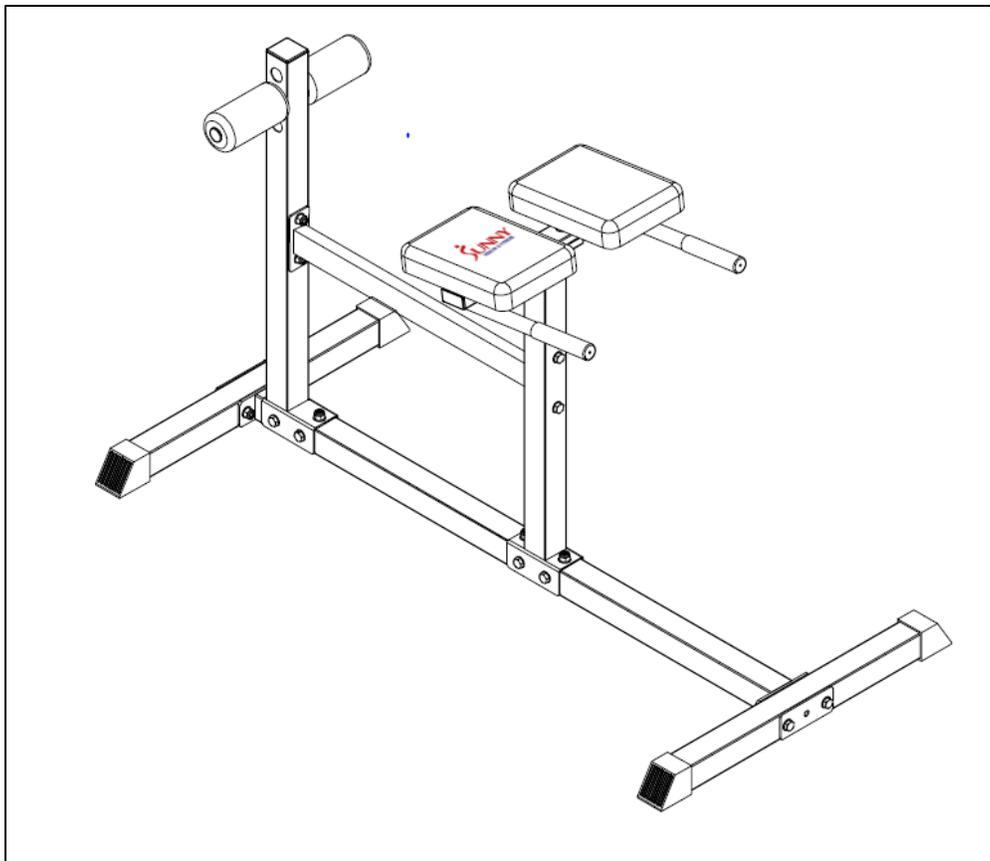




ROMAN CHAIR

SF-BH6503

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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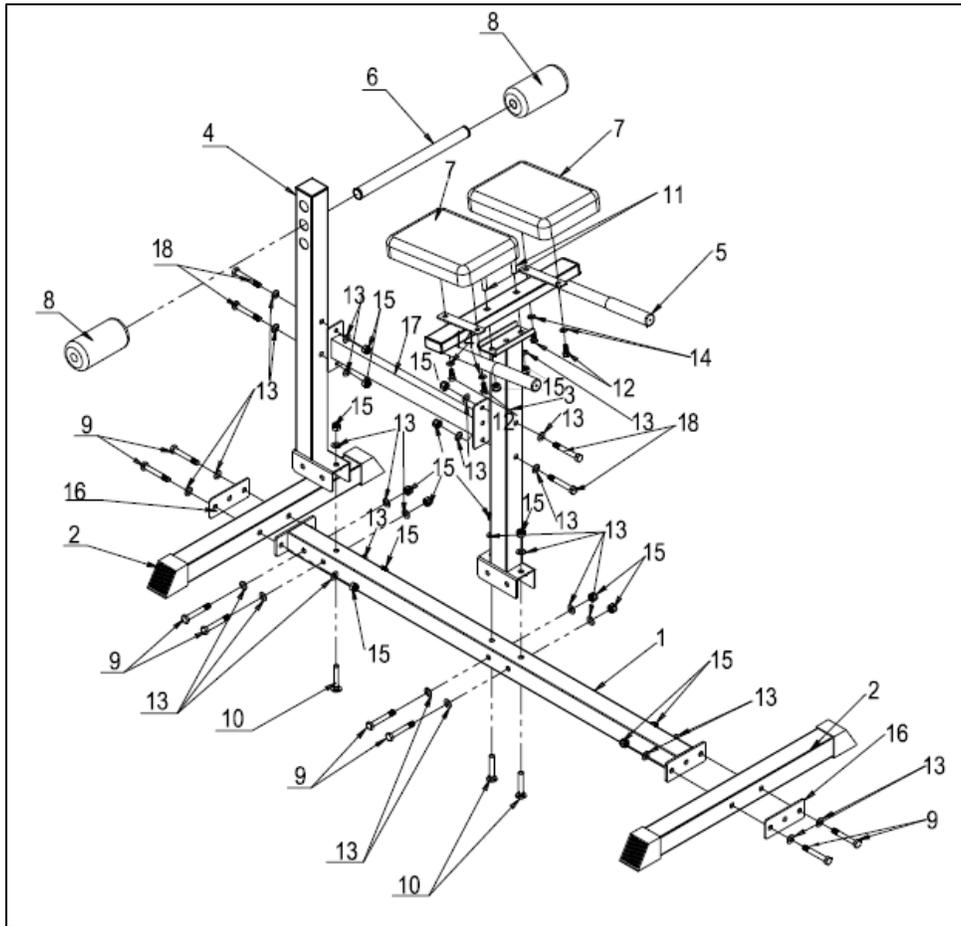
SUNNYHEALTHFITNESS.COM/SIGNUP

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 250 pounds (113 kgs).
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

	_____	#9 M10*70 8 PCS		_____	#13 M10 29 PCS
	_____	#10 M10*60 3 PCS		_____	#14 M8 4 PCS
	_____	#11 M10*35 2 PCS		_____	#15 M10 17 PCS
	_____	#12 M8*20 4 PCS		_____	#18 M10*65 4 PCS
	_____	SPANNER WRENCH 2 PCS			

PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Stabilizer		2
3	Front Upright		1
4	Rear Upright		1
5	Handle Assembly		1
6	Foam Roller Tube		1
7	Support Pad		2
8	Foam Roller		2
9	Bolt	M10*70	8
10	Bolt	M10*60	3

No.	Description	Spec.	Qty.
11	Bolt	M10*35	2
12	Bolt	M8*20	4
13	Washer	M10	29
14	Washer	M8	4
15	Nut	M10	17
16	Support Plate		2
17	Connect Tube		1
18	Bolt	M10*65	4
	Spanner Wrench		2

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

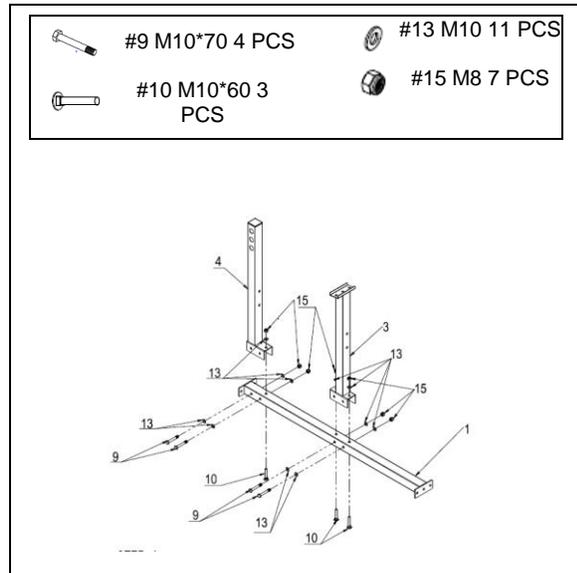
Please provide the following information in order for us to accurately identify the part(s) needed:

