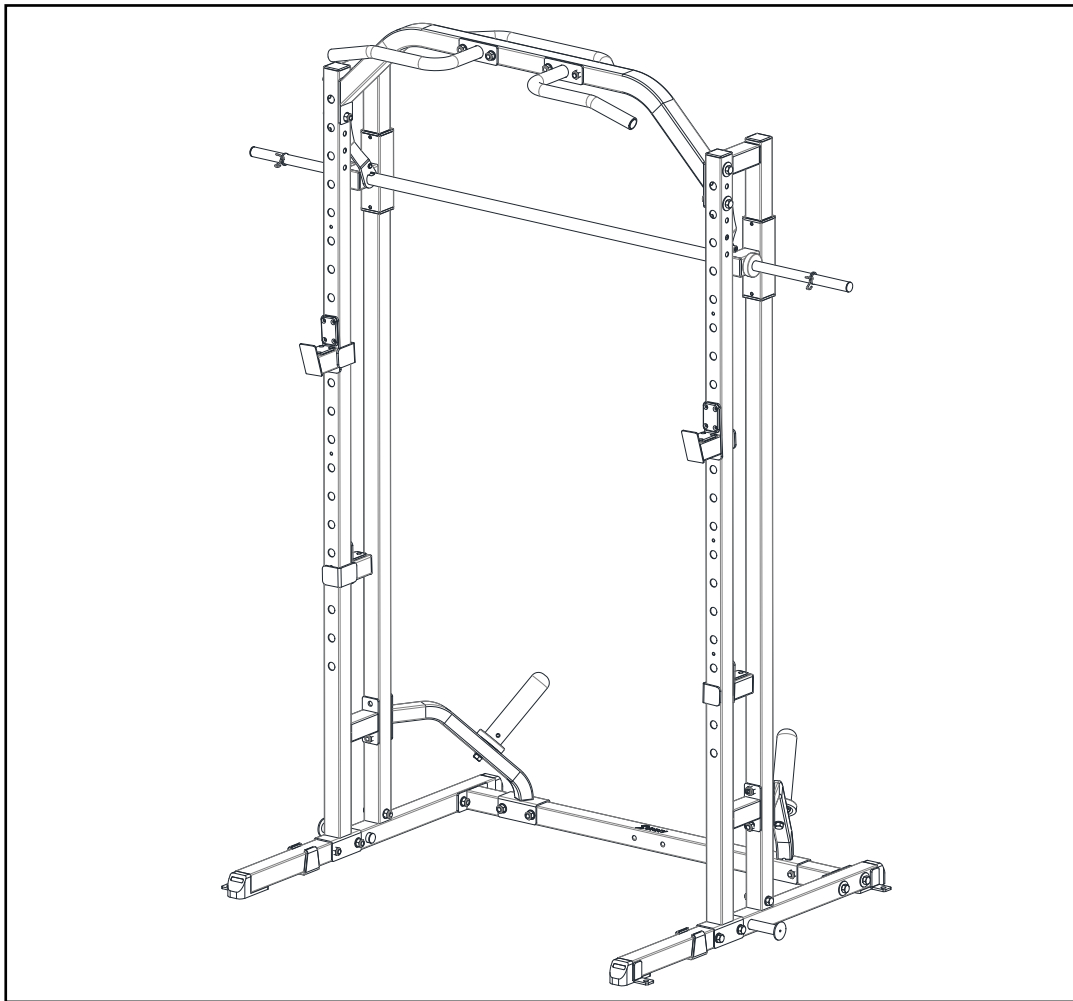




ESSENTIAL SERIES SMITH MACHINE SQUAT RACK

SF-XF920020

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).



