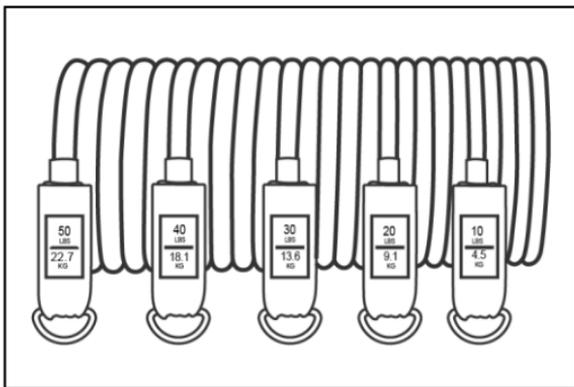




RESISTANCE TUBE SET NO. 089 COMBO



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 1-877-90SUNNY (877-907-8669).



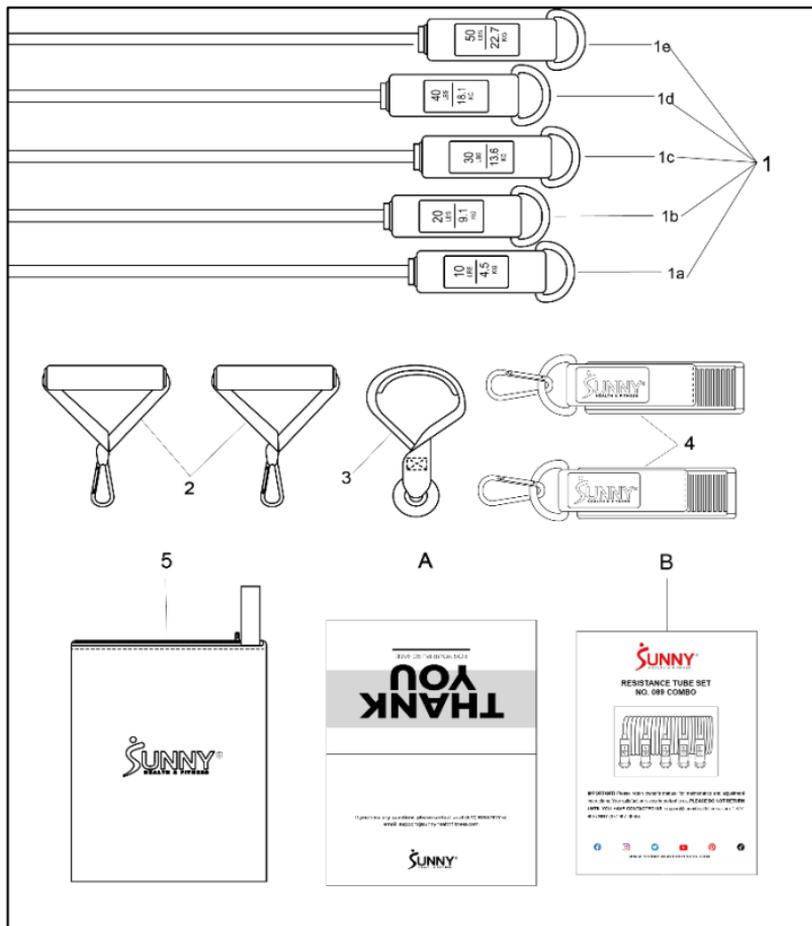
WWW.SUNNYHEALTHFITNESS.COM

GENERAL INSTRUCTION

1. Before starting any exercise program, you should consult your physician
2. Always warm up before exercise.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of uncomfortable symptoms.
4. . Before exercising with this product, be sure that your equipment is in good condition Do not use the product if you find wear or damage
5. Start your resistance exercise with a relatively low resistance level, progressively increasing the level as you progress.
6. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
7. 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.

PARTS LIST

Before you start to assemble, please make sure all parts are included.



PARTS LIST

No.	Description	Spec.	Qty.
1	Resistance Tube	10LBS/4.5KG	1
2	Resistance Tube	20BS/9.1KG	1
3	Resistance Tube	30LBS/13.6KG	1
4	Resistance Tube	40 LBS/18.1KG	1
5	Resistance Tube	50 LBS/22.7KG	1
6	Handle		2
7	Door Anchor		1
8	Ankle Strap		2
9	Carry Bag		1
A	Thank You Card		1
B	User Manual		1

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

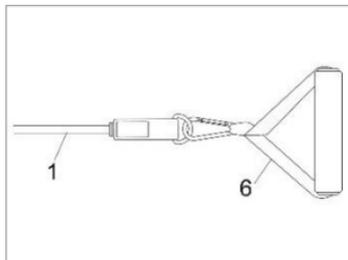
Please provide the following information in order for us to accurately identify the part(s) needed:

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

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

WORKOUT EXERCISES

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).

