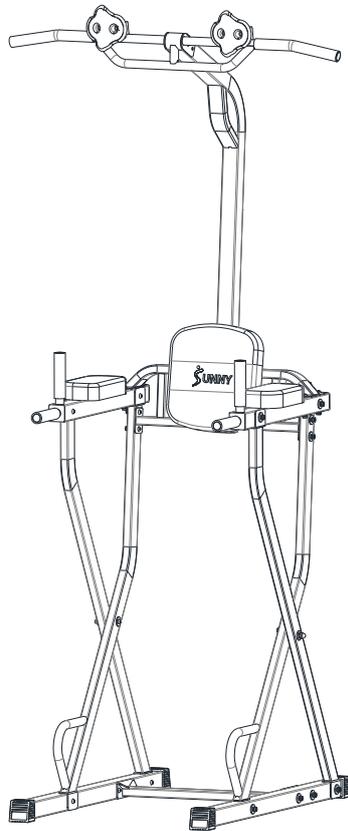




User Manual



Multifunctional & Adjustable Height Power Tower

SF-XF922081

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.
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 330 lbs (150 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 Multifunctional & Adjustable Height Power Tower is designed to provide an all-in-one workout station that supports a variety of strength and fitness exercises, such as pull-ups, dips, and push-ups. It is built to be sturdy, adjustable, and space-efficient, making it suitable for users of different heights and fitness levels.

Waste Disposal



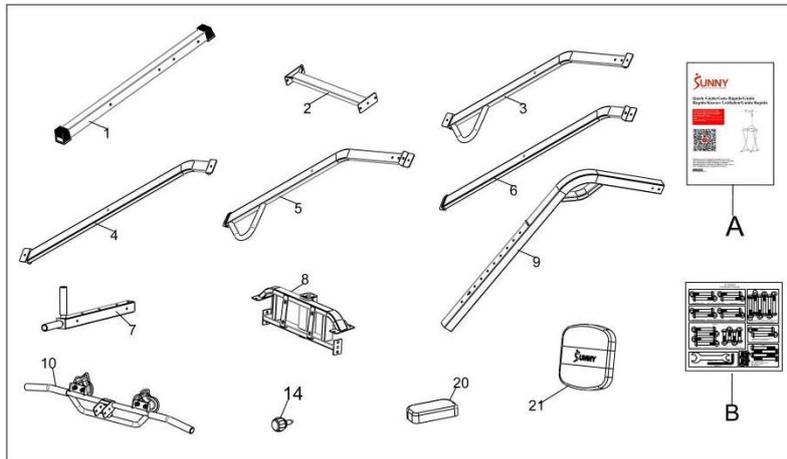
Sunny Health & Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

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

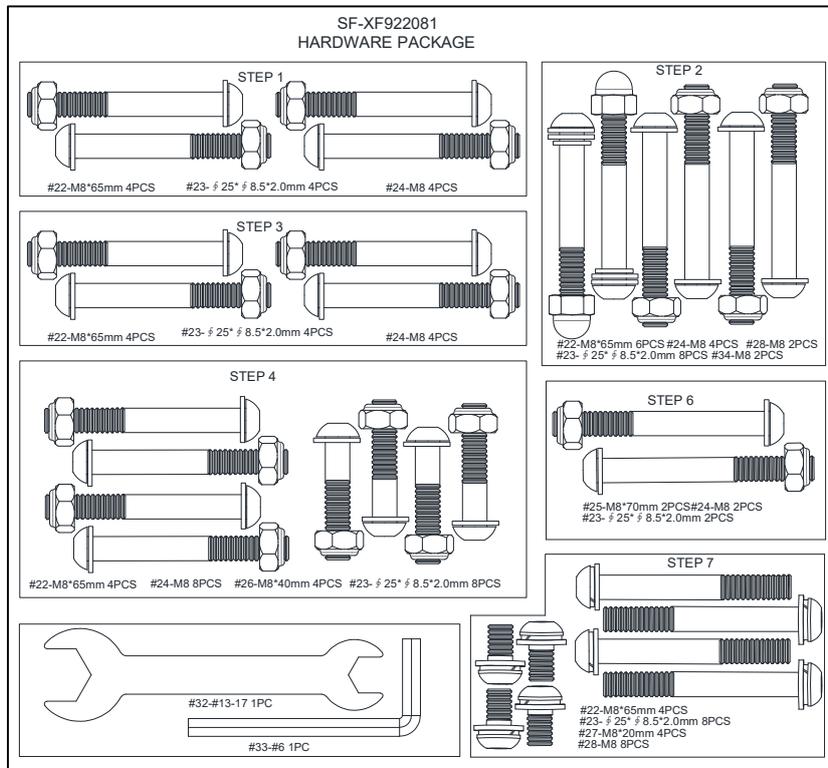
When you open the carton, you will find the following parts:



