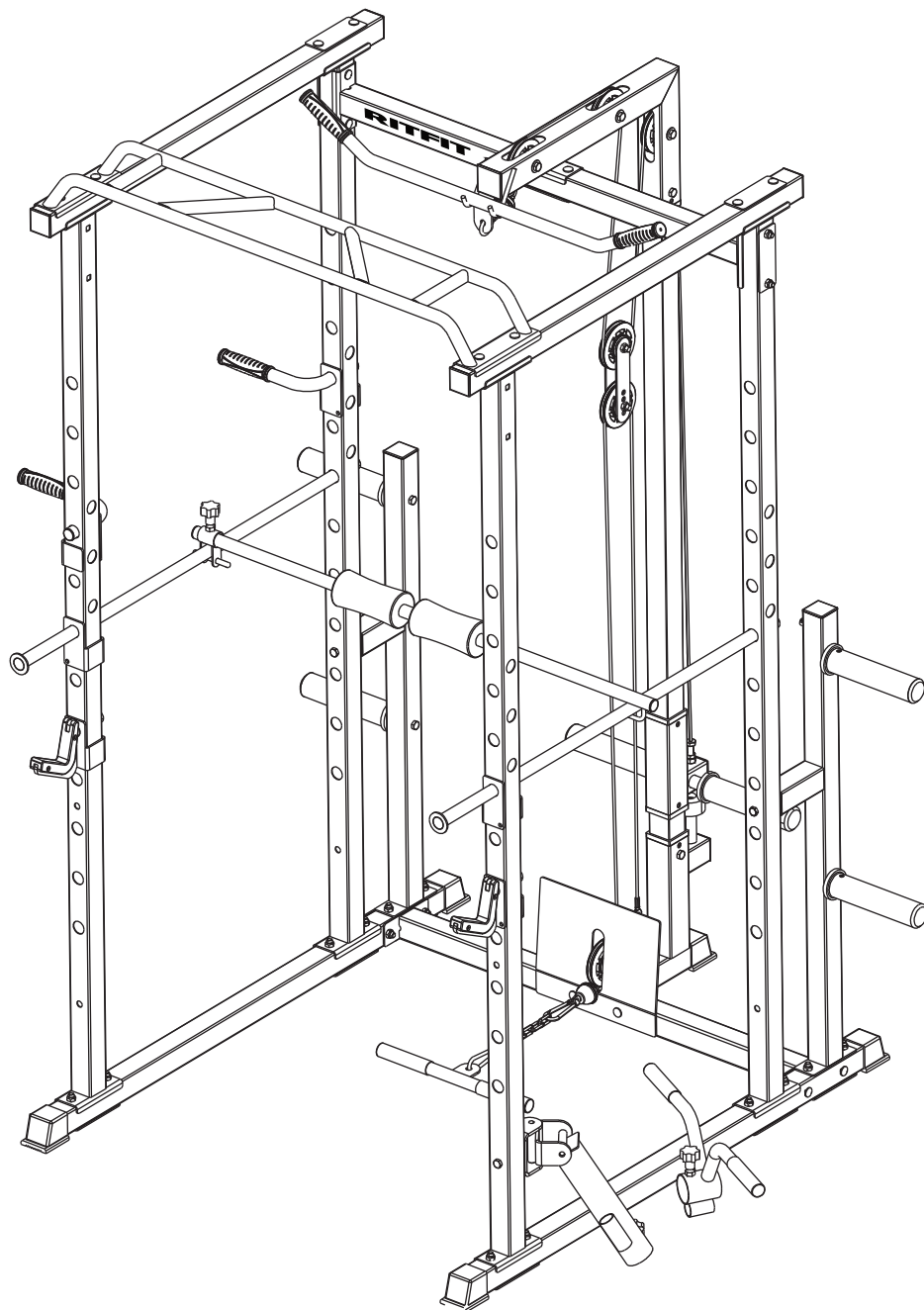


FRITFIT

A GYM OF YOUR OWN

POWER CAGE WITH LAT PULL-DOWN SYSTEM PPC02



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 box until you feel there's no need to return product. Place the manual in a safe secure 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® Power Cage should be repaired only by authorized persons. NEVER modify the RitFit® 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 1000 LBS (454 KG).
 - KEEP CHILDREN UNDER 13 AND PETS AWAY FROM THE POWER CAGE.
 - INSPECT AND TIGHTEN ALL PARTS EACH TIME AND REPLACE ANY WORN PARTS IMMEDIATELY.
 - ALWAYS MAKE SURE THE EQUAL AMOUNT OF THE WEIGHT ON EACH SIDE WHEN USE THE LAT PULL-DOWN SYSTEM (NOT INCLUDED).
-

POWER CAGE 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 Power Cage.

B. What's Covered?

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

C. When It Begins?

The Basic Warranty begins on the day of order.

D. 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; · foam roller; · cables; · top beam; · J-hooks; · plate carriage; · pulley brace; · plate storage pegs; and · dip bars.

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 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 power cage.

F. How To Contact Us?

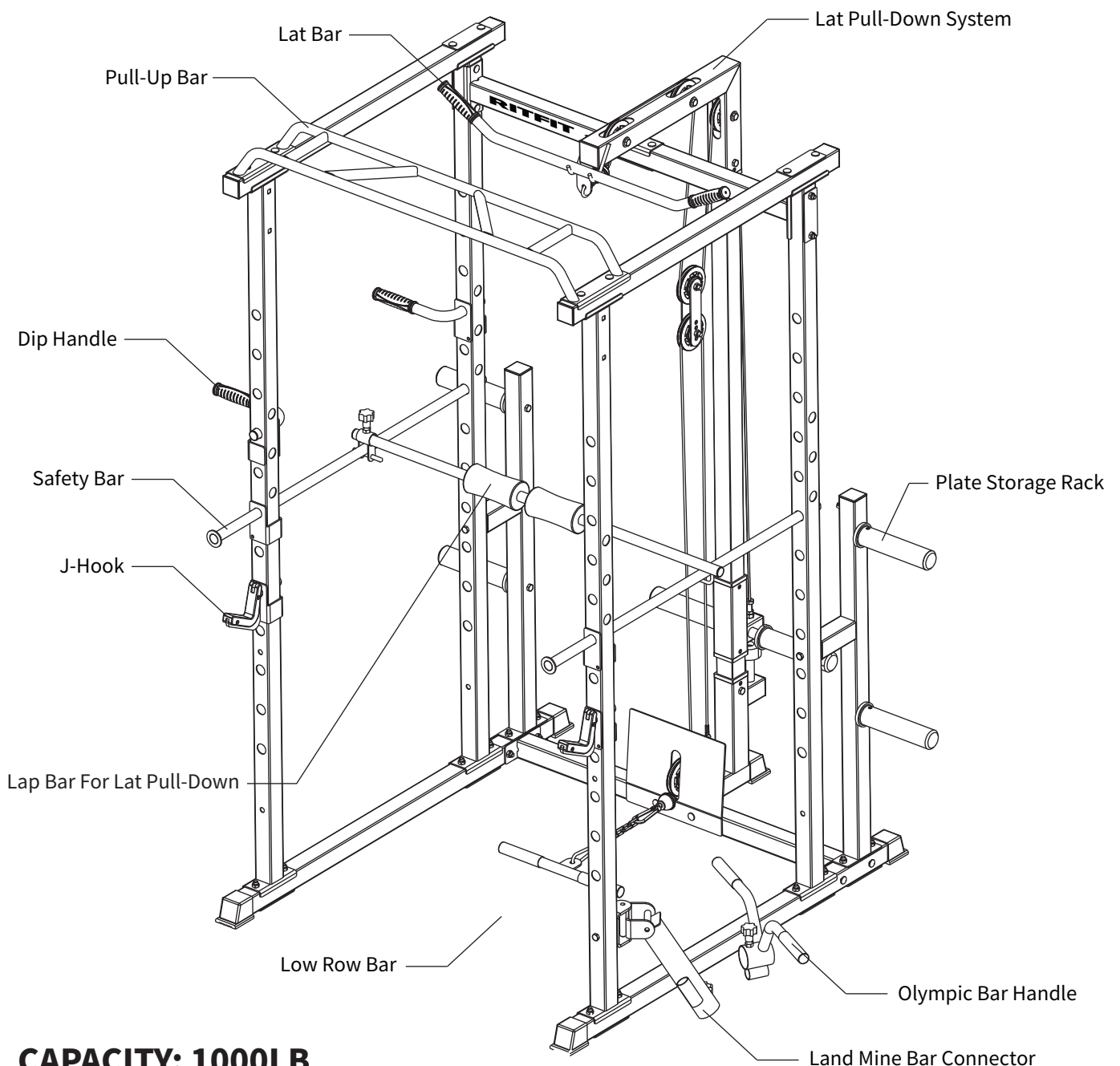
To ensure you receive the best technical support please visit www.ritfitsports.com to register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, worn, damaged 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 RITIFIT® Power Cage. RITIFIT® Power Cage is designed to be used with weight training equipment (not included) 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 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 **PPC02**.

