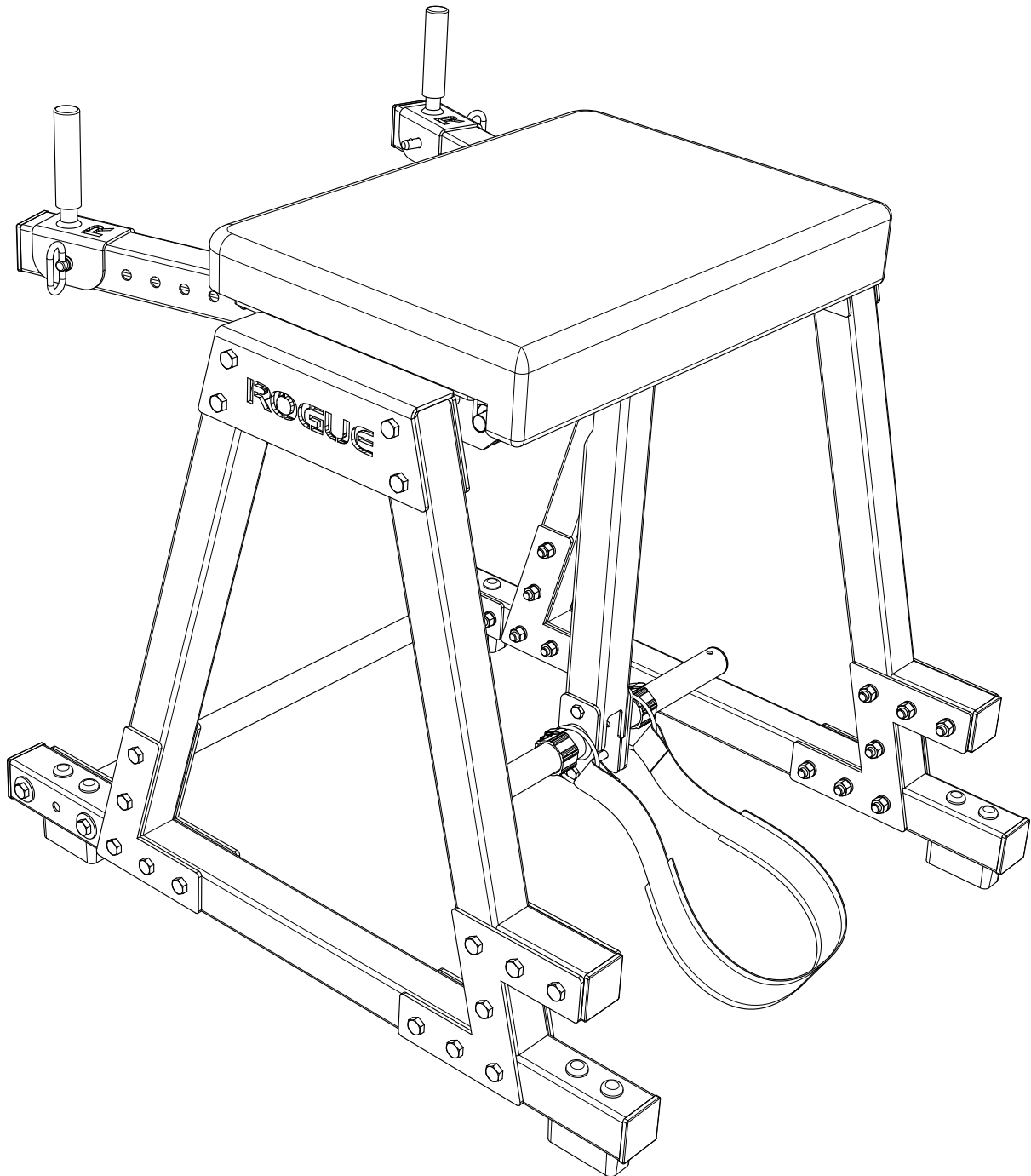


Z HYPER



INSTRUCTIONS AND ASSEMBLY

ROGUE®

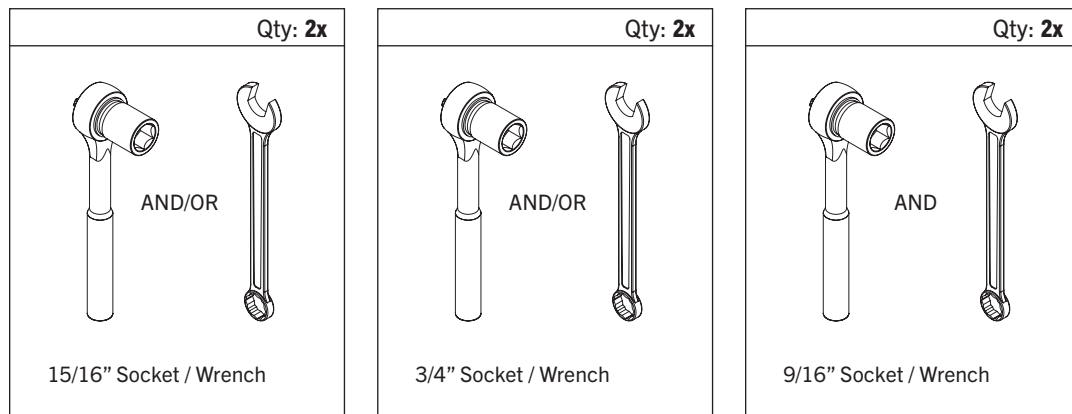
Rogue Fitness • 545 E 5th Ave. Columbus, Ohio 43201 • Customer Service: 614-358-6190 • Team@RogueFitness.com

GENERAL GUIDELINES

- Please read these customer instructions thoroughly prior to assembling.

TOOLS REQUIRED

Note: Images not shown at scale



* Socket required for Step 2 in assembly.



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, to obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by 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.

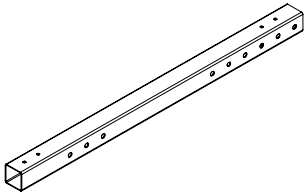
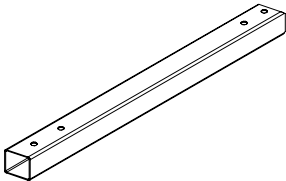
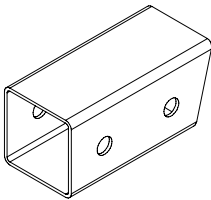
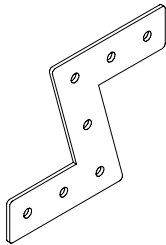
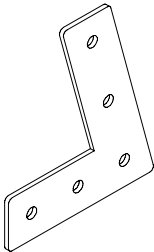
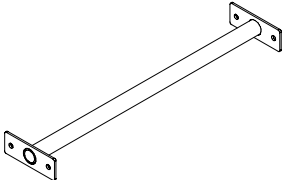
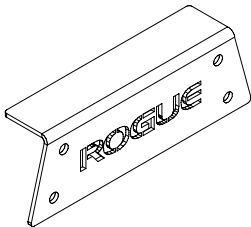
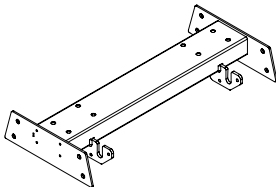
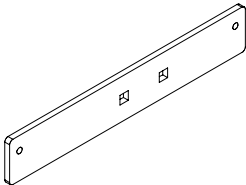
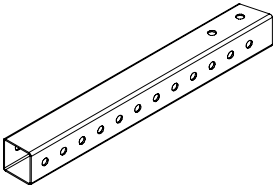
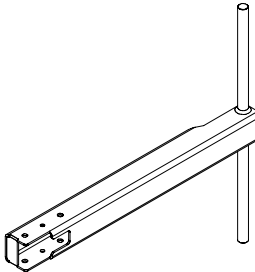
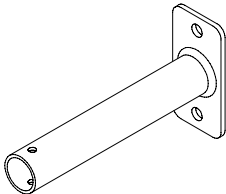
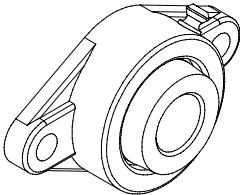
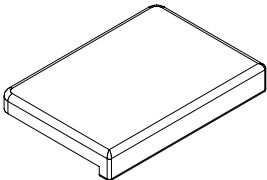
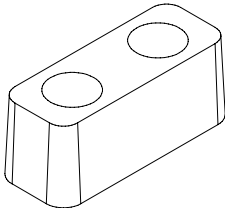
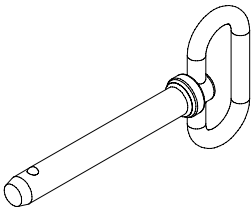
WARNING:

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

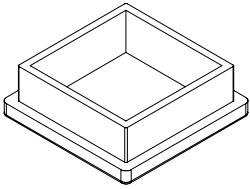
Note: Images not shown at scale

1 Qty: 2x  3" x 3" Base Tube	2 Qty: 4x  3" x 3" Front/Back Legs	3 Qty: 2x  3" x 3" Step	4 Qty: 4x  "Z" Washer Plate
5 Qty: 4x  "L" Washer Plate	6 Qty: 1x  Base Crossmember	7 Qty: 2x  Name Plate	8 Qty: 1x  Pad Support Tube
9 Qty: 2x  Pad Support Plate	10 Qty: 2x  3" x 3" Handle Tube	11 Qty: 1x  Swing Arm	12 Qty: 2x  Plate Holder
13 Qty: 2x  Bearing	14 Qty: 1x  Pad	15 Qty: 4x  Rubber Feet	16 Qty: 2x  Detent Pin

