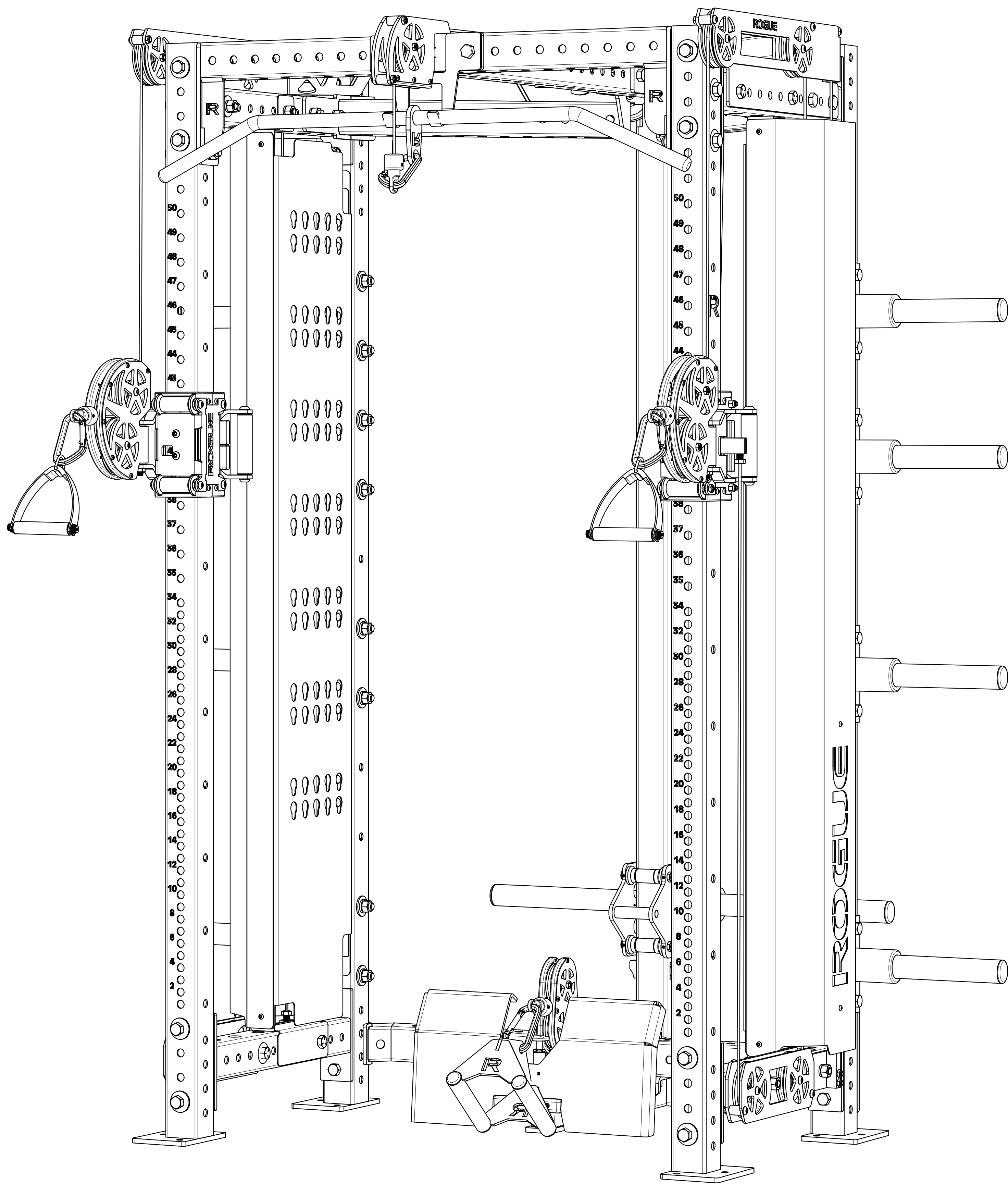


ROGUE[®]

FML-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:

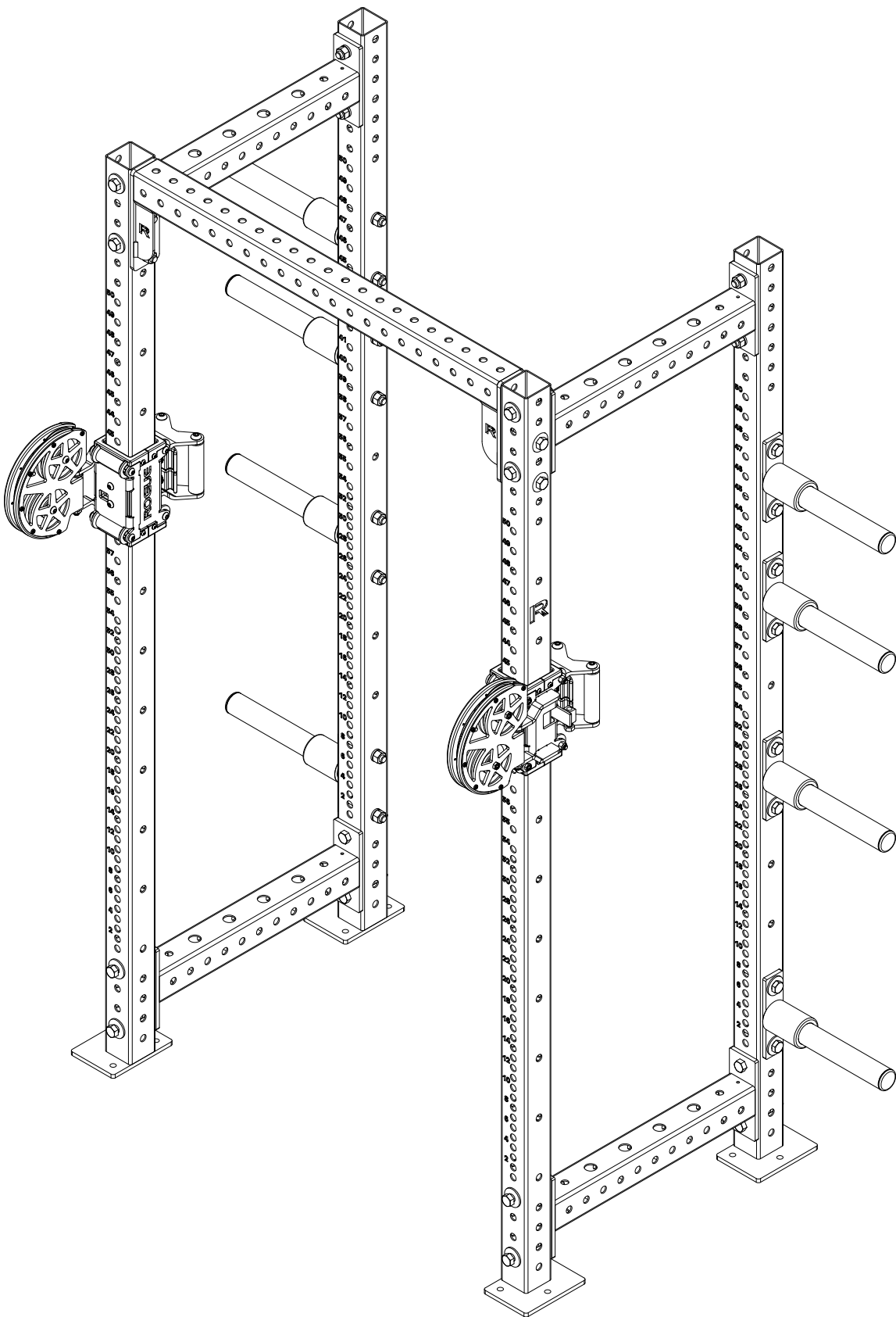
THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE. MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY. MISUSE OF THIS RACK CAN RESULT IN SEVERE INJURY.

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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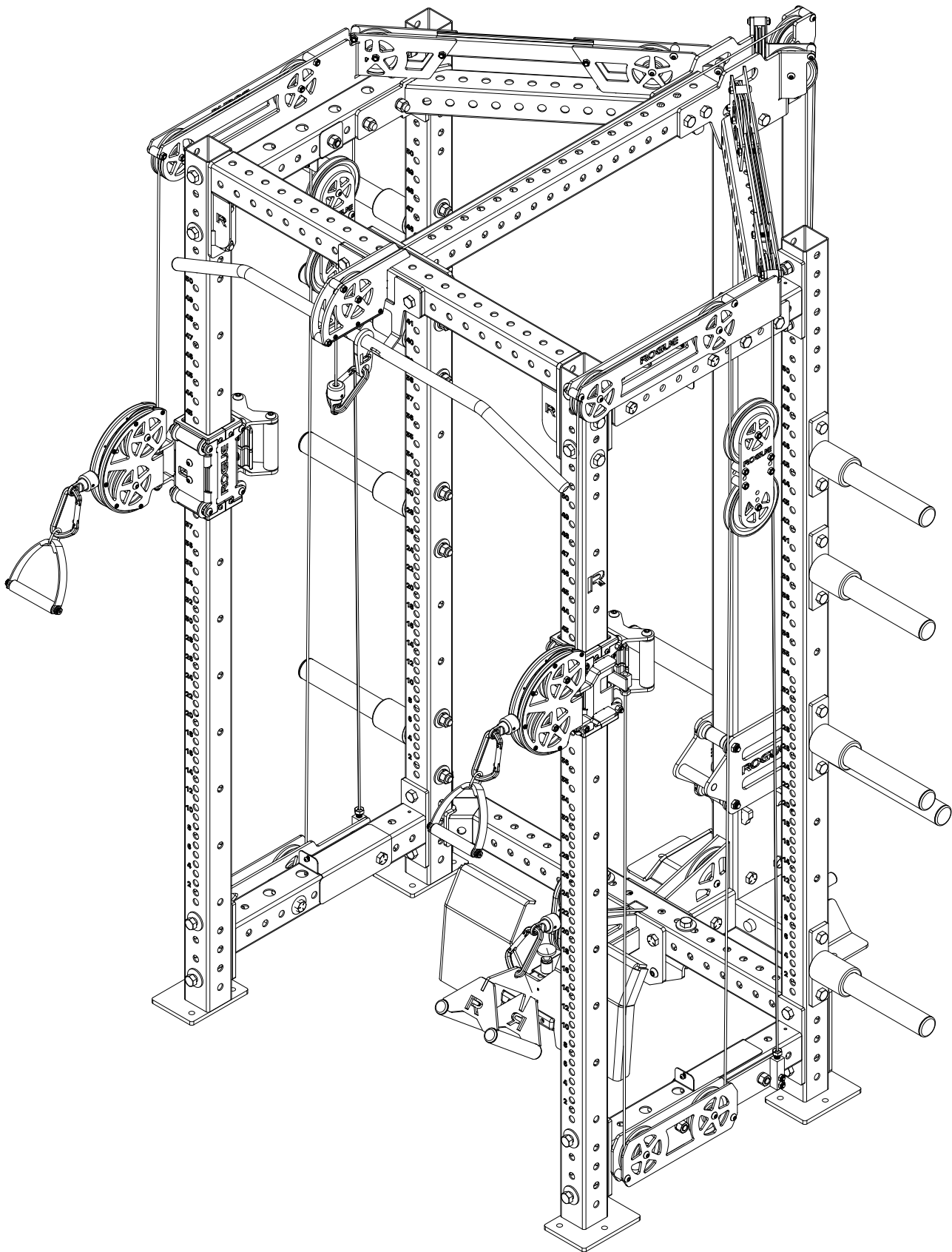
FML-HR RACK

Included Tools.....	3
Included Parts.....	4
Assembly.....	11



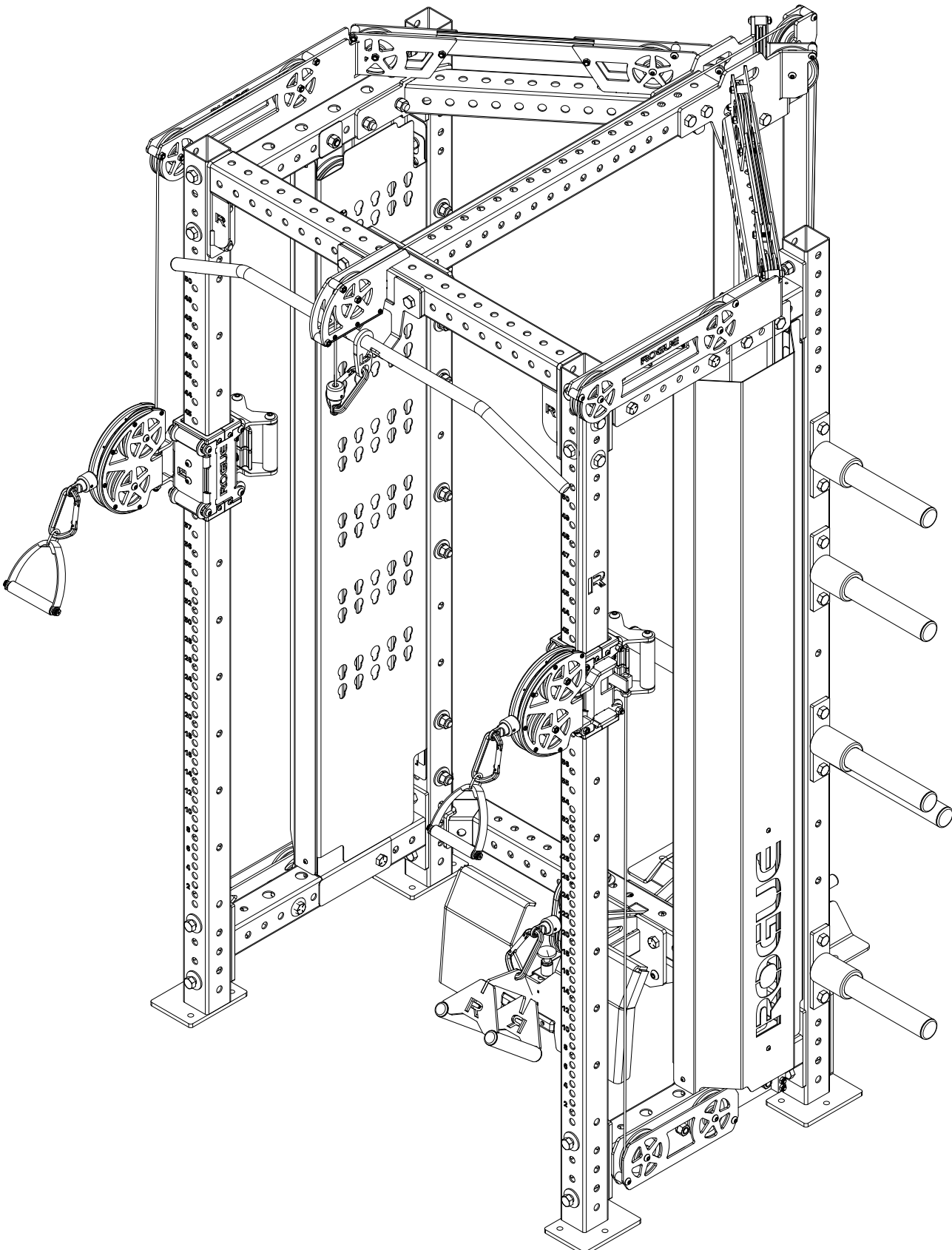
FML-HR ADD-ON KIT

Included Tools.....	3
Included Parts.....	5
Assembly.....	15



FML SHROUD KIT

Included Tools.....	3
Included Parts.....	9
Assembly.....	46

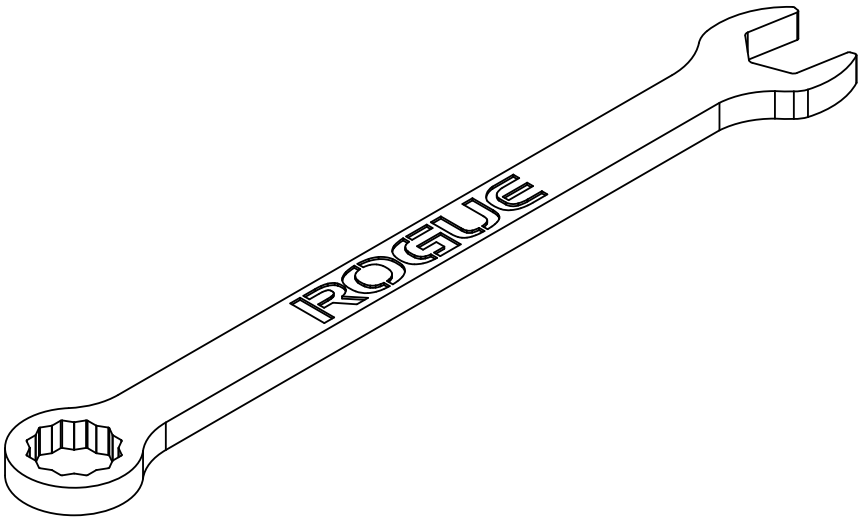


INCLUDED TOOLS

Note: Images not shown at scale

1

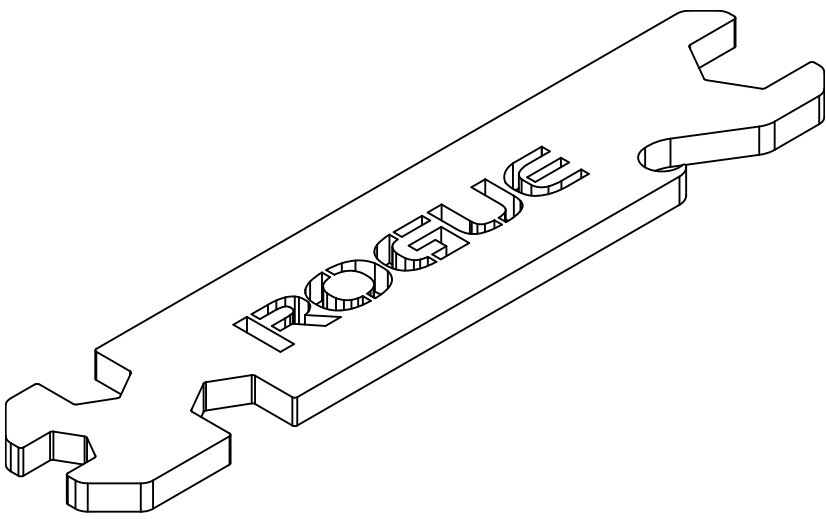
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15/16” Wrench

2

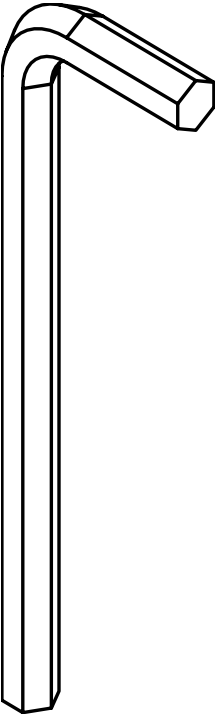
Qty: 1x



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

3

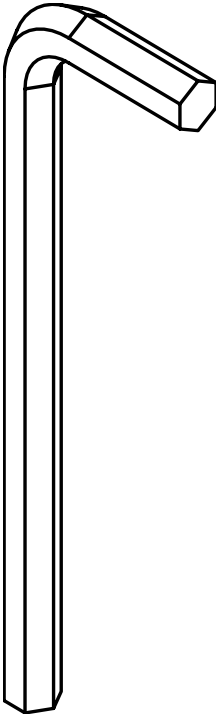
Qty: 1x



3/8” Allen Key

4

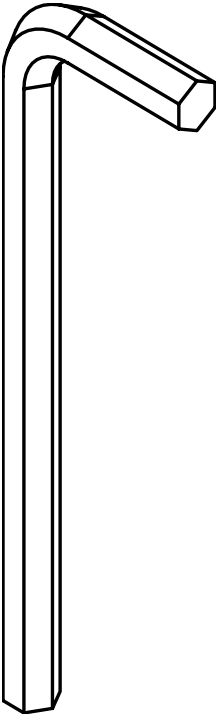
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5/16” Allen Key

5

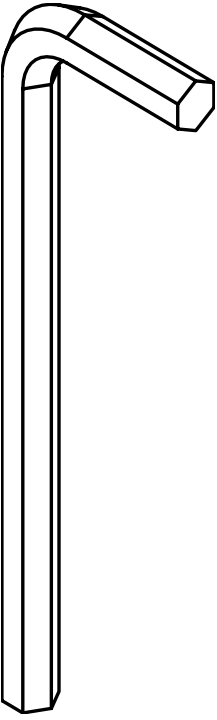
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7/32” Allen Key

6

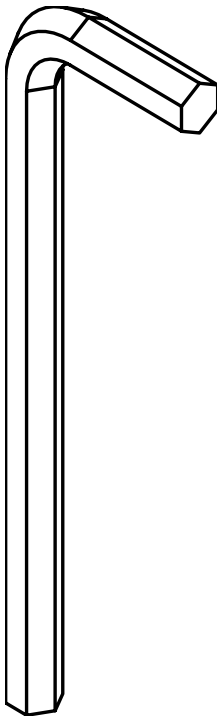
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5/32” Allen Key

7

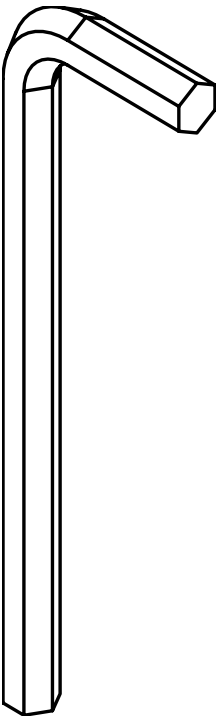
Qty: 1x



1/8” Allen Key

8

Qty: 1x



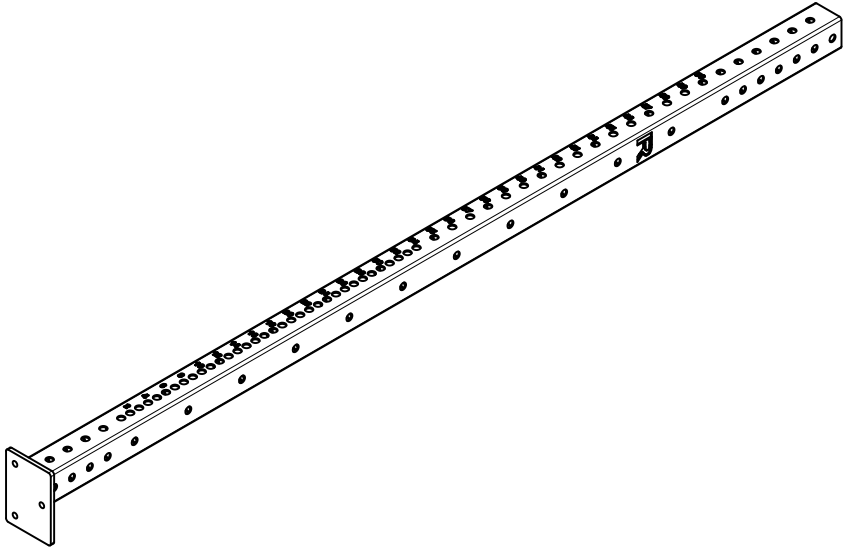
3/32” Allen Key

INCLUDED PARTS: RML-HR FULL RACK

Note: Images not shown at scale.

1

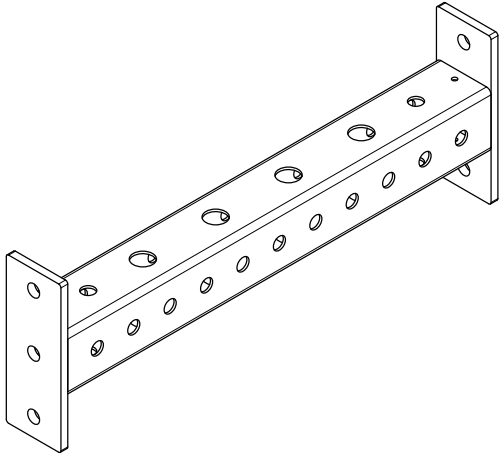
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90" or Monster Lite Upright

2

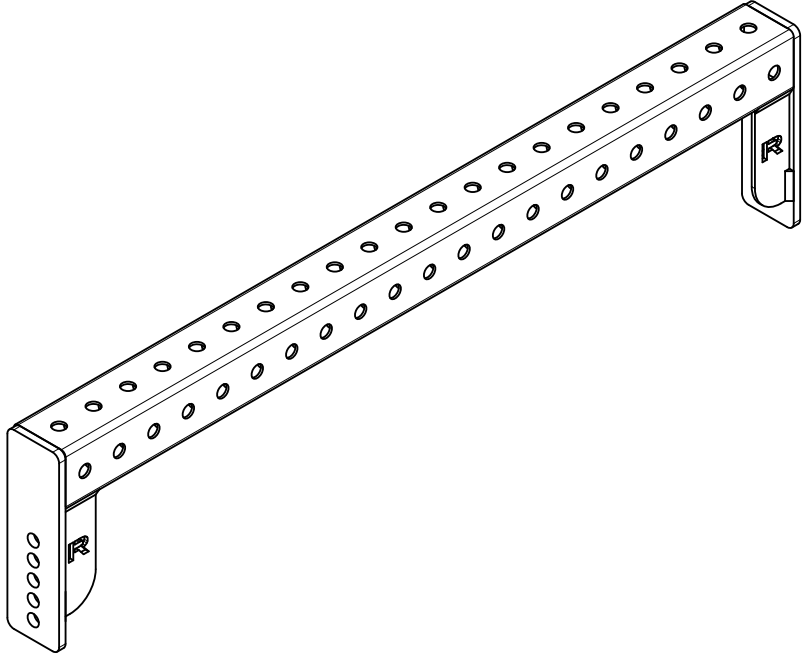
Qty: 4x



24" Rear Crossmember

3

Qty: 1x

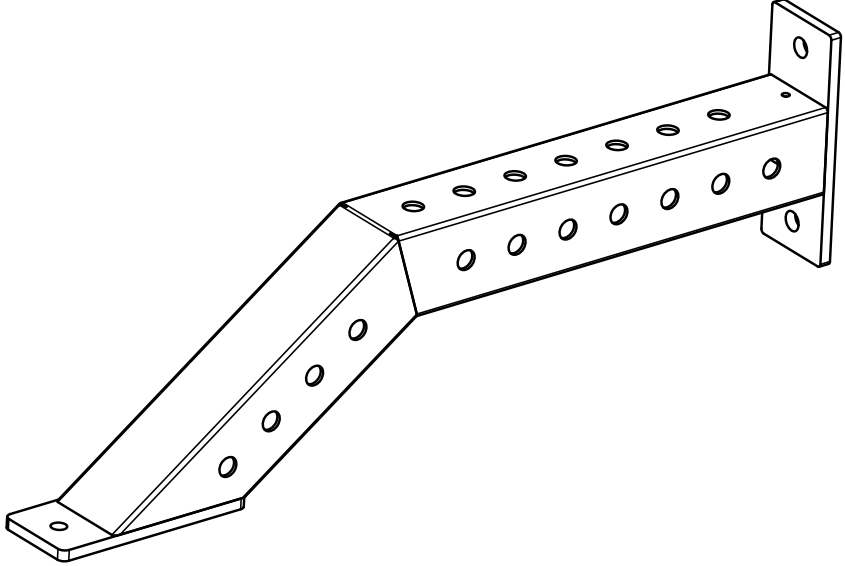


43" Spanning Crossmember

4

Qty: 2x

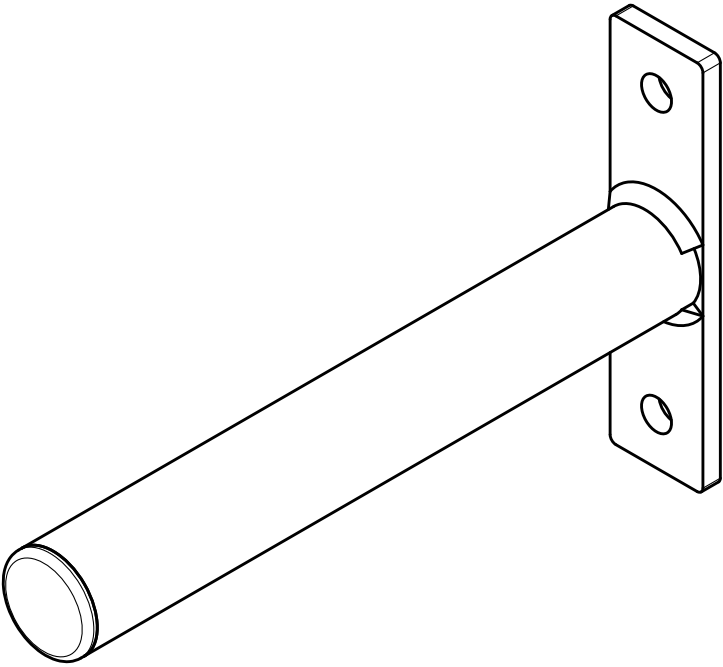
*



Half Rack Foot

5

Qty: 8x

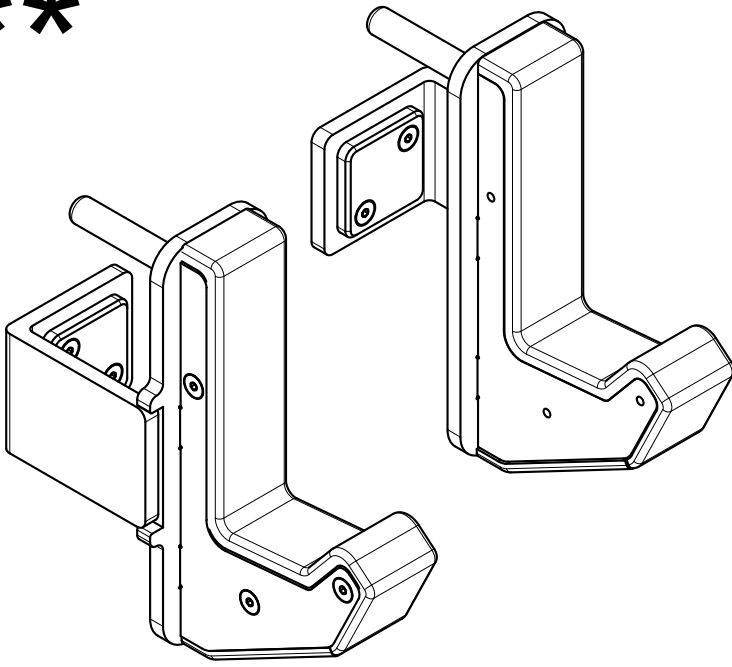


Monster Lite Plate Storage Pin

6

Qty: 1x

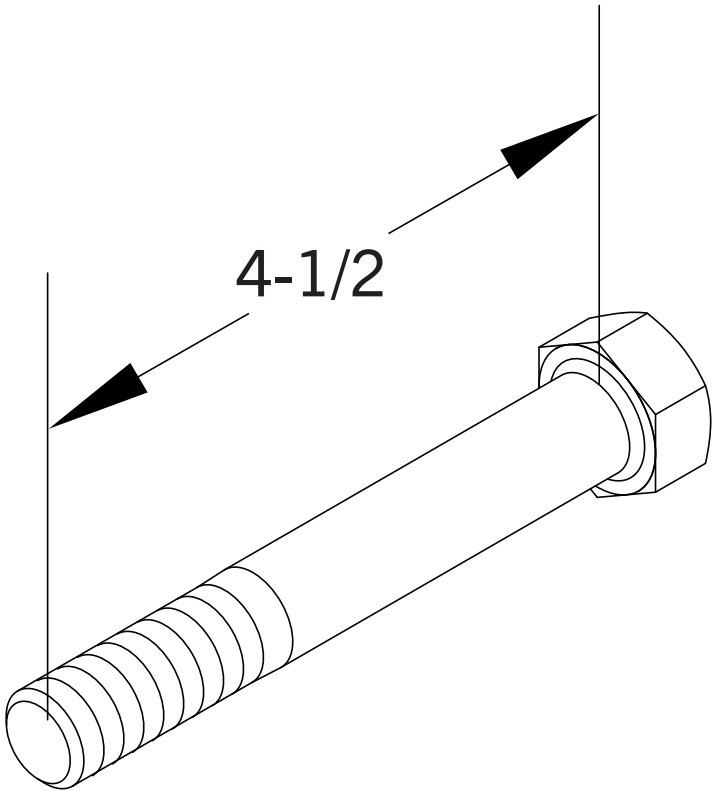
**



Pair of Monster Lite J-cups

7

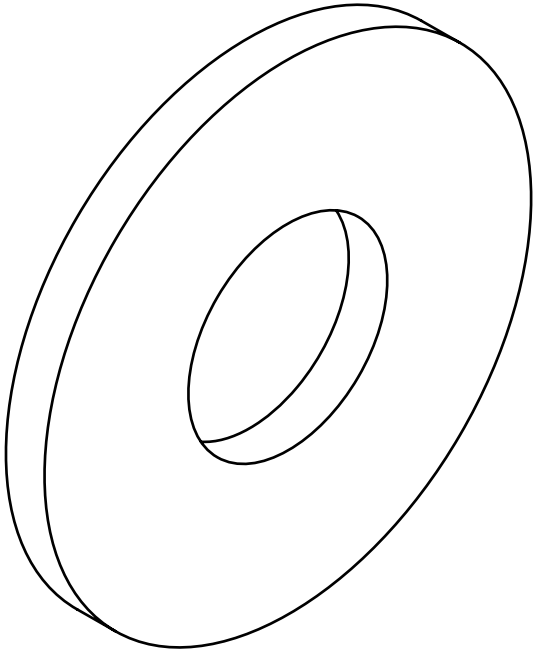
Qty: 36x



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

8

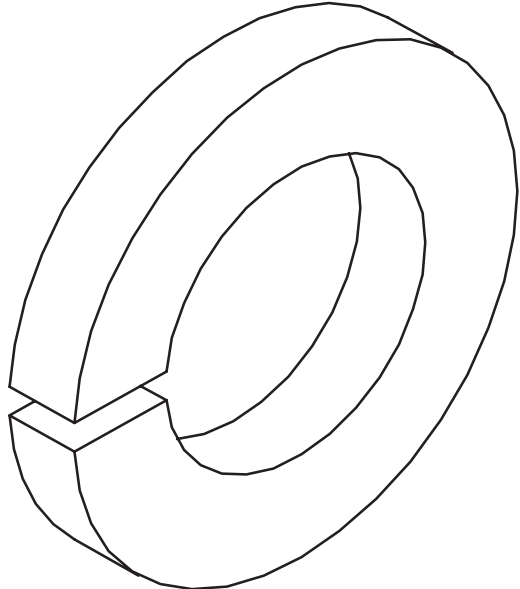
Qty: 36x



5/8" Flat Washer

9

Qty: 36x



5/8" Lock Washer

10

Qty: 36x



5/8" Hex Nut

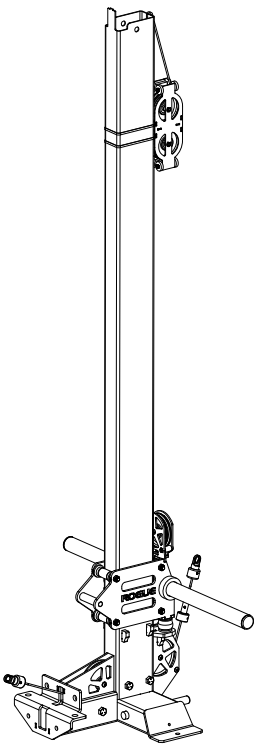
* Only included if Half Rack Feet were purchased at checkout.
** Items may look different than drawings shown. Style depends on selection made at checkout.

INCLUDED PARTS: FML-HR ADD-ON KIT

Note: Images not shown at scale.

11

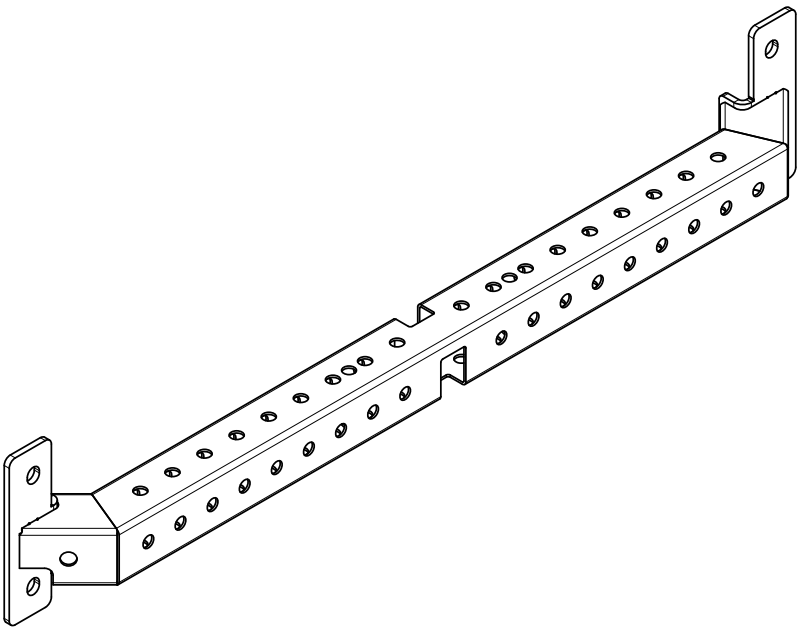
Qty: 1x



90" Rear Upright Assembly

12

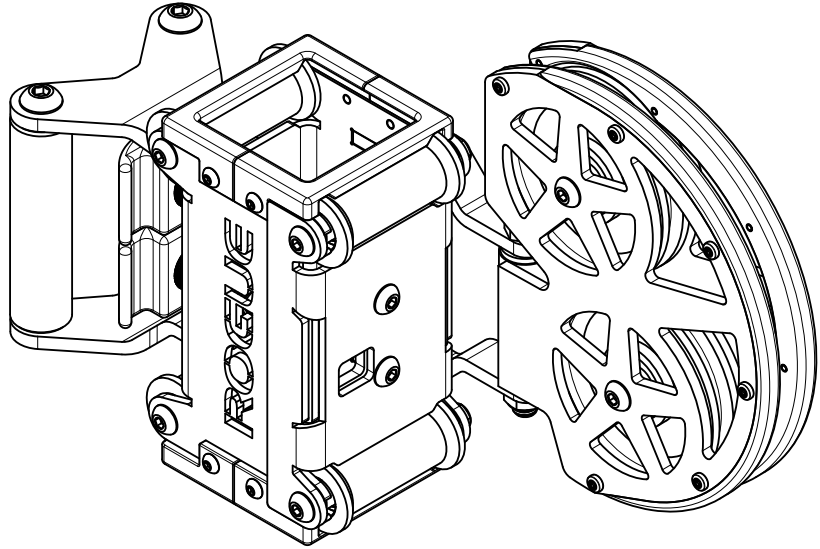
Qty: 1x



Low Row Crossmember

13

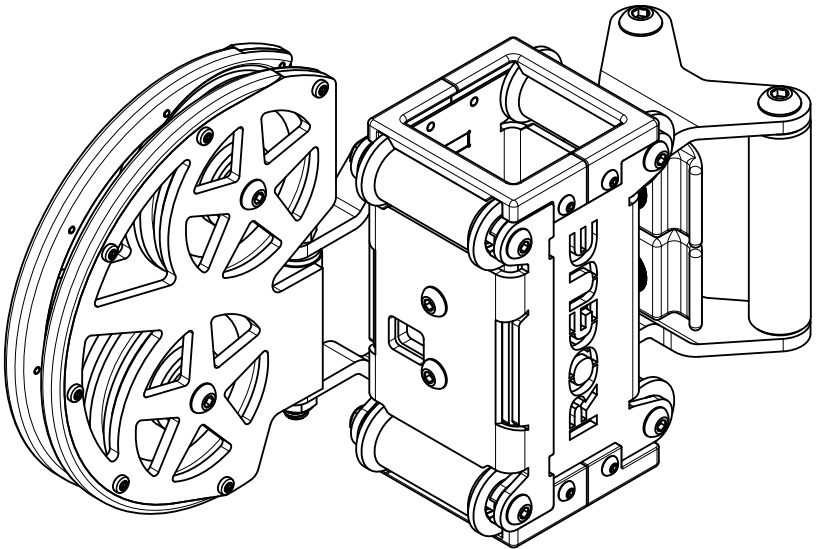
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Swivel Trolley RH

14

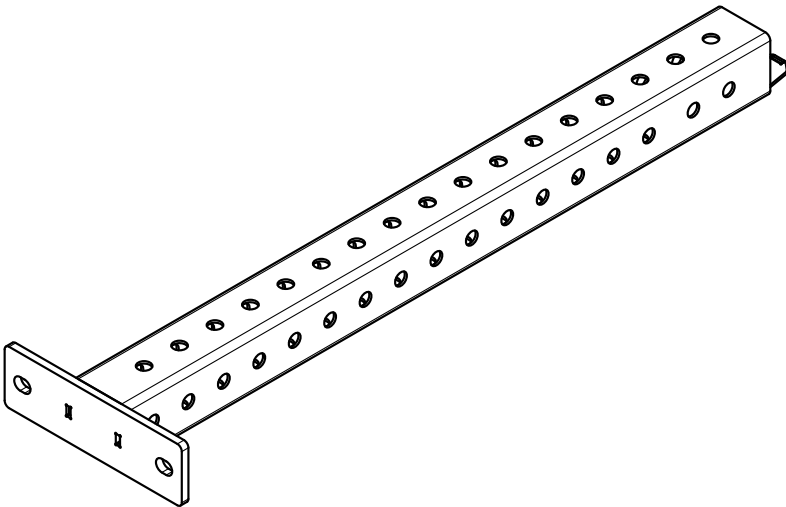
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Swivel Trolley LH

15

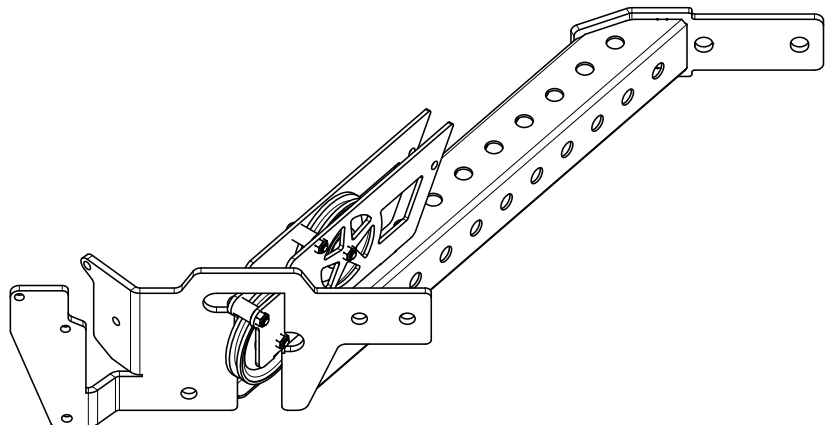
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Top Center Crossmember

16

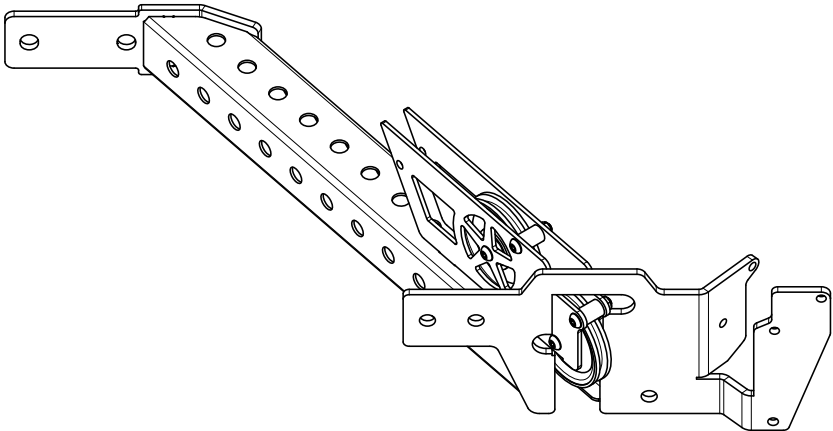
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Top Rear Angle Crossmember - RH

17

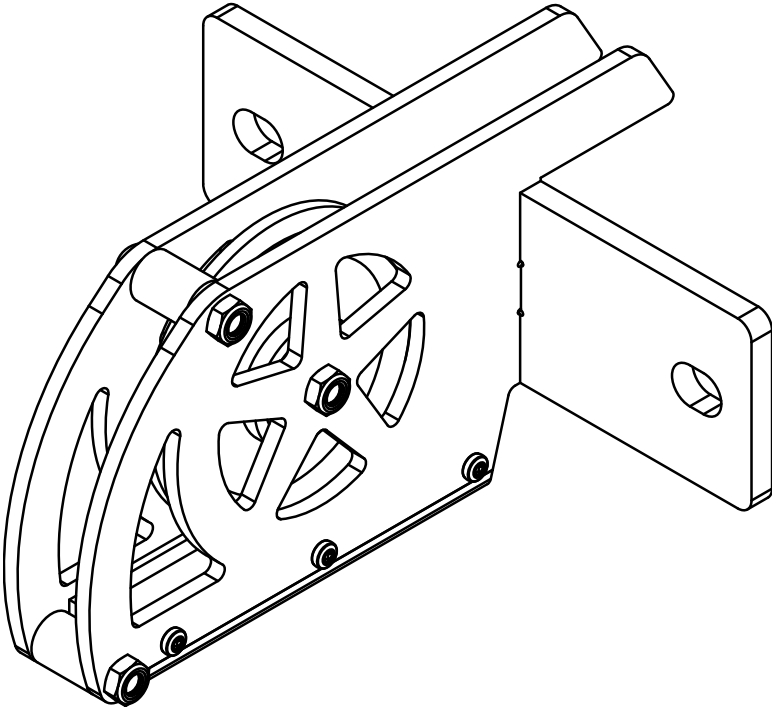
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Top Rear Angle Crossmember - LH

18

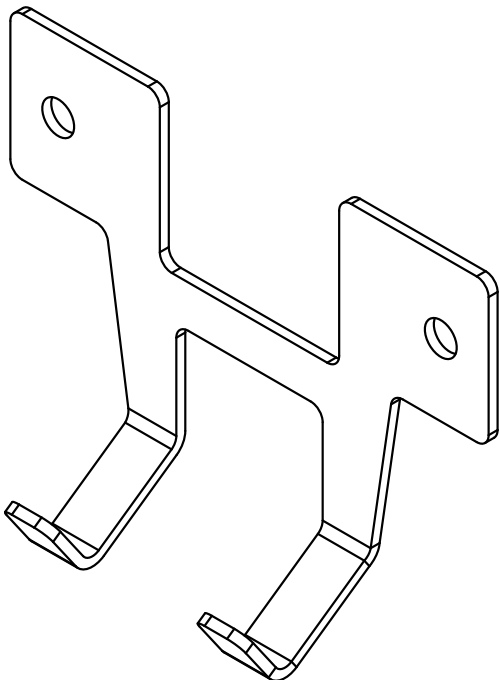
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Lat Pulldown Pulley Bracket

19

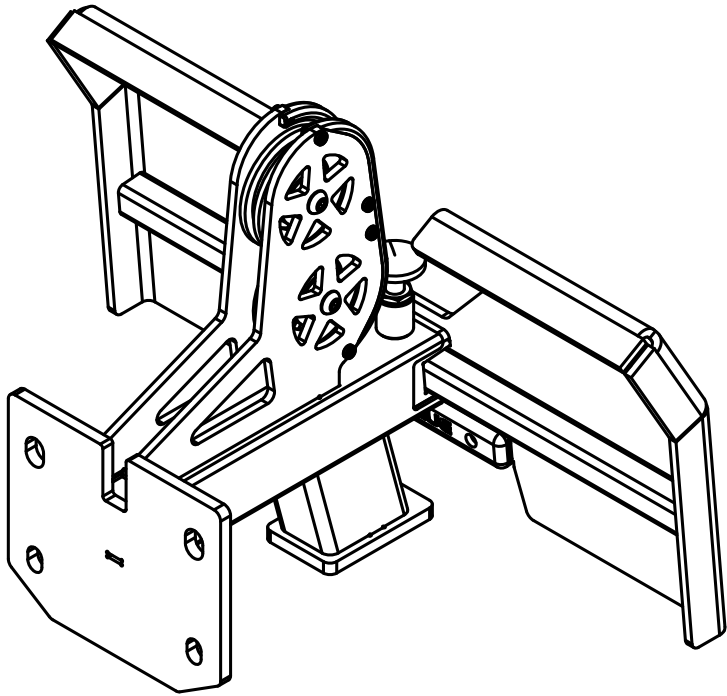
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Lat Bar Hanger

20

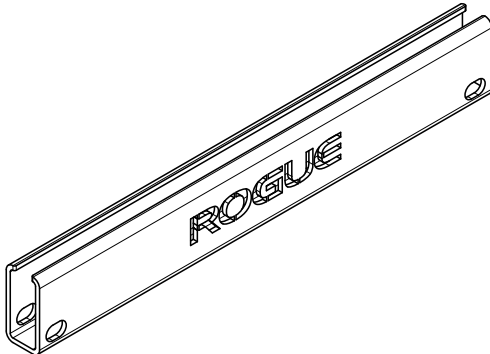
Qty: 1x



Low Row Footplate Assembly

21

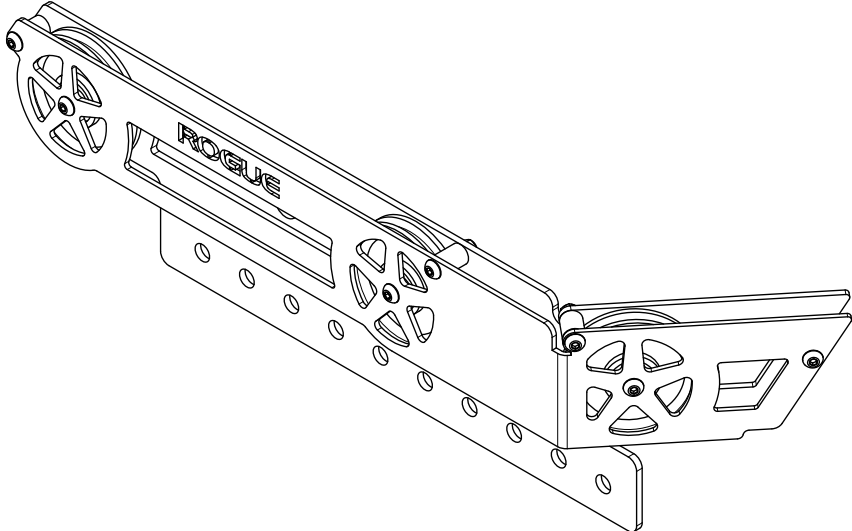
Qty: 2x



Short Cable Cover Rail

22

Qty: 1x



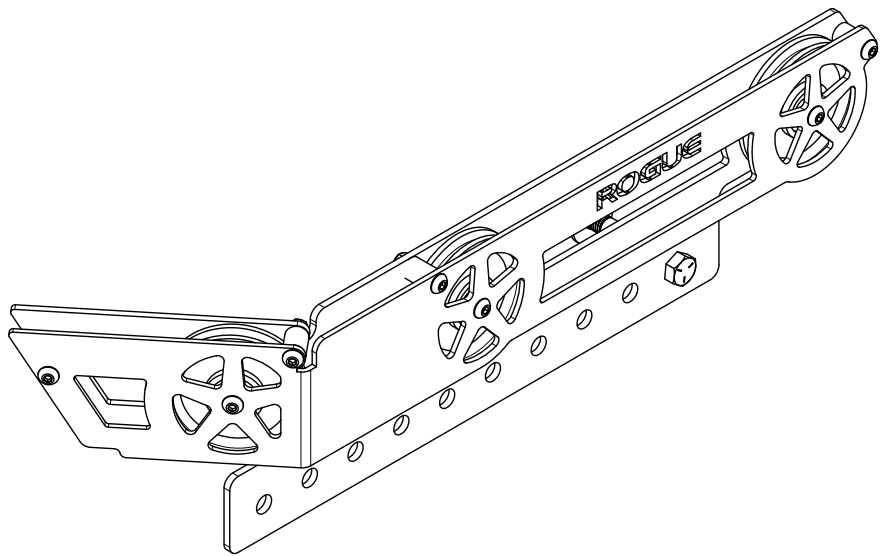
Top Side Pulley Assembly - RH

INCLUDED PARTS: FML-HR ADD-ON KIT

Note: Images not shown at scale.

23

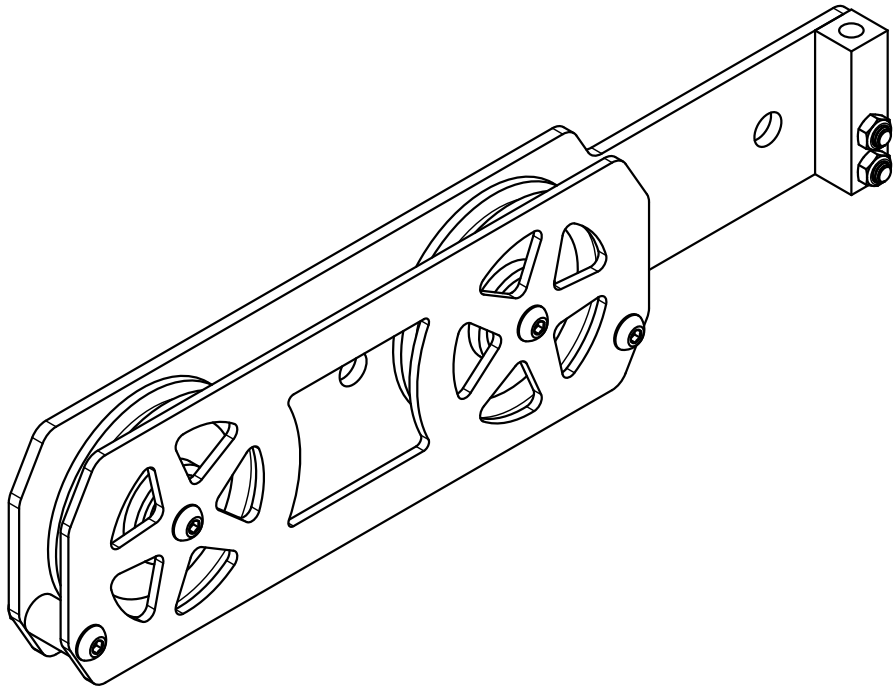
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Top Side Pulley
Assembly - LH

24

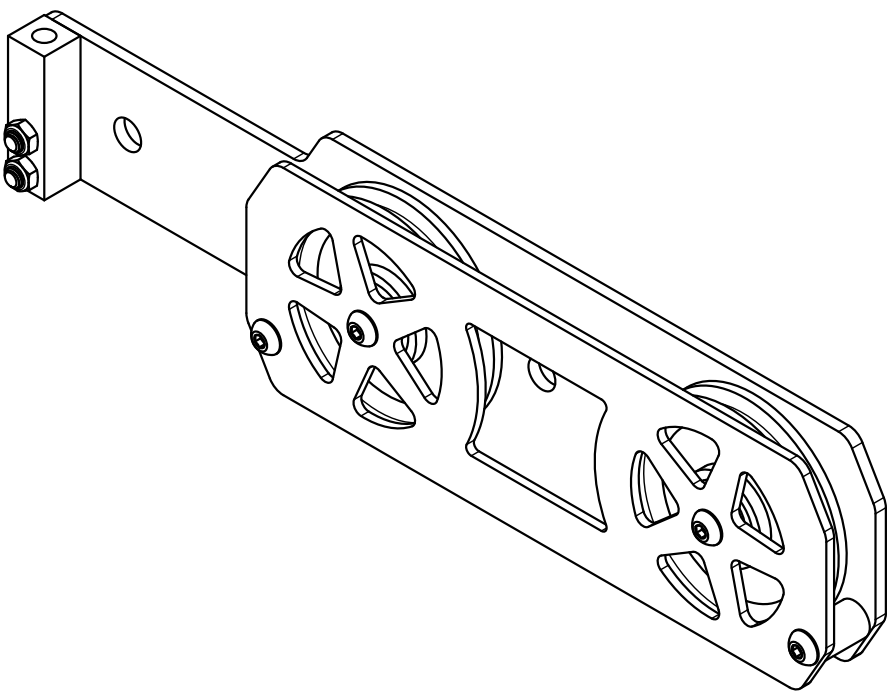
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Bottom Side Pulley
Assembly - RH

25

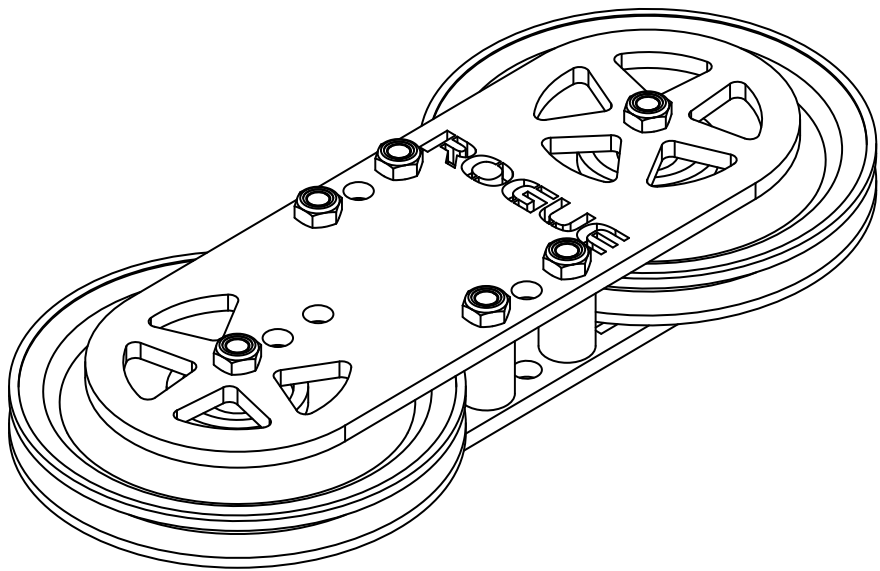
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Bottom Side Pulley
Assembly - LH

26

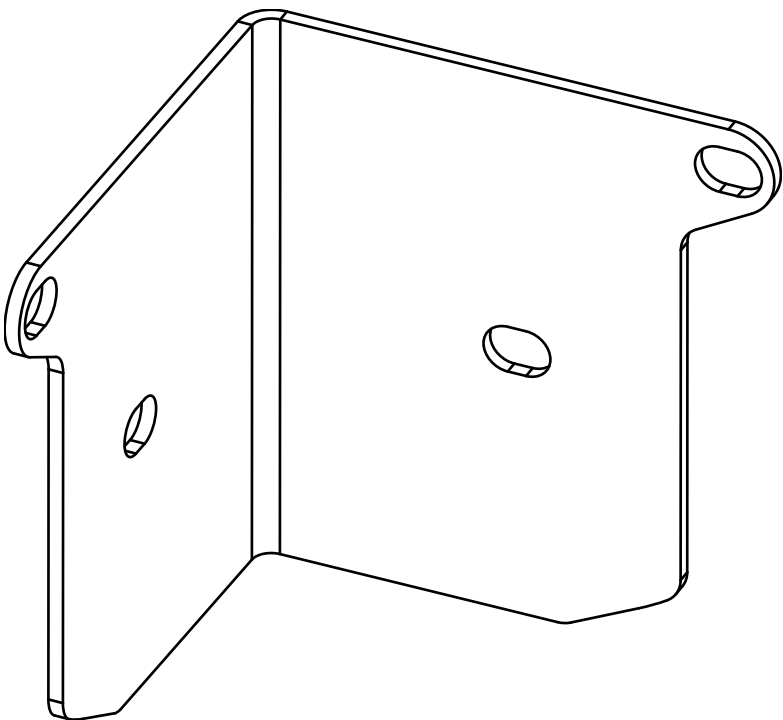
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Side Peanut Pulley

27

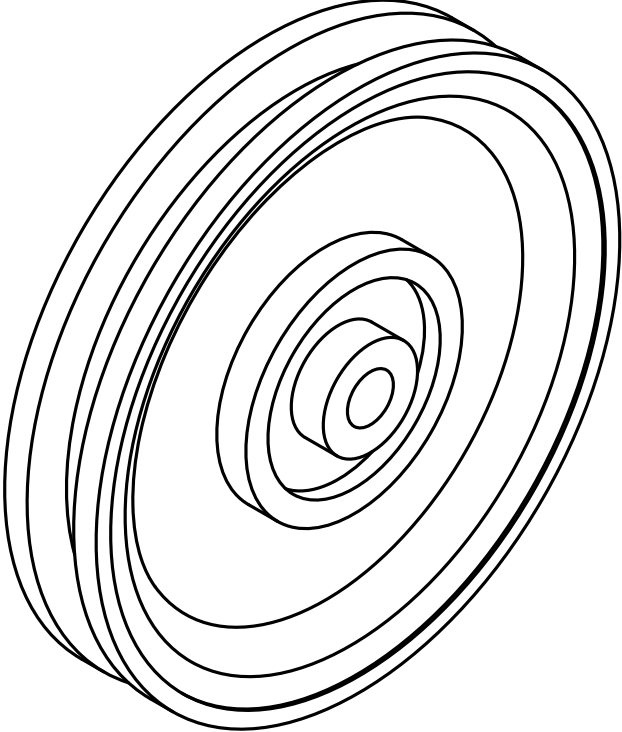
Qty: 1x



Rear Pulley Plate

28

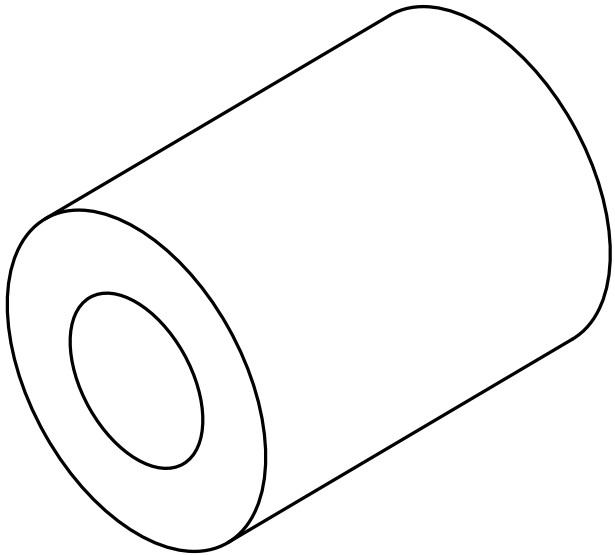
Qty: 3x



4.5" Pulley

29

Qty: 3x



3/4" x 1" Cable
Retainer

30

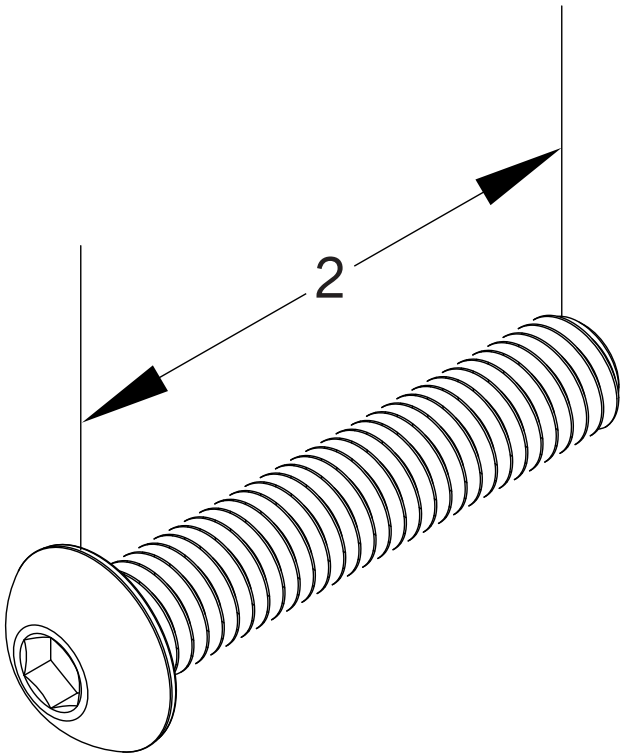
Qty: 7x



3/8" Thin Nylock Nut

31

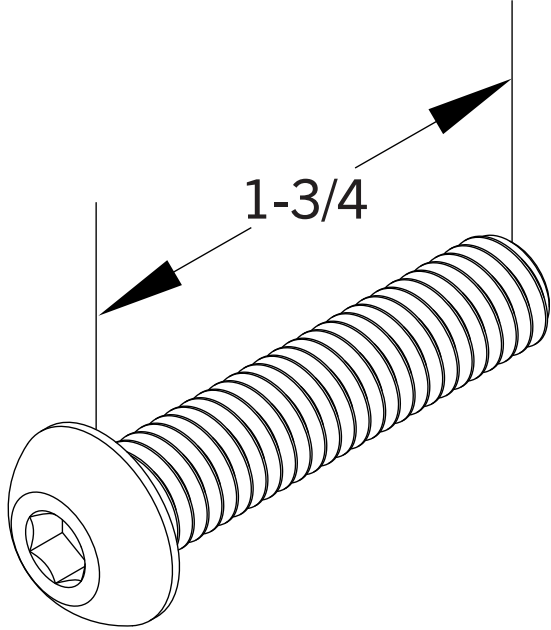
Qty: 3x



3/8" x 2" Button Head
Screw

32

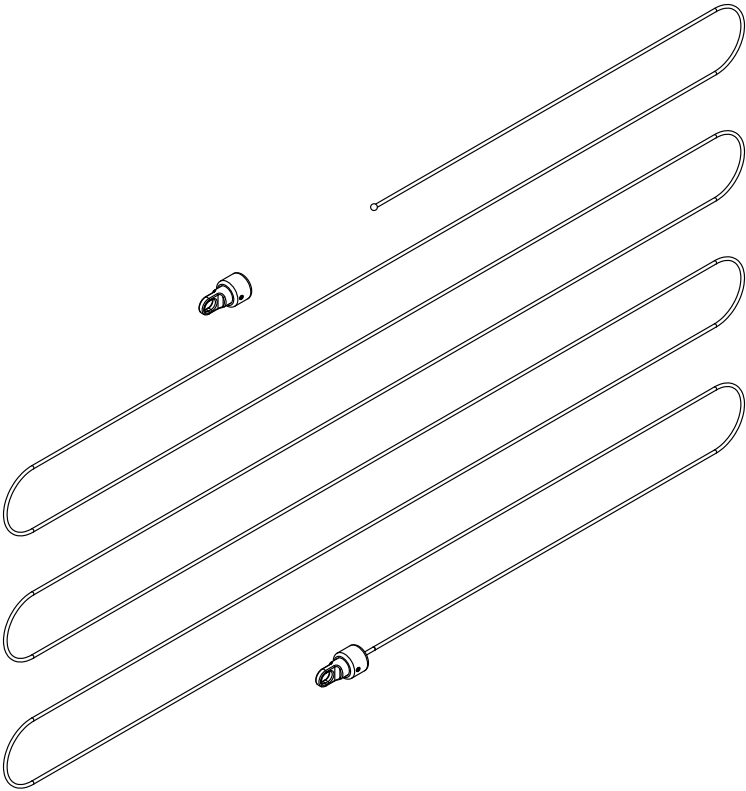
Qty: 4x



3/8" x 1-3/4" Button
Head Screw

33

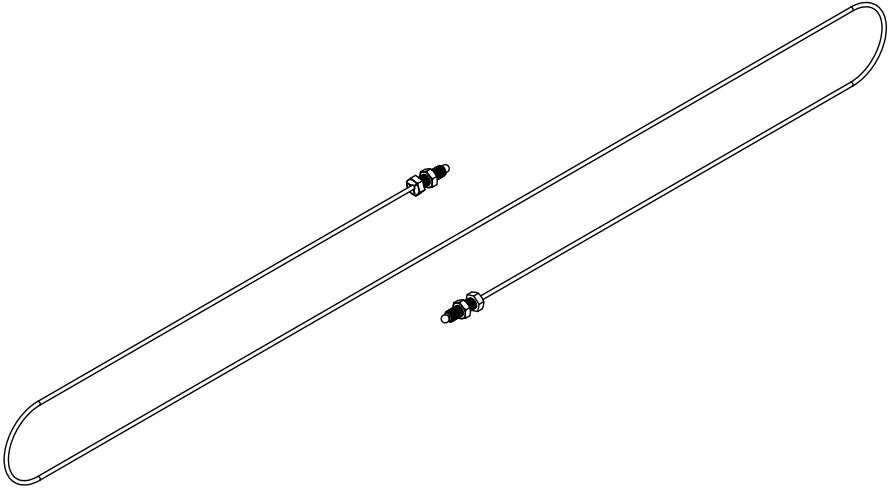
Qty: 1x



Trolley/Trolley Cable
(Blue Tag)

34

Qty: 2x



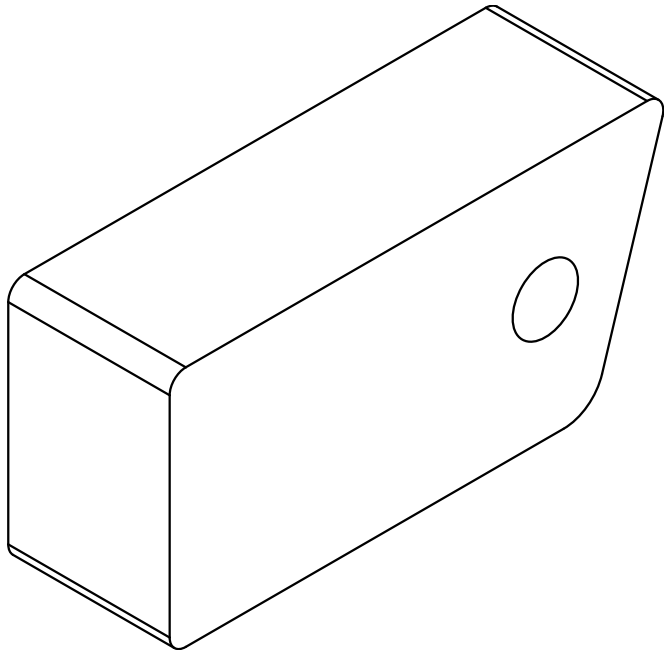
Low Side Cable
(Red Tag)

INCLUDED PARTS: FML-HR ADD-ON KIT

Note: Images not shown at scale.

