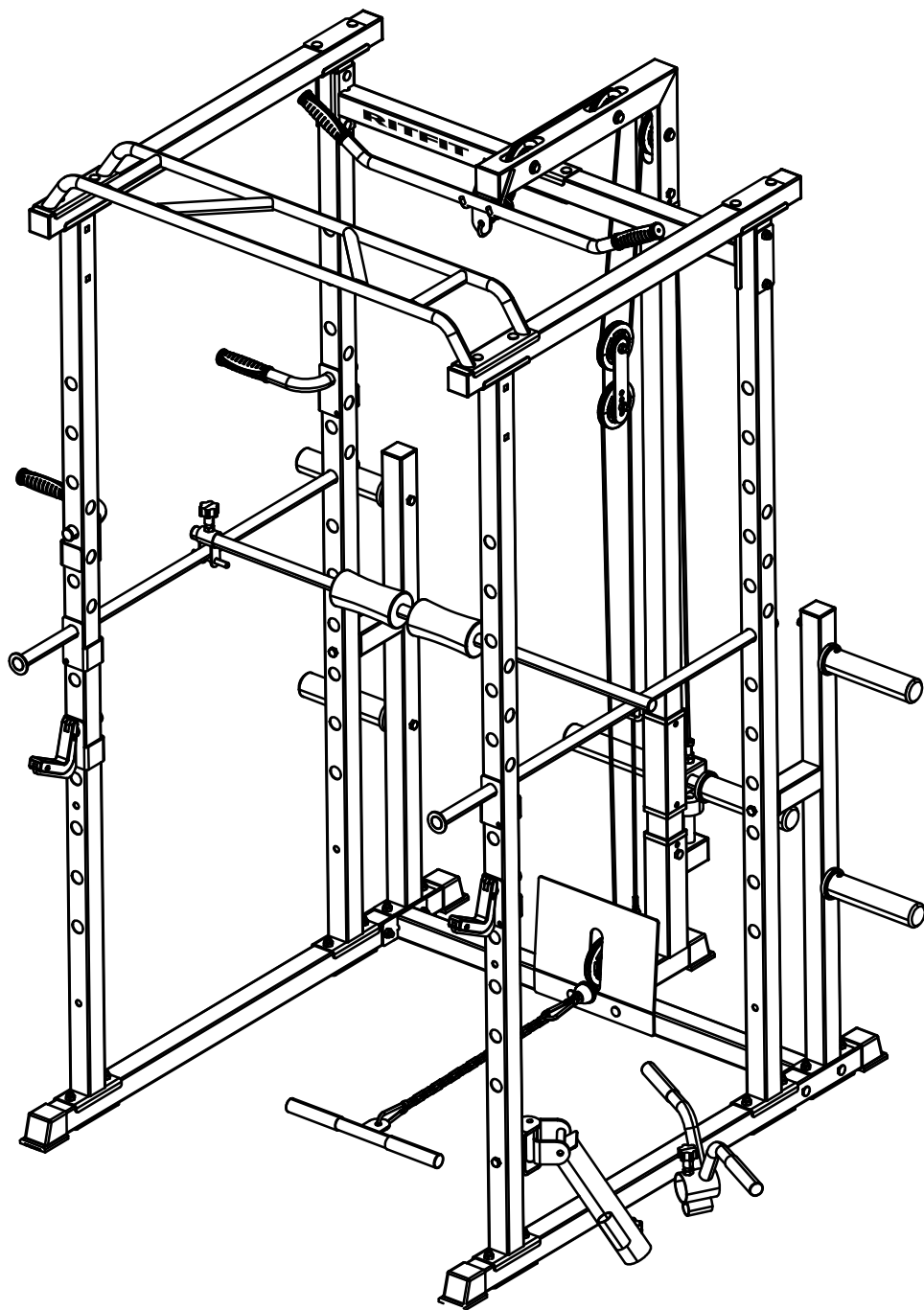


FRITFIT

A GYM OF YOUR OWN

**POWER CAGE WITH
LAT PULL-DOWN
SYSTEM**



Owner's Manual

SAFETY & PRECAUTIONS

IMPORTANT: READ ALL PRECAUTIONS CAREFULLY BEFORE USING THIS PRODUCT. RETAIN OWNER'S MANUAL FOR FUTURE REFERENCE.

Note: This item is shipped in an unusual shaped box. Please hold on to box until you feel there's no need to return product. Place the manual in a safe secure place in your home or office.

- In the event should you find this product has either a defective or a missing part, do not use substitute parts or try to use the unit in an incomplete form. Please contact RITFIT for a replacement.
- Additional features on products may be added during seasonal production but may not be featured in line art diagrams at time of production. Changes of such will not affect the performance or assembly of the unit. If you would like further clarification during your assembly process please feel free to contact RITFIT for direction.
- This product has been designed for **light commercial** or **home use** only. Light commercial can be defined as a location with multiple users but not in a membership setting. Examples would be hotels, fire departments, high schools, etc. Commercial use would include, but not limited to, locations that accept membership for use of equipment.
- This exercise equipment was designed and built for optimum safety. However certain operator precautions apply whenever you operate a piece of exercise equipment. Please note the following safety procedures:
 1. Keep children and pets away from this equipment.
 2. Always inspect equipment prior to use to assure the structural integrity. Some parts may need occasional maintenance due to wear and tear.
 3. Lubricate moving parts as needed (depends on use but once a month is a good rule to follow).
 4. One person at a time should use this equipment unless otherwise designed for safety (example: spotter stand on some weight benches).
 5. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, stop the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
 6. Always use this equipment on a level surface. Do not use outdoors or near water.
 7. Keep hands and feet away from any moving parts that are not intended to have body parts near them while in use.
 8. Do not insert any object into any openings unless object is supposed to be inserted into a particular place (such as a pin in a weight stack).
 9. Before using this equipment, always do stretching exercise to warm up.
 10. Use this equipment only for its intended use as described in manual.
 11. Always wear appropriate workout clothing and shoes when exercising. DO NOT WEAR ROBES OR OTHER CLOTHING THAT COULD BECOME CAUGHT IN THE EQUIPMENT.
 12. BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN.
 13. If you have any questions, please e-mail our customer service team at support@ritfitness.com

To sum up the above: Be smart. Be safe.

