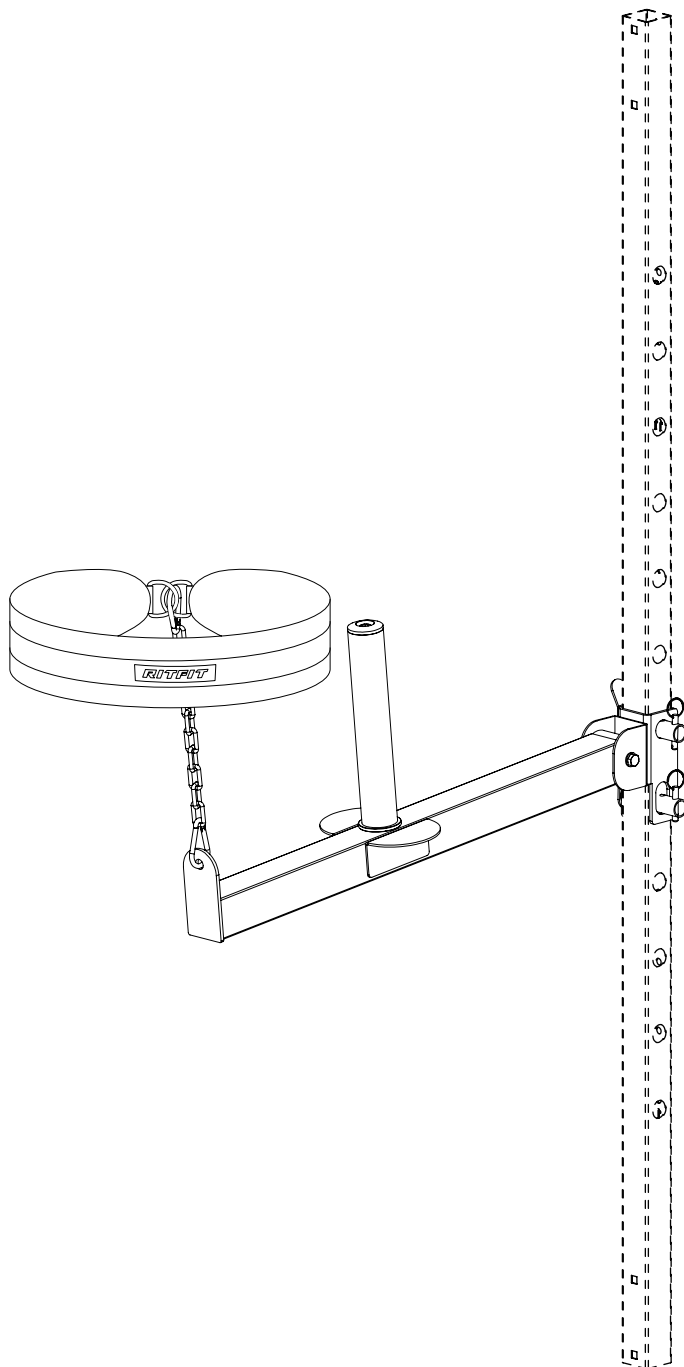


# ***RITFIT***

## **BELT SQUAT ATTACHMENT AT03**



**OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS**



# 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 the box until you feel there's no need to return the product. Place the manual in a safe 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 or home use only. 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. One person at a time should use this equipment.
4. 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.
5. Before using this equipment, always do stretching exercise to warm up.
6. Keep hands and feet away from any moving parts that are not intended to have body parts near them while in use.
7. 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 rack).
8. Use this equipment only for its intended use as described in manual.
9. Always wear appropriate workout clothing and shoes when exercising. DO NOT WEAR ROBES OR OTHER CLOTHING THAT COULD BECOME CAUGHT IN THE EQUIPMENT.
10. BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHISICIAN.
11. If you have any questions, please e-mail our customer service at [support@ritfitsports.com](mailto:support@ritfitsports.com)

## PRODUCT USE AND MAINTENANCE

The RitFit® Belt Squat Attachment should be repaired only by authorized persons. NEVER modify the RitFit® Belt Squat Attachment or attempt to adjust or repair the unit equipment without first calling our Customer Service Department. Always notify authorized personnel to make such repairs.

