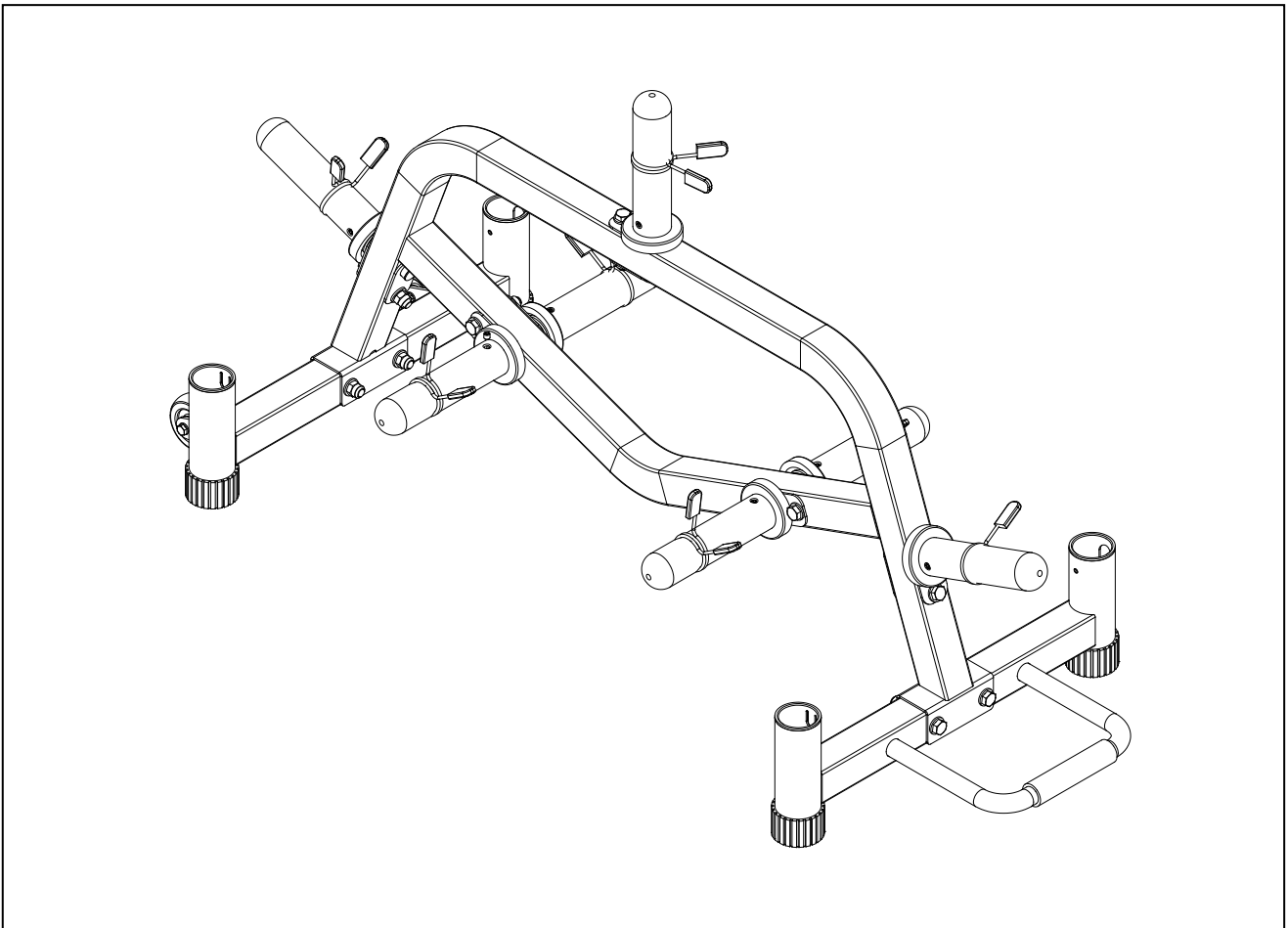




WEIGHT PLATE RACK SF-XF9938 USER MANUAL



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).



