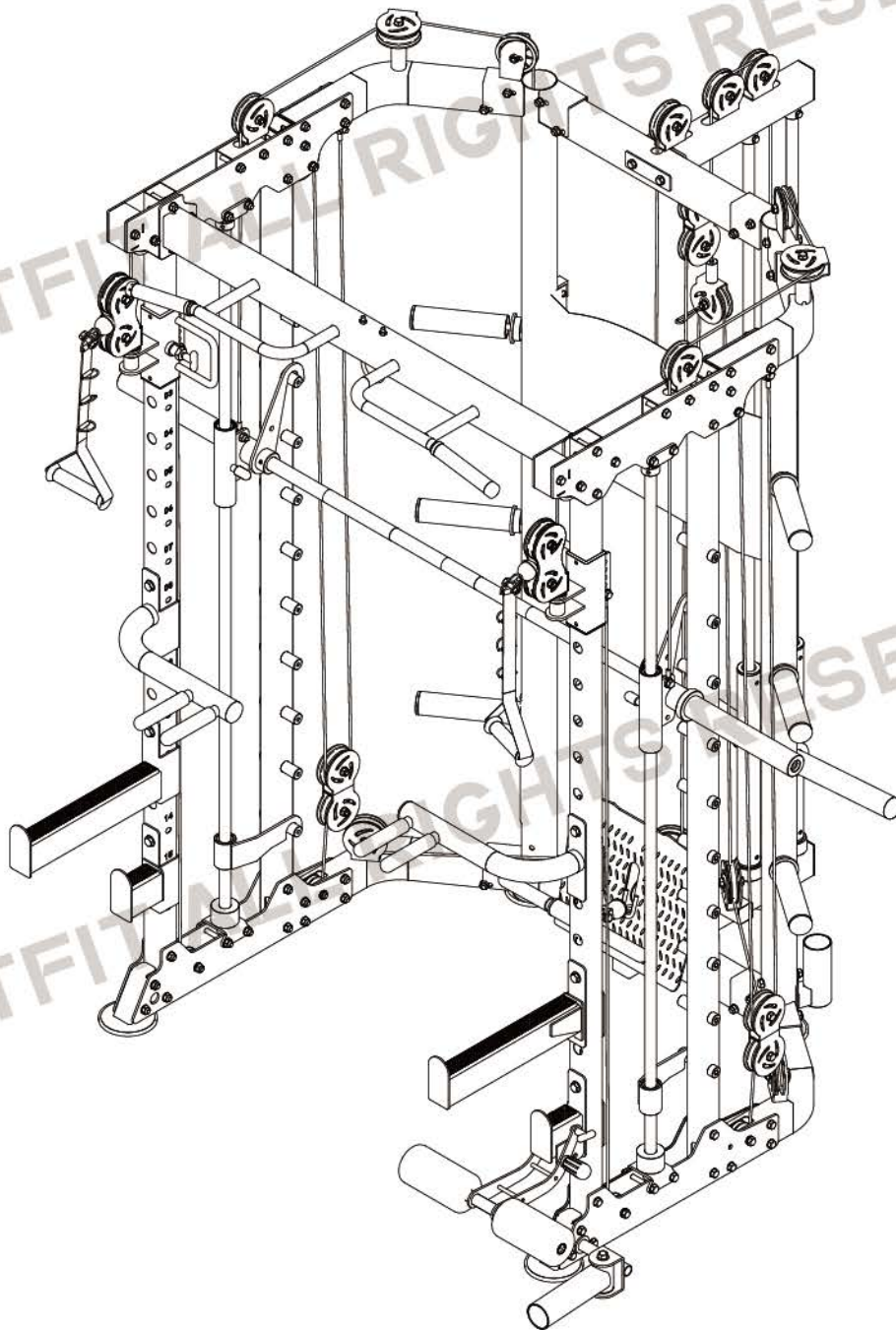


RITFIT

MULTIFUNCTIONAL POWER CAGE BPC04



OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS

RITFIT ALL RIGHTS RESERVED

RITFIT ALL RIGHTS RESERVED

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 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. Before using this equipment, always do stretching exercise to warm up.
8. Keep hands and feet away from any moving parts that are not intended to have body parts near them while in use.
9. 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).
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 at support@ritfitsports.com.**

PRODUCT USE AND MAINTENANCE

The RitFit® Multifunctional Power Cage should be repaired only by authorized persons. NEVER modify the RitFit® Multifunctional Power Cage 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 MAXIMUM WEIGHT CAPACITY SHALL NOT EXCEED 2000 LBS (907 KG).
- KEEP CHILDREN UNDER 13 AND PETS AWAY FROM THE MULTIFUNCTIONAL POWER CAGE.
- INSPECT AND TIGHTEN ALL PARTS EACH TIME AND REPLACE ANY WORN PARTS IMMEDIATELY.
- ALWAYS MAKE SURE THE EQUAL AMOUNT OF THE WEIGHT (NOT INCLUDED) ON EACH SIDE WHEN USE THE PULLEY SYSTEM .

MULTIFUNCTIONAL POWER CAGE 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 Multifunctional Power Cage.

C. What's Covered?

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

D. When It Begins?

The Basic Warranty begins on the day of order.

E. 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; cables; top beam; J-hooks; plate carriage; pulley brace; plate storage pegs.

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 multifunctional 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 multifunctional power cage.

G. How To Contact Us?

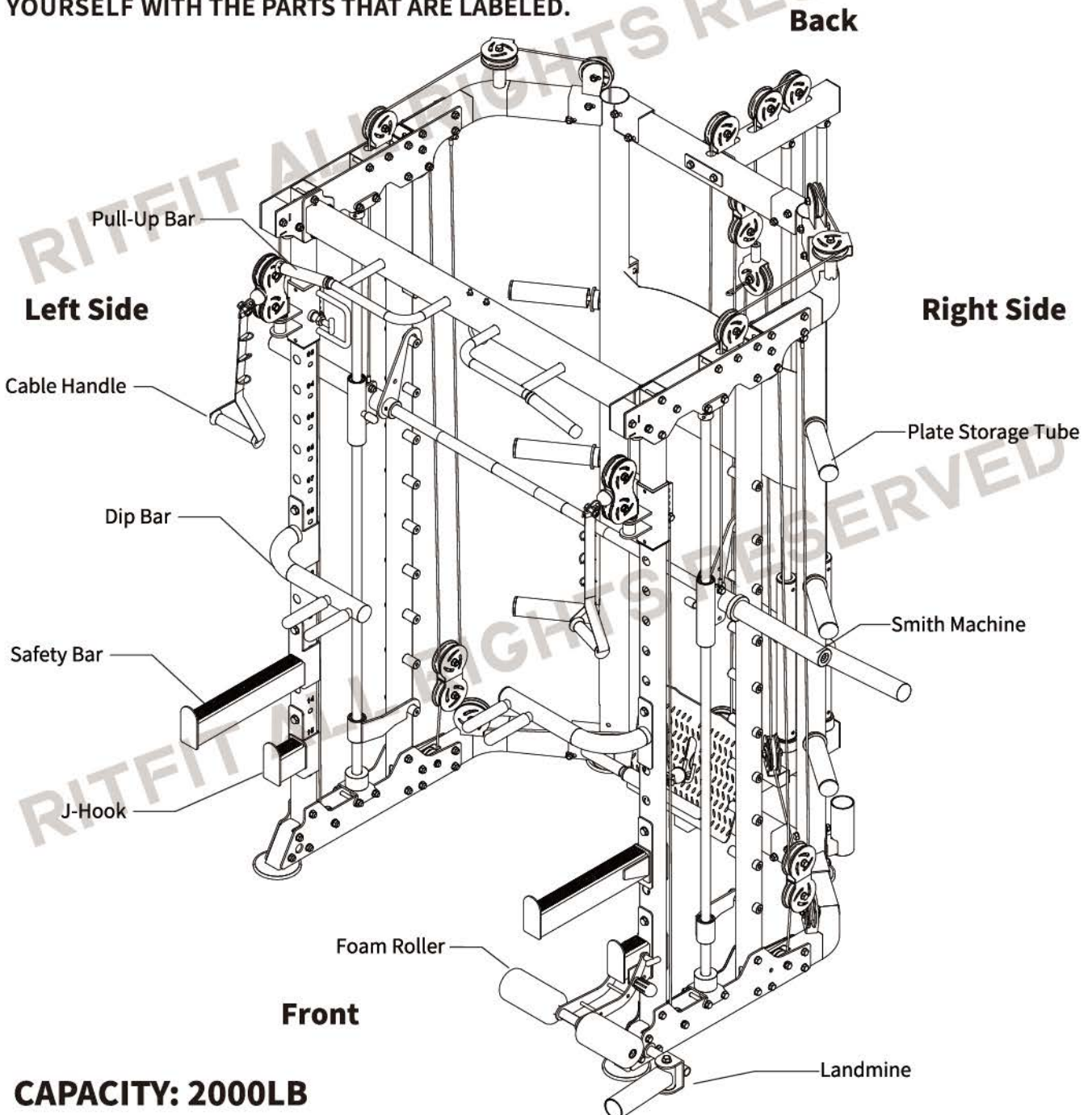
To ensure you receive the best technical support please visit www.ritfitsports.com to register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, worn, damaged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

BEFORE YOU BEGIN

Thank you for selecting the versatile RITFIT® Multifunctional Power Cage. RITFIT® Multifunctional Power Cage is designed to be used with weight training equipment (not included) and the pulley system as well as your body weight to help you develop every major muscle group of the body.

For your benefit, read this manual carefully before using the Multifunctional Power Cage. If you have additional questions, please email our Customer Service Department at support@ritfitsports.com. To help us assist you, please note the product model number and serial number before calling. The model number is **BPC04**.

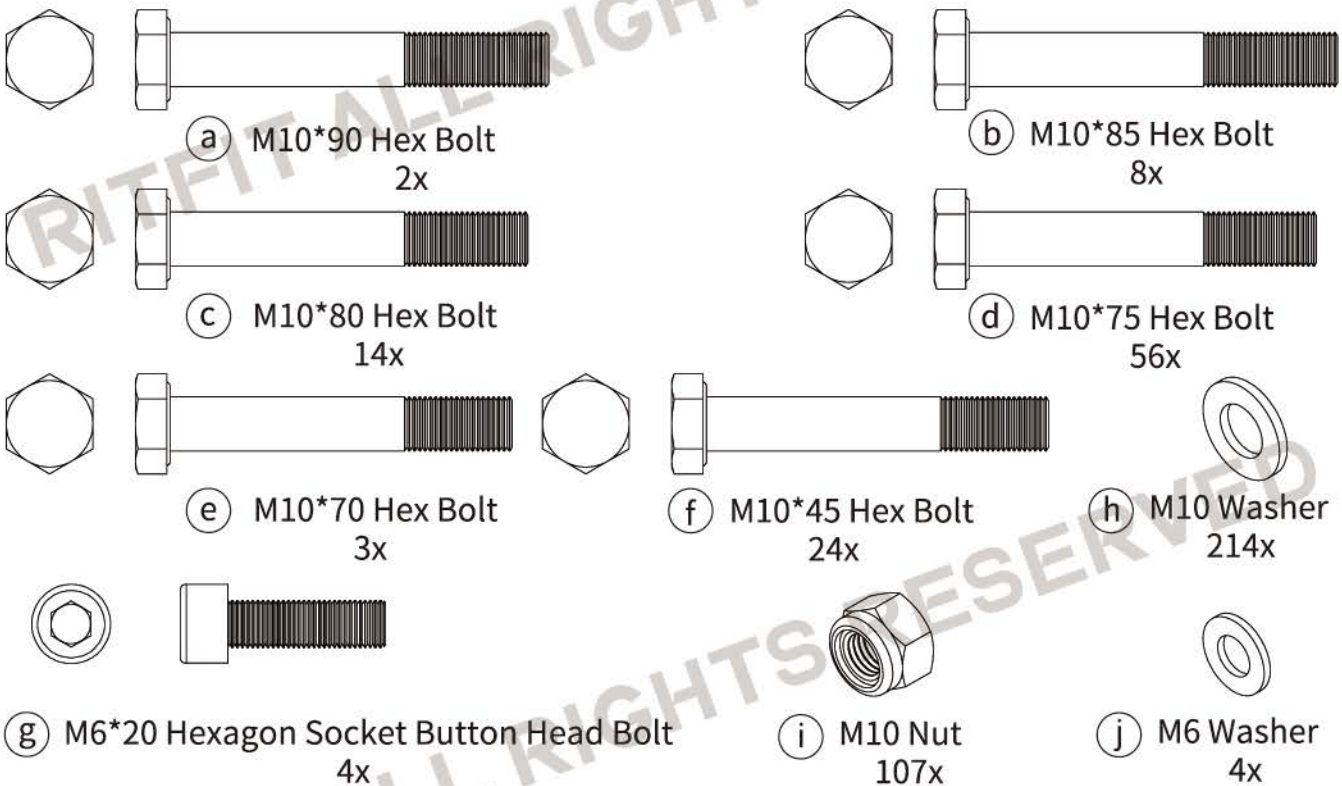
BEFORE READING FURTHER, PLEASE REVIEW THE DRAWING BELOW AND FAMILIARIZE YOURSELF WITH THE PARTS THAT ARE LABELED.



