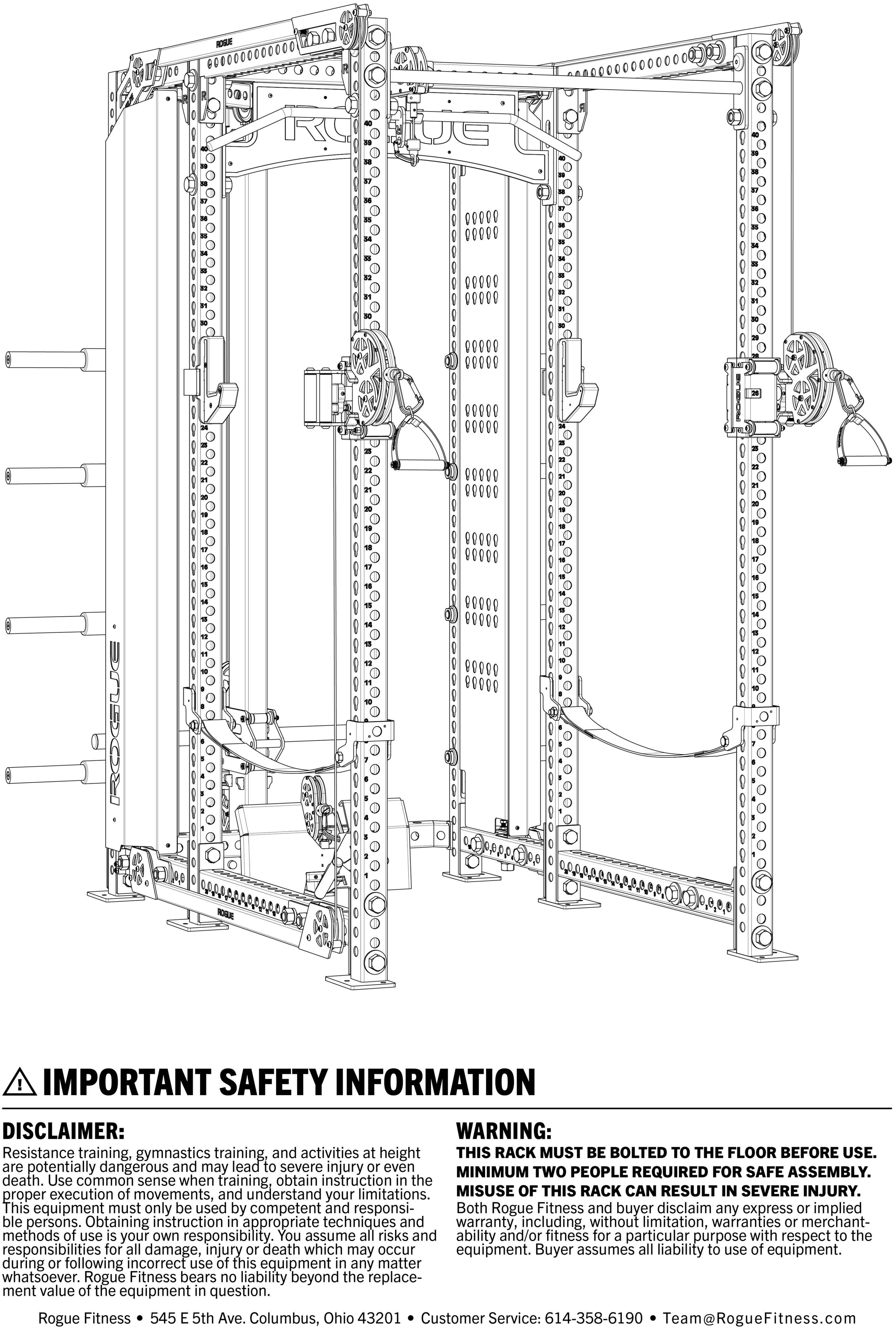
ROGUE®

FM-6 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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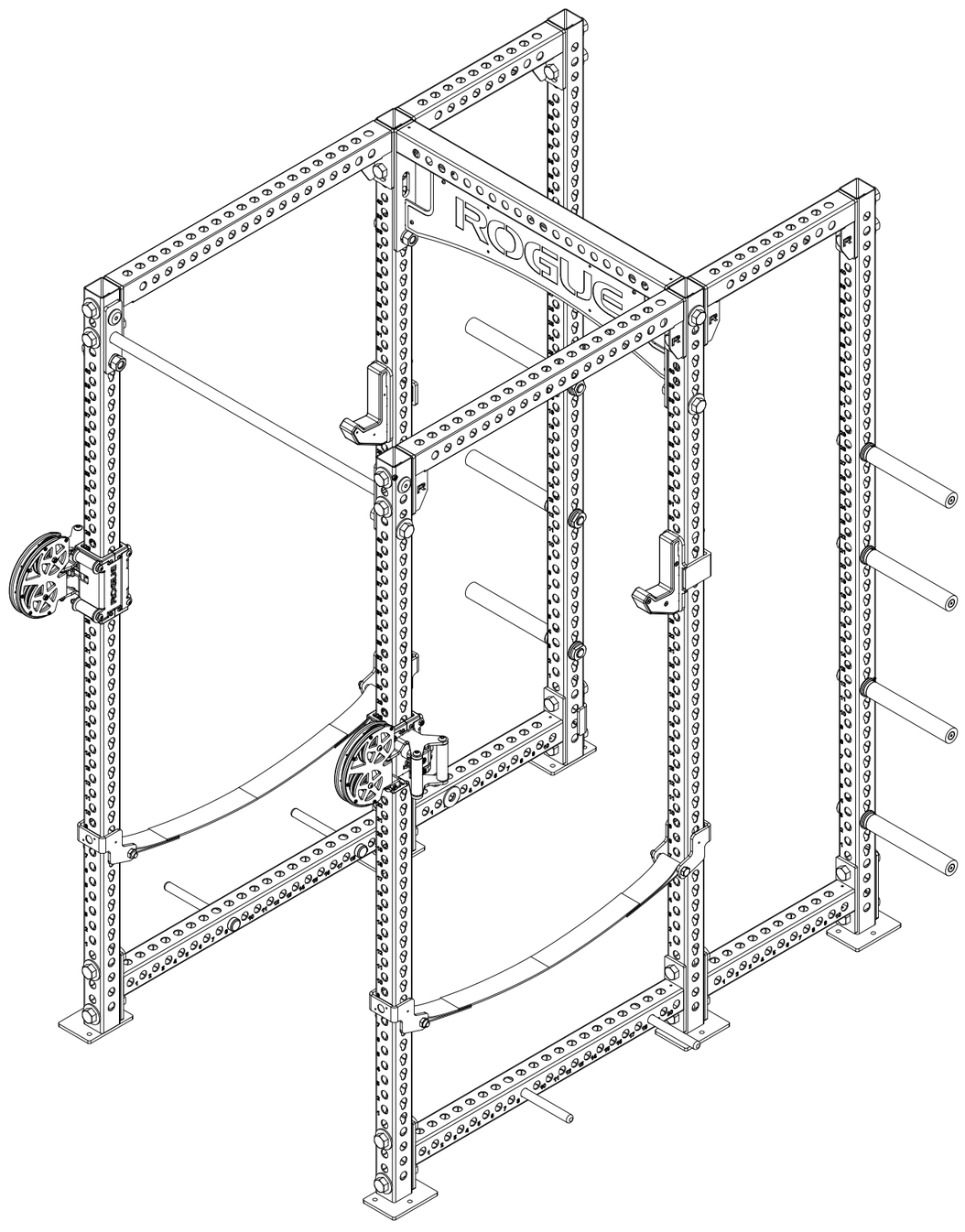

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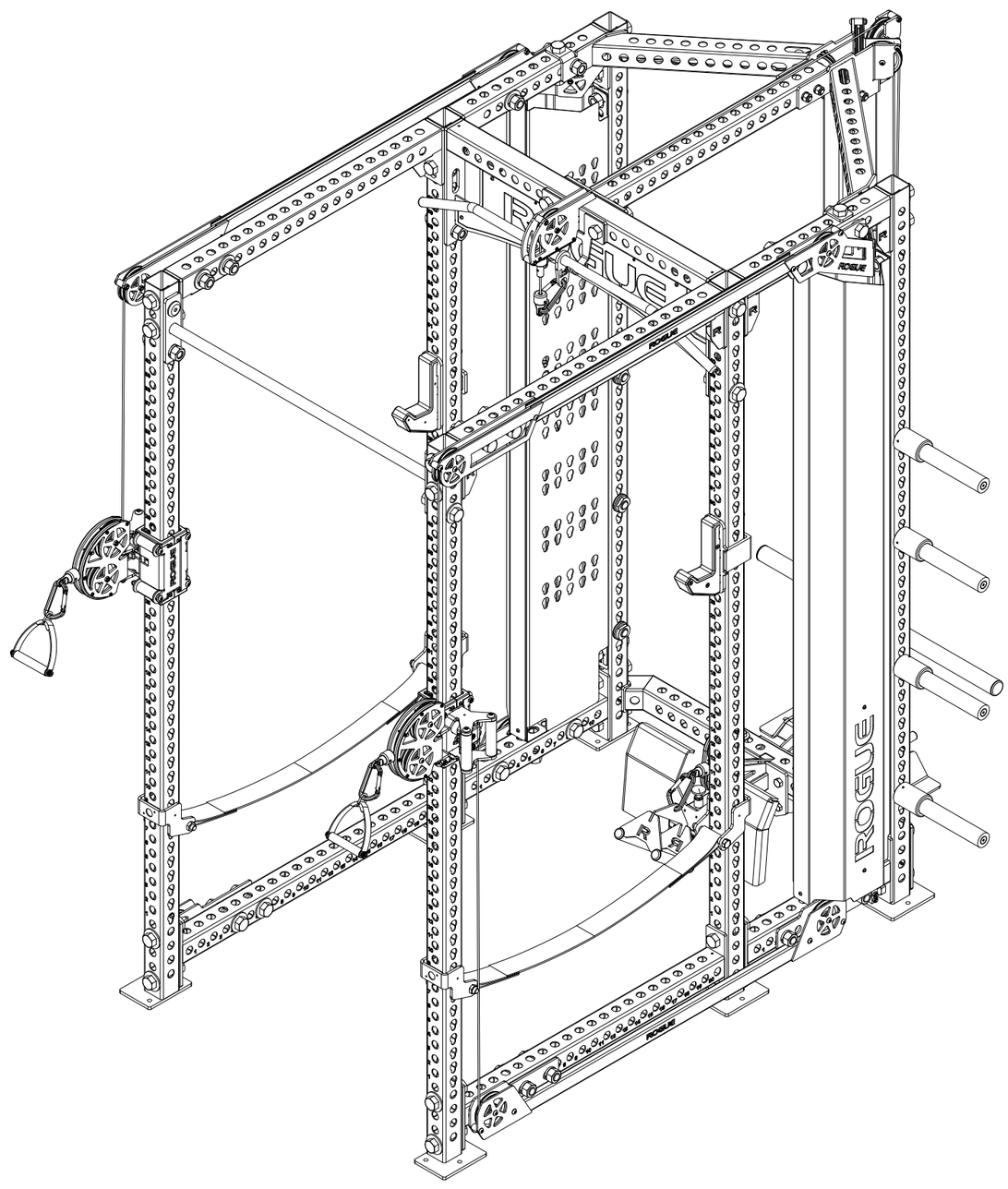
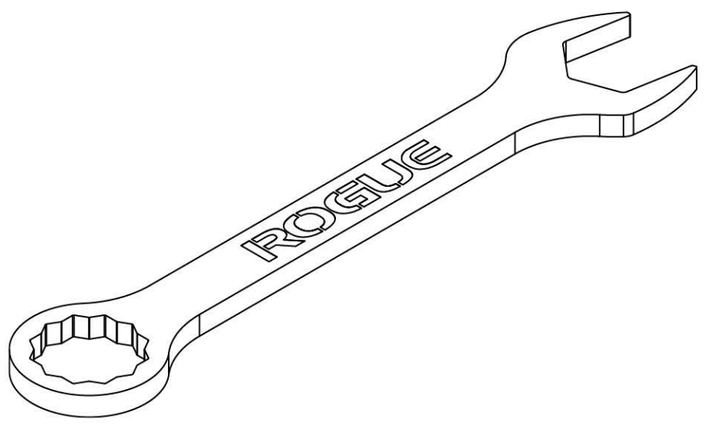


INCLUDED TOOLS

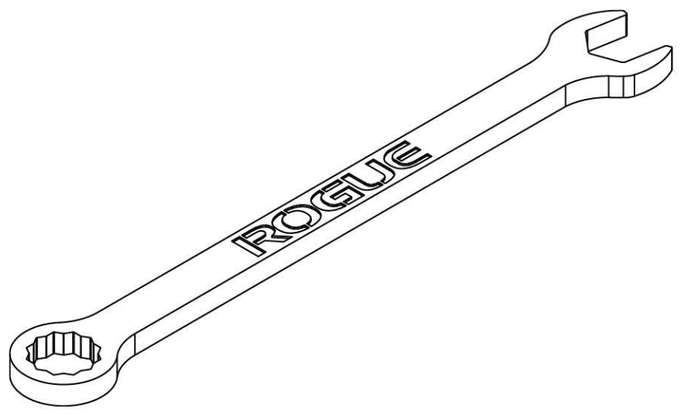
Note: Images not shown at scale

1 Qty: **2x**



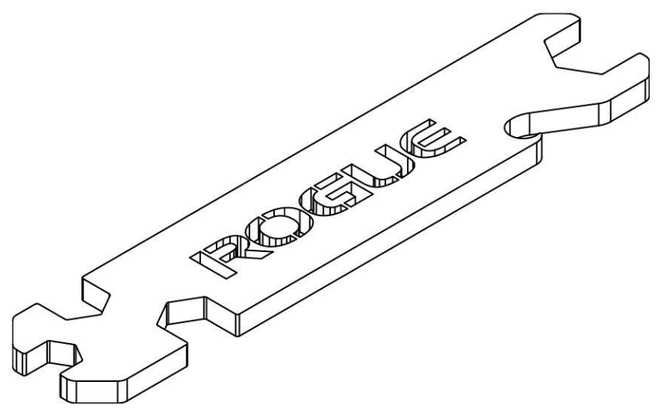
1-1/2” Wrench

2 Qty: **2x**



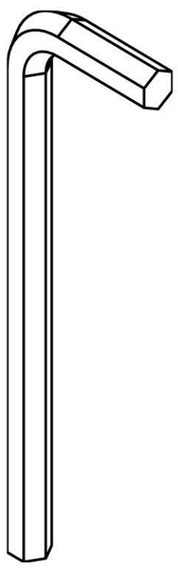
15/16” Wrench

3 Qty: **1x**



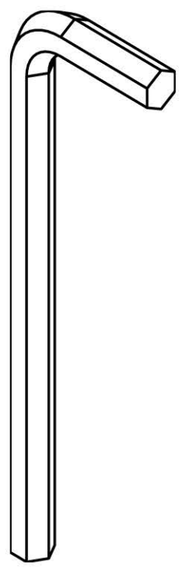
Multi Tool (3/4”, 5/8”, 9/16”, 7/16” Wrench)

4 Qty: **1x**



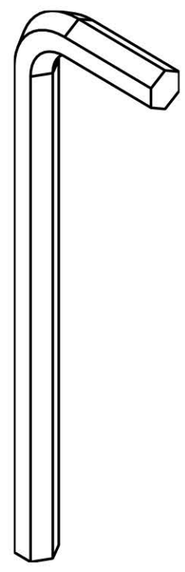
3/8” Allen Key

5 Qty: **1x**



5/16” Allen Key

6 Qty: **1x**

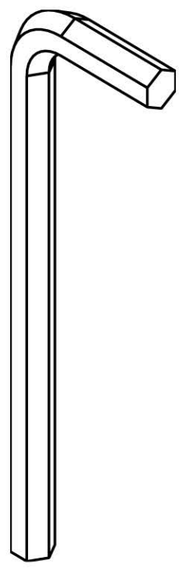


7/32” Allen Key

7 Qty: **1x**

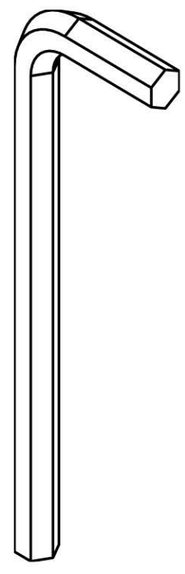
5/32” Allen Key

8 Qty: **1x**



1/8” Allen Key

9 Qty: **1x**

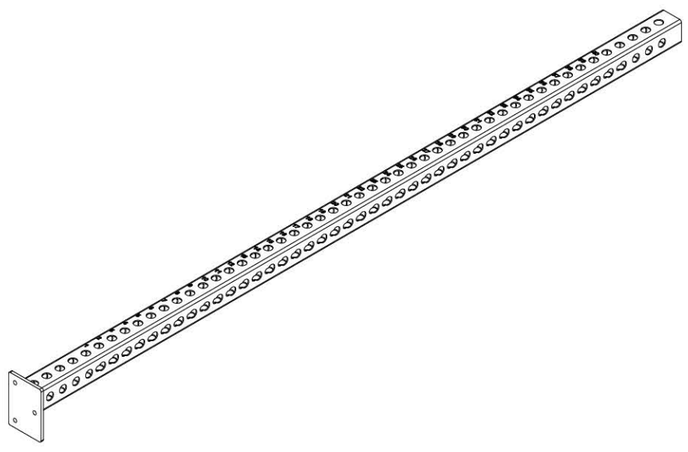


3/32” Allen Key

INCLUDED PARTS: RM-6 FULL RACK

Note: Images not shown at scale.

