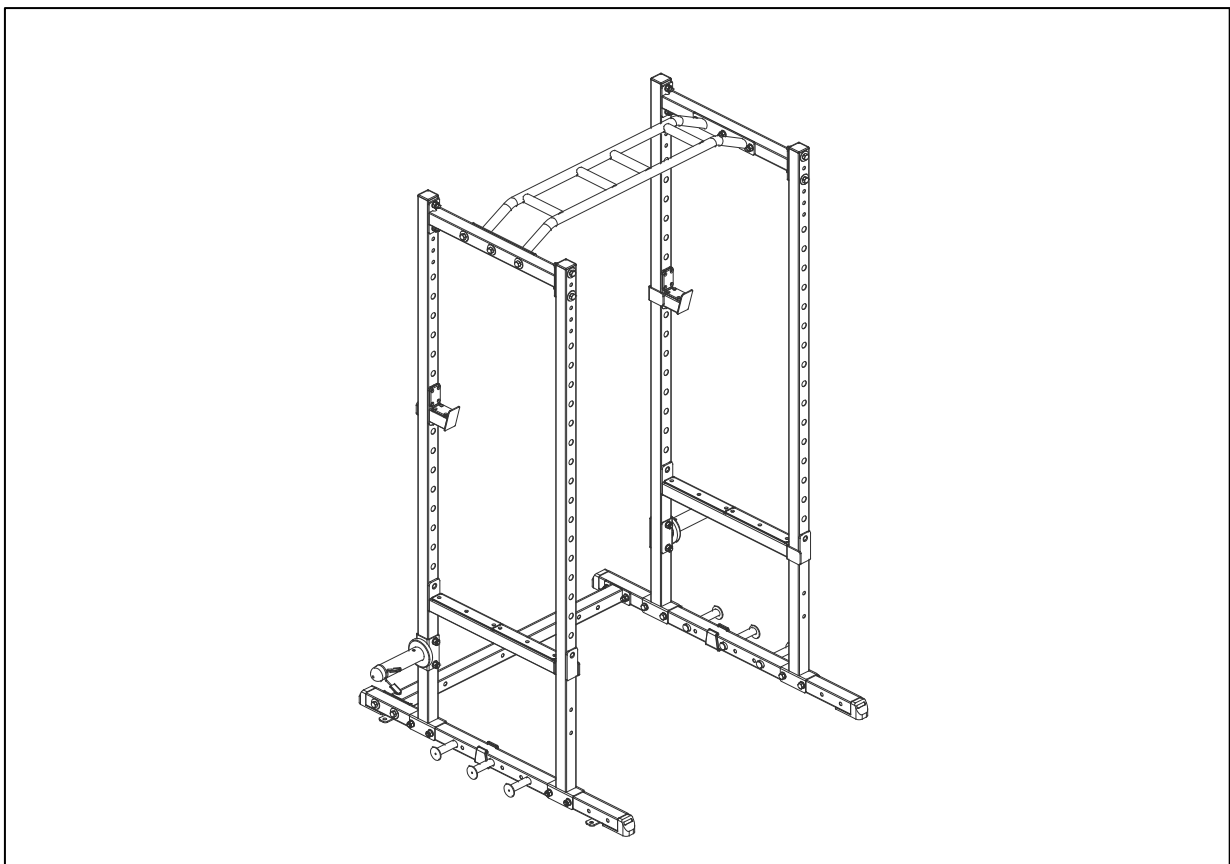




POWER ZONE STRENGTH RACK

SF-XF9925

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).