PARTS LIST

FASTENER AND TOOLS

NO.	DESCRIPTION	QUANTITY
a	M10*90 Hex Bolt	2
b	M10*85 Hex Bolt	8
c	M10*80 Hex Bolt	14
d	M8*75 Hex Bolt	56
e	M10*70 Hex Bolt	3
f	M10*45 Hex Bolt	24
g	M6*20 Hexagon Socket Button Head Bolt	4
h	M10 Washer	214
i	M10 Nut	107
j	M6 Washer	4



How to Measure

M10 x 70 bolt: 70mm or 2.75"

M10 nut: 10mm or 0.40"

mm: 0, 10, 20, 30, 40, 50, 60, 70, 80, 90, 100, 110, 120, 130, 140, 150

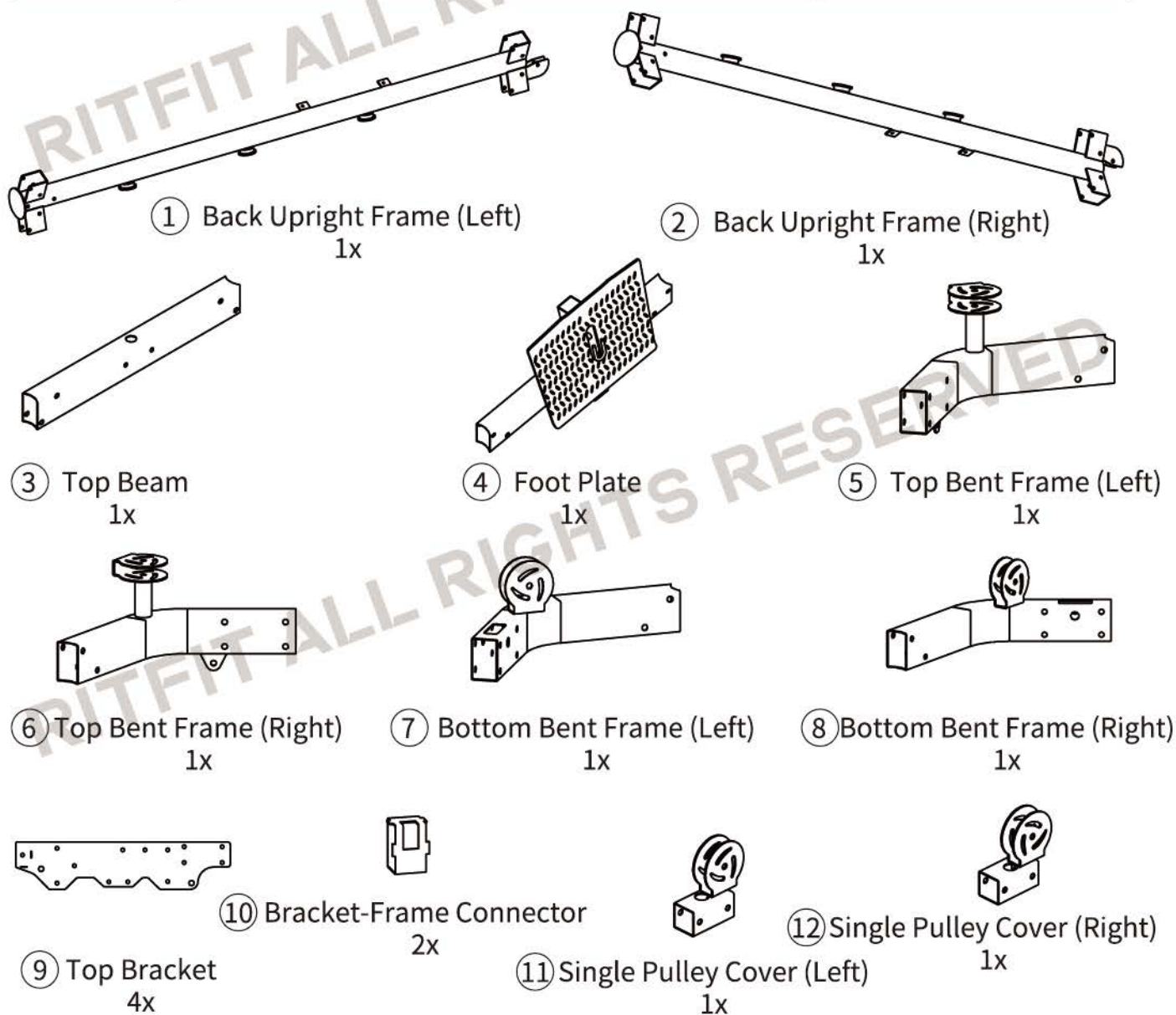
Inch: 0, 1", 2", 3", 4", 5", 6"

May not be printed on a 1:1 Ratio

PARTS LIST

• Packed in the box

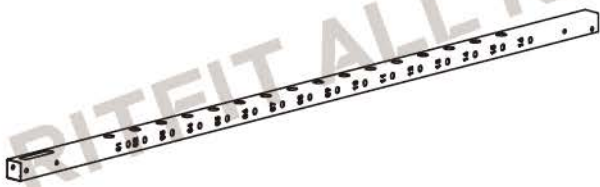
NO.	DESCRIPTION	QUANTITY
1	Back Upright Frame (Left)	1
2	Back Upright Frame (Right)	1
3	Top Beam	1
4	Foot Plate	1
5	Top Bent Frame (Left)	1
6	Top Bent Frame (Right)	1
7	Bottom Bent Frame (Left)	1
8	Bottom Bent Frame (Right)	1
9	Top Bracket	4
10	Bracket-Frame Connector	2
11	Single Pulley Cover (Left)	1
12	Single Pulley Cover (Right)	1



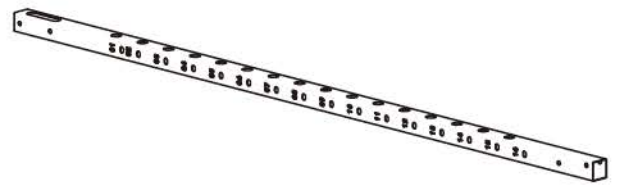
PARTS LIST

• Packed in the box

NO.	DESCRIPTION	QUANTITY
13	Slider Upright Frame (Left)	1
14	Slider Upright Frame (Right)	1
15	Slider (Left)	1
16	Slider (Right)	1
17	Smith Positioning Upright Frame	2
18	Foot Cap	2
19	Bottom Bracket	4
20	Pull-up Bar	1
21	Barbell Guiding Rod Top Seat	2
22	Solid Barbell Guiding Rod Cup	2
23	Solid Barbell Guiding Rod	2



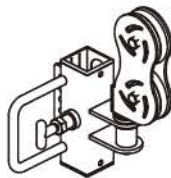
⑬ Slider Upright Frame (Left)
1x



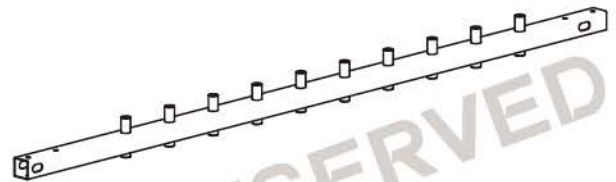
⑭ Slider Upright Frame (Right)
1x



⑮ Slider (Left)
1x



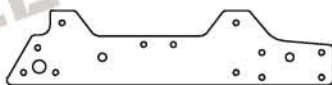
⑯ Slider (Right)
1x



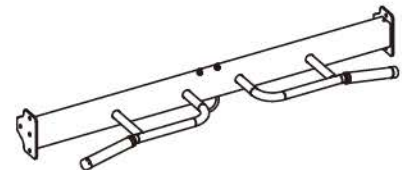
⑰ Smith Positioning Upright Frame
2x



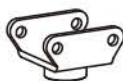
⑱ Foot Cap
2x



⑲ Bottom Bracket
4x



⑳ Pull-up Bar
1x



㉑ Barbell Guiding Rod Top Seat
2x



㉒ Solid Barbell Guiding Rod Cup
2x

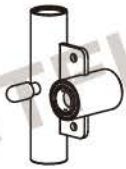


㉓ Solid Barbell Guiding Rod
2x

PARTS LIST

• Packed in the box

NO.	DESCRIPTION	QUANTITY
24	Barbell Positioning Tube	2
25	Barbell Positioning Hook (Left)	1
26	Barbell Positioning Hook (Right)	1
27	Barbell	1
28	Barbell Safety Support Hook (Left)	1
29	Barbell Safety Support Hook (Right)	1
30	Solid Barbell Guiding Rod Bottom Pad	2
31	Barbell Guiding Rod Bottom Seat	2
32	Top Back Frame	1
33	Hollow Pulley System Guiding Rod	2
34	Plate Carriage	1
35	Plate Carriage Bottom Pad	2



②④ Barbell Positioning Tube
2x

②⑤ Barbell Positioning Hook (Left)
1x

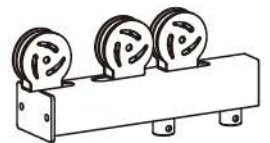
②⑥ Barbell Positioning Hook (Right)
1x



②⑦ Barbell
1x

②⑧ Barbell Safety Support Hook (Left)
1x

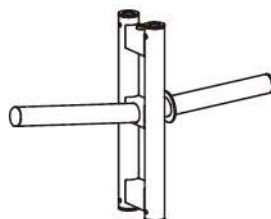
②⑨ Barbell Safety Support Hook (Right)
1x



③⑩ Solid Barbell Guiding Rod Bottom Pad
2x

③① Barbell Guiding Rod Bottom Seat
2x

③② Top Back Frame
1x



③③ Hollow Pulley System Guiding Rod
2x

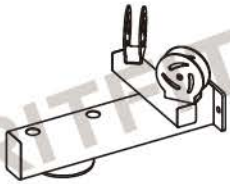
③④ Plate Carriage
1x

③⑤ Plate Carriage Bottom Pad
2x

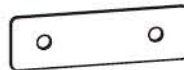
PARTS LIST

• Packed in the box

NO.	DESCRIPTION	QUANTITY
36	Bottom Back Frame	1
37	Top Back Frame Bolt Plate	1
38	Pulley Peg	16
39	Double Pulley Cover	3
40	Adjustable Pulley Cover	1
41	Landmine Attachment	1
42	Adjustable Pin	1
43	Barbell Storage	1
44	Plate Storage Tube	6
45	Dip Bars	1
46	Safety Bars	1
47	J-Hooks	1



③⑥ Bottom Back Frame
1x



③⑦ Top Back Frame Bolt Plate
1x



③⑧ Pulley Peg
16x



③⑨ Double Pulley Cover
3x



④⑩ Adjustable Pulley Cover
1x



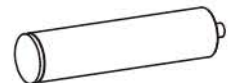
④① Landmine Attachment
1x



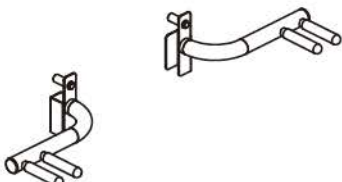
④② Adjustable Pin
1x



④③ Barbell Storage
1x



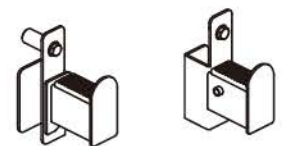
④④ Plate Storage Tube
6x



④⑤ Dip Bars
1x



④⑥ Safety Bars
1x



④⑦ J-Hooks
1x

PARTS LIST

• Packed in the box

NO.	DESCRIPTION	QUANTITY
48	Foam Roller Attachment	1
49	Poster Borad	1
50	Pulley A	5
51	Pulley B	28
52	Cable A	1
53	Cable B	2
54	Cable C	2
55	Cable D	1
56	Cable E	1
57	Low T Bar	1



