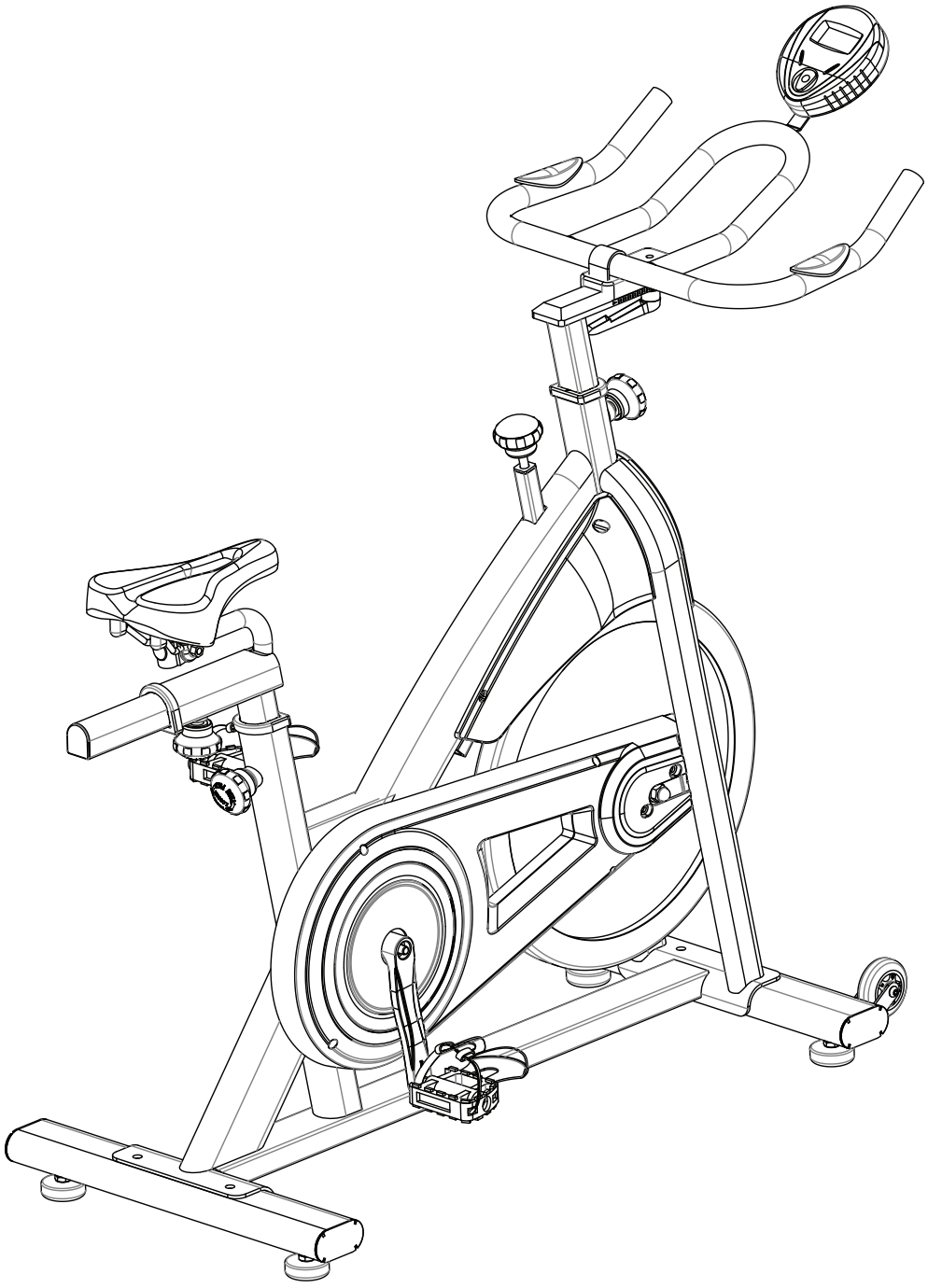
SUNLITE

F7S

TRAINER CYCLE

USER'S MANUAL



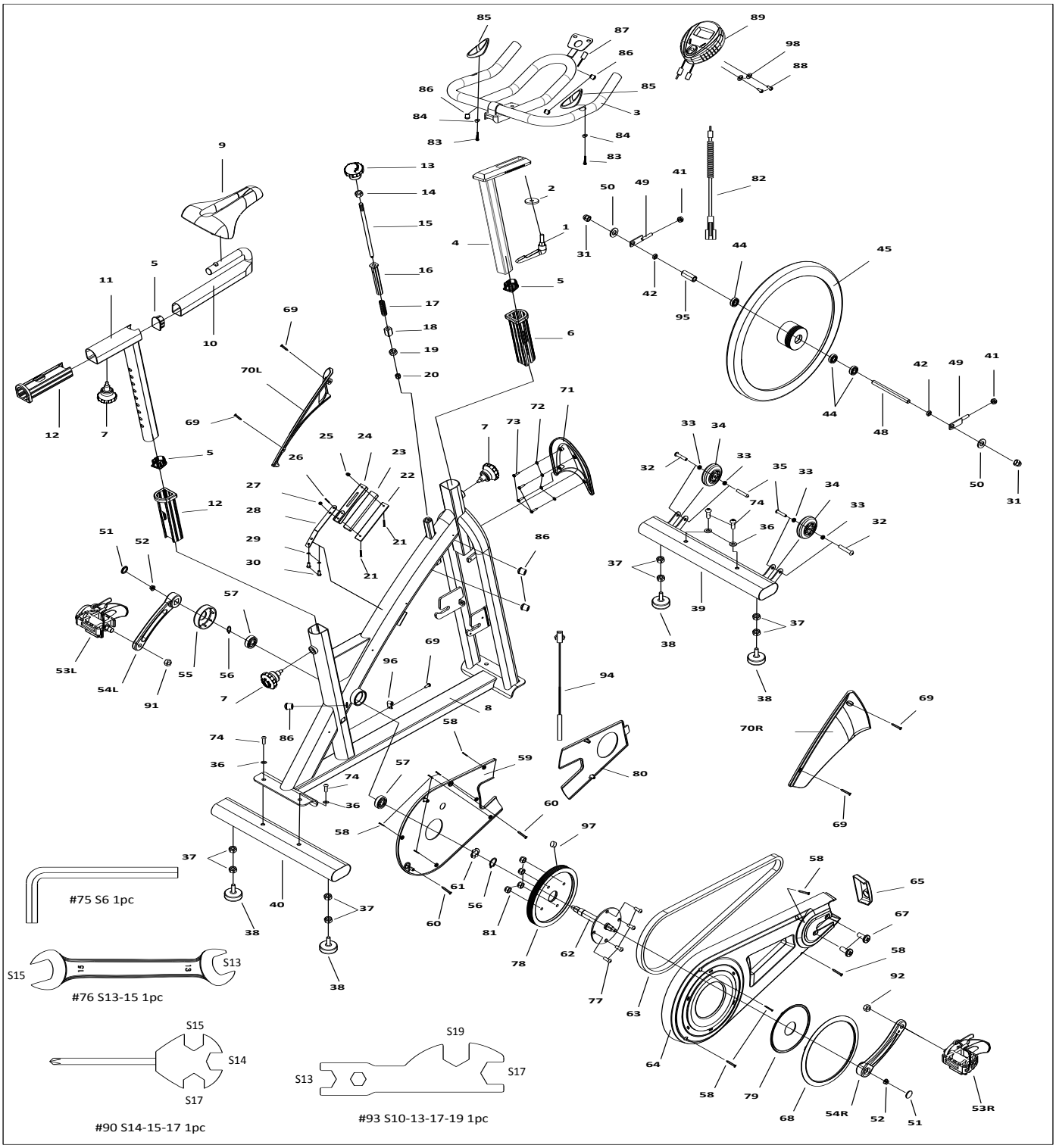
IMPORTANT SAFETY INFORMATION

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 theequipment 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	Qty.
1	M10 L Shape Knob	1
2	Washer d10*Φ40*3.0	1
3	Handlebar	1
4	Handlebar Post	1
5	End Cap PTB35*41*1.5*L20	3
6	Bushing PT45*51*PT35*41*L198	1
7	Adjustment Knob M16*1.5*18*Φ56	3
8	Main Frame	1
9	Seat	1
10	Seat Slider	1
11	Seat Post	1
12	Bushing PTB45*51*2.0*PTB35*41*L198	2
13	Tension Knob Φ58*44*M8*18	1
14	Nut M8*H5.5*S14	1
15	Brake Rod Φ10*270*M8*20*M6*7*M10*9	1
16	5 Bushing 20*20*120	1
17	Spring Φ2.0*Φ15*54*N12	1
18	Nut 15*15*25*M10	1
19	Nut M10*H5.5*S17	1
20	Nut M6*H11*S10	1
21	Screw M5*20*Φ8.5	2
22	Cow Leather t4*25*138	1
23	EVA Pad 10*22*77	1
24	Brake Block 12*25*138	1
25	Nut M5*H9*S8	1
26	Screw M5*12*Φ10	1
27	Nut M5*H4*S8	1
28	Spring Piece t2.0*15.8*153	1
29	Washer d6*Φ16*1.5	2
30	Bolt M6*16*S10	2
31	Nut M12*1*H19.5*S19	2
32	Screw Φ7.8*30*M6*15	2
33	Bearing 608ZZ	4
34	Transport Wheel Φ71*Φ19*24	2
35	Screw M6*12*S5	2
36	Washer d10*Φ20*2.0	4
37	Nut M10*H7*S17	8
38	Adjustable Pad M10*30*Φ52*49	4
39	Front Stabilizer	1

