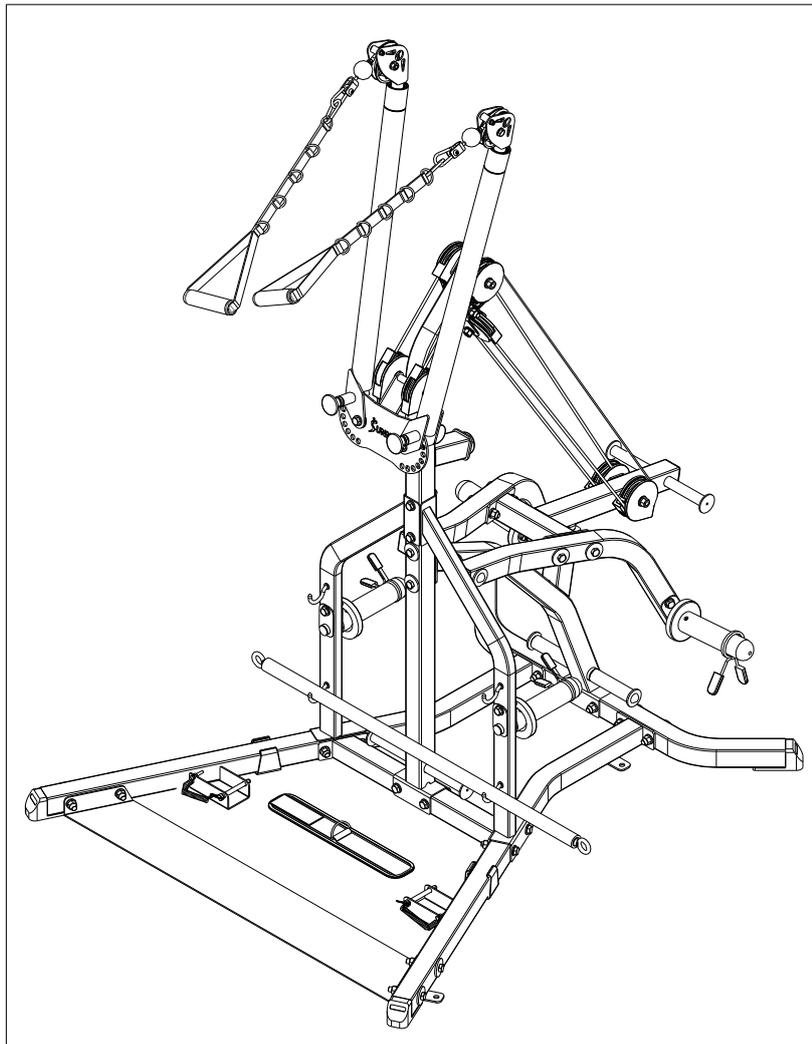




MULTIFUNCTIONAL STRENGTH TRAINING HOME GYM SF-HG92401 USER MANUAL



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:** support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



WWW.SUNNYHEALTHFITNESS.COM

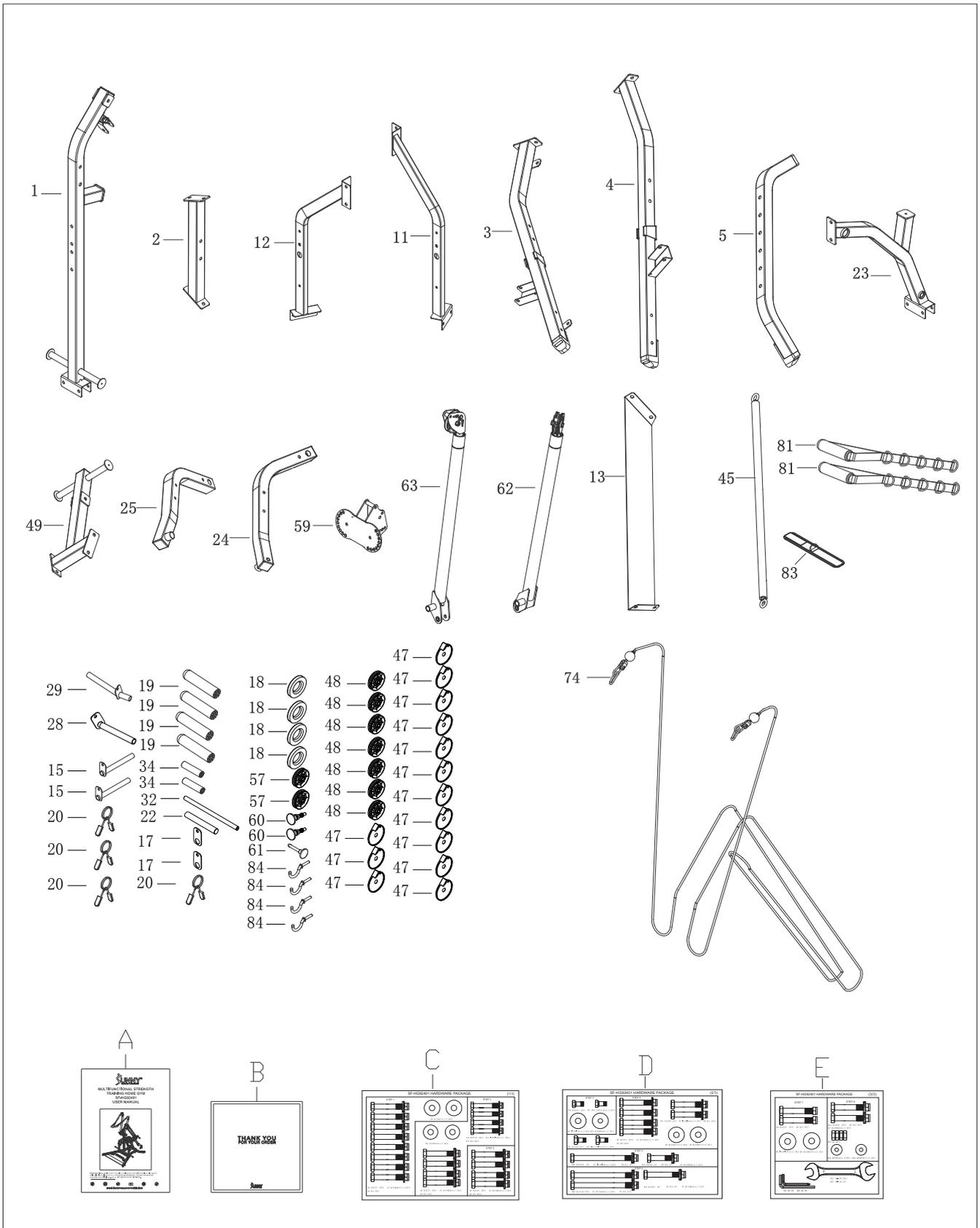
IMPORTANT SAFETY INFORMATION

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. The maximum weight capacity of this unit is 500 lbs (225 kgs).
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.

