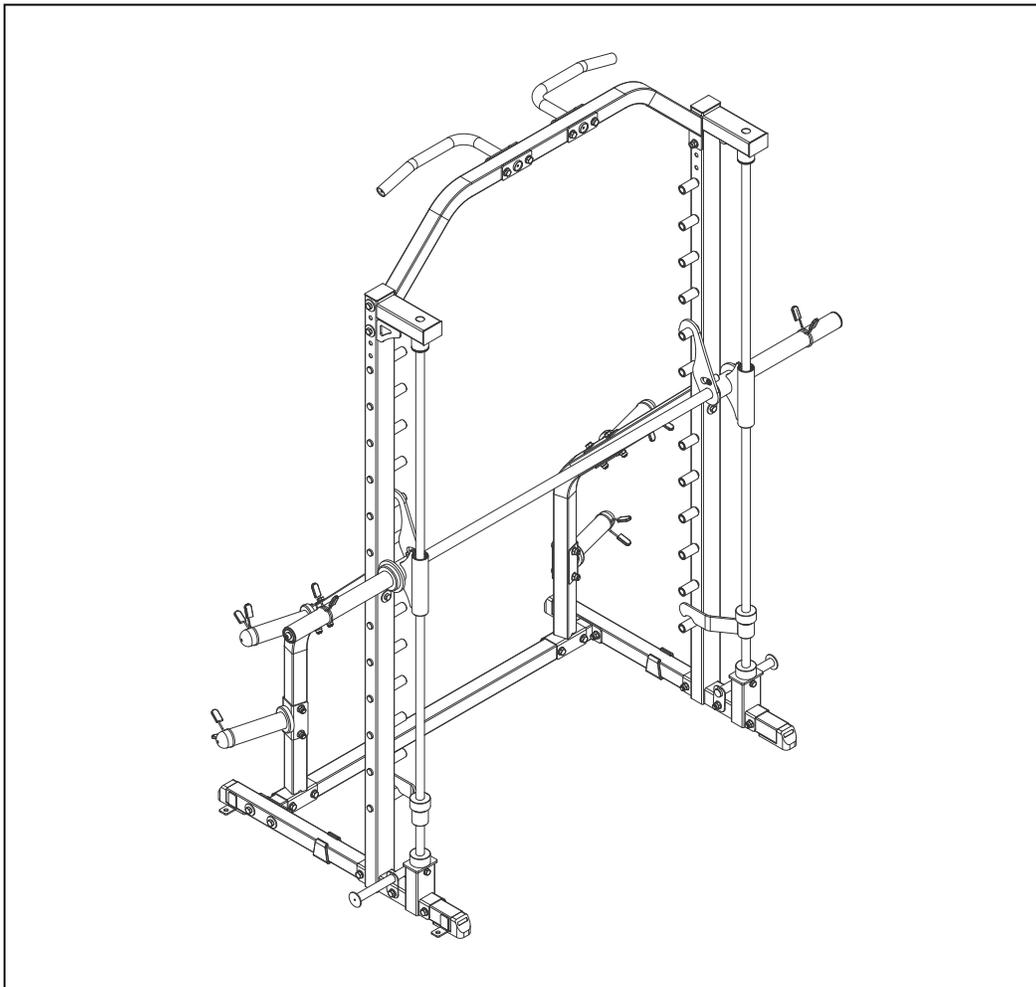




SMITH MACHINE SQUAT RACK ESSENTIAL SERIES II SF-XF920021 USER MANUAL



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:**

IMPORTANT SAFETY INFORMATION

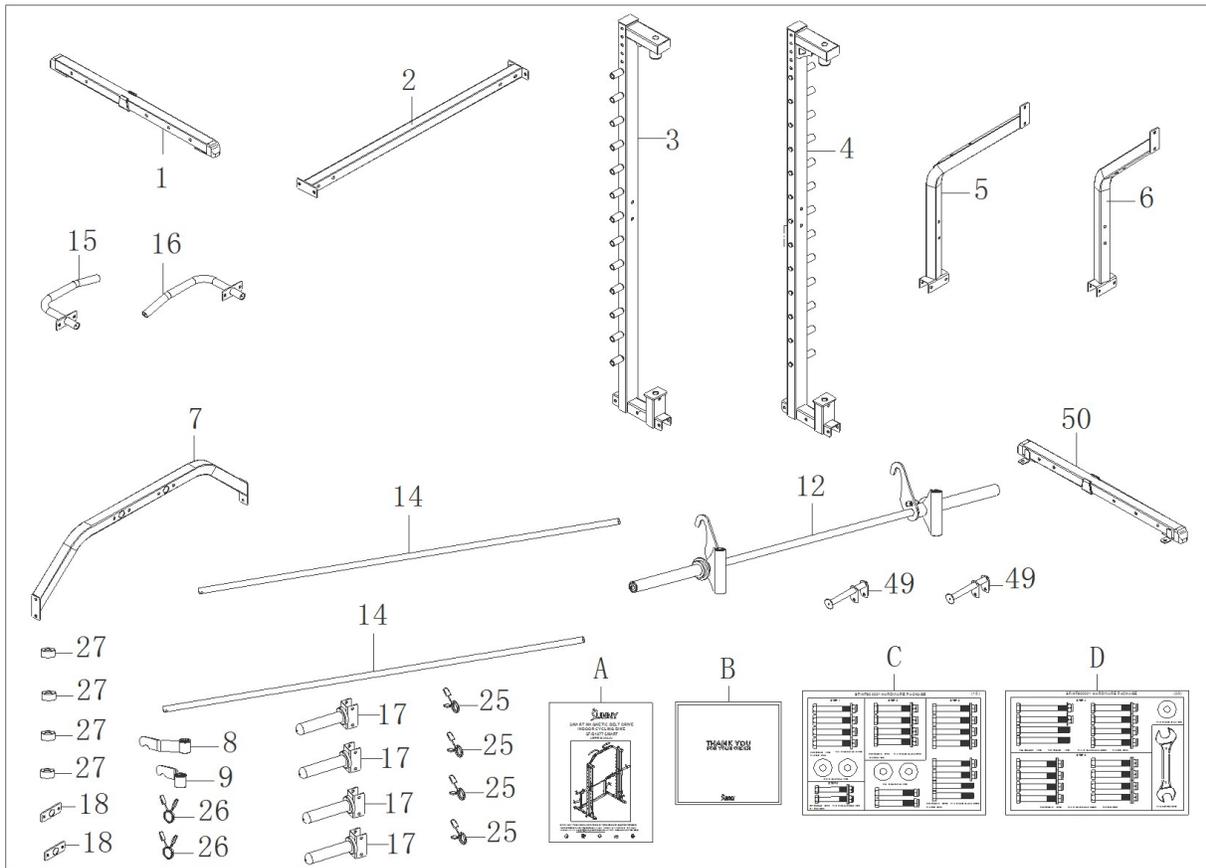
We thank you for choosing our product. To ensure your safety and health, please use this

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 4 feet (120 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. Maximum user weight on Pull Up Bar: 330 lbs (150 kgs)
10. Maximum weight on Weightlifting Barbell Bar: 800 lbs (365kgs)
11. Maximum weight on Weight Plate Holder: 100 lbs each (45kgs each)
12. The equipment is not suitable for therapeutic use.
13. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
14. 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.
15. This equipment is designed for indoor and home use only; it is not intended for commercial use.

