

RITKEEP



The PMAX-4750 includes 5 packages, please confirm before installation

PMAX-4750



E-mail:

aftersale@ritkeeps.com



Whatsapp:

+1(562)669-8978



Installation Video

SERVICE

For the best service, please have the following information ready when requesting service:

- **Buyer Full Name**
- **Order Number**
- **Part Number**
- **Part Picture**
- **Model Number**
- **Phone Number**

If you have any questions, receive a damaged part, or need additional service support, please contact our customer service department via the following methods:

Please contact us:

Email: aftersale@ritkeeps.com

WhatsApp: +1 (562) 669-8978

Response Time: 24 Hours

Contact us with the information above will be the best method to receive a response.

Business Hours:

Monday-Friday 9:00-17:00(EST)

Visit Website:

www.ritkeeps.com



GUIDELINES

Before using this equipment, it is highly recommended that you consult your physician to determine if this fitness equipment is suitable for you. Please exercise caution if you have any of the following conditions or diseases:

- **Heart Disorders**
- **Recent Stroke or Transient Ischemic Attack**
- **Extreme Obesity**
- **Pregnancy**
- **Bone Weaknesses**
- **Spinal Injury**
- **High Blood Pressure or Hypertension**
- **Hiatus Hernia or Ventral Hernia**
- **In a State of Intoxication or Fatigue**
- **Other diseases that are NOT recommended by doctors for exercise**

This equipment is designed for home and consumer use only, not for commercial use.

Please read all instructions carefully before assembling or operating this product.

This workout equipment is designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, note the following safety instructions:

1. The installation is very easy, two people are recommended for the installation of this product.
2. If you feel dizzy, or other abnormal sensations at any time while operating this device, please stop using the product or exercise and contact your physician as soon as possible.
3. Make sure your equipment is correctly assembled before you use it. Be sure all the screws, nuts, and bolts are tightened before use.
4. If this equipment or parts are damaged, do not use it again to exercise.
5. Please do not eat within one hour before working out.
6. This product should be placed on a flat surface when used. A mat or other covering material on the ground is recommended.
7. It is recommended to wear tight training clothes, tie your hair up, preferably in a ponytail, and remove your jewelry when using this product to avoid unexpected hazards.
8. It is recommended that novices or teenagers should be accompanied by a trainer or parents to use our products, and children under 12 years old are not recommended to use this fitness equipment.

PREPARATION

1. Tools for assembly: General tools you may need for assembling this strength equipment:

- **Electric screwdriver**
- **Wrench sets and adjustable wrenches**

2. Insert bolts into the frame as illustrated in the drawing of each of the steps.

3. With the proper assistance, the right tools, strictly following the assembly steps, and given enough time.

4. Thoroughly read each step before proceeding to assemble the parts of that step.




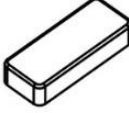

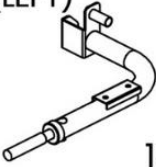
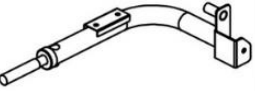
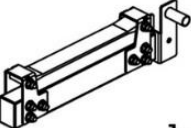
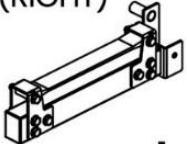



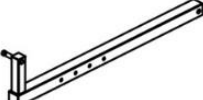

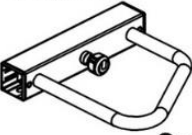




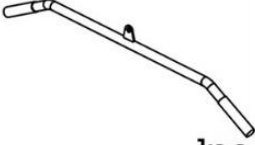
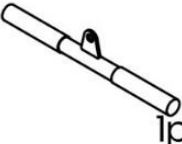







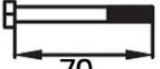
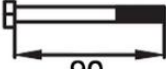


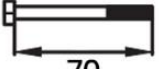


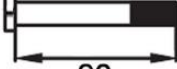
5. To help make it easier for you to assemble the device, we have noted the required hardware in each step.

6. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department.

7. Please regularly check if the screws are loose, and if they are, tighten them quickly.

PART LIST

1.BASE (LEFT)  1pc	2.BASE (RIGHT)  1pc	3.BASE (BACK)  1pc	4.LANDMINE SEAT  1pc	5.FOOTBOARD  1pc
6.BARBELL STORAGE  1pc	7.UPRIGHT (LEFT)  1pc	8.UPRIGHT (RIGHT)  1pc	9.UPRIGHT (BACK)  2pc	10.REAR MIDDLE BEAM  1pc
11.TRIANGULAR BRACE (LEFT)  2pc	12.TRIANGULAR BRACE (RIGHT)  2pc	13.FRONT TOP BEAM  1pc	14.REAR TOP BEAM  1pc	15.SIDE TOP BEAM (LEFT)  1pc
16.SIDE TOP BEAM (RIGHT)  1pc	17.SIDE MIDDLE BEAM (LEFT)  1pc	18.SIDE MIDDLE BEAM (RIGHT)  1pc	19.SMITH GUIDE ROD  2pc	20.SMITH BAR  1pc
21.SMITH FIXING SET  2pc	22.SMITH SLIDER  2pc	23.SMITH BARBELL SLEEVE  2pc	24.SMITH SAFETY CATCH (LEFT)  1pc	25.SMITH SAFETY CATCH (RIGHT)  1pc
26.LANDMINE GIMBAL  1pc	27.LANDMINE  1pc	28.Plate Holder INNER SLEEVE  6pc	29.WEIGHT GUIDE ROD  4pc	30.WEIGHT FRAME  2pc
31.WEIGHT FRAME SLEEVE  4pc	32.LOGO BOARD  2pc	33.BRACKET  2pc	34.ADJUSTABLE PEG  22pc	35.SHOCK PAD  8pc
36.PLASTIC PLATE SLEEVE  10pc	37.PULLEY SLIDER (LEFT)  1pc	38.PULLEY SLIDER (RIGHT)  1pc	39.PULLEY SWIVEL  2pc	40.WIRE ROPE  2pc

41.KNOB  2pc	42.PULLEY WHEEL  4pc	43.SPRING  2pc	44.DIP-BAR PAD  2pc	45.DIP-BAR HANDLE  2pc
46.DIP-BAR (LEFT)  1pc	47.DIP-BAR (RIGHT)  1pc	48.SAFETY BAR (LEFT)  1pc	49.SAFETY BAR (RIGHT)  1pc	50.J-HOOK (LEFT)  1pc
51.J-HOOK (RIGHT)  1pc	52.CARABINER  6pc		54.JAMMER ARM (LEFT)  1pc	55.JAMMER ARM (RIGHT)  1pc
56.JAMMER ARM HANDLE  2pc	57.JAMMER ARM SEAT (LEFT)  1pc	58.JAMMER ARM SEAT (RIGHT)  1pc	59.JAMMER ARM RUBBER PAD  2pc	60.LEG PRESS BOARD  1pc
61.LAT BAR  1pc	62.STRAIGHT BAR  1pc	63.T-BAR  1pc	64.D-HANDLE  2pc	
A.WASHER Ø10  154pc	B.WASHER Ø12  10pc		D.NUT M10  76pc	E.NUT M12  4pc
F.BOLT M10x25  25 2pc	G.BOLT M10x70  70 36pc	H.BOLT M10x90  90 26pc	I.BOLT M10x75  75 10pc	J.BOLT M12x30  30 4pc
K.BOLT M8x70  70 4pc	L.SOCKET BOLT M6x16  2pc	M.BOLT M10x45  45 4pc	N.BOLT M12x90  90 2pc	

STEP 1

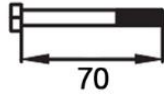
Do not tighten all bolts until all installations are complete.

