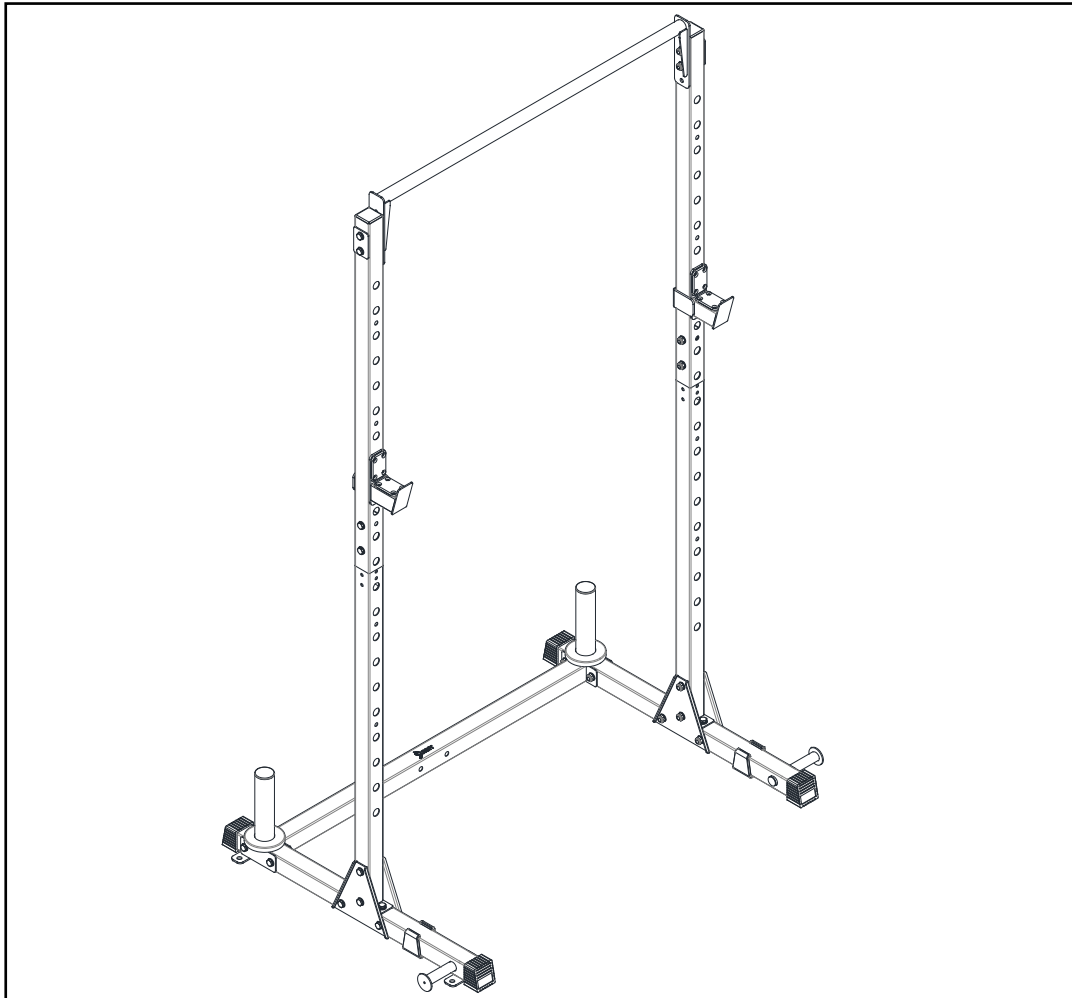




ESSENTIAL POWER RACK

SF-XF920063

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.

