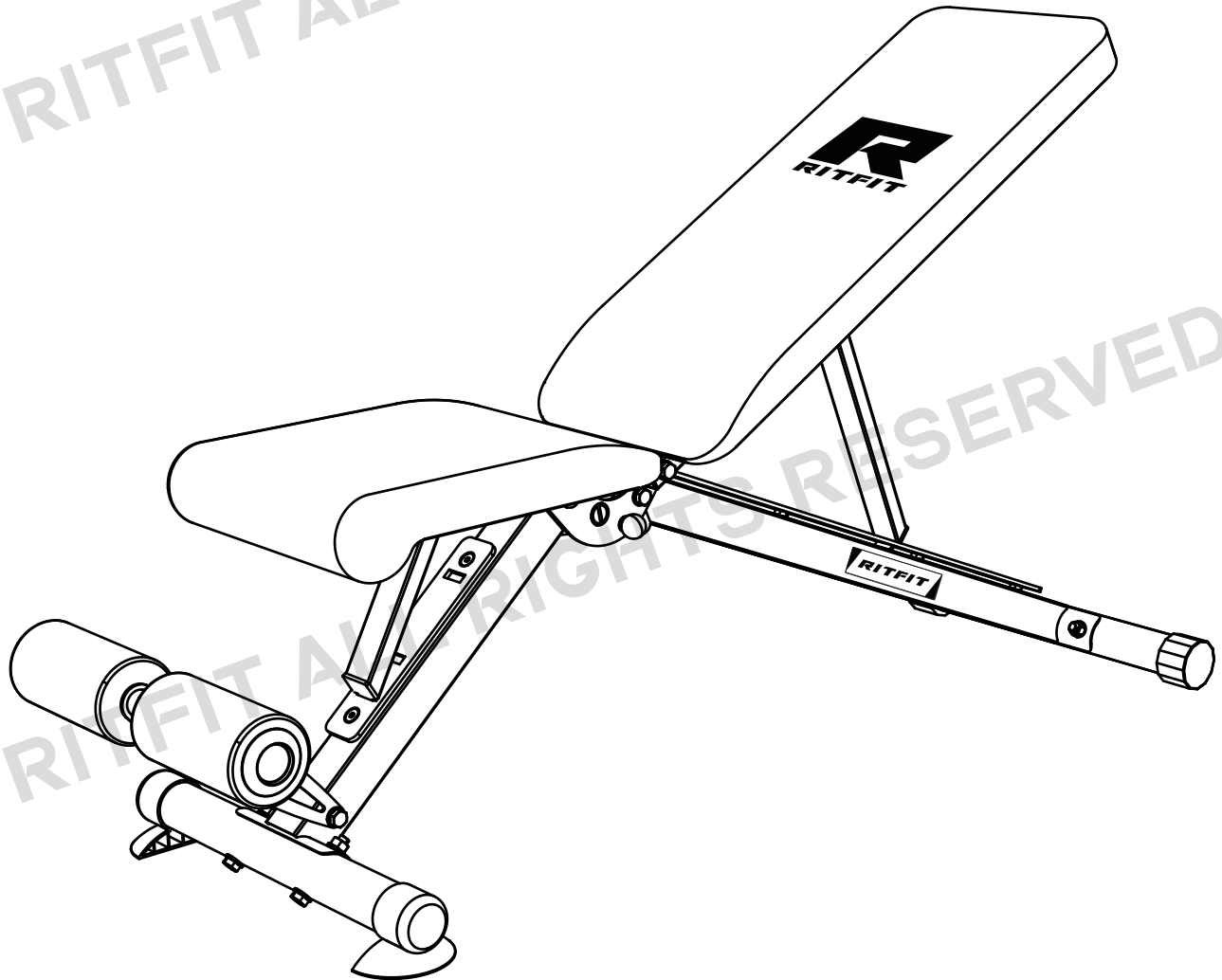


RITFIT

ADJUSTABLE WEIGHT BENCH PWB01A



OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS

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SAFETY & PRECAUTIONS

IMPORTANT:

TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING PRECAUTIONS BEFORE USING THE ADJUSTABLE WEIGHT BENCH.

RETAIN OWNER'S MANUAL FOR FUTURE REFERENCE.