35

Qty: 1x



Stop Block

36

Qty: 8x

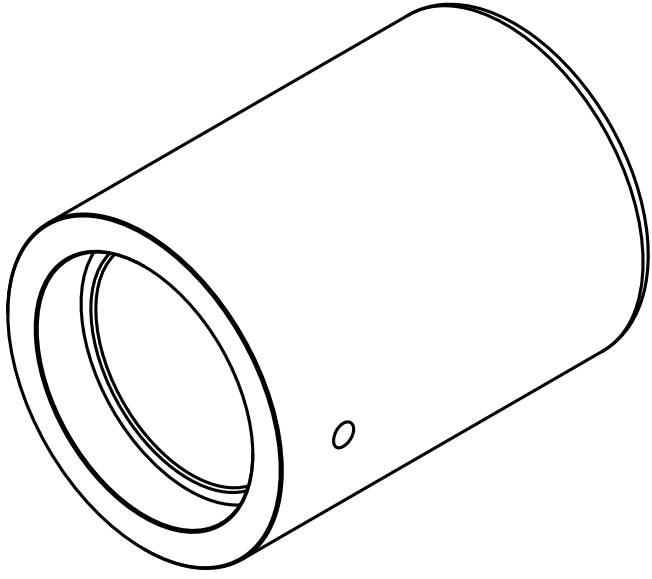
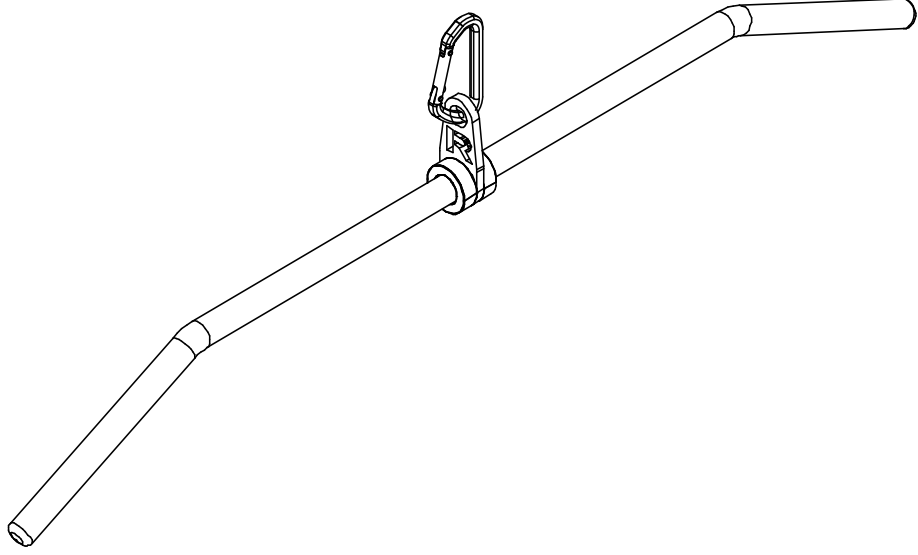


Plate Storage Spacer

37

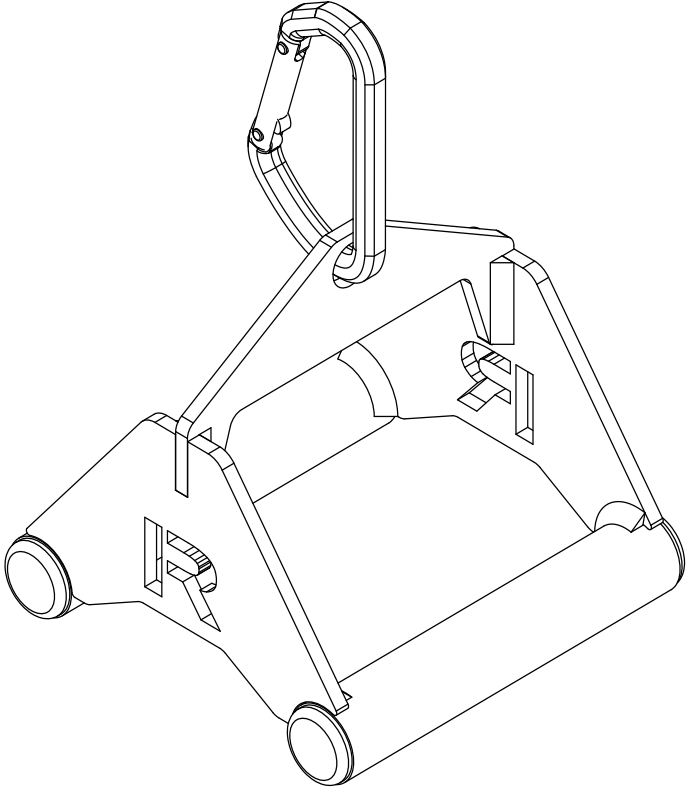
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Stainless Lat Bar

38

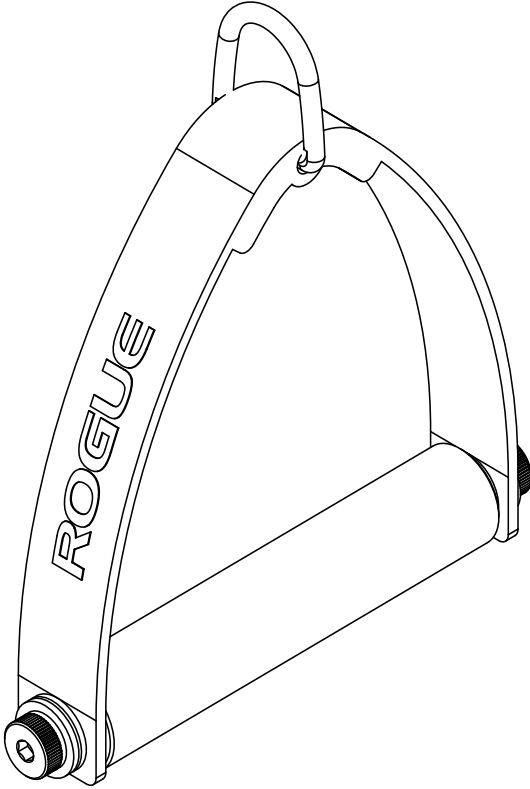
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Standard Grip Triangle

39

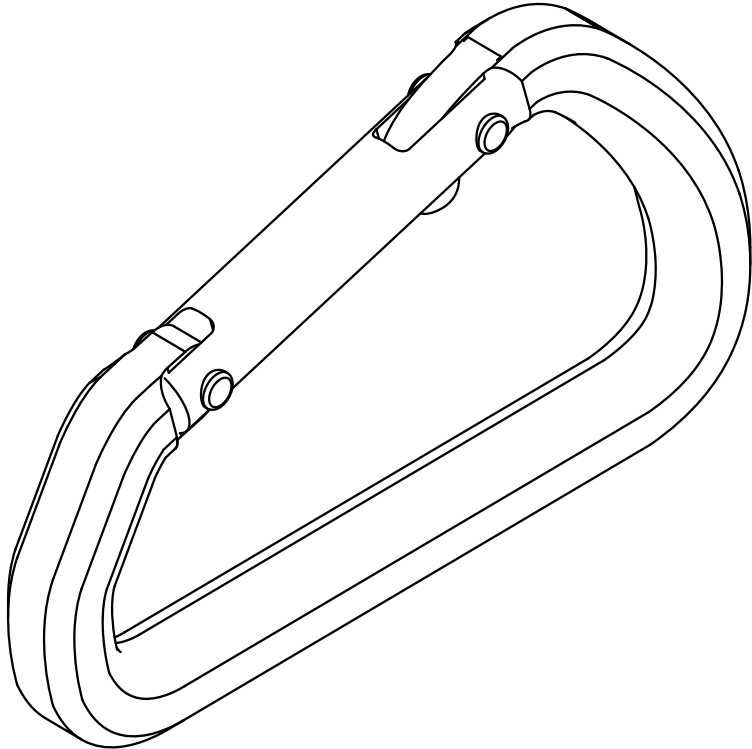
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Single Handle Cable Attachment

40

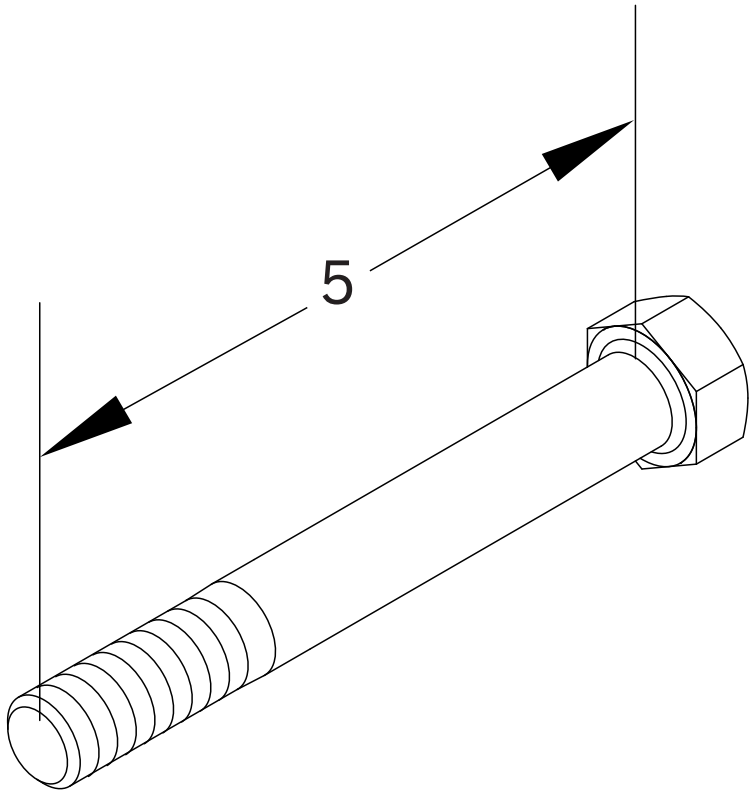
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D Carabiner

41

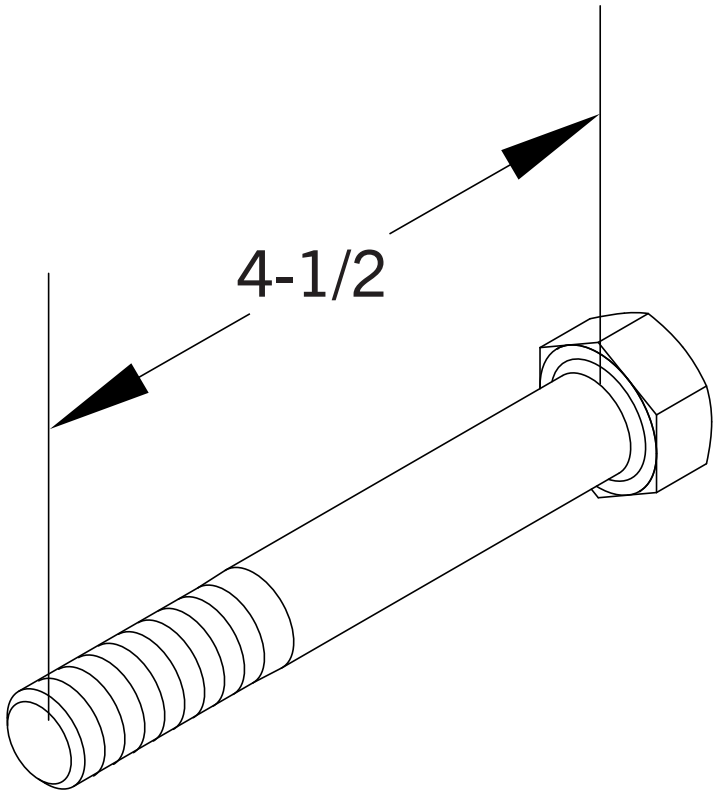
Qty: 6x



5/8" x 5" Hex Bolt

42

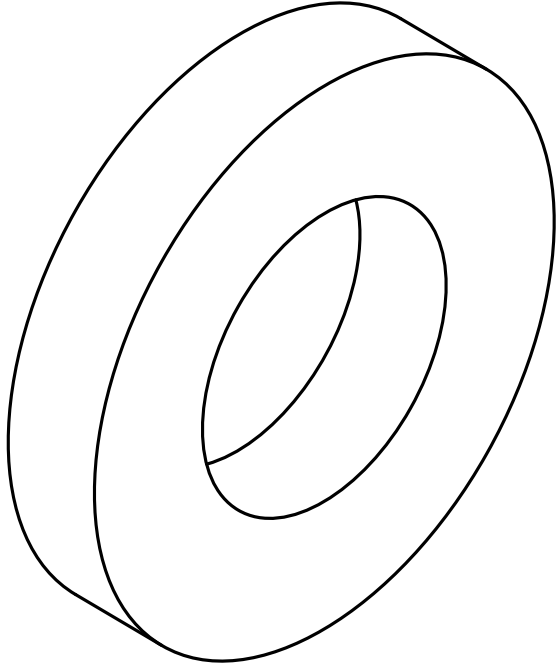
Qty: 15x



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

43

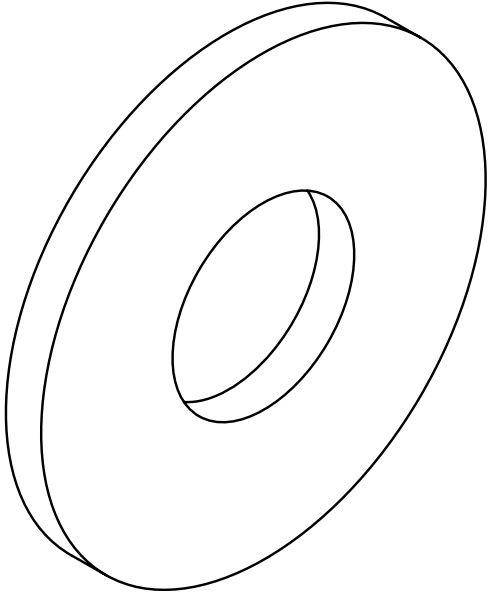
Qty: 12x



5/8" x 3/8" Pulley Bracket Spacer

44

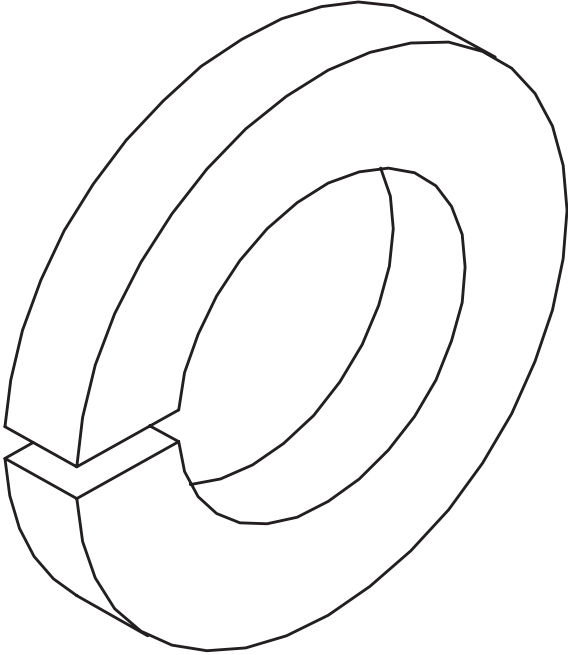
Qty: 10x



5/8" Flat Washer

45

Qty: 21x



5/8" Lock Washer

46

Qty: 21x



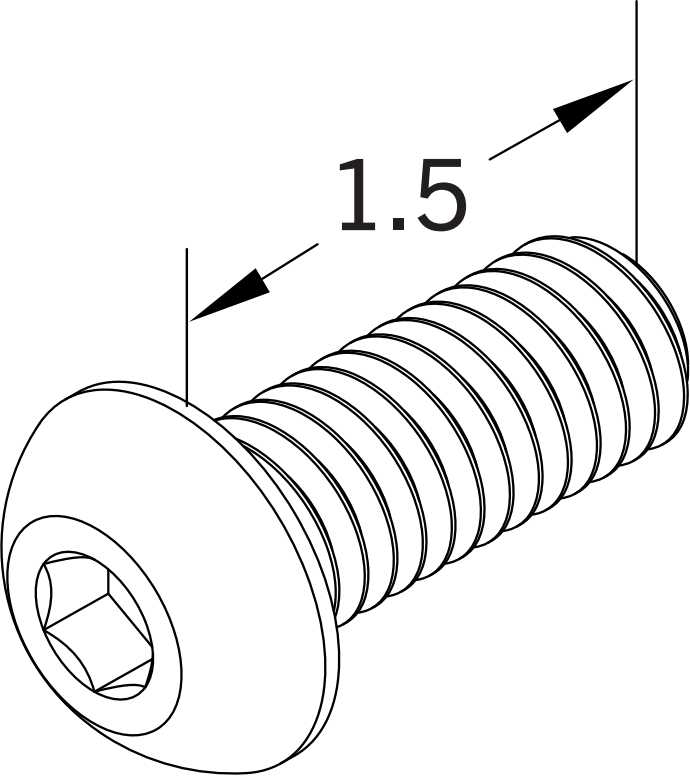
5/8" Hex Nut

INCLUDED PARTS: FML-HR ADD-ON KIT

Note: Images not shown at scale.

47

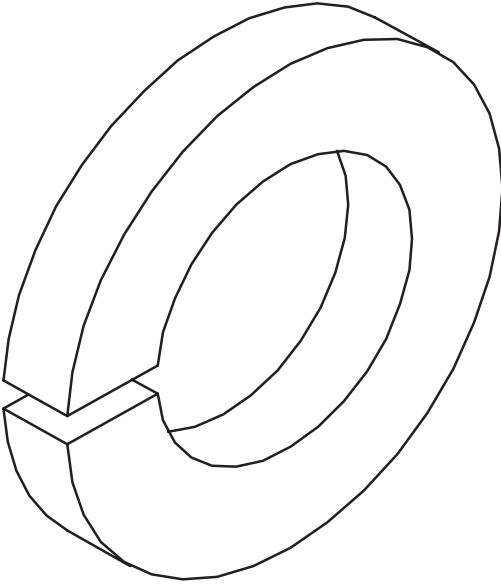
Qty: 2x



1/2" x 1-1/2" Button Head Screw

48

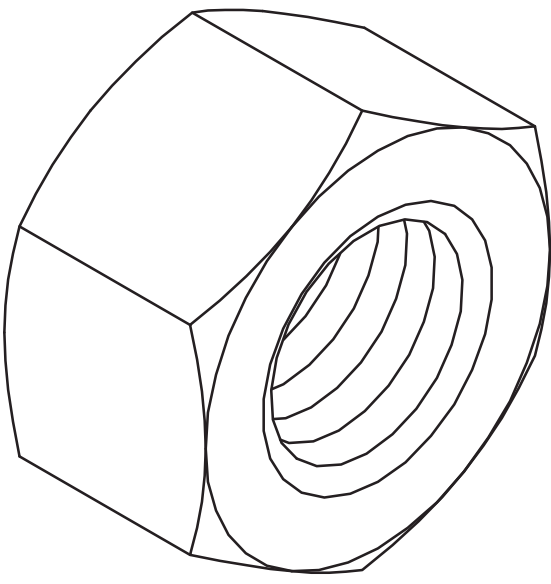
Qty: 2x



1/2" Lock Washer

49

Qty: 2x



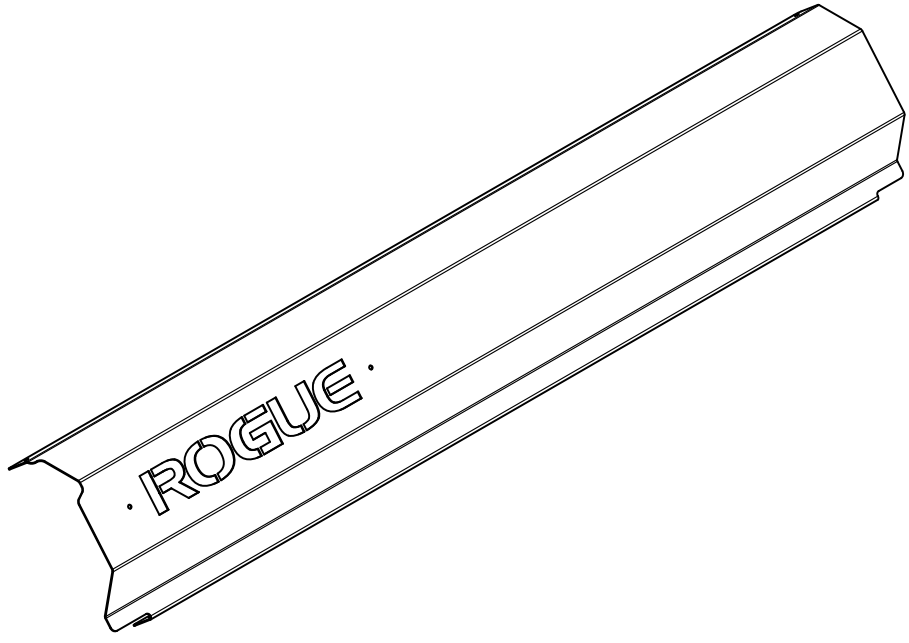
1/2" Hex Nut

INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

50

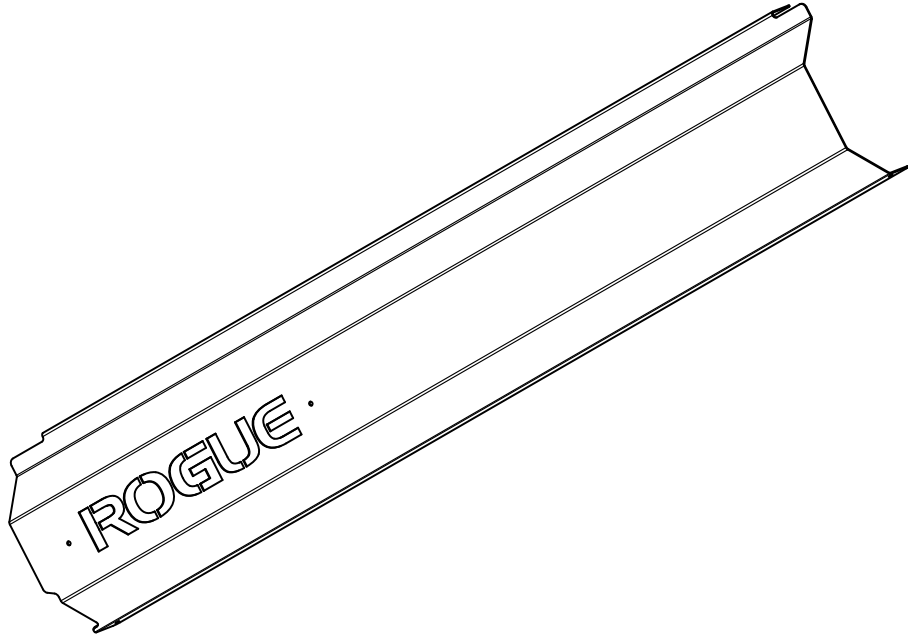
Qty: 1x



Side Shroud - RH

51

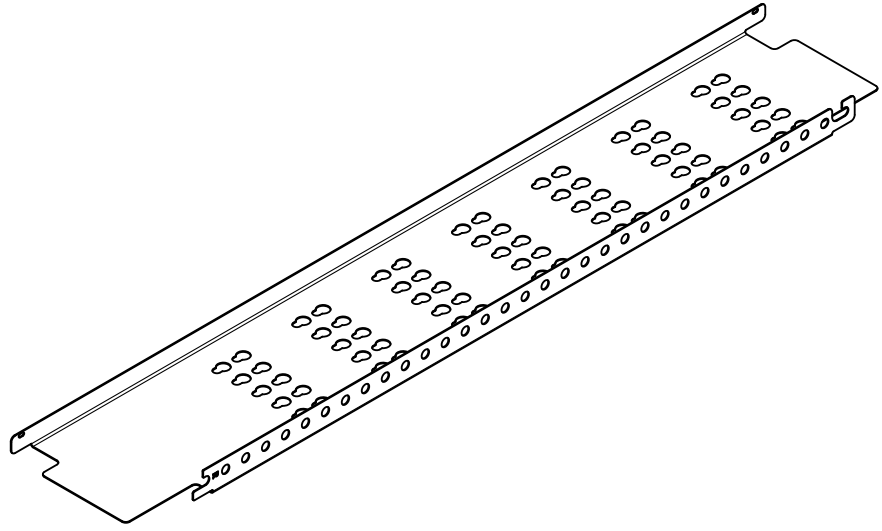
Qty: 1x



Side Shroud - LH

52

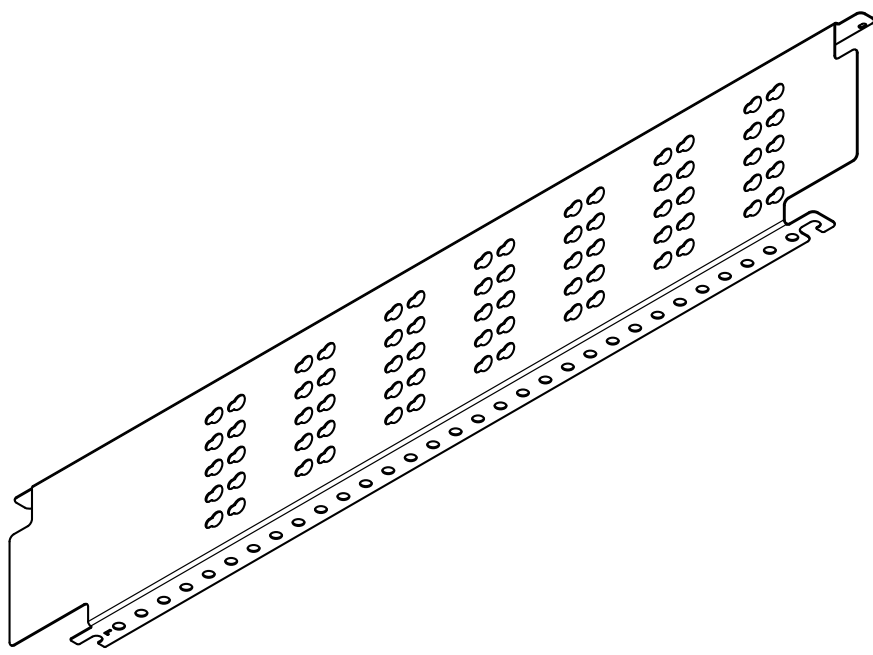
Qty: 1x



Storage Panel - RH

53

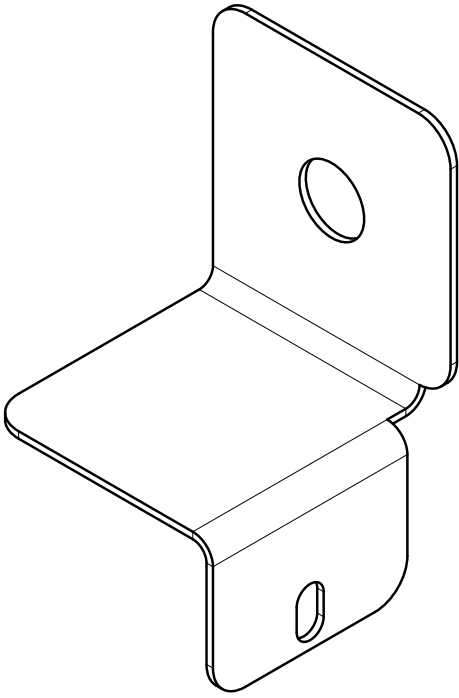
Qty: 1x



Storage Panel - LH

54

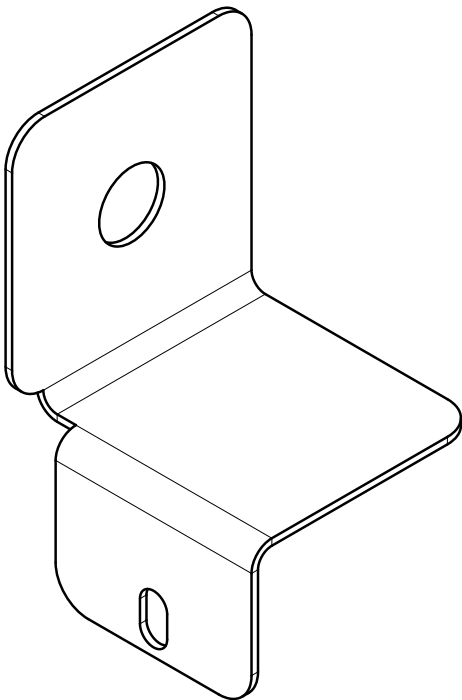
Qty: 1x



Side Shroud Top Bracket - RH

55

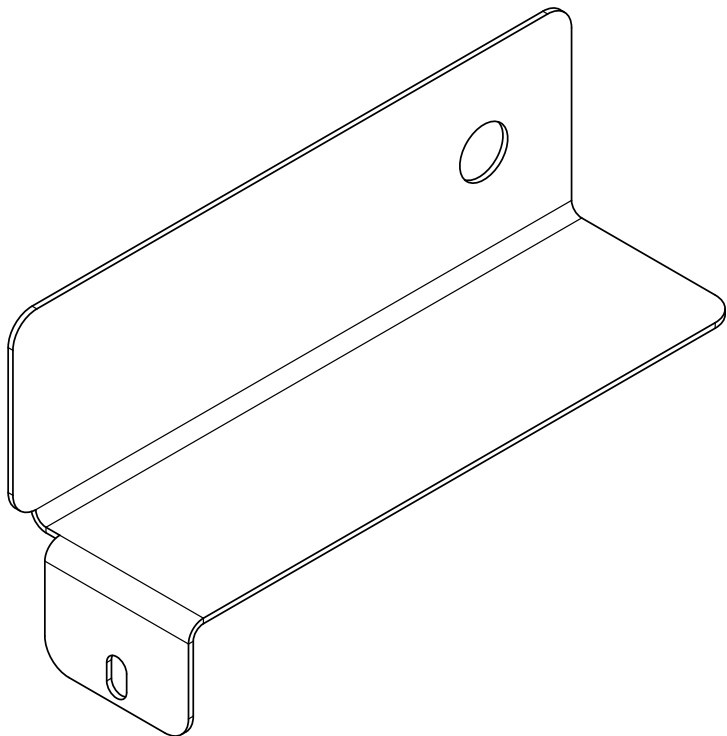
Qty: 1x



Side Shroud Top Bracket - LH

56

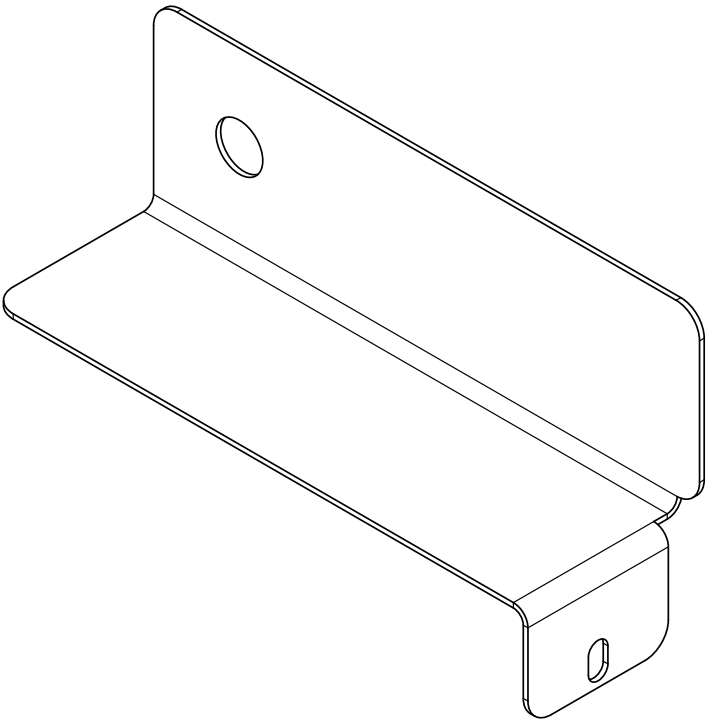
Qty: 1x



Side Shroud Bottom Bracket - RH

57

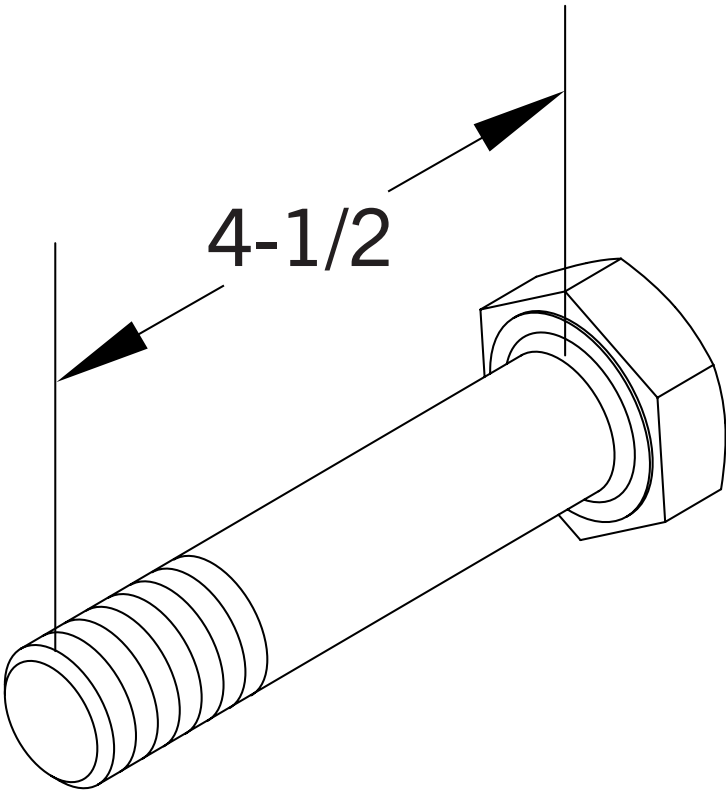
Qty: 1x



Side Shroud Bottom Bracket - LH

58

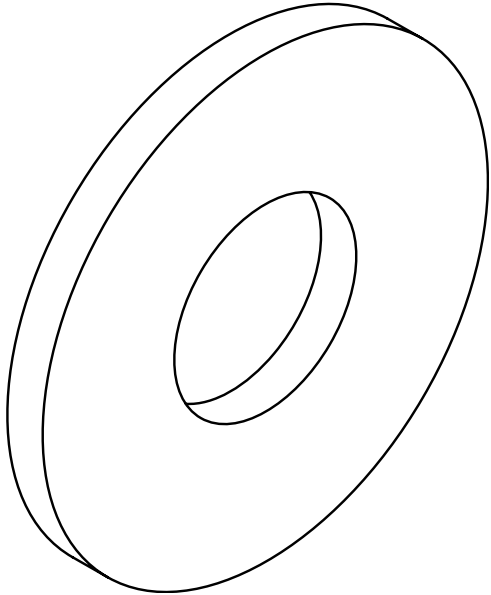
Qty: 4x



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

59

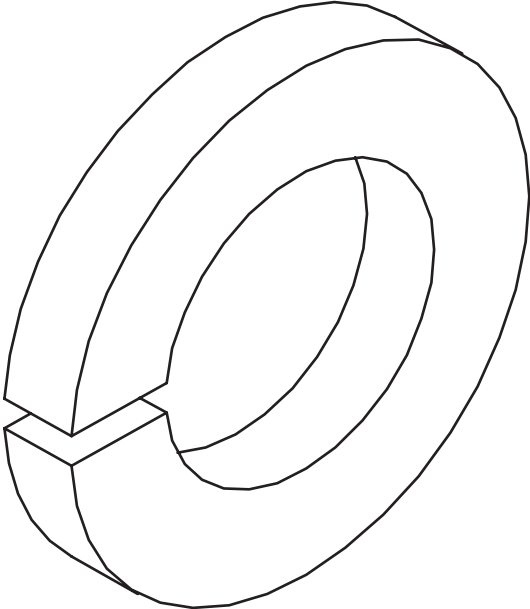
Qty: 4x



5/8" Flat Washer

60

Qty: 4x



5/8" Lock Washer

61

Qty: 4x



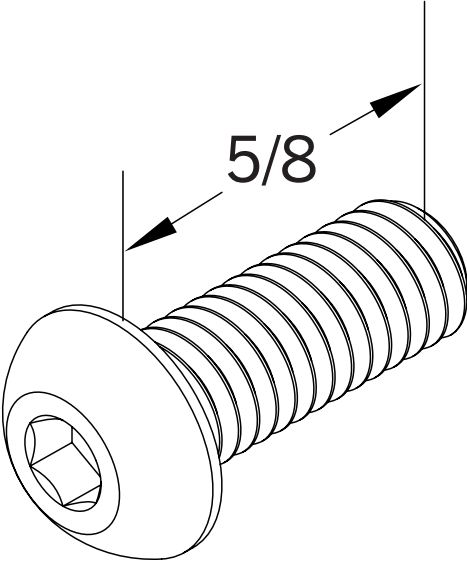
5/8" Hex Nut

INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

62

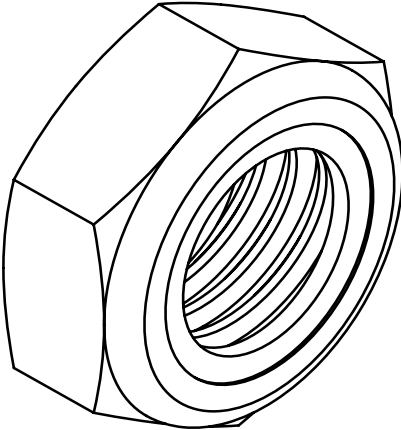
Qty: 4x



1/4" x 5/8" Button
Head Screw

63

Qty: 4x

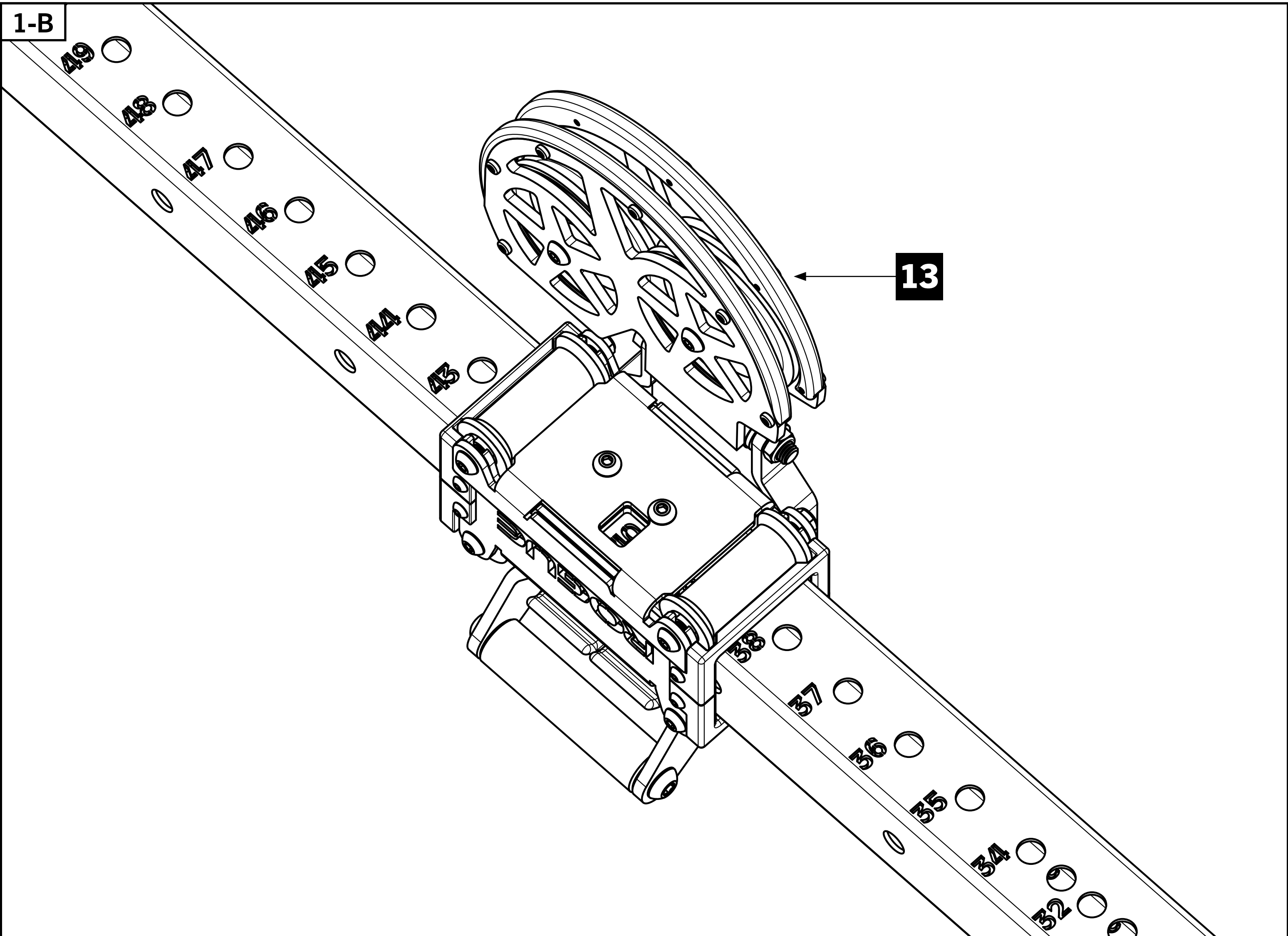
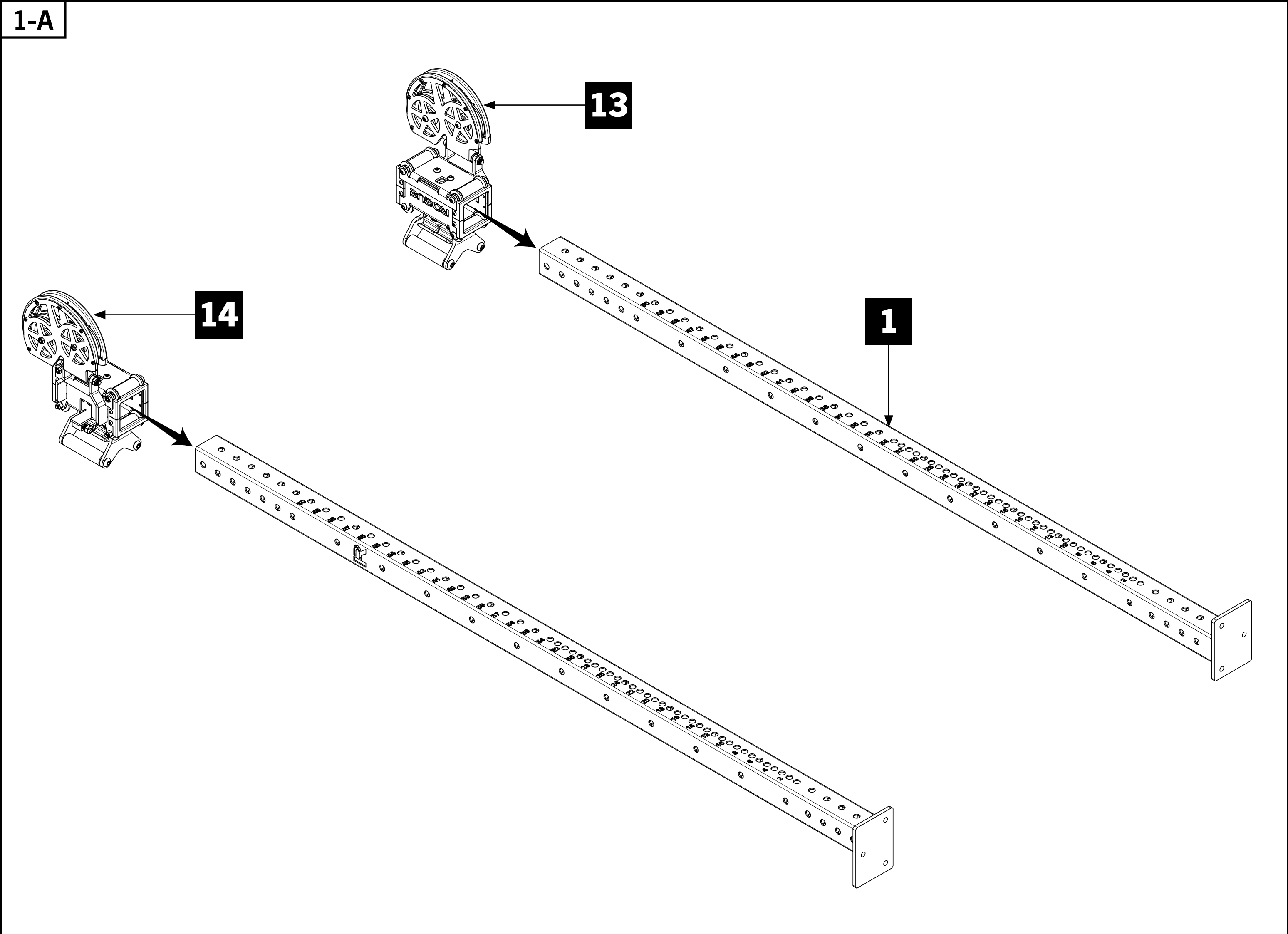


1/4" Thin Nylock Nut

STEP 1

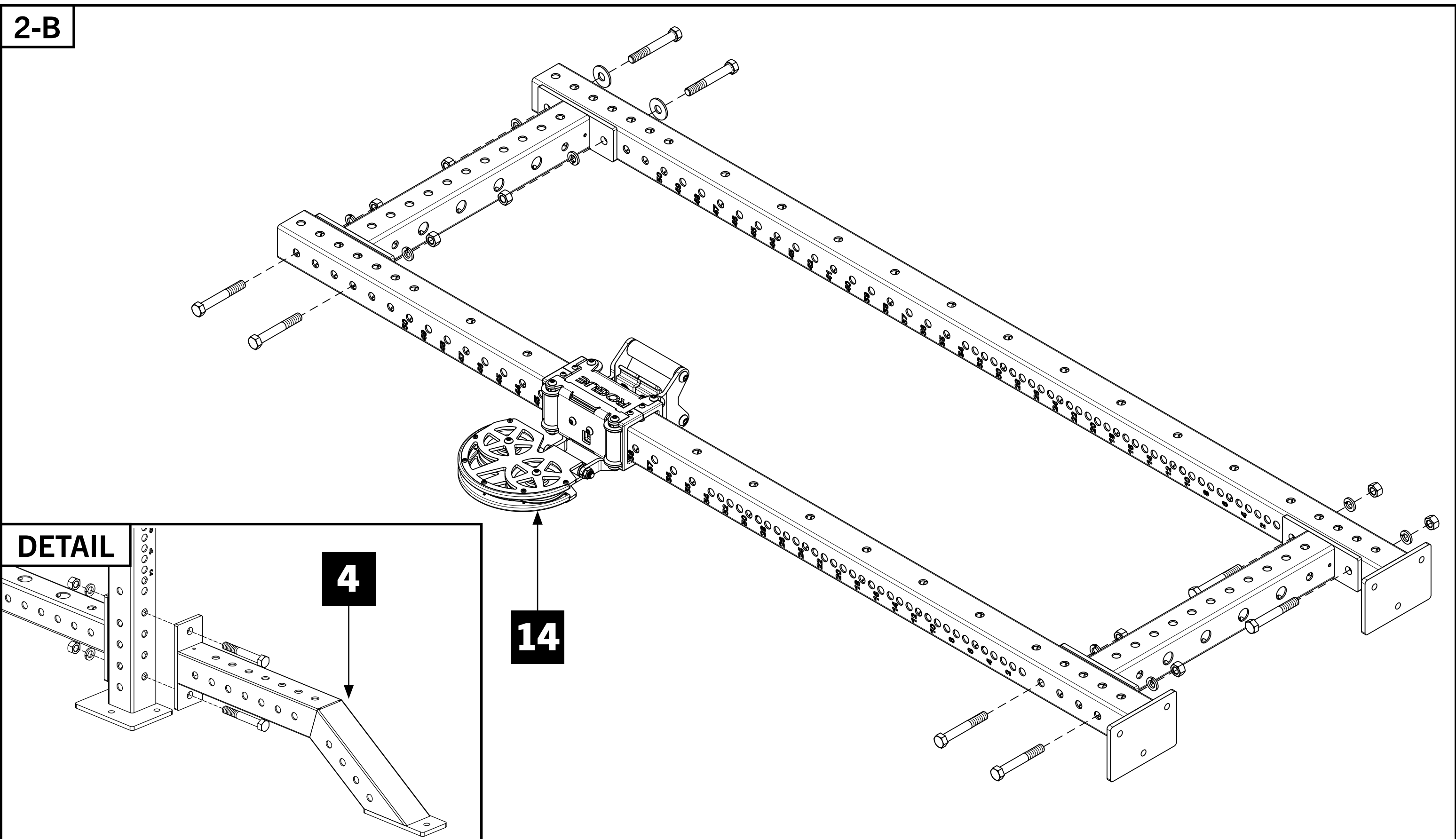
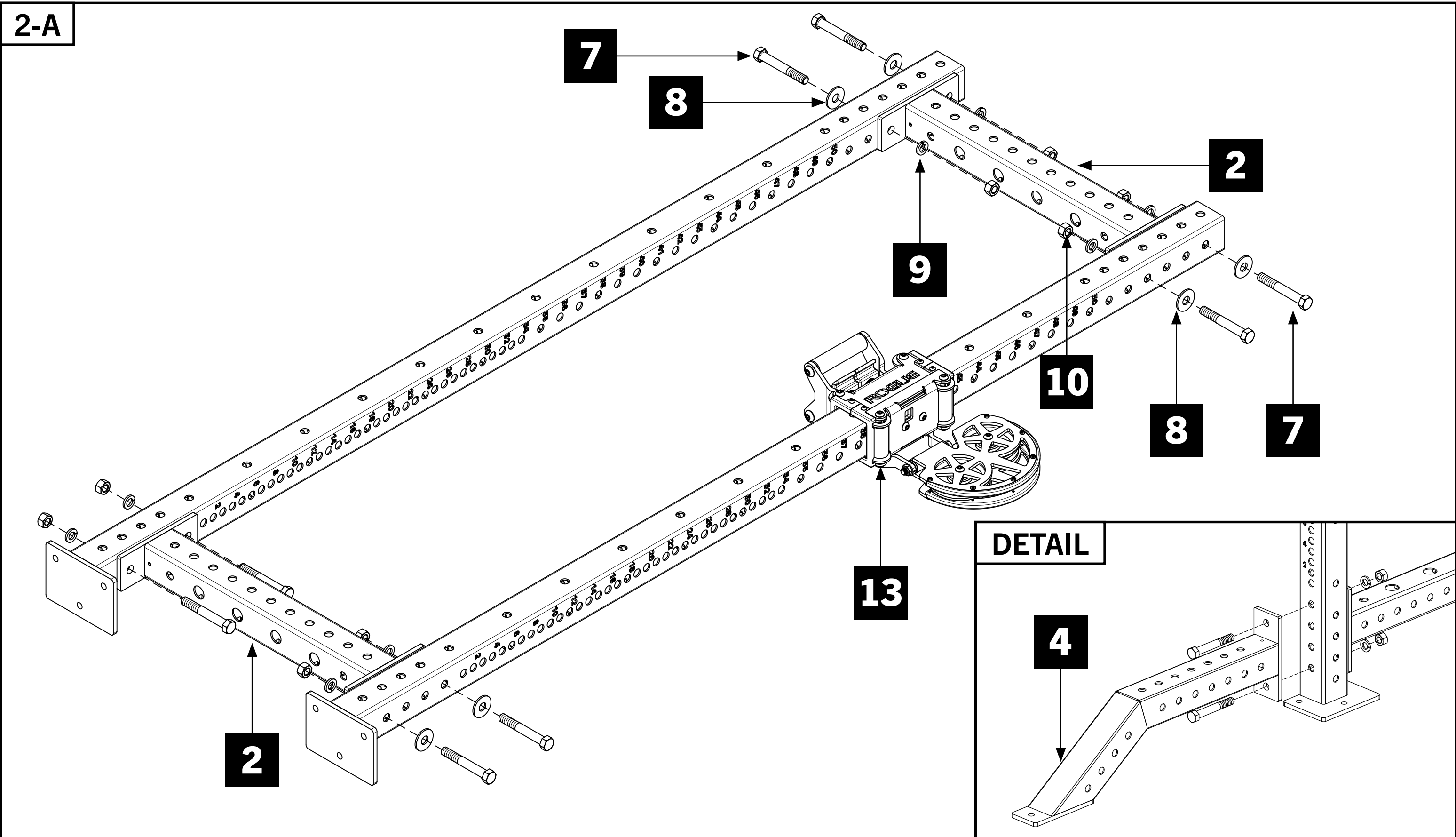
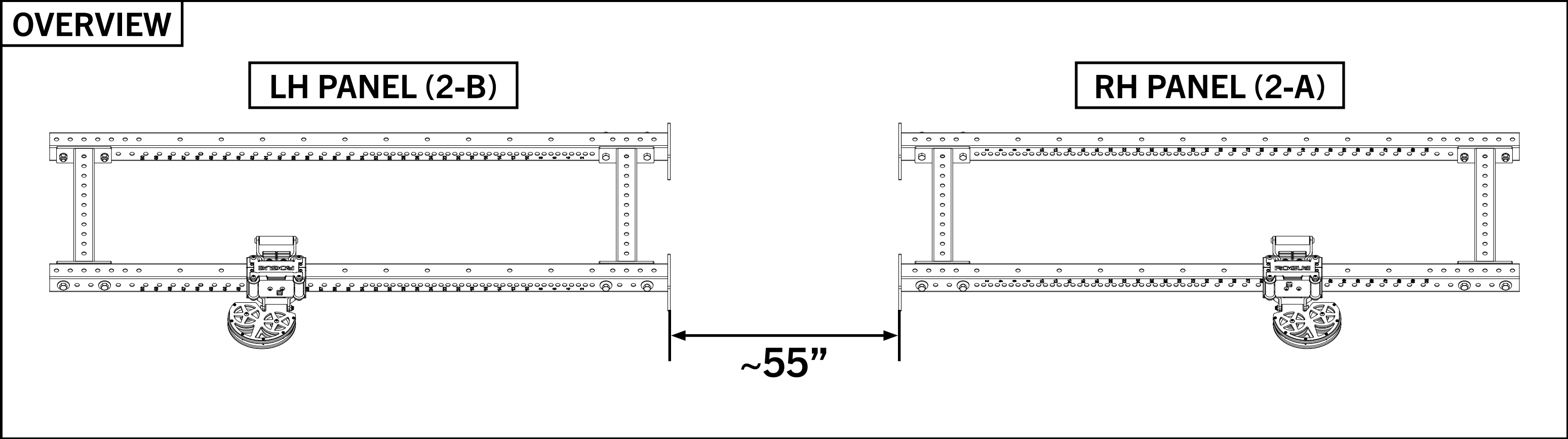
Note:

- DO NOT use tools to tighten throughout assembly unless otherwise specified.
- If modifying existing rack with Add-on Kit, skip Steps 1-4 and proceed to **STEP 5**.
- While pulling the handle triggers, slide Swivel Trolley RH [13] and Swivel Trolley LH [14] onto two Monster Lite Uprights [1].
- Note the orientation of Swivel Trolleys in relation to the feet at bottom of uprights.
- Slide Trolleys about halfway down Upright and release triggers to lock pop pins in place when the viewing window is showing the number 40.



STEP 2

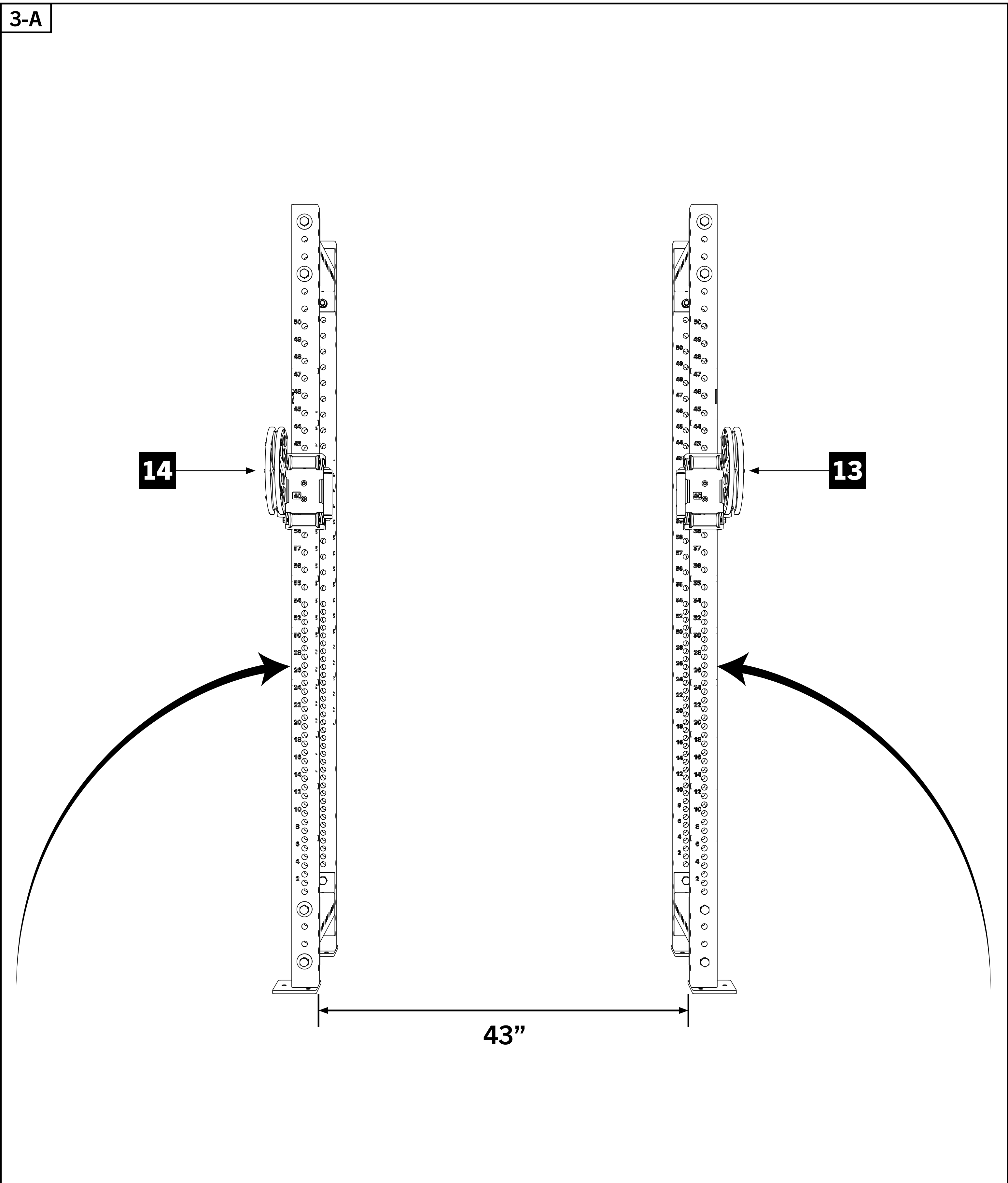
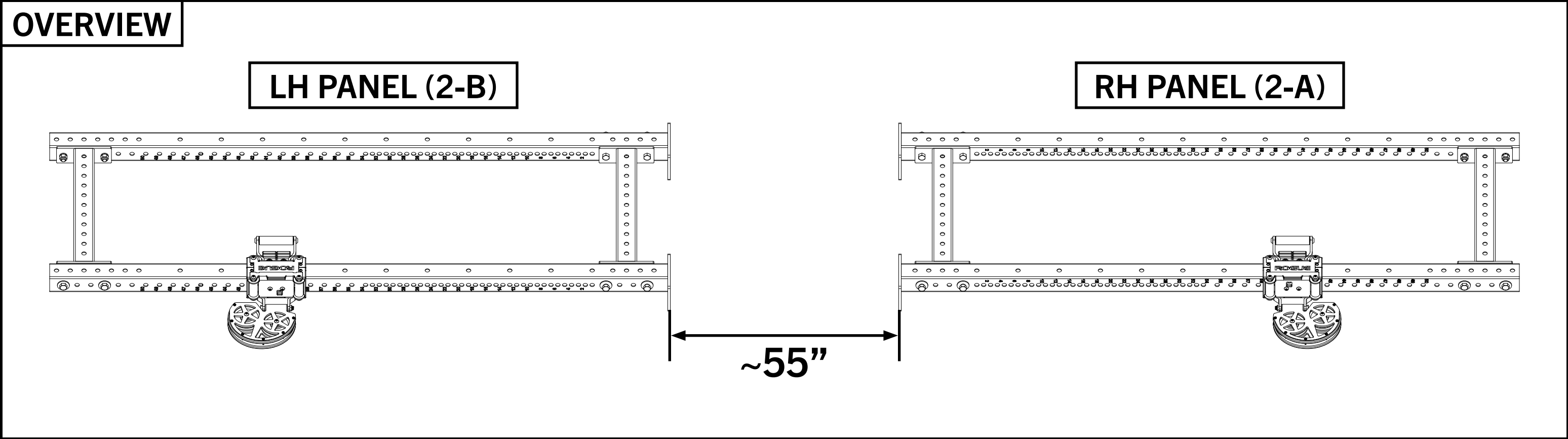
- Refer to overview image to plan assembly and ensure ample floor space is allotted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55” apart.
- Note orientation of Swivel Trolleys and Upright feet in relation to the ground.
- Connect Uprights to Crossmembers using 5/8” x 4-1/2” Hex Bolts [7], 5/8” Flat Washers [8], 5/8” Lock Washers [9], and 5/8” Hex Nuts [10].
- If Half Rack Feet [4] were purchased, install them in place of Flat Washers on bottom of Uprights as shown in Detail views.
- HAND-TIGHTEN ONLY



STEP 3

IMPORTANT:

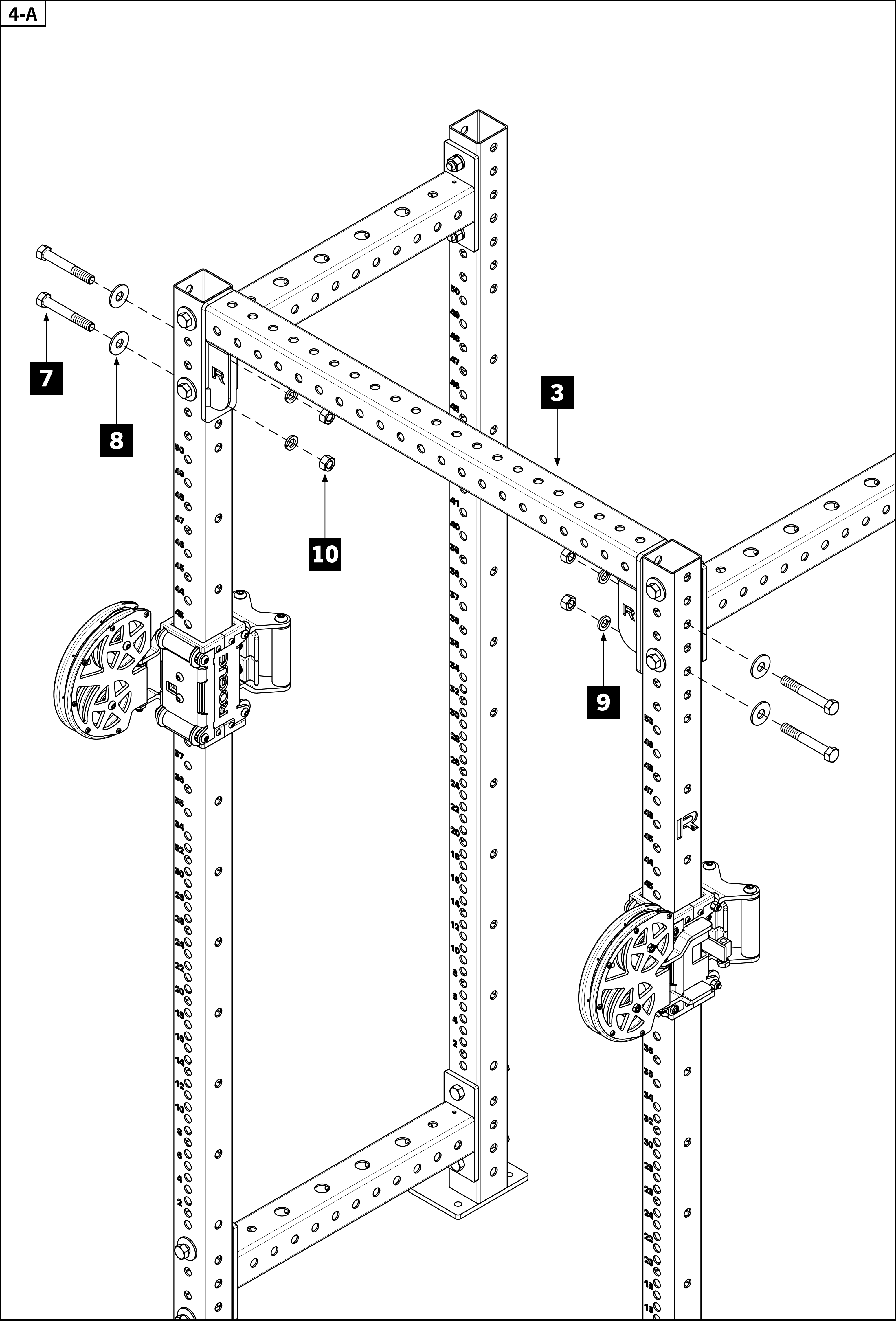
- For safety, we recommend the remainder of these instructions be completed by **2 or 3 people**.
- One or two people should stabilize both panels, ensuring panels don't fall while another person assembles the 43" Spanning Crossmember in **STEP 4**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.



