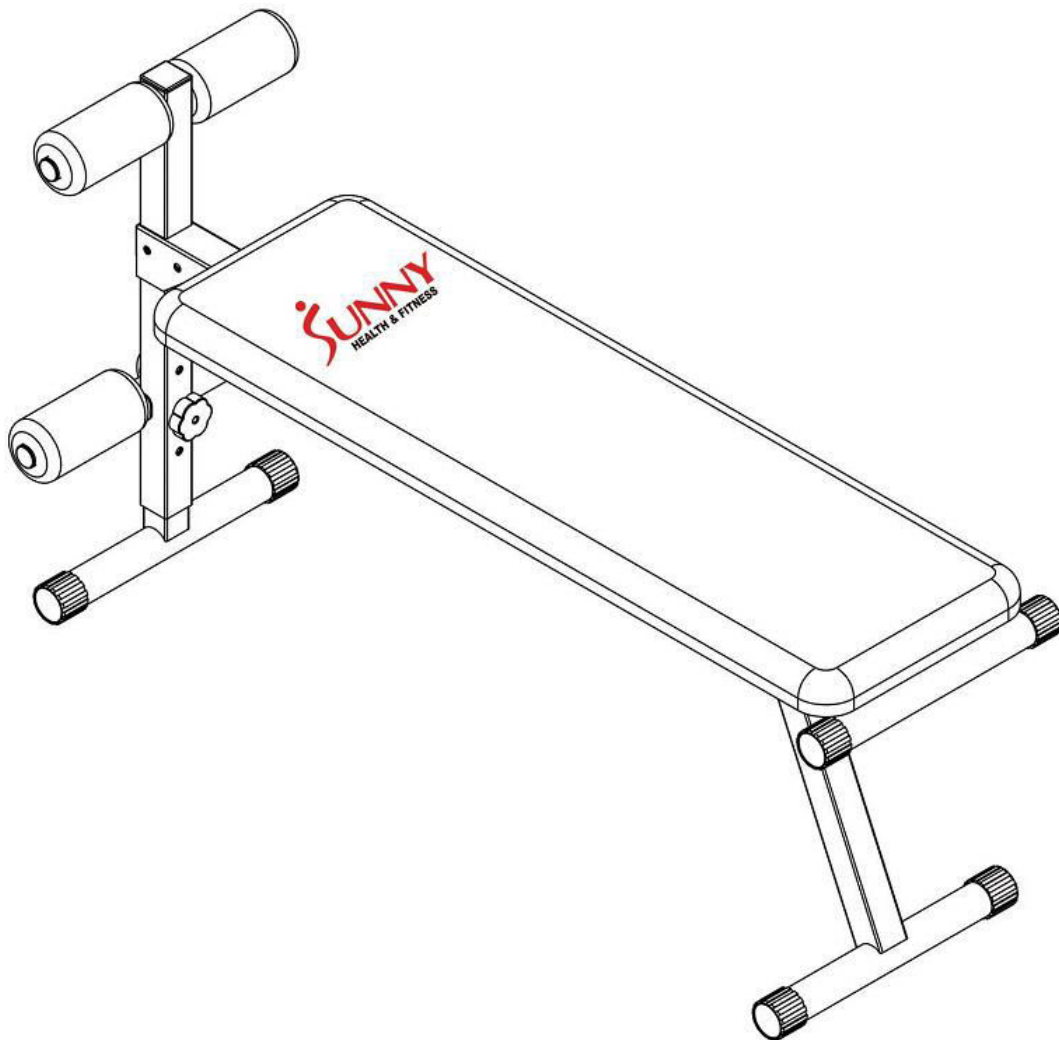




2 IN 1 FLAT/SIT-UP BENCH

SF-BH6505

USER MANUAL



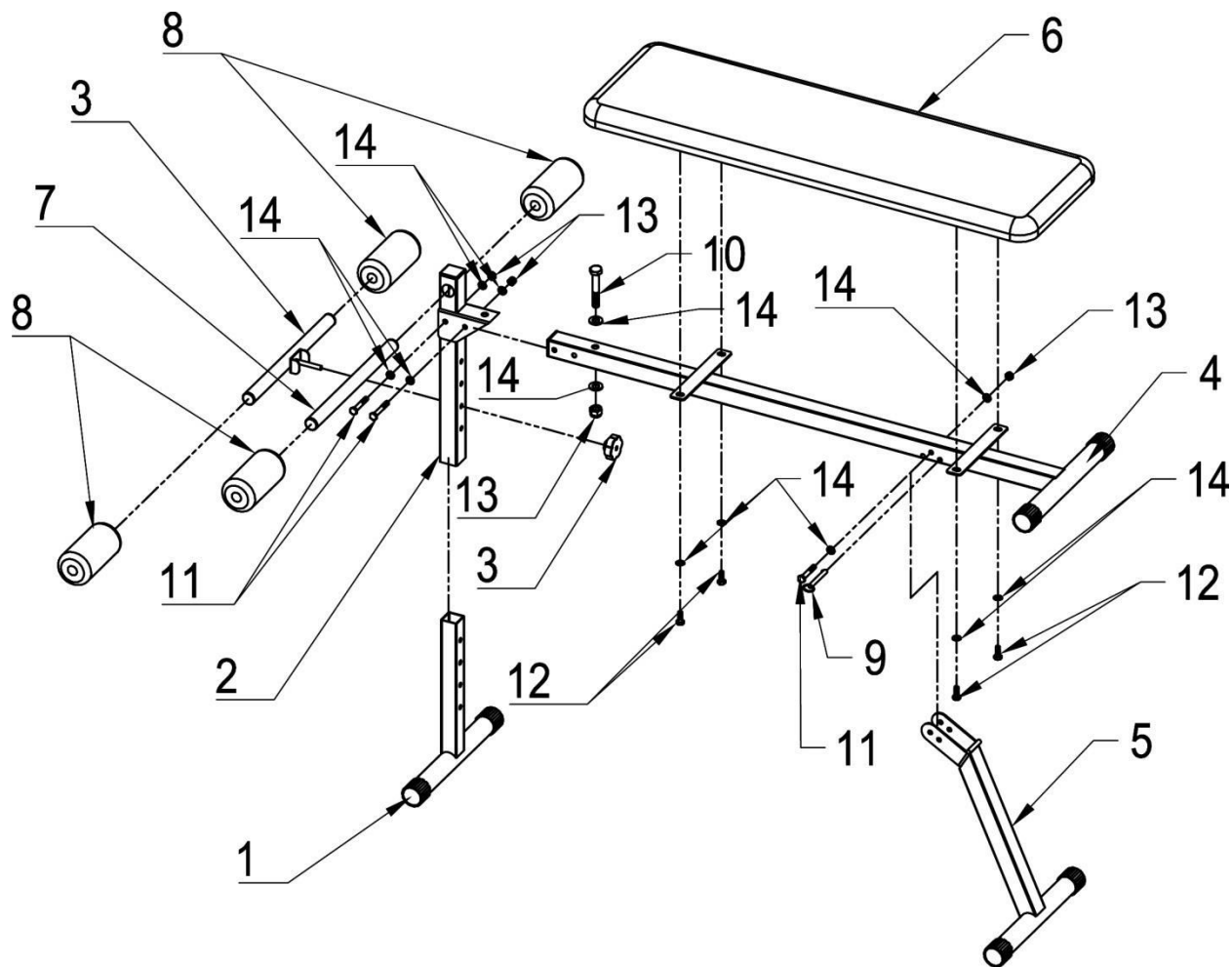
IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY INFORMATION

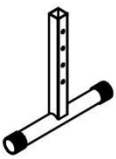

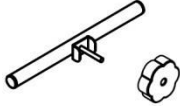
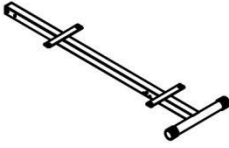

