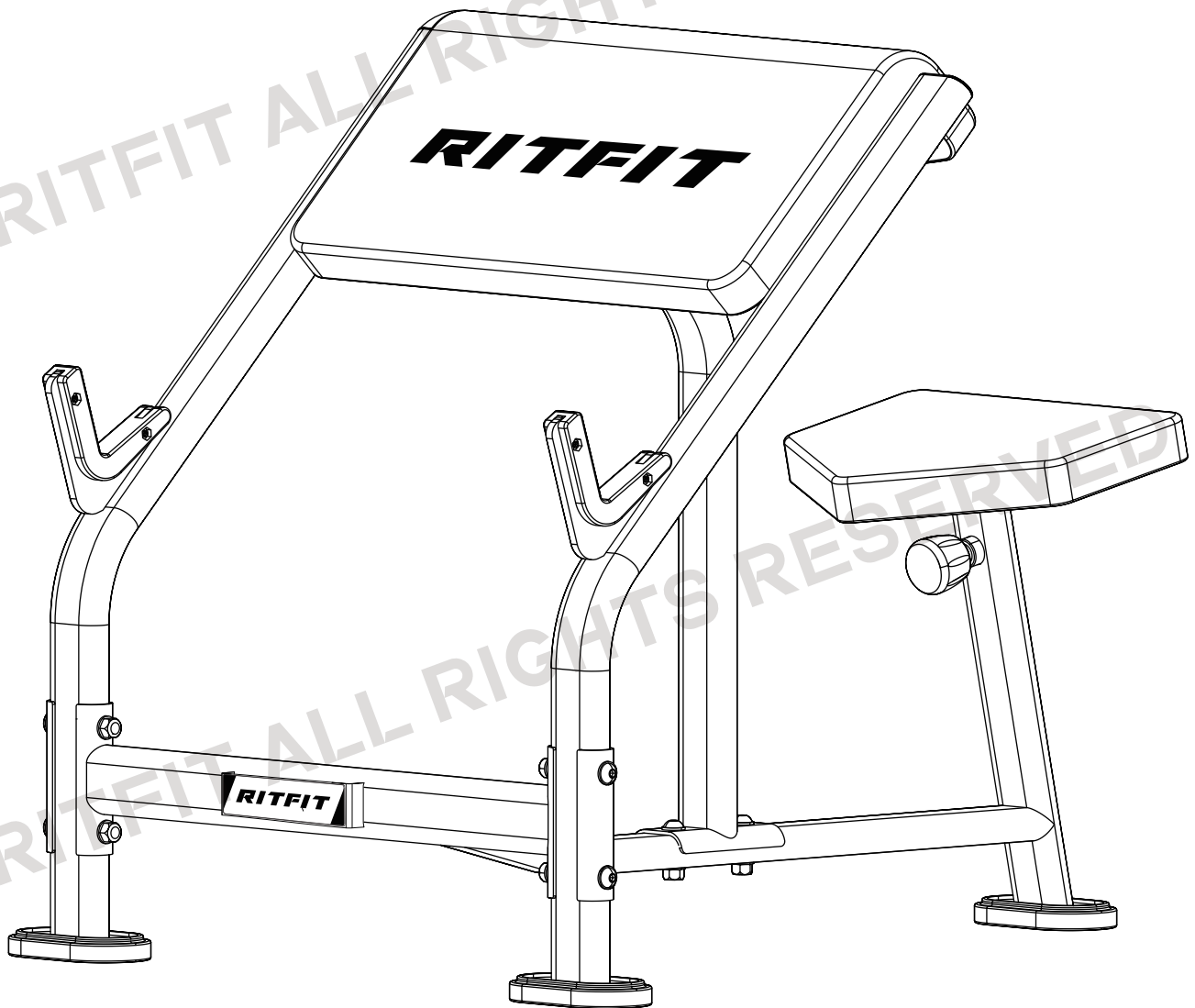


RITFIT

PREACHER CURL BENCH PCB01



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.

- 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 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 unless otherwise designed for safety (example: spotter stand on some weight benches).
 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. Always use this equipment on a level surface. Do not use it outdoors or near water.
 6. Before using this equipment, always do stretching exercise to warm up.
 7. Use this equipment only for its intended use as described in manual.
 8. Always wear appropriate workout clothing and shoes when exercising. **DO NOT WEAR ROBES OR OTHER CLOTHING THAT COULD BECOME CAUGHT IN THE EQUIPMENT.**
 9. **BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHISICIAN.**
 10. Maximum recommended ttxercise weight should not be exceed 300LB. If you have any question, please e-mail our customer service team at support@ritfitsports.com.

CARE AND MAINTENANCE

- Inspect and tighten all parts before using the equipment.
- The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **DO NOT** use solvents.
- Examine the equipment regularly for signs of damages or wear.
- Replace any defective components immediately and/or keep the equipment out of use until repair.
- Failure to examine regularly may affect the safety level of the equipment.

PREACHER CURL BENCH 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 Preacher Curl Bench.

C. What's covered?

The Basic Warranty covers the cost of all parts and labor needed to repair any item on your Preacher Curl Bench that is defective in material workmanship or factory pre-assembly after leaving the manufacturing plant. 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 Preacher Curl Bench 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 Preacher Curl Bench.

