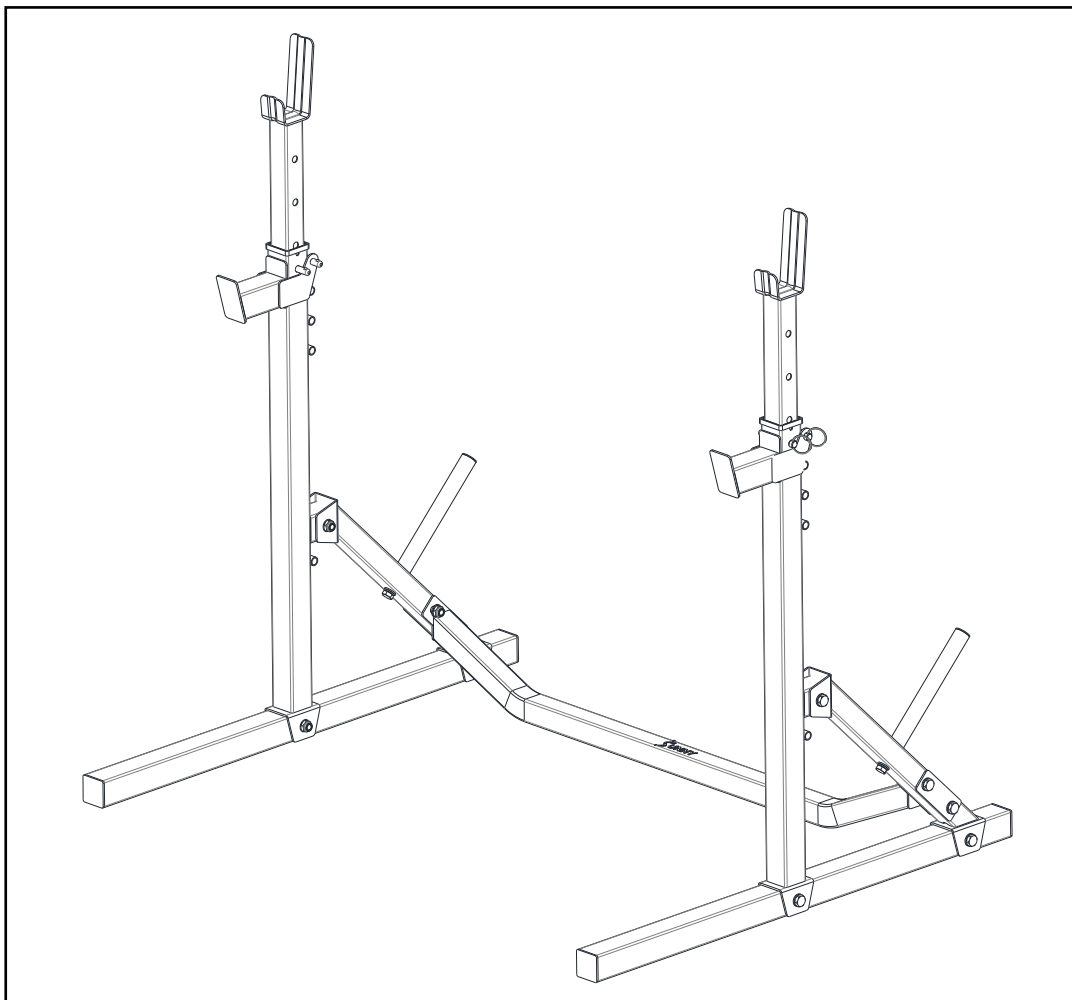




MULTIFUNCTIONAL ADJUSTABLE BENCH PRESS SQUAT RACK

SF-XF922011
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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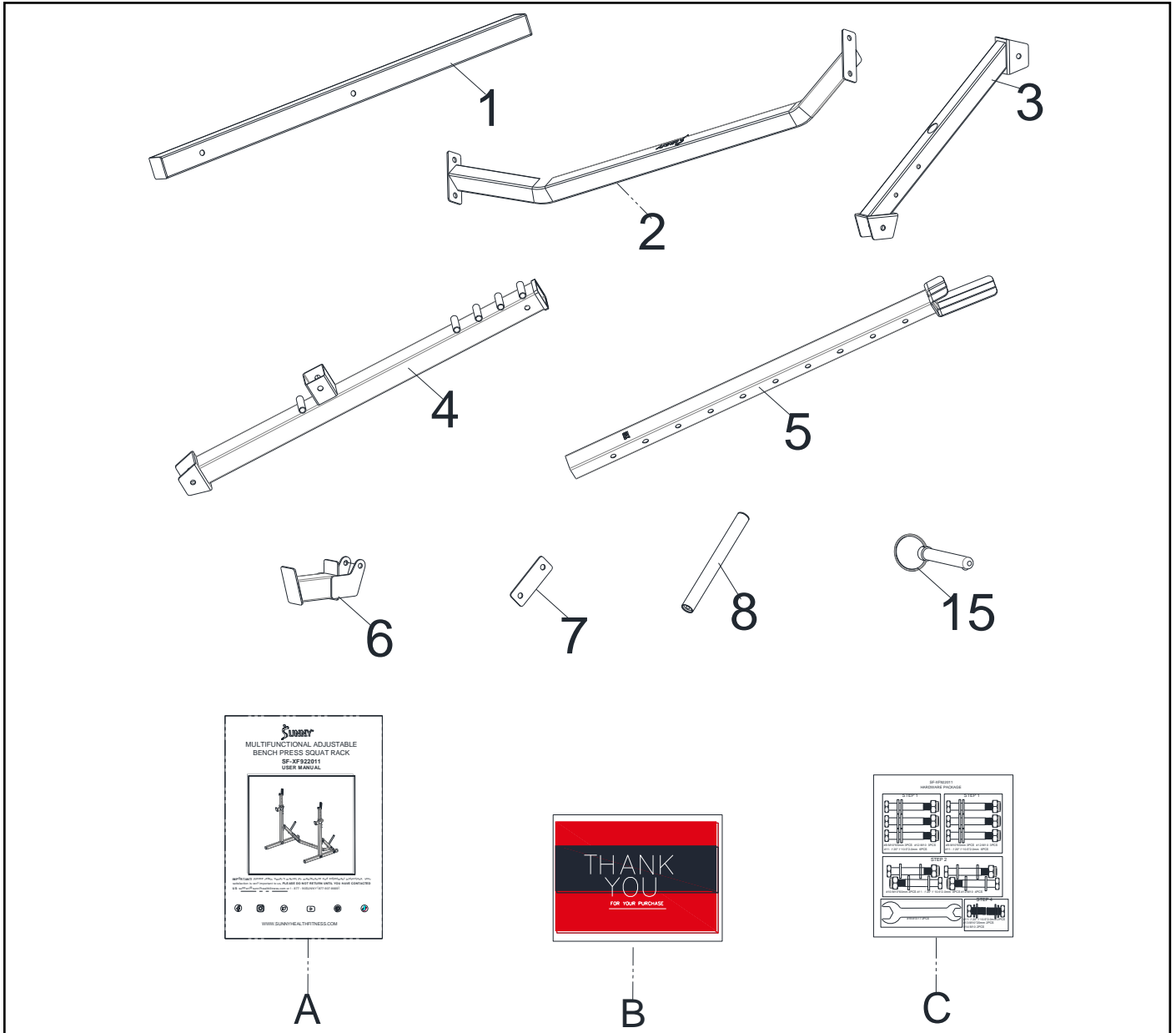
IMPORTANT SAFETY INFORMATION

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 2 ft (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 600 lbs (275kgs).
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.

PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.

