

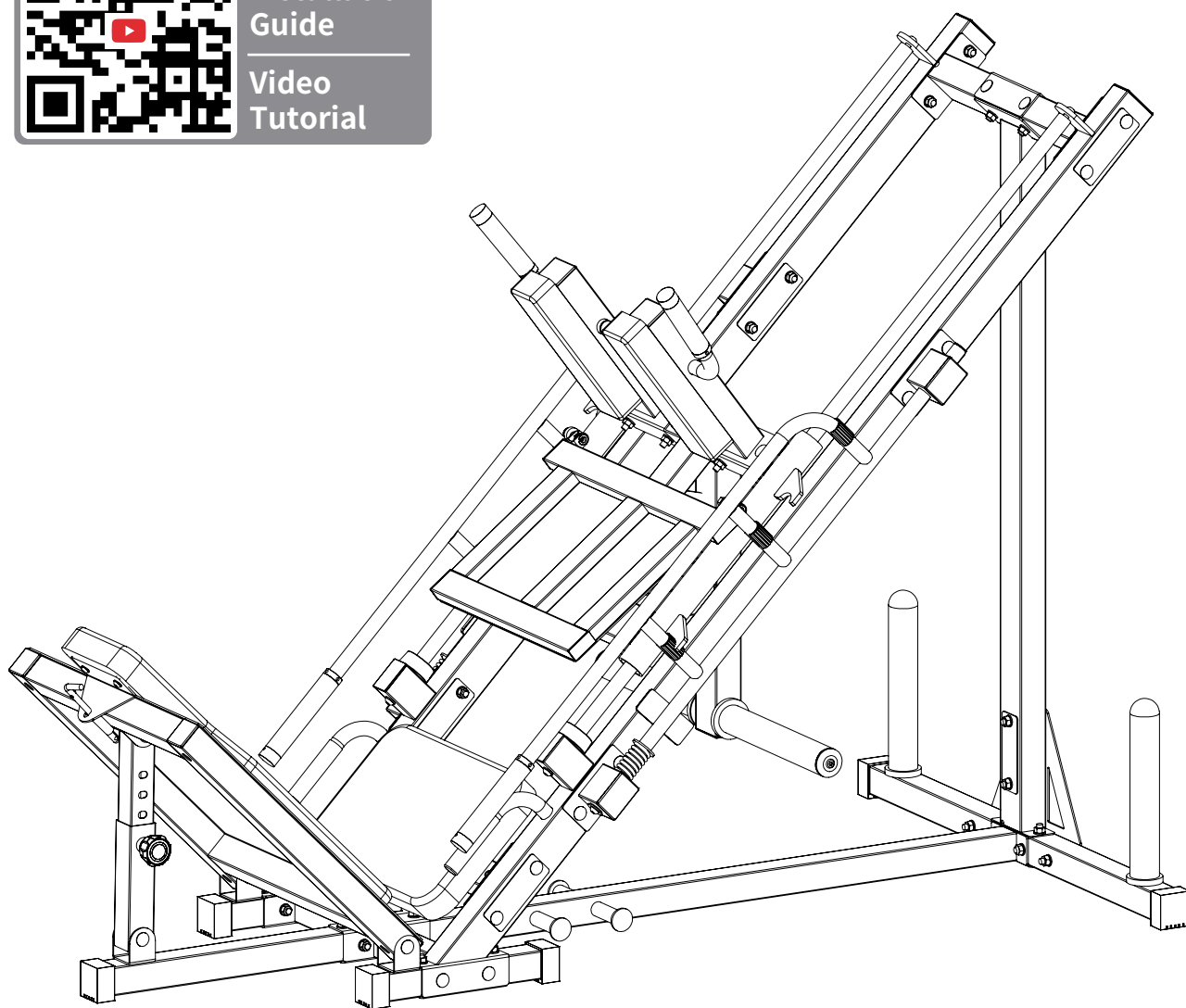
# RITFIT

## LEG PRESS MACHINE BLP01



BLP01  
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.**

**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).

## 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.

### WARNING

- **THE MAXIMUM WEIGHT CAPACITY SHALL NOT EXCEED 1200 LBS (544 KG) FOR PLATE LOADING.**
- **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).

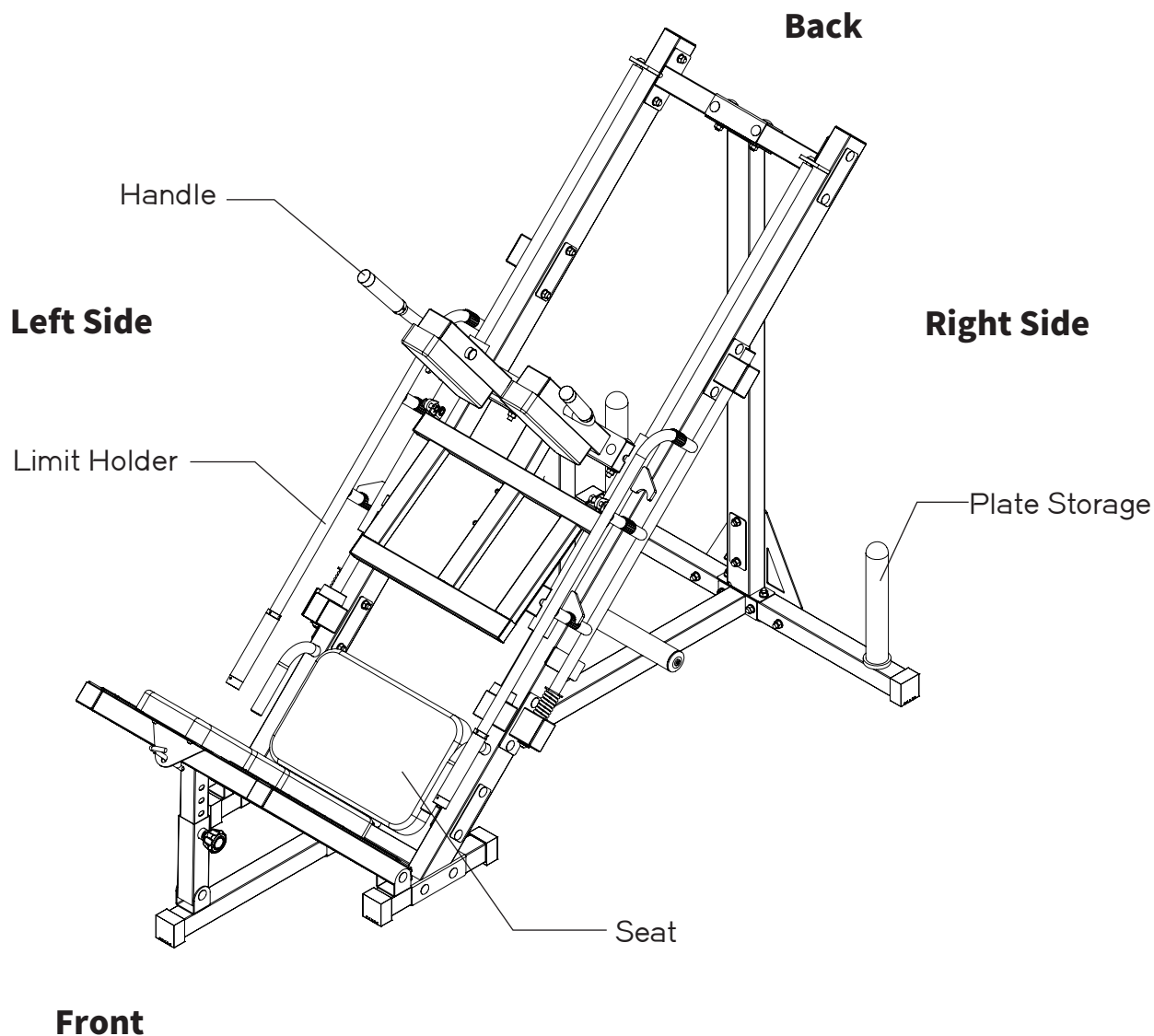


## BEFORE YOU BEGIN

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 **BLP01**.

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

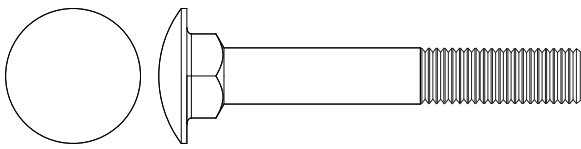


**CAPACITY: 1200 LBS**

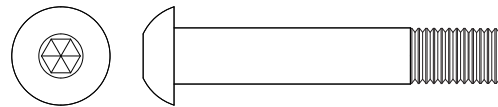
# PARTS LIST

## FASTENER AND TOOLS

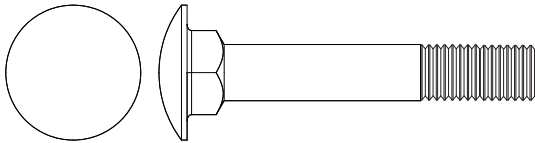
NO.	DESCRIPTION	QUANTITY
a	M10x90 Square Neck Bolt	6
b	M10x70 Square Neck Bolt	48
c	M10x70 Hexagon Socket Button Head Bolt	4
d	M10x35 Hexagon Socket Button Head Bolt	2
e	M10x25 Hexagon Socket Button Head Bolt	8
f	M8x90 Hexagon Socket Button Head Bolt	2
g	M8x70 Hexagon Socket Button Head Bolt	4
h	M8x30 Hexagon Socket Button Head Bolt	2



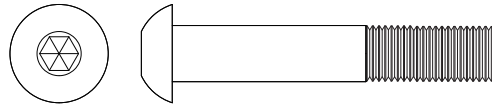
(a) M10x90 Square Neck Bolt  
6x



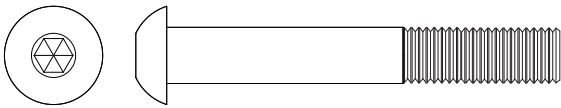
(e) M10x25 Hexagon Socket Button Head Bolt  
8x



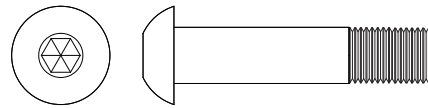
(b) M10x70 Square Neck Bolt  
48x



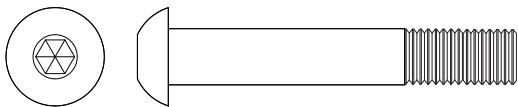
(f) M8x90 Hexagon Socket Button Head Bolt  
2x



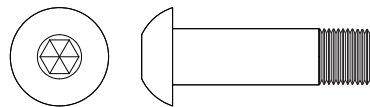
(c) M10x70 Hexagon Socket Button Head Bolt  
4x



(g) M8x70 Hexagon Socket Button Head Bolt  
4x



(d) M10x35 Hexagon Socket Button Head Bolt  
2x



(h) M8x30 Hexagon Socket Button Head Bolt  
2x

# PARTS LIST

## FASTENER AND TOOLS

NO.	DESCRIPTION	QUANTITY
i	M10 Nut	60
j	M10 Large Washer	2
k	M10 Washer	68
l	M8 Washer	10
m	L-Pin	1
n	M6 Allen Key	1
o	M5 Allen Key	1
p	Open-Ended Wrench	1
q	M8x20 Countersunk Head Screw	2
r	M8 Nut	2



(i) M10 Nut  
60x



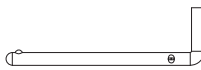
(j) M10 Large Washer  
2x



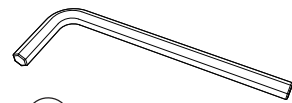
(k) M10 Washer  
68x



(l) M8 Washer  
10x



(m) L-Pin  
1x



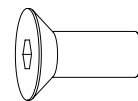
(n) M6 Allen Key  
1x



(o) M5 Allen Key  
1x



(p) Open-Ended Wrench  
1x



(q) M8x20 Countersunk Head Screw  
2x

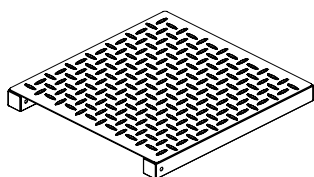


(r) M8 Nut  
2x

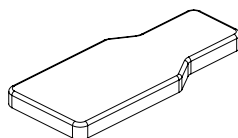
# PARTS LIST

## •Packed in the box

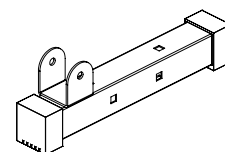
NO.	DESCRIPTION	QUANTITY
1	Backrest	1
2	Back Cushion	1
3	Slide Frame Base	2
4	Slider	1
5	Reinforced Frame	1
6	Upper Cross Beam	1
7	Weldment Frame	1
8	Bottom Cross Beam	1
9	Support frame	1
10	Bottom Adjusting Frame	1
11	Connection Frame (Right)	1
12	Connection Frame (Left)	1



