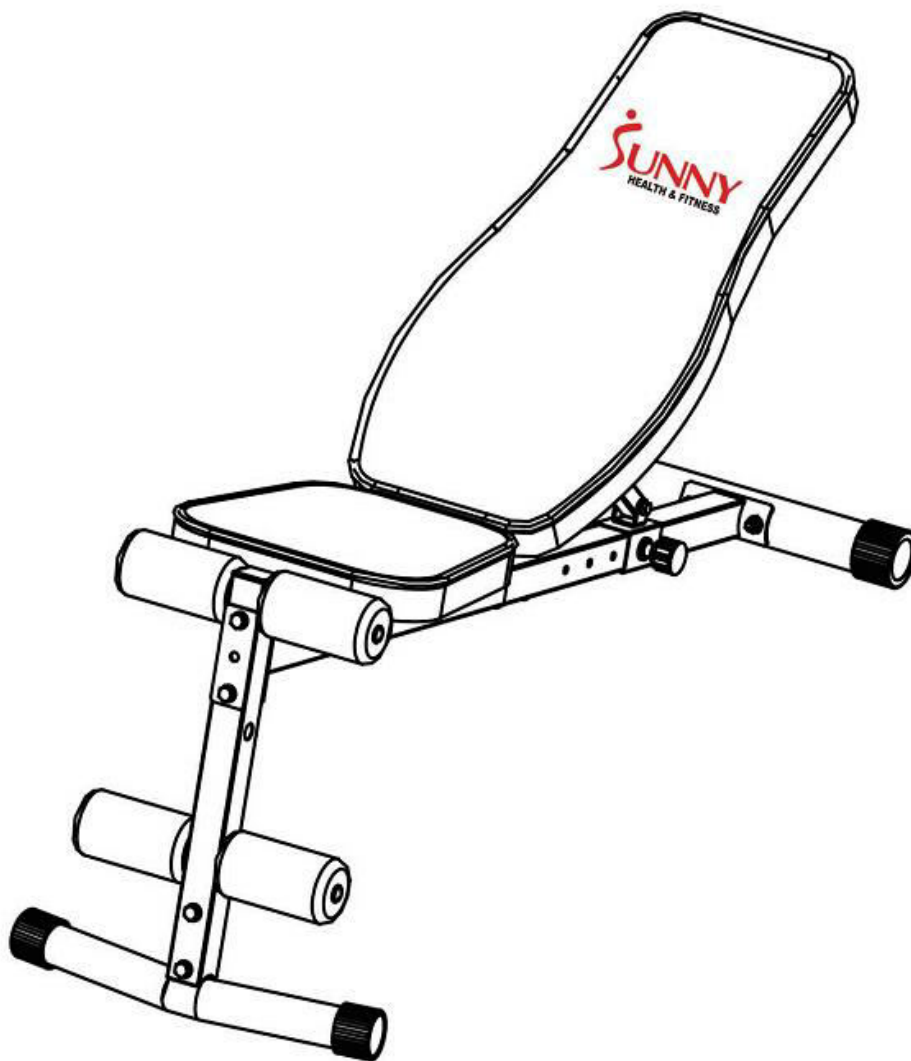




FLAT/INCLINE/DECLINE BENCH

SF-BH6506

USER MANUAL



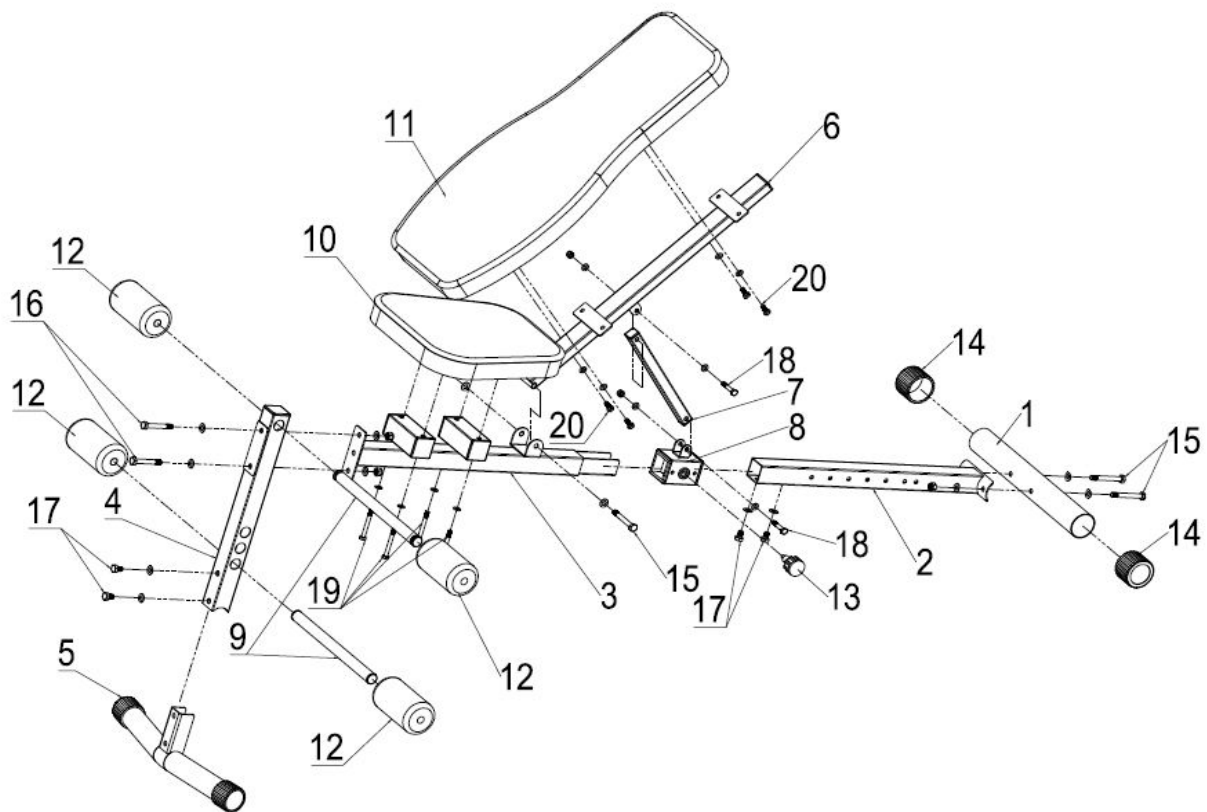
IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

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

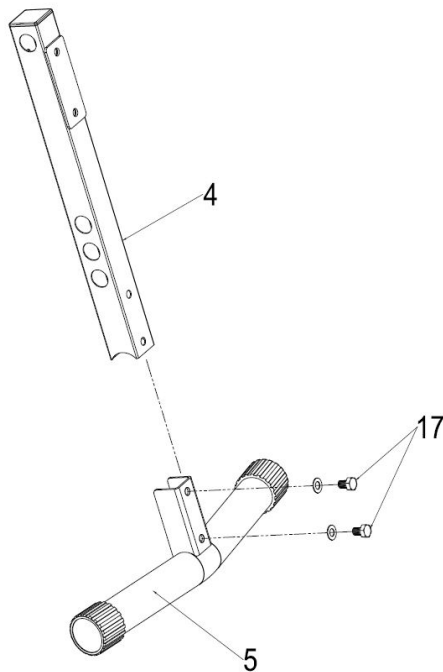
FRONT STABILIZER	MAIN FRAME (A)	MAIN FRAME (B)	UPRIGHT EXTENSION
			
1 1 PC	2 1 PC	3 1 PC	4 1 PC
REAR STABILIZER	BACK PAD SUPPORT FRAME	SUPPORT BAR	SLIDE COLLAR
			
5 1 PC	6 1 PC	7 1 PC	8 1 PC
CROSS BAR	SEAT PAD	BACK PAD	FOAM ROLLER
			
9 2 PCS	10 1 PC	11 1 PC	12 4 PCS
PULL PIN (FOR SLIDE COLLAR)	STABILIZER END CAP	M10x80 BOLT, NUT & WASHER	M10x65 BOLT, NUT & WASHER
			
