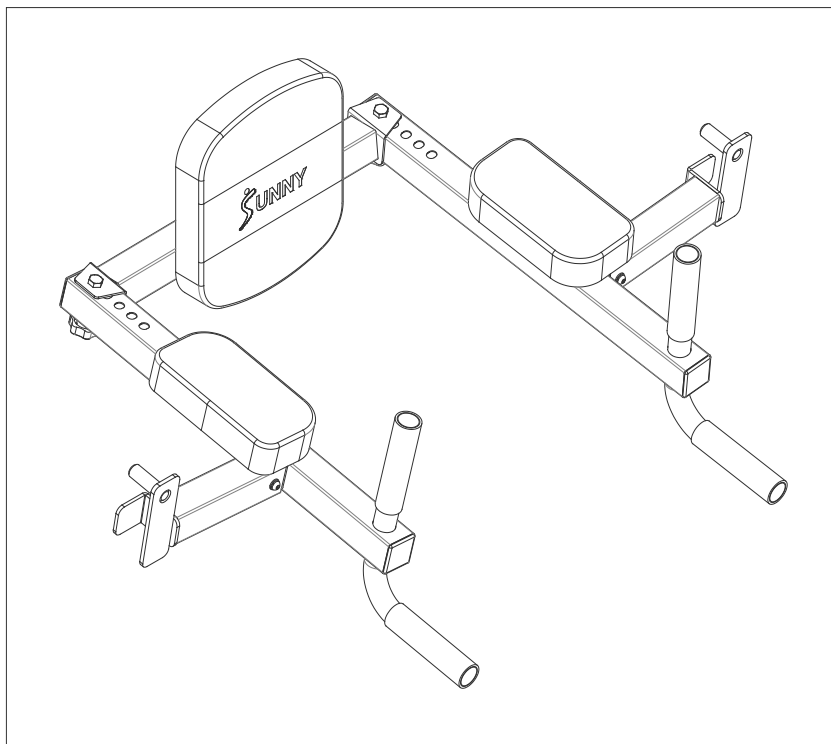




ADJUSTABLE MULTI-FUNCTION DIP STATION & CORE WORKOUT ATTACHMENT SF-XFA008 USER MANUAL



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

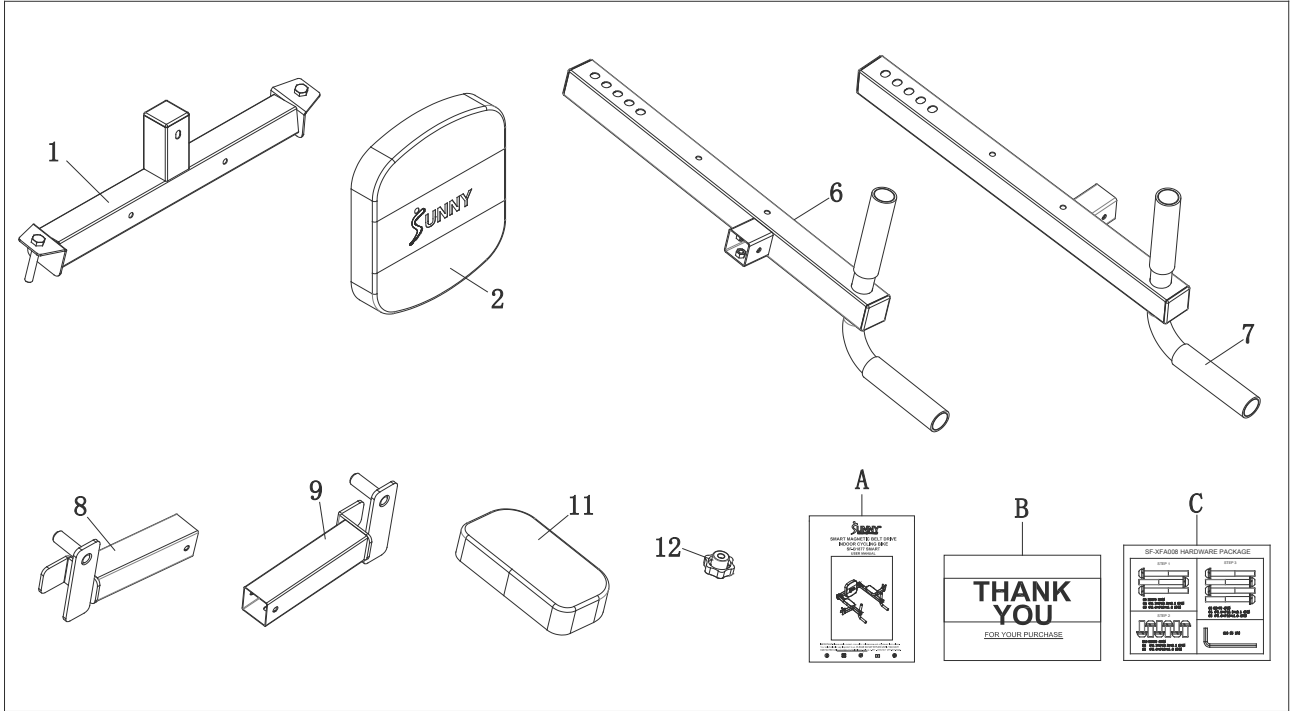
IMPORTANT SAFETY INFORMATION

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 330 lbs (150 kgs).
