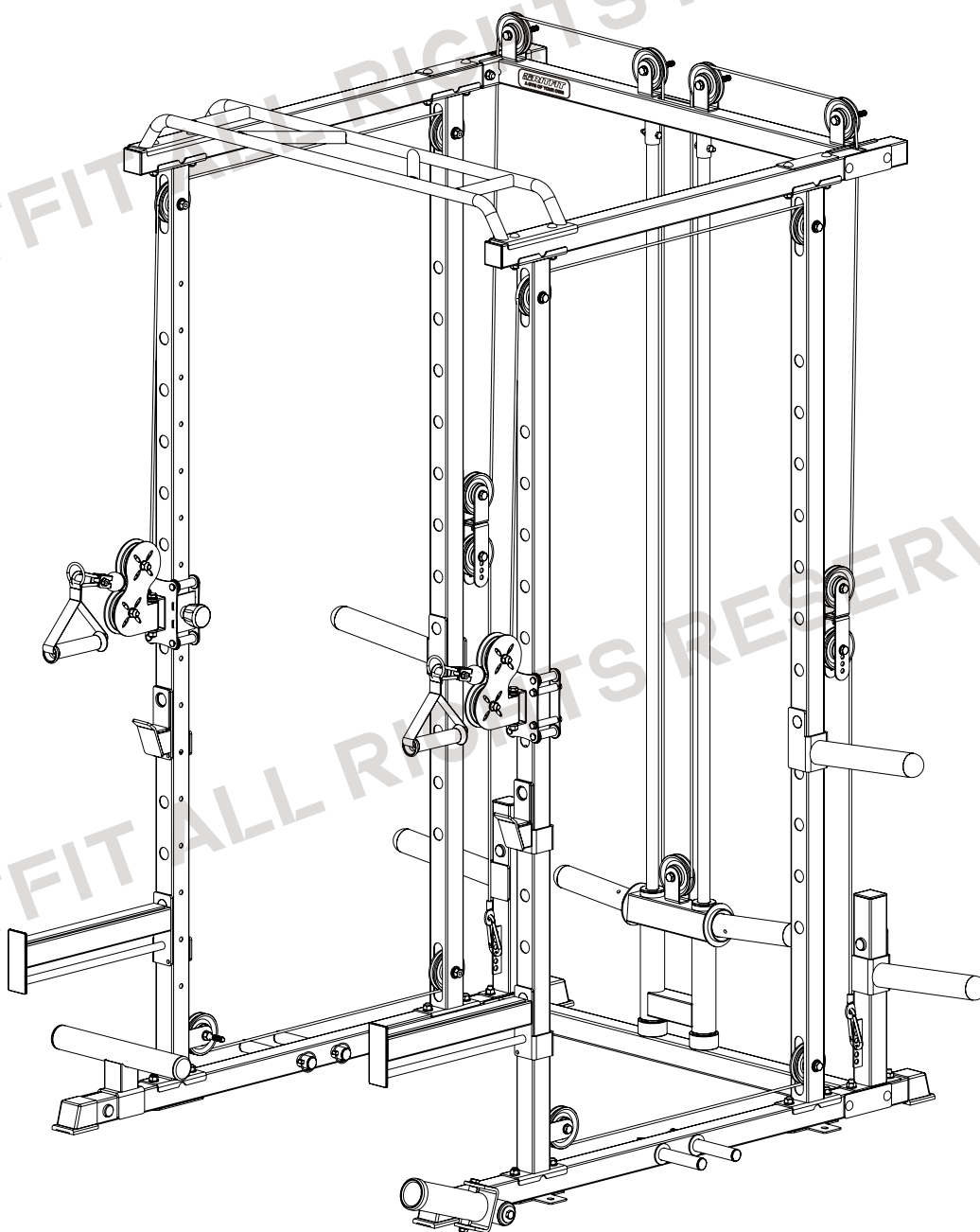


RITFIT

POWER CAGE WITH CABLE CROSSOVER PPC03A



OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS

RITFIT ALL RIGHTS RESERVED

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. 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@ritfitness.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.

WARRANTY

Power Cage 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 Cage.

C. 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.

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 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.

G. How To Contact Us?

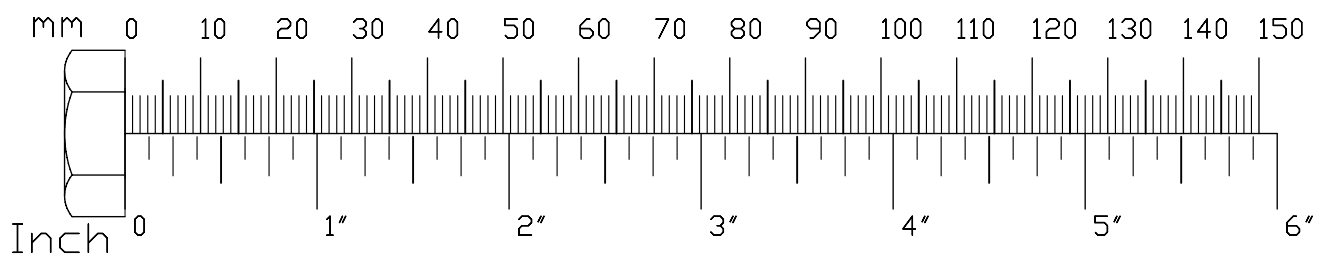
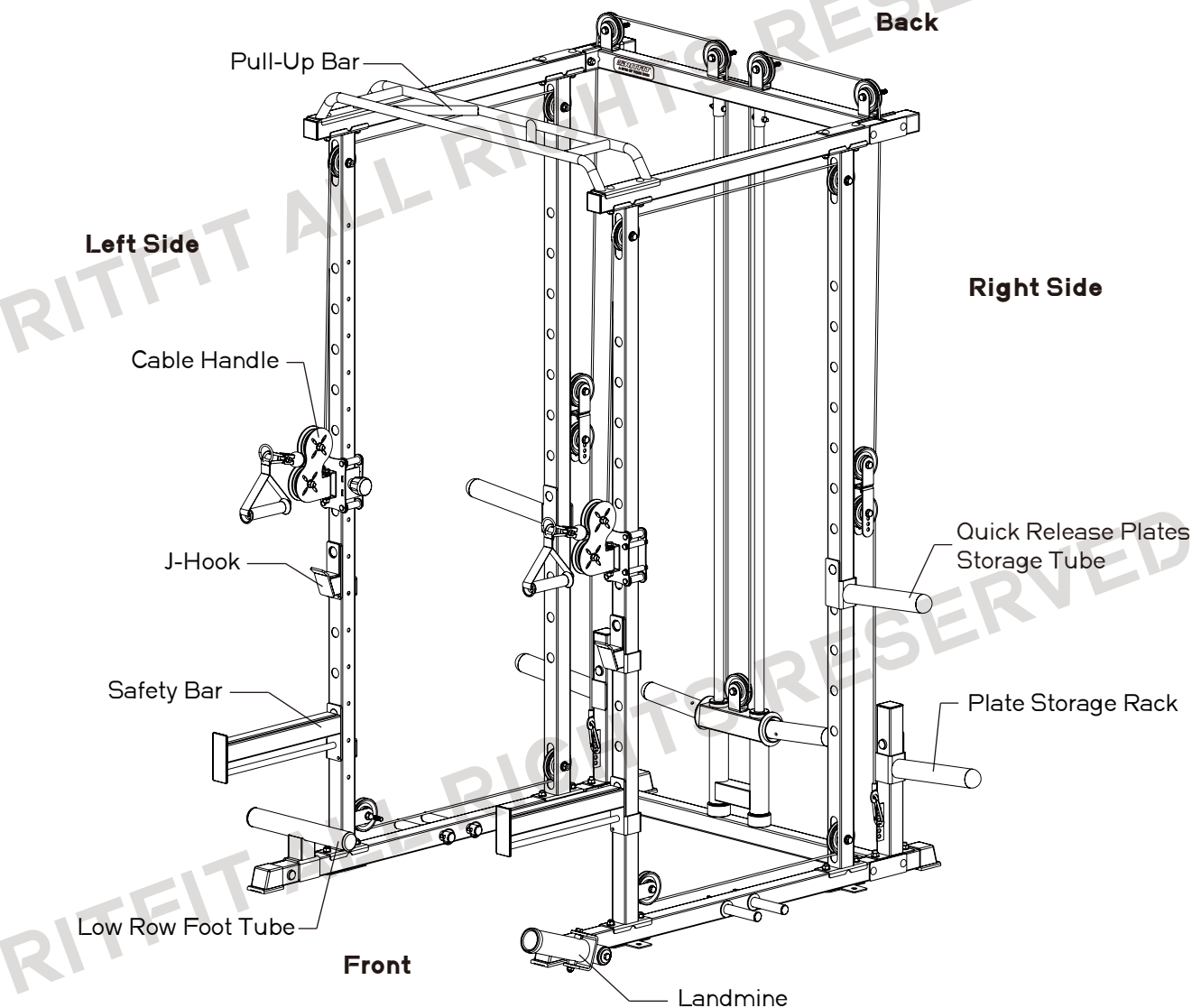
To ensure you receive the best technical support, please visit our website: www.rifitsports.com and register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, 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® Power Cage. RitFit® Power Cage 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 cage. 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 **PPC03A**.