④⑧ Foam Roller Attachment
1x



④⑨ Poster Borad
1x



⑤⑩ Pulley A
5x



⑤① Pulley B
28x



⑤② Cable A
1x



⑤③ Cable B
2x



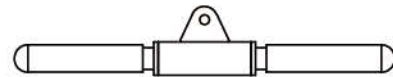
⑤④ Cable C
2x



⑤⑤ Cable D
1x



⑤⑥ Cable E
1x



⑤⑦ Low T Bar
1x

PARTS LIST

• Packed in the box

NO.	DESCRIPTION	QUANTITY
58	Open-ended Wrench	1
59	Pulley Handle	2
60	Allen Key	1
61	Collar	2
62	Chain	1
63	Carabiner	3
64	Silicone Oil	1
65	Foot Pad	5
66	Chain Connector	1
66	Cable Assistance Pin	1



⑤8 Open-ended Wrench
1x



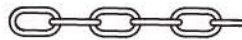
⑤9 Pulley Handle
2x



⑥0 Allen Key
1x



⑥1 Collar
2x



⑥2 Chain
1x



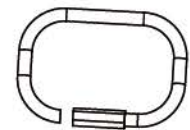
⑥3 Carabiner
3x



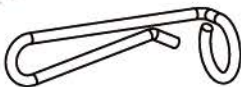
⑥4 Silicone Oil
1x



⑥5 Foot Pad
5x



⑥6 Chain Connector
1x

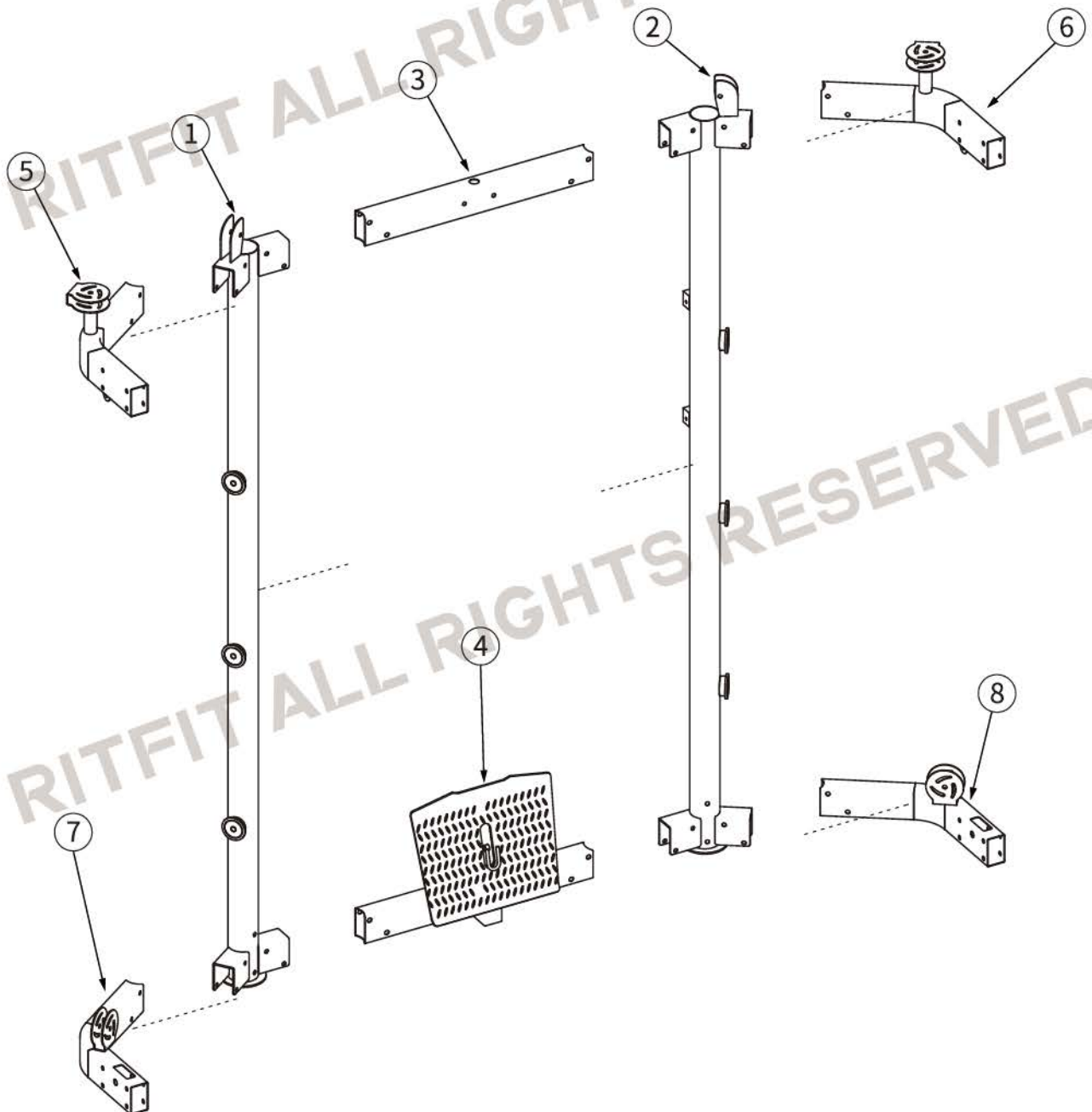


⑥7 Cable Assistance Pin
1x

ASSEMBLY AND ADJUSTMENT

STEP 1 (Two People Are Required.)

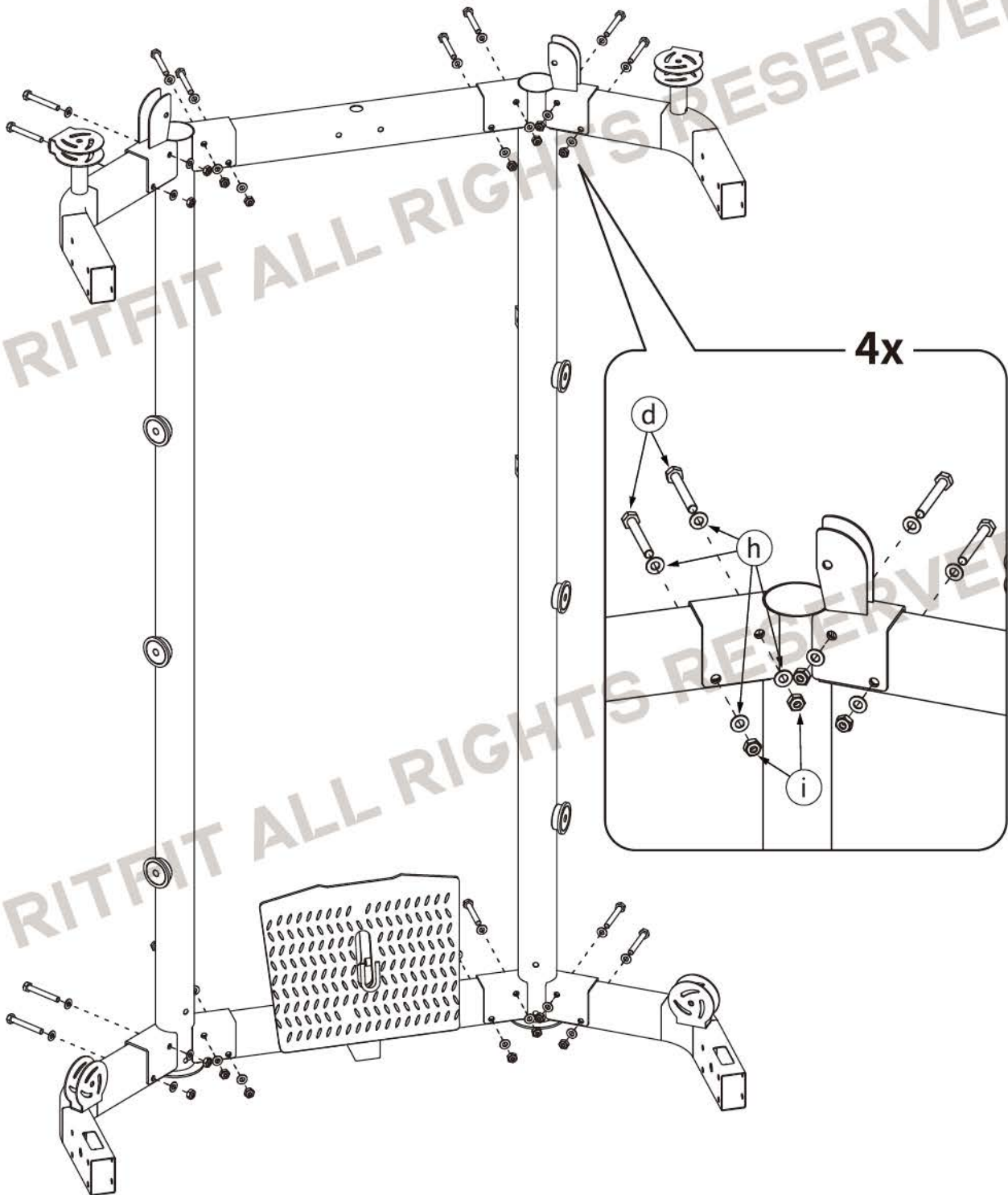
NO.	DESCRIPTION	QUANTITY
1	Back Upright Frame (Left)	1
2	Back Upright Frame (Right)	1
3	Top Beam	1
4	Foot Plate	1
5	Top Bent Frame (Left)	1
6	Top Bent Frame (Right)	1
7	Bottom Bent Frame (Left)	1
8	Bottom Bent Frame (Right)	1



ASSEMBLY AND ADJUSTMENT

STEP 2 (Two People Are Required.)

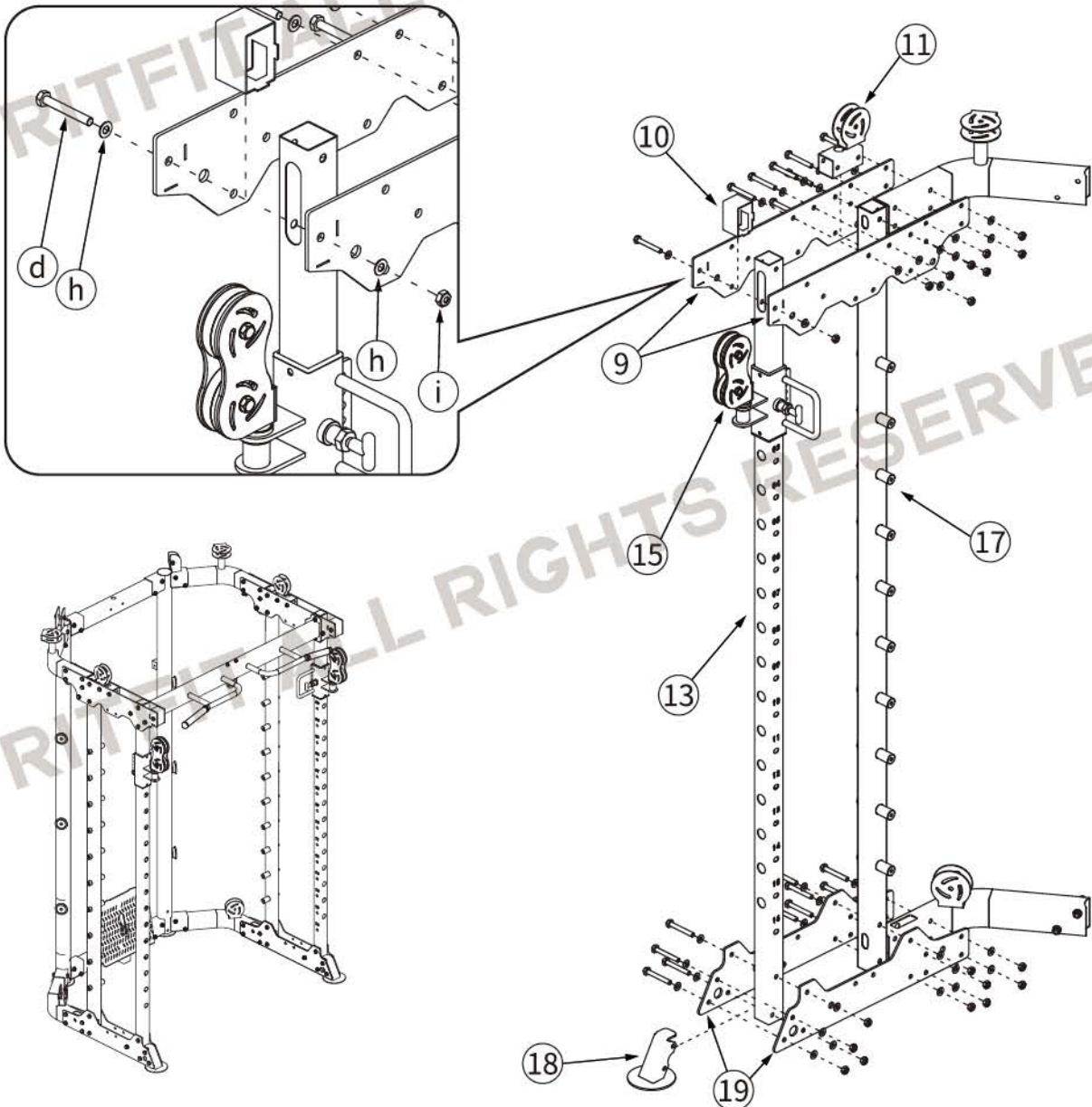
NO.	DESCRIPTION	QUANTITY
d	M10*75 Hex Bolt	16
h	M10 Washer	32
i	M10 Nut	16



