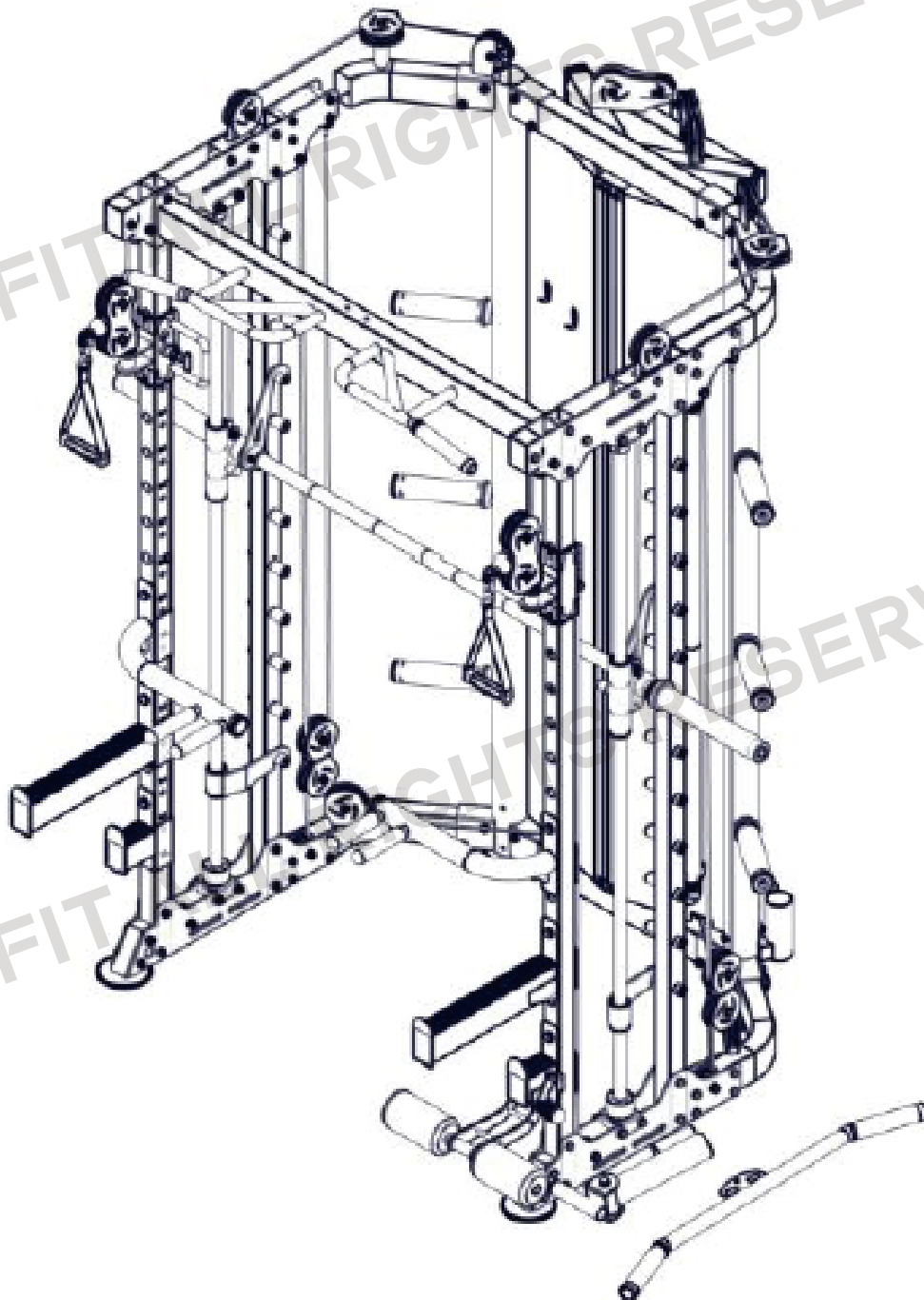


RITFIT

MULTIFUNCTIONAL POWER CAGE BPC05



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?

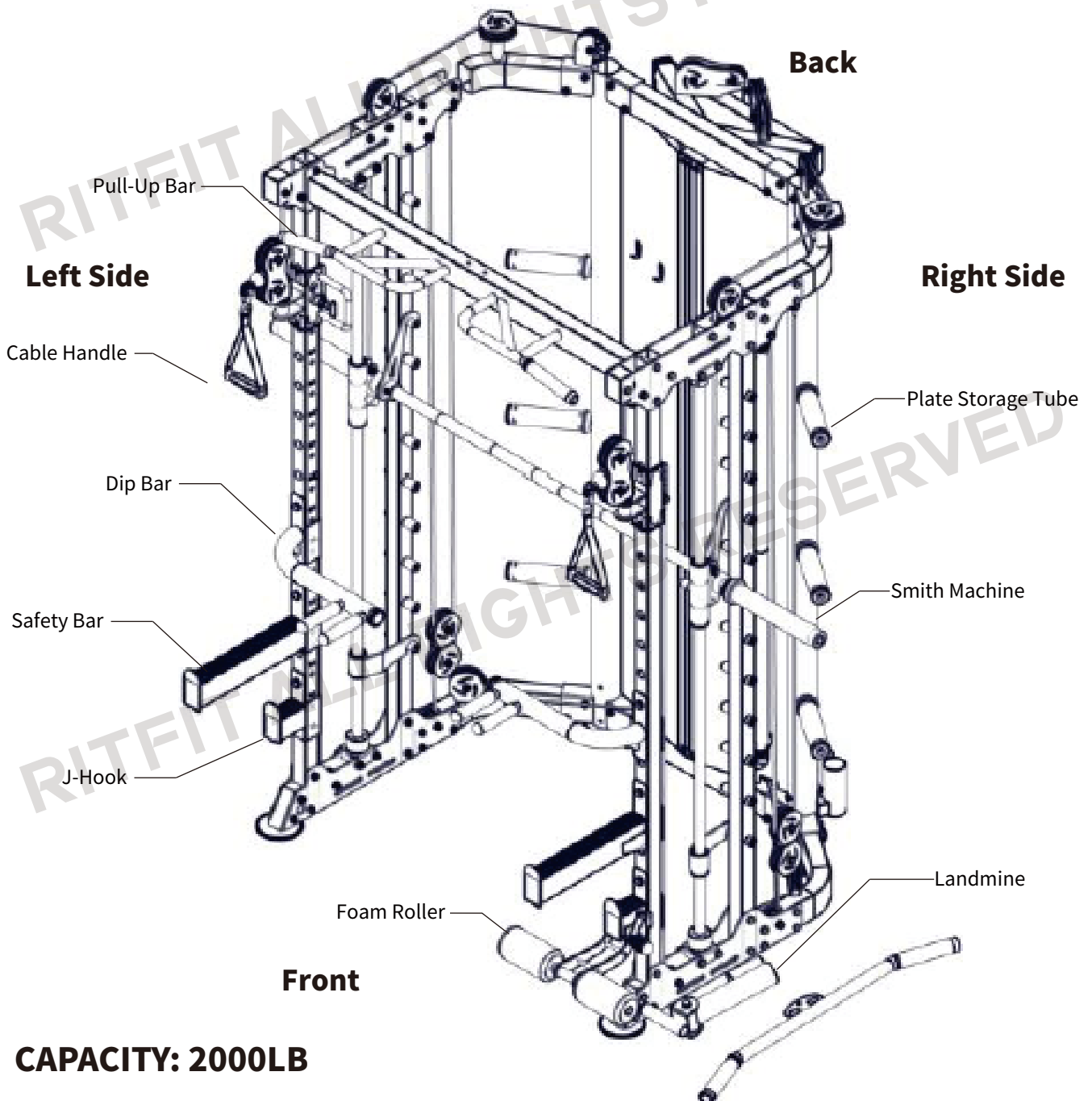
To ensure you receive the best technical support please visit www.ritfitsports.com to register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, worn, damaged 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 system 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 **BPC05**.

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

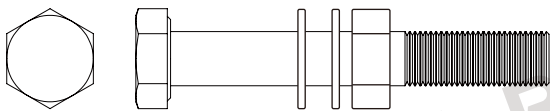


CAPACITY: 2000LB

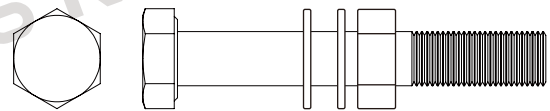
PARTS LIST

FASTENER AND TOOLS

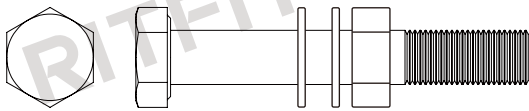
NO.	DESCRIPTION	QUANTITY
a	M10*90 Hex Bolt Sets	10
b	M10*80 Hex Bolt Sets	16
c	M10*75 Hex Bolt Sets	54
d	M10*45 Hex Bolt Sets	16
d1	M10*45 Hex Bolt Sets (Bolt + Washer)	2
e	M10*25 Hex Bolt Sets	6
e1	M10*25 Hex Bolt Sets (Bolt + Washer)	8
f	M6*15 Hexagon Socket Button Head Bolt Sets	10



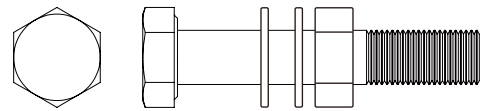
(a) M10*90 Hex Bolt Sets
10x



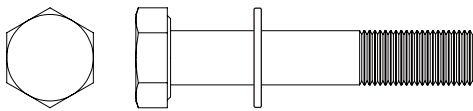
(b) M10*80 Hex Bolt Sets
16x



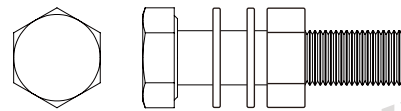
(c) M10*75 Hex Bolt Sets
54x



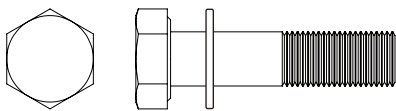
(d) M10*45 Hex Bolt Sets
16x



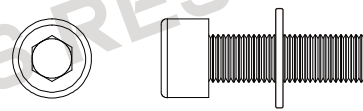
(d1) M10*45 Hex Bolt Sets (Bolt + Washer)
2x



