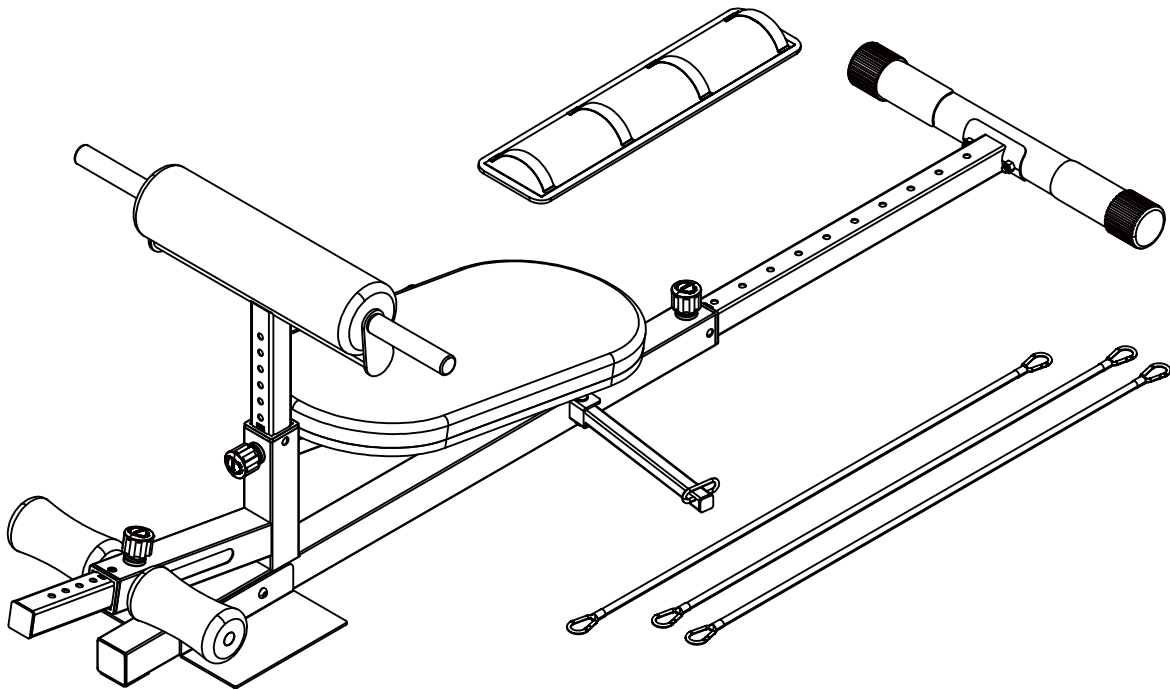




User Manual



Multifunction Core & Glute Trainer

SF-BH625020

EN

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.**

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 condition 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 feet (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 (including user weight): 825 lbs (375 kg).
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 extremely 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.

Statement Of Purpose

The Multifunction Core & Glute Trainer is a multi-purpose workout bench designed to support exercises that target and strengthen the hips, glutes, and core muscle groups.

