

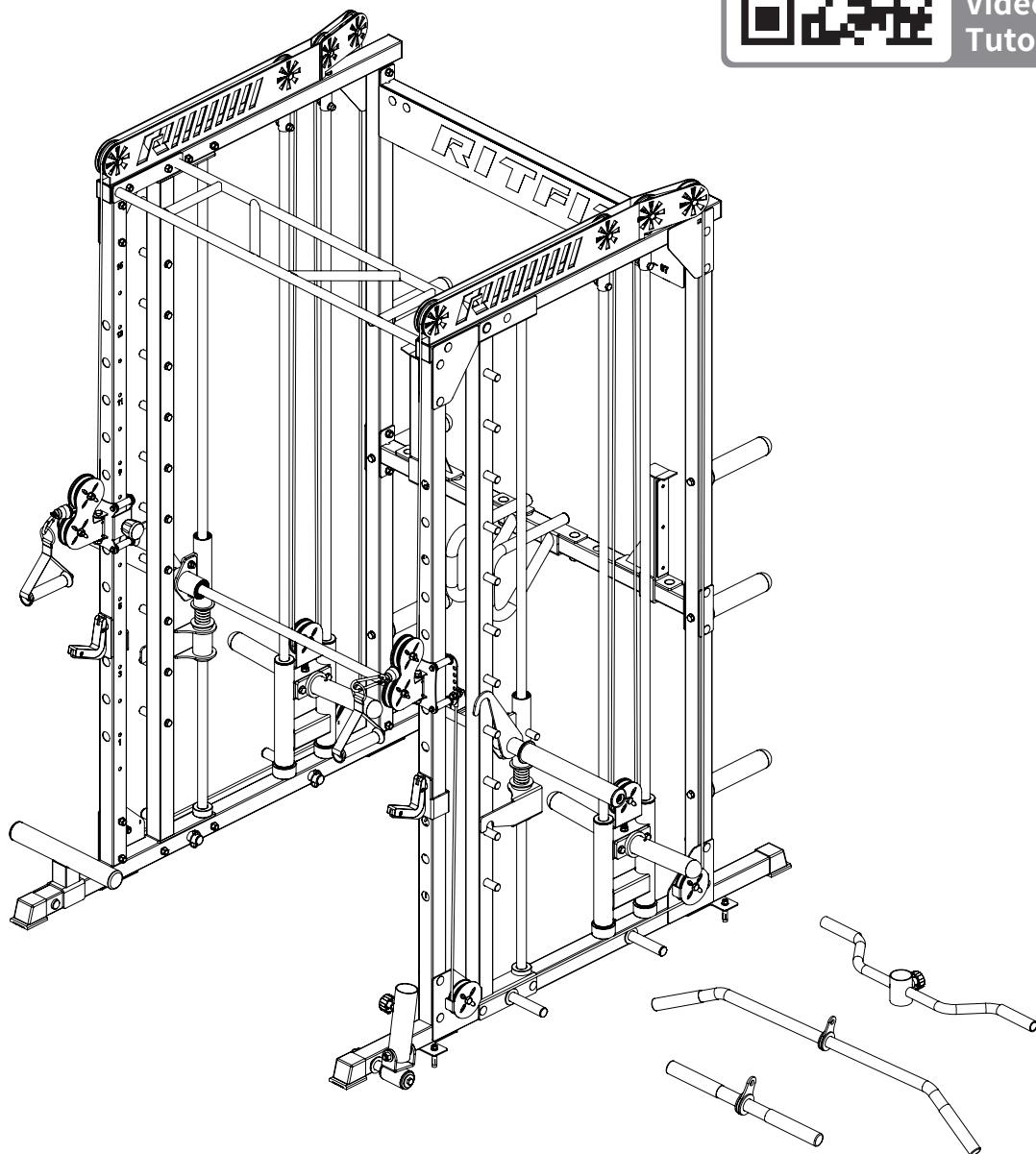
# RITFIT

## POWER CAGE WITH CABLE CROSSOVER M1 PRO



M1 Pro  
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 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](mailto: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.

# WARRANTY

## 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, but the following items are covered only for 12 months: bolts, nuts, washers, foot covers, J-hooks and plate storage pegs.

### 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 power cage.

### G. How To Contact Us?

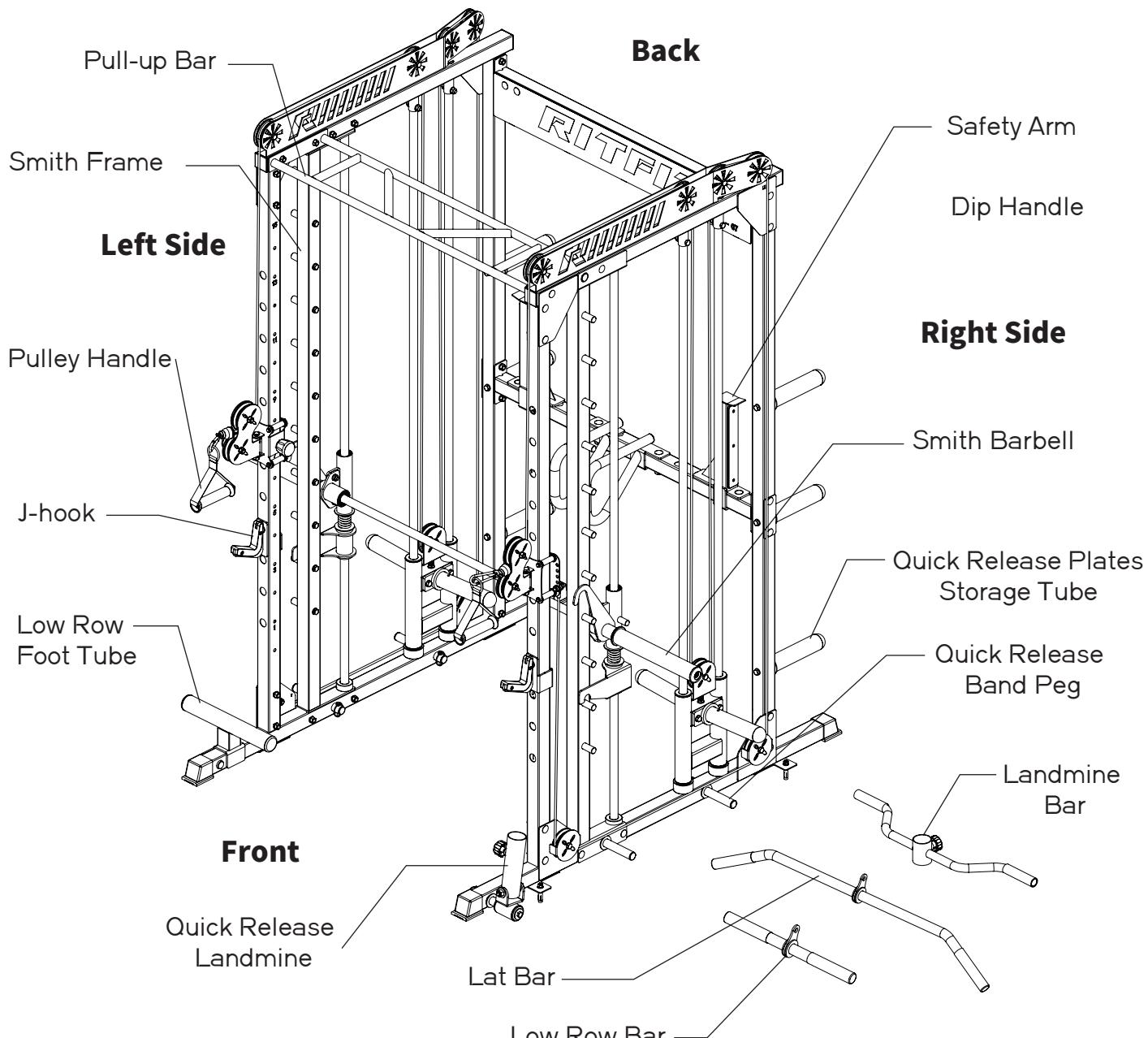
To ensure you receive the best technical support, please visit our website: [www.ritfitsports.com](http://www.ritfitsports.com) and register your warranty. Customers with registered warranties are given a profile that allows for easier support and for us to contact you with important product notifications. 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](mailto:support@ritfitsports.com).

# BEFORE YOU BEGIN

Thank you for selecting the versatile RitFit® Power Cage with Cable Crossover. RitFit® Power Cage with Cable Crossover 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 with Cable Crossover.** If you have additional questions, please contact RitFit 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 **M1PRO**.

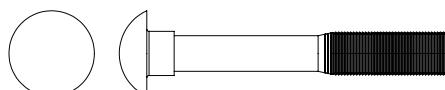
**BEFORE READING FURTHER, PLEASE REVIEW THE DRAWING BELOW AND FAMILIARIZE YOURSELF WITH THE PARTS THAT ARE LABELED.**



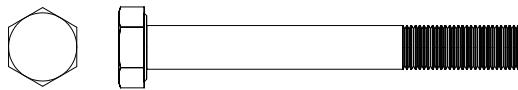
# PARTS LIST

## ·FASTENER AND TOOLS

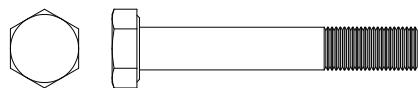
NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	38
b	M10x80 Hex Bolt	4
c	M10x45 Hex Bolt	4
d	M10x30 Hex Bolt	4
e	M10x25 Hex Bolt	2
f	M10x90 Dowel Pin	2
g	M10 Nut	52
h	M10 Washer	66
i	Open-ended Wrench 17-19	1
j	Open-ended Wrench 14-17	1
k	4mm Hex Key	1
l	M10 Expansion Bolt	4
m	Lubricating Oil	1
n	M5x40 Ring Bolt	4
o	Collar	4



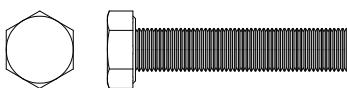
(a) M10x70 Square Neck Bolt  
38x



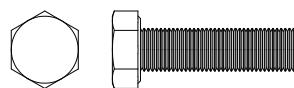
(b) M10x80 Hex Bolt  
4x



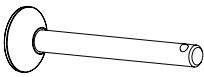
(c) M10x45 Hex Bolt  
4x



(d) M10x30 Hex Bolt  
4x



(e) M10x25 Hex Bolt  
2x



(f) M10x90 Dowel Pin  
2x



(g) M10 Nut  
52x



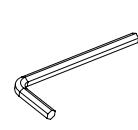
(h) M10 Washer  
66x



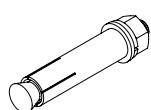
(i) Open-ended Wrench 17-19  
1x



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



(k) 4mm Hex Key  
1x



(l) M10 Expansion Bolt  
4x



(m) Lubricating Oil  
1x



(n) M5x40 Ring Bolt  
4x

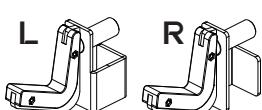


(o) Collar  
4x

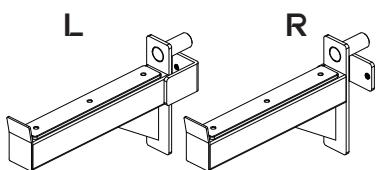
# PARTS LIST

## • ACCESSORIES

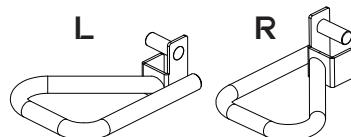
NO.	DESCRIPTION	QUANTITY
A	J-Hooks Set	1
B	Safety Arms Set	1
C	Dip Handles Set	1
D	Landmine Bar	1
E	Quick Release Plate Holder Set	3
F	Low Row Foot Tube	1
G	Quick Release Landmine	1
H	Quick Release Band Peg	4
I	Lat Bar	1
J	Low Row Bar	1



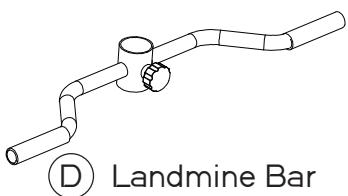
(A) J-Hooks Set  
1x



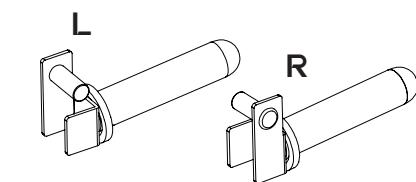
(B) Safety Arms Set  
1x



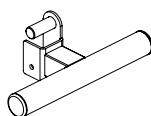
(C) Dip Handles Set  
1x



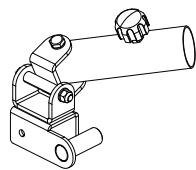
(D) Landmine Bar  
1x



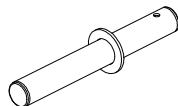
(E) Quick Release Plate Holder Set  
3x



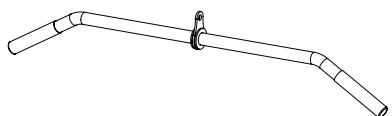
(F) Low Row Foot Tube  
1x



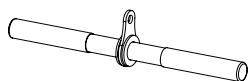
(G) Quick Release Landmine  
1x



(H) Quick Release Band Peg  
4x



(I) Lat Bar  
1x

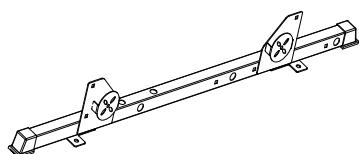


(J) Low Row Bar  
1x

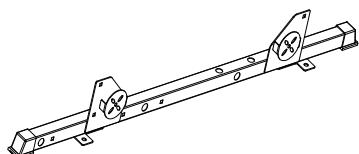
# PARTS LIST

## •MAIN FRAME

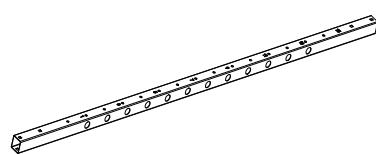
NO.	DESCRIPTION	QUANTITY
1	Bottom Base Frame (L)	1
2	Bottom Base Frame (R)	1
3	Upright Frame (Front)	2
4	Upright Frame (Back)	2
5	Upper Cross Frame (Left)	1
6	Upper Cross Frame (Right)	1
7	Rear Cross Beam	1
8	RitFit Nameplate	1
9	Slider-1	2
10	Slider-2	2
11	Pull-up Bar	1
12	Bottom Cross Beam	1
13	Knob	2
14	Bolt Plate	8
15	Olympic Bar Storage Frame	1
16	Ratchet Wrench	1