## WARNING

- THE TOTAL MAXIMUM WEIGHT CAPACITY FOR PLATE LOADING SHALL NOT EXCEED 350 LBS (160 KG).
- KEEP CHILDREN UNDER 13 AND PETS AWAY FROM BELT SQUAT ATTACHMENT.
- INSPECT AND TIGHTEN ALL PARTS EACH TIME AND REPLACE ANY WORN PARTS IMMEDIATELY.
- PROVIDE FULL ATTENTION TO SAFETY DURING THE INSTALLATION, PERIODIC MAINTENANCE AND EXAMINATION OF THIS PRODUCT. RITFIT IS NOT LIABLE FOR ANY DAMAGE OR INJURY CAUSED BY MISHANDLING OR IMPROPER INSTALLATION.
- TO ENSURE THE STABILITY DURING THE WORKOUT, WEIGHT PLATES OR SANDBAGS ARE RECOMMENDED TO BE PLACED ON THE BACK POWER RACK THAT THE BELT SQUAT ATTACHMENT IS ATTACHED. THE SUGGESTED LOADING WEIGHT ON THE BELT SQUAT ATTACHMENT WOULD BE HALF OF THE LOADING WEIGHT ON THE POWER RACK.

# WARRANTY

## **A. What's Covered Under RitFit LLC's Basic Warranty?**

Basic Warranty.

## **B. Who Is Covered?**

You are covered by the Basic Warranty if you are a purchaser for use of the RitFit Belt Squat Attachment.

## **C. What's Covered?**

The Basic Warranty covers the cost of all parts and labor needed to repair any item on your Belt Squat Attachment 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.

## **D. When It Begins?**

The Basic Warranty begins on the day of order.

## **E. When It Ends?**

The Basic Warranty lasts for 12 months from the date it begins.

## **F. 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 Belt Squat Attachment 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. The warranty doesn't cover any damage or injury caused by mishandling or improper installation. Your warranty does not cover conditions resulting from anything impacting the Belt Squat Attachment.

## **G. How To Contact Us?**

To ensure you receive the best technical support please visit [www.ritfitsports.com](http://www.ritfitsports.com) to 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@ritfitsports.com](mailto:support@ritfitsports.com).