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

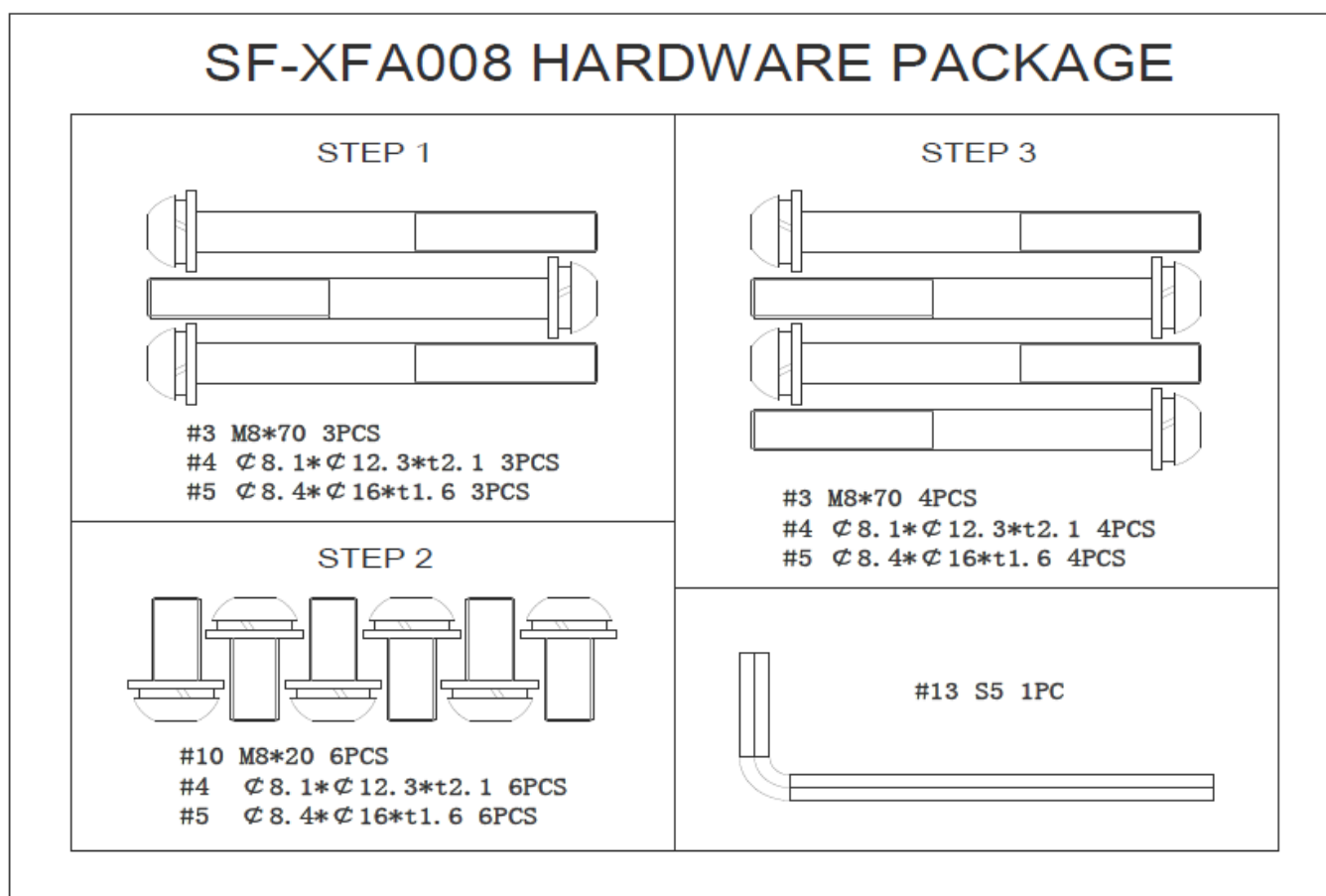
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Back Pad Holder		1
2	Back Pad		1
6	Right Elbow Bracket		1
7	Left Elbow Bracket		1
8	Right Support Frame		1
9	Left Support Frame		1