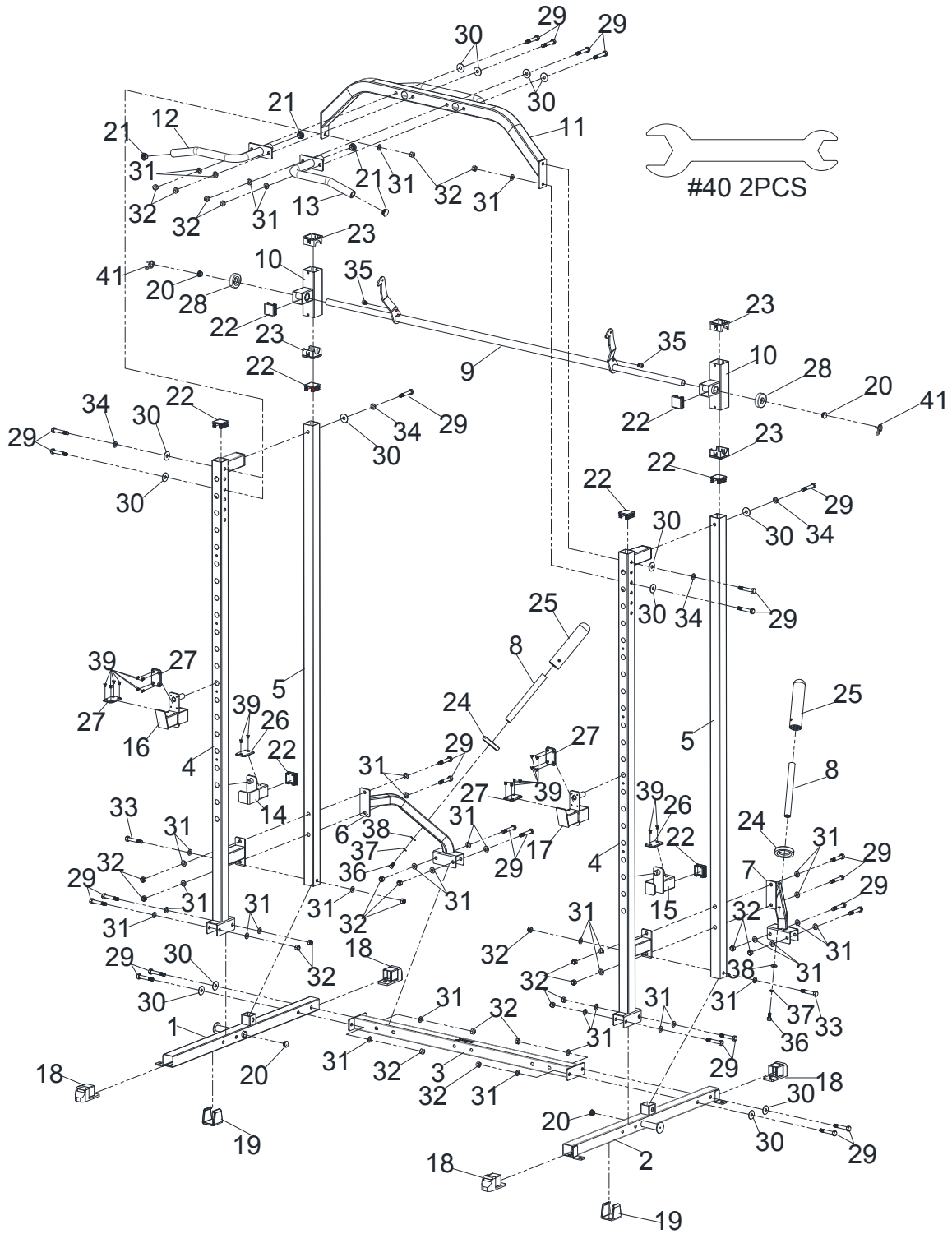
WWW.SUNNYHEALTHFITNESS.COM

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.

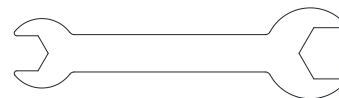
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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 1000 pounds (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

#29-M12*75mm 26PCS	#33-M12*70mm 2PCS
#30- ϕ 37* ϕ 12.5*2.0mm 14PCS	#32-M12 24PCS
#31- ϕ 24* ϕ 12.5*2.0mm 38PCS	#34-M12 4PCS
#36-M10*20mm 2PCS	
#37-M10 2PCS	
#38- ϕ 20* ϕ 10.5*2.0mm 2PCS	#40—#17-19 2PCS



PARTS LIST

No.	Description	Spec.	Qty.
1	Right Base Frame		1
2	Left Base Frame		1
3	Rear Cross Tube		1
4	Front Upright Frame		2
5	Rear Upright Frame		2
6	Right Support Frame		1
7	Left Support Frame		1
8	Weight Plate Holder		2
9	Weightlifting Barbell Bar		1
10	Sliding Tube		2
11	Upper Frame		1
12	Right Handlebar		1
13	Left Handlebar		1
14	Right Safety Catch		1
15	Left Safety Catch		1
16	Right Hook		1
17	Left Hook		1
18	Foot End Cap	50*50*1.5	4
19	U-Bracket		2
20	Round End Cap	ϕ 25*2.0	4
21	Round End Cap	ϕ 30*3.0	4