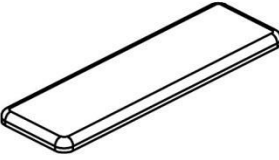
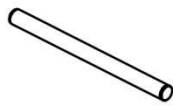

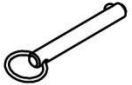





We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. 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. It is recommended that you lubricate all moving parts on a monthly basis.
7. 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.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into moving parts of the exercise equipment.
10. The maximum weight capacity of this unit is 250 pounds.
11. The equipment is not suitable for therapeutic use.
12. 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.
13. This equipment is designed for indoor and home use only! It is not intended for commercial use!

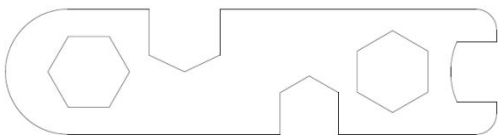
EXPLODED DRAWING



PARTS LIST

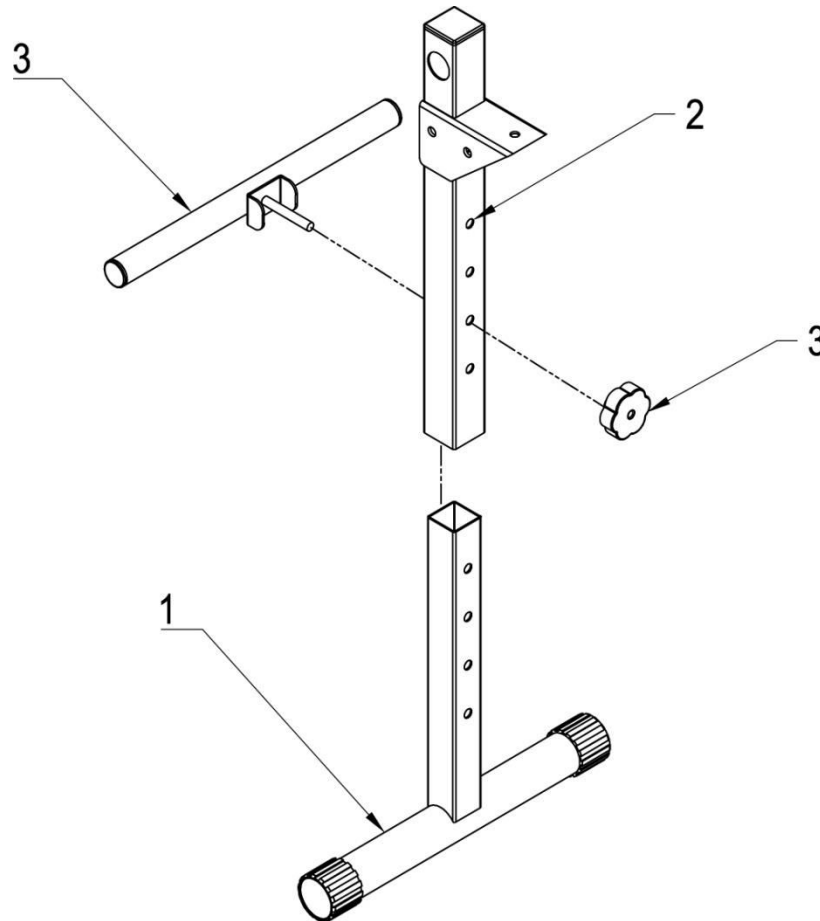