G. How To Contact Us?

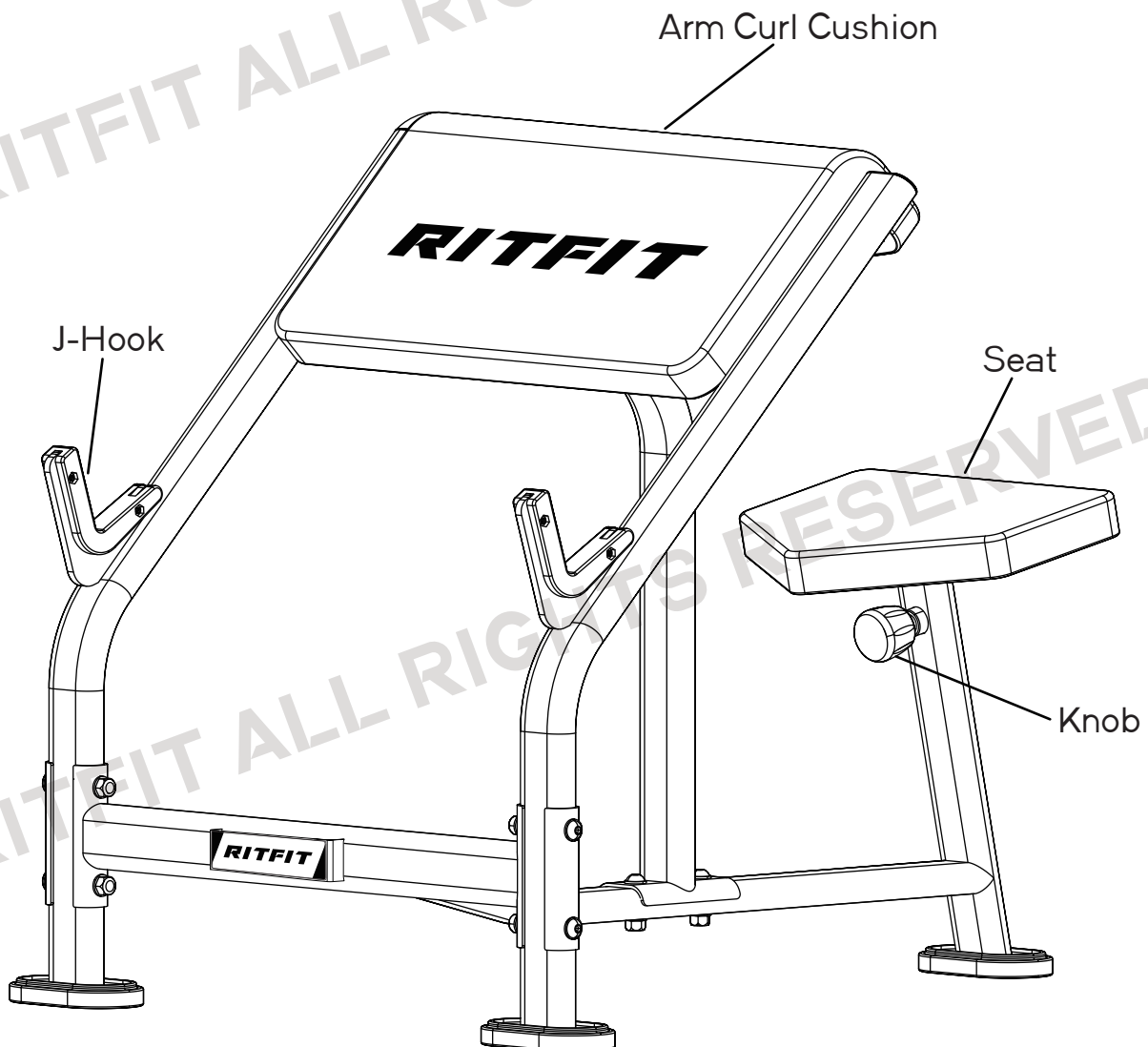
To ensure you receive the best technical support, please visit www.rifitsports.com and register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, worn, damaged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

BEFORE YOU BEGIN

Thank you for selecting the versatile RitFit® Preacher Curl Bench. RitFit® Preacher Curl Bench is designed and manufactured to optimize users' workout performance and minimize adjustment or set-up time for user.

For your benefit, read this manual carefully before using the Preacher Curl Bench. If you have additional questions, please call our Customer Service Department at +1315 636 0959, 9:00 am - 5:00 pm PST (Mon.-Fri.). To help us assist you, please note the product model number and serial number before calling. The model number is PCB01.

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

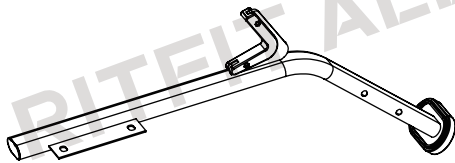


CAPACITY: 300LB

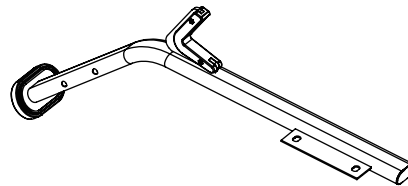
PARTS LIST

Packed in the box

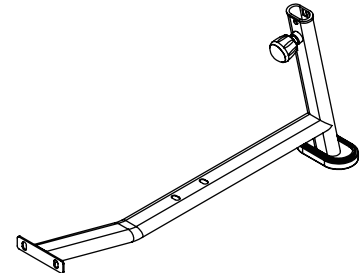
No.	Description	Quantity
1	Left Support Frame	1
2	Right Support Frame	1
3	Seat Frame	1
4	Middle Support Frame	1
5	Connecting Bar	1
6	Arm Curl Cushion Board	1
7	Arm Curl Cushion	1
8	Seat Cushion	1
9	Seat Adjustment Frame	1
10	Bolt Plate	2



