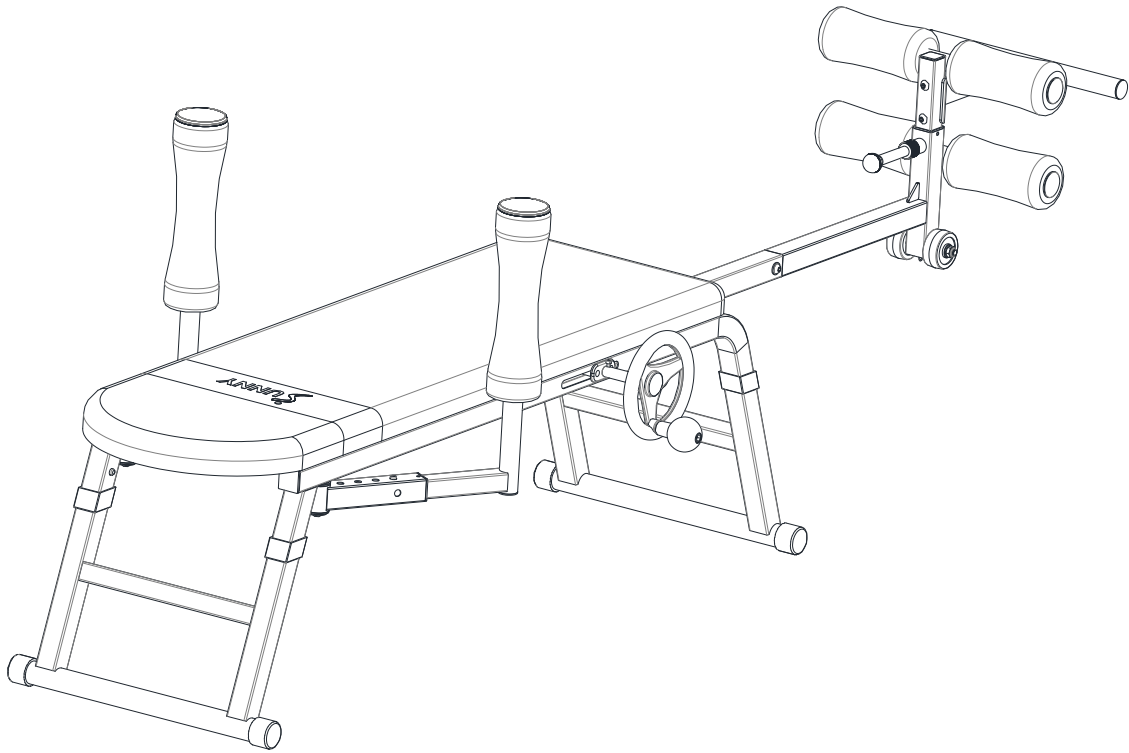




User Manual



Traction & Stretch Decompression Table

SF-BH623052

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 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 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 of this unit is 400 lbs (180 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 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.

Statement of Purpose

The Traction & Stretch Decompression Table is designed to help relieve back pain, improve posture, and reduce pressure on the spine through gentle inversion and stretching. It provides a safe, non-invasive way to relax muscles and decompress the spine, making it ideal for people dealing with stiffness, muscle tension, or spinal discomfort.

Waste Disposal



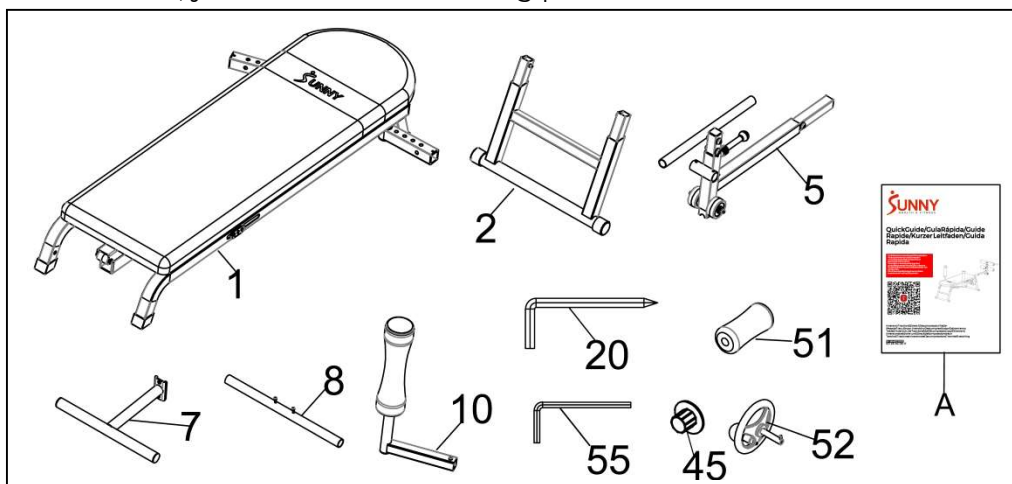
Sunny Health & Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

