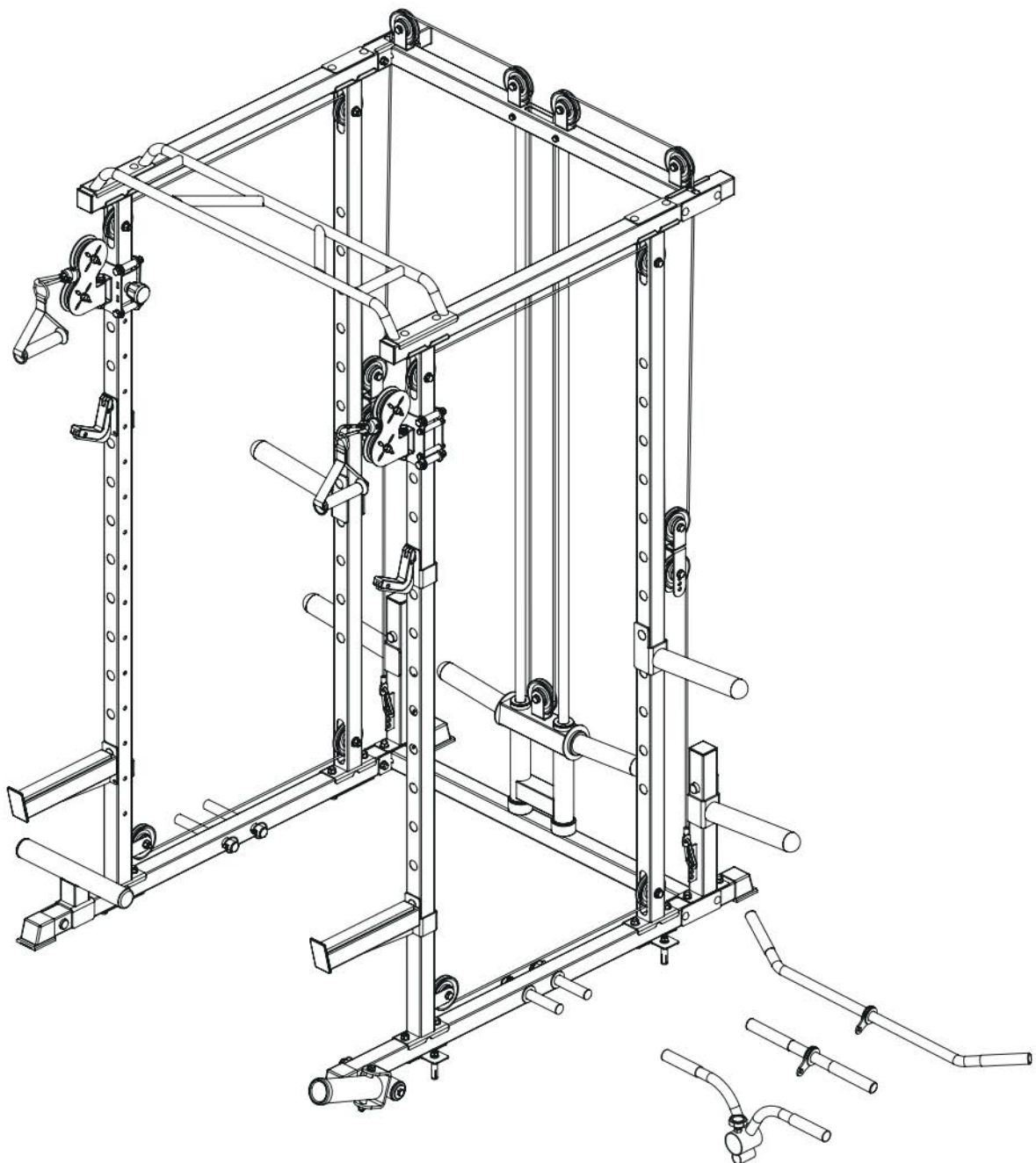


RITFIT

POWER CAGE WITH CABLE CROSSOVER PPC03A



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 assuring 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@ritfitsports.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.

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 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 from the date of order.

E. When It Ends?

The Basic Warranty lasts for 36 months from the date it begins (main frame), but the following items (the other parts) are covered only for 12 months: bolts; nuts; washers; tube bushings; foot covers; pulley sleeve; pulleys; chains; gourd buckles; cables; top beam; J-hooks; plate carriage; pulley brace; plate storage pegs, etc.

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 does 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 multifunctional power cage.

G. How To Contact Us?

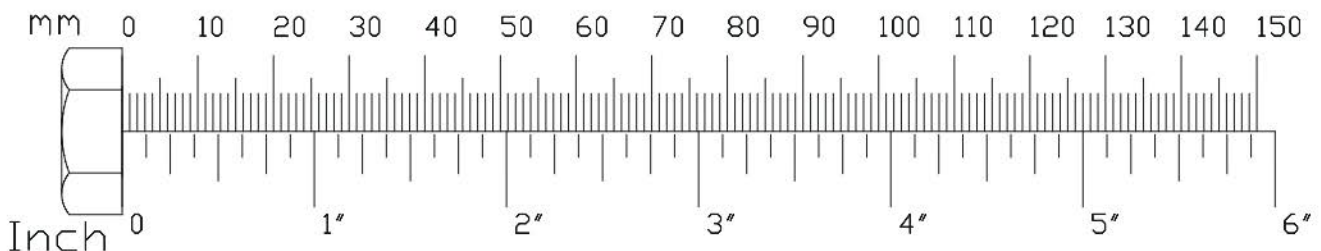
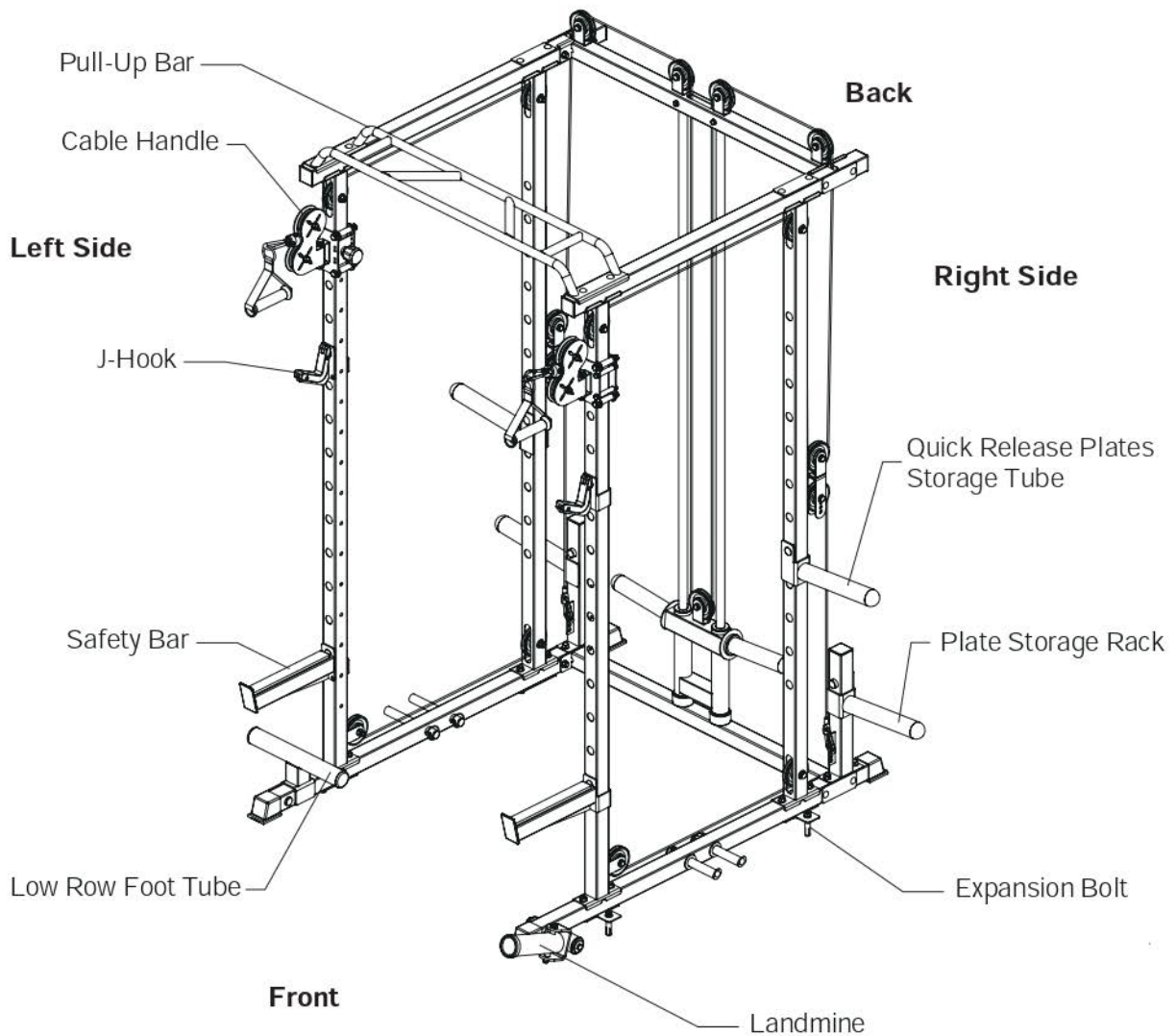
To ensure you receive the best technical support, please visit our website: www.ritfitsports.com and register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. If any parts are missing, 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 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 contact RitFit Customer Service Department at support@rit-fitsports.com. 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

