

RITKEEP



The PMAX-5600 includes 8 packages, please confirm before installation

PMAX-5600



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

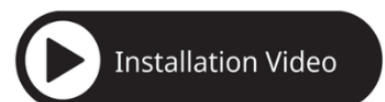
Contact us with the information above will be the best method to receive a response.

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.

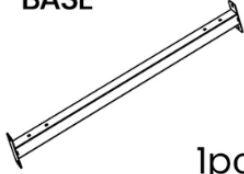
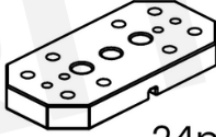

4. Thoroughly read each step before proceeding to assemble the parts of that step.







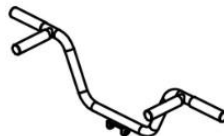







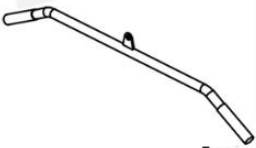
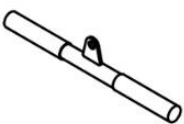








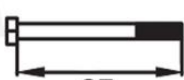



5. To help make it easier for you to assemble the device, we have noted the required hardware in each step.

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.



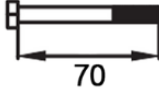
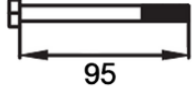
7. Please regularly check if the screws are loose, and if they are, tighten them quickly.

PART LIST

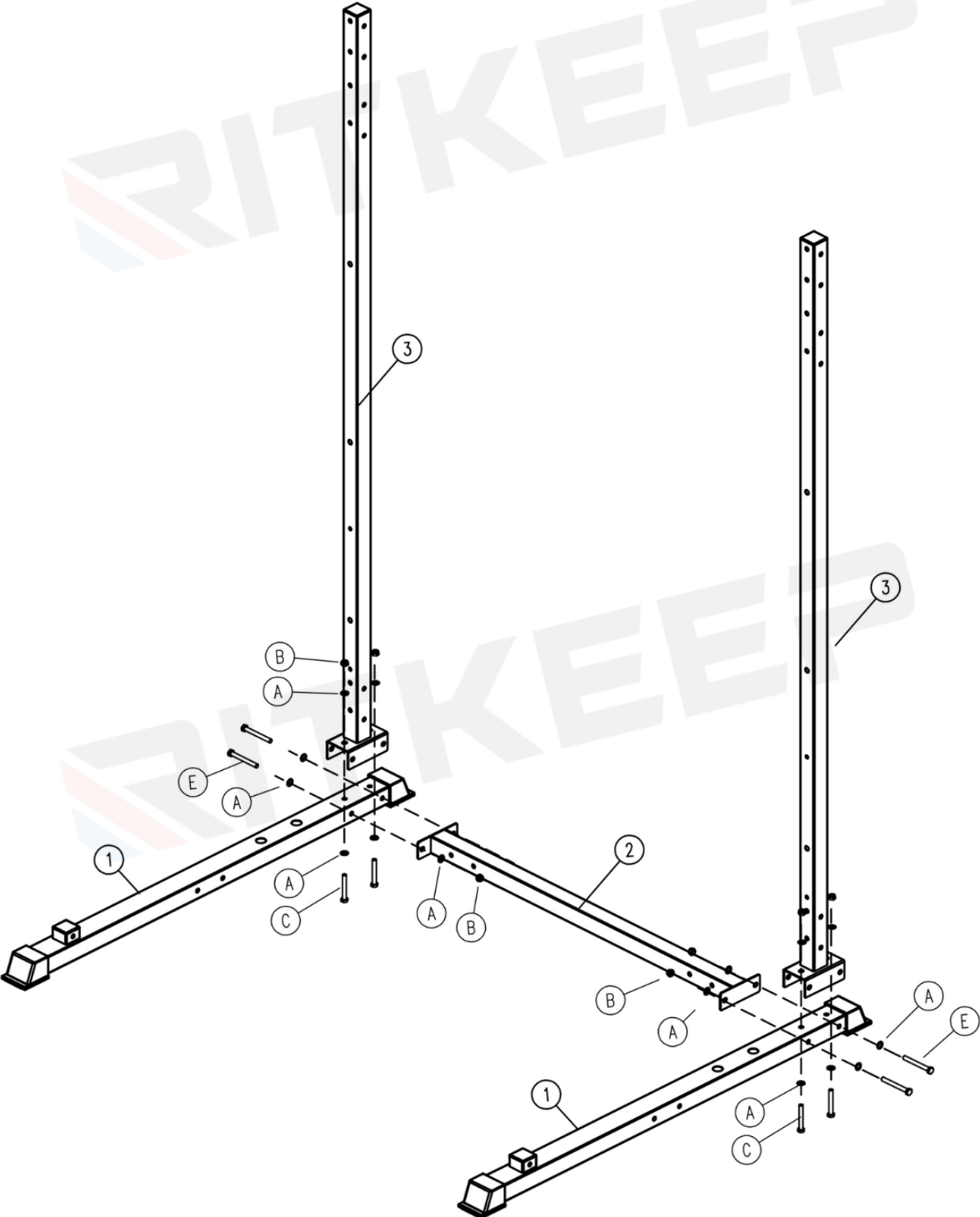
1.BASE  2pc	2.REAR CROSS BASE  1pc	3.BACK UPRIGHT  2pc	4.FIXED PLATE  2pc	5.BARBELL HOLDER  1pc
6.MIDDLE UPRIGHT  2pc	7.REAR BEAM  2pc	8.SIDE MIDDLE BEAM  2pc	9.SIDE TOP BEAM  2pc	10.WEIGHT STACK ROD  4pc
11.TOP WEIGHT STACK  2pc	12.WEIGHT STACK  24pc	13.WEIGHT STACK ADJUSTABLE ROD  2pc	14. SHOCK PAD  6pc	15.BOTTOM STEEL BOARD  4pc
16.UPPER STEEL BOARD  4pc	17.PULLEY SLIDER  2pc	18.PULLEY SWIVEL  2pc	19.STAINLESS UPRIGHT  2pc	20.FRONT TOP BEAM  1pc
21.CHIN-UP BAR (LEFT)  1pc	22.CHIN-UP BAR (RIGHT)  1pc	23.SMITH ROD  2pc	24.SMITH BAR  1pc	25.SMITH ROD UPPER SEAT  2pc
26.SMITH ROD LOWER SEAT  2pc	27.SMITH SLIDER (LEFT)  1pc	28.SMITH SLIDER (RIGHT)  1pc	29.SMITH SAFETY CATCH (LEFT)  1pc	30.SMITH SAFETY CATCH (RIGHT)  1pc
31.SPRING  2pc	32.SMITH SLEEVE  2pc	33.SILVER PEG  20pc	34.PULLEY WHEEL  10pc	35.RUBBER GASKET (16MM)  12pc
36.WIRE ROPE  2pc	37.CARABINER  6pc	38.D-HANDLE  2pc	39.Plate Holder Inner Sleeve  6pc	40.Plate Holder Plastic Sleeve  6pc

41.LOGO BOARD  1pc	42.STACK COVER  2pc	43.FOOTBOARD  2pc	44.FOOTBOARD SHAFT  1pc	45.LANDMINE  1pc
46.LANDMINE SHAFT  1pc	47.T-BAR  1pc	48.T-BAR RACK  1pc	49.J-HOOK (LEFT)  1pc	50.J-HOOK (RIGHT)  1pc
51.SAFETY-BAR (LEFT)  1pc	52.SAFETY-BAR (RIGHT)  1pc	53.DIP BAR (LEFT)  1pc	54.DIP BAR (RIGHT)  1pc	55.LAT BAR  1pc
56.STRAIGHT BAR  1pc	57.TRICEP ROPE  1pc	58.HOOK  4pc	59.WEIGHT STACK PLUG  2pc	60.RUBBER GASKET (12mm)  8pc
A. Ø10  174pc	B. M10  87pc	C. M10 x 70  47pc	D. M10 x 75  32pc	E. M10 x 95  8pc
F. Ø8  16pc	G. M8  8pc	H. M8 x 60  8pc		

STEP 1 Do not tighten all bolts until all installations are complete.




