



100LB WEIGHT BENCH SET

SF-BH6510

USER MANUAL



IMPORTANT: Please read this manual carefully before using the product. Retain owner's manual for future reference. For Customer Service, please contact: support@sunnyhealthfitness.com

TABLE OF CONTENTS

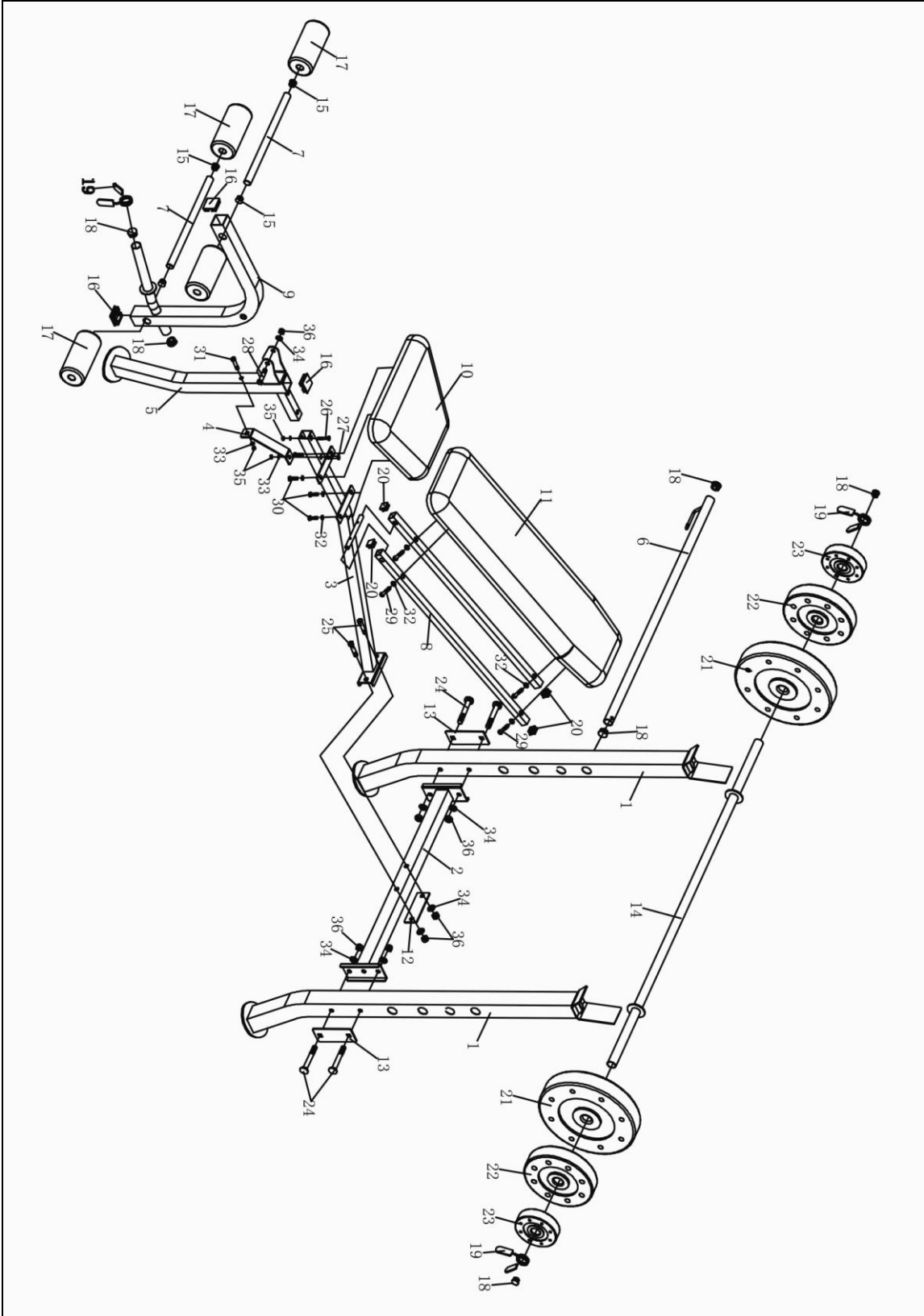
TABLE OF CONTENTS.....	1
IMPORTANT SAFETY INFORMATION.....	2
EXPLODED DRAWING	3
COMPONENT PARTS LIST	4
PARTS LIST	5
HARDWARE PACKAGE	6
ASSEMBLY INSTRUCTIONS	7-10
OPERATION & ADJUSTMENTS	11
MAINTENANCE.....	12