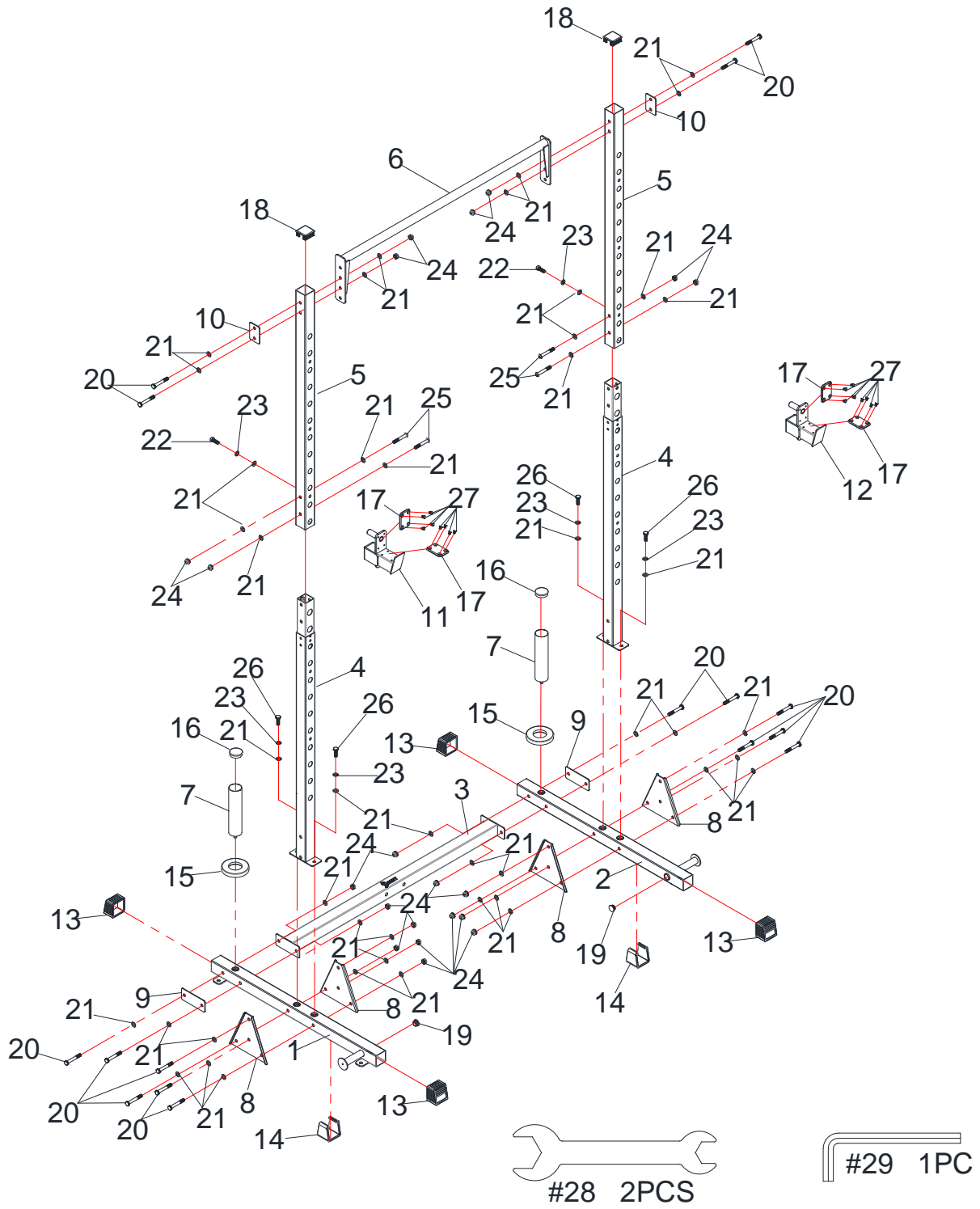
1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that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

Maximum user weight on Upper Frame: 300 LBS (135 KG)

Maximum weight on Hooks: 500 LBS (225 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



HARDWARE PACKAGE

 #20-M10*70mm 16PCS  #21- ϕ 20* ϕ 10.5*1.5mm 46PCS  #22-M10*20mm 2PCS  #24-M10 20PCS  #26-M10*30mm 4PCS  #25-M10*65mm 4PCS	 #23-M10 6PCS  #28- #13-17 2PCS  #29-6mm 1PC
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PARTS LIST

No.	Description	Spec.	Qty.
1	Right Base Frame		1
2	Left Base Frame		1
3	Rear Cross Tube		1
4	Lower Upright Frame		2
5	Upper Upright Frame		2
6	Upper Frame		1
7	Weight Plate Holder		2
8	Gusset Plate		4
9	Connection Plate		2
10	Metal Plate		2
11	Right Hook		1
12	Left Hook		1
13	Foot End Cap		4
14	U-Bracket		2
15	Bumper	ϕ 100* ϕ 50*15	2