No.	Description	Spec.	Qty.
22	Square End Cap	50*50	8
23	Plastic Bushing		4
24	Bumper	ϕ 70* ϕ 48*13	2
25	Weight Plate Holder Sleeve		2
26	Small Rubber Pad		2
27	Rubber Pad		4
28	Bumper	ϕ 60* ϕ 24*16	2
29	Hex Bolt	M12*75mm	26
30	Big Flat Washer	ϕ 37* ϕ 12.5*2.0mm	14
31	Flat Washer	ϕ 24* ϕ 12.5*2.0mm	38
32	Lock Nut	M12	24
33	Hex Bolt	M12*70mm	2
34	Spring Washer	M12	4
35	Round Hex Bolt	M10*10mm	2
36	Hex Bolt	M10*20mm	2
37	Spring Washer	M10	2
38	Flat Washer	ϕ 20* ϕ 10.5*2.0mm	2
39	Phillips Screw	M6*10mm	20
40	Wrench	#17-19	2
41	Spring Clip	ϕ 25	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)

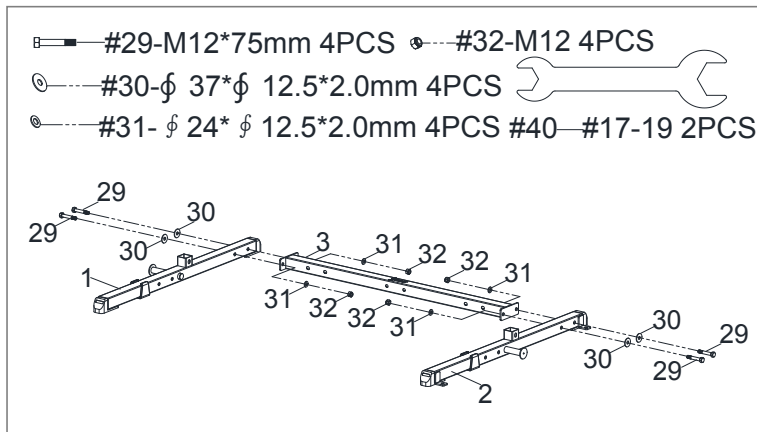
Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

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 **Right & Left Base Frame (No. 1 & No. 2)** to the **Rear Cross Tube (No. 3)** using 4 **Hex Bolts (No. 29)**, 4 **Big Flat Washers (No. 30)**, 4 **Flat Washers (No. 31)** and 4 **Lock Nuts (No. 32)**. Secure with 2 **Wrenches (No. 40)**. Do not tighten the 4 **Hex Bolts (No. 29)** during this step.



STEP 2:

Attach the **Upper Frame (No. 11)** onto 2 **Front Upright Frames (No. 4)** using 4 **Hex Bolts (No. 29)**, 4 **Big Flat Washers (No. 30)**, 2 **Flat Washers (No. 31)**, 2 **Spring Washers (No. 34)** and 2 **Lock Nuts (No. 32)**. Secure with 2 **Wrenches (No. 40)**. Do not tighten the 4 **Hex Bolts (No. 29)** during this step.