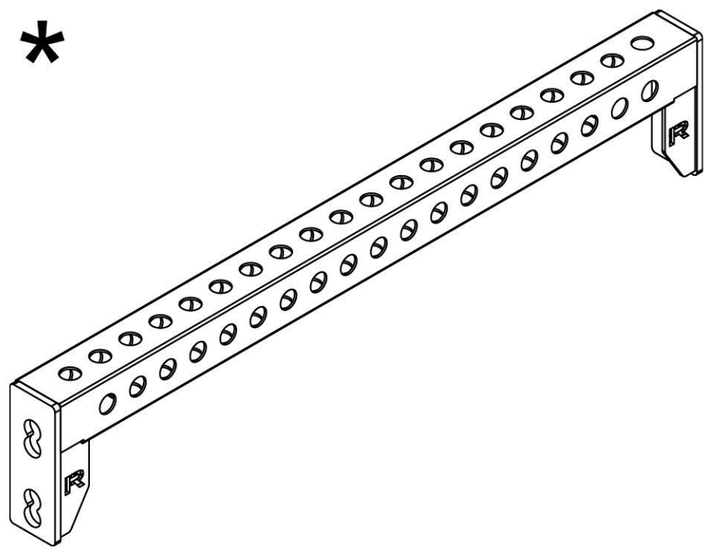
1 Qty: **6x**



90” or 100” Monster Upright

2 Qty: **2x**

*



Front Top Crossmember

3 Qty: **2x**

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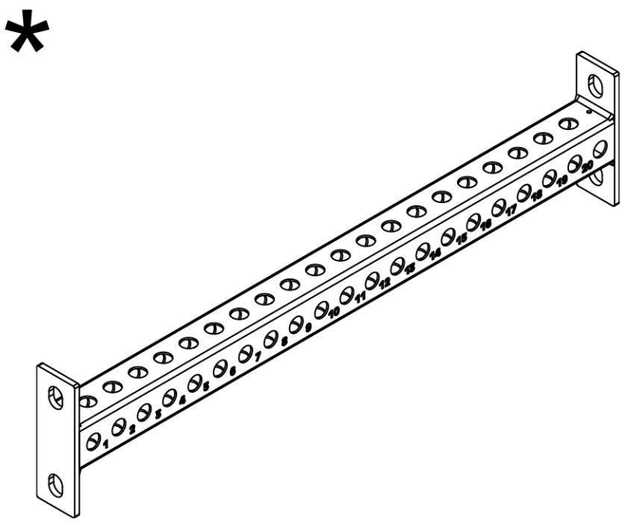
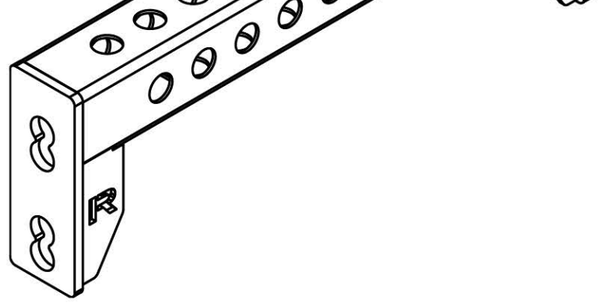


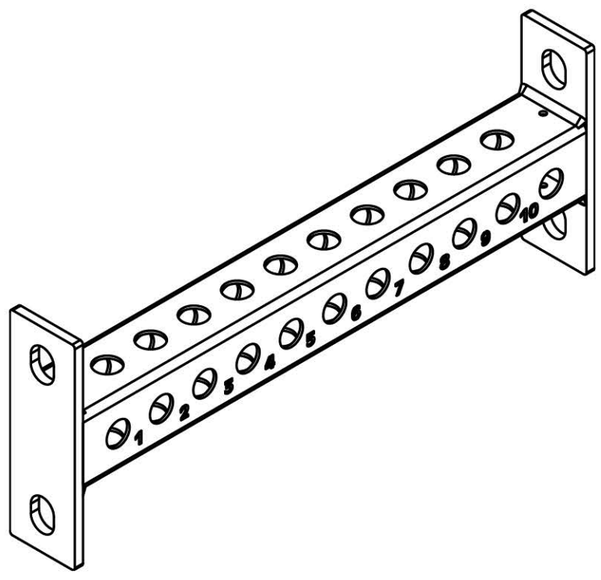
Front Low Crossmember

4 Qty: **2x**



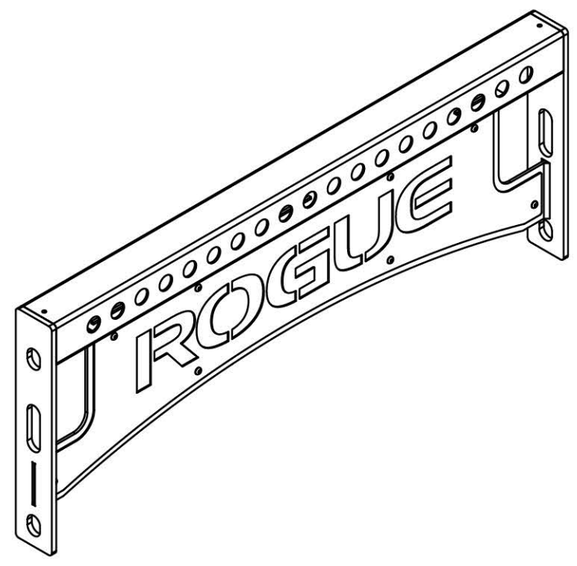
24” Rear Top Crossmember

5 Qty: **2x**



24” Rear Low Crossmember

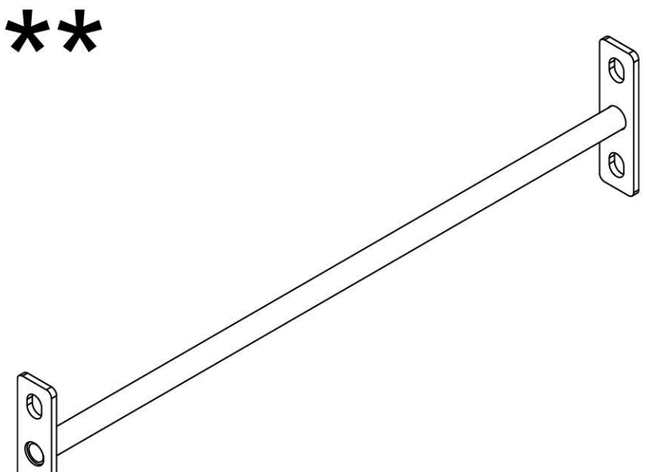
6 Qty: **1x**



Nameplate Crossmember

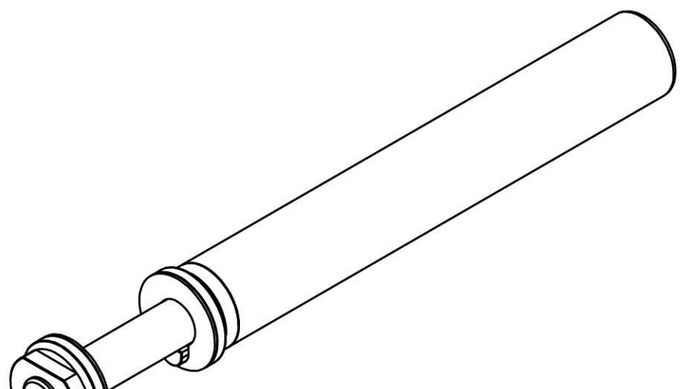
7 Qty: **1x**

**



Pull-up Bar

8 Qty: **8x**



Monster Plate Storage Pin

9 Qty: **1x**

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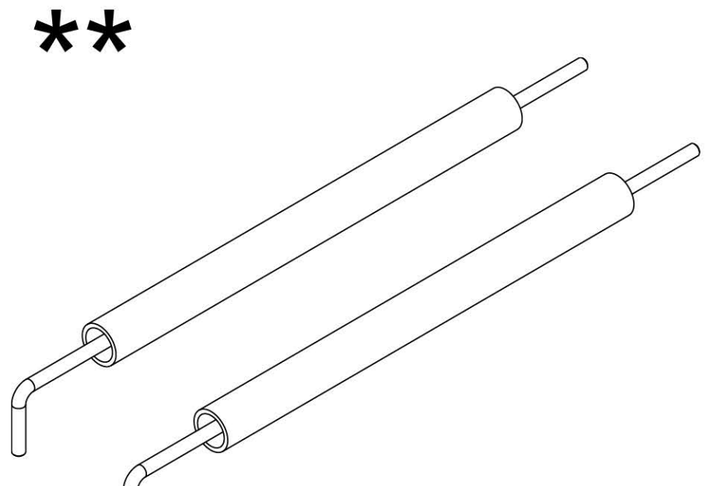


Pair of Safety Spotter Arms

10 Qty: **4x**

Band Peg

11 Qty: **1x**

**

Pair of Monster J-cups

12 Qty: **8x**

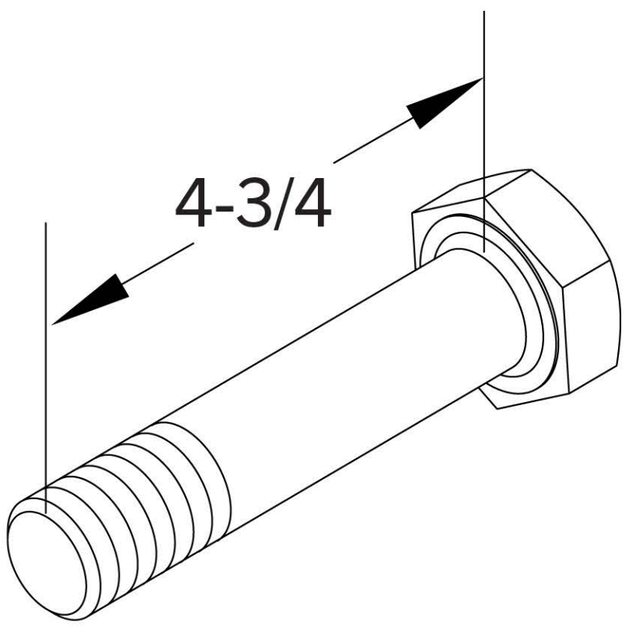
1” x 5” Hex Bolt

* Front Crossmember length depends on Rack Depth selection made at checkout.
** Items may look different than drawings shown. Style depends on selection made at checkout.

INCLUDED PARTS: RM-6 FULL RACK

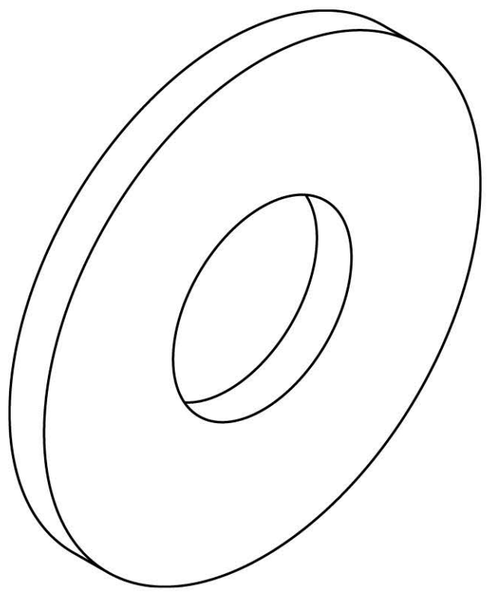
Note: Images not shown at scale.

13 Qty: **24x**



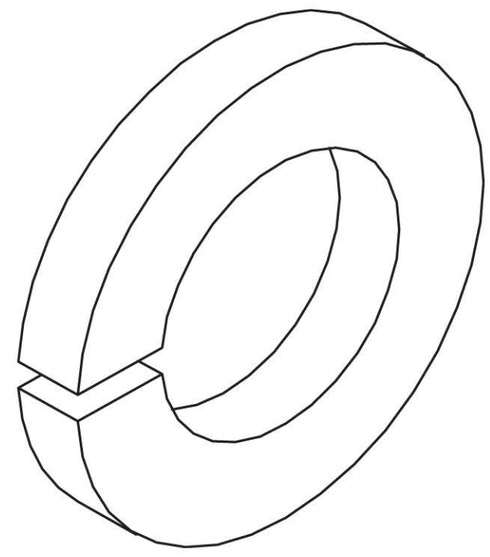
1” x 4-3/4” Hex Bolt

14 Qty: **24x**



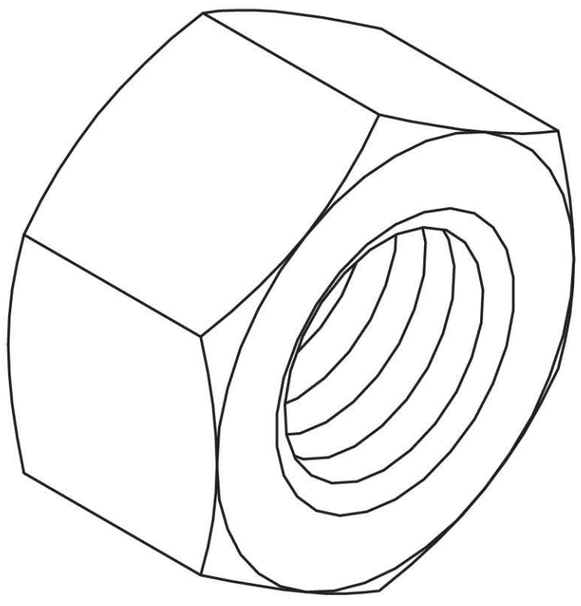
1” Flat Washer

15 Qty: **32x**



1” Lock Washer

16 Qty: **32x**

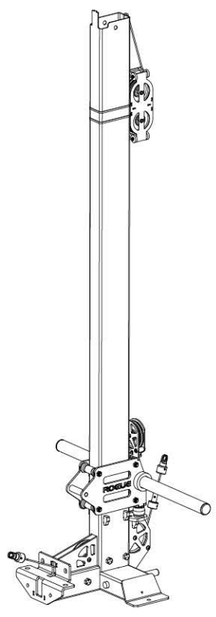


1” Hex Nut

INCLUDED PARTS: FM-6 ADD-ON KIT

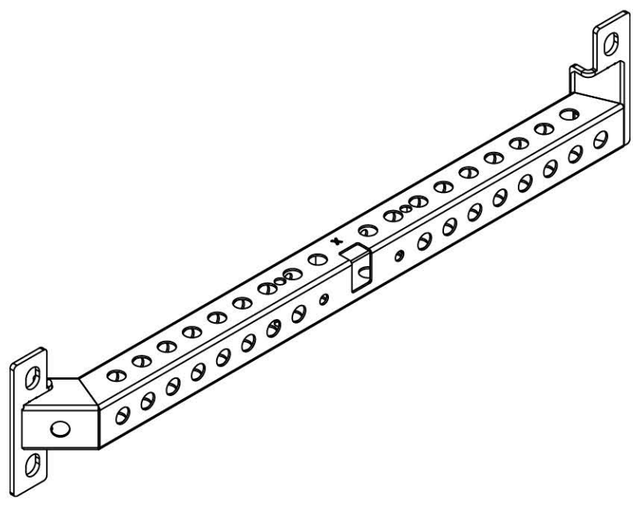
Note: Images not shown at scale.

17 Qty: **1x**



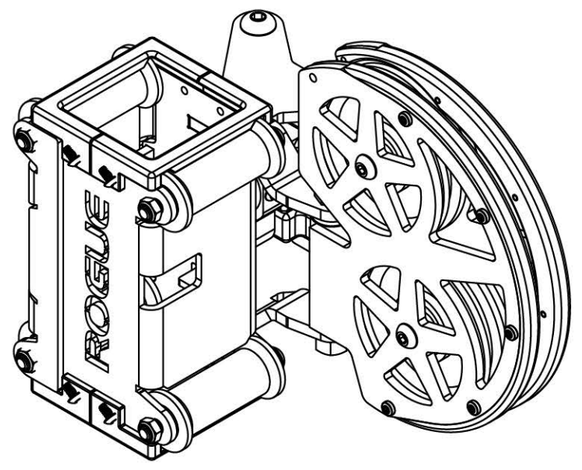
Rear Upright and Trolley Assembly

18 Qty: **1x**



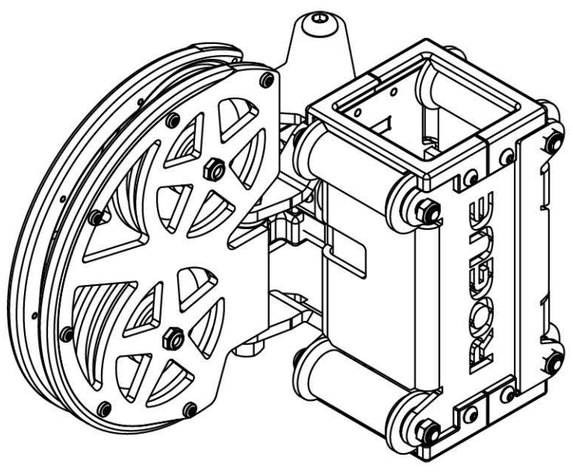
Low Row Crossmember

19 Qty: **1x**



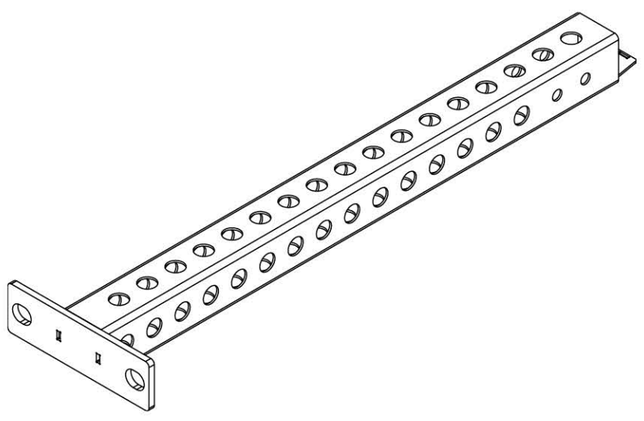
Swivel Trolley RH

20 Qty: **1x**



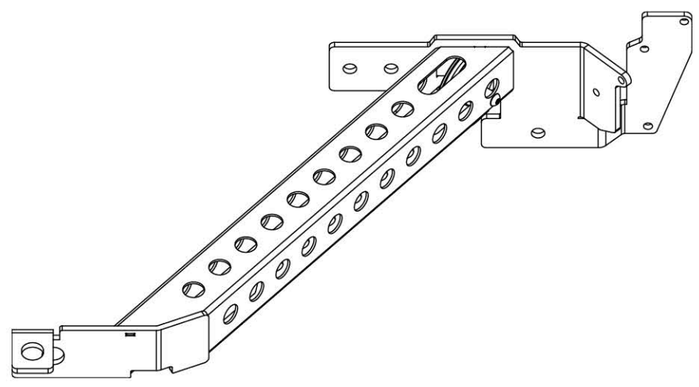
Swivel Trolley LH

21 Qty: **1x**



Top Center Crossmember

22 Qty: **1x**

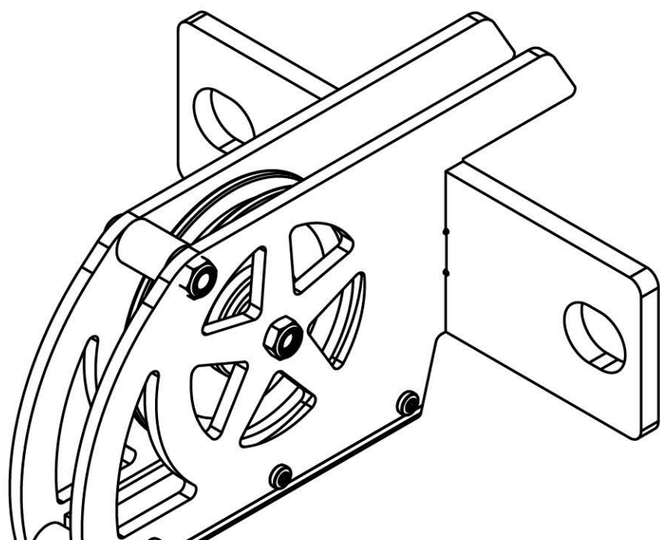


Top Rear Angle Crossmember - RH

23 Qty: **1x**

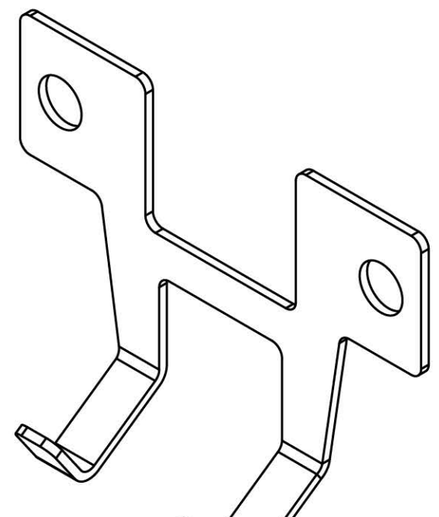
Top Rear Angle Crossmember - LH

24 Qty: **1x**



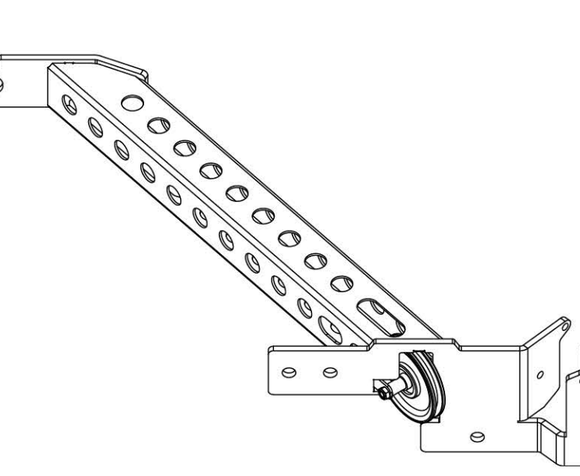
Lat Pulldown Pulley Bracket

25 Qty: **1x**



Lat Bar Hanger

26 Qty: **1x**



Low Row Footplate Assembly

27 Qty: **2x**

*

Top Cable Cover Rail (24”, 30”, or 43”)

28 Qty: **2x**

*

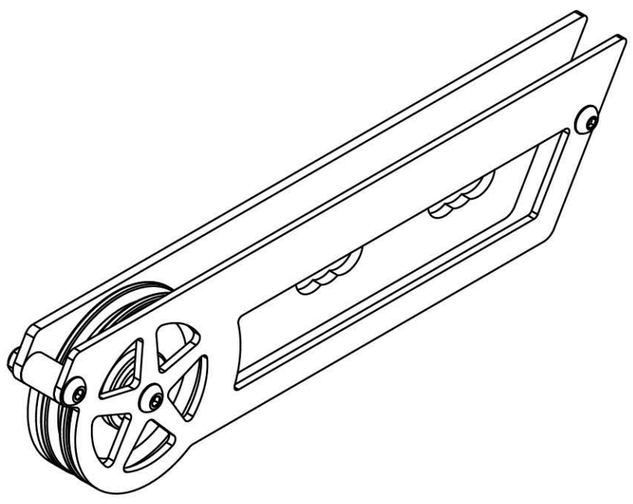
Low Cable Cover Rail (24”, 30”, or 43”)

* 24”, 30”, or 43” length depends on rack depth selection made at checkout.