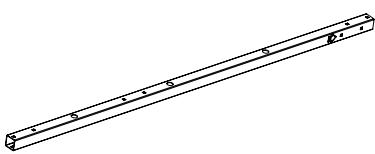
① Bottom Base Frame (L)  
1x



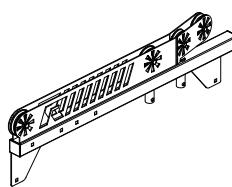
② Bottom Base Frame (R)  
1x



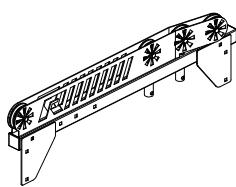
③ Upright Frame (Front)  
2x



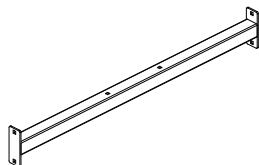
④ Upright Frame (Back)  
2x



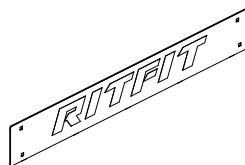
⑤ Upper Cross Frame (Left)  
1x



⑥ Upper Cross Frame (Right)  
1x



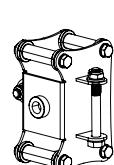
⑦ Rear Cross Beam  
1x



⑧ RitFit Nameplate  
1x

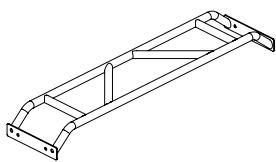


⑨ Slider-1  
2x

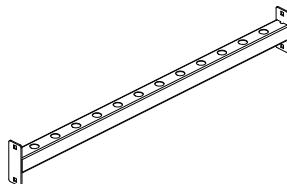


⑩ Slider-2  
2x

# PARTS LIST



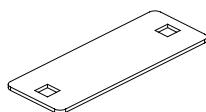
⑪ Pull-up Bar  
1x



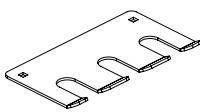
⑫ Bottom Cross Beam  
1x



⑬ Knob  
2x



⑭ Bolt Plate  
8x



⑮ Olympic Bar Storage Frame  
1x

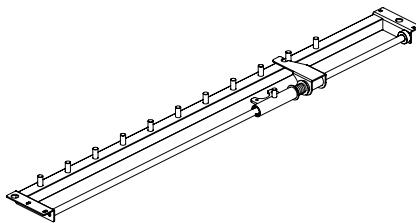


⑯ Ratchet Wrench  
1x

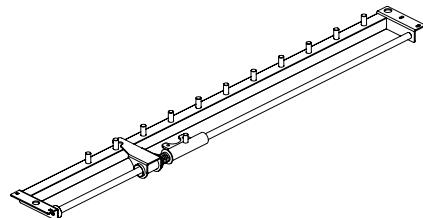
(Note: Use this Ratchet Wrench for quick and easy tightening or loosening fasteners! You can keep it as a souvenir from RitFit!)

## SMITH ATTACHMENT

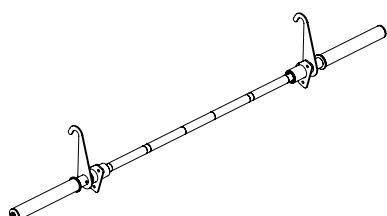
NO.	DESCRIPTION	QUANTITY
17	Left Smith Frame	1
18	Right Smith Frame	1
19	Smith Barbell	1



⑰ Left Smith Frame  
1x



⑱ Right Smith Frame  
1x



⑲ Smith Barbell  
1x

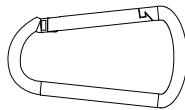
# PARTS LIST

## • PULLEY SYSTEM

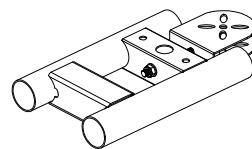
NO.	DESCRIPTION	QUANTITY
20	Rubber Pad	4
21	Carabiner	2
22	Plate Carriage-1	2
23	Plate Carriage-2	4
24	Pulley Handle	2
25	Guide Rod	4
26	Cable	2



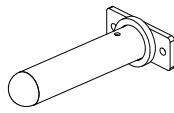
⑩ Rubber Pad  
4x



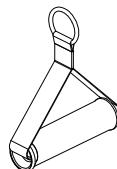
⑪ Carabiner  
2x



⑫ Plate Carriage-1  
2x



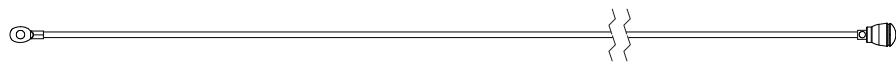
⑬ Plate Carriage-2  
4x



⑭ Pulley Handle  
2x

0 \_\_\_\_\_ ↗

⑮ Guide Rod  
4x

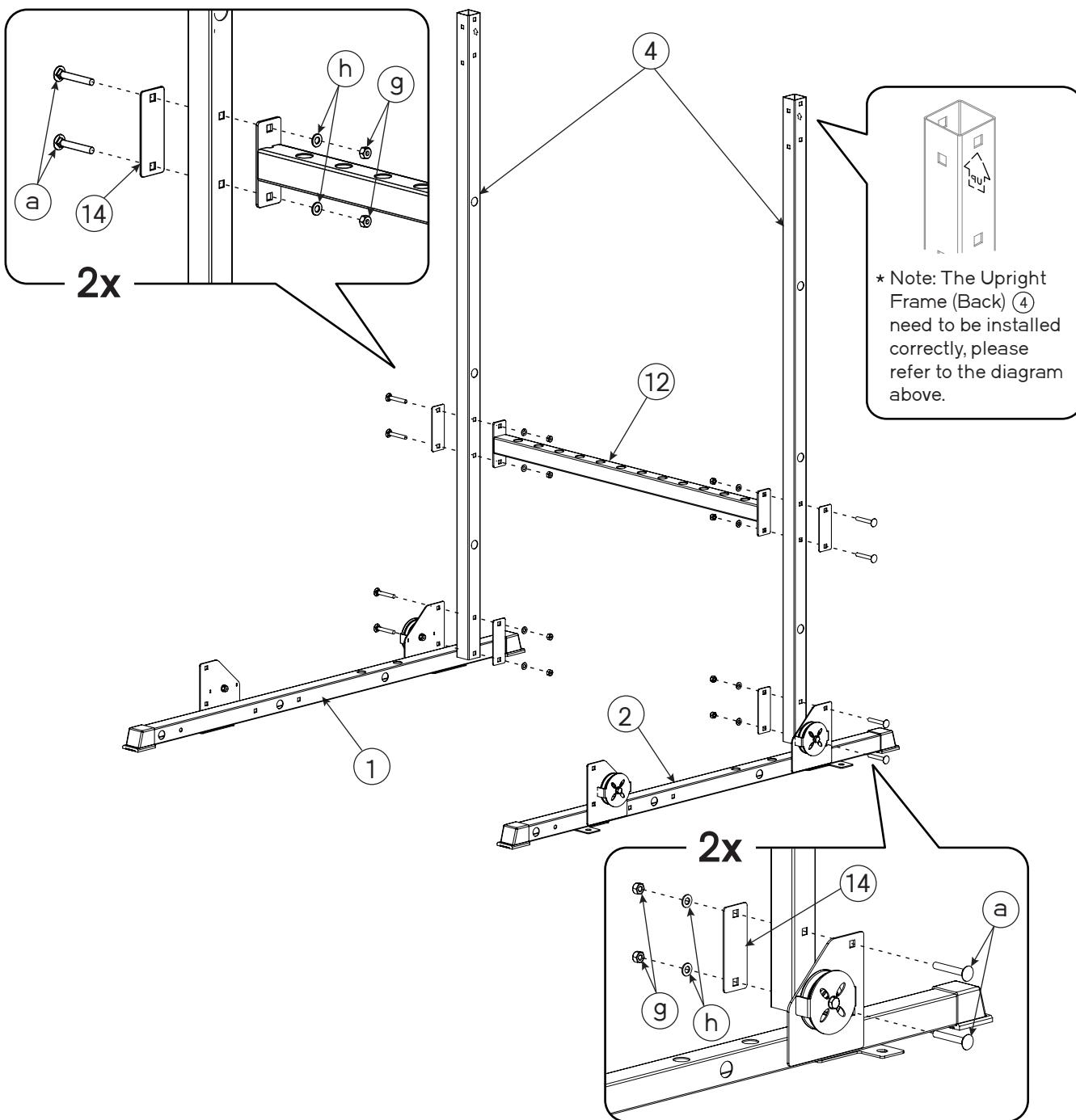


⑯ Cable  
2x

# ASSEMBLY AND ADJUSTMENT

## STEP 1 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	8
g	M10 Nut	8
h	M10 Washer	8
1	Bottom Base Frame (L)	1
2	Bottom Base Frame (R)	1
4	Upright Frame (Back)	2
12	Bottom Cross Beam	1
14	Bolt Plate	4

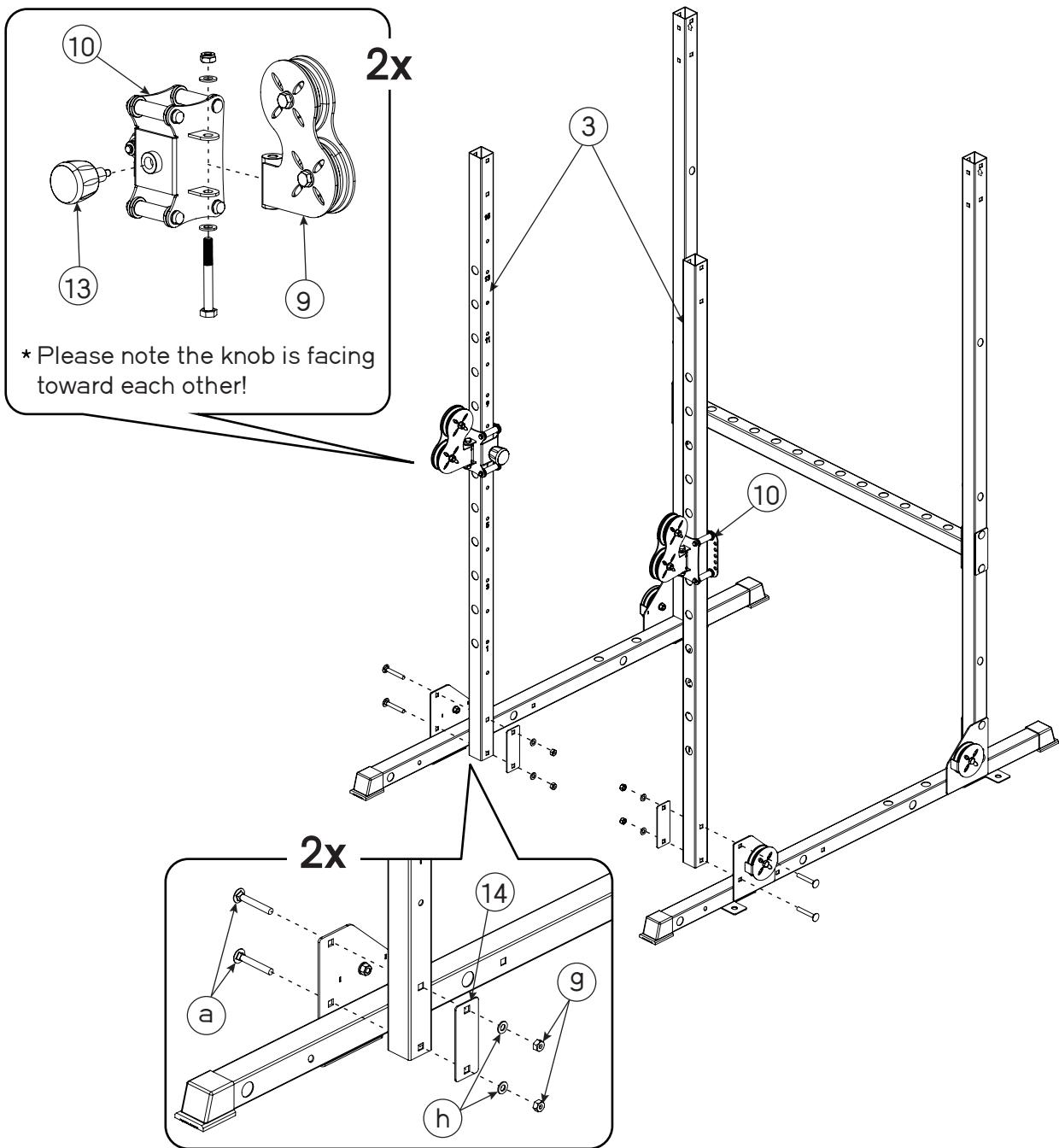


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 2 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	4
g	M10 Nut	4
h	M10 Washer	4
3	Upright Frame (Front)	2
9	Slider-1	2
10	Slider-2	2
13	Knob	2
14	Bolt Plate	2