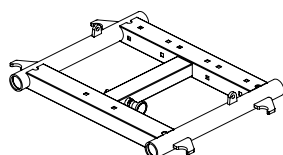
① Backrest  
1x



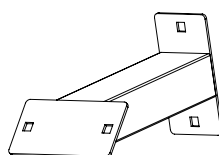
② Back Cushion  
1x



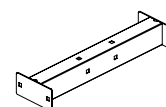
③ Slide Frame Base  
2x



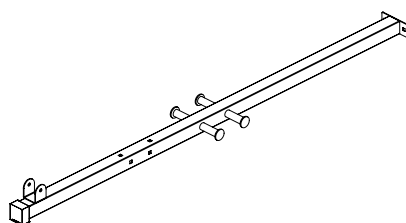
④ Slider  
1x



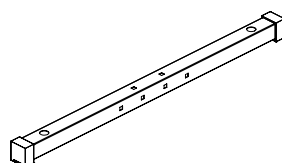
⑤ Reinforced Frame  
1x



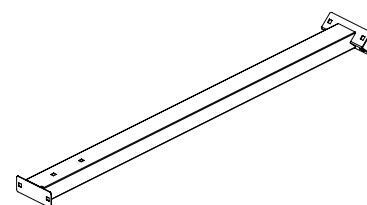
⑥ Upper Cross Beam  
1x



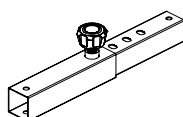
⑦ Weldment Frame  
1x



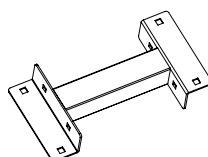
⑧ Bottom Cross Beam  
1x



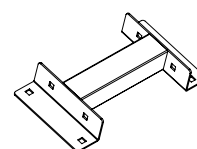
⑨ Support frame  
1x



⑩ Bottom Adjusting Frame  
1x



⑪ Connection Frame (Right)  
1x

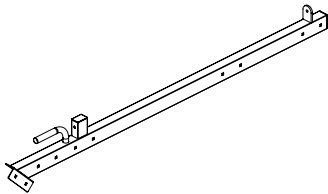


⑫ Connection Frame (Left)  
1x

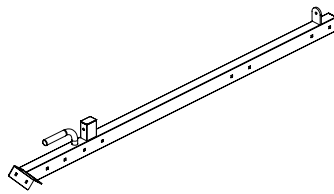
# PARTS LIST

## • Packed in the box

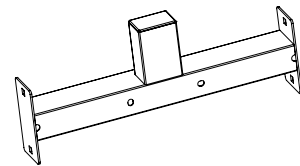
NO.	DESCRIPTION	QUANTITY
13	Side Frame (Right)	1
14	Side Frame (Left)	1
15	Seat Cushion Frame	1
16-1	Foot Plate Sundial	1
16-2	Foot Plate	1
17	Safety Handrail (Left)	1
18	Safety Handrail (Right)	1
19	Plate Carriage	1
20	Shoulder Pad Frame (Left)	1
21	Shoulder Pad Frame (Right)	1
22	Sleeve	2
23	Bolt Plate	15



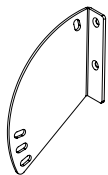
⑬ Side Frame (Right)  
1x



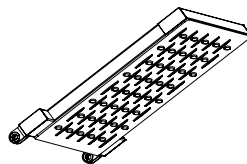
⑭ Side Frame (Left)  
1x



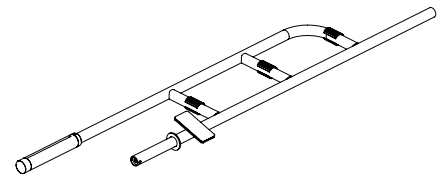
⑮ Seat Cushion Frame  
1x



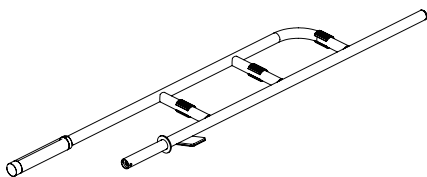
⑯-1 Foot Plate Sundial  
1x



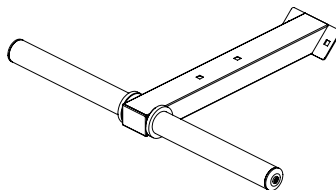
⑯-2 Foot Plate  
1x



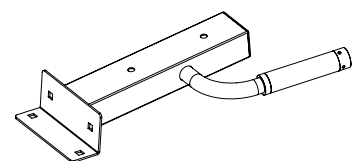
⑰ Safety Handrail (Left)  
1x



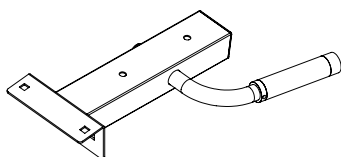
⑱ Safety Handrail (Right)  
1x



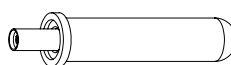
⑲ Plate Carriage  
1x



⑳ Shoulder Pad Frame (Left)  
1x



㉑ Shoulder Pad Frame (Right)  
1x



㉒ Sleeve  
2x

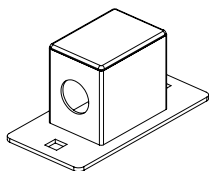


㉓ Bolt Plate  
15x

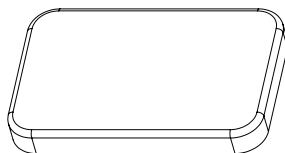
# PARTS LIST

## • Packed in the box

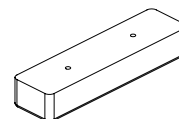
NO.	DESCRIPTION	QUANTITY
24	Handrail Connection Frame	4
25	Seat Cushion	1
26	Shoulder Pads	2
27	L-shaped Reinforced Plate	1
28	Rubber Pad	2
29	Triangle Reinforced Plate	1
30	Guiding Rod	2
31	Peg	4
32	Spring	2
33	Back Cushion Fixing Plate	1
34	Lubricating Oil	1
35	Ratchet Wrench	1



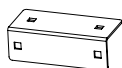
②④ Handrail Connection Frame  
4x



②⑤ Seat Cushion  
1x



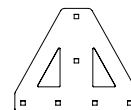
②⑥ Shoulder Pads  
2x



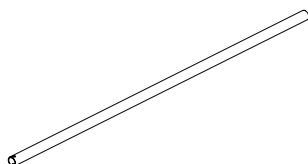
②⑦ L-shaped Reinforced Plate  
1x



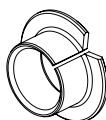
②⑧ Rubber Pad  
2x



②⑨ Triangle Reinforced Plate  
1x

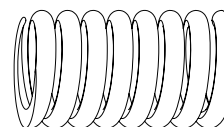


③⑩ Guiding Rod  
2x

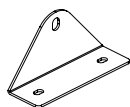


③① Peg  
4x

(The Pegs are pretty small, maybe packed together with other fasteners)



③② Spring  
2x



③③ Back Cushion Fixing Plate  
1x



③④ Lubricating Oil  
1x

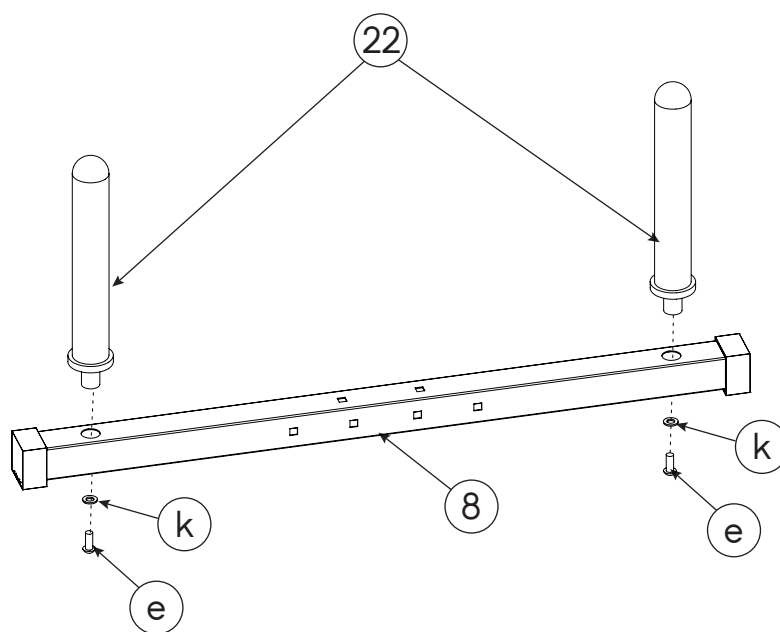


③⑤ Ratchet Wrench  
1x

# ASSEMBLY AND ADJUSTMENT

## STEP 1 (Two People Are Required.)

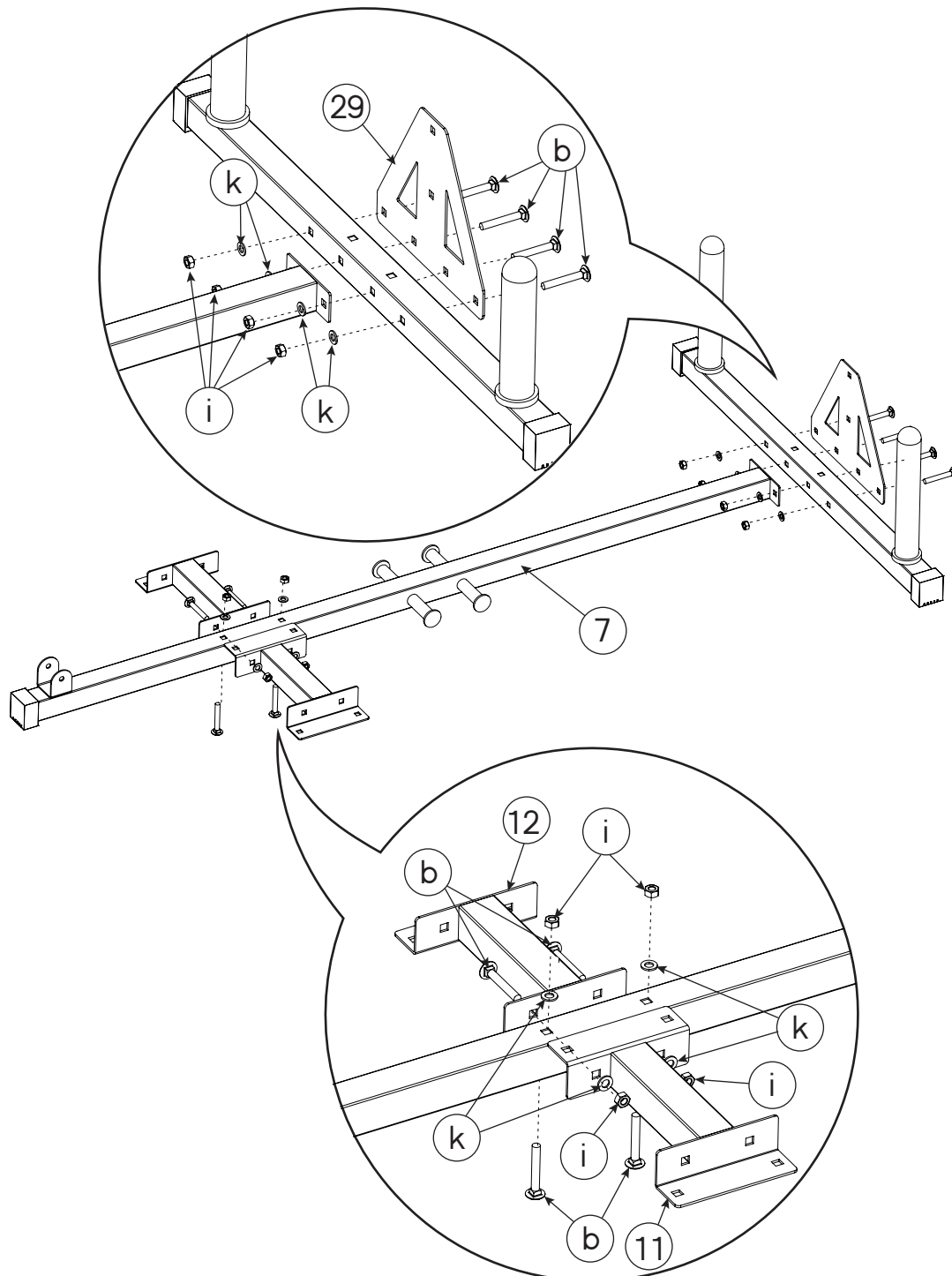
NO.	DESCRIPTION	QUANTITY
e	M10x25 Hexagon Socket Button Head Bolt	2
k	M10 Washer	2
8	Bottom Cross Beam	1
22	Sleeve	2



