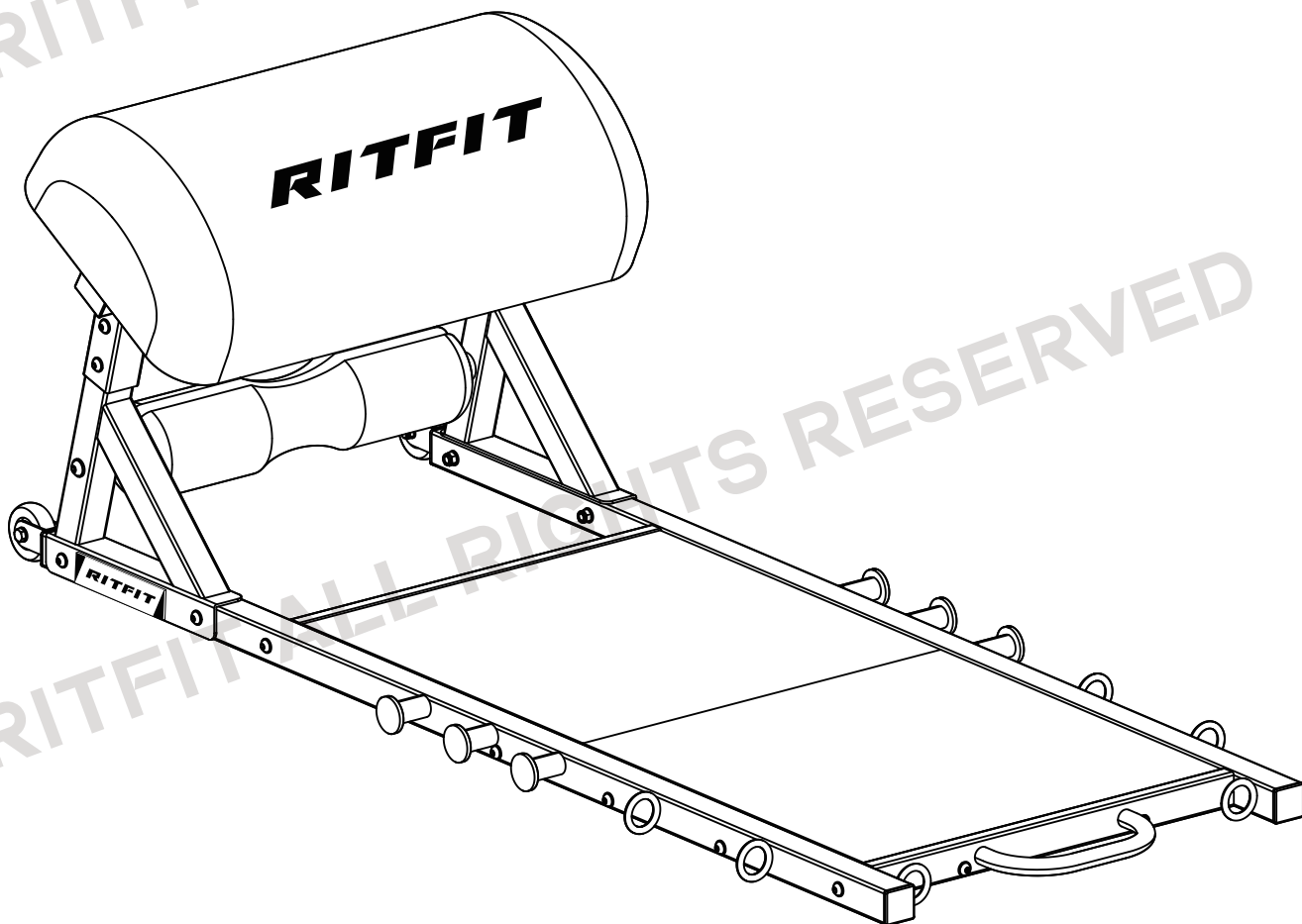


RITFIT

HIP THRUST MACHINE HTM-800



OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS

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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. 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).
 7. Before using this equipment, always do stretching exercise to warm up.
 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 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.

HIP THRUST MACHINE WARRANTY

What's Covered Under RitFit LLC's Basic Warranty?

- Basic Warranty.

A. Who Is Covered?

You are covered by the Basic Warranty if you are a purchaser for use of the RitFit Hip Thrust Machine.

B. What's Covered?

The Basic Warranty covers the cost of all parts and labor needed to repair any item on your Hip Thrust Machine that is defective in material workmanship or factory preparation after leaving the manufacturing plant. These warranty repairs or adjustments will be made by RitFit at on charge, using new or remanufactured parts.

C. When It Begins?

The Basic Warranty begins on the day of order.

D. When It Ends?

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

E. 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 Hip Thrust Machine 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 Hip Thrust Machine.