ASSEMBLY AND ADJUSTMENT

STEP 3 (Two People Are Required.)

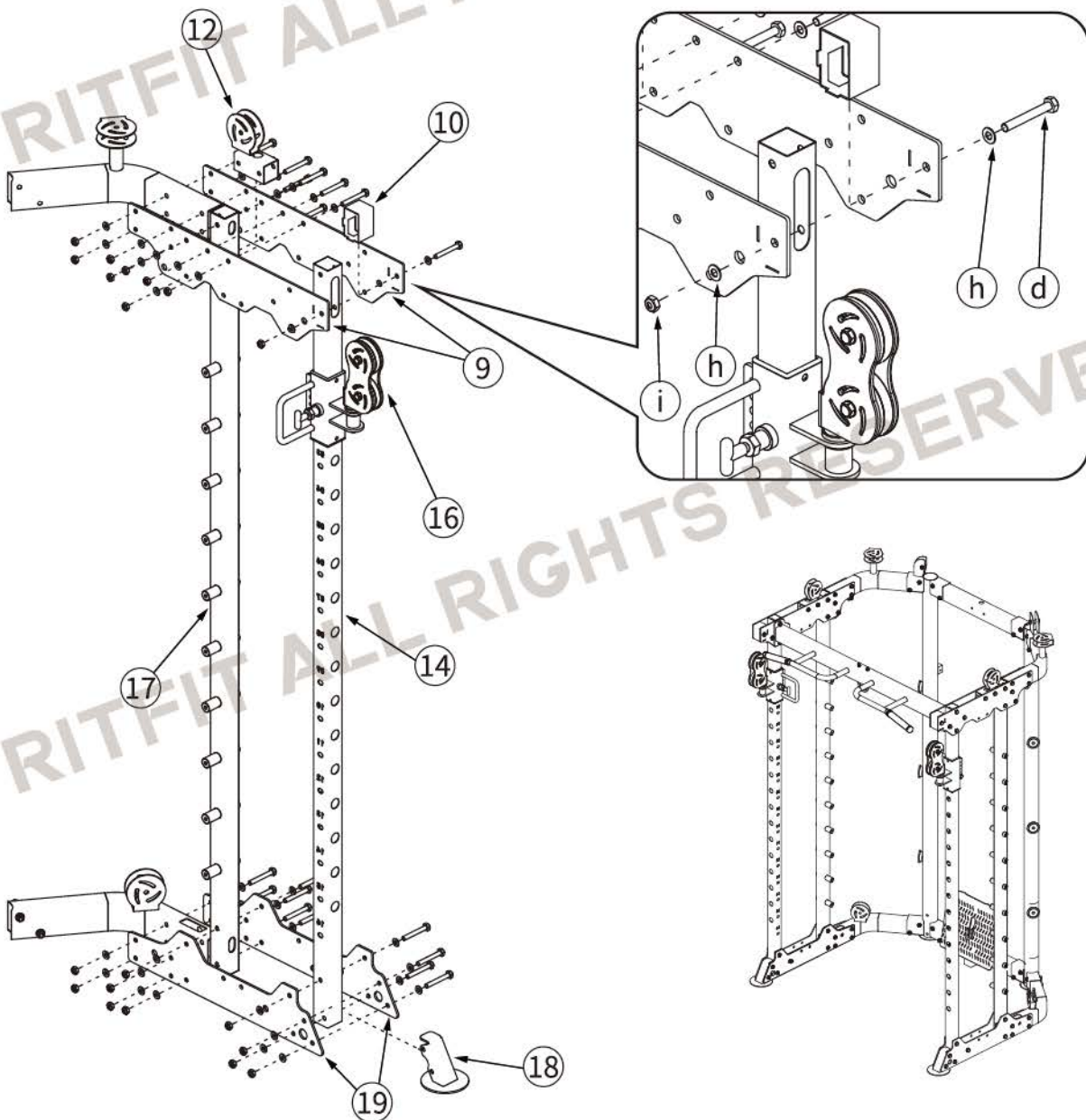
NO.	DESCRIPTION	QUANTITY
9	Top Bracket	2
10	Bracket--Frame Connector	1
11	Single Pulley Cover (Left)	1
13	Slider Upright Frame (Left)	1
15	Slider (Left)	1
17	Smith Positioning Upright Frame	1
18	Foot Cap	1
19	Bottom Bracket	2
d	M10*75 Hex Bolt	19
h	M10 Washer	38
i	M10 Nut	19



ASSEMBLY AND ADJUSTMENT

STEP 4 (Two People Are Required.)

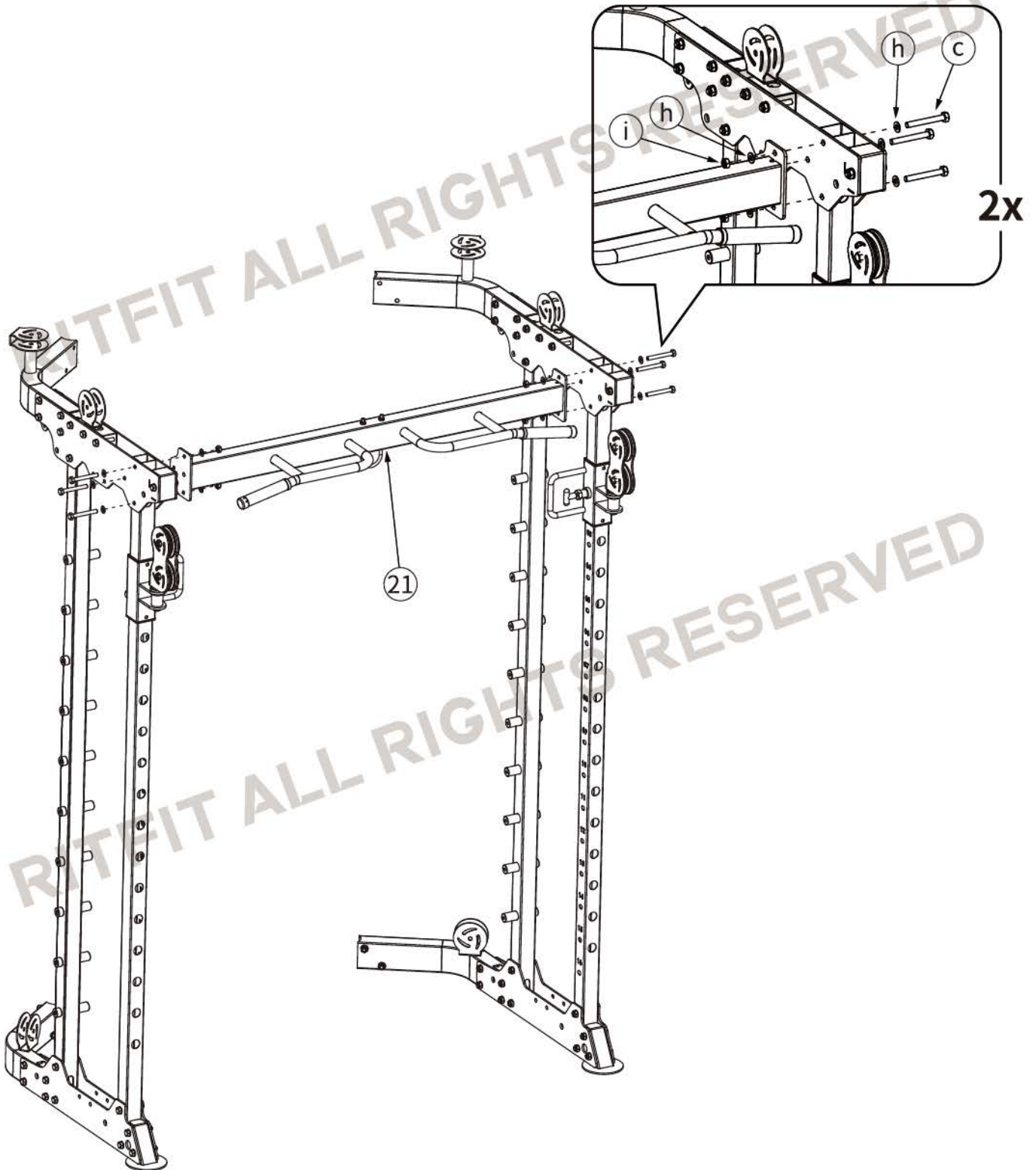
NO.	DESCRIPTION	QUANTITY
9	Top Bracket	2
10	Bracket--Frame Connector	1
12	Single Pulley Cover (Right)	1
14	Slider Upright Frame (Right)	1
16	Slider (Right)	1
17	Smith Positioning Upright Frame	1
18	Foot Cap	1
19	Bottom Bracket	2
d	M10*75 Hex Bolt	19
h	M10 Washer	38
i	M10 Nut	19



ASSEMBLY AND ADJUSTMENT

STEP 5 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
20	Pull-up Bar	1
c	M10*80 Hex Bolt	6
h	M10 Washer	12
i	M10 Nut	6

