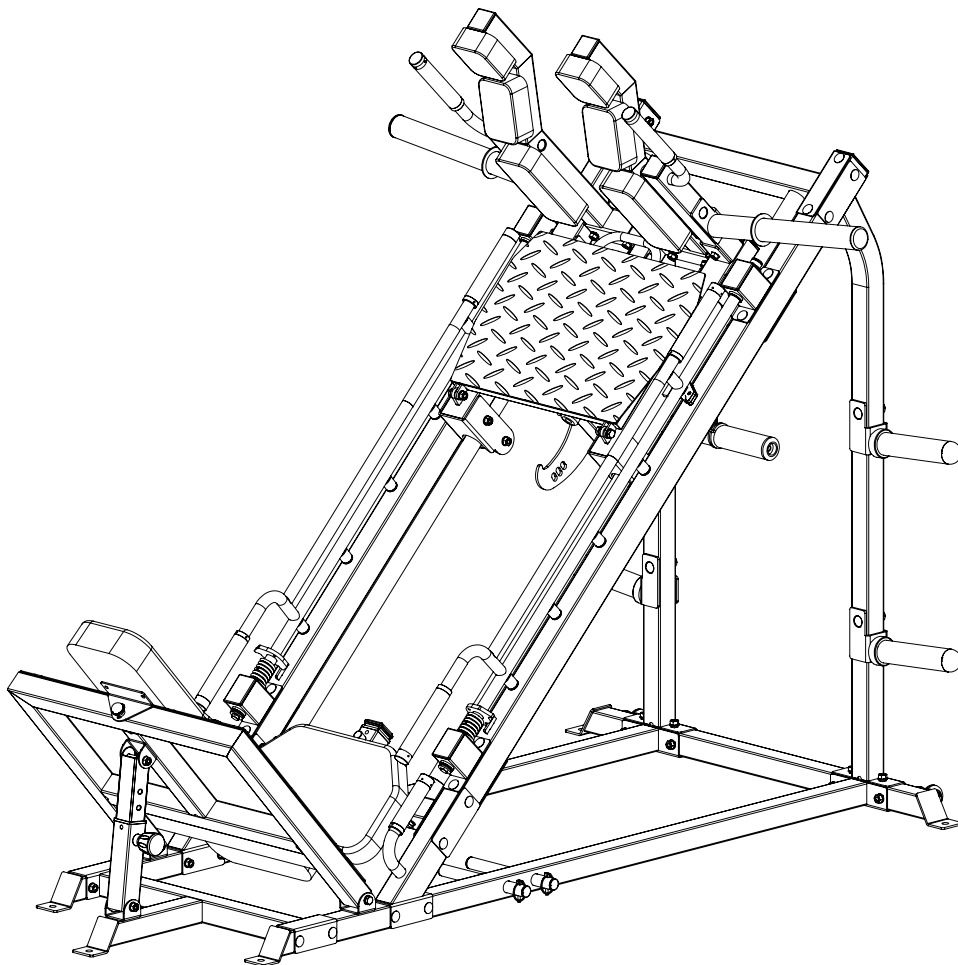


# **RITFIT**

## **LEG PRESS MACHINE GAZELLE**



**OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS**



# SAFETY & PRECAUTIONS

**IMPORTANT: READ ALL PRECAUTIONS CAREFULLY BEFORE USING THIS PRODUCT. RETAIN OWNER'S MANUAL FOR FUTURE REFERENCE.**

**Note:** This item is shipped in an unusual shaped box. Please hold on to the box until you feel there's no need to return the product. Place the manual in a safe place in your home or office.

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

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## PRODUCT USE AND MAINTENANCE

The RitFit Leg Press Machine should be repaired only by authorized persons. NEVER modify the RitFit Leg Press Machine or attempt to repair the unit equipment without first calling our Customer Service Department. Always notify authorized personnel to make such repairs.

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### WARNING

- **THE MAXIMUM TOTAL STATIC LOADING CAPACITY SHALL NOT EXCEED 1500LB (680KG).**
- **KEEP CHILDREN UNDER 13 AND PETS AWAY FROM THE LEG PRESS MACHINE.**
- **INSPECT AND TIGHTEN ALL PARTS EACH TIME AND REPLACE ANY WORN PARTS IMMEDIATELY.**

# 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 Leg Press Machine.

## C. What's Covered?

The Basic Warranty covers the cost of all parts and labor needed to repair any item on your leg press machine 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 36 months from the date it begins, but the parts 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 leg press machine'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 leg press machine.

## G. How To Contact Us?

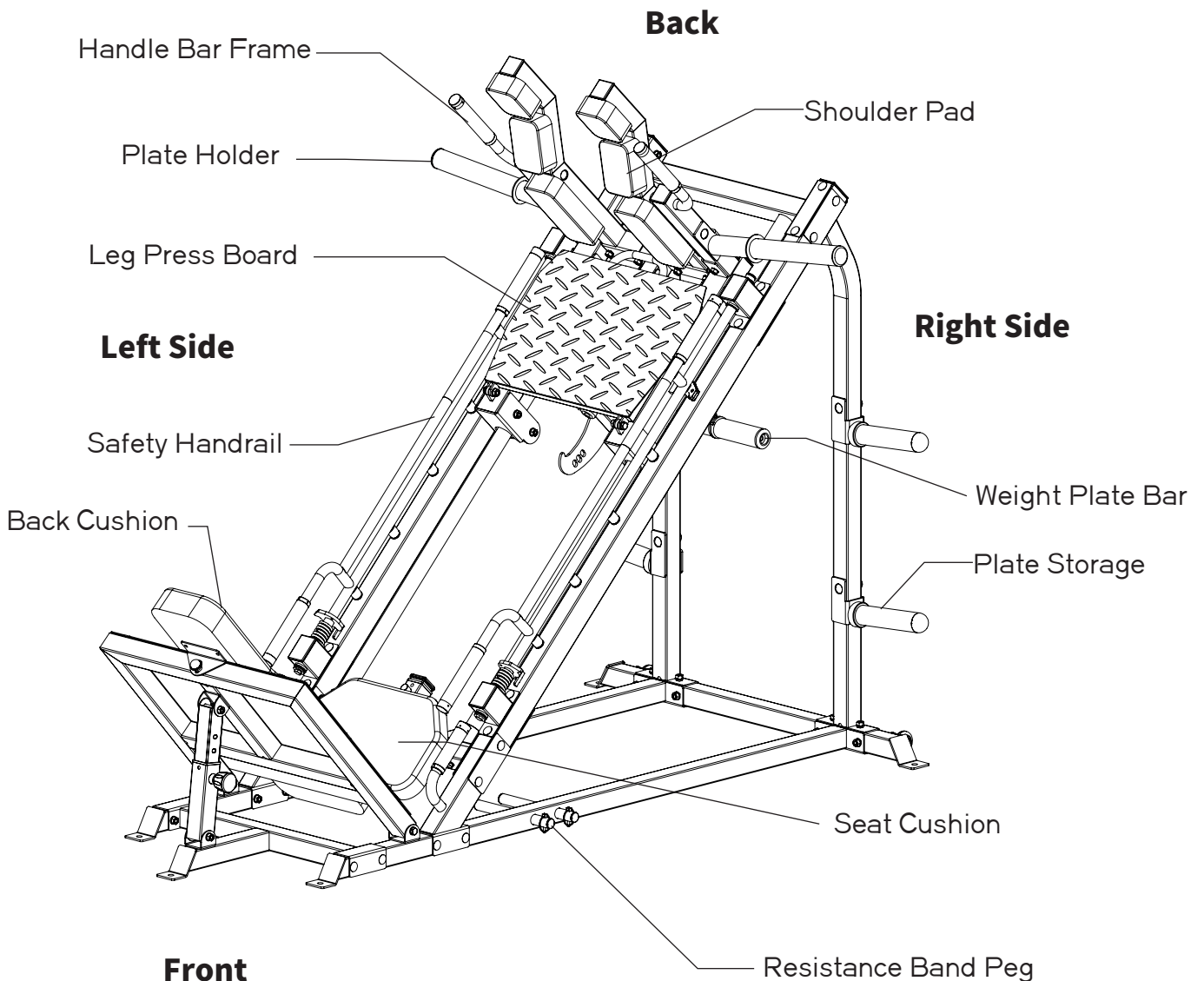
To ensure you receive the best technical support please visit [www.ritfitsports.com](http://www.ritfitsports.com) to register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts 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® Leg Press Machine. RITFIT® Leg Press Machine is designed to be used with weight training system to help you develop your lower muscle group of the body.

**For your benefit, read this manual carefully before using the Leg Press Machine.** 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 **GAZELLE**.

**BEFORE READING FURTHER, PLEASE REVIEW THE DRAWING BELOW AND FAMILIARIZE YOURSELF WITH THE PARTS THAT ARE LABELED. \*NOTE: THE LEFT AND RIGHT DIRECTION OF ACCESSORIES ARE ACCORDING TO THE DIRECTION BELOW.**

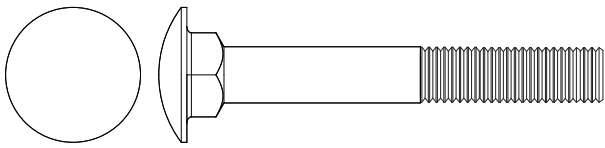


**CAPACITY: 1500 LB**

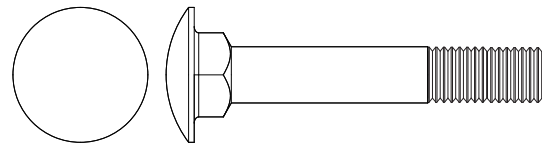
# PARTS LIST

## FASTENER AND TOOLS

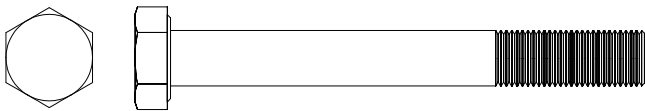
NO.	DESCRIPTION	QUANTITY
a	M10x90 Square Neck Bolt	12
b	M10x70 Square Neck Bolt	38
c	M10x70 Hex Bolt	4
d	M10x35 Hex Bolt	2
e	M10x20 Hex Bolt	8
f	M8x85 Hex Bolt	2
g	M8x65 Hex Bolt	12
h	M8x20 Hex Bolt	2



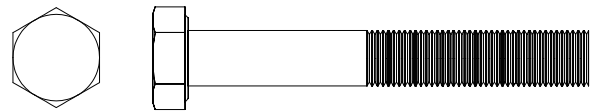
(a) M10x90 Square Neck Bolt  
12x



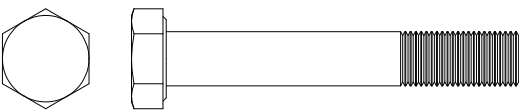
(b) M10x70 Square Neck Bolt  
38x



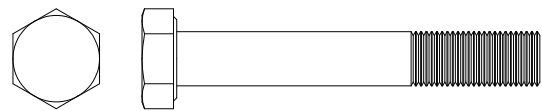
(c) M10x70 Hex Bolt  
4x



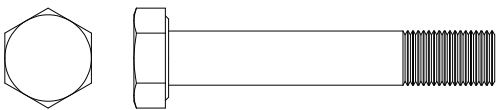
(d) M10x35 Hex Bolt  
2x



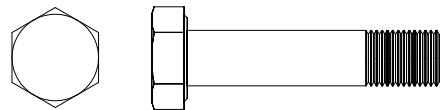
(e) M10x20 Hex Bolt  
8x



(f) M8x85 Hex Bolt  
2x



(g) M8x65 Hex Bolt  
12x



(h) M8x20 Hex Bolt  
2x

# PARTS LIST

## FASTENER AND TOOLS

NO.	DESCRIPTION	QUANTITY
i	M10 (φ30) Washer	4
j	M10 Washer	66
k	M8 Washer	16
l	M10 Nut	56
m	Open-ended Wrench 14-17	1
n	10MM Hex Key	2
o	4MM Hex Key	1



(i) M10 (φ30) Washer  
4x



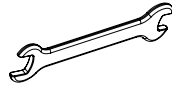
(j) M10 Washer  
66x



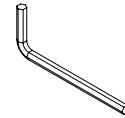
(k) M8 Washer  
16x



(l) M10 Nut  
56x



(m) Open-ended Wrench 14-17  
1x

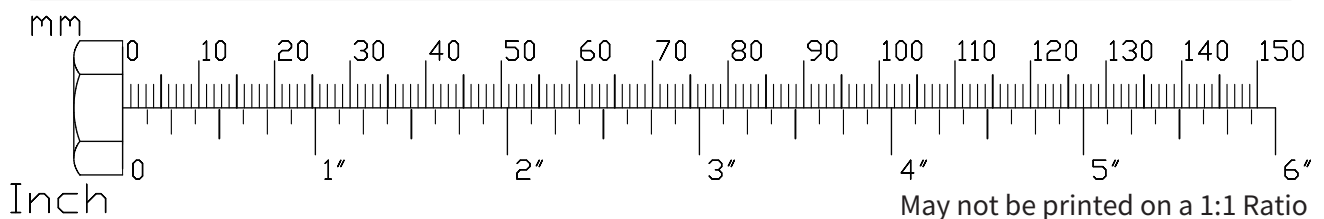
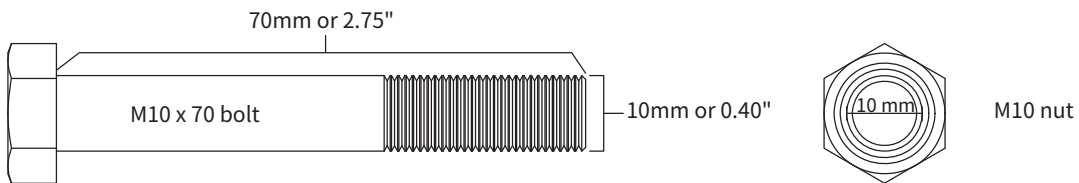


(n) 10MM Hex Key  
2x



(o) 4MM Hex Key  
1x

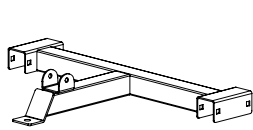
### How To Measure



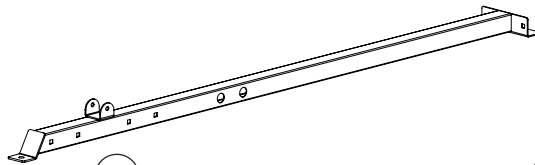
# PARTS LIST

## • PACKED IN THE BOX

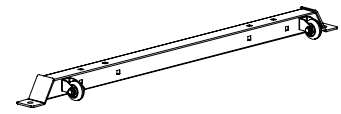
NO.	DESCRIPTION	QUANTITY
1	Foot Plate Bottom Frame	1
2	Bottom Main Frame	2
3	Bottom Cross Beam	1
4	Bottom Adjusting Frame	1
5	Bolt Plate (L)	2
6	Bolt Plate (M)	4
7	Bolt Plate (S)	4
8	Upper Cross Beam	1
9	Rear Side Frame	2
10	Guiding Rod	2
11	Side Frame	2
12	Seat Cushion Frame	1
13	Safety Handrail (L)	1
14	Safety Handrail (R)	1



