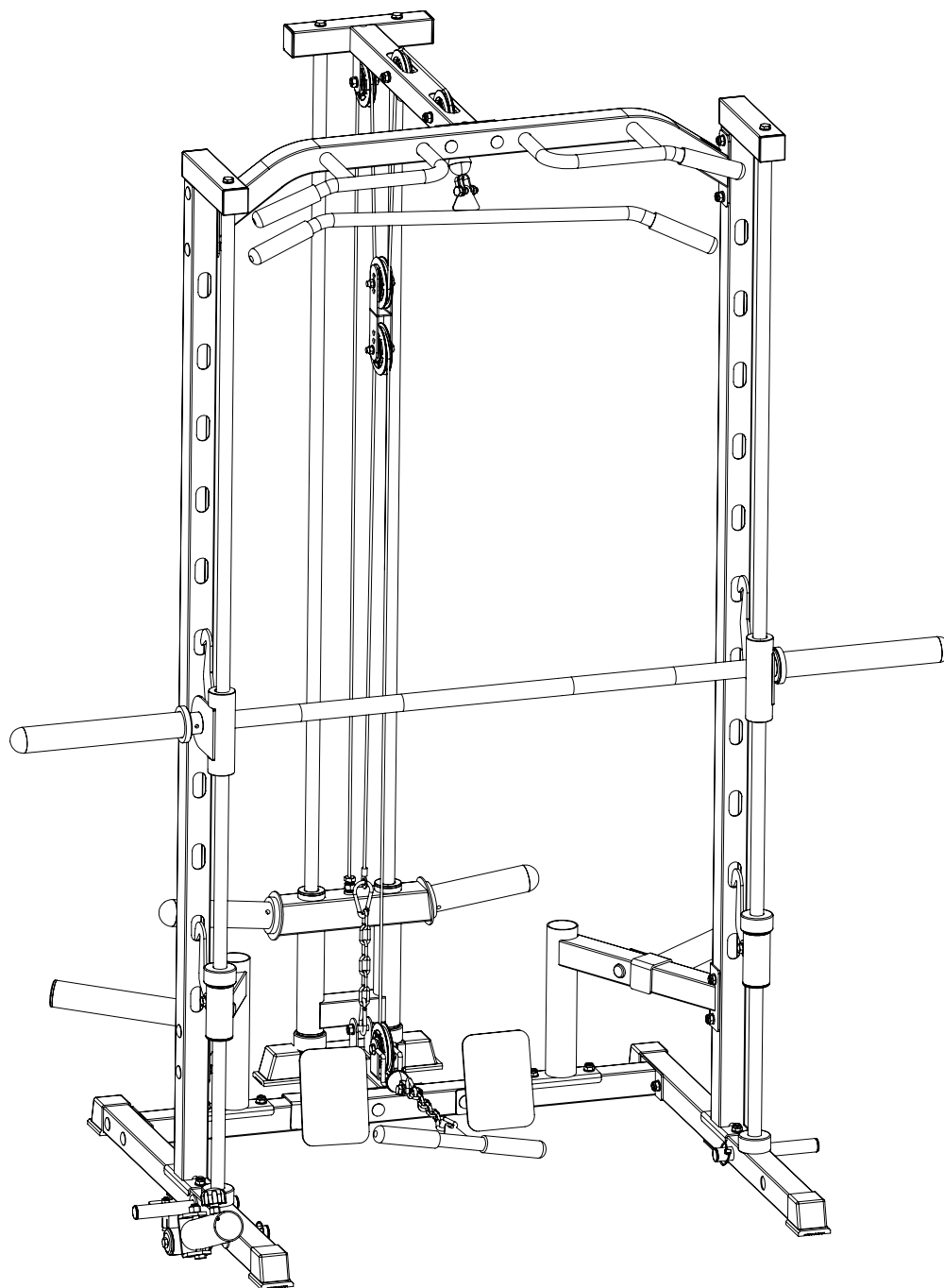


# RITFIT

## POWER RACK PSR05



OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS

# 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 assuring 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. Keep hands and feet away from any moving parts that are not intended to have body parts near them while in use.
  8. 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).
  9. Before using this equipment, always do stretching exercise to warm up.
  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 question, please e-mail our customer service team at [support@ritfitsports.com](mailto:support@ritfitsports.com).

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## 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.

# WARRANTY

## Power Rack 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 Power Rack.

### C. What's covered?

The Basic Warranty covers the cost of all parts and labor needed to repair any item on your power rack 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, foot covers, J-hooks and 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 power rack'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 does 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 rack.

### G. How To Contact Us?

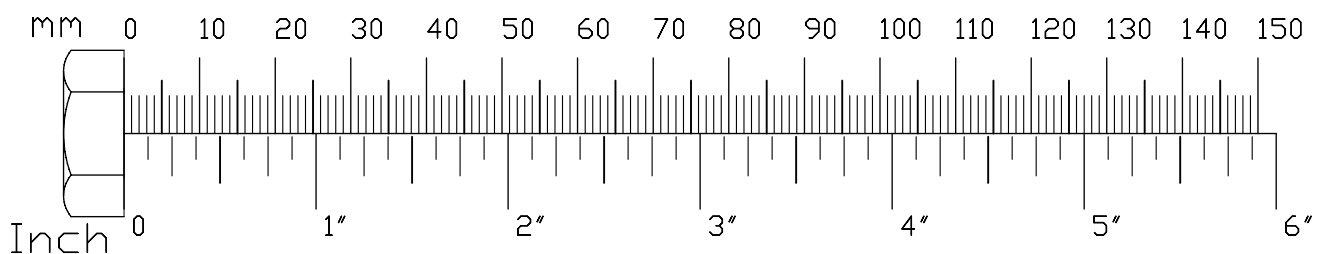
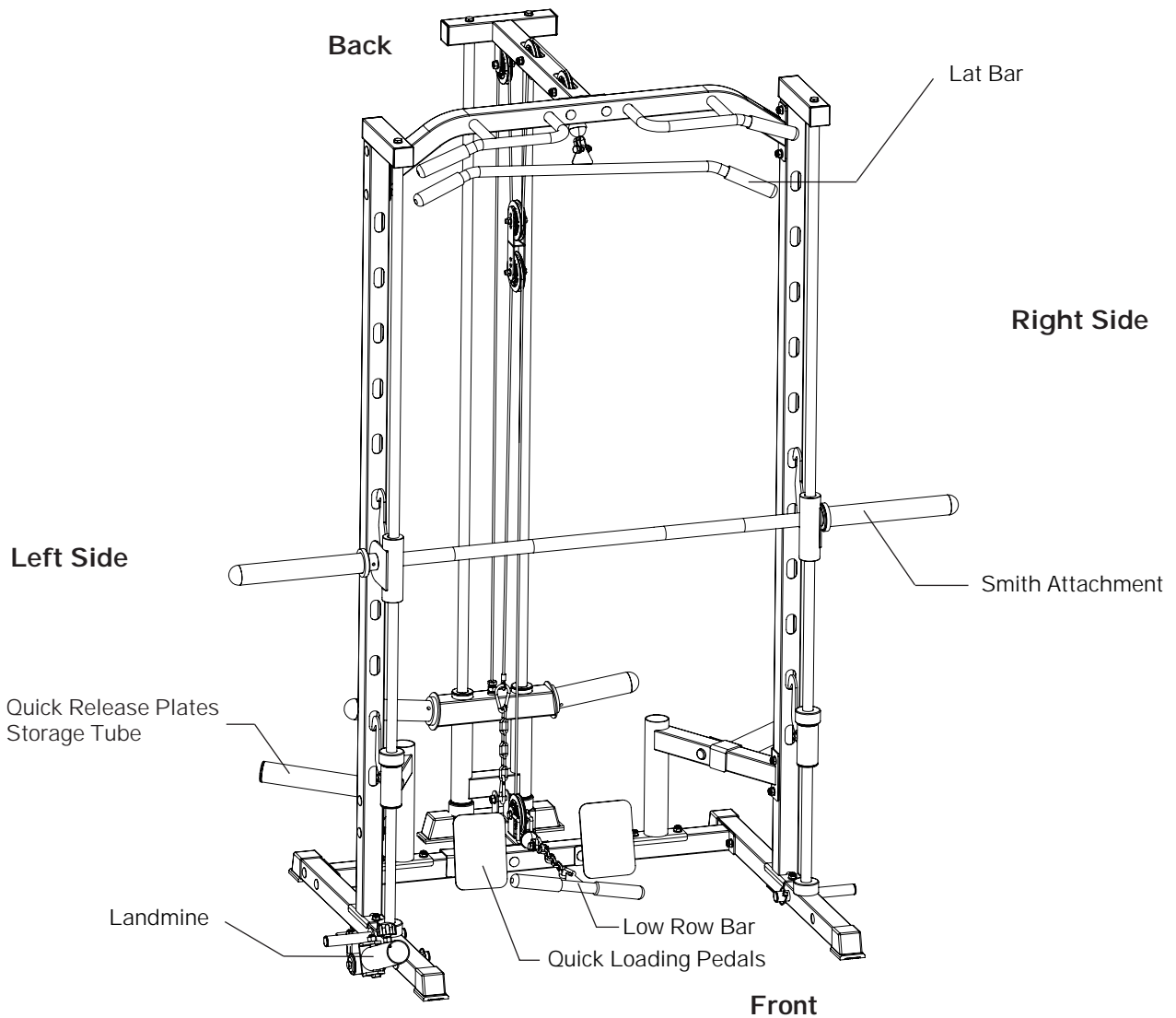
To ensure you receive the best technical support, please visit our website: [www.ritfitsports.com](http://www.ritfitsports.com) and register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. 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](mailto:support@ritfitsports.com).

# BEFORE YOU BEGIN

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

For your benefit, read this manual carefully before using the Power Rack. If you have additional questions, please email our Customer Service Department at [support@ritfitsports.com](mailto:support@ritfitsports.com). To help us assist you, please note the product model number and serial number before calling. The model number is **PSR05**.