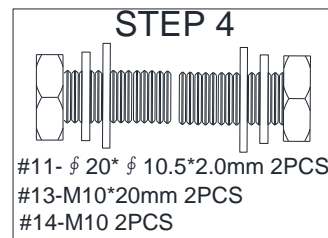
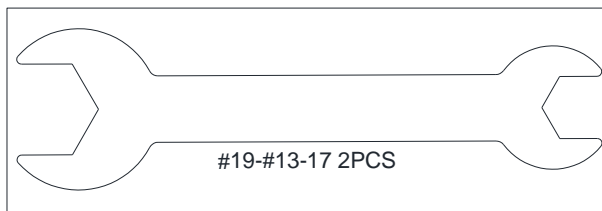
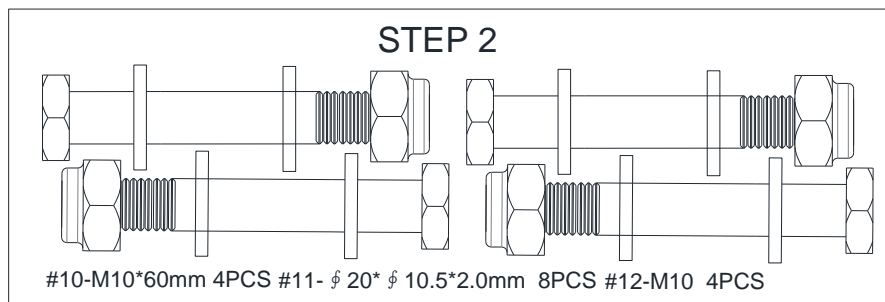
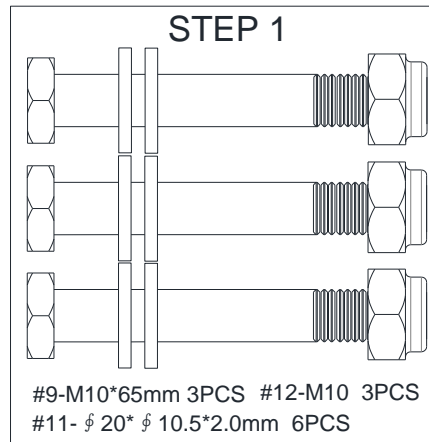
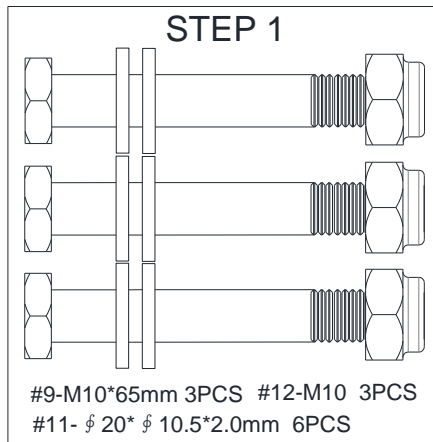


No.	Description	Spec.	Qty.
1	Base Frame		2
2	Rear Cross Tube		1
3	Support Frame		2
4	Lower Upright Frame		2
5	Upper Upright Frame		2
6	Hook		2

No.	Description	Spec.	Qty.
7	Connection Plate		2
8	Weight Plate Holder		2
15	Safety Pin	φ 10*55mm	4
A	Manual		1
B	Thank You Card		1
C	Hardware Package		1

HARDWARE PACKAGE

SF-XF922011
HARDWARE PACKAGE



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

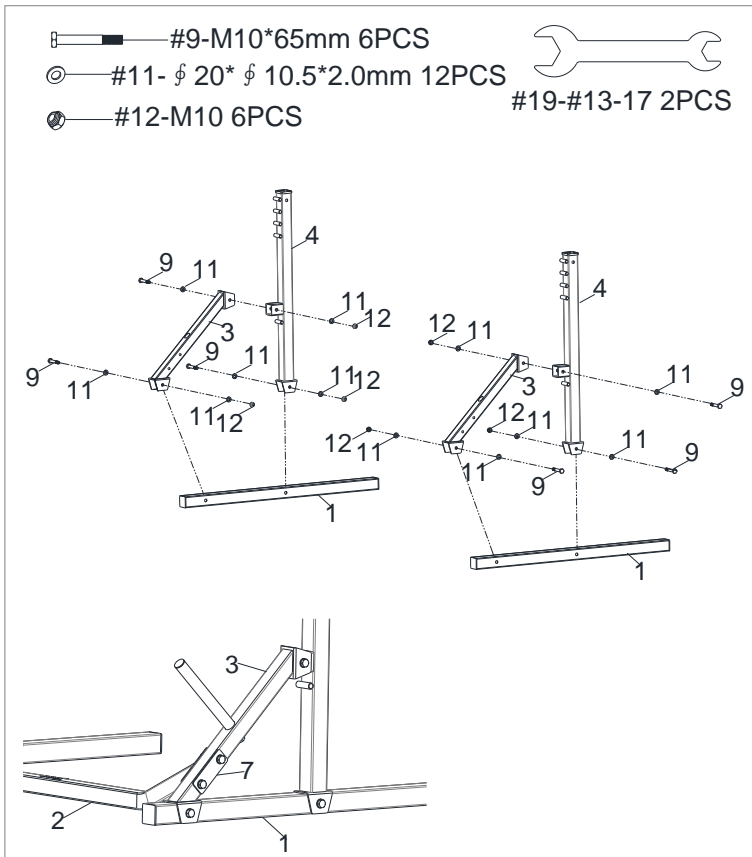
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” (page 8) and “PARTS LIST” (page 9)