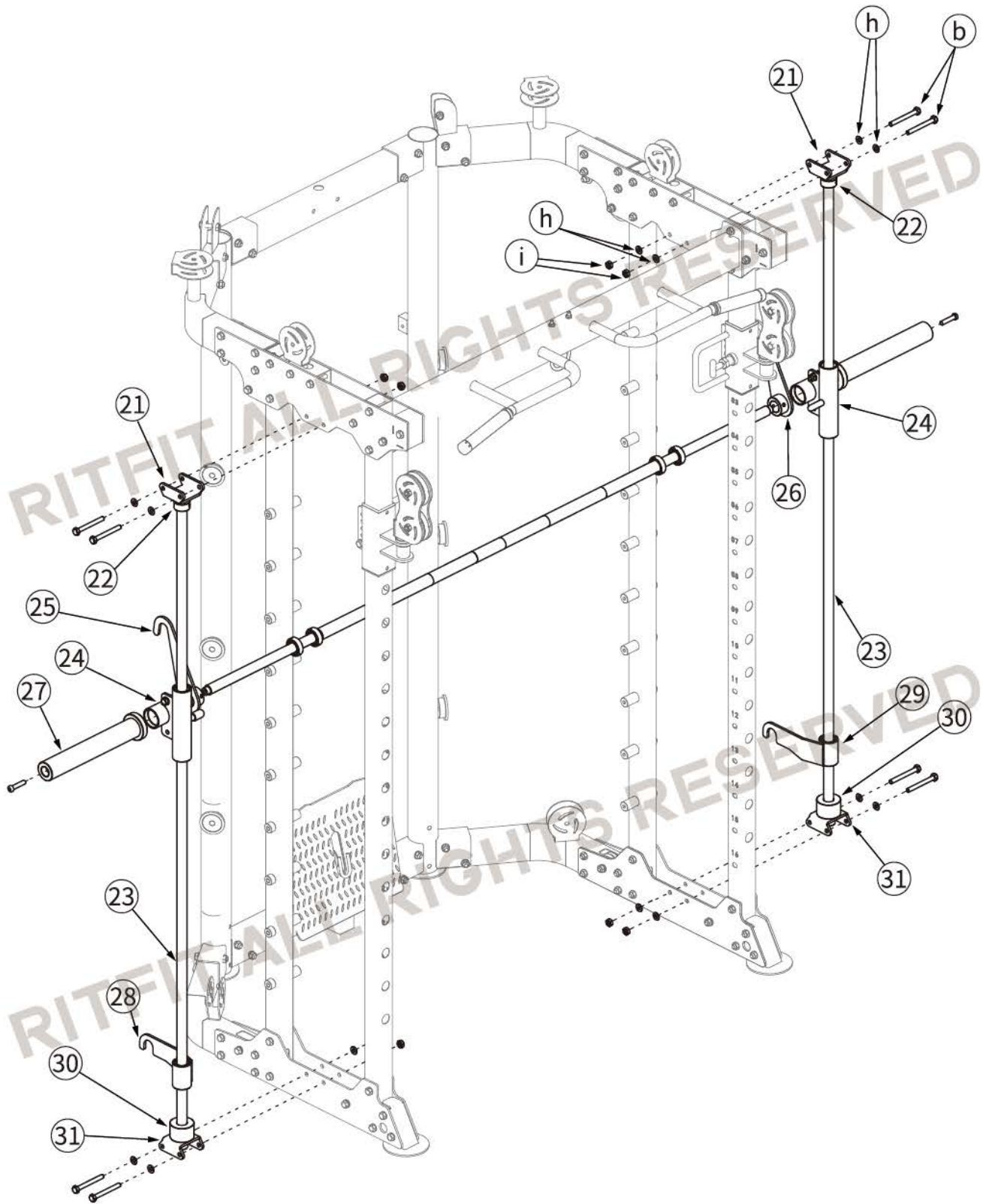


ASSEMBLY AND ADJUSTMENT

STEP 6 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
21	Barbell Guiding Rod Top Seat	2
22	Solid Barbell Guiding Rod Top Cup	2
23	Solid Barbell Guiding Rod	2
24	Barbell Positioning Tube	2
25	Barbell Positioning Hook (Left)	1
26	Barbell Positioning Hook (Right)	1
27	Barbell	1
28	Barbell Safety Support Hook (Left)	1
29	Barbell Safety Support Hook (Right)	1
30	Solid Barbell Guiding Rod Bottom Pad	2
31	Barbell Guiding Rod Bottom Seat	2
b	M10*85 Hex Bolt	8
h	M10 Washer	16
i	M10 Nut	8

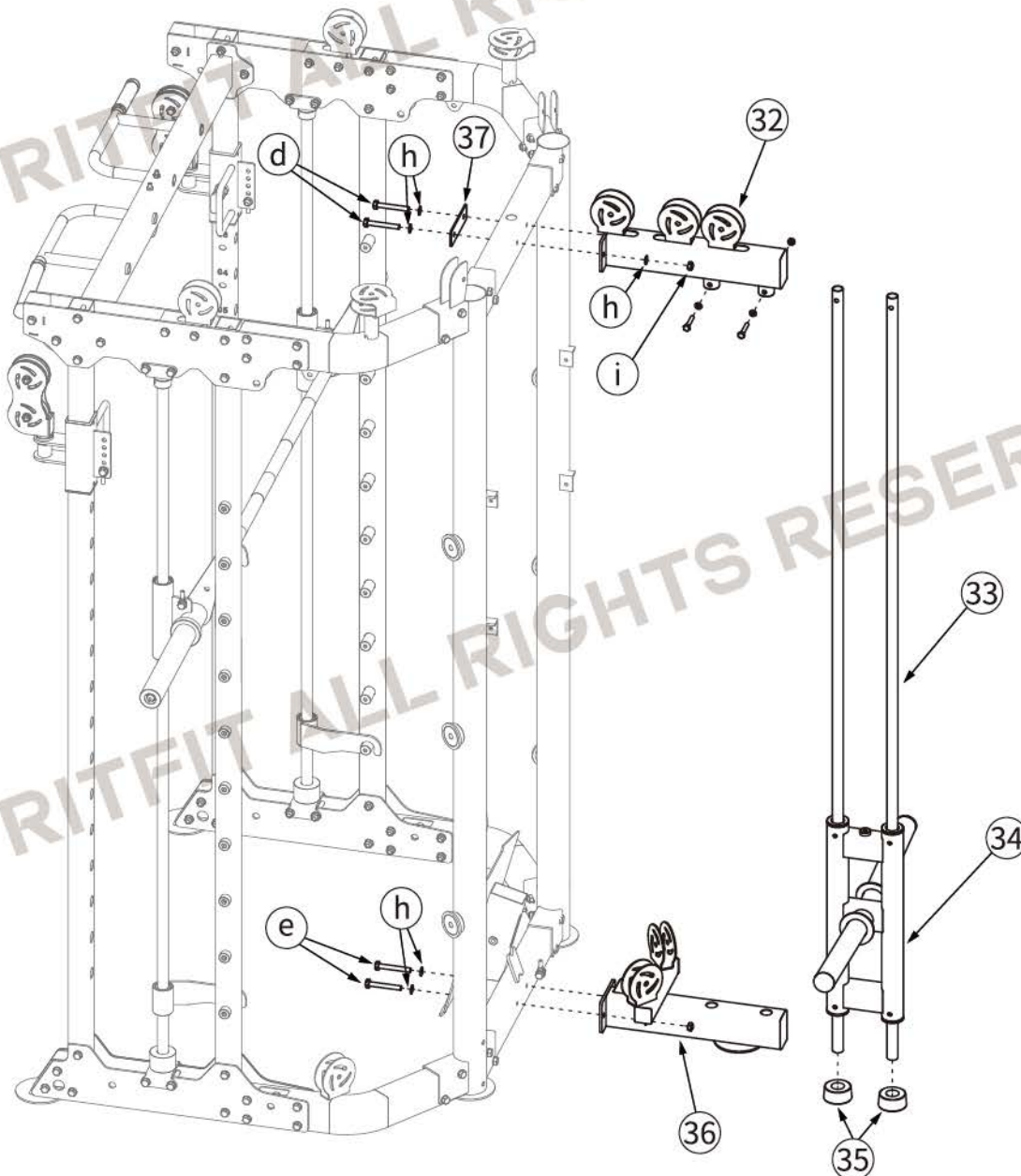
ASSEMBLY AND ADJUSTMENT



ASSEMBLY AND ADJUSTMENT

STEP 7 (Two People Are Required.)

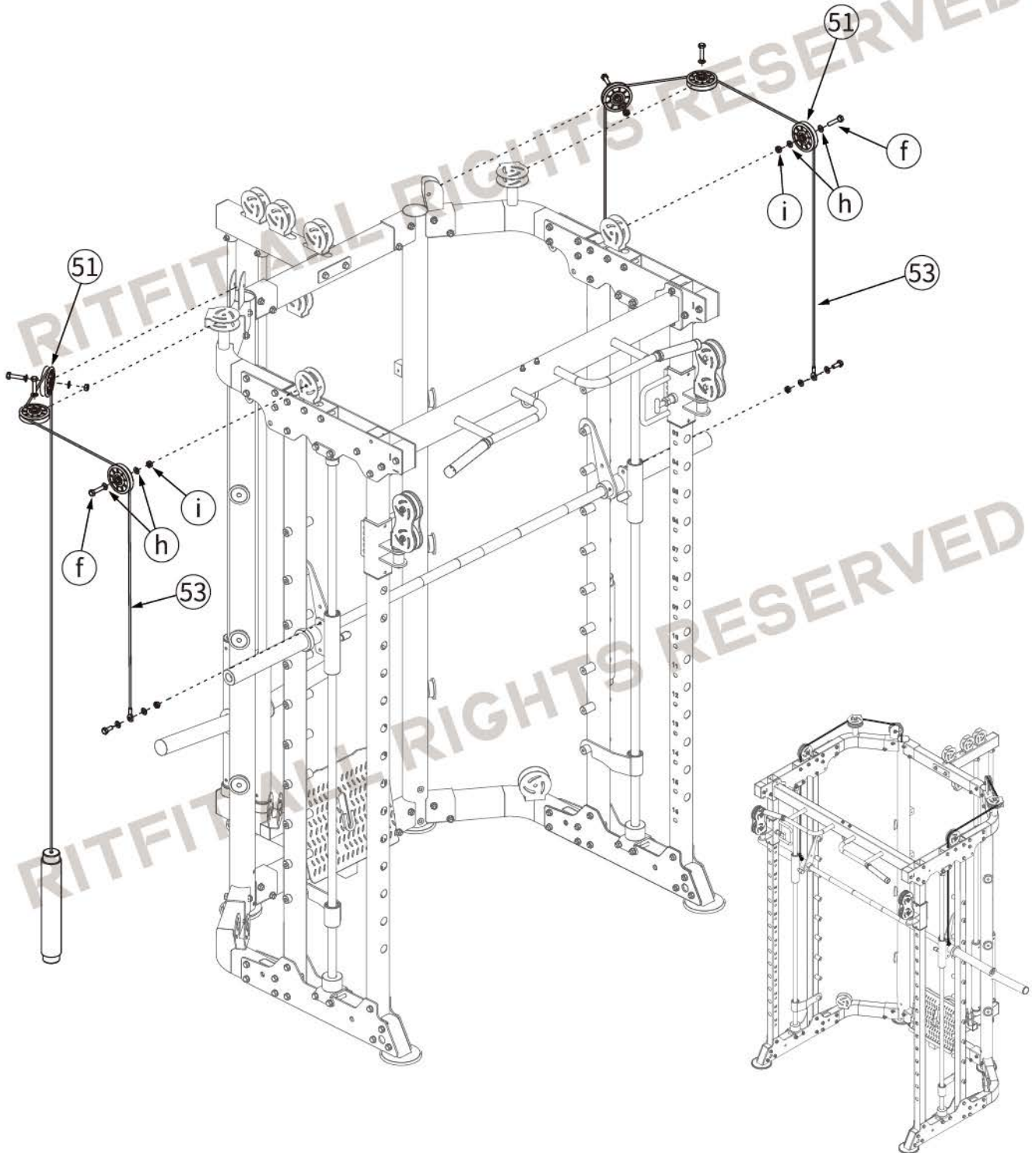
NO.	DESCRIPTION	QUANTITY
32	Top Back Frame	1
33	Hollow Pulley System Guiding Rod	2
34	Plate Carriage	1
35	Plate Carriage Bottom Pad	2
36	Bottom Back Frame	1
37	Top Back Frame Bolt Plate	1
d	M10*75 Hex Bolt	2
e	M10*70 Hex Bolt	2
h	M10 Washer	8
i	M10 Nut	4



ASSEMBLY AND ADJUSTMENT

STEP 8 (Two People Are Required.)