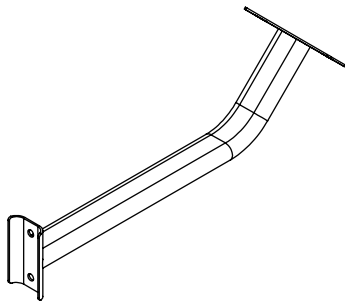
① Left Support Frame
1x



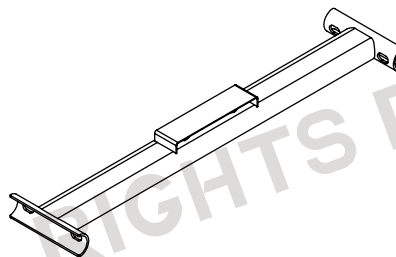
② Right Support Frame
1x



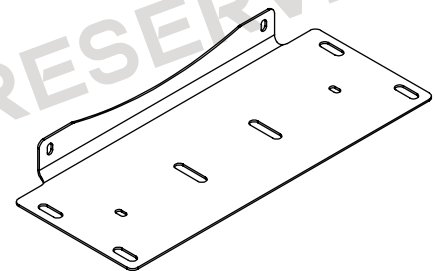
③ Seat Frame
1x



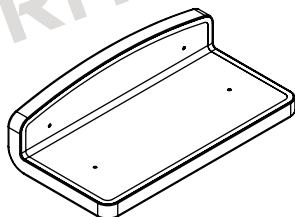
④ Middle Support Frame
1x



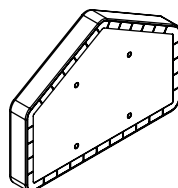
⑤ Connecting Bar
1x



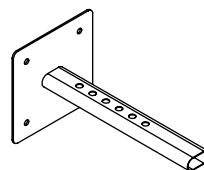
⑥ Arm Curl Cushion Board
1x



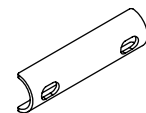
⑦ Arm Curl Cushion
1x



⑧ Seat Cushion
1x



⑨ Seat Adjustment Frame
1x

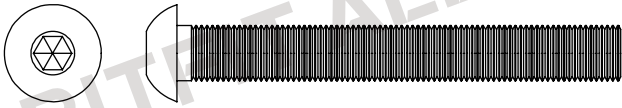


⑩ Bolt Plate
2x

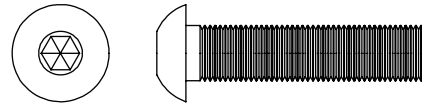
PARTS LIST

Packed in the box

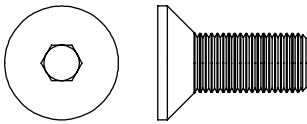
No.	Description	Quantity
A	Flat Round Head Bolt M10x80	4
B	Flat Round Head Bolt M10x45	4
C	Flat Head Bolt M10x25	6
D	Flat Round Head Bolt M8x25	8
E	Nut M10	12
F	Washer M10	20
G	Washer M8	8
H	Hex Key $\Phi 6$	1
I	Hex Key $\Phi 5$	1
J	Open-ended Wrench	1



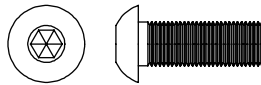
(A) Flat Round Head Bolt M10x80
4X



(B) Flat Round Head Bolt M10x45
4X



(C) Flat Head Bolt M10x25
6X



(D) Flat Round Head Bolt M8x25
8X



(E) Nut M10
12x



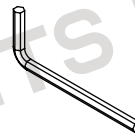
(F) Washer M10
20x



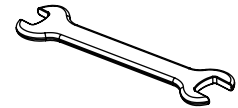
(G) Washer M8
8x



(H) Hex Key $\Phi 6$
1x



(I) Hex Key $\Phi 5$
1x



(J) Open-ended Wrench
1x

How to Measure

Bolt M10x80

mm

Inch

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

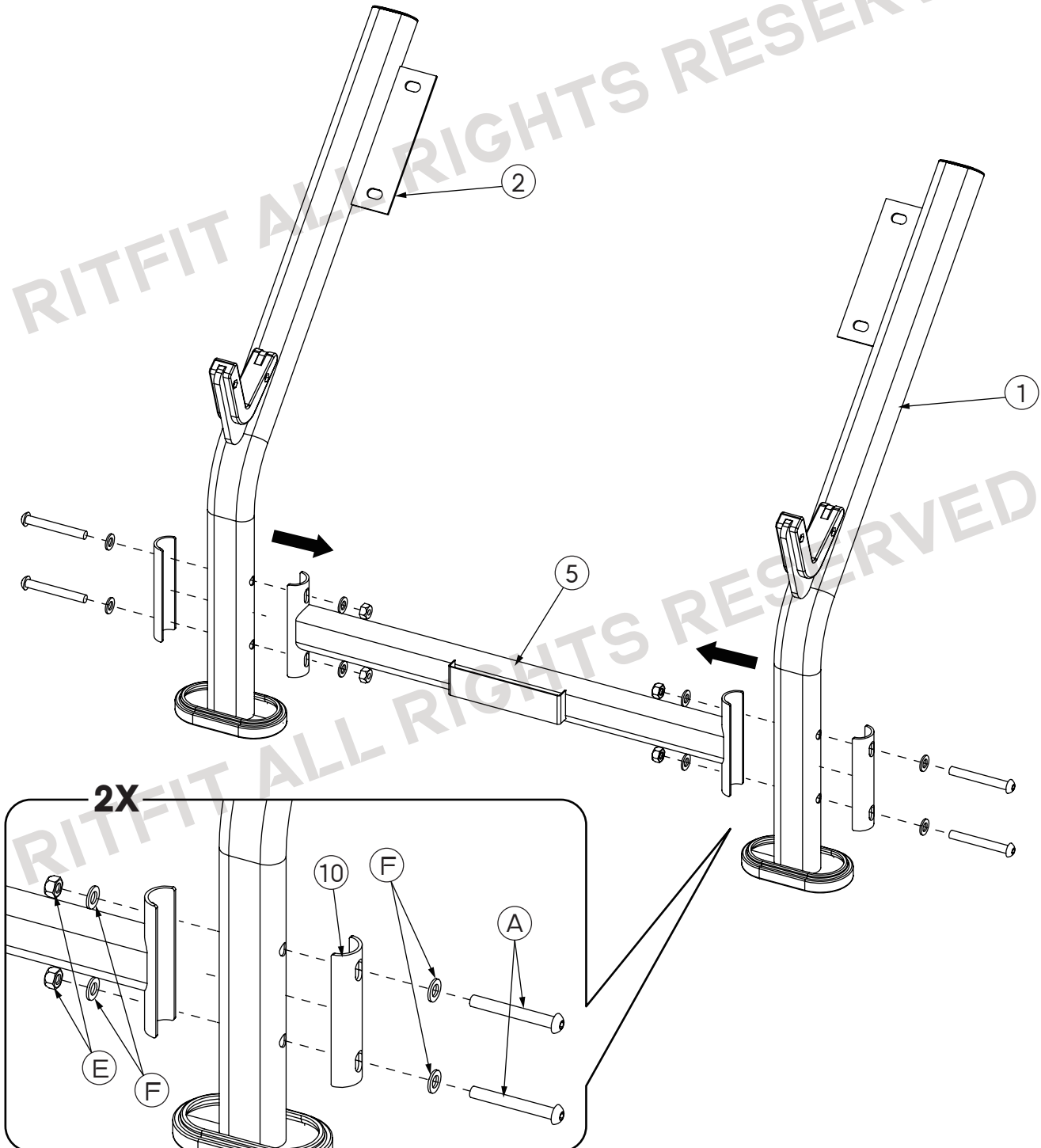
0 1" 2" 3" 4" 5" 6"