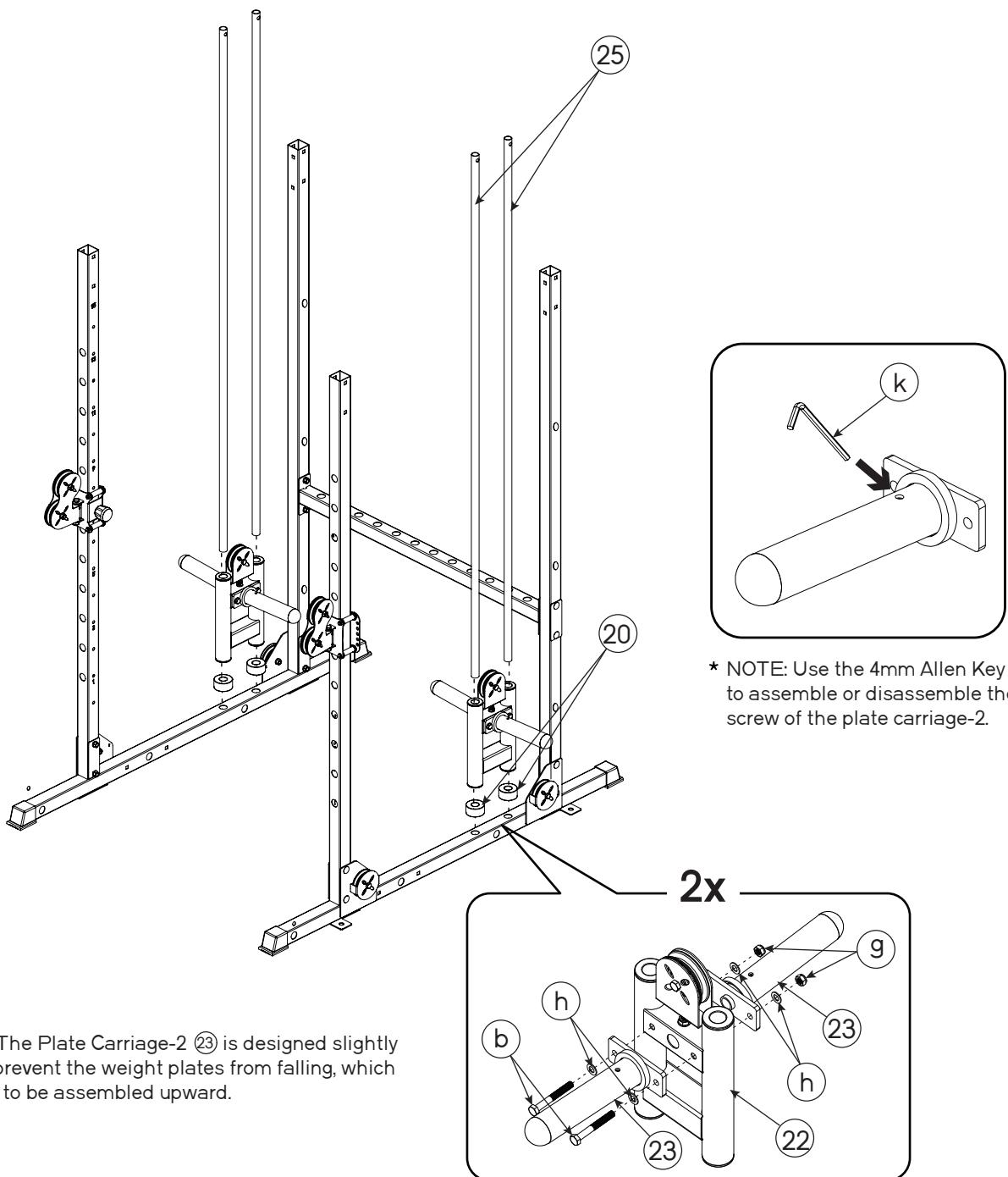


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 3 (Two People Are Required.)

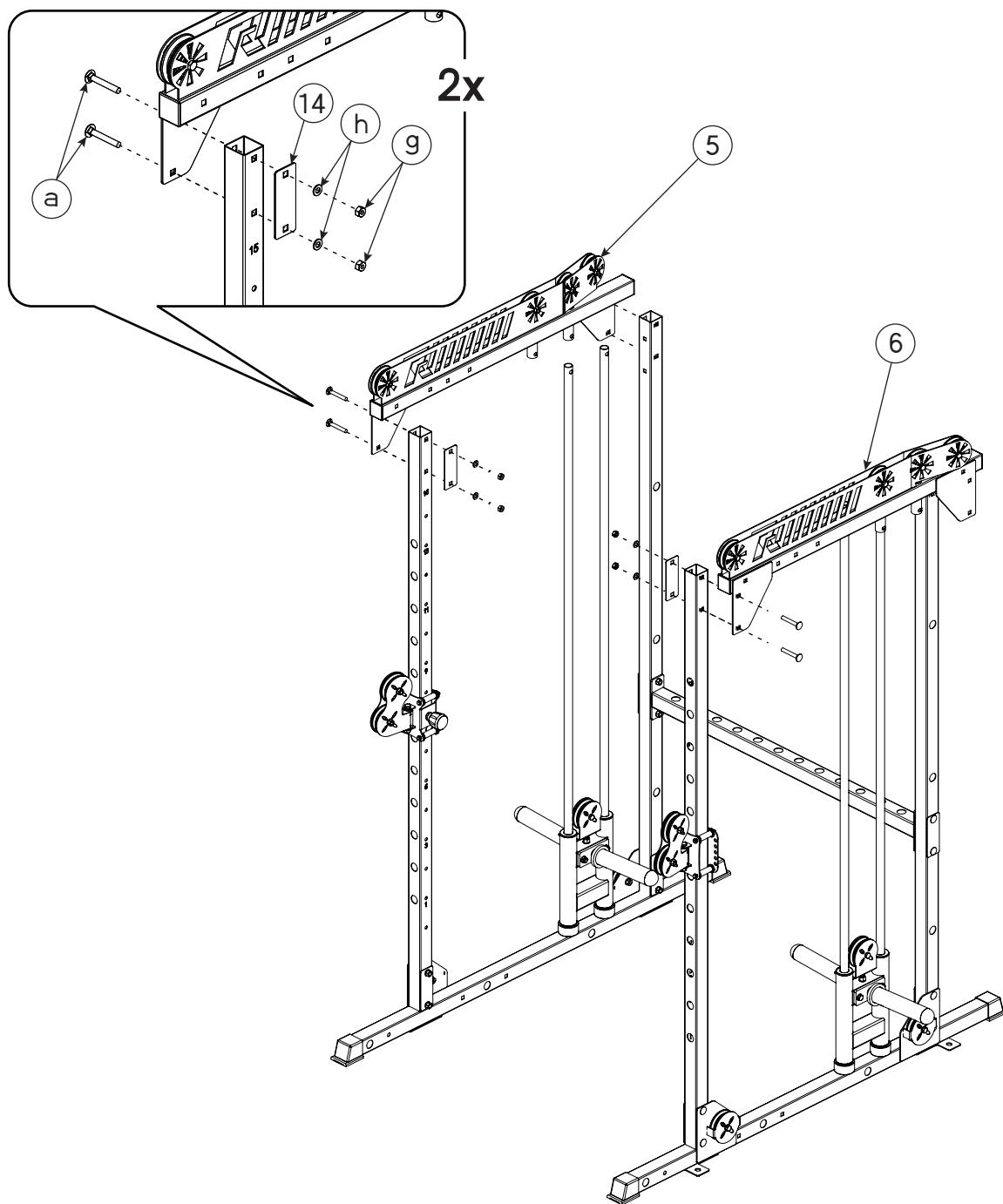
NO.	DESCRIPTION	QUANTITY
b	M10x80 Hex Bolt	4
g	M10 Nut	4
h	M10 Washer	8
k	4mm Hex Key	1
20	Rubber Pad	4
22	Plate Carriage-1	2
23	Plate Carriage-2	4
25	Guide Rod	4



# ASSEMBLY AND ADJUSTMENT

## STEP 4 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	4
g	M10 Nut	4
h	M10 Washer	4
5	Upper Cross Frame (Left)	1
6	Upper Cross Frame (Right)	1
14	Bolt Plate	2

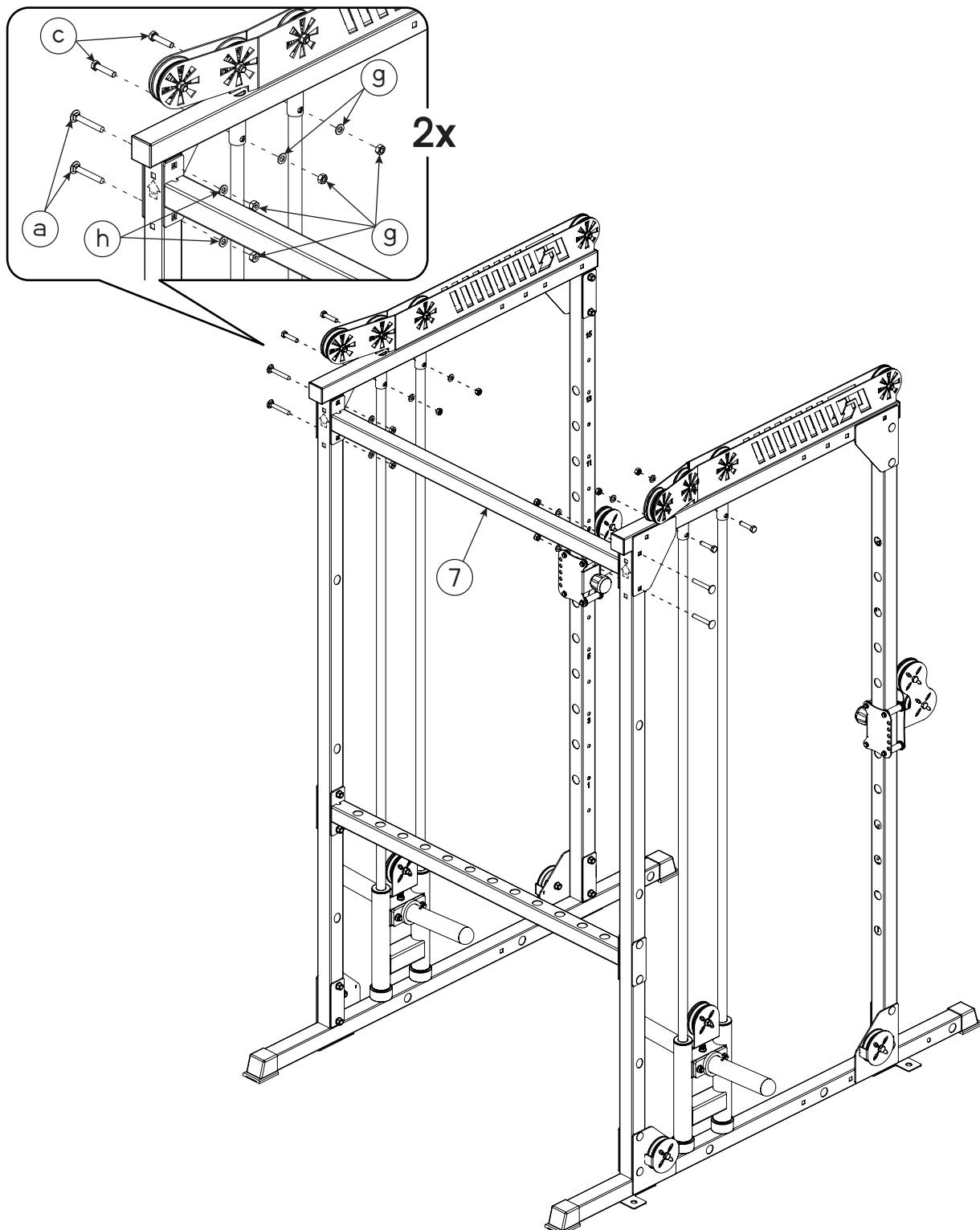


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 5 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	4
c	M10x45 Hex Bolt	4
g	M10 Nut	8
h	M10 Washer	8
7	Rear Cross Beam	1

