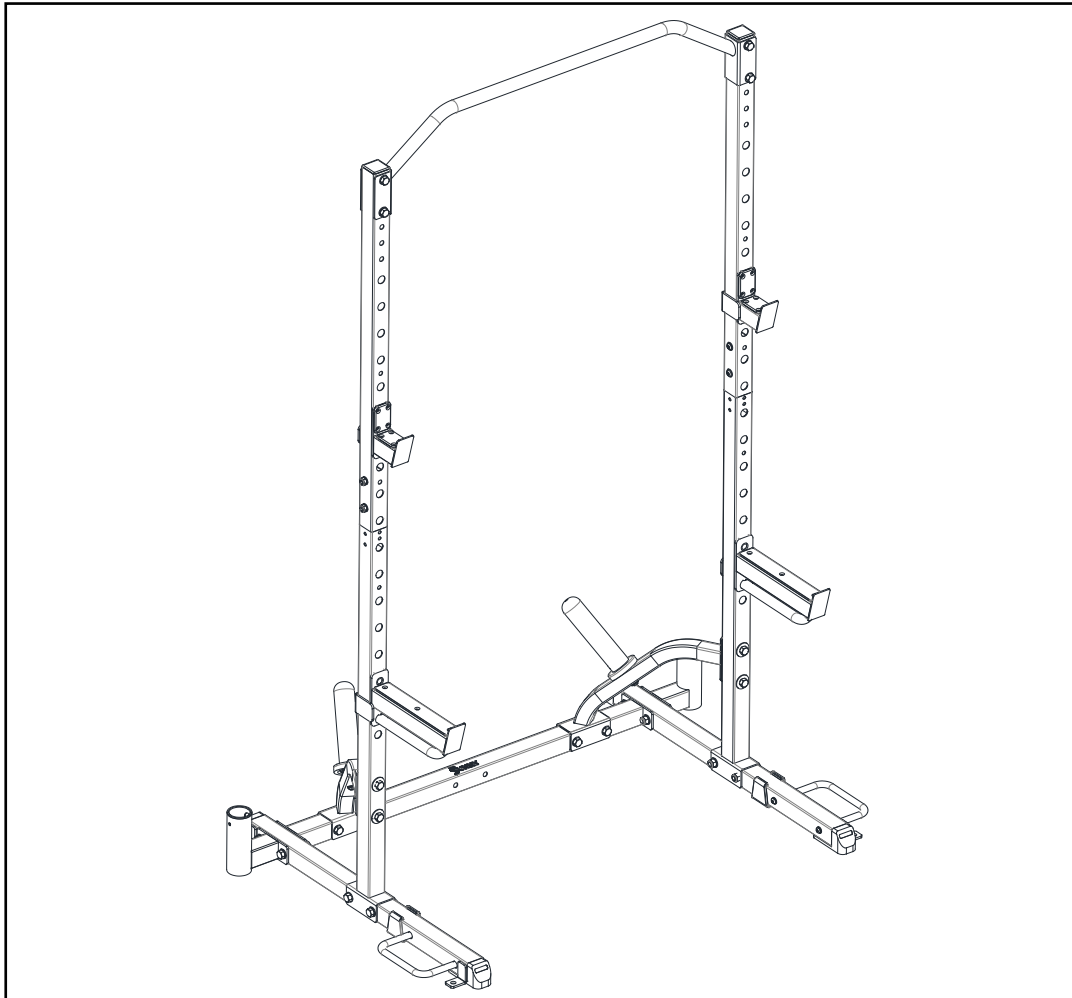




# POWERVERSA SQUAT STAND RACK

## SF-XF921041

## 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](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).



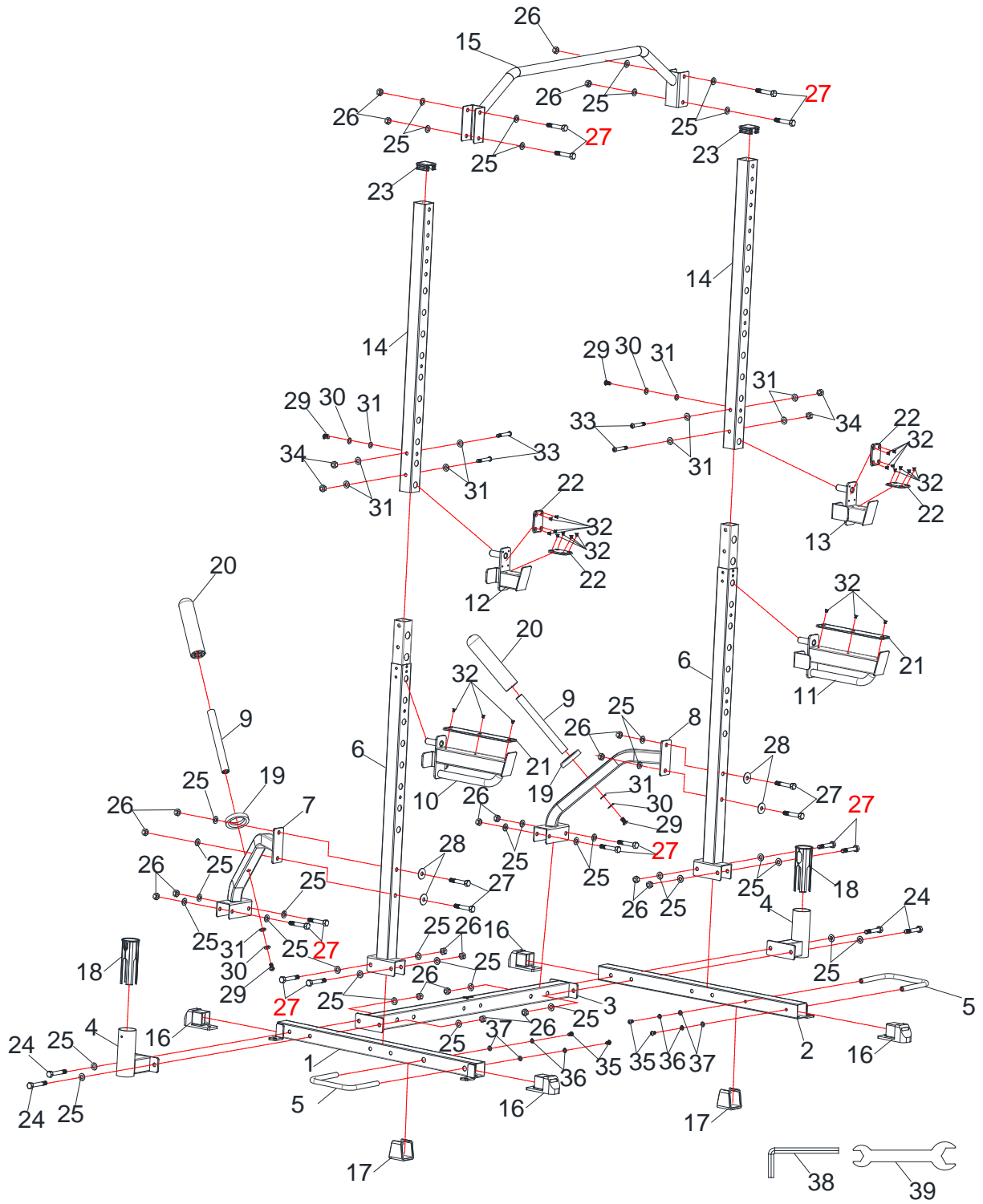
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# **IMPORTANT SAFETY INFORMATION**





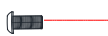








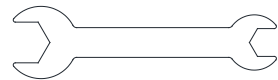
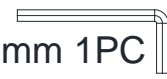
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 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 800 pounds (360KG).
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**

 <b>#24-M12*80mm 4PCS</b>  <b>#25- <math>\phi</math> 24* <math>\phi</math> 12.5*2.0mm 36PCS</b>  <b>#35-M8*15mm 4PCS</b>  <b>#37- <math>\phi</math> 16* <math>\phi</math> 8.5*2.0mm 4PCS</b>  <b>#29-M10*20mm 4PCS</b>  <b>#27-M12*75mm 16PCS</b>  <b>#28- <math>\phi</math> 37* <math>\phi</math> 12.5*2.0mm 4PCS</b>  <b>#31- <math>\phi</math> 20* <math>\phi</math> 10.5*2.0mm 12PCS</b>  <b>#36-M8 4PCS</b>	 <b>#26-M12 20PCS</b>  <b>#34-M10 4PCS</b>  <b>#33-M10*65mm 4PCS</b>  <b>#30-M10 4PCS</b>  <b>#39 17-19 2PCS</b>  <b>#38-6mm 1PC</b>
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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	Landmine Attachment		2
5	Shaft		2
6	Lower Upright Frame		2
7	Right Support Frame		1
8	Left Support Frame		1
9	Weight Plate Holder		2
10	Right Barbell Safety Catch		1
11	Left Barbell Safety Catch		1
12	Right Hook		1
13	Left Hook		1
14	Upper Upright Frame		2
15	Upper Frame		1
16	Foot End Cap		4
17	U-Bracket		2
18	Plastic Bushing		2
19	Bumper	$\phi$ 72* $\phi$ 48*12	2
20	Weight Plate Holder Sleeve		2