UPRIGHT EXTENSION	MAIN UPRIGHT	ADJ. FOAM ROLLER TUBE	MAIN FRAME
			
1 1 PC	2 1 PC	3 1 PC	4 1 PC
REAR LEG SUPPORT	PADDED BENCH	FOAM ROLLER CROSS BAR	FOAM ROLLER
			
5 1 PC	6 1 PC	7 1 PC	8 4 PCS
M8*55 Pin	M8*50 Bolt	M8*55 Bolt	M8*20 Bolt
			
9 1 PC	10 1 PC	11 3 PCS	12 4 PCS
M8 Nut	M8 Washer		
			
13 4 PCS	14 11PCS		

TOOLS



SPANNER WRENCH 2 PCS

ASSEMBLY INSTRUCTIONS

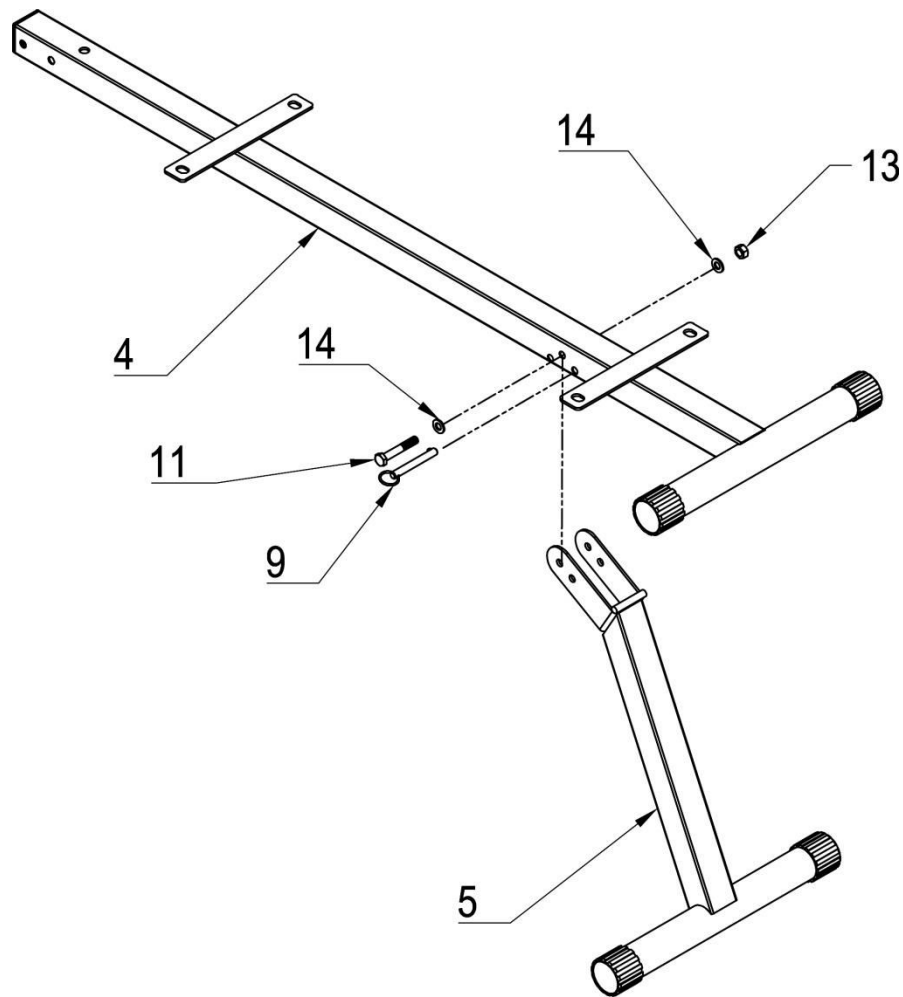


STEP: 1

Insert the **Upright Extension (No. 1)** into the **Main Upright (No. 2)**. Adjust the height of the bench by sliding the **Upright Extension (No. 1)** upward or downward.

Set the **Upright Extension (No. 1)** to the desired height, ensuring that the holes from both posts are properly aligned with each other.

Insert the **Adjustable Foam Roller Tube (No. 3)** through the aligned holes and attach the **Locking Knob (No. 3)** to secure the **Upright Extension (No. 1)** in place.