A WASHER Ø10

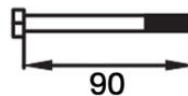
20pc

D NUT M10

10pc

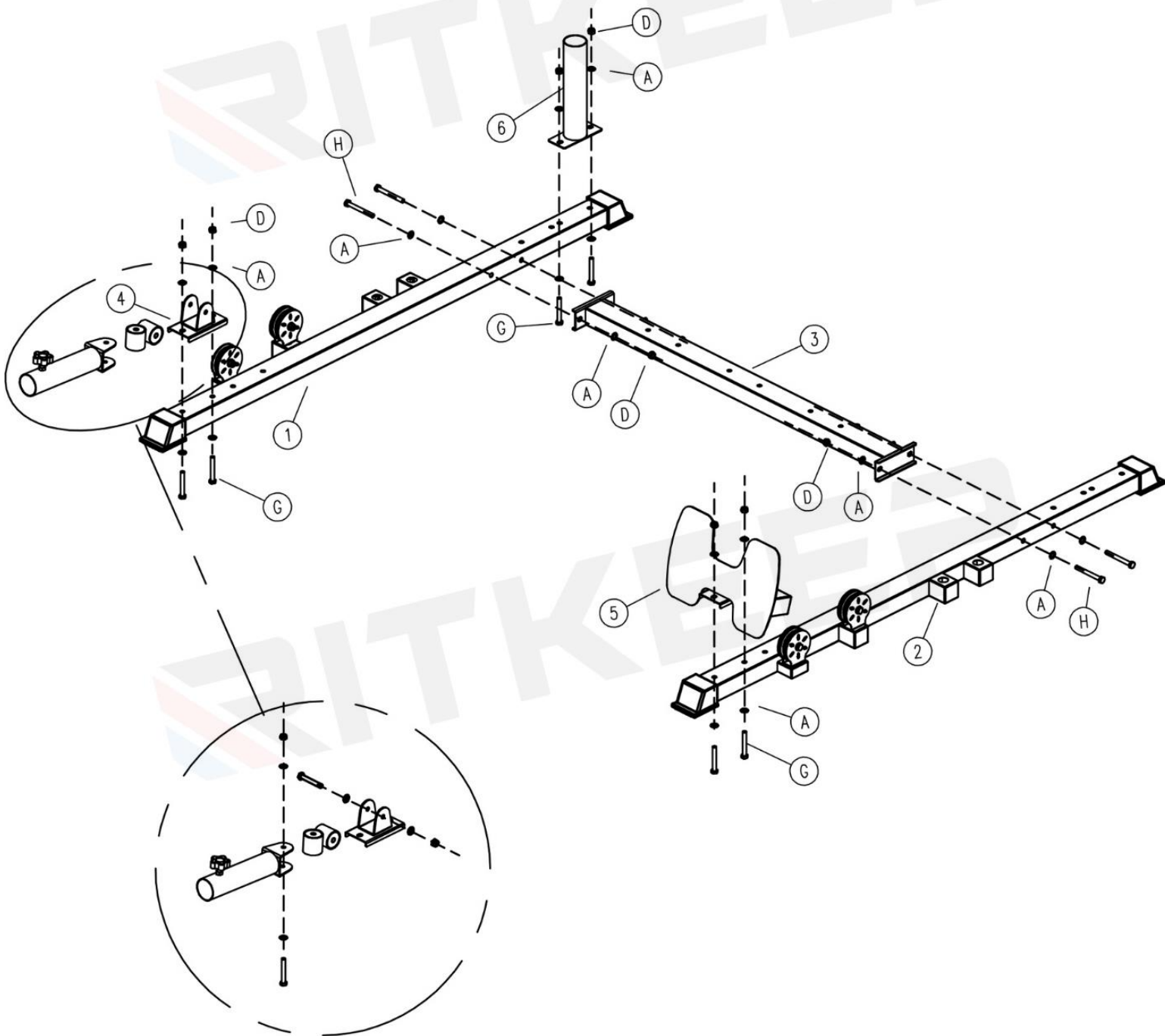
G BOLT M10x70

6pc

H BOLT M10x90



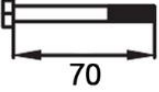
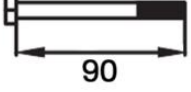
4pc

Note: Except for pre-installing the hardware you need.