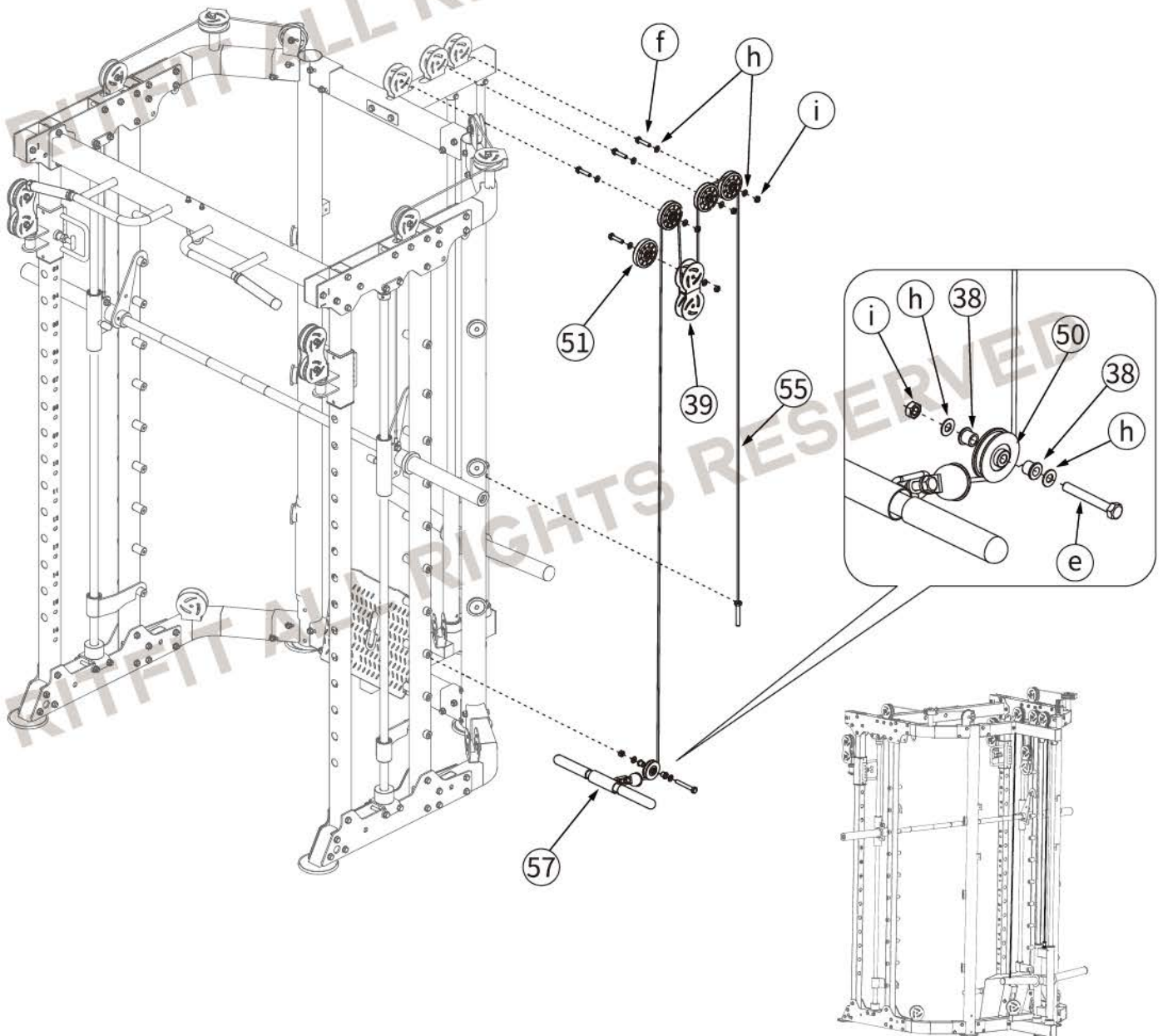
NO.	DESCRIPTION	QUANTITY
51	Pulley B	6
53	Cable B	2
f	M10*45 Hex Bolt	6
h	M10 Washer	10
i	M10 Nut	4



ASSEMBLY AND ADJUSTMENT

STEP 9 (Two People Are Required.)

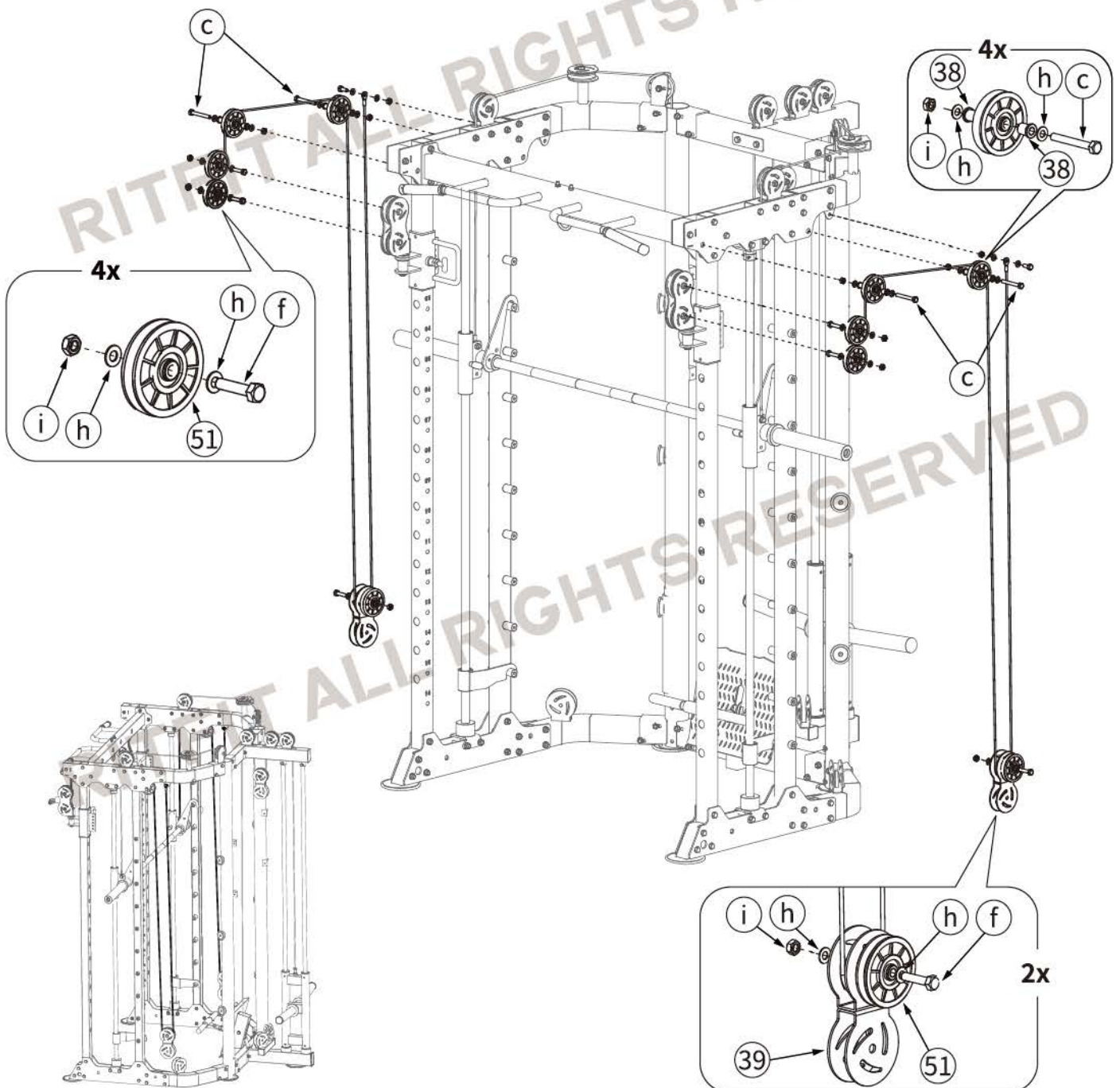
NO.	DESCRIPTION	QUANTITY
38	Pulley Peg	2
39	Double Pulley Cover	1
50	Pulley A	1
51	Pulley B	4
55	Cable D	1
57	Low T Bar	1
e	M10*70 Hex Bolt	1
f	M10*45 Hex Bolt	4
h	M10 Washer	10
i	M10 Nut	5



ASSEMBLY AND ADJUSTMENT

STEP 10 (Two People Are Required.)

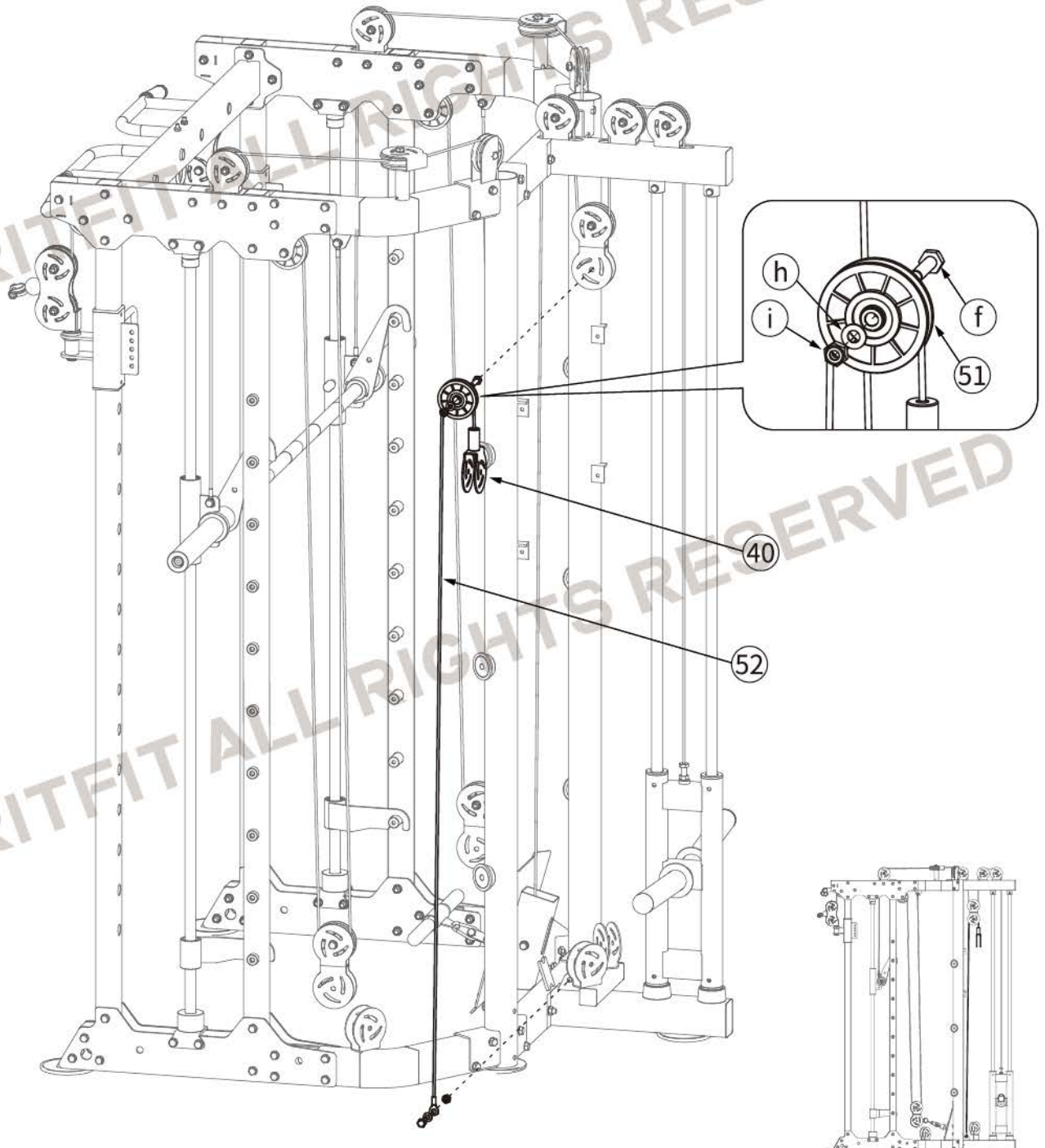
NO.	DESCRIPTION	QUANTITY
38	Pulley Peg	8
39	Double Pulley Cover	2
51	Pulley B	8
54	Cable C	2
c	M10*80 Hex Bolt	4
f	M10*45 Hex Bolt	6
h	M10 Washer	20
i	M10 Nut	10



