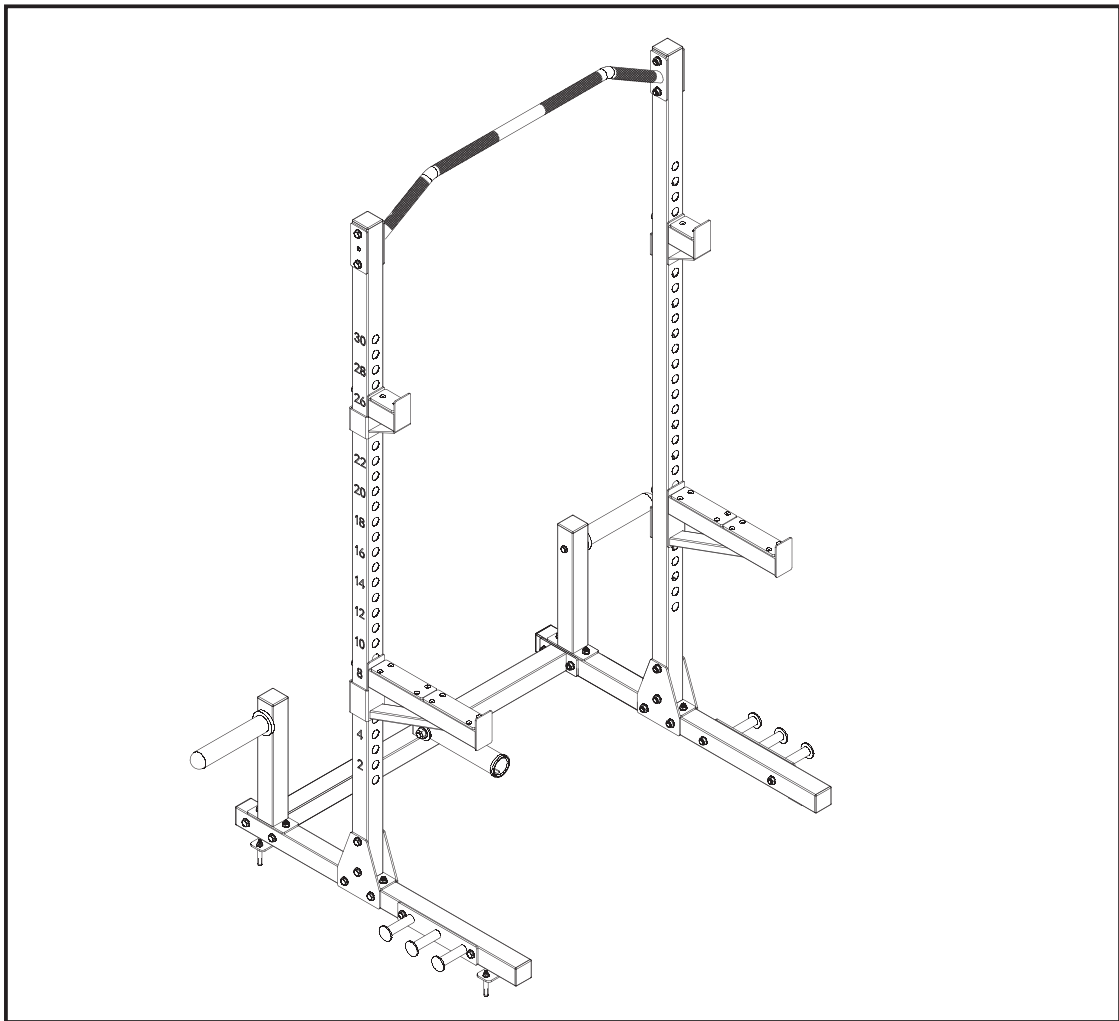




POWER RACK

SF-BH6802

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).