(e) M10*25 Hex Bolt Sets
6x



(e1) M10*25 Hex Bolt Sets (Bolt + Washer)
8x



(f) M6*15 Hexagon Socket Button Head Bolt Sets
10x

How to Measure

M10 x 70 bolt 70mm or 2.75" 10mm or 0.40" M10 nut

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

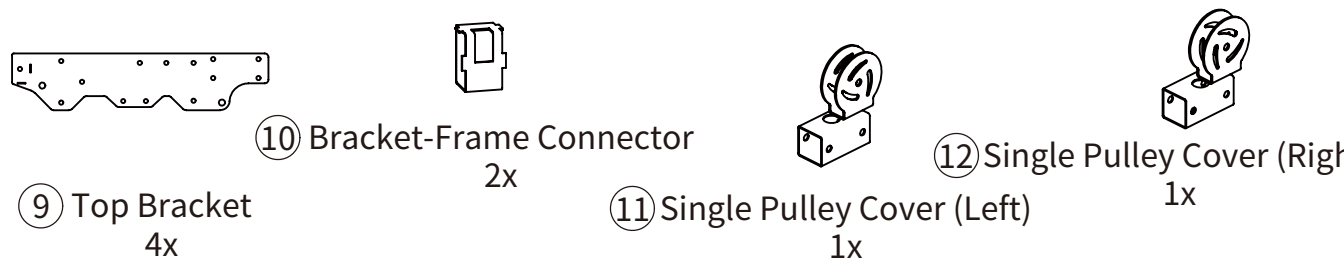
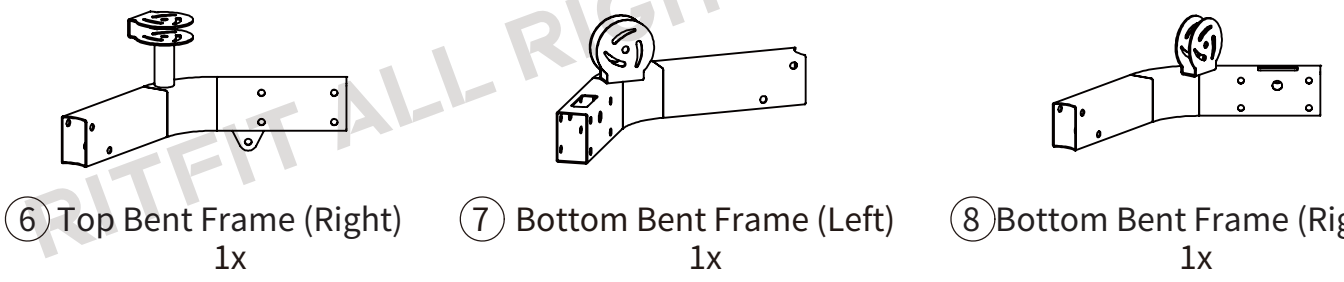
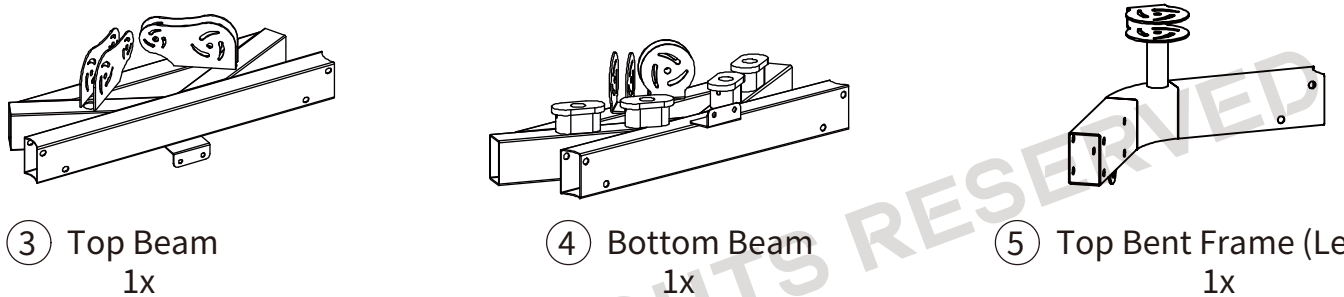
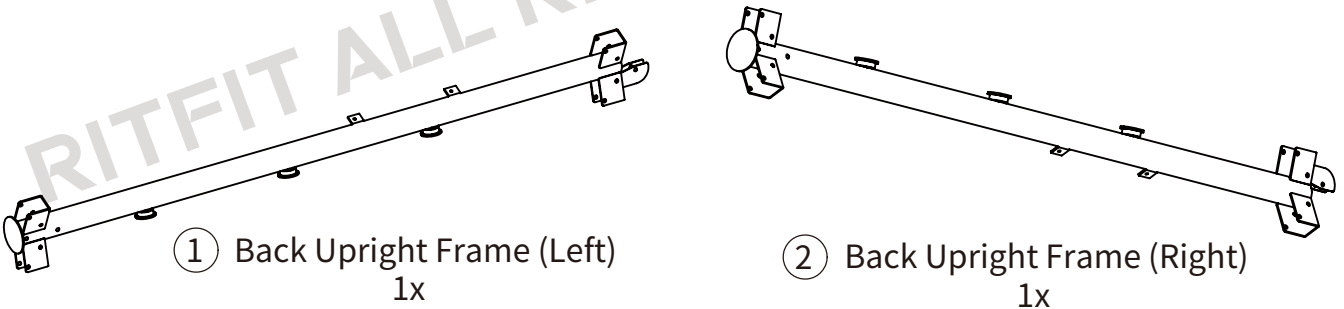
Inch 0 1" 2" 3" 4" 5" 6"

May not be printed on a 1:1 Ratio

PARTS LIST

• Packed in the box

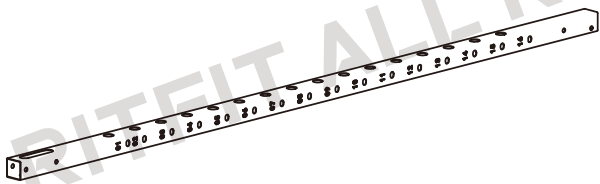
NO.	DESCRIPTION	QUANTITY
1	Back Upright Frame (Left)	1
2	Back Upright Frame (Right)	1
3	Top Beam	1
4	Bottom Beam	1
5	Top Bent Frame (Left)	1
6	Top Bent Frame (Right)	1
7	Bottom Bent Frame (Left)	1
8	Bottom Bent Frame (Right)	1
9	Top Bracket	4
10	Bracket-Frame Connector	2
11	Single Pulley Cover (Left)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



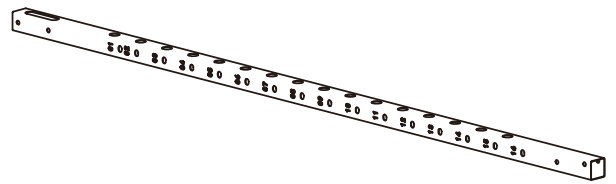
PARTS LIST

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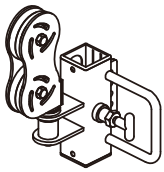
NO.	DESCRIPTION	QUANTITY
13	Slider Upright Frame (Left)	1
14	Slider Upright Frame (Right)	1
15	Slider (Left)	1
16	Slider (Right)	1
17	Smith Positioning Upright Frame	2
18	Foot Cap	2
19	Bottom Bracket	4
20	Pull-up Bar	1
21	Barbell Guiding Rod Top Seat	2
22	Solid Barbell Guiding Rod Cup	2
23	Solid Barbell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



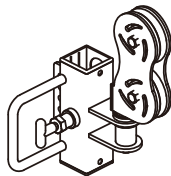
⑬ Slider Upright Frame (Left)
1x



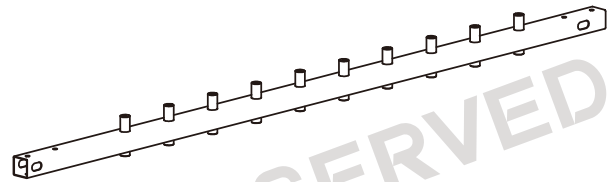
⑭ Slider Upright Frame (Right)
1x



⑮ Slider (Left)
1x



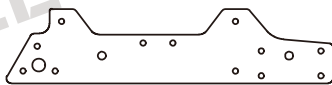
⑯ Slider (Right)
1x



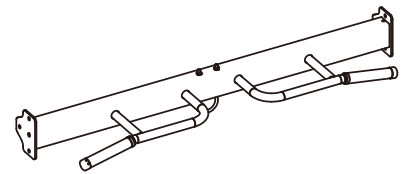
⑰ Smith Positioning Upright Frame
2x



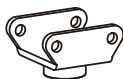
⑱ Foot Cap
2x



⑲ Bottom Bracket
4x



⑳ Pull-up Bar
1x



㉑ Barbell Guiding Rod Top Seat
2x



㉒ Solid Barbell Guiding Rod Cup
2x

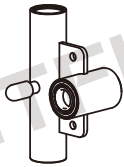


㉓ Solid Barbell Guiding Rod
2x

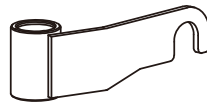
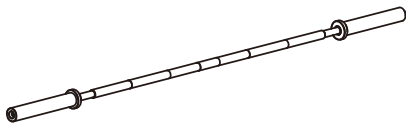
PARTS LIST

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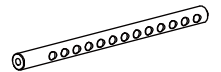
NO.	DESCRIPTION	QUANTITY
24	Barbell Positioning Tube	2
25	Barbell Positioning Hook (Left)	1
26	Barbell Positioning Hook (Right)	1
27	Barbell	1
28	Barbell Safety Support Hook (Left)	1
29	Barbell Safety Support Hook (Right)	1
30	Solid Barbell Guiding Rod Bottom Pad	2
31	Barbell Guiding Rod Bottom Seat	2
32	Hoist	2
33	Hollow Pulley System Guiding Rod	4
34	Leg Press Attachment	1
35	Weight Stack Bottom Pad	4



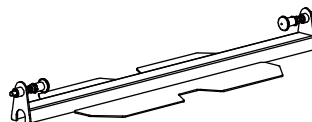
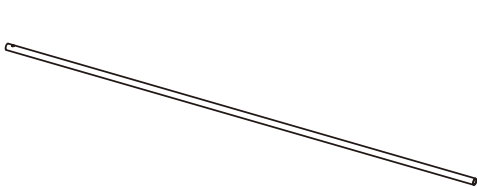
- (24) Barbell Positioning Tube 2x
 (25) Barbell Positioning Hook (Left) 1x
 (26) Barbell Positioning Hook (Right) 1x