No.	Description	Spec.	Qty.
11	Elbow Pad		2
12	Plum Knob		2
A	Manual		1
B	Hardware Package		1
C	Thank You Card		1

HARDWARE PACKAGE



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

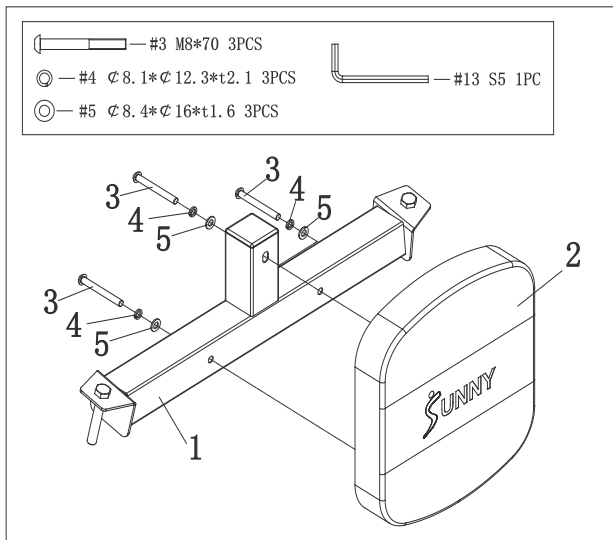
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 8).

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

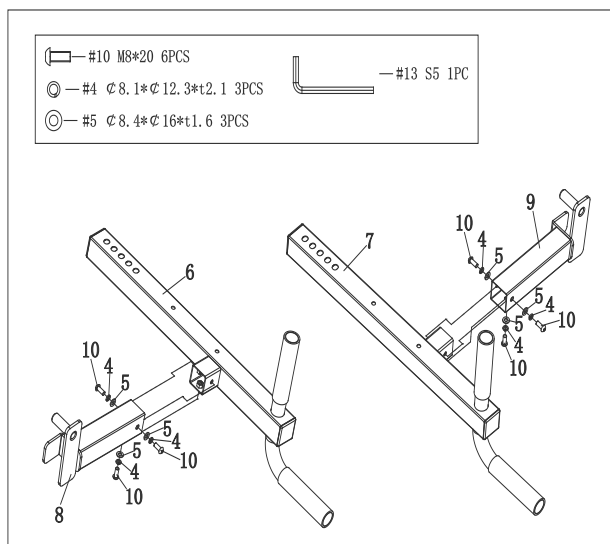
ASSEMBLY INSTRUCTIONS

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 the **Back Pad Holder (No. 1)** to the **Back Pad (No. 2)** with 3 **Hexagon Bolts (No. 3)**, 3 **Spring Washers (No. 4)**, and 3 **Flat Washers (No. 5)**, and lock 3 **Hexagon Bolts (No. 3)** with an **Allen Wrench (No.13)**.

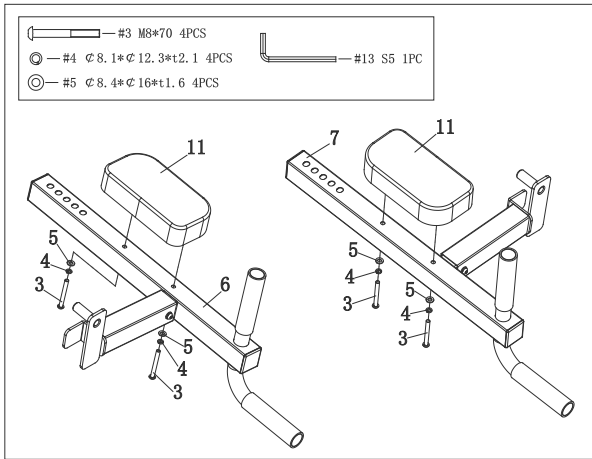


STEP 2:

Connect the **Right Elbow Bracket (No. 6)** to the **Right Support Frame (No. 8)** with 3 **Hexagon Bolts (No. 10)**, 3 **Spring Washers (No. 4)**, and 3 **Flat Washers (No. 5)**, and lock 3 **Hexagon Bolts (No. 10)** with an **Allen Wrench (No.13)**.

Connect the **Left Elbow Bracket (No.7)** to the **Left Support Frame (No. 9)** with 3 **Hexagon Bolts (No. 10)**, 3 **Spring Washers (No. 4)**, and 3 **Flat Washers (No. 5)**, and lock 3 **Hexagon Bolts (No. 10)** with an **Allen Wrench (No.13)**.