INCLUDED PARTS

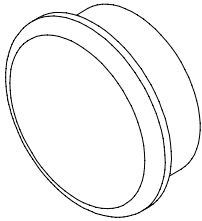
Note: Images not shown at scale

17Qty: 8x



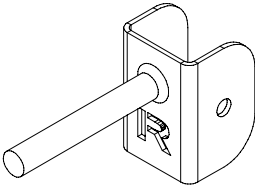
3" x 3" Plastic Cap

18Qty: 2x



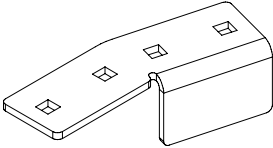
Round Plastic Cap

19Qty: 2x



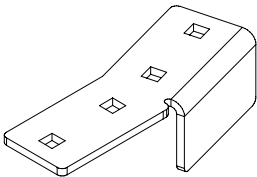
Adjustable Handle

20Qty: 2x



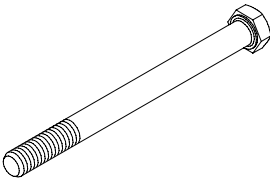
Handle Mounting Bracket 1

21Qty: 2x



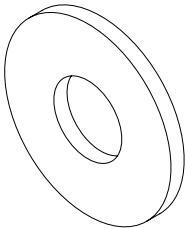
Handle Mounting Bracket 2

22Qty: 8x



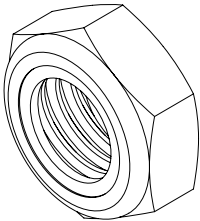
3/8" x 4-1/2" Hex Bolt

23Qty: 8x



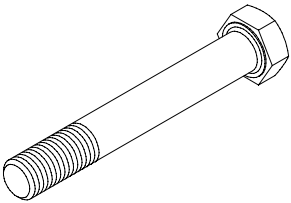
3/8" Flat Washer

24Qty: 12x



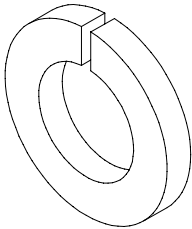
3/8" Nylock Hex Nut

25Qty: 2x



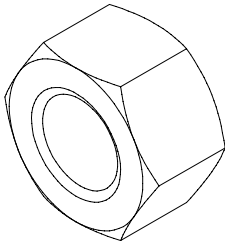
1/2" x 4-1/4" Hex Bolt

26Qty: 2x



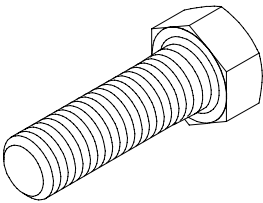
1/2" Split Lock Washer

27Qty: 2x



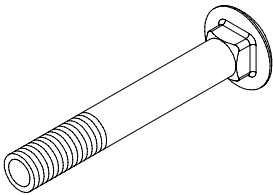
1/2" Hex Nut

28Qty: 8x



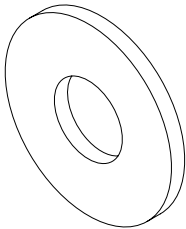
3/8" x 1-1/4" Hex Bolt

29Qty: 12x



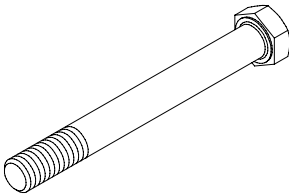
5/8" x 4-1/2" Carriage Bolt

30Qty: 4x
**8x



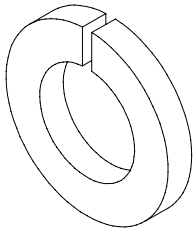
5/8" Flat Washer

31Qty: 32x



5/8" x 4-1/2" Hex Bolt

32Qty: 44x
**48x



5/8" Split Lock Washer

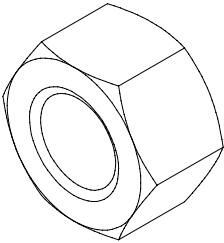
INCLUDED PARTS

Note: Images not shown at scale

33

Qty: 44x

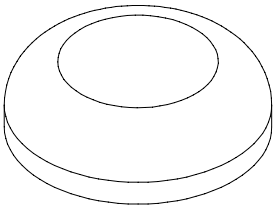
**48x



5/8" Hex Nut

34

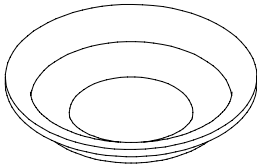
Qty: 8x



Screw Cap

35

Qty: 8x

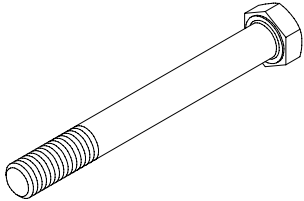


Flanged Washer

36

Qty: 0x

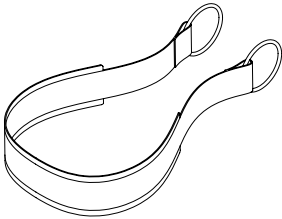
**4x



5/8" x 4-1/4" Hex Bolt

37

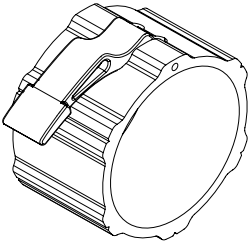
Qty: 1x



Spud Inc Hyper Strap

38

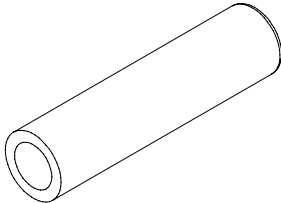
Qty: 2x



OSO Mighty Axle Collar

39

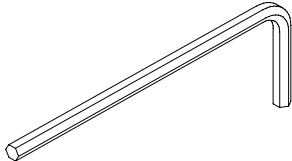
Qty: 2x



Rubber Handle Grip

40

Qty: 1x



1/8" Hex Key

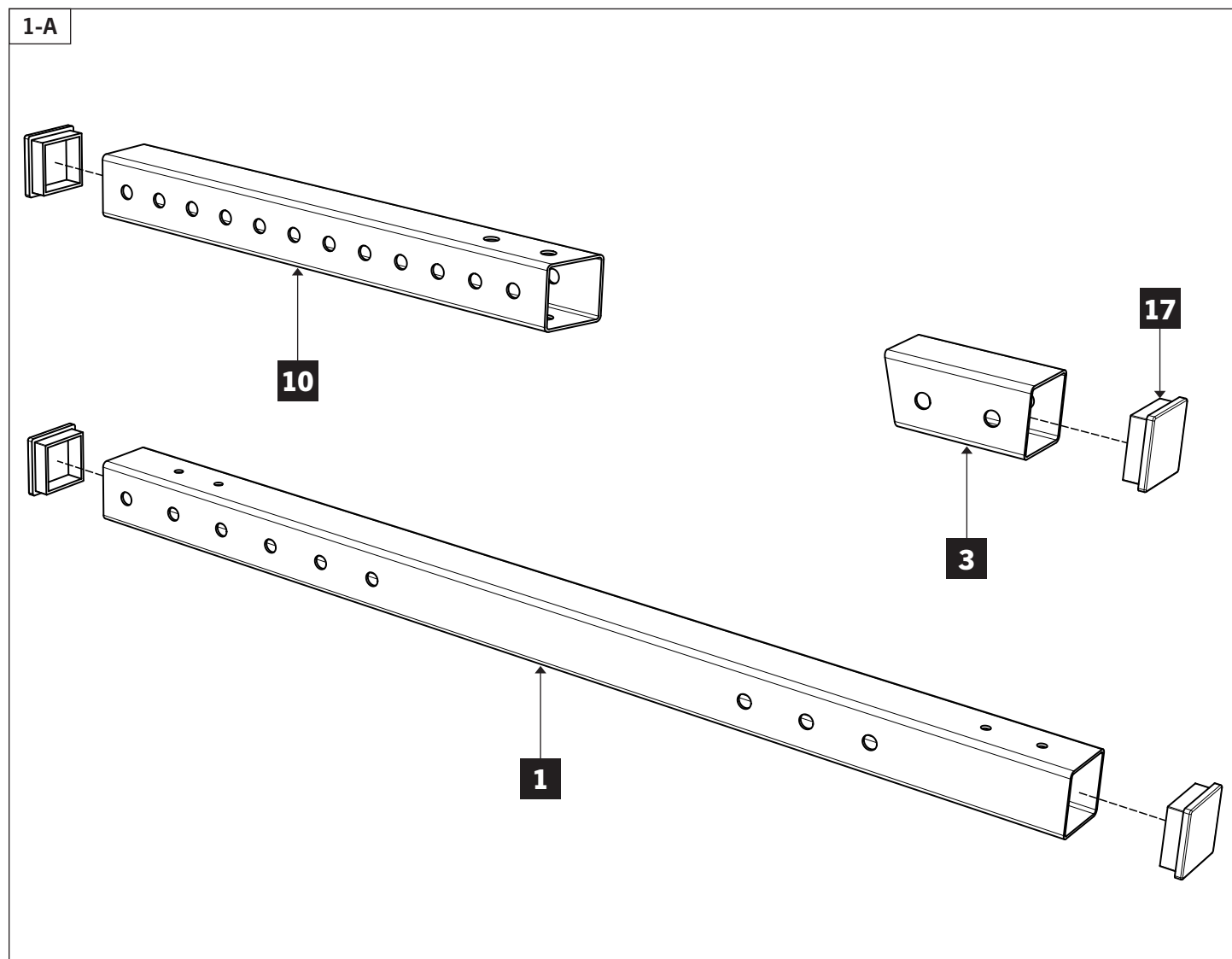
* 6 Base Crossmember not included if it was not selected at checkout.

**An additional 4x provided if Base Crossmember was selected at checkout.

STEP 1

Tools Required:

- None
- Insert 3" x 3" Plastic Caps **17** into each end of both 3" x 3" Base Tubes **1**.
- Next, insert 3" x 3" Plastic Cap into the flat, non-angled side of both 3" x 3" Handle Tubes **10** and both 3" x 3" Steps **3**.
- Set 3" x 3" Handle Tubes and 3" x 3" Steps aside to be used in later steps.



STEP 2

Tools Required:

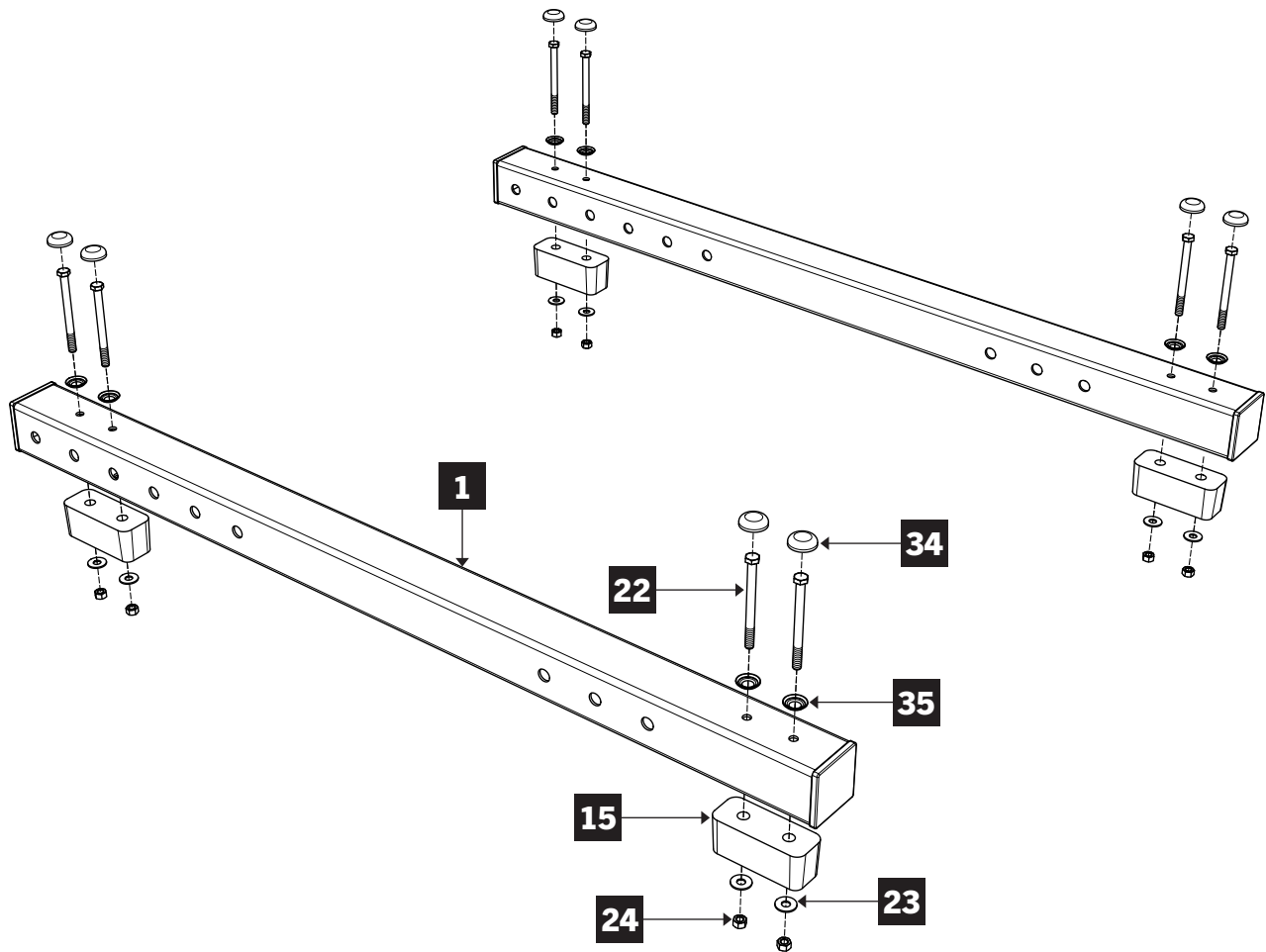
- 9/16" Socket and Wrench

- Attach all four Rubber Feet **15** to the bottom of both 3" x 3" Base Tubes **1** using 3/8" x 4-1/2" Hex Bolts **22**, 3/8" Flat Washers **23**, 3/8" Nylock Nuts **24**, Screw Caps **34**, and Flanged Washer **35**.