No.	Description	Spec.	Qty.
16	Round End Cap		2
17	Rubber Pad		4
18	Square End Cap		2
19	Round End Cap		2
20	Hex Bolt	M10*70mm	16
21	Flat Washer	ϕ 20* ϕ 10.5*1.5mm	46
22	Hex Socket Head Bolt	M10*20mm	2
23	Spring Washer	M10	6
24	Lock Nut	M10	20
25	Hex Socket Head Bolt	M10*65mm	4
26	Hex Bolt	M10*30mm	4
27	Phillips Screw	M6*10	16
28	Wrench	#13-17	2
29	Allen Wrench	6mm	1

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

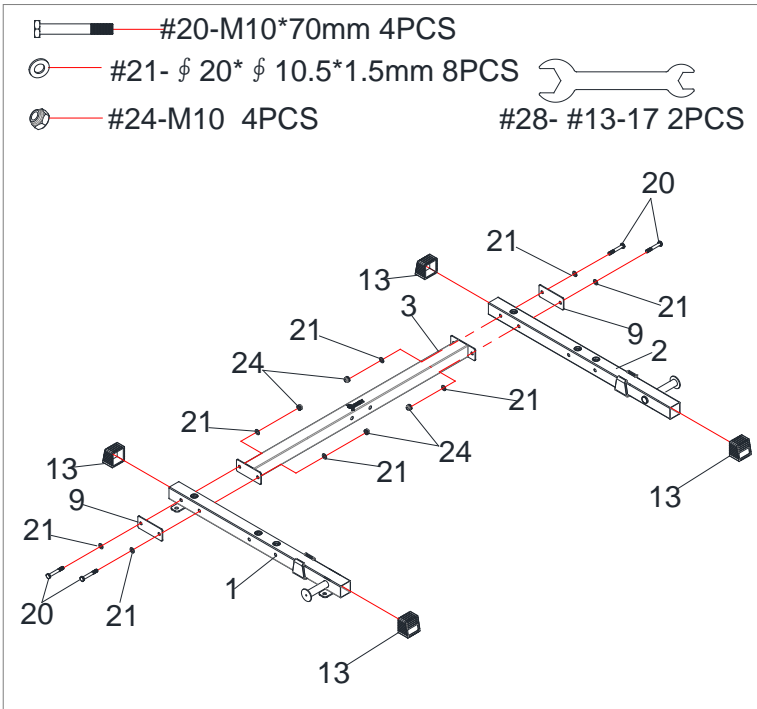
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

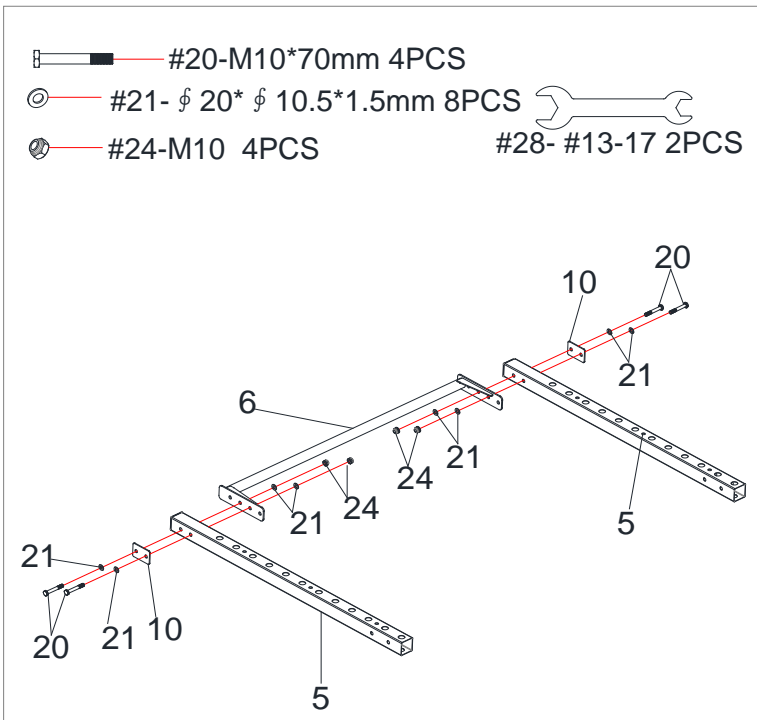
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach 4 **Foot End Caps (No. 13)** into the two sides of the **Right & Left Base Frames (No. 1 & No. 2)**.

