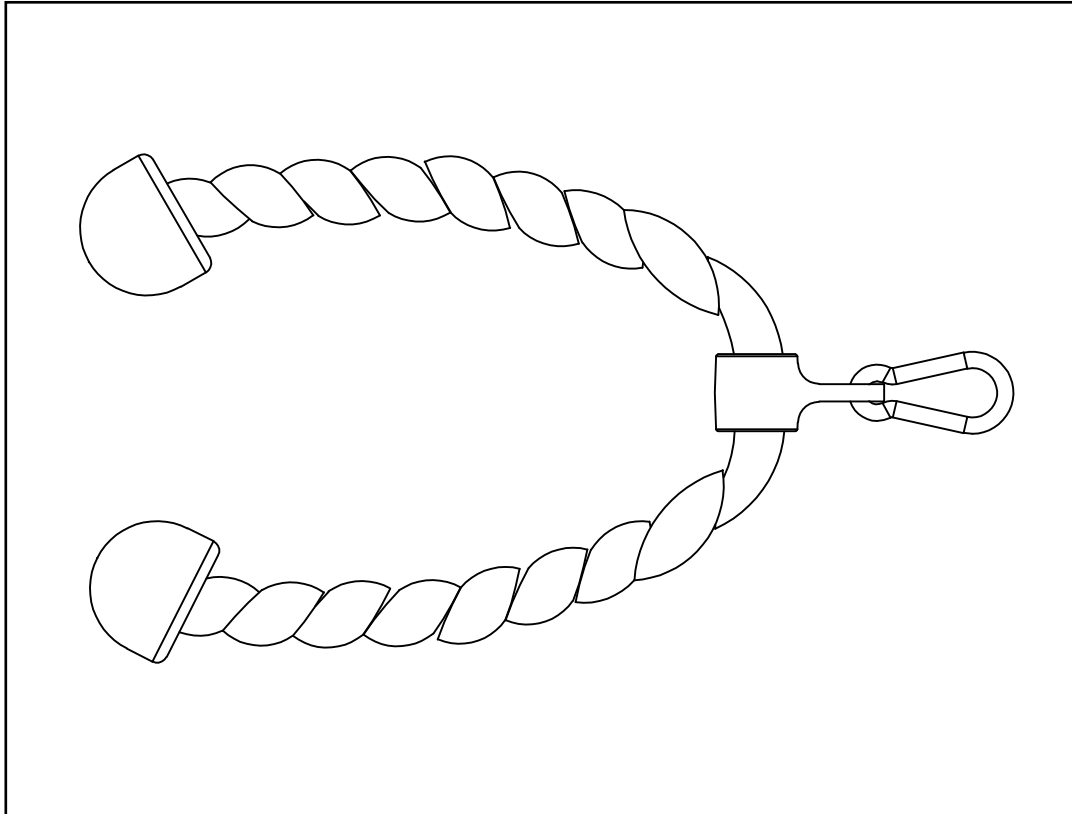




TRICEP ROPE CABLE ATTACHMENT

SF-XFA013

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.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only. Do not place fingers or objects into the moving parts of the equipment.
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. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
6. The maximum weight capacity of this unit is 330lbs (150kgs).
7. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
8. Your product is intended for use in cool and dry conditions. This equipment is designed for indoor and home use only.

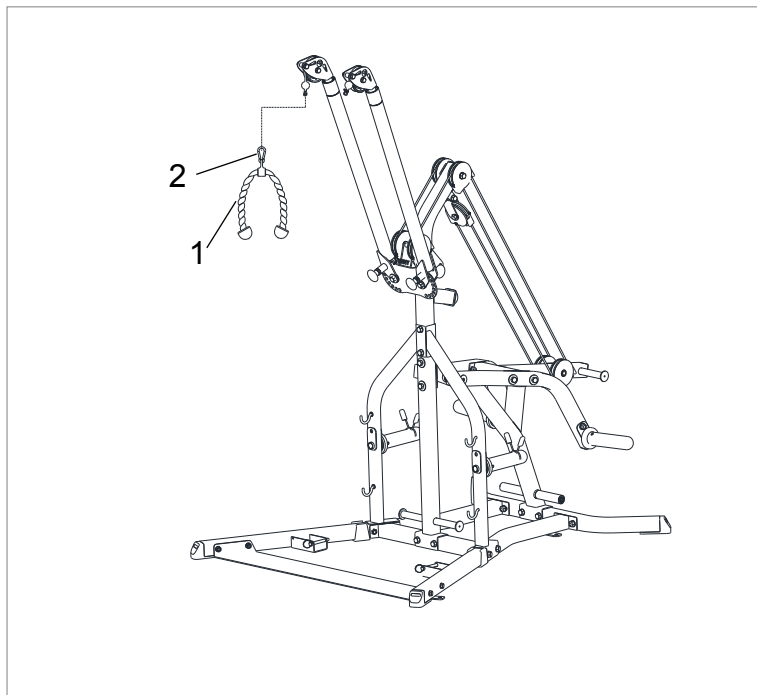
DOWNLOAD SUNNYFIT - FOR HOME FITNESS



SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, bodyweight, and even resistance band exercises. Whether you have equipment or not, SunnyFit offers the perfect workout for every fitness level and preference. You can enjoy a collection of over 300 free workout courses that require nothing more than your body and the SunnyFit app.

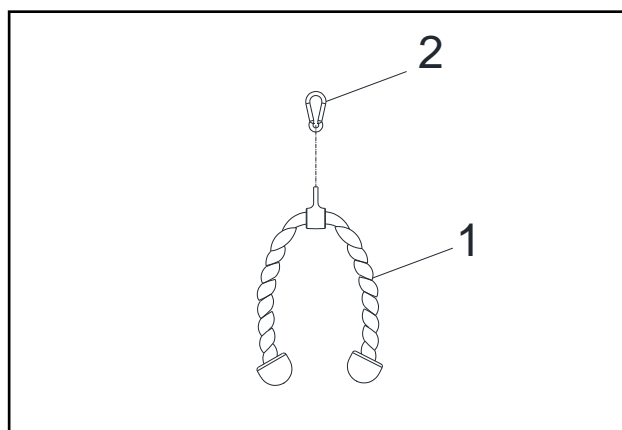
USAGE GUIDE

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).



Hang the **Hook (No. 2)** of the **Tricep Rope (No. 1)** to the hook of the equipment that you want to do the exercise.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Tricep Rope		1

No.	Description	Spec.	Qty.
2	Hook	Φ9*90mm	1

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