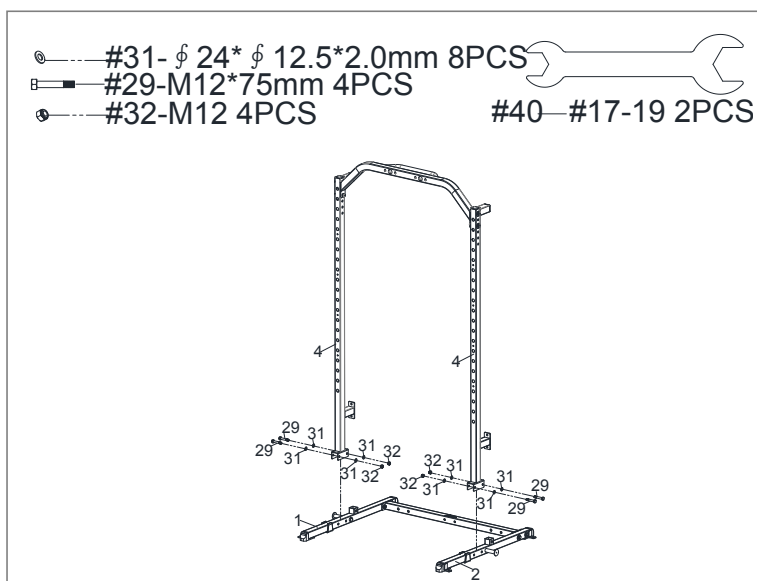
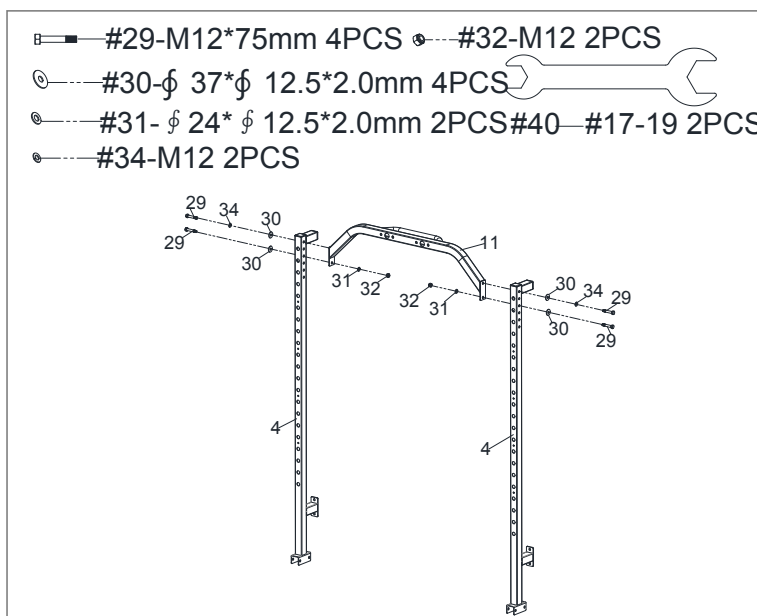
There are 4 height installation options for the **Upper Frame (No. 11)**, make sure the two sides of **Upper Frame (No. 11)** are the same height when installing.

STEP 3:

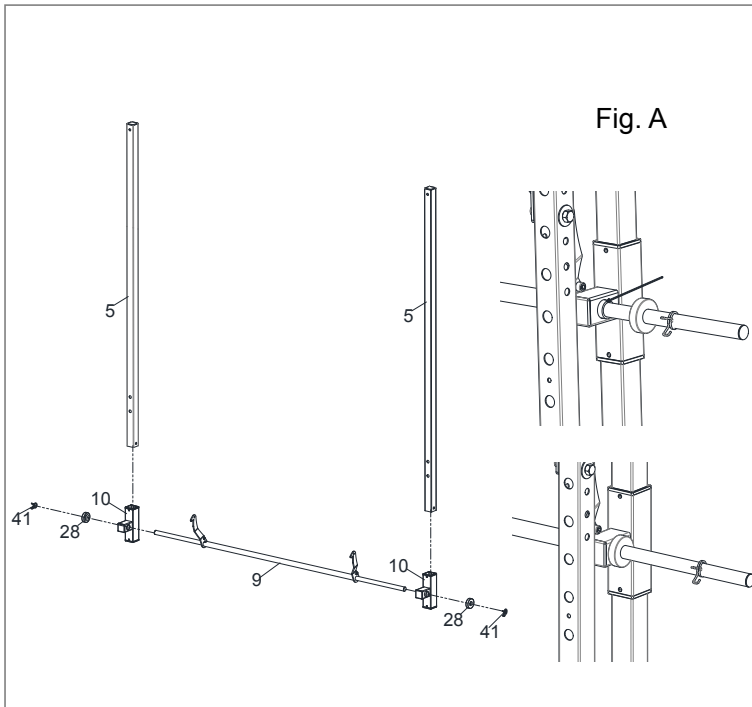
NOTE: It is highly recommended that you have assistance during the assembly.

Attach 2 **Front Upright Frames (No. 4)** to the **Right & Left Base Frames (No. 1 & No. 2)** using 4 **Hex Bolts (No. 29)**, 8 **Flat Washers (No. 31)** and 4 **Lock Nuts (No. 32)**. Tighten and secure with 2 **Wrenches (No. 40)**.

Now you can tighten all the **Hex Bolts (No. 29)** from **STEP 1 & STEP 2**.