IMPORTANT SAFETY INFORMATION

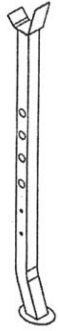
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. 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.
2. Keep children and pets away from the equipment. The equipment is designed for adult use only.
3. 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.
4. 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.
5. It is recommended that you lubricate all moving parts on a monthly basis.
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 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 unit is 250 pounds.
10. This equipment is not suitable for therapeutic use.
11. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
12. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor use only! It is not intended for commercial use!

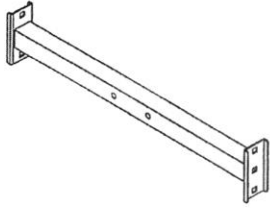
EXPLODED DRAWING



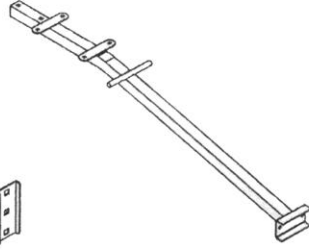
PACKAGE COMPONENTS



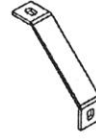
#1 2pcs



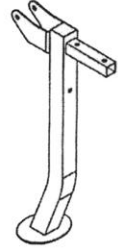
#2 1pc



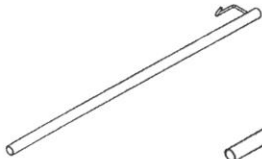
#3 1pc



#4 1pc



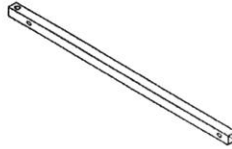
#5 1pc



#6 1pc



#7 2pcs



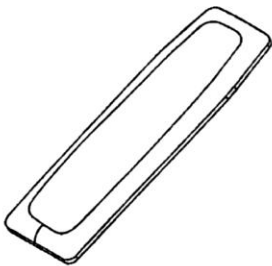
#8 2pcs



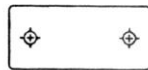
#9 1pc



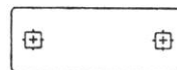
#10 1pc



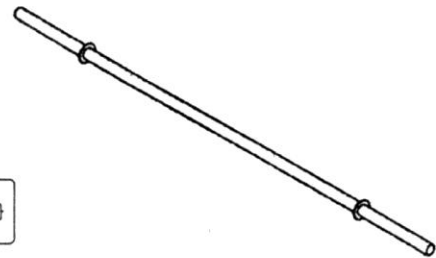
#11 1pc



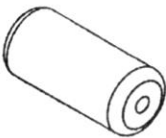
#12 1pc



#13 2pcs



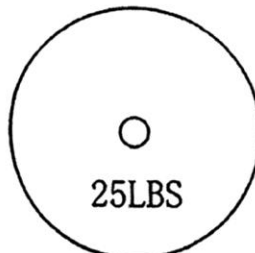
#14 1pc



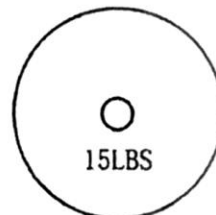
#17 4pcs



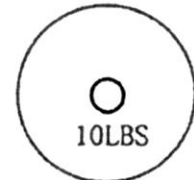
#19 3pcs



#21 2pcs



#22 2pcs

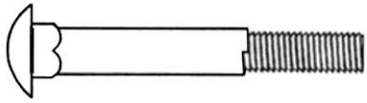


#23 2pcs

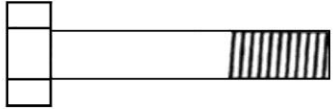
PARTS LIST

No.	Description	QTY
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Diagonal Support	1
5	Front Post	1
6	Backrest Adjustment Bar	1
7	Foam Roller Bar	2
8	Backrest Support	2
9	Leg Developer	1
10	Seat Pad	1
11	Backrest Board	1
12	Bracket 4 3/8 x 3 3/8	1
13	Bracket 4 3/4 x 3 1/2	2
14	Weight Bar	1
15	End Cap ϕ 3/4	4
16	End Cap 1 1/2 x 1 1/2	3
17	Foam Roll	4
18	End Cap ϕ 1	6
19	Spring Clip ϕ 1	3
20	End Cap 3/4 x 3/4	4
21	Weight Plate 25LB	2
22	Weight Plate 15LB	2
23	Weight Plate 10LB	2
24	Carriage Bolt M10x2 5/8	4
25	Hex Bolt M10x2 1/8	2
26	Carriage Bolt M8x1 5/8	1
27	Carriage Bolt M8x1 3/4	1
28	Hex Bolt M10x2 3/8	1
29	Hex Bolt M6x1 3/8	4
30	Hex Bolt M6x5/8	4
31	Hex Bolt M8x2 1/8	1
32	Washer ϕ 1/2	8
33	Washer ϕ 5/8	3
34	Washer ϕ 3/4	7
35	Aircraft Nut M8	3
36	Aircraft Nut M10	7
37	Spanner	2

