



SQUAT STAND POWER RACK

SF-XF922059

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

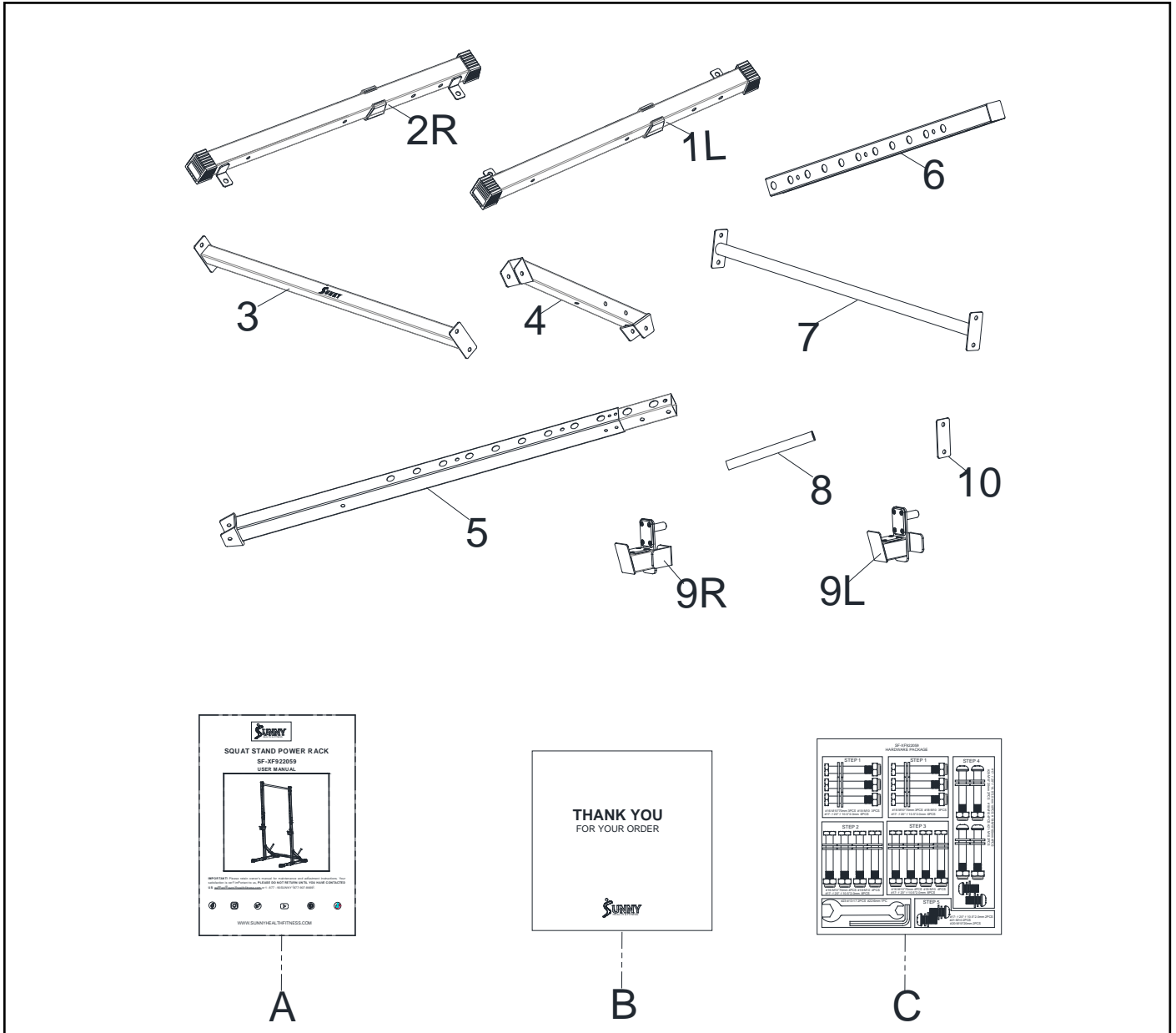
IMPORTANT SAFETY INFORMATION

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 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. Maximum user weight on Upper Frame: 220 lbs (100 kgs)
10. Maximum weight on Hook: 300 lbs (135 kgs)
11. Maximum weight on Weight Plate Holder: 100 lbs each (45 kgs each)
12. The equipment is not suitable for therapeutic use.
13. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
14. 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.
15. 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.