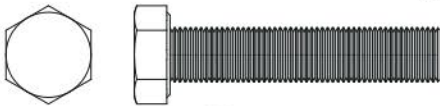
NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	28
b	M10x70 Hex Bolt	6
c	M10x50 Hex Bolt	7
d	M8x65 Hex Bolt	2
e	M10x25 Hex Bolt	2
f	M10x85 Hex Bolt	2
g	M8 Nut	2
h	M10 Nut	45
i	M10 Washer	62
j	M10 Expansion Bolt	4
k	4mm Hex Key	1
l	Open-ended Wrench	2
m	M8 Washer	4
n	3mm Hex Key	1



(a) M10x70 Square Neck Bolt
28x



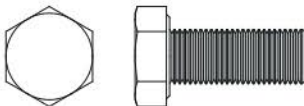
(b) M10x70 Hex Bolt
6x



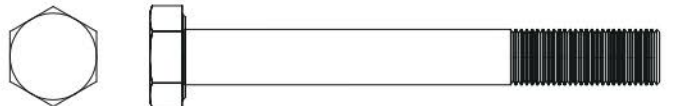
(c) M10x50 Hex Bolt
7x



(d) M8x65 Hex Bolt
2x



(e) M10x25 Hex Bolt
2x



(f) M10x85 Hex Bolt
2x



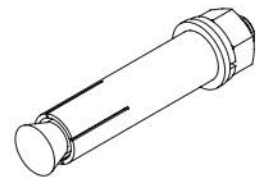
(g) M8 Nut
2x



(h) M10 Nut
45x



(i) M10 Washer
62x



(j) M10 Expansion Bolt
4x



(k) 4mm Hex Key
1x



(l) Open-ended Wrench
2x



(m) M8 Washer
4x



(n) 3mm Hex Key
1x

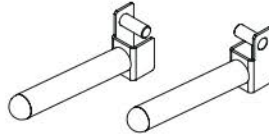
PARTS LIST

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
E	Landmine Handle	1
F	Lat Bar	1
G	Low Row Bar	1



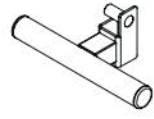
(A) J-Hooks Set
1x



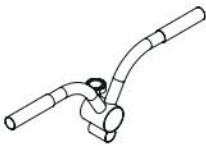
(B) Quick Release Plates Storage Tubes Set
2x



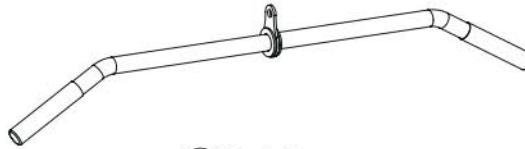
(C) Safety Bars Set
1x



(D) Low Row Foot Tube
1x



(E) Landmine Handle
1x



(F) Lat Bar
1x

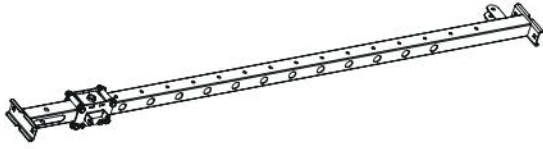


(G) Low Row Bar
1x

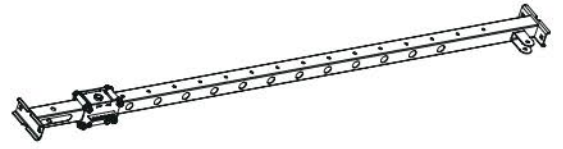
MAIN FRAME

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
14	Knob	2
15	Sliding Pulley Cover	2

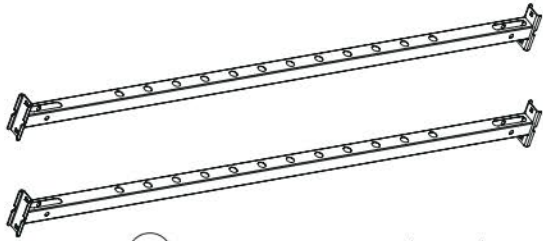
PARTS LIST



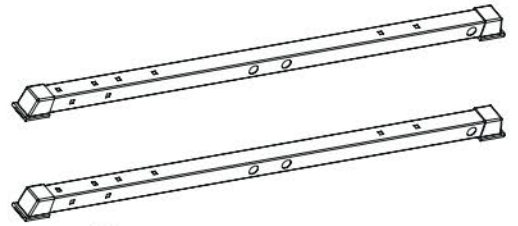
① Left Upright Frame (front)
1x



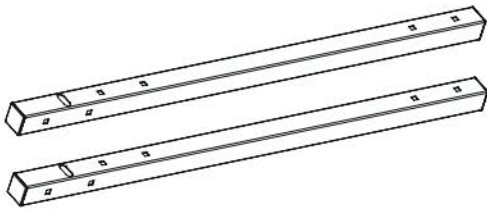
② Right Upright Frame (front)
1x



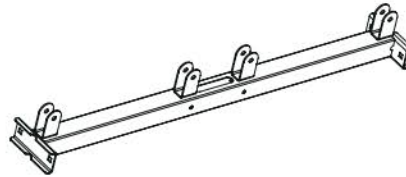
③ Upright Frame (back)
2x



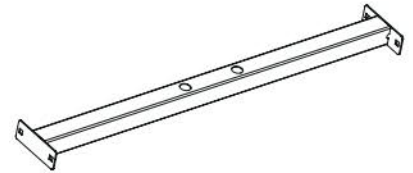
④ Bottom Base Frame
2x



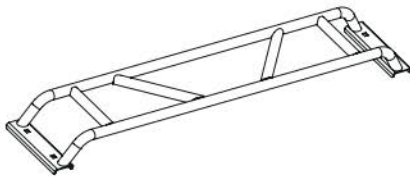
⑤ Upper Cross Frame
2x



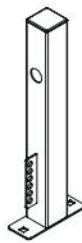
⑥ Rear Cross Beam
1x



⑦ Bottom Cross Beam
1x



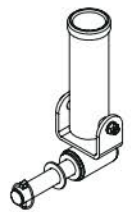
⑧ Chrome Pull-Up Bar
1x



⑨ Plate Holder Frame
2x



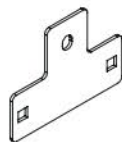
⑩ Band Peg
4x



⑪ Landmine
1x



⑫ Bolt Plates
6x



⑬ Bolt-down Floor Bracket
4x



⑭ Knob
2x



⑮ Sliding pulley cover
2x

PARTS LIST

PULLEY SYSTEM

NO.	DESCRIPTION	QUANTITY
16	Rubber Pad	2
17	Carabiner	4
18	Pulley	13
19	Pulley Peg	12
20	Plate Carriage	1
21	Pulley Block	2
22	Pulley Handle	2
23	Guide Rod	2
24	Cable A	1
25	Cable B	2



