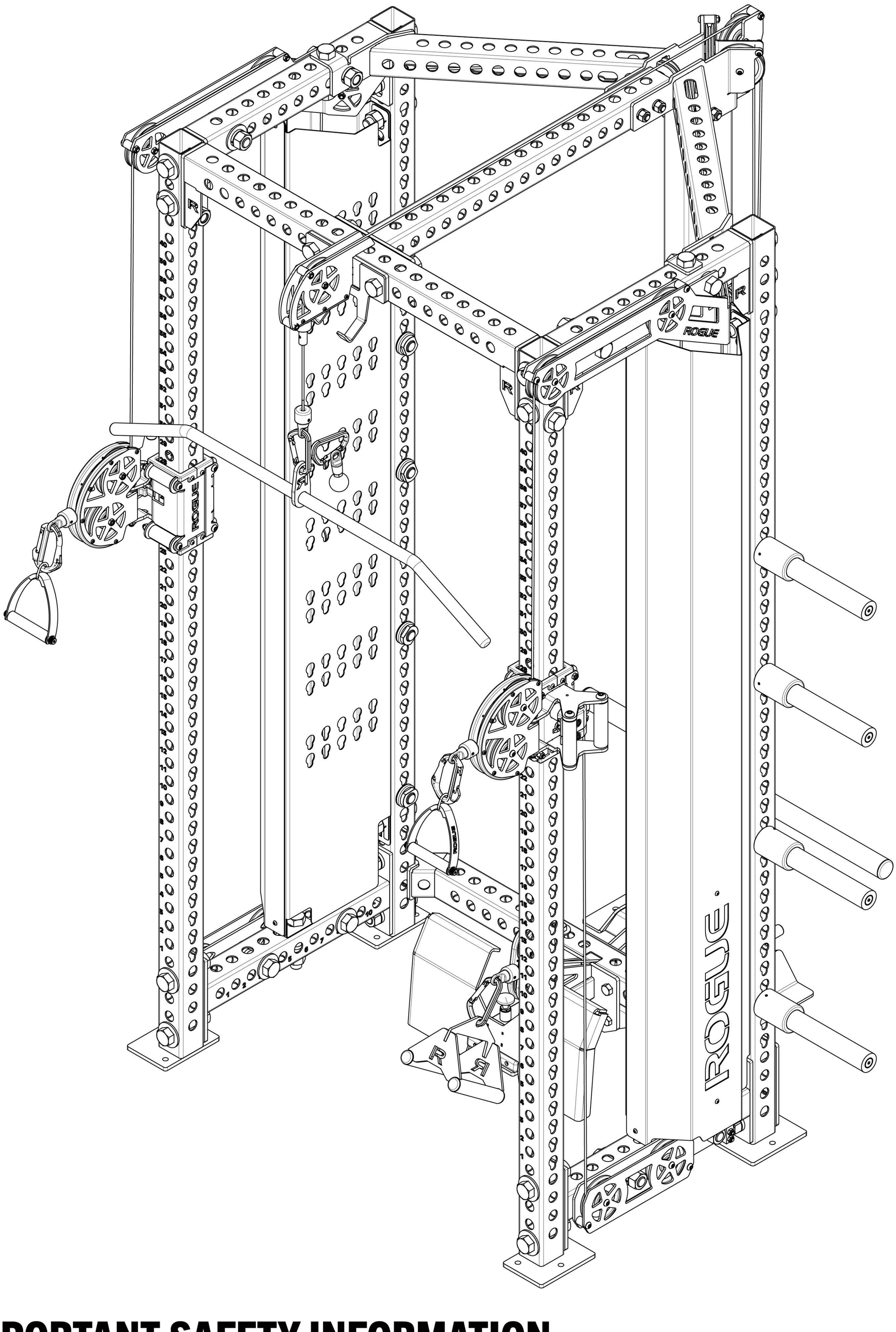
ROGUE®

FM-HR FUNCTIONAL TRAINER

PLATE LOAD OPTION



⚠ 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:

THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE.
MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY.
MISUSE OF THIS RACK 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.

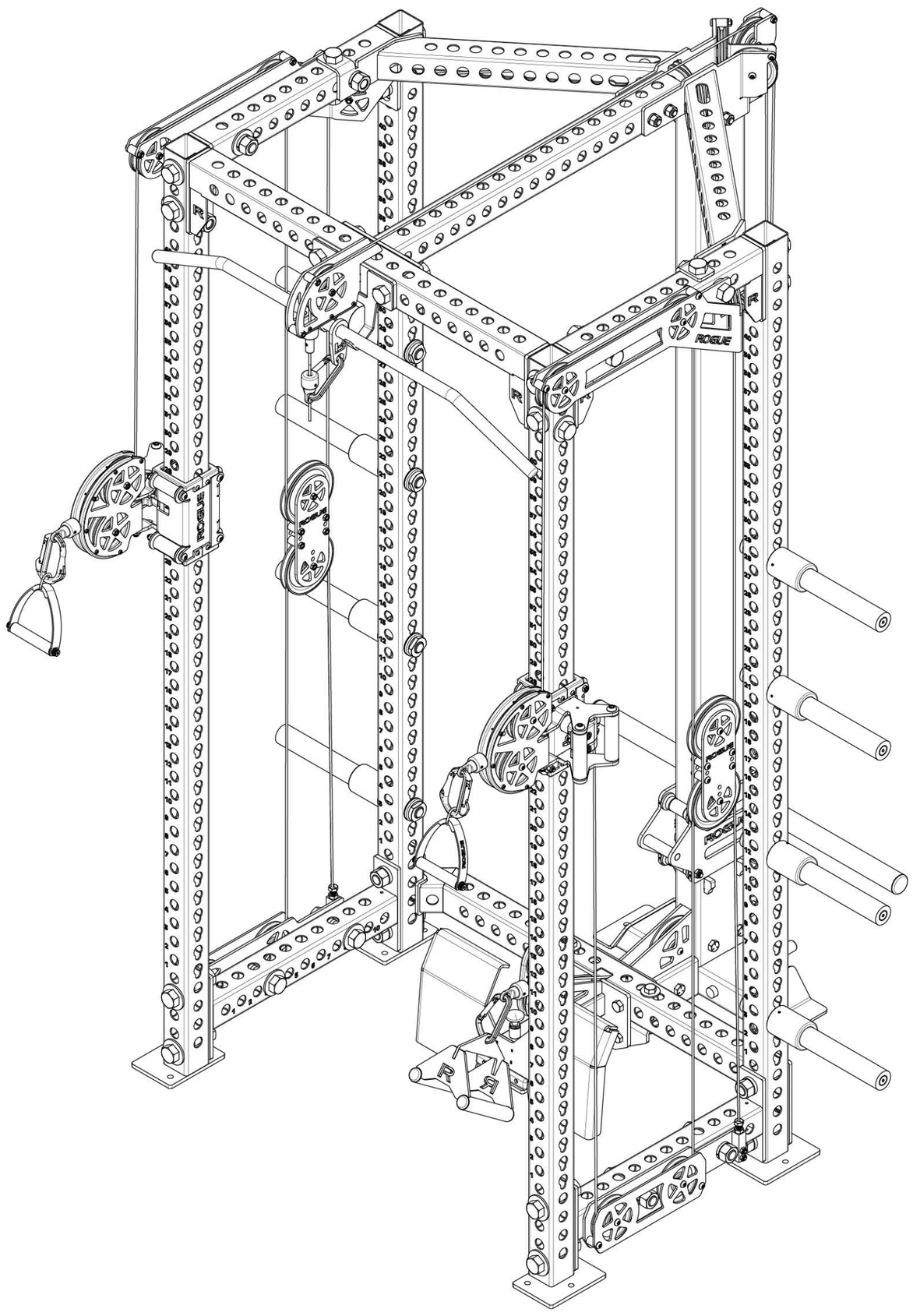
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Assembly.....16

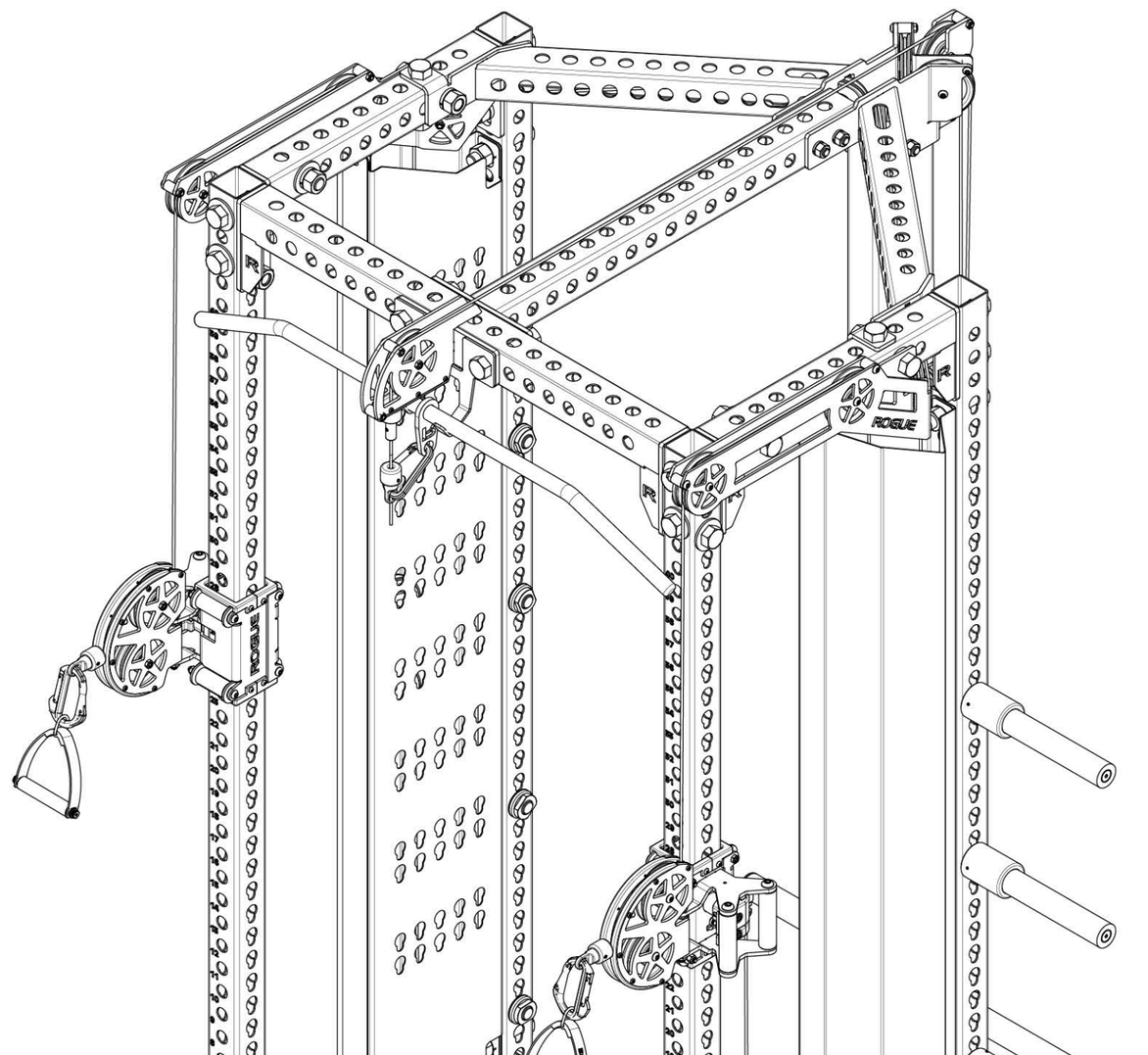


FM-HR SHROUD KIT

Included Tools.....3

Included Parts.....11

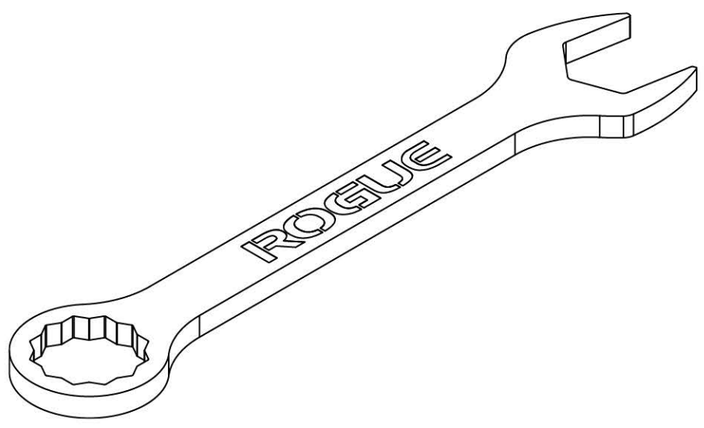
Assembly.....42



INCLUDED TOOLS

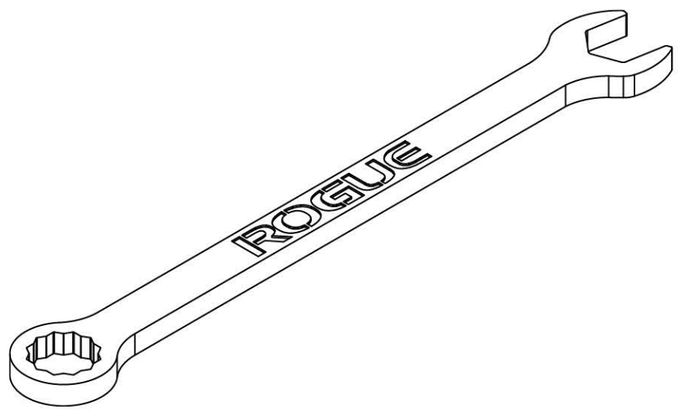
Note: Images not shown at scale

1 Qty: **2x**



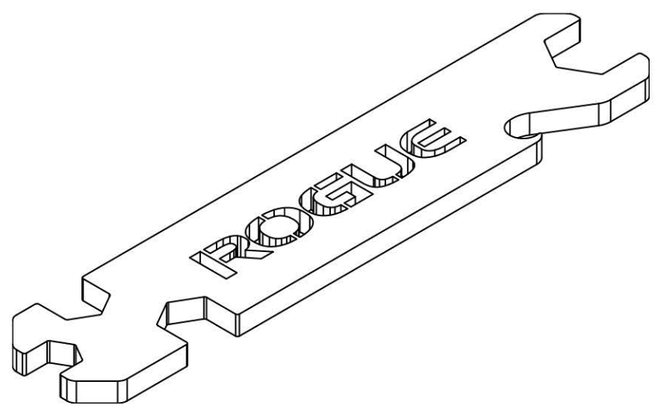
1-1/2” Wrench

2 Qty: **2x**



15/16” Wrench

3 Qty: **1x**



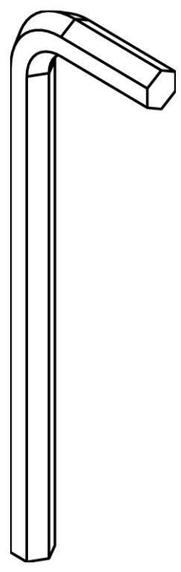
Multi Tool (3/4”, 5/8”, 9/16”, 7/16” Wrench)

4 Qty: **1x**



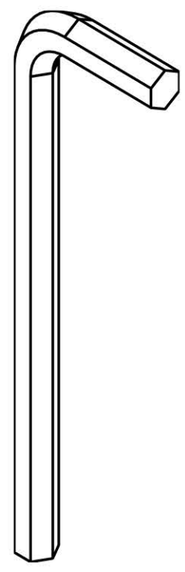
3/8” Allen Key

5 Qty: **1x**



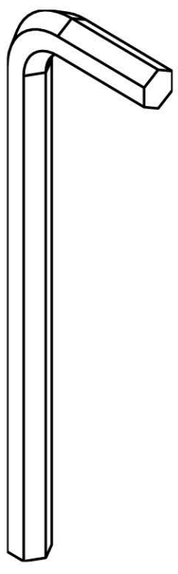
5/16” Allen Key

6 Qty: **1x**



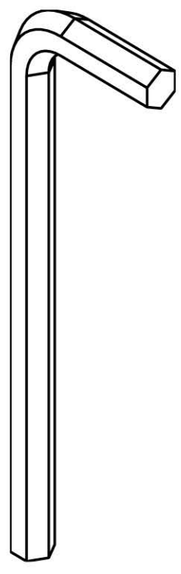
7/32” Allen Key

7 Qty: **1x**



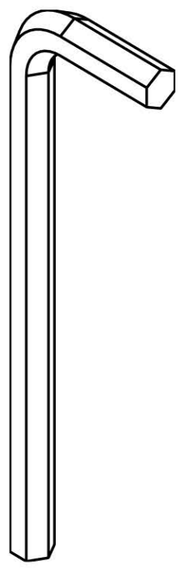
5/32” Allen Key

8 Qty: **1x**



1/8” Allen Key

9 Qty: **1x**

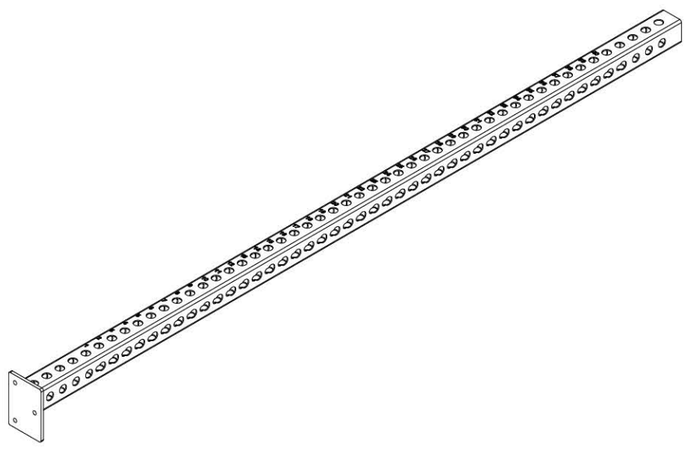


3/32” Allen Key

INCLUDED PARTS: FM-HR

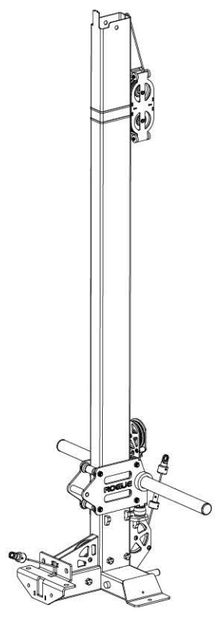
Note: Images not shown at scale.

1 Qty: **4x**



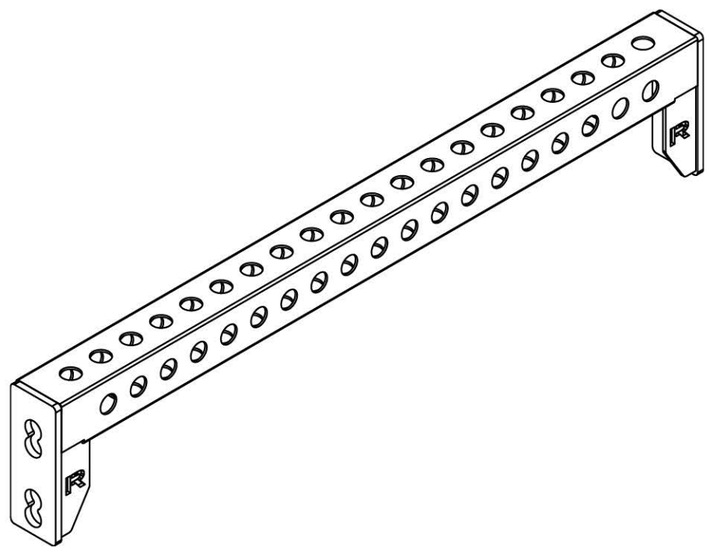
90” or 100” Monster Upright

2 Qty: **1x**



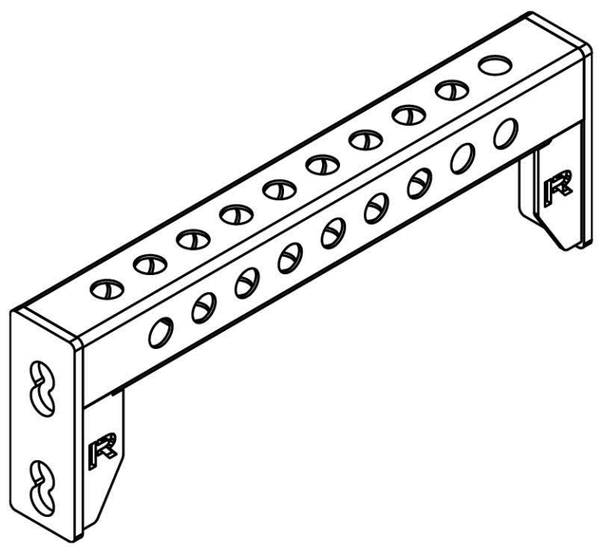
Rear Upright and Trolley Assembly

3 Qty: **1x**



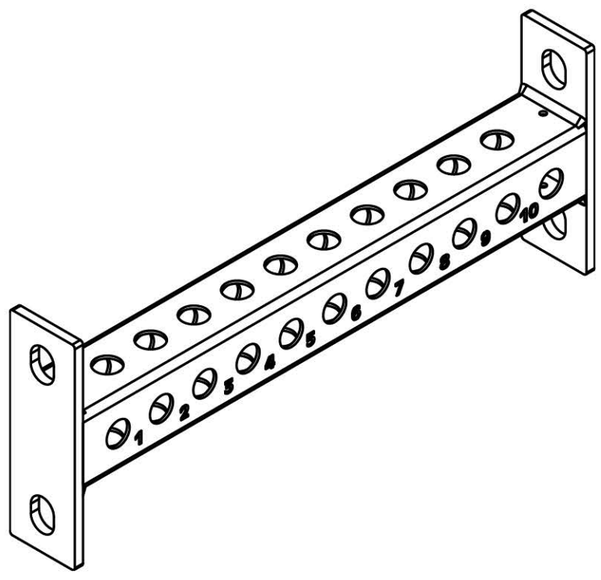
43” Spanning Crossmember

4 Qty: **2x**



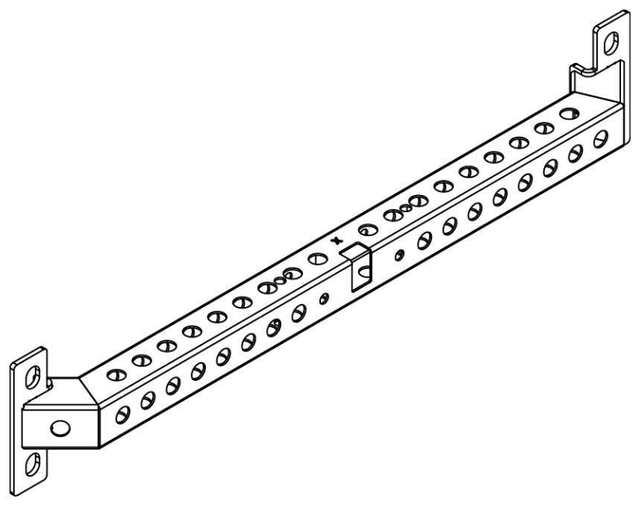
24” Top Crossmember

5 Qty: **2x**



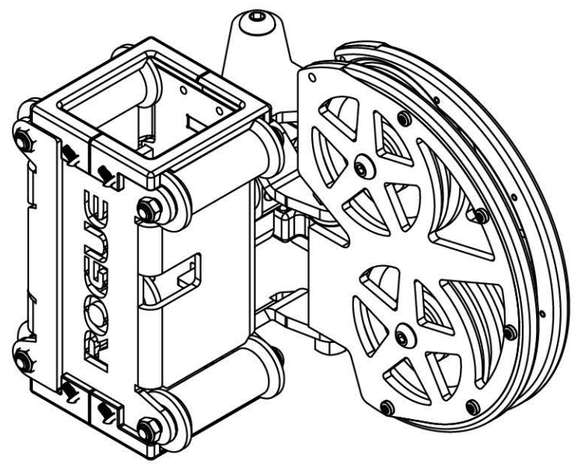
24” Low Crossmember

6 Qty: **1x**



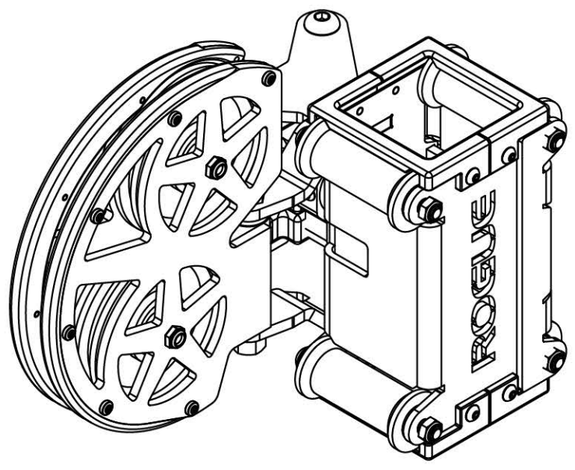
Low Row Crossmember

7 Qty: **1x**



Swivel Trolley RH

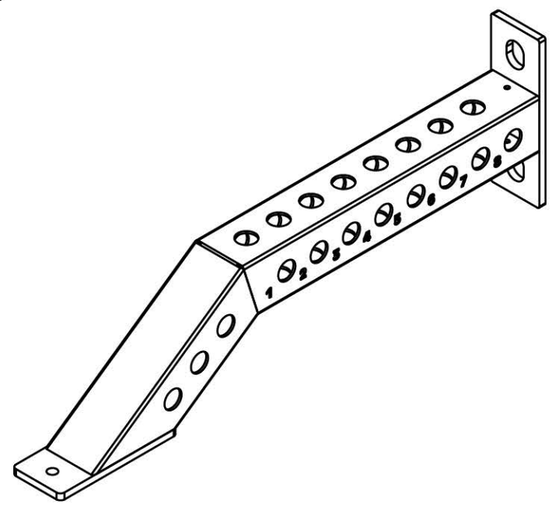
8 Qty: **1x**



Swivel Trolley LH

9 Qty: **2x**

*



Half Rack Foot

10 Qty: **1x**

Top Center Crossmember

11 Qty: **1x**

Top Rear Angle Crossmember - RH

12 Qty: **1x**

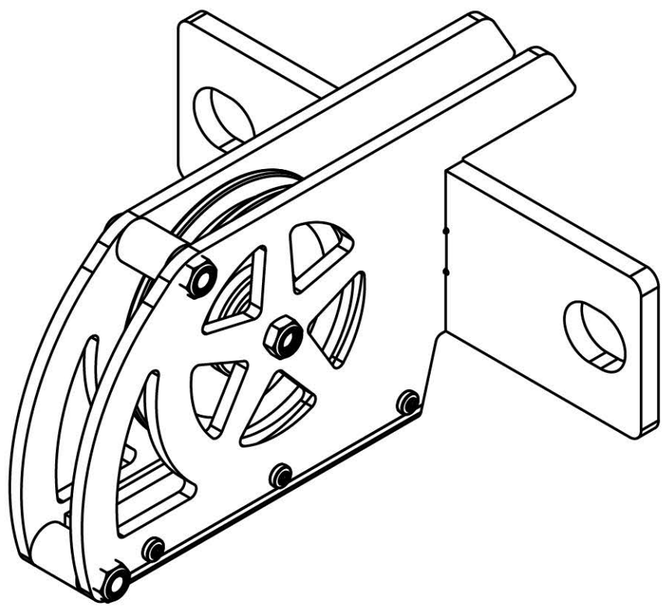
Top Rear Angle Crossmember - LH

* Only Included if Half Rack Feet were purchased at checkout.

INCLUDED PARTS: FM-HR

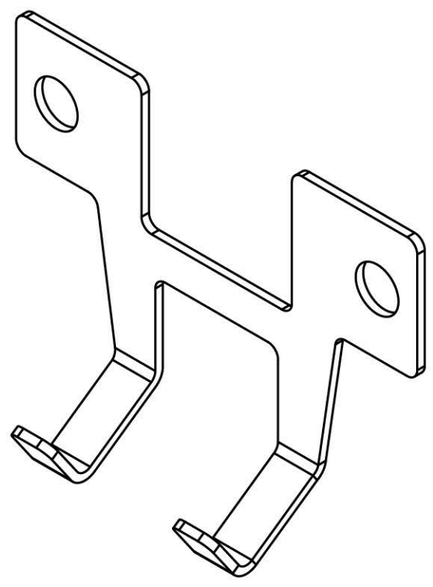
Note: Images not shown at scale.

13 Qty: **1x**



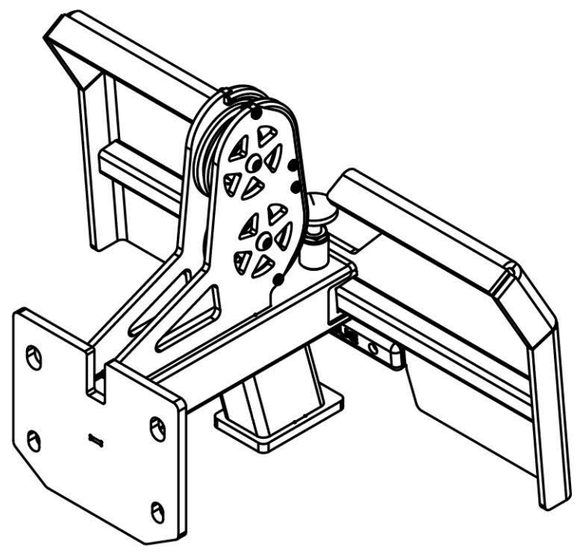
Lat Pulldown Pulley Bracket

14 Qty: **1x**



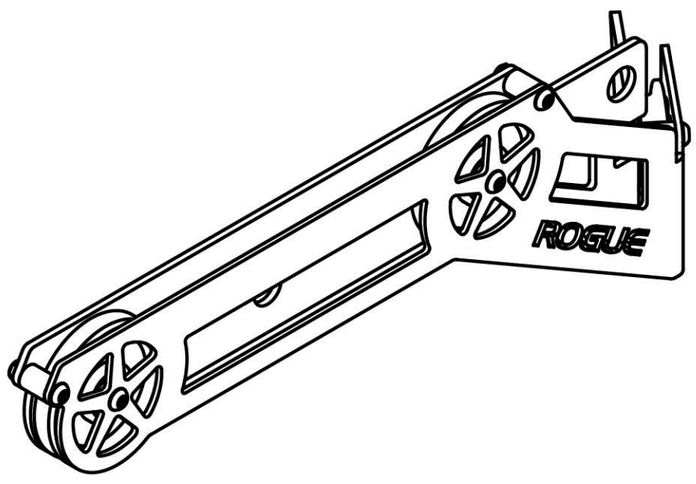
Lat Bar Hanger

15 Qty: **1x**



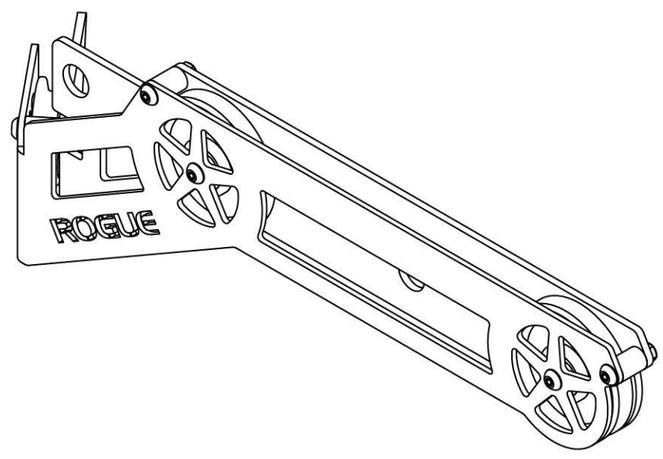
Low Row Footplate Assembly

16 Qty: **1x**



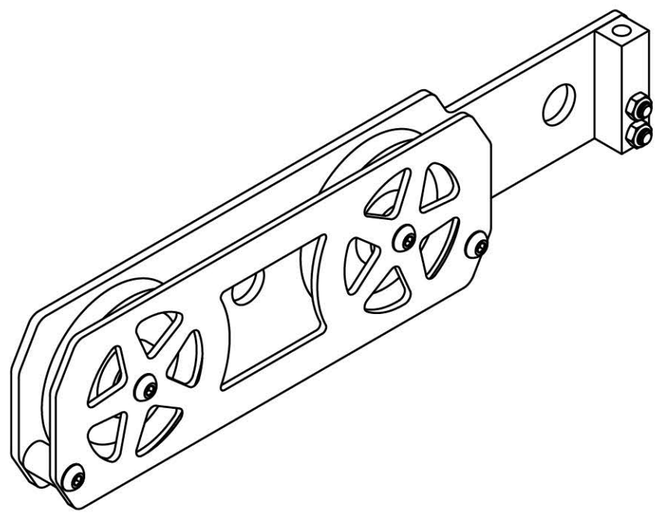
Top Side Pulley Assembly - RH

17 Qty: **1x**



Top Side Pulley Assembly - LH

18 Qty: **1x**



Bottom Side Pulley Assembly - RH

19 Qty: **1x**



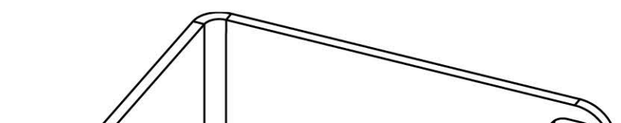
Bottom Side Pulley Assembly - LH

20 Qty: **2x**



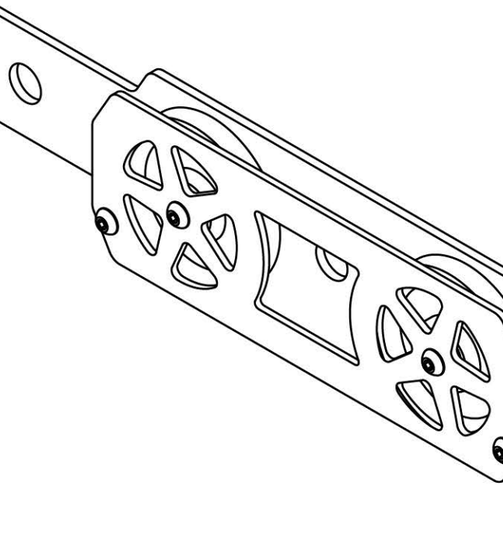
Side Peanut Pulley

21 Qty: **1x**



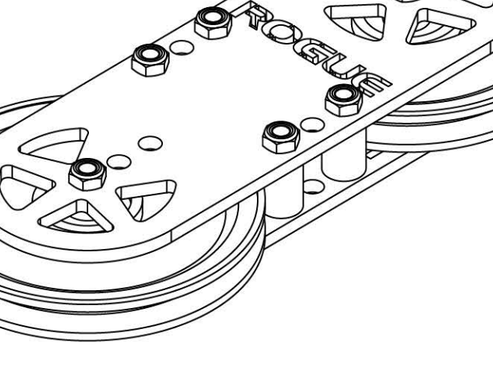
Rear Pulley Plate

22 Qty: **3x**



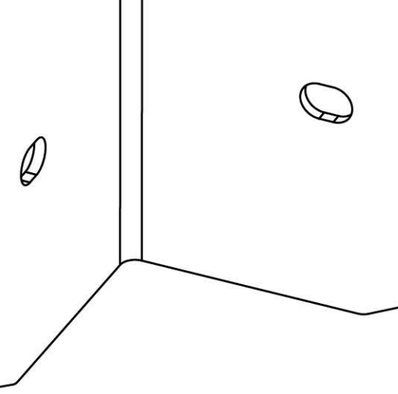
4.5” Pulley

23 Qty: **3x**



3/4” x 1” Cable Retainer

24 Qty: **7x**

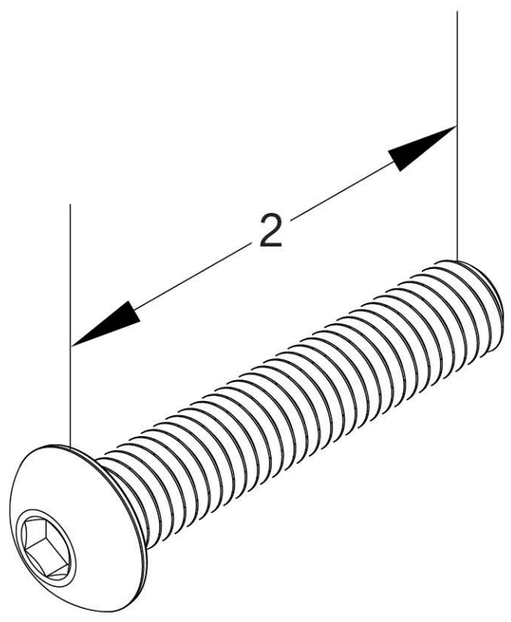


3/8” Thin Nylock Nut

INCLUDED PARTS: FM-HR

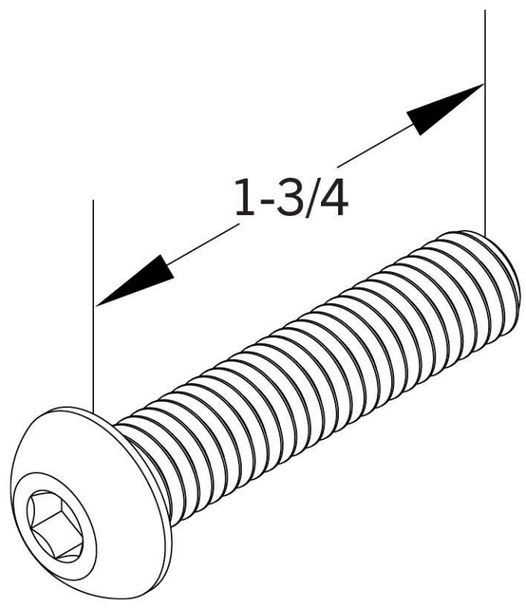
Note: Images not shown at scale.

25 Qty: **3x**



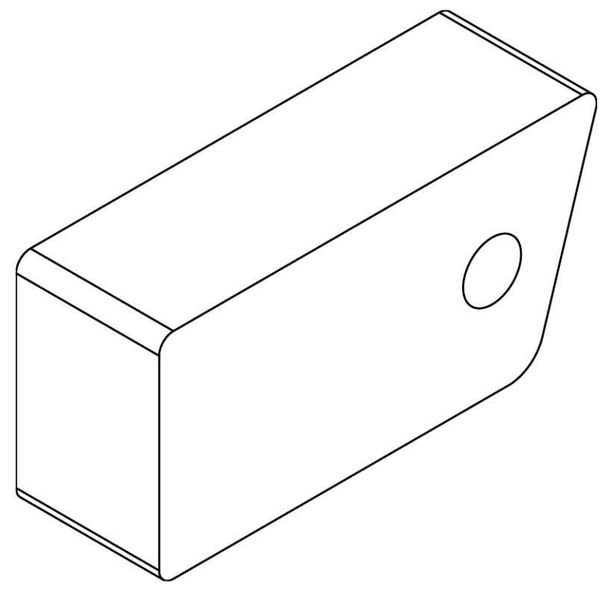
3/8” x 2” Button Head Screw

26 Qty: **4x**



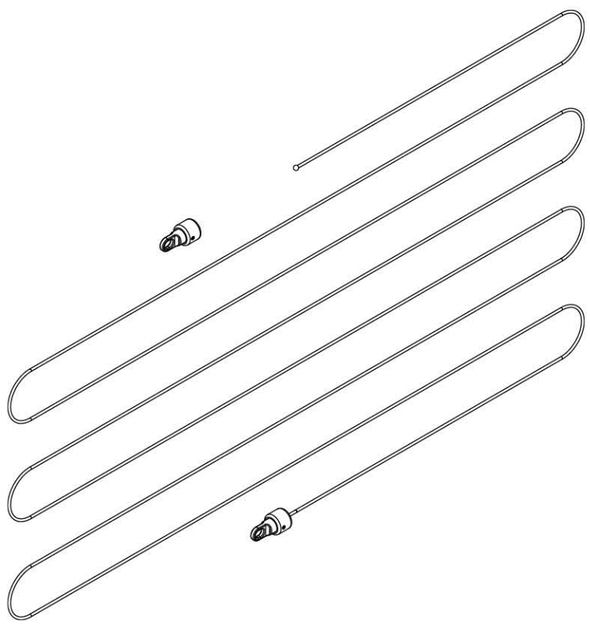
3/8” x 1-3/4 Button Head Screw

27 Qty: **1**



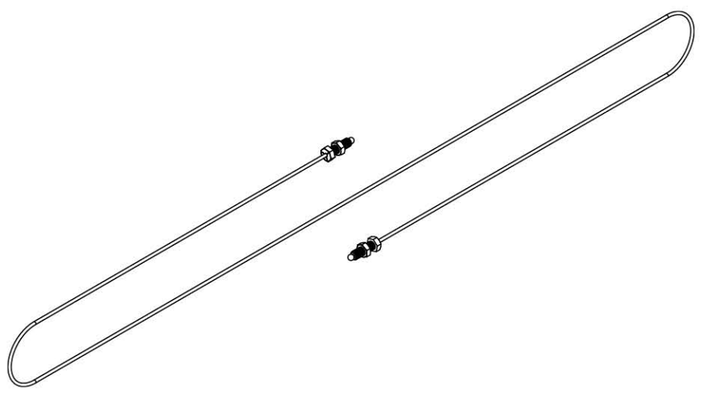
Stop Block

28 Qty: **1x**



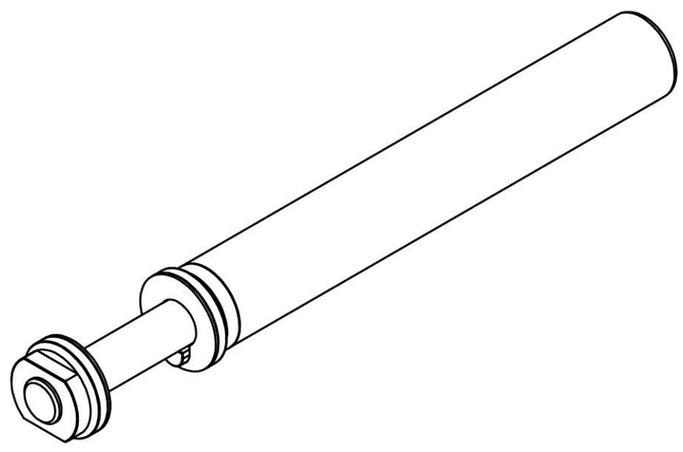
Trolley/Trolley Cable (Blue Tag)

29 Qty: **2x**



Low Side Cable (Red Tag)

30 Qty: **8x**



Monster Plate Storage Pin

31 Qty: **8x**

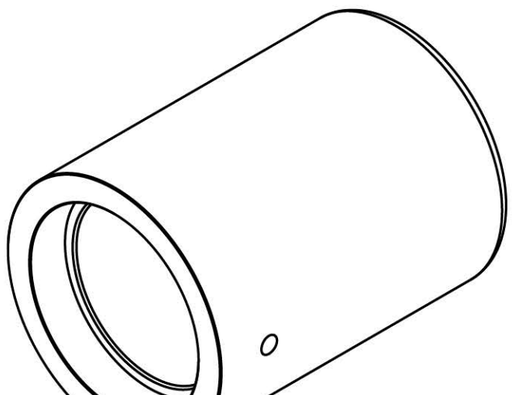
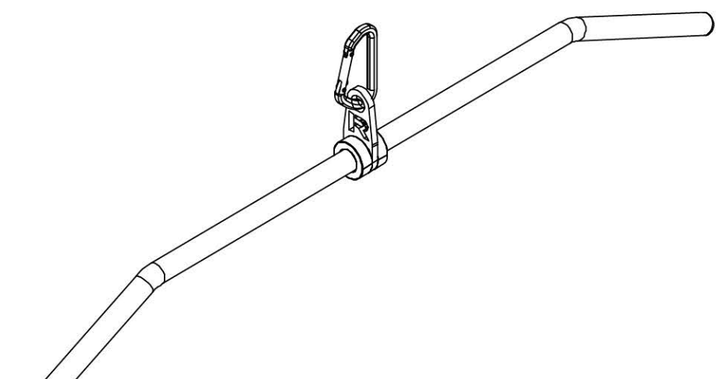


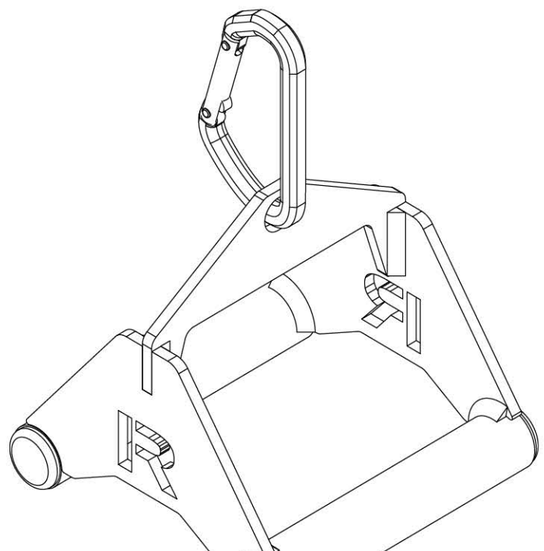
Plate Storage Spacer

32 Qty: **1x**



Stainless Lat Bar

33 Qty: **1x**



Standard Grip Triangle

34 Qty: **2x**

Single Handle Cable Attachment

35 Qty: **2x**

D Carabiner

36 Qty: **1x**

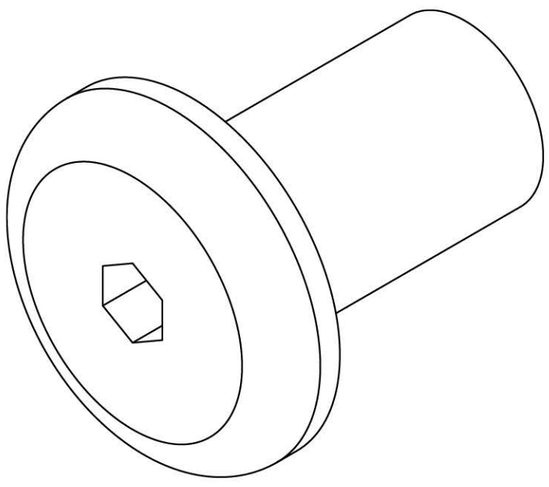
Pair of Monster J-cups

*Items may look different than drawings shown. Style depends on selection made at checkout.

INCLUDED PARTS: FM-HR

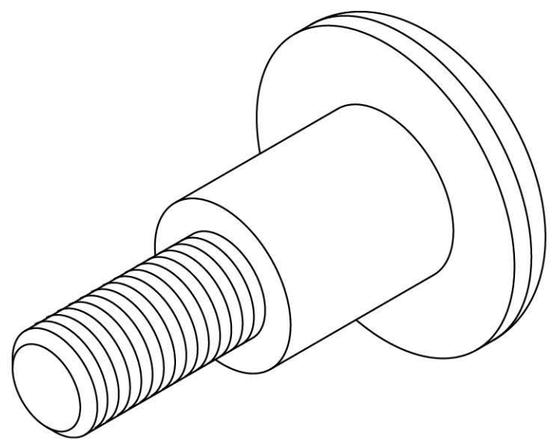
Note: Images not shown at scale.

37 Qty: **2x**



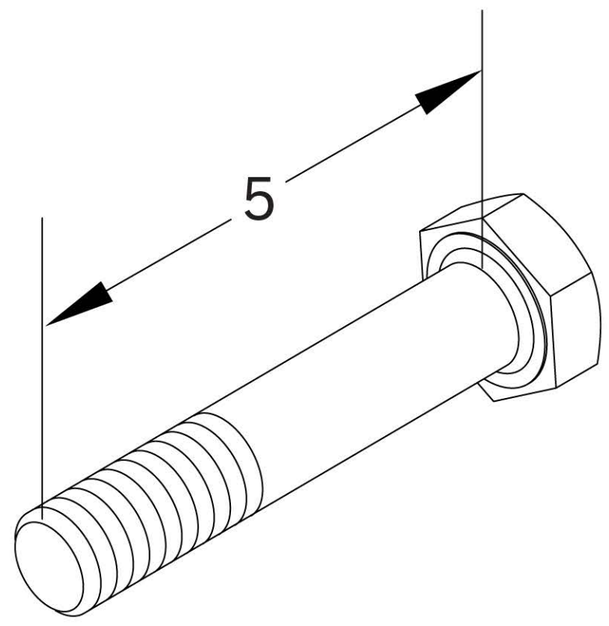
1” Shoulder Bolt - Female

38 Qty: **2x**



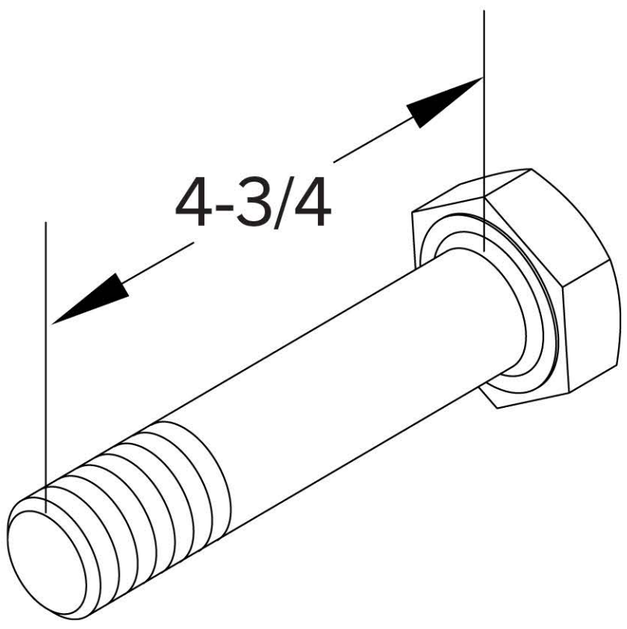
1” Shoulder Bolt - Male

39 Qty: **12x**



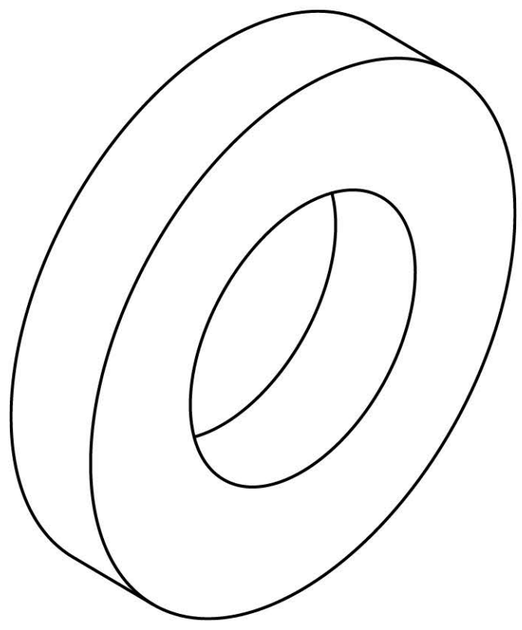
1” x 5” Hex Bolt

40 Qty: **18x**



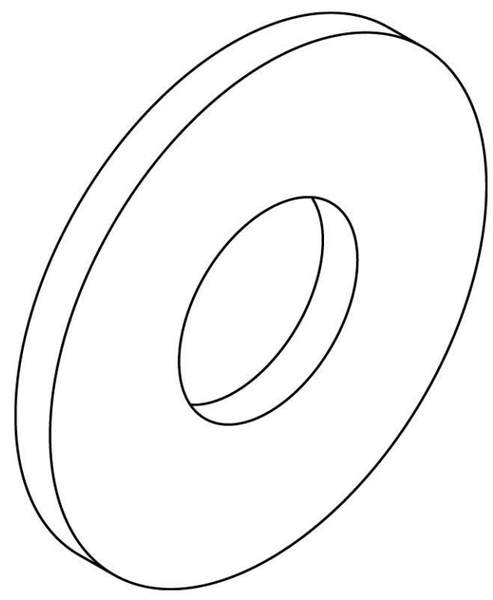
1” x 4-3/4” Hex Bolt

41 Qty: **8x**



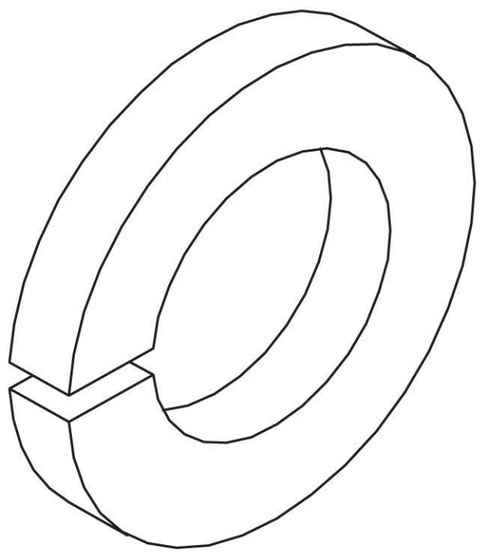
1” x 3/8” Pulley Bracket Spacer

42 Qty: **26x**



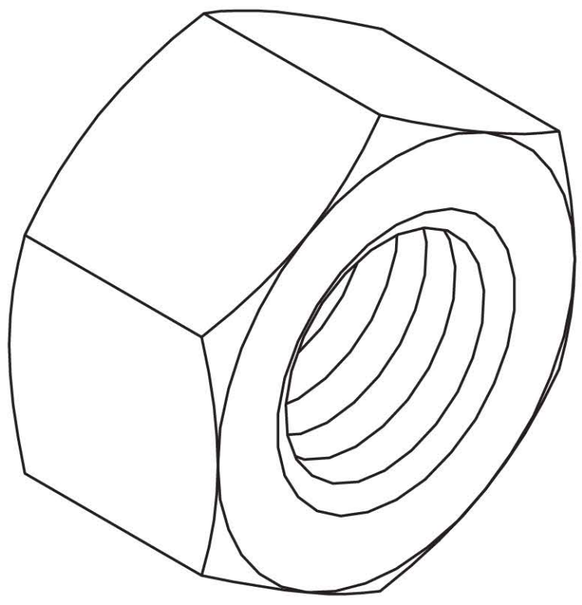
1” Flat Washer

43 Qty: **30x**



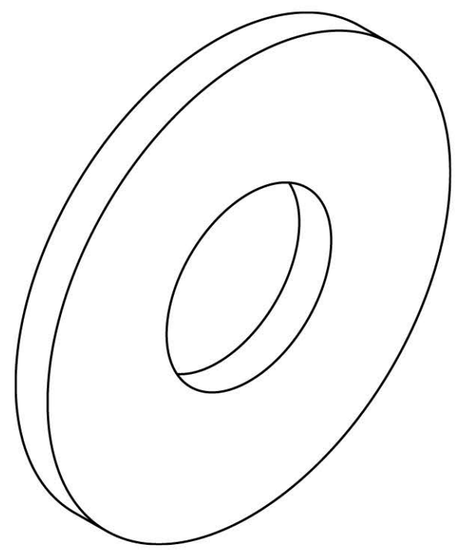
1” Lock Washer

44 Qty: **30x**



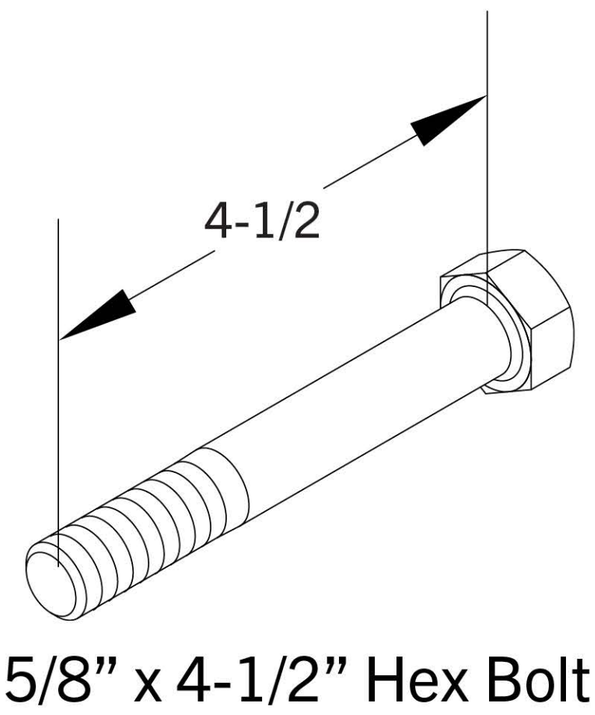
1” Hex Nut

45 Qty: **2x**



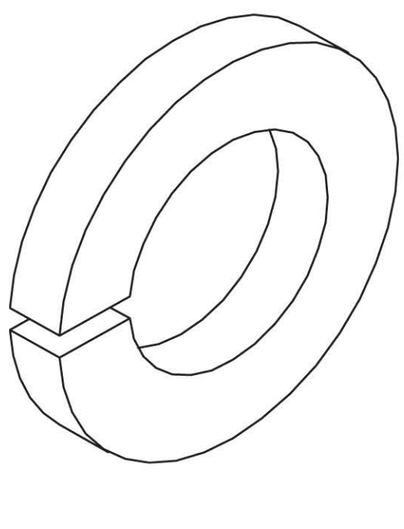
5/8” Flat Washer

46 Qty: **7x**



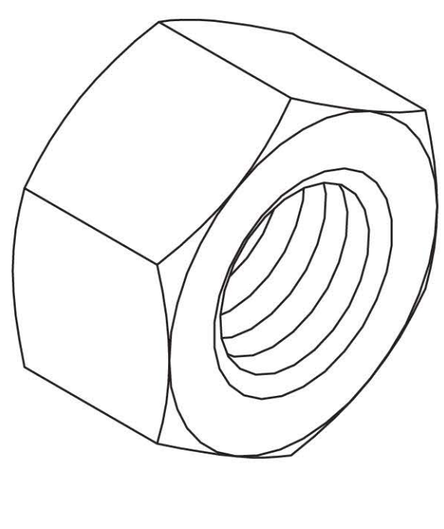
5/8” x 4-1/2” Hex Bolt

47 Qty: **7x**



5/8” Lock Washer

48 Qty: **7x**

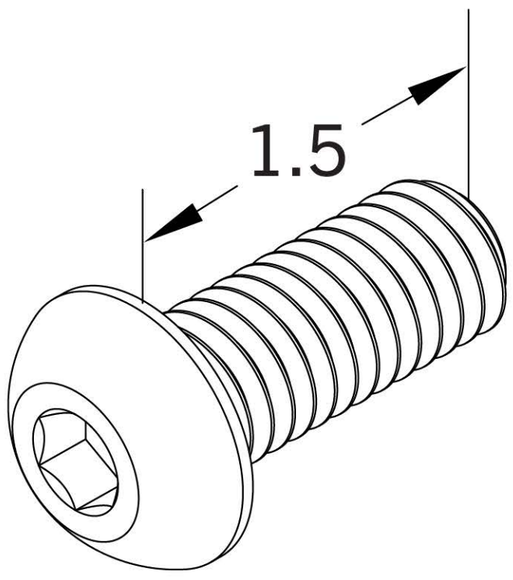


5/8” Hex Nut

INCLUDED PARTS: FM-HR

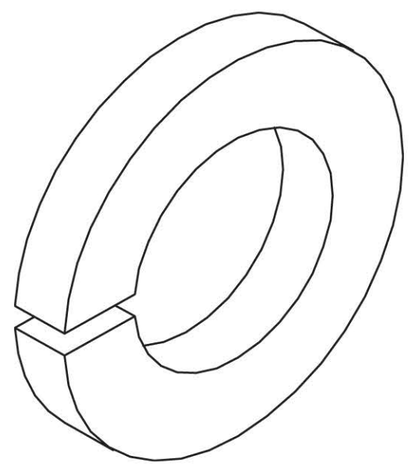
Note: Images not shown at scale.

