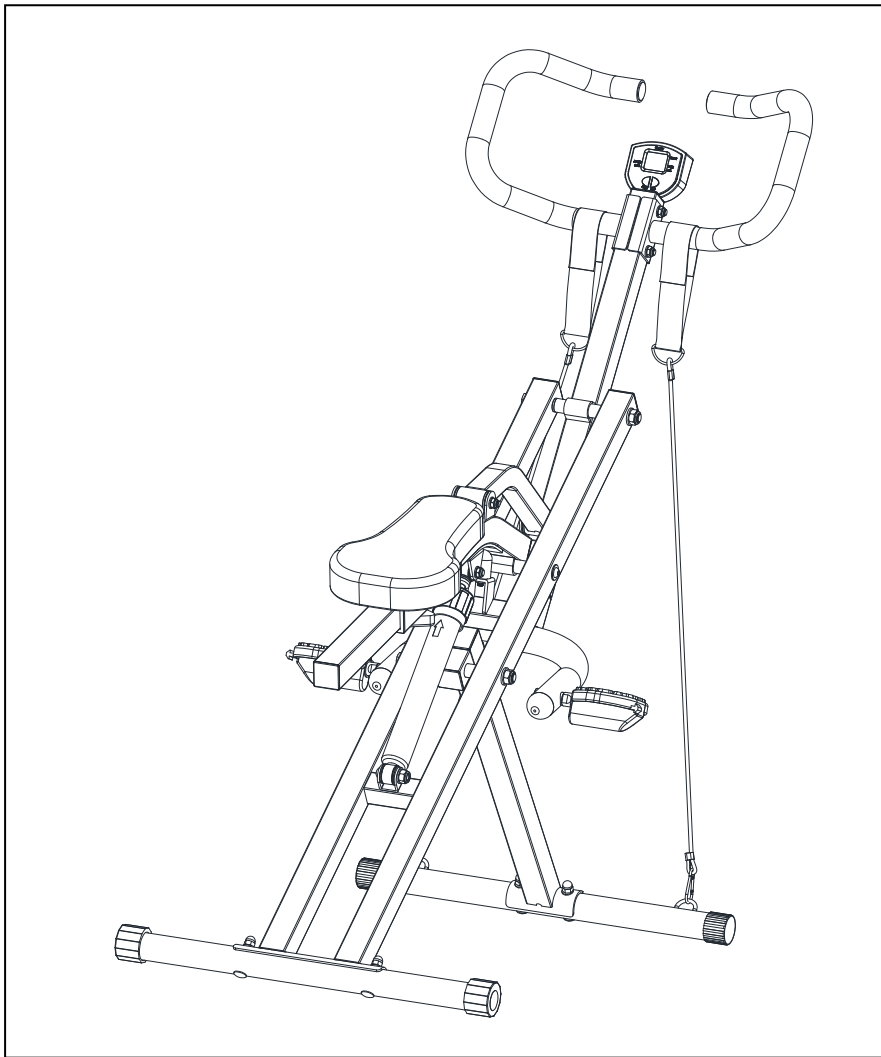




# Squat Exercise Trainer

## SF-A020052

### USER MANUAL



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



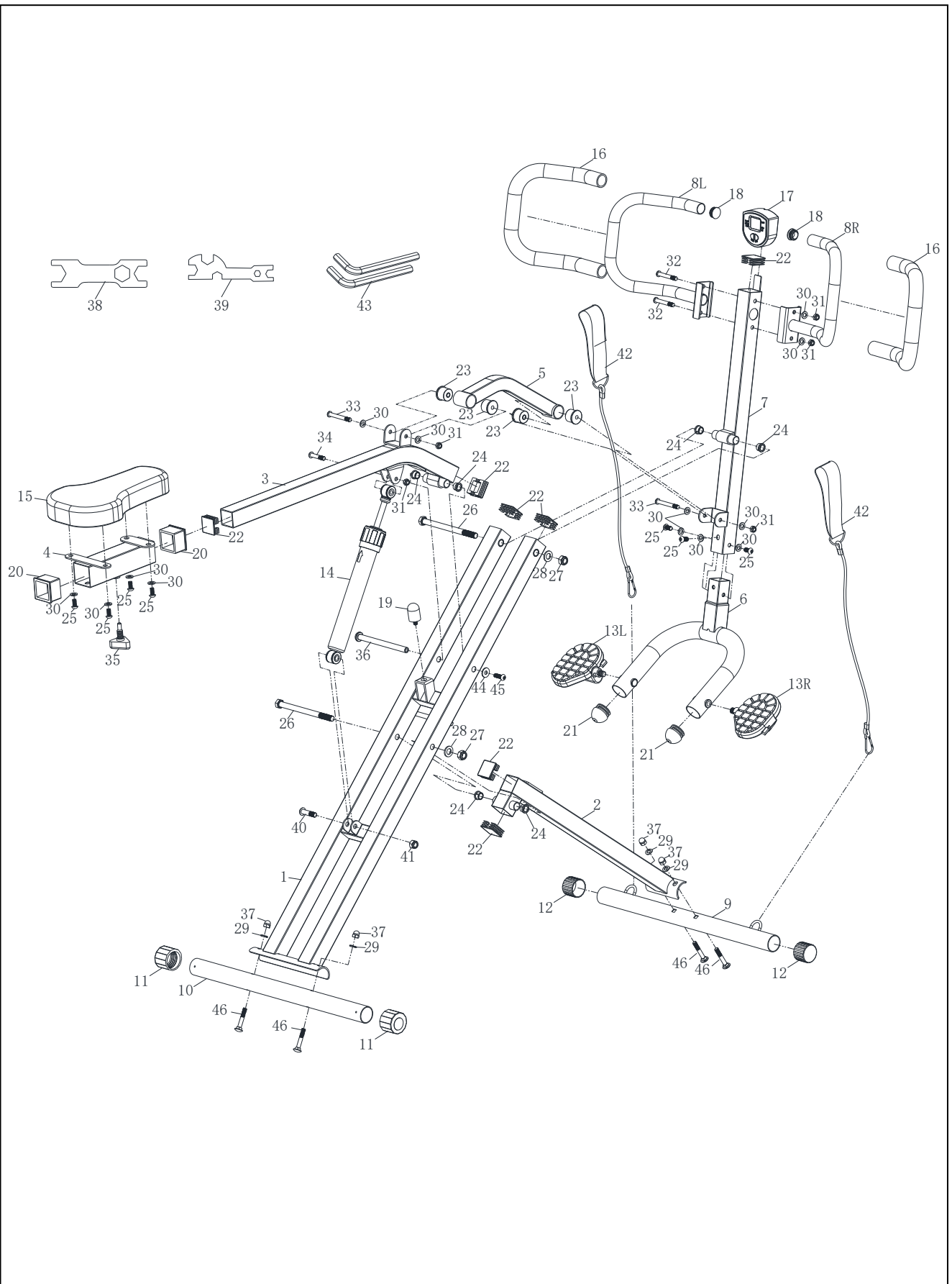
WWW.SUNNYHEALTHFITNESS.COM

# **IMPORTANT SAFETY INFORMATION**
















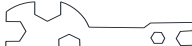


We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 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, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 300 pounds (135 kg).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. 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.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

# EXPLODED DIAGRAM



# HARDWARE PACKAGE

 #25 M8*15 3PCS	 #32 M8*55 2PCS
 #33 M8*65 1PC	 #31 M8 4PCS