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

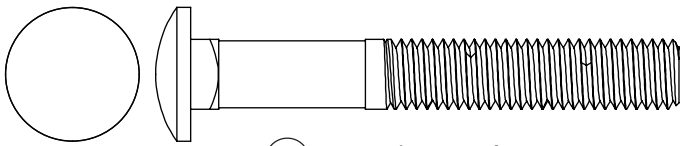


CAPACITY: 1000LB

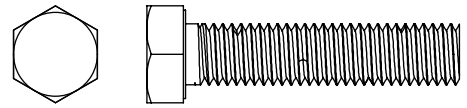
PARTS LIST

• FASTENER AND TOOLS

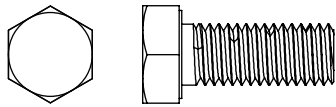
NO.	DESCRIPTION	QUANTITY
a	M10*70 Bolt	32
b	M10*45 Bolt	3
c	M10*25 Bolt	4
d	M10*75 Bolt	8
e	M10 Nut	41
f	M10 Washer	50
g	M17-M19 Wrench	2



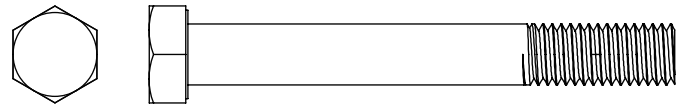
(a) M10*70 Bolt
32x



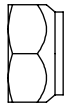
(b) M10*45 Bolt
3x



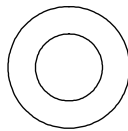
(c) M10*25 Bolt
4x



(d) M10*75 Bolt
8x



(e) M10 Nut
41x



(f) M10 Washer
50x



(g) M17-M19 Wrench
2x

M10 x 70 bolt

M10 nut

How to Measure

mm

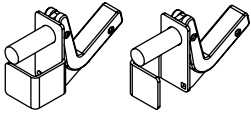
Inch

May not be printed on a 1:1 Ratio

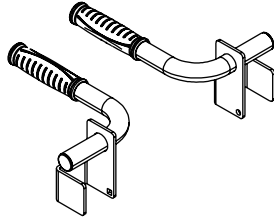
PARTS LIST

• ACCESSORIES

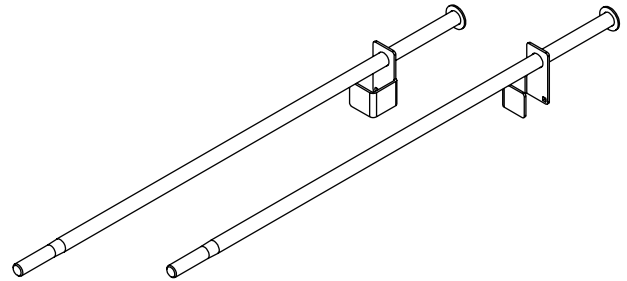
NO.	DESCRIPTION	QUANTITY
A	J-Hook	2
B	Dip Bar	2
C	Longer Safety Bar	2
D	Olympic Bar Handle	1
E	Lap Bar For Lat Pull-Down (Bar Support, Foam Roller, Clamping Plate With Locking Bolt)	1
F	Bar Connector	1



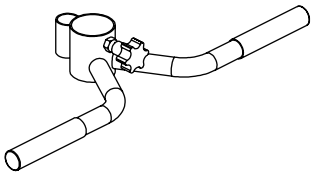
(A) J-Hook
2x



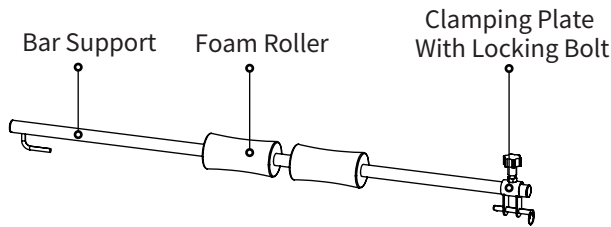
(B) Dip Bar
2x



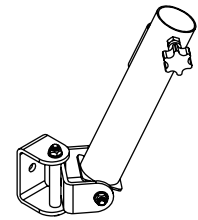
(C) Longer Safety Bar
2x



(D) Olympic Bar Handle
1x



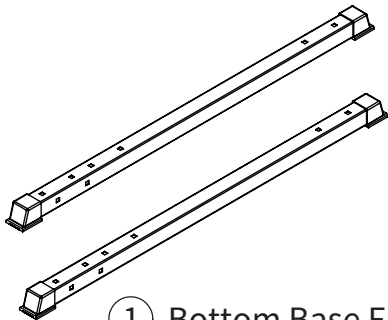
(E) Lap Bar For Lat Pull-Down
1x



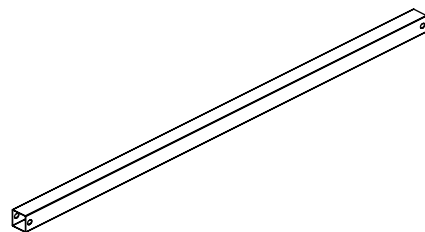
(F) Bar Connector
1x

• MAIN FRAME

NO.	DESCRIPTION	QUANTITY
1	Bottom Base Frame	2
2	Lat Pull Shaft	1



(1) Bottom Base Frame
2x



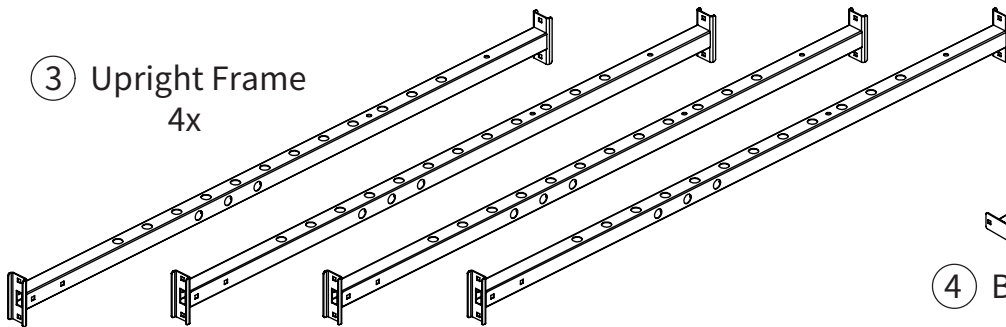
(2) Lat Pull Shaft
1x

PARTS LIST

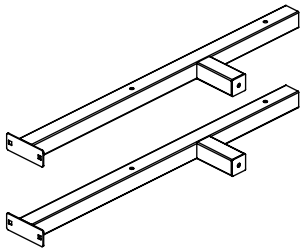
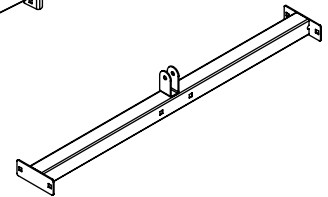
• MAIN FRAME

NO.	DESCRIPTION	QUANTITY
3	Upright Frame	4
4	Bottom Cross Beam	1
5	Plate Storage Rack	2
6	Rear Cross Beam	1
7	Upper Cross Frame	2
8	Chrome Pull-Up Bar	1
9	Plate Storage Peg	4
10	Low Row Foot Plate	1

③ Upright Frame
4x

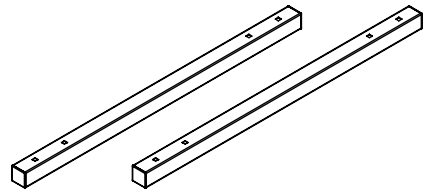
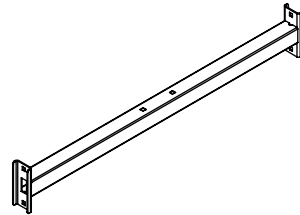


④ Bottom Cross Beam
1x

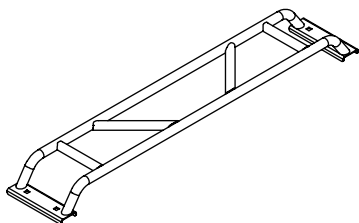


⑤ Plate Storage Rack
2x

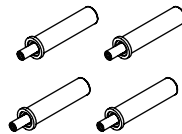
⑥ Rear Cross Beam
1x



⑦ Upper Cross Frame
2x



⑧ Chrome Pull-Up Bar
1x



⑨ Plate Storage Peg
4x

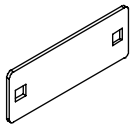


⑩ Low Row Foot Plate
1x

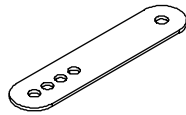
PARTS LIST

• LAT PULL-DOWN SYSTEM

NO.	DESCRIPTION	QUANTITY
11	Bolt Plates	13
12	Pulley Brace	2
13	Pulley	6
14	Chain	2
15	Carabiner	6
16	Pulley Peg	6
17	Rail Base	1
18	Plate Carriage	1
19	Cantilever	1
20	Lat Bar	1
21	Low Row Bar	1
22	Cables	2



