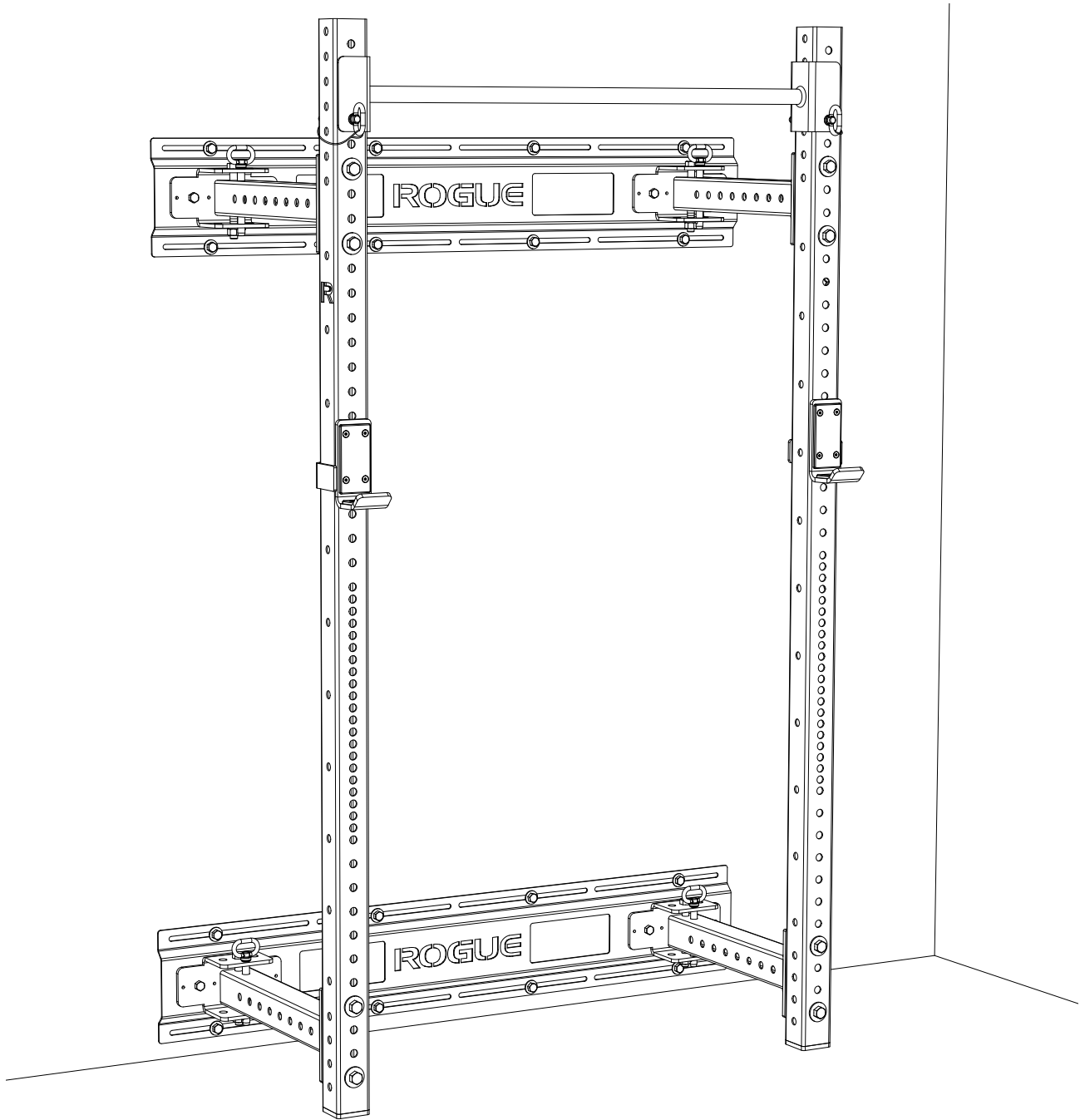


MONSTER LITE

# RML-3W FOLD BACK RACK



INSTRUCTIONS AND ASSEMBLY

**ROGUE**<sup>®</sup>

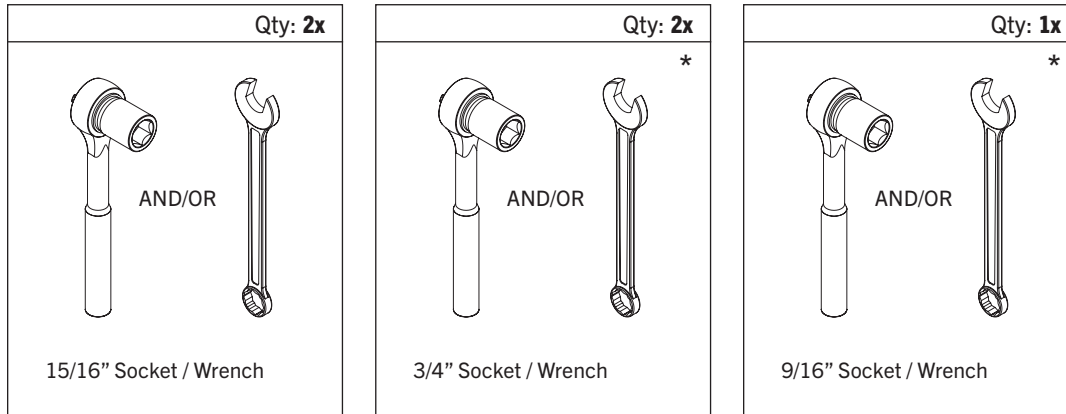
Rogue Fitness • 545 E 5th Ave. Columbus, Ohio 43201 • Customer Service: 614-358-6190 • Team@RogueFitness.com

# GENERAL GUIDELINES

- Please read these customer instructions thoroughly prior to assembling.