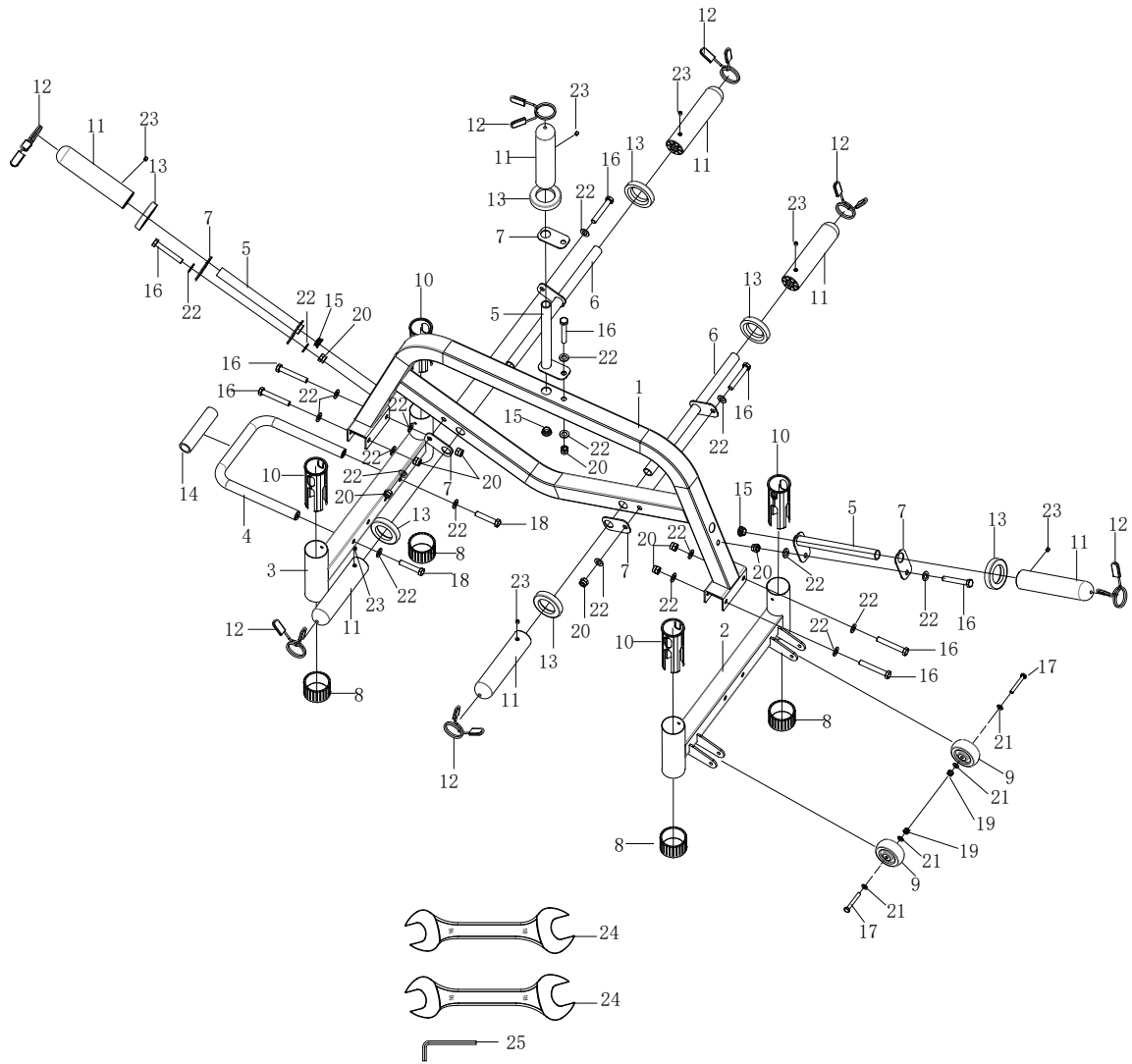
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IMPORTANT SAFETY INFORMATION