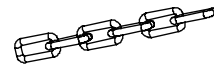
①① Bolt Plates
13x



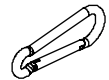
①② Pulley Brace
2x



①③ Pulley
6x



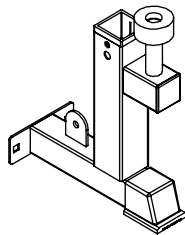
①④ Chain
2x



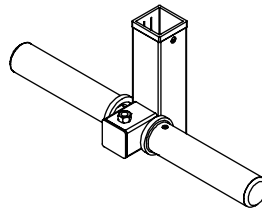
①⑤ Carabiner
6x



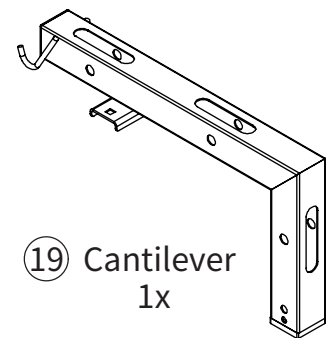
①⑥ Pulley Peg
6x



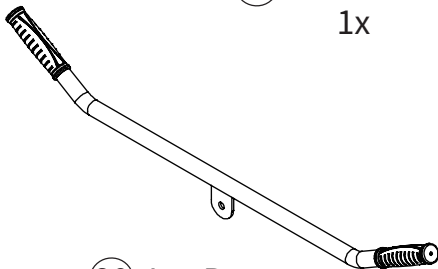
①⑦ Rail Base
1x



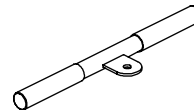
①⑧ Plate Carriage
1x



①⑨ Cantilever
1x

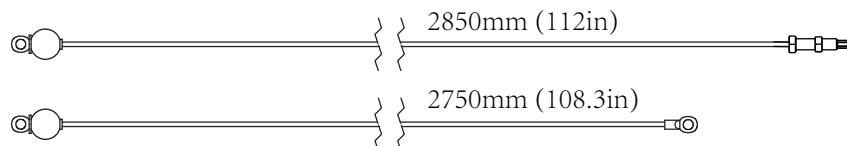


①⑩ Lat Bar
1x



①⑪ Low Row Bar
1x

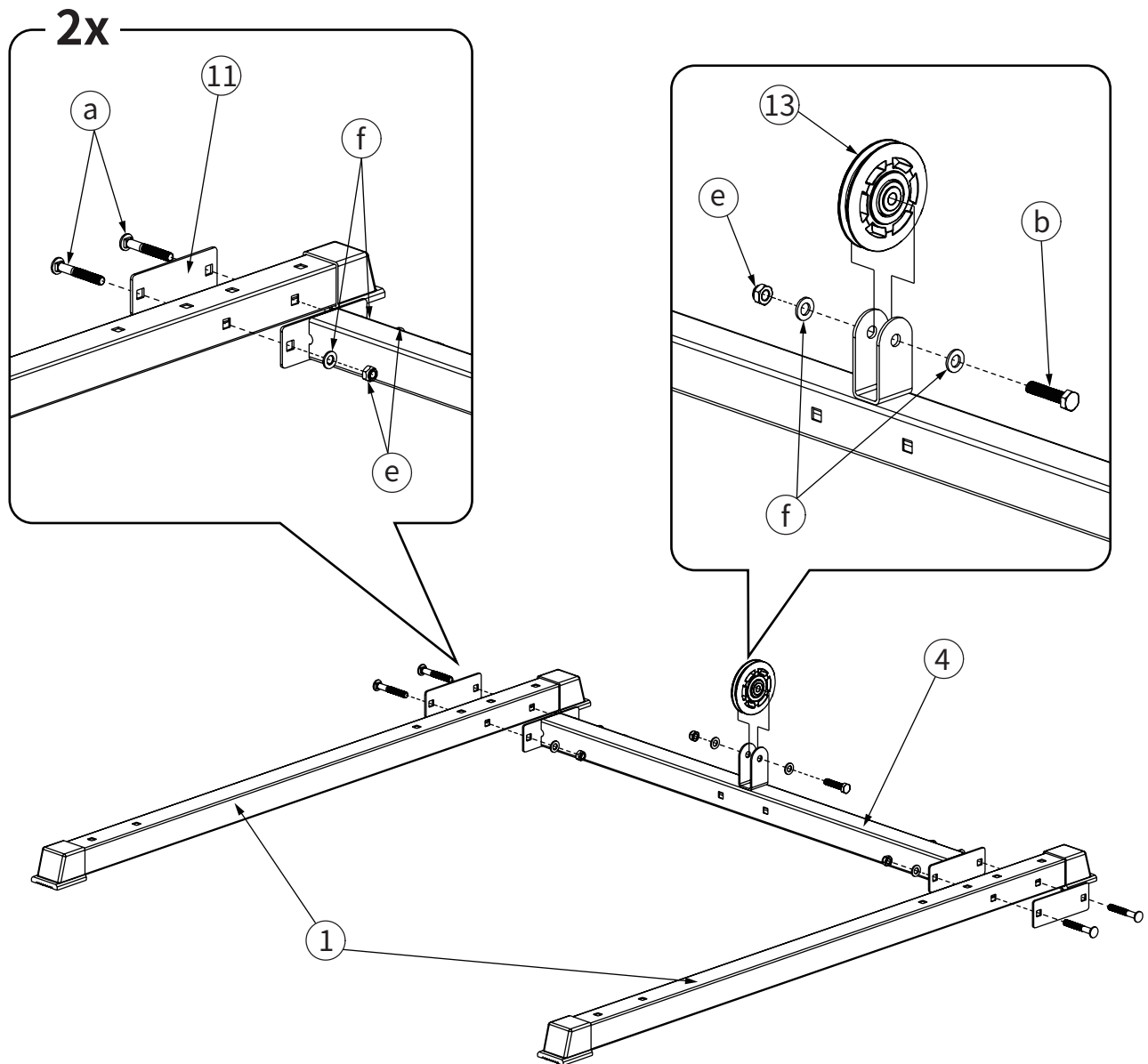
①⑫ Cables
2x



ASSEMBLY AND ADJUSTMENT

STEP 1

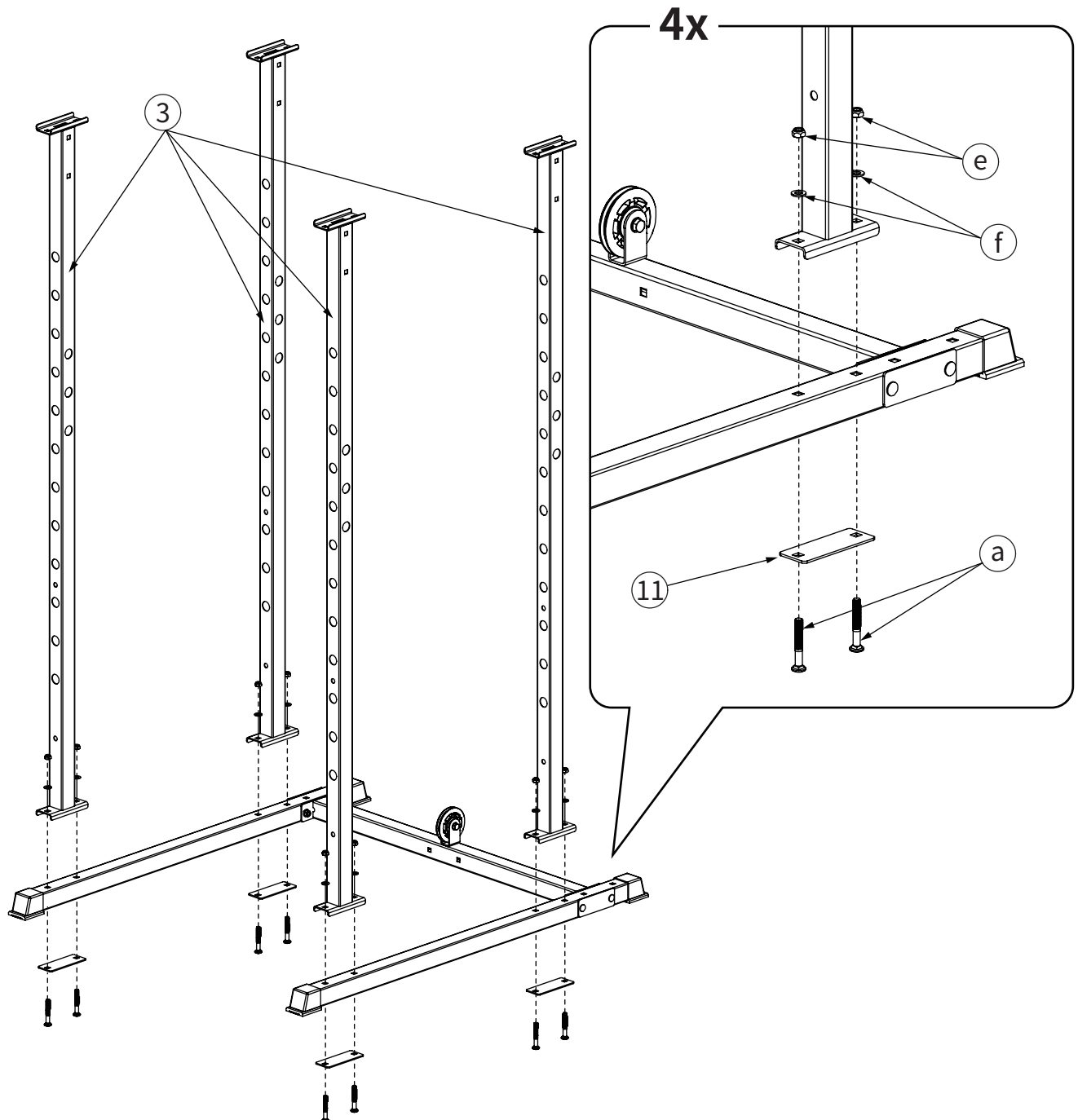
NO.	DESCRIPTION	QUANTITY
a	M10*70 Bolt	4
b	M10*45 Bolt	1
e	M10 Nut	5
f	M10 Washer	6
1	Bottom Base Frame	2
4	Bottom Cross Beam	1
11	Bolt Plates	2
13	Pulley	1



ASSEMBLY AND ADJUSTMENT

STEP 2 (Two People Are Required.)