No.	Description	Spec.	Qty.
21	Long Rubber Pad		2
22	Short Rubber Pad		4
23	Square End Cap	50*50*2.0	2
24	Hex Bolt	M12*80mm	4
25	Flat Washer	$\phi$ 24* $\phi$ 12.5*2.0mm	36
26	Lock Nut	M12	20
27	Hex Bolt	M12*75mm	16
28	Big Flat Washer	$\phi$ 37* $\phi$ 12.5*2.0mm	4
29	Hex Socket Head Bolt	M10*20mm	4
30	Spring Washer	M10	4
31	Flat Washer	$\phi$ 20* $\phi$ 10.5*2.0mm	12
32	Phillips Screw	M6*10mm	22
33	Hex Socket Head Bolt	M10*65mm	4
34	Lock Nut	M10	4
35	Hex Socket Head Bolt	M8*15mm	4
36	Spring Washer	M8	4
37	Flat Washer	$\phi$ 16* $\phi$ 8.5*2.0mm	4
38	Allen Wrench	6mm	1
39	Wrench	17-19	2

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

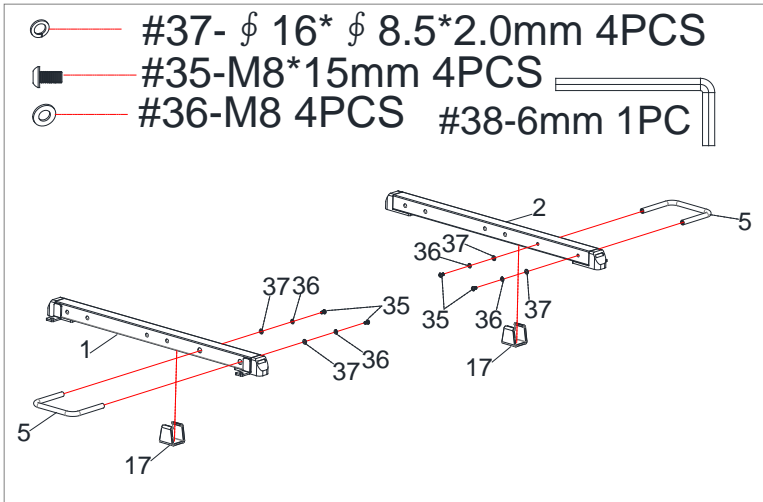
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

# ASSEMBLY INSTRUCTIONS

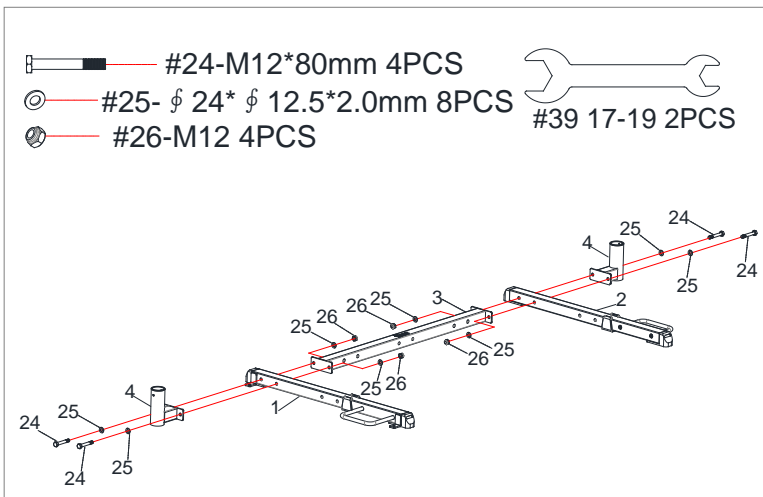
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## STEP 1:

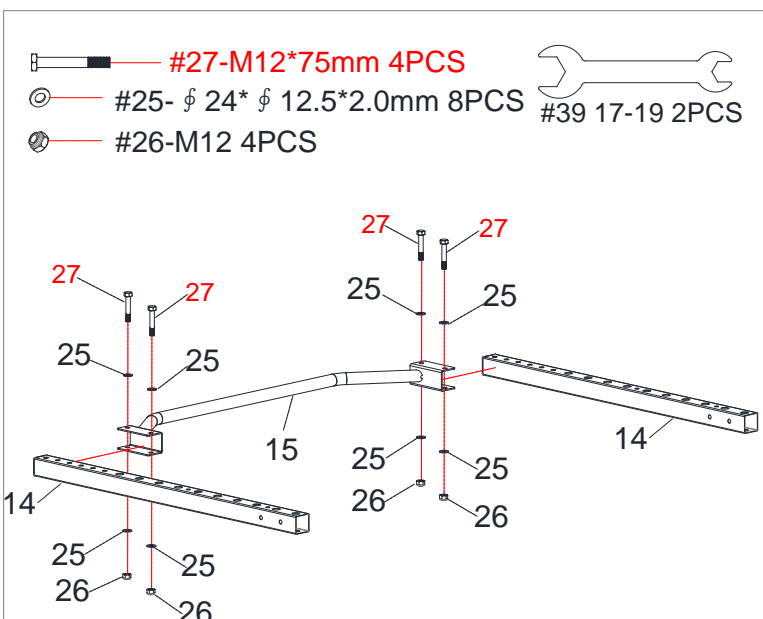
Attach 2 **U-Brackets (No. 17)** onto the center of the **Right & Left Base Frames (No. 1 & No. 2)**.

Insert 2 **Shafts (No. 5)** to the **Right & Left Base Frame (No. 1 & No. 2)** using 4 **Hex Socket Head Bolts (No. 35)**, 4 **Spring Washers (No. 36)** and 4 **Flat Washers (No. 37)**. Tighten and secure with **Allen Wrench (No. 38)**.



## STEP 2:

Attach the **Rear Cross Tube (No. 3)** and 2 **Landmine Attachments (No. 4)** to the **Right & Left Base Frame (No. 1 & No. 2)** using 4 **Hex Bolts (No. 24)**, 8 **Flat Washers (No. 25)** and 4 **Lock Nuts (No. 26)**. Tighten and secure with 2 **Wrenches (No. 39)**.



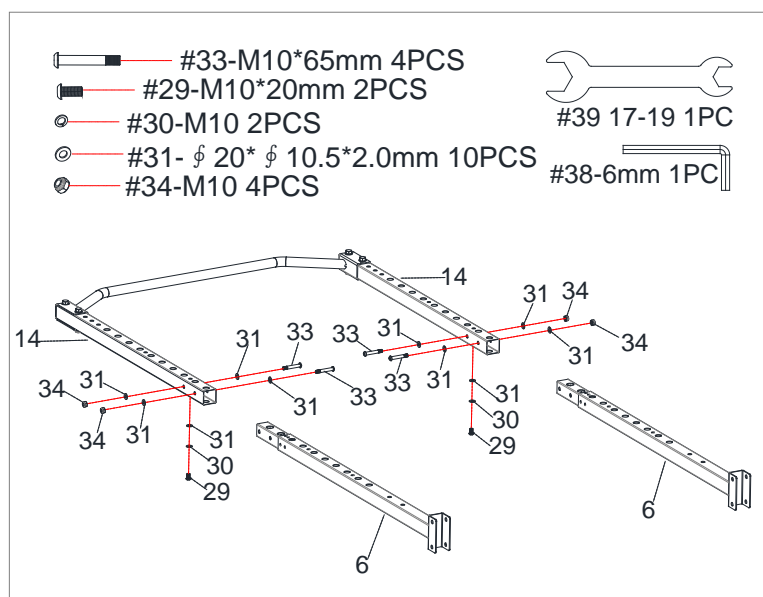
## STEP 3:

Attach the **Upper Frame (No. 15)** onto 2 **Upper Upright Frames (No. 14)** using 4 **Hex Bolts (No. 27)**, 8 **Flat Washers (No. 25)** and 4 **Lock Nuts (No. 26)**. Tighten and secure with 2 **Wrenches (No. 39)**.