F. How To Contact Us?

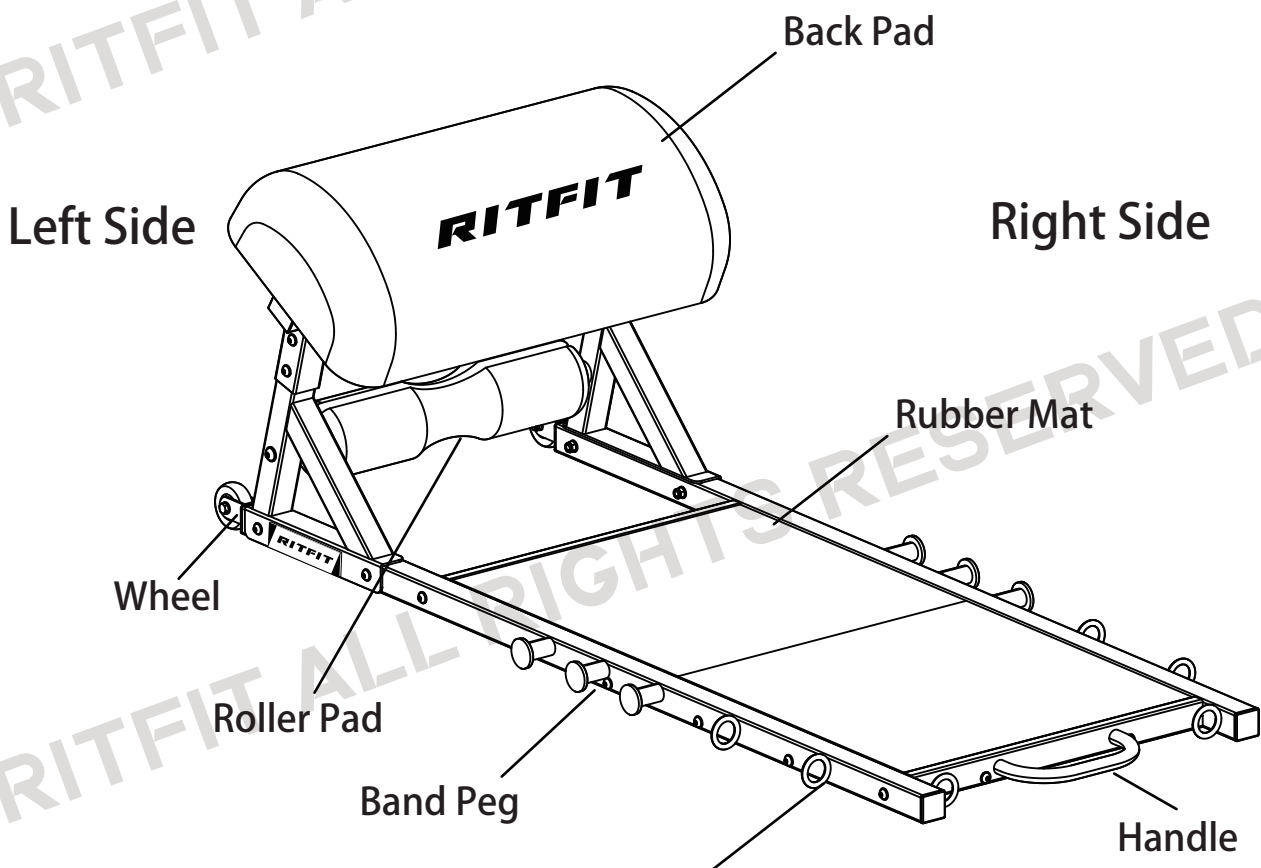
To ensure you receive the best technical support please visit www.ritfitsports.com and register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, worn, damaged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

BEFORE YOU BEGIN

Thank you for selecting the versatile RitFit® Hip Thrust Machine. RitFit® Hip thrust Machine is designed and manufactured to optimize users' workout performance of hip muscle training.

For your benefit, read this manual carefully before using the Hip Thrust Machine. 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 **HTM-800**.

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

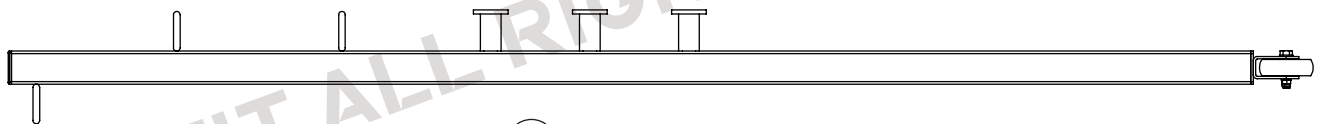


CAPACITY : 800LB

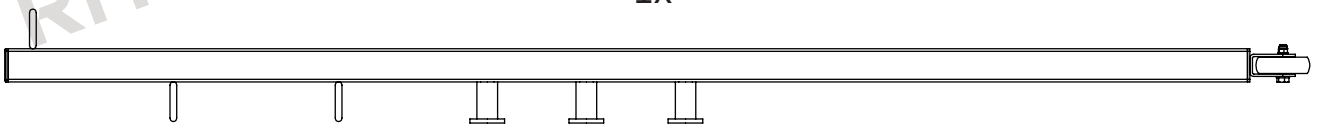
PARTS LIST

• Packed in the box

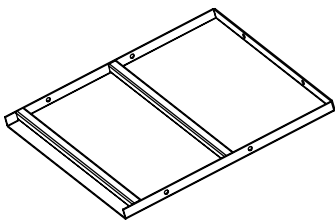
No.	Description	Quantity
1	Left Beam	1
2	Right Beam	1
3	Rubber Mat Support	2
4	Triangle Fixator (Right)	1
5	Triangle Fixator (Left)	1
6	Roller Pad	1
7	Cross Beam With Handle	1
8	Cross Beam	1



