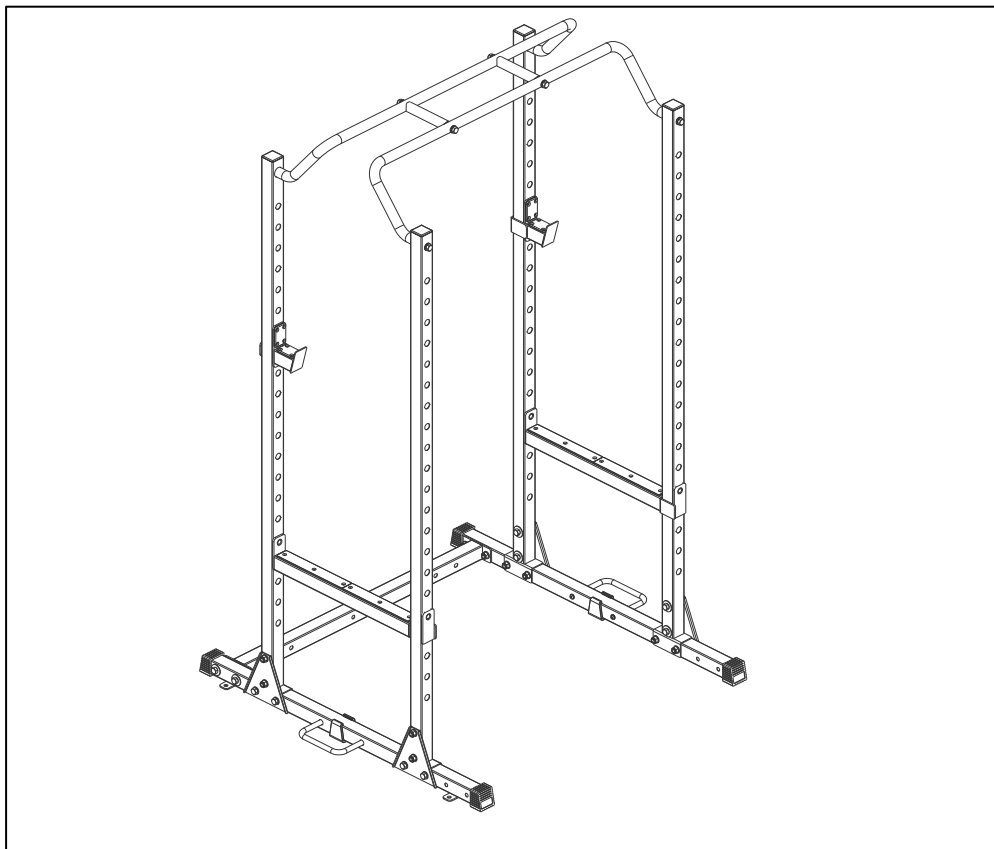




ESSENTIAL POWER CAGE SQUAT RACK SF-XF921024 USER MANUAL



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).