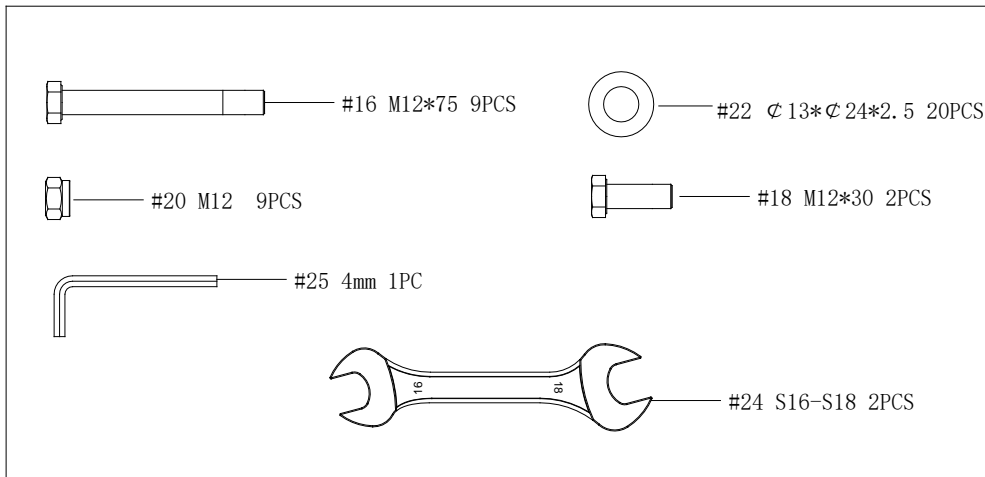
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. 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 feet (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. The maximum weight capacity of this stand is 1408 pounds (640 KG). The equipment is not suitable for therapeutic use.
10. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
11. 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.
12. 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	Main Frame		1	14	Handle Casing	\varnothing 24* \varnothing 32*140	1
2	Front Stabilizer		1	15	Round Inner Pipe Plug	\varnothing 25	3
3	Rear Stabilizer		1	16	Hex Bolts	M12*75	9
4	Handle		1	17	Hex Bolts	M8*60	2
5	Counterweight Hanging Rod		3	18	Hex Bolts	M12*30	2
6	Long Counterweight Hanging Rod		2	19	Lock Nut	M8	2
7	Fixed Piece		5	20	Lock Nut	M12	9
8	Round Outer Pipe Plug	\varnothing 60	4	21	Flat Washer	\varnothing 8.4* \varnothing 16*1.6	4
9	Transportation Wheel	\varnothing 8* \varnothing 77.5*33.5	2	22	Flat Washer	\varnothing 13* \varnothing 24*2.5	20
10	Cover		4	23	Screw	M8*8	7
11	Barbell Support Bar	\varnothing 100* \varnothing 50*200	7	24	Open End Wrench	S16-S18	2
12	Spring Clip		7	25	Allen Wrench	4mm	1
13	Cushion	\varnothing 80* \varnothing 50*16	7				

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

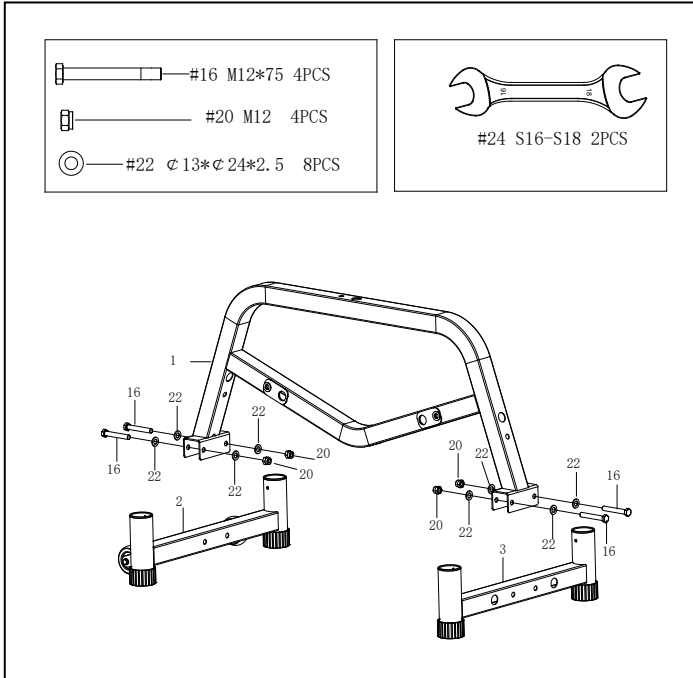
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