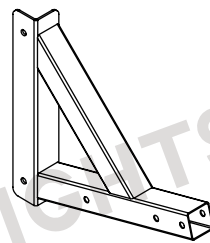
① Left Beam
1x



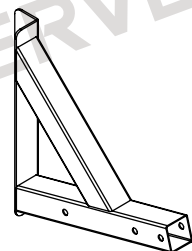
② Right Beam
1x



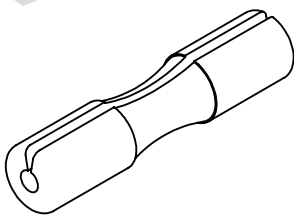
③ Rubber Mat Support
2x



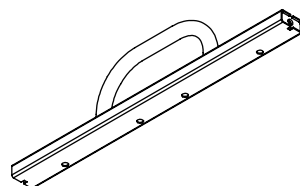
④ Triangle Fixator (Right)
1x



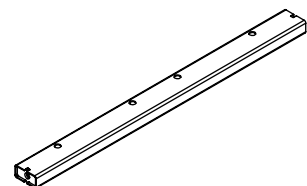
⑤ Triangle Fixator (Left)
1x



⑥ Roller Pad
1x



⑦ Cross Beam With Handle
1x

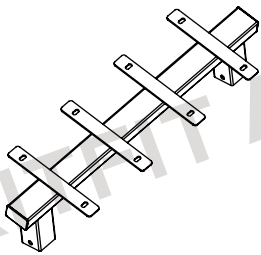


⑧ Cross Beam
1x

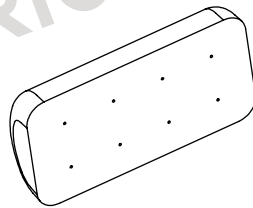
PARTS LIST

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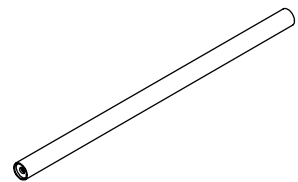
No.	Description	Quantity
9	Back Pad Support	1
10	Back Pad	1
11	Roller Pad Support	1
12	Rubber Mat	2
13	6mm Allen Key	1
14	5mm Allen Key	1
15	Open-ended Wrench	1



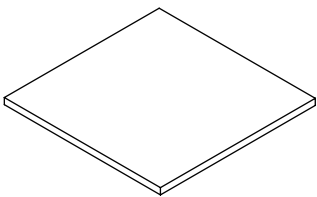
⑨ Back Pad Support
1x



⑩ Back Pad
1x



⑪ Roller Pad Support
1x



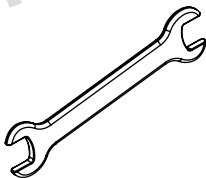
⑫ Rubber Mat
2x



⑬ 6mm Allen Key
1X



⑭ 5mm Allen Key
1X

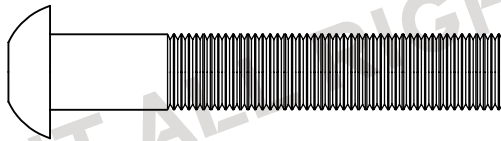
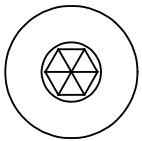


⑮ Open-ended Wrench
1X

PARTS LIST

• Packed in the box

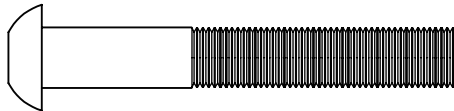
No.	Description	Quantity
A	M10*60 Hexagon Socket Button Head Screw	2
B	M8*55 Hexagon Socket Button Head Screw	20
C	M8*35 Hexagon Socket Button Head Screw	4
D	M6*20 Hex Bolt	8
E	M10 Washer	2
F	M8 Washer	44
G	M6 Washer	8
H	M8 Nut	20



Ⓐ M10*60 Hexagon socket button head screw
2X



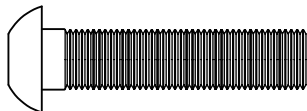
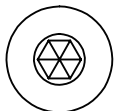
Ⓔ M10 Washer
2X



Ⓑ M8*55 Hexagon socket button head screw
20X



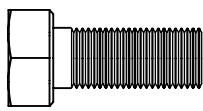
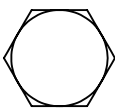
Ⓕ M8 Washer
44X



