

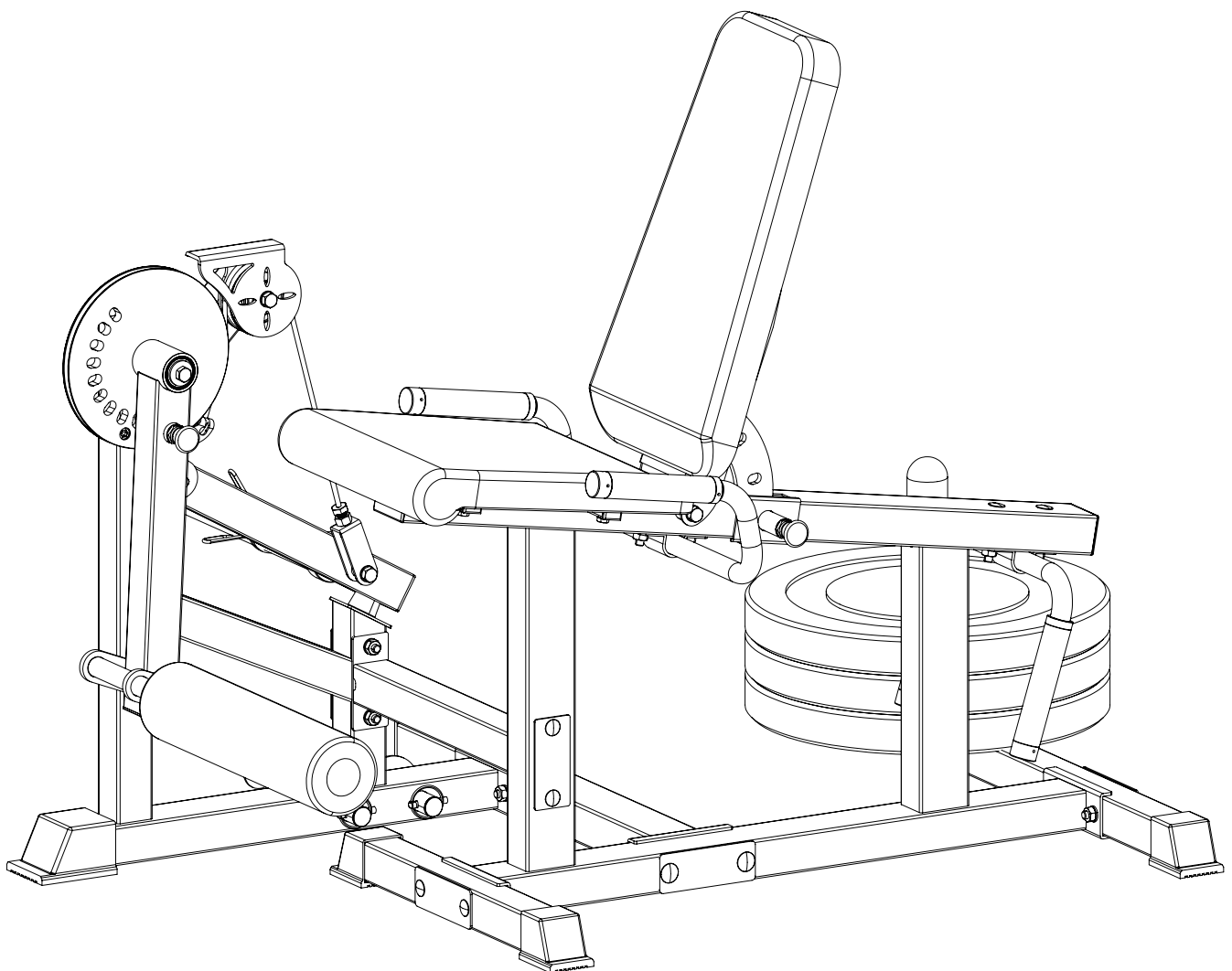
# RITFIT

## LEG CURL MACHINE

### PLC01



PLC01  
Installation  
Guide  
Video  
Tutorial



OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS



# 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 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 Curl Machine should be repaired only by authorized persons. NEVER modify the RitFit Leg Curl 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 WEIGHT CAPACITY SHALL NOT EXCEED 375LBS (170KG) FOR PLATE LOADING.
- KEEP CHILDREN UNDER 13 AND PETS AWAY FROM THE LEG CURL 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 Curl Machine.

## C. What's Covered?

The Basic Warranty covers the cost of all parts and labor needed to repair any item on your leg curl 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 curl 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 curl machine.

## G. How To Contact Us?

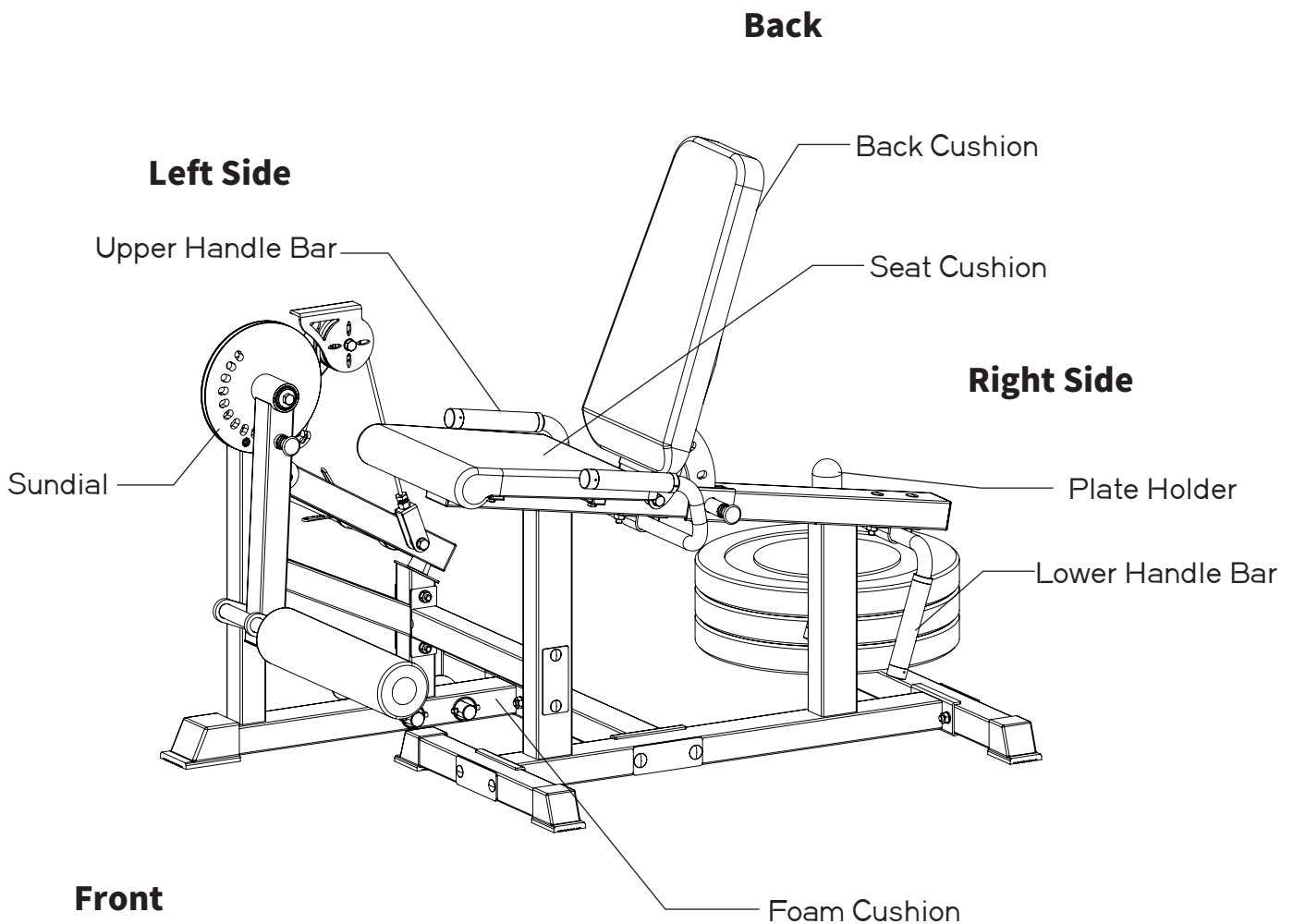
To ensure you receive the best technical support please visit [www.ritfitsports.com](http://www.ritfitsports.com) to register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts 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 Curl Machine. RitFit® Leg Curl 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 Curl 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 **PLC01**.