PRE-ASSEMBLY CHECK LIST

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



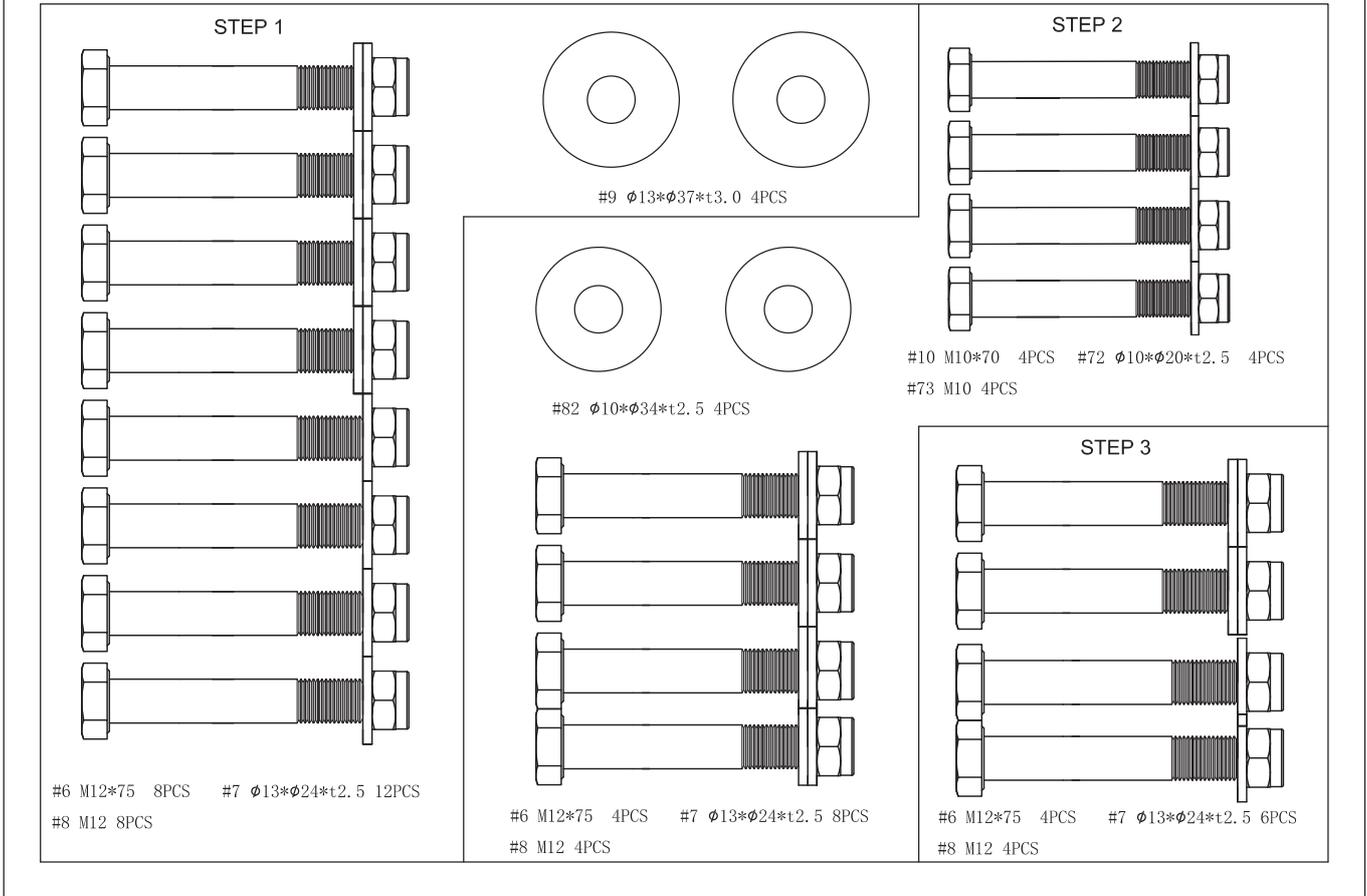
No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Left Stabilizer		1
4	Right Stabilizer		1
5	Rear Stabilizer		1
11	Left Support Tube		1
12	Right Support Tube		1
13	Foot Plate		1
15	Counterweight Hanging Rod		2
17	Fixed Piece	82*45*t3.0	2
18	Crash Pad	Φ80*Φ50*16	4
19	Barbell Support Rod	Φ100*Φ48*200	4
20	Spring Clip	Φ48	4
22	Rotation Shaft	Φ25*228	1
23	Slant Support Tube		1
24	Left Power Tube		1
25	Right Power Tube		1
28	Left Barbell Plate Hanging Rod		1
29	Right Barbell Plate Hanging Rod		1
32	Resistance Belt Tensioned Rod	Φ17*320	1

No.	Description	Spec.	Qty.
34	Nylon Swivel Sleeve	Φ32*Φ17.2*126.5	2
45	Push Rod		1
47	Pulley Cover	Φ90*Φ12.5	14
48	Φ90 Pulley Assembly	Φ90*Φ12.5*25.4	7
49	Resistance Belt Hanger		1
57	Φ70 Pulley Assembly	Φ70*12.1*26	2
59	Adjusting Seat		1
60	Spring Bolt	Φ12*Φ25*M20*96	2
61	Steel Ball Bolt	Φ50*108.5	1
62	Left Turning Arm		1
63	Right Turning Arm		1
74	Cable	Φ5*7420	1
81	Handle Assembly		2
83	Foot Cover Set		1
84	Hanging Hook Assembly		4
A	Manual		1
B	Thank You Card		1
C	Hardware Package	1/3	1
D	Hardware Package	2/3	1
E	Hardware Package	3/3	1

HARDWARE PACKAGE

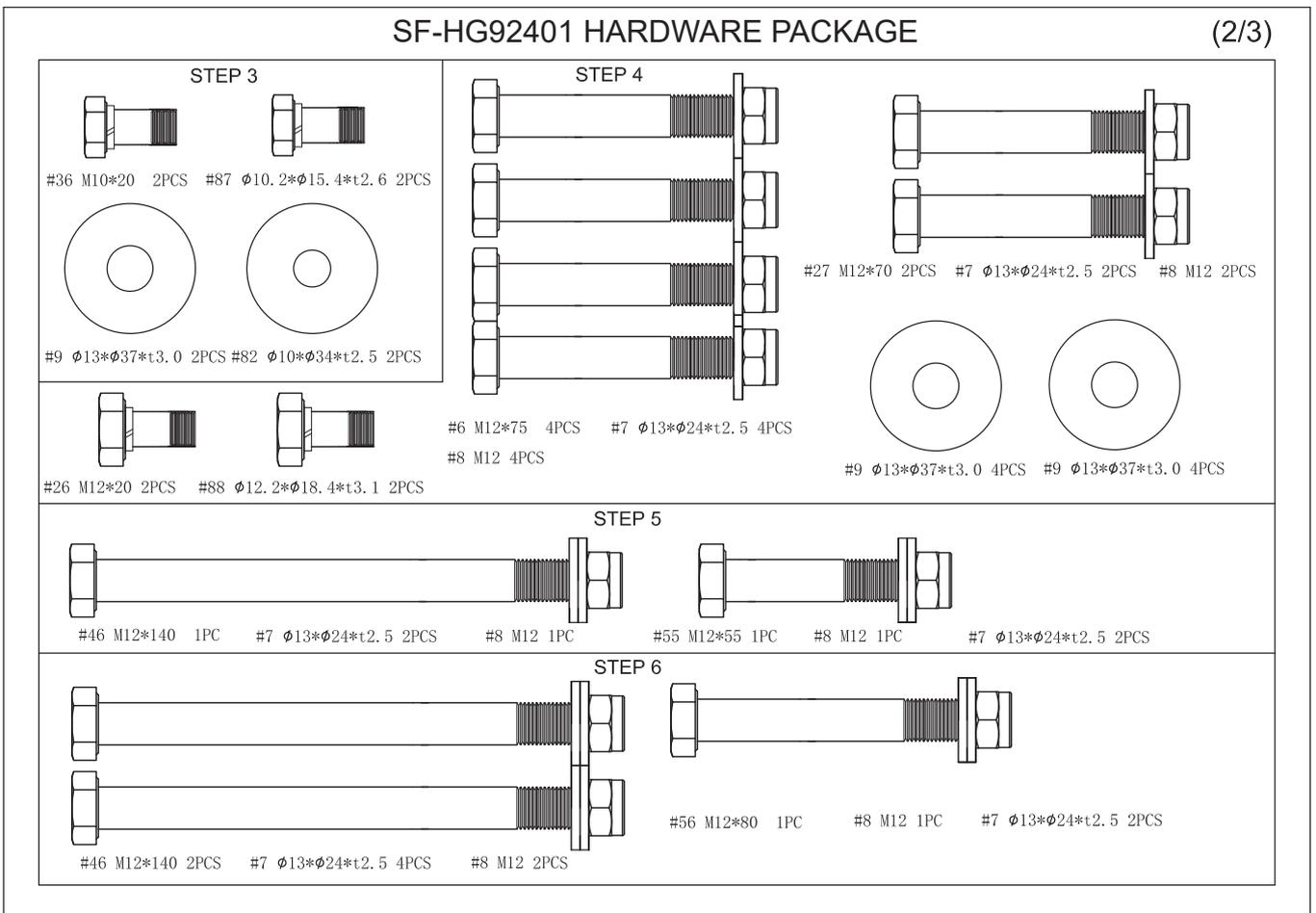
SF-HG92401 HARDWARE PACKAGE

(1/3)



