

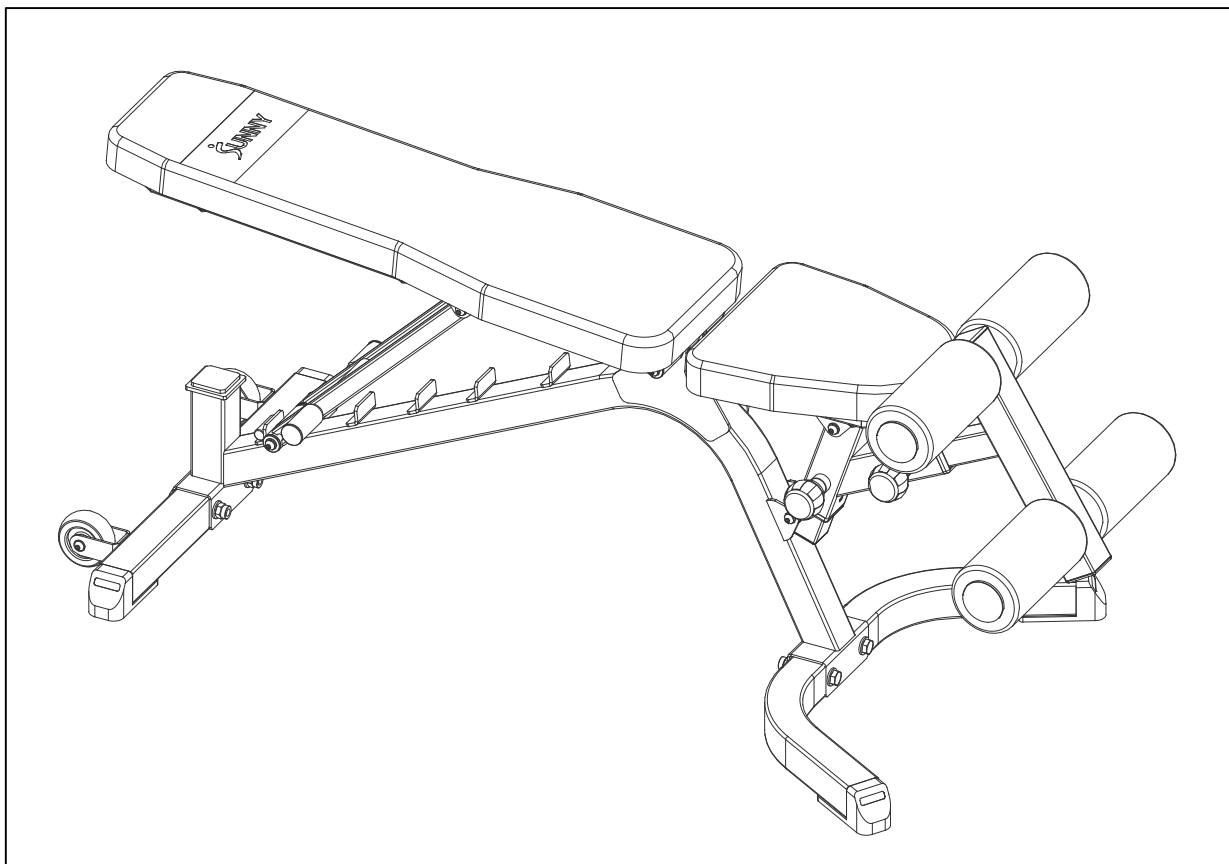


FULLY ADJUSTABLE UTILITY WEIGHT

BENCH

SF-BH6920

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).