13 1 PC	14 2 PCS	15 3 PCS	16 2 PCS
M10x20 BOLT & WASHER	M8x45 BOLT, NUT & WASHER	M8x60 BOLT & WASHER	M8x20 BOLT & WASHER
			
17 4 PCS	18 2 PCS	19 4 PCS	20 4 PCS

TOOLS



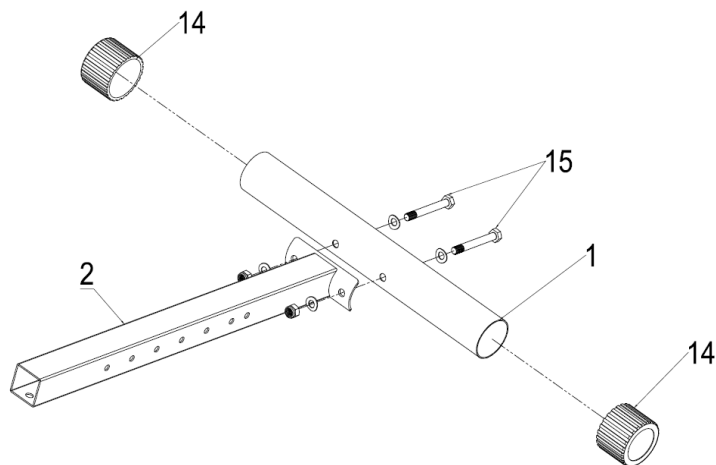
SPANNER WRENCH 2 PCS

ASSEMBLY INSTRUCTIONS



STEP: 1

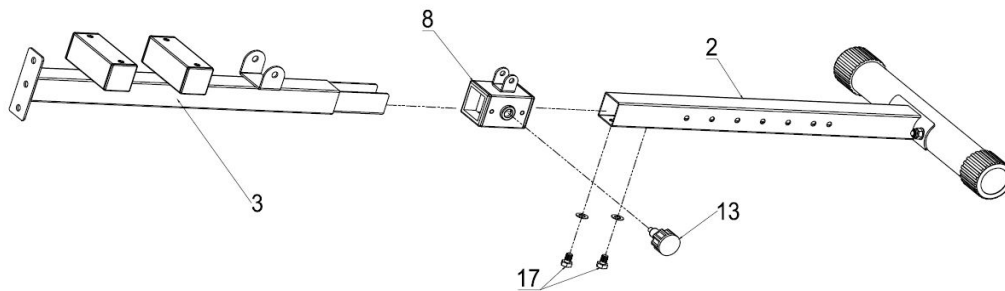
Attach the **Upright Extension (No. 4)** to the **Rear Stabilizer (No. 5)** using 2 **Bolts** and **Washers (No. 17)**. Tighten and secure with Spanner Wrench.



STEP: 2

Attach 2 **Stabilizer End Caps (No. 14)** to the **Front Stabilizer (No. 1)**.