# ASSEMBLY AND ADJUSTMENT

## STEP 2 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
b	M10x70 Square Neck Bolt	8
i	M10 Nut	8
k	M10 Washer	8
7	Weldment Frame	1
11	Connection Frame (Right)	1
12	Connection Frame (Left)	1
29	Triangle Reinforced Plate	1

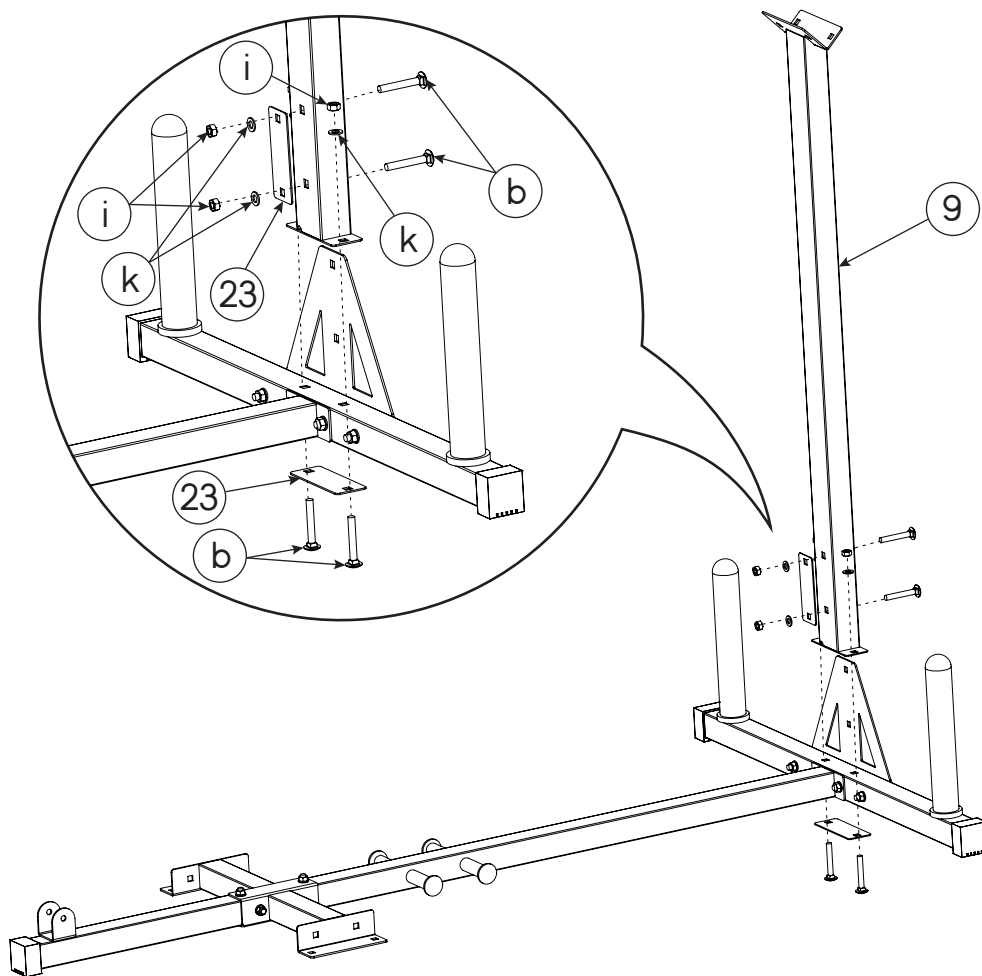




# ASSEMBLY AND ADJUSTMENT

## STEP 3 (Two People Are Required.)

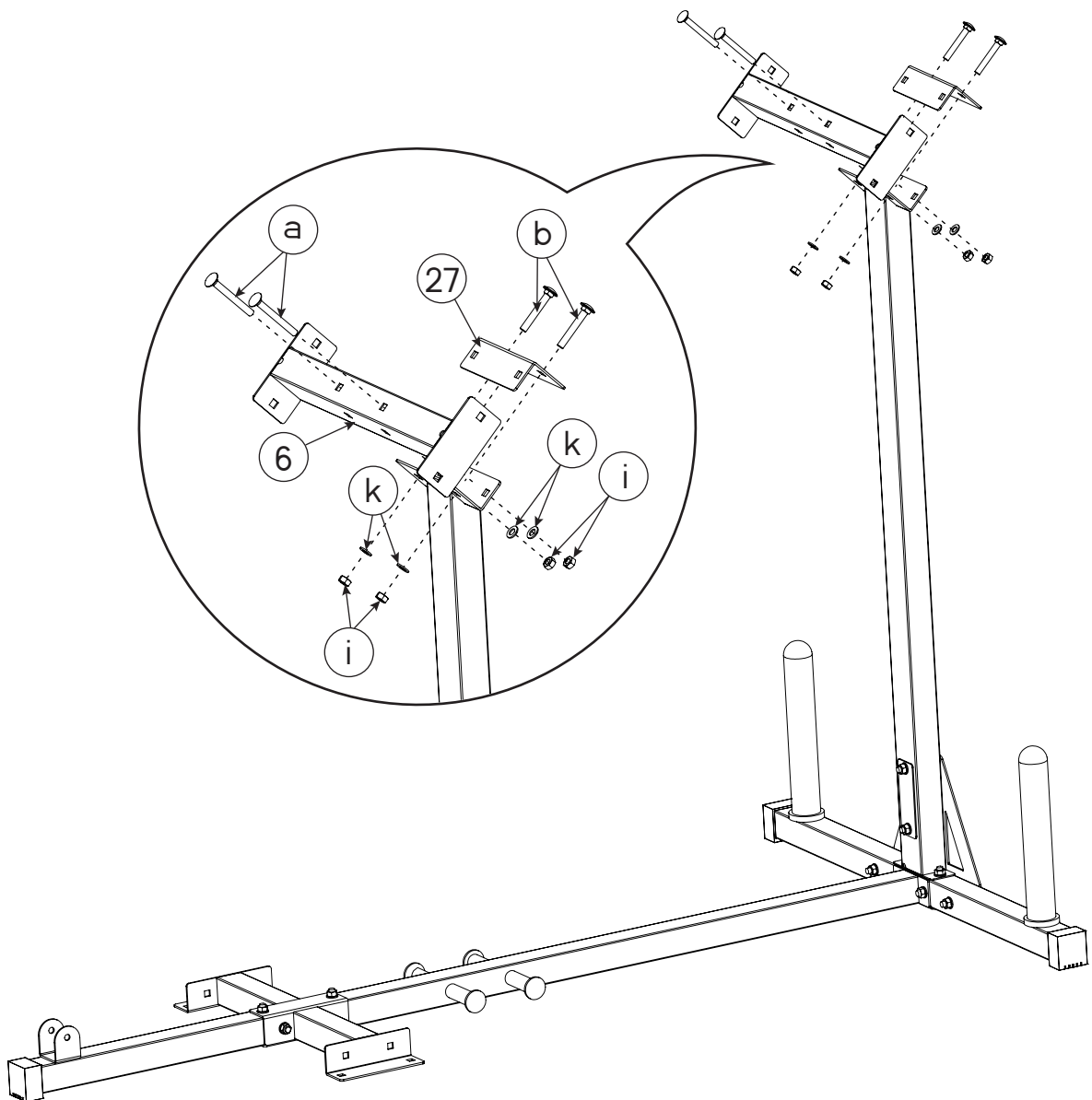
NO.	DESCRIPTION	QUANTITY
b	M10x70 Square Neck Bolt	4
i	M10 Nut	4
k	M10 Washer	4
9	Support Frame	1
23	Bolt Plate	2



# ASSEMBLY AND ADJUSTMENT

## STEP 4 (Two People Are Required.)

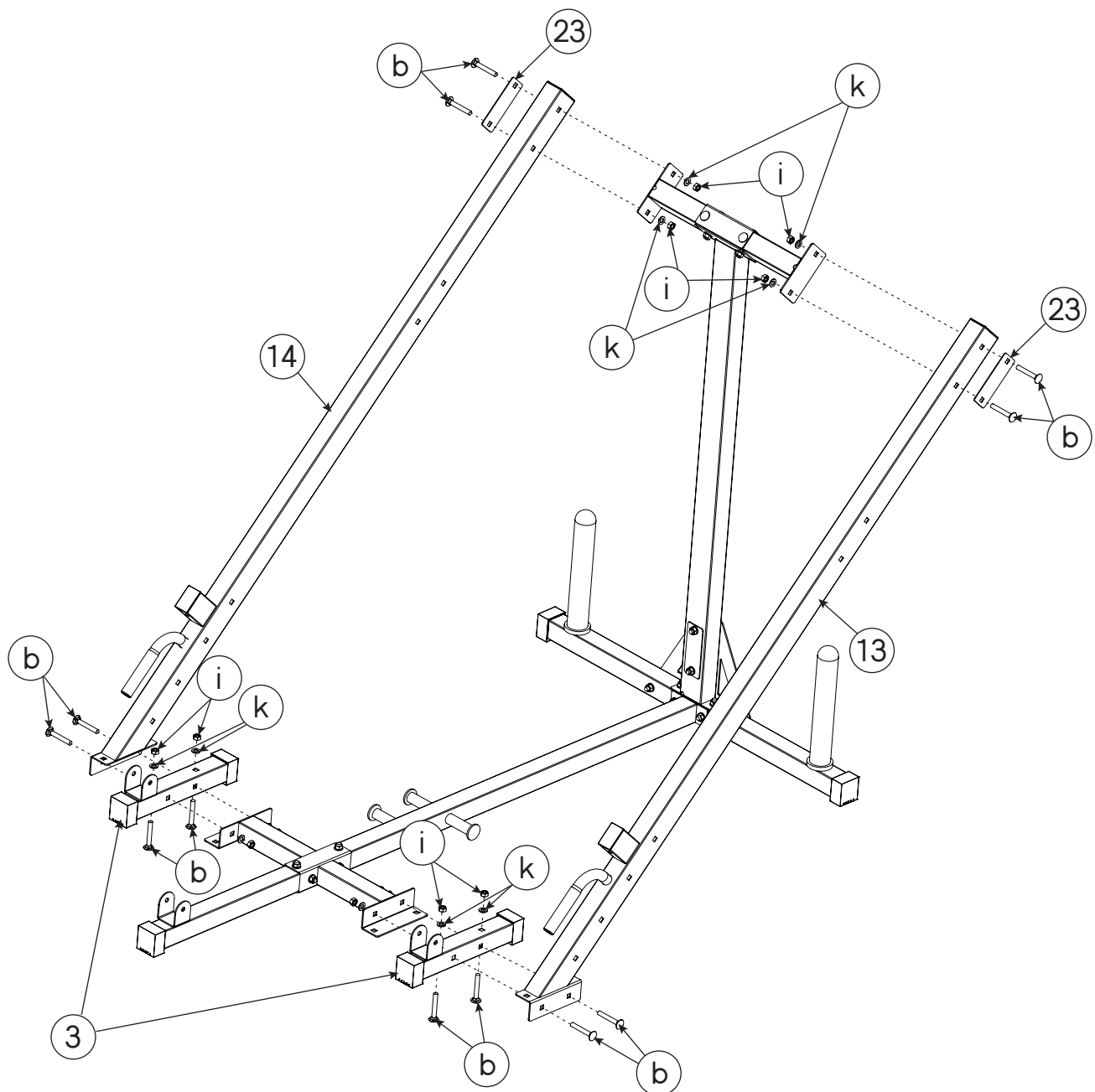
NO.	DESCRIPTION	QUANTITY
a	M10x90 Square Neck Bolt	2
b	M10x70 Square Neck Bolt	2
i	M10 Nut	4
k	M10 Washer	4
6	Upper Cross Beam	1
27	L-shaped Reinforced Plate	1