Attach the **Rear Cross Tube (No. 3)** and 2 **Connection Plates (No. 9)** to the **Right & Left Base Frames (No. 1 & No. 2)** using 4 **Hex Bolts (No. 20)**, 8 **Flat Washers (No. 21)** and 4 **Lock Nuts (No. 24)**. Tighten and secure with 2 **Wrenches (No. 28)**.



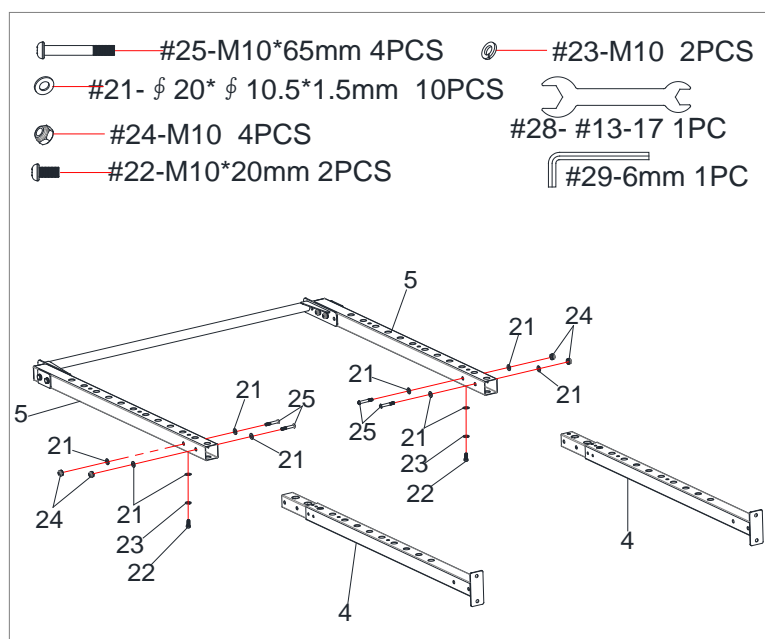
STEP 2:

Attach the **Upper Frame (No. 6)** and 2 **Metal Plates (No. 10)** onto 2 **Upper Upright Frames (No. 5)** using 4 **Hex Bolts (No. 20)**, 8 **Flat Washers (No. 21)** and 4 **Lock Nuts (No. 24)**. Tighten and secure with 2 **Wrenches (No. 28)**.

There are 3 height installation options for the **Upper Frame (No. 6)**, make sure the two sides of **Upper Frame (No. 6)** are the same height when installing.

NOTE: The **Upper Upright Frames (No. 5)** have decals that say UP. The ends with the UP decal should be attached to the **Upper Frame (No. 6)**.

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STEP 3:

Attach 2 **Lower Upright Frames (No. 4)** to the 2 **Upper Upright Frames (No. 5)** using 4 **Hex Socket Head Bolts (No. 25)**, 10 **Flat Washers (No. 21)**, 4 **Lock Nuts (No. 24)**, 2 **Hex Socket Head Bolts (No. 22)** and 2 **Spring Washers (No. 23)**. Tighten and secure with 1 **Wrench (No. 28)** and 1 **Allen Wrench (No. 29)**.

