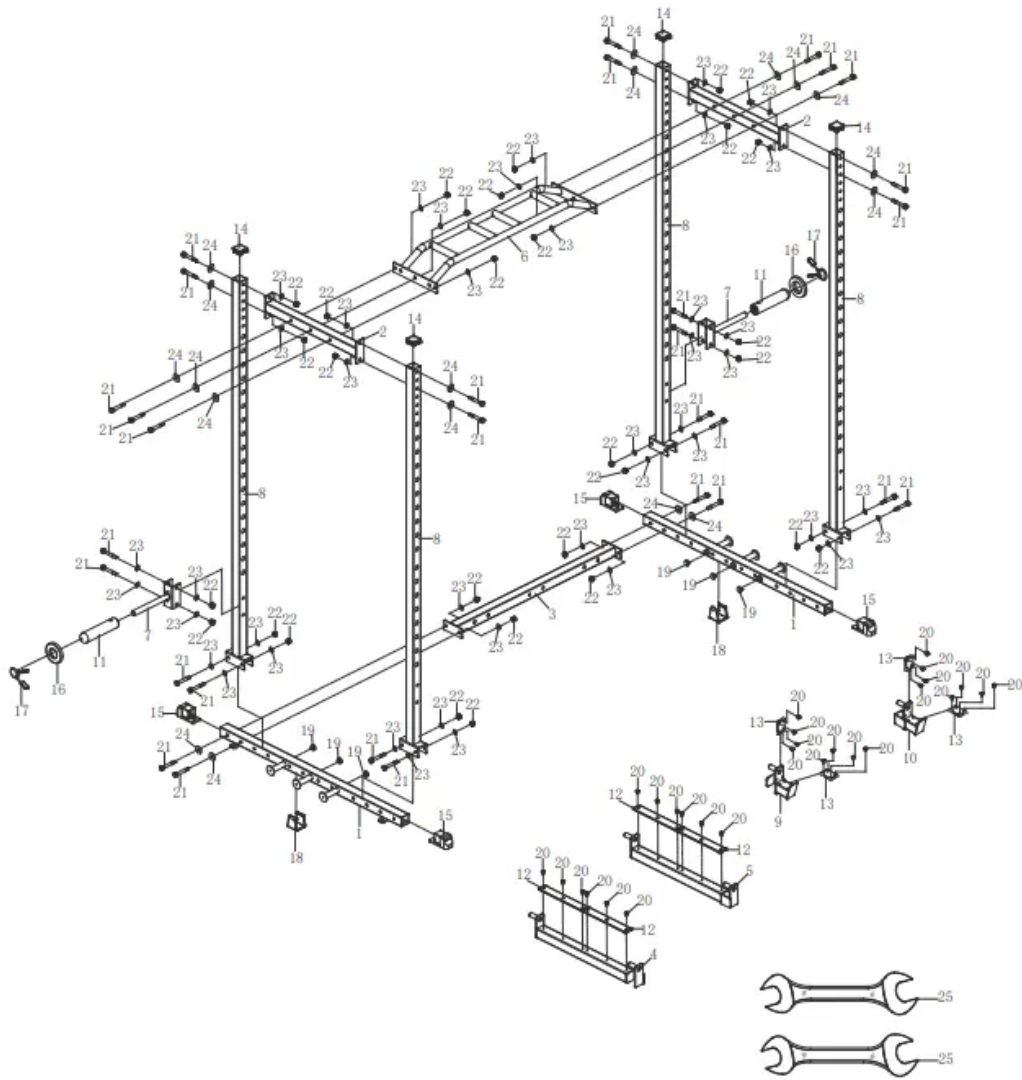
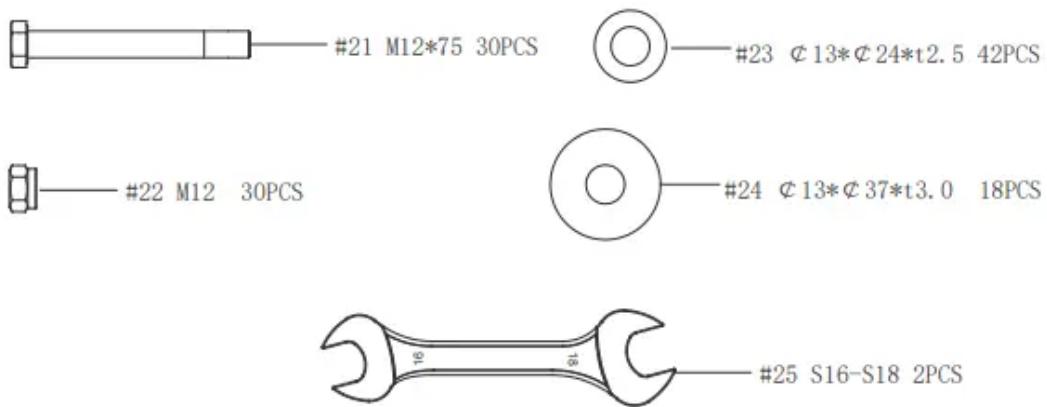