# ASSEMBLY AND ADJUSTMENT

## STEP 5 (Two People Are Required.)

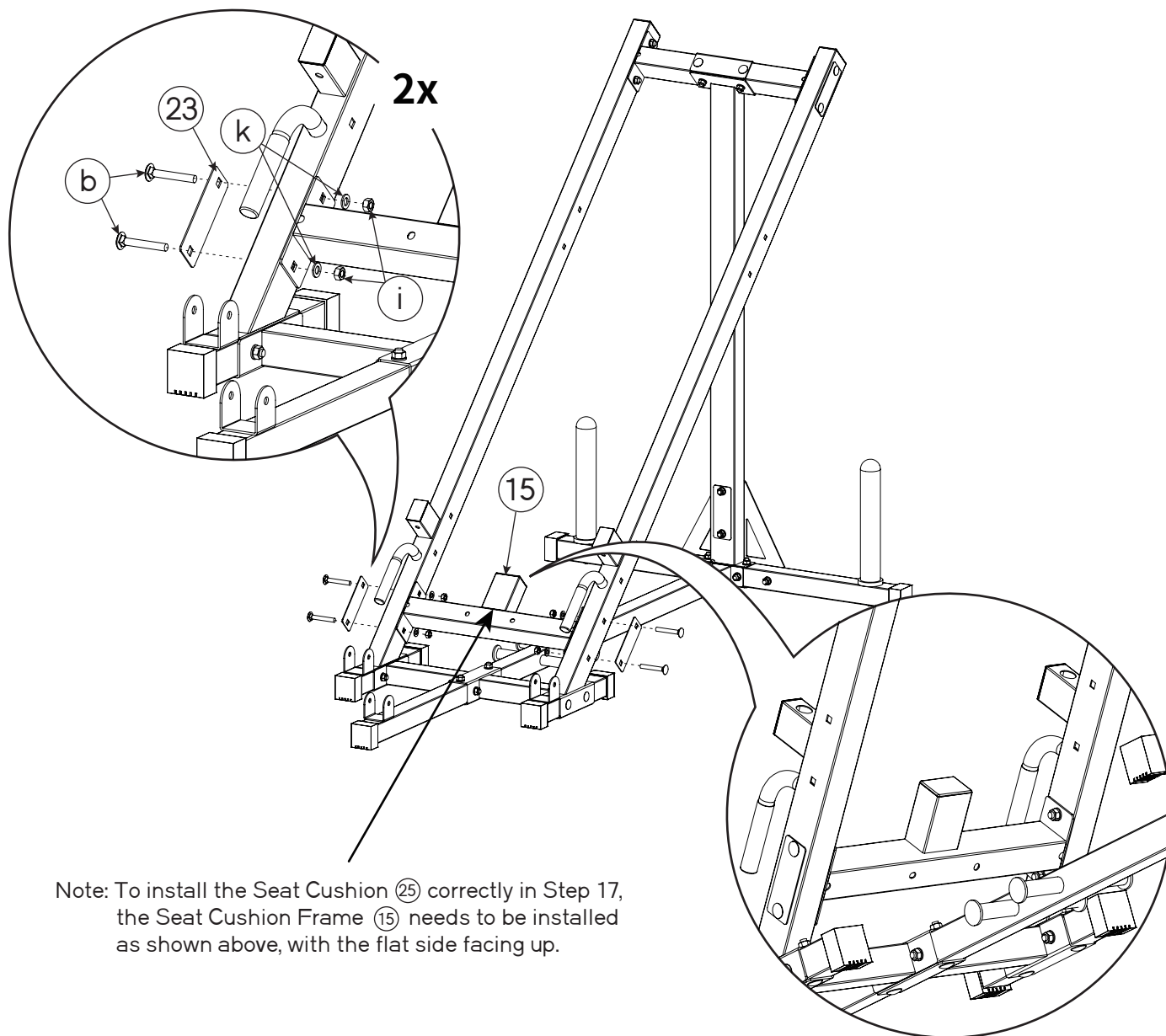
NO.	DESCRIPTION	QUANTITY
b	M10x70 Square Neck Bolt	12
i	M10 Nut	12
k	M10 Washer	12
3	Slide Frame Base	2
13	Side Frame (Right)	1
14	Side Frame (Left)	1
23	Bolt Plate	2



# ASSEMBLY AND ADJUSTMENT

## STEP 6 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
b	M10x70 Square Neck Bolt	4
i	M10 Nut	4
k	M10 Washer	4
15	Seat Cushion Frame	1
23	Bolt Plate	2



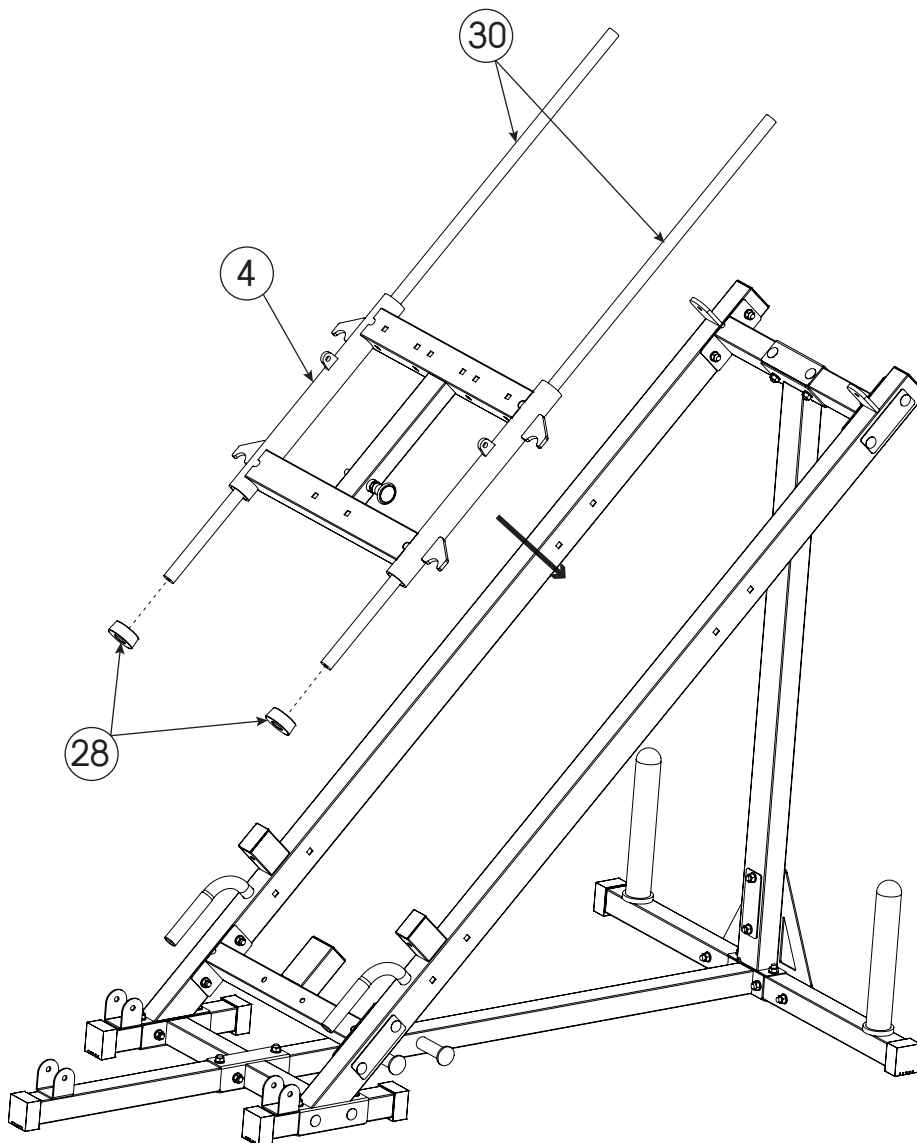
Note: To install the Seat Cushion ②⑤ correctly in Step 17, the Seat Cushion Frame ①⑤ needs to be installed as shown above, with the flat side facing up.

Note: This side of Seat Cushion Frame ①⑤ should be face down.

## ASSEMBLY AND ADJUSTMENT

### STEP 7 (Two People Are Required.)

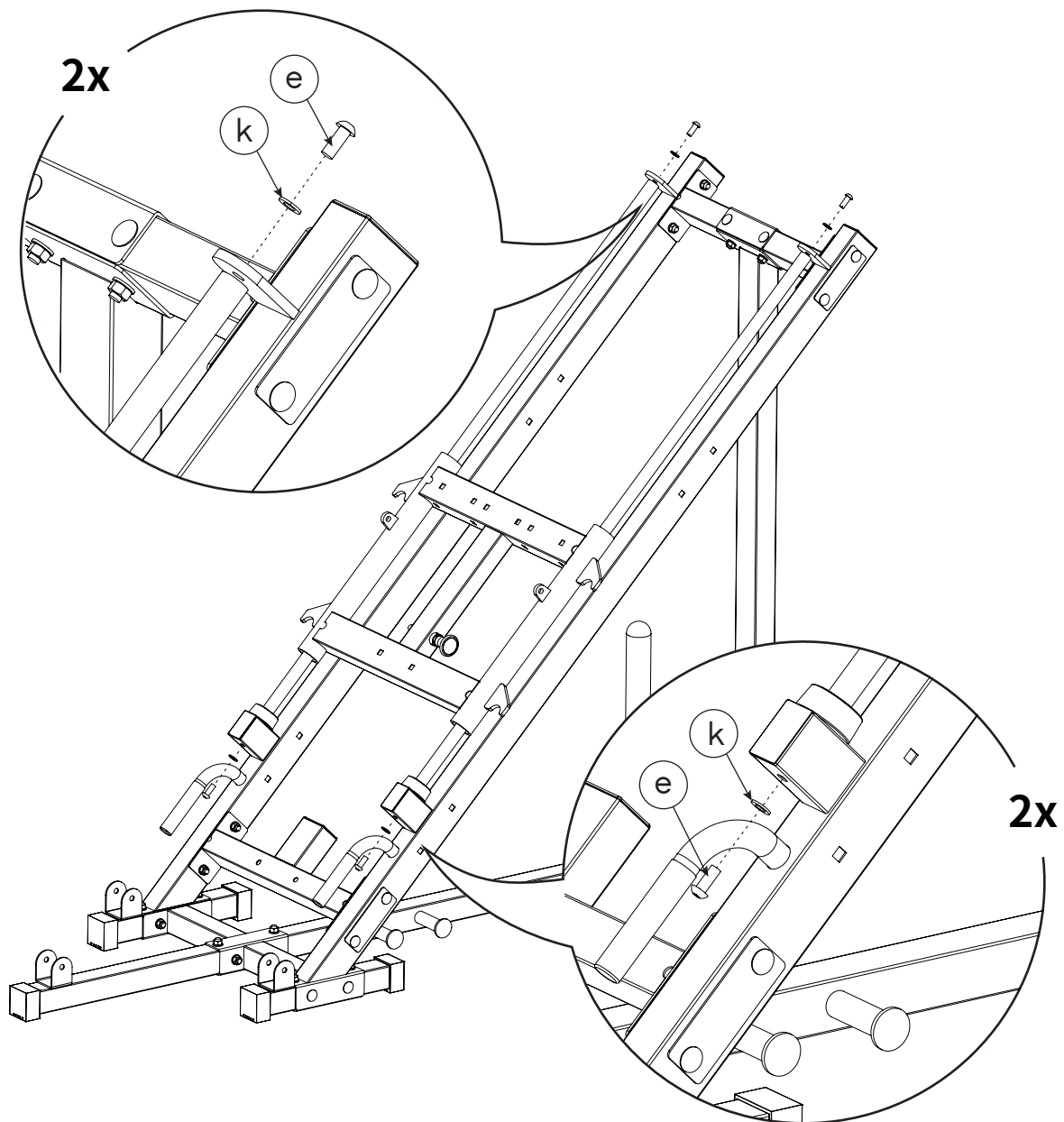
NO.	DESCRIPTION	QUANTITY
4	Slider	1
28	Rubber Pad	2
30	Guiding Rod	2