49 Qty: **2x**



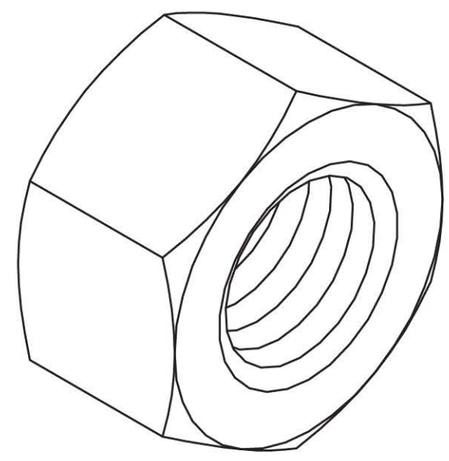
1/2” x 1-1/2” Button Head Screw

50 Qty: **2x**



1/2” Lock Washer

51 Qty: **2x**

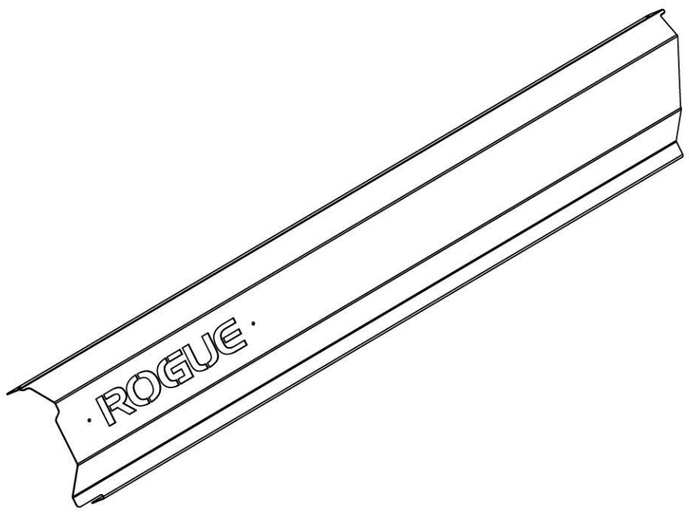


1/2” Hex Nut

INCLUDED PARTS: FM-HR SHROUD KIT

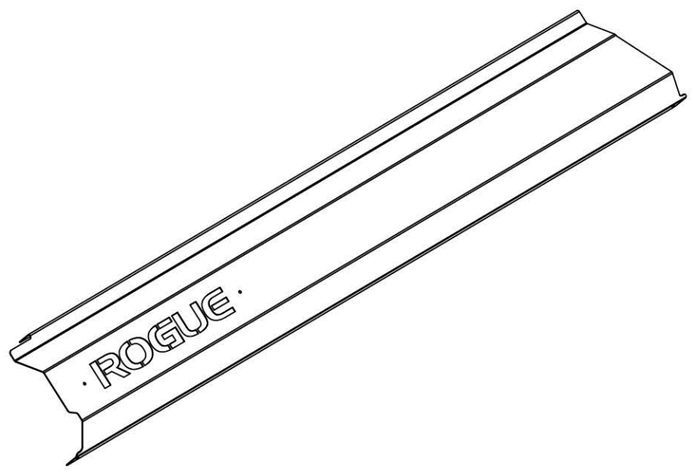
Note: Images not shown at scale.

52 Qty: **1x**



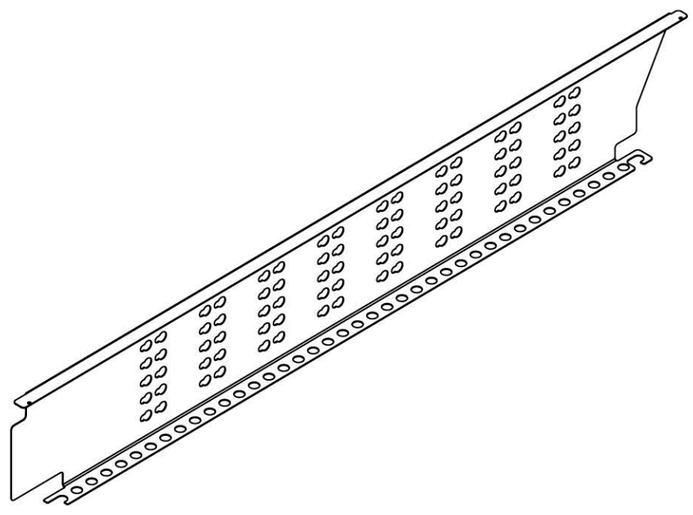
Side Shroud - RH

53 Qty: **1x**



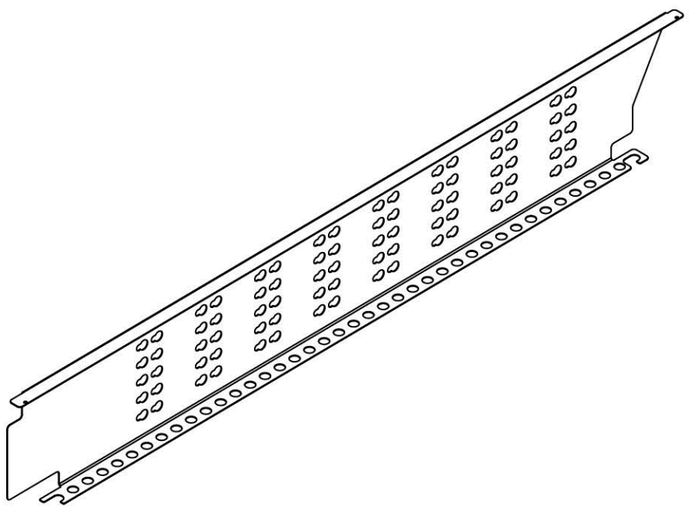
Side Shroud - LH

54 Qty: **1x**



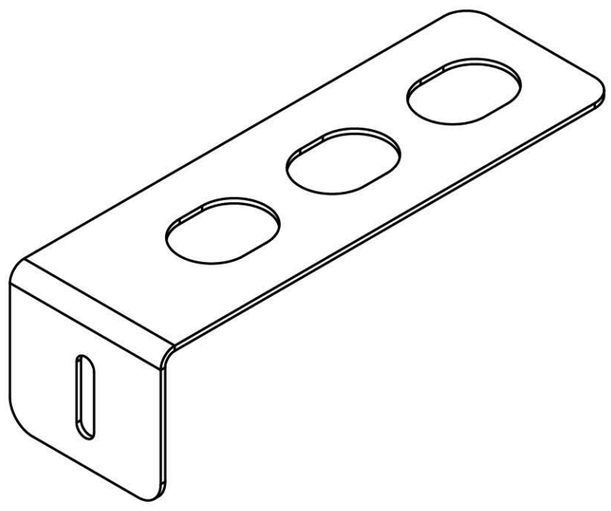
Storage Panel - RH

55 Qty: **1x**



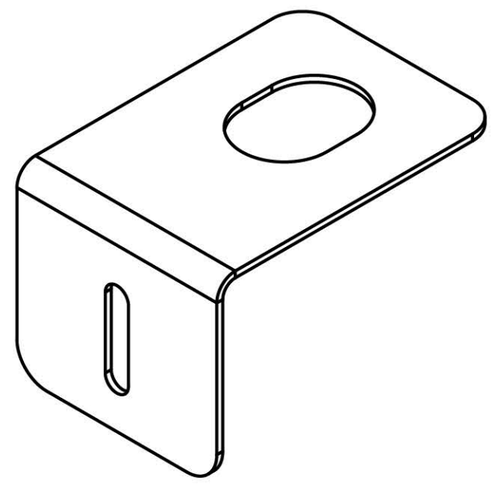
Storage Panel - LH

56 Qty: **2x**



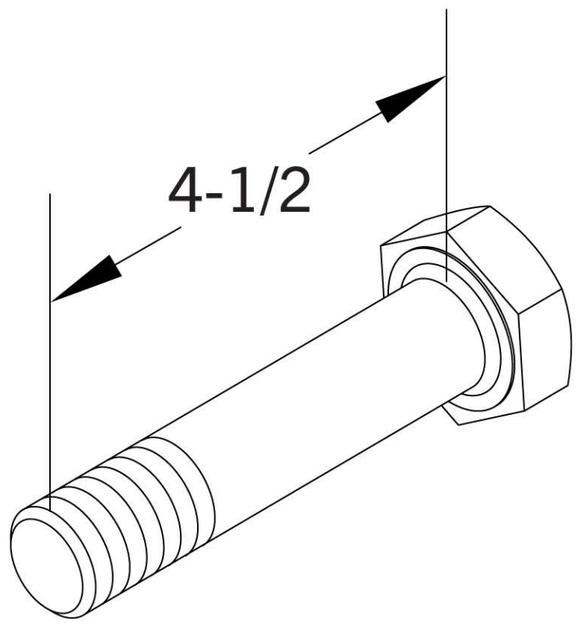
Side Shroud Top Bracket

57 Qty: **2x**



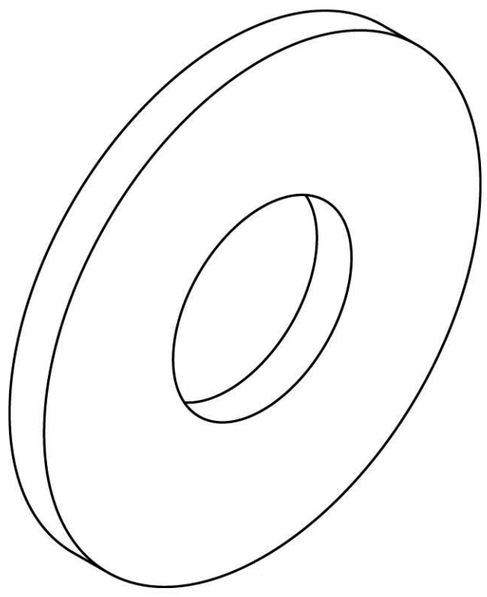
Side Shroud Bottom Bracket

58 Qty: **6x**



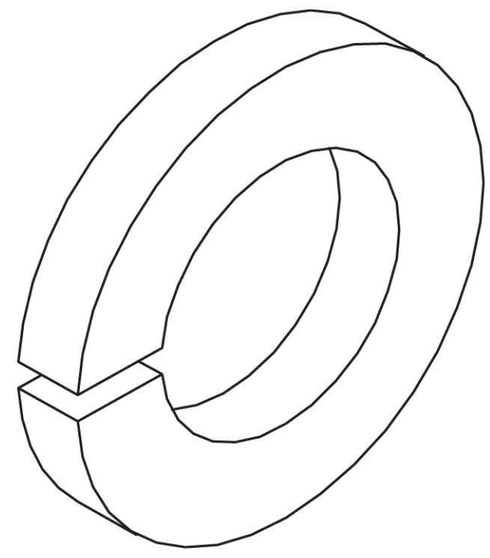
1” x 4-1/2” Hex Bolt

59 Qty: **6x**



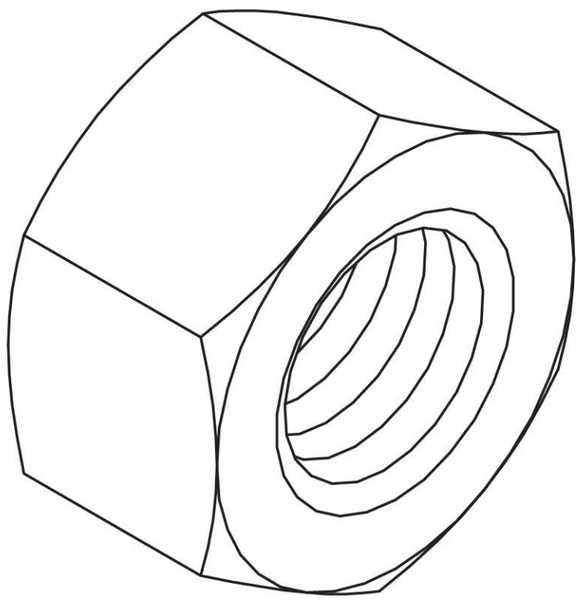
1” Flat Washer

60 Qty: **6x**



1” Lock Washer

61 Qty: **6x**



1” Hex Nut

62 Qty: **4x**

1/4” x 5/8” Button Head Screw

63 Qty: **4x**

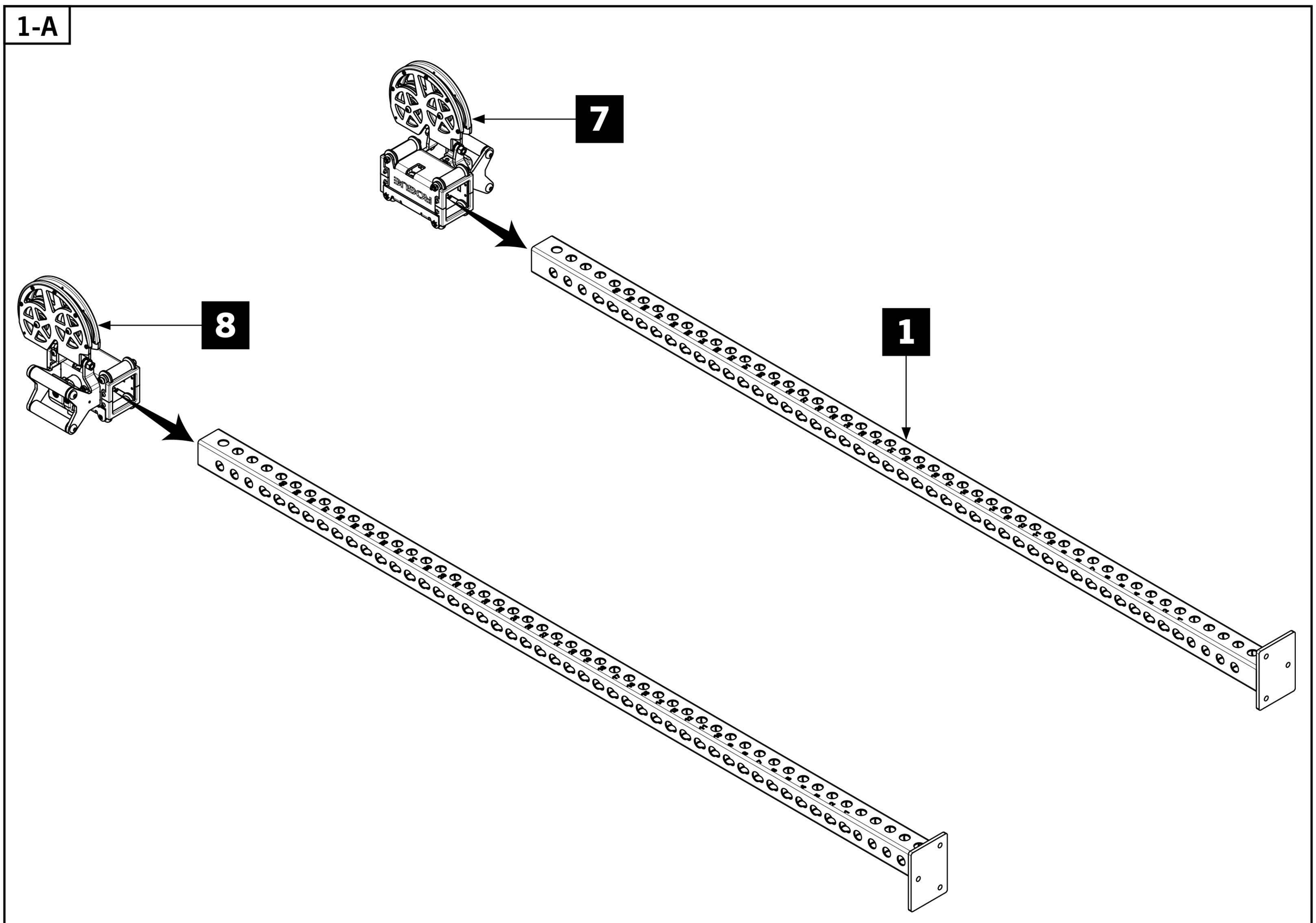
1/4” Thin Nylock Nut

STEP 1

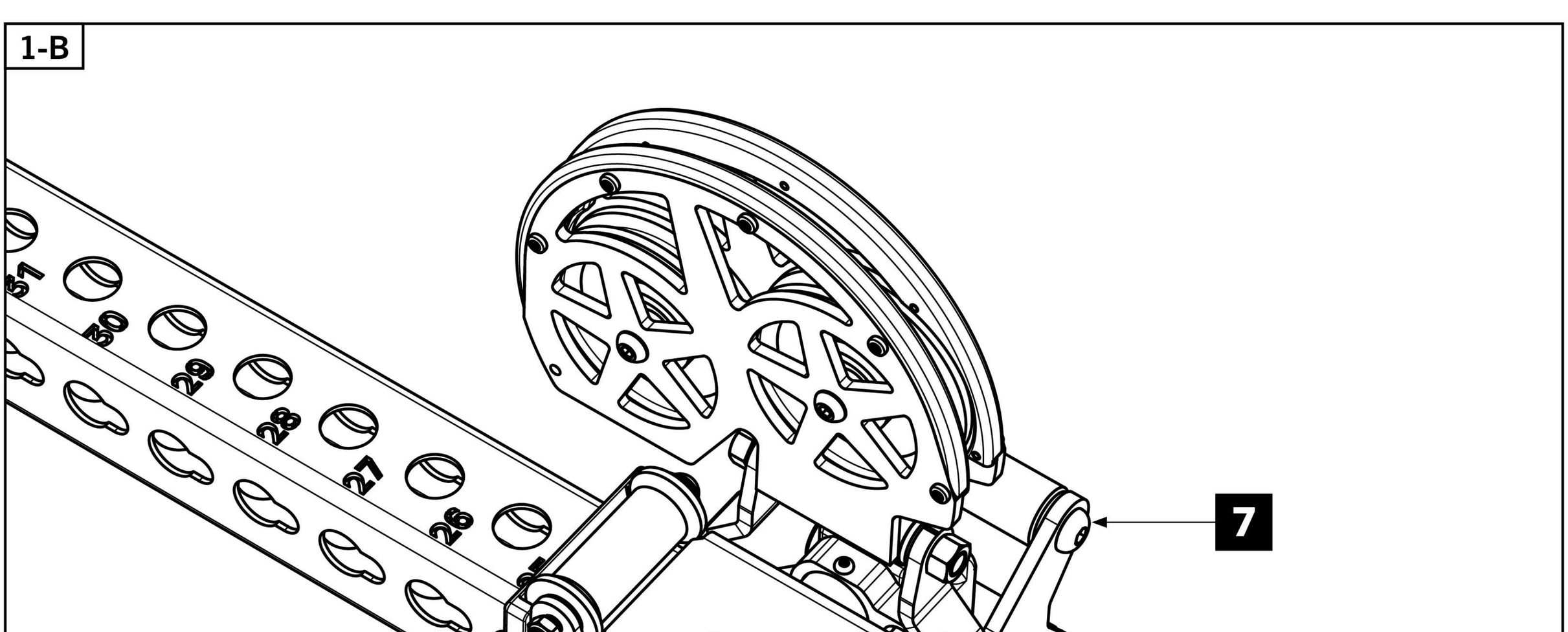
Note:

- DO NOT use tools to tighten throughtout assembly unless otherwise specified.
- While pulling the handle triggers, slide Swivel Trolley RH [**7**] and Swivel Trolley LH [**8**] onto two Monster Uprights [**1**].
- Note the orientation of Swivel Trolleys in relation to the feet at bottom of uprights.
- Slide Trolleys about half way down Upright and release triggers to lock pop pins in place when the viewing window is showing the number 23.

1-A



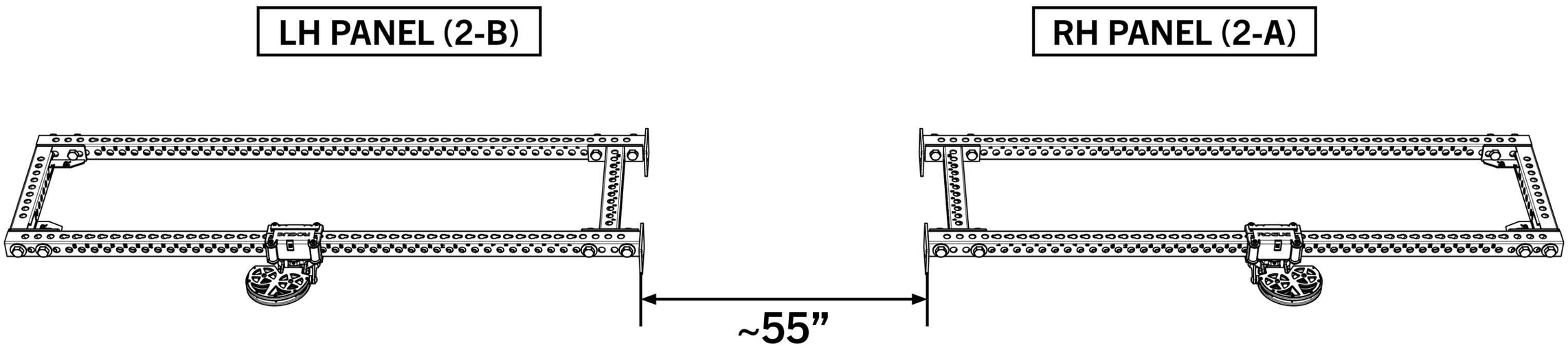
1-B



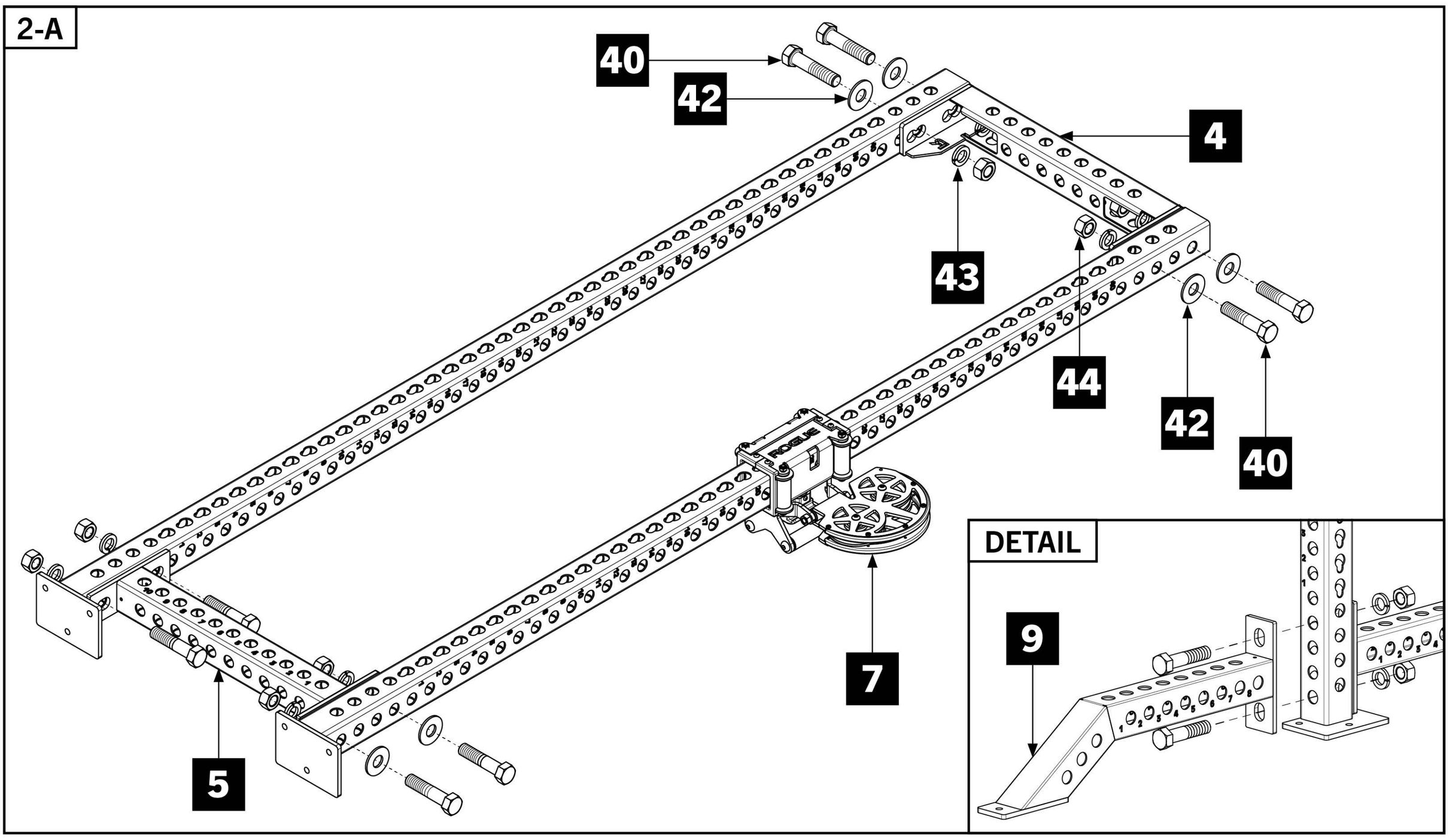
STEP 2

- Refer to overview image to plan assembly and ensure ample floor space is alloted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55” apart.
- Note orientation of Swivel Trolleys and Upright feet in relation to the ground.
- Connect Uprights to Crossmembers using 1”x4-3/4” Hex Bolts [**40**], 1” Flat Washers [**42**], 1” Lock Washers [**43**], and 1” Hex Nuts [**44**].
- If Half Rack Feet [**9**] were purchased, install them in place of the Flat Washers on bottom of Uprights as shown in Detail views.
- HAND-TIGHTEN ONLY.

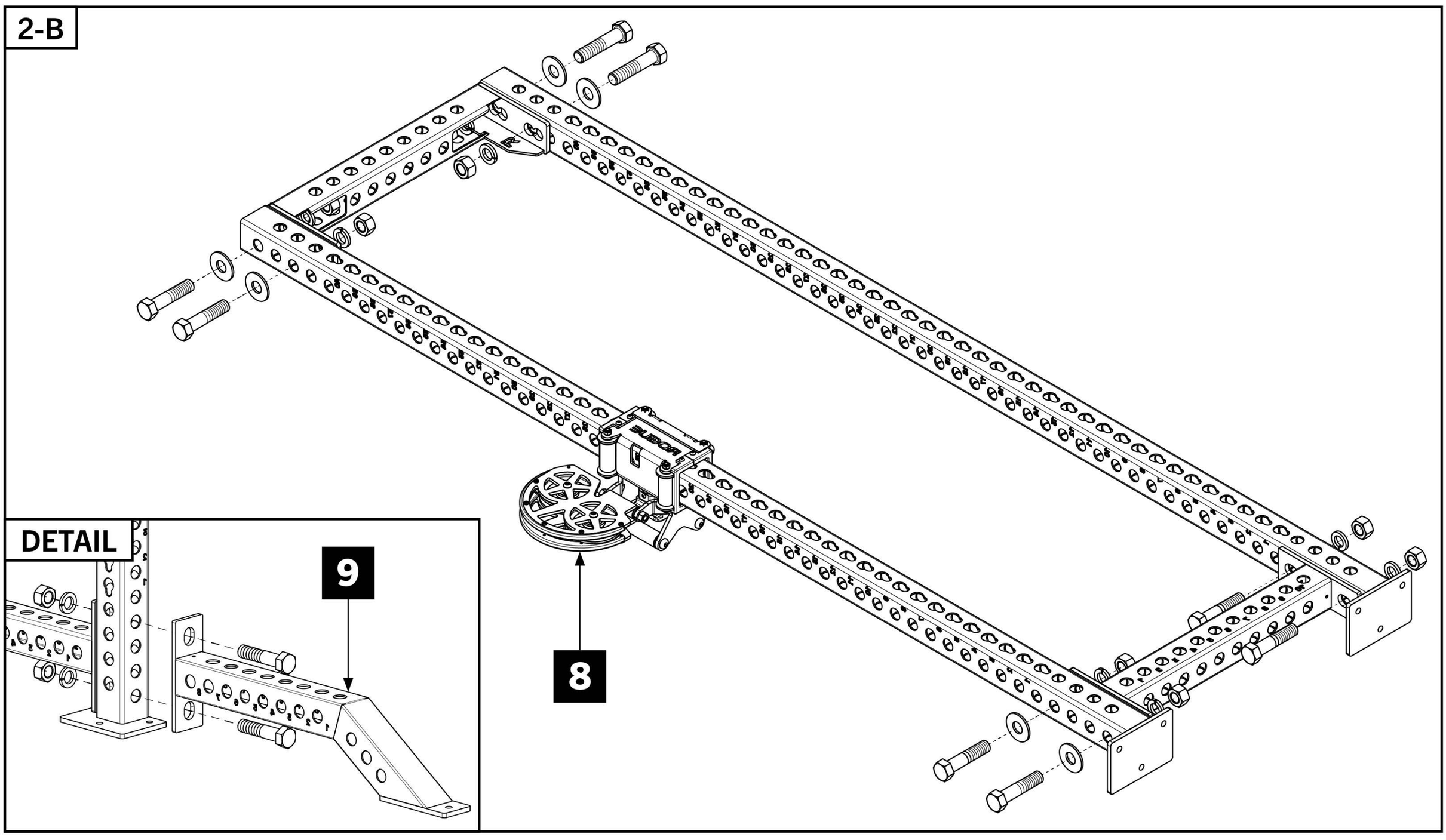
OVERVIEW



2-A



2-B

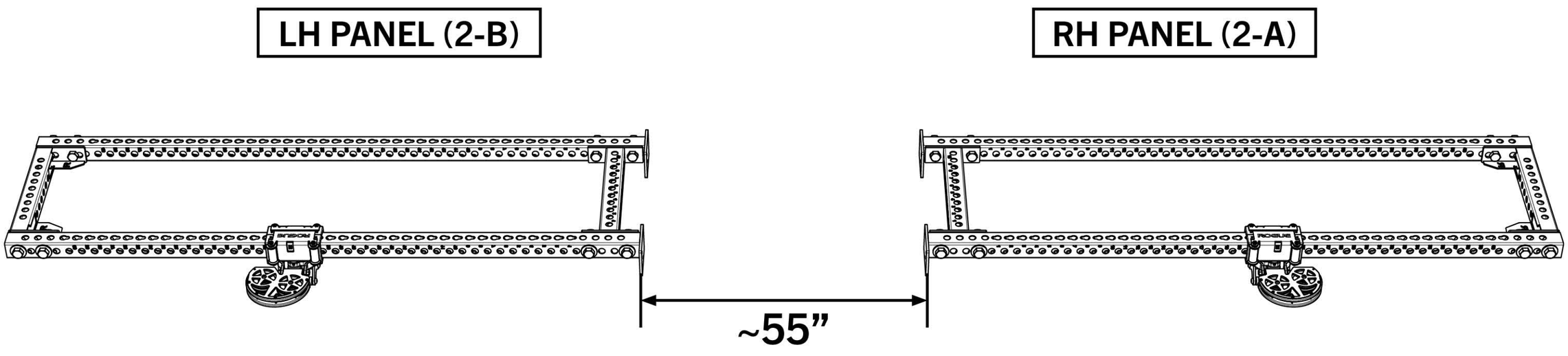


STEP 3

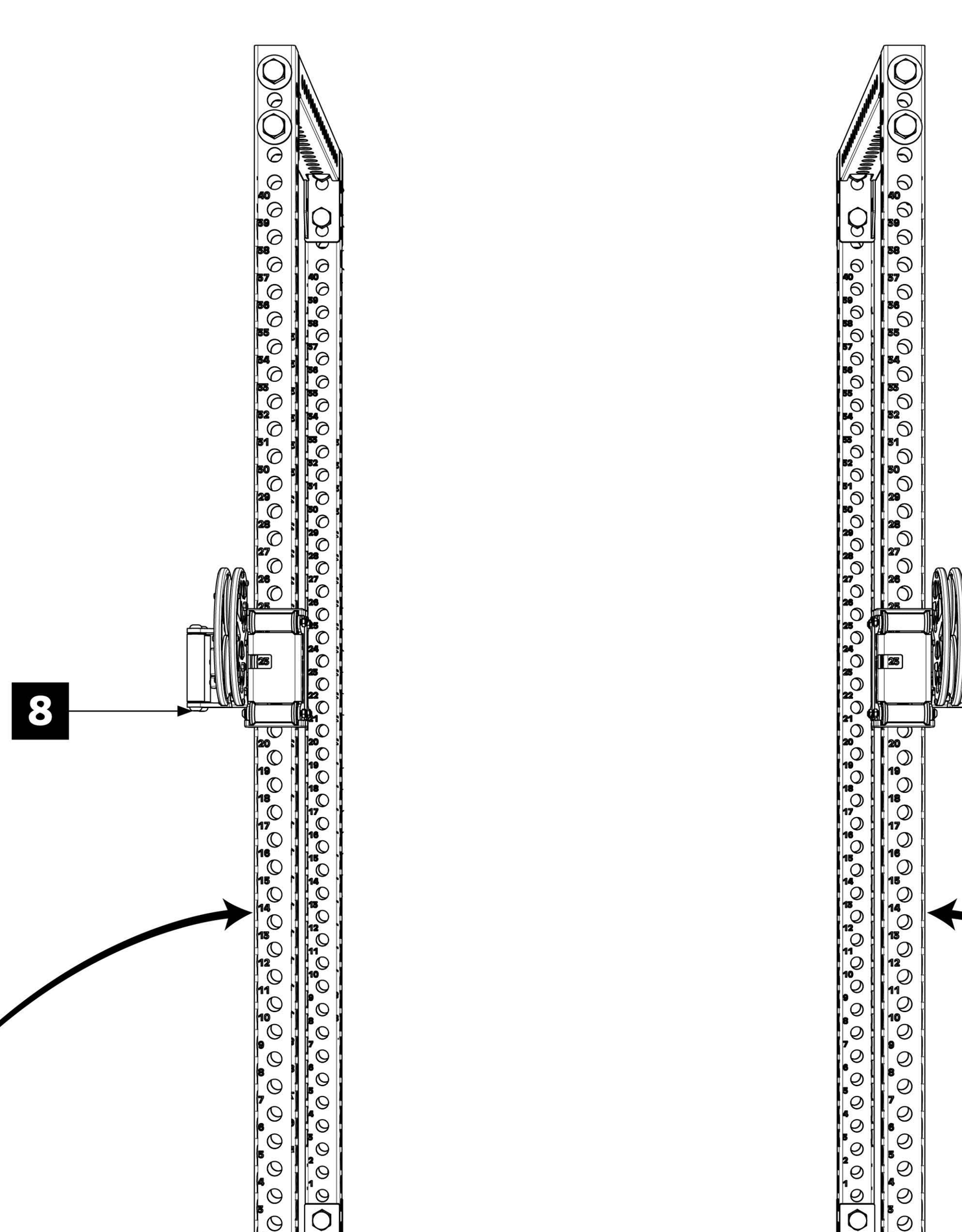
IMPORTANT:

- For safety, we recommend the remainder of these instructions be completed with **2 or 3 people**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.
- One or two people should stabilize both panels, ensuring panels don't fall while another person assembles the spanning Crossmembers in **STEP 4**.

OVERVIEW



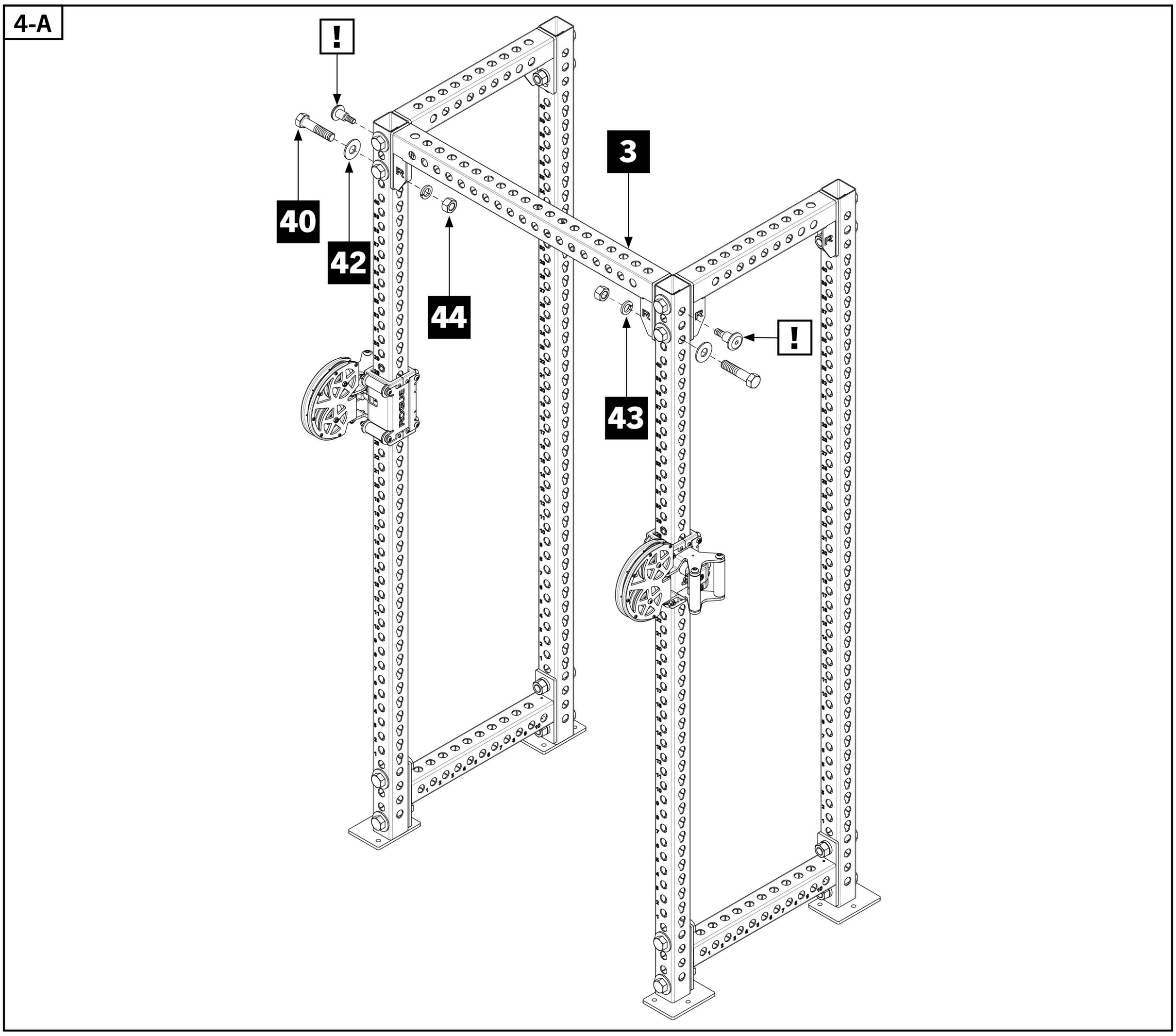
3-A

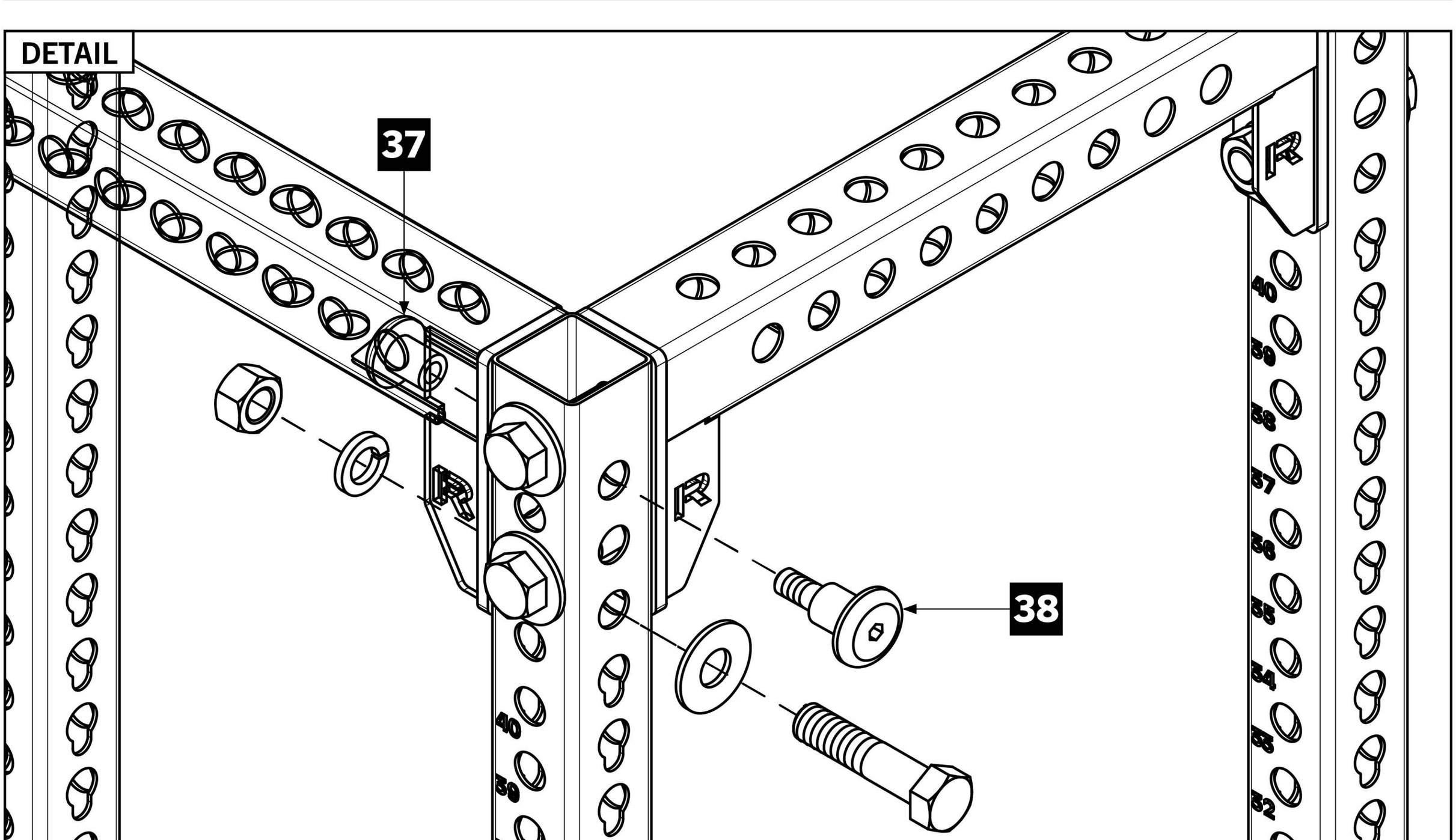


STEP 4

Tools Required:

- 3/8” Allen Key
- Attach 43” Spanning Crossmember [**3**] to middle Uprights using 1” x 4-3/4” Hex Bolt [**40**], 1” Flat Washers [**42**], 1” Lock Washers [**43**], and 1” Hex Nuts [**44**].
- [!] Fully tighten 1” Shoulder Bolts using 3/8” Allen Key. **DO NOT TIGHTEN HEX BOLTS**.





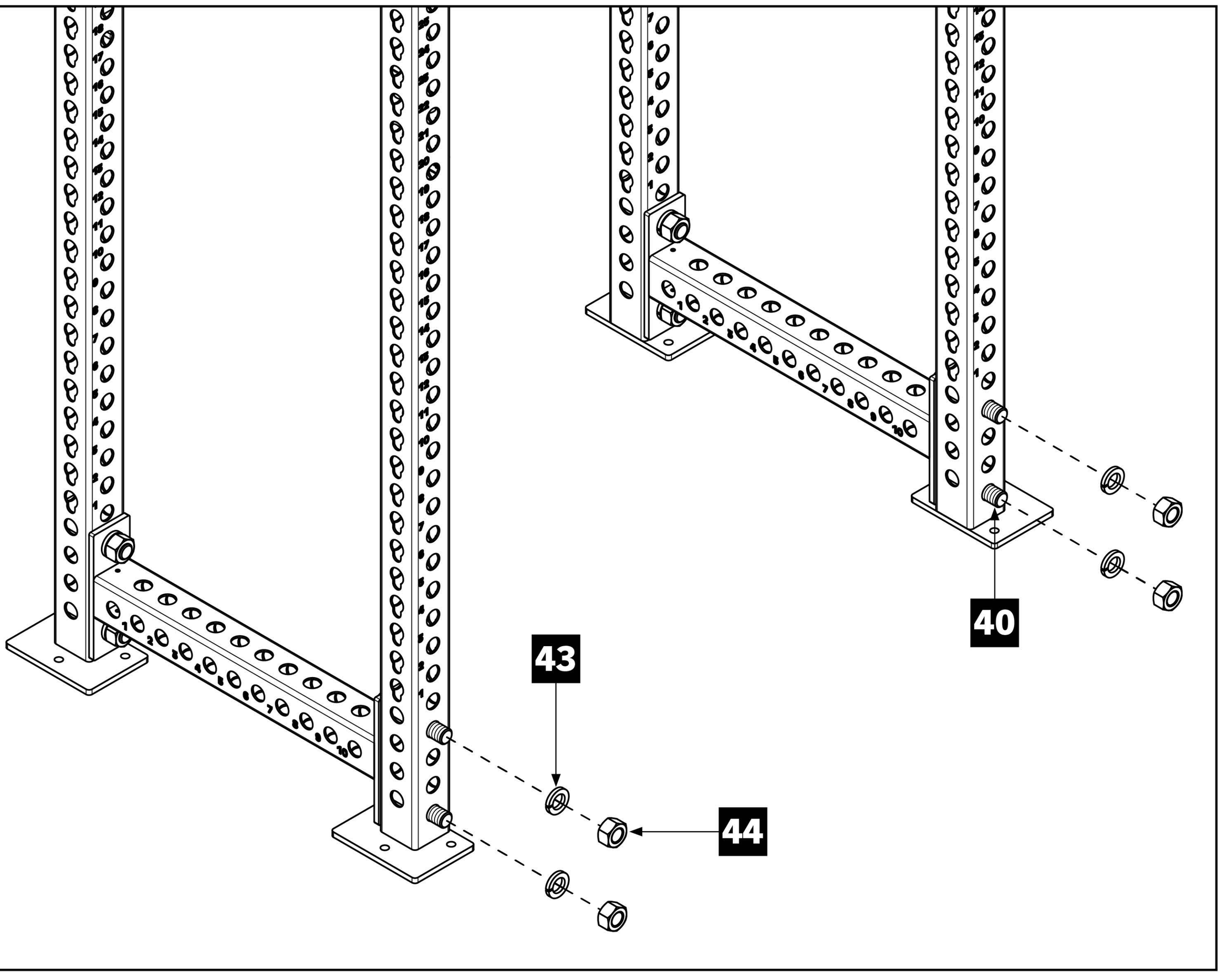
STEP 5 (BEGIN ADD-ON KIT ASSEMBLY)

- Leaving 1” x 4-3/4” Hex Bolts in place, remove all four lower Lock Washers and Hex Nuts from rear Uprights as shown in **5-A**.
- Attach Low Row Crossmember [**6**] and re-assemble the hardware removed above.

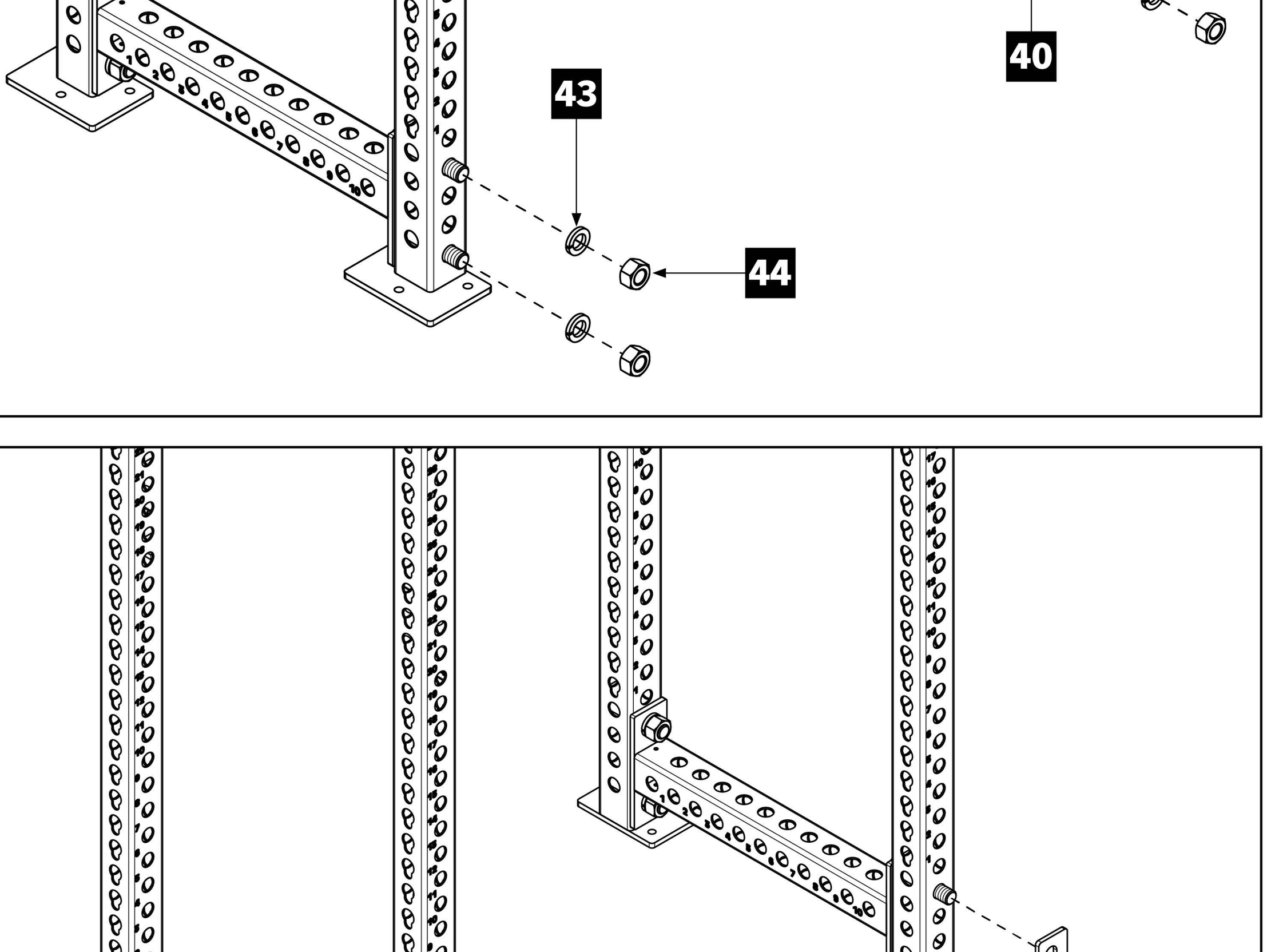
Note:

- “X” cutout on Low Row Crossmember should be facing down towards the ground.