PRE-ASSEMBLY CHECK LIST

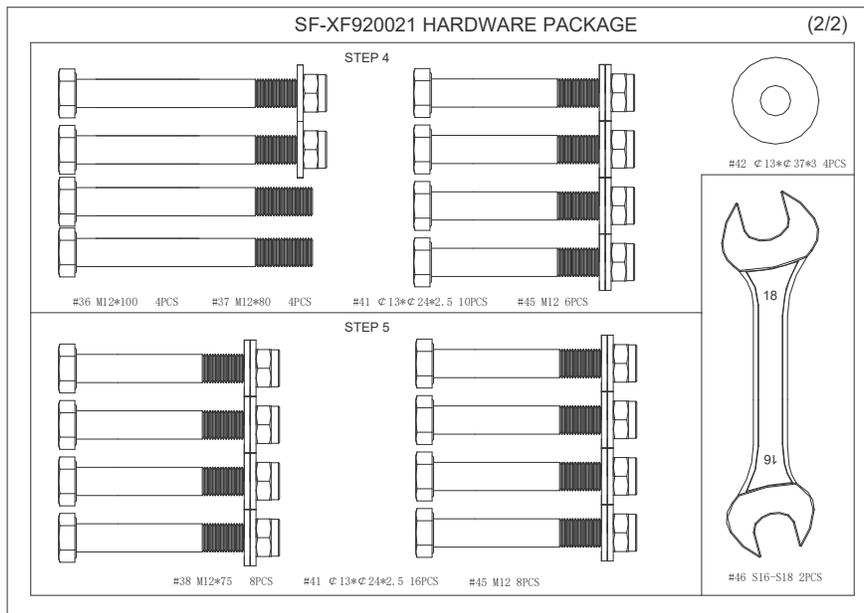
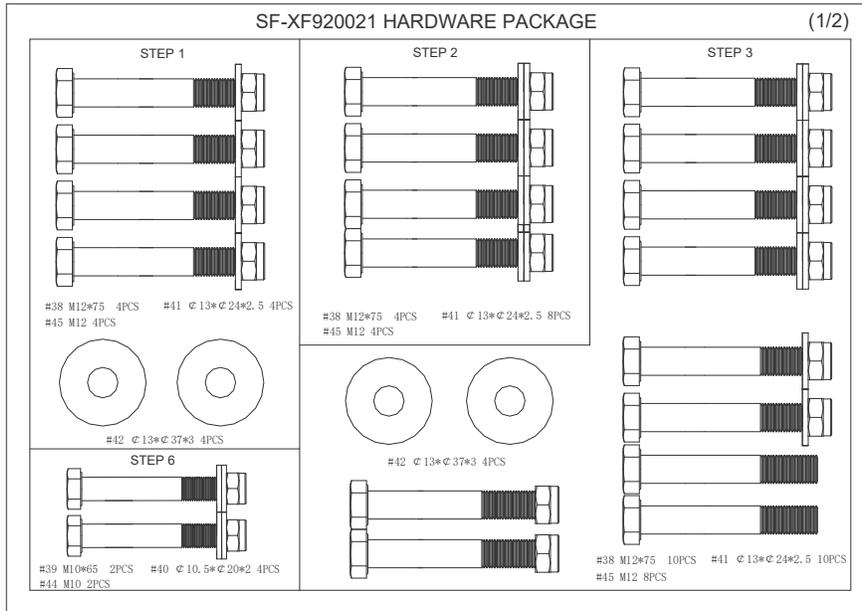
Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Left Stabilizer		1
2	Bottom Connecting Frame		1
3	Left Upright Post Assembly		1
4	Right Upright Post Assembly		1
5	Left Support Frame		1
6	Right Support Frame		1
7	Top Frame		1
8	Left Limit Hook		1
9	Right Limit Hook		1
12	Weightlifting Barbell Bar		1
14	Slider	∅ 25*1900	2
15	Left Pull Up Bar		1

No.	Description	Spec.	Qty.
16	Right Pull Up Bar		1
17	Counterweight Rack		4
18	Dead Plate		2
25	Spring Clip	∅ 48	4
26	Spring Clip	∅ 50	2
27	Crash Pad	∅ 60* ∅ 25*30	4
49	Hang rod		2
50	Right Stabilizer		1
A	Manual		1
B	Thank You Card		1
C	Hardware Package	1/2	1
D	Hardware Package	2/2	1

HARDWARE PACKAGE



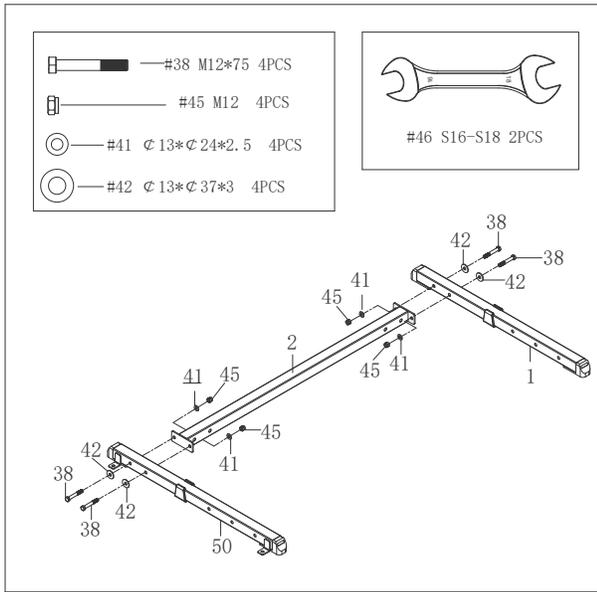
Ordering Replacement Parts (U.S. and Canadian Customers only)

