

# ROGUE FITNESS

COMPETITION STRAP  
CUSTOMER INSTRUCTIONS

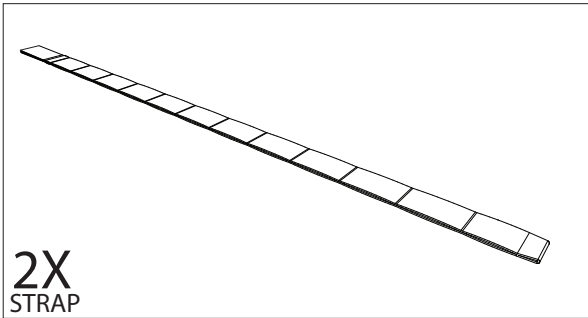
## DISCLAIMER

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to severe injury or even death. Use common sense when training- obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a competent and responsible person. Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage, injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.

**BOTH ROGUE FITNESS AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.**

## INCLUDED PARTS

\*NOTE : IMAGES NOT SHOWN TO SCALE



STRAPS ARE AVAILABLE IN 6' AND 8' LENGTHS. RINGS ARE OPTIONAL AND MAY BE WOOD OR METAL.

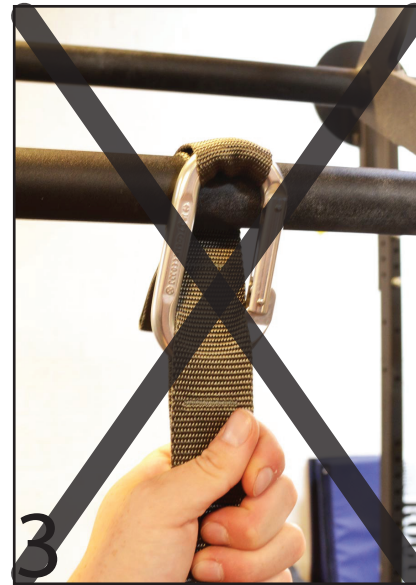
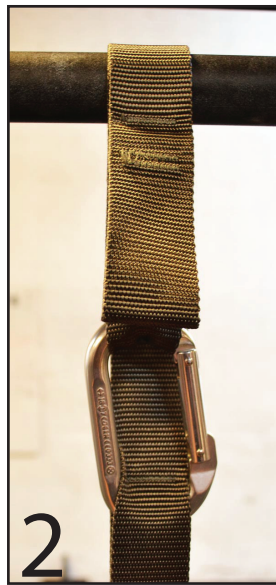


## WARNING!

MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY



## SETTING UP YOUR SYSTEM



THROW THE STRAP OVER YOUR ANCHORING POINT-EX.(BAR, TREE BRANCH, TRUSS). CLIP THE CARABINER BACK TO THE STRAP AS SEEN IN IMAGE (1). THE CARABINER **SHOULD NOT** MAKE CONTACT WITH THE ANCHORING POINT AS SEEN IN IMAGE (3). FEED THE OPPOSITE END OF THE STRAP THROUGH THE RING AND CLIP THE CARABINER BACK TO THE STRAP AS SEEN IN IMAGE (4).

**\*NOTE: THIS IS A WEAR AND TEAR ITEM. ALL RIGGING MUST BE INSPECTED PRIOR TO AND AFTER EVERY USE.**

