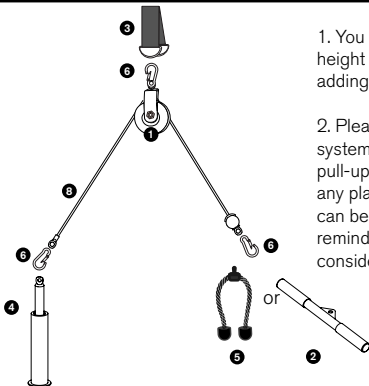


- 1 Pulley*1
- 2 Straight Bar *1
- 3 Hanging Strap*1
- 4 Loading Pin*1
- 5 Tricep Rope*1
- 6 Hoist Buckle *3
- 7 Barbell Clip *1
- 8 Cable*2



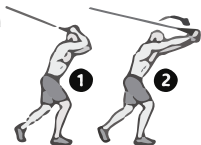
1. You could adjust the height of the pulley by adding an extra carabiner.

2. Please securely fix the system to power racks, pull-up bars, beams, and any place where the strap can be installed, as a reminder of safety considerations.

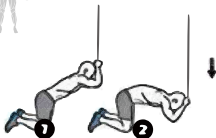
RitFit LAT and Lift Pulley System Workout



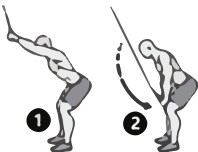
OVERHEAD
TRICEPS EXTENSION



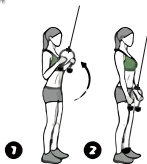
HIGH CRUNCH



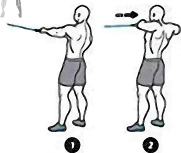
LAT PUSHDOWN



STANDING
TRICEPS EXTENSION



REAR DELT ROW



WOOD CHOP