Note:

- Fully tighten hardware before placing on the Screw Caps.

2-A



STEP 3

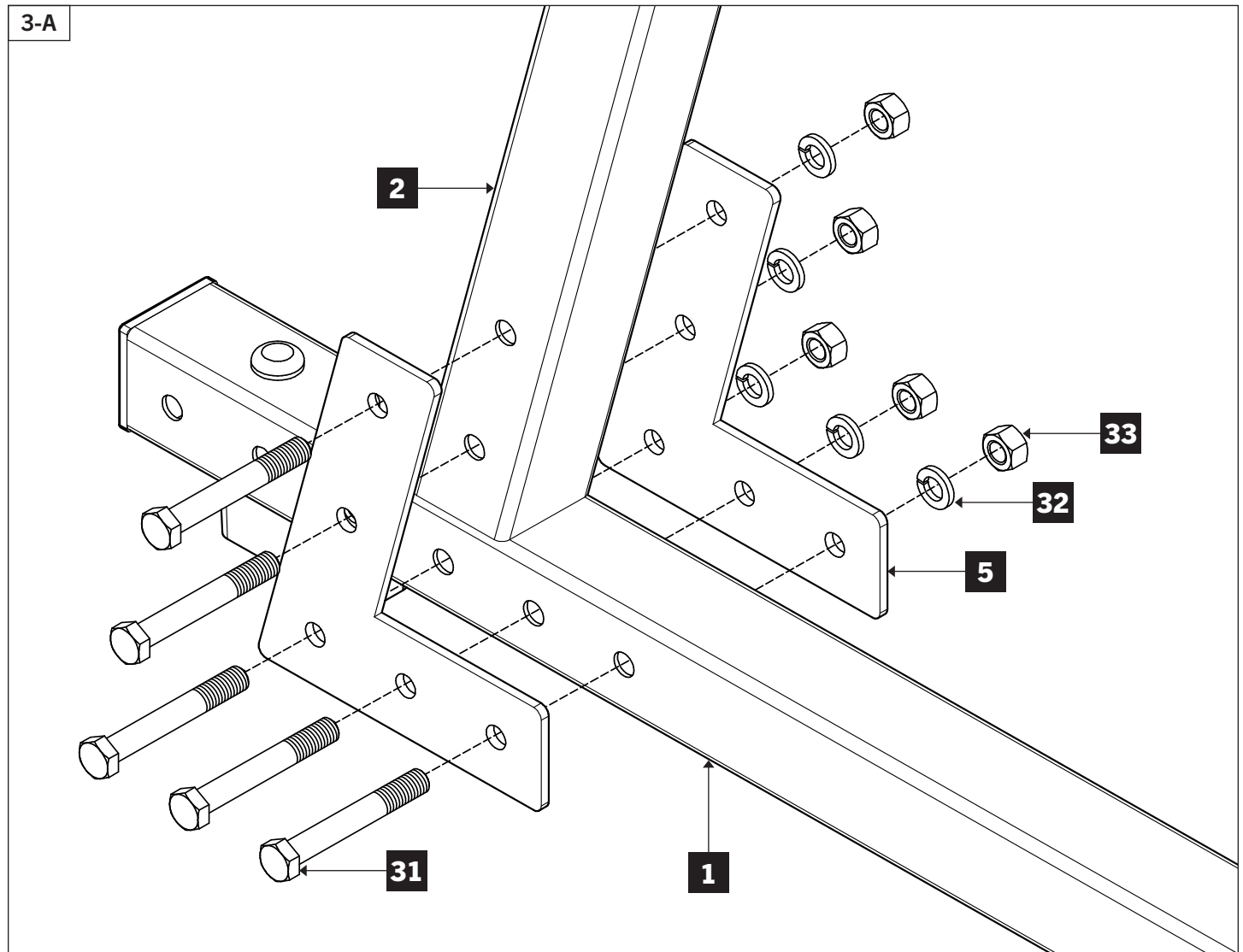
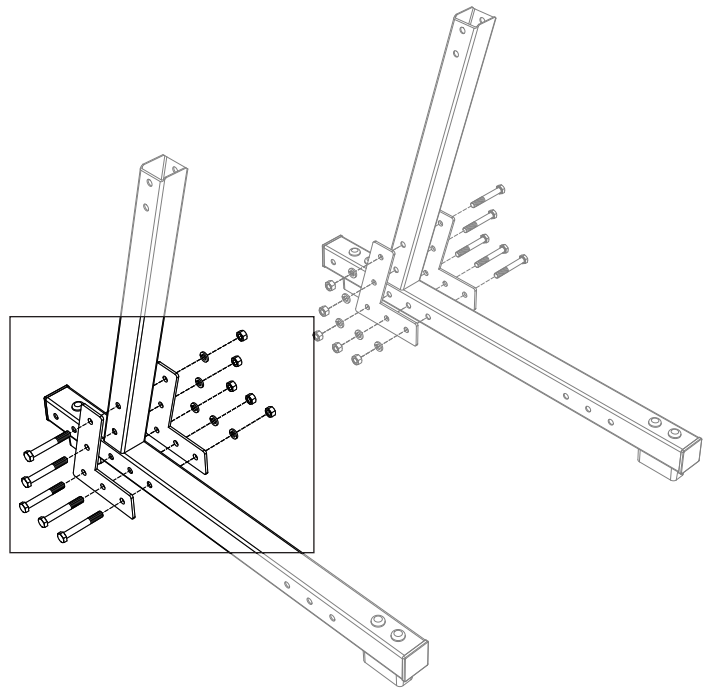
Tools Required:

- None, HAND-TIGHTEN ONLY.

- Attach 3" x 3" Front/Back Leg **2** to the back end of 3" x 3" Base Tube **1** using "L" Washer Plates **5**, 5/8" x 4-1/2" Hex Bolts **31**, 5/8" Split Lock Washers **32**, and 5/8" Hex Nuts **33** as shown below.

Note:

- Be aware of the bolt orientation, ensuring hardware assemblies are mirroring each other with bolts on the outside of assembly as shown in overview (right).



STEP 4

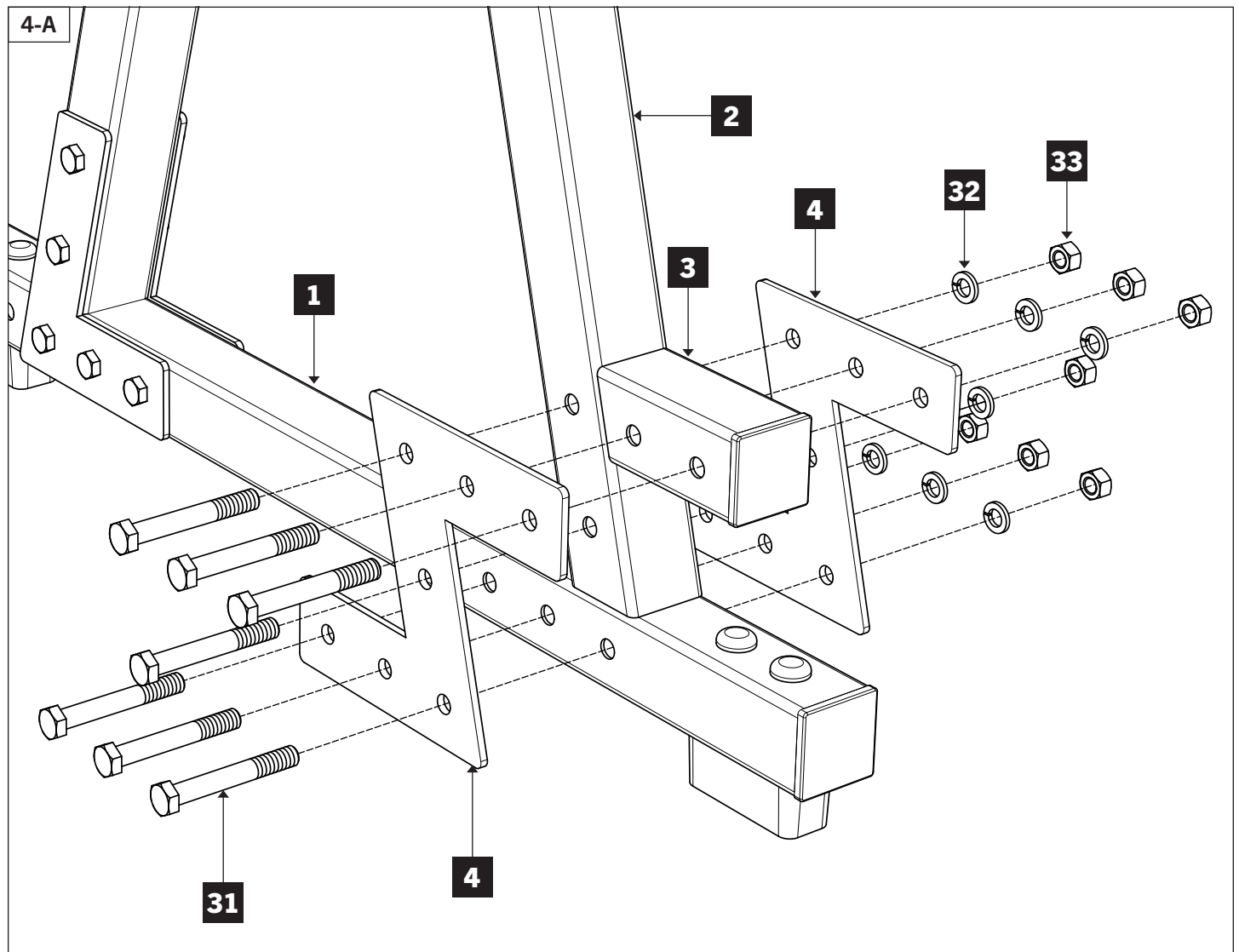
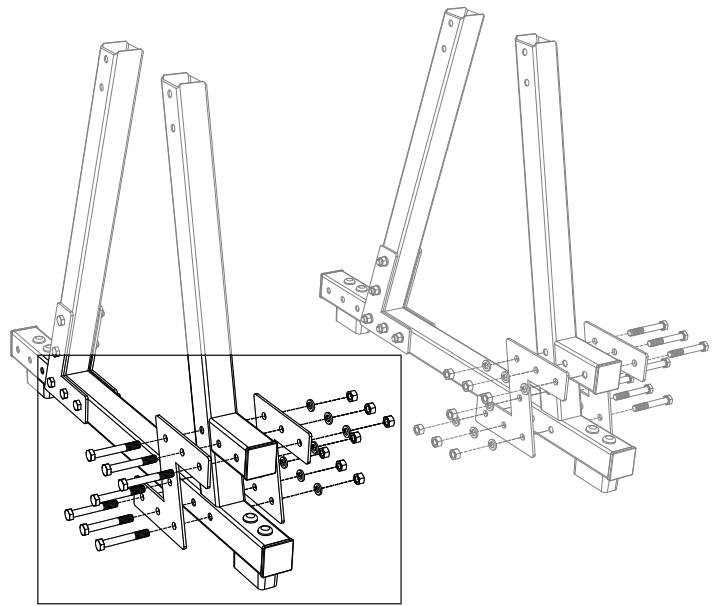
Tools Required:

- None, HAND-TIGHTEN ONLY.