5-A



5-B

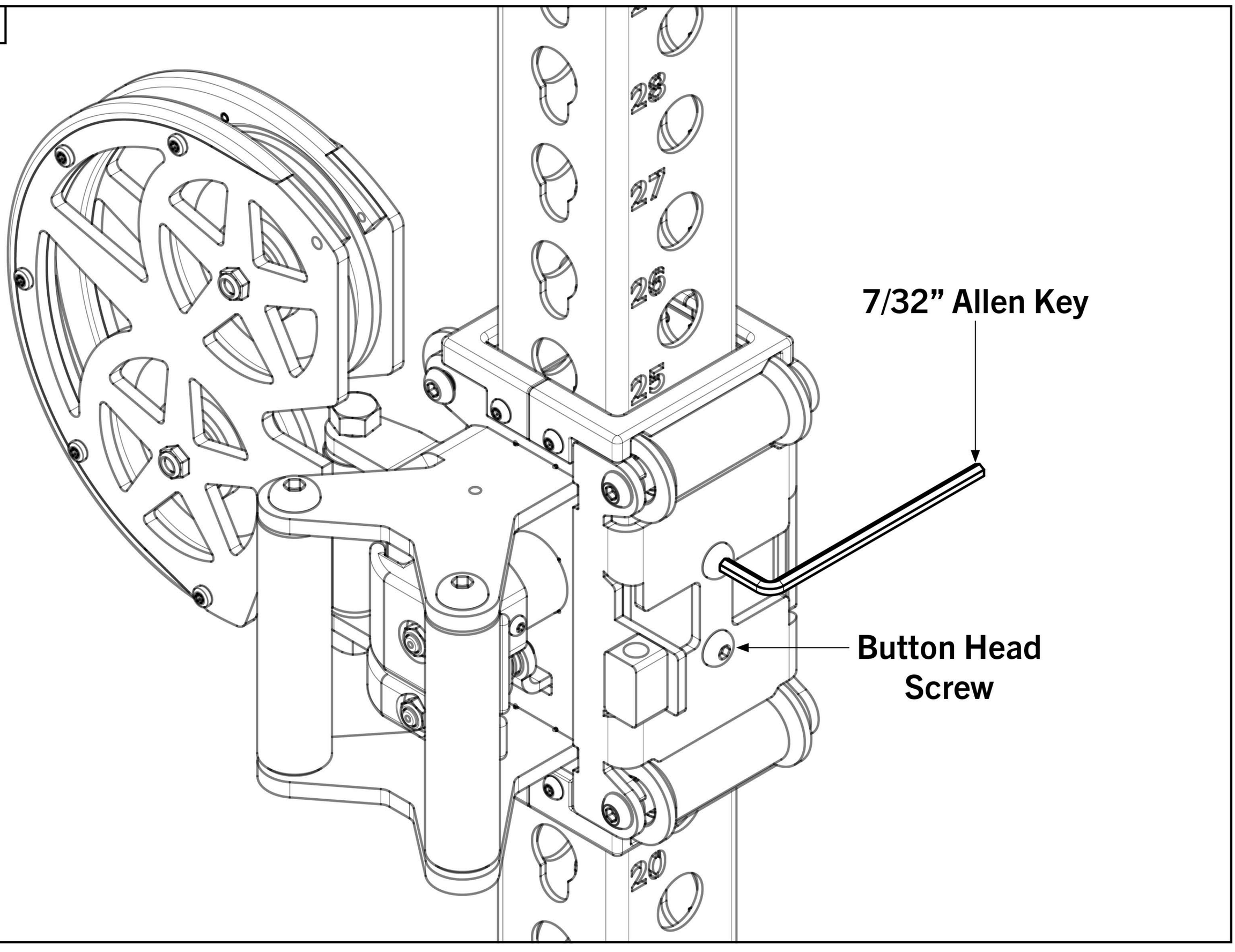


STEP 6

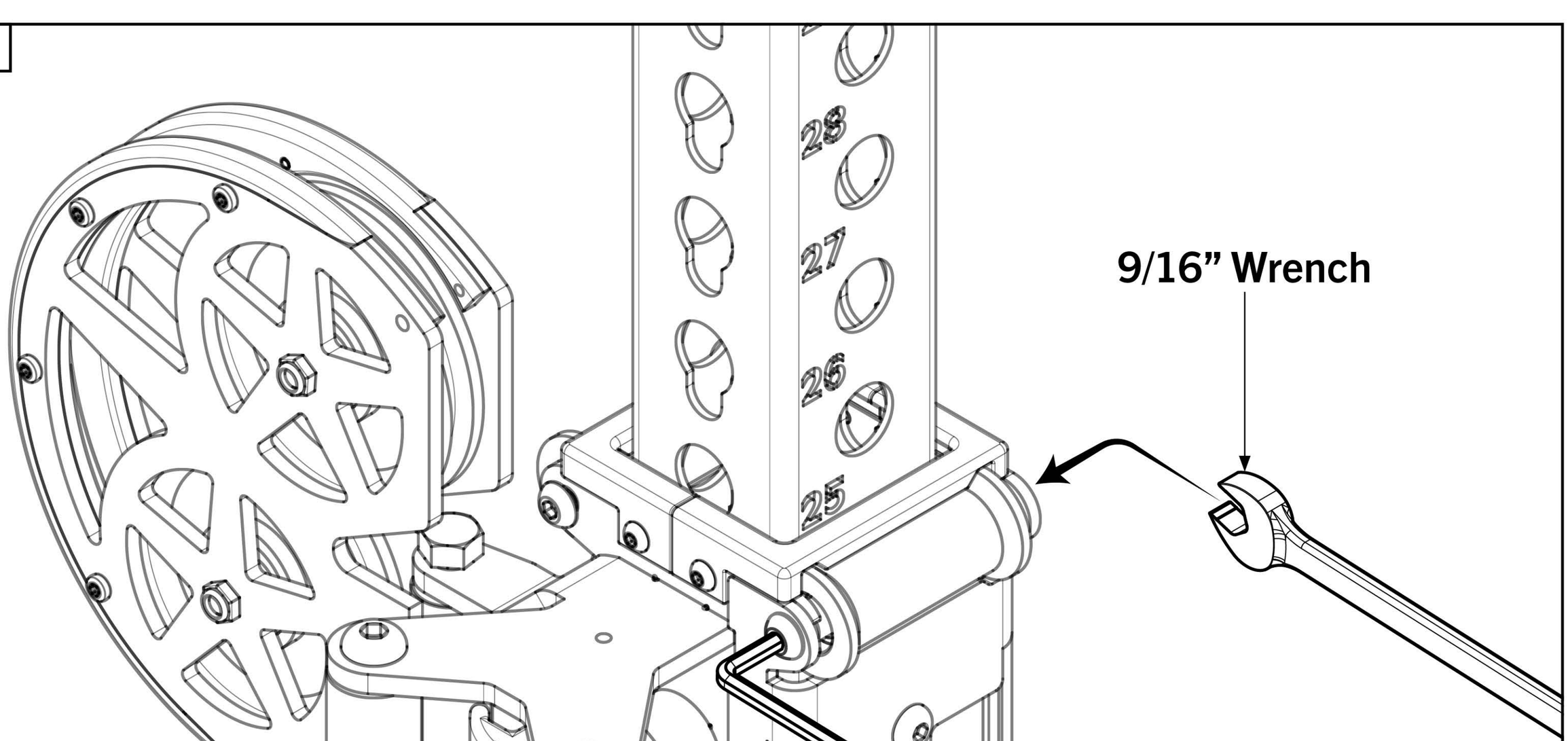
Tools Required:

- 7/32” Allen Key, 9/16” Wrench
- Swivel Trolleys [**7**] and [**8**] need to be calibrated for your specific rack.
- Keeping the Swivel Trolleys locked in place, tighten the Button Head Screws shown in **6-A** using 7/32” Allen Key until loosness or “wobble” is gone.
- Unlock pop pins and roll Trolleys up and down Upright several inches to feel tightness. If wobble persists, tighten the Screws in **6-A** again. If any friction is felt, Trolleys are too tight and Screws should be loosened a quarter turn.
- Once calibrated, tighten both rollers on rear of Trolleys using Allen Key and Wrench.

6-A



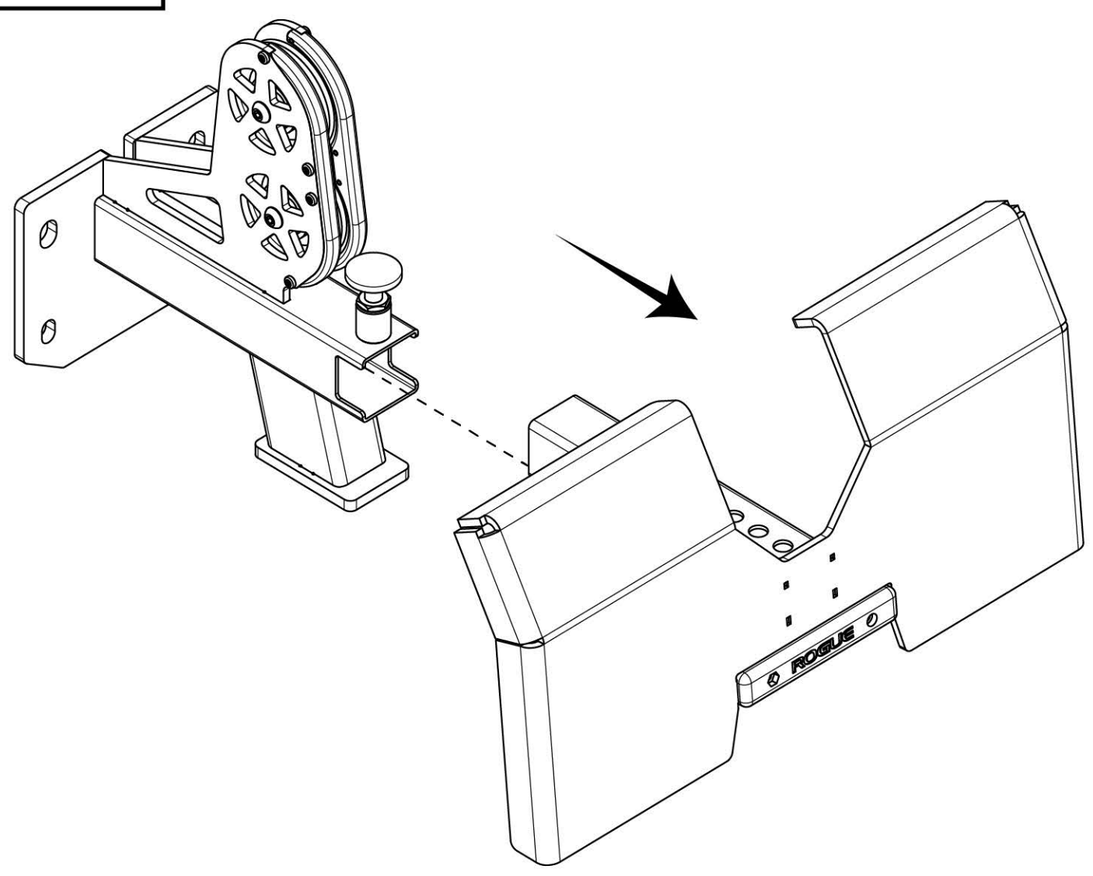
6-B



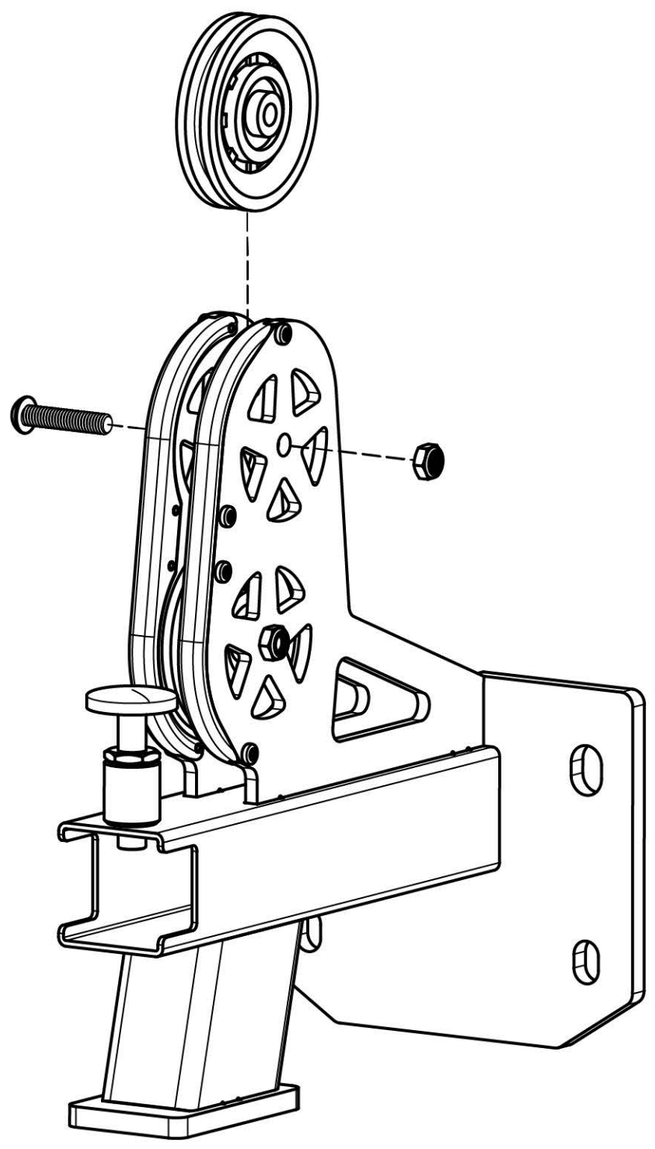
STEP 7

- For ease of assembly, pull pop-pin and remove Foot Catch from Low Row Foot Plate Assembly as shown in detail view (right).
- Remove top pulley in Low Row Bracket.
- Pull Cable Clevis through Low Row Cross-member [**6**].
- Position the Rear Upright Assembly [**2**] and the Low Row Bracket [**15**] against the Low Row Crossmember [**6**].
- Place Cable Clevis in its correct position on Low Row Bracket [**15**].
- Attach Foot Plate Assembly [**15**] and Rear Upright Assembly [**2**] to Low Row Cross-member [**6**] using indicated 5/8” and 1/2” hardware below.

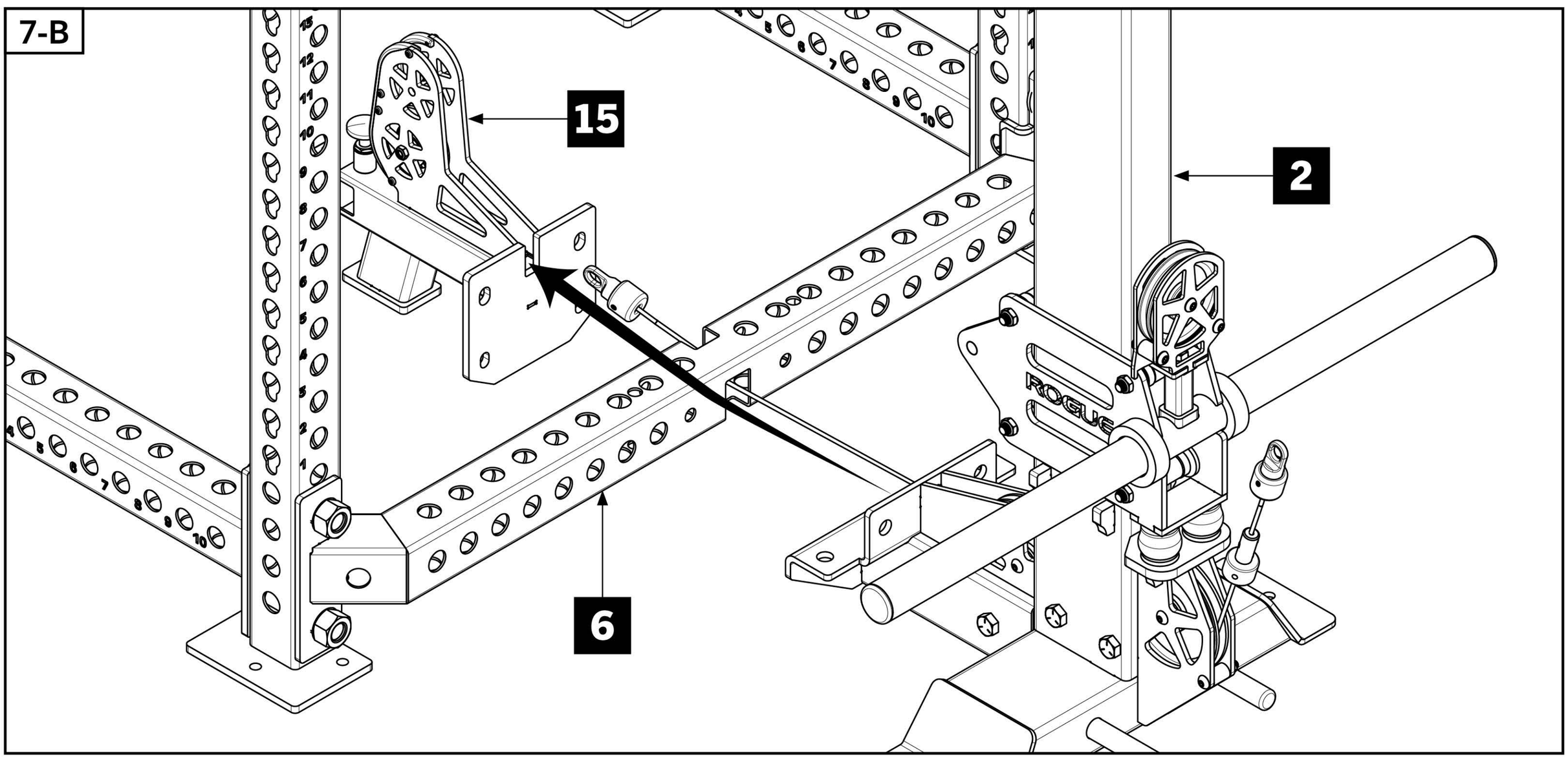
DETAIL



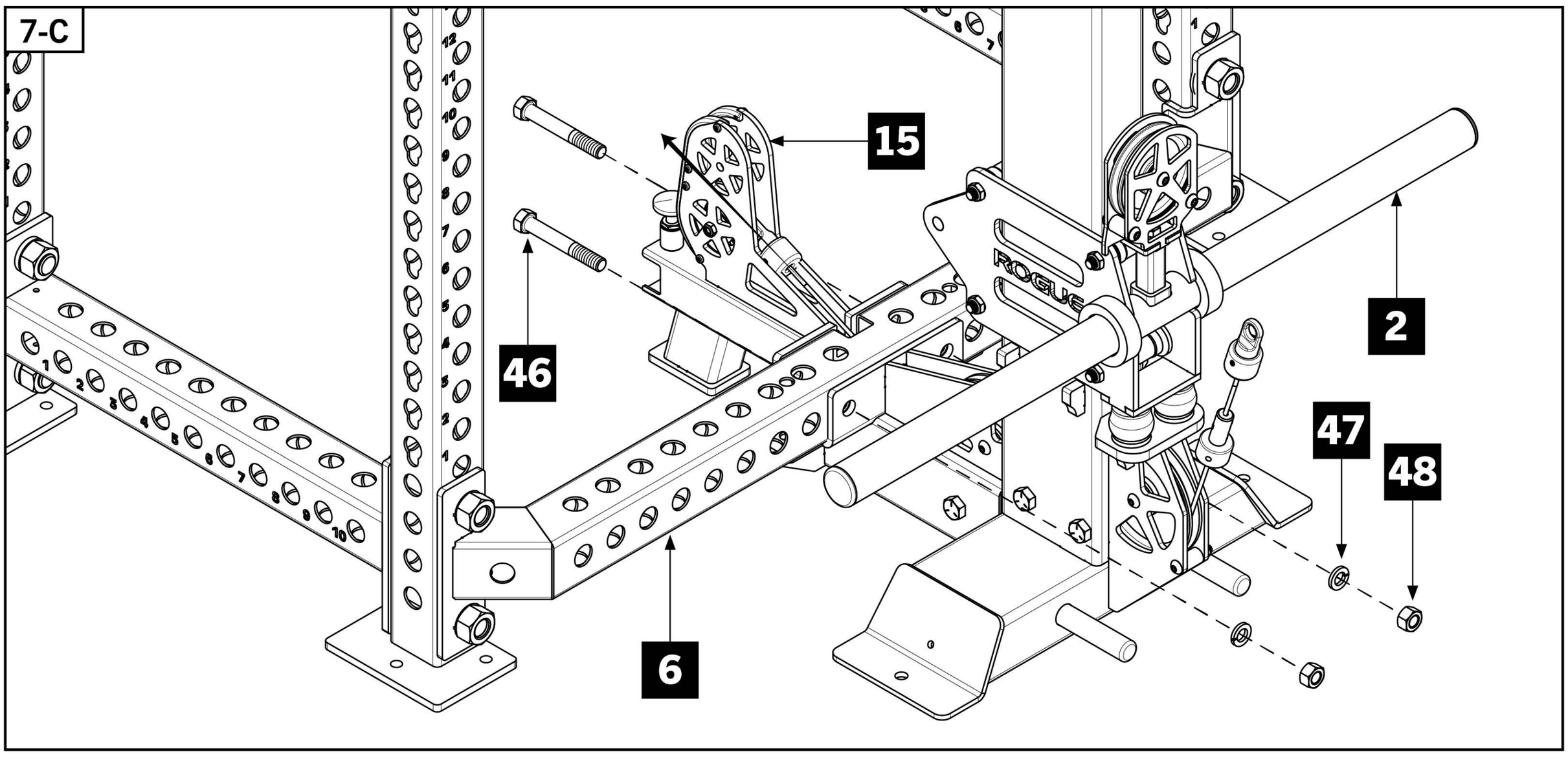
7-A



7-B



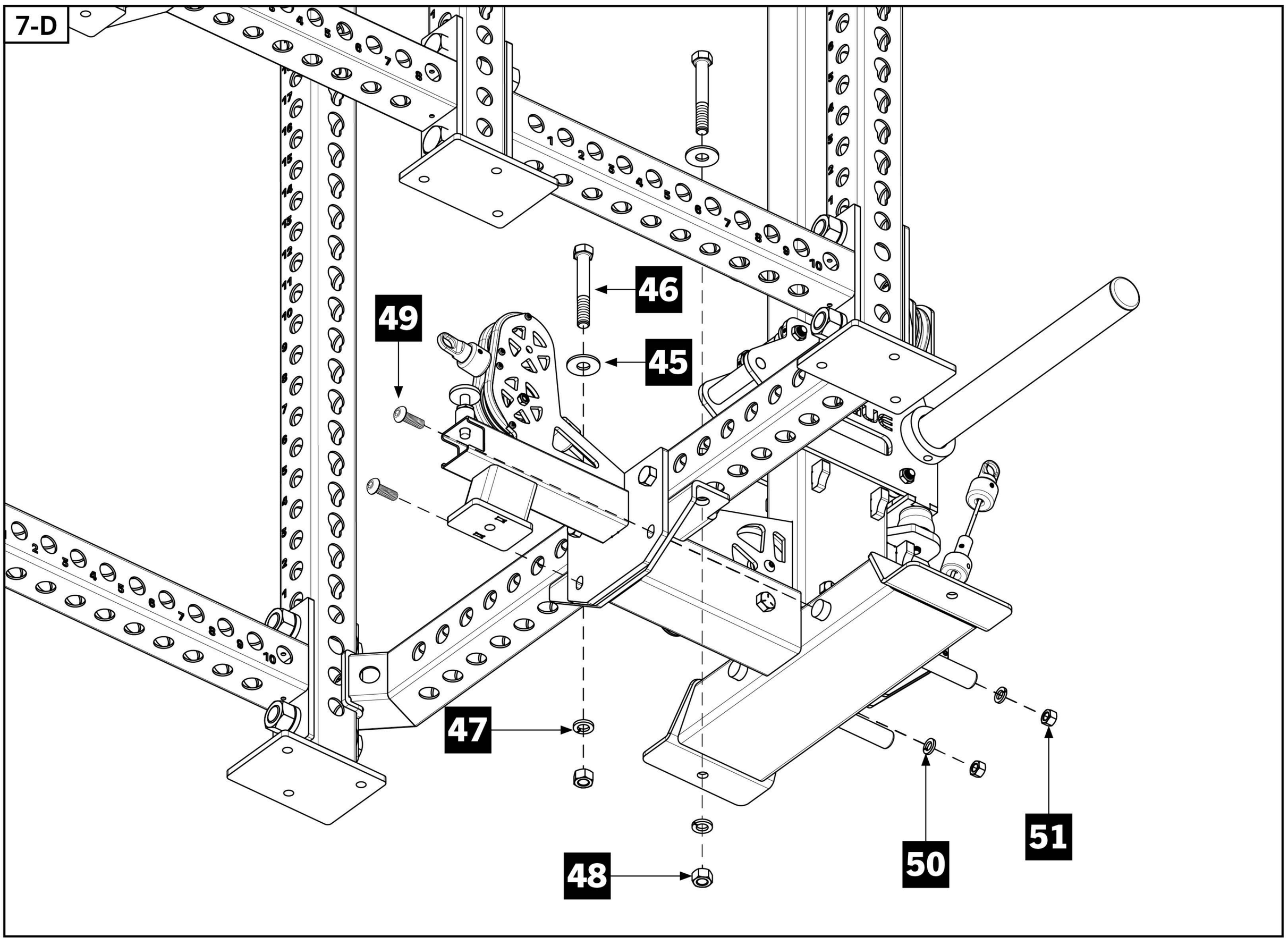
7-C



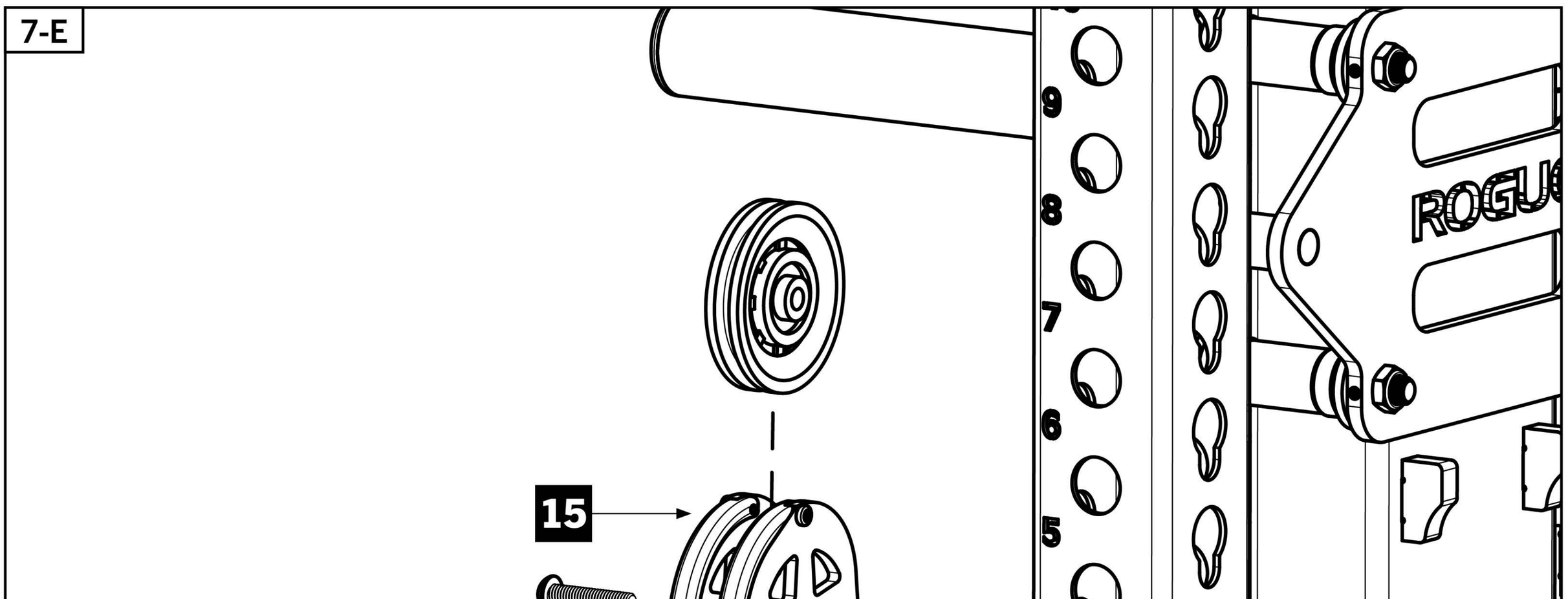
STEP 7 (CONTINUED)

- Continue to attach Foot Plate Assembly [**15**] and Rear Upright Assembly [**2**] to Low Row Crossmember [**6**] using indicated 5/8” and 1/2” hardware below.
- Reinstall 3.5” Pulley in Low Row Bracket.

7-D



7-E



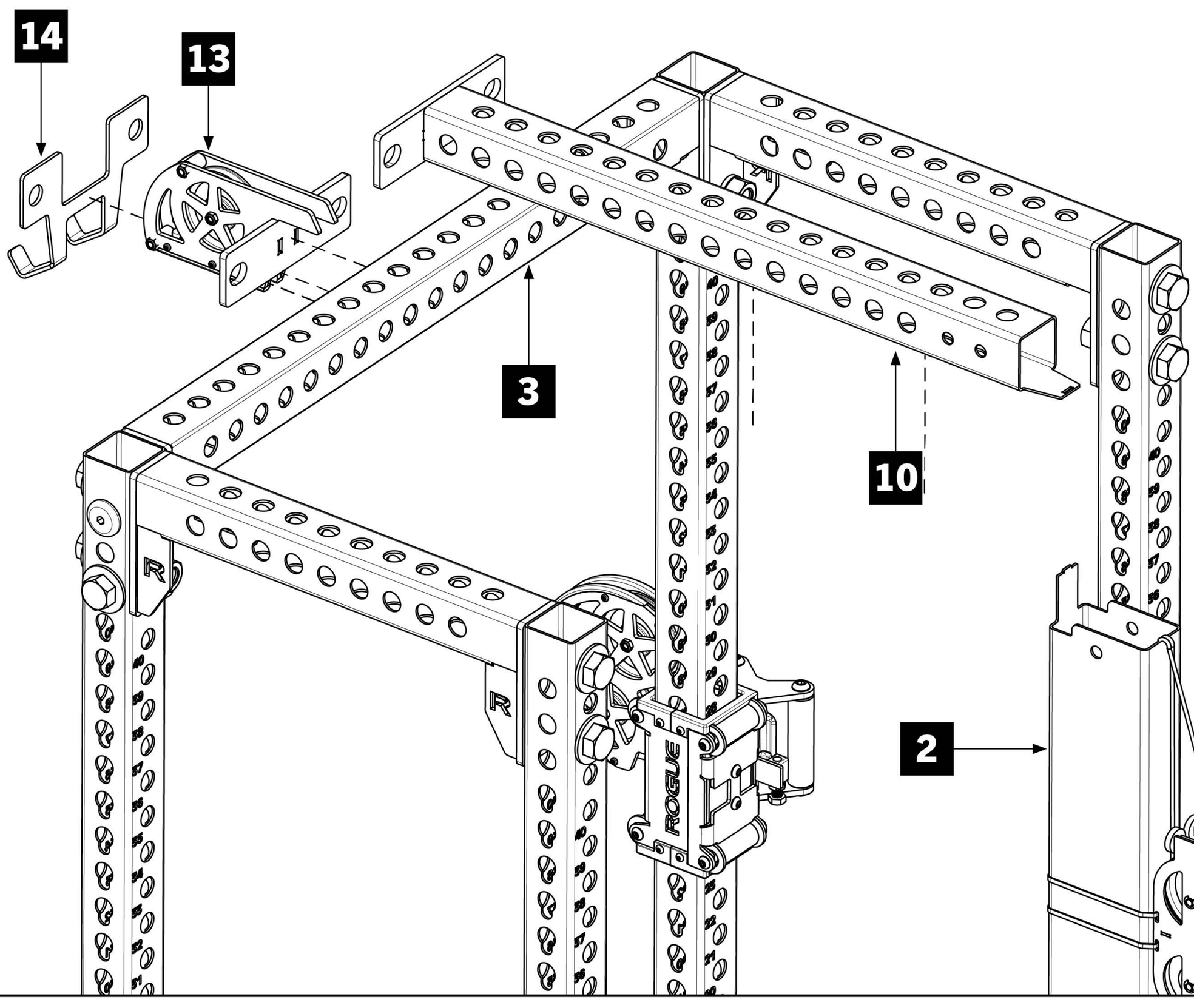
STEP 8

- Bolt Lat Bar Hanger [**14**], Lat Pulldown Pulley Bracket [**13**], and Top Center Crossmember [**10**] to 43” Spanning Crossmember [**3**] using 1”x5” Hex Bolts [**39**], 1” Lock Washers [**43**], and 1” Hex Nuts [**44**] as showng in 8-B.

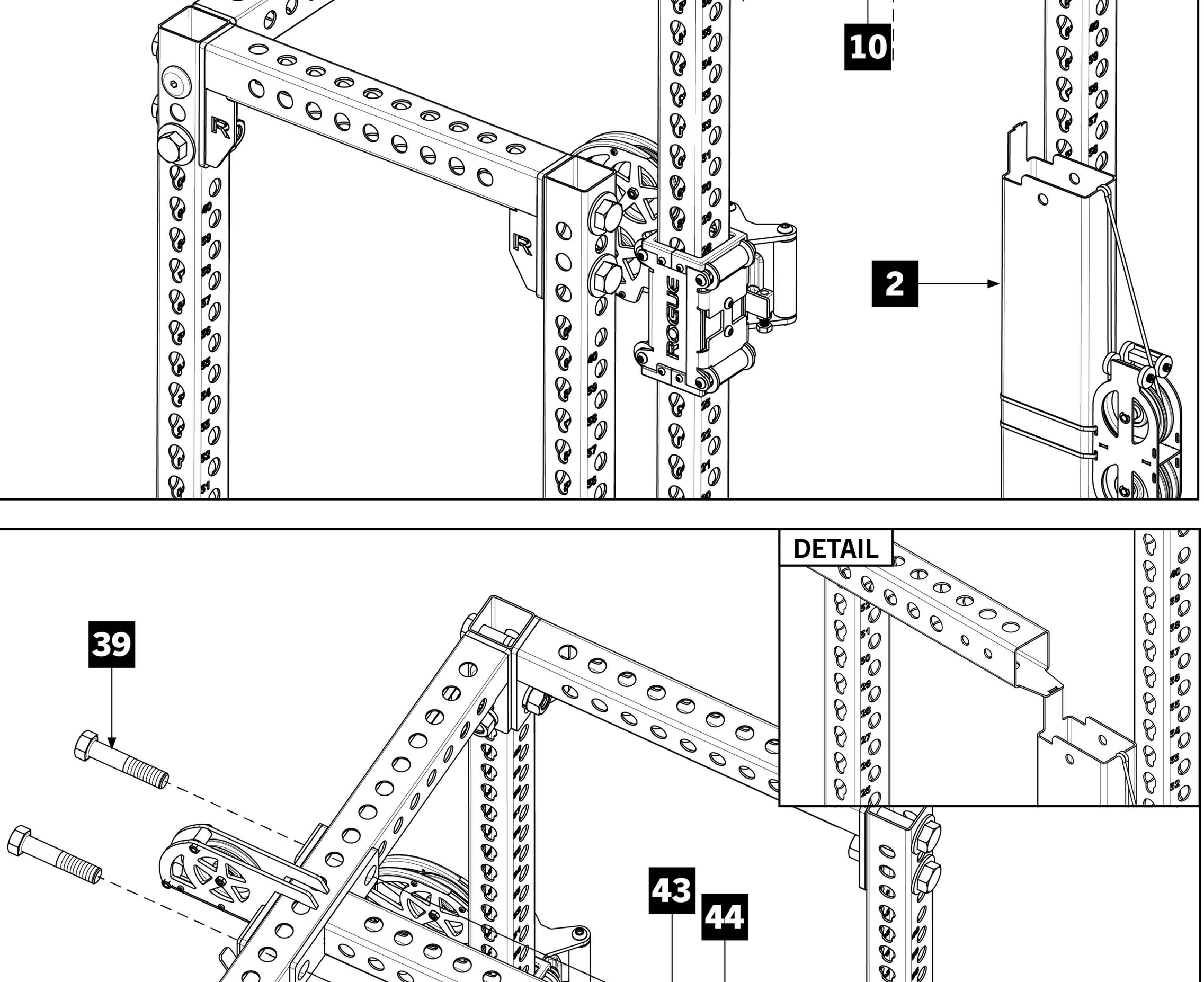
Note:

- Ensure Slot on Top Center Crossmember [**10**] is fully engaged with the tab on the Rear Upright [**2**].

8-A



8-B



STEP 9

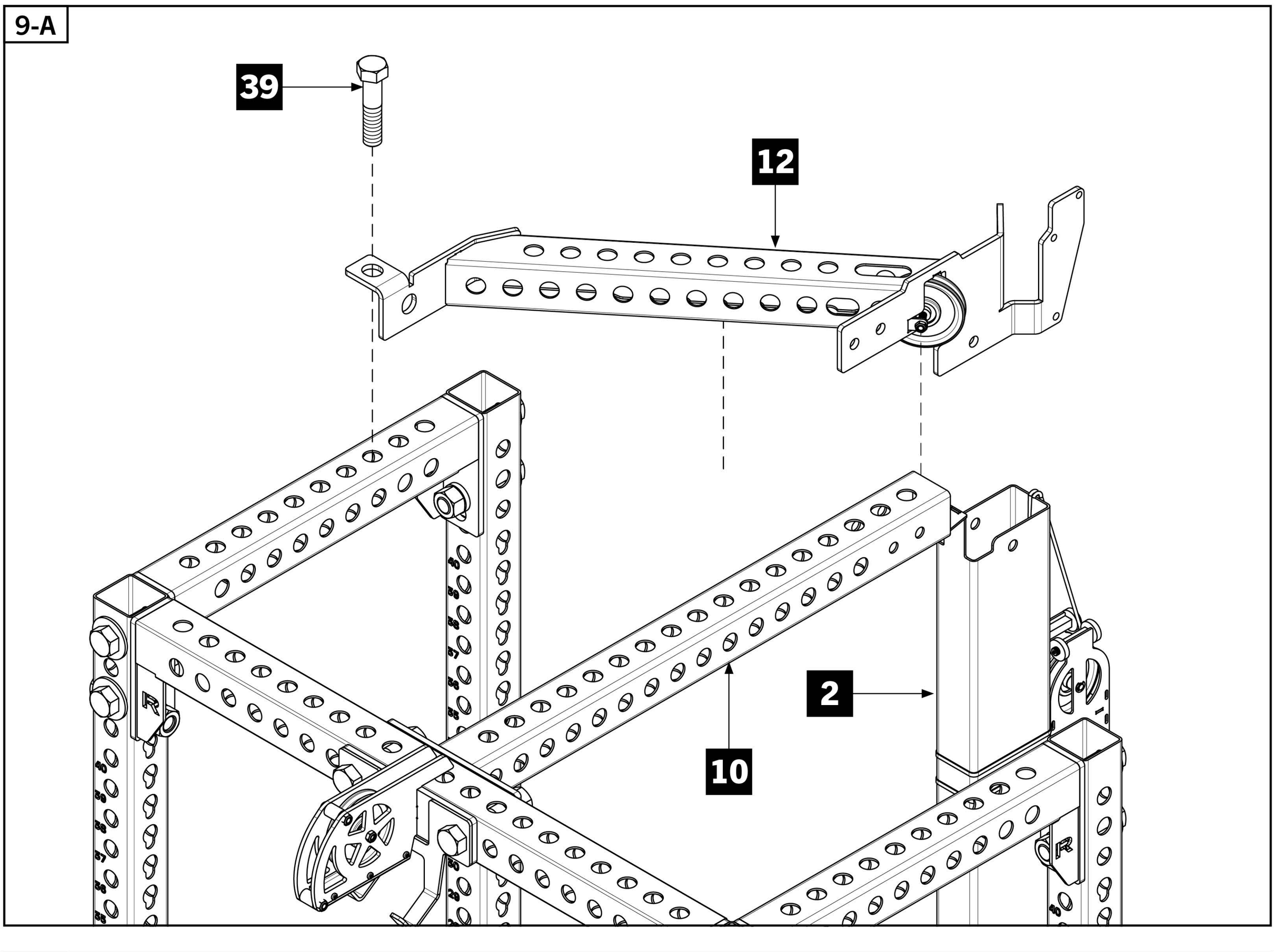
- Assemble Top Rear Angle Crossmember - LH [**12**] into position on rear of rack as shown placing a 1”x5” Hex Bolt [**39**] in the outer hole to secure the outer side of the crossmember.

- Bolt the Top Rear Angle Crossmember - LH to the Top Center Crossmember using a 5/8” x 4-1/2” Hex Bolt [**46**] pushing the bolt only part of the way in to secure the crossmembers.

Note:

- Be careful to not disengage the Top Center Crossmember Slot from the Tab.

9-A



9-B

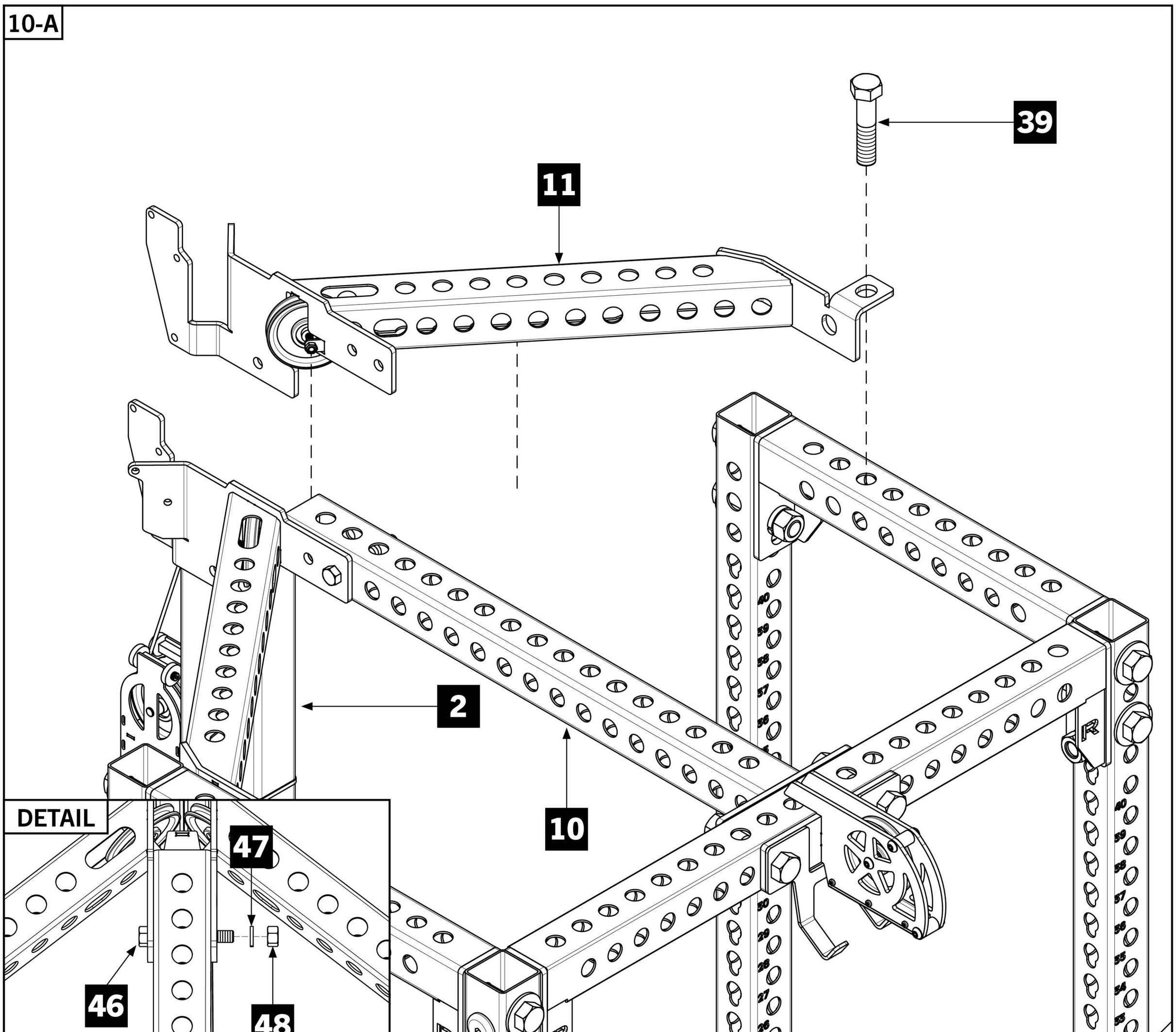
STEP 10

- Assemble Top Rear Angle Crossmember - RH [**11**] into position on rear of rack as shown placing a 1”x 5” Hex Bolt [**39**] in the outer hole to secure the outer side of the crossmember.
- Push already installed 5/8” x 4-1/2 Hex Bolt [**46**] through all plates and install 5/8” Lock Washer [**47**] and 5/8” Hex Nut [**48**].
- Secure Angle Crossmembers to Rear Top Crossmembers using Side Shroud Top Brackets [**56**], 1” Lock Washers [**43**], and 1” Hex Nuts [**44**] with 1” x 5” Hex Bolts [**39**]

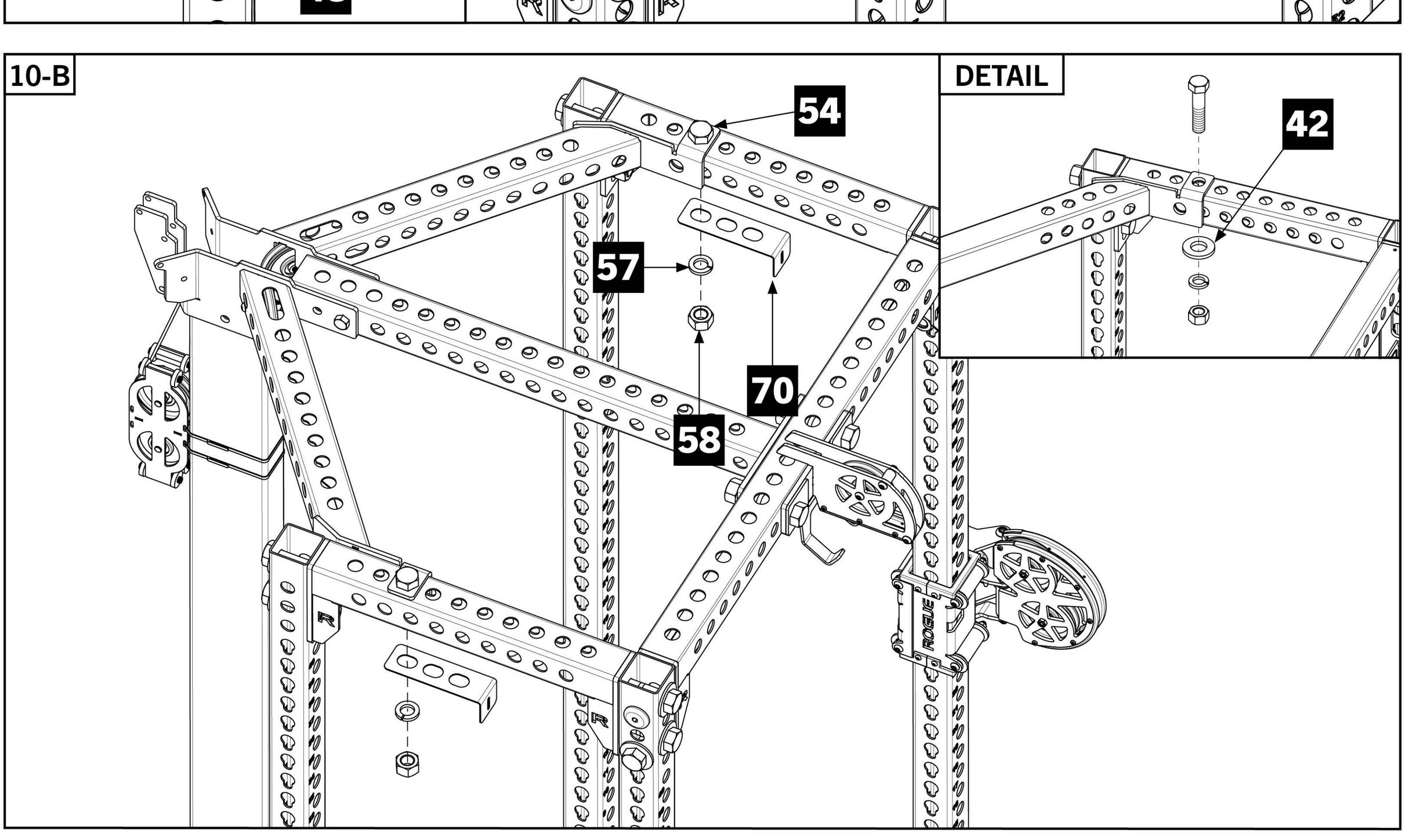
Note:

- Use 1” Flat Washers [**42**] instead of Side Shroud Top Brackets if Shroud Kit was not purchased.

10-A



10-B



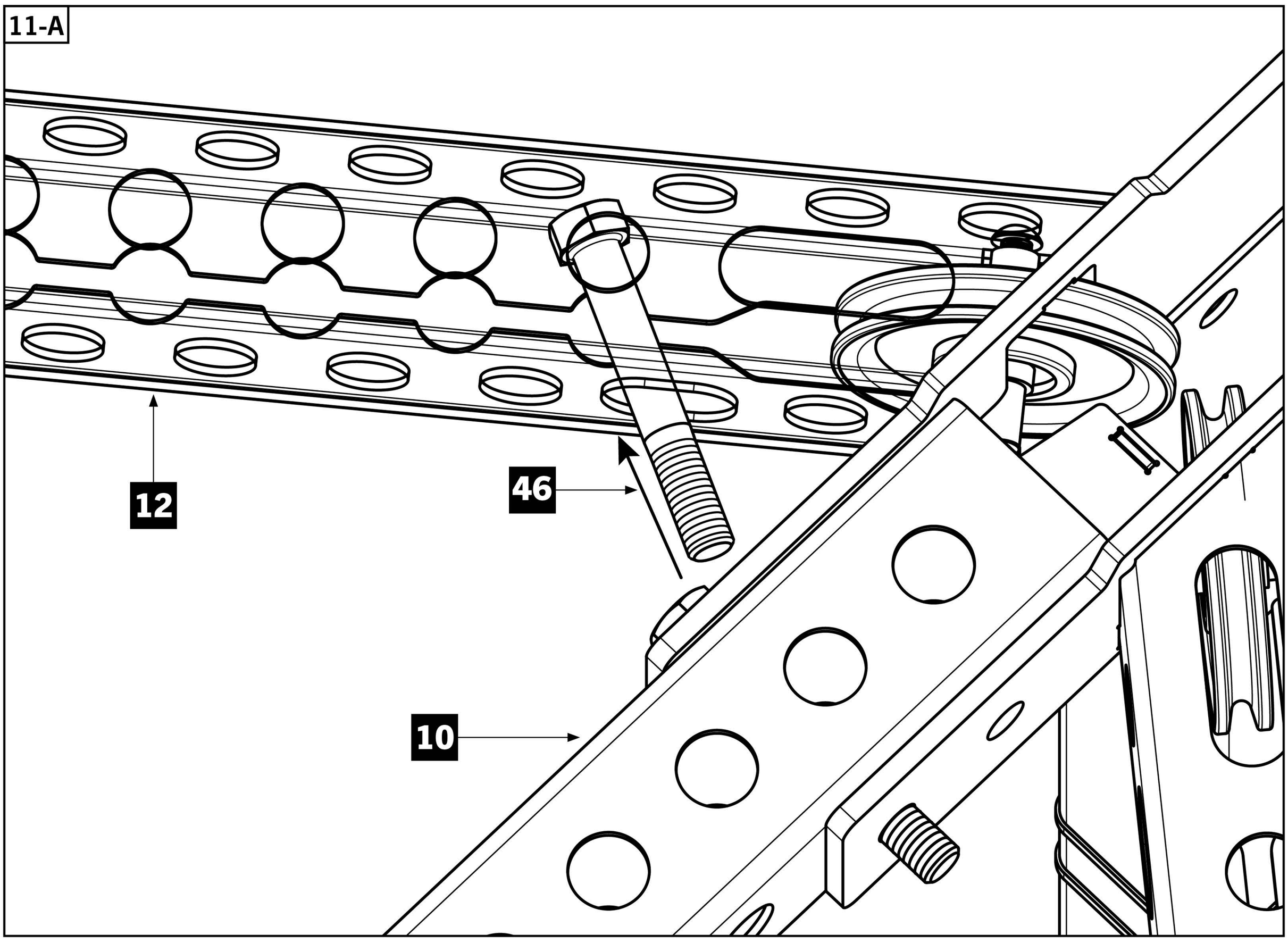
STEP 11

- Guide a 5/8” x 4-1/2” Hex Bolt [**46**] into the Center crossmembers by putting the head into the oval hole in the left cross-membe as shown in 11-A.
- Straighten the bolt out and push it all the way into the hole to connect the three crossmembers together as shown in 11-B.
- Secure 5/8” x 4-1/2” Hex Bolts [**46**] with 5/8” Lock Washers [**47**], and 5/8” Hex Nuts [**48**].

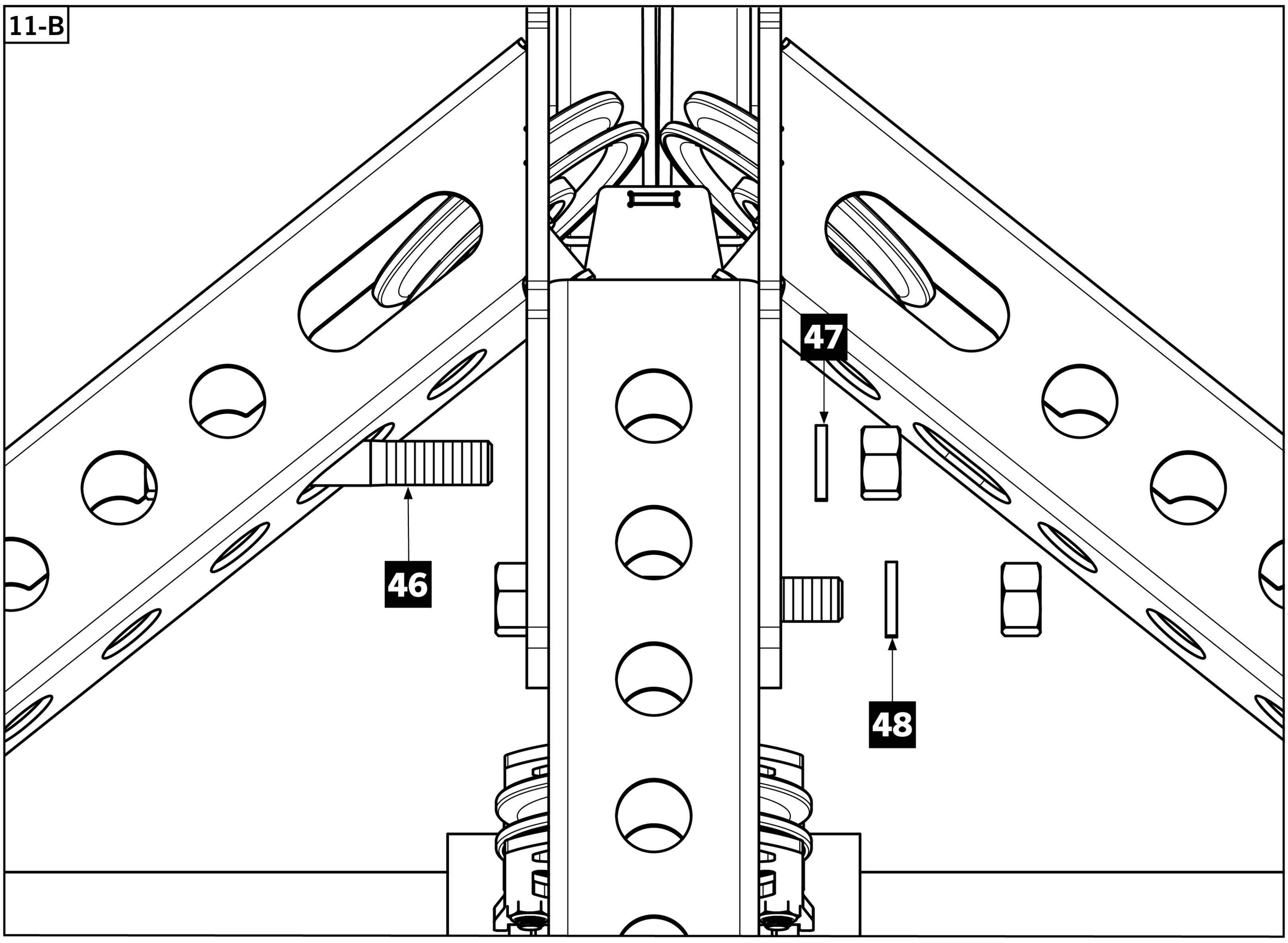
Note:

- Ensure Top Center Crossmember Slot re-mains locked in to the Upright Tab.

