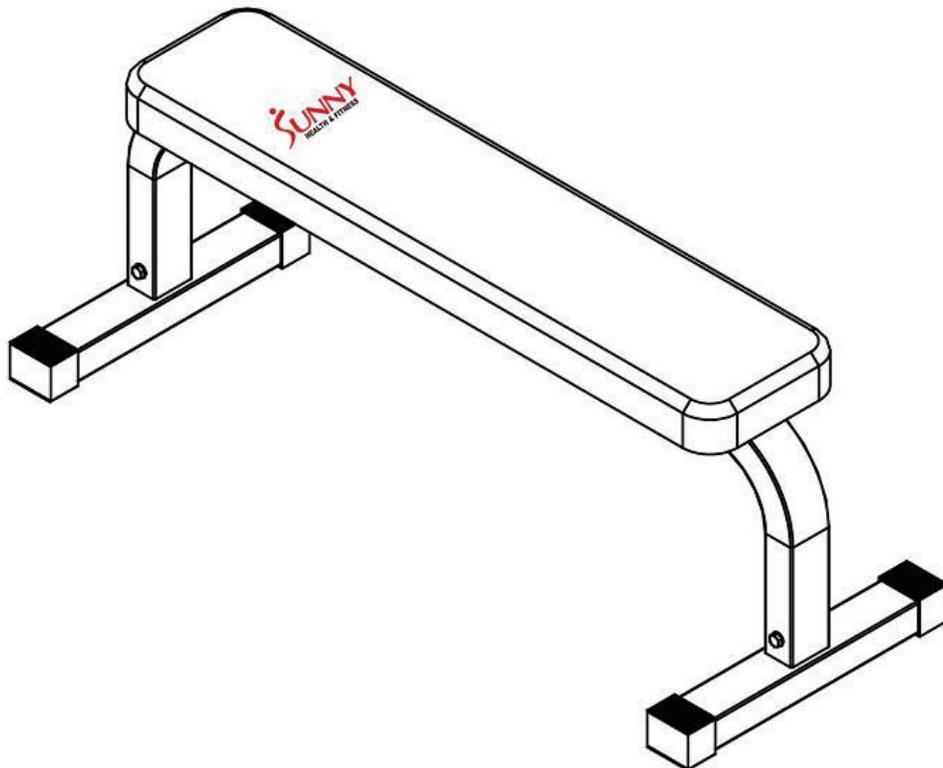




# HEAVY DUTY FLAT BENCH

## SF-BH6501

### USER MANUAL



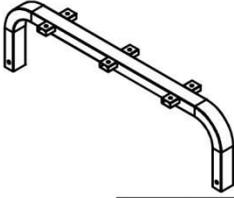
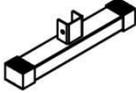
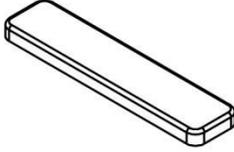
**IMPORTANT:** Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com)

# **IMPORTANT SAFETY INFORMATION**

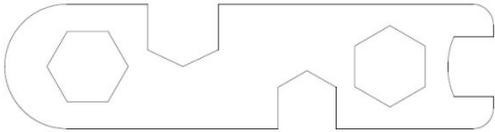
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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, and extreme 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 feet 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, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing when using the equipment. Never use the equipment barefooted.
8. The maximum weight capacity of this unit is 300 pounds.
9. The equipment is not suitable for therapeutic use.
10. You must take care of yourself when lifting and moving the equipment so as not to injure your back. Always use proper lifting technique and seek assistance if necessary.
11. This equipment is designed for indoor and home use only! It is not intended for commercial use!