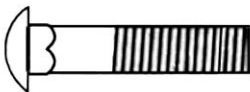
HARDWARE PACKAGE



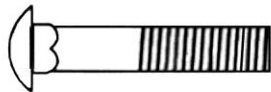
#24 (M10x2 5/8") 4pcs



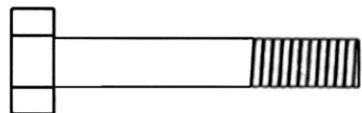
#25 (M10x2 1/8") 2pcs



#26 (M8x1 5/8") 1pc



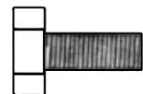
#27 (M8x1 3/4") 1pc



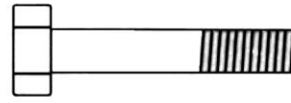
#28 (M10x2 3/8") 1pc



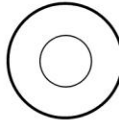
#29 (M6x1 3/8") 4pcs



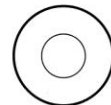
#30 (M6x5/8") 4pcs



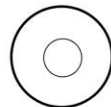
#31 (M8x2 1/8") 1pc



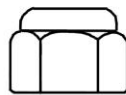
#32 (1/2") 8pcs



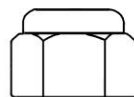
#33 (5/8") 3pcs



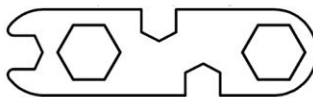
#34 (3/4") 7pcs



#35 (M8) 3pcs

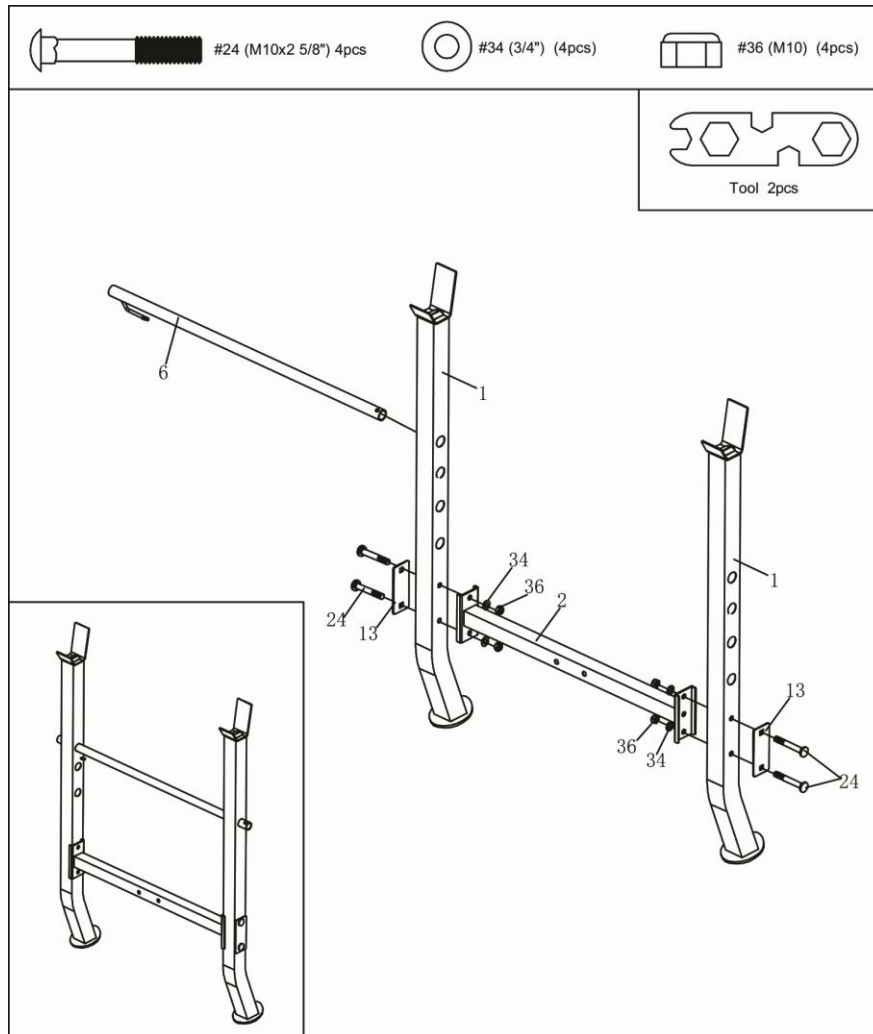


#36 (M10) 7pcs



#37 Spanner 2pcs

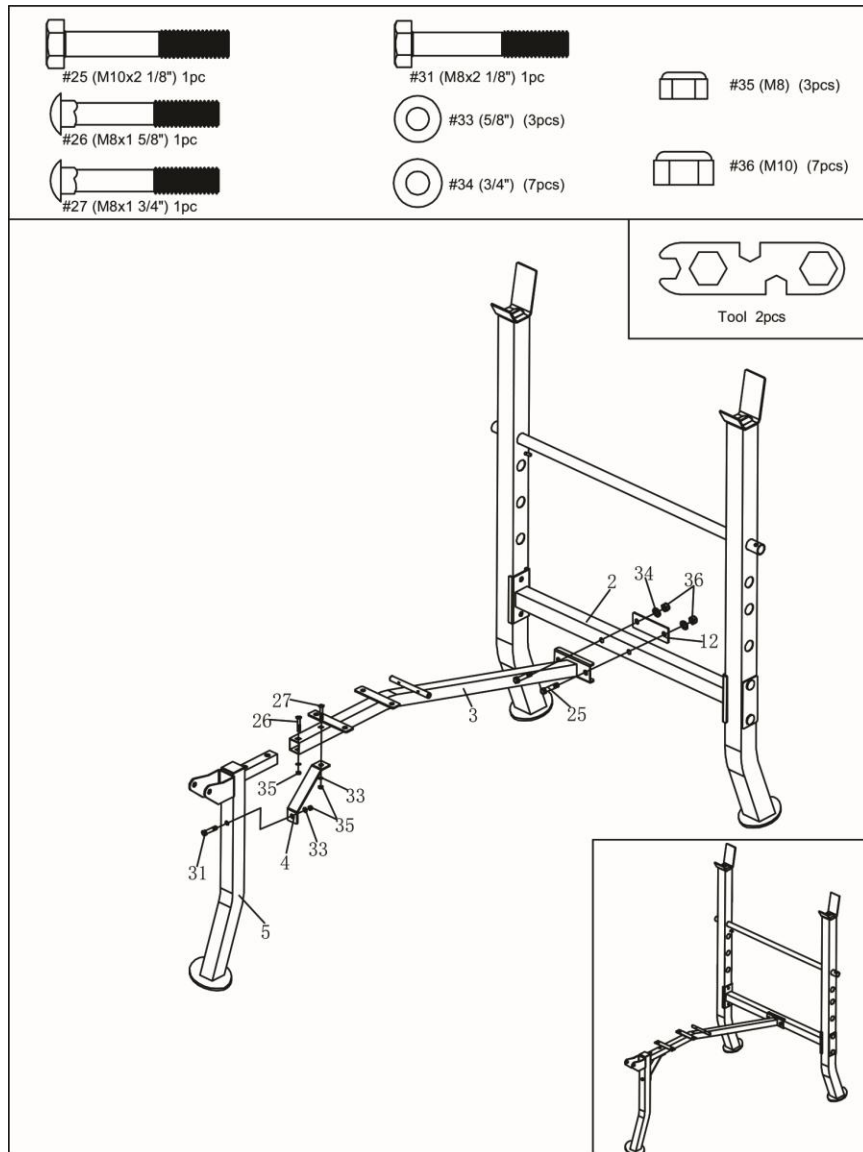
ASSEMBLY INSTRUCTIONS



STEP 1:

Attach the **Cross Brace (No. 2)** to the **Upright Beams (No. 1)** using 2 **Brackets (No. 13)**, 4 **Carriage Bolts (No. 24)**, 4 **Washers (No. 34)** and 4 **Aircraft Nuts (No. 36)**. Tighten and secure with **Spanner (No. 37)**.

Insert the **Adjustable Backrest Bar (No. 6)** through the holes located along the sides of **Upright Beams (No. 1)**. The position of the **Adjustable Backrest Bar (No. 6)** can be adjusted depending on the preference of the user.



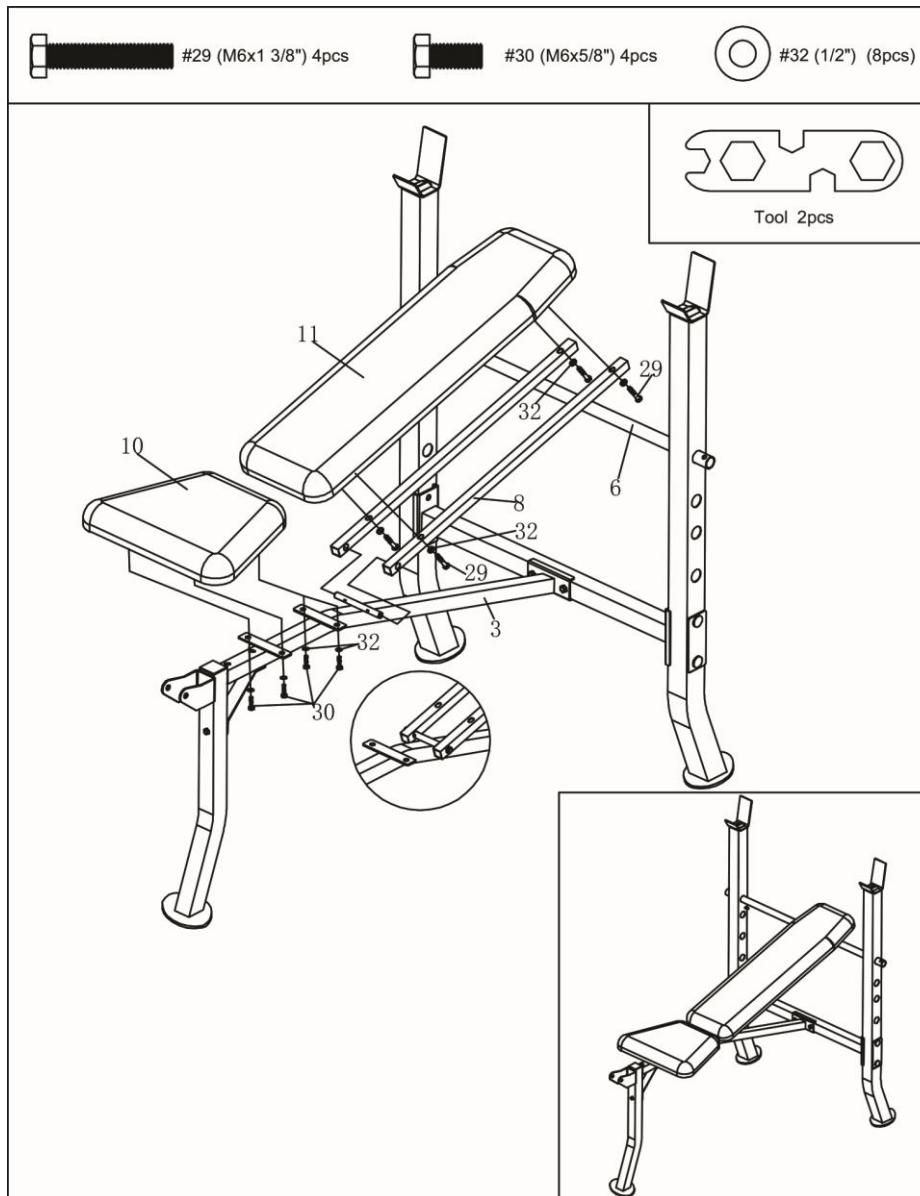
STEP 2:

Attach the **Main Seat Support (No. 3)** to the **Cross Brace (No. 2)** using 2 **Hex Bolts (No. 25)**, 1 **Bracket (No. 12)**, 2 **Washers (No. 34)** and 2 **Aircraft Nuts (No. 36)**.

Slide the **Front Post (No. 5)** into the bottom end of the **Main Seat Support (No. 3)** and align the holes. Insert **Carriage Bolt (No. 26)** through the lower hole on the **Main Seat Support (No. 3)** and secure using 1 **Washer (No. 33)** and 1 **Aircraft Nut (No. 35)**.

Insert **Carriage Bolt (No. 27)** through the upper hole on the **Main Seat Support (No. 3)**. Fix one end of the **Diagonal Support (No. 4)** to the **Carriage Bolt (No. 27)** using 1 **Washer (No. 33)** and 1 **Aircraft Nut (No. 35)**.

Fix the other end of the **Diagonal Support (No. 4)** to the **Front Post (No. 5)** using 1 **Hex Bolt (No. 31)**, 1 **Washer (No. 33)** and 1 **Aircraft Nut (No. 35)**. Tighten and secure all nuts using **Spanner (No. 37)**.



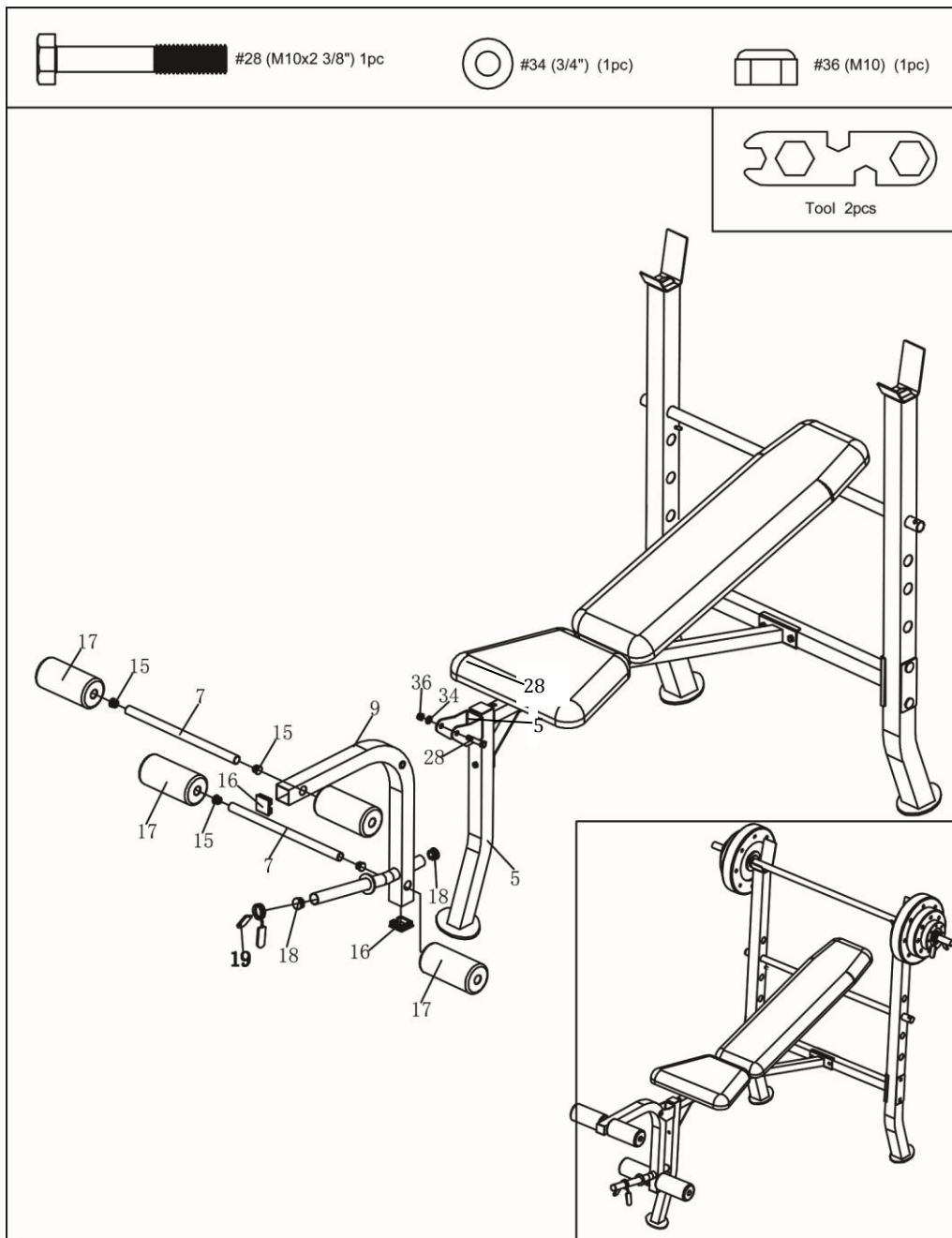
STEP 3:

IMPORTANT: The **Backrest Supports (No. 8)** must first be attached to the bar located on the **Main Seat Support (No. 3)** before continuing forward on this step.

Slide the bottom ends (with holes), of the **Backrest Supports (No. 8)** onto each side of the bar located on the **Main Seat Support (No. 3)**. Next, lean the top ends of the **Backrest Supports (No. 8)** against the **Backrest Adjustment Bar (No. 6)**.

Place the **Backrest Board (No. 11)** onto the **Backrest Supports (No. 8)**, align the holes and secure the **Backrest Board (No. 11)** using 4 **Washers (No. 32)** and 4 **Hex Bolts (No. 29)**. Tighten and secure with **Spanner (No. 37)**.

Attach the **Seat Pad (No. 10)** to the **Main Seat Support (No. 3)** using 4 **Washers (No. 32)** and 4 **Hex Bolts (No. 30)**. Tighten and secure with **Spanner (No. 37)**.



STEP 4:

Attach the **Leg Developer (No. 9)** to the **Front Post (No. 5)** using 1 **Hex Bolt (No. 28)**, 1 **Washer (No. 34)** and 1 **Aircraft Nut (No. 36)**. Tighten and secure with **Spanner (No. 37)**.