Ⓒ M8*35 Hexagon socket button head screw
4X



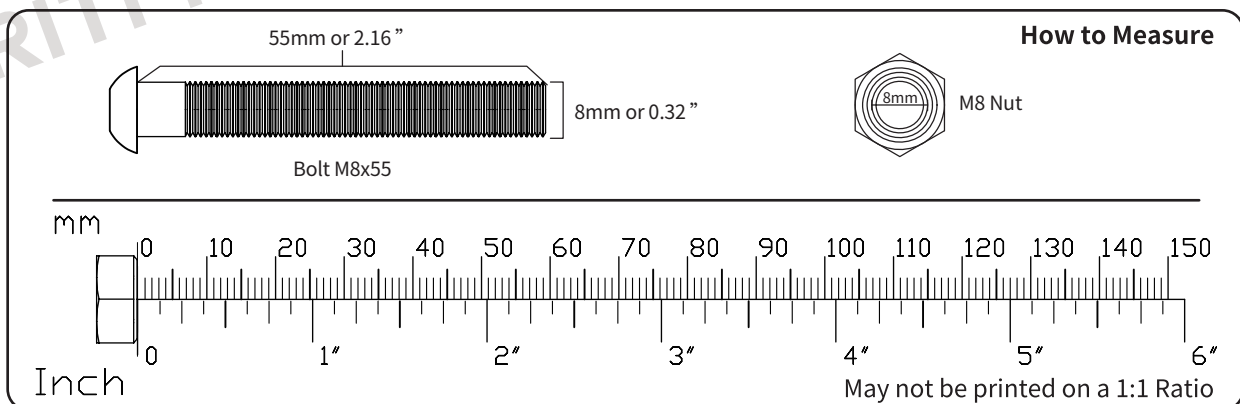
Ⓖ M6 Washer
8X



Ⓓ M6*20 Hex Bolt
8X



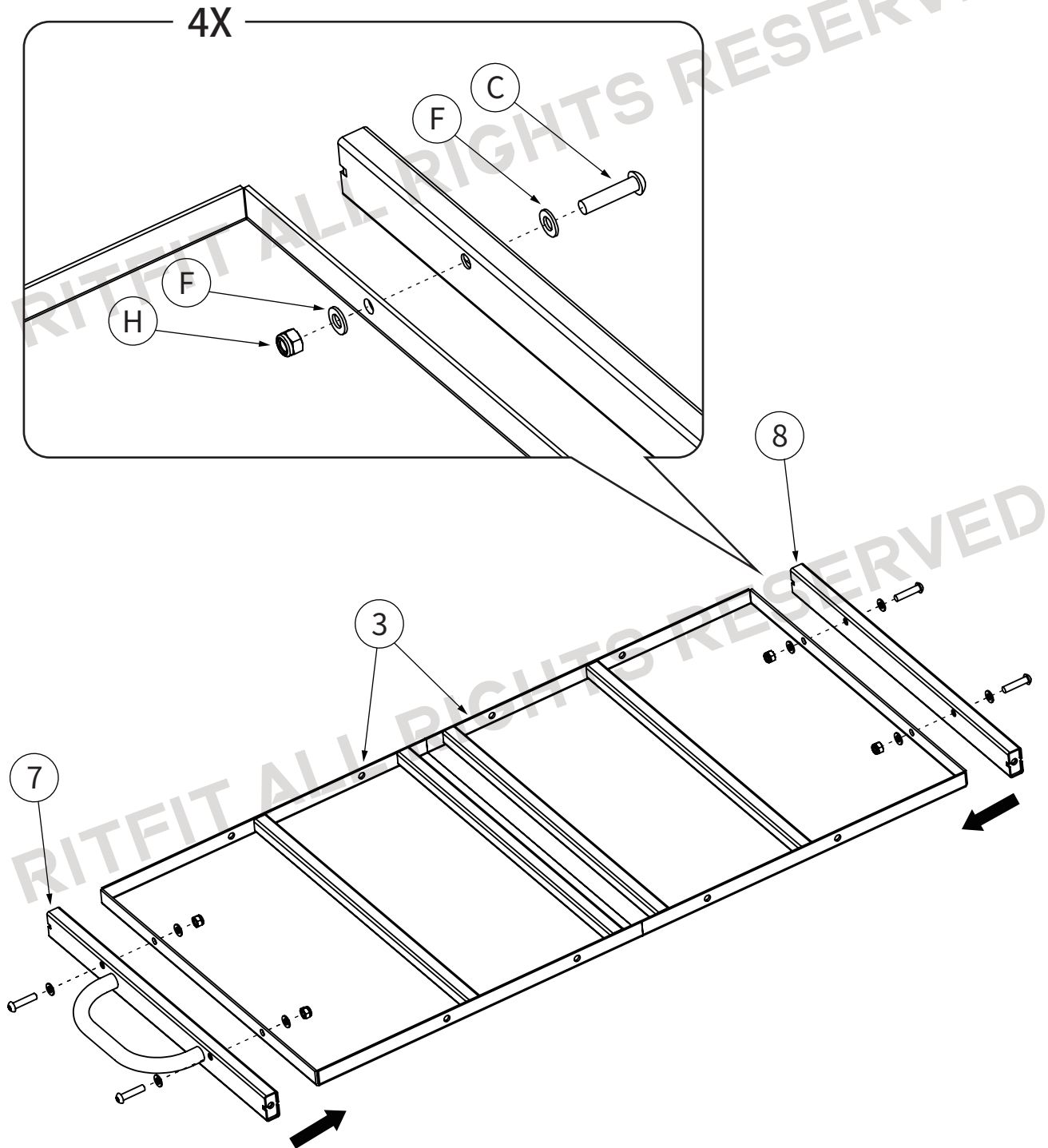
Ⓗ M8 Nut
20X



ASSEMBLY

STEP 1

