Allen Wrench	S6	1
88	Spanner	S13-14-15	1
89	Spanner	S13-17-19	1
90L/R	Nylon Nut	9/16*20*H8*S22	2
91	Trunk Wire		1
92L/R	Pedal	YH-76X 9/16"	2

HARDWARE PACKAGE



ASSEMBLY INSTRUCTIONS



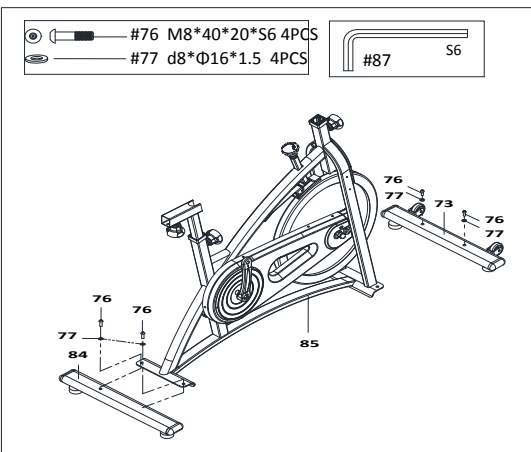
STEP 1:

Remove the **Screws (No. 83)** with **Allen Wrench (No. 87)**, then remove the **Washers (No. 77)** and **Shipping Tubes (No. 82)**.

You may discard these parts or save them in case you would like to repackage the item in the future. [**Screws (No. 83)**, **Washers (No. 77)**, and **Shipping Tubes (No. 82)**]

STEP 2:

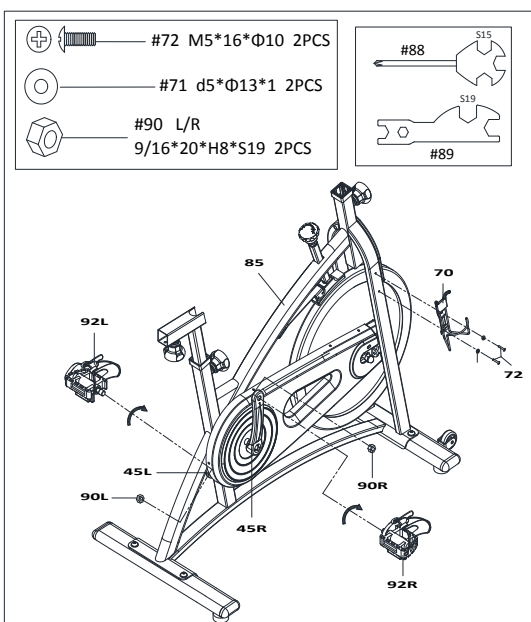
Attach the **Front and Rear Stabilizers (No. 73 & No. 84)** to the **Main Frame (No. 85)** using 4 **Screws (No. 76)** and 4 **Washers (No. 77)**. Tighten and secure with **Allen Wrench (No. 87)**.



STEP 3:

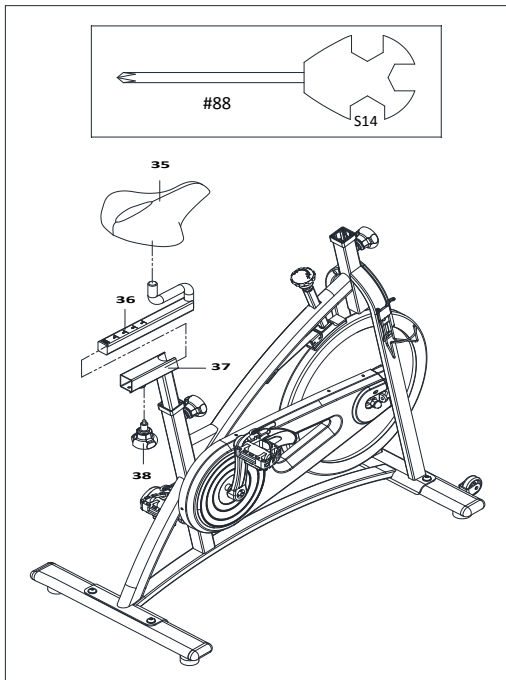
WARNING! Read instructions carefully as improper assembly may cause permanent damage to your bike.