STEP 4

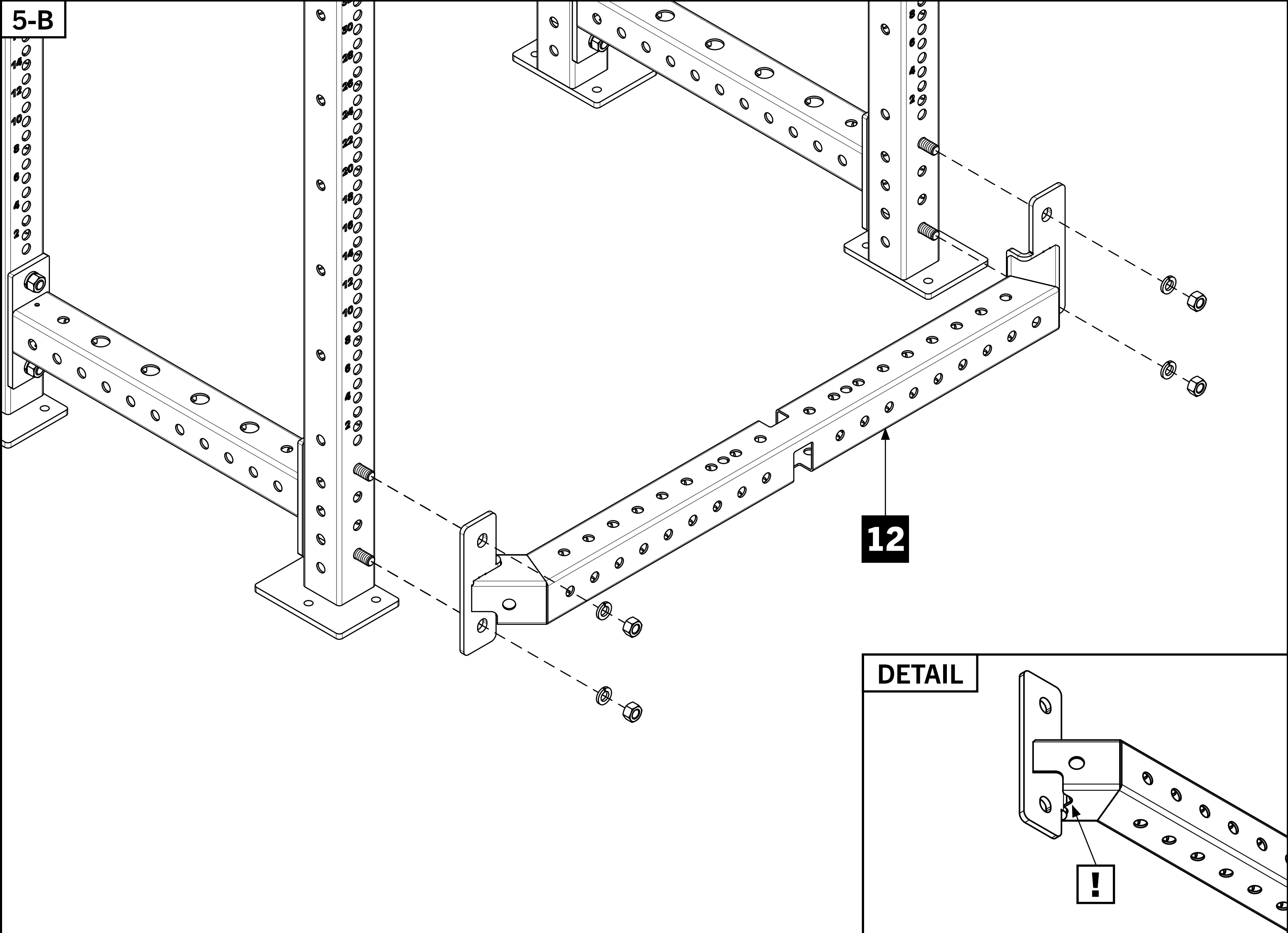
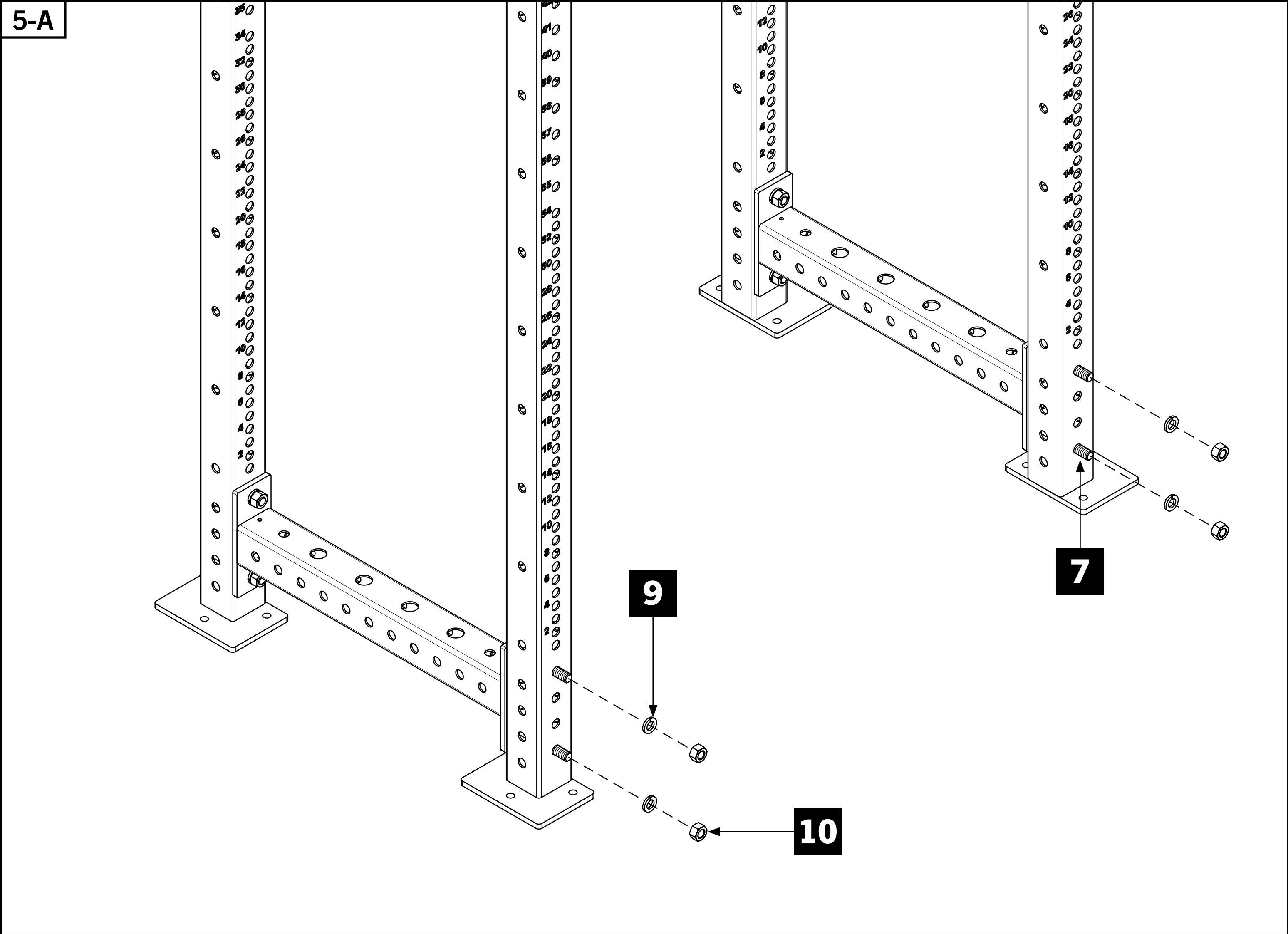
Tools Required:

- 3/8” Allen Key
- Attach 43” Spanning Crossmember [3] to middle Uprights using 5/8” x 4-1/2” Hex Bolt [7], 5/8” Flat Washers [8], 5/8” Lock Washers [9], and 5/8” Hex Nuts [10].



STEP 5 (BEGIN ADD-ON KIT ASSEMBLY)

- If modifying existing RML-HR rack with add-on kit, begin following assembly instructions.
- Leaving 5/8” x 4-1/2” 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 **[12]** and loosely re-assemble the hardware removed above.
- **!** Ensure tube cutout is facing toward the ground.



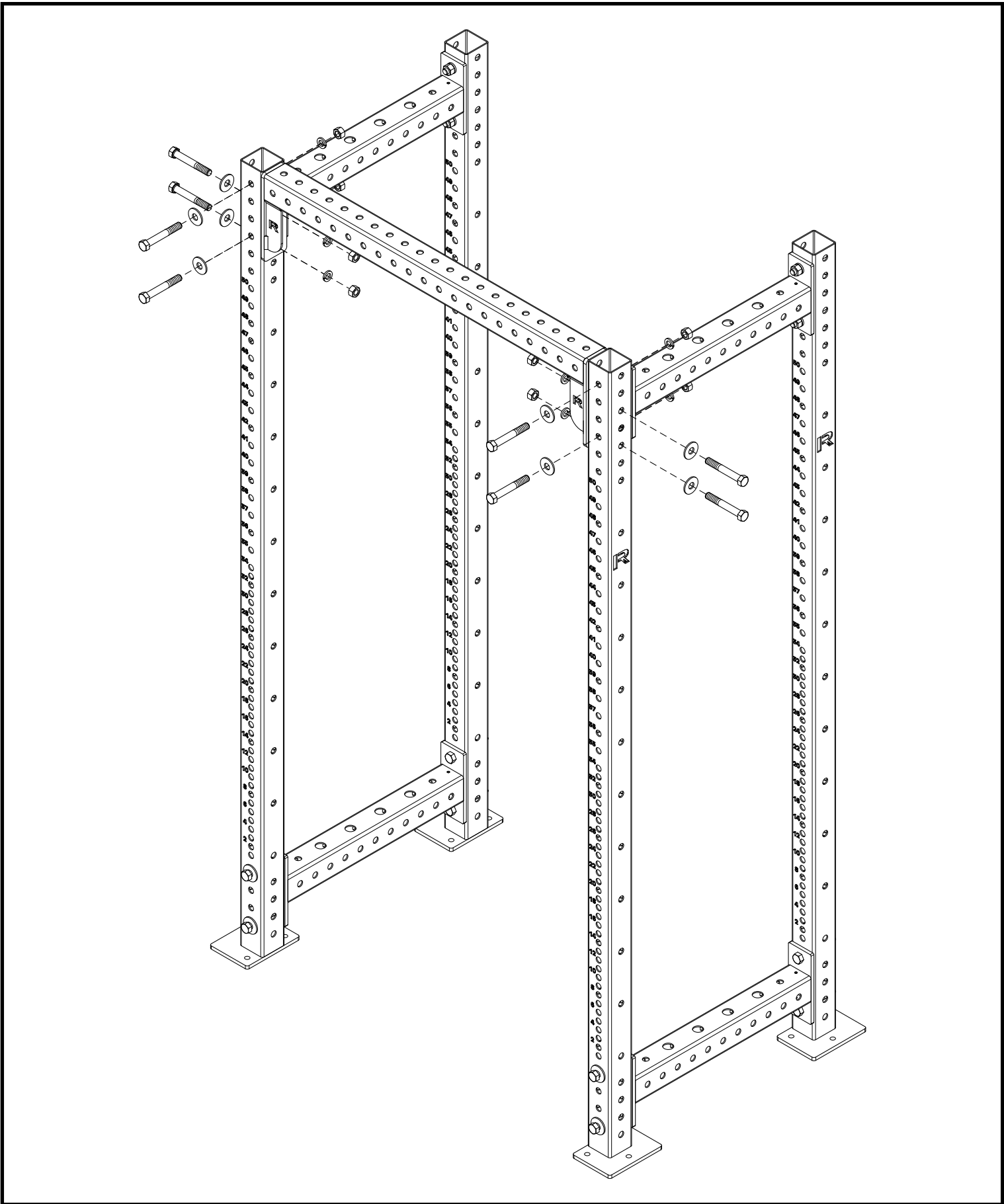
STEP 6 (ADD-ON KIT ONLY)

Tools Required:

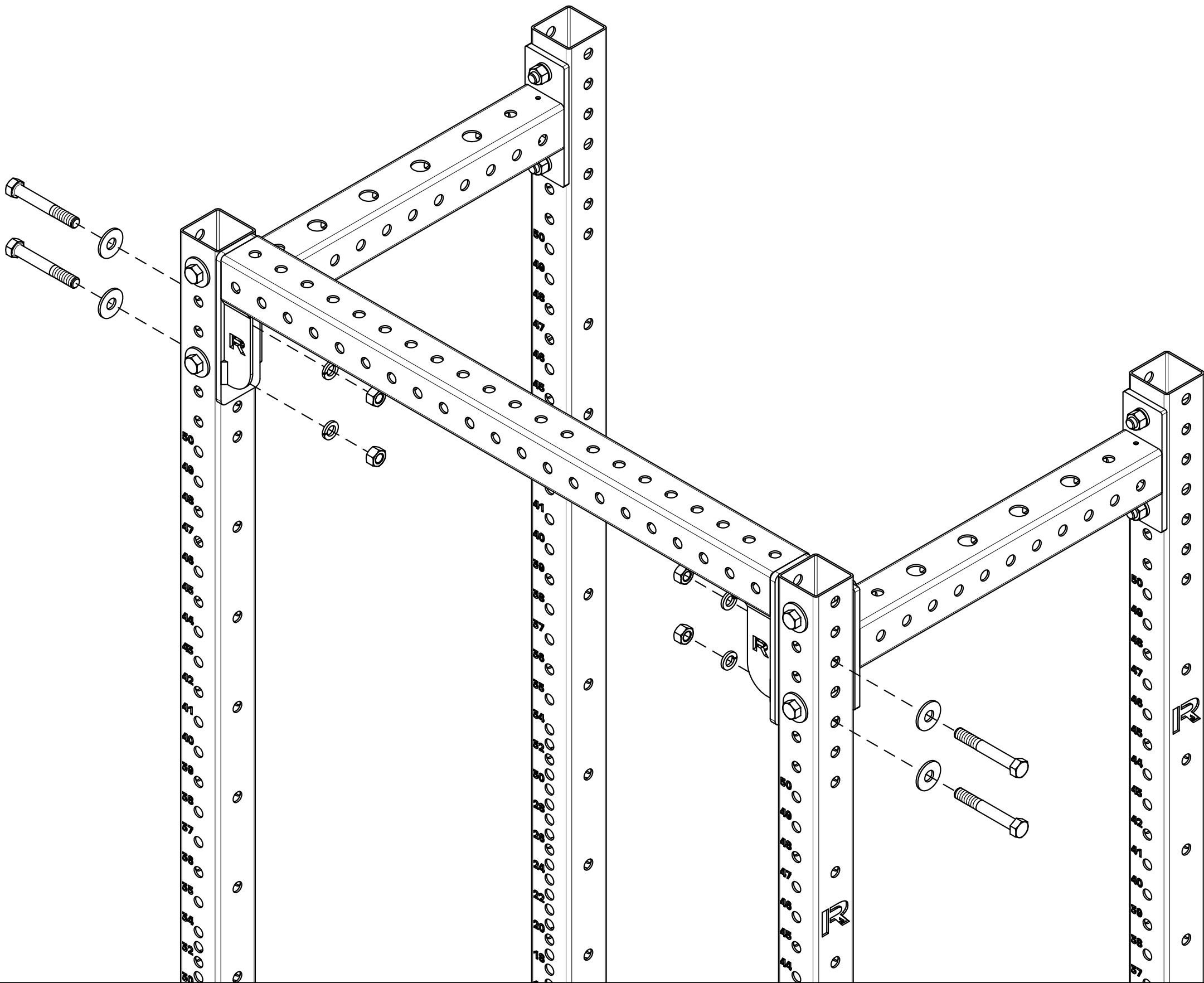
- 15/16” Wrench
- **Important:** Loosen but do not remove **ALL** 5/8” hardware on entire rack.
- Remove 43” Spanning Crossmember and hardware from front of rack and set parts aside.
- Remove additional 5/8” crossmember hardware shown in **6-B** so that the tops of the front uprights are completely free to move.

Note:

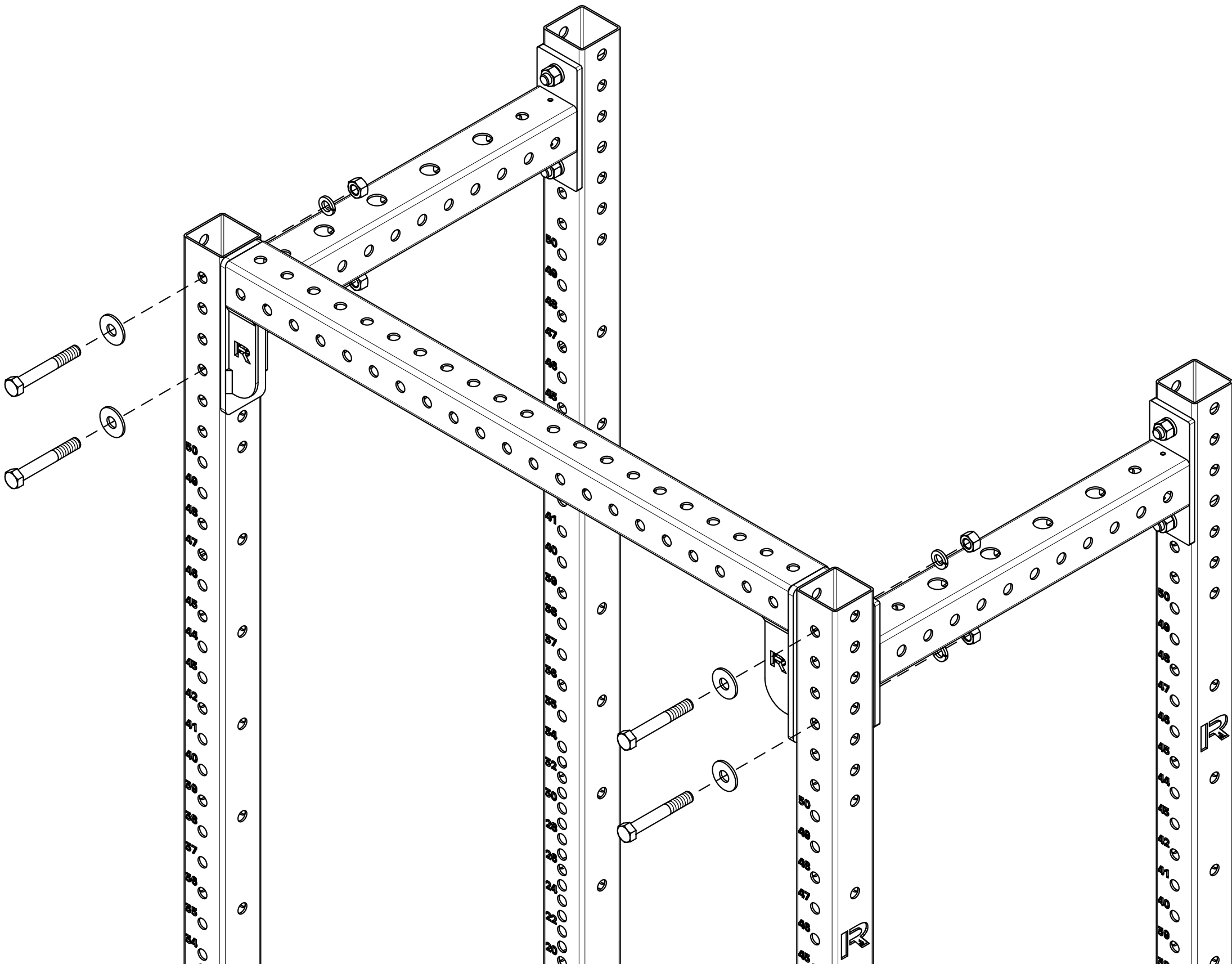
- The tops of the front uprights will need ample slack to complete **STEP 7**. Continue to loosen hardware on bottom of Front Uprights as needed.



6-A

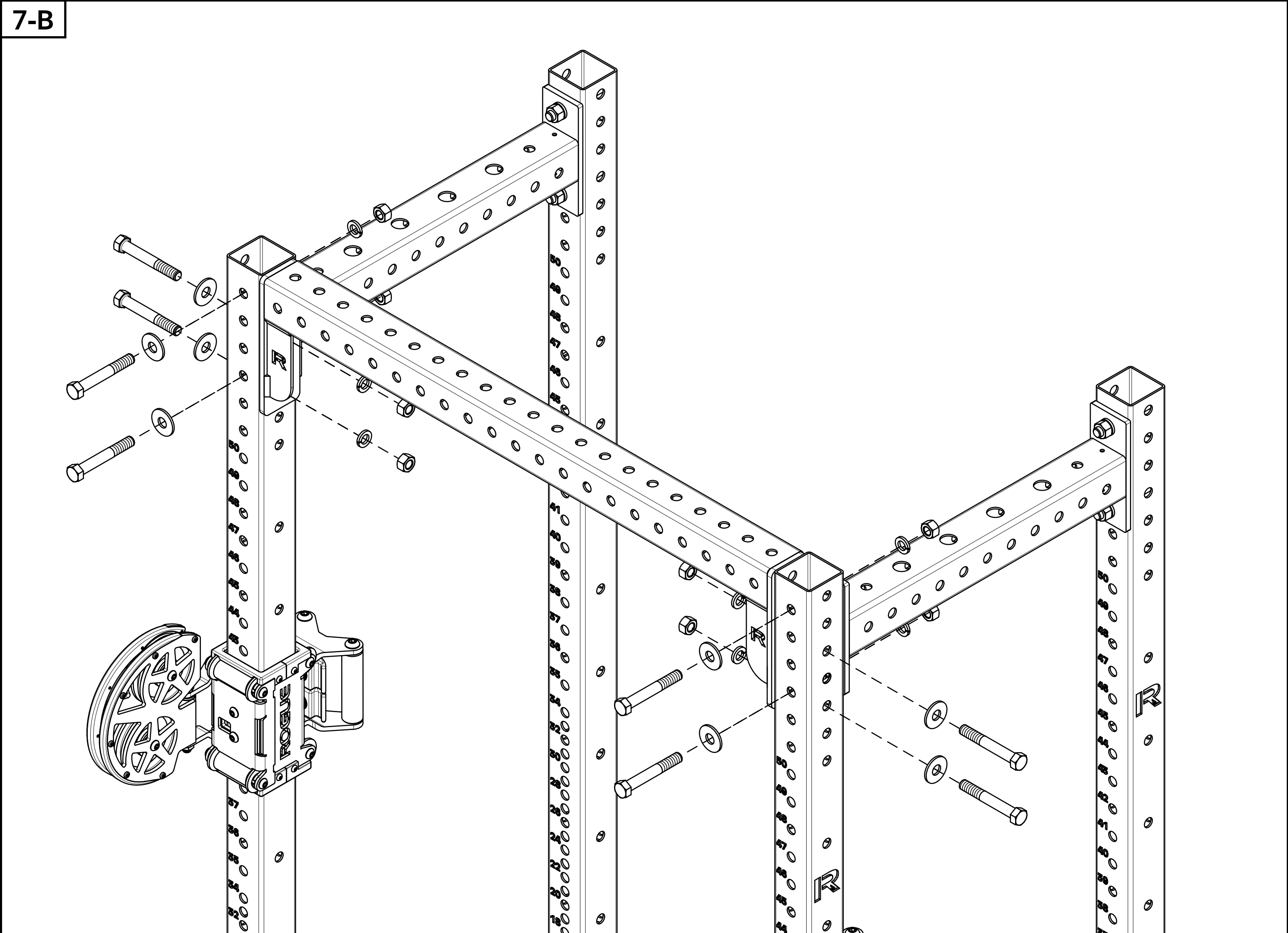
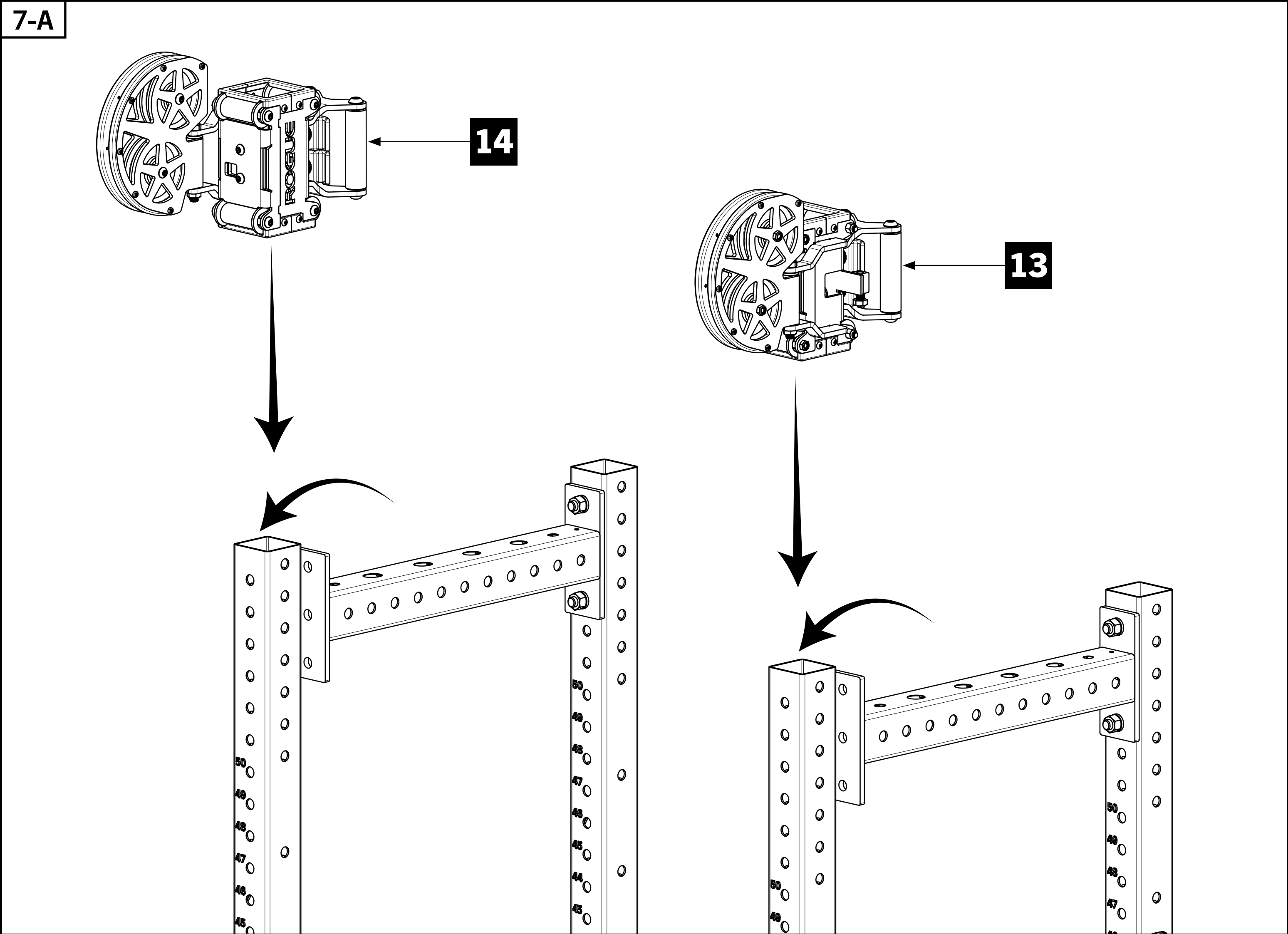


6-B



STEP 7 (ADD-ON KIT ONLY)

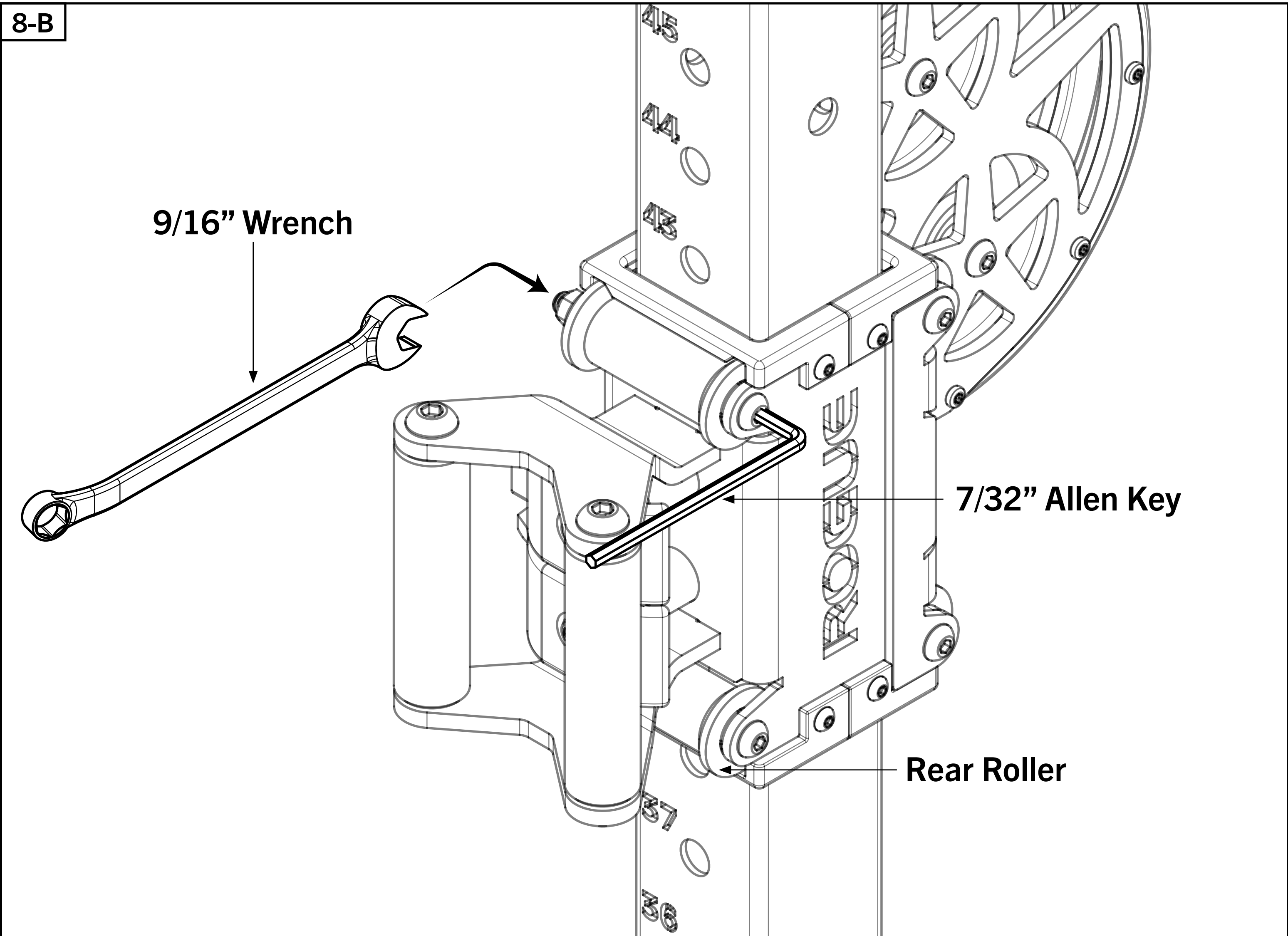
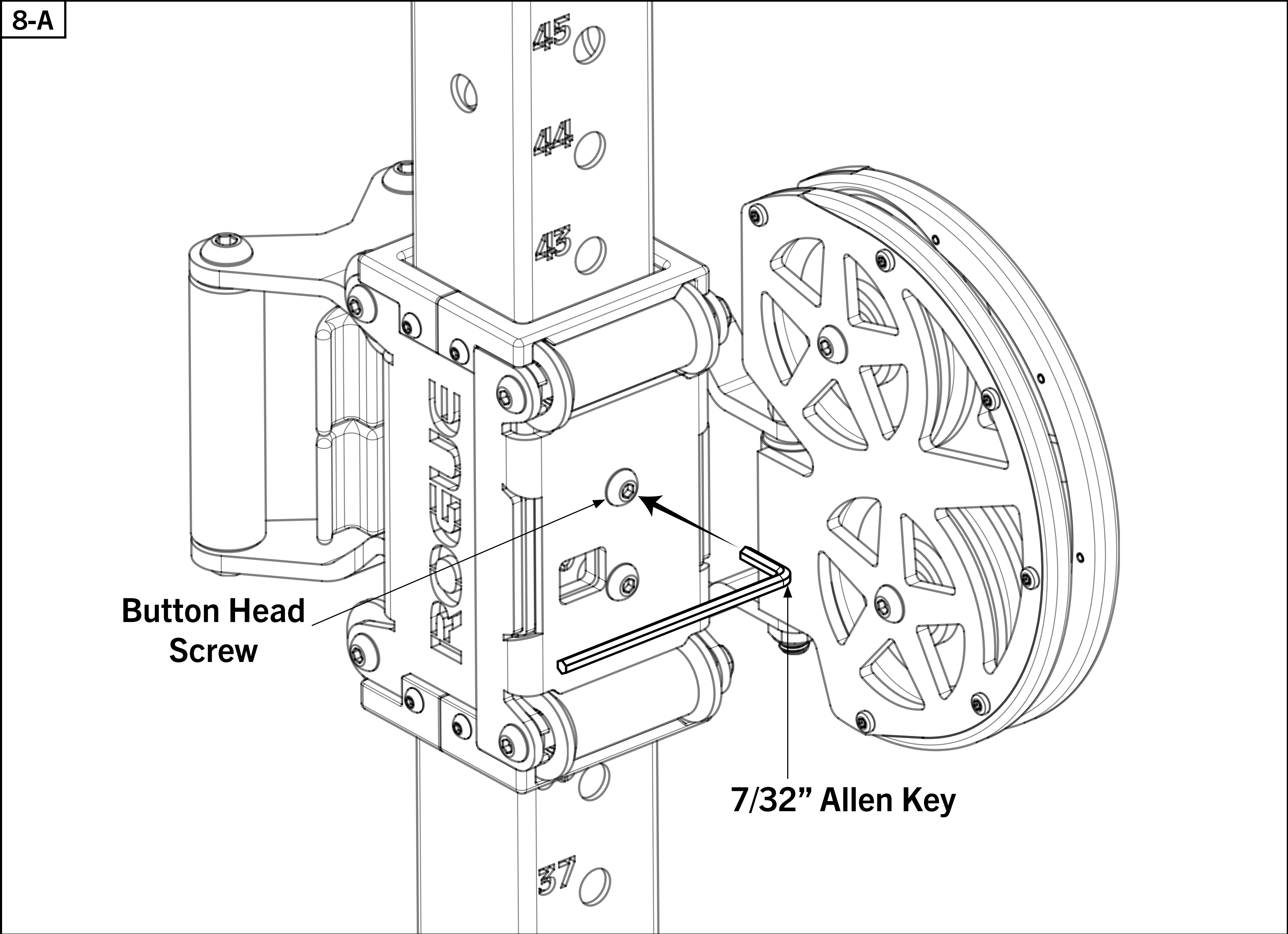
- While tilting Upright forward, pull the handle triggers and slide LH Swivel Trolley [14] down the front left Upright.
- Repeat this process to assemble RH Swivel Trolley [13] on front right Upright.
- Slide down the Uprights and release triggers when the viewing window is showing the number 40 (refer to **STEP 1-B**).
- Assemble hardware removed in **STEP 6**.



STEP 8

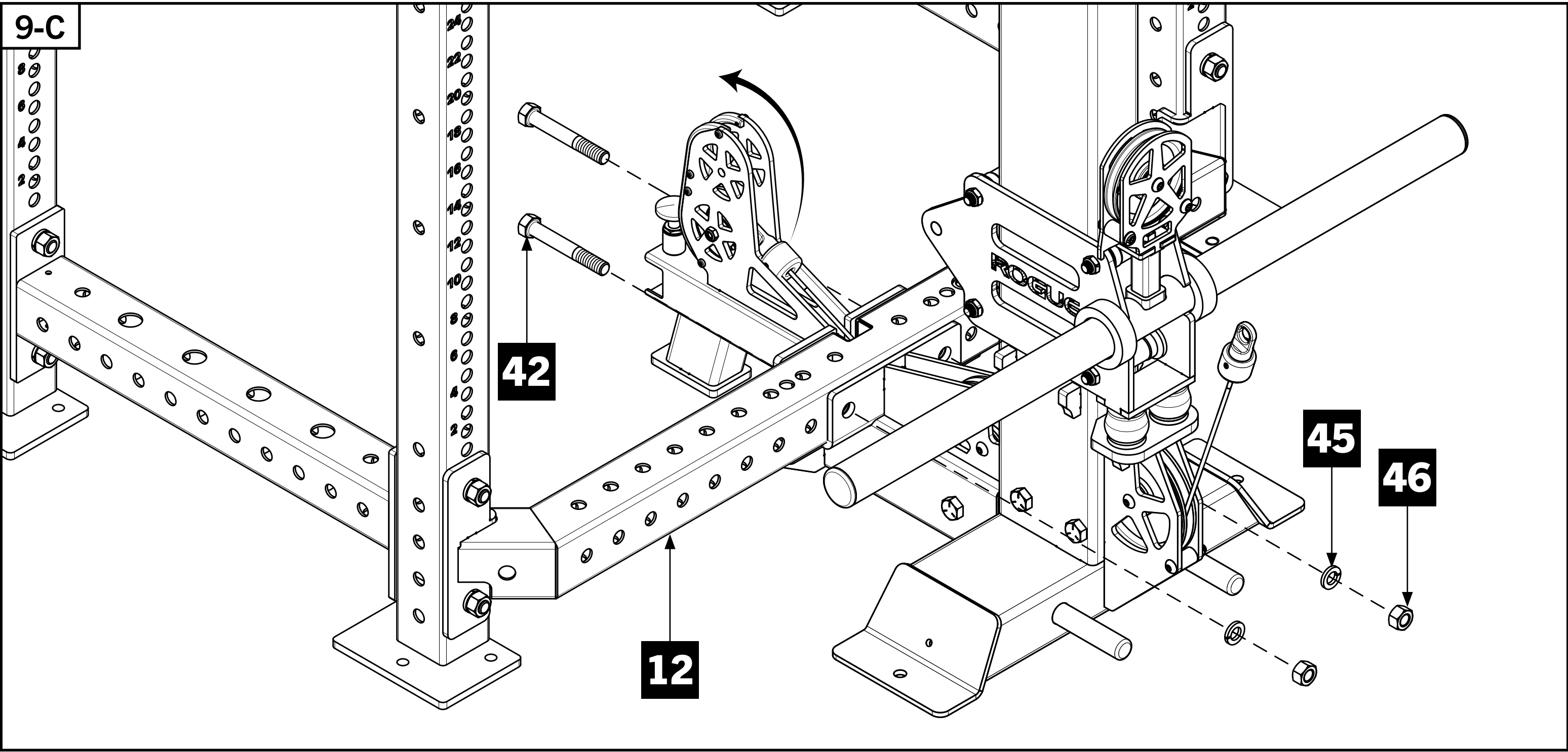
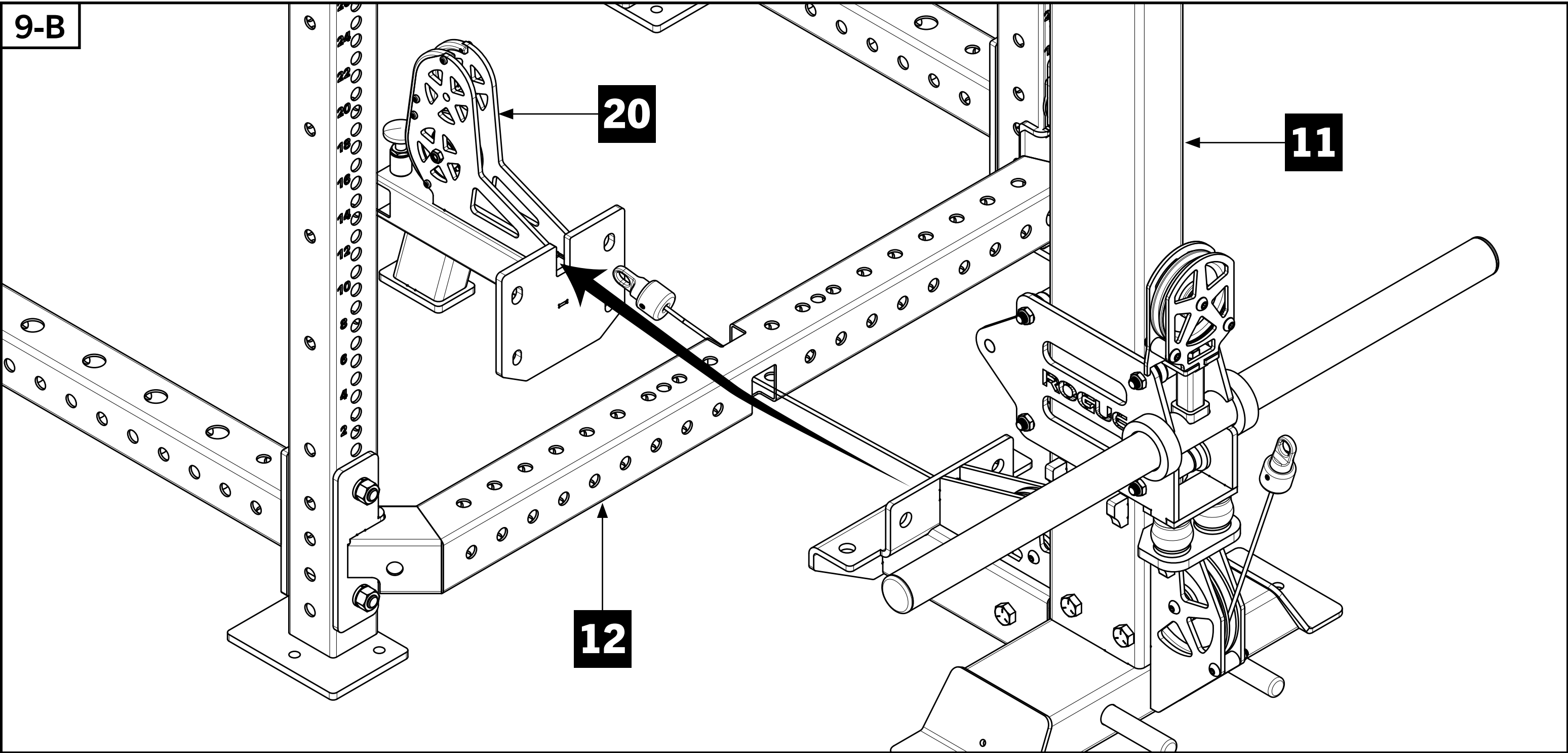
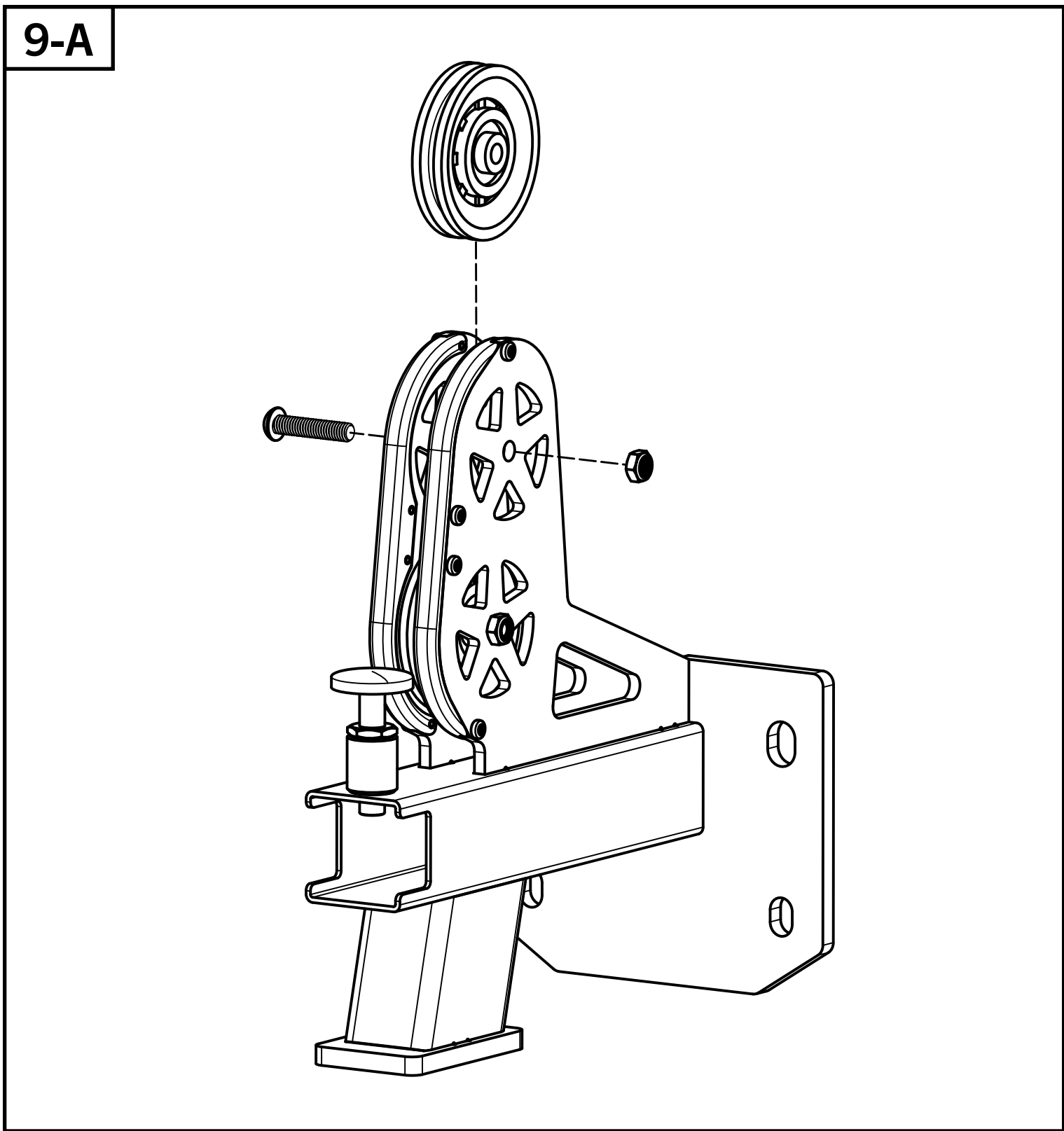
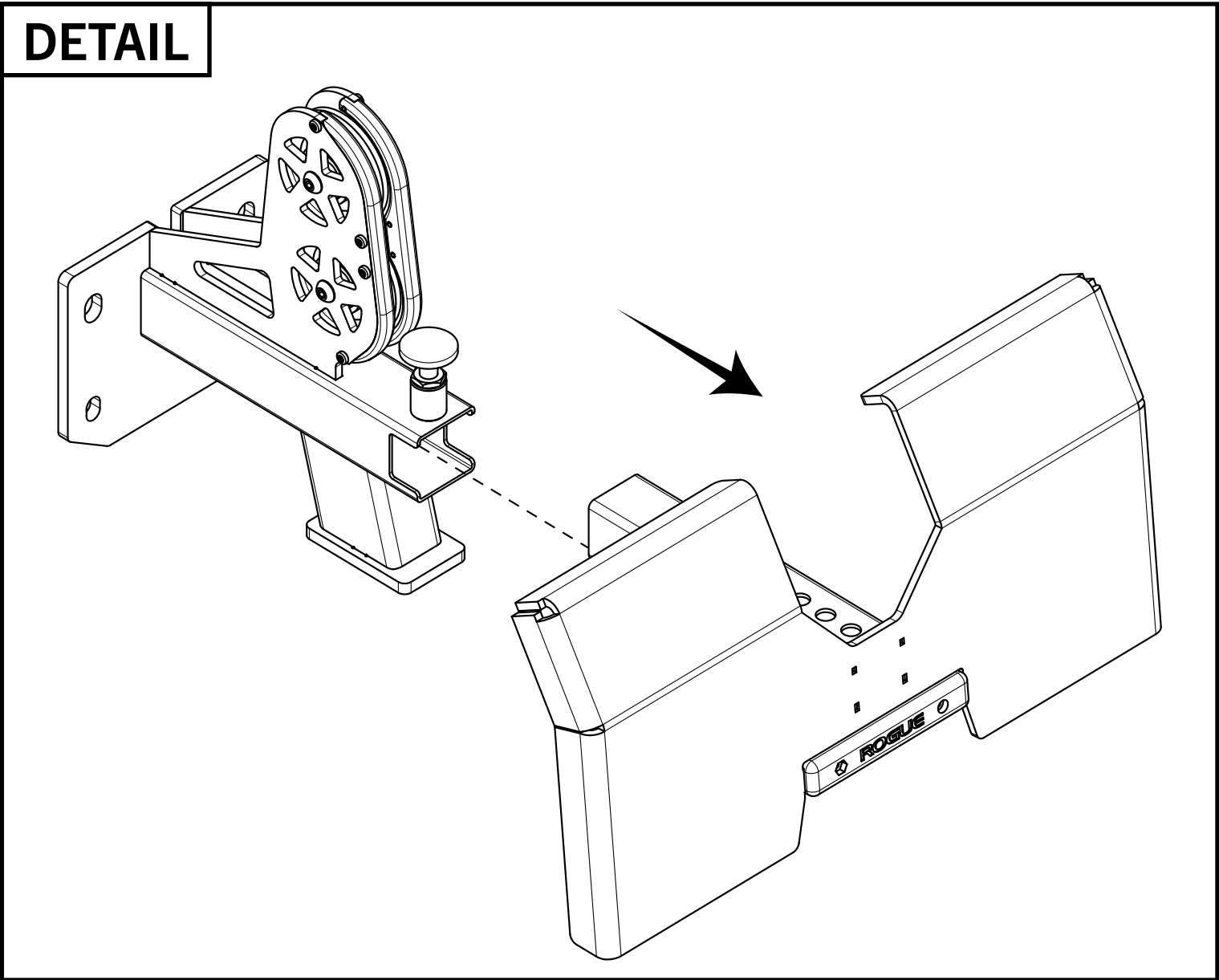
Tools Required:

- 7/32” Allen Key, 9/16” Wrench
- Swivel Trolleys -RH [13] and - LH [14] need to be calibrated for your specific rack.
- Keeping the Swivel Trolleys locked in place, tighten the Button Head Screws shown in **8-A** using 7/32” Allen Key until looseness 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 **8-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.



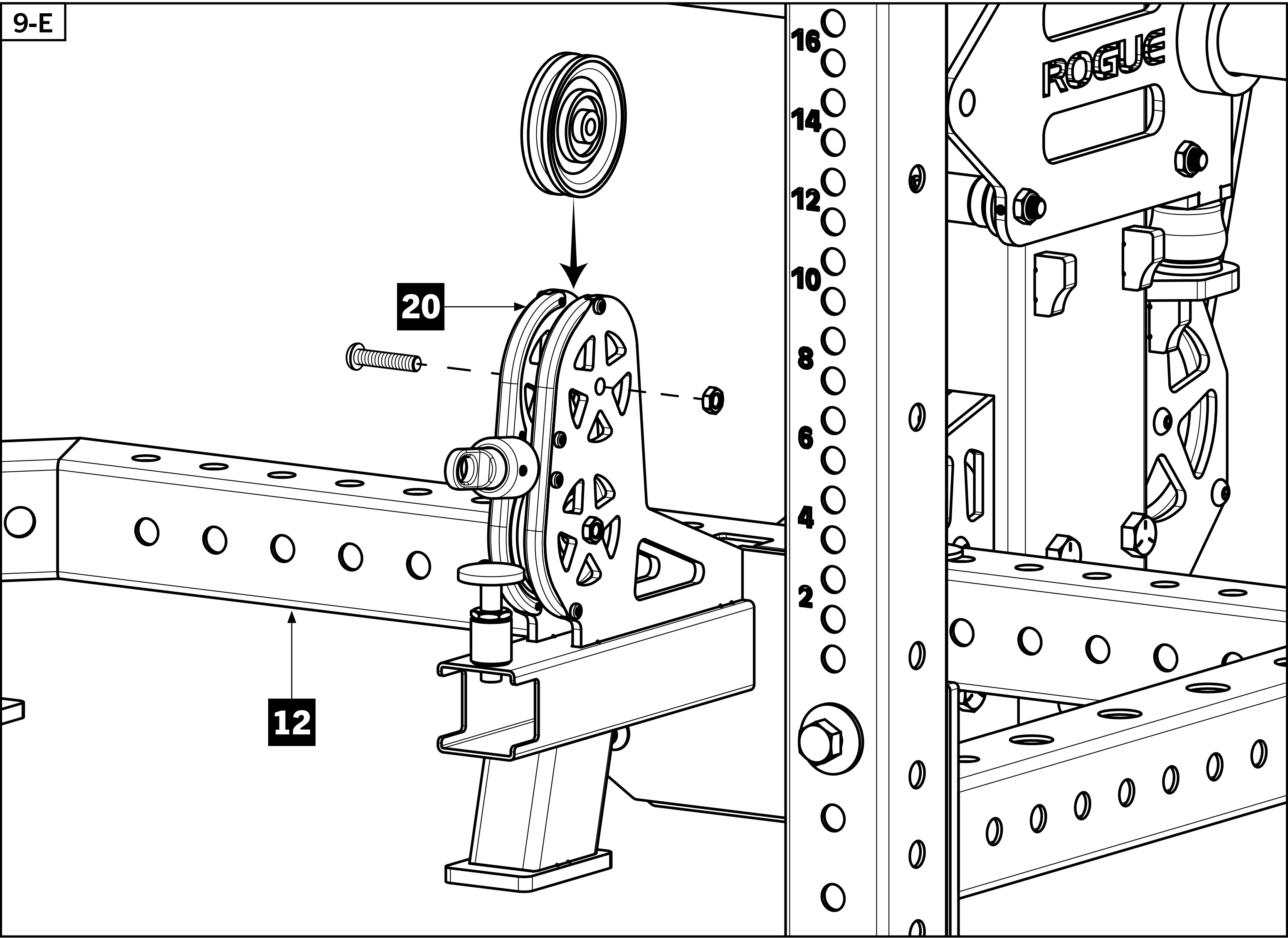
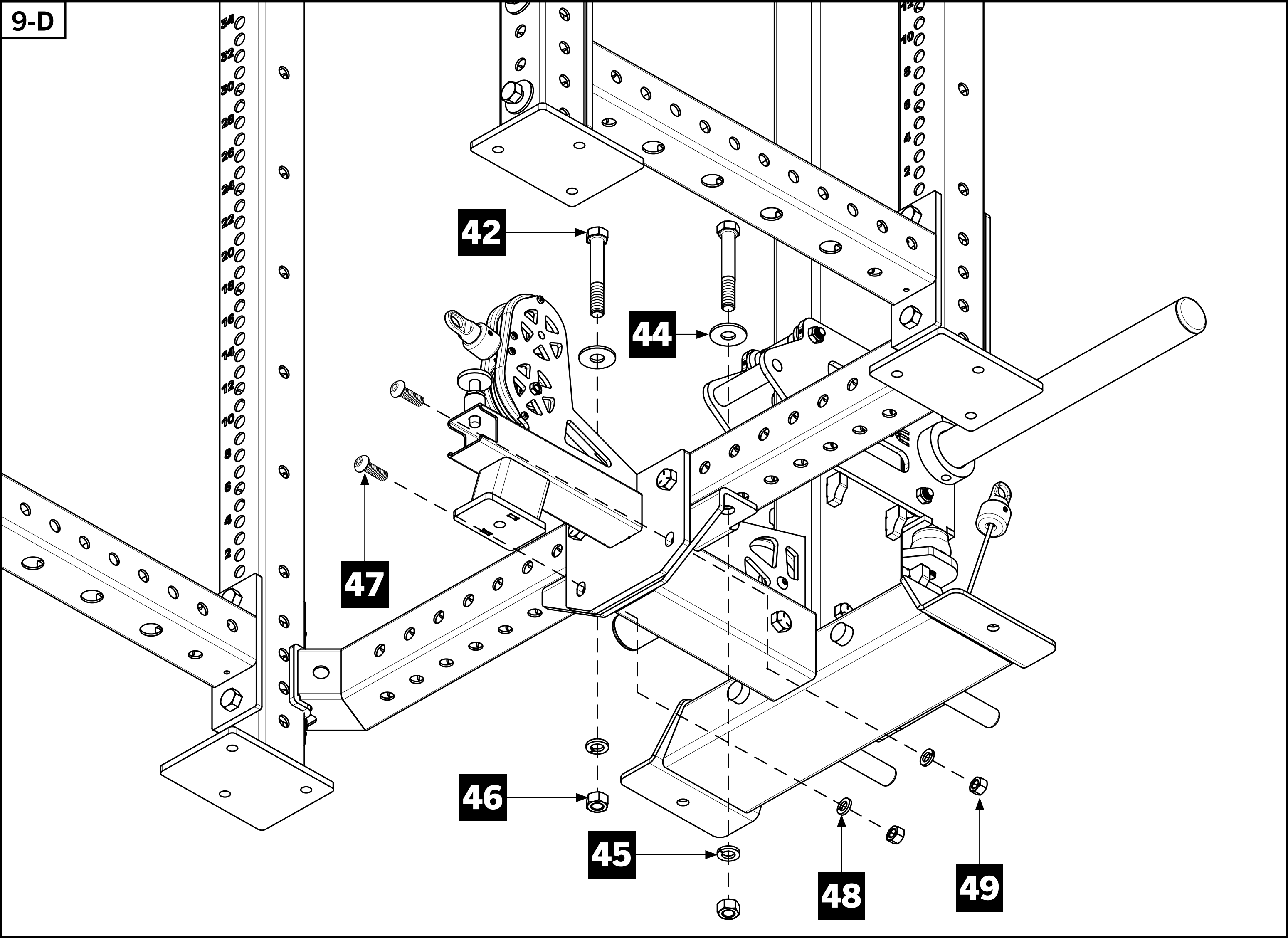
STEP 9

- For ease of assembly, pull pop-pin and remove Foot Catch from Low Row Foot Plate Assembly as shown in detail view.
- Remove top pulley in Low Row Bracket. May require loosening lower pulley.
- Pull Cable Clevis through Low Row Cross-member [12].
- Position the Rear Upright Assembly [11] and the Low Row Bracket [20] against the Low Row Crossmember [12].
- Place Cable Clevis in its correct position on Low Row Bracket [20].
- Attach Foot Plate Assembly [20] and Rear Upright Assembly [11] to Low Row Cross-member [12] using indicated 5/8" and 1/2" hardware below.



STEP 9 (CONTINUED)

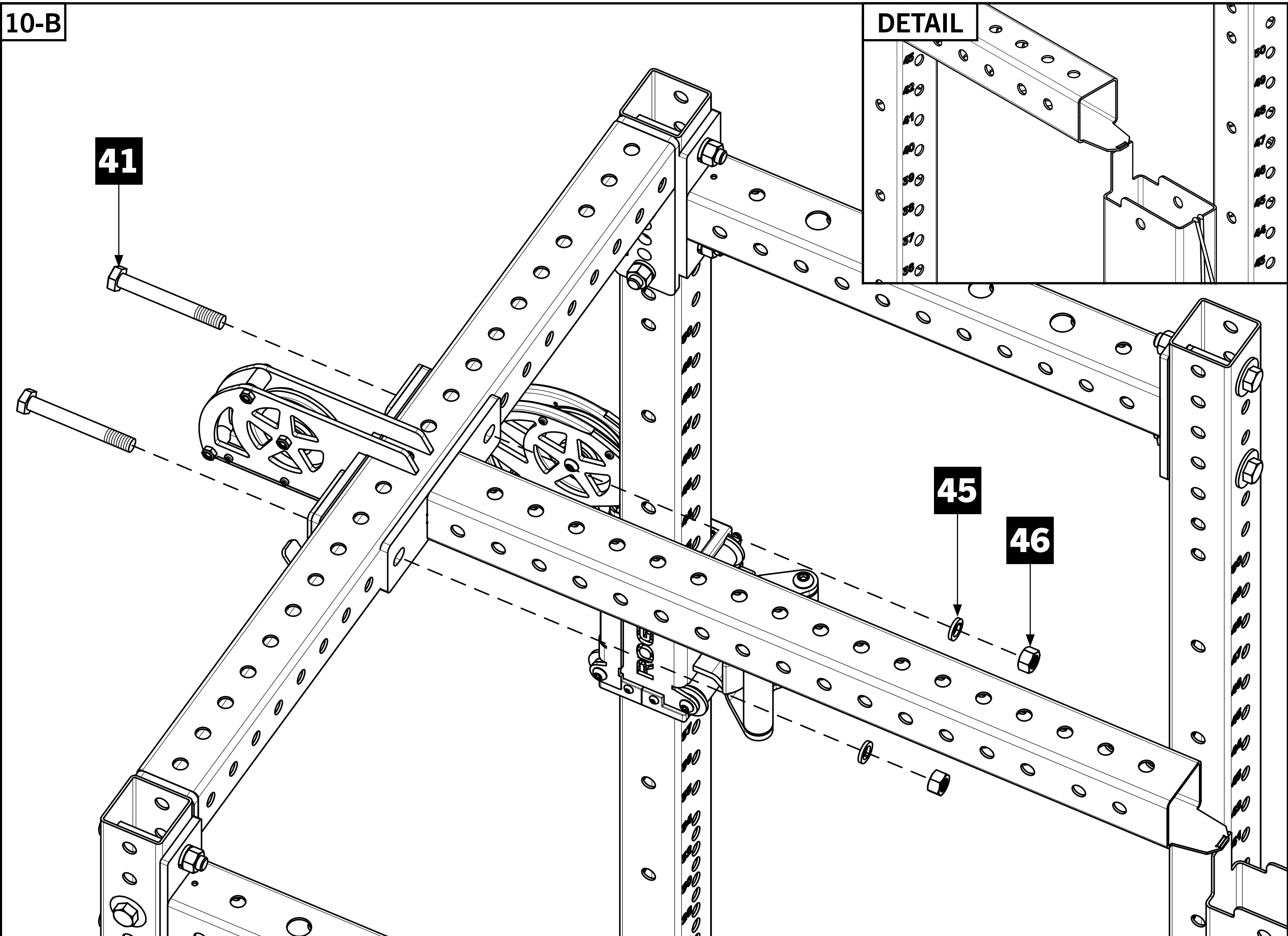
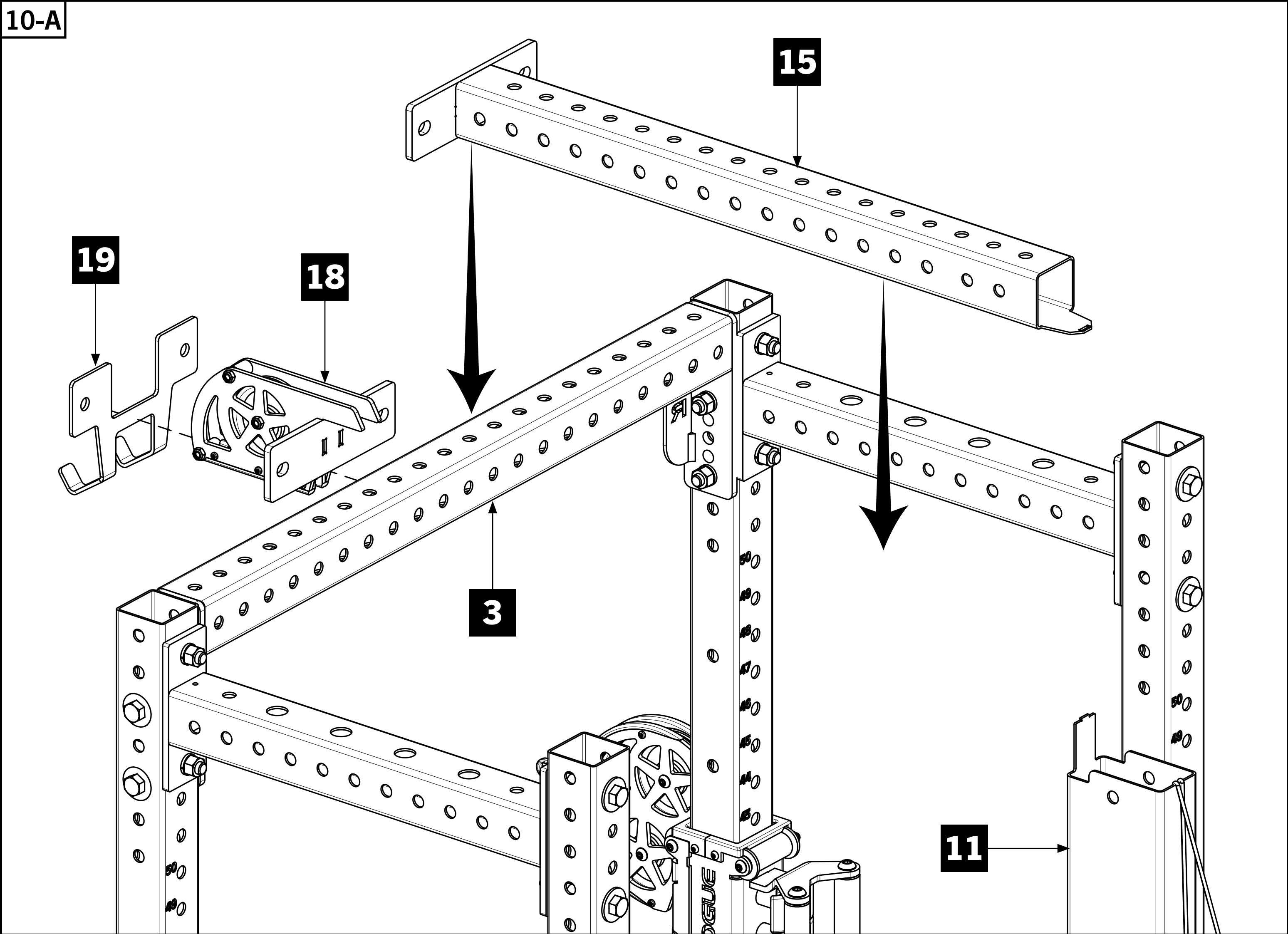
- Continue to attach Foot Plate Assembly [20] and Rear Upright Assembly [11] to Low Row Crossmember [12] using indicated 5/8" and 1/2" hardware below.
- Reinstall 3.5" Pulley in Low Row Bracket.