## TOOLS REQUIRED

Note: Images not shown at scale



\* Only needed if Fold Back Rack Stringer was selected at checkout.



## IMPORTANT SAFETY INFORMATION

### 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. 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.

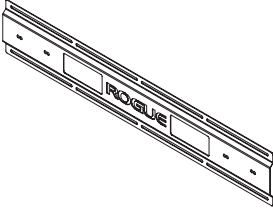
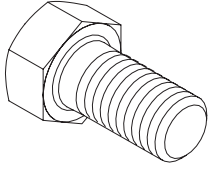
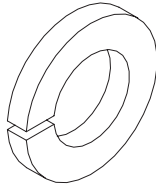
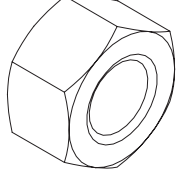
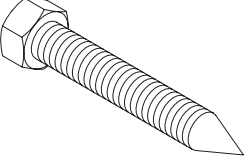
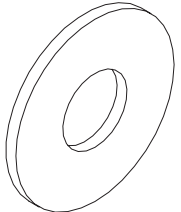
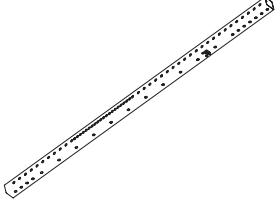
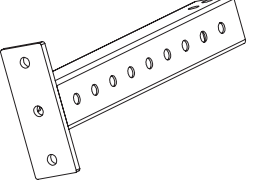
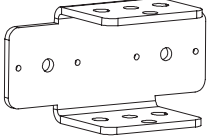
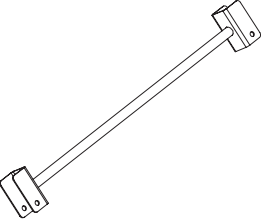
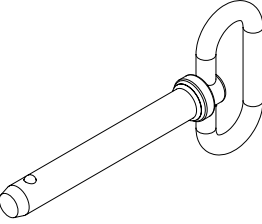
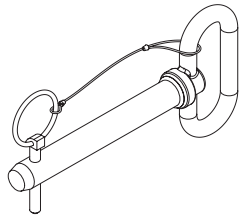
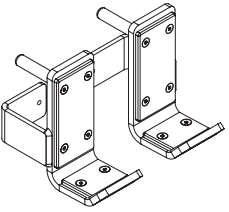
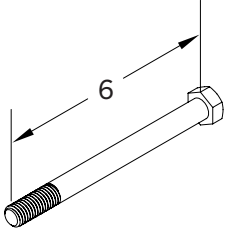
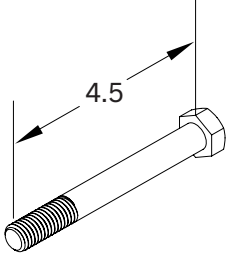
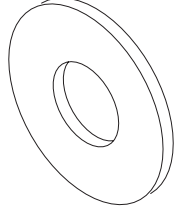
### WARNING:

#### MISUSE OF THIS CAN RESULT IN SEVERE INJURY.

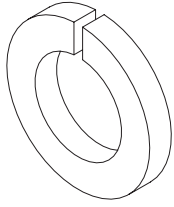
Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

# INCLUDED PARTS

Note: Images not shown at scale

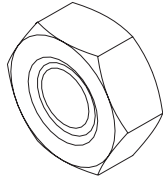
<p><b>1</b> Qty: <b>2x</b> *</p>  <p>Fold Back Stringer</p>	<p><b>2</b> Qty: <b>8x</b> *</p>  <p>1/2" x 1" Hex Bolt</p>	<p><b>3</b> Qty: <b>8x</b> *</p>  <p>1/2" Lock Washer</p>	<p><b>4</b> Qty: <b>8x</b> *</p>  <p>1/2" Hex Nut</p>
<p><b>5</b> Qty: <b>16x</b> *</p>  <p>3/8" x 2-1/2" Wood Lag Screws</p>	<p><b>6</b> Qty: <b>16x</b> *</p>  <p>3/8" Flat Washer - Black</p>	<p><b>7</b> Qty: <b>2x</b></p>  <p>Monster Lite 90" Upright</p>	<p><b>8</b> Qty: <b>4x</b> **</p>  <p>Fold Back Rack Crossmember</p>
<p><b>9</b> Qty: <b>4x</b></p>  <p>Wall Mount Bracket</p>	<p><b>10</b> Qty: <b>1x</b></p>  <p>Quick Attach Pull-up Bar</p>	<p><b>11</b> Qty: <b>4x</b></p>  <p>5/8" x 5" Hitch Pin</p>	<p><b>12</b> Qty: <b>2x</b></p>  <p>5/8" x 4" Hitch Pin w/ Lanyard</p>
<p><b>13</b> Qty: <b>1x</b></p>  <p>Monster Lite J-Cup Pair</p>	<p><b>14</b> Qty: <b>4x</b></p>  <p>5/8" x 6" Hex Bolt</p>	<p><b>15</b> Qty: <b>8x</b></p>  <p>5/8" x 4.5" Hex Bolt</p>	<p><b>16</b> Qty: <b>20x</b></p>  <p>5/8" Flat Washer</p>

**17** Qty: **8x**



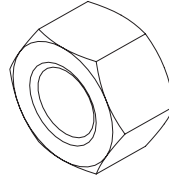
5/8" Lock Washer

**18** Qty: **4x**



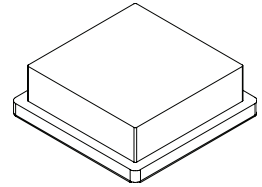
5/8" Low Profile Lock Nut

**19** Qty: **8x**



5/8" Hex Nut

**20** Qty: **2x**



UHMW 3x3 Foot

\* Only included if Fold Back Rack Stringer was selected at checkout. If not selected, disregard these parts and proceed to **STEP 3**.