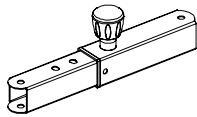
① Foot Plate Bottom Frame  
1x



② Bottom Main Frame  
2x



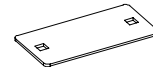
③ Bottom Cross Beam  
1x



④ Bottom Adjusting Frame  
1x



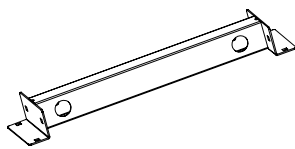
⑤ Bolt Plate (L)  
2x



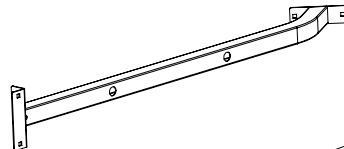
⑥ Bolt Plate (M)  
4x



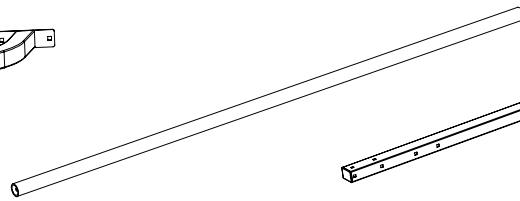
⑦ Bolt Plate (S)  
4x



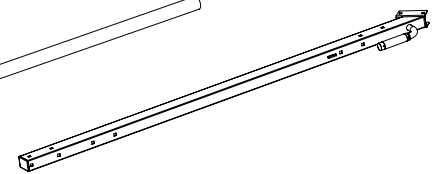
⑧ Upper Cross Beam  
1x



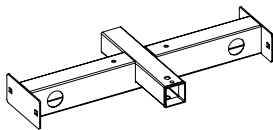
⑨ Rear Side Frame  
2x



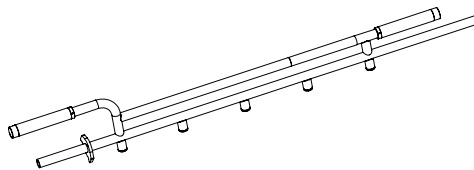
⑩ Guiding Rod  
2x



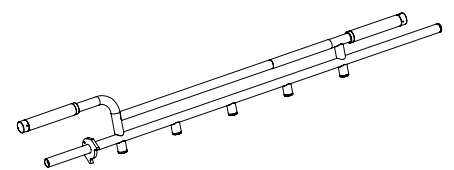
⑪ Side Frame  
2x



⑫ Seat Cushion Frame  
1x



⑬ Safety Handrail (L)  
1x

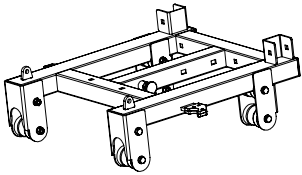


⑭ Safety Handrail (R)  
1x

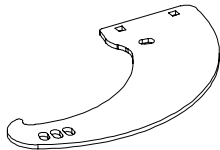
# PARTS LIST

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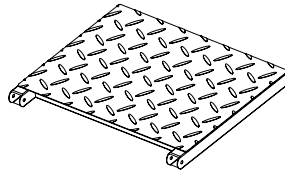
NO.	DESCRIPTION	QUANTITY
15	Slider	1
16	Leg Press Board Adjustment Piece	1
17	Foot Plate	1
18	Leg Press Board	1
19	Weight Plate Bar Frame	1
20	Weight Plate Bar	1
21	Reinforced Frame	1
22	Plate Holder Set	1
23	Handle Bar Frame	2
24	Shoulder Pad Frame (L)	1
25	Shoulder Pad Frame (R)	1
26	Back Cushion	1
27	Seat Cushion	1
28	Shoulder Pad (L)	2
29	Shoulder Pad (M)	2
30	Shoulder Pad (S)	2



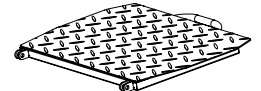
⑮ Slider  
1x



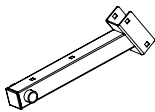
⑯ Leg Press Board Adjustment Piece  
1x



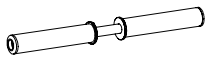
⑰ Foot Plate  
1x



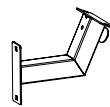
⑱ Leg Press Board  
1x



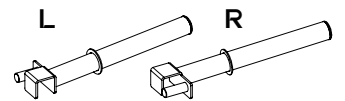
⑲ Weight Plate Bar Frame  
1x



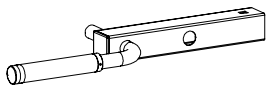
⑳ Weight Plate Bar  
1x



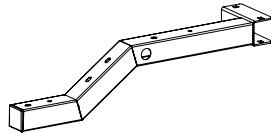
㉑ Reinforced Frame  
1x



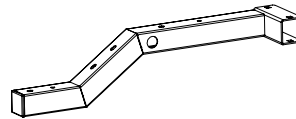
㉒ Plate Holder Set  
1x



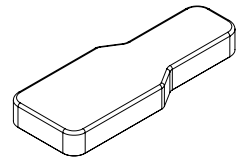
㉓ Handle Bar Frame  
2x



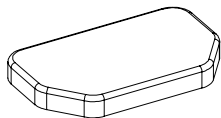
㉔ Shoulder Pad Frame (L)  
1x



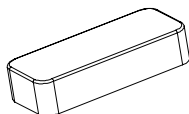
㉕ Shoulder Pad Frame (R)  
1x



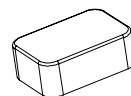
㉖ Back Cushion  
1x



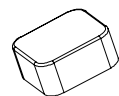
㉗ Seat Cushion  
1x



㉘ Shoulder Pad (L)  
2x



㉙ Shoulder Pad (M)  
2x

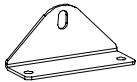


㉚ Shoulder Pad (S)  
2x

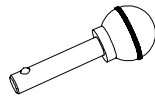
# PARTS LIST

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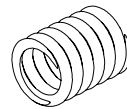
NO.	DESCRIPTION	QUANTITY
31	Back Cushion Fixing Plate	1
32	Back Cushion Pin	1
33	Spring	2
34	Safety Limit Tube Pin	1
35	Plate Storage Set	2
36	Spring Washer	2
37	Safety Limit Tube	1
38	Collar	2
39	Resistance Band Peg	4
40	Guiding Rod Peg	2
41	Handrail Connection Frame	4
42	Shoulder Pad Fixing Tube	2
43	Ratchet Wrench	1
44	Lubricating Oil	1



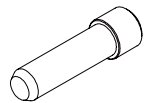
③① Back Cushion Fixing Plate  
1x



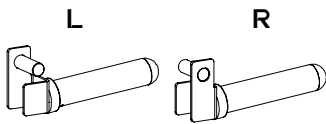
③② Back Cushion Pin  
1x  
(③② is pretty small, maybe packed together with other fasteners)



③③ Spring  
2x



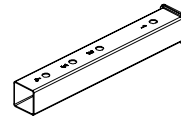
③④ Safety Limit Tube Pin  
1x  
(③④ is pretty small, maybe packed together with other fasteners)



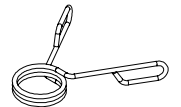
③⑤ Plate Storage Set  
2x



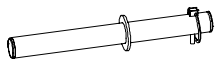
③⑥ Spring Washer  
2x



③⑦ Safety Limit Tube  
1x



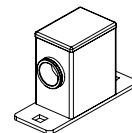
③⑧ Collar  
2x



③⑨ Resistance Band Peg  
4x



④⑩ Guiding Rod Peg  
2x



④① Handrail Connection Frame  
4x



④② Shoulder Pad Fixing Tube  
2x



④③ Ratchet Wrench  
1x



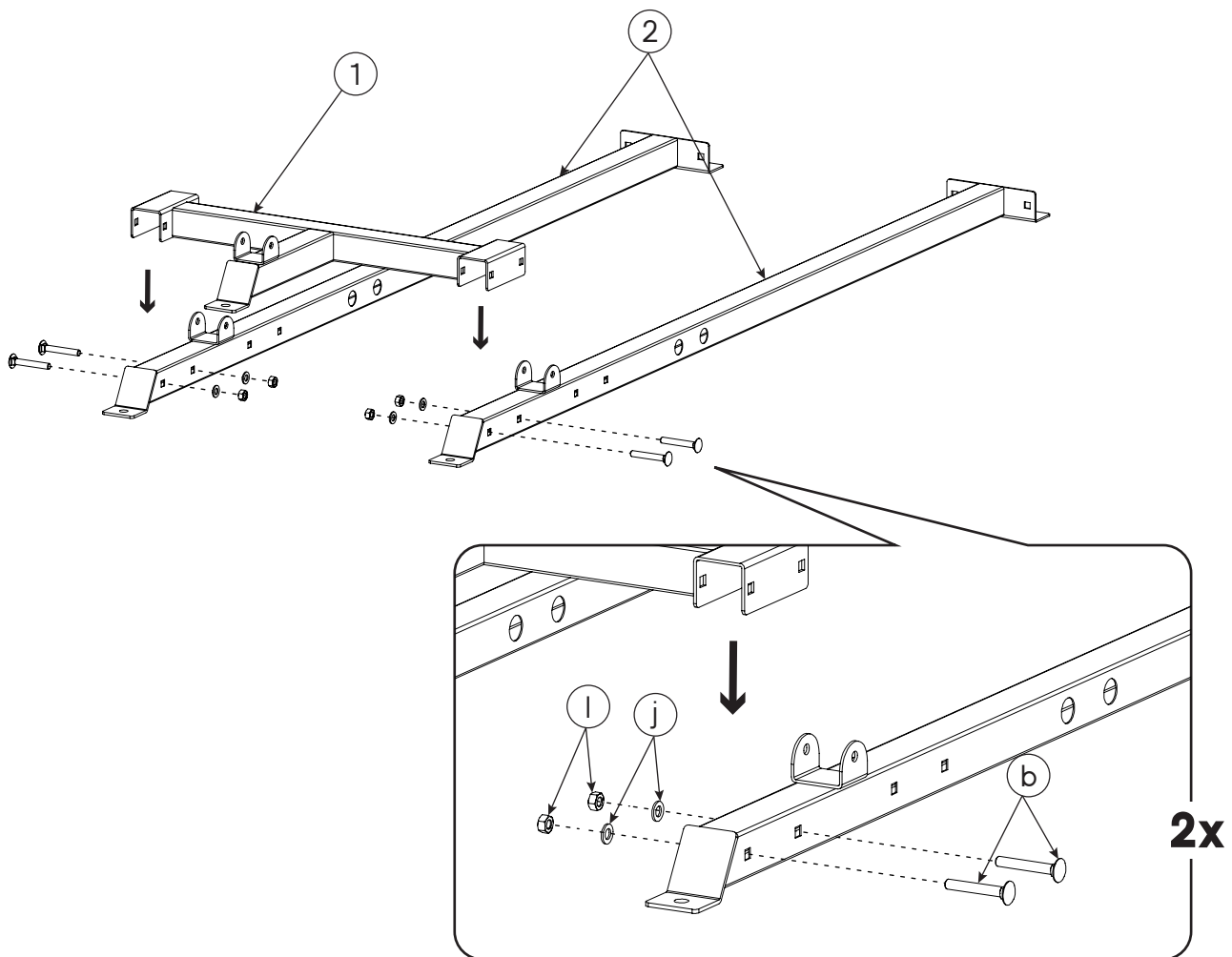
④④ Lubricating Oil  
1x

(Note: Use this Ratchet Wrench for quick and easy tightening or loosening fasteners! You can keep it as a souvenir from RitFit!)

# ASSEMBLY AND ADJUSTMENT

## STEP 1 (Two People Are Required.)

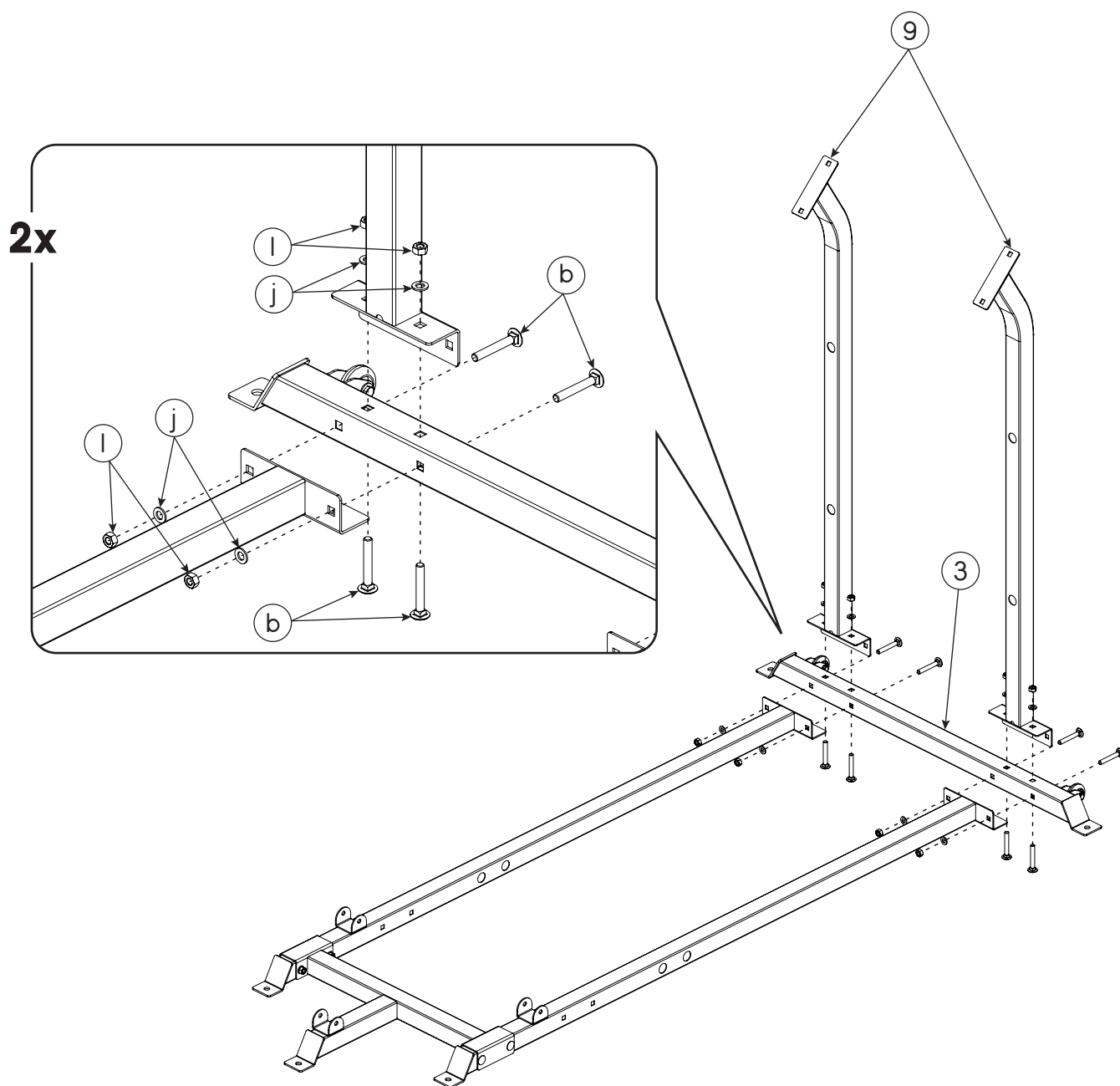
NO.	DESCRIPTION	QUANTITY
1	Foot Plate Bottom Frame	1
2	Bottom Main Frame	2
b	M10x70 Square Neck Bolt	4
j	M10 Washer	4
l	M10 Nut	4



# ASSEMBLY AND ADJUSTMENT

## STEP 2 (Two People Are Required.)

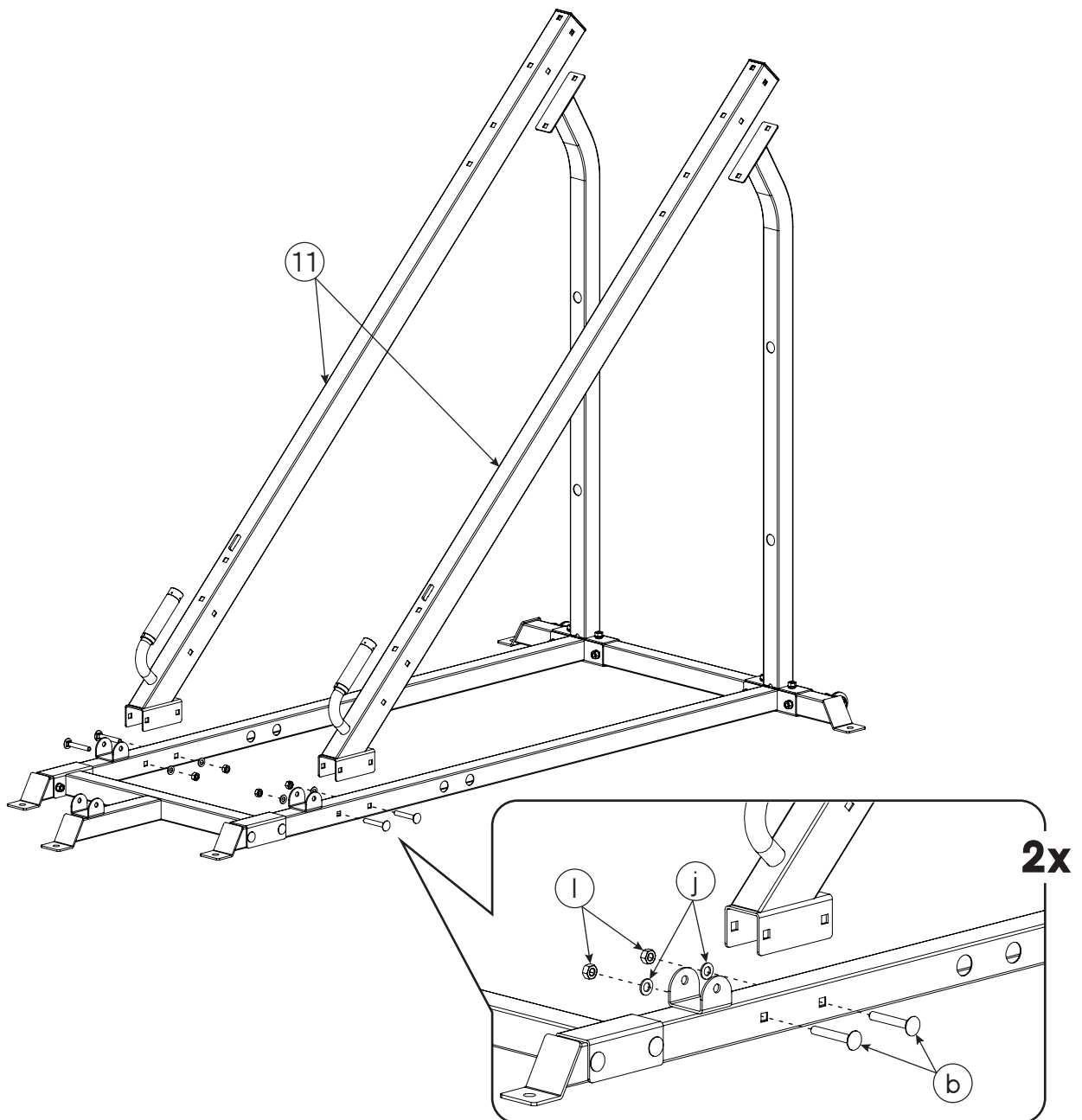
NO.	DESCRIPTION	QUANTITY
3	Bottom Cross Beam	1
9	Rear Side Frame	2
b	M10x70 Square Neck Bolt	8
j	M10 Washer	8
l	M10 Nut	8