①⑥ Rubber Pad
2x



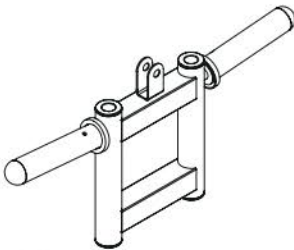
①⑦ Carabiner
4x



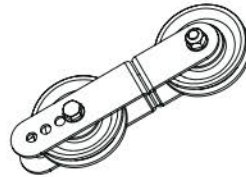
①⑧ Pulley
13x



①⑨ Pulley Peg
12x



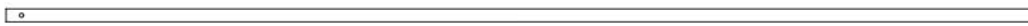
②⑩ Plate Carriage
1x



②⑪ Pulley Block
2x



②⑫ Pulley Handle
2x



②⑬ Guide Rod
2x



②⑭ Cable A
1x

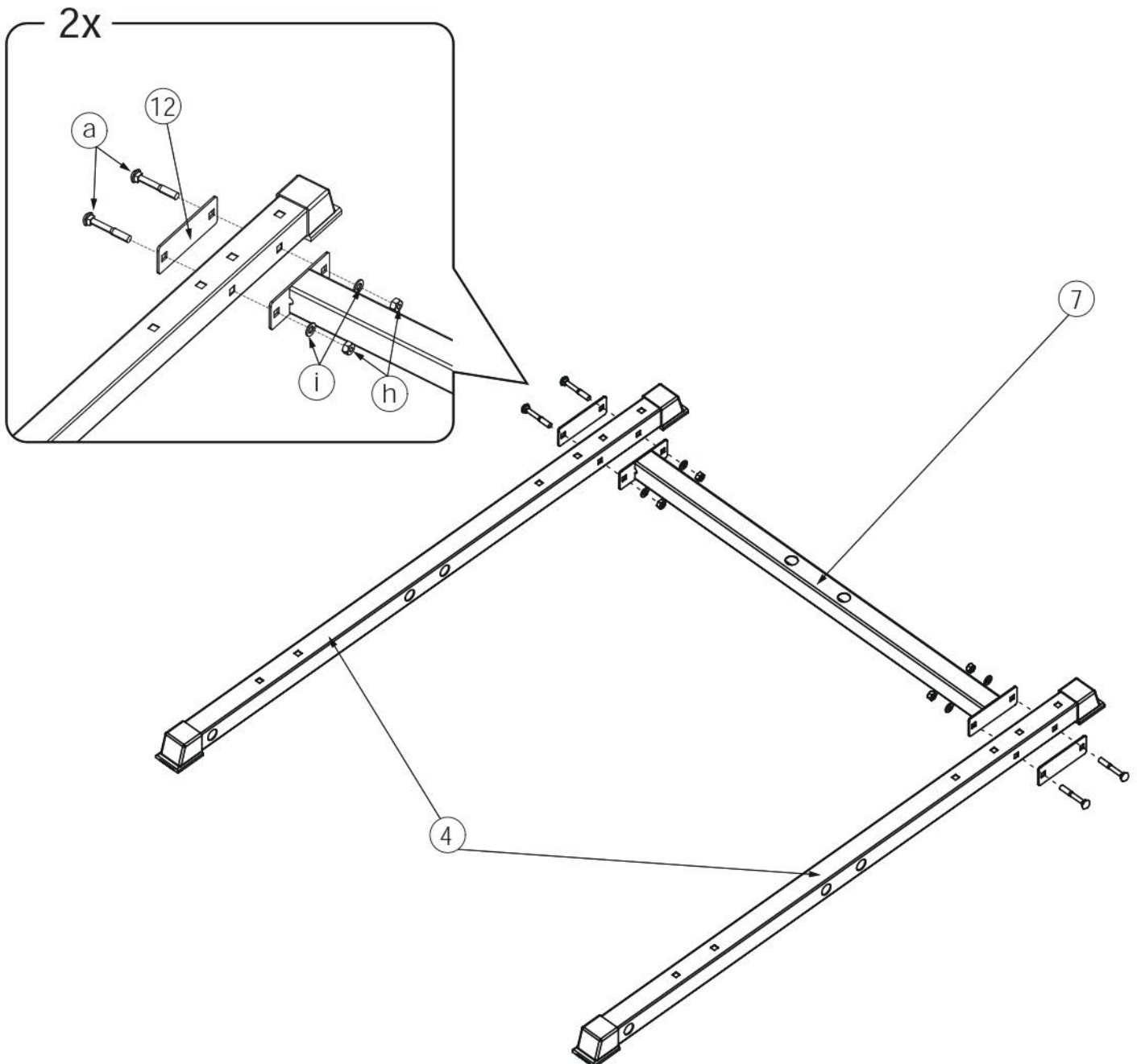


②⑮ Cable B
2x

ASSEMBLY

STEP 1

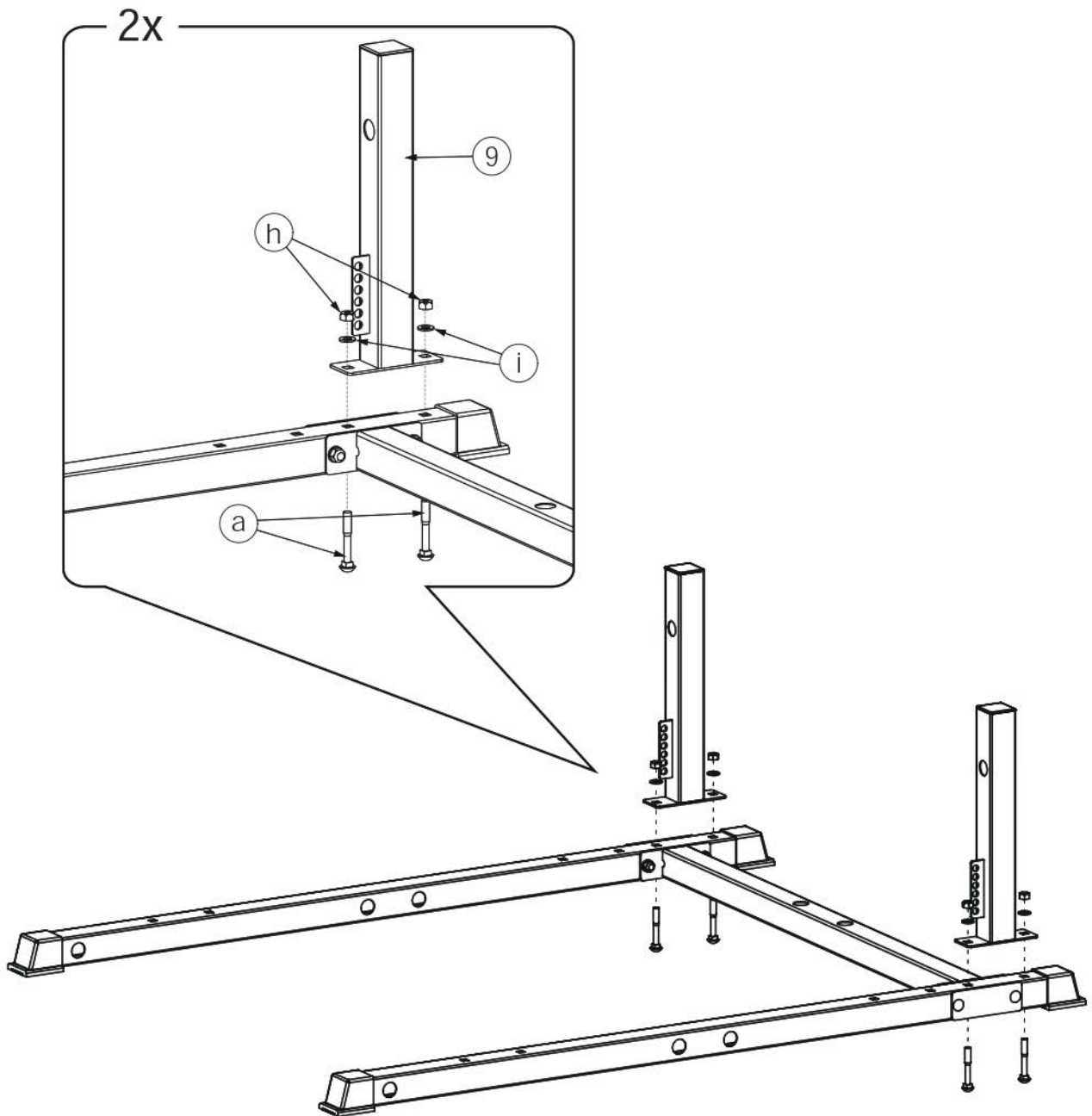
NO.	DESCRIPTION	QUANTITY
4	Bottom Base Frame	2
7	Bottom Cross Beam	1
12	Bolt Plates	2
a	M10x70 Square Neck Bolt	4
h	M10 Nut	4
i	M10 Washer	4