If you have any questions, please e-mail our customer service team at support@ritfitness.com

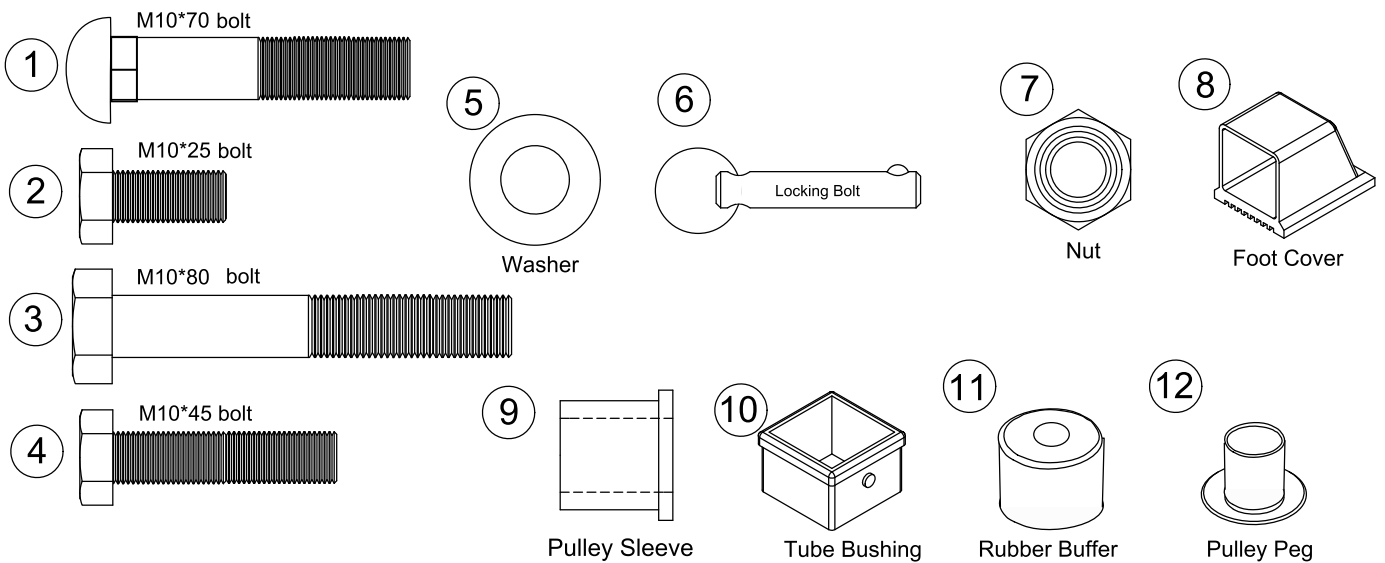
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PARTS LIST

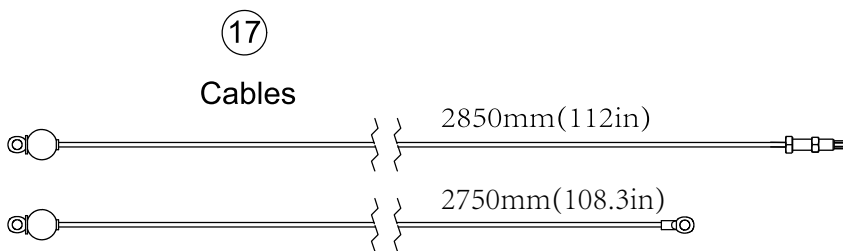
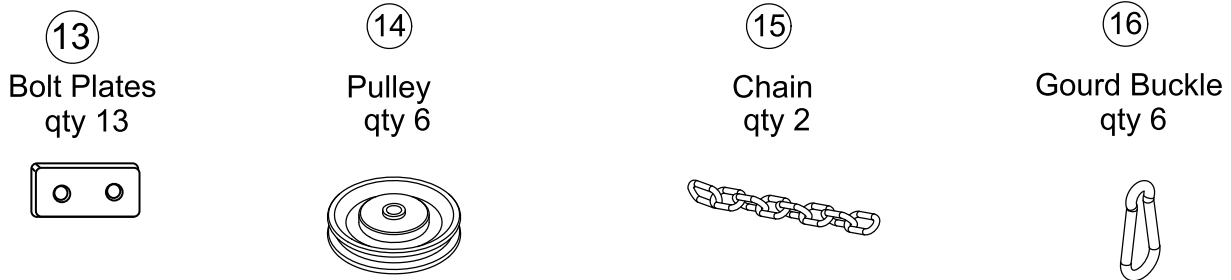
POWER CAGE WITH LAT PULL-DOWN SYSTEM

- Attached to the Frame

No.	Description	Quantity
1	M10*70 Bolt	32
2	M10*25 Bolt	4
3	M10*80 Bolt	8
4	M10*45 Bolt	3
5	Washer	50
6	Locking Bolt	1
7	Nut	41
8	Foot Cover	5



- Packed in the box



Cable
Assembly
Instructions
can be found
on page

#11

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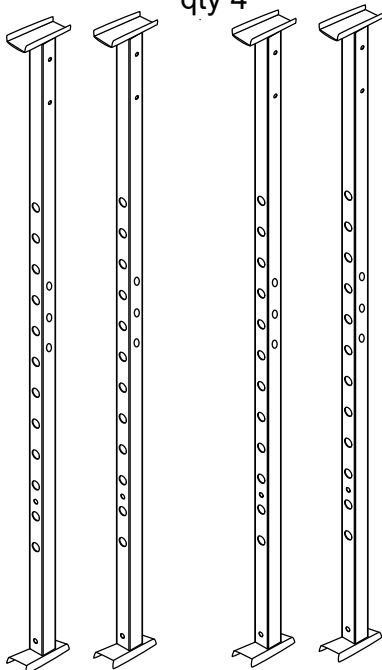
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PARTS LIST