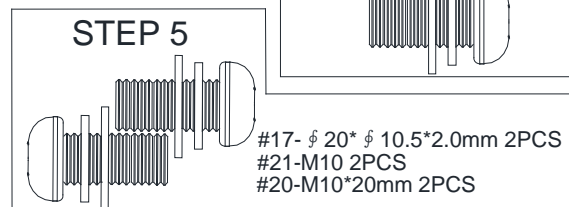
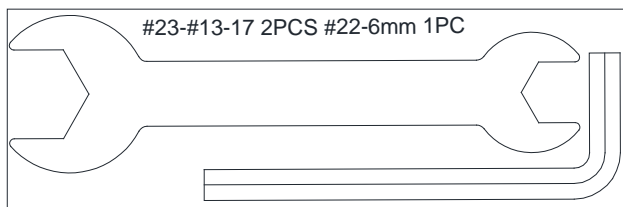
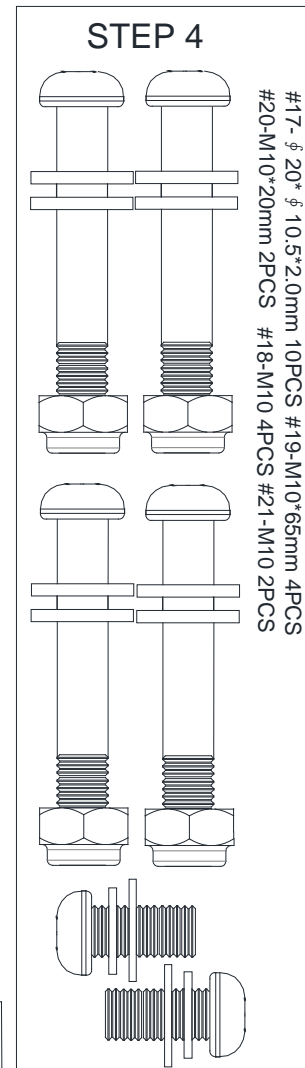
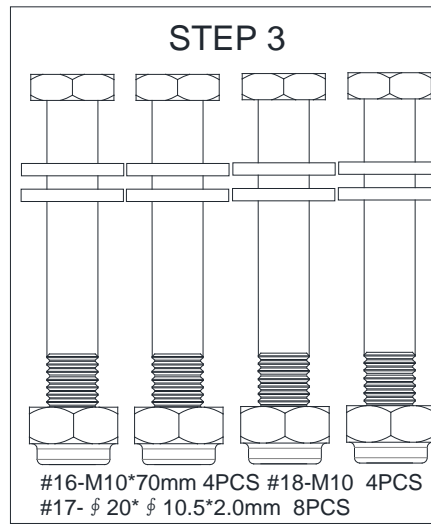
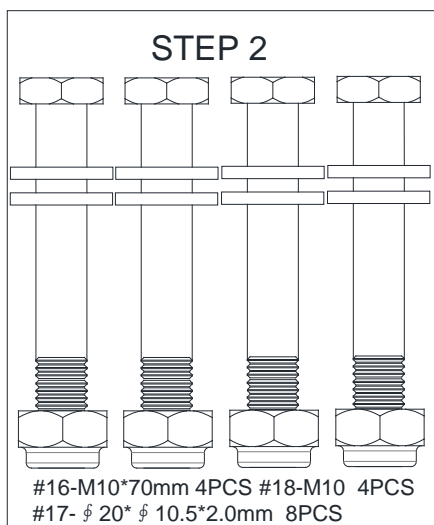
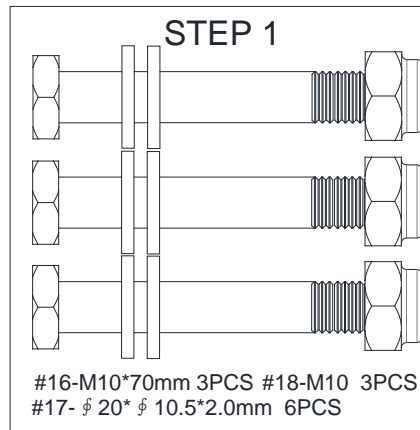
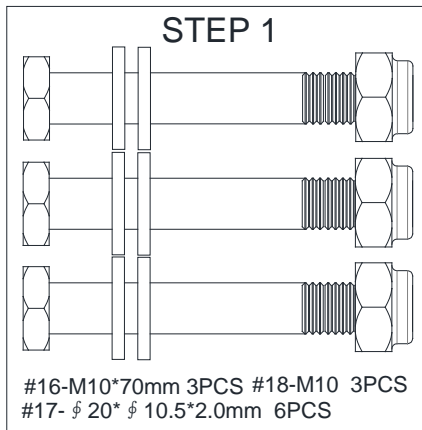