No.	Description	Qty.
40	Rear Stabilizer	1
41	Nut M8*H7.5*S13	2
42	Nut M12*1*H6*S19	2
43	*See revised part no.95*	-
44	Bearing 6202-2RS C & U	3
45	Flywheel 18*Φ460*80*30*Φ55*42*PK	1
46	*See revised part no.94*	-
47	*See revised part no.97*	-
48	Inertial Axle Φ15*166*M12*1*31*31	1
49	Adjusting Screw	2
50	Washer d12*Φ24*2	2
51	Crank Cap Φ25*7	2
52	Nut M10*1.25*H7.5*S14	2
53L/R	Pedal 9/16	2
54 L/R	Crank Arm 170 9/16	2
55	Cover for Middle Axle Φ50*Φ32*33	1
56	C Clip d20	2
57	Bearing 6004-2RS	2
58	Screw ST4.2*16*Φ8	9
59	Inner Chain Cover 438*309*17.3	1
60	Screw ST4.8*16*Φ10	2
61	Wave Washer d20*Φ26*0.3	1
62	Middle Axle Φ20*184*43*10.5*74.5	1
63	Belt 5PK1320	1
64	Outer Chain Cover 703*315*56.5	1
65	Front Cover 110*43*23	1
66	N/A	-
67	Screw M6*10*Φ12	2
68	Circle Φ236*203*4	1
69	Screw ST4.2*16*Φ10.5	5
70L/R	Cover for Cant Beam 330*131.3*61.5	2
71	Upper Cover for Flywheel 195*161*31	1
72	Washer d5*Φ13*1	4
73	Screw ST4.8*10*Φ8	4
74	Screw M10*25*S6	4
75	Allen Wrench S6	1
76	Open Wrench S13- S15	1
77	Screw M10*20*S6	4
78	Belt Wheel Φ204*21*5PK	1

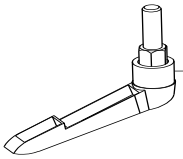
PARTS LIST

NO.	Description	Qty.
79	Crank Cover Φ162.8*8	1
80	Blanking Plate	1
81	Nut M10	4
82	Sensor Wire	1
83	Screw ST4*19*Φ7	2
84	Washer d6*Φ12*1	2
85	Handle Pulse	2
86	Grommet Φ12	6
87	Handle Pulse Wire	1
88	Screw M5*10	2

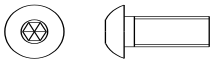
NO.	Description	Qty.
89	Computer	1
90	Spanner S14-15-17	1
91	Left Nylon Nut 9/16*20*H8*S22	1
92	Right Nylon Nut 9/16*20*H8*S22	1
93	Spanner S10-13-17-19	1
94	Inductor	1
95	Spacer Φ20*Φ15.1*28	1
96	Grommet Φ16	1
97	Round Magnet Φ10*4	1
98	Washer d4.2*Φ12*0.8	4

HARDWARE PACKAGE

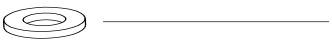
#2 d10*0 ∅ 40*3 2PC



#1 M10 1PC



#74 M10*25*S6 4PCS
#36 d10*20*2.0 4PCS



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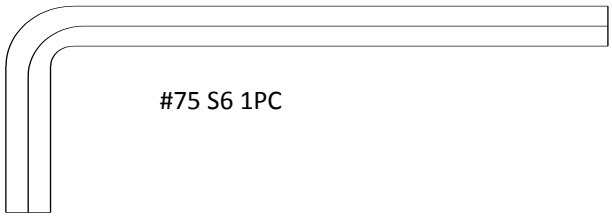
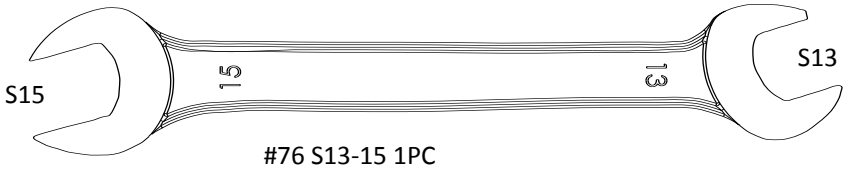
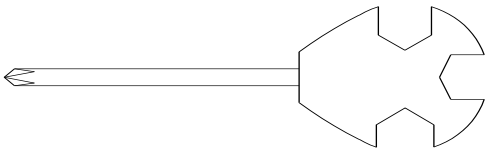