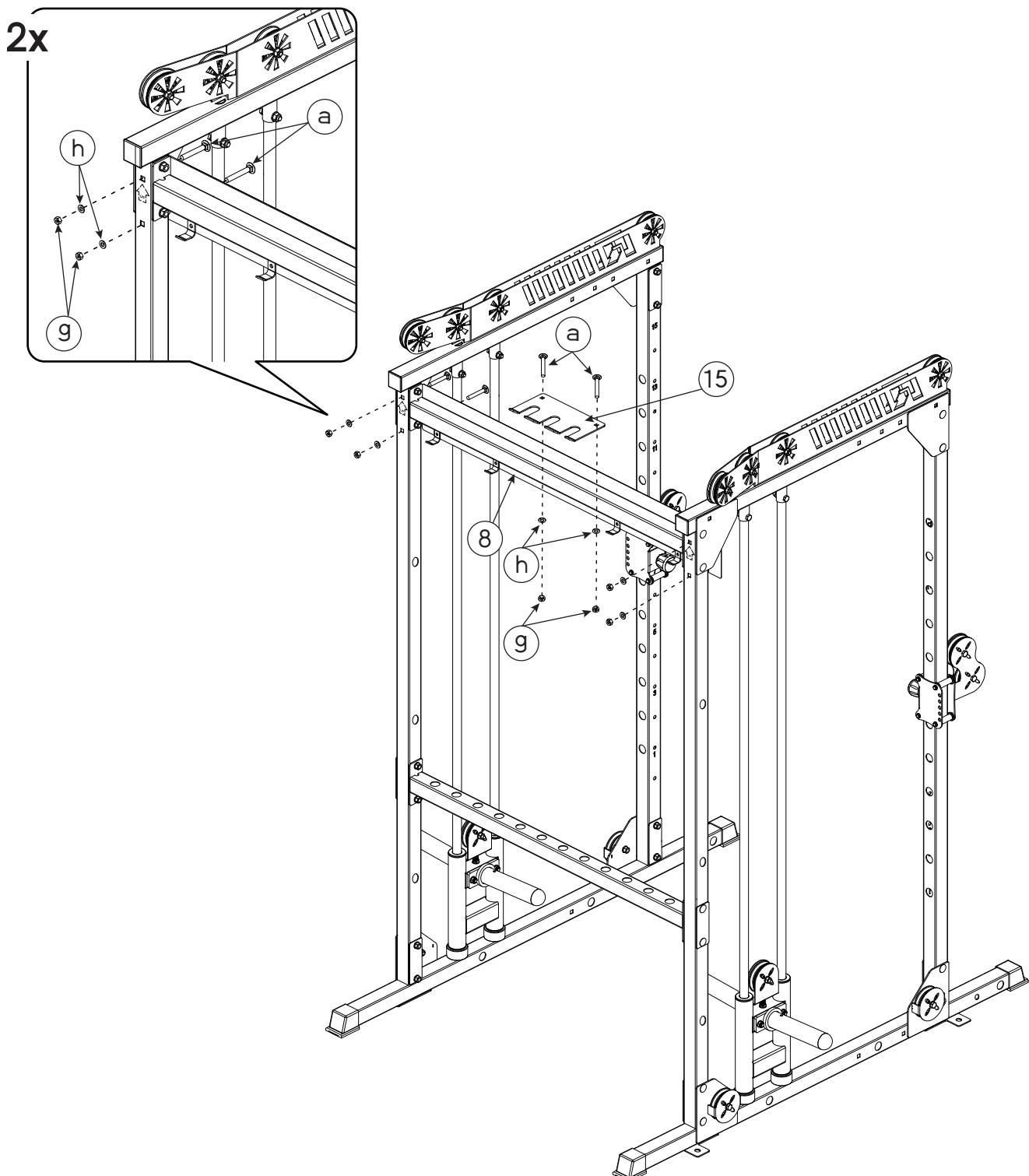


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 6 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	6
g	M10 Nut	6
h	M10 Washer	6
8	RitFit Nameplate	1
15	Olympic Bar Storage Frame	1

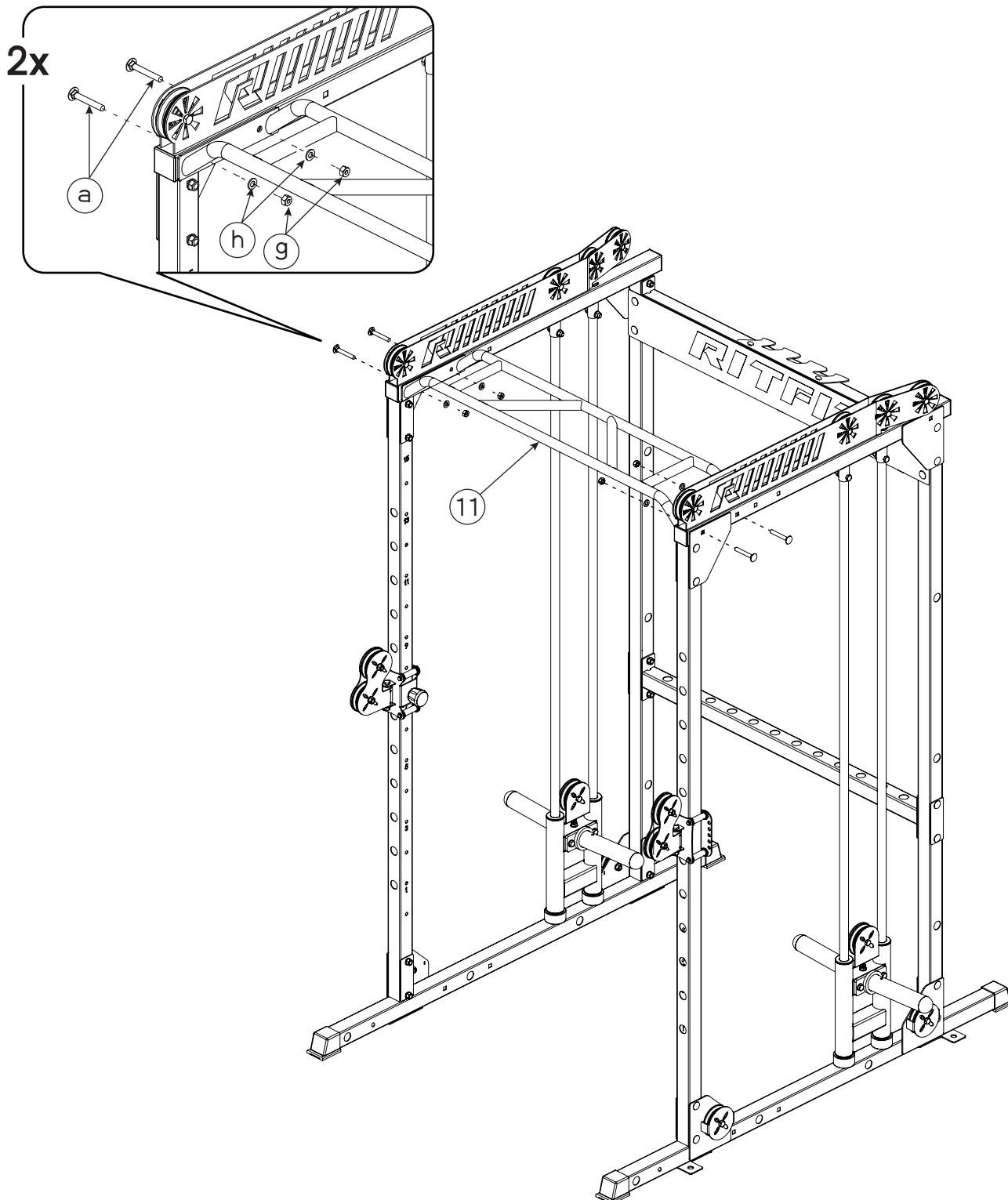


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

## ASSEMBLY AND ADJUSTMENT

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

NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	4
g	M10 Nut	4
h	M10 Washer	4
11	Pull-up Bar	1

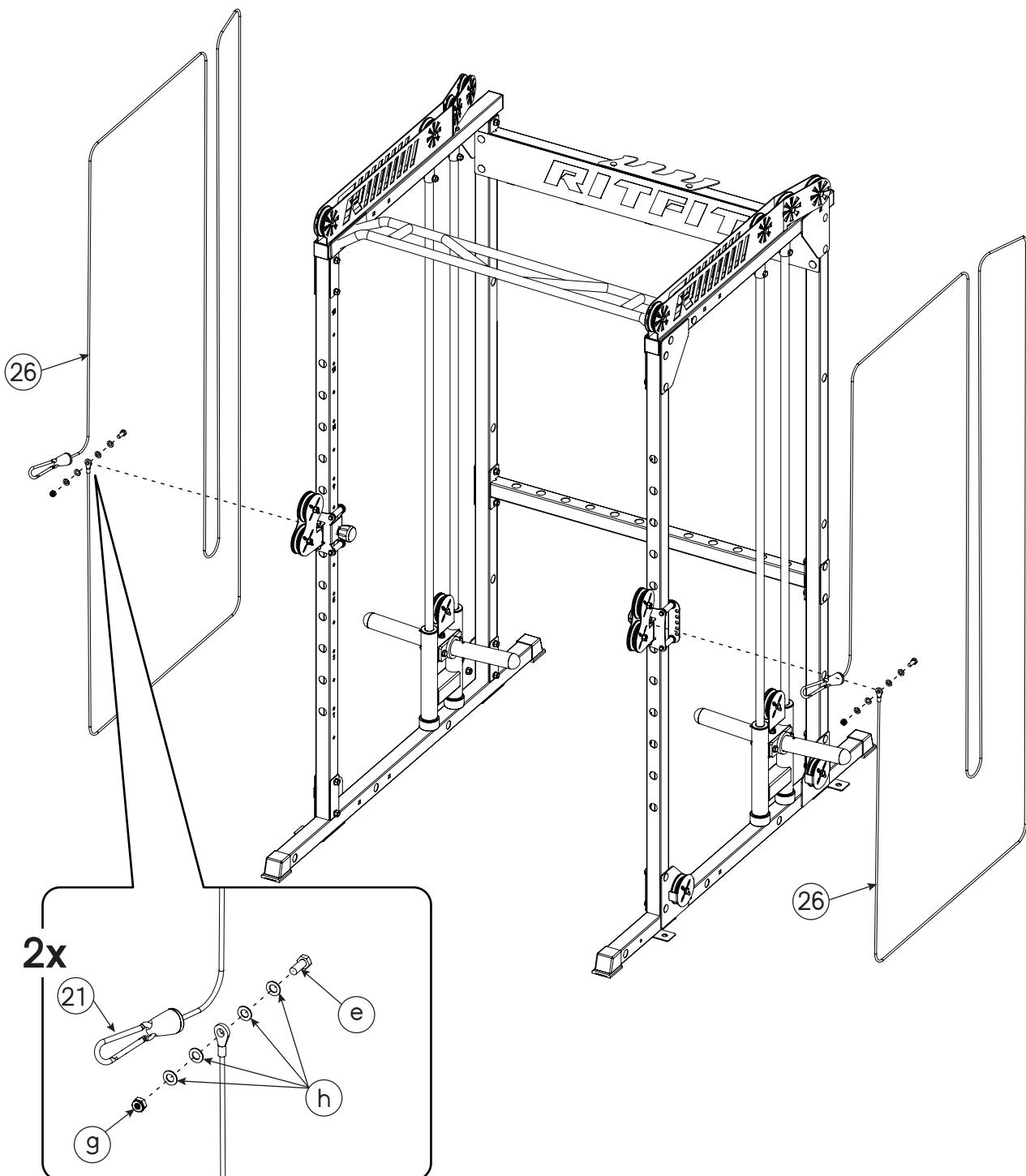


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 8 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
e	M10x25 Hex Bolt	2
g	M10 Nut	2
h	M10 Washer	8
21	Carabiner	2
26	Cable	2