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

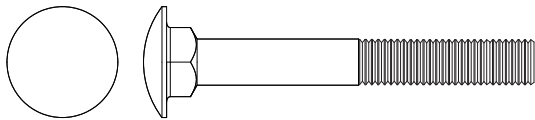


**CAPACITY FOR PLATE LOADING: 375LBS**

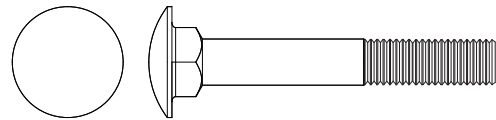
# PARTS LIST

## FASTENER AND TOOLS

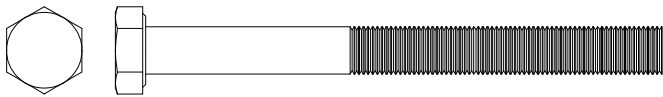
NO.	DESCRIPTION	QUANTITY
a	M10x90 Square Neck Bolt	4
b	M10x70 Square Neck Bolt	12
c	M10x130 Hex Bolt	1
d	M10x75 Hex Bolt	1
e	M8x40 Hex Bolt	4
f	M8x20 Hex Bolt	4
g	M8 Washer	8
h	M10 Washer	20
i	M10 Nut	18
j	Open-ended Wrench 14-17	1
k	Open-ended Wrench 17-19	1
l	Lubricating Oil	1
m	Allen Key	1



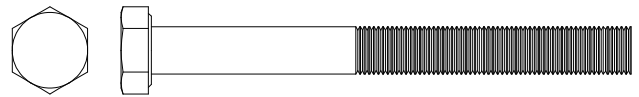
(a) M10x90 Square Neck Bolt  
4x



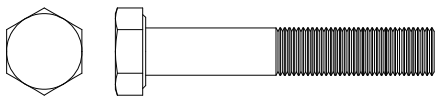
(b) M10x70 Square Neck Bolt  
12x



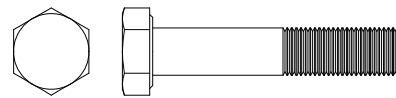
(c) M10x130 Hex Bolt  
1x



(d) M10x75 Hex Bolt  
1x



(e) M8x40 Hex Bolt  
4x



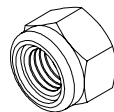
(f) M8x20 Hex Bolt  
4x



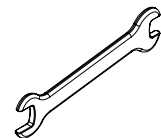
(g) M8 Washer  
8x



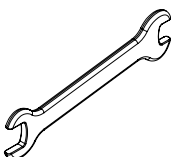
(h) M10 Washer  
20x



(i) M10 Nut  
18x



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



(k) Open-ended Wrench 17-19  
1x



(l) Lubricating Oil  
1x

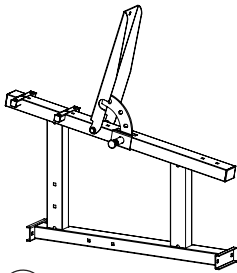


(m) Allen Key  
1x

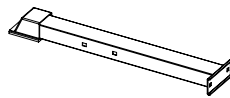
# PARTS LIST

## • PACKED IN THE BOX

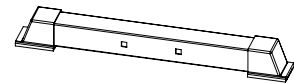
NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Bottom Beam (Long)	1
3	Bottom Beam (Short)	1
4	Storage Bottom Frame	1
5	Rotating Arm Frame	1
6	Sundial	1
7	Arm Base Frame	1
8	Weight Plate Rack	1
9	Cross Frame	1
10	Foam Cushion	1
11	Upper Handle Bar	1
12	Lower Handle Bar	1



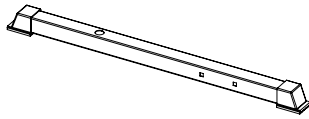
① Main Frame  
1x



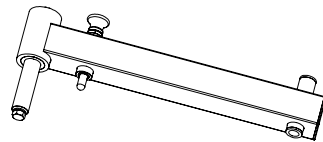
② Bottom Beam (Long)  
1x



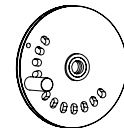
③ Bottom Beam (Short)  
1x



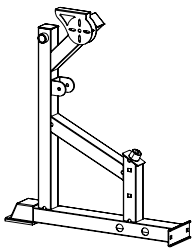
④ Storage Bottom Frame  
1x



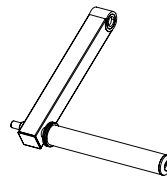
⑤ Rotating Arm Frame  
1x



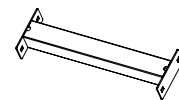
⑥ Sundial  
1x



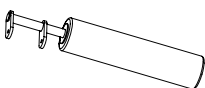
⑦ Arm Base Frame  
1x



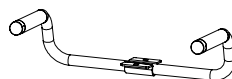
⑧ Weight Plate Rack  
1x



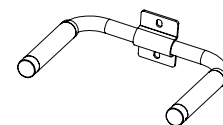
⑨ Cross Frame  
1x



⑩ Foam Cushion  
1x



⑪ Upper Handle Bar  
1x

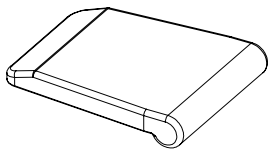


⑫ Lower Handle Bar  
1x

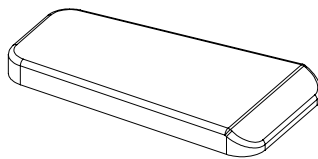
# PARTS LIST

## •PACKED IN THE BOX

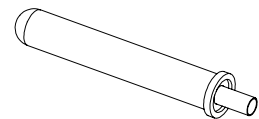
NO.	DESCRIPTION	QUANTITY
13	Seat Cushion	1
14	Back Cushion	1
15	Plate Holder	1
16	Cable	1
17	Collar	1
18	Quick Release Band Peg	2
19	Ring Bolt	2
20	Aluminum Pulley	1



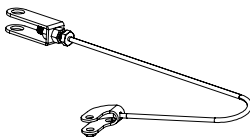
⑬ Seat Cushion  
1x



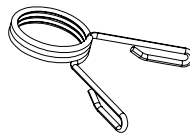
⑭ Back Cushion  
1x



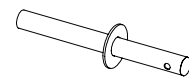
⑮ Plate Holder  
1x



⑯ Cable  
1x



⑰ Collar  
1x



⑱ Quick Release Band Peg  
2x



⑲ Ring Bolt  
2x

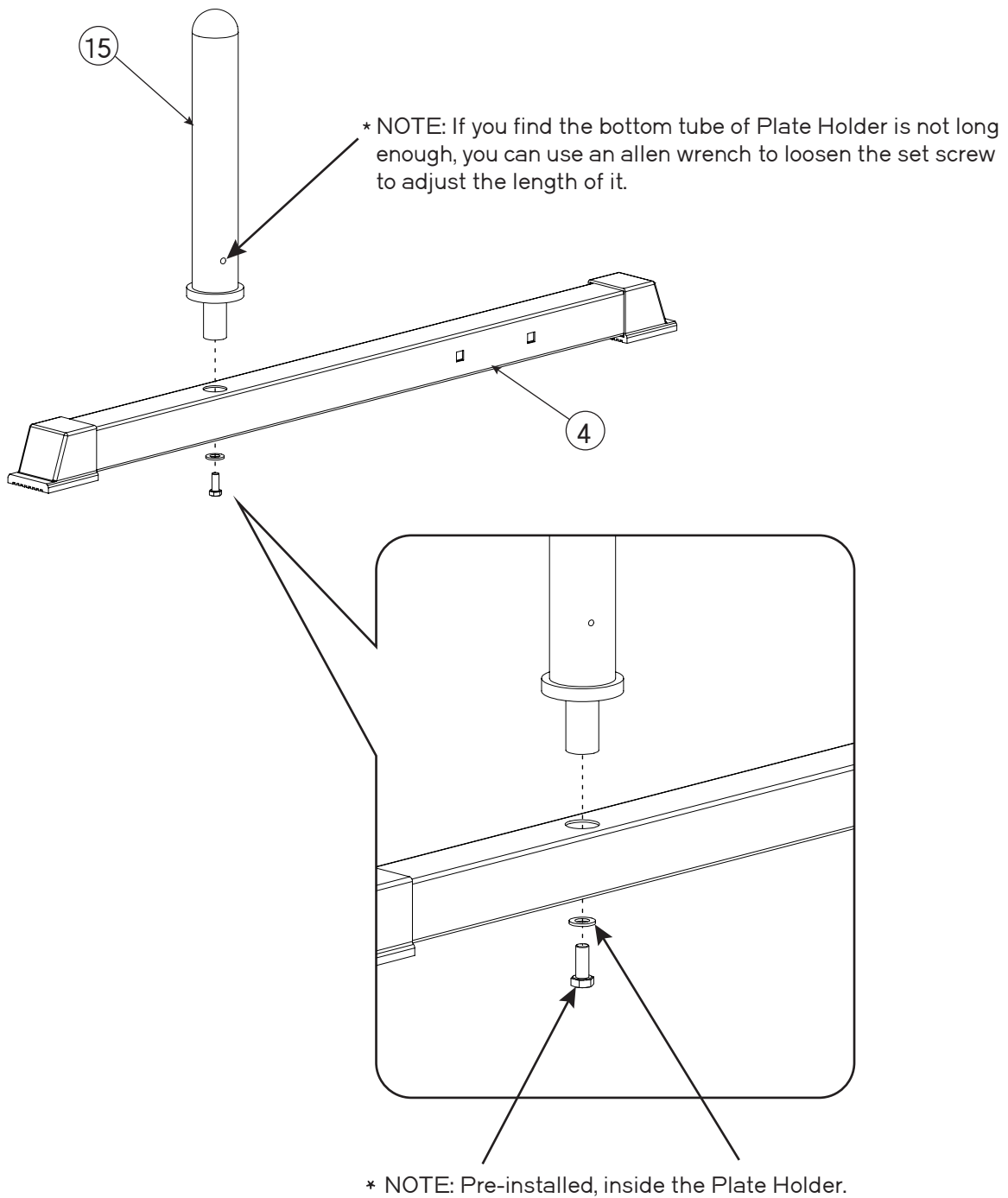


⑳ Aluminum Pulley  
1x  
(Pre-installed, inside the Arm Base Frame)

