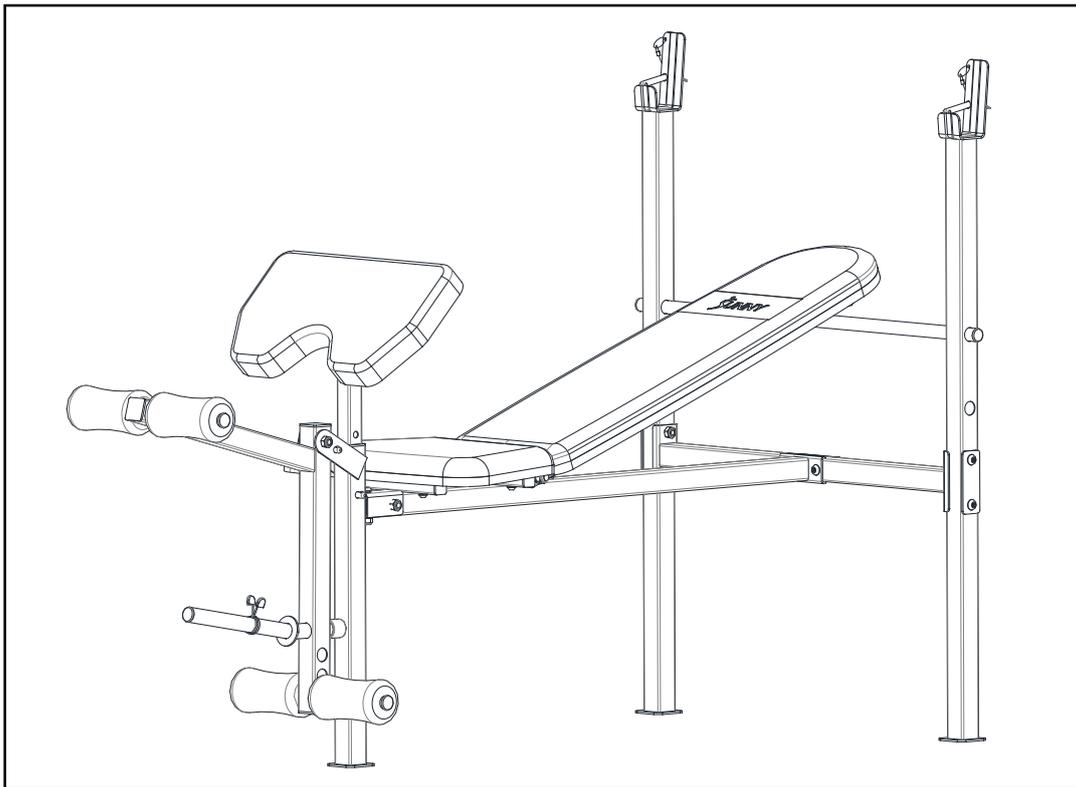




# ADJUSTABLE STANDARD INCLINE WEIGHT BENCH WITH LEG DEVELOPER AND PREACHER CURL ATTACHMENT SF-BH623009 USER MANUAL



**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](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



[WWW.SUNNYHEALTHFITNESS.COM](http://WWW.SUNNYHEALTHFITNESS.COM)