No.	Description	Spec	Qty.
1	Base Frame		2
2	Connection Tube		1
3	Left Front Support Tube		1
4	Left Rear Support Tube		1
5	Right Front Support Tube		1
6	Right Rear Support Tube		1
7	Arm Tube		2
8	Backrest Support Tube		1

No.	Description	Spec	Qty.
9	Upright Post		1
10	Horizontal Tube		1
14	Spring Knob		1
20	Arm Cushion		2
21	Back Cushion		1
A	Manual		1
B	Hardware Package		1

Hardware Package



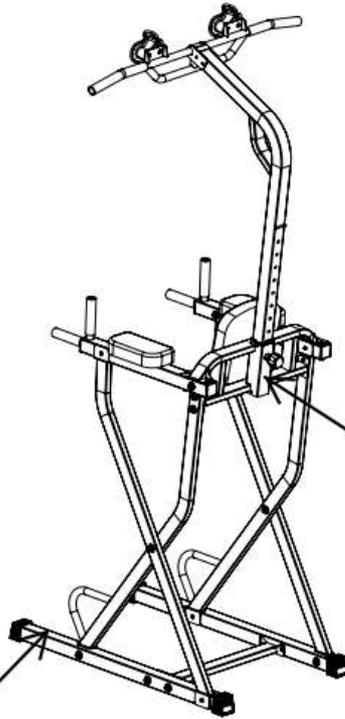
Ordering Replacement Parts

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

To avoid any injury, please make sure that the Spring Knob is properly engaged after adjustment. Please keep hands clear in case of pinching since the Upper Upright Frame is heavy.

! WARNING

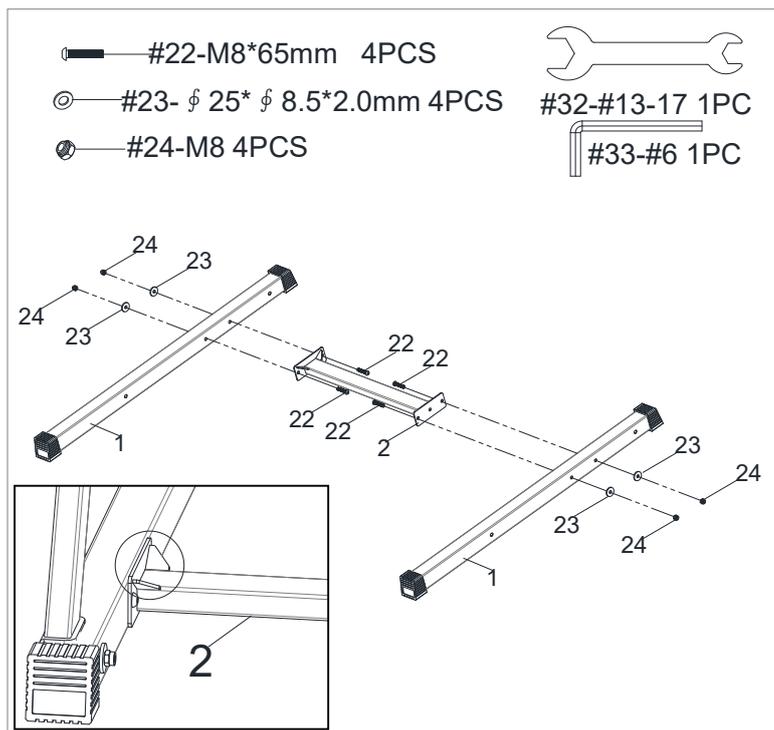
330LBS/150KG Weight Capacity

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.