 #29 $\Phi 16*\Phi 8.5*1.5$ 4PCS	 #40 M10*40 1PC
 #30 $\Phi 16*\Phi 8.5*1.5$ 7PCS	 #41 M10 1PC
 #37 M8 4PCS	 #45 M8*25 1PC
 #34 M8*40 1PC	 #46 M8*45 4PCS
 #44 $\Phi 22*\Phi 8.5*1.5$ 1PC	
 #36 M12*150 1PC	
 #35 M12*20 1PC	 #39 S13, S15, S17, S19 1PC
 #43 S6 2PCS	 #38 S17, S19 1PC

# PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Support Tube		1
3	Seat Tube		1
4	Seat Support		1
5	Connection Tube		1
6	Pedal Connecting Tube		1
7	Middle Post Tube		1
8L	Left Handlebar		1
8R	Right Handlebar		1
9	Front Stabilizer		1
10	Rear Stabilizer		1
11	Rear End Cap	Φ38	2
12	Front End Cap	Φ38	2
13L	Left Pedal		1
13R	Right Pedal		1
14	Hydraulic Cylinder		1
15	Seat	298*158*45	1
16	Foam Grip	Φ25	2
17	Meter		1
18	Handlebar End Cap	Φ25	2
19	Buffer Column	Φ26*51	1
20	Inner Bushing		2
21	Round Plug		2
22	Square Tube Plug		7