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)

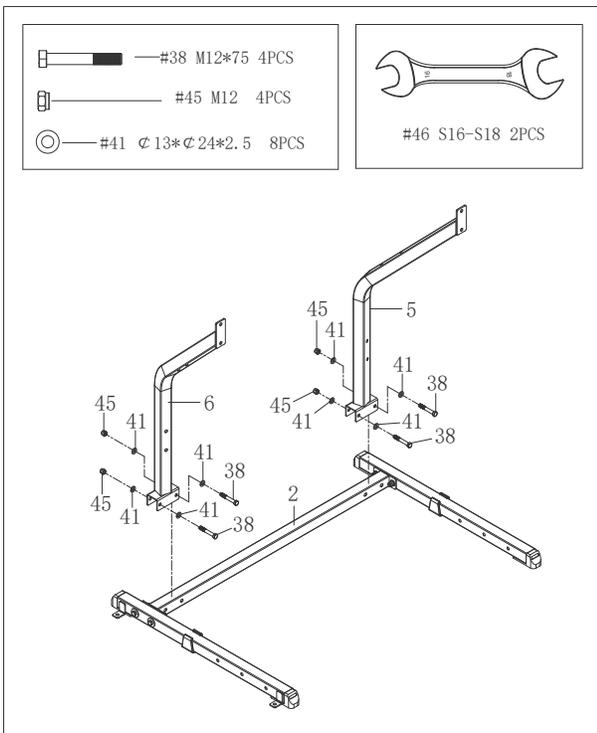
ASSEMBLY INSTRUCTIONS

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



STEP 1:

Attach **Left Stabilizer (No. 1)** and **Right Stabilizer (No. 50)** onto the two sides of **Bottom Connecting Frame (No. 2)** using **4 Hexagon Bolts (No. 38)**, **4 Big Flat Washers (No. 42)**, **4 Flat Washers (No. 41)** and **4 Hex Lock Nuts (No. 45)**. Secure with **2 Open End Wrenches (No. 46)**. Do not tighten **4 Hexagon Bolts (No. 38)** during this step.



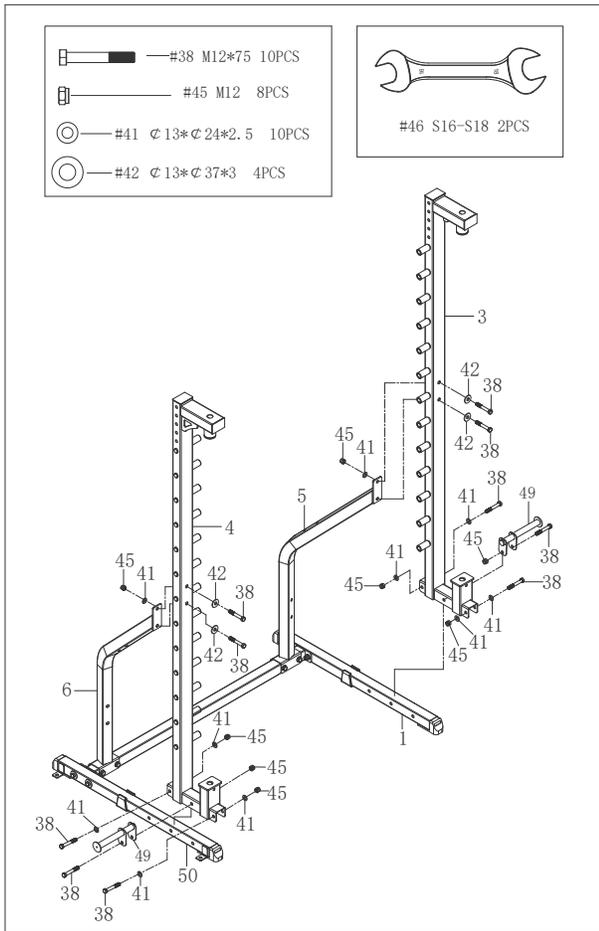
STEP 2:

Attach **Left Support Frame (No. 5)** and **Right Support Frame (No. 6)** to **Bottom Connecting Frame (No. 2)** using **4 Hexagon Bolts (No. 38)**, **8 Flat Washers (No. 41)** and **4 Hex Lock Nuts (No. 45)**. Secure with **2 Open End Wrenches (No. 46)**. Do not tighten **4 Hexagon Bolts (No. 38)** during this step.