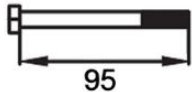
A Ø10  16pc	B M10  8pc	C M10x70  4pc	E M10x95  4pc
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Note: Except for pre-installing the hardware you need.

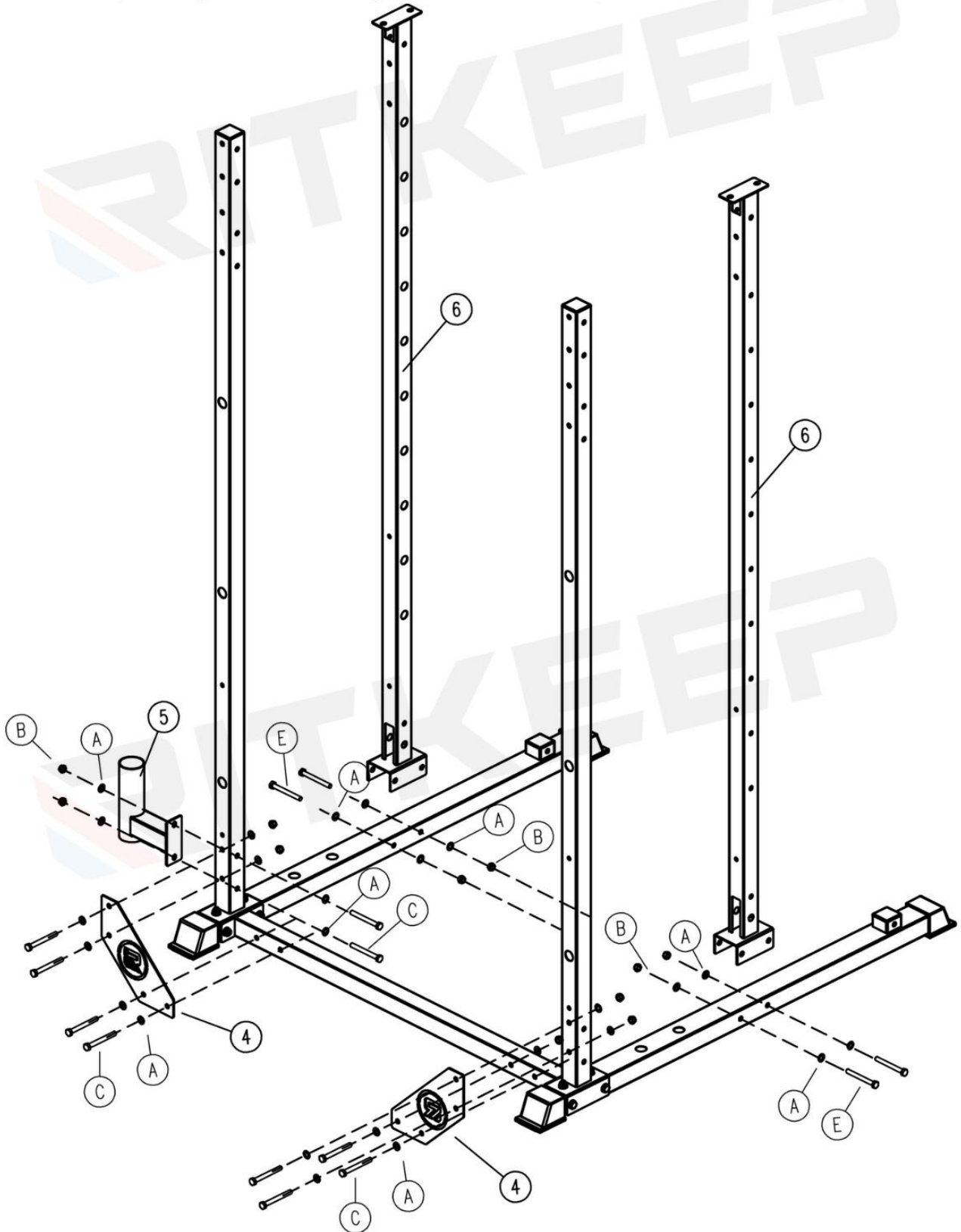


STEP 2

Do not tighten all bolts until all installations are complete.