No.	Description	Spec.	Qty.
23	Plastic Sleeve		4
24	Alloy Sleeve	Φ19*Φ12.2*11	6
25	Hex Socket Screw	M8*15	7
26	Outer Hexagon Bolt	M12*165	2
27	Nylon Nut	M12	2
28	Flat Washer	Φ24*Φ13.5*2.5	2
29	Arc Washer	Φ16*Φ8.5*1.5	4
30	Washer	Φ16*Φ8.5*1.5	13
31	Nylon Nut	M8	5
32	Hex Socket Bolt	M8*55	2
33	Hex Socket Bolt	M8*65	2
34	Hex Socket Bolt	M8*40	1
35	Triangle Knob	M12*20	1
36	Bolt	M12*150	1
37	Nut	M8	4
38	Spanner	S17,S19	1
39	Spanner	S13,S15,S17,S19	1
40	Hex Socket Bolt	M10*40	1
41	Nylon Nut	M10	1
42	Exercise Band	Φ5*580	2
43	Allen Wrench	S6	2
44	Washer	Φ22*Φ8.5*1.5	1
45	Hex Socket Screw	M8*25	1
46	Carriage Bolt	M8*45	4

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

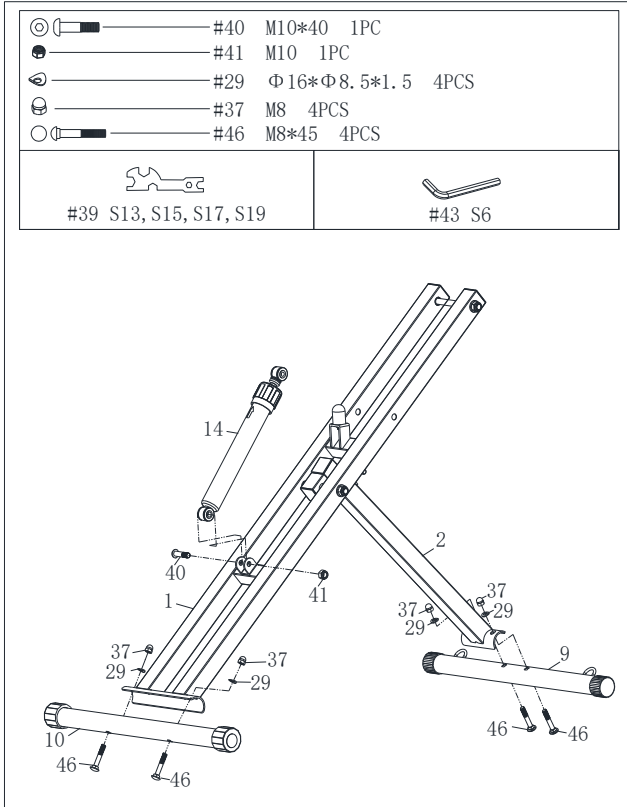
Please provide the following information in order for us to accurately identify the part(s) needed:

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

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

# ASSEMBLY INSTRUCTIONS

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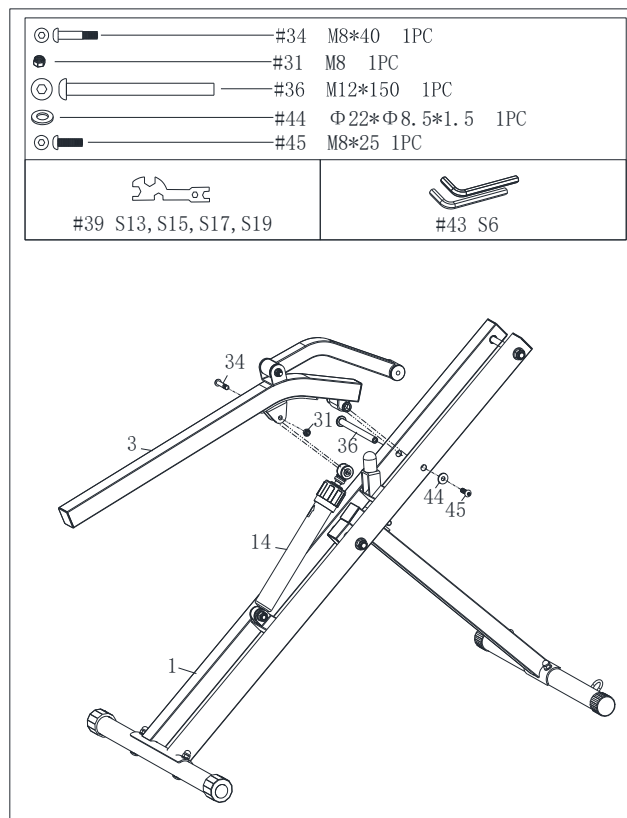
## STEP 1:

Attach **Rear Stabilizer (No. 10)** to **Main Frame (No. 1)** with 2 **Carriage Bolts (No. 46)**, 2 **Arc Washers (No. 29)**, and 2 **Nuts (No. 37)**. Tighten and secure with **Spanner (No. 39)**.