Waste Disposal



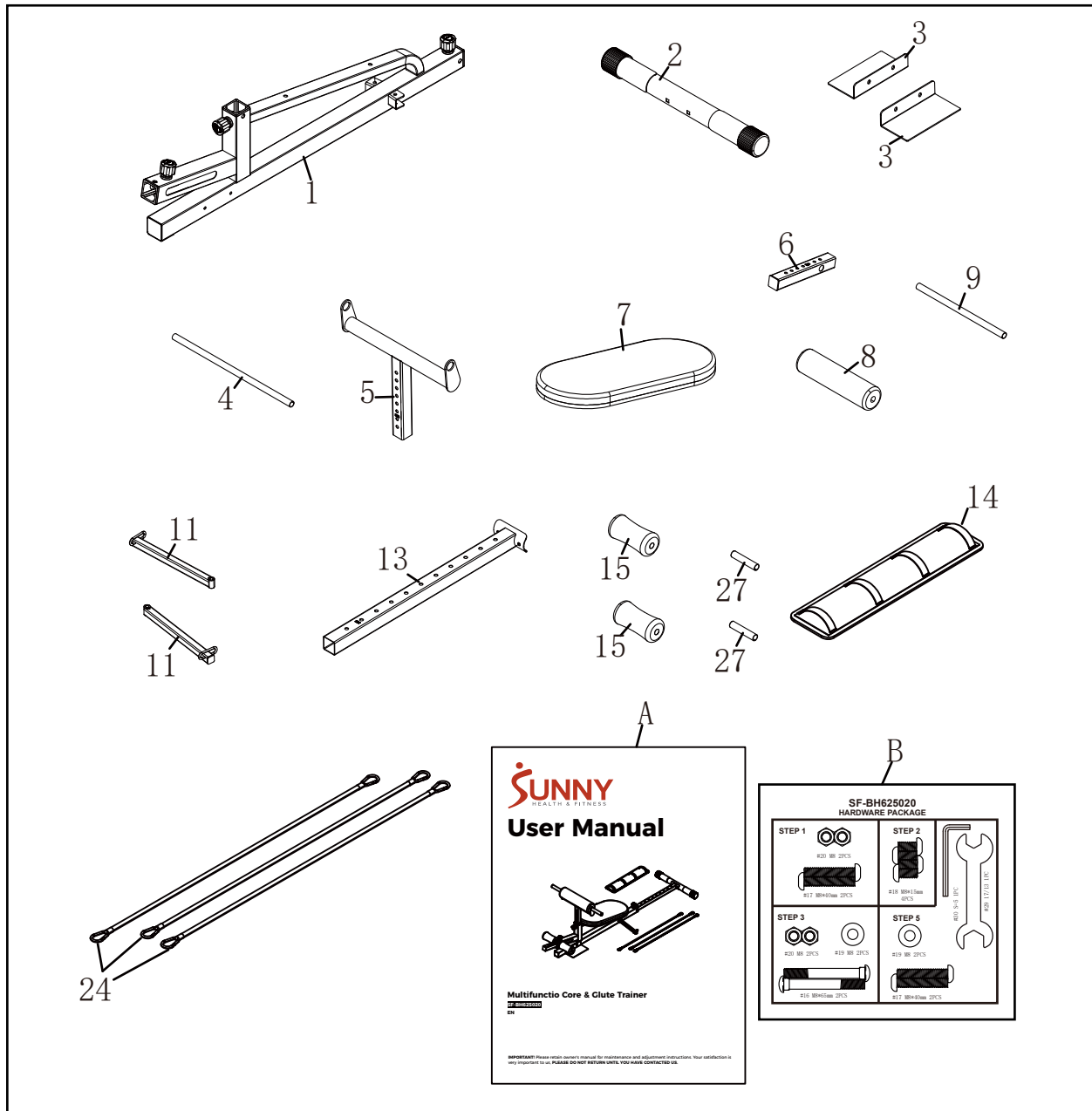
Sunny Health & Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

EU Declaration Of Conformity

You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Pre-Assembly Check List

When you open the carton, you will find the following parts:



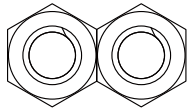
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Foot Plate		2
4	Long Pad Tube		1
5	Support Frame		1
6	Adjustment Foam Pad Frame		1
7	Seat		1
8	Large Foam Pad	D24*D90*380	1
9	Short Pad Tube		1

No.	Description	Spec.	Qty.
11	Resistance Band Frame		2
13	Adjustment Tube		1
14	Lumbar Pad		1
15	Small Foam Pad		2
24	Resistance Band	20LBS	3
27	Handgrip		2
A	Manual		1
B	Hardware Package		1