EU Declaration of Conformity

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

Pre-Assembly Checklist

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



No.	Description	Spec.	Qty.
1	Main Frame		1
2	Base Rack		2
5	Foot Holder		1
7	Heel Holder		1
8	Foam Rod		1
10	Arm Holder		2

No.	Description	Spec.	Qty.
20	Allen Wrench	6mm	1
45	End Cap	34*20/22*1.5mm	4
51	Foam Roller		4
52	Crank Wheel		1
55	Allen Wrench	3mm	1
A	Manual		1

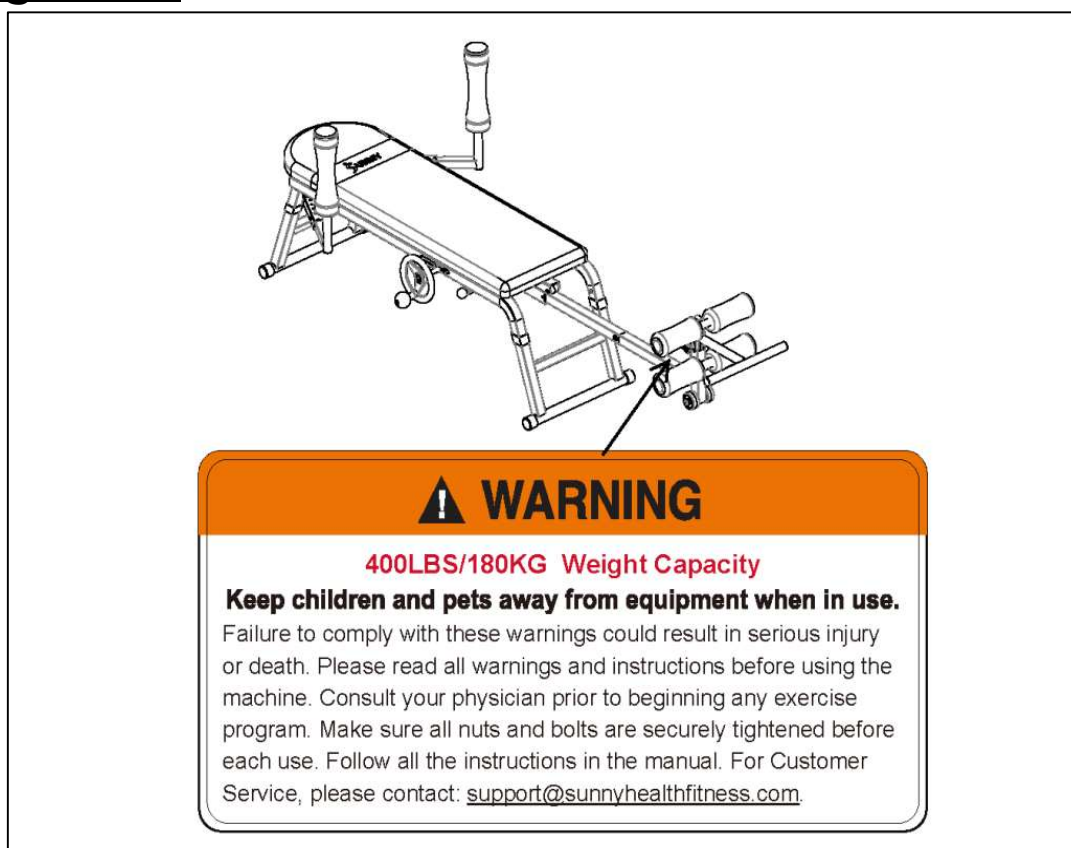
Ordering Replacement Parts

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

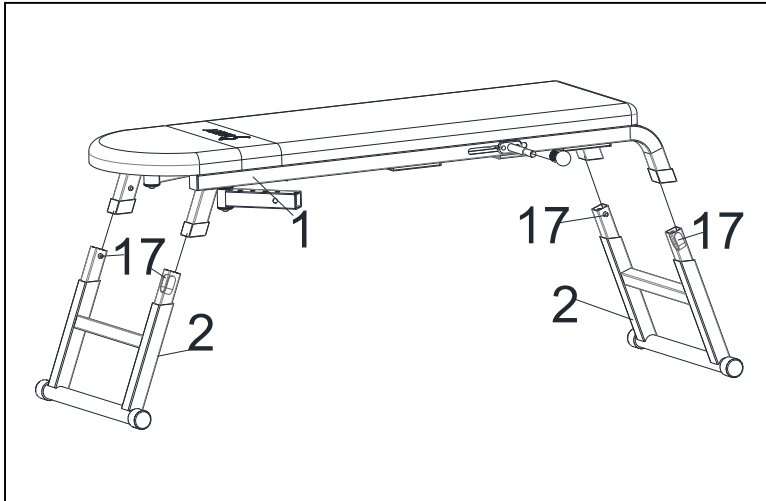
Please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