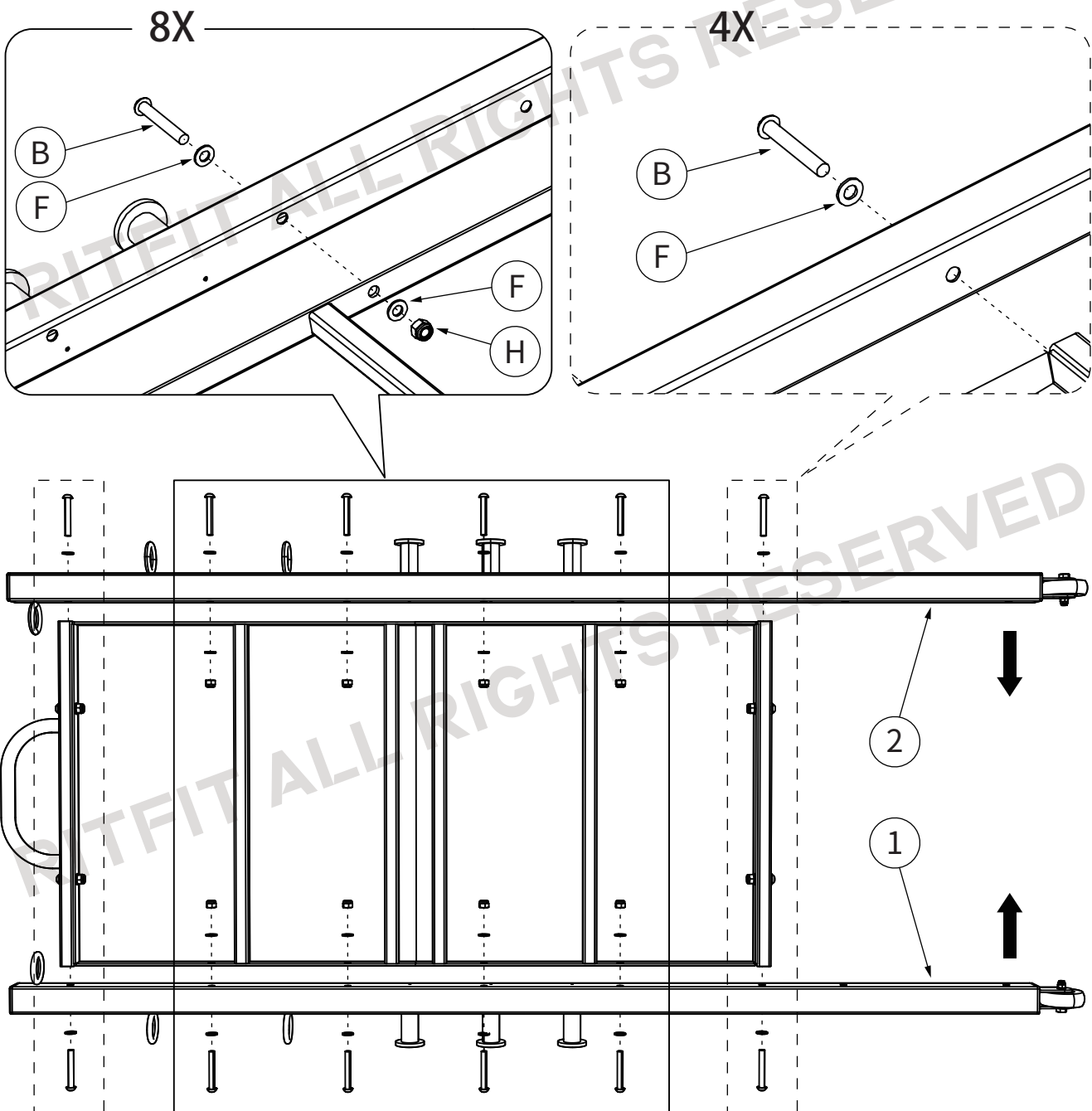
No.	Description	Quantity
3	Rubber Mat Support	2
7	Cross Beam With Handle	1
8	Cross Beam	1
C	M8*35 Hexagon Socket Button Head Screw	4
F	M8 Washer	8
H	M8 Nut	4