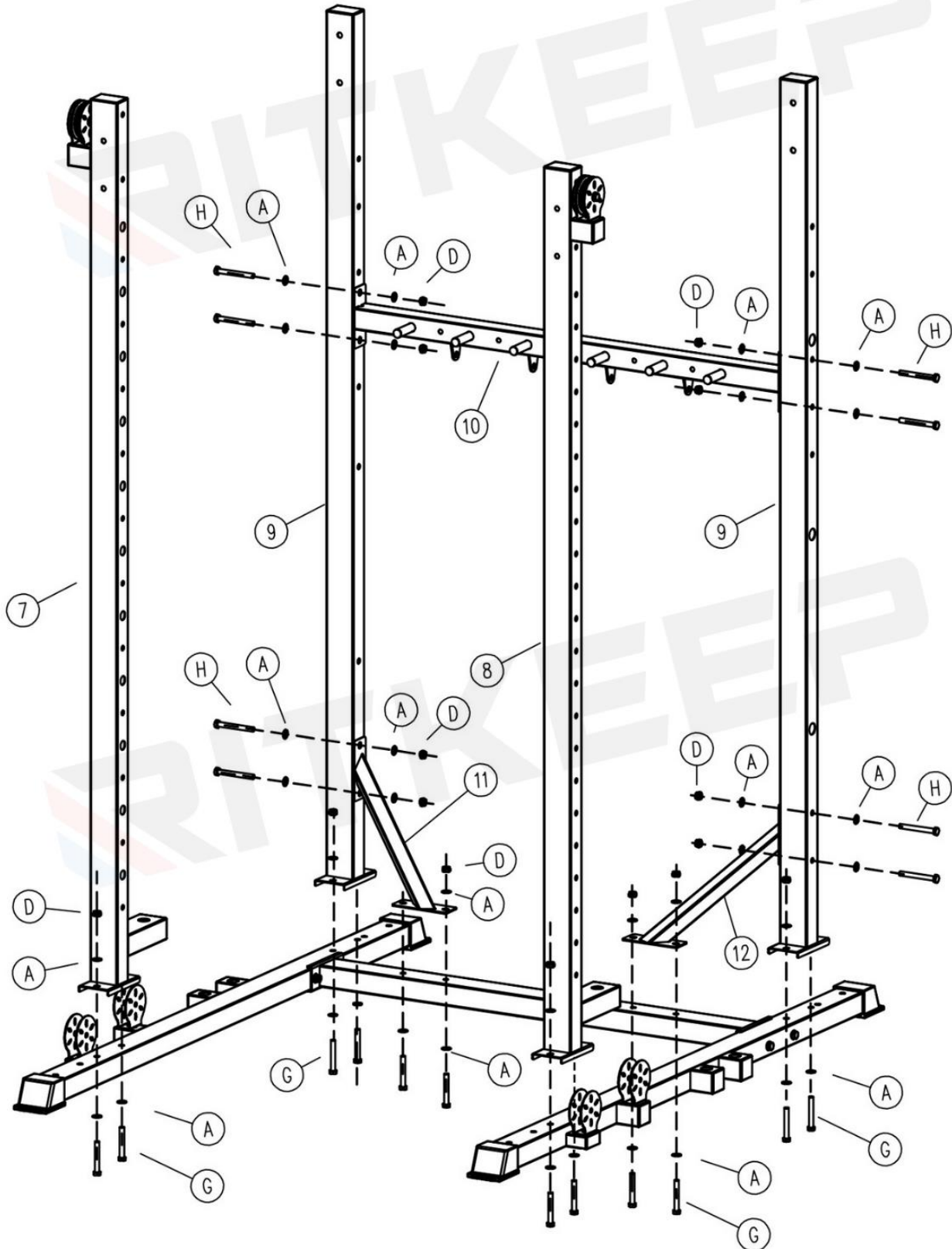


STEP 2




Do not tighten all bolts until all installations are complete.

A WASHER Ø10	D NUT M10	G BOLT M10x70	H BOLT M10x90
			
40pc	20pc	12pc	8pc

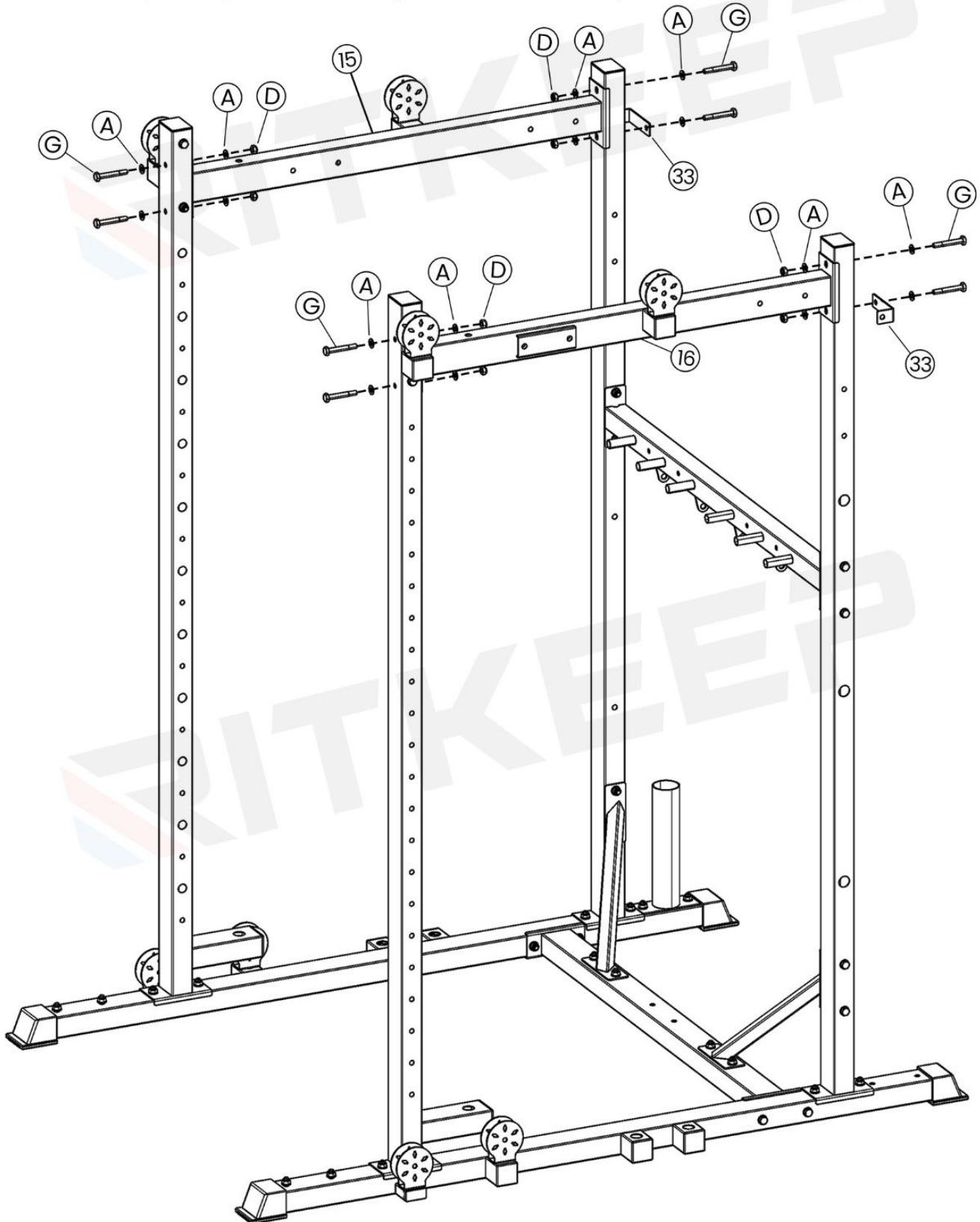
Note: Except for pre-installing the hardware you need.



STEP 3 Do not tighten all bolts until all installations are complete.



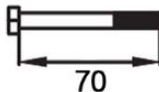
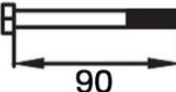
A WASHER Ø10  16pc	D NUT M10  8pc	G BOLT M10x70  8pc
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Note: Except for pre-installing the hardware you need.