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

ASSEMBLY INSTRUCTIONS

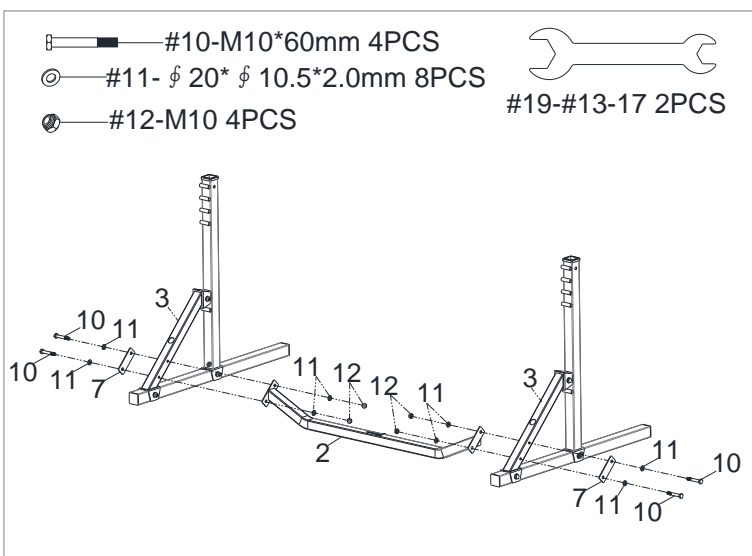
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach 2 **Lower Upright Frames (No. 4)** to 2 **Base Frames (No. 1)** using 2 **Hex Bolts (No. 9)**, 4 **Flat Washers (No. 11)** and 2 **Lock Nuts (No. 12)**. Then attach 2 **Support Frames (No. 3)** to 2 **Lower Upright Frames (No. 4)**, and 2 **Base Frames (No. 1)** using 4 **Hex Bolts (No. 9)**, 8 **Flat Washers (No. 11)** and 4 **Lock Nuts (No. 12)**. Tighten and secure with 2 **Wrenches (No. 19)**.

NOTE: Please make sure 2 **Lower Upright Frames (No. 4)** with metal sleeves are facing towards the back of the rack, it will help to install **Hooks (No. 6)** smoothly in **STEP 5**. And the sides of 2 **Support Frames (No. 3)** with 2 holes should be attached to **Base Frames (No. 1)**, it will help to install the **Rear Cross Tube (No. 2)** and **Connection Plate (No. 7)** correctly in **STEP 2**.