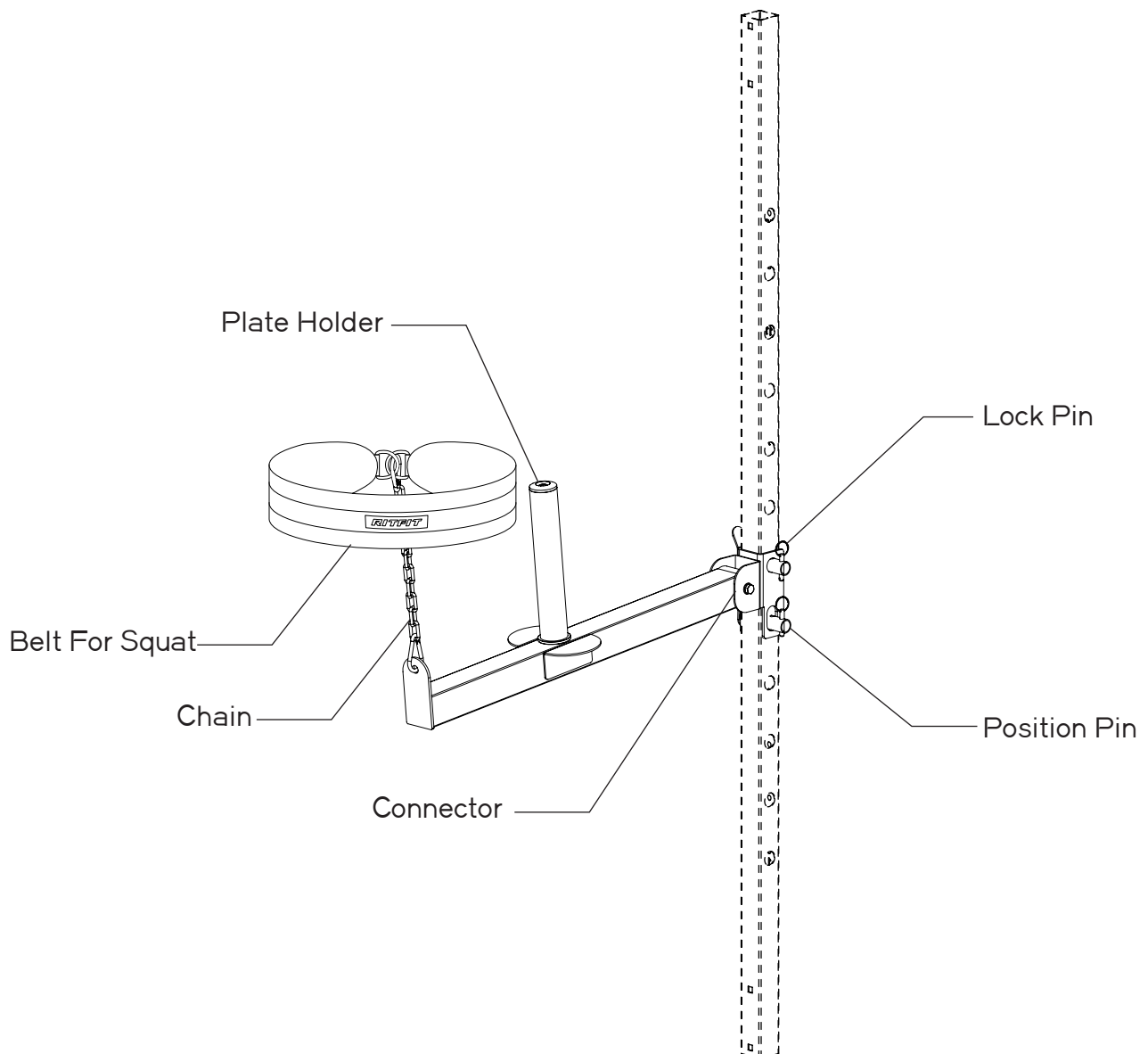
## BEFORE YOU BEGIN

Thank you for selecting the versatile RITFIT® Belt Squat Attachment. RITFIT® Belt Squat Attachment is designed to be used with weight training system to help you develop your lower muscle group of the body.

**For your benefit, read this manual carefully before using the Belt Squat Attachment.**

If you have additional questions, please email our Customer Service Department at [support@ritfitsports.com](mailto:support@ritfitsports.com). To help us assist you, please note the product model number and serial number before calling. The model number is **AT03**.

**BEFORE READING FURTHER, PLEASE REVIEW THE DRAWING BELOW AND FAMILIARIZE YOURSELF WITH THE PARTS THAT ARE LABELED.**

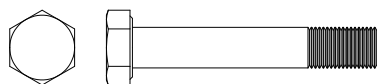


**CAPACITY: 350 LBS**

# PARTS LIST

## •FASTENER AND TOOLS

NO.	DESCRIPTION	QUANTITY
a	M10x80 Hex Bolt	1
b	M10 Washer	2
c	M10 Nut	1
d	Open-ended Wrench 14-17	2



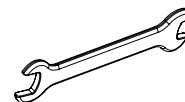
Ⓐ M10x80 Hex Bolt  
1x



Ⓑ M10 Washer  
2x



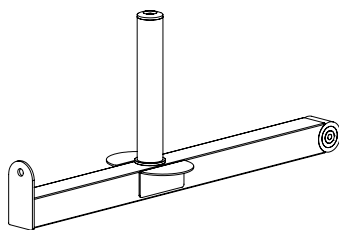
Ⓒ M10 Nut  
1x



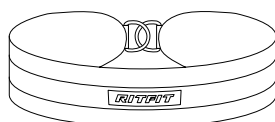
Ⓓ Open-ended Wrench 14-17  
2x

## •PACKED IN THE BOX

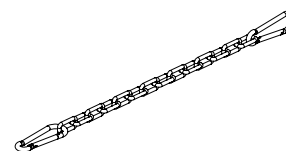
NO.	DESCRIPTION	QUANTITY
1	Plate Holder	1
2	Belt For Squat	1
3	Chain	1
4-1	2" x 2" Connector	1
4-2	2" x 3" Connector	1
4-3	3" x 3" Connector	1
5	Position Pin	2
6	Lock Pin	2