INCLUDED PARTS: FM-6 ADD-ON KIT

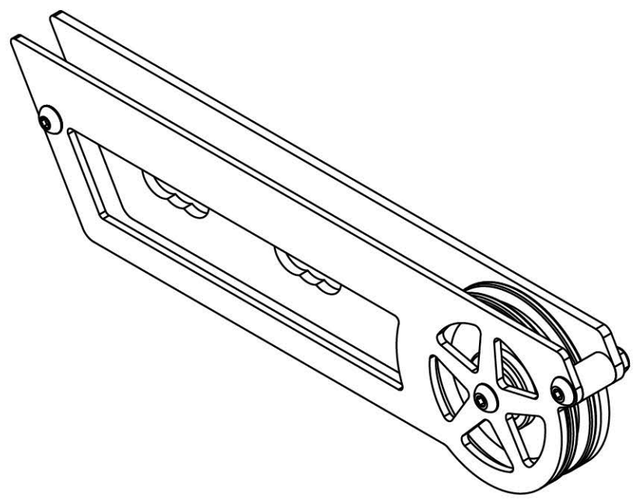
Note: Images not shown at scale.

29 Qty: **1x**



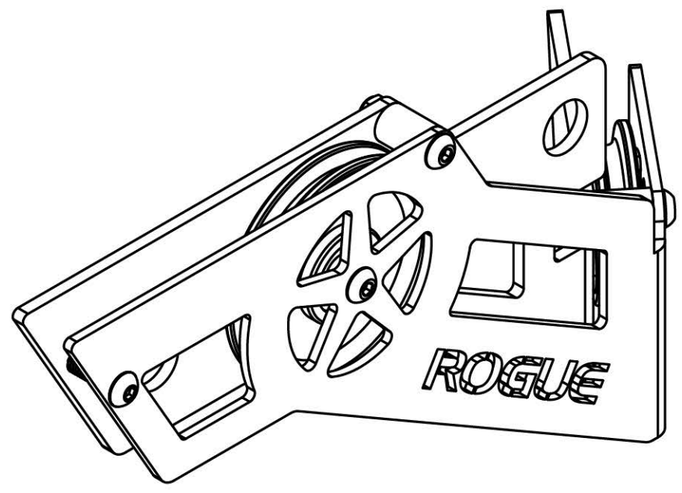
Top Front Side Pulley Assembly - RH

30 Qty: **1x**



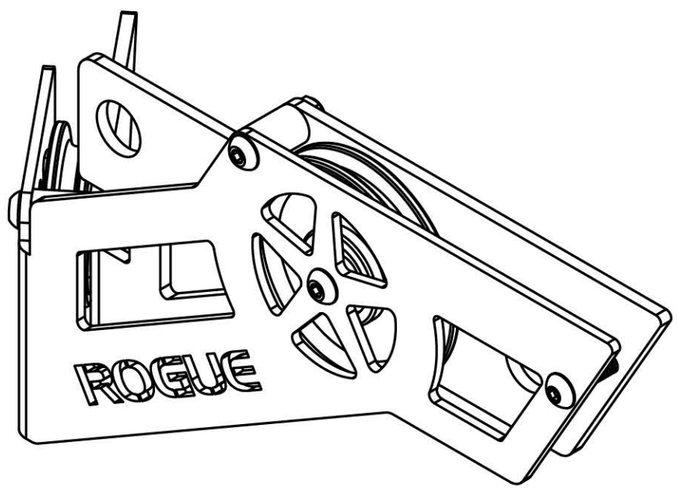
Top Front Side Pulley Assembly - LH

31 Qty: **1x**



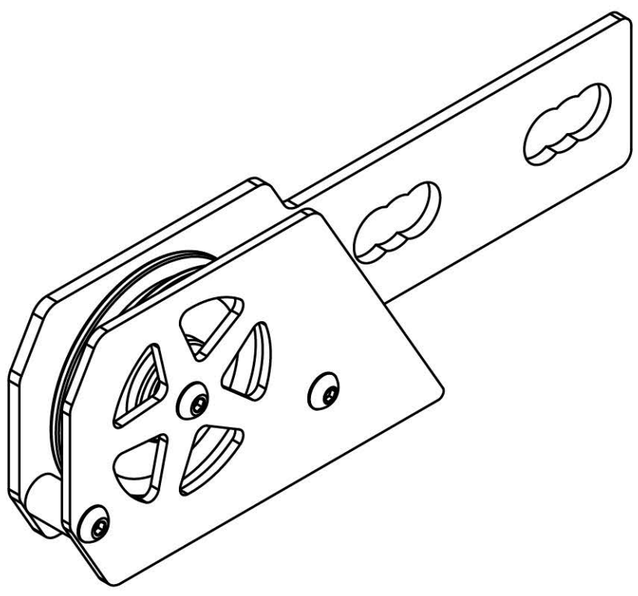
Top Rear Side Pulley Assembly - RH

32 Qty: **1x**



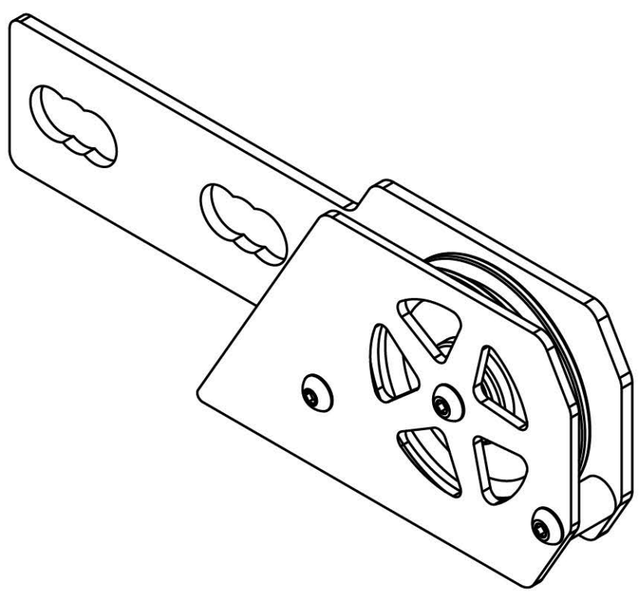
Top Rear Side Pulley Assembly - LH

33 Qty: **1x**



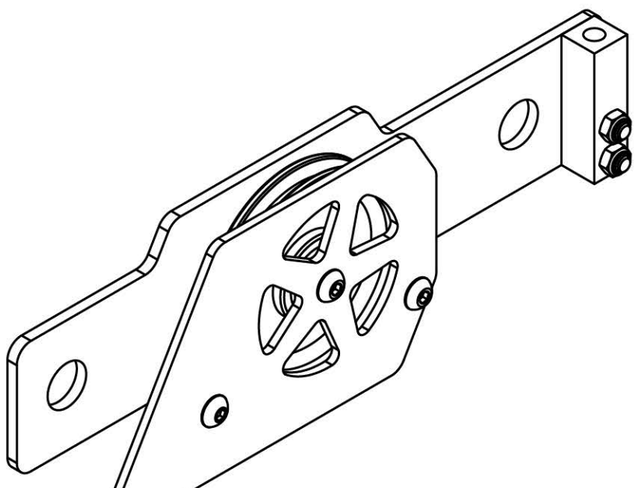
Bottom Front Side Pulley Assembly - RH

34 Qty: **1x**



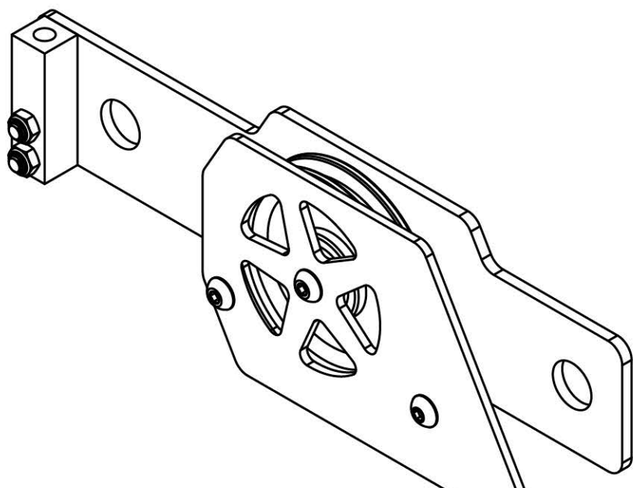
Bottom Front Side Pulley Assembly - LH

35 Qty: **1x**



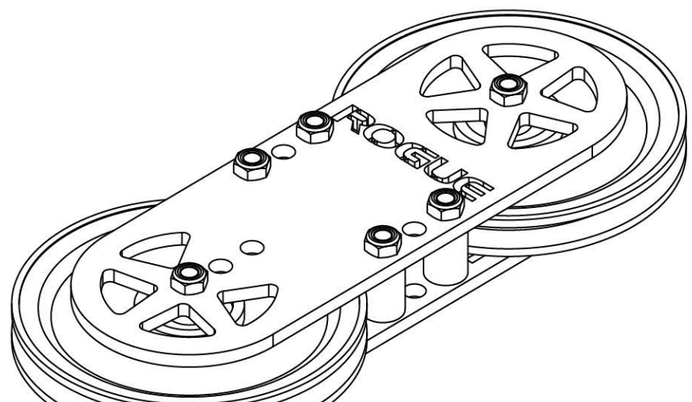
Bottom Rear Side Pulley Assembly - RH

36 Qty: **1x**



Bottom Rear Side Pulley Assembly - LH

37 Qty: **2x**



Side Peanut Pulley

38 Qty: **1x**

Rear Pulley Plate

39 Qty: **3x**

4.5” Pulley

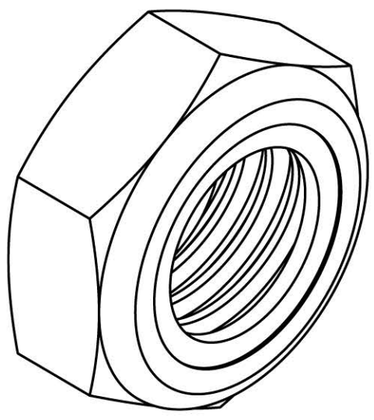
40 Qty: **3x**

3/4” x 1” Cable Retainer

INCLUDED PARTS: FM-6 ADD-ON KIT

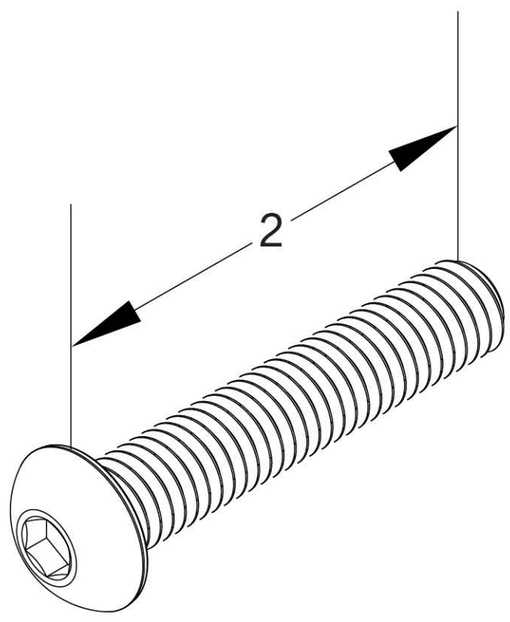
Note: Images not shown at scale.

41 Qty: **7x**



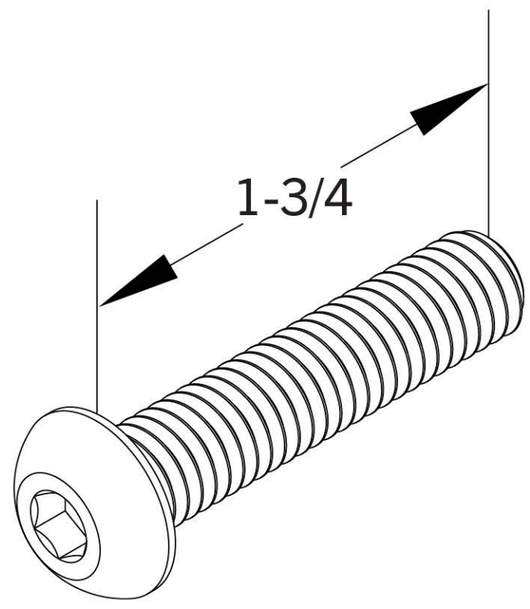
3/8” Thin Nylock Nut

42 Qty: **3x**



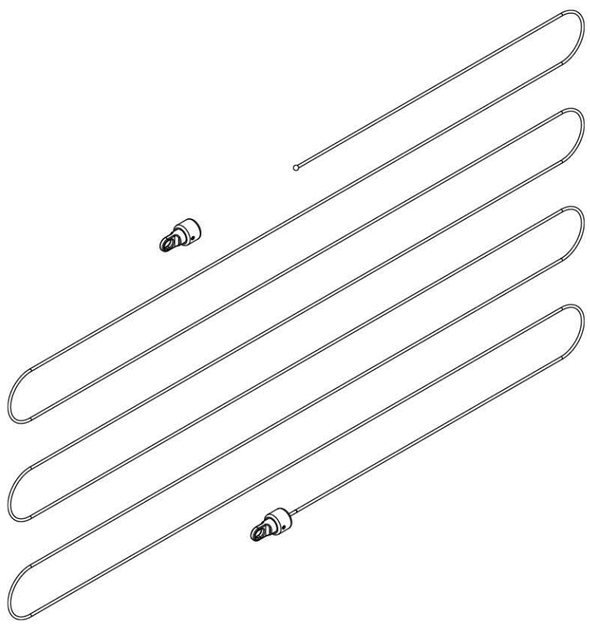
3/8” x 2” Button Head Screw

43 Qty: **4x**



3/8” x 1-3/4 Button Head Screw

44 Qty: **1x**

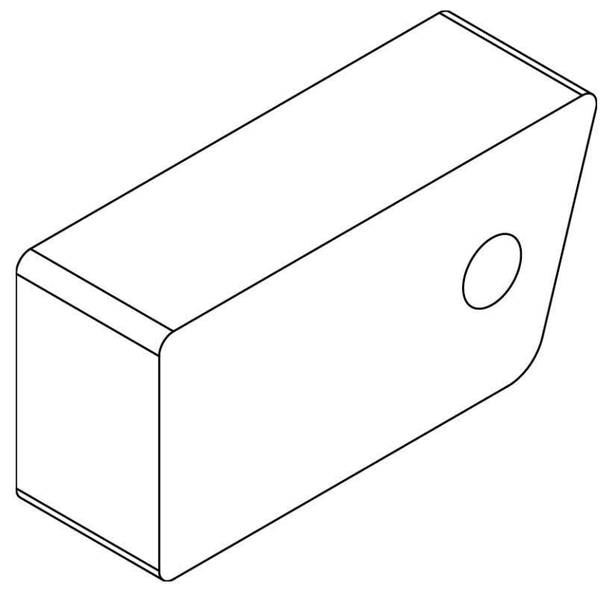


Trolley/Trolley Cable (Blue Tag)

45 Qty: **2x**

Low Side Cable (Red Tag)

46 Qty: **1x**



Stop Block

47 Qty: **8x**

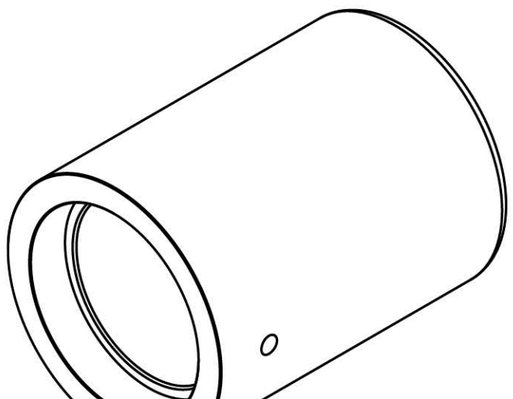
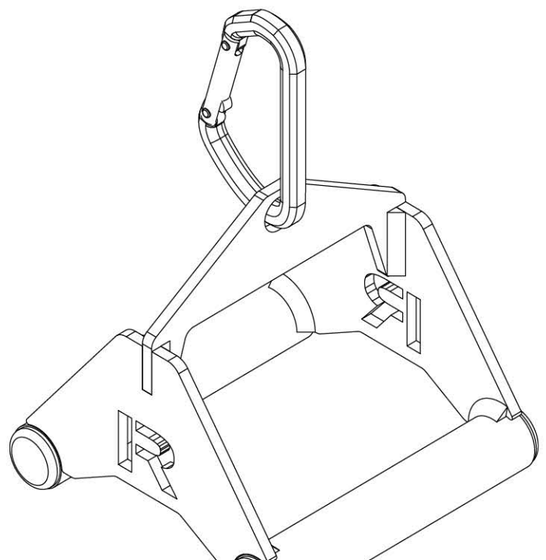