There are 5 height installation options for the **Upper Frame (No. 15)**, make sure the two sides of **Upper Frame (No. 15)** are the same height when installing.

**NOTE:** The **Upper Upright Frames (No.14)** have decals that should be facing the outside of the rack. There are also UP decals that should be attached to the **Upper Frame (No. 15)**.

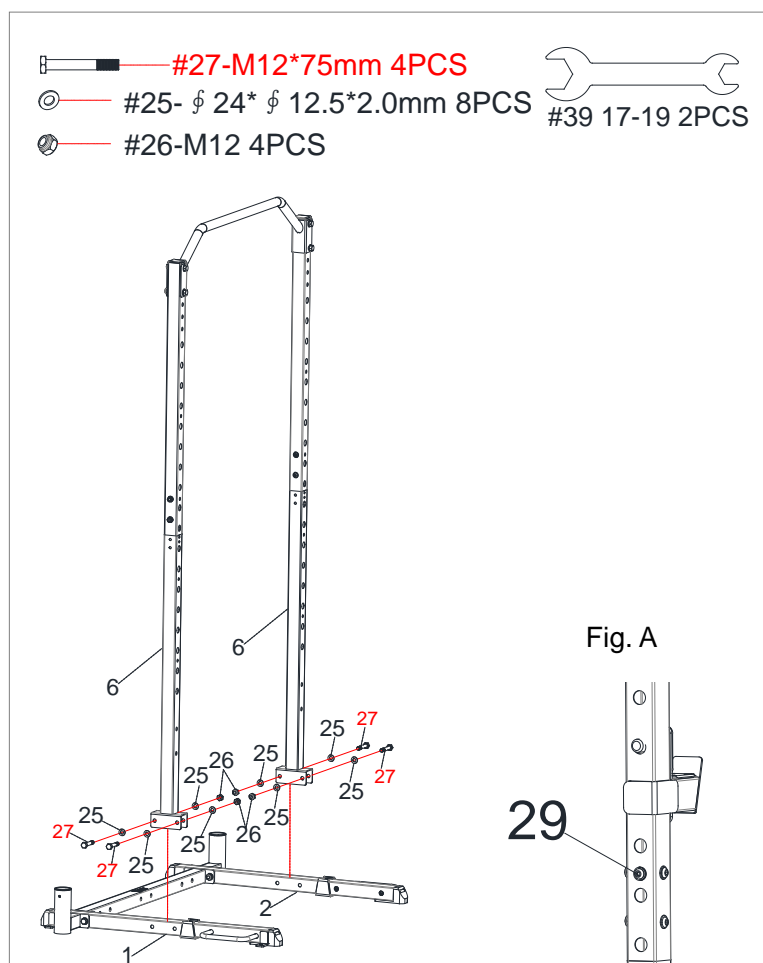
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#### STEP 4:

Attach 2 **Lower Upright Frames (No. 6)** to the 2 **Upper Upright Frames (No. 14)** using 4 **Hex Socket Head Bolts (No. 33)**, 10 **Flat Washers (No. 31)**, 4 **Lock Nuts (No. 34)**, 2 **Hex Socket Head Bolts (No. 29)** and 2 **Spring Washers (No. 30)**. Tighten and secure with 1 **Wrench (No. 39)** and 1 **Allen Wrench (No. 38)**.

**NOTE:** The 4 **Hex Socket Head Bolts (No. 33)** should be inserted from inside of frame towards the outside, the 4 **Lock Nuts (No. 34)** should be on the outside of the **Upper Upright Frames (No. 14)**.