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

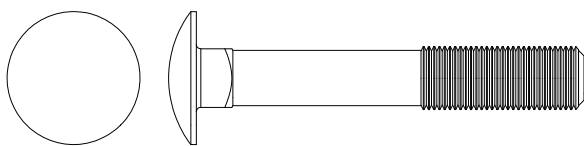




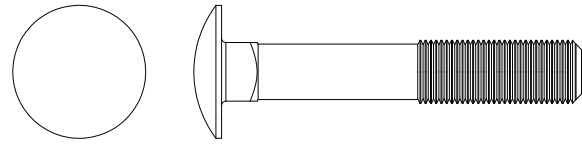
# PARTS LIST

## FASTENER AND TOOLS

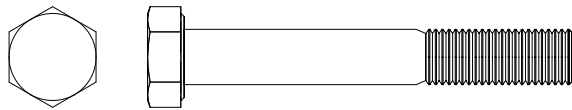
NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	4
b	M10x65 Square Neck Bolt	20
c	M10x70 Hex Bolt	2
d	M10x60 Hex Bolt	2
e	M10x45 Hex Bolt	3
f	M10x20 Hex Bolt	4
g	M10 Expansion Bolt	2
h	M10 Washer	42
i	M10 Nut	31
j	M17-M19 Wrench	1
k	M14-M17 Wrench	1
l	M4 Hex Key	1



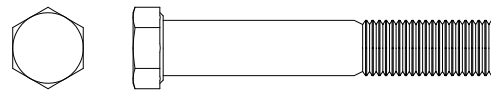
(a) M10x70 Square Neck Bolt  
4x



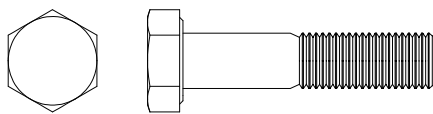
(b) M10x65 Square Neck Bolt  
20x



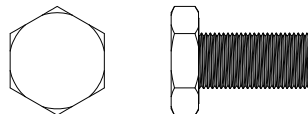
(c) M10x70 Hex Bolt  
2x



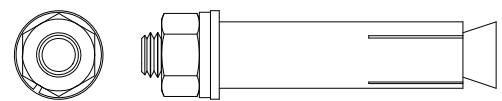
(d) M10x60 Hex Bolt  
2x



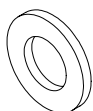
(e) M10x45 Hex Bolt  
3x



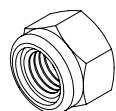
(f) M10x20 Hex Bolt  
4x



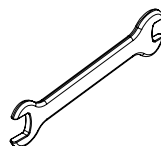
(g) M10 Expansion Bolt  
2x



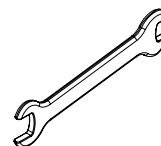
(h) M10 Washer  
42x



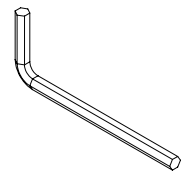
(i) M10 Nut  
31x



(j) M17-M19 Wrench  
1x



(k) M14-M17 Wrench  
1x

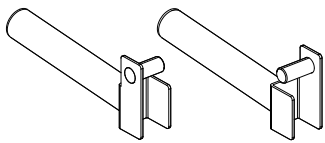


(l) M4 Hex Key  
1x

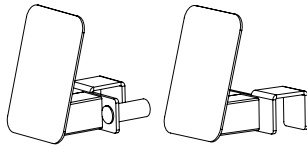
# PARTS LIST

## ACCESSORIES

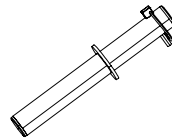
NO.	DESCRIPTION	QUANTITY
A	Quick Release Plates Storage Tubes	1
B	Quick Loading Pedals	1
C	Band Peg	2
D	Landmine	1
E	M8x35 Ring Bolt	3



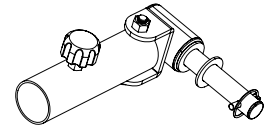
(A) Quick Release Plates  
Storage Tubes



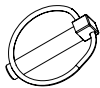
(B) Quick Loading Pedals



(C) Band Peg  
2x



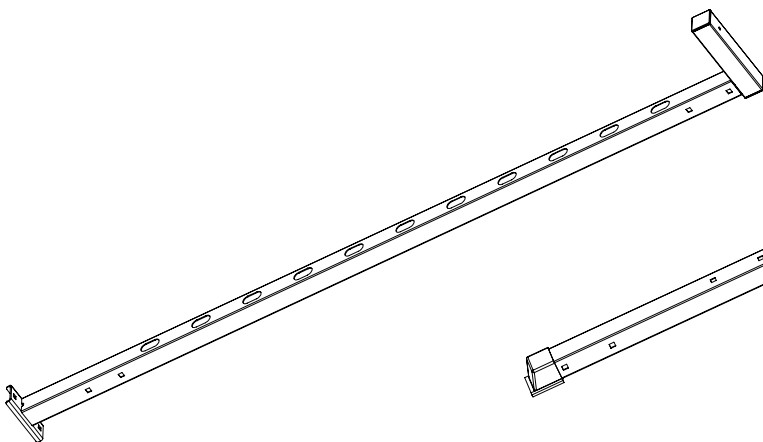
(D) Landmine  
1x



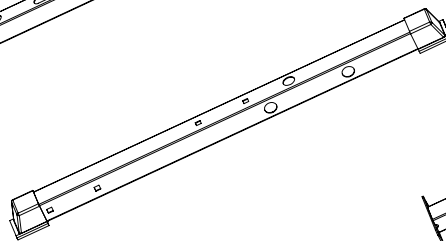
(E) M8x35 Ring Bolt  
3x

## MAIN FRAME

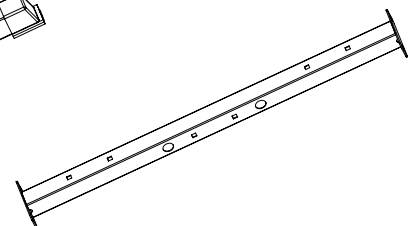
NO.	DESCRIPTION	QUANTITY
1	Back Upright Frame	2
2	Bottom Base Frame	2
3	Bottom Cross Beam	1
4	Barbell Storage Frame-L	1
5	Barbell Storage Frame-R	1
6	Pull-Up Bar	1
7	Bolt-down Floor Bracket	2



(1) Back Upright Frame  
2x

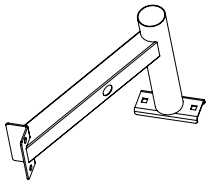


(2) Bottom Base Frame  
2x

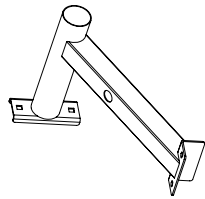


(3) Bottom Cross Beam  
1x

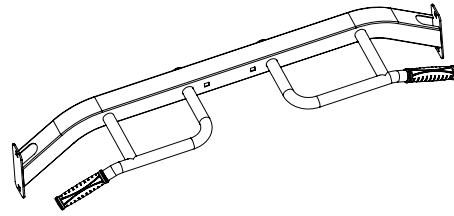
# PARTS LIST



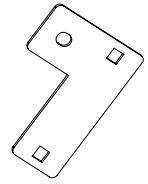
④ Barbell Storage Frame-L



⑤ Barbell Storage Frame-R



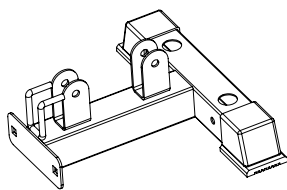
⑥ Pull-Up Bar 1x



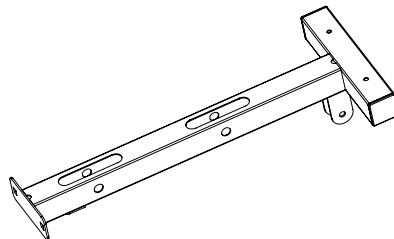
⑦ Bolt-down Floor Bracket 2x

## LAT PULL-DOWN & SMITH SYSTEM

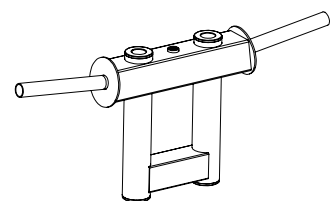
NO.	SKU	DESCRIPTION	QUANTITY
8		Pulley System Base Frame	1
9		Pulley System Top Frame	1
10		Plate Carriage	1
11		Slider-L	1
12		Slider-R	1
13		Barbell Safety Support Hook	2
14		Chain	2
15		Rubber Gasket	4
16		Rubber Pad	6
17	E001-W008	Pulley	4
18		Pulley Block	1
19		Short Plate Storage Peg	2
20		long Plate Storage Peg	2
21		Pulley Peg	4
22		Lat Bar	1
23		Low Row Bar	1
24		Barbell Shaft	1
25		Barbell Rod	1
26		Hollow Guide Rod	2
27		Solid Guide Rod	2
28	PSR05-ROP01	Cable A	1
29	PSR05-ROP02	Cable B	1
30		Carabiner	2