\*\* Crossmember length depends on selection made at checkout.

# STEP 1

## Tools Required:

- 3/4" Socket / Wrench

## Note:

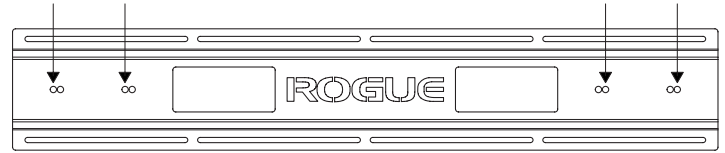
• If Fold Back Rack Stringer was not purchased at check out, please proceed to **STEP 3**.

• Secure the Wall Mount Brackets **9** to both Fold Back Rack Stringers **1** using 1/2" x 1" Hex Bolts **2**, 1/2" Lock Washers **3**, and 1/2" Hex Nuts **4**.

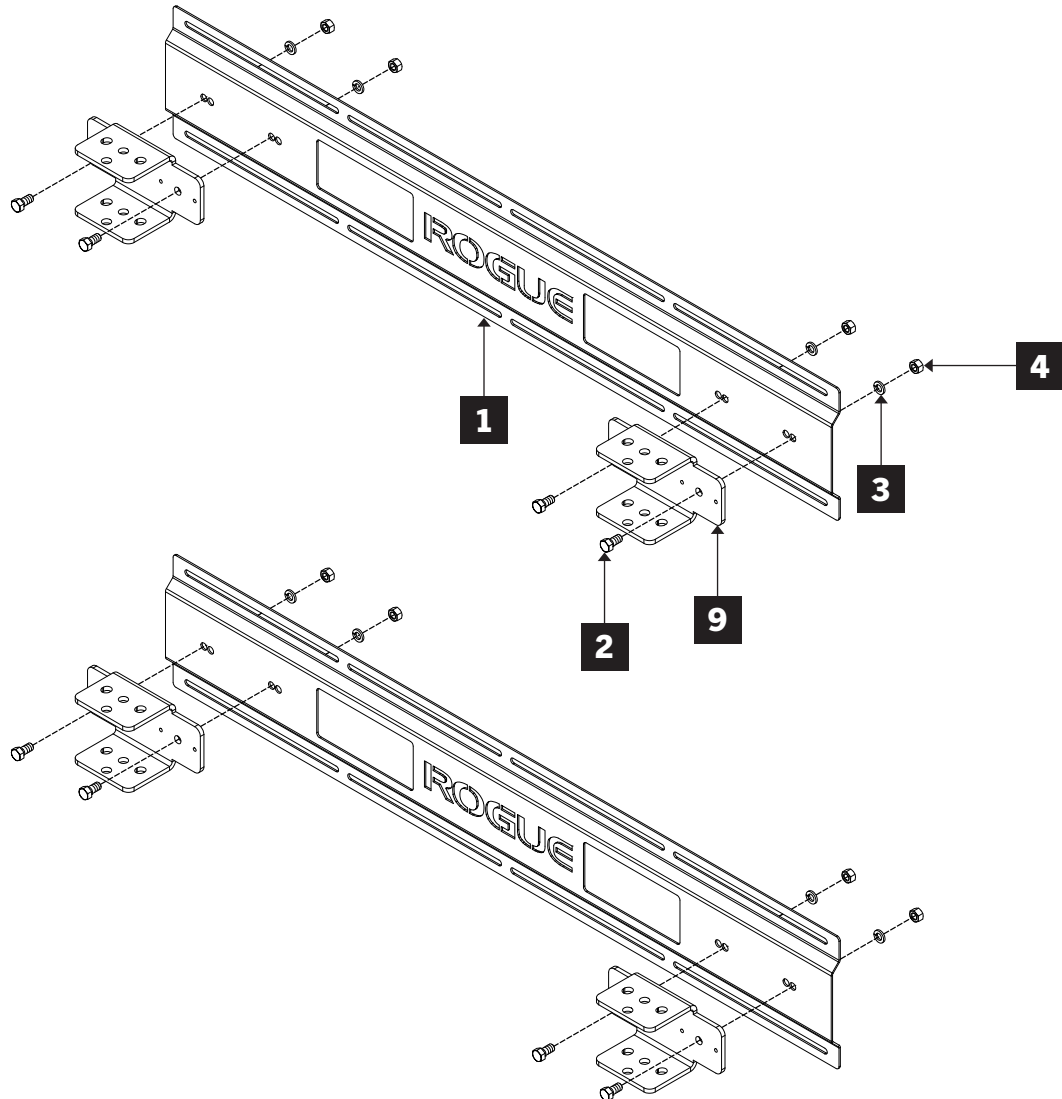
• Fully tighten hardware.