No.	Description	Spec.	Qty.
1L	Left Base Frame		1
2R	Right Base Frame		1
3	Rear Cross Tube		1
4	Support Frame		2
5	Lower Upright Frame		2
6	Upper Upright Frame		2
7	Upper Frame		1

No.	Description	Spec.	Qty.
8	Weight Plate Holder		2
9R	Right Hook		1
9L	Left Hook		1
10	Connection Plate		4
A	Manual		1
B	Thank You Card		1
C	Hardware Package		1

HARDWARE PACKAGE

SF-XF922059
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” and “PARTS LIST” (found near the end of the manual)

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

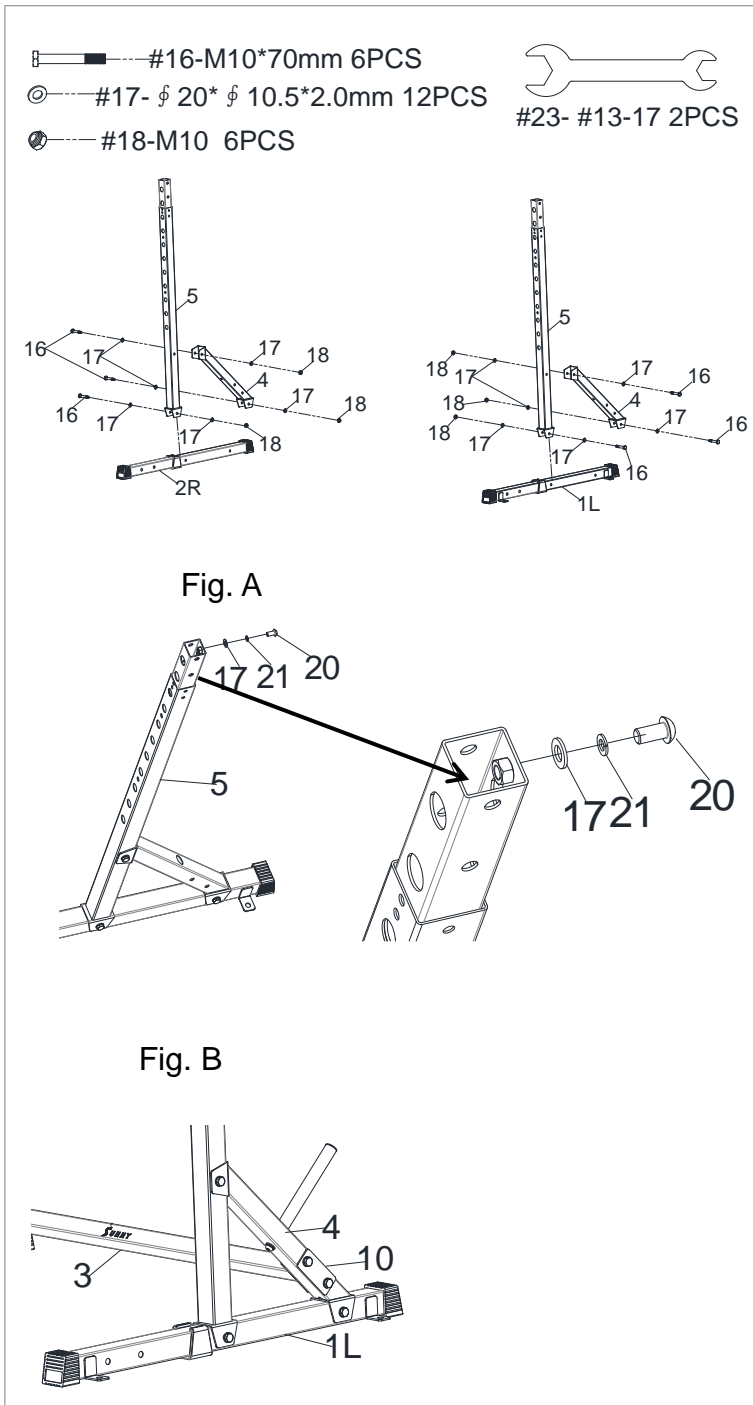
ASSEMBLY INSTRUCTIONS

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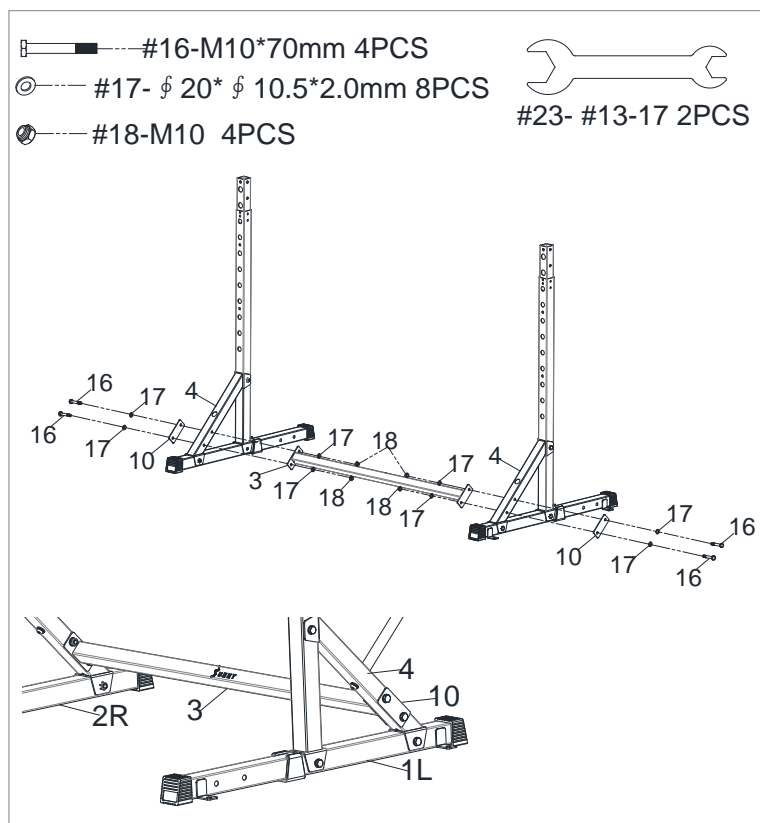
STEP 1:

Attach 2 **Lower Upright Frames (No. 5)** to **Left Base Frame (No. 1L)** and **Right Base Frame (No. 2R)** using 2 **Hex Bolts (No. 16)**, 4 **Flat Washers (No. 17)** and 2 **Lock Nuts (No. 