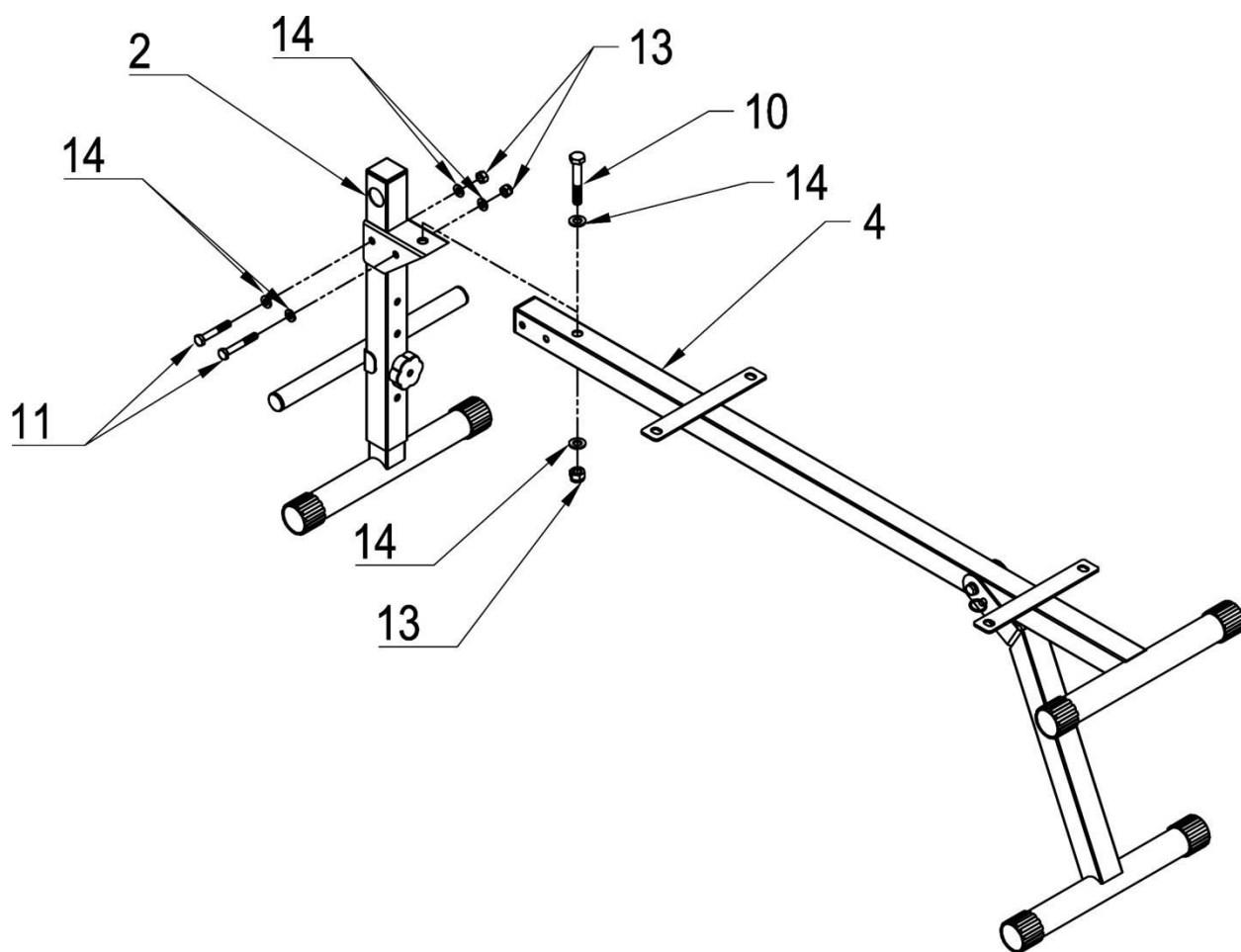


STEP: 2

Attach the **Rear Leg Support (No. 5)** to the **Main Frame (No. 4)** by sliding the connecting section of the rear leg support onto the top end of the main frame.