Attach **Front Stabilizer (No. 9)** to **Front Support Tube (No. 2)** with 2 **Carriage Bolts (No. 46)**, 2 **Arc Washers (No. 29)**, and 2 **Nuts (No. 37)**. Tighten and secure with **Spanner (No. 39)**.

Attach **Hydraulic Cylinder (No. 14)** to the u-shaped seat on the top of **Main Frame (No. 1)** with 1 **Hex Socket Bolt (No. 40)** and 1 **Nylon Nut (No. 41)**. Tighten and secure with **Allen Wrench (No. 43)** and **Spanner (No. 39)**.

**Note:** The arrow mark of **Hydraulic Cylinder (No.14)** should be upward. Don't secure the **Hex Socket Bolt (No. 40)** too tightly, otherwise the **Hydraulic Cylinder (No. 14)** won't run smoothly.



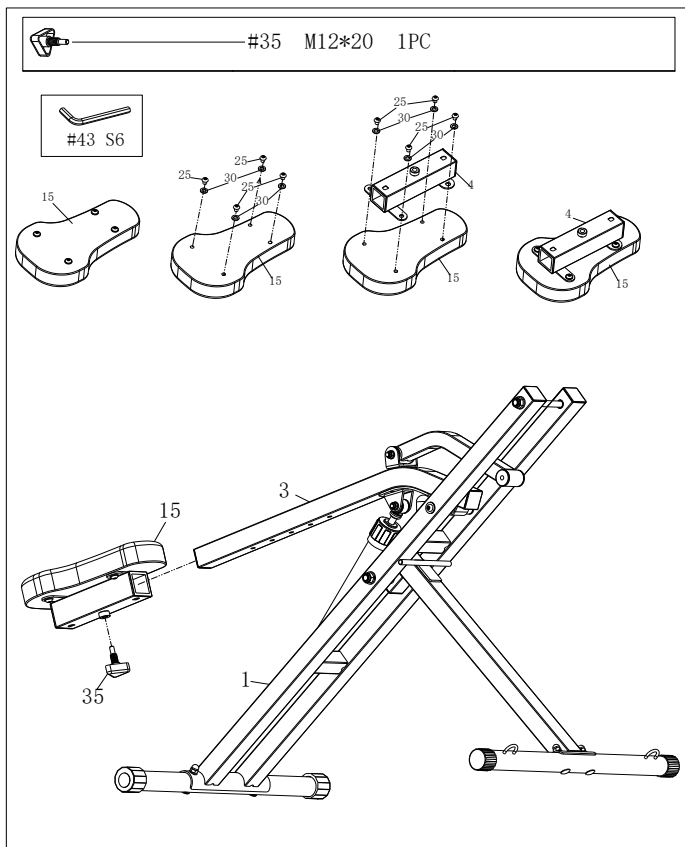
## STEP 2:

Attach **Seat Tube (No. 3)** to **Main Frame (No. 1)** with 1 **Bolt (No. 36)**, 1 **Hex Socket Bolt (No. 34)**, 1 **Nylon Nut (No. 31)**, 1 **Washer (No. 44)**, and 1 **Allen Wrench (No. 45)**. Tighten and secure with 2 **Allen Wrenches (No. 43)**.

Attach **Hydraulic Cylinder (No. 14)** to the u-shaped seat on the bottom of **Seat Tube (No. 3)** with 1 **Hex Socket Bolt (No. 34)** and 1 **Nylon Nut (No. 31)**. Tighten and secure with **Allen Wrench (No. 43)** and **Spanner (No. 39)**.

**Note:** Don't secure the **Hex Socket Bolt (No. 34)** too tightly, otherwise the **Hydraulic Cylinder (No. 14)** won't run smoothly.