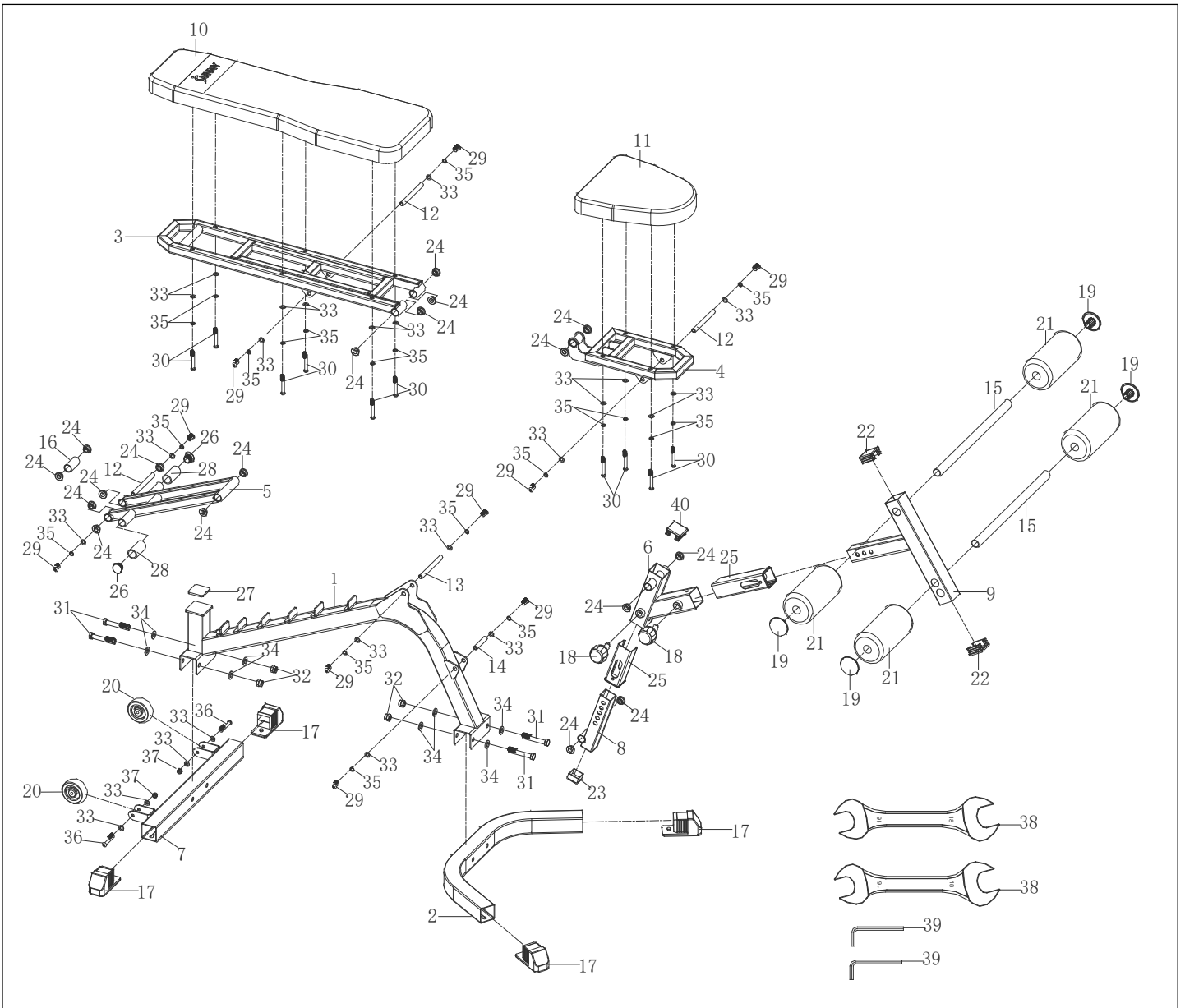
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IMPORTANT SAFETY INFORMATION


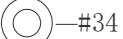

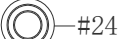

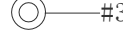



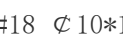




We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 4 feet (120 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 1000 LBS (455KG).
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

 #31 M12*75 4PCS	 #34 $\varnothing 13 * \varnothing 24 * 2.5$ 8PCS
 #32 M12 4PCS	 #24 $\varnothing 25 * \varnothing 20.8 * \varnothing 12.5 * 10 * 3$ 10PCS
 #29 M8*20 6PCS	 #33 $\varnothing 8.4 * \varnothing 16 * 1.5$ 16PCS
 #30 M8*45 10PCS	 #35 $\varnothing 8.1 * 12.3 * 2.1$ 16PCS
 #13 $\varnothing 12.5 * 176$ 1PC	 #19 $\varnothing 60$ 4PCS
 #12 $\varnothing 12.5 * 128$ 2PCS	 #18 $\varnothing 10 * 10 * M16 * 25$ 2PCS
 #38 S16-S18 2PCS	 #39 5mm 2PCS

PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Backrest Frame		1
4	Seat Frame		1
5	Backrest Adjusting Frame		1
6	Seat Adjusting Frame		1
7	Rear Stabilizer		1
8	Adjusting Tube		1
9	Foot Post		1
10	Backrest Cushion		1
11	Seat Cushion		1
12	Rotation Rod 1	∅ 12.5*128	3
13	Rotation Rod 2	∅ 12.5*176	1
14	Rotation Rod 3	∅ 12.5*60	1
15	Foot Tube	∅ 25*t2.0*450	2
16	Rotation Tube 1		1
17	End Cap		4
18	Knob	∅ 10*10*M16*25	2
19	End Cap	∅ 60	4
20	Transportation Wheel	∅ 8*∅ 77.5*33.5	2

No.	Description	Spec.	Qty.
21	Sponge	∅ 100*200	4
22	Square End Cap	50*50*t2.0	2
23	Square End Cap	38*38*t2.0	1
24	Alloy Bushing	∅ 25*∅ 20.8*∅ 12.5*10*3	18
25	Bushing	50*50*t2.0, for tube 38*38	2
26	Round End Cap	∅ 31*∅ 25*1.5	2
27	Rubber Mat	50*50*t5.0	1
28	Foam Grip	∅ 24*∅ 32*58	2
29	Bolt	M8*20	10
30	Bolt	M8*45	10
31	Hex Bolt	M12*75	4
32	Hex Nut	M12	4
33	Washer	∅ 8.4*∅ 16*1.5	24
34	Washer	∅ 13*∅ 24*2.5	8
35	Spring Washer	∅ 8.1*12.3*2.1	20
36	Bolt	M8*55	2
37	Hex Nut	M8	2
38	Open End Wrench	S16-S18	2
39	Allen Wrench	5mm	2
40	Square End Cap	45*45*t1.5	1

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

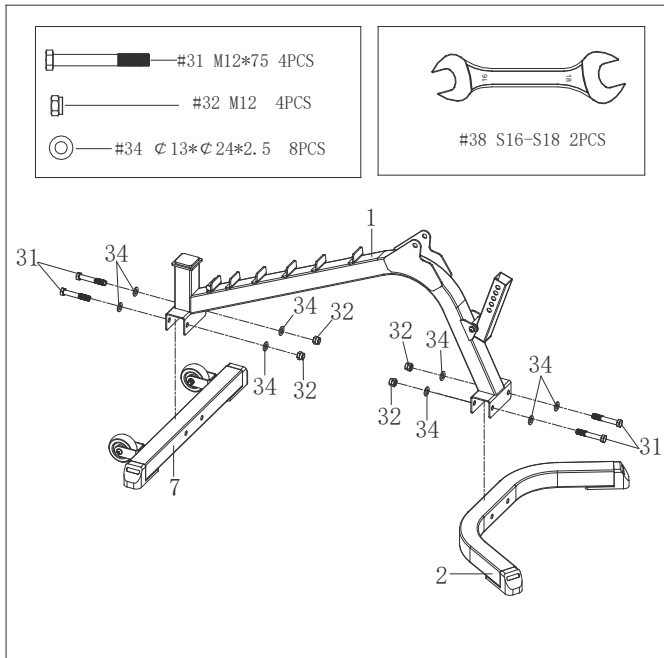
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “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).