Assembly Instructions

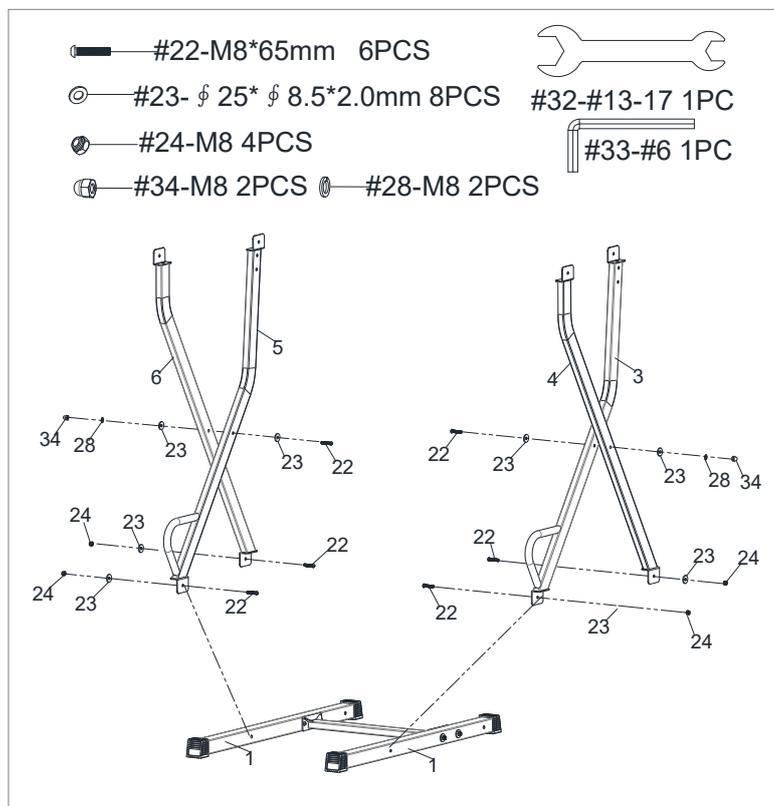
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Attach **Connection Tube (No. 2)** to 2 **Base Frames (No. 1)** using 4 **Hex Socket Head Bolts (No. 22)**, 4 **Flat Washers (No. 23)** and 4 **Lock Nuts (No. 24)**. Tighten and secure with **Wrench (No. 32)** and **Allen Wrench (No. 33)**.

NOTE: The side with metal plate of the **Connection Tube (No. 2)** should be facing up.



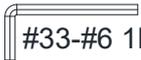
STEP 2:

Attach **Left Front Support Tube (No. 3)**, **Left Rear Support Tube (No. 4)**, **Right Front Support Tube (No. 5)** and **Right Rear Support Tube (No. 6)** to 2 **Base Frames (No. 1)** respectively using 4 **Hex Socket Head Bolts (No. 22)**, 4 **Flat Washers (No. 23)**, and 4 **Lock Nuts (No. 24)**. Then secure 4 **Support Tubes** with 2 **Hex Socket Head Bolts (No. 22)**, 4 **Flat Washers (No. 23)**, 2 **Spring Washers (No. 28)** and 2 **Cap Nuts (No. 34)**, with **Wrench (No. 32)** and **Allen Wrench (No. 33)**.

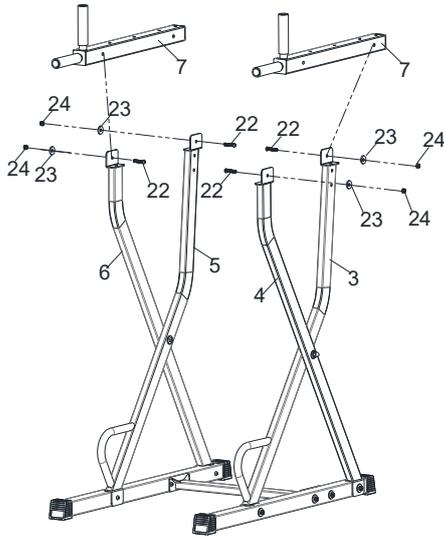
NOTE: Pls install all **Hex Socket Head Bolts (No. 22)** from inside out. Do not tighten the 6 **Hex Socket Head Bolts (No. 22)** during this step.