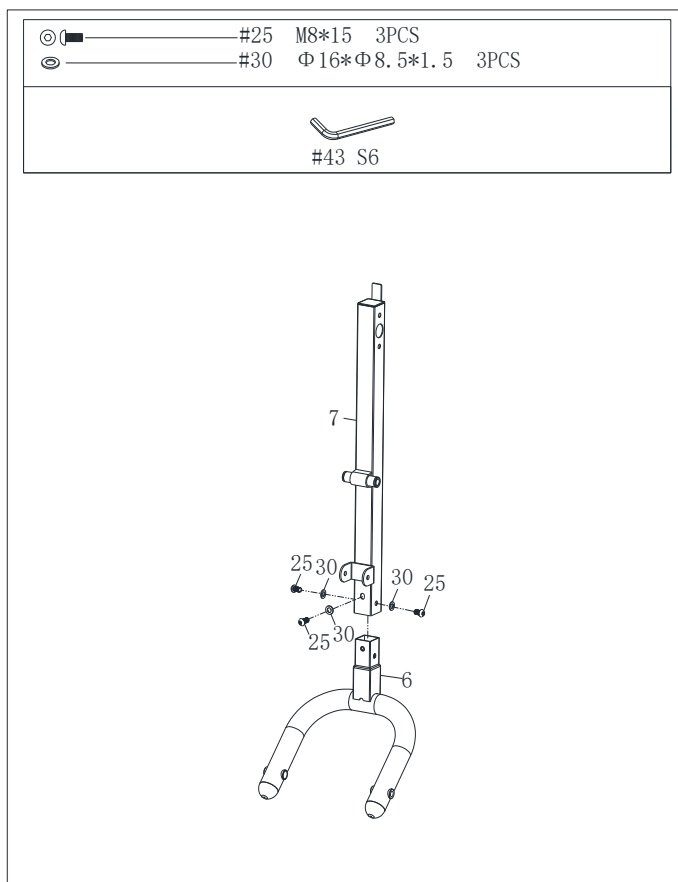
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### STEP 3:

Remove the 4 **Hex Socket Screws (No. 25)** and 4 **Washers (No. 30)** from the **Seat (No. 15)** by **Allen Wrench (No. 43)**. Put the **Seat Support (No. 4)** onto the **Seat (No. 15)** with 4 **Hex Socket Screws (No. 25)** and 4 **Washers (No. 30)** that were removed. Tighten and secure with **Allen Wrench (No. 43)**.

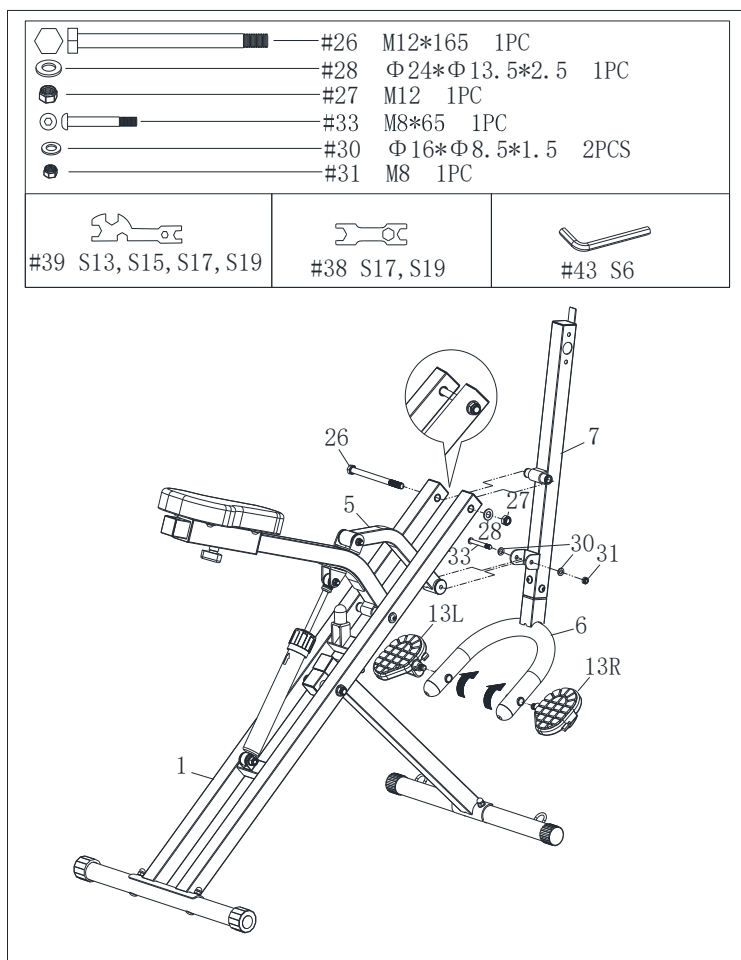
Insert the **Seat (No. 15)** into the **Seat Tube (No. 3)**, adjust the **Seat (No. 15)** to your desired position, then tighten and secure with **Triangle Knob (No. 35)**.



### STEP 4:

Attach **Pedal Connecting Tube (No. 6)** into **Middle Post Tube (No. 7)** with 3 **Hex Socket Screws (No. 25)** and 3 **Washers (No. 30)**. Tighten and secure with **Allen Wrench (No. 43)**.