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



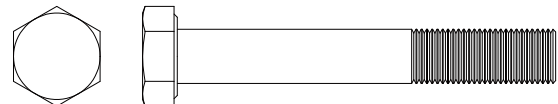
PARTS LIST

FASTENER AND TOOLS

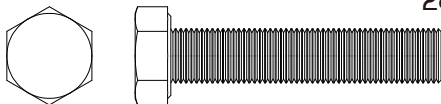
NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	28
b	M10x70 Hex Bolt	6
c	M10x50 Hex Bolt	7
d	M8x45 Hex Bolt	2
e	M10x25 Hex Bolt	2
f	M10 Nut	43
g	M8 Nut	2
h	M10 Washer	58
i	M8 Expansion Bolt	4
j	Hex Key	1
k	Open-ended Wrench	2



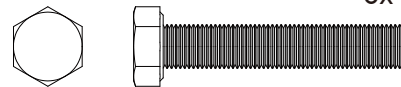
(a) M10x70 Square Neck Bolt
28x



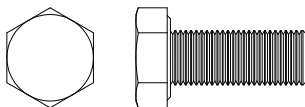
(b) M10x70 Hex Bolt
6x



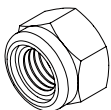
(c) M10x50 Hex Bolt
7x



(d) M8x45 Hex Bolt
2x



(e) M10x25 Hex Bolt
2x



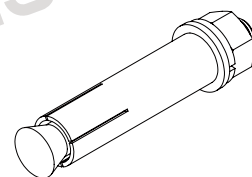
(f) M10 Nut
43x



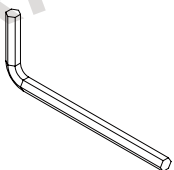
(g) M8 Nut
2x



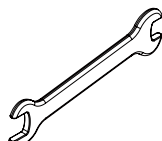
(h) M10 Washer
58x



(i) M8 Expansion Bolt
4 x



(j) Hex Key
1x

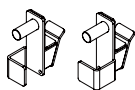


(k) Open-ended Wrench
2x

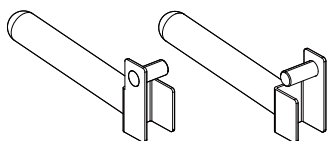
PARTS LIST

ACCESSORIES

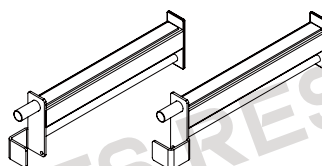
NO.	DESCRIPTION	QUANTITY
A	J-Hooks Set	1
B	Quick Release Plates Storage Tubes Set	2
C	Safety Bars Set	1
D	Low Row Foot Tube	1



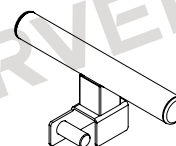
(A) J-Hooks Set
1x



(B) Quick Release Plates
Storage Tubes Set
2x



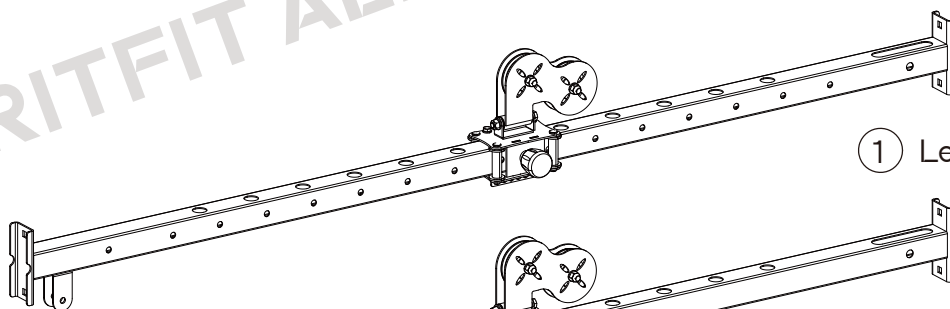
(C) Safety Bars Set
1x



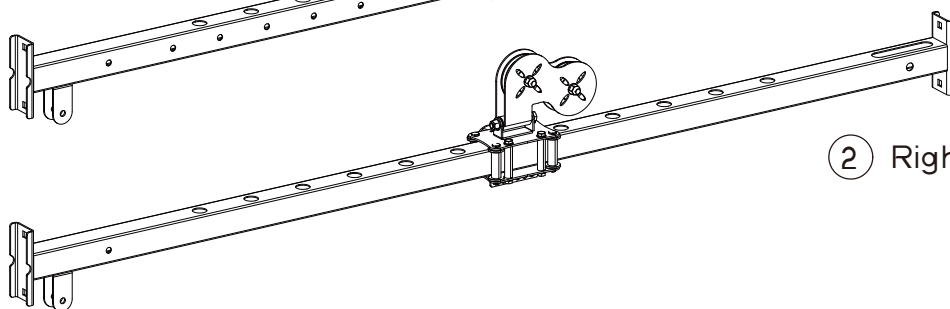
(D) Low Row Foot Tube
1x

MAIN FRAME

NO.	DESCRIPTION	QUANTITY
1	Left Upright Frame (front)	1
2	Right Upright Frame (front)	1
3	Upright Frame (back)	2
4	Bottom Base Frame	2
5	Upper Cross Frame	2
6	Rear Cross Beam	1
7	Bottom Cross Beam	1
8	Chrome Pull-Up Bar	1
9	Plate Holder Frame	2
10	Band Peg	4
11	Landmine	1
12	Bolt Plates	6
13	Bolt-down Floor Bracket	4

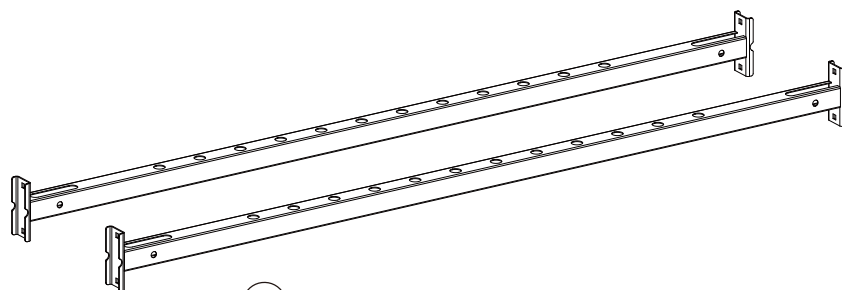


(1) Left Upright Frame (front)
1x

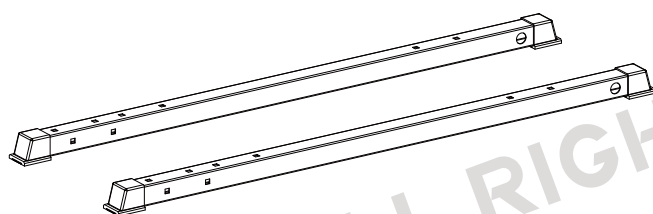


(2) Right Upright Frame (front)
1x

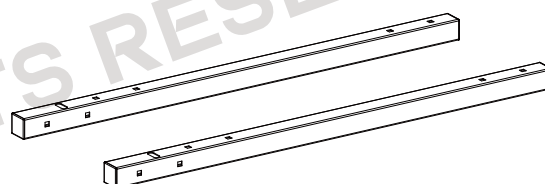
PARTS LIST



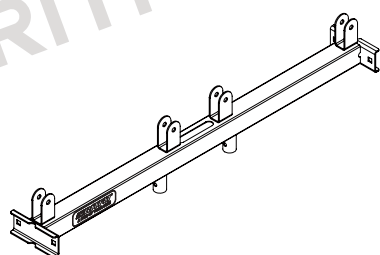
③ Upright Frame (back)
2x



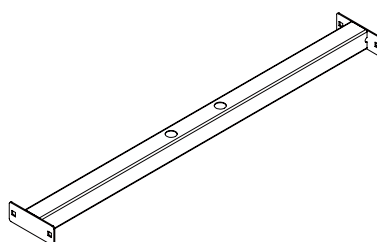
④ Bottom Base Frame
2x



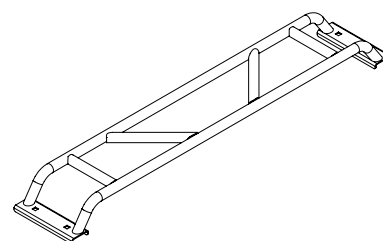
⑤ Upper Cross Frame
2x



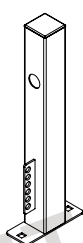
⑥ Rear Cross Beam
1x



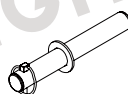
⑦ Bottom Cross Beam
1x



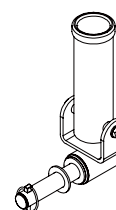
⑧ Chrome Pull-Up Bar
1x



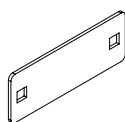
⑨ Plate Holder Frame
2x



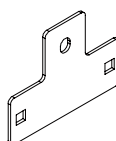
⑩ Band Peg
4x



⑪ Landmine
1x



⑫ Bolt Plates
6x

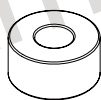


⑬ Bolt-down Floor Bracket
4x

PARTS LIST

PULLEY SYSTEM

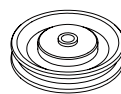
NO.	DESCRIPTION	QUANTITY
14	Rubber Pad	2
15	Carabiner	4
16	Pulley	13
17	Pulley Peg	12
18	Plate Carriage	1
19	Pulley Block	2
20	Low Row Bar	1
21	Pulley Handle	2
22	Lat Pull Shaft	2
23	Cable A	1
24	Cable B	1