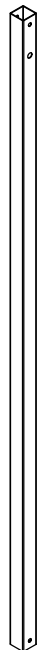
POWER CAGE WITH LAT PULL-DOWN SYSTEM

- Packed in the box

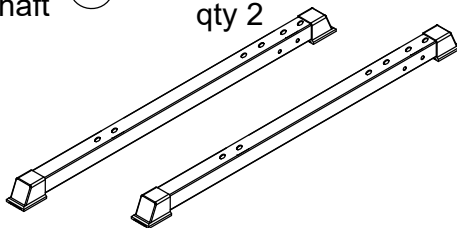
18 Upright Frame
qty 4



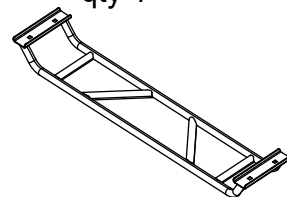
19 Lat Pull Shaft
qty 1



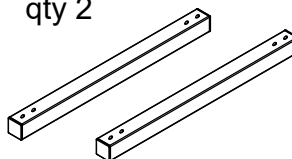
20 Bottom Base Frame
qty 2



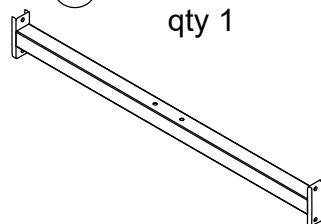
21 Chrome Pull Up Bar
qty 1



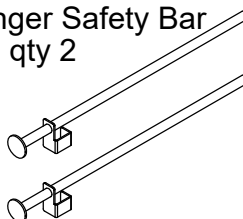
22 Upper Cross Frame
qty 2



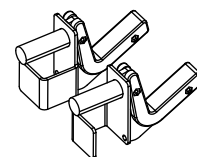
23 Rear Cross Beam
qty 1



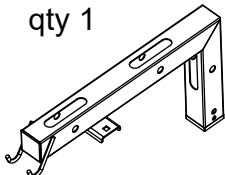
24 Longer Safety Bar
qty 2



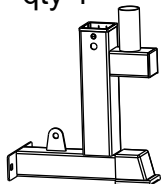
25 J-HOOK
qty 2



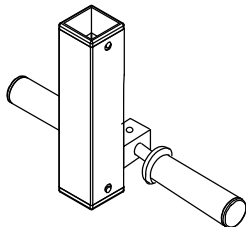
26 Top Beam
qty 1



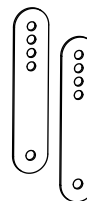
27 Lower Beam
qty 1



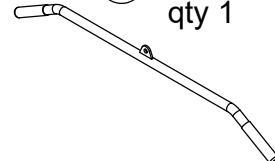
28 Plate Carriage
qty 1



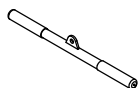
29 Pulley Brace
qty 2



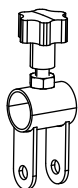
30 Lat Bar
qty 1



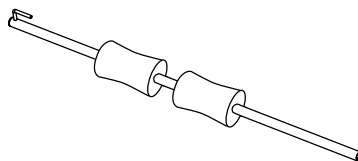
31 Low T Bar
qty 1



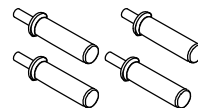
32 Clamping Plate
qty 1



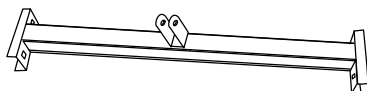
33 Foam Roller Bar Support
qty 1



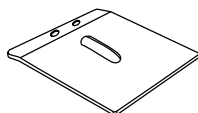
34 Plate Storage Pegs
qty 4



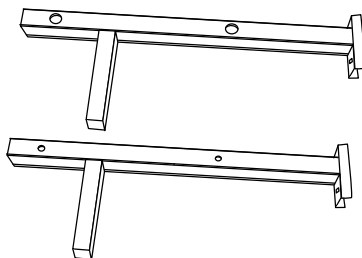
35 Bottom Cross Beam
qty 1



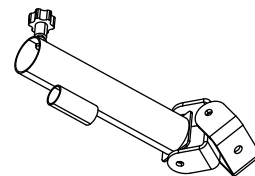
36 Row Plate
qty 1



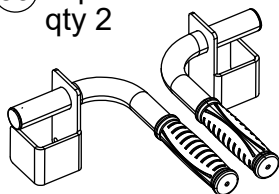
37 Plate Holder
qty 2



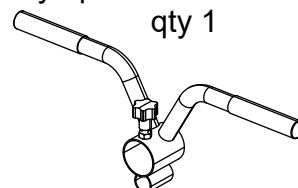
38 Bar Connector
qty 1



39 Dip Bar
qty 2



40 Olympic Bar Handle
qty 1



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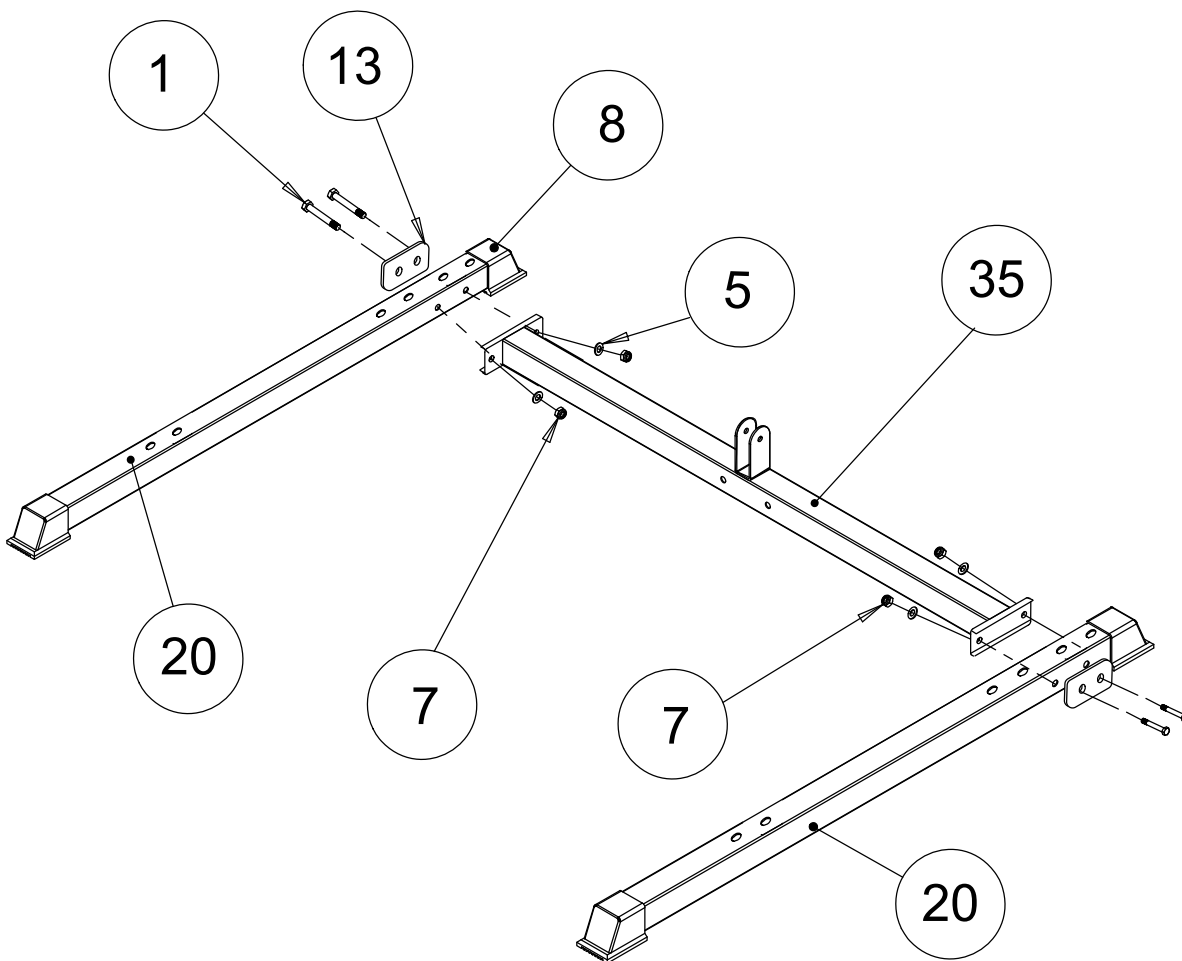
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POWER CAGE WITH LAT PULL-DOWN SYSTEM

Note: The following step by step is a guide to walk you through what may be the best way to proceed. The Assembly Instructions will guide you through the critical parts to assemble in sequence but may also leave out some items that can be assembled by visual. Some parts may be already attached to main frame parts or pulley. If you have any questions, please e-mail our customer service team at support@ritfitness.com

Step #1: Main Frame (the goal here is to establish a solid structure to work from)

Locate parts #20 Bottom Base Frame (qty 2) and attach them to #35 the Bottom Cross Beam. Go ahead and tighten the nuts and bolts with bolt plates securely.