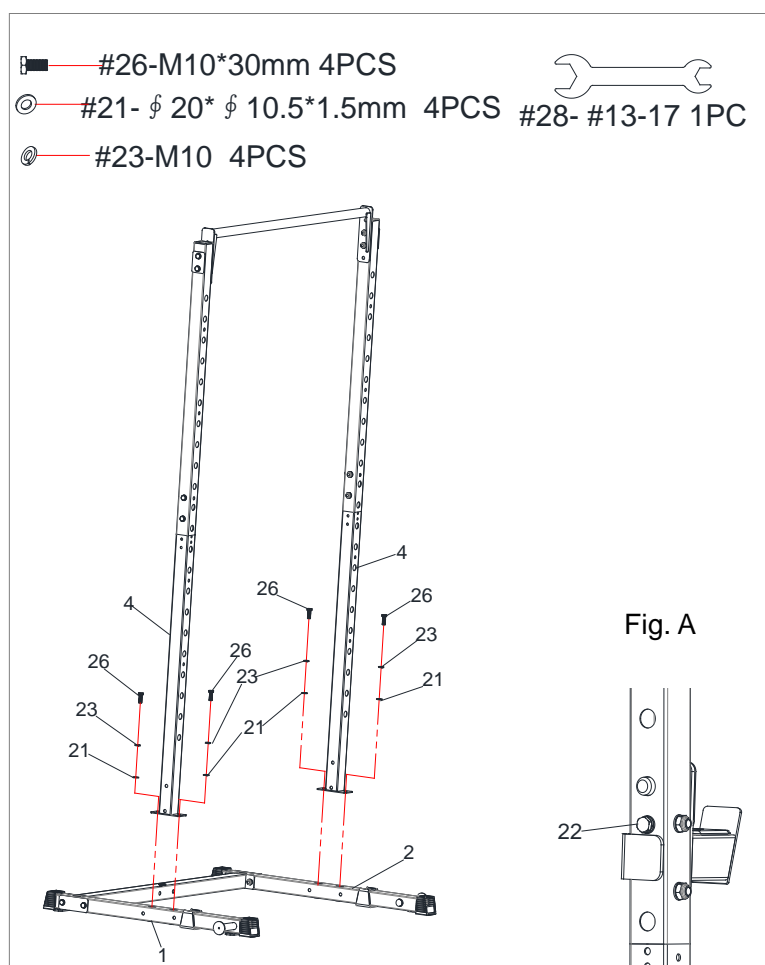
NOTE: The 4 **Hex Socket Head Bolts (No. 25)** should be inserted from inside of frame towards the outside, the 4 **Lock Nuts (No. 24)** should be on the outside of the **Upper Upright Frames (No. 5)**.

STEP 4:

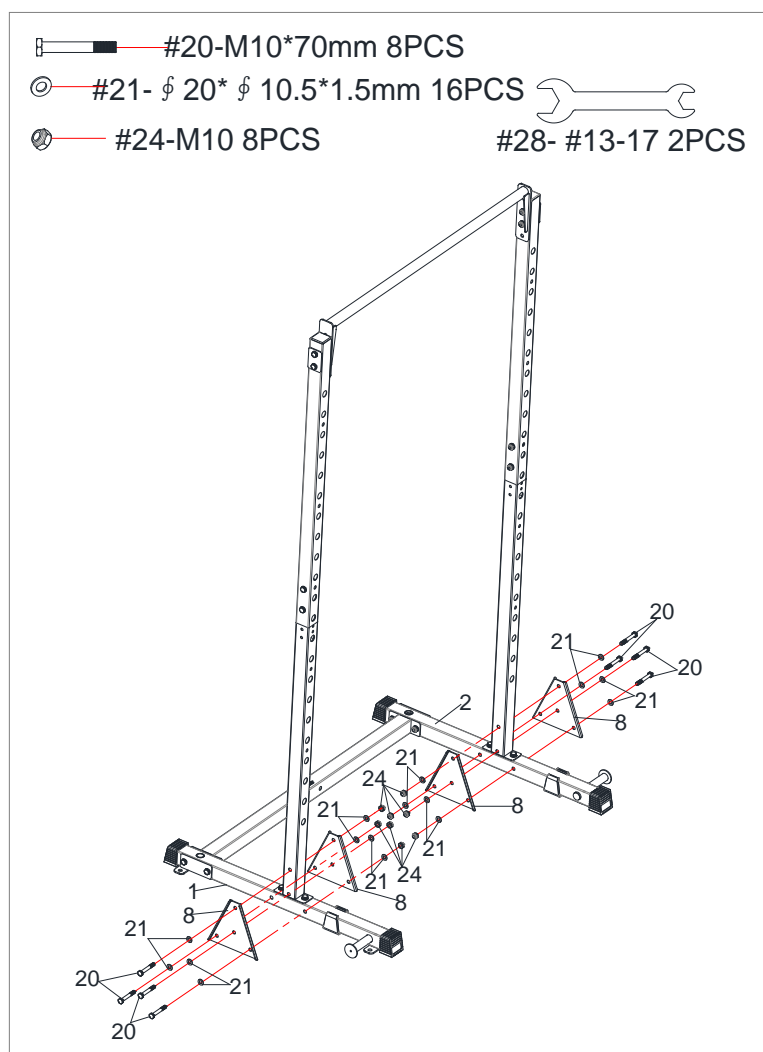
NOTE: It is highly recommended that you have assistance during the assembly.