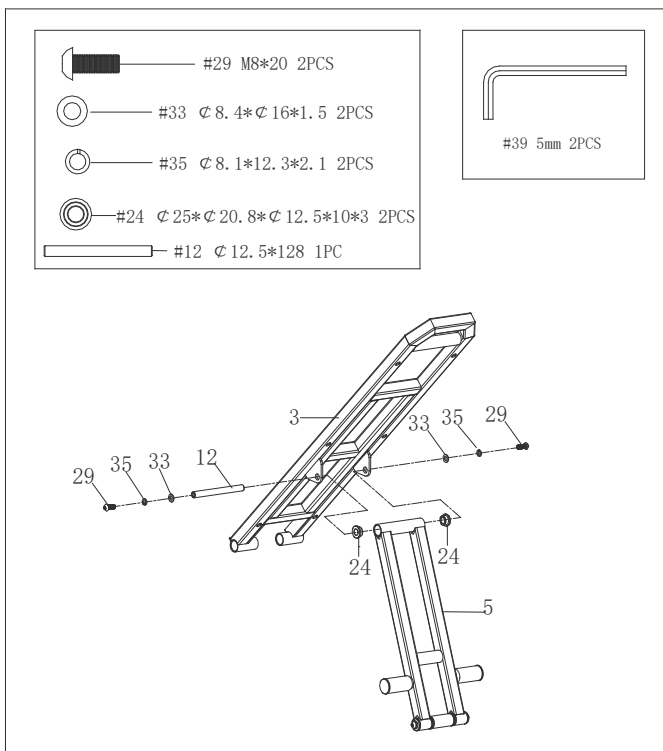
ASSEMBLY INSTRUCTIONS

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:

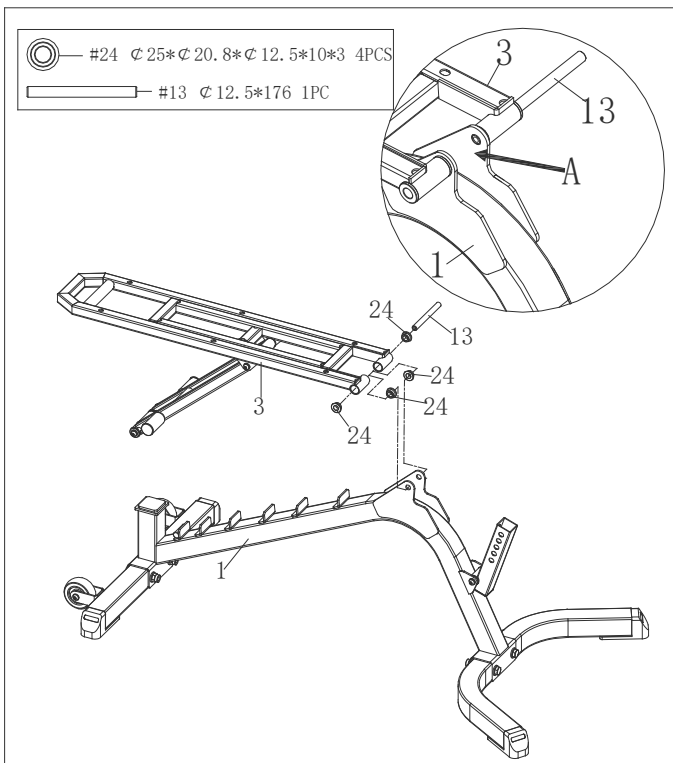
Attach **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 7)** to **Main Frame (No. 1)** using **4 Hex Bolts (No. 31)**, **4 Hex Nuts (No. 32)** and **8 Washers (No. 34)**. Tighten and secure with **2 Open End Wrenches (No. 38)**.



STEP 2:

Insert **2 Alloy Bushings (No. 24)** into **Backrest Adjusting Frame (No. 5)**. Then attach **Backrest Frame (No. 3)** to **Backrest Adjusting Frame (No. 5)** using **2 Bolts (No. 29)**, **2 Washers (No. 33)**, **2 Spring Washers (No. 35)** and **Rotation Rod 1 (No. 12)**. Tighten and secure with **2 Allen Wrenches (No. 39)**.