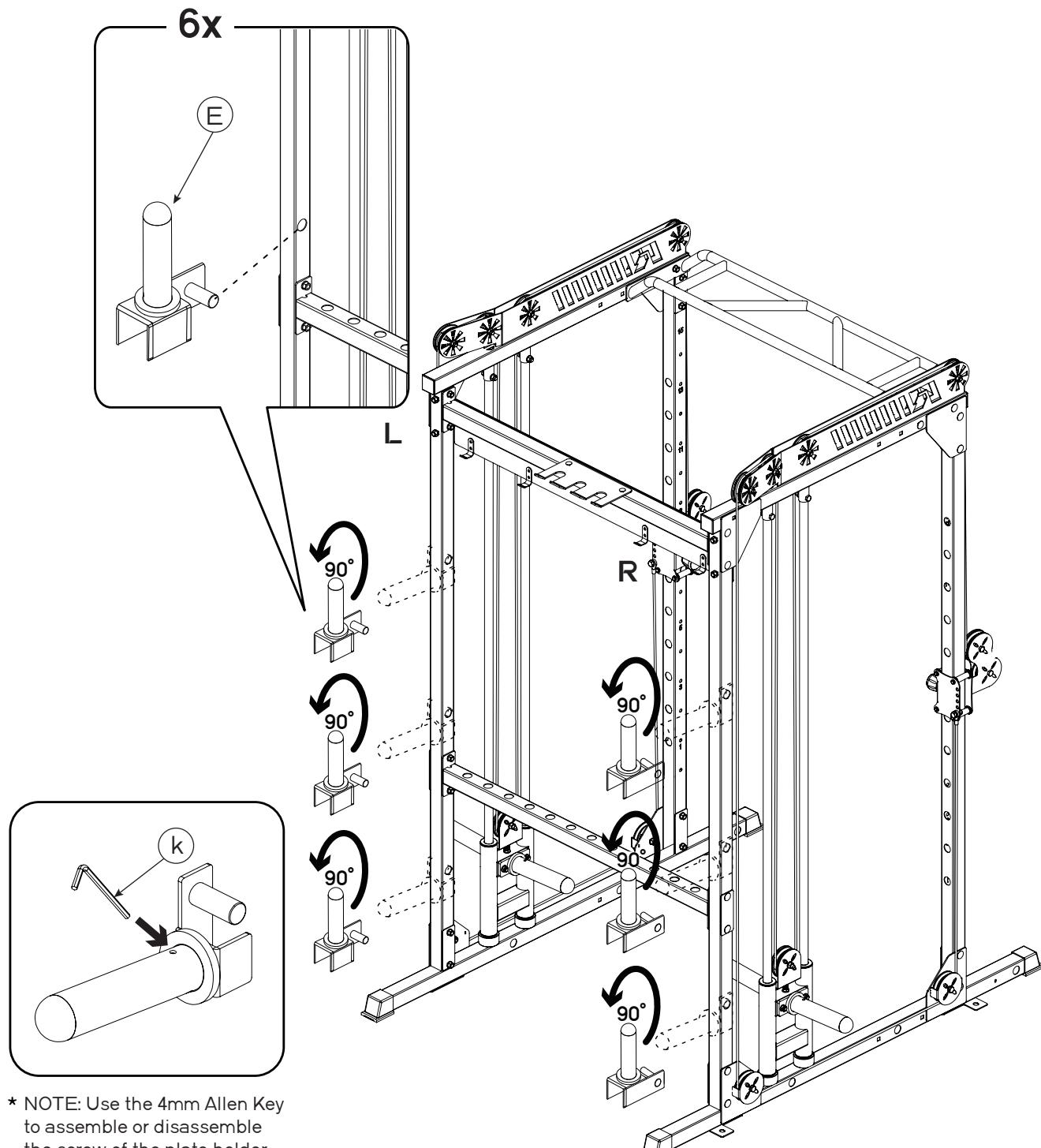


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 9 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
E	Quick Release Plate Holder Set	3
k	4mm Hex Key	1



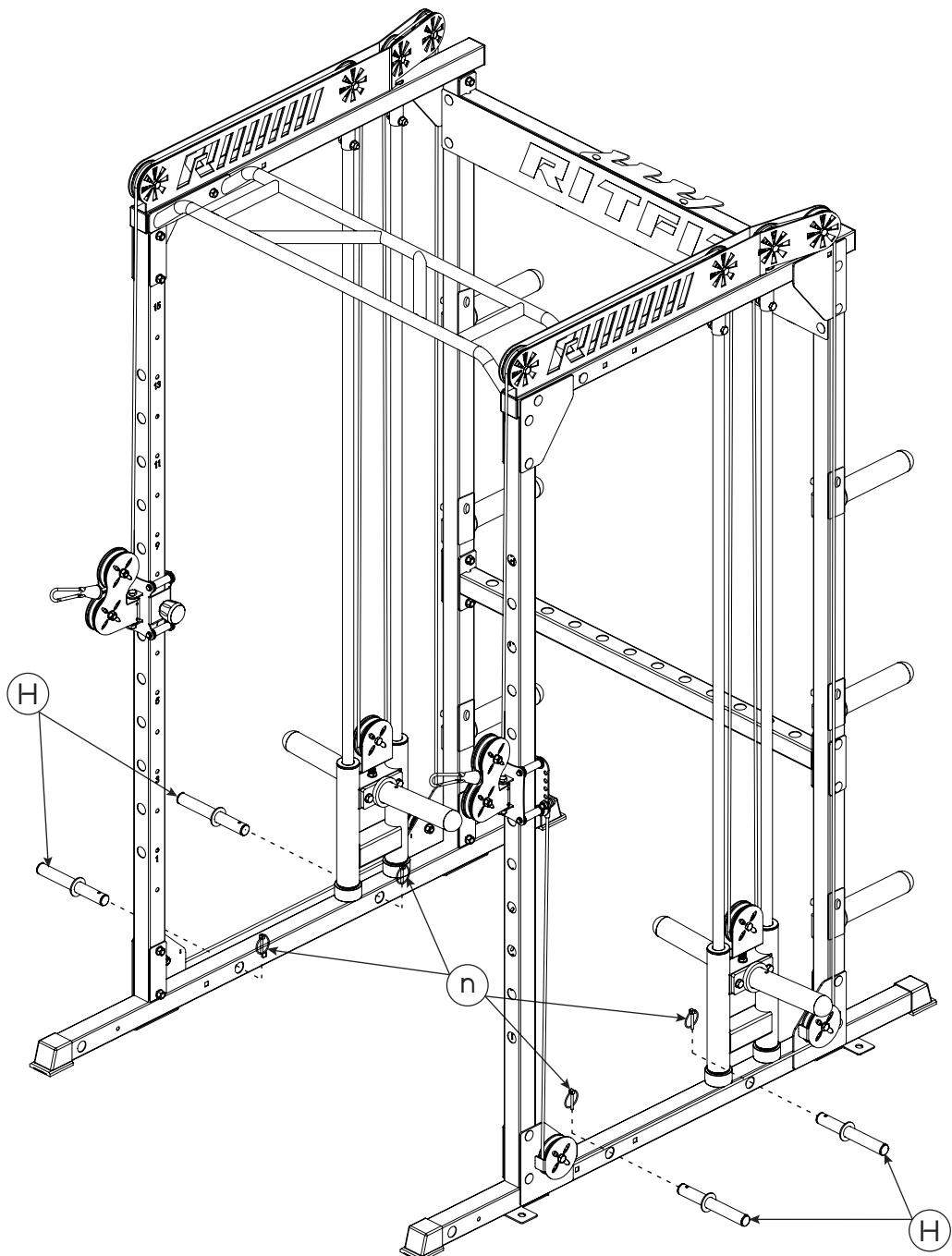
\* NOTE: Use the 4mm Allen Key to assemble or disassemble the screw of the plate holder.

\* 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 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
H	Quick Release Band Peg	4
n	M5x40 Ring Bolt	4

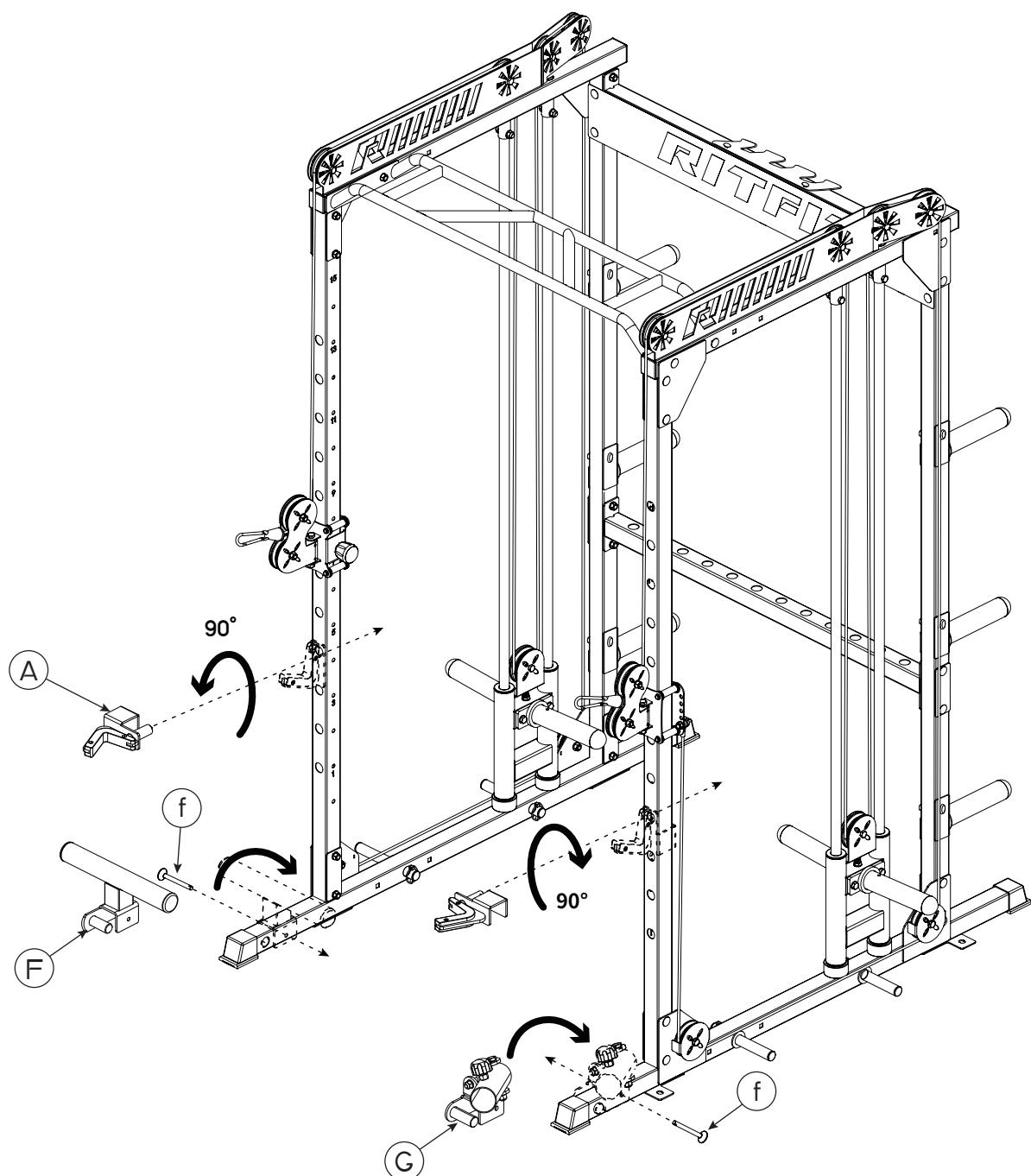


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 11 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
A	J-Hooks Set	1
F	Low Row Foot Tube	1
G	Quick Release Landmine	1
f	M10x90 Dowel Pin	2