18)**. Then attach 2 **Support Frames (No. 4)** to 2 **Lower Upright Frames (No. 5)**, **Left Base Frame (No. 1L)** and **Right Base Frame (No. 2R)** using 4 **Hex Bolts (No. 16)**, 8 **Flat Washers (No. 17)** and 4 **Lock Nuts (No. 18)**. Tighten and secure with 2 **Wrenches (No. 23)**.

NOTE: Please make sure 2 **Lower Upright Frames (No. 5)** with nuts showed on *Fig. A* are facing towards the back of the rack, it will help to install **Left Hook (No. 9L)** and **Right Hook (No. 9R)** smoothly in **STEP 6**. And the sides of 2 **Support Frames (No. 4)** with 2 holes showed on *Fig. B* should be attached to **Left Base Frame (No. 1L)** and **Right Base Frame (No. 2R)**, it will help to install the **Rear Cross Tube (No. 3)** and **Connection Plate (No. 10)** correctly in **STEP 2**.



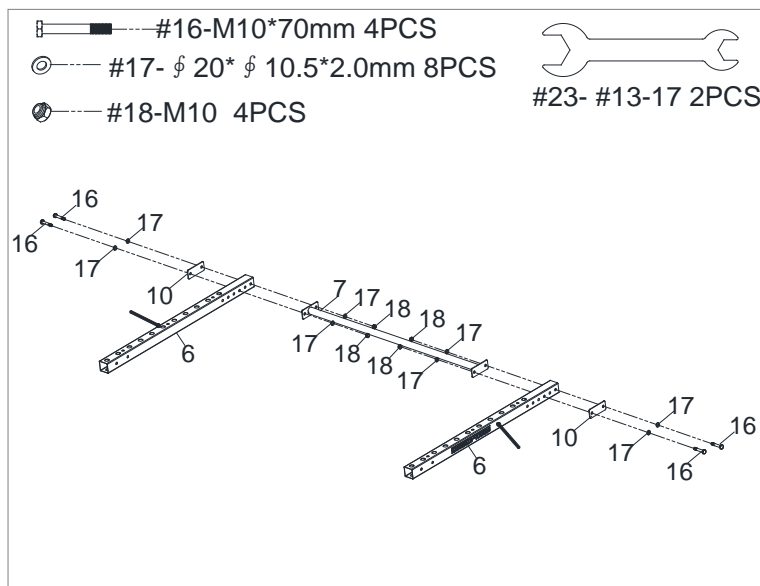
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STEP 2:

Hold the 2 **Connection Plates (No. 10)** on the outside of the 2 **Support Frames (No. 4)** with 4 **Flat Washers (No. 17)**, 4 **Hex Bolts (No. 16)**. Secure the 2 **Support Frames (No. 4)** together with **Rear Cross Tube (No. 3)** by installing the remaining 4 **Flat Washers (No. 17)** and 4 **Lock Nuts (No. 18)**. Tighten and secure with 2 **Wrenches (No. 23)**.

NOTE: The side with SUNNY logo of the **Rear Cross Tube (No. 3)** should be facing up and towards the front of the rack.



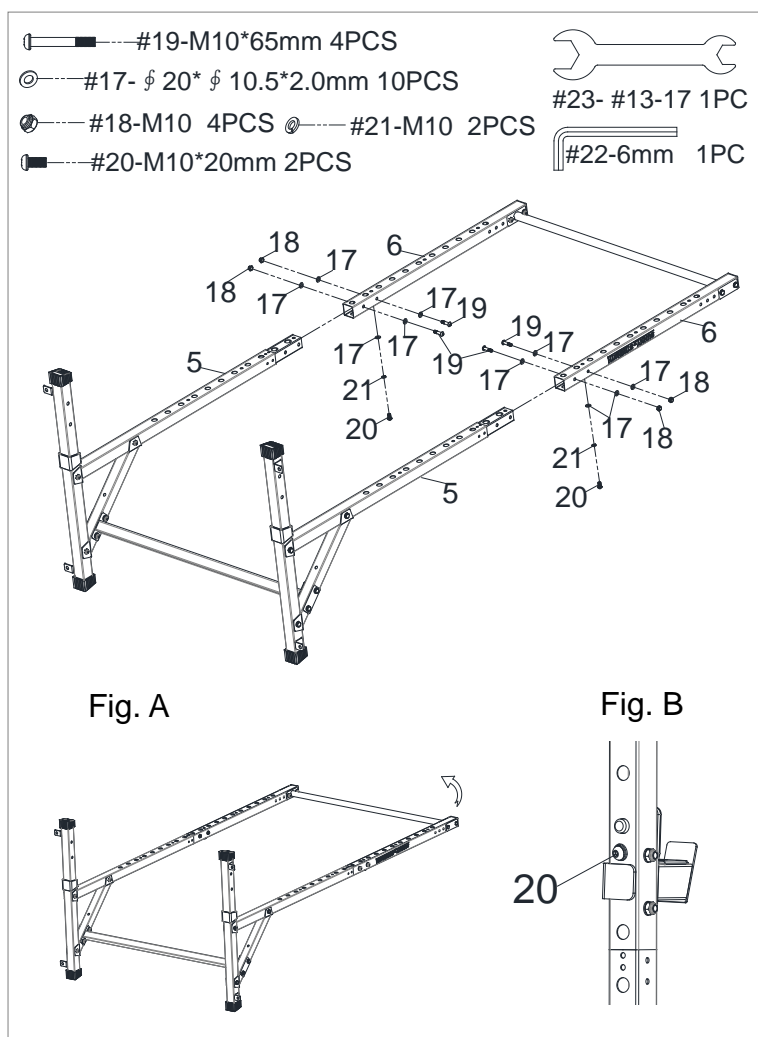
STEP 3:

Connect the 2 **Upper Upright Frames (No. 6)** with **Upper Frame (No. 7)** using 2 **Connection Plates (No. 10)**, 4 **Hex Bolts (No. 16)**, 8 **Flat Washers (No. 17)** and 4 **Lock Nuts (No. 18)**. Tighten and secure with 2 **Wrenches (No. 23)**.

There are 4 height installation options for the **Upper Frame (No. 7)**, make sure the two sides of **Upper Frame (No. 7)** are the same height when installing.