May not be printed on a 1:1 Ratio

ASSEMBLY

STEP 1

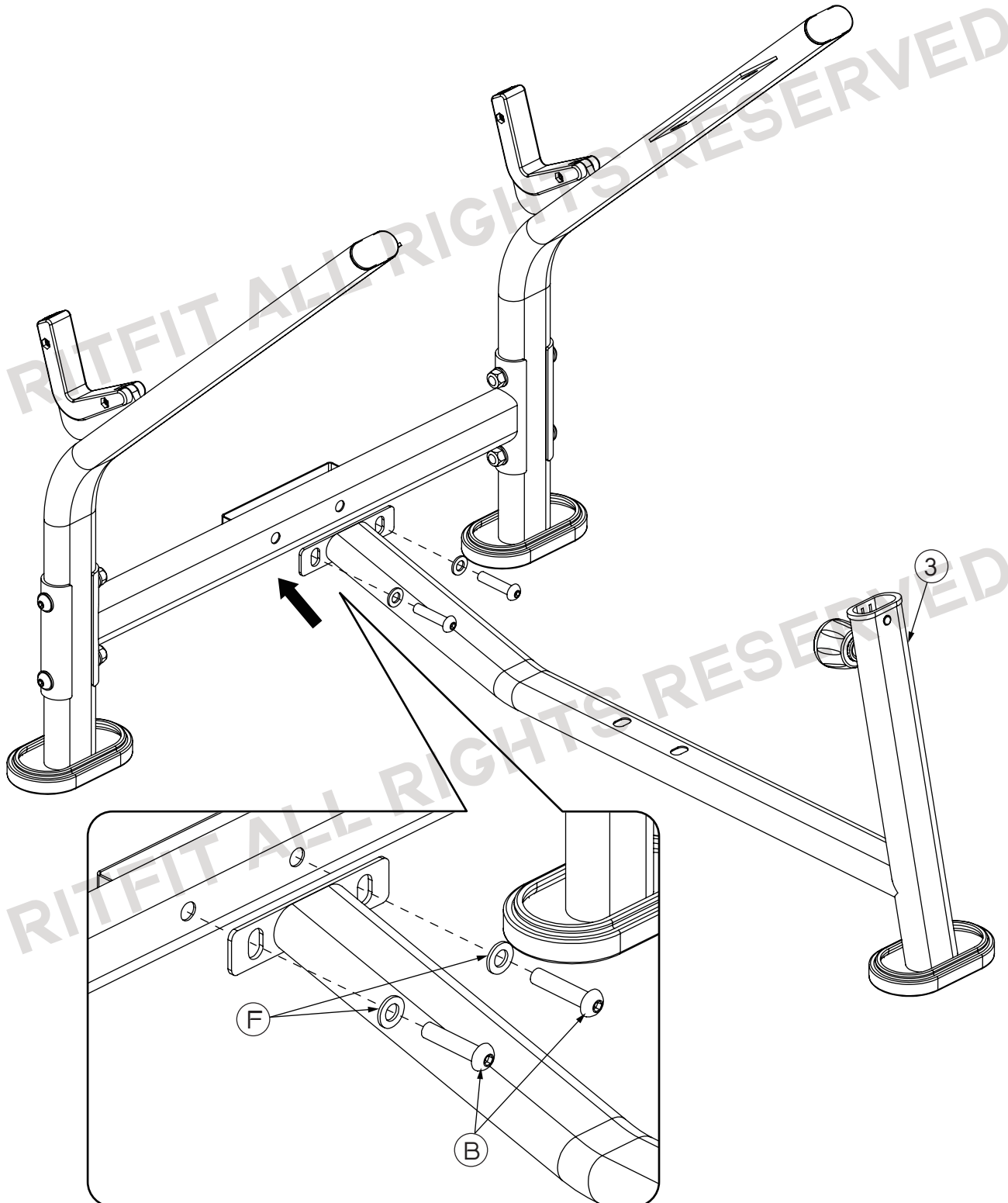
No.	Description	Quantity
1	Left Support Frame	1
2	Right Support Frame	1
5	Connecting Bar	1
10	Bolt Plate	2
A	Flat Round Head Bolt M10x80	4
E	Nut M10	4
F	Washer M10	8