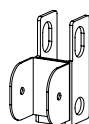
① Plate Holder  
1x



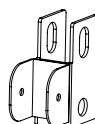
② Belt For Squat  
1x



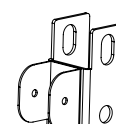
③ Chain  
1x



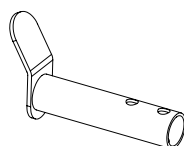
④-1 2" x 2" Connector  
1x



④-2 2" x 3" Connector  
1x



④-3 3" x 3" Connector  
1x



⑤ Position Pin  
2x

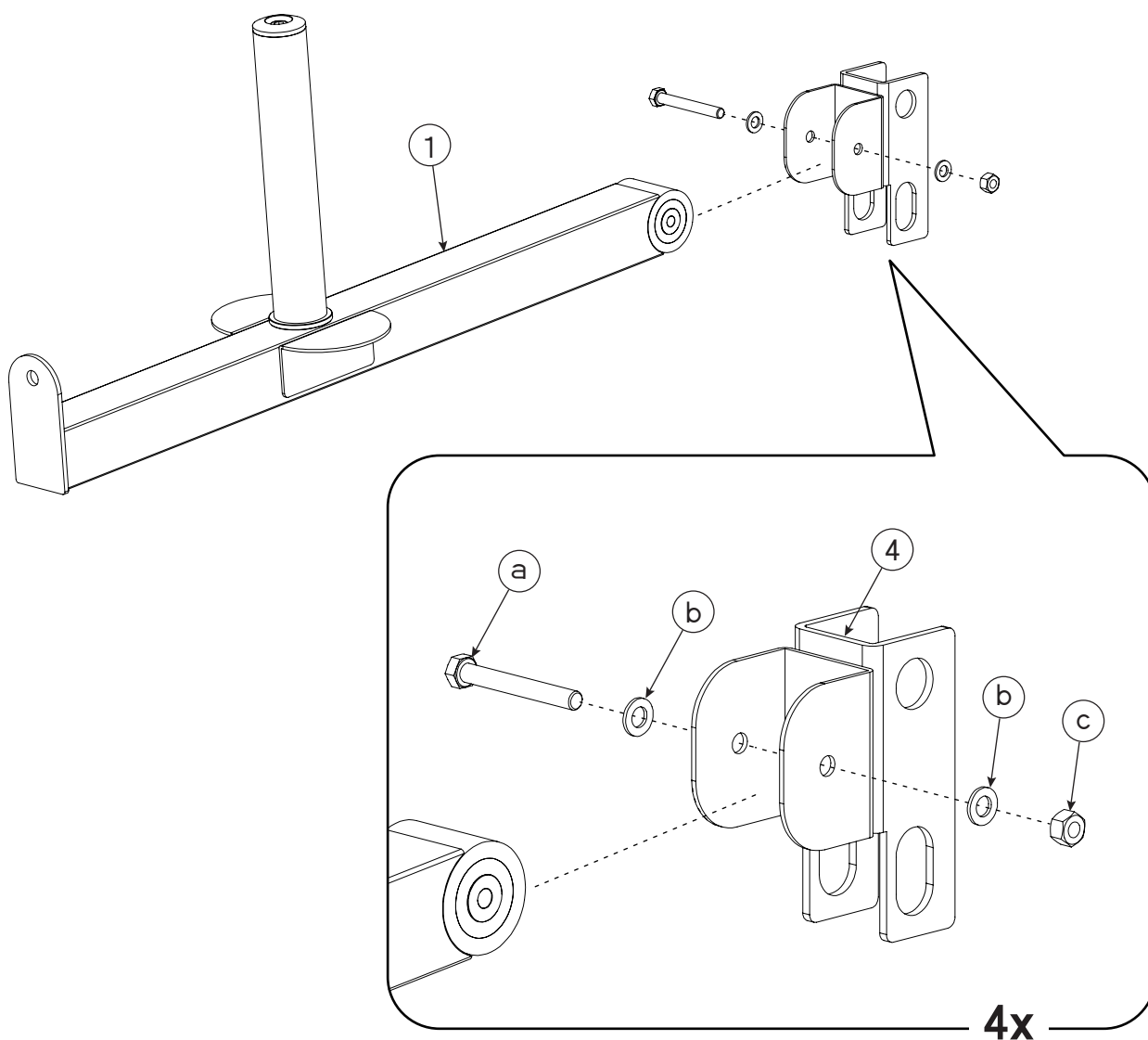


⑥ Lock Pin  
2x

# ASSEMBLY AND ADJUSTMENT

## STEP 1

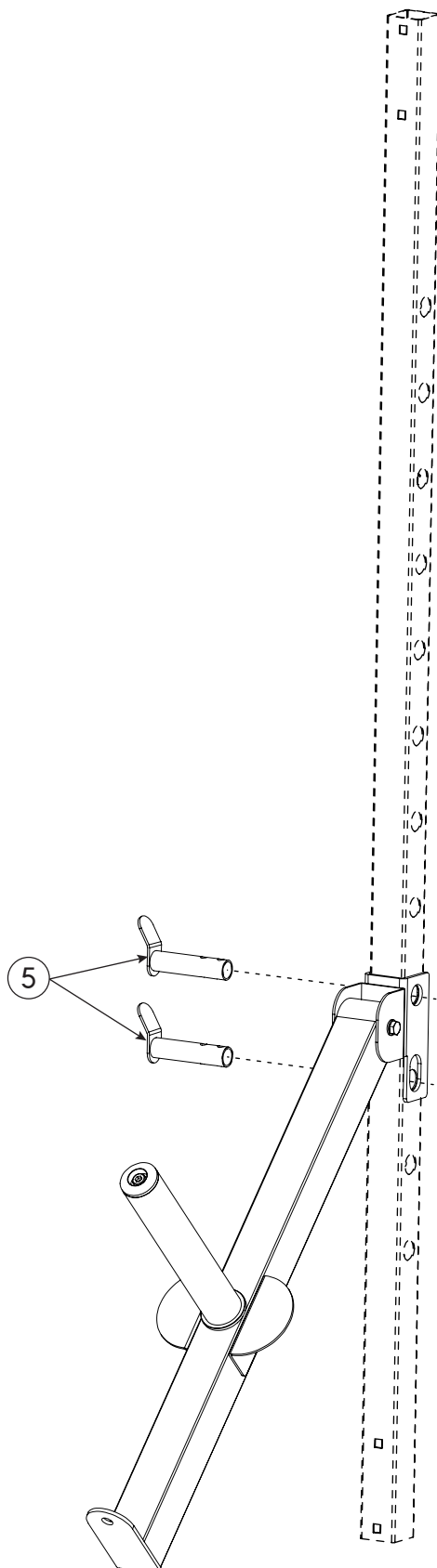
NO.	DESCRIPTION	QUANTITY
a	M10x80 Hex Bolt	1
b	M10 Washer	2
c	M10 Nut	1
1	Plate Holder	1
4	Connector (2" x 2"/2" x 3"/ 3" x 3")	1