SF-HG92401 HARDWARE PACKAGE

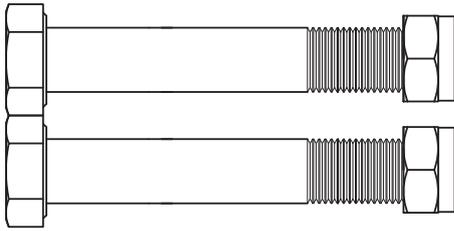
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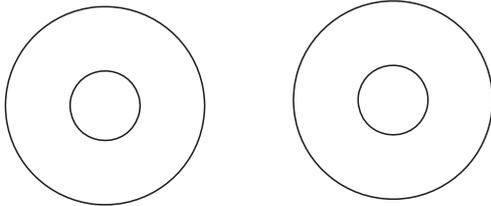
SF-HG92401 HARDWARE PACKAGE

(3/3)

STEP 7

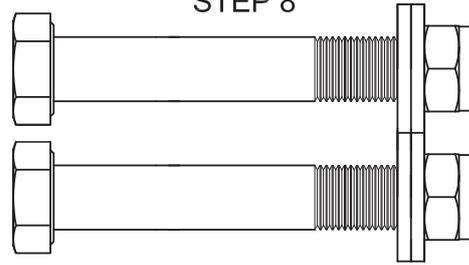


#6 M12*75 2PCS #8 M12 2PCS

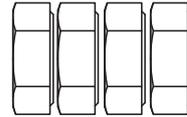


#9 $\phi 13 * \phi 37 * t 3.0$ 2PCS #9 $\phi 13 * \phi 37 * t 3.0$ 2PCS

STEP 8



#14 M12*50 2PCS #8 M12 2PCS
#7 $\phi 13 * \phi 24 * t 2.5$ 4PCS



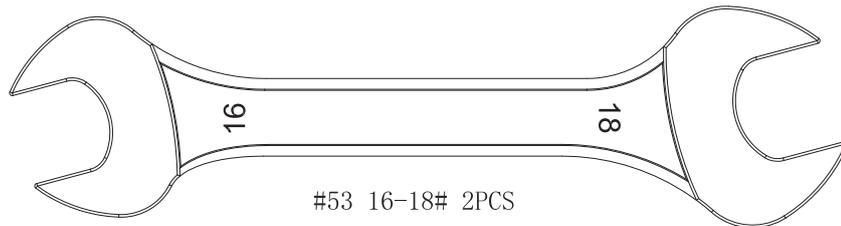
#85 M8 4PCS



#86 $\phi 8 * \phi 24 * t 3.0$ 2PCS #86 $\phi 8 * \phi 24 * t 3.0$ 2PCS



#51 5# 1PC #52 4# 1PC



#53 16-18# 2PCS
#35 10-13# 1PC

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

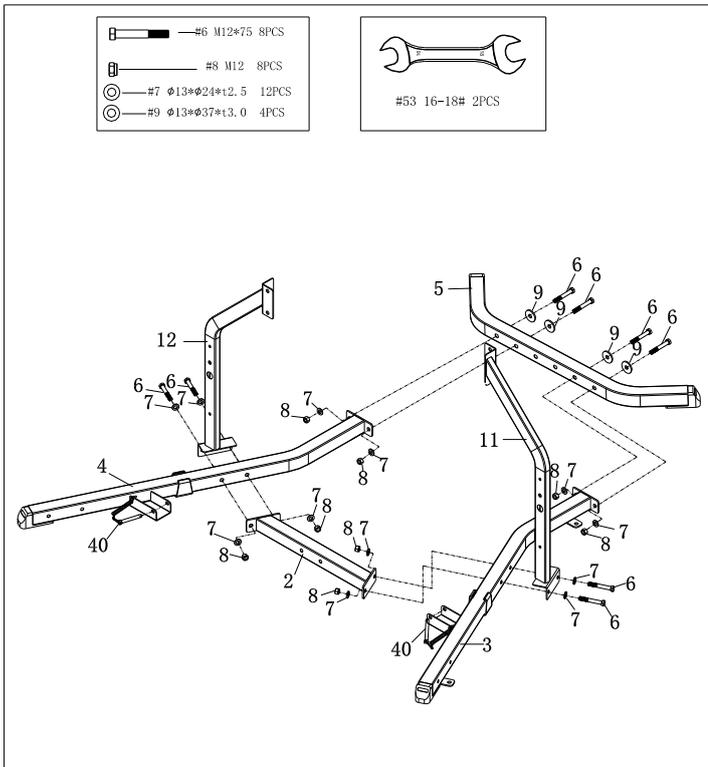
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the "EXPLODED DIAGRAM" (page 16) and "PARTS LIST" (page 17).

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

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:

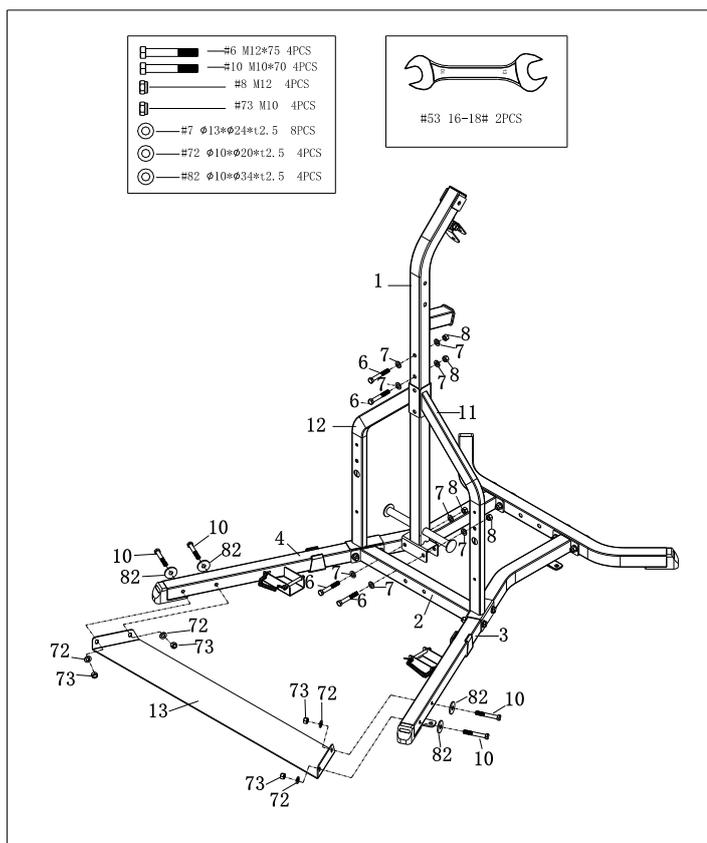
NOTE: It is highly recommended that you have assistance during the assembly.