## Note:

- Use outer holes to mount Brackets on Fold Back Rack Stringer as indicated below:



1-A



## STEP 2

### Tools Required:

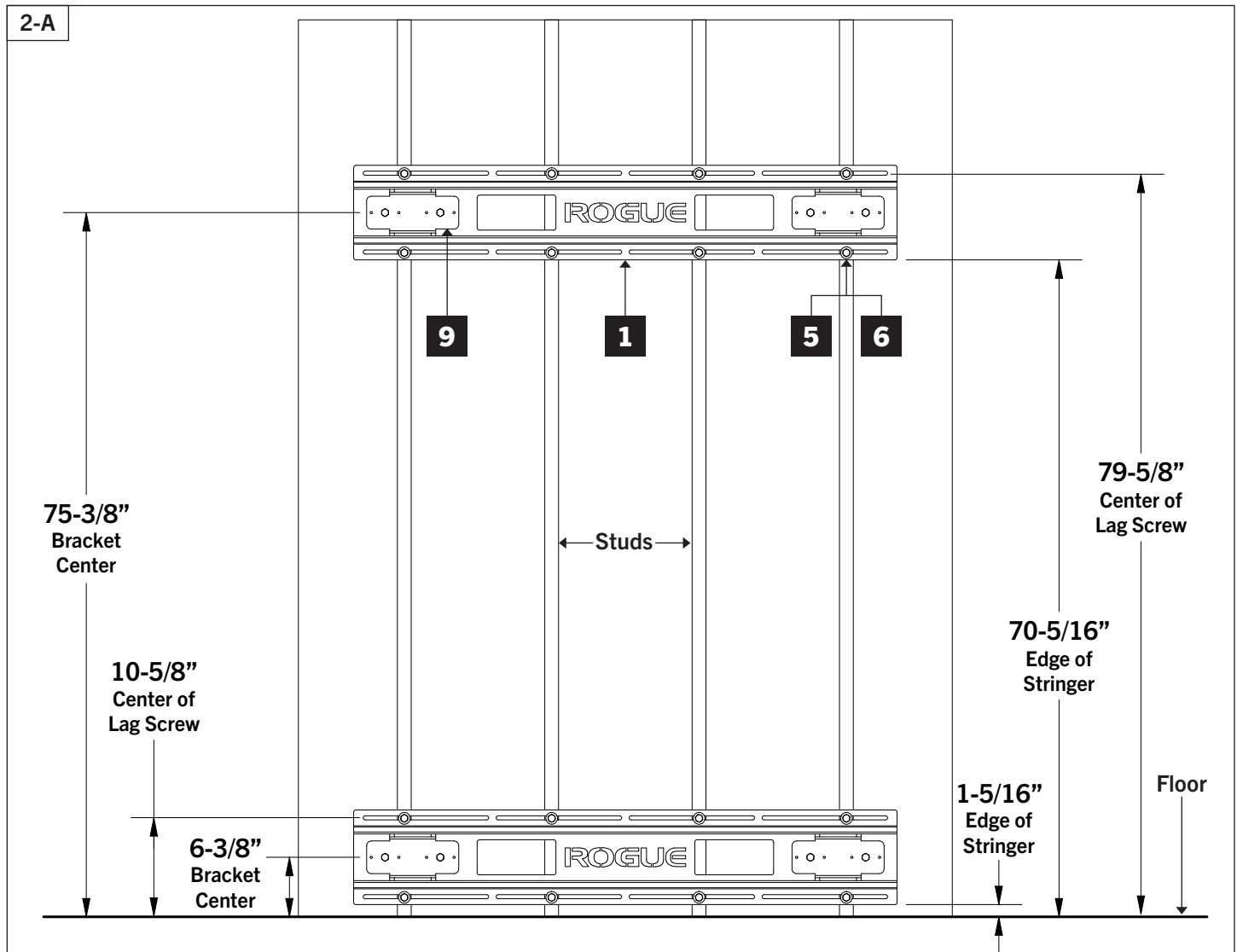
- 9/16" Socket / Wrench
- Secure Fold Back Rack Stringers **1** to wall in the location shown. Stringer must be level and secured to four studs.
- Wood Lag Screws **5** and 3/8" Flat Washers **6** provided, use 15/64" Diameter pilot holes.
- If attempting to secure stringers to wall construction other than wood, buyer is responsible for using correct hardware.

### Note:

- Stringer heights can be adjusted in 2" increments up or down as needed. (Ex: if wall has a concrete footer, Stringer heights may need to be adjusted.)
- Location of top Stringer will determine where the pull-up bar can be mounted.
- The Monster Lite 90" Uprights must be fully supported by the floor when the unit is assembled.

### Warning:

- If you are not confident in your mechanical skills, please seek the help of a professional to perform the installation. It is the buyer's responsibility to install the Fold Back Rack in a location and with hardware capable of supporting the aggregate weight of the rack, all gear mounted or stored on it, and any person using it.
- It is never recommended to install the Fold Back Rack on a drywall, wood, or metal stud wall without a stringer or additional support.
- TEST UNIT FOR STABILITY PRIOR TO EACH USE.