Warning Labels



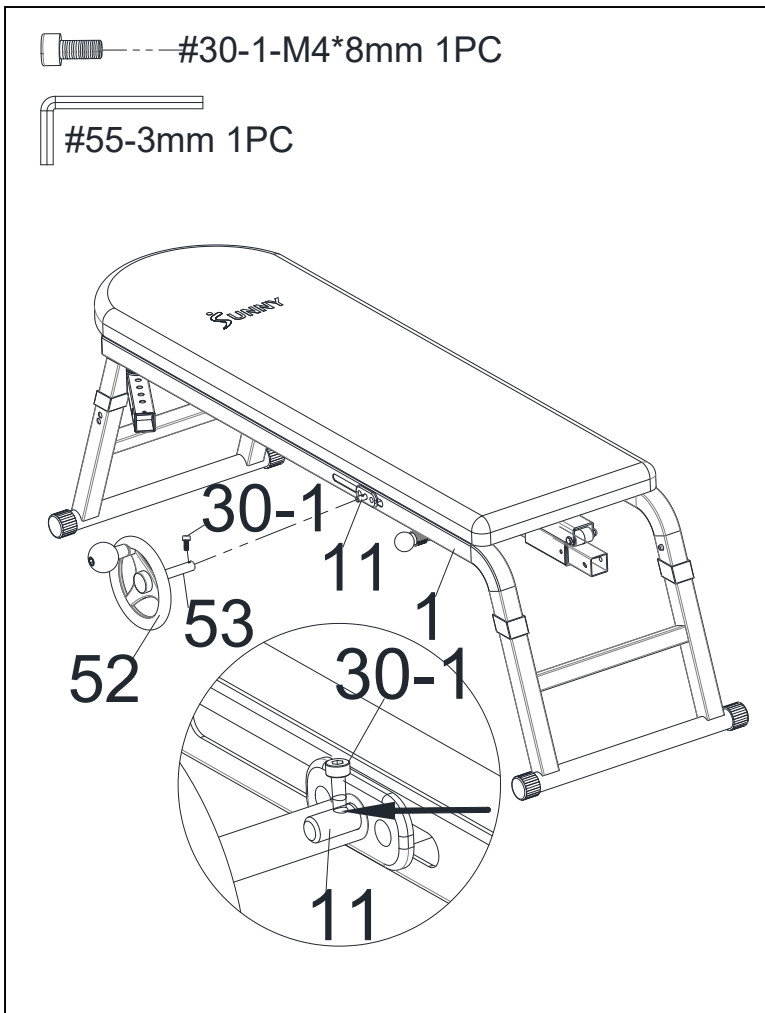
Assembly Instructions

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 **Base Racks (No. 2)** to the assembled **Main Frame (No. 1)** respectively by pressing the 4 **Spring Buttons (No. 17)** on 2 **Base Racks (No. 2)** to secure.

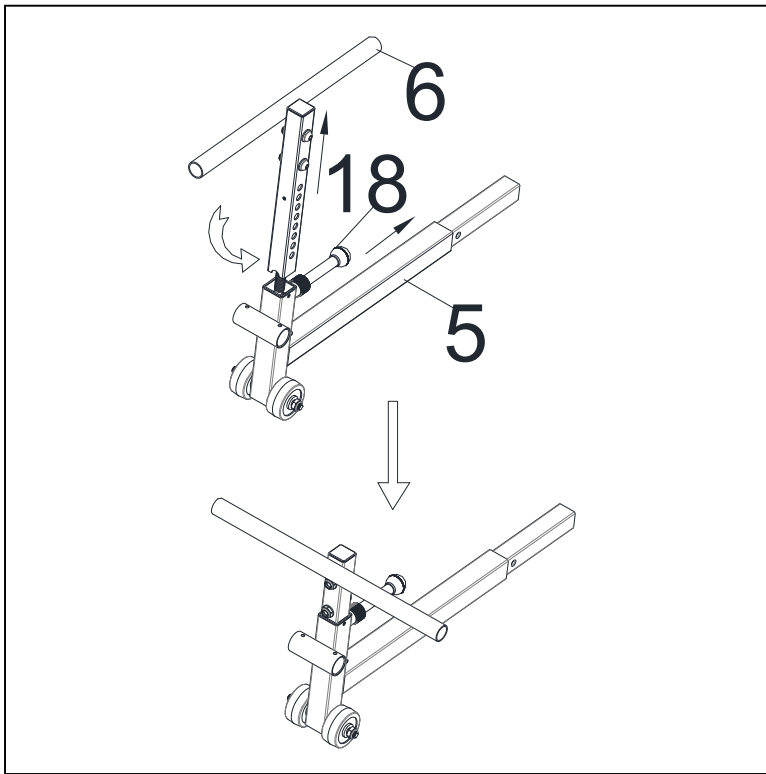


STEP 2:

Remove the pre-assembled **Round Head Hex Bolt (No. 30-1)** from the **Drive Screw (No. 11)** by using 3mm **Allen Wrench (No. 55)**.

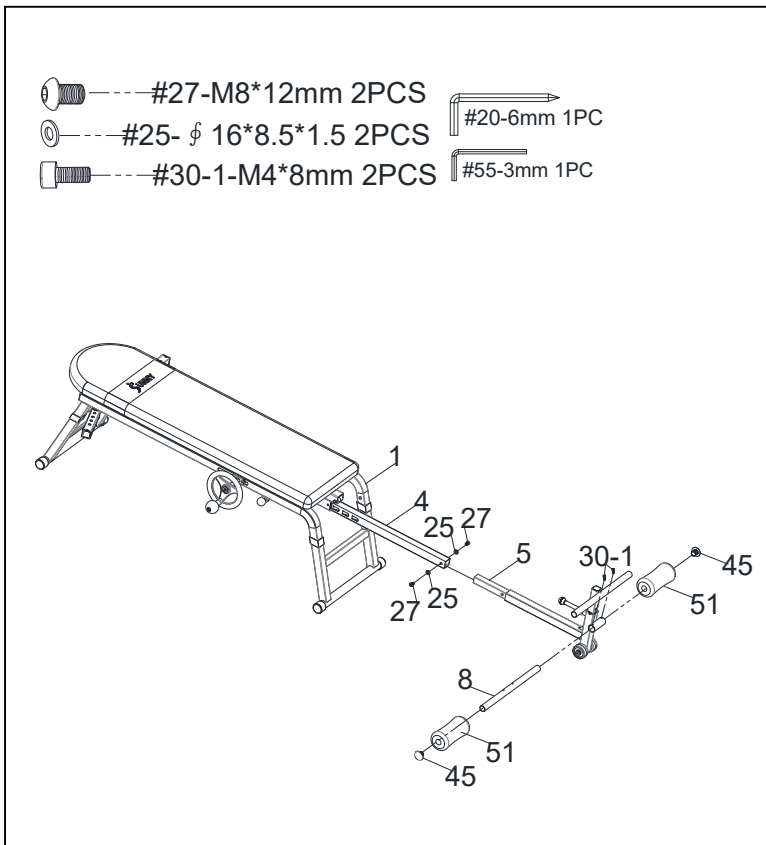
Insert **Crank Wheel (No. 52)** onto the **Drive Screw (No. 11)** on the **Main Frame (No. 1)** and tighten with 1 **Round Head Hex Bolt (No. 30-1)** using the 3mm **Allen Wrench (No. 55)**.

REMARK: The **Round Head Hex Bolt (No. 30-1)** should be aligned and tightened on the hole of the **Drive Screw (No. 11)** showed as the arrow.



STEP 3:

Pull out the **Foot Pull Pin (No. 18)** and pull out the **Foot Post (No. 6)** from the **Foot Holder (No. 5)**. Turn the **Foot Post (No. 6)** so that the adjustable holes are facing the **Foot Pull Pin (No. 18)**. When you finish the desired position adjustments, release the **Foot Pull Pin (No. 18)** and allow it to settle into the hole on **Foot Post (No. 6)** to lock it in place. There are 8 different adjustments for using requirement.



STEP 4:

Remove 2 pre-assembled **Hex Socket Head Bolts (No. 27)** and 2 **Flat Washers (No. 25)** from the **Foot Holder (No. 5)** using the **Allen Wrench (No. 20)**.