⑧ Pulley System Base Frame 1x

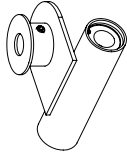


⑨ Pulley System Top Frame 1x

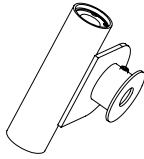


⑩ Plate Carriage 1x

# PARTS LIST



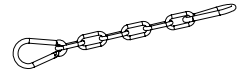
①① Slider-L  
1x



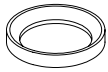
①② Slider-R  
1x



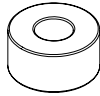
①③ Barbell Safety  
Support Hook  
2x



①④ Chain  
2x



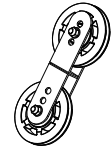
①⑤ Rubber Gasket  
4x



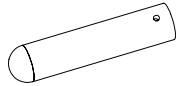
①⑥ Rubber Pad  
6x



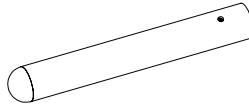
①⑦ Pulley  
4x



①⑧ Pulley Block  
1x



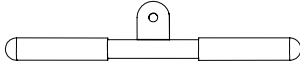
①⑨ Short Plate Storage Peg  
2x



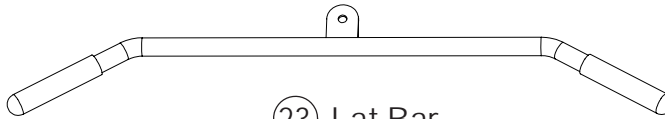
①⑩ Long Plate Storage Peg  
2x



①⑪ Pulley Peg  
4x



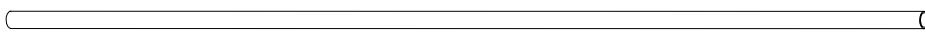
①⑫ Low Row Bar  
1x



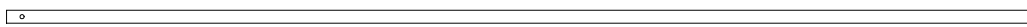
①⑬ Lat Bar  
1x



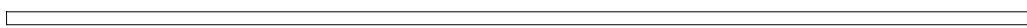
①⑭ Barbell Shaft  
1x



①⑮ Barbell Rod  
1x



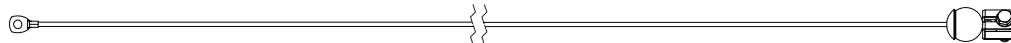
①⑯ Hollow Guide Rod  
2x



①⑰ Solid Guide Rod  
2x



①⑱ Cable A  
1x



①⑲ Cable B  
1x

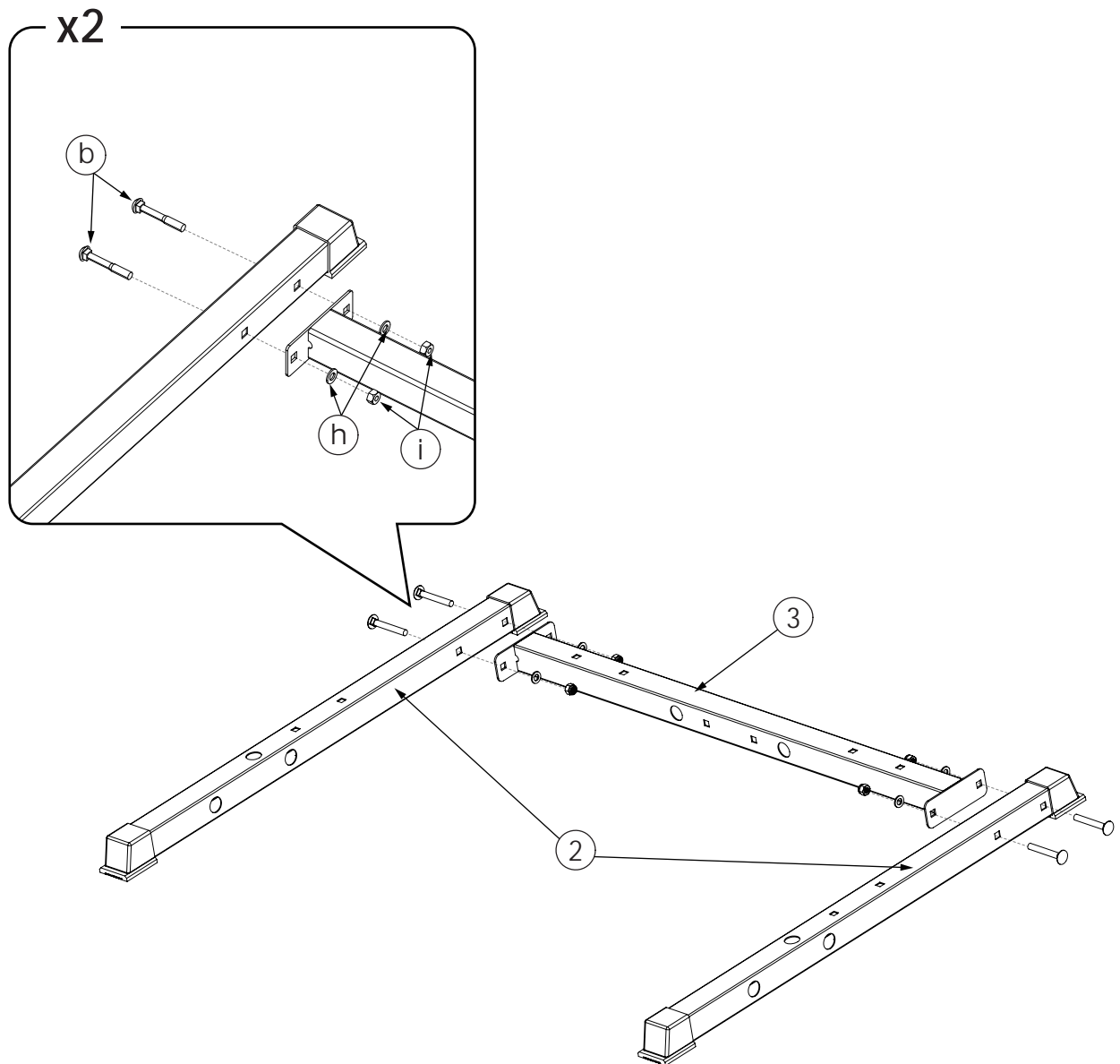


①⑳ Carabiner  
2x

# ASSEMBLY

## STEP 1

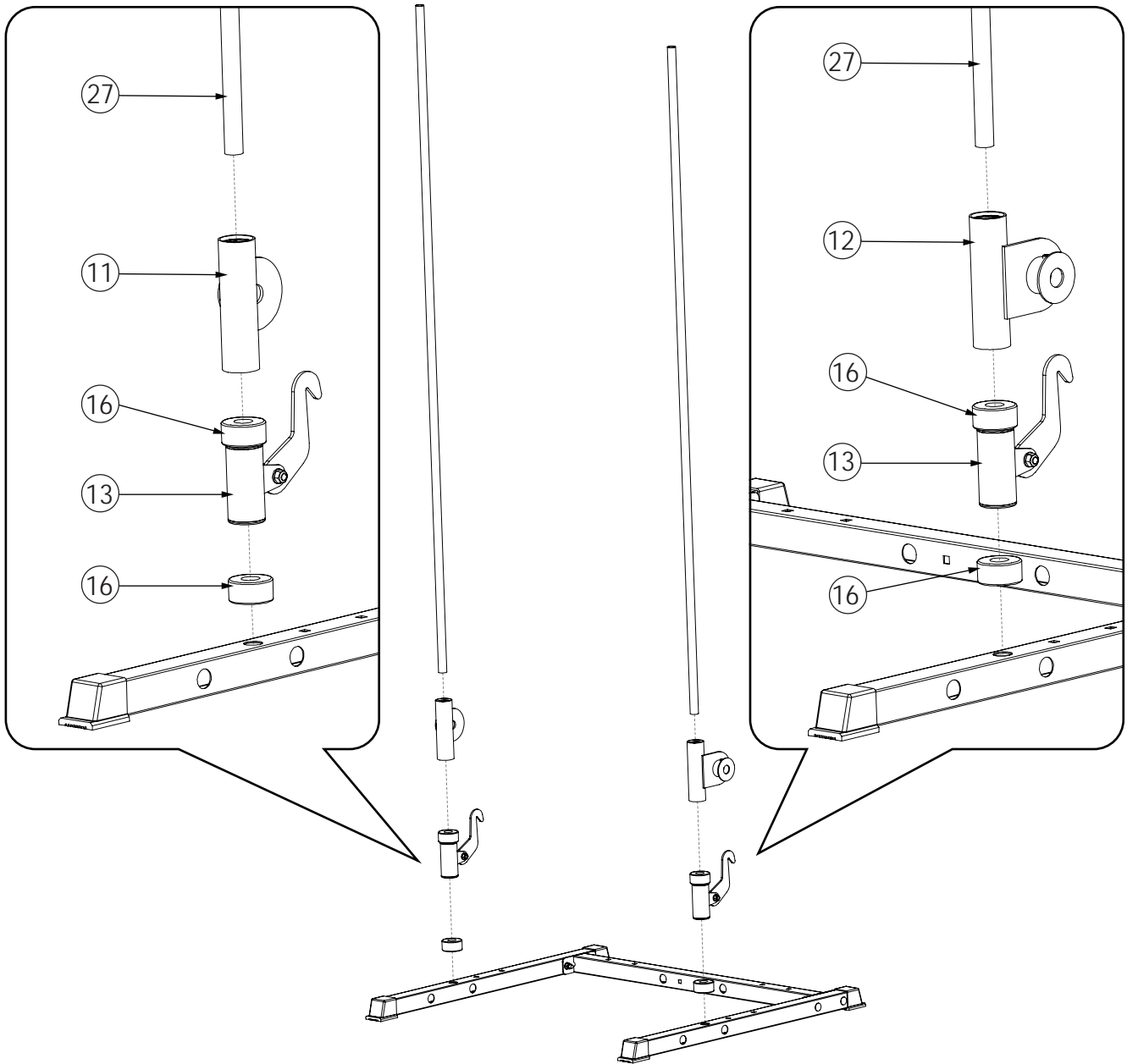
NO.	DESCRIPTION	QUANTITY
2	Bottom Base Frame	2
3	Bottom Cross Beam	1
b	M10x65 Square Neck Bolt	4
h	M10 Washer	4
i	M10 Nut	4