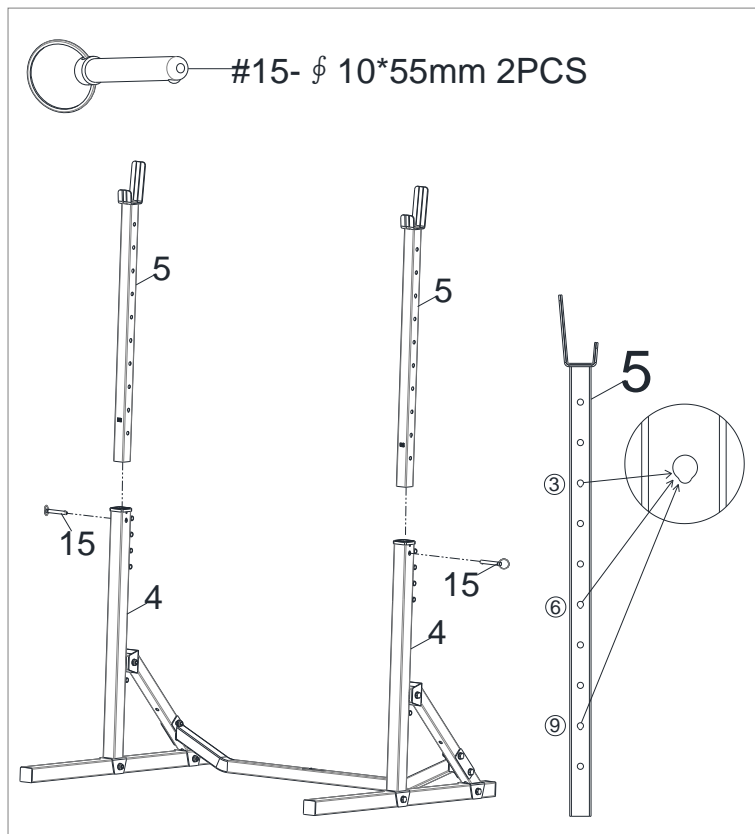


STEP 2:

Attach **Rear Cross Tube (No. 2)** to 2 **Support Frames (No. 3)** using 4 **Hex Bolts (No. 10)**, 8 **Flat Washers (No. 11)**, 2 **Connection Plates (No. 7)** and 4 **Lock Nuts (No. 12)**. Tighten and secure with 2 **Wrenches (No. 19)**.

NOTE: The side with SUNNY logo of the **Rear Cross Tube (No. 2)** should be facing up.

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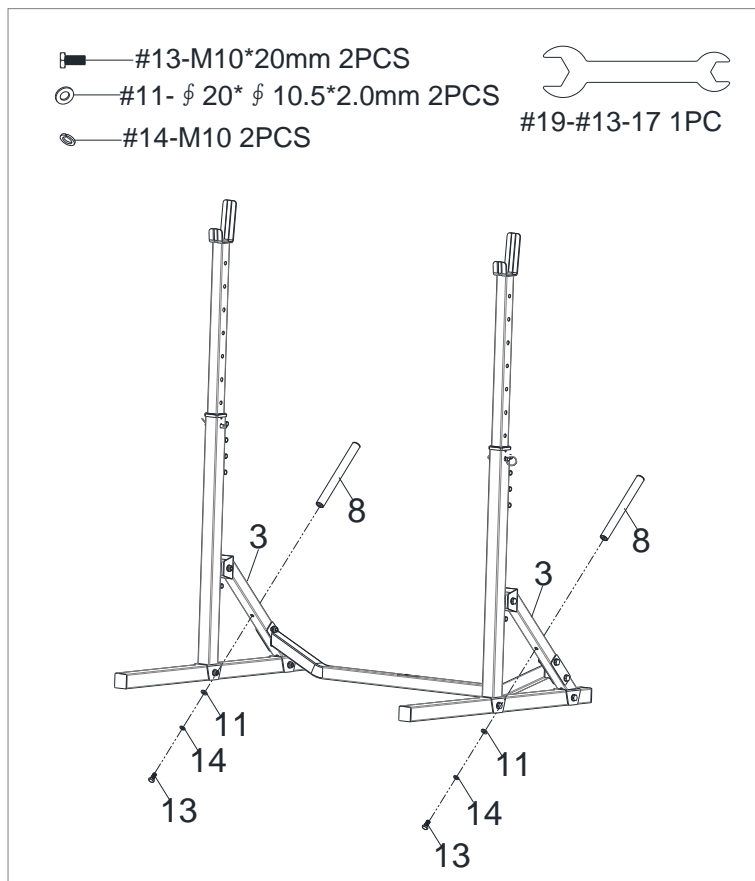


STEP 3:

Attach 2 **Upper Upright Frames (No. 5)** to the 2 **Lower Upright Frames (No. 4)**, then insert 2 **Safety Pins (No. 15)** to secure.

There are 10 height installation options for the **Upper Upright Frames (No. 5)**, make sure 2 **Upper Upright Frames (No. 5)** are the same height when installing. There are 3 irregularly-shaped holes in each **Upper Upright Frame (No. 5)** to help you to adjust the **Upper Upright Frames (No. 5)** at same height easily.