Plate Storage Spacer

48 Qty: **1x**

Stainless Lat Bar

49 Qty: **1x**

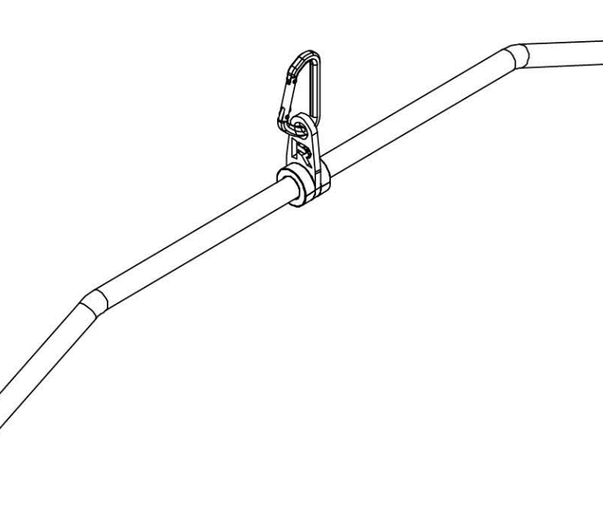


Standard Grip Triangle

50 Qty: **2x**

Single Handle Cable Attachment

51 Qty: **2x**



D Carabiner

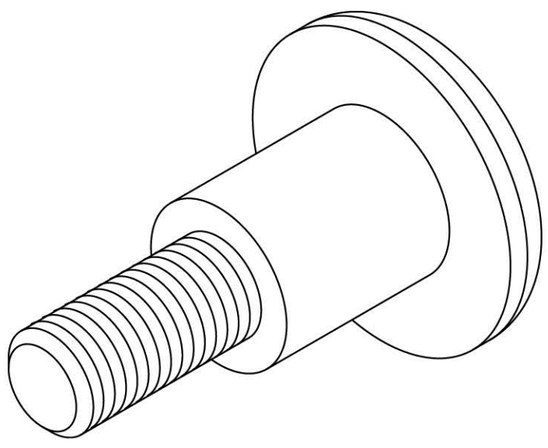
52 Qty: **2x**

1” Shoulder Bolt - Female

INCLUDED PARTS: FM-6 ADD-ON KIT

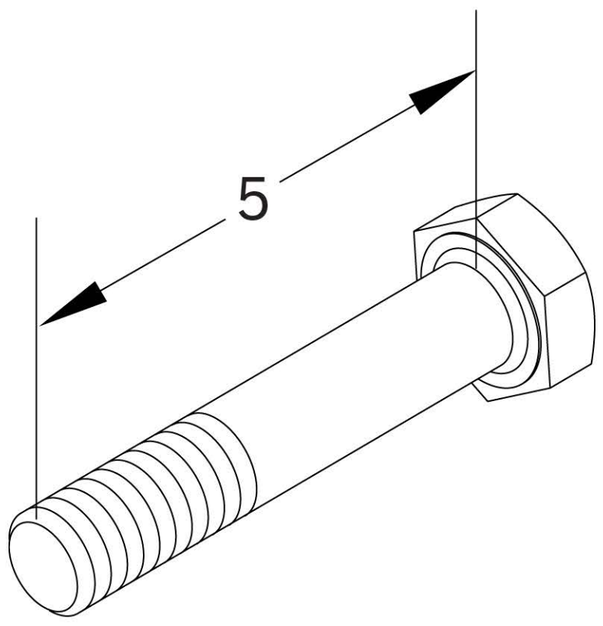
Note: Images not shown at scale.

53 Qty: **2x**



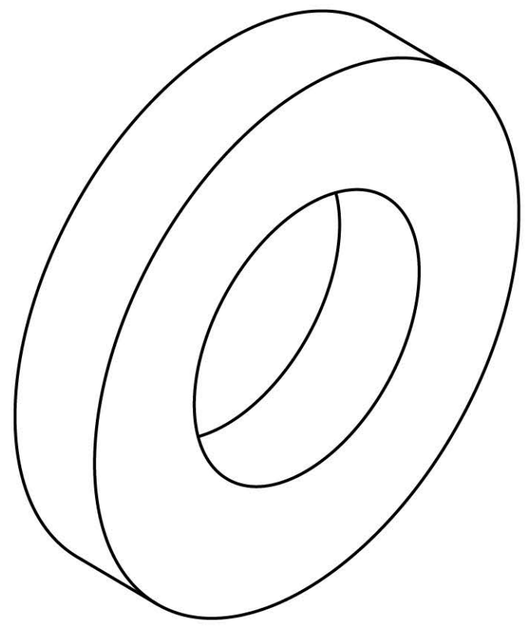
1” Shoulder Bolt - Male

54 Qty: **20x**



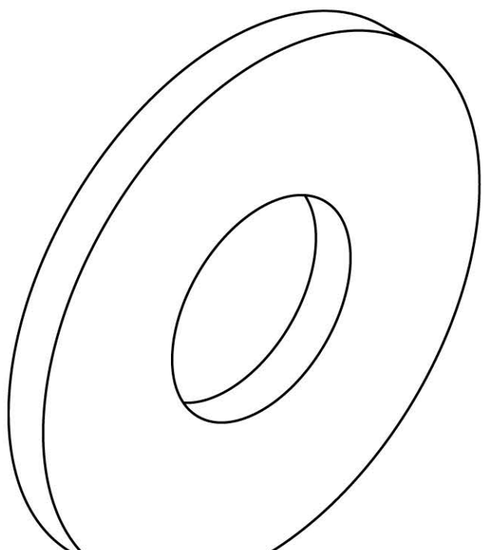
1” x 5” Hex Bolt

55 Qty: **16x**



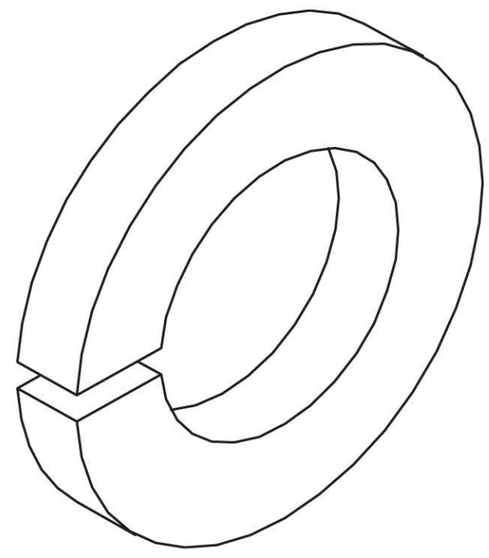
1” x 3/8” Pulley Bracket Spacer

56 Qty: **16x**



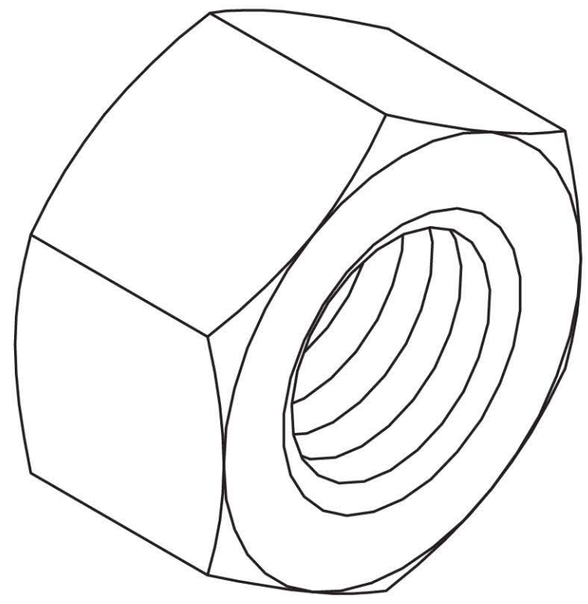
1” Flat Washer

57 Qty: **20x**



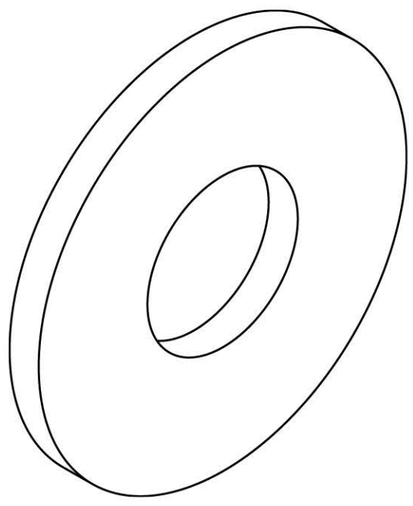
1” Lock Washer

58 Qty: **20x**



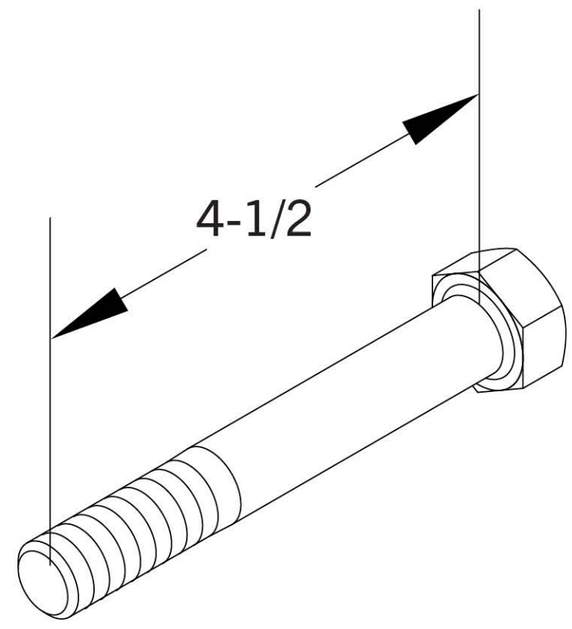
1” Hex Nut

59 Qty: **2x**



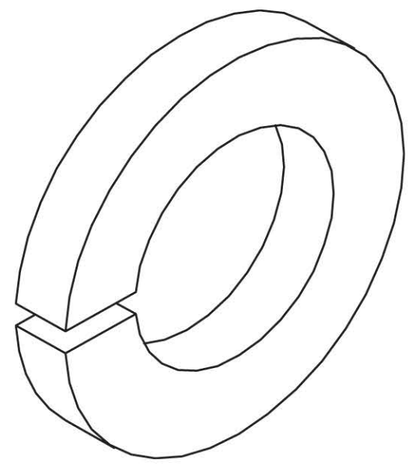
5/8” Flat Washer

60 Qty: **7x**



5/8” x 4-1/2” Hex Bolt

61 Qty: **7x**



5/8” Lock Washer

62 Qty: **7x**

5/8” Hex Nut

63 Qty: **2x**

1/2” x 1-1/2” Button Head Screw

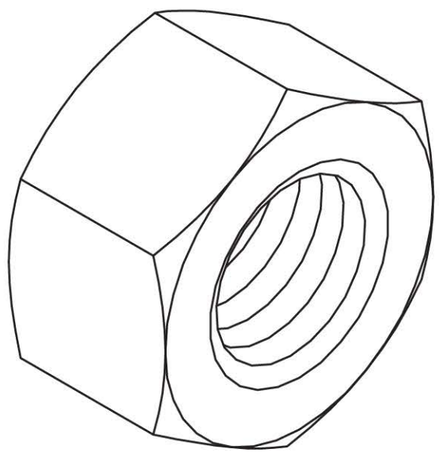
64 Qty: **2x**

1/2” Lock Washer

INCLUDED PARTS: FM-6 ADD-ON KIT

Note: Images not shown at scale.

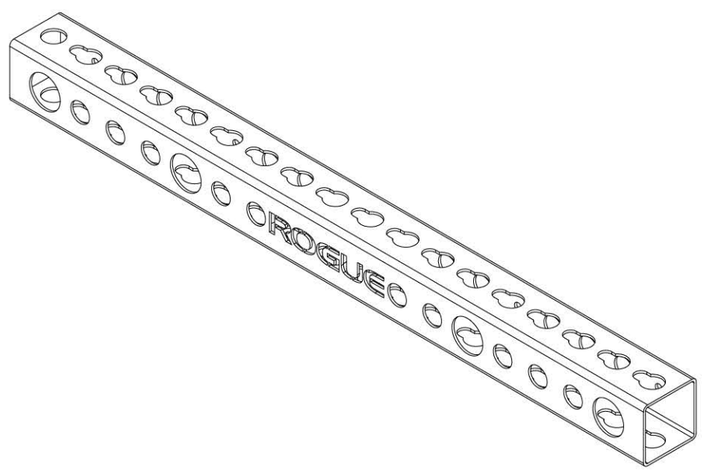
65 Qty: **2x**



1/2” Hex Nut

66 Qty: **2x**

*



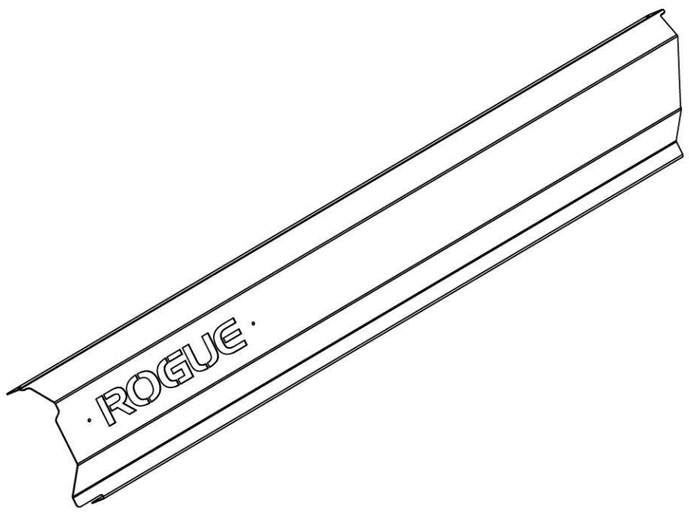
Monster Strip

* Complimentary Monster Strips included with hardware kits. See page 55 for Monster Strip assembly.

INCLUDED PARTS: SHROUD KIT

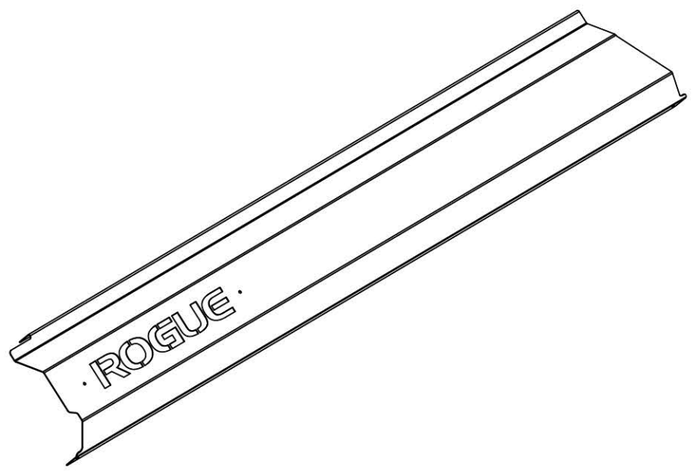
Note: Images not shown at scale.