ASSEMBLY

STEP 2

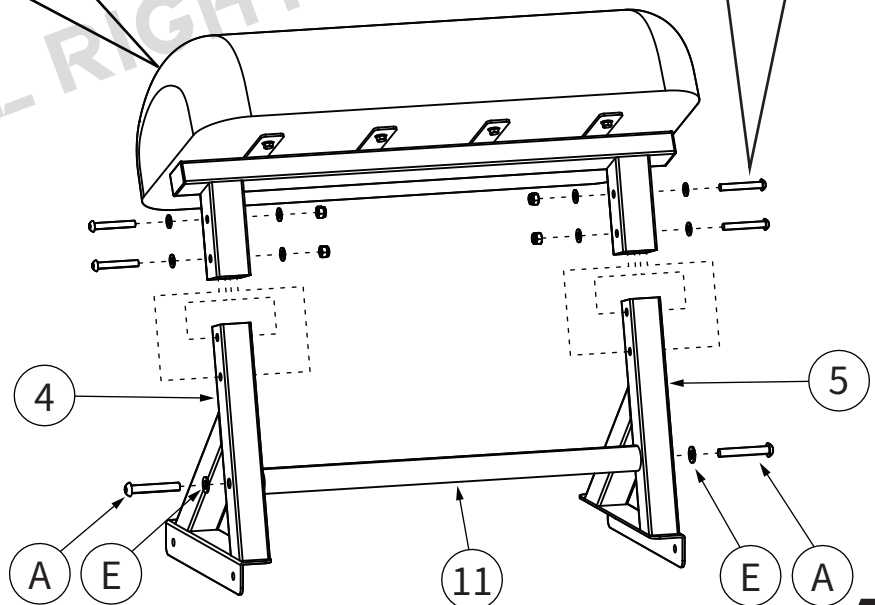
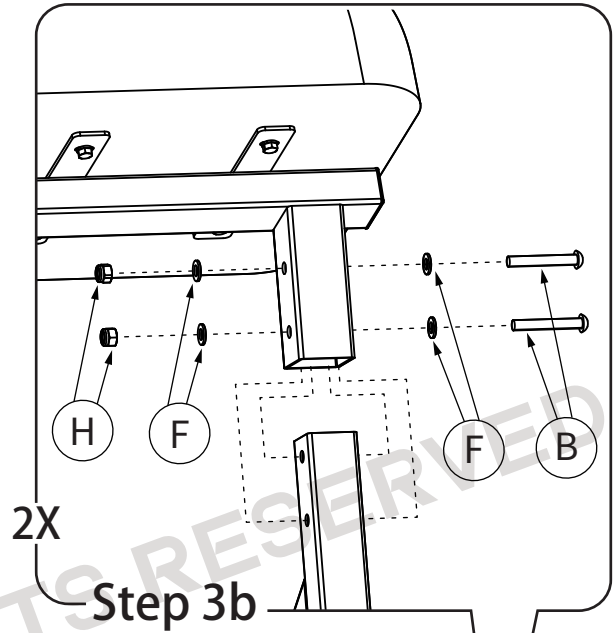
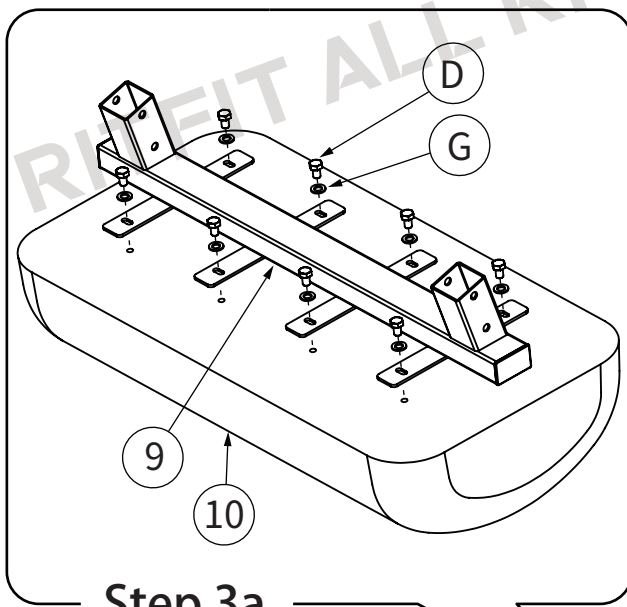
No.	Description	Quantity
1	Left Beam	1
2	Right Beam	1
B	M8*55 Hexagon Socket Button Head Screw	12
F	M8 Washer	20
H	M8 Nut	8