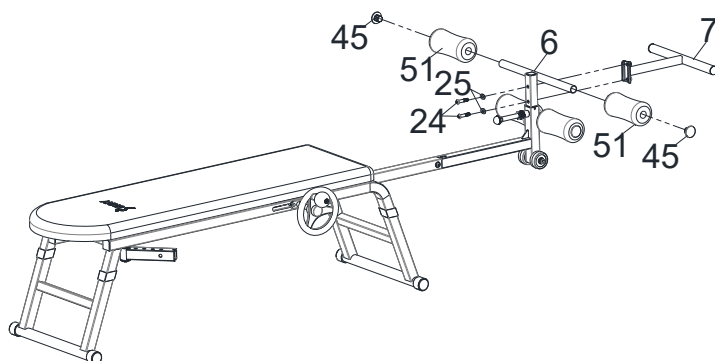
Insert the **Foot Holder (No. 5)** to the **Adjustable Tube (No. 4)** and tighten with 2 **Hex Socket Head Bolts (No. 27)** and 2 **Flat Washers (No. 25)** using **Allen Wrench (No. 20)**.

Remove 2 pre-assembled **Round Head Hex Bolt (No. 30-1)** from the **Foam Rod (No. 8)** using the 3mm **Allen Wrench (No. 55)**.

Insert the **Foam Rod (No. 8)** to the tube on the rear of the **Foot Holder (No. 5)**. Align the hole and tighten with **Round Head Hex Bolts (No. 30-1)** by using the 3mm **Allen Wrench (No. 55)**. Insert 2 **Foam Rollers (No. 51)** and 2 **End Caps (No. 45)** onto the both ends of **Foam Rod (No. 8)**.

 #24-M8*40mm 2PCS
 #25-φ 16*8.5*1.5 2PCS

 #20-6mm 1PC



STEP 5:

Remove 2 pre-assembled **Hex Socket Head Bolts (No. 24)** and 2 **Flat Washers (No. 25)** from the **Heel Holder (No. 7)** by using the **Allen Wrench (No. 20)**.

Attach **Heel Holder (No. 7)** to **Foot Post (No. 6)** using 2 **Hex Socket Head Bolts (No. 24)** and 2 **Flat Washers (No. 25)**. Tighten and secure with **Allen Wrench (No. 20)**.

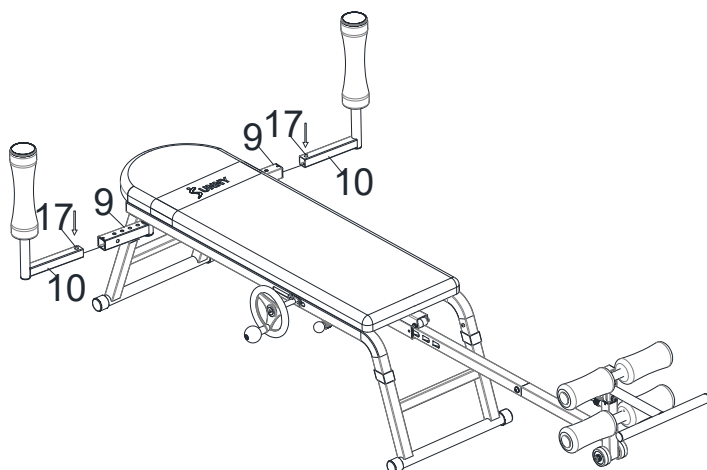
Insert 2 **Foam Rollers (No. 51)** onto the **Foot Post (No. 6)** and attach 2 **End Caps (No. 45)** onto both ends of the **Foot Post (No. 6)**.

STEP 6:

Press 2 **Spring Buttons (No. 17)** respectively and insert 2 **Arm Holder (No. 10)** into 2 **Swing Arm Tubes (No. 9)**. Adjust the **Arm Holders (No. 10)** to the suitable position.