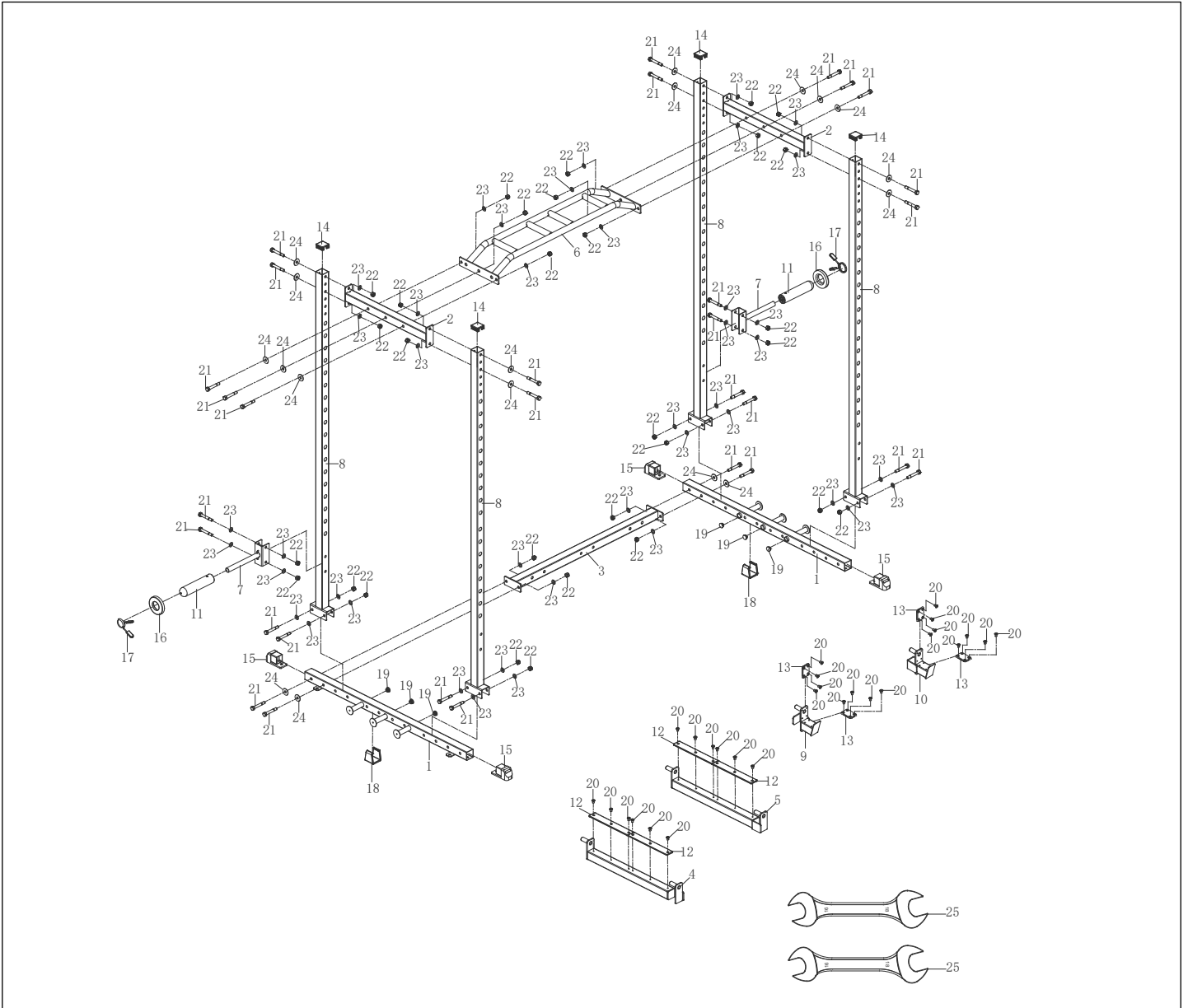
WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