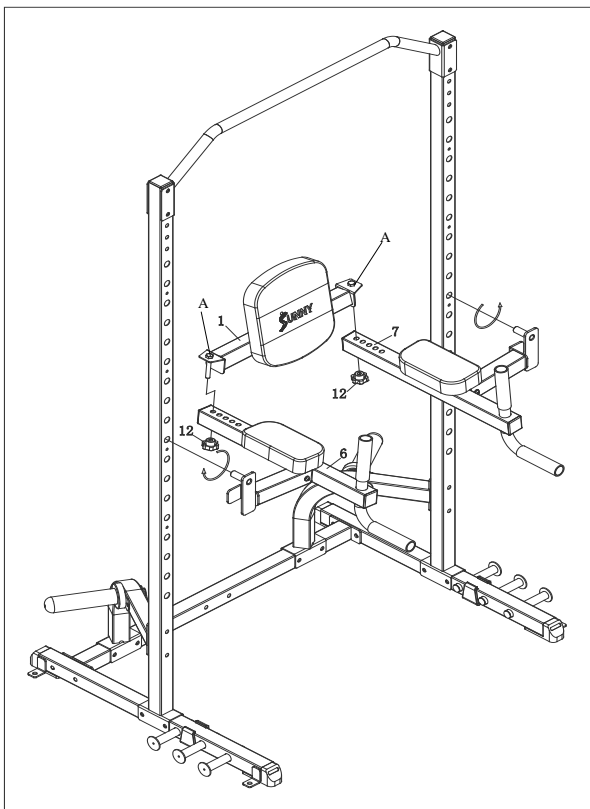
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

Connect the **Elbow Pad (No. 11)** to the **Right Elbow Bracket (No. 6)** with 2 **Hexagon Bolts (No. 3)**, 2 **Spring Washers (No. 4)**, and 2 **Flat Washers (No. 5)**, and lock 2 **Hexagon Bolts (No. 3)** with an **Allen Wrench (No. 13)**.

Connect the **Elbow Pad (No. 11)** to the **Left Elbow Bracket (No. 7)** with 2 **Hexagon Bolts (No. 3)**, 2 **Spring Washers (No. 4)**, and 2 **Flat Washers (No. 5)**, and lock 2 **Hexagon Bolts (No. 3)** with an **Allen Wrench (No. 13)**.



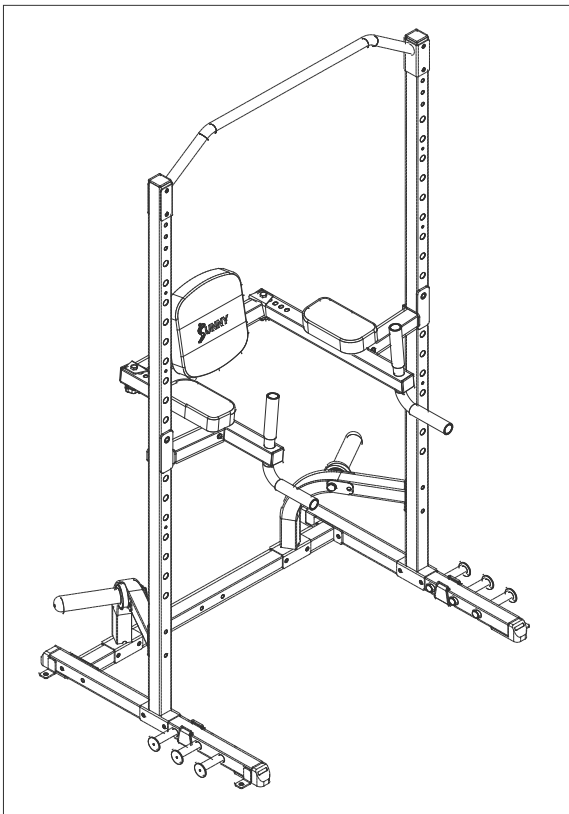
STEP 4:

Install the **Right Elbow Bracket (No. 6)** and **Left Elbow Bracket (No. 7)** respectively on the frame, ensuring that the height of both sides is consistent.

Then attach the **Back Pad Holder (No.1)** to the **Right Elbow Bracket (No. 6)** and **Left Elbow Bracket (No. 7)** with bolts A, then tighten them with a **Plum Knob (No. 12)**.

NOTE: There are 5 adjustment holes on the **Right Elbow Bracket (No. 6)** and **Left Elbow Bracket (No. 7)**, which can adjust the **Back Pad Holder (No. 1)** to the appropriate position according to personal needs. The holes on the left and right sides should be in the same position.