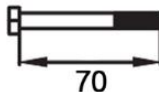

A $\varnothing 10$	B M10	C M10x70	E M10x95
			
28pc	14pc	10pc	4pc

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

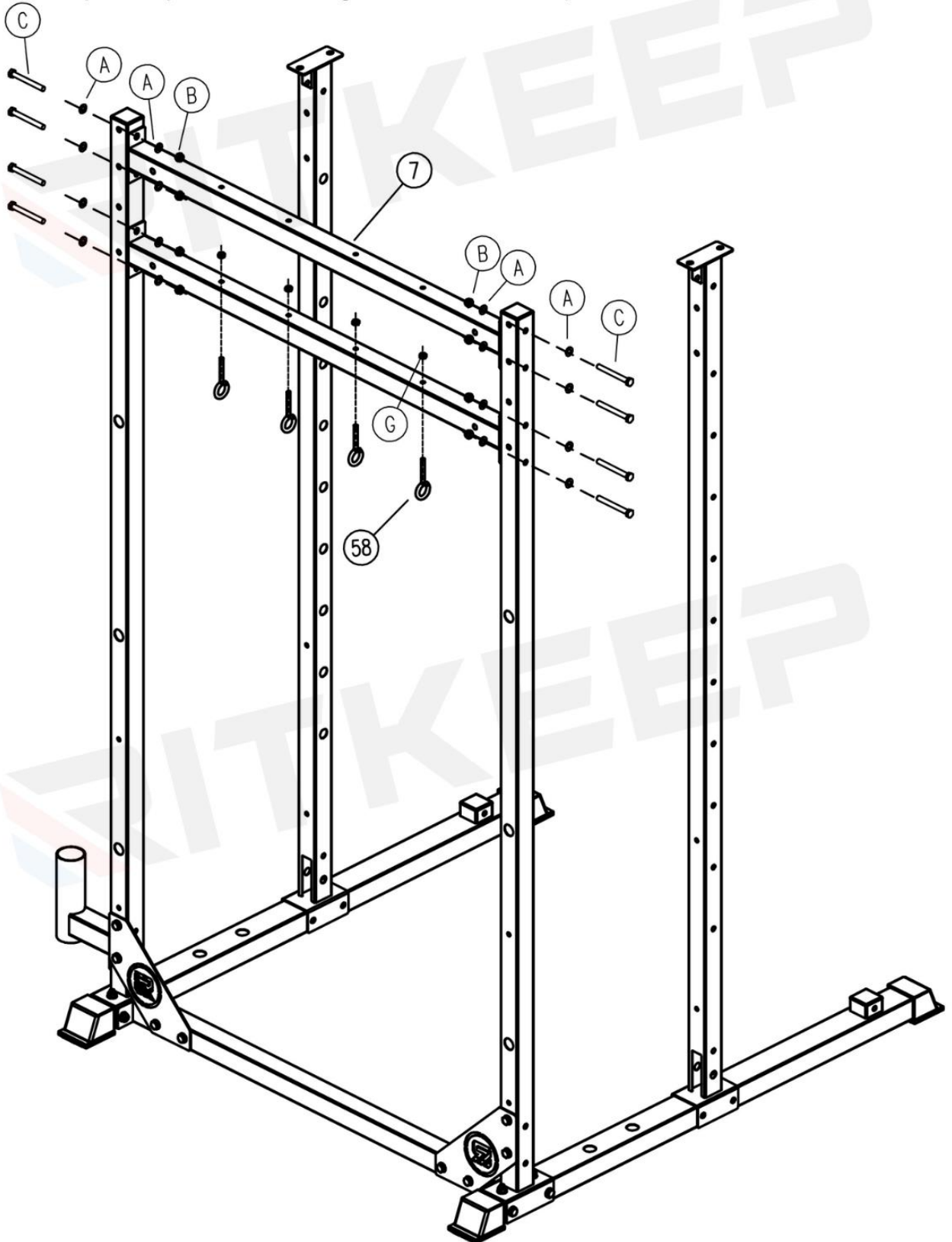


STEP 3

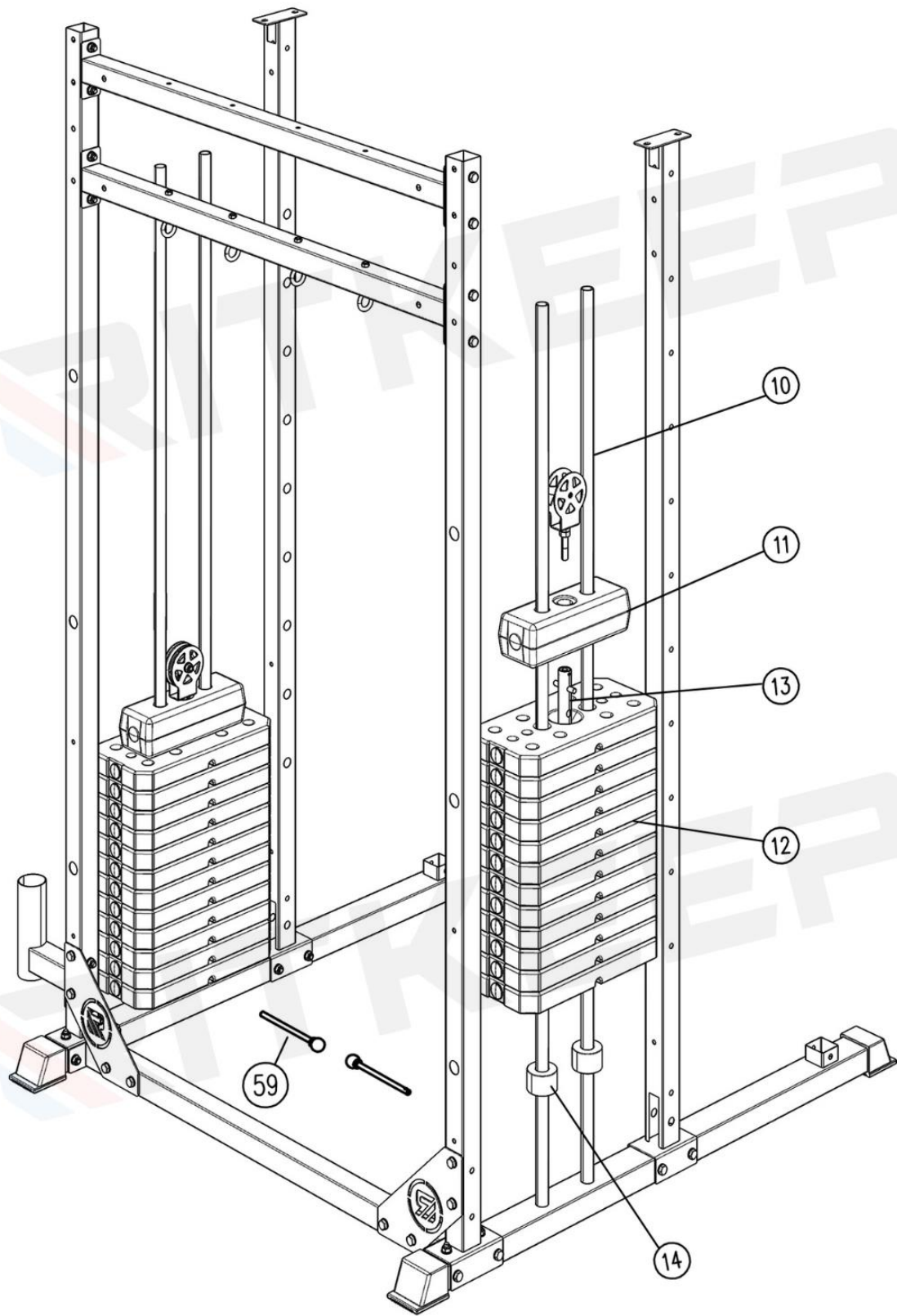
Do not tighten all bolts until all installations are complete.

A $\varnothing 10$	B M10	C M10x70	G M8
			
16pc	8pc	8pc	4pc

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



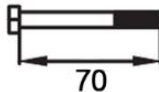


STEP 4 Do not tighten all bolts until all installations are complete.

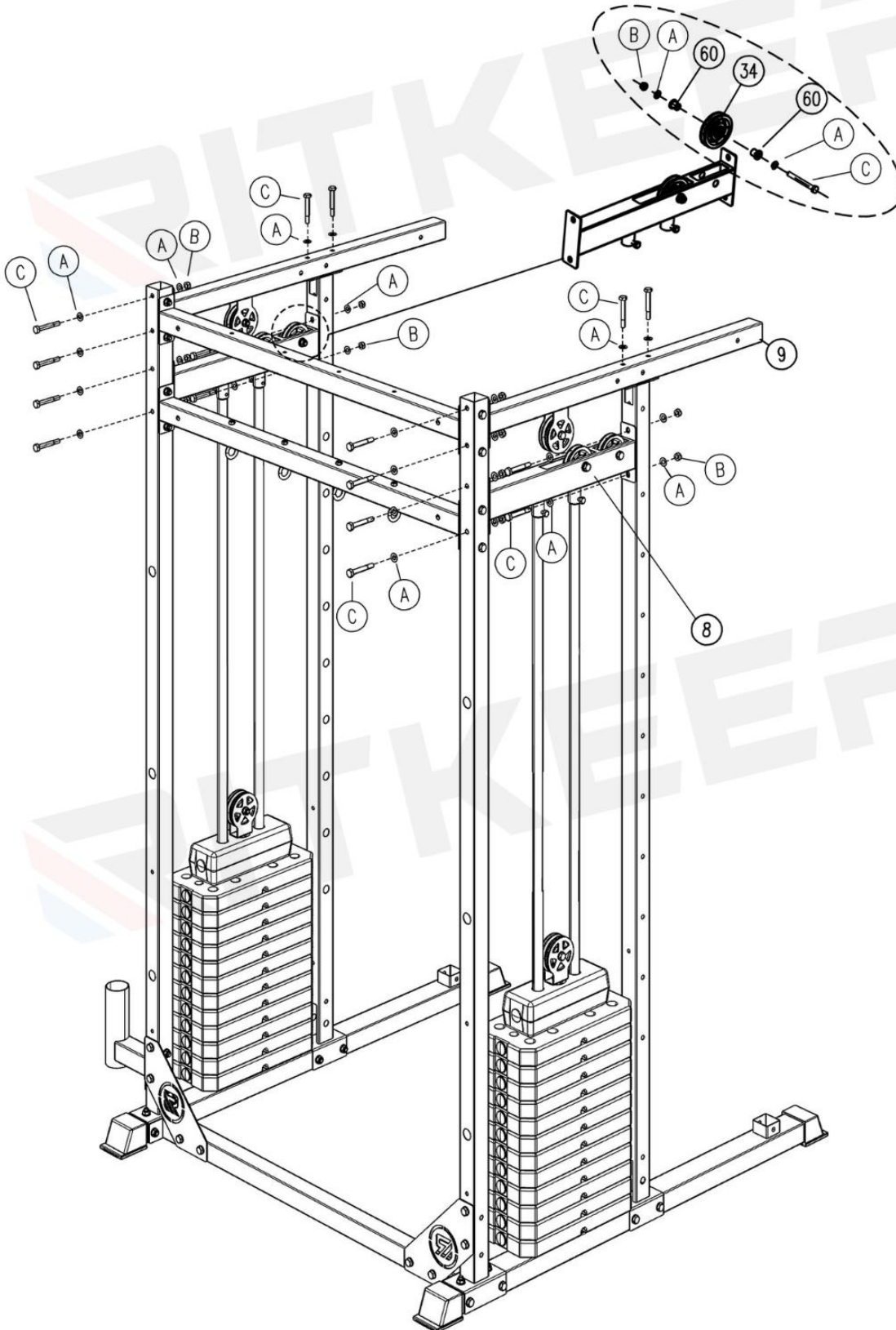


STEP 5



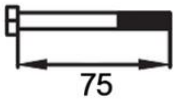
Do not tighten all bolts until all installations are complete.