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STEP 4:

NOTE: It is highly recommended that you have assistance during the assembly.

Before assembly, please make sure the bump on 2 **Sliding Tubes (No. 10)** showed on Fig A are facing outside of the rack.

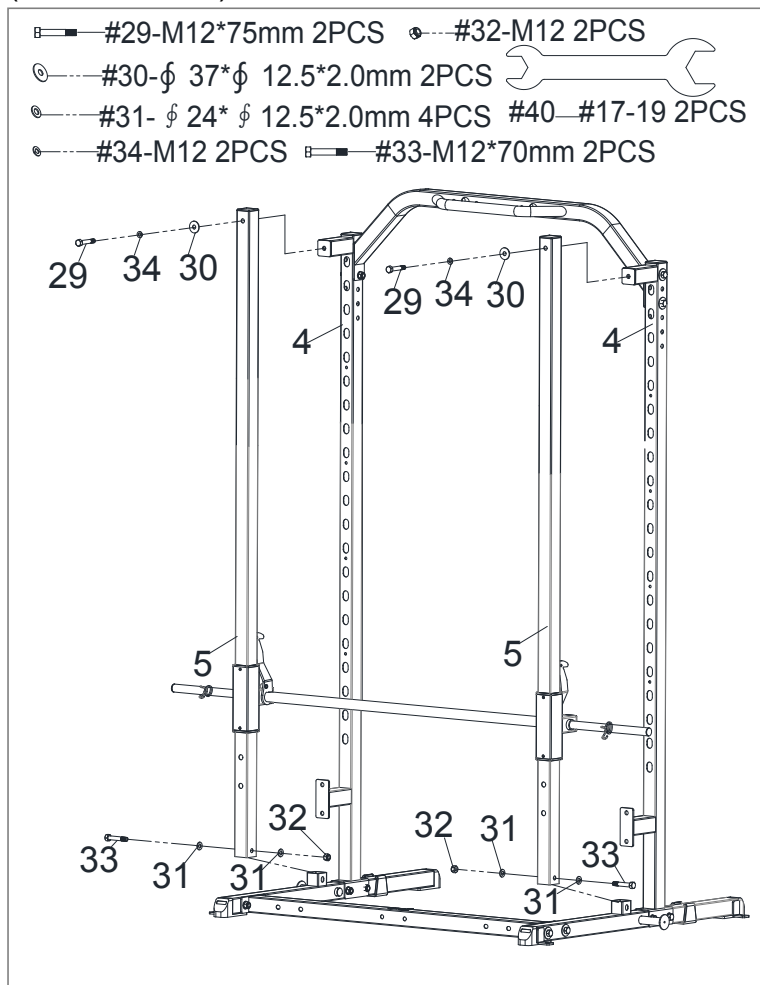
Attach 2 **Sliding Tubes (No. 10)** to the **Weightlifting Barbell Bar (No. 9)**. Slide the assembled **Weightlifting Barbell Bar (No. 9)** on to the 2 **Rear Upright Frames (No. 5)** together.

Insert 2 **Bumpers (No. 28)** to each post of the **Weightlifting Barbell Bar (No. 9)** and push the **Bumpers (No. 28)** to the base of the 2 **Sliding Tubes (No. 10)**.

Please make sure the groove side of 2 **Bumpers (No. 28)** is facing the bump on 2 **Sliding Tubes (No. 10)**.

Slide 2 **Spring Clips (No. 41)** on to each post of the **Weightlifting Barbell Bar (No. 9)** respectively.