# ASSEMBLY

## STEP 2 (Two People Are Required.)

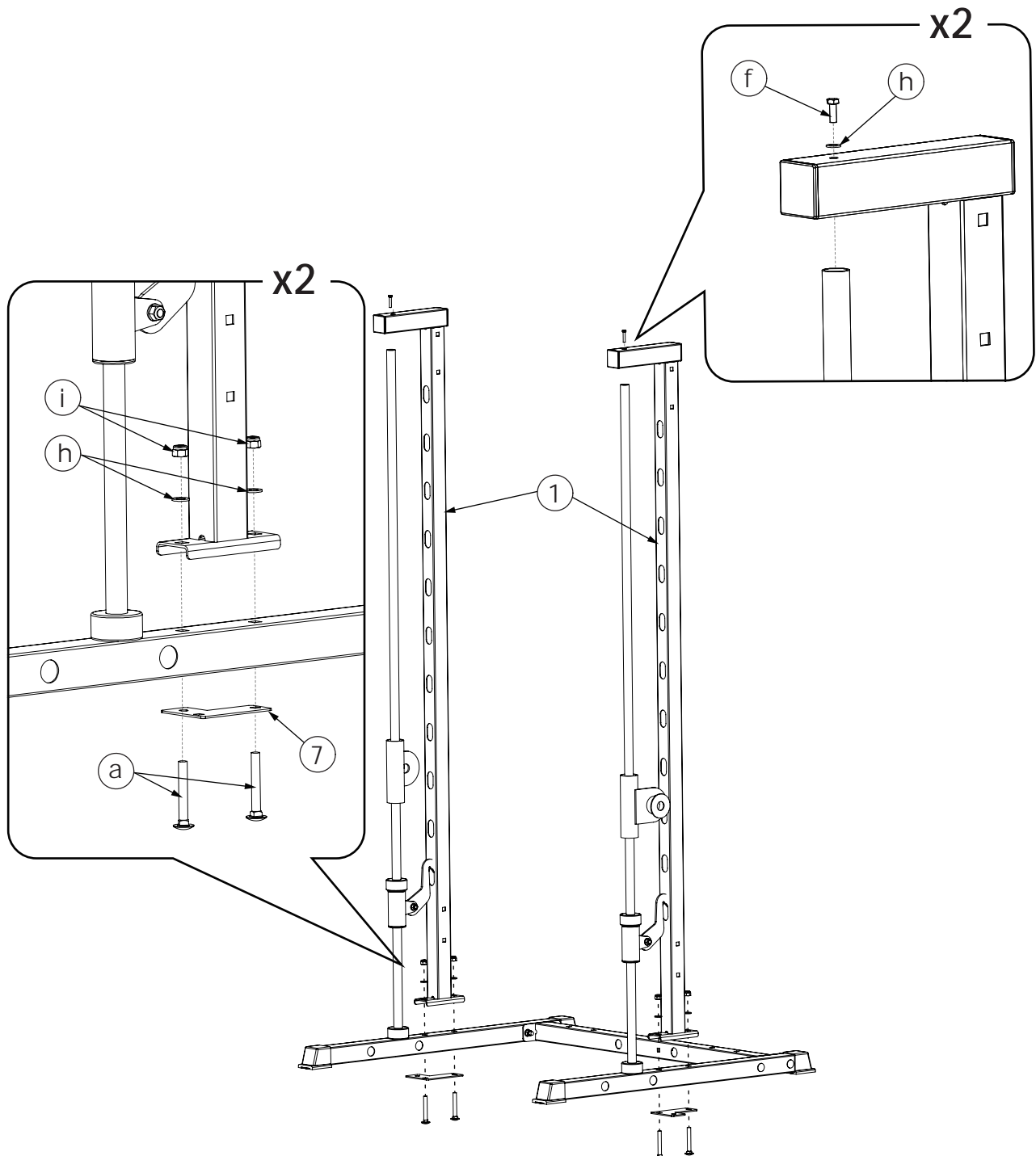
NO.	DESCRIPTION	QUANTITY
11	Slider-L	1
12	Slider-R	1
13	Barbell Safety Support Hook	2
16	Rubber Pad	4
27	Solid Guide Rod	2



# ASSEMBLY

## STEP 3 (Two People Are Required.)

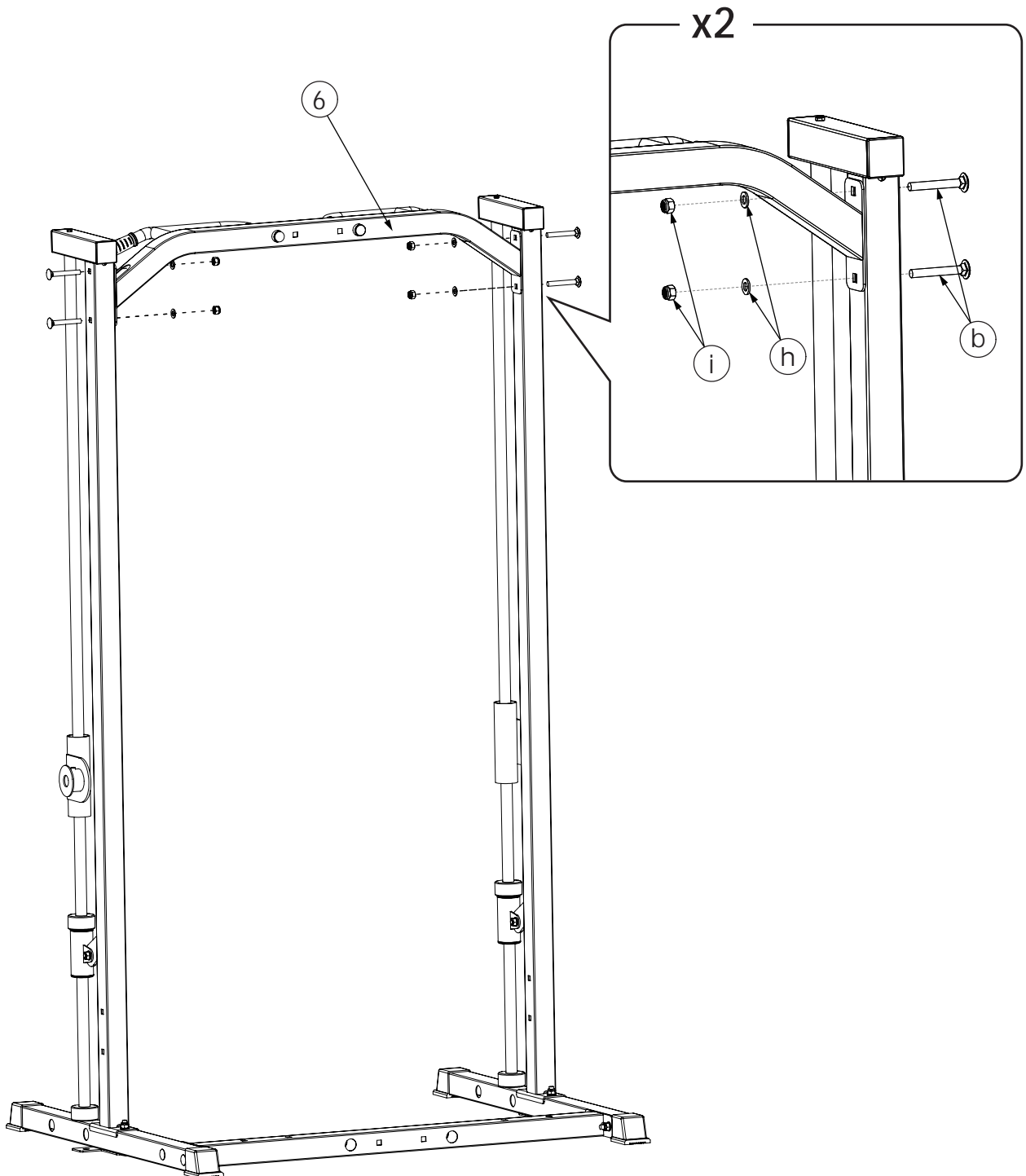
NO.	DESCRIPTION	QUANTITY
1	Back Upright Frame	2
7	Bolt-down Floor Bracket	2
a	M10x70 Square Neck Bolt	4
f	M10x20 Hex Bolt	2
h	M10 Washer	6
i	M10 Nut	4



# ASSEMBLY

## STEP 4 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
6	Pull-Up Bar	1
b	M10x65 Square Neck Bolt	4
h	M10 Washer	4
i	M10 Nut	4