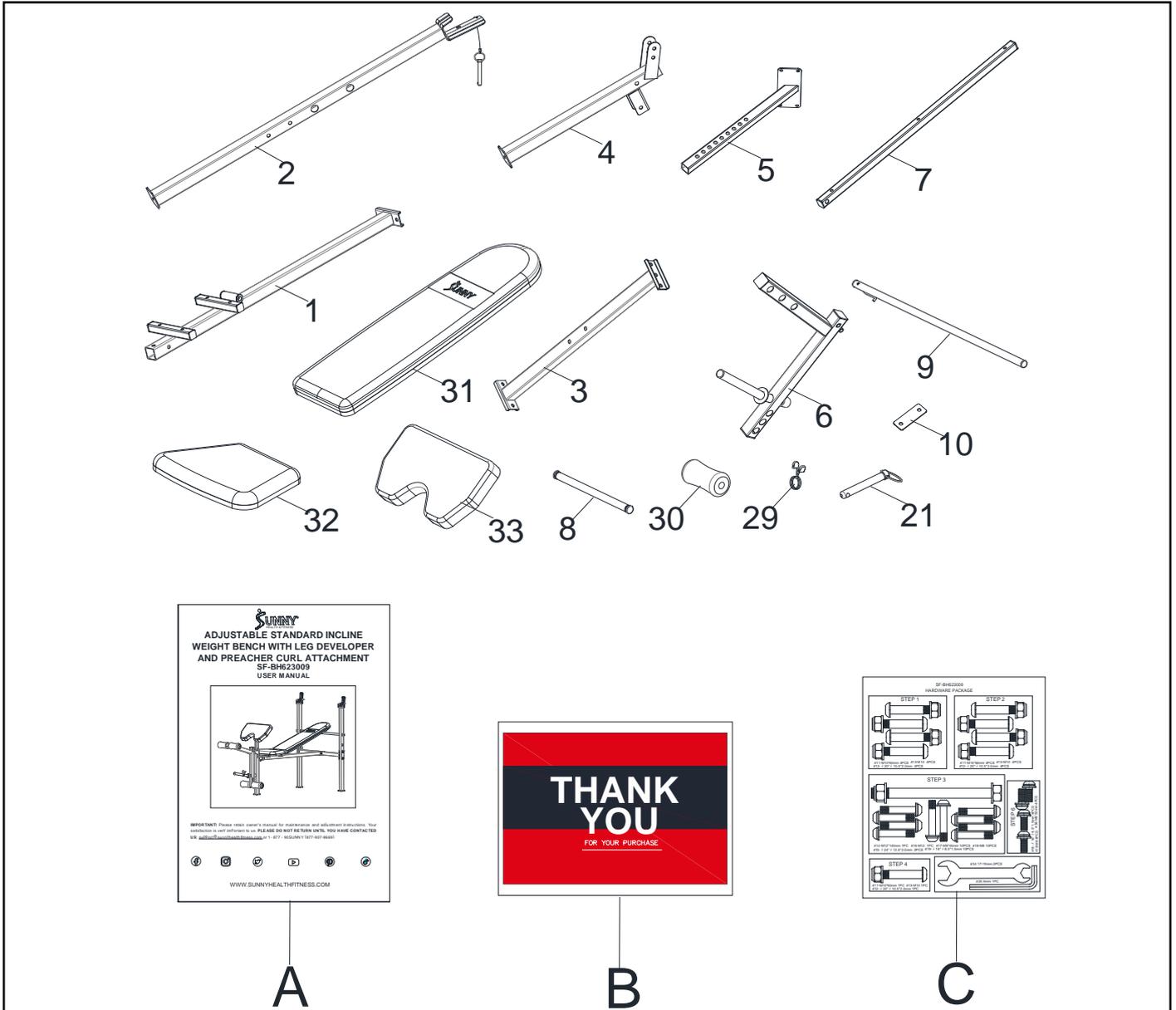
# **IMPORTANT SAFETY INFORMATION**

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, 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 ft (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 unit is 730 pounds (330KGS).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. 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.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

# PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.

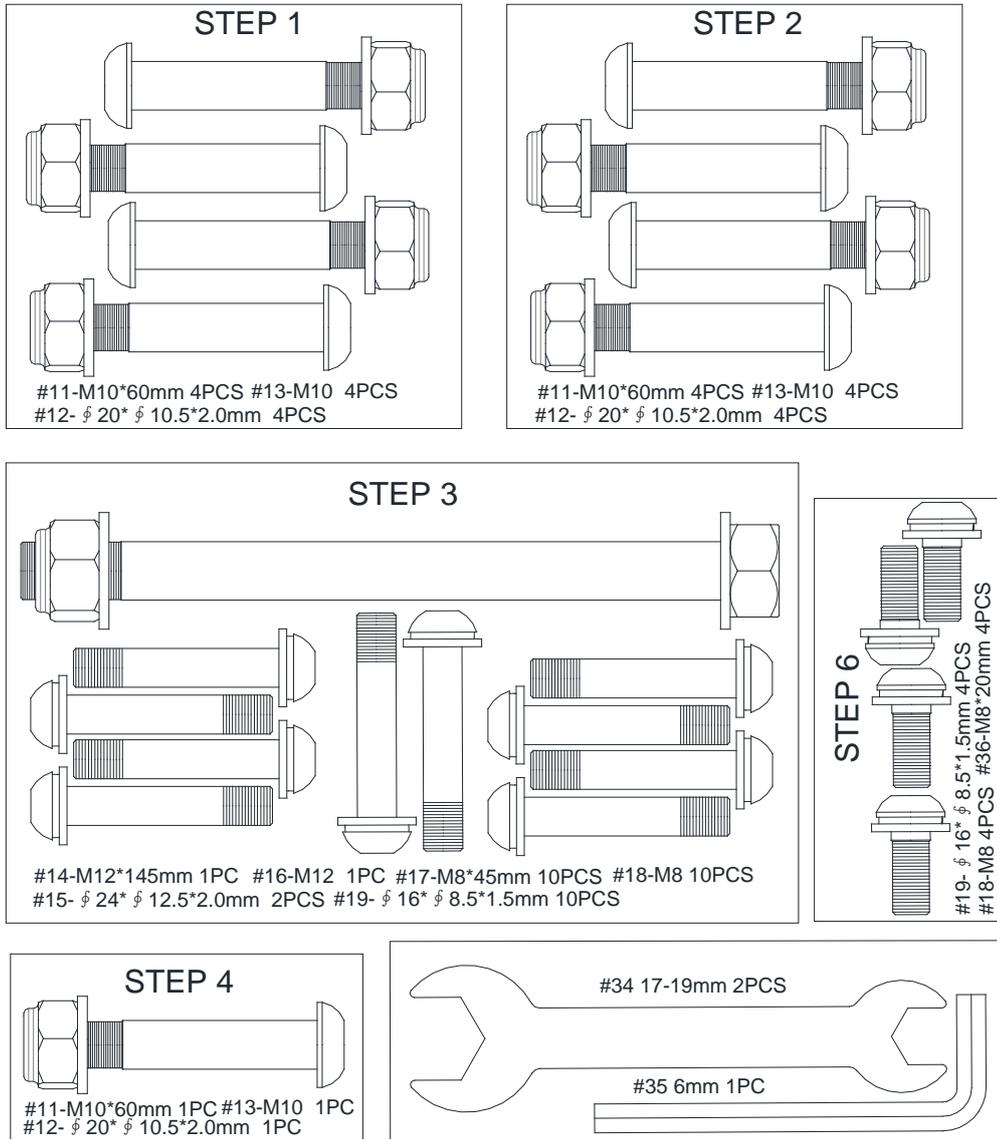


No.	Description	Spec.	Qty.
1	Main Frame		1
2	Upright Post		2
3	Rear Cross Tube		1
4	Front Support Tube		1
5	Adjustable Tube		1
6	Leg Support Tube		1
7	Backrest Support Tube		2
8	Foam Rod		2
9	Angle Adjustable Bar		1
10	Connection Plate		3

No.	Description	Spec.	Qty.
21	Safety Pin	φ 10*45mm	2
29	Spring Clip		1
30	Sponge		4
31	Backrest		1
32	Seat		1
33	Hand Cushion		1
A	User Manual		1
B	Thank You Card		1
C	Hardware Package		1

# HARDWARE PACKAGE

SF-BH623009  
HARDWARE PACKAGE



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

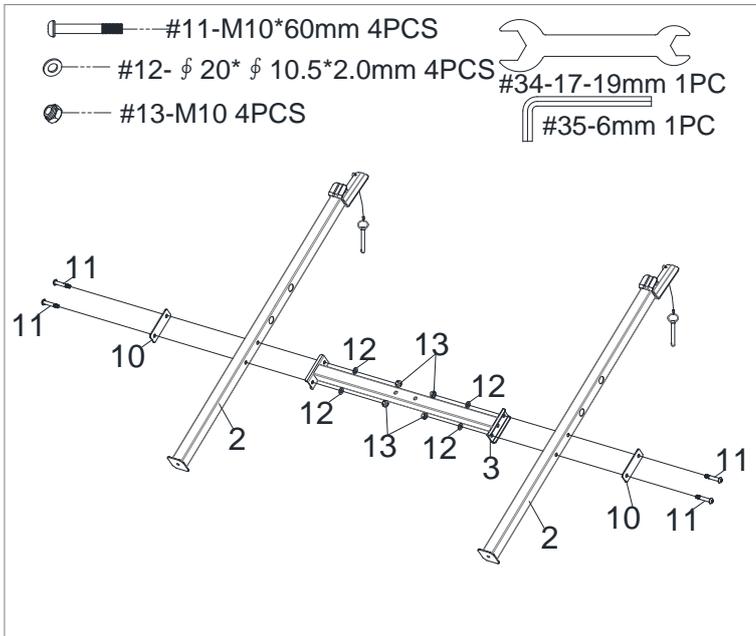
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 end of the manual)

Please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).