Insert the **Foam Roller Bars (No. 7)** through the holes located on the **Leg Developer (No. 9)**. Next, attach the **Foam Rollers (No. 17)** onto each end of the **Foam Roller Bars (No. 7)**.

Lastly, slide the **Spring Clip (No. 19)** onto the bar located on the bottom of the **Leg Developer (No. 9)**.

The assembly is complete!

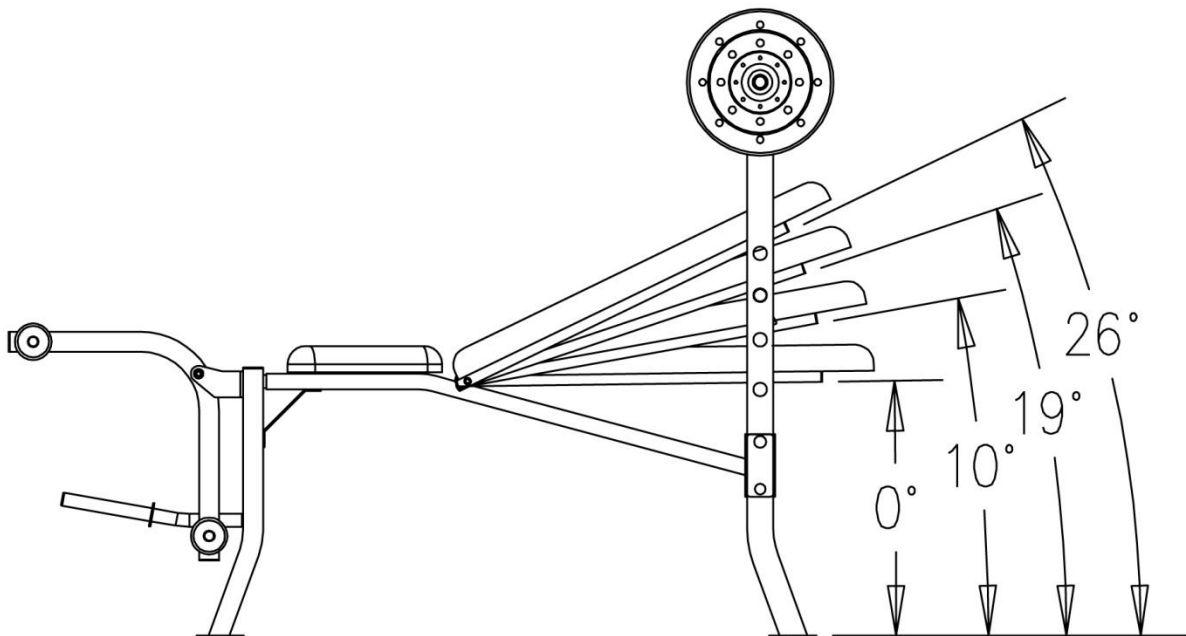
OPERATION & ADJUSTMENTS

WEIGHT CAPACITY AND DIMENSION:

1. The maximum user weight on the bench is **250 lbs.**
2. The maximum weight on the upright is **100 lbs.**
3. The maximum weight capacity of the bench (including the user weight) is **350 lbs.**
4. The maximum weight capacity of the leg developer is **50 lbs.**
5. Assembled dimension: 57L x 46W x 32H

BENCH OPERATION:

1. The bench should be placed on a flat surface. For the best bench stability and performance, the incline or decline of the surface should be limited to 3% or less.
2. Removing the weight plates. Weight plates on the bar must be taken off in equal amounts at the same time in order to prevent the bar from becoming unevenly weighted which will cause the bar to tip. It is strongly recommended that the bar be removed from the upright and placed on the ground whenever adding or removing weight plates.
3. Use the **Backrest Adjustment Bar (No. 6)** to adjust the position of the **Backrest Board (No. 11)** (4 different positions options). When adjusting the backrest board ensure that the adjustment bar is securely placed in the support slot.



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.