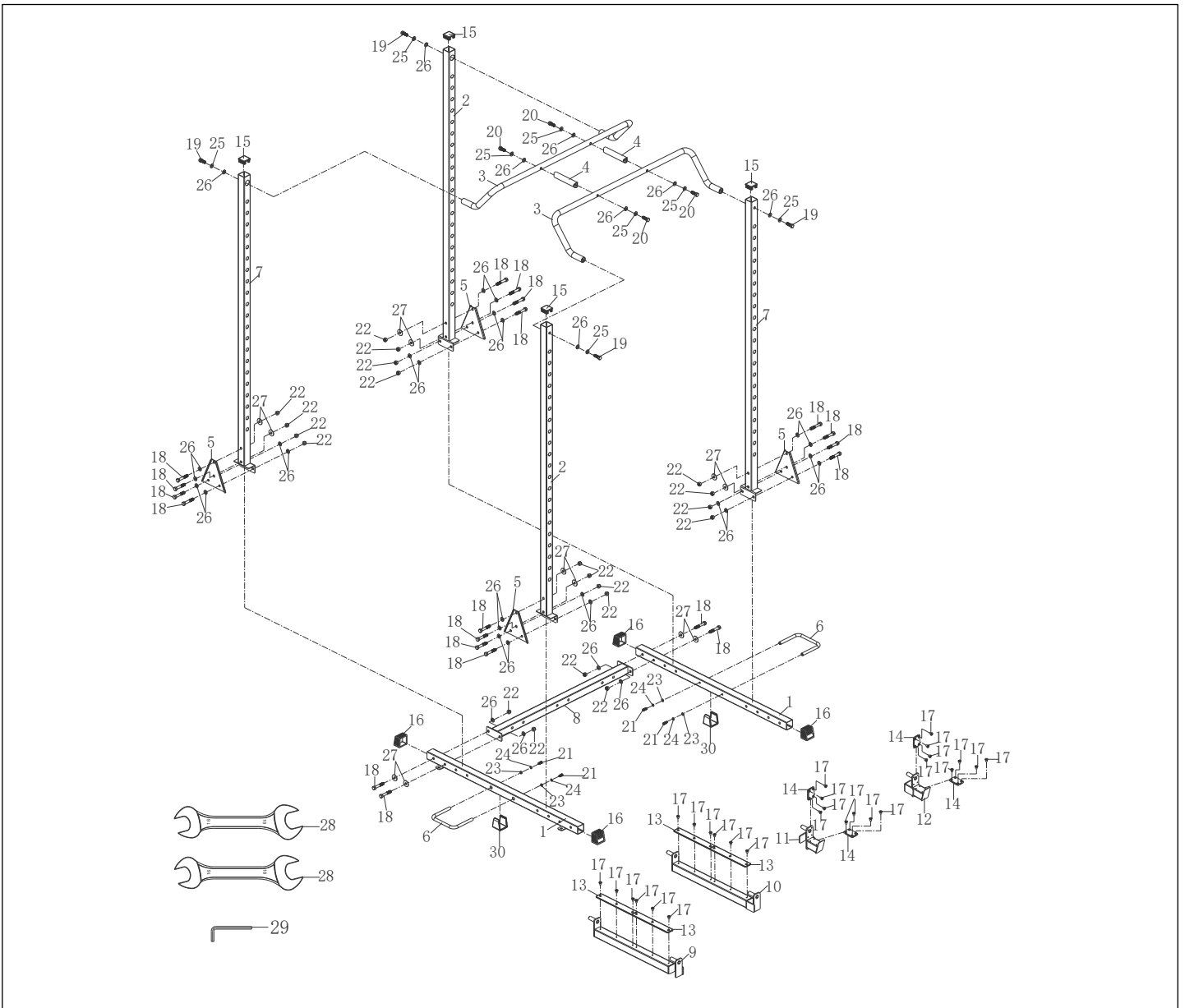
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IMPORTANT SAFETY INFORMATION







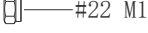



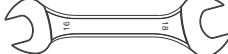

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.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

| | |
|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|  #18 M12*75 20PCS |  #26 $\varnothing 13*\varnothing 24*t2.5$ 36PCS |
|  #19 M12*30 4PCS |  #27 $\varnothing 13*\varnothing 37*t3.0$ 12PCS |
|  #20 M12*50 4PCS |  #23 $\varnothing 8.4*\varnothing 16*t1.6$ 4PCS |
|  #22 M12 20PCS |  #24 $\varnothing 8.1*12.3*t2.1$ 4PCS |
|  #21 M8*15 4PCS |  #25 $\varnothing 12.2*18.4*t3.1$ 8PCS |
|  #28 S16-S18 2PCS |  #29 5mm 1PC |