## ASSEMBLY AND ADJUSTMENT

### STEP 8 (Two People Are Required.)

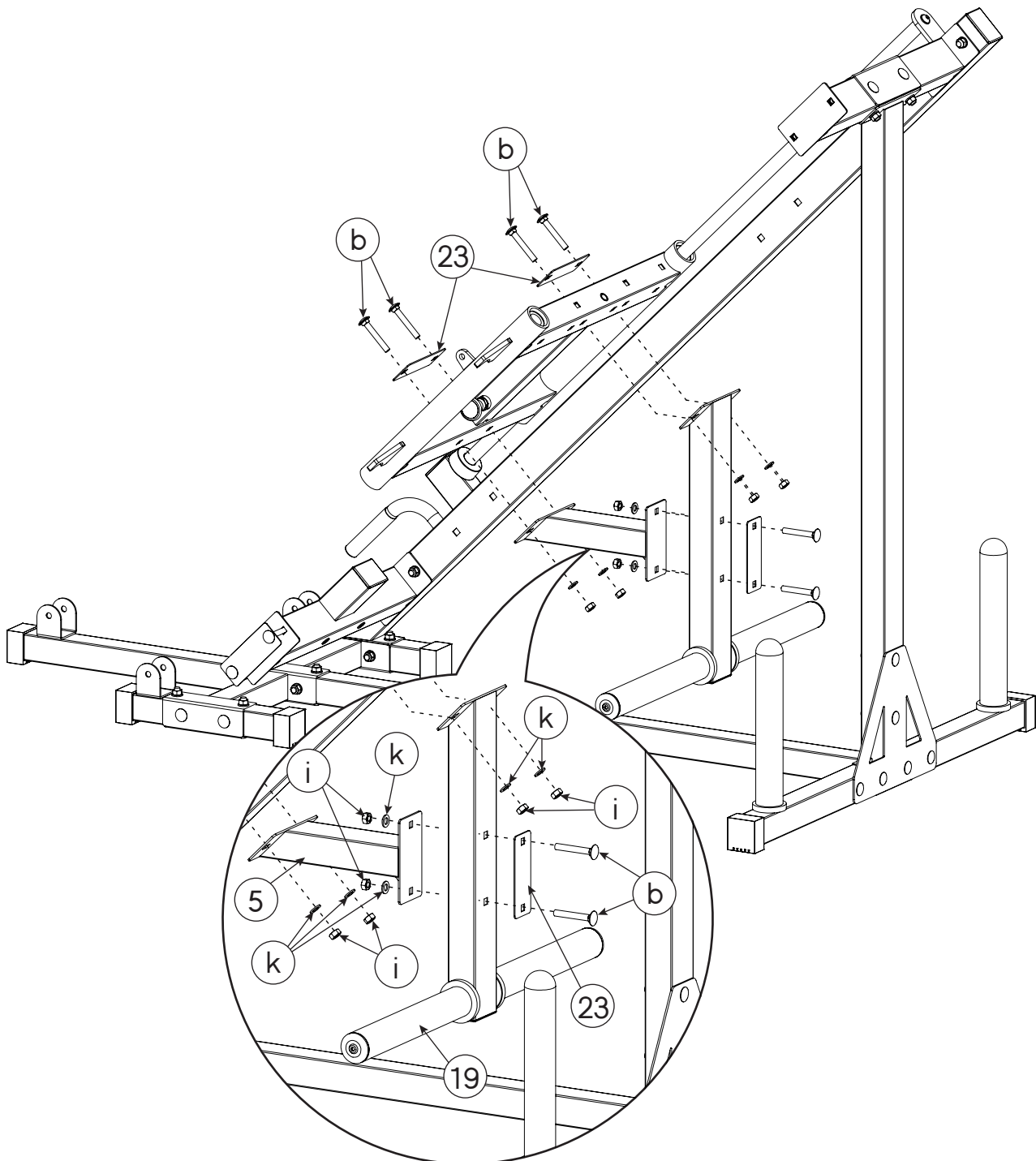
NO.	DESCRIPTION	QUANTITY
e	M10x25 Hexagon Socket Button Head Bolt	4
k	M10 Washer	4



# ASSEMBLY AND ADJUSTMENT

## STEP 9 (Two People Are Required.)

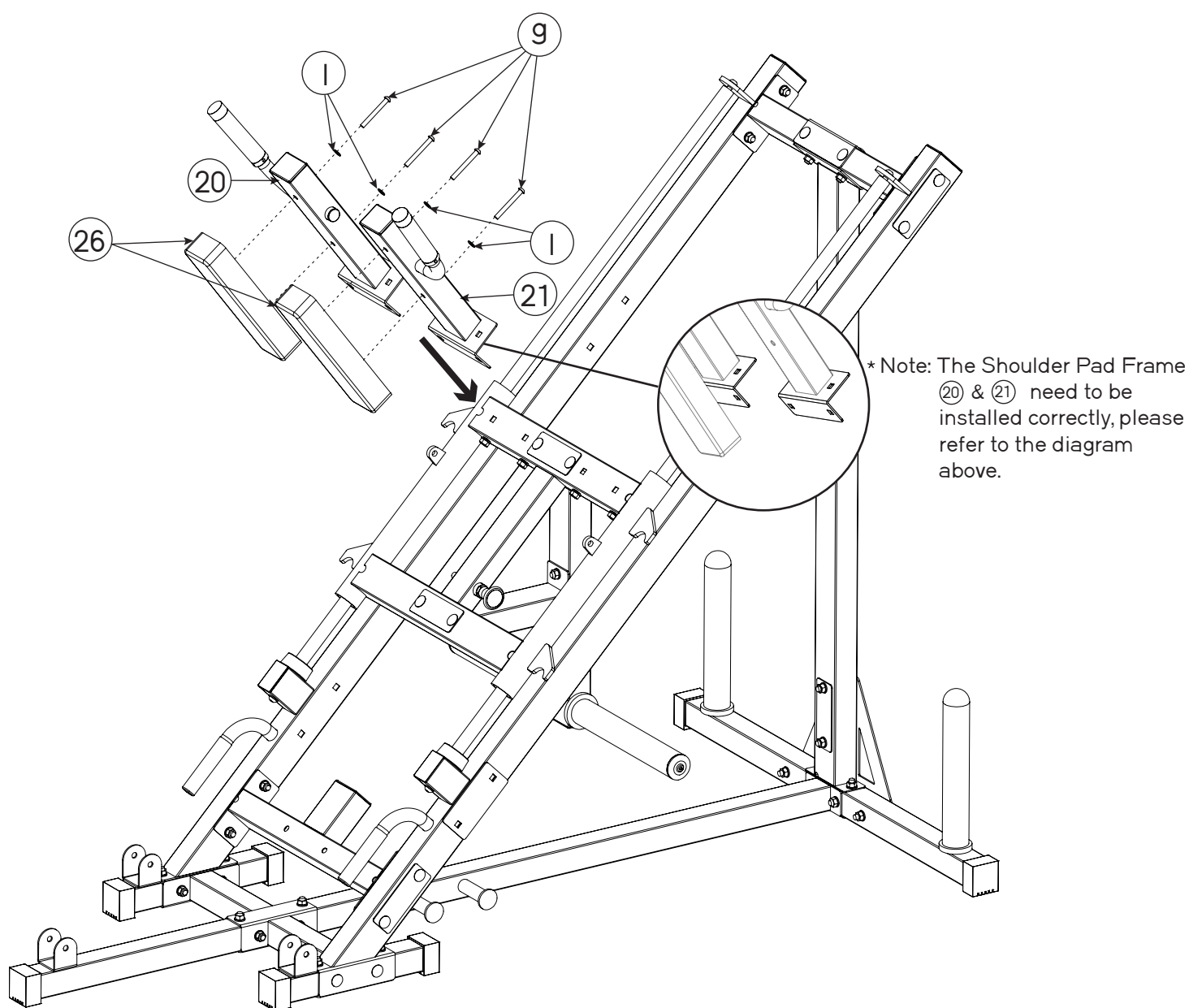
NO.	DESCRIPTION	QUANTITY
b	M10x70 Square Neck Bolt	6
i	M10 Nut	6
k	M10 Washer	6
5	Reinforced Frame	1
19	Plate Carriage	1
23	Bolt Plate	3



# ASSEMBLY AND ADJUSTMENT

## STEP 10 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
9	M8x70 Hexagon Socket Button Head Bolt	4
1	M8 Washer	4
20	Shoulder Pad Frame (Left)	1
21	Shoulder Pad Frame (Right)	1
26	Shoulder Pads	2