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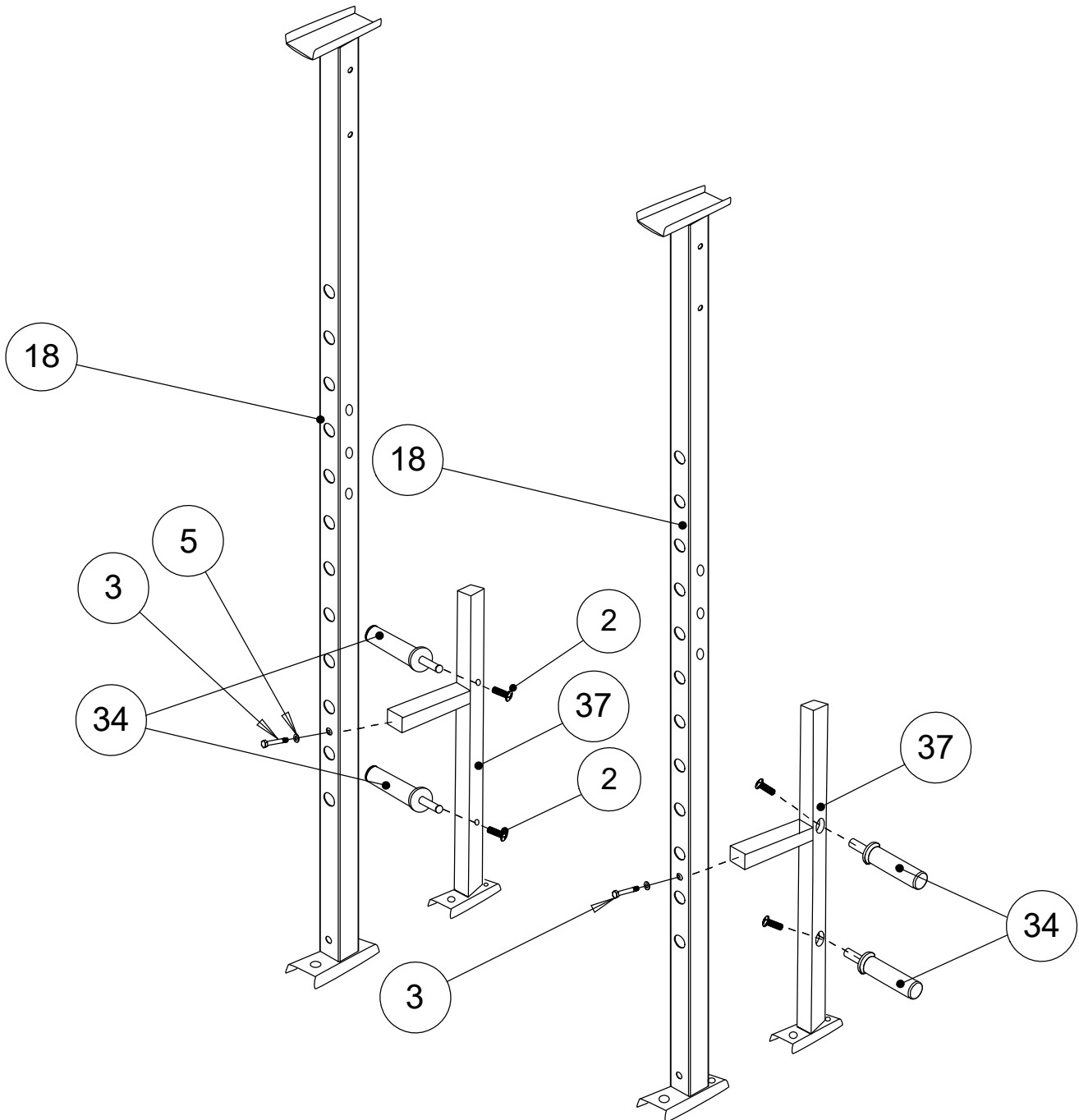
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Step #2: Rear Uprights and Plate holder

Attach #37 the Plate Holder on #18 Upright Frames with #3 Bolts tightened.

Note: The plate holder with large hole part should towards outside the cage.



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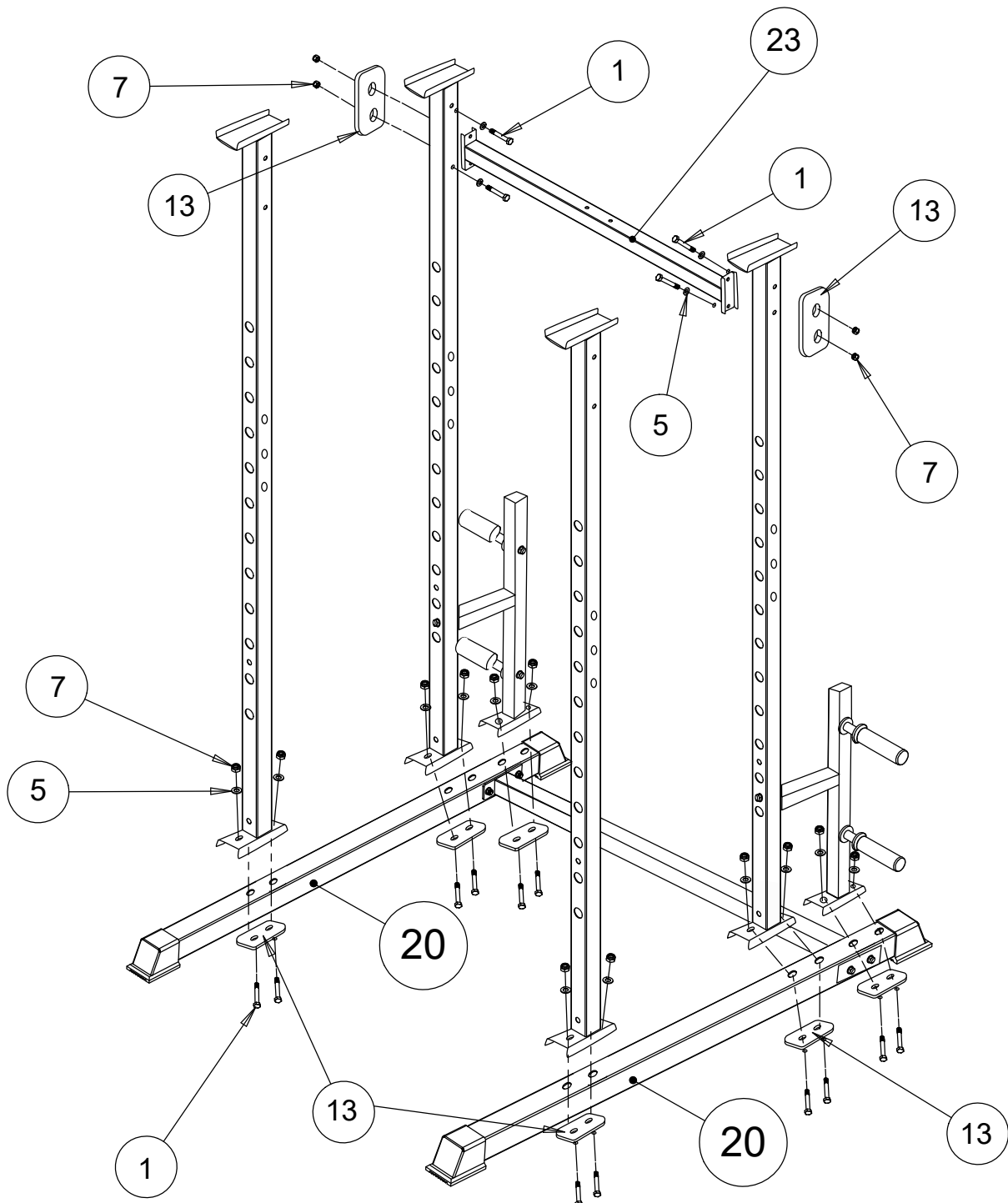
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Step #3: Uprights