A $\varnothing 10$	B M10	C M10x70
		
40pc	20pc	20pc

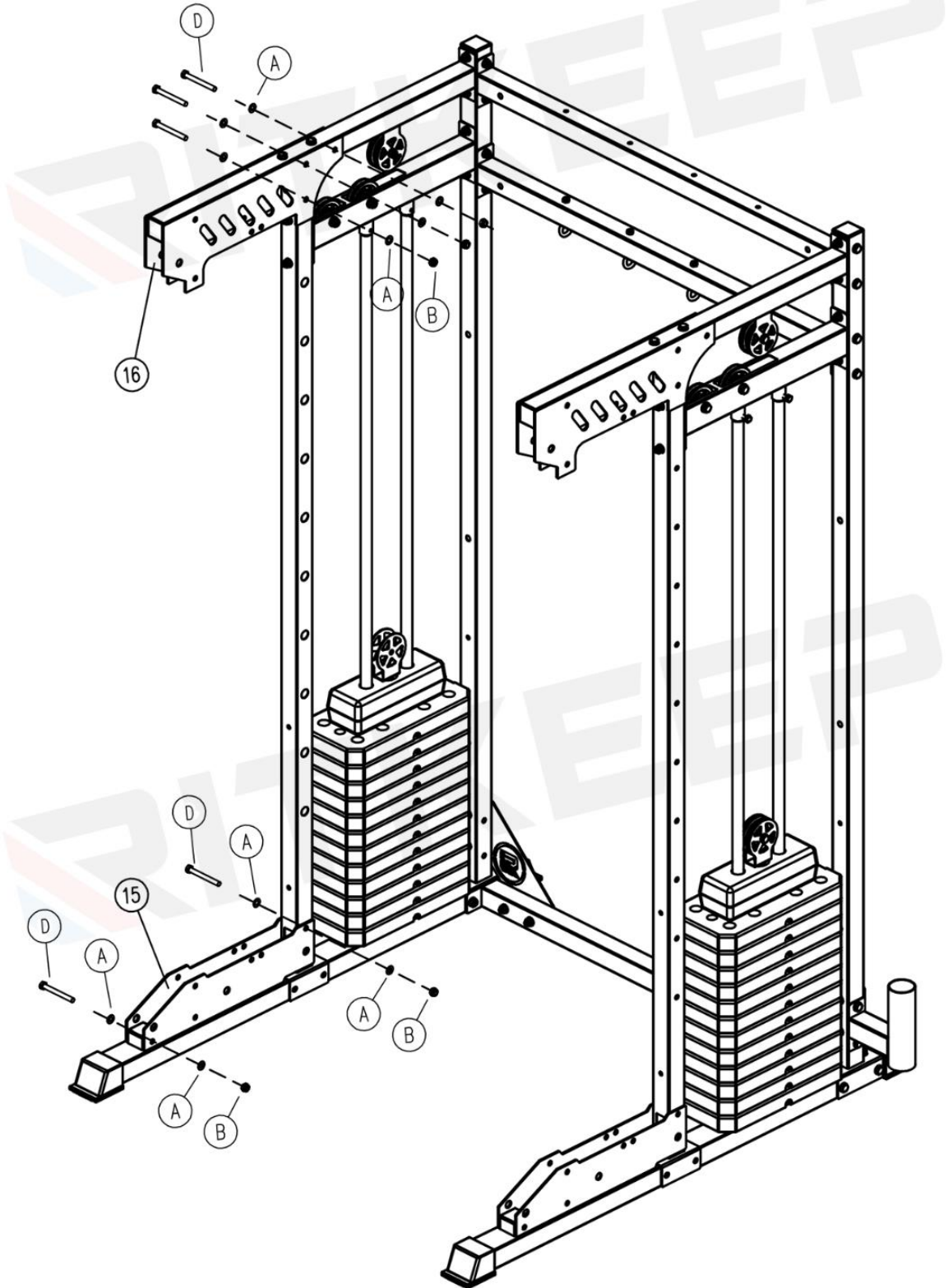
Note: Except for pre-installing the hardware you need.



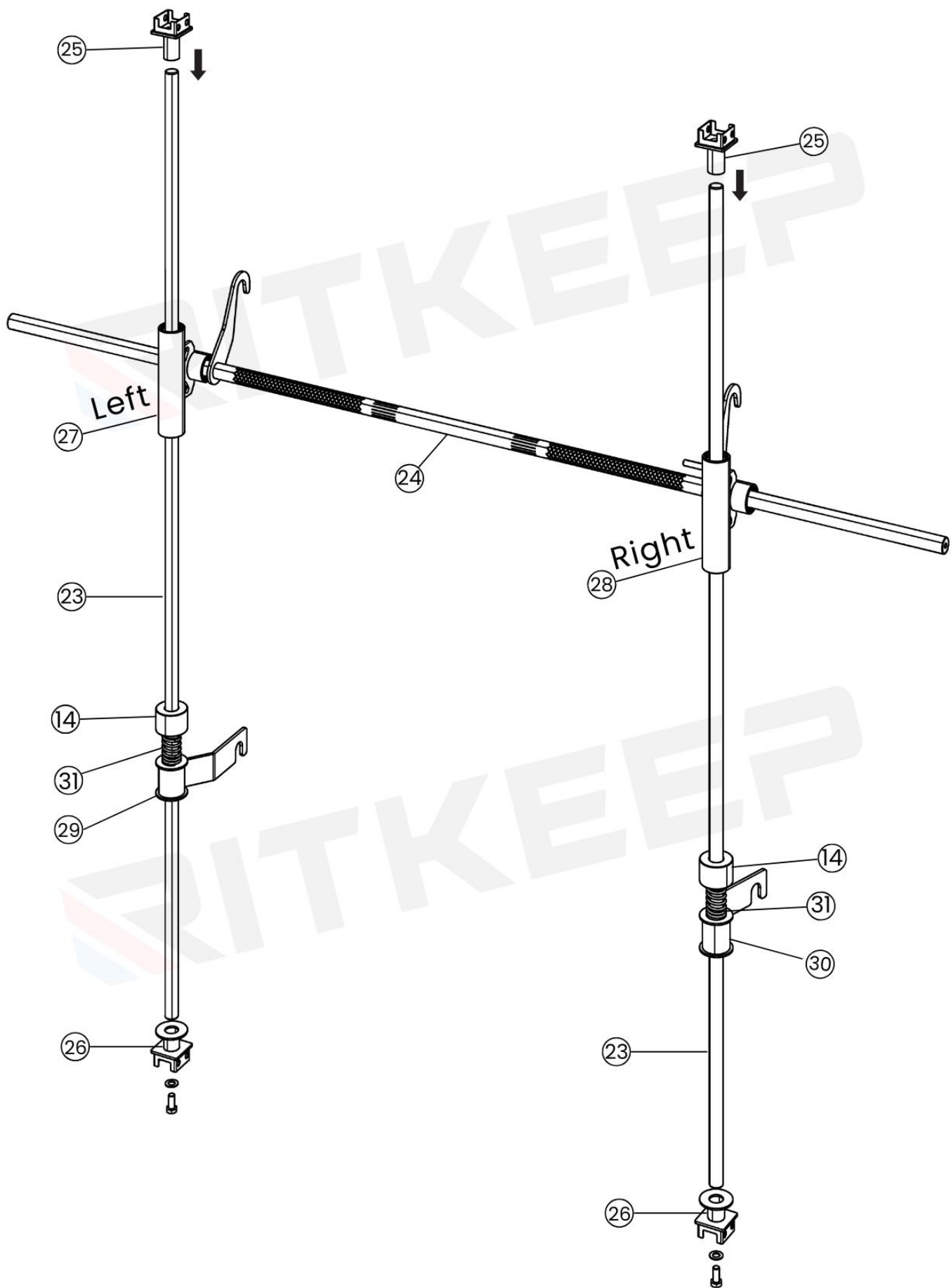
STEP 6 Do not tighten all bolts until all installations are complete.