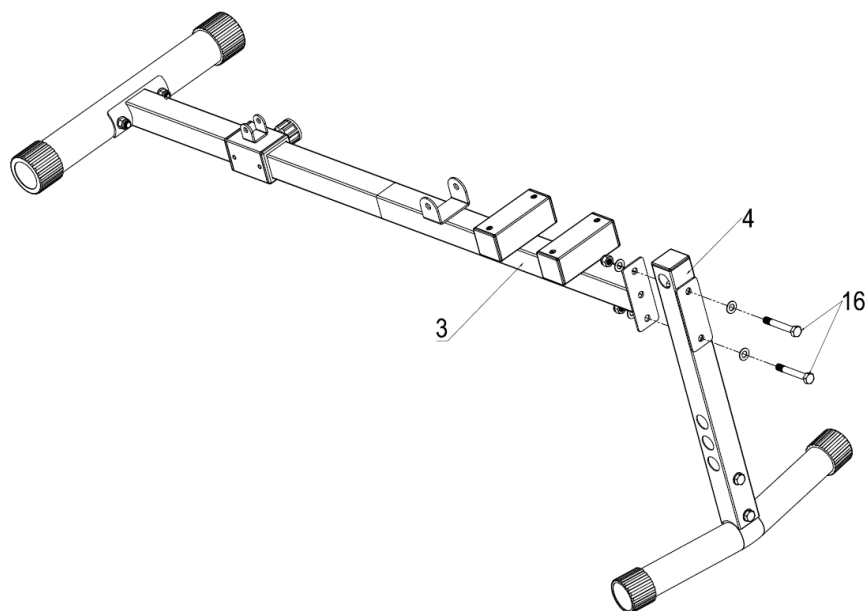
Attach the **Main Frame (A) (No. 2)** to the **Front Stabilizer (No. 1)** using 2 sets of **Bolts, Nuts & Washers (No. 15)**. Tighten and secure with Spanner Wrench.



STEP: 3

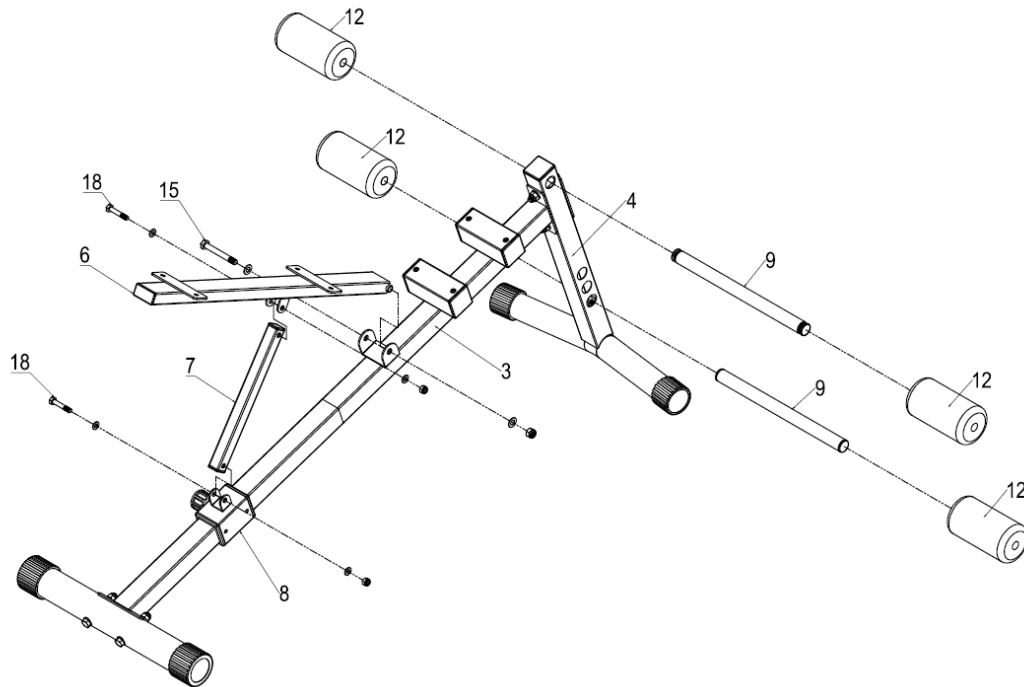
Slide the **Slide Collar (No. 8)** on the **Main Frame (A) (No. 2)**, push the collar backwards until the hole facing outward (shown above), aligns to one of the holes along the main frame. Secure the **Slide Collar (No. 8)** in place using the **Pull Pin (No. 13)**.

Insert **Main Frame (B) (No. 3)** into **Main Frame (A) (No. 2)**, align the holes located on the bottom of each frame and connect the two frames together using 2 sets of **Bolts & Washers (No. 17)**. Tighten and secure with Spanner Wrench.



