

## RitFit PMW02

# RitFit PMW02 Multi-Functional Folding Wall Mounted Squat Rack User Manual

Model: PMW02 | Brand: RitFit

## 1. INTRODUCTION

Thank you for choosing the RitFit PMW02 Multi-Functional Folding Wall Mounted Squat Rack. This equipment is designed to provide a versatile and space-saving solution for your home gym, supporting a wide range of strength training exercises. Please read this manual thoroughly before assembly and use to ensure safe operation and optimal performance.

## 2. SAFETY INFORMATION

- **Read All Instructions:** Ensure you understand all assembly and operating instructions before using the squat rack.
- **Proper Installation:** The rack must be securely mounted to a sturdy wall, preferably into wall studs or concrete. Do not mount on non-weight-bearing walls. Professional installation is recommended.
- **Weight Capacity:** Do not exceed the maximum weight capacity of 1000 lbs (453 kg).
- **Inspect Before Use:** Before each workout, inspect the rack for any loose bolts, damaged parts, or signs of wear. Do not use if any components are compromised.
- **Clearance:** Ensure adequate clearance around the rack during use and when folding/unfolding.
- **Children and Pets:** Keep children and pets away from the equipment during use and ensure it is securely folded and stored when not in use.
- **Spotter Recommended:** For heavy lifts, always use a spotter.
- **Proper Technique:** Use correct lifting techniques to prevent injury. Consult a fitness professional if unsure.

## 3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Main Steel Frames (Uprights and Wall Brackets)
- J-Hooks (2 pcs)
- Pin-on Pull-Up Bar (1 pc)
- 360° Landmine Attachment (1 pc)
- Safety Arms (2 pcs)
- All Necessary Hardware (bolts, washers, nuts, pins)
- Assembly Instructions

*Note: Additional tools for installation (e.g., drill, stud finder, wrench) are not included.*

## 4. SETUP AND ASSEMBLY

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The RitFit PMW02 Squat Rack is designed for wall mounting. Proper installation is crucial for safety and stability. It is recommended to have at least two people for assembly and installation.

### 4.1 Pre-Installation Steps

1. **Choose Location:** Select a wall that is structurally sound and capable of supporting the rack's weight plus the maximum intended load. Avoid mounting on drywall alone; always secure to studs or concrete.
2. **Clearance:** Ensure sufficient space around the rack for exercises and for folding/unfolding. The rack dimensions are approximately 47"L x 19.7"W x 85.5"H when open and 47"L x 2"W x 85.8"H when folded.
3. **Gather Tools:** You will need a drill, stud finder (for wood studs), level, measuring tape, and appropriate wrenches.

### 4.2 Assembly Process

Follow the detailed step-by-step instructions provided in the included assembly manual. The general steps involve:

- Attaching the wall brackets to the wall.
- Assembling the uprights and connecting them to the wall brackets.
- Installing the pull-up bar and other attachments.

It is recommended to determine the drilling position accurately before drilling holes. Leave a small gap between the bottom of the uprights and the floor to allow for smooth folding and unfolding.

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**Video Description:** This video demonstrates the assembly and folding mechanism of the RitFit PMW02 Folding Squat Rack. It shows how to attach the uprights, install the pull-up bar, and fold the rack for storage, highlighting its space-saving design.



**Image Description:** An overview of the RitFit PMW02 Folding Squat Rack, displaying its robust construction. The image shows the rack both in its extended, ready-to-use position and folded flat against the wall, emphasizing its space-saving capability.



**Image Description:** A detailed diagram illustrating the key dimensions of the RitFit PMW02 Folding Squat Rack. It highlights the 2.36" x 2.36" frame, 13-gauge steel, 1" holes, and overall height (85.5"), width (47"), and depth (19.7"), along with three installation heights.

## 5. OPERATING INSTRUCTIONS

The RitFit PMW02 Squat Rack offers versatility for various exercises. Always ensure the rack is fully extended and secured with all pins before beginning your workout.

### 5.1 Using the Squat Rack

- **Adjusting J-Hooks:** Insert the J-hooks into the desired height holes on the uprights. Ensure both J-hooks are at the same height and fully seated.
- **Barbell Placement:** Carefully place your barbell onto the J-hooks.
- **Safety Arms:** For squats and bench presses, install the safety arms at a height that will catch the barbell if you fail a lift.



**Image Description:** A user demonstrating squats with a barbell on the RitFit PMW02 Folding Squat Rack. The rack is fully extended and secured, showcasing its stability during a workout.

## 5.2 Using the Pull-Up Bar

The pull-up bar can be adjusted to different heights or removed. Ensure it is securely pinned in place before use.





**Image Description:** A user performing pull-ups on the integrated pull-up bar of the RitFit PMW02 Folding Squat Rack. This highlights the multi-functional aspect of the equipment.