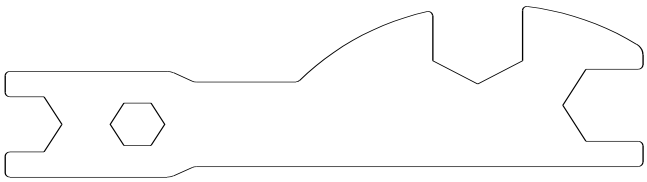
#75 S6 1PC



#76 S13-15 1PC



#90 S14-15-17 1PC

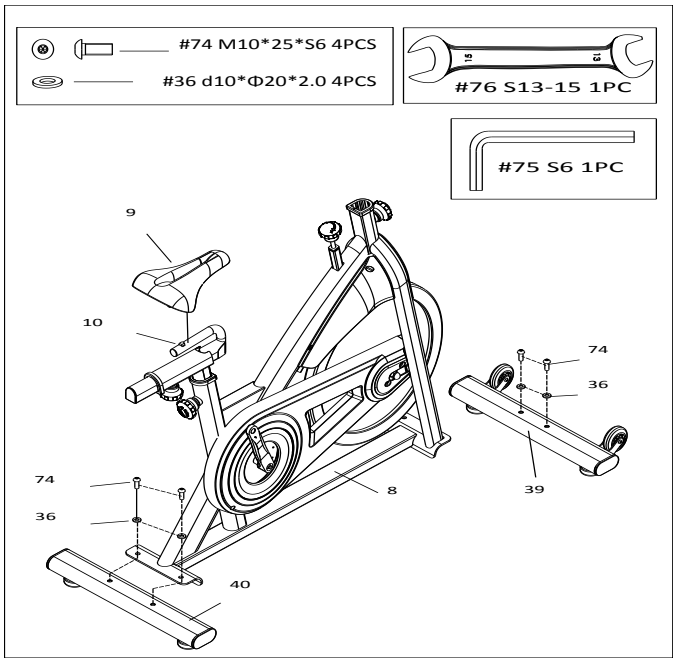


#93 S10-13-17-19 1PC

ASSEMBLY INSTRUCTIONS

STEP 1:

Attach **Front** and **Rear Stabilizers (No.39/40)** to the **Main Frame (No.8)** using 4 **Screws (No.74)** and 4 **Flat Washers (No.36)**. Tighten and secure with **Allen Wrench (No.75)**.



Attach **Seat (No.9)** to **Seat Slider (No.10)**, and tighten and secure with **Open Wrench (No.76)**.

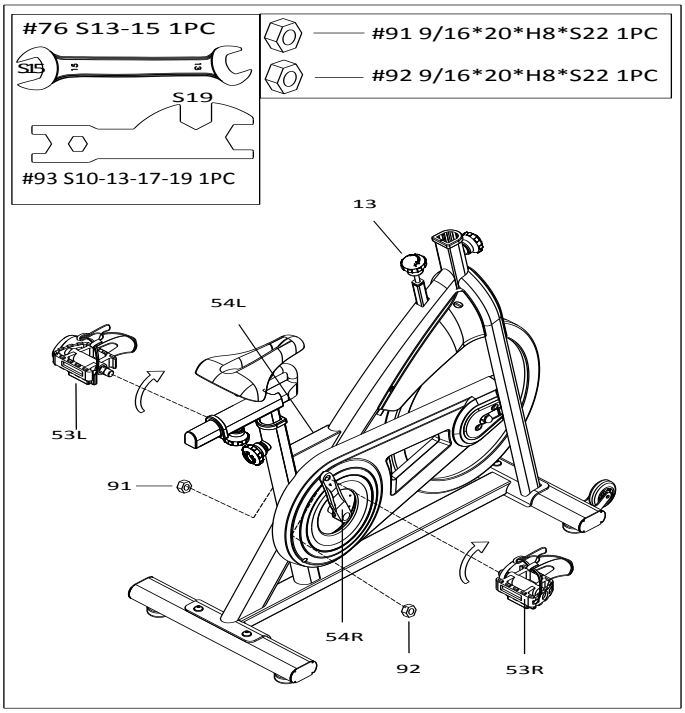
NOTE: Adjust the seat, so the front of the seat is higher or lower for your comfort.

STEP 2:

Connect the **Pedals (No.53 L/R)** onto the **Crank Arms (No.54 L/R)**. Before you begin, immobilize the crank arms by turning the **Tension Knob (No.13)** all the way to the right.

NOTE: The **Pedals (No.53 L/R)** are marked **L** for the left pedal and **R** for right pedal.

Remove the 2 **Nylon Nuts (No.91/92)** from the **Pedals (No.53 L/R)**.