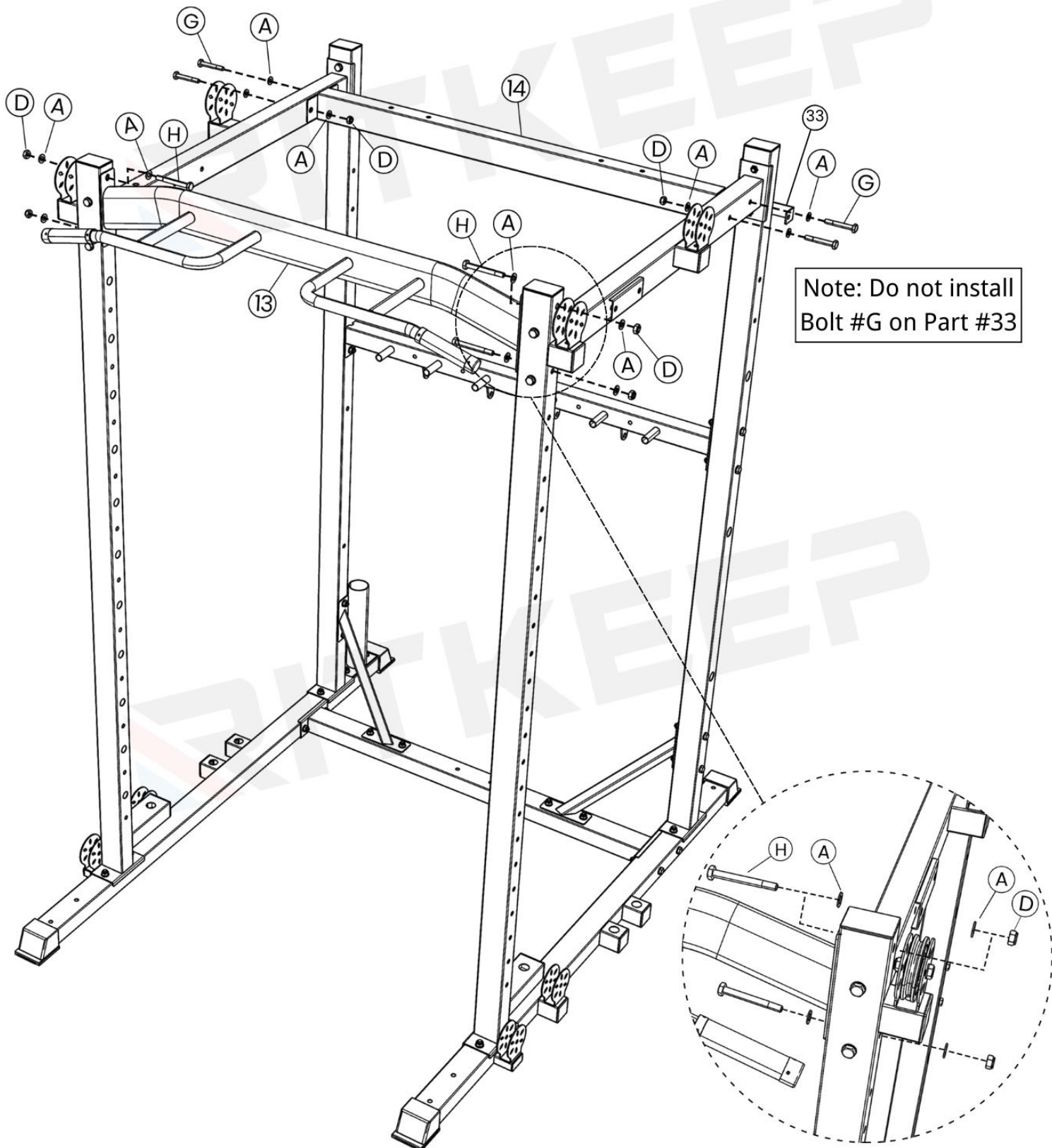


STEP 4

Do not tighten all bolts until all installations are complete.



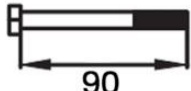

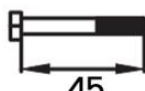
A Ø10	D NUT M10	G BLOT M10x70	H BLOT M10x90
			
16pc	8pc	4pc	4pc

Note: Except for pre-installing the hardware you need.

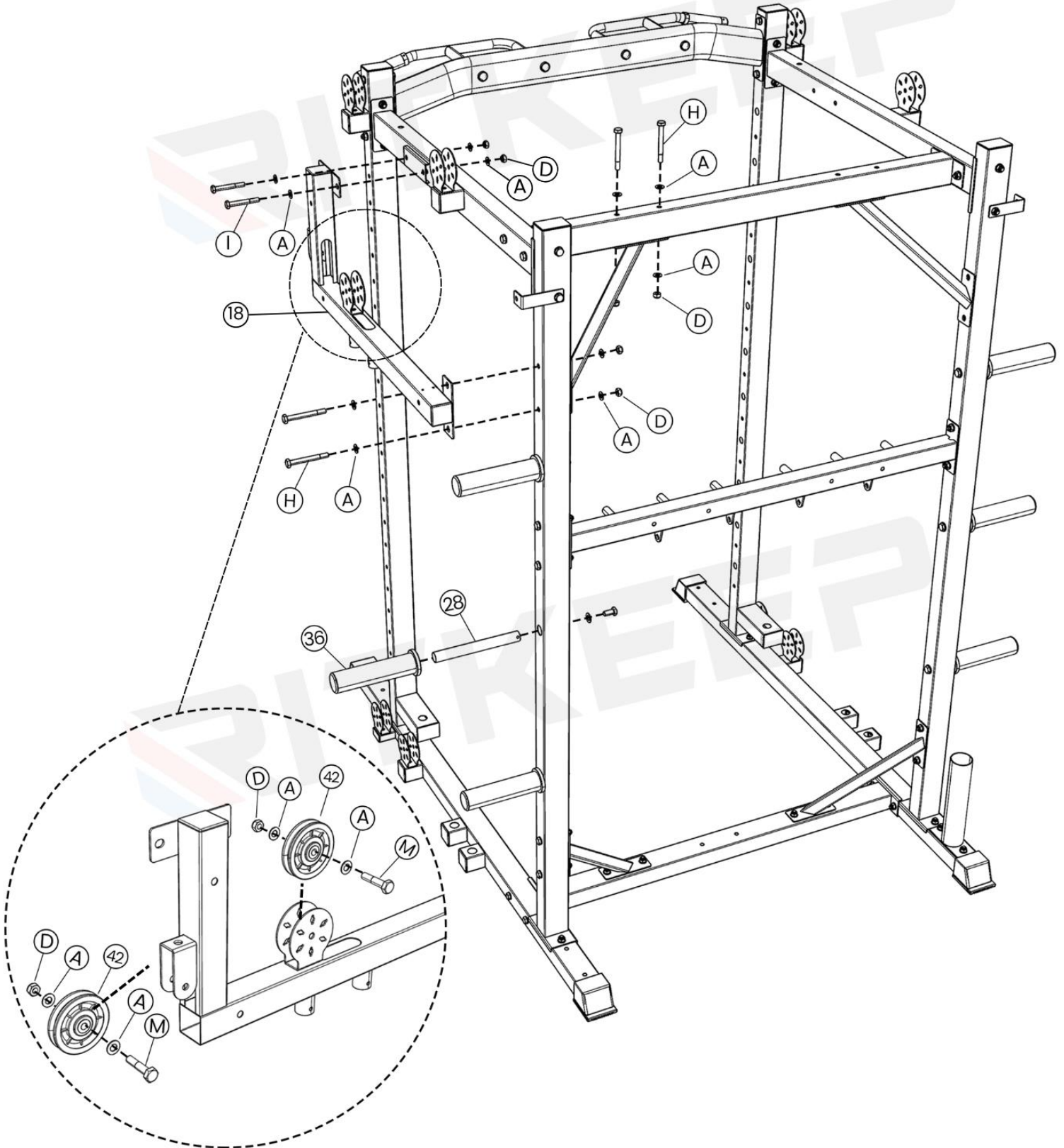


STEP 5

Do not tighten all bolts until all installations are complete.