ASSEMBLY

STEP 2

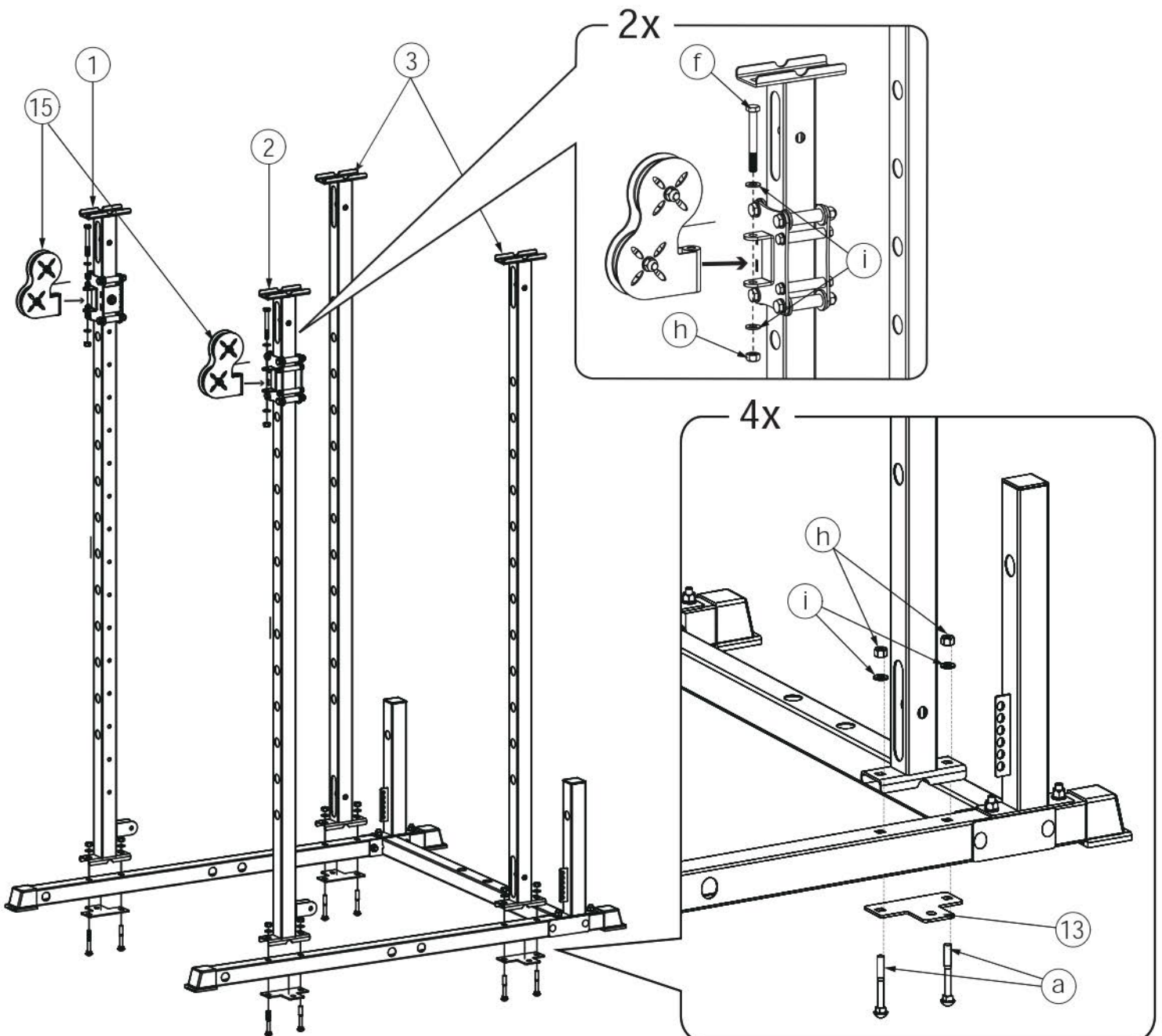
NO.	DESCRIPTION	QUANTITY
9	Plate Holder Frame	2
a	M10x70 Square Neck Bolt	4
h	M10 Nut	4
i	M10 Washer	4



ASSEMBLY

STEP 3 (Two People Are Required.)

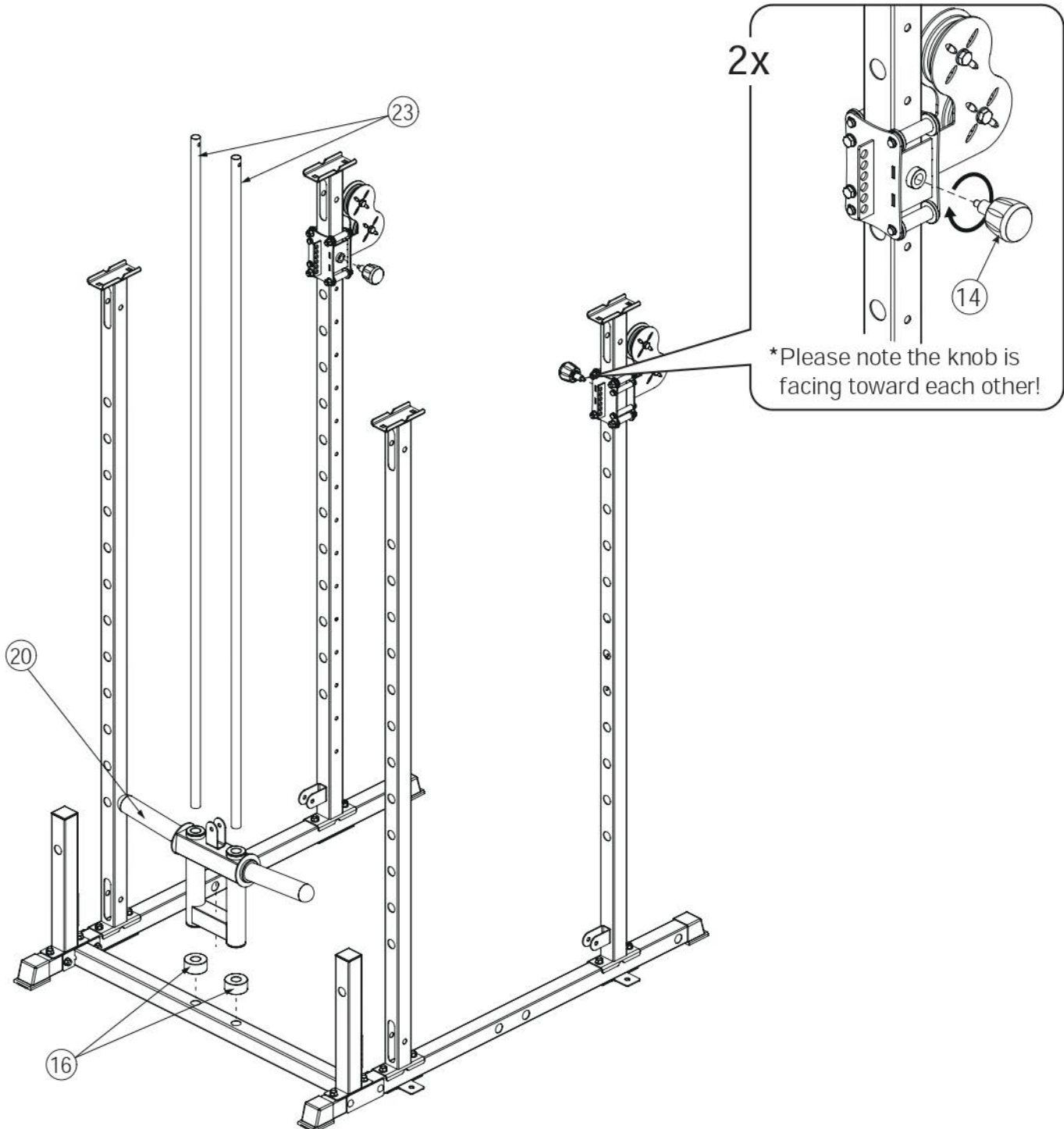
NO.	DESCRIPTION	QUANTITY
1	Left Upright Frame (front)	1
2	Right Upright Frame (front)	1
3	Upright Frame (back)	2
13	Bolt-down Floor Bracket	4
15	Sliding Pulley Cover	2
a	M10x70 Square Neck Bolt	8
f	M10x85 Hex Bolt	2
h	M10 Nut	10
i	M10 Washer	12



ASSEMBLY

STEP 4 (Two People Are Required.)