# ASSEMBLY AND ADJUSTMENT

## STEP 1

NO.	DESCRIPTION	QUANTITY
4	Storage Bottom Frame	1
15	Plate Holder	1

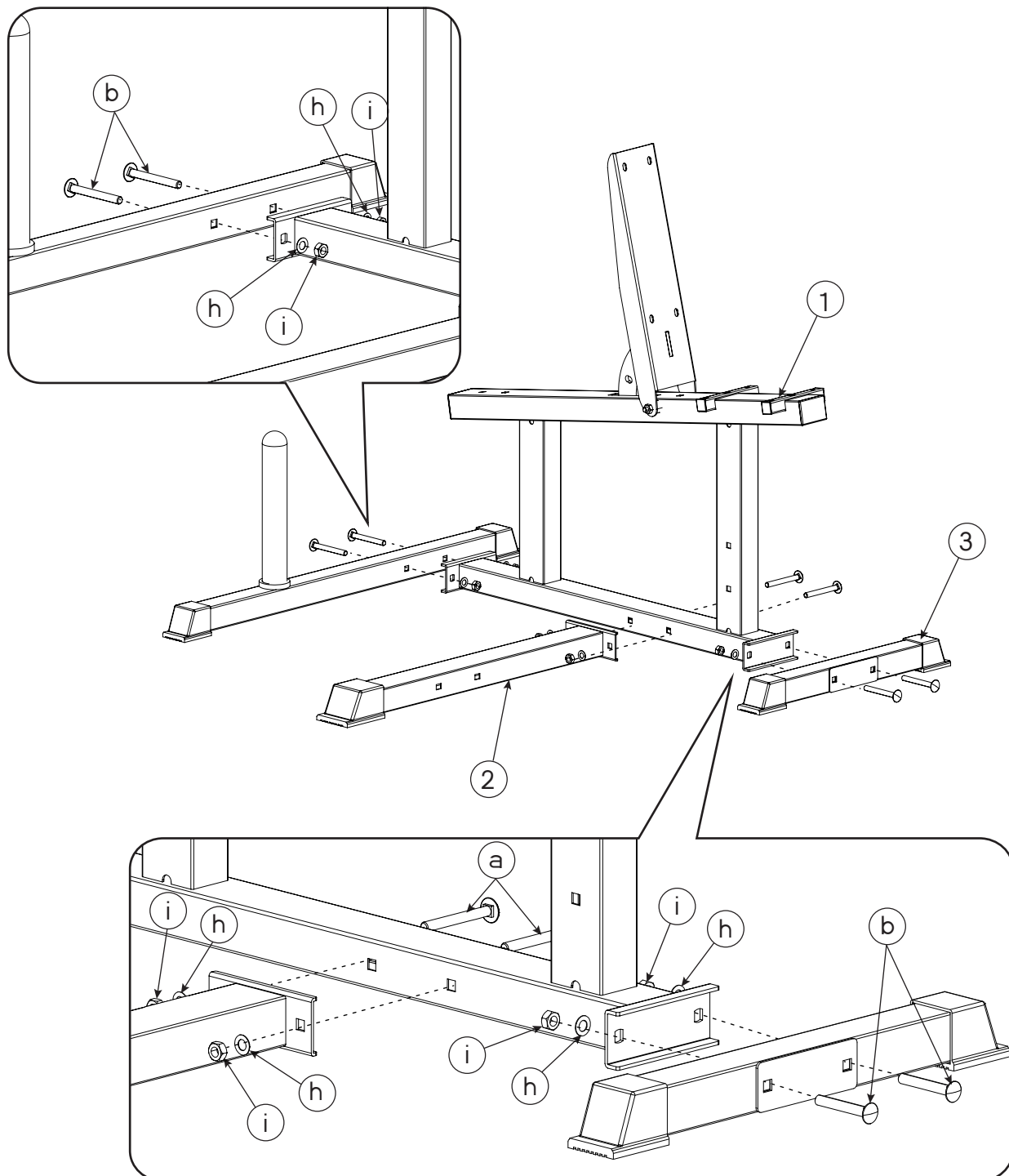


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 2

NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Bottom Beam (Long)	1
3	Bottom Beam (Short)	1
a	M10x90 Square Neck Bolt	2
b	M10x70 Square Neck Bolt	4
h	M10 Washer	6
i	M10 Nut	6

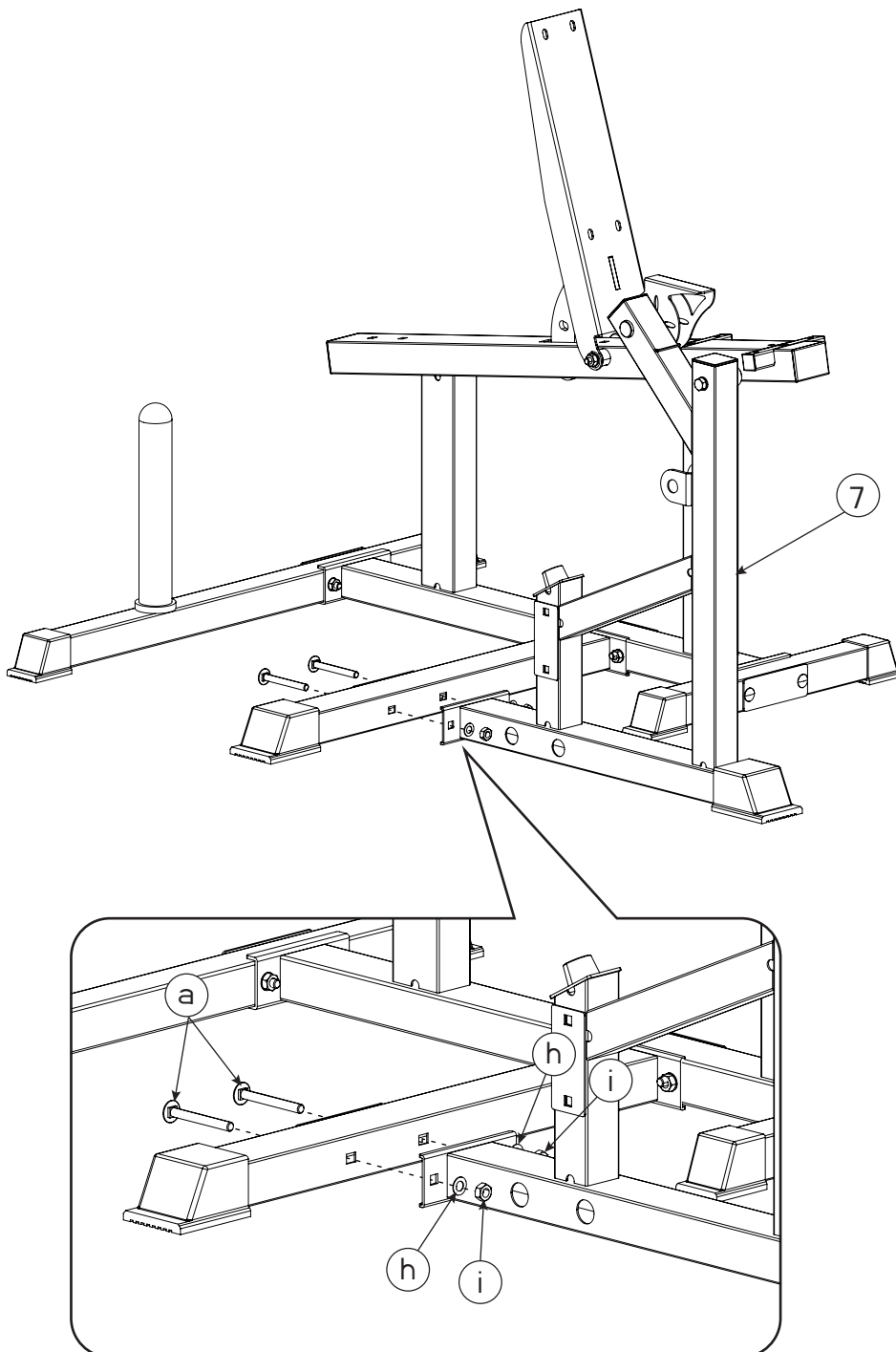


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 3

NO.	DESCRIPTION	QUANTITY
7	Arm Base Frame	1
a	M10x90 Square Neck Bolt	2
h	M10 Washer	2
i	M10 Nut	2