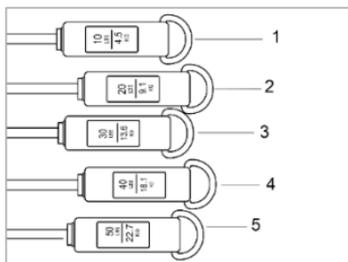


Fasciculus Medius

Deltoideus Medius

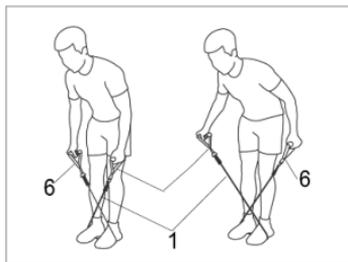
Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the **2 Handles (No. 6)**.

Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.



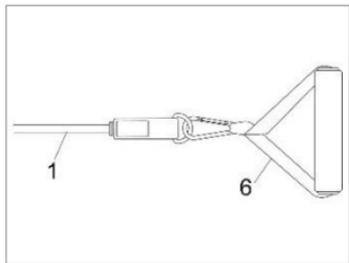
Stand on the **Resistance Tube (No. 1)**. Hold **2 Handles (No. 6)** on both sides of the body, chest raised, body tilted slightly forward and arms slightly bent.

Lift and extend the arms when exhaling. Stop when the joint is at the same height as the shoulder, and return to the initial position by inhalation.



Action Points: Keep the arms bent, the starting point is in the deltoid muscle of the shoulder.

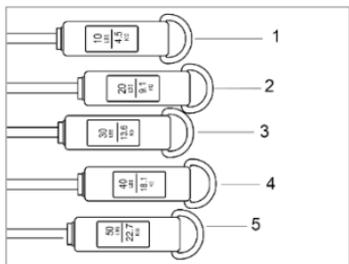
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



Posterior Deltoid

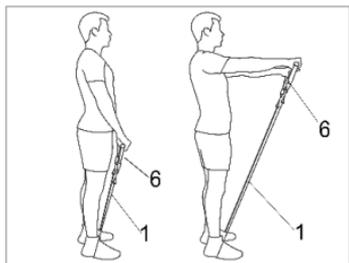
Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the **2 Handles (No. 6)**

Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.

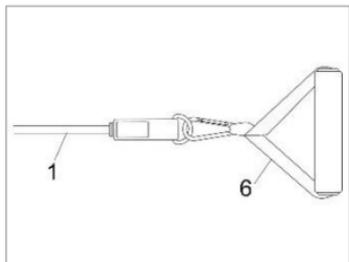


Stand on the **Resistance Tube (No. 1)** with your feet Slightly apart. Bend your knees slightly, bend your hips and keep your back straight, Hold the **2 Handles (No. 6)** with both hands, keeping elbows slightly flexed.

When exhaling, both hands are held parallel to the ground on both sides. When inhaling, both hands return to the original position.



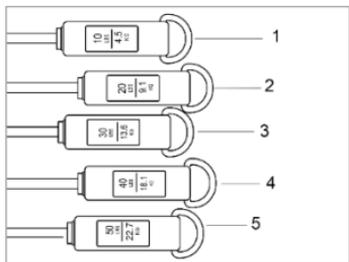
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Biceps Brachii

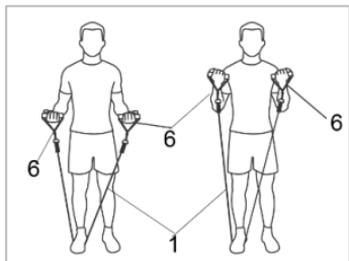
Clip the two ends of **Resistance Tube (No. 1)** to the metal ring on the **2 Handles (No. 6)**

Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.



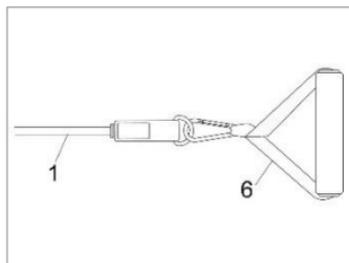
Stand on the **Resistance Tube (No. 1)** with shoulders down and chest out, hold the **2 Handles (No. 6)** on both sides of your body, palms forward and upper arms close to your body.