# STEP 3

## Tools Required:

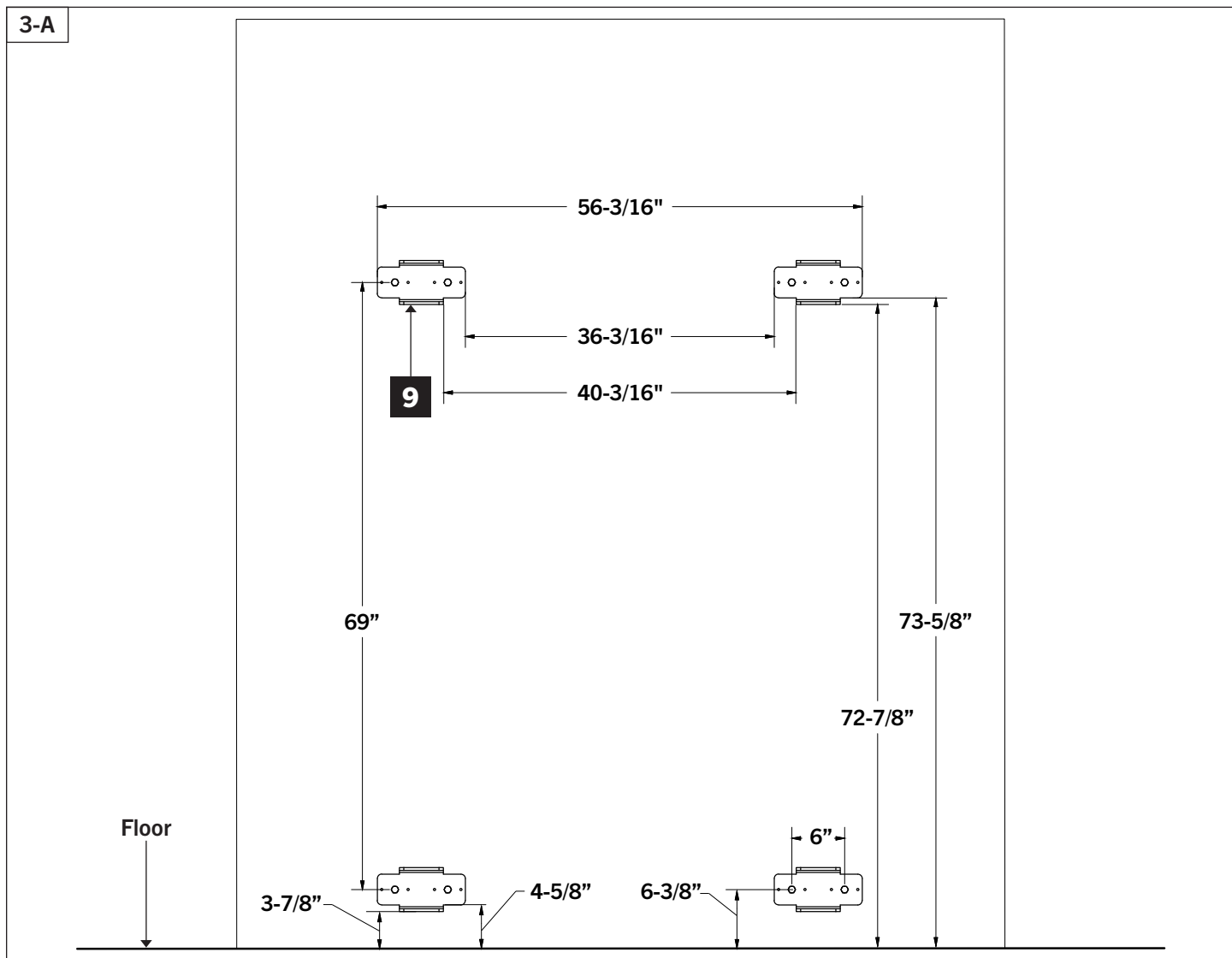
- Buyer is responsible for tools and hardware.
- If **STEPS 1 & 2** were skipped, secure Wall Mount Brackets **9** to wall in the locations shown below.
- Mounting hardware not included as each mounting application is unique. 3/8" Diameter Wood Lag Screws recommended if drilling into wood. Length will depend on application.

## Note:

- Bracket heights can be adjusted in 2" increments up or down as needed. (Ex: if wall has a concrete footer, Stringer heights may need to be adjusted.)
- Location of top Brackets will determine where the pull-up bar can be mounted.
- The Monster Lite 90" Uprights must be fully supported by the floor when the unit is assembled.

## Warning:

- If you are not confident in your mechanical skills, please seek the help of a professional to perform the installation. It is the buyer's responsibility to install the Fold Back Rack in a location and with hardware capable of supporting the aggregate weight of the rack, all gear mounted or stored on it, and any person using it.
- It is never recommended to install the Fold Back Rack on a drywall, wood, or metal stud wall without a stringer or additional support.
- **TEST UNIT FOR STABILITY PRIOR TO EACH USE.**