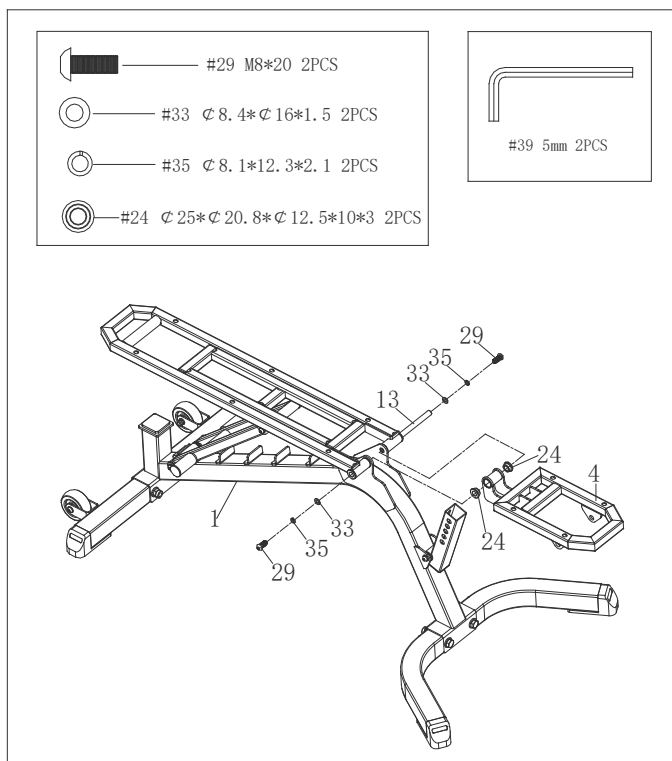
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STEP 3:

Insert 4 **Alloy Bushings (No. 24)** into **Backrest Frame (No. 3)**. Attach **Backrest Frame (No. 3)** onto **Main Frame (No. 1)**, then align the holes on **Backrest Frame (No. 3)** with the holes on **Main Frame (No. 1)** and insert **Rotation Rod 2 (No. 13)** into the holes on side A of **Main Frame (No. 1)**.

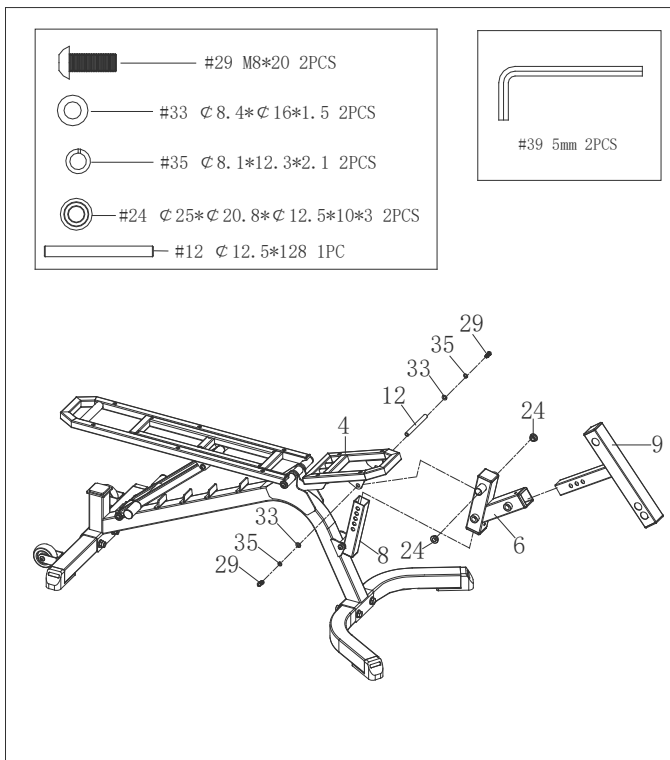
NOTE: Do not insert the **Rotation Rod 2 (No. 13)** exceed side A at this step.



STEP 4:

Insert 2 **Alloy Bushings (No. 24)** into **Seat Frame (No. 4)**. Attach **Seat Frame (No. 4)** onto **Main Frame (No. 1)**, then align the holes on **Seat Frame (No. 4)** with the holes on **Main Frame (No. 1)** and insert **Rotation Rod 2 (No. 13)** into the holes on **Seat Frame (No. 4)** and **Main Frame (No. 1)** using 2 **Bolts (No. 29)**, 2 **Washers (No. 33)** and 2 **Spring Washers (No. 35)**. Tighten and secure with 2 **Allen Wrenches (No. 39)**.