Exhale as you bend the arms upward to complete contraction of biceps brachii muscles. Return to the initial position when inhaling.



Action Points: The upper arms should be close to both sides of the body. Don't open, but you can move slightly back and forth.

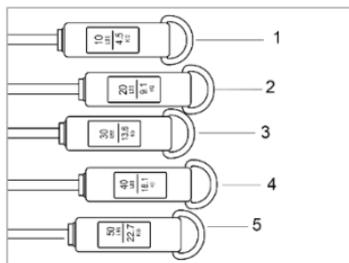
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



Latissimus Dorsi

Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the **2 Handles (No. 6)**

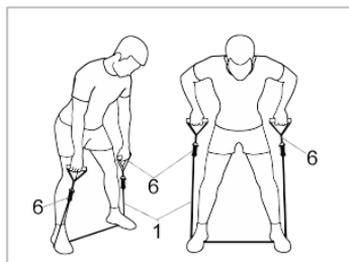
Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.



Stand the **Resistance Tubes (No. 1)**, with your feet shoulder-width apart. Bend down to the ground.

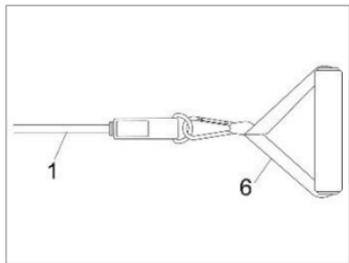
Hold the **2 Handles (No. 6)** on both sides of the body.

When exhaling, pull the **Resistance Tube (No. 1)** up on both sides and return to the initial position by inhalation.



Action Points: Make sure that the power is generated from the latissimus dorsi muscle.

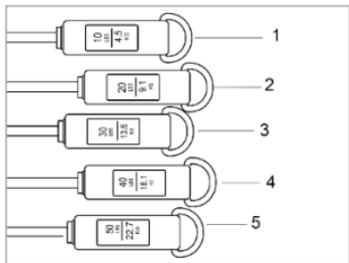
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



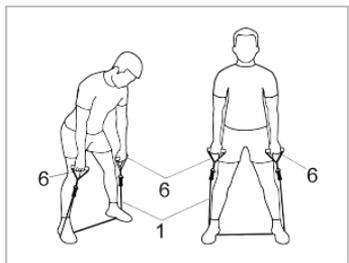
Erector Spine

Clip two ends of **Resistance Tube (No.1)** to the metal ring on the **2 Handles (No. 6)**

Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.

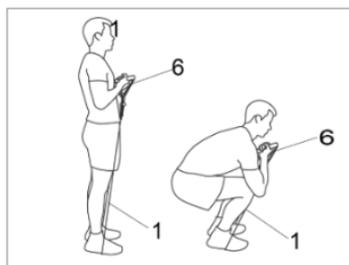
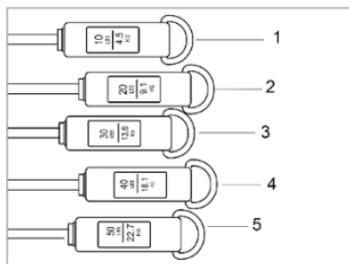
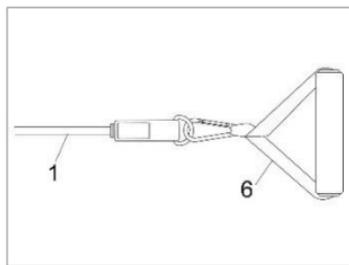


Stand parallel on **Resistance Tube (No. 1)**. Bent your knees until your thighs are parallel to the ground. Tilt your upper body forward, keep your back straight and hold the **2 Handles (No. 6)** on both sides of your body. Inhale. When exhaling, tighten the waist and abdomen, stand up slightly with your upper body straight, pause for 2 seconds, and return to the initial position by inhalation.



Action Points: Keep your back straight and feel the waist and abdominal force.

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Quadriceps Femoris

Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the **2 Handles (No. 6)**

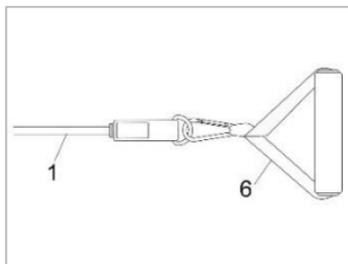
Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.

