

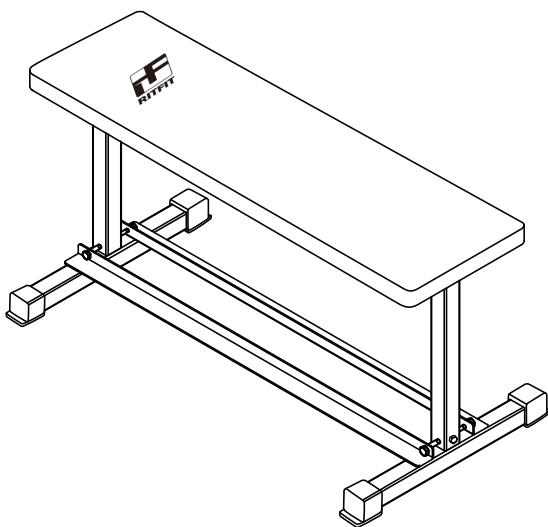
⚠ WARNING:

Thank you for purchasing RitFit Flat Weight Bench . This equipment offers a selection of exercises designed to develop the major muscle groups of the body, making it more effective to exercise at home or garage. Please read all the precautions and instructions in this manual before assembling or using the equipment.

Please keep this manual for future reference.

RITFIT FLAT WEIGHT BENCH

User's Manual



RITFIT

www.ritfitsports.com

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Welcome

Welcome to the world of RitFit! RitFit provides affordable but sturdy fitness equipments, helping everyone to create the ideal home gym design on a shoestring budget. Designing a home gym does not necessarily have to be expensive! RitFit is to enable you to purchase the most effective and necessary equipment for a gym of your own.

IMPORTANT PRECAUTIONS

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment.

In particular, note the following safety precautions:

1. Keep children and pets away from the equipment at all times. **DO NOT** leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
4. Position the equipment on a clear, levelled surface. **DO NOT** use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the equipment.
7. Use the equipment only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the equipment.
9. Disabled person should not use the equipment.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the equipment is not functioning properly.
12. A spotter is recommended during exercise.
13. This equipment is designed and intended for home and consumer use only, not for commercial use.

GENERAL INFORMATION

This exercise bench was designed and manufactured to optimize users' workout performance and minimize adjustment or set-up time for users.

Care and Maintenance

1. Lubricate moving parts with light oil periodically.
2. Inspect the machine each time before using the equipment.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent.

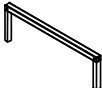






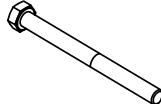



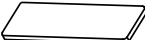
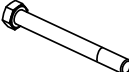

Should you encounter any difficulty with assembly, operation or use of this exercise product, please contact RitFit support team directly.