1. Locate each #18 Upright Frames with bolts, bolt plate and nuts in their position and tighten them.
2. Attach the #23 Rear Cross Beams on #18 Rear Upright Frames. Go ahead and tighten the nuts and bolts with bolt plate securely.

- Note:**
1. If you feel difficult to assemble the cage parts or bolts, you need loosen the bolts to properly fit each part into the cage.
 2. If you feel difficult to tighten the upright frames and plate holder lower bolts, you can switch the upright frame with bottom main frame to lateral side or backward side and it may install easier.
 3. You can loosen the bolt on the plate storage pegs switch 2 inches sleeve to 1 inch.



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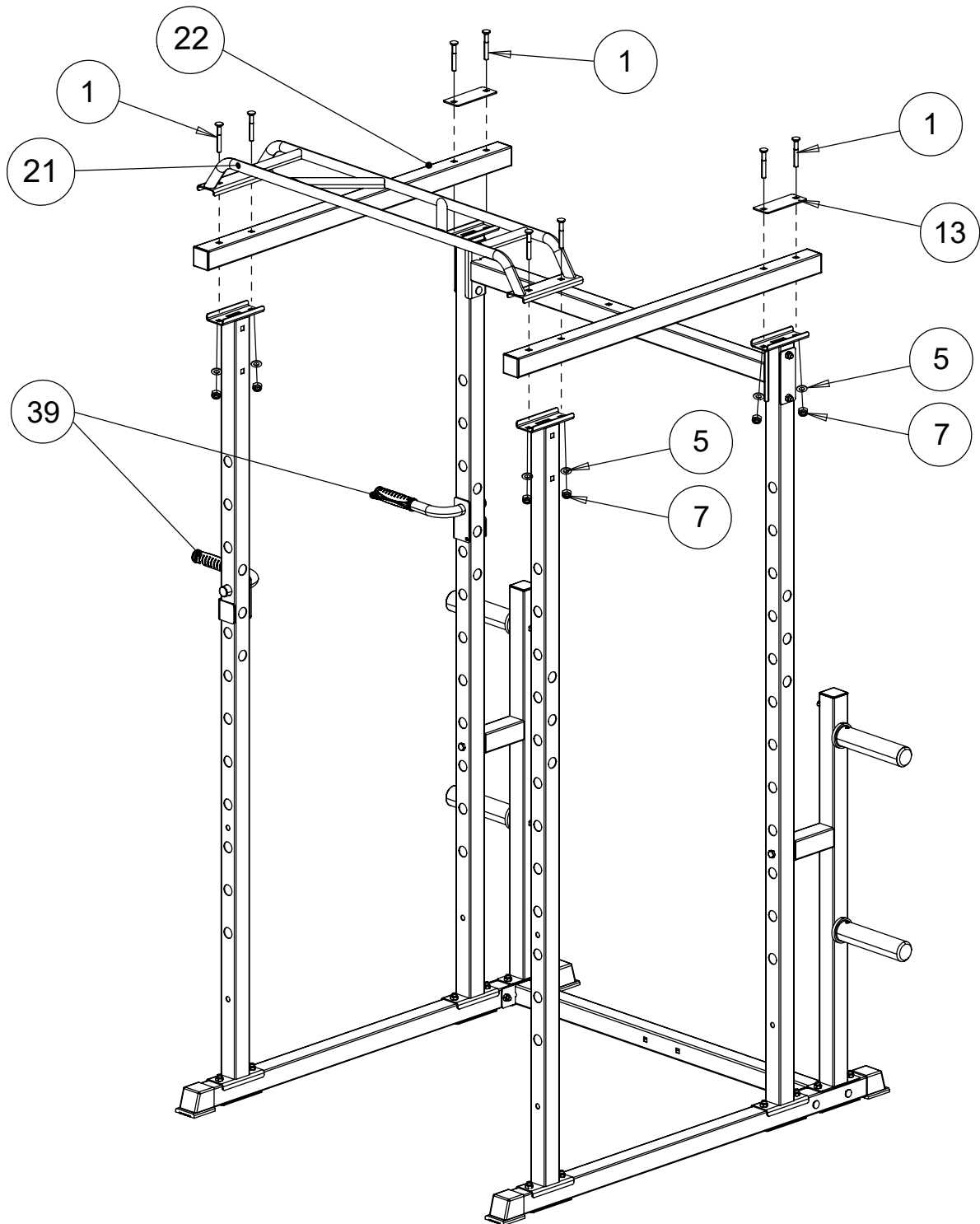
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POWER CAGE WITH LAT PULL-DOWN SYSTEM

Step #4 : Top Frame

Attach the two #22 Upper Cross Frame and the front #21 Chrome Pull Up Bar to secure both sides.

Note: If you feel difficult to assemble the cage parts or bolts, you need loosen the bolts to properly fit each part into the cage.