Remove the 2 **Nylon Nuts (No. 90 L/R)** located on the **Pedals (No. 92 L/R)**. Screw the **Left Pedal (No. 92L)** counter-clockwise into its corresponding **Crank (No. 45L)**. Once screwed in place, use the **Spanner (No. 88)** to hold the bolt of the pedal then screw **Nylon Nut (No. 90L)** clockwise into the thread end of the **Left Pedal (No. 92L)**. Secure with **Spanner (No. 89)**.



Screw the **Right Pedal (No. 92R)** clockwise into its corresponding **Crank (No. 45R)**. Once screwed in, use **Spanner (No. 88)** to hold the bolt of the pedal then screw **Nylon Nut (No. 90R)** counter-clockwise into the thread end of the **Right Pedal (No. 92R)**. Secure with **Spanner (No. 89)**.

Remove the preassembled 2 **Screws (No. 72)** and 2 **Washers (No. 71)** from the **Main Frame (No. 85)** using **Spanner (No. 88)**. Attach the **Water Bottle Holder (No. 70)** to the **Main Frame (No. 85)** using the **Screws (No. 72)** and **Washers (No. 71)**.

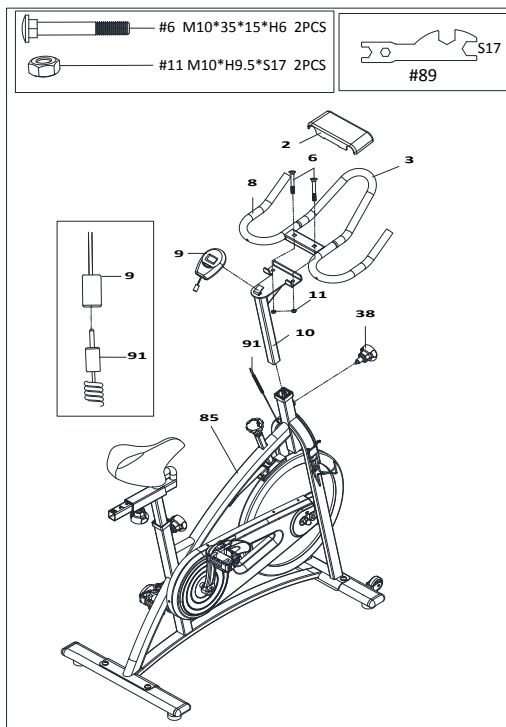


STEP 4:

Loosen and remove the [seat slider] **Adjustment Knob (No. 38)**. Insert **Seat Slider (No. 36)** into the **Saddle Post (No. 37)**. Adjust the **Seat Slider (No. 36)** to the desired position and reinsert and tighten **Adjustment Knob (No. 38)** to secure the post in place.

Secure **Saddle (No. 35)** to the **Seat Slider (No. 36)** with **Spanner (No. 88)**.

NOTE: Before you fully tighten the saddle, you can adjust the front of the saddle higher or lower to meet your needs.



STEP 5:

Loosen and remove the [handlebar] **Adjustment Knob (No. 38)**. Insert **Handlebar Post (No. 10)** into the sleeve located on the front of the **Main Frame (No. 85)**. Adjust the **Handlebar Post (No. 10)** to the desired position and reinsert and tighten the **Adjustment Knob (No. 38)** to secure the post in place.

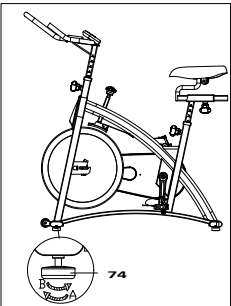
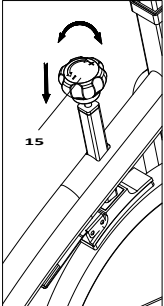
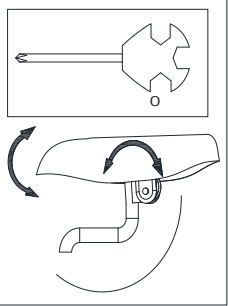
Secure **Handlebar B (No. 8)** to **Handlebar Post (No. 10)** using 2 **Bolts (No.6)** and 2 **Nuts (No.11)**. Tighten and secure with **Spanner (No. 89)**.