# ASSEMBLY AND ADJUSTMENT

## STEP 3 (Two People Are Required.)

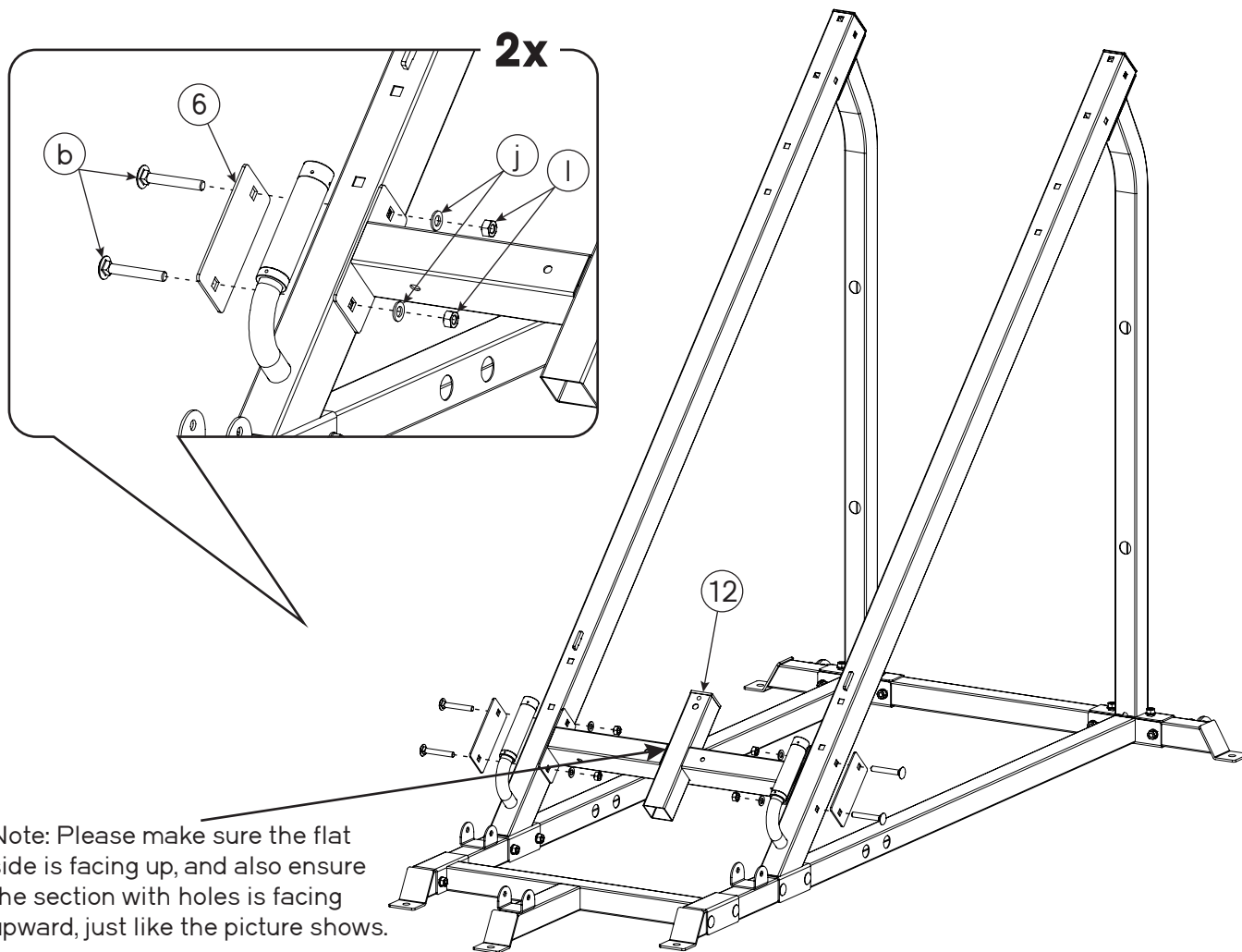
NO.	DESCRIPTION	QUANTITY
11	Side Frame	2
b	M10x70 Square Neck Bolt	4
j	M10 Washer	4
l	M10 Nut	4



# ASSEMBLY AND ADJUSTMENT

## STEP 4 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
6	Bolt Plate (M)	2
12	Seat Cushion Frame	1
b	M10x70 Square Neck Bolt	4
j	M10 Washer	4
l	M10 Nut	4

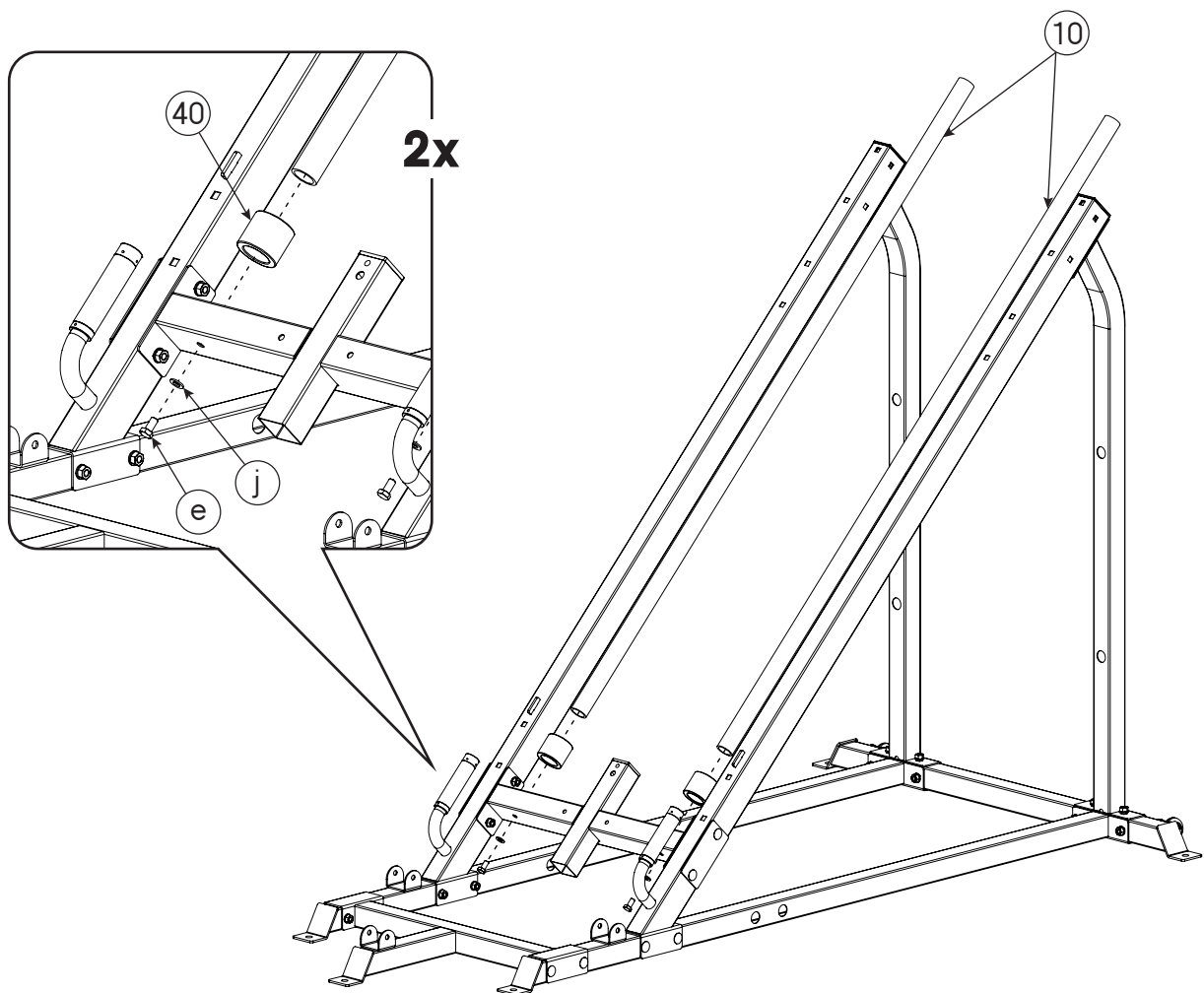


\* Note: Please make sure the flat side is facing up, and also ensure the section with holes is facing upward, just like the picture shows.

# ASSEMBLY AND ADJUSTMENT

## STEP 5 (Two People Are Required.)

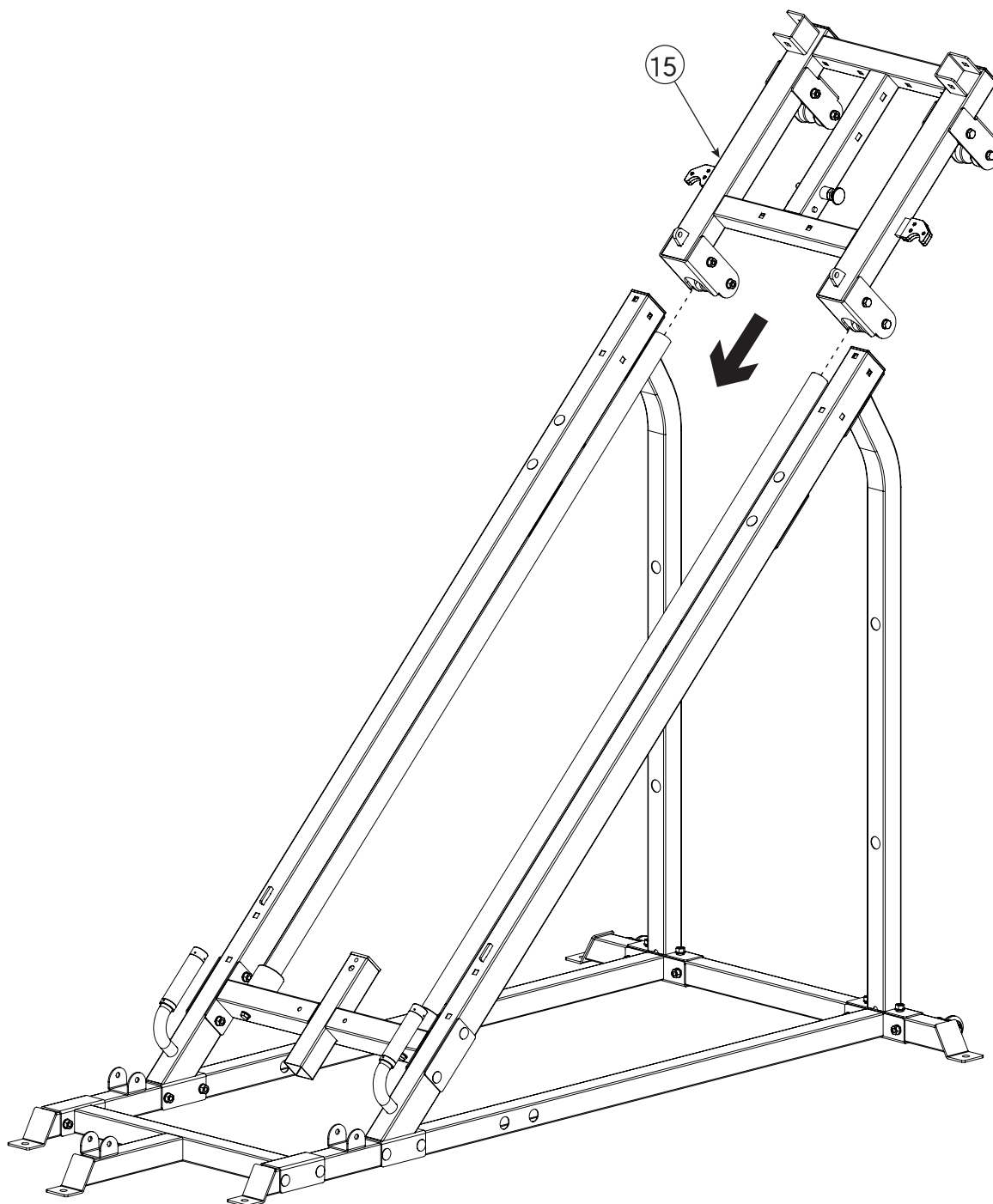
NO.	DESCRIPTION	QUANTITY
10	Guiding Rod	2
40	Guiding Rod Peg	2
e	M10x20 Hex Bolt	2
j	M10 Washer	2