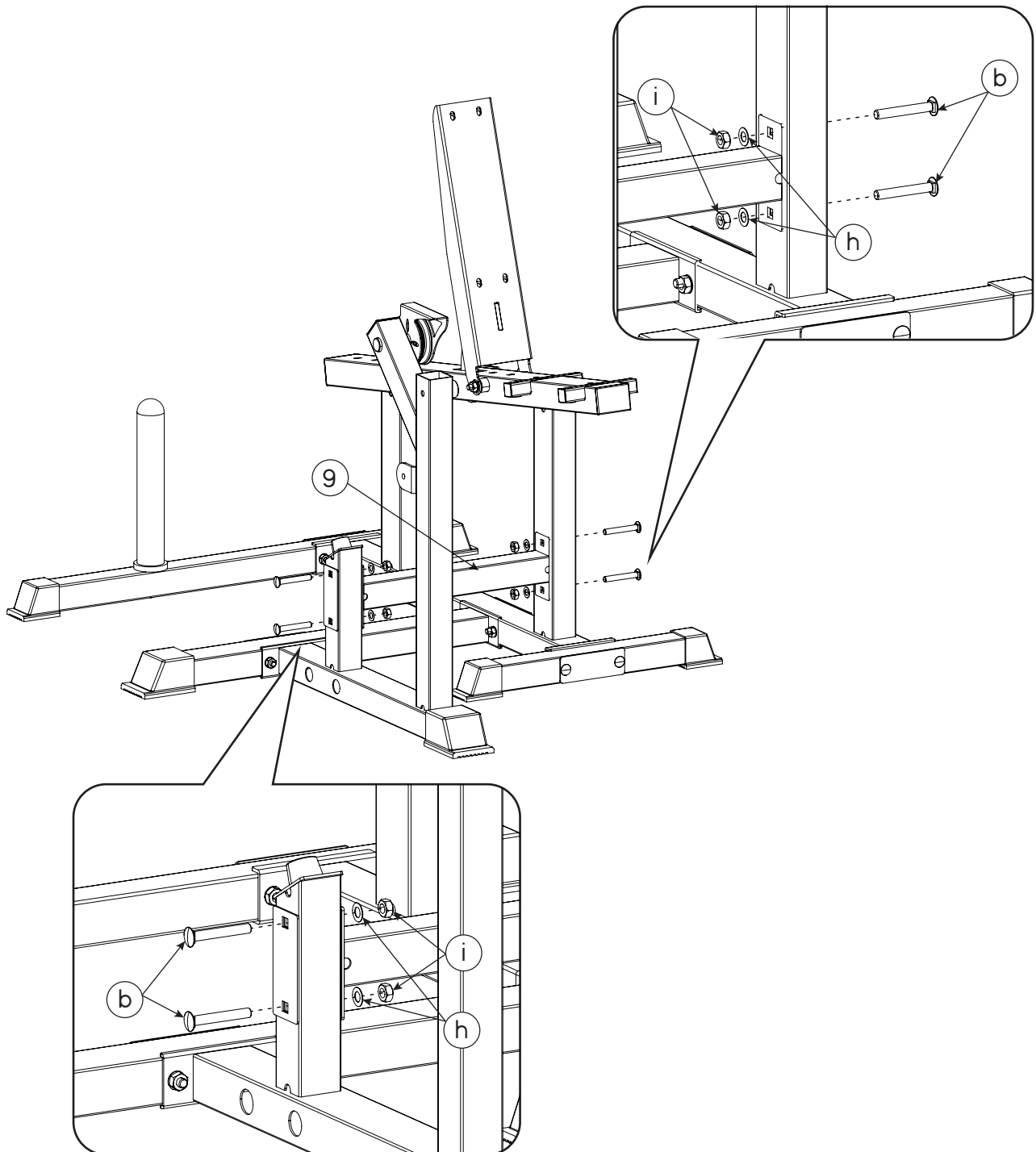


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 4

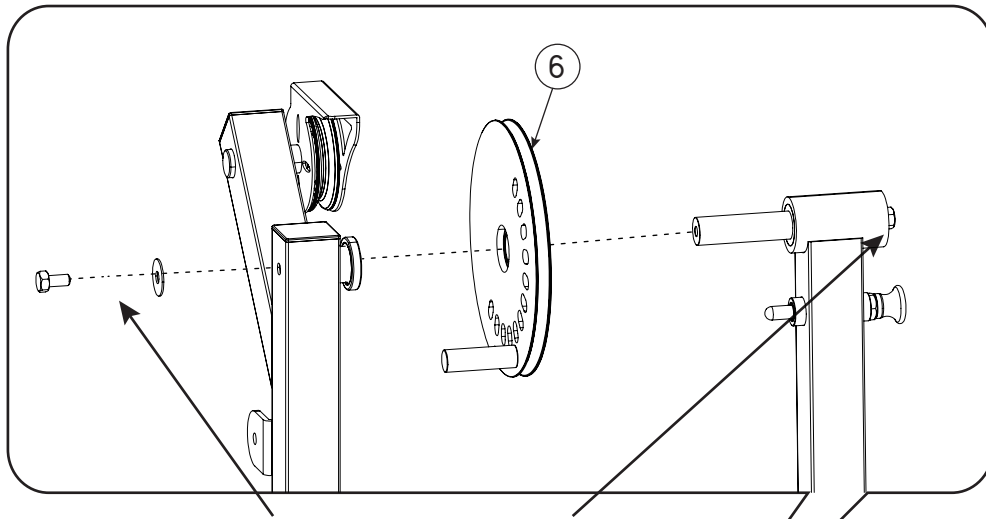
NO.	DESCRIPTION	QUANTITY
9	Cross Frame	1
b	M10x70 Square Neck Bolt	4
h	M10 Washer	4
i	M10 Nut	4



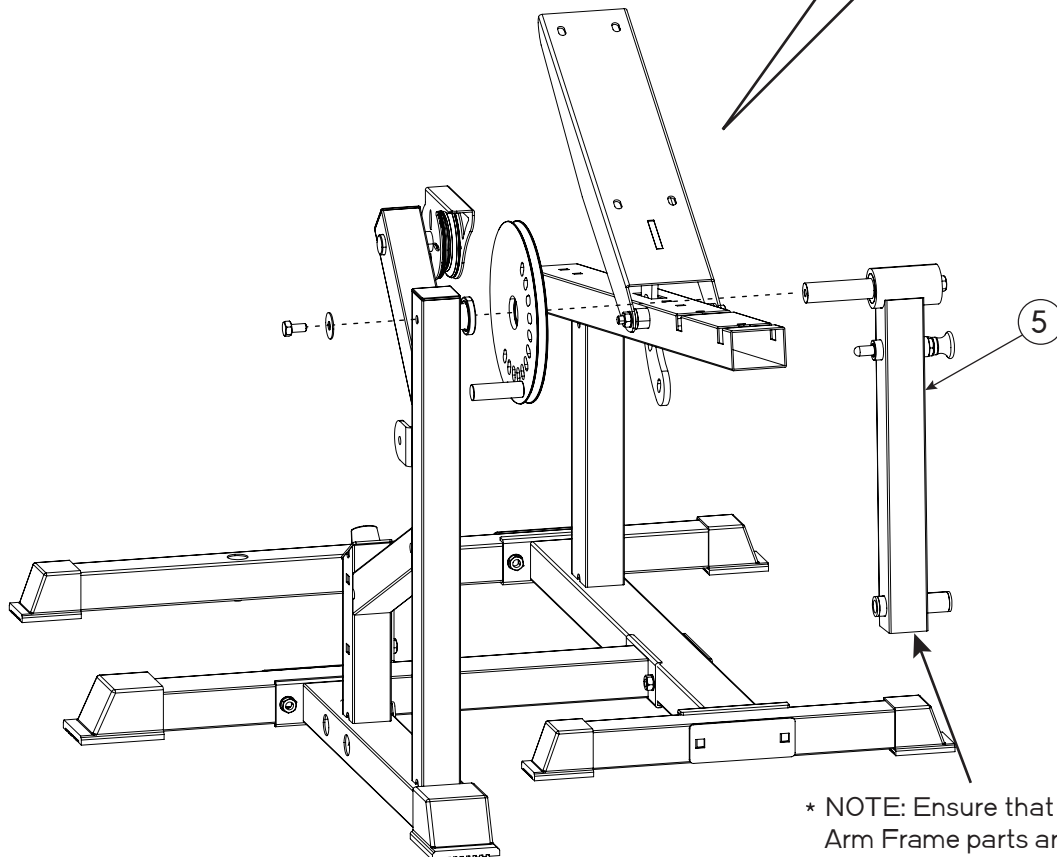
# ASSEMBLY AND ADJUSTMENT

## STEP 5

NO.	DESCRIPTION	QUANTITY
5	Rotating Arm Frame	1
6	Sundial	1



\* NOTE: Pre-installed, inside the Rotating Arm Frame.