1. Inspect the machine each time before using. Make sure the seat pin and the backrest brace are properly inserted. DO NOT use it if it appears damaged. Notify RitFit team immediate.
2. Before beginning any exercise program, obtain a medical exam and consult your physician. This is especially important for persons over age 35 or persons with preexisting health problems.
3. Keep children under 13 and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
4. Position the machine on a clear leveled surface with enough clearance around the bench to mount, dismount, and use the adjustable weight bench. DO NOT use the machine near water or outdoors.
5. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are required when using the machine.
6. Before using the machine to exercise, always do stretching exercises to properly warm up.
7. DO NOT place any sharp object around the machine. For your own safety, always ensure that there is at least two meters of free space in all directions around your product while exercising.
8. The weight bench is designed to support a maximum user weight of 800LB.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Only one person at a time should use the machine.
11. Examine the adjustable exercise bench termly, especially for the easy damaged or worn parts. Replace the defective components immediately; keep the equipment out of use until repair.
12. Your product is intended for use in clean dry conditions, you should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problem that are outside our control.

PRODUCT USE AND MAINTENANCE

Repair of the RitFit® Adjustable Weight Bench should be performed only by authorized persons. NEVER modify the RitFit® Adjustable Weight Bench or attempt to make adjustment(s) to, or the repair of, 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 800 LBS (363 KG).**
- **KEEP CHILDREN UNDER 13 AND PETS AWAY FROM THE ADJUSTABLE WEIGHT BENCH.**
- **INSPECT AND TIGHTEN ALL PARTS EACH TIME AND REPLACE ANY WORN PARTS IMMEDIATELY.**

ADJUSTABLE WEIGHT 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 Adjustable Weight Bench.

C. What's covered?

The Basic Warranty covers the cost of all parts and labor needed to repair any item on your RitFit adjustable weight bench 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 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 adjustable weight bench'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 adjustable weight bench.

G. How To Contact Us?

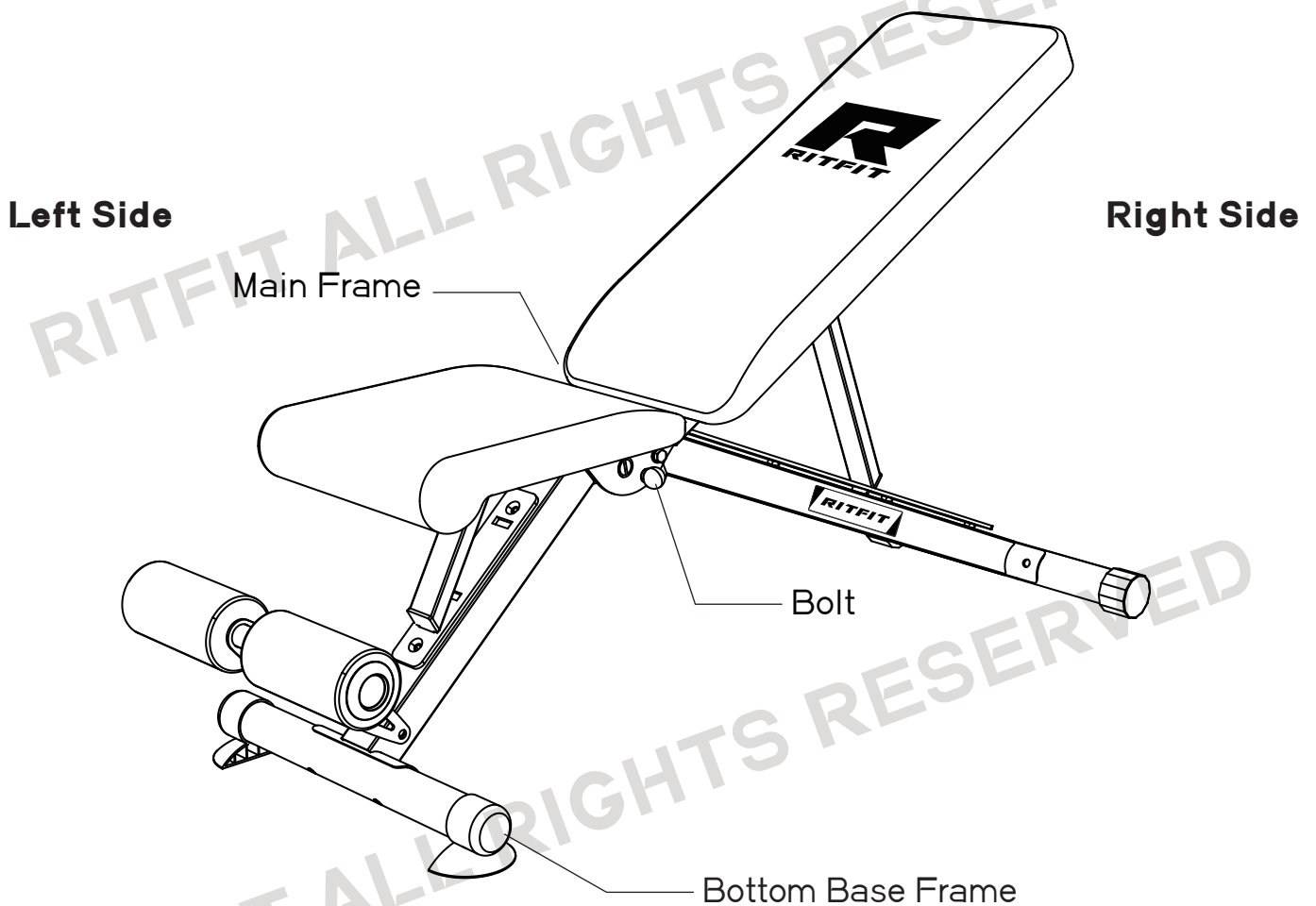
To ensure you receive the best technical support please visit www.rifitsports.com and register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, worn, damaged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