- Attach 3" x 3" Front/Back Leg **2** and 3" x 3" Step **3** to the front end of 3" x 3" Base Tube **1** using "Z" Washer Plates **4**, 5/8" x 4-1/2" Hex Bolts **31**, 5/8" Split Lock Washers **32**, and 5/8" Hex Nuts **33** as shown below.

Note:

- Be aware of the bolt orientation, ensuring hardware assemblies are mirroring each other with bolts on the outside of assembly as shown in overview (right).



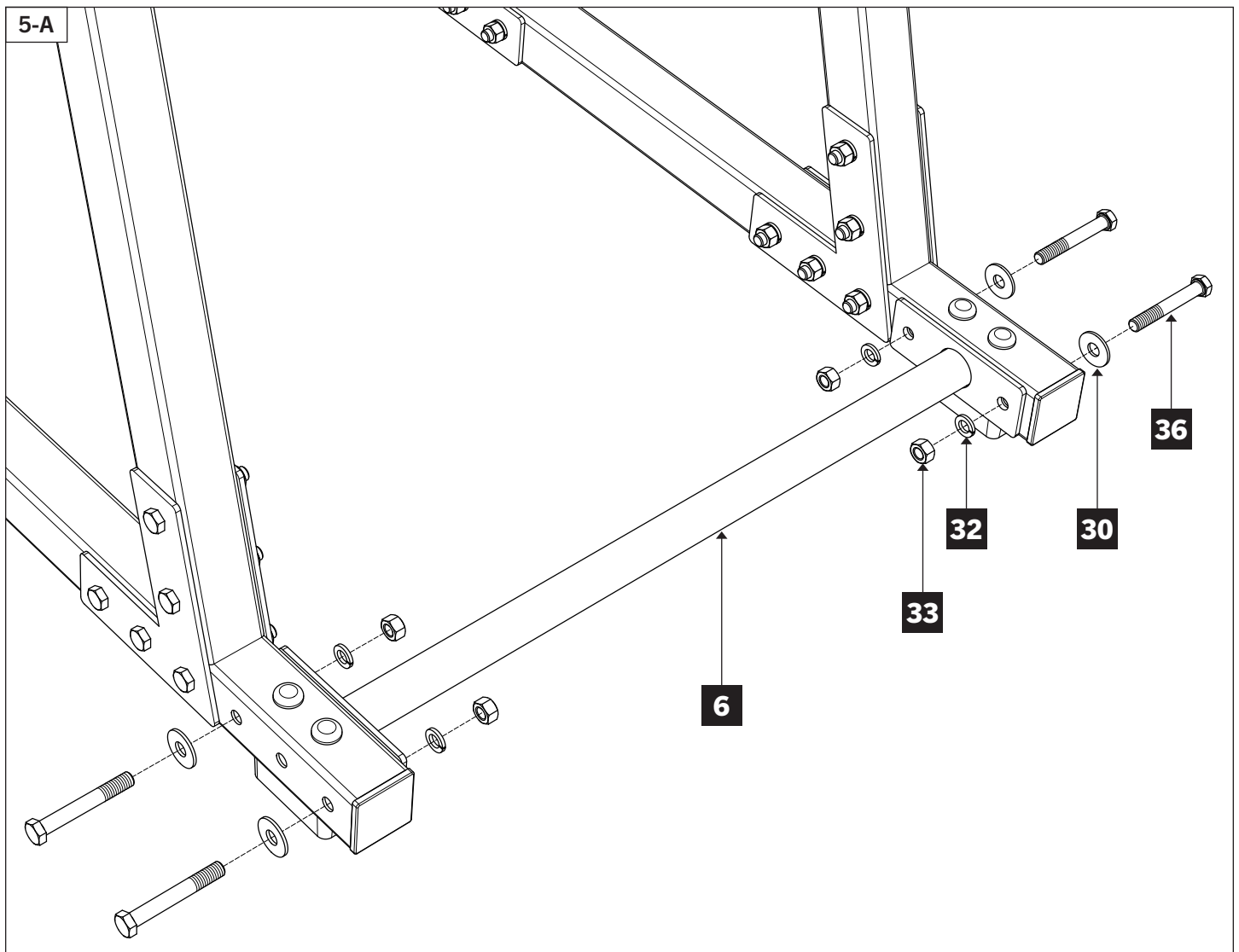
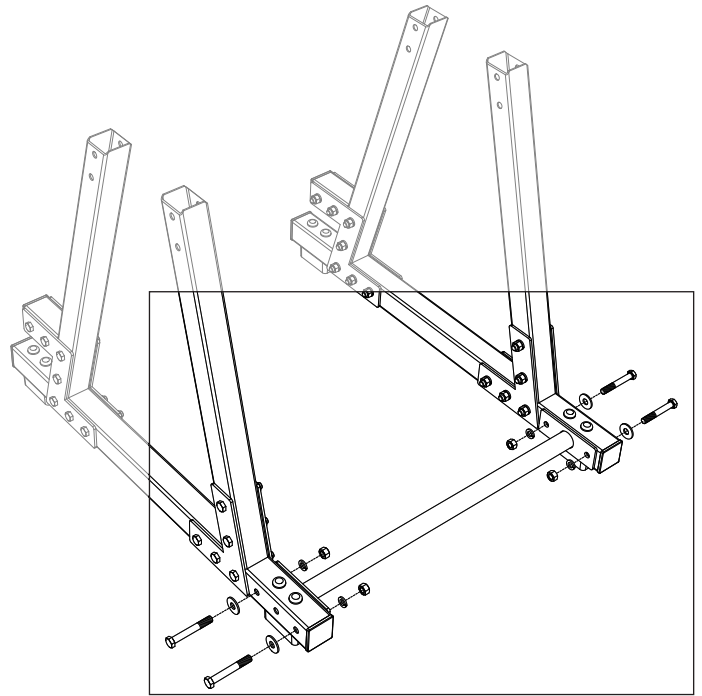
STEP 5 (OPTIONAL)*

Tools Required:

- None, HAND-TIGHTEN ONLY.

*Note:

- If Base Crossmember **6** was not selected at checkout, continue to **STEP 6**.
- Ensure assembled components from **STEPS 2-4** are in the location and orientation you plan to use the Z Hyper.
- Attach Base Crossmember using 5/8" x 4-1/4" Hex Bolt **36**, 5/8" Flat Washers **30**, 5/8" Split Lock Washers **32**, and 5/8" Hex Nuts **33**.



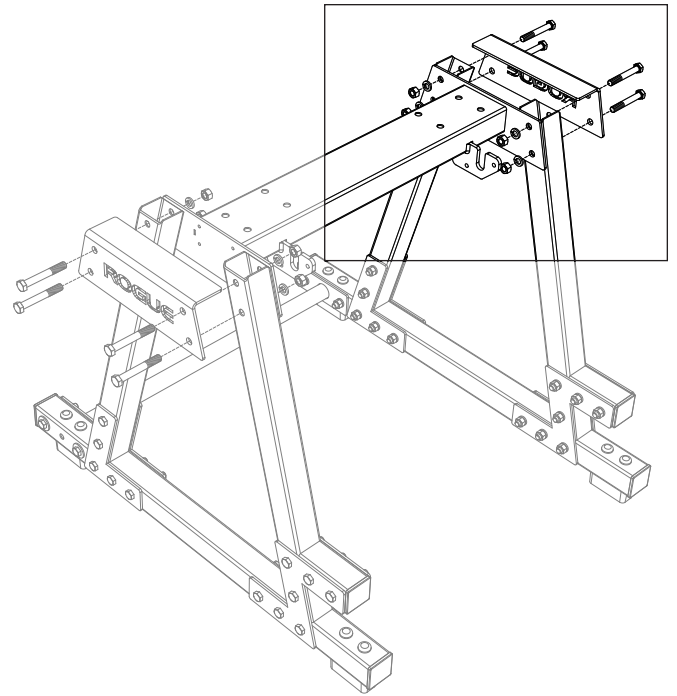
STEP 6

Tools Required:

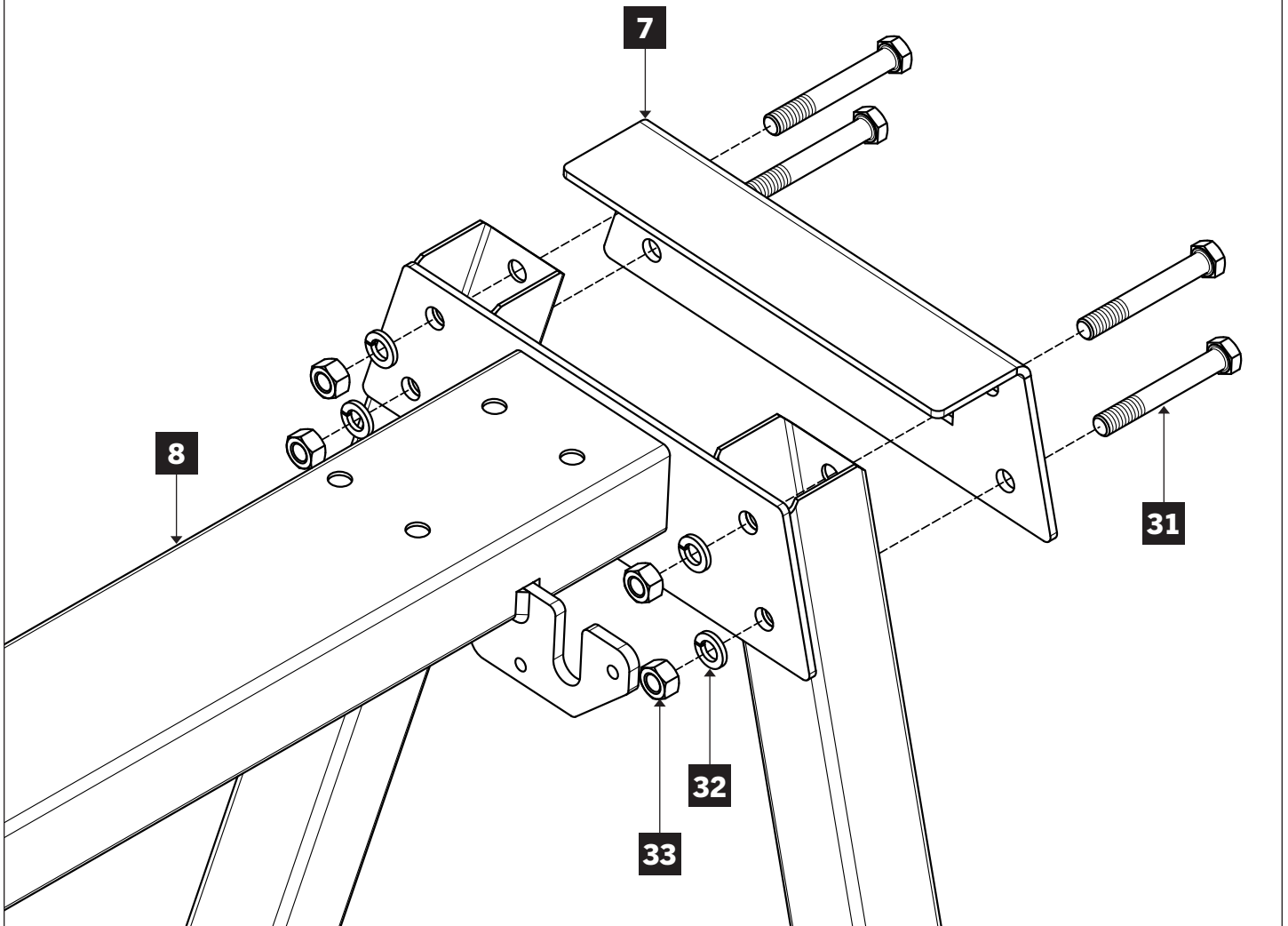
- 15/16" Socket / Wrench

Note:

- This step may require an additional person to hold the Pad Support Tube in place while attaching the Name Plates.
- If **STEP 5** was not needed, ensure assembled components from **STEPS 2-4** are in the location and orientation you plan to use the Z Hyper.
- Attach the Pad Support Tube **8** and Name Plates **7** to the Base/Leg assembly using 5/8" x 4-1/2" Hex Bolt **31**, 5/8" Split Lock Washers **32**, and 5/8" Hex Nuts **33**.
- All hardware up to this step can now be fully tightened.