NOTE: The **Upper Upright Frames (No. 6)** have decals that say UP. The ends with the UP decal should be attached to the **Upper Frame (No. 7)**. And SUNNY STRENGTH logo in the **Upper Upright Frames (No. 6)** should be facing outside of the rack as the arrow showed.

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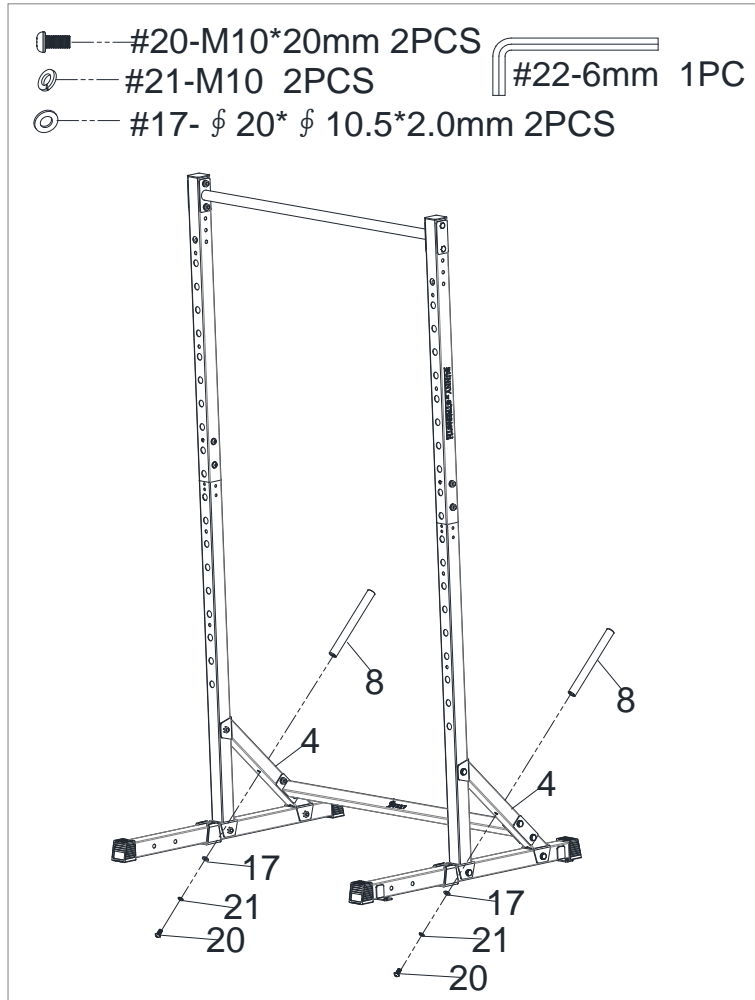
STEP 4:

Attach the assembled 2 **Upper Upright Frames (No. 6)** to the assembled 2 **Lower Upright Frames (No. 5)** using 4 **Hex Socket Head Bolts (No. 19)**, 10 **Flat Washers (No. 17)**, 4 **Lock Nuts (No. 18)**, 2 **Hex Socket Head Bolts (No. 20)** and 2 **Spring Washers (No. 21)**. Tighten and secure with 1 **Wrench (No. 23)** and 1 **Allen Wrench (No. 22)**.

When assembly finished, lift the whole rack as the arrow showed on *Fig. A* to continue next step.