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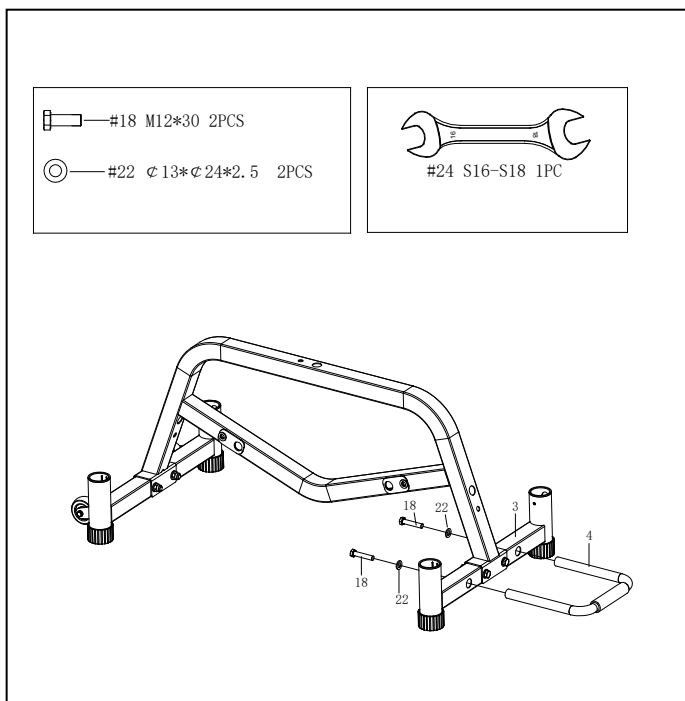


STEP 1:

Attach the **Front Stabilizer (No. 2)** onto the **Main Frame (No. 1)** using 2 **Hex Bolts (No. 16)**, 4 **Flat Washers (No. 22)**, and 4 **Lock Nuts (No. 20)**. Tighten and secure with 2 **Open End Wrench (No. 24)**.

Attach the **Rear Stabilizer (No. 3)** onto the **Main Frame (No. 1)** using 2 **Hex Bolts (No. 16)**, 4 **Flat Washers (No. 22)**, and 4 **Lock Nuts (No. 20)**. Tighten and secure with 2 **Open End Wrench (No. 24)**.

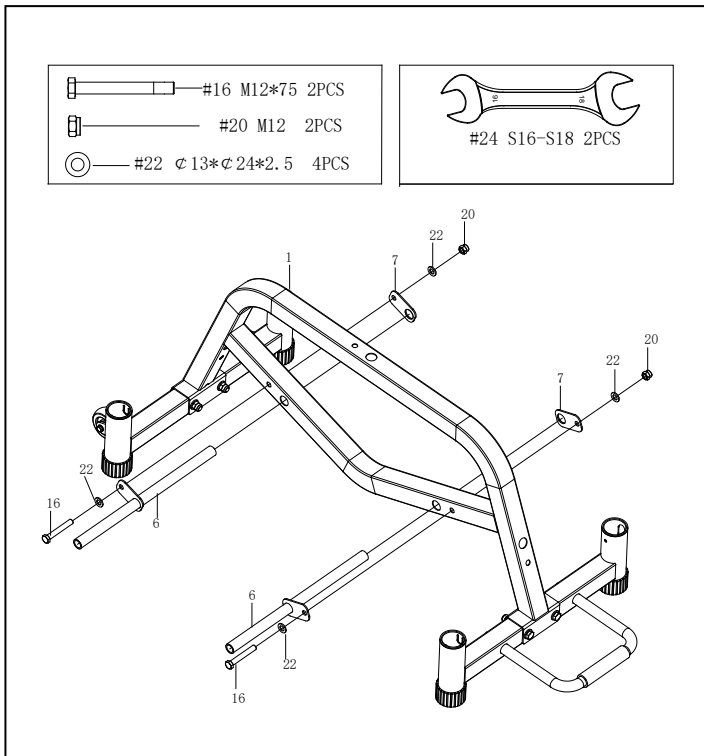
When assembling the **Rear Stabilizer (No. 3)**, make sure the big holes are outward.