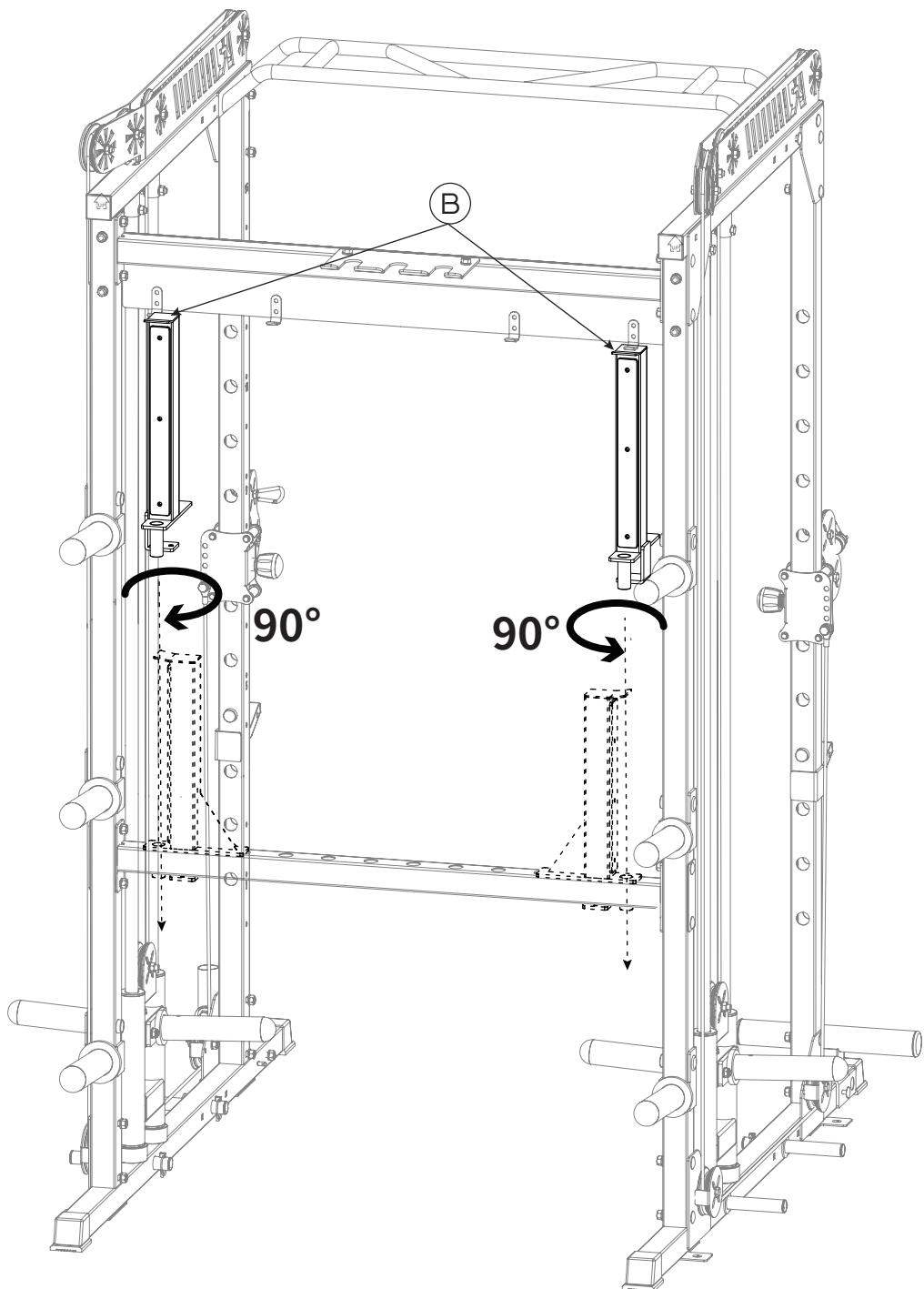


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

## ASSEMBLY AND ADJUSTMENT

### STEP 12 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
B	Safety Arms Set	1

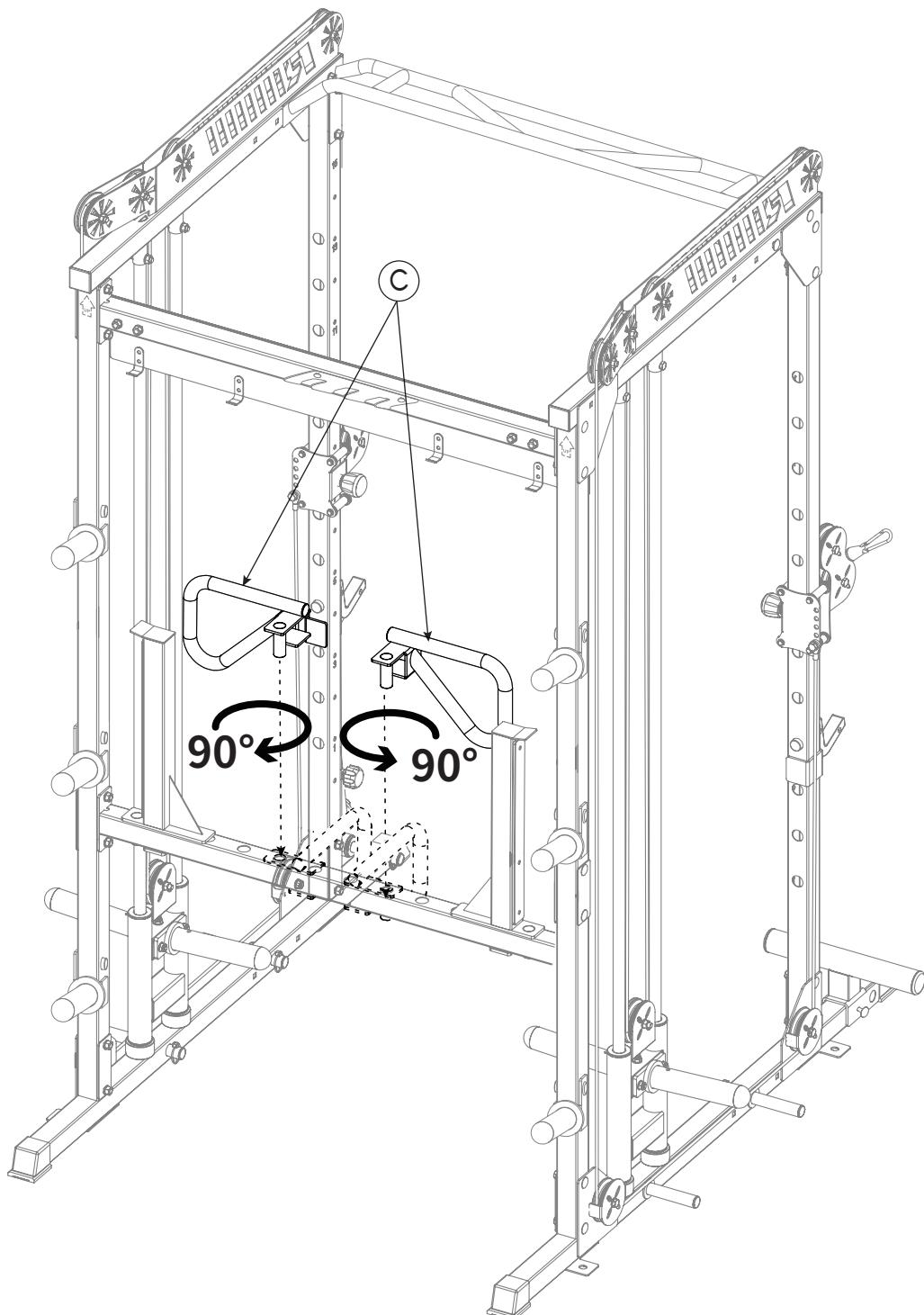


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upward.

## ASSEMBLY AND ADJUSTMENT

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

NO.	DESCRIPTION	QUANTITY
C	Dip Handles Set	1

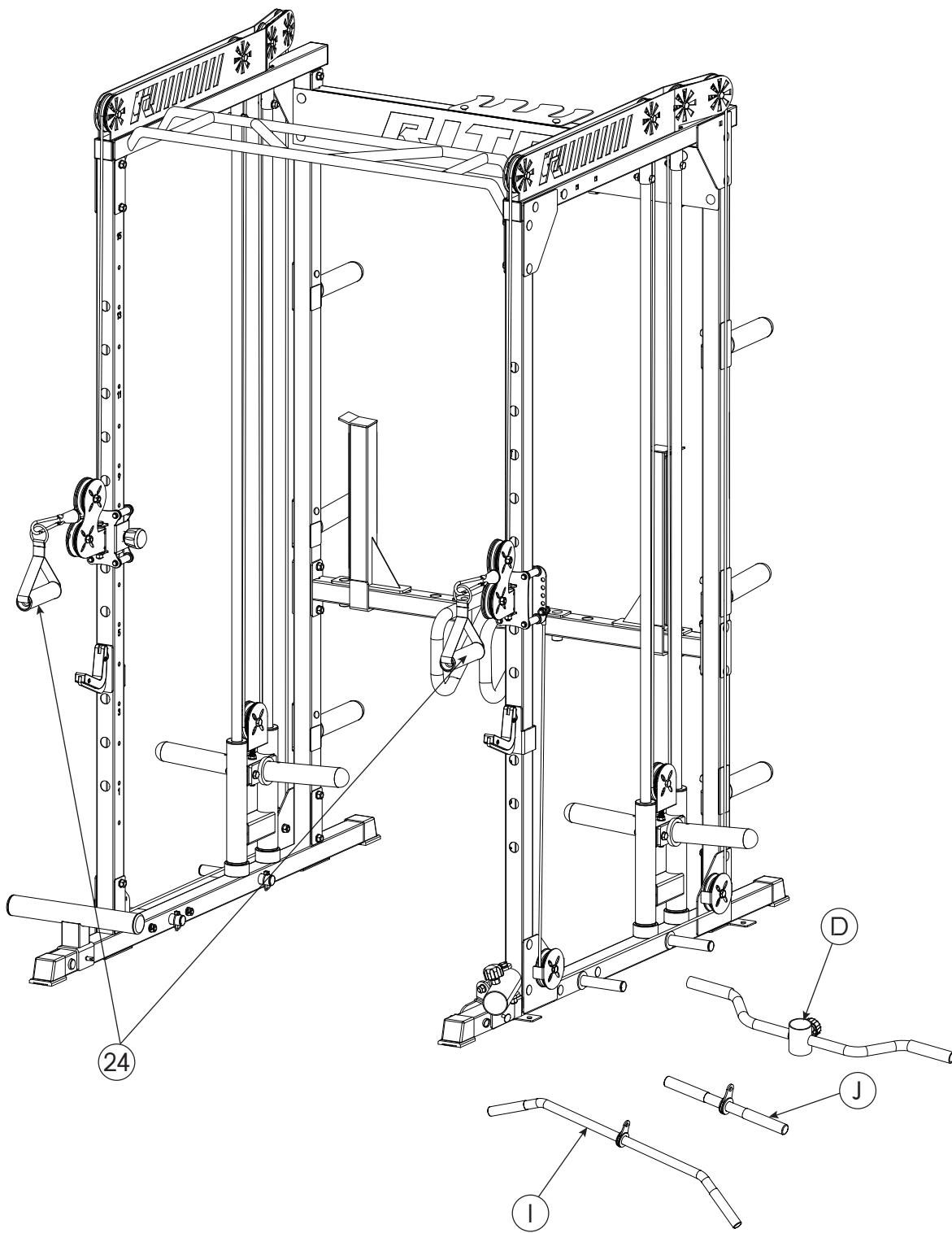


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

# ASSEMBLY AND ADJUSTMENT

## STEP 14 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
D	Landmine Bar	1
I	Lat Bar	1
J	Low Row Bar	1
24	Pulley Handle	2