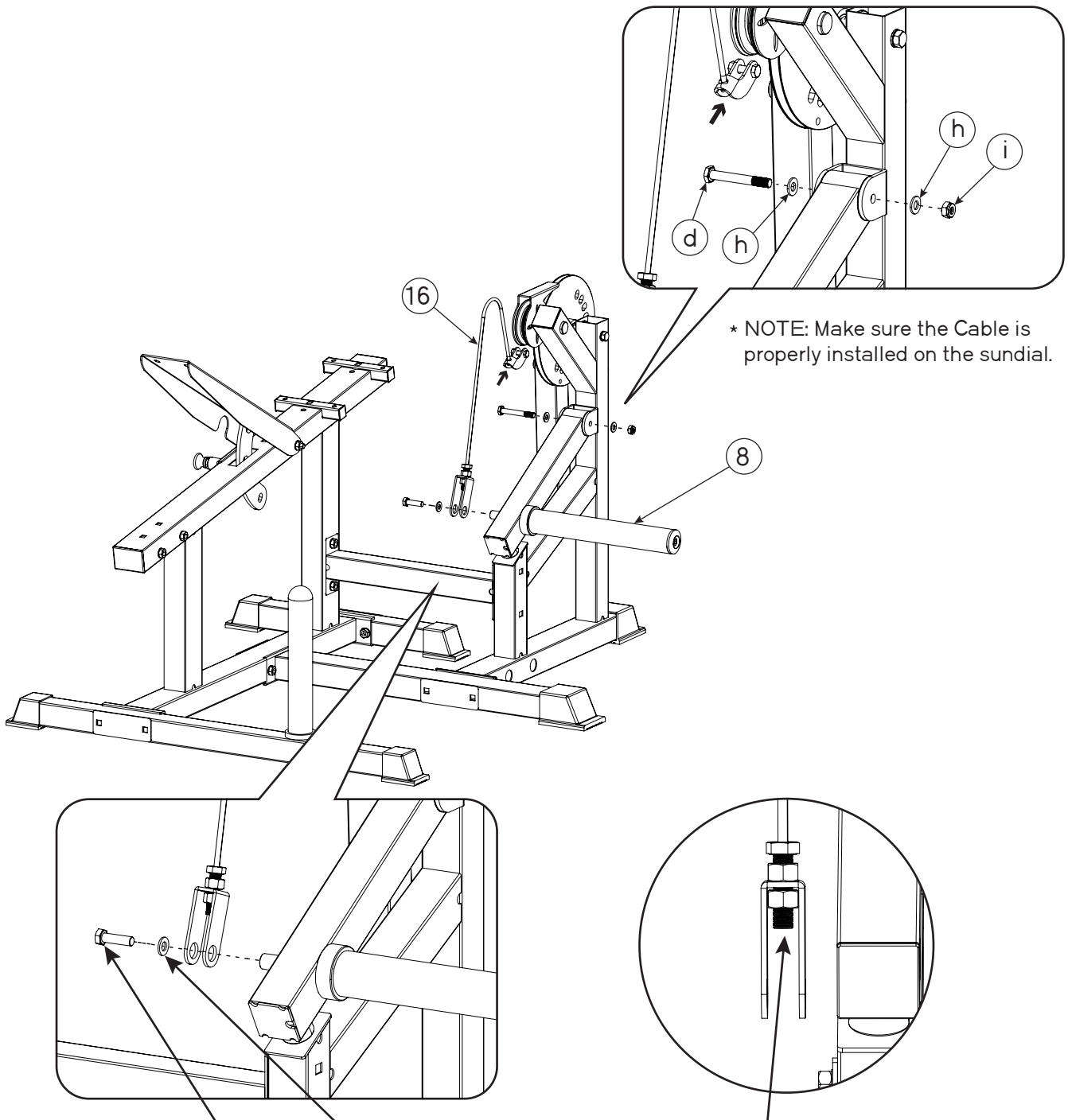
\* NOTE: Ensure that the Rotating Arm Frame parts are oriented in the direction of the diagram shown before assembling it, especially the rotating shaft.

\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 6

NO.	DESCRIPTION	QUANTITY
8	Weight Plate Rack	1
16	Cable	1
d	M10x75 Hex Bolt	1
h	M10 Washer	2
i	M10 Nut	1



\* NOTE: Make sure the Cable is properly installed on the sundial.

\* NOTE: Pre-installed, inside the Weight Plate Rack.

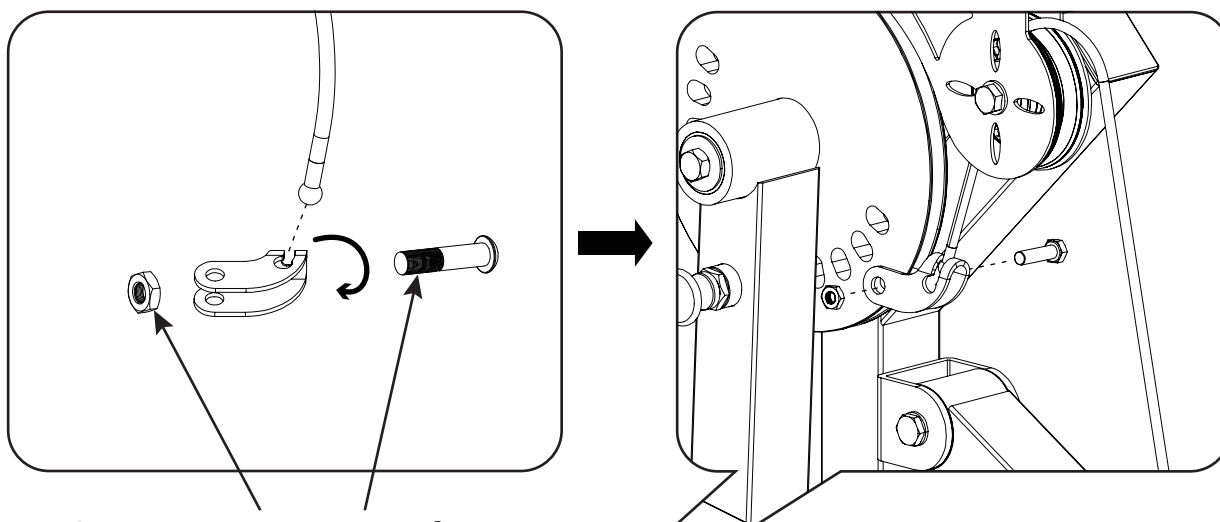
\* NOTE: The tension of the Cable can be adjusted by tightening or loosening the upper and lower nuts.

\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

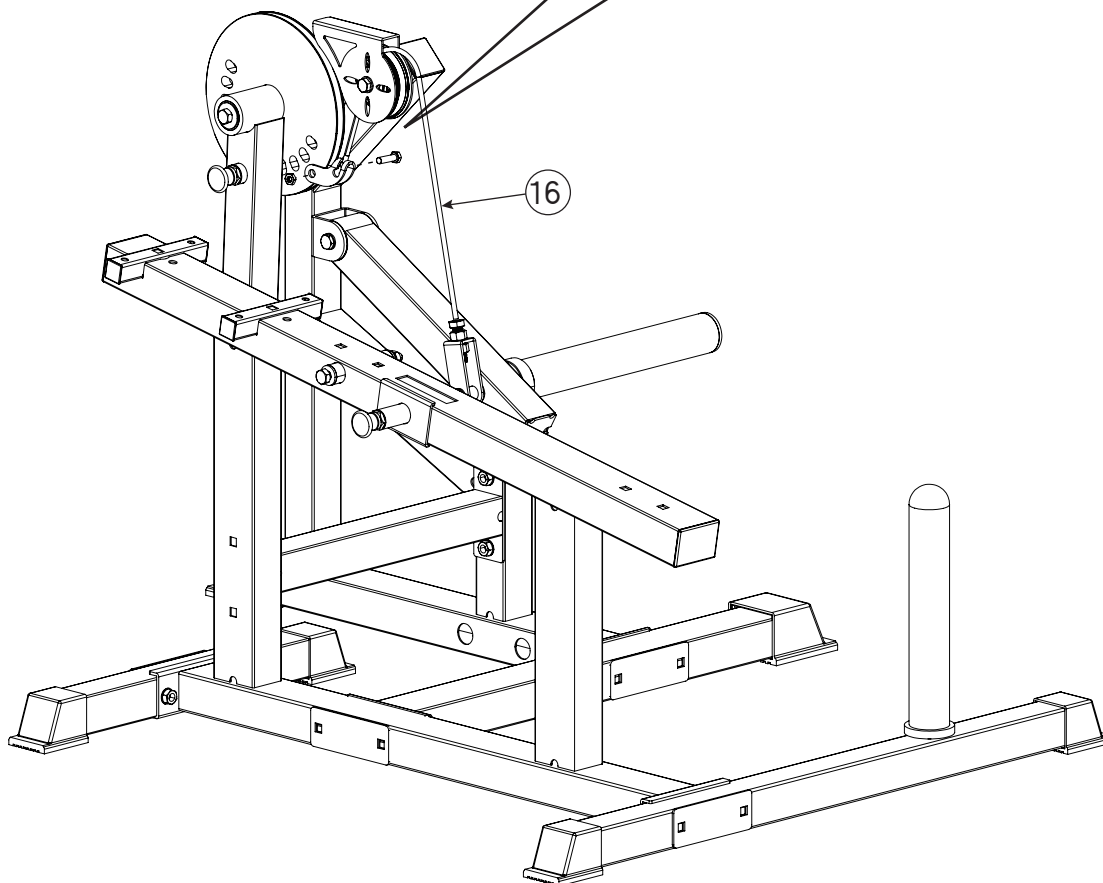
# ASSEMBLY AND ADJUSTMENT

## STEP 7

NO.	DESCRIPTION	QUANTITY
16	Cable	1



\* NOTE: Pre-installed, inside the Cable.