EXPLODED DIAGRAM



HARDWARE PACKAGE



PARTS LIST



No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Stabilizer		2	14	Square End Cap	50*50*t2.0	4
2	Top Connecting Frame		2	15	End Cap	115*50	4
3	Bottom Connecting Frame		1	16	Crash Pad	∅ 80*∅ 50*t16	2
4	Right Safety Bar		1	17	Spring Clip	∅ 48	2
5	Left Safety Bar		1	18	U Shape Foot Strap	50*50*t5.0	2
6	Pull Up Bar		1	19	Round End Cap	∅ 25	6
7	Counterweight Rod		2	20	Cross Recessed Countersunk Head Screw	M6*10	28
8	Upright Post		4	21	Hexagon Bolt	M12*75	30
9	Right Hook		1	22	Hex Lock Nut	M12	30
10	Left Hook		1	23	Flat Washer	∅ 13*∅ 24*t2.5	42
11	Barbell Support Rod	∅ 100*∅ 48*200	2	24	Flat Big Washer	∅ 13*∅ 37*t3.0	18
12	Rubber Padding	290*45*t5.0	4	25	Open End Wrench	S16-S18	2
13	Rubber Padding	75*50*t5.0	4				

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:

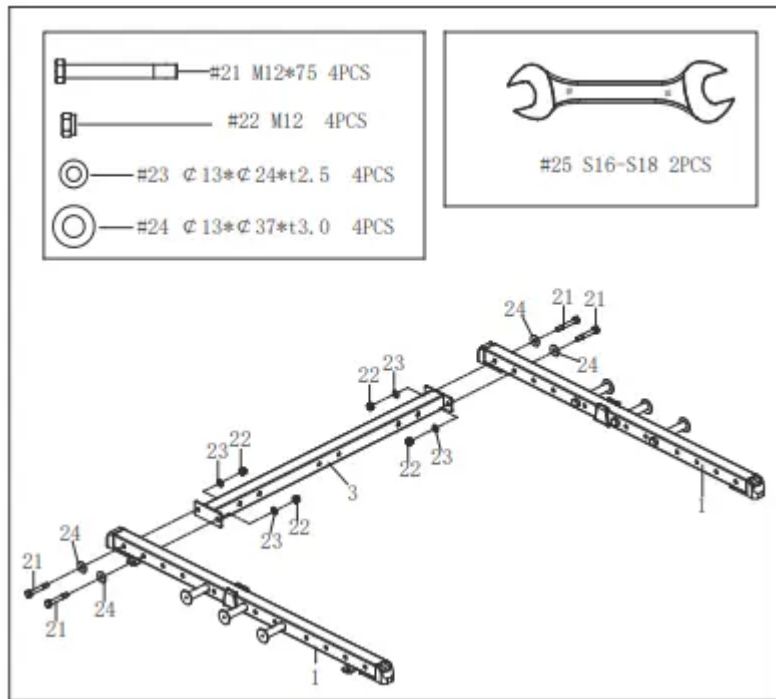
- The model number (found on cover of manual)
- The product name (found on cover of manual)
- The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