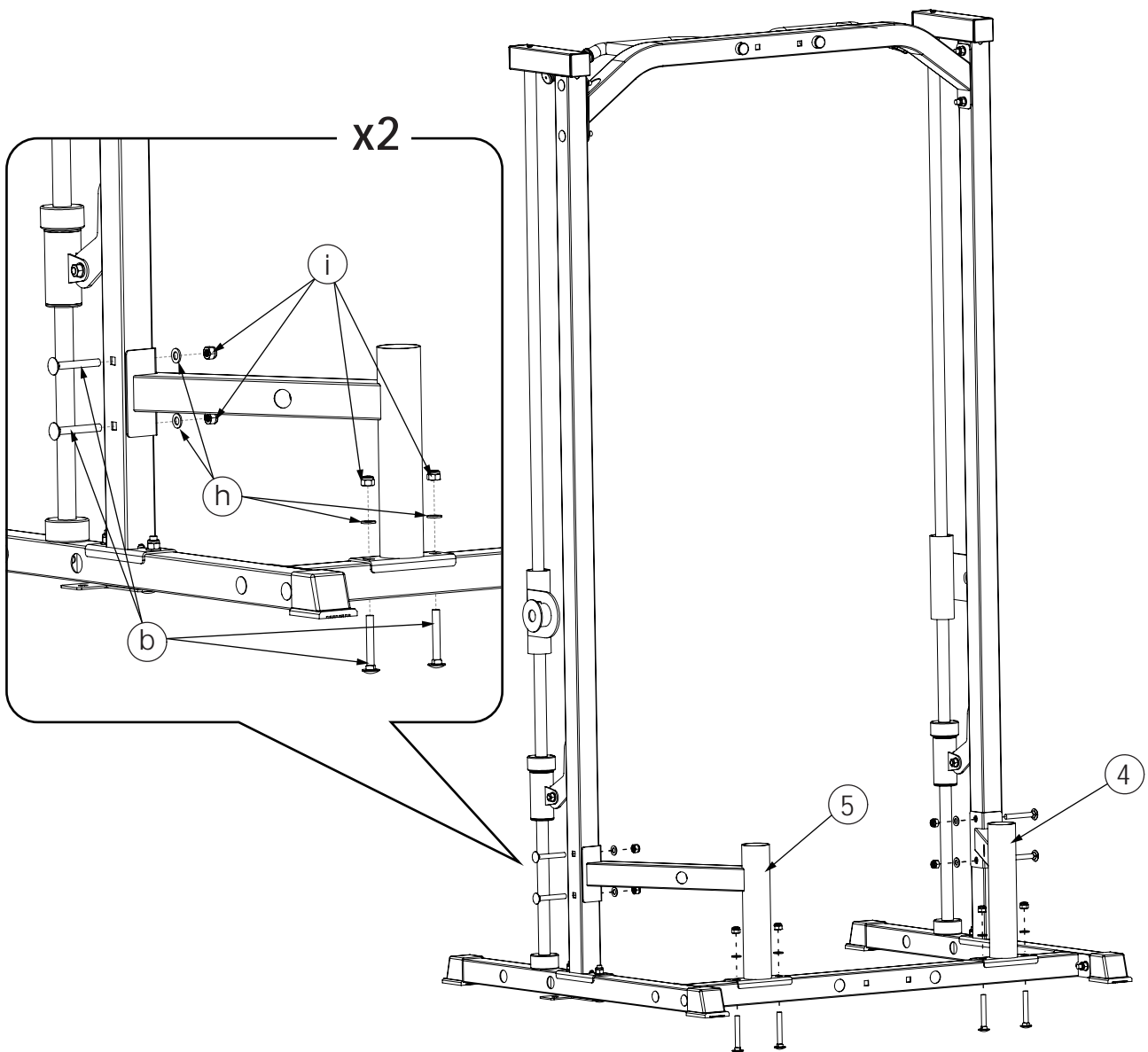




# ASSEMBLY

## STEP 5 (Two People Are Required.)

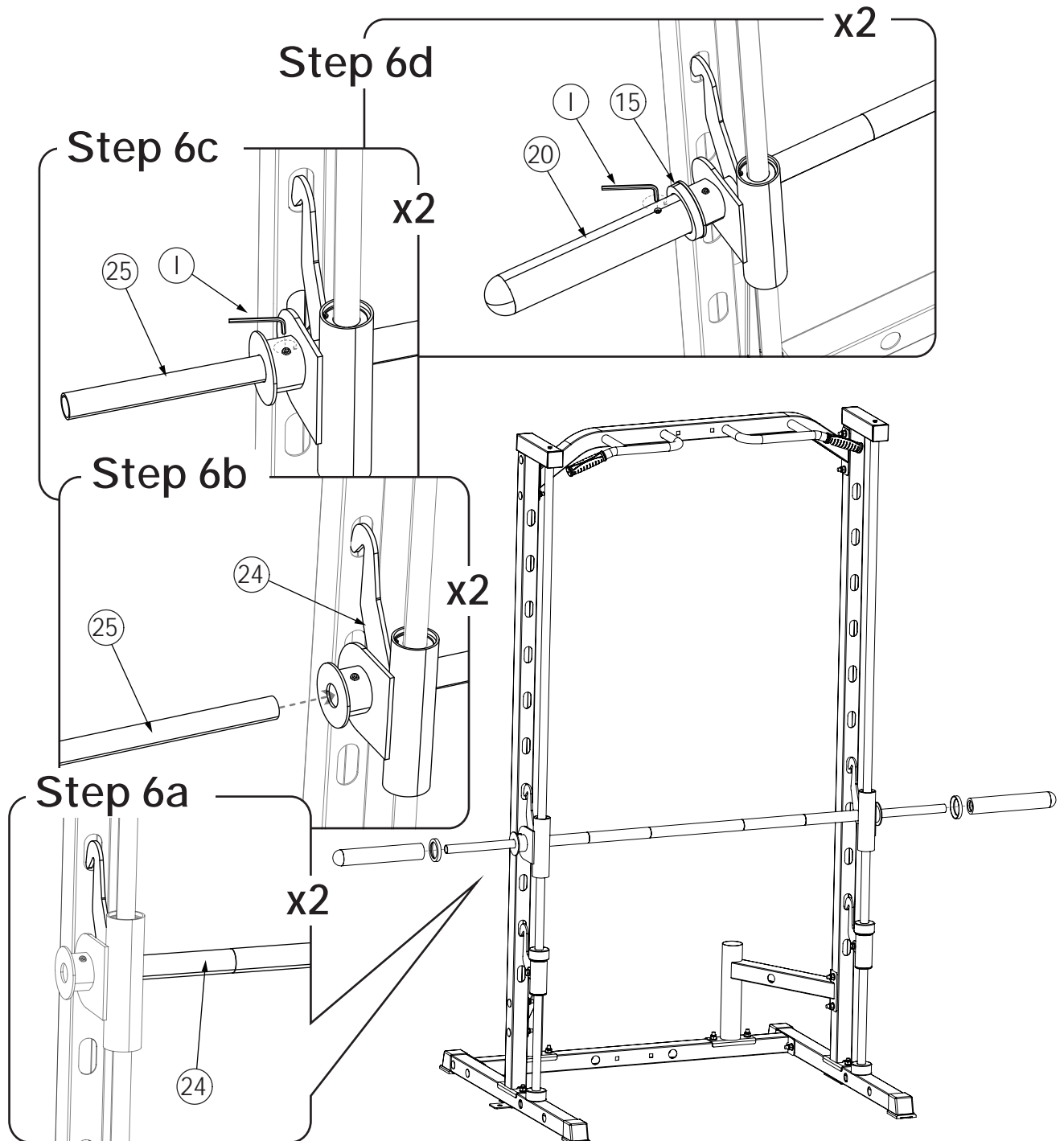
NO.	DESCRIPTION	QUANTITY
4	Barbell Storage Frame-L	1
5	Barbell Storage Frame-R	1
b	M10x65 Square Neck Bolt	8
h	M10 Washer	8
i	M10 Nut	8



# ASSEMBLY

## STEP 6 (Two People Are Required.)

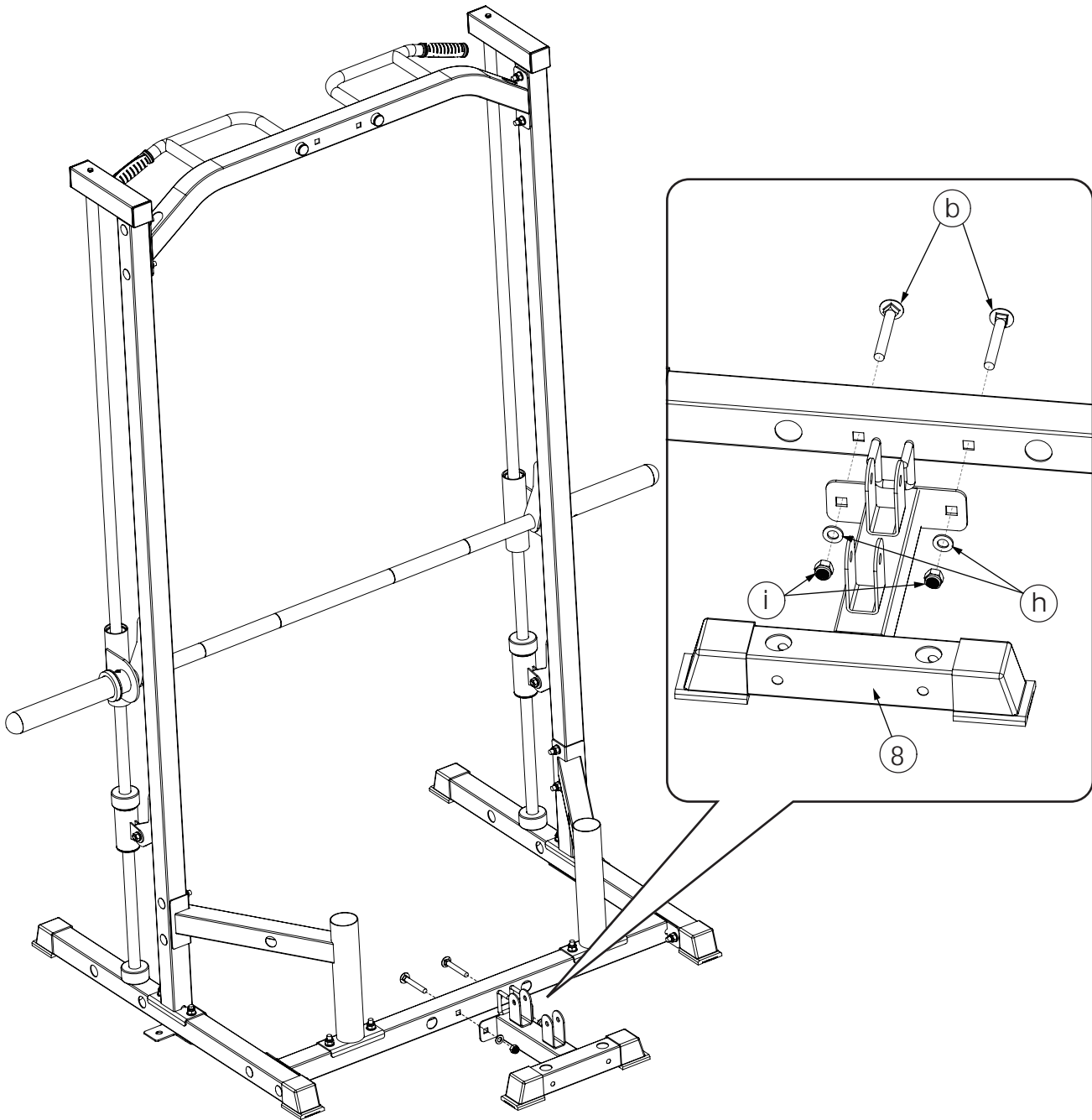
NO.	DESCRIPTION	QUANTITY
15	Rubber Gasket	2
20	Long Plate Storage Peg	2
24	Barbell Shaft	1
25	Barbell Rod	1
1	M4 Hex Key	1



# ASSEMBLY

## STEP 7 (Two People Are Required.)

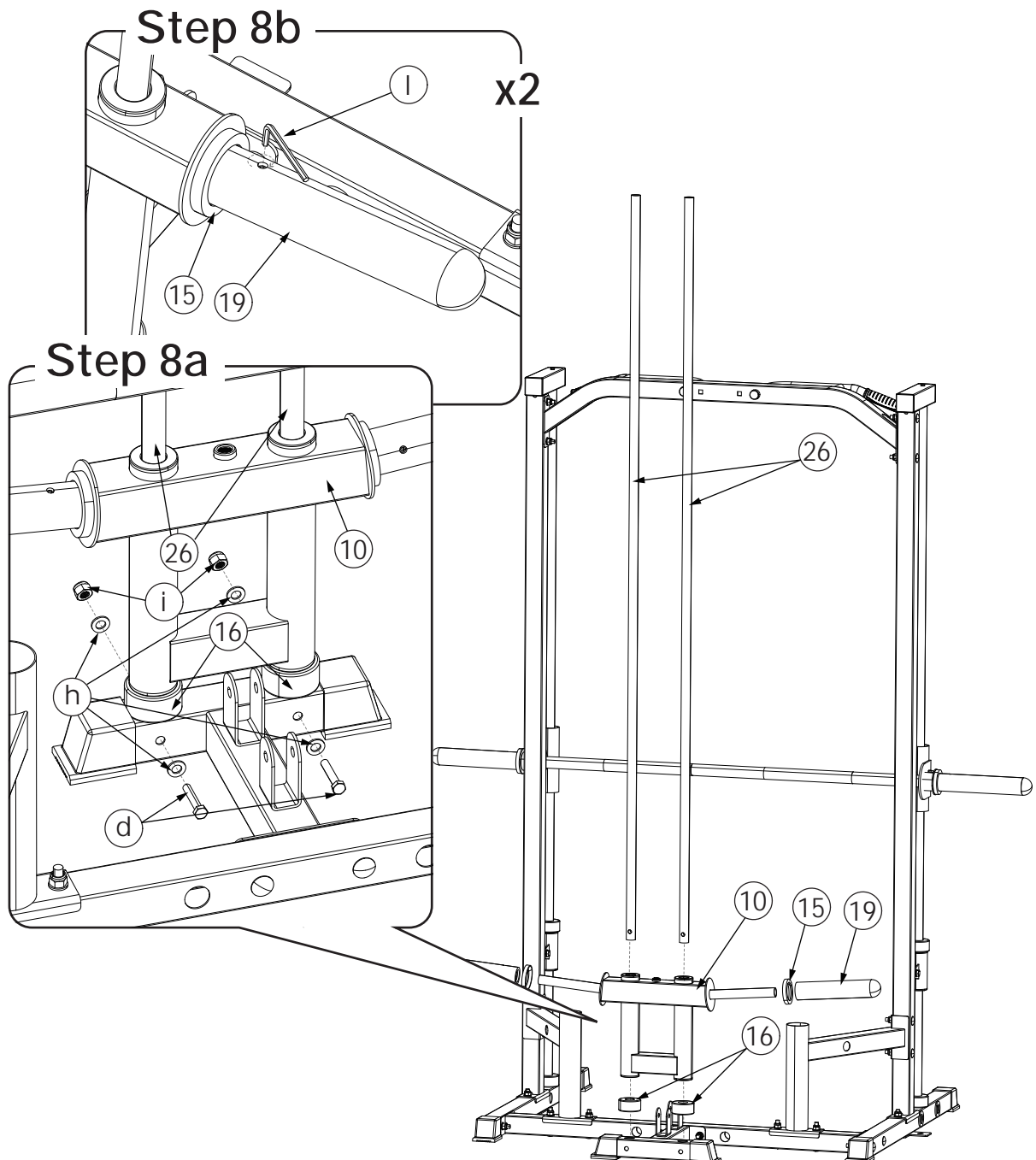
NO.	DESCRIPTION	QUANTITY
8	Pulley System Base Frame	1
b	M10x65 Square Neck Bolt	2
h	M10 Washer	2
i	M10 Nut	2