STEP 10

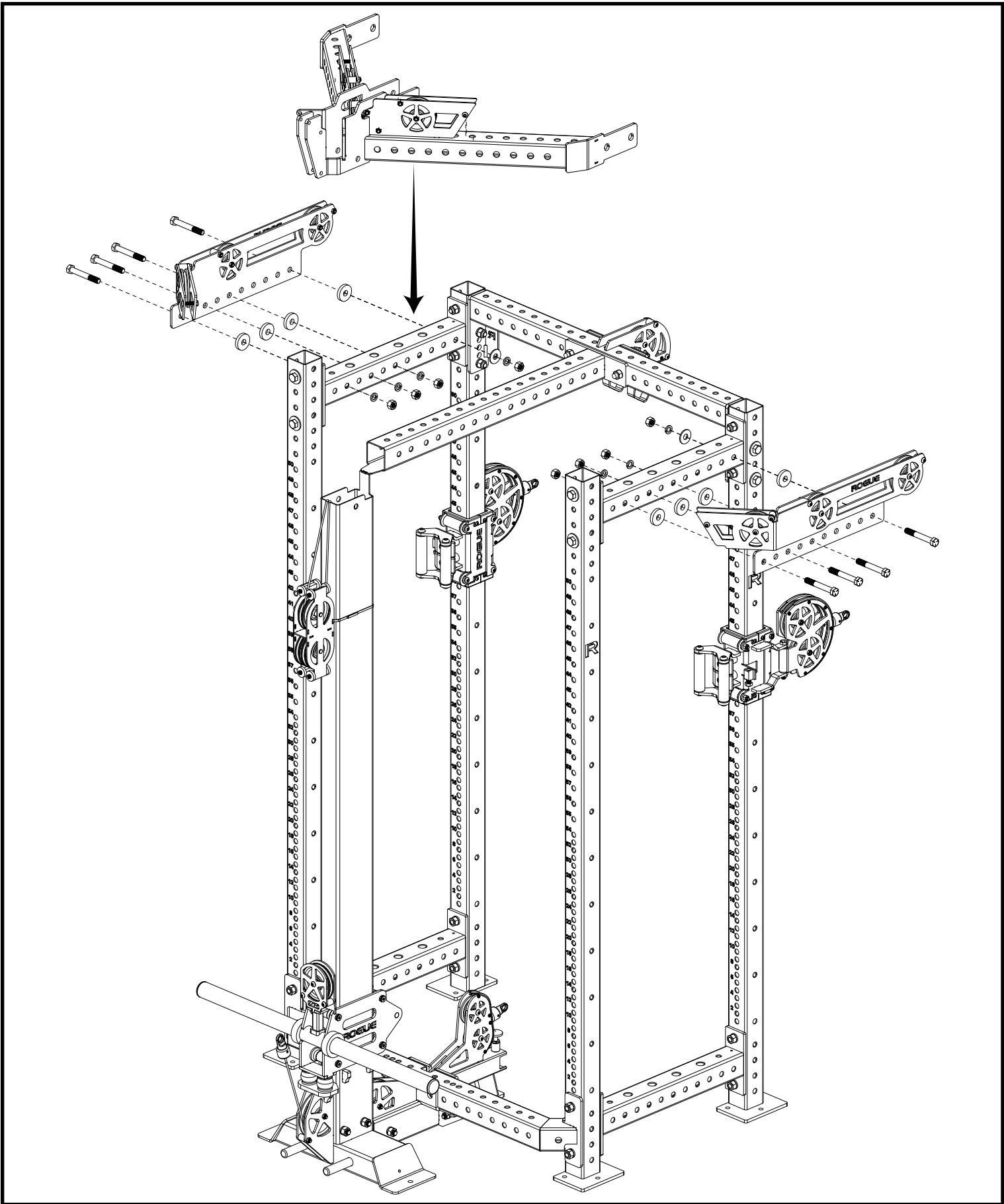
- Bolt Lat Bar Hanger [19], Lat Pulldown Pulley Bracket [18], and Top Center Crossmember [15] to 43" Spanning Crossmember [3] using 5/8" x 5" Hex Bolts [41], 1" Lock Washers [45], and 1" Hex Nuts [46] as shown in 10-B.

- Note:**
- Ensure Slot on Top Center Crossmember [15] is fully engaged with the tab on the Rear Upright [11].

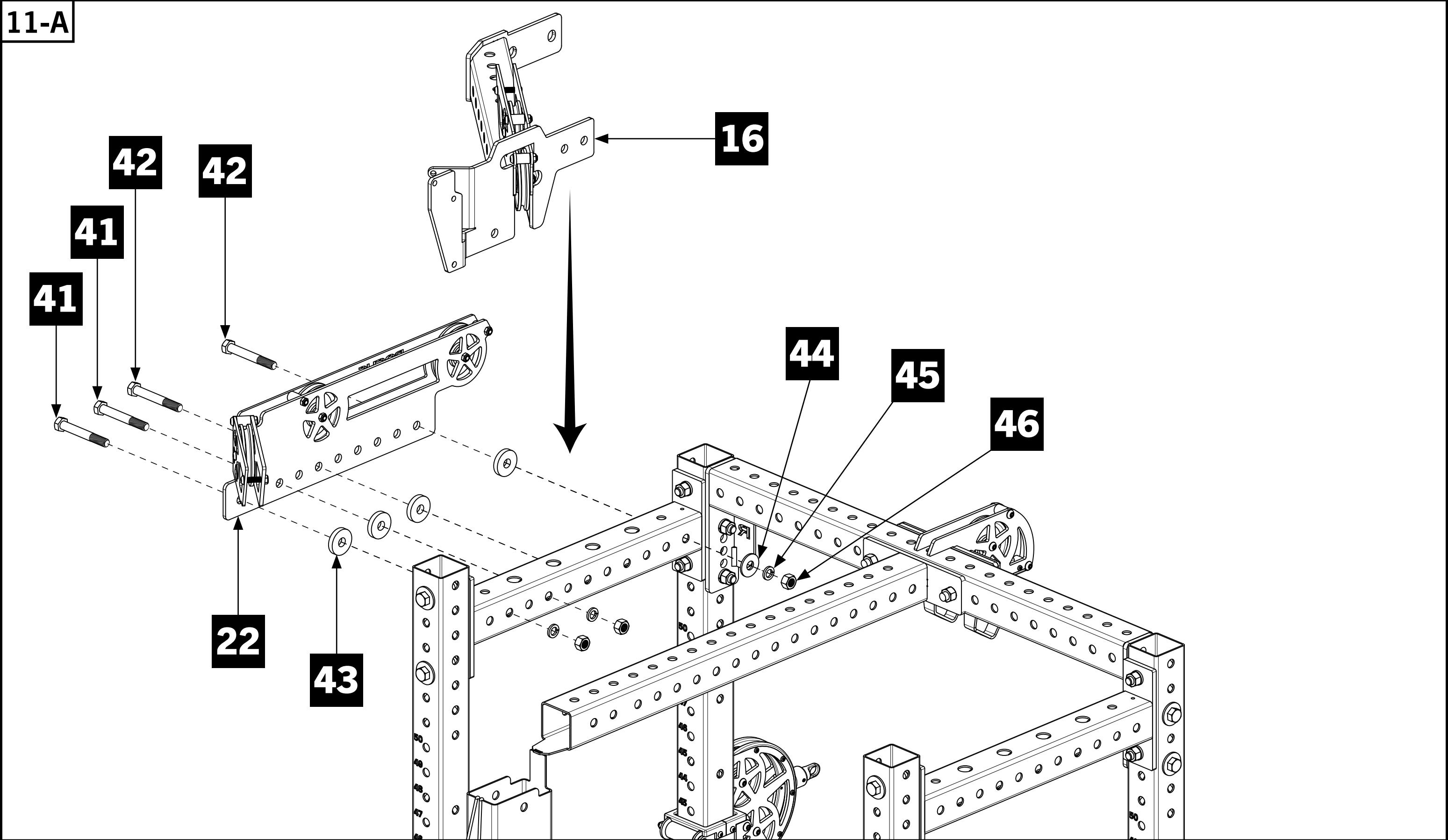


STEP 11

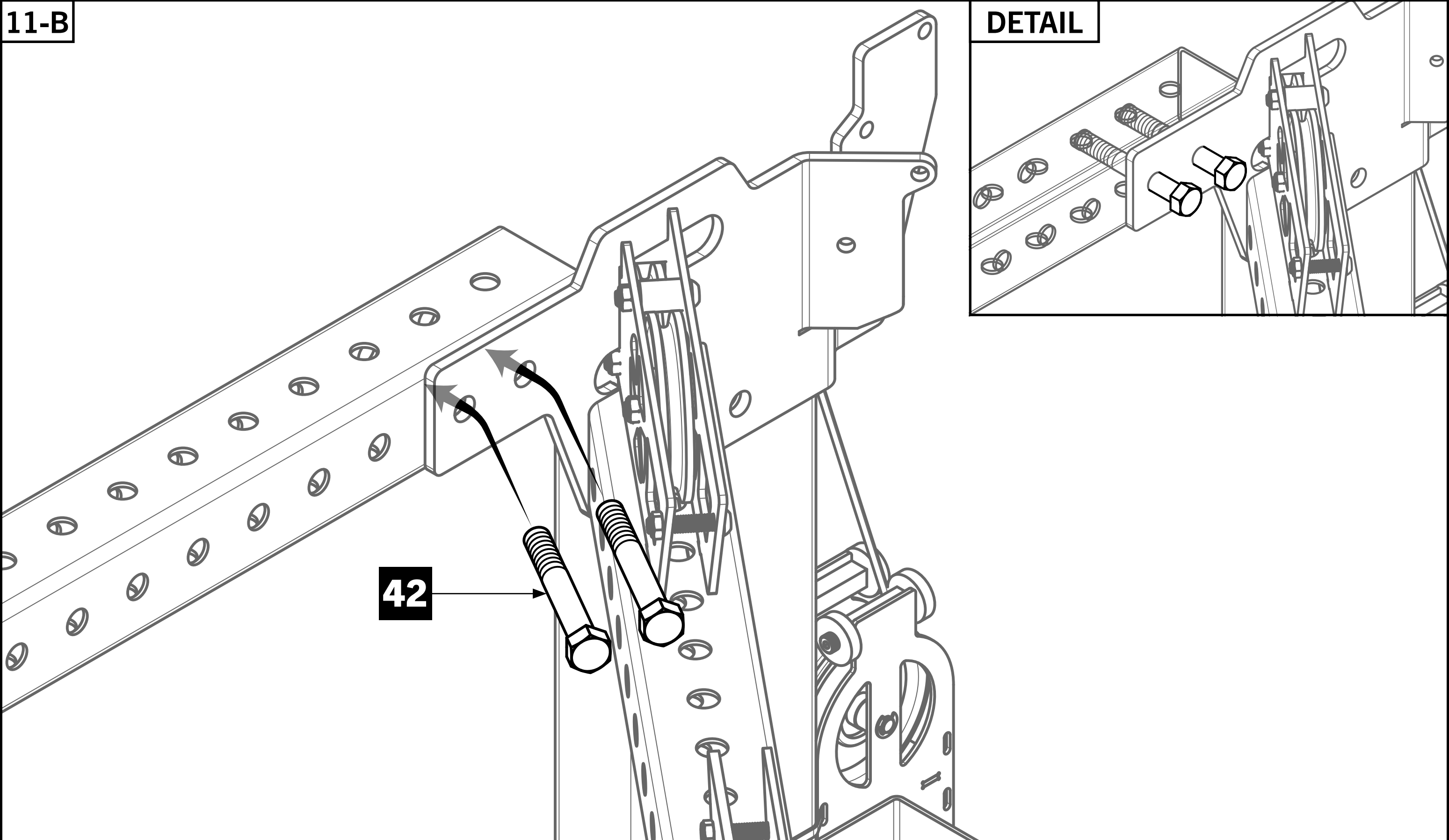
- Secure Top Rear Angle Crossmember - RH [16] and Top Side Pulley Assembly - RH [22] to 24" Rear Crossmembers [3] using one 5/8" x 5" Hex Bolts [41], two 5/8" x 4-1/2" Hex Bolts [42], 5/8" x 3/8" Pulley Bracket Spacers [43], 5/8" Flat Washers [44], 5/8" Lock Washers [45], 5/8" Hex Nuts [46].
- Bolt the Top Rear Angle Crossmember - RH to the Top Center Crossmember using two 5/8" x 4-1/2" Hex Bolts [42], pushing the bolt only partially in to secure the crossmember.



11-A

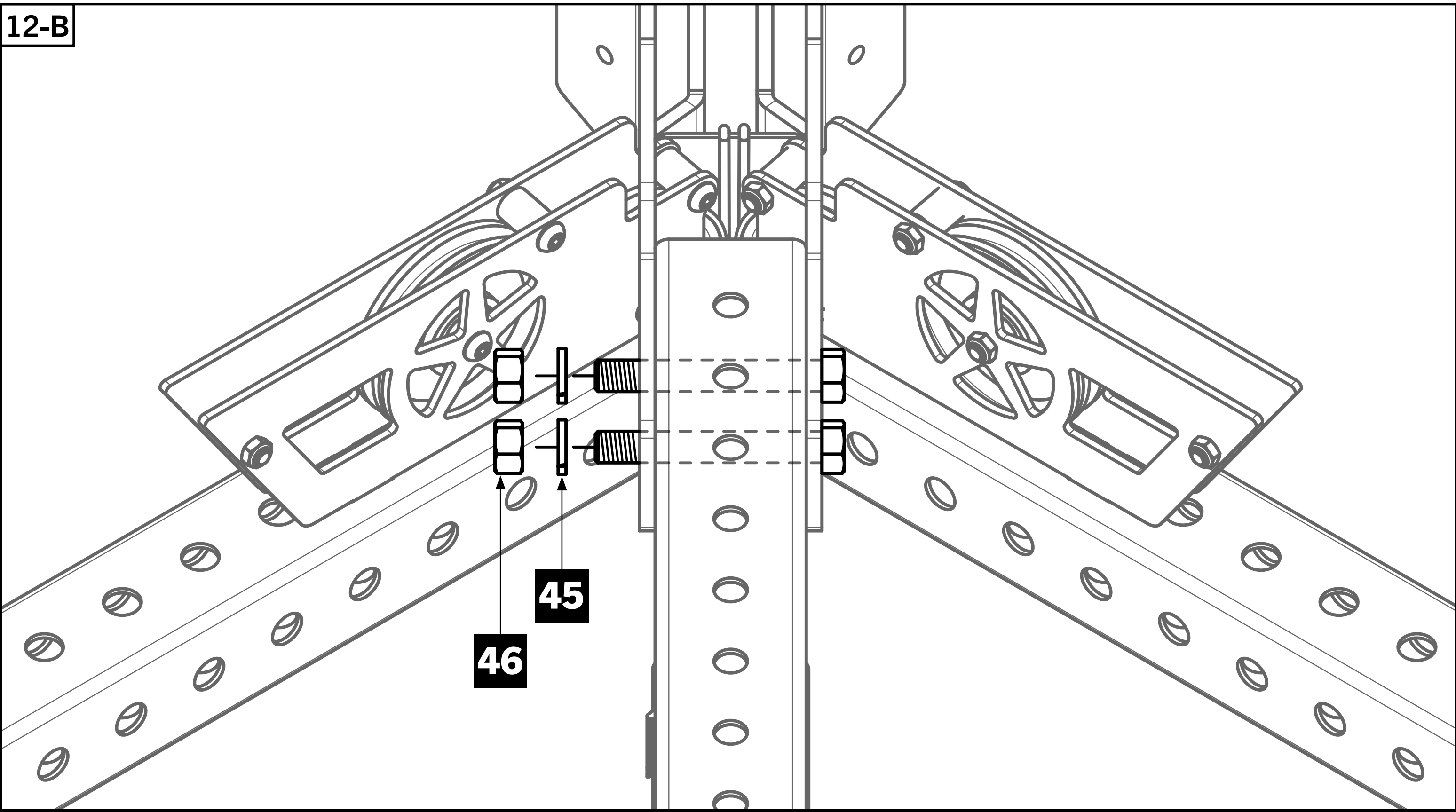
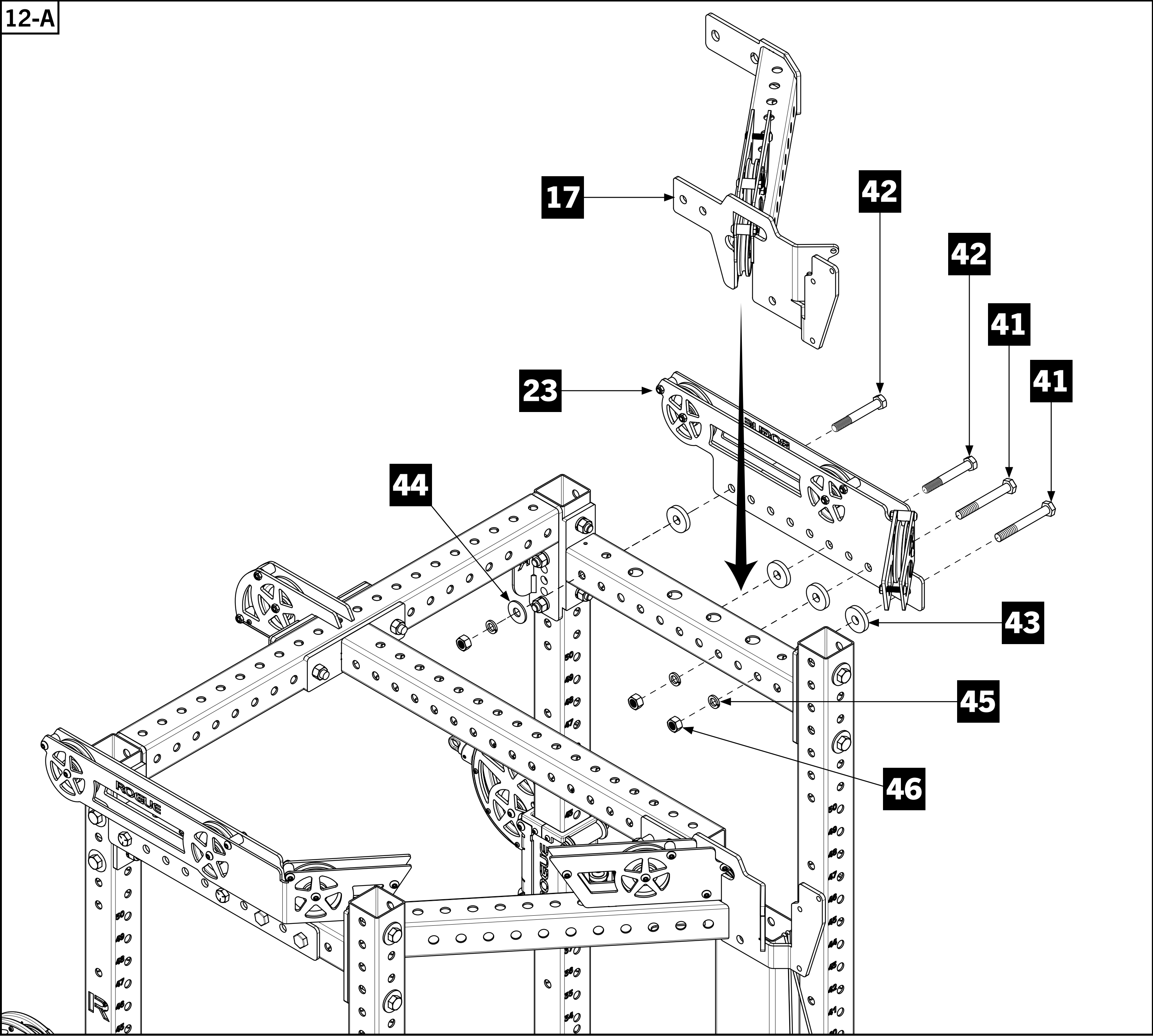


11-B



STEP 12

- Secure Top Rear Angle Crossmember - LH [17] and Top Side Pulley Assembly - LH [23] to 24" Rear Crossmembers [3] using 5/8" x 5" Hex Bolts [41], 5/8" 4-1/2" Hex Bolts [42], 5/8" x 3/8" Pulley Bracket Spacer [43], 5/8" Flat Washer [44], 5/8" Lock Washers [45], and 5/8" Hex Nuts [46].
- Push already installed 5/8" x 4-1/2" Hex Bolt [42] through all plates and install 5/8" Lock Washer [45] and 5/8" Hex Nut [46].

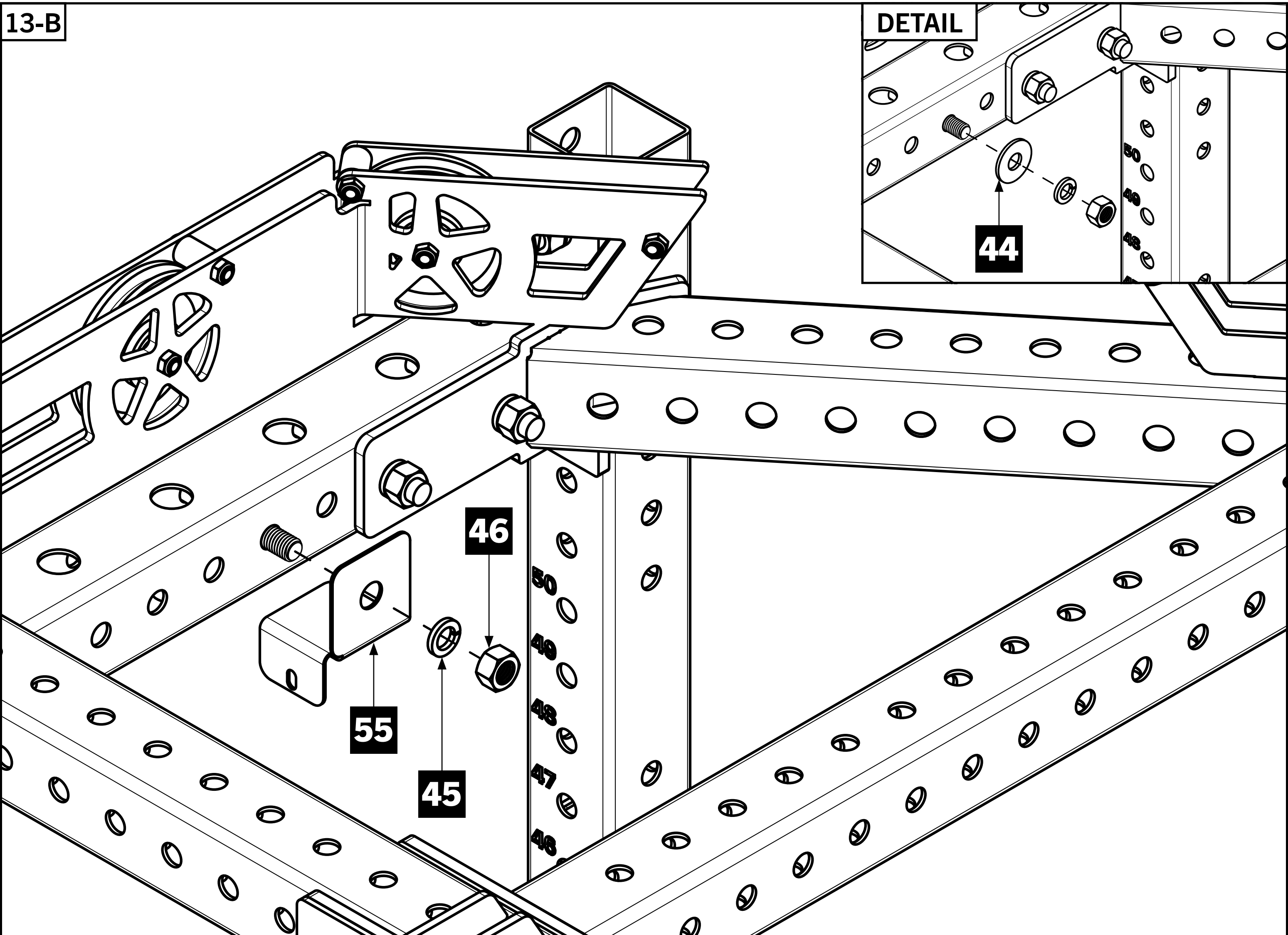
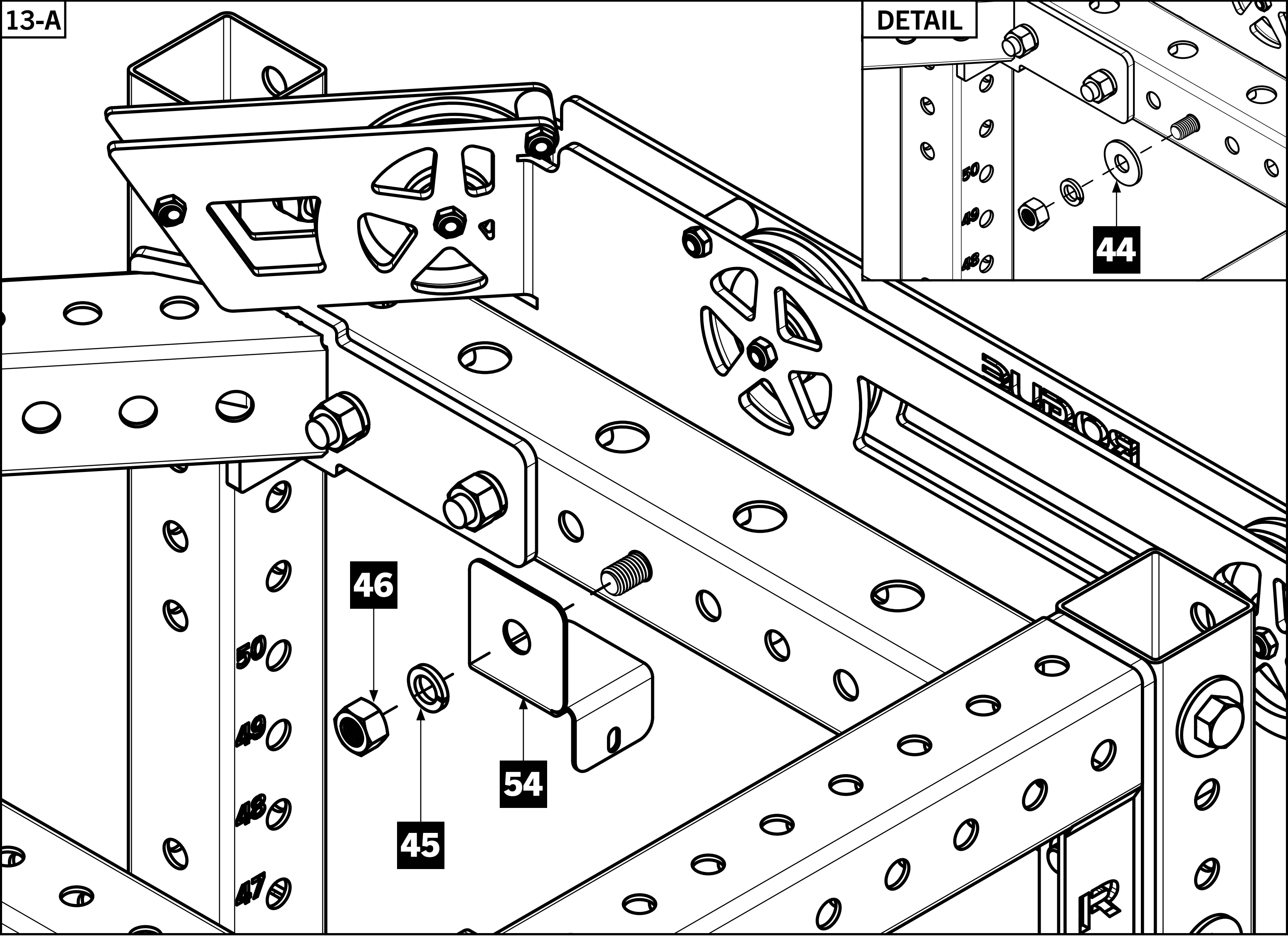


STEP 13

- Secure Side Shroud Top Bracket - RH [54] and - LH [55] to 24" Rear Crossmembers [3] using 5/8" Lock Washer [45], and 5/8" Hex Nut [46].

Note:

- Use 5/8" Flat Washers [44] instead of Side Shroud Top Brackets if Shroud Kit was not purchased.

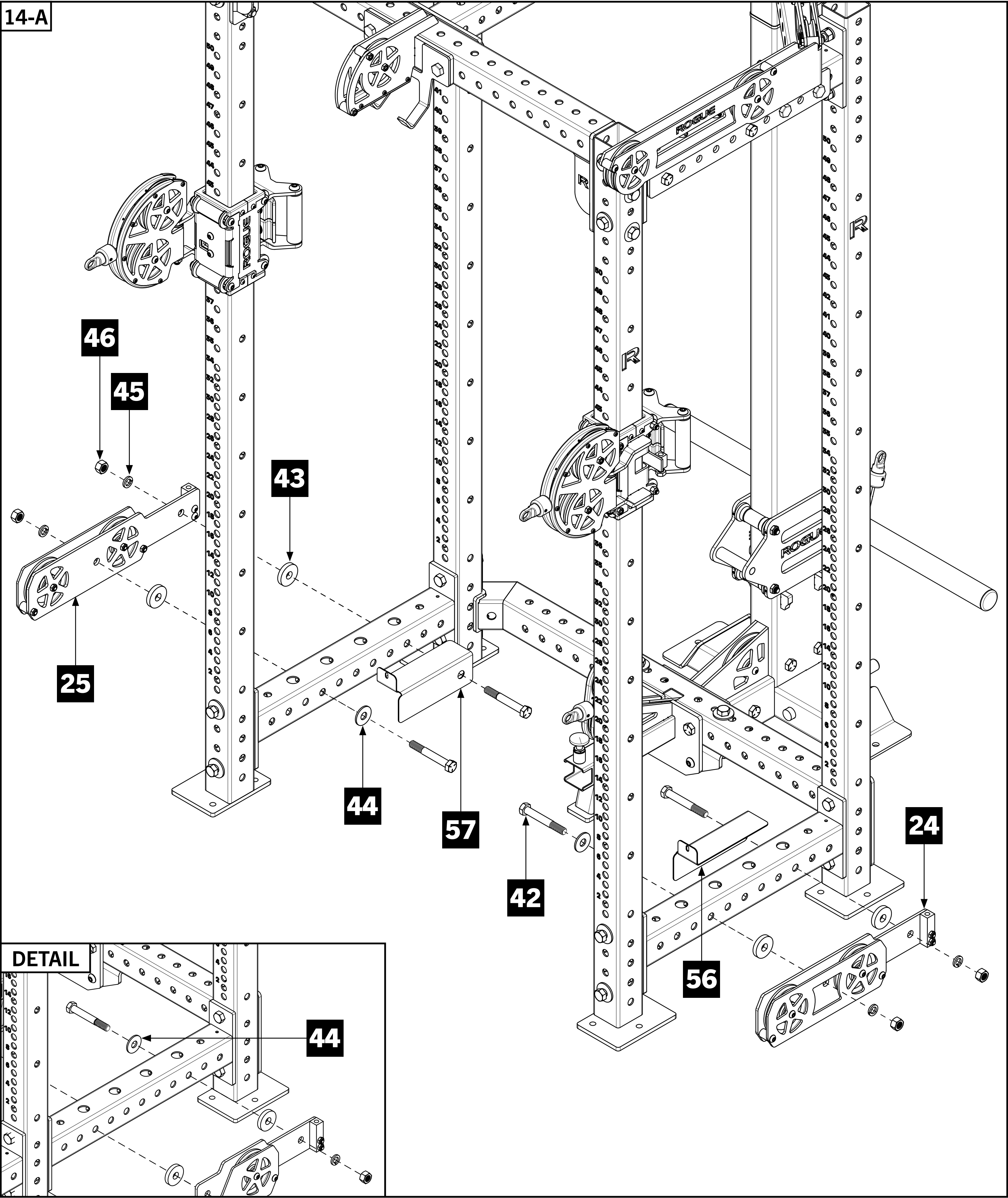
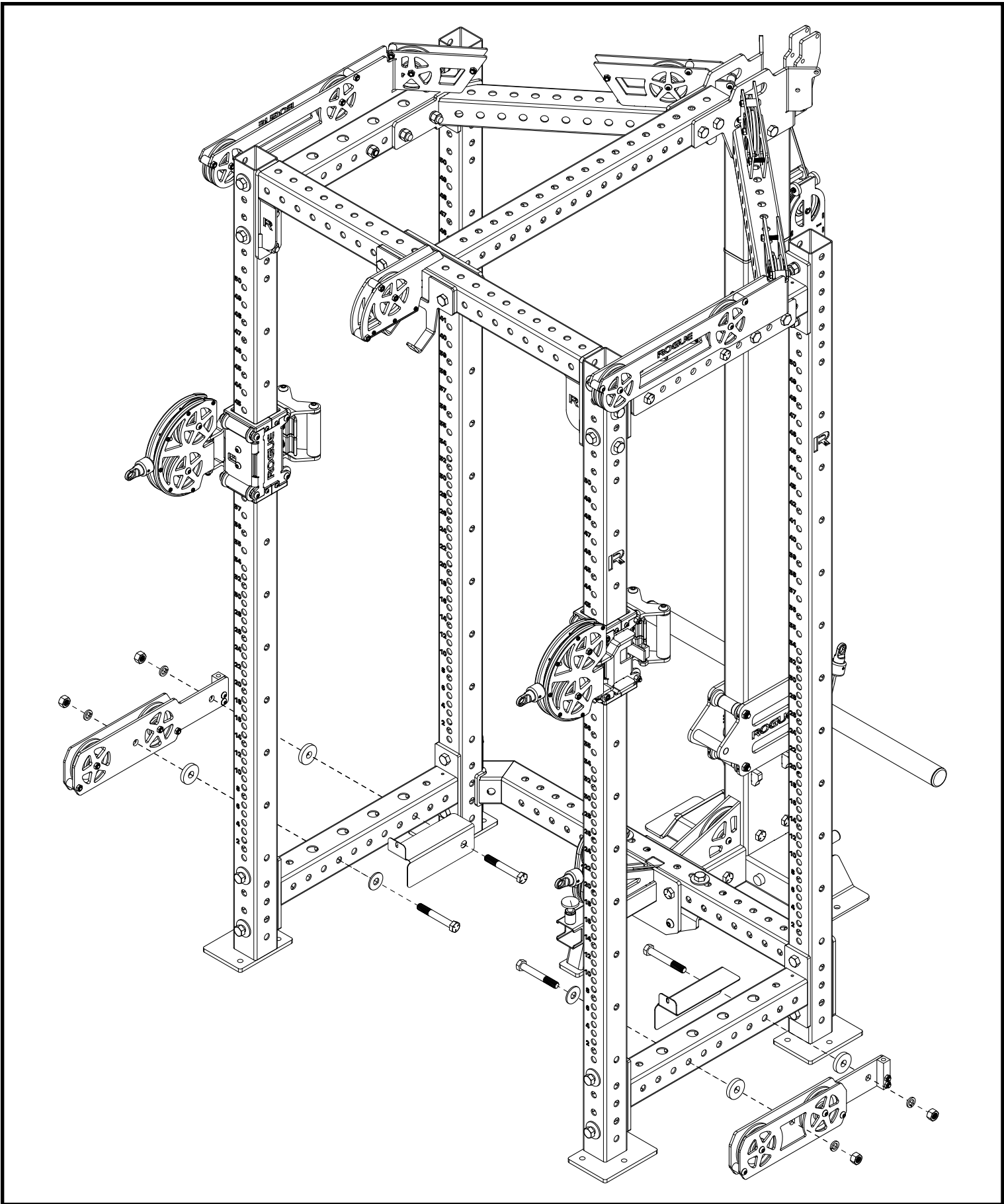


STEP 14

- Bolt Bottom Side Pulley Assembly - RH [24] and -LH [25] and Side Shroud Bottom Bracket - RH [56] and - LH [57] to the 24" Crossmembers [2] using 5/8" x 4-1/2" Hex Bolts [42], 5/8" x 3/8" Pulley Bracket Spacers [43], 5/8" Flat Washers [44], 5/8" Lock Washers [45], 5/8" Hex Nuts [46] as shown.
- Ensure hardware is installed through holes 4 and 9.

Note:

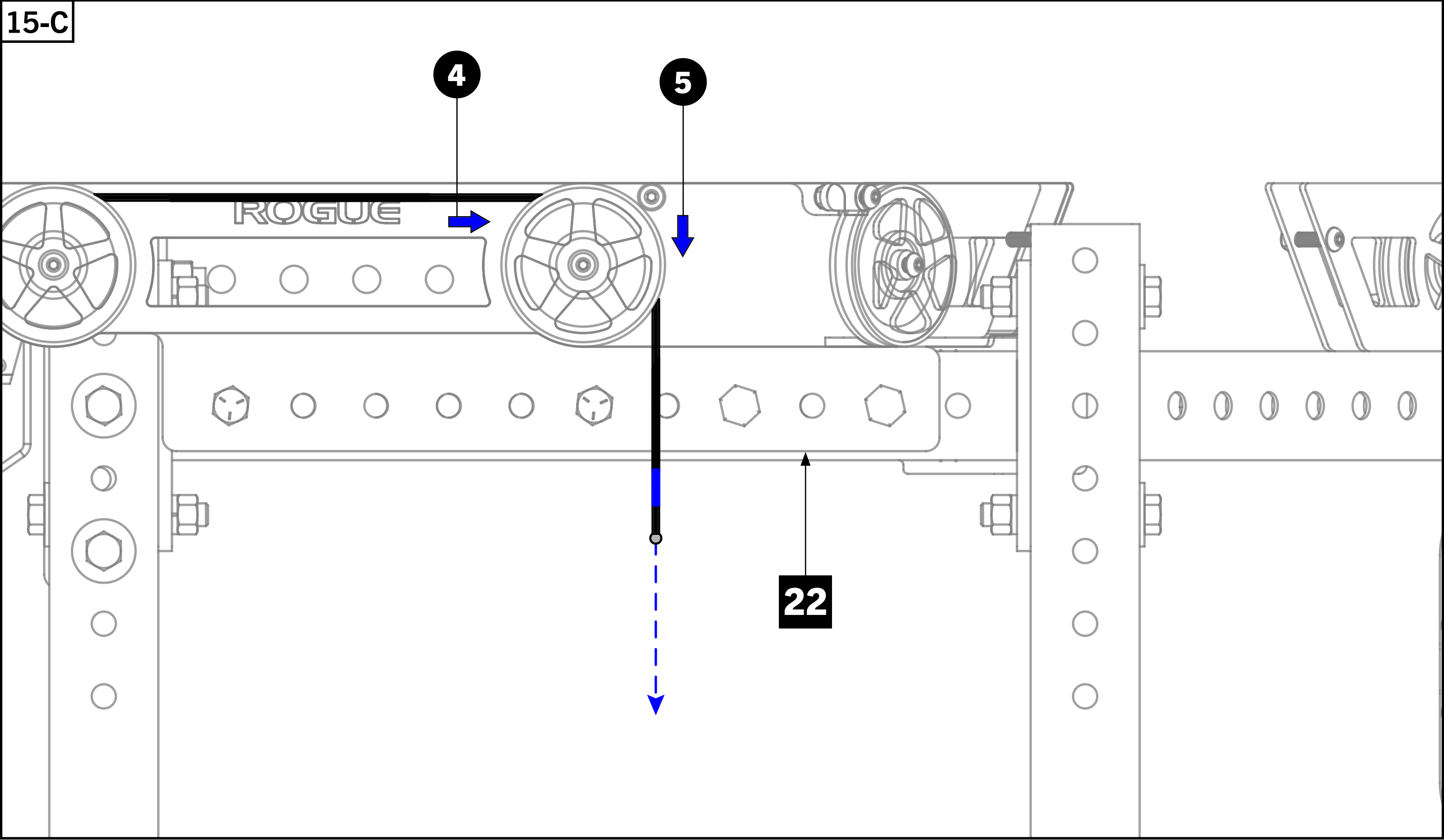
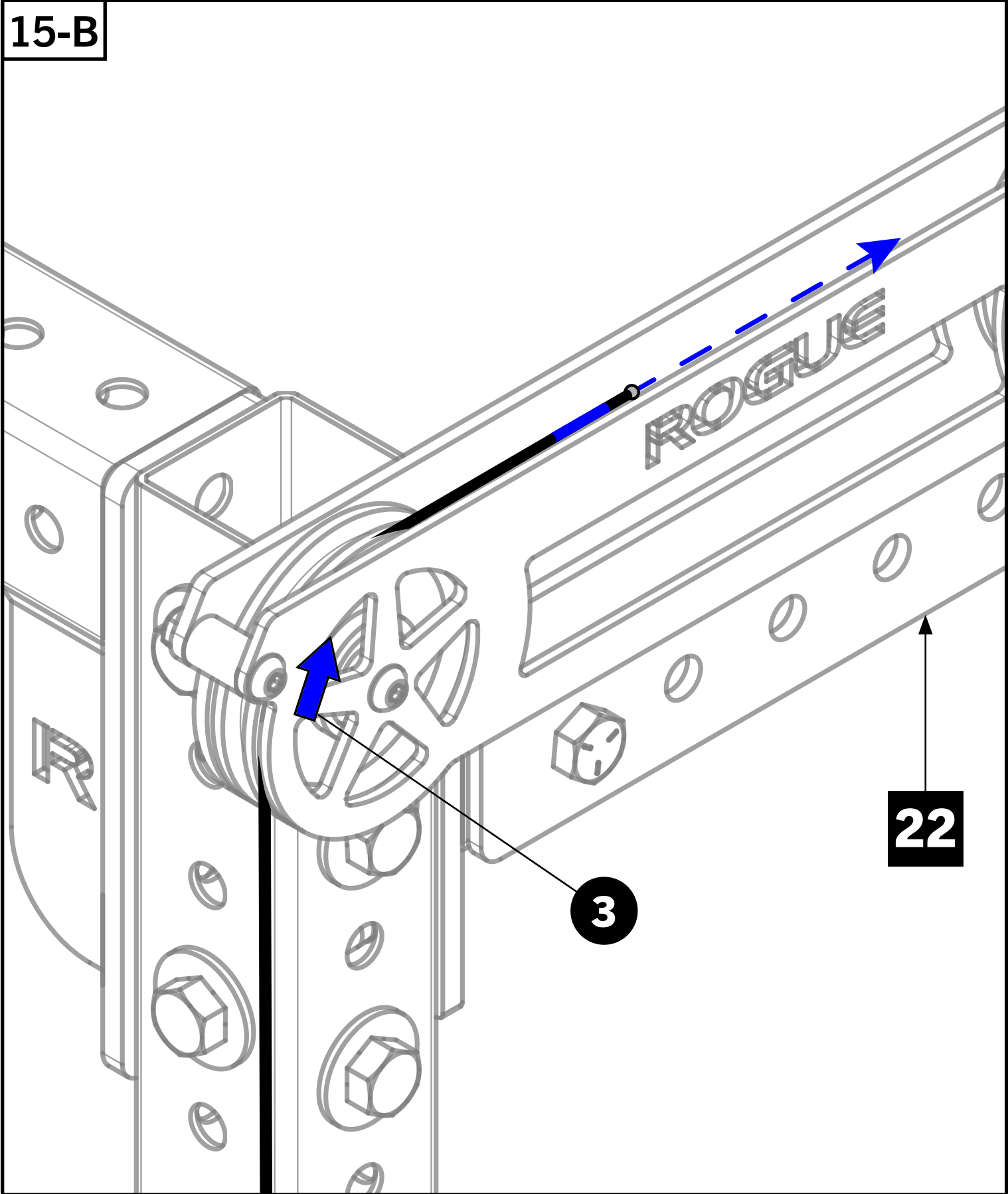
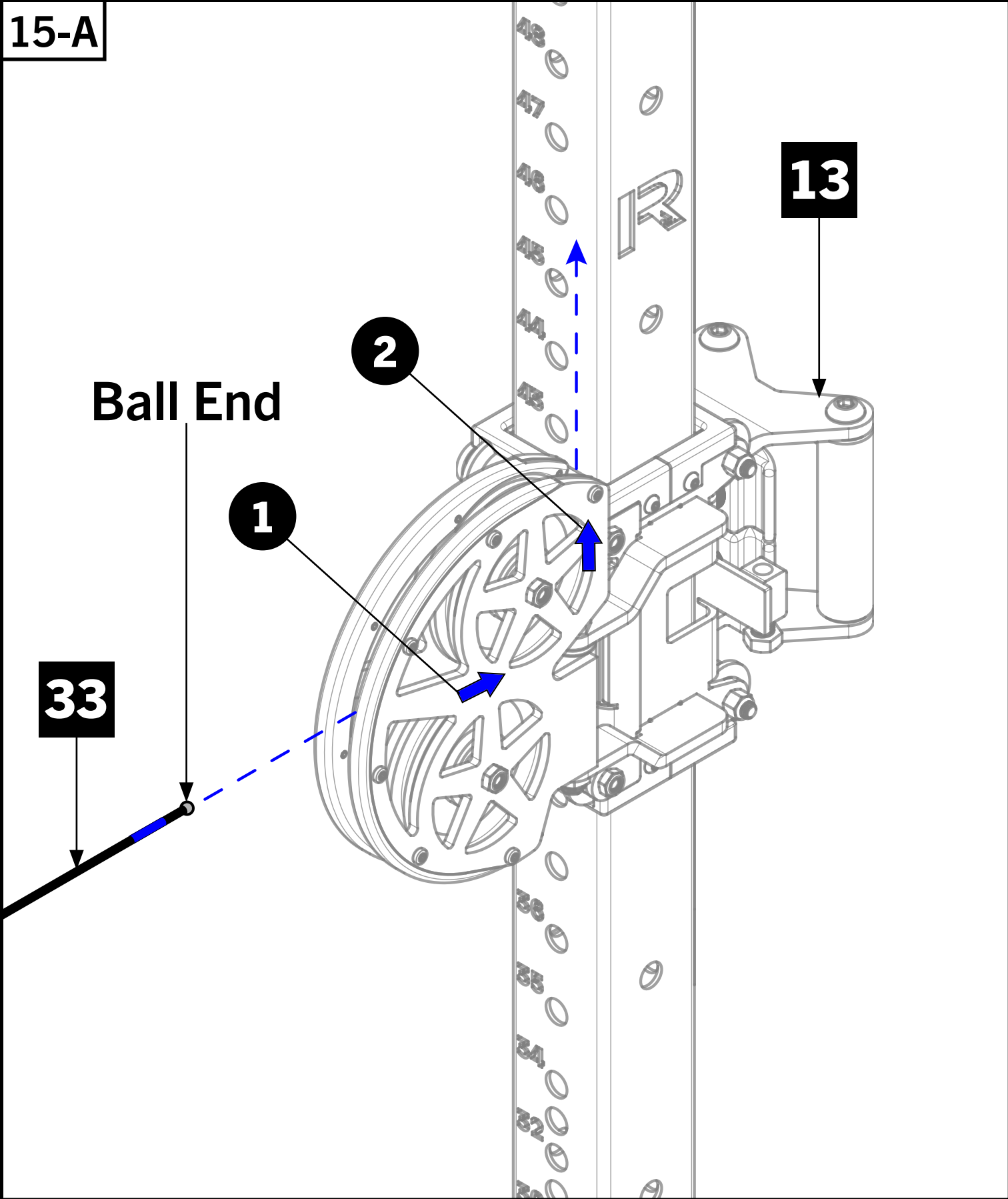
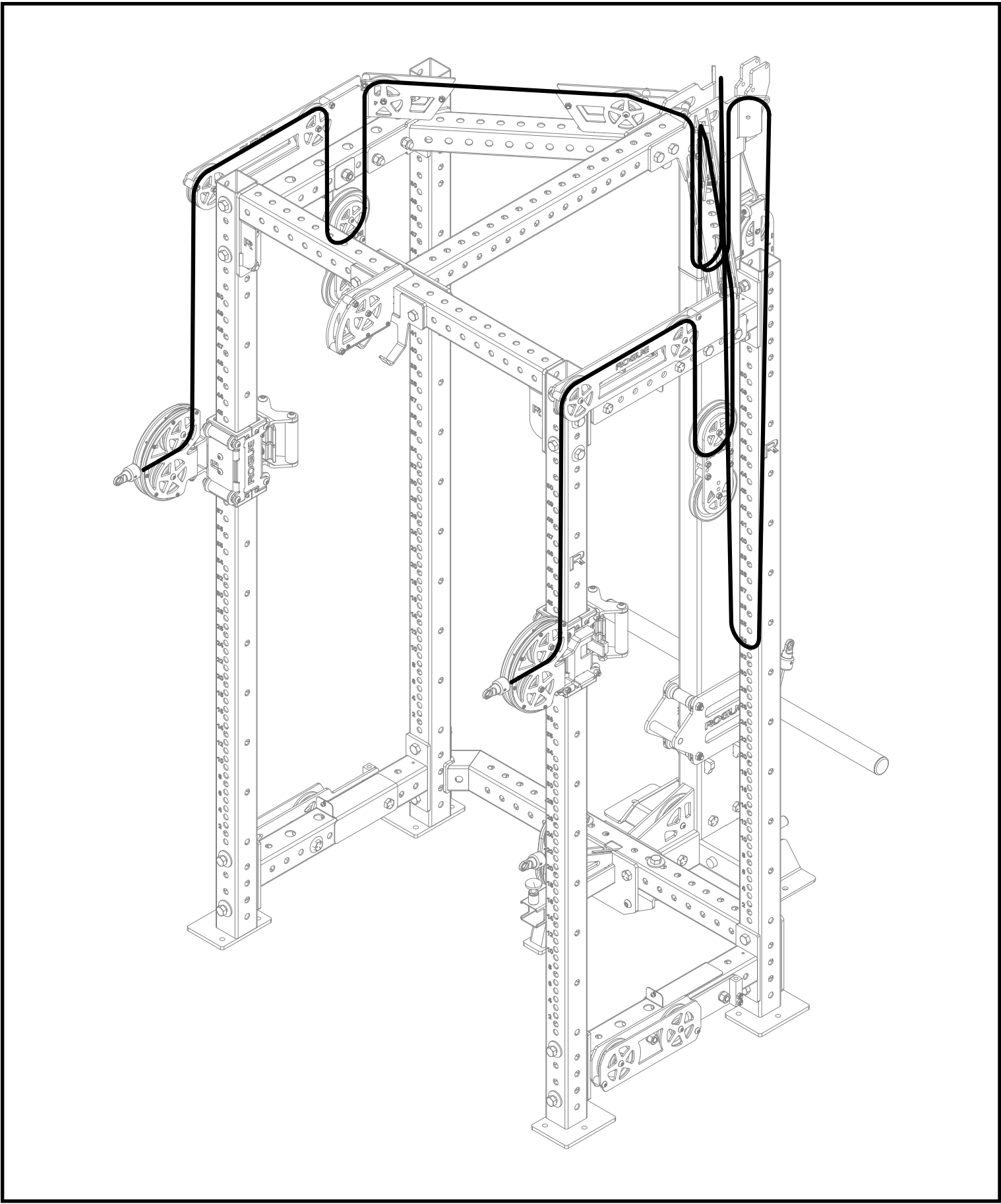
- Use 5/8" Flat Washers [44] instead of Side Shroud Bottom Brackets if Shroud Kit was not purchased.



STEP 15

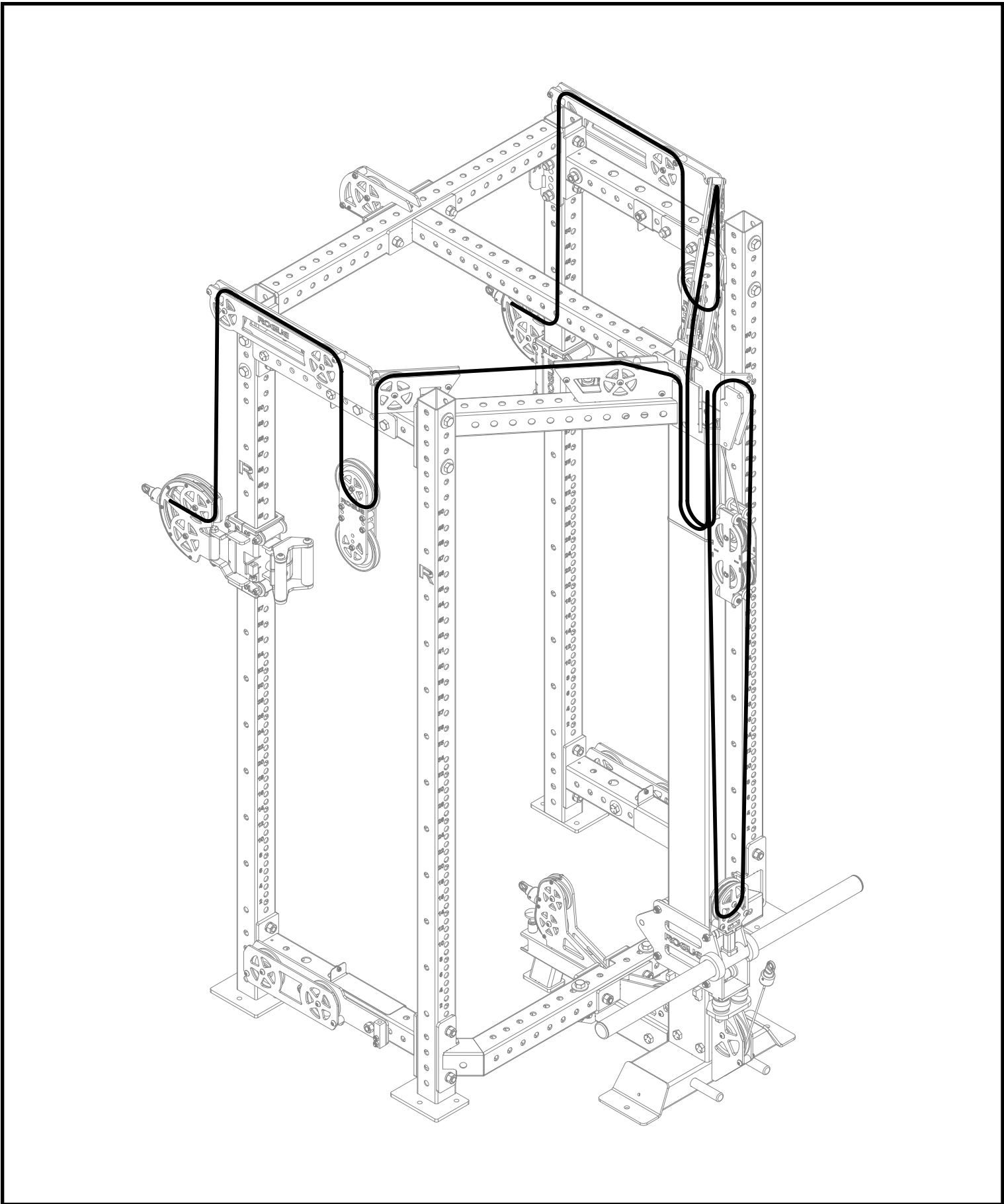
Note:

- Completely unwind and straighten out Trolley/Trolley Cable [33] to remove any twists/kinks prior to installation.
- The blue arrows shown in **STEP 15** through **STEP 20** 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 [33] between the two pulleys inside Swivel Trolley RH [13] and continue upward.
- Feed the cable around pulley inside the Top Side Pulley Assembly - RH [22] and continue toward the back of the rack.
- Feed cable around the second pulley on the Side Pulley Assembly and then downward.

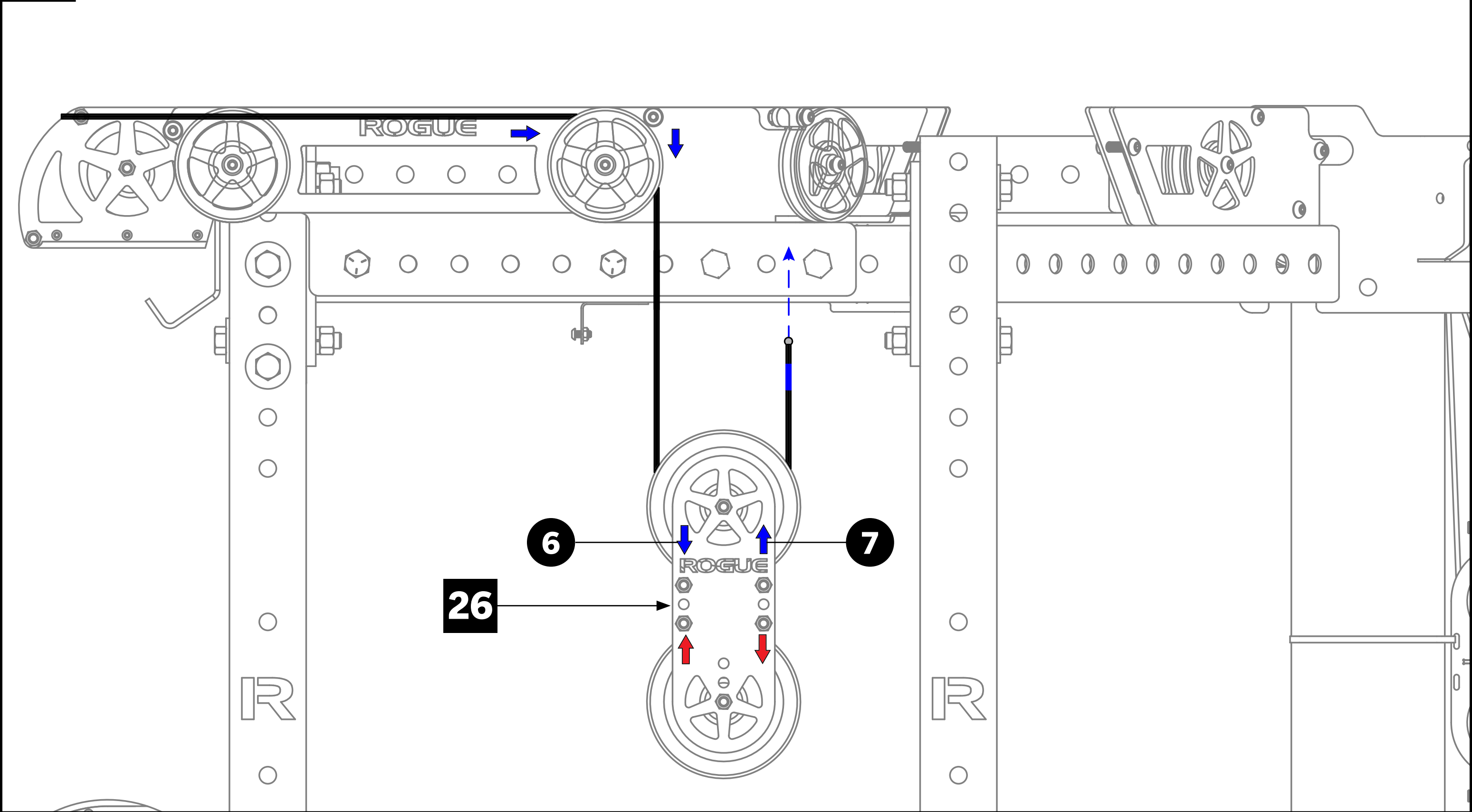


STEP 16

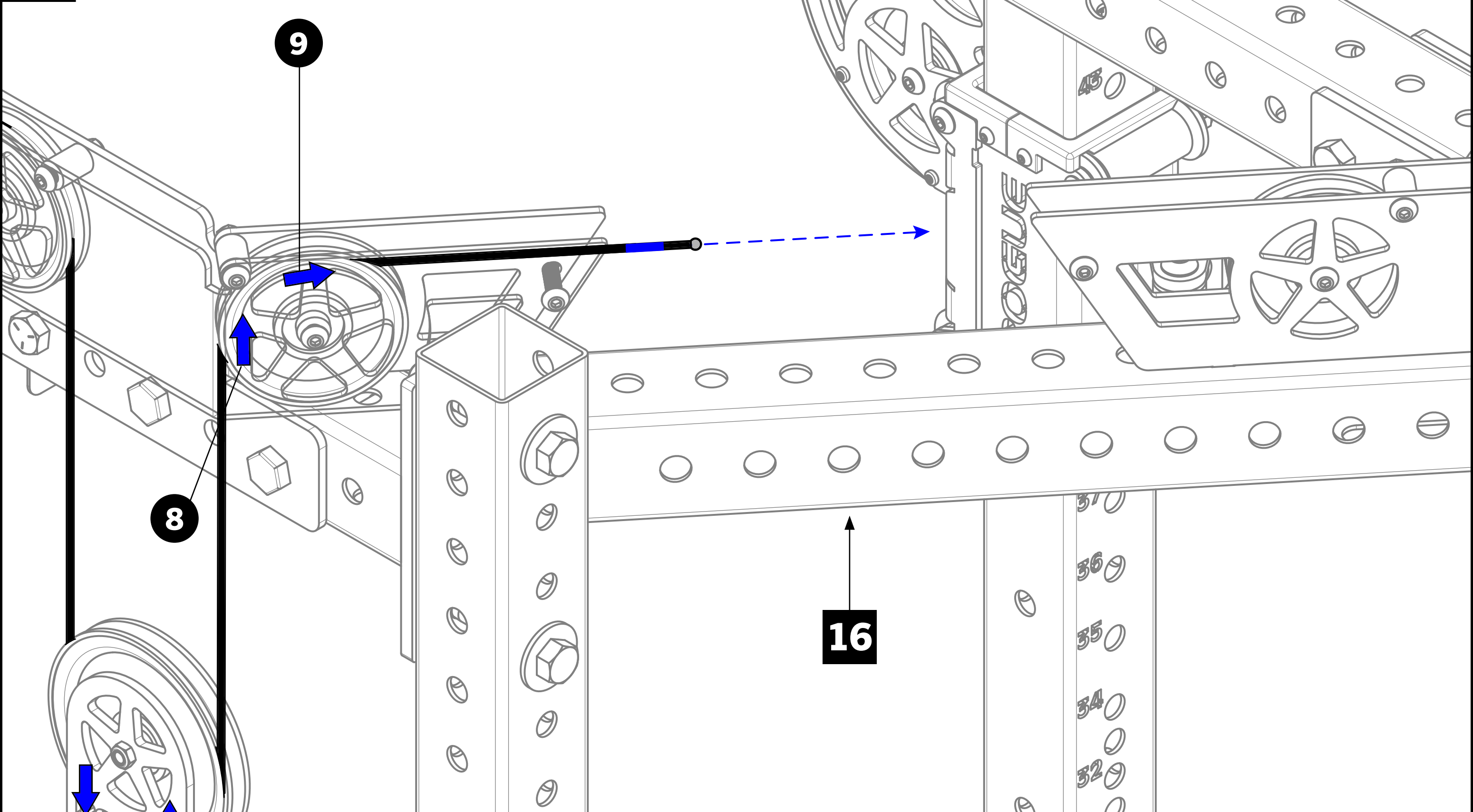
- Hold one Side Peanut Pulley [26] in the air, ensuring the arrow stickers correspond to diagram **16-A**.
- Feed the cable down and around the upper pulley of Side Peanut Pulley and then back up towards the Top Rear Side Pulley Assembly - RH [22].
- Feed cable around the angled pulley shown in **16-B** and continue towards the pulley shown in the Rear Angled Crossmember - RH [16].