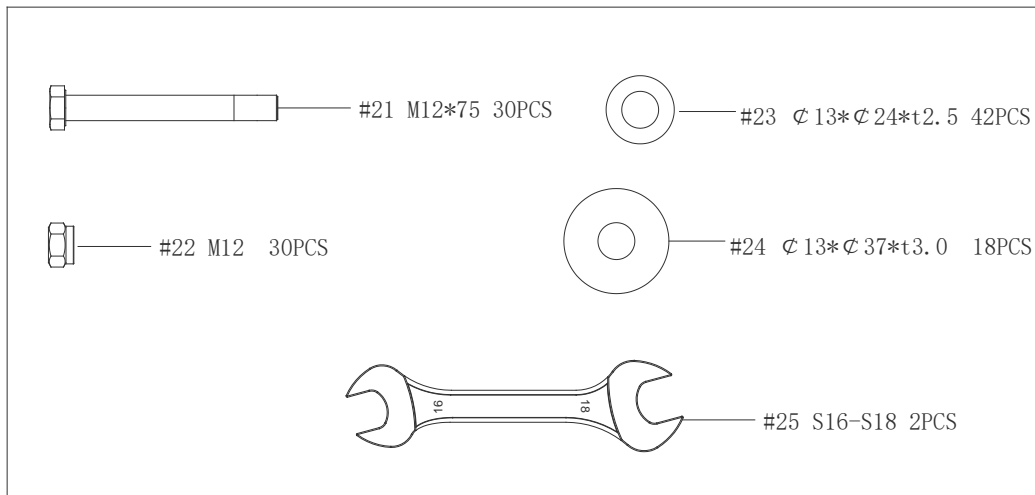
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.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



PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Stabilizer		2	14	Square End Cap	50*50*t2.0	4
2	Top Connecting Frame		2	15	End Cap	115*50	4
3	Bottom Connecting Frame		1	16	Crash Pad	∅ 80* ∅ 50*16	2
4	Right Safety Bar		1	17	Spring Clip	∅ 48	2
5	Left Safety Bar		1	18	U Shape Foot Strap	50*50*t5.0	2
6	Pull Up Bar		1	19	Round End Cap	∅ 25	6
7	Counterweight Rod		2	20	Cross Recessed Countersunk Head Screw	M6*10	28
8	Upright Post		4	21	Hexagon Bolt	M12*75	30
9	Right Hook		1	22	Hex Lock Nut	M12	30
10	Left Hook		1	23	Flat Washer	∅ 13* ∅ 24*t2.5	42
11	Barbell Support Rod	∅ 100* ∅ 48*200	2	24	Flat Big Washer	∅ 13* ∅ 37*t3.0	18
12	Rubber Padding	290*45*t5.0	4	25	Open End Wrench	S16-S18	2
13	Rubber Padding	75*50*t5.0	4				

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

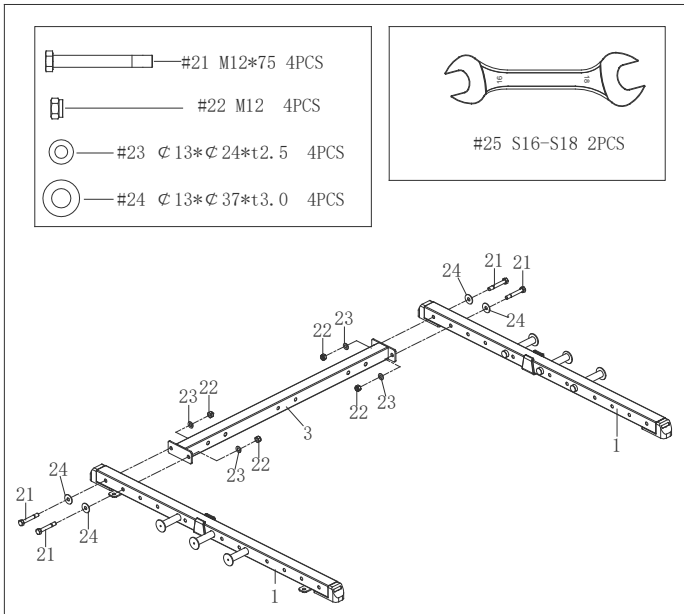
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).