ASSEMBLY AND ADJUSTMENT

STEP 11

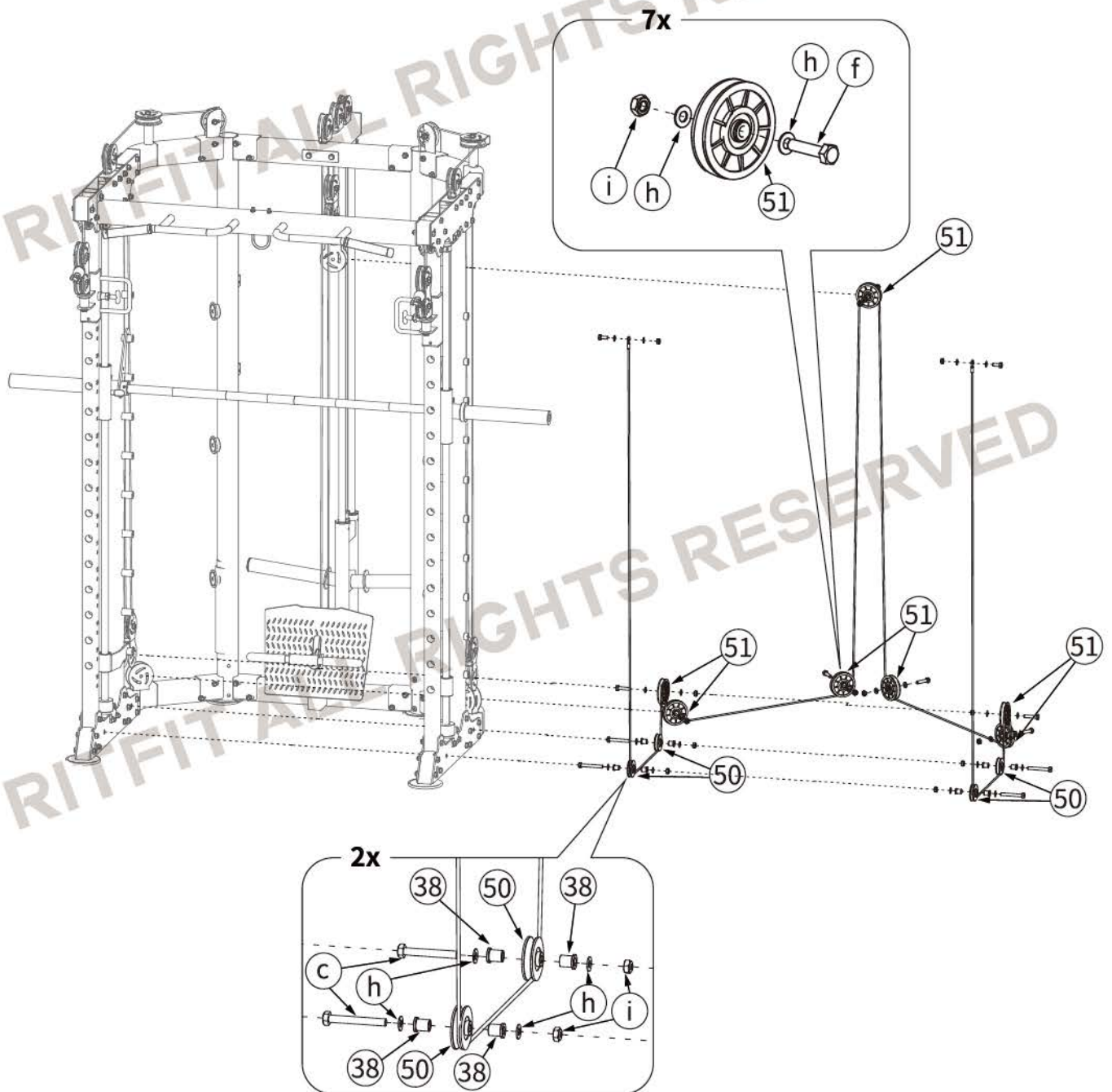
NO.	DESCRIPTION	QUANTITY
40	Adjustable Pulley Cover	1
51	Pulley B	1
52	Cable A	1
f	M10*45 Hex Bolt	1
h	M10 Washer	2
i	M10 Nut	1



ASSEMBLY AND ADJUSTMENT

STEP 12 (Two People Are Required.)

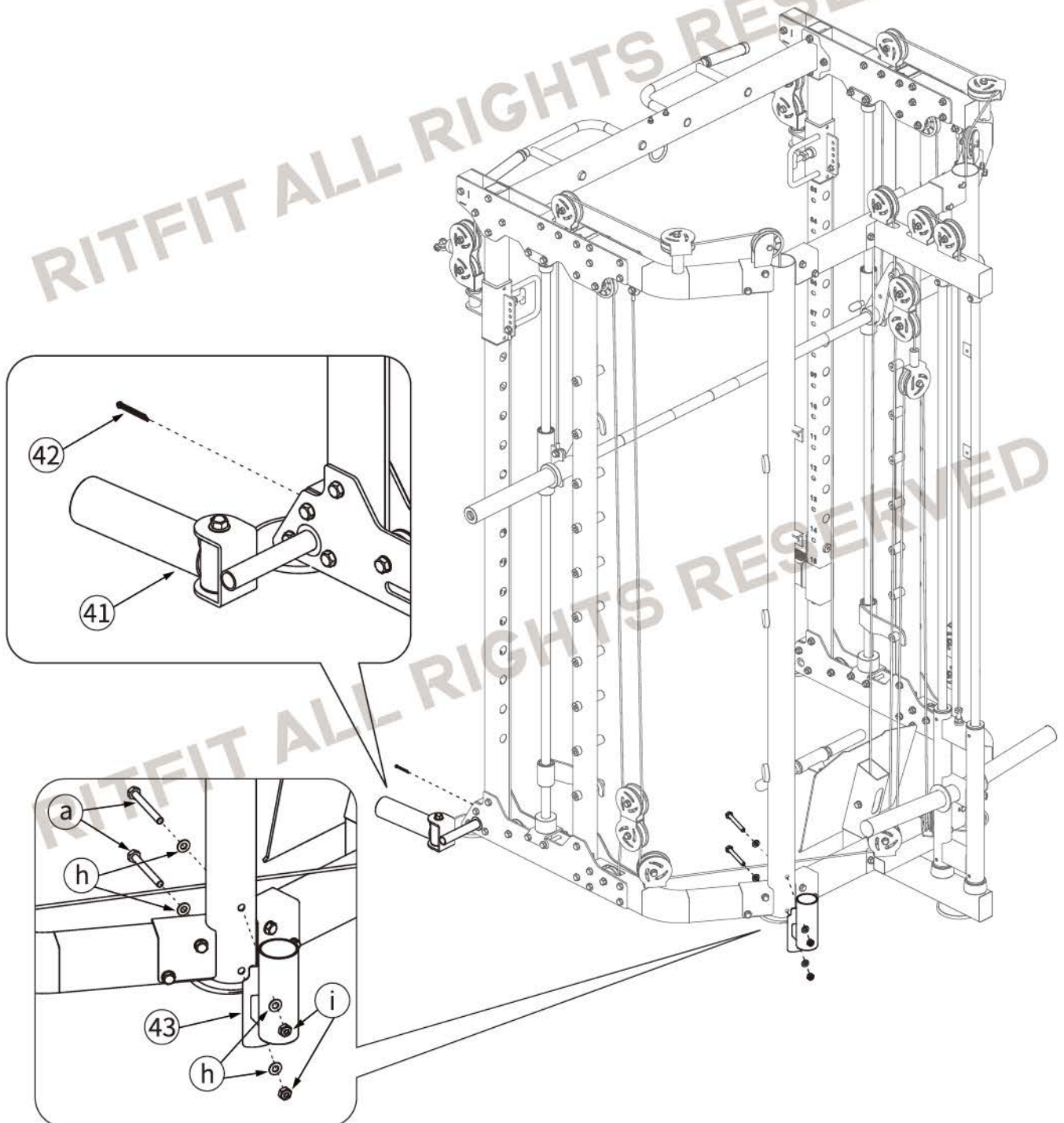
NO.	DESCRIPTION	QUANTITY
38	Pulley Peg	8
50	Pulley A	4
51	Pulley B	7
56	Cable E	1
c	M10*80 Hex Bolt	4
f	M10*45 Hex Bolt	7
h	M10 Washer	22
i	M10 Nut	11



ASSEMBLY AND ADJUSTMENT

STEP 13 (Two People Are Required.)

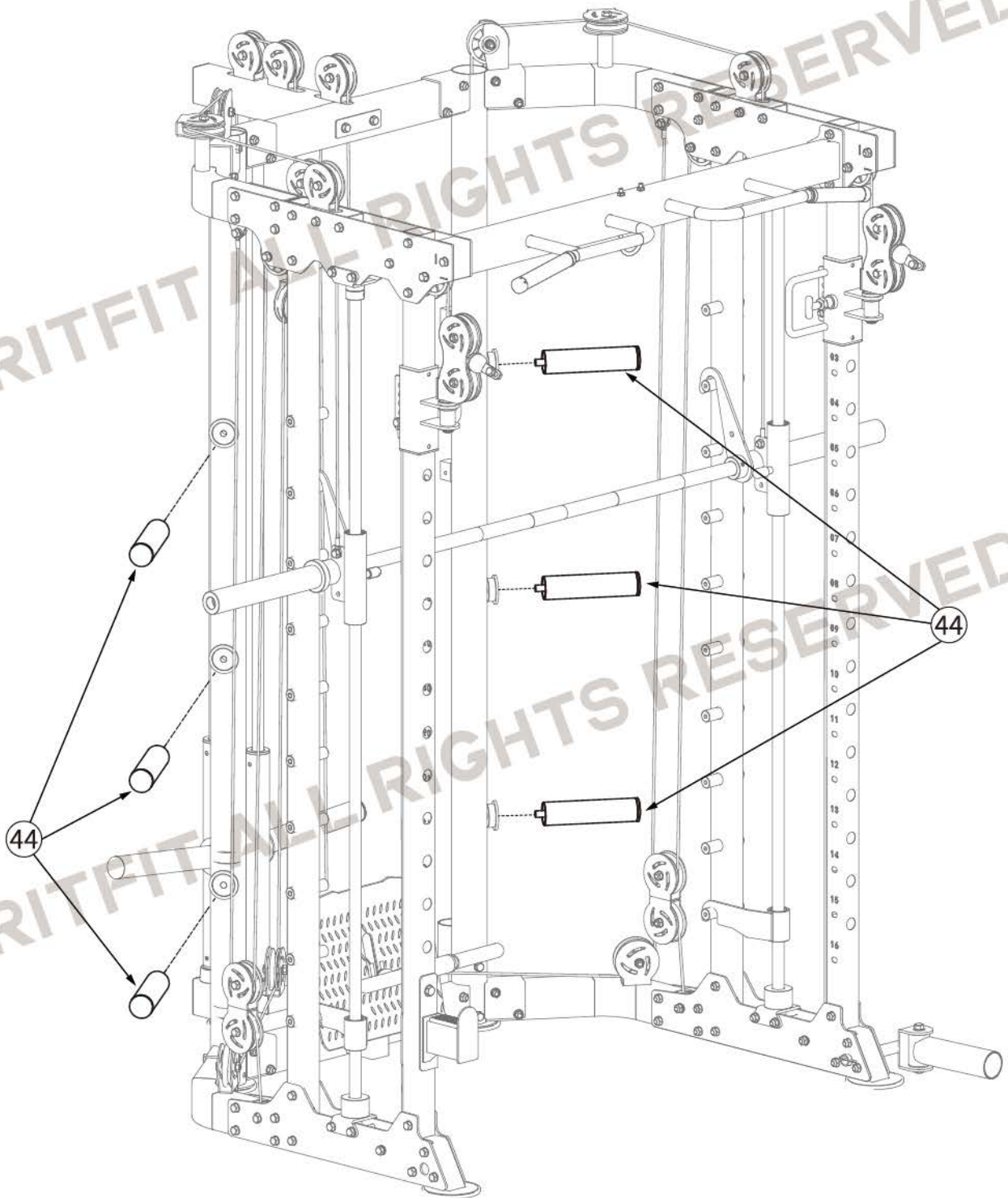
NO.	DESCRIPTION	QUANTITY
41	Landmine Attachment	1
42	Adjustable Pin	1
43	Barbell Storage	1
a	M10*90 Hex Bolt	2
h	M10 Washer	4
i	M10 Nut	2



ASSEMBLY AND ADJUSTMENT

STEP 14 (Two People Are Required.)