ASSEMBLY

STEP 2

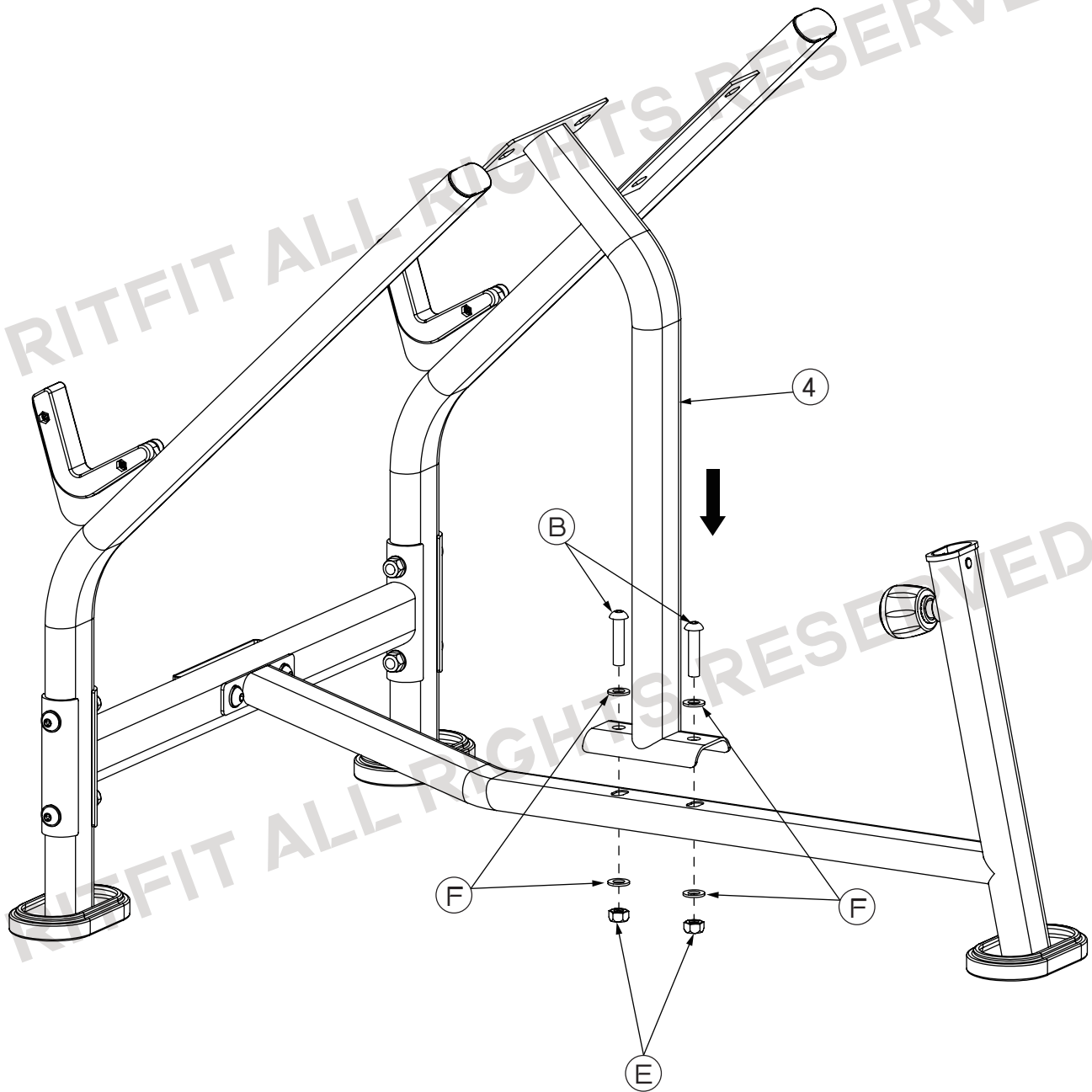
No.	Description	Quantity
3	Seat Frame	1
B	Flat Round Head Bolt M10x45	2
F	Washer M10	2