11-A

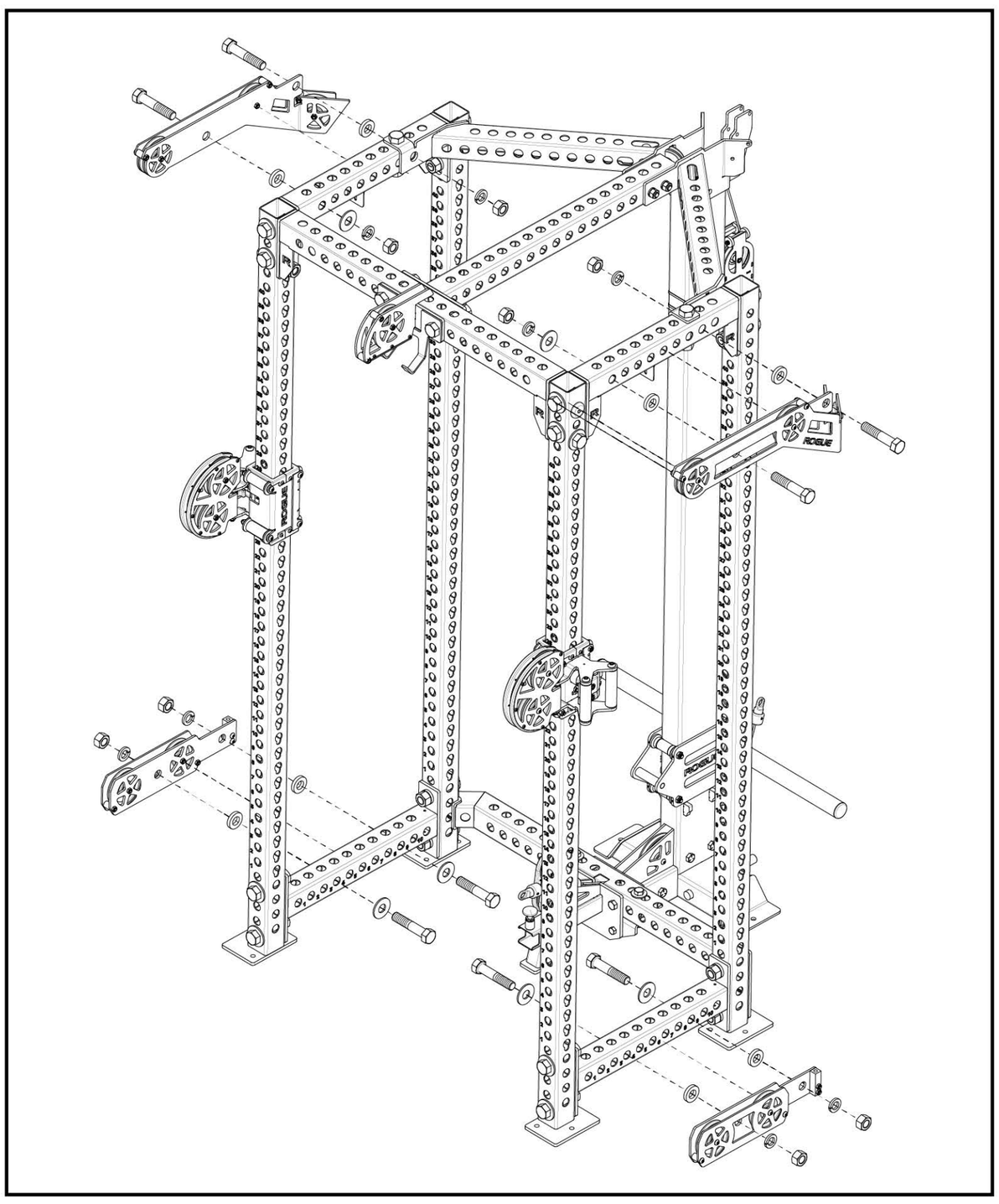


11-B

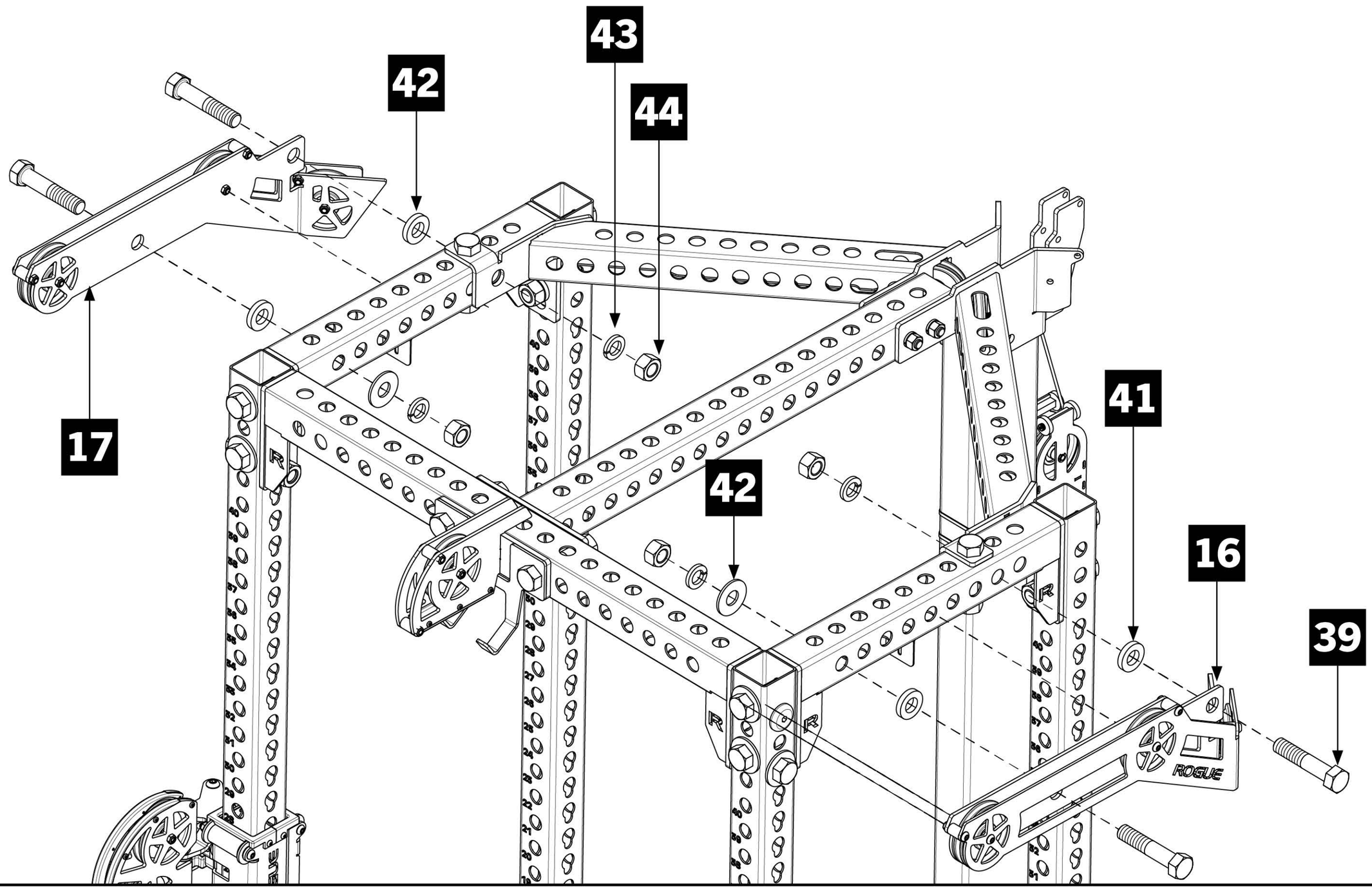


STEP 12

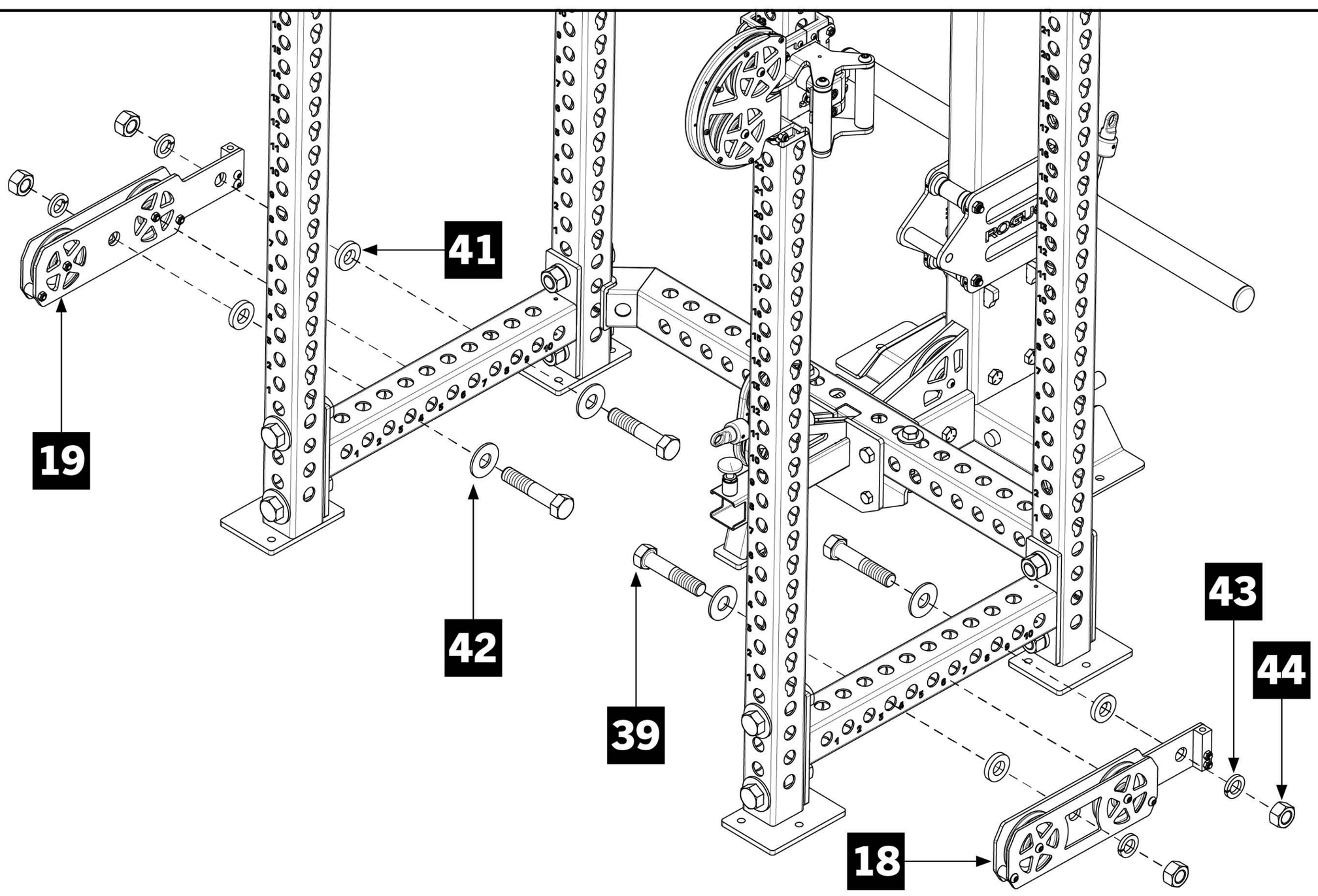
- **12-A:** Bolt Top Side Pulley Assembly - RH [**16**] and -LH [**17**] to the 24” Top Crossmembers [**4**] using 1” x 5” Hex Bolts [**39**], 1” x 3/8” Pulley Bracket Spacers [**41**], 1” Flat Washers [**42**], 1” Lock Washers [**43**], and 1” Hex Nuts [**44**] as shown.
- Tip: it is easiest to assemble this step by inserting the front hardware first and then swinging the back of Side Pulley Assemblies up to install the rear hardware.
- **12-B**: Bolt Bottom Side Pulley Assembly - RH [**18**] and - LH [**19**] to the 24” Low Crossmembers [**5**] using same hardware as abov. Ensure hardware is installed through holes 4 and 9.



12-A



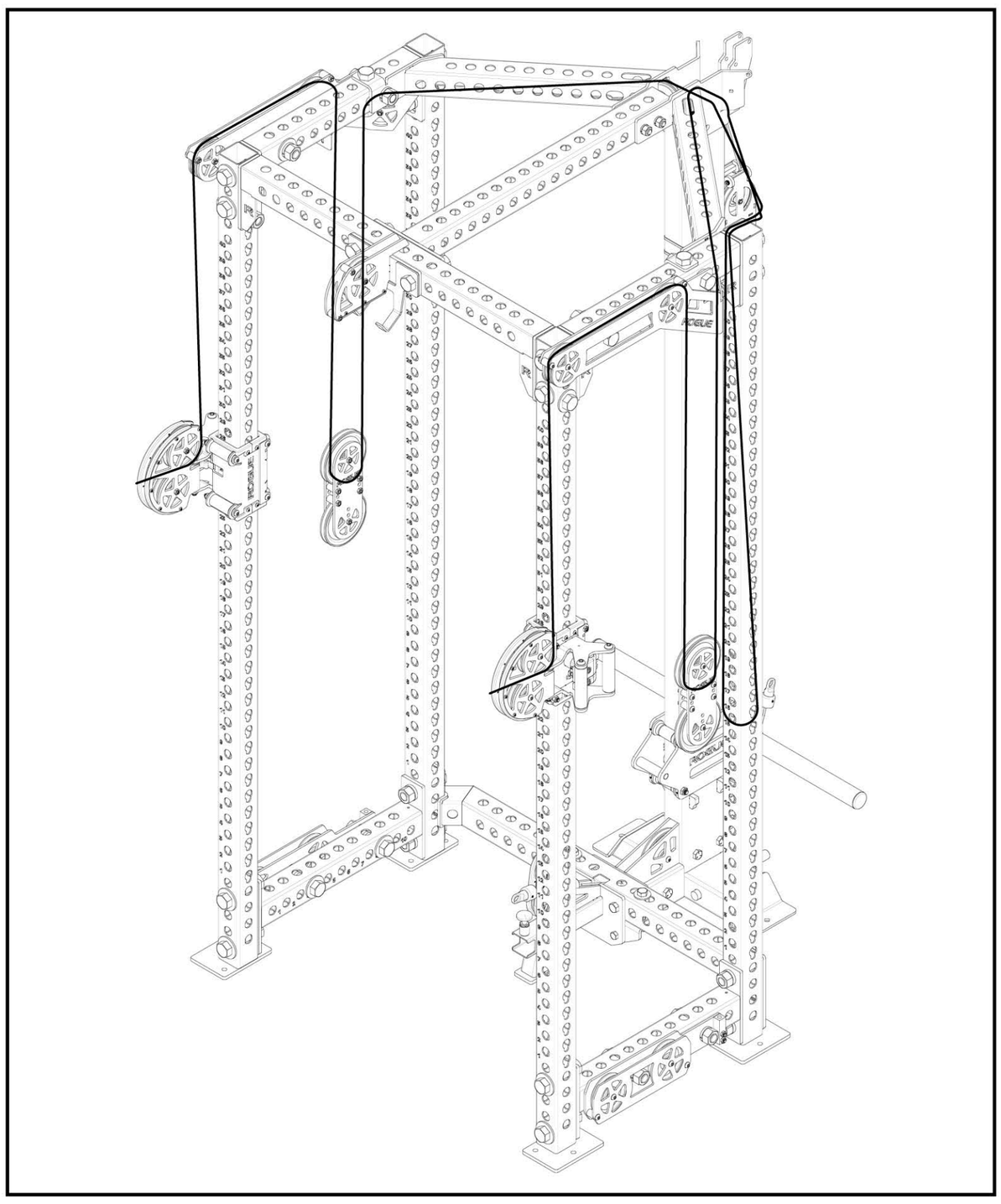
12-B



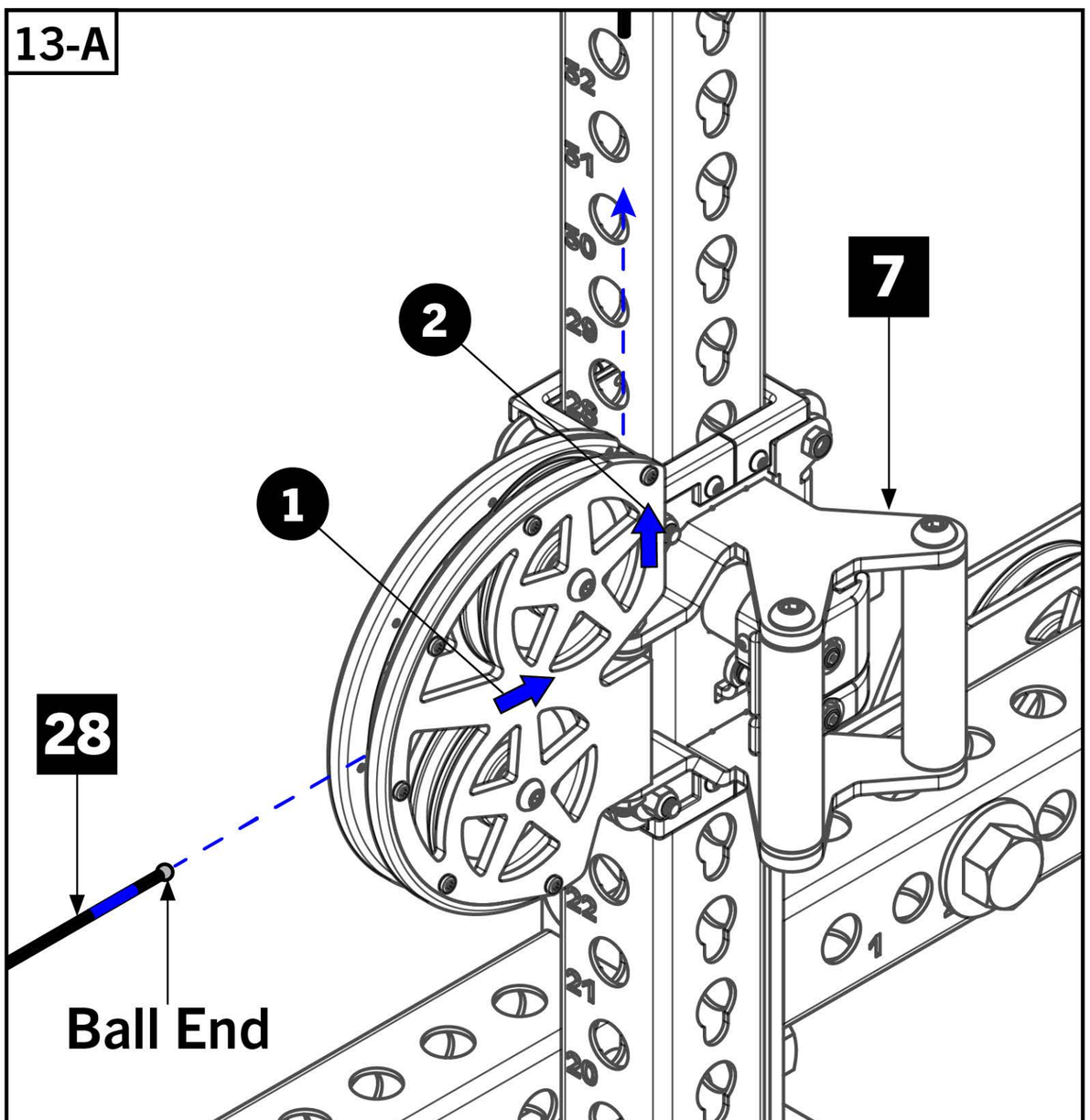
STEP 13

Note:

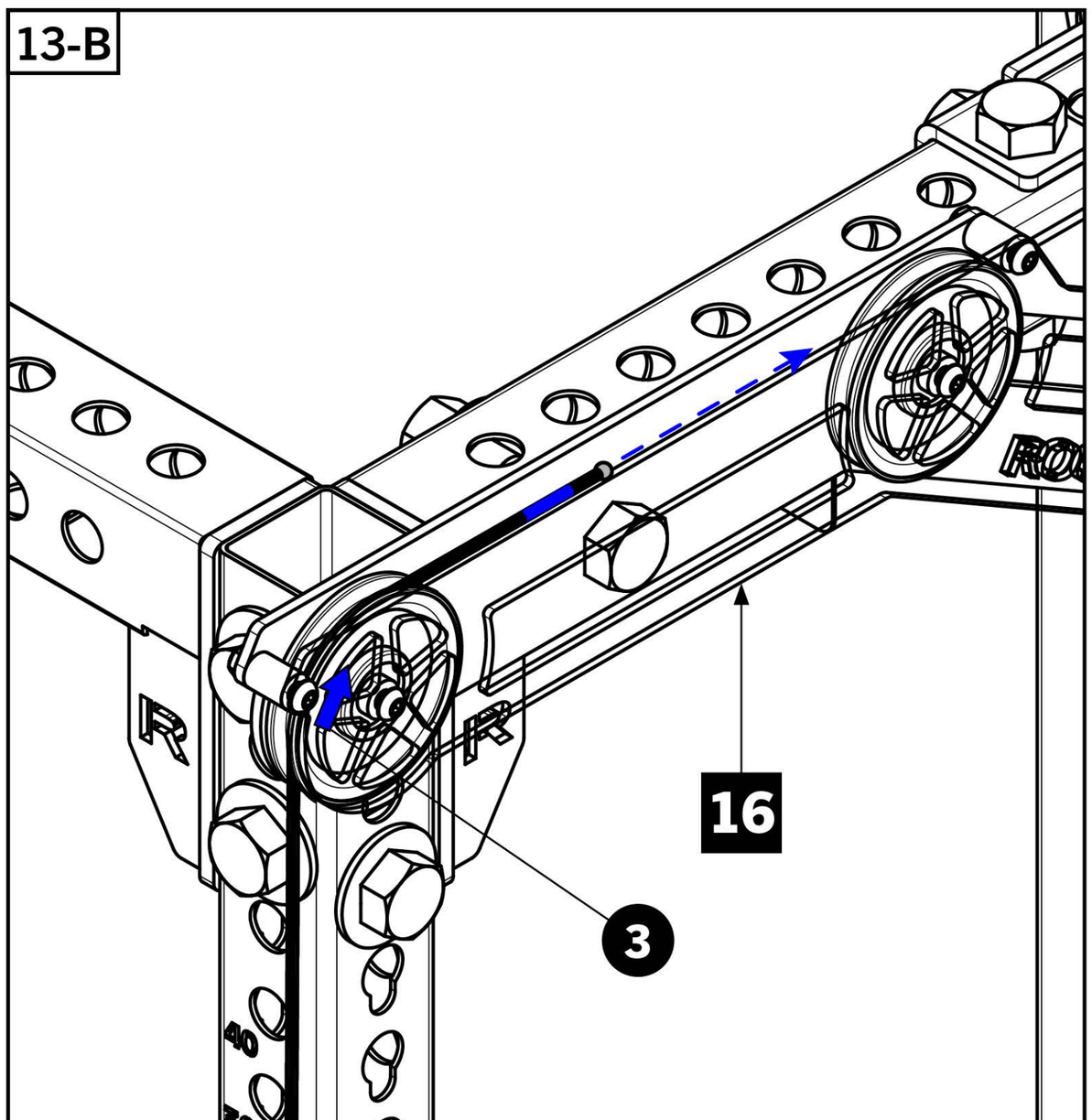
- Completely unwind and straighten out Trolley/Trolley Cable [**28**] to remove any twists/kinks prior to installation.
- The blue arrows shown in **STEP 13** through **STEP 18** indicate directions for assembling the Trolley/Trolley Cable and correspond with the blue tag on the Ball End of cable.
- Feed the Ball End of Trolley/Trolley Cable [**28**] between the two pulleys inside Swivel Trolley - RH [**7**] and continue upward.
- Feed the cable around pulley inside the Top Side Pulley Assembly - RH [**16**] and continue toward the back of the rack.
- Continue around the second pulley on Top Side Pulley Assembly - RH [**16**] and then downward.



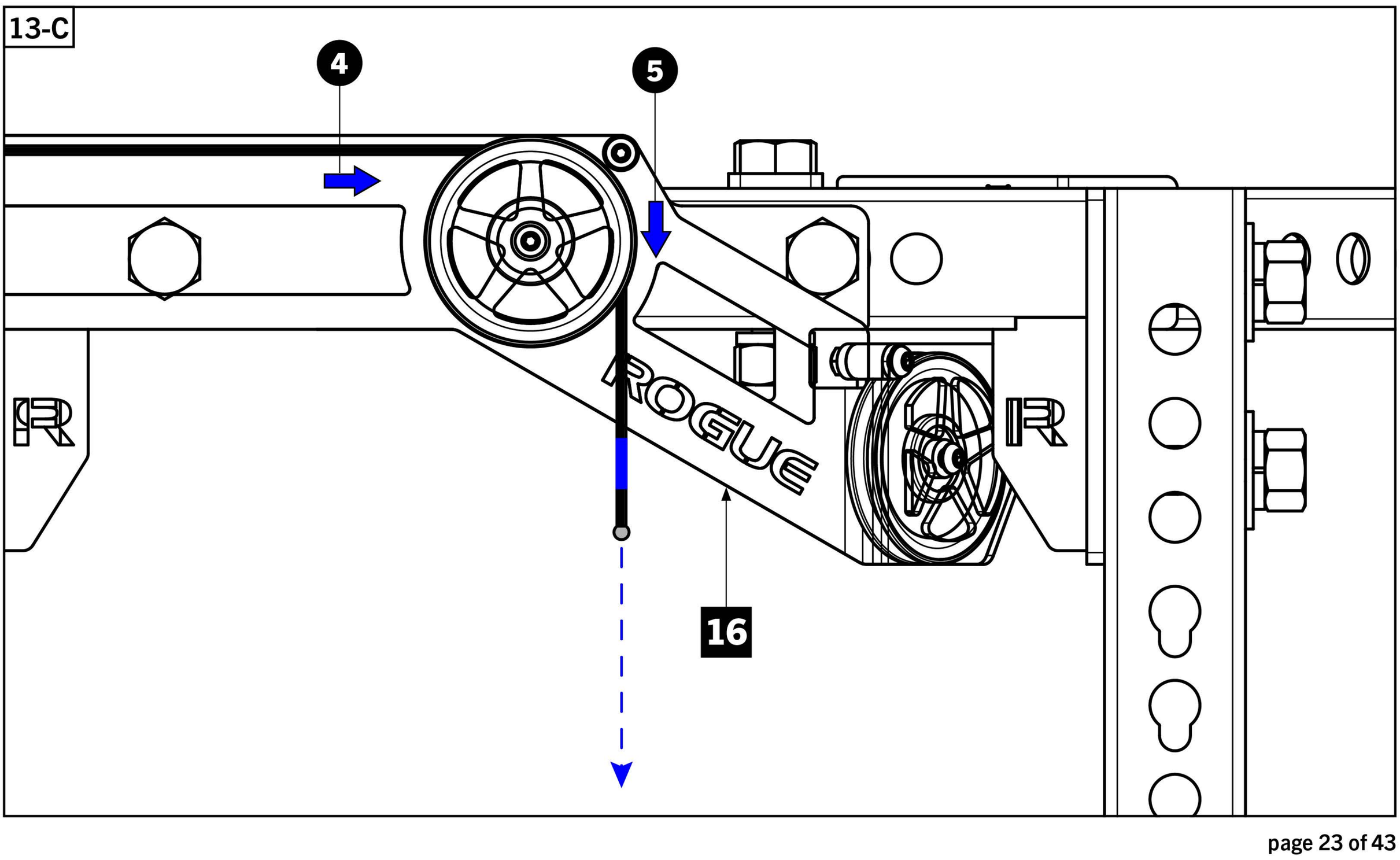
13-A



13-B

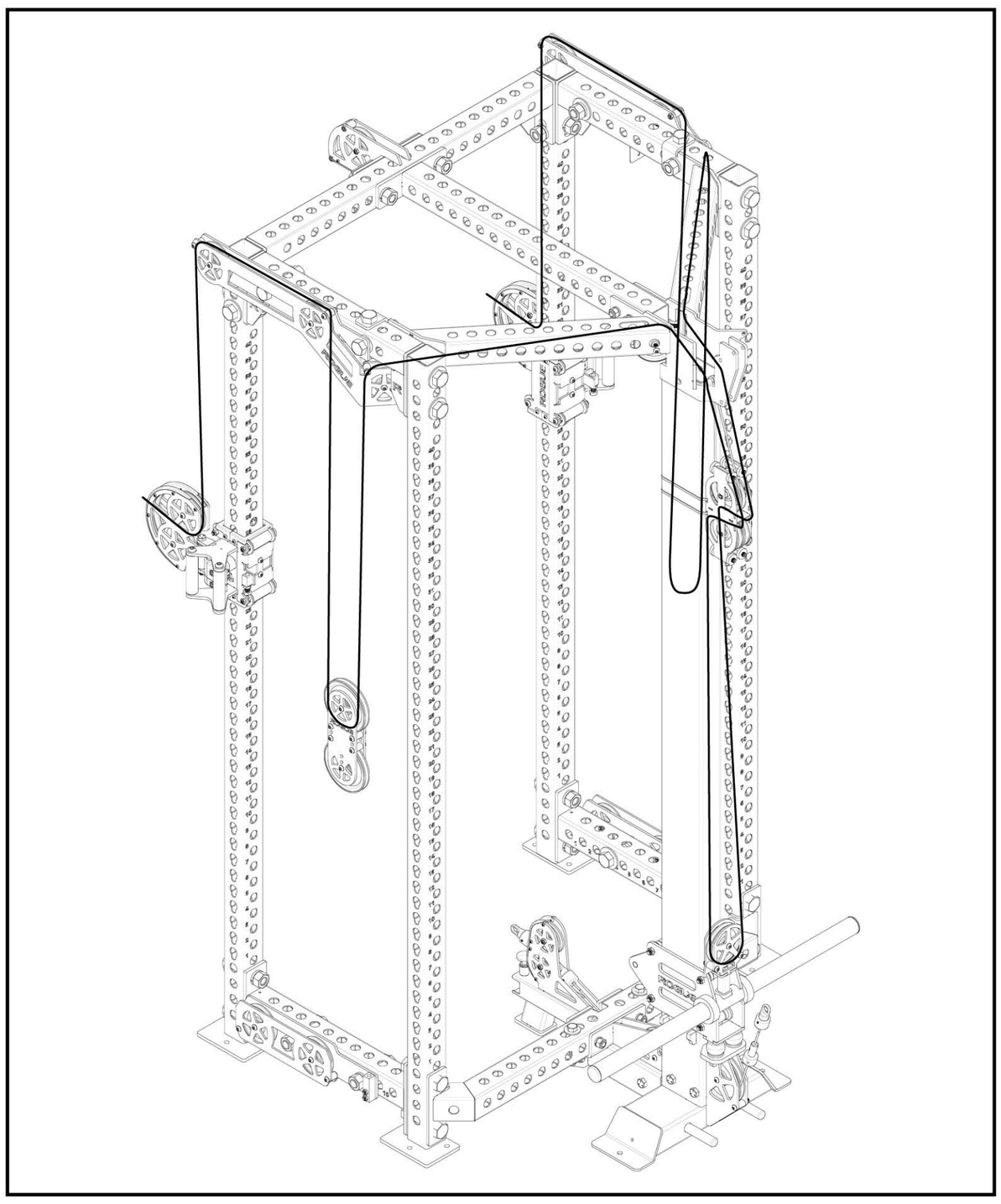


13-C

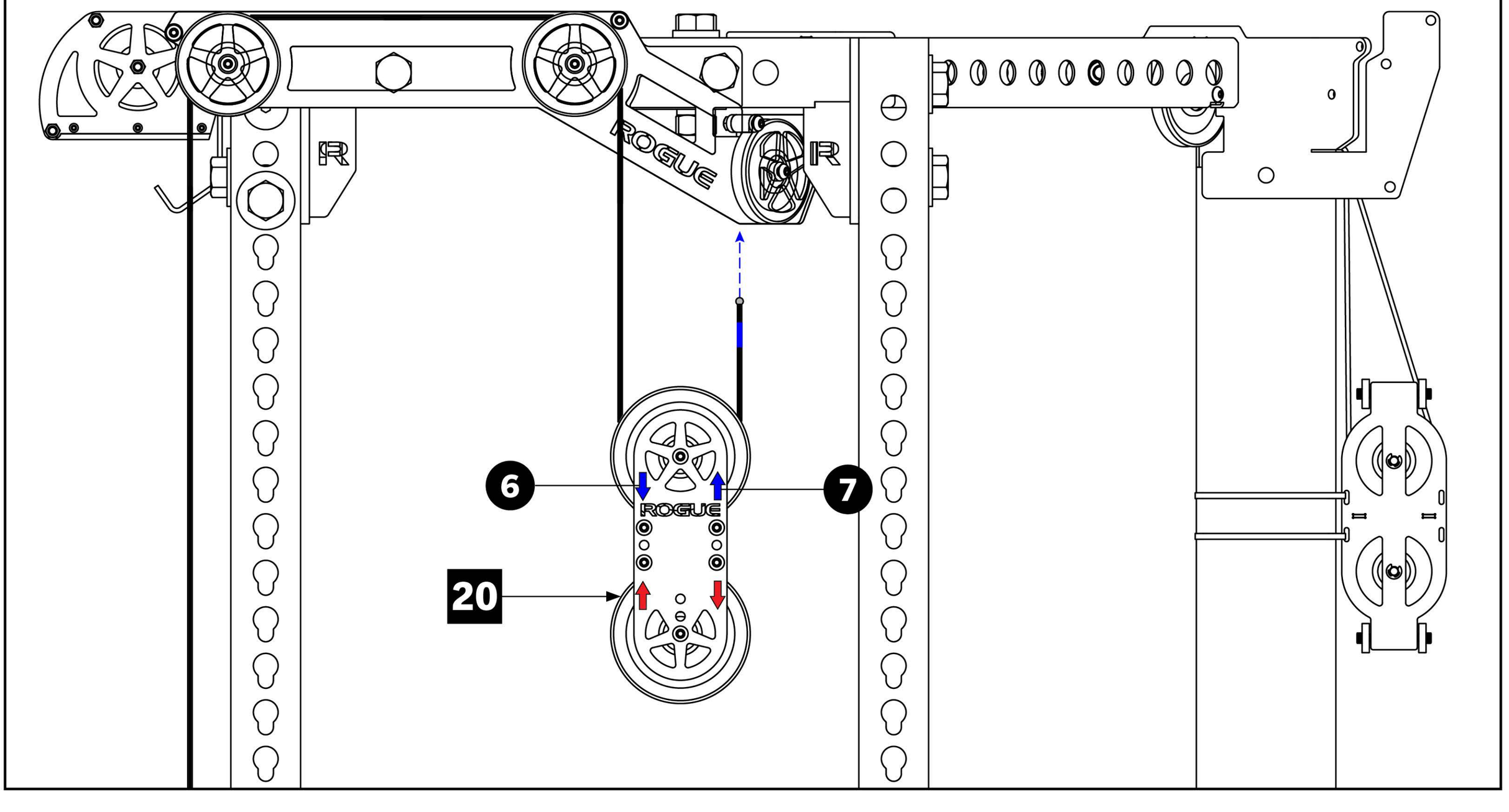


STEP 14

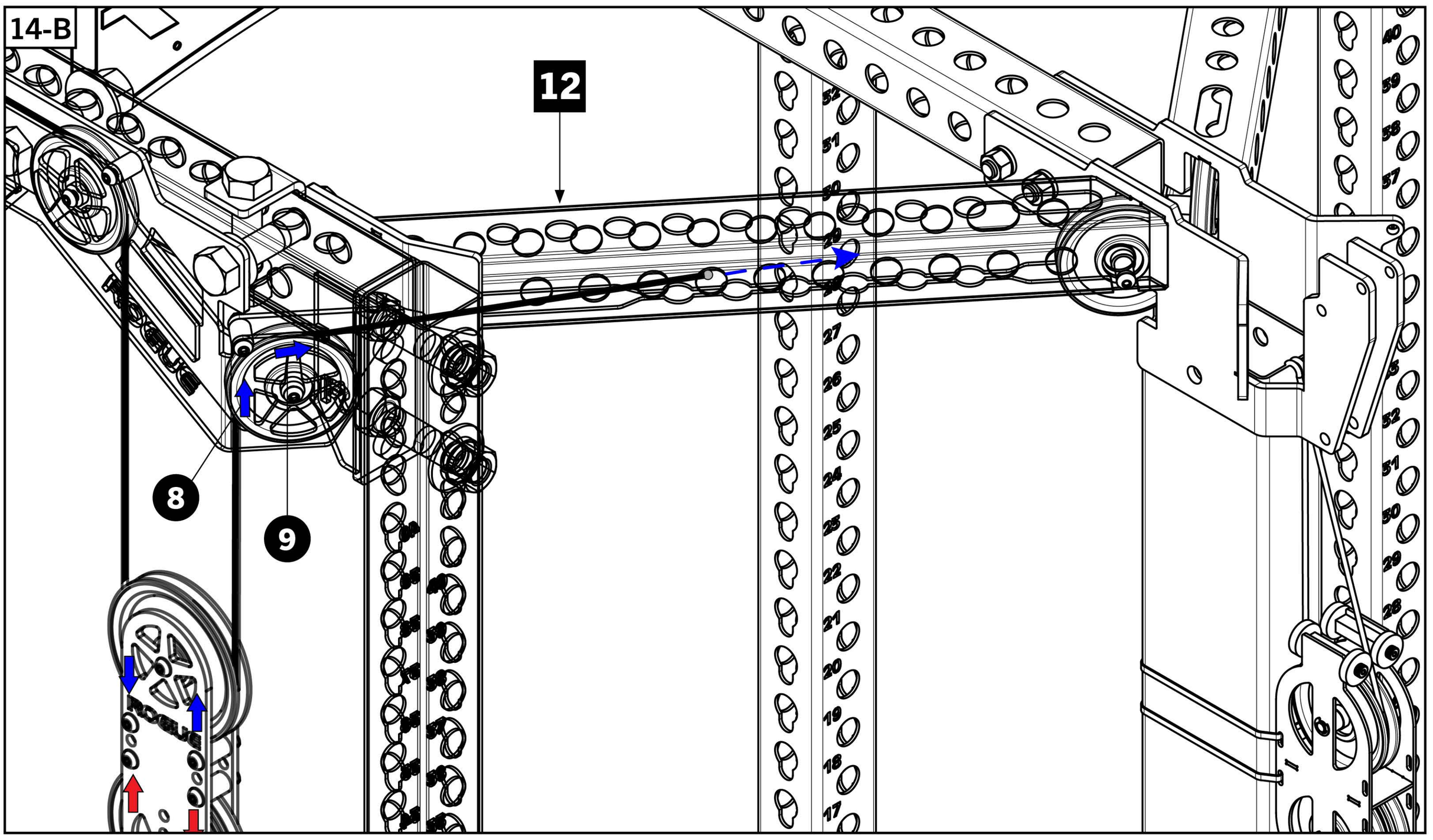
- Hold one Side Peanut Pulley [**20**] in the air, ensuring the arrow stickers correspond to diagram **14-A.**
- Feed the cable down and around the upper pulley of Side Peanut Pulley and then back up towards the Top Side Pulley Assembly - RH [**16**].
- Feed cable around the angled pulley shown in **14-B** and continue towards the pulley shown in the Rear Angled Crossmember - RH [**11**].



14-A

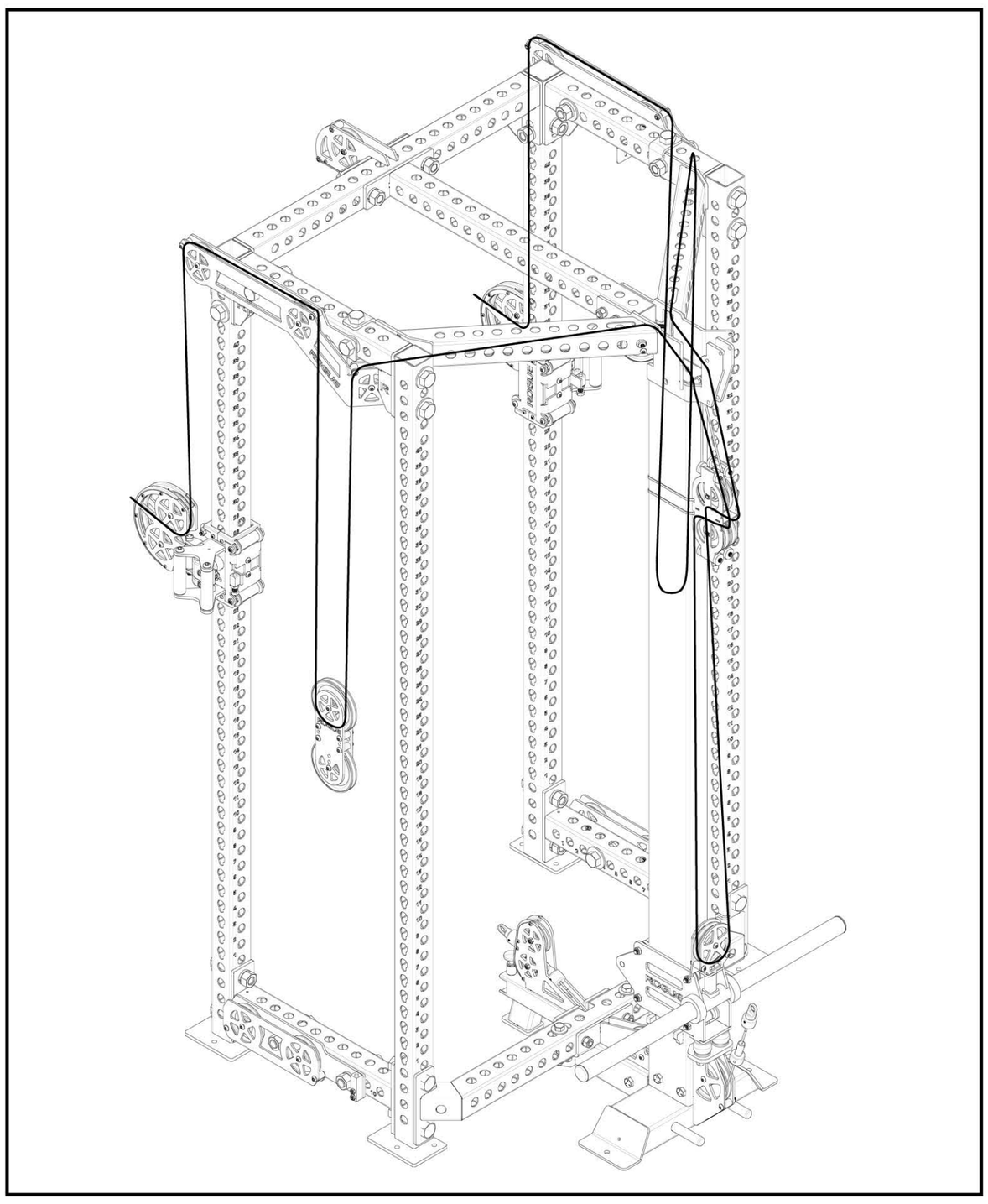


14-B

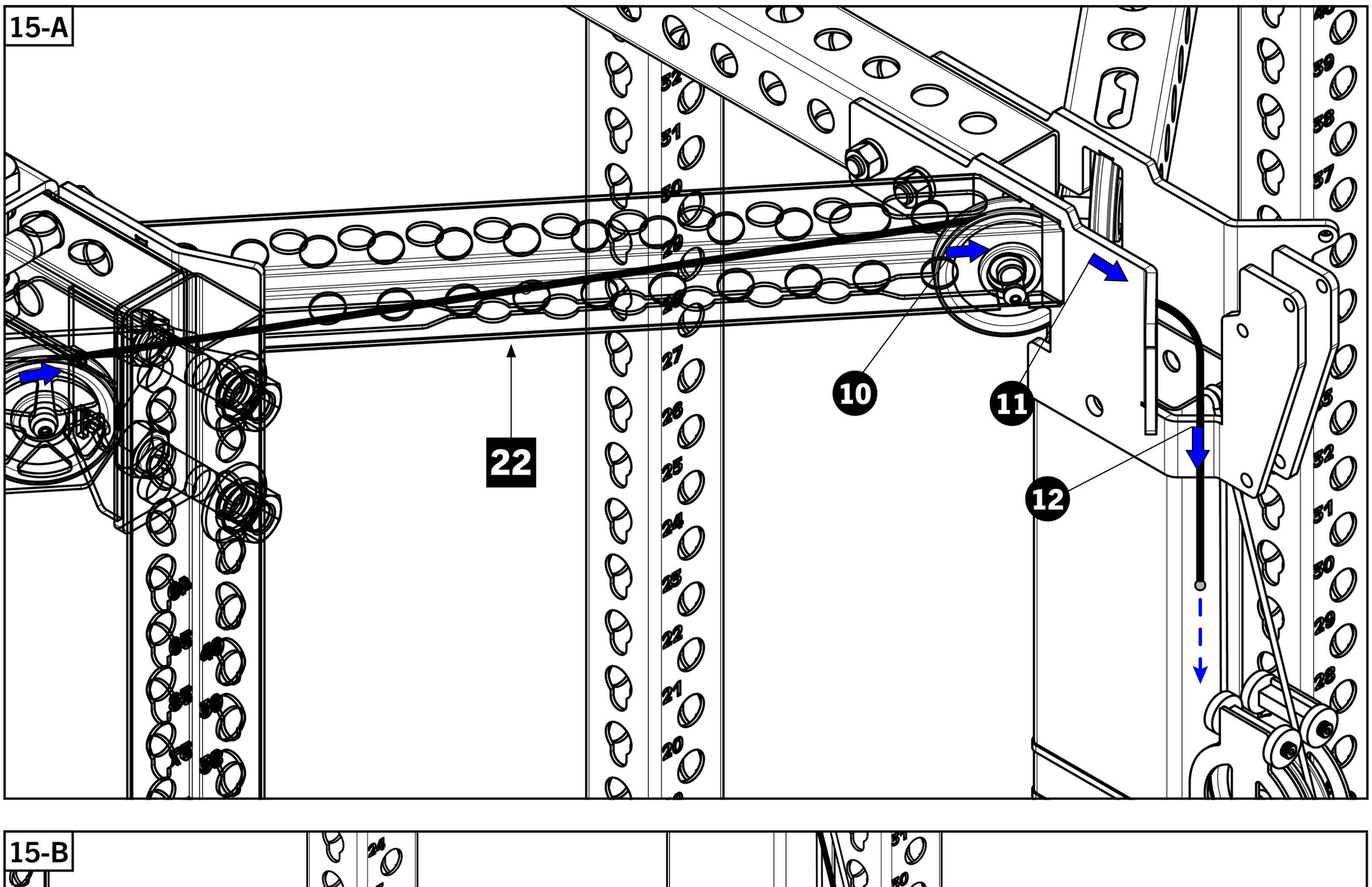


STEP 15

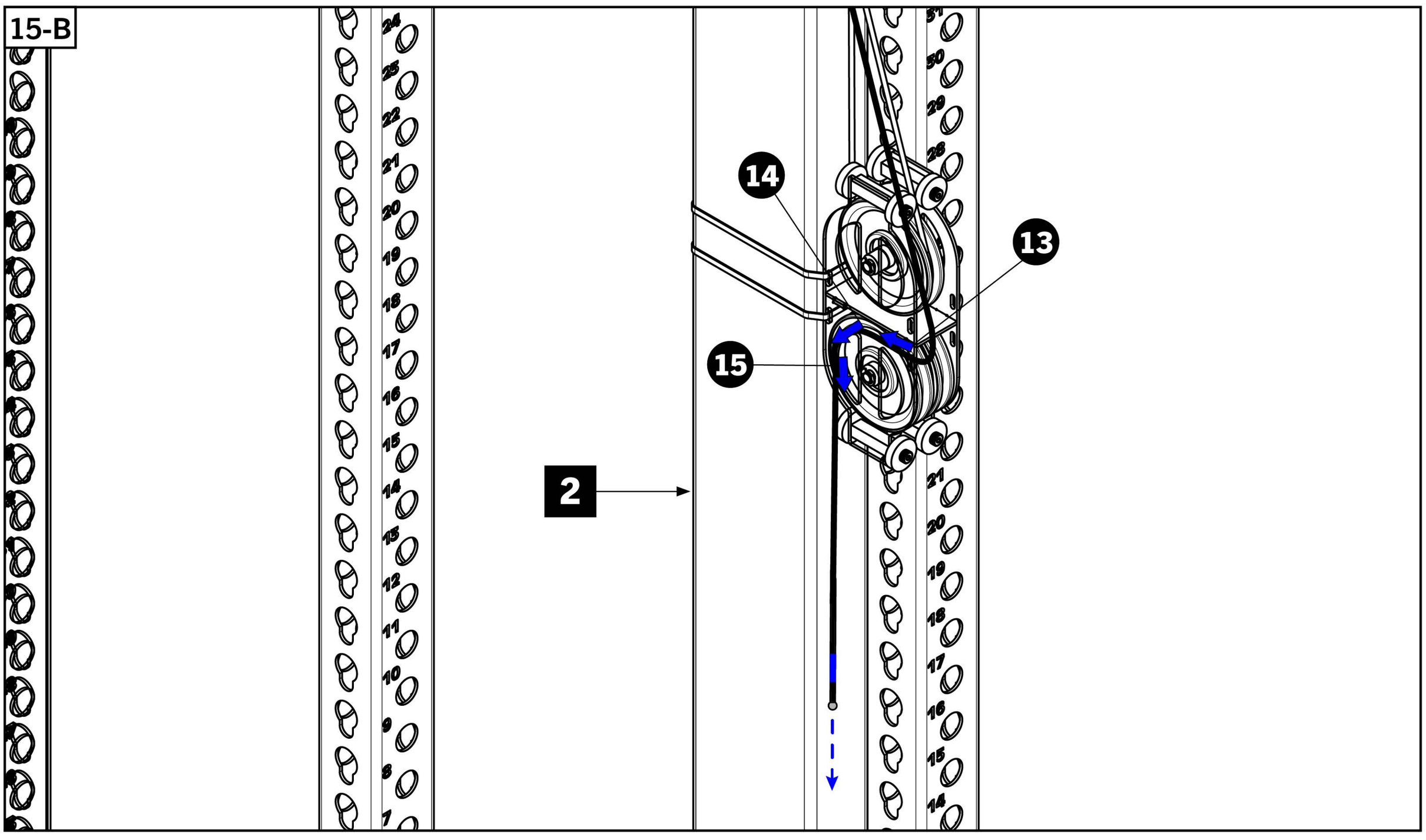
- Feed cable around the next angled pulley at rear of the Rear Angle Crossmember - RH [**11**] as shown.
- Pull cable in front of internal carriage zip-tied to upright.
- Feed cable under pulley divider and behind the bottom pulley, and then behind and down shown in **15-C**.



15-A

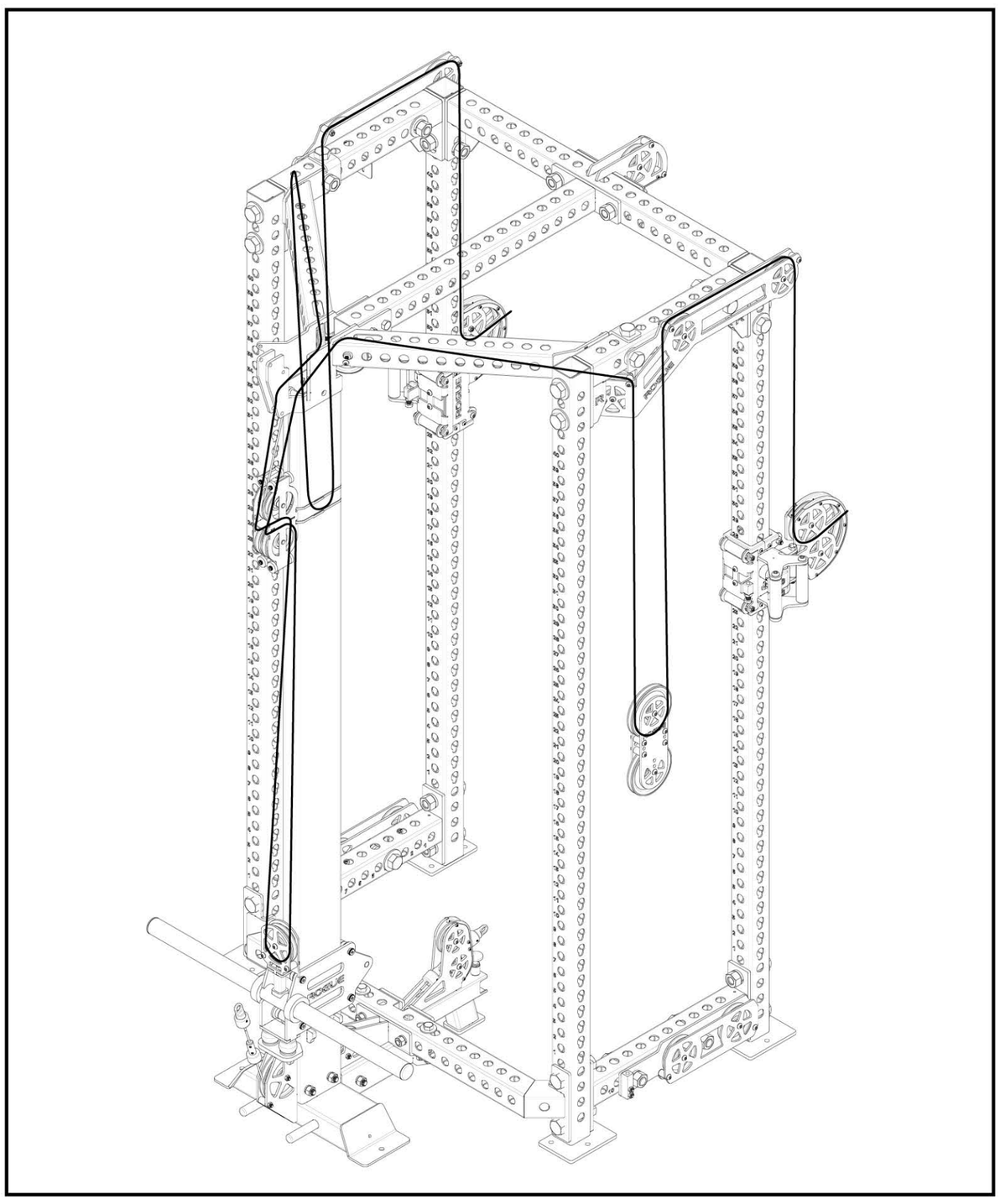


15-B

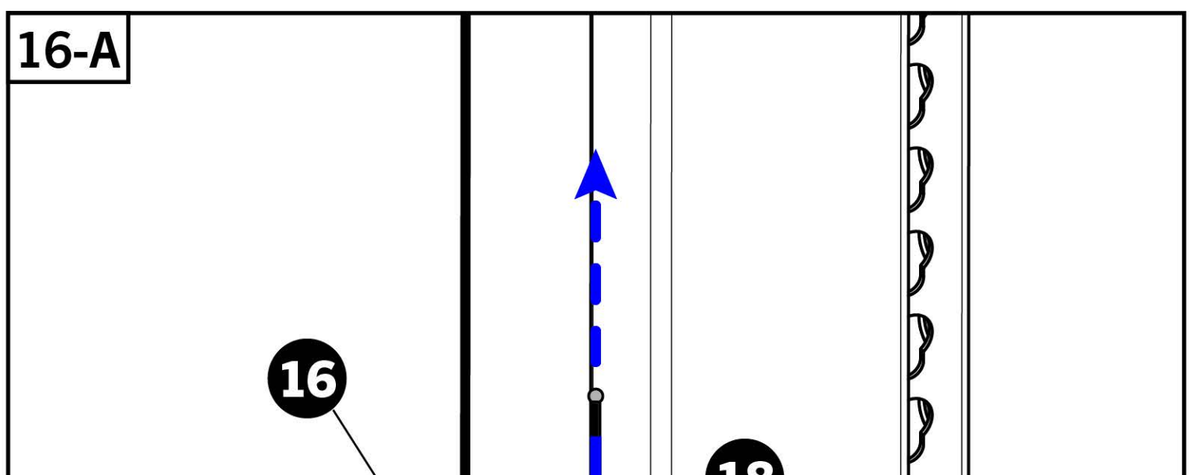


STEP 16

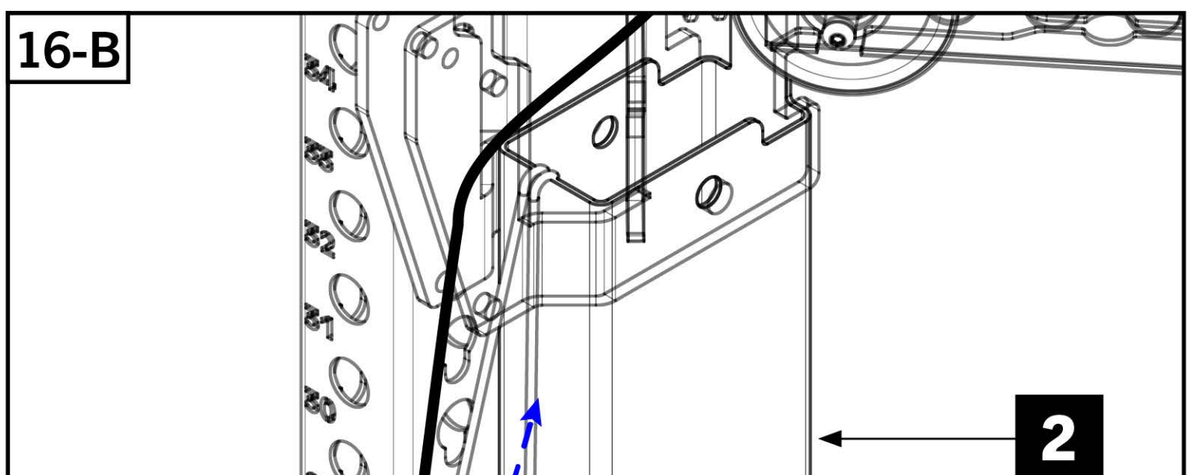
- Continuing down towards the Plate Load Trolley, feed cable around the Pulley located on top of the Plate Load Trolley.
- Feed cable back up behind internal carriage ziptied to upright, pulling cable out and up in front of top pulley as shown in **16-B**.
- Continue up and around the pulley shown in the Rear Angled Crossmember - LH [**12**].
- Continue around the next angled pulley located in the Top Side Pulley Assembly - LH [**17**] and then downward.