- #22-M8*65mm 4PCS
 - ⊙ #23- ϕ 25* ϕ 8.5*2.0mm 4PCS
 - ⊙ #24-M8 4PCS
- 

#32-#13-17 1PC



#33-#6 1PC



STEP 3:

Attach 2 **Arm Tubes (No. 7)** to the assembled 4 **Support Tubes** using 4 **Hex Socket Head Bolts (No. 22)**, 4 **Flat Washers (No. 23)**, and 4 **Lock Nuts (No. 24)**. Secure with **Wrench (No. 32)** and **Allen Wrench (No. 33)**.

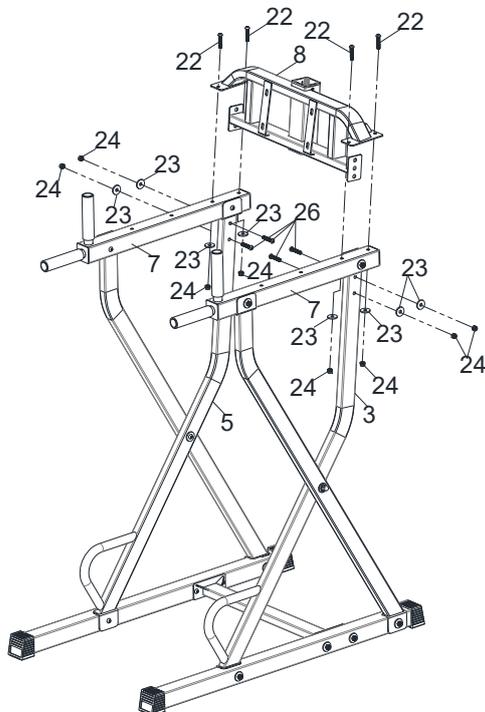
NOTE: Pls install all **Hex Socket Head Bolts (No. 22)** from inside out. Do not tighten the 4 **Hex Socket Head Bolts (No. 22)** during this step.

- #22-M8*65mm 4PCS
 - #26-M8*40mm 4PCS
 - ⊙ #24-M8 8PCS
 - ⊙ #23- ϕ 25* ϕ 8.5*2.0mm 8PCS
- 

#32-#13-17 1PC



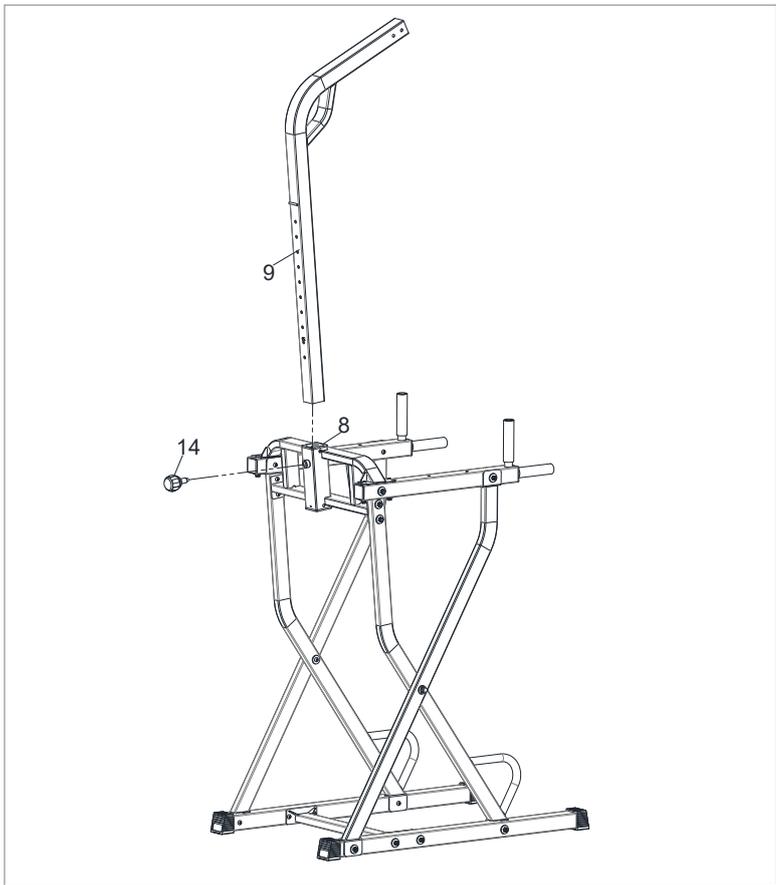
#33-#6 1PC



STEP 4:

Attach the **Backrest Support Tube (No. 8)** to 2 assembled **Arm Tubes (No. 7)** using 4 **Hex Socket Head Bolts (No. 22)**, 4 **Hex Socket Head Bolts (No. 26)**, 8 **Flat Washers (No. 23)**, and 8 **Lock Nuts (No. 24)**. Tighten and secure with **Wrench (No. 32)** and **Allen Wrench (No. 33)**.

NOTE: Now you can tighten all the **Hex Socket Head Bolts (No. 22)** from STEP 2 & STEP 3.



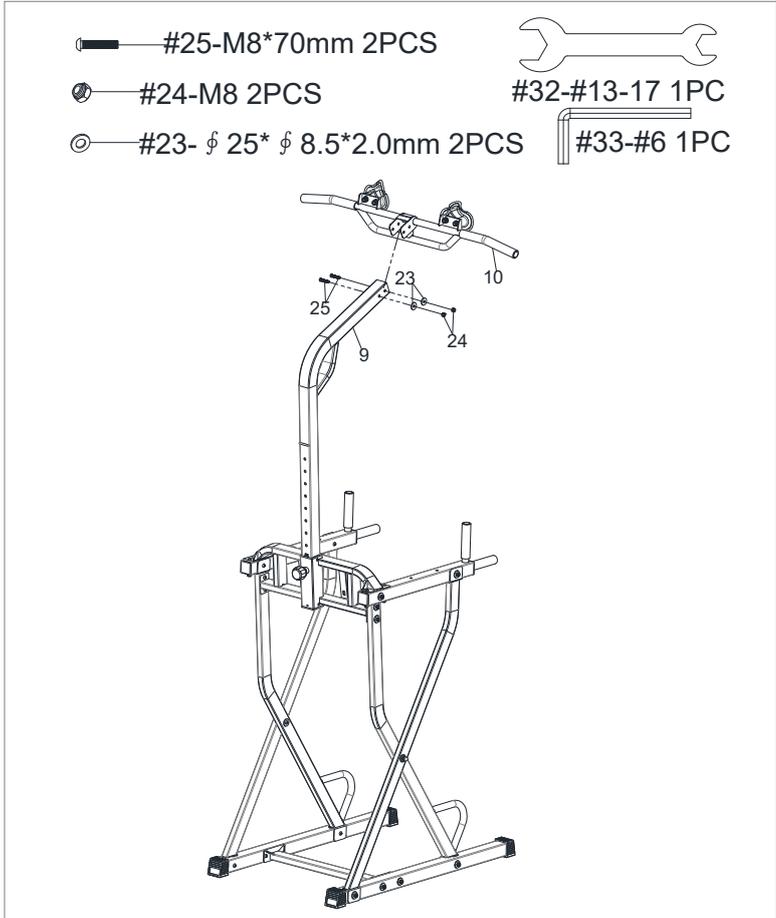
STEP 5:

Insert **Upright Post (No. 9)** into the assembled **Backrest Support Tube (No. 8)**, insert and tighten the **Spring Knob (No. 14)** to secure.

There are 10 height options for the **Upright Post (No. 9)**, loosen and pull out the **Spring Knob (No. 14)** to adjust the height, then re-insert and tighten the **Spring Knob (No. 14)** to secure.

CAUTION!