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### STEP 5:

Remove 1 **Outer Hexagon Bolt (No. 26)**, 1 **Flat Washer (No. 28)** and 1 **Nylon Nut (No. 27)** from **Main Frame (No. 1)** using **Spanner (No. 38)** and **Spanner (No. 39)**.

Attach **Middle Post Tube (No. 7)** to **Main Frame (No. 1)** with 1 **Outer Hexagon Bolt (No. 26)**, 1 **Flat Washer (No. 28)** and 1 **Nylon Nut (No. 27)**. Tighten and secure with **Spanner (No. 38)** and **Spanner (No. 39)**.

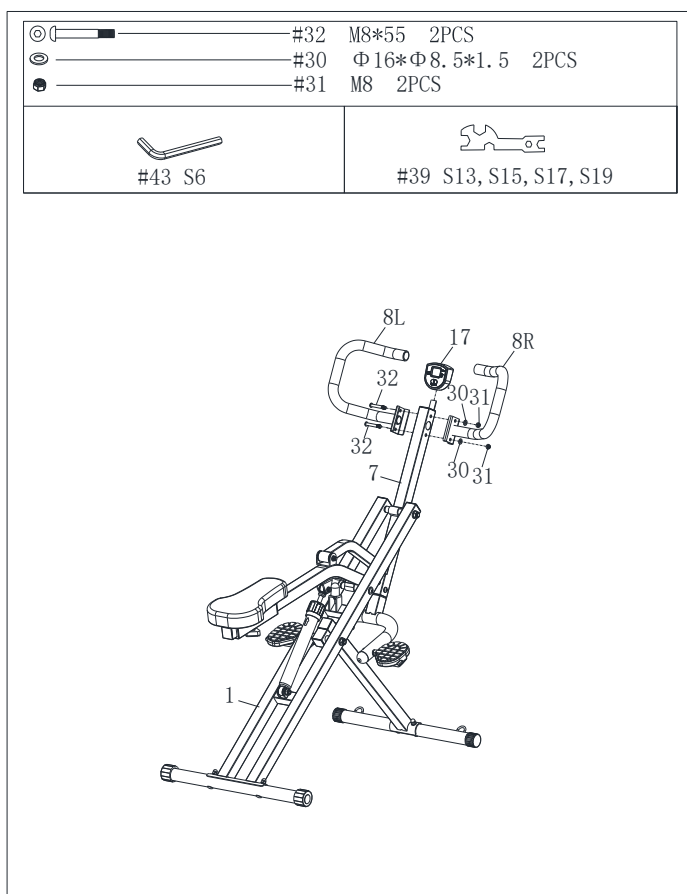
Attach the **Connection Tube (No. 5)** to the u-shaped seat on the bottom of **Middle Post Tube (No. 7)** with 1 **Hex Socket Bolt (No. 33)**, 2 **Washers (No. 30)** and 1 **Nylon Nut (No. 31)**. Tighten and secure with **Allen Wrench (No. 43)** and **Spanner (No. 39)**.

Align the **Left Pedal (No. 13L)** with the left side of the **Pedal Connecting Tube (No. 6)** at 90° and gently insert the **Left Pedal (No. 13L)** into the **Pedal Connecting Tube (No. 6)**. Turn the **Left Pedal (No. 13L)** *counter-clockwise* as tightly as you can with your hand. Then tighten and secure with **Spanner (No. 39)**.

Align the **Right Pedal (No. 13R)** with the right side of the **Pedal Connecting Tube (No. 6)** at 90° and gently insert the **Right Pedal (No. 13R)** into the **Pedal Connecting Tube (No. 6)**. Turn the **Right Pedal (No. 13R)** *clockwise* as tightly as you can with your hand. Then tighten and secure with **Spanner (No. 39)**.



