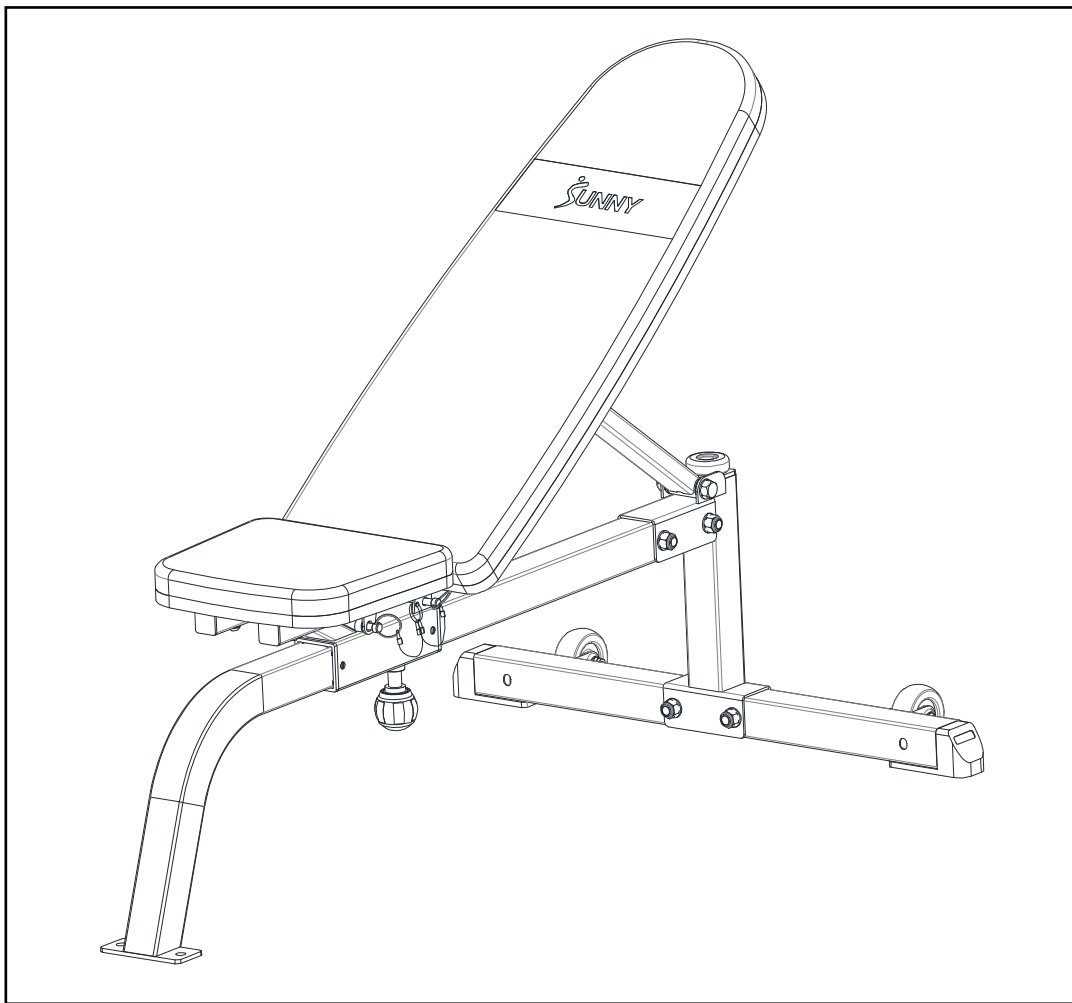




ADJUSTABLE MULTIFUNCTION WEIGHT BENCH

SF-BH622045

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



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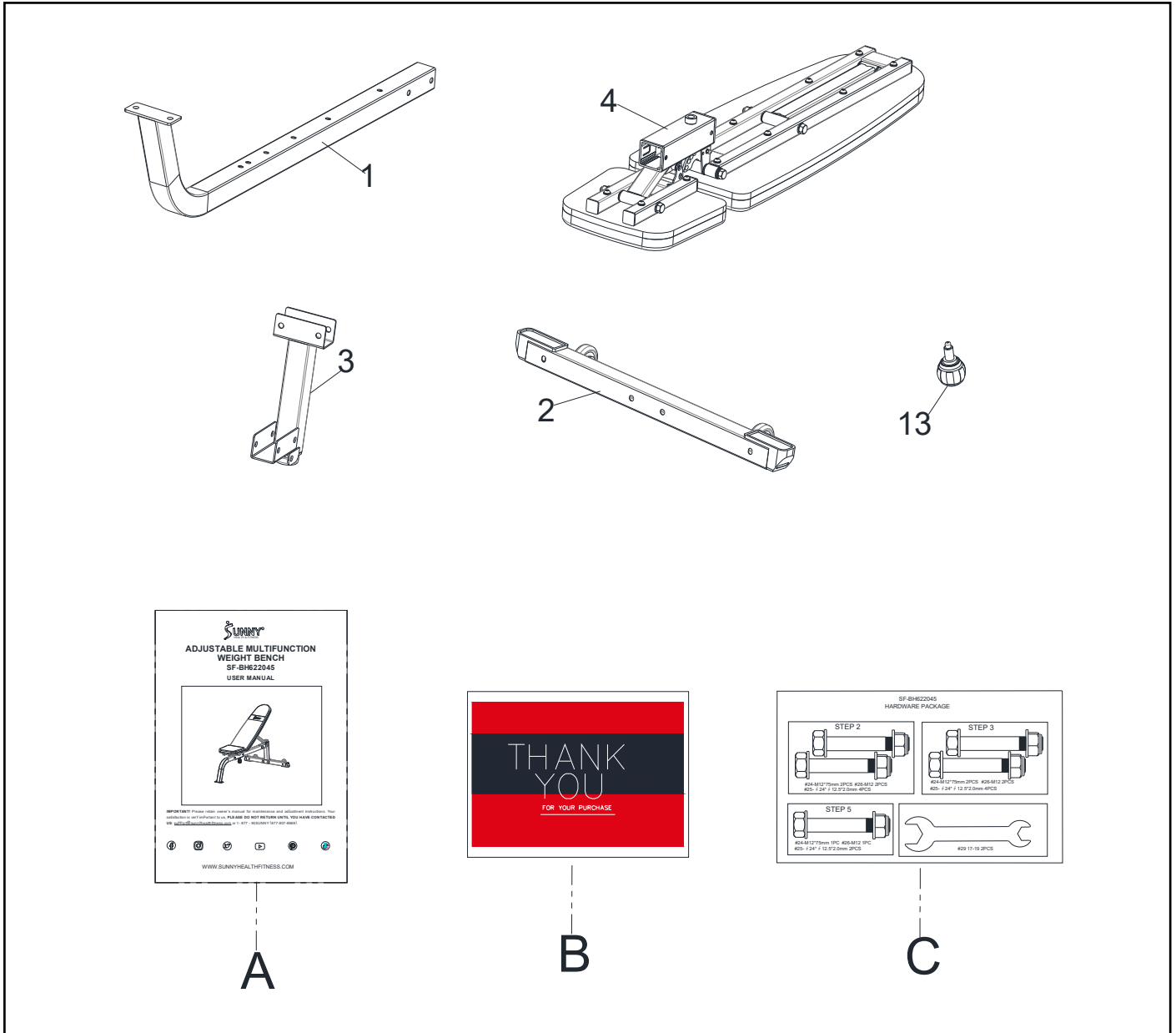
IMPORTANT SAFETY INFORMATION

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 ft (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 (including user weight): 520lbs (235kgs).
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.

PRE-ASSEMBLY CHECK LIST

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

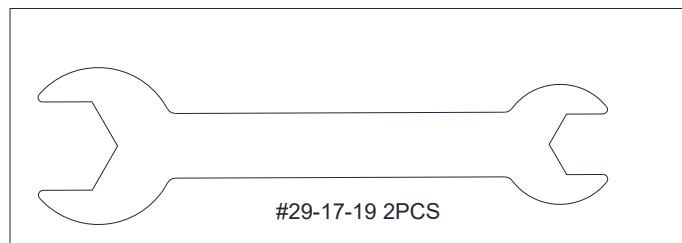
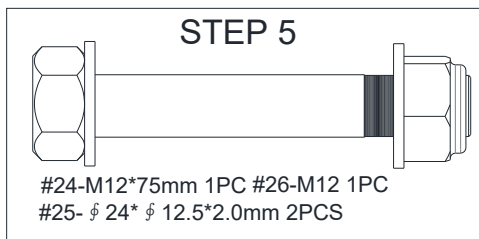
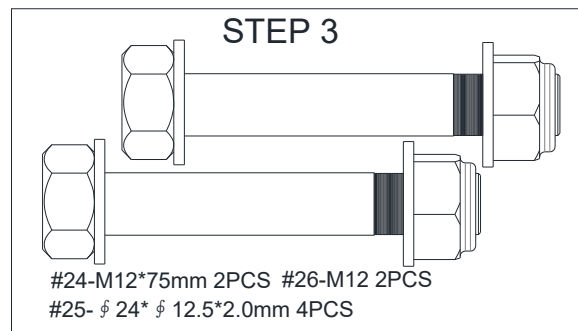
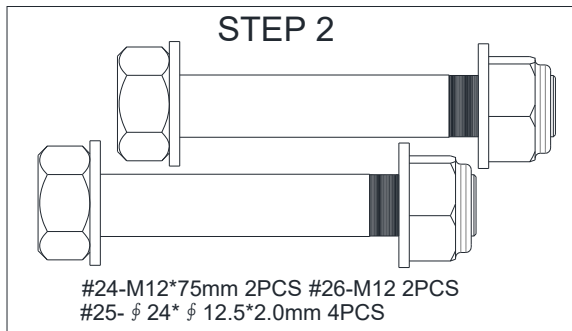