- (27) Barbell 1x
 (28) Barbell Safety Support Hook (Left) 1x
 (29) Barbell Safety Support Hook (Right) 1x



- (30) Solid Barbell Guiding Rod Bottom Pad 2x
 (31) Barbell Guiding Rod Bottom Seat 2x
 (32) Hoist 2x

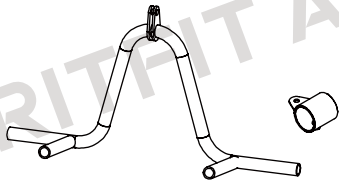


- (33) Hollow Pulley System Guiding Rod 4x
 (34) Leg Press Attachment 1x
 (35) Weight Stack Bottom Pad 4x

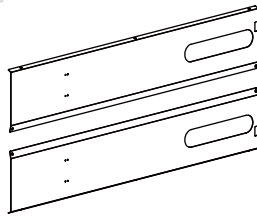
PARTS LIST

• Packed in the box

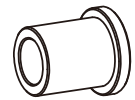
NO.	DESCRIPTION	QUANTITY
36	Multi-grip Row Handle Set	1
37	Covers	1
38	Pulley Peg	16
39	Double Pulley Cover	2
40	Hollow Rod Top Pads	1
41	Landmine Attachment	1
42	Adjustable Pin	1
43	Barbell Storage	1
44	Plate Storage Tube	6
45	Dip Bars	1
46	Safety Bars	1
47	J-Hooks	1



③⑥ Multi-grip Row Handle Set
1x



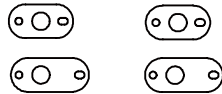
③⑦ Covers
1x



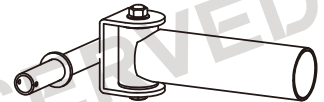
③⑧ Pulley Peg
16x



③⑨ Double Pulley Cover
2x



④⑩ Hollow Rod Top Pads
1x



④① Landmine Attachment
1x



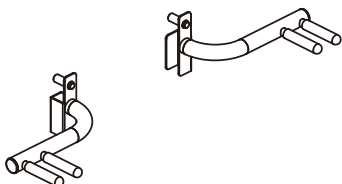
④② Adjustable Pin
1x



④③ Barbell Storage
1x



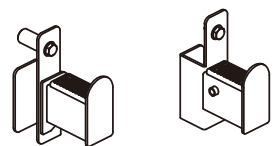
④④ Plate Storage Tube
6x



④⑤ Dip Bars
1x



④⑥ Safety Bars
1x

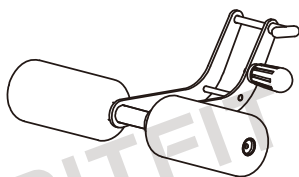


④⑦ J-Hooks
1x

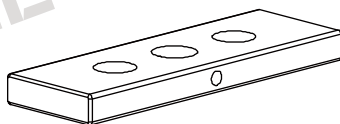
PARTS LIST

• Packed in the box

NO.	DESCRIPTION	QUANTITY
48	Foam Roller Attachment	1
49	Weight Stack	26
50	Pulley A	6
51	Pulley B	20
52	Cable A	2
53	Cable B	2
54	Cable C	2
55	Cover Connect	2
56	Lat Bar	1



④⑧ Foam Roller Attachment
1x



④⑨ Weight Stack
26x



⑤⑩ Pulley A
6x



⑤① Pulley B
20x



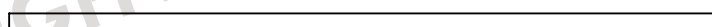
⑤② Cable A
2x



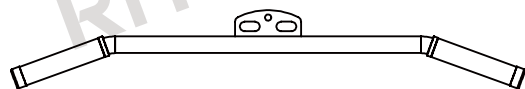
⑤③ Cable B
2x



⑤④ Cable C
2x



⑤⑤ Cover Connect
2x

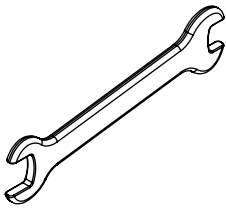


⑤⑥ Lat Bar
1x

PARTS LIST

• Packed in the box

NO.	DESCRIPTION	QUANTITY
57	Open-ended Wrench	1
58	Pulley Handle	2
59	Allen Key	1
60	Collar	2
61	Carabiner	1
62	Silicone Oil	3
63	Foot Pad	1



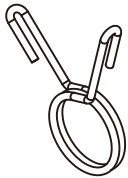
⑤7 Open-ended Wrench
1x



⑤8 Pulley Handle
2x



⑤9 Allen Key
1x



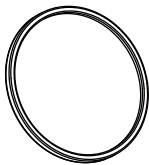
⑥0 Collar
2x



⑥1 Carabiner
3x



⑥2 Silicone Oil
1x

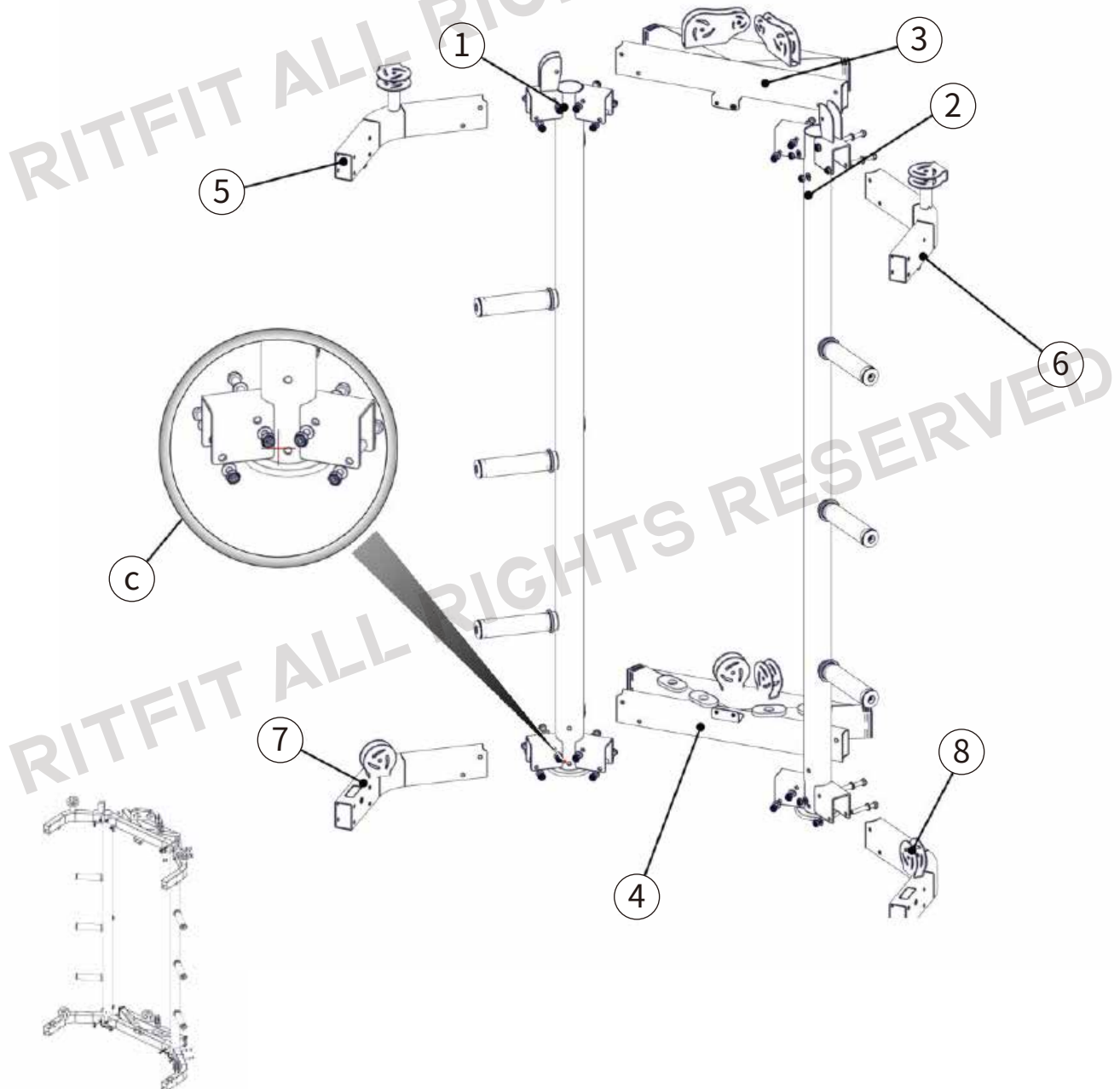


⑥3 Foot Pad
5x

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	Bottom Beam	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
c	M10*75 Hex Bolt Sets	16