ASSEMBLY

STEP 3

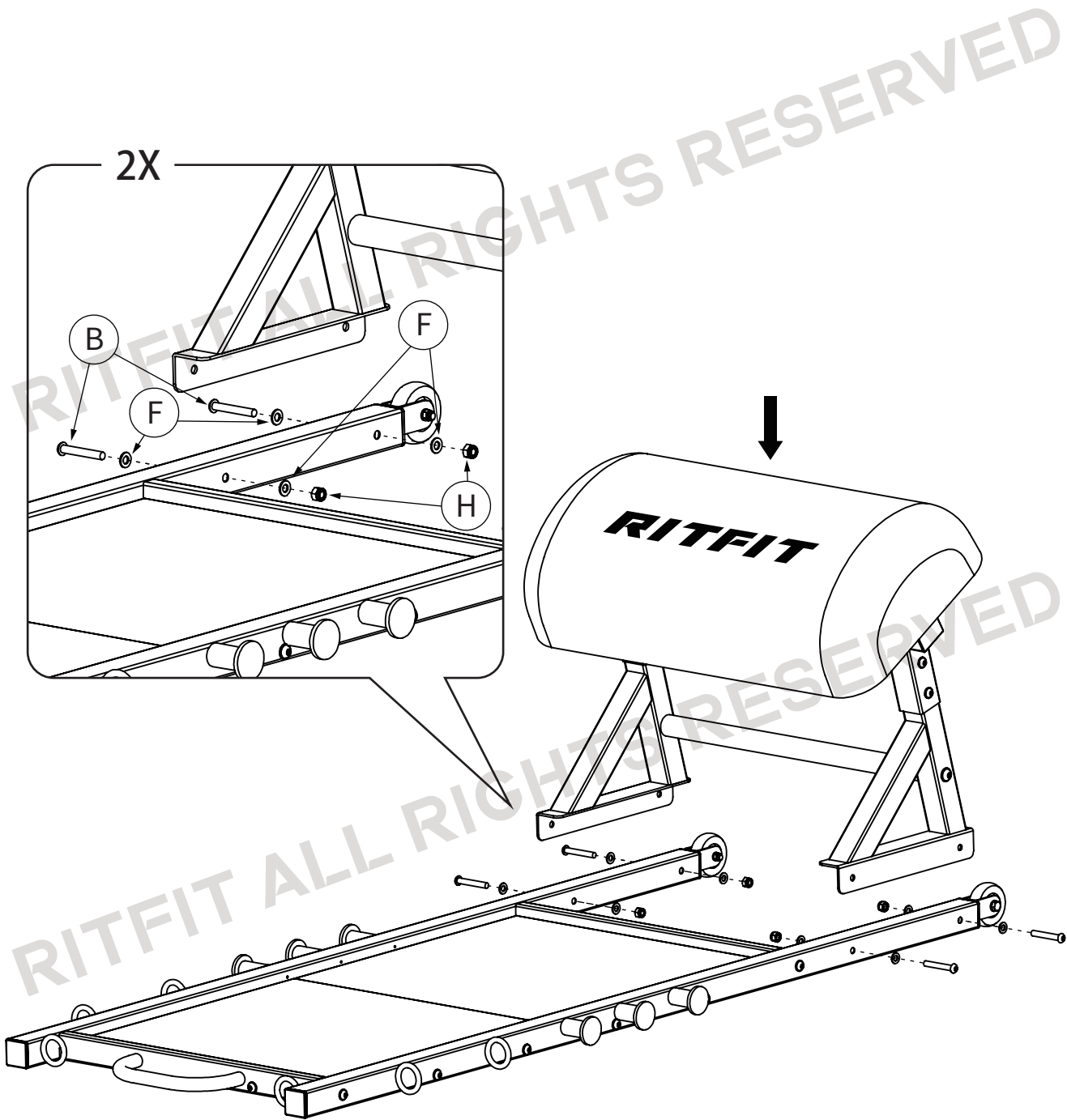
No.	Description	Quantity
4	Triangle Fixator (Right)	1
5	Triangle Fixator (Left)	1
9	Back Pad Support	1
10	Back Pad	1
11	Roller Pad Support	1
A	M10*60 Hexagon Socket Button Head Screw	2
B	M8*55 Hexagon Socket Button Head Screw	4
D	M6*20 Hex Bolt	8
E	M10 Washer	2
F	M8 Washer	8
G	M6 Washer	8
H	M8 Nut	4



ASSEMBLY

STEP 4

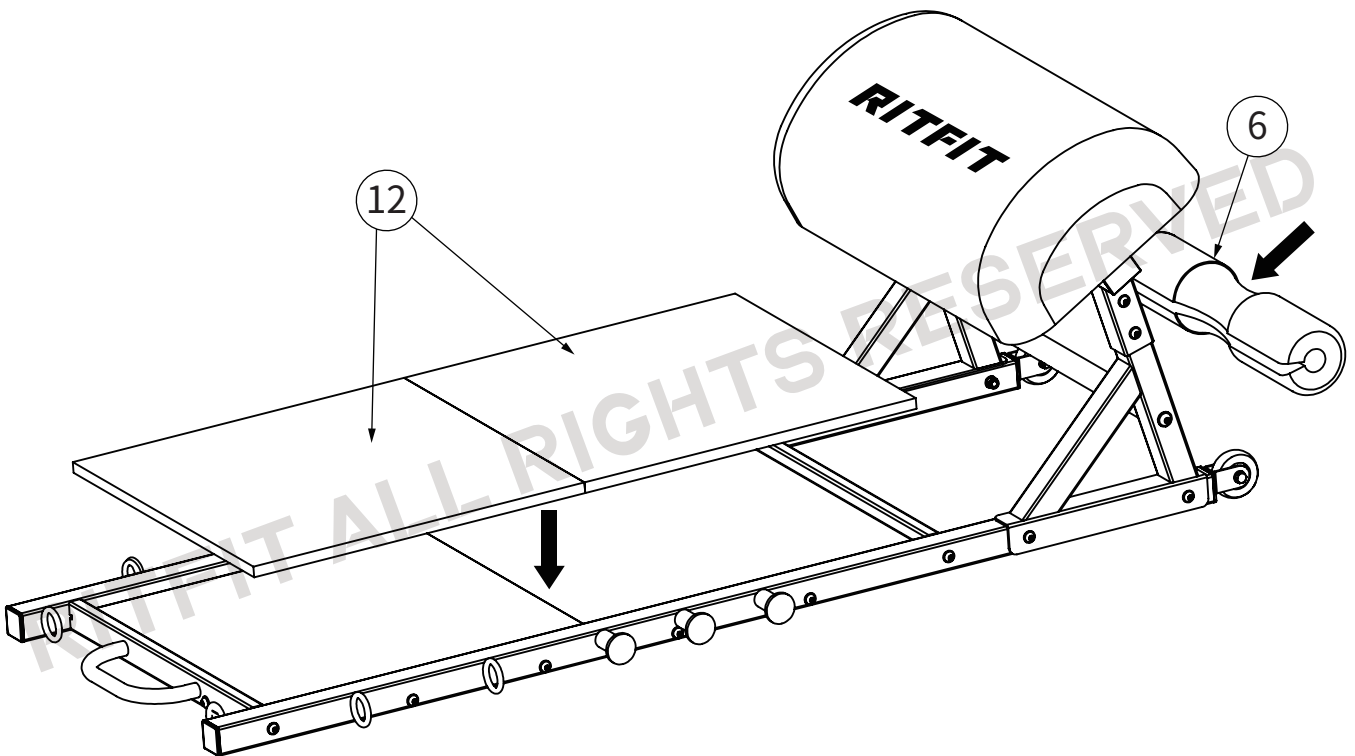
No.	Description	Quantity
B	M8*55 Hexagon Socket Button Head Screw	4
F	M8 Washer	8
H	M8 Nut	4