No.	Description	Spec.	Qty.
1	Main Frame		1
2	Stabilizer Tube		1
3	Rear Support Tube		1
4	Adjustable Support Frame		1

No.	Description	Spec.	Qty.
13	Spring Knob	M16* ϕ 50	1
A	Manual		1
B	Thank You Card		1
C	Hardware Package		1

HARDWARE PACKAGE

SF-BH622045
HARDWARE PACKAGE



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

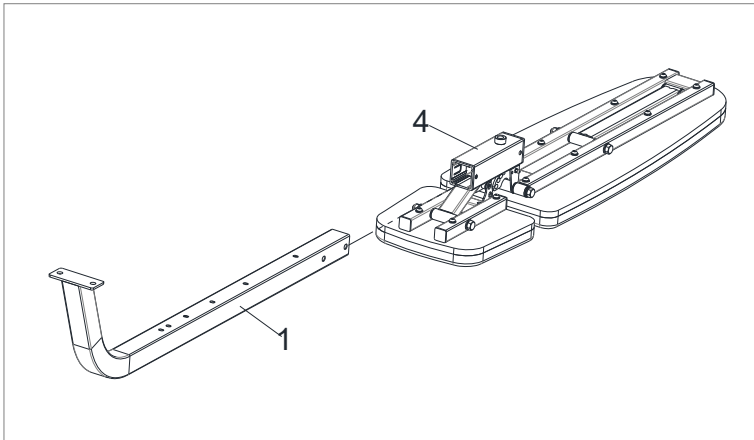
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” (page 9) and “PARTS LIST” (page 10)

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

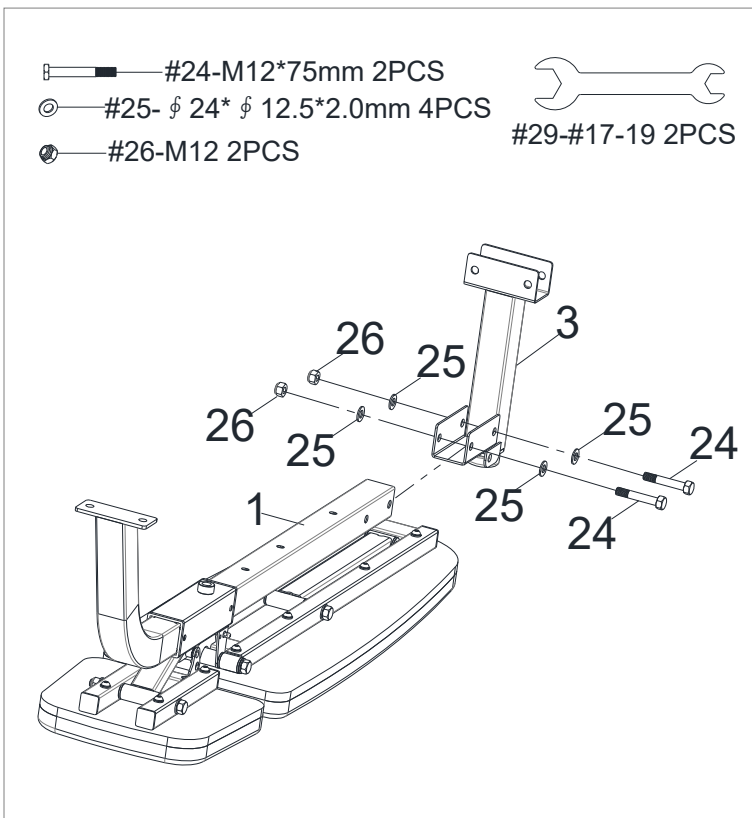
ASSEMBLY INSTRUCTIONS

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STEP 1:

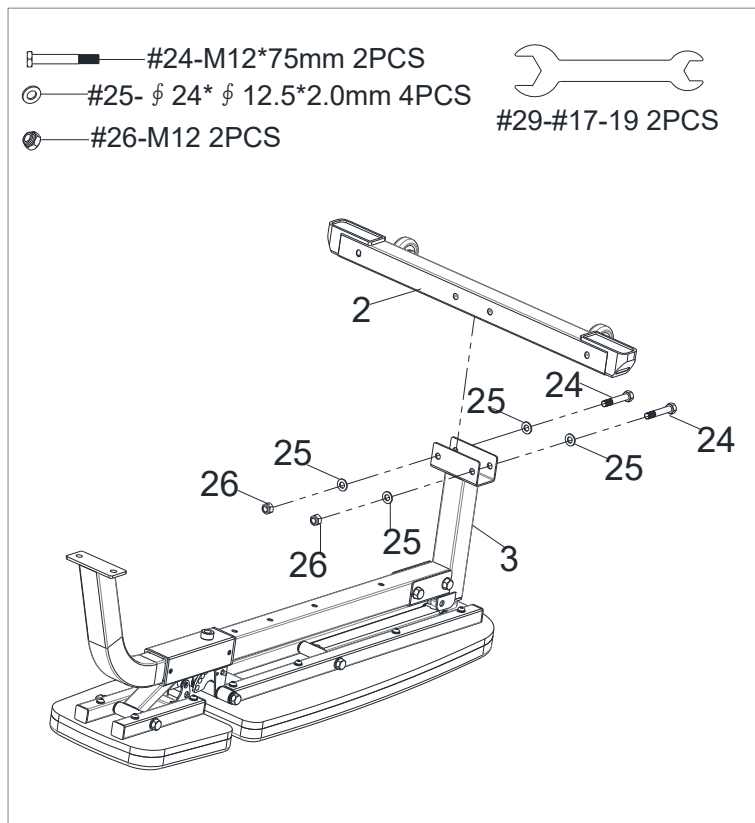
Attach the **Main Frame (No. 1)** to the assembled **Adjustable Support Frame (No. 4)**.



STEP 2:

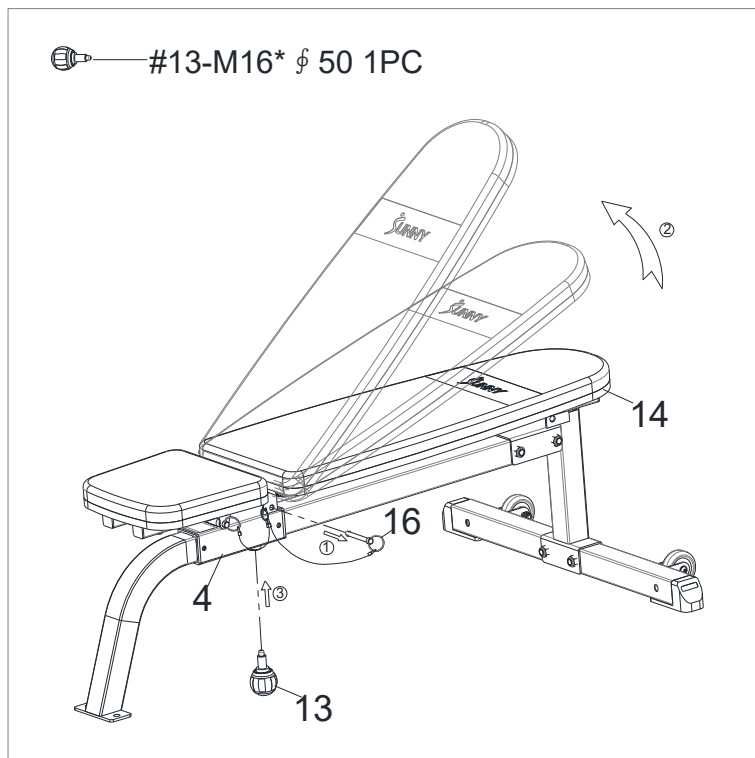
Attach the **Rear Support Tube (No. 3)** to the assembled **Main Frame (No. 1)** using **2 Hex Bolts (No. 24)**, **4 Flat Washers (No. 25)** and **2 Nylon Nuts (No. 26)**. Tighten and secure with **2 Wrenches (No. 29)**.