A WASHER Ø10	D NUT M10	H BOLT M10x90	I BOLT M10x75	M BOLT M10x45
				
32pc	16pc	8pc	4pc	4pc

Note: Except for pre-installing the hardware you need.



STEP 6

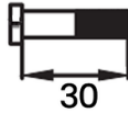
Do not tighten all bolts until all installations are complete.

B WASHER Ø12

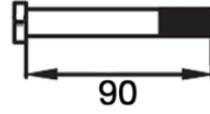
10pc

E NUT M12

4pc

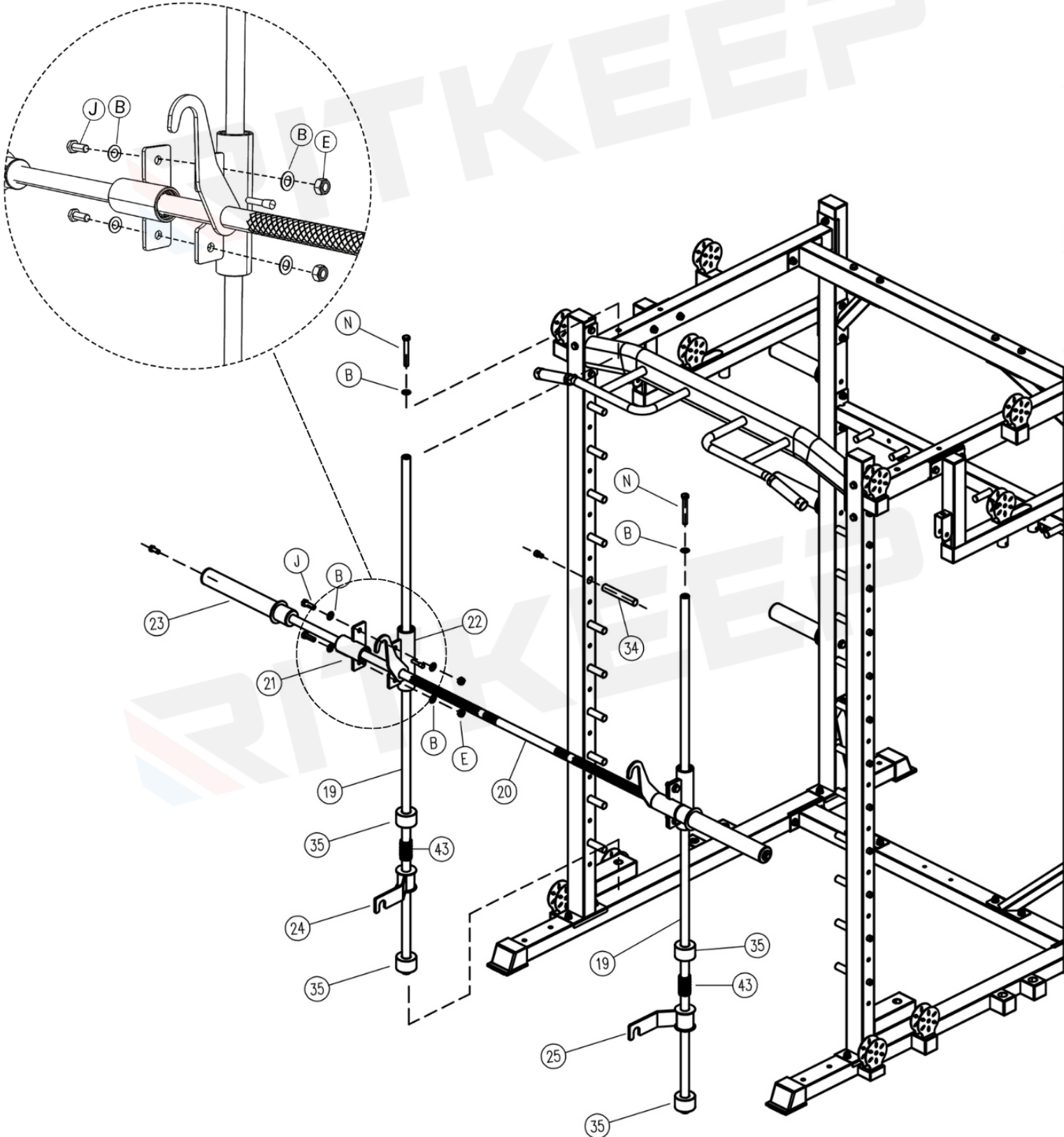
J BOLT M12x30

4pc




N BOLT M12x90

2pc

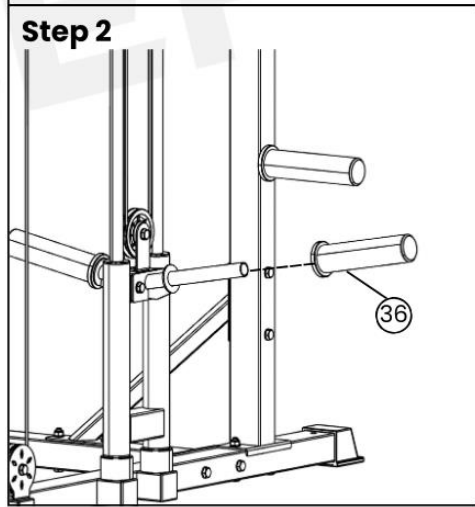
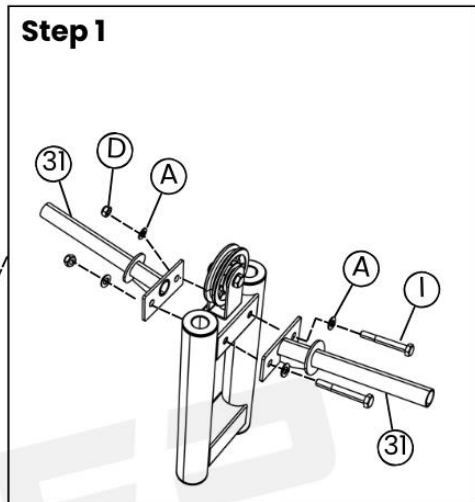
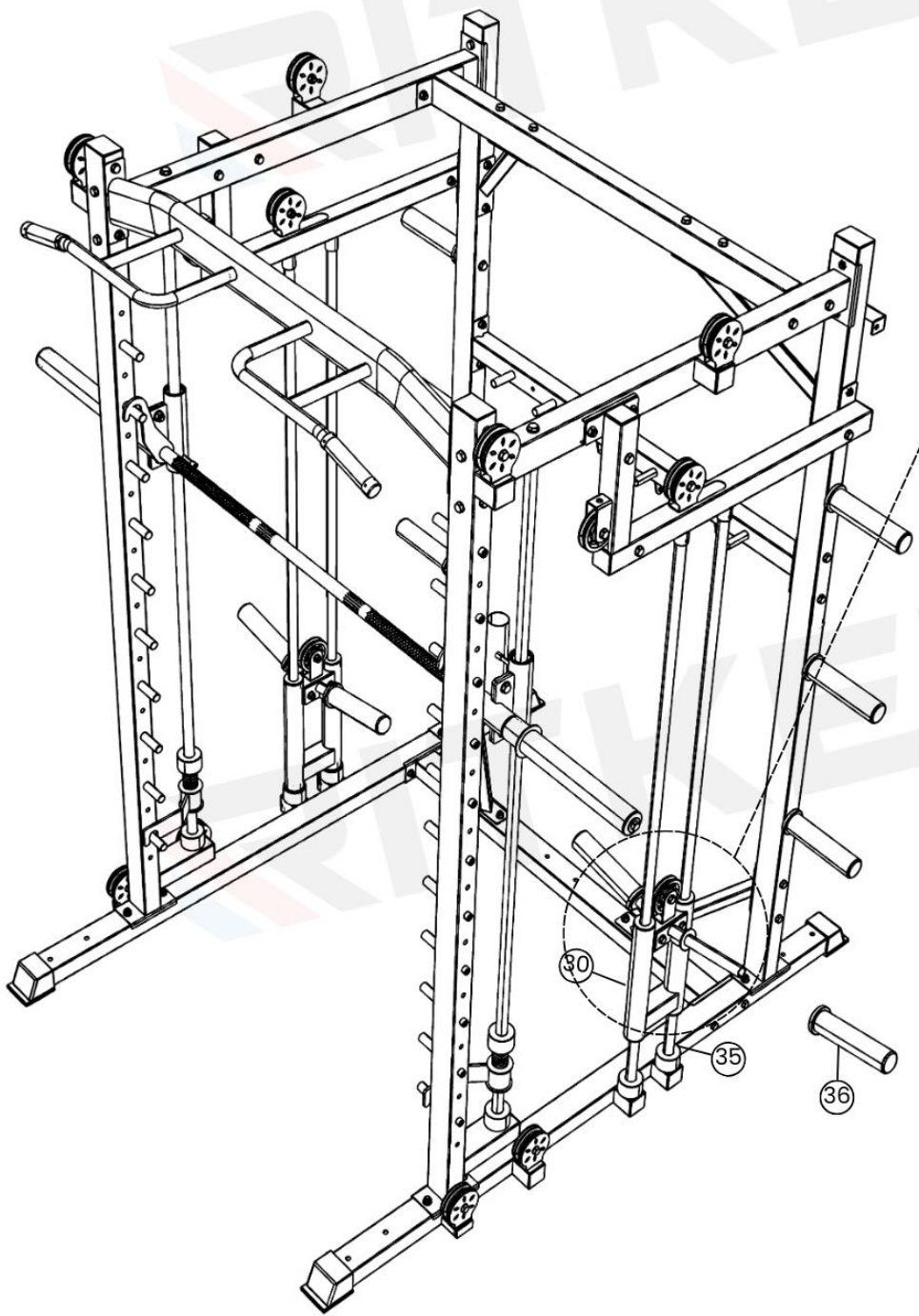