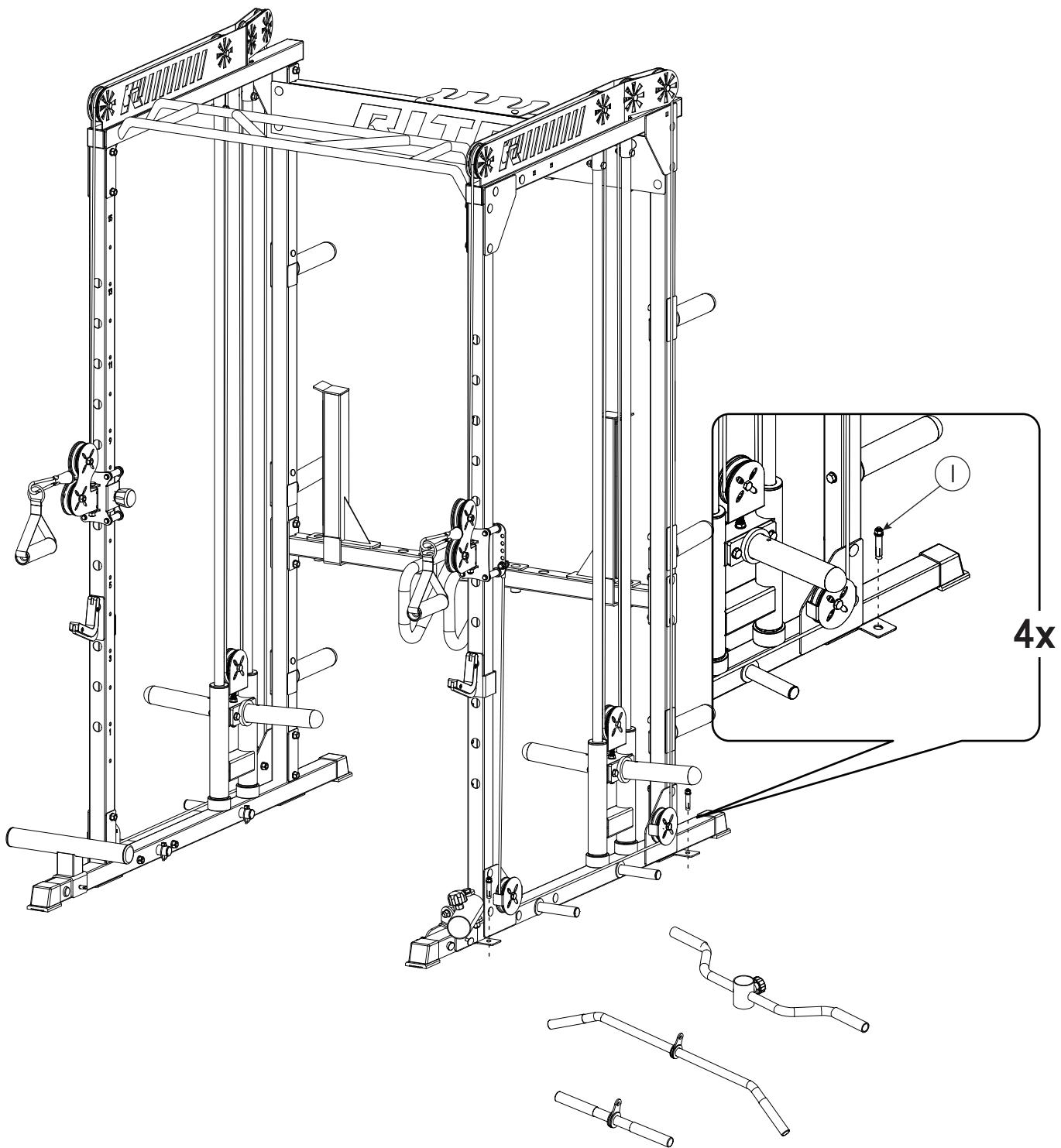


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

## ASSEMBLY AND ADJUSTMENT

### STEP 15 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
1	M10 Expansion Bolt	4

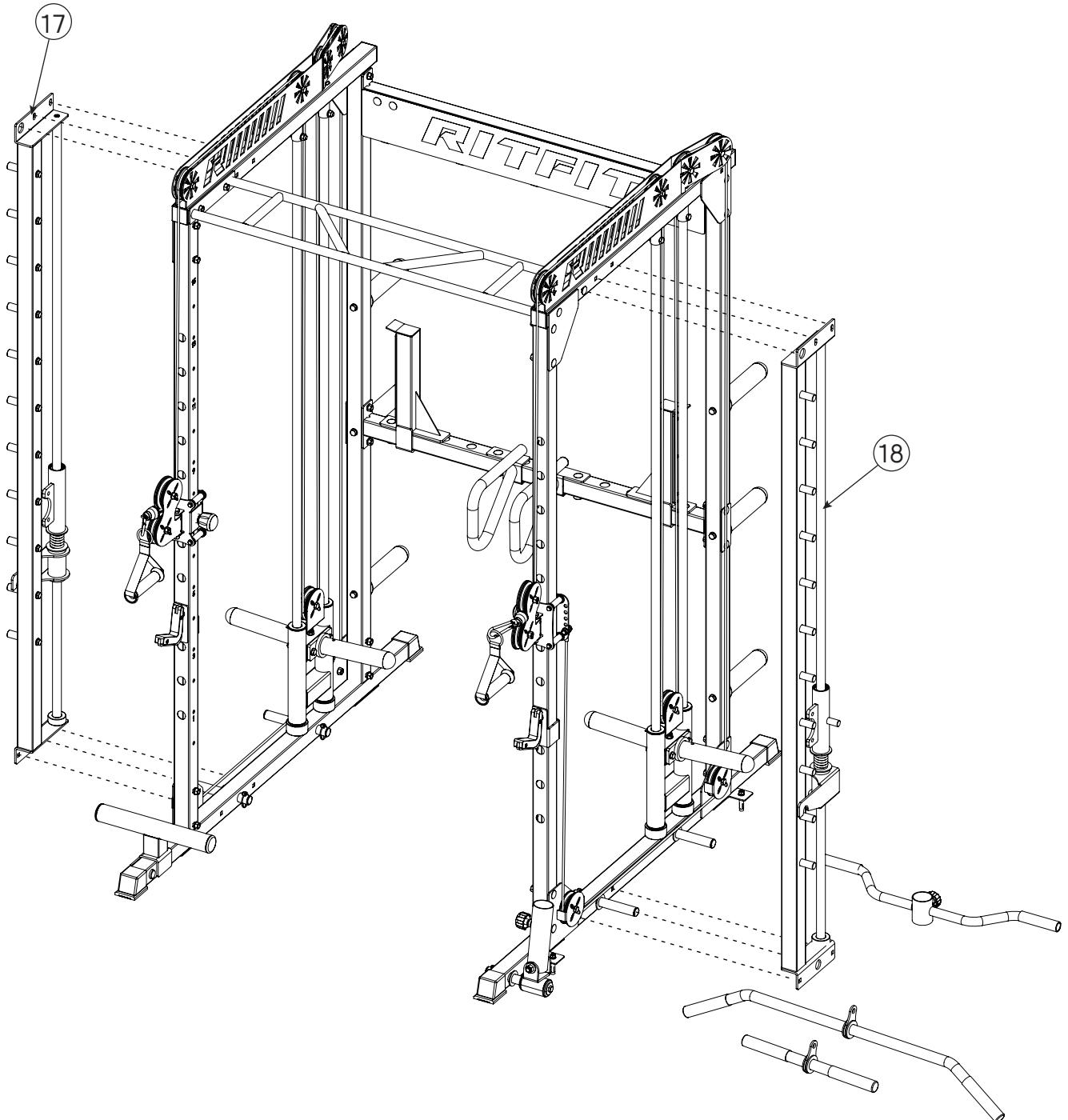


\* NOTE: Don't tighten all the bolts until you finishing all the assembling steps of the main frame, otherwise the rack may be unbalanced or upwarp.

## ASSEMBLY AND ADJUSTMENT

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

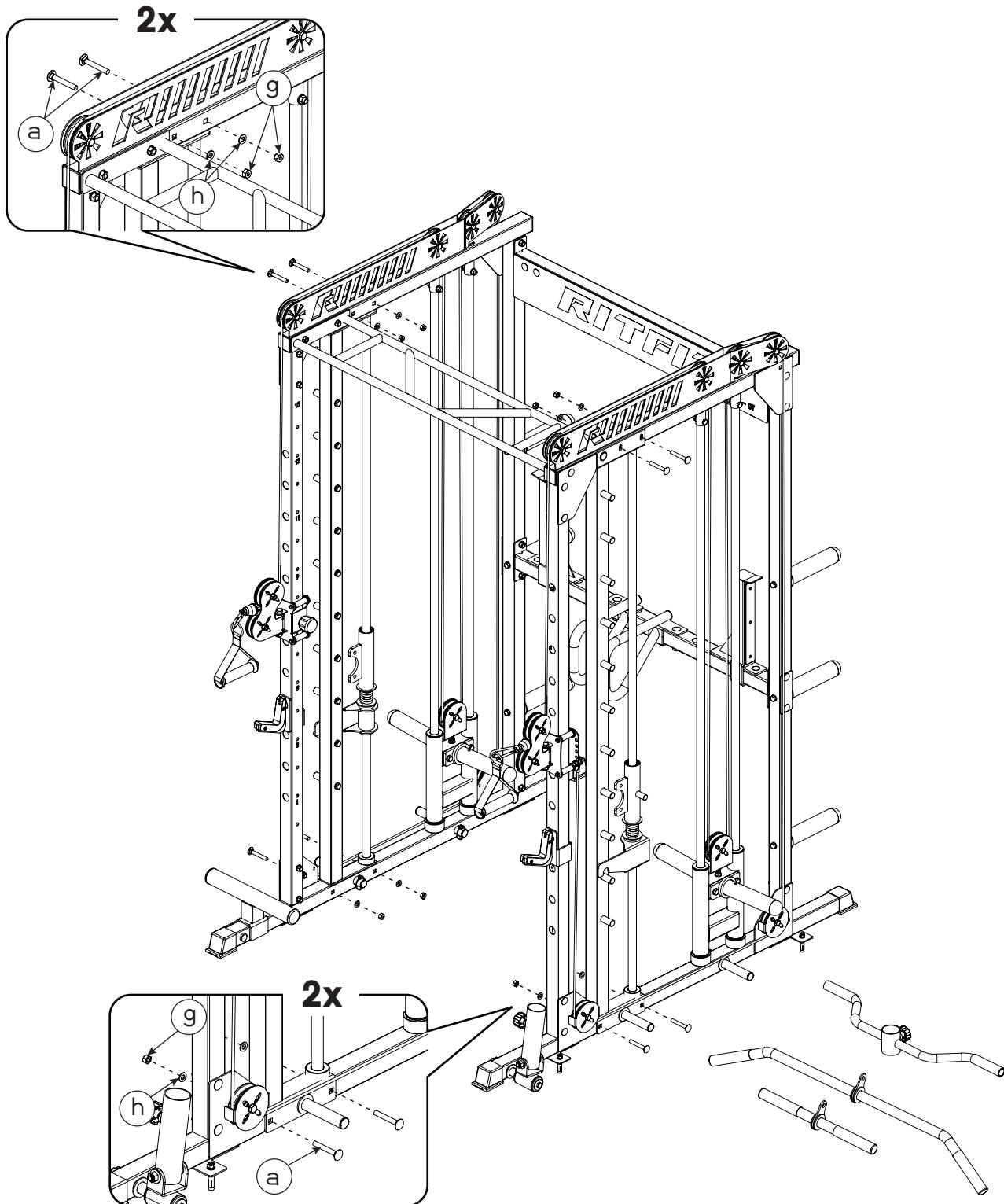
NO.	DESCRIPTION	QUANTITY
17	Left Smith Frame	1
18	Right Smith Frame	1



# ASSEMBLY AND ADJUSTMENT

## STEP 17 (Two People Are Required.)

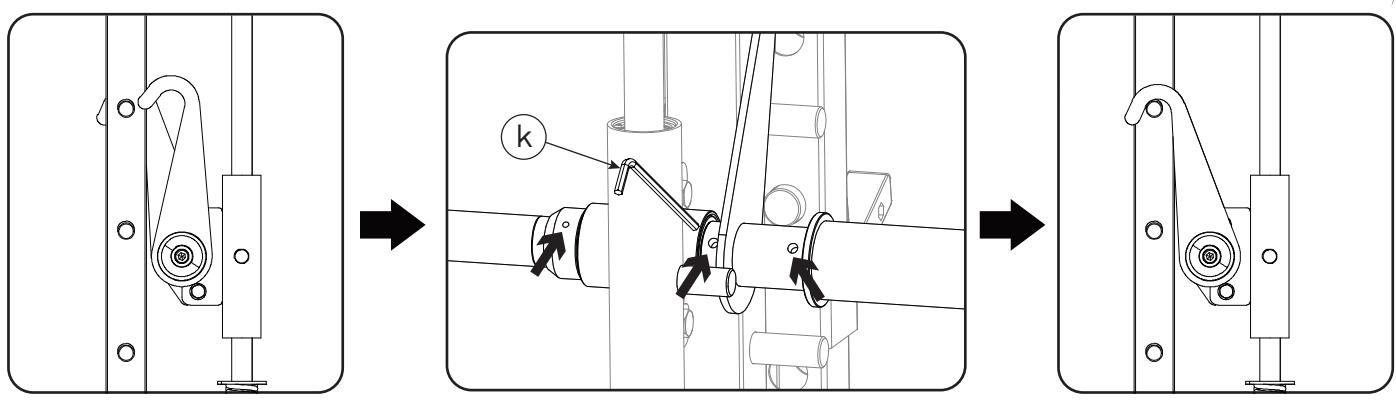
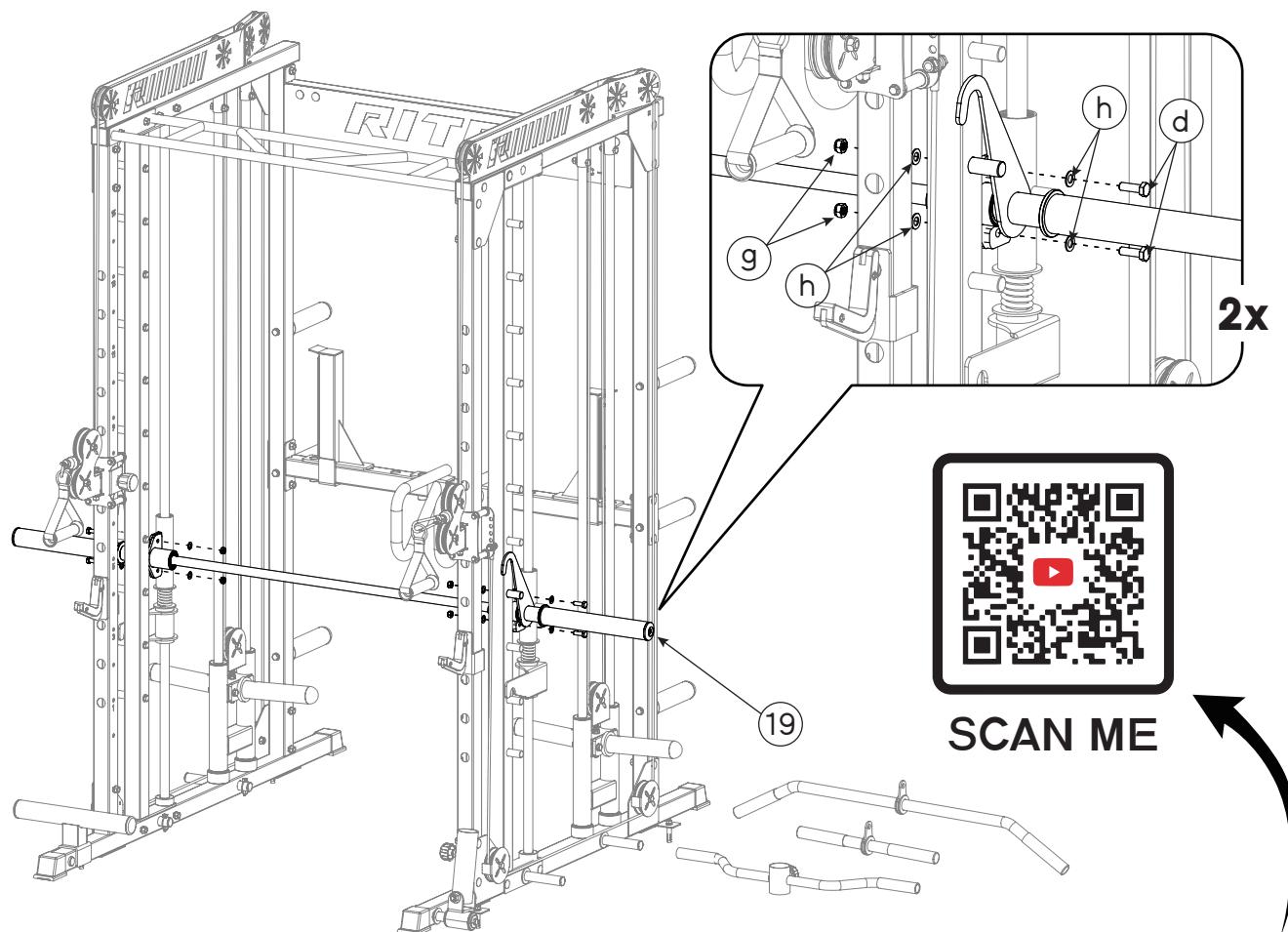
NO.	DESCRIPTION	QUANTITY
a	M10x70 Square Neck Bolt	8
g	M10 Nut	8
h	M10 Washer	8