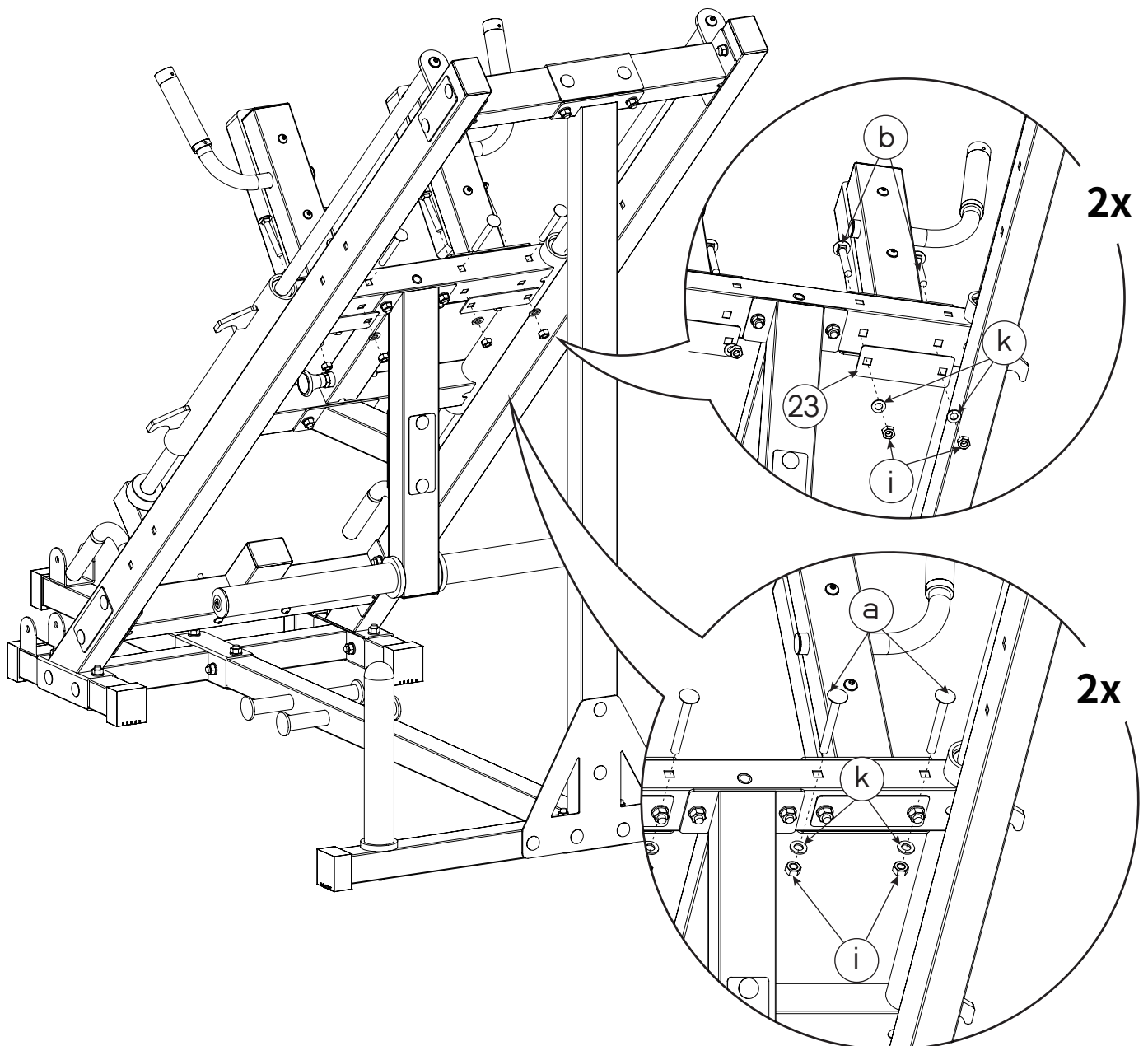




# ASSEMBLY AND ADJUSTMENT

## STEP 11 (Two People Are Required.)

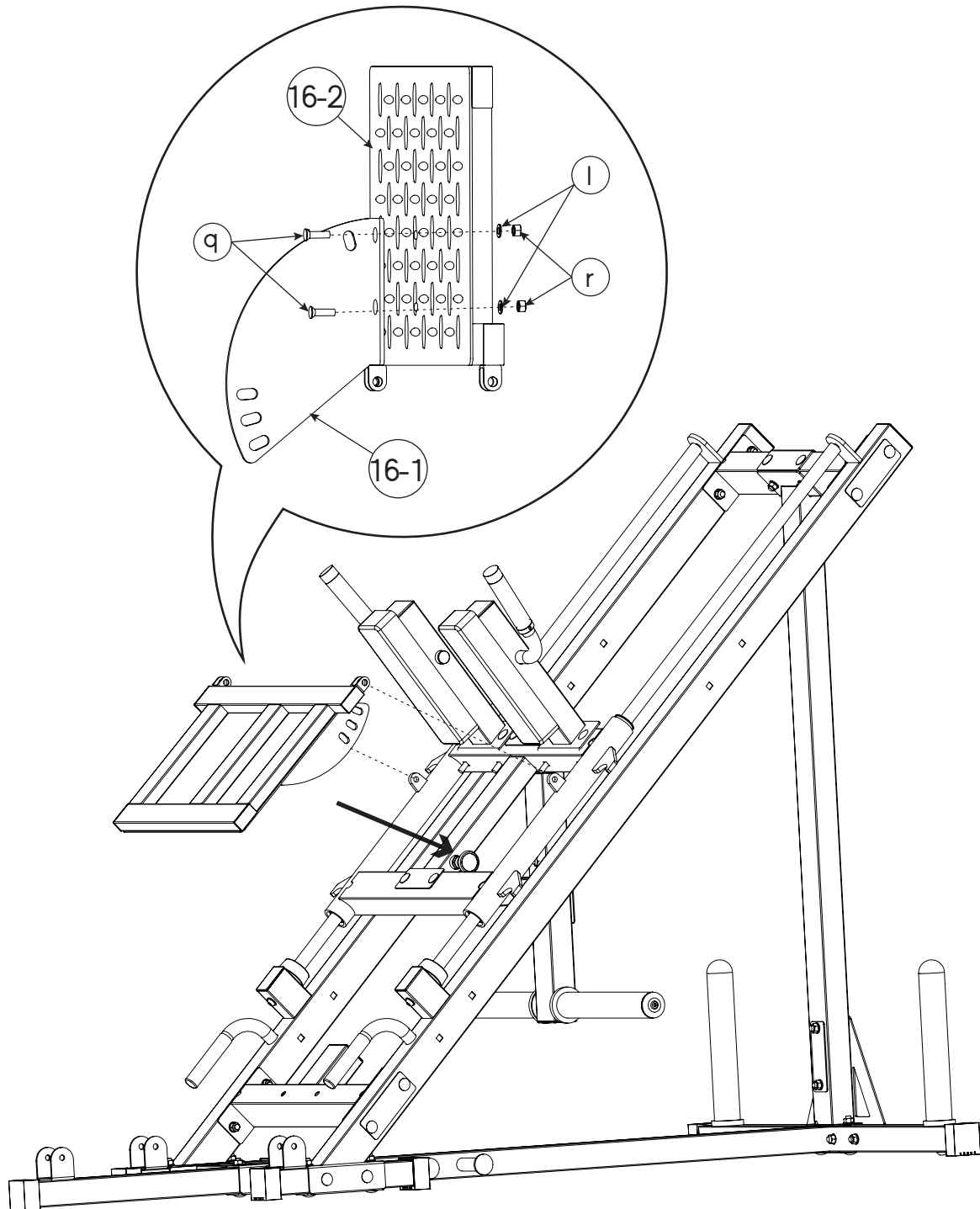
NO.	DESCRIPTION	QUANTITY
a	M10x90 Square Neck Bolt	4
b	M10x70 Square Neck Bolt	4
i	M10 Nut	8
k	M10 Washer	8
23	Bolt Plate	2



# ASSEMBLY AND ADJUSTMENT

## STEP 12 (Two People Are Required.)

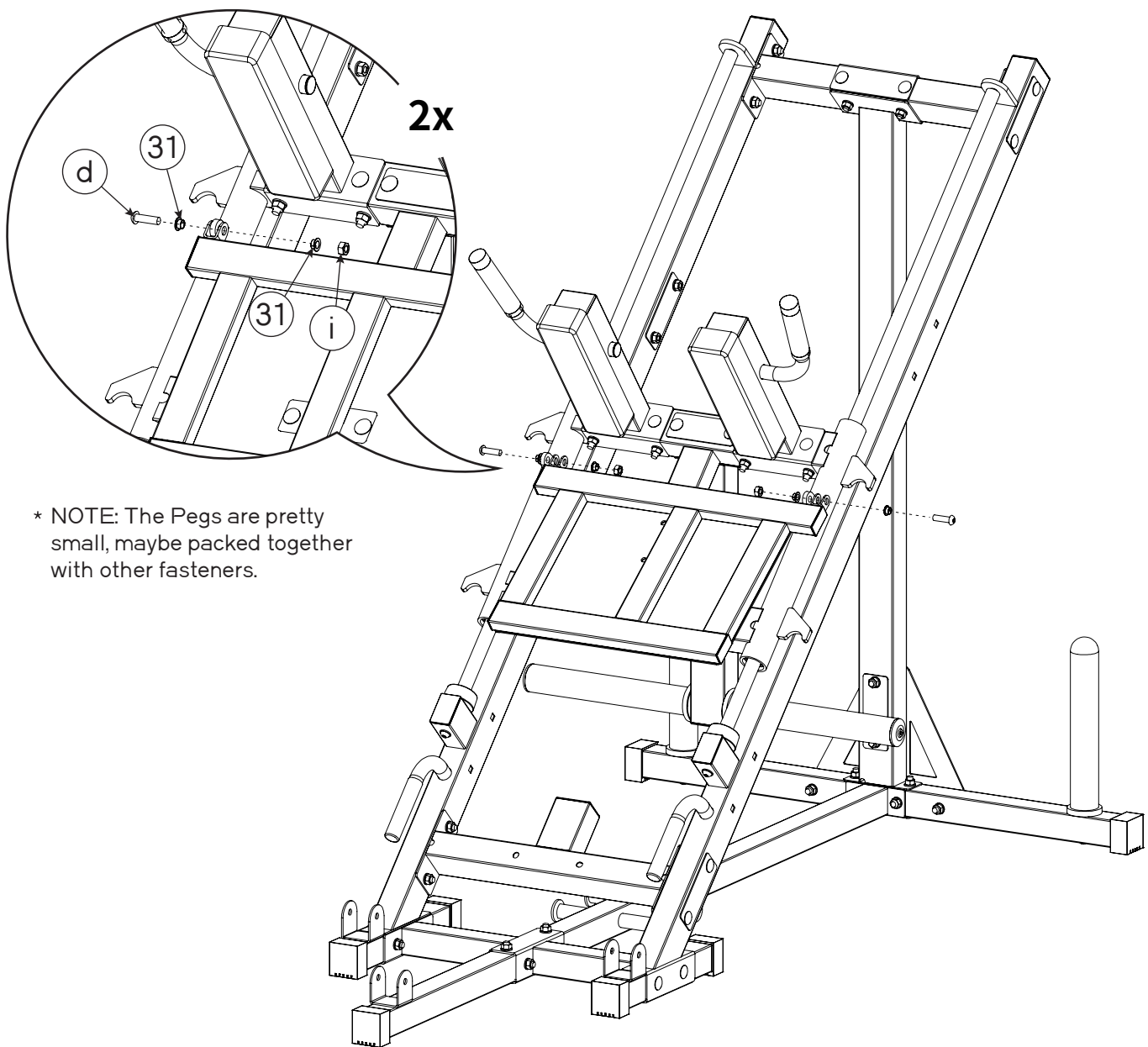
NO.	DESCRIPTION	QUANTITY
l	M8 Washer	2
q	M8x20 Countersunk Head Screw	2
r	M8 Nut	2
16-1	Foot Plate Sundial	1
16-2	Foot Plate	1



## ASSEMBLY AND ADJUSTMENT

### STEP 13 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
d	M10x35 Hexagon Socket Button Head Bolt	2
i	M10 Nut	2
31	Peg	4

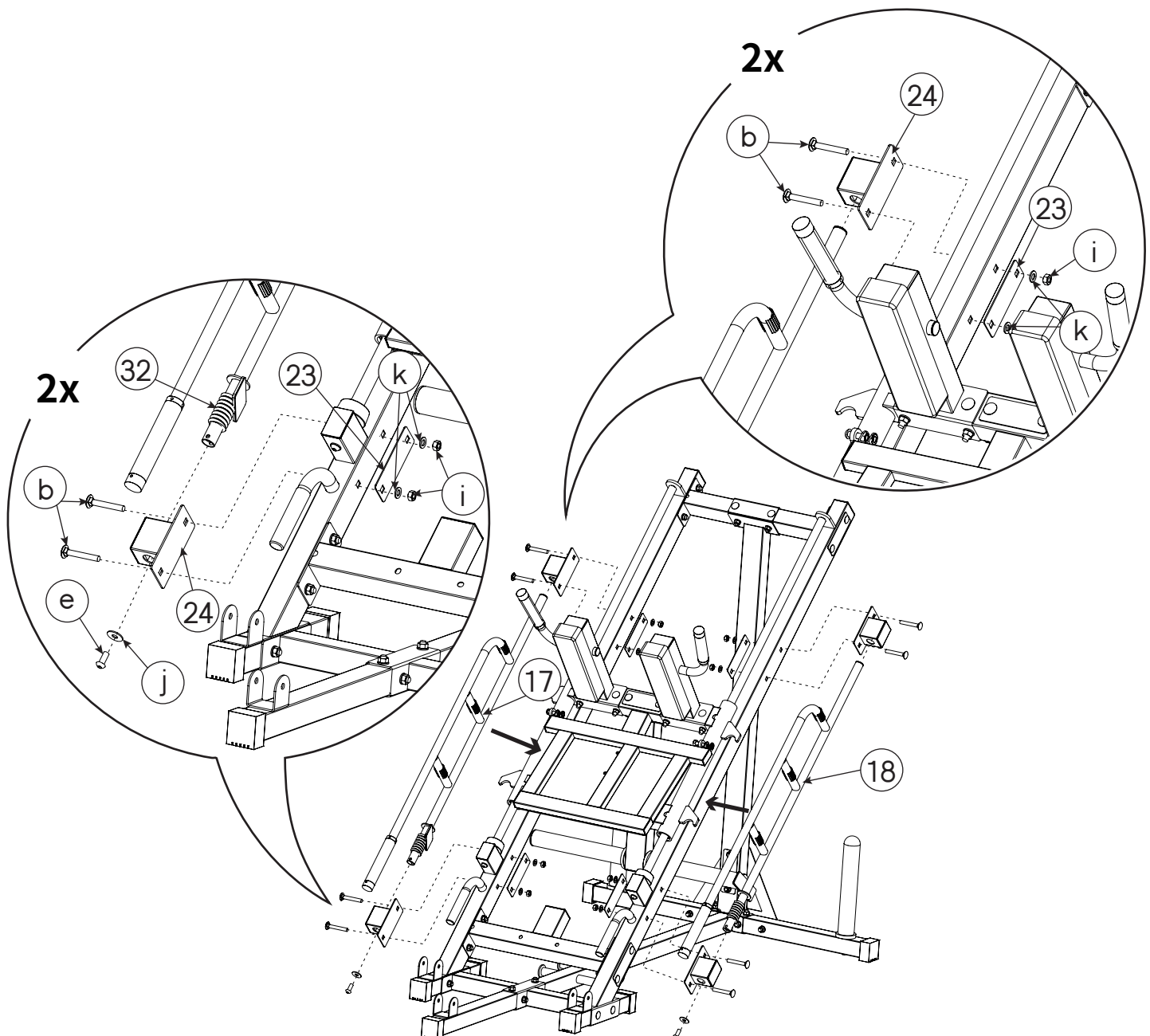


\* NOTE: The Pegs are pretty small, maybe packed together with other fasteners.