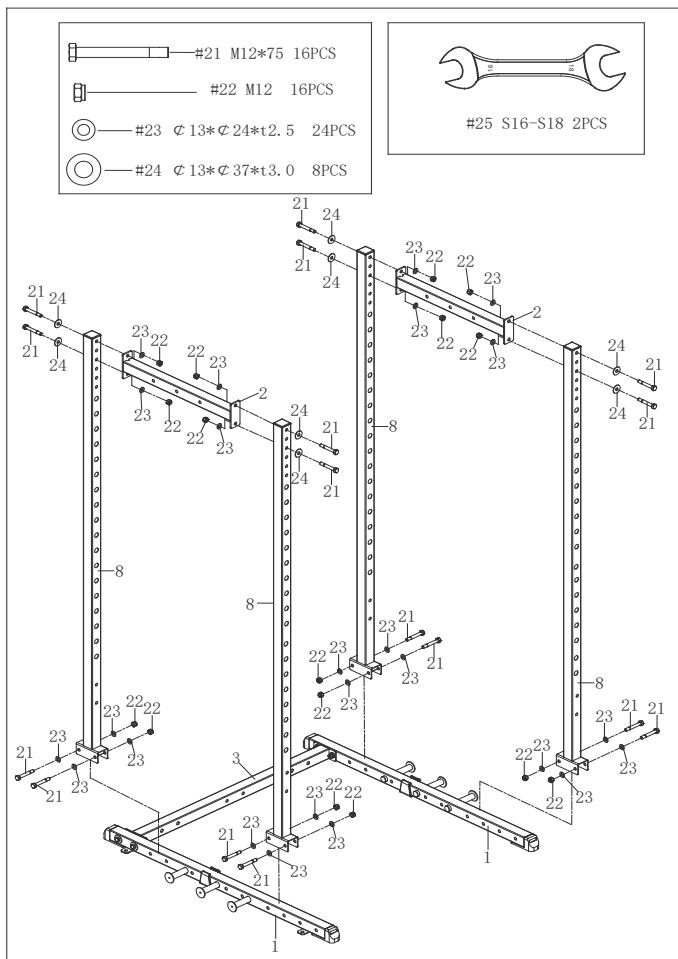
ASSEMBLY INSTRUCTIONS

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 2 **Stabilizers (No. 1)** onto **Bottom Connecting Frame (No. 3)** using 4 **Hexagon Bolts (No. 21)**, 4 **Hex Lock Nuts (No. 22)**, 4 **Flat Washers (No. 23)** and 4 **Flat Big Washers (No. 24)**. Secure with **Open End Wrenches (No. 25)**. Do not tighten the 4 **Hexagon Bolts (No. 21)** during this step.

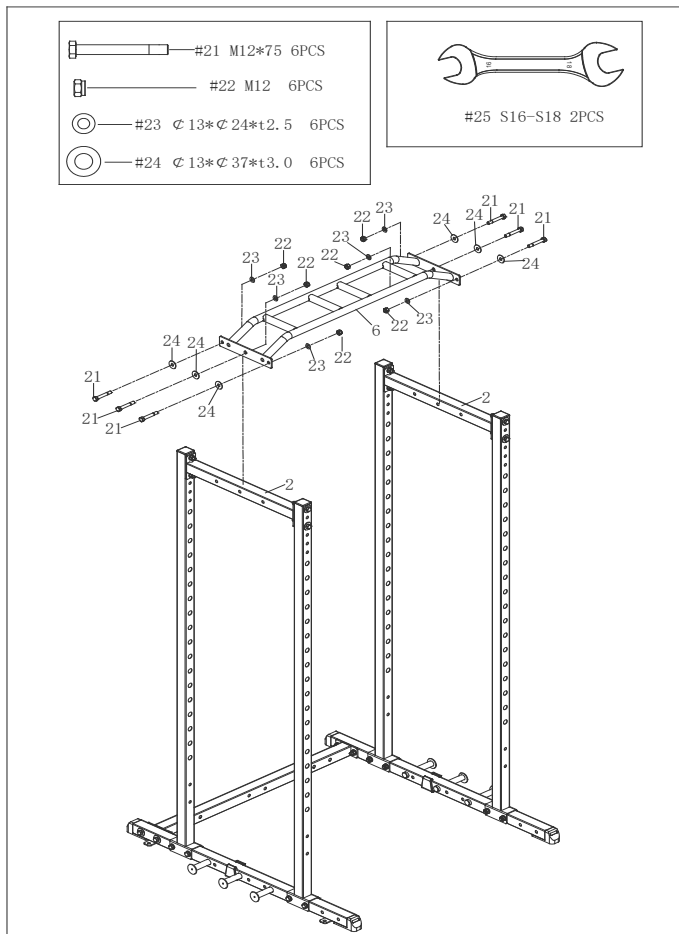


STEP 2:

Attach 2 **Stabilizers (No. 1)** onto 4 **Upright Posts (No. 8)** using 8 **Hexagon Bolts (No. 21)**, 8 **Hex Lock Nuts (No. 22)** and 16 **Flat Washer (No. 23)**. Secure with **Open End Wrench (No. 25)**. Do not tighten the 8 **Hexagon Bolts (No. 21)** during this step.