ASSEMBLY INSTRUCTIONS

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting

STEP 1:

Attach 2 **Stabilizers (No. 1)** onto **Bottom Connecting Frame (No. 3)** using 4 **Hexagon Bolts (No. 21)**, 4 **Hex Lock Nuts (No. 22)**, 4 **Flat Washers (No. 23)** and 4 **Flat Big Washers (No. 24)**. Secure with **Open End Wrenches (No. 25)**. Do not tighten the 4 **Hexagon Bolts (No. 21)** during this step.

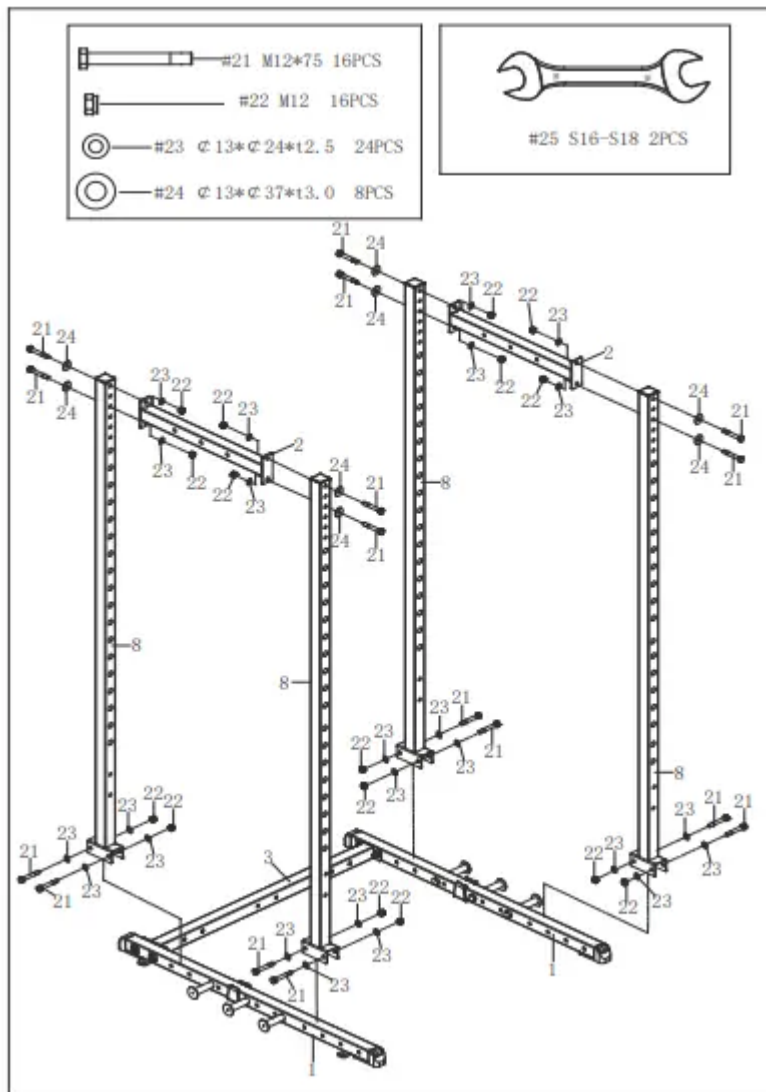


STEP 2:

Attach 2 **Stabilizers (No. 1)** onto 4 **Upright Posts (No. 8)** using 8 **Hexagon Bolts (No. 21)**, 8 **Hex Lock Nuts (No. 22)** and 16 **Flat Washer (No. 23)**. Secure with **Open End Wrench (No. 25)**. Do not tighten the 8 **Hexagon Bolts (No. 21)** during this step.