⑭ Rubber Pad
2x



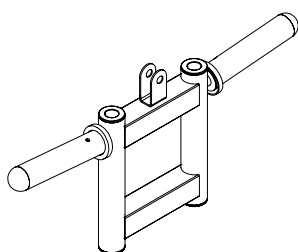
⑮ Carabiner
4x



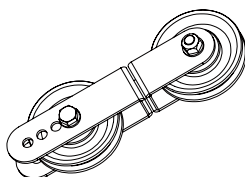
⑯ Pulley
13x



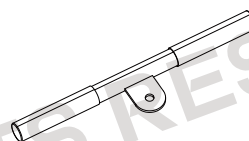
⑰ Pulley Peg
12x



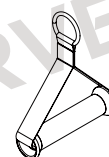
⑱ Plate Carriage
1x



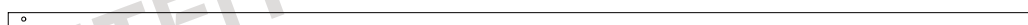
⑲ Pulley Block
2x



⑳ Low Row Bar
1x



㉑ Pulley Handle
2x



㉒ Lat Pull Shaft
2x



㉓ Cable A
1x

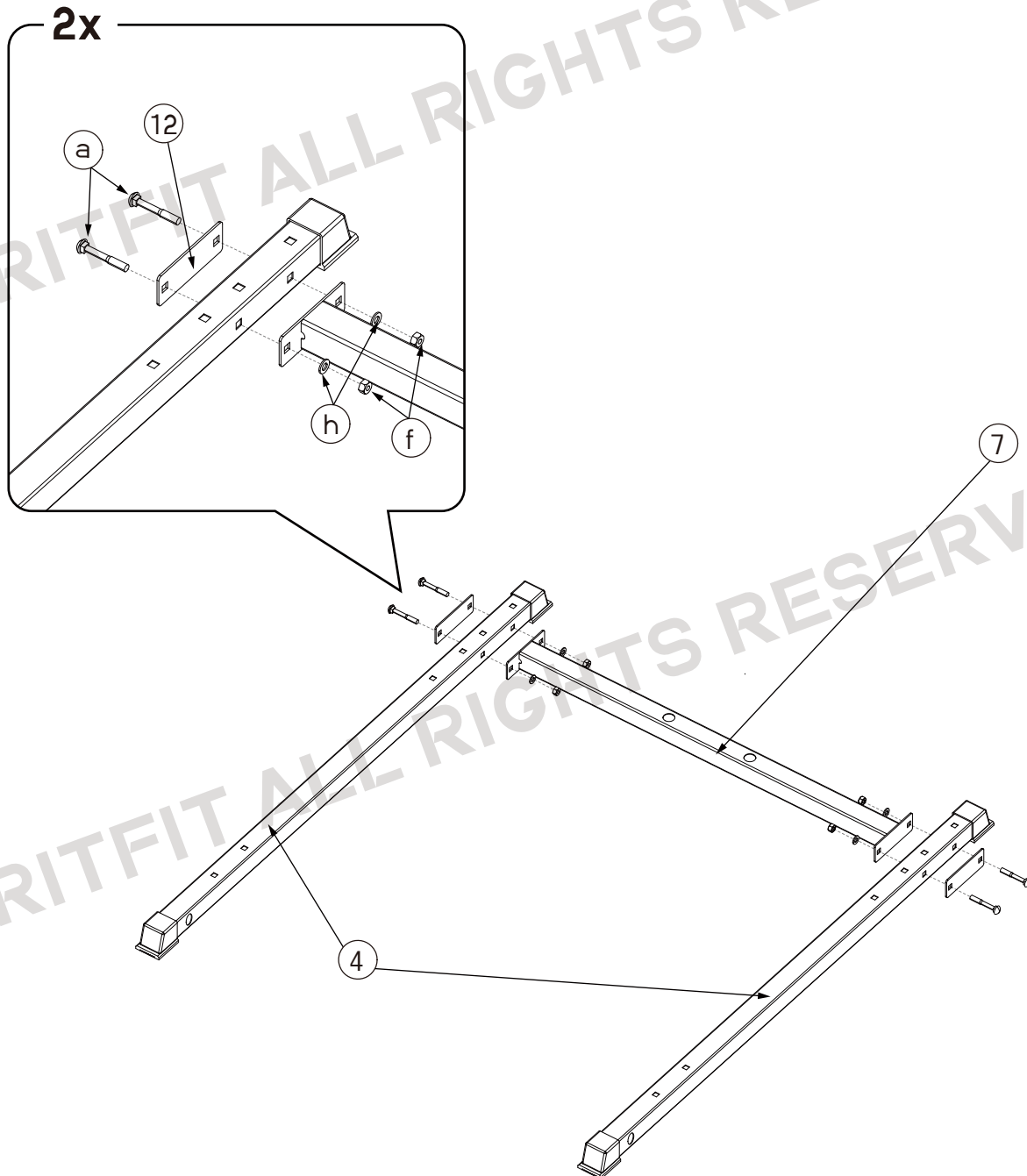


㉔ Cable B
2x

ASSEMBLY

STEP 1

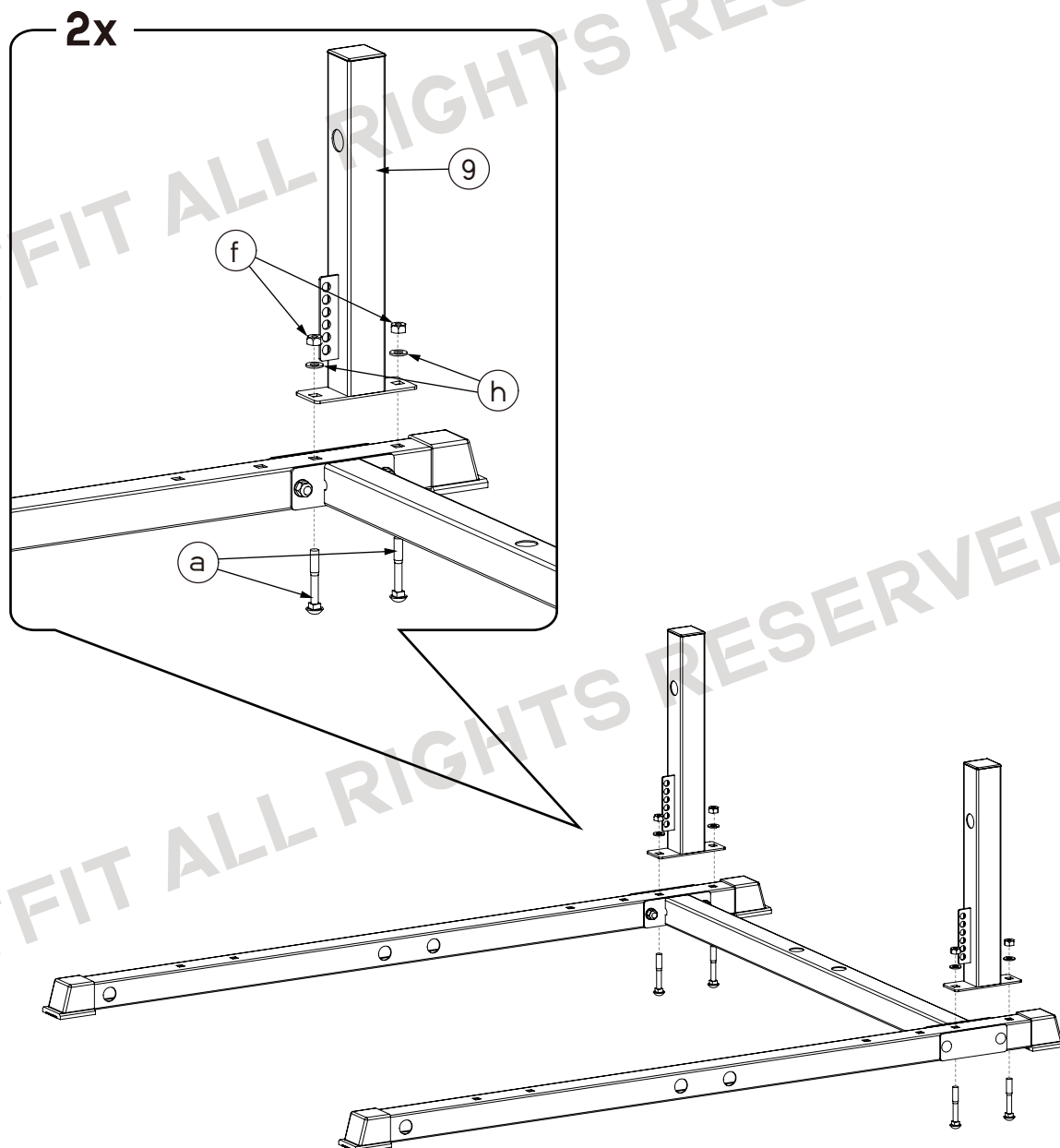
NO.	DESCRIPTION	QUANTITY
4	Bottom Base Frame	2
7	Bottom Cross Beam	1
12	Bolt Plates	2
a	M10x70 Square Neck Bolt	4
f	M10 Nut	4
h	M10 Washer	4