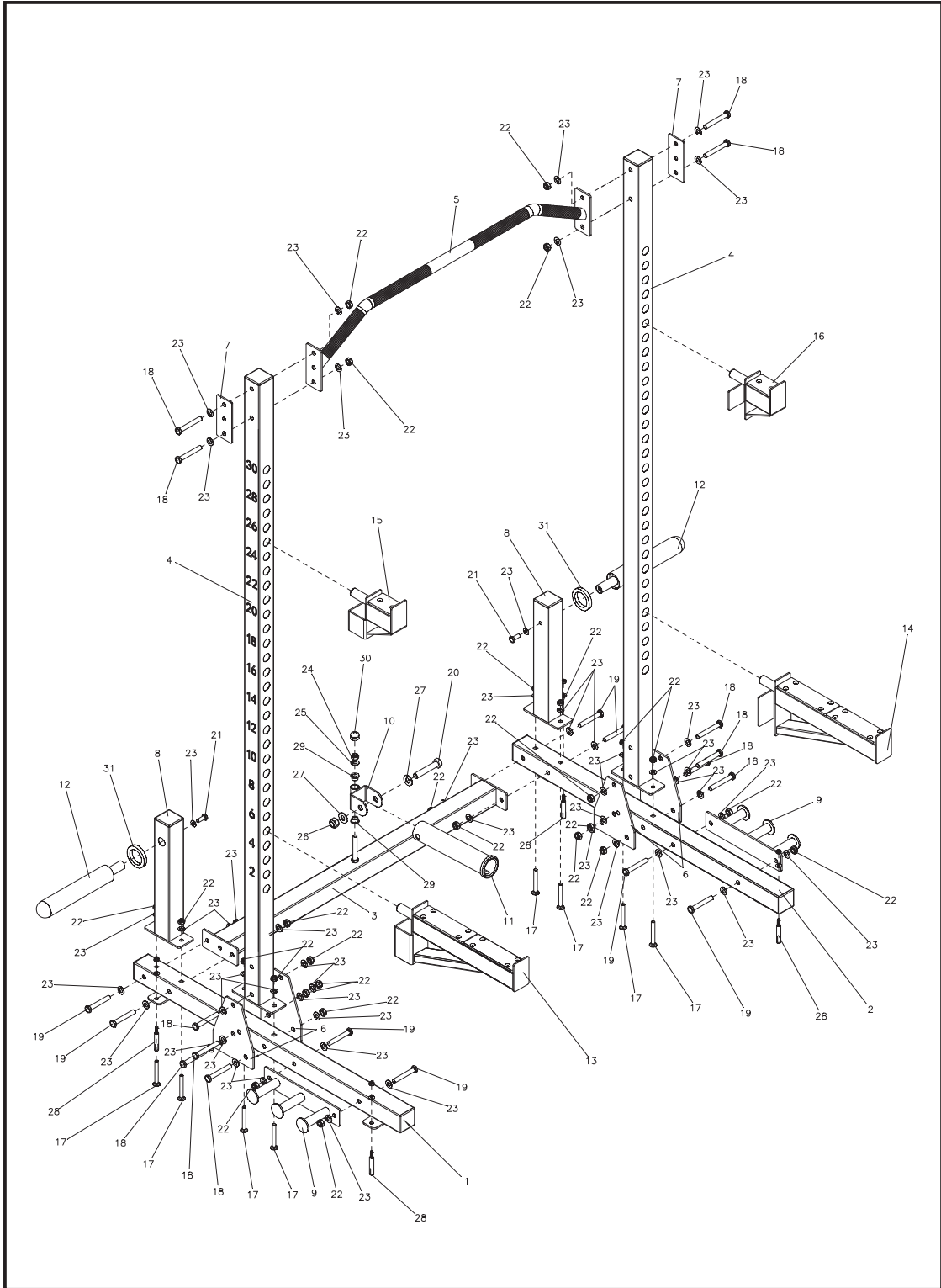


IMPORTANT SAFETY INFORMATION

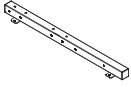
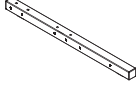
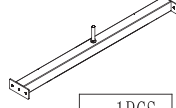





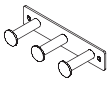

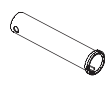
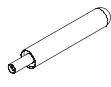
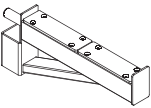
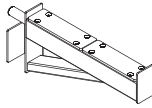





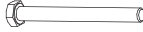











We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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 nauseous feeling. 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 880 pounds (400 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.