ASSEMBLY

STEP 3

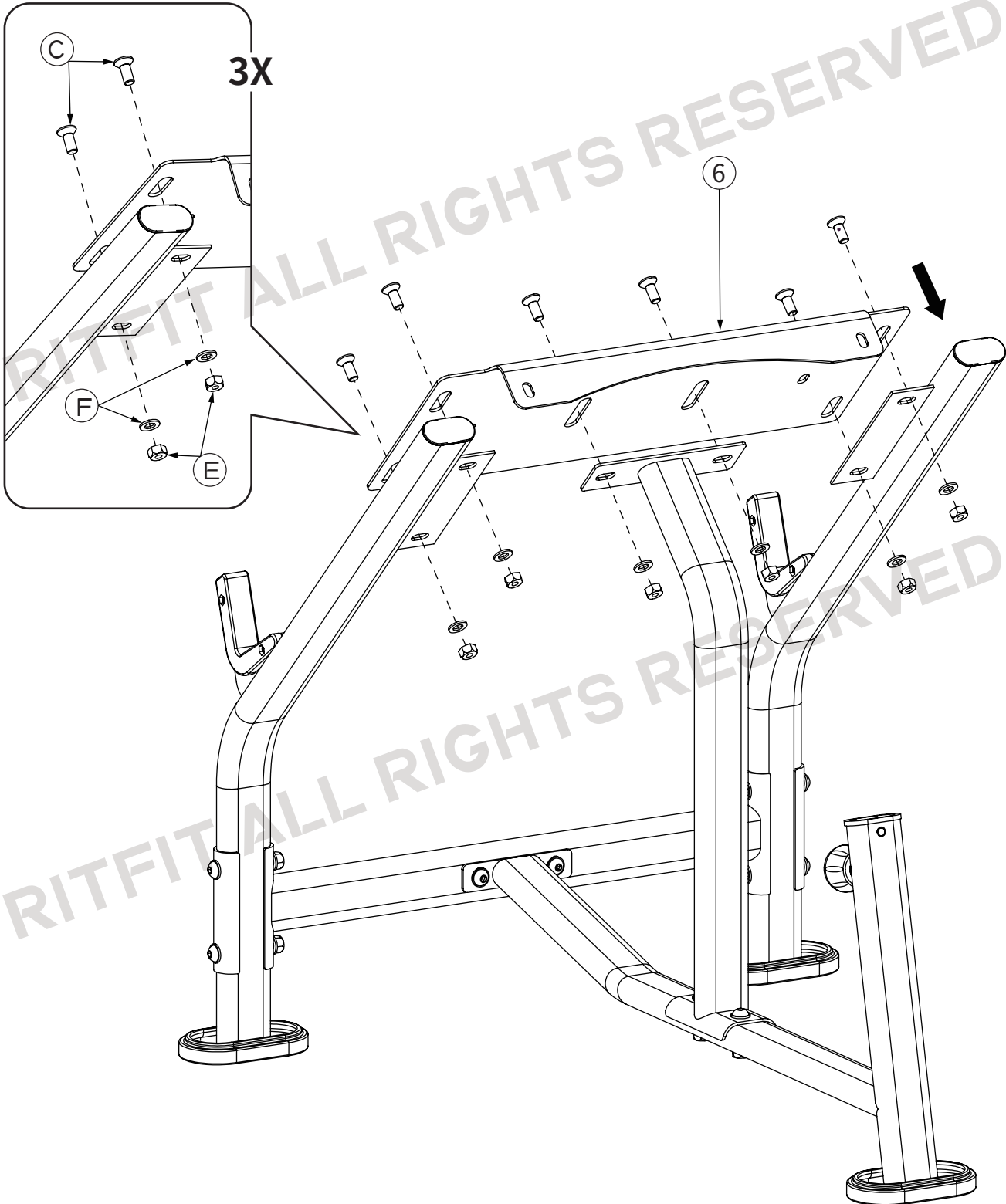
No.	Description	Quantity
4	Middle Support Frame	1
B	Flat Round Head Bolt M10x45	2
E	Nut M10	2
F	Washer M10	4



ASSEMBLY

STEP 4

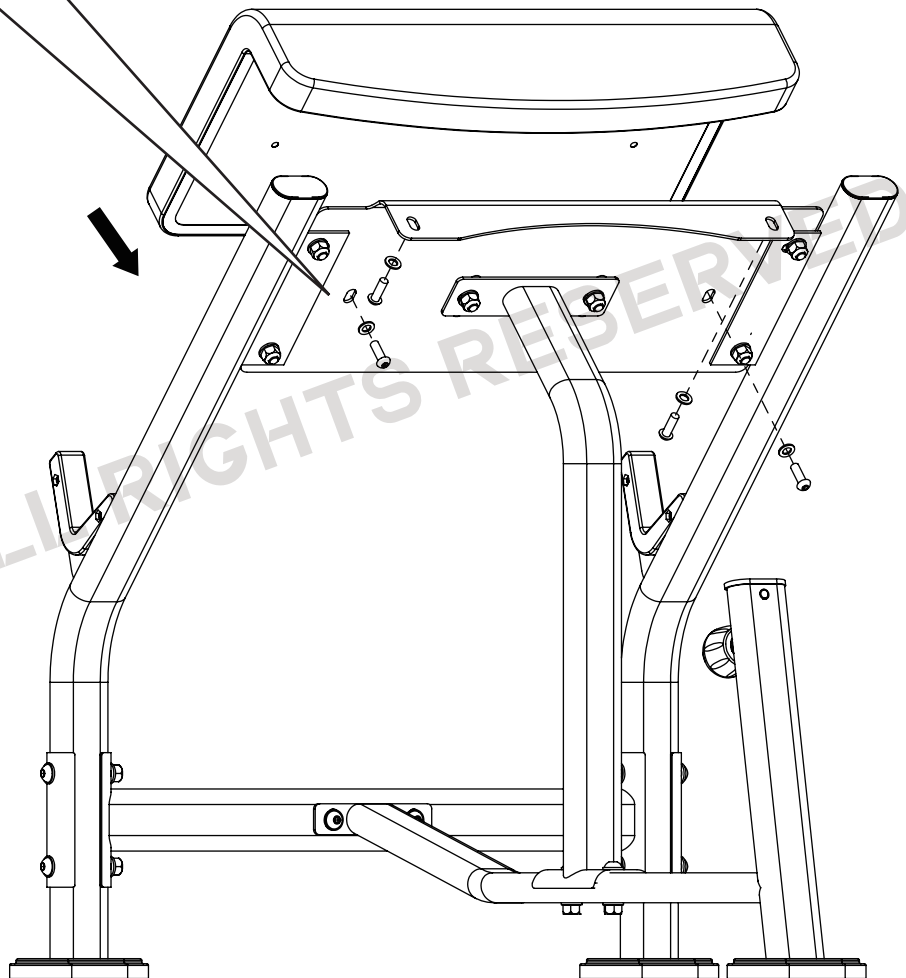
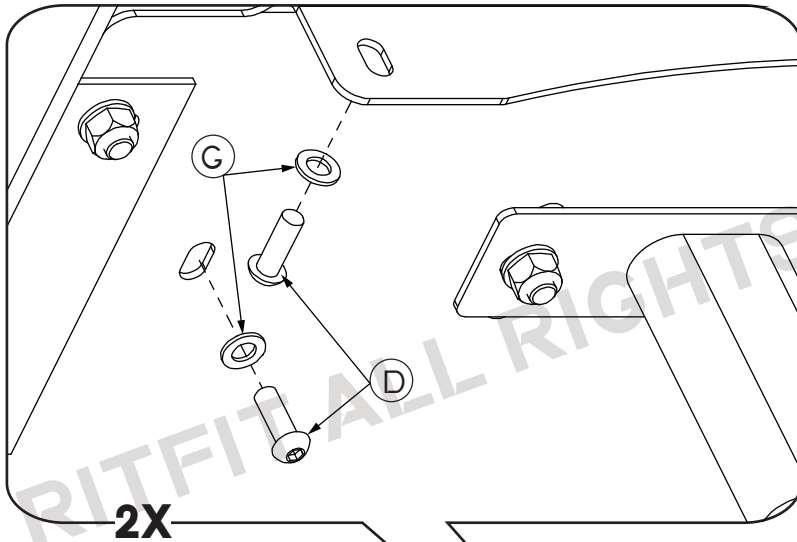
No.	Description	Quantity
6	Arm Curl Cushion Board	1
C	Flat Head Bolt M10x25	6
E	Nut M10	6
F	Washer M10	6