Attach the **Left Stabilizer (No. 3)** and **Right Stabilizer (No. 4)** to the **Rear Stabilizer (No. 5)** using 4 **Hexagon Bolts (No. 6)**, 4 **Large Flat Washers (No. 9)**, 4 **Flat Washers (No. 7)** and 4 **Hex Lock Nuts (No. 8)**. Pre-secure with 2 **Open End Wrenches (No. 53)**. Do not tighten 4 **Hexagon Bolts (No. 6)** during this step.

Attach the **Left Stabilizer (No. 3)**, **Right Stabilizer (No. 4)**, **Left Support Tube (No. 11)** and **Right Support Tube (No. 12)** to the **Front Stabilizer (No. 2)** using 4 **Hexagon Bolts (No. 6)**, 8 **Flat Washers (No. 7)** and 4 **Hex Lock Nuts (No. 8)**. Pre-secure with 2 **Open End Wrenches (No. 53)**. Do not tighten 4 **Hexagon Bolts (No. 6)** during this step.

Insert 2 **Ring Steel Ball Plugs (No. 40)** into and through the round hole slots of the **Left Stabilizer (No. 3)** and **Right Stabilizer (No. 4)**.

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STEP 2:

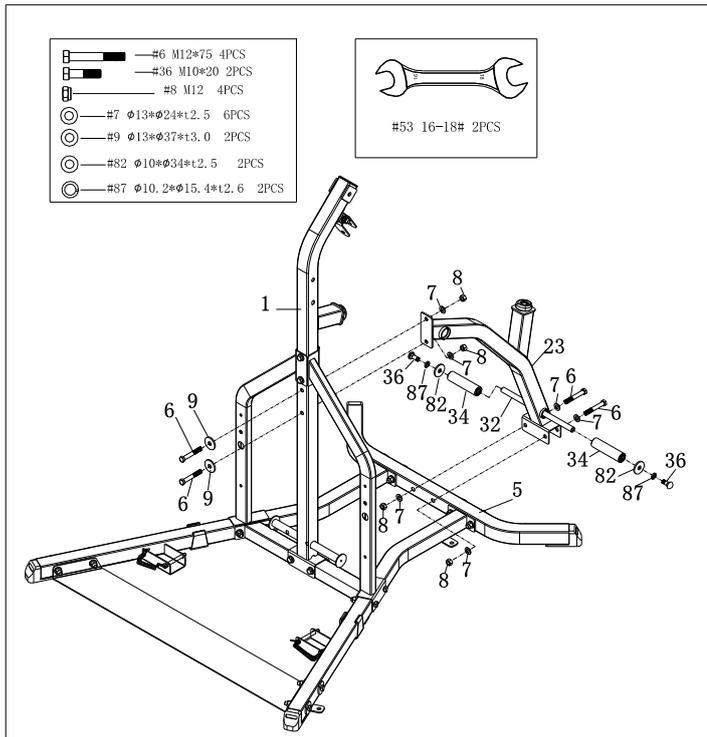
Attach the **Main Frame (No. 1)** to the **Front Stabilizer (No. 2)** using 2 **Hexagon Bolts (No. 6)**, 4 **Flat Washers (No. 7)** and 2 **Hex Lock Nuts (No. 8)**. Pre-secure with 2 **Open End Wrenches (No. 53)**. Do not tighten 2 **Hexagon Bolts (No. 6)** during this step.

Attach the **Left Support Tube (No. 11)**, **Right Support Tube (No. 12)** to the **Main Frame (No. 1)** using 2 **Hexagon Bolts (No. 6)**, 4 **Flat Washers (No. 7)** and 2 **Hex Lock Nuts (No. 8)**. Pre-secure with 2 **Open End Wrenches (No. 53)**. Do not tighten 2 **Hexagon Bolts (No. 6)** during this step.

Attach the **Left Stabilizer (No. 3)** and **Right Stabilizer (No. 4)** to the **Foot Plate (No. 13)** using 4 **Hexagon Bolts (No. 10)**, 4 **Flat Washers (No. 82)**, 4 **Flat Washers (No. 72)** and 4 **Hex Lock Nuts (No. 73)**. Pre-secure with 2 **Open End Wrenches (No. 53)**. Do not tighten 4 **Hexagon Bolts (No. 10)** during this step.

And then tight and secure with 2 **Open End Wrenches (No. 53)** for above STEP 1 and STEP 2.

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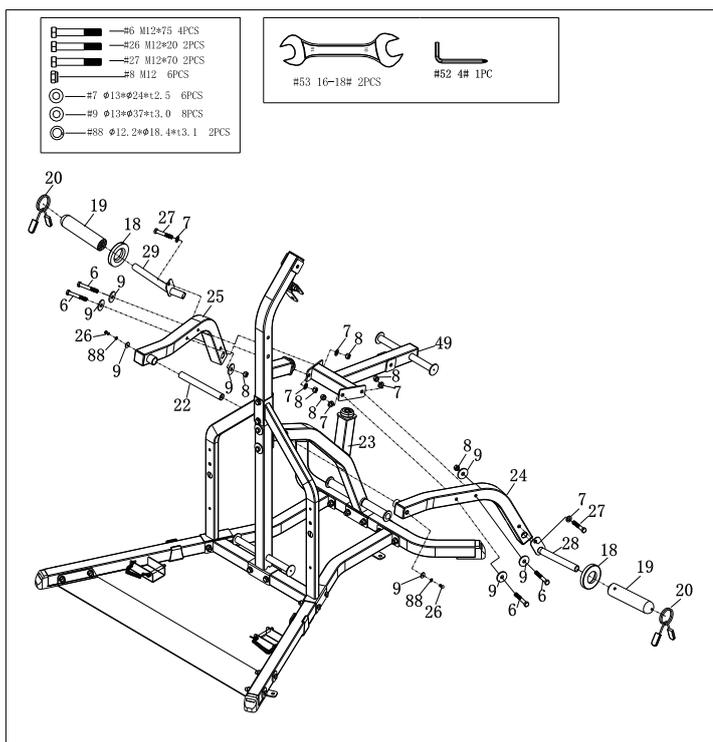


STEP 3:

Attach the **Main Frame (No. 1)** and **Rear Stabilizer (No. 5)** to the **Slant Support Tube (No. 23)** using **4 Hexagon Bolts (No. 6)**, **2 Large Flat Washers (No. 9)**, **6 Flat Washers (No. 7)** and **4 Hex Lock Nuts (No. 8)**. Tighten and secure with **2 Open End Wrenches (No. 53)**.

Attach the **Resistance Belt Tensioned Rod (No. 32)** and **2 Nylon Swivel Sleeves (No. 34)** to **Slant Support Tube (No. 23)** using **2 Hexagon Bolts (No. 36)**, **2 Spring Washers (No. 87)** and **2 Flat Washers (No. 82)**. Tighten and secure with **2 Open End Wrenches (No. 53)**.