# STEP 4

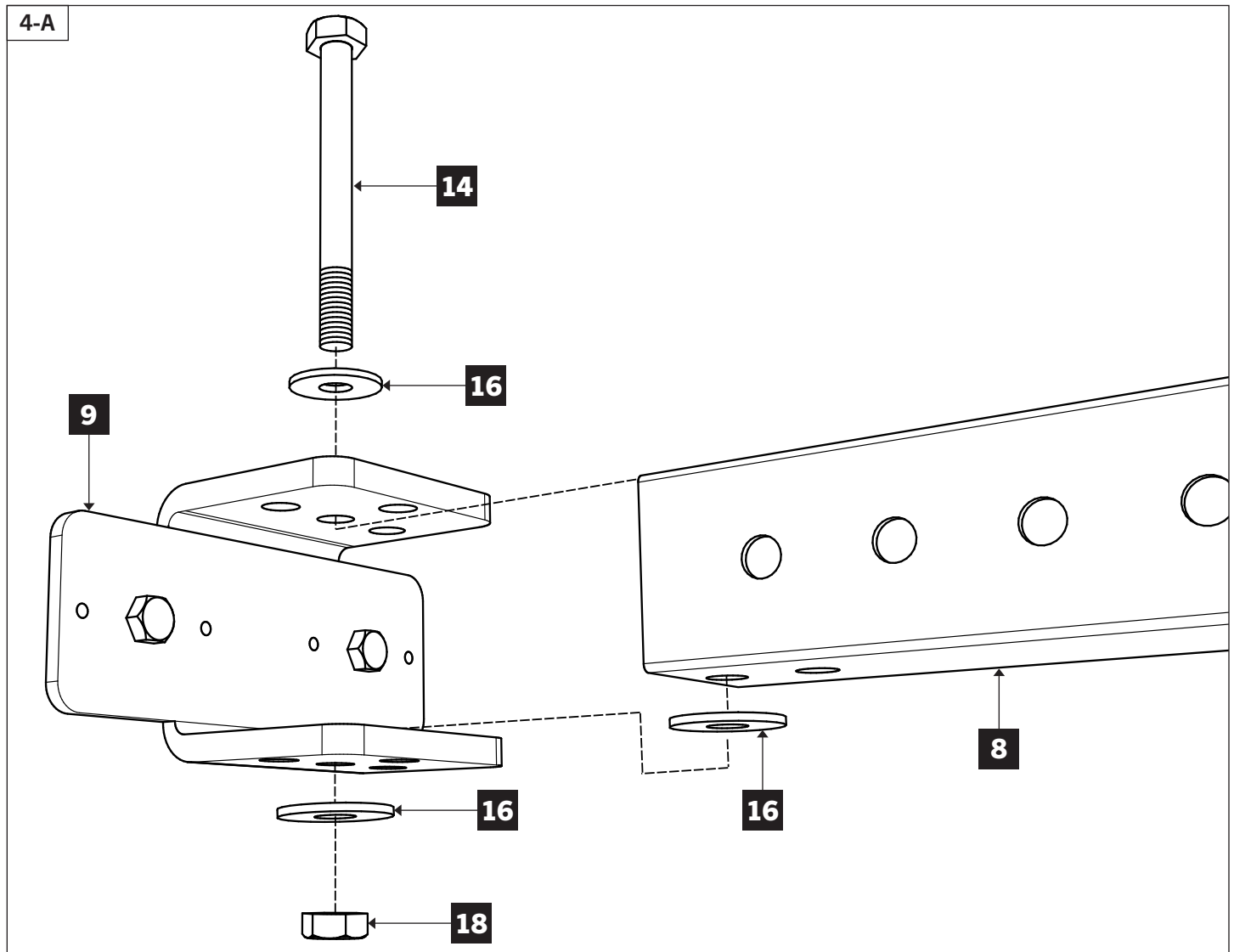
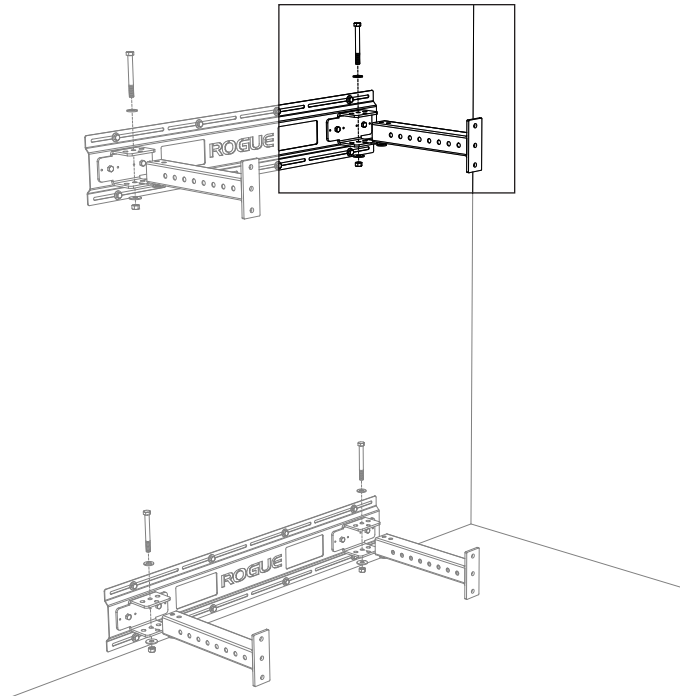
## Tools Required:

- 15/16" Socket / Wrench
- Fasten Crossmembers **8** to Wall Brackets **9** using 5/8" x 6" Hex Bolts **14**, 5/8" Flat Washers **16**, and 5/8" Low Profile Lock Nut **18** as shown.

- Tighten firmly but do not over-tighten.

## Note:

- Ensure that pinch point stickers face out on each Rack Crossmember.