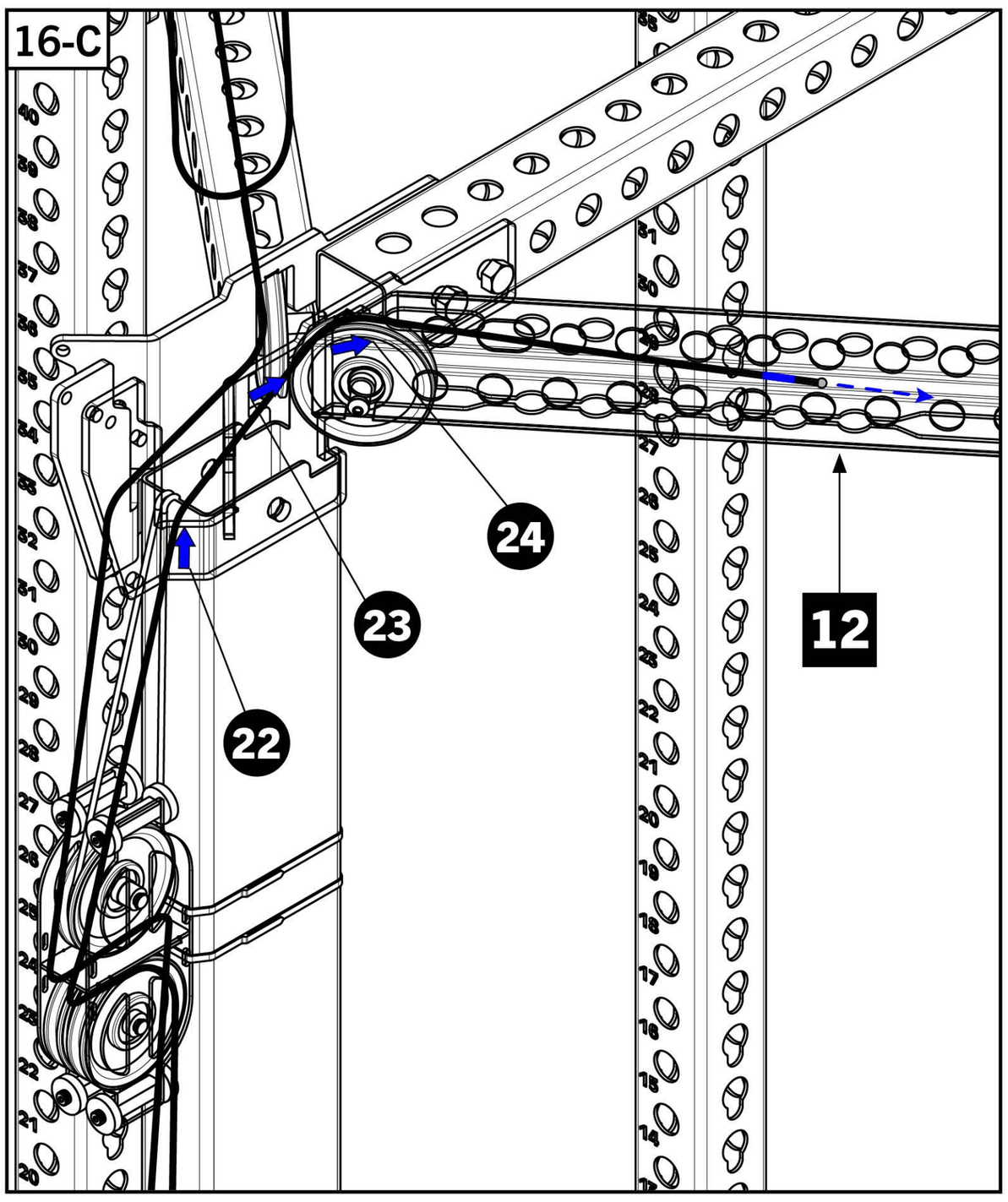
16-A



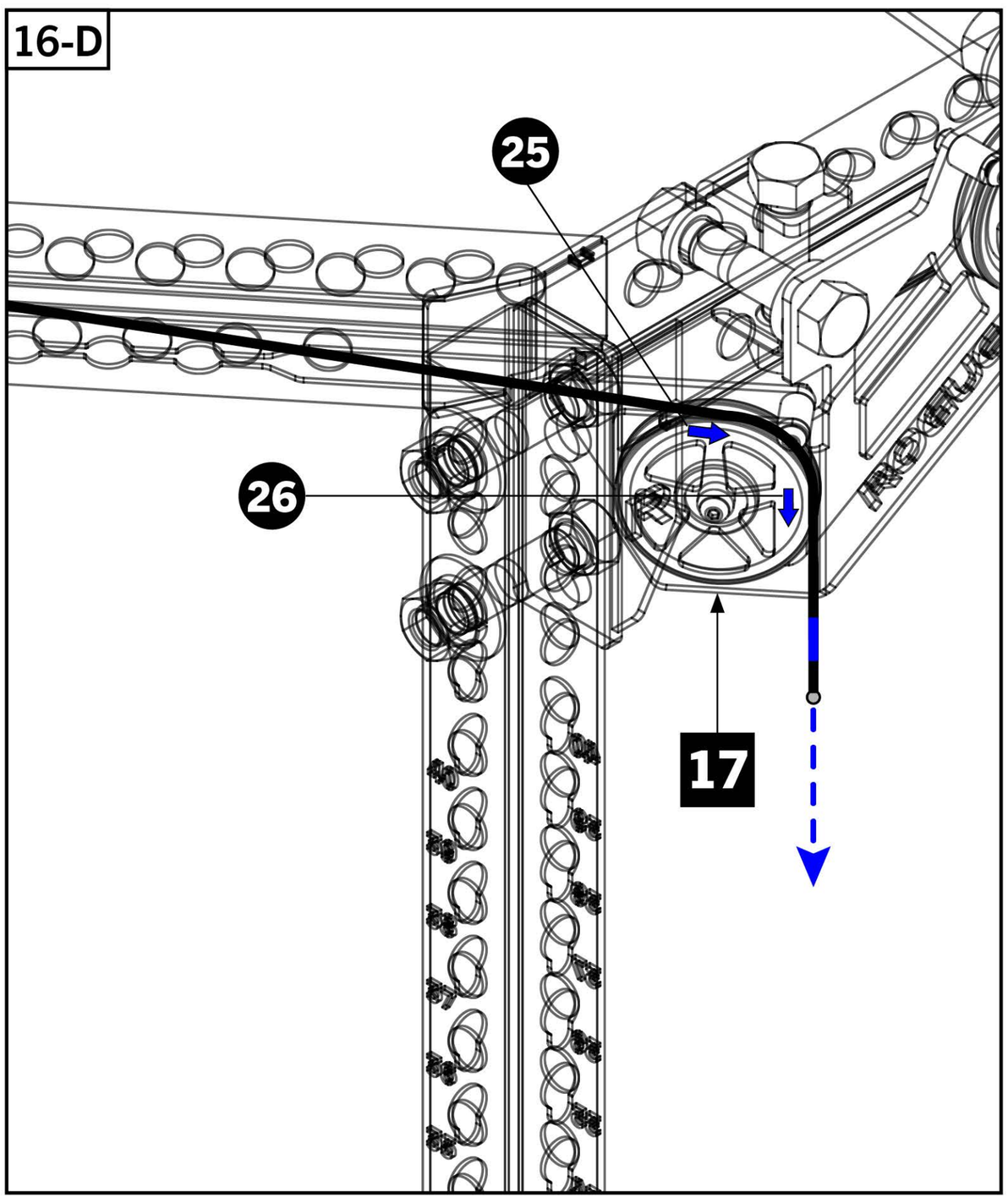
16-B



16-C

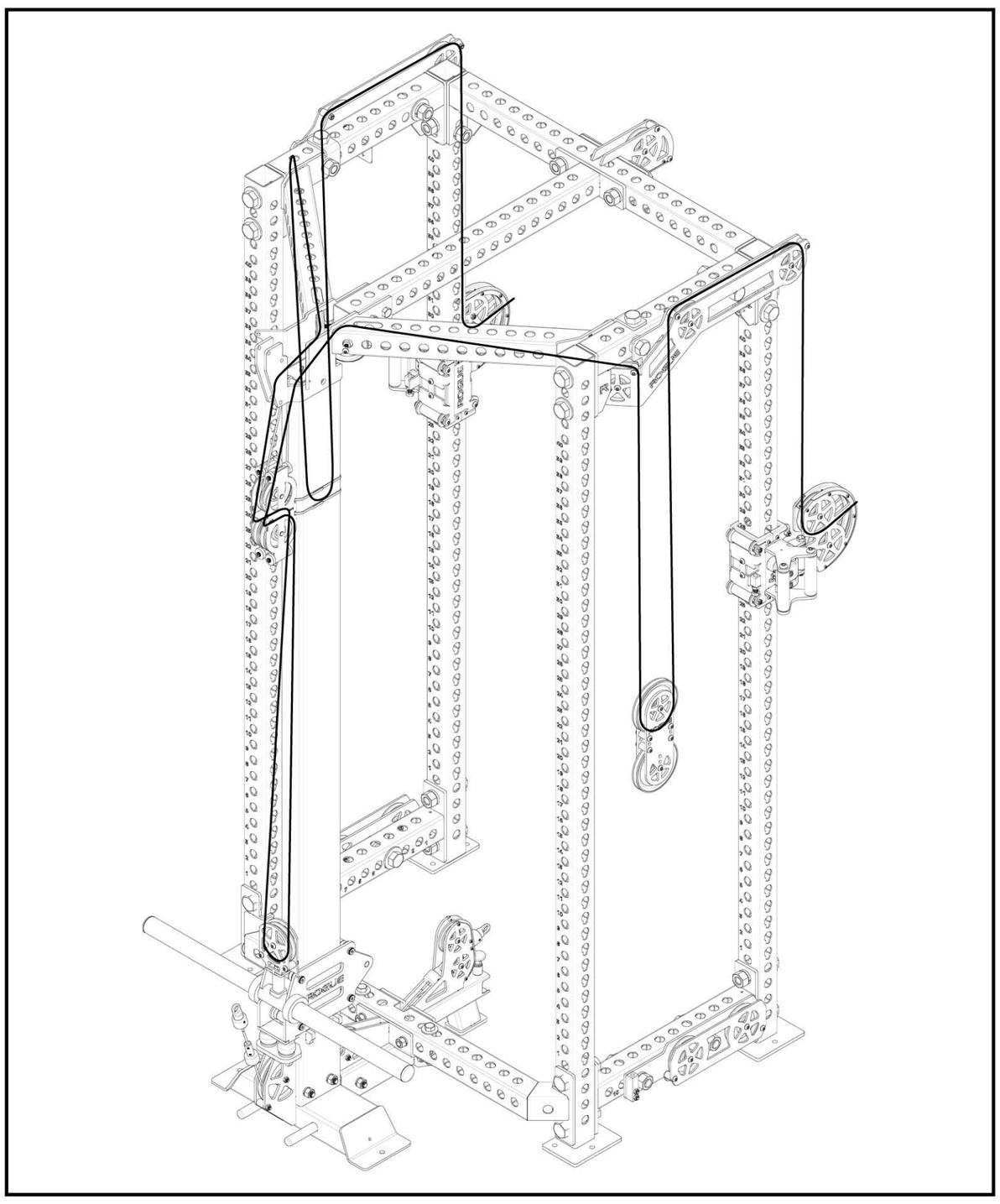


16-D

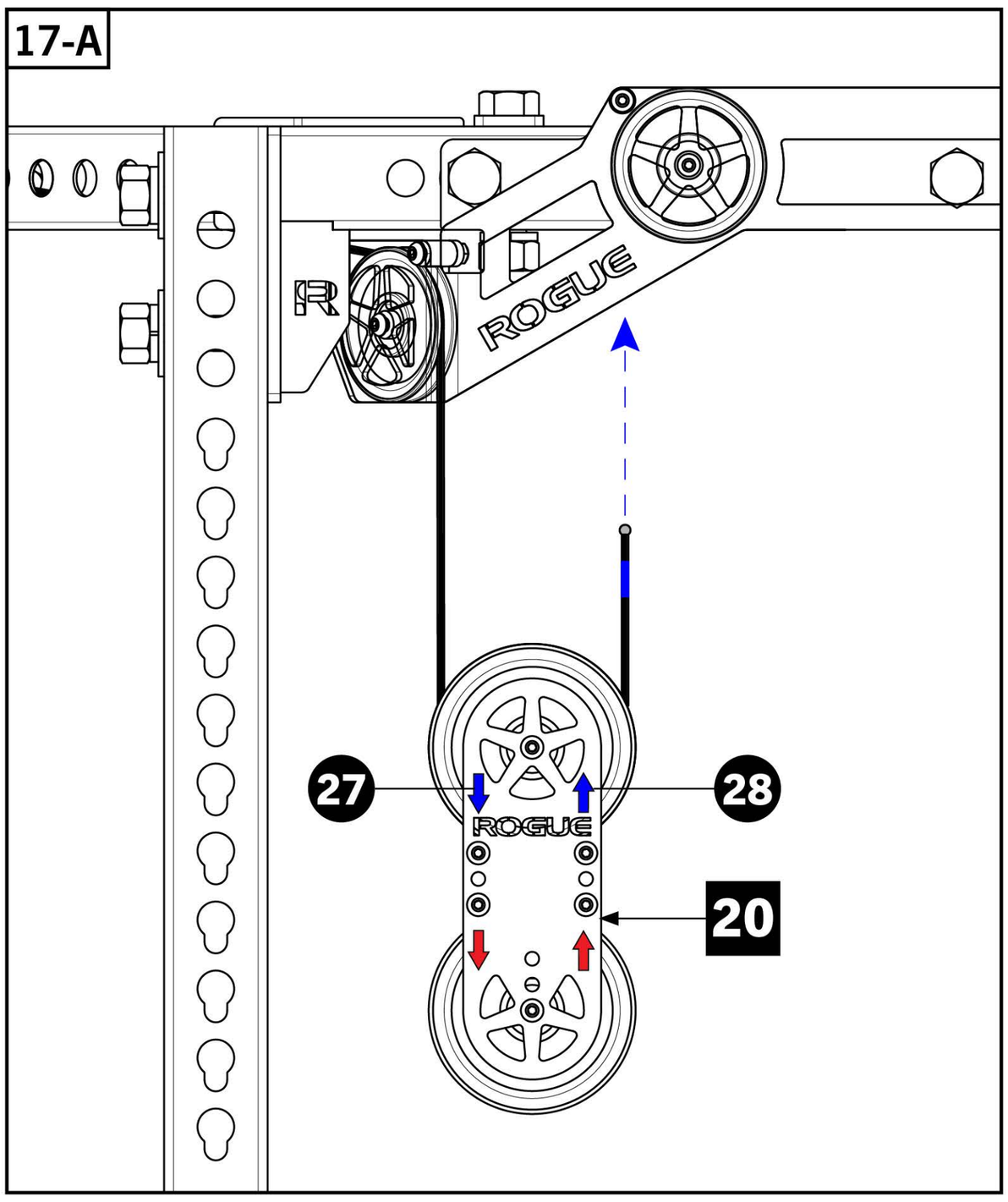


STEP 17

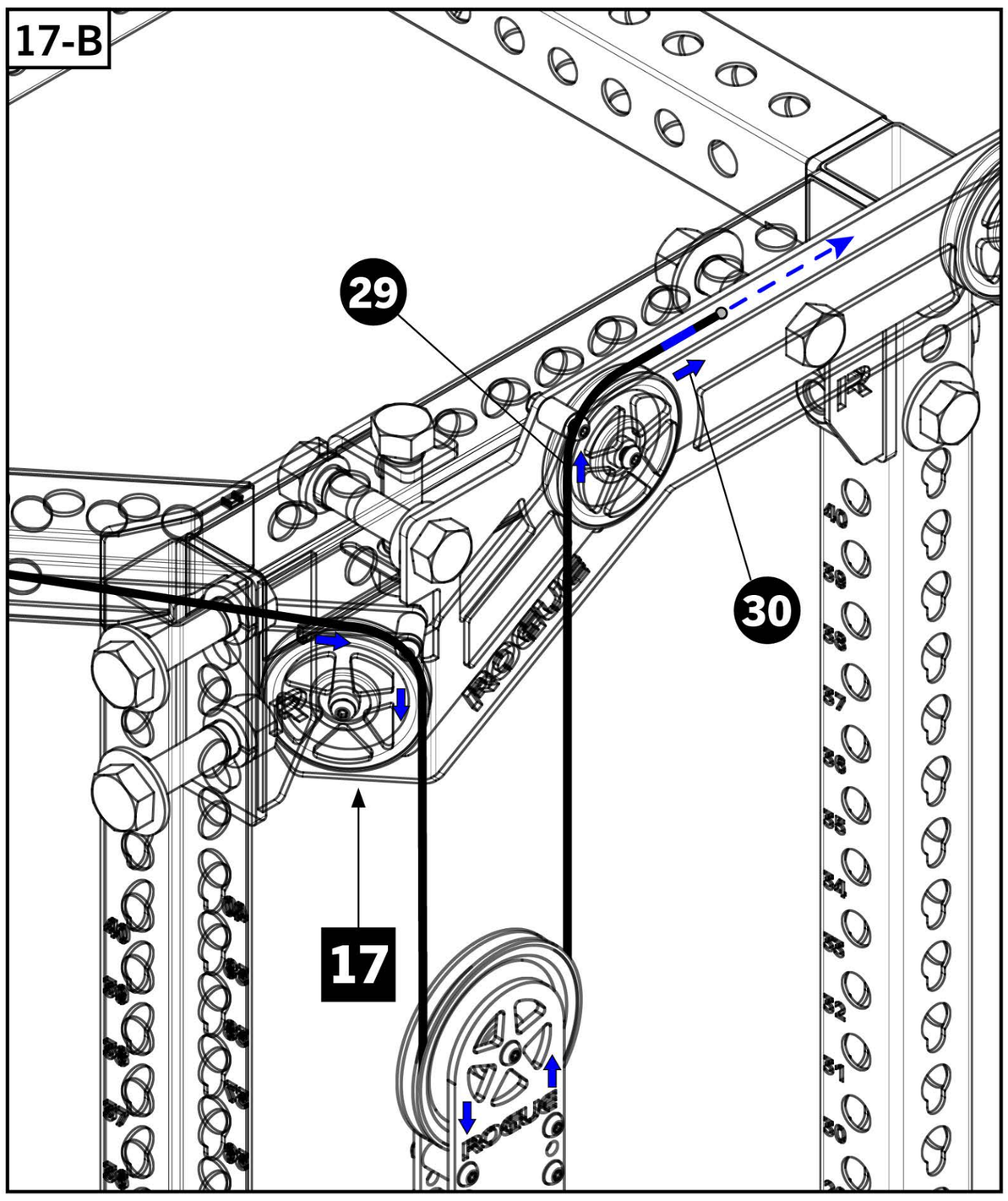
- Hold the remaining Side Peanut Pulley [**20**] in the air, ensuring the arrows correspond to diagram **17-A**.
- Feed cable around the upper peanut pulley and then back up towards the Rear Side Pulley Assembly.
- Feed around the pulley shown in **17-B** and then towards the front of the rack.
- Continue around the frontmost pulley on Top Side Pulley Assembly - LH [**17**], then down and out through the front of the Swivel Trolley LH [**8**].
- Pull Ball End of cable out far enough to assemble Clevis on next step.



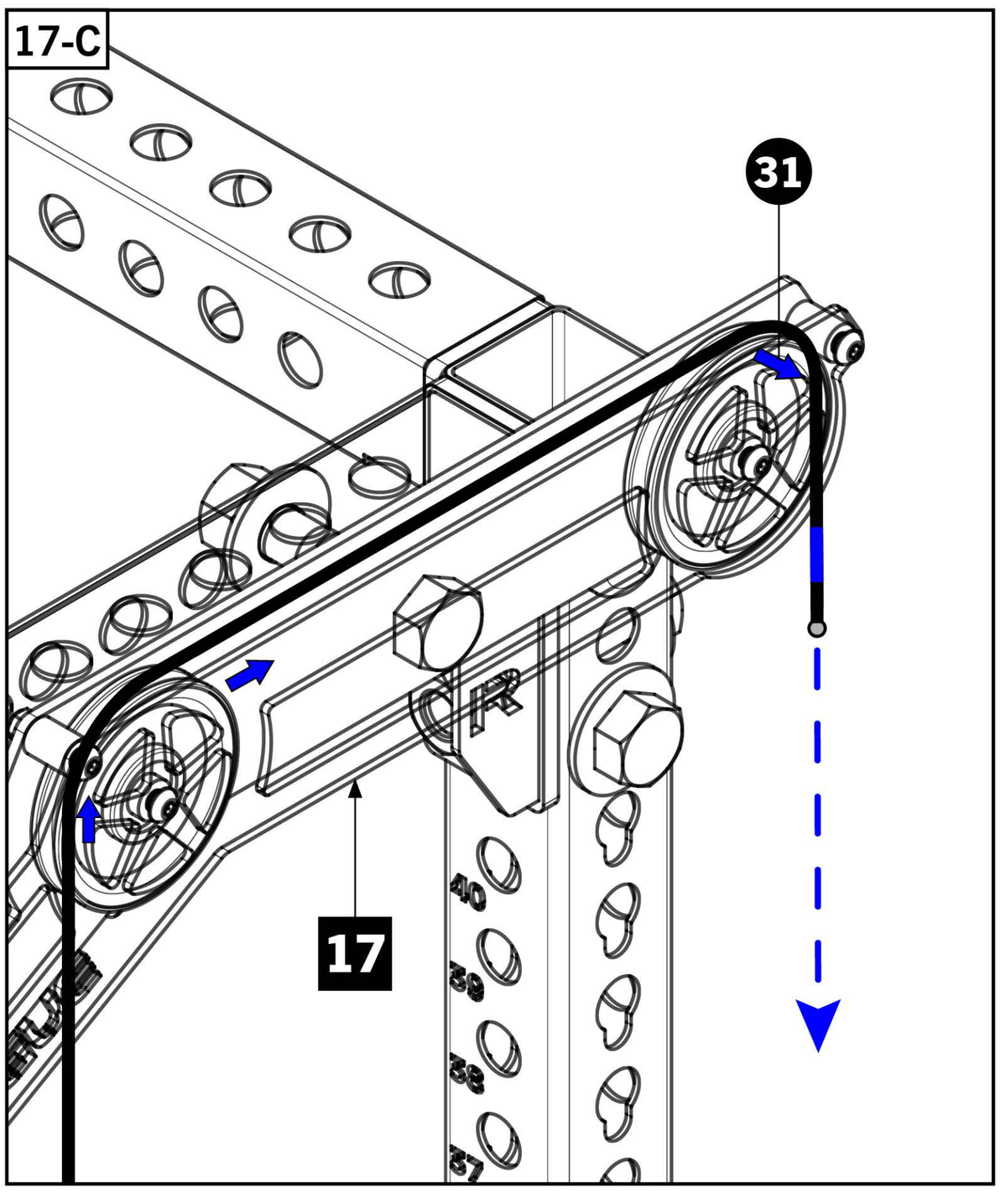
17-A



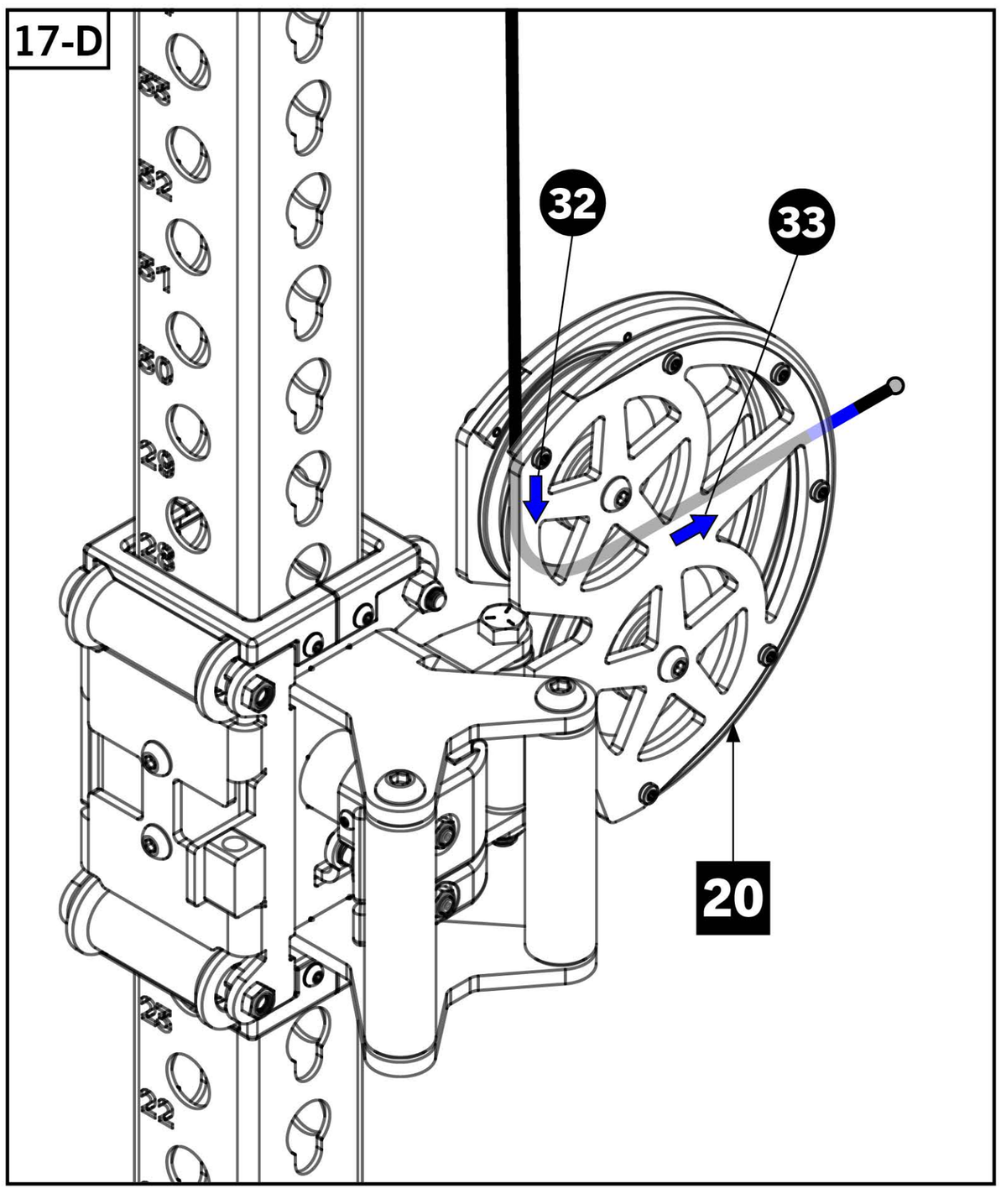
17-B



17-C



17-D

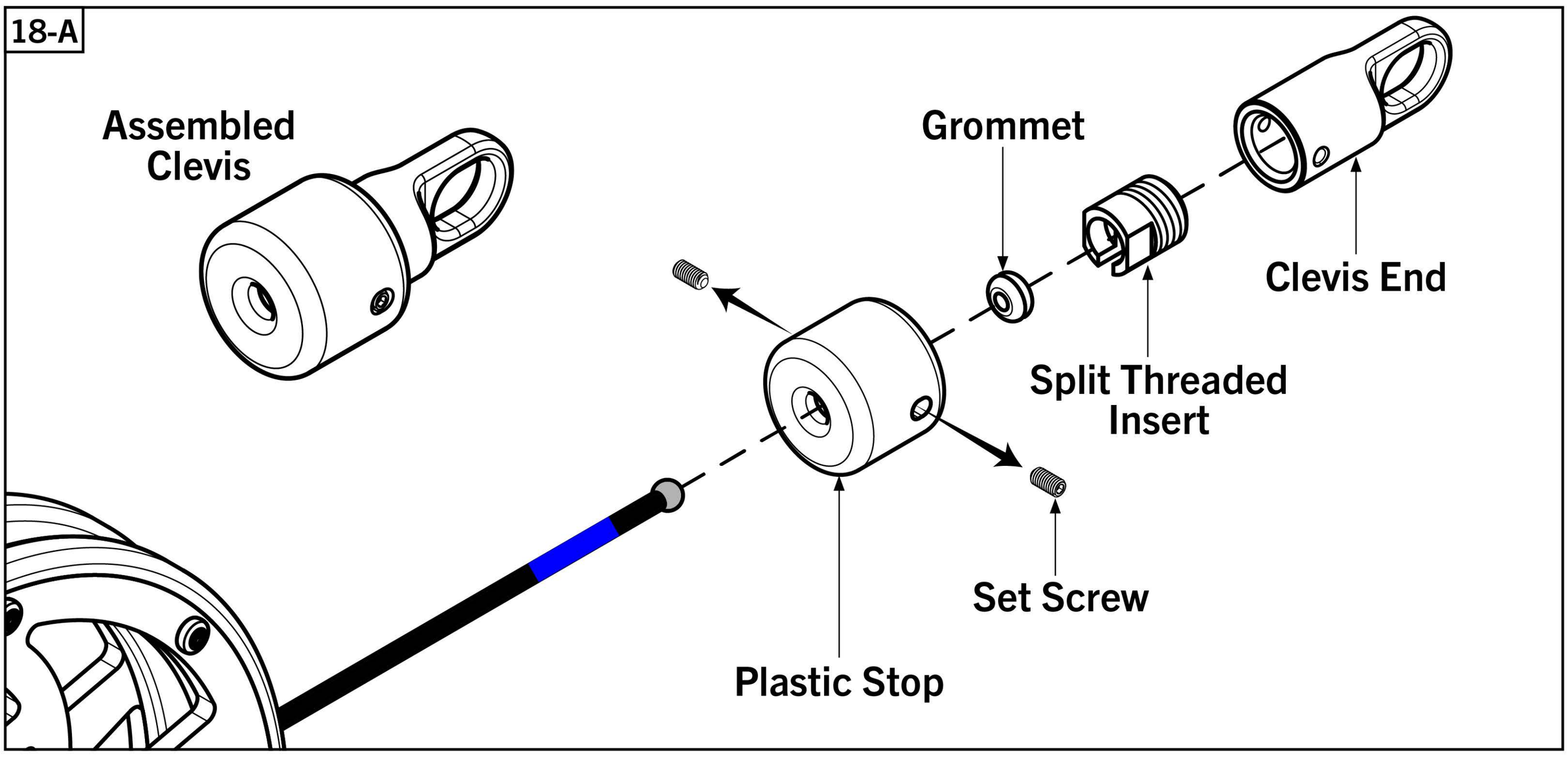


STEP 18

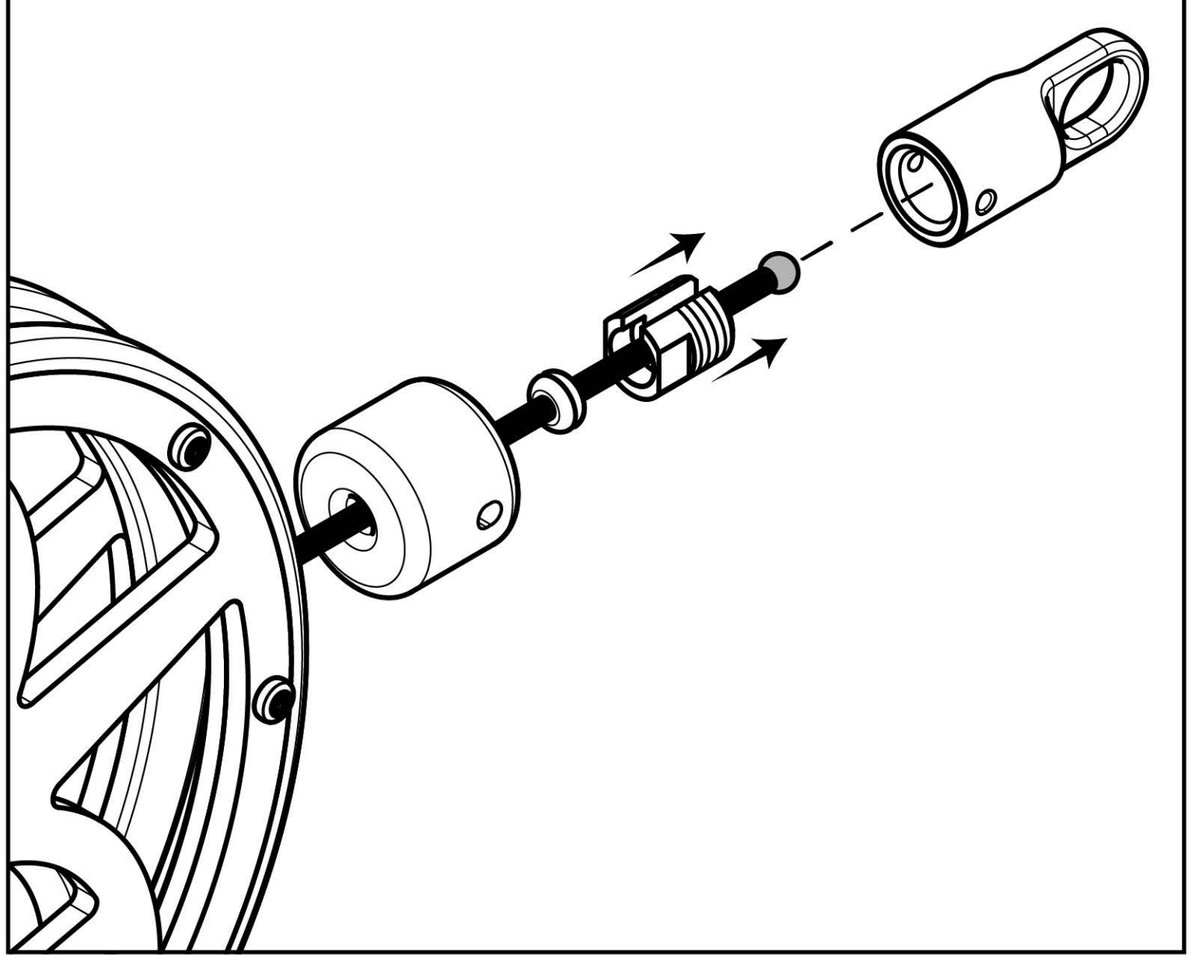
Tools Required:

- 3/32” Allen Key & 5/8” Wrench
- Completely disassemble the loose Clevis included with cable by unscrewing set screws and Split Threaded Insert, and remove blue tag on end of cable.
- Slide parts over the ball on cable as shown on **18-B.**
- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded end using 5/8” Wrench.
- Slide Plastic Stop forward and align outer holes with threaded holes on Clevis End and re-insert Set Screws. Fully tighten Set Screws.

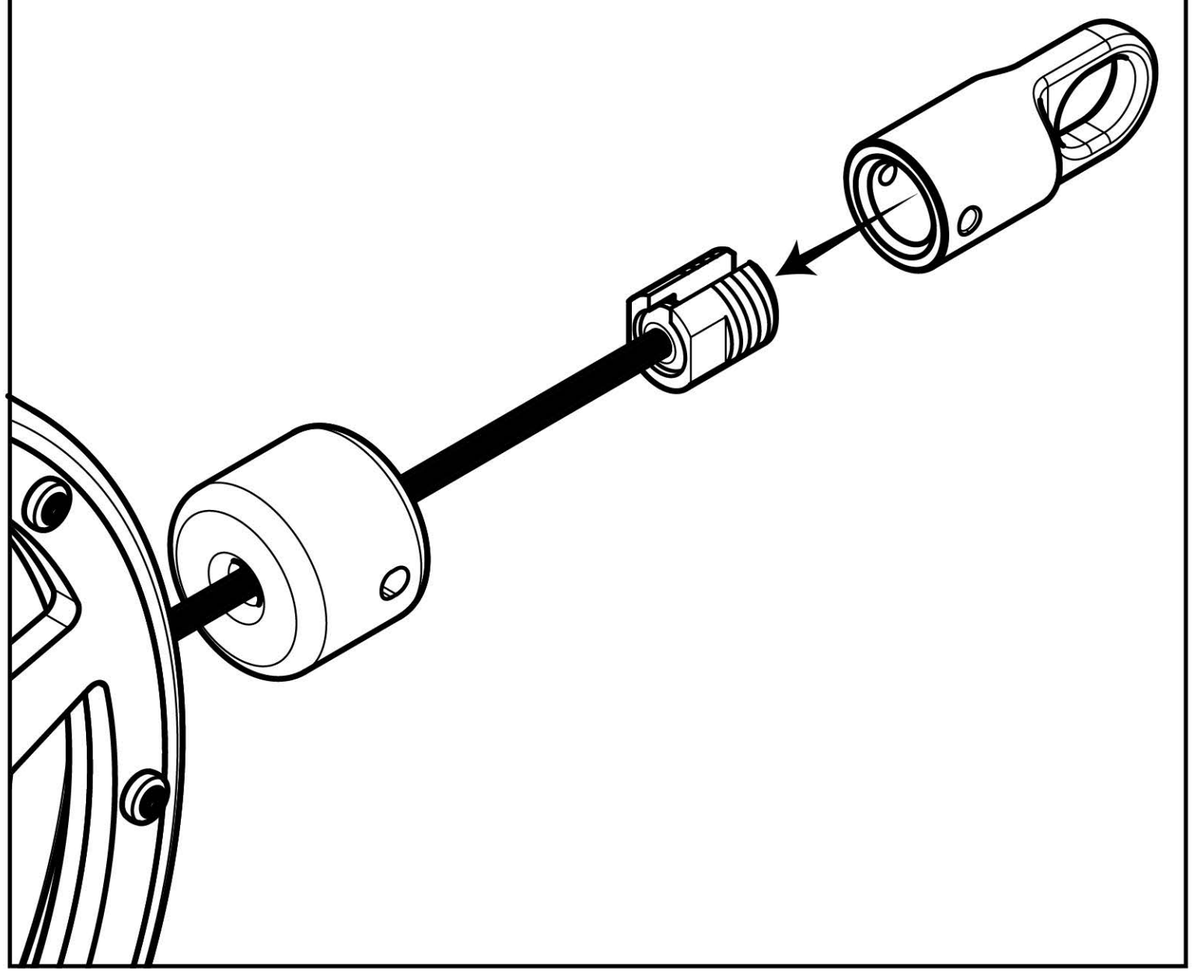
18-A



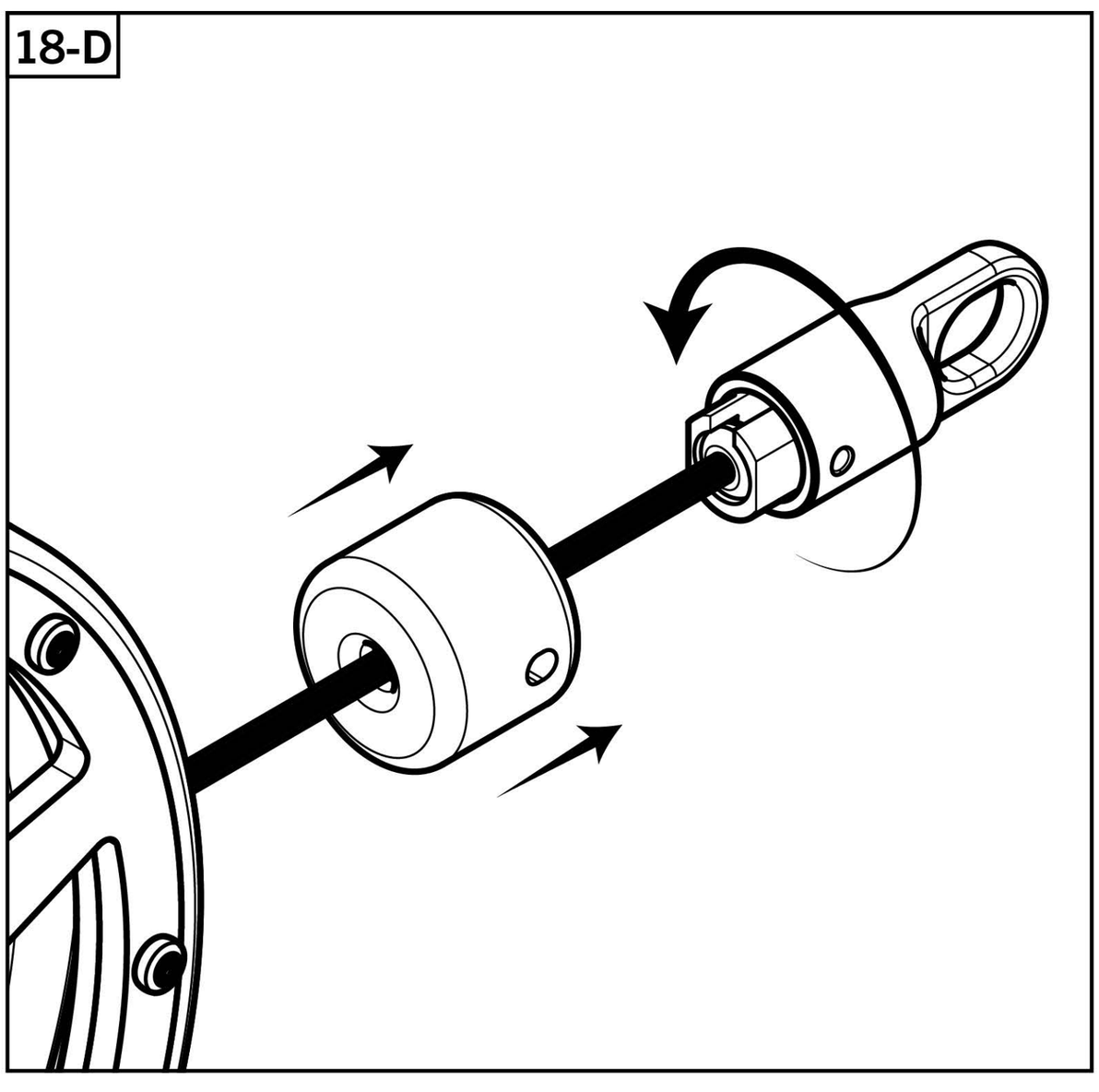
18-B



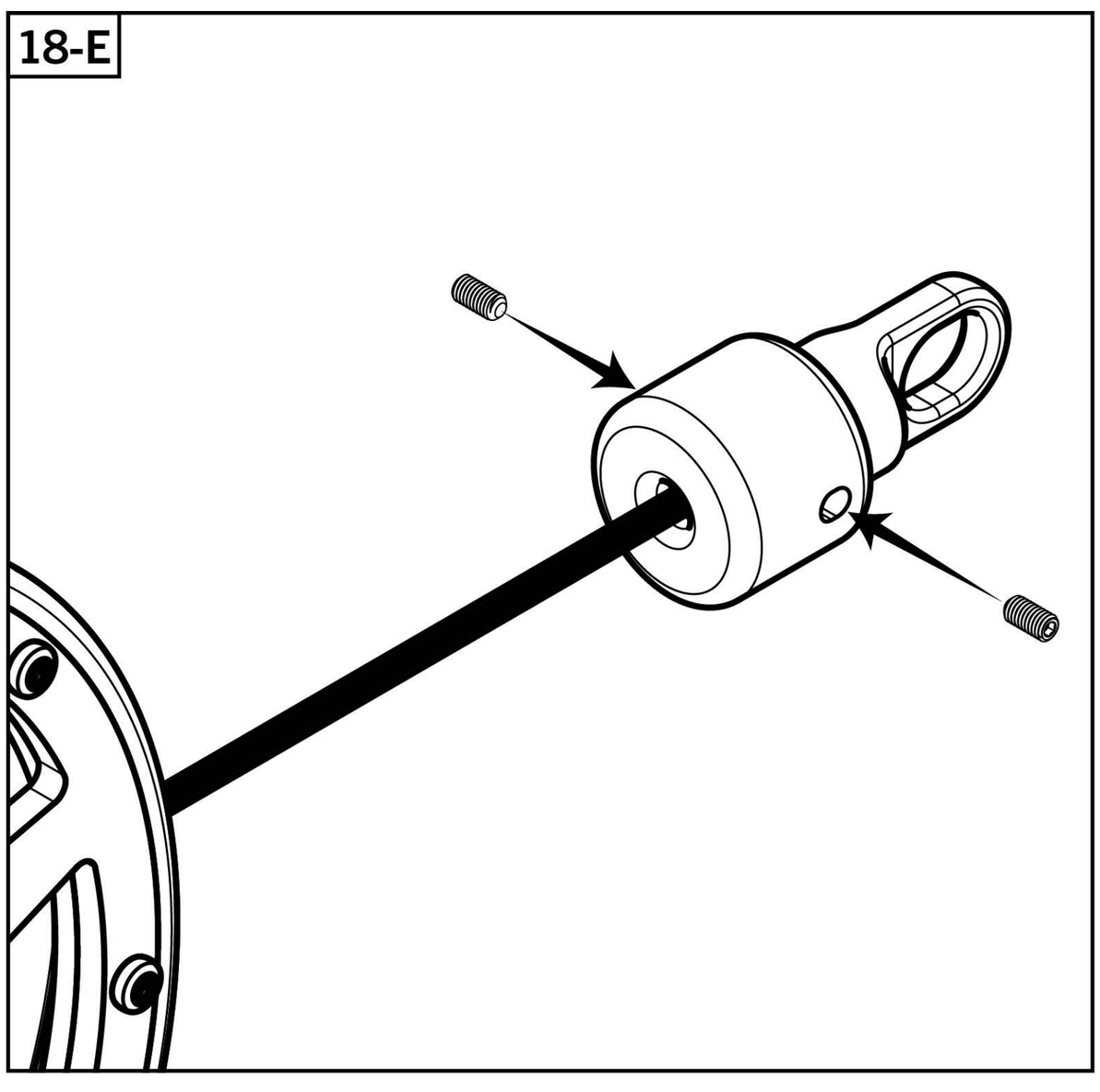
18-C



18-D



18-E

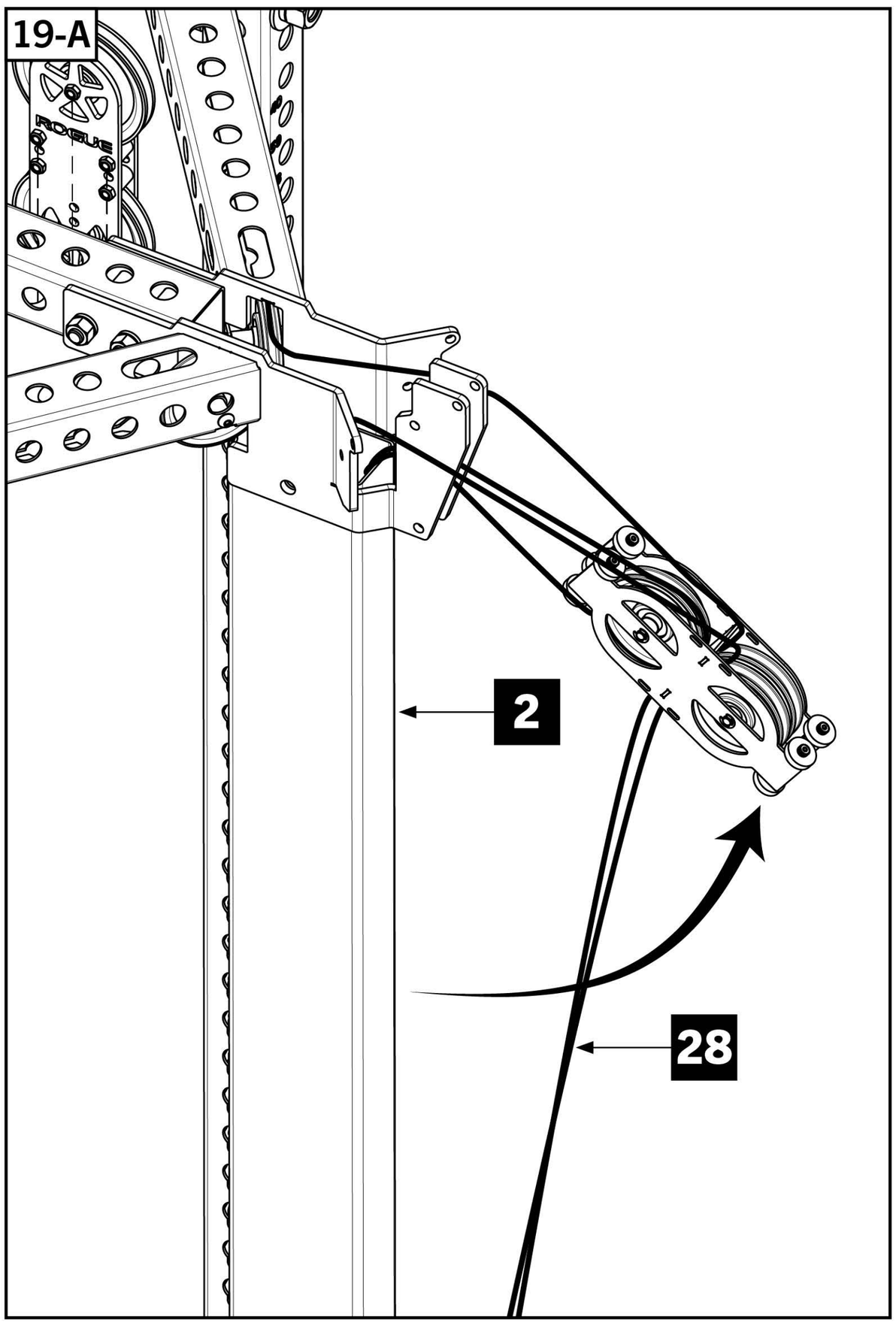


STEP 19

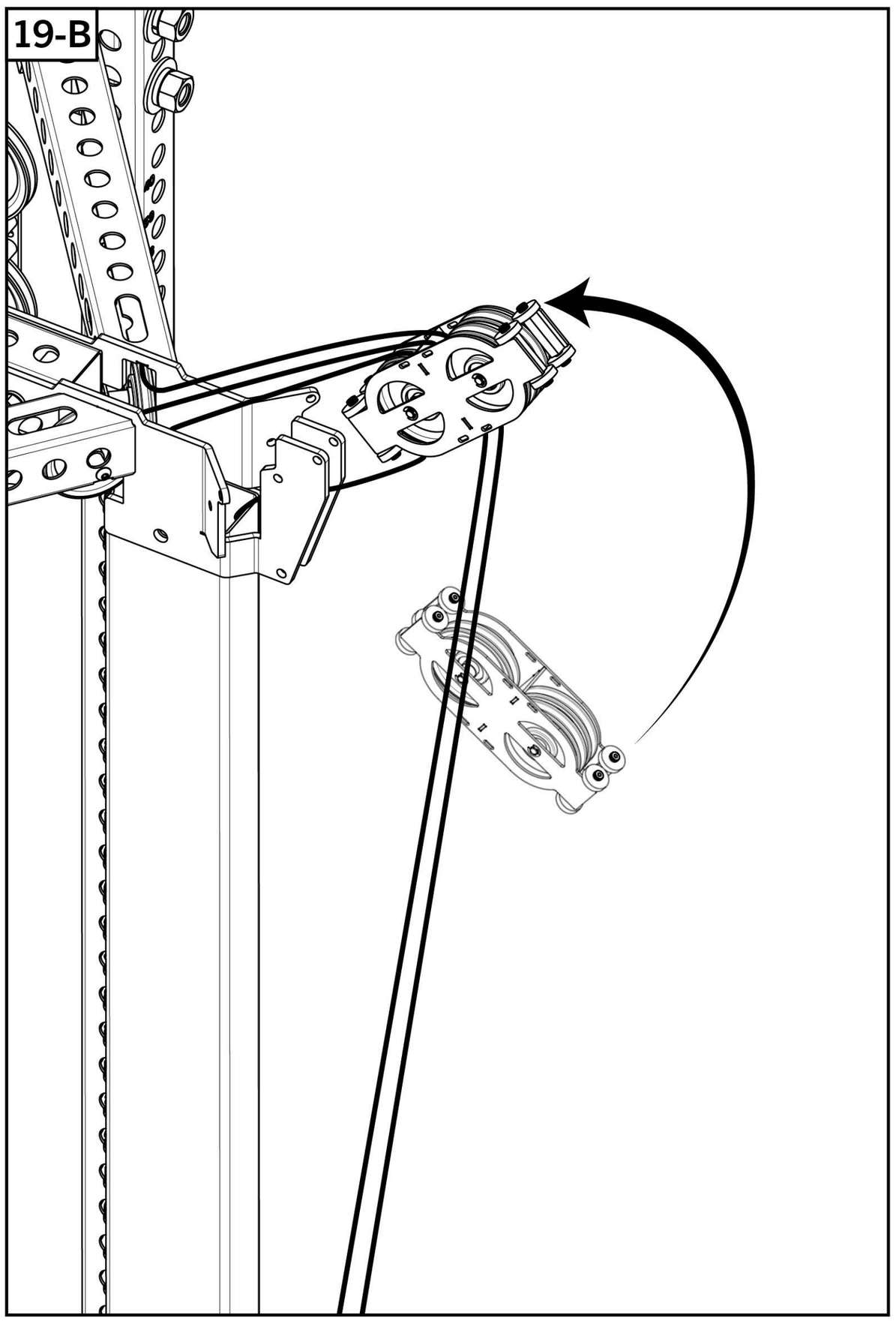
Note:

- We recommend two people for this step: one to place carriage and one to pull slack.
- Remove zip ties freeing carriage from upright ensuring it does not twist.
- Begin to lift carriage with both hands rotating mechanism 180 degrees to place inside upright.
- Once rotated, slide carriage into upright while pulling slack from lat pull down cable shown in **19-C**.
- Bolt Top Rear Crossmembers RH [**11**] and LH [**12**] to Rear Upright [**2**] using 5/8" x 4-1/2" Hex Bolt [**46**], 5/8" Lock Washer [**47**], and 5/8" Hex Nut [**48**].