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STEP 4:

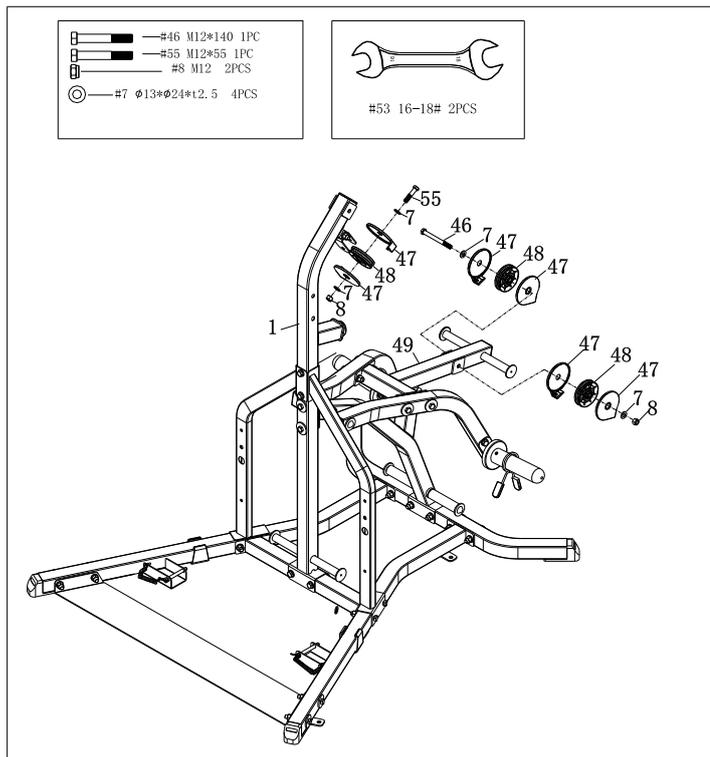
Attach the **Rotation Shaft (No. 22)** and **Left Power Tube (No. 24)** and **Right Power Tube (No. 25)** to **Slant Support Tube (No. 23)** using 2 **Hexagon Bolts (No. 26)**, 2 **Spring Washers (No. 88)** and 2 **Large Flat Washers (No. 9)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.

Attach the **Left Power Tube (No. 24)** and **Right Power Tube (No. 25)** to the **Resistance Belt Hanger (No. 49)** using 4 **Hexagon Bolts (No. 6)**, 4 **Large Flat Washers (No. 9)**, 4 **Flat Washers (No. 7)** and 4 **Hex Lock Nuts (No. 8)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.

Attach the **Left Barbell Plate Hanging Rod (No. 28)** and the **Right Barbell Plate Hanging Rod (No. 29)** to the **Left Power Tube (No. 24)** and the **Right Power Tube (No. 25)** using 2 **Hexagon Bolts (No. 27)**, 2 **Large Flat Washers (No. 9)**, 2 **Flat Washers (No. 7)** and 2 **Hex Lock Nuts (No. 8)**. Tighten and secure with 2 **Open End Wrench (No. 53)**.

Attach 2 **Barbell Support Rods (No. 19)** to the **Left Barbell Plate Hanging Rod (No. 28)** and the **Right Barbell Plate Hanging Rod (No. 29)** respectively. Fasten the setting screws on the 2 **Barbell Support Rods (No. 19)** with **Allen Wrench (No. 52)**. Then put 2 **Crash Pads (No. 18)** and 2 **Spring Clips (No. 20)** to 2 **Barbell Support Rods (No. 19)** respectively.

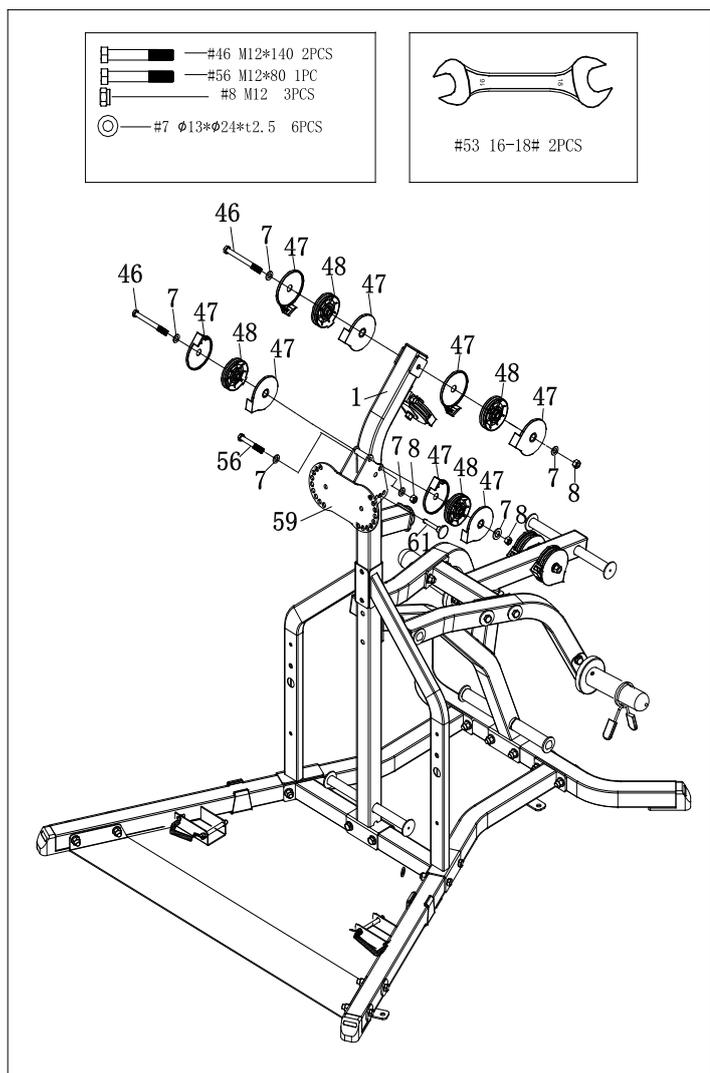
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STEP 5:

Attach 2 **Pulley Covers (No. 47)** and 1 **Φ90 Pulley Assembly (No. 48)** to the **Main Frame (No. 1)** using 1 **Outer Hexagon Bolt (No. 55)**, 2 **Flat Washers (No. 7)** and 1 **Hex Lock Nut (No. 8)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.

Attach 4 **Pulley Covers (No. 47)** and 2 **Φ90 Pulley Assemblies (No. 48)** to the **Resistance Belt Hanger (No. 49)** using 1 **Outer Hexagon Bolt (No. 46)**, 2 **Flat Washers (No. 7)** and 1 **Hex Lock Nut (No. 8)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.



STEP 6:

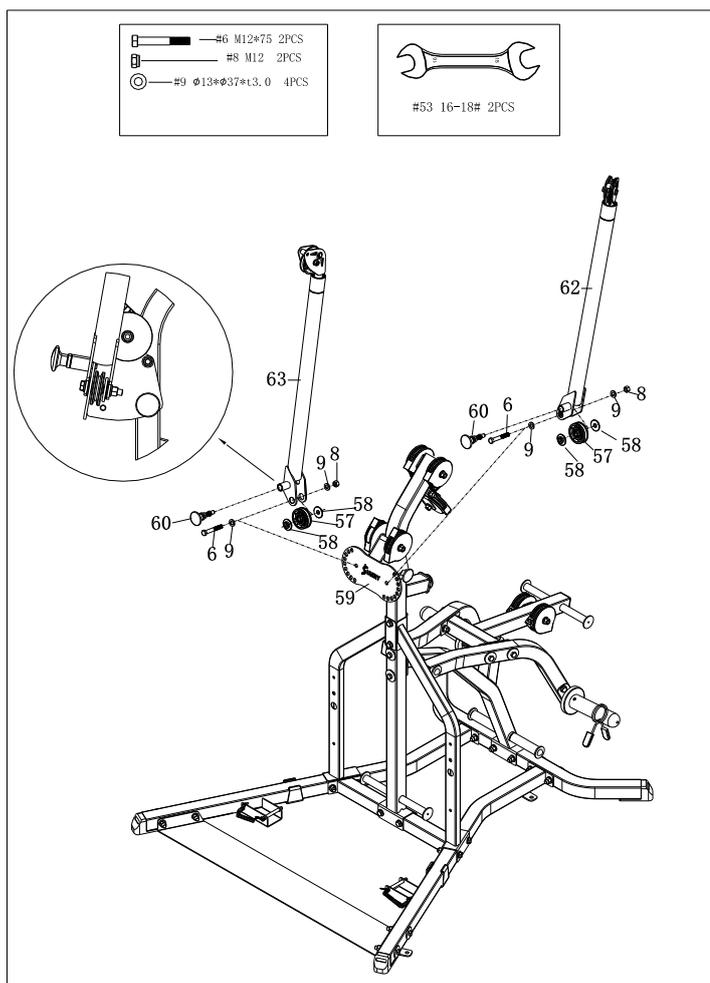
Attach 4 **Pulley Covers (No. 47)** and 2 **Φ90 Pulley Assemblies (No. 48)** to the **Main Frame (No. 1)** using 1 **Outer Hexagon Bolt (No. 46)**, 2 **Flat Washers (No. 7)** and 1 **Hex Lock Nut (No. 8)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.