Before assembly, please make sure the 2 **Hex Socket Head Bolts (No. 22)** showed on Fig. A are facing towards the back of the rack, it will help to install the **Left Hook (No. 12) & Right Hook (No. 11)** smoothly in **STEP 7**.

Attach the assembled 2 **Lower Upright Frames (No. 4)** to the **Right & Left Base Frames (No. 1 & No. 2)** using 4 **Hex Bolts (No. 26)**, 4 **Spring Washers (No. 23)** and 4 **Flat Washers (No. 21)**. Tighten and secure with the **Wrench (No. 28)**.

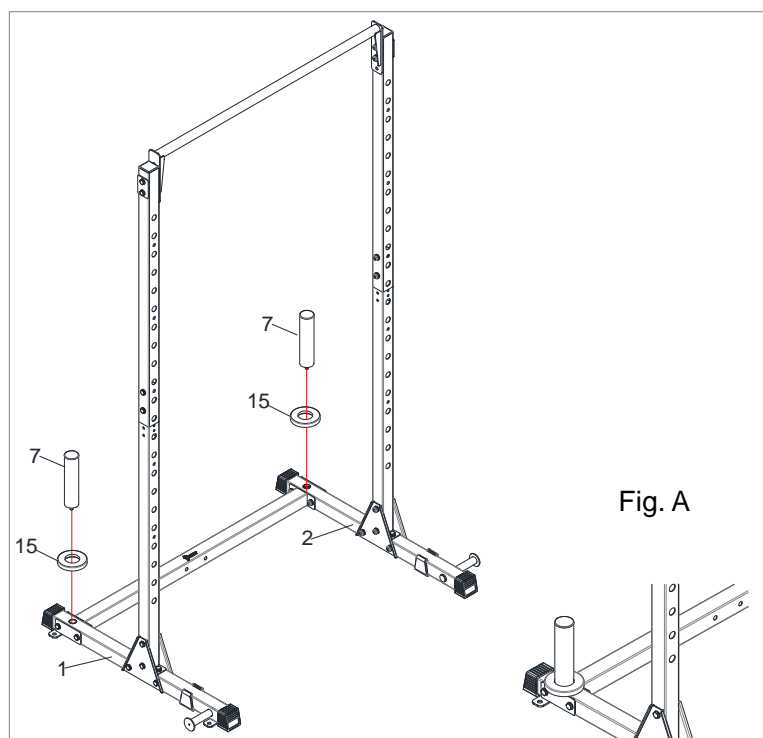


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STEP 5:

Attach 4 **Gusset Plates (No. 8)** to the **Right & Left Base Frames (No. 1 & No. 2)** using 8 **Hex Bolts (No. 20)**, 16 **Flat Washers (No. 21)** and 8 **Lock Nuts (No. 24)**. Tighten and secure with 2 **Wrenches (No. 28)**.