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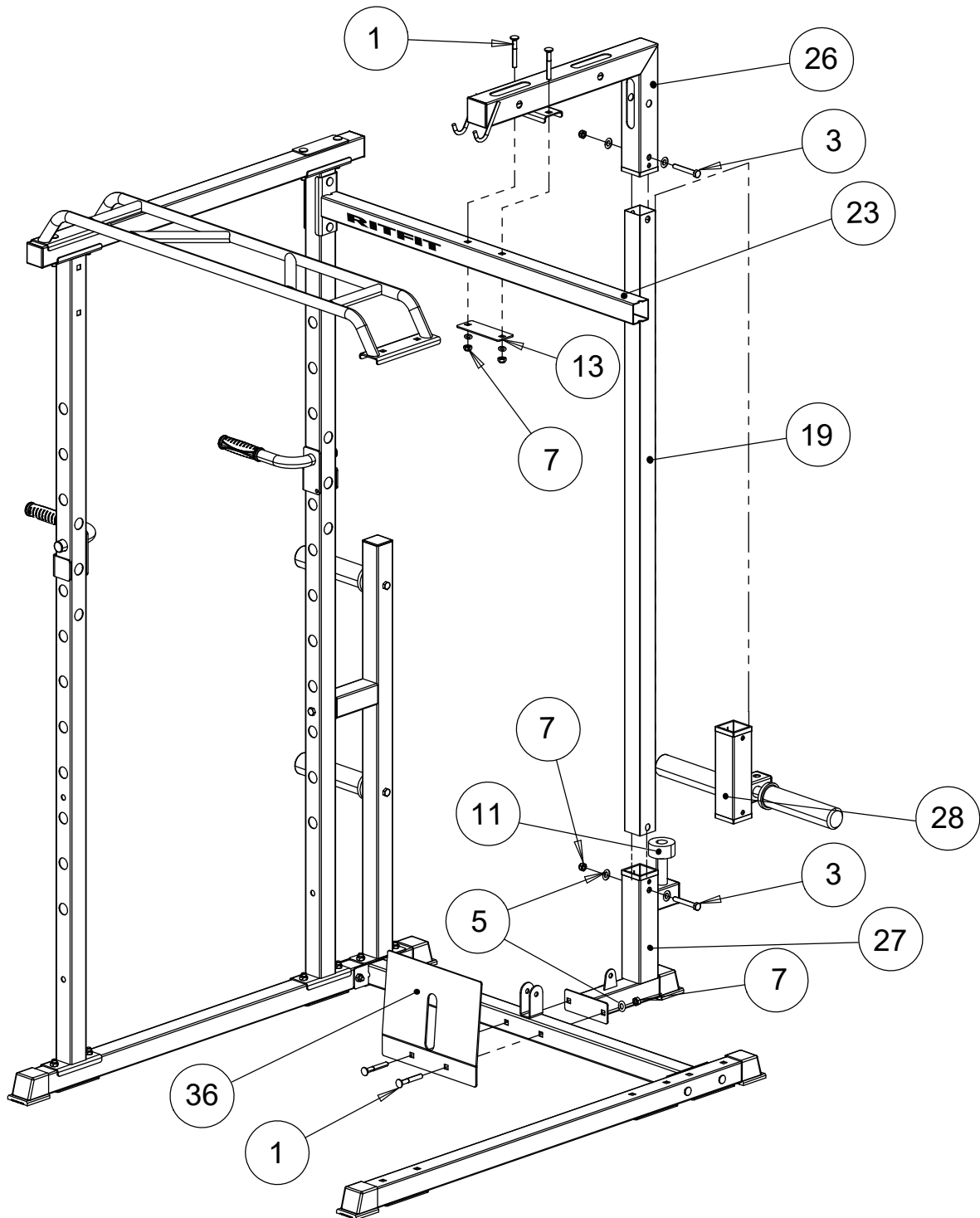
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POWER CAGE WITH LAT PULL-DOWN SYSTEM

Step #5 : Lat Pull Section

1. Attach the #27 Lower Beam and #36 Row Plate to #35 the Bottom cross beam. Attach part #19 Lat Pull Shart to the part #27. Slide #28 the Plate Carriage over the top of the chrome beam and lower it to the bottom. Note: Make sure you face this the correct way. See diagram for visual.

2. Attach #26 the Top Beam to both #19 the Chrome Lat Pull Shart and #23 the Upper Rear Cross Beam.



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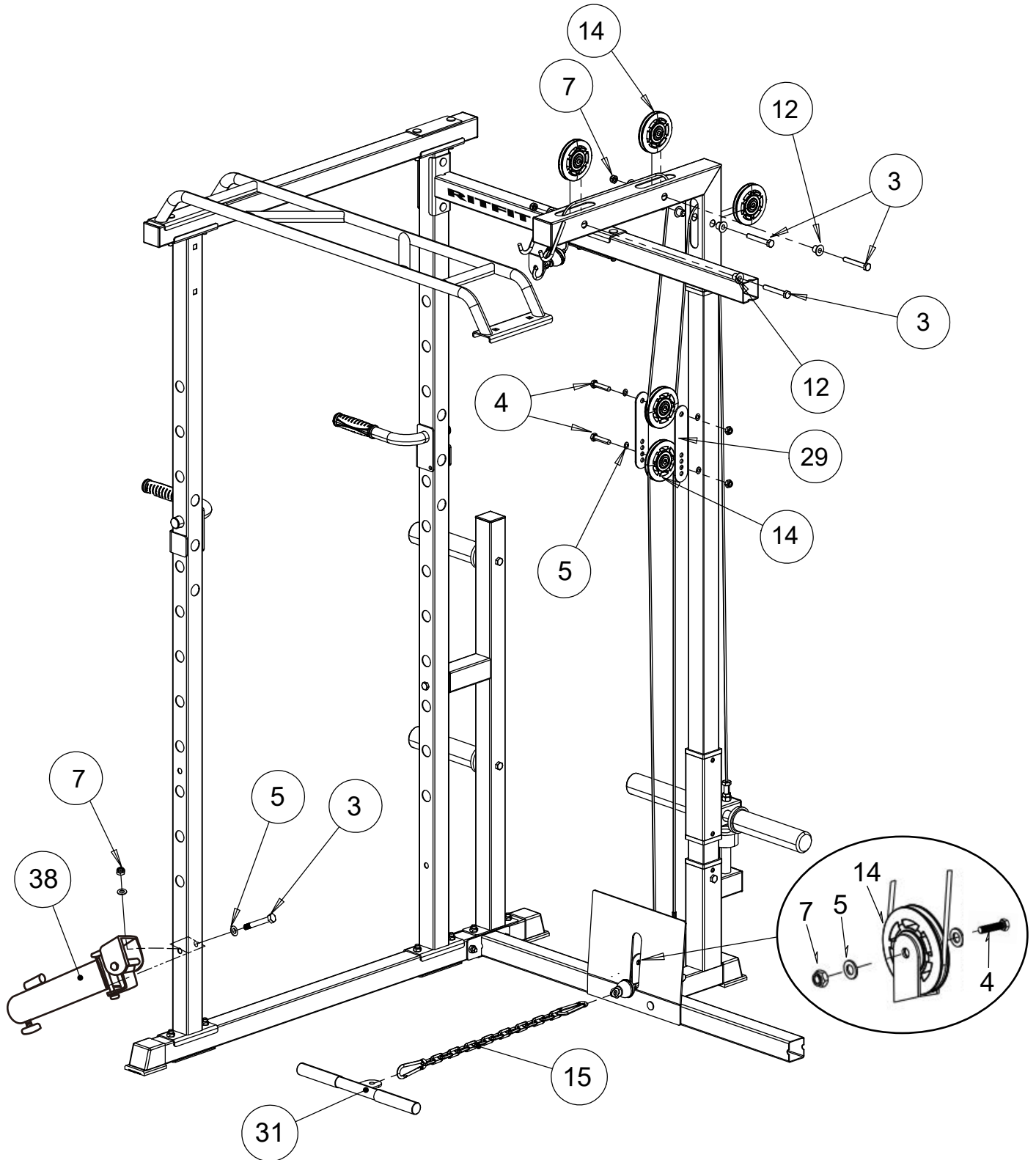
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POWER CAGE WITH LAT PULL-DOWN SYSTEM

Step #6 : Pulley and Cables

1. Install the cable first, then tighten the pulley.
2. Start with the top cable first. Once you have this in place, attach #29 the Pulley Brace in place on the top cable. Gravity will hold the brace in place while you thread the lower cable.
3. You may attach the Part #38 to the bottom of any upright frame.