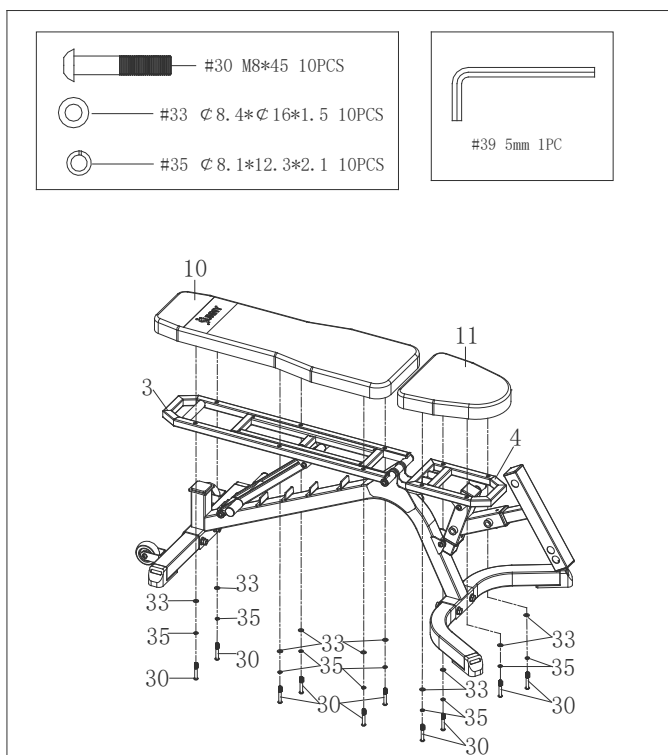
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STEP 5:

Insert **Foot Post (No. 9)** into **Seat Adjusting Frame (No. 6)**, then insert **Seat Adjusting Frame (No. 6)** into **Adjusting Tube (No. 8)**.

Insert 2 **Alloy Bushings (No. 24)** into **Seat Adjusting Frame (No. 6)**. Attach **Seat Frame (No. 4)** onto **Seat Adjusting Frame (No. 6)**, then align the holes on **Seat Frame (No. 4)** with the holes on the **Seat Adjusting Frame (No. 6)** and insert 2 **Bolts (No. 29)**, 2 **Washers (No. 33)**, 2 **Spring Washers (No. 35)** and **Rotation Rod 1 (No. 12)**. Tighten and secure with 2 **Allen Wrenches (No. 39)**.

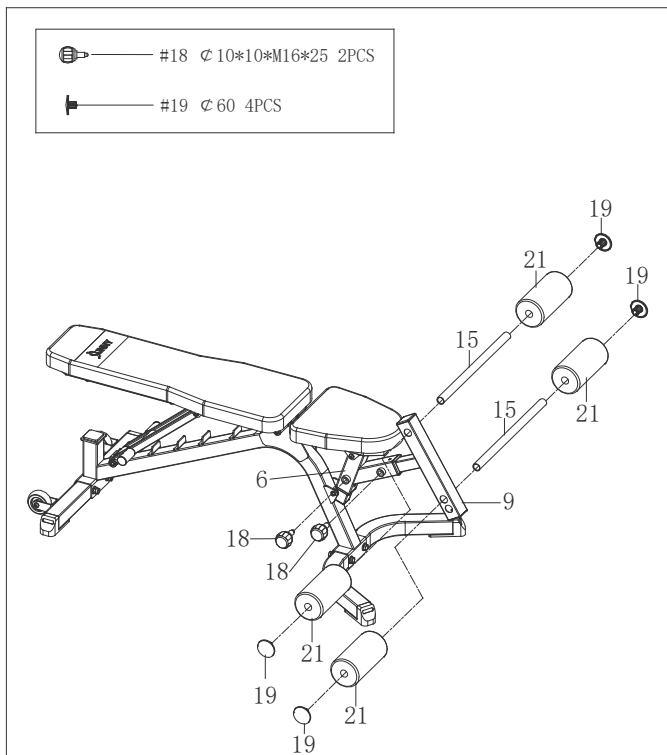


STEP 6:

Attach **Backrest Cushion (No. 10)** to **Backrest Frame (No. 3)** using 6 **Bolts (No. 30)**, 6 **Washers (No. 33)** and 6 **Spring Washers (No. 35)**. Tighten and secure with **Allen Wrench (No. 39)**.

