

SUNNY SF-BH623009 Adjustable Standard Incline Weight Bench with Leg Developer User Manual

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SUNNY SF-BH623009 Adjustable Standard Incline Weight Bench with Leg Developer User Manual



IMPORTANT SAFETY INFORMATION

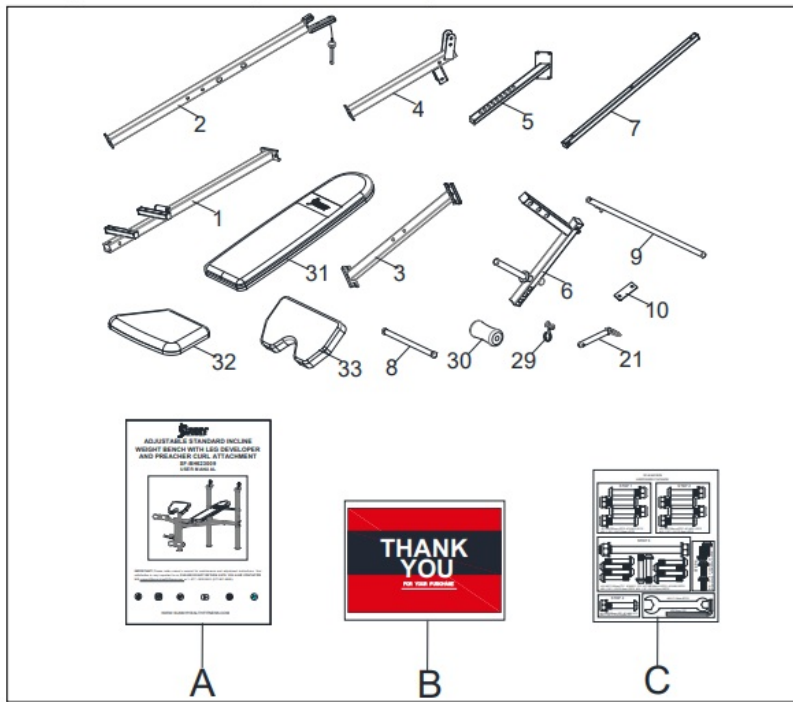
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is

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
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
3. Keep children and pets away from the equipment. The equipment is designed for adult use
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
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
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
7. Wear suitable clothing while using the Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the
9. The maximum weight capacity of this unit is 730 pounds (330KGS).
10. The equipment is not suitable for therapeutic
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are
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
13. This equipment is designed for indoor and home use only; it is not intended for commercial

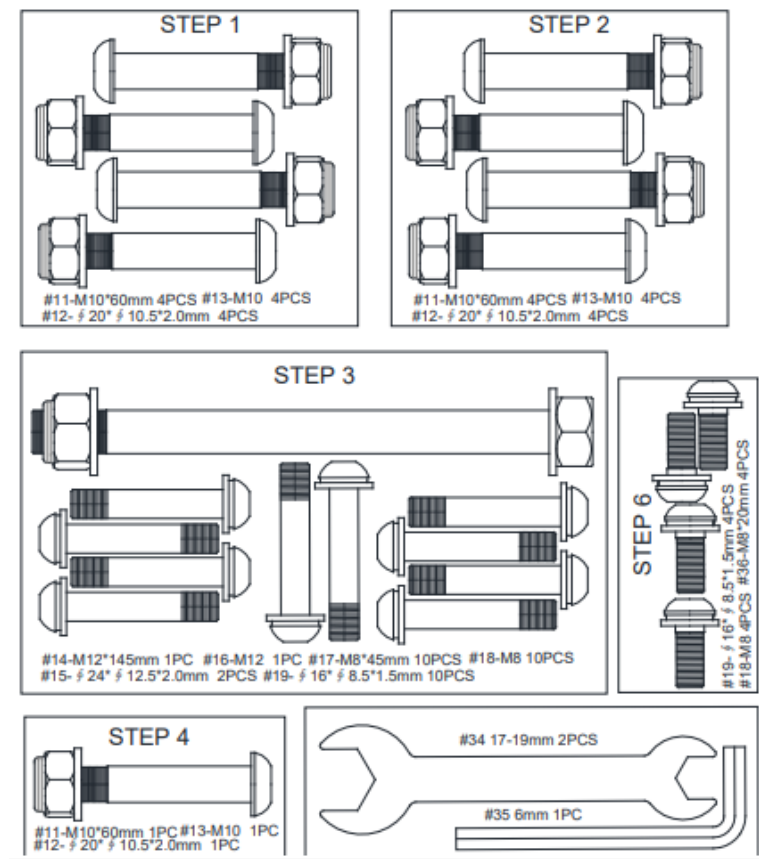
PRE-ASSEMBLY CHECK LIST

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



No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	21	Safety Pin	§ 10*45mm	2
2	Upright Post		2	29	Spring Clip		1
3	Rear Cross Tube		1	30	Sponge		4
4	Front Support Tube		1	31	Backrest		1
5	Adjustable Tube		1	32	Seat		1
6	Leg Support Tube		1	33	Hand Cushion		1
7	Backrest Support Tube		2	A	User Manual		1
8	Foam Rod		2	B	Thank You Card		1
9	Angle Adjustable Bar		1	C	Hardware Package		1
10	Connection Plate		3				

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 or 1-877-90SUNNY (877-907-8669).