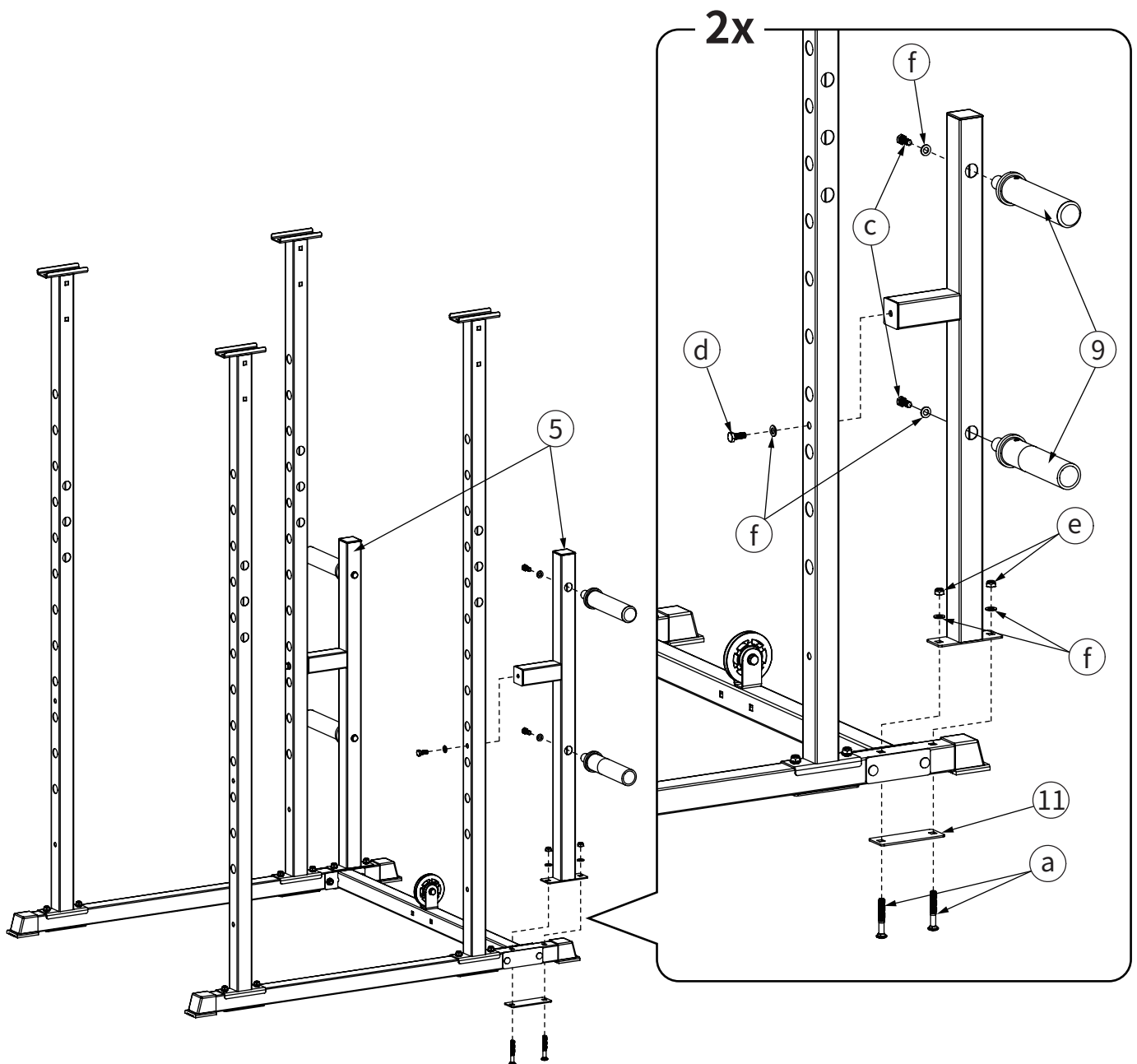
NO.	DESCRIPTION	QUANTITY
a	M10*70 Bolt	8
e	M10 Nut	8
f	M10 Washer	8
3	Upright Frame	4
11	Bolt Plates	4



ASSEMBLY AND ADJUSTMENT

STEP 3 (Two People Are Required.)

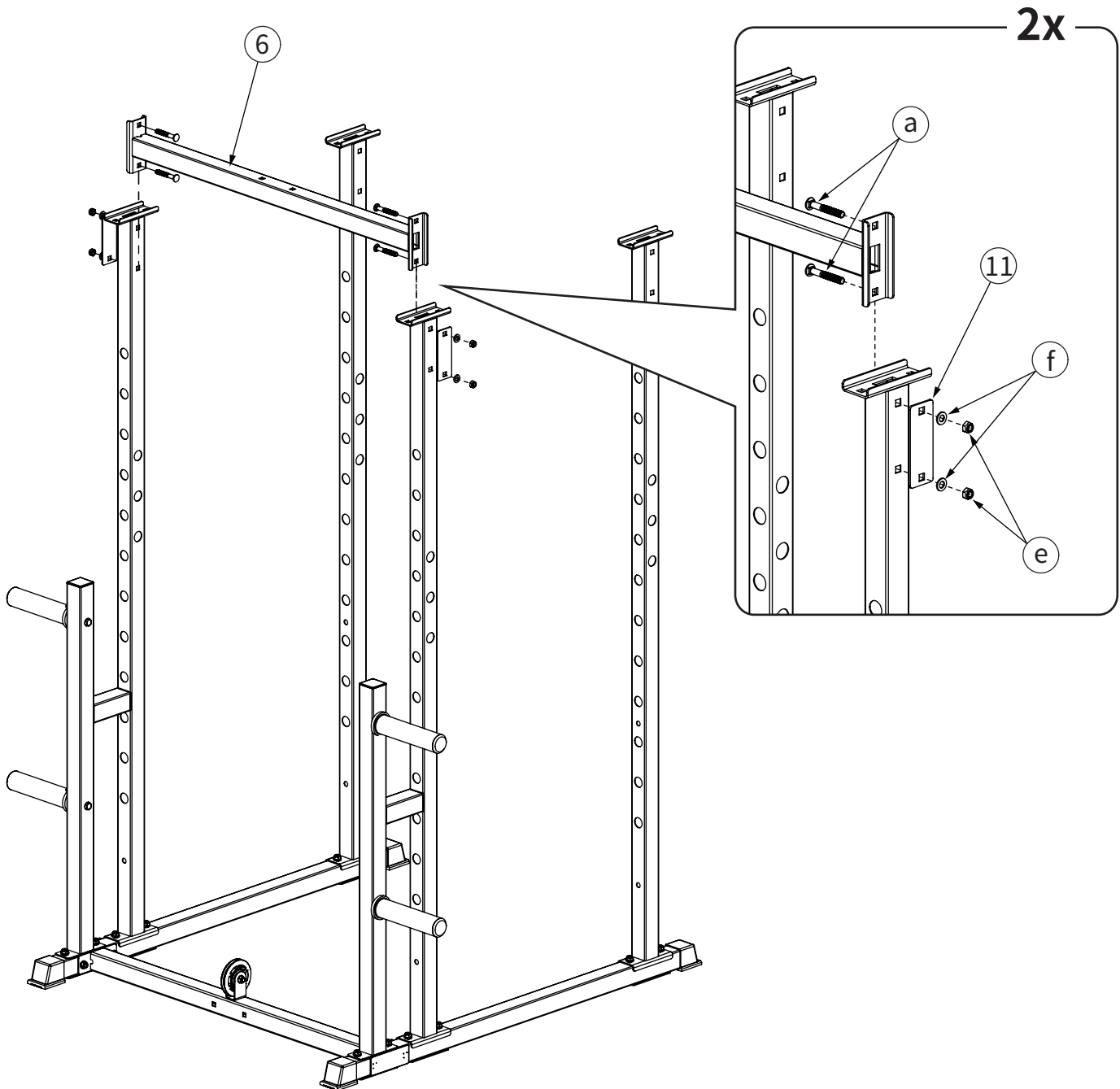
NO.	DESCRIPTION	QUANTITY
a	M10*70 Bolt	4
c	M10*25 Bolt	4
d	M10*75 Bolt	2
e	M10 Nut	4
f	M10 Washer	10
5	Plate Storage Rack	2
9	Plate Storage Peg	4
11	Bolt Plates	2



ASSEMBLY AND ADJUSTMENT

STEP 4 (Two People Are Required.)