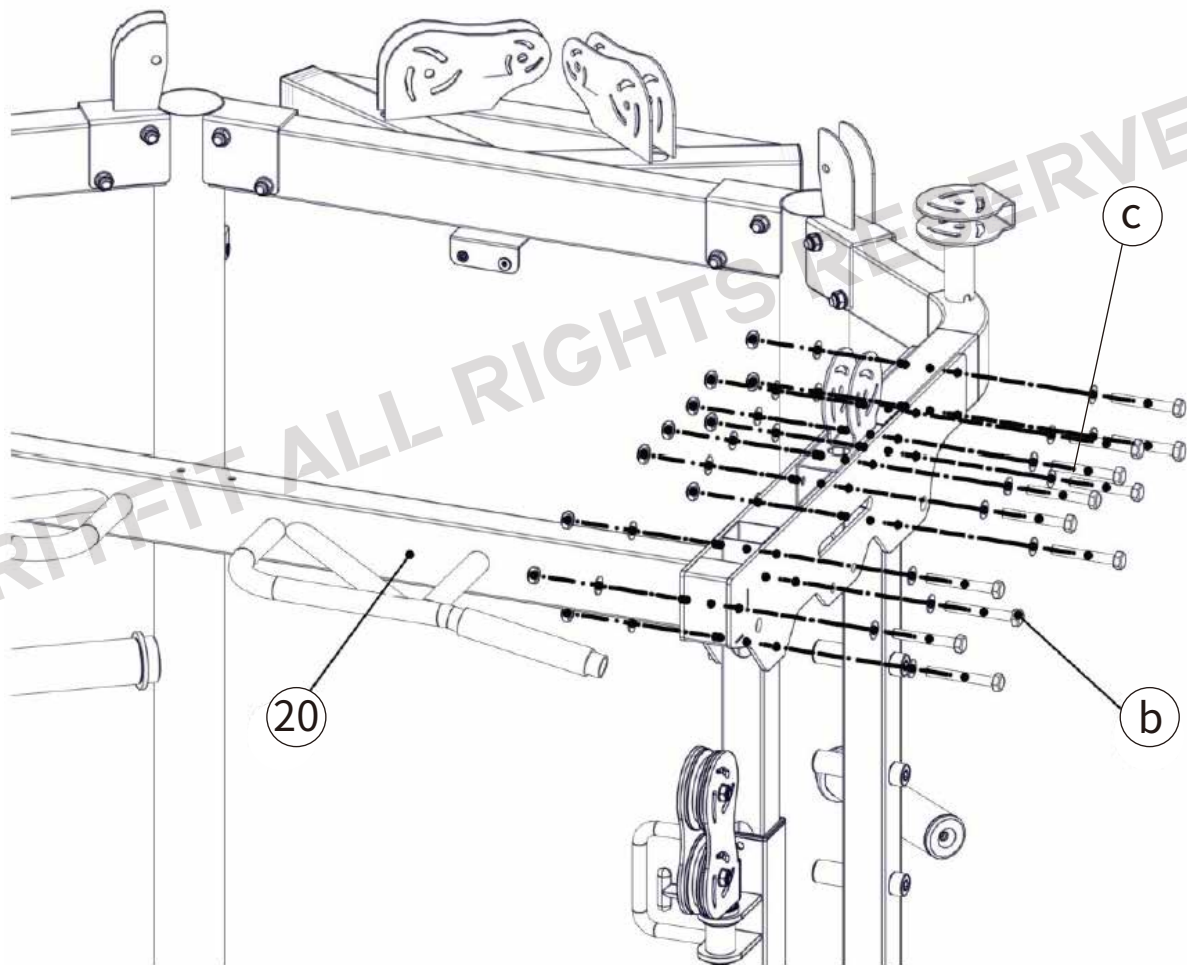
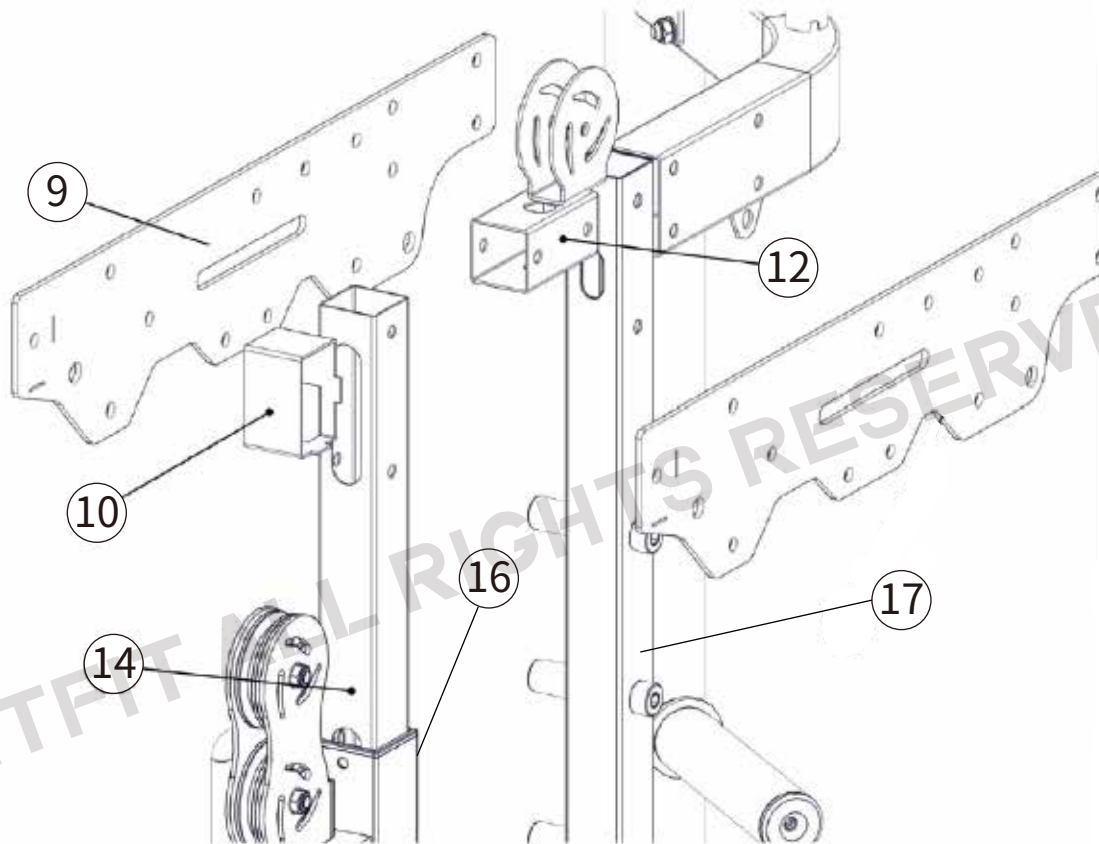


ASSEMBLY AND ADJUSTMENT

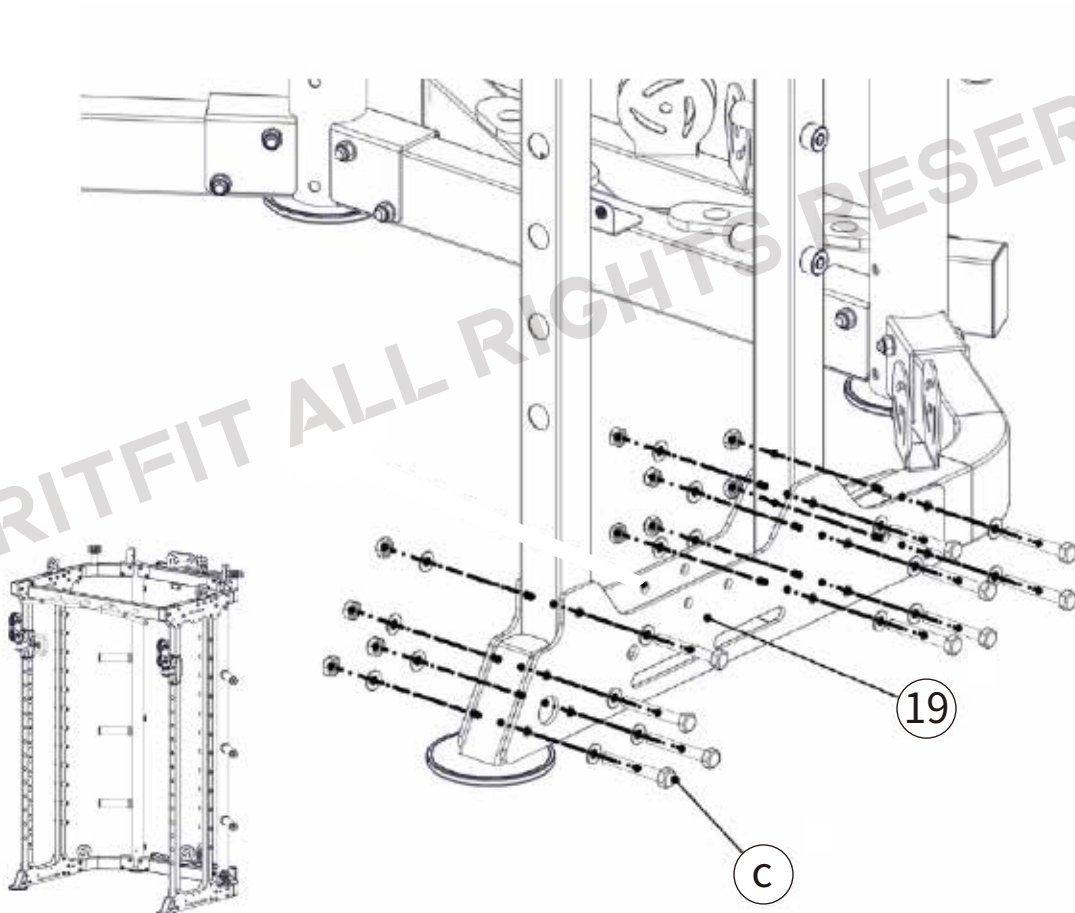
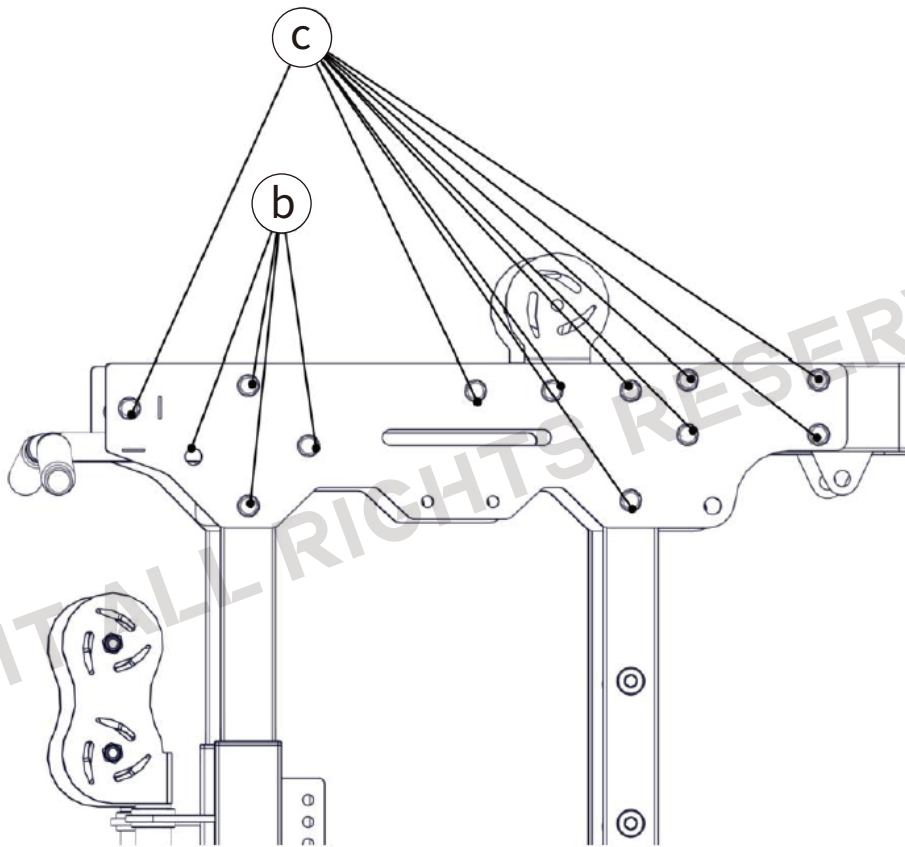
STEP 2 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
9	Top Bracket	4
10	Bracket Connector	2
11	Single Pulley Cover (Left)	1
12	Single Pulley Cover (Right)	1
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
b	M10*80 Hex Bolt Sets	8
c	M10*75 Hex Bolt Sets	38