Attach 4 **Upright Posts (No. 8)** onto 2 **Top Connecting Frames (No. 2)** using 8 **Hexagon Bolts (No. 21)**, 8 **Hex Lock Nuts (No. 22)**, 8 **Flat Washers (No. 23)** and 8 **Flat Big Washers (No. 24)**. Secure with **Open End Wrench (No. 25)**. Do not tighten the 8 **Hexagon Bolts (No. 21)** during this step.

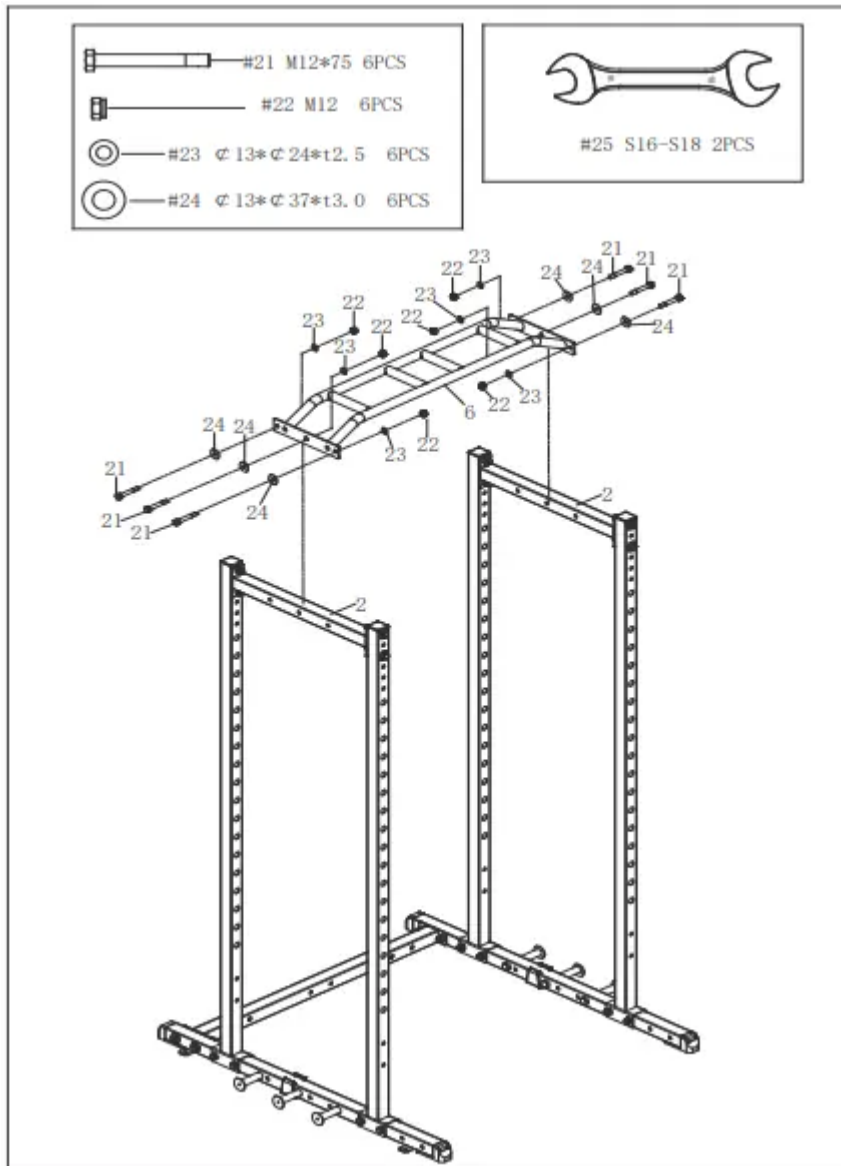




STEP 3:

Attach **Pull Up Bar (No. 6)** onto 2 **Top Connecting Frames (No. 2)** using 6 **Hexagon Bolts (No. 21)**, 6 **Hex Lock Nuts (No. 22)**, 6 **Flat Washers (No. 23)** and 6 **Flat Big Washers (No. 24)**. Secure with **Open End Wrench (No. 25)**.