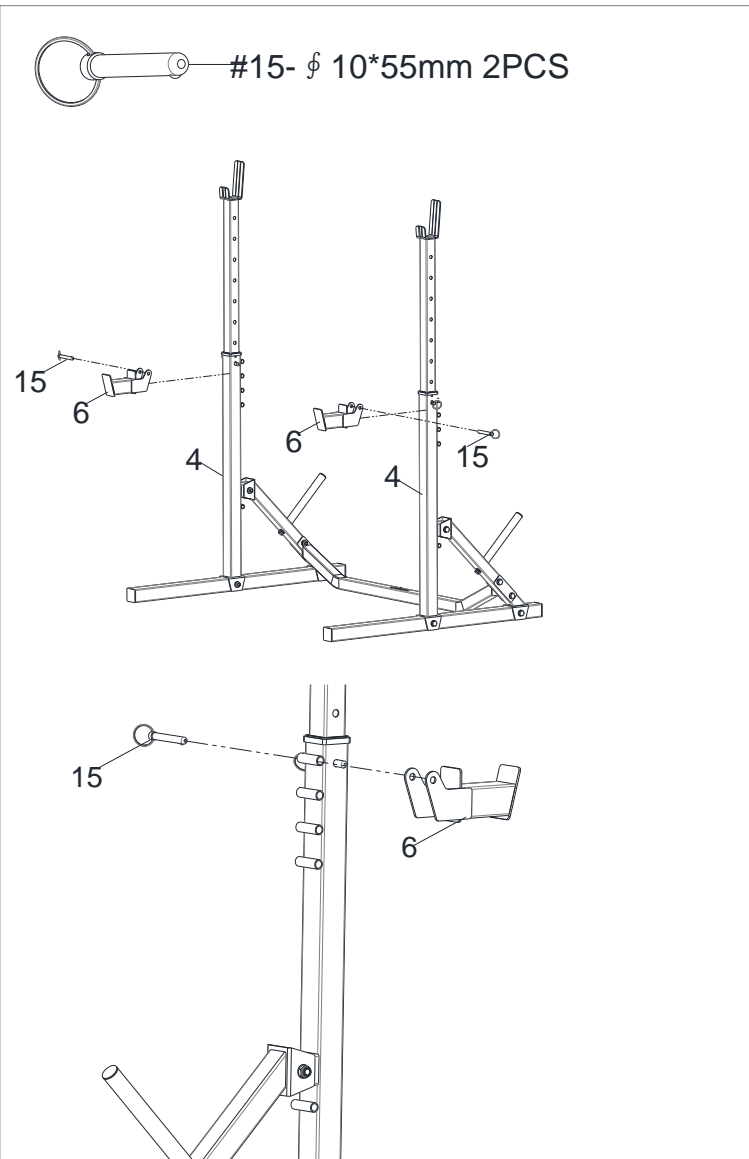
NOTE: The higher metal plate of the **Upper Upright Frames (No. 5)** should be on the backwards.



STEP 4:

Attach 2 **Weight Plate Holders (No. 8)** to 2 **Support Frames (No. 3)** using 2 **Hex Bolts (No. 13)**, 2 **Spring Washers (No. 14)** and 2 **Flat Washers (No. 11)**. Tighten and secure with **Wrench (No. 19)**.

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 5:

Insert 2 **Hooks (No. 6)** into the **Lower Upright Frames (No. 4)** using 2 **Safety Pins (No. 15)** to secure.

There are 5 height options for the **Hooks (No. 6)** on **Lower Upright Frames (No. 4)**, make sure 2 **Hooks (No. 6)** are the same height when installing and at a comfortable height that will assist you during your workout.

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.