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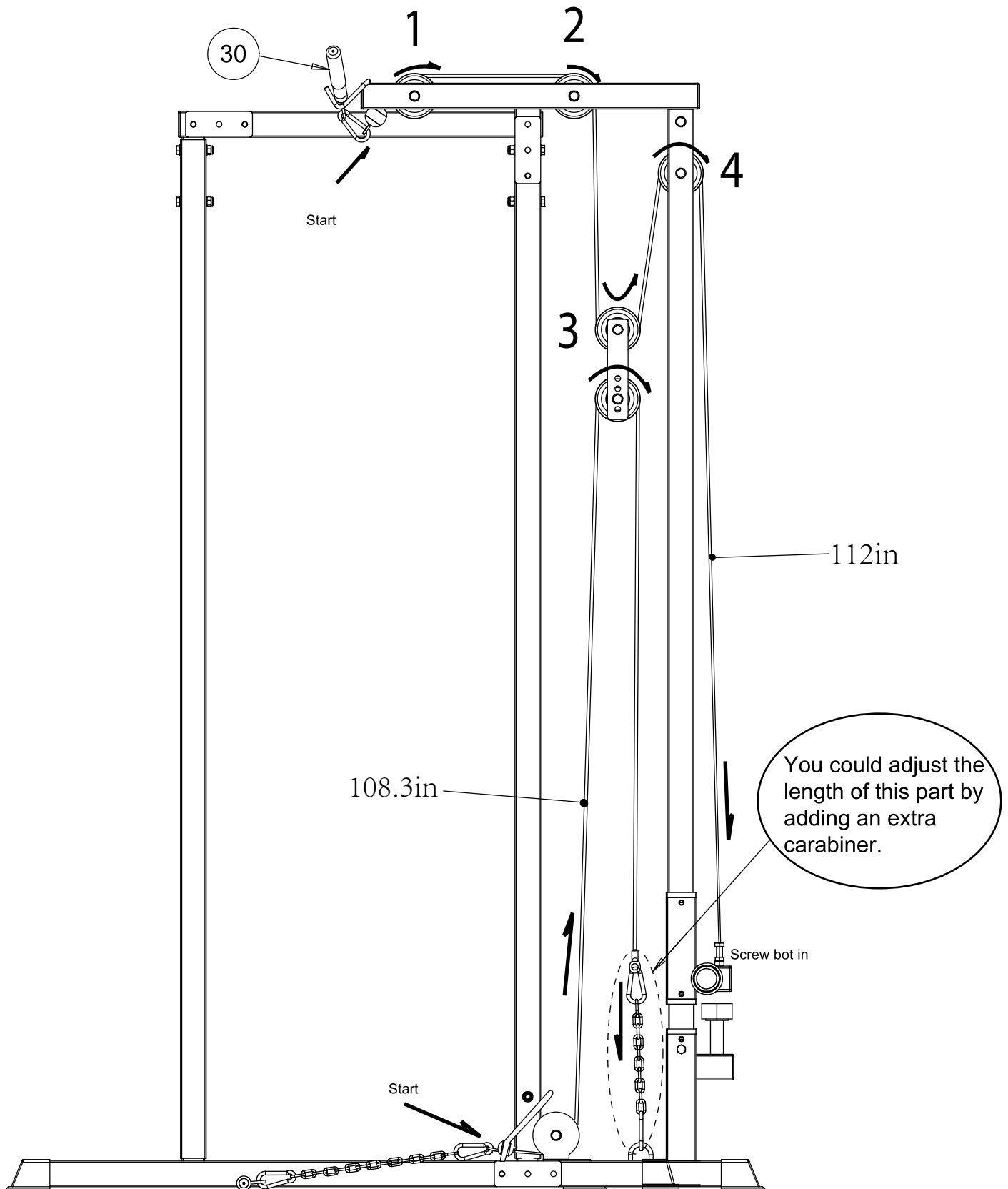
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POWER CAGE WITH LAT PULL-DOWN SYSTEM

Cable Assembly

Note: Install the cable first, then tighten the pulley.



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WARNING

- Misuse of this machine may result in serious injury.
- Read the user's manual prior to use and follow all warnings and instructions.
- Do not allow children under the age of 13 on or around the machine.
- The maximum user weight should be less than 308 lbs.
- For consumer use only not for commercial use.
- If you have any questions, please e-mail our customer service team at support@ritfitness.com