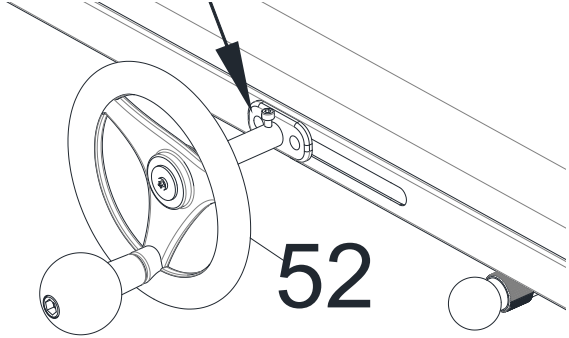
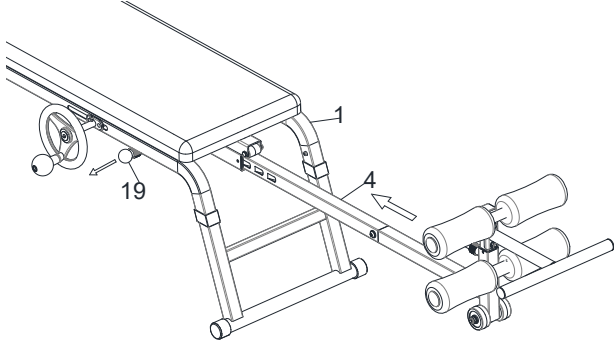
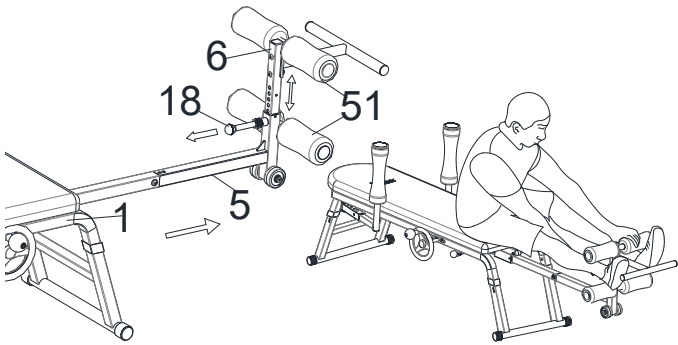
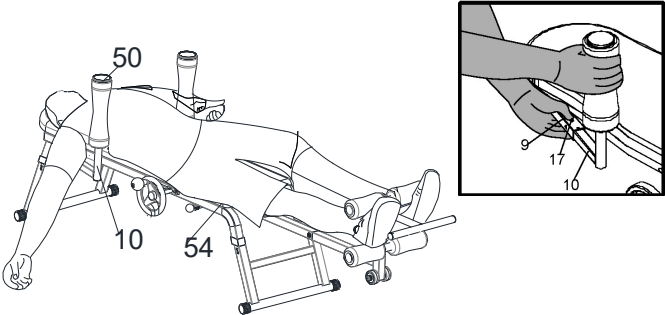
There are 4 holes available on 2 **Swing Arm Tubes (No. 9)** to adjust to suitable position. It should be in same hole position for both sides.

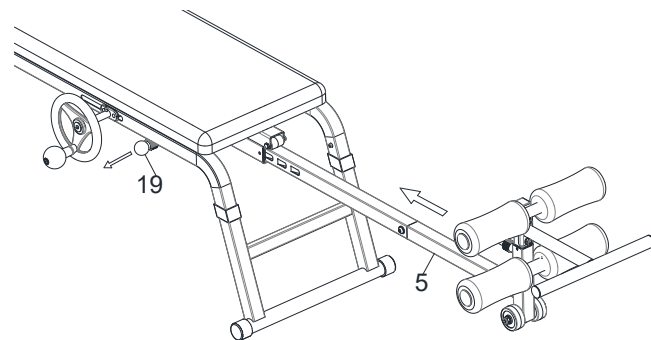
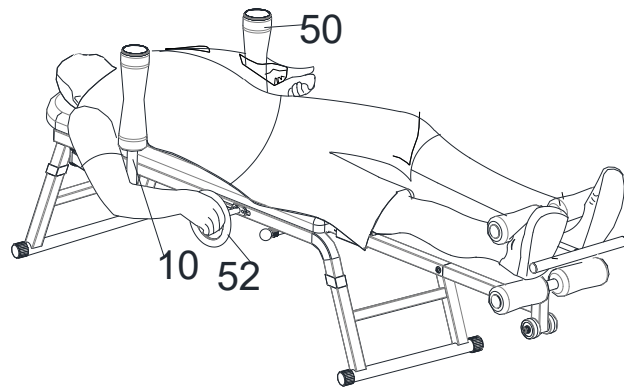
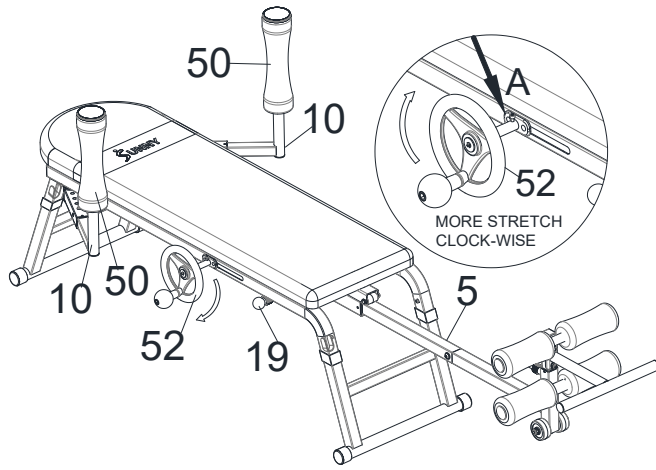
The assembly is complete!



Adjustments & Usage Guide

IMPORTANT ATTENTION: Before using the machine, please read the following guidance carefully and set the process in sequence listed to help you to use the machine smoothly.