# ASSEMBLY

## STEP 8 (Two People Are Required.)

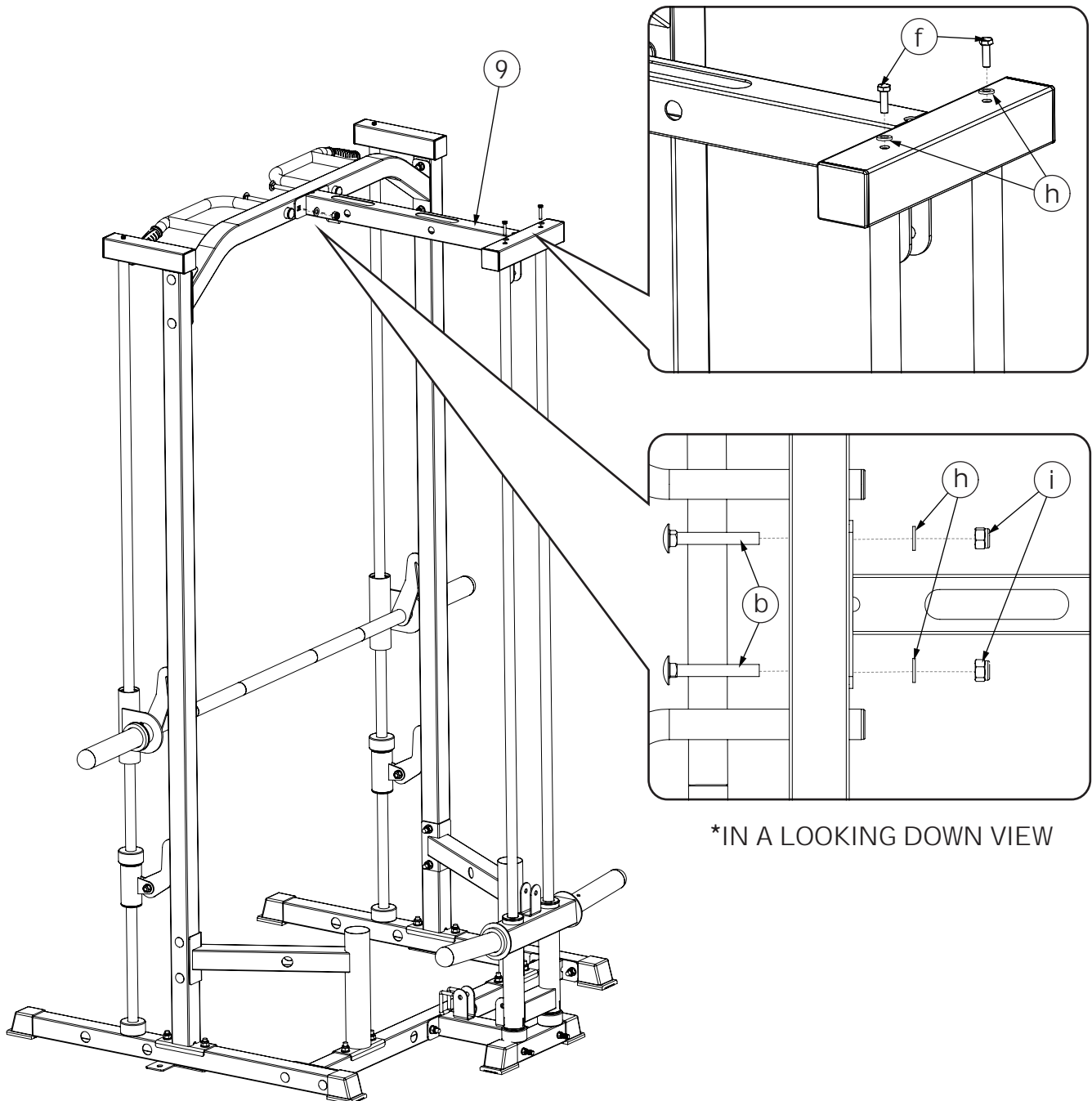
NO.	DESCRIPTION	QUANTITY
10	Plate Carriage	1
15	Rubber Gasket	2
16	Rubber Pad	2
19	Short Plate Storage Peg	2
26	Hollow Guide Rod	2
d	M10x60 Hex Bolt	2
h	M10 Washer	4
i	M10 Nut	2
l	M4 Hex Key	1



# ASSEMBLY

## STEP 9 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
9	Pulley System Top Frame	1
b	M10x65 Square Neck Bolt	2
f	M10x20 Hex Bolt	2
h	M10 Washer	4
i	M10 Nut	2