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STEP 3:

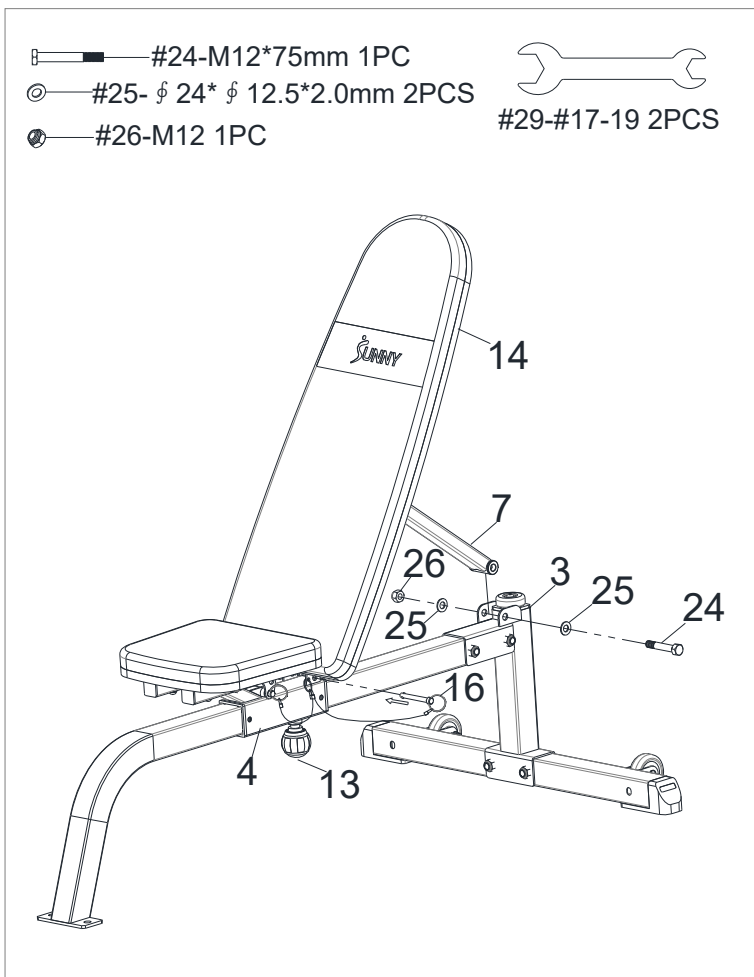
Attach the **Stabilizer Tube (No. 2)** to the **Rear Support Tube (No. 3)** using 2 **Hex Bolts (No. 24)**, 4 **Flat Washers (No. 25)** and 2 **Nylon Nuts (No. 26)**. Tighten and secure with 2 **Wrenches (No. 29)**.



STEP 4:

Pull out the **Pin (No. 16)** and lift the **Backrest (No. 14)** to proper position, insert the **Spring Knob (No. 13)** to secure.

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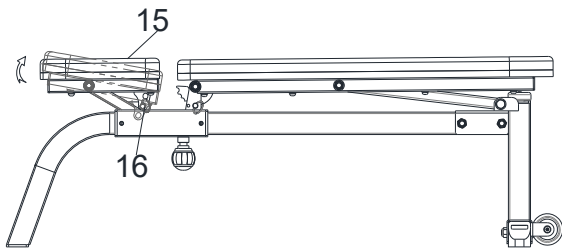
STEP 5:

Attach **Rear Adjustable Tube (No. 7)** to the **Rear Support Tube (No. 3)** by using **1 Hex Bolt (No. 24)**, **2 Flat Washers (No. 25)** and **1 Nylon Nut (No. 26)**. Secure with **2 Wrenches (No. 29)** but do not secure too tight.

Loosen and pull out the **Spring Knob (No. 13)** to adjust the **Backrest (No. 14)** to desired angle, then re-insert and tighten the **Spring Knob (No. 13)** and re-insert **Pin (No. 16)** to secure.