ASSEMBLY AND ADJUSTMENT



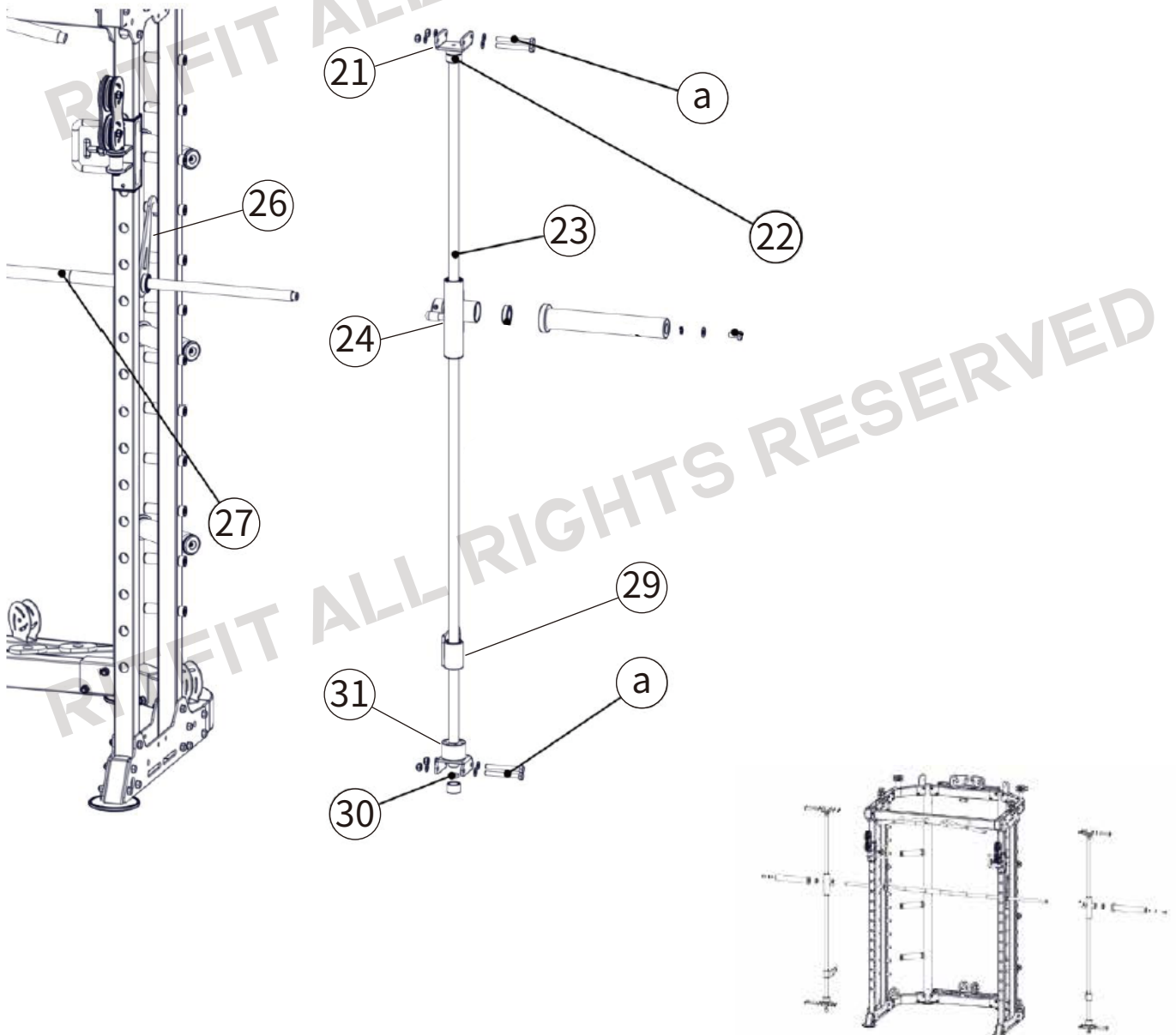
ASSEMBLY AND ADJUSTMENT



ASSEMBLY AND ADJUSTMENT

STEP 3 (Two People Are Required.)

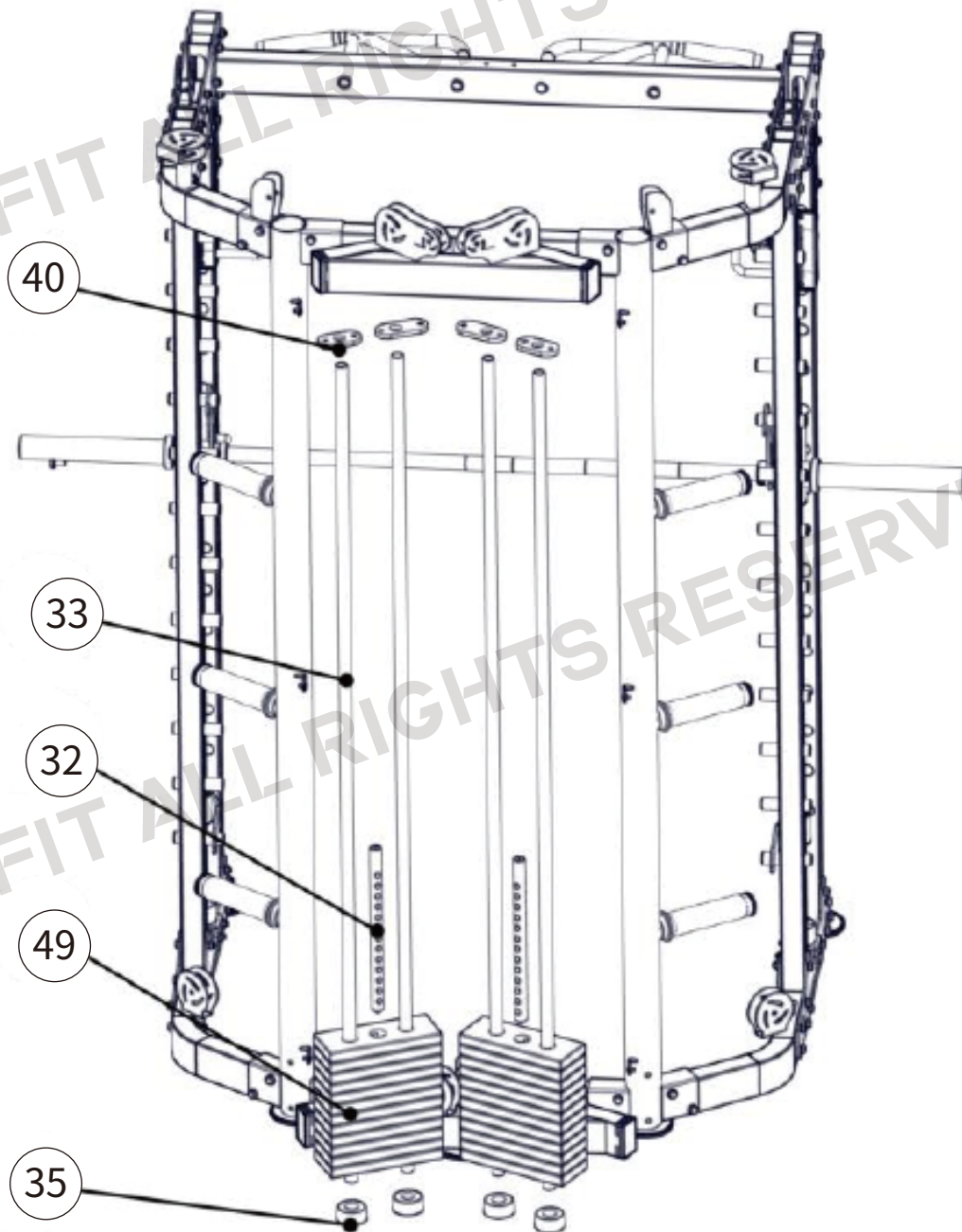
NO.	DESCRIPTION	QUANTITY
21	Barbell Guiding Rod Top Set	2
22	Solid Barbell Guiding Rod Cup	2
23	Solid Barbell Guiding Rod	2
24	Barbell Positioning Tube	2
25	Barbell Positioning Hook (Left)	1
26	Barbell Positioning Hook (Right)	1
27	Barbell	1
28	Barbell Safety Support Hook (Left)	1
29	Barbell Safety Support Hook (Right)	1
30	Solid Barbell Guiding Rod Bottom Pad	2
31	Barbell Guiding Rod Bottom Seat	2
a	M10*90 Hex Bolt Sets	8



ASSEMBLY AND ADJUSTMENT

STEP 4 (Two People Are Required.)