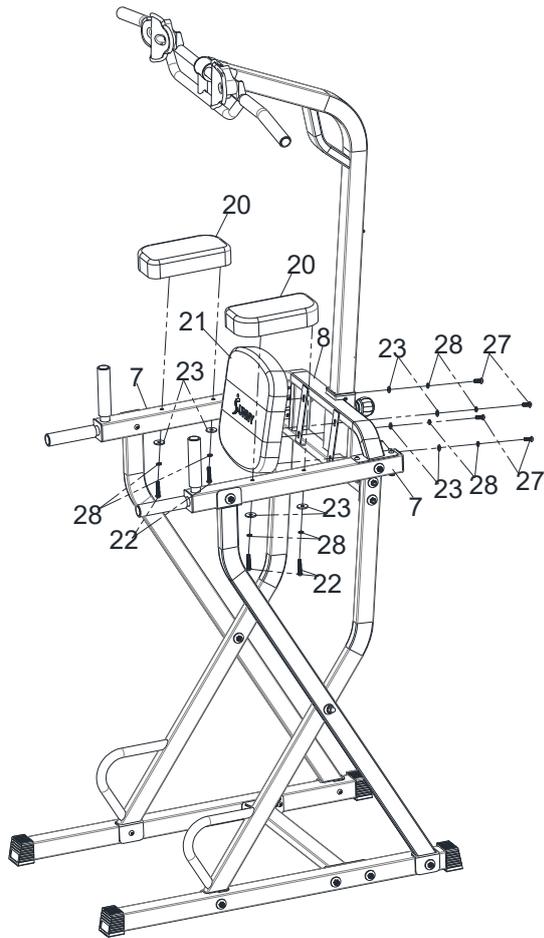
To avoid any injury, please make sure that the **Spring Knob (No. 14)** is properly engaged. Once the **Spring Knob (No. 14)** is tightened, the height can't be adjusted.



STEP 6:

Attach the **Horizontal Tube (No. 10)** to the **Upright Post (No. 9)** using 2 **Hex Socket Head Bolts (No. 25)**, 2 **Flat Washers (No. 23)**, and 2 **Lock Nuts (No. 24)**. Tighten and secure with **Wrench (No. 32)** and **Allen Wrench (No. 33)**.

- ▬ #27-M8*20mm 4PCS
 - ▬ #22-M8*65mm 4PCS
 - ⊙ #23- ϕ 25* ϕ 8.5*2.0mm 8PCS
 - ⊙ #28-M8 8PCS
-  #33-#6 1PC



STEP 7:

Attach 2 **Arm Cushions (No. 20)** to the 2 **Arm Tubes (No. 7)** with 4 **Hex Socket Head Bolts (No. 22)**, 4 **Spring Washers (No. 28)**, and 4 **Flat Washers (No. 23)**. Tighten and secure with **Allen Wrench (No. 33)**.

Then attach **Back Cushion (No. 21)** to the **Backrest Support Tube (No. 8)** using 4 **Hex Socket Head Bolts (No. 27)**, 4 **Spring Washers (No. 28)**, and 4 **Flat Washers (No. 23)**. Tighten and secure with **Allen Wrench (No. 33)**.

The assembly is complete!