Attach 4 **Upright Posts (No. 8)** onto 2 **Top Connecting Frames (No. 2)** using 8 **Hexagon Bolts (No. 21)**, 8 **Hex Lock Nuts (No. 22)**, 8 **Flat Washers (No. 23)** and 8 **Flat Big Washers (No. 24)**. Secure with **Open End Wrench (No. 25)**. Do not tighten the 8 **Hexagon Bolts (No. 21)** during this step.

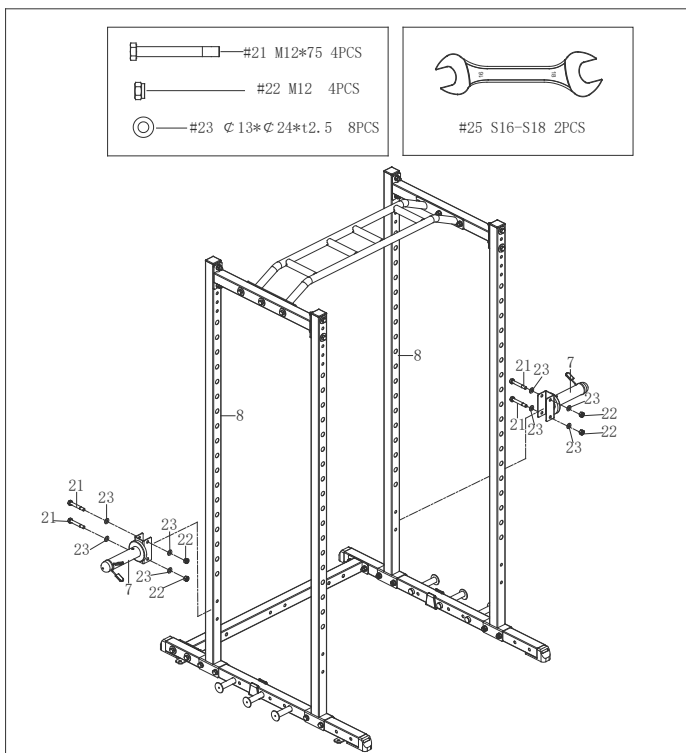
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Attach **Pull Up Bar (No. 6)** onto 2 **Top Connecting Frames (No. 2)** using 6 **Hexagon Bolts (No. 21)**, 6 **Hex Lock Nuts (No. 22)**, 6 **Flat Washers (No. 23)** and 6 **Flat Big Washers (No. 24)**. Secure with **Open End Wrench (No. 25)**.

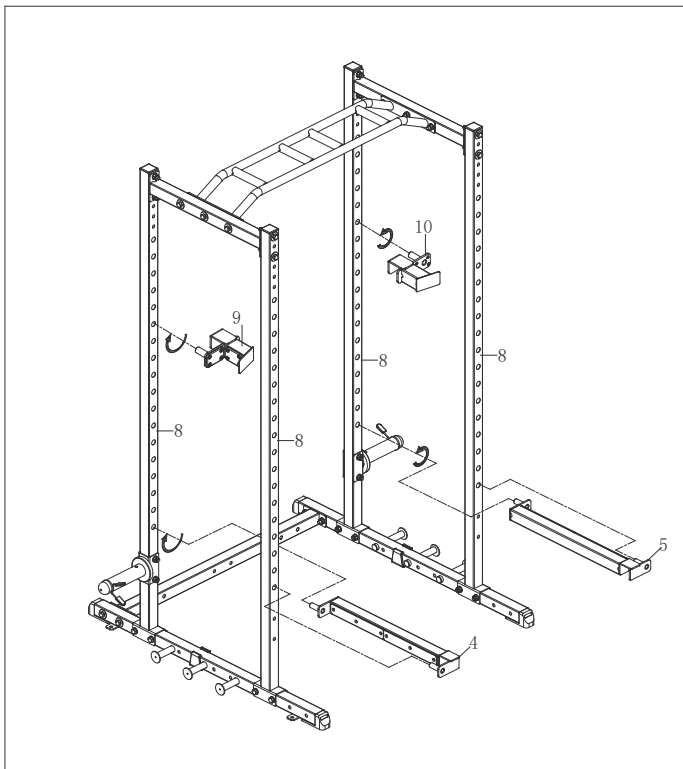
Now you can tighten all the **Hexagon Bolts (No. 21)** from **STEP 1 & STEP 2**.