Stand on **Resistance Tube (No. 1)** with feet shoulder-width apart, knees slightly bent. Slightly straighten chest and abdomen, holding **2 Handles (No. 6)** with both hands in front of the chest.

When inhaling, bend your knees and squat until thighs are parallel to the ground. The direction of the knees should be the same as the direction of the toes. The upper body leans forward, keeping the back straight and the eyes fixed in front. Exhale while returning to the original position.

Action Points: Keep the hand posture unchanged and feel the strength of your quadriceps femoris.

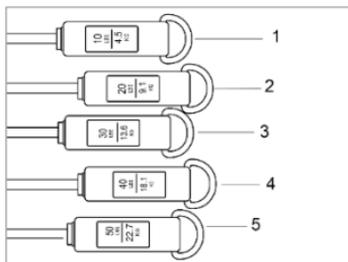
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



Calf Muscle

Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the **2 Handles (No. 6)**

Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust you exercise level.

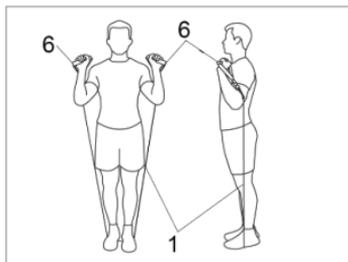


Stand on the **Resistance Tube (No. 1)**. with your toes. Keep feet shoulder-width apart, slightly straighten the chest and abdomen, hold the **2 Handles (No. 6)** behind your arms and above your shoulders on both sides, palms forward.

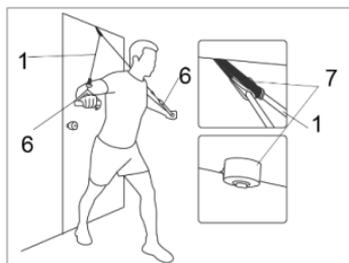
Keep your back straight and keep your eyes to the front. Inhale.

When exhaling, stand on tiptoe and hold for 1-2 seconds. Inhale and return down.

Action Points: Keep the hand posture unchanged and feel the strength of your calf muscles.

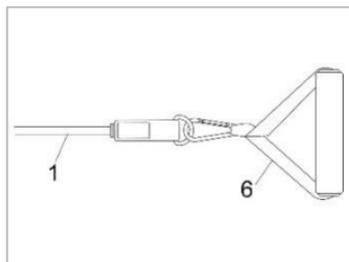


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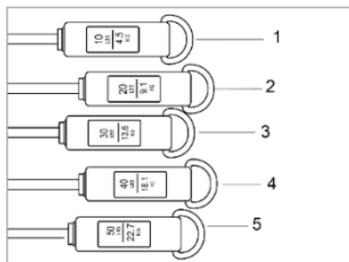
Triceps Brachii

Place the foam of the **Door Anchor (No. 7)** inside the door in the upper, close the door to fix the **Door Anchor (No. 7)**, Loop the **Resistance Tube (No. 1)** to the other end of the **Door Anchor (No. 7)**.



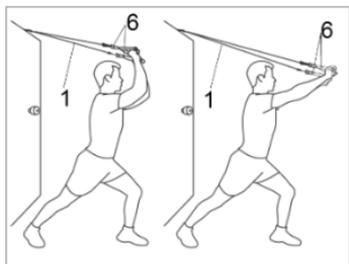
NOTES: Always make sure the door is securely closed to clamp the **Door Anchor (No. 7)**.

Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the 2 **Handles (No. 6)**



Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.

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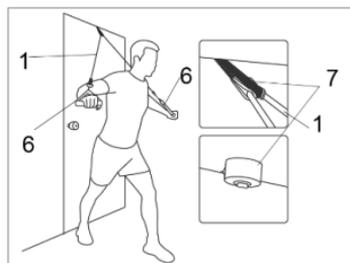


Triceps Brachii

Stand with your feet back and forth to the door. Bend down at the waist, keeping your back straight with knees slightly ben. Hold the 2 **Handles (No. 6)** with your palms down, arms close to your body and inhale. Push to straighten your arms downward as you exhale, and return to the initial position by inhaling.

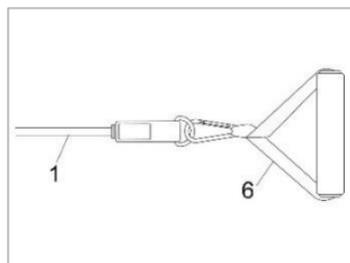
Action Points: Keep the arms straight. The starting point is in the triceps brachii muscle.