Attach **Adjusting Seat (No. 59)** to the **Main Frame (No. 1)** using 1 **Outer Hexagon Bolt (No. 56)**, 2 **Flat Washers (No. 7)** and 1 **Hex Lock Nut (No. 8)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.

Attach 4 **Pulley Covers (No. 47)** and 2 **Φ90 Pulley Assemblies (No. 48)** to the **Adjusting Seat (No. 59)** using 1 **Outer Hexagon Bolt (No. 46)**, 2 **Flat Washers (No. 7)** and 1 **Hex Lock Nut (No. 8)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.

Insert **Steel Ball Bolt (No. 61)** into **Adjusting Seat (No. 59)** and **Main Frame (No. 1)**.

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STEP 7:

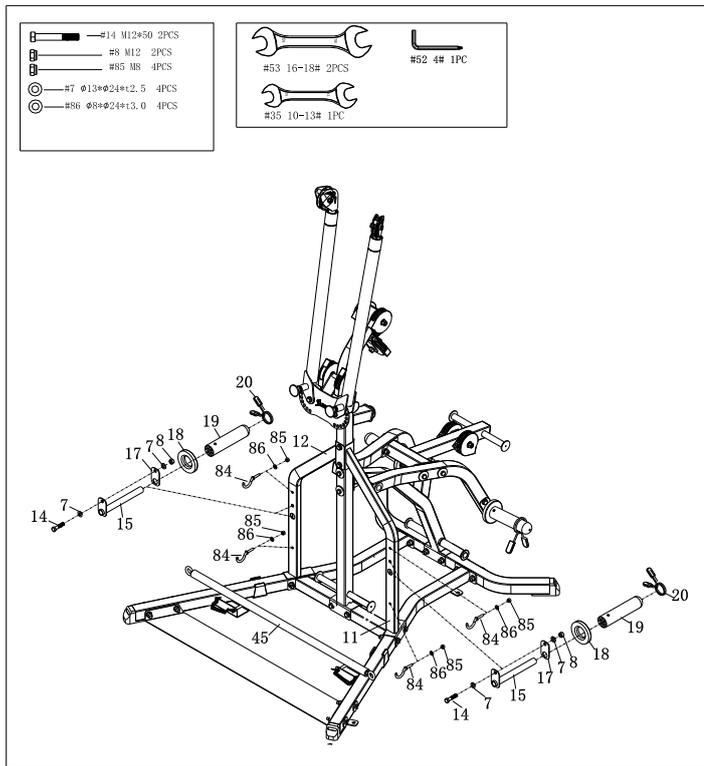
NOTE: The installation of the spring bolt does not come with a tool, and it can be screwed into place by hand, but cannot be tightened.

Attach pre-installed 2 **Iron Based Metallurgical Sleeves (No. 58)**, 1 **Φ70 Pulley Assembly (No. 57)** and 1 **Left Turning Arm (No. 62)** to the **Adjusting Seat (No. 59)** using 1 **Hexagon Bolt (No. 6)**, 2 **Large Flat Washers (No. 9)** and 1 **Hex Lock Nut (No. 8)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.

Attach pre-installed 2 **Iron Based Metallurgical Sleeves (No. 58)**, 1 **Φ70 Pulley Assembly (No. 57)** and 1 **Right Turning Arm (No. 63)** to the **Adjusting Seat (No. 59)** using 1 **Hexagon Bolt (No. 6)**, 2 **Large Flat Washers (No. 9)** and 1 **Hex Lock Nut (No. 8)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.

Screw the 2 **Spring Bolts (No. 60)** into the **Left Turning Arm (No. 62)** and the **Right Turning Arm (No. 63)** respectively by hand and pass through the adjustment hole of the **Adjusting Seat (No. 59)**.

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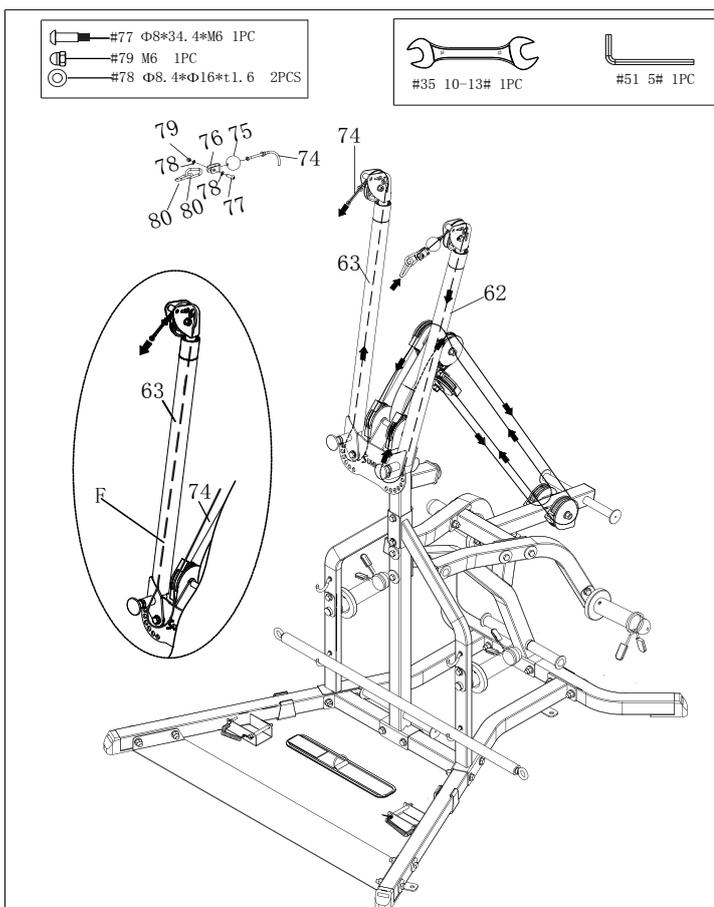
STEP 8:

Clamp the 4 **Hanging Hook Assemblies (No. 84)** into the **Left Support Tube (No. 11)** and the **Right Support Tube (No. 12)** respectively, using 4 **Flat Washers (No. 86)** and 4 **Hex Lock Nuts (No. 85)**. Tighten and secure with **Open End Wrench (No. 35)**.

Attach 2 **Counterweight Hanging Rods (No. 15)** and 2 **Fixed Pieces (No. 17)** to the **Left Support Tube (No. 11)** and the **Right Support Tube (No. 12)** using 2 **Hexagon Bolts (No. 14)**, 4 **Flat Washers (No. 7)** and 2 **Hex Lock Nuts (No. 8)**. Tighten and secure with 2 **Open End Wrenches (No. 53)**.

Attach 2 **Barbell Support Rods (No. 19)** to 2 **Counterweight Hanging Rods (No. 15)** respectively. Fasten the setting screws on the 2 **Barbell Support Rods (No. 19)** with **Allen Wrench (No. 52)**. Then put 2 **Crash Pads (No. 18)** and 2 **Spring Clips (No. 20)** to 2 **Barbell Support Rods (No. 19)** respectively.