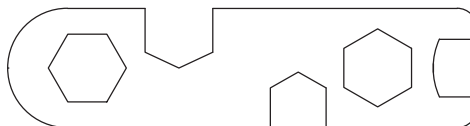
EXPLODED DIAGRAM



PARTS LIST

Right Stabilizer	Left Stabilizer	Center Stabilizer	Upright Post
			
1 1PCS	2 1PCS	3 1PCS	4 2PCS
Pull Up Bar	Locking Plate	Pull Up Bar Plate	Support Tube
			
5 1PCS	6 4PCS	7 2PCS	8 2PCS
Band pegs	Pivot Bracket	Landmine	Plate Holder
			
9 2PCS	10 1PCS	11 1PCS	12 2PCS
Right Safety Bar	Left Safety Bar	Right Bar Holder	Left Bar Holder
			
13 1PCS	14 1PCS	15 1PCS	16 1PCS
M10×80 Carriage Bolts	M10×85 Bolt	M10×80 Bolt	M16×90 Bolt
			
17 8PCS	18 12PCS	19 8PCS	20 1PCS
M10×20 Bolt	M10 Nut	M10 Washer	M12 Nut
			
21 2PCS	22 28PCS	23 50PCS	24 1PCS
M12 Washer	M16 Nut	M16 Washer	M8*80 Mounting Bolt
			
25 1PCS	26 1PCS	27 2PCS	28 4PCS
Ø12 Bushing	M12 Nut Cop	Ø50-Ø70 Buffer Washer	
			
29 2PCS	30 1PCS	31 2PCS	

TOOLS
SPANNER WRENCH 1 PC



PARTS LIST

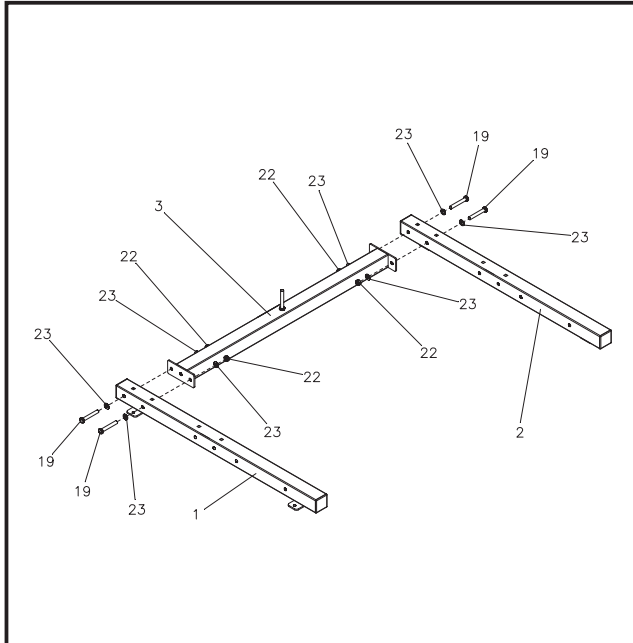
No.	Description	Spec.	Qty
1	Right Stabilizer		1
2	Left Stabilizer		1
3	Center Stabilizer		1
4	Upright Post		2
5	Pull Up Bar		1
6	Locking Plate		4
7	Pull Up Bar Plate		2
8	Support Tube		2
9	Band Pegs		2
10	Pivot Bracket		1
11	Landmine		1
12	Plate Holder		2
13	Right Safety Bar		1
14	Left Safety Bar		1
15	Right Bar Holder		1
16	Left Bar Holder		1
17	Carriage Bolt	M10*80	8
18	Bolt	M10*85	12
19	Bolt	M10*80	8
20	Bolt	M16*90	1
21	Bolt	M10*20	2
22	Nut	M10	28
23	Washer	M10	50
24	Nut	M12	1
25	Washer	M12	1
26	Nut	M16	1
27	Washer	M16	2
28	Mounting Bolt	M8*80	4
29	Bushing	φ 12	2
30	Nut Cap	M12	1
31	Buffer Washer	φ 50-φ 70	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).