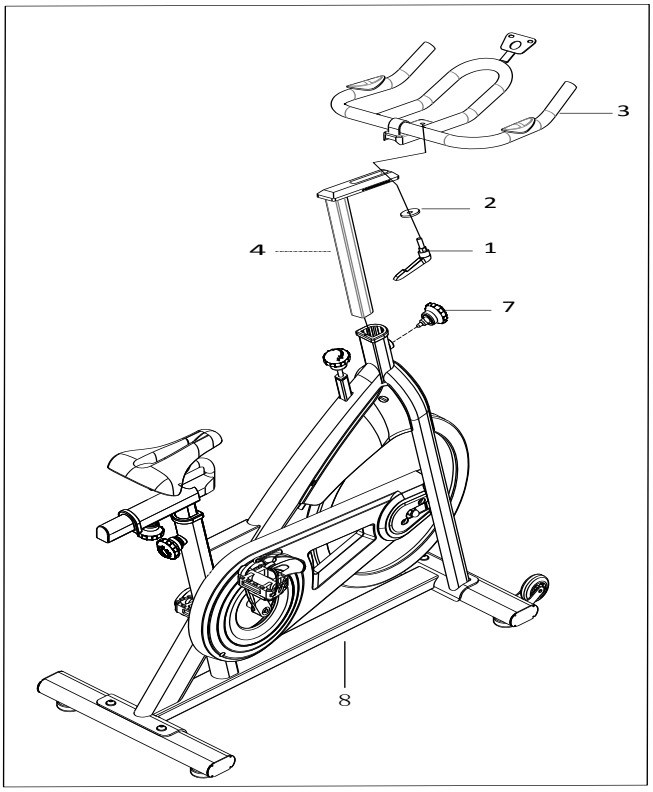
Screw the **Left Pedal (No.53L)** ***COUNTER-CLOCKWISE*** into the **Left Crank Arm (No.54L)**. Once properly screwed into the place, use the **Open Wrench (No.76)** to hold the bolt of the pedal and screw the **Left Nylon Nut (No.91)** ***CLOCKWISE*** to the thread end of the **Left Pedal (No.53L)** securely with **Spanner (No.93)**.

Screw the **Right Pedal (No.53R)** ***CLOCKWISE*** into the **Right Crank Arm (No.54R)**. Once properly screwed into the place, use the **Open Wrench (No.76)** to hold the bolt of the pedal and screw the **Right Nylon Nut (No.92)** ***COUNTER-CLOCKWISE*** to the thread end of the **Right Pedal (No.53R)** securely with **Spanner (No.93)**.

STEP 3:

Loosen and remove the **Adjustment Knob (No.7)**. Insert the **Handlebar Post (No.4)** into the tube located on the front of the **Main Frame (No.8)**. Adjust the **Handlebar Post (No.4)** to the desired position then secure it in place by reinserting and tightening the **Adjustment Knob (No.7)**.

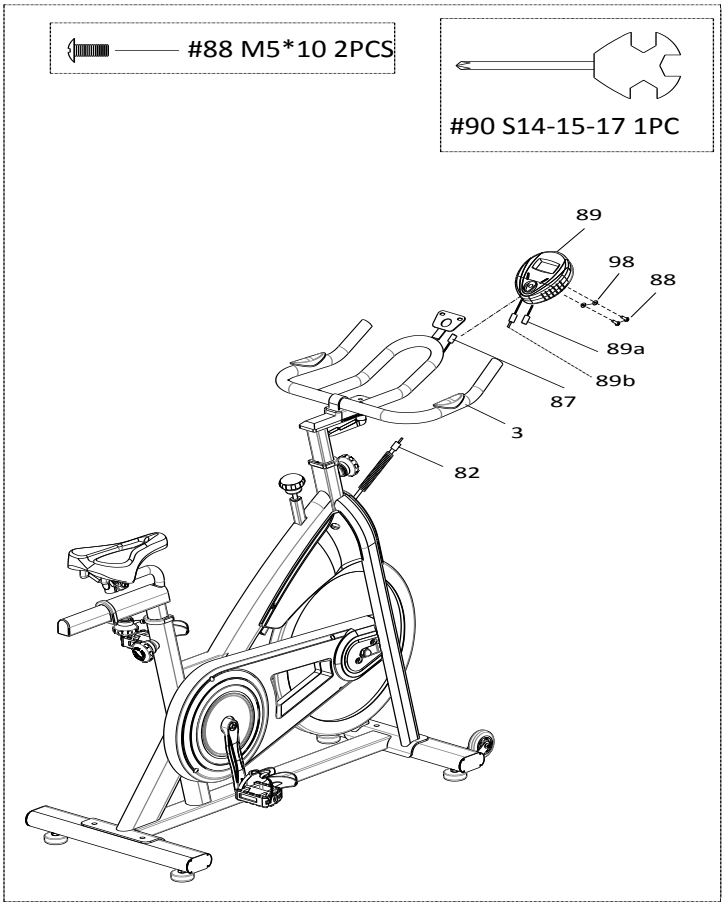
Attach the **Handlebar (No.3)** to the **Handlebar Post (No.4)** , insert the **L shape Knob (No.1)** with **Washer (No.2)** to the **Handlebar Post (No.4)** .