16-A

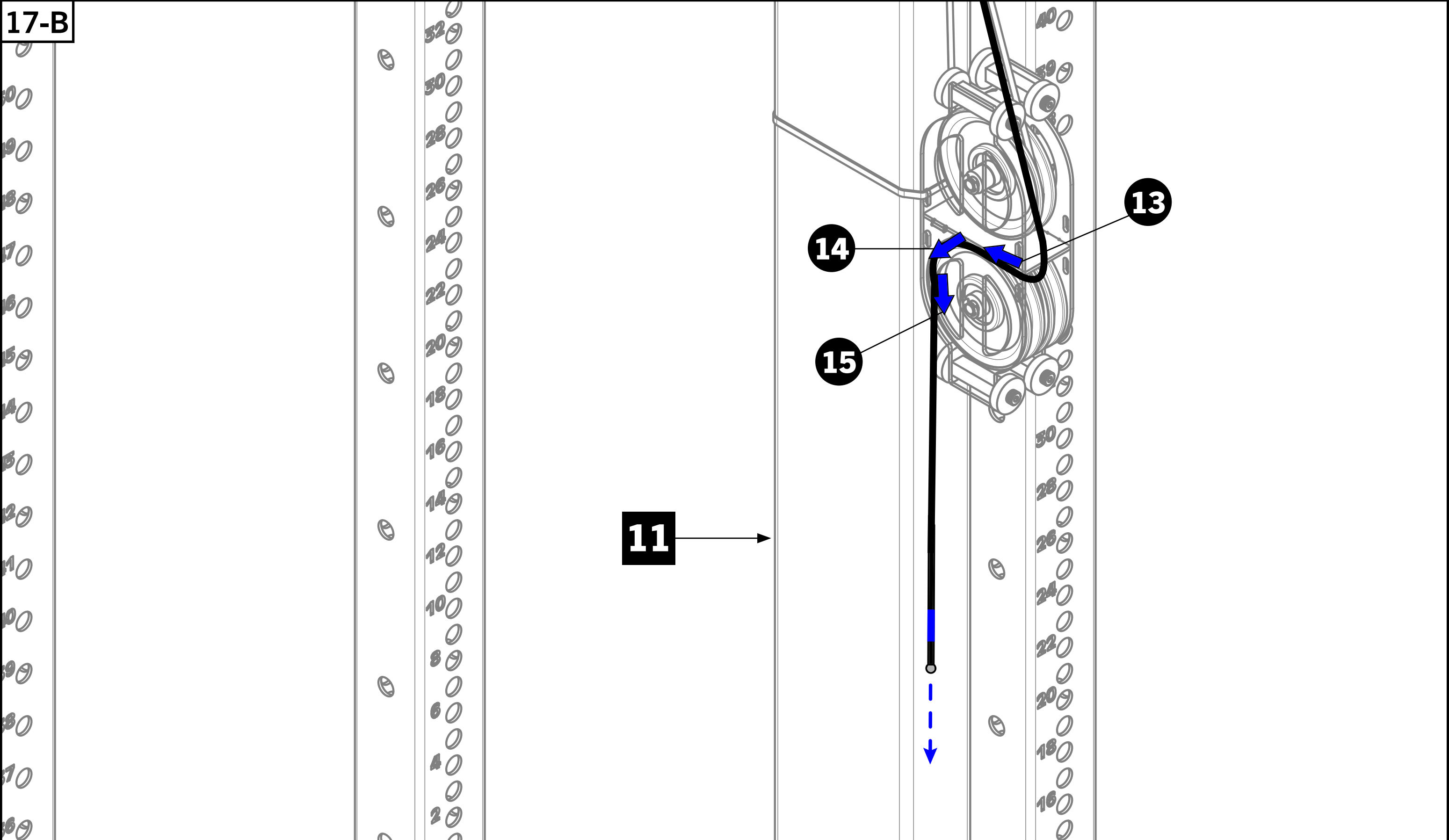
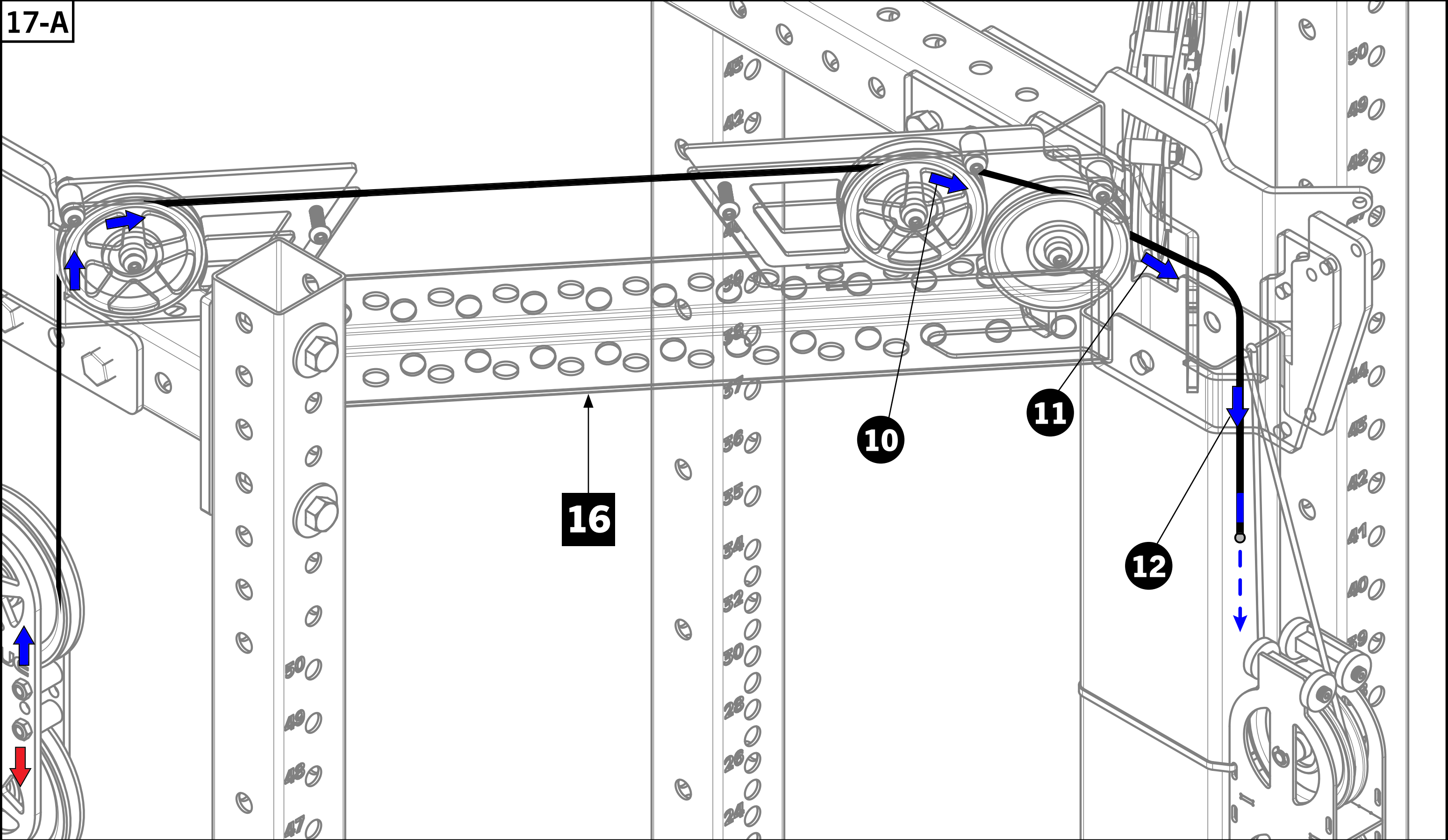
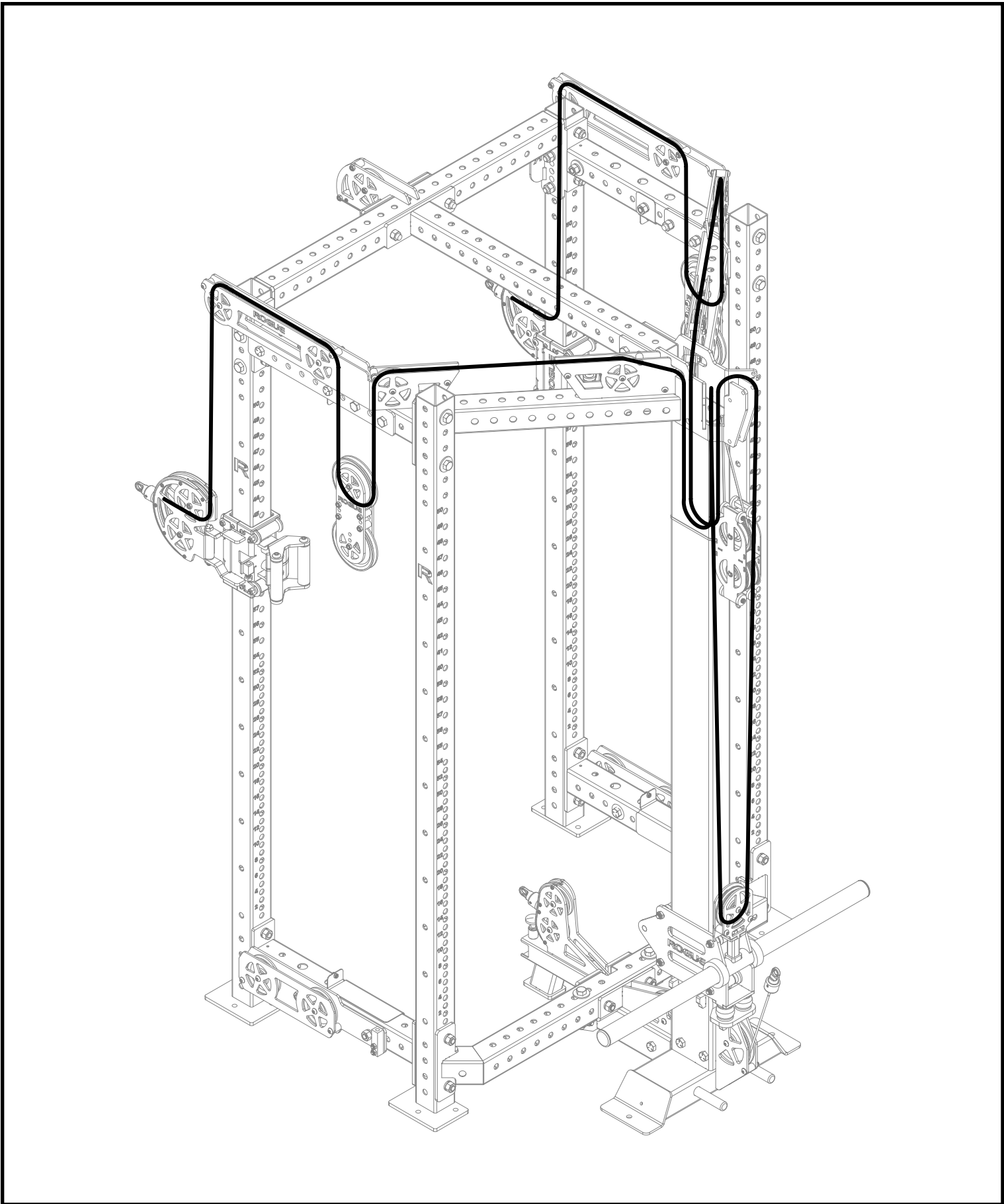


16-B



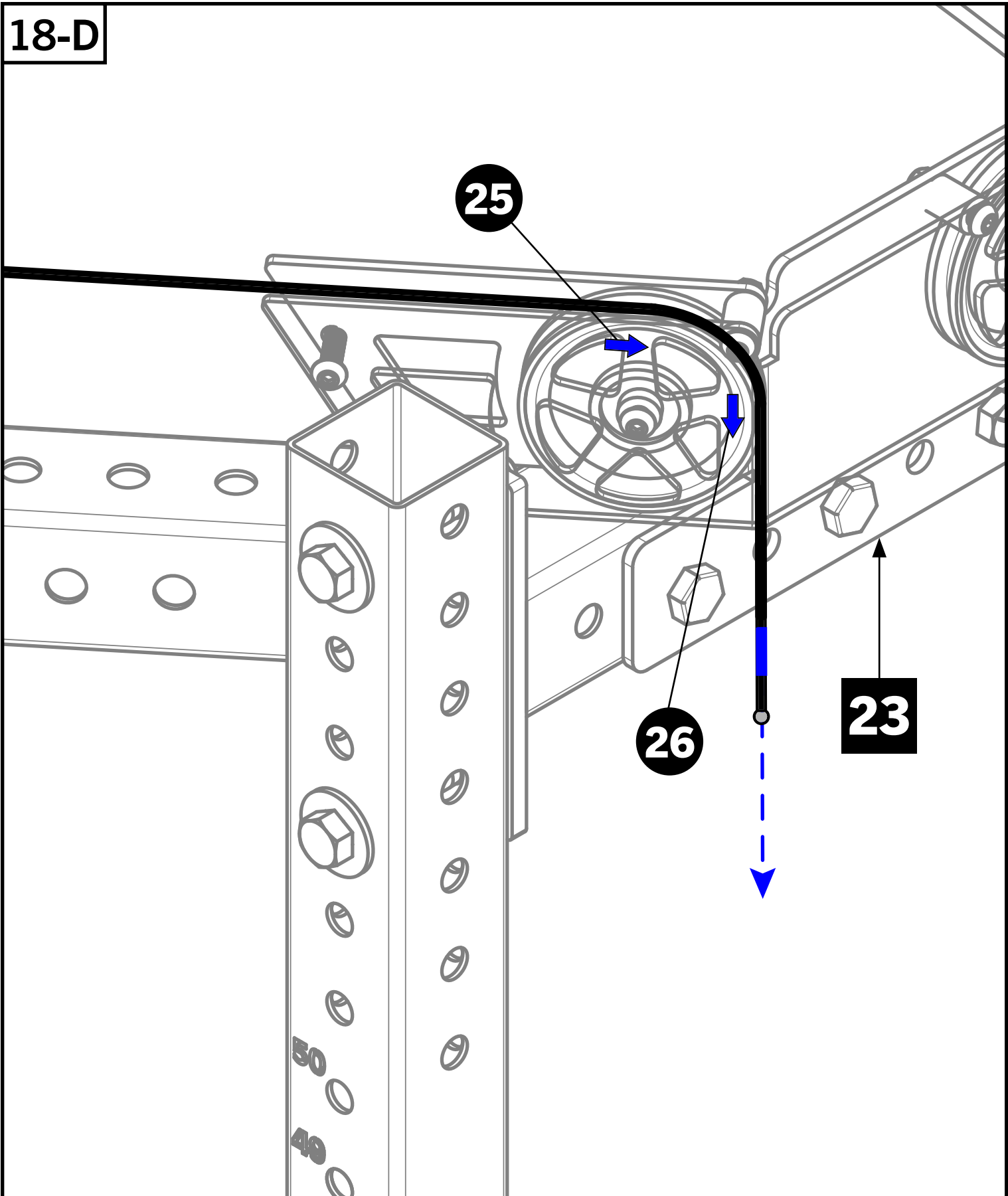
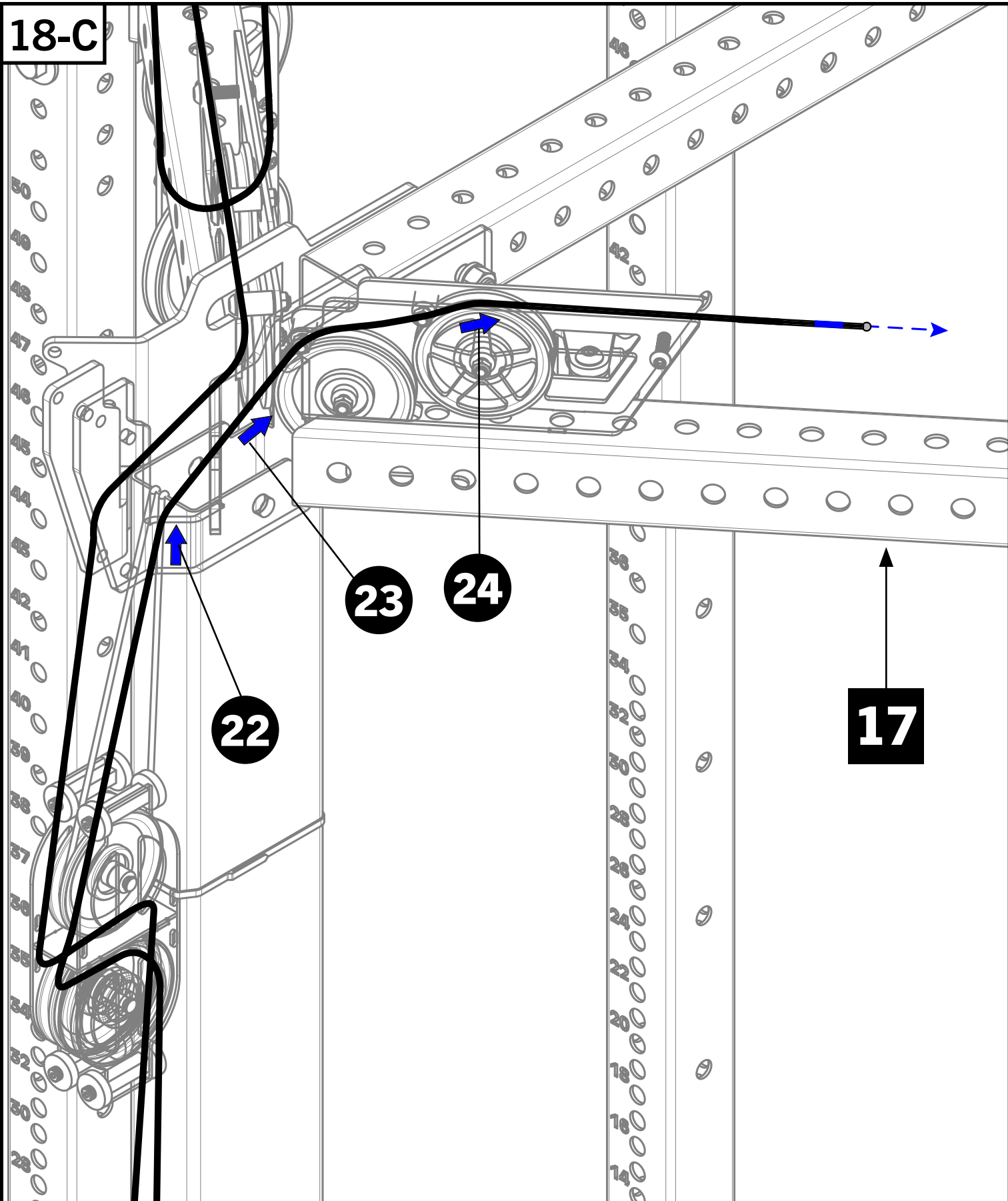
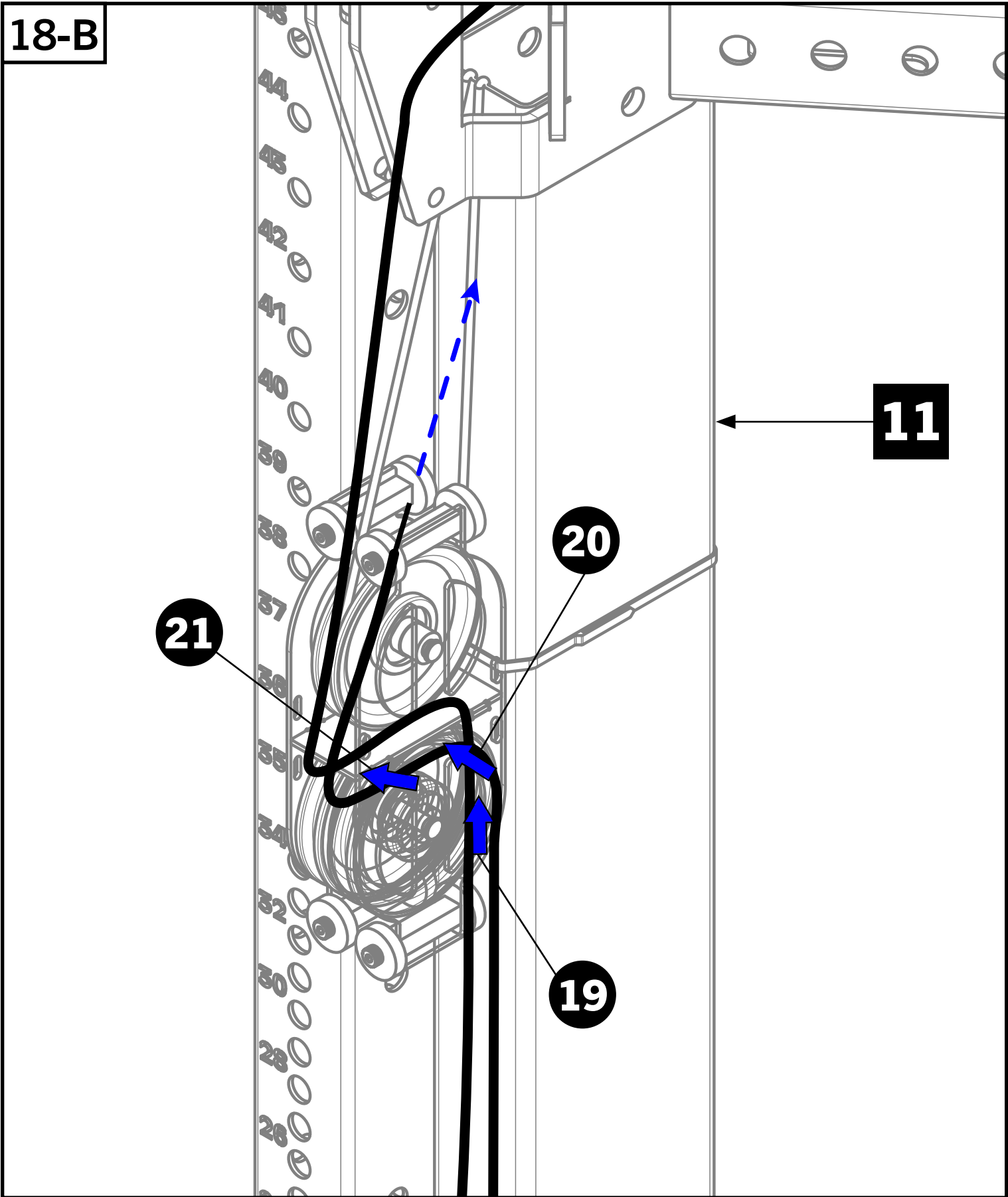
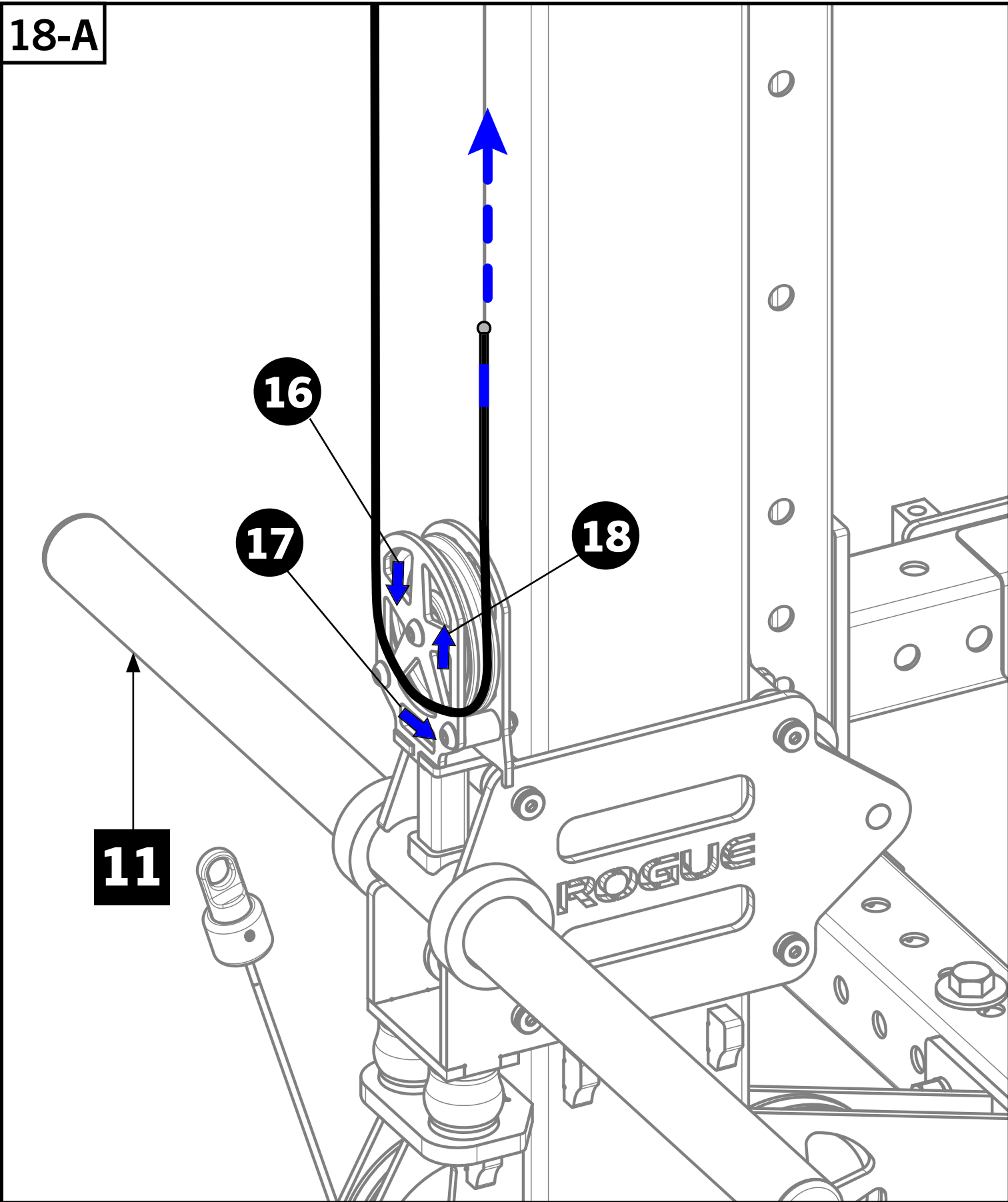
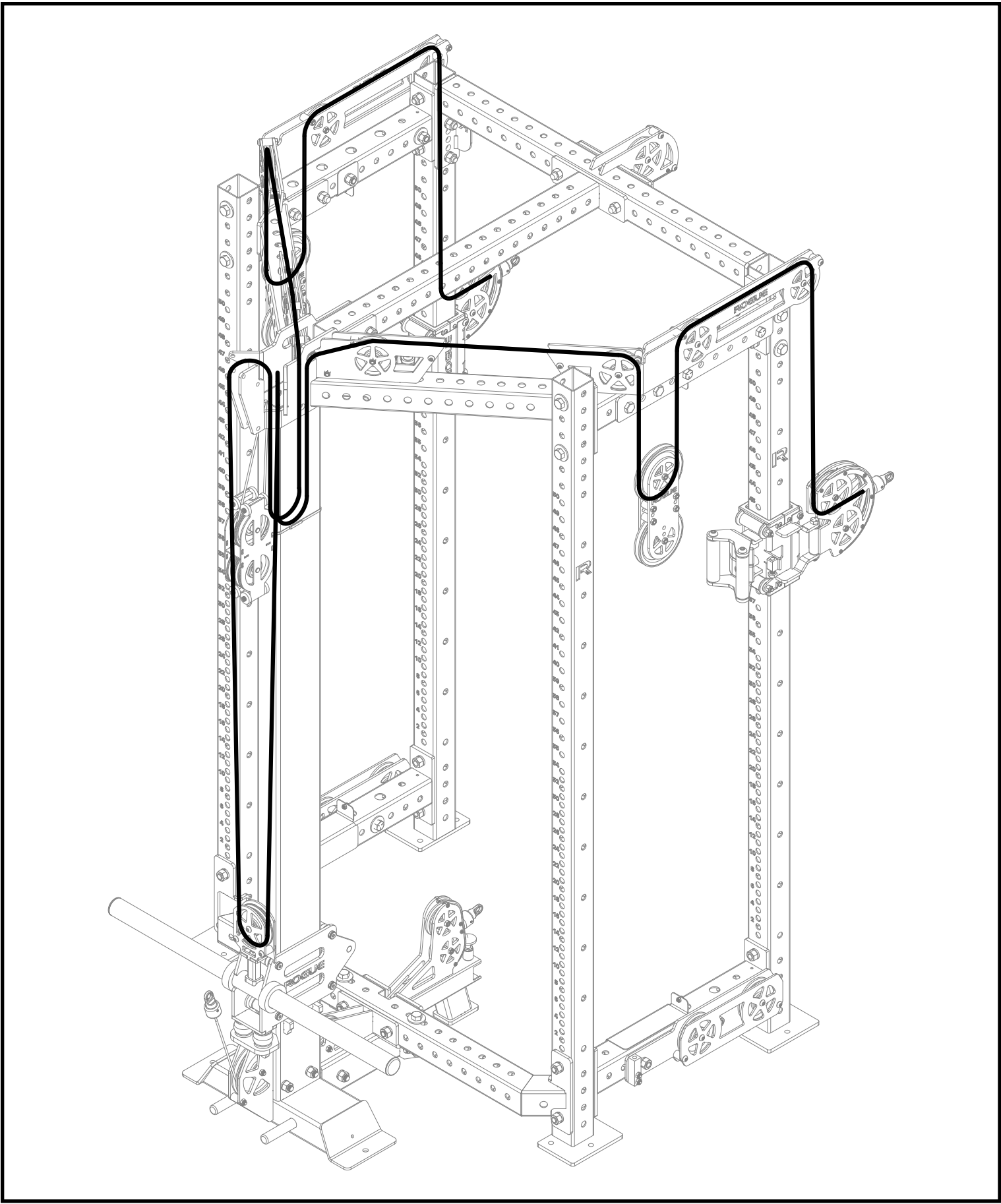
STEP 17

- Feed cable around the next angled pulley at rear of the Rear Angle Crossmember - RH [16] 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 **17-C**.



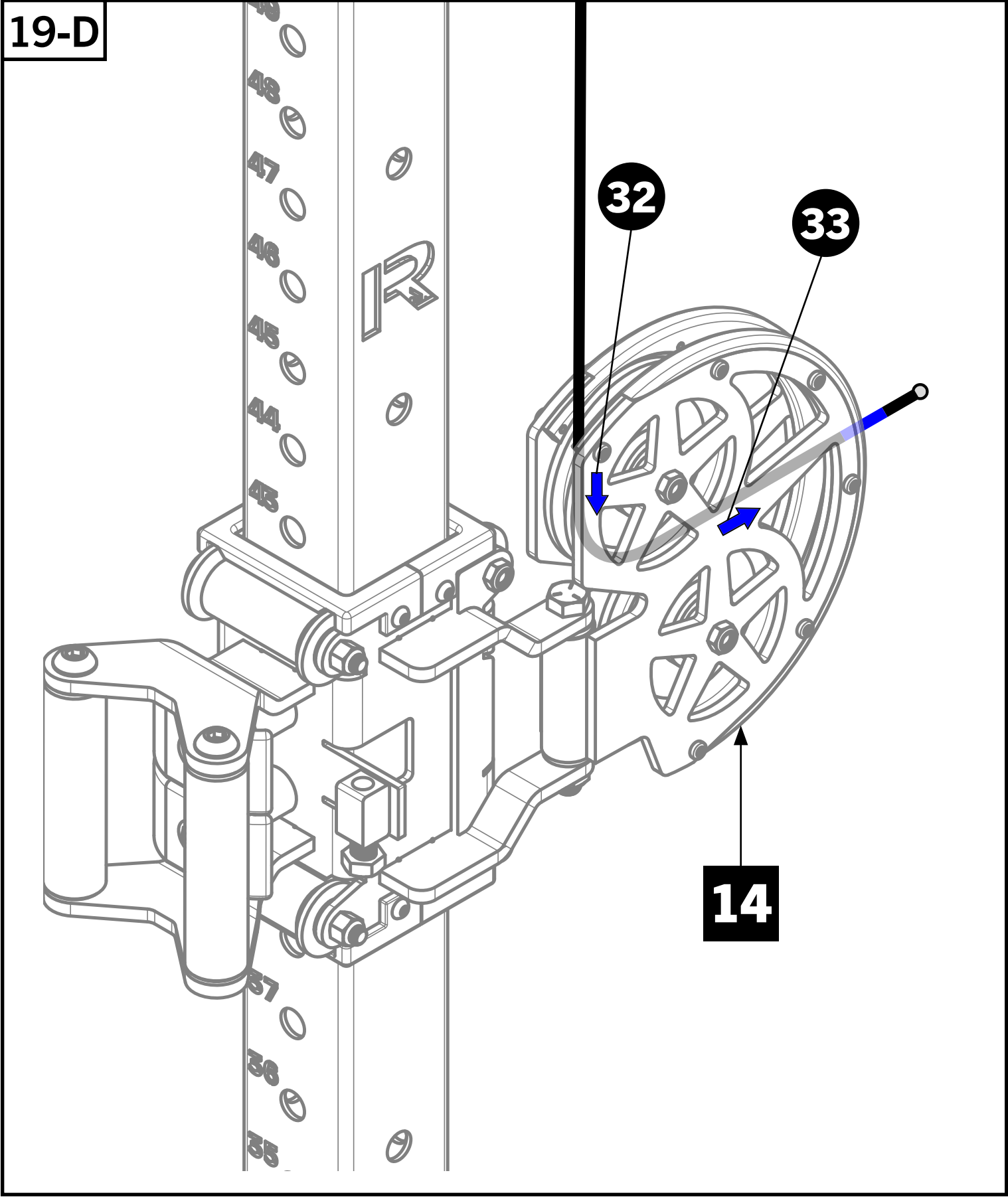
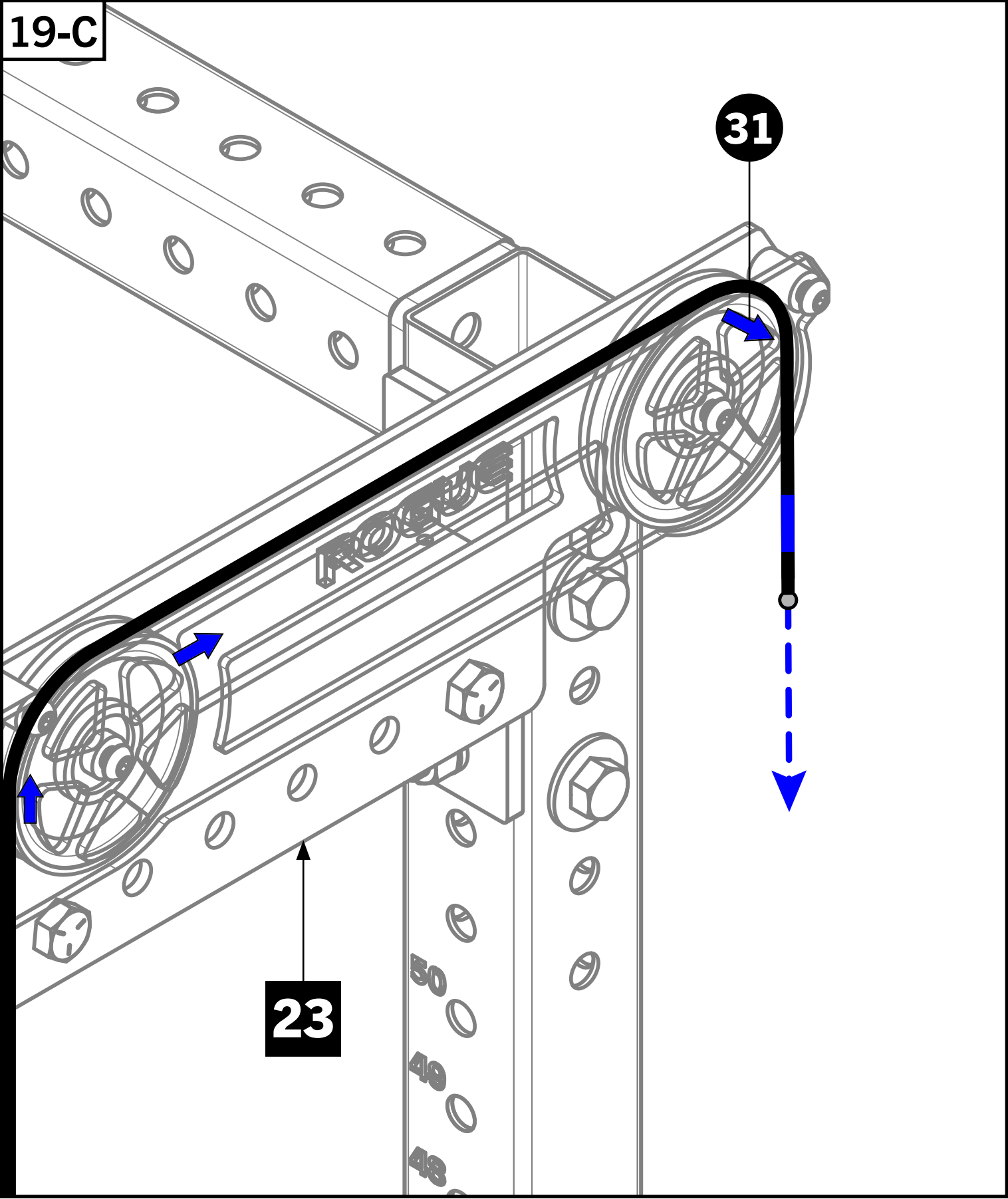
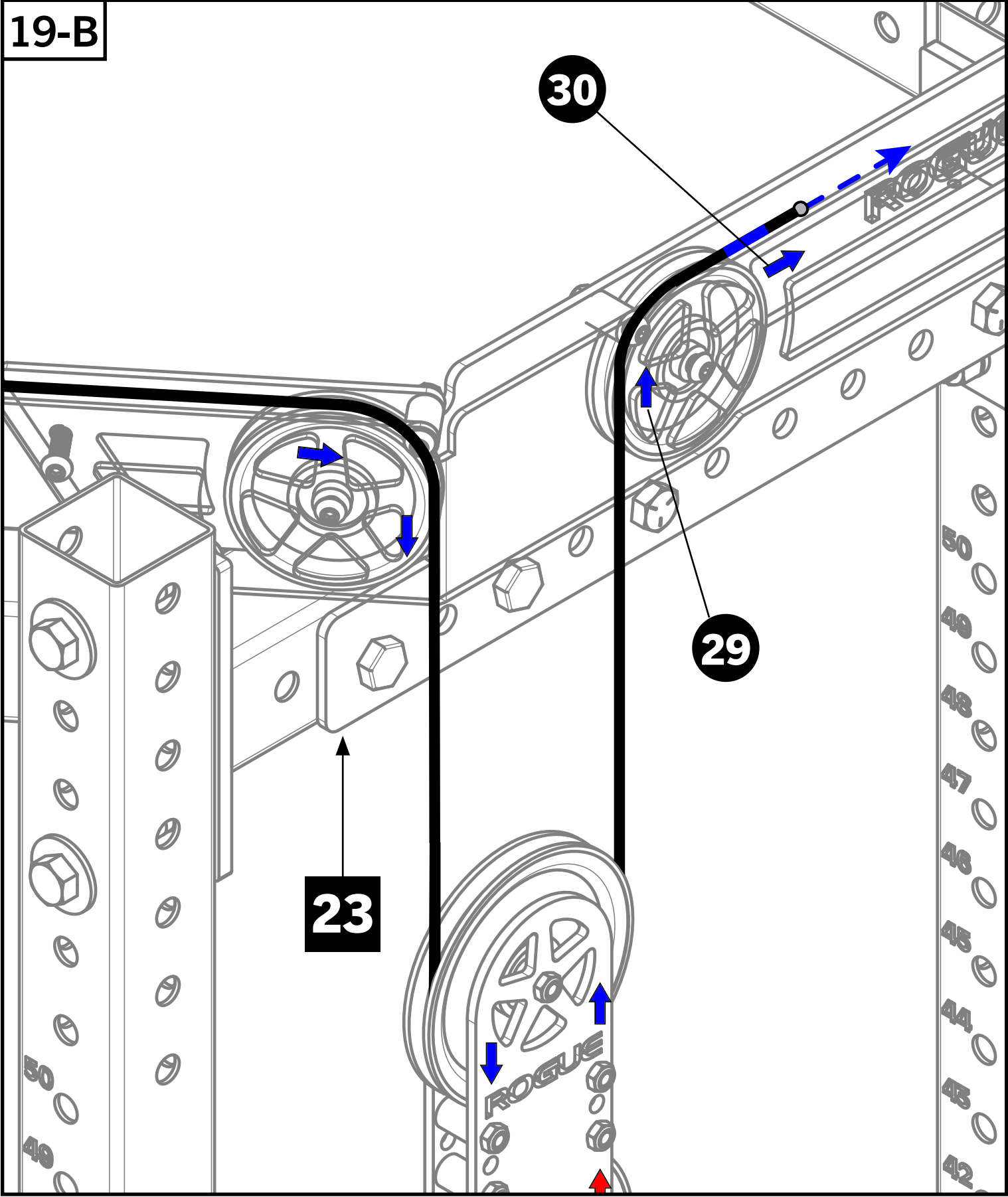
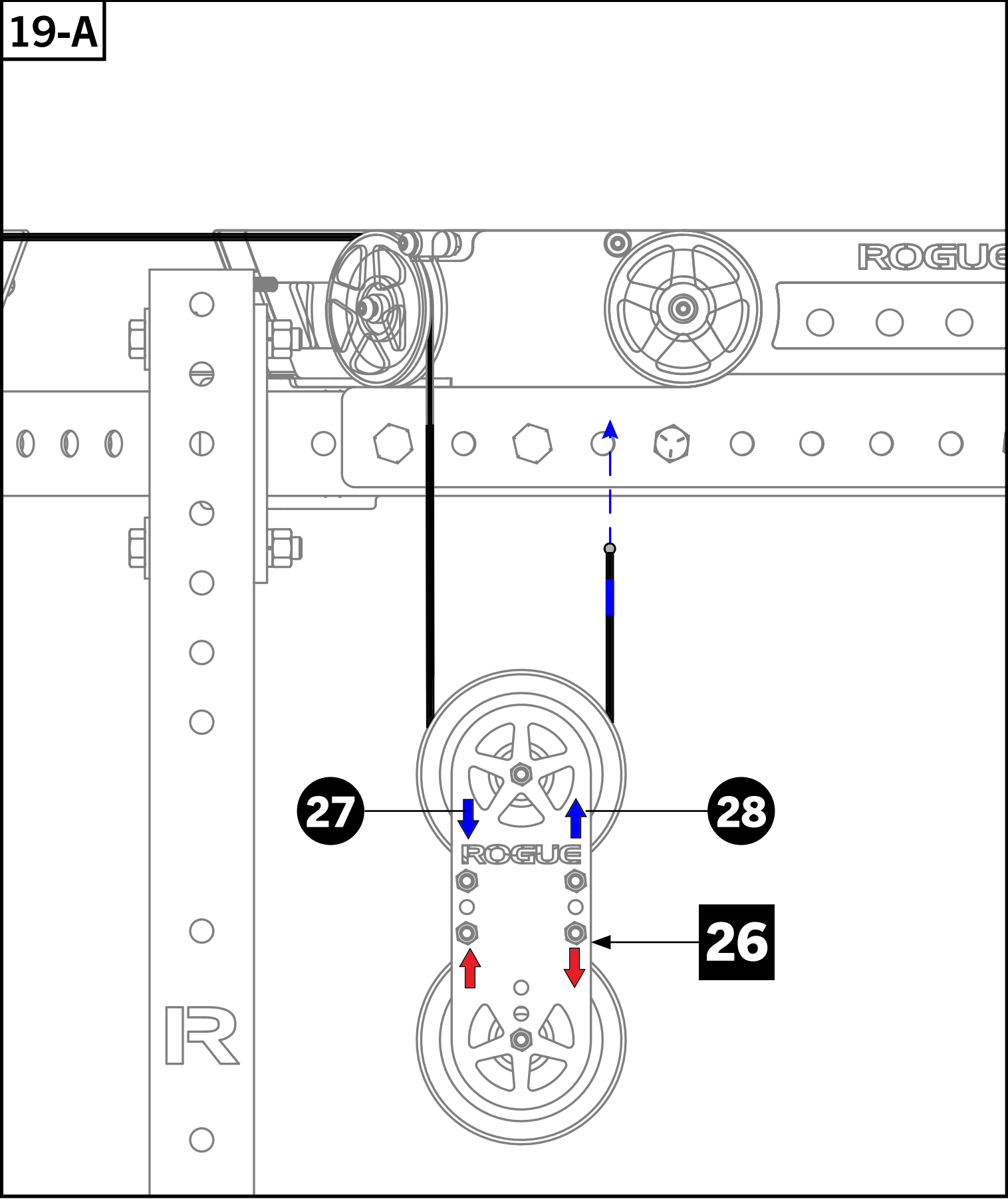
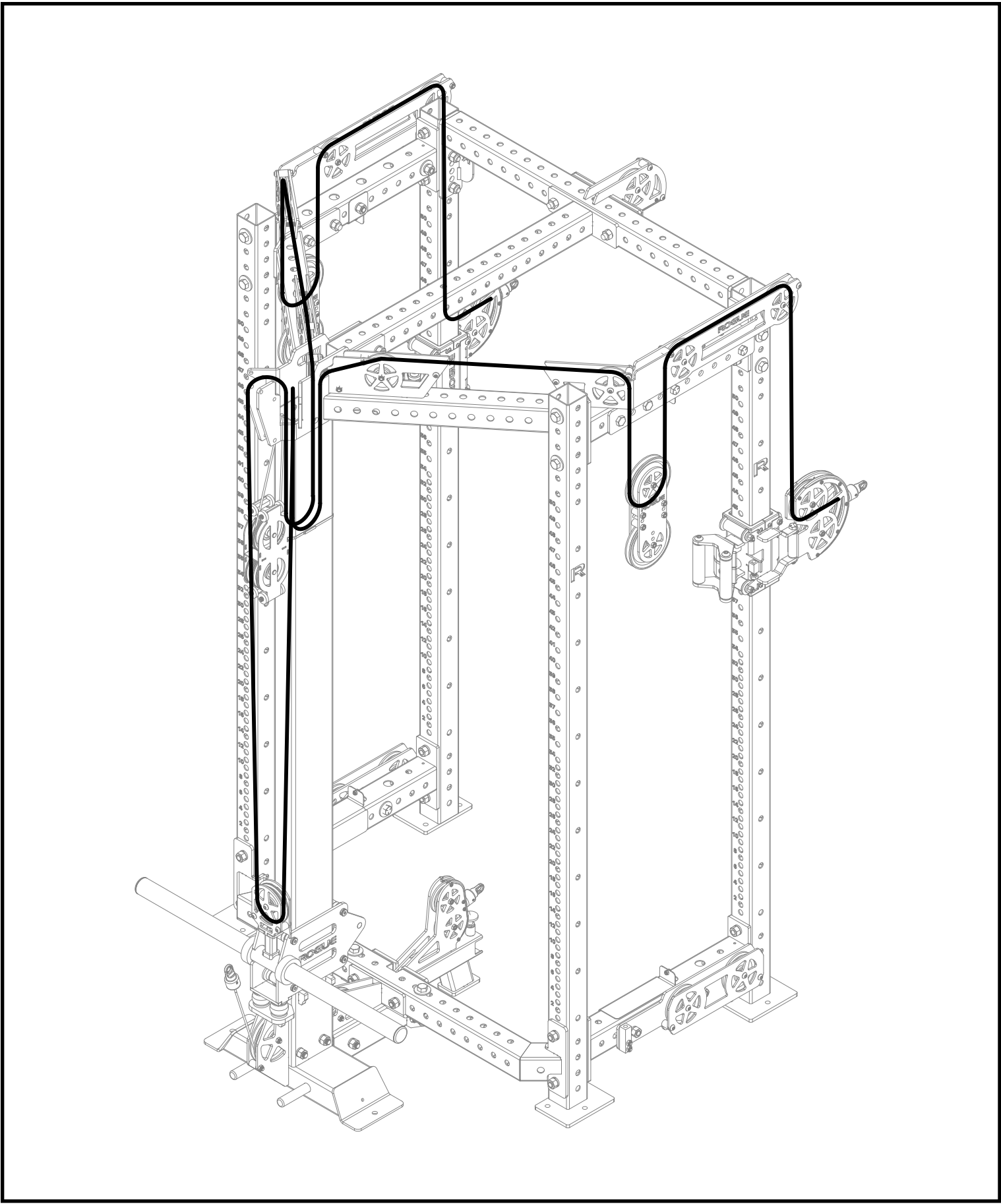
STEP 18

- 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 18-B.
- Continue up and around the pulley shown in the Rear Angled Crossmember - LH [17].
- Continue around the next angled pulley located in the Top Rear Side Pulley Assembly - LH [23] and then downward.



STEP 19

- Hold the remaining Side Peanut Pulley [26] in the air, ensuring the arrows correspond to diagram **19-A**.
- Feed cable down around the upper peanut pulley and then back up towards the Top Side Pulley Assembly - LH [23].
- Feed around the pulley shown in **19-B** and then towards the front of the rack.
- Continue around the frontmost pulley on Top Side Pulley Assembly - LH [23], then down and out through the front of the Swivel Trolley LH [14].
- Pull Ball End of cable out far enough to assemble Clevis on next step.

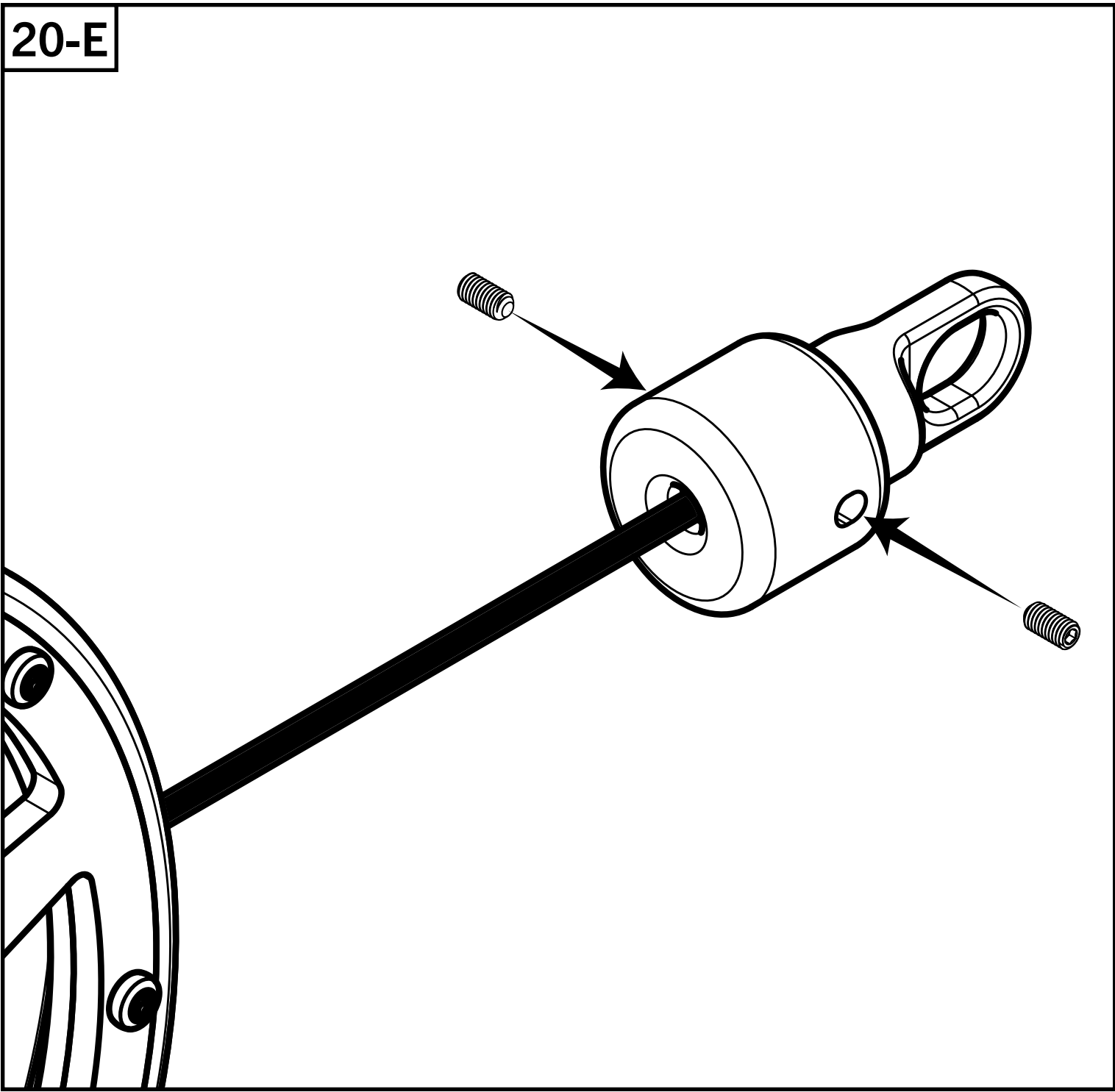
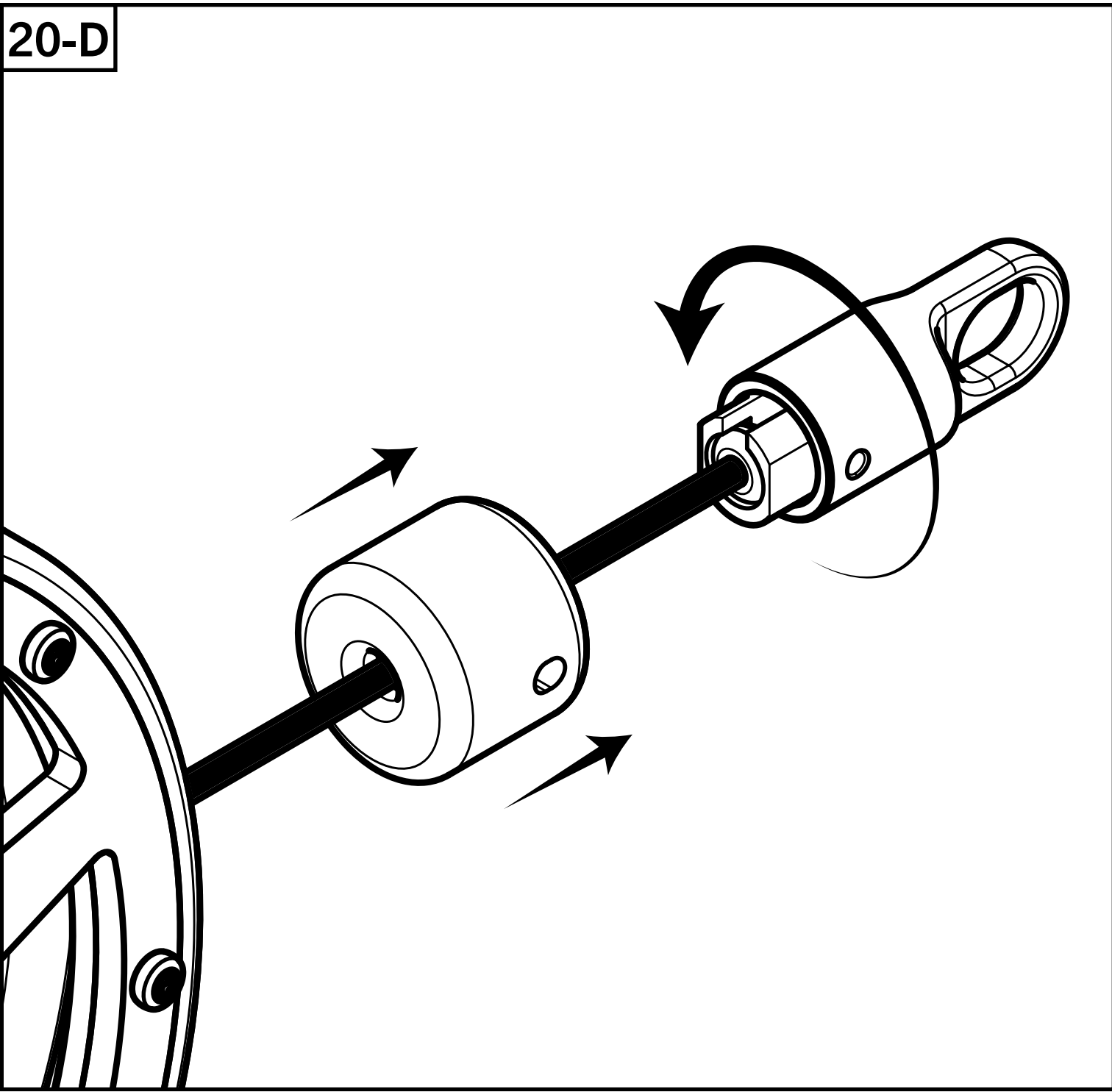
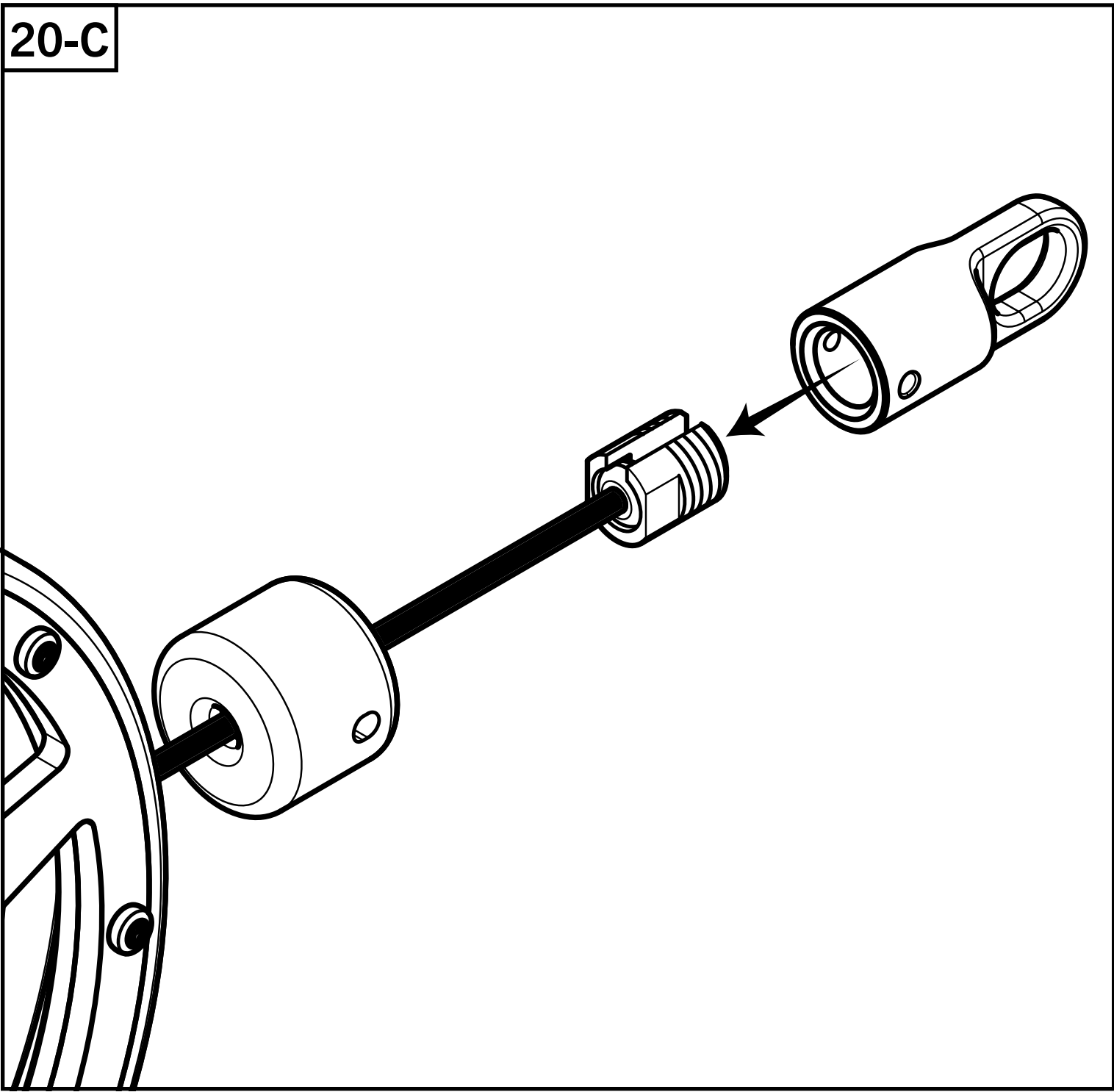
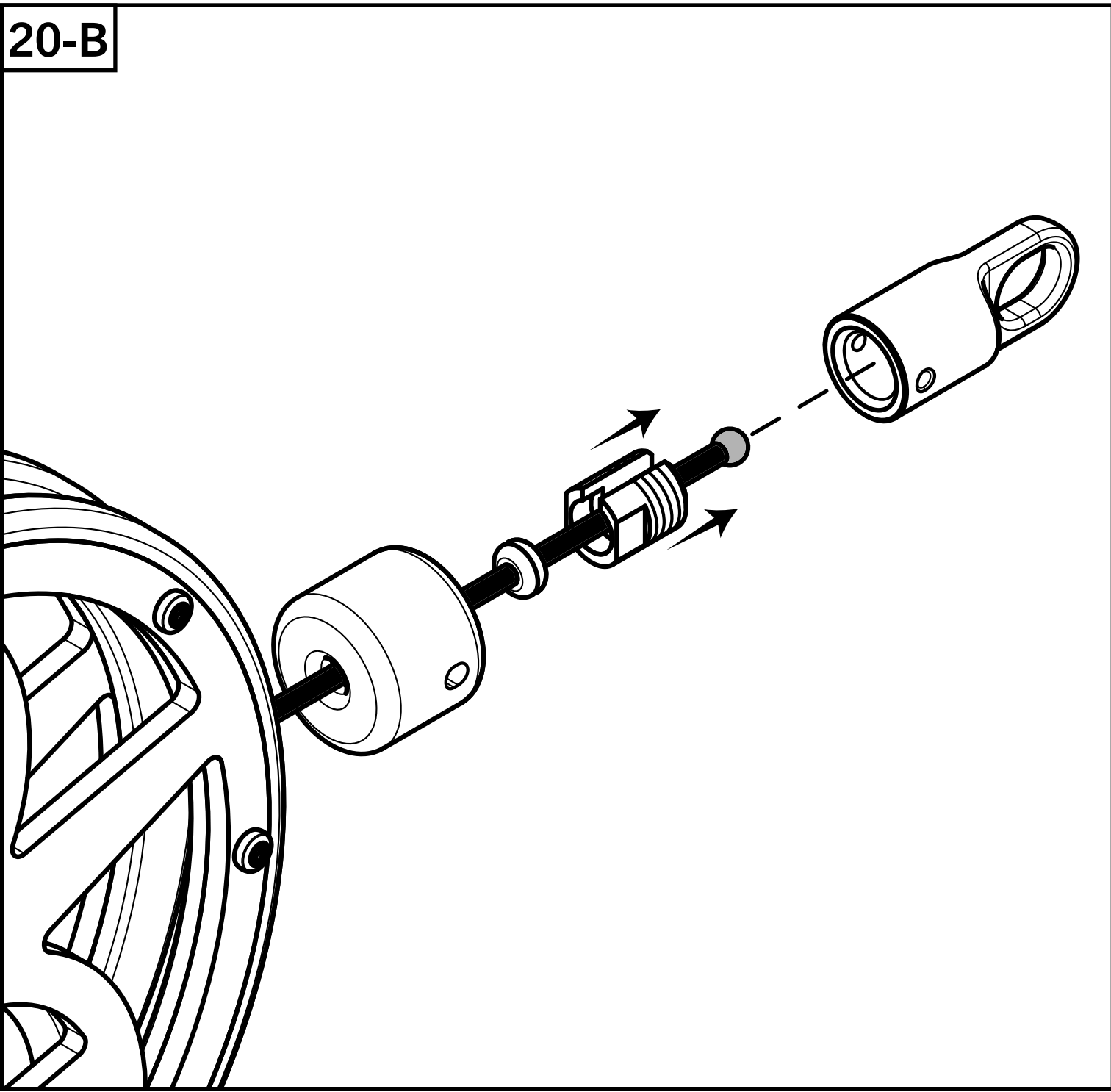
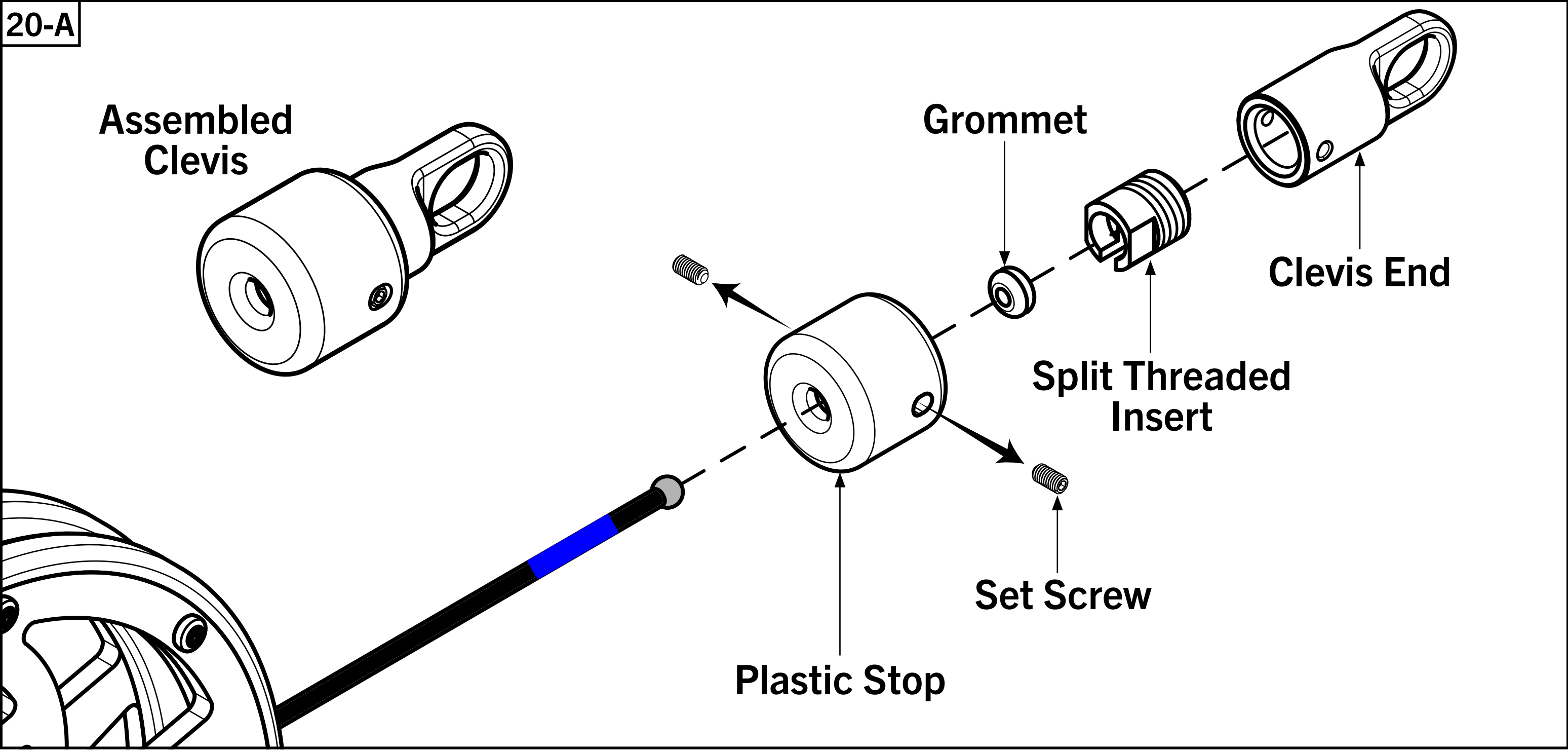


STEP 20

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 **20-B**.

- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded side 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.