A Ø10  20pc	B M10  10pc	D M10x75  10pc
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Note: Except for pre-installing the hardware you need.



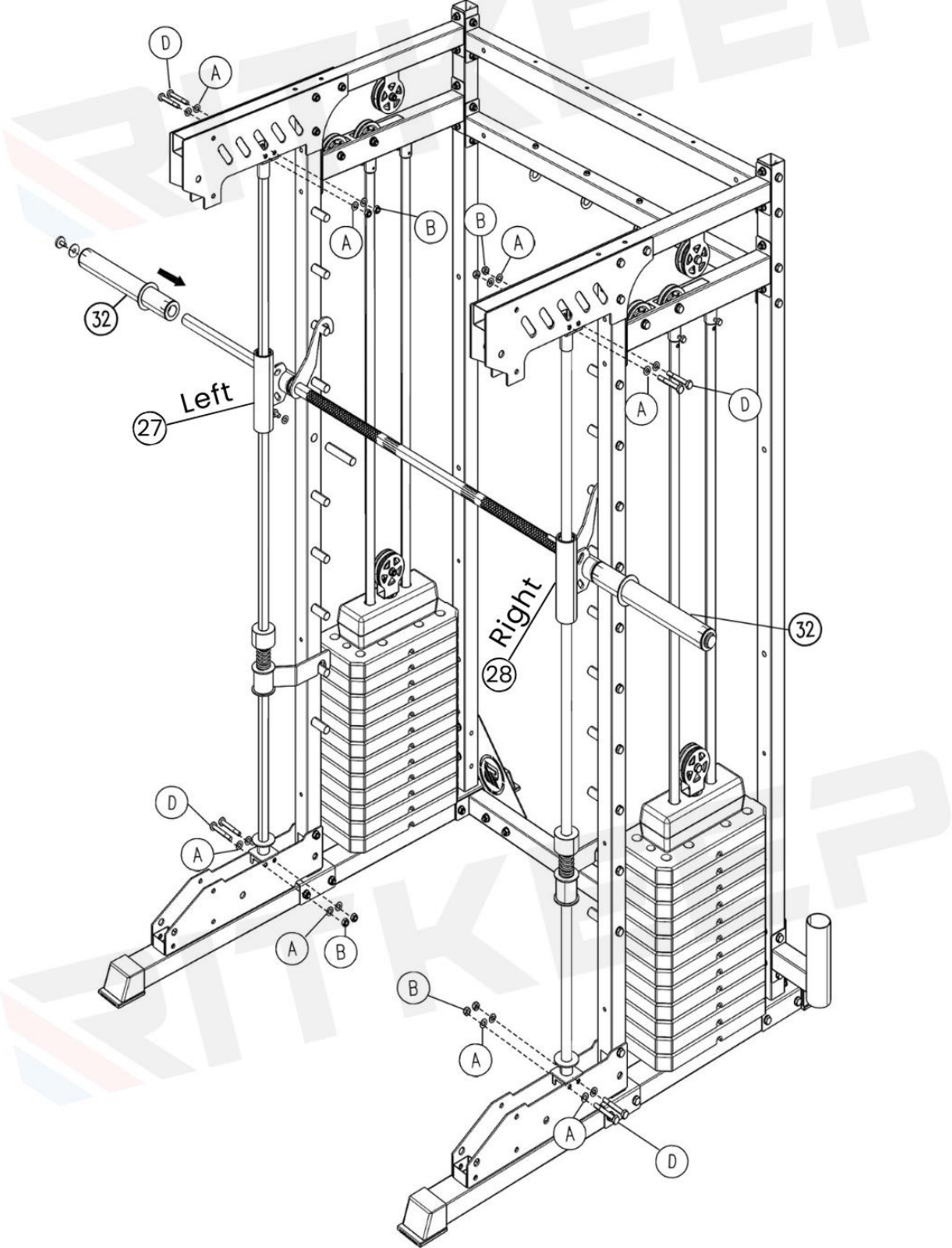
STEP 7 Do not tighten all bolts until all installations are complete.



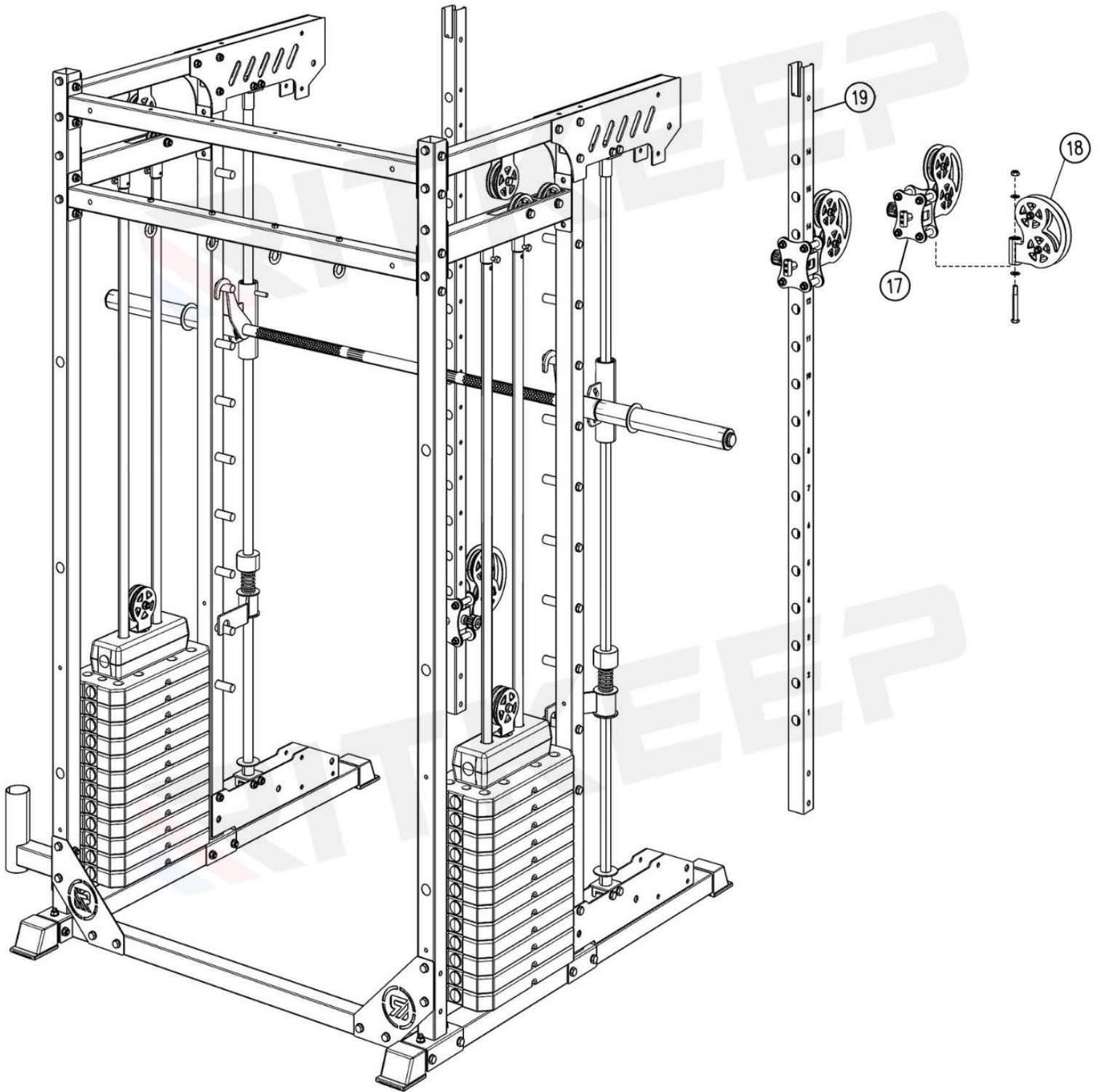
STEP 8 Do not tighten all bolts until all installations are complete.

A Ø10  16pc	B M10  8pc	D M10x75  8pc
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Note: Except for pre-installing the hardware you need.