ASSEMBLY

STEP 2

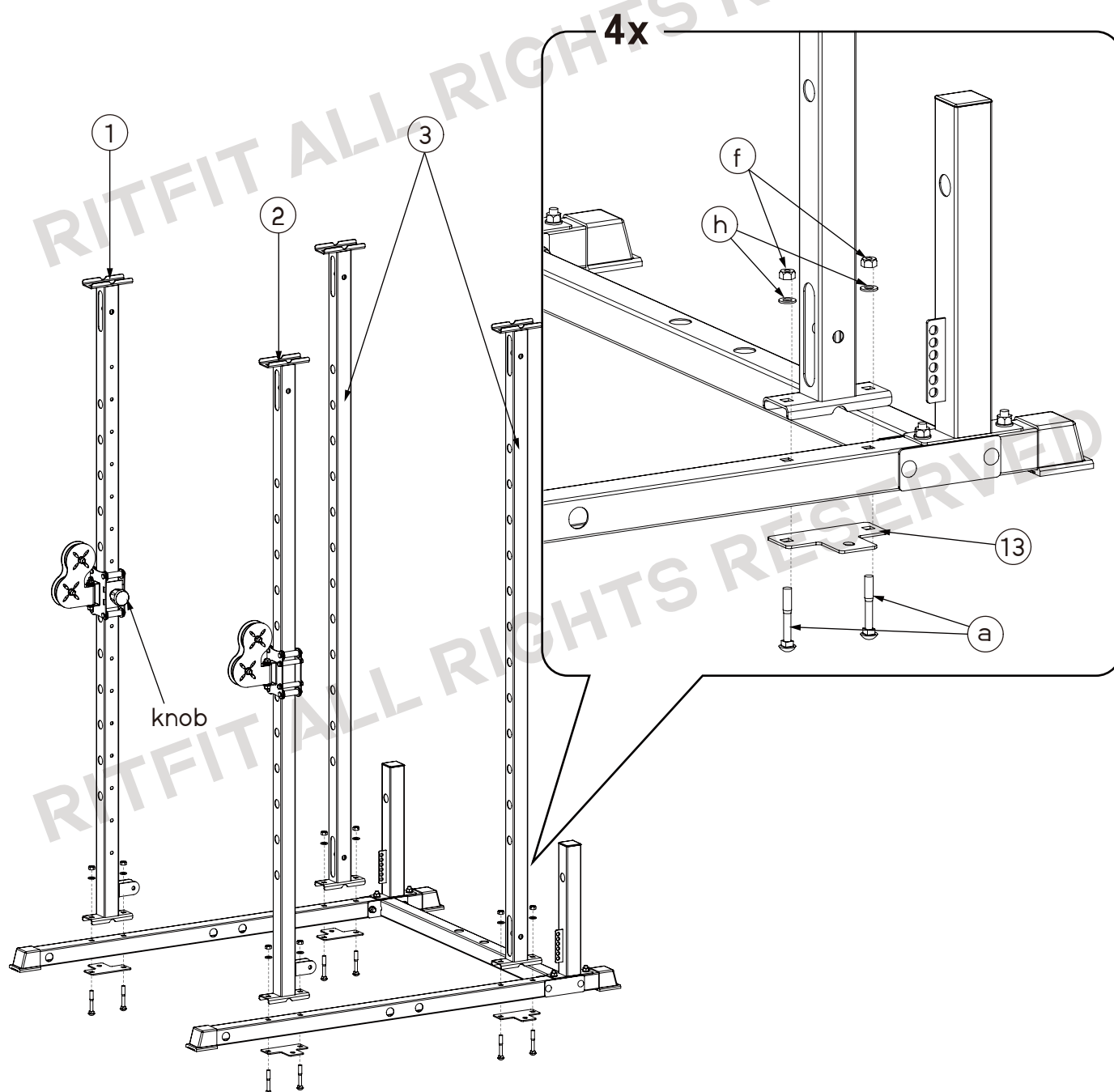
NO.	DESCRIPTION	QUANTITY
9	Plate Holder Frame	2
a	M10x70 Square Neck Bolt	4
f	M10 Nut	4
h	M10 Washer	4



ASSEMBLY

STEP 3 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
1	Left Upright Frame (front)	1
2	Right Upright Frame (front)	1
3	Upright Frame (back)	2
13	Bolt-down Floor Bracket	4
a	M10x70 Square Neck Bolt	8
f	M10 Nut	8
h	M10 Washer	8

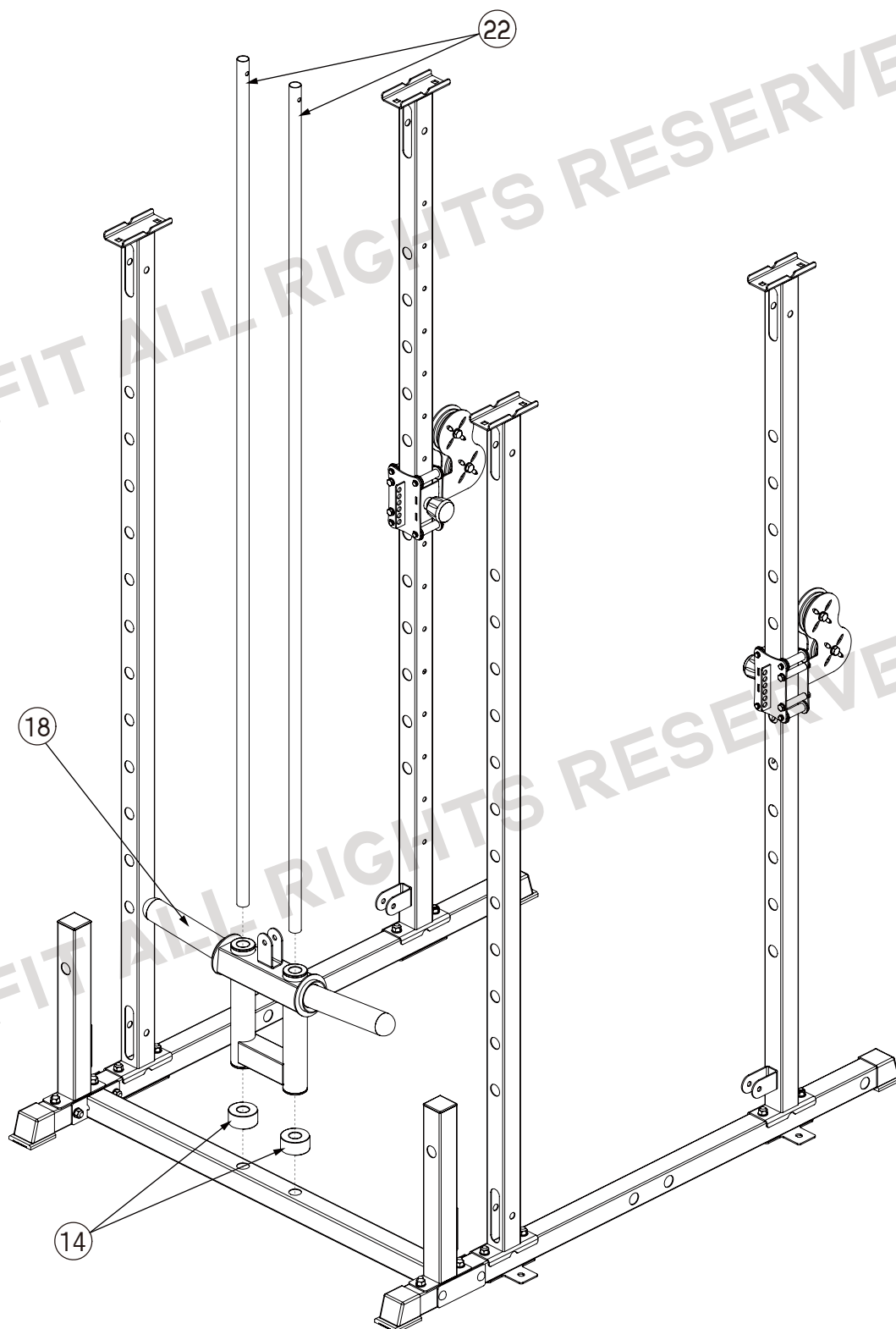


*Please note the knob is facing toward each other!

ASSEMBLY

STEP 4 (Two People Are Required.)