# ASSEMBLY INSTRUCTIONS

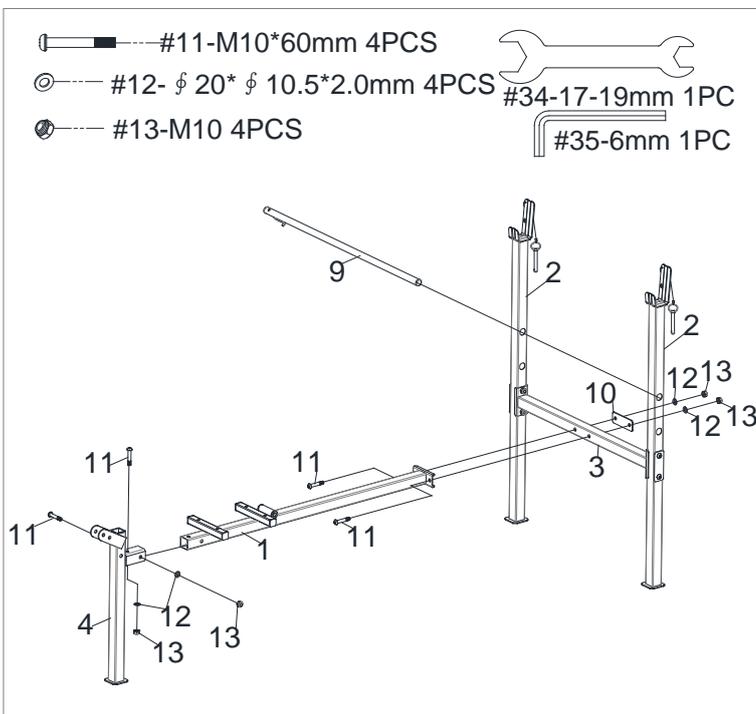
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 1:

Attach **Rear Cross Tube (No. 3)** to 2 **Upright Posts (No. 2)** with 4 **Hex Socket Head Bolts (No. 11)**, 4 **Flat Washers (No. 12)**, 2 **Connection Plates (No. 10)** and 4 **Lock Nuts (No. 13)**, using **Wrench (No. 34)** and **Allen Wrench (No. 35)** to secure.