### 5.3 Using Other Attachments

- **360° Landmine:** Insert the landmine attachment into one of the lower holes on the upright. This allows for rotational exercises with a barbell.
- **Safety Arms:** These can also be used as spotter arms for various exercises or for storing weight plates.

# UNIQUE DESIGN



**J-Hook**



**Adjustable Arm**



**Fixing Pins**



**Barbell Holder**



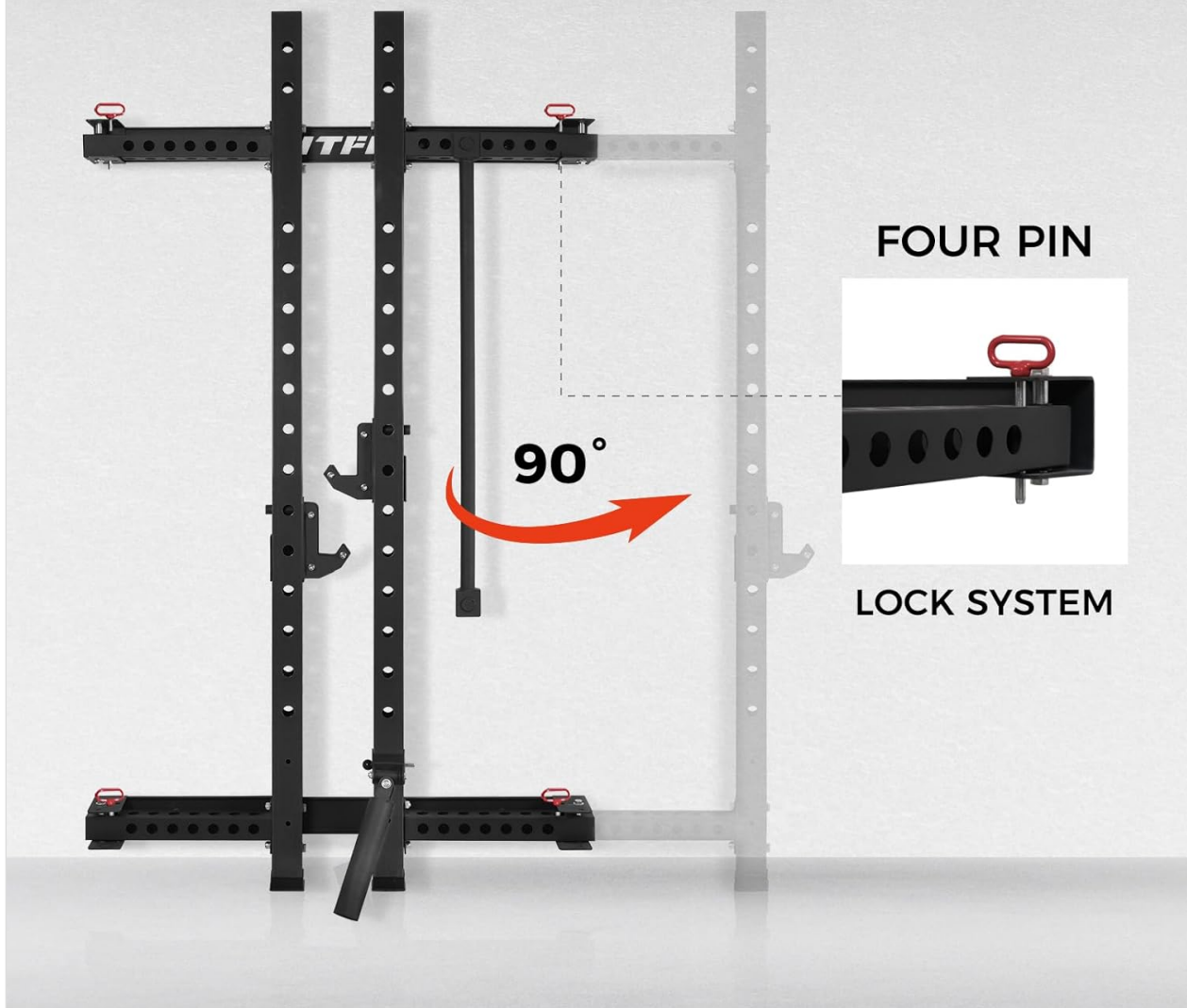
**Skeletonized Logo**

**Image Description:** A close-up view of the various attachments included with the RitFit PMW02 Squat Rack, such as J-hooks, adjustable arms, fixing pins, a barbell holder, and the distinctive skeletonized RitFit logo, demonstrating the rack's versatility.