ASSEMBLY

STEP 5

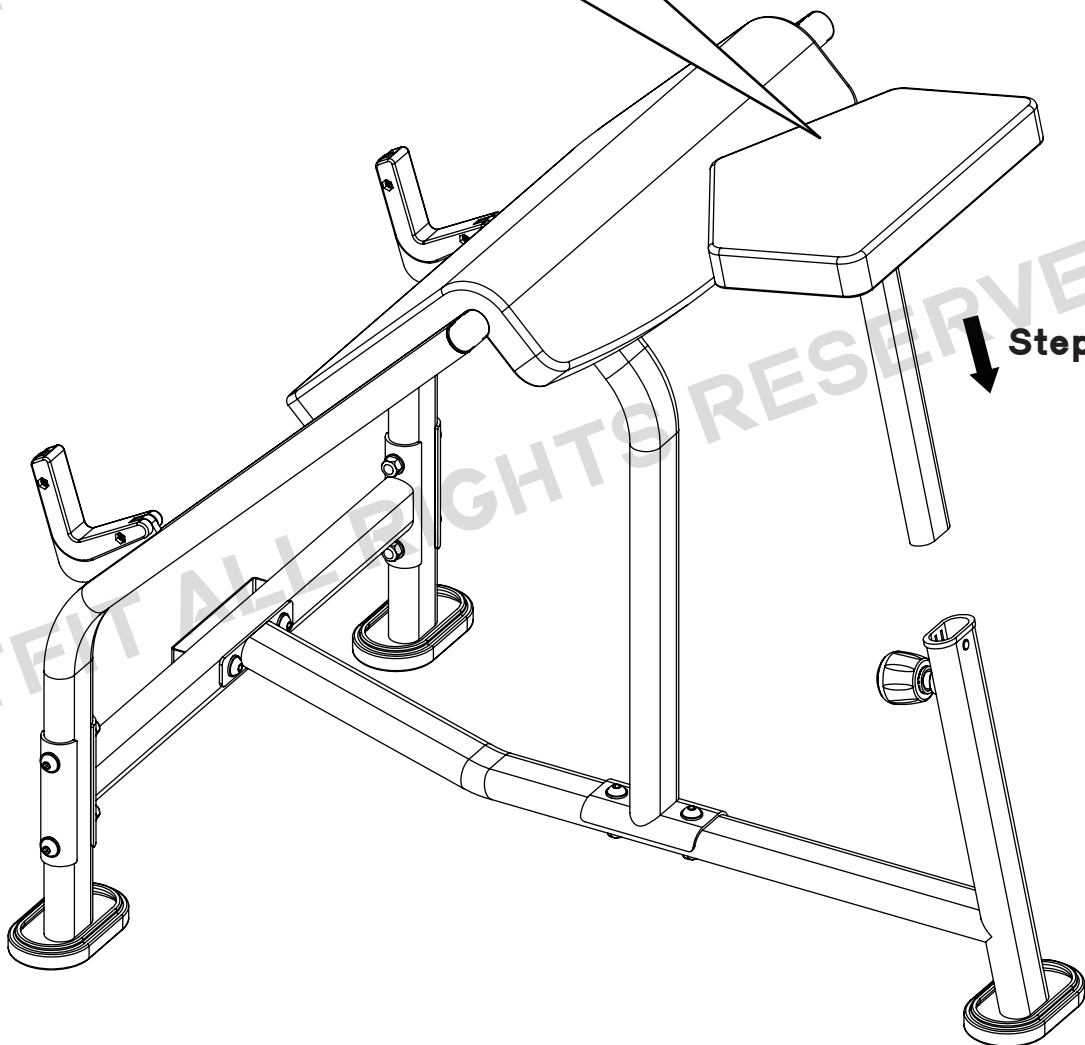
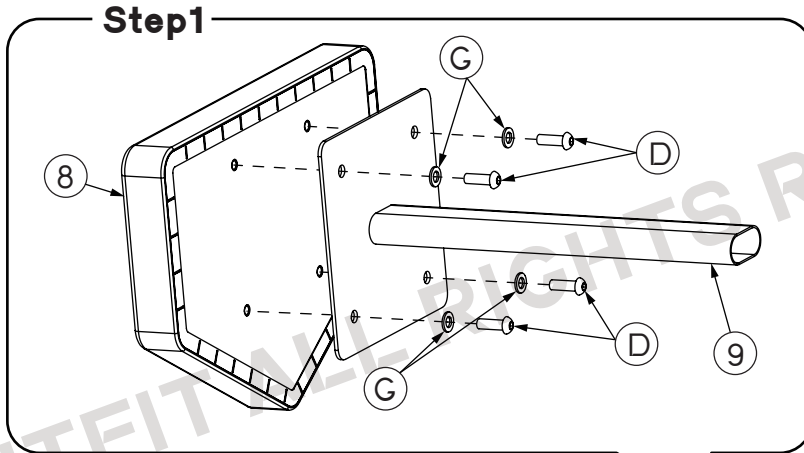
No.	Description	Quantity
7	Arm Curl Cushion	1
D	Flat Round Head Bolt M8x25	4
G	Washer M8	4