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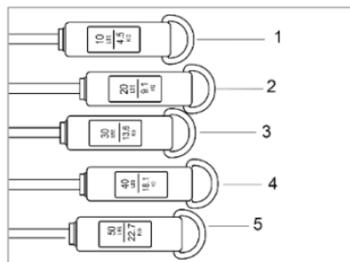
Trapezius Muscle

Place the foam of the **Door Anchor (No. 7)** inside the door in the upper, close the door to fix the **Door Anchor (No. 7)**, Loop the **Resistance Tube (No. 1)** to the other end of the **Door Anchor (No. 7)**.



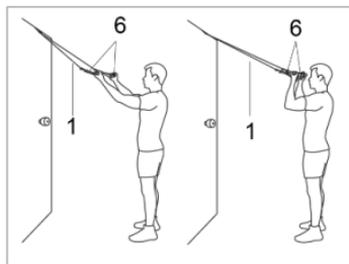
NOTES: Always make sure the door is securely closed to clamp the **Door Anchor (No. 7)**.

Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the 2 **Handles (No. 6)**



Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.

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Trapezius Muscle

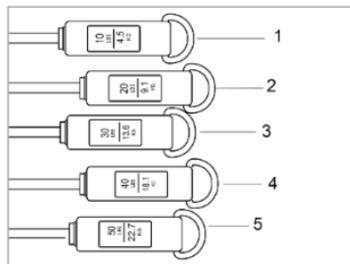
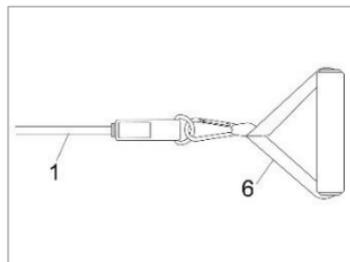
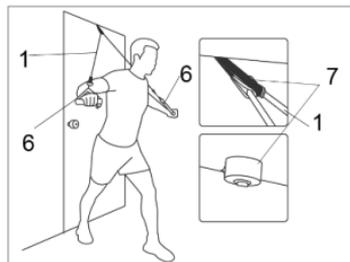
Stand facing the door and hold the 2 **Handles (No. 6)** on both sides of the body, while leaning forward slightly with straightened chest, slightly bent arms and contracted scapula. Inhale.

As you exhale, pull your hands down to your thighs and then inhale back to the initial position

Action Points: The starting point is in the trapezius muscle.

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Always warm up before exercise.



Upper Pectoralis Major Muscle

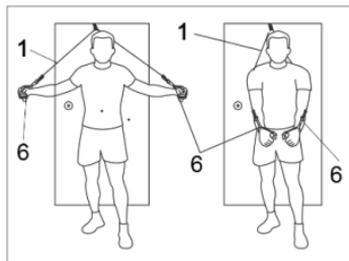
Place the foam of the **Door Anchor (No. 7)** inside the door in the upper, close the door to fix the **Door Anchor (No. 7)**, Loop the **Resistance Tube (No. 1)** to the other end of the **Door Anchor (No. 7)**.

NOTES: Always make sure the door is securely closed to clamp the **Door Anchor (No. 7)**.

Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the 2 **Handles (No. 6)**

Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust you exercise level.

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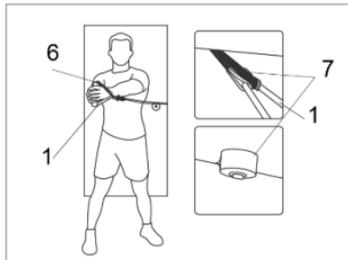
Upper Pectoralis Major Muscle

Stand facing away from the door. Keep your feet shoulder-width apart and forward and back, hold the 2 **Handles (No. 6)** on both sides of your body with your arms stretched out, slightly bent. Lean forward slightly, straightening your chest and contracting your shoulder blades.

While exhaling, draw an arc to the chest with both hands, palms down, and then return to the initial position with inhalation.

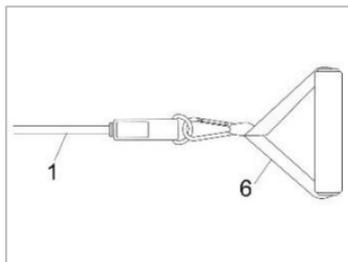
Action Points: Keep the arms slightly bent.