# ASSEMBLY AND ADJUSTMENT

## STEP 6 (Two People Are Required.)

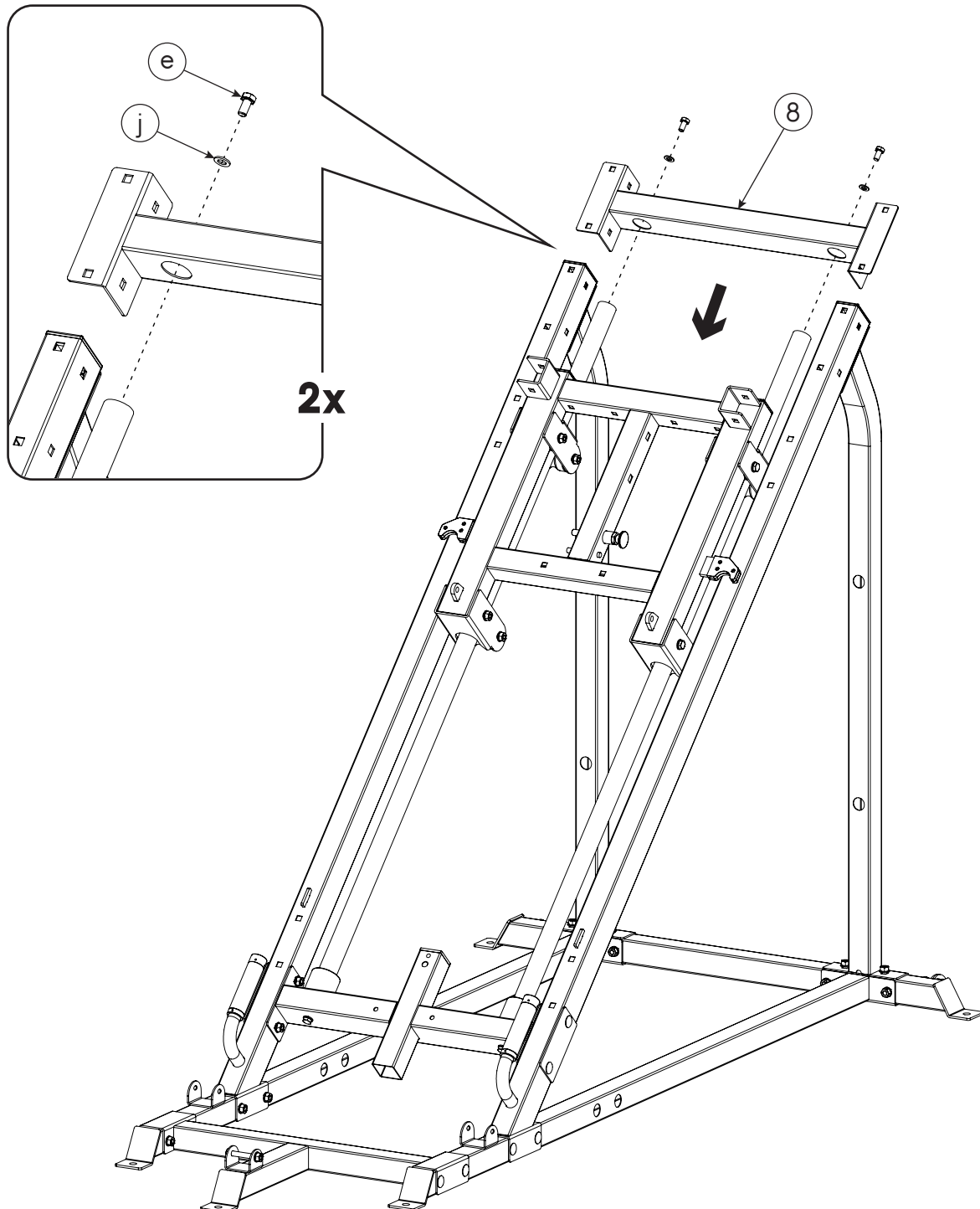
NO.	DESCRIPTION	QUANTITY
15	Slider	1



# ASSEMBLY AND ADJUSTMENT

## STEP 7 (Two People Are Required.)

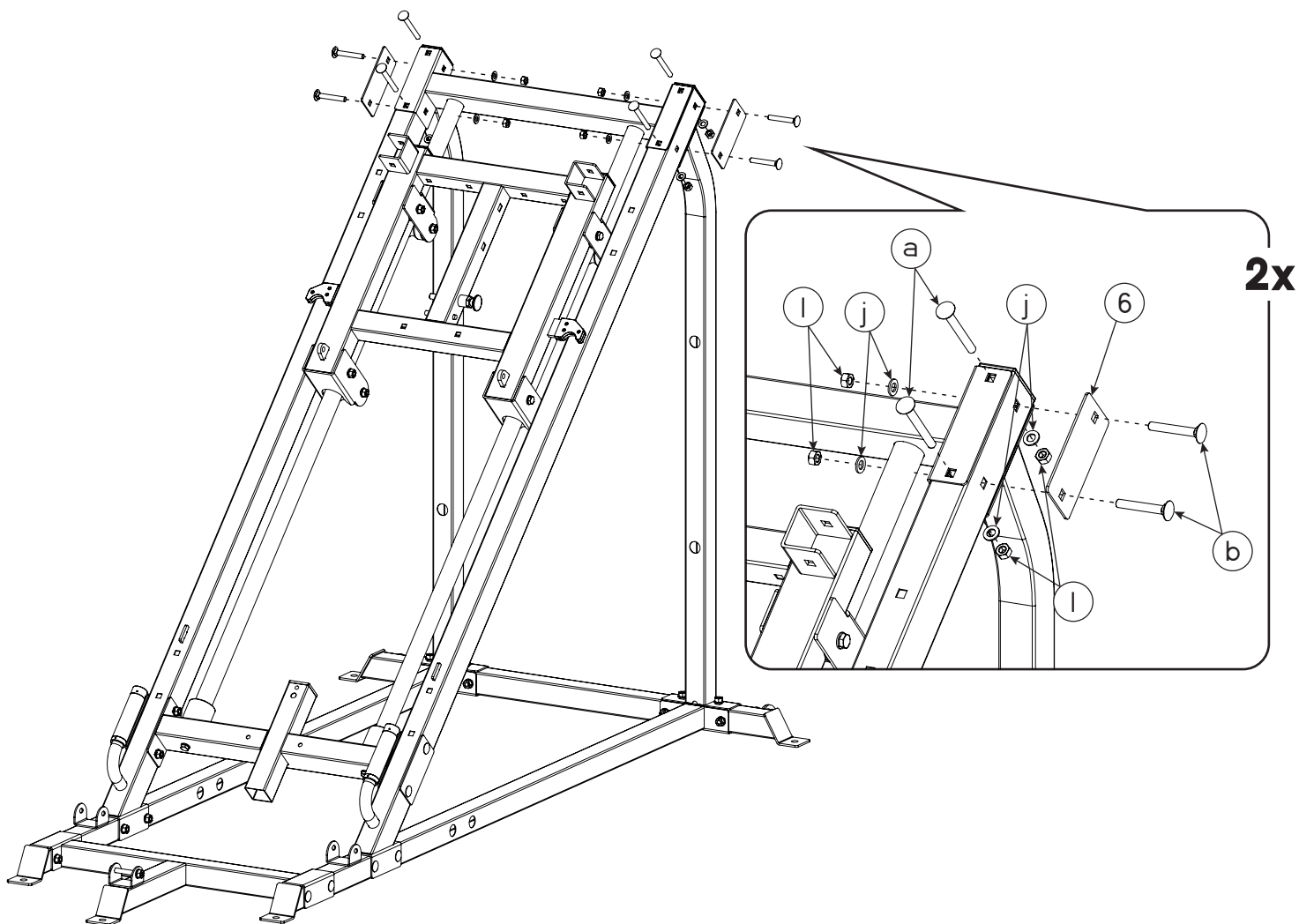
NO.	DESCRIPTION	QUANTITY
8	Upper Cross Beam	1
e	M10x20 Hex Bolt	2
j	M10 Washer	2



# ASSEMBLY AND ADJUSTMENT

## STEP 8 (Two People Are Required.)

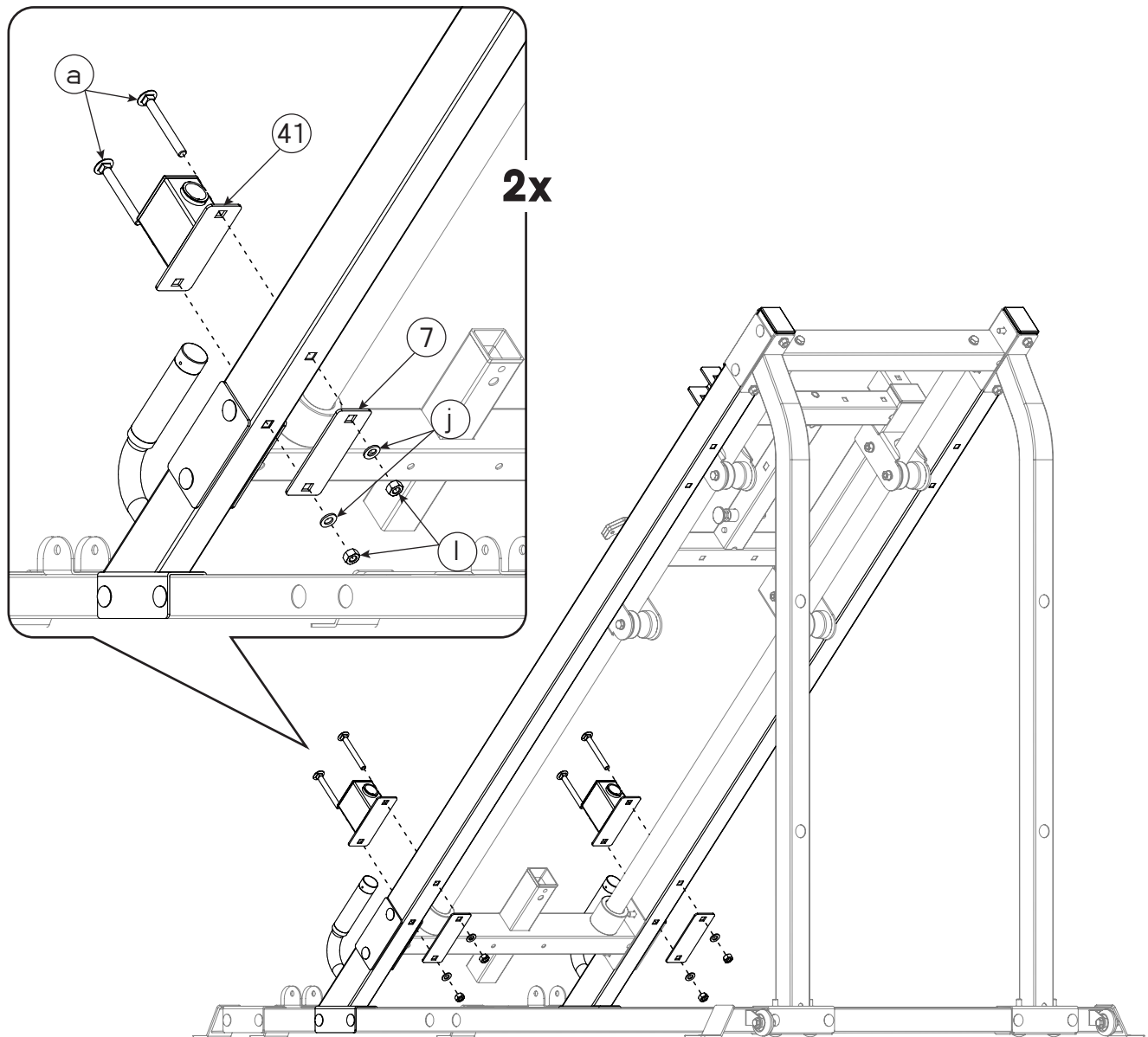
NO.	DESCRIPTION	QUANTITY
6	Bolt Plate (M)	2
a	M10x90 Square Neck Bolt	4
b	M10x70 Square Neck Bolt	4
j	M10 Washer	8
l	M10 Nut	8



# ASSEMBLY AND ADJUSTMENT

## STEP 9 (Two People Are Required.)

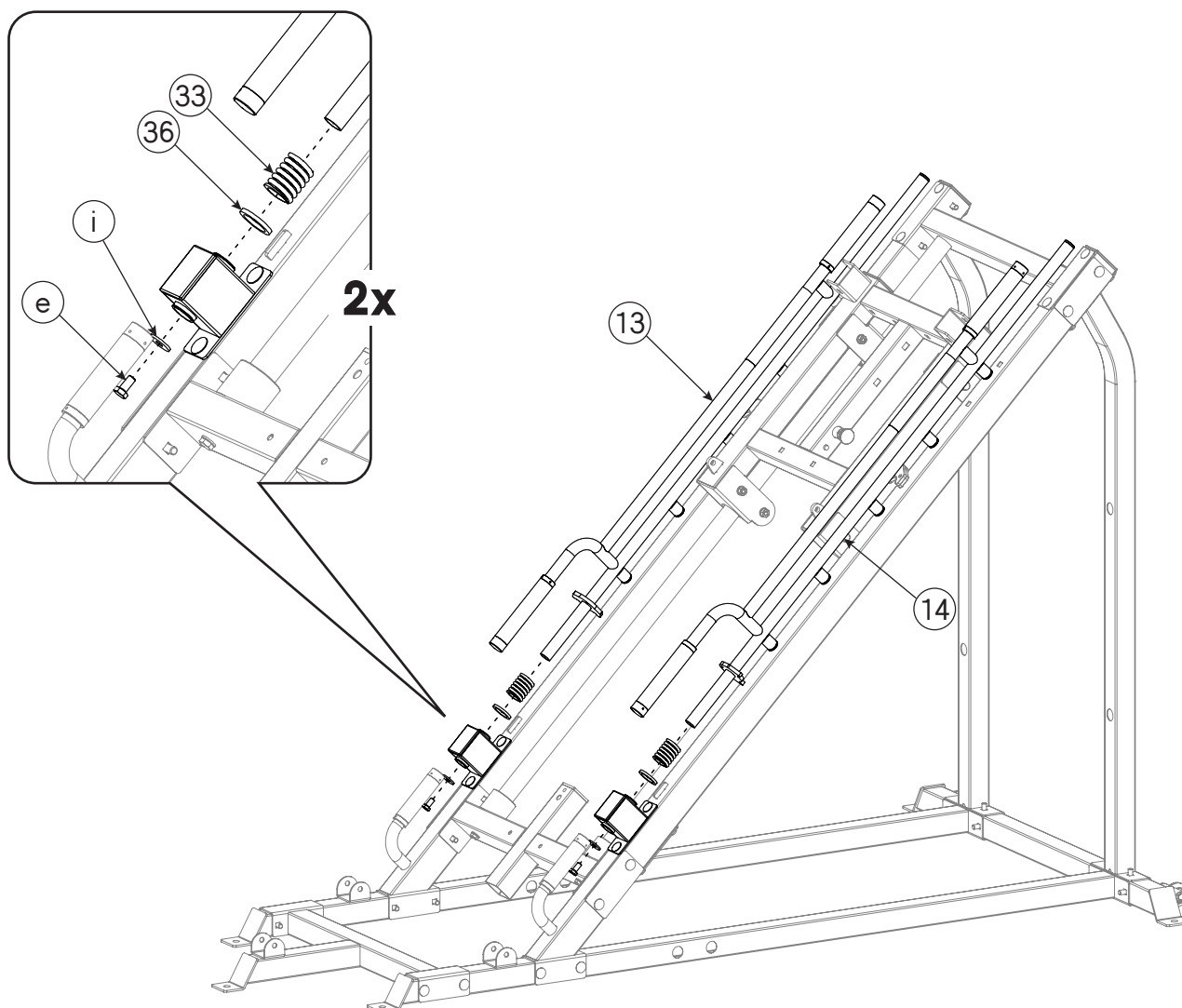
NO.	DESCRIPTION	QUANTITY
7	Bolt Plate (S)	2
41	Handrail Connection Frame	2
a	M10x90 Square Neck Bolt	4
j	M10 Washer	4
l	M10 Nut	4



# ASSEMBLY AND ADJUSTMENT

## STEP 10 (Two People Are Required.)

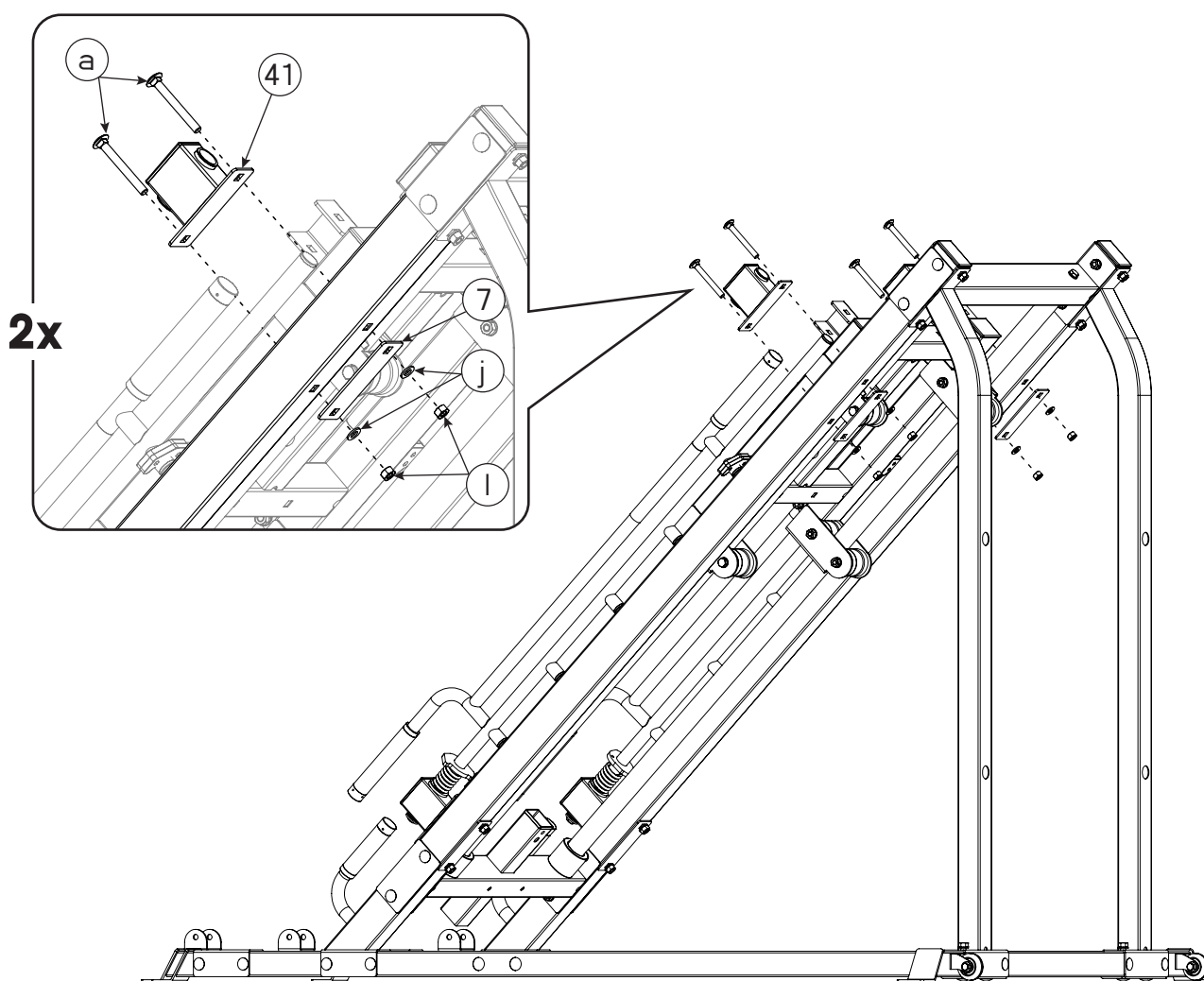
NO.	DESCRIPTION	QUANTITY
13	Safety Handrail (L)	1
14	Safety Handrail (R)	1
33	Spring	2
36	Spring Washer	2
e	M10x20 Hex Bolt	2
i	M10 (φ30) Washer	2