# ASSEMBLY AND ADJUSTMENT

## STEP 14 (Two People Are Required.)

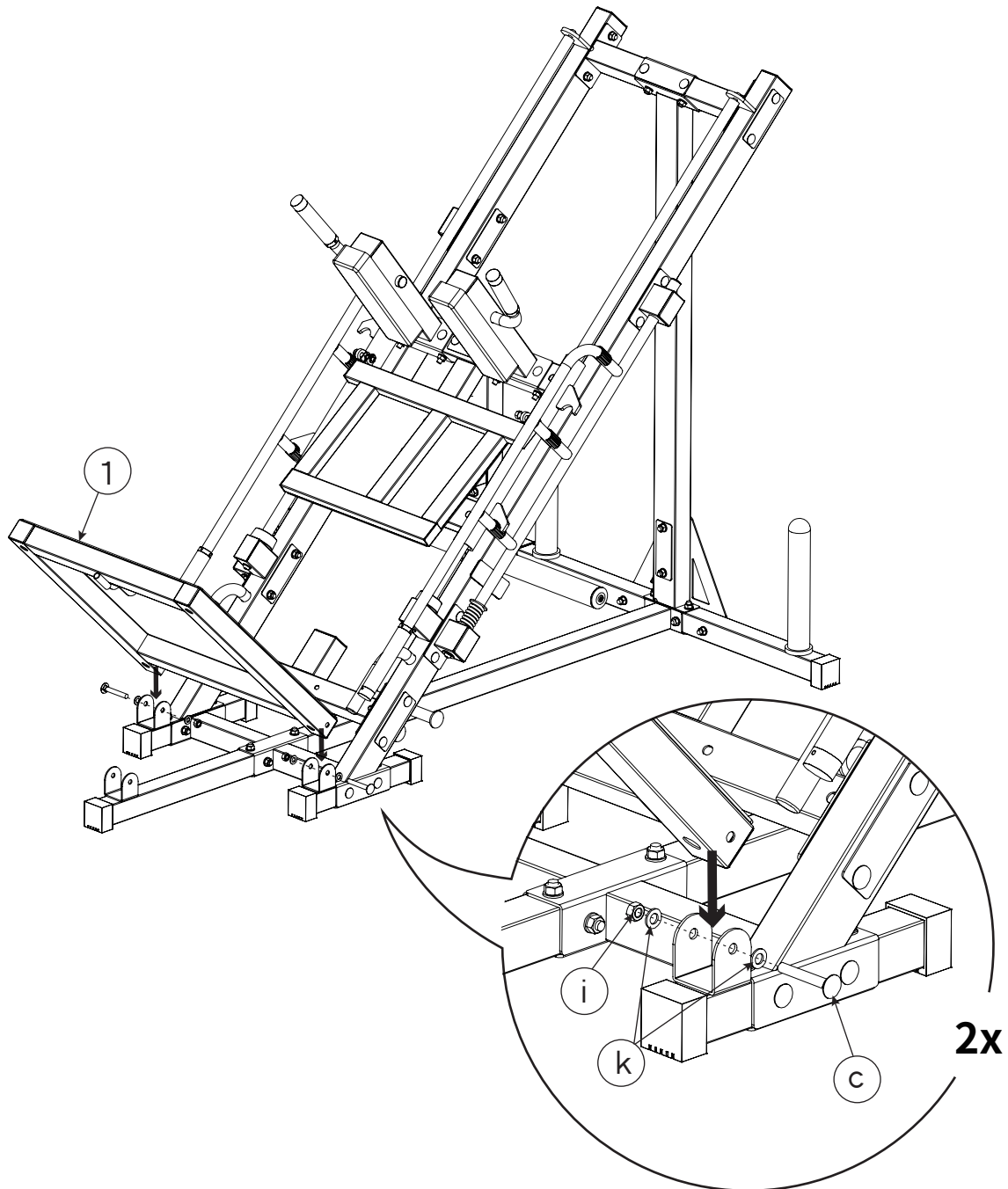
NO.	DESCRIPTION	QUANTITY
b	M10x70 Square Neck Bolt	8
e	M10x25 Hexagon Socket Button Head Bolt	2
i	M10 Nut	8
j	M10 Large Washer	2
k	M10 Washer	8
17	Safety Handrail (Left)	1
18	Safety Handrail (Right)	1
23	Bolt Plate	4
24	Handrail Connection Frame	4
32	Spring	2



# ASSEMBLY AND ADJUSTMENT

## STEP 15 (Two People Are Required.)

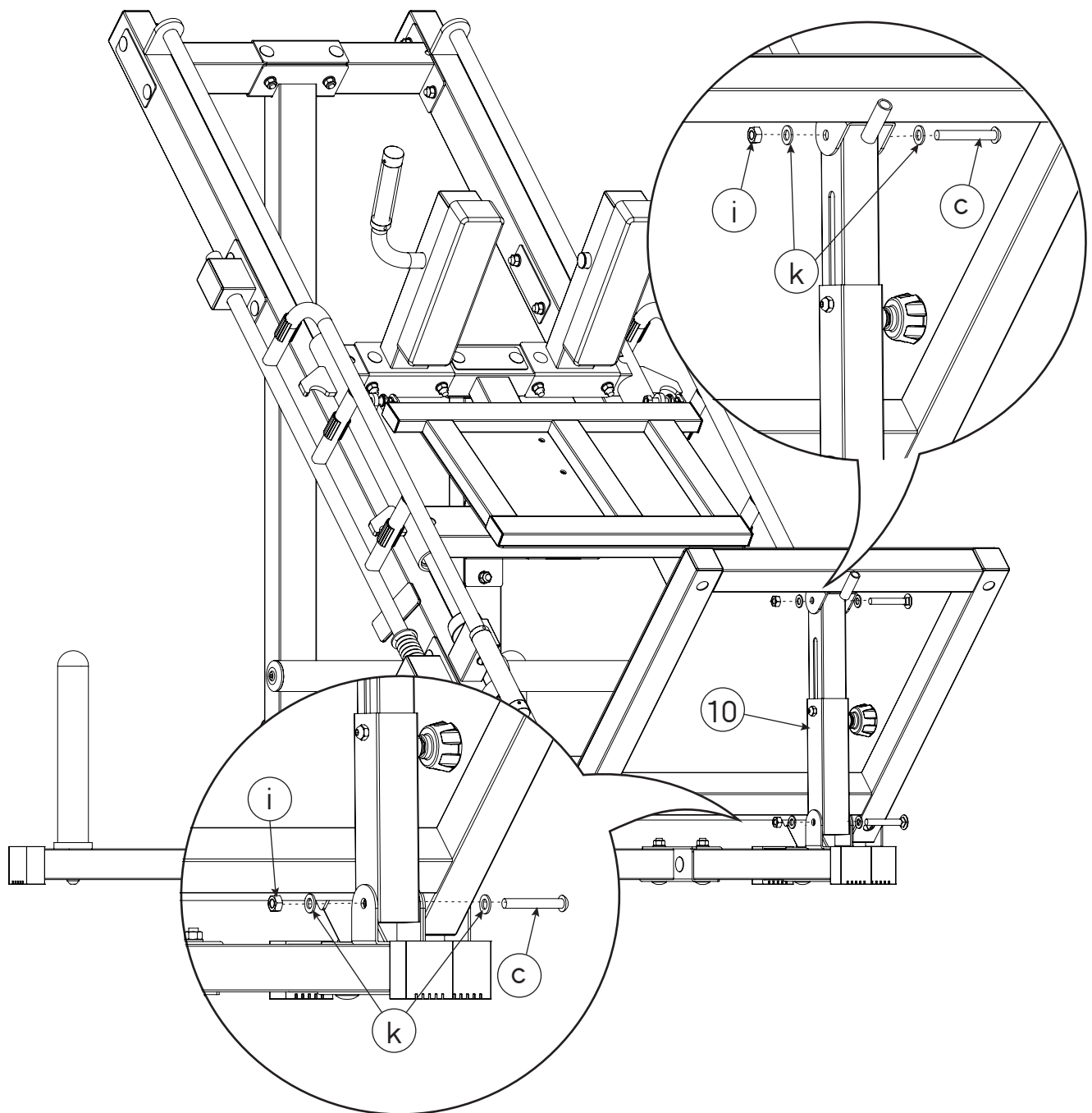
NO.	DESCRIPTION	QUANTITY
c	M10x70 Hexagon Socket Button Head Bolt	2
i	M10 Nut	2
k	M10 Washer	4
1	Backrest	1



## ASSEMBLY AND ADJUSTMENT

### STEP 16 (Two People Are Required.)

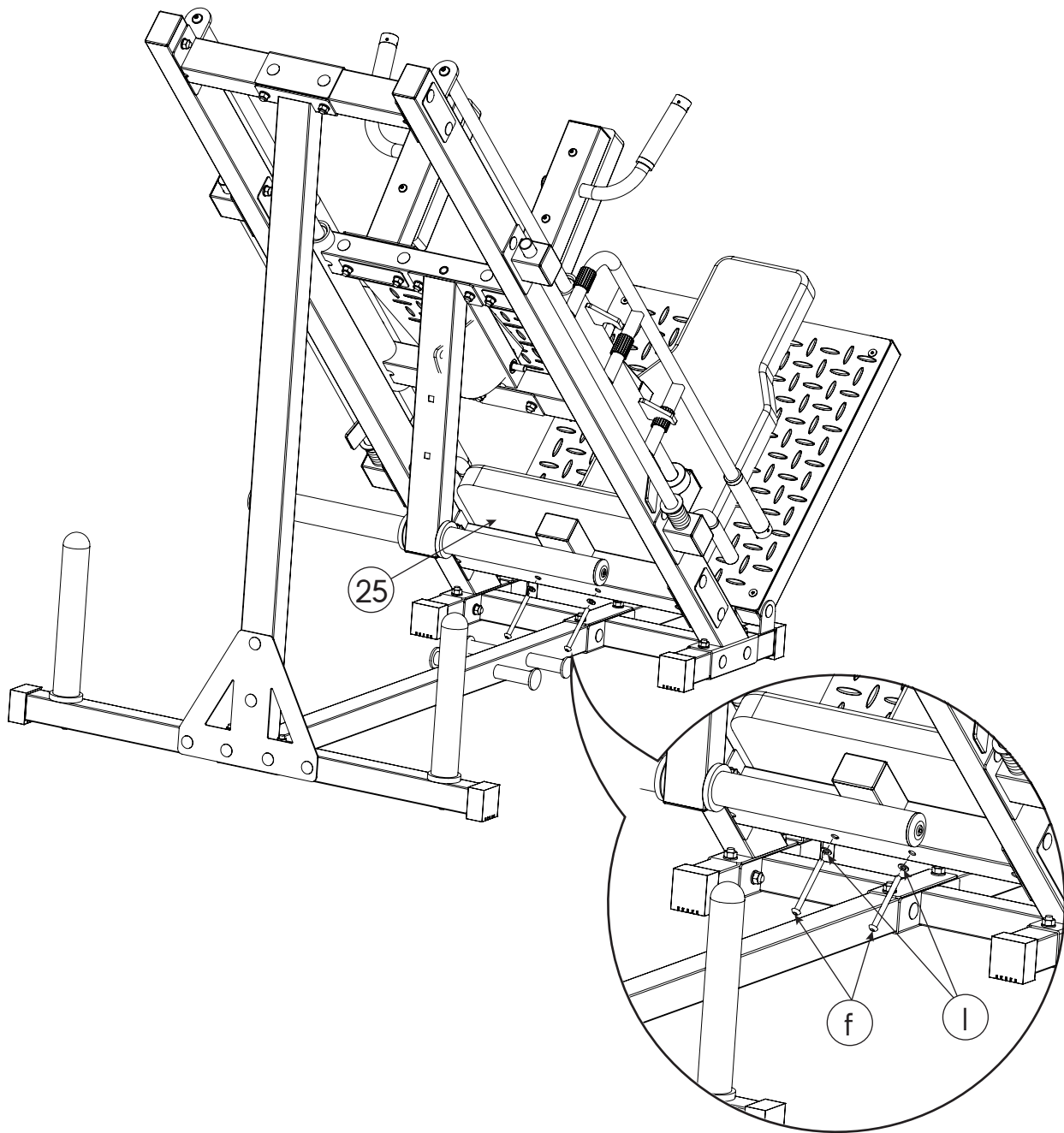
NO.	DESCRIPTION	QUANTITY
c	M10x70 Hexagon Socket Button Head Bolt	2
i	M10 Nut	2
k	M10 Washer	4
10	Bottom Adjusting Frame	1



## ASSEMBLY AND ADJUSTMENT

### STEP 17 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
f	M8x90 Hexagon Socket Button Head Bolt	2
l	M8 Washer	2
25	Seat Cushion	1