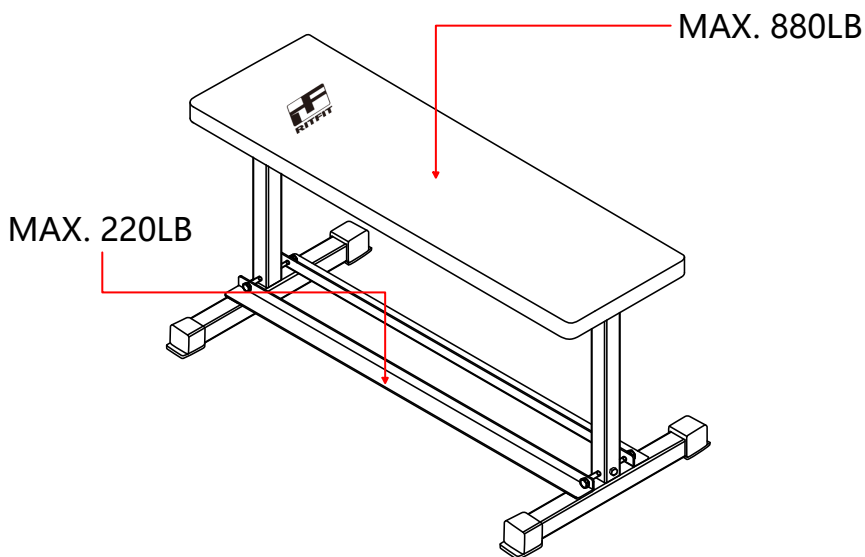
Retailer: RitFit LLC

Email: support@ritfitness.com

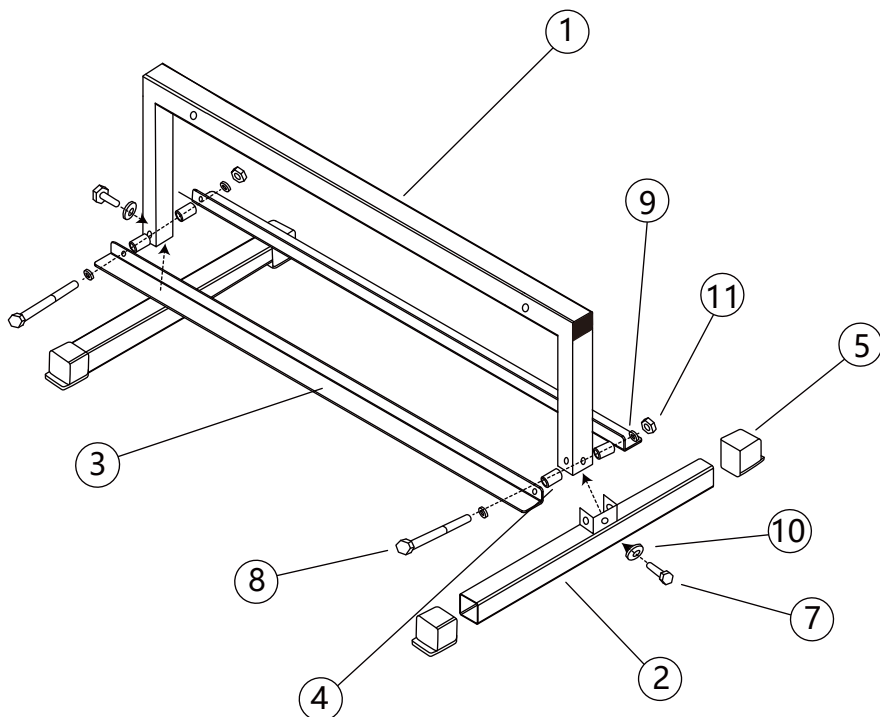
If RitFit Flat Weight Bench fails due to a defect in material or workmanship within 365 days of the date of purchase, please contact support@ritfitness.com for assistance. This warranty does not apply when the bench is used commercially or for rental purposes.




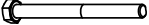
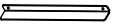





PARTS AND DIMENSIONS

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6 	7 	8 	9 	10 
11 	12 	13 	14 	

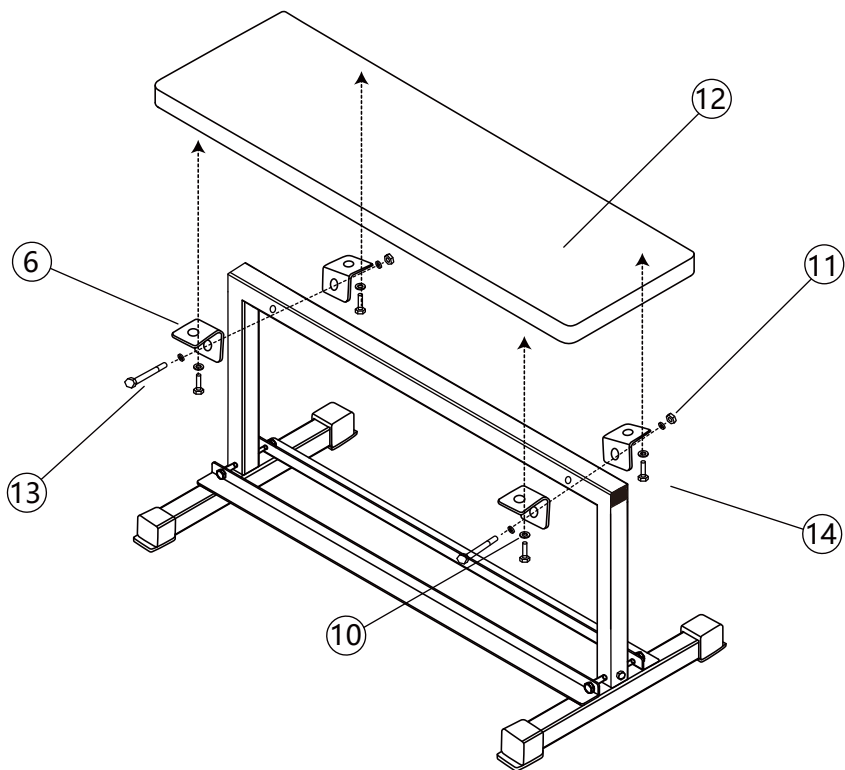





PARTS AND DIMENSIONS






1#		Qty:1	7#		M10*20	Qty:2
2#		Qty:2	8#		M10*130	Qty:2
3#		Qty:2	9#		M8	Qty:4
4#		Qty:4	10#		M10	Qty:2
5#		Qty:4				
11#		Qty:2				

PARTS AND DIMENSIONS



6#		Qty:4
11#		Qty:2
12#		Qty:1

10#		M10	Qty:8
13#		M10*90	Qty:2
14#		M8*25	Qty:4

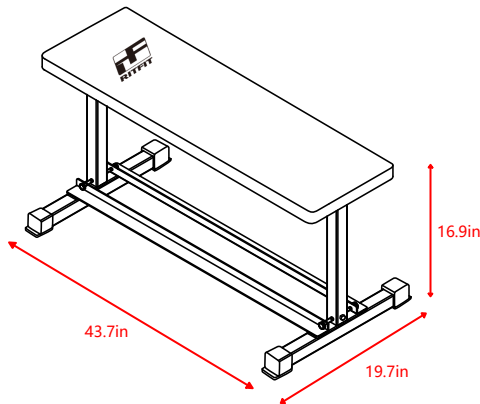
PARTS AND DIMENSIONS

Tools Required for Assembling the Bench:

Two Wrenches.