# ASSEMBLY AND ADJUSTMENT

## STEP 11 (Two People Are Required.)

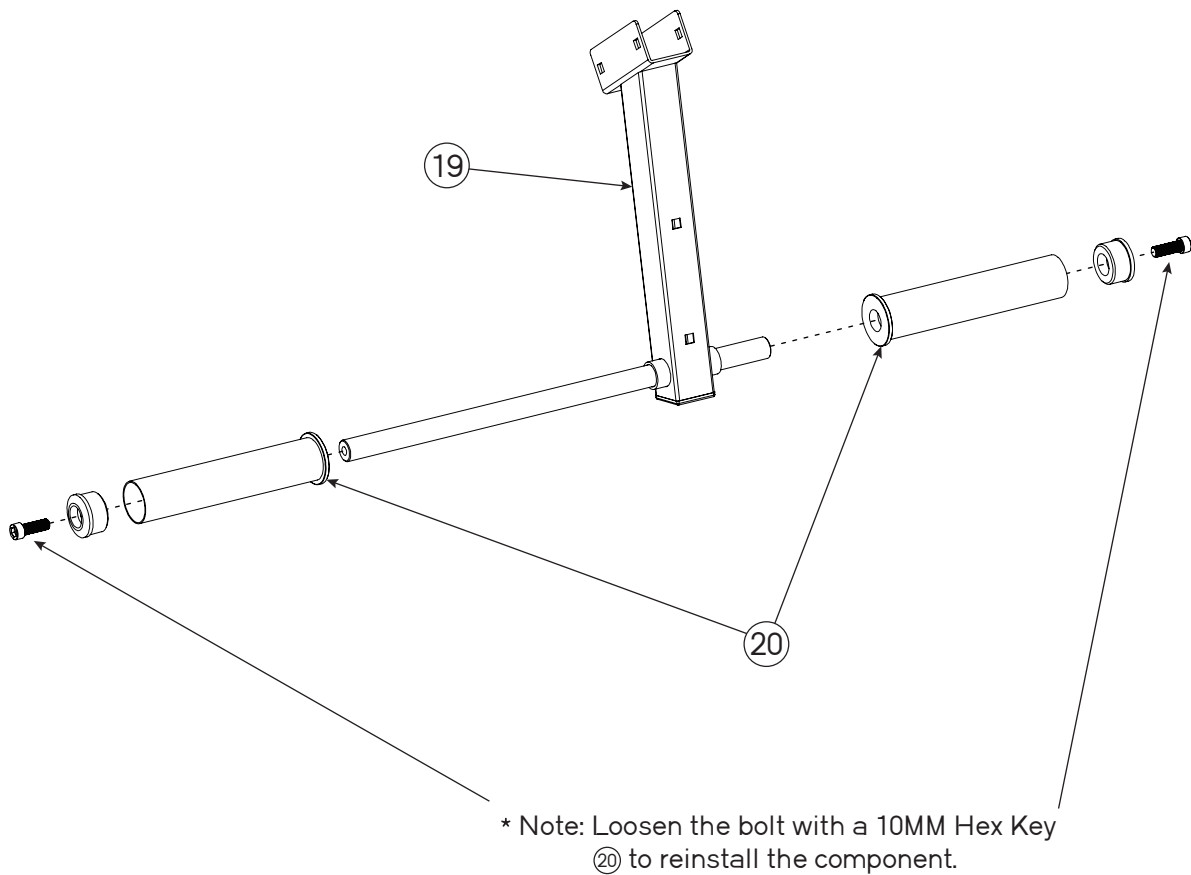
NO.	DESCRIPTION	QUANTITY
7	Bolt Plate (S)	2
41	Handrail Connection Frame	2
a	M10x90 Square Neck Bolt	4
j	M10 Washer	4
l	M10 Nut	4



# ASSEMBLY AND ADJUSTMENT

## STEP 12 (Two People Are Required.)

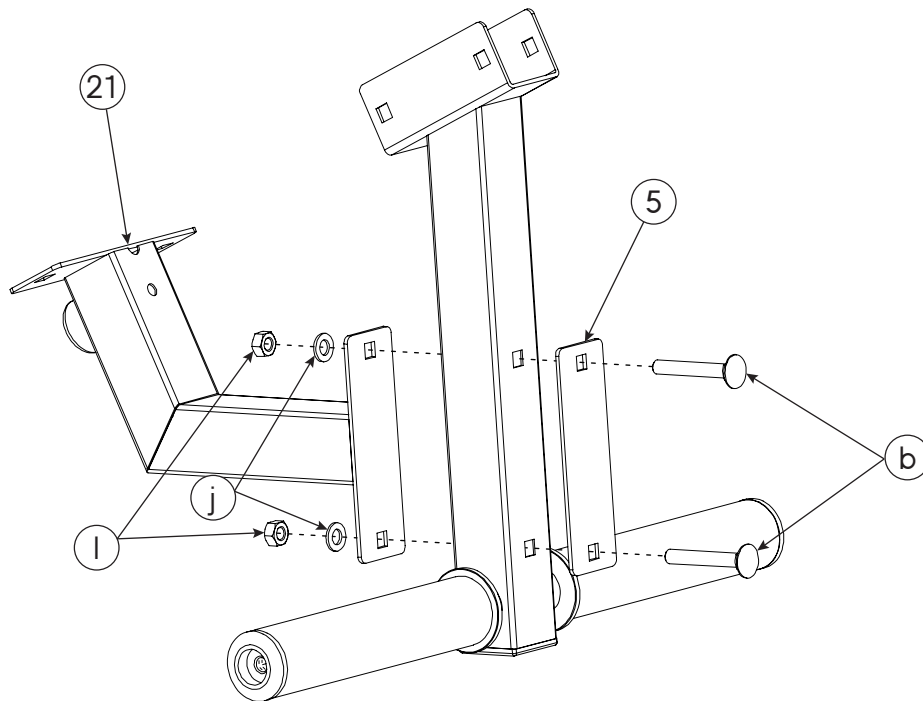
NO.	DESCRIPTION	QUANTITY
19	Weight Plate Bar Frame	1
20	Weight Plate Bar	1



# ASSEMBLY AND ADJUSTMENT

## STEP 13 (Two People Are Required.)

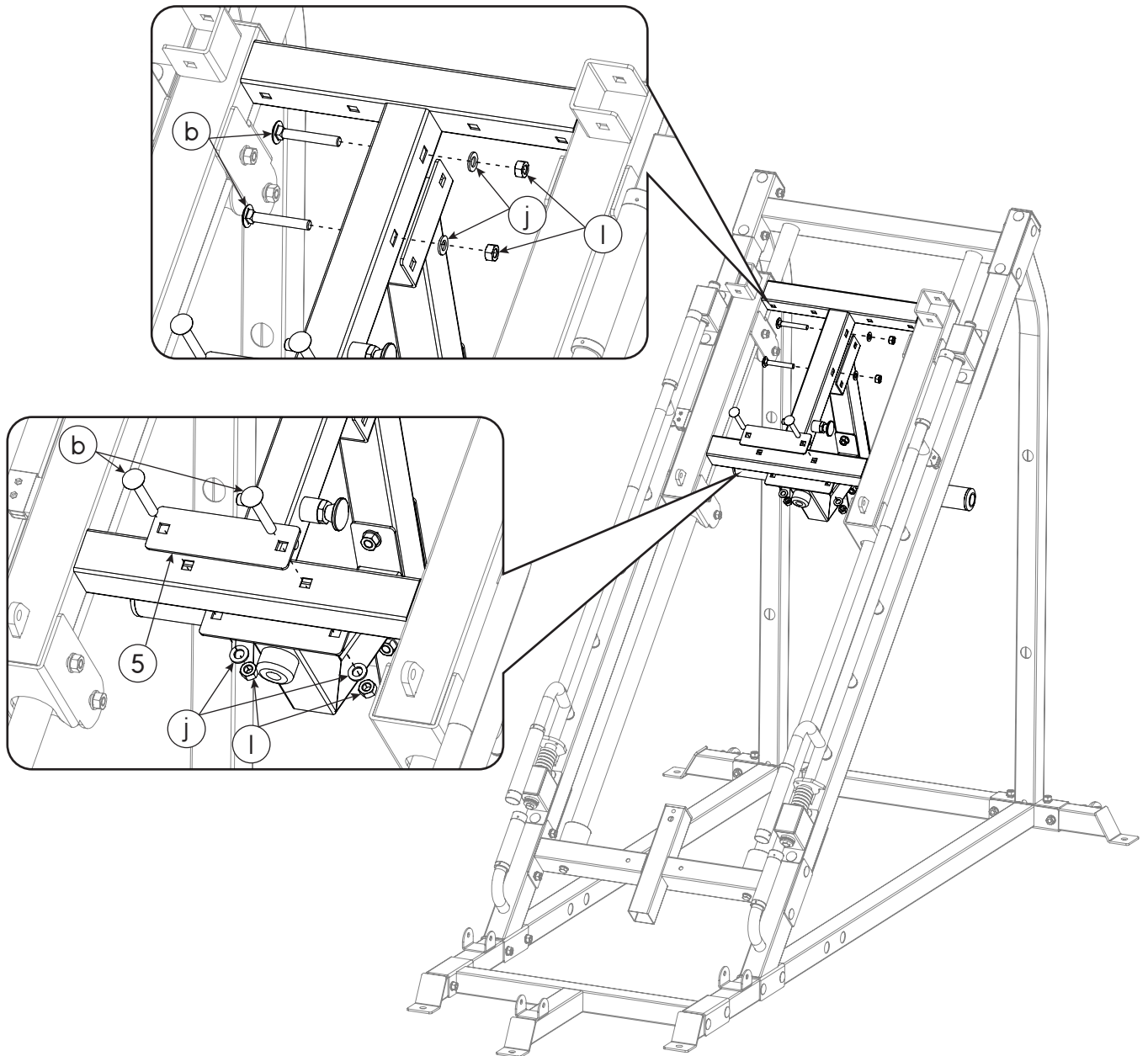
NO.	DESCRIPTION	QUANTITY
5	Bolt Plate (L)	1
21	Reinforced Frame	1
b	M10x70 Square Neck Bolt	2
j	M10 Washer	2
l	M10 Nut	2



# ASSEMBLY AND ADJUSTMENT

## STEP 14 (Two People Are Required.)

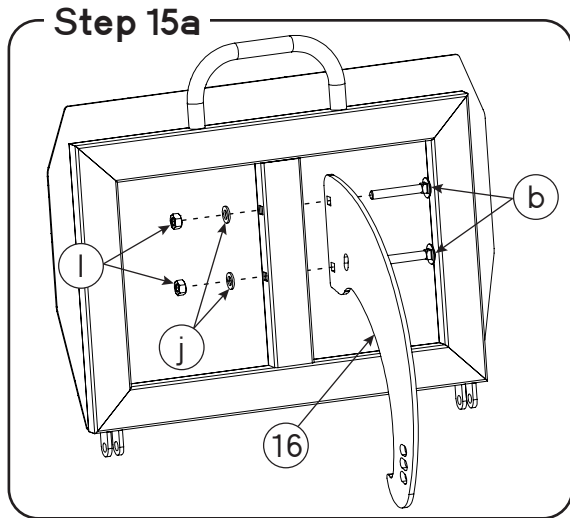
NO.	DESCRIPTION	QUANTITY
5	Bolt Plate (L)	1
b	M10x70 Square Neck Bolt	4
j	M10 Washer	4
l	M10 Nut	4



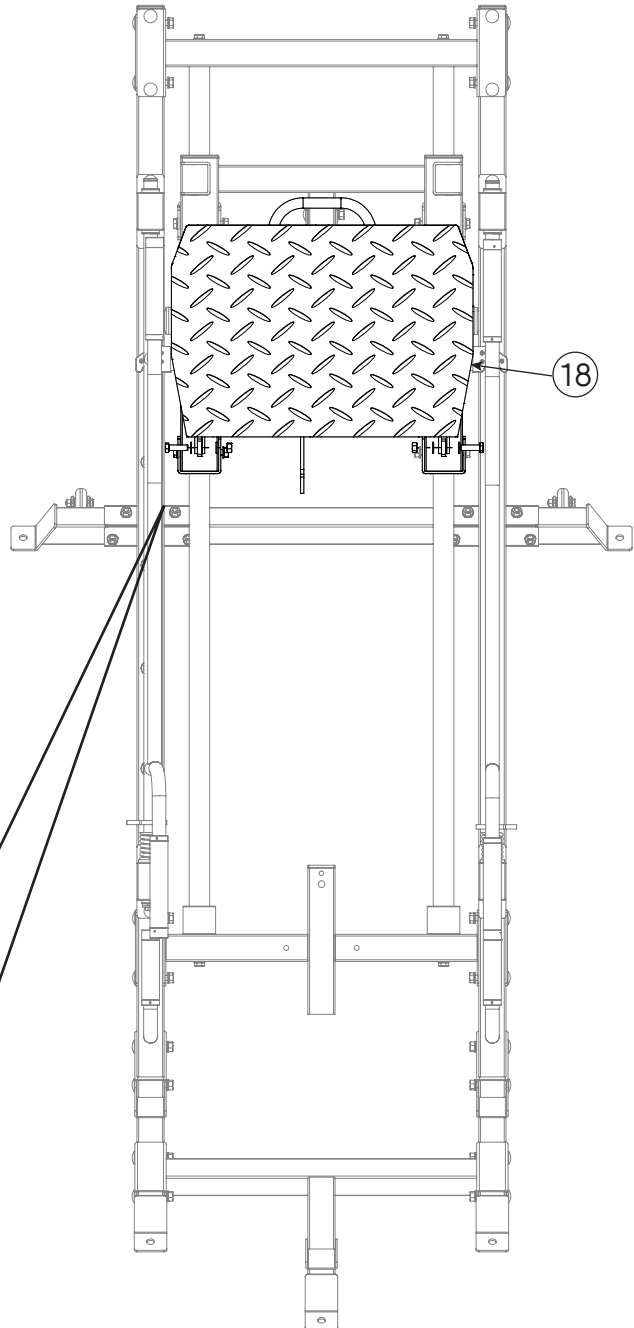
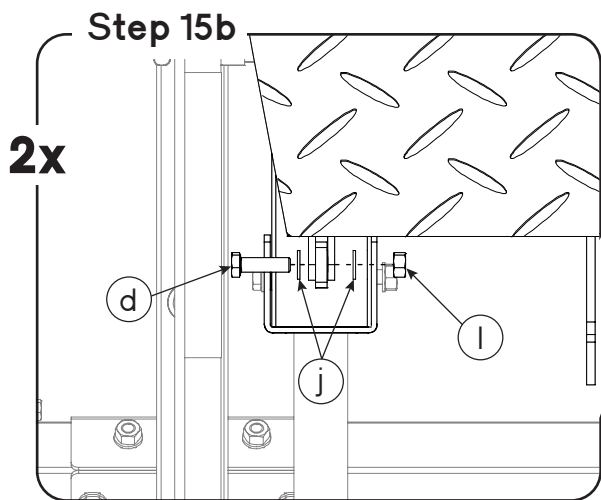
# ASSEMBLY AND ADJUSTMENT

## STEP 15 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
16	Leg Press Board Adjustment Piece	1
18	Leg Press Board	1
b	M10x70 Square Neck Bolt	2
d	M10x35 Hex Bolt	2
j	M10 Washer	6
l	M10 Nut	4