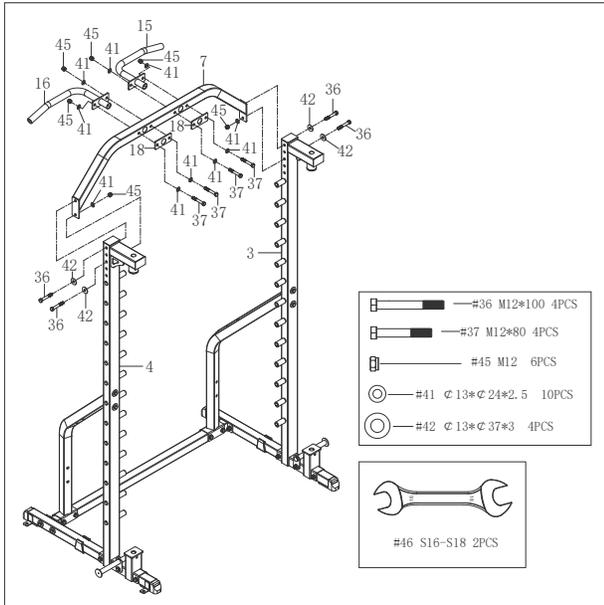
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting,

STEP 3:

Attach **Left Upright Post Assembly (No. 7)** and **Right Upright Post Assembly (No. 8)** to the **Left Support Frame (No. 5)** and **Right Support Frame (No. 6)** using **4 Hexagon Bolts (No. 38)**, **4 Flat Washers (No. 41)** and **4 Hex Lock Nuts (No. 45)**. Secure with **2 Open End Wrenches (No. 46)**.



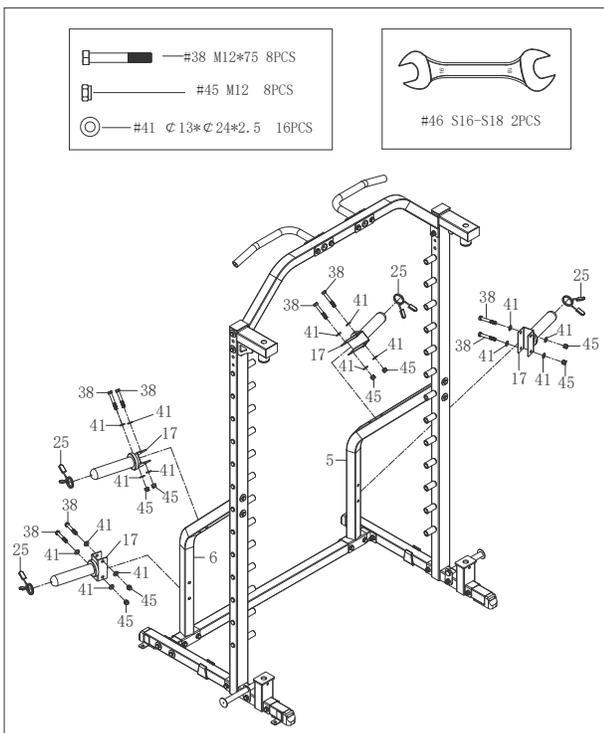
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting,



STEP 4:

Attach **Left Pull Up Bar (No. 15)**, **Right Pull Up Bar (No. 16)** and **2 Dead Plates (No. 18)** to **Top Frame (No. 7)** using **4 Hexagon Bolts (No. 37)**, **8 Flat Washers (No. 41)** and **4 Hex Lock Nuts (No. 45)**. Tighten and secure with **2 Open End Wrenches (No. 46)**.