STEP: 4

Connect the **Upright Extension (No. 4)** to the **Main Frame (B) (No. 3)** using 2 sets of **Bolts, Nuts & Washers (No. 16)**. Tighten and secure with Spanner Wrench.



STEP: 5

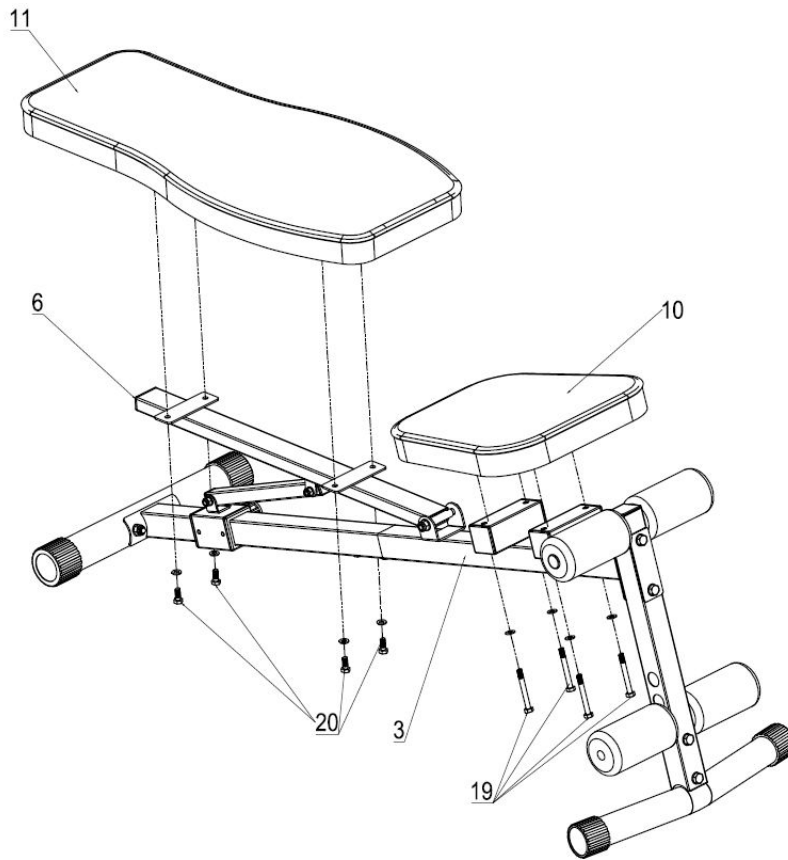
Attach the bottom end of the **Support Bar (No. 7)** to the “U” bracket located on the top of the **Slide Collar (No. 8)** using 1 set of **Bolt, Washer & Nut (No. 18)**. Tighten and secure with Spanner Wrench.

Secure the **Back Support Frame (No. 6)** to the top end of the **Support Bar (No. 7)** using 1 set of **Bolt, Washer & Nut (No. 18)**. Tighten and secure with Spanner Wrench.

Attach the top end of the **Back Support Frame (No. 6)** to the “U” bracket located on the **Main Frame (B) (No. 3)** using 1 set of **Bolt, Washer & Nut (No. 15)**. Tighten and secure with Spanner Wrench.

Insert both **Cross Bars (No. 9)** through the holes located along the sides of the **Upright Extension (No. 4)** leaving enough room on each side for the **Foam Rollers (No. 12)**.

Slide the **Foam Rollers (No. 12)** onto the **Cross Bars (No. 9)**.



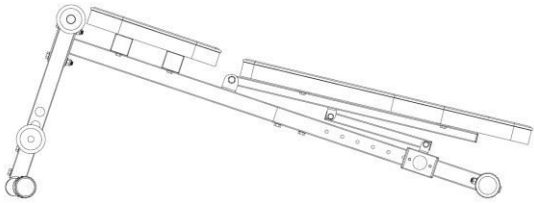
STEP: 6

Align the **Back Pad (No. 11)** to the **Back Pad Support Frame (No. 6)** and secure together using 4 sets of **Bolts & Washers (No. 20)**. Tighten with Spanner Wrench.