STEP 2:

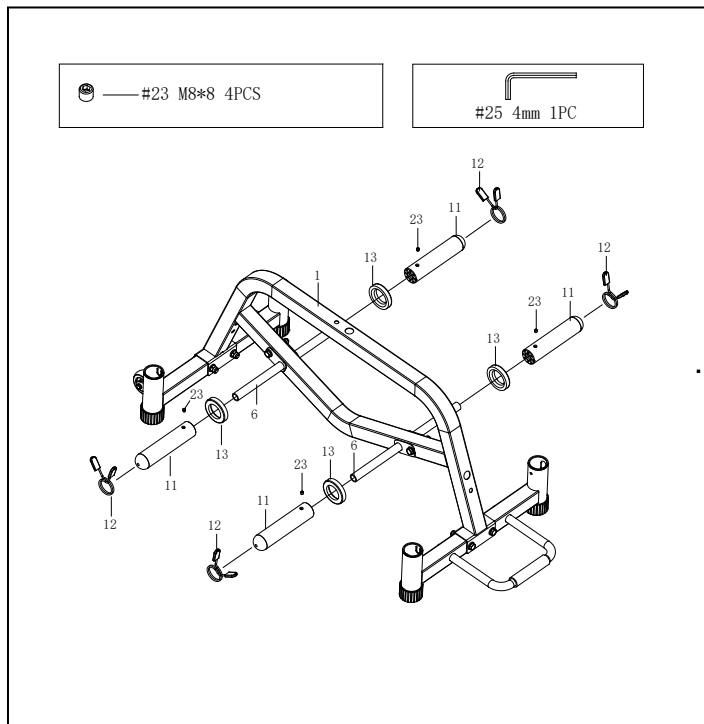
Attach the **Handle (No. 4)** onto the **Rear Stabilizer (No. 3)** using 2 **Hex Bolts (No. 18)**, 2 **Flat Washers (No. 22)**. Tighten and secure with **Open End Wrench (No. 24)**.

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STEP 3:

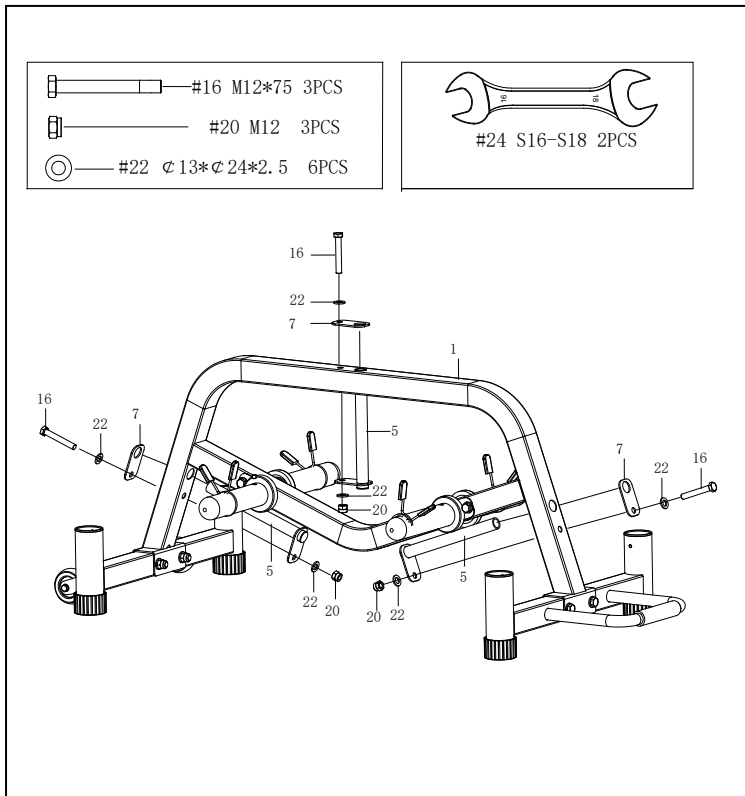
Attach the 2 **Long Counterweight Hanging Rods (No. 6)** and 2 **Fixed Pieces (No. 7)** onto the **Main Frame (No. 1)** using 2 **Hex Bolts (No. 16)**, 4 **Flat Washers (No. 22)**, and 2 **Lock Nuts (No. 20)**. Tighten and secure with 2 **Open End Wrenches (No. 24)**.