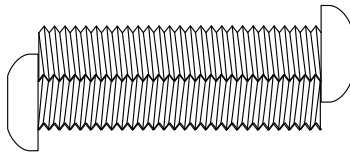
Hardware Package

SF-BH625020 HARDWARE PACKAGE

STEP 1

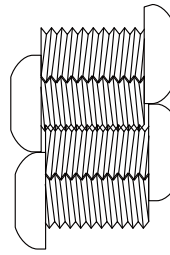


#20 M8 2PCS



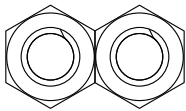
#17 M8*40mm 2PCS

STEP 2

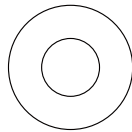


#18 M8*15mm
4PCS

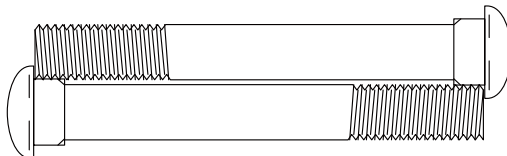
STEP 3



#20 M8 2PCS

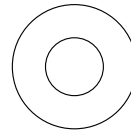


#19 M8 2PCS

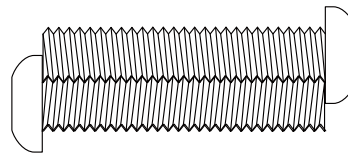


#16 M8*65mm 2PCS

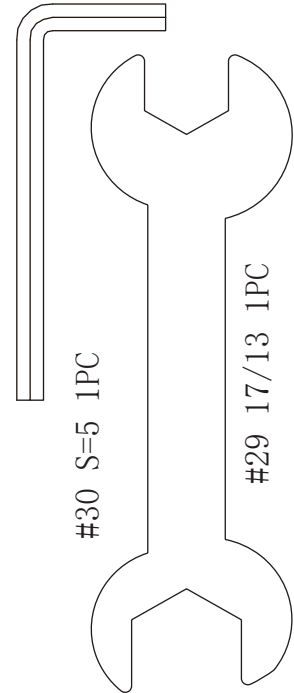
STEP 5



#19 M8 2PCS



#17 M8*40mm 2PCS



#30 S=5 1PC

#29 17/13 1PC

Ordering Replacement Parts

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

- ✓ The model number
- ✓ The product name
- ✓ The part number

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

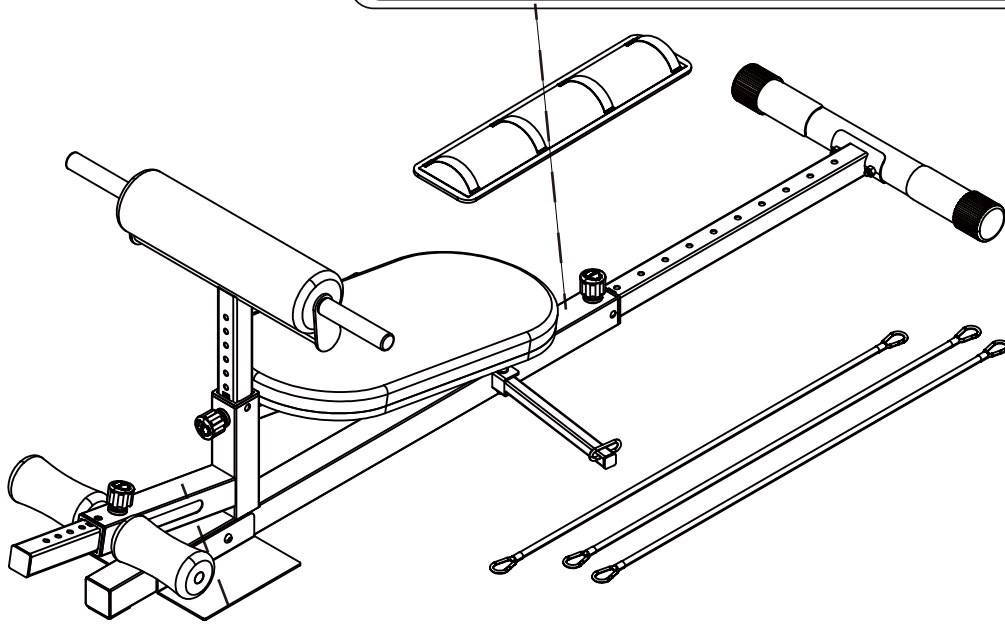
Warning Labels

! WARNING

825LBS/375KG Weight Capacity

Keep children and pets away from equipment when in use.

Failure to comply with these warnings could result in serious injury or death. Please read all warnings and instructions before using the machine. Consult your physician prior to beginning any exercise program. Make sure all nuts and bolts are securely tightened before each use. Follow all the instructions in the manual. For Customer Service, please contact: support@sunnyhealthfitness.com.



MAINTENANCE INSTRUCTIONS

DAILY MAINTENANCE

Inspect and tighten all parts (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.) regularly.

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.

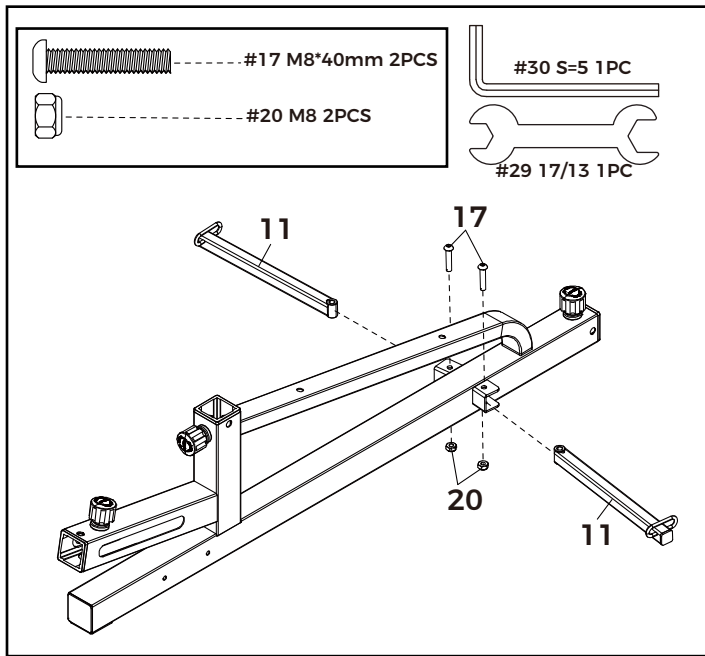
WEEKLY MAINTENANCE

Use damp cloth on plastic parts only, use dry cloth on metal frames.