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

ASSEMBLY INSTRUCTIONS

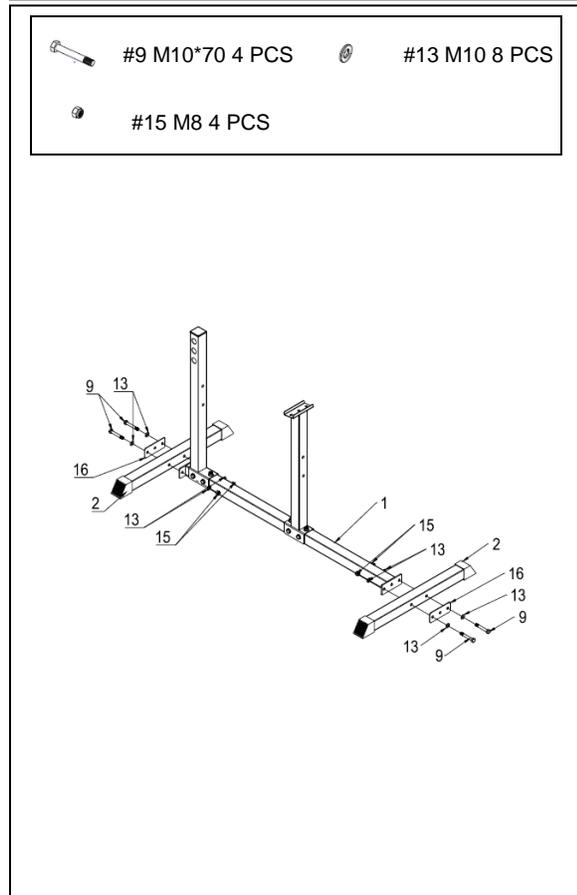
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach the **Front Upright (No. 3)** to the **Main Frame (No. 1)** using 2 **Bolts (No. 9)**, 2 **Bolts (No. 10)**, 6 **Washers (No. 13)** and 4 **Nuts (No. 15)**. Tighten and secure with **Spanner Wrench**.

Attach the **Rear Upright (No. 4)** to the **Main Frame (No. 1)** using 2 **Bolts (No. 9)**, 1 **Bolt (No. 10)**, 5 **Washers (No. 13)** and 3 **Nuts (No. 15)**. Tighten and secure with **Spanner Wrench**.



STEP 2:

Secure 4 **Washers (No. 13)** onto 4 **Bolts (No. 9)**.

Place the **Support Plate (No. 16)** against the **Stabilizer (No. 2)** and align the holes. Next, insert 2 **Bolts (No. 9)** containing **Washers (No. 13)** through the **Support Plate (No. 16)** and **Stabilizer (No. 2)** (as shown in the diagram on the left).

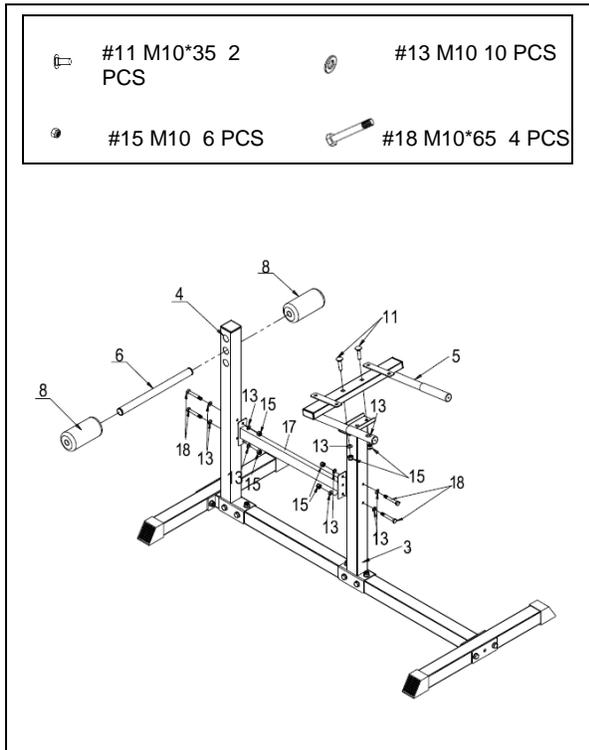
Place the **Stabilizer (No. 2)** against the **Main Frame (No. 1)**, align the holes and fix the stabilizer to the **Main Frame (No. 1)** using 2 **Bolts (No. 9)** with **Washers (No. 13)**, 2 **Washers (No. 13)** and 2 **Nuts (No. 15)**. Tighten and secure with **Spanner Wrench**.