Attach **Top Frame (No. 7)** to **Left Upright Post Assembly (No. 3)** and **Right Upright Post Assembly (No. 4)** using **4 Hexagon Bolts (No. 36)**, **4 Flat Big Washers (No. 42)**, **2 Flat Washers (No. 41)** and **2 Hex Lock Nuts (No. 45)**. Secure with **2 Open End Wrenches (No. 46)**. Do not tighten **4 Hexagon Bolts (No. 36)** during this step.



STEP 5:

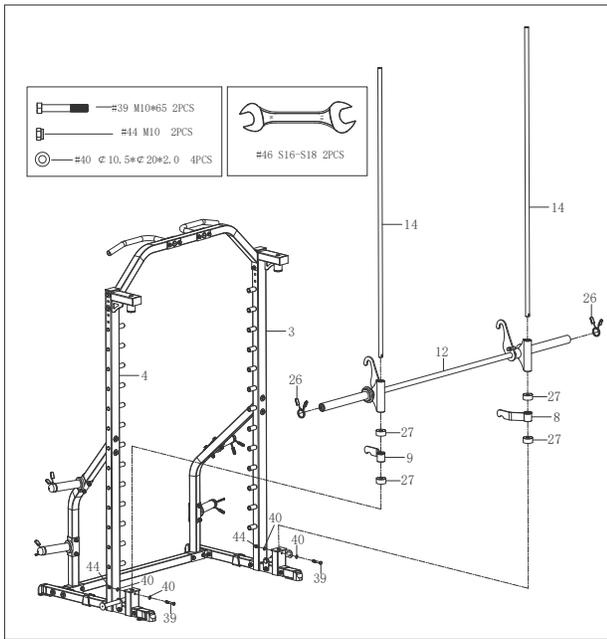
Insert **4 Counterweight Racks (No. 17)** to **Left Support Frame (No. 5)** and **Right Support Frame (No. 6)** using **8 Hexagon Bolts (No. 38)**, **16 Flat Washers (No. 41)** and **8 Hex Lock Nuts (No. 45)**. Tighten and secure with **2 Open End Wrenches (No. 46)**.

And then attach **4 Spring Clips (No. 25)** onto **4 Counterweight Racks (No. 17)**.

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STEP 6:

NOTE: It is highly recommended that you



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.