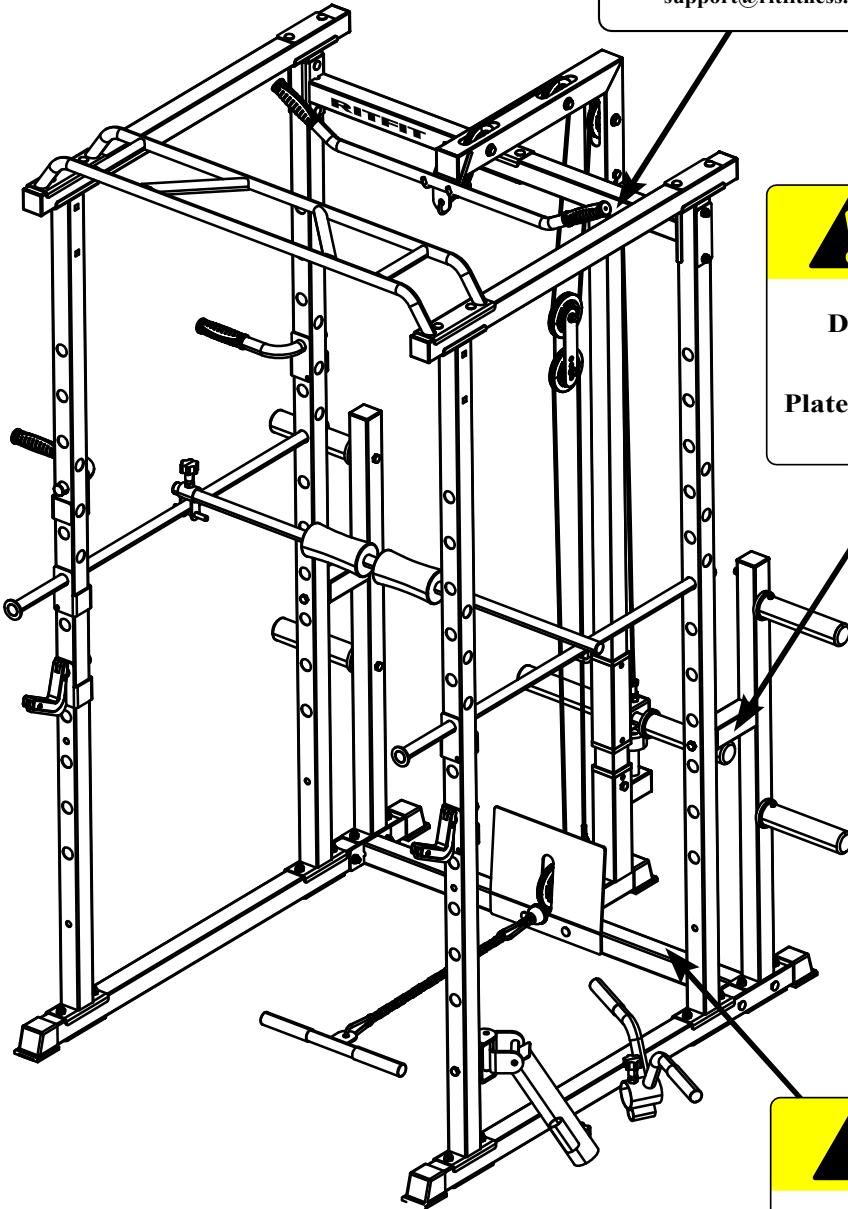
WARNING

Diameter of Weight Plate: Max 18.1 in
Single Plate Weight: Max 45 lbs
Plate Holder Capacity: Each peg Max 165 lbs



WARNING

Keep your hands, arms, and feet away from the sharp corners and joints of the cage. Keep the children away from the cage!

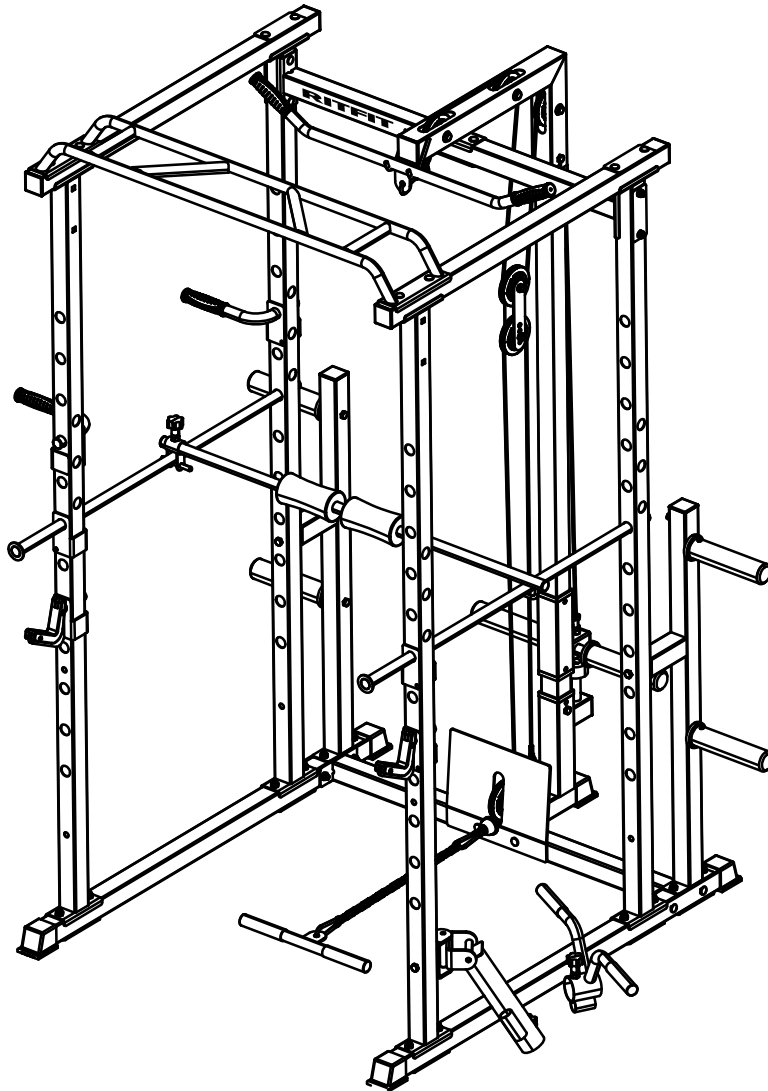


Dear RitFit Customers,

Thank you so much for choosing RitFit Power Cage with Safety Bar and Plate Holder! Before starting assembling this power cage, please notice that there are THREE important warnings to kindly remind you of the user safeties and product safeties. You NEED to read those warning labels carefully, because failure to follow those warnings may lead to serious injury! Plus, it will be better if the RitFit Logo is facing the center of the power cage.

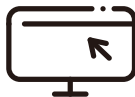
Congratulations!

You have assembled the Multi-Function Home Gym Power Cage!
Now, you can officially start strength training.



Final Word

From this point forward, if there are any plastic parts that were not attached at the factory, then locate the part on the diagram and where it will be placed on the unit. If you have any questions, please e-mail our customer service team at support@ritfitness.com



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Power Cage Warranty

What's Covered Under RitFit LLC's Basic Warranty?

- Basic Warranty

A. Who Is Covered?

You are covered by the Basic Warranty if you are a purchaser for use of the RitFit Power Cage.

B. What's Covered?

The Basic Warranty covers the cost of all parts and labor needed to repair any item on your power cage when it left the manufacturing plant that is defective in material, workmanship or factory preparation. These warranty repairs or adjustments will be made by RitFit at no charge, using new or remanufactured parts.

C. When It Begins?

The Basic Warranty begins on the day of order.

D. When It Ends?

The Basic Warranty lasts for 36 months from the date it begins, but the following items are covered only for 12 months: • bolts; • nuts; • washers; • tube bushings; • foot covers; • pulley sleeve; • pulleys; • chains; • gourd buckles; • foam roller; • cables; • top beam; • J-hooks; • plate carriage; • pulley brace; • plate storage pegs; and • dip bars.

E. What's Not Covered?

Please note that while the standard Basic Warranty applies to defects in material and/or workmanship, it does not cover the power cage's matte finish appearance. Maintaining the matte finish appearance is solely the responsibility of the owner. Basic Warranty doesn't cover damage caused by environmental factors such as airborne fallout, insect damage, chemicals, salt, and ocean spray. Nor do your warranty cover damage caused by hailstorms, windstorms, tornadoes, sandstorms, lightning, floods, and earthquakes. Your warranty does not cover conditions resulting from anything impacting the power cage.

F. How To Contact Us?

To ensure you receive the best technical support please visit www.ritfitsports.com and register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, worn, damaged or broken before the assembly, or you ever need to replace the parts, please contact us at support@ritfitness.com.

If you have any questions, please e-mail our customer service team at support@ritfitness.com