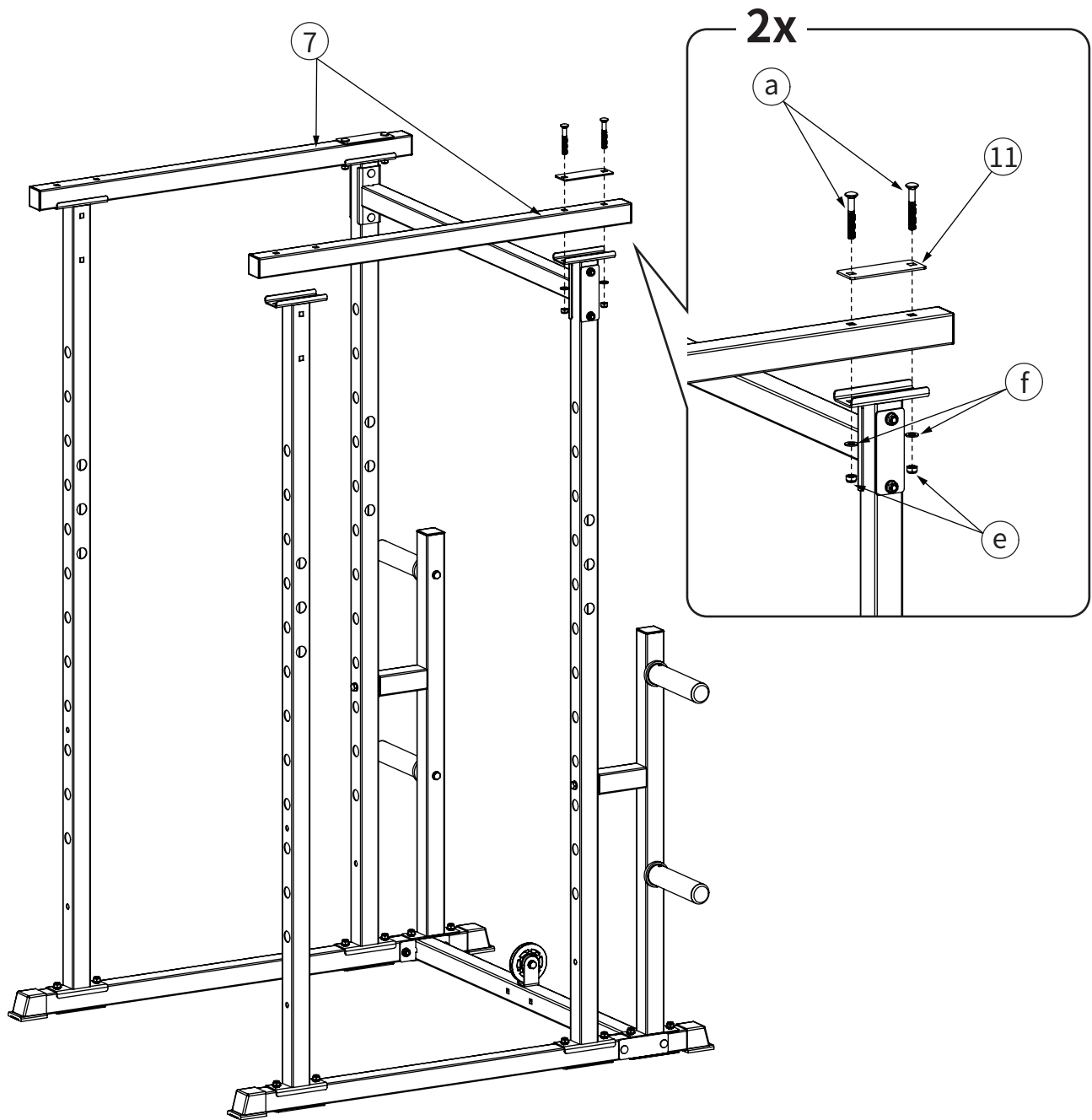
NO.	DESCRIPTION	QUANTITY
a	M10*70 Bolt	4
e	M10 Nut	4
f	M10 Washer	4
6	Rear Cross Beam	1
11	Bolt Plates	2



ASSEMBLY AND ADJUSTMENT

STEP 5 (Two People Are Required.)

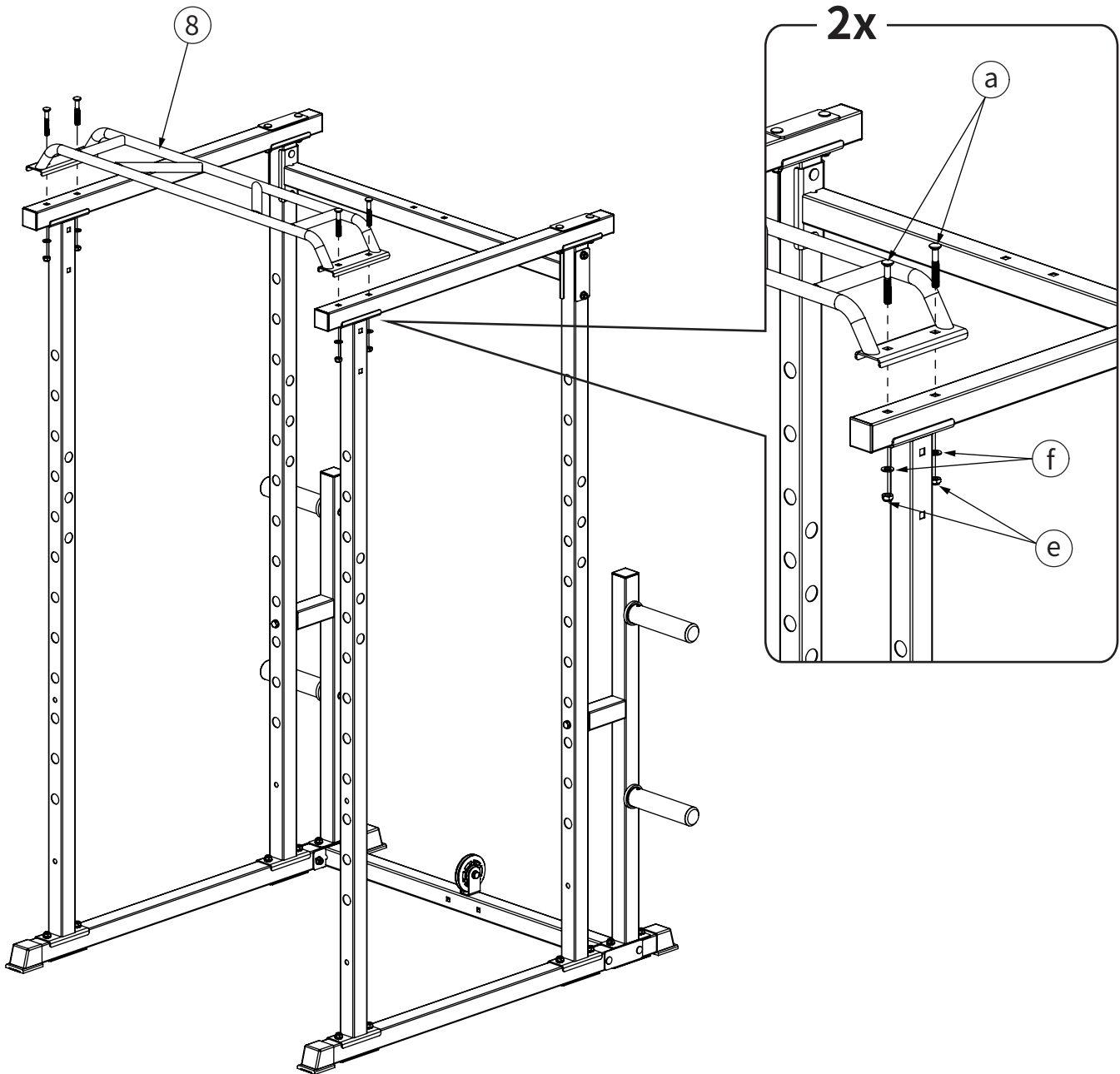
NO.	DESCRIPTION	QUANTITY
a	M10*70 Bolt	4
e	M10 Nut	4
f	M10 Washer	4
7	Upper Cross Frame	2
11	Bolt Plates	2



ASSEMBLY AND ADJUSTMENT

STEP 6 (Two People Are Required.)