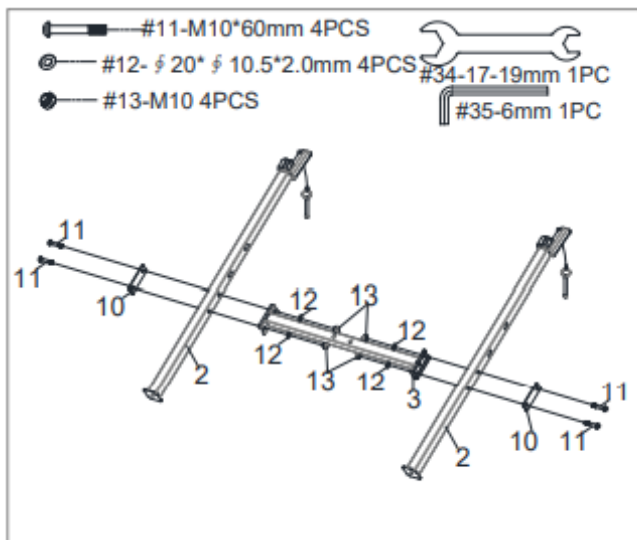
ASSEMBLY INSTRUCTIONS

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

STEP 1:

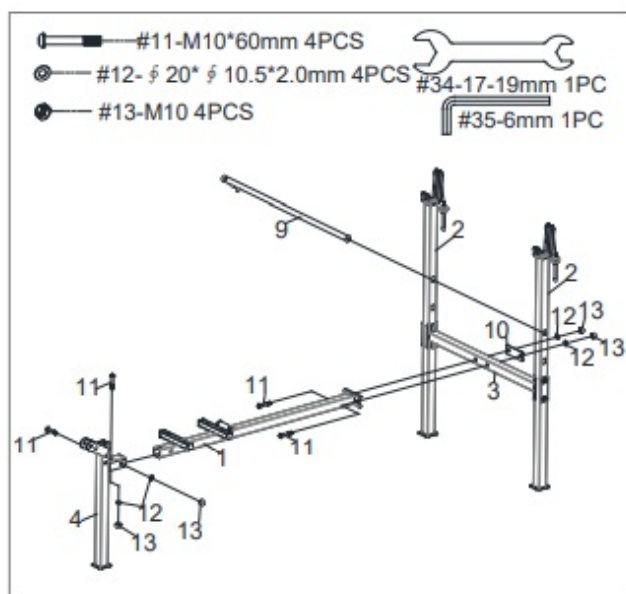
Attach **Rear Cross Tube (No. 3)** to 2 **Upright Posts (No. 2)** with 4 **Hex Socket Head Bolts (No. 11)**, 4 **Flat Washers (No. 12)**, 2 **Connection Plates (No. 10)** and 4 **Lock Nuts (No. 13)**, using **Wrench (No. 34)** and **Allen Wrench (No. 35)** to secure.