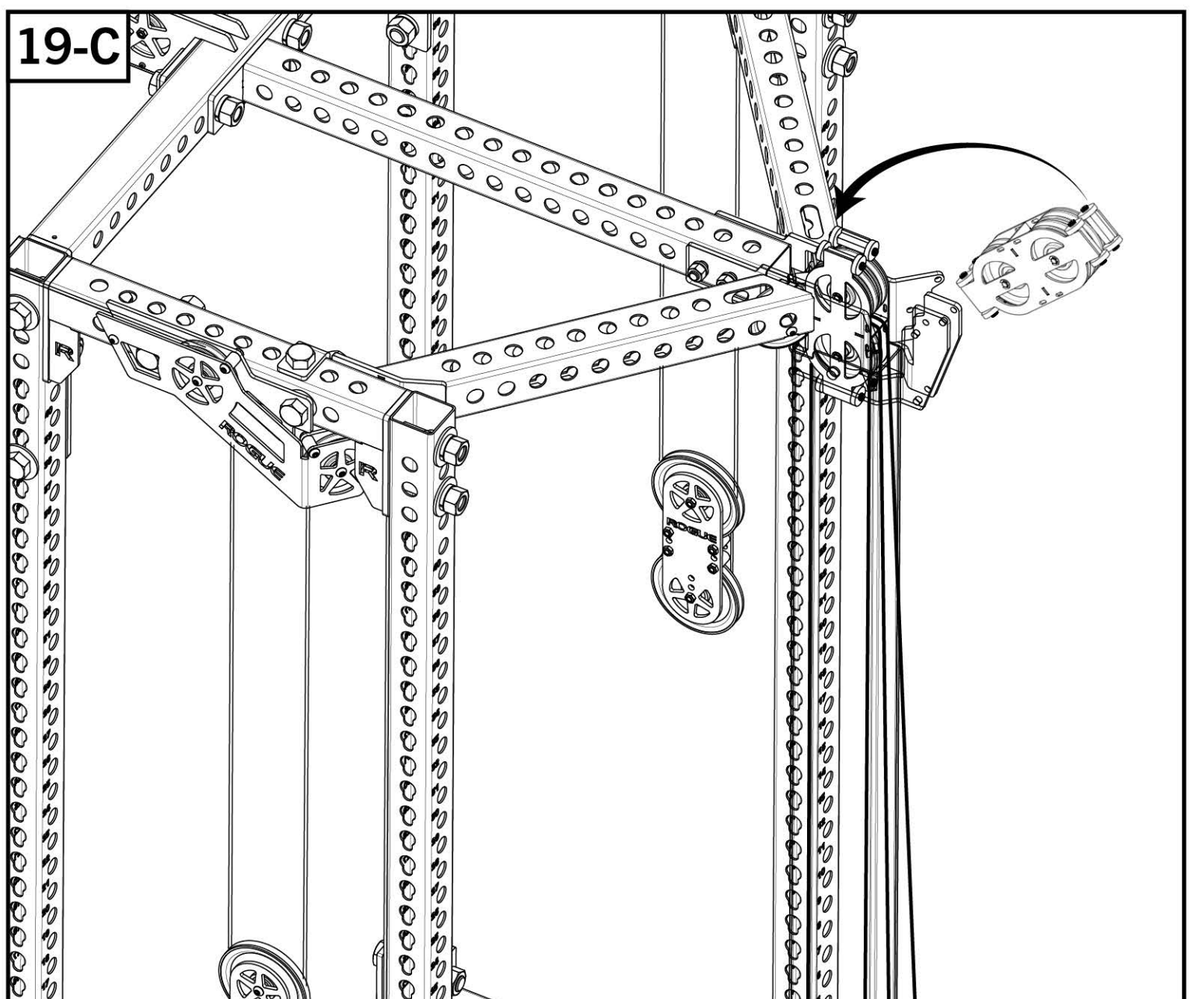
19-A



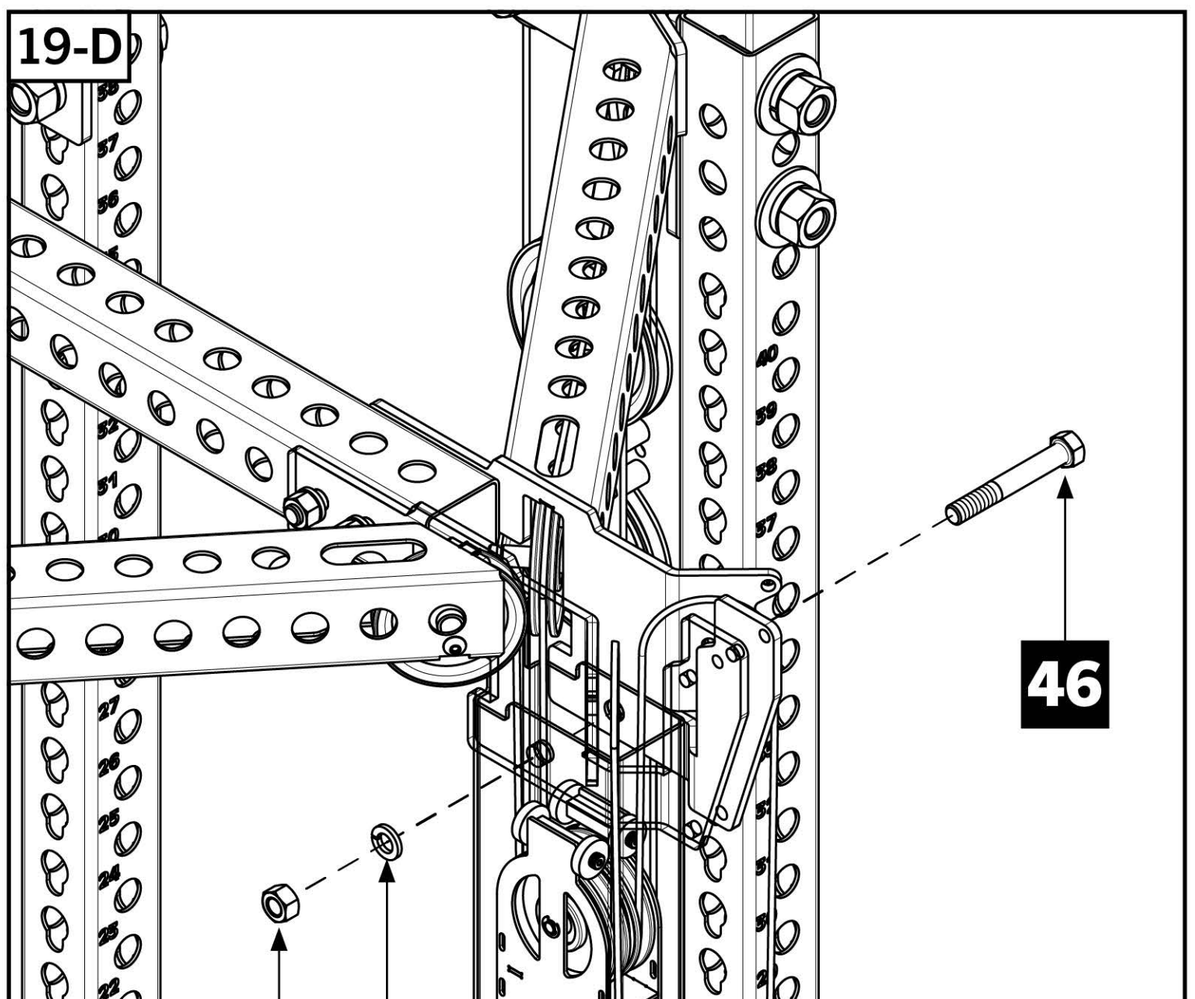
19-B



19-C



19-D



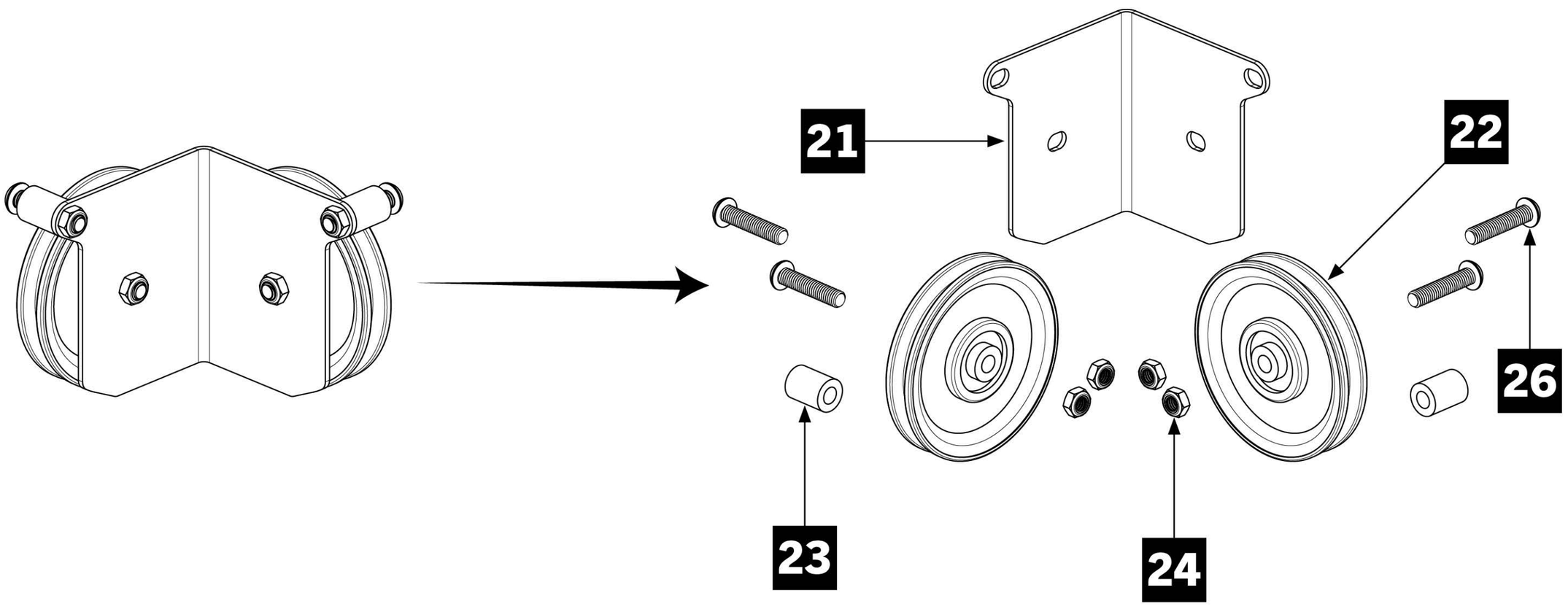
STEP 20

- Disassemble the two 4.5” Pulleys and Cable Retainers from the Rear Pulley Plate.
- Insert 4.5” Pulley [**22**] under cable and slide up until it reaches slot between Top Rear Crossmember - RH [**11**] and Rear Upright [**2**].

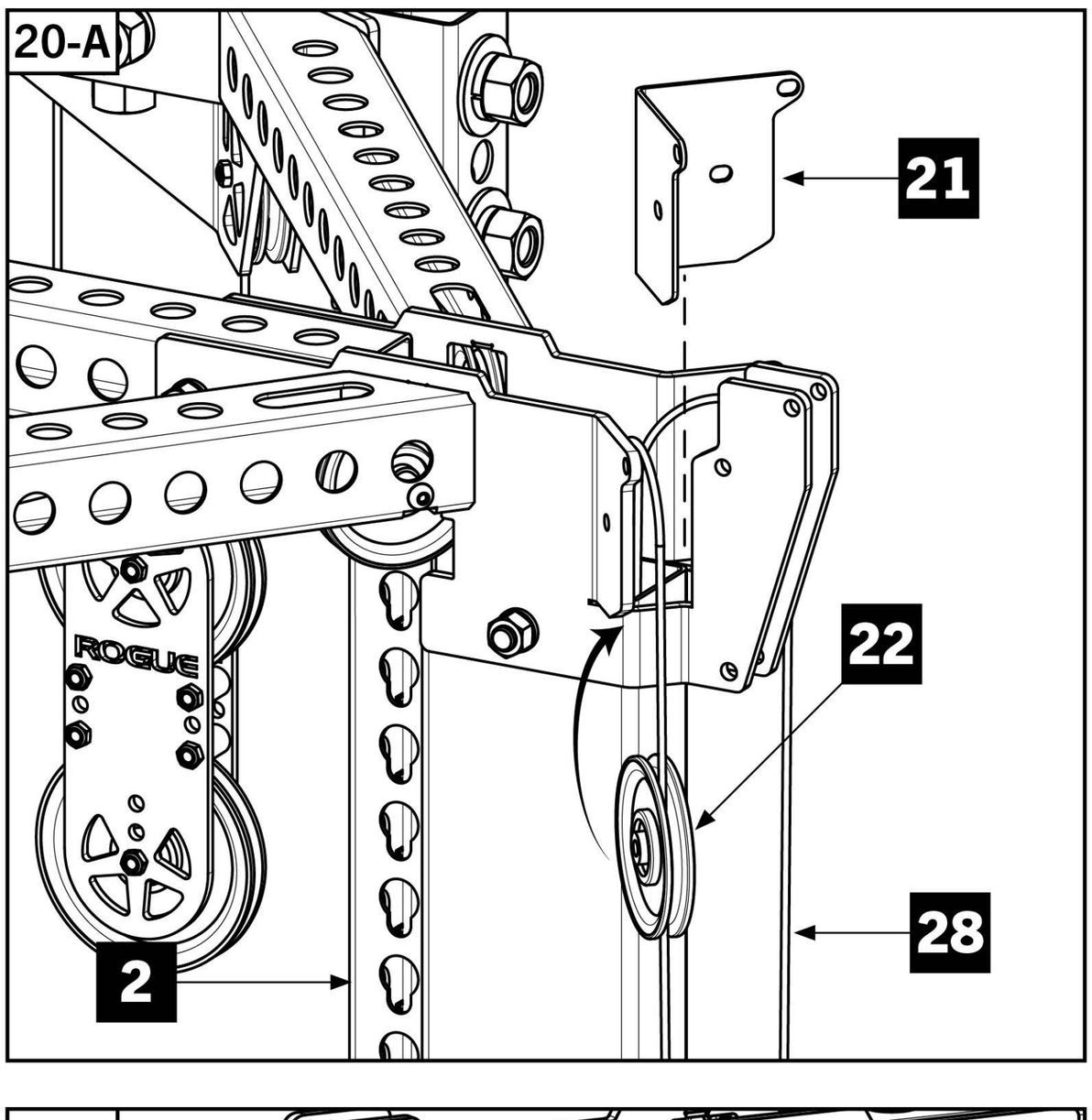
Note:

- Ensure cable remains in pulley’s groove.
- Secure pulley to Top Rear Crossmember RH [**11**] and Rear Pulley Plate [**21**] using 3/8” x 1-3/4 Button Head Screws [**26**], 3/4” x 1” Cable Retainer [**23**], and 3/8” Thin Nylock Nut [**24**].
- Repeat steps 25-A and 25-B to secure second pulley to Top Rear Crossmember - LH [**12**] and Rear Upright [**2**].

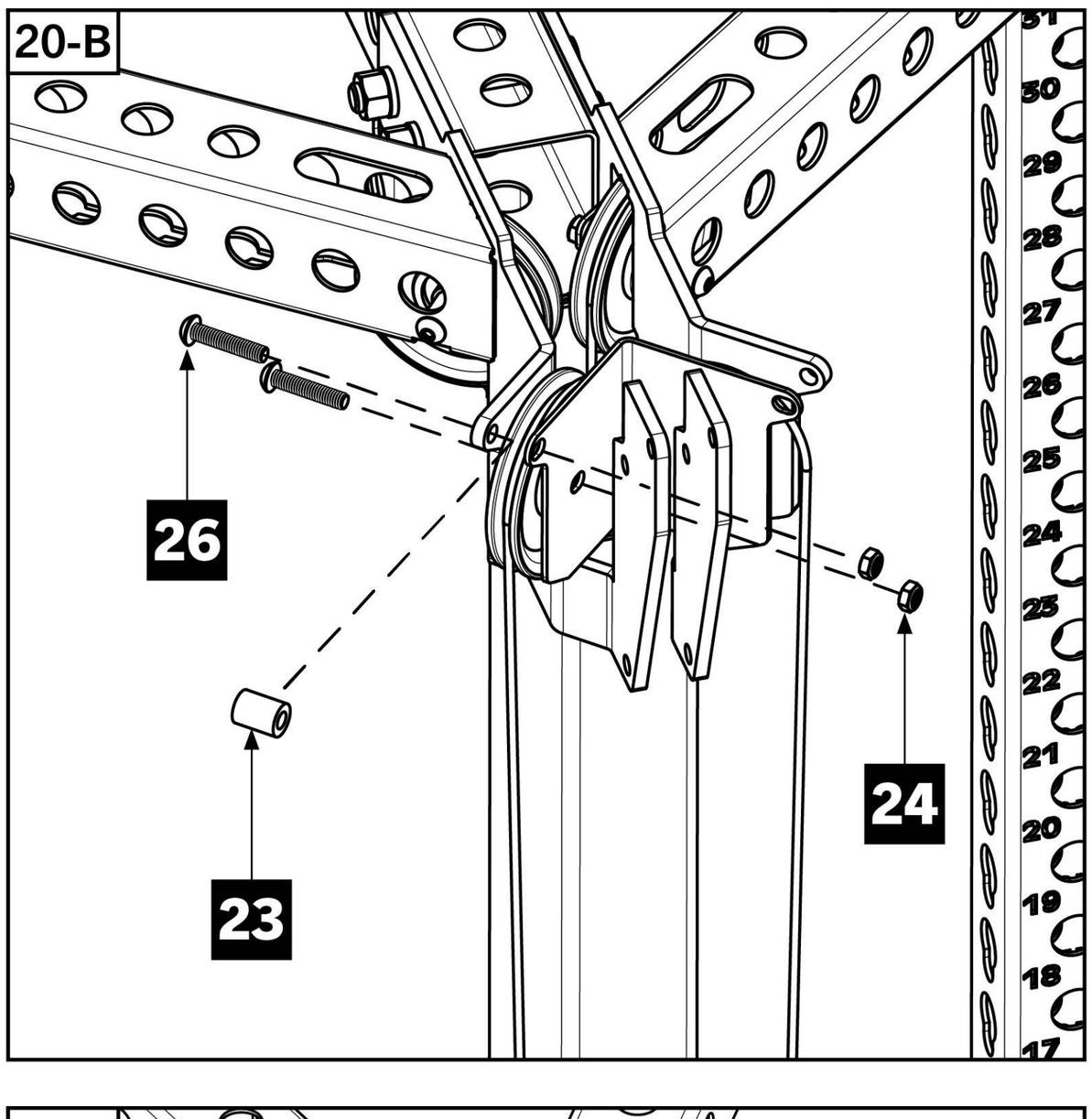
DETAIL



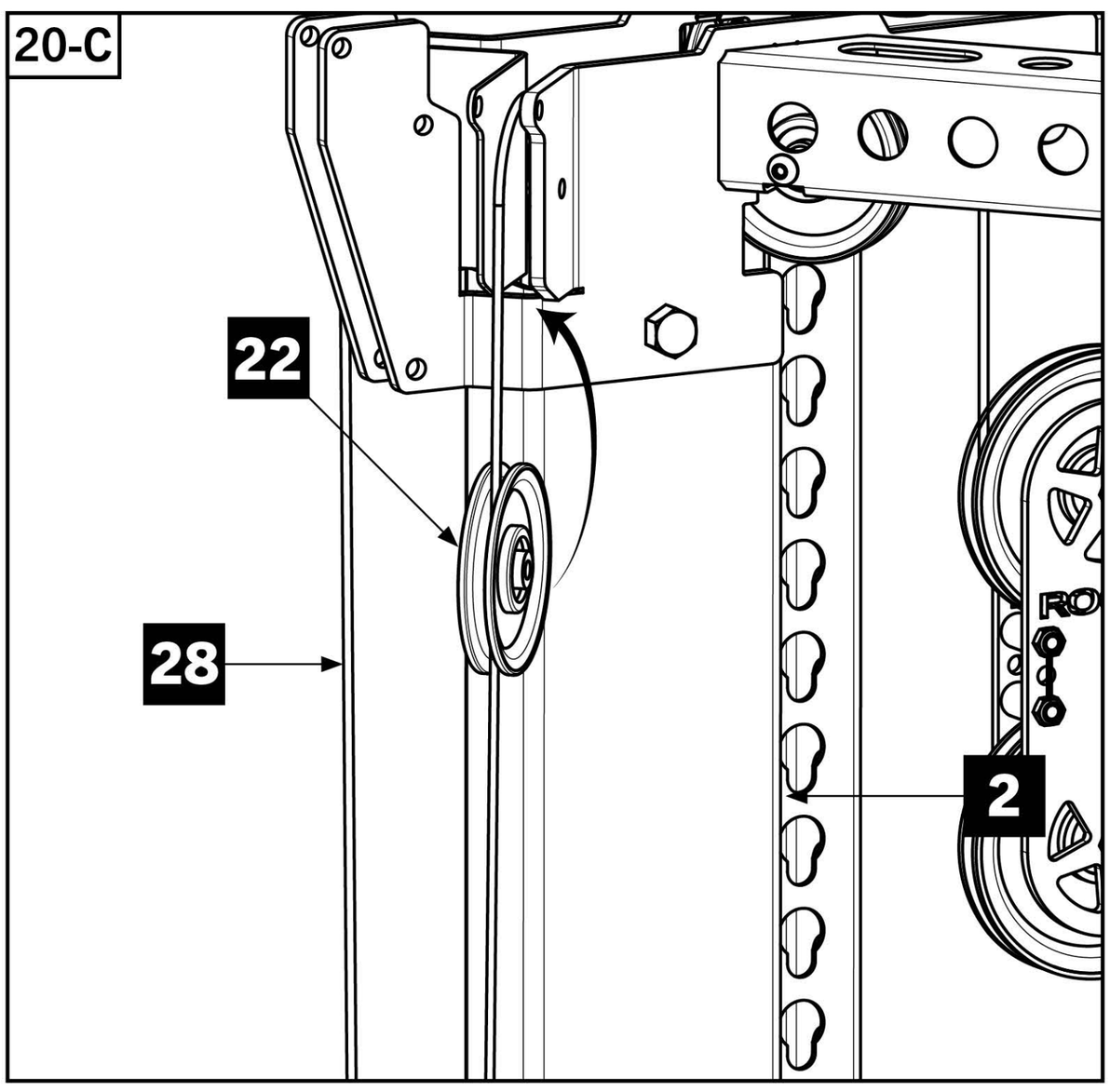
20-A



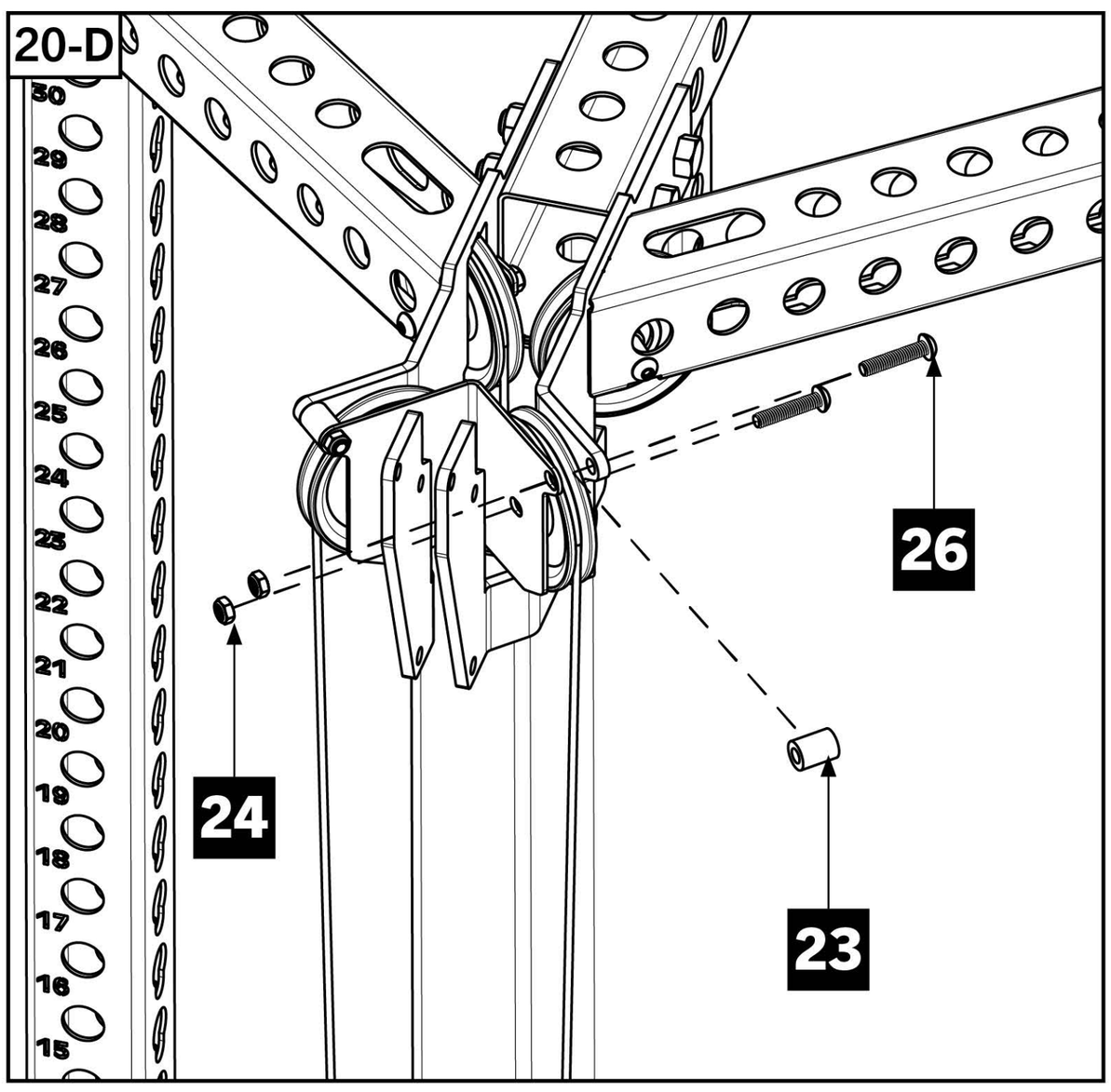
20-B



20-C



20-D

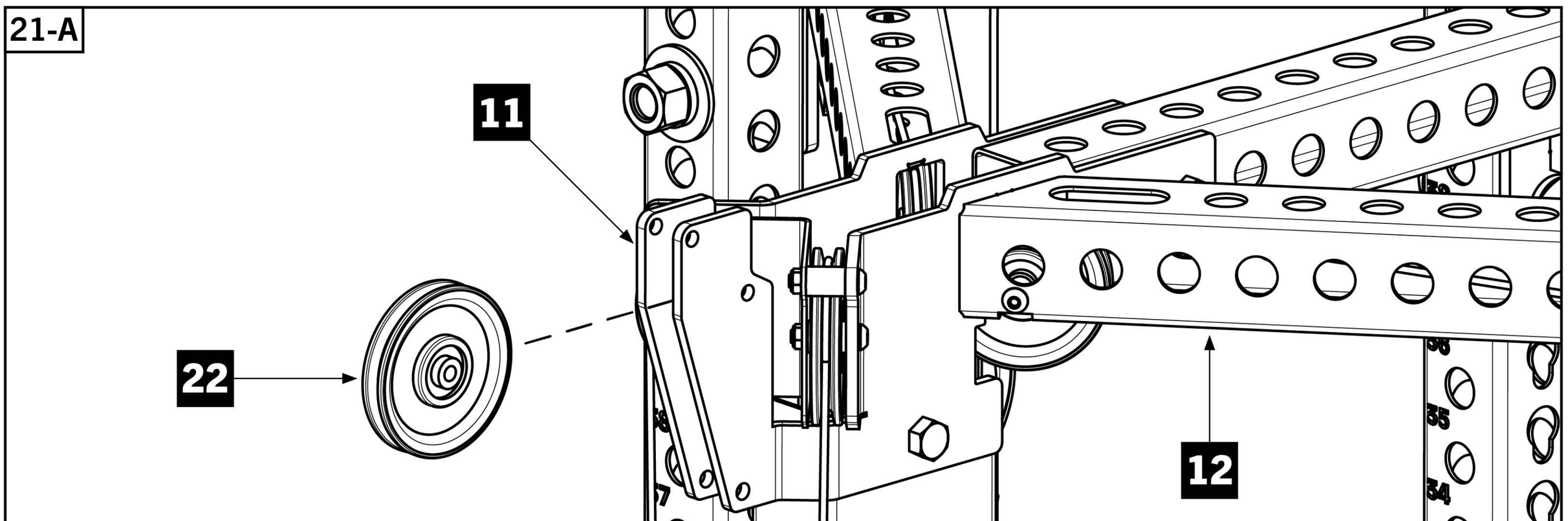


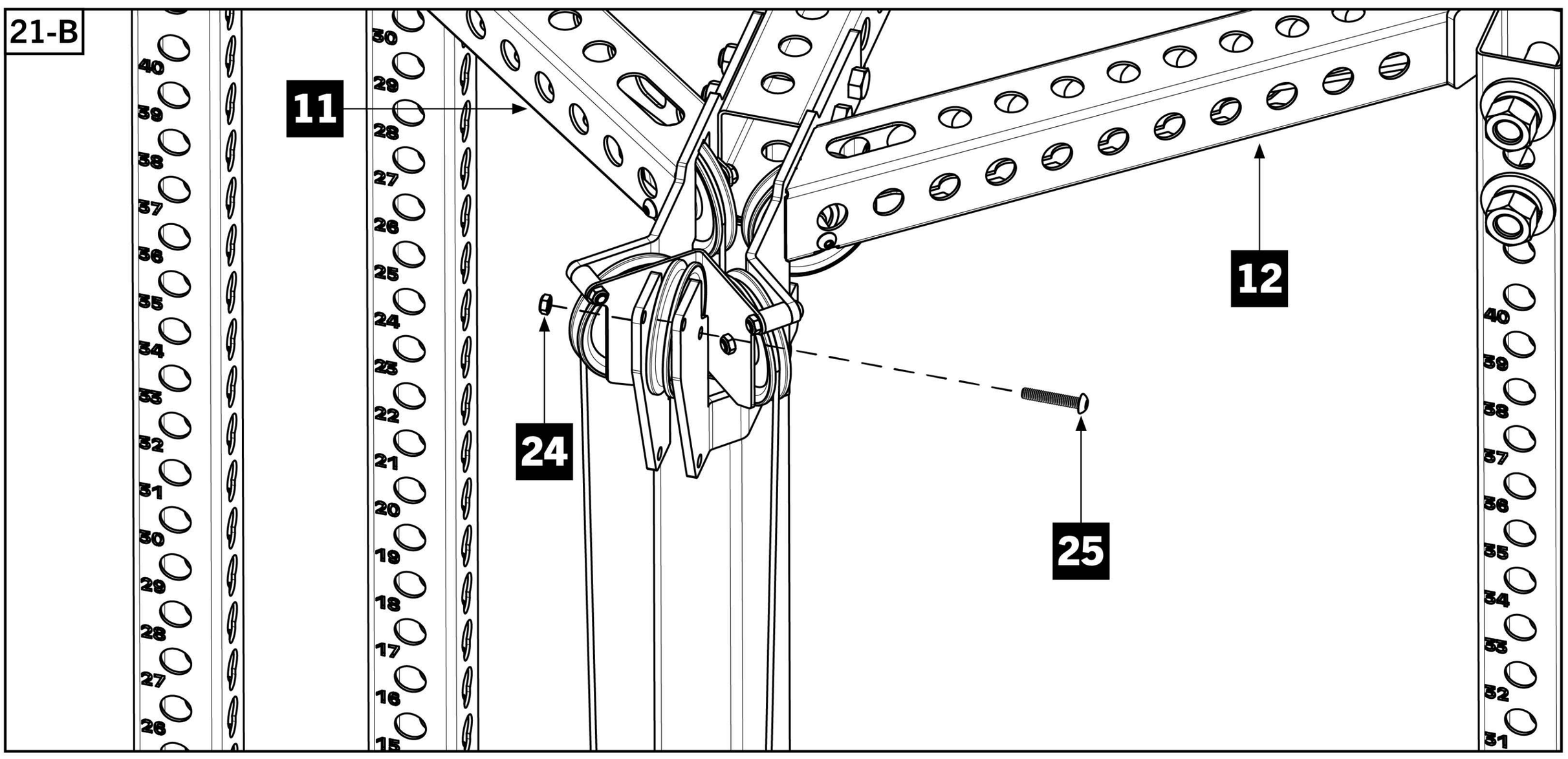
STEP 21

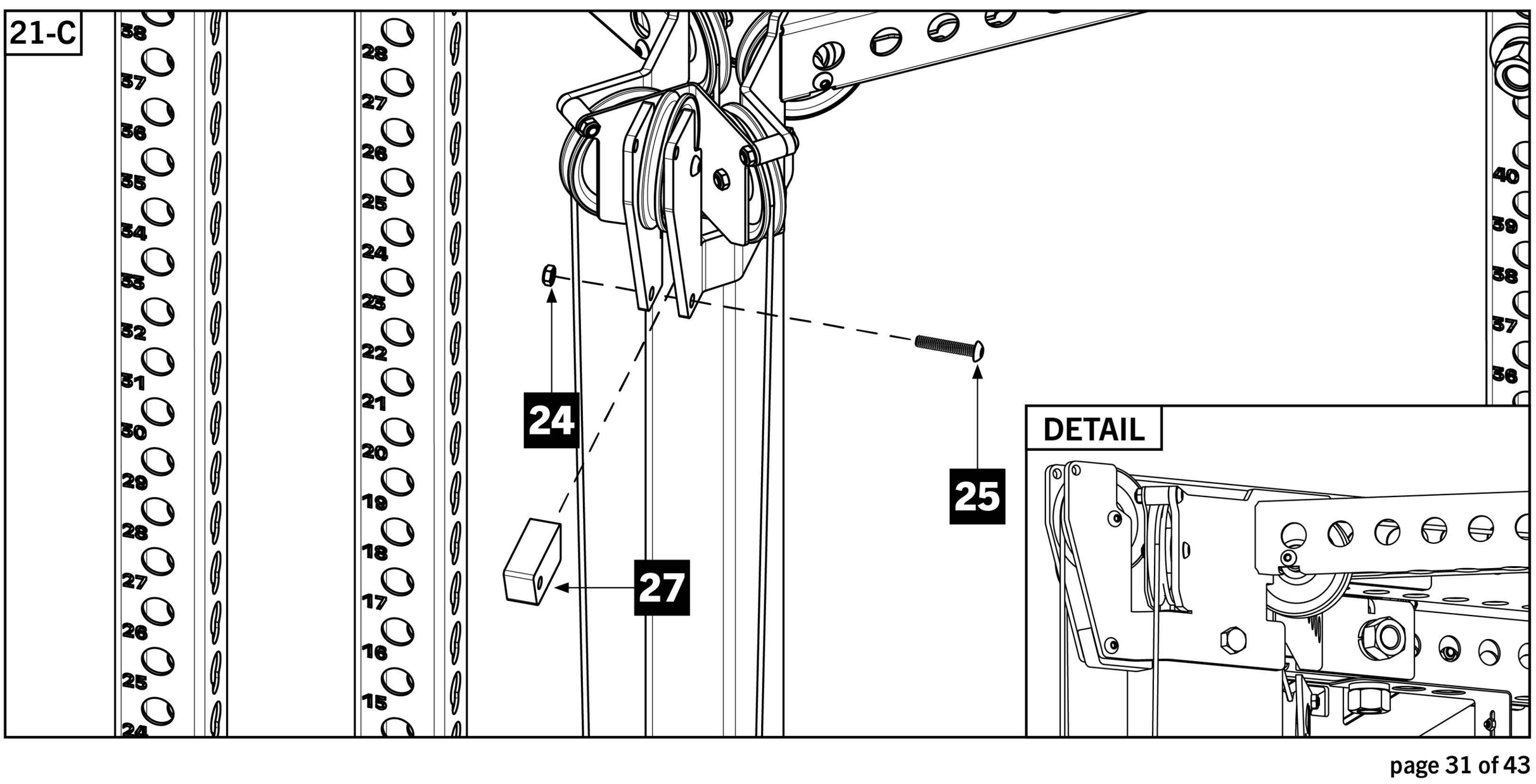
- Place center pulley between ends of Top Rear Crossmembers RH [**11**] and LH [**12**].
- Secure with 3/8” x 2” Button Head Screw [**25**] and 3/8” Thin Nylock Nut [**24**] in center hole.

Note:

- Center Pulley cable retainer will be installed after Lat Pull/Low Row cable.
- Insert Stop Block [**27**] between ends of Top Rear Crossmembers RH [**11**] and LH [12].
- Secure with 3/8” x 2” Button Head Screw [**25**] and 3/8” Thin Nylock Nut [**24**].

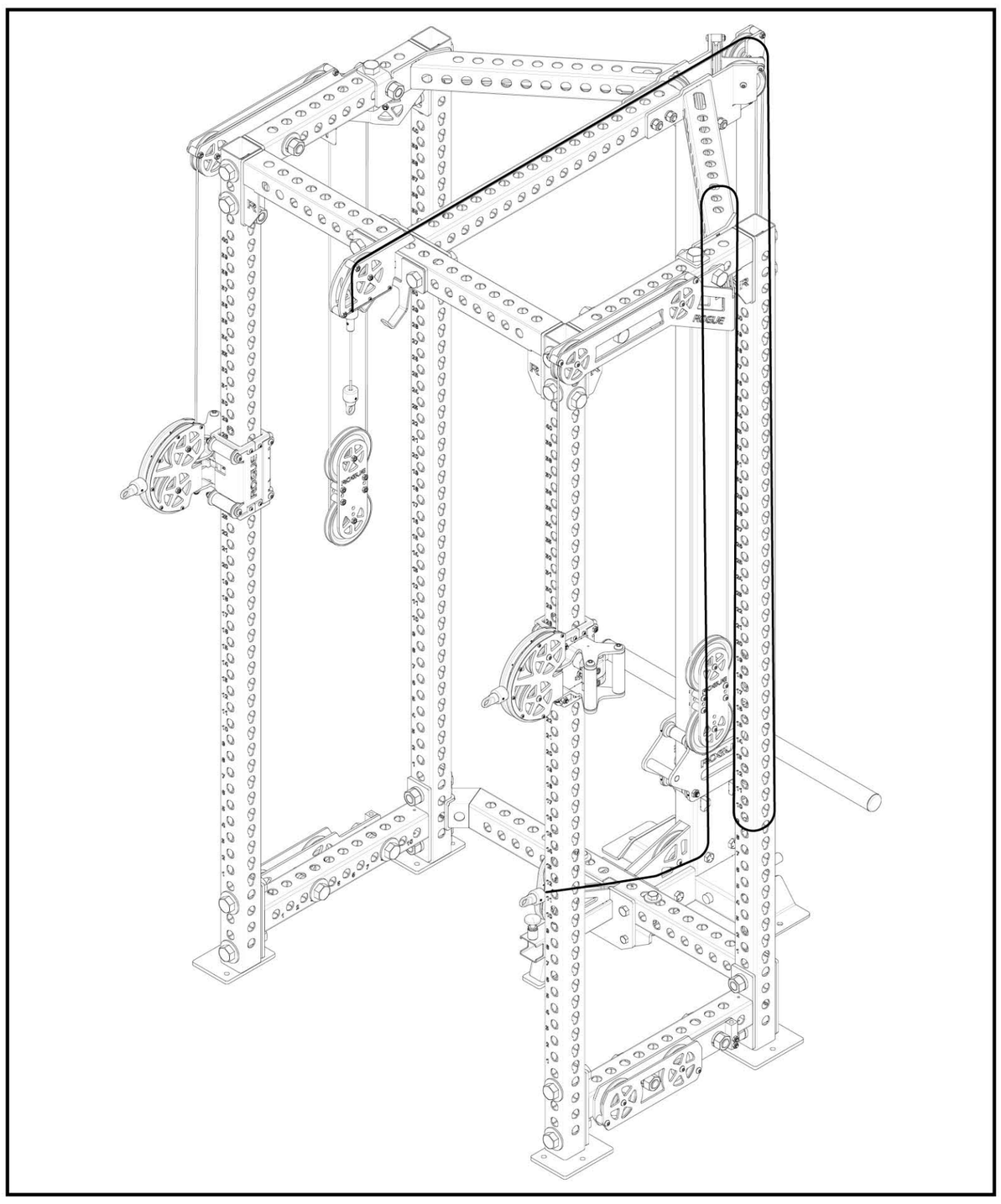




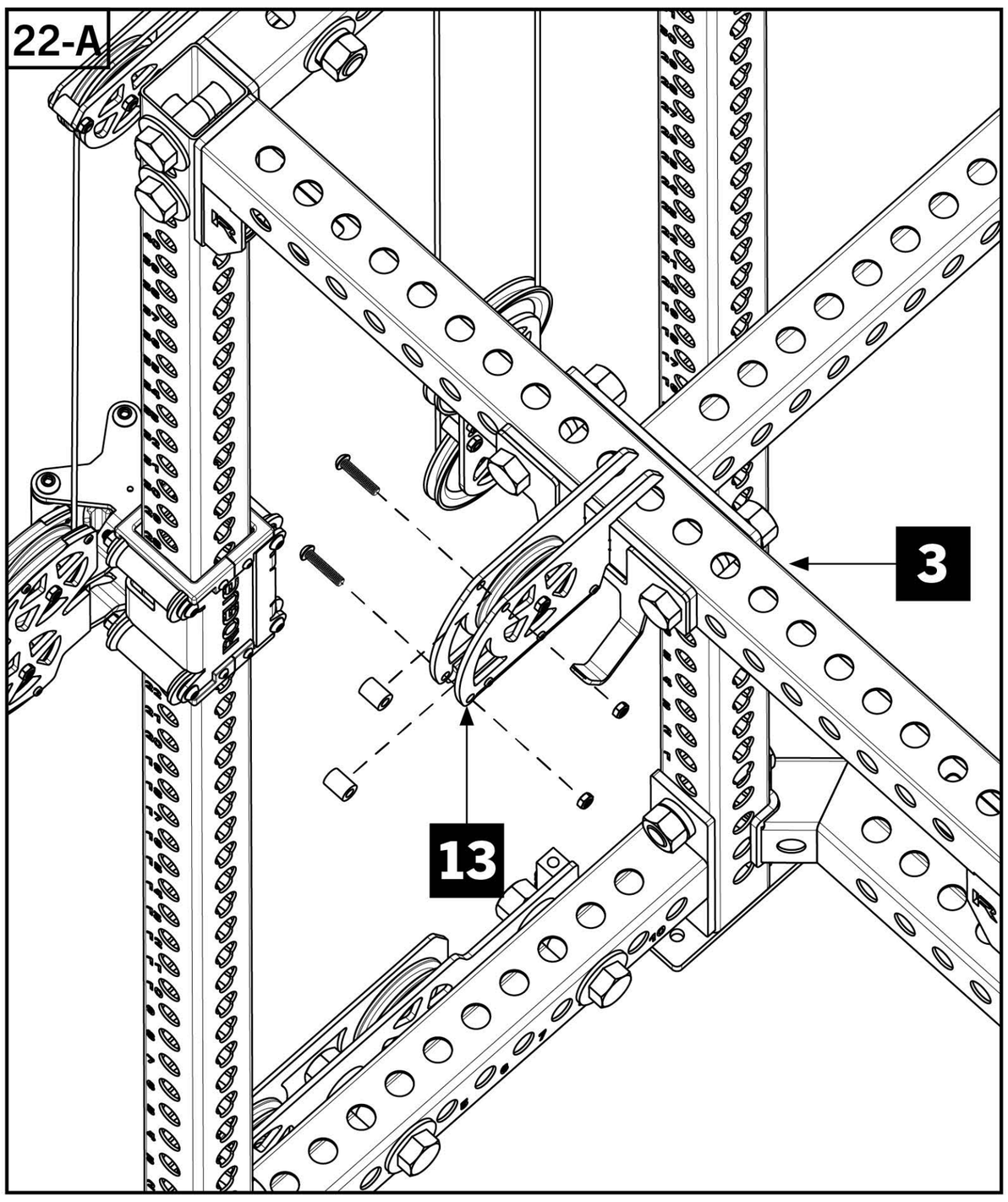


STEP 22

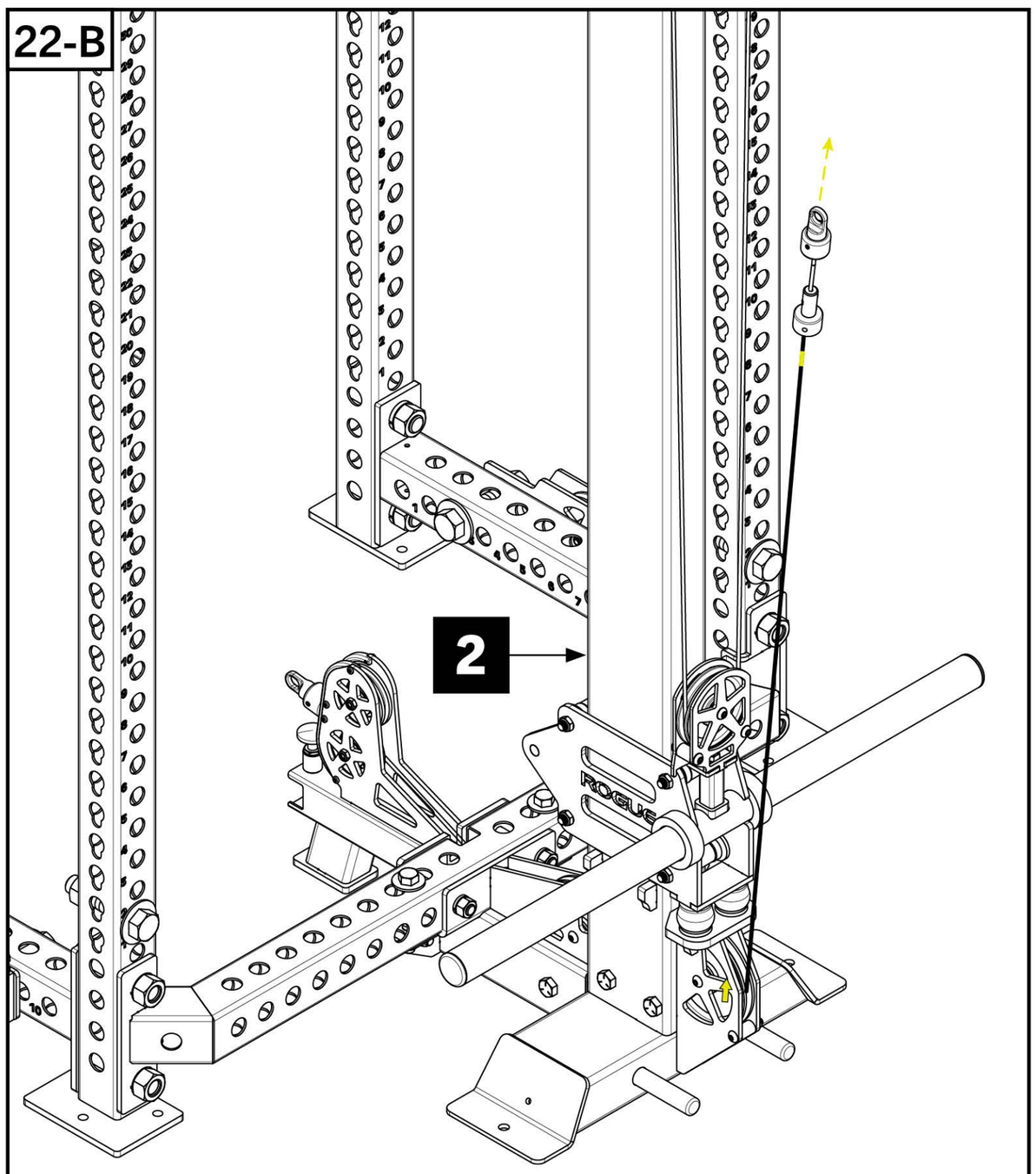
- Next assemble the Lat Pull/Low Row cable indicated by the yellow indicator on Ball End of cable and corresponding yellow arrows shown in **STEPS 22-23**
- Remove Plastic Cable Retainers from Lat Pulldown Pulley Bracket [**13**]. Hardware will be reinstalled in **23-B**.
- Pull cable up along Rear Upright [**2**] until reaching top. Feed cable around the pulley shown in **22-C** and then towards the front of the rack.
- Secure back center pulley using 3/4" x 1" Cable Retainer [**23**], 3/8" x 2" Button Head Screw [**25**], and 3/8" Thin Nylock Nut [**24**].



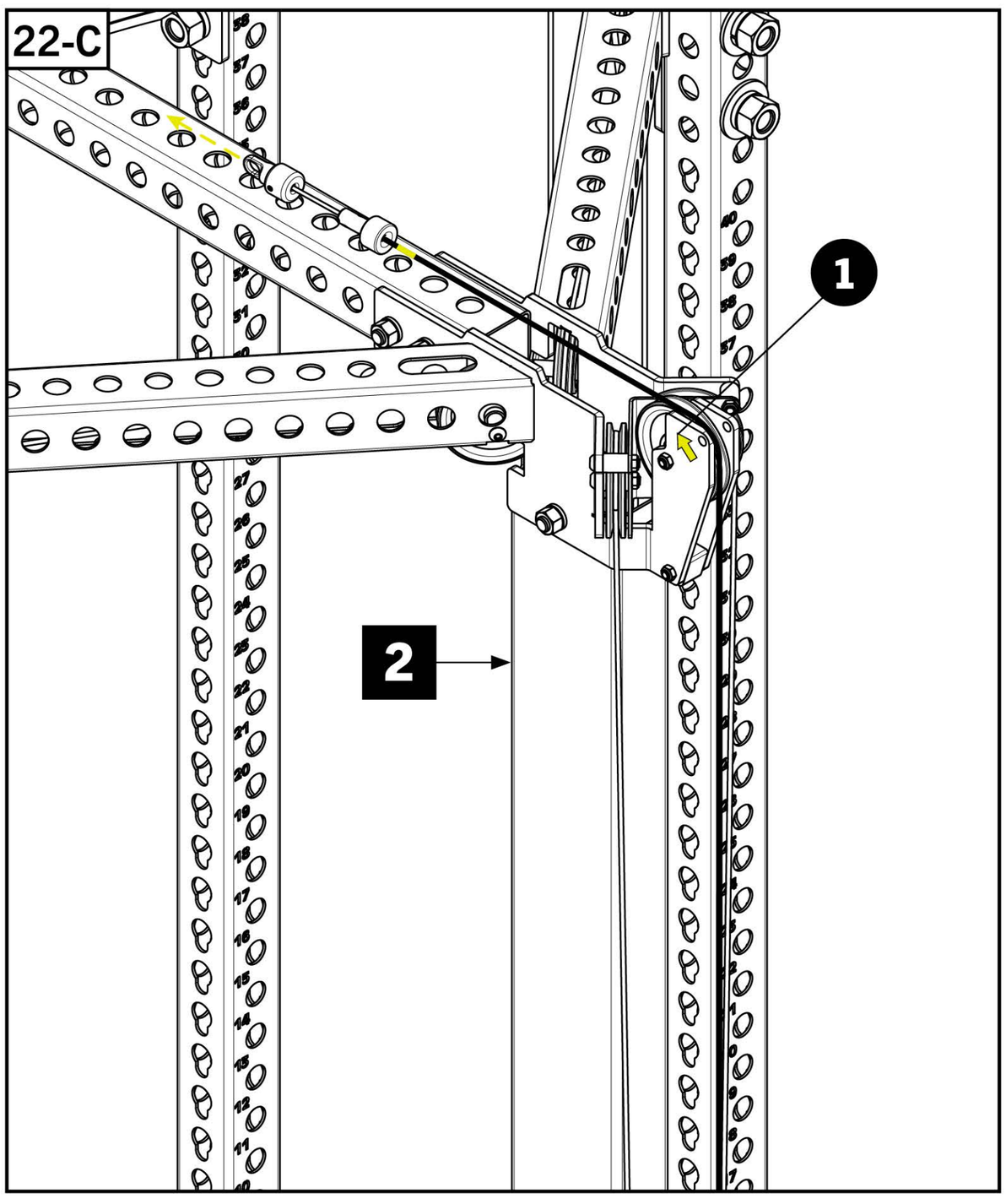
22-A



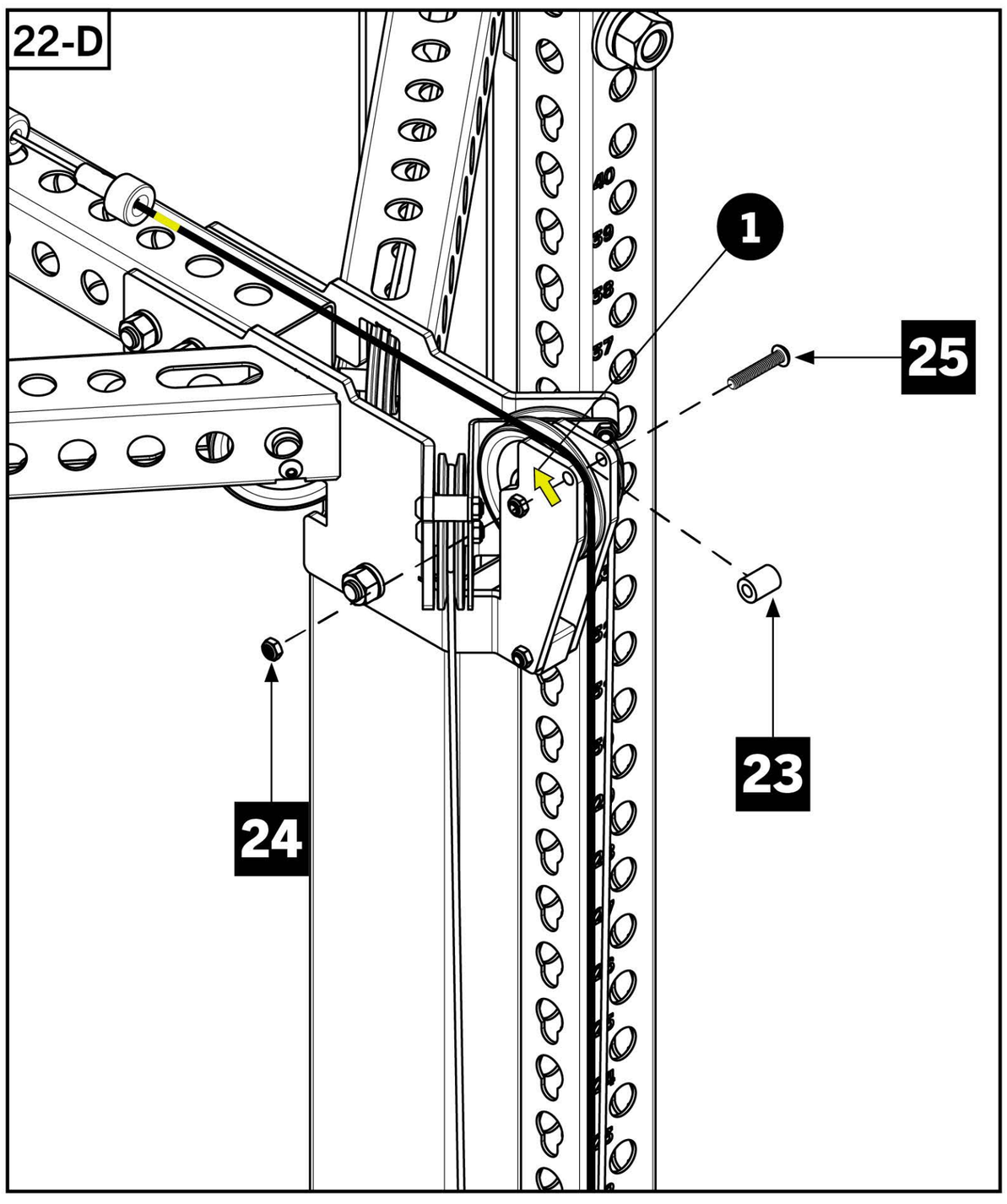
22-B



22-C



22-D

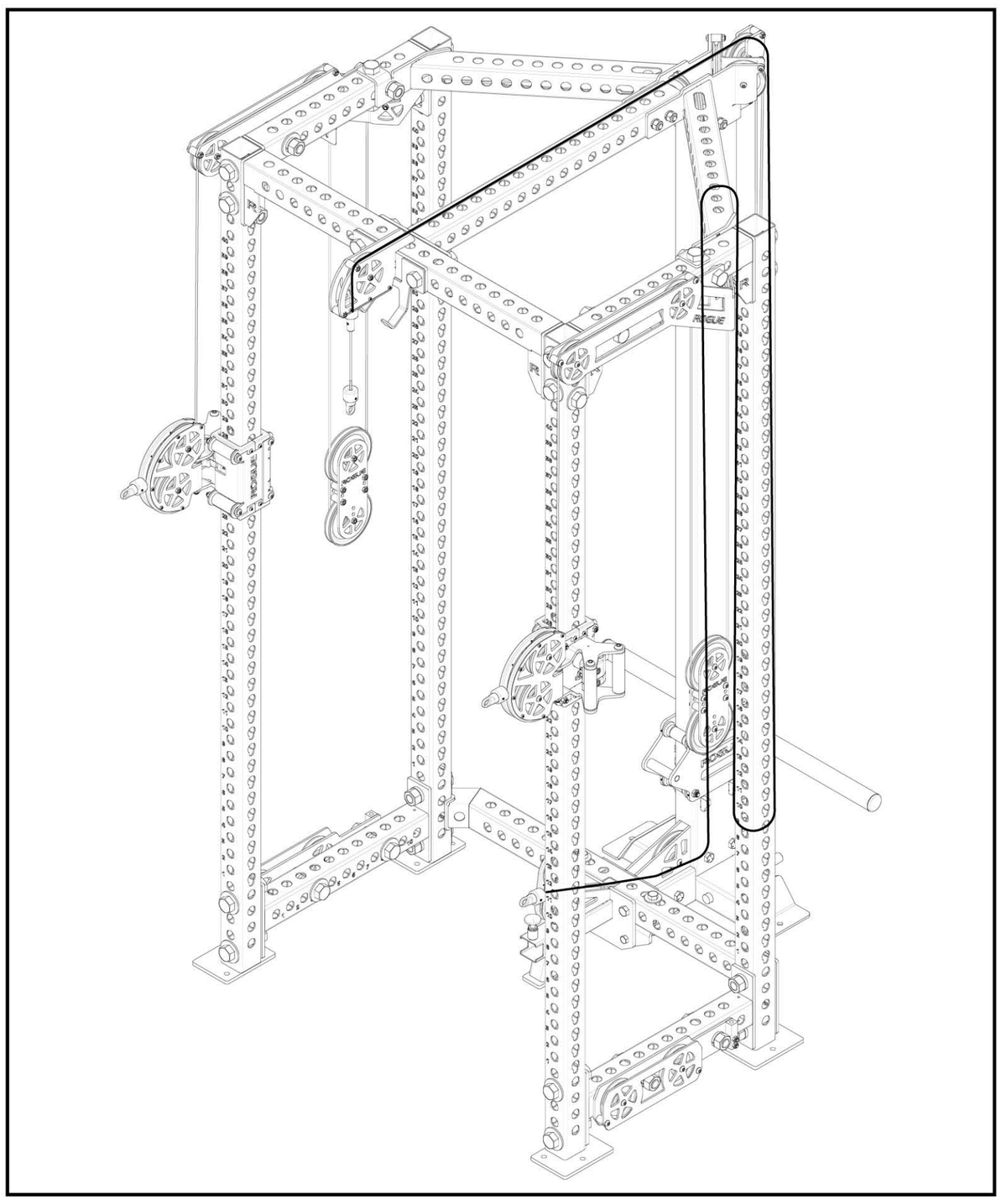


STEP 23

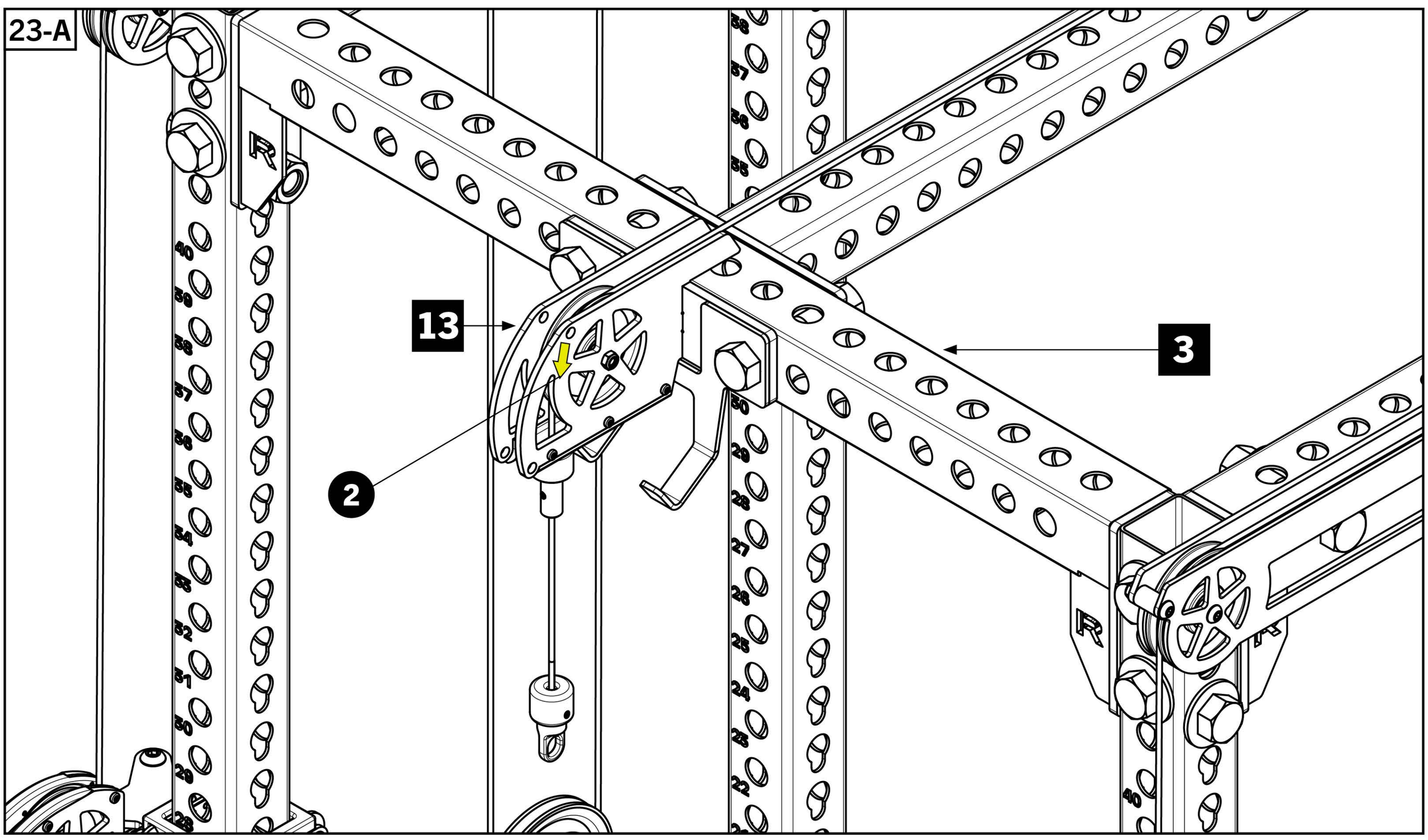
- Pull cable past the 43’ Spanning Crossmember [**3**]. Feed cable around the Lat Pulldown Pulley Bracket [**13**] shown in **23-A.**
- Reinstall Cable Retainers into Lat Pulldown Pulley Bracket [**13**].