Inspect the metal frame structure of the equipment.

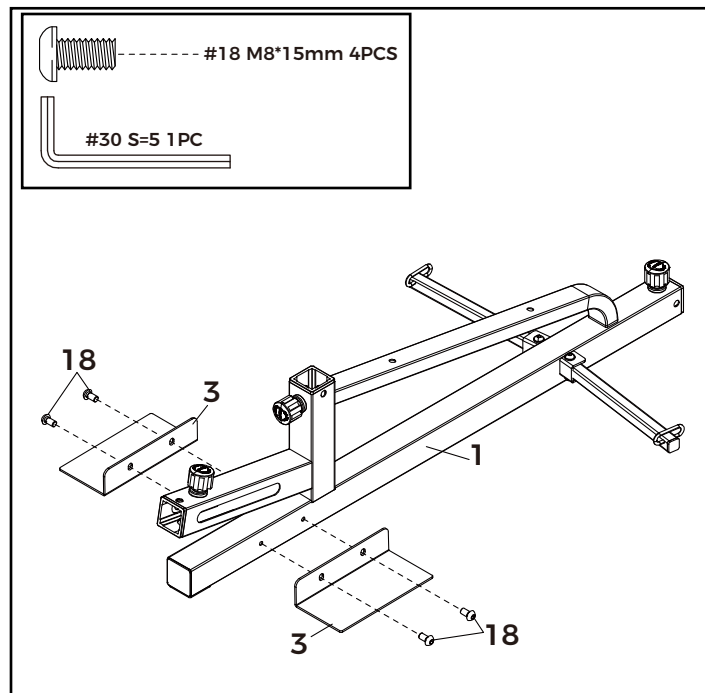
Assembly Instructions

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:

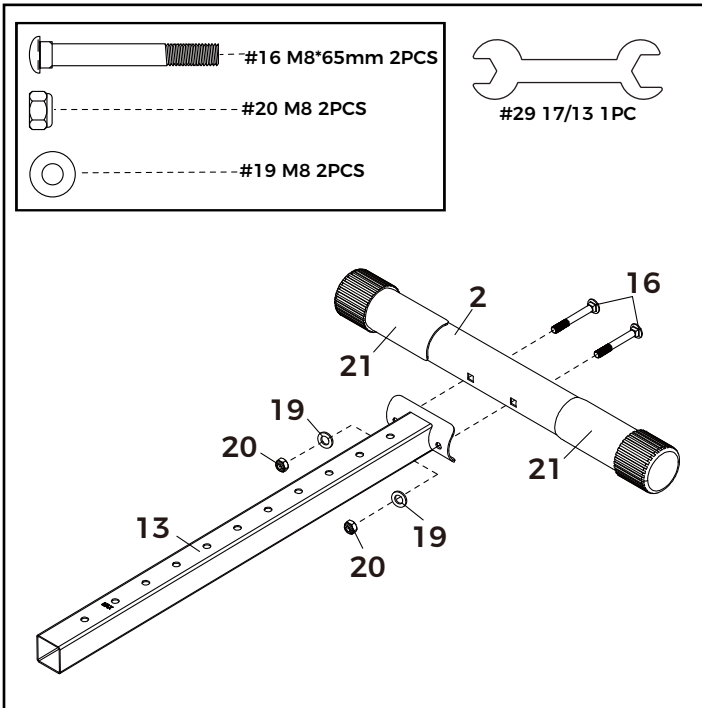
Attach 2 **Resistance Band Frames (No. 11)** to the **Main Frame (No. 1)** with 2 **Bolts (No. 17)** and 2 **Locknuts (No. 20)**. Tighten and secure with **Open End Wrench (No. 29)** and **Allen Wrench (No. 30)**.



STEP 2:

Attach 2 **Foot Plates (No. 3)** to the **Main Frame (No. 1)** with 4 **Bolts (No. 18)**. Tighten and secure with **Allen Wrench (No. 30)**.