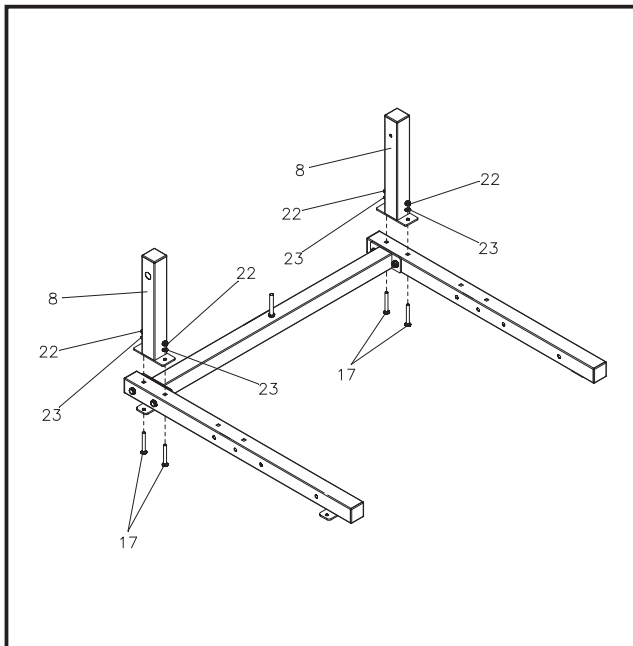
ASSEMBLY INSTRUCTIONS



STEP 1:

Attach **Left Stabilizer (No. 2)** to **Center Stabilizer (No. 3)** using **2 Bolts (No.19)**, **4 Washers (No. 23)**, and **2 Nuts (No. 22)**. Tighten and secure with **Spanner**.

Repeat these steps to attach the **Right Stabilizer (No. 1)**.

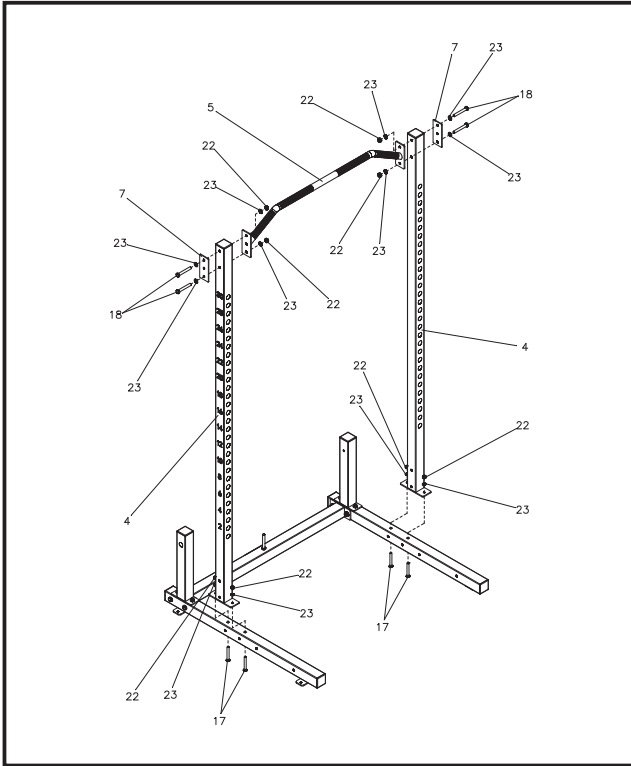


STEP 2:

Attach **Support Tube (No. 8)** to **Left Stabilizer (No. 2)** using **2 Carriage Bolts (No. 17)**, **2 Washers (No. 23)**, and **2 Nuts (No. 22)**. Tighten and secure with **Spanner**.