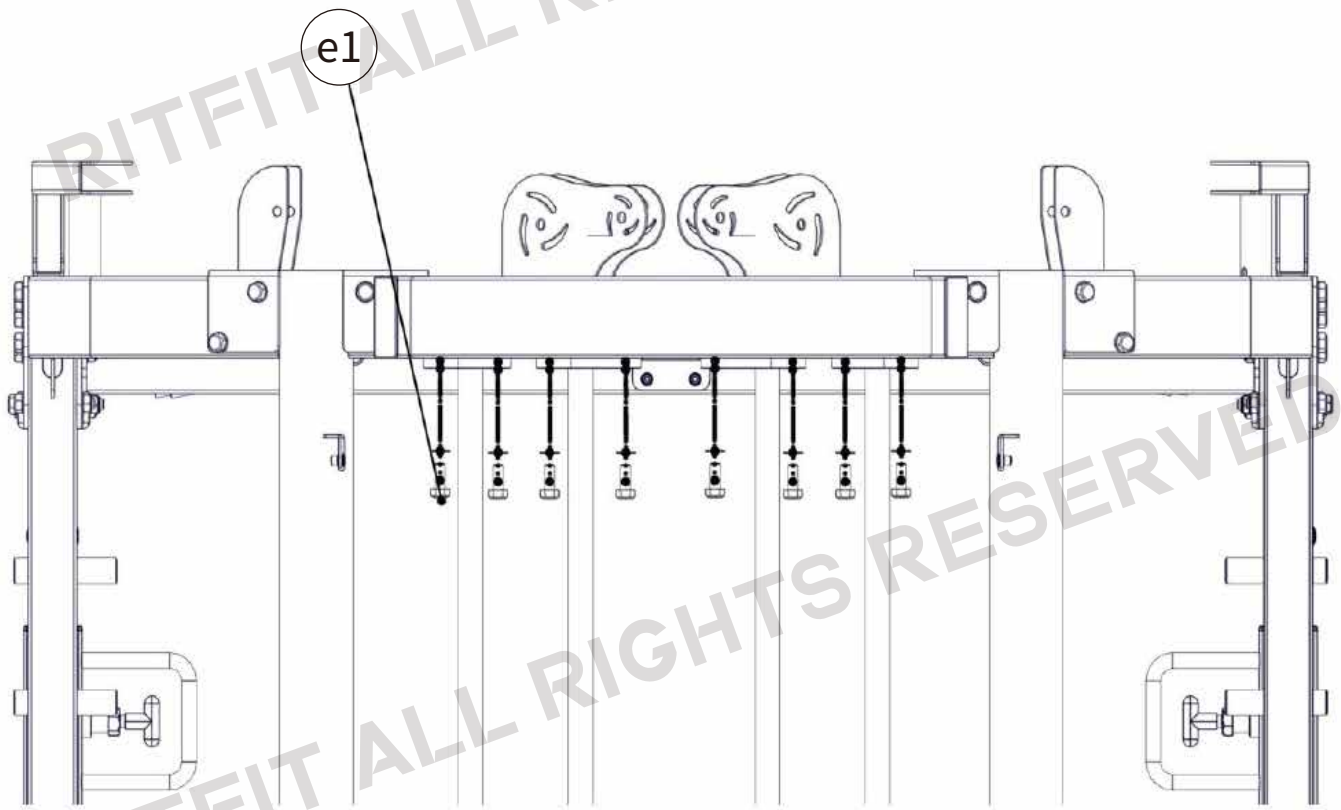
NO.	DESCRIPTION	QUANTITY
32	Hoist	2
33	Hollow Pulley System Guiding Rod	4
35	Weight Stack Bottom Pad	4
40	Hollow Rod Top Pads	1
49	Weight Stack	26



ASSEMBLY AND ADJUSTMENT

STEP 5 (Two People Are Required.)

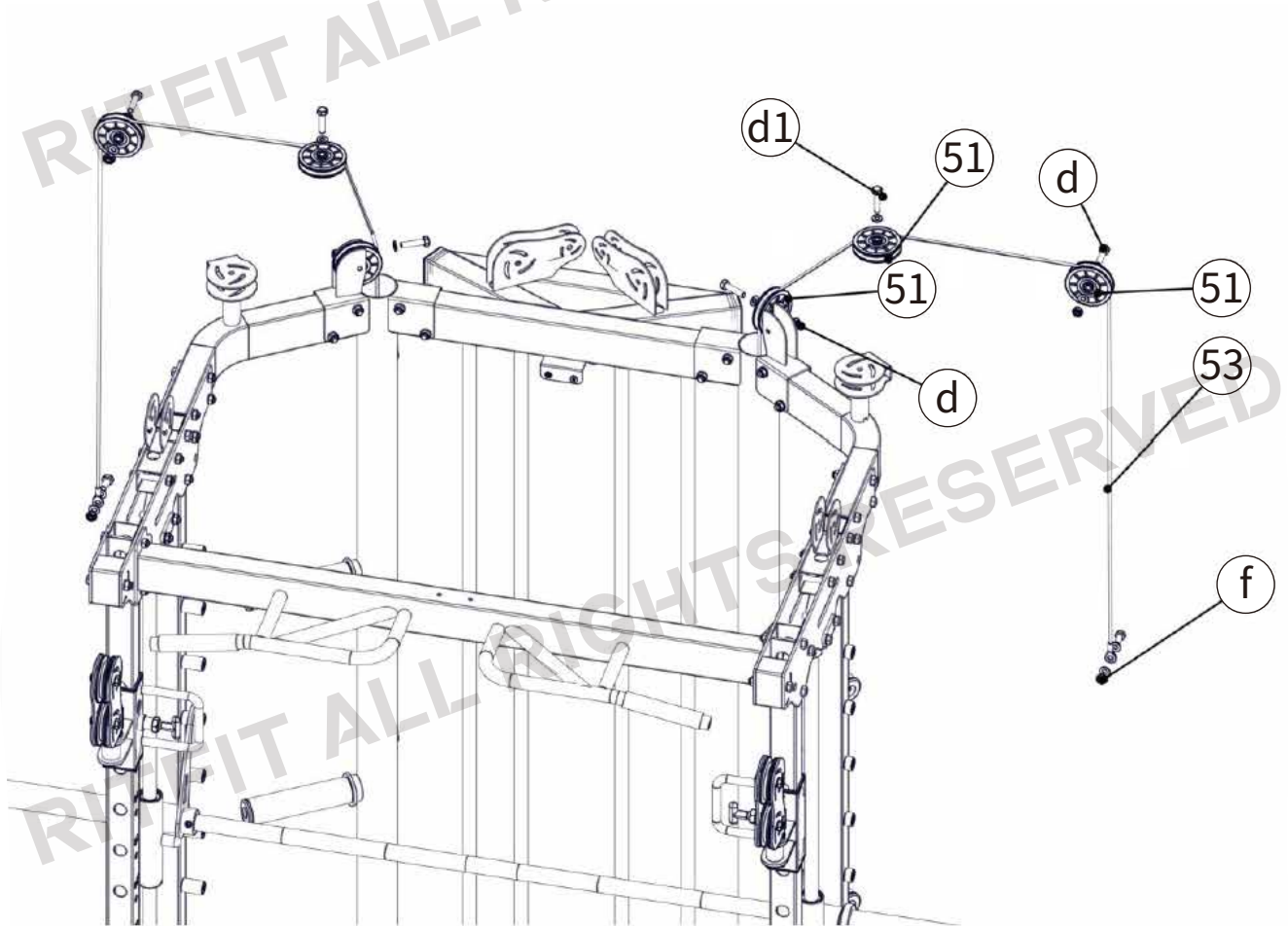
NO.	DESCRIPTION	QUANTITY
e1	M10*25 Hex Bolt Sets (Bolt+Washer)	8



ASSEMBLY AND ADJUSTMENT

STEP 6 (Two People Are Required.)

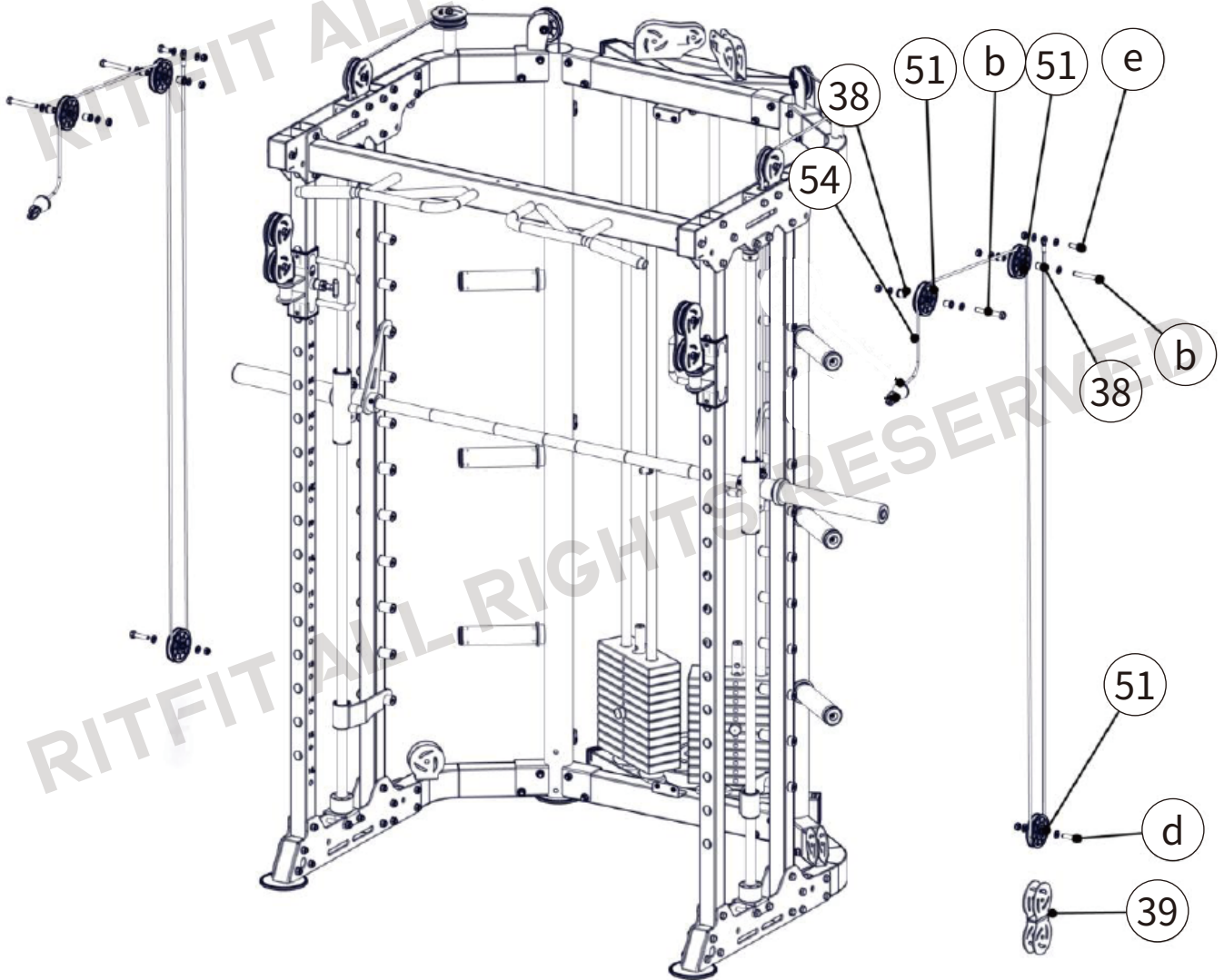
NO.	DESCRIPTION	QUANTITY
51	Pulley B	6
53	Cable B	2
d	M10*45 Hex Bolt Sets	4
d1	M10*45 Hex Bolt Sets (Bolt + Washer)	2
e	M10*25 Hex Bolt Sets	2



ASSEMBLY AND ADJUSTMENT

STEP 7 (Two People Are Required.)