# ASSEMBLY AND ADJUSTMENT

## STEP 18 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
19	Smith Barbell	1
d	M10x30 Hex Bolt	4
g	M10 Nut	4
h	M10 Washer	8
k	4mm Hex Key	1

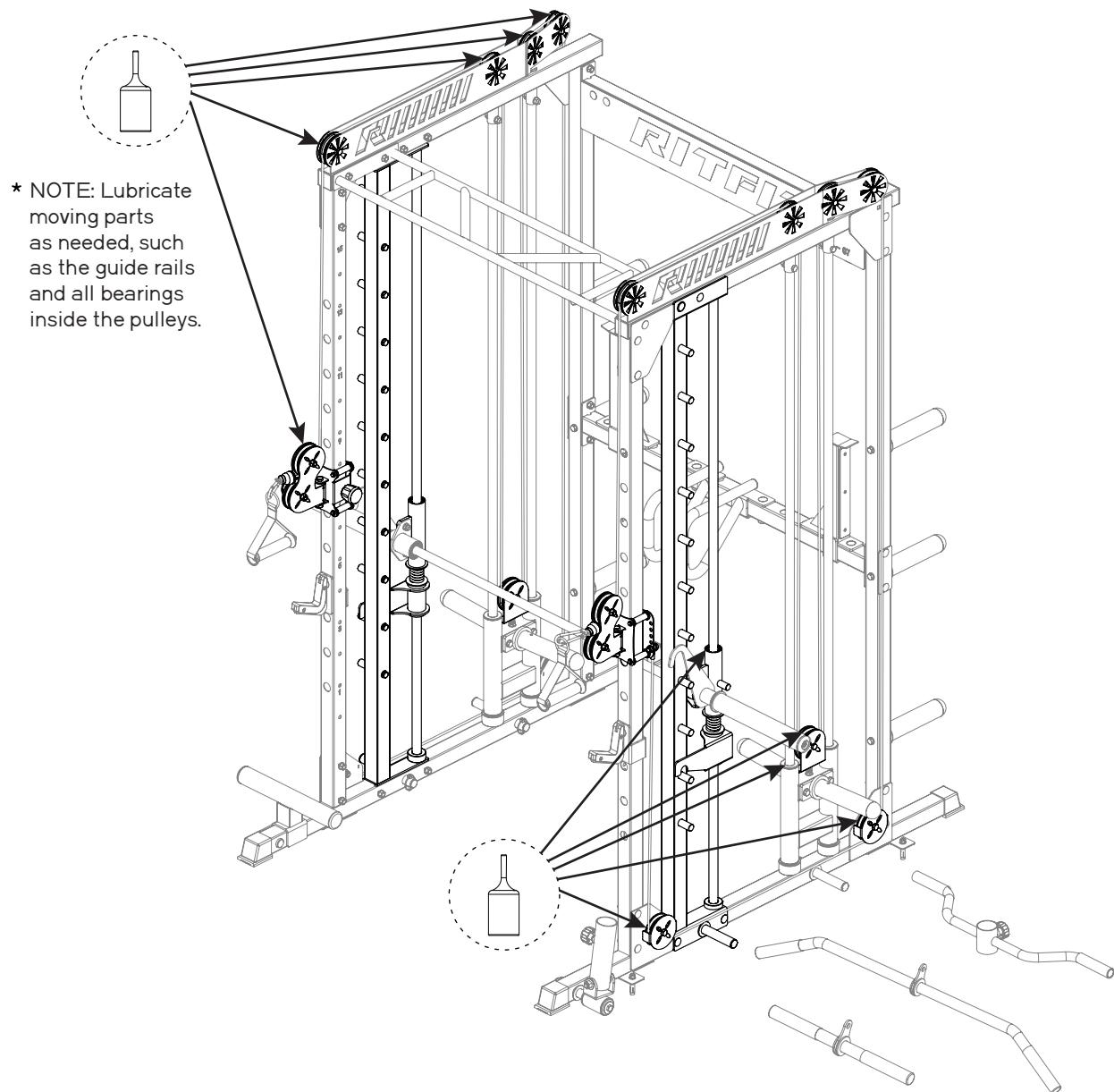


\* Note: Sometimes you may find it difficult attaching the Smith machine hooks to the uprights (picture 1), you can use the 4mm Allen Key to assemble or disassemble the screw of the Smith Barbell (picture 2), and the correct hook configuration is shown in the right-side diagram (picture 3).

# ASSEMBLY AND ADJUSTMENT

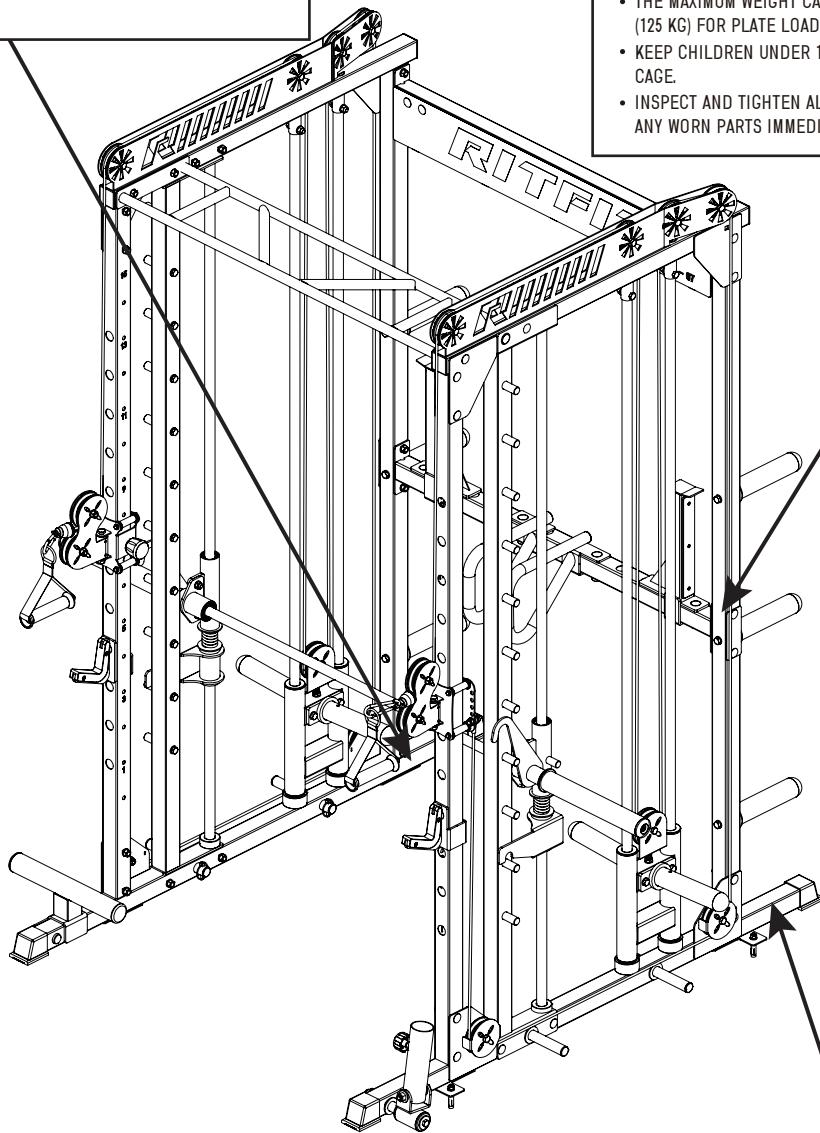
## STEP 19 (Two People Are Required.)

NO.	DESCRIPTION	QUANTITY
m	Lubricating Oil	1



**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**

- THE MAXIMUM WEIGHT CAPACITY SHALL NOT EXCEED 275 LBS (125 KG) FOR PLATE LOADING.
- KEEP CHILDREN UNDER 13 AND PETS AWAY FROM THIS POWER CAGE.
- INSPECT AND TIGHTEN ALL PARTS EACH TIME AND REPLACE ANY WORN PARTS IMMEDIATELY.

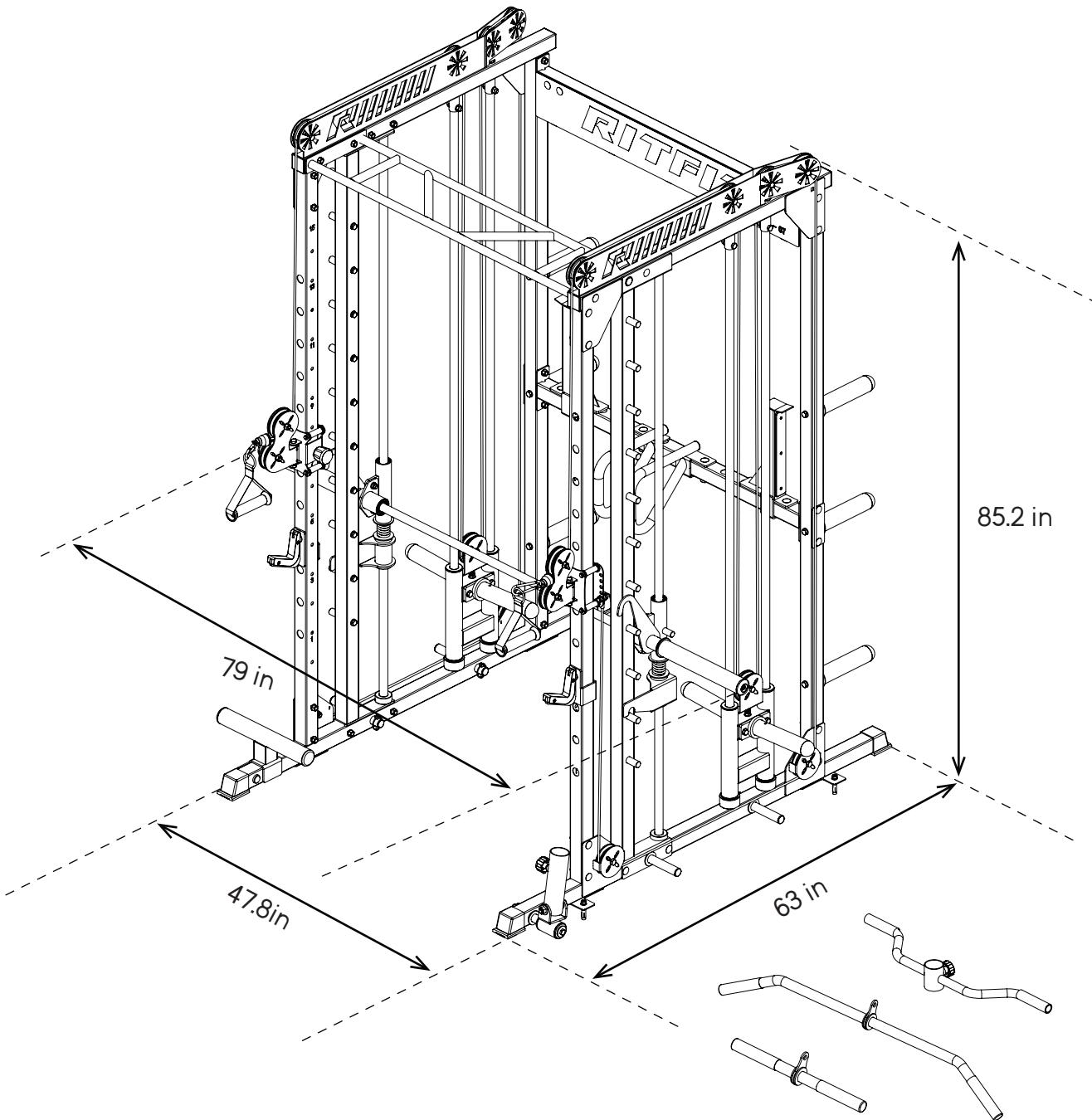
**RITFIT**  **WARNING**

- 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](mailto:support@ritfitsports.com)

Dear RitFit Customers, Thank you so much for choosing RitFit Power Cage with Cable Crossover! 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!

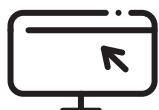
# Congratulations!

**You have assembled the Power Cage with Cable Crossover!  
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



[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**



Join the RitFit Sports Community!



**1** Get Exclusive New Product Updates

**2** Share & Learn More Training Tips

**3** Showcase Your Home Gym Pride!!!