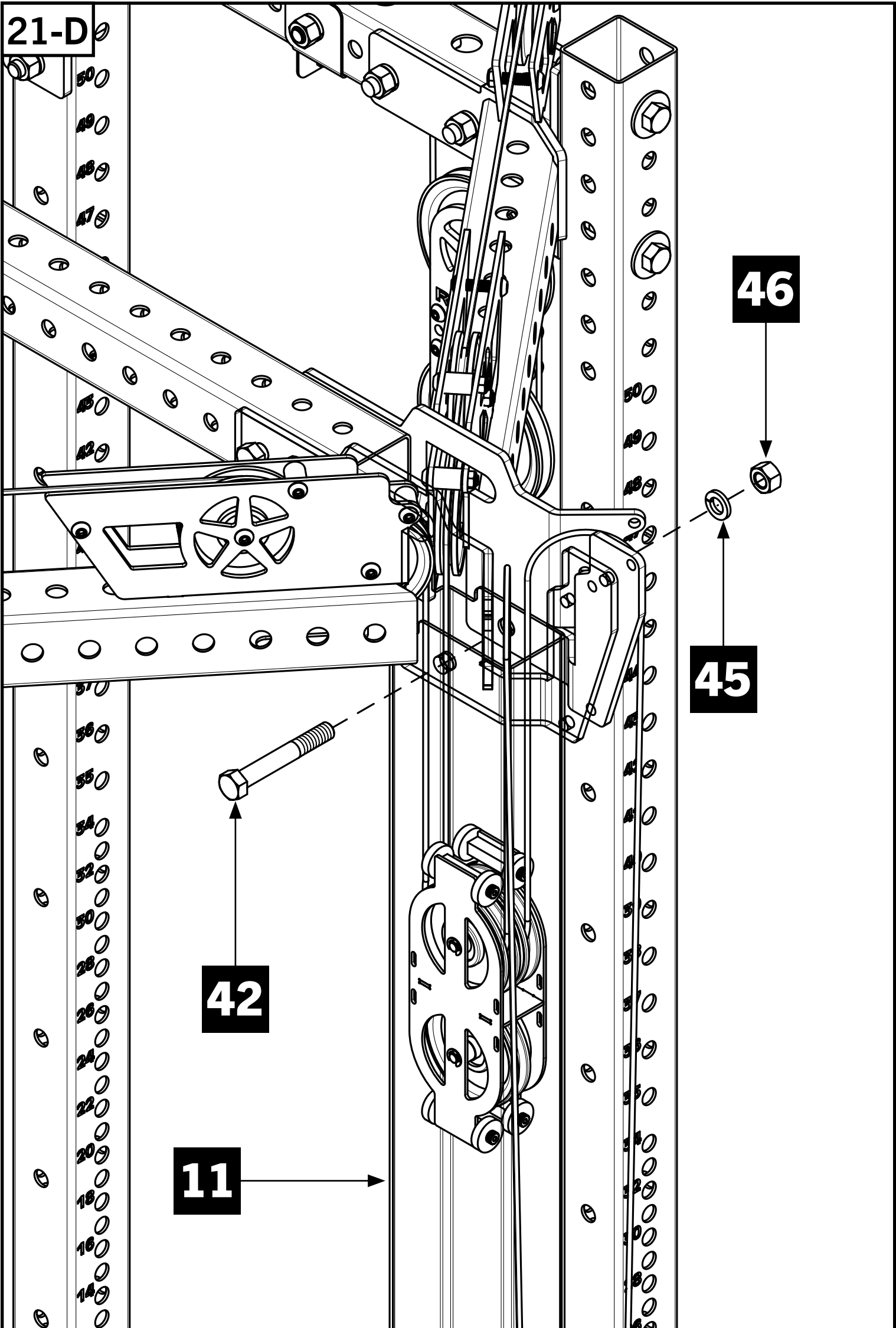
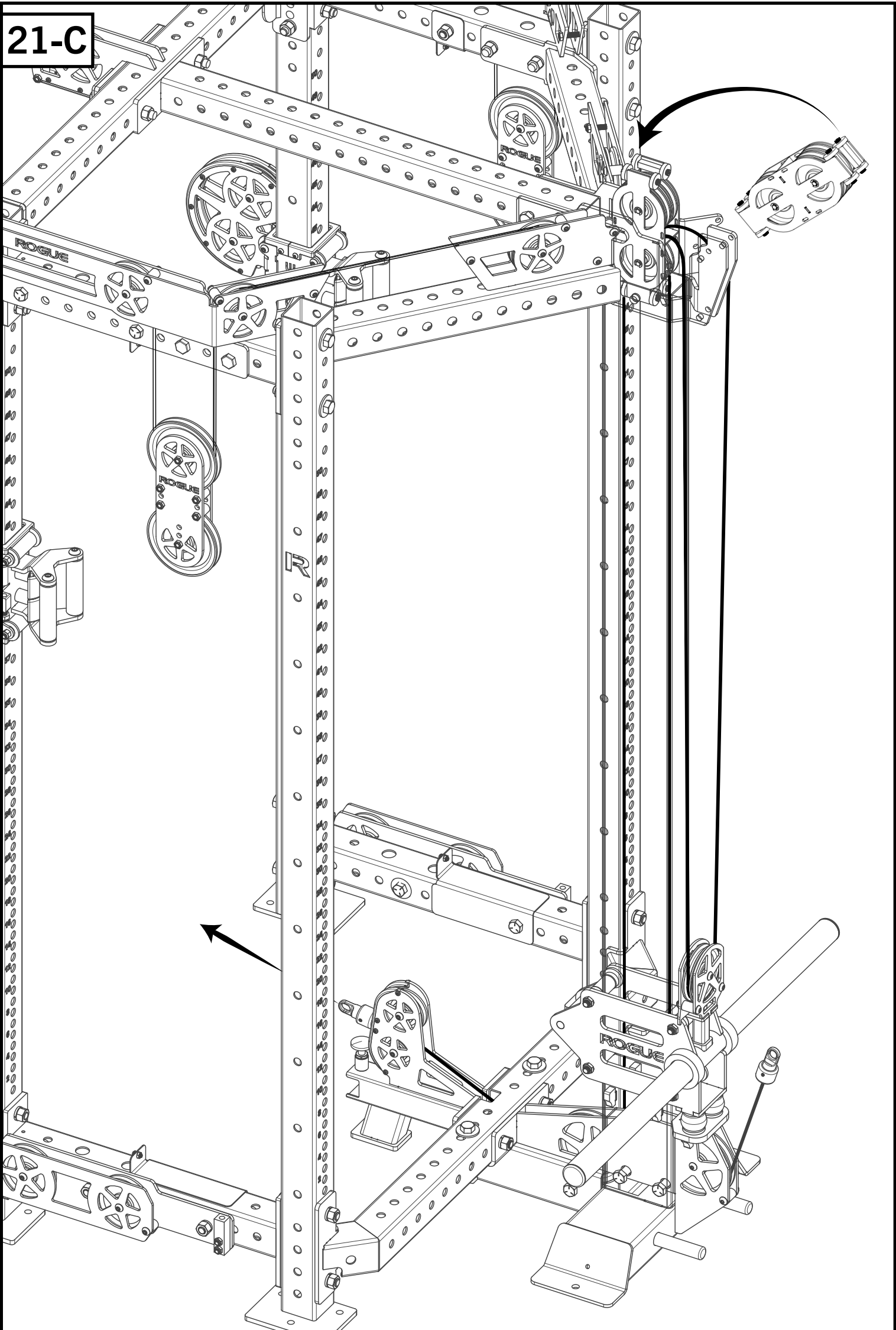
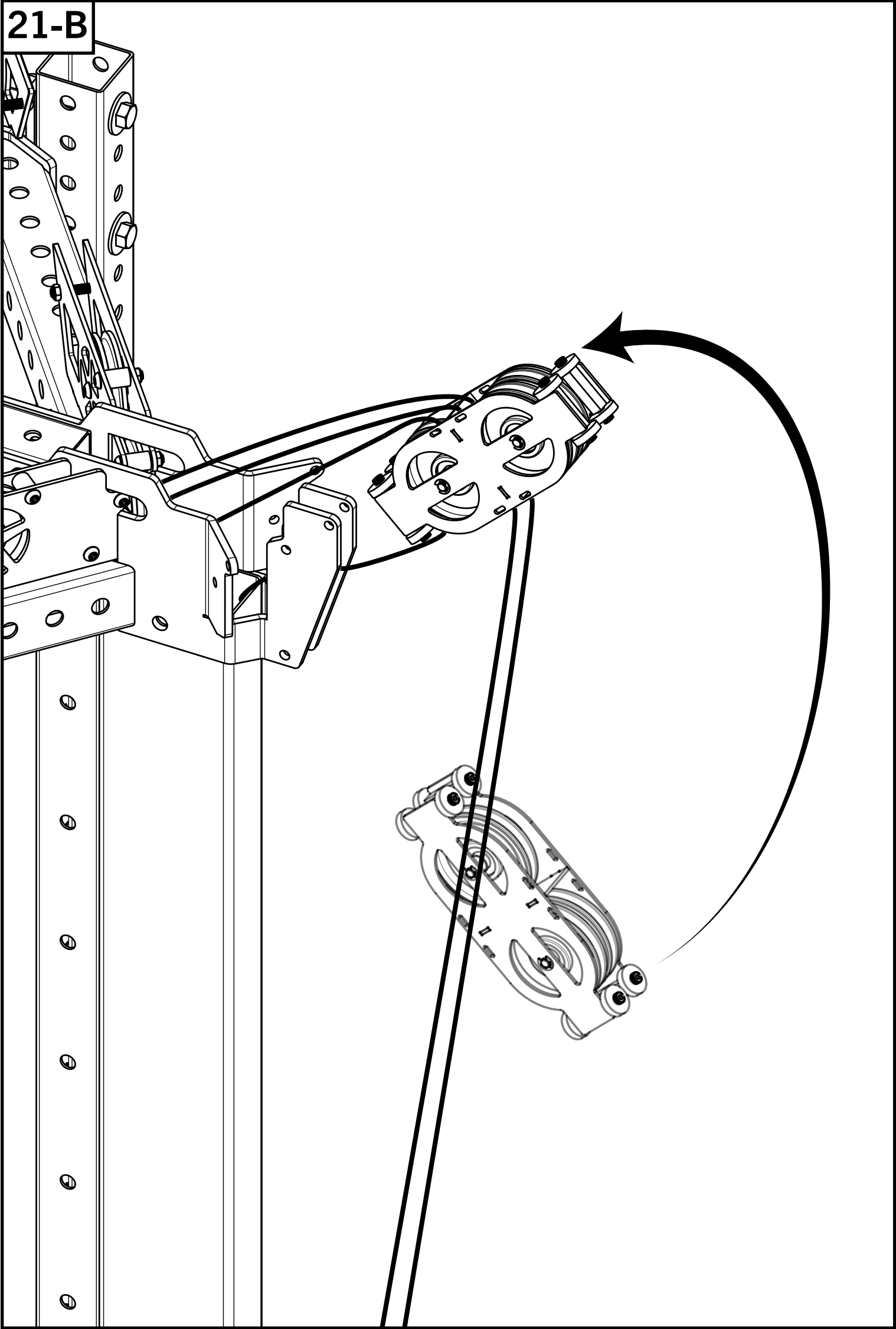
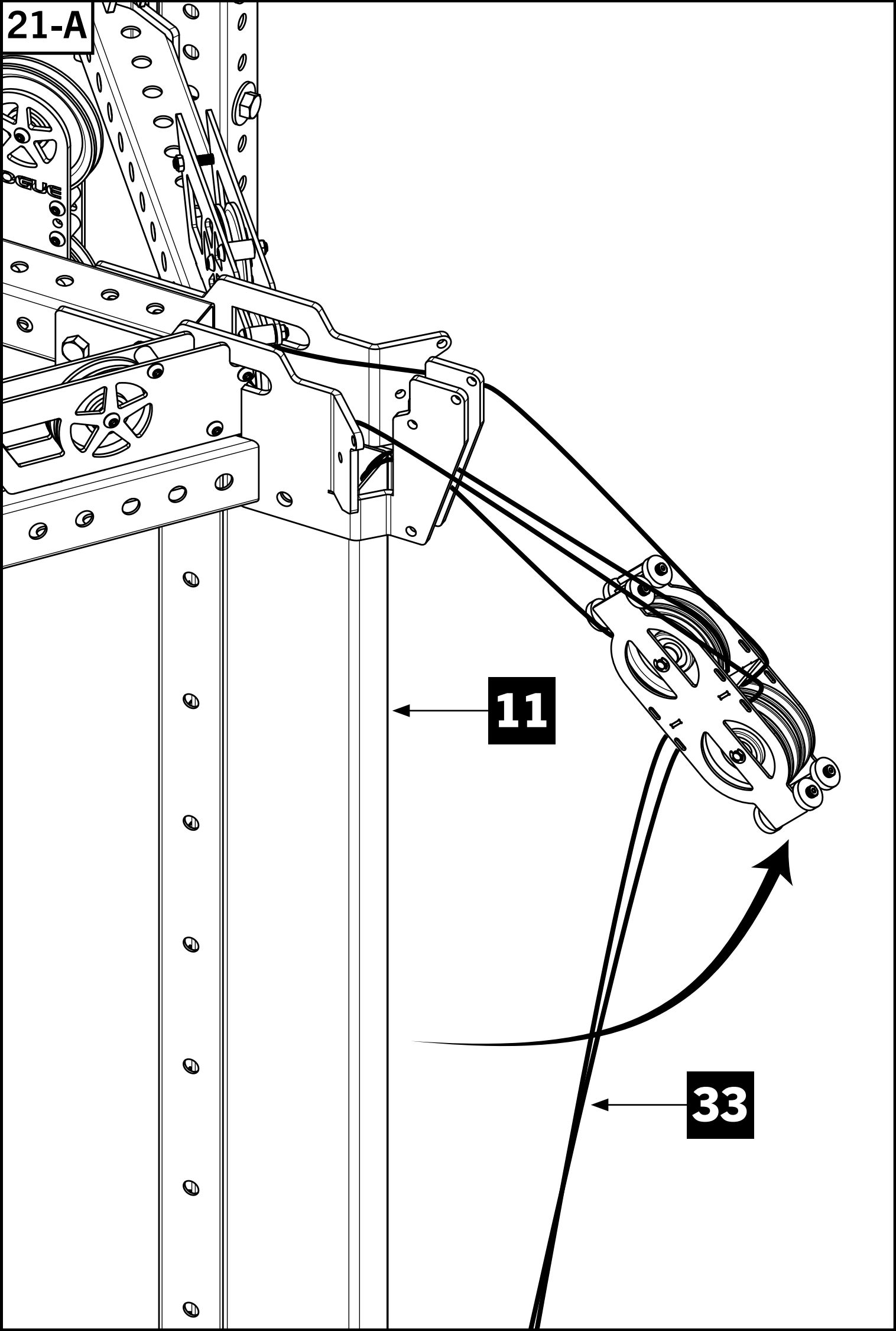


STEP 21

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 low row cable shown in **21-C**.
- Bolt Top Rear Crossmembers RH [16] and LH [17] to Rear Upright [11] using 5/8” x 4-1/2” Hex Bolt [42], 5/8” Lock Washer [45], and 5/8” Hex Nut [46].



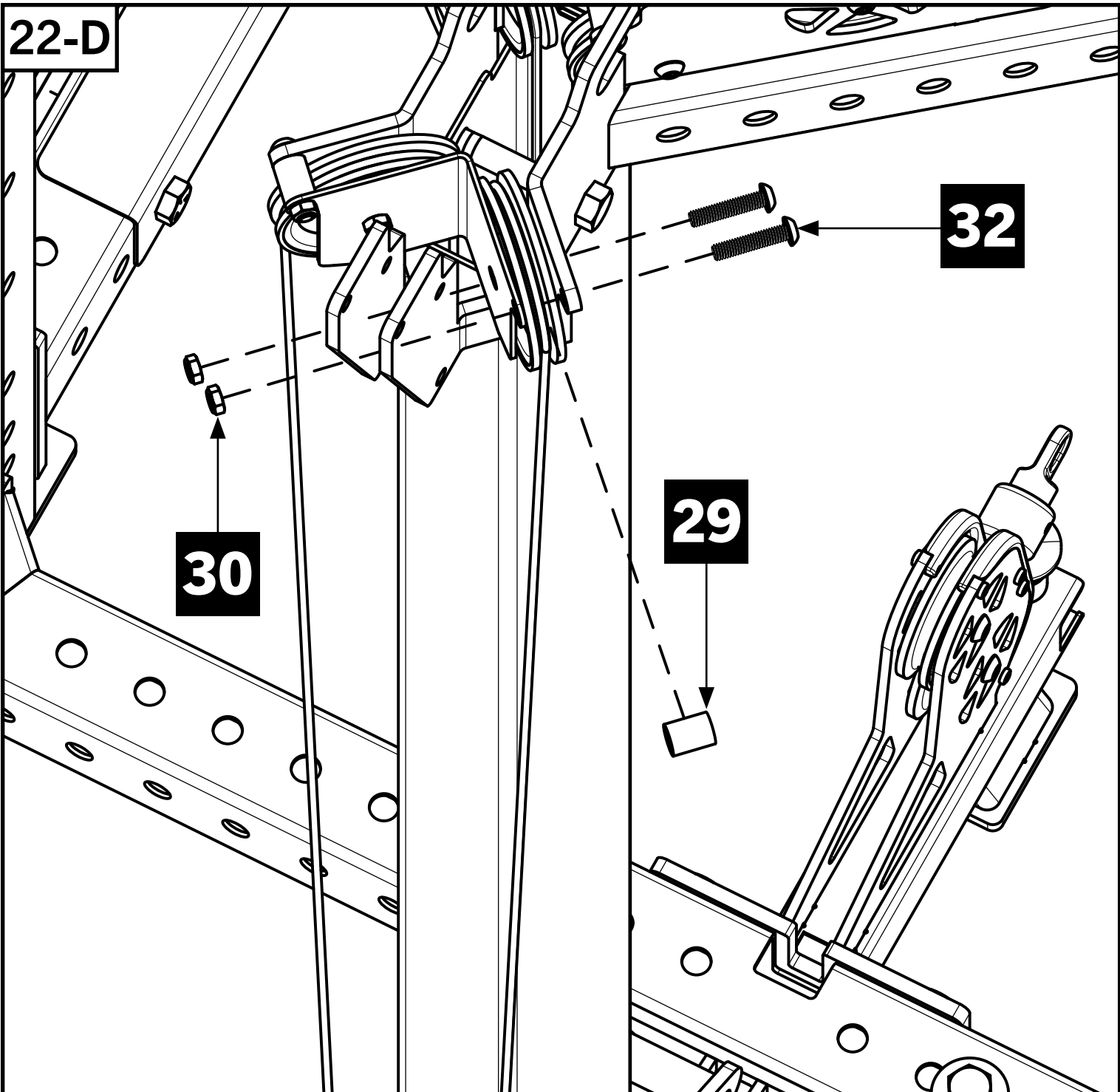
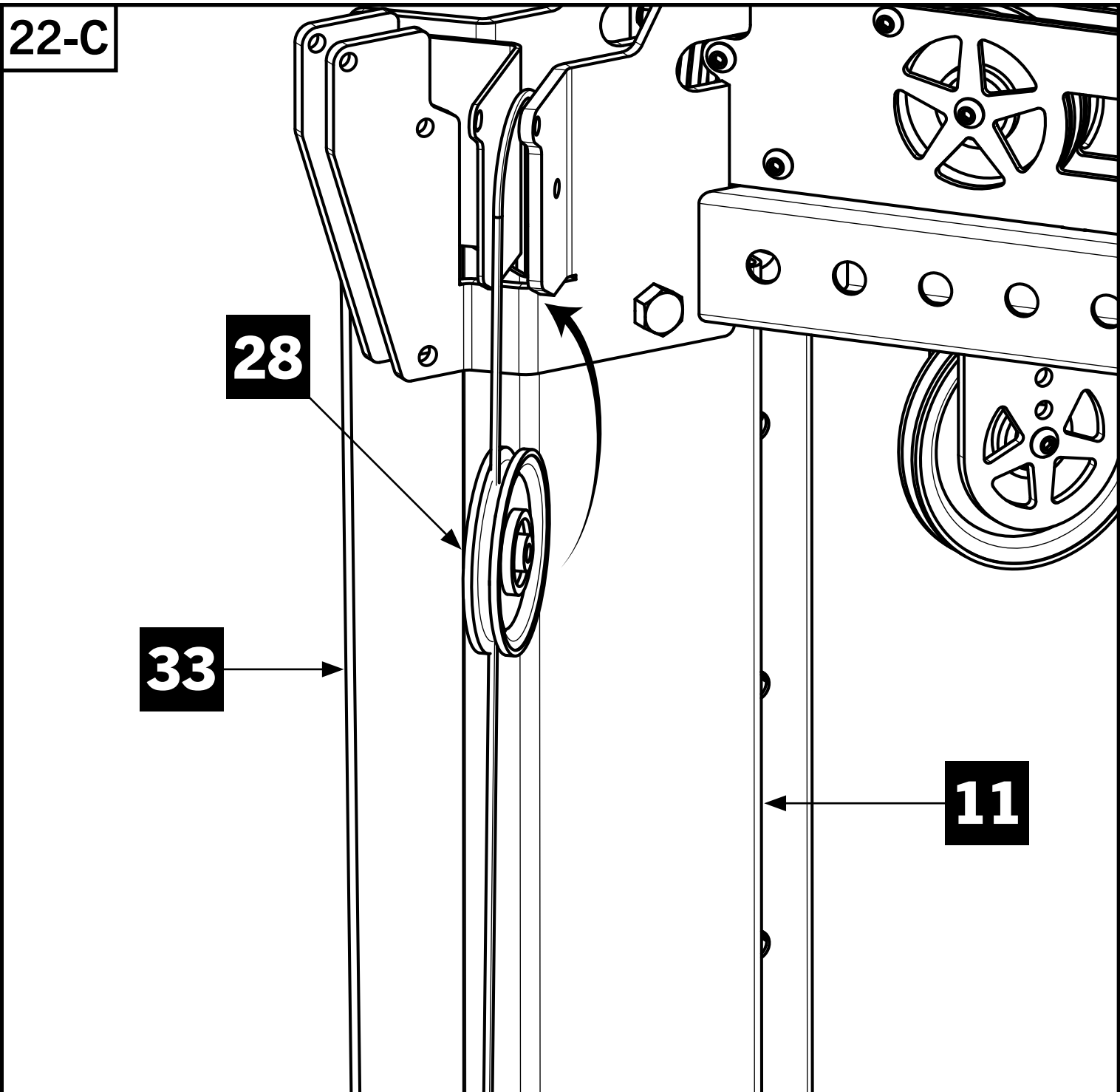
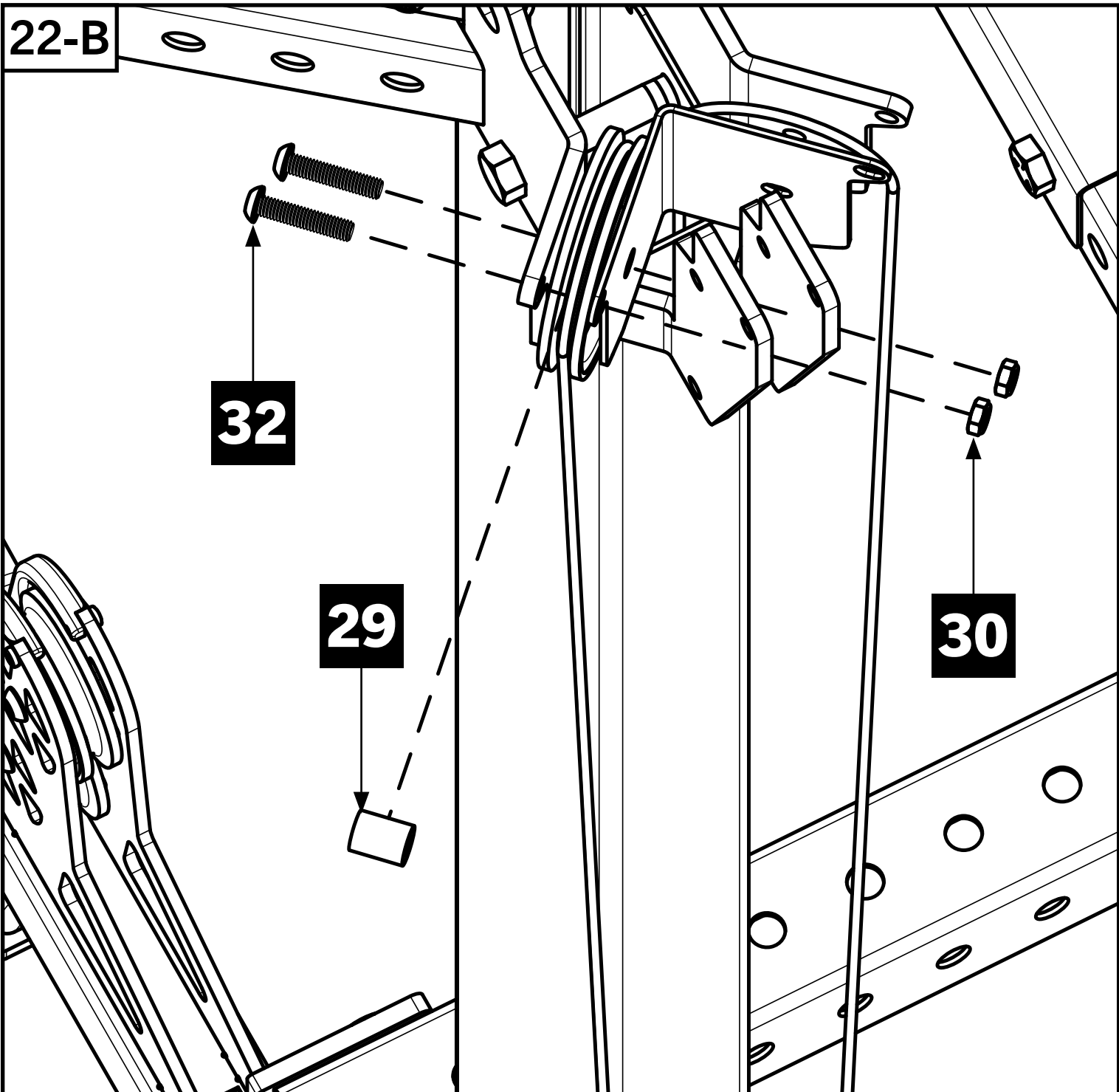
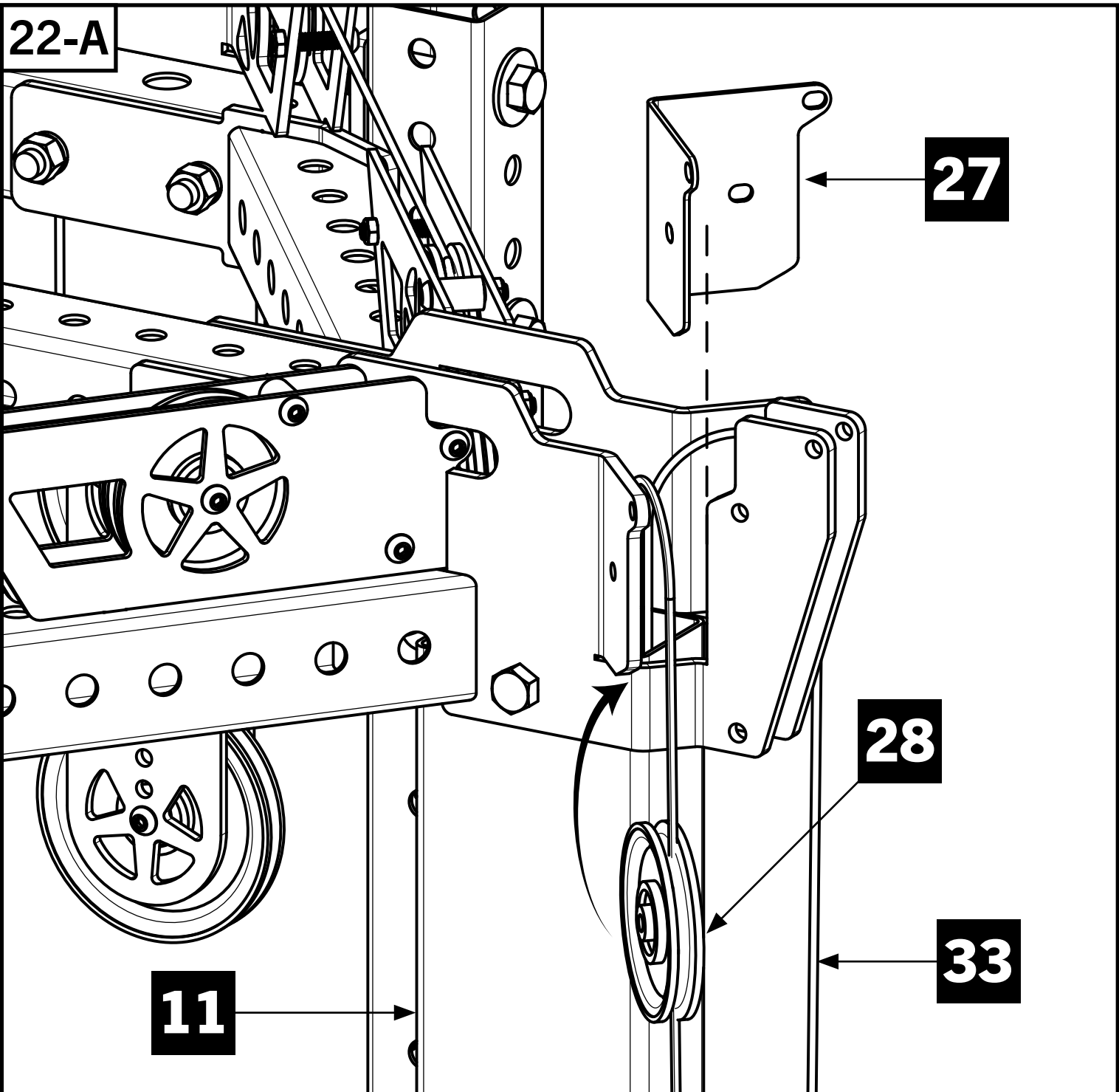
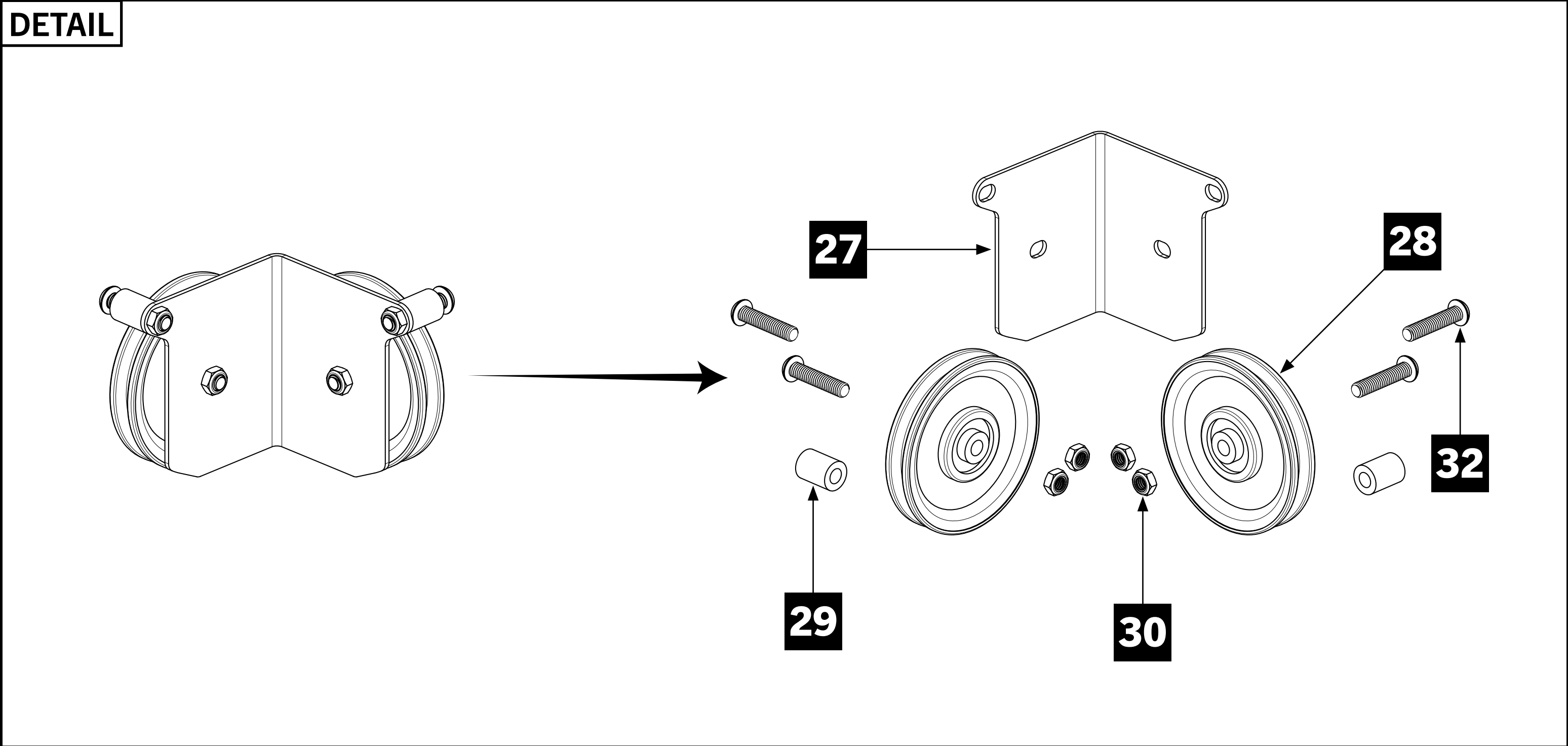
STEP 22

- Disassemble the two 4.5” Pulleys and Cable Retainers from the Rear Pulley Plate.
- Insert 4.5” Pulley [28] under cable and slide up until it reaches slot between Top Rear Crossmember RH [16] and Rear Upright [11].

Note:

- Ensure cable remains in pulley’s groove.

- Secure pulley to Top Rear Crossmember RH [16] and Rear Pulley Plate [27] using 3/8” x 1-3/4 Button Head Screws [32], 3/4” x 1” Cable Retainer [29], and 3/8” Thin Nylock Nut [30].
- Repeat steps 22-A and 22-B to secure second pulley to Top Rear Crossmember - LH [17] and Rear Upright [11].

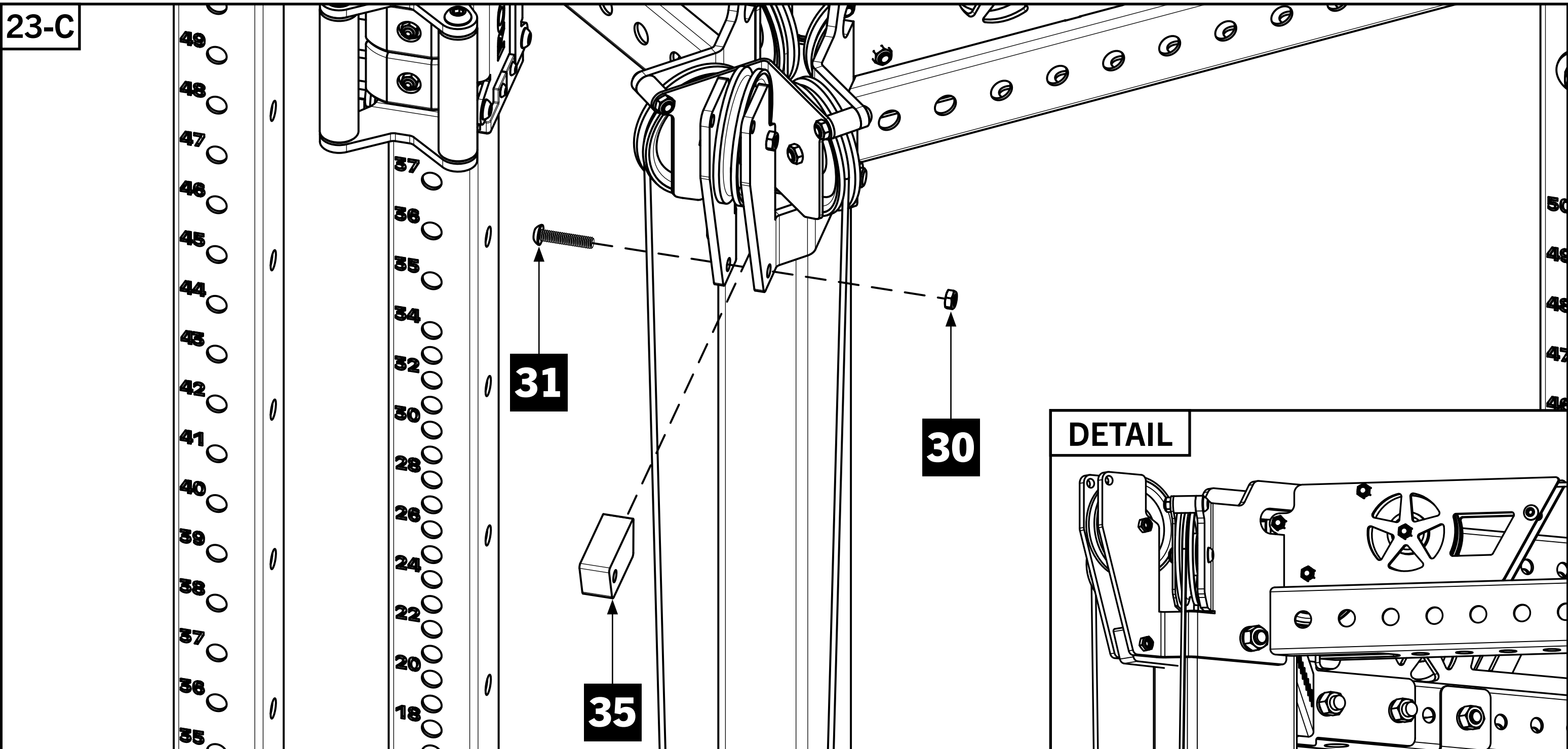
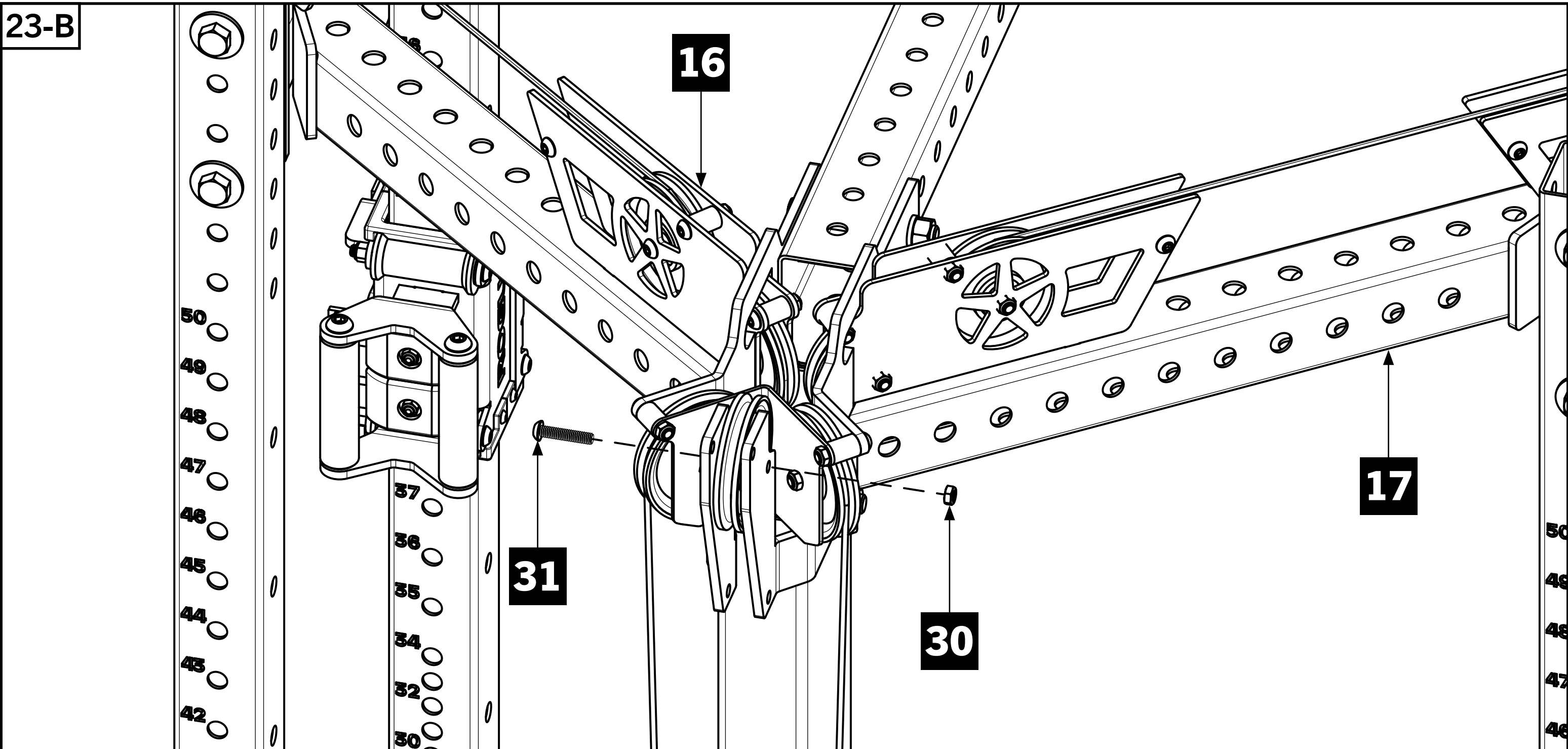
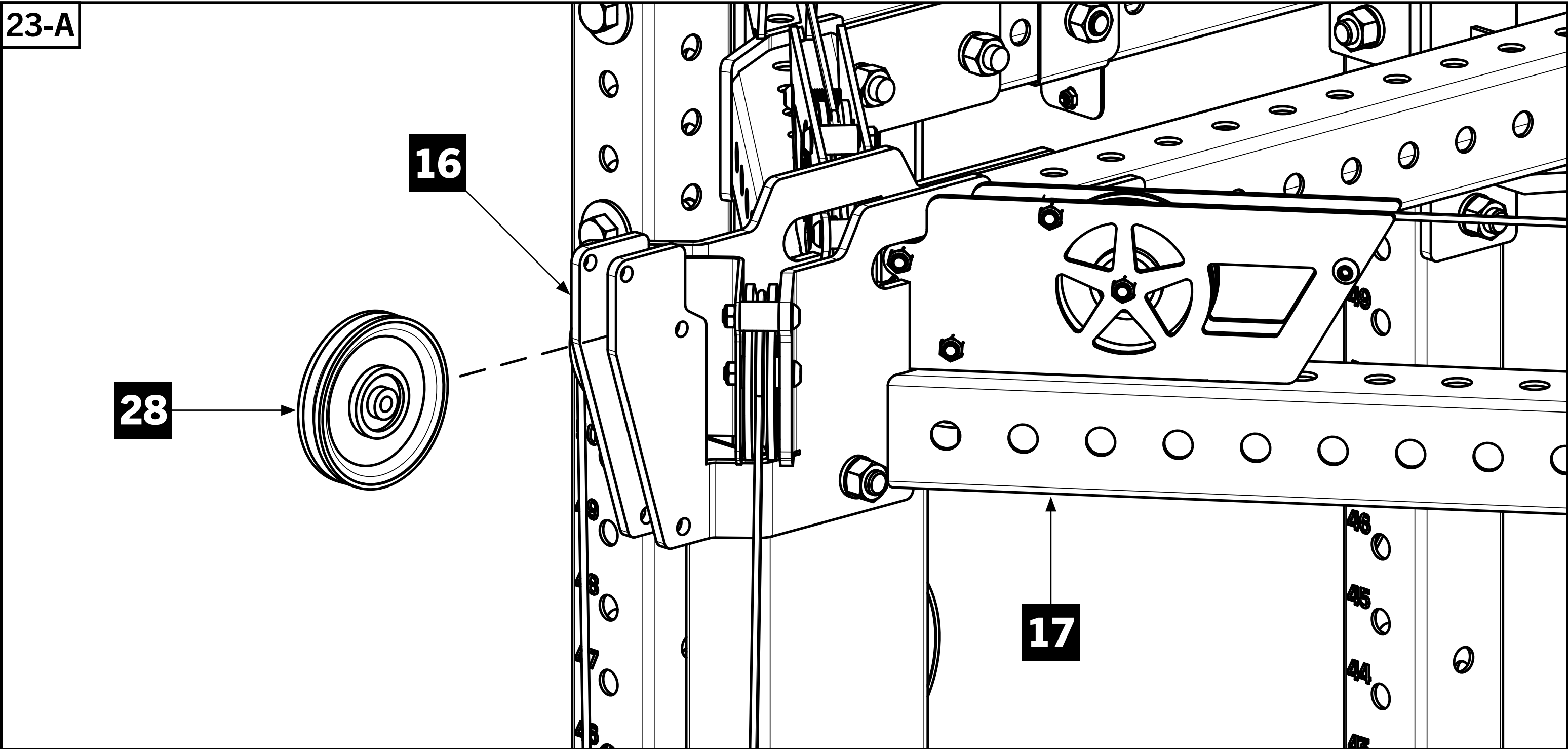


STEP 23

- Place center pulley between ends of Top Rear Crossmembers RH [16] and LH [17].
- Secure with 3/8" x 2" Button Head Screw [31] and 3/8" Thin Nylock Nut [30] in center hole.
- Insert Stop Block [35] between ends of Top Rear Crossmembers RH [16] and LH [17].
- Secure with 3/8" x 2" Button Head Screw [31] and 3/8" Thin Nylock Nut [30].

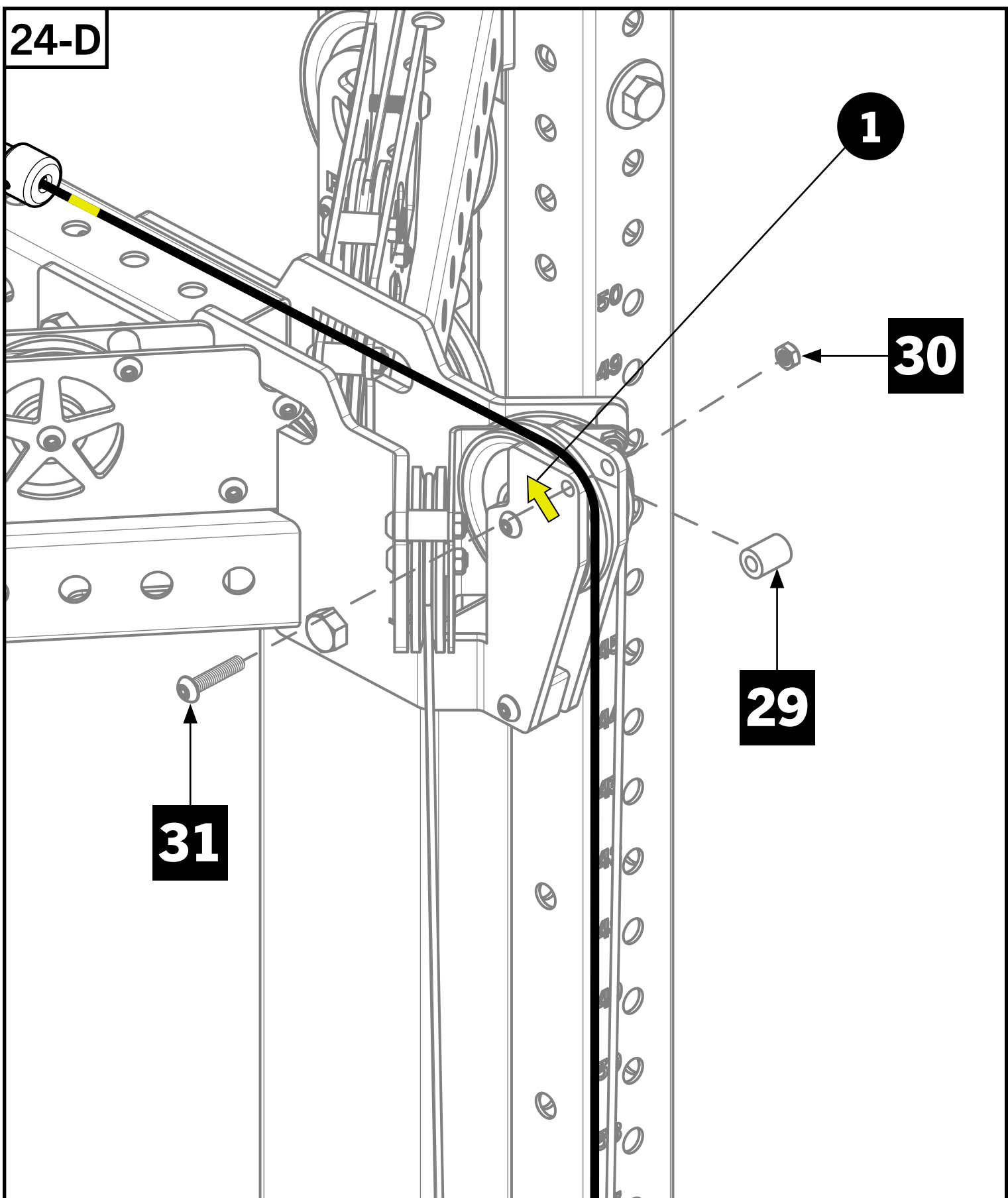
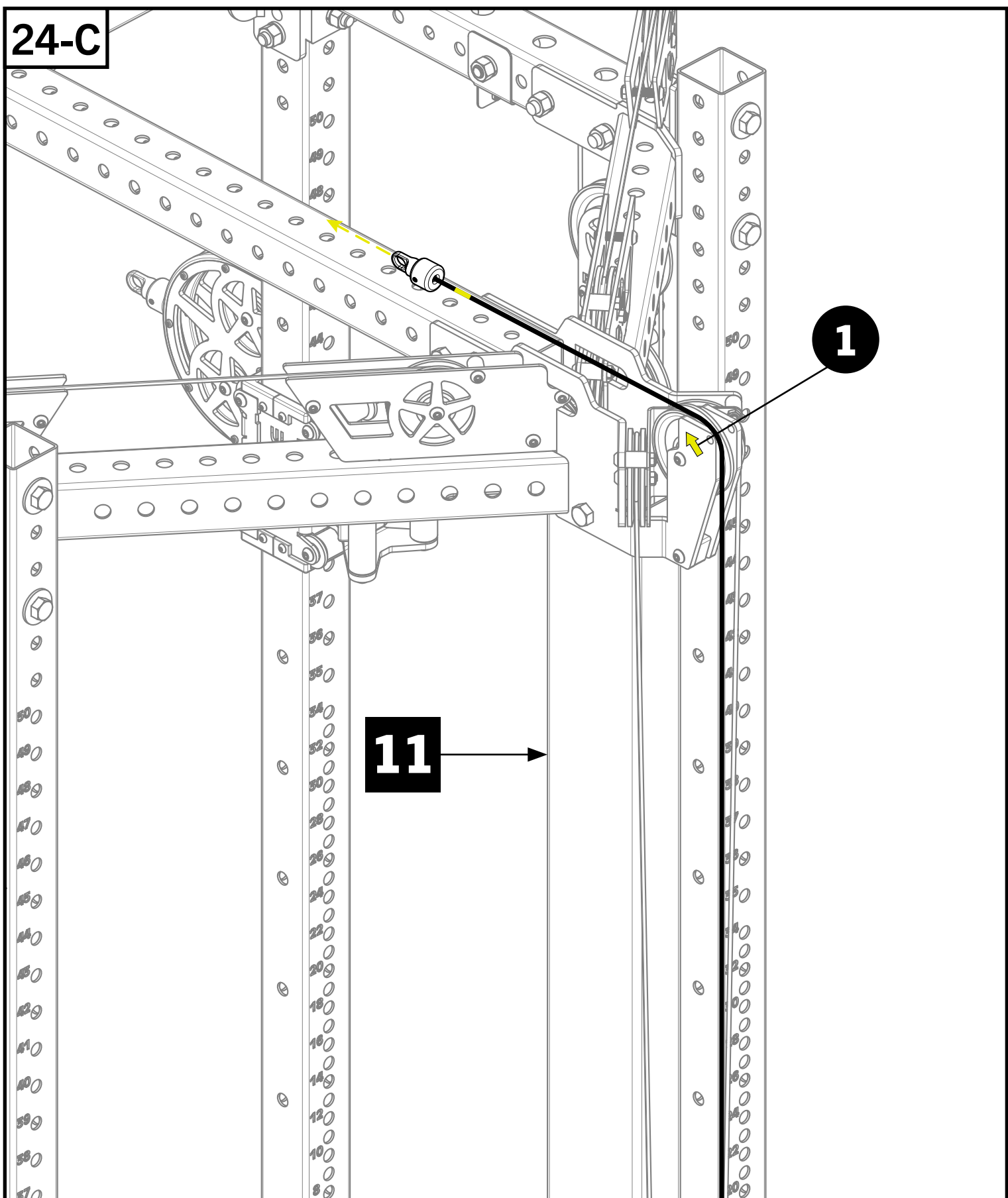
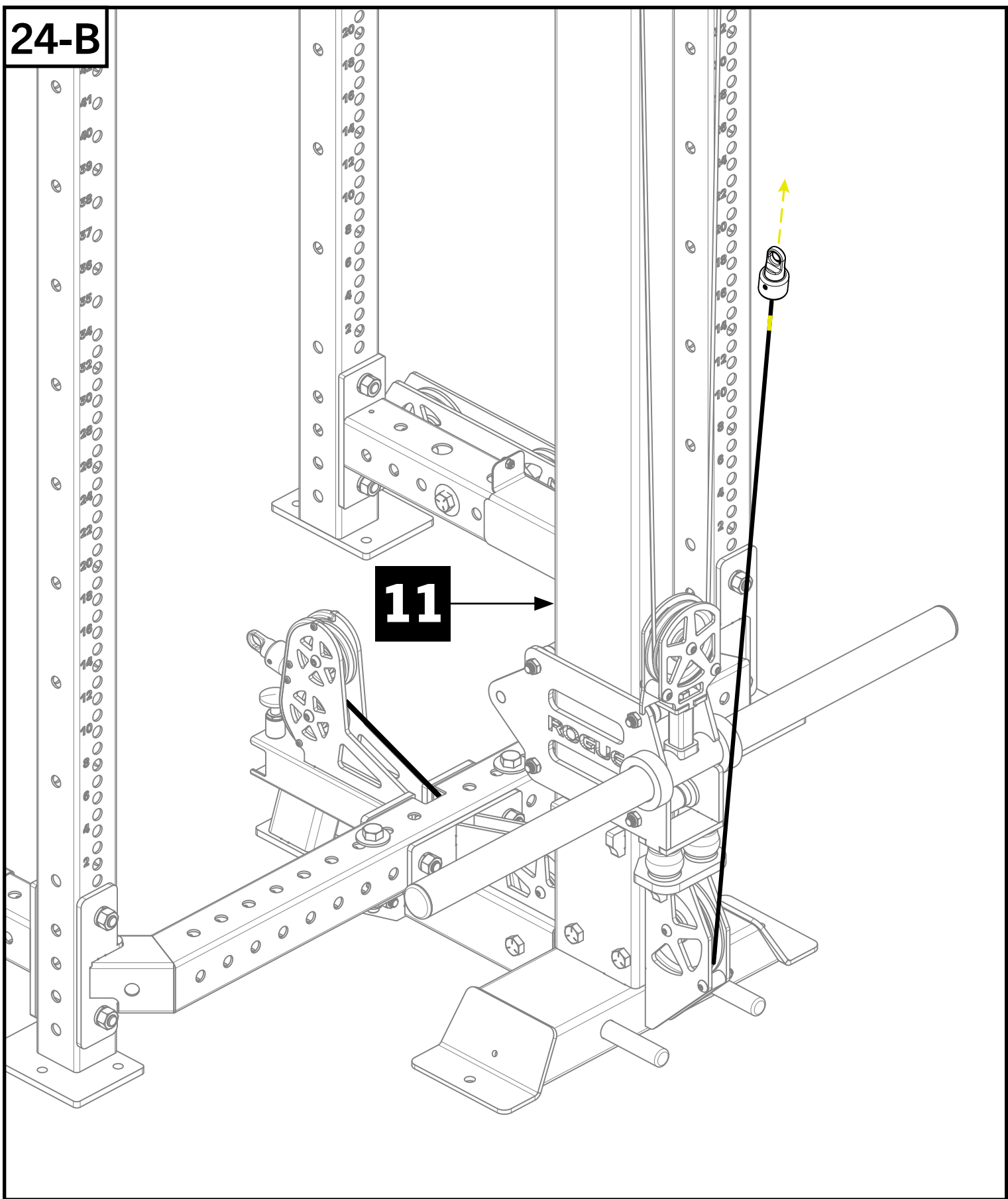
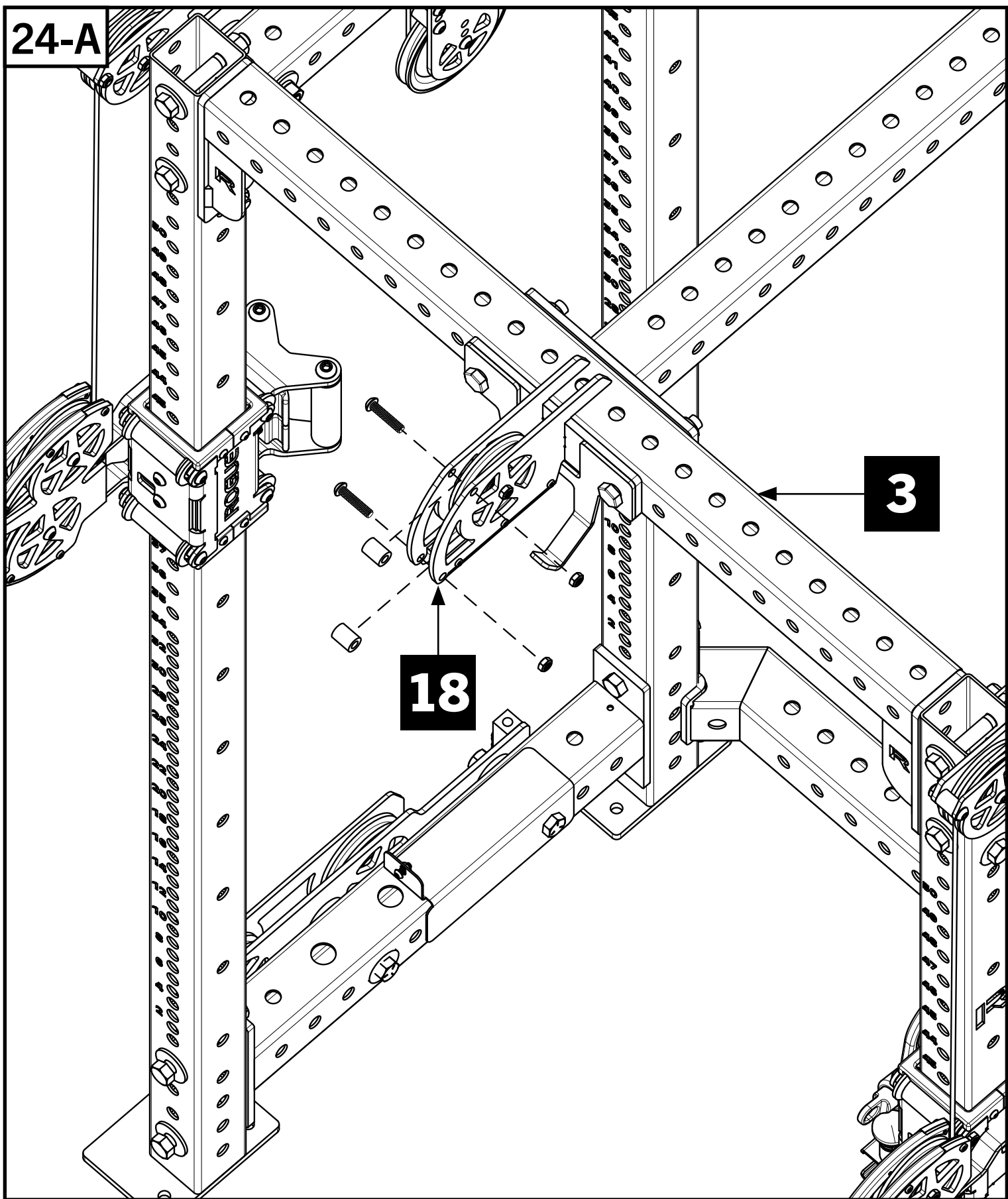
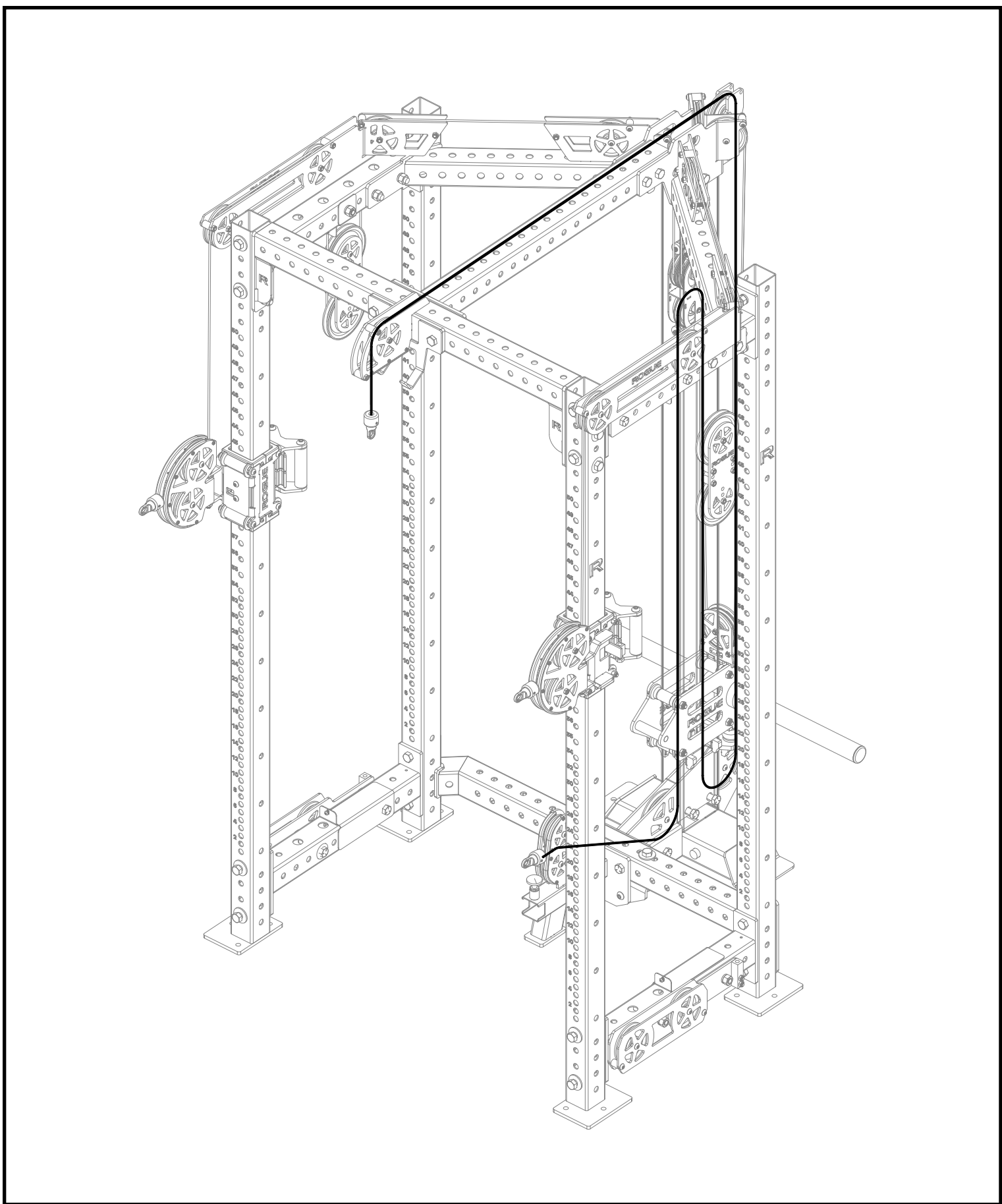
Note:

- Center Pulley cable retainer will be installed after Lat Pull/Low Row cable.



STEP 24

- 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 24-25**
- Remove Plastic Cable Retainers from Lat Pulldown Pulley Bracket [**18**]. Hardware will be reinstalled in **25-B**.
- Pull cable up along Rear Upright [**11**] until reaching top. Feed cable around the pulley shown in **24-C** and then towards the front of the rack.
- Secure back center pulley using 3/4" x 1" Cable Retainer [**29**], 3/8" x 2" Button Head Screw [**31**], and 3/8" Thin Nylock Nut [**30**].

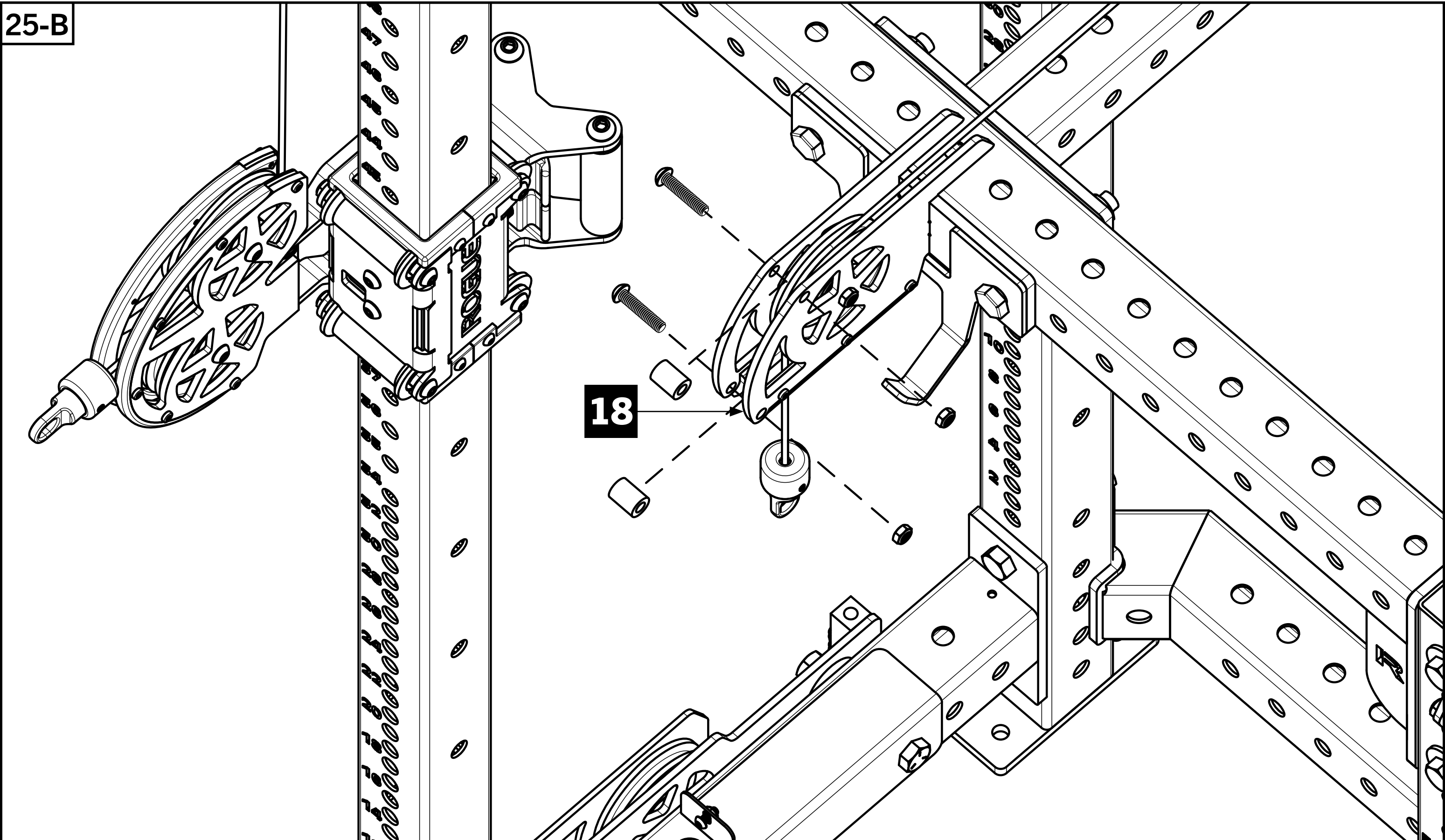
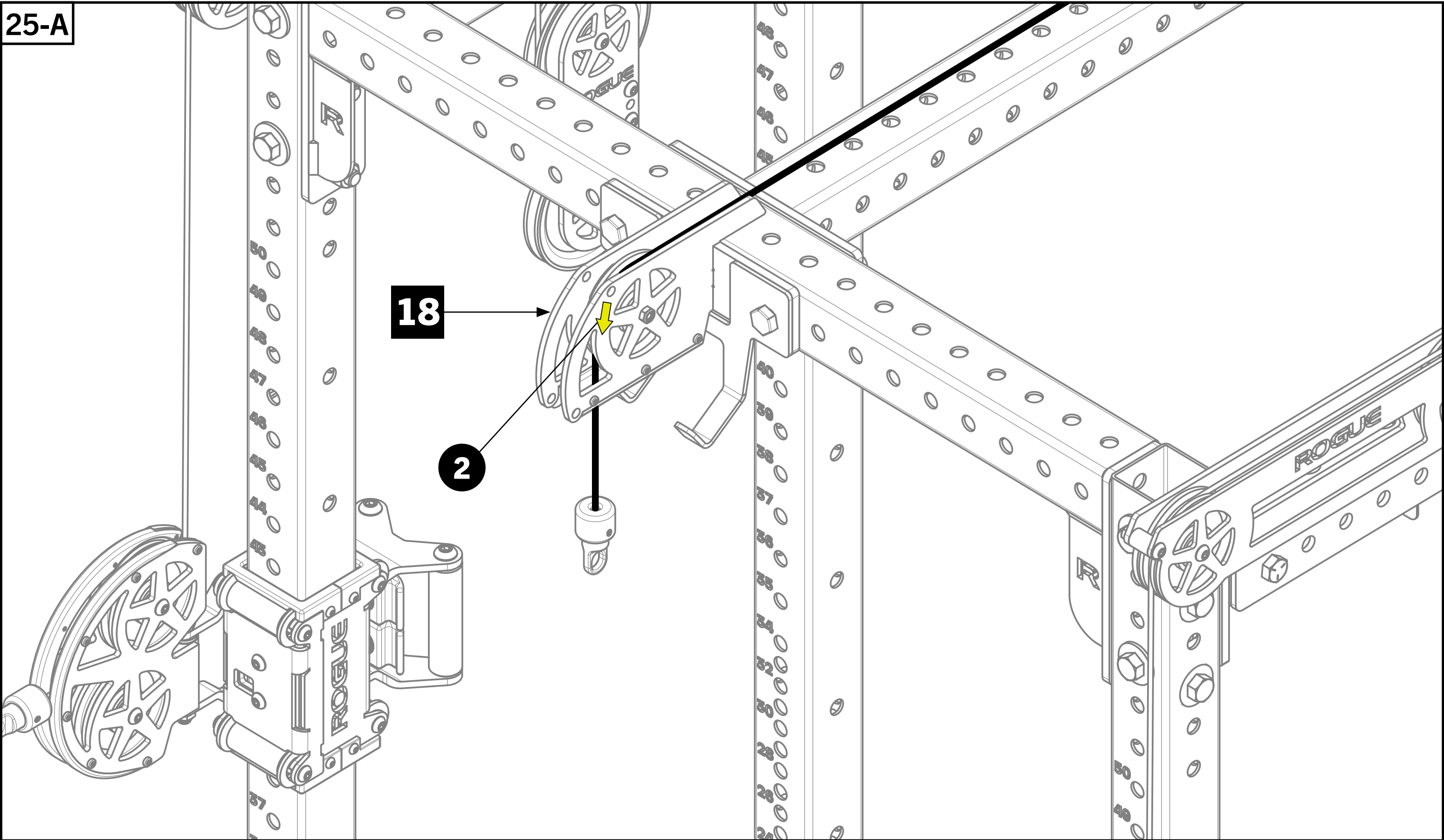
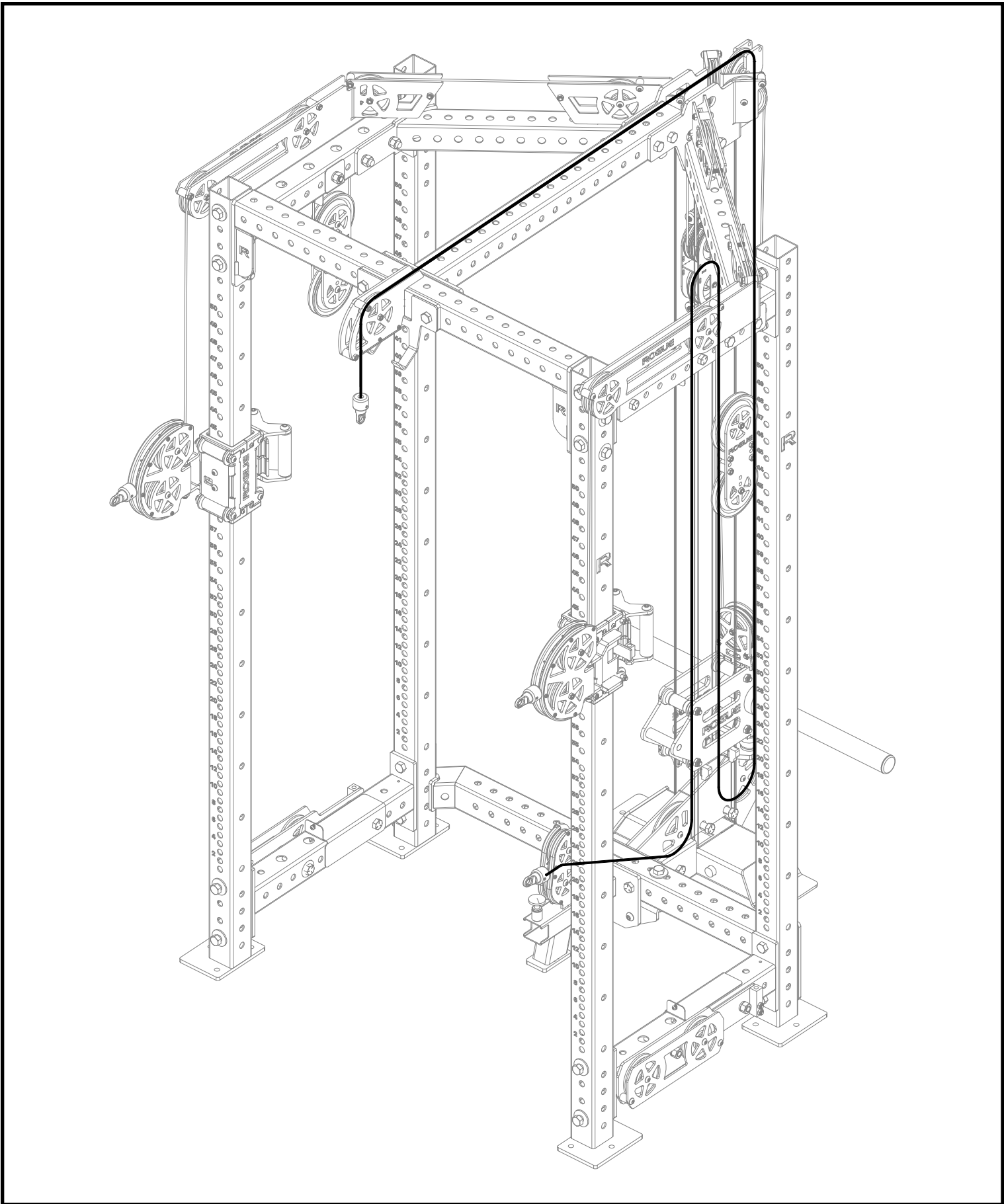


STEP 25

- Pull cable past the 43” Spanning Crossmember [3]. Feed cable around the Lat Pulldown Pulley Bracket [18] shown in 25-A.
- Reinstall Cable Retainers into Lat Pulldown Pulley Bracket [18] in 25-B.