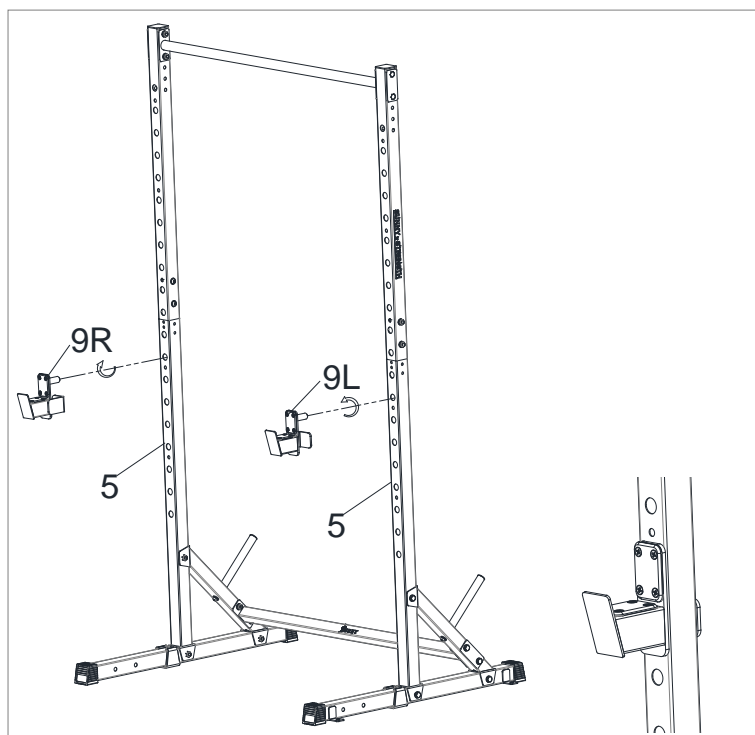
NOTE: 4 **Hex Socket Head Bolts (No. 19)** should be inserted from inside of frame towards the outside, 4 **Lock Nuts (No. 18)** should be on the outside of the **Upper Upright Frames (No. 6)**. And please make sure 2 **Hex Socket Head Bolts (No. 20)** showed on *Fig. B* are facing towards the back of the rack, it will help to install the **Left Hook (No. 9L)** and **Right Hook (No. 9R)** smoothly in **STEP 6**.

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STEP 5:

Attach 2 **Weight Plate Holders (No. 8)** to 2 **Support Frames (No. 4)** using 2 **Hex Socket Head Bolts (No. 20)**, 2 **Spring Washers (No. 21)** and 2 **Flat Washers (No. 17)**. Tighten and secure with **Allen Wrench (No. 22)**.



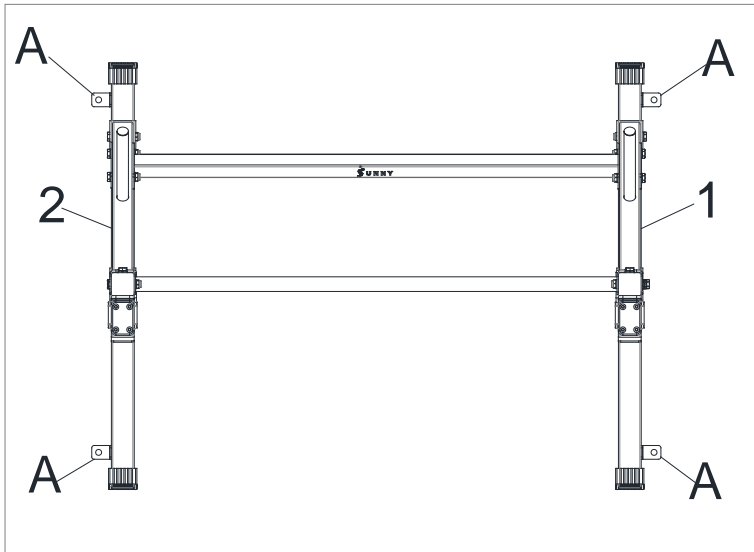
STEP 6:

Insert **Left Hook (No. 9L)** into the **Lower Upright Frame (No. 5)** on the left. Turn **Left Hook (No. 9L)** as the arrow showed on the left picture to tighten.

Insert **Right Hook (No. 9R)** into the **Lower Upright Frame (No. 5)** on the right. Turn **Right Hook (No. 9R)** 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 7:

NOTE: $\Phi 13$ Wood Screws and Expansion Bolts are not included.

If the ground is made of wood material, secure the 4 **Connecting Pieces (No. 1)** and **Right Base Frames (No. 2)** to the ground using 4 $\Phi 13$ Wood Screws to bolt the Squat Stand 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 Squat Stand 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.