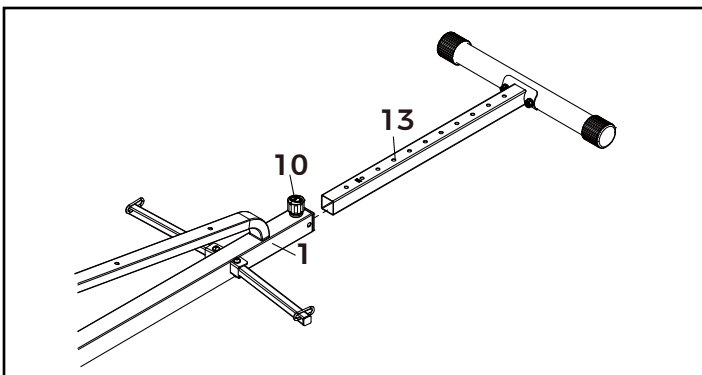
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 3:

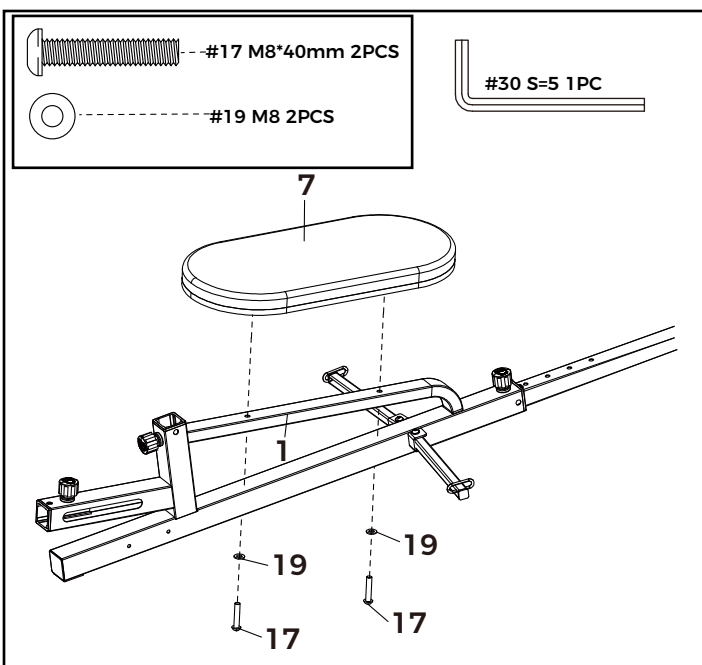
Turn the **Front Stabilizer (No. 2)** to make the **Non-skid Pad (No. 21)** face upward.

Attach the **Front Stabilizer (No. 2)** to the **Adjustment Tube (No. 13)** with 2 **Carriage Bolts (No. 16)**, 2 **Washers (No. 19)** and 2 **Locknuts (No. 20)**. Tighten and secure with **Open End Wrench (No. 29)**.



STEP 4:

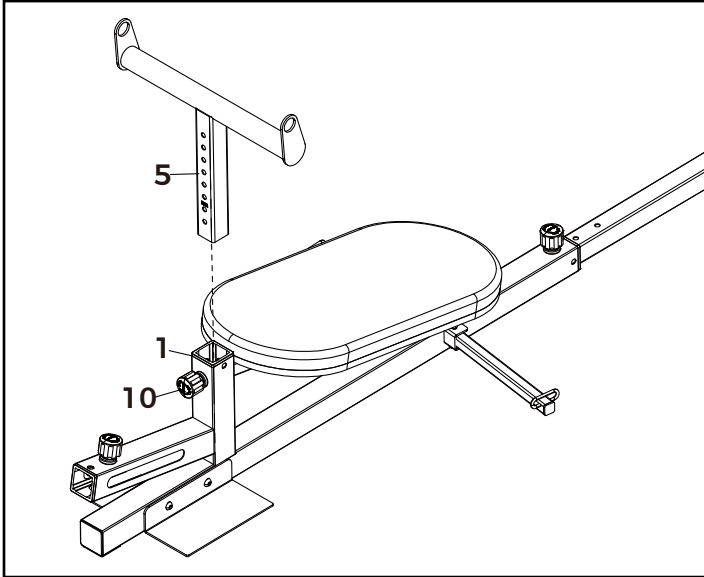
Loosen and pull the **Adjustment Knob (No. 10)** outward, insert the **Adjustment Tube (No. 13)** into the **Main Frame (No. 1)**, adjust the **Adjustment Tube (No. 13)** to the desired length, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the **Adjustment Tube (No. 13)** in place.