	1. BEFORE USE Please make sure the whole Crank Wheel (No. 52) should be at the position as the arrow showed (in the rear of the slot of the main frame), this will help you to stretch with enough course.
	2. ADJUSTING THE LENGTH Pull out the Height Pull Pin (No. 19) and push the Adjustable Tube (No. 4) into the Main Frame (No. 1) all the way in until to fit your height.
	3. ADJUSTING FOOT HOLDERS Sitting on the Main Frame (No. 1), facing the Foot Holder (No. 5) and extend the Foot Holder (No. 5) by hand to match the length of your leg. Pull out the Foot Pull Pin (No. 18), lift up the Foot Post (No. 6) and put ankles in between the Foam Rollers (No. 51). Pull the Foot Pull Pin (No. 18) and press down on the Foot Post (No. 6) until it is suitable for you, release the Foot Pull Pin (No. 18) and make sure it is fixed.
	4. ADJUSTING THE ARM PIT FOAM ROLLERS 1). With your feet locked into place, lay on the Backrest (No. 54). Lift your arms and wrap them around the Arm Pit Foam Rollers (No. 50). If they are too high or low, get off the machine and adjust them at this time. 2). Depress the Spring Buttons (No. 17) on the Arm Holders (No. 10) and insert it inward or pull it outward on the Swing Arm Tubes (No. 9) to your desired position using the 4 holes available. Once adjusted, check them again to make sure they are properly placed for your arm.



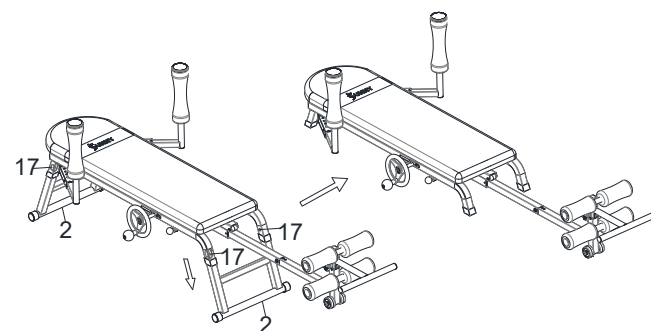
5. STRETCH BACK MUSCLES

NOTE: FIRSTLY, please make sure the whole **Crank Wheel (No. 52)** should be at the position as the arrow A showed (in the rear of the slot of the main frame), this will help you to stretch with enough course.

Before do extend and pull back the **Foot Holder (No. 5)**, make sure to adjust 2 side **Arm Holders (No. 10)** to the comfortable position firstly so that you can reach both the **Crank Wheel (No. 52)** and the **Height Pull Pin (No. 19)** comfortably with right hand.

Keep your right arm wrapped around the **Arm Pit Foam Roller (No. 50)**, reach for the **Crank Wheel (No. 52)**. Rotate the **Crank Wheel (No. 52)** CLOCK-WISE, or towards your feet, to extend the **Foot Holder (No. 5)** and stretch your back. Continue to rotate the **Crank Wheel (No. 52)** slowly until you reach a comfortable stretch. **DO NOT** excessively stretch your back. Over time you can gradually increase the amount of stretching.

To bring back the **Foot Holder (No. 5)**, pull out the **Height Pull Pin (No. 19)**, then pull back with your feet in the direction of the arrow to return the **Foot Holder (No. 5)** OR you can lift your arms out of the **Arm Pit Foam Rollers (No. 50)**, then lay there for a few minutes.



6. ADJUSTING THE BENCH HEIGHT

You can remove the 2 **Base Racks (No. 2)** by pressing the 4 **Spring Buttons (No. 17)** on 2 **Base Racks (No. 2)** and pull out the 2 **Base Racks (No. 2)** to lower the table.

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.

Parts List

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Base Rack		2
3	Fixed Bracket		1
4	Adjustable Tube		1
5	Foot Holder		1
6	Foot Post		1
7	Heel Holder		1
8	Foam Rod		1
9	Swing Arm Tube		2
10	Arm Holder		2
11	Drive Screw		1
12	Left Threaded Pin Joint		1
13	Right Threaded Pin Joint		1
14	Metal Plate		4
15	Threaded Shaft		1
16	Swing Arm Bushing		4
17	Spring Buttons		6
18	Foot Pull Pin		1
19	Height Pull Pin		1
20	Allen Wrench	6mm	1
21	Phillips Screw	M6*45mm	7
22	Flat Washer	φ12*φ6.5*1.5	7
23	Nylon Nut	M6	1
24	Hex Socket Head Bolt	M8*40mm	3
25	Flat Washer	φ16*φ8.5*1.5	13
26	Nylon Nut	M8	3
27	Hex Socket Head Bolt	M8*12mm	2
28	Phillips Screw	M6*5mm	6