Note:

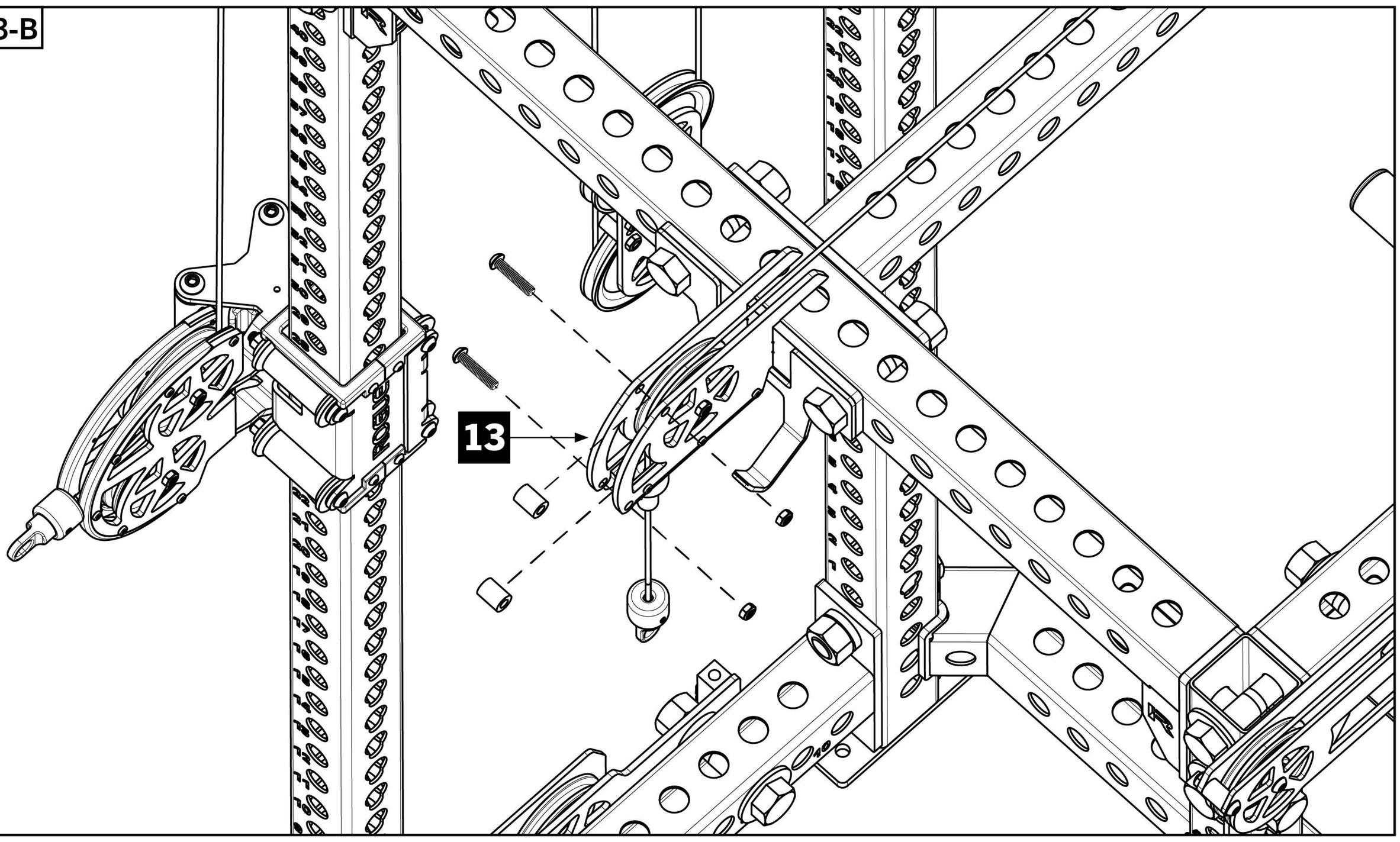
- Ensure cable remains in pulley’s groove.



23-A



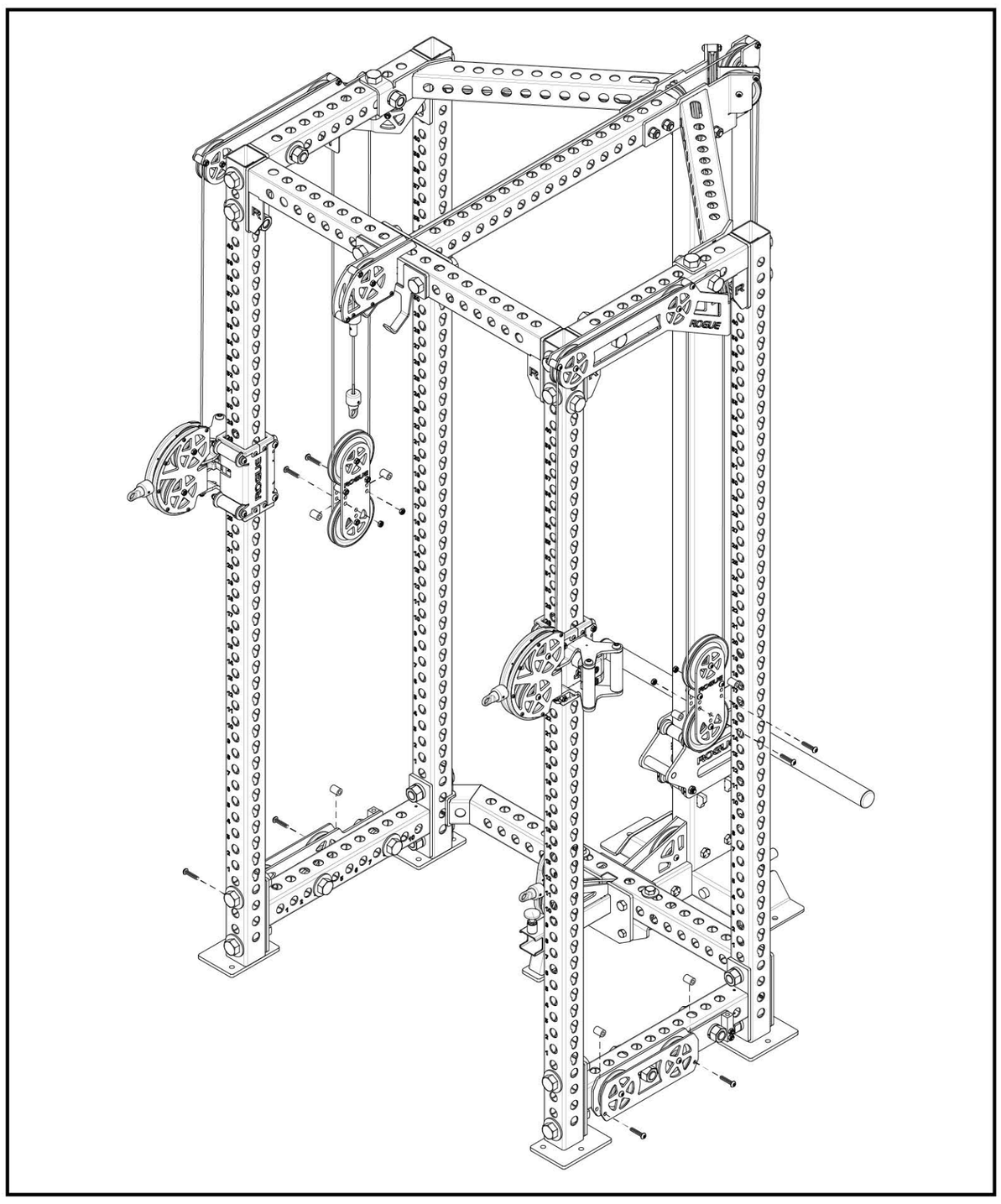
23-B



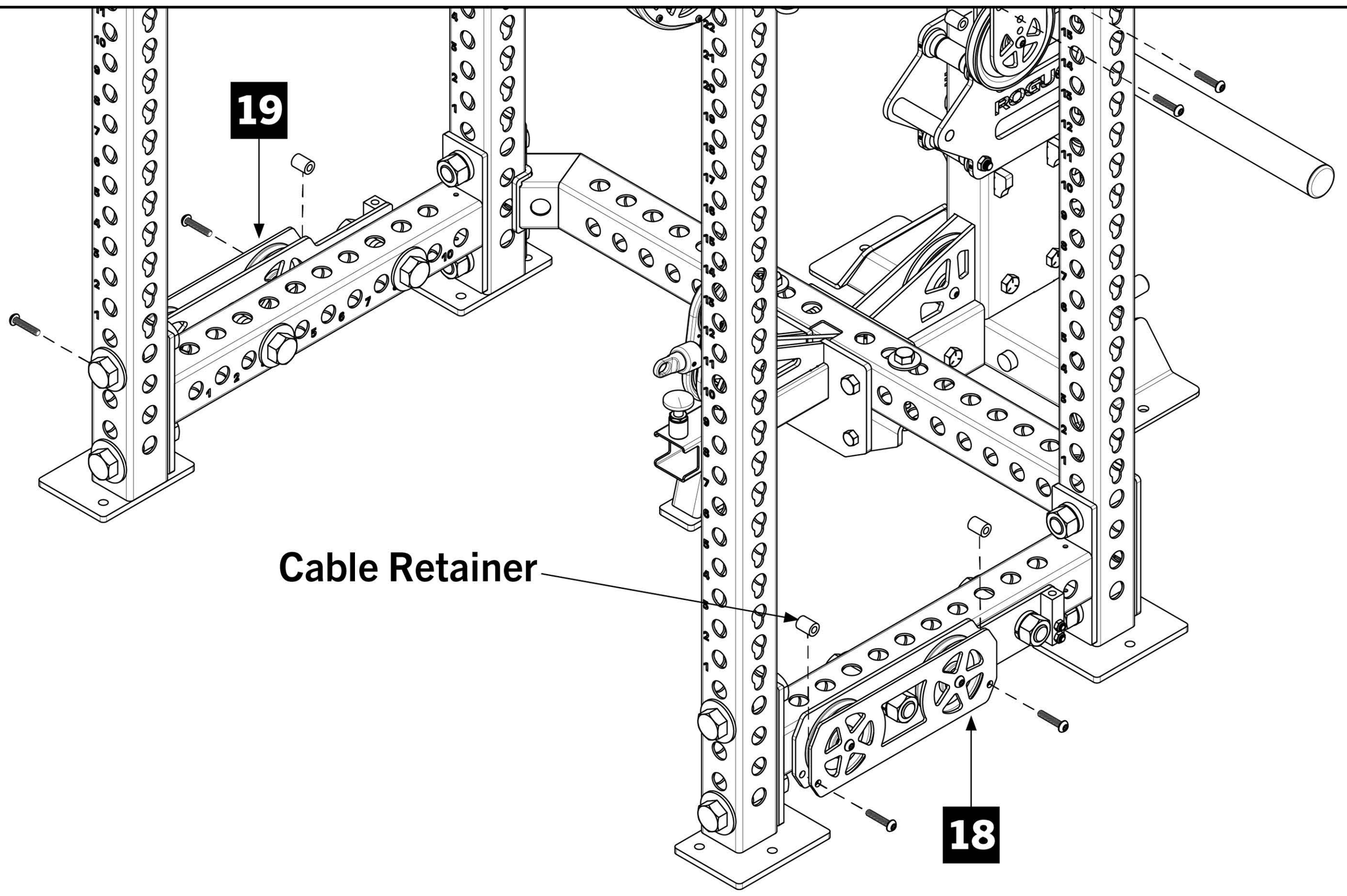
STEP 24

Tools Required:

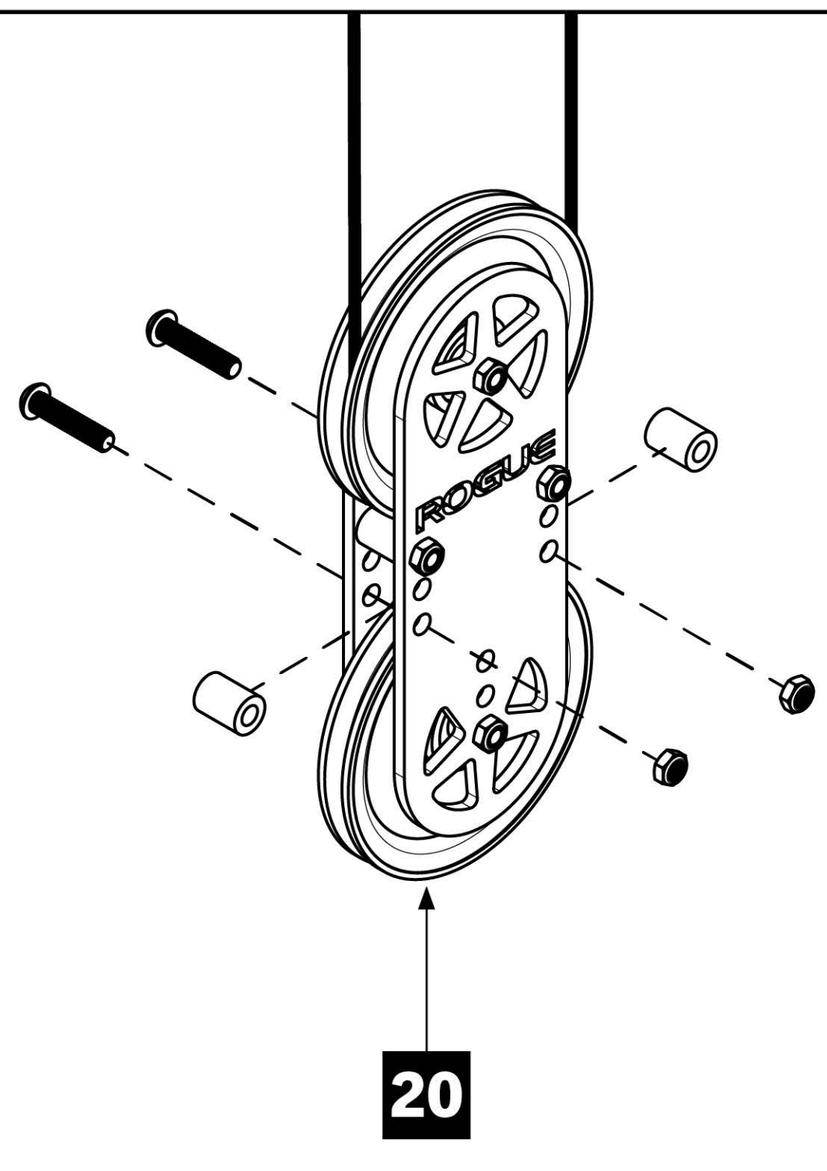
- 7/32” Allen Key & 9/16” Wrench
- Remove Plastic Cable Retainers from **both** Bottom Side Pulley Assemblies [**18**] and [**19**] by removing 3/8” Button Head Screws and Nuts.
- Remove only the lower Plastic Cable Retainers from both Side Peanut Pulleys [**20**].
- Hardware will be re-installed on **STEP 24**.

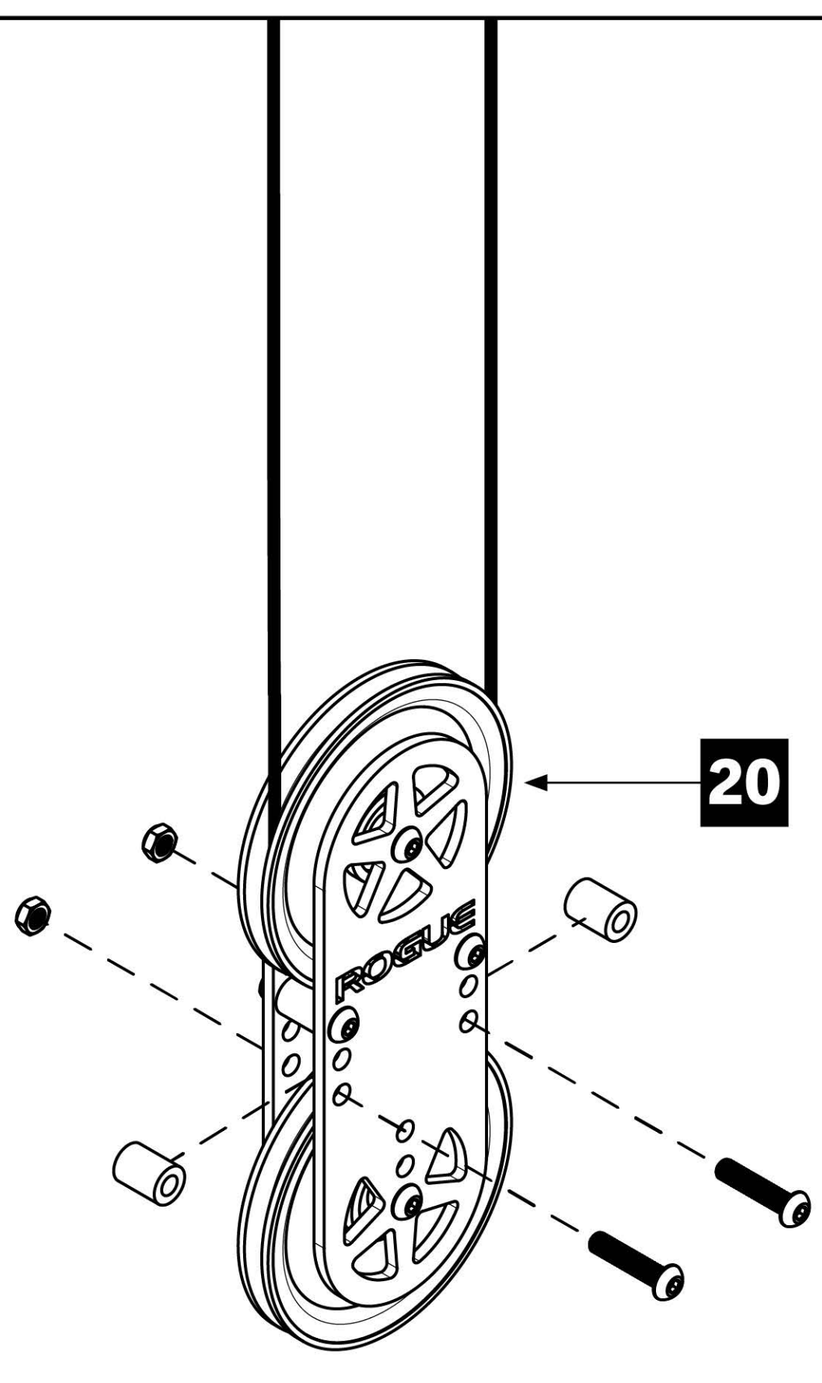


24-A



24-B

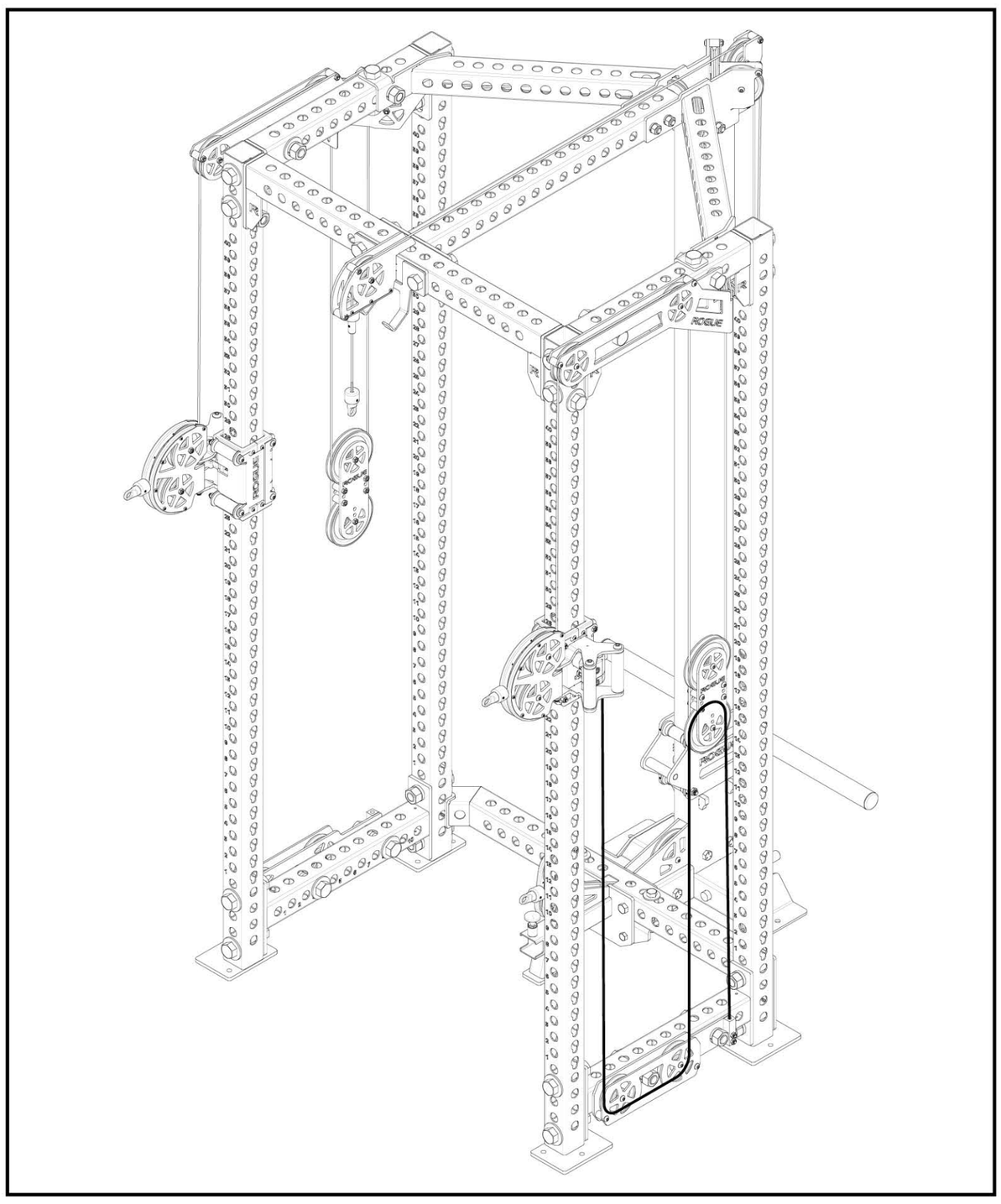




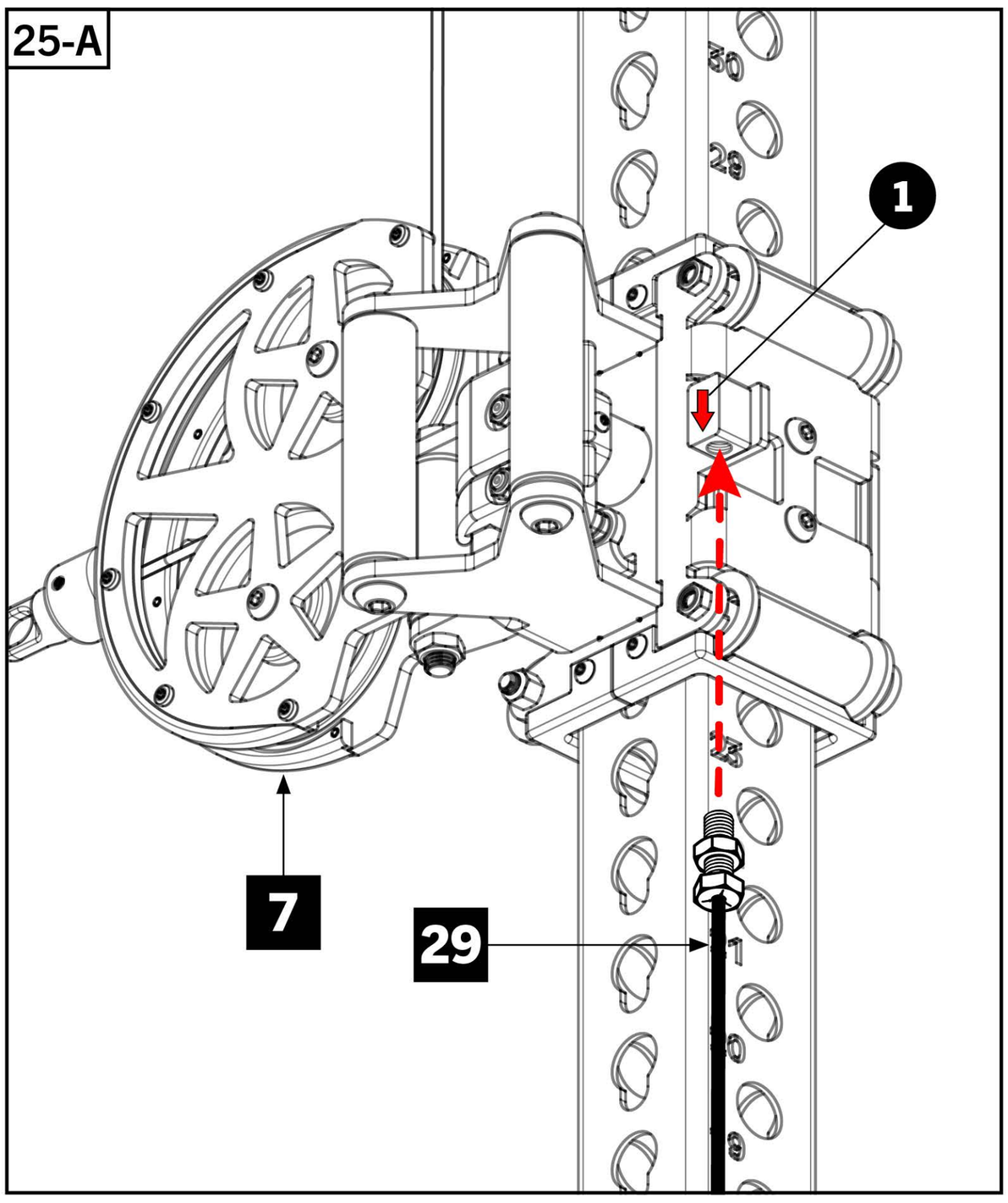
STEP 25

Tools Required:

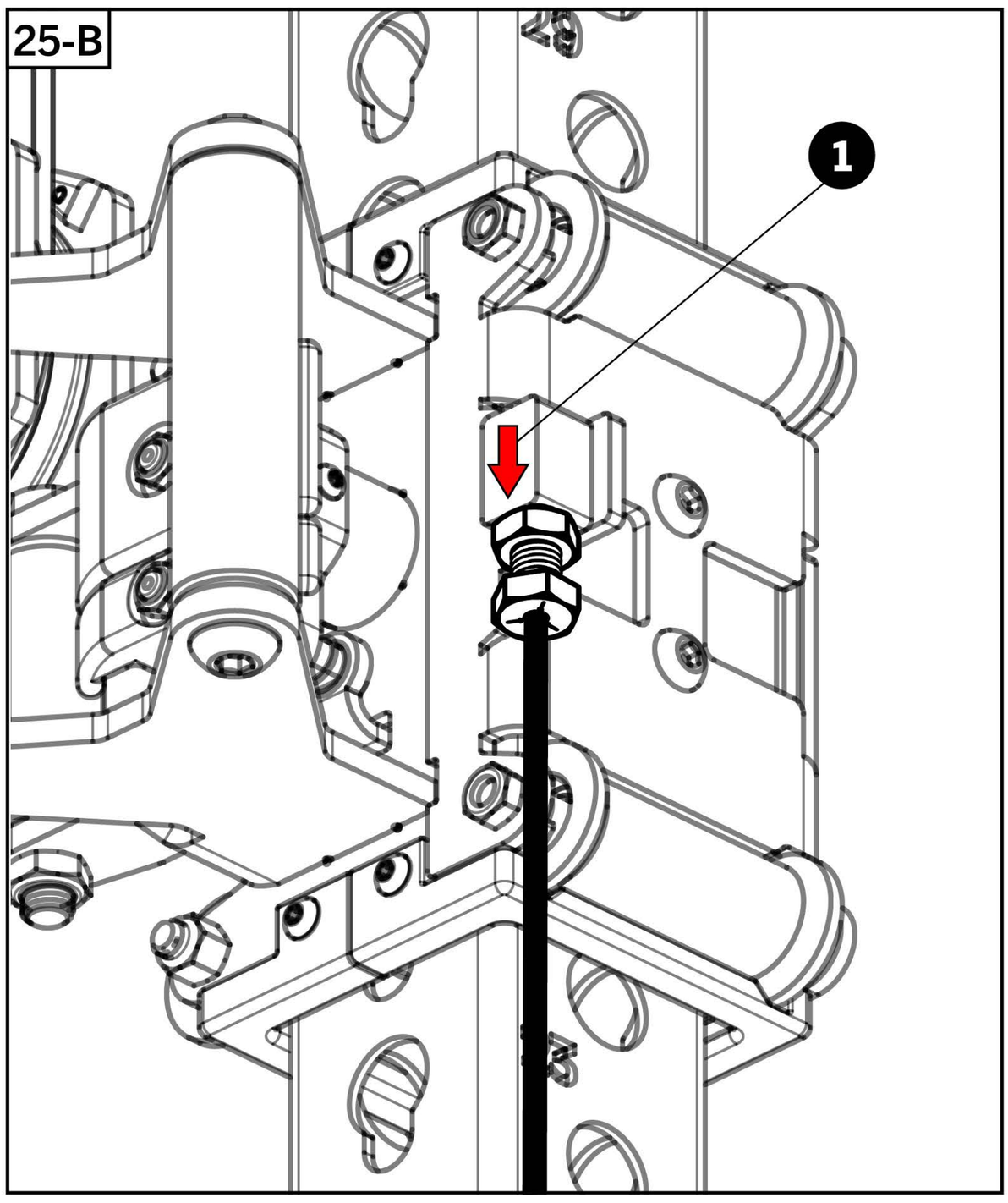
- 3/4” Wrench
- Assemble one of the included Low Side Cables onto RH side of rack by inserting the end without a red tag into stop block on back of Swivel Trolley RH [**7**].
- Loosen the hex nut if needed to ensure approximately 1/2” of threads are showing between the bolt head and nut.
- Tighten the bottom bolt head until the nut is tight against the stop block.
- Feed the other end of cable with red tag down around the frontmost pulley of Bottom Pulley Assembly - RH [**18**] and continue towards back of rack.



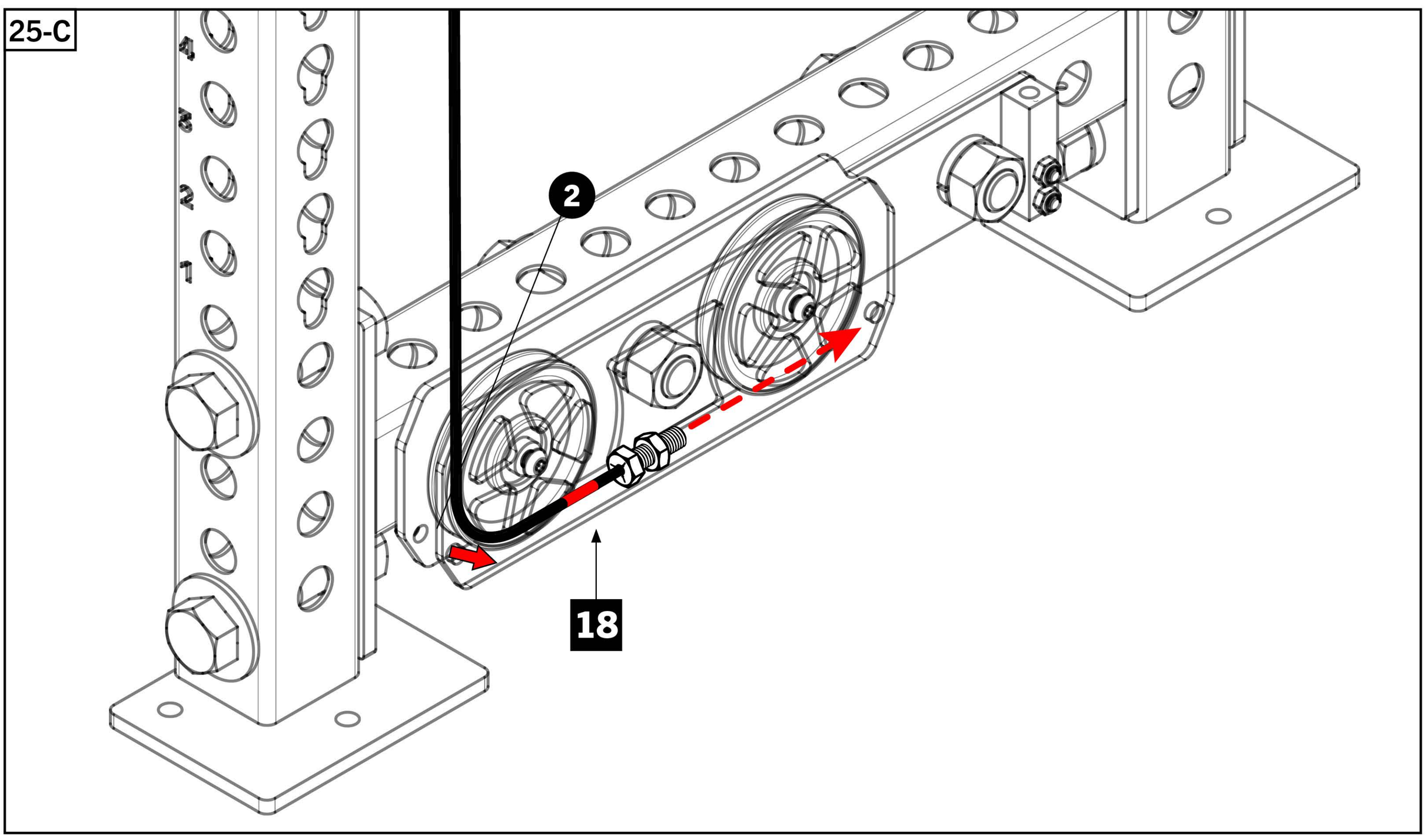
25-A



25-B



25-C



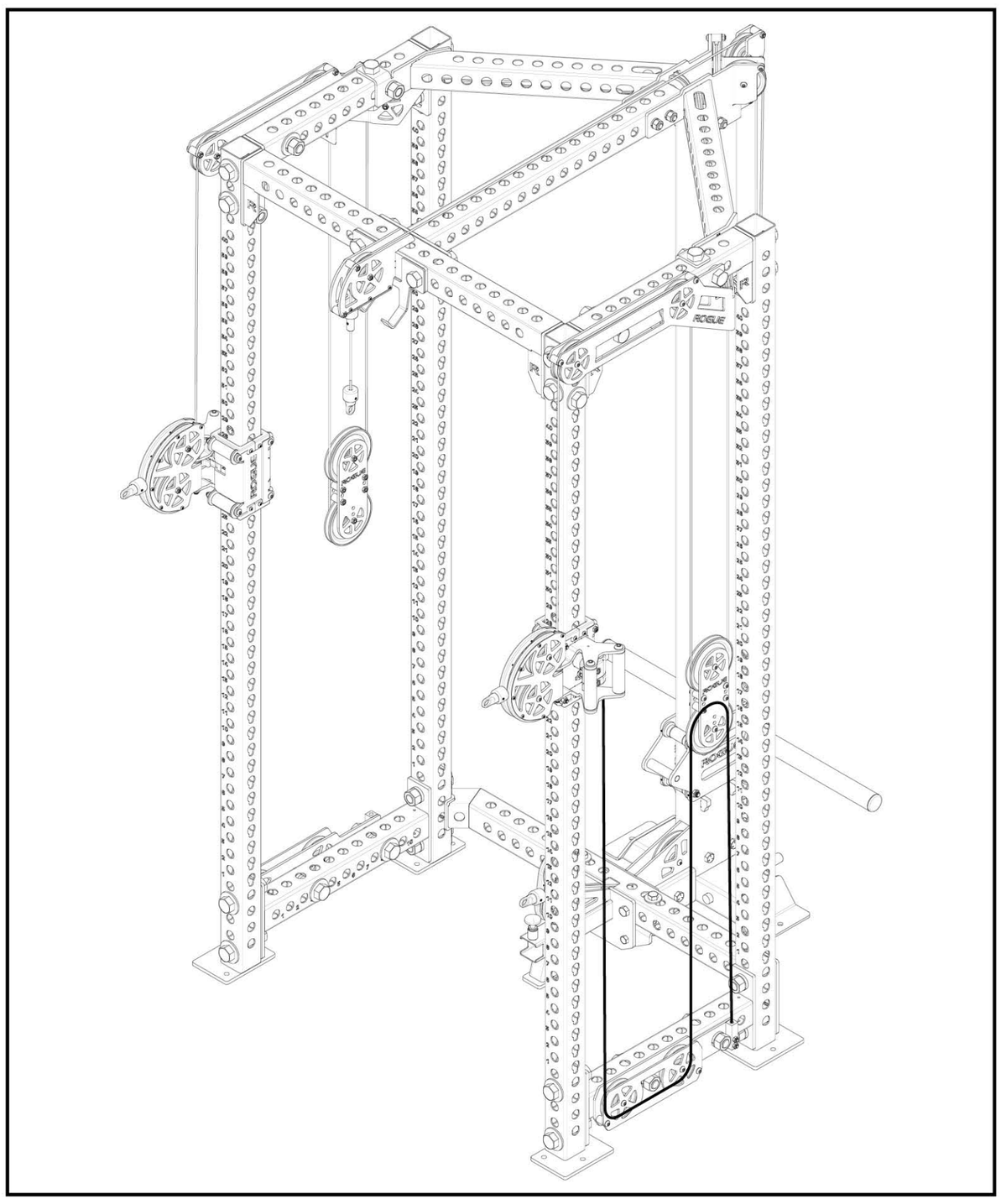
STEP 26

Tools Required:

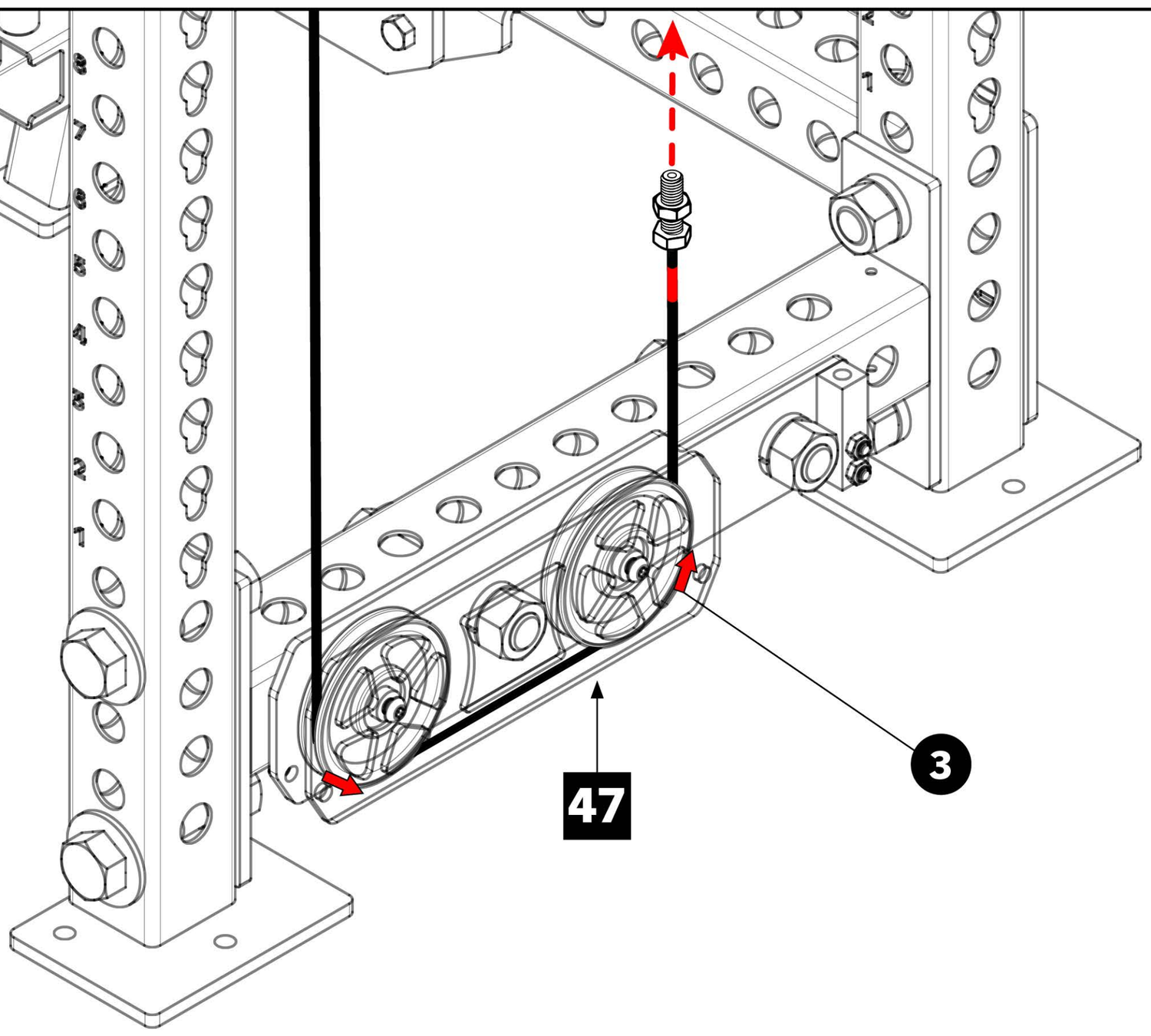
- 3/4” Wrench

- Continue feeding around the second pulley on Bottom Side Pulley Assembly - RH [**18**] and up around the lower Side Peanut Pulley [**20**], following the arrow indicator directions.

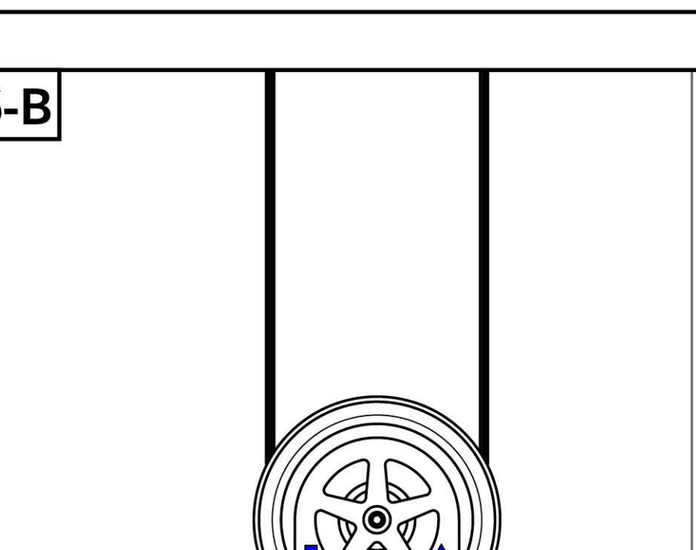
- Insert threaded end into stop block at the back of Bottom Side Pulley Assembly [**18**] and screw tight, ensuring 1/2” of threads showing between 3/4” bolt head and hex nut.



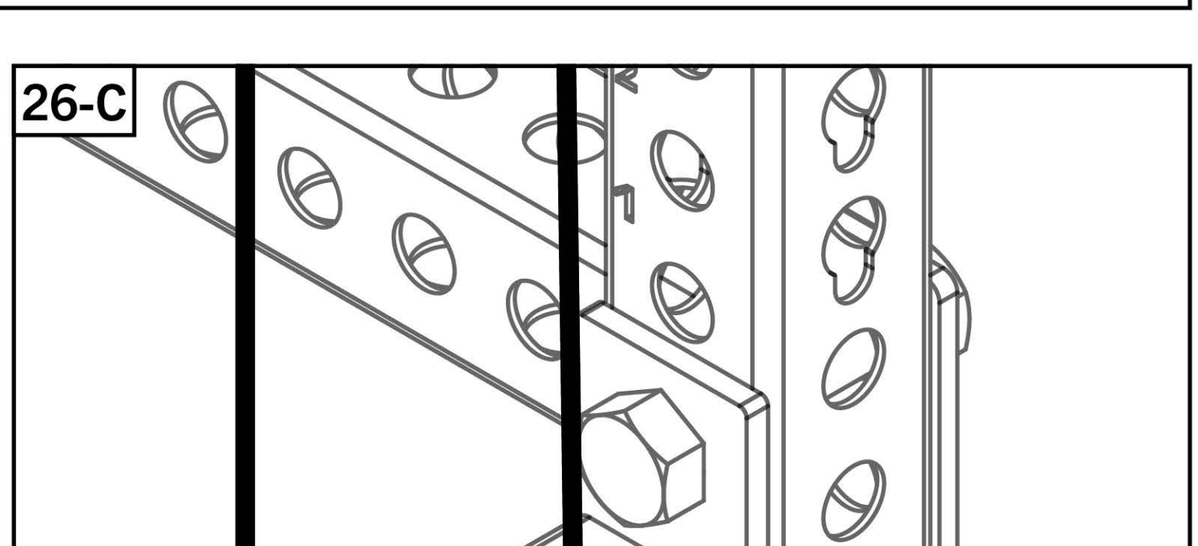
26-A



26-B



26-C



STEP 27

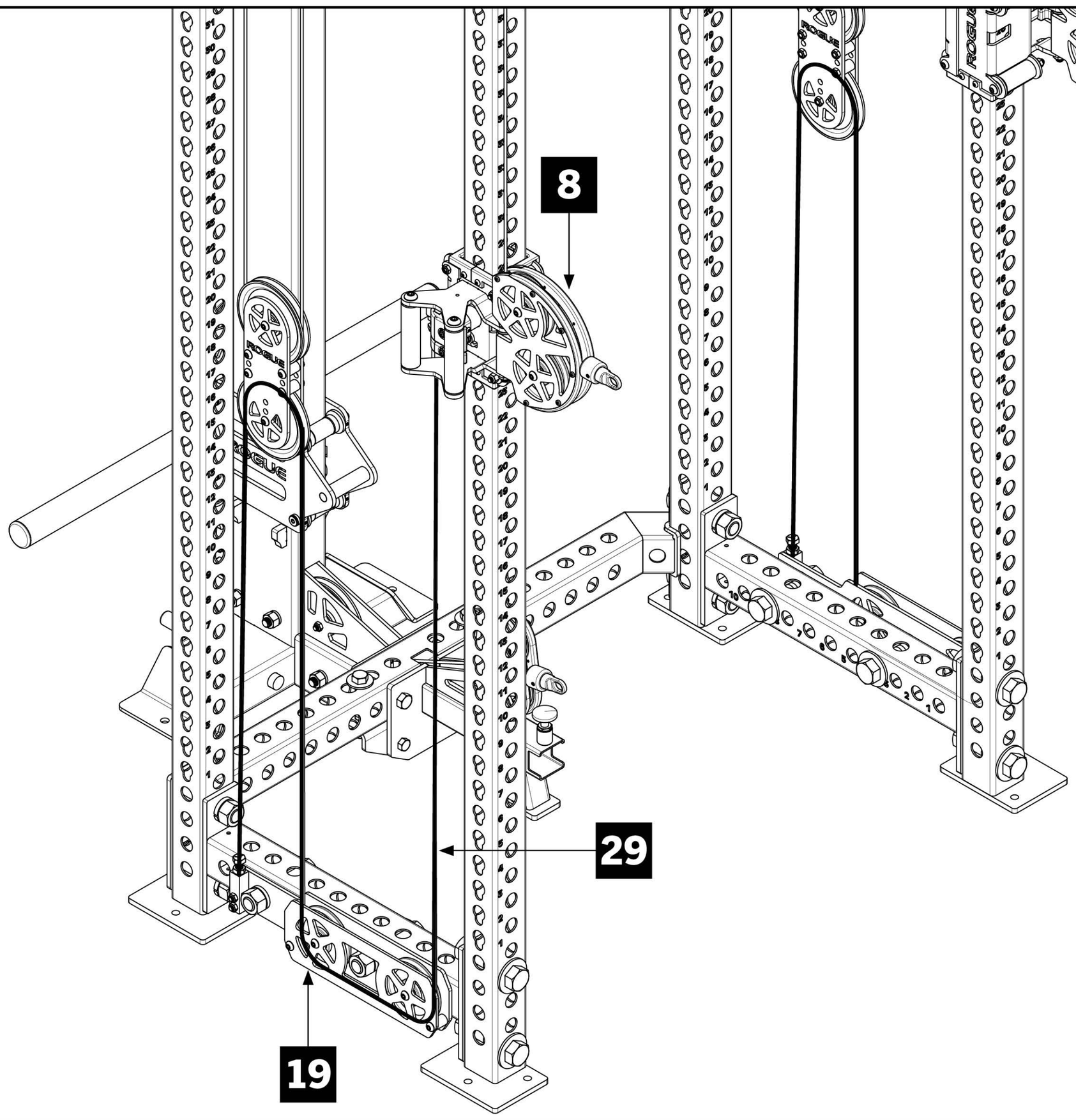
Tools Required:

- 3/4” Wrench
- **27-A**: Follow **STEP 27** & **28** again to assmble the remaining Low Side Cable (red tag) on the **Left Hand side of rack**.
- Start at stop block on the Swivel Trolley LH [**8**] and end at stop block on the Bottom Side Pulley - LH [**19**].

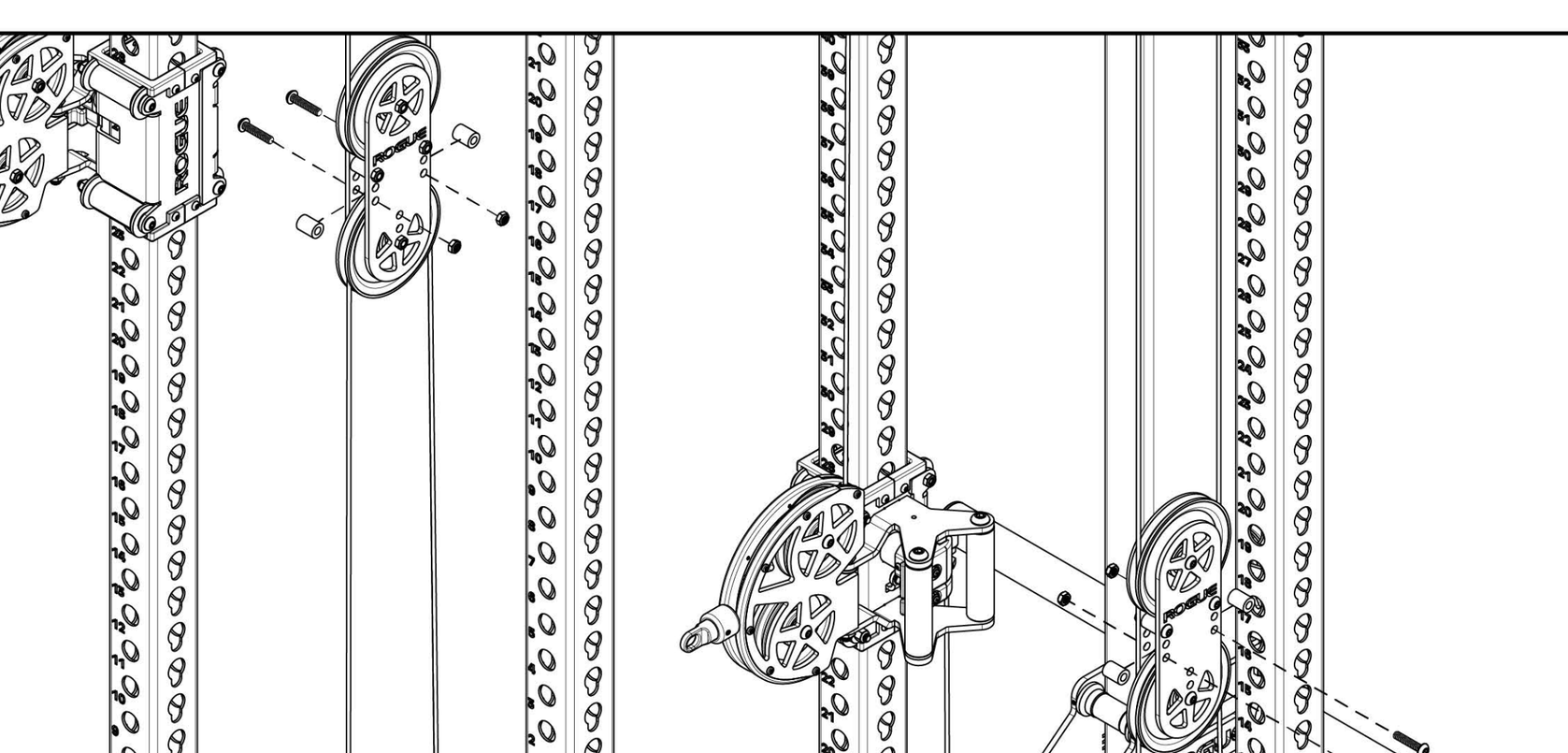
Tools Required:

- 7/32” Allen Key & 9/16” Wrench
- **27-B**: Re-install Plastic Cable Retainers on **both** Bottom Side Pulley Assemblies and both Side Peanut Pulleys. Fully Tighten.