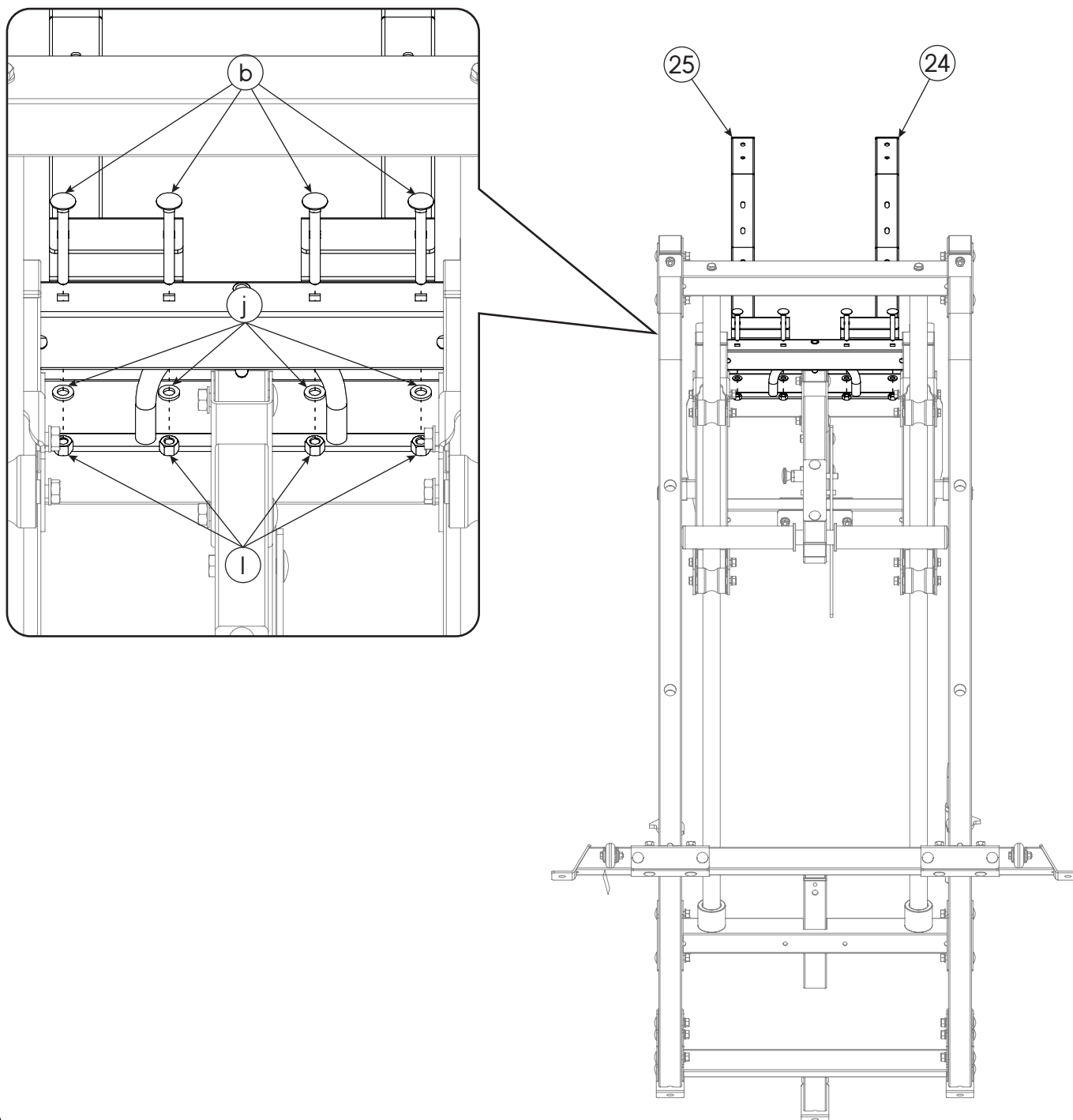
\* Note: To enhance the Board's stability, please firmly tighten the nuts until the bolt fit tightly against the frame.



# ASSEMBLY AND ADJUSTMENT

## STEP 16 (Two People Are Required.)

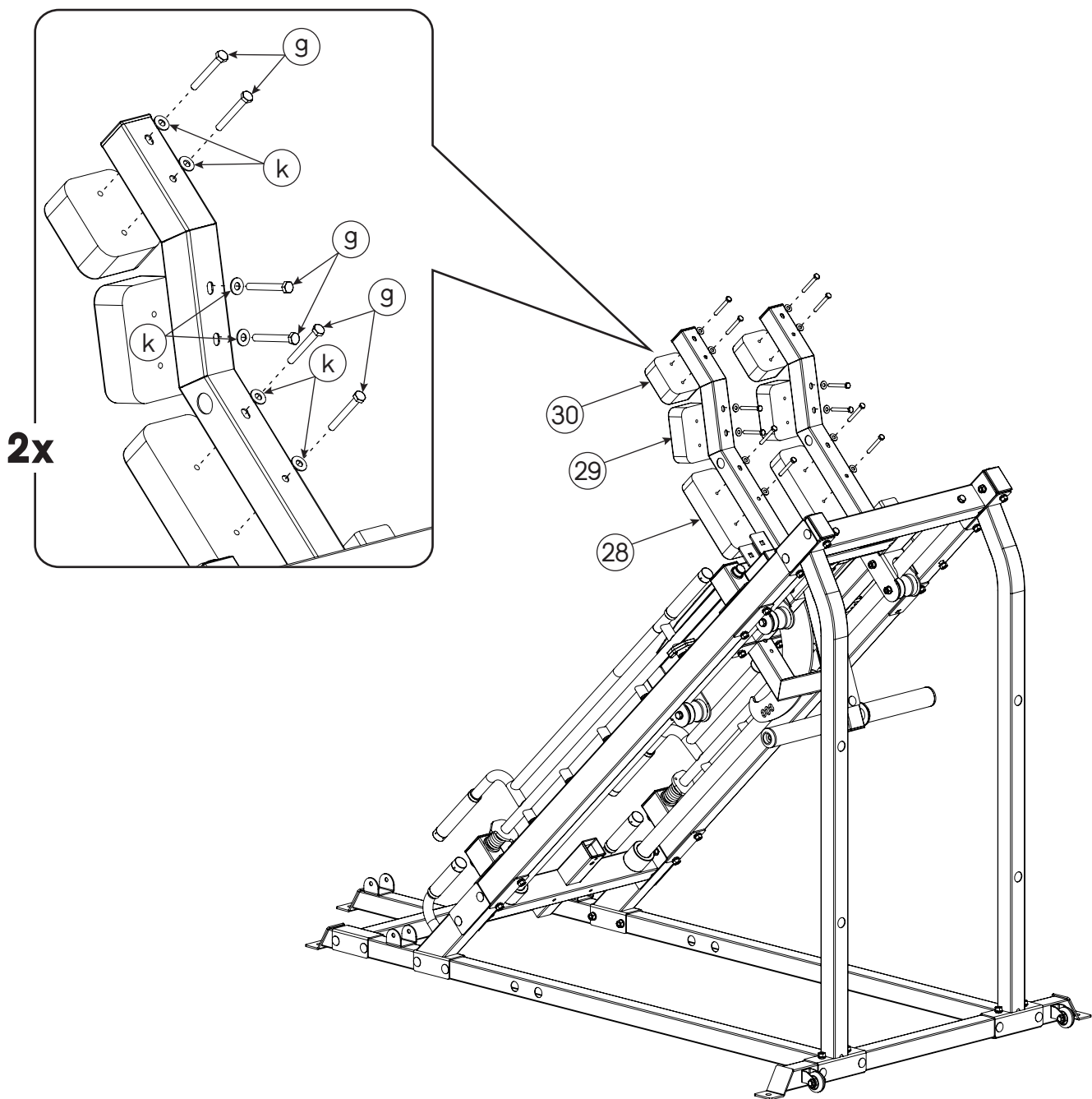
NO.	DESCRIPTION	QUANTITY
24	Shoulder Pad Frame (L)	1
25	Shoulder Pad Frame (R)	1
b	M10x70 Square Neck Bolt	4
j	M10 Washer	4
l	M10 Nut	4



# ASSEMBLY AND ADJUSTMENT

## STEP 17 (Two People Are Required.)

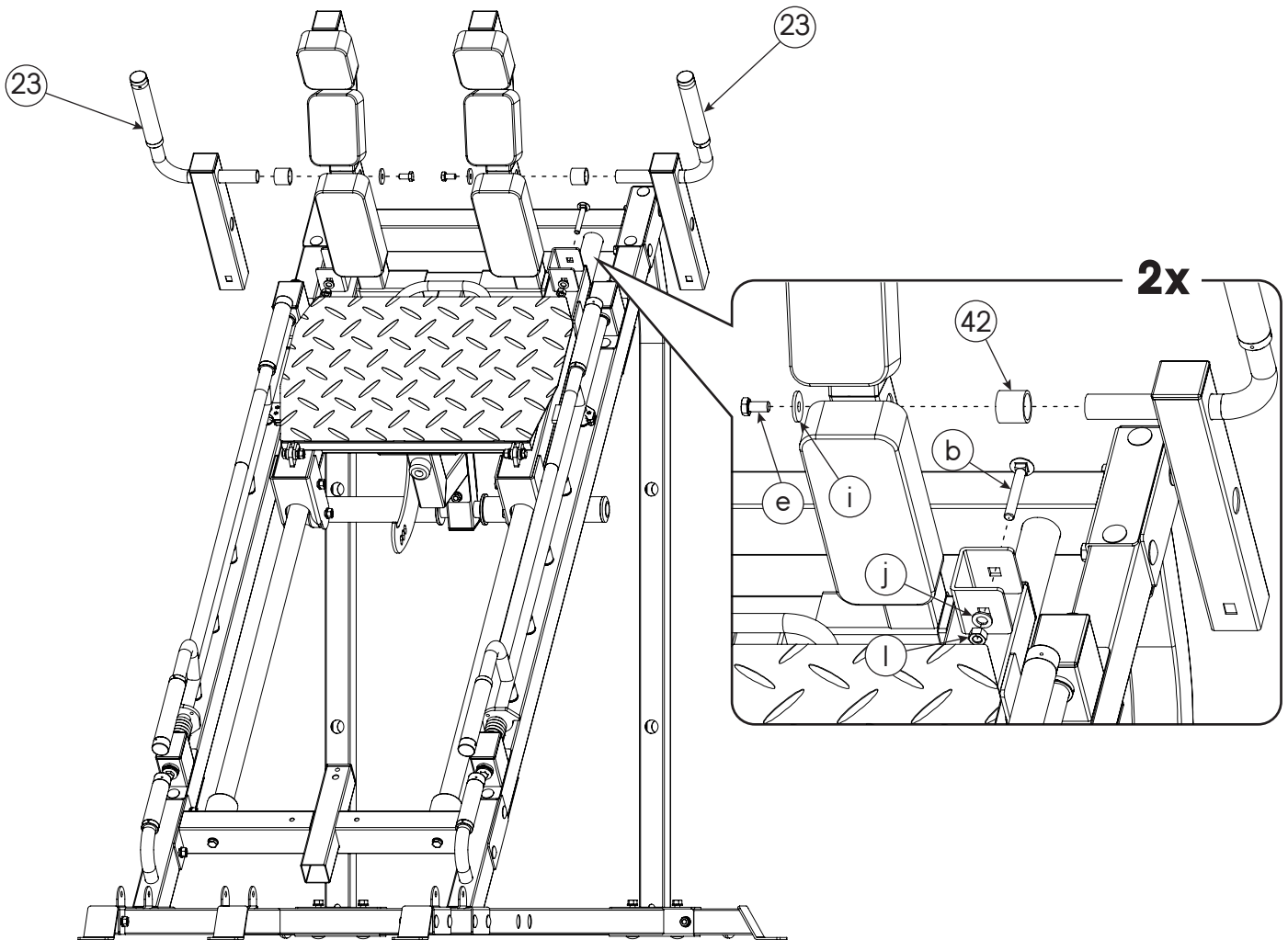
NO.	DESCRIPTION	QUANTITY
28	Shoulder Pad (L)	2
29	Shoulder Pad (M)	2
30	Shoulder Pad (S)	2
g	M8x65 Hex Bolt	12
k	M8 Washer	12



# ASSEMBLY AND ADJUSTMENT

## STEP 18 (Two People Are Required.)

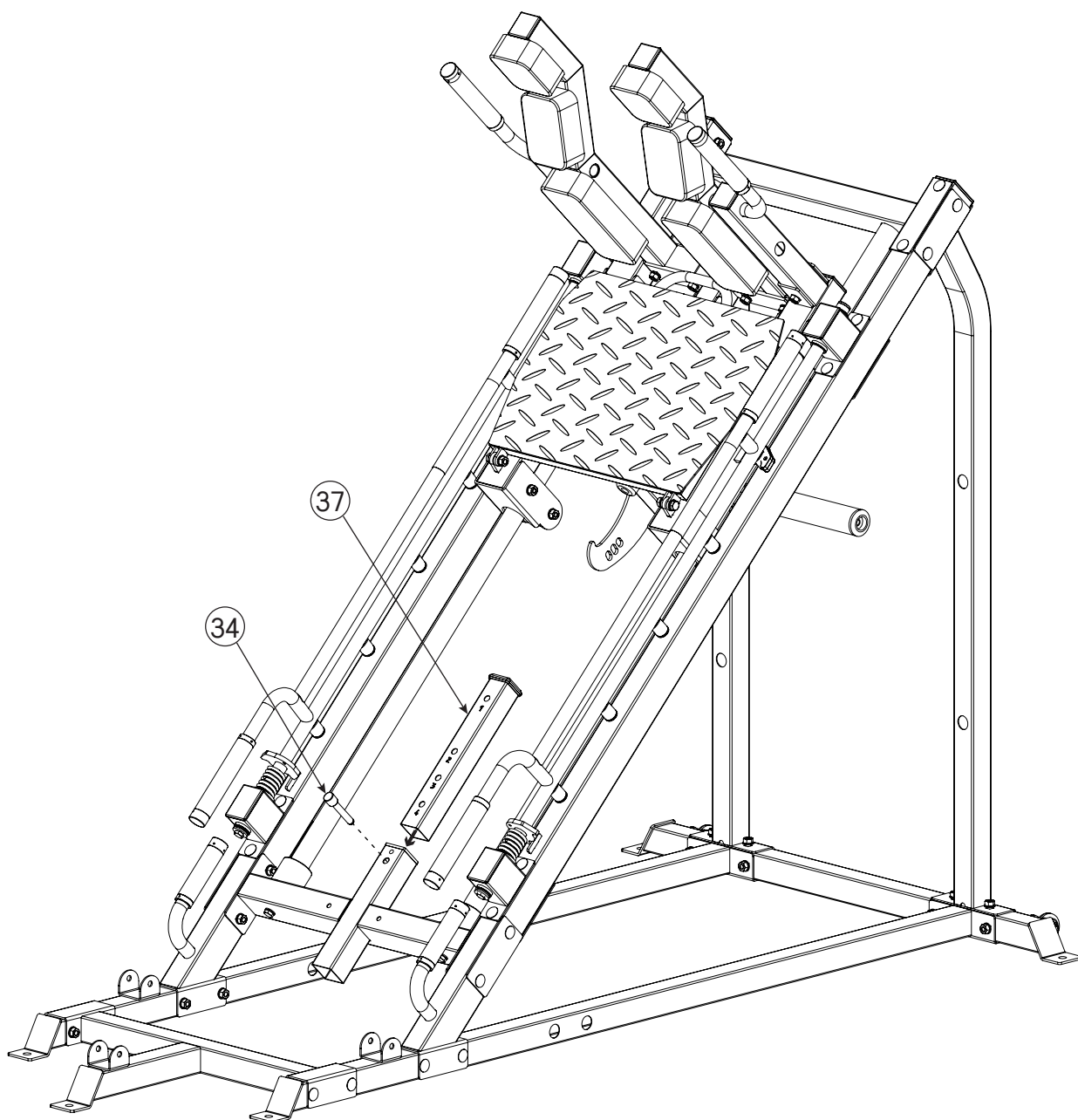
NO.	DESCRIPTION	QUANTITY
23	Handle Bar Frame	2
42	Shoulder Pad Fixing Tube	2
b	M10x70 Square Neck Bolt	2
e	M10x20 Hex Bolt	2
i	M10 (φ30) Washer	2
j	M10 Washer	2
l	M10 Nut	2