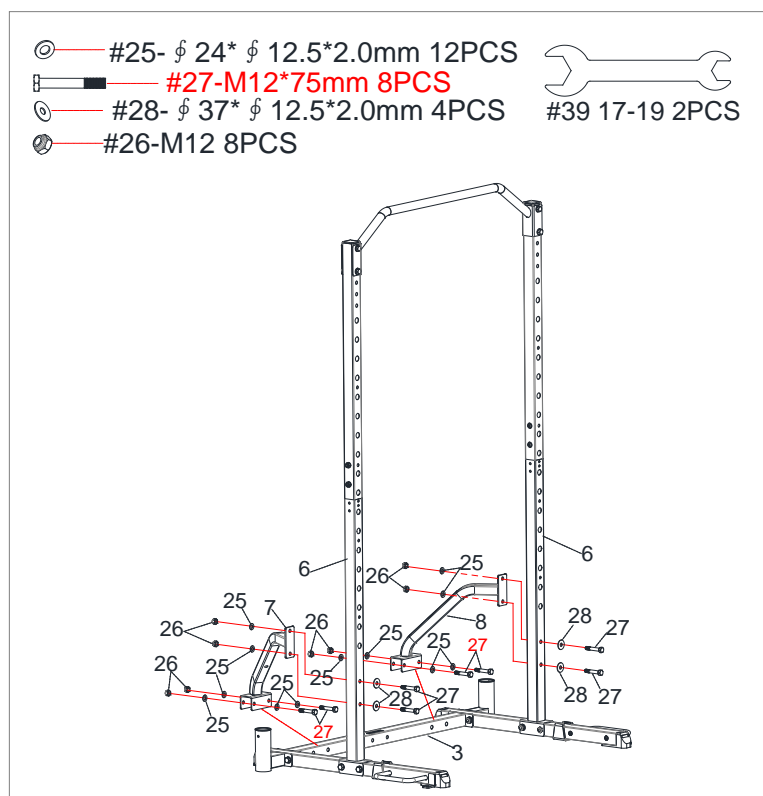
#### STEP 5:

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

Before assembly, please make sure the 2 **Hex Socket Head Bolts (No. 29)** showed on Fig A are facing towards the back of the rack, it will help to install the **Left & Right Hooks (No. 13 & No. 12)**, **Left & Right Barbell Safety Catches (No. 11 & No. 10)** smoothly in **STEP 8 & 9**.

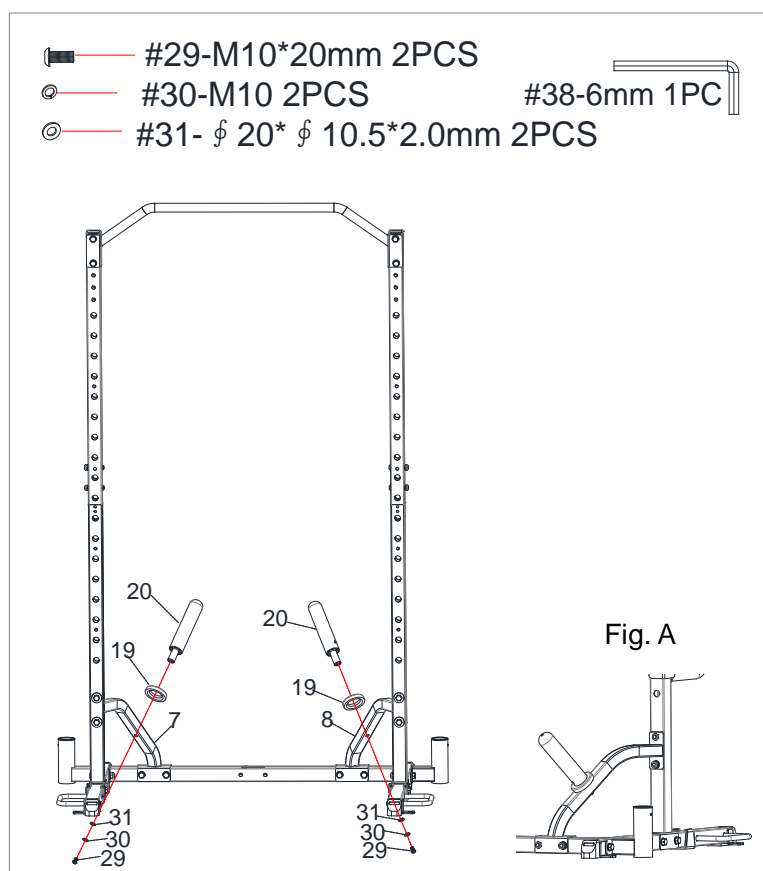
Attach the assembled 2 **Lower Upright Frames (No. 6)** to the **Right & Left Base Frames (No. 1 & No. 2)** using 4 **Hex Bolts (No. 27)**, 8 **Flat Washers (No. 25)** and 4 **Lock Nuts (No. 26)**. Tighten and secure with 2 **Wrenches (No. 39)**.