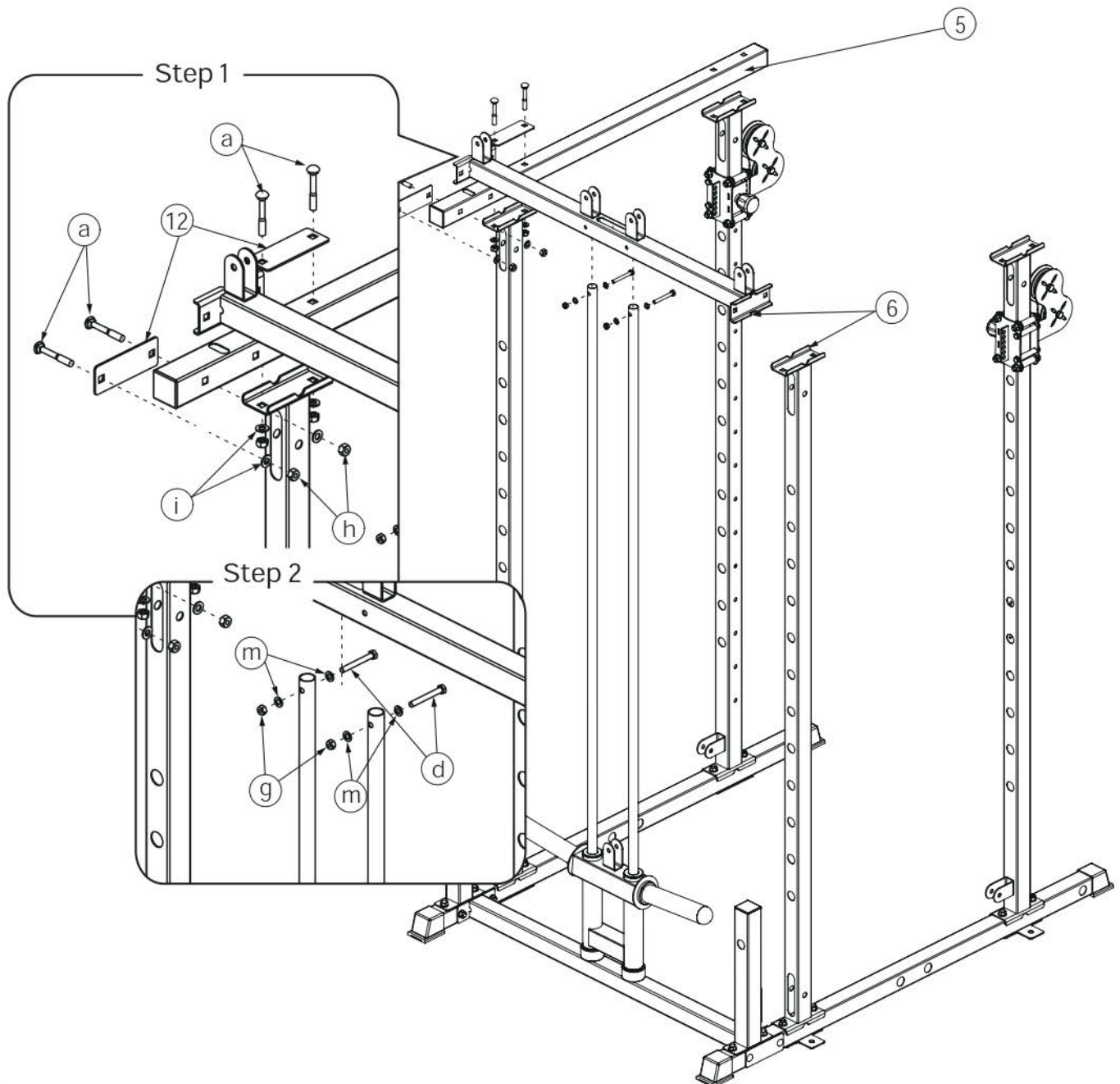
NO.	DESCRIPTION	QUANTITY
14	Knob	2
16	Rubber Pad	2
20	Plate Carriage	1
23	Guide Rod	2



ASSEMBLY

STEP 5 (Two People Are Required.)

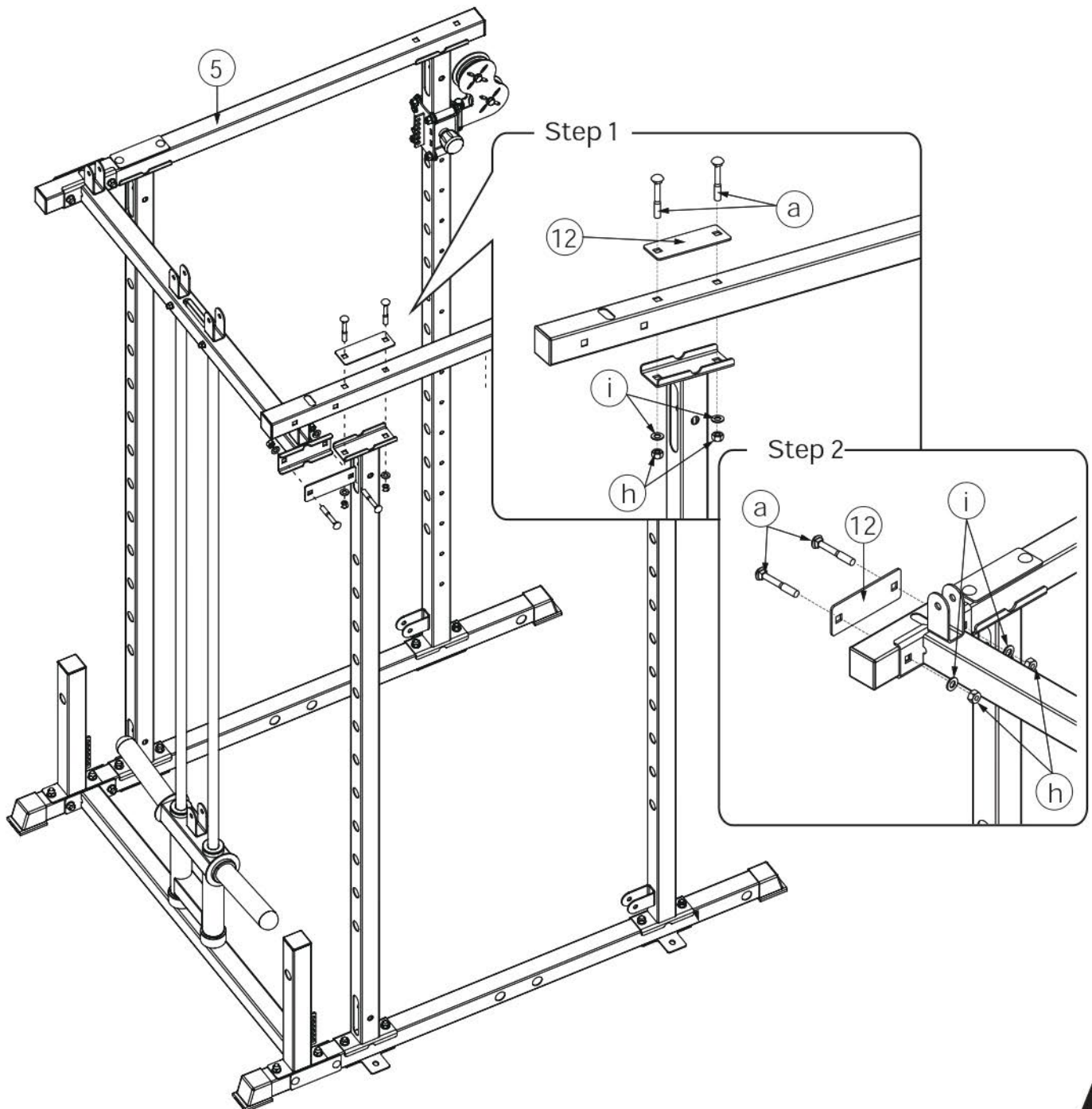
NO.	DESCRIPTION	QUANTITY
5	Upper Cross Frame	1
6	Rear Cross Beam	1
12	Bolt Plates	2
a	M10x70 Square Neck Bolt	4
d	M8x65 Hex Bolt	2
g	M8 Nut	2
h	M10 Nut	4
i	M10 Washer	4
m	M8 Washer	4



ASSEMBLY

STEP 6 (Two People Are Required.)

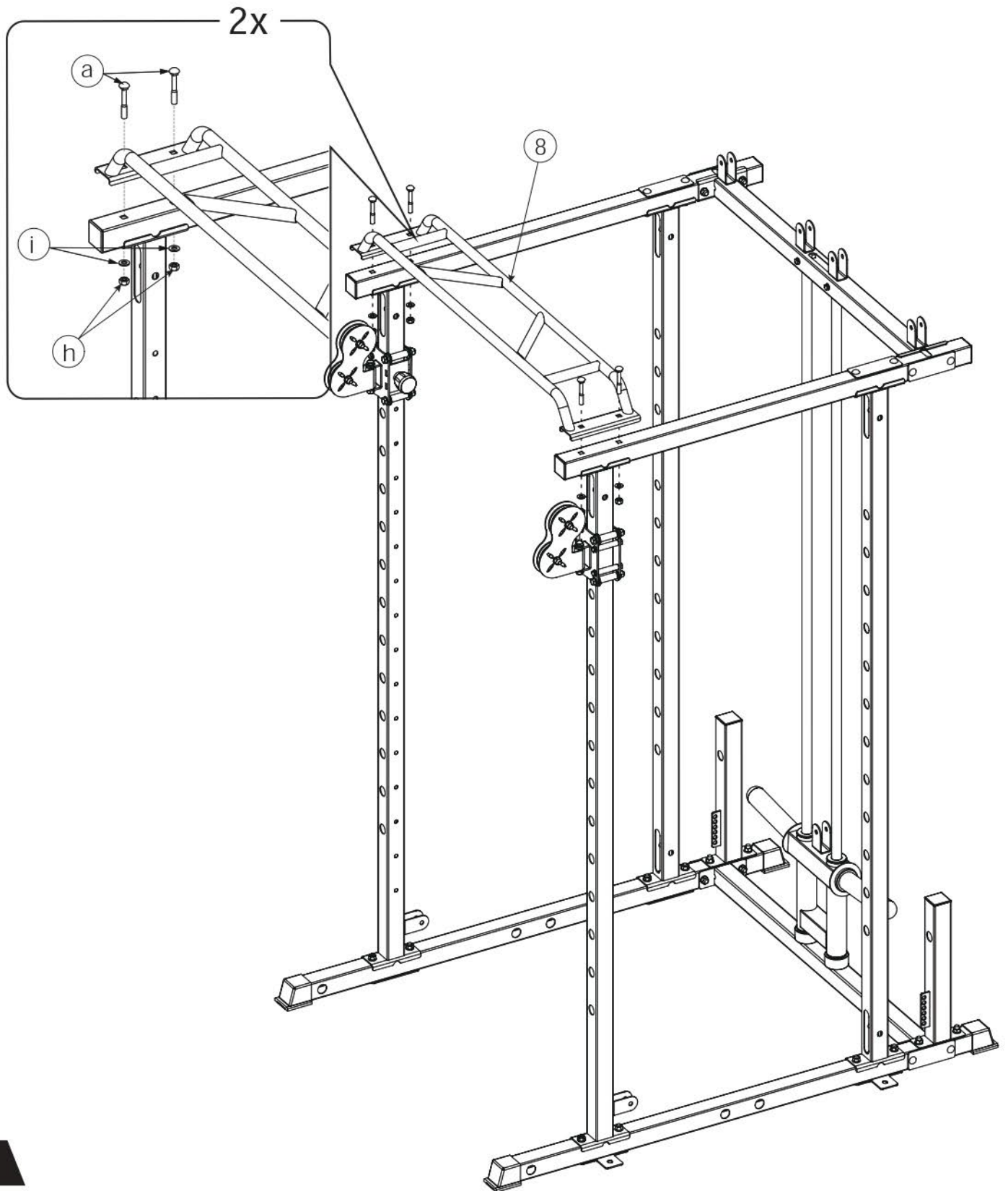
NO.	DESCRIPTION	QUANTITY
5	Upper Cross Frame	1
12	Bolt Plates	2
a	M10x70 Square Neck Bolt	4
h	M10 Nut	4
i	M10 Washer	4