Repeat these steps to attach **Support Tube (No. 8)** to the **Right Stabilizer (No. 1)**.

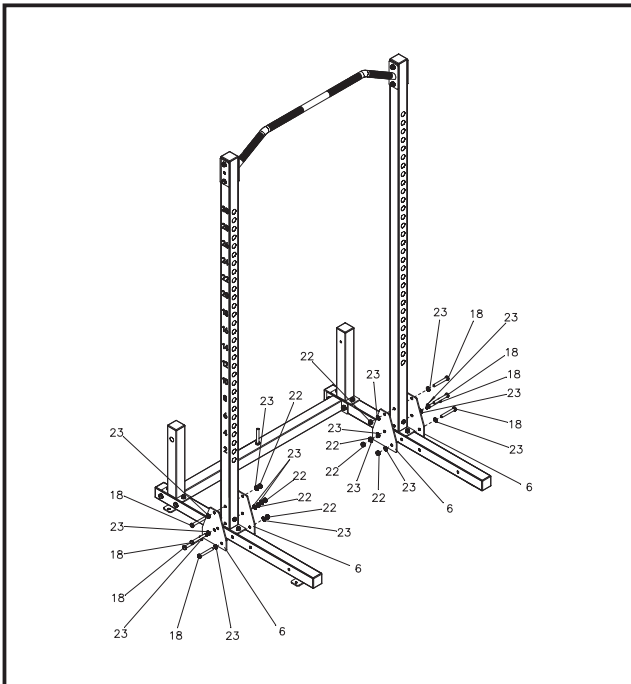
ASSEMBLY INSTRUCTIONS



STEP 3:

Attach **Upright Posts (No. 4)** to **Left Stabilizer (No. 2)** using 2 **Carriage Bolts (No. 17)**, 2 **Washers (No. 23)**, and 2 **Nuts (No. 22)**. Tighten and secure with **Spanner**.

Repeat to attach **Upright Post (No. 4)** to **Right Stabilizer (No. 1)**. Attach **Pull Up Bar (No. 5)** and **Pull Up Bar Plates (No. 7)** to **Upright Posts (No. 4)** using 4 **Bolts (No. 18)**, 8 **Washers (No. 23)**, and 4 **Nuts (No. 22)**. Tighten and secure with **Spanner**.

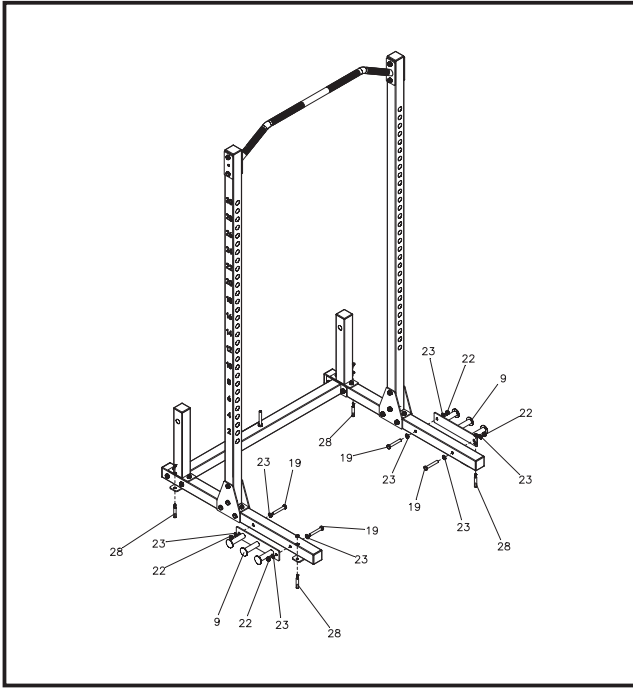


STEP 4:

Attach 2 **Locking Plates (No. 6)** to the **Right Stabilizer (No. 2)** using 4 **Bolts (No. 18)**, 8 **Washers (No. 23)**, and 4 **Nuts (No. 22)**. Do not tighten all the way until all 4 are in place. Tighten and secure with **Spanner**.

Repeat the steps to attach 2 **Locking Plates (No. 6)** to the **Left Stabilizer (No. 1)**.

ASSEMBLY INSTRUCTIONS

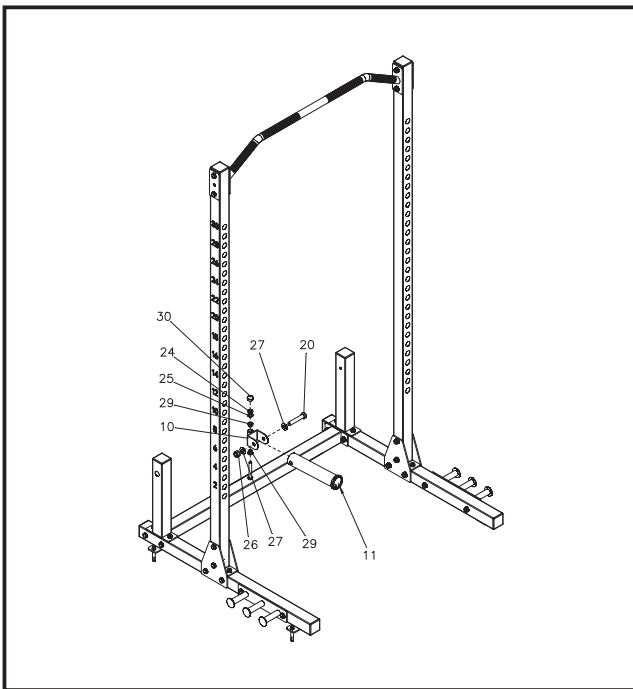


STEP 5:

Attach **Band Peg (No. 9)** to the **Left Stabilizer (No. 2)** using 2 **Bolts (No. 19)**, 4 **Washers (No. 23)**, and 4 **Nuts (No. 22)**. Tighten and secure with **Spanner**.

Repeat to attach **Band Peg (No. 9)** to the **Right Stabilizer (No. 1)**.

Secure power rack to the floor using 4 **Mounting Bolts (No. 28)**. Tighten and secure with **Spanner**.

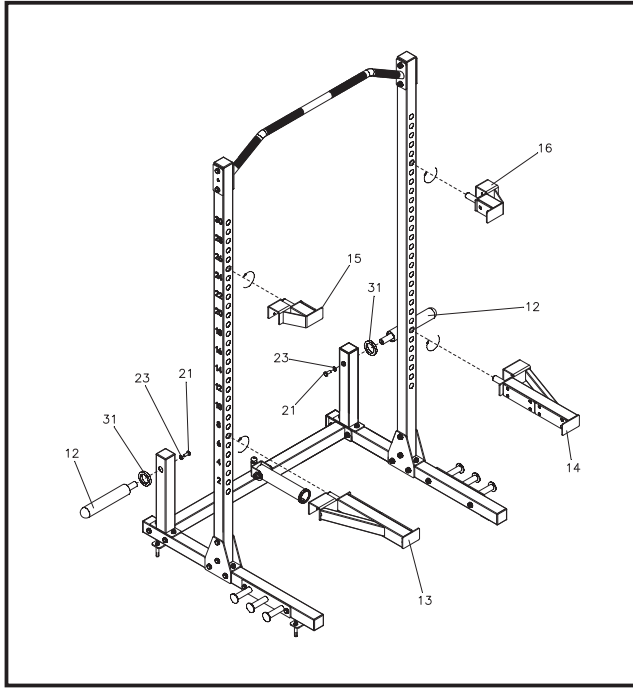


STEP 6:

Attach **Pivot Bracket (No. 10)** to **Center Stabilizer (No. 3)** using 2 **Bushings (No. 29)**, 1 **Washer (No. 25)**, and 1 **Nut (No. 24)**. Tighten and secure with **Spanner**. Cover with **Nut Cap (No. 30)**

Attach **Landmine (No. 11)** to **Pivot Bracket (No. 10)** using 1 **Bolt (No. 20)**, 2 **Washers (No. 27)**, and 1 **Nut (No. 26)**. Tighten and secure with **Spanner**.

ASSEMBLY INSTRUCTIONS



STEP 7:

Attach **Plate Holders (No. 12)** to **Support Tubes (No. 8)** using 2 **Buffer Washers (No. 31)**, 2 **Washers (No. 23)** and 2 **Bolts (No. 21)**. Tighten and secure with **Spanner**.

Hold the **Right Bar Holder (No. 15)** horizontally with the bracket on the right. Insert **Right Bar Holder (No. 15)** into **Upright Post (No. 4)** at desired height. Turn the **Right Bar Holder (No. 15)** clockwise to install onto **Upright Post (No. 4)**.

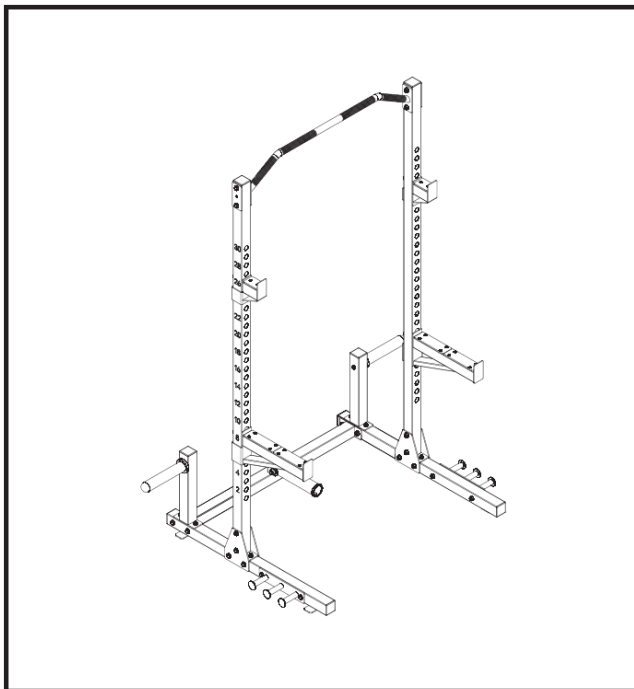
Hold the **Left Bar Holder (No. 16)** horizontally with the bracket on the right. Insert **Left Bar Holder (No. 16)** into **Upright Post (No. 4)** at desired height. Turn the **Left Bar Holder (No. 16)** counterclockwise to install onto **Upright Post (No. 4)**.

Make sure the Bar Holders are set at the same level.

Repeat the above steps to install the **Right and Left Safety Bars (No. 13 & 14)** into the **Upright Posts (No. 4)**.

Make sure the Safety Bars are set at the same level.

The assembly is complete!