PARTS LIST

| No. | Description | Spec. | Qty. | No. | Description | Spec. | Qty. |
|-----|---------------------------|-------------|------|-----|-------------------------------------------|--------------------|------|
| 1 | Stabilizer | | 2 | 16 | Oblique Outer Pipe Plug | 50*50 | 4 |
| 2 | Left Upright Post | | 2 | 17 | Cross Recessed Countersunk Head Screw | M6*10 | 28 |
| 3 | High Horizontal Frame | | 2 | 18 | Hexagon Bolt | M12*75 | 20 |
| 4 | High Vertical Frame | | 2 | 19 | Hexagon Bolt | M12*30 | 4 |
| 5 | Triangle Connecting Plate | | 4 | 20 | Hexagon Bolt | M12*50 | 4 |
| 6 | Elastic Belt Hanging Rod | | 2 | 21 | Hexagon Socket Bolts with Half Round Head | M8*15 | 4 |
| 7 | Right Upright Post | | 2 | 22 | Hex Lock Nut | M12 | 20 |
| 8 | Bottom Connection Frame | | 1 | 23 | Flat Washer | ∅ 8.4*∅ 16*t1.6 | 4 |
| 9 | Right Safety Bar | | 1 | 24 | Spring Washer | ∅ 8.1*∅ 12.3*t2.1 | 4 |
| 10 | Left Safety Bar | | 1 | 25 | Spring Washer | ∅ 12.2*∅ 18.4*t3.1 | 8 |
| 11 | Right Hook | | 1 | 26 | Flat Washer | ∅ 13*∅ 24*t2.5 | 36 |
| 12 | Left Hook | | 1 | 27 | Flat Big Washer | ∅ 13*∅ 37*t3.0 | 12 |
| 13 | Rubber Padding | 290*45*t5.0 | 4 | 28 | Open End Wrench | S16-S18 | 2 |
| 14 | Rubber Padding | 75*50*t5.0 | 4 | 29 | Allen Wrench | 5mm | 1 |
| 15 | Square End Cap | 50*50*t5.0 | 4 | 30 | Middle Foot Cover | 50*50*t5.0 | 2 |

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

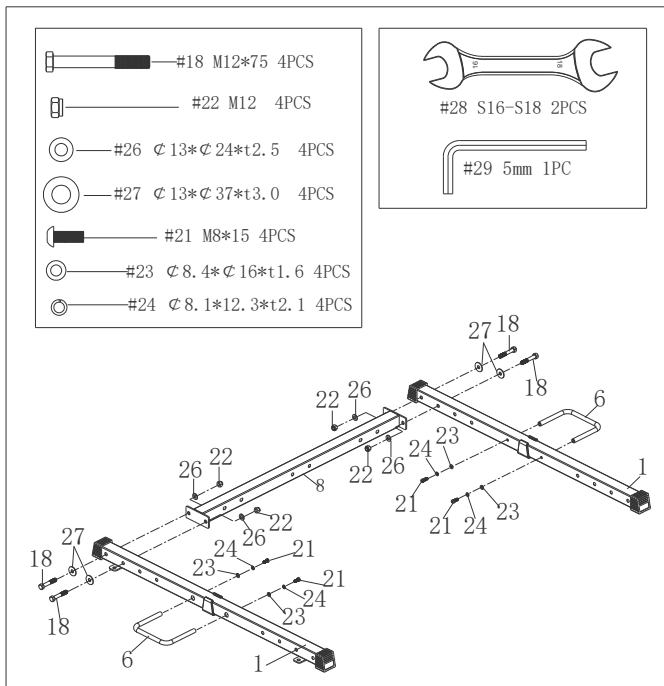
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

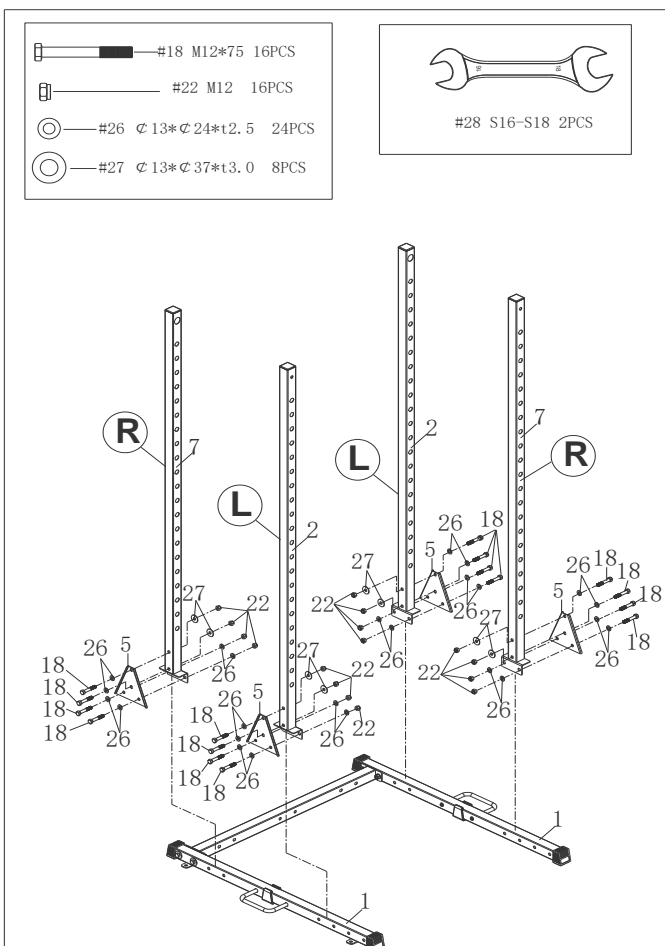
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Connect 2 **Stabilizers (No. 1)** to 1 **Bottom Connection Frame (No. 8)** use 4 **Hexagon Bolts (No. 18)**, 4 **Hex Lock Nuts (No. 22)**, 4 **Flat Washers (No. 26)**, 4 **Flat Big Washers (No. 27)**. Secure with 2 **Open End Wrenches (No. 28)**. Do not tighten the **Hexagon Bolts (No. 18)** during this step.