ASSEMBLY

STEP 7 (Two People Are Required.)

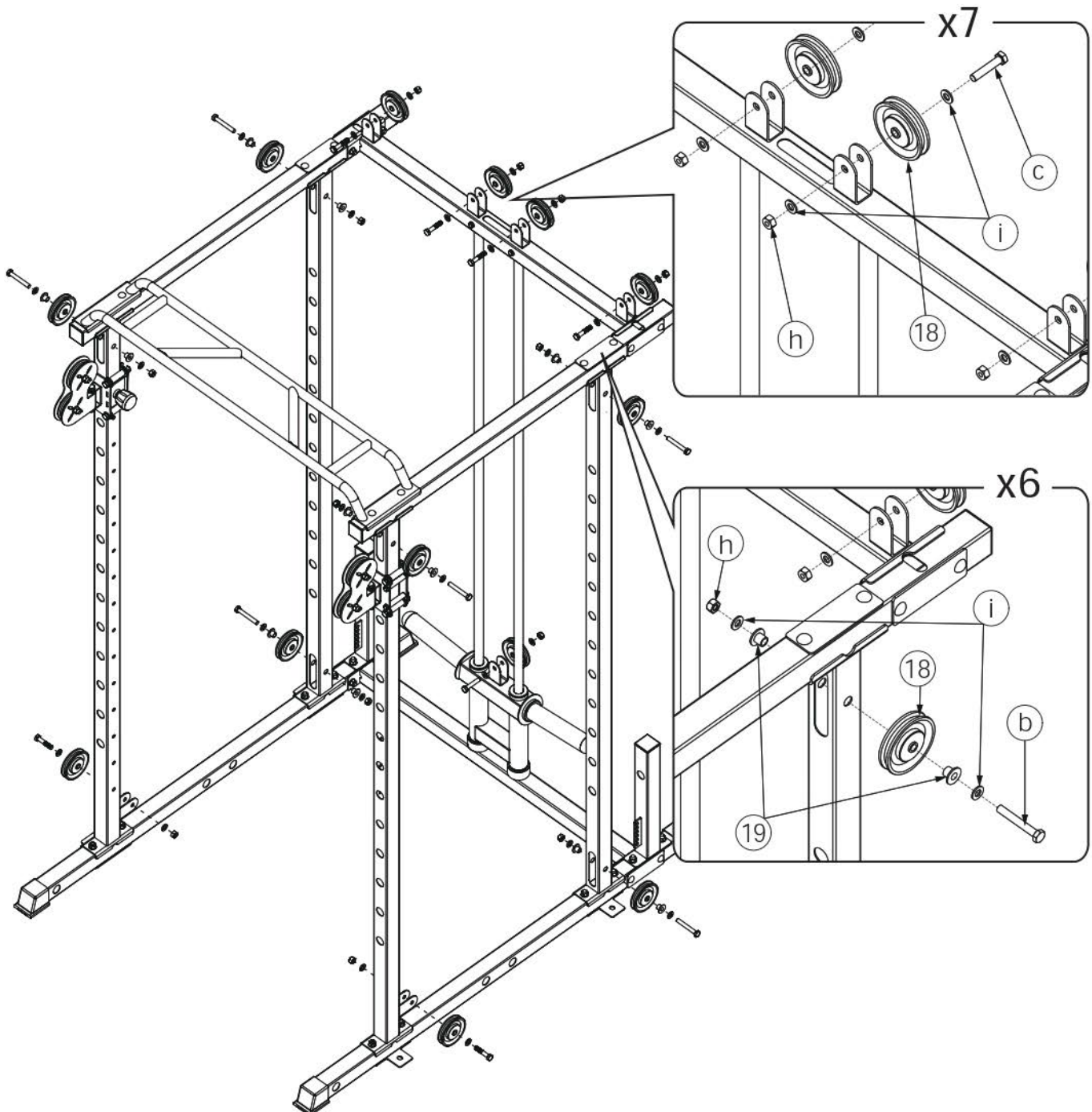
NO.	DESCRIPTION	QUANTITY
8	Chrome Pull-Up Bar	1
a	M10x70 Square Neck Bolt	4
h	M10 Nut	4
i	M10 Washer	4



ASSEMBLY

STEP 8 (Two People Are Required.)

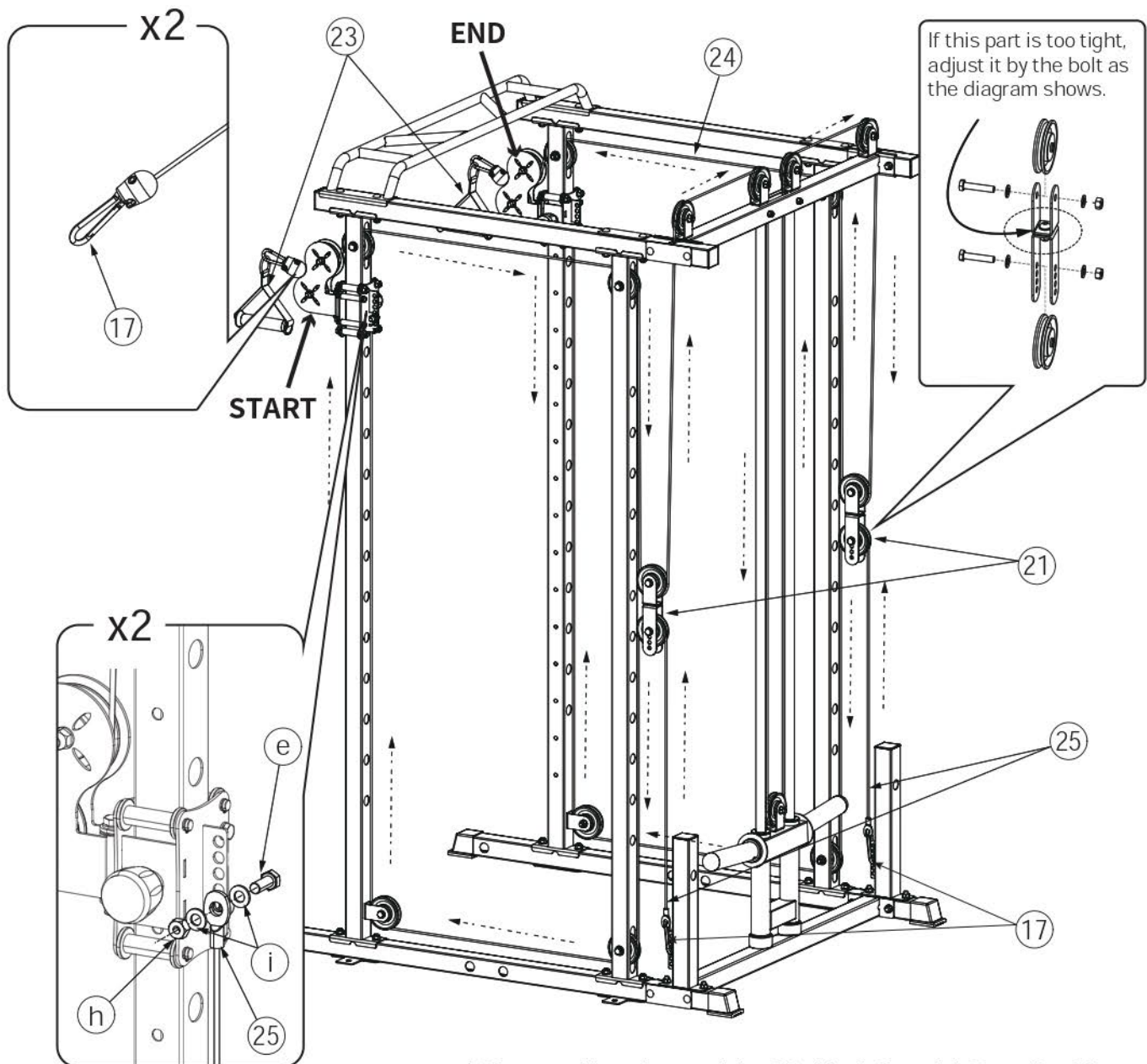
NO.	DESCRIPTION	QUANTITY
18	Pulley	13
19	Pulley Peg	12
b	M10x70 Hex Bolt	6
c	M10x50 Hex Bolt	7
h	M10 Nut	13
i	M10 Washer	26