# PARTS LIST

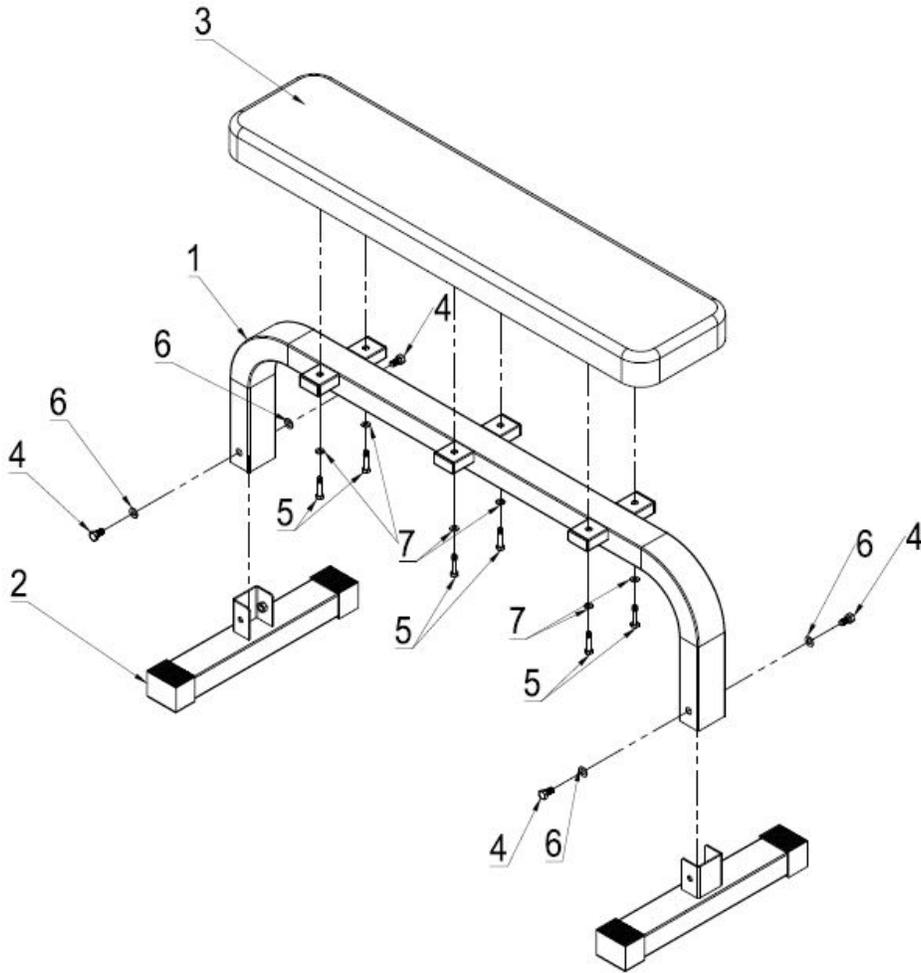
 1      1 PC	 2      2 PCS	 3      1 PC	 4      4 PCS
 5      6 PCS	 6      4 PCS	 7      6 PCS	

## TOOLS



SPANNER WRENCH 1 PC

# ASSEMBLY INSTRUCTIONS



Attach the **Main Frame (No. 1)** to the **Stabilizers (No. 2)** using 4 **Bolts (No. 4)** and 4 **Washers (No. 6)**. Tighten and secure with **Spanner Wrench**.

Attach the **Bench Pad (No. 3)** to the **Main Frame (No. 1)** using 6 **Bolts (No. 5)** and 6 **Washers (No. 7)**. Tighten and secure with **Spanner Wrench**.

The assembly is complete!

# MAINTENANCE

## **IMPORTANT:**

Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that the equipment is maintained regularly. Any components found to be worn and/or damaged should be replaced before continuing use of the equipment. Equipment should only be used and stored indoors, prolonged exposure to weathering and changes in temperature and humidity may have a severe impact on electrical components and moving parts of the machine.

## **Daily Maintenance:**

- Clean and remove sweat and moisture after each use.
- Perform inspection of all nuts and bolts associated with moving parts of the equipment, tighten as required.
- Check the mobility of moving parts and components on the equipment, lubricate if required.
- Clean plastic parts of the equipment using a damp cloth, clean metal parts of the equipment using a dry cloth. Do not use cleaning products to clean the equipment.

## **Weekly Maintenance:**

- Thoroughly inspect the parts of the equipment; nuts, bolts, screws, etc. Tighten or replace parts as required.

## **Monthly Maintenance:**

- Inspect the frame and inner working components for wear and tear as well as damage, maintenance or replace as required.