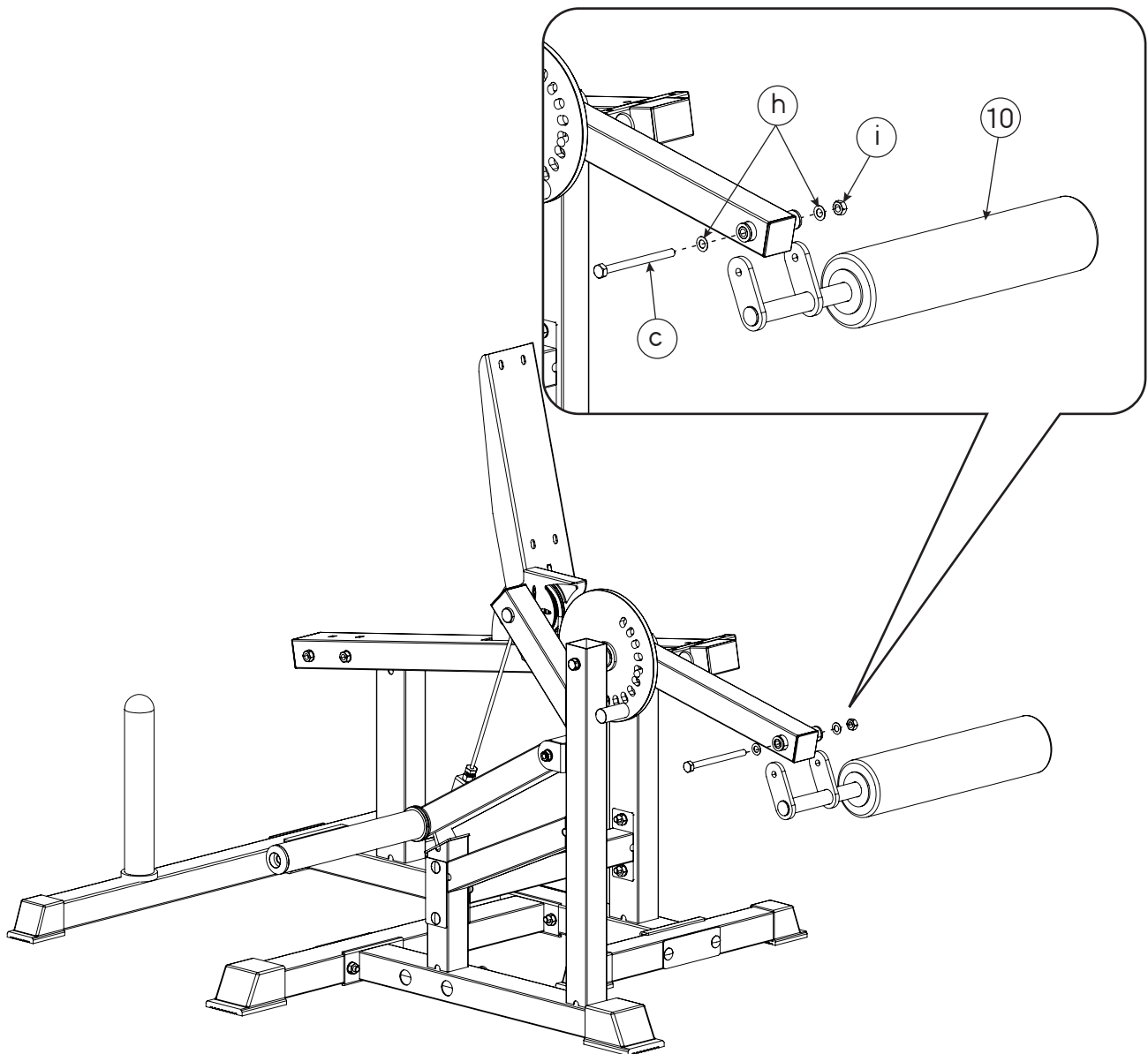


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 8

NO.	DESCRIPTION	QUANTITY
10	Foam Cushion	1
c	M10x130 Hex Bolt	1
h	M10 Washer	2
i	M10 Nut	1

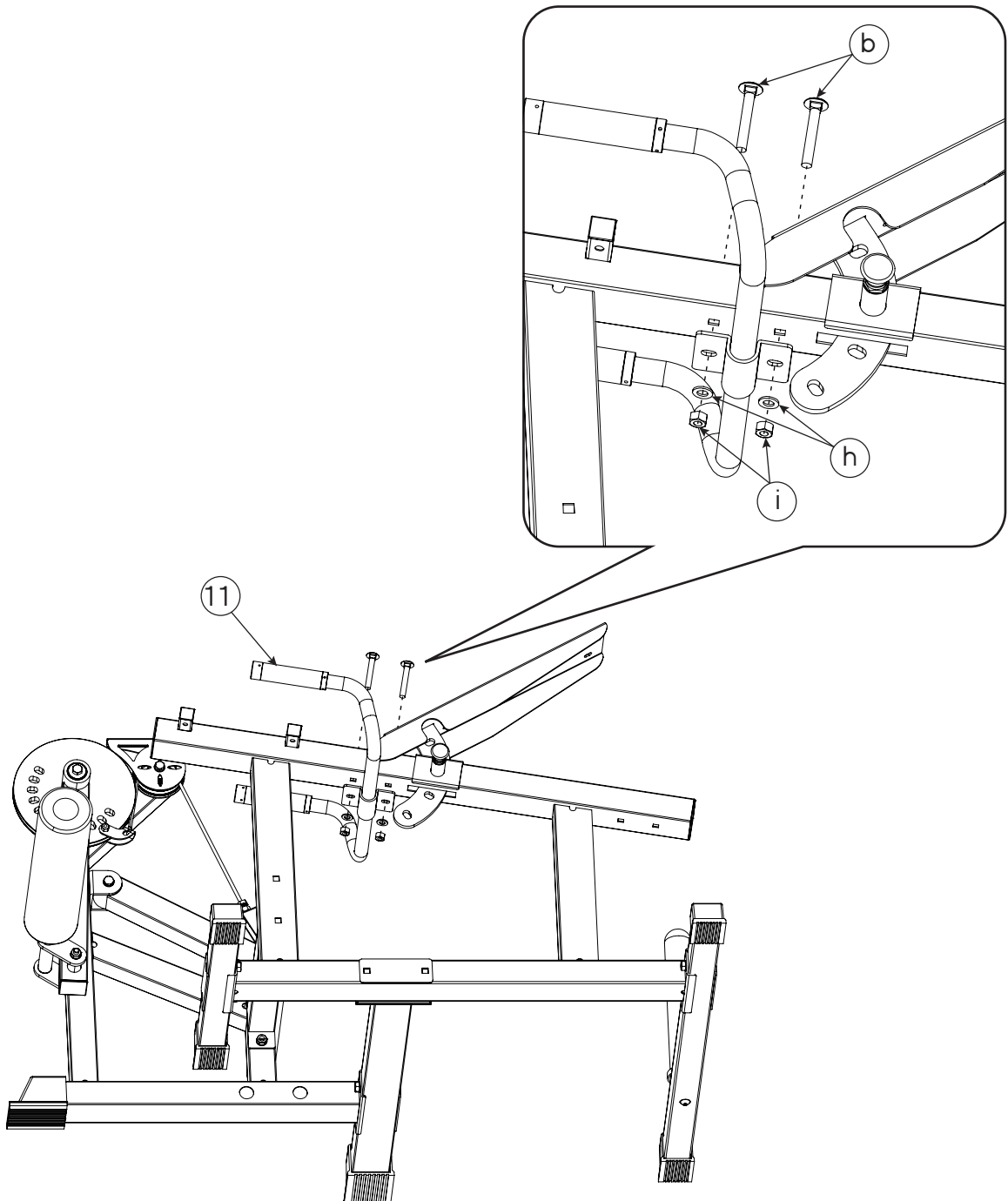


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 9

NO.	DESCRIPTION	QUANTITY
11	Upper Handle Bar	1
b	M10x70 Square Neck Bolt	2
h	M10 Washer	2
i	M10 Nut	2