STEP 4:

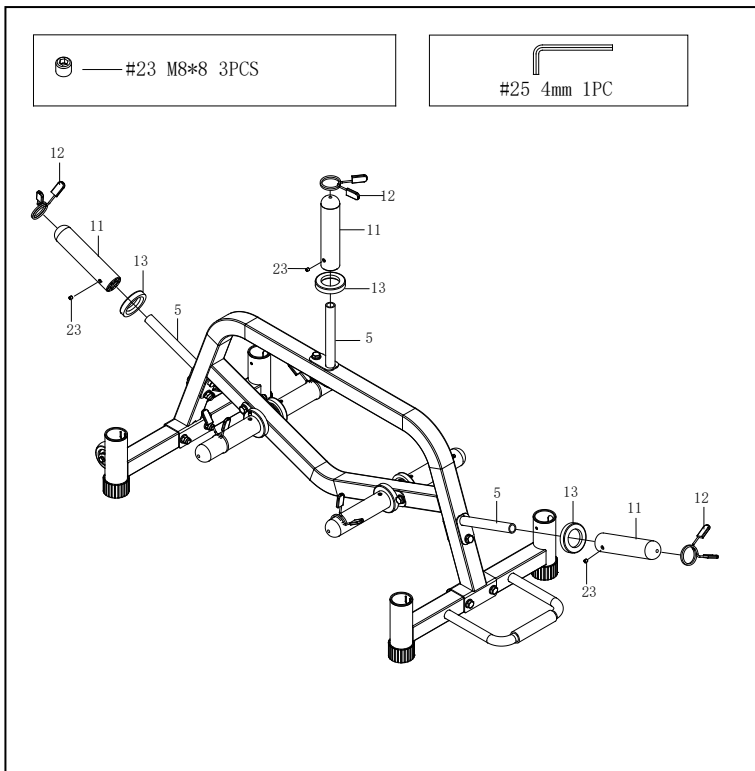
Attach 4 **Barbell Support Bars (No. 11)** onto 2 **Long Counterweight Hanging Rods (No. 6)** using **Allen Wrench (No. 25)** to lock 4 **Screws (No. 23)**. Do not tighten 4 **Screws (No. 23)** too much to avoid damages of 4 **Barbell Support Bars (No. 11)**, then Insert 4 **Cushions (No. 13)** and 4 **Spring Clips (No. 12)** into 4 **Barbell Support Bar (No. 11)**.

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STEP 5:

Attach 3 **Counterweight Hanging Rod (No. 5)** and 3 **Fixed Pieces (No. 7)** onto the **Main Frame (No. 1)** using 3 **Hex Bolts (No. 16)**, 6 **Flat Washers (No. 22)**, and 3 **Lock Nuts (No.20)**. Tighten and secure with 2 **Open End Wrenches (No. 24)**.



STEP 6:

Attach 3 **Barbell Support Bars (No. 11)** onto 3 **Counterweight Hanging Rods (No. 5)**, using **Allen Wrench (No. 25)** to lock 3 **Screws (No. 23)**. Do not tighten 3 **Screws (No. 23)** too much to avoid damages of 3 **Barbell Support Bars (No. 11)**. Then Insert 3 **Cushions (No. 13)** and 3 **Spring Clips (No. 12)** into 3 **Barbell Support Bars (No. 11)**.

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 bench 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.

Version 1.1

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