NOTE: The top side of the **Main Frame (No. 4)** contains two openings (one on each side) the holes on the connecting section of the **Rear Leg Support (No. 4)** must align with these openings when connecting the two pieces together.

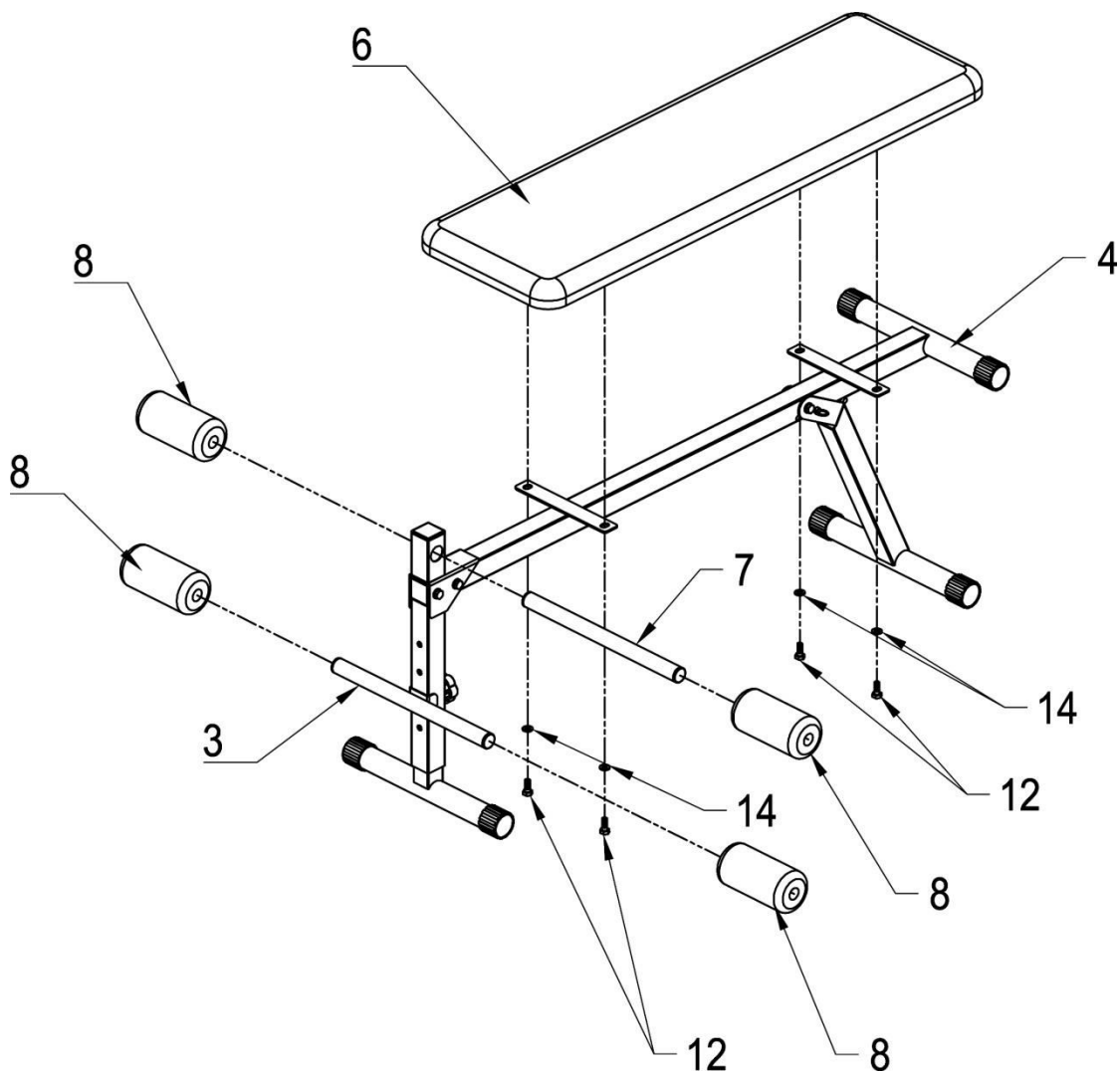
Attach the **Rear Leg Support (No. 5)** to the **Main Frame (No. 4)** using 1 **Bolt (No. 11)**, 2 **Washers (No. 14)** and 1 **Lock Nut (No. 13)**. Tighten and secure with **Spanner Wrench**. Insert **Pin (No. 9)** through the remaining hole.