No.	Description	Spec.	Qty.
29	Self-Tapping Phillips Screw	ST3.8*16mm	4
30-1	Round Head Hex Bolt	M4*8mm	3
31	Phillips Screw	M6*12mm	1
32	Flat Washer	φ24*φ12.5*2.0	2
33	Hex Socket Head Bolt	M8*20mm	2
34	Flat Washer	φ20*φ8.5*2.0	2
35	Spring		1
36	Spring Latch		1
37	Foot End Cap	φ30mm	4
38	Plastic Bushing		4
39	Plastic Bushing	38*38/30*30 mm	3
40	Square End Cap	30*30*1.5mm	4
41	Regulator Outer Bracket		2
42	Regulator Inner Bracket		2
43	Alignment Wheel		1
44	Wheel		2
45	End Cap	34*20/φ22*1.5 mm	4
46	Bushing	30*30/25*25 mm	3
47	Square End Cap	25*25*1.5mm	1
48	Round End Cap	φ25mm	4
49	End Cap	φ65*22.2mm	2
50	Arm Pit Foam Roller		2
51	Foam Roller		4
52	Crank Wheel		1
53	Axle		1
54	Backrest		1
55	Allen Wrench	3mm	1

This exploded view diagram illustrates the assembly of a bicycle seat. The components are numbered as follows:

- Seat and Rails:** 1 (Seat), 2 (Front rail), 3 (Rear rail), 4 (Seat post), 5 (Seat post clamp), 6 (Seat post clamp), 7 (Seat post clamp), 8 (Seat post clamp), 9 (Seat post clamp), 10 (Seat post clamp), 11 (Seat post clamp), 12 (Seat post clamp), 13 (Seat post clamp), 14 (Seat post clamp), 15 (Seat post clamp), 16 (Seat post clamp), 17 (Seat post clamp), 18 (Seat post clamp), 19 (Seat post clamp), 20 (Corner bracket), 21 (Seat post clamp), 22 (Seat post clamp), 23 (Seat post clamp), 24 (Seat post clamp), 25 (Seat post clamp), 26 (Seat post clamp), 27 (Seat post clamp), 28 (Seat post clamp), 29 (Seat post clamp), 30-1 (Seat post clamp), 31 (Seat post clamp), 32 (Seat post clamp), 33 (Seat post clamp), 34 (Seat post clamp), 35 (Seat post clamp), 36 (Seat post clamp), 37 (Seat post clamp), 38 (Seat post clamp), 39 (Seat post clamp), 40 (Seat post clamp), 41 (Seat post clamp), 42 (Seat post clamp), 43 (Seat post clamp), 44 (Seat post clamp), 45 (Seat post clamp), 46 (Seat post clamp), 47 (Seat post clamp), 48 (Seat post clamp), 49 (Seat post clamp), 50 (Seat post clamp), 51 (Seat post clamp), 52 (Seat post clamp), 53 (Seat post clamp), 54 (Seat post clamp), 55 (Corner bracket).
- Assembly Instructions:** The diagram shows the relative positions of the parts. Dashed lines indicate the assembly path. The seat is mounted onto the rails, which are then attached to the seat post. The seat post is secured with a clamp (4) and a clamp (5). The seat post is then inserted into the seat post clamp (6) and secured with a clamp (7). The seat post clamp (8) is then secured with a clamp (9). The seat post clamp (10) is then secured with a clamp (11). The seat post clamp (12) is then secured with a clamp (13). The seat post clamp (14) is then secured with a clamp (15). The seat post clamp (16) is then secured with a clamp (17). The seat post clamp (18) is then secured with a clamp (19). The seat post clamp (20) is then secured with a clamp (21). The seat post clamp (22) is then secured with a clamp (23). The seat post clamp (24) is then secured with a clamp (25). The seat post clamp (26) is then secured with a clamp (27). The seat post clamp (28) is then secured with a clamp (29). The seat post clamp (30-1) is then secured with a clamp (31). The seat post clamp (32) is then secured with a clamp (33). The seat post clamp (34) is then secured with a clamp (35). The seat post clamp (36) is then secured with a clamp (37). The seat post clamp (38) is then secured with a clamp (39). The seat post clamp (40) is then secured with a clamp (41). The seat post clamp (42) is then secured with a clamp (43). The seat post clamp (44) is then secured with a clamp (45). The seat post clamp (46) is then secured with a clamp (47). The seat post clamp (48) is then secured with a clamp (49). The seat post clamp (50) is then secured with a clamp (51). The seat post clamp (52) is then secured with a clamp (53). The seat post clamp (54) is then secured with a clamp (55).

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