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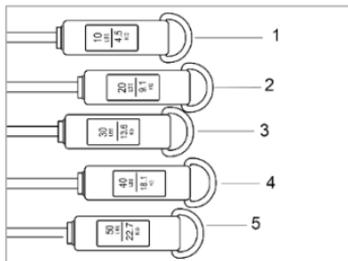
Middle Pectoralis Major

Place the foam of the **Door Anchor (No. 7)** inside the door in the middle, close the door to fix the **Door Anchor (No. 7)**, Loop the **Resistance Tube (No. 1)** to the other end of the **Door Anchor (No. 7)**.



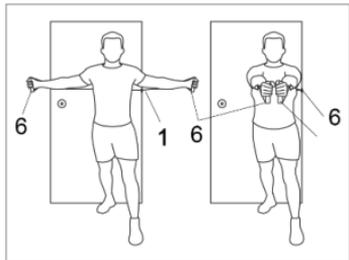
NOTES: Always make sure the door is securely closed to clamp the **Door Anchor (No. 7)**.

Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the 2 **Handles (No. 6)**



Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.

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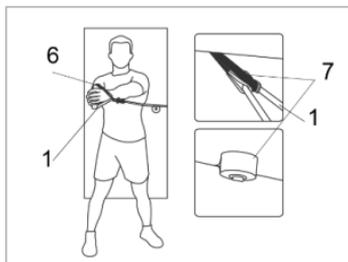
Middle Pectoralis Major

Stand facing away from the door. Keep your feet shoulder-width apart and forward and back, hold the 2 **Handles (No. 6)** on both sides of your body with your arms stretched out, slightly bent. Lean forward slightly, straightening your chest and contracting your shoulder blades. Inhale.

While exhaling, draw an arc to the chest with both hands, palms together, and then return to the initial position with inhalation.

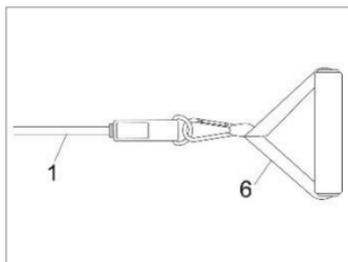
Action Points: Keep the arms slightly bent. The starting point is in the middle pectoralis major

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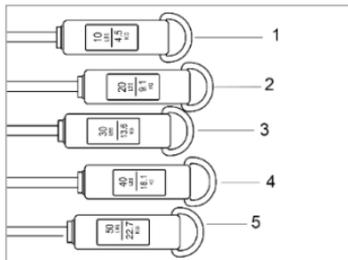
Oblique Abdominus

Place the foam of the **Door Anchor (No. 7)** inside the door in the middle, close the door to fix the **Door Anchor (No. 7)**, Loop the **Resistance Tube (No. 1)** to the other end of the **Door Anchor (No. 7)**.



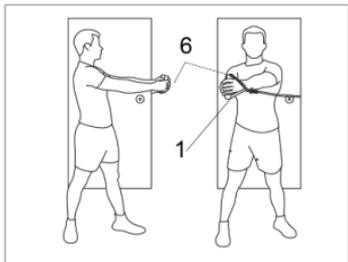
NOTES: Always make sure the door is securely closed to clamp the **Door Anchor (No. 7)**.

Clip two ends of **Resistance Tube (No. 1)** to the metal ring on the 2 **Handles (No. 6)**



Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust your exercise level.

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Oblique Abdominus

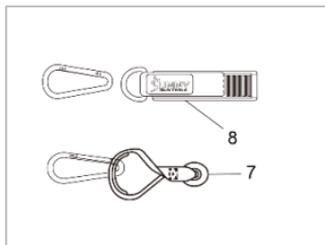
Stand with your side to the door, feet parallel and shoulder-width apart. Keep your chest straight and your arms slightly bent. Hold 2 **Handles (No. 6)** in front of your body and breathe in.

While exhaling, keep your hands in position and twist your waist away from the door. Return to the initial position while inhaling.

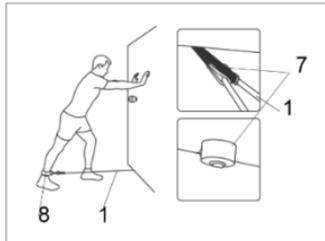
Action Points: Keep the arms bent and unchanged. Feel the waist and abdominal force.