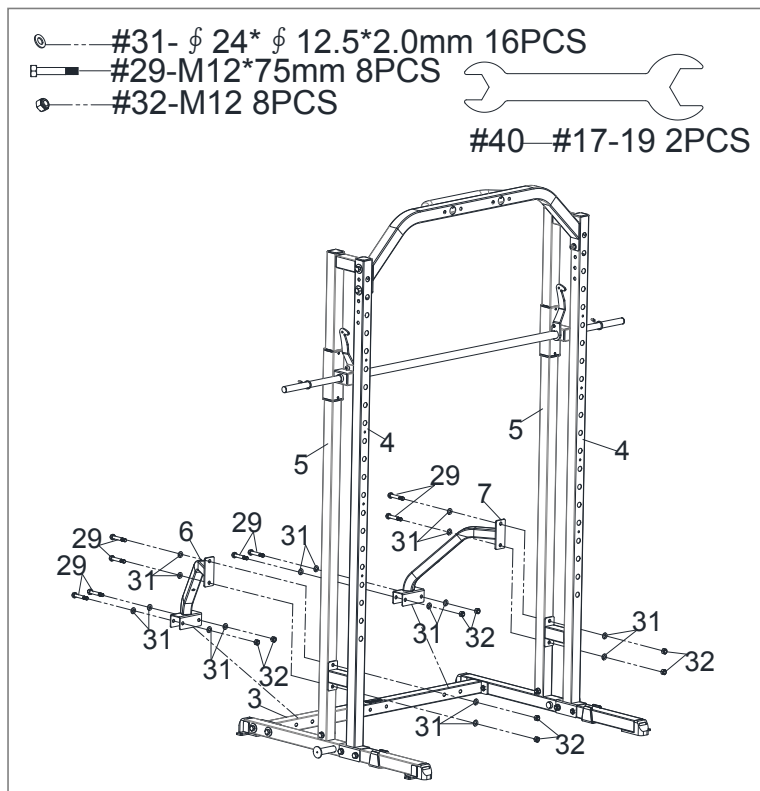
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STEP 5:

NOTE: It is highly recommended that you have assistance during the assembly.

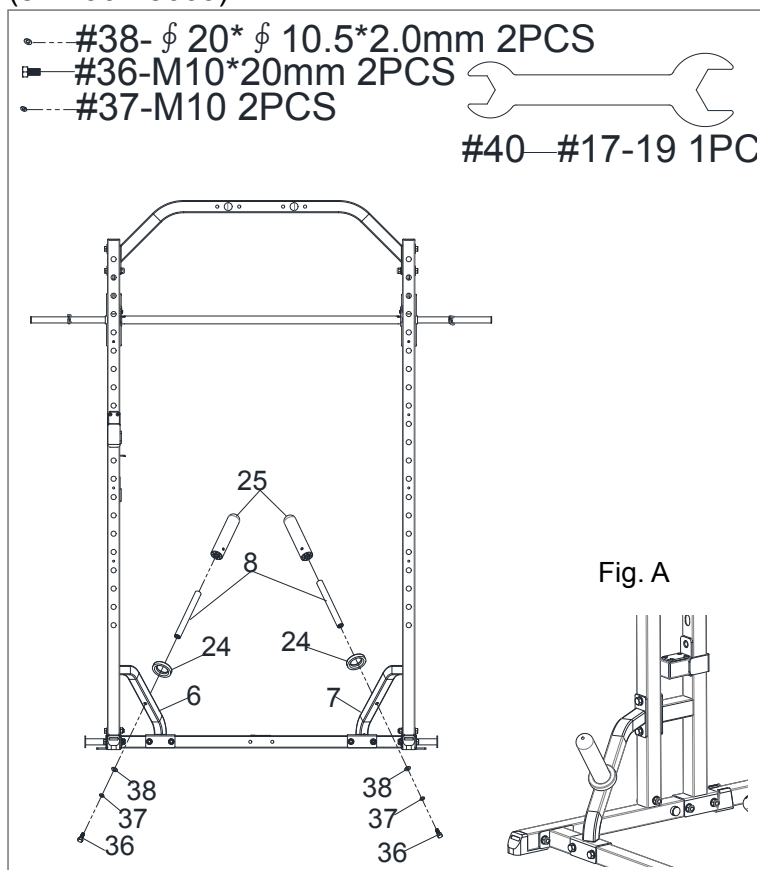
Attach the assembled 2 **Rear Upright Frames (No. 5)** to the 2 **Front Upright Frames (No. 4)** respectively using 2 **Hex Bolts (No. 33)**, 2 **Hex Bolts (No. 29)**, 4 **Flat Washers (No. 31)**, 2 **Big Flat Washers (No. 30)**, 2 **Spring Washers (No. 34)** and 2 **Lock Nuts (No. 32)**. Tighten and secure with 2 **Wrenches (No. 40)**.



STEP 6:

Attach **Right & Left Support Frames (No. 6 & 7)** to 2 **Rear Upright Frames (No. 5)** and the **Rear Cross Tube (No. 3)** using 8 **Hex Bolts (No. 29)**, 16 **Flat Washers (No. 31)**, and 8 **Lock Nuts (No. 32)**. Tighten and secure with 2 **Wrenches (No. 40)**.