Weight capacity and dimension

- Maximum user (load) weight: 265 lbs.
- Maximum total weight: 880 lbs.
- Maximum dumbbell rack capacity: 220 lb
- Assembled Dimension: 43.7 x 19.7 x 16.9 in.



It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

- Ensure Carriage Bolts are inserted through the SQUARE holes on components that need to be assembled. Attach washer only to end of the Carriage Bolt.

- Use Allen Bolts or Hex Bolts inserted through the ROUND hole on components that need to be assembled.

- Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

WARRANTY

WHAT IS COVERED

This RitFit exercise equipment is warranted to be free of all defects in material and workmanship to the original purchaser for the specific items and duration listed:

- 3 years on structural frame.
- 90 days on upholstery and any items not specified.
- 1 year for rust or corrosion of structural frame. Scratches or scrapes where the subsurface of the unit has been exposed must have been properly repaired by the customer.

RitFit will ship to you at our expense, any repair parts covered by the warranty as stated. If the Product is deemed not repairable by RitFit authorized personnel, we reserve the right to replace any or all of the Product at our option within the stated warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Products location, alterations or modifications without written authorization by RitFit, or by failure on your part to use, operate, and maintain the Product as set out in Users Manual. All terms of this warranty are void if this product is used for commercial use.

RETURN

If you received a DEFECTIVE or WRONG product, RitFit will arrange the reshipment for you and cover the shipping expense. You are responsible for transportation and insurance charges for year 2 and beyond. More return terms and policies can be found on www.ritfitsports.com.

WORKOUT GUIDELINE

Beginning a Strength Building Program

Warming Up

To begin strength training, it is important to stretch and perform light exercise for 5 to 10 minutes. This helps prepare the body for more strenuous exercise by increasing circulation, raising your body temperature and developing more oxygen to your muscles.

Workout

Keep in mind that muscle soreness is not advisable for a long period of time when you workout every time and it may mean injury has occurred.

Cool Down

At the end of each workout, perform slow stretching exercises for 5 to 10 minutes. Ease into each stretch only going as far as you can. This stage allows your muscles wind down after training. To provide a total workout program , additional 2-3 days aerobic exercise for strength training is also recommended.

Drinking Water

For the body to function properly, it must be properly hydrated. If you are exercising, you should increase your fluid intake. The reason for this is that the water you take in will leave your system through the sweating mechanism that cools your body during exercise. The water you lose through exercise must be replaced so that the muscles can recover properly.

Rest Day

You may not feel like doing it, but taking a rest day at least for once a week is important as it gives your body a chance to cool itself. Continuously working your muscle will result in over training which will not benefit in the long run.

WORKOUT GUIDELINE

Exercise guidelines

Building Muscle and Gaining Weight

Unlike aerobic exercise, which emphasizes endurance training, anaerobic exercise focuses on strength training. A gradual weight gain can occur while building the size and strength of muscles. While developing muscle mass, your body adapts to the stress placed upon it. You can modify your diet to include foods such as meat, fish and vegetables. These foods help muscles recover and replenish important nutrients after a strenuous workout.

Muscle Strength and Endurance

To achieve the greatest benefit from exercise, it is important to develop an exercise program that allows you to work all of the major muscle groups equally. To increase muscles strength; follow this principle: Increasing resistance and maintaining the number of repetitions of an exercise results in increased muscle strength. To tone your body, follow the principle: Decreasing resistance plus increasing the number of repetitions of an exercise results in increased body tone. Once you feel comfortable with an exercise, you can change the resistance, the number of repetitions, or the speed at which you do the exercise. It is not necessary to change all three variables. For example, let's say that you are training at 10 kg. and performing the exercise 10 times in 3 minutes. When this becomes too easy, you may decide to move up lifting 12 kg. for the same number of repetitions in the same amount of time. Lifting more weights fewer times most often develops muscle strength. To gain both muscle strength and endurance, it is recommended that you perform each exercise 15 to 20 reps per set.

Training Intensity

How hard you begin to train depends on your overall level of fitness. The soreness you experienced can be lessened by decreasing the load you place on your muscles and by performing fewer sets. To avoid injury, you should gradually work into an exercise program and set the load to your individual fitness level. The load should increase as your fitness level increases. Muscle soreness is common, especially when you first start exercising. If you are painfully sore for a long time, it may be time to change your program. Eventually, your muscle system will become accustomed to the stress and strain placed on it.