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Lower Pectoralis Major

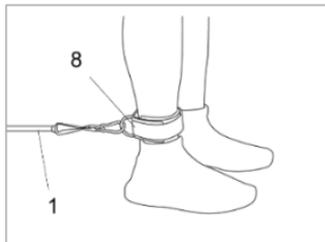


Remove 1 metal ring on the the **Ankle Strap (No. 8)**, then attach removed metal ring to the **Door Anchor (No. 7)**



Place the foam of the **Door Anchor (No. 7)** inside the door in the lower, close the door to fix the **Door Anchor (No. 7)**,

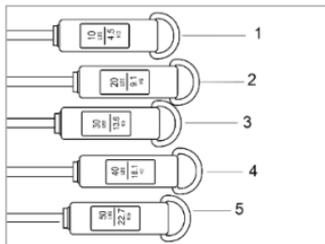
Loop the one end of **Resistance Tube (No. 1)** to the **Door Anchor (No. 7)**, and another end of **Resistance Tube (No. 1)** to the **Ankle Strap (No. 8)**



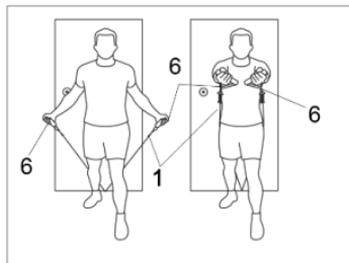
NOTES: Always make sure the door is securely closed to clamp the **Door Anchor (No. 7)**.

Connect the **Resistance Tubes (No. 1)** to 2 **Ankle Strap (No. 8)**, Step into the **Ankle Strap (No. 8)** and adjust its position, then begin your exercise

Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust you exercise level.



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Lower Pectoralis Major

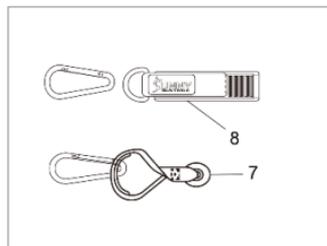
Stand facing away from the door. Keep your feet shoulder-width apart and forward and back, hold 2 **Handles (No. 6)** on both sides of your body with your arms stretched out, slightly bent, palms forward. Lean forward slightly, straightening your chest and contracting your shoulder blades. Inhale.

While exhaling, draw an arc up to the chest with both hands, palms together, and then return to the initial position with inhalation.

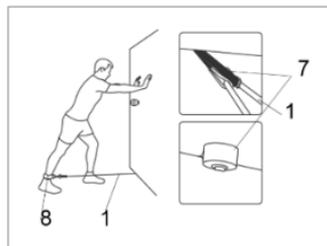
Action Points: Keep the arms slightly bent. The starting point is in the lower pectoralis major muscle.

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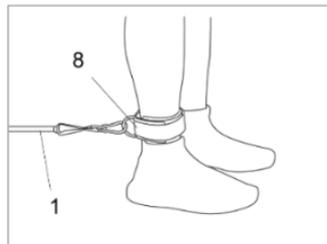
Gluteus Maximus



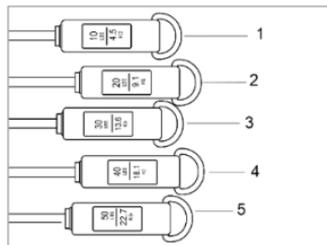
Remove 1 metal ring on the the **Ankle Strap (No. 8)**, then attach removed metal ring to the **Door Anchor (No. 7)**



Place the foam of the **Door Anchor (No. 7)** inside the door in the lower, close the door to fix the **Door Anchor (No. 7)**, Loop the one end of **Resistance Tube (No. 1)** to the **Door Anchor (No. 7)**, and another end of **Resistance Tube (No. 1)** to the **Ankle Strap (No. 8)**



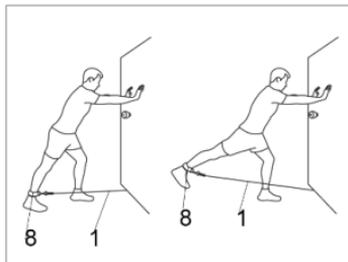
NOTES: Always make sure the door is securely closed to clamp the **Door Anchor (No. 7)**.



Connect the **Resistance Tubes (No. 1)** to 2 **Ankle Strap (No. 8)**, Step into the **Ankle Strap (No. 8)** and adjust its position, then begin your exercise

Notes: you could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust you exercise level.