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

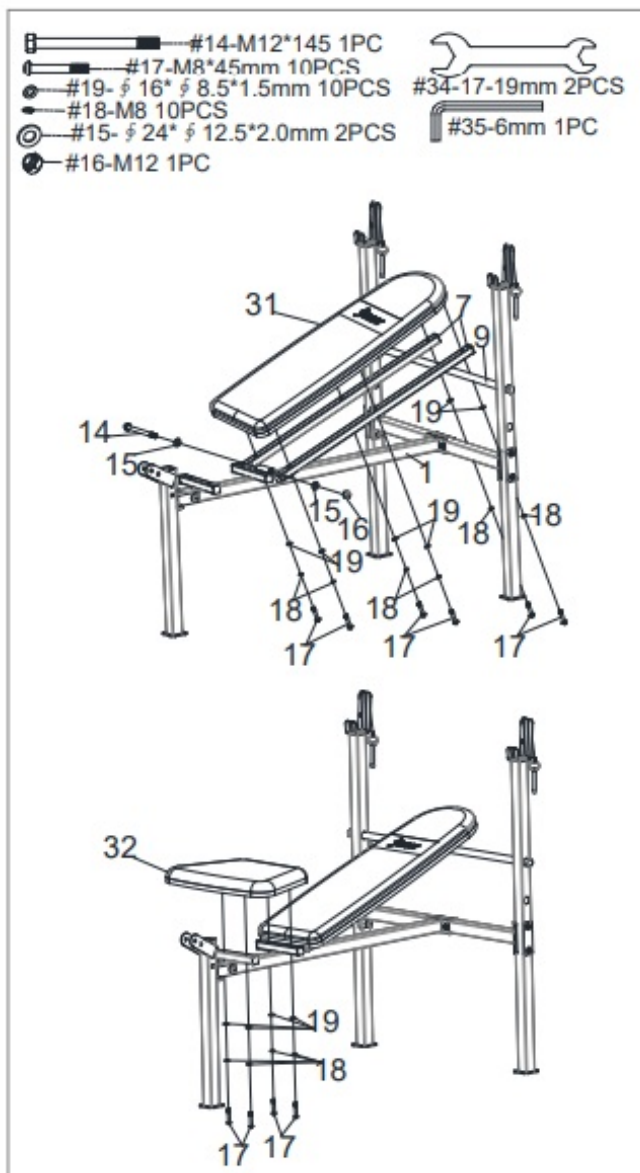


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STEP 3:

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**

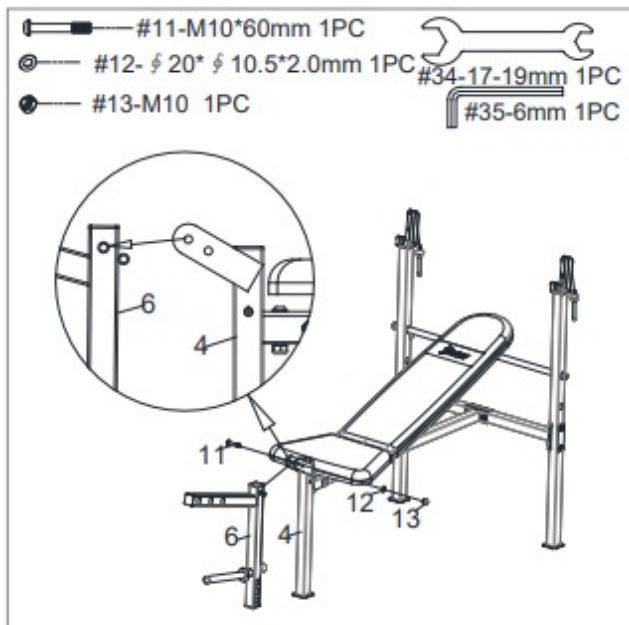
Washers (No. 18) and 4 Flat Washers (No. 19), using Allen Wrench (No. 35) to secure.



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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.

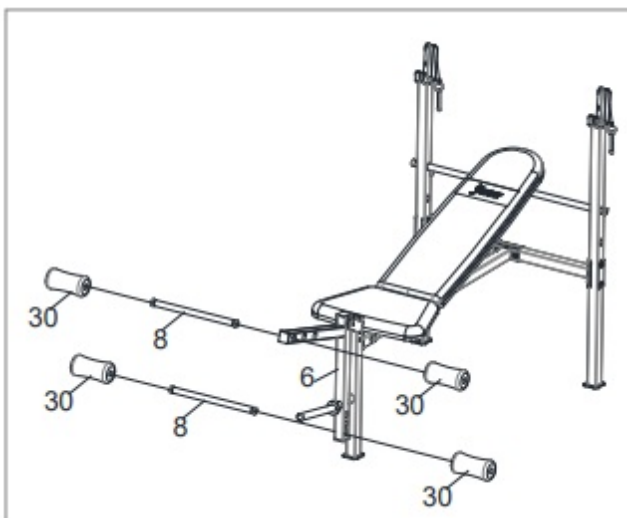


STEP 5:

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.