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STEP 9:

Remove 1 **Special Bolt (No. 77)**, 2 **Flat Washers (No. 78)** and 1 **Cap Nut (No. 79)** from one end of **Cable (No. 74)** using **Allen Wrench (No. 51)** and **Open End Wrench (No. 35)**. Then remove **Cable Connection U (No. 76)**, **Cable Ball (No. 75)** and 2 **Gourd Hooks (No. 80)** from **Cable (No. 74)**.

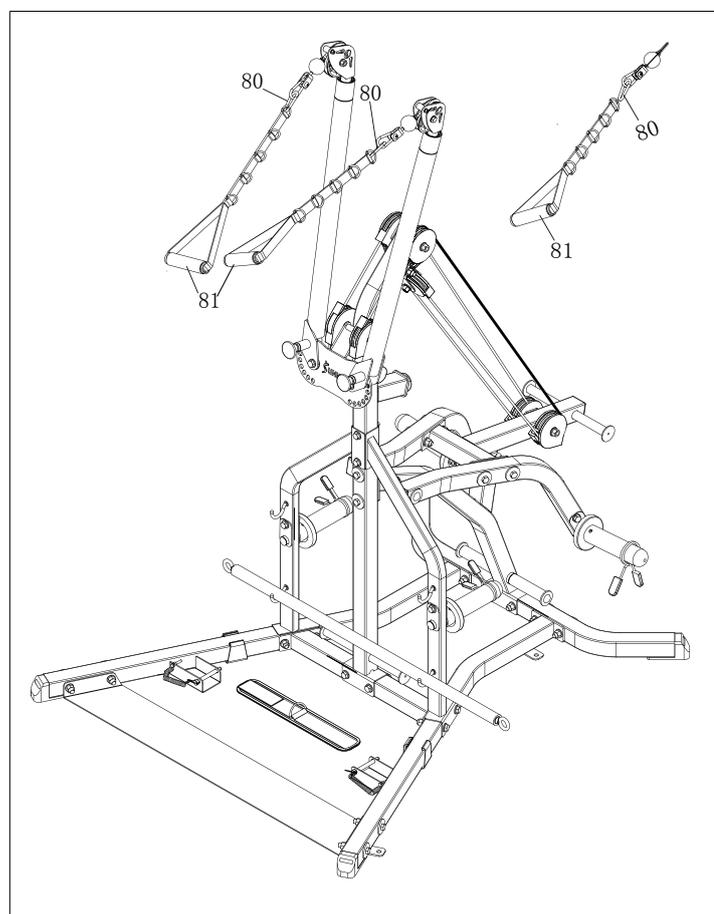
Insert the **Cable (No. 74)** into the top of **Left Turning Arm (No. 62)**, Wrap the **Cable (No. 74)** around the arrows shown.

NOTE: When assembling the **Cable (No. 74)** around the **Right Turning Arm (No. 63)**, please connect the **Cable (No. 74)** with the **Mini Wire (No. F)** in the bottom of **Right Turning Arm (No. 63)**. Then pull the top end **Mini Wire (No. F)** out of the **Right Turning Arm (No. 63)** along with the **Cable (No. 74)** and then remove the **Mini Wire (No. F)**.

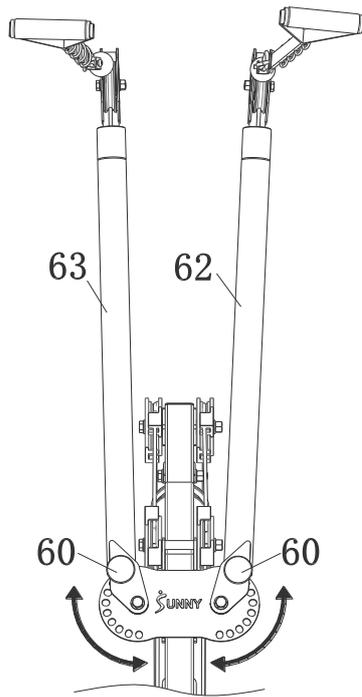
Attach the **Cable (No. 74)** to **Cable Ball (No. 75)**, **Cable Connection U (No. 76)** and 1 **Gourd Hook (No. 80)** using 2 **Flat Washers (No. 78)**, 1 **Cap Nut (No. 79)** and 1 **Special Bolt (No. 77)** that were just removed. Tighten and secure with **Allen Wrench (No. 51)** and **Open End Wrench (No. 35)**. Then attach 2 **Gourd Hooks (No. 80)** on the two ends of **Cable (No. 74)** to 2 **Handle Assemblies (No. 81)**.

NOTE: Check and make sure all bolts are fully locked.

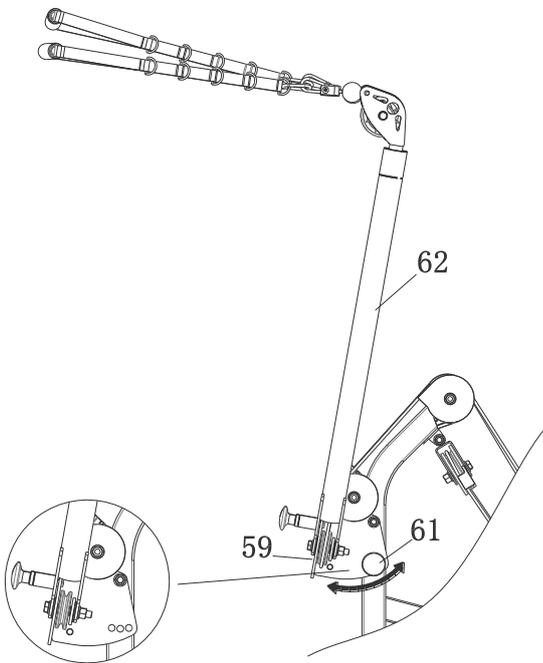
The assembly is complete!



ADJUSTMENTS AND USAGE GUIDE



When adjusting the **Left Turning Arm (No. 62)** or the **Right Turning Arm (No. 63)**, the hand should hold onto the **Left Turning Arm (No. 62)** or the **Right Turning Arm (No. 63)** first, then pull out the **Spring Bolts (No. 60)**, now the **Left Turning Arm (No. 62)** or the **Right Turning Arm (No. 63)** can be adjusted up and down according to the arrow shown in the diagram. Reinsert the **Spring Bolts (No. 60)** after adjusting to the proper position.



When adjusting the **Adjusting Seat (No. 59)**, the hand should hold the **Left Turning Arm (No. 62)** first, then pull out the **Steel Ball Bolt (No. 61)**, now the **Adjusting Seat (No. 59)** can be adjusted according to the arrow shown in the diagram. Reinsert the **Steel Ball Bolt (No. 61)** after adjusting to the proper position.