# ASSEMBLY AND ADJUSTMENT

## STEP 19 (Two People Are Required.)

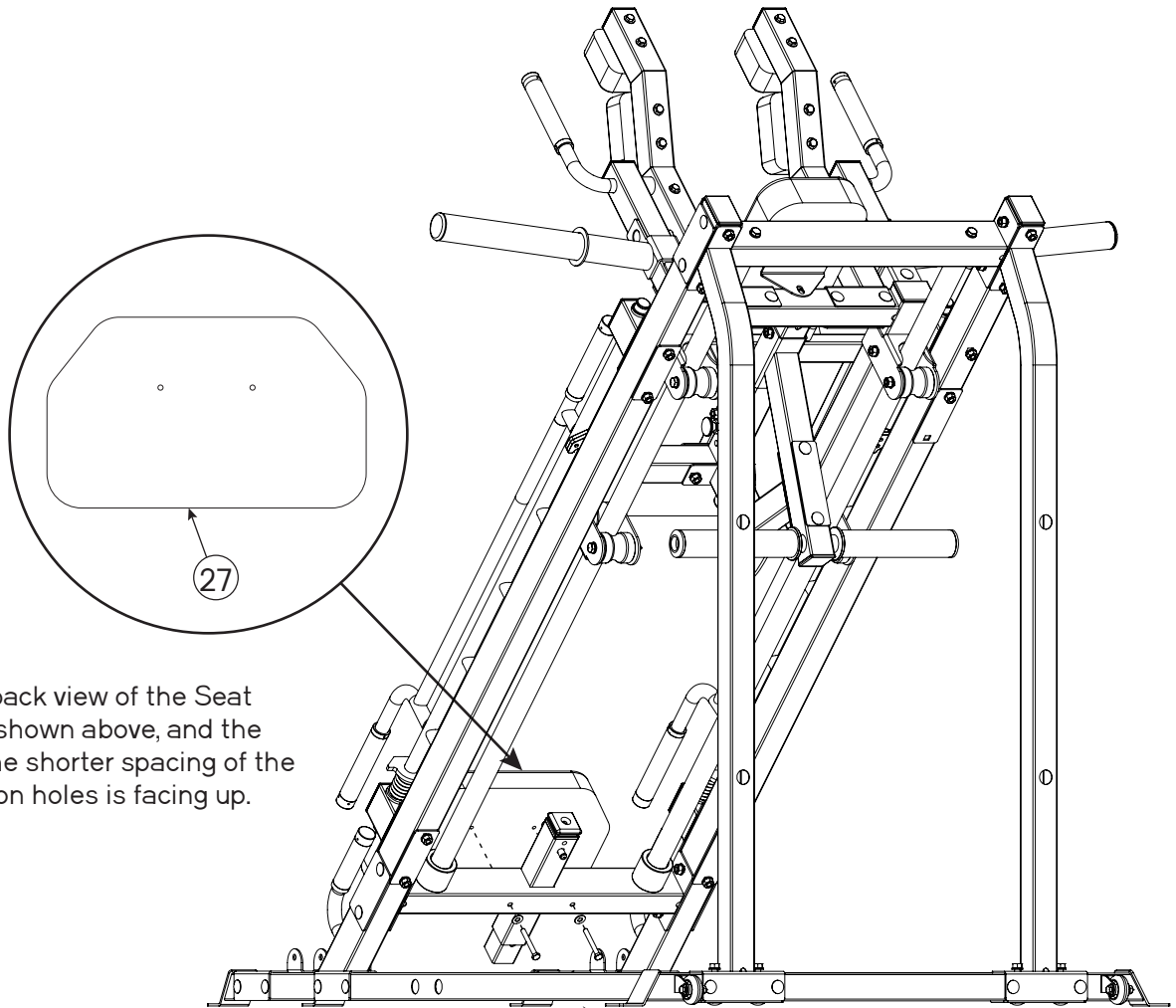
NO.	DESCRIPTION	QUANTITY
34	Safety Limit Tube Pin	1
37	Safety Limit Tube	1



# ASSEMBLY AND ADJUSTMENT

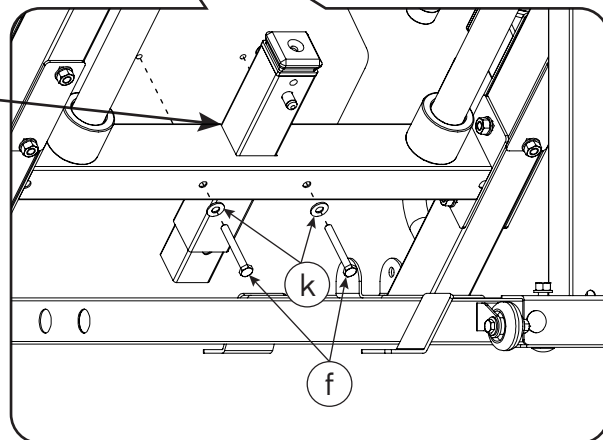
## STEP 20 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
27	Seat Cushion	1
f	M8x85 Hex Bolt	2
k	M8 Washer	2



\* Note: The back view of the Seat Cushion is shown above, and the side with the shorter spacing of the Seat Cushion holes is facing up.

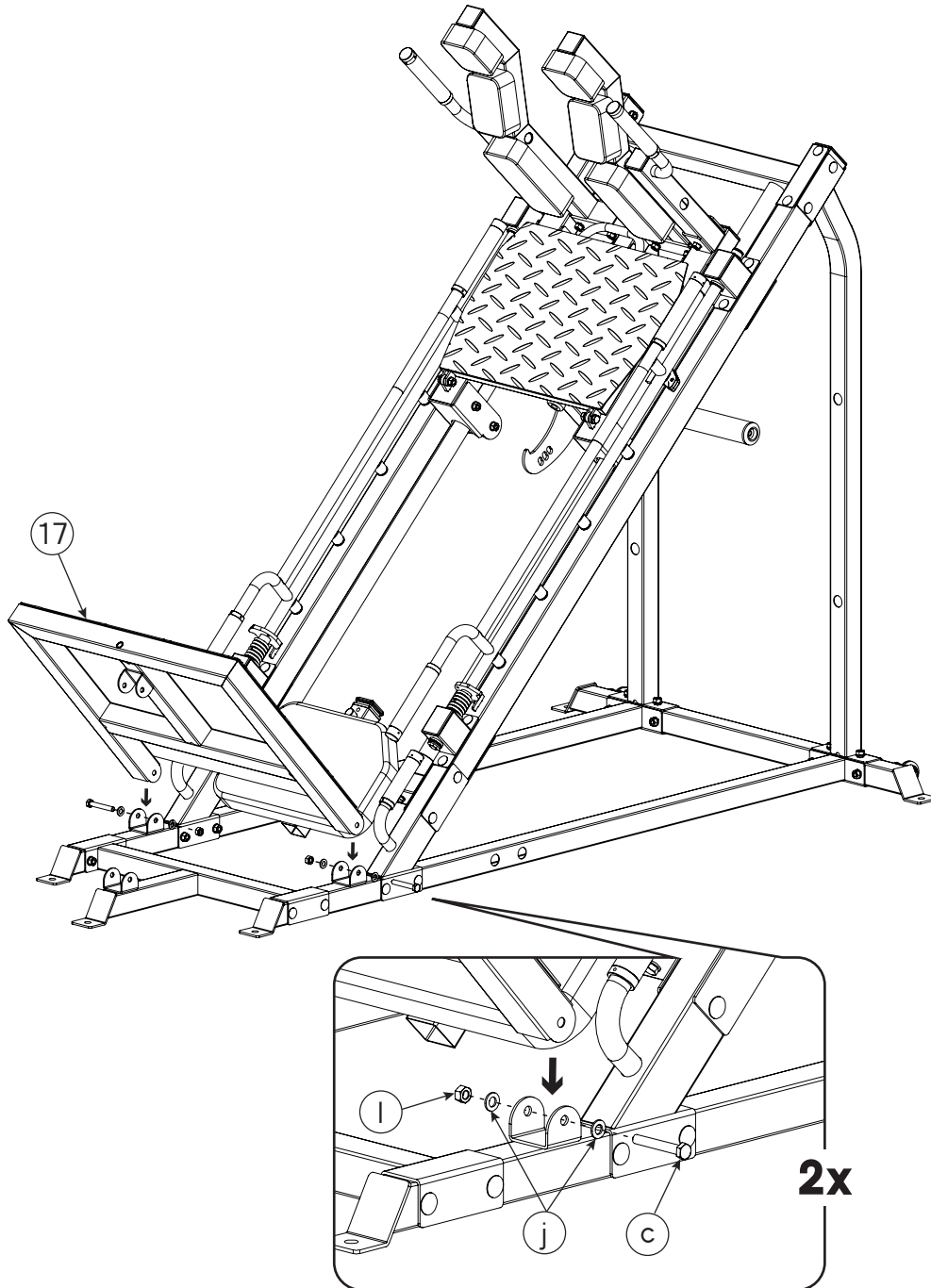
\* Note: To avoid potential security problems, the Seat Cushion Frame should be tightly attached to the Seat Cushion (the flat side up, just like the picture shows).



# ASSEMBLY AND ADJUSTMENT

## STEP 21 (Two People Are Required.)

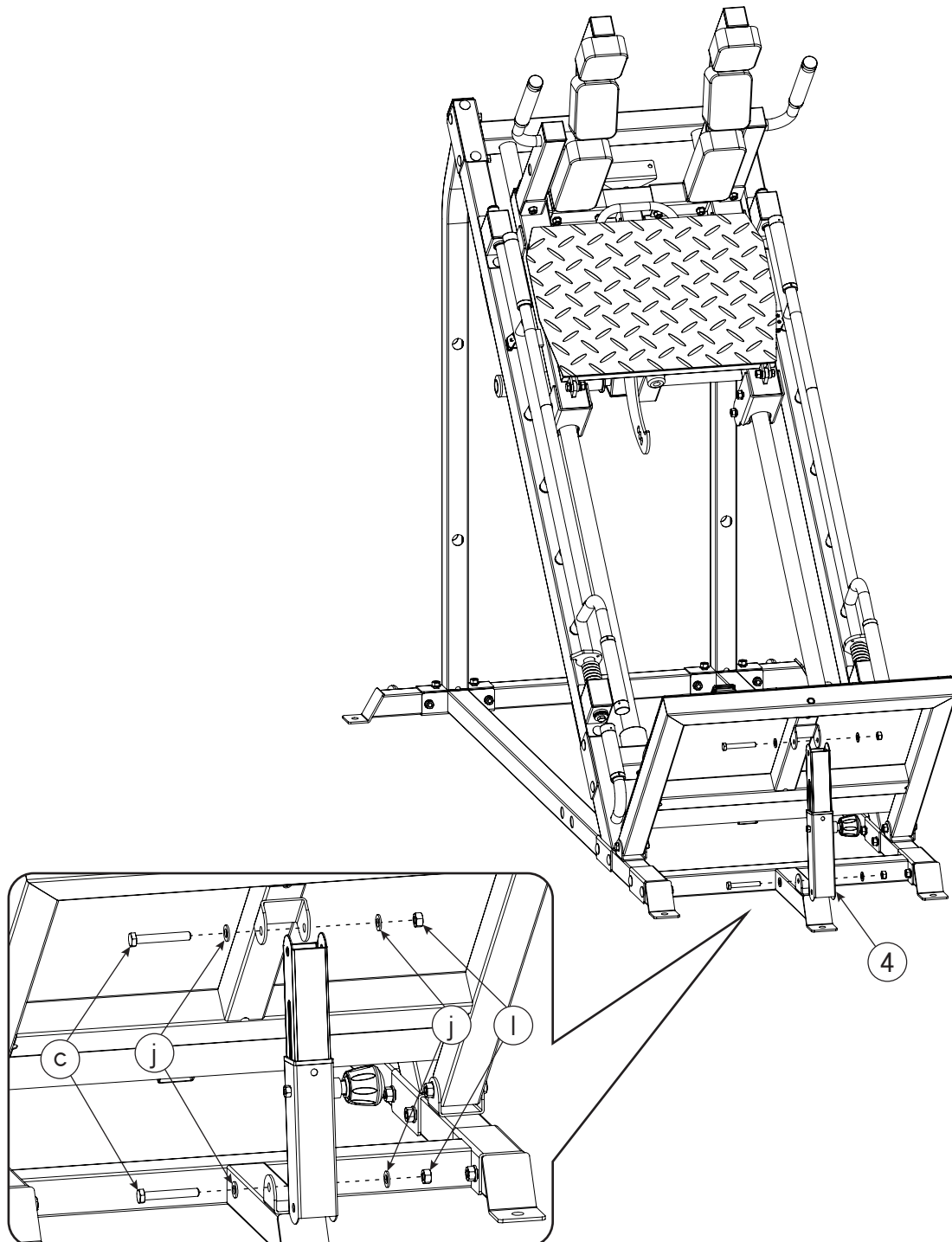
NO.	DESCRIPTION	QUANTITY
17	Foot Plate	1
c	M10x70 Hex Bolt	2
j	M10 Washer	4
l	M10 Nut	2



# ASSEMBLY AND ADJUSTMENT

## STEP 22 (Two People Are Required.)

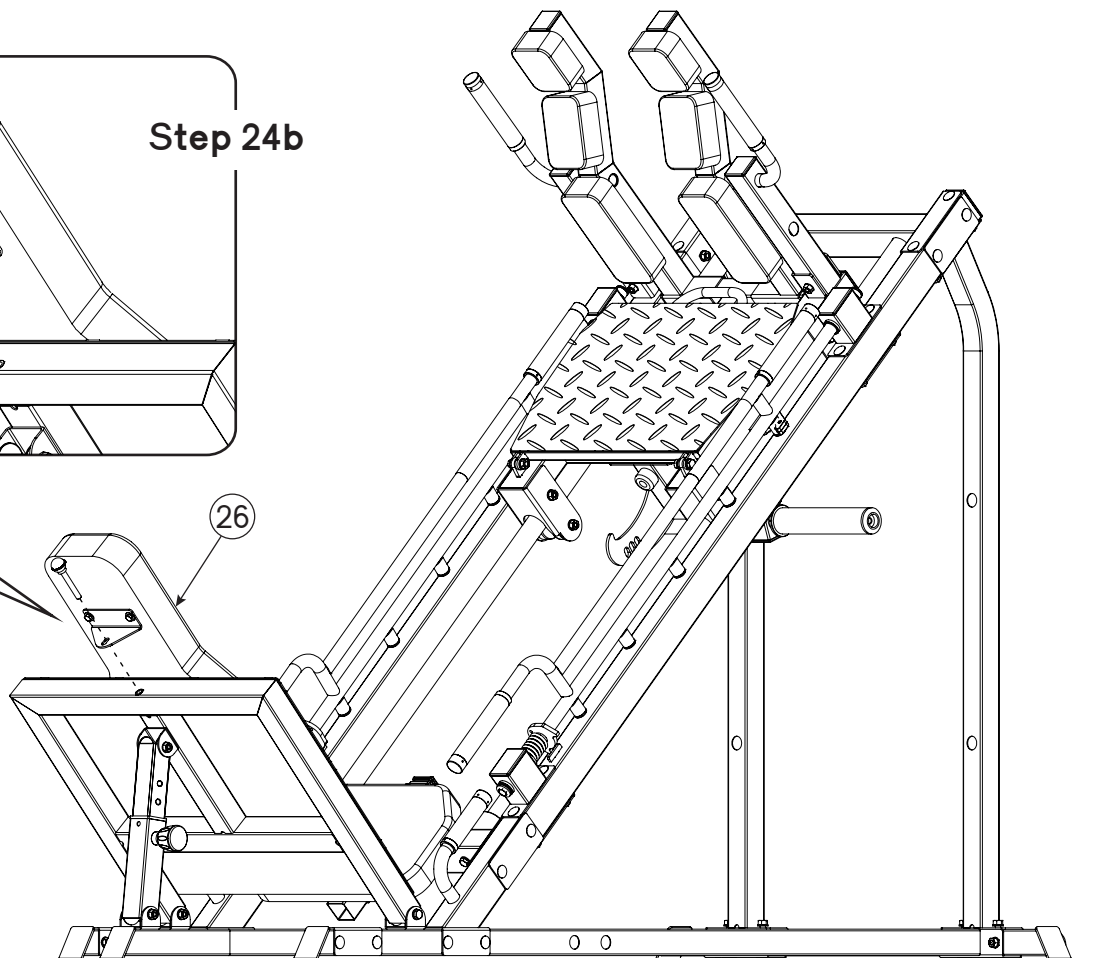
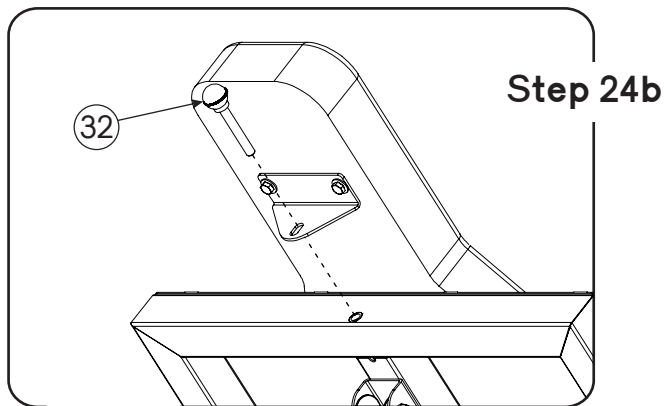
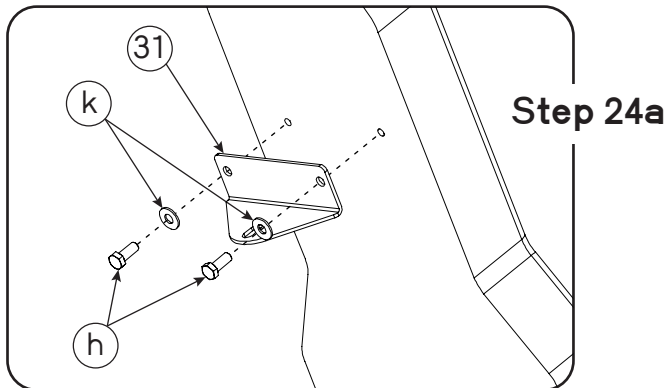
NO.	DESCRIPTION	QUANTITY
4	Bottom Adjusting Frame	1
c	M10x70 Hex Bolt	2
j	M10 Washer	4
l	M10 Nut	2