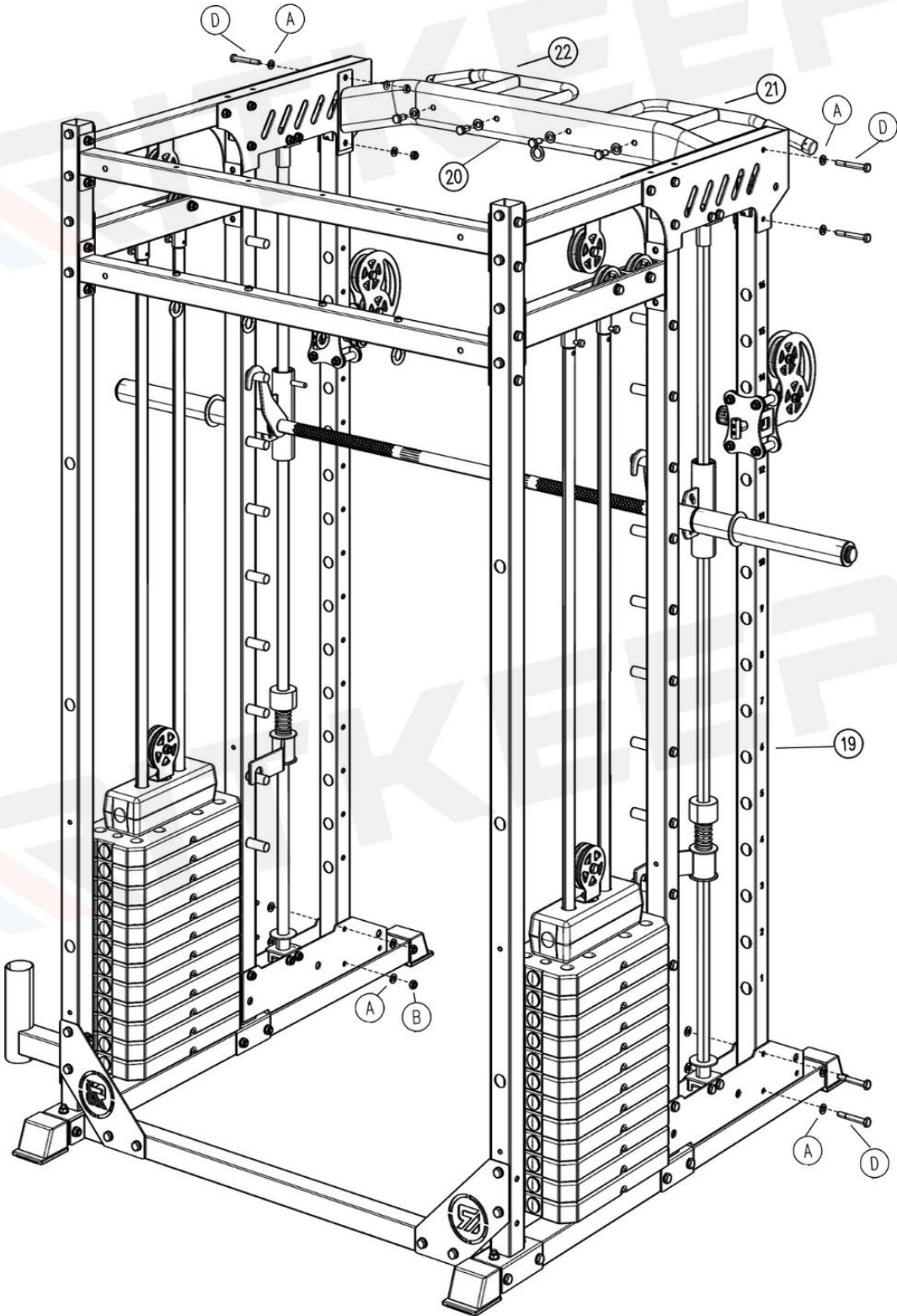
STEP 9 Do not tighten all bolts until all installations are complete.



STEP 10 Do not tighten all bolts until all installations are complete.



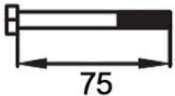
A Ø10  16pc	B M10  8pc	D M10x75  8pc
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Note: Except for pre-installing the hardware you need.