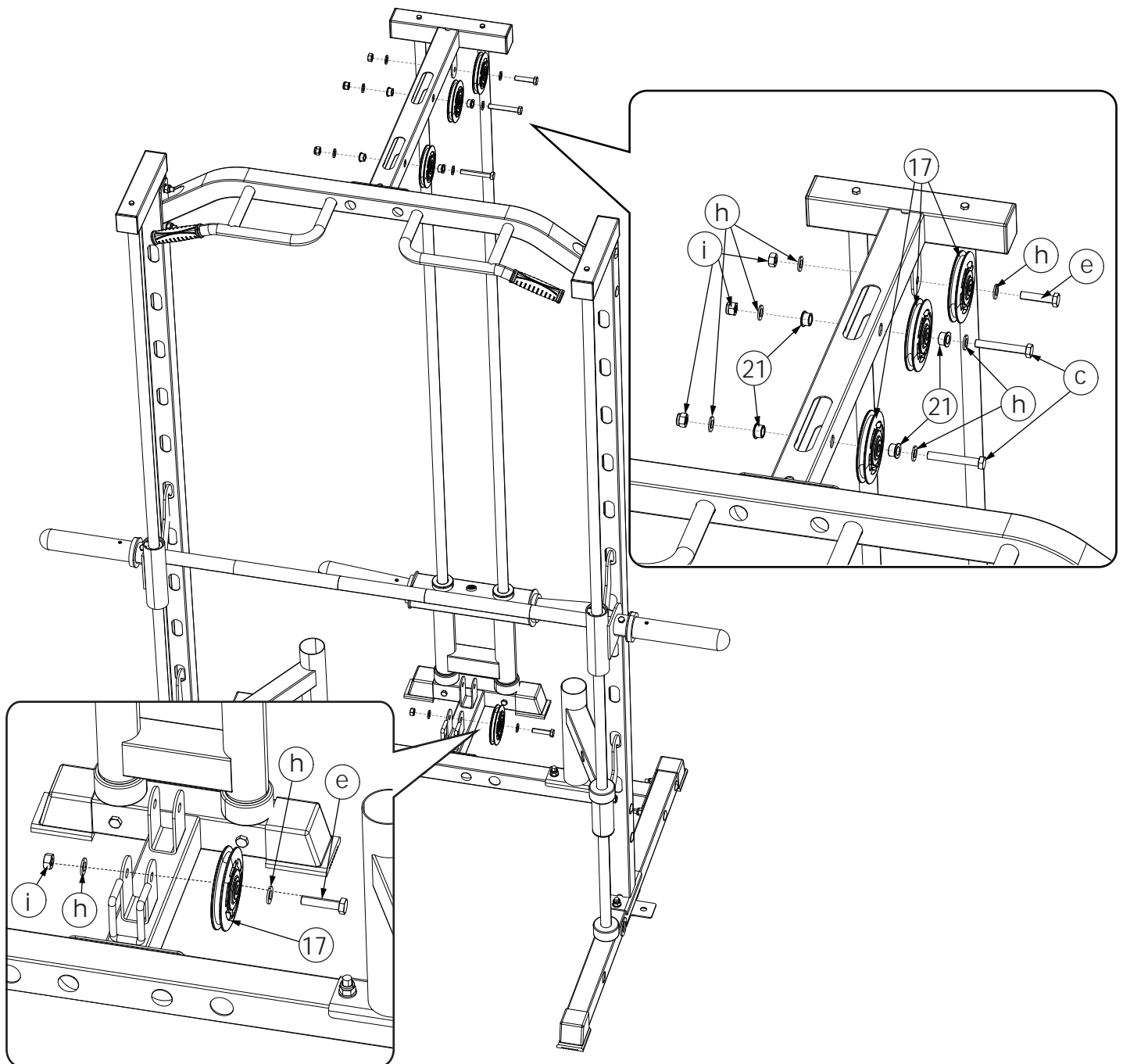


\*IN A LOOKING DOWN VIEW

# ASSEMBLY

## STEP 10

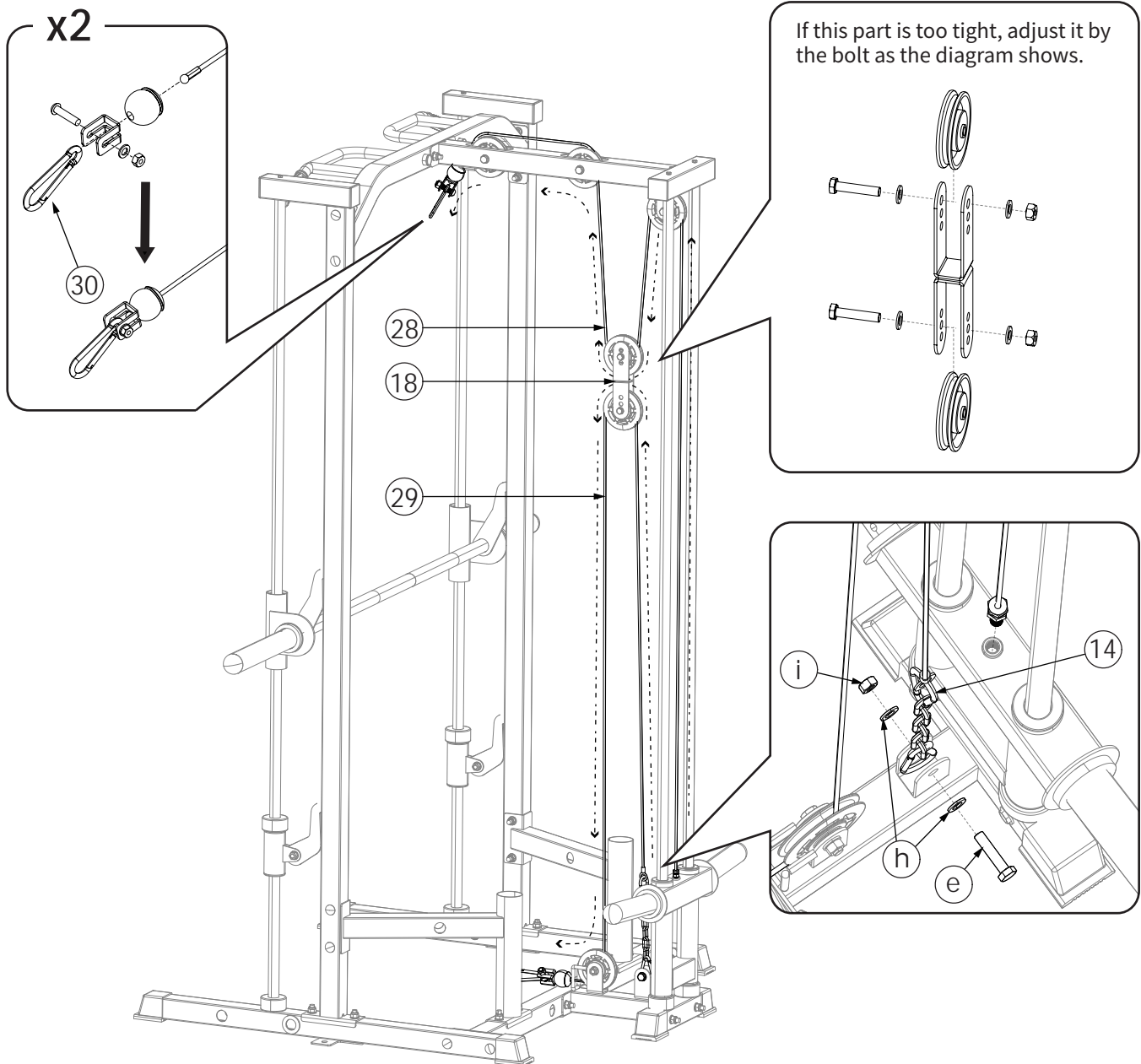
NO.	DESCRIPTION	QUANTITY
17	Pulley	4
21	Pulley Peg	4
c	M10x70 Hex Bolt	2
e	M10x45 Hex Bolt	2
h	M10 Washer	8
i	M10 Nut	4



# ASSEMBLY

## STEP 11

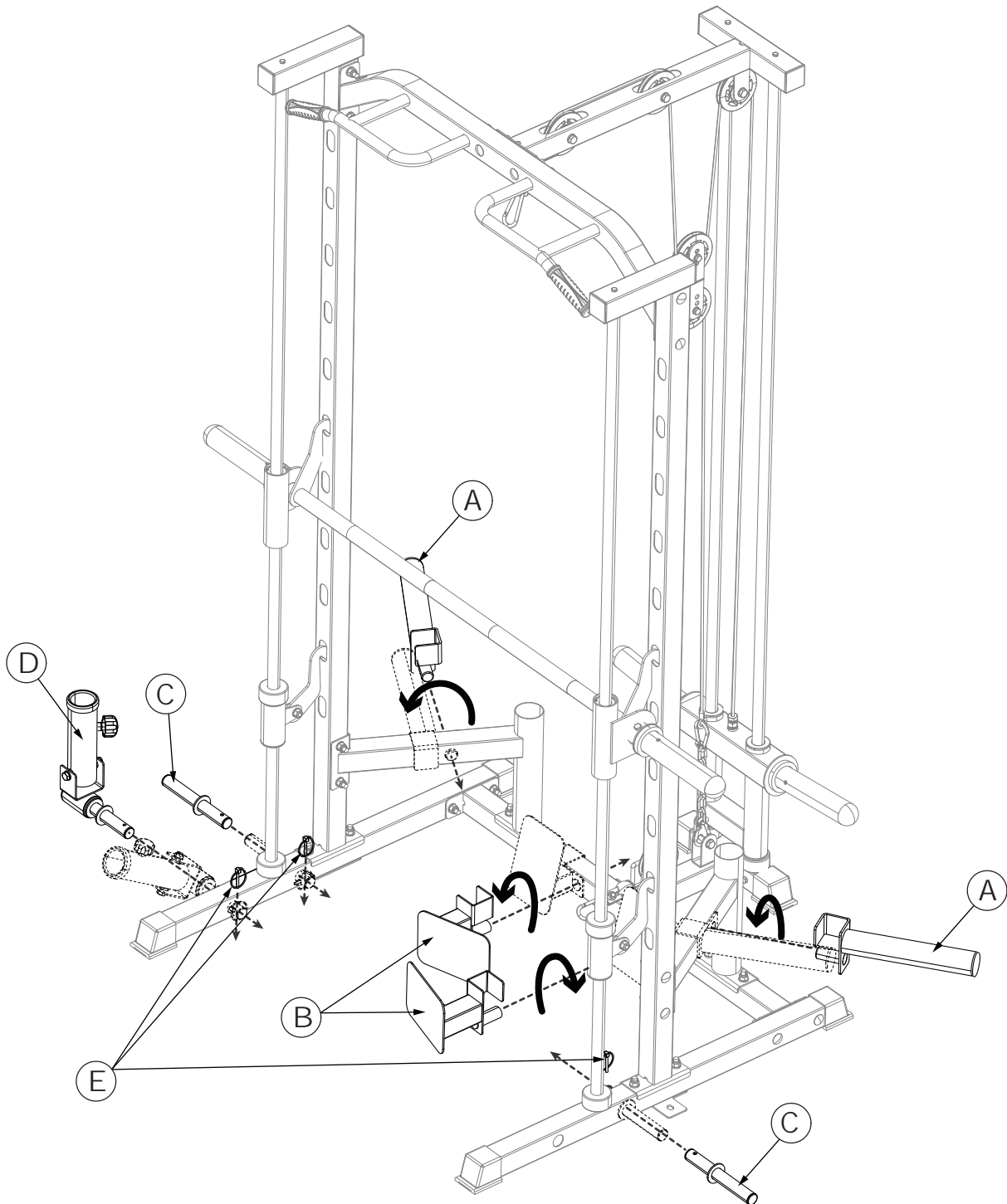
NO.	DESCRIPTION	QUANTITY
14	Chain	1
18	Pulley Block	1
28	Cable A	1
29	Cable B	1
30	Carabiner	2
e	M10x45 Hex Bolt	1
h	M10 Washer	2
i	M10 Nut	1



# ASSEMBLY

## STEP 12

NO.	DESCRIPTION	QUANTITY
A	Quick Release Plates Storage Tubes	1
B	Quick Loading Pedals	1
C	Band Peg	2
D	Landmine	1
E	M8x35 Ring Bolt	3