ASSEMBLY

STEP 9

NO.	DESCRIPTION	QUANTITY
17	Carabiner	4
21	Pulley Block	2
22	Pulley Handle	2
24	Cable A	1
25	Cable B	2
e	M10x25 Hex Bolt	2
h	M10 Nut	2
i	M10 Washer	4

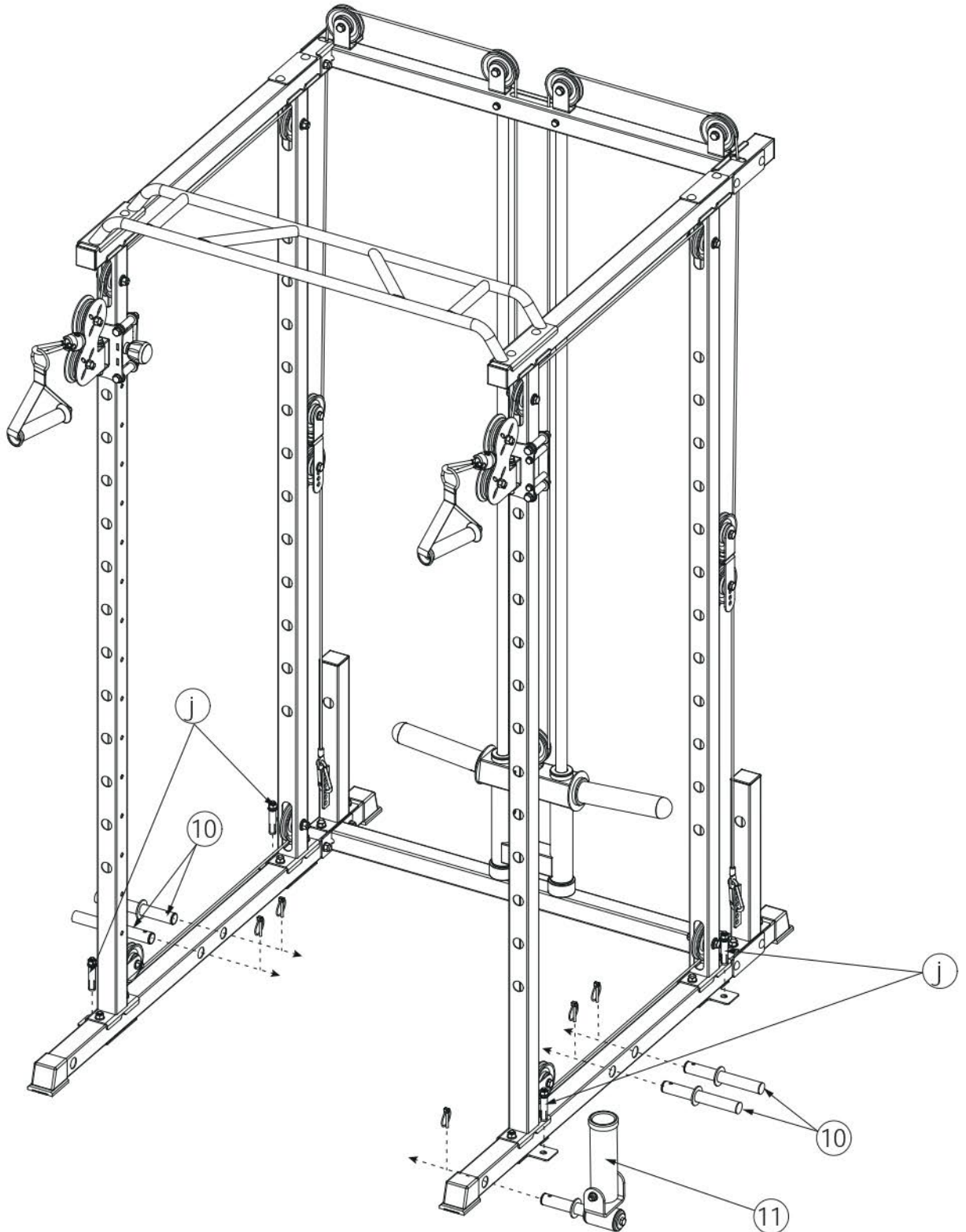


*Disassemble only one side of Cable A first with 3mm Hex Key, then follow the step above to run through the power cage.

ASSEMBLY

STEP 10

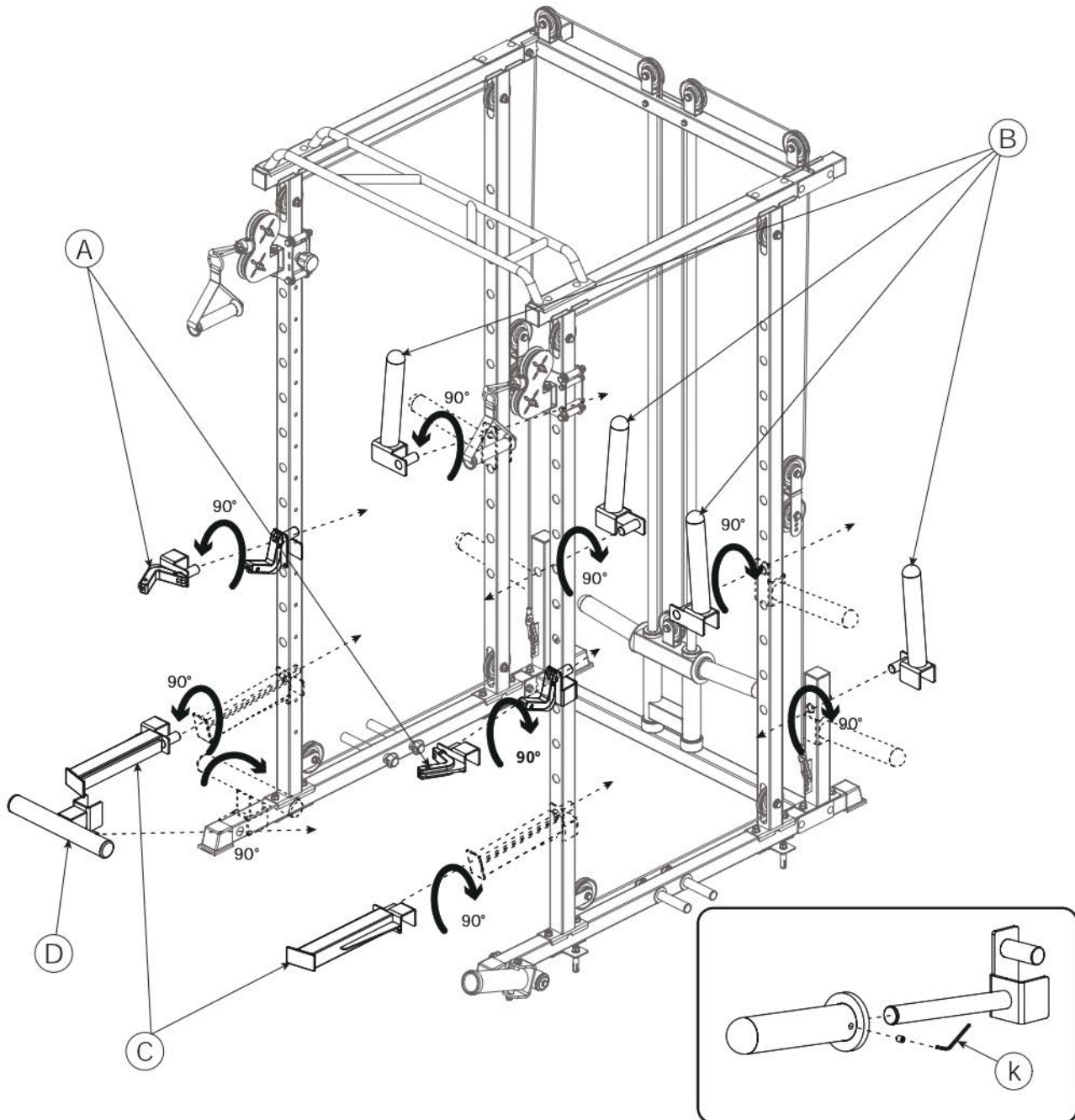
NO.	DESCRIPTION	QUANTITY
10	Band Peg	4
11	Landmine	1
j	M10 Expansion Bolt	4