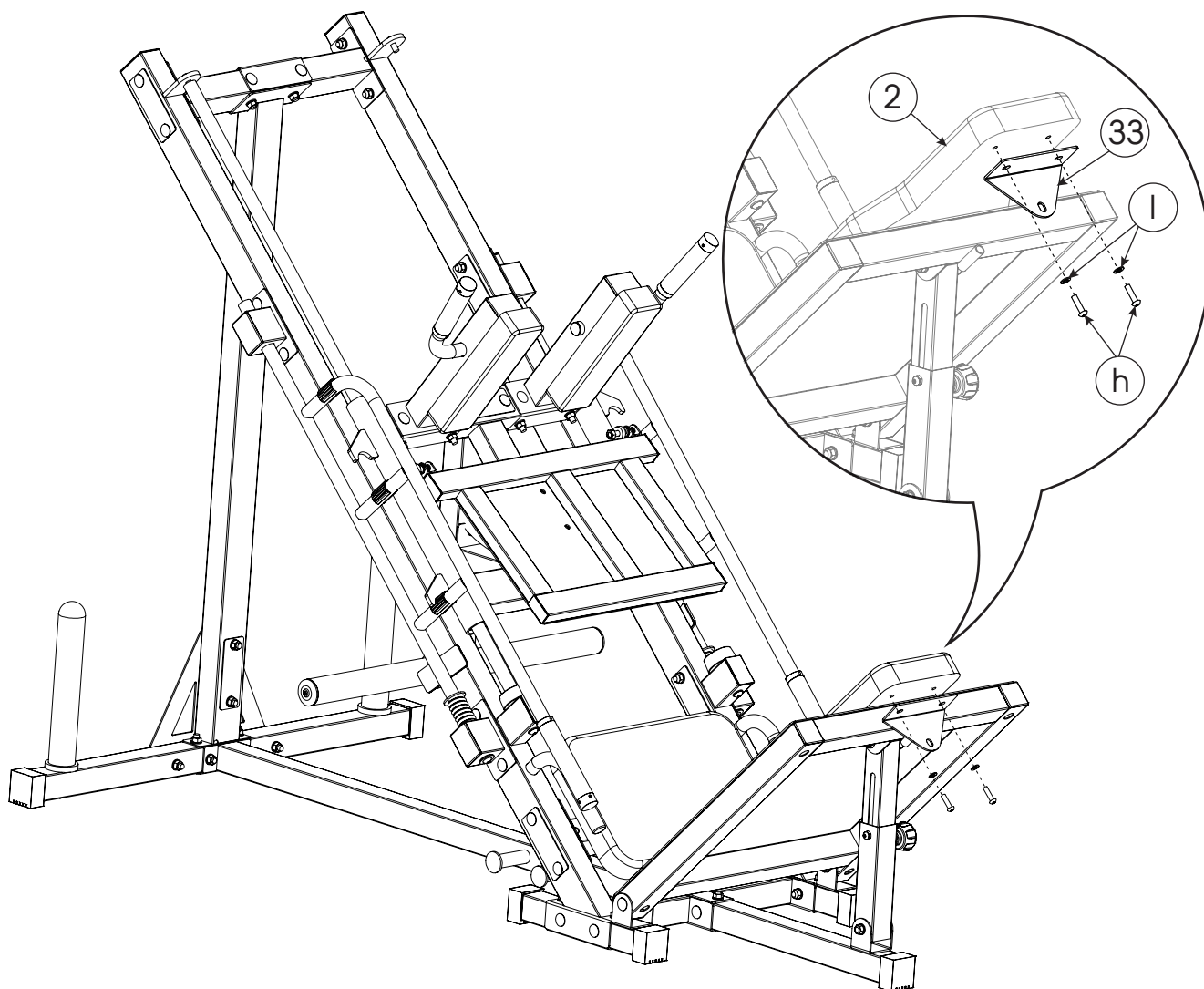


# ASSEMBLY AND ADJUSTMENT

## STEP 18 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
h	M8x30 Hexagon Socket Button Head Bolt	2
l	M8 Washer	2
2	Back Cushion	1
33	Back Cushion Fixing Plate	1

\* Note: The Back Cushion Fixing Plate ③③ needs to be installed correctly, please refer to the diagram below.

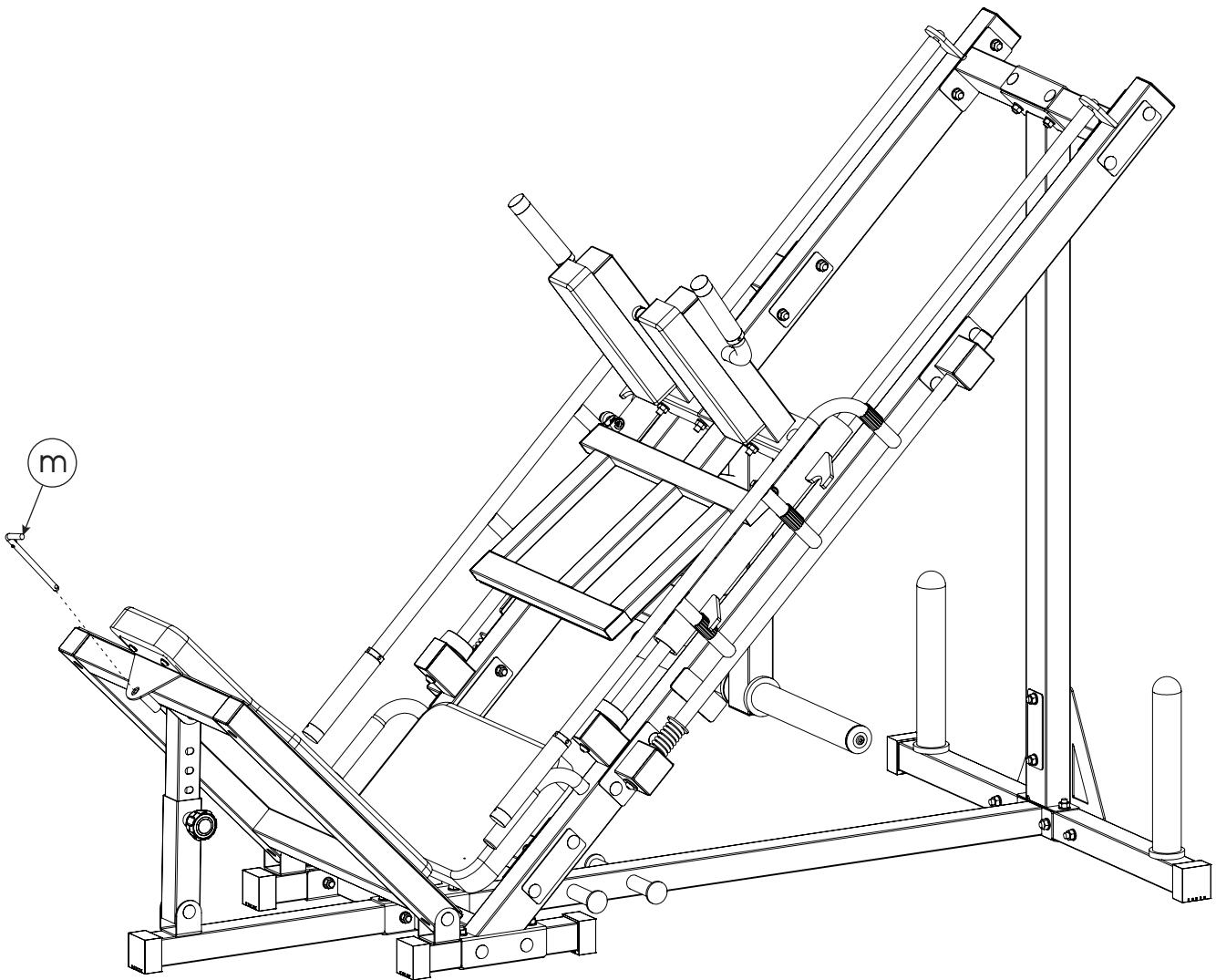




## ASSEMBLY AND ADJUSTMENT

### STEP 19 (Two People Are Required.)

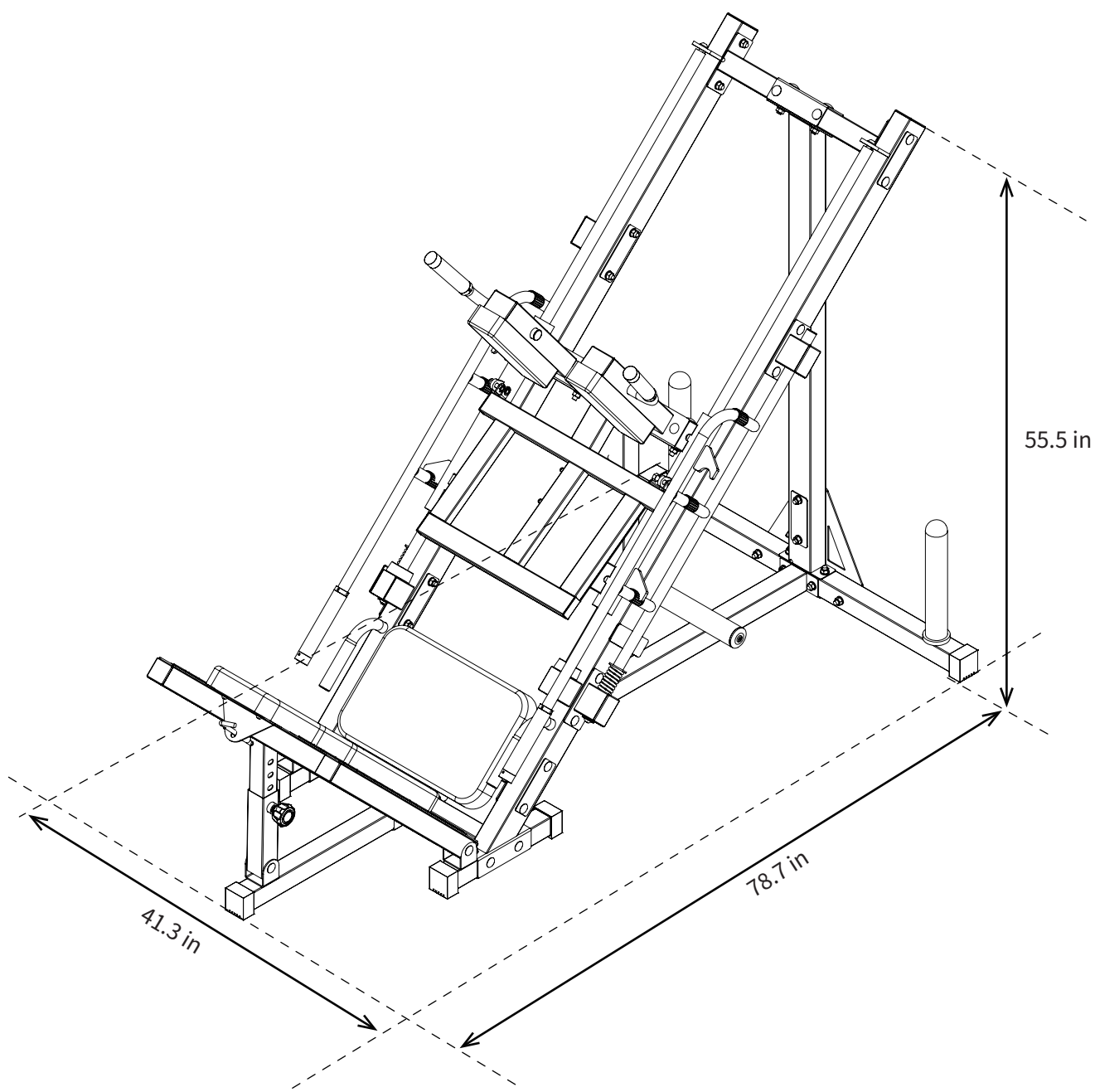
NO.	DESCRIPTION	QUANTITY
m	L-Pin	1



**END**

# Congratulations!

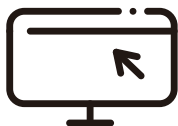
**You have assembled the Leg Press Machine!  
Now, you can officially start strength training with RITFIT.**



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



# ***RITFIT***



---

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

---

## **SUBSCRIBE WEBSITE AND GET**

- ☒ Free Exercise Ebook
- ☒ Latest Updates



---

**GOT A PROBLEM ? GET IN TOUCH**

---

[support@ritfitsports.com](mailto:support@ritfitsports.com)

---

## **GET SOCIAL WITH US**

   @ritfit.sports