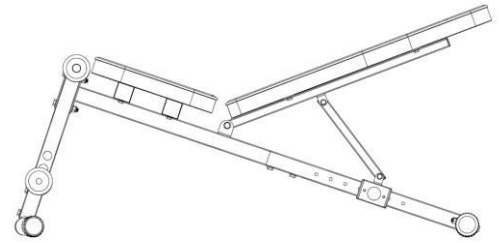
Align the **Seat (NO.10)** to the connection posts located on the **Main Frame (B) (No. 3)** and secure together using 4 sets of **Bolts & Washers (No. 19)**. Tighten with Spanner Wrench.

The assembly is complete!

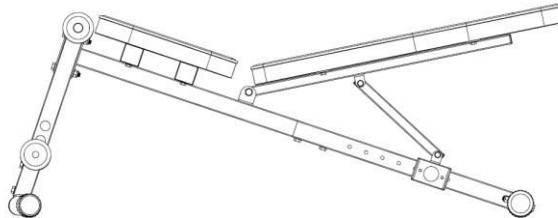
BENCH POSITIONS



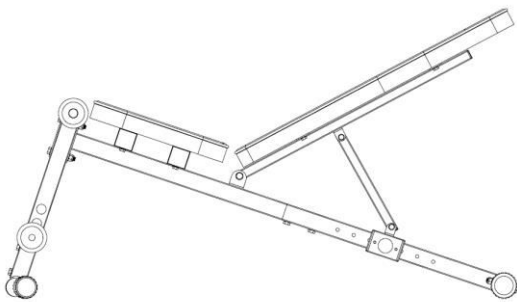
DECLINE POSITION



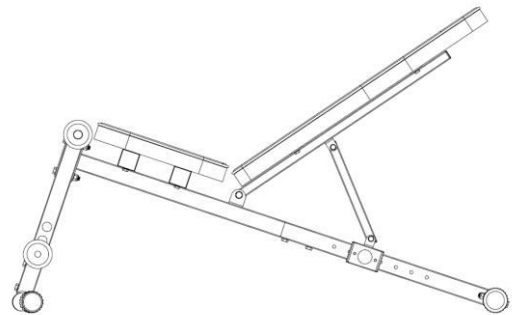
30 DEGREE INCLINE



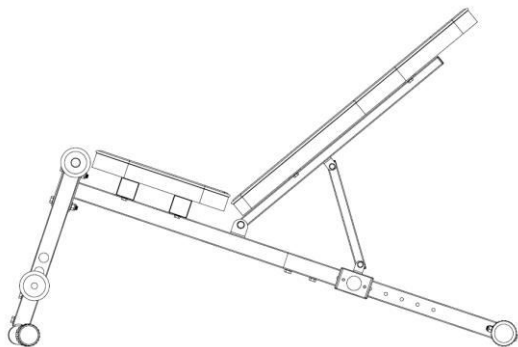
25 DEGREE INCLINE



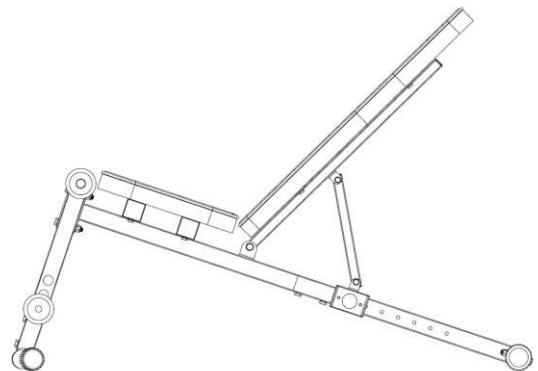
40 DEGREE INCLINE



45 DEGREE INCLINE



50 DEGREE INCLINE



55 DEGREE INCLINE

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.