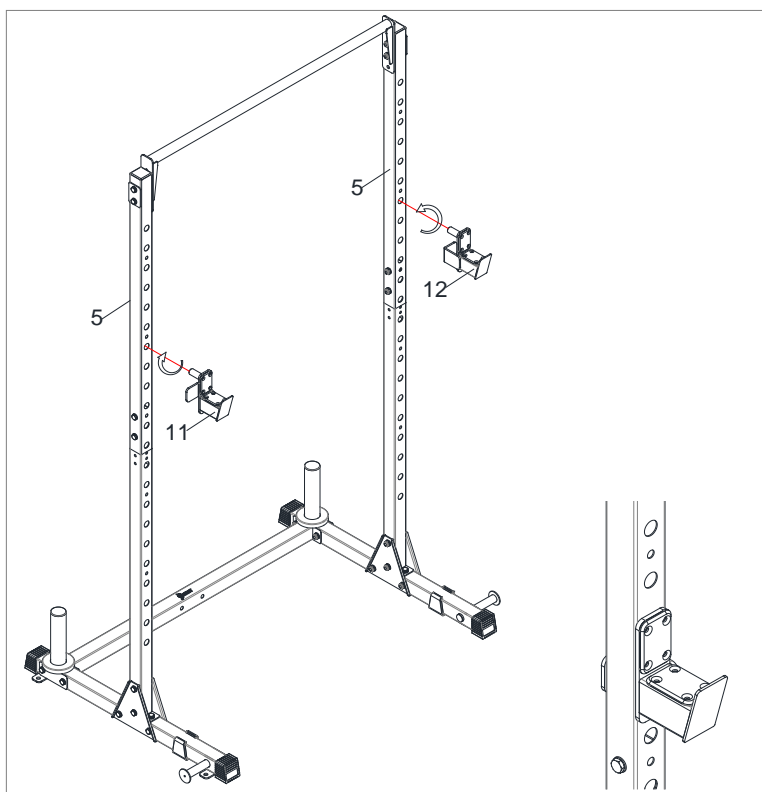


STEP 6:

Attach 2 **Weight Plate Holders (No. 7)** to the **Right & Left Base Frames (No. 1 & No. 2)**. Tighten the 2 **Weight Plate Holders (No. 7)**.

Insert 2 **Bumpers (No. 15)** into 2 **Weight Plate Holders (No. 7)** as shown in Fig. A.

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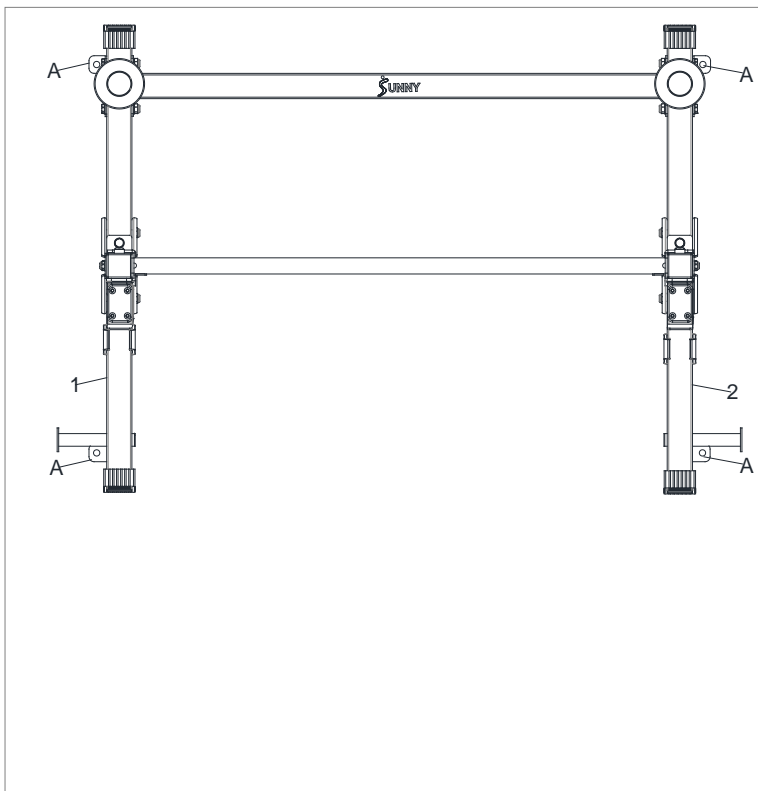
STEP 7:

Insert **Left Hook (No. 12)** into the **Upper Upright Frames (No. 5)** on the left. Turn **Left Hook (No. 12)** as the arrow showed on the left picture to tighten.

Insert **Right Hook (No. 11)** into the **Upper Upright Frames (No. 5)** on the right. Turn **Right Hook (No. 11)** as the arrow showed on the left picture to tighten.

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

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STEP 8:

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

*NOTE: **Φ13 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 **Φ13 Wood Screws** to bolt the power rack.

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

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