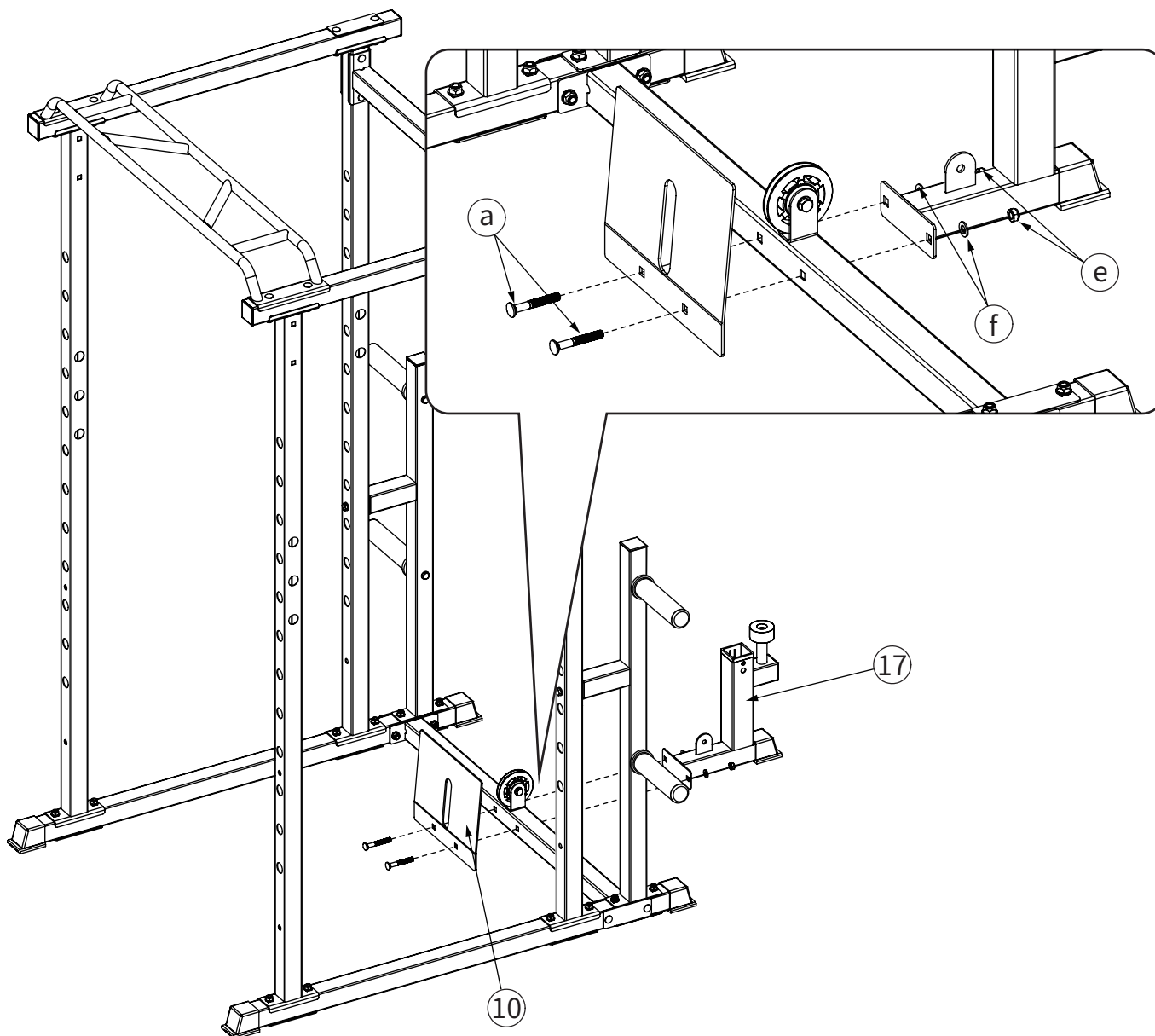
NO.	DESCRIPTION	QUANTITY
a	M10*70 Bolt	4
e	M10 Nut	4
f	M10 Washer	4
8	Chrome Pull-Up Bar	1



ASSEMBLY AND ADJUSTMENT

STEP 7

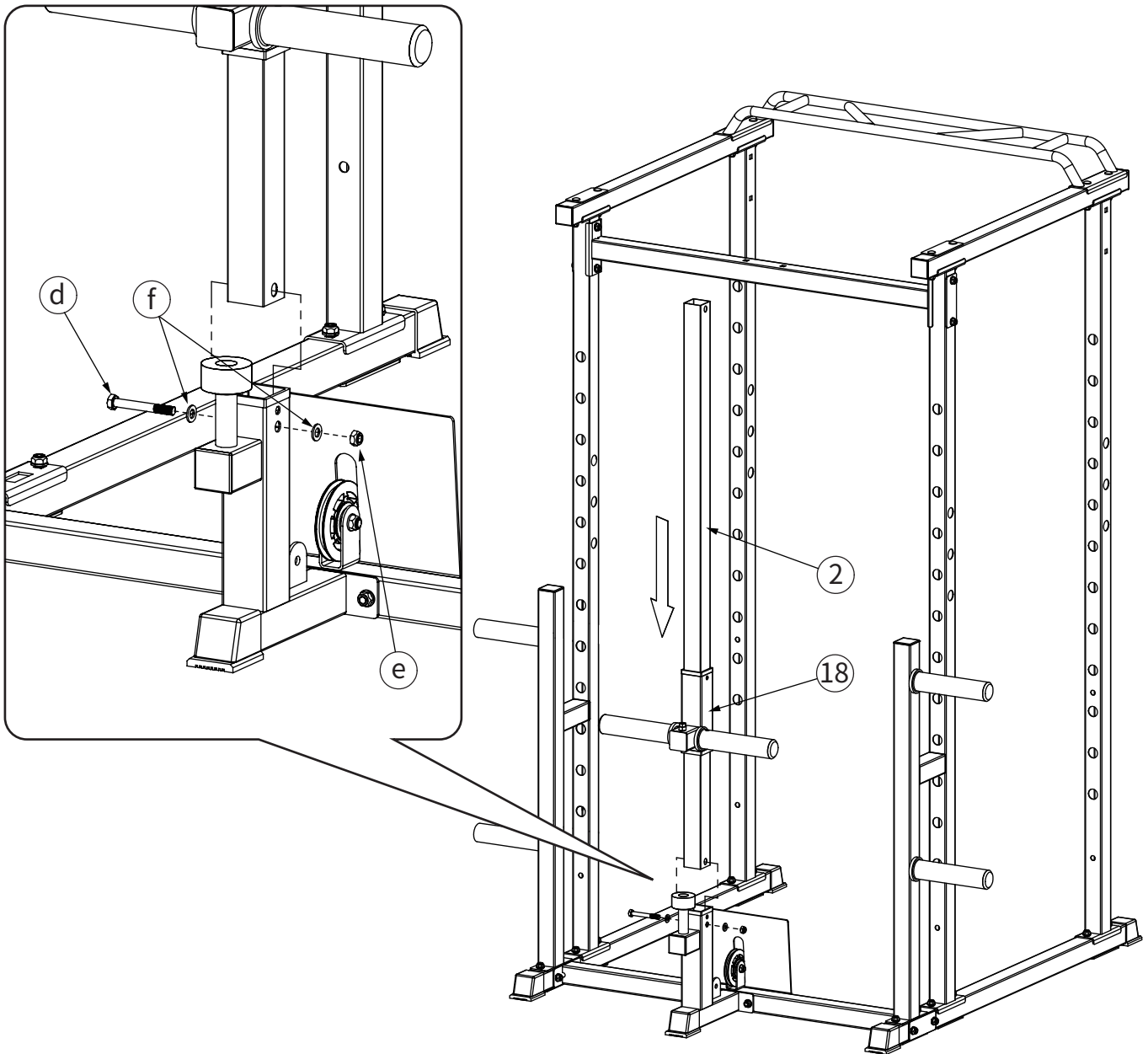
NO.	DESCRIPTION	QUANTITY
a	M10*70 Bolt	2
e	M10 Nut	2
f	M10 Washer	2
10	Low Row Foot Plate	1
17	Rail Base	1



ASSEMBLY AND ADJUSTMENT

STEP 8 (Two People Are Required.)

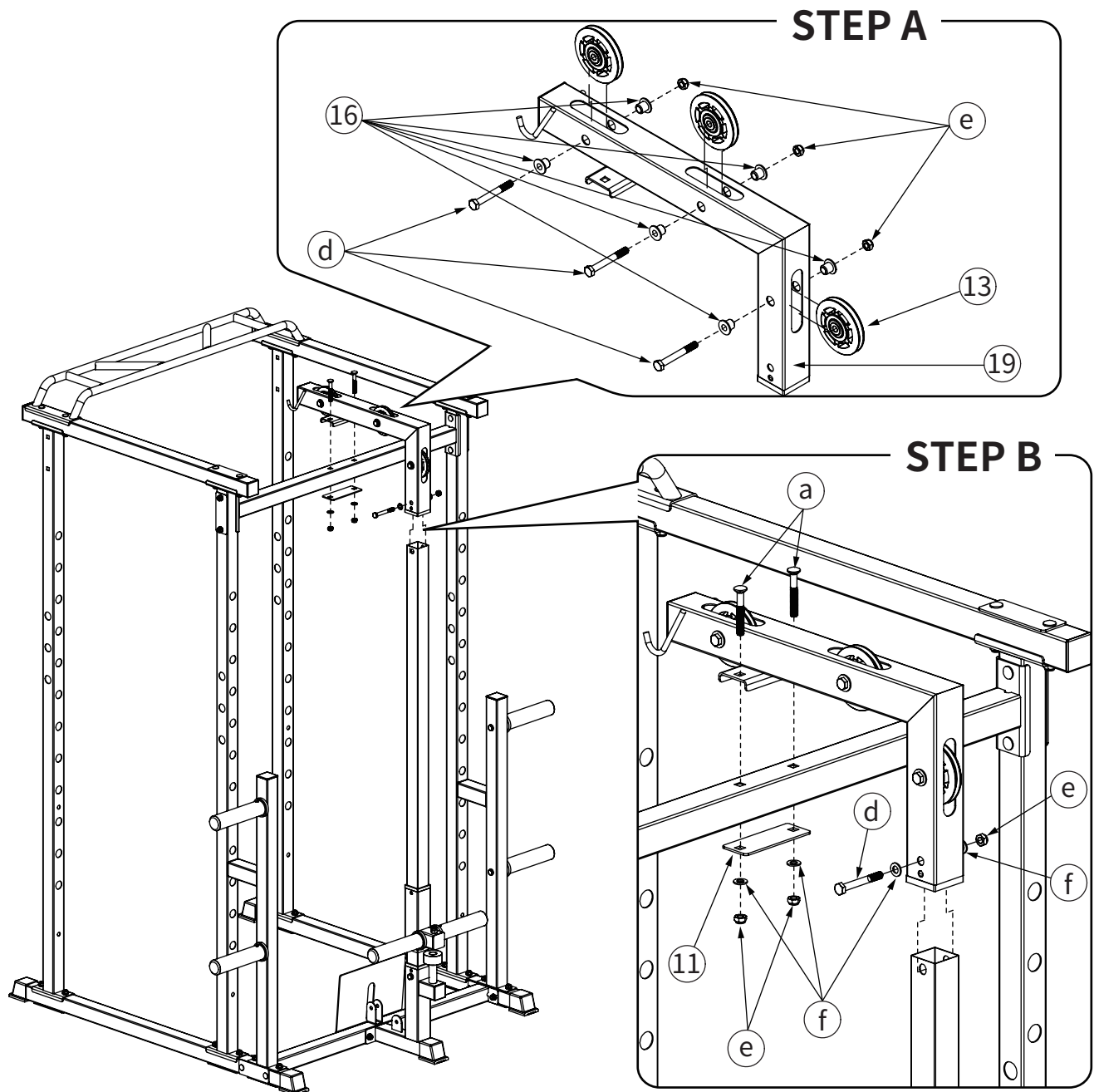
NO.	DESCRIPTION	QUANTITY
d	M10*75 Bolt	1
e	M10 Nut	1
f	M10 Washer	2
2	Lat Pull Shaft	1
18	Plate Carriage	1



ASSEMBLY AND ADJUSTMENT

STEP 9 (Two People Are Required.)