67 Qty: **1x**



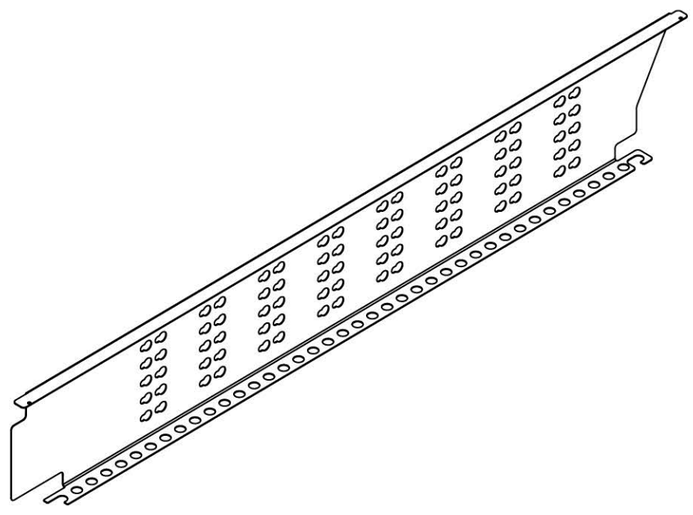
Side Shroud - RH

68 Qty: **1x**



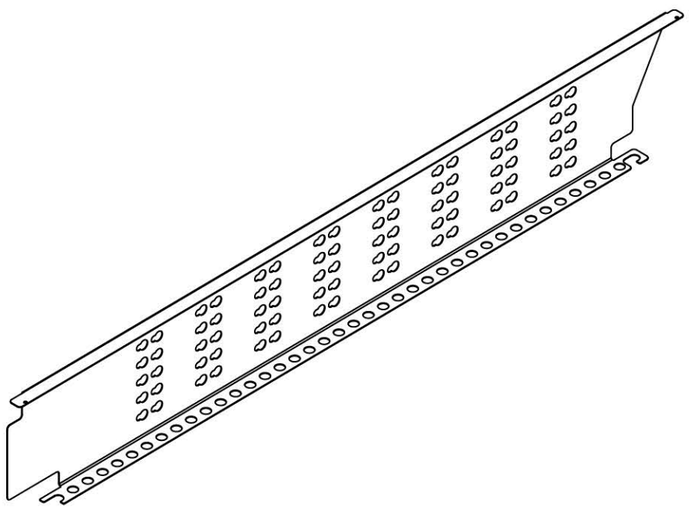
Side Shroud - LH

69 Qty: **1x**



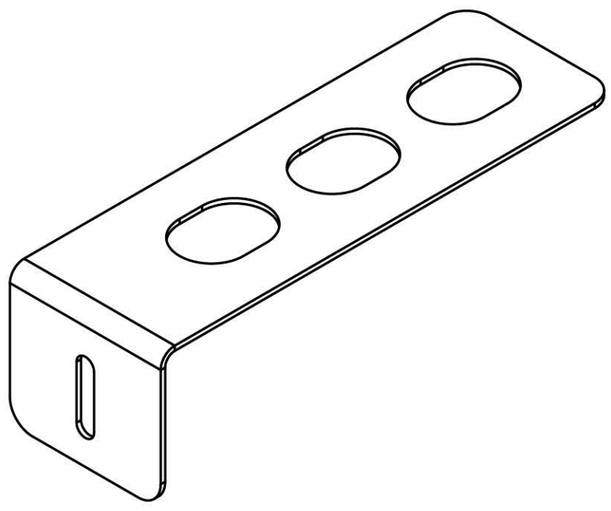
Storage Panel - RH

70 Qty: **1x**



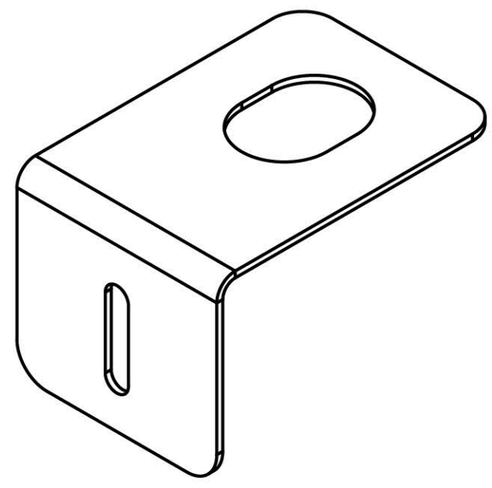
Storage Panel - LH

71 Qty: **2x**



Side Shroud Top Bracket

72 Qty: **2x**

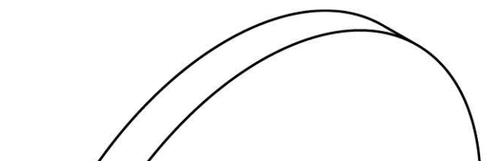


Side Shroud Bottom Bracket

73 Qty: **6x**

1” x 4-3/4” Hex Bolt

74 Qty: **6x**

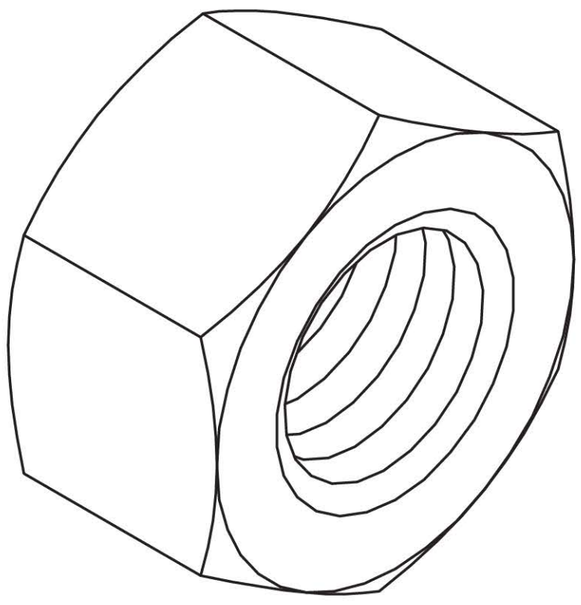


1” Flat Washer

75 Qty: **6x**

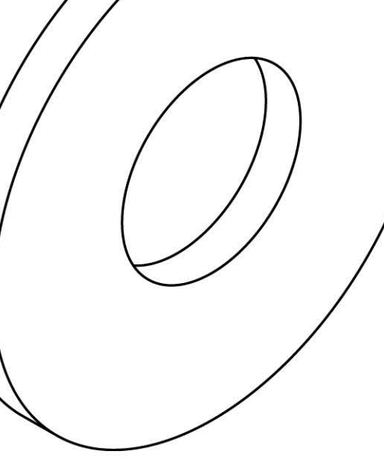
1” Lock Washer

76 Qty: **6x**



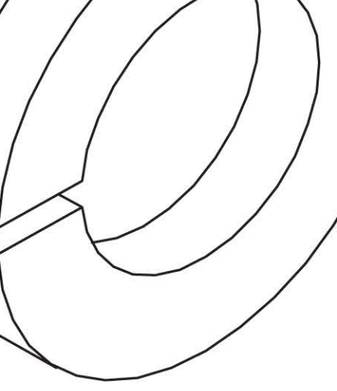
1” Hex Nut

77 Qty: **4x**



1/4” x 5/8” Button Head Screw

78 Qty: **4x**

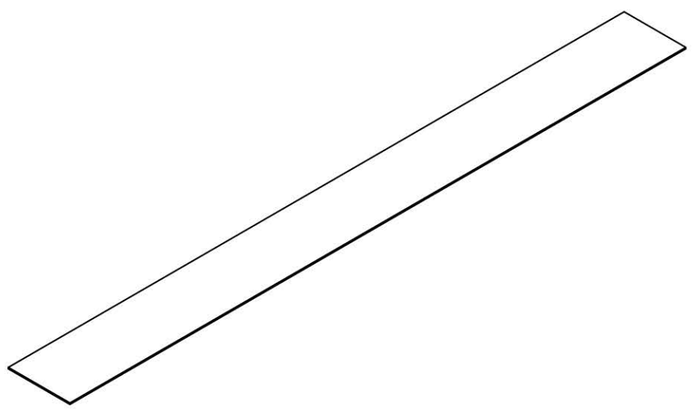


1/4” Thin Nylock Nut

INCLUDED PARTS: SHROUD KIT

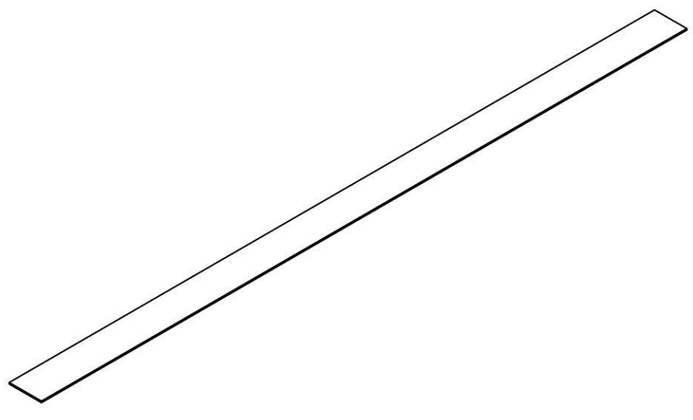
Note: Images not shown at scale.

79 Qty: **2x**



6” Foam Panel

80 Qty: **4x**

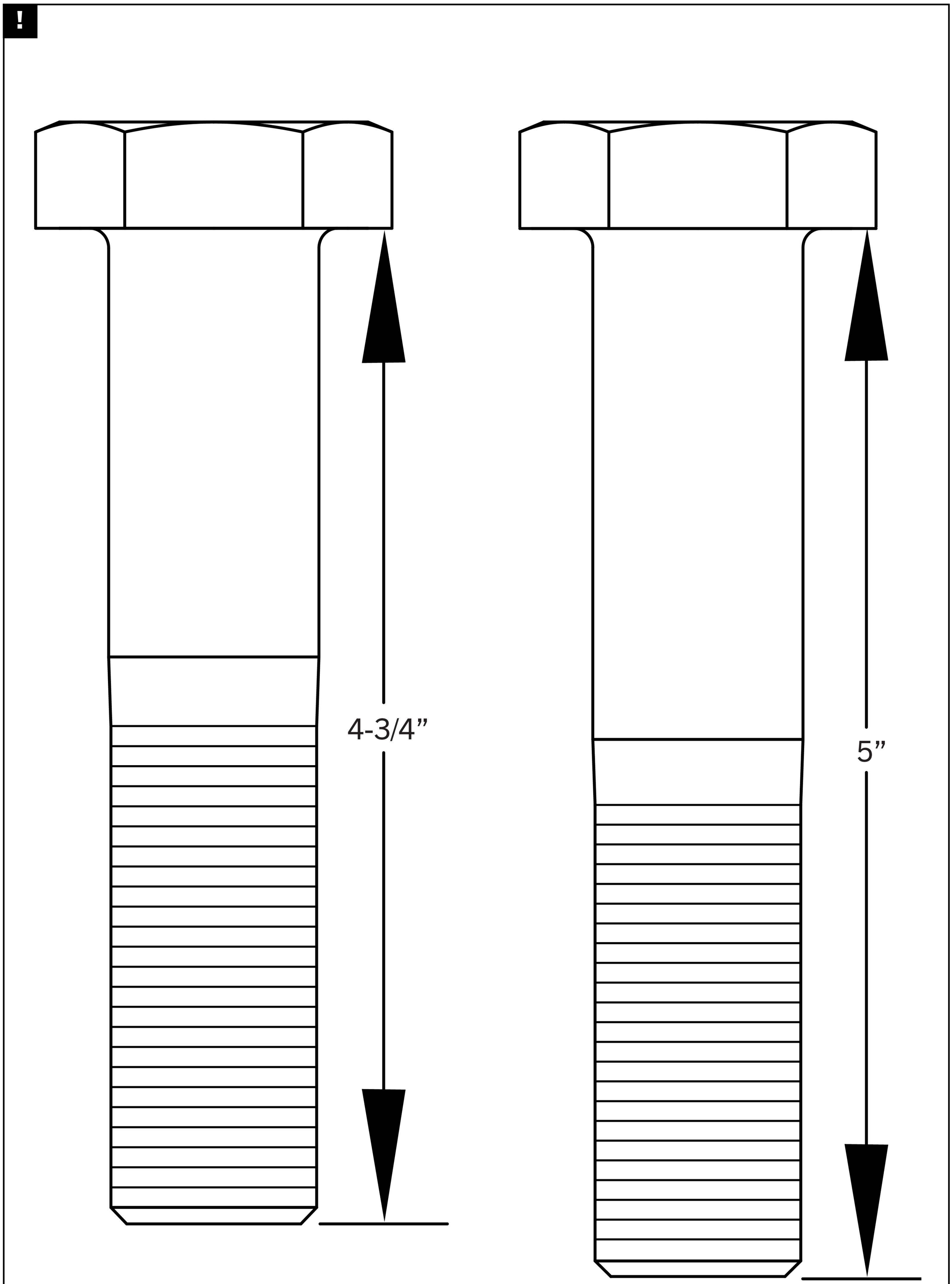


3” Foam Panel

1” HARDWARE LENGTH GUIDE

Note:

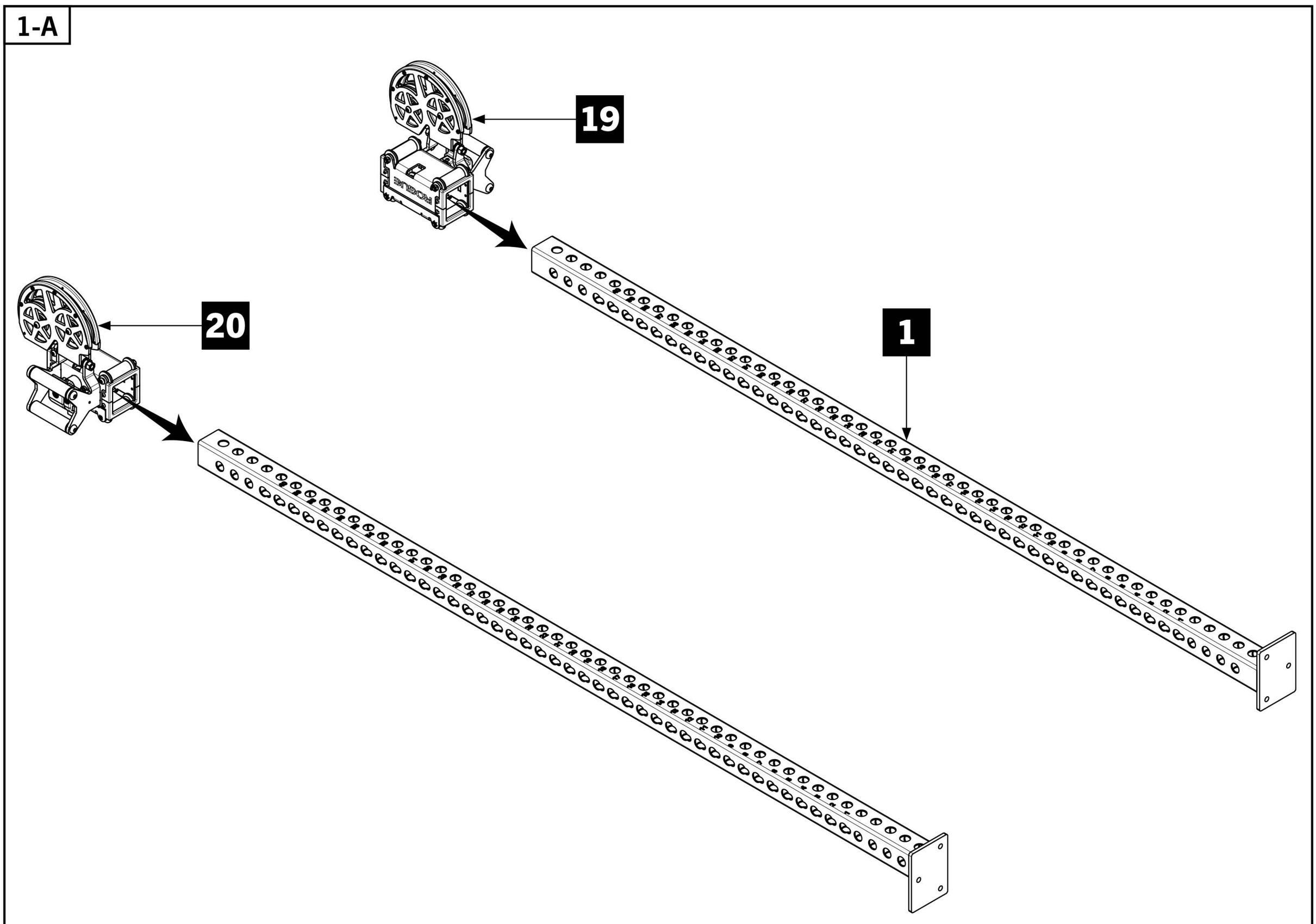
- 1” x 5” [**39**] and 1” x 4-3/4” [**40**] Bolts shown to scale below to help differientate variations in length.



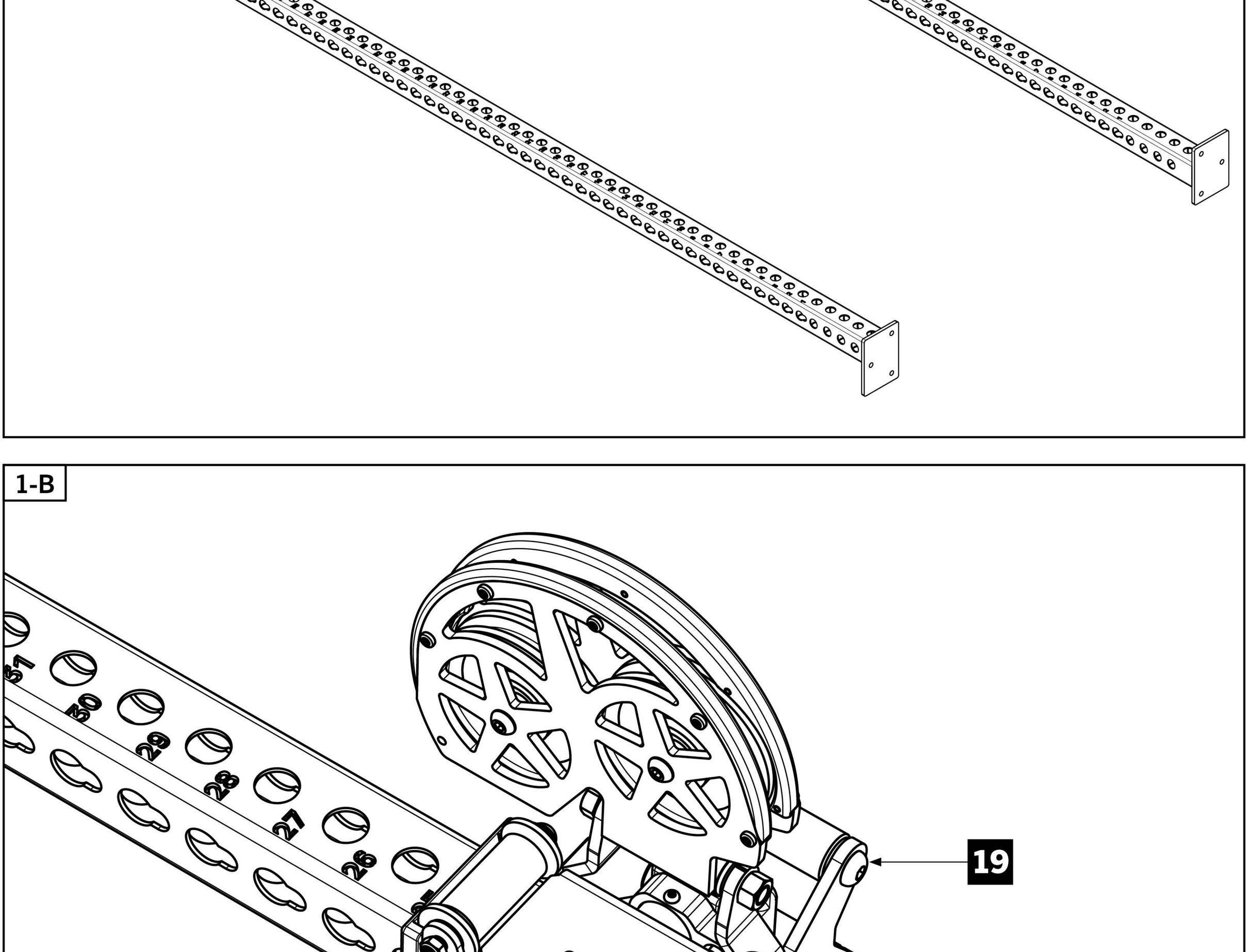
STEP 1

- **IMPORTANT: 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 [**19**] and Swivel Trolley LH [**20**]onto two Monster Uprights [**1**].
- Note the orientation of Swivel Trolleys in relation to the feet at bottom of uprights.
- Slide 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