6-A



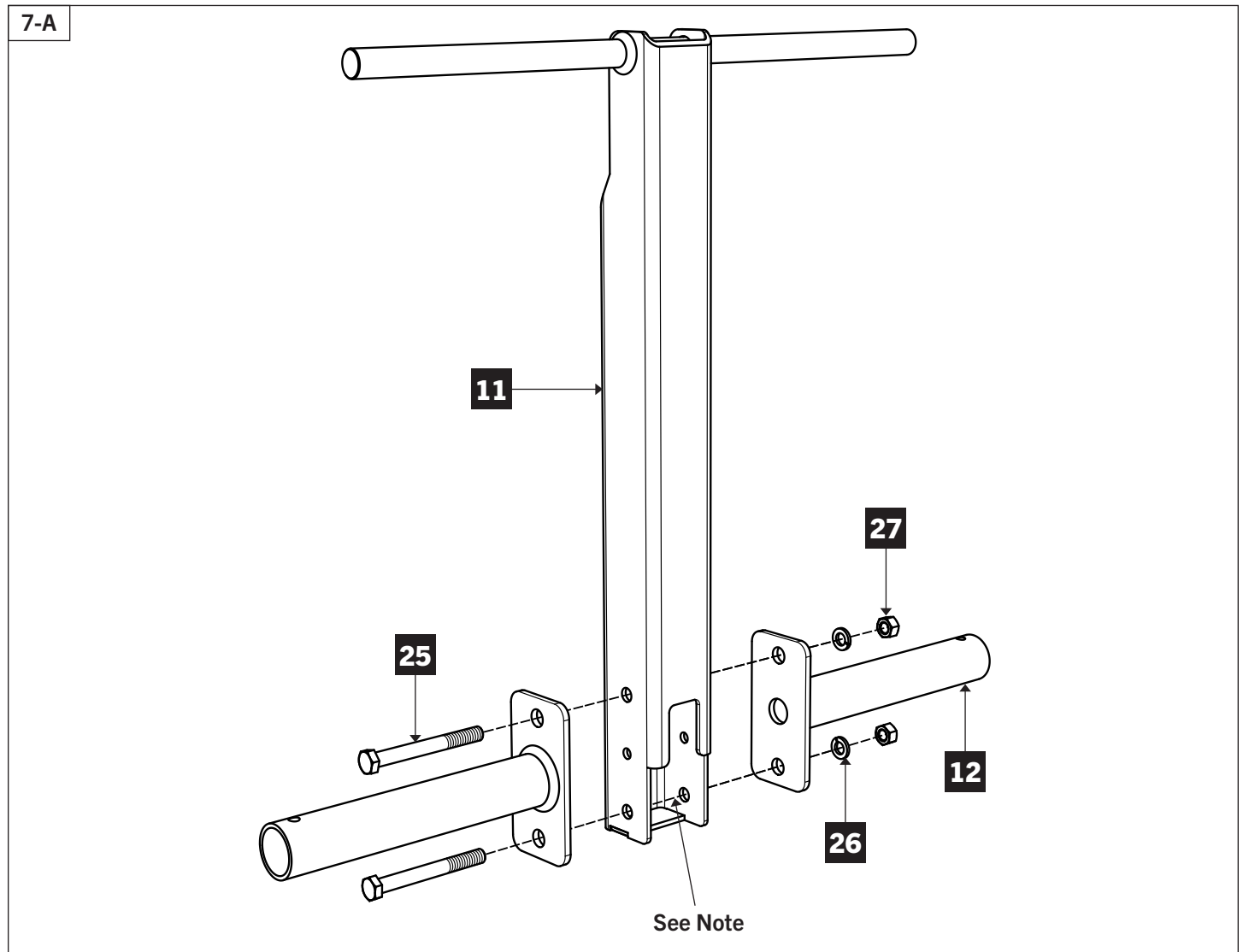
STEP 7

Tools Required:

- 3/4" Socket / Wrench
- Attach Plate Holders **12** to the Swing Arm **11** using 1/2" x 4-1/4" Hex Bolts **25**, 1/2" Split Lock Washers **26**, and 1/2" Hex Nuts **27**.
- Fully tighten hardware.

Note:

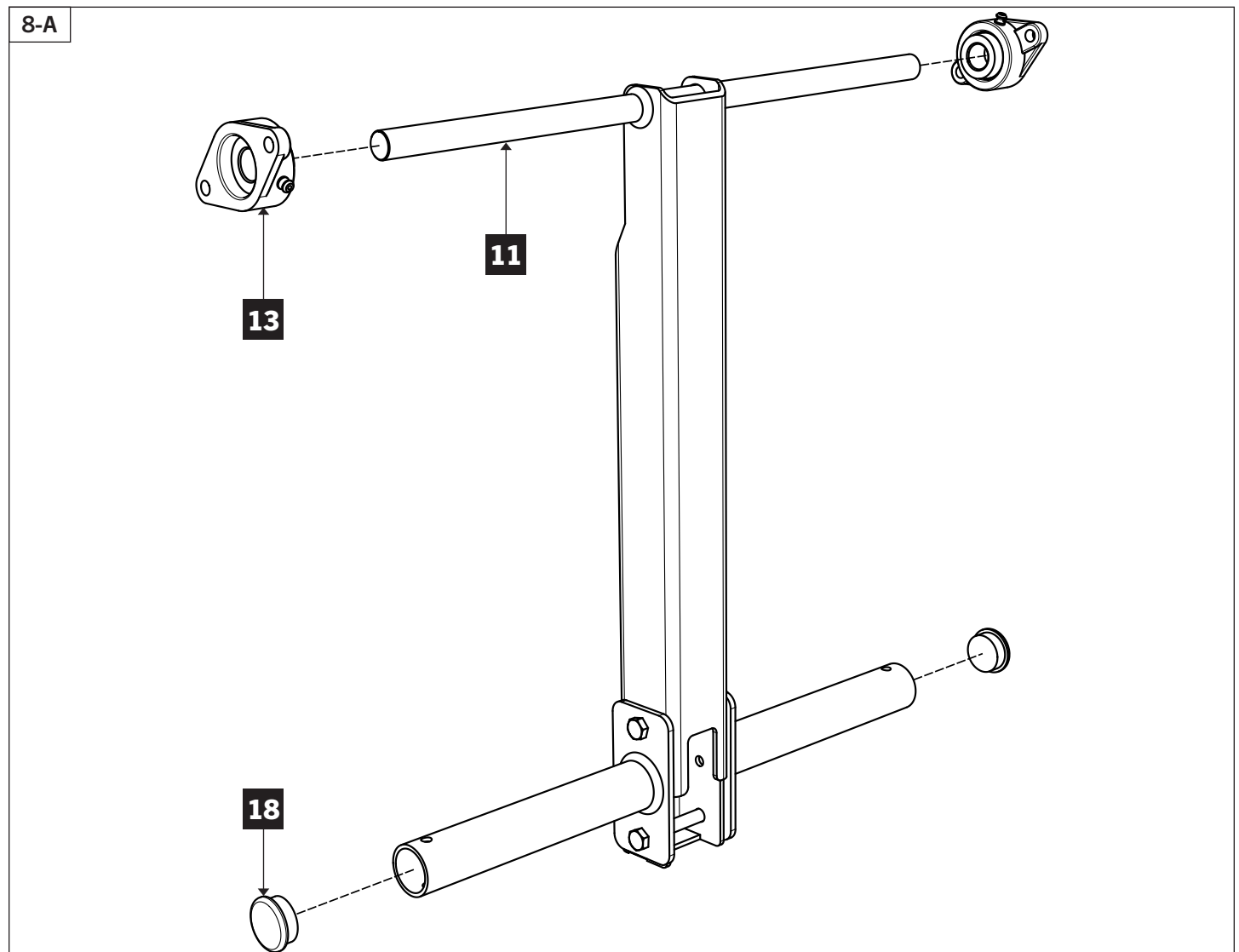
- If desired, Spud Inc Hyper Strap can be assembled through the lower bolt during this Step. Otherwise, it can also be used on the Plate Holders as shown in **STEP 16**.



STEP 8

Tools Required:

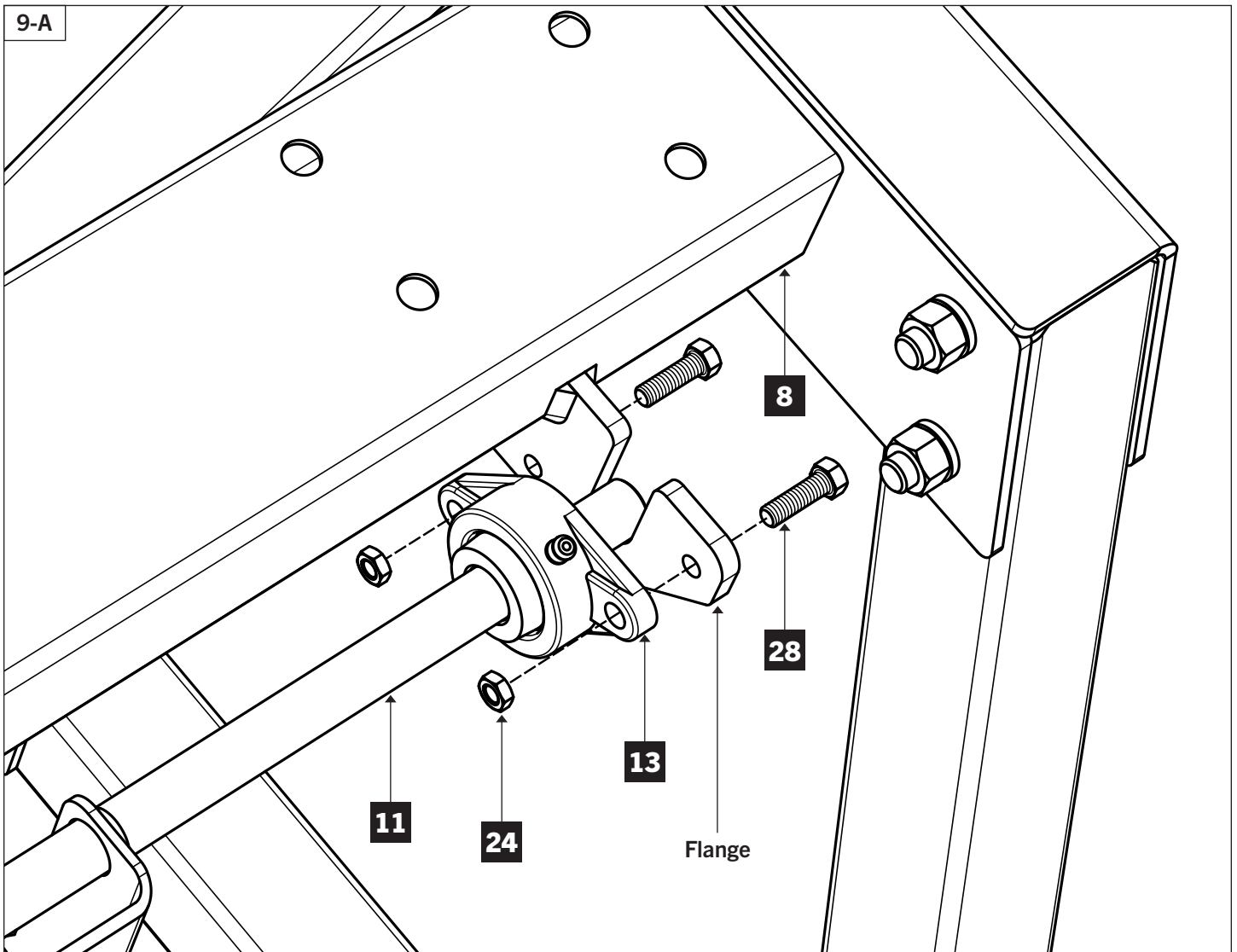
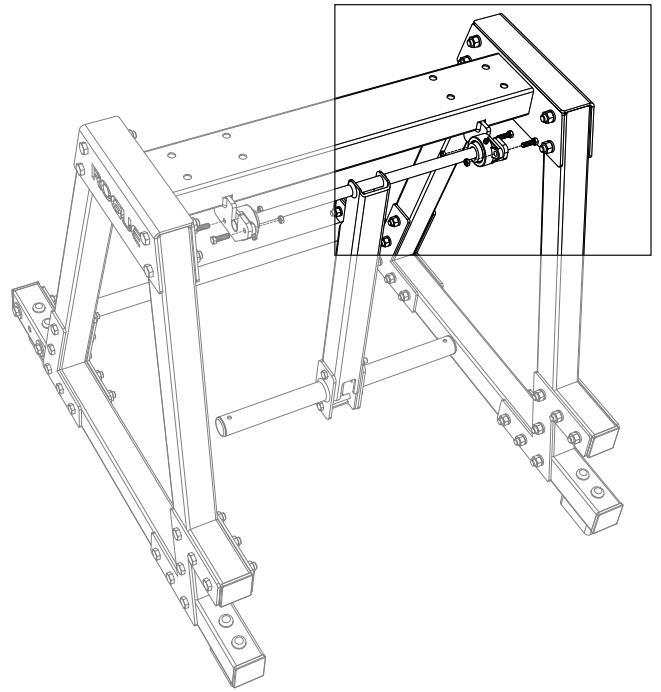
- None
- Insert Round Plastic Caps **18** into the Plate Holders installed in **STEP 7**.
- Slide Bearings **13** onto the shaft of the Swing Arm **11**.



STEP 9

Tools Required:

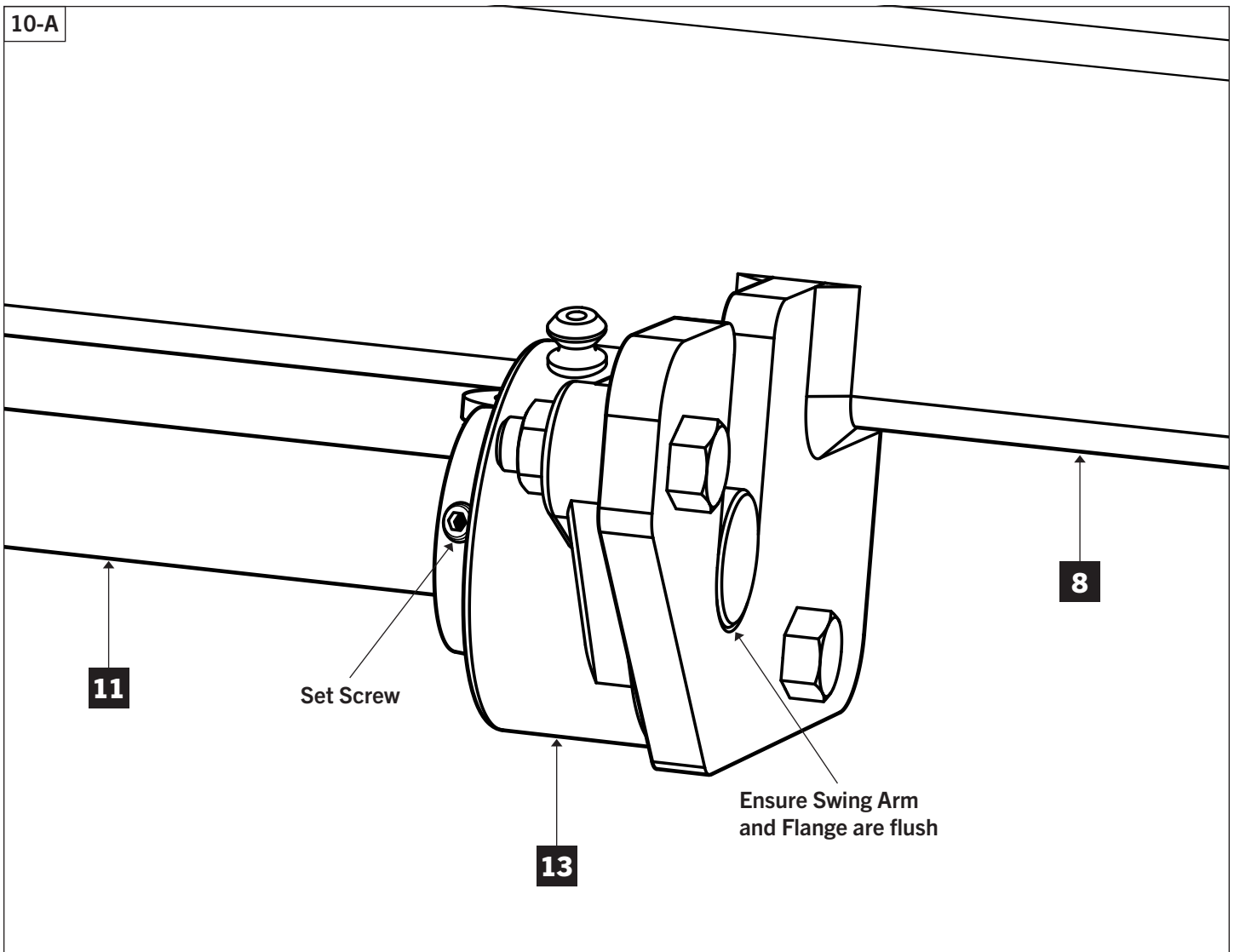
- 9/16" Socket / Wrench
- Slide the Swing Arm **11** onto the Flanges of the Pad Support Tube **8**.
- Bolt the Bearings **13** to the Flanges using 3/8" x 1-1/4" Hex Bolts **28** and 3/8" Nylock Nut **24**.
- Fully tighten hardware.



STEP 10

Tools Required:

- 1/8" Hex Key
- Ensure both ends of Swing Arm **11** are flush with the Flanges of the Pad Support Tube **8**.
- Once above is confirmed, tighten the Bearing **13** set screw using the included 1/8" Hex Key **40**.



STEP 11

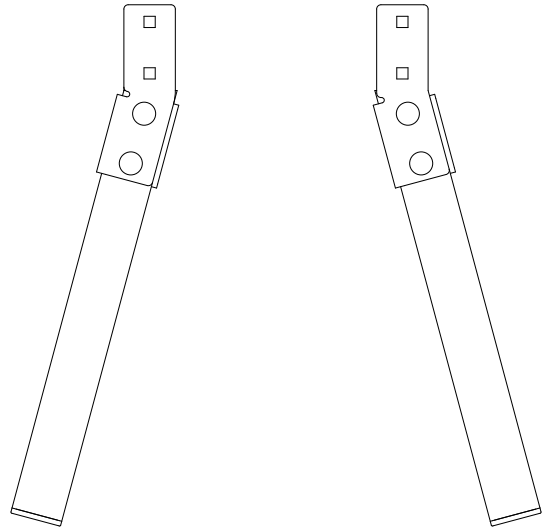
Tools Required:

- None, HAND-TIGHTEN ONLY.

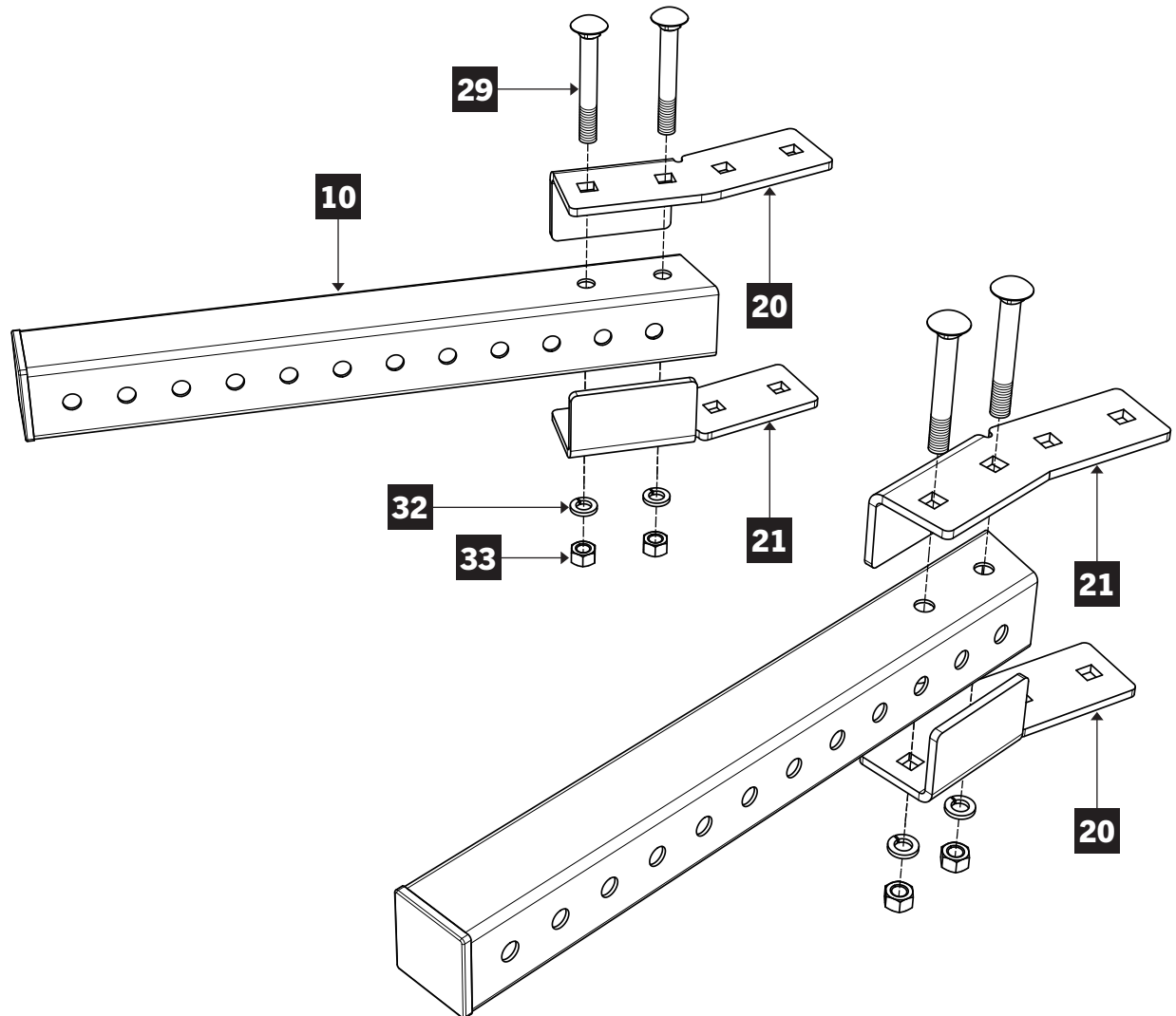
- Attach Handle Mounting Bracket 1 **20** and Handle Mounting Bracket 2 **21** to the 3" x 3" Handle Tube **10** using 5/8" x 4-1/2" Carriage Bolts **29**, 5/8" Split Lock Washers **32**, and 5/8" Hex Nuts **33**.