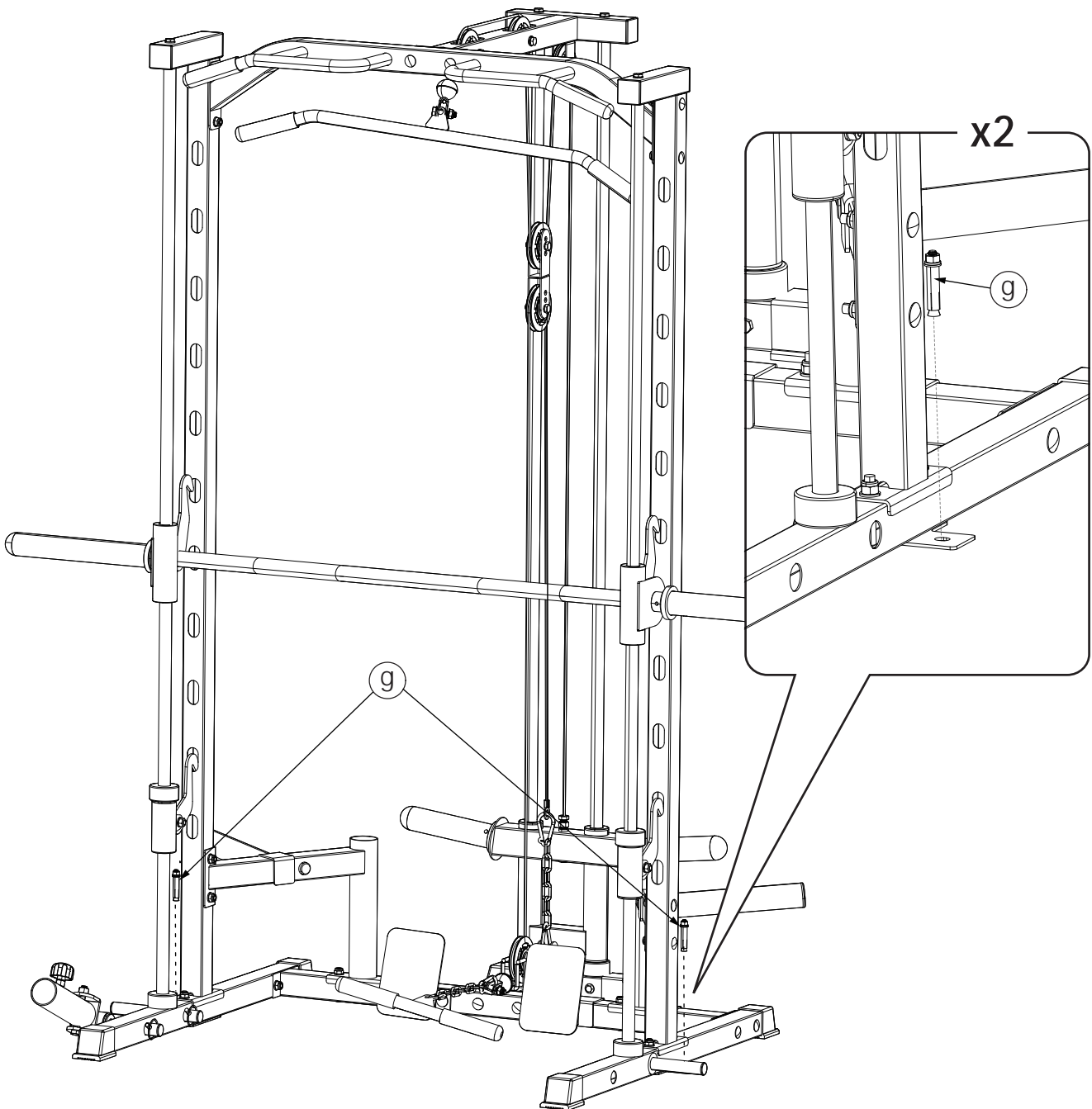




# ASSEMBLY

## STEP 13

NO.	DESCRIPTION	QUANTITY
g	M10 Expansion Bolt	2



\*If you want to increase the stability of this Power Rack, you can use the Bolt-down Floor Bracket to fix it.

**RITFIT** ⚠️ WARNING

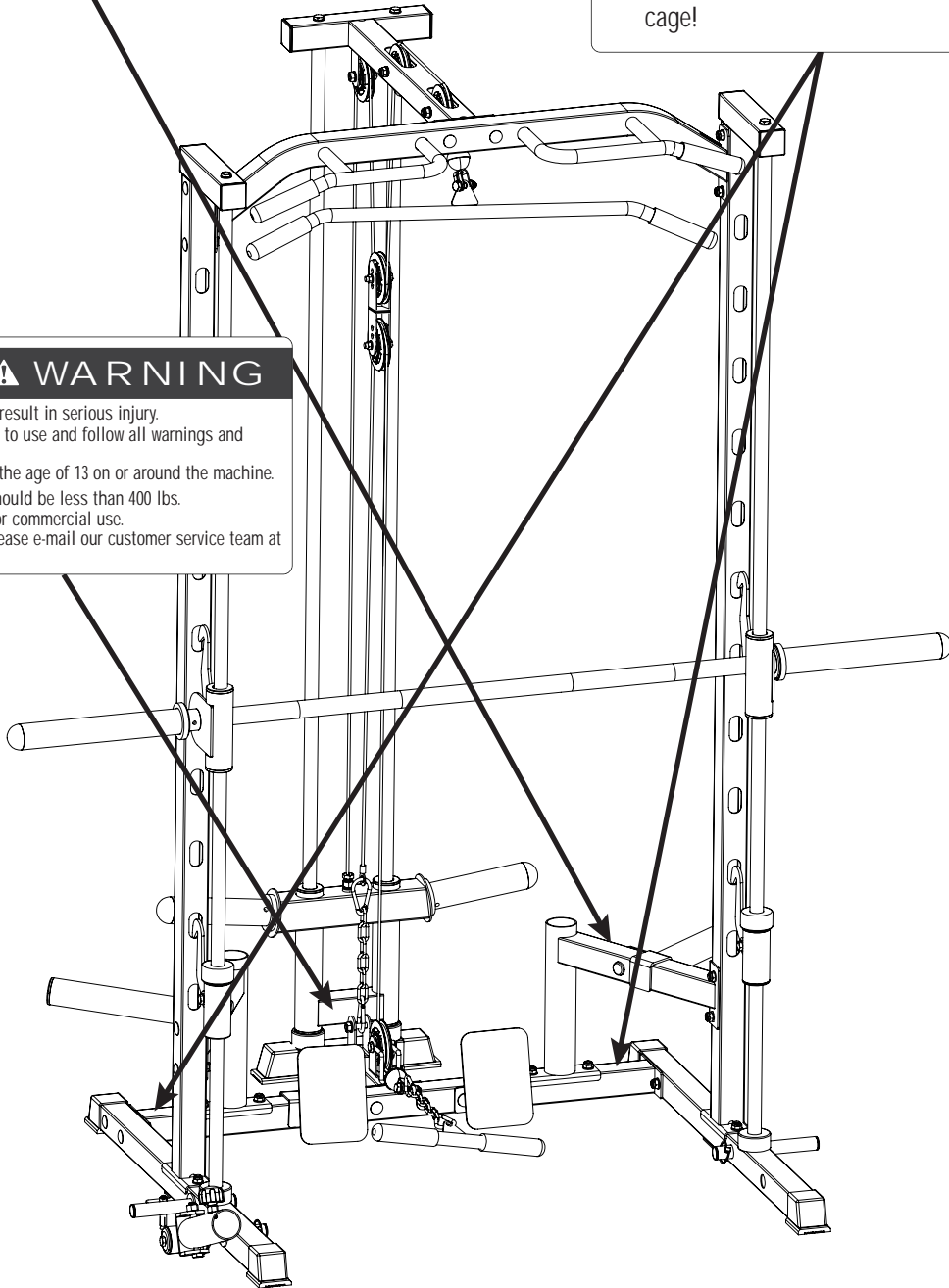
Diameter of Weight Plate: Max 18.1 in  
Plate Holder Capacity: Each peg Max 165 lbs

**RITFIT** ⚠️ WARNING

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

**RITFIT** ⚠️ 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 or around the machine.
- The maximum user weight should be less than 400 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](mailto:support@ritfitsports.com)

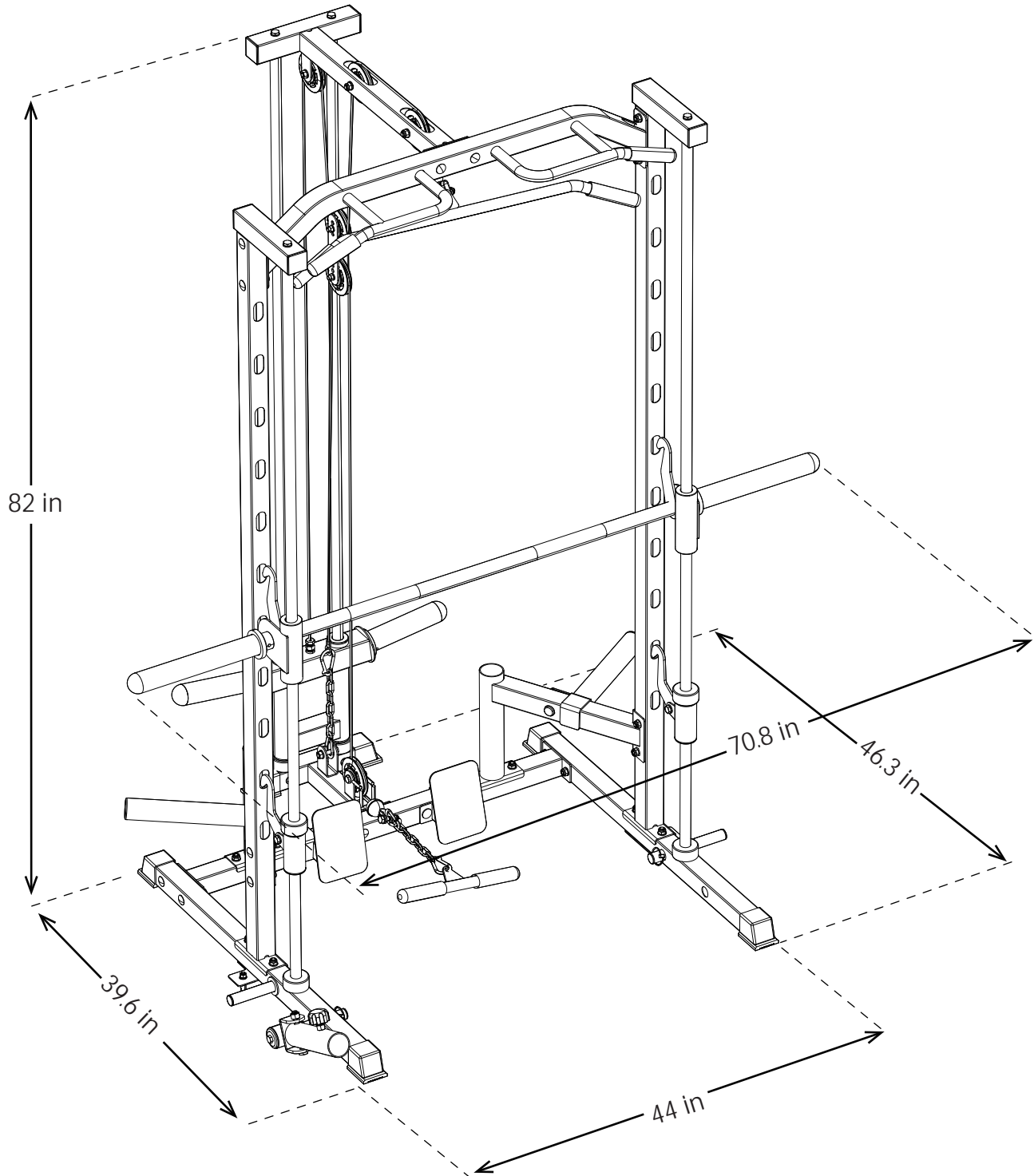


Dear RitFit Customers, Thank you so much for choosing PSR05! Before starting assembling this power cage, please notice that there are THREE important warnings to kindly remind you of the user safeties and product safeties. You NEED to read those warning labels carefully, because failure to follow those warnings may lead to serious injury!

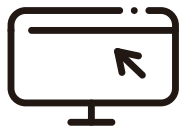
END

# Congratulations!

You have assembled the Power Rack!  
Now, you can officially start strength training!



# ***RITFIT***



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