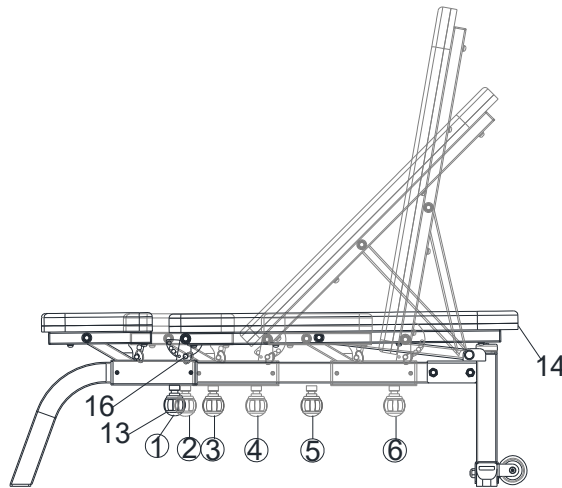
The assembly is complete!

ADJUSTMENTS & USAGE GUIDE



ADJUSTING THE SEAT ANGLE

The seat of bench has 2 different angle settings. To adjust the angle of the seat, pull out the **Pin (No. 16)** and lift the **Seat (No. 15)**, then re-insert the **Pin (No. 16)** to secure.

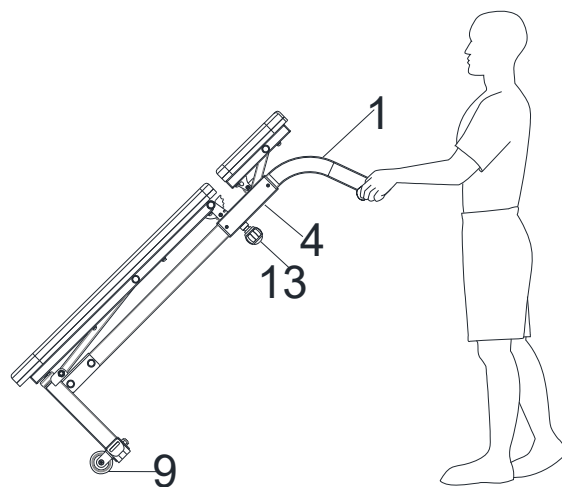


ADJUSTING THE BACKREST ANGLE

There are 6 different adjustments for backrest. To adjust the backrest angle, pull out the **Pin (No. 16)**, then loosen and pull out **Spring Knob (No. 13)**, push the **Backrest (No. 14)** back to desired height, then re-insert and tighten the **Spring Knob (No. 13)** and re-insert **Pin (No. 16)** to secure.

CAUTION!

To avoid any injury, please make sure that the **Spring Knob (No. 13)** is properly engaged. Once the **Spring Knob (No. 13)** is tightened, the height can't be adjusted.



MOVING THE BENCH

Before moving, please make sure the **Main Frame (No. 1)** is tightened to the **Adjustable Support Frame (No. 4)** with **Spring Knob (No. 13)**.

To move the bench, lift the end of the **Main Frame (No. 1)** until the **Transportation Wheels (No. 9)** touch the ground. With the **Transportation Wheels (No. 9)** on the ground, you can transport the bench to the desired location with ease.

MAINTENANCE INSTRUCTIONS

DAILY MAINTENANCE

Inspect and tighten all parts regularly. (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.)

Replace any worn or torn parts immediately.

Check and ensure the equipment is levelled at all time.

Check and tighten all adjustment pins/knobs regularly.

WEEKLY MAINTENANCE

Use damp cloth on plastic parts only, use dry cloth on metal frames.

Inspect the metal frame structure of the equipment.

PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Stabilizer Tube		1
3	Rear Support Tube		1
4	Adjustable Support Frame		1
5	Seat Support Tube		1
6	Backrest Support Tube		1
7	Rear Adjustable Tube		1
8	Foot End Cap	50*50*1.5	2
9	Transportation Wheel		2
10	Plastic Bushing		2
11	Buffer		1
12	Square End Cap	30*30*1.5	6
13	Spring Knob	M16* ϕ 50	1
14	Backrest		1
15	Seat		1

No.	Description	Spec.	Qty.
16	Pin	ϕ 10*90	2
17	Alloy Wrap		10
18	Hex Socket Head Bolt	M8*50mm	12
19	Spring Washer	M8	12
20	Flat Washer	ϕ 16* ϕ 8.5*1.5	16
21	Hex Socket Head Bolt	M8*45mm	2
22	Nylon Nut	M8	2
23	Hex Socket Head Bolt	M8*23mm	1
24	Hex Bolt	M12*75mm	5
25	Flat Washer	ϕ 24* ϕ 12.5*2.0mm	16
26	Nylon Nut	M12	8
27	Hex Bolt	M12*150mm	1
28	Hex Bolt	M12*145mm	2
29	Wrench	#17-19	2

Version 1.1

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