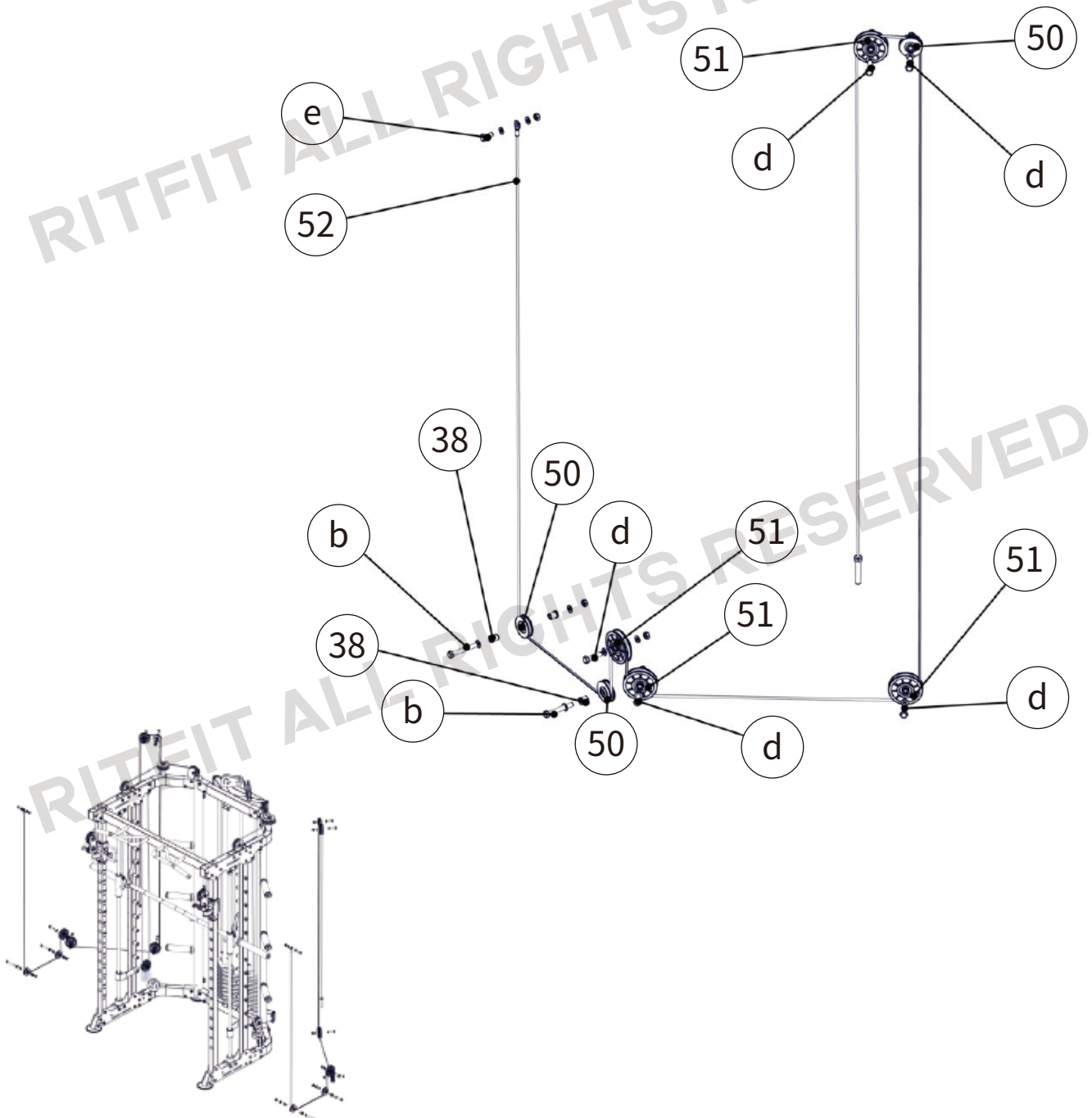
NO.	DESCRIPTION	QUANTITY
38	Pulley Peg	8
39	Double Pulley Cover	2
51	Pulley B	6
54	Cable C	2
b	M10*80 Hex Bolt Sets	4
d	M10*45 Hex Bolt Sets	2
e	M10*25 Hex Bolt Sets	2



ASSEMBLY AND ADJUSTMENT

STEP 8 (Two People Are Required.)

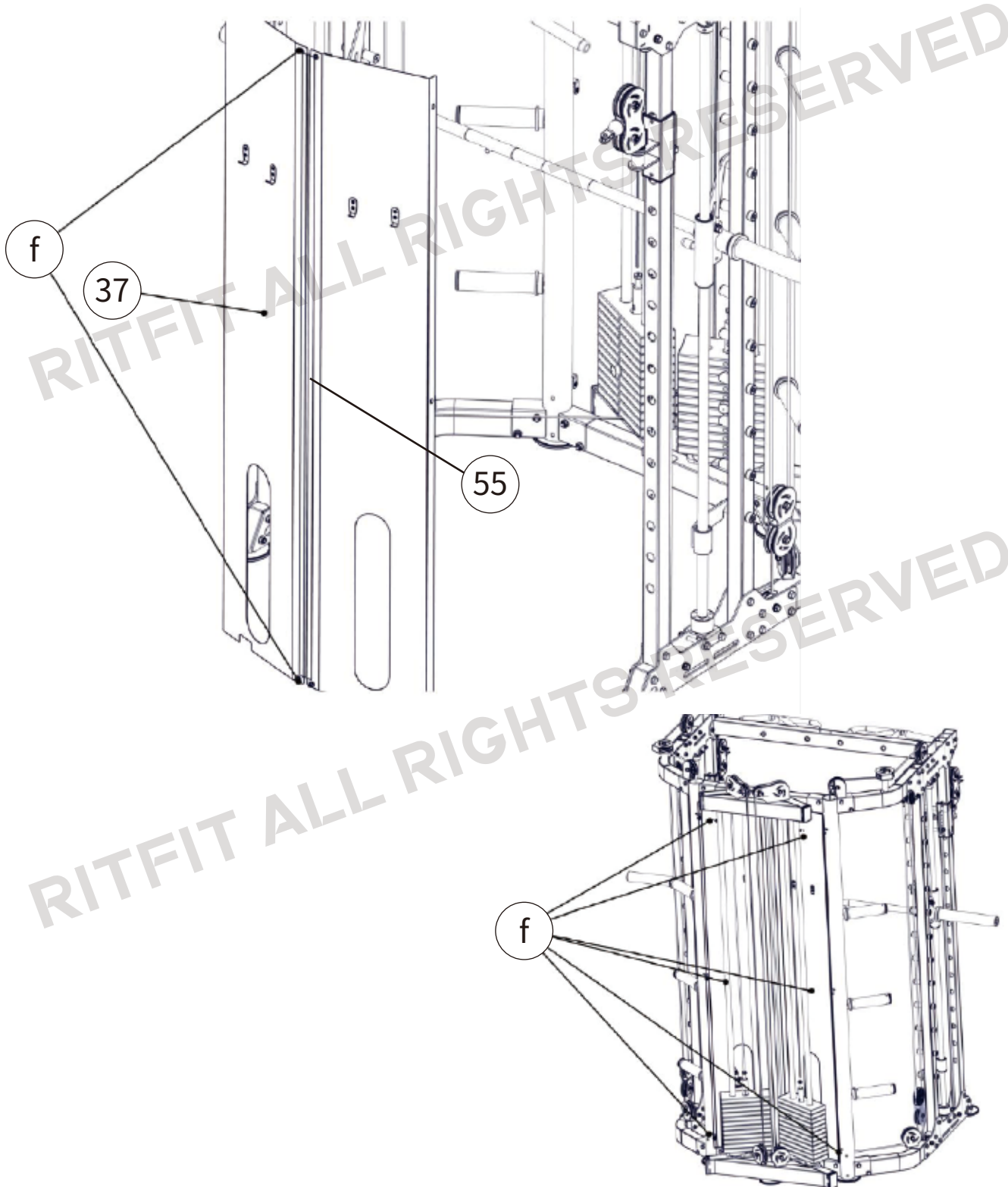
NO.	DESCRIPTION	QUANTITY
38	Pulley Peg	8
50	Pulley A	6
51	Pulley B	8
52	Cable A	2
b	M10*80 Hex Bolt Sets	4
d	M10*45 Hex Bolt Sets	10
e	M10*25 Hex Bolt Sets	2



ASSEMBLY AND ADJUSTMENT

STEP 9 (Two People Are Required.)