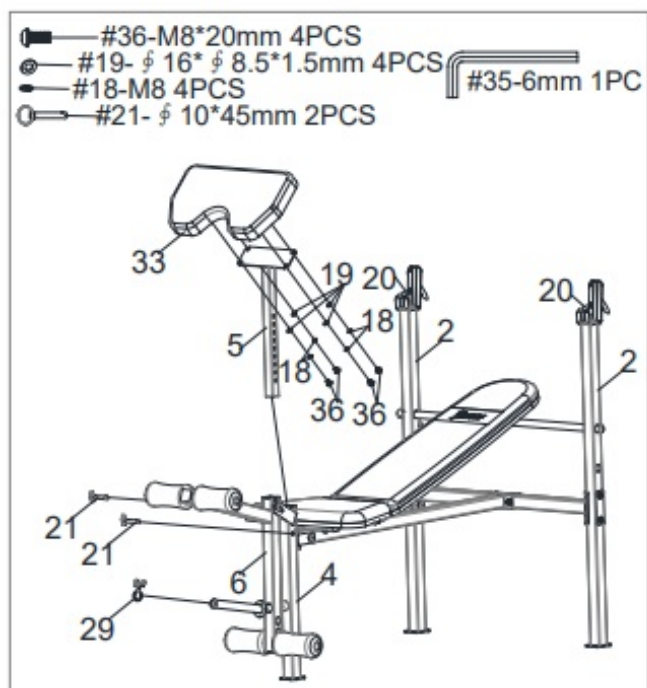
There are 9 height options for the **Adjustable Tube (No. 5)**, pull out the **Safety Pin (No. 21)** to adjust the height desired and re-insert **Safety Pin (No.21)** to secure.

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.



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

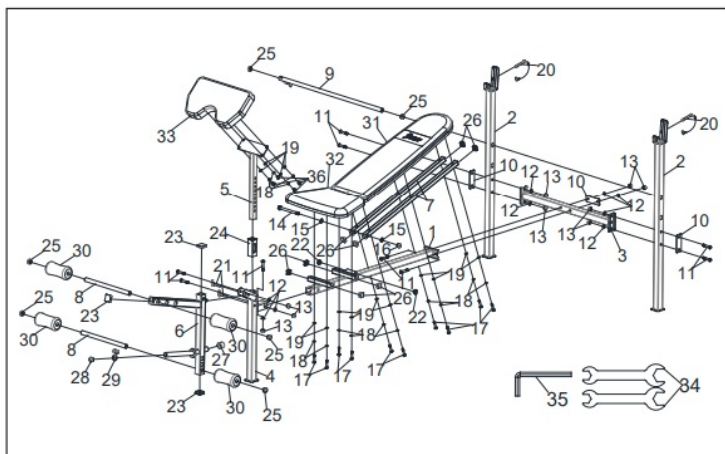
Use damp cloth on plastic parts only, use dry cloth on metal frames. Inspect the metal frame structure of the equipment.

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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.	No.	Description	Spec.	Qty.
1	Main Frame		1	19	Flat Washer	φ 16*8.5*1.5	14
2	Upright Post		2	20	Safety Pin	φ 10*60mm	2
3	Rear Cross Tube		1	21	Safety Pin	φ 10*45mm	2
4	Front Support Tube		1	22	Alloy Wrap		2
5	Adjustable Tube		1	23	Square End Cap	38*38*1.5mm	3
6	Leg Support Tube		1	24	Plastic Bushing		1
7	Backrest Support Tube		2	25	Round End Cap	φ 22*2.0	6
8	Foam Rod		2	26	Square End Cap	25*25*1.5mm	8
9	Angle Adjustable Bar		1	27	Outer Round End Cap	φ 25	1
10	Connection Plate		3	28	Round End Cap	φ 25*2.0	1
11	Hex Socket Head Bolt	M10*60mm	9	29	Spring Clip		1


12	Flat Washer	φ 20*10.5*2.0	9	30	Sponge		4
13	Lock Nut	M10	9	31	Backrest		1
14	Hex Bolt	M12*145mm	1	32	Seat		1
15	Flat Washer	φ 24*12.5*2.0	2	33	Hand Cushion		1
16	Lock Nut	M12	1	34	Wrench	17-19mm	2
17	Hex Socket Head Bolt	M8*45mm	10	35	Allen Wrench	6mm	1
18	Spring Washer	M8	14	36	Hex Socket Head Bolt	M8*20mm	4

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 <p>SUNNY ADJUSTABLE STANDARD INCLINE WEIGHT BENCH WITH LEG DEVELOPER AND PREACHER CURL ATTACHMENT SF-BH623009 USER MANUAL</p>	<p>SUNNY SF-BH623009 Adjustable Standard Incline Weight Bench with Leg Developer [pdf] User Manual</p> <p>SF-BH623009 Adjustable Standard Incline Weight Bench with Leg Developer, SF-BH623009, A djustable Standard Incline Weight Bench with Leg Developer, Standard Incline Weight Bench wi th Leg Developer, Incline Weight Bench with Leg Developer, Bench with Leg Developer, Leg De veloper, Developer</p>
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References

- 🔗 [Build Your Home Gym | Sunny Health & Fitness Workout Equipment | Sunny Health and Fitness](#)

- [🔗 Build Your Home Gym | Sunny Health & Fitness Workout Equipment | Sunny Health and Fitness](#)
- [User Manual](#)

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