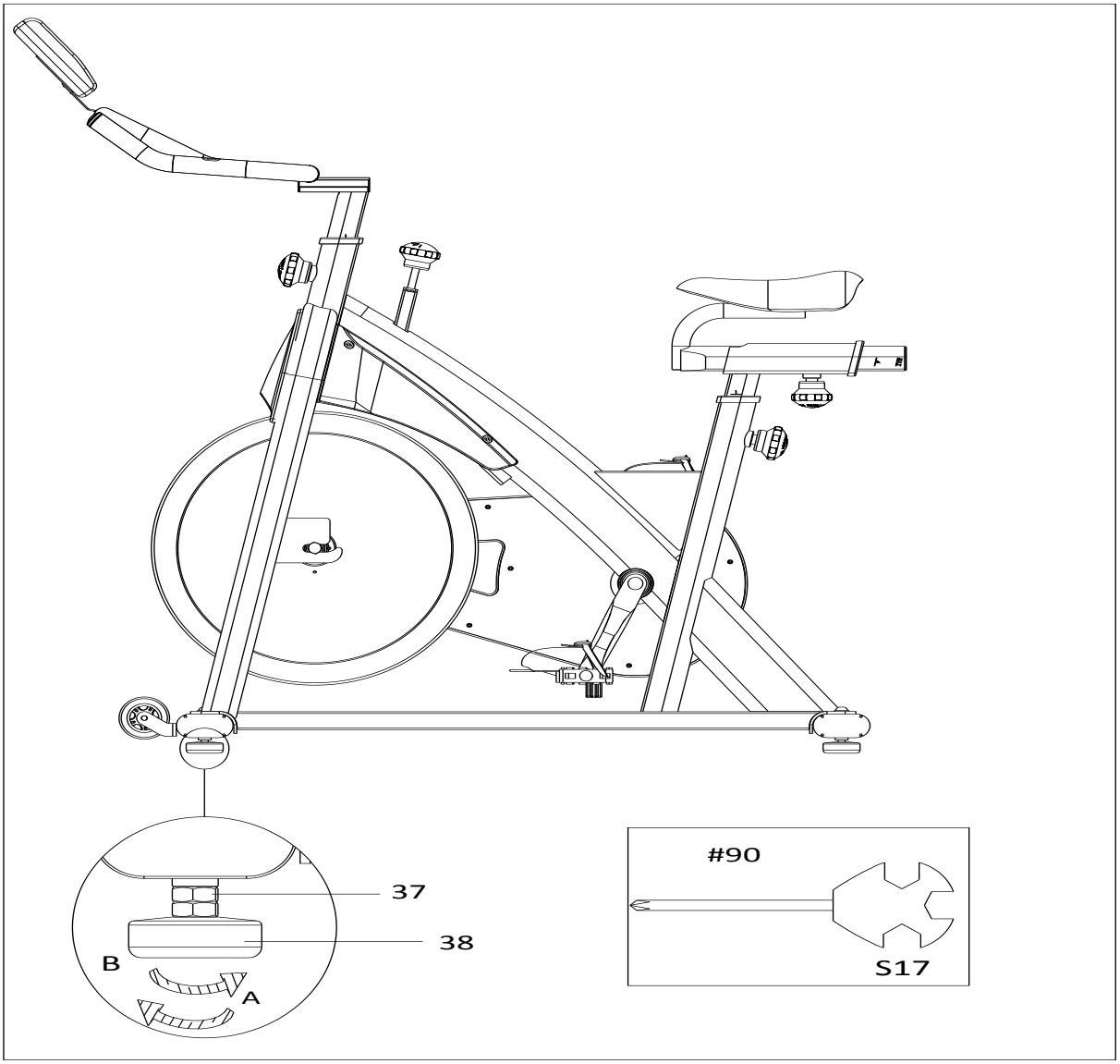
STEP 4:

Use the **Spanner (No.90)** to remove pre-assembled 4 **Screws (No.88)** from the back of the **Computer (No.89)** at first. Then attach the **Computer (No.89)** to the bracket located on the **Handlebar (No.3)** using 2 **Screws (No.88)** by the **Spanner (No.90)**. Connect the link wire of the **Computer (No.89a)** with the **Sensor Wire (No.82)**; connect the **Handle Pulse Wire (No.87)** with the link wire of **Computer (No.89b)**.

Assembly is now complete!

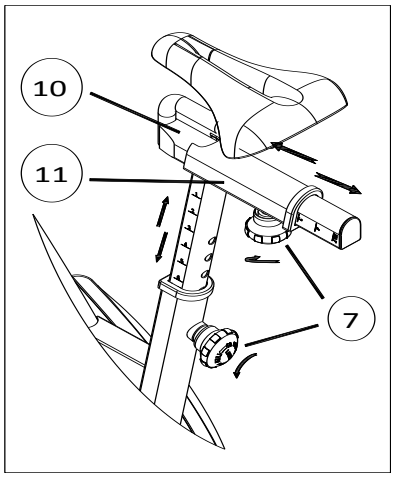


ADJUSTMENTS GUIDE



ADJUSTING THE HEIGHT AND BALANCE

In order to achieve a smooth and comfortable ride, you must ensure that the stability of the bike is secured. If you notice that the bike is unbalanced during use, you should alter the foot levelers located beneath the Front and Rear Stabilizers of the bike. To do so, use **Spanner (No.90)** to loosen **Nut (No.37)** by turning it *clockwise* (direction A). With the nut loosened, rotate the **Adjustable Pad (No.38)** until it sits level with the surface that the bike is on. When you have finished adjusting the foot leveler, use **Spanner (No.90)** to re-tighten the **Nut (No.37)** by turning it *counter-clockwise* (direction B). If required, repeat this process to alter the remaining adjustable pads.