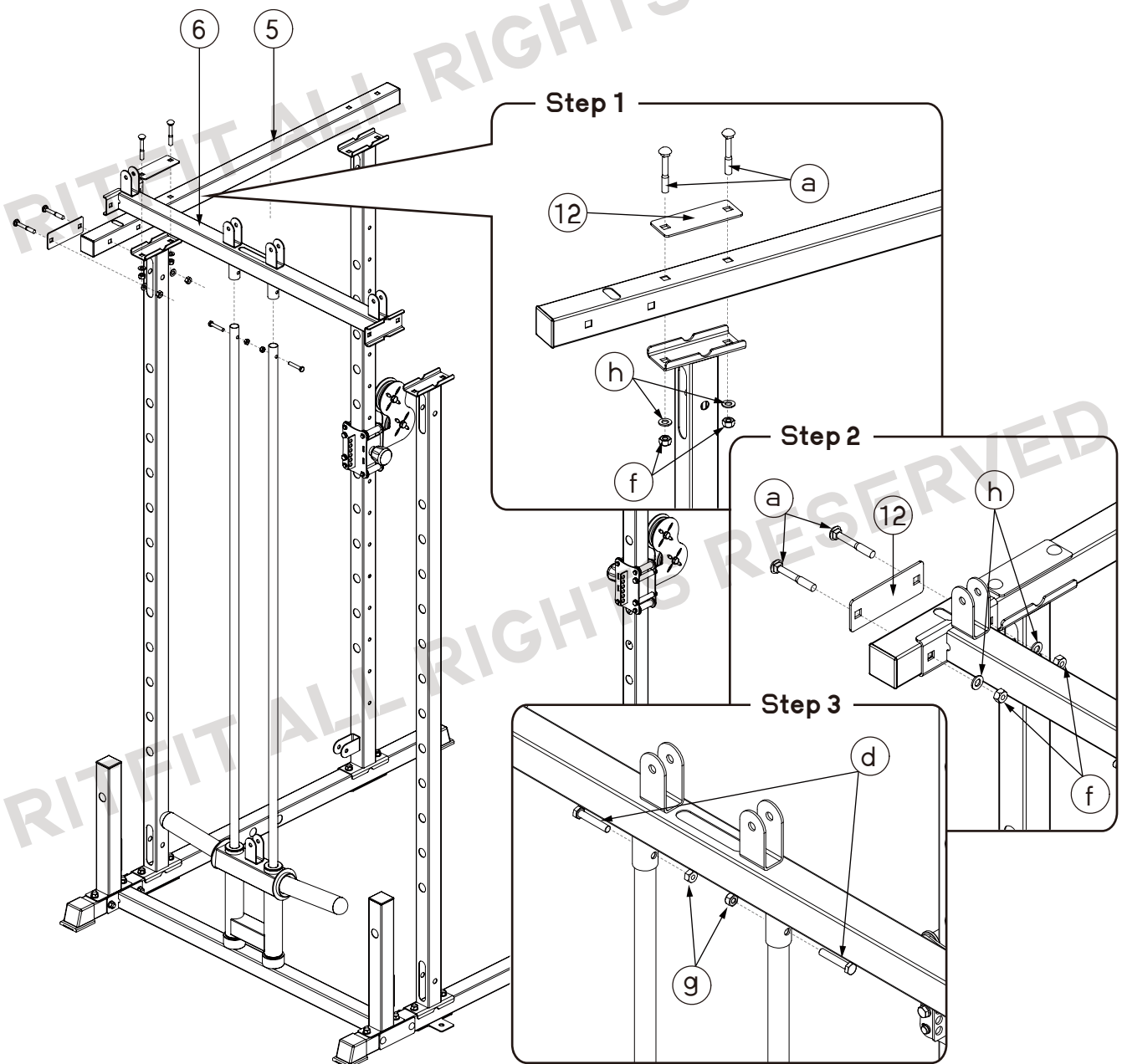
NO.	DESCRIPTION	QUANTITY
14	Rubber Pad	2
18	Plate Carriage	1
22	Guide Rod	2



ASSEMBLY

STEP 5 (Two People Are Required.)

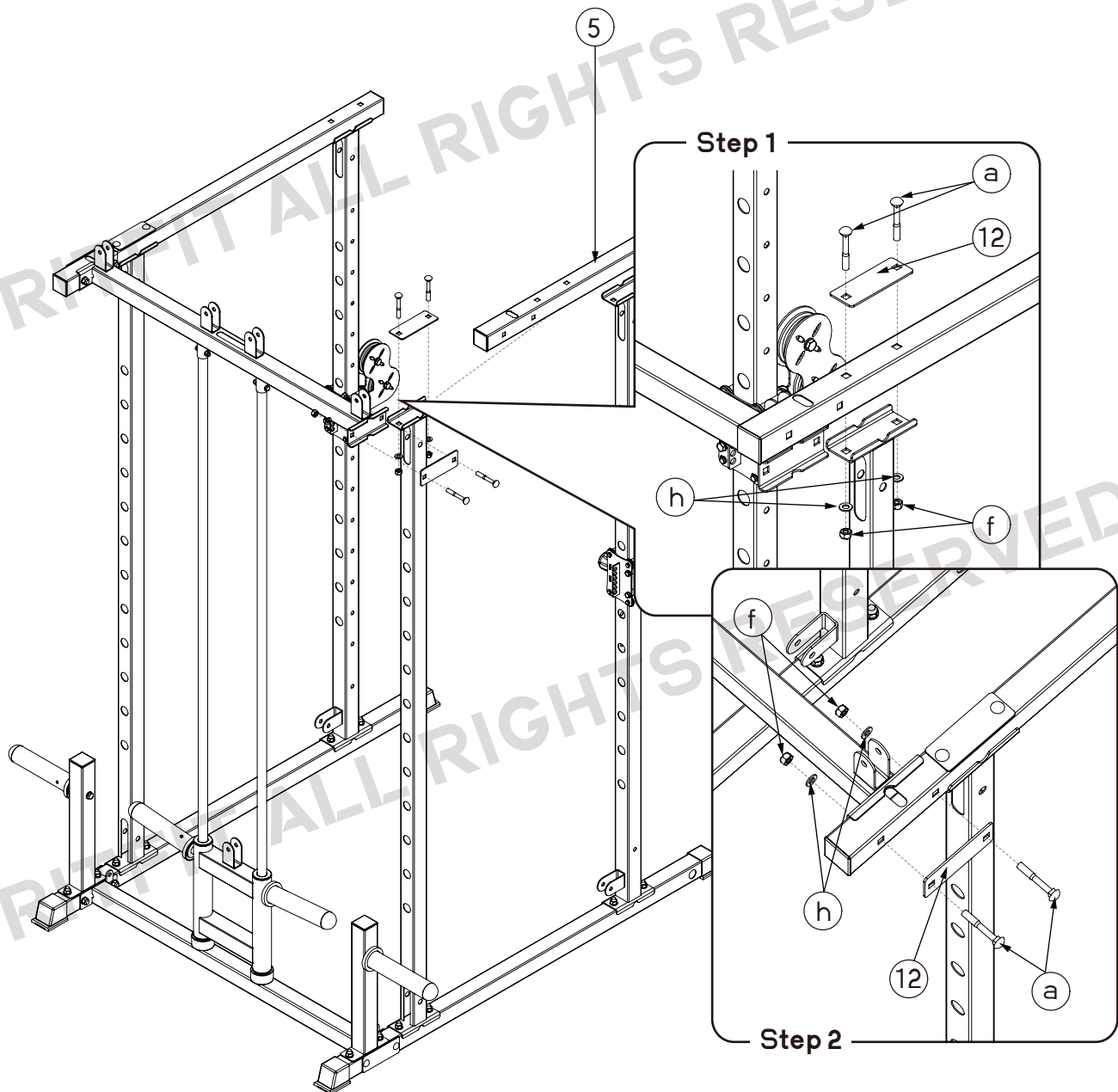
NO.	DESCRIPTION	QUANTITY
5	Upper Cross Frame	1
6	Rear Cross Beam	1
12	Bolt Plates	2
a	M10x70 Square Neck Bolt	4
d	M8x45 Hex Bolt	2
f	M10 Nut	4
g	M8 Nut	2
h	M10 Washer	4



ASSEMBLY

STEP 6 (Two People Are Required.)