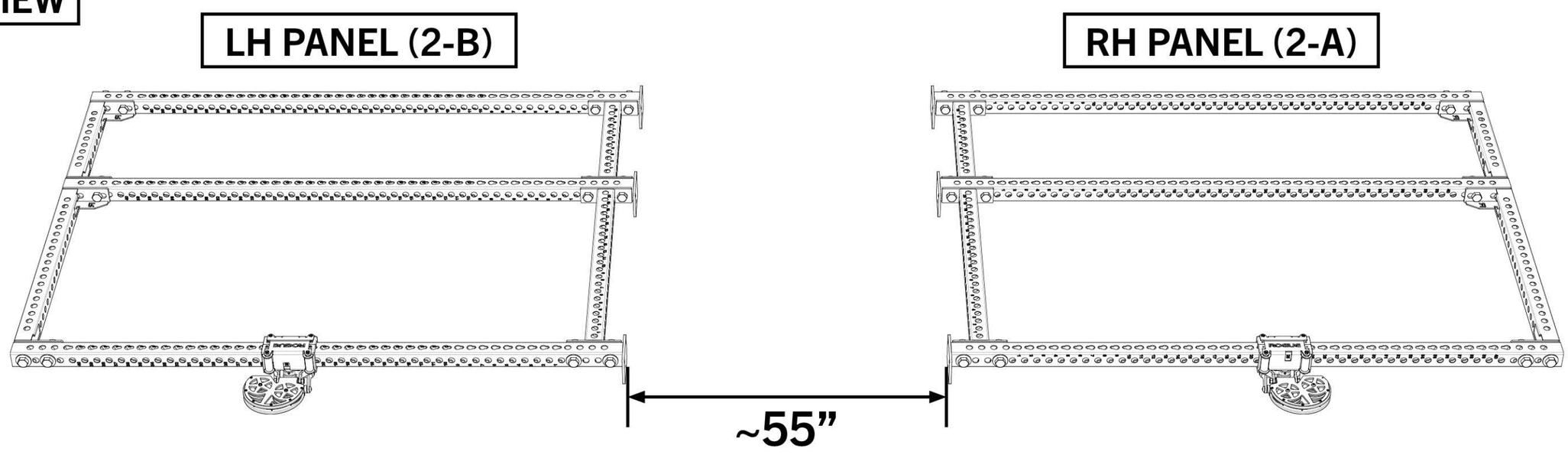
1-B



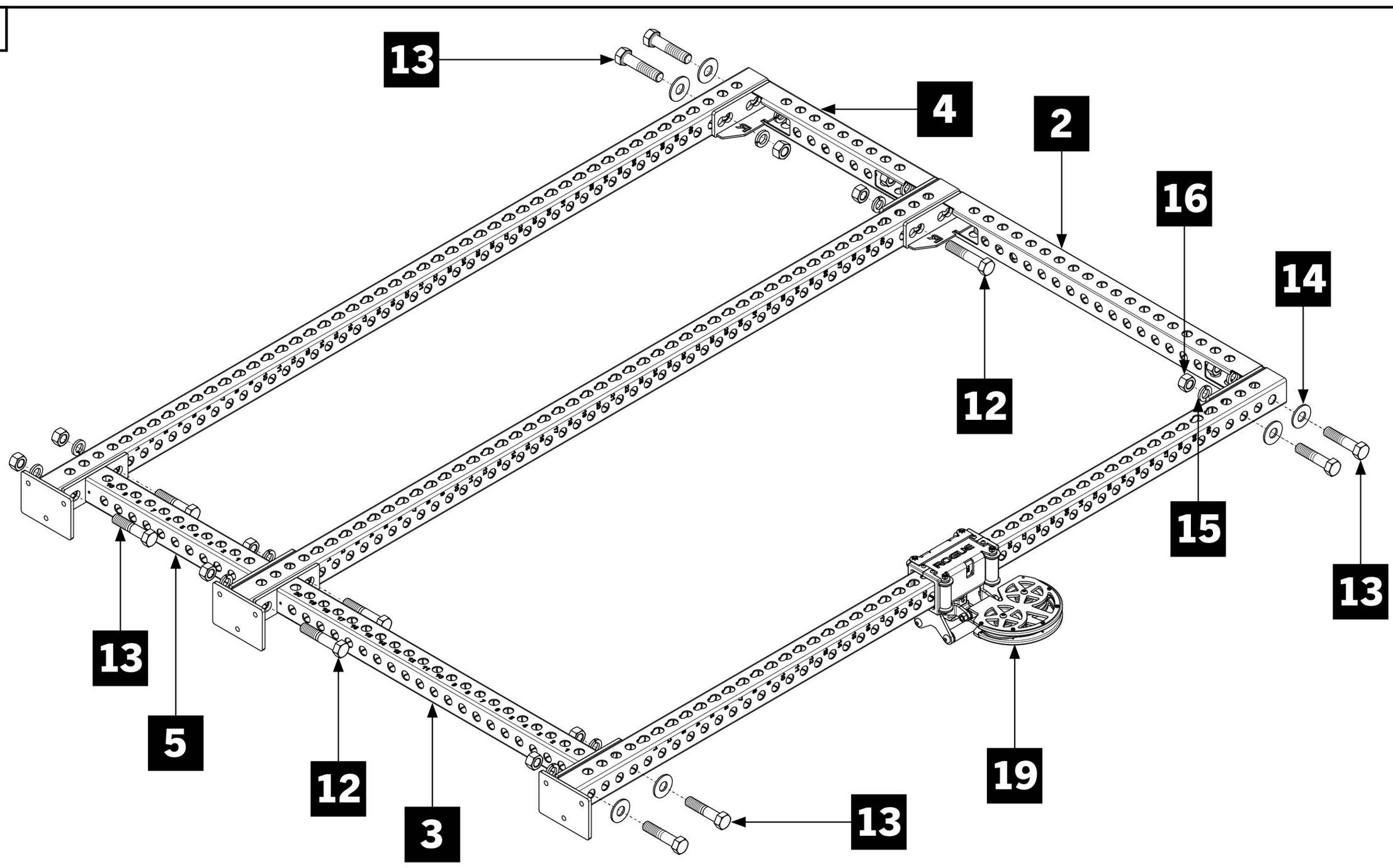
STEP 2

- 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 [**13**], 1” x 5” Hex Bolts [**12**], 1” Flat Washers [**14**], 1” Lock Washers [**15**], and 1” Hex Nuts [**16**].
- Ensure to use 1” x 5” Hex Bolts [**12**] for central uprights.
- HAND-TIGHTEN ONLY. Do not use tools throughout assembly unless specified.

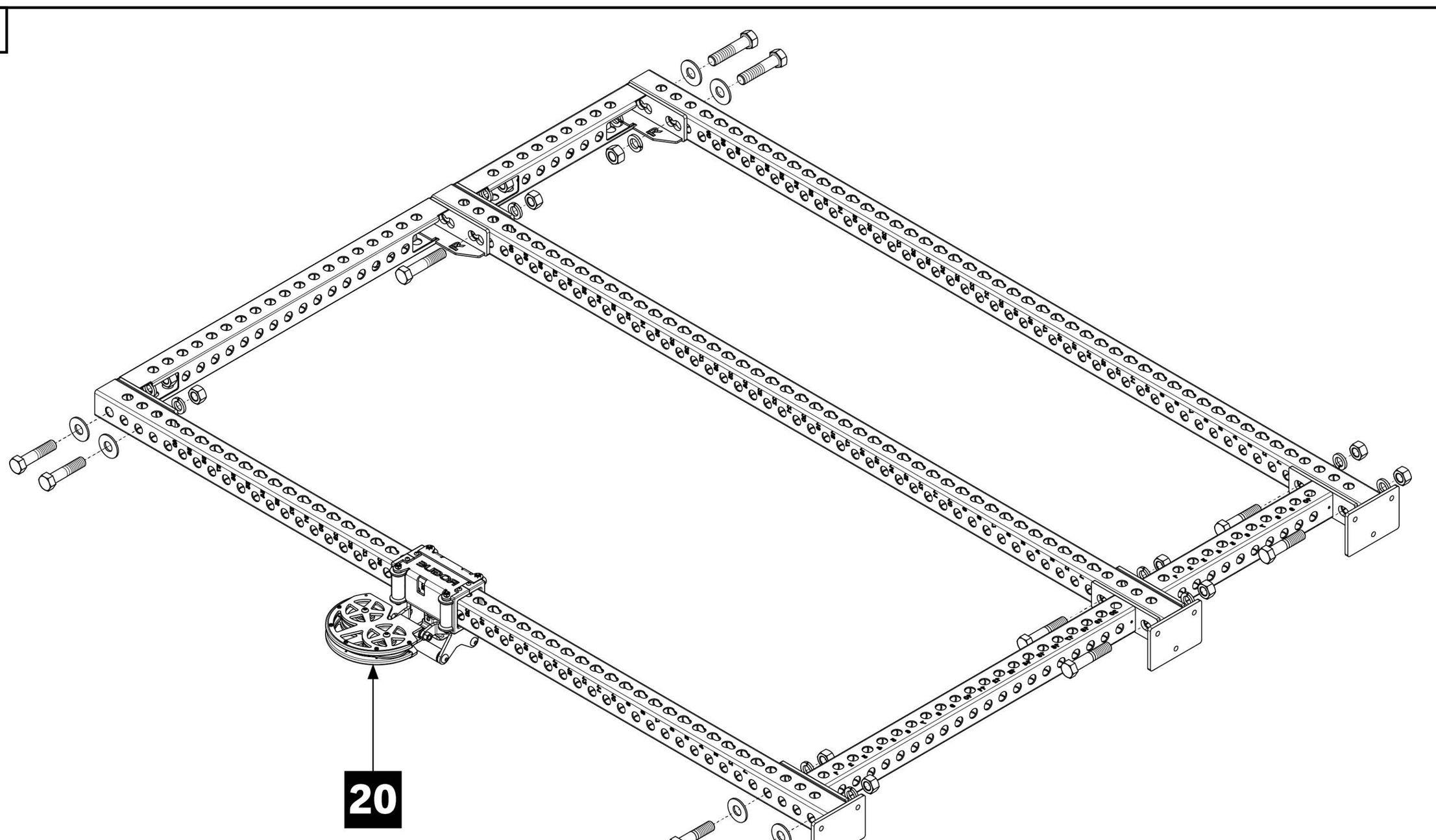
OVERVIEW



2-A



2-B



STEP 3

IMPORTANT:

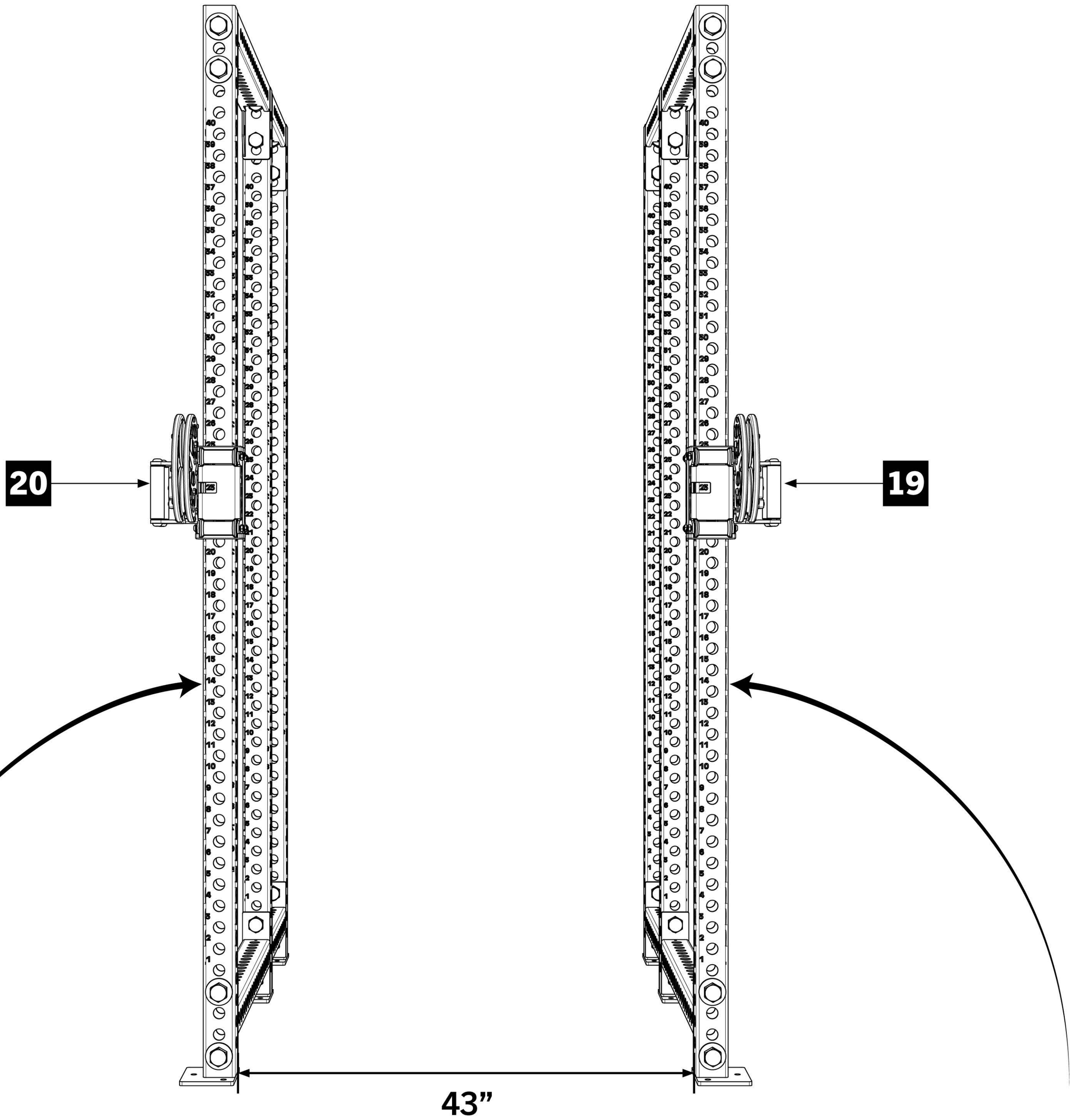
- For safety, we recommend the remainder of these instructions be completed with **2 or 3 people**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.
- One or two people should stabilize both panels, ensuring panels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

OVERVIEW

LH PANEL (2-B)

RH PANEL (2-A)

3-A

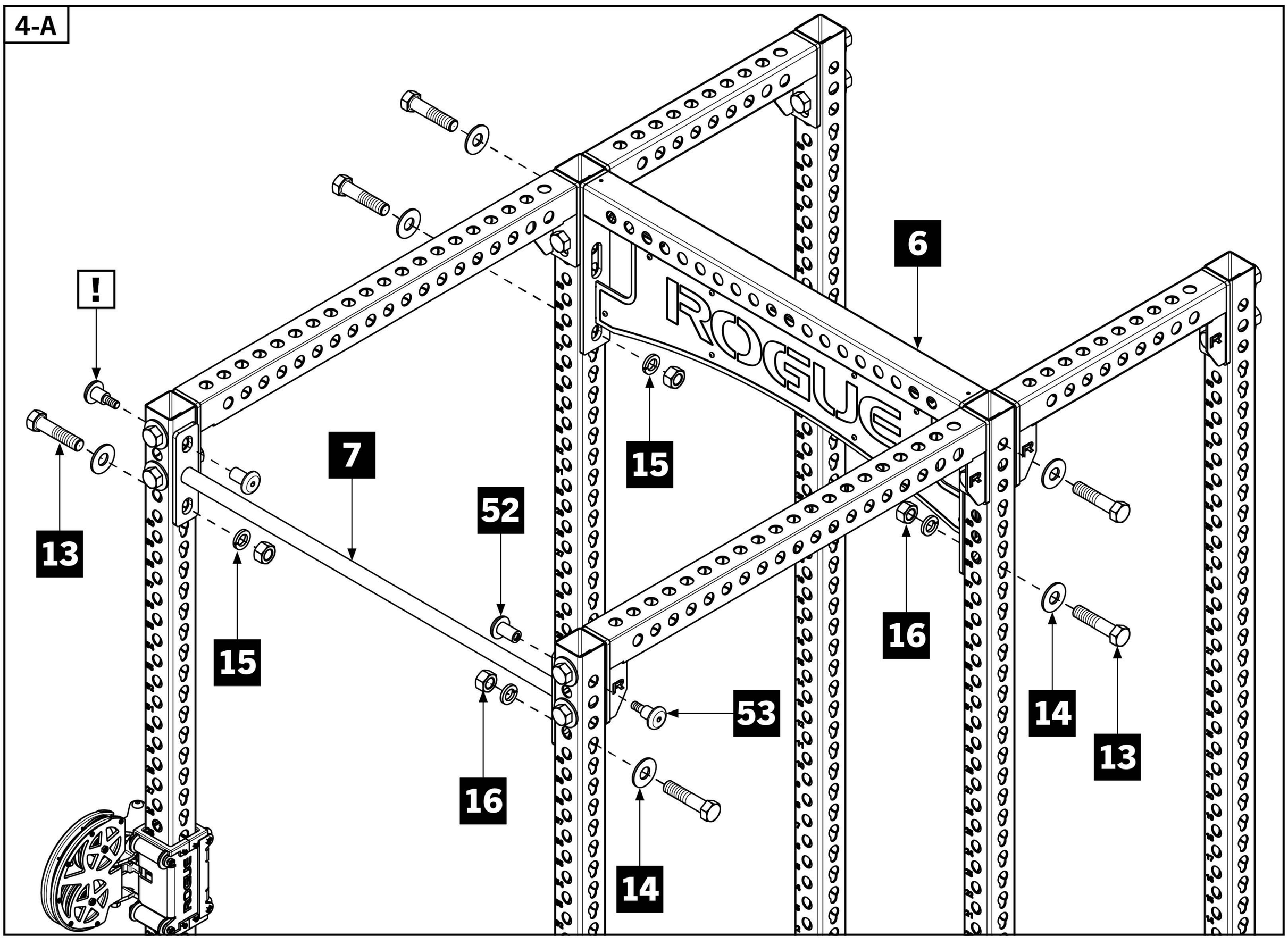


STEP 4

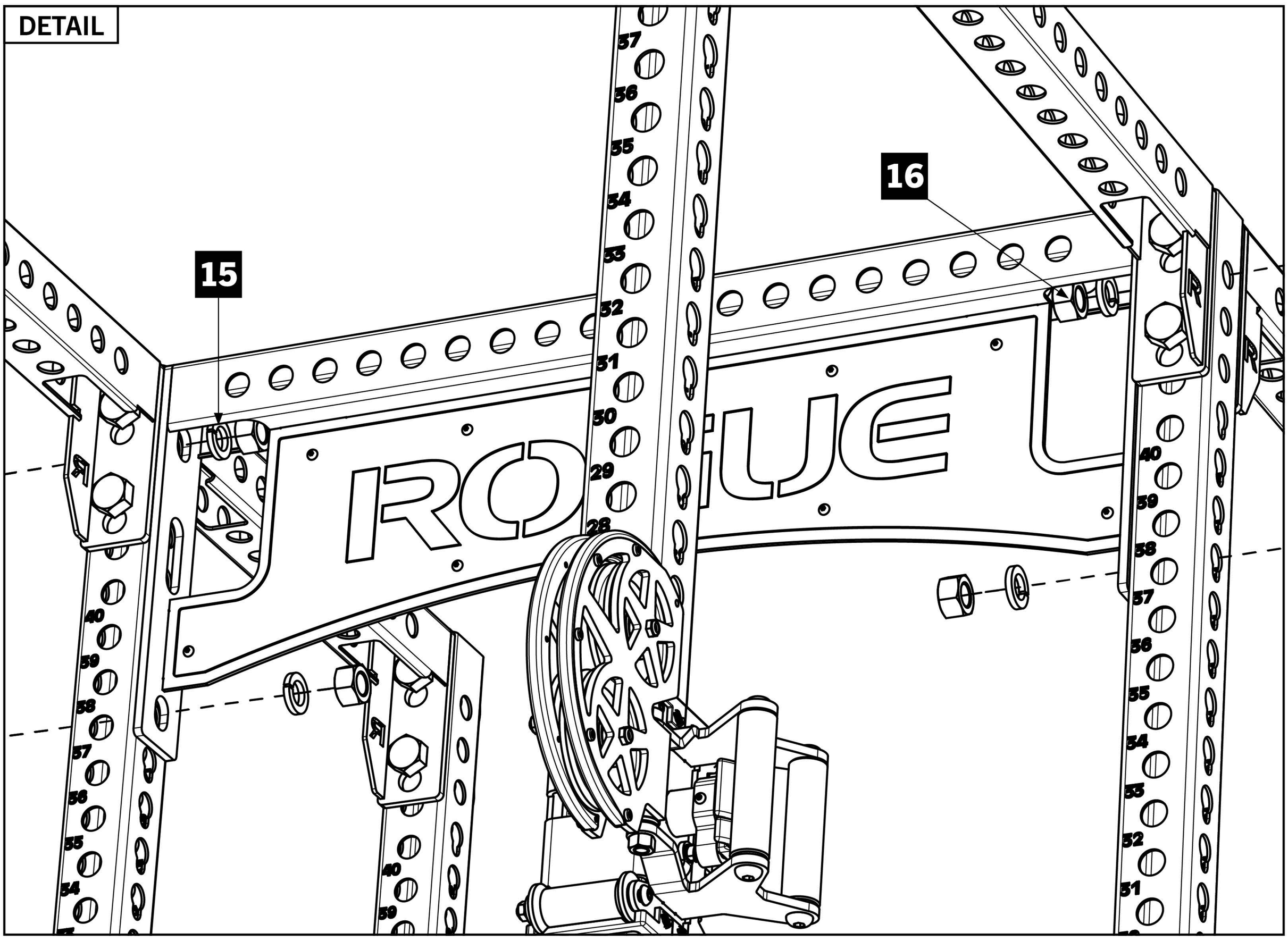
Tools Required:

- 3/8” Allen Key
- Attach Nameplate Crossmember [**6**] to middle Uprights using 1” x 4-3/4” Hex Bolt [**13**], 1” Flat Washers [**14**], 1” Lock Washers [**15**], and 1” Hex Nuts [**16**].
- Attach Pull-up Bar [**7**] to front Uprights using 1” Shoulder Bolts [**52,53**], 1” x 4-1/2” Hex Bolts, 1” Flat Washers, 1” Lock Washers, and 1” Hex Nuts.
- [!] Fully tighten 1” Shoulder Bolts using 3/8” Allen Key. DO NOT TIGHTEN HEX BOLTS.