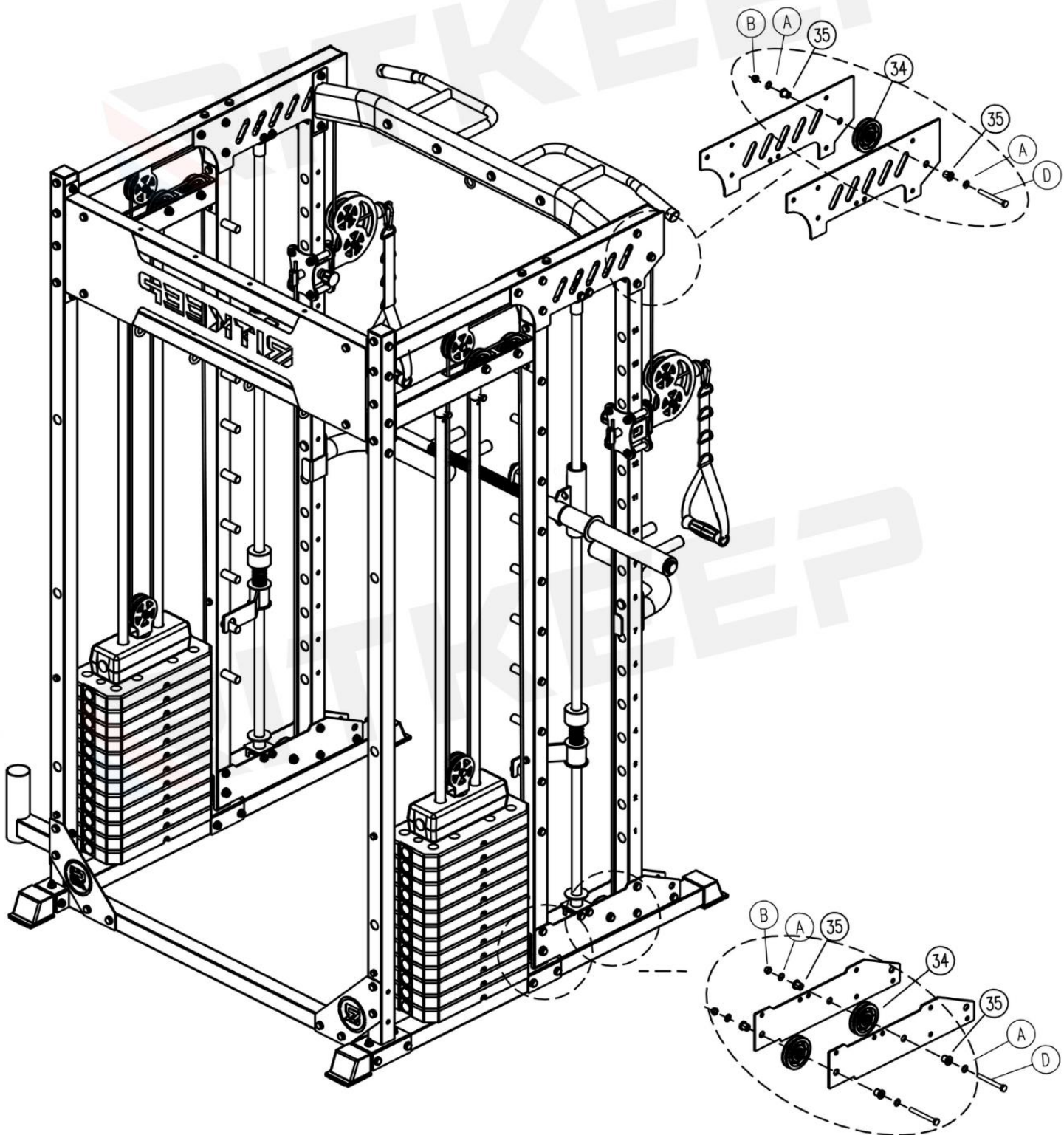


STEP 11

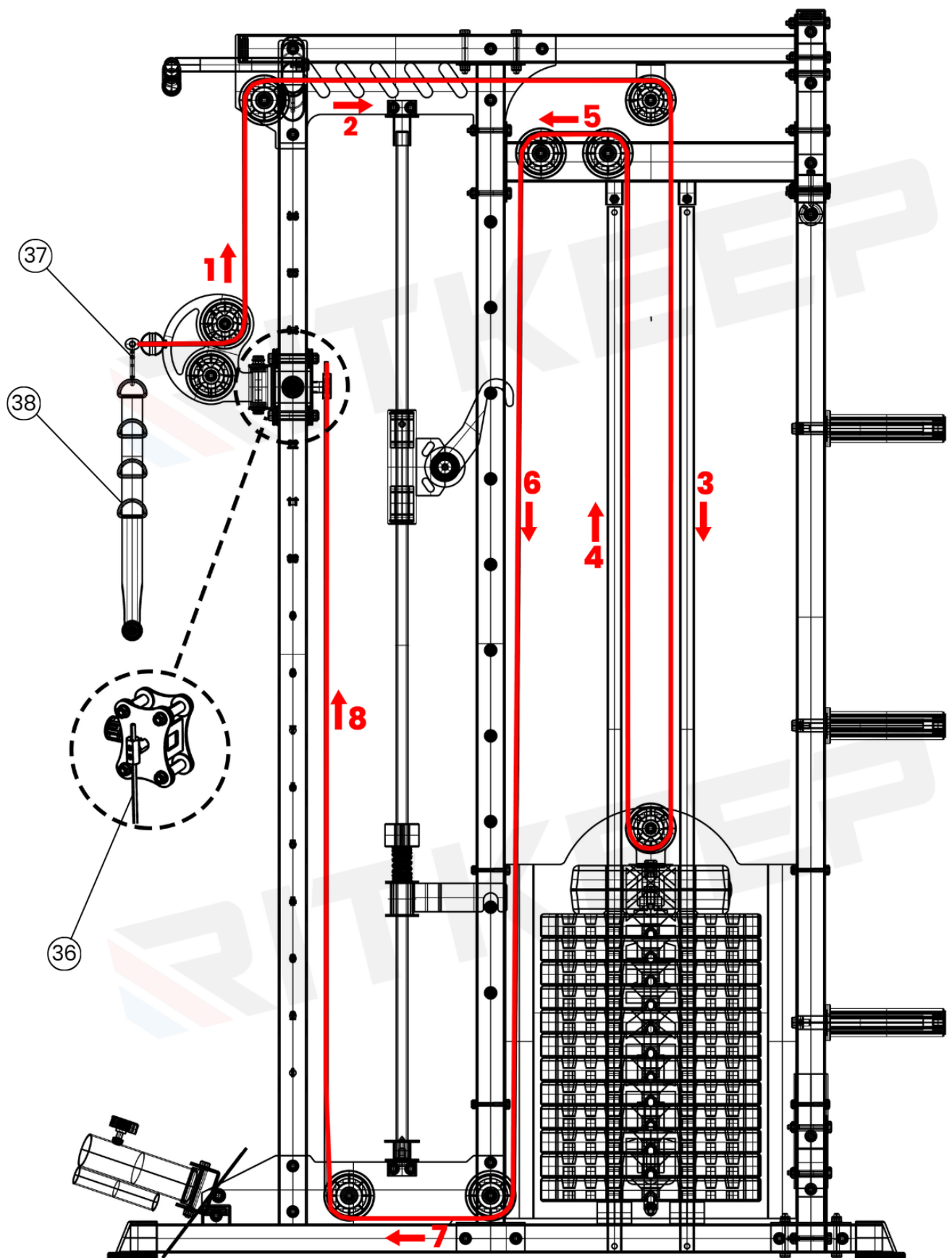
Do not tighten all bolts until all installations are complete.

A $\varnothing 10$	B M10	D M10x75
		
12pc	6pc	6pc

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



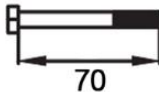


STEP 12 Do not tighten all bolts until all installations are complete.

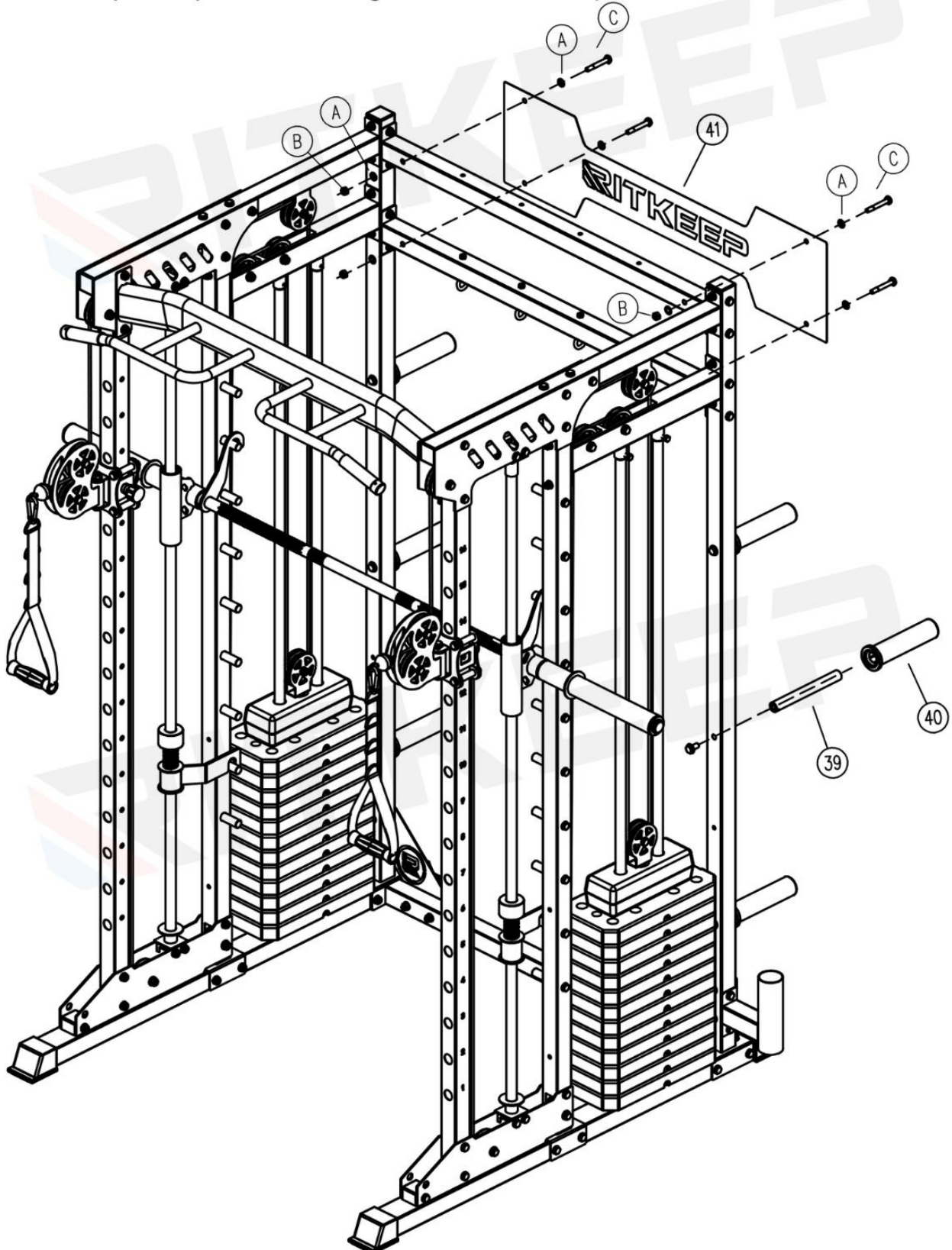


STEP 13




Do not tighten all bolts until all installations are complete.