Note: Except for pre-installing the hardware you need.



STEP 7 Do not tighten all bolts until all installations are complete.

A WASHER Ø10  8pc	D NUT M10  4pc	I BOLT M10x75  4pc
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Note: Except for pre-installing the hardware you need.

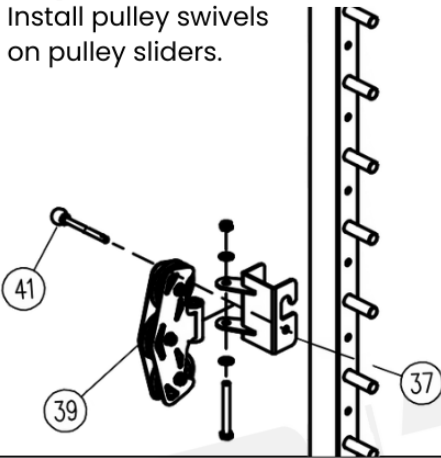


STEP 8

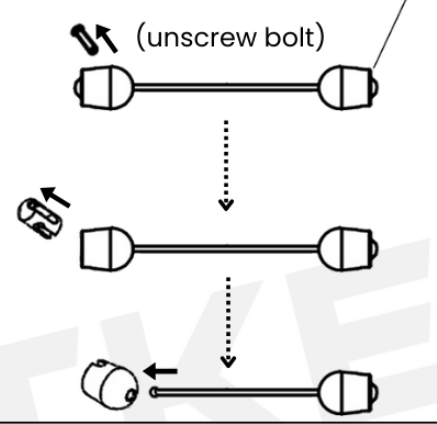
Do not tighten all bolts until all installations are complete.

Step 1

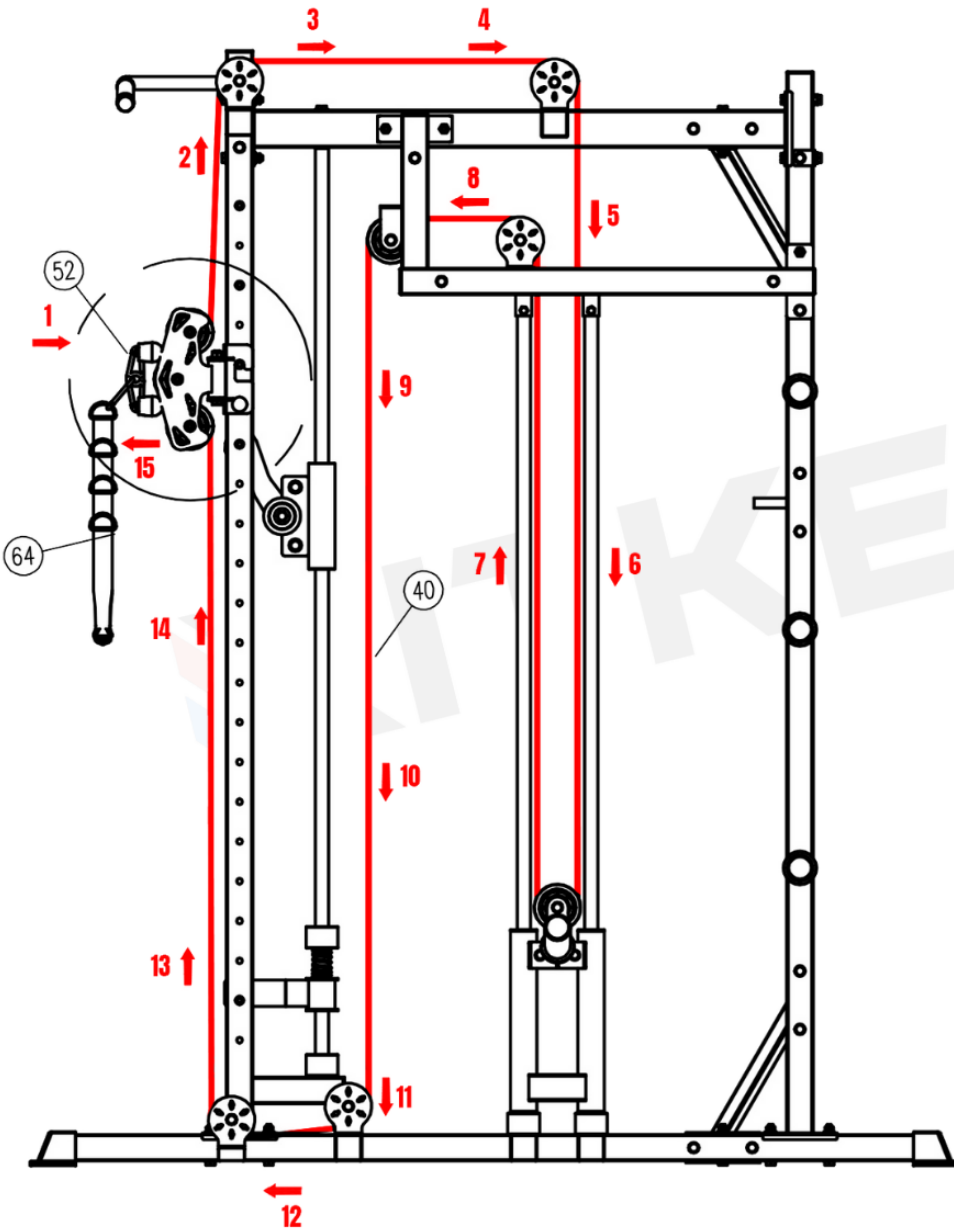
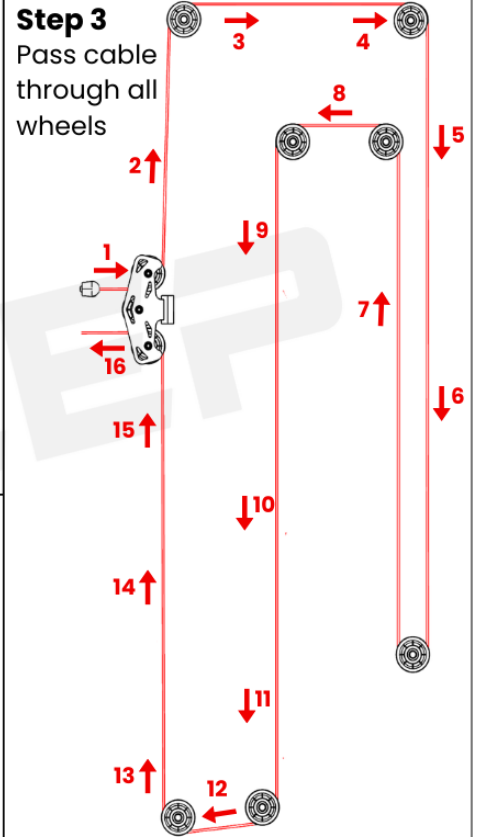
Install pulley swivels on pulley sliders.