Note:

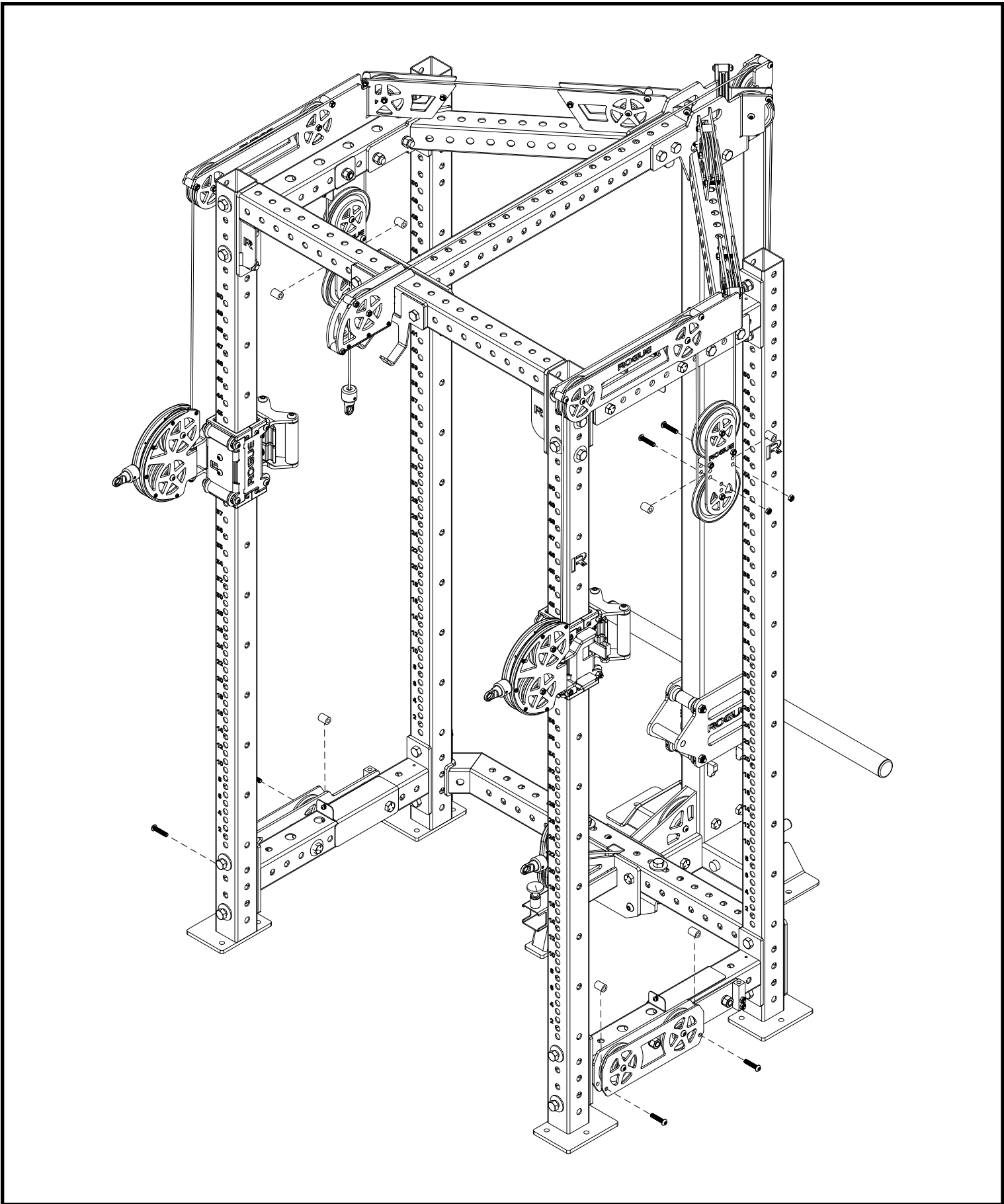
- Ensure cable remains in pulley’s groove.



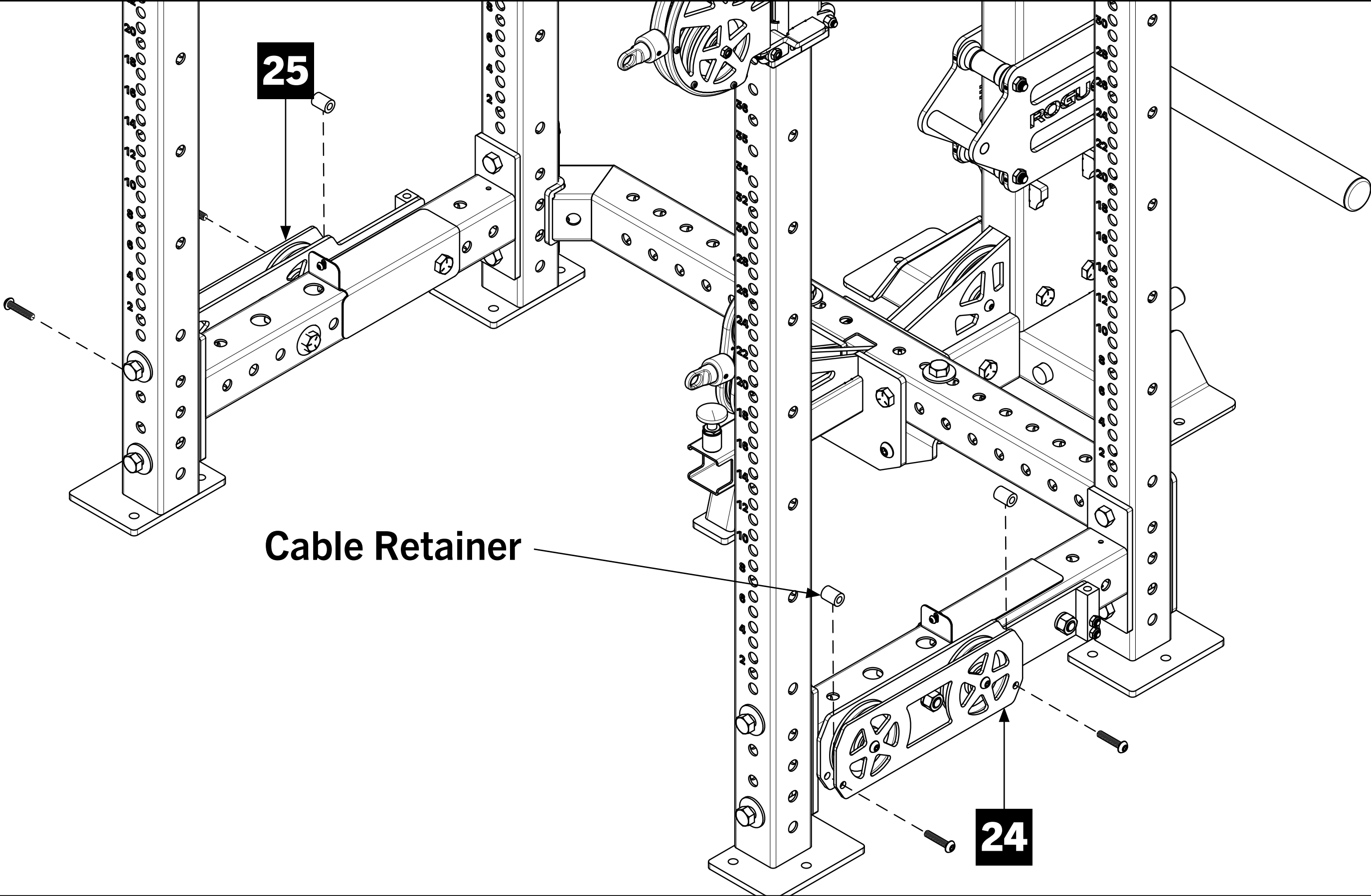
STEP 26

Tools Required:

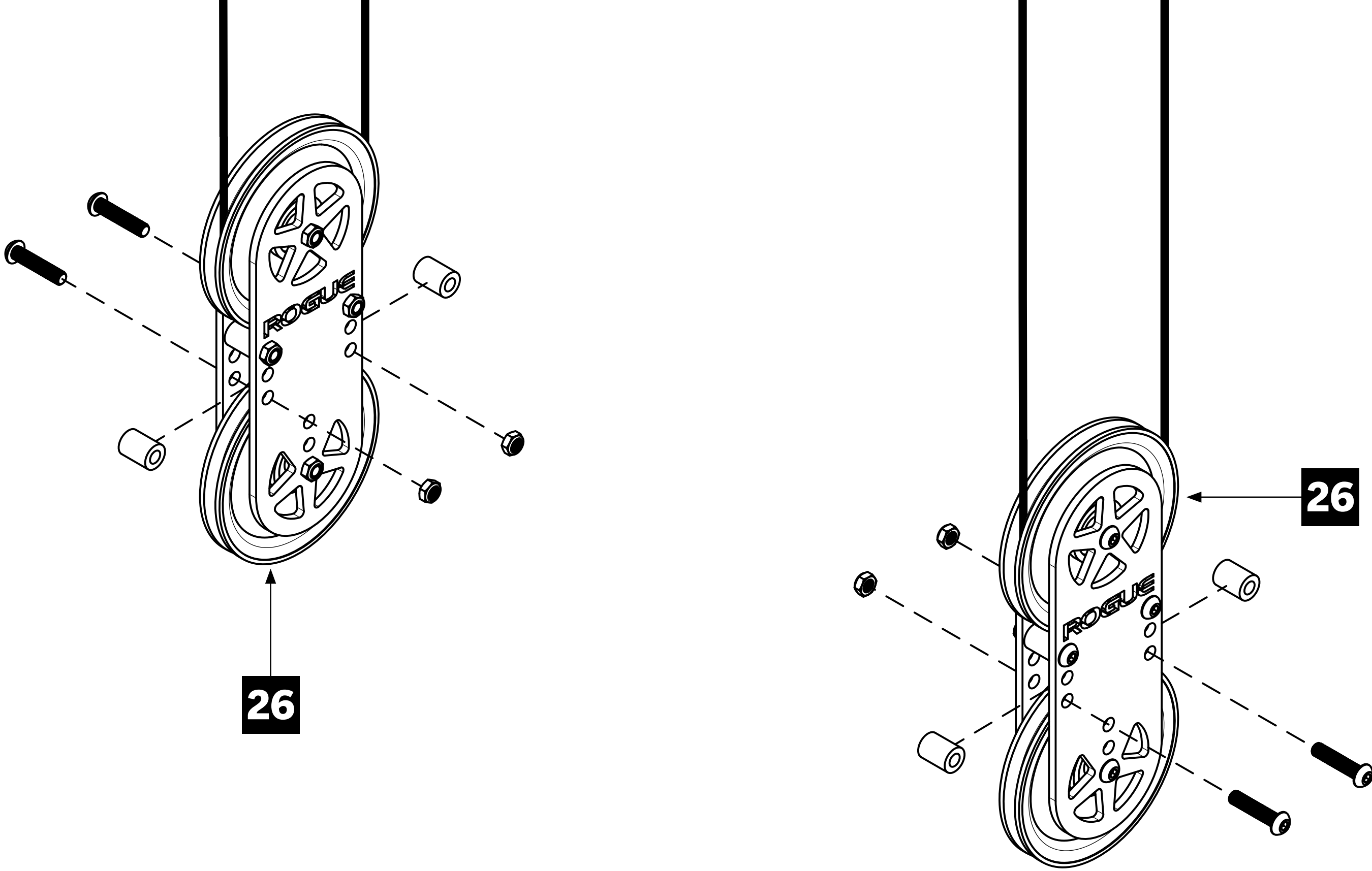
- 7/32” Allen Key & 9/16” Wrench
- Remove Plastic Cable Retainers from **both** Bottom Side Pulley Assemblies [24] and [25] by removing 3/8” Button Head Screws and Nuts.
- Remove only the lower Plastic Cable Retainers from both Side Peanut Pulleys [26].
- Hardware will be re-installed on **STEP 28**.



26-A



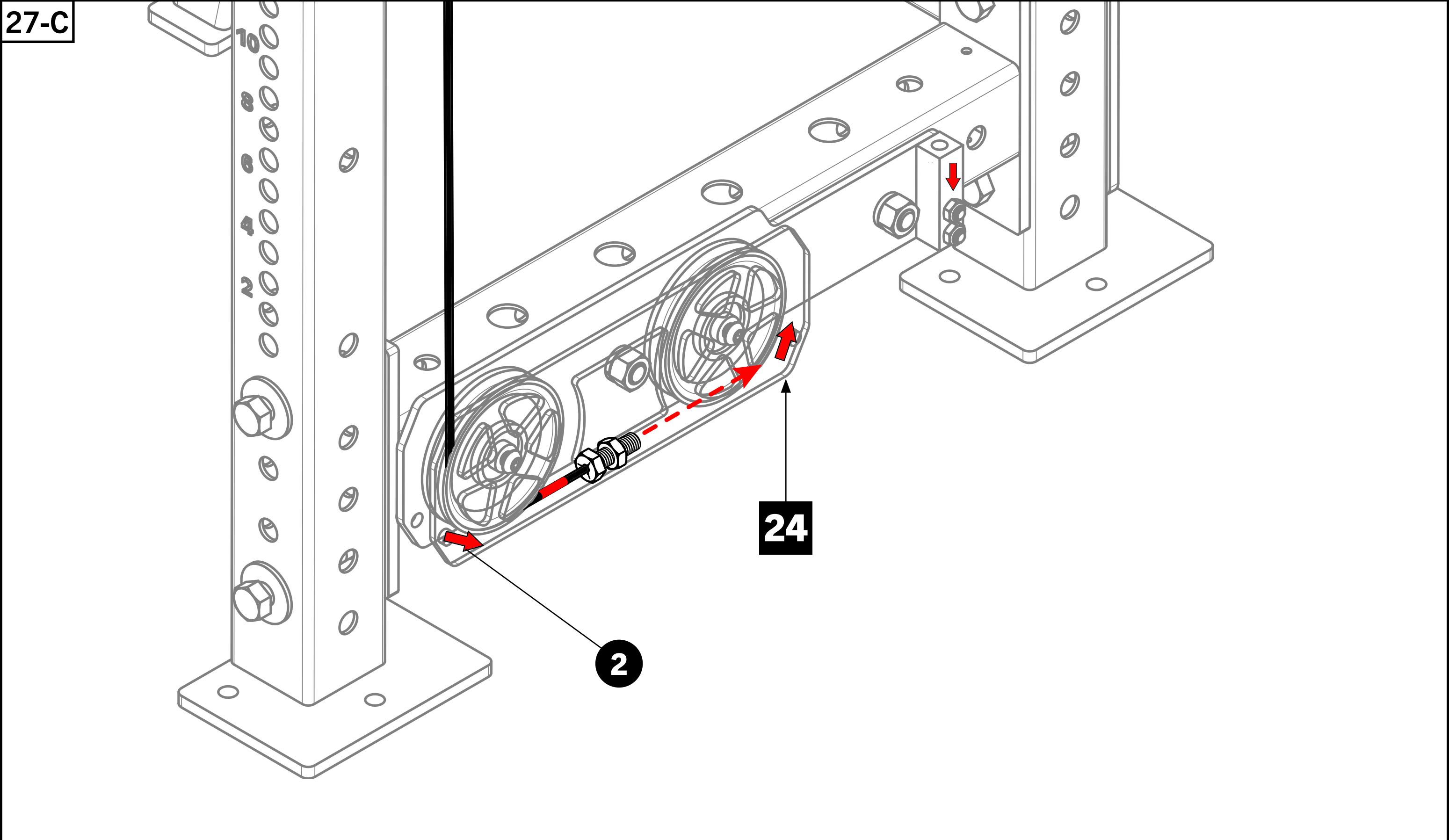
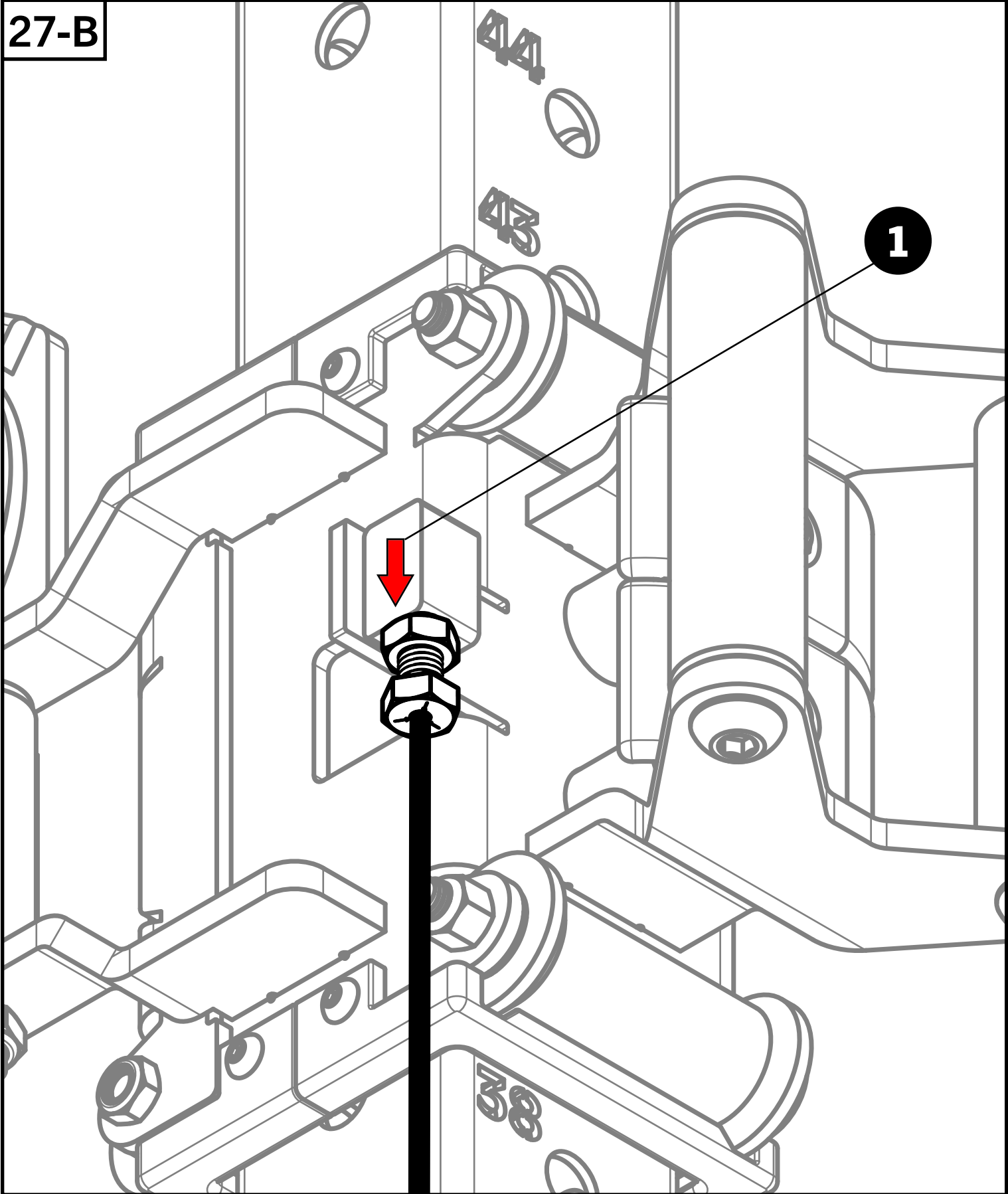
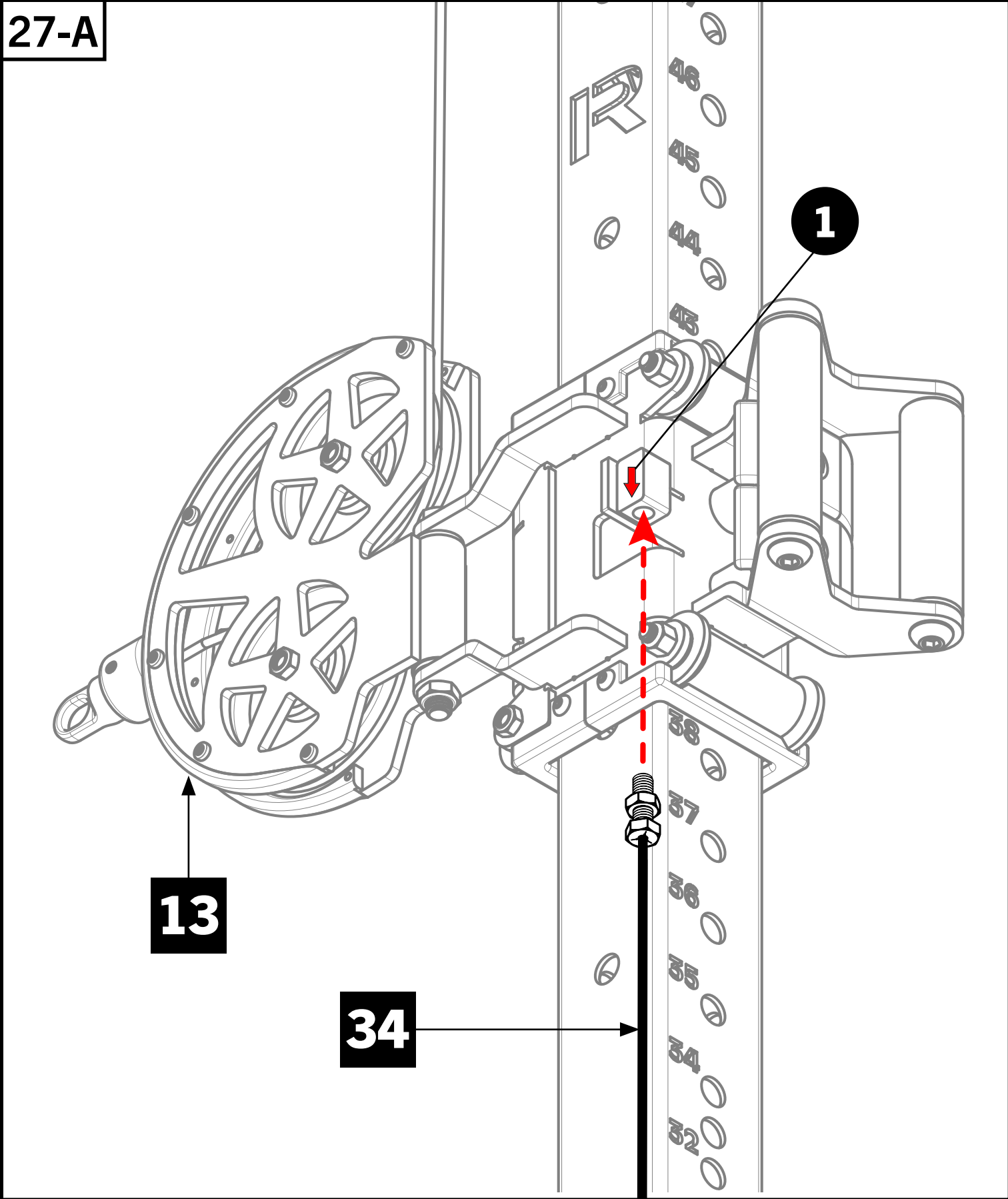
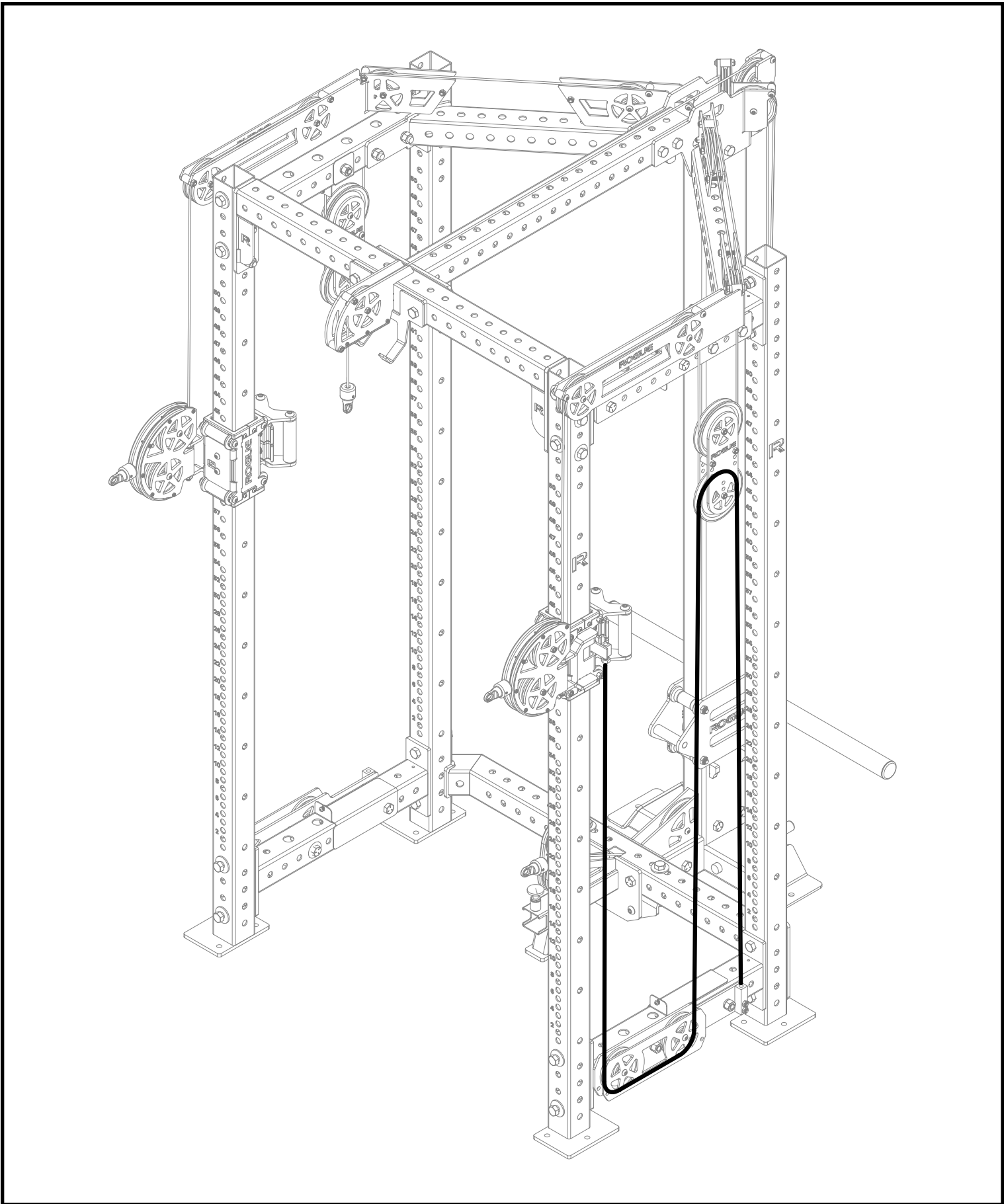
26-B



STEP 27

Tools Required:

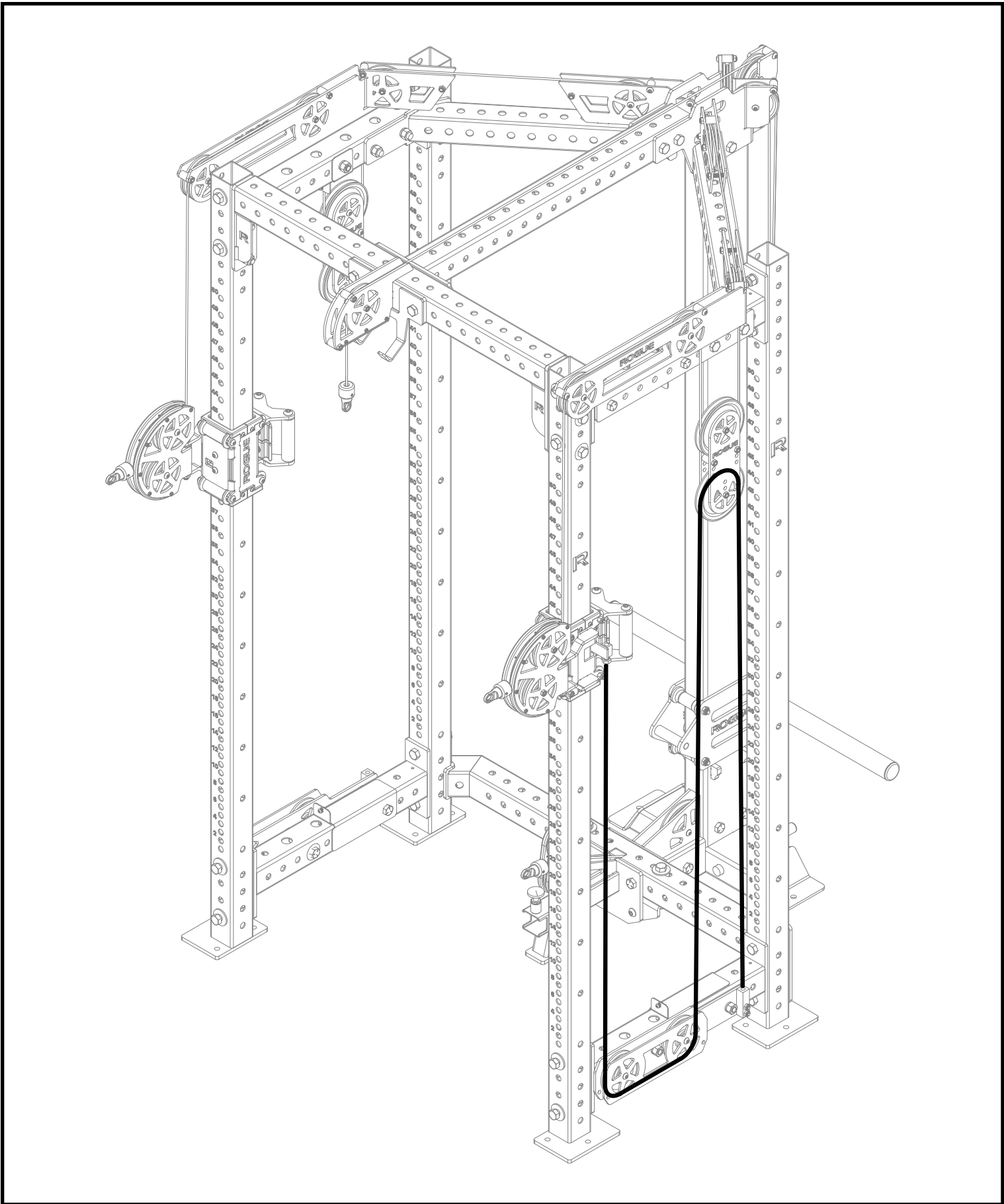
- 3/4” Wrench
- Assemble one of the included Low Side Cables [34] (red tag) onto RH side of rack by inserting the tagless end into stop block on back of Swivel Trolley RH [13].
- Loosen the hex nut if needed to ensure approximately 1/2” of threads are showing between the bolt head and nut.
- Tighten 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 [24] and continue towards back of rack.



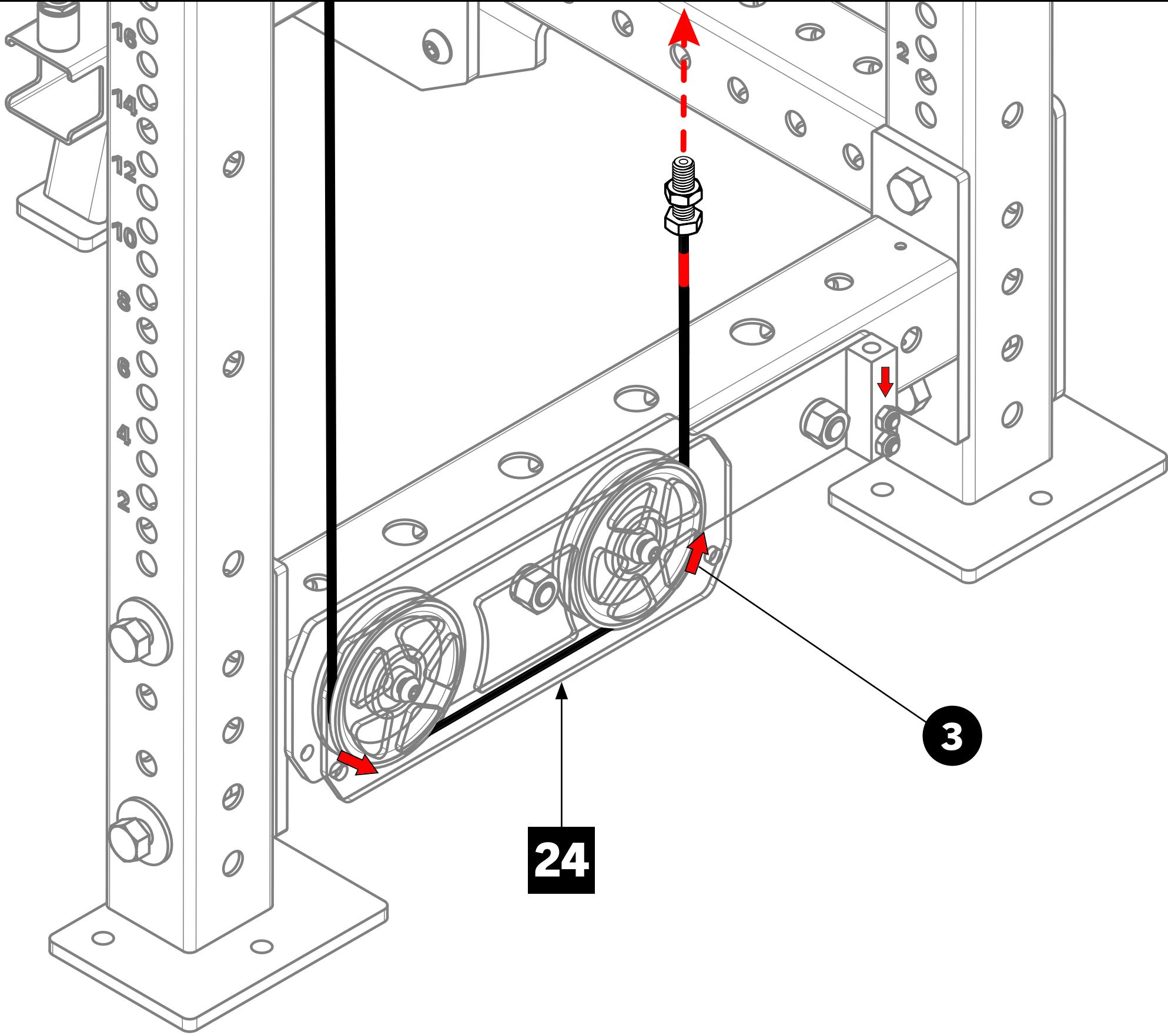
STEP 28

Tools Required:

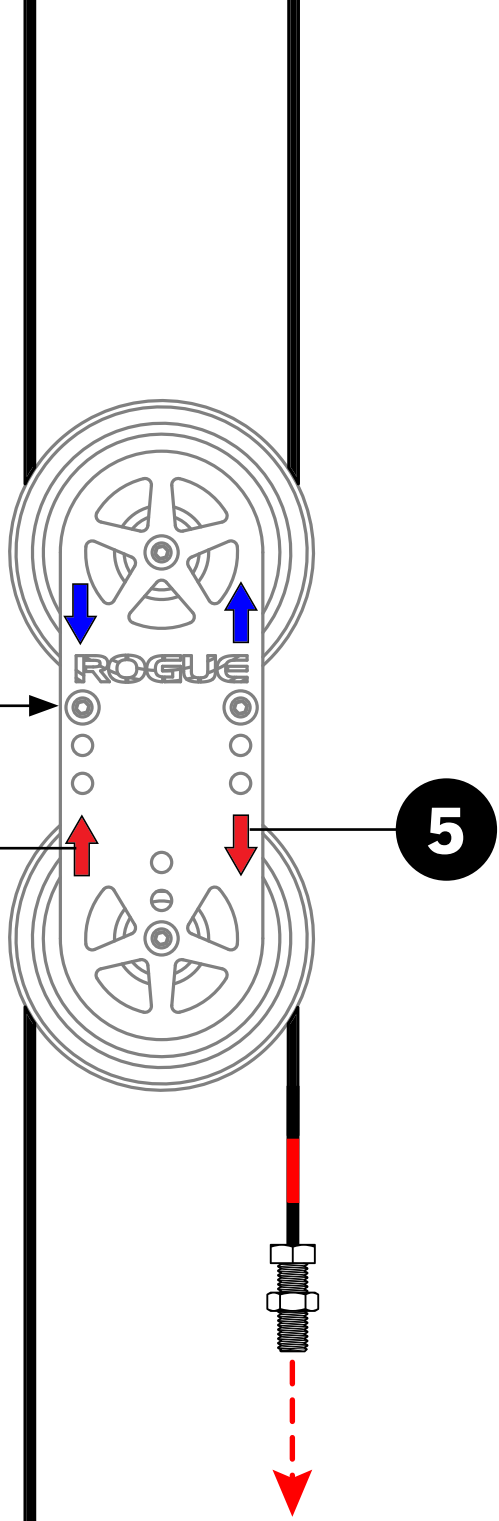
- 3/4” Wrench
- Continue feeding around the pulley on Bottom Rear Pulley Assembly - RH [24] and up around the lower Side Peanut Pulley [26], following the arrow indicator directions.
- Insert threaded end into stop block at the back of Bottom Side Pulley Assembly- RH [24] and screw tight, ensuring 1/2” of threads showing between 3/4” bolt head and hex nut.



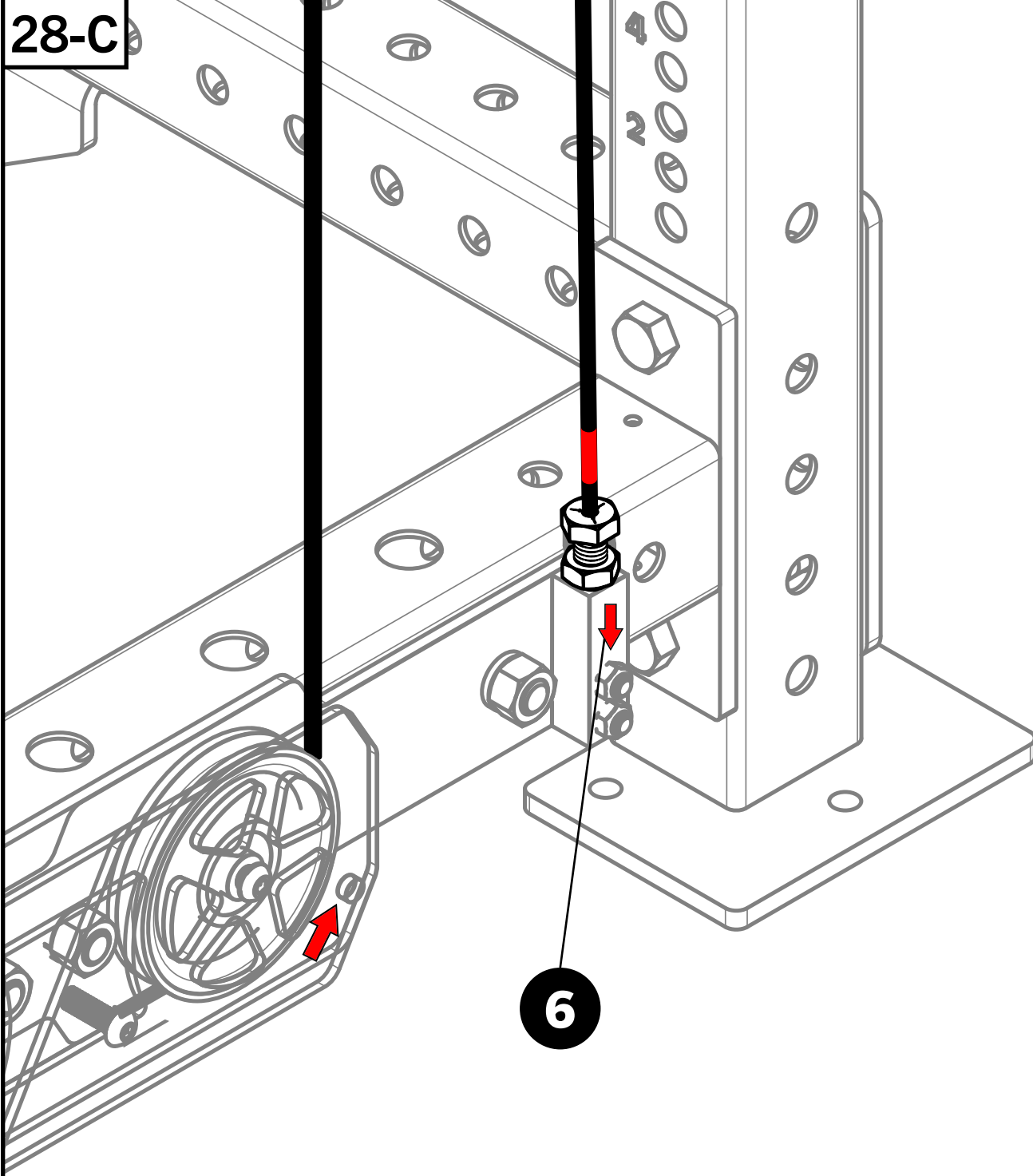
28-A



28-B



28-C



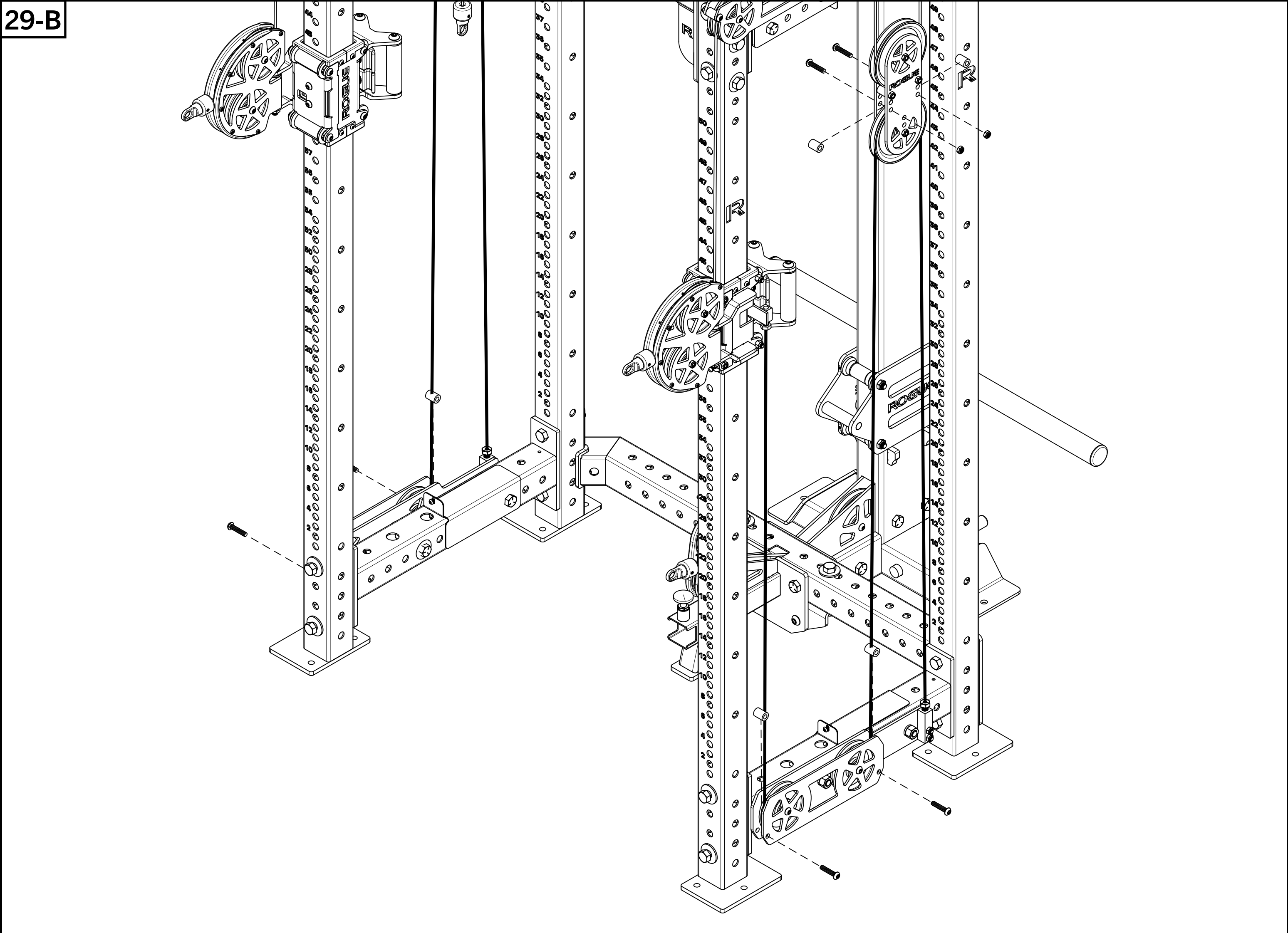
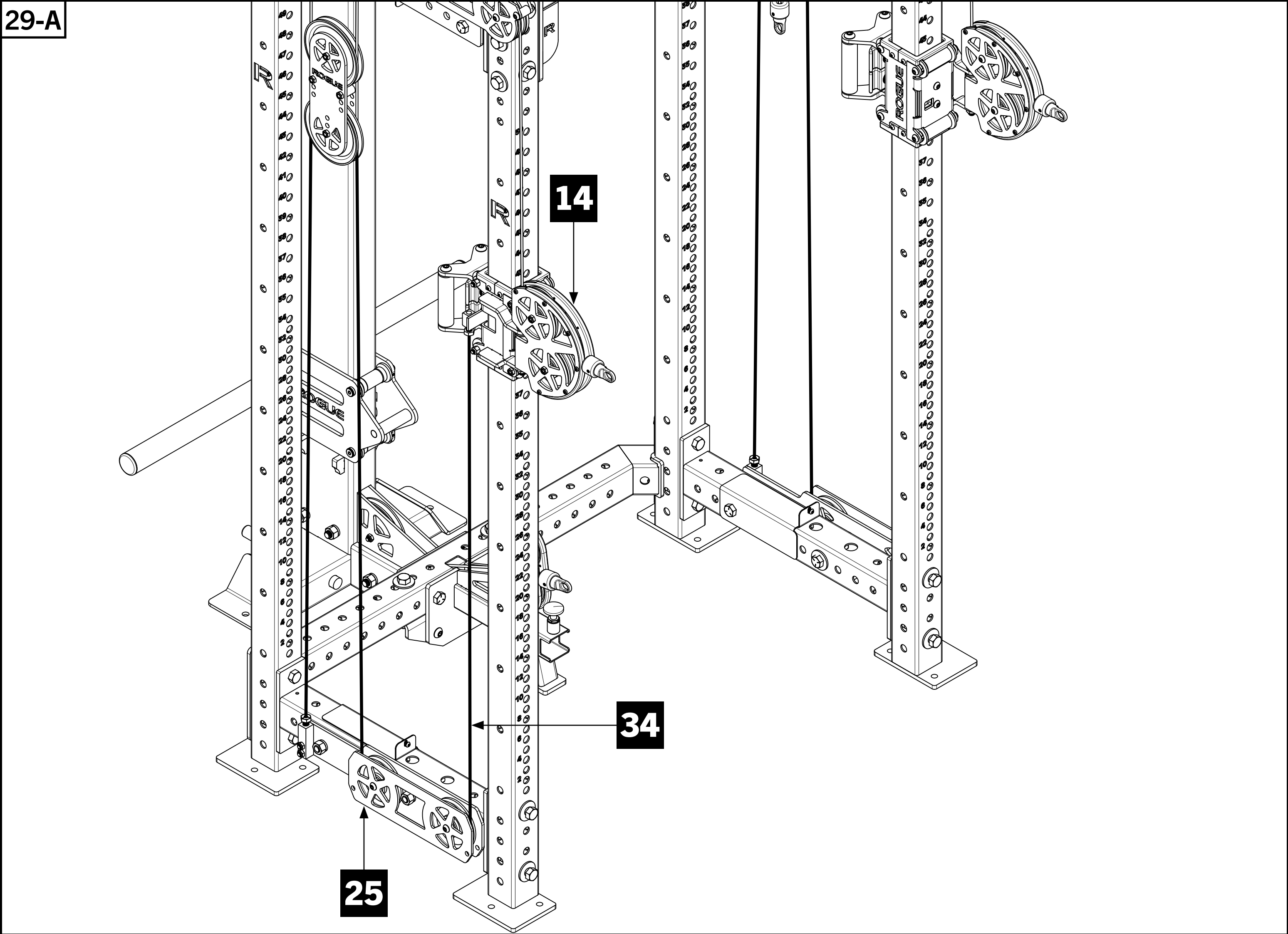
STEP 29

Tools Required:

- 3/4” Wrench
- **29-A:** Follow **STEP 27 & 28** again to assemble the remaining Low Side Cable (red tag) on the **Left Hand side of rack**.
- Start at stop block on the Swivel Trolley LH [14] and end at stop block on the Bottom Side Pulley - LH [25].


Tools Required:

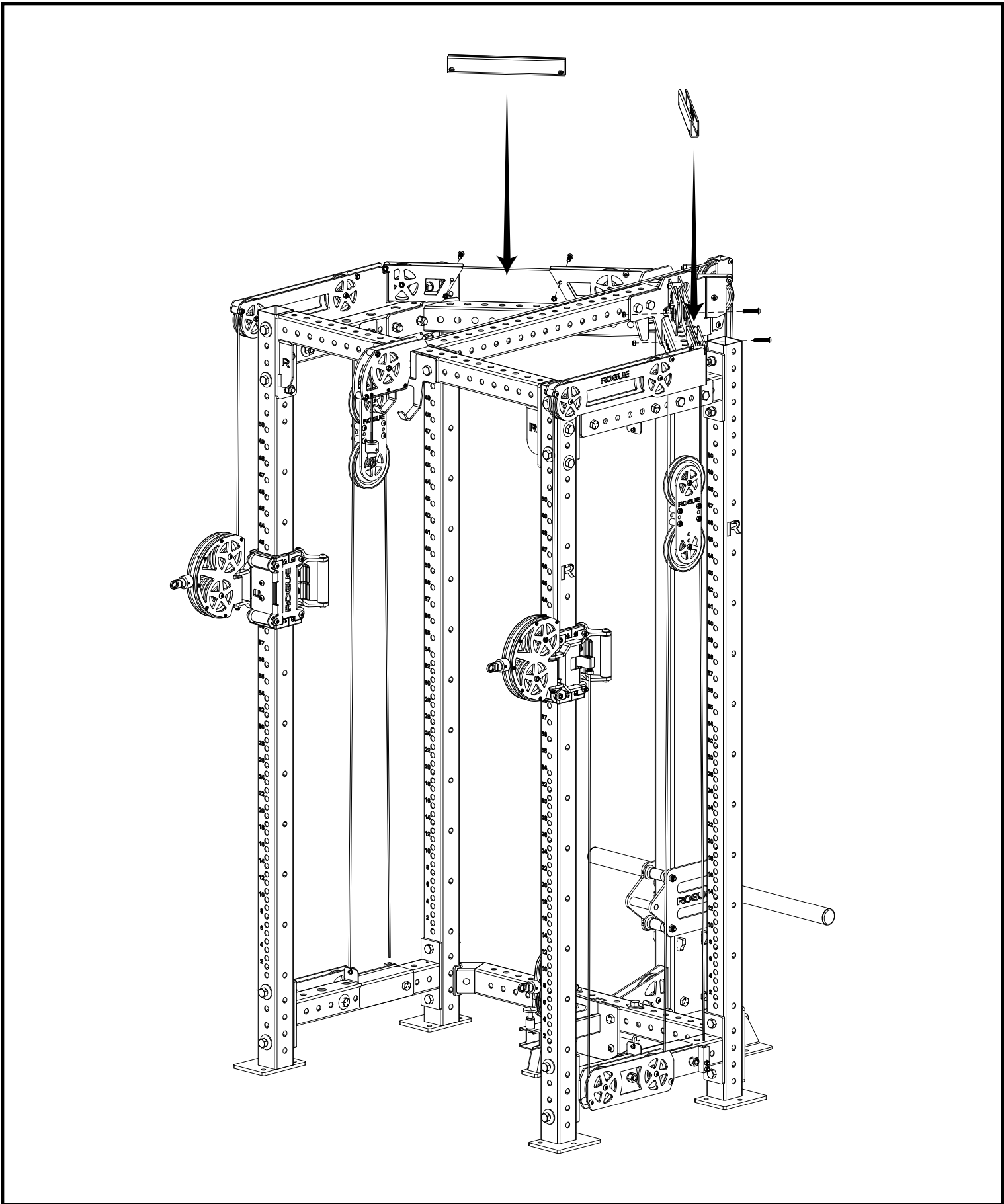
- 7/32” Allen Key & 9/16” Wrench
- **29-B:** Re-install Plastic Cable Retainers on **both** Bottom Side Pulley Assemblies and both Side Peanut Pulleys. Fully Tighten.



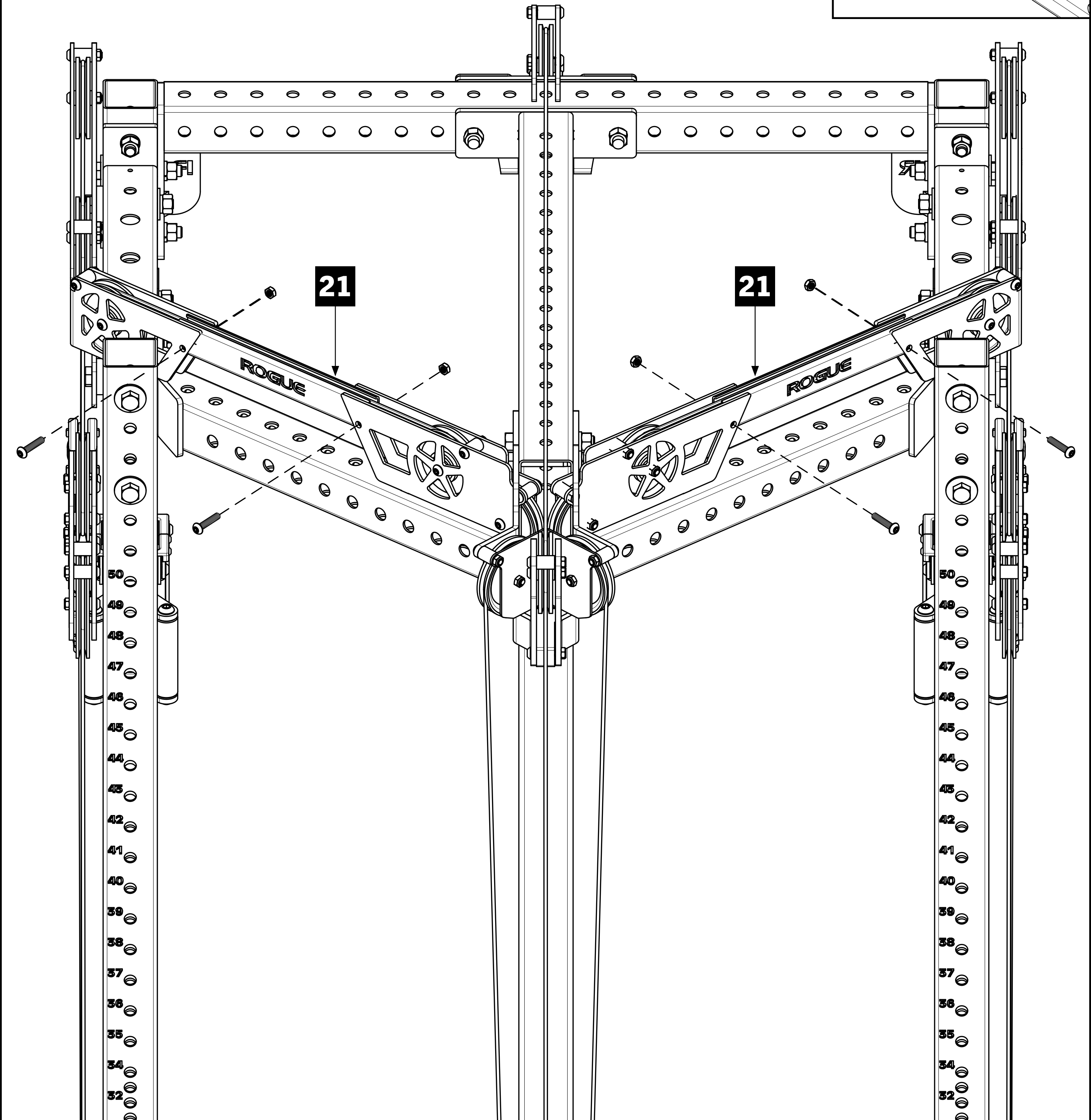
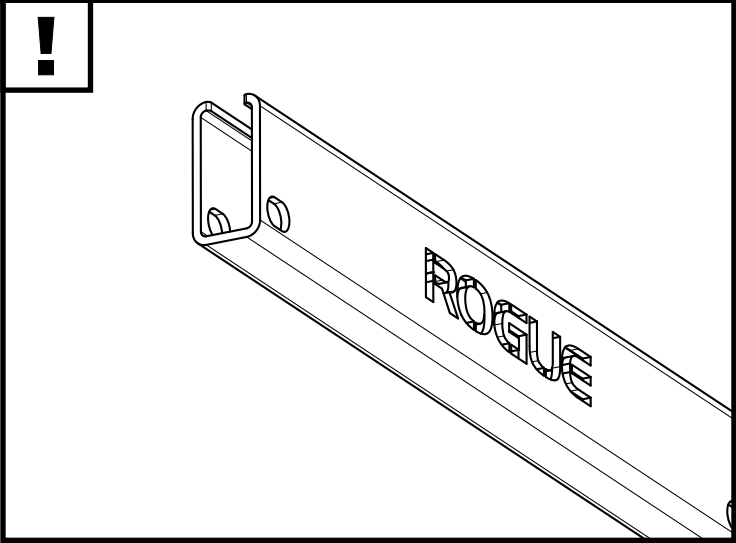
STEP 30

Tools Required:

- 7/32” Allen Key
- Remove four 3/8” Button Head Screws located on the rear of the Front Side Pulley Assemblies and the front of the Rear Side Pulley Assemblies.
- Fasten the Short Cable Cover Rail [21] between the Top Side Pulley Assemblies by aligning holes and reinstalling the 3/8” Button Head Screws.
-  Note the orientation of the Rogue logos in relation to the rack. Ensure the cable opening is facing upward.