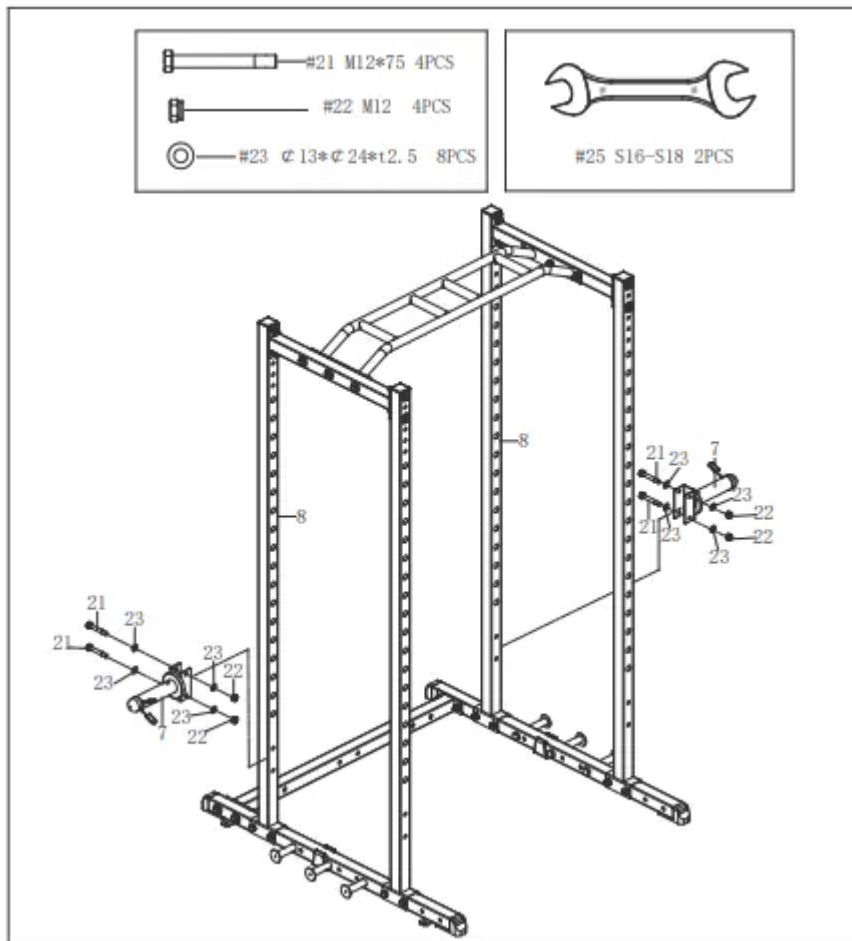
Now you can tighten all the **Hexagon Bolts (No. 21)** from **STEP 1 & STEP 2**.



STEP 4:

Insert 2 **Counterweight Rods (No. 7)** onto 2 **Upright Posts (No. 8)** using 4 **Hexagon Bolts (No. 21)**, 4 **Hex Lock Nuts (No. 22)** and 8 **Flat Washers (No. 23)**. Tighten and secure with **Open End Wrench (No. 25)**.