A Ø10	B M10	C M10x70
		
8pc	4pc	4pc

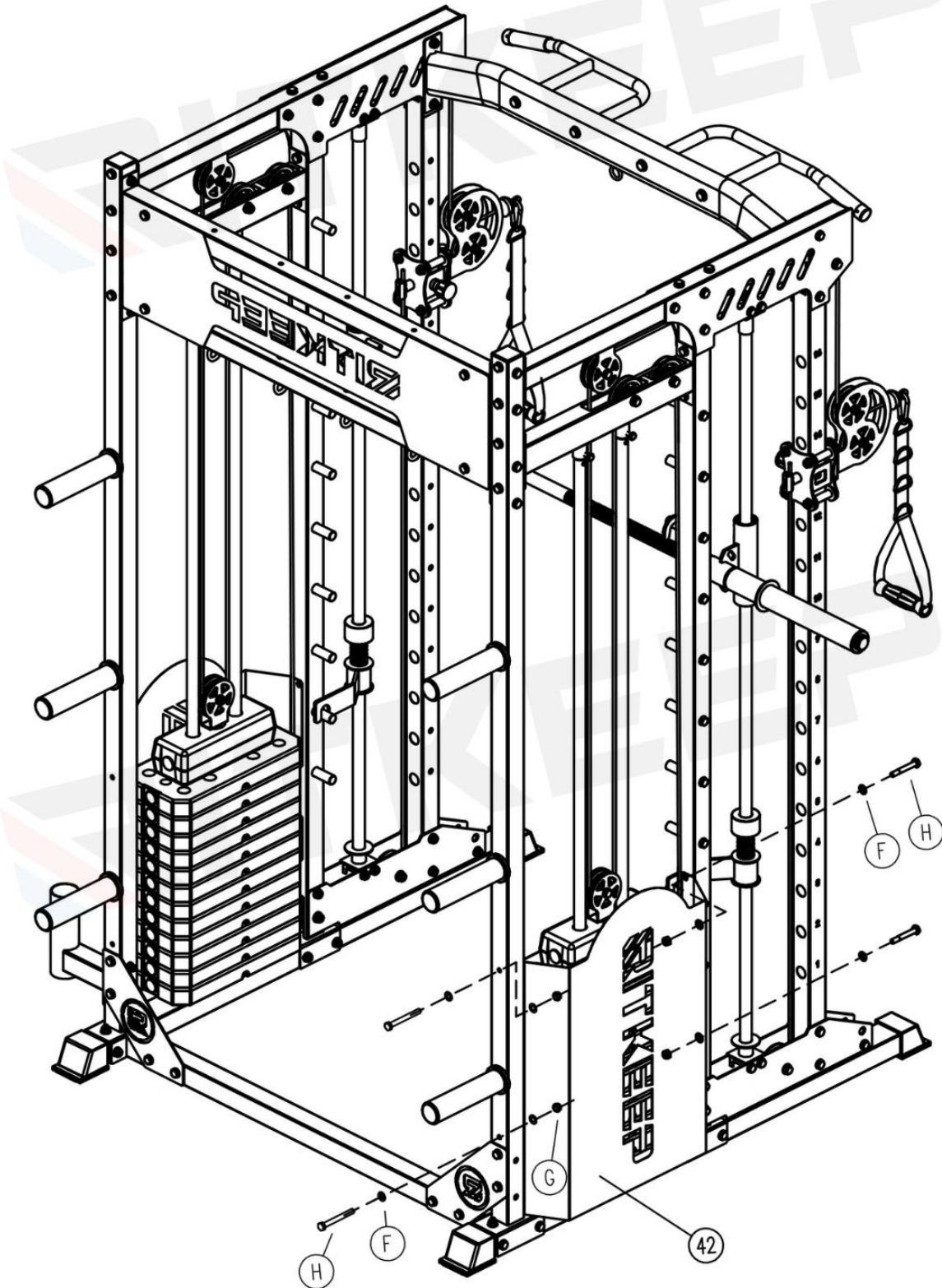
Note: Except for pre-installing the hardware you need.





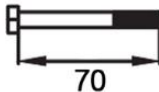
STEP 14 Do not tighten all bolts until all installations are complete.

F Ø8	G M8	H M8x60
		
16pc	8pc	8pc

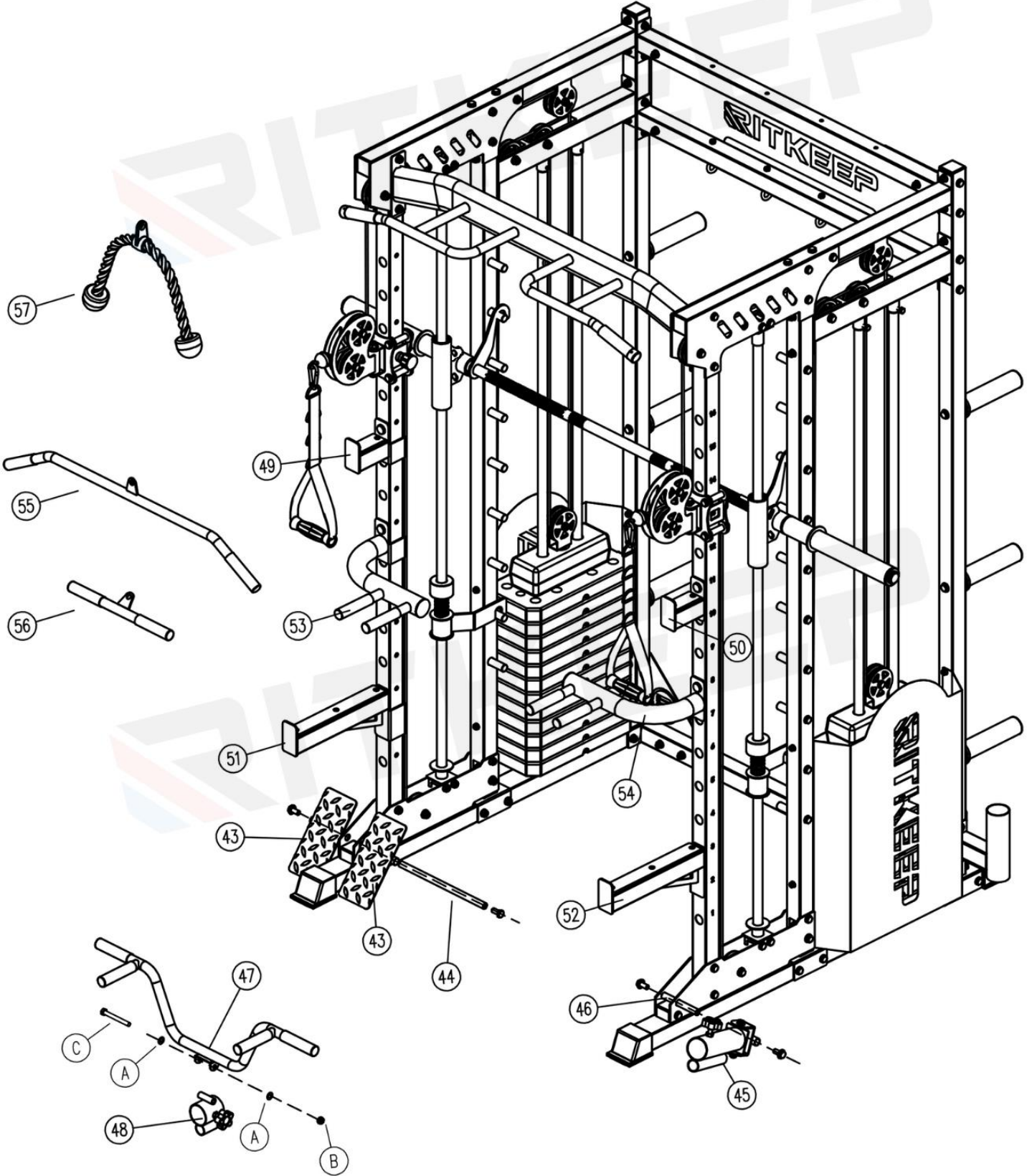
Note: Except for pre-installing the hardware you need.



STEP 15 Do not tighten all bolts until all installations are complete.

A Ø10	B M10	C M10x70
		
2pc	1pc	1pc

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



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