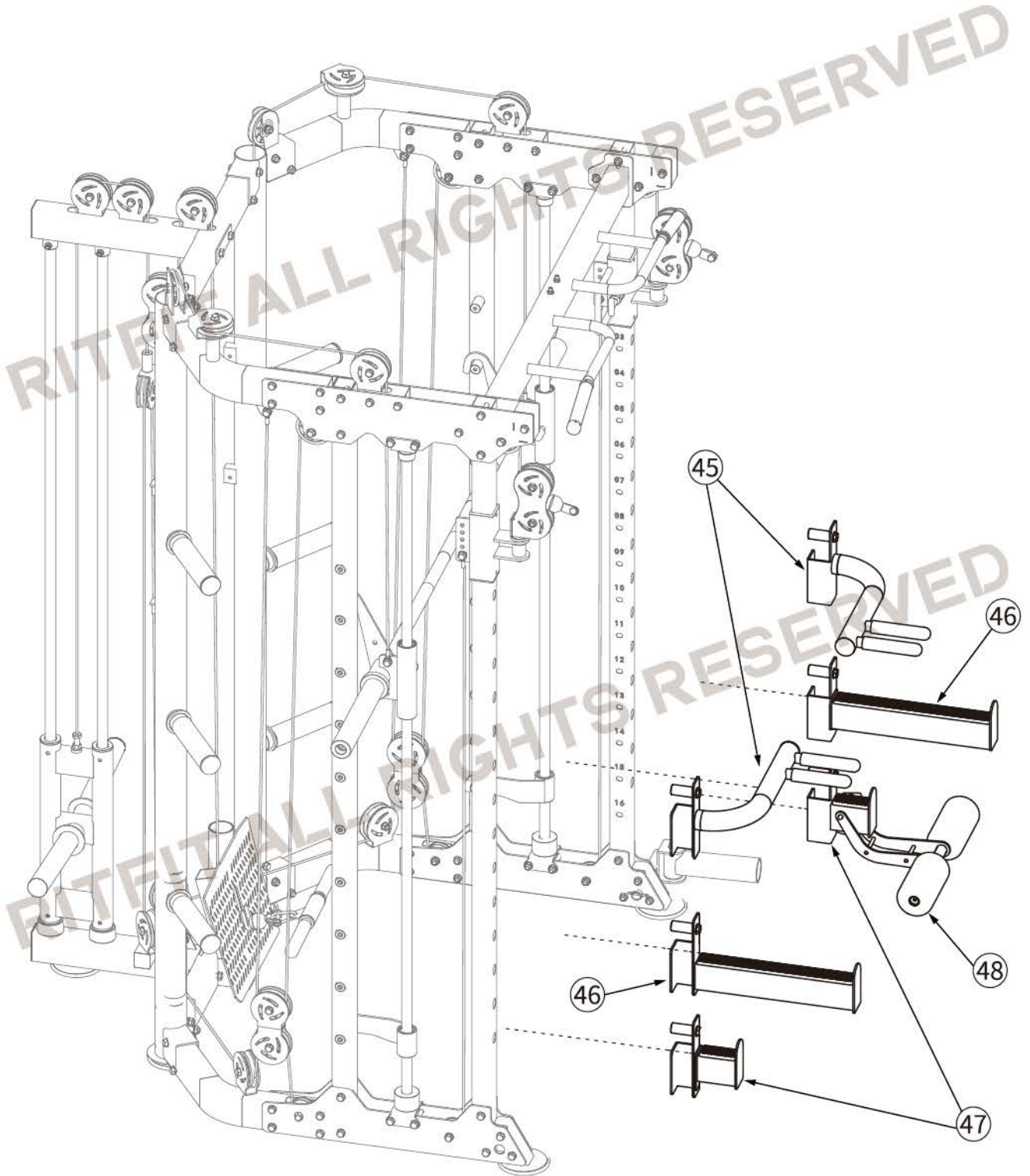
NO.	DESCRIPTION	QUANTITY
44	Plate Storage Tube	6



ASSEMBLY AND ADJUSTMENT

STEP 15 (Two People Are Required.)

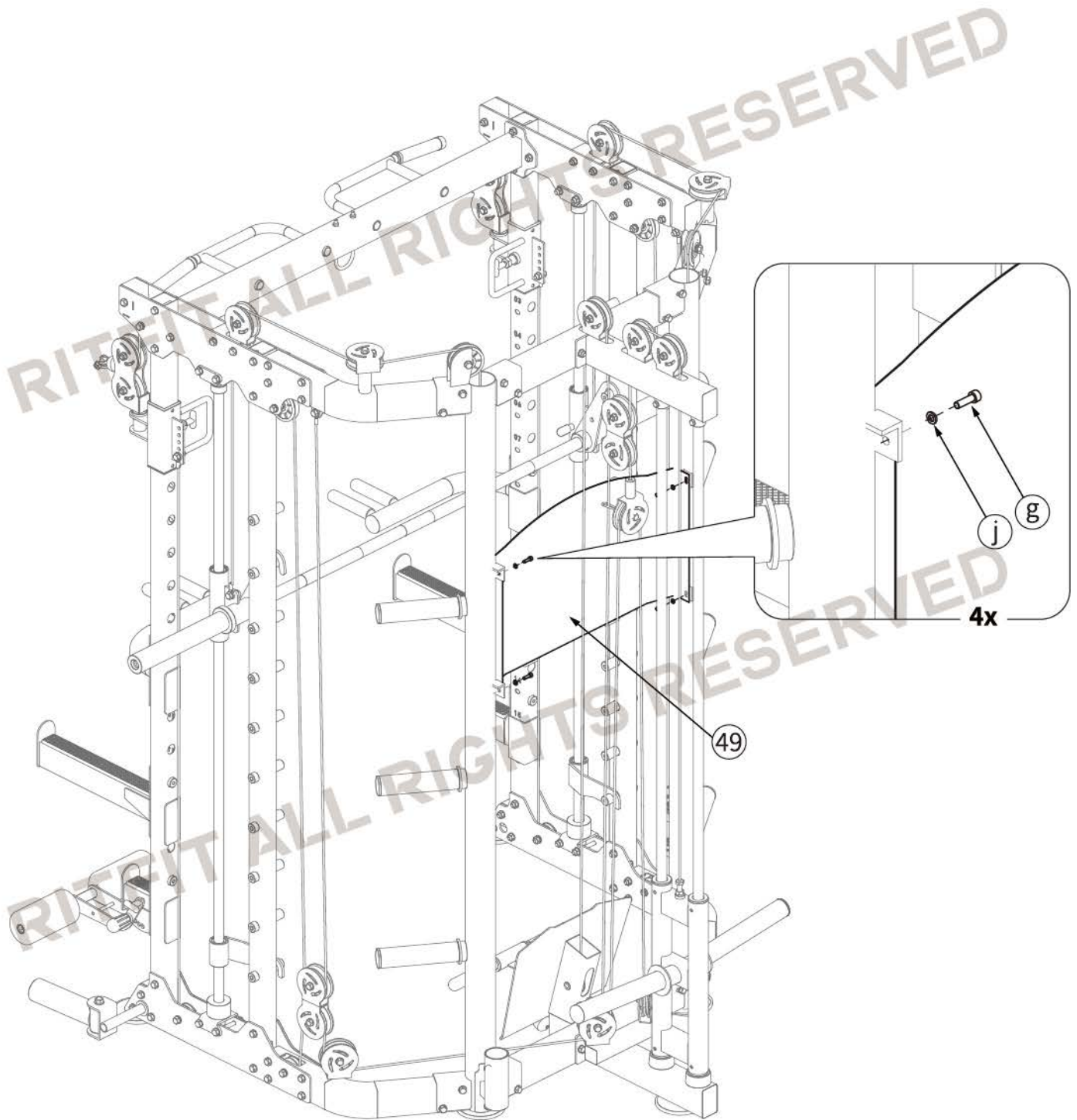
NO.	DESCRIPTION	QUANTITY
45	Dip Bars	1
46	Safety Bars	1
47	J-Hooks	1
48	Foam Roller Attachment	1



ASSEMBLY AND ADJUSTMENT

STEP 16 (Two People Are Required.)

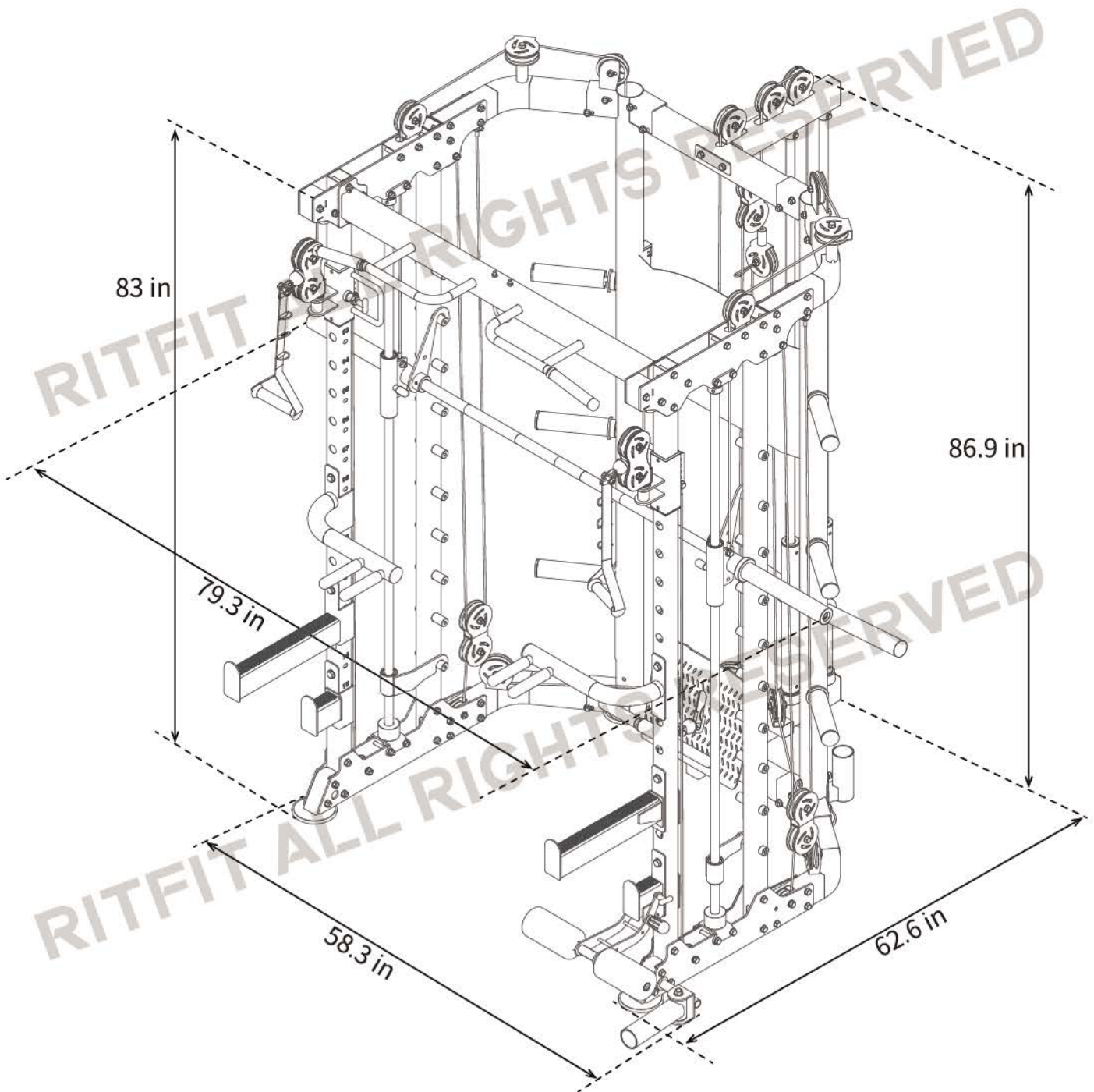
NO.	DESCRIPTION	QUANTITY
49	Poster Board	1
g	M6*40 Hexgon Socket Button Head Bolt	4
j	M6 Washer	4



END

Congratulations!

You have assembled the Multifunctional Power Cage!
Now, you can officially start strength training with RITFIT.

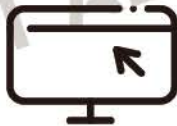


Don't mind if you have extra fasteners after installation, which can be used as future replacement parts.

RITFIT ALL RIGHTS RESERVED

RITFIT ALL RIGHTS RESERVED

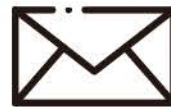
RITFIT



www.ritfitsports.com

SUBSCRIBE WEBSITE AND GET

- Free Exercise Ebook
- Lastest Updates



GOT A PROBLEM ? GET IN TOUCH
support@ritfitsports.com

GET SOCIAL WITH US

 @ritfit.sports