- Ensure Mounting Brackets for the two 3" x 3" Handle Tubes are installed in opposite directions in the orientation shown below and in the Top View Detail (right).

TOP VIEW DETAIL



11-A



STEP 12

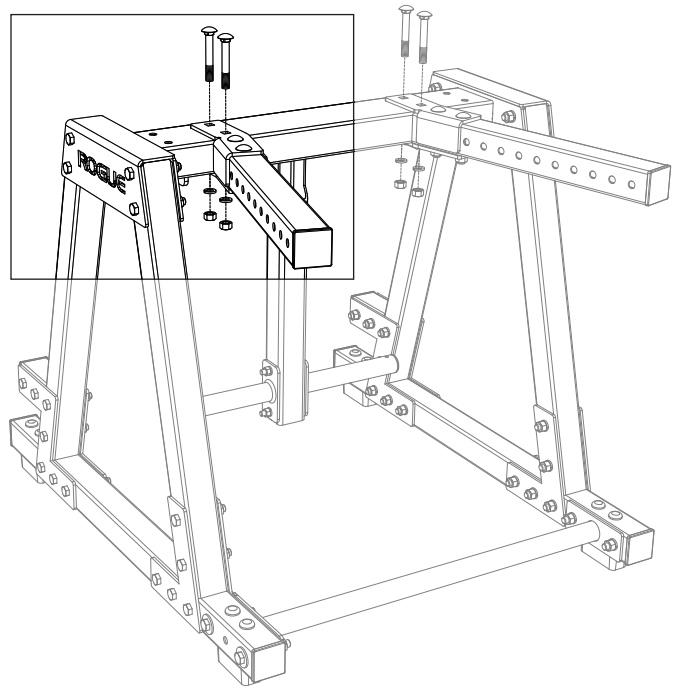
Tools Required:

- 15/16" Socket / Wrench

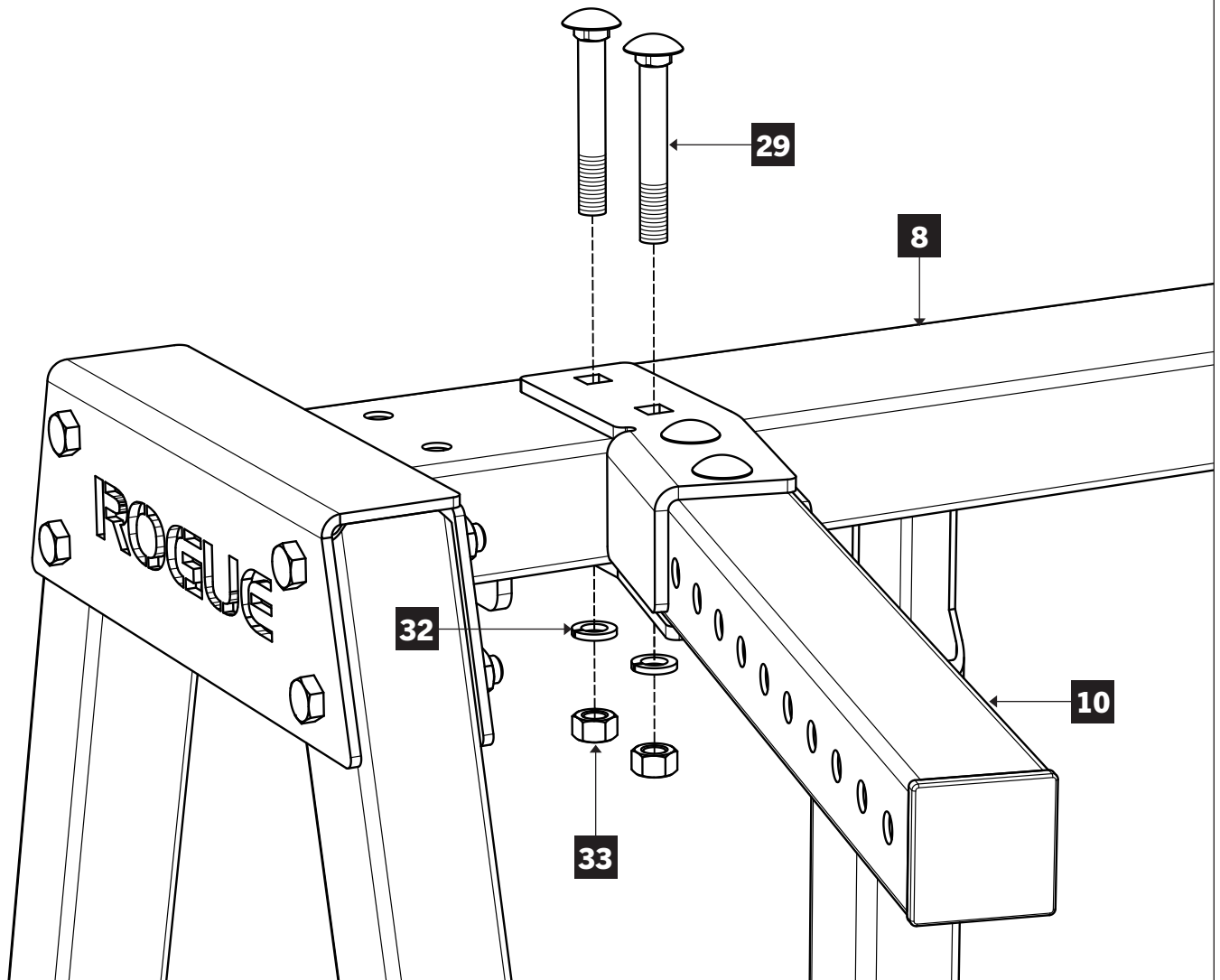
- Attach the assembled Handle Tubes from **STEP 11** to the Pad Support Tube **8** using 5/8" x 4-1/2" Carriage Bolts **29**, 5/8" Split Lock Washers **32**, and 5/8" Hex Nuts **33**.

Note:

- Ensure **STEPS 11 & 12** were completed correctly by checking the following:
 - 3" x 3" Handle Tube **10** should sit flush against the Pad Support Tube.
 - Carriage Bolt Heads should be oriented upward with Hex Nuts oriented under Pad Support Tube.
 - Handle Arms should be angled outward.
- Once above is confirmed, tighten all bolts from **STEPS 11 & 12**



12-A



STEP 13

Tools Required:

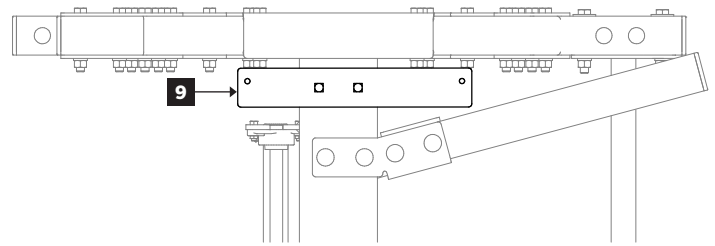
- None, HAND-TIGHTEN ONLY.

- Attach Pad Support Plates **9** to the Pad Support Tube **8** using 5/8" x 4-1/2" Carriage Bolts **29**, 5/8" Flat Washers **30**, 5/8" Split Lock Washers **32**, and 5/8" Hex Nuts **33**.

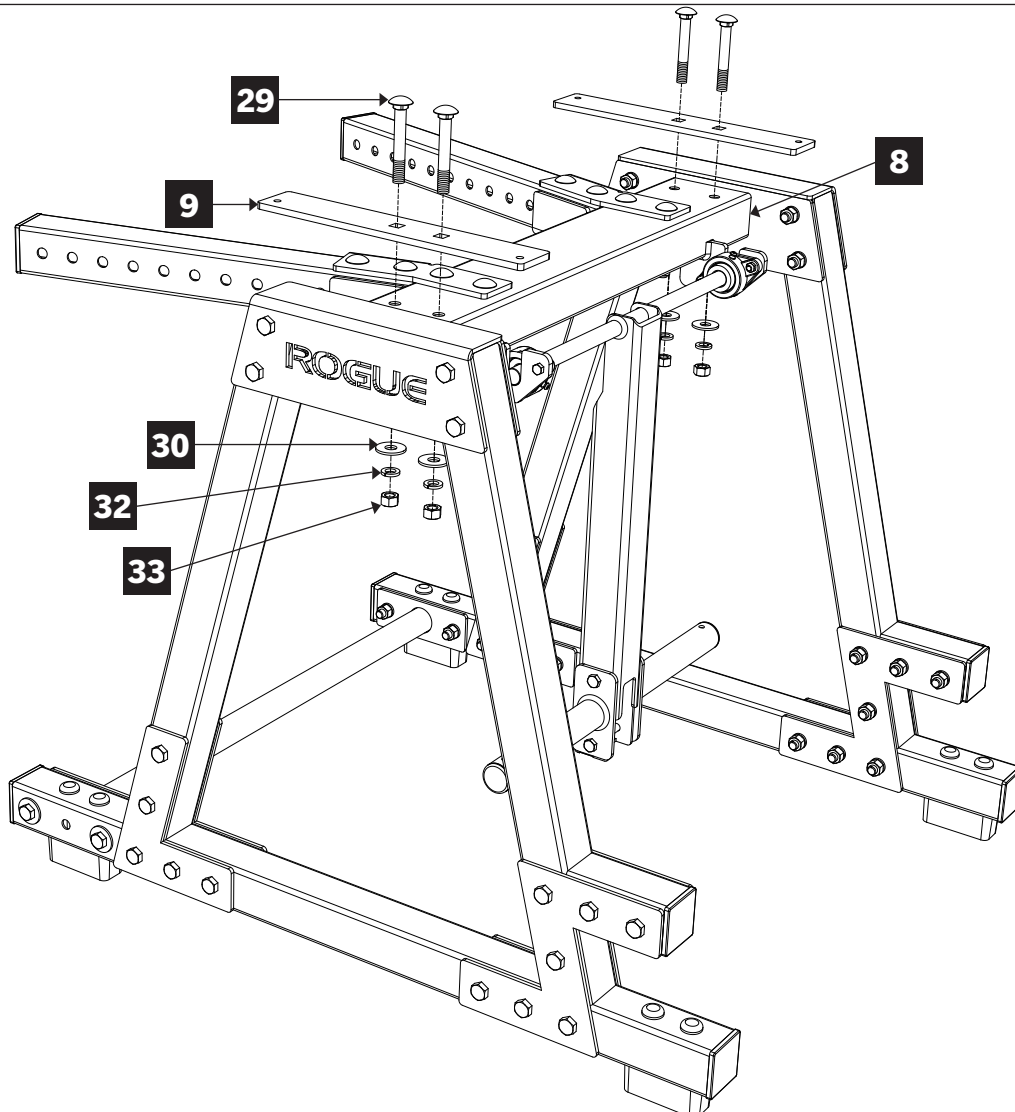
Note:

- The round holes on Pad Support Plates should be oriented towards the outside of Z Hyper while square holes face the interior as shown in the Top View Detail (right).
- The long end of the Pad Support Plates should be facing towards the Handle Tubes.