STEP 4:

Insert 2 **Counterweight Rods (No. 7)** onto 2 **Upright Posts (No. 8)** using 4 **Hexagon Bolts (No. 21)**, 4 **Hex Lock Nuts (No. 22)** and 8 **Flat Washers (No. 23)**. Tighten and secure with **Open End Wrench (No. 25)**.

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STEP 5:

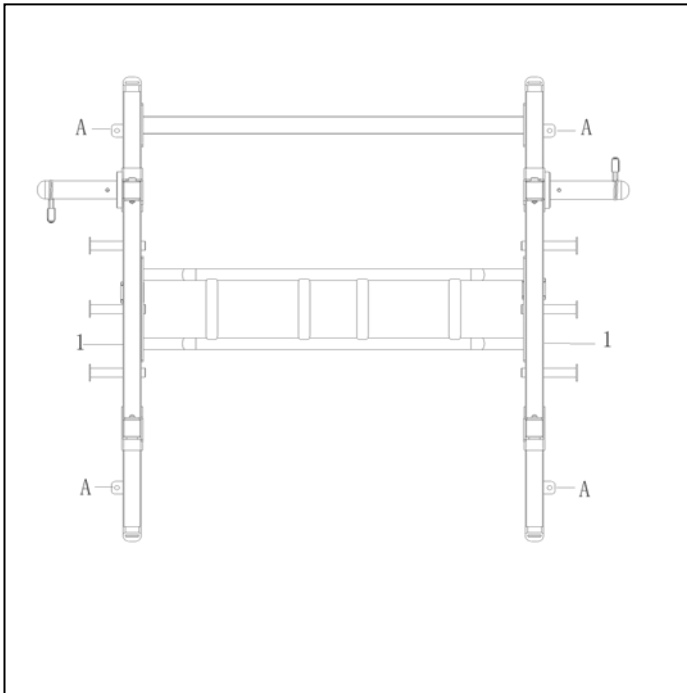
Insert **Right Safety Bar (No. 4)** into **Upright Post (No. 8)** on the left. Turn the **Right Safety Bar (No. 4)** as the arrow showed on the left picture to tighten.

Insert **Left Safety Bar (No. 5)** into **Upright Post (No. 8)** on the right. Turn the **Left Safety Bar (No. 5)** as the arrow showed on the left picture to tighten.

Insert **Right Hook (No. 9)** into **Upright Post (No. 8)** on the left. Turn the **Right Hook (No. 9)** as the arrow showed on the picture to tighten.

Insert **Left Hook (No. 10)** into **Upright Post (No. 8)** on the right. Turn the **Left Hook (No. 10)** as the arrow showed on the left picture to tighten.

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STEP 6:

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

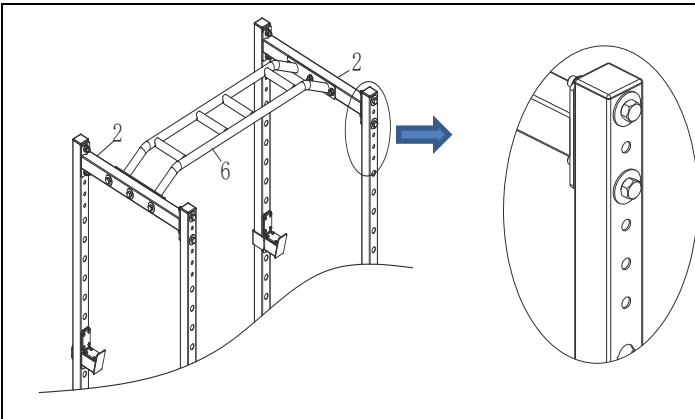
*NOTE: **Φ13 Wood Screws** and **Expansion Bolts** are not included.