**NOTE:** The higher metal plate of the **Upright Posts (No. 2)** should be on the backwards.

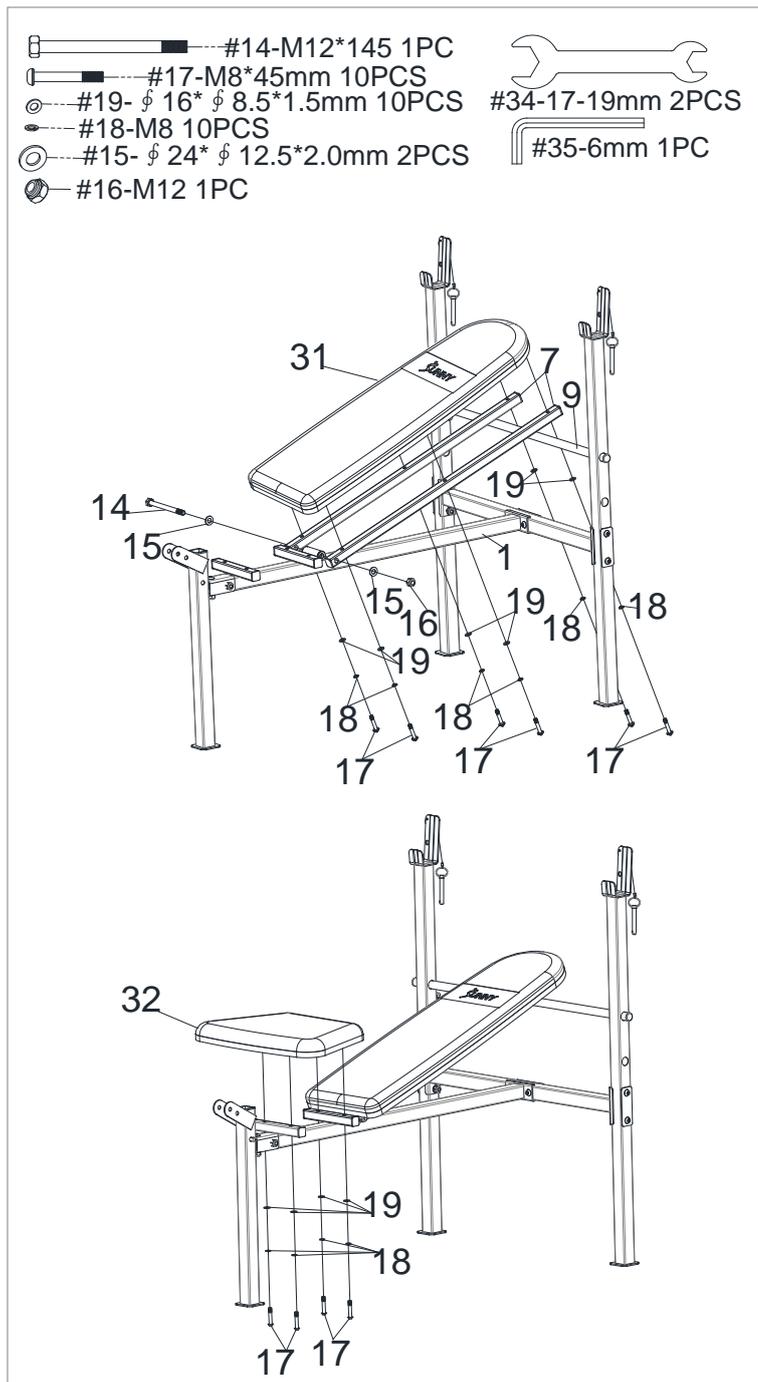


## STEP 2:

Attach **Main Frame (No. 1)** to the assembled **Rear Cross Tube (No. 3)** and **Front Support Tube (No. 4)** respectively with 4 **Hex Socket Head Bolts (No. 11)**, 4 **Flat Washers (No. 12)**, and 4 **Lock Nuts (No. 13)**, using **Wrench (No. 34)** and **Allen Wrench (No. 35)** to secure.

Insert the **Angle Adjustable Bar (No. 9)** to 2 **Upright Posts (No. 2)** on desire height. There are 2 height options for the **Angle Adjustable Bar (No. 9)** on **Upright Posts (No. 2)**.

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### STEP 3:

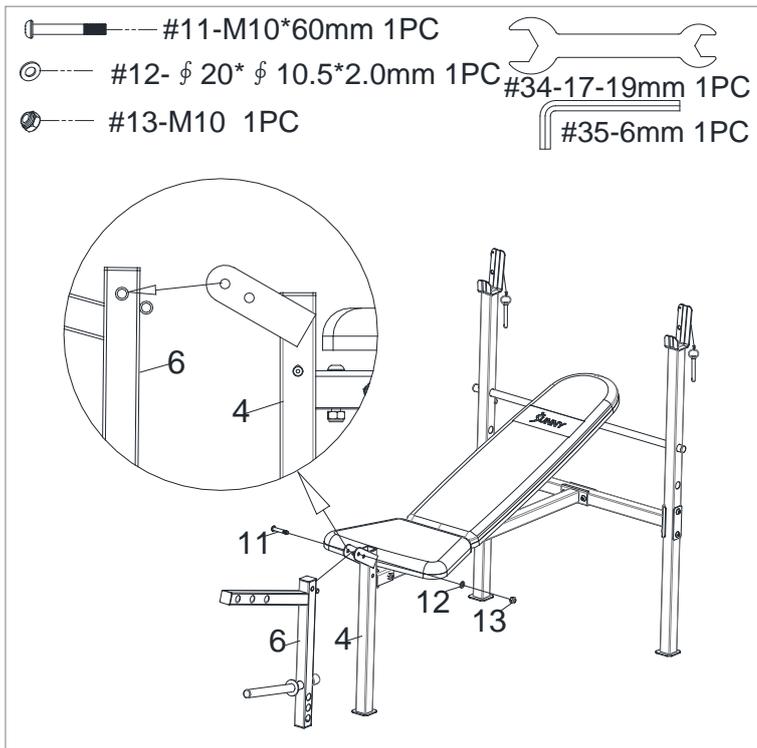
Attach 2 **Backrest Support Tubes (No. 7)** to the assembled **Main Frame (No. 1)** with 1 **Hex Bolt (No. 14)**, 2 **Flat Washers (No. 15)**, and 1 **Lock Nut (No. 16)**, using 2 **Wrenches (No. 34)** to secure.