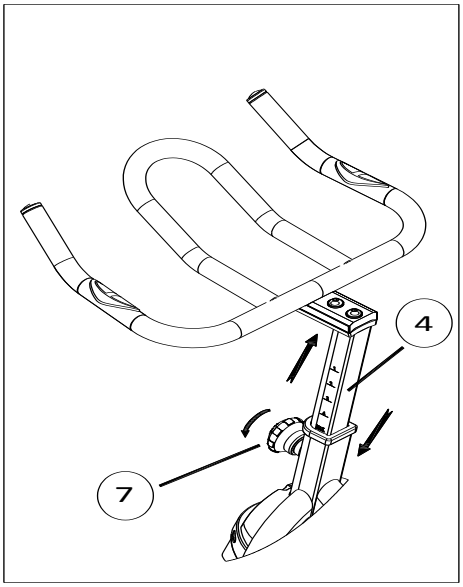


ADJUSTING THE SEAT

The seat on this bike is fully adjustable. It can move *Up*, *Down, Forward, and Backward.*

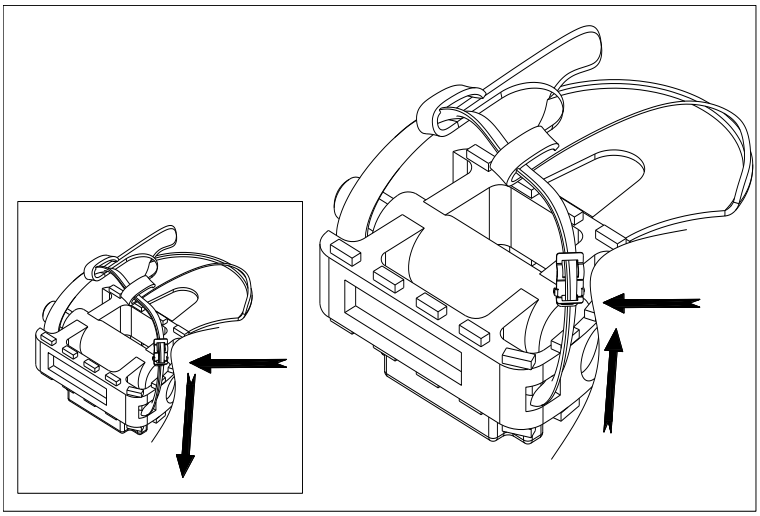
To adjust the height of the **Seat Post (No.11),** loosen and pull the **Adjustment Knob (No.7)** outward, then raise or lower the seat to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No.7)** to secure the seat in place.

To adjust the seat back and forth, loosen and pull **Adjustment Knob (No.7)** outward, then slide the **Seat Slider (No.10)** to the desired position. Once positioned, re-insert and tighten the **Adjustment Knob (No.7)** to secure the seat slider tube in place.



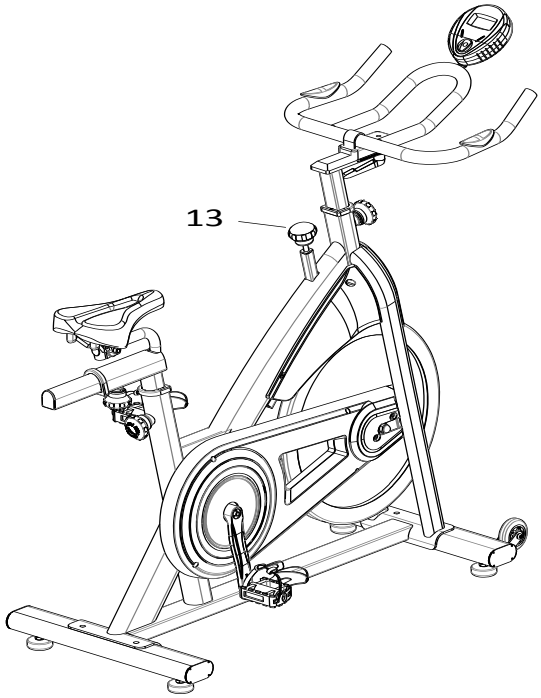
ADJUSTING THE HANDLEBAR

It is important that the handlebar and seat are both set to the correct height of your body. To adjust the handlebar height, loosen and pull the **Adjustment Knob (No.7)** outward, then slide the **Handlebar Post (No.4)** up or down to the desired height. Once adjusted re-insert and tighten the **Adjustment Knob (No.7)** to secure the handlebar post in place.