# ASSEMBLY AND ADJUSTMENT

## STEP 2

NO.	DESCRIPTION	QUANTITY
5	Position Pin	2

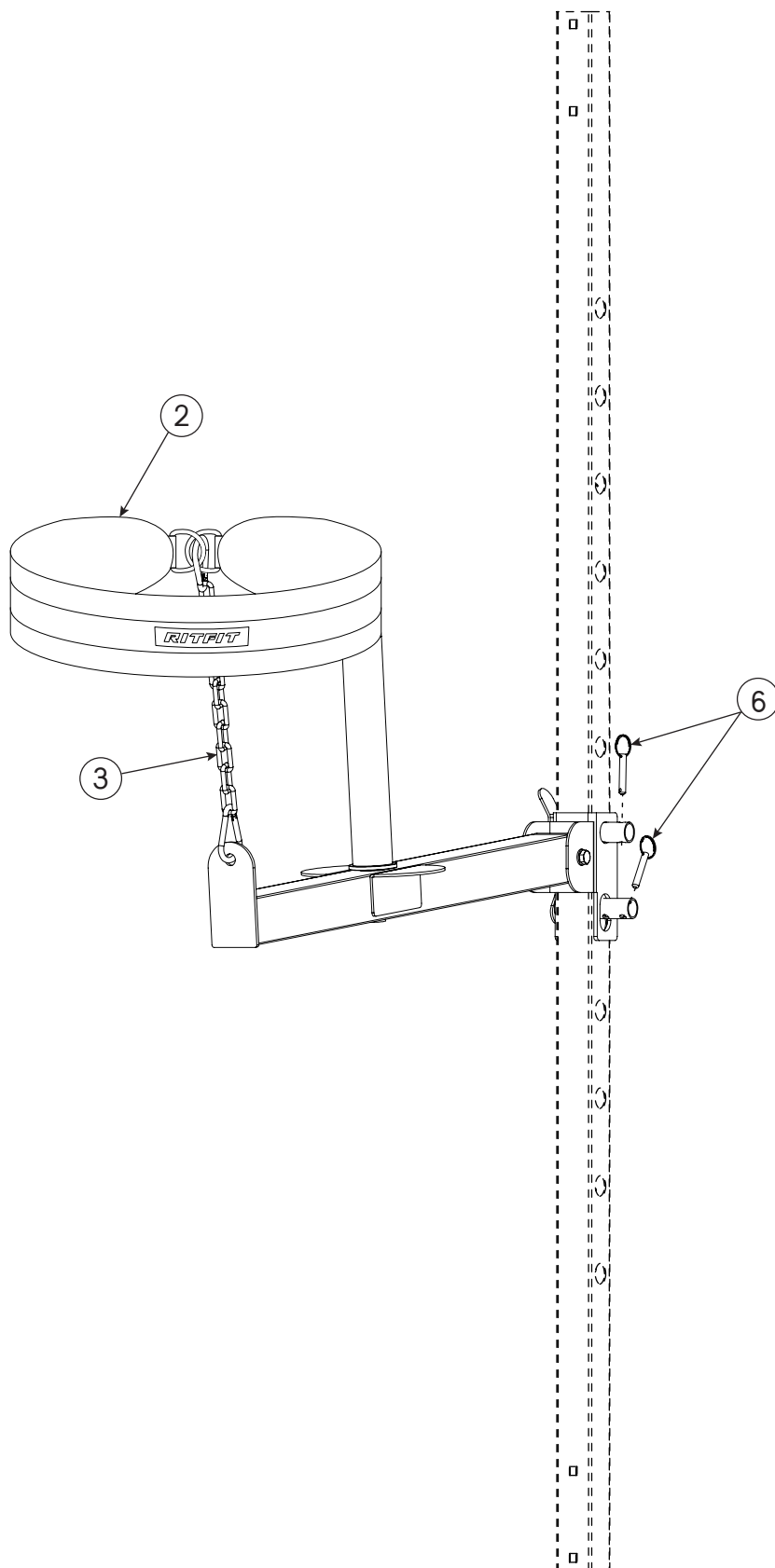




# ASSEMBLY AND ADJUSTMENT

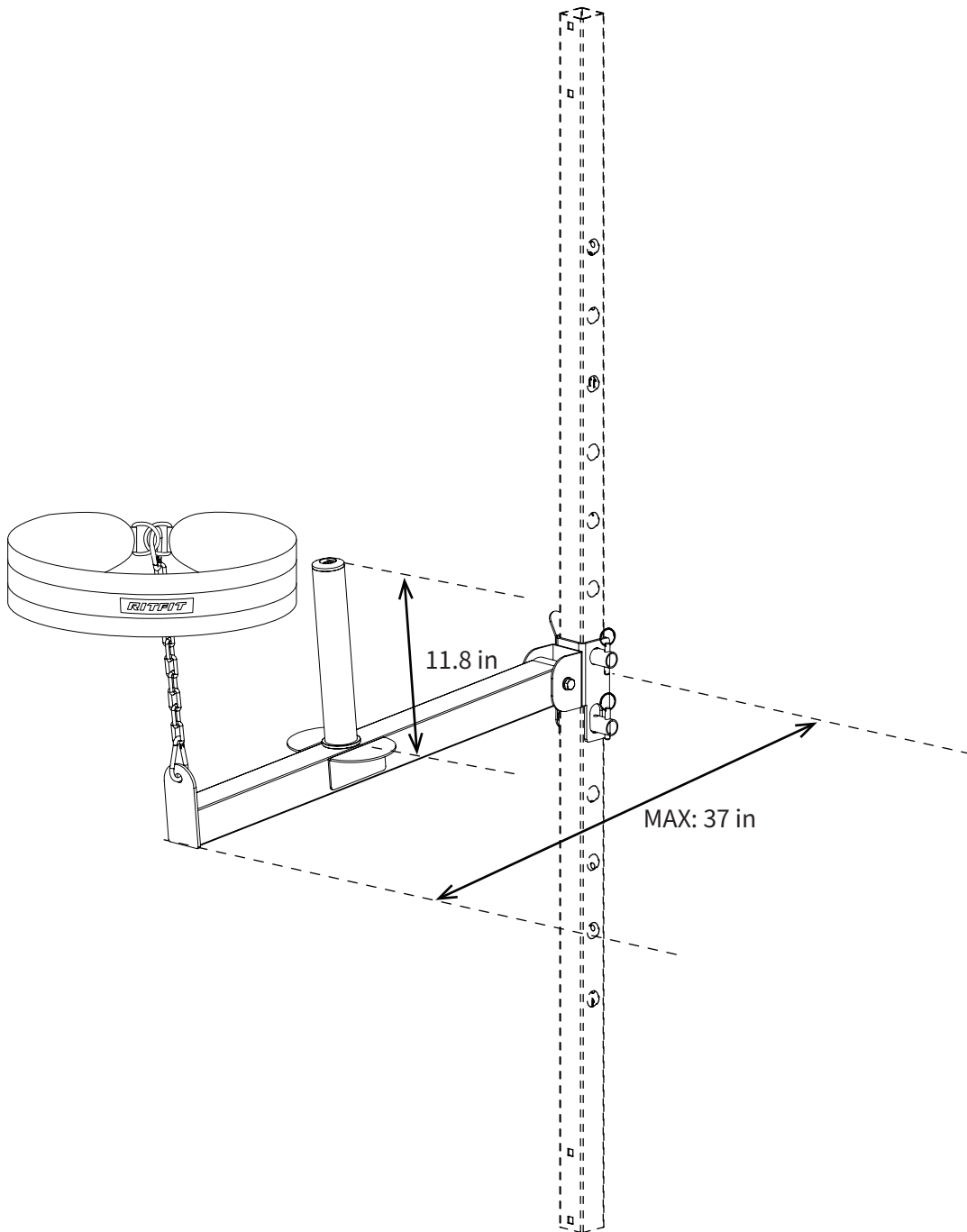
## STEP 3

NO.	DESCRIPTION	QUANTITY
2	Belt For Squat	1
3	Chain	1
6	Lock Pin	2



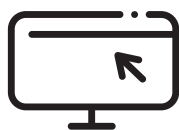
# Congratulations!

You have assembled the Belt Squat Attachment!  
Now, you can officially start strength training with RITFIT.





# ***RITFIT***



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[www.ritfitsports.com](http://www.ritfitsports.com)

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[support@ritfitsports.com](mailto:support@ritfitsports.com)

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