Then attach **Backrest (No. 31)** to 2 **Backrest Support Tubes (No. 7)** with 6 **Hex Socket Head Bolts (No. 17)**, 6 **Spring Washers (No. 18)** and 6 **Flat Washers (No. 19)**, using **Allen Wrench (No. 35)** to secure.

There are 3 different adjustments for backrest. Pull out the **Angle Adjustable Bar (No. 9)**, put it at desired position. Remove the **Angle Adjustable Bar (No. 9)**, **Backrest (No. 31)** is at horizontal position.

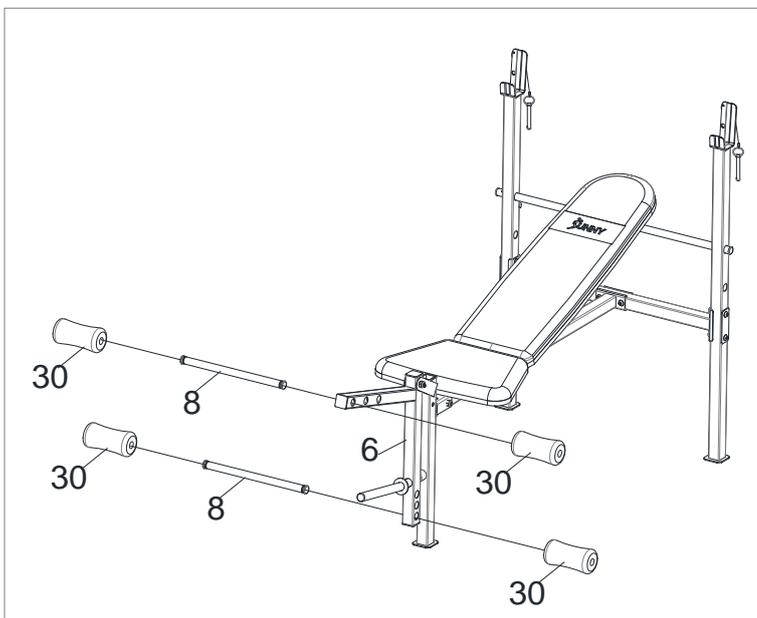
Attach **Seat (No. 32)** to assembled **Main Frame (No. 1)** with 4 **Hex Socket Head Bolts (No. 17)**, 4 **Spring Washers (No. 18)** and 4 **Flat Washers (No. 19)**, using **Allen Wrench (No. 35)** to secure.

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#### STEP 4:

Attach **Leg Support Tube (No. 6)** to the assembled **Front Support Tube (No. 4)** with 1 **Hex Socket Head Bolt (No. 11)**, 1 **Flat Washer (No. 12)**, and 1 **Lock Nut (No. 13)**, using **Wrench (No. 34)** and **Allen Wrench (No. 35)** to secure.