**Step 2**

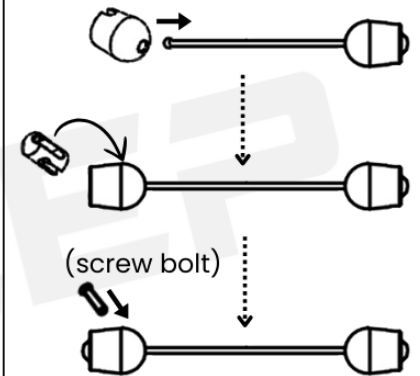
Remove one end of the cable.

**Step 3**

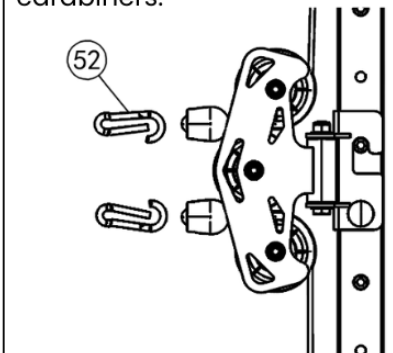
Pass cable through all wheels

**Step 4**

Install the other end of the cable



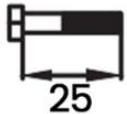

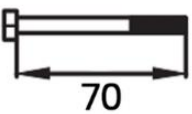
**Step 5**

Attach carabiners to the cable, then connect the handles to the carabiners.

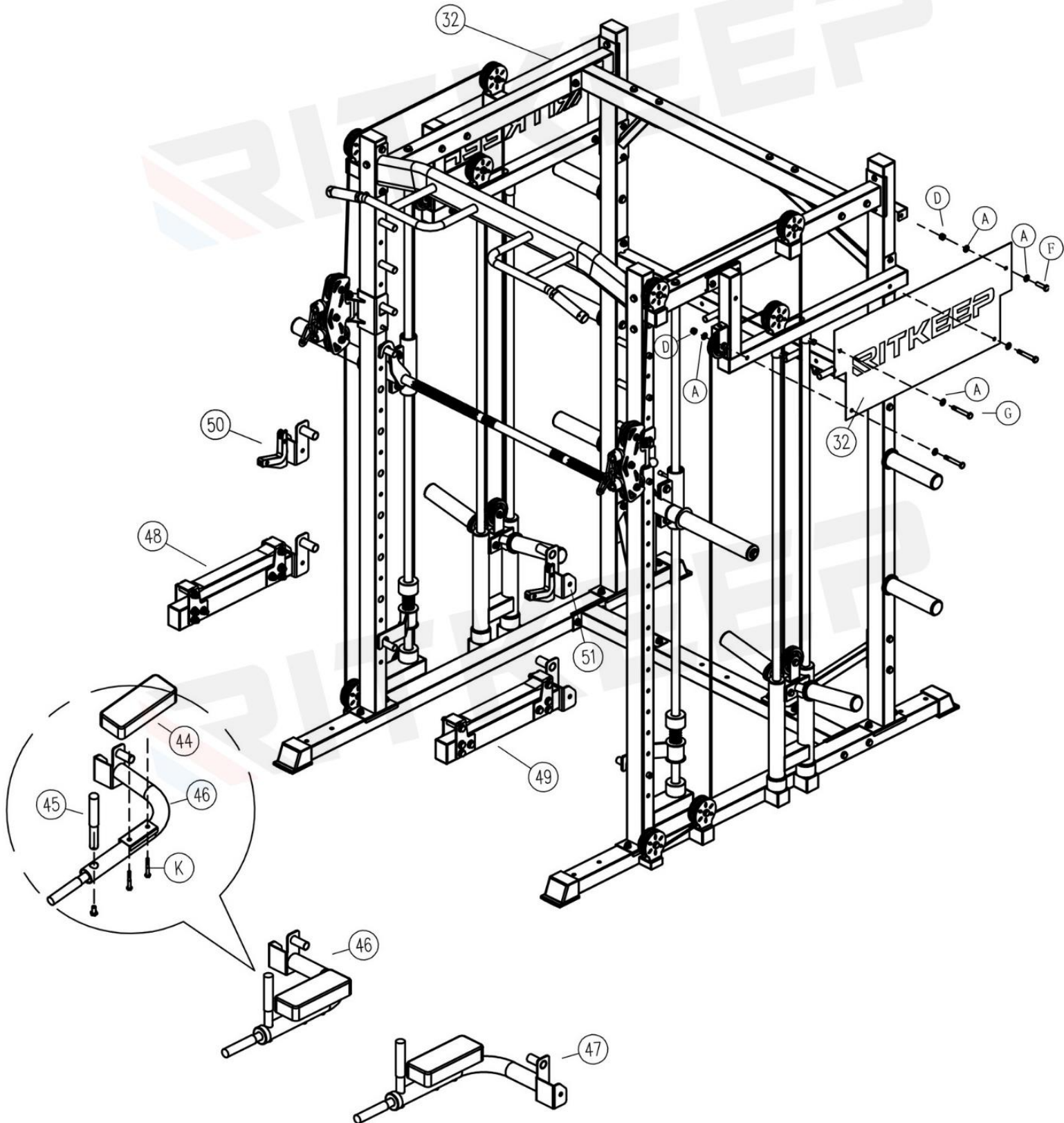


STEP 9

Do not tighten all bolts until all installations are complete.