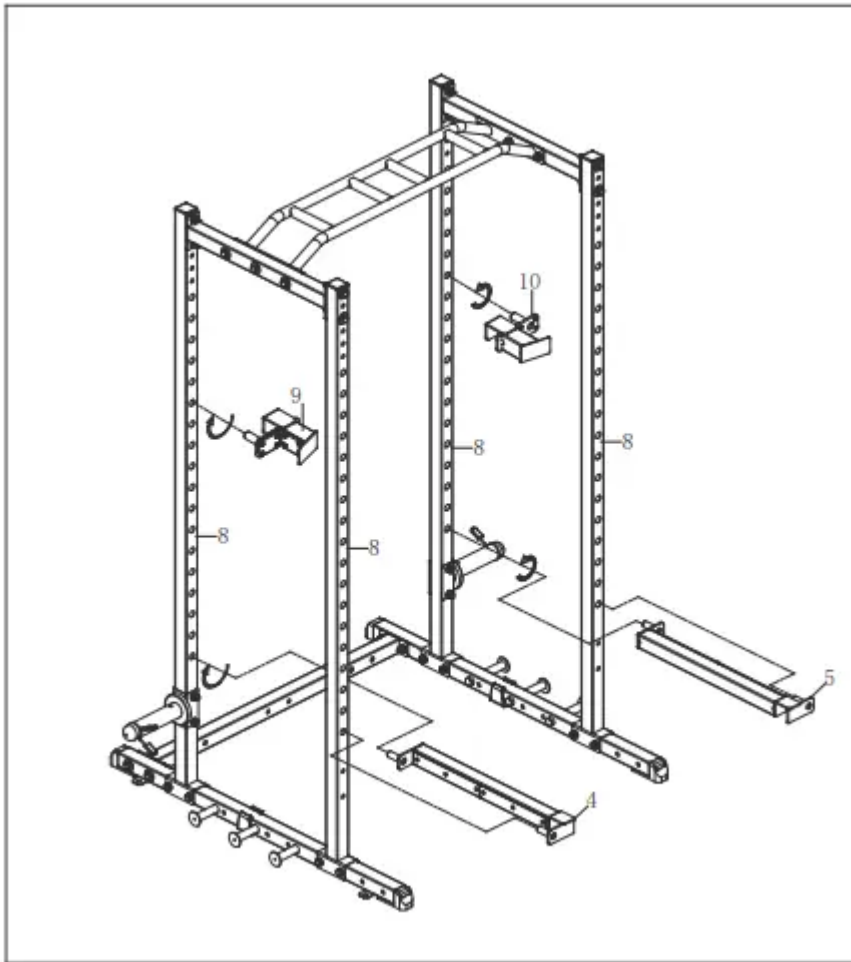
STEP 5:

Insert **Right Safety Bar (No. 4)** into **Upright Post (No. 8)** on the left. Turn the **Right Safety Bar (No. 4)** as the arrow showed on the left picture to tighten.

Insert **Left Safety Bar (No. 5)** into **Upright Post (No. 8)** on the right. Turn the **Left Safety Bar (No. 5)** as the arrow showed on the left picture to tighten.

Insert **Right Hook (No. 9)** into **Upright Post (No. 8)** on the left. Turn the **Right Hook (No. 9)** as the arrow showed on the picture to tighten.

Insert **Left Hook (No. 10)** into **Upright Post (No. 8)** on the right. Turn the **Left Hook (No. 10)** as the arrow showed on the left picture to tighten.