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 leveled 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



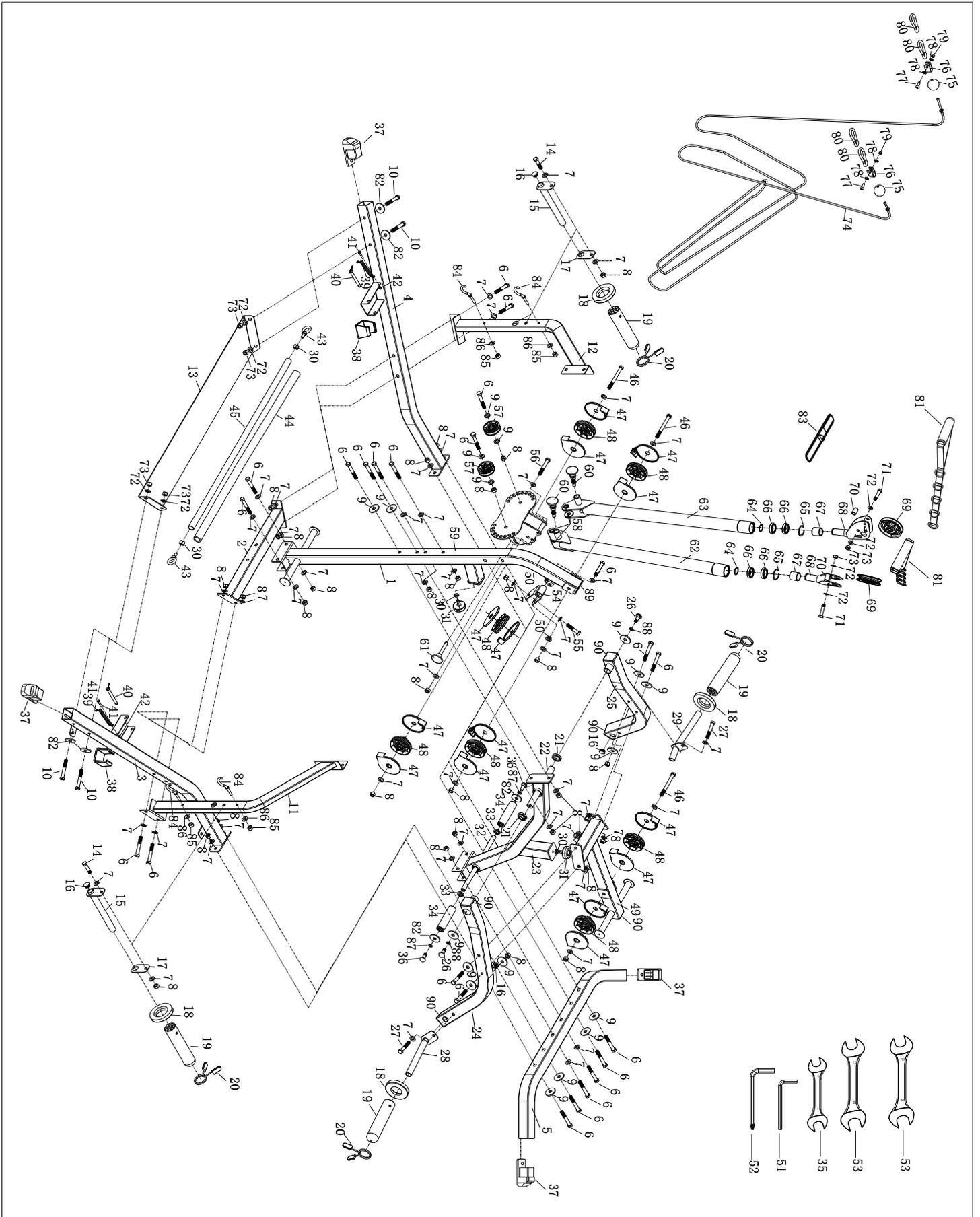
SunnyFit is an all-in-one home fitness app designed to empower users of all levels to achieve their fitness goals. Discover over 1,000 free on-demand workout video courses crafted by certified trainers, tailored for various exercise equipment such as indoor bikes, treadmills, rowers, ellipticals, dumbbells, 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.

USAGE GUIDE

The Multifunctional Strength Training Home Gym allows you to work out in multiple ways.
Please scan the QR code below:



EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty.
1	Main Frame		1
2	Front Stabilizer		1
3	Left Stabilizer		1
4	Right Stabilizer		1
5	Rear Stabilizer		1
6	Hexagon Bolt	M12*75	23
7	Flat Washer	Φ13*Φ24*t2.5	48
8	Hex Lock Nut	M12	32
9	Large Flat Washer	Φ13*Φ37*t3.0	18
10	Hexagon Bolt	M10*70	4
11	Left Support Tube		1
12	Right Support Tube		1
13	Foot Plate		1
14	Hexagon Bolt	M12*50	2
15	Counterweight Hanging Rod		2
16	Round Inner Tube Plug	Φ25	4
17	Fixed Piece	82*45*t3	2
18	Crash Pad	Φ80*Φ50*16	4
19	Barbell Support Rod	Φ100*Φ48*200	4
20	Spring Clip	Φ48	4
21	Bearing	61805-2Z	2
22	Rotation Shaft	Φ25*228	1
23	Slant Support Tube		1
24	Left Power Tube		1
25	Right Power Tube		1
26	Hexagon Bolt	M12*20	2
27	Hexagon Bolt	M12*70	2
28	Left Barbell Plate Hanging Rod		1
29	Right Barbell Plate Hanging Rod		1
30	Outer Hexagon Nut	M10	4
31	Adjusting Foot Pad	Φ52*19-M10*28	2
32	Resistance Belt Tensioned Rod	Φ17*320	1
33	Bearing	61803-2Z	2
34	Nylon Swivel Sleeve	Φ32*Φ17.2*126.5	2
35	Open End Wrench	10-13#	1
36	Hexagon Bolt	M10*20	2
37	Foot Cover	50*50*1.5	4
38	Middle Foot Pad	50*50*t5.0	2
39	Pin Cable Assembly	Φ3*Φ13*105	2
40	Ring Steel Ball Plug	Φ10*98	2
41	Outer Hexagon Bolt	M6*10	2
42	Hex Lock Nut	M6	2
43	Eye Bolt	M10	2
44	Foam Grip	Φ24*Φ30*450	1
45	Push Rod		1

No.	Description	Spec.	Qty.
46	Outer Hexagon Bolt	M12*140	3
47	Pulley Cover	Φ90*Φ12.5	14
48	Φ90 Pulley Assembly	Φ90*Φ12.5*25.4	7
49	Resistance Belt Hanger		1
50	Metallurgical Sleeve	Φ25*Φ20.8*Φ12.5*10*3	2
51	Allen Wrench	5#	1
52	Allen Wrench	4#	1
53	Open End Wrench	16-18#	2
54	Rotating Pulley Seat II	8#	1
55	Outer Hexagon Bolt	M12*55	1
56	Outer Hexagon Bolt	M12*80	1
57	Φ70 Pulley Assembly	Φ70*Φ12.1*26	2
58	Iron Based Metallurgical Sleeve	Φ38*Φ22*Φ12.1*8	4
59	Adjusting Seat		1
60	Spring Bolt	Φ12*Φ25 *M20*96	2
61	Steel Ball Bolt	Φ50*108.5	1
62	Left Turning Arm		1
63	Right Turning Arm		1
64	Circlip for Shaft	Φ25	2
65	Circlip for Hole	Φ42	2
66	Bearing	61905-2Z	4
67	Shaft Spacer Sleeve	Φ32*Φ25.5*32	2
68	Rotating Pulley Seat		2
69	Φ90 Pulley Assembly	Φ90*Φ10.5 *25.4	2
70	Anti-Collision Spacer	Φ17*Φ11*25	2
71	Outer Hexagon Bolt	M10*45	2
72	Flat Washer	Φ10*Φ20*t2.5	8
73	Hex Lock Nut	M10	6
74	Cable	Φ5*7420	1
75	Cable Ball	Φ39	2
76	Cable Connection U	88*20*t3	2
77	Special Bolt	Φ8*34.4*M6	2
78	Flat Washer	Φ8.4*Φ16*t1.6	4
79	Cap Nut	M6	2
80	Gourd Hook	Φ8*80	4
81	Handle Assembly		2
82	Flat Washer	Φ10*Φ34*t2.5	6
83	Foot Cover Set		1
84	Hanging Hook Assembly		4
85	Hex Lock Nut	M8	4
86	Flat Washer	Φ8*Φ24*t3.0	4
87	Spring Washer	Φ10.2*Φ15.4	2
88	Spring Washer	Φ12.2*Φ18.4*t3.1	2
89	Square Inner Tube Plug	50*50*t2.0	1
90	Square Inner Tube Plug	50*50*t1.5	5

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