BEFORE YOU BEGIN

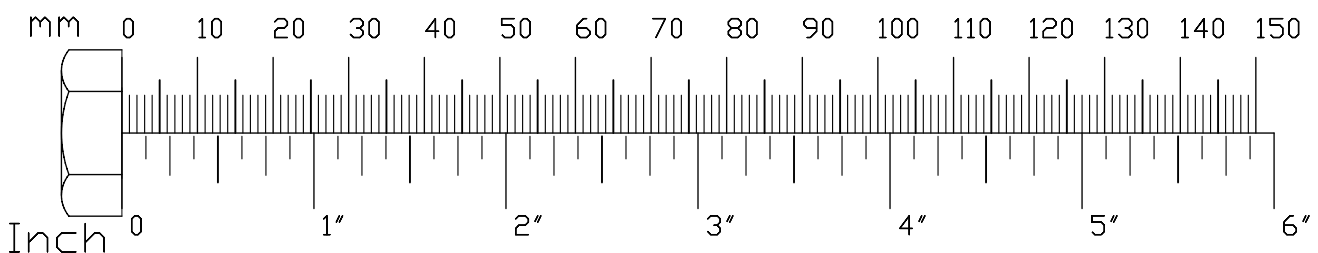
Thank you for selecting the versatile RitFit® Adjustable Weight Bench. RitFit® Adjustable Weight Bench is designed to be used with your weight set (not included) to help you develop every major muscle group of the body.

For your benefit, read this manual carefully before using the adjustable weight 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 **PWB01A**.

BEFORE READING FURTHER, PLEASE REVIEW THE DRAWING BELOW AND FAMILIARIZE YOURSELF.



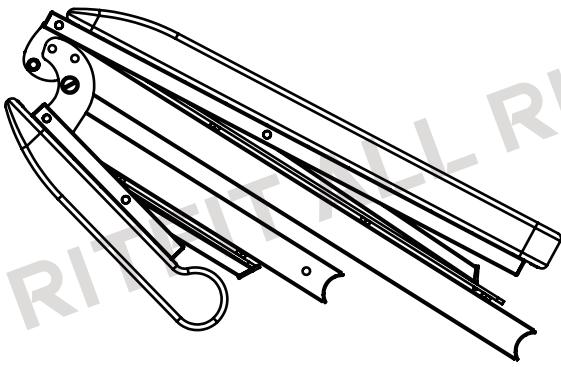
CAPACITY: 800LB



PARTS LIST

No.	Description	Quantity
1	Main Frame	1
2	Bottom Base Frame	2
3	M10*70 Hex Bolt	5
4	M10 Washer	10
5	M10 Nut	5
6	Bolt	1

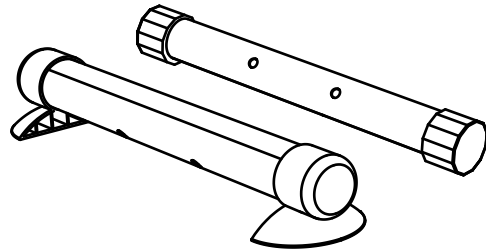
• PACKED IN THE BOX



①

Main Frame

1x

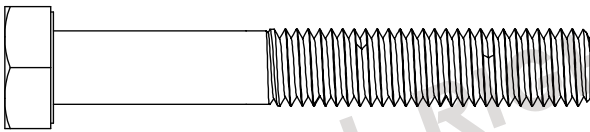


②

Bottom Base Frame

2x

• HARDWARE



③

M10*70 Hex Bolt

5x



④

M10 Washer

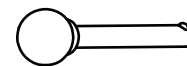
10x



⑤

M10 Nut

5x



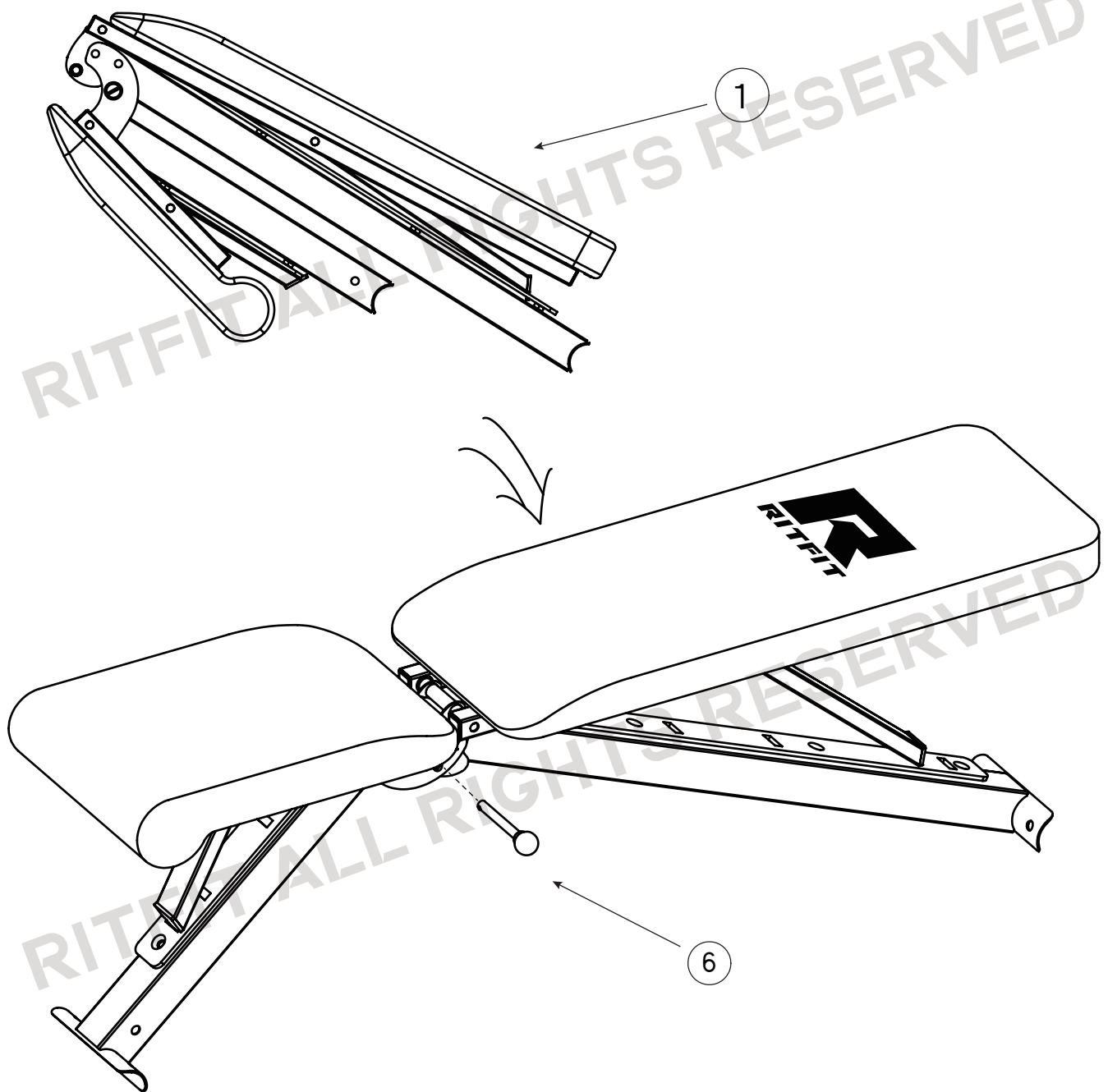
⑥

Bolt

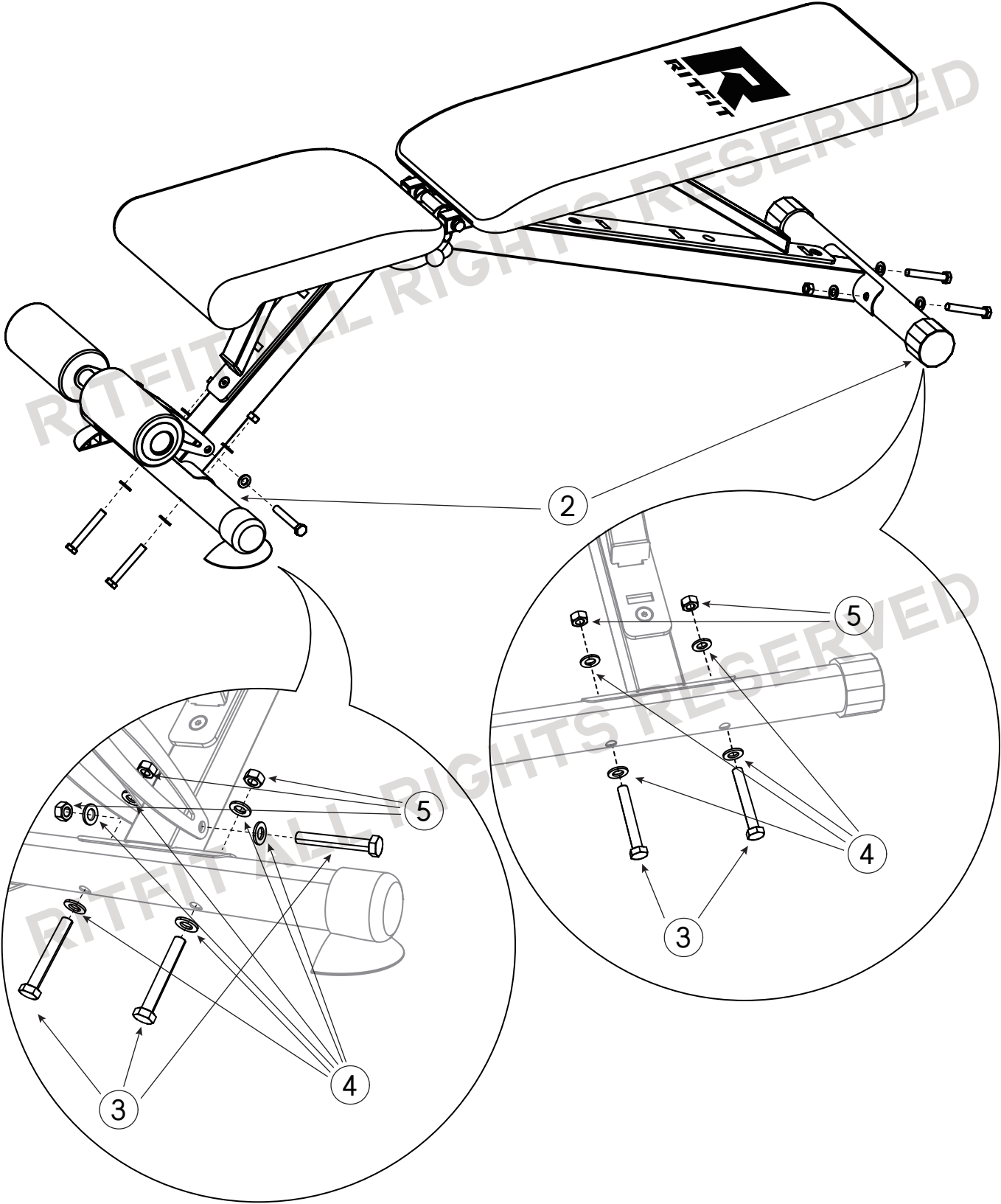
1x

ASSEMBLY

STEP 1



STEP 2

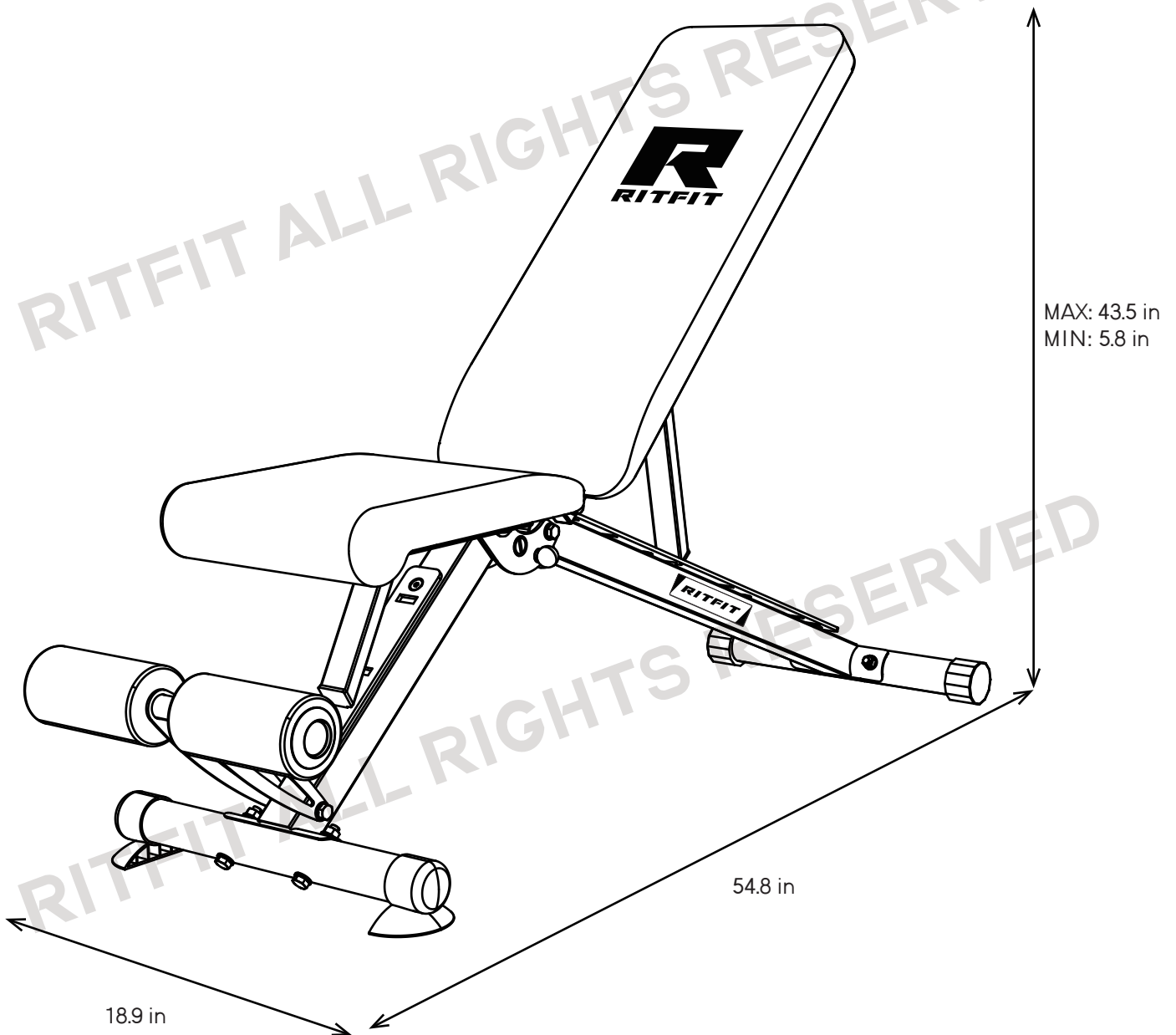


END

Congratulations!

You have assembled the Adjustable Weight Bench!

Now, you can get more out of your workout using PWB01A.



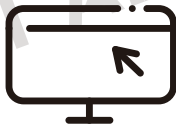
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