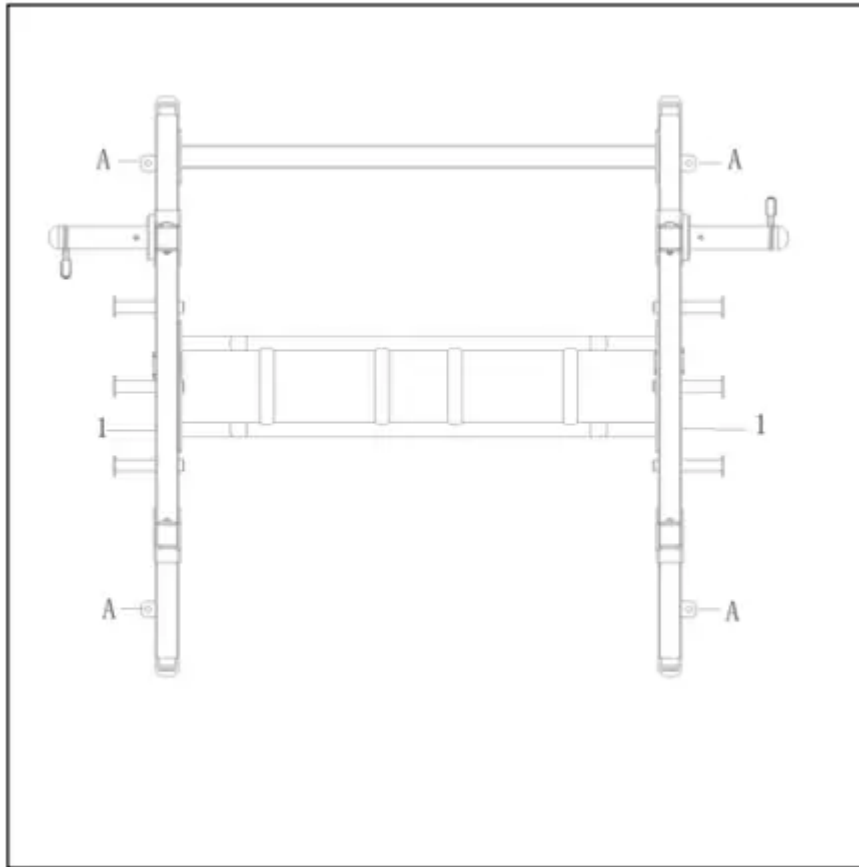
STEP 6:

WARNING: Please ensure sufficient weights are on the power zone strength rack and the power zone strength rack is bolted to the ground before using the resistance bands.

*NOTE: **013 Wood Screws** and **Expansion Bolts** are not included.

If the ground is made of wood material, secure the 4 **Connecting Pieces (No. A)** on **Stabilizers (No. 1)** to the ground using 4 **013 Wood Screws** to bolt the power zone strength rack.

If the ground is cement ground, please mark the holes on the 4 **Connecting Pieces (No. A)**, then remove the power zone strength rack, drill the holes and install 4 **Expansion Bolts** into the ground. Move the power zone strength rack back, align the holes with 4 **Connecting Pieces (No. A)** to the 4 **Expansion Bolts** and tighten them to bolt the power zone strength rack.

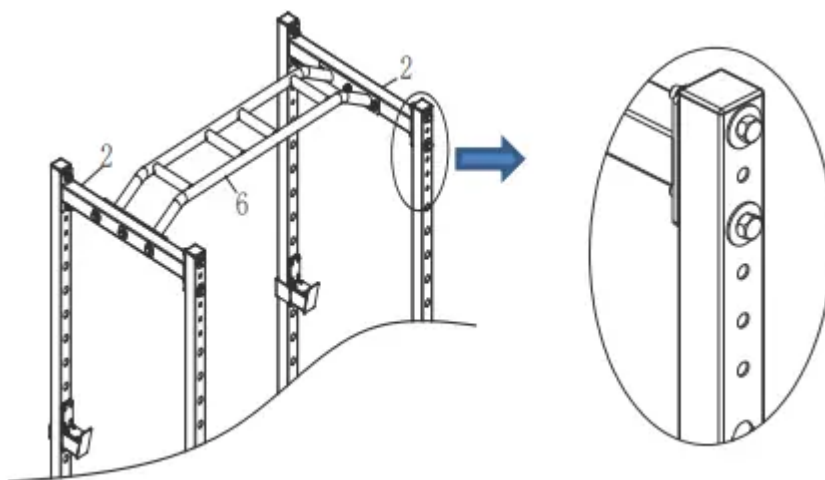


ADJUSTMENTS & USAGE GUIDE

ADJUSTING THE PULL UP BAR

The height of **Pull Up Bar (No. 6)** can be adjusted by changing the position of **Top Connecting Frame (No. 2)**.

Adjustment step: repeat the installation steps of **Top Connecting Frame (No. 2)** in **STEP 2 & STEP 3**.