ASSEMBLY

STEP 5

No.	Description	Quantity
6	Roller Pad	1
12	Rubber Mat	2

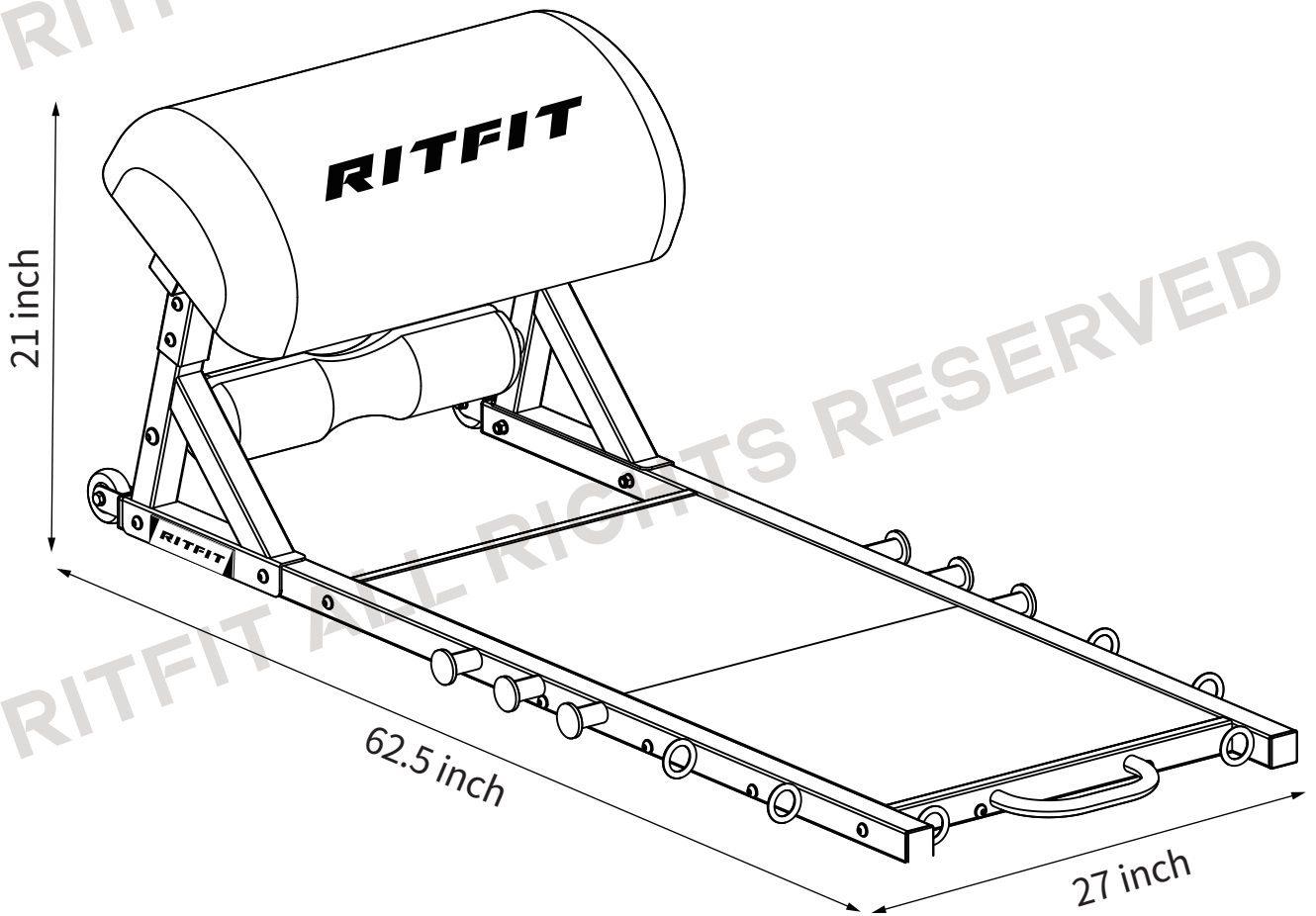


END

Congratulations!

You have assembled the HIP THRUST MACHINE!

Now, you can officially start your hip training!



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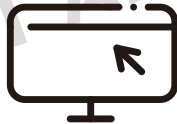
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