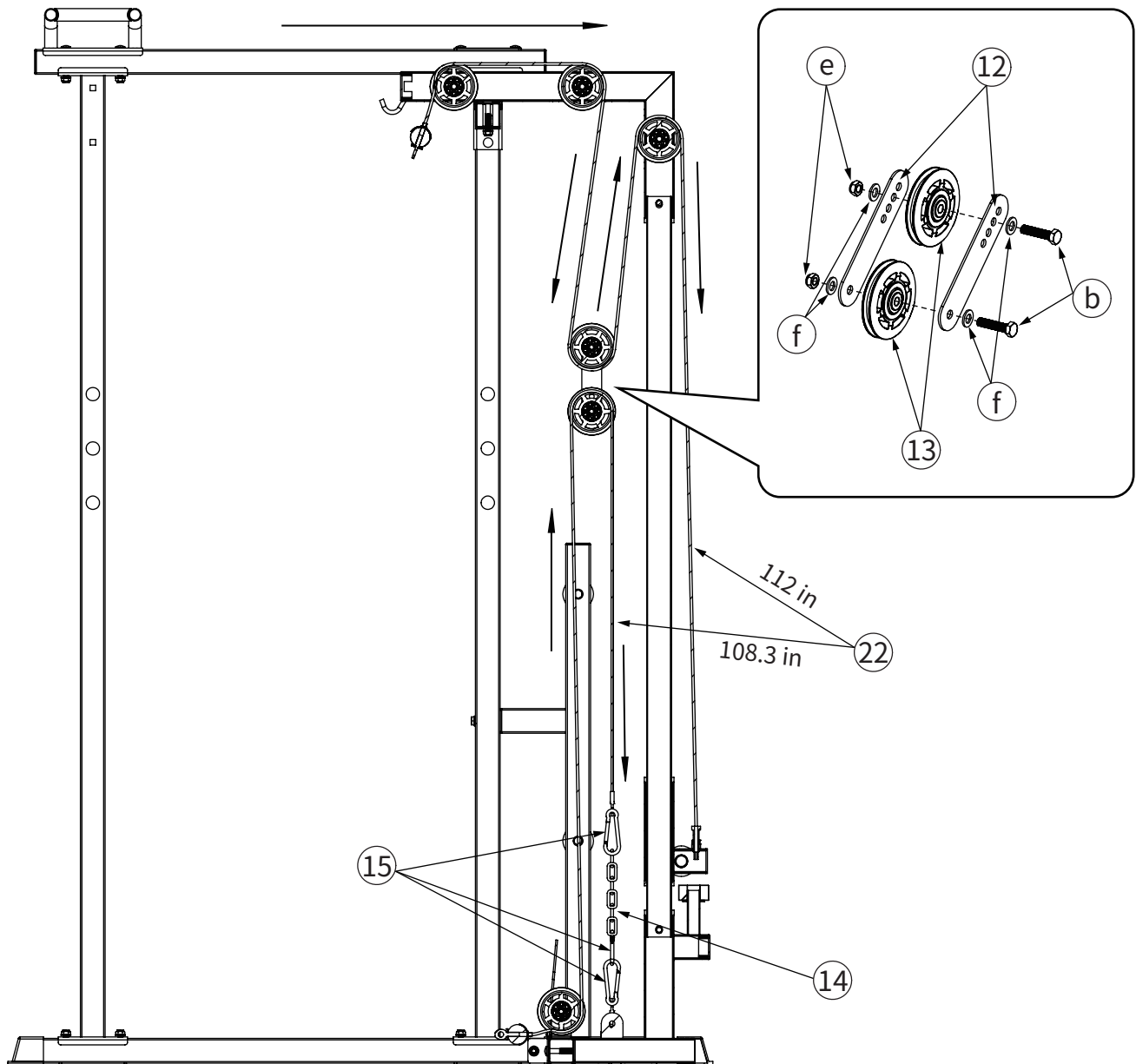
NO.	DESCRIPTION	QUANTITY
a	M10*70 Bolt	2
d	M10*75 Bolt	4
e	M10 Nut	6
f	M10 Washer	4
11	Bolt Plates	1
13	Pulley	3
16	Pulley Peg	6
19	Cantilever	1



ASSEMBLY AND ADJUSTMENT

STEP 10 (Two People Are Required.)

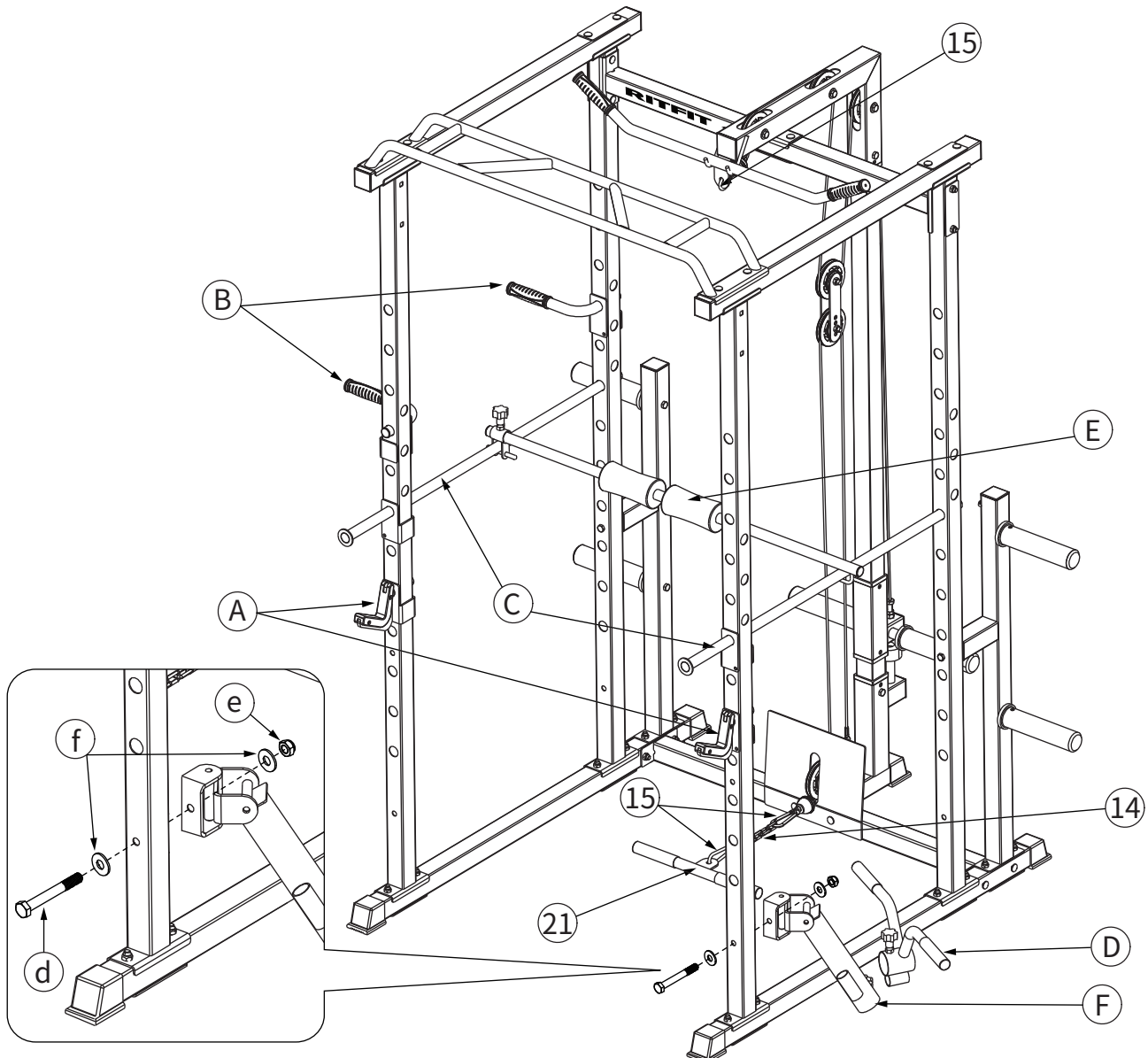
NO.	DESCRIPTION	QUANTITY
b	M10*45 Bolt	2
e	M10 Nut	2
f	M10 Washer	4
12	Pulley Brace	2
13	Pulley	2
14	Chain	1
15	Carabiner	3
22	Cables	2