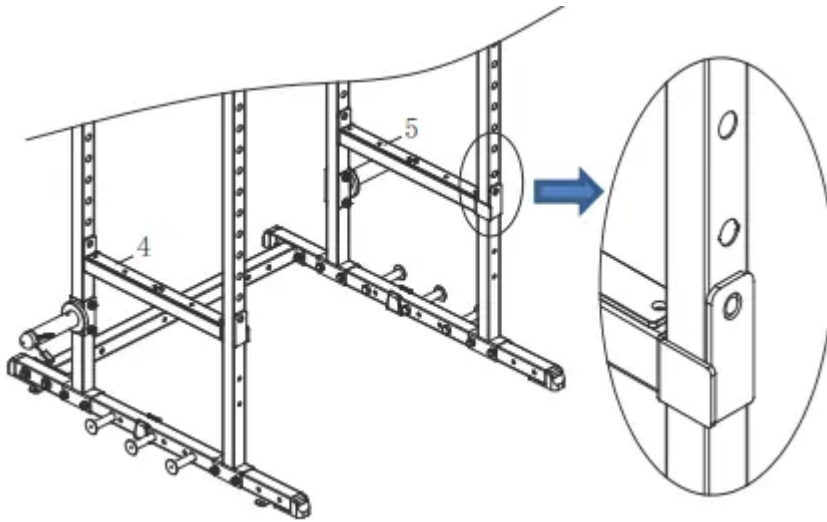


ADJUSTING THE SAFETY BAR

The height of the **Left & Right Safety Bars (No. 5 & No. 4)** can be adjusted.

Please ensure the **Left & Right Safety Bars (No. 5 & No. 4)** are the same height.

Adjustment steps: repeat the installation of **Left & Right Safety Bars (No. 5 & No. 4)** in **STEP 5**.

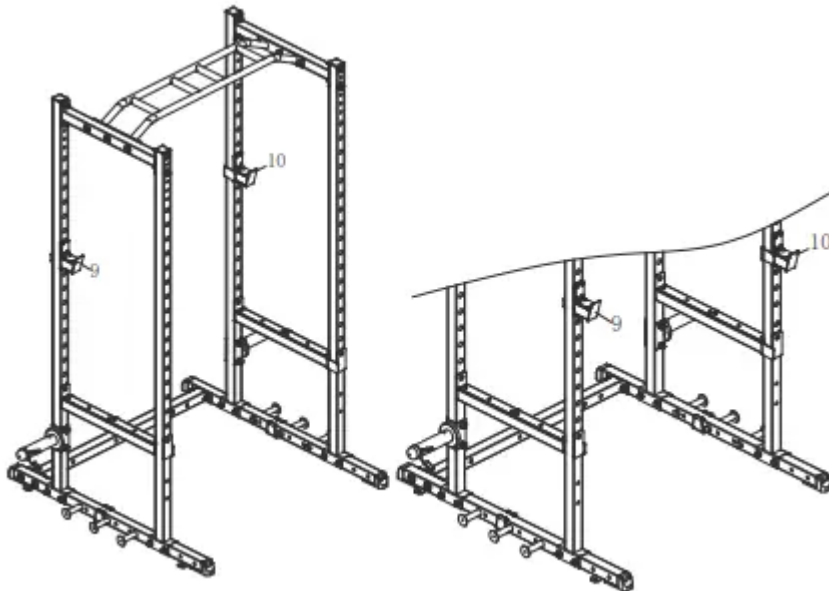


ADJUSTING THE HOOK

Left & Right Hooks (No. 10 & No. 9) can be installed on the rear **Upright Post (No. 8)** or on the front **Upright Post (No. 8)**.

Please ensure the **Left & Right Hooks (No. 10 & No. 9)** are the same height.

Adjustment steps: repeat the installation of **Left & Right Hooks (No. 10 & No. 9)** in **STEP 5**.



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.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.