ASSEMBLY

STEP 6

No.	Description	Quantity
8	Seat Cushion	1
9	Seat Adjustment Frame	1
D	Flat Round Head Bolt M8x25	4
G	Washer M8	4

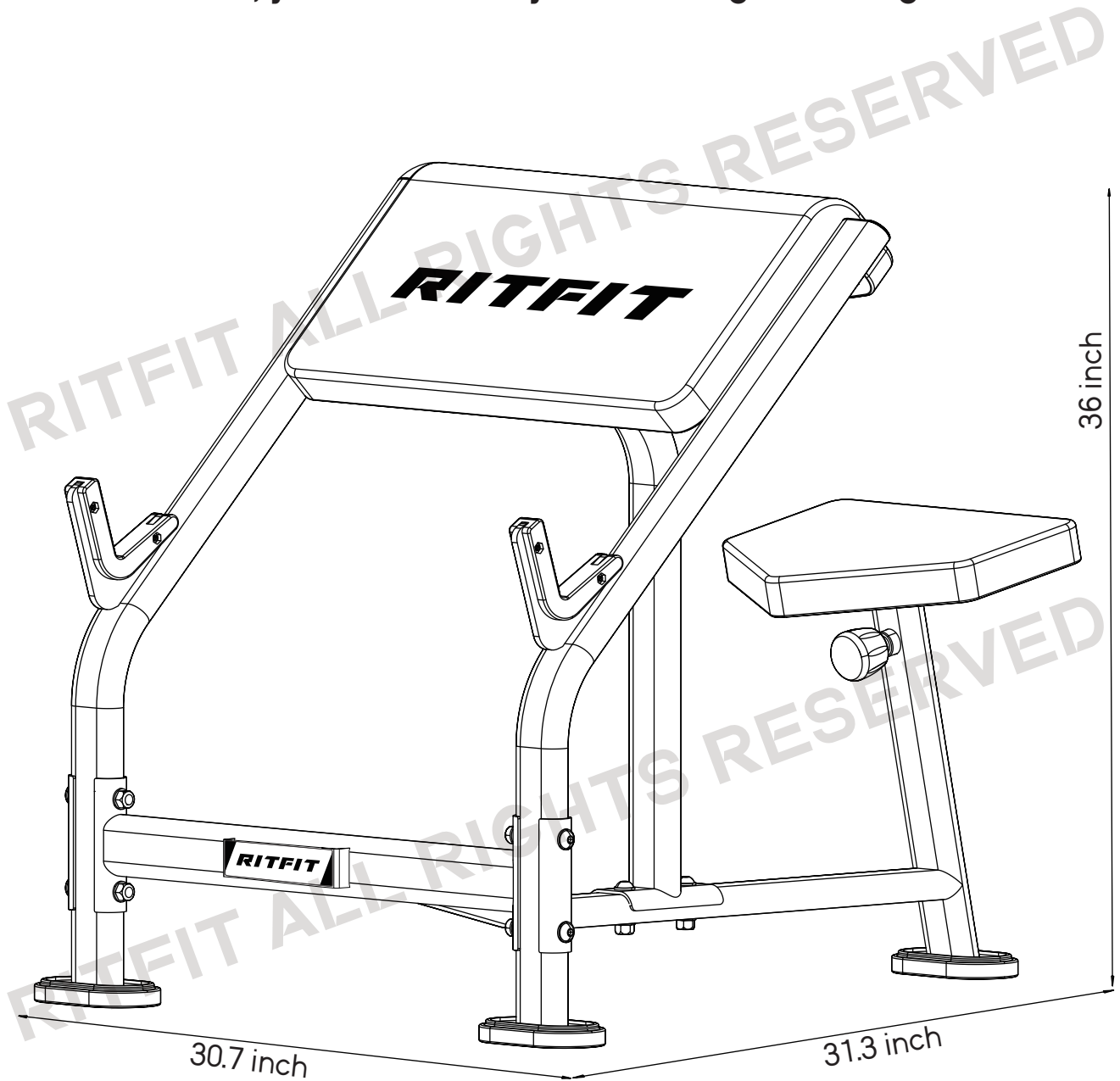


END

Congratulations!

You have assembled the PREACHER CURL BENCH!

Now, you can officially start strength training!



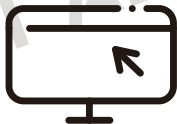
RITFIT ALL RIGHTS RESERVED

RITFIT ALL RIGHTS RESERVED

RITFIT ALL RIGHTS RESERVED

RITFIT

RITFIT ALL RIGHTS RESERVED



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