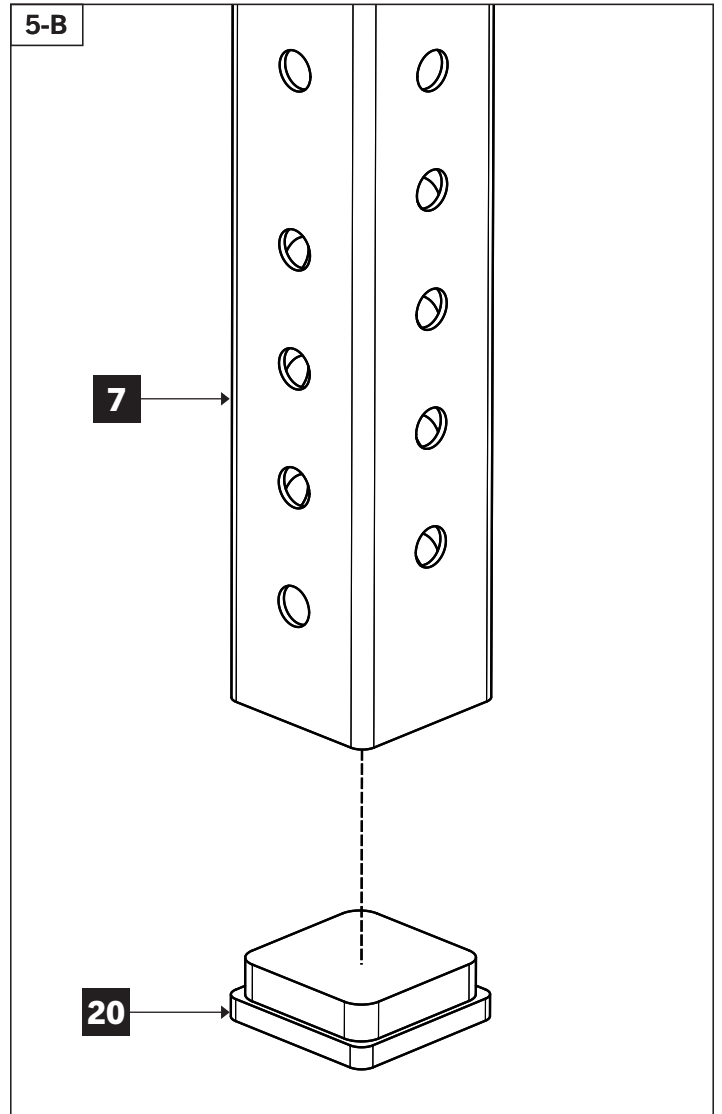
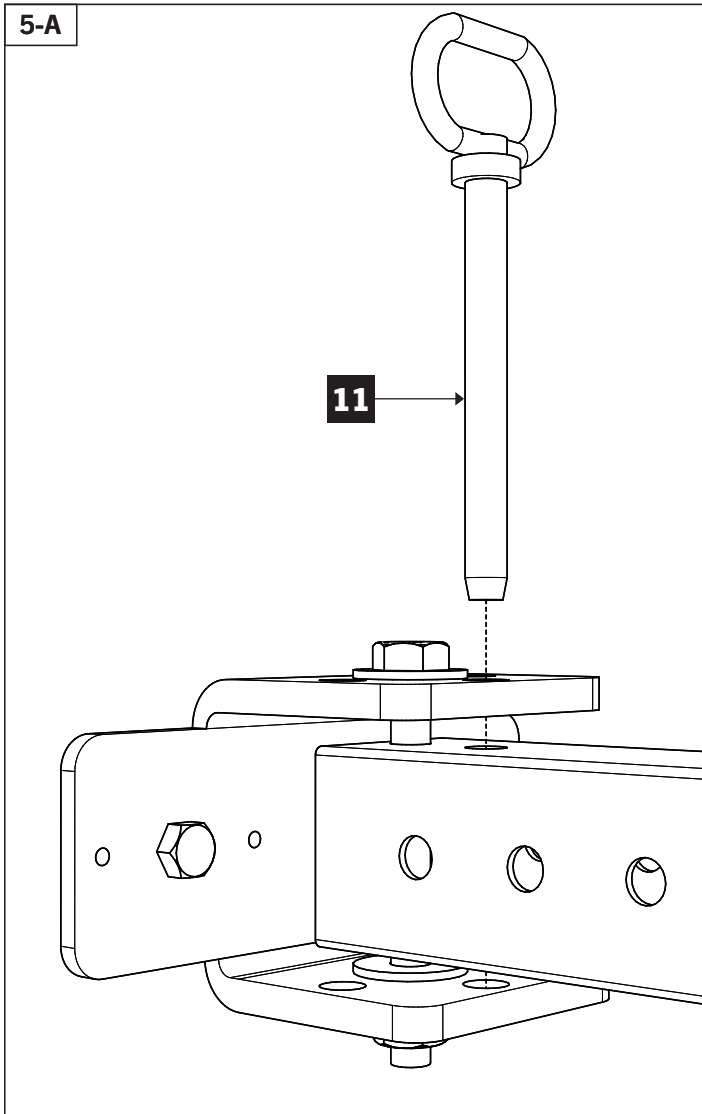
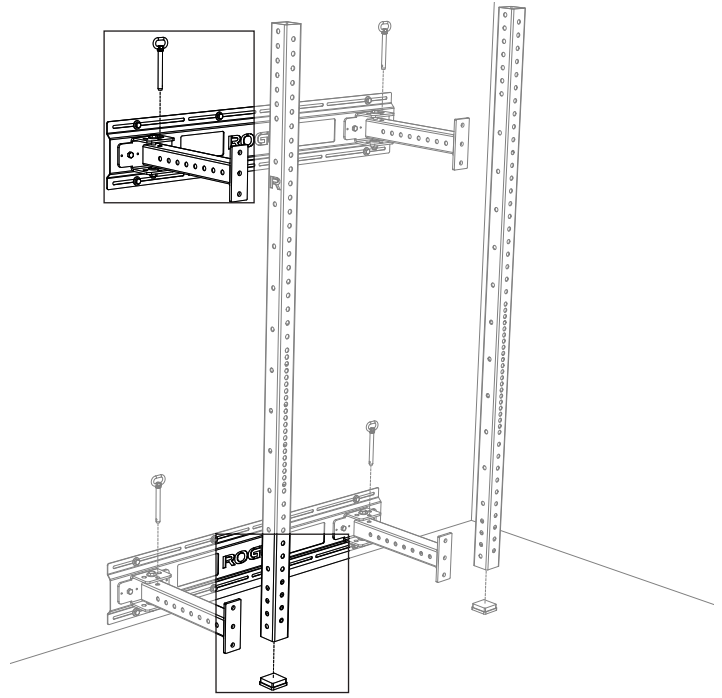
# STEP 5

## Tools Required:

- None
- **5-A** Lock Crossmembers perpendicular to the wall using the 5/8" x 5" Hitch Pins **11** as shown.
- **5-B** Insert UHMW 3x3 Foot **20** into the bottom of each Monster Lite 90" Upright **7** as shown.

## Note:

- Avoid pinch points when mounting the unit, or when extending/retracting the unit.