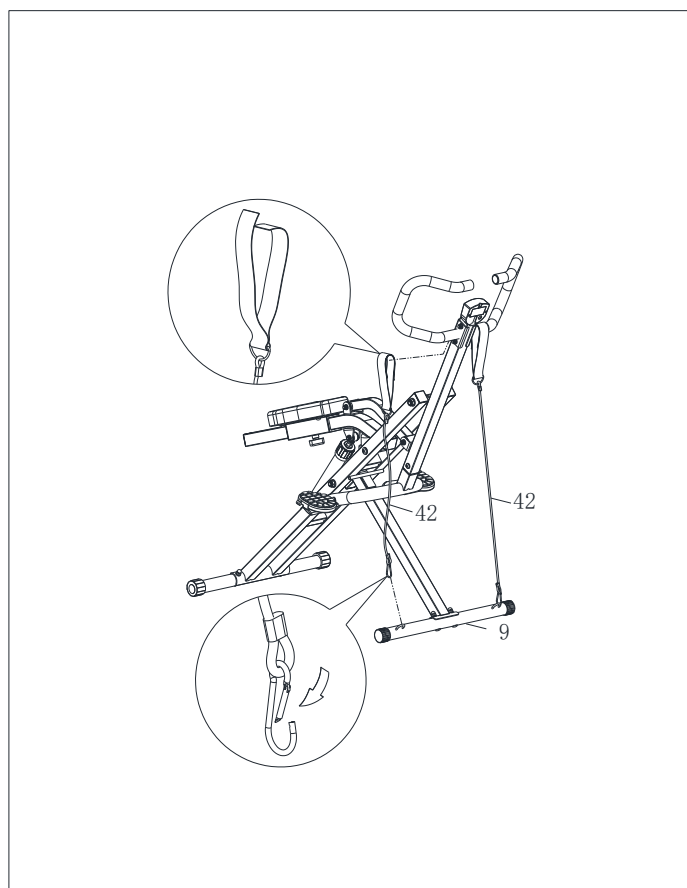
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### STEP 6:

Attach **Left Handlebar (No. 8L)** and **Right Handlebar (No. 8R)** to **Middle Post Tube (No. 7)** with 2 **Hex Socket Bolts (No. 32)**, 2 **Washers (No. 30)** and 2 **Nylon Nuts (No. 31)**. Tighten and secure with **Allen Wrench (No. 43)** and **Spanner (No. 39)**.

Insert the **Meter (No. 17)** into the **Middle Post Tube (No. 7)**.

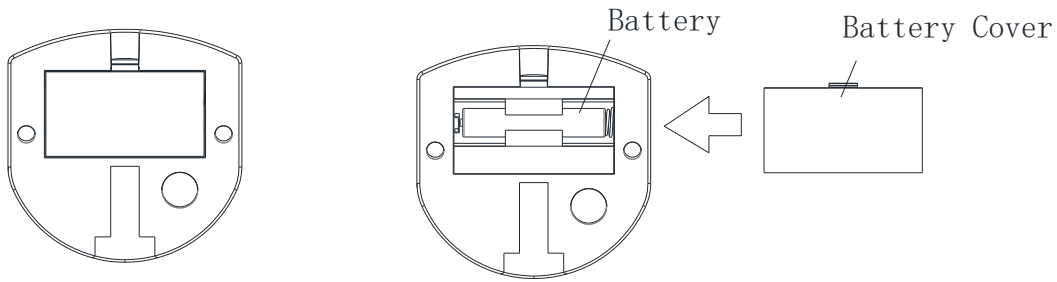


### STEP 7:

Connect 2 **Exercise Bands (No. 42)** to the hooks on the **Front Stabilizer (No. 9)**, then hang the 2 **Exercise bands (No. 42)** to **Left & Right Handlebars (No. 8L & No. 8R)**.

*The assembly is complete!*

# BATTERY INSTALLATION & REPLACEMENT



## **BATTERY INSTALLATION:**

1. Take out 1 AA battery from meter box.
2. Press the buckle of battery cover on the **Meter (No. 17)**, then remove battery cover.
3. Install 1 AA battery into the battery case on the back of the **Meter (No. 17)**. Pay attention to the battery + and – poles before installing.
4. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 17)**.