ASSEMBLY AND ADJUSTMENT

STEP 11

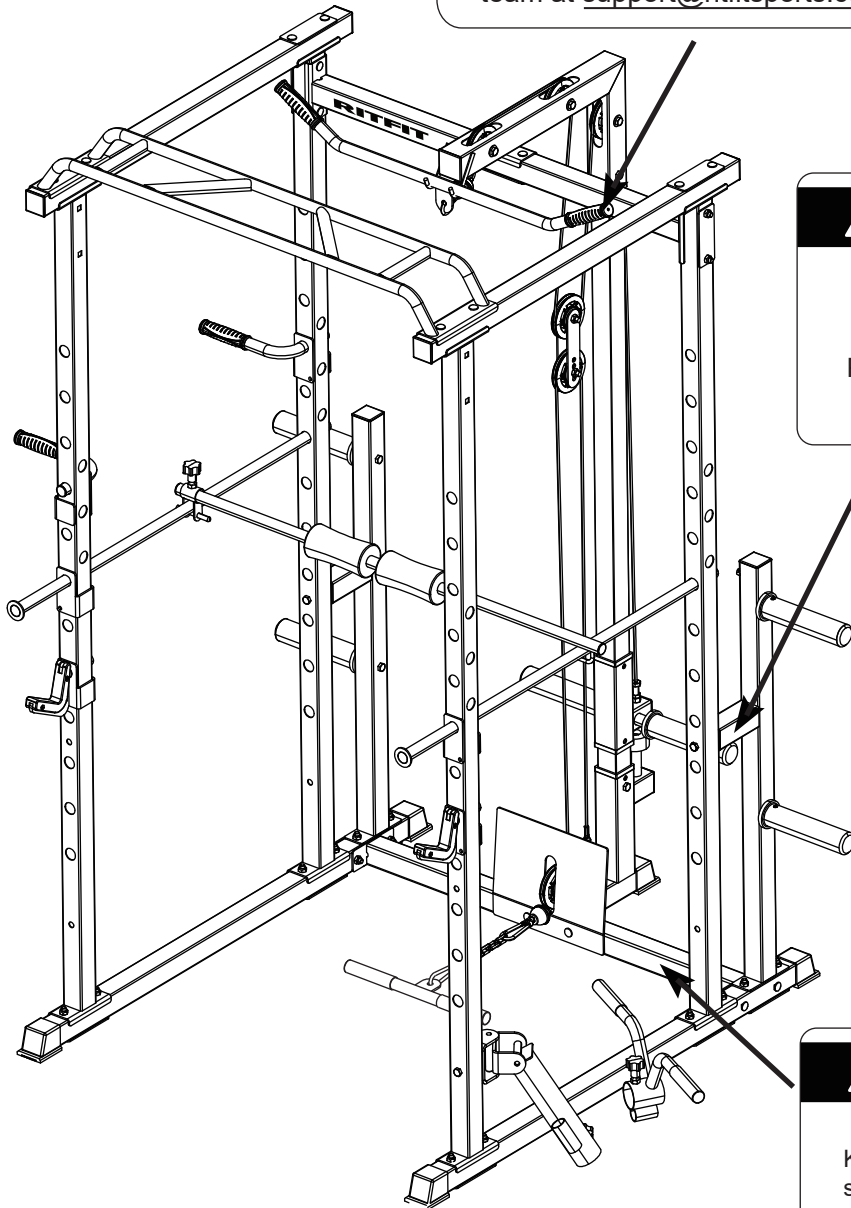
NO.	DESCRIPTION	QUANTITY
d	M10*75 Bolt	1
e	M10 Nut	1
f	M10 Washer	2
A	J-Hook	2
B	Dip Bar	2
C	Longer Safety Bar	2
D	Olympic Bar Handle	1
E	Lap Bar For Lat Pull-Down (Bar Support, Foam Roller, Clamping Plate With Locking Bolt)	1
F	Bar Connector	1
14	Chain	1
15	Carabiner	3
21	Low Row Bar	1



⚠ WARNING



- Misuse of this machine may result in serious injury.
- Read the user's manual prior to use and follow all warnings and instructions.
- Do not allow children under the age of 13 on around the machine.
- The maximum user weight should be less than 308 lbs.
- For consumer use only not for commercial use.
- If you have any questions, please e-mail our customer service team at support@ritfitsports.com.



⚠ WARNING



Diameter of Weight Plate: Max 18.1 in
Plate Holder Capacity: Each peg Max 165 lbs

⚠ WARNING



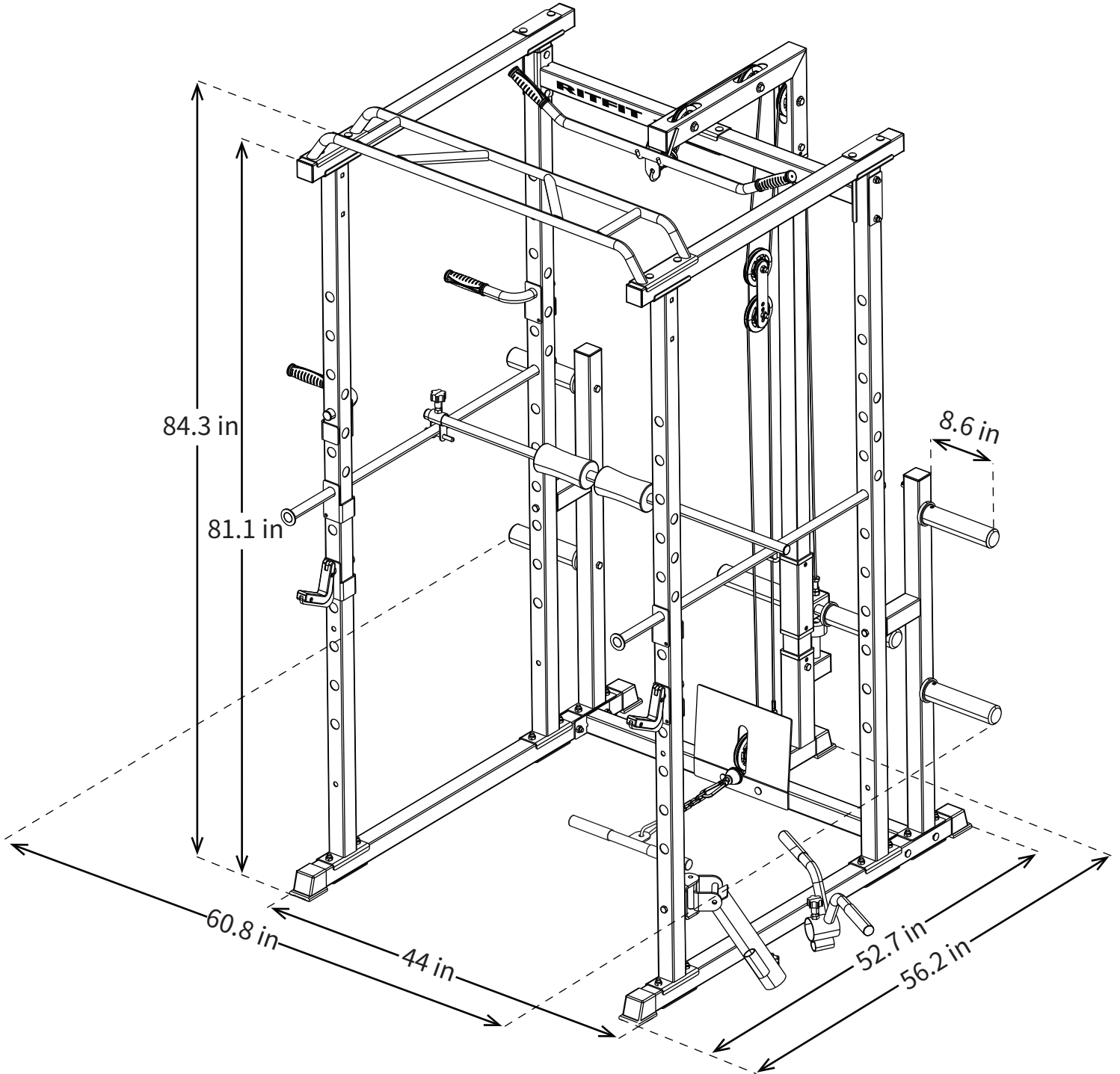
Keep your hands, arms, and feet away from the sharp corners and joints of the cage. Keep the children away from the cage!

Dear RitFit Customers, Thank you so much for choosing RitFit Power Cage with Safety Bar and Plate Holder! Before starting assembling this power cage, please notice that there are THREE important warnings to kindly remind you of the user safeties and product safeties. You NEED to read those warning labels carefully, because failure to follow those warnings may lead to serious injury! Plus, it will be better if the RitFit Logo is facing the center of the power cage.

END

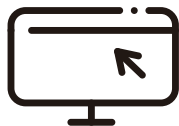
Congratulations!

You have assembled the Multi-Functional Home Gym Power Cage!
Now, you can officially start strength training with RITFIT.



RITFIT

A GYM OF YOUR OWN



www.ritfitsports.com

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- Lastest Updates



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