ASSEMBLY

STEP 11

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
k	4mm Hex Key	1



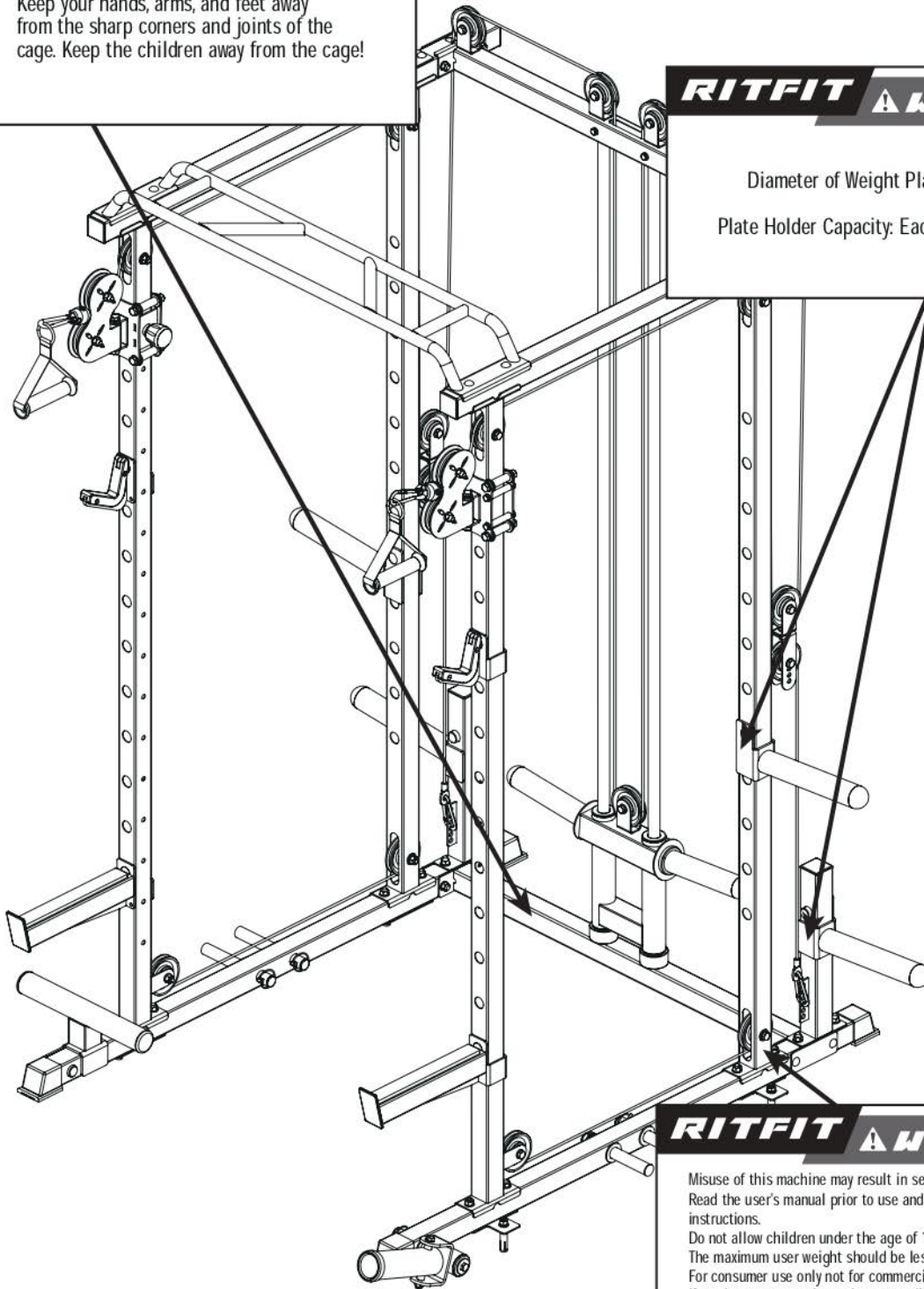
* Note: This Quick Release Plate Storage Tube ② is multi-size, with a detachable tube to fit 1" and 2" Weight Plates. You can adjust the tube by assembling and disassembling the screw.

RITFIT ⚠ **WARNING**

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

RITFIT ⚠ **WARNING**

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



RITFIT ⚠ **WARNING**

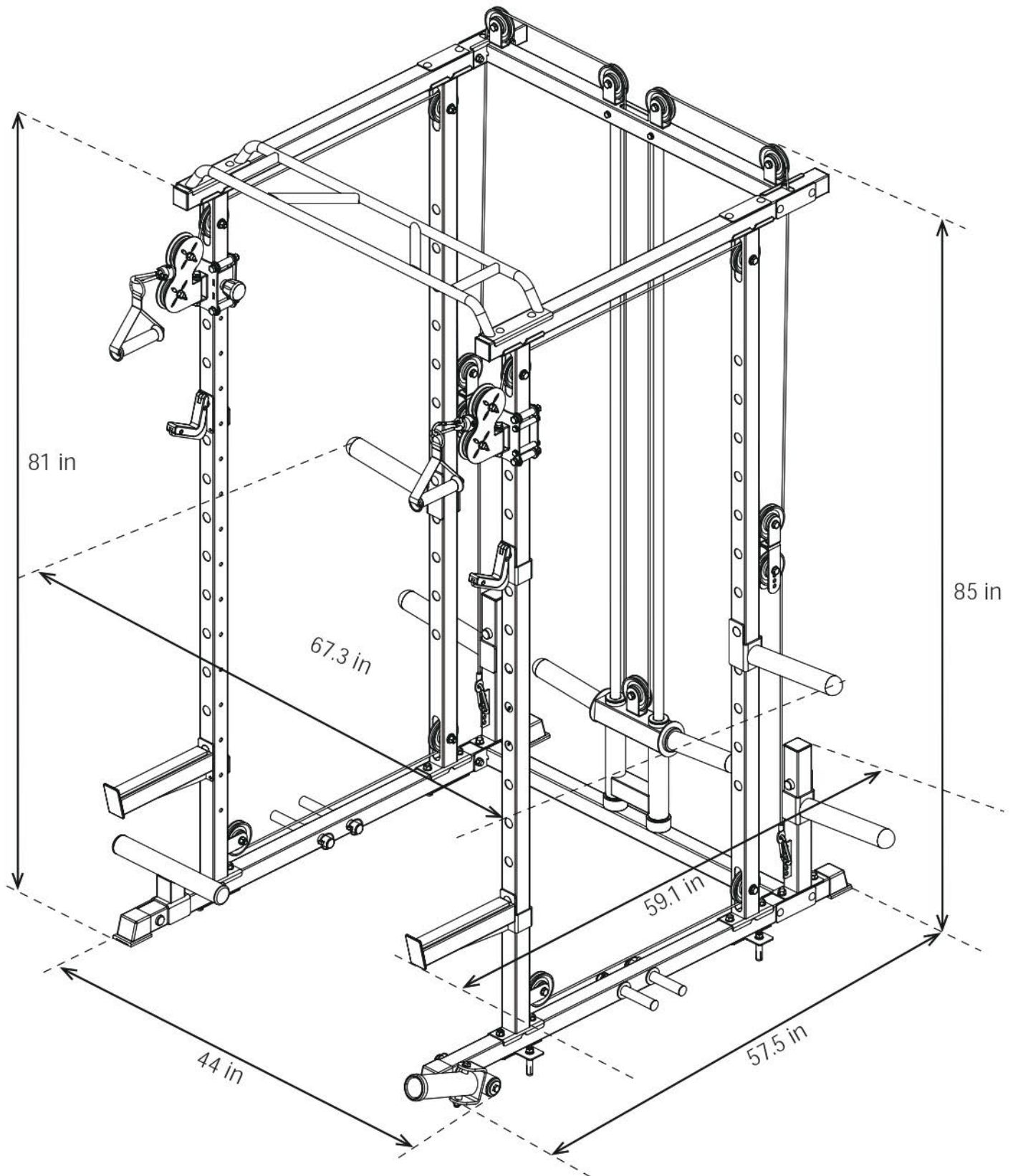
Misuse of this machine may result in serious injury. Read the user's manual prior to use and follow all warnings and instructions. Do not allow children under the age of 13 on or around the machine. The maximum user weight should be less than 400 lbs. For consumer use only not for commercial use. If 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!

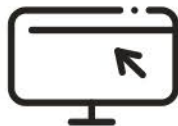
END

Congratulations!

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



RITFIT



www.ritfitsports.com

SUBSCRIBE WEBSITE AND GET

- Free Exercise Ebook
- Lastest Updates



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

GET SOCIAL WITH US

 @ritfit.sports