4-A



DETAIL



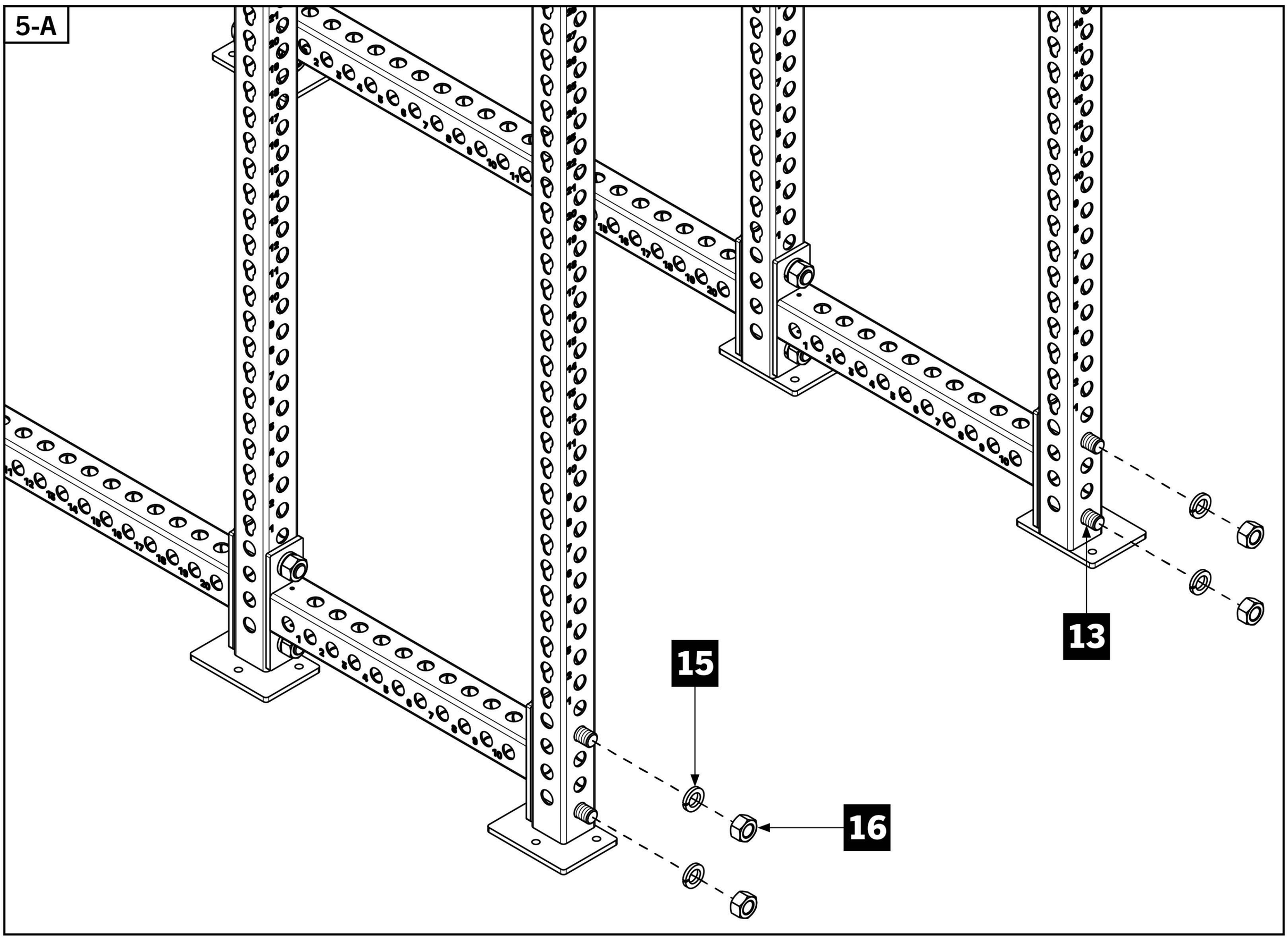
STEP 5 (BEGIN ADD-ON KIT ASSEMBLY)

- If modifying existing RM rack with add-on kit, begin following assembly instructions.
- 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 [**18**] and re-assemble the hardware removed above.

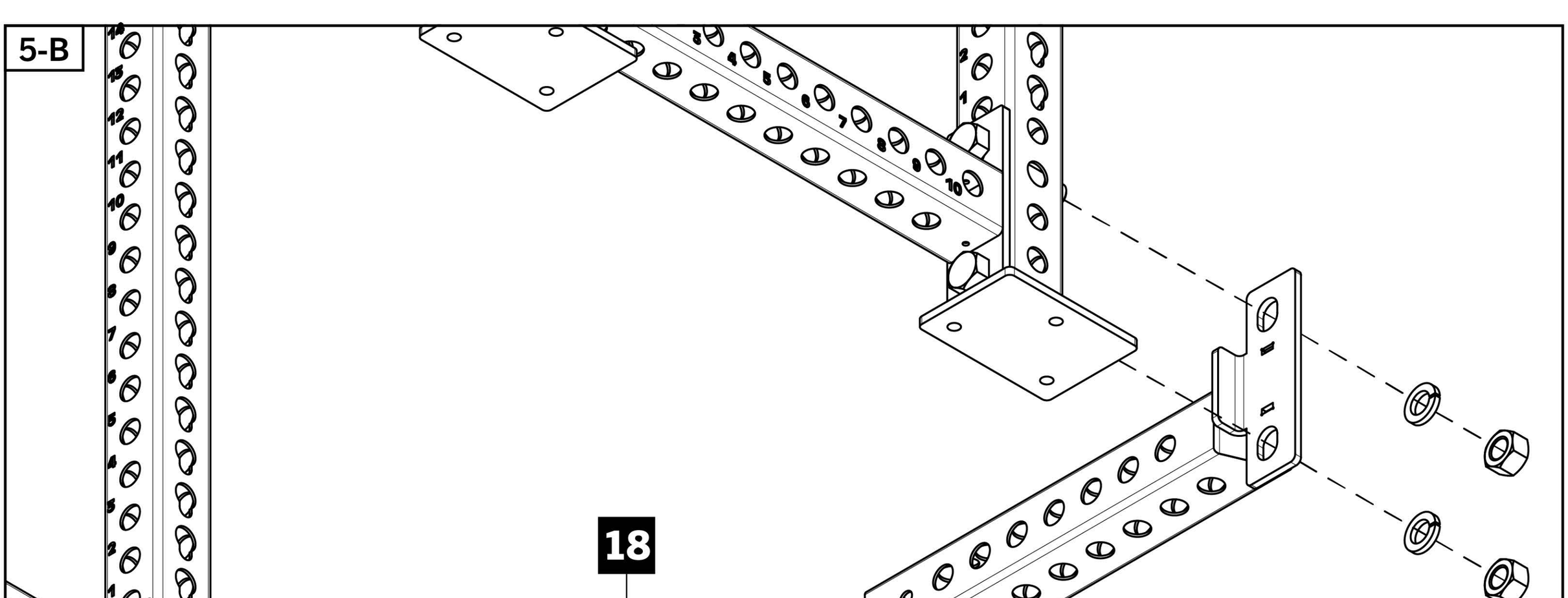
Note:

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

5-A



5-B



STEP 6 (ADD-ON KIT ONLY)

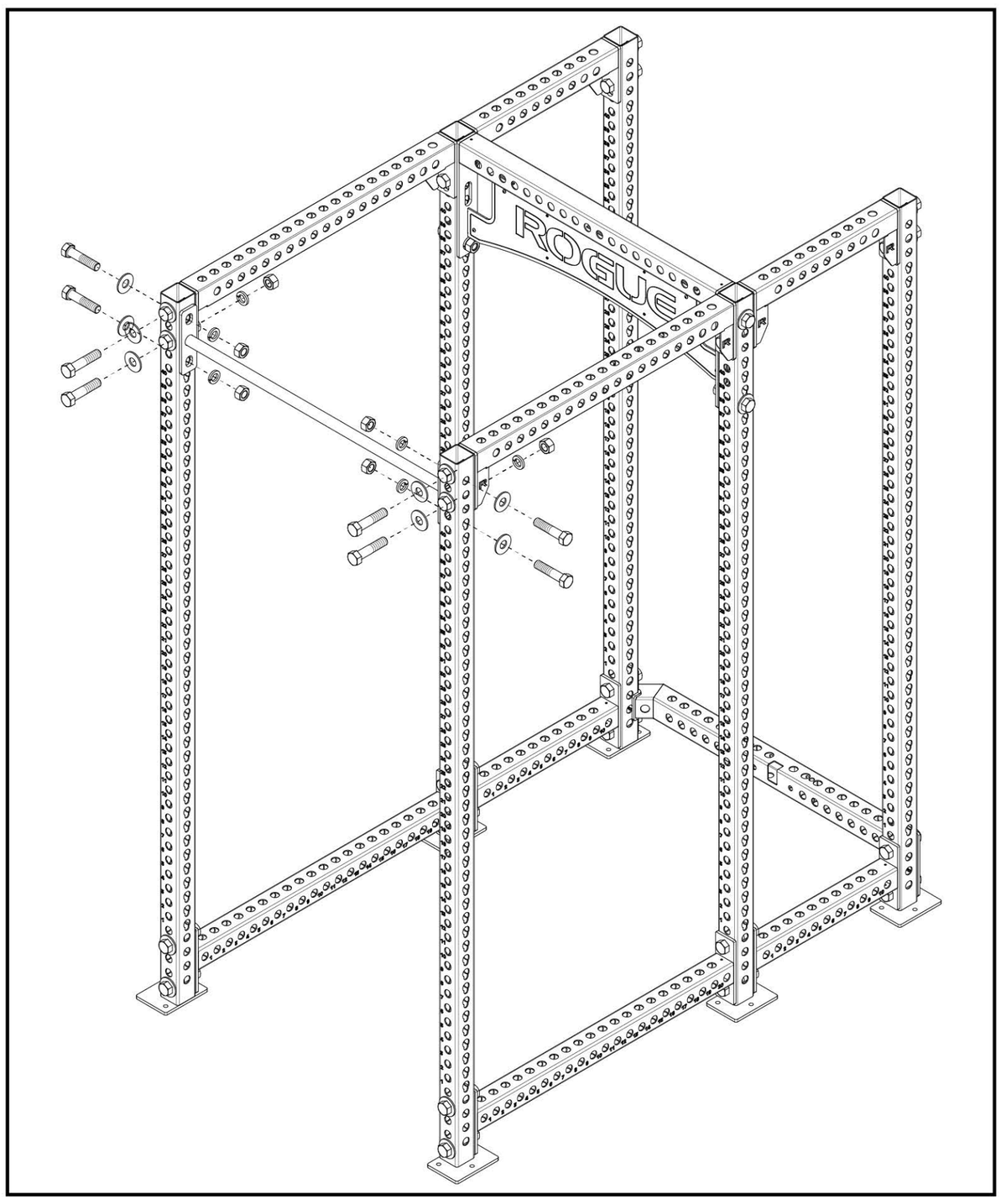
- **IMPORTANT: LOOSEN BUT DO NOT REMOVE ALL 1” HARDWARE ON ENTIRE RACK.**

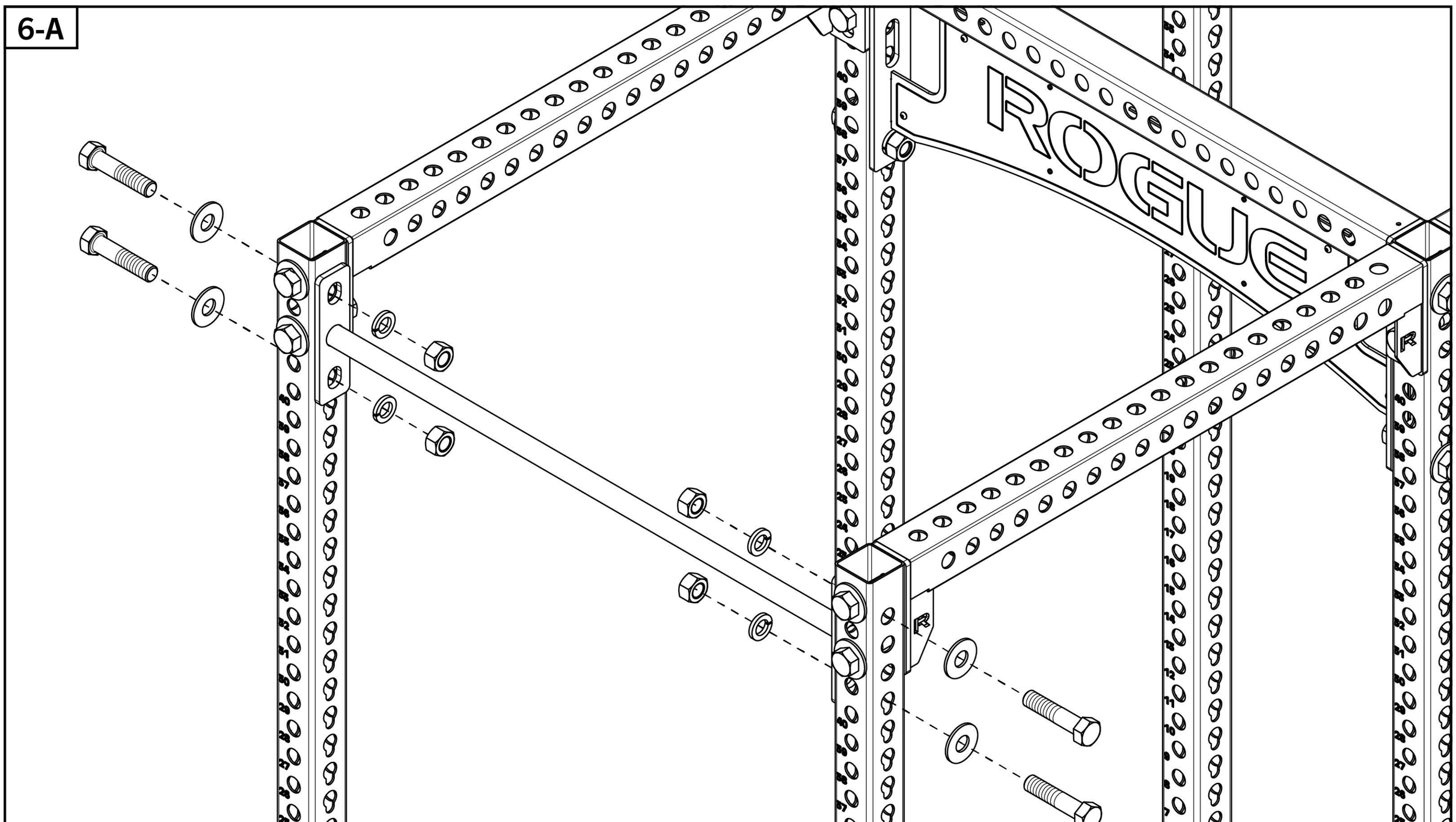
Tools Required:

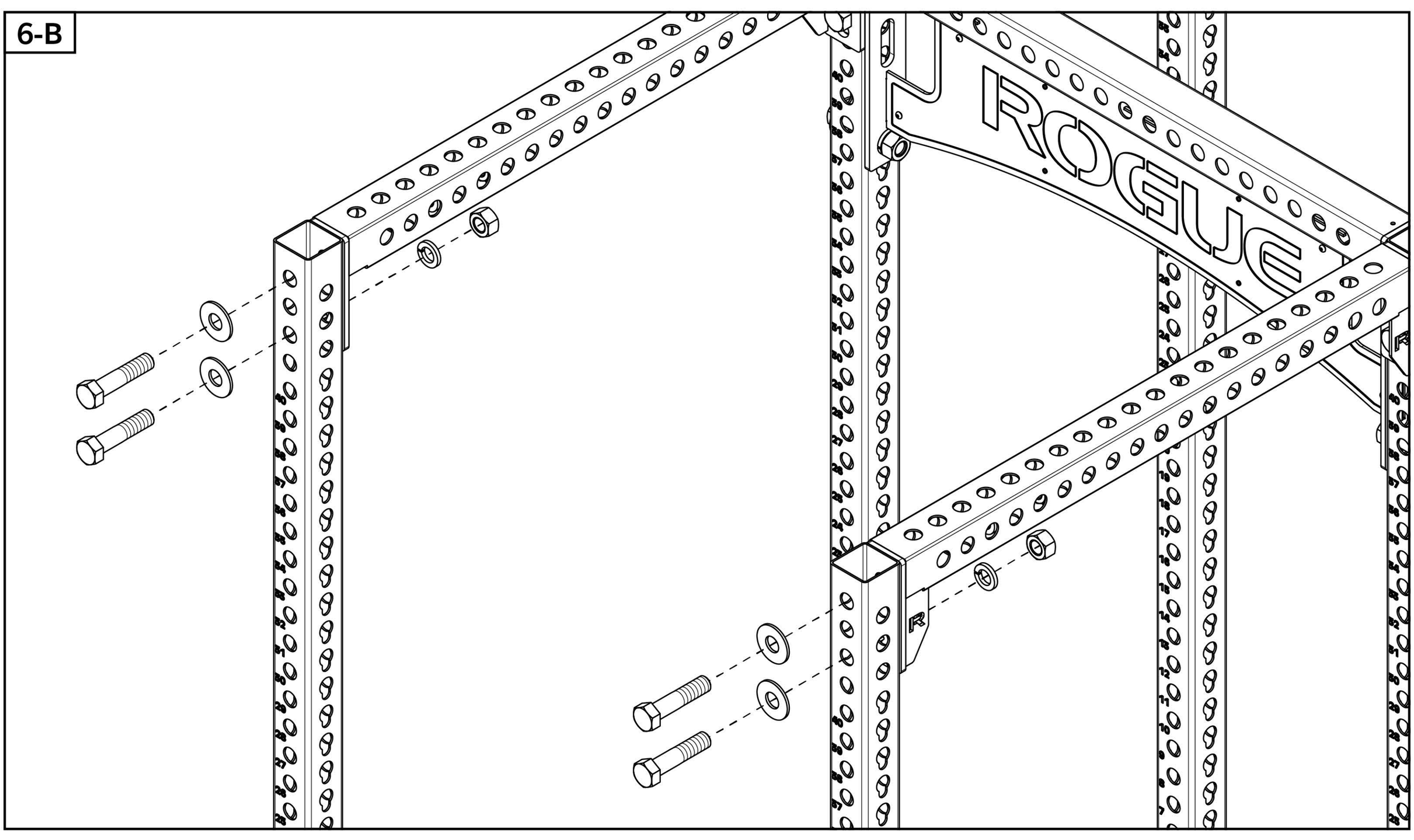
- 1-1/2” Wrench
- Remove Pull-up Bar and hardware from front of rack and set parts aside.
- Remove additional 1” crossmember hardware shown in **6-B** so that the tops of the front uprights are completely free to move.