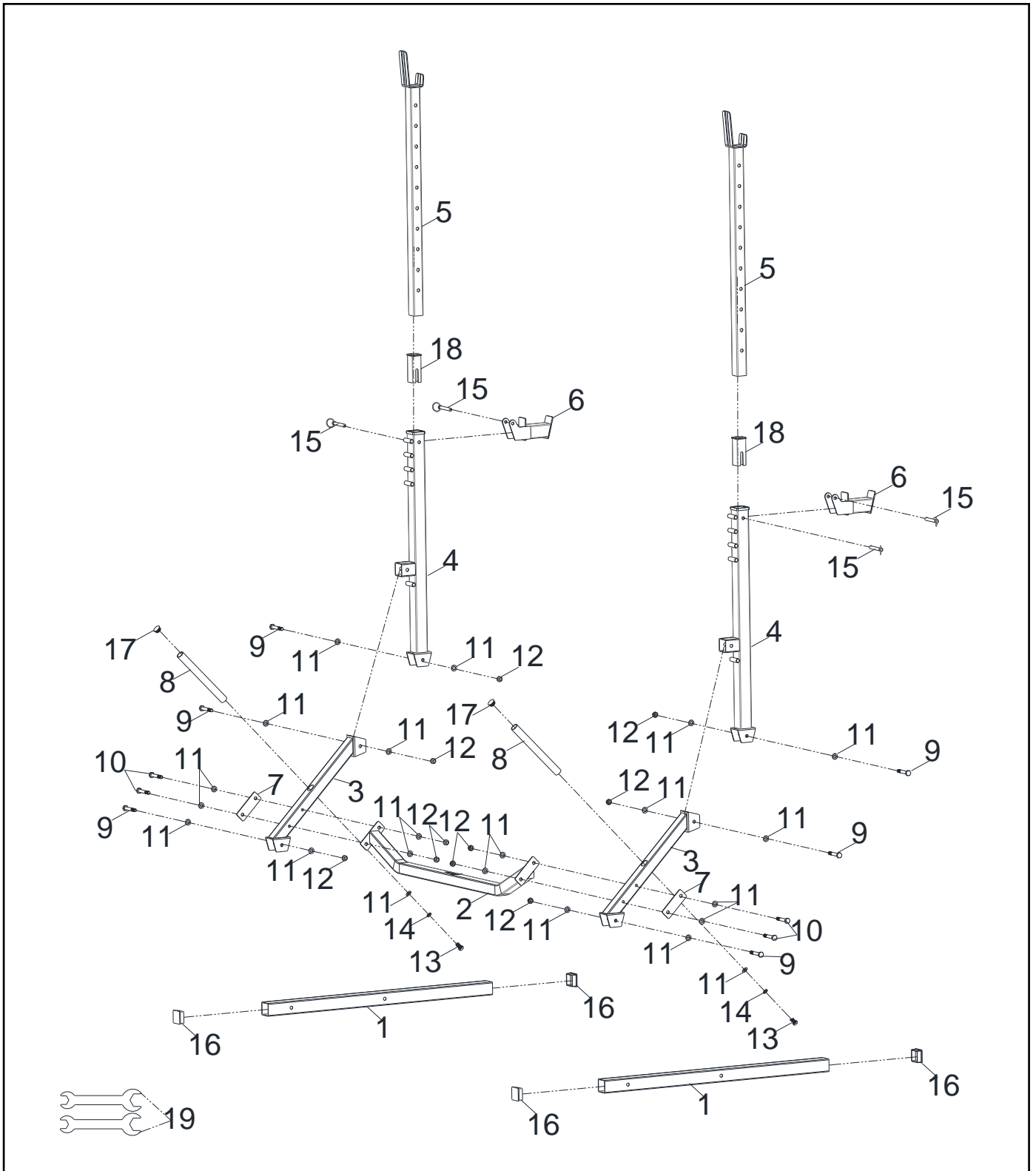
Check and tighten all adjustment pins/knobs regularly.

WEEKLY MAINTENANCE

Use damp cloth on plastic parts only, use dry cloth on metal frames.

Inspect the metal frame structure of the equipment.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Base Frame		2
2	Rear Cross Tube		1
3	Support Frame		2
4	Lower Upright Frame		2
5	Upper Upright Frame		2
6	Hook		2
7	Connection Plate		2
8	Weight Plate Holder		2
9	Hex Bolt	M10*65mm	6
10	Hex Bolt	M10*60mm	4

No.	Description	Spec.	Qty.
11	Flat Washer	φ 20* φ 10.5*2.0	22
12	Lock Nut	M10	10
13	Hex Bolt	M10*20	2
14	Spring Washer	M10	2
15	Safety Pin	φ 10*55mm	4
16	Square End Cap	□45*45*1.5	4
17	Round End Cap	φ 25*2.0	2
18	Plastic Bushing		2
19	Wrench	#13-17	2

Version 1.1

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