27-A



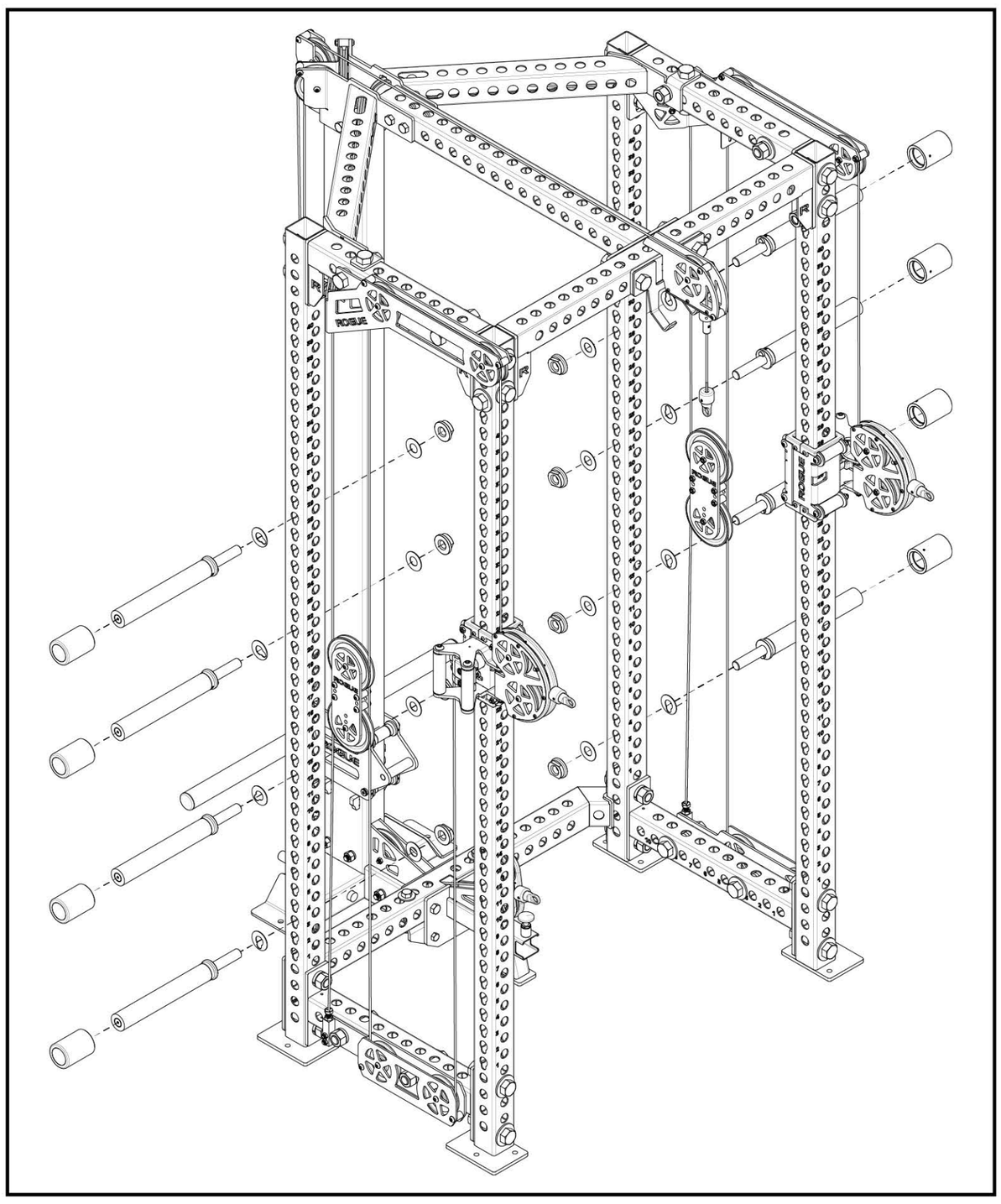
27-B



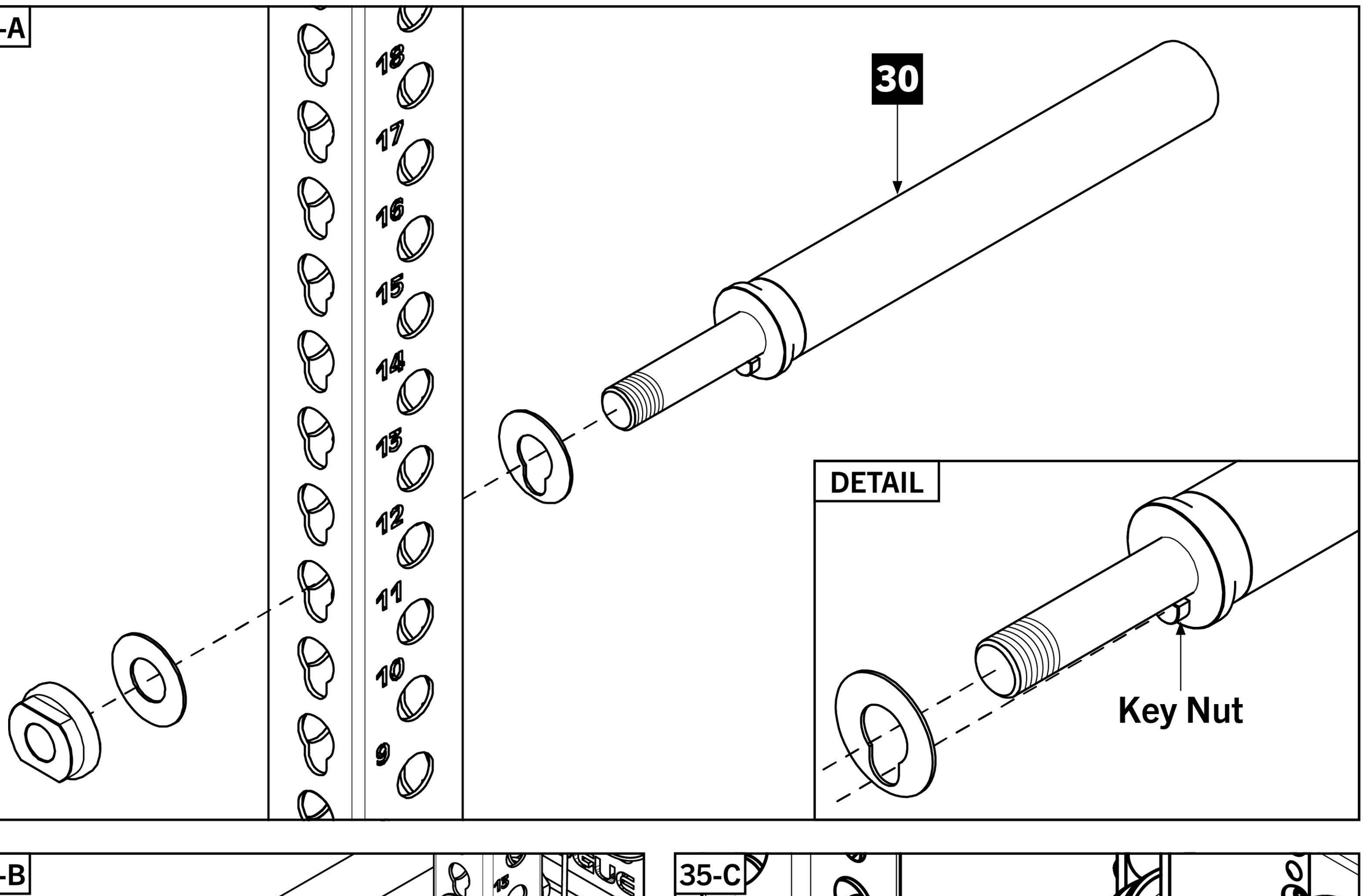
STEP 28

Tools Required:

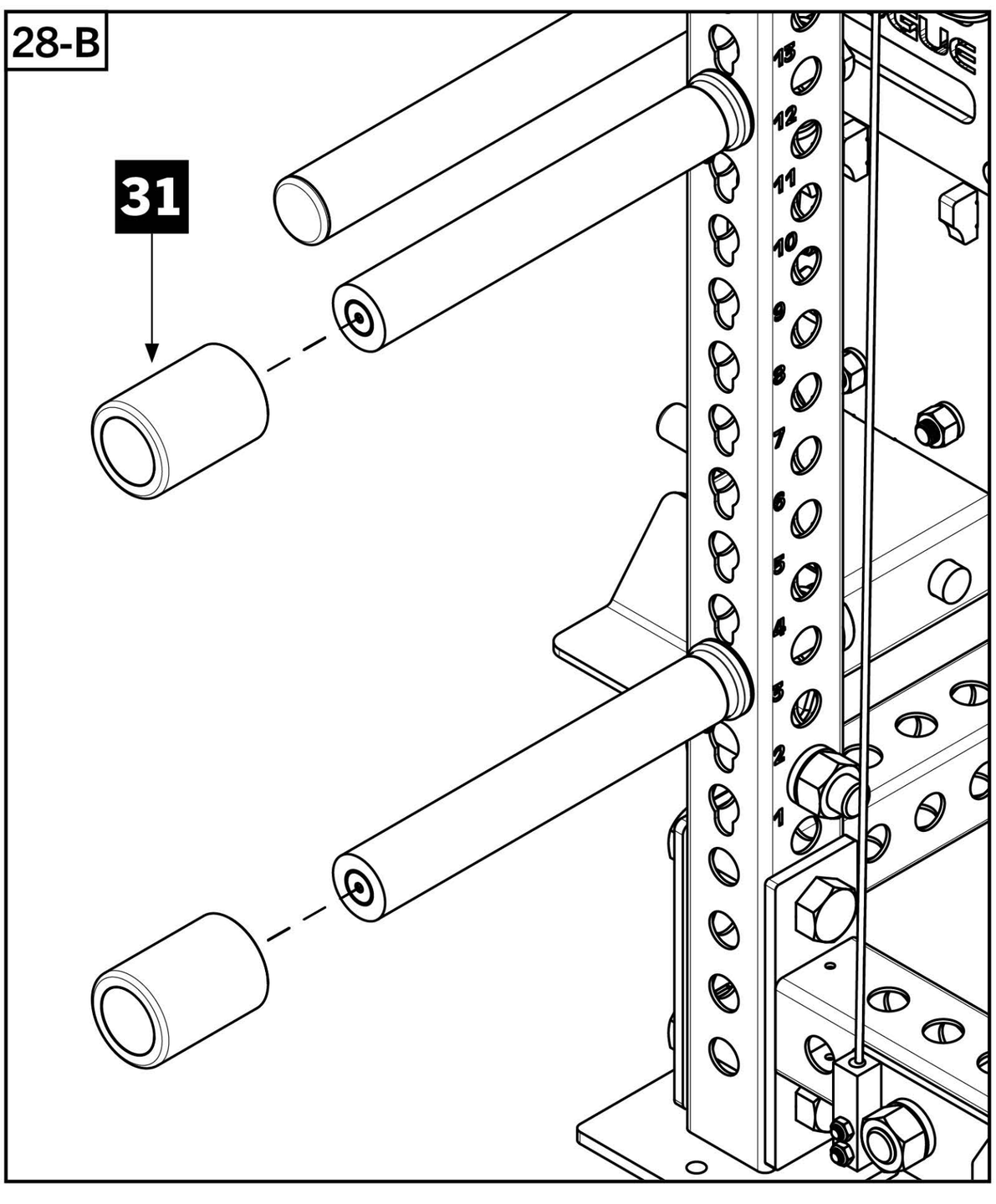
- 1-1/2” Wrench, 1/8” Allen Key
- Place Key Washer over the Key Nut on the Plate Storage Post shown in **Detail** view.
- Assemble Plate Storage Pins [**30**] on rear Monster Uprights at desired hole heights.
- Slide Plate Storage Spacers [**31**] all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in **28-C**.
- Fully tighten set screws using 1/8” Allen Key.



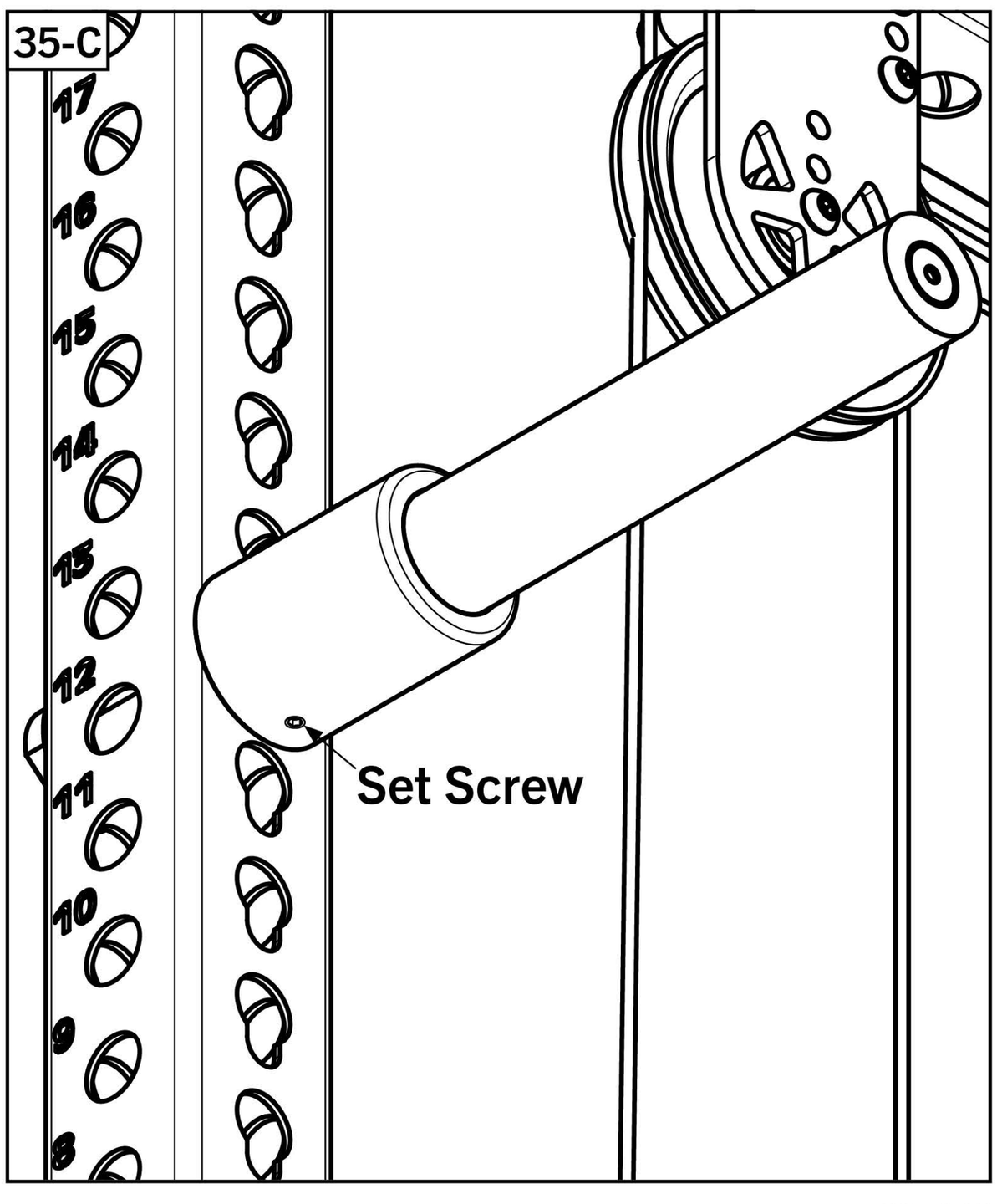
28-A



28-B



35-C

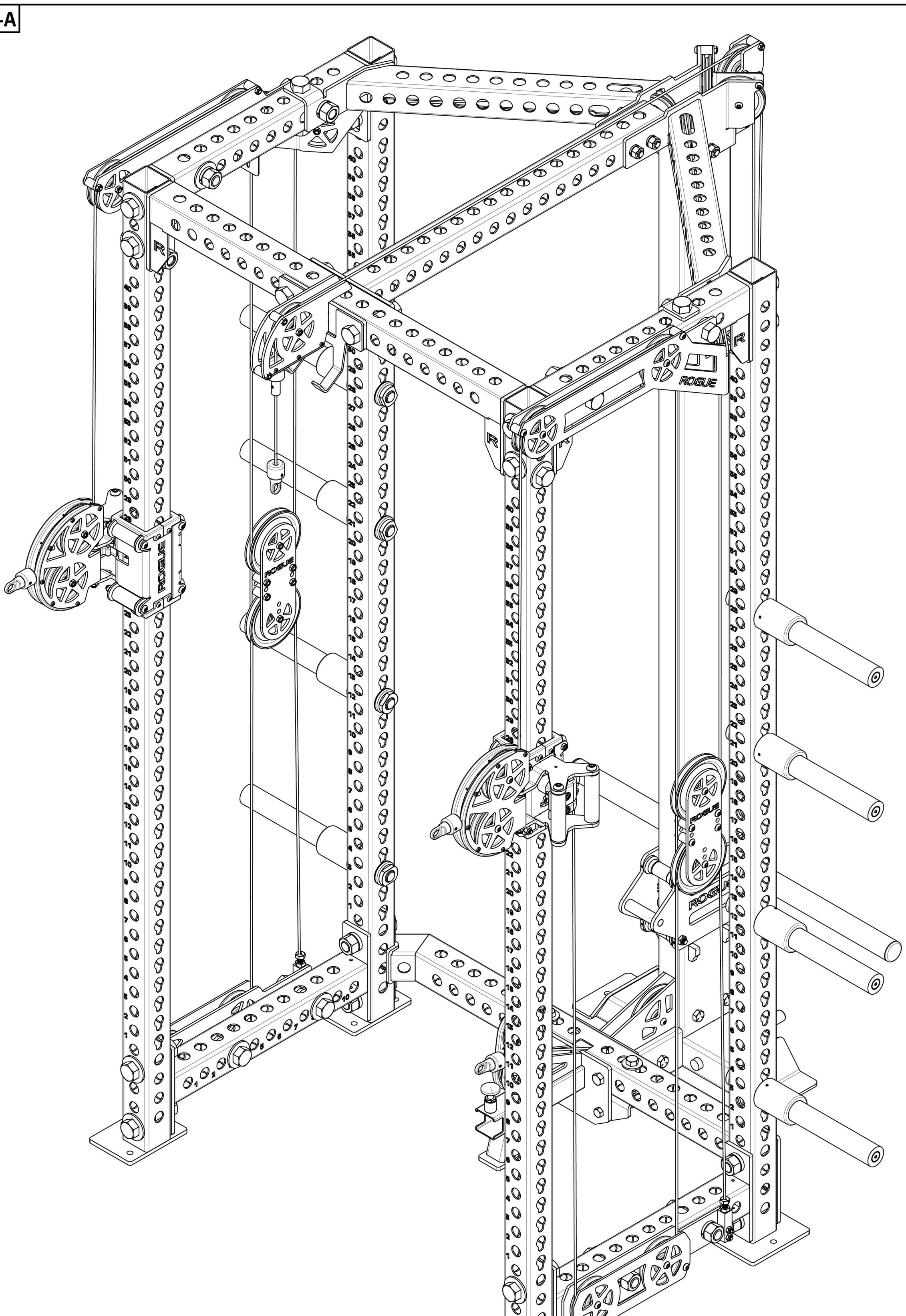


STEP 29

Tools Required:

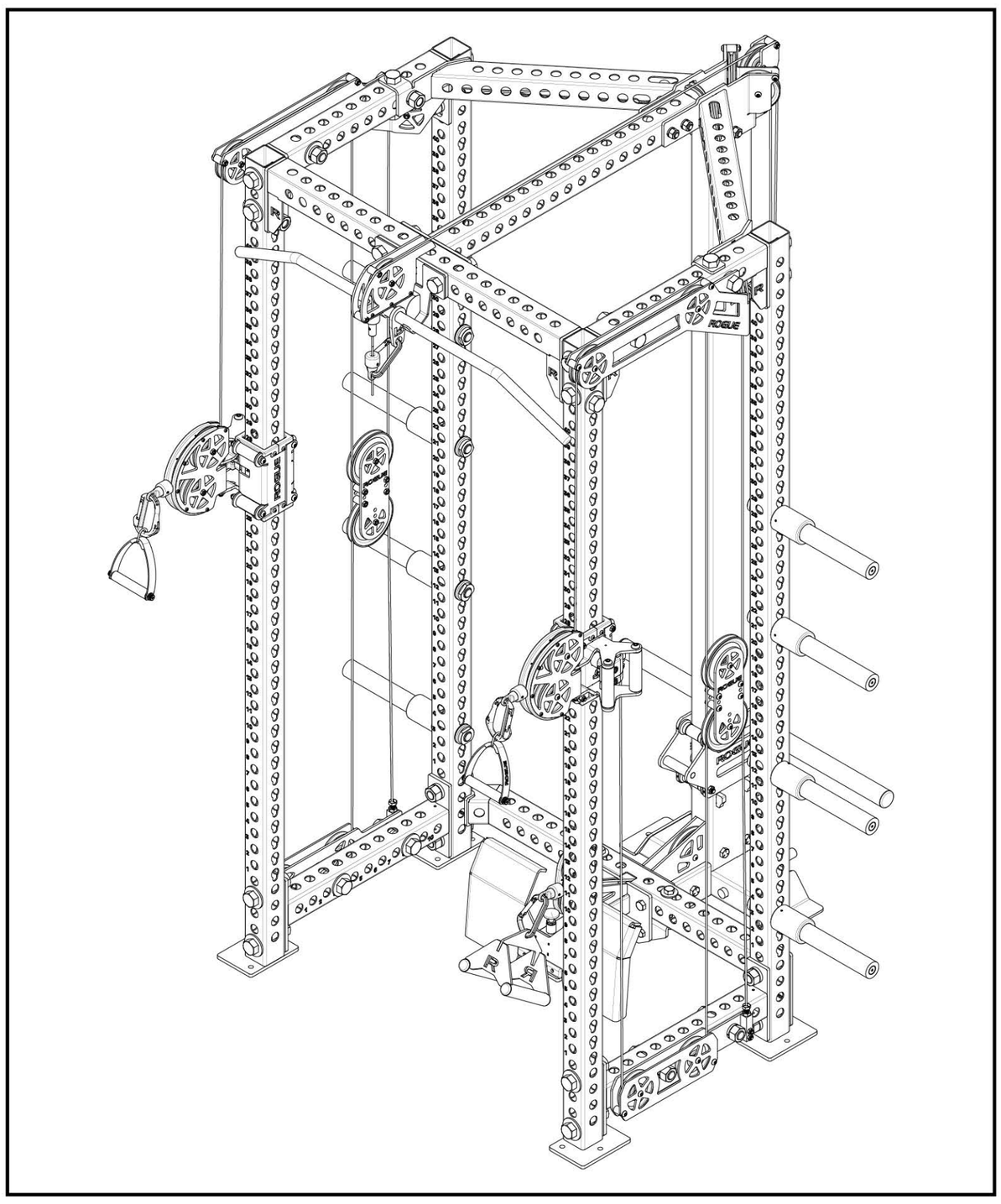
- All
- Tighten ALL loose hardware on the entire rack.
- Starting with no weight added to the Plate Load Trolley, check cables by pulling on each clevis.
- If cables are too tight or loose, adjust accordingly by loosening or tightening the lower 1/2” Jam Nuts on Low Side Cables [**29**].

29-A

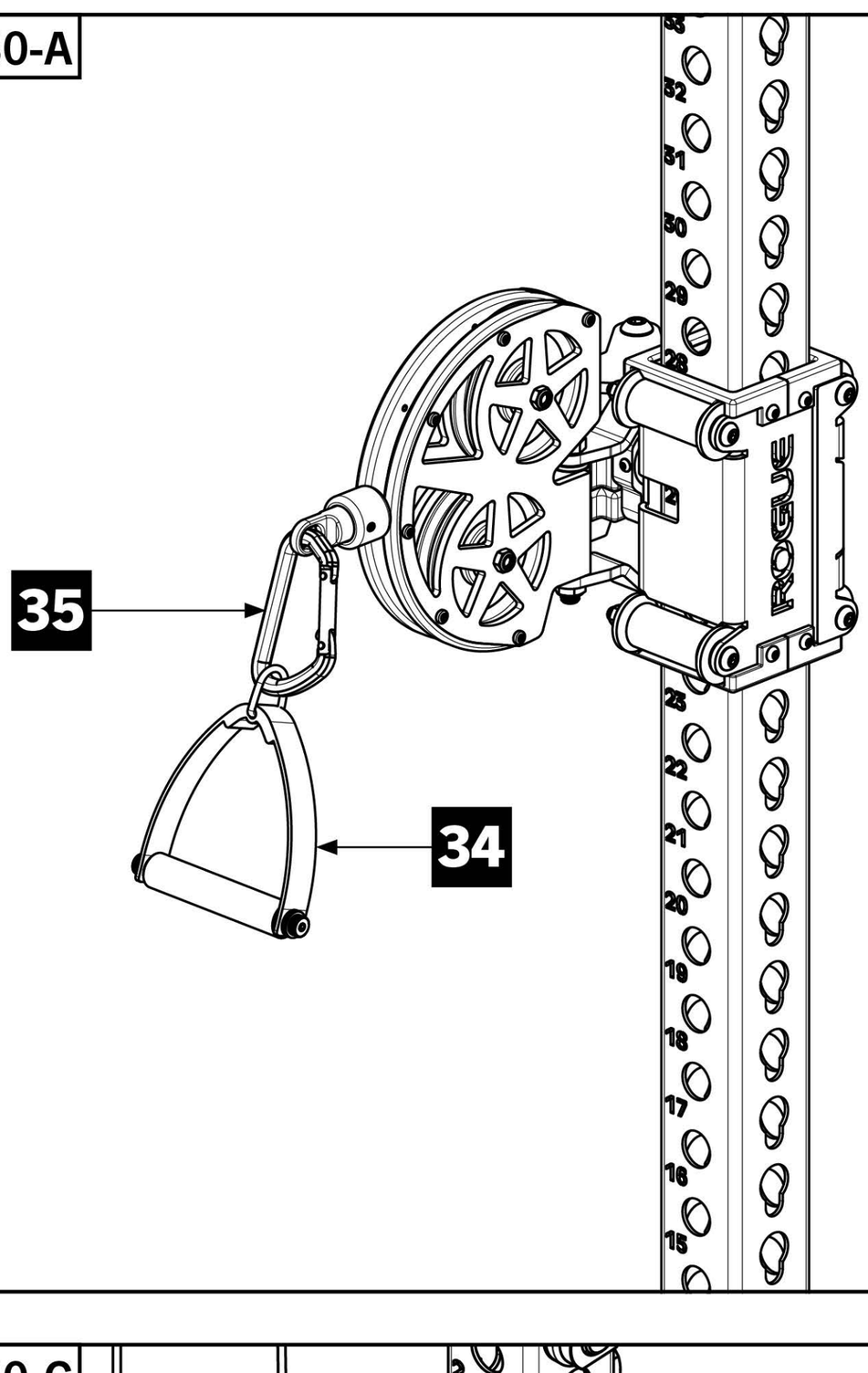


STEP 30

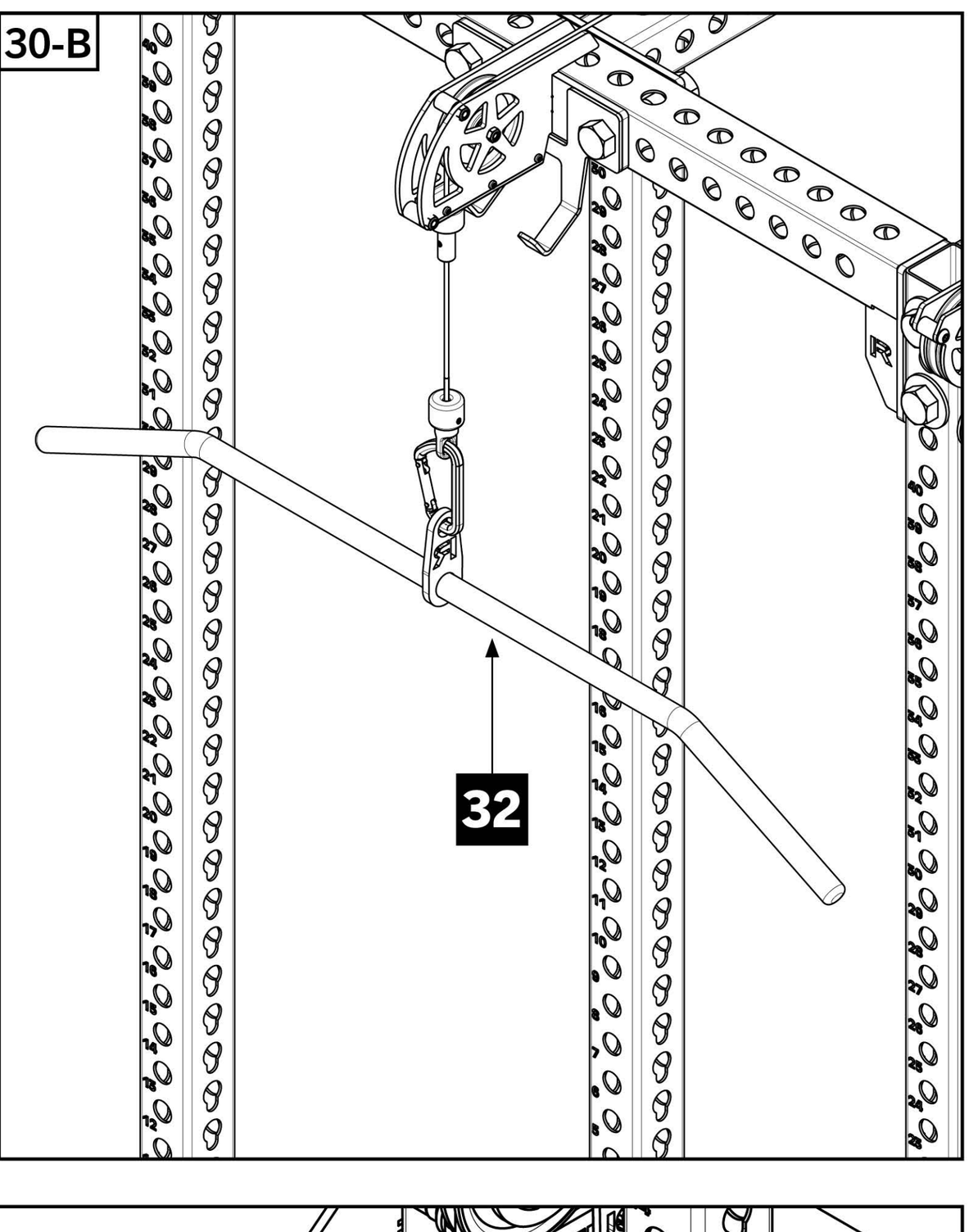
- Re-insert the Footplate into Low Row Footplat Assembly [**15**] and attach Standard Grip Triangle [**33**] to clevis.
- Attach Lat Bar [**32**] to Lat Pull down clevis attachment point.
- Attach Single Handle Attachments [**34**] to Swivel Trolleys using included Carabiners.



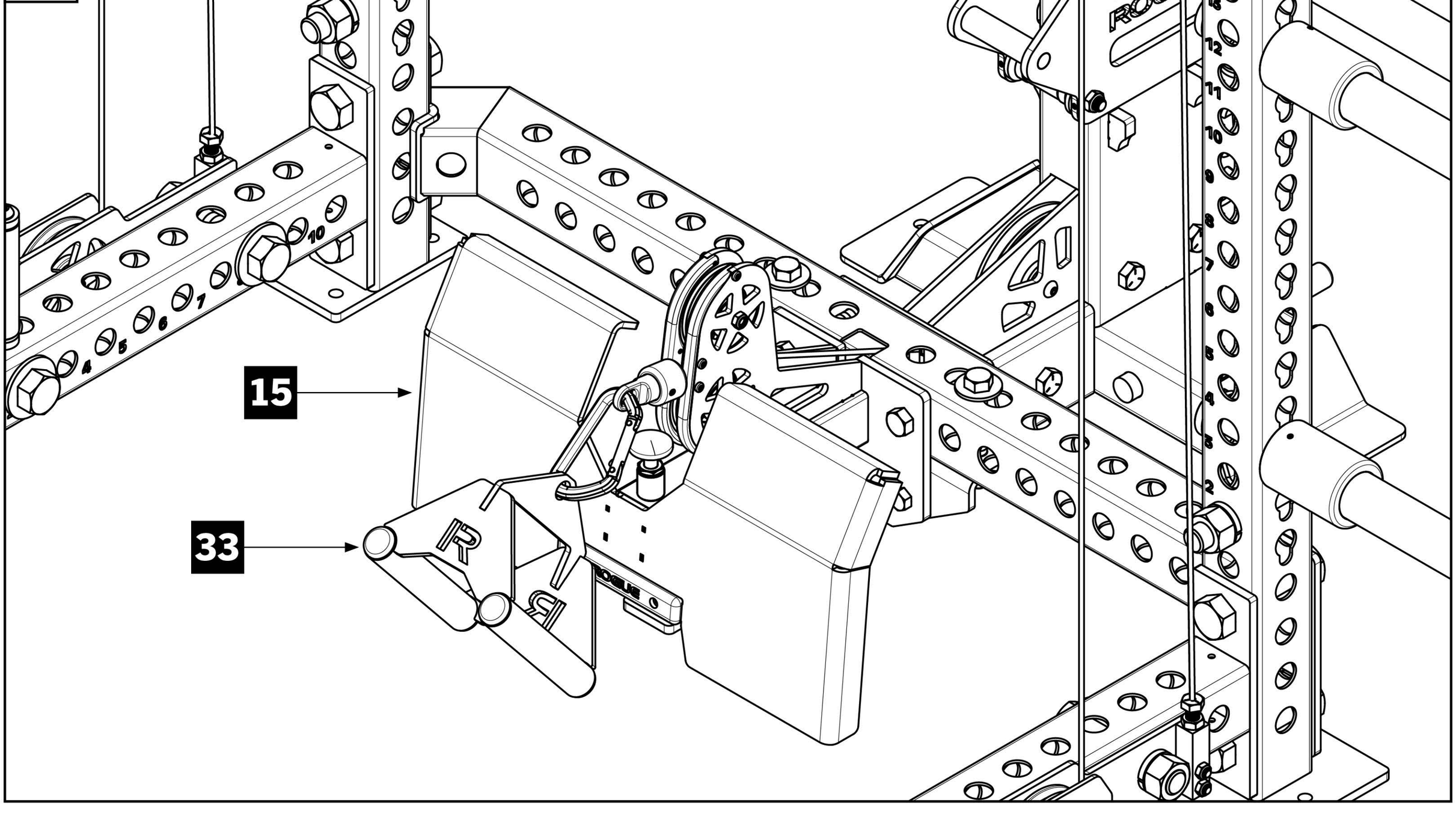
30-A



30-B



30-C



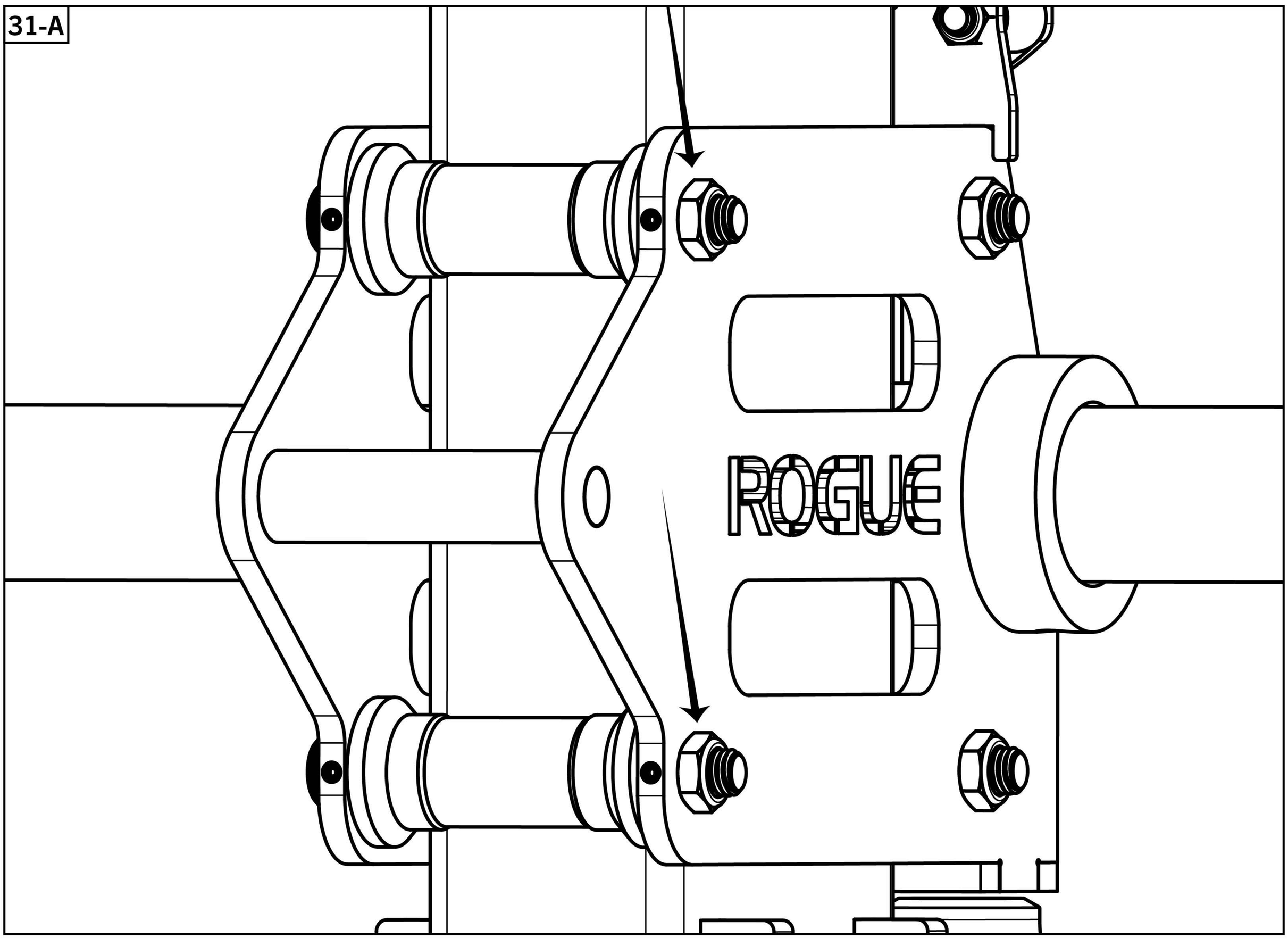
STEP 31

- If Plate Load Carriage rolls too tightly or loosely on upright, the fit may be adjusted by first loosening the two foremost roller bolts and nuts.
- Then tighten (clockwise) or loosen (counter clockwise) the four set screws with a 3/32” Allen Key as desired.
- Retighten the roller bolts and nuts.

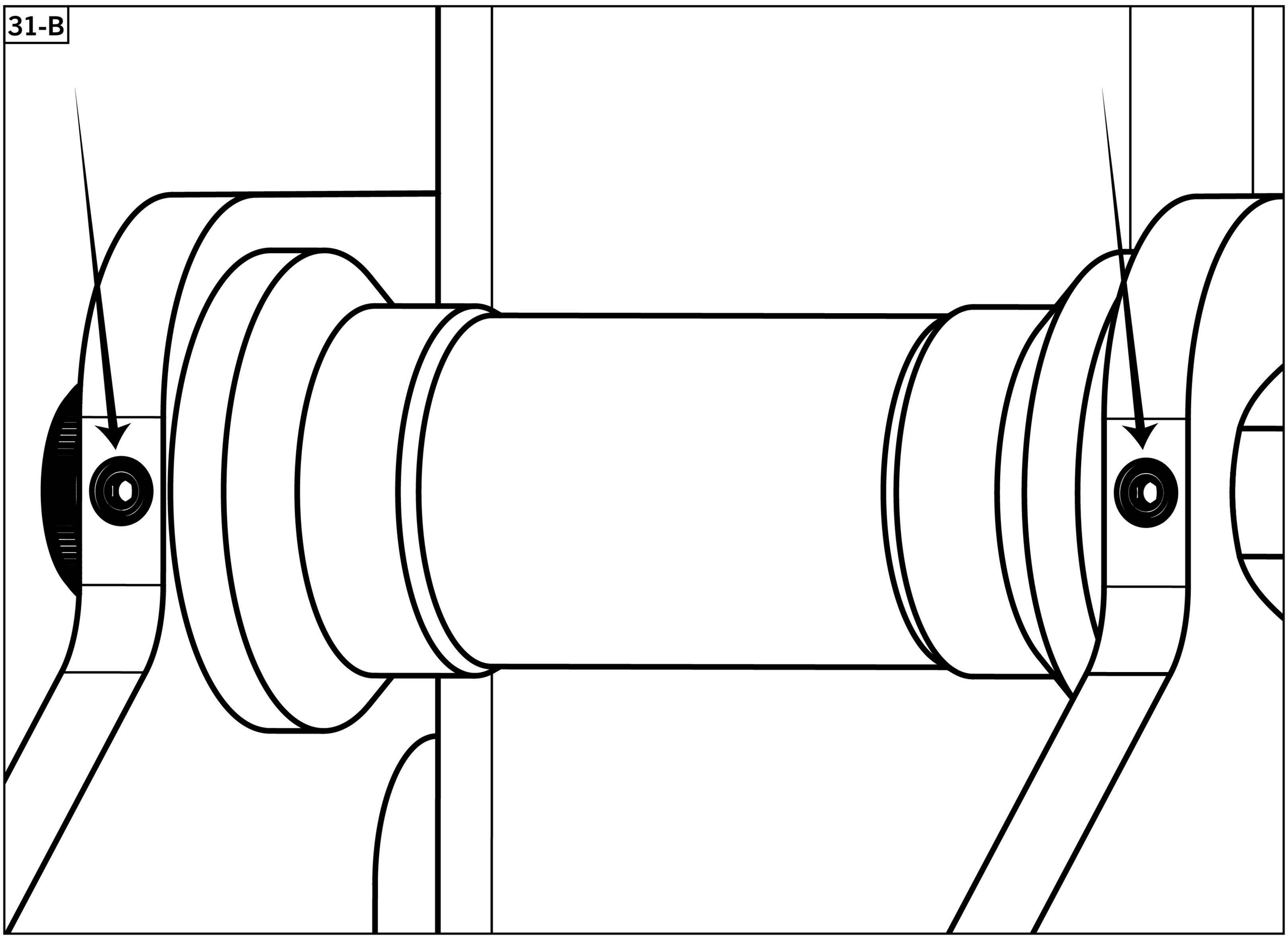
Note:

- Tighten/loosen all four set screws evenly to ensure the Plate Load Carriage remains level.

31-A



31-B

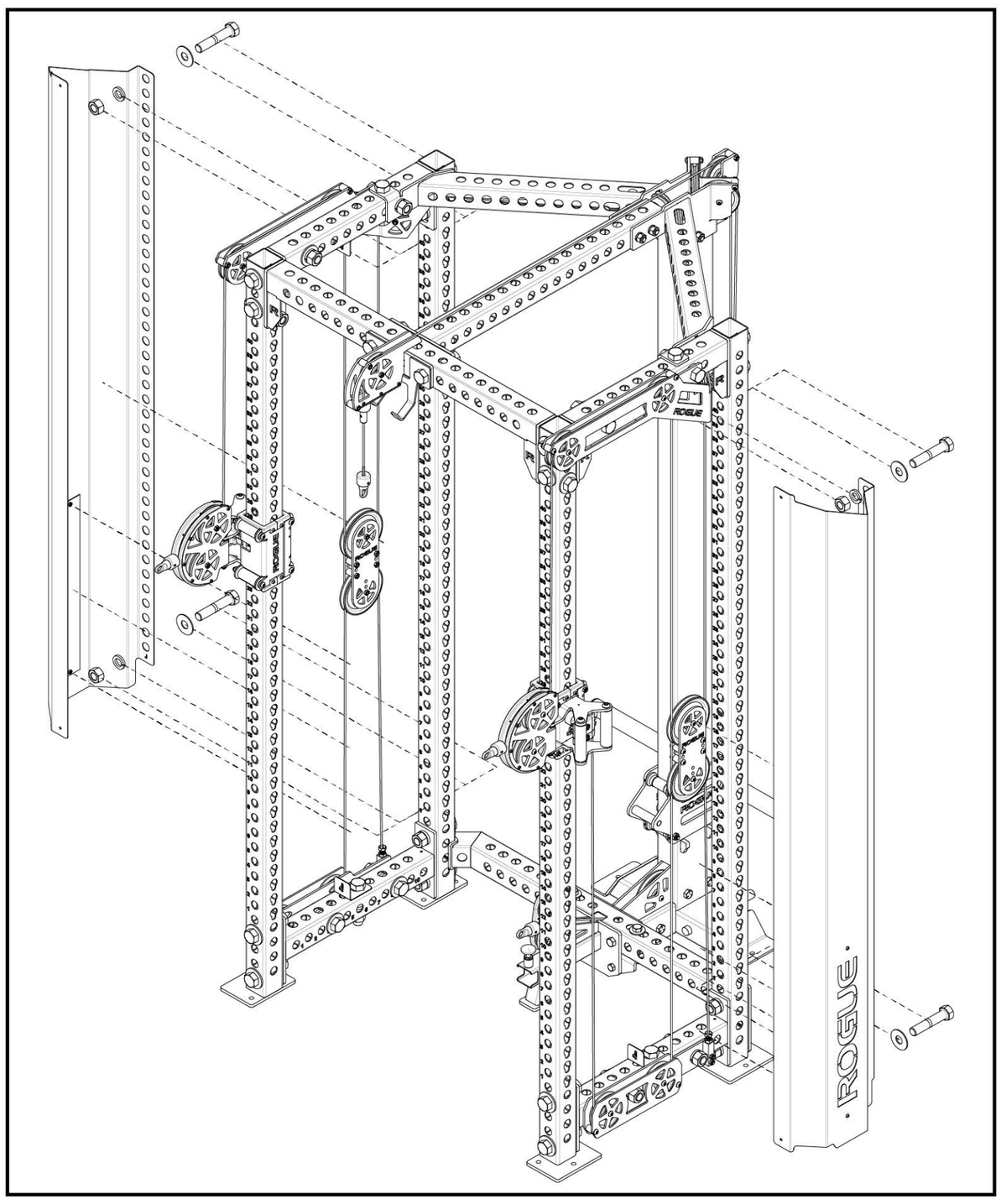


STEP 32 (SHROUD ASSEMBLY)

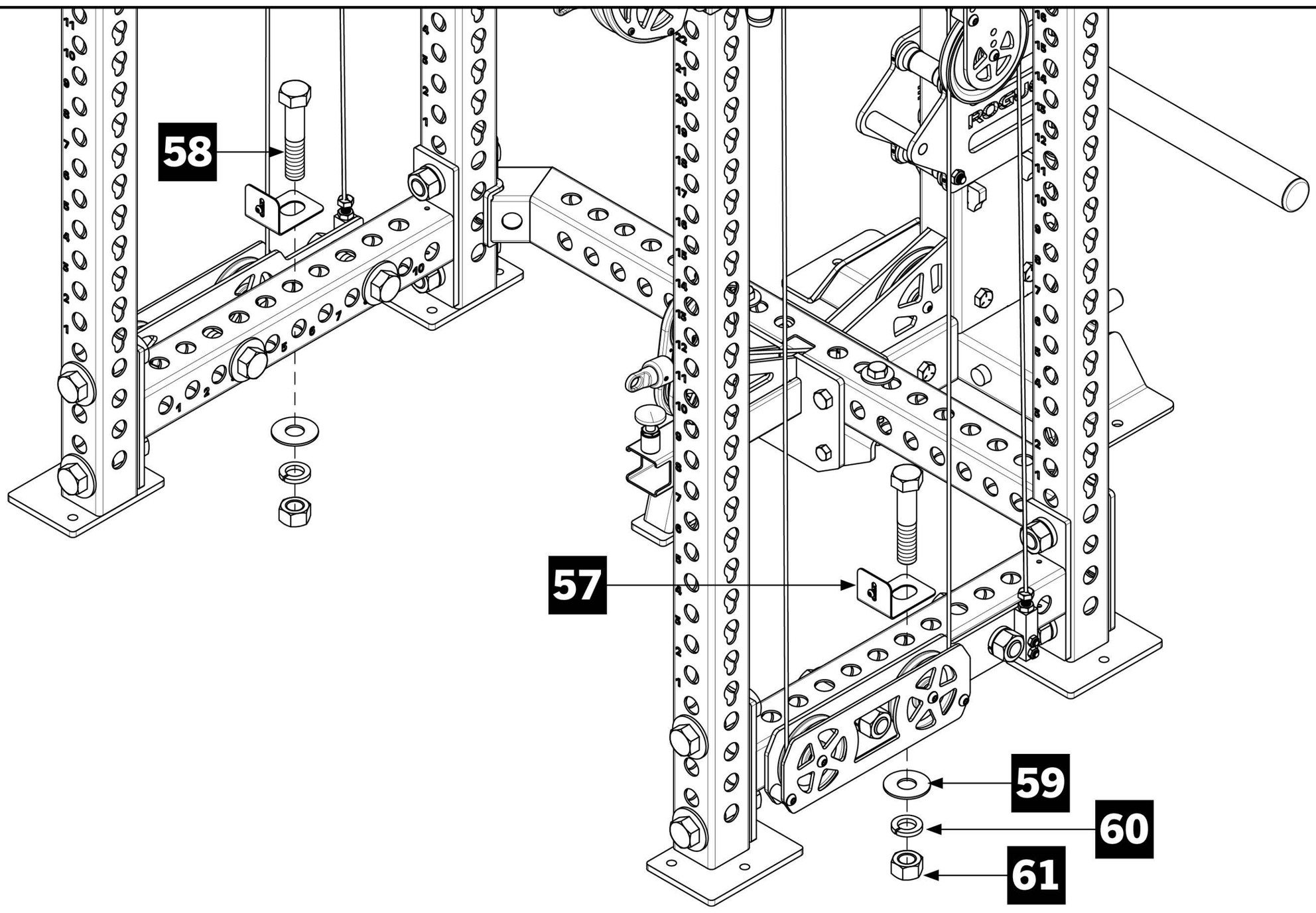
- Bolt Side Shroud Bottom Brackets [**57**] vertically to 24” Rear Low Crossmember [**5**] in locations shown using 1” x 4-1/2” Hex Bolts [**58**], 1” Flat Washers [**59**], 1” Lock Washers [**60**], and 1” Hex Nuts [**61**].
- Assemble Side Shroud -RH [**52**] and -LH [**53**] on rear uprights of rack using included 1” hardware through the highest and lowest 1” holes on Side Shrouds.

Note:

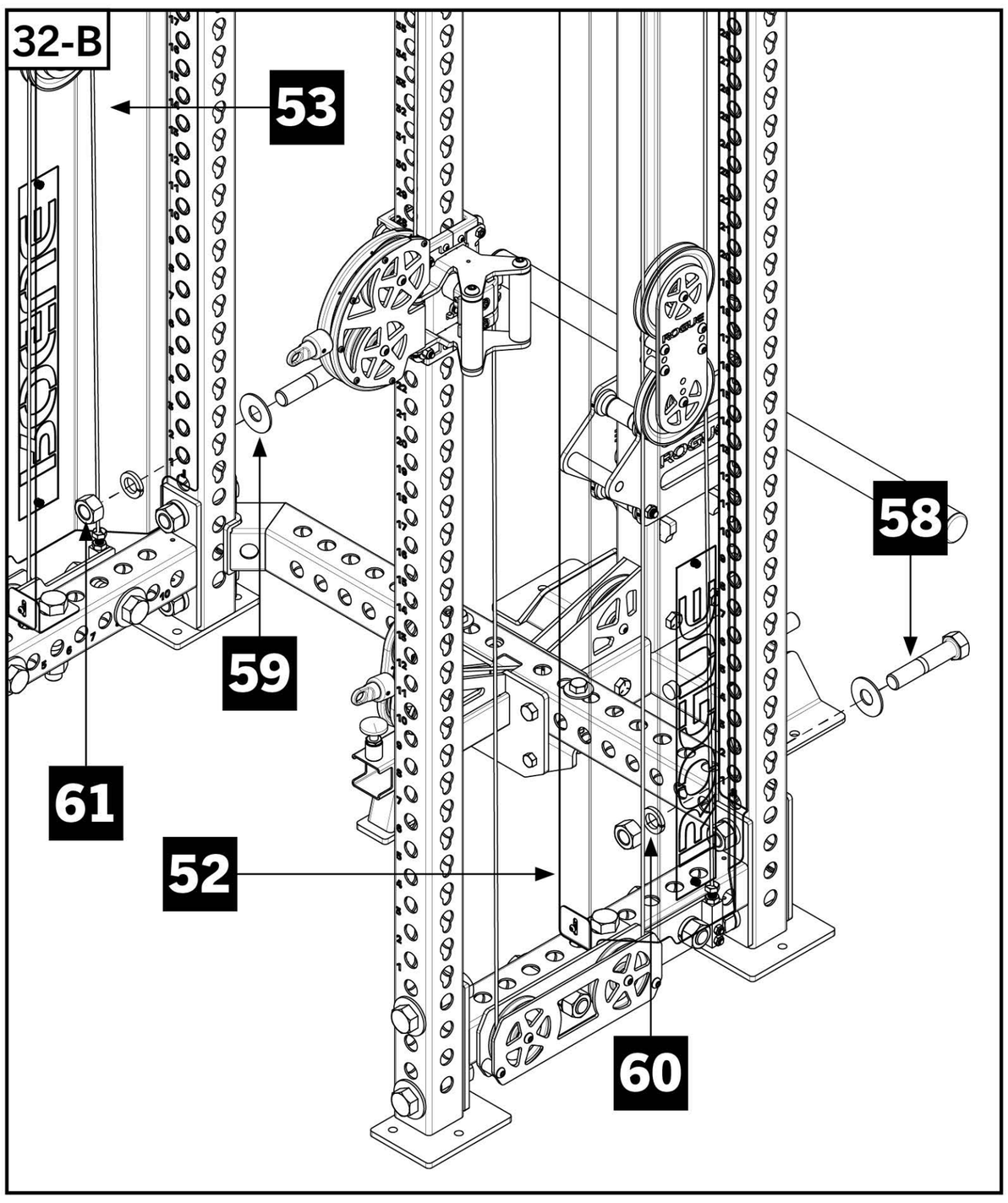
- Leave the 1” Hex Nuts shown in **32-B** and **32-C** very loose until Storage Panels are assembled on the next step.



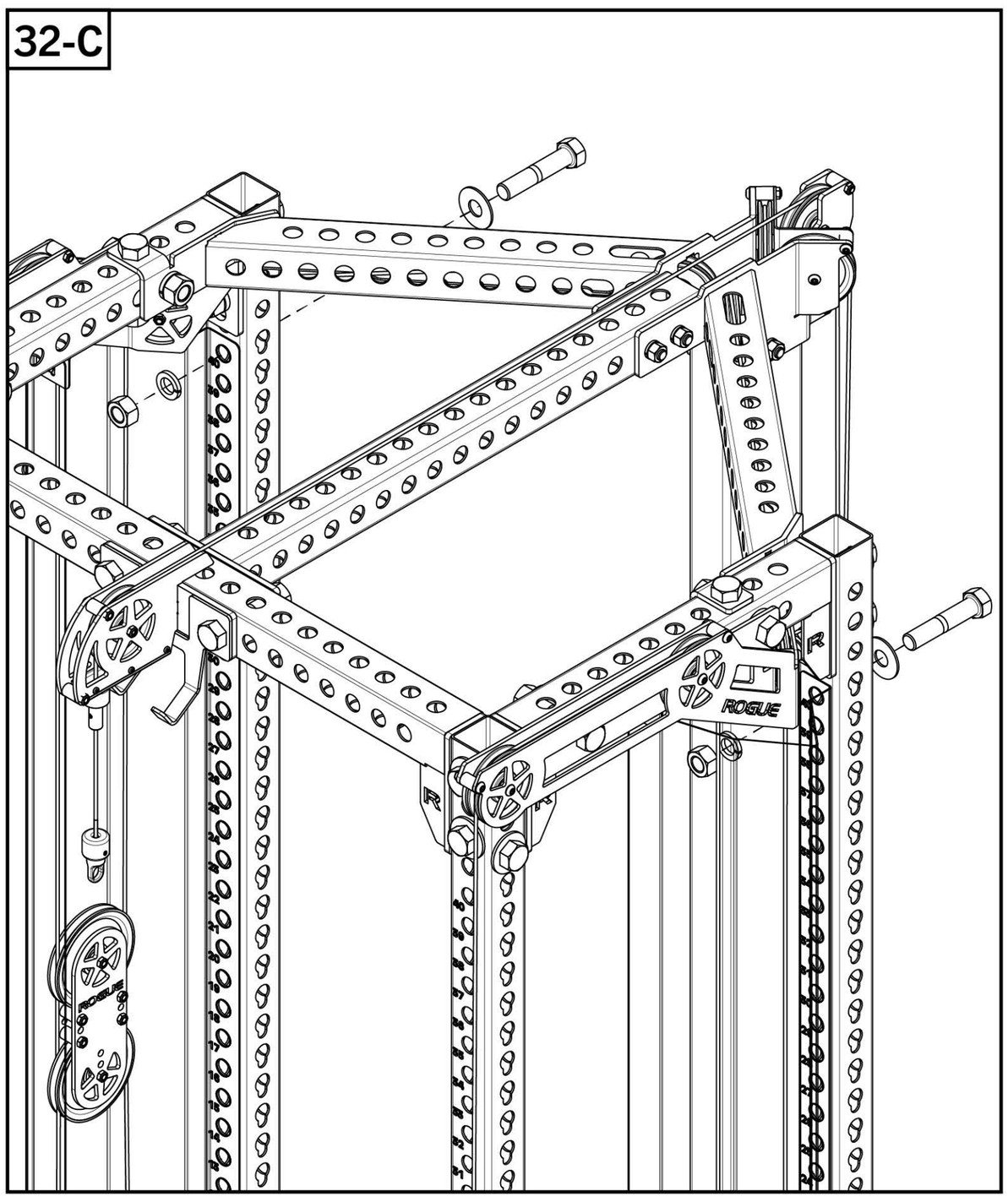
32-A



32-B



32-C



STEP 33 (SHROUD ASSEMBLY)

Tools Required:

- 1-1/2” Wrench, 5/32” Allen Key, 7/16” Wrench

- Attach rear top and bottom holes on Storage Panels [**54**],[**55**] to horizontal 1” hardware installed on previous step, and align 1/4” holes on front with 1/4” holes on Side Shrouds and Shroud Brackets.

- Bolt both Side Shrouds and Storage Panels to Bottom Brackets using four 1/4” x 5/8” Button Head Screws [**62**] and four 1/4” Thin Nylock Nuts [**63**].

- Fully tighten all Shroud Kit hardware.

Note:

- Only the LH Storage Panel shown below. Repeat steps below to assemble the RH Storage Panel onto Side Shroud RH.