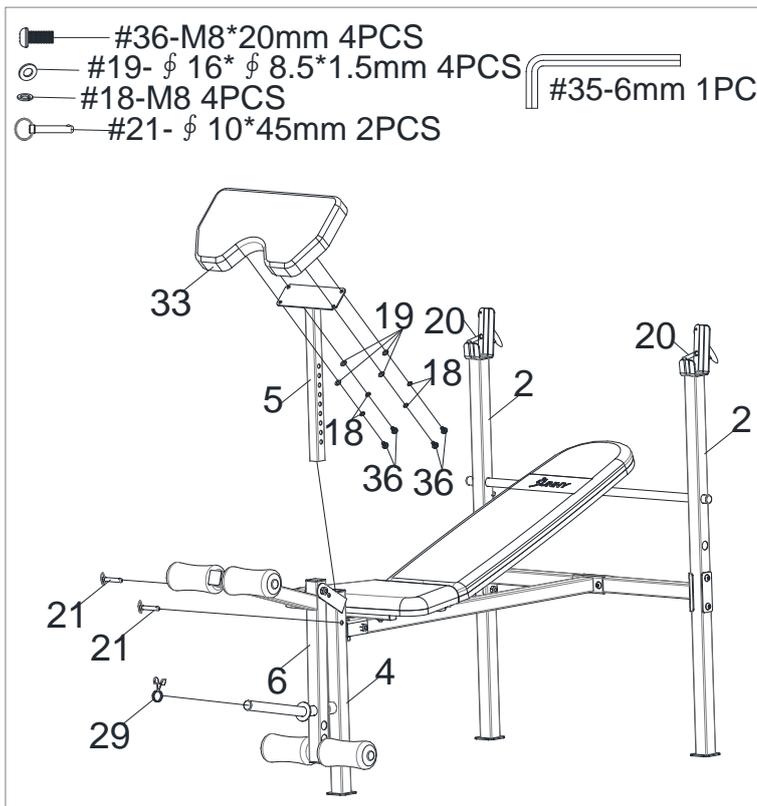
#### STEP 5:

Insert 2 **Foam Rods (No. 8)** into the upper & bottom holes of the **Leg Support Tube (No. 6)**.

Attach 4 **Sponges (No. 30)** onto the two ends of the 2 **Foam Rods (No. 8)**.

There are each 3 holes in upper & bottom of the **Leg Support Tube (No. 6)** to adjust depending on your height.

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### STEP 6:

Attach **Hand Cushion (No. 33)** to **Adjustable Tube (No. 5)** with 4 **Hex Socket Head Bolts (No. 36)**, 4 **Spring Washers (No. 18)** and 4 **Flat Washers (No. 19)**, using **Allen Wrench (No. 35)** to secure. Then slide the **Adjustable Tube (No. 5)** to **Front Support Tube (No. 4)** at the desired height by inserting 1 **Safety Pin (No. 21)** to secure.

There are 9 height options for the **Adjustable Tube (No. 5)**, pull out the **Safety Pin (No. 21)** to adjust the height desired and re-insert **Safety Pin (No. 21)** to secure.

Insert 2 **Safety Pins (No. 20)** to 2 **Upright Posts (No. 2)** to secure.

When you need to use the leg holder function, please remove the **Safety Pin (No. 21)** in **Leg Support Tube (No. 6)** and be sure to use the **Spring Clip (No. 29)** on the tube to secure weight plates.

*The assembly is complete!*

# **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 equipment is levelled 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.