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

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

The assembly is complete!

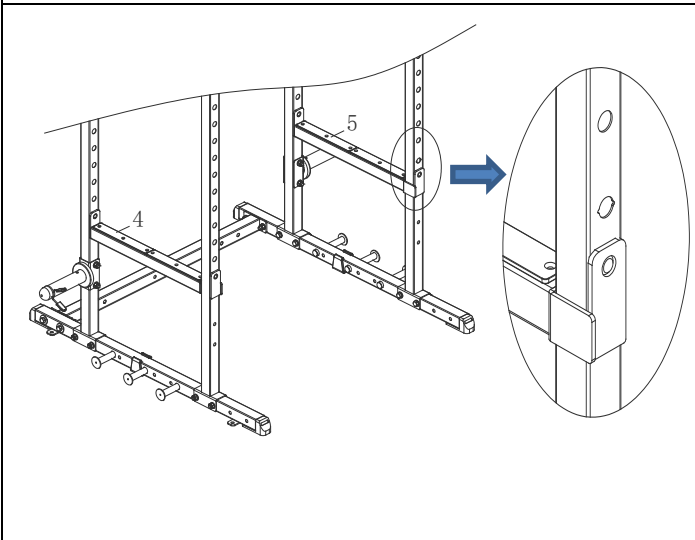
ADJUSTMENTS & USAGE GUIDE



ADJUSTING THE PULL UP BAR

The height of **Pull Up Bar (No. 6)** can be adjusted by changing the position of **Top Connecting Frame (No. 2)**.

Adjustment step: repeat the installation steps of **Top Connecting Frame (No. 2)** in **STEP 2** & **STEP 3**.

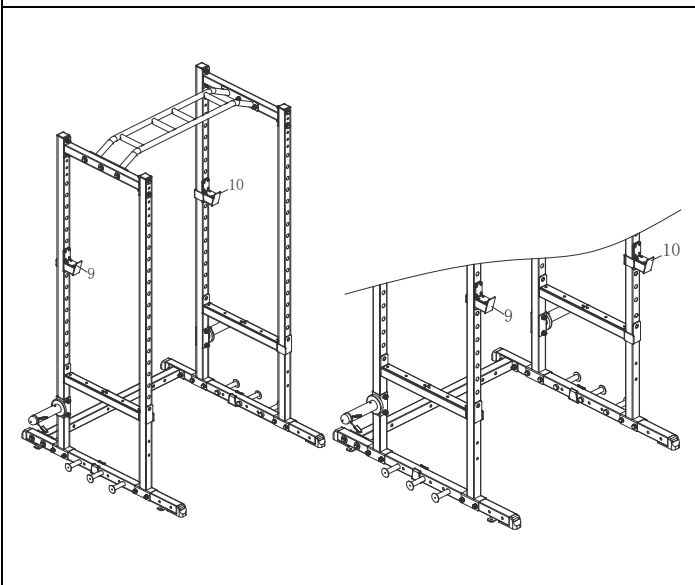


ADJUSTING THE SAFETY BAR

The height of the **Left & Right Safety Bars (No. 5 & No. 4)** can be adjusted.

Please ensure the **Left & Right Safety Bars (No. 5 & No. 4)** are the same height.

Adjustment steps: repeat the installation of **Left & Right Safety Bars (No. 5 & No. 4)** in **STEP 5**.



ADJUSTING THE HOOK

Left & Right Hooks (No. 10 & No. 9) can be installed on the rear **Upright Post (No. 8)** or on the front **Upright Post (No. 9)**.

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

Adjustment steps: repeat the installation of **Left & Right Hooks (No. 10 & No. 9)** in **STEP 5**.

MAINTENANCE INSTRUCTIONS

DAILY MAINTENANCE

Inspect and tighten all parts (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.) regularly.

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.

Version: 2.1

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