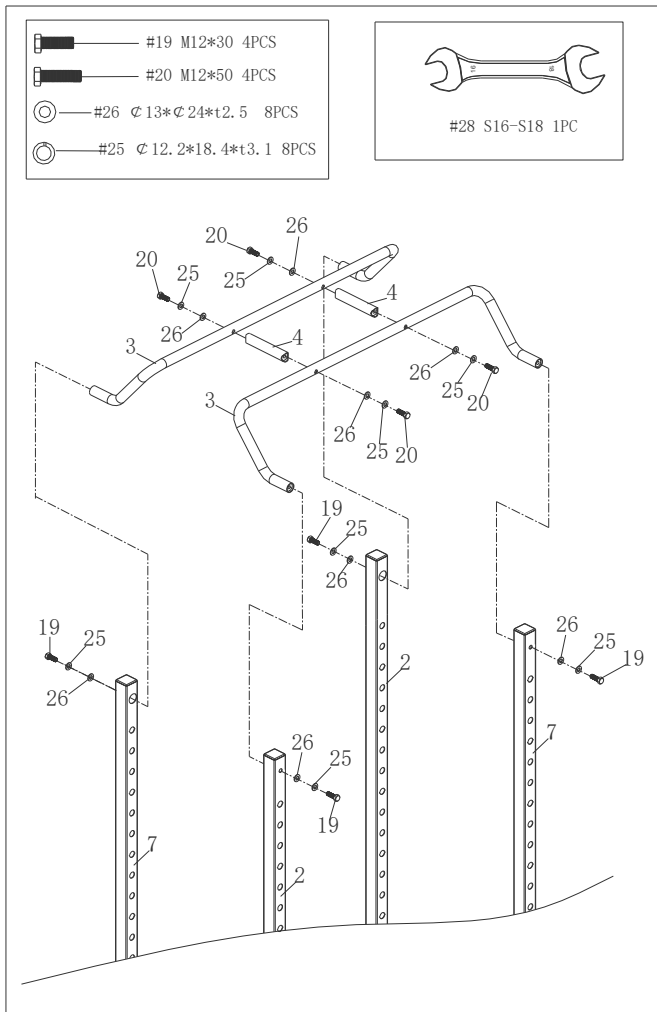
Connect 2 **Elastic Belt Hanging Rods (No. 6)** to 2 **Stabilizers (No. 1)** use 4 **Hexagon Socket Bolts with Half Round Heads (No. 21)**, 4 **Flat Washers (No. 23)**, 4 **Spring Washers (No. 24)**. Tight and secure with 1 **Allen Wrench (No. 29)**.



STEP 2:

Connect 2 **Stabilizers (No. 1)** to 2 **Left Upright Posts (No. 2)**, 2 **Right Upright Posts (No. 7)**, 4 **Triangle Connecting Plates (No. 5)** use 16 **Hexagon Bolts (No. 18)**, 16 **Hex Lock Nuts (No. 22)**, 24 **Flat Washers (No. 26)**, 8 **Flat Big Washers (No. 27)**. Secure with 2 **Open End Wrenches (No. 28)**. Do not tighten the **Hexagon Bolts (No. 18)** during this step.