PEDAL STRAP ADJUSTMENT

Your feet should be secured in the toe clips during exercise. Place your feet as far forward into the toe-clips as you can. With your feet in place, turn the crank to bring one foot to within arm's reach, grasp the pedal strap and pull it upward to tighten the toe-clip cage, then insert the strap back into the hoop of the toe-clip. Repeat this process to secure your other foot.



ADJUSTING THE RESISTANCE

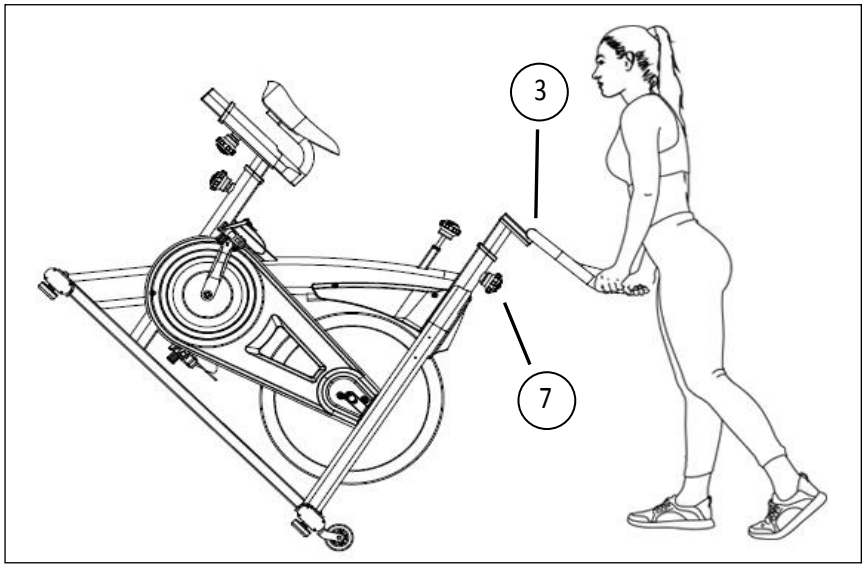
Adjust the resistance of the bike using the **Tension Knob (No.13)**. Increase the level of resistance by turning the tension knob to the RIGHT *(clockwise),* decrease the level of resistance by turning the tension knob to the LEFT *(counter-clockwise).*

MOVING THE BIKE & BRAKING / DISMOUNTING

TRANSPORTING THE BIKE

To move the bike, first ensure that the **Handlebar (No.3)** is properly secured. If the handlebar is loose, tighten the **Adjustment Knob (No.7)** to secure it. Next, stand at the front of the bike so that you're directly in front of the handlebar. Firmly grasp and hold each side of the handlebar, place one foot on the front stabilizer and tilt the bike towards you until the transportation wheels on the front stabilizer touch the ground. With the wheels on the ground, you can transport the bike to the desired location with ease.

NOTE: When moving the bike, always use caution as unexpected impact, such as dropping the bike, may cause injury and affect the bike's performance.



EMERGENCY BRAKE

During use, users can stop the bike immediately by pushing down on the **Tension Knob (No.13).** Pushing down on the tension knob will enforce the brake and bring the bike to a complete stop.

DISMOUNTING

For your safety, it is recommended that you never attempt to dismount or remove your feet from the pedals until both the flywheel and pedals/crank have come to a complete stop. Failure to follow this recommendation may lead to loss of control and/or serious injury.

Here are a few examples of how to safely dismount the bike:

1. Reduce the pedal speed until the pedals/crank come to a complete stop.
2. Increase the resistance until the pedals/crank come to a complete stop.
3. Push and hold the tension knob down until the pedals/crank come to a complete stop.

EXERCISE COMPUTER WITH PULSE

FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions. If the long time holds down MODE button down for resetting time, distance and calories.

FUNCTION AND OPERATIONS:

1. SCAN: Press "MODE" button until "SCAN" appears, monitor will rotate through all the 6 functions Time, speed, distance, ODO, calorie, pulse, Each display will be hold 5 seconds.
2. TIME: Count the total time from exercise start to end.
3. SPEED: Display current speed.
4. DIST: Count the distance from exercise start to end.
5. CALORIES: Count the total calories from exercise start to end.
6. ODO: The total distance which this function is refers to from battery capacity period runs.
7. PULSE: Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place Your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 6~7 seconds.
   Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value cannot be regarded as the basis of medical treatment.

NOTE：

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.
3. The monitor will be auto-powered on when starting to exercise push button w/signal in.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

SPECIFICATIONS:

FUNCTION	AUTO SCAN	Every 5 seconds
	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 999.9(ML)KM/H
	TRIP DISTANCE	0.0~9999(ML)KM
	CALORIES	0.0~9999kCAL
	ODO	0.0~9999((ML)KM
	PULSE RATE	40~240BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

MAINTENANCE INSTRUCTIONS

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

DAILY MAINTENANCE

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.

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.

MONTHLY MAINTENANCE

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.

WEEKLY MAINTENANCE

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 sure
5. 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.