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.



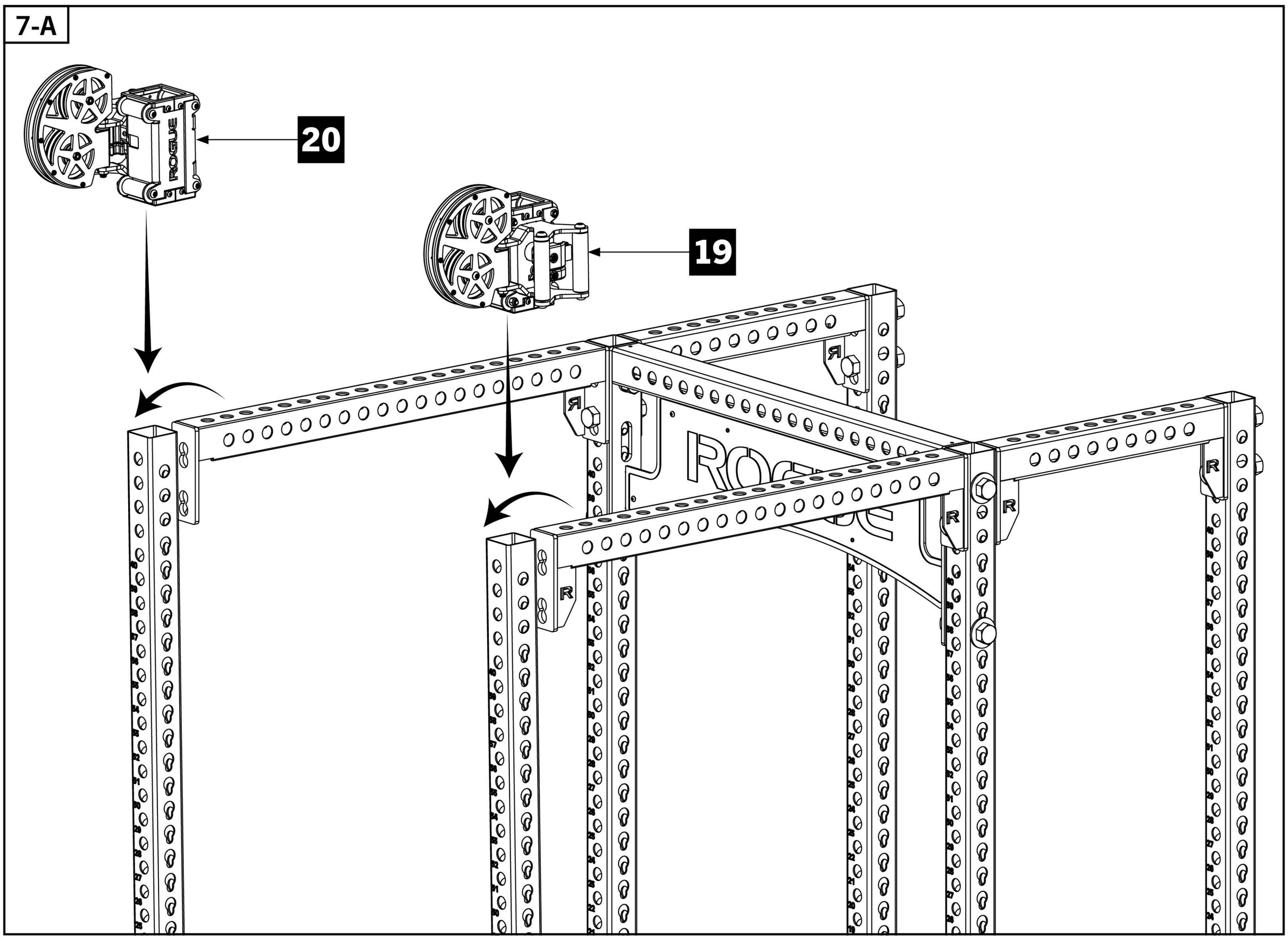




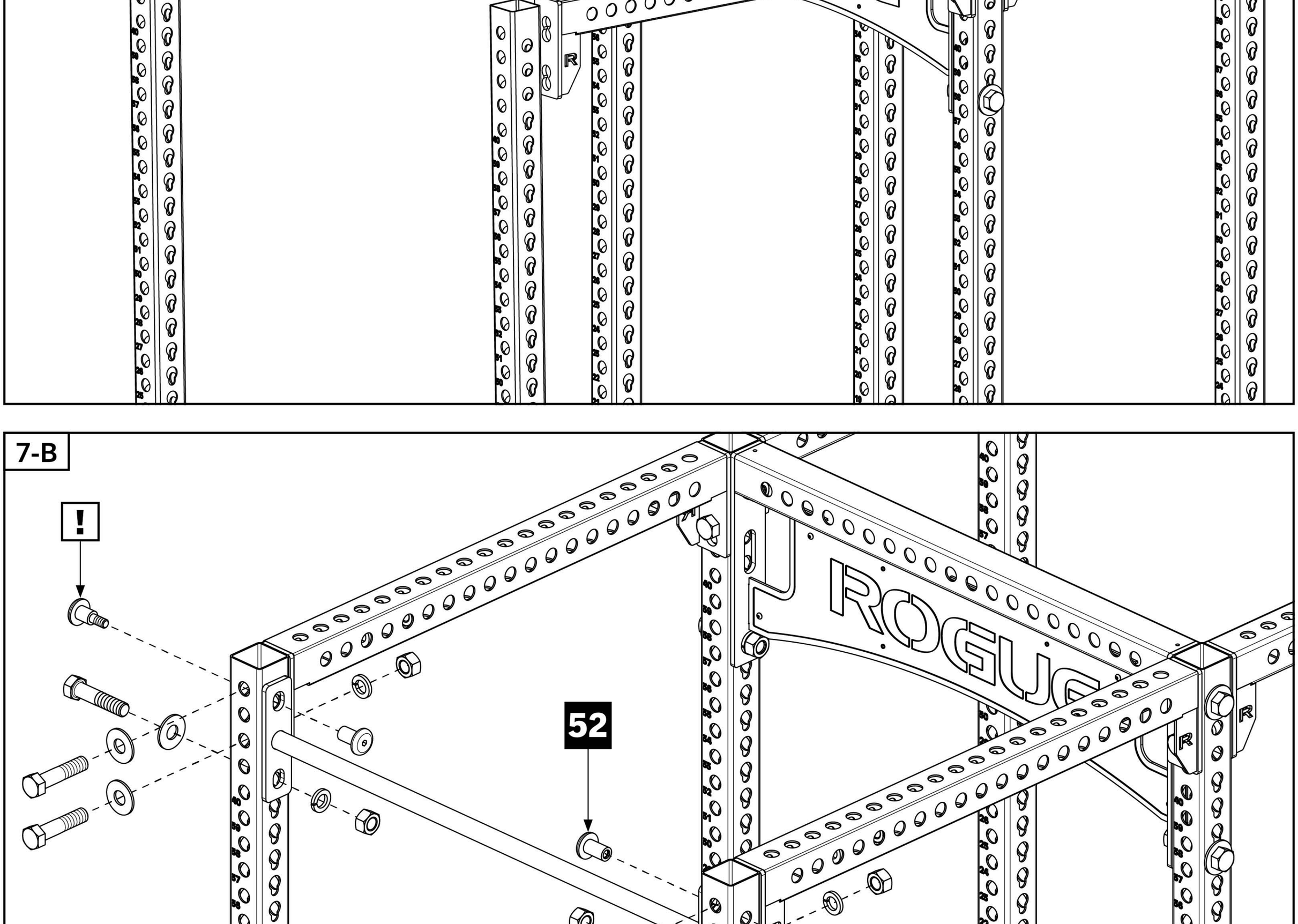
STEP 7 (ADD-ON KIT ONLY)

- While tilting Upright forward, pull the handle triggers and slide LH Swivel Trolley [**20**] down the front left Upright.
- Repeat this process to assemble RH Swivel Trolley [**19**] on front right Upright.
- Slide down the Uprights and release triggers when the viewing window is showing the number 23 (refer to **STEP 1-B**).
- Assemble hardware removed in **STEP 6**, replacing the indicated top outer bolts with 1” Shoulder Bolts. [!] Fully tighten ONLY the 1” Shoulder Bolts using 3/8” Allen Keys.

7-A



7-B

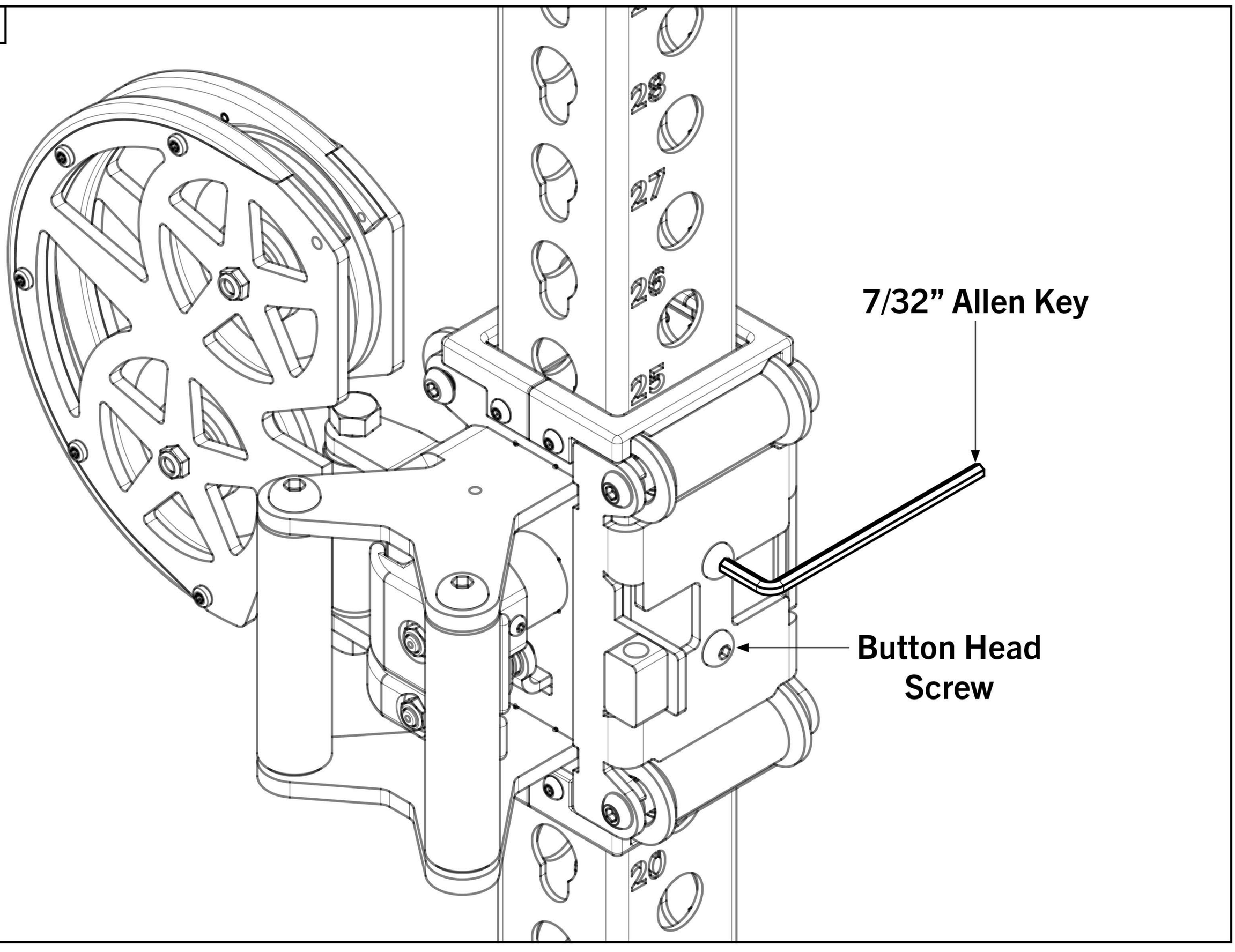


STEP 8

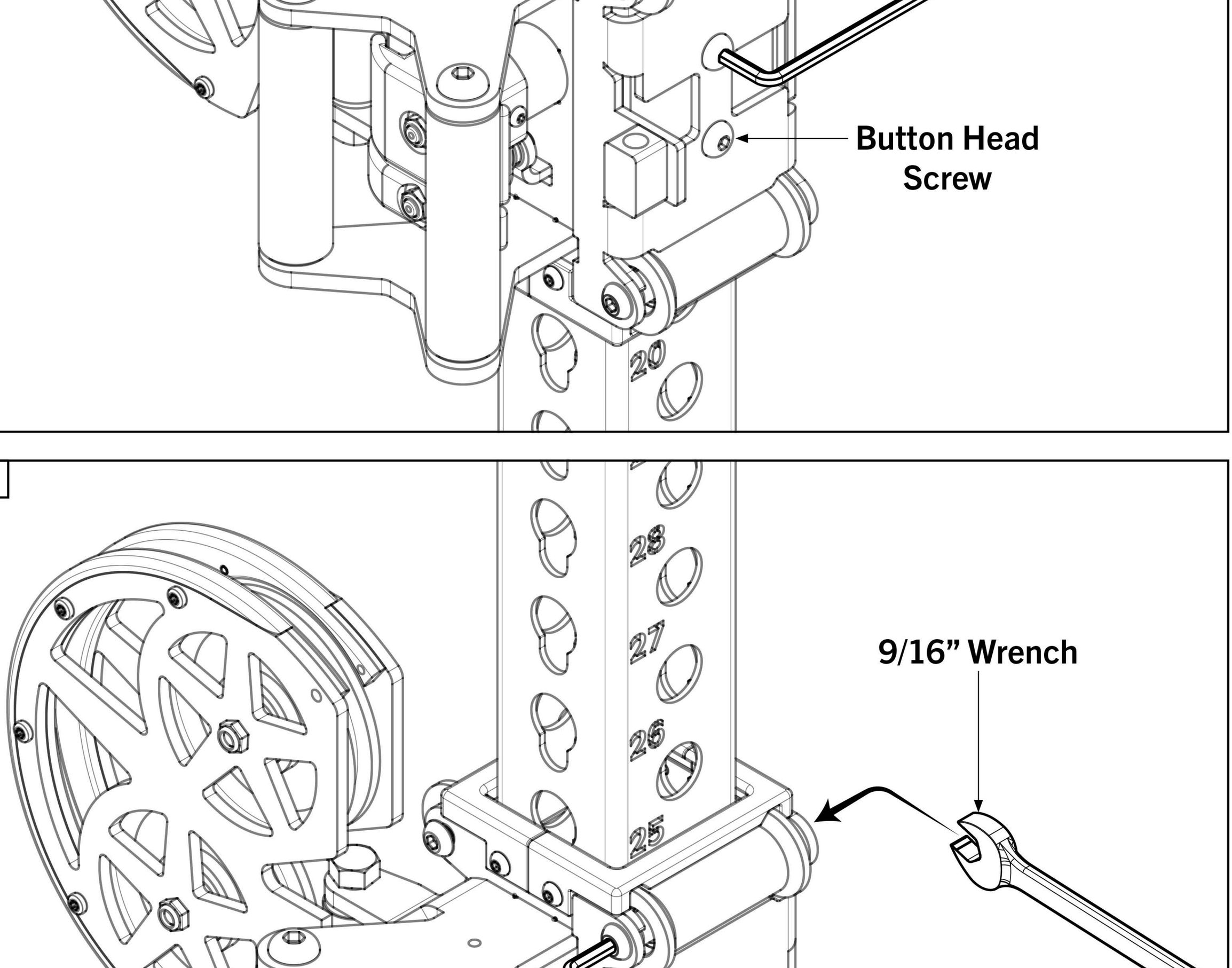
Tools Required:

- 7/32” Allen Key, 9/16” Wrench
- Swivel Trolleys [**19**] and [**20**] 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.

8-A



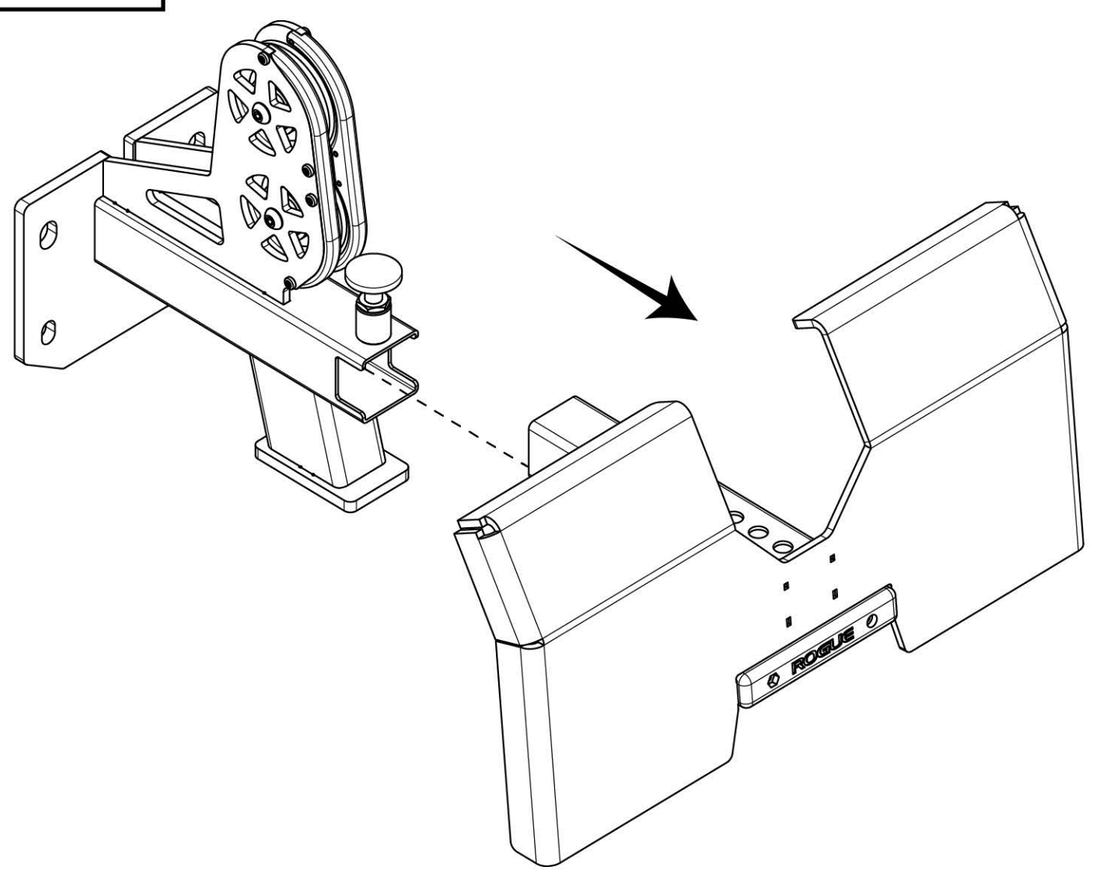
8-B