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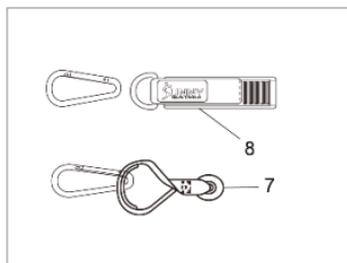
Gluteus Maximus

Step to the Ankle Strap (**No. 8**) on one leg. Hold the door frame with both hands and inhale.

Exhale while lifting your leg backwards and upwards for 1-2 seconds. Inhale and return to the initial position. Repeat the action with your other foot.

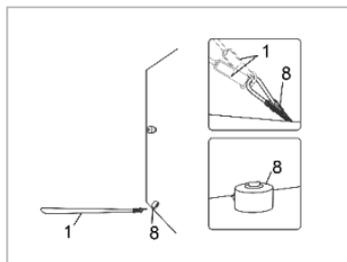
Action Points: Feel the power of the gluteus maximus muscle.

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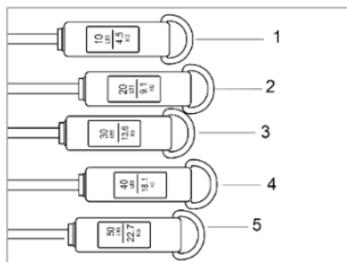


Rectus Abdominis

Remove 1 metal ring on the the **Ankle Strap (No. 8)**, then attach removed metal ring to the **Door Anchor (No. 7)**

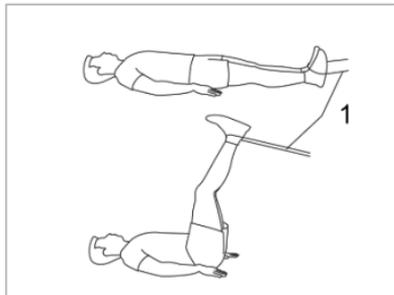


Place the foam of the **Door Anchor (No. 7)** inside the door in the lower, close the door to fix the **Door Anchor (No. 7)**. Clip the two ends of **Resistance Tube (No. 1)** to the metal ring on the **Door Anchor (No. 7)**.



NOTES: Always make sure the door is securely closed to clamp the **Door Anchor (No. 7)**. You could choose whichever **Resistance Tube (No. 1/2/3/4/5)** to adjust you exercise level.

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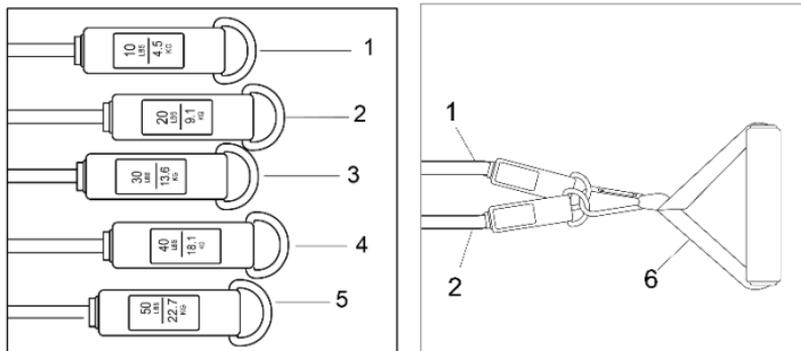


Rectus Abdominis

Lie flat on the ground, Hook **Resistance Tubes (No. 1)** with feet. While exhaling, lift your feet slowly and simultaneously at about 90 degrees with your body. Don't bend your feet. Return to the initial position by inhaling.

Action Points: Feet cannot bend. Feel abdominal force.

ADJUSTMENTS & USAGE GUIDE



Attach any of **Resistance Tubes (No.1/2/3/4/5)** in any combination to get the resistance level, enables you to adjust this resistance level the product provides to match your personal need for fitness. This system also allows you to easily switch between **Handles (No.6)** and **Ankle Strap (No. 8)** within seconds. All you need to do is clip the end of the **Resistance Tubes (No.1/2/3/4/5)** to the metal ring on the **Handles (No.6)**.

Choose the resistance level, reps and rest intervals, according to your fitness target.

1/2: Target for increase endurance, Reps for 15-20 times, 3 Group, Rest Interval for 2-5 minutes.

3/4: Target for Muscle Enlargement, Reps for 6-12 times, 3 Group Rest Interval for 60-90 seconds

5: Target for Exercise Strength, Reps for 1-5 times, 3 Group Rest Interval for 30 seconds

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