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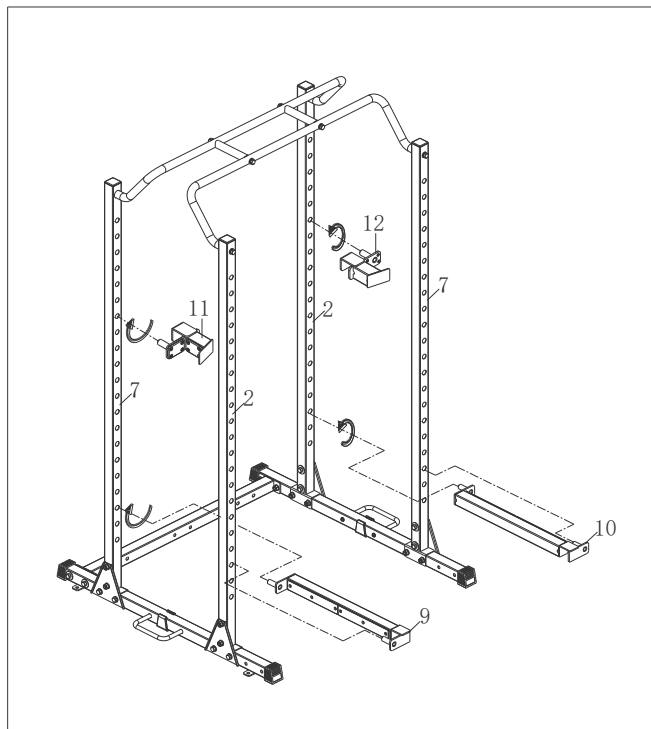


STEP 3:

Connect 2 **High Horizontal Frames (No. 3)** to 2 **Left Upright Posts (No. 2)** and 2 **Right Upright Posts (No. 7)** use 4 **Hexagon Bolts (No. 19)**, 4 **Spring Washers (No. 25)**, 4 **Flat Washers (No. 26)**. Secure with 1 **Open End Wrench (No. 28)**. Do not tighten the **Hexagon Bolts (No. 19)** during this step.

Connect 2 **High Horizontal Frames (No. 3)** to 2 **High Vertical Frames (No. 4)** use 4 **Hexagon Bolts (No. 20)**, 4 **Flat Washer (No. 26)**, 4 **Spring Washers (No. 25)**. Secure with 1 **Open End Wrench (No. 28)**.

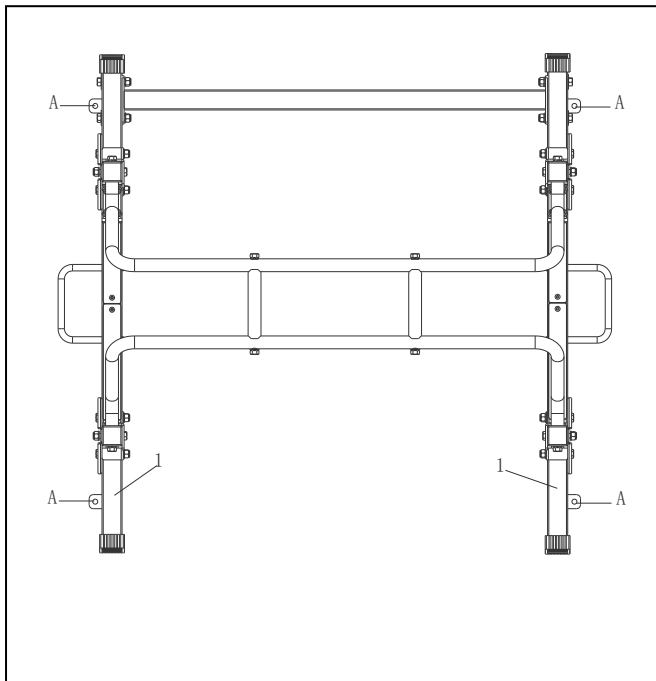
Now you can tighten all the **Hexagon Bolts** From **STEP 1**, **STEP 2** and **STEP 3**.