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).



NOTE: Check and make sure all bolts are fully locked.

The assembly is complete!

If you need to disassemble it, please refer to above Step 4 to remove the **Plum Knob (No. 12)** firstly, then remove the **Back Pad Holder (No.1)**, and finally remove the **Right Elbow Bracket (No. 6)** and **Left Elbow Bracket (No. 7)** respectively.

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.

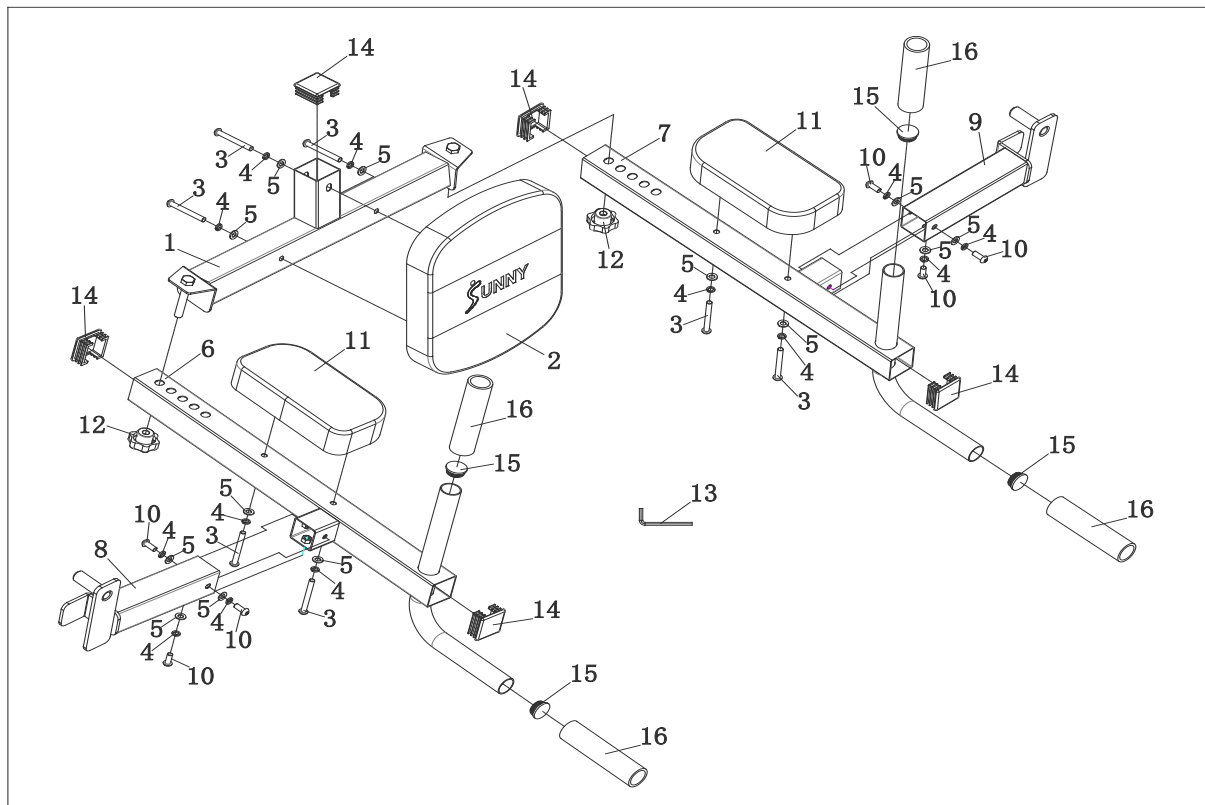
Inspect the metal frame structure of the equipment.

PARTS LIST

No.	Description	Spec.	Qty.
1	Back Pad Holder		1
2	Back Pad		1
3	Hexagon Bolt	M8*70 (half teeth)	7
4	Spring Washer	∅ 8.1*∅ 12.3*t2.1	13
5	Flat Washer	∅ 8.4*∅ 16*t1.6	13
6	Right Elbow Bracket		1
7	Left Elbow Bracket		1
8	Right Support Frame		1

No.	Description	Spec.	Qty.
9	Left Support Frame		1
10	Hexagon Bolt	M8*20	6
11	Elbow Pad		2
12	Plum Knob		2
13	Allen Wrench	S5, 5mm	1
14	Square Inner Tube Plug		5
15	Round Inner Tube Plug		4
16	Handle Cover		4

EXPLODED DIAGRAM



Version: 1.0

CONNECT WITH US

FOR FITNESS
ARTICLES, VIDEOS
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS

WWW.SUNNYHEALTHFITNESS.COM