NOTE: Four **Washers (No. 13)** are required to secure one **Stabilizer (No. 2)** to the **Main Frame (No. 1)**.

Repeat this process to connect the stabilizer to the **Main Frame (No. 1)** on the opposite side.

ASSEMBLY INSTRUCTIONS

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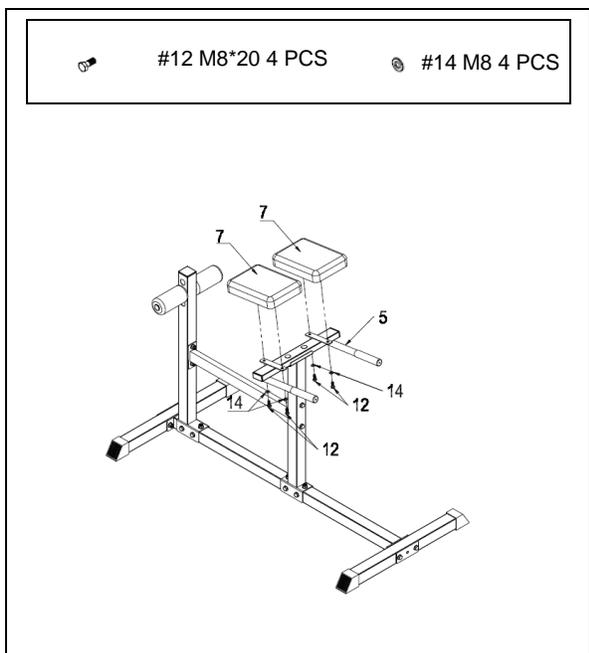


STEP 3:

Attach the **Handle Assembly (No. 5)** to the **Front Upright (No. 3)** using 2 **Bolts (No. 11)**, 2 **Washers (No. 13)** and 2 **Nuts (No. 15)**. Tighten and secure with **Spanner Wrench**.

Insert the **Foam Roller Tube (No. 6)** through one of the holes located at the top of the **Rear Upright (No. 4)**, and then slide the **Foam Rollers (No. 8)** onto the foam roller tube.

Attach the **Connect Tube (No. 17)** to the **Front Upright (No. 3)** and **Rear Upright (No. 4)** using 4 **Bolts (No. 18)**, 8 **Washers (No. 13)** and 4 **Nuts (No. 15)**. Tighten and secure with **Spanner Wrench**.



STEP 4:

Attach the **Support Pads (No. 7)** to the **Handle Assembly (No. 5)** using 4 **Bolts (No. 12)**, and 4 **Washers (No. 14)**. Tighten and secure with Spanner Wrench.

The assembly is complete!

MAINTENANCE

IMPORTANT:

Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that the equipment is maintained regularly. Any components found to be worn and/or damaged should be replaced before continuing use of the equipment. Equipment should only be used and stored indoors, prolonged exposure to weathering and changes in temperature and humidity may have a severe impact on electrical components and moving parts of the machine.

Daily Maintenance:

- Clean and remove sweat and moisture after each use.
- Perform inspection of all nuts and bolts associated with moving parts of the equipment, tighten as required.
- Check the mobility of moving parts and components on the equipment, lubricate if required.
- Clean plastic parts of the equipment using a damp cloth, clean metal parts of the equipment using a dry cloth. Do not use cleaning products to clean the equipment.

Weekly Maintenance:

- Thoroughly inspect the parts of the equipment; nuts, bolts, screws, etc. Tighten or replace parts as required.

Monthly Maintenance:

- Inspect the frame and inner working components for wear and tear as well as damage, maintenance or replace as required.

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