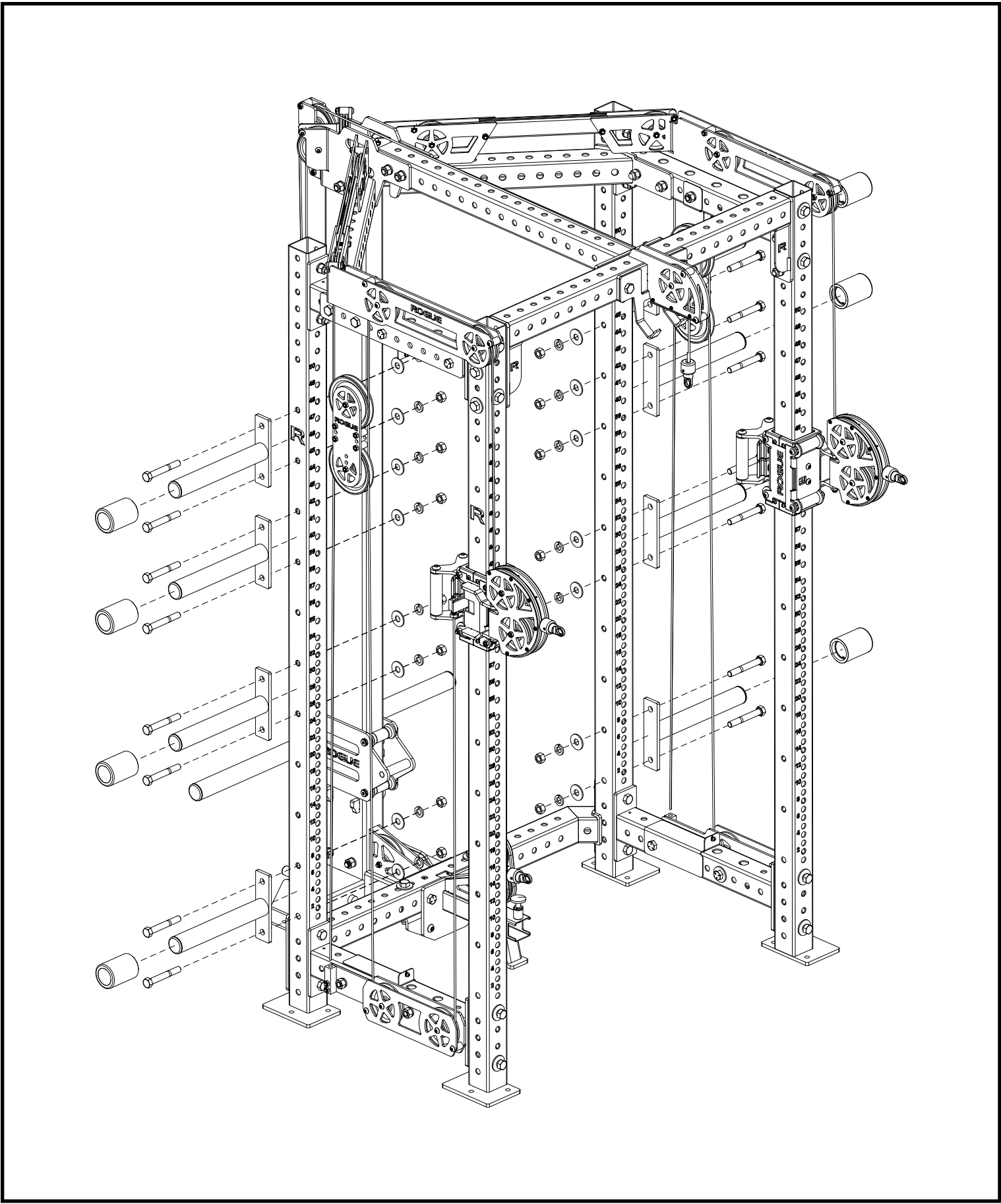
30-A



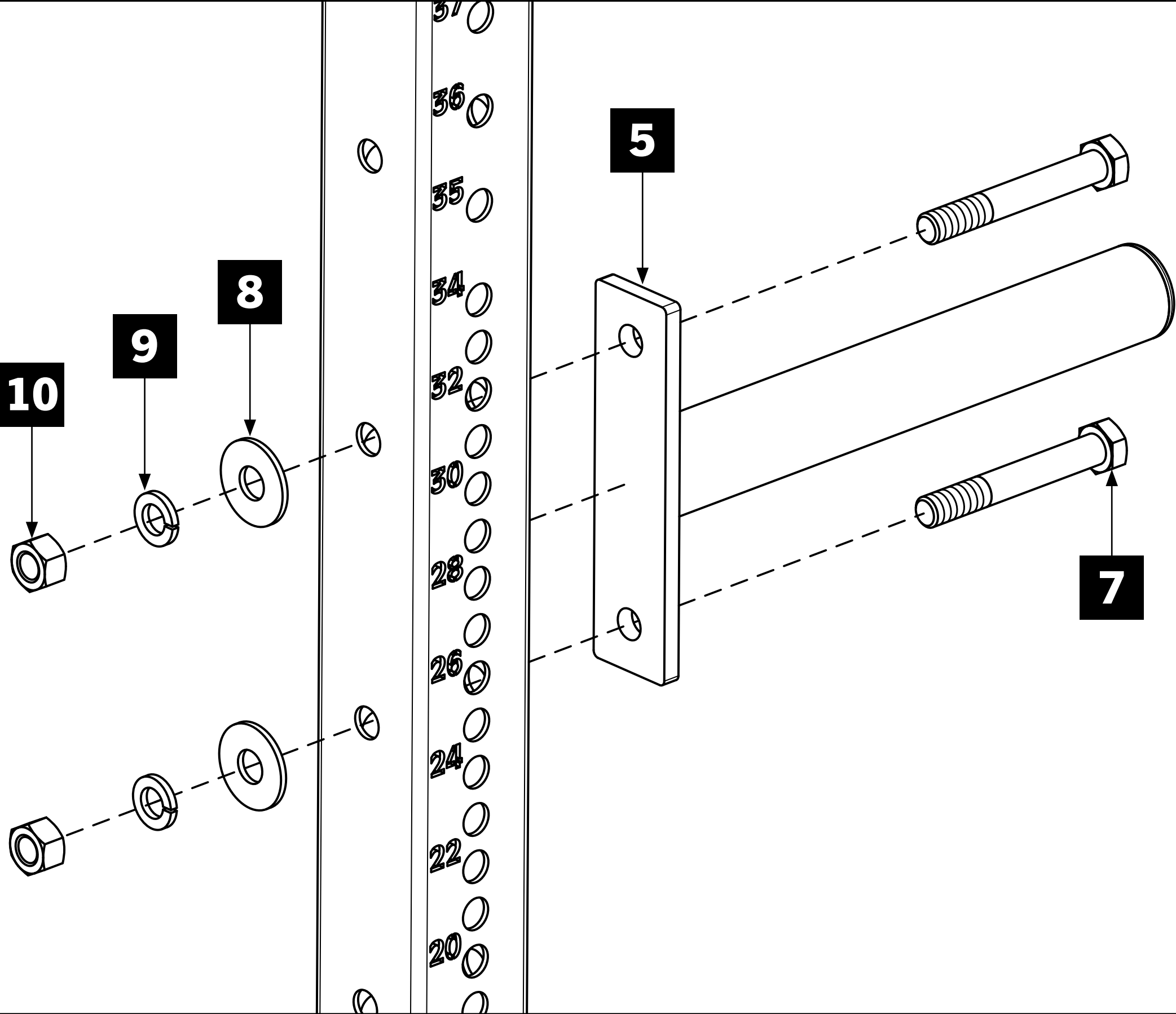
STEP 31

Tools Required:

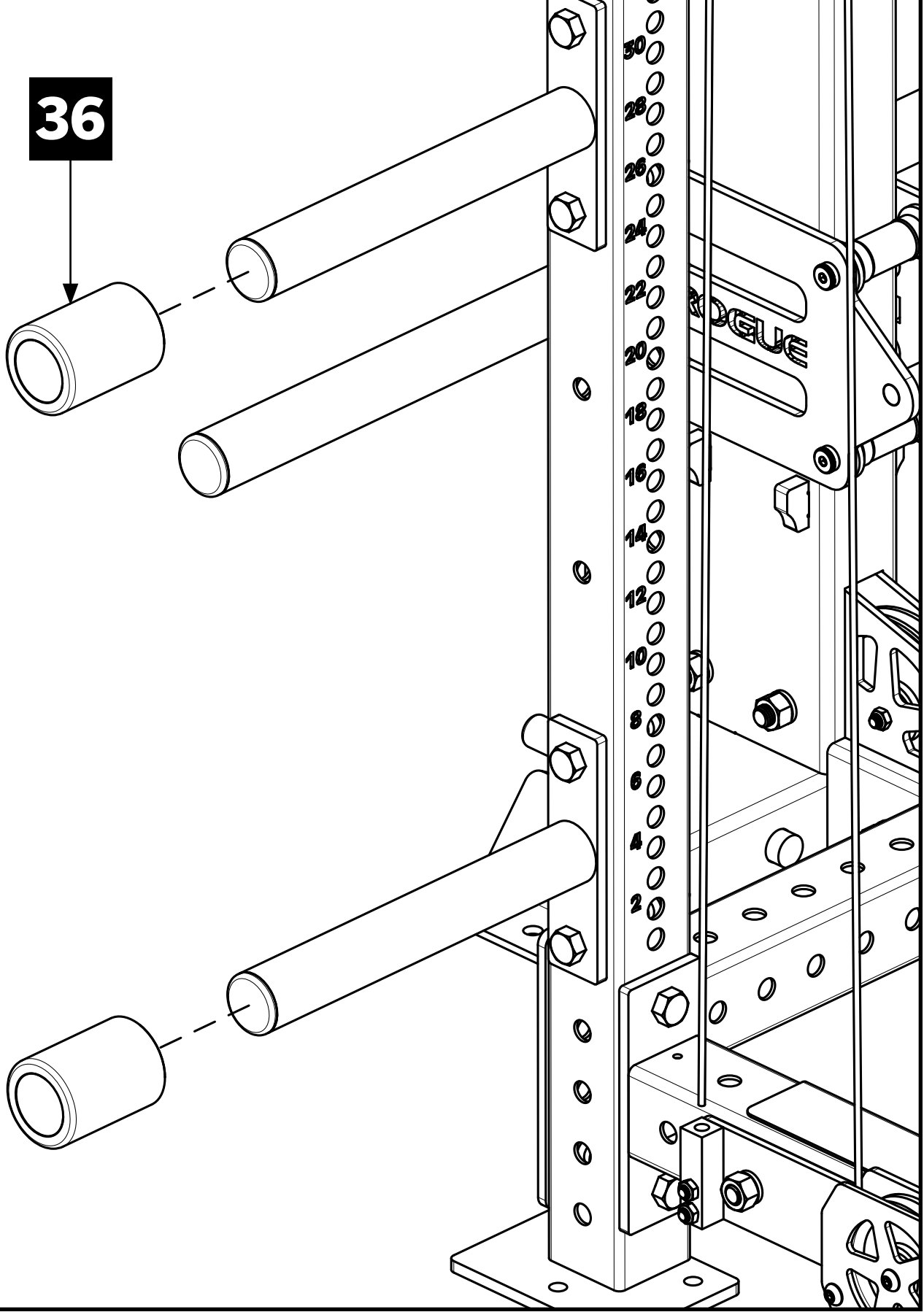
- 15/16” Wrenches, 1/8” Allen Key
- If modifying existing rack with add-on kit, skip to **31-B**.
- Assemble Plate Storage Pins [5] on rear Monster Uprights at desired hole heights using 5/8” x 4-1/2” Hex Bolts [7], 5/8” Flat Washers [8], 5/8” Lock Washers [9], and 5/8” Hex Nuts [10].
- Slide Plate Storage Spacers [36] all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in **31-C**.
- Fully tighten set screws using 1/8” Allen Key.



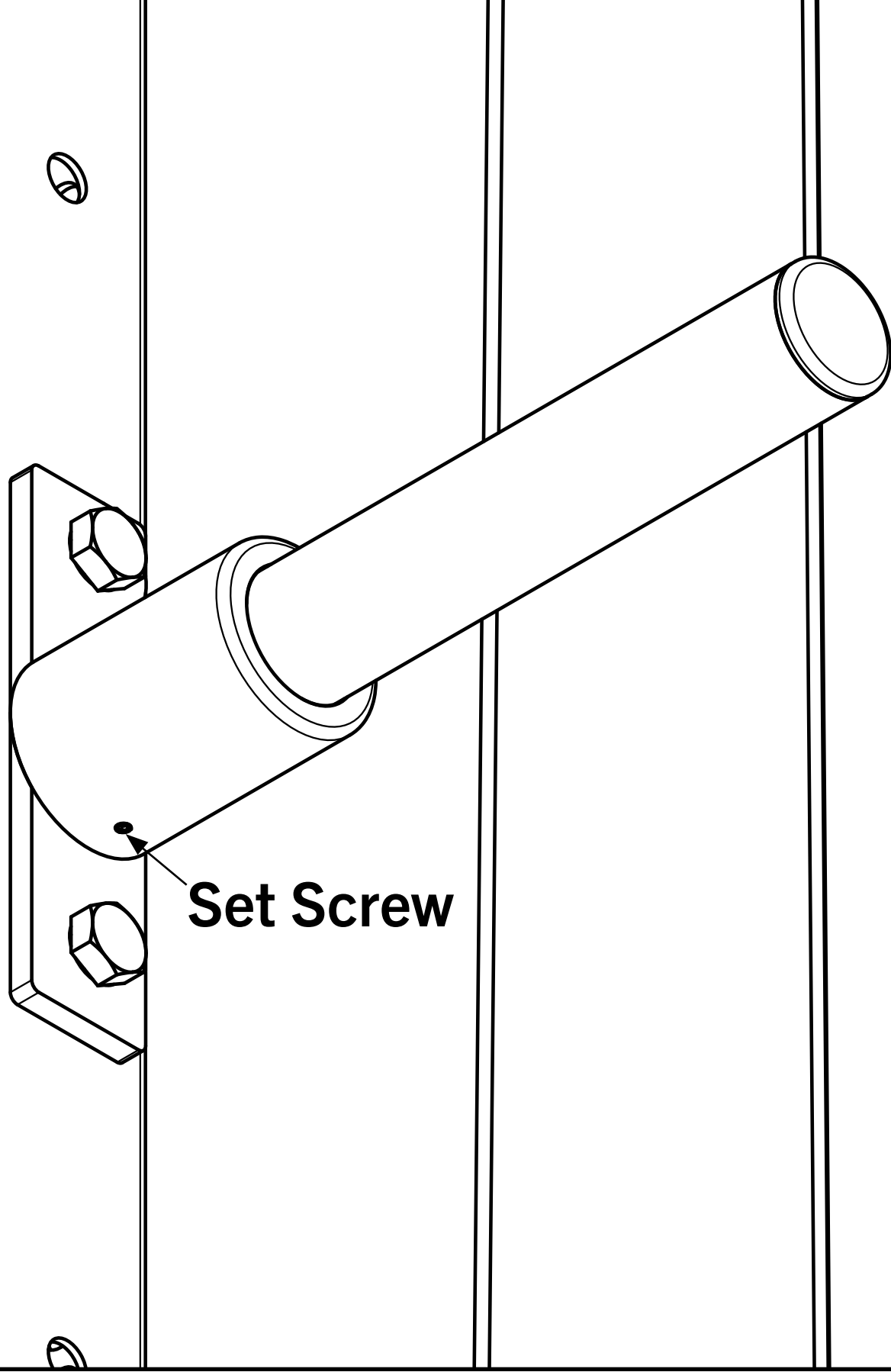
31-A



31-B



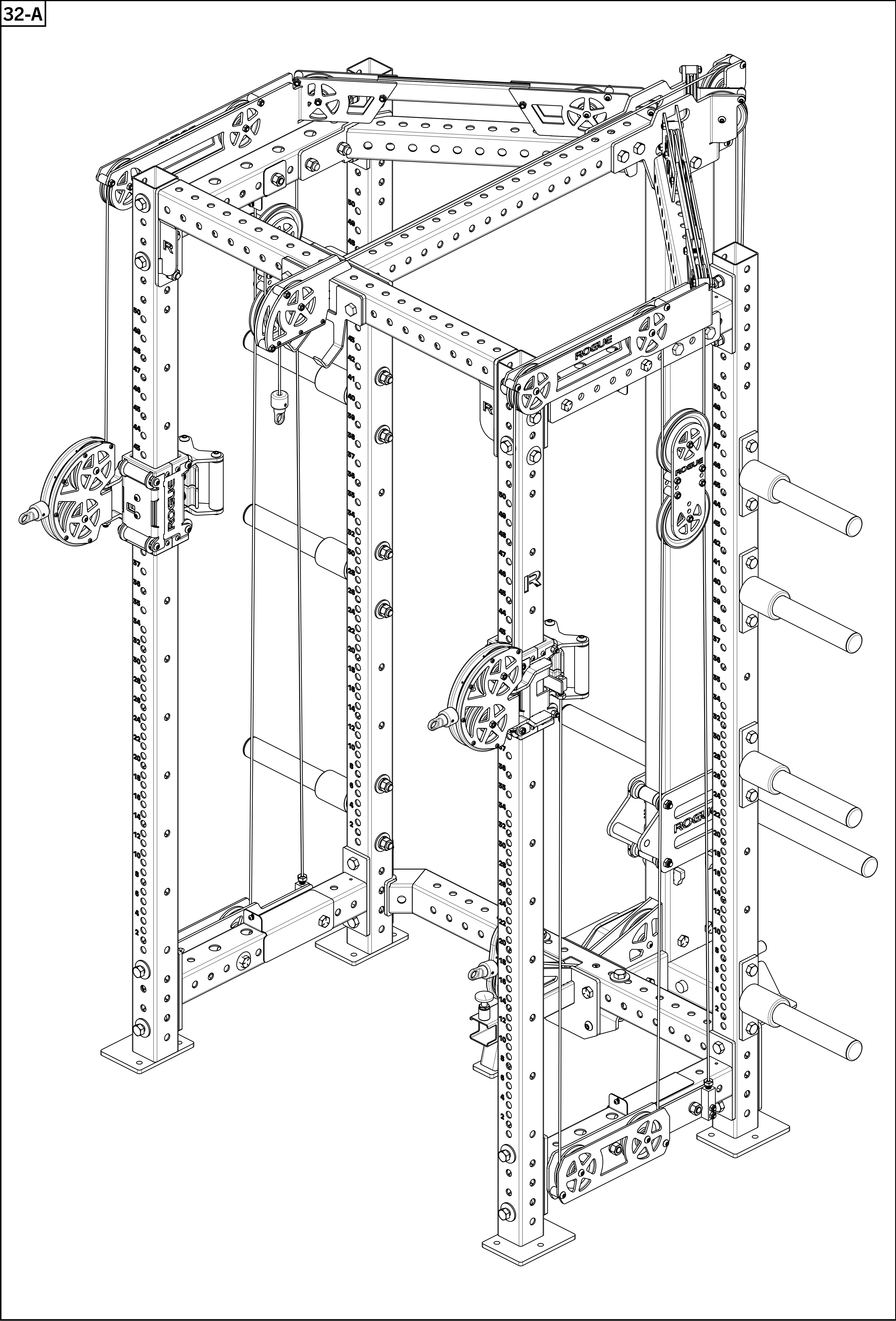
31-C



STEP 32

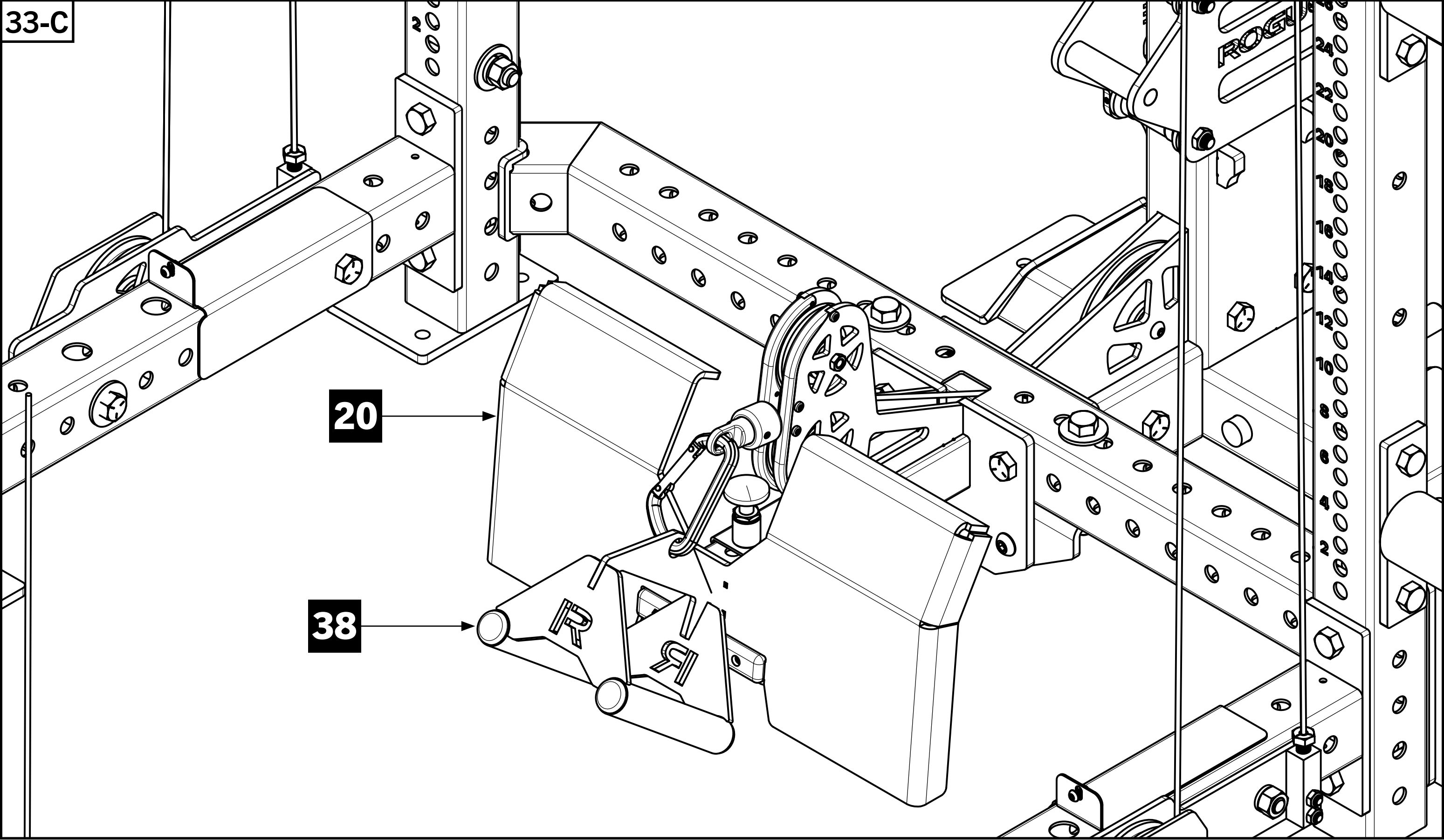
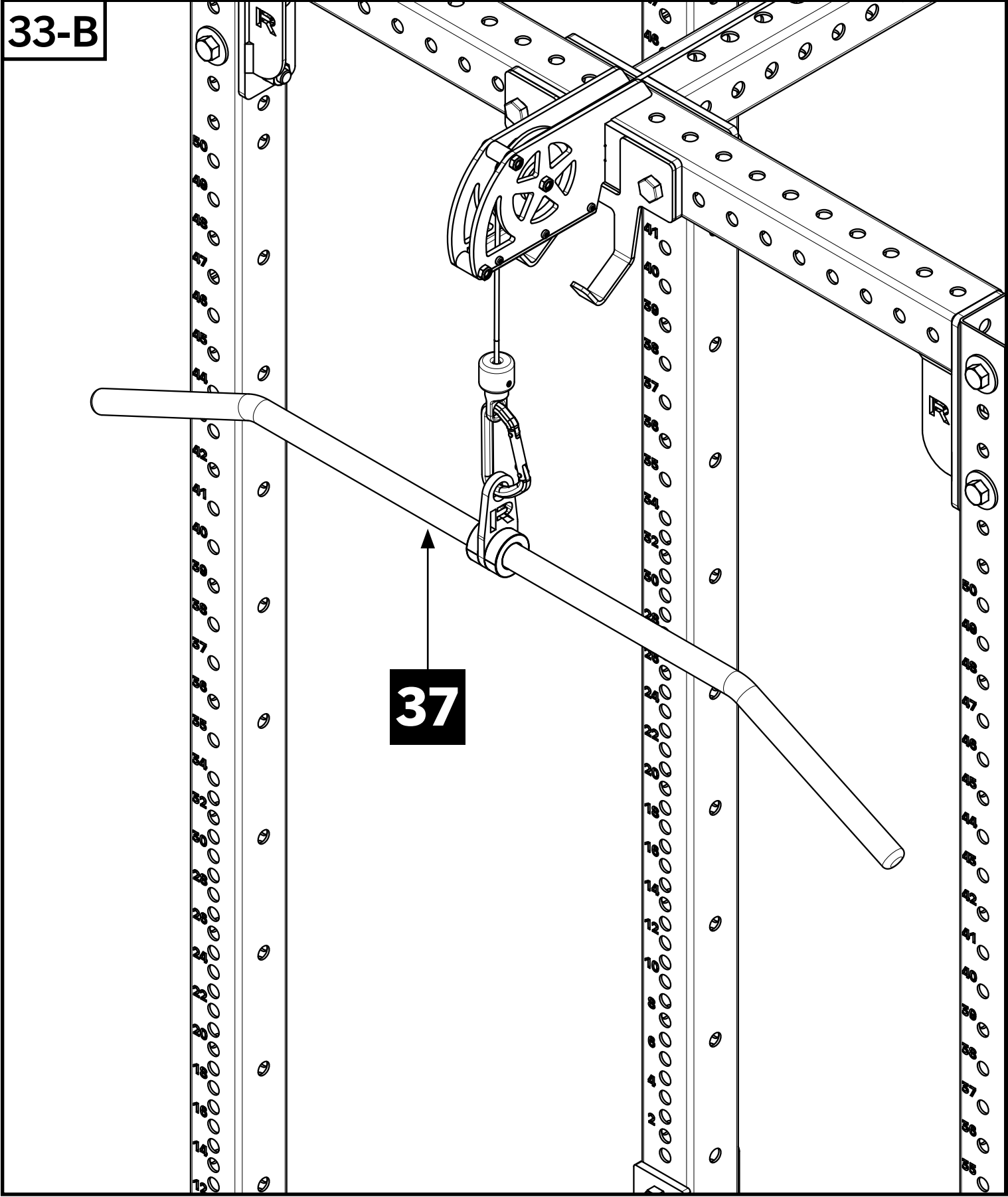
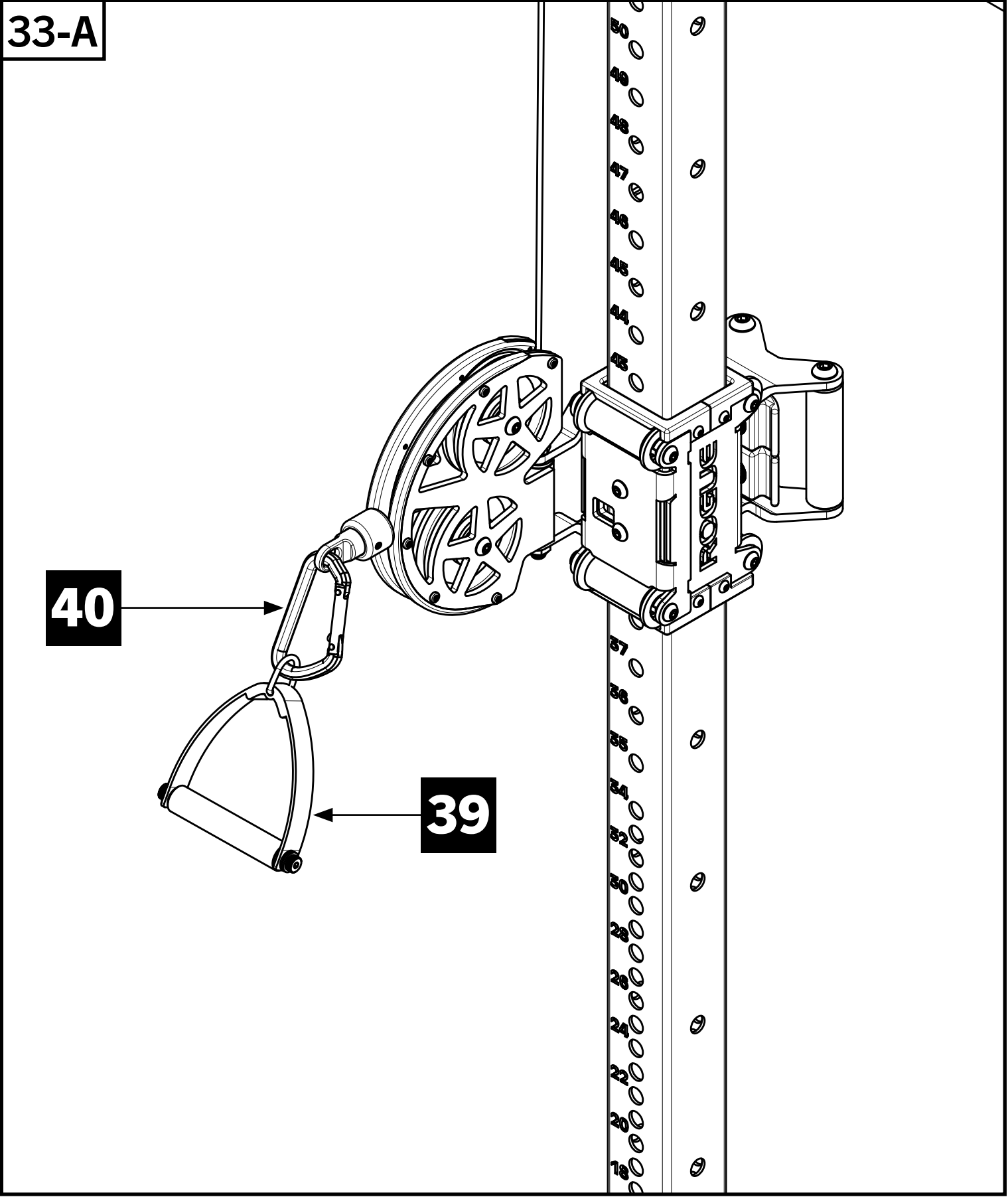
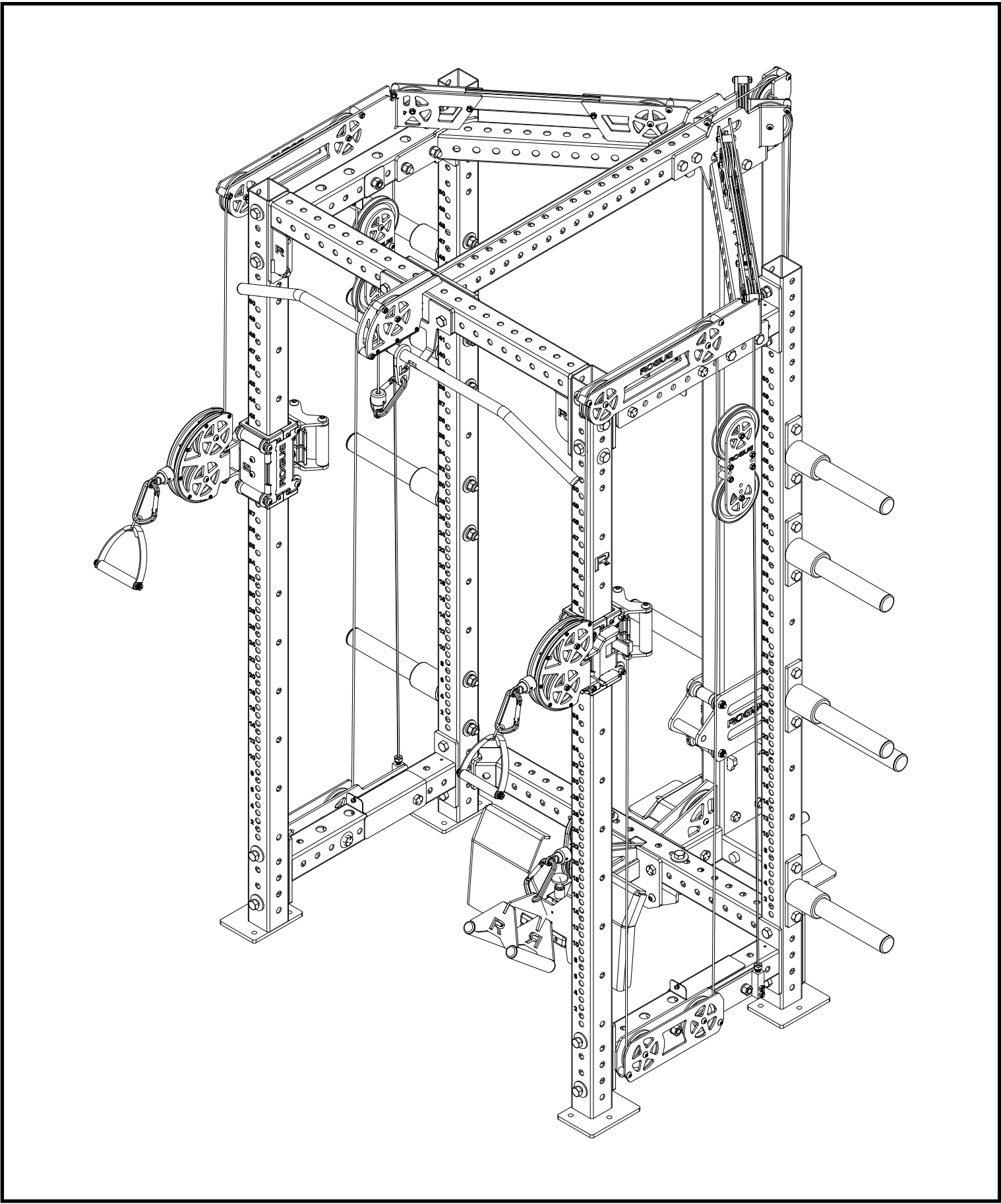
Tools Required:

- All
- Tighten ALL loose hardware on the entire rack.
- Starting with no weight selected on the Weight Stack, 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 [34].



STEP 33

- Attach Single Handle Attachments [39] to Swivel Trolleys using included Carabiners.
- Attach Lat Bar [37] to Lat Pull down clevis attachment point.
- Re-insert the Footplate into Low Row Footplate Assembly [20] and attach Standard Grip Triangle [38] to clevis.



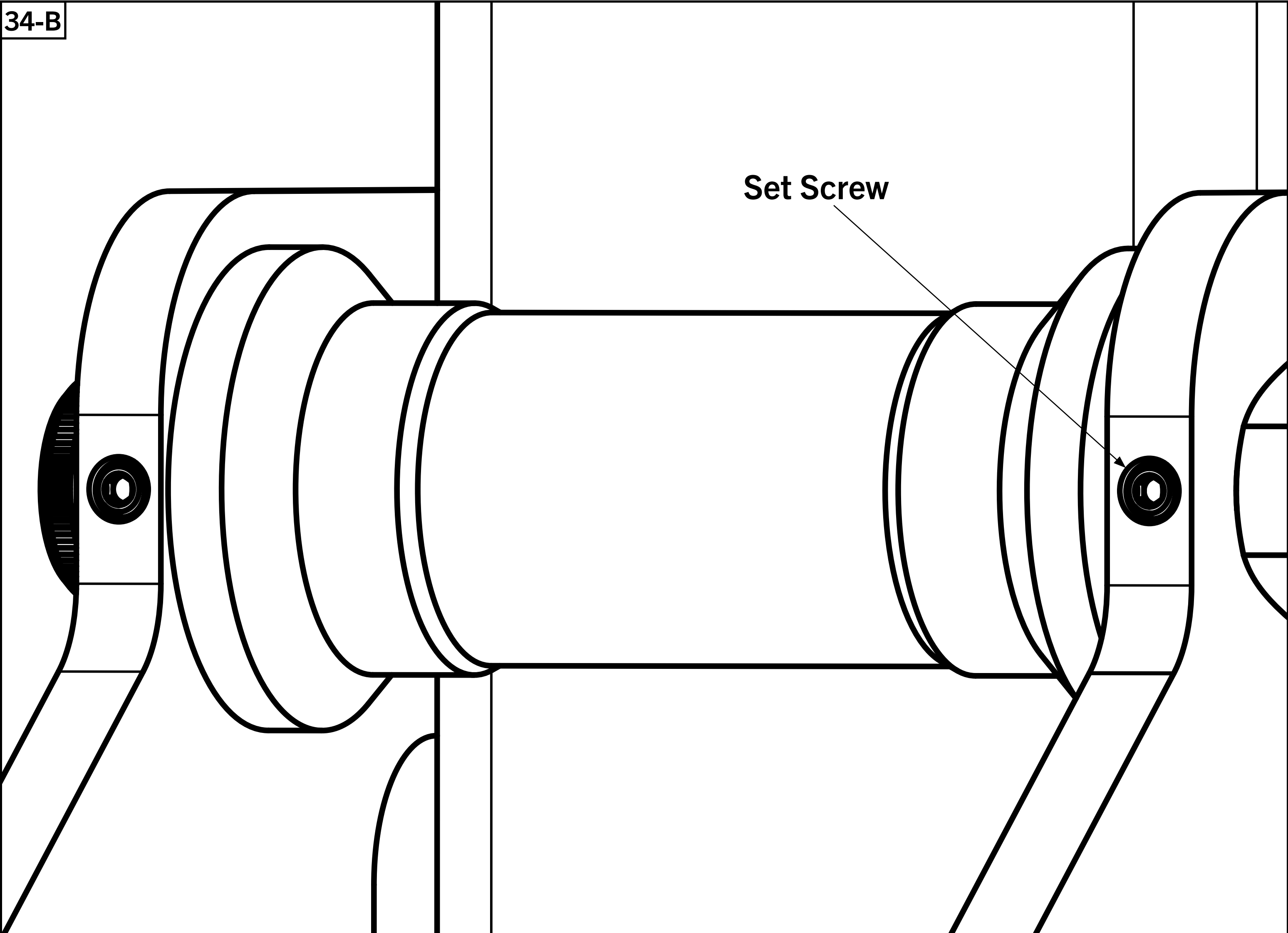
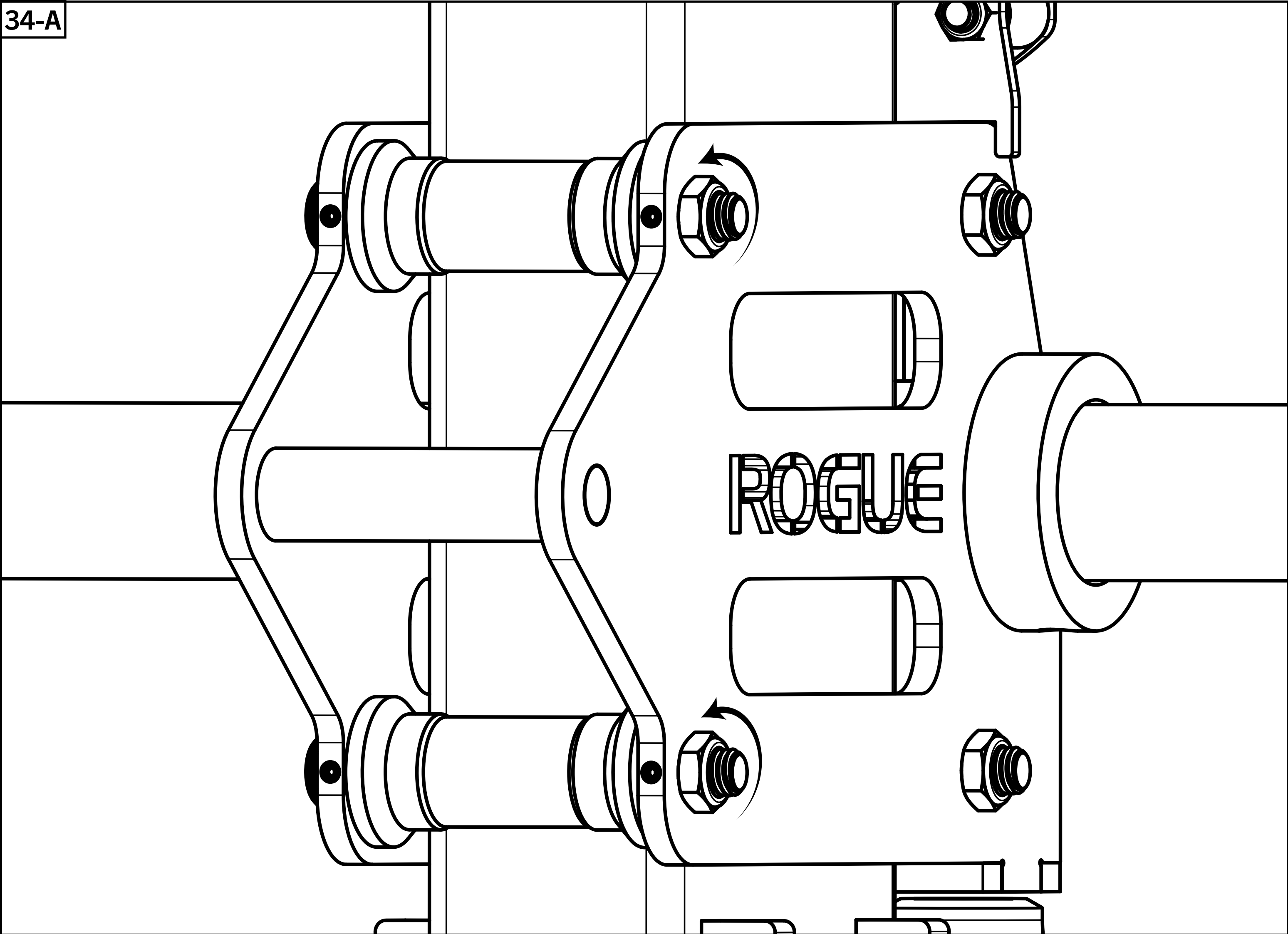
STEP 34

- 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.

- Re-tighten the roller bolts and nuts.

Note:

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

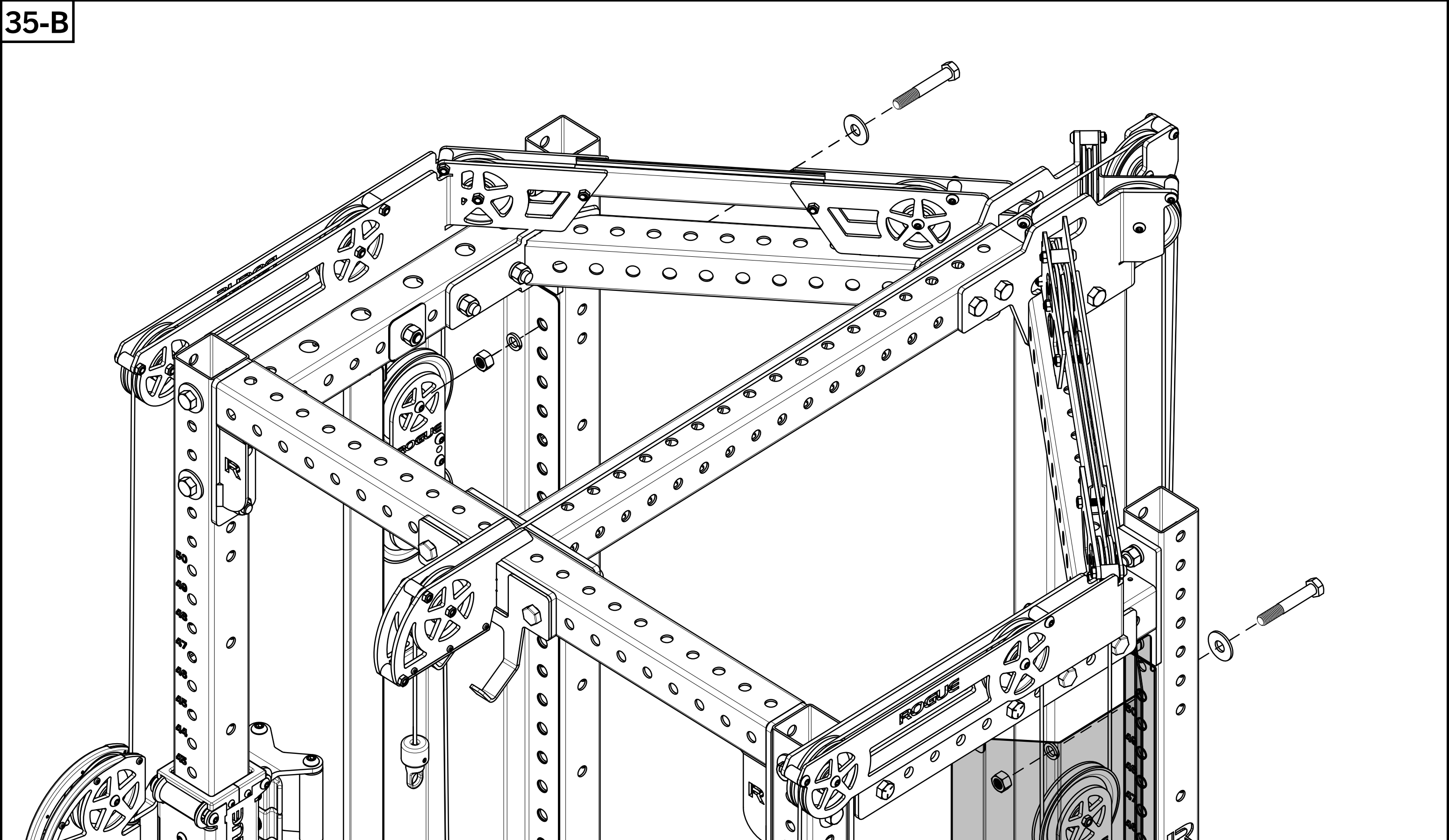
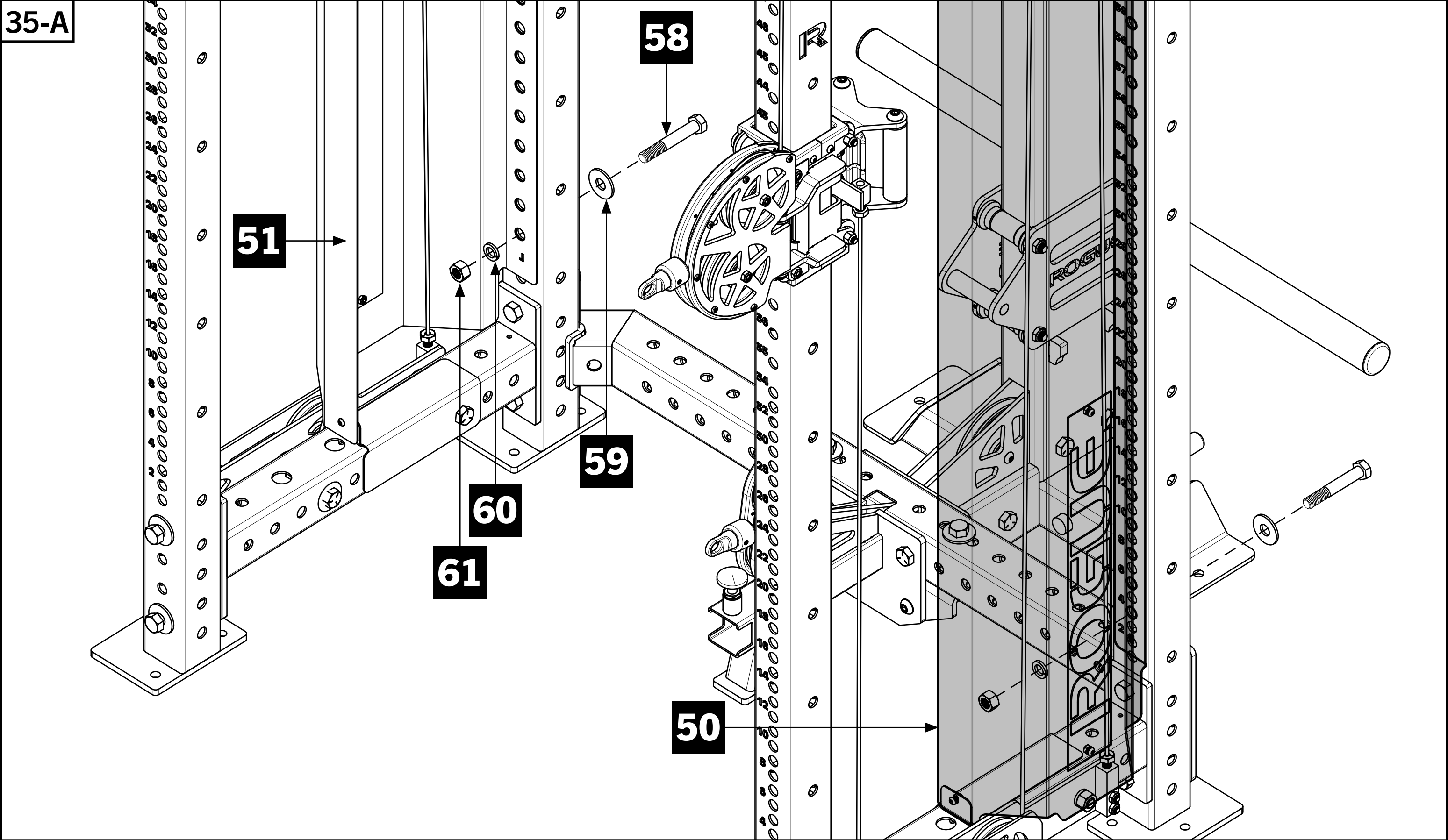
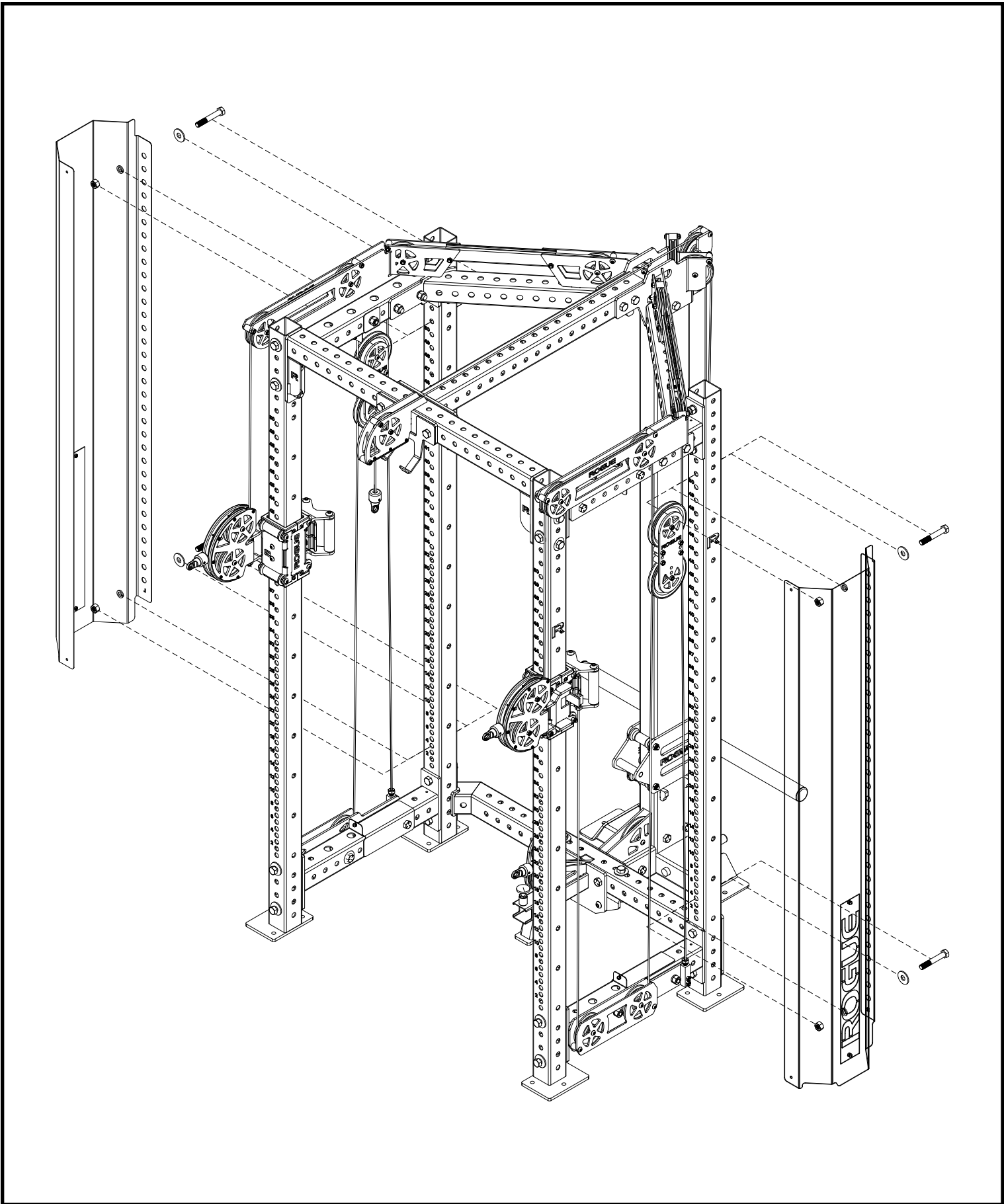


STEP 35 (SHROUD ASSEMBLY)

- Assemble Side Shroud -RH [50] and -LH [51] on rear uprights of rack using included 5/8" hardware through the highest and lowest 5/8" holes on Side Shrouds.

Note:

- Leave the 5/8" Hex Nuts shown in **35-A** and **35-B** very loose until Storage Panels are assembled on the next step.



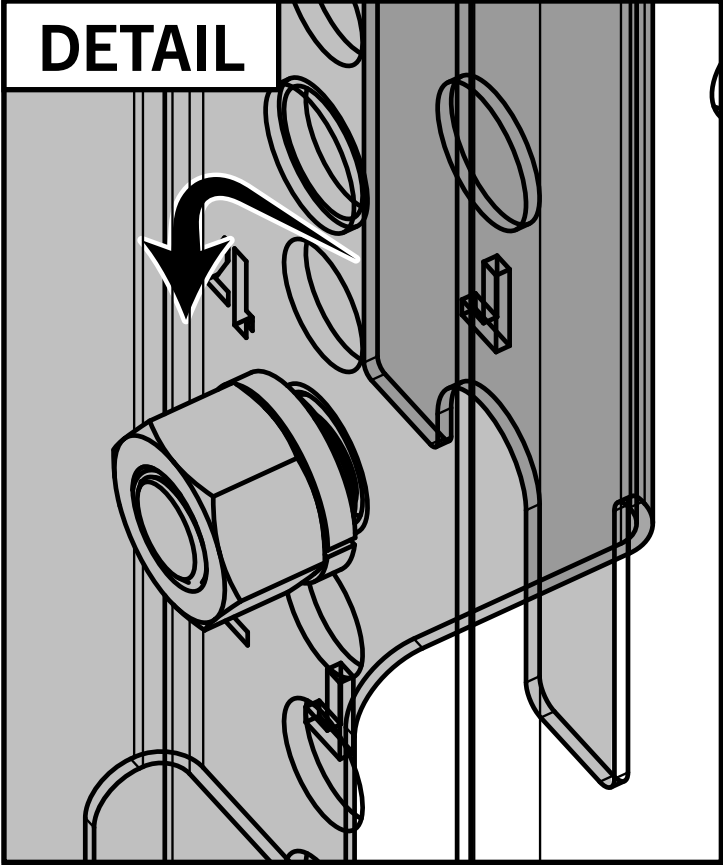
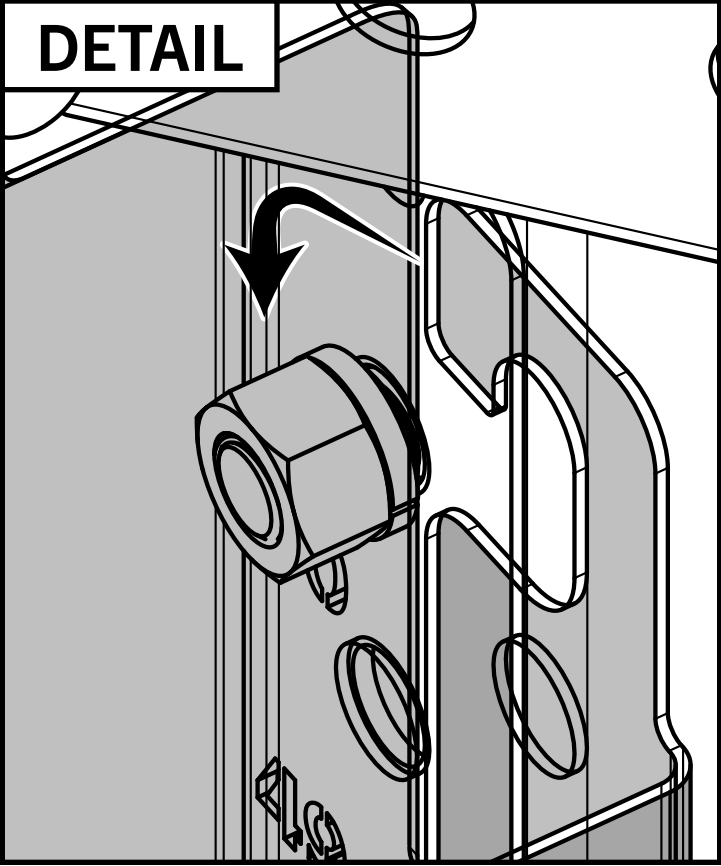
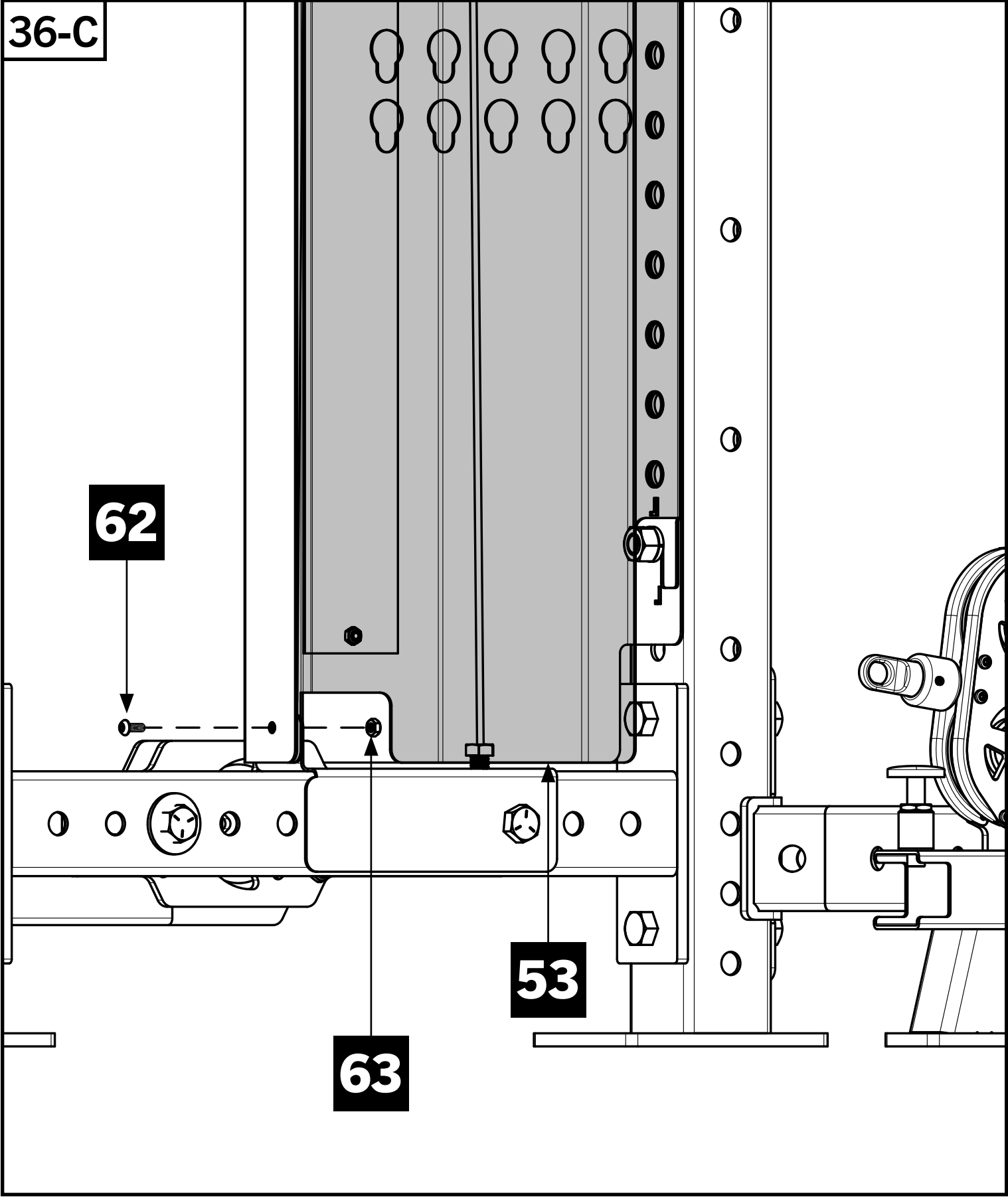
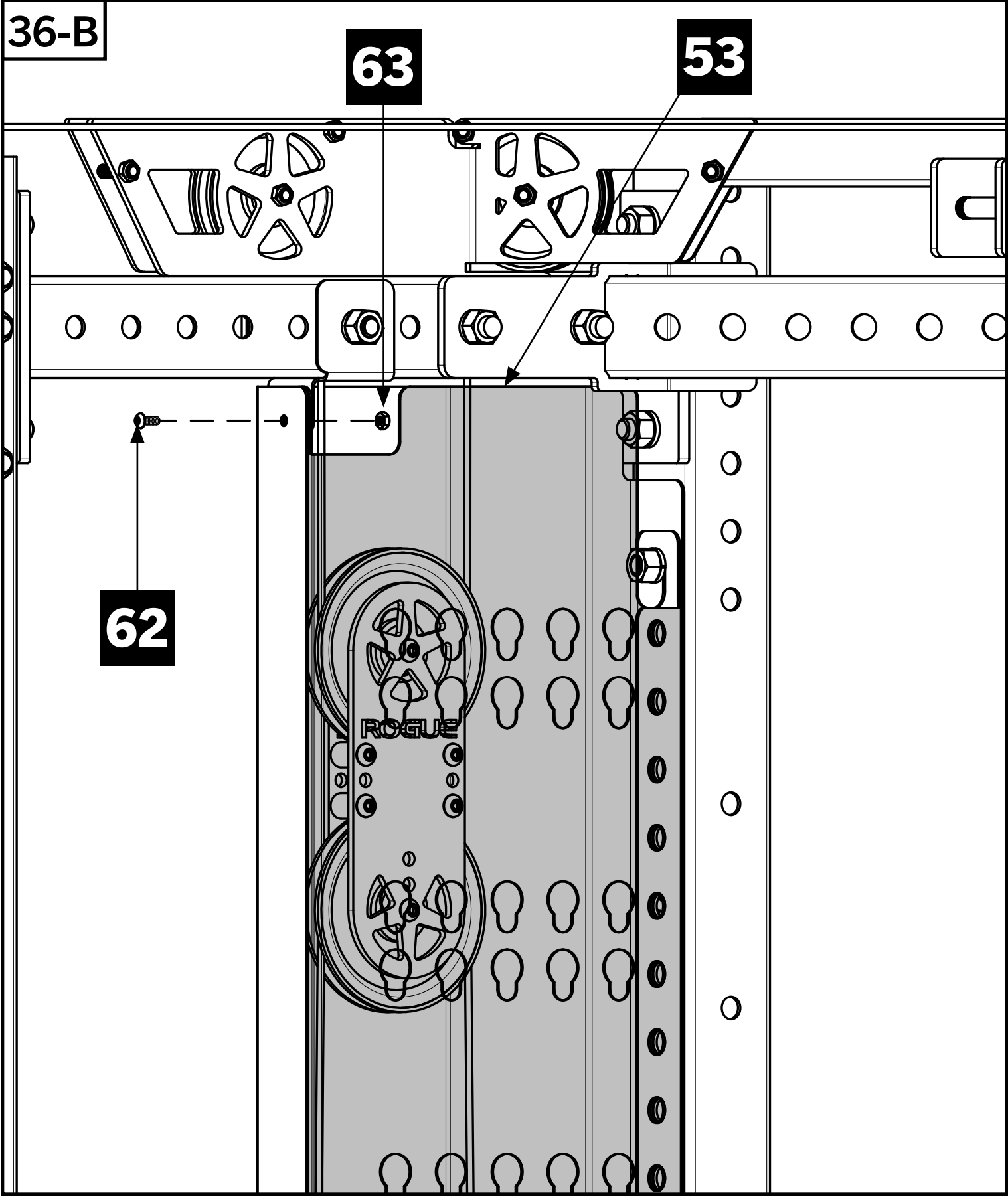
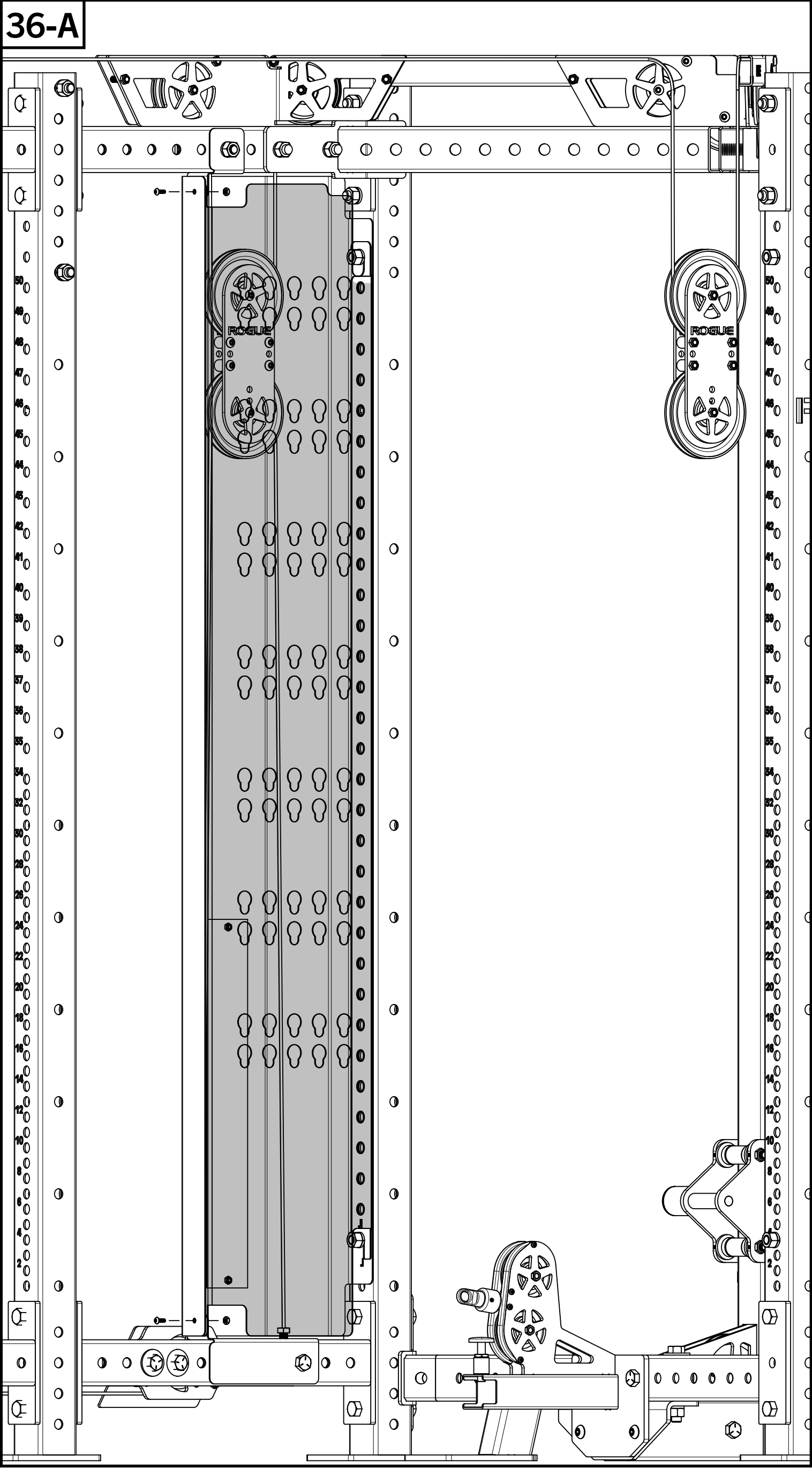
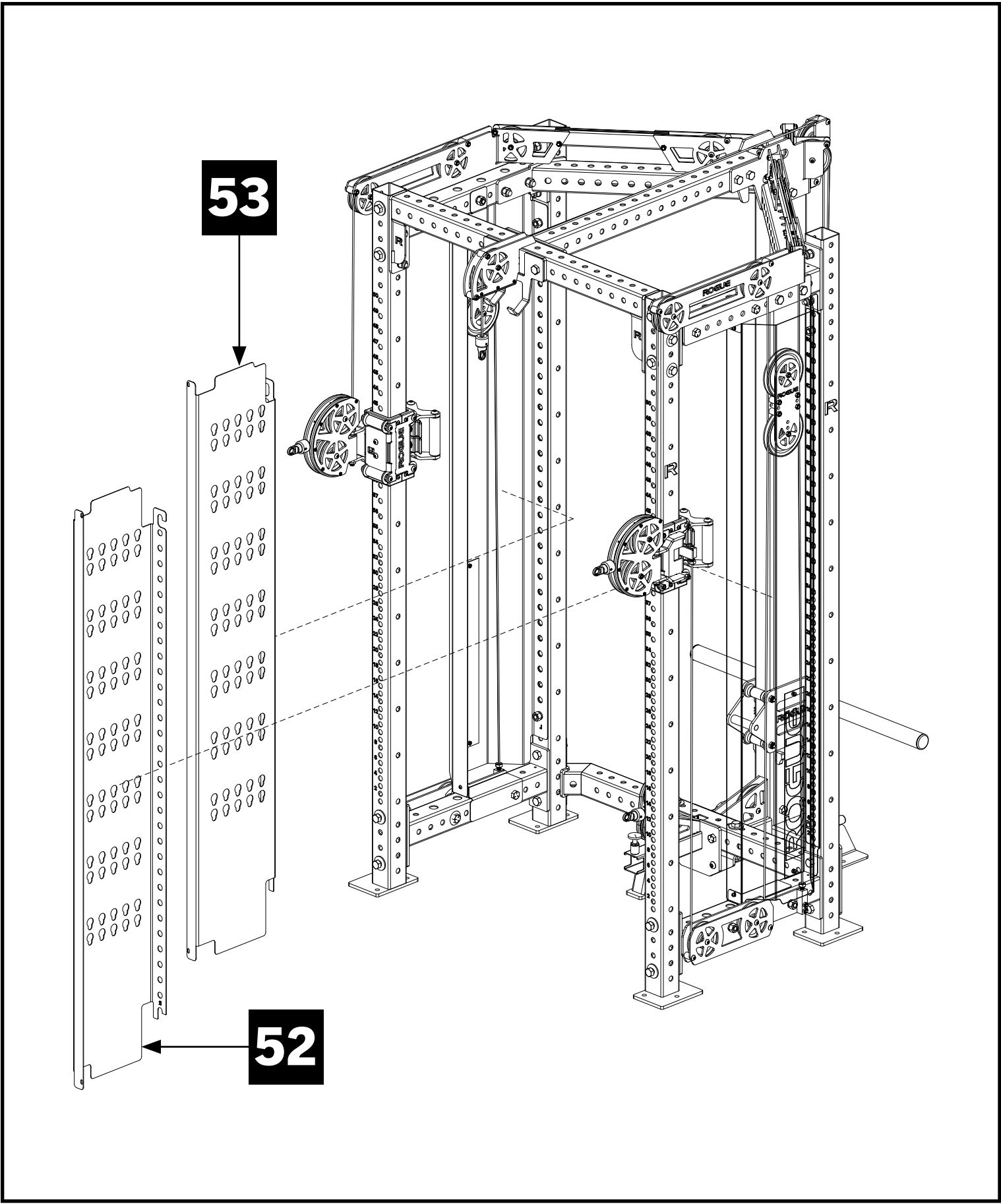
STEP 36 (SHROUD ASSEMBLY)

Tools Required:

- 15/16” Wrenches, 5/32” Allen Key, 7/16” Wrench
- Attach rear top and bottom hooks on Storage Panels [52],[53] to horizontal 5/8” 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.



ROGUE



**SCAN FOR
INSTRUCTIONS**



**IRON GAME
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IS0604-1