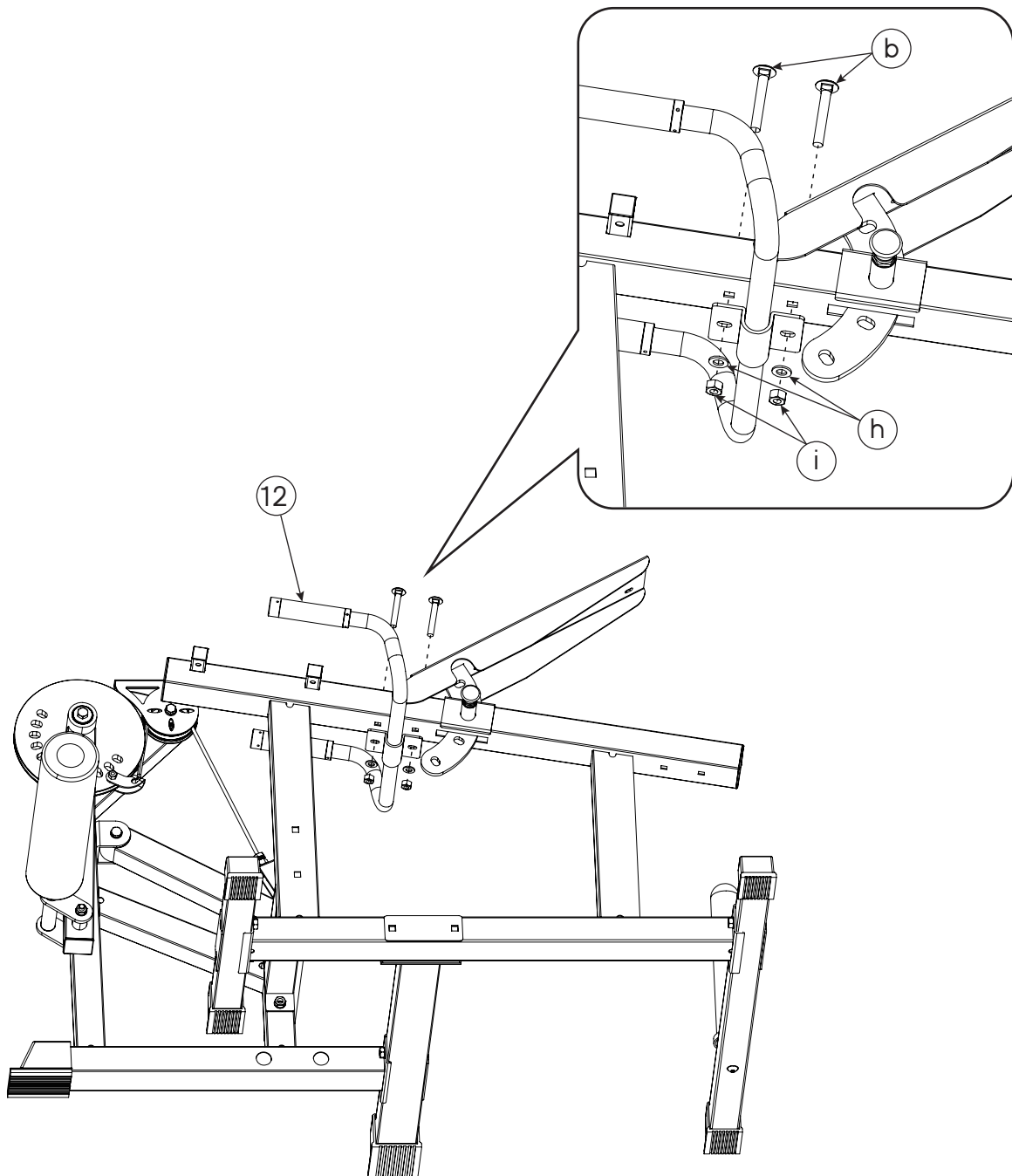


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 10

NO.	DESCRIPTION	QUANTITY
12	Lower Handle Bar	1
b	M10x70 Square Neck Bolt	2
h	M10 Washer	2
i	M10 Nut	2