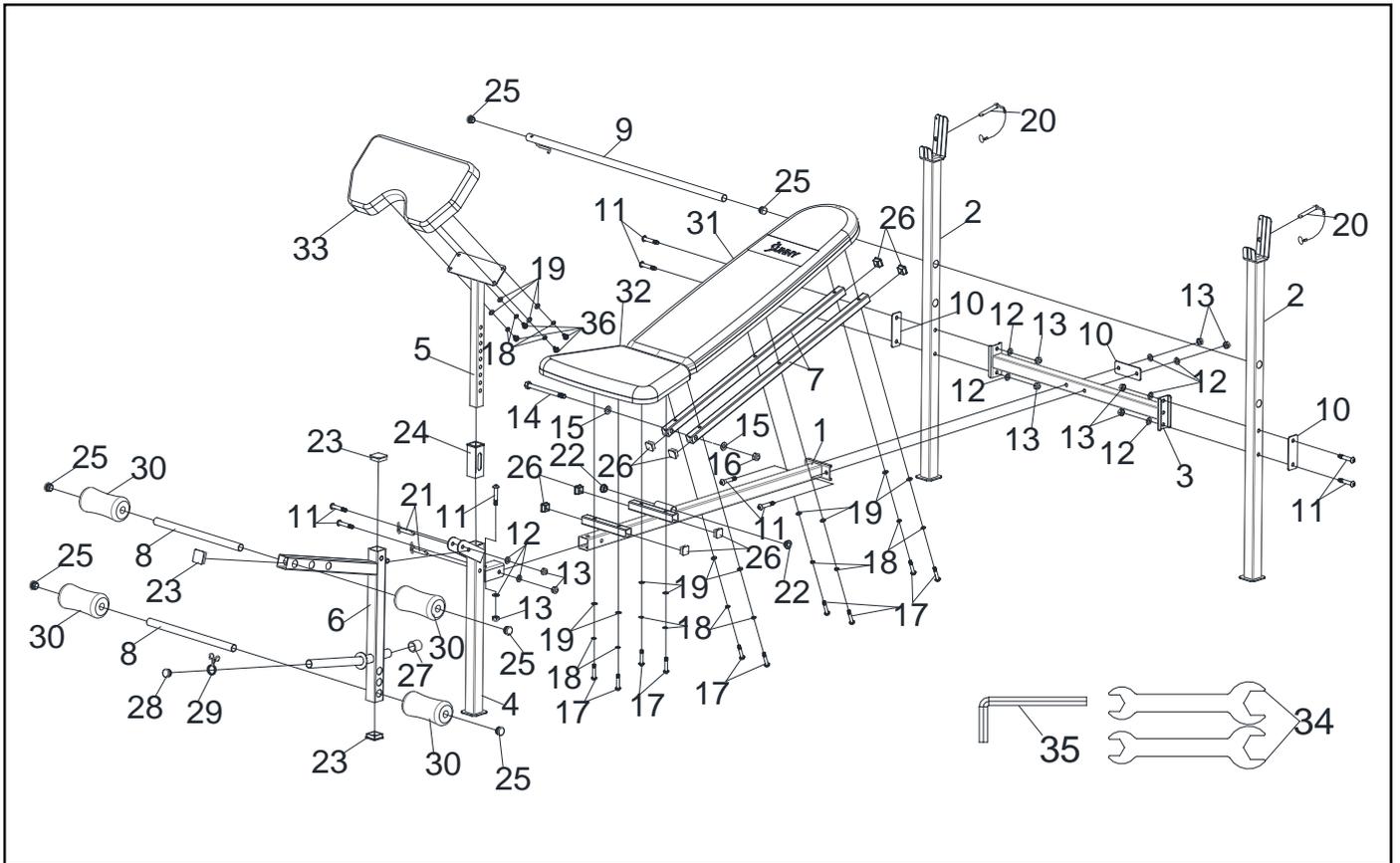
Inspect the metal frame structure of the equipment.

# **DOWNLOAD SUNNYFIT - FOR HOME FITNESS**



SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, bodyweight, and even resistance band exercises. Whether you have equipment or not, SunnyFit offers the perfect workout for every fitness level and preference. You can enjoy a collection of over 300 free workout courses that require nothing more than your body and the SunnyFit app.

# EXPLODED DIAGRAM



# PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Upright Post		2
3	Rear Cross Tube		1
4	Front Support Tube		1
5	Adjustable Tube		1
6	Leg Support Tube		1
7	Backrest Support Tube		2
8	Foam Rod		2
9	Angle Adjustable Bar		1
10	Connection Plate		3
11	Hex Socket Head Bolt	M10*60mm	9
12	Flat Washer	φ 20*10.5*2.0	9
13	Lock Nut	M10	9
14	Hex Bolt	M12*145mm	1
15	Flat Washer	φ 24*12.5*2.0	2
16	Lock Nut	M12	1
17	Hex Socket Head Bolt	M8*45mm	10
18	Spring Washer	M8	14

No.	Description	Spec.	Qty.
19	Flat Washer	φ 16*8.5*1.5	14
20	Safety Pin	φ 10*60mm	2
21	Safety Pin	φ 10*45mm	2
22	Alloy Wrap		2
23	Square End Cap	38*38*1.5mm	3
24	Plastic Bushing		1
25	Round End Cap	φ 22*2.0	6
26	Square End Cap	25*25*1.5mm	8
27	Outer Round End Cap	φ 25	1
28	Round End Cap	φ 25*2.0	1
29	Spring Clip		1
30	Sponge		4
31	Backrest		1
32	Seat		1
33	Hand Cushion		1
34	Wrench	17-19mm	2
35	Allen Wrench	6mm	1
36	Hex Socket Head Bolt	M8*20mm	4

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