STEP 4:

Hang **Right Hook (No. 11)**, **Left Hook (No. 12)**, **Right Safety Bar (No. 9)** and **Left Safety Bar (No. 10)** respectively on the 2 **Left Upright Posts (No. 2)**, 2 **Right Upright Posts (No. 7)**.

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STEP 5:

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

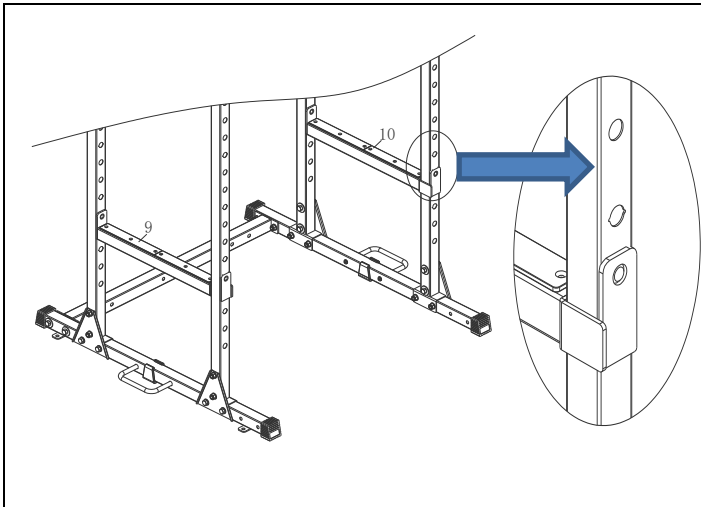
*NOTE: **Φ13 Wood Screws** and **Expansion Bolts** are not included.

If the ground is made of wood material, secure the 4 **Connecting Pieces (No. A)** on 2 **Stabilizers (No. 1)** to the ground using 4 **Φ13 Wood Screws** to bolt the essential power cage squat rack.

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

The assembly is complete!

ADJUSTMENTS & USAGE GUIDE

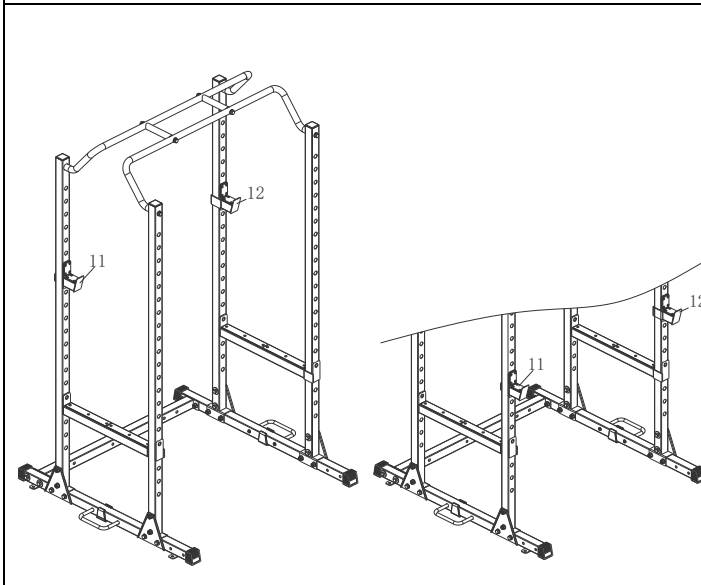


ADJUSTING THE SAFETY BAR

The height of the **Left & Right Safety Bars (No. 10 & No. 9)** can be adjusted.

Please ensure the **Left & Right Safety Bars (No. 10 & No. 9)** are the same height.

Adjustment steps: repeat the installation of **Left & Right Safety Bars (No. 10 & No. 9)** in **STEP 3**.



ADJUSTING THE HOOK

Left & Right Hooks (No. 12 & No. 11) can be installed on the **Left Upright Post (No. 2)** or on the **Right Upright Post (No. 7)**.

Please ensure the **Left & Right Hooks (No. 12 & No. 11)** are the same height.

Adjustment steps: repeat the installation of **Left & Right Hooks (No. 12 & No. 11)** in **STEP 3**.

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 leveled 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 squat rack and the squat rack is bolted to the ground before using the resistance bands.

Version: 1.1

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