TOP VIEW DETAIL



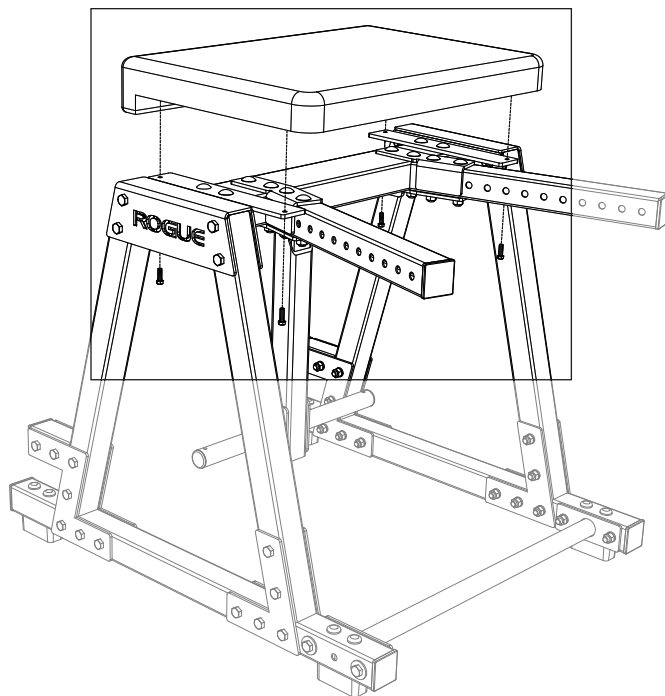
13-A



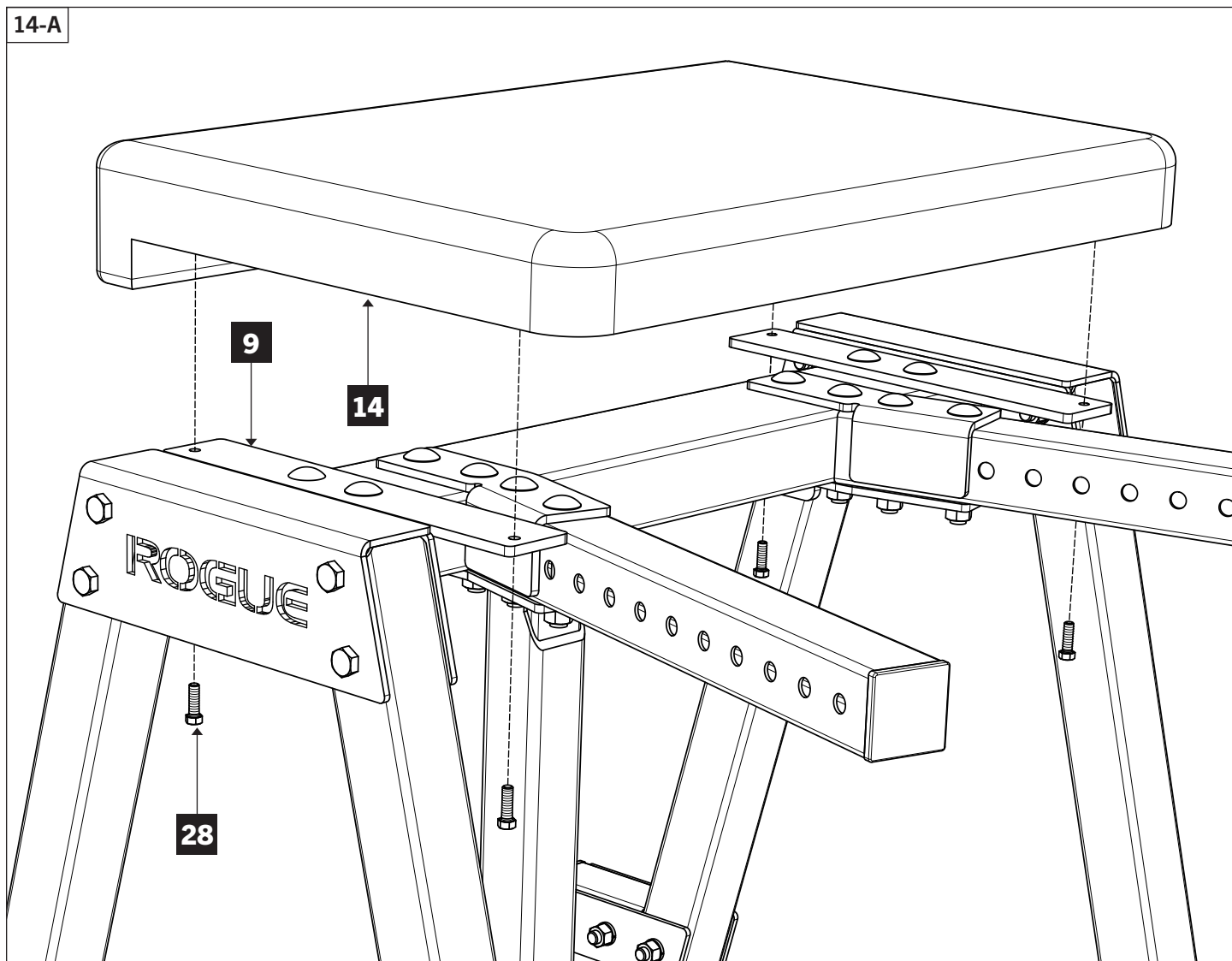
STEP 14

Tools Required:

- 9/16" Socket / Wrench
- Attach the Pad **14** to the Pad Support Plates **9** using 3/8" x 1-1/4" Hex Bolts **28** and tighten firmly.
- ALL hardware up to this step can now be fully tightened.



14-A

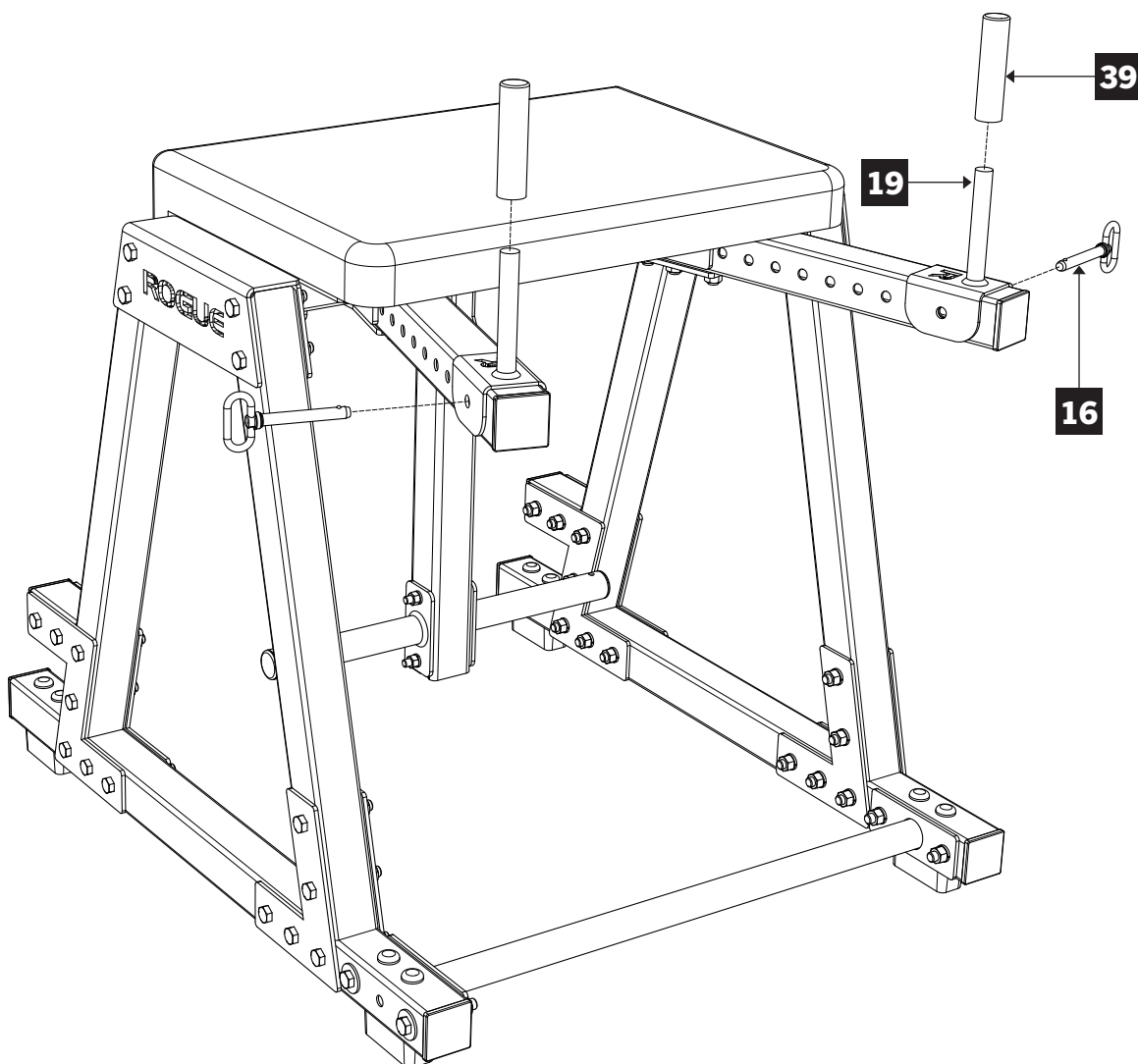


STEP 15

Tools Required:

- None
- Slide Adjustable Handles **19** onto the 3" x 3" Handle Tubes and secure by sliding Detent Pin **16** through alignment holes at the desired distance.
- Slide Rubber Handle Grips **39** over the Adjustable Handles.

15-A



STEP 16

Tools Required:

- None
- To begin exercising with your Z Hyper, first slide the Spud Inc Hyper Strap **37** over the Plate Holders as shown below.
- Be sure to use included OSO Mighty Axle Collars **38** to secure the strap in place. If weights are added, they should be positioned in between the Spud Inc Hyper Strap and OSO Mighty Axle Collars.

Note:

- If Spud Inc Hyper Strap was assembled through the bolt on **STEP 7**, OSO Mighty Axle Collars only needs to be used when adding weights.

16-A