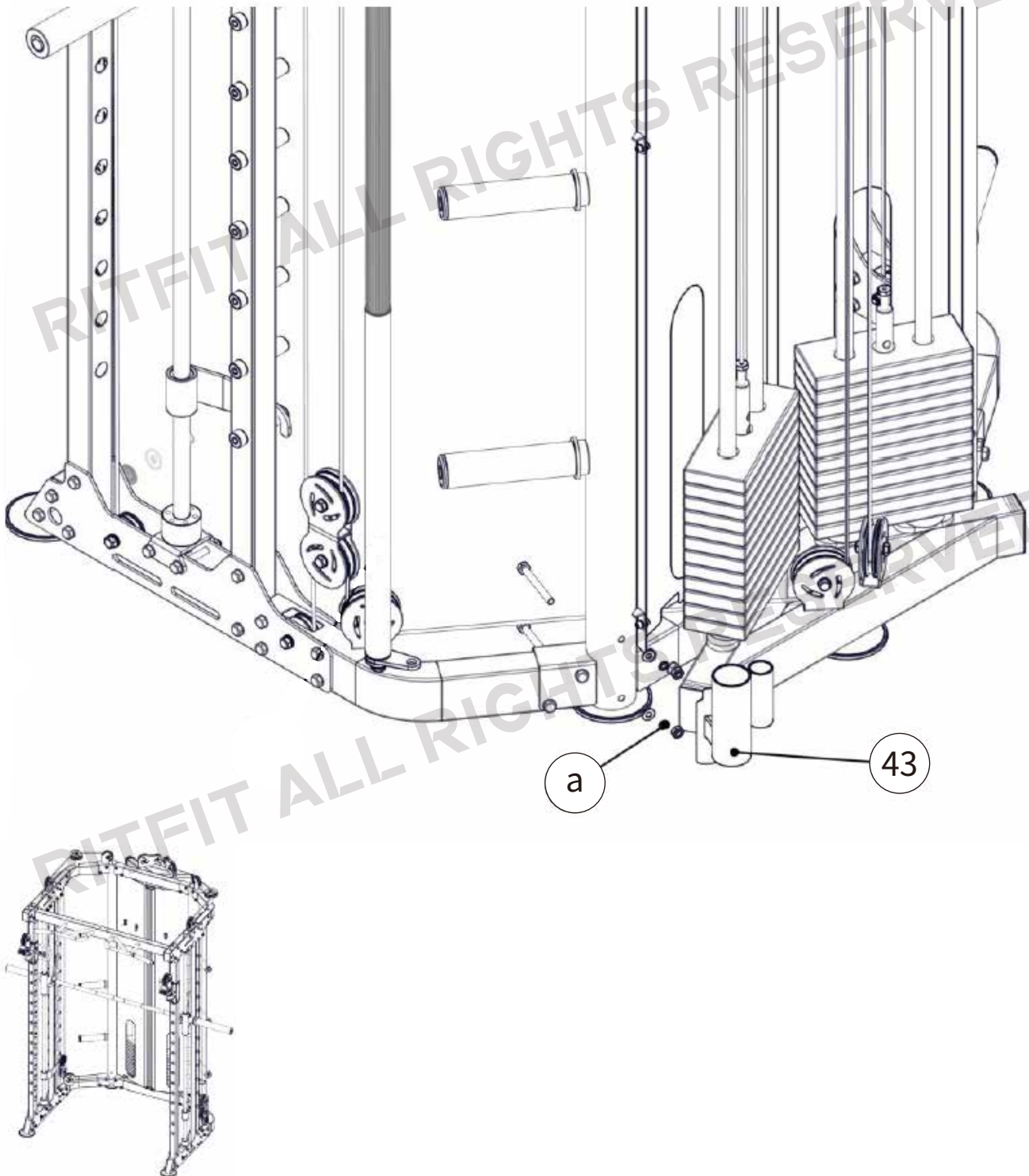
NO.	DESCRIPTION	QUANTITY
37	Covers	1
55	Cover Connector	1
f	M6*15 Hexagon Socket Button Head Bolt Sets	10



ASSEMBLY AND ADJUSTMENT

STEP 10 (Two People Are Required.)

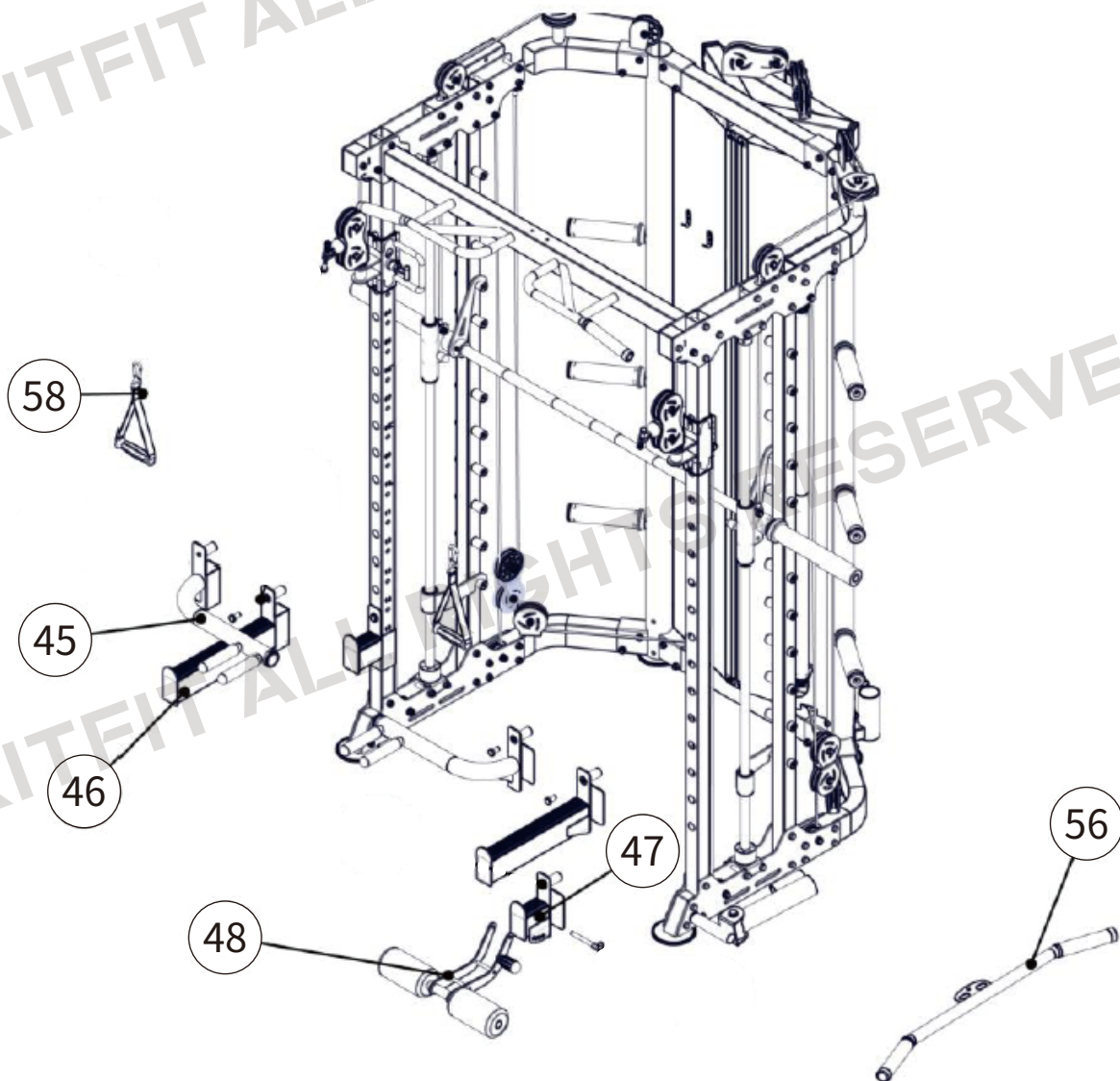
NO.	DESCRIPTION	QUANTITY
43	Barbell Storage	1
a	M10*90 Hex Bolt Sets	2



ASSEMBLY AND ADJUSTMENT

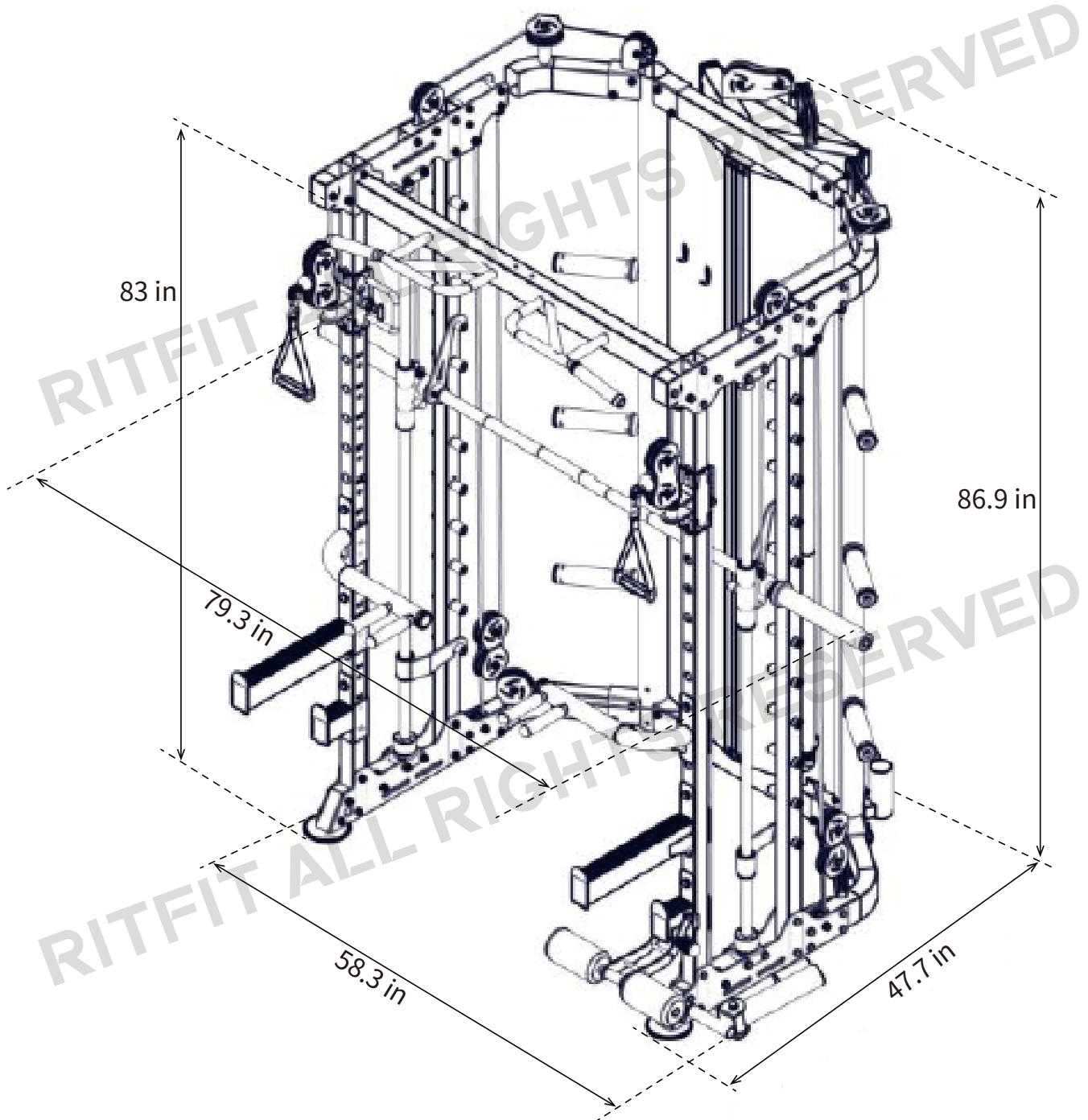
STEP 11

NO.	DESCRIPTION	QUANTITY
45	Dip Bars	1
46	Safety Bars	1
47	J-Hooks	1
48	Foam Roller Attachment	1
56	Lat Bar	1
58	Pulley Handle	2



Congratulations!

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

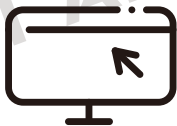


Don't mind if you have extra fasteners after installation, which can be used as future replacement parts.

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