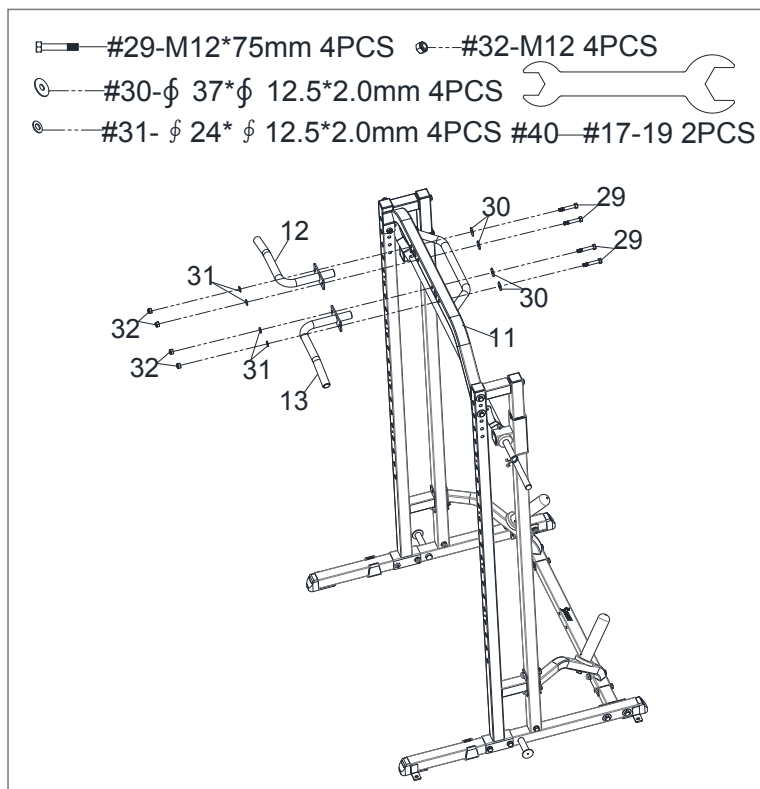
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 7:

Attach 2 assembled **Weight Plate Holder Sleeves (No. 25)** to the **Right & Left Support Frames (No. 6 & 7)** using 2 **Hex Bolts (No. 36)**, 2 **Spring Washers (No. 37)** and 2 **Flat Washers (No. 38)**. Tighten and secure with 1 **Wrench (No. 40)**.

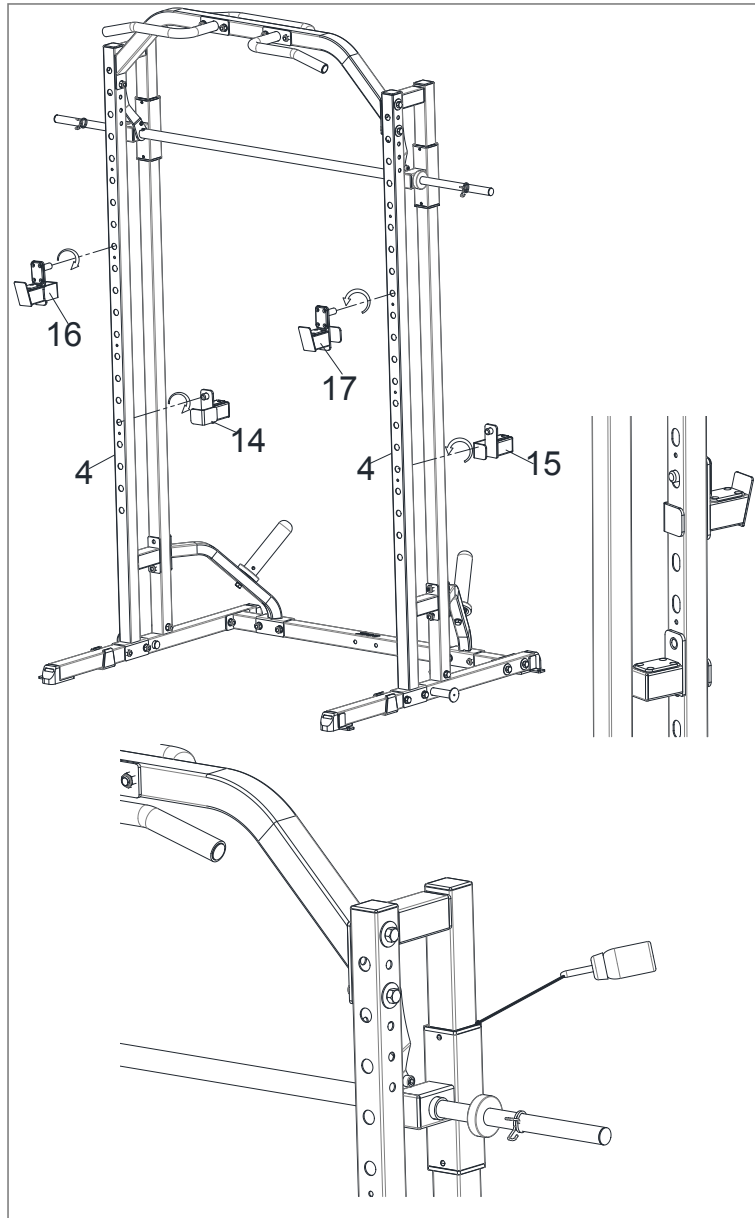
Insert 2 **Bumpers (No. 24)** to the base of the 2 **Weight Plate Holder Sleeves (No. 25)** as shown in Fig. A.