STEP: 3

Attach the **Main Upright (No. 2)** to the **Main Frame (No. 4)** using 1 **Bolt (No. 10)**, 2 **Bolts (No. 11)**, 6 **Washers (No. 14)** and 3 **Lock Nuts (No. 13)**. Tighten and secure with **Spanner Wrench**.

NOTE: When attaching the **Main Upright (No. 2)** to the **Main Frame (No. 4)** you must slide the connection point on the **Main Upright (No. 2)** over the **Main Frame (No. 4)** and align the holes.



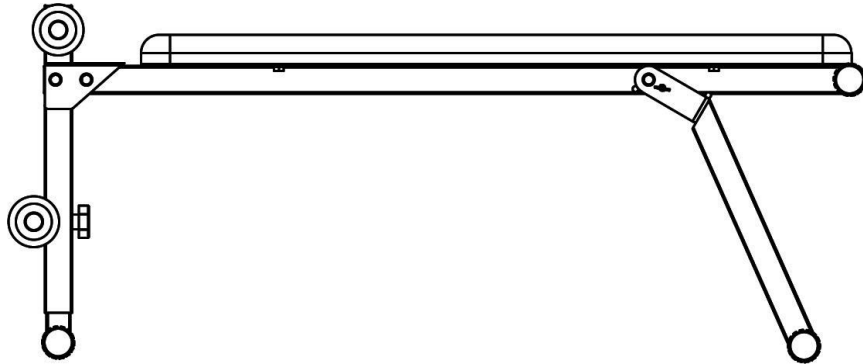
STEP: 4

Attach the **Padded Bench (No. 6)** to the **Main Frame (No. 4)** using 4 **Bolts (No. 12)** and 4 **Washers (No. 14)**, tighten and secure with **Spanner Wrench**.

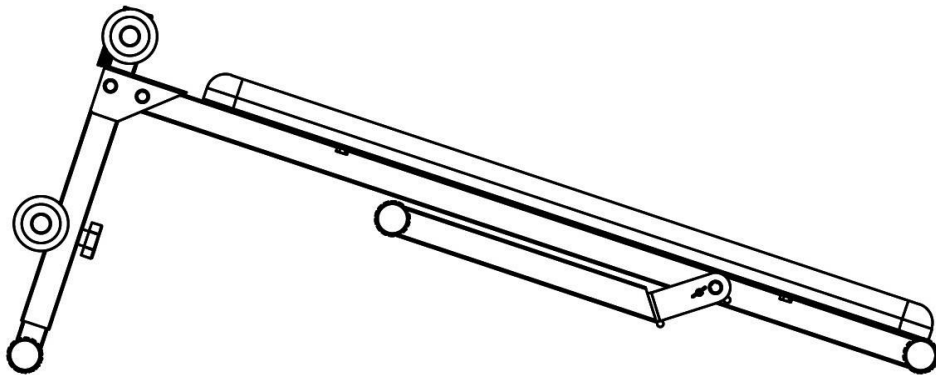
Insert the **Foam Roller Cross Bar (No. 7)** through the hole on the **Main Upright (No. 2)**. Install 4 **Foam Rollers (No. 8)**, 2 on the **Foam Roller Cross Bar (No. 7)** and 2 on the **Adjustable Foam Roller Tube (No. 3)**.

The assembly is complete!

BENCH POSITIONS



STANDARD FLAT POSITION



DECLINED POSITION

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 and moving parts such as the slide collar, seat/back pad, support bar, 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.