Attach **Seat Cushion (No. 11)** to **Seat Frame (No. 4)** using 4 **Bolts (No. 30)**, 4 **Washers (No. 33)** and 4 **Spring Washers (No. 35)**. Tighten and secure with **Allen Wrench (No. 39)**.

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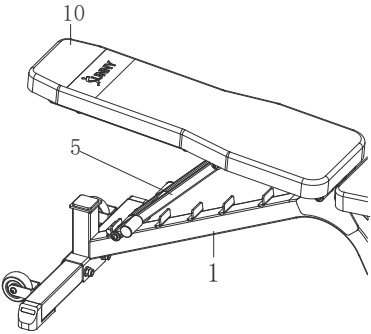
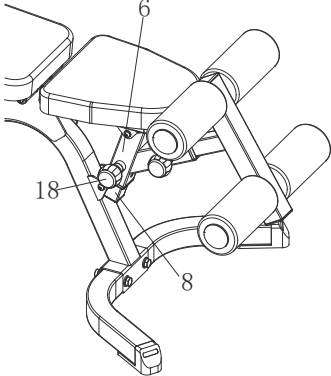
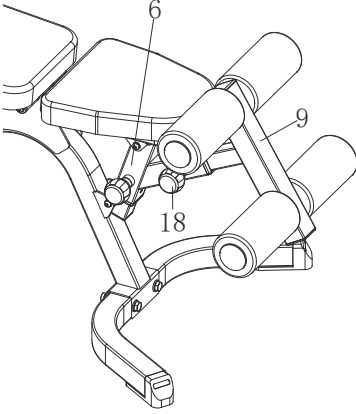
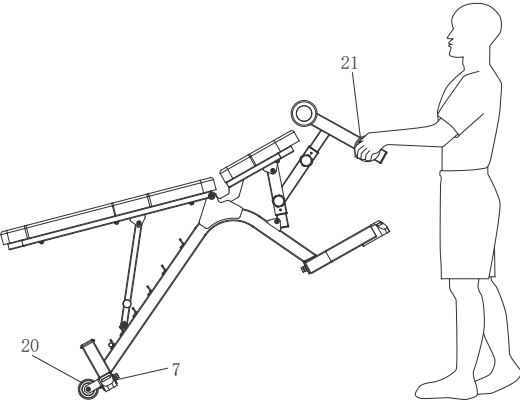


STEP 7:

Insert 2 **Foot Tubes (No. 15)** into **Foot Post (No. 9)**. Then attach 4 **Sponges (No. 21)** and 4 **End Caps (No. 19)** onto 2 **Foot Tubes (No. 15)**. Insert 2 **Knobs (No. 18)** into **Seat Adjusting Frame (No. 6)**.

The assembly is complete!

ADJUSTMENTS & USAGE GUIDE

	<h3>ADJUSTING THE BACKREST</h3> <p>There are 7 levels for adjusting the backrest. To adjust the backrest, please pull up the Backrest Cushion (No. 10) by hand and place the Backrest Adjusting Frame (No. 5) on the desired slot on the Main Frame (No. 1) securely.</p>
	<h3>ADJUSTING THE SEAT</h3> <p>There are 4 levels for adjusting the seat. To adjust the seat, loosen and pull out the Knob (No. 18), adjust the Adjusting Tube (No. 8) to the desired position. Once adjusted, re-insert and tighten the Knob (No. 18) to secure the Adjusting Tube (No. 8) in place.</p>
	<h3>ADJUSTING THE FOOT POST</h3> <p>There are 3 levels for adjusting the Foot Post (No. 9). To adjust the Foot Post (No. 9), loosen and pull out the Knob (No. 18), adjust the Foot Post (No. 9) to the desired position. Once adjusted, re-insert and tighten the Knob (No. 18) to secure the Foot Post (No. 9) in place.</p>
	<h3>TRANSPORTING THE BENCH</h3> <p>To move the bench, lift the Sponge (No. 21) up until the Transportation Wheels (No. 20) on the Rear Stabilizer (No. 7) touch the ground. With the Transportation Wheels (No. 20) on the ground, you can transport the bench to the desired location with ease.</p> <p>NOTE: Always use caution when moving the bench as unexpected impact such as dropping the bench may cause injury and damage the product.</p>

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 bench 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.

Version: 2.1

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