STEP 5:

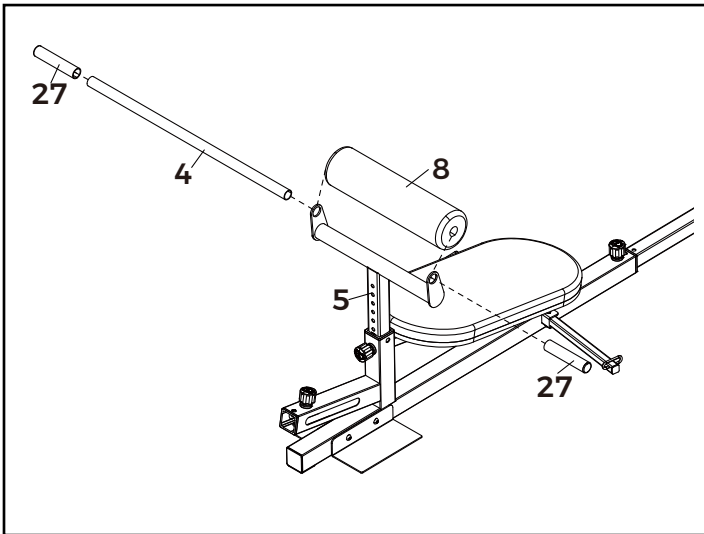
Attach the **Seat (No. 7)** to the **Main Frame (No. 1)** with 2 **Bolts (No. 17)** and 2 **Washers (No. 19)**. Tighten and secure with **Allen Wrench (No. 30)**.

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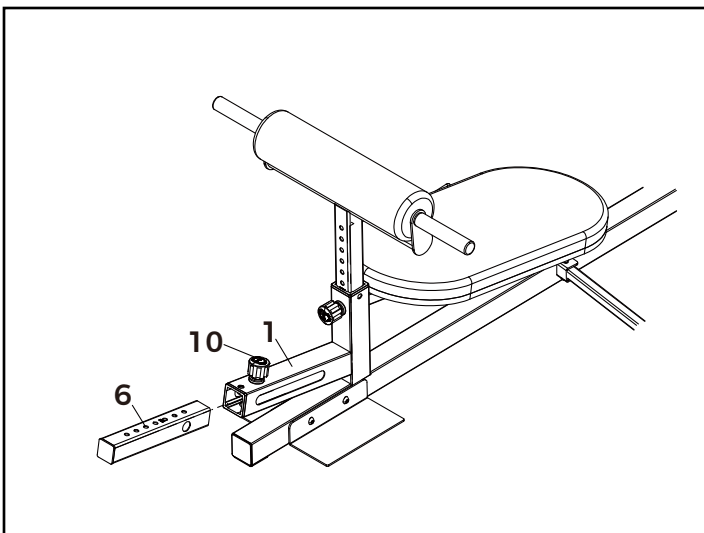
STEP 6:

Loosen and pull the **Adjustment Knob (No. 10)** outward, insert the **Support Frame (No. 5)** into the **Main Frame (No. 1)**, adjust the **Support Frame (No. 5)** to the desired height, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the **Support Frame (No. 5)** in place.



STEP 7:

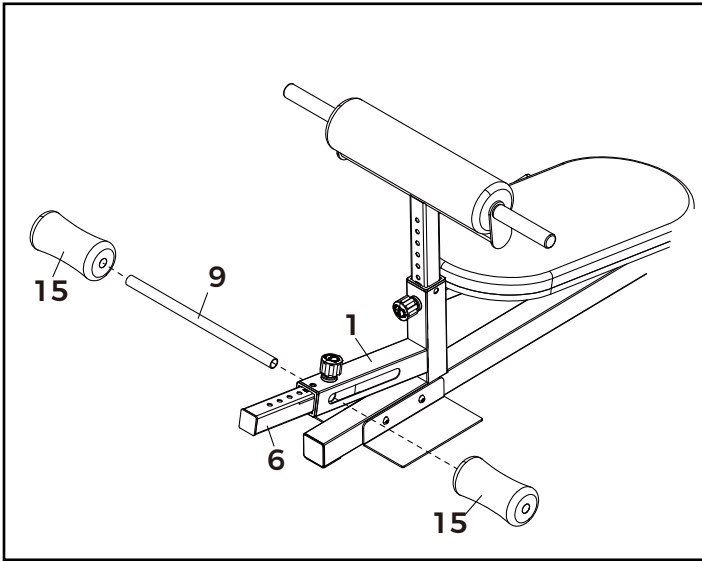
Attach **Large Foam Pad (No. 8)** to the **Support Frame (No. 5)** with 1 **Long Pad Tube (No. 4)** and 2 **Handgrips (No. 27)**.