# ASSEMBLY AND ADJUSTMENT

## STEP 23 (Two People Are Required.)

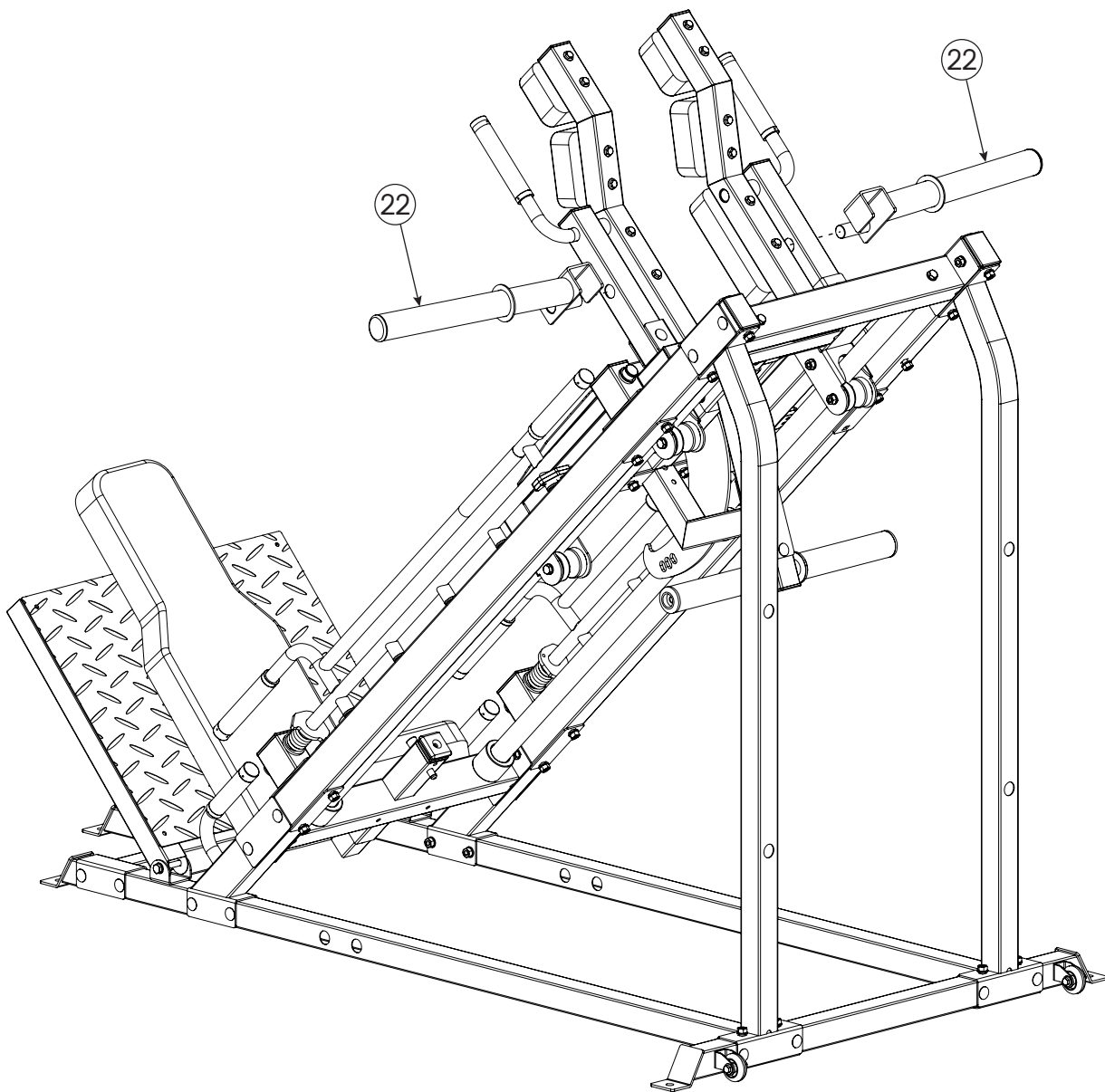
NO.	DESCRIPTION	QUANTITY
26	Back Cushion	1
31	Back Cushion Fixing Plate	1
32	Back Cushion Pin	1
h	M8x20 Hex Bolt	2
k	M8 Washer	2



# ASSEMBLY AND ADJUSTMENT

## STEP 24 (Two People Are Required.)

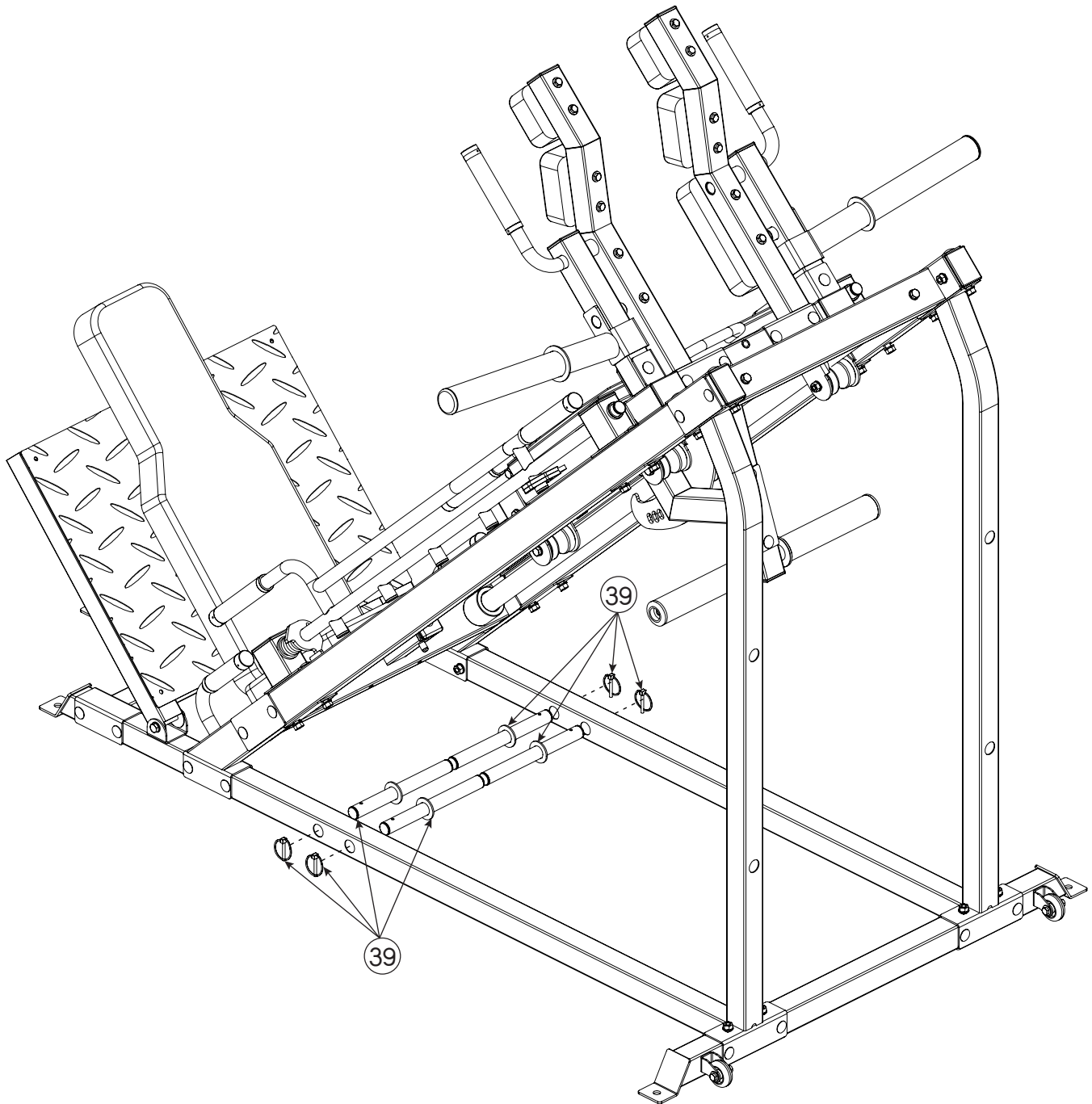
NO.	DESCRIPTION	QUANTITY
22	Plate Holder Set	1



# ASSEMBLY AND ADJUSTMENT

## STEP 25 (Two People Are Required.)

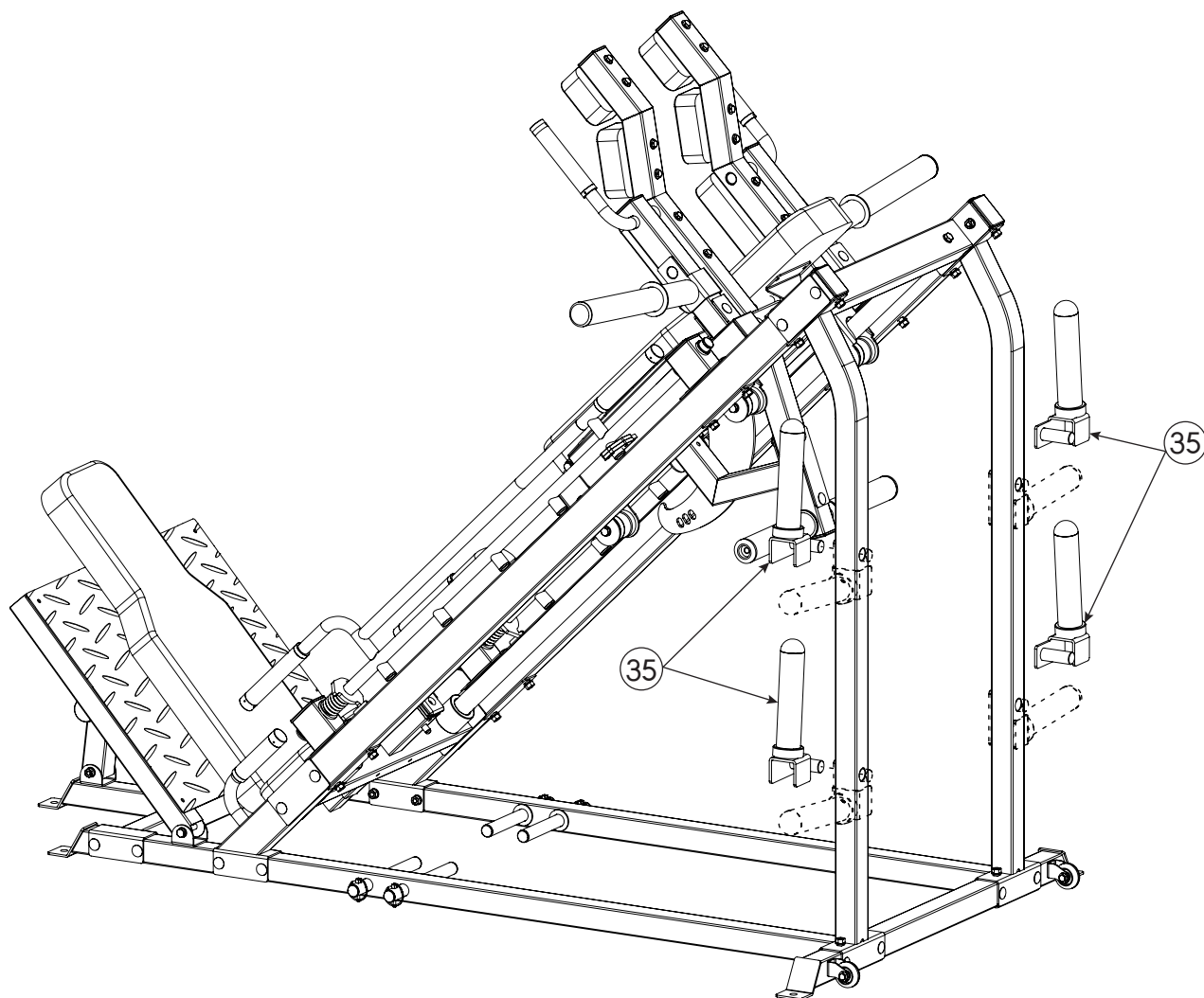
NO.	DESCRIPTION	QUANTITY
39	Resistance Band Peg	4



# ASSEMBLY AND ADJUSTMENT

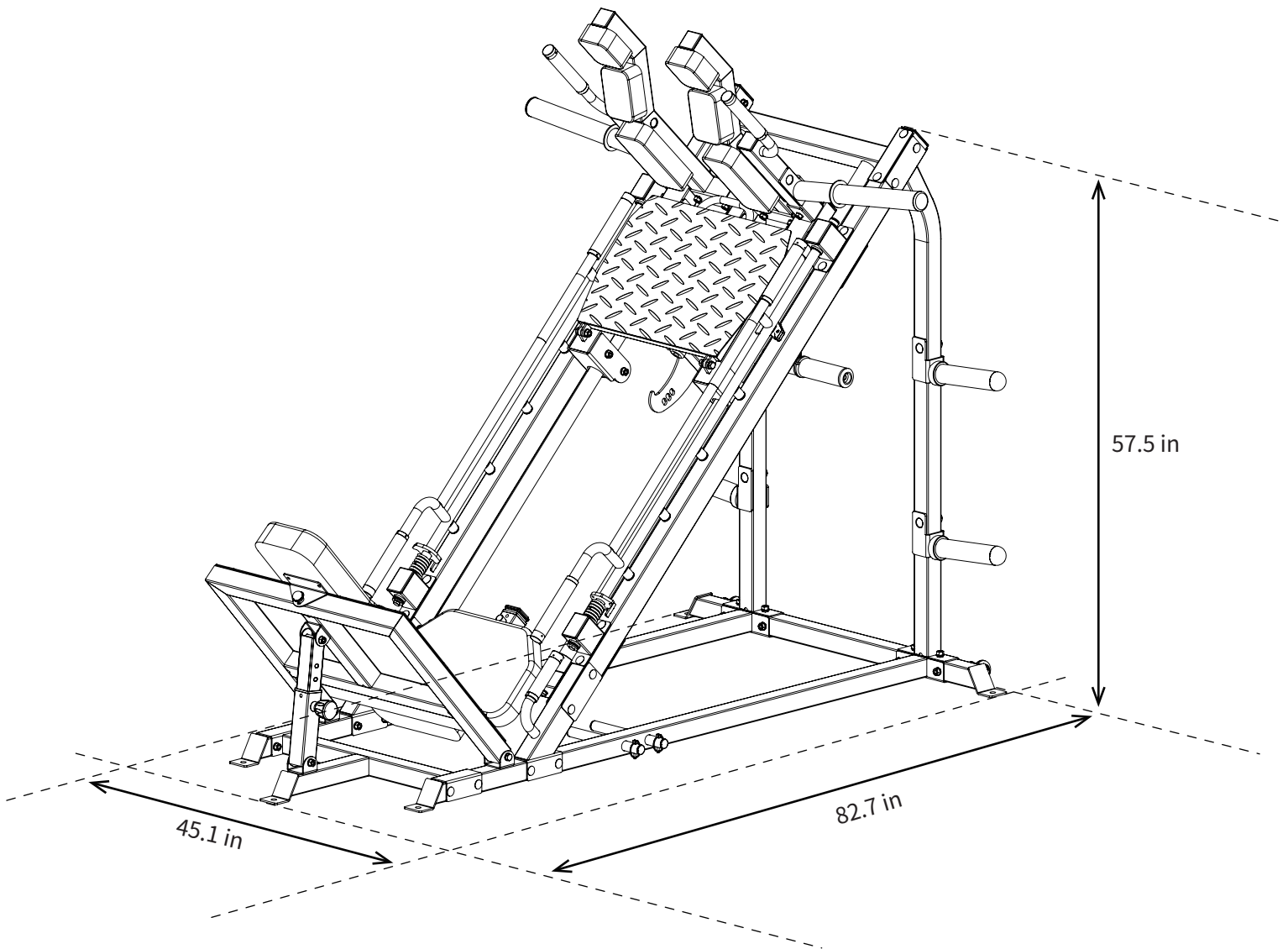
## STEP 26 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
35	Plate Storage Set	2



# Congratulations!

You have assembled the Leg Press Machine!  
Now, you can officially start leg strength training with RITFIT.



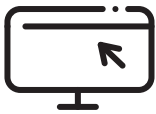
Don't mind if you have extra fasteners after installation, which can be used as future replacement parts.

\* Note: Ensure all fasteners are securely tightened before use.





# ***RITFIT***



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