

ROGUE[®] THE MILO



IMPORTANT SAFETY INFORMATION

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.

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APPENDIX A - ROGUE BIKE TORQUE CHART

Bike Fastener Torque Chart	
Item	Torque
	N*m
Stem (front - handlebar)	5
Headset top cap	~1.5 (Min torque to remove play)
Stem (Rear - Steer tube)	7
Handlebar Grips	5
Seat Post Collar	5
Saddle	8
Pedals	35
Bottom Bracket	27
Crank	42
Chainrings Guard	1.8
Belt/ splitter	12
Cassette	12
F. Brake Lever	9
R. Brake Lever	9
Brake Adapter	7
F. Brake	7
R. Brake	7
Brake Rotor	6.2
Brake Cable Clamp	8
F. Hub Axle Nut	45
R. Hub Axle Nut	45
Water Bottle Bolts	1.8
cable tie bolts	1.8

TOOLS REQUIRED

- 15MM OPEN END WRENCH
- 4MM, 5MM, AND 6MM HEX WRENCHES



STEP 1

- REMOVE THE BIKE AND ACCESSORIES FROM THE BOX



STEP 2

- CUT OFF ZIP TIES, REMOVE PADDING, FRONT FORK SPACER, AND AXLE GUARDS



STEP 3

- INSTALL SEAT POST AS SHOWN



STEP 4

- INSTALL THE FRONT WHEEL IN THE FORK AS SHOWN BELOW. FIRST SLIDE THE WASHERS TO THE OUTSIDE OF THE AXLE AND KEEP THEM OUTSIDE THE FORK DROPOUTS. CAREFULLY LINE UP THE DISK BRAKE ROTOR INTO THE BRAKE CALIPERS WITHOUT SCRAPING ON THE BRAKE PADS. MAKE SURE THE AXLE RETAINER WASHERS ARE LINED UP SO THE TAB GOES IN THE FORK HOLE AS SHOWN IN THE DETAIL IMAGE BELOW



STEP 5

- ENSURE THE WHEEL IS FULLY INSERTED. USE A 15MM WRENCH TORQUE THE AXLE NUTS TO 45 NM



STEP 6

- REMOVE THE 4 BOLTS ON THE STEM FACE SHOWN BELOW



STEP 7

- INSTALL THE HANDLEBARS IN THE STEM CENTERED AS SHOWN. MAKE SURE THE CABLES ARE NOT TWISTED



STEP 8

- TIGHTEN THE 4 BOLTS STEM FACE HAND TIGHT EVENLY SO THE GAP ABOVE THE HANDLEBARS IS THE SAME AS THE GAP BELOW THE HANDLEBARS



*NOTE: MAKE SURE THE HANDLEBARS ARE ROTATED SO THE BRAKE LEVERS ARE AT A COMFORTABLE ANGLE WHEN GRIPPED. WHILE IN THE RIDING POSITION, YOUR WRIST SHOULD BE STRAIGHT AND AT A NATURAL COMFORTABLE ANGLE WHEN PULLING THE BRAKE LEVERS.

STEP 9

- TORQUE ALL 4 STEM FACE BOLTS TO 5NM



STEP 10

- INSTALL BELT GUARD BY CLAMPING THE FRONT HALF OF IT ON TO THE DOWN TUBE AS SHOWN BELOW



STEP 11

- CLAMP THE REAR HALF OF THE BELT GUARD TO THE DRIVE SIDE SEAT STAY TUBE AS SHOWN BELOW



STEP 12

- INSTALL THE WHEEL REFLECTORS BY LOCKING THEM ON THE SPOKES



STEP 13

- INSTALL THE FRONT REFLECTOR (WHITE REFLECTOR COLOR) ON THE HANDLEBAR



STEP 14

- INSTALL THE REAR REFLECTOR (RED) ON THE SEAT POST



STEP 15

- THREAD IN THE DRIVE-SIDE PEDAL (LOOK FOR “R” MARKED ON AXLE) INTO THE DRIVE-SIDE CRANK. THIS IS RIGHT-HAND THREADED. TORQUE TO 35NM WITH THE 15MM WRENCH



STEP 16

- REPEAT INSTALL WITH THE NON-DRIVE-SIDE PEDAL EXCEPT THIS WILL BE LEFT HAND THREADED. TORQUE TO 35NM WITH THE 15MM WRENCH



STEP 17

- LOOSEN SEAT POST AND ADJUST TO PROPER HEIGHT (EXPLAINED IN STEP 14) TORQUE SEAT POST CLAMP BOLT TO 5NM



NOTE: MAKE SURE THAT THE SEAT POST DOES NOT PROJECT FROM THE FRAME BEYOND ITS “MINIMUM INSERTION” OR “MAXIMUM EXTENSION” MARK.

STEP 18

TO CHECK FOR CORRECT SADDLE HEIGHT:

- SIT ON THE SADDLE
- PLACE ONE HEEL ON A PEDAL
- ROTATE THE CRANK UNTIL THE PEDAL WITH YOUR HEEL ON IT IS IN THE DOWN POSITION AND THE CRANK ARM IS PARALLEL TO THE SEAT TUBE
 - IF YOUR LEG IS NOT COMPLETELY STRAIGHT, YOUR SADDLE HEIGHT NEEDS TO BE ADJUSTED
 - IF YOUR HIPS MUST ROCK FOR THE HEEL TO REACH THE PEDAL, THE SADDLE IS TOO HIGH.
 - IF YOUR LEG IS BENT AT THE KNEE WITH YOUR HEEL ON THE PEDAL, THE SADDLE IS TOO LOW.

** THIS IS AN APPROXIMATE TECHNIQUE. A BIKE FIT FROM A TRAINER PROFESSIONAL CAN GIVE YOU A MORE EXACT SETTING.*



STEP 19 - FINAL CHECK

1. MAKE SURE THE HANDLEBAR AND FRONT WHEELS ARE PERPENDICULAR. IF NOT LOOSEN STEM BOLTS, ALIGN BARS AND RETORQUE STEM BOLTS
2. IN A SAFE LOCATION AWAY FROM TRAFFIC: PEDAL UP TO SPEED AND GRAB BOTH BRAKES FIRMLY TO A STOP AND MAKE SURE BRAKE POWER IS GOOD
3. DOES BIKE PEDAL AND BACK PEDAL SMOOTHLY WITH BELT TRACKING CORRECTLY
4. MAKE SURE NOTHING DRAGS OR INTERFERES WITH THE WHEELS
5. TURN HANDLEBARS AND MAKE SURE NO DRAG OR PLAY IN STEERING
6. SET THE BIKE ON THE FLOOR AND MAKE SURE THE SADDLE IS LEVEL
7. CHECK TO MAKE SURE THERE ARE NO LOOSE COMPONENTS.