WARNING:

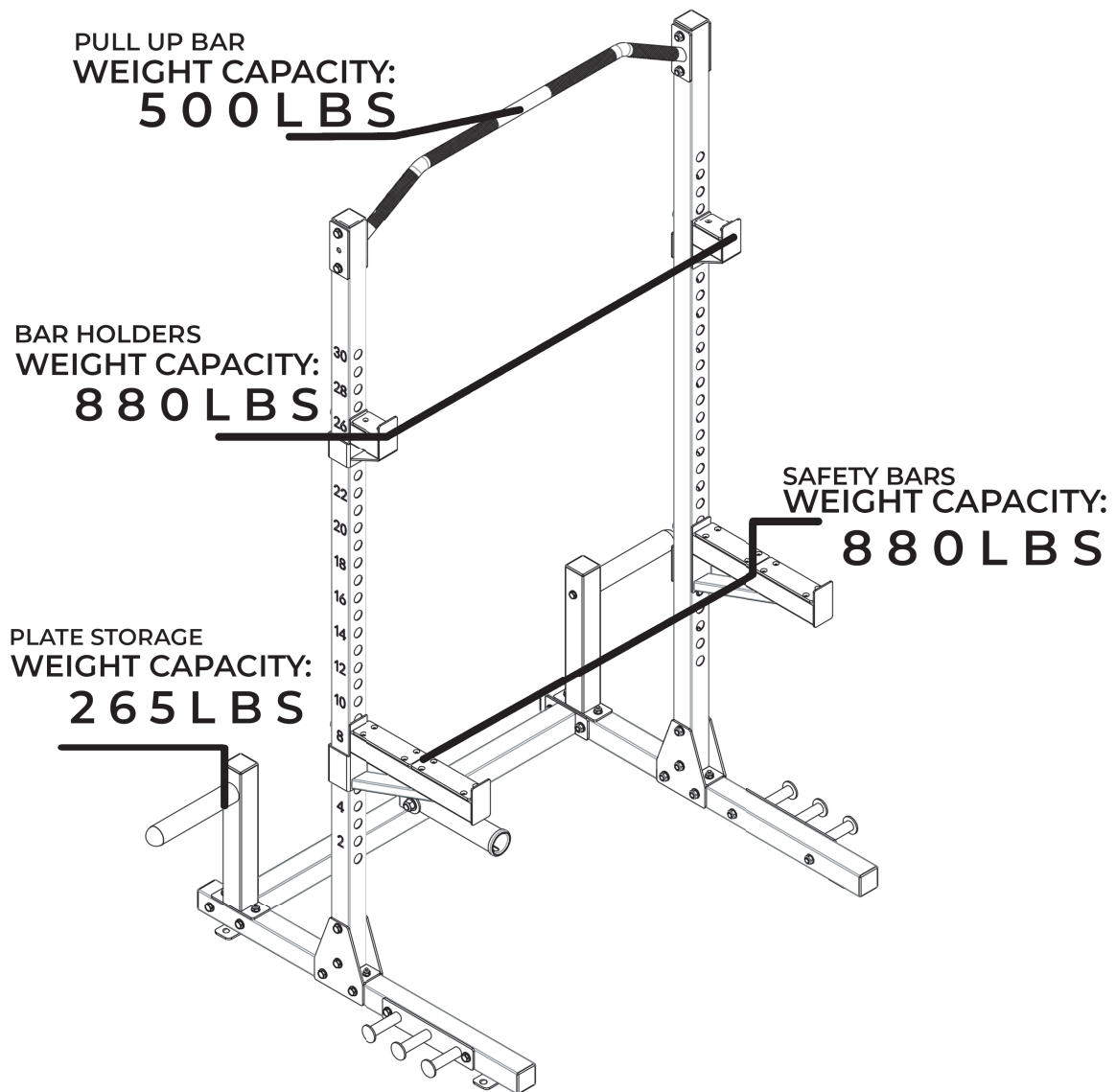
Always add or remove equal amounts of weight on each side of the barbell.
Do not store your barbell with weight on the power rack for an extended period of time.

WEIGHT CAPACITY

Maximum weight capacity of the safety bars and the bar holders is 880 lbs. (400 kg).

Maximum user weight of the pull up bar is 500 lbs. (225 kg).

Maximum weight capacity of the plate holders is 265 lbs. (120 kg).



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 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. Perform maintenance or replace as required.

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