*The installation is complete!*

## **BATTERY REPLACEMENT:**

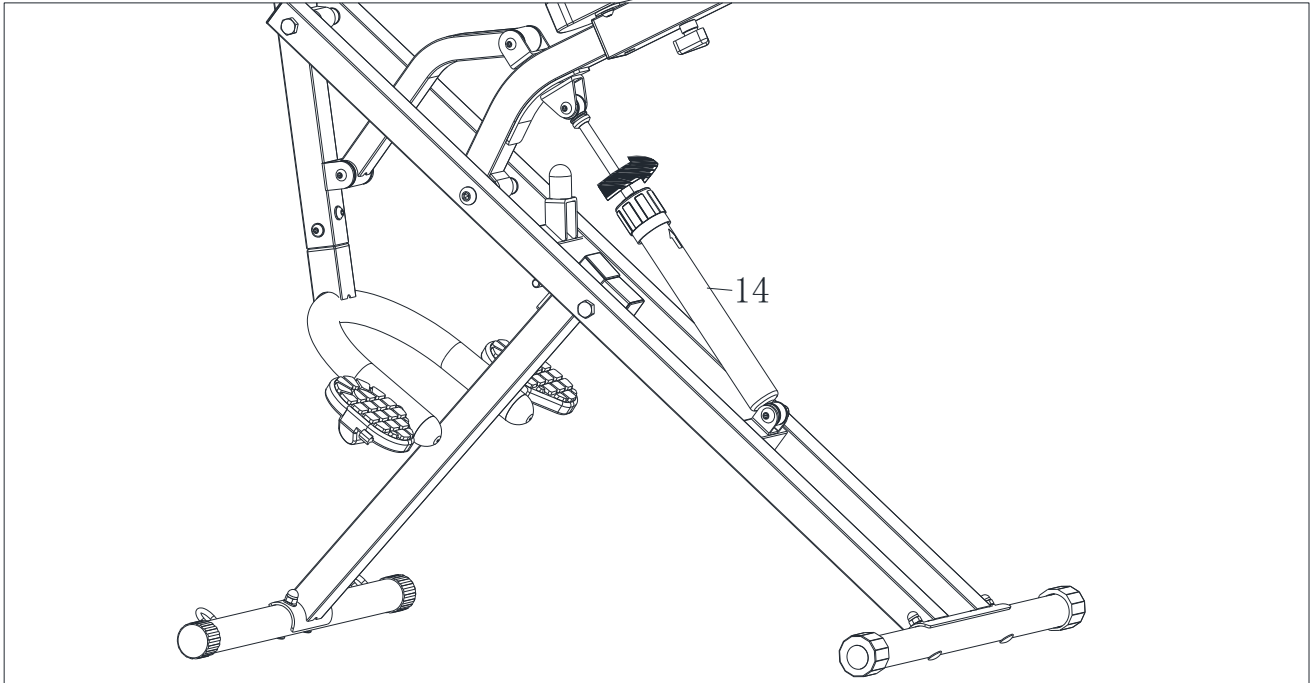
1. Press the buckle of battery cover on the back of the **Meter (No. 17)**, then remove battery cover.
2. Remove the 1 old AA battery in the battery case and install 1 new AA battery into the battery case on the back of the **Meter (No. 17)**. Pay attention to the battery + and – poles before installing.
3. Press the buckle of battery cover, then put the battery cover back to the back of the **Meter (No. 17)**.

*The replacement is complete!*

**NOTE:** Dispose battery according to your state and regional guidelines.

# ADJUSTING THE RESISTANCE

This rowing machine is designed with 12 levels of resistance. Turn the upper ring on the **Hydraulic Cylinder (No. 14)** so the arrow points to the desired resistance level, as shown on the drawing.



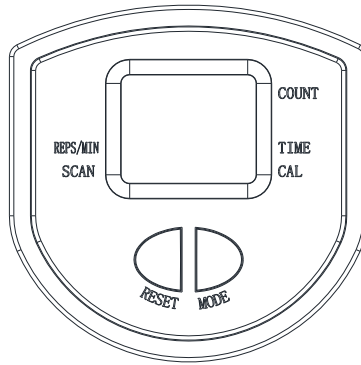
**NOTE:** Please do not adjust the resistance of the **Hydraulic Cylinder (No. 14)** during operation to avoid injury and damage to the rowing machine.

## **WARNING!**

The **Hydraulic Cylinder (No. 14)** on this rowing machine is designed to be used up to 20 minutes per exercise session. Allow at least 20 minutes in between sessions for the **Hydraulic Cylinder (No. 14)** to properly cool down.

**Caution:** The **Hydraulic Cylinder (No. 14)** can generate excessive heat after long periods of use, making it unsafe to touch. Allow the **Hydraulic Cylinder (No. 14)** to cool before moving the rowing machine.

# EXERCISE METER



## **SPECIFICATIONS:**

TIME-----00:00~99:59MIN  
REPS/MIN-----0~9999  
COUNT-----0~9999  
CALORIES (CAL)-----0~9999KCAL

## **KEY FUNCTIONS:**

**MODE:** This key lets you to select and lock on to a particular function you want.

**RESET:** Press and hold the RESET key for 3~4 seconds to reset all the data. Change the battery will also reset all the data.

## **FUNCTIONS:**

1. **TIME:** Display the workout time while exercising.
2. **REPS/MIN:** Displays current speed during workout time.
3. **COUNT:** Accumulate workout count while exercising.
4. **CALORIES (CAL):** Displays calories amount burned while exercising.

**AUTO SCAN:** The meter will rotate through the four functions in the following order:TIME-CALORIES-REPS/MIN-COUNT. Each function will be held for 4 seconds.

## **NOTE:**

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the meter automatically turns on.
3. If there is a possibility to see an improper display on the meter, please replace the batteries to have a good result.
4. The meter use one 1.5V "AA" battery.

Version 1.2

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