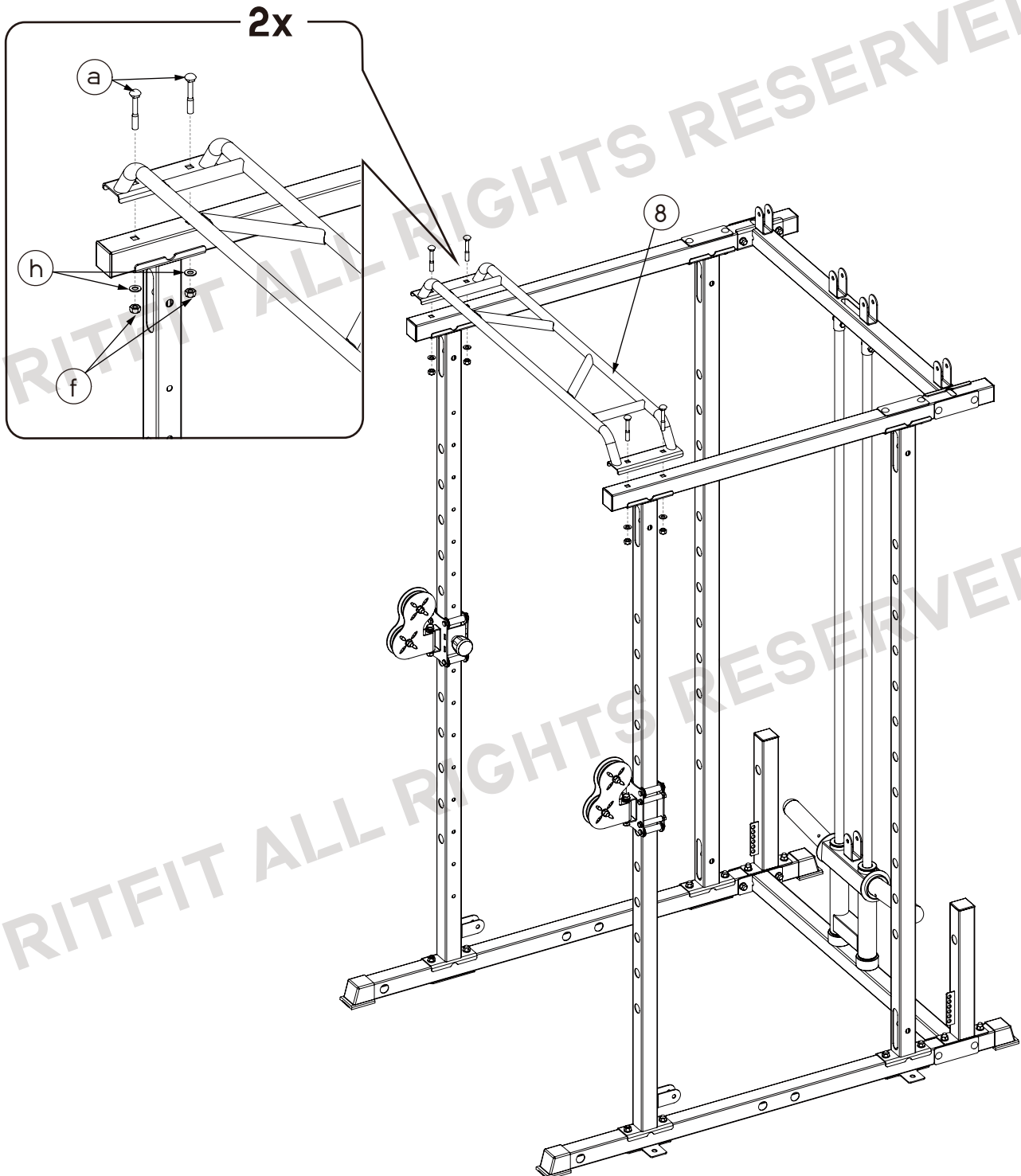
NO.	DESCRIPTION	QUANTITY
5	Upper Cross Frame	1
12	Bolt Plates	2
a	M10x70 Square Neck Bolt	4
f	M10 Nut	4
h	M10 Washer	4



ASSEMBLY

STEP 7 (Two People Are Required.)

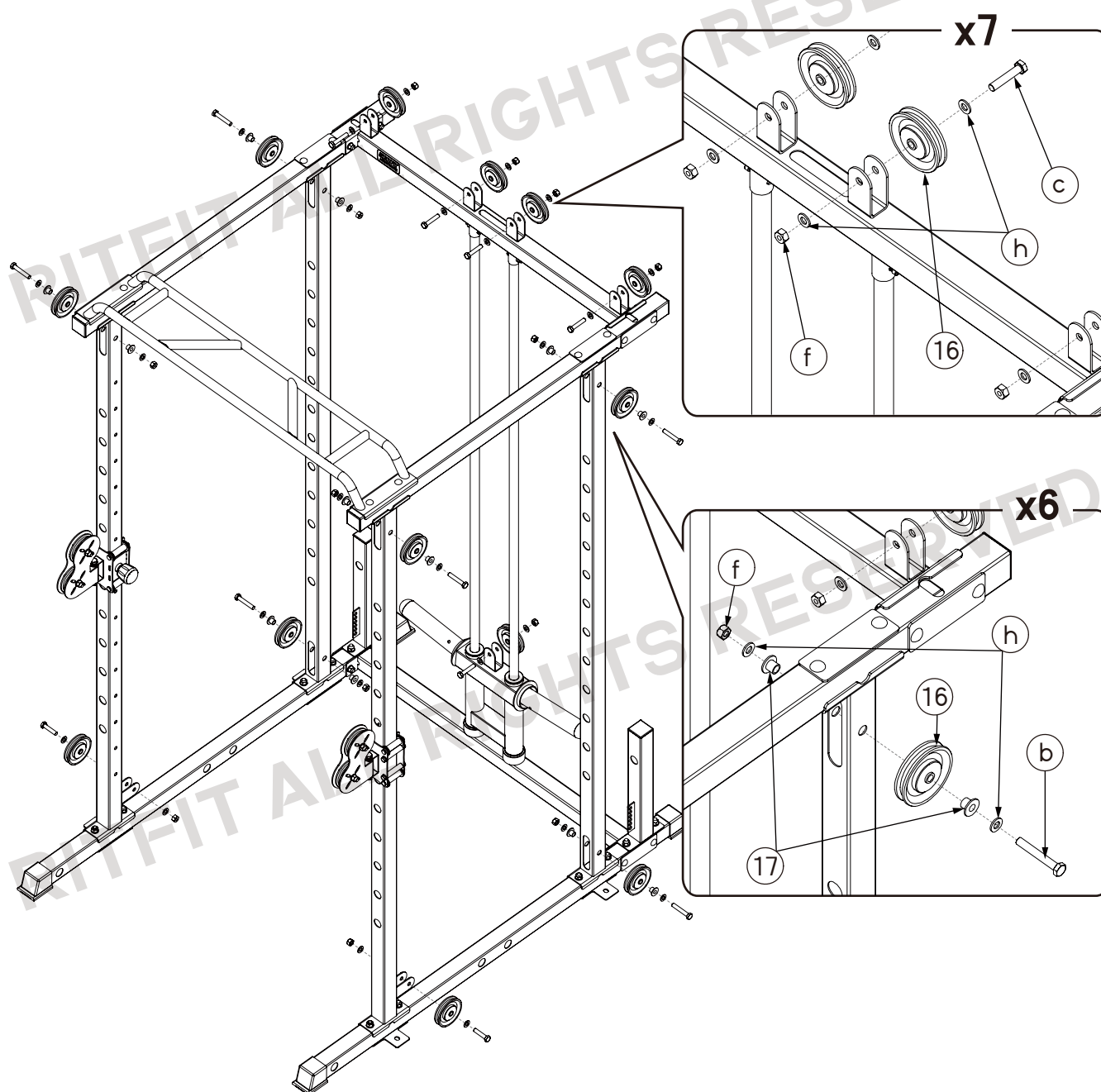
NO.	DESCRIPTION	QUANTITY
8	Chrome Pull-Up Bar	1
a	M10x70 Square Neck Bolt	4
f	M10 Nut	4
h	M10 Washer	4



ASSEMBLY

STEP 8

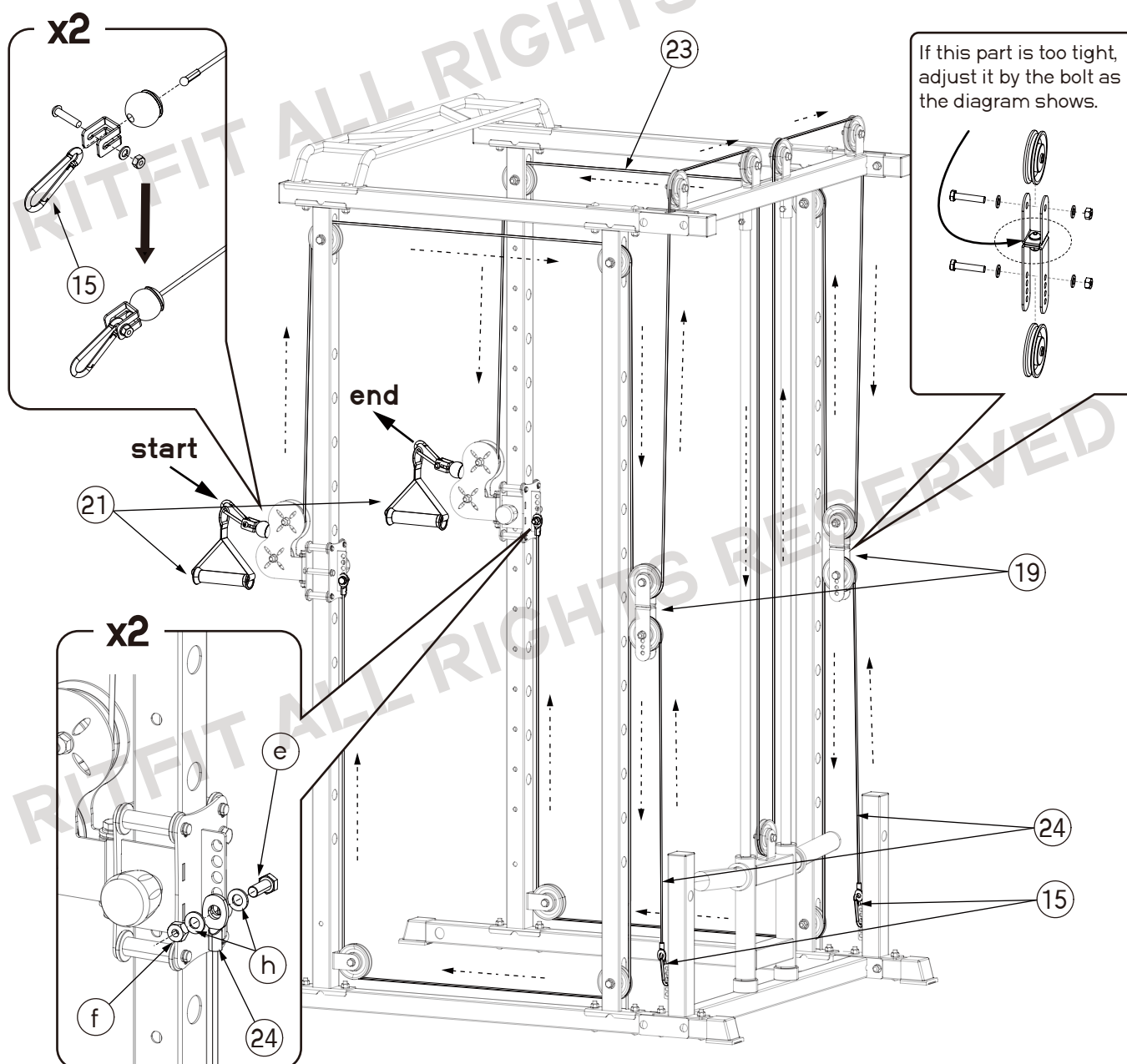
NO.	DESCRIPTION	QUANTITY
16	Pulley	13
17	Pulley Peg	12
b	M10x70 Hex Bolt	6
c	M10x50 Hex Bolt	7
f	M10 Nut	13
h	M10 Washer	26



ASSEMBLY

STEP 9

NO.	DESCRIPTION	QUANTITY
15	Carabiner	4
19	Pulley Block	2
21	Pulley Handle	2
23	Cable A	1
24	Cable B	2
e	M10x25 Hex Bolt	2
f	M10 Nut	2
h	M10 Washer	4

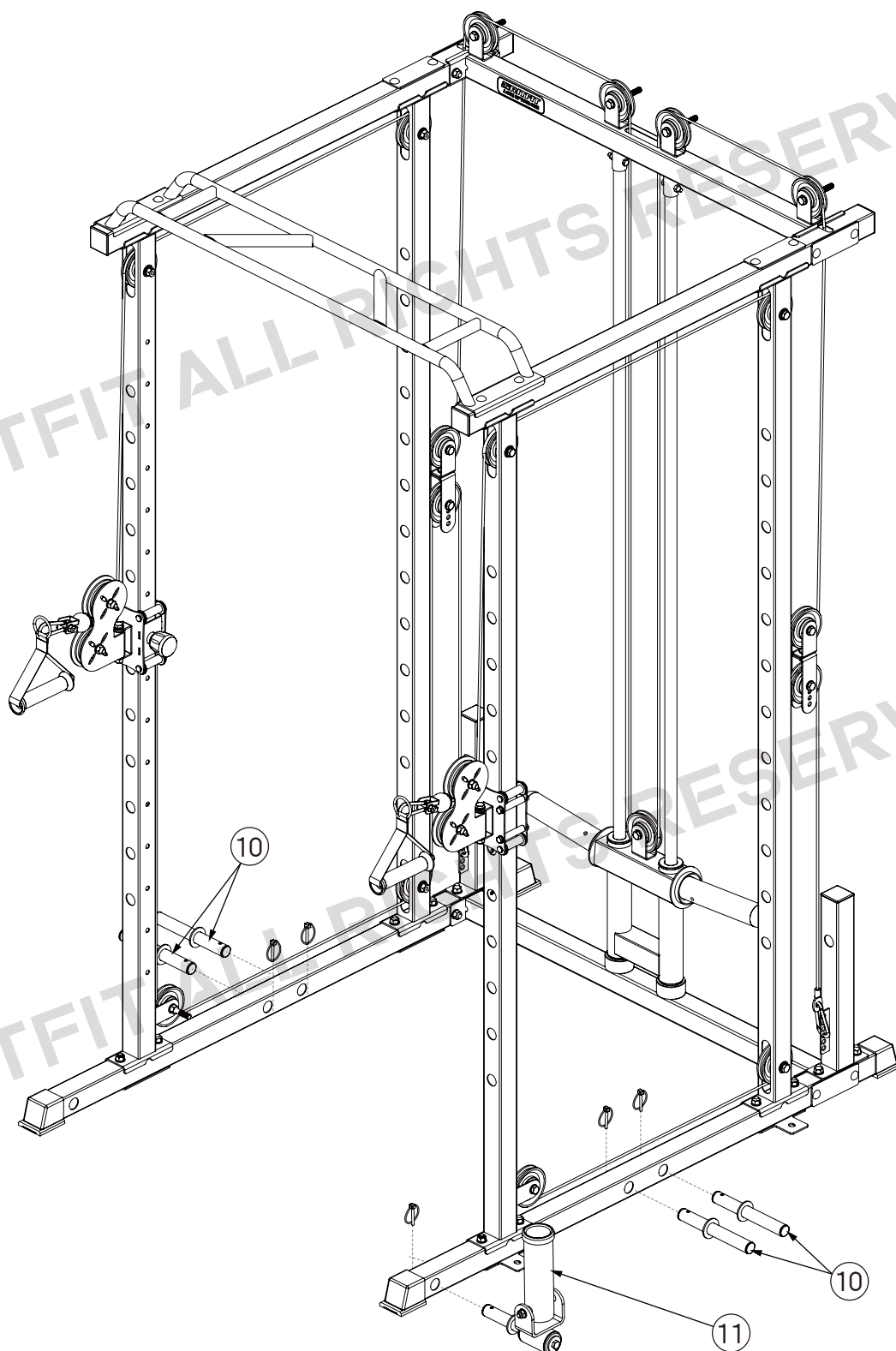


*Disassemble only one side of Cable A first, then follow the step above to run through the power cage.

ASSEMBLY

STEP 10

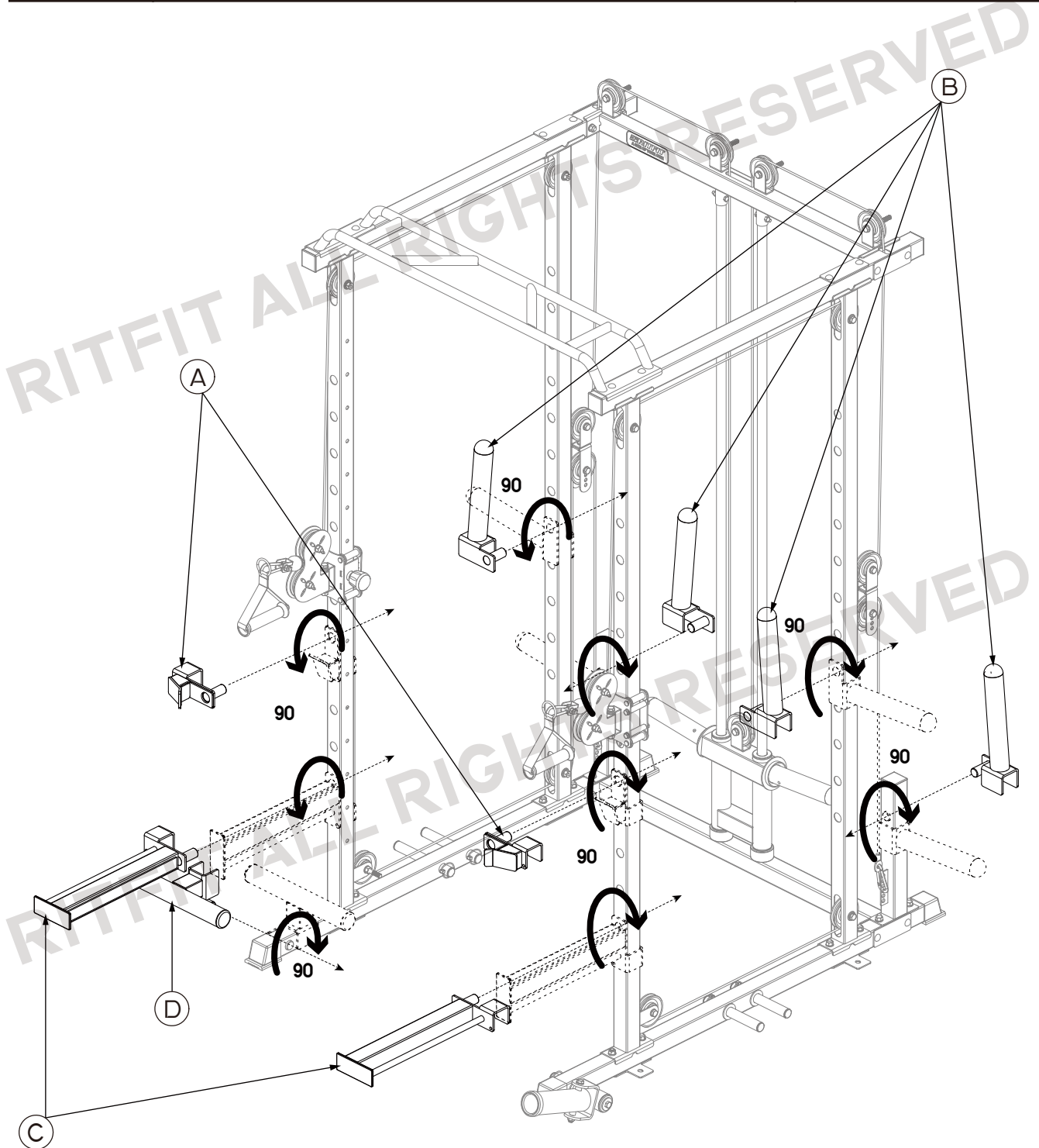
NO.	DESCRIPTION	QUANTITY
10	Band Peg	4
11	Landmine	1



ASSEMBLY

STEP 11

NO.	DESCRIPTION	QUANTITY
A	J-Hooks Set	1
B	Quick Release Plates Storage TubesSet	2
C	Safety Bars Set	1
D	Low Row Foot Tube	1

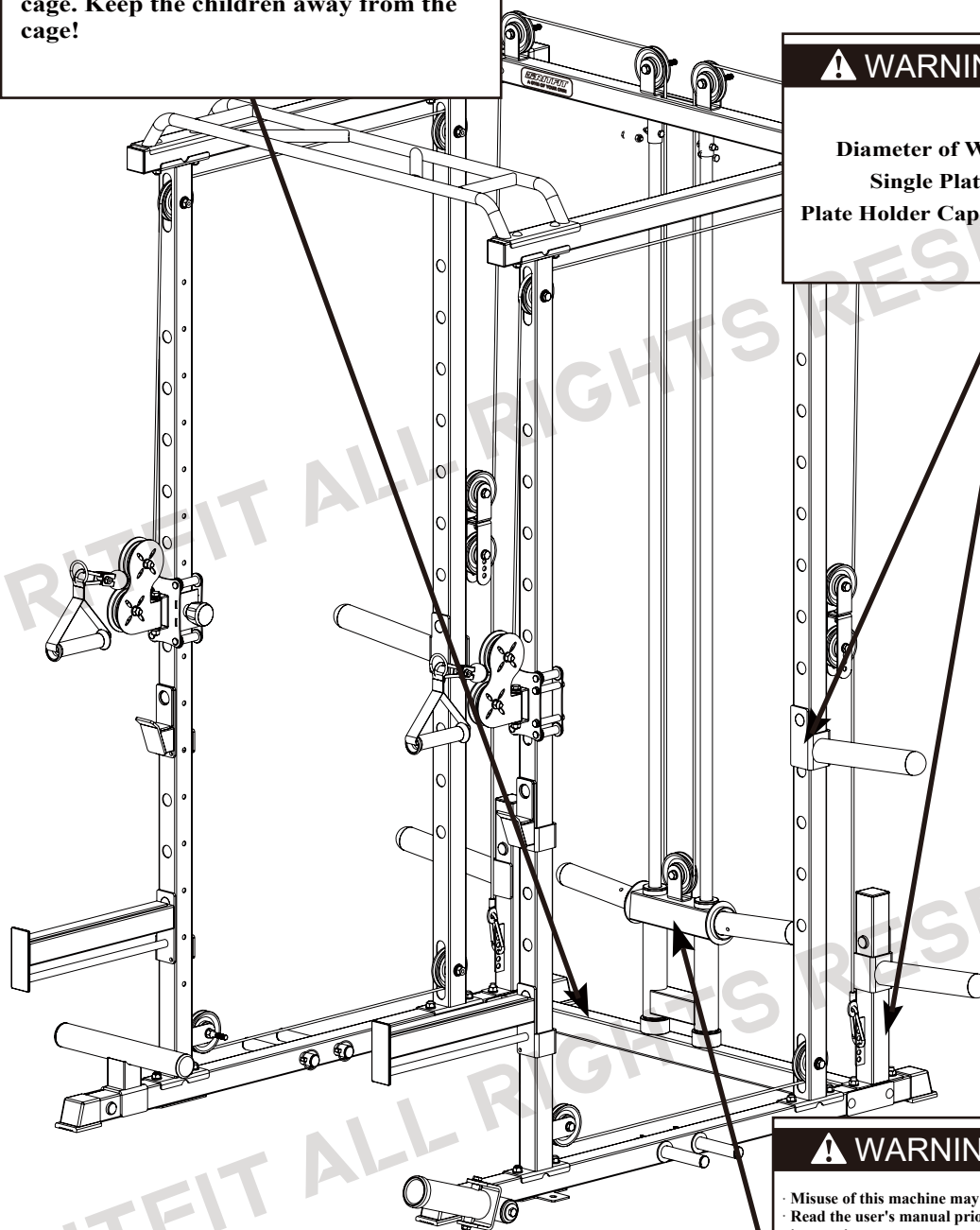


⚠ WARNING 

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

⚠ WARNING 

Diameter of Weight Plate: Max 18.1 in
Single Plate Weight: Max 45 lbs
Plate Holder Capacity: Each peg Max 165 lbs



⚠ WARNING 

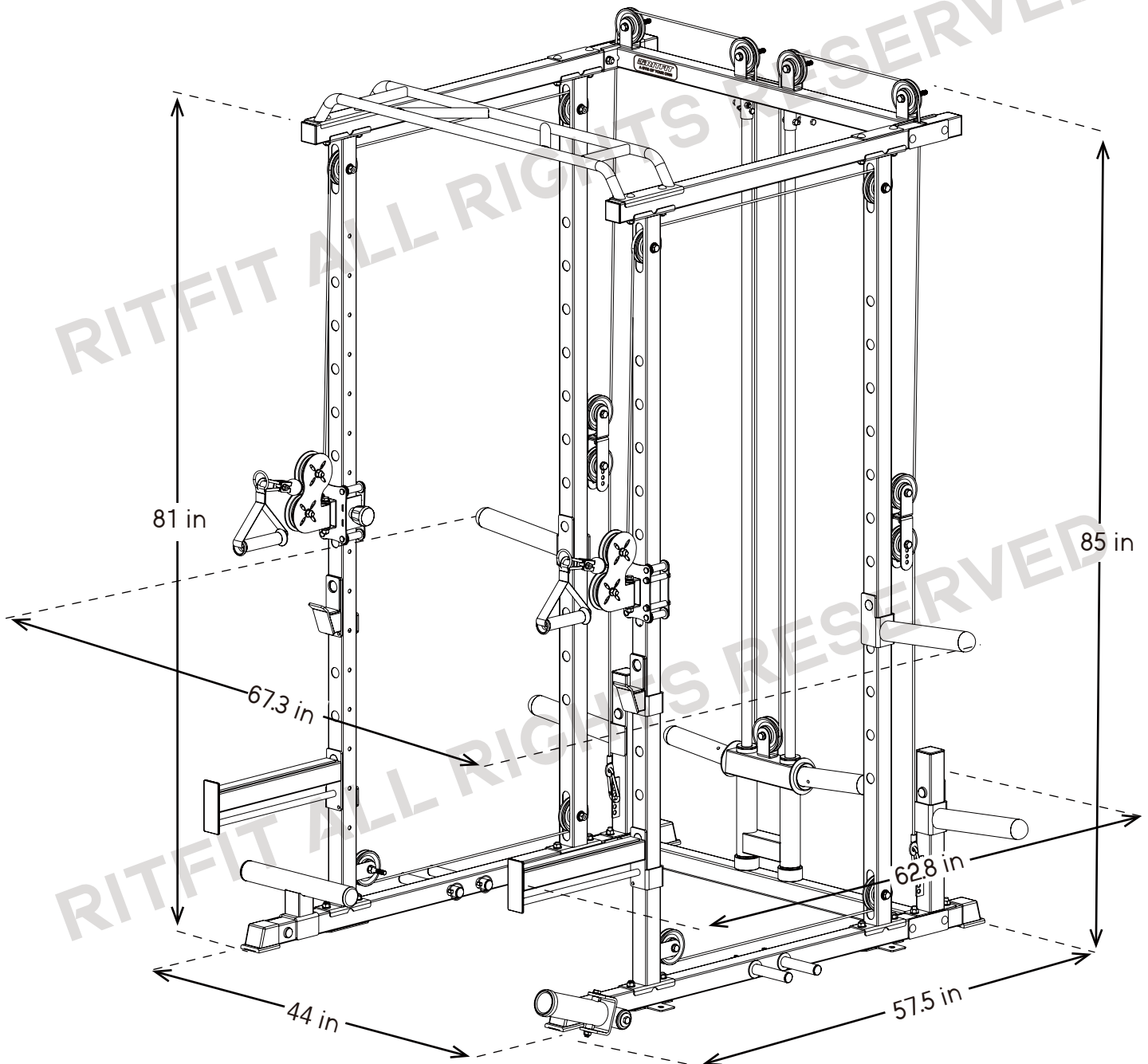
- Misuse of this machine may result in serious injury.
- Read the user's manual prior to use and follow all warnings and instructions.
- Do not allow children under the age of 13 on or around the machine.
- The maximum user weight should be less than 400 lbs.
- For consumer use only not for commercial use.
- If you have any questions, please e-mail our customer service team at support@ritfitsports.com

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!

END

Congratulations!

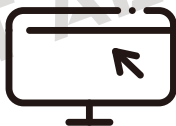
You have assembled the Power Cage!
Now, you can officially start strength training!



RITFIT ALL RIGHTS RESERVED

RITFIT ALL RIGHTS RESERVED

RITFIT



www.ritfitsports.com

SUBSCRIBE WEBSITE AND GET

- ☒ Free Exercise Ebook
- ☒ Latest Updates



GOT A PROBLEM? GET IN TOUCH
support@ritfitsports.com

GET SOCIAL WITH US



ritfit.sports