STEP 8:

Loosen and pull the **Adjustment Knob (No. 10)** outward, insert the **Adjustment Foam Pad Frame (No. 6)** into the **Main Frame (No. 1)**, adjust the **Adjustment Foam Pad Frame (No. 6)** to the desired position, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the **Adjustment Foam Pad Frame (No. 6)** in place.

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).

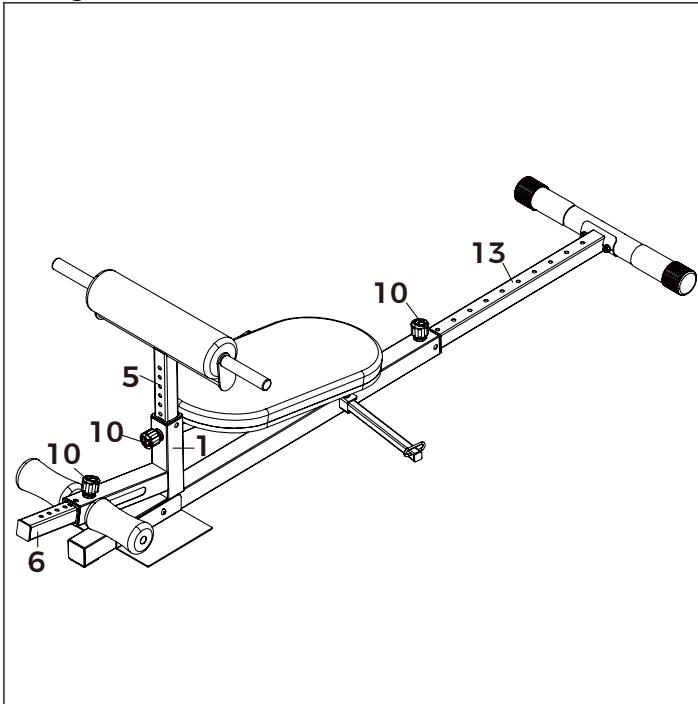


STEP 9:

Insert **Short Pad Tube (No. 9)** into the **Adjustment Foam Pad Frame (No. 6)**. Then slide **2 Small Foam Pads (No. 15)** onto the both sides of **Short Pad Tube (No. 9)**.

THE ASSEMBLY IS COMPLETE!

Adjustment Instructions

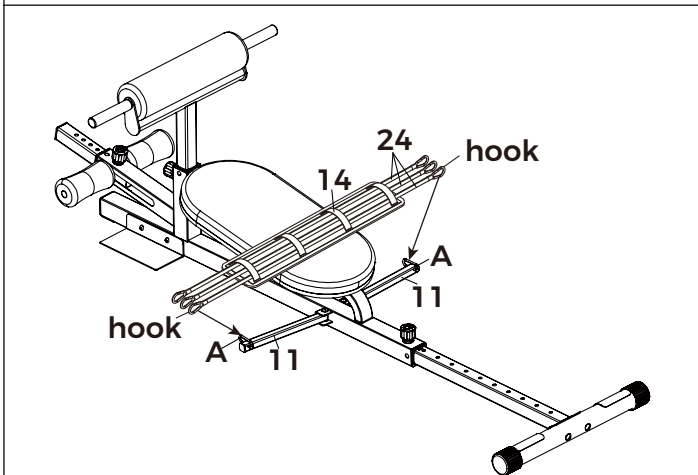


Adjusting The Support Frame, Adjustment Foam Pad Frame and Adjustment Tube

To adjust the height of the **Support Frame (No. 5)**, loosen and pull the **Adjustment Knob (No. 10)** outward, then raise or lower the **Support Frame (No. 5)** to the desired height. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the **Support Frame (No. 5)** in place.

To adjust the position of the **Adjustment Foam Pad Frame (No. 6)**, loosen and pull the **Adjustment Knob (No. 10)** outward, then slide the **Adjustment Foam Pad Frame (No. 6)** to the desired position. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the **Adjustment Foam Pad Frame (No. 6)** in place.

To adjust the length of the **Adjustment Tube (No. 13)**, loosen and pull the **Adjustment Knob (No. 10)** outward, then slider the **Adjustment Tube (No. 13)** to the desired length. Once adjusted, re-insert and tighten the **Adjustment Knob (No. 10)** to secure the **Adjustment Tube (No. 13)** in place.



Usage for the Resistance Bands and the Lumbar Pad

To add resistance, insert **3 Resistance Bands (No. 24)** through the **Lumbar Pad (No. 14)**. Attach the hooks on the **3 Resistance Bands (No. 24)** to Part A of the **2 Resistance Band Frames (No. 11)**.