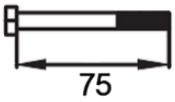
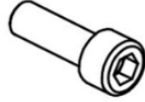
A WASHER Ø10	D NUT M10	F BOLT M10x25	G BOLT M10x70	K BOLT M8x70
				
16pc	8pc	2pc	6pc	4pc

Note: Except for pre-installing the hardware you need.

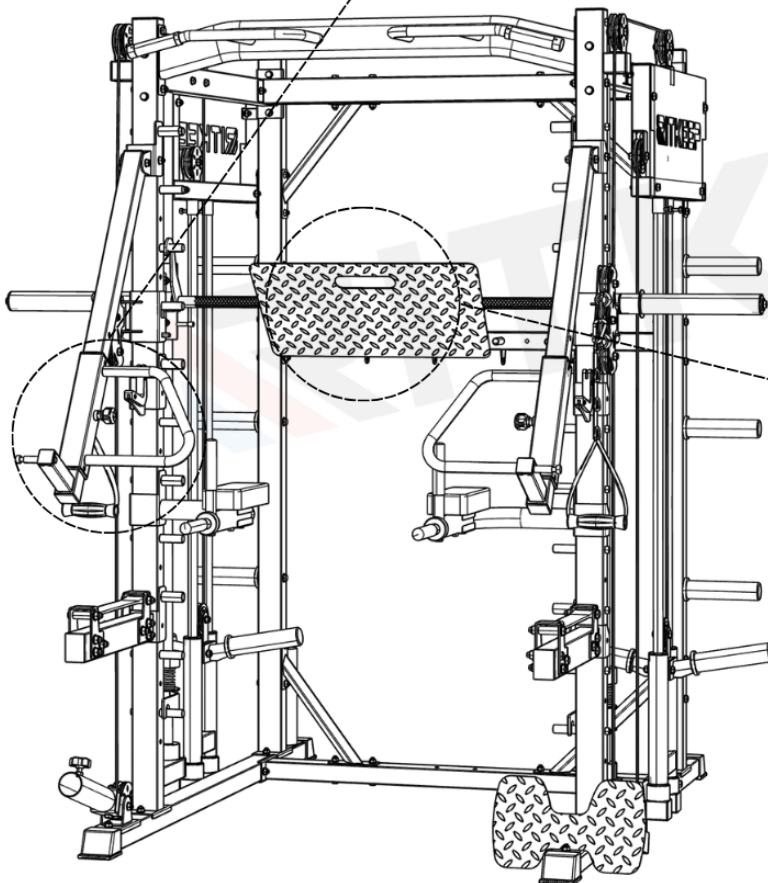
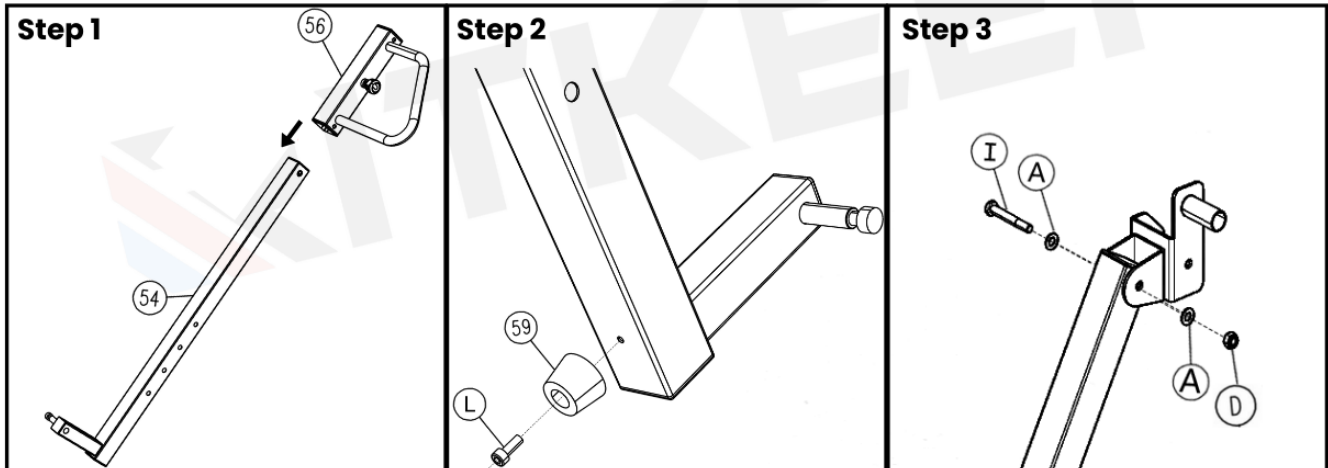


STEP 10

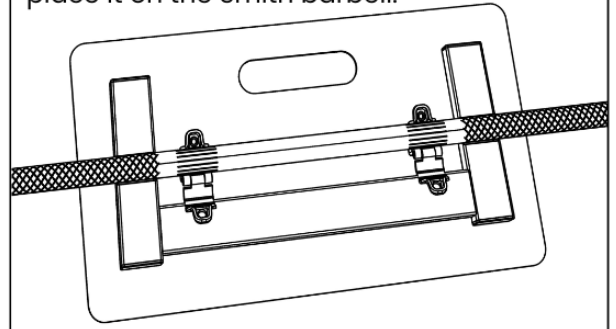
Do not tighten all bolts until all installations are complete.

A WASHER Ø10  4pc	D NUT M10  2pc	I BOLT M10x75  2pc	L SOCKET BOLT M6x16  2pc
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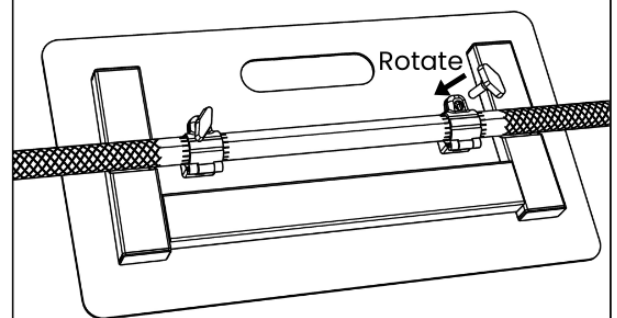
Note: Except for pre-installing the hardware you need.

Jammer Arms**Leg Press Board****Step 1**

open the leg press board buckles and place it on the Smith barbell.

**Step 2**

Close the buckles and tighten the screws.



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