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



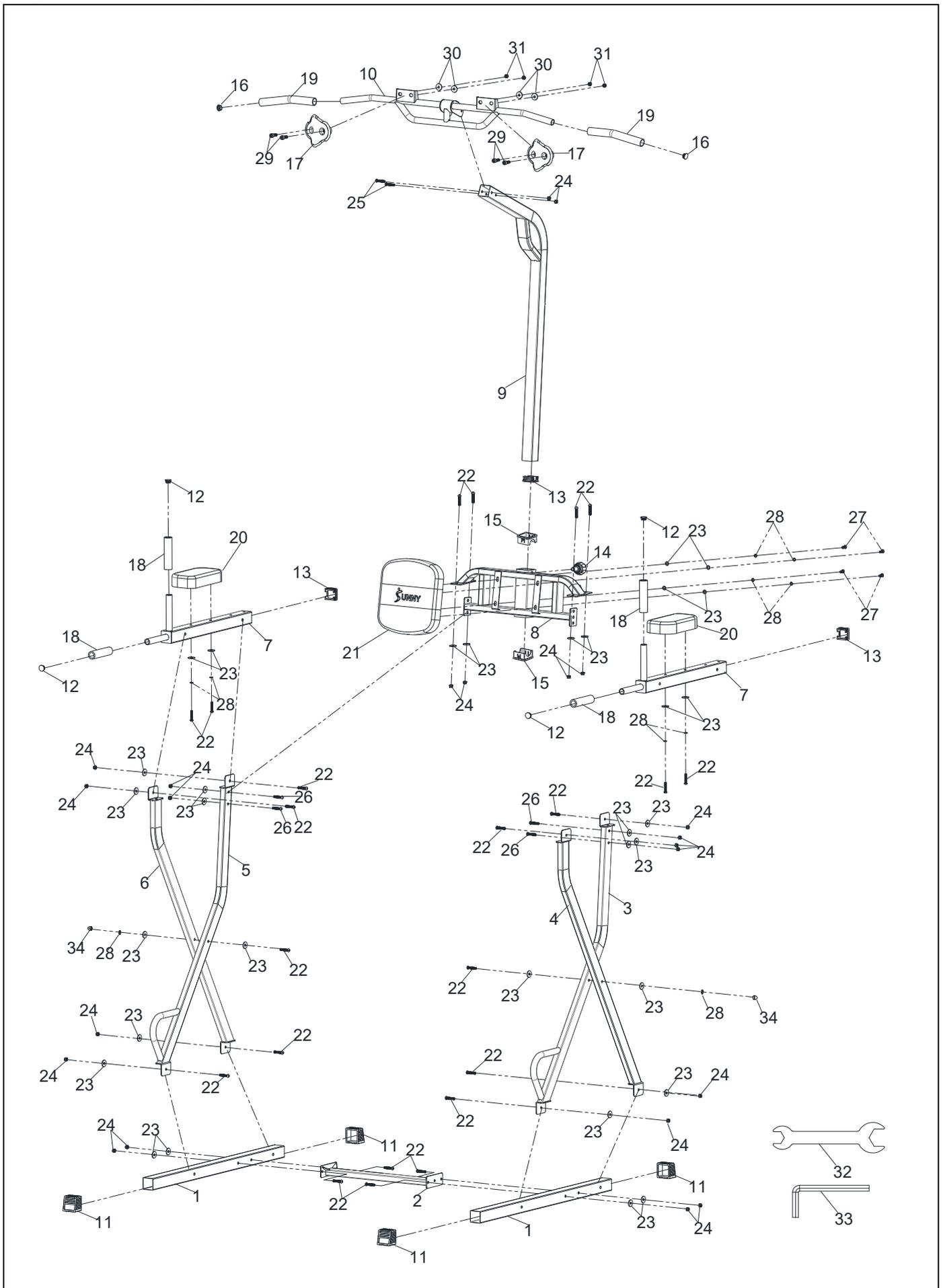
SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, 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	Base Frame		2
2	Connection Tube		1
3	Left Front Support Tube		1
4	Left Rear Support Tube		1
5	Right Front Support Tube		1
6	Right Rear Support Tube		1
7	Arm Tube		2
8	Backrest Support Tube		1
9	Upright Post		1
10	Horizontal Tube		1
11	Foot End Cap	50*50*1.5mm	4
12	Round End Cap	φ25mm	4
13	Square End Cap	50*50*1.2mm	3
14	Spring Knob		1
15	Plastic Bushing		2
16	Round End Cap	φ25*3.0mm	2
17	Rock Climbing Block		2

No.	Description	Spec.	Qty.
18	Foam Grip	φ22*φ32*150mm	4
19	Foam Grip	φ22*φ32*265mm	2
20	Arm Cushion		2
21	Back Cushion		1
22	Hex Socket Head Bolt	M8*65mm	22
23	Flat Washer	φ25*φ8.5*2.0mm	32
24	Lock Nuts	M8	22
25	Hex Socket Head Bolt	M8*70mm	2
26	Hex Socket Head Bolt	M8*40mm	4
27	Hex Socket Head Bolt	M8*20mm	4
28	Spring Washer	M8	10
29	Round Hex Socket Head Bolt	M10*30mm	4
30	Flat Washer	φ20*φ10.5*2.0mm	4
31	Nylon Nut	M10	4
32	Wrench	#13-17	1
33	Allen Wrench	#6	1
34	Cap Nut	M8	2

Exploded Diagram



Register

Register your product and verify warranty terms:

[Sunnyhealthfitness.com/warranty](https://www.sunnyhealthfitness.com/warranty)



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