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### STEP 6:

Attach 2 **Right & Left Support Frames (No. 7 & 8)** to 2 **Lower Upright Frames (No. 6)** and the **Rear Cross Tube (No. 3)** using 8 **Hex Bolts (No. 27)**, 12 **Flat Washers (No. 25)**, 4 **Big Flat Washers (No. 28)** and 8 **Lock Nuts (No. 26)**. Tighten and secure with 2 **Wrenches (No. 39)**.

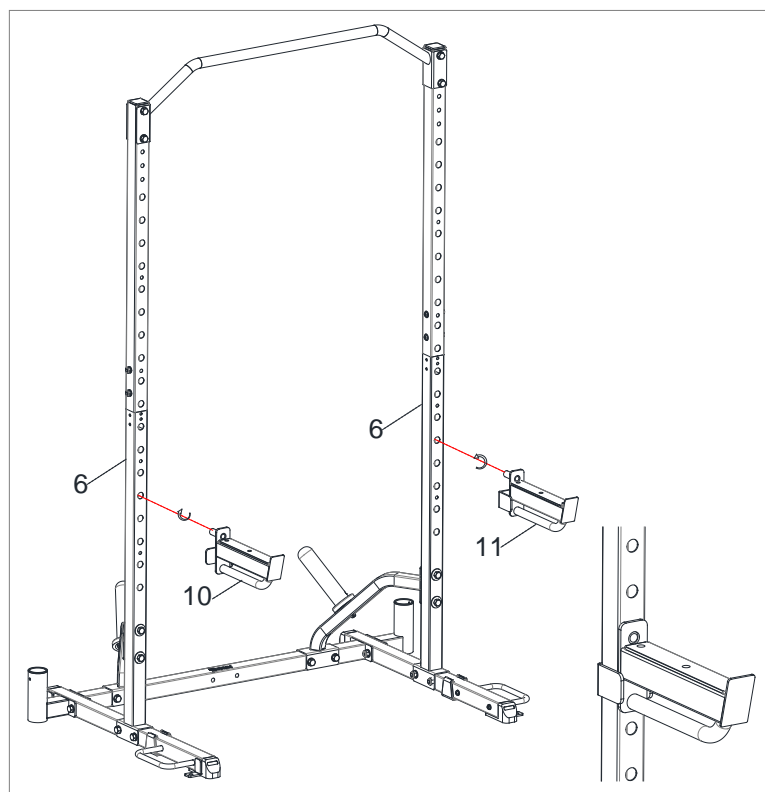


### STEP 7:

Attach 2 assembled **Weight Plate Holder Sleeves (No. 20)** to the **Right & Left Support Frames (No. 7 & 8)** using 2 **Hex Socket Head Bolts (No. 29)**, 2 **Spring Washers (No. 30)** and 2 **Flat Washers (No. 31)**. Tighten and secure with **Allen Wrench (No. 38)**.

Insert 2 **Bumpers (No. 19)** to the base of the 2 **Weight Plate Holder Sleeves (No. 20)** as shown in Fig. A.

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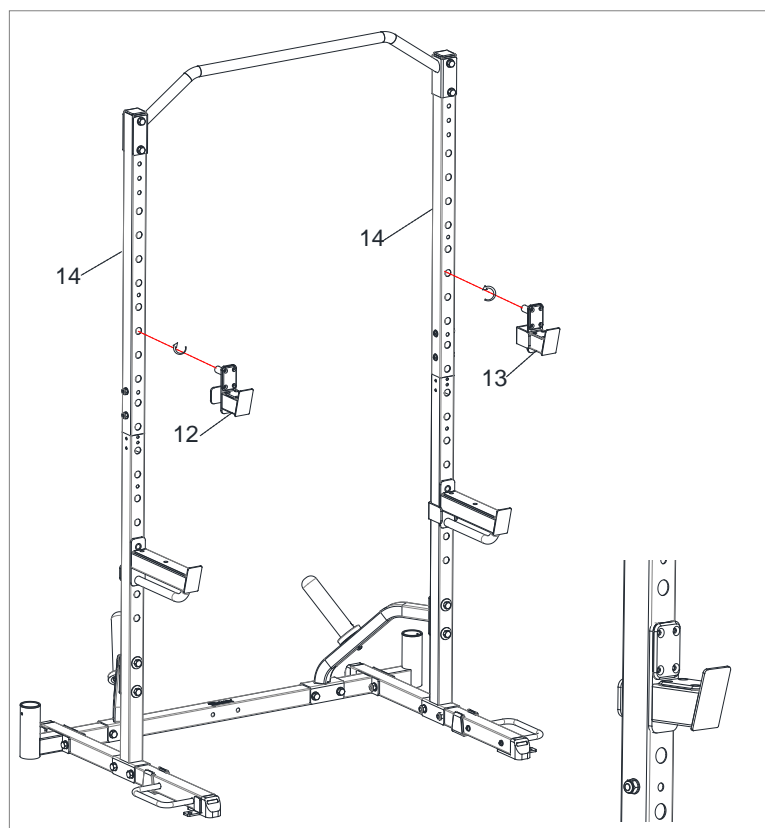