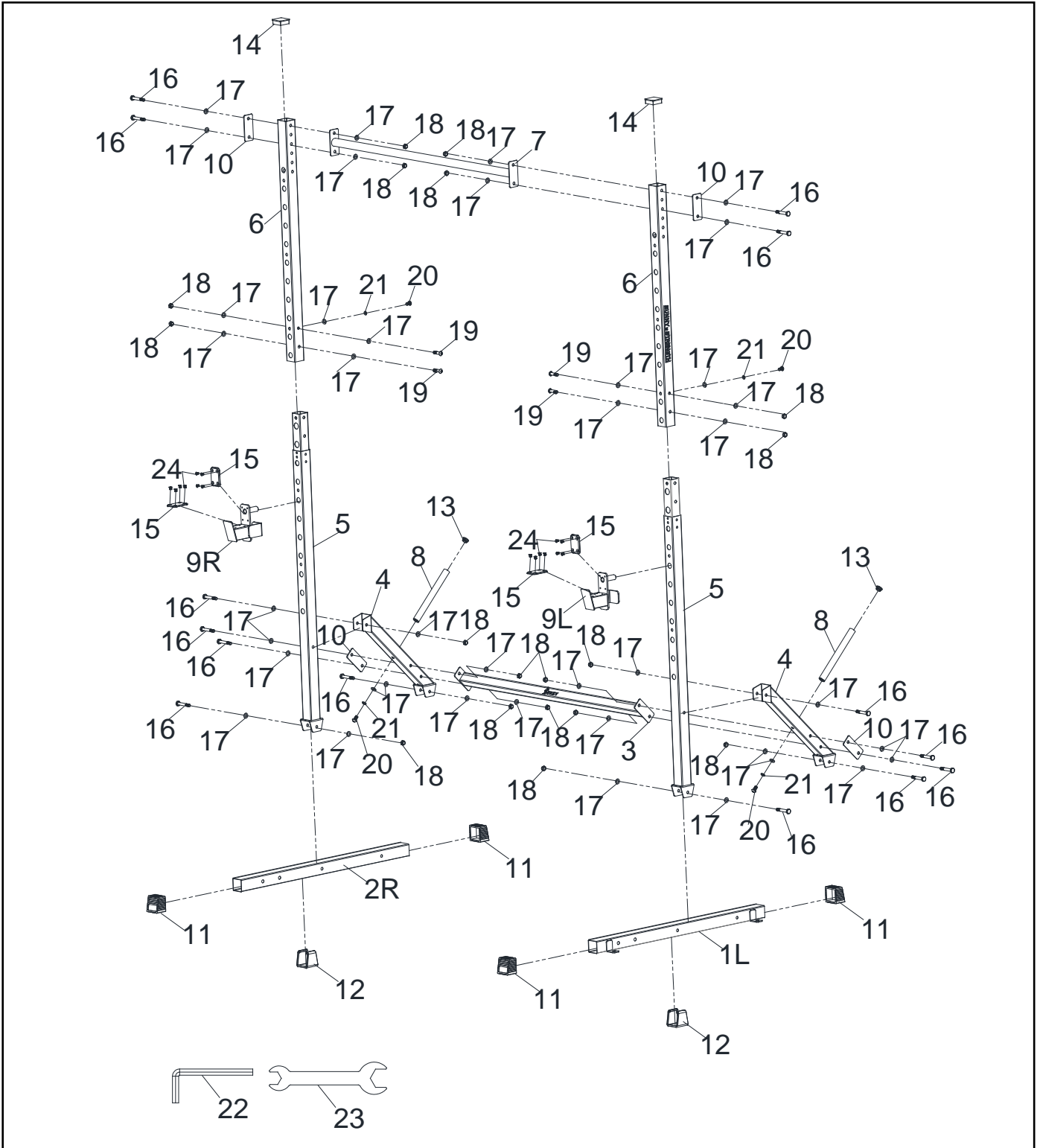
Check and tighten all adjustment pins/knobs regularly.

WEEKLY MAINTENANCE

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

Inspect the metal frame structure of the equipment.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1L	Left Base Frame		1
2R	Right Base Frame		1
3	Rear Cross Tube		1
4	Support Frame		2
5	Lower Upright Frame		2
6	Upper Upright Frame		2
7	Upper Frame		1
8	Weight Plate Holder		2
9R	Right Hook		1
9L	Left Hook		1
10	Connection Plate		4
11	Foot End Cap		4
12	U-Bracket		2

No.	Description	Spec.	Qty.
13	Round End Cap	φ 25*2.0	2
14	Square End Cap	50*50*1.5	2
15	Rubber Pad		4
16	Hex Bolt	M10*70mm	14
17	Flat Washer	φ 20* φ 10.5*2.0mm	40
18	Lock Nut	M10	18
19	Hex Socket Head Bolt	M10*65mm	4
20	Hex Socket Head Bolt	M10*20mm	4
21	Spring Washer	M10	4
22	Allen Wrench	6mm	1
23	Wrench	#13-17	2
24	Phillips Screw	M6*10mm	16

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