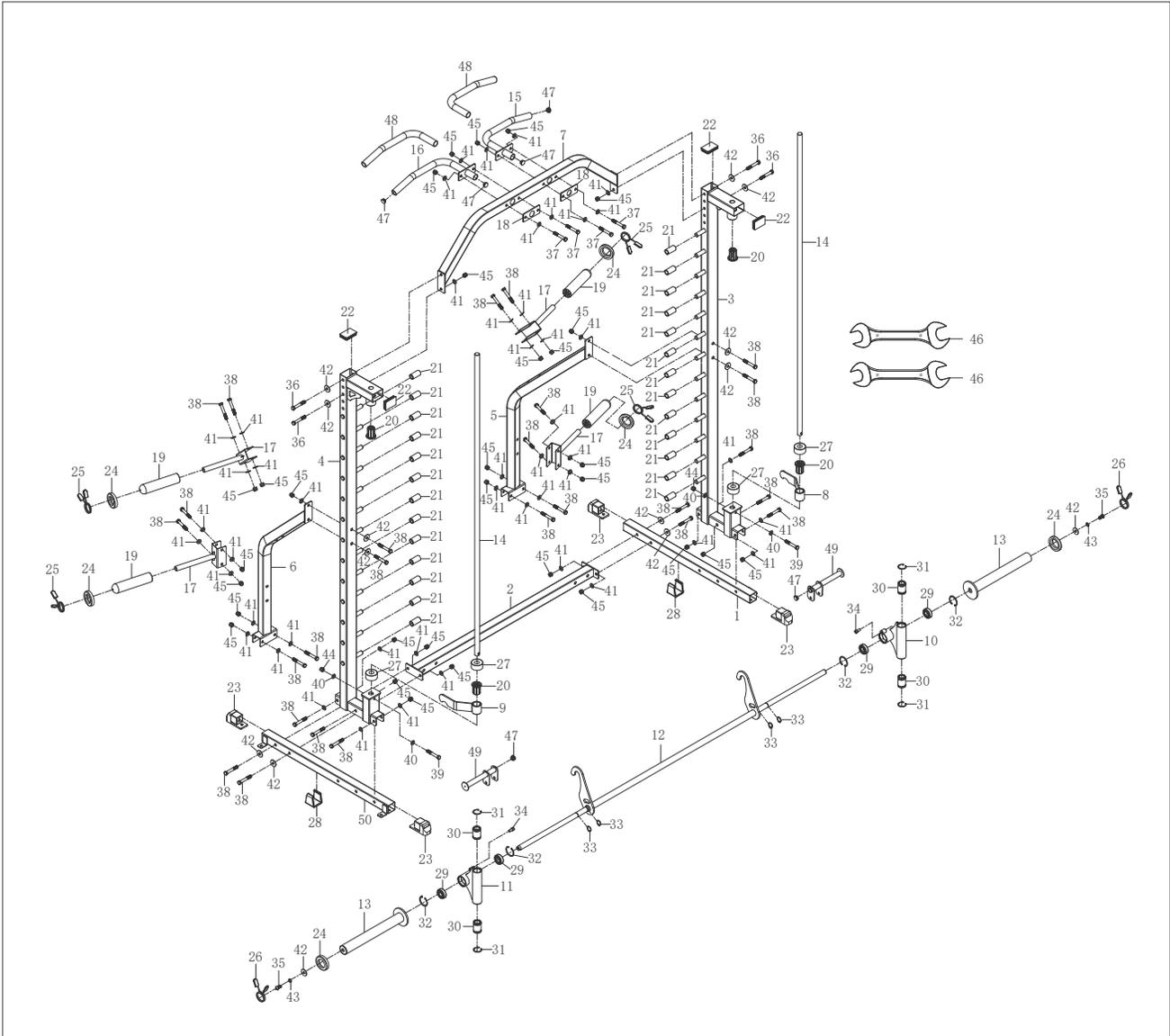
WEEKLY MAINTENANCE

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.	No.	Description	Spec.	Qty.
1	Left Stabilizer		1	26	Spring Clip	∅ 50	2
2	Bottom Connecting Frame		1	27	Crash Pad	∅ 60* ∅ 25*30	4
3	Left Upright Post Assembly		1	28	U-Shaped Foot Cover	50*50*t5.0	2
4	Right Upright Post Assembly		1	29	Bearing	6205-2RZ	4
5	Left Support Frame		1	30	Linear Bearing	LM25UU KBS	4
6	Right Support Frame		1	31	Circlip For Hole	∅ 40	4
7	Top Frame		1	32	Circlip For Hole	∅ 52	4
8	Left Limit Hook		1	33	Circlip For Shaft	∅ 25	4
9	Right Limit Hook		1	34	Hexagon Socket Bolts With Cylindrical Head	M10*20	2
10	Left Sliding Frame		1	35	Hexagon Socket Bolts With Half Round Head	M12*25	2
11	Right Sliding Frame		1	36	Hexagon Bolt	M12*100	4
12	Weightlifting Barbell Bar		1	37	Hexagon Bolt	M12*80	4
13	Counterweight Hanging Rod	290*45*t5.0	2	38	Hexagon Bolt	M12*75	26
14	Slider	∅ 25*1900	2	39	Hexagon Bolt	M10*65	2
15	Left Pull Up Bar		1	40	Flat Washer	∅ 10.5* ∅ 20*2	4
16	Right Pull Up Bar		1	41	Flat Washer	∅ 13* ∅ 24*2.5	48
17	Counterweight Rack		4	42	Big Flat Washer	∅ 13* ∅ 37*3	14
18	Dead Plate		2	43	Spring Washer	∅ 12.2*18.4*3.1	2
19	Barbell Support Bar	∅ 48* ∅ 25*200	4	44	Hex Lock Nut	M10	2
20	Guide Sleeve	∅ 49.5* ∅ 26*55	4	45	Hex Lock Nut	M12	30
21	Bumper Cover	∅ 28* ∅ 20*55	26	46	Open End Wrench	S16-S18	2
22	Rectangular Inner Pipe Plug	75*50*t2.0	4	47	Round End Cap	∅ 25*t2.0	6
23	End Cap	115*50	4	48	Handle Cover	∅ 22.3*t3.5*500	2
24	Crash Pad	∅ 80* ∅ 50*16	6	49	Hang Rod		2
25	Spring Clip	∅ 48	4	50	Right Stabilizer		1

Version: 1.2