When the **Lumbar Pad (No. 14)** is not in use, remove the **3 Resistance Bands (No. 24)** from the **2 Resistance Band Frames (No. 11)**.

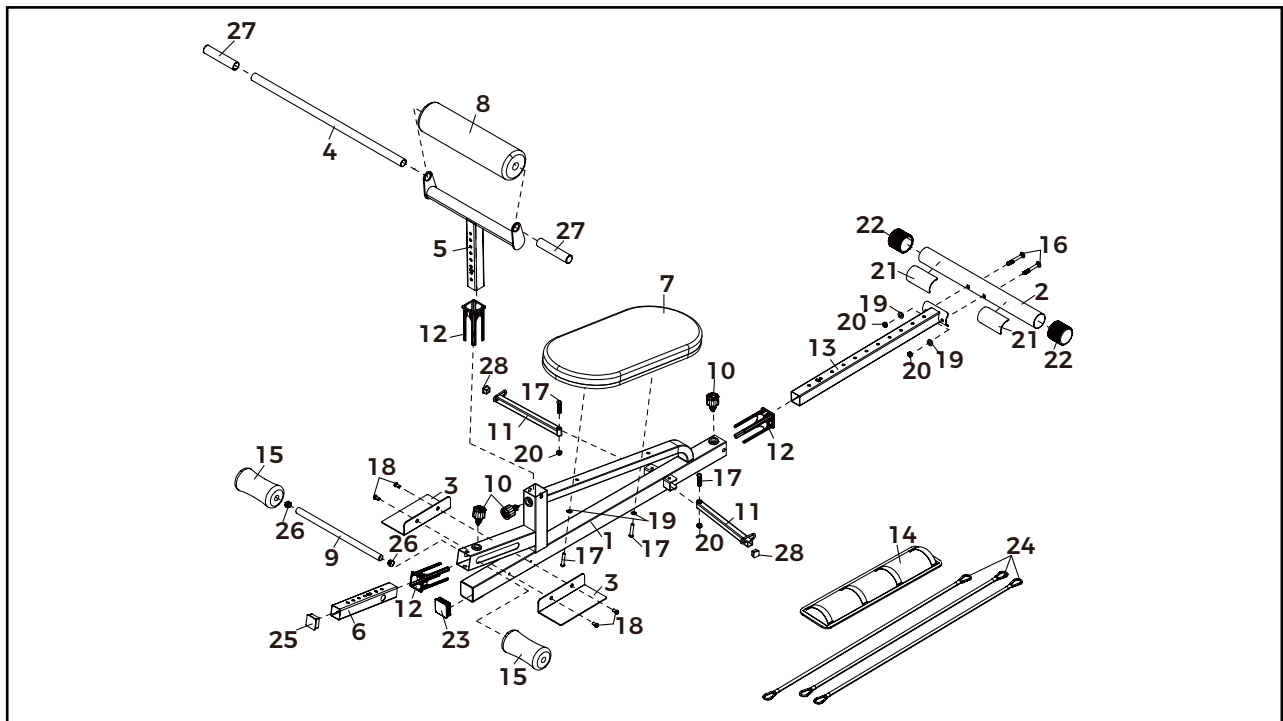


Download SunnyFit - For Home Fitness:



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 1



Parts List

No.	Description	Spec.	Qty
1	Main Frame		1
2	Front Stabilizer		1
3	Foot Plate		2
4	Long Pad Tube		1
5	Support Frame		1
6	Adjustment Foam Pad Frame		1
7	Seat		1
8	Large Foam Pad	D24*D90*380	1
9	Short Pad Tube		1
10	Adjustment Knob	M16*1.5	3
11	Resistance Band Frame		2
12	Sleeve	F50*1.5-F38, L=119	3
13	Adjustment Tube		1
14	Lumbar Pad		1
15	Small Foam Pad	D18*D80*150	2

No.	Description	Spec.	Qty
16	Carriage Bolt	M8*65mm	2
17	Bolt	M8*40mm	4
18	Bolt	M8*15mm	4
19	Washer	M8	4
20	Locknut	M8	4
21	Non-skid Pad		2
22	End Cap	D50	2
23	Square Cap	50mm	1
24	Resistance Band	20LBS	3
25	Square Cap	38mm	1
26	Round Cap	19mm	2
27	Handgrip		2
28	Square Cap	20mm	1
29	Open End Wrench	S17/S13	1
30	Allen Wrench	S5	1

Version: 1.0

Register

Register your product and verify warranty terms:
[Sunnyhealthfitness.com/warranty](https://www.sunnyhealthfitness.com/warranty)



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📞 1-877-90SUNNY (877-907-8669)

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