Attach **Handlebar Cover (No. 2)** to the middle of the **Handlebar B (No. 8)** as shown above.

Attach the **Computer (No. 9)** to the bracket located on the **Handlebar Post (No. 10)**. Connect the link wire of the **Computer (No. 9)** to the **Trunk Wire (No. 91)**.

The assembly is complete!

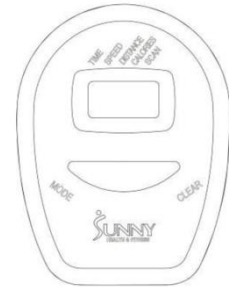
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EXERCISE COMPUTER

SPECIFICATIONS:

TIME-----00:00-99:59 MIN:SEC
SPEED-----0.0-999.9 ML/H
DISTANCE-----0.00-99.99 ML
CALORIES-----0.0-999.9 KCAL



FUNCTION KEY:

MODE: Press to select function (Scan, Time, Speed, Distance, Calories).

CLEAR: Press to reset value. Press and hold for 3 seconds to reset all values. This function is only available when the bike is stopped and the computer is not in SCAN mode.

OPERATION PROCEDURES:

1. AUTO ON/OFF: If the belt is put into motion or the **MODE** button is pressed, the computer will activate and will remain active unless there is without a signal for approximately 4 minutes. The monitor power will turn off automatically.

2. MODE: To select the LOCK MODE setting press the **MODE** button when the pointer on the function you wish is displayed release your finger off the button. Once locked, only the selected function will be displayed.

FUNCTIONS:

TIME: Counts the total time of an exercise from start to finish.

SPEED: Displays the current speed being obtained.

DISTANCE: Counts the total distance of an exercise from start to finish.

CALORIES: Counts the total amount of calories burned during an exercise start to finish.

SCAN: Automatically displays functions in the following order shown: time, speed, distance, calories (repeat).

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 of batteries according to your state and regional guidelines.

MAINTENANCE INSTRUCTIONS

This is general information for daily, weekly and monthly maintenance to be performed on your bike.

<p>DAILY MAINTENANCE</p> <p>After each exercise session, wipe down all the equipment: seat, frame, handlebars. Pay special attention to the seat post, handlebar post and belt guard. Sweat is very corrosive and may cause problems that require parts replacement later.</p> <ol style="list-style-type: none">1. Get on the bike and engage the drive train.2. Pay attention to any vibrations felt through the pedals. If you feel any vibrations, you may need to tighten the pedals, bottom bracket, or adjust the drive chain tension.3. Use a wrench to tighten the pedals until they are secure.	<p>MONTHLY MAINTENANCE</p> <ol style="list-style-type: none">1. Check all hardware is secure, such as: water bottle holder, flywheel nuts, belt guard bolts, brake caliper lock nuts and brake caliper tension rod nuts.2. Inspect the brake tension rod for signs of wear such as missing threads. Clean and lubricate the brake tension rod.3. Clean and lubricate the seat post, handlebar post and seat slider. Remove any build up of foreign material.
<p>WEEKLY MAINTENANCE</p> <ol style="list-style-type: none">1. Inspect moving parts and tighten the hardware.2. Inspect pull pin frame fittings, making sure the fittings are snug. Loose frame fittings may strip out threads over time and cause extensive damage.3. Clean and lubricate pop pin assemblies. Pull on the pin and spray a small amount of lubricant onto the shaft.4. Tighten the seat hardware, making sure5. the seat is level and centered.6. Brush and treat the resistance pads. Remove any foreign material that may have collected on the pads. Spray the pads with silicone lubricant. This helps to reduce noise from friction between the pads and the flywheel.7. Visually inspect the bottom bracket, toe clips and toe straps. If any of them are loose or disconnected, attach and tighten.	