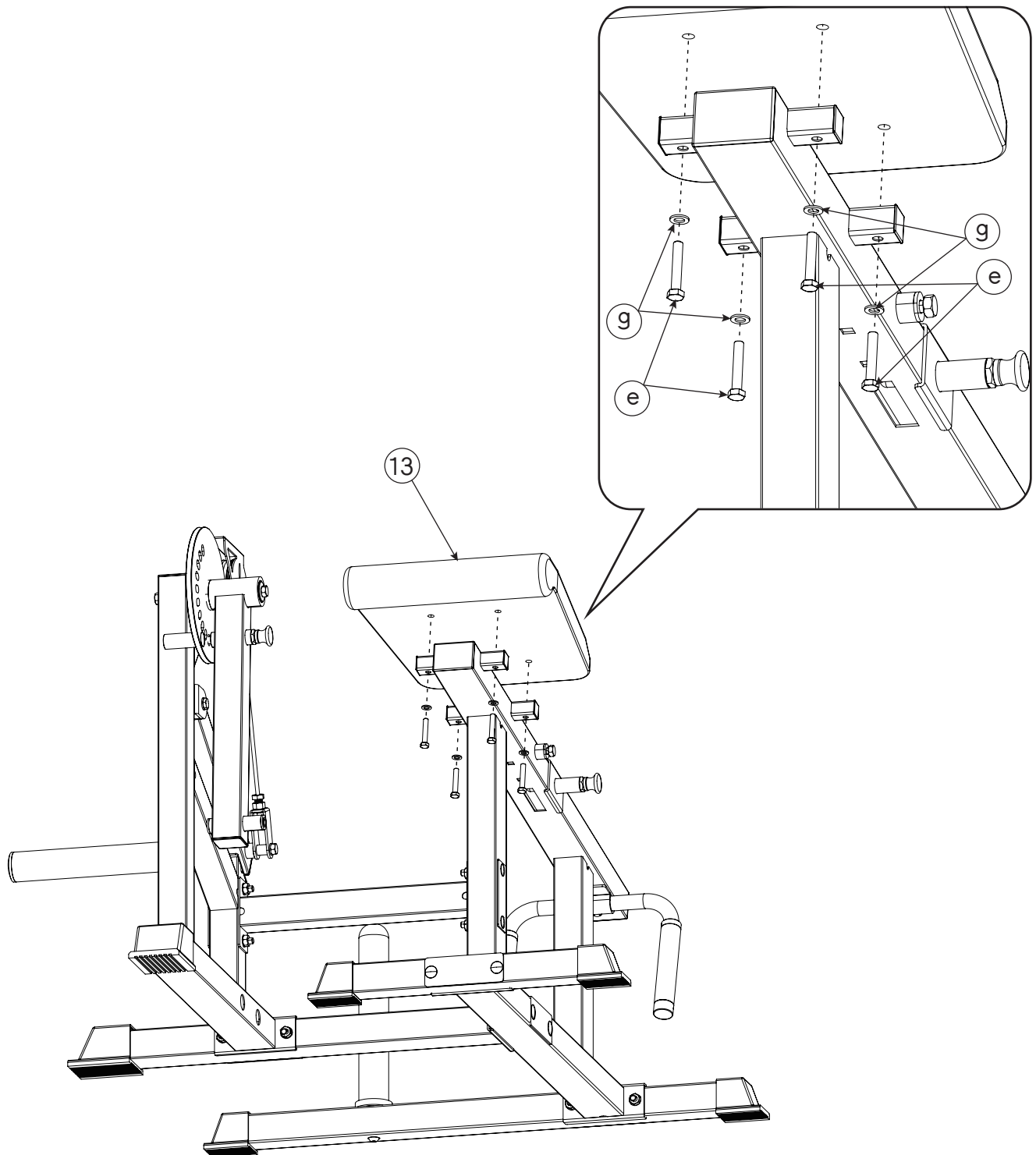


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 11

NO.	DESCRIPTION	QUANTITY
13	Seat Cushion	1
e	M8x40 Hex Bolt	4
g	M8 Washer	4

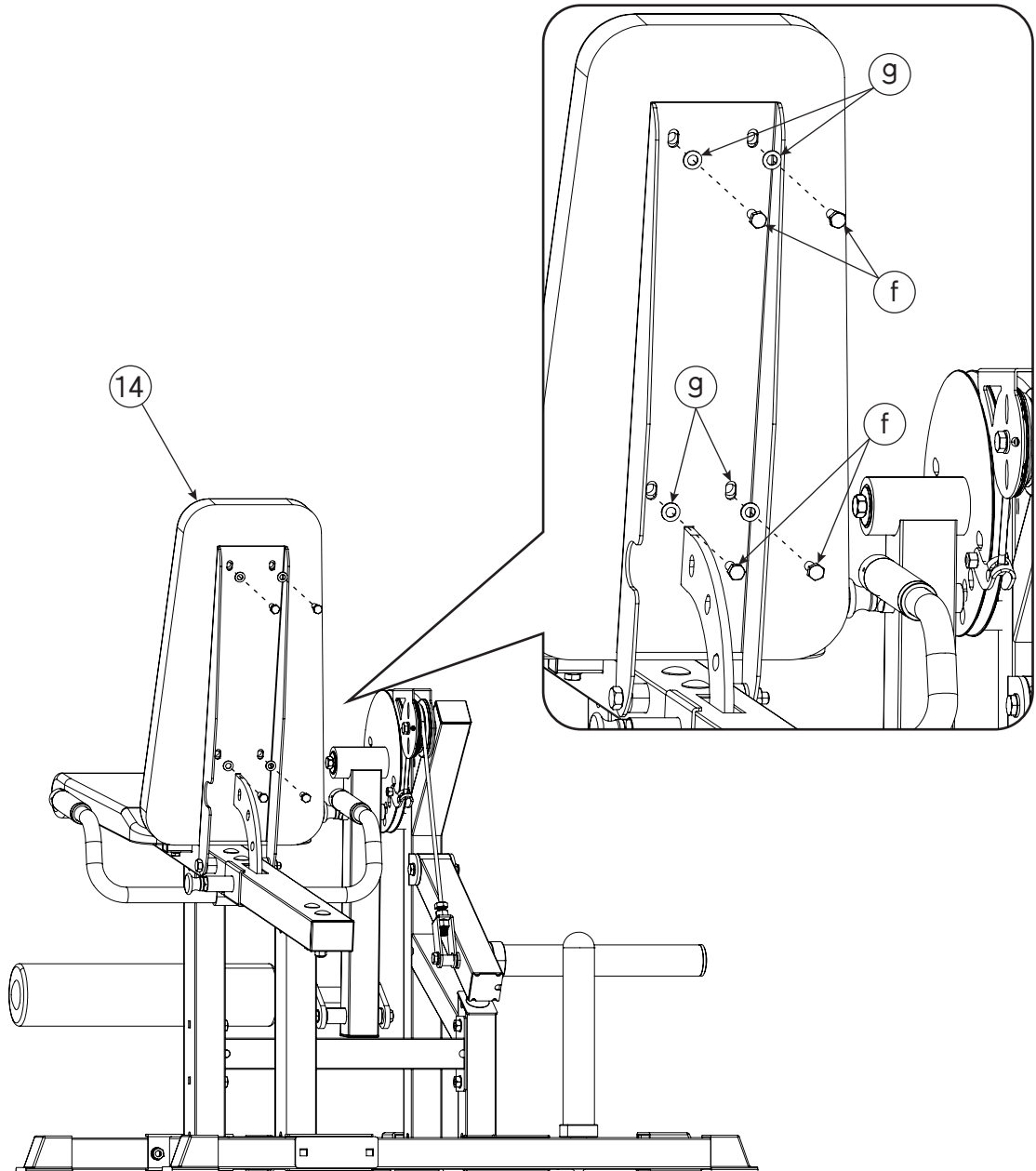


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 12

NO.	DESCRIPTION	QUANTITY
14	Back Cushion	1
f	M8x20 Hex Bolt	4
g	M8 Washer	4

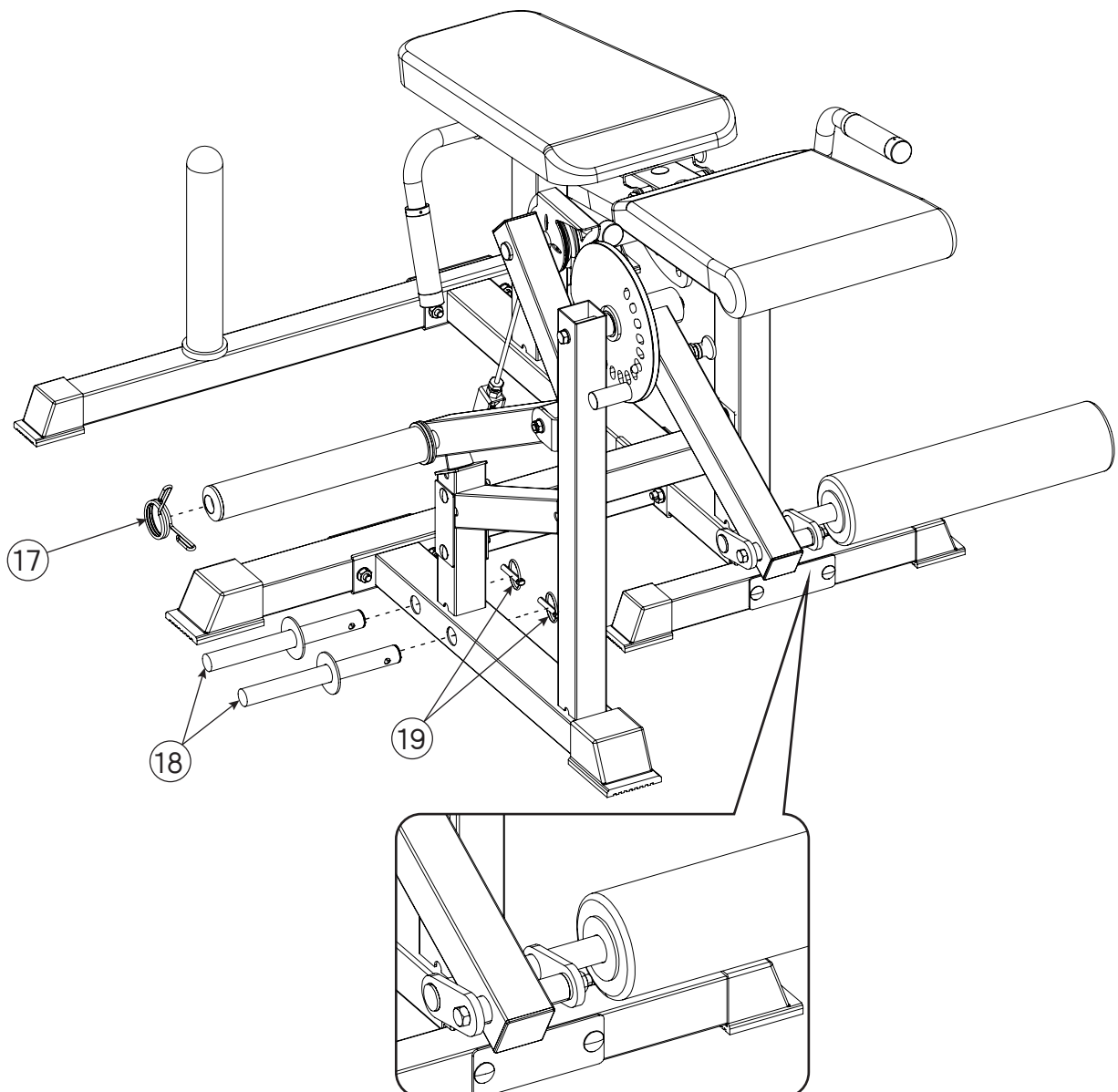


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 13

NO.	DESCRIPTION	QUANTITY
17	Collar	1
18	Quick Release Band Peg	2
19	Ring Bolt	2



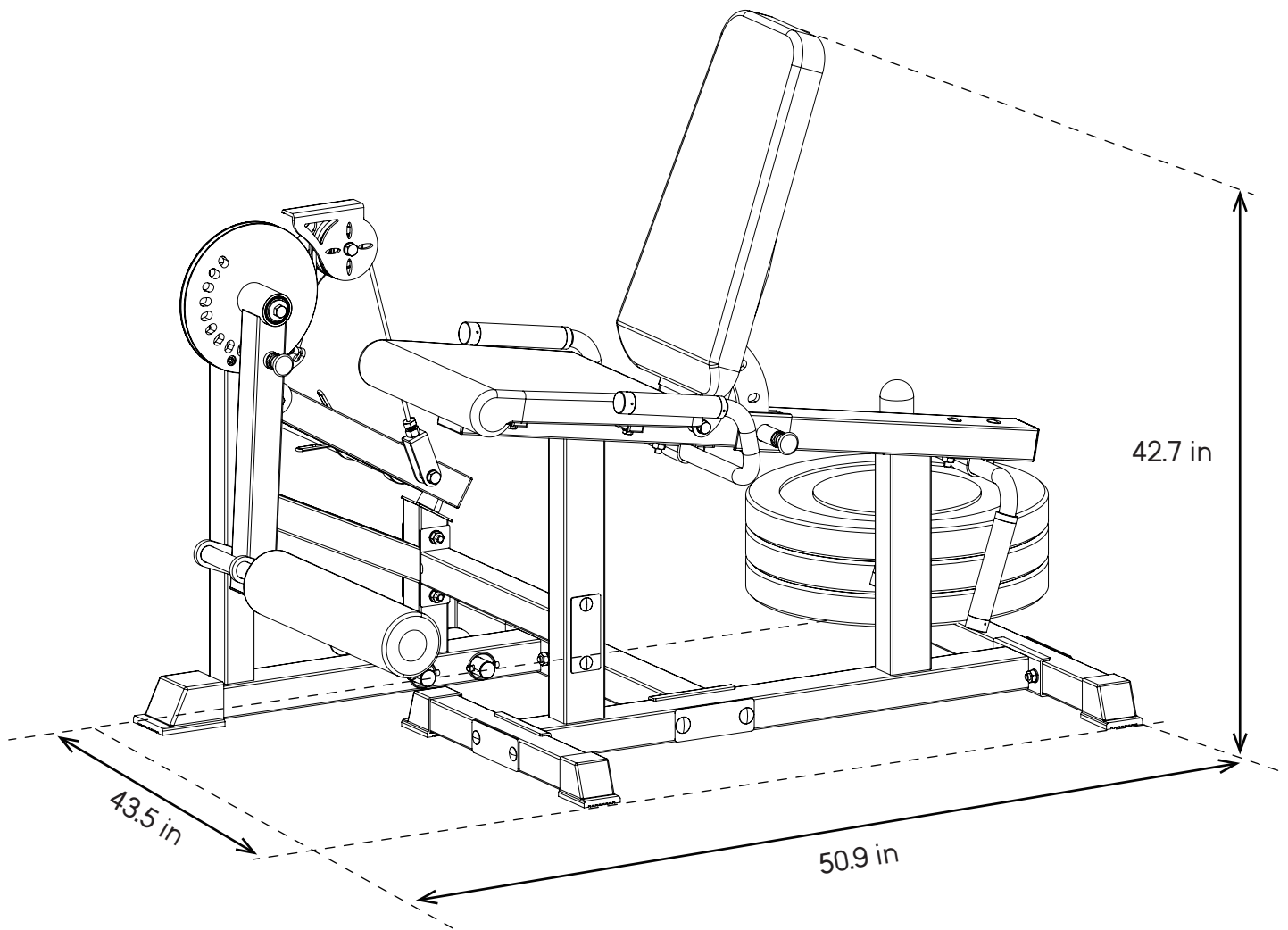
\* NOTE: When you are doing the **Lying Leg Curl**, it is suggested to put the foam cushion **inside** the Rotating Arm Frame (as the picture shows).

\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

**END**

# Congratulations!

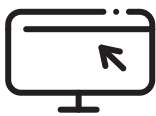
You have assembled the Leg Curl Machine!  
Now, you can officially start strength training!



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



# RITFIT



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[www.ritfitsports.com](http://www.ritfitsports.com)

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- 1 Get Exclusive New Product Updates
- 2 Share & Learn More Training Tips
- 3 Showcase Your Home Gym Pride!!!