### STEP 8:

Insert **Left Barbell Safety Catch (No. 11)** into the **Lower Upright Frames (No. 6)** on the left. Turn **Left Barbell Safety Catch (No. 11)** as the arrow showed on the left picture to tighten.

Insert **Right Barbell Safety Catch (No. 10)** into the **Lower Upright Frames (No. 6)** on the right. Turn **Right Barbell Safety Catch (No. 10)** 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.



### STEP 9:

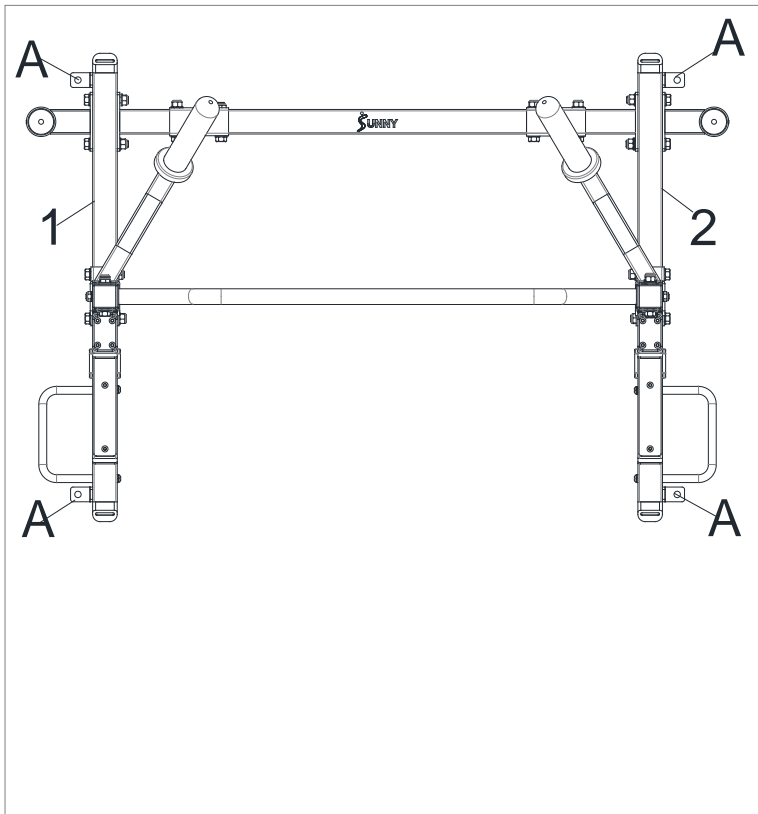
Insert **Left Hook (No. 13)** into the **Upper Upright Frames (No. 14)** on the left. Turn **Left Hook (No. 13)** as the arrow showed on the left picture to tighten.

Insert **Right Hook (No. 12)** into the **Upper Upright Frames (No. 14)** on the right. Turn **Right Hook (No. 12)** 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.



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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:**  $\phi$  13 Wood Screws and Expansion Bolts are not included.

If the ground is wood material, secure the 4 **Connecting Pieces (No. A)** on **Right & Left Base Frames (No. 1 & No. 2)** to the ground using 4  $\phi$  13 **Wood Screws** to bolt the rack.

If the ground is cement, 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 the 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 or the rack is bolted to the ground before using the resistance bands.

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