## STEP 6

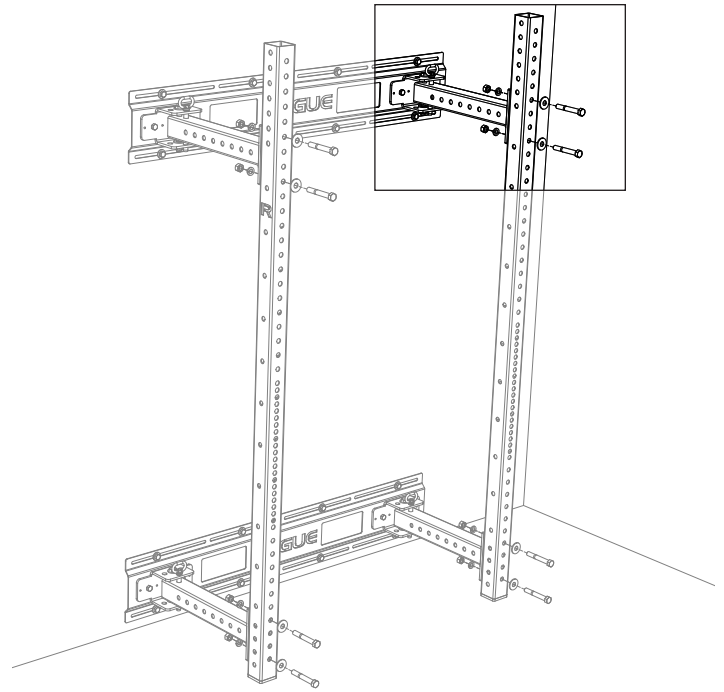
### Tools Required:

- 15/16" Socket / Wrench
- Connect Monster Lite 90" Uprights to Crossmembers using 5/8" x 4.5" Hex Bolt **15**, 5/8" Flat Washers **16**, 5/8" Lock Washers **17**, and 5/8" Hex Nut **19**.

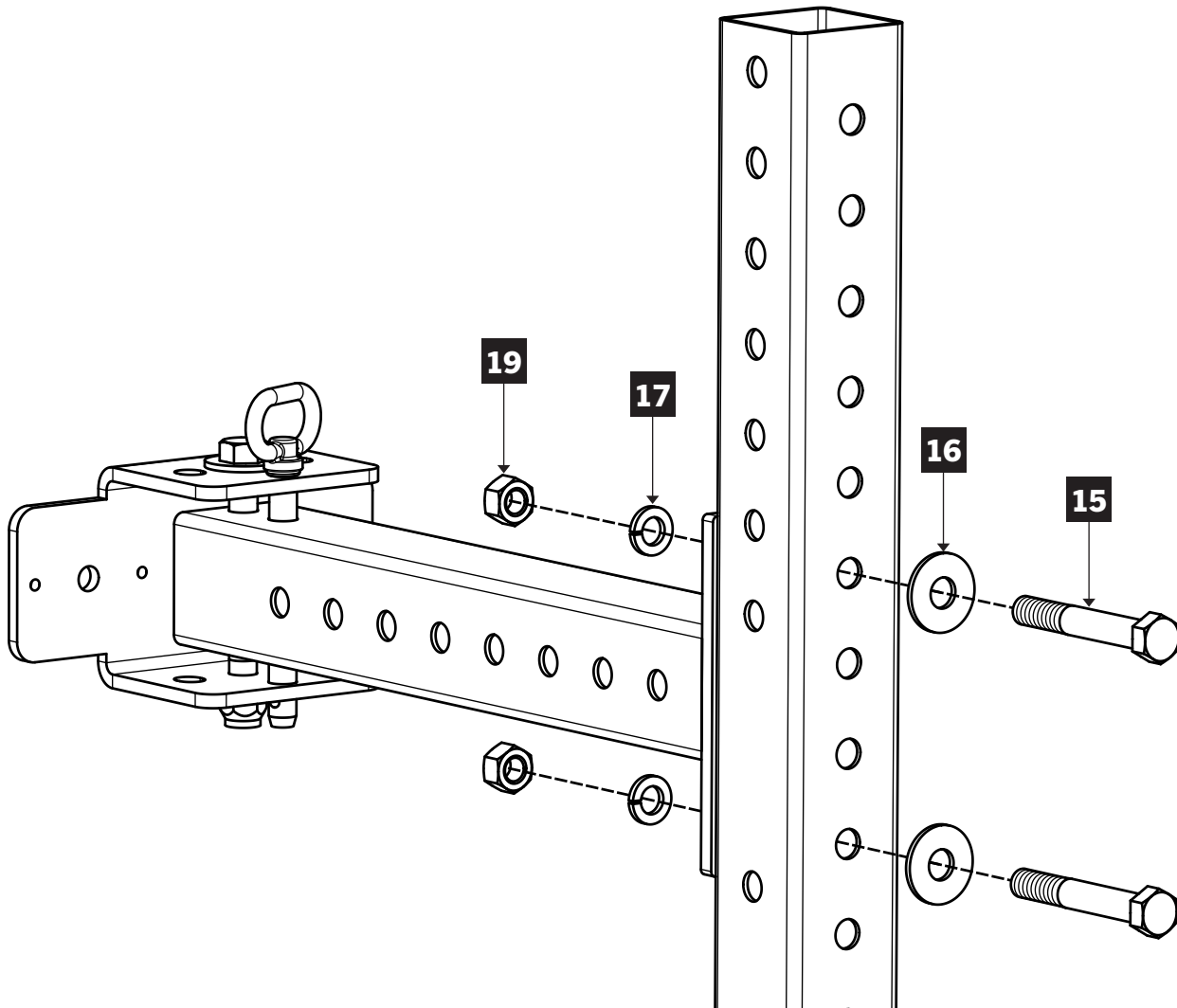
- Fully tighten hardware.

### Note:

- Avoid pinch points when mounting the unit, or when extending/retracting the unit.



6-A



# STEP 7

## Tools Required:

- None
- Fasten Quick Attach Pull-up Bar **10** to the 90" Uprights using 5/8" x 4" Hitch Pin w/ Lanyard **12** as shown.
- Ensure the lynchpin is fastened prior to use.