STEP 8:

Attach **Right & Left Handlebars (No. 12 & 13)** to the **Upper Frame (No. 11)** using 4 **Hex Bolts (No. 29)**, 4 **Big Flat Washers (No. 30)**, 4 **Flat Washers (No. 31)** and 4 **Lock Nuts (No. 32)**. Tighten and secure with 2 **Wrenches (No. 40)**.

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STEP 9:

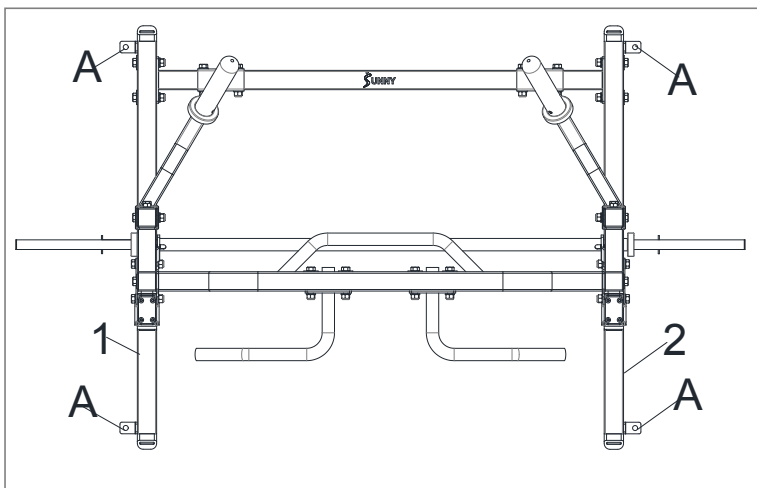
Insert the **Right Hook (No. 16)** and the **Right Safety Catch (No. 14)** into the **Front Upright Frame (No. 4)** on the right. Turn **Right Hook (No. 16)** and **Right Safety Catch (No. 14)** as the arrow showed on the left picture to tighten.

Insert the **Left Hook (No. 17)** and the **Left Safety Catch (No. 15)** into the **Front Upright Frame (No. 4)** on the left. Turn **Left Hook (No. 17)** and **Left Safety Catch (No. 15)** as the arrow showed on the left picture to tighten.

Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

NOTE: Please lubricate rails before using the smith machine.

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STEP 10:

WARNING: Please ensure sufficient weights are on the rack or the rack is bolted to the ground before using the resistance bands.

***NOTE:** ϕ 13 Wood Screws and Expansion Bolts are not included.

If the ground is made of wood material, secure the 4 **Connecting Pieces (No. A)**

on **Right & Left Base Frames (No. 1 & No. 2)** to the ground using 4 ϕ 13 **Wood Screws** to bolt the rack.

If the ground is cement ground, please mark the holes on the 4 **Connecting Pieces (No. A)**, then remove the rack, drill the holes and install 4 **Expansion Bolts** into the ground. Move the rack back, align the holes with 4 **Connecting Pieces (No. A)** to the 4 **Expansion Bolts** and tighten them to bolt the rack.

The assembly is complete!

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.

WARNING: Please ensure sufficient weights are on the rack and the rack is bolted to the ground before using the resistance bands.

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