## 5.4 Folding and Unfolding

To fold the rack, remove all pins securing the uprights to the wall brackets and the pull-up bar. The uprights can then be pivoted inwards or outwards against the wall for compact storage. Re-insert pins to secure in the folded position if applicable. To unfold, reverse the process, ensuring all pins are securely in place before use.

# 180-DEGREE ROTATABLE ARMS



**Image Description:** A diagram illustrating the 180-degree rotatable arms and the 90-degree folding mechanism of the RitFit PMW02 Squat Rack. It shows how the rack can be folded flat against the wall for space-saving storage, secured by a four-pin lock system.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and safety of your RitFit Squat Rack.

- **Cleaning:** Wipe down the rack with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Bolt Tightness:** Periodically check all bolts and nuts to ensure they are securely tightened. Loose hardware can compromise stability.
- **Lubrication:** Apply a small amount of lubricant to moving parts (e.g., folding hinges, pull-up bar pins) if they become stiff.
- **Inspect for Damage:** Regularly check for any cracks, bends, or excessive wear on the steel frame, attachments, or plastic caps. Replace damaged parts immediately.

## 7. TROUBLESHOOTING



If you encounter any issues with your squat rack, refer to the following common solutions:

- **Rack Feels Unstable:** Ensure all mounting bolts are securely fastened to the wall studs/concrete. Check that all pins for the uprights and pull-up bar are fully inserted.
- **Difficulty Folding/Unfolding:** Verify that all pins are removed. Check for any obstructions or debris in the hinge mechanisms. Lubricate moving parts if necessary.
- **Attachments Not Fitting:** Ensure you are using the correct size attachments for the 1-inch holes. Check for any deformation in the holes or attachment pins.

If problems persist, contact RitFit customer support for assistance.

## 8. SPECIFICATIONS

Feature	Detail
Model	PMW02
Material	Alloy Steel (1.8mm thick, 60mm x 60mm uprights)
Color	Black
Dimensions (Open)	47"L x 19.7"W x 85.5"H (119.38 x 50.04 x 217.17 cm)
Dimensions (Folded)	47"L x 2"W x 85.8"H
Weight Capacity	Up to 1000 lbs (453 kg)
Hole Size	1 inch
Included Components	J-hooks, Pin-on Pull-Up Bar, 360° Landmine, Safety Arms





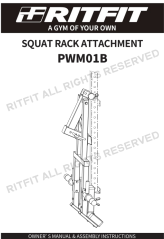
## 9. WARRANTY AND SUPPORT

The RitFit Folding Squat Rack comes with the following warranty:

- **Main Steel Frames:** 36-month warranty
- **Accessories:** 12-month warranty

For any concerns, questions, or warranty claims, please contact RitFit customer support. Refer to your purchase documentation for specific contact details.

### Related Documents - PMW02

	<p><a href="#">RitFit PPC02 Power Cage with Lat Pull-Down System - Owner's Manual &amp; Assembly Instructions</a></p> <p>Comprehensive owner's manual and assembly instructions for the RitFit PPC02 Power Cage with Lat Pull-Down System. Includes safety precautions, warranty information, parts list, and step-by-step assembly guides.</p>
	<p><a href="#">RitFit M1 PRO Power Cage with Cable Crossover: Owner's Manual &amp; Assembly Instructions</a></p> <p>Comprehensive owner's manual and assembly guide for the RitFit M1 PRO Power Cage with Cable Crossover. Includes safety precautions, care instructions, parts list, detailed assembly steps, warranty information, and product specifications.</p>
	<p><a href="#">RitFit BLP01 Leg Press Machine: Owner's Manual &amp; Assembly Instructions</a></p> <p>Comprehensive guide for the RitFit BLP01 Leg Press Machine, including safety precautions, parts list, and step-by-step assembly instructions for home and light commercial use.</p>
	<p><a href="#">RitFit P3 Power Cage with Cable Crossover - Owner's Manual &amp; Assembly Instructions</a></p> <p>This document provides comprehensive owner's manual and assembly instructions for the RitFit P3 Power Cage with Cable Crossover. It includes detailed safety precautions, care and maintenance guidelines, warranty information, a complete parts list with diagrams, and step-by-step assembly instructions. Learn how to safely assemble and use your RitFit P3 Power Cage.</p>
	<p><a href="#">RitFit Flat Weight Bench User Manual &amp; Workout Guide</a></p> <p>This manual provides essential information for the RitFit Flat Weight Bench, including safety precautions, assembly instructions, parts list, maintenance tips, warranty details, and a comprehensive workout guideline for strength building.</p>
	<p><a href="#">RitFit PWM01B Squat Rack Attachment: Owner's Manual &amp; Assembly Instructions</a></p> <p>Comprehensive owner's manual and assembly guide for the RitFit PWM01B Squat Rack Attachment. Learn about safety precautions, product features, parts list, warranty, and step-by-step assembly for your home gym.</p>