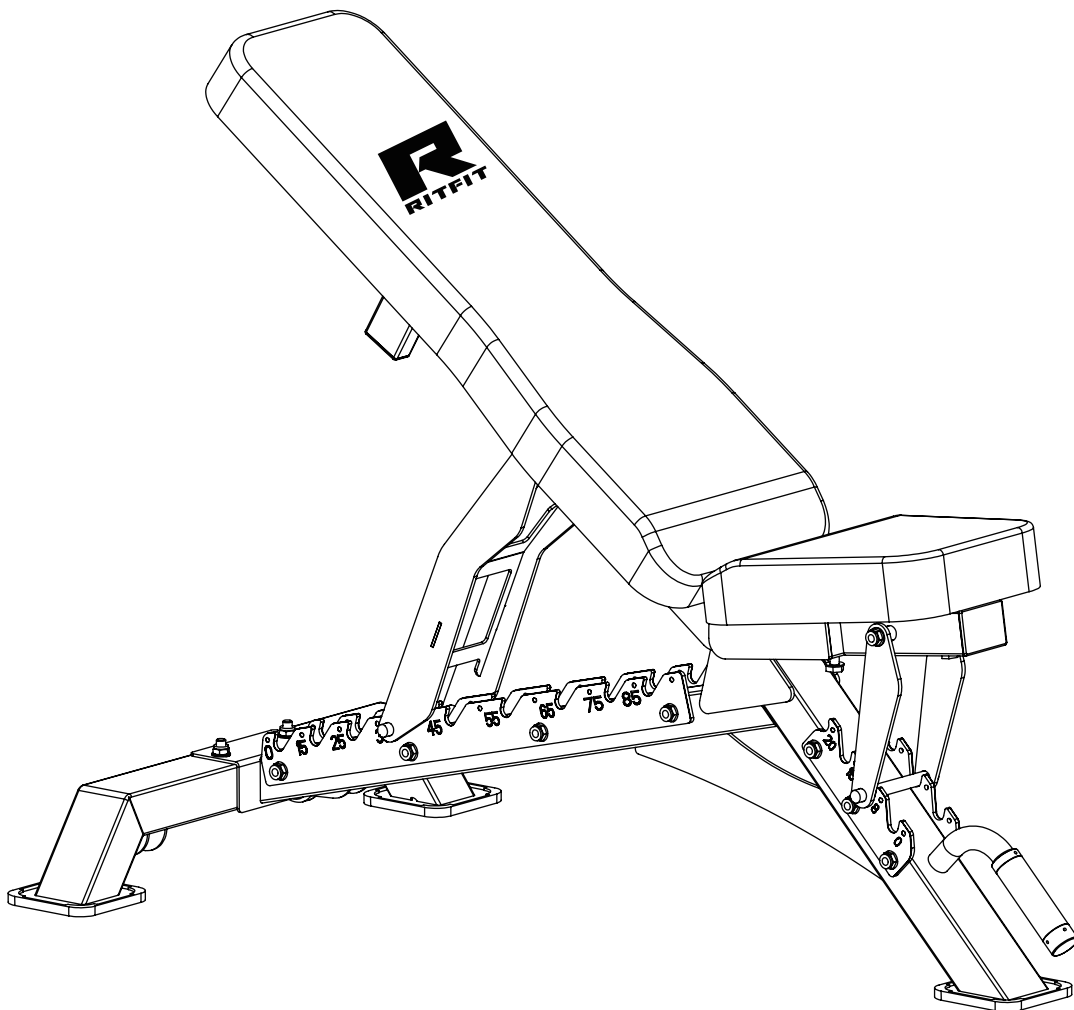


RITFIT

ADJUSTABLE WEIGHT BENCH BWB01



OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS

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 backrest brace is 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 1300LB.
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 weight 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 and dry conditions, and 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 1300 LBS (590 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 for the main frame lasts for 5 years from the date it begins, but the other parts and two pads are covered only for 12 months.

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 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?

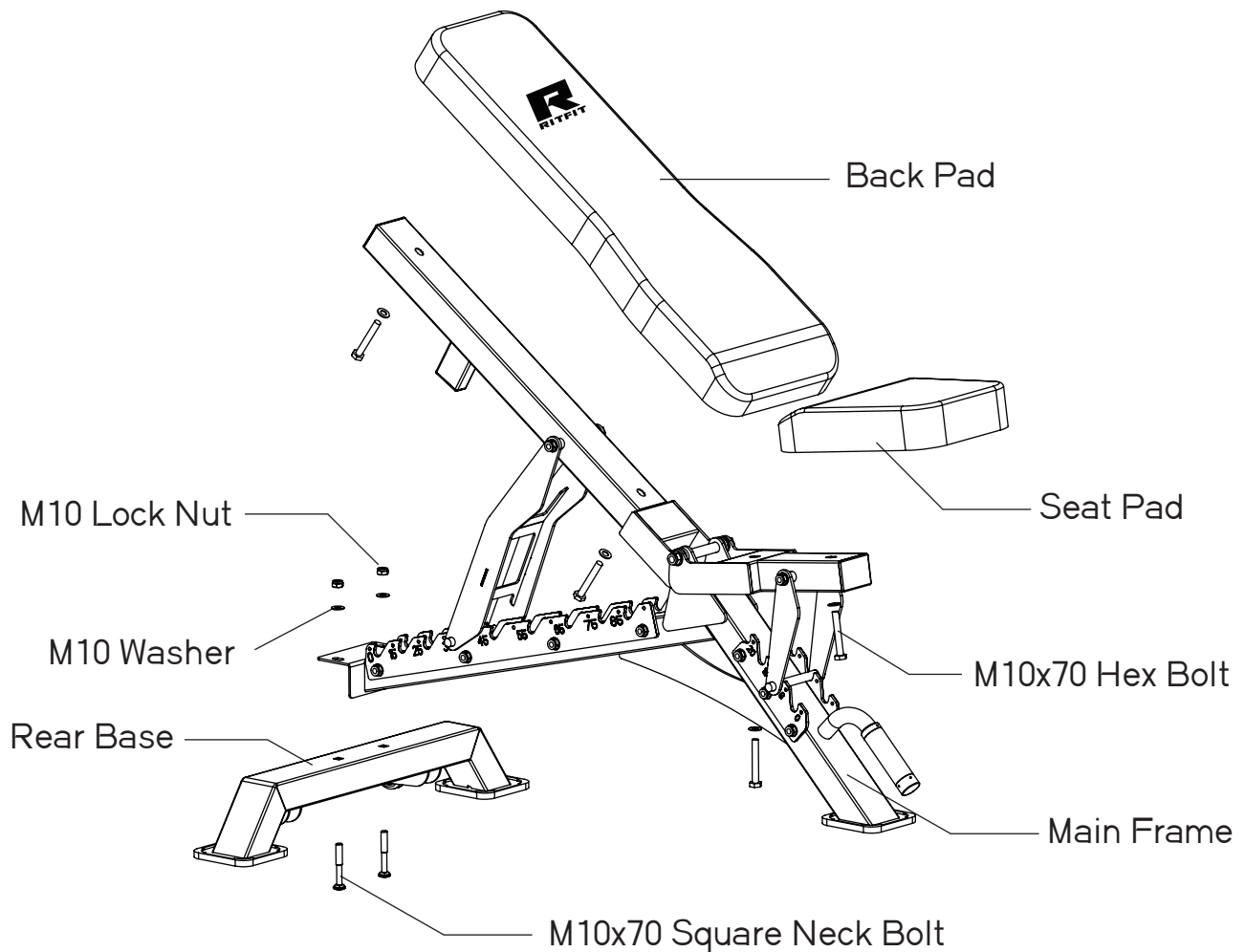
To ensure you receive the best technical support please visit www.ritfitsports.com and register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, worn, damaged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

BEFORE YOU BEGIN

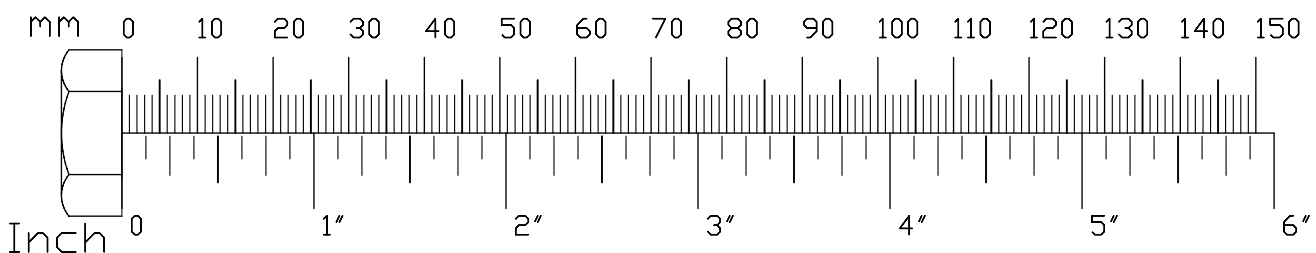
Thank you for selecting the RitFit® Adjustable Weight Bench. RitFit® Adjustable Weight Bench is designed to be used with your weight set (not included) to help you develop every major muscle group of the body.

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 support@ritfitsports.com. To help us assist you, please note the product model number and serial number before calling. The model number is **BWB01**.

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



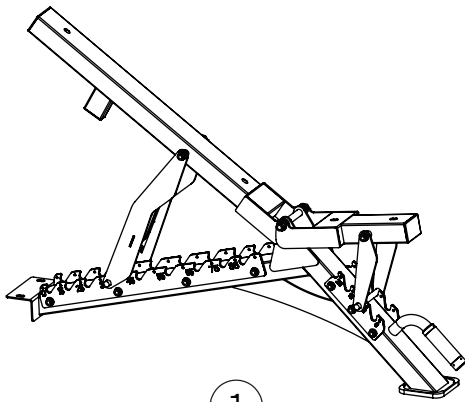
CAPACITY: 1300LB



PARTS LIST

No.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Back Pad	1
3	Seat Pad	1
4	Rear Base	1
5	M10x70 Hex Bolt	4
6	M10x70 Square Neck Bolt	2
7	M10 Washer	6
8	M10 Lock Nut	2
9	Wrench	1

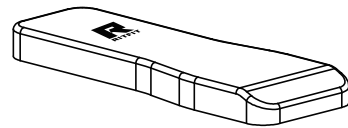
• PACKED IN THE BOX



①

Main Frame

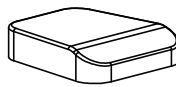
1x



②

Back Pad

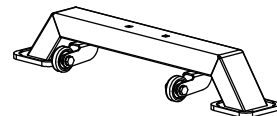
1x



③

Seat Pad

1x

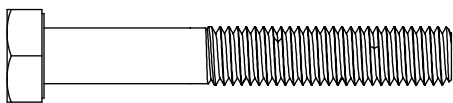


④

Rear Base

1x

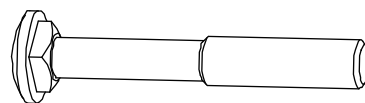
• HARDWARE



⑤

M10x70 Hex Bolt

4x



⑥

M10x70 Square Neck Bolt

2x



⑦

M10 Washer

6x



⑧

M10 Lock Nut

2x



⑨

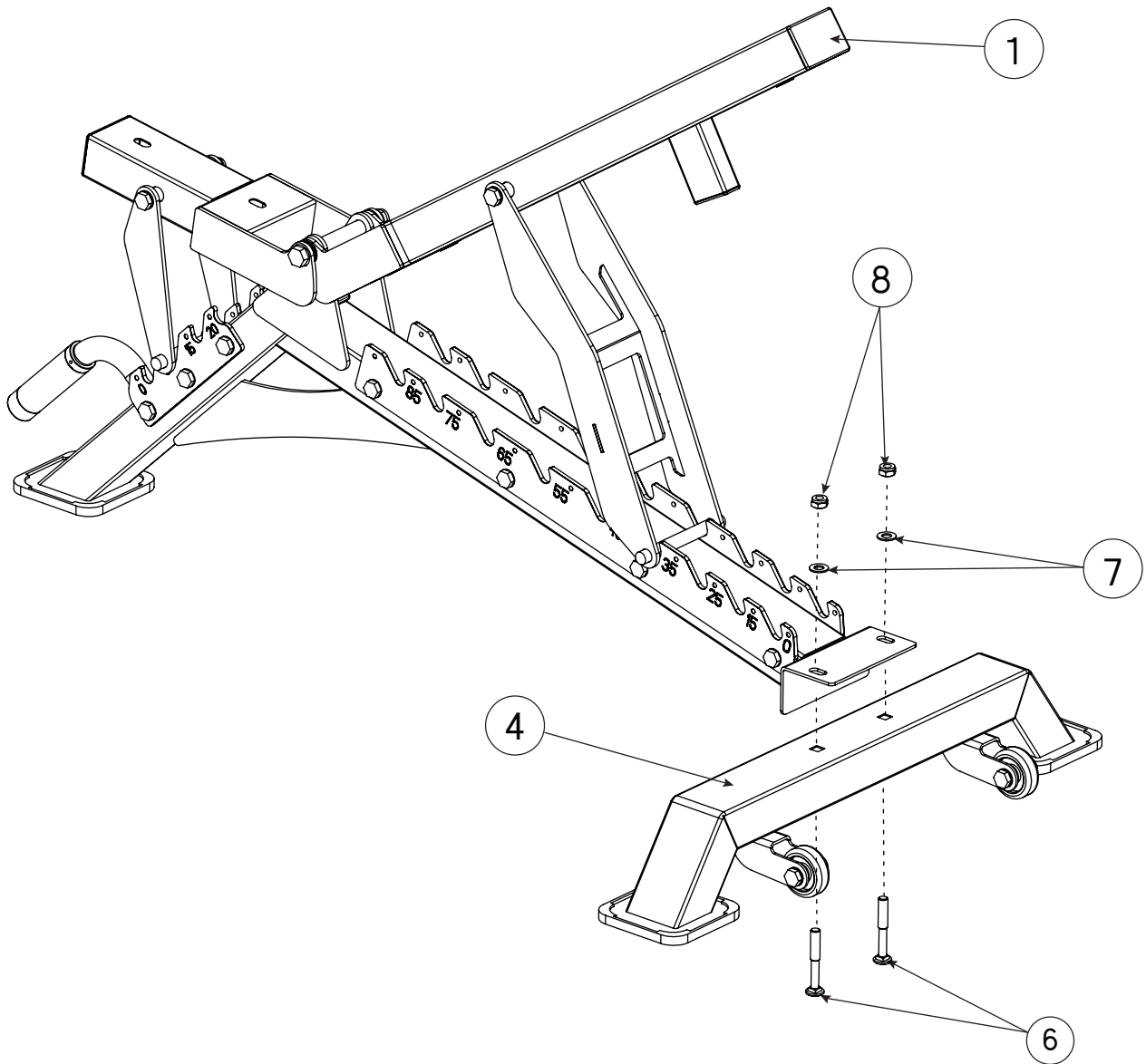
Wrench

1x

ASSEMBLY

STEP 1

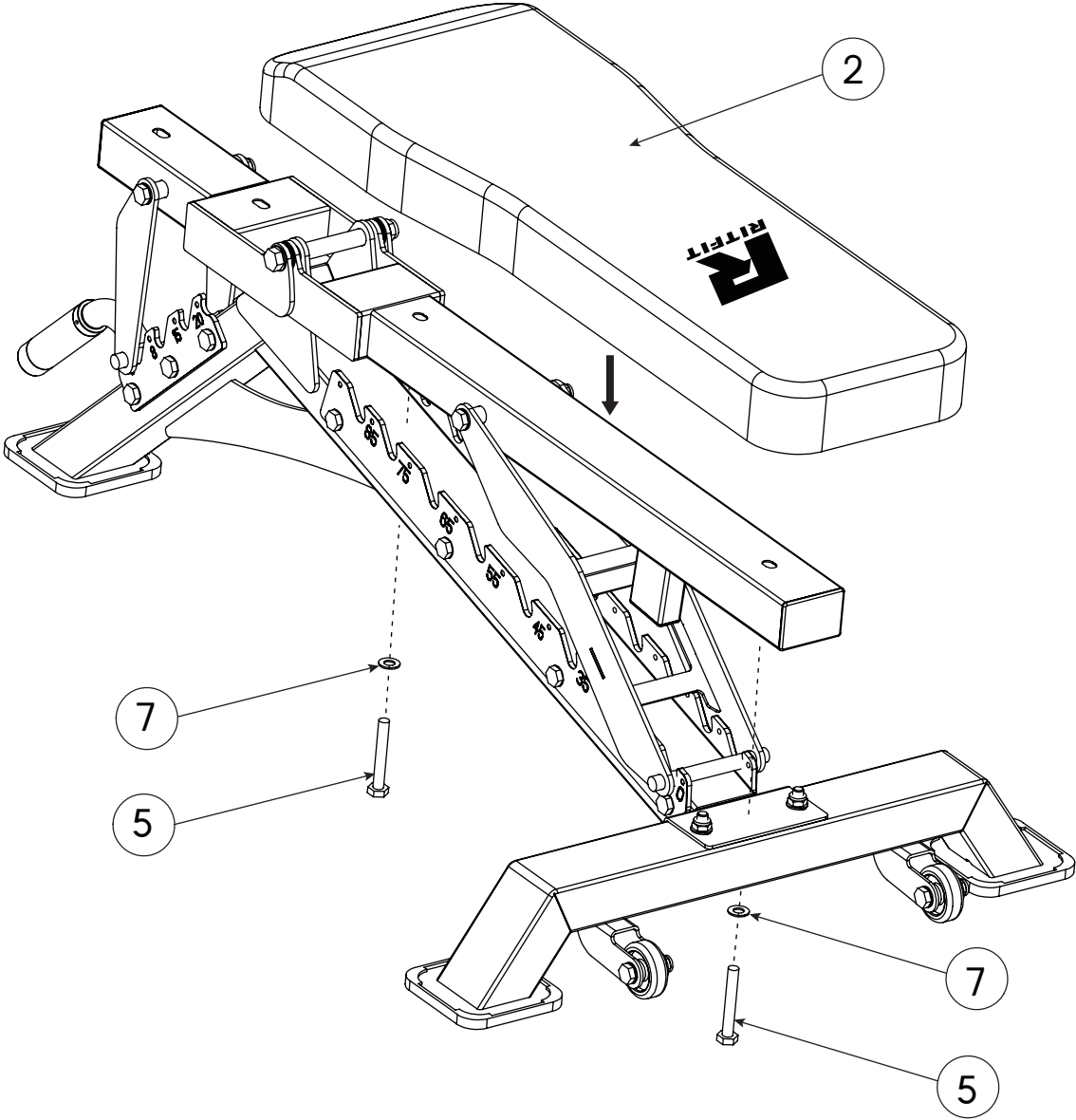
No.	DESCRIPTION	QUANTITY
1	Main Frame	1
4	Rear Base	1
6	M10x70 Square Neck Bolt	2
7	M10 Washer	2
8	M10 Lock Nut	2



ASSEMBLY

STEP 2

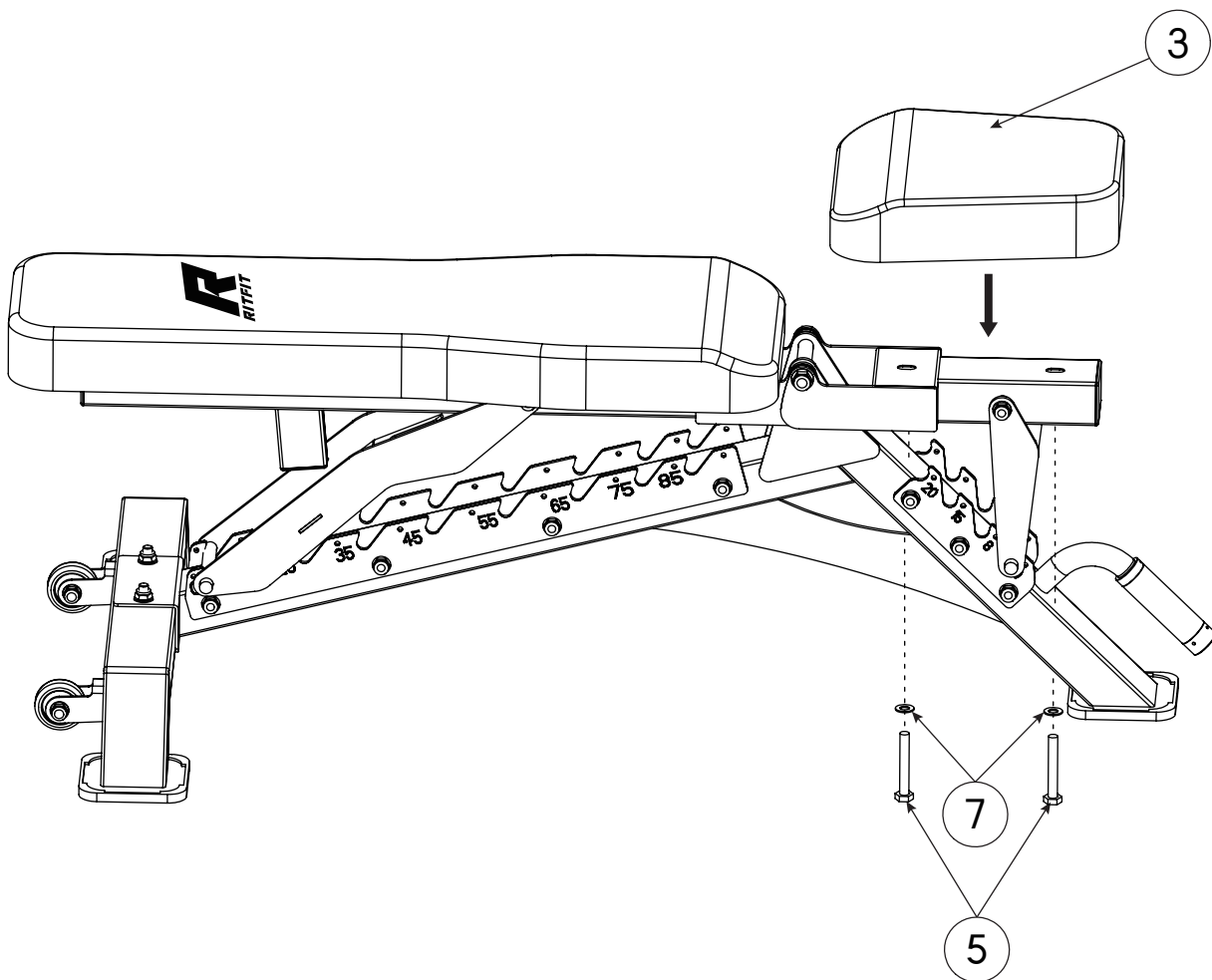
No.	DESCRIPTION	QUANTITY
2	Back Pad	1
5	M10x70 Hex Bolt	2
7	M10 Washer	2



ASSEMBLY

STEP 3

No.	DESCRIPTION	QUANTITY
3	Seat Pad	1
5	M10x70 Hex Bolt	2
7	M10 Washer	2



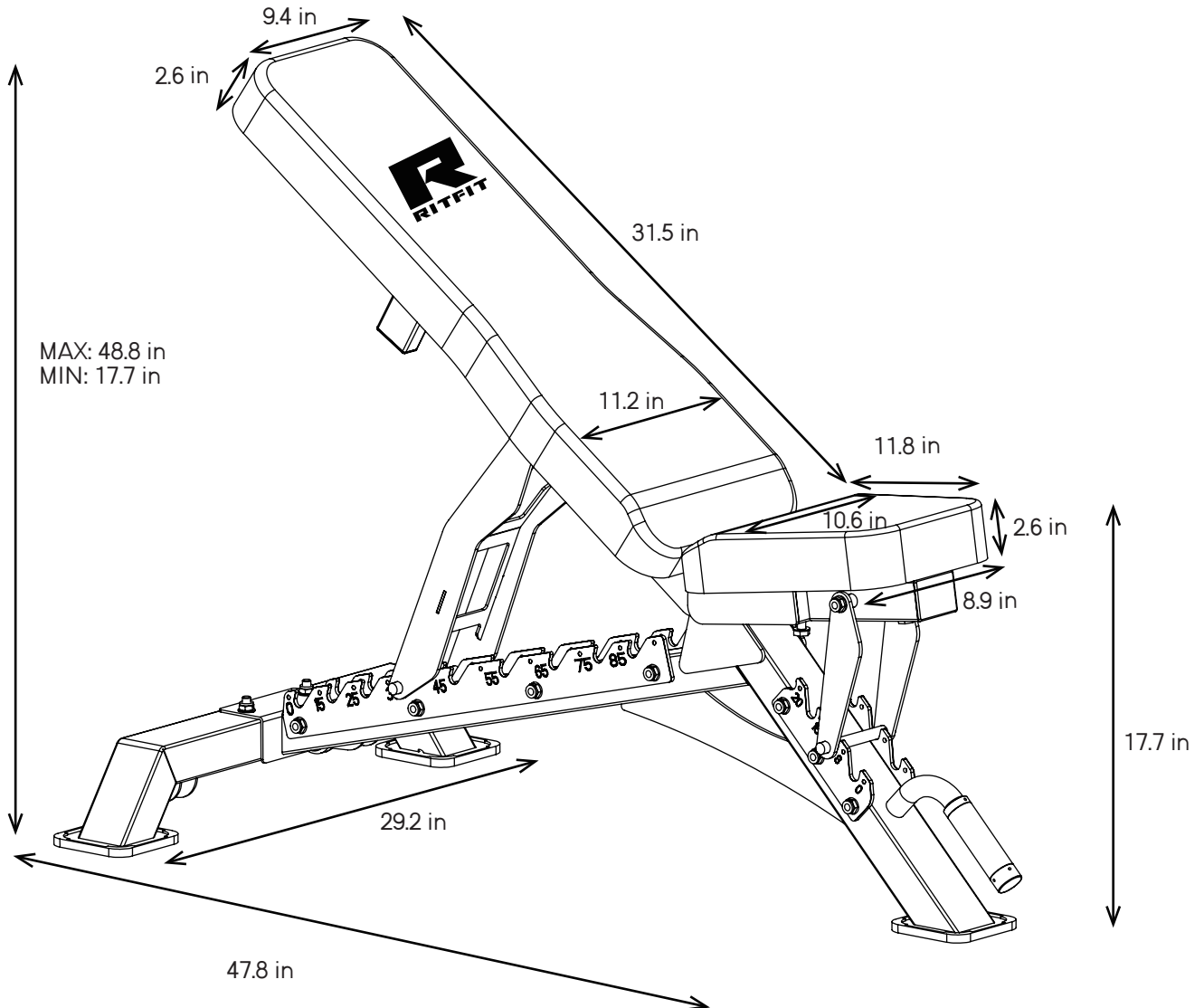
* Note: Tighten all hardware before use, including pre-assembled ones.

END

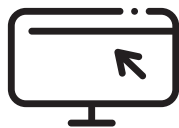
Congratulations!

You have assembled the Adjustable Weight Bench!

Now, you can get more out of your workout using BWB01.



RITFIT



www.ritfitsports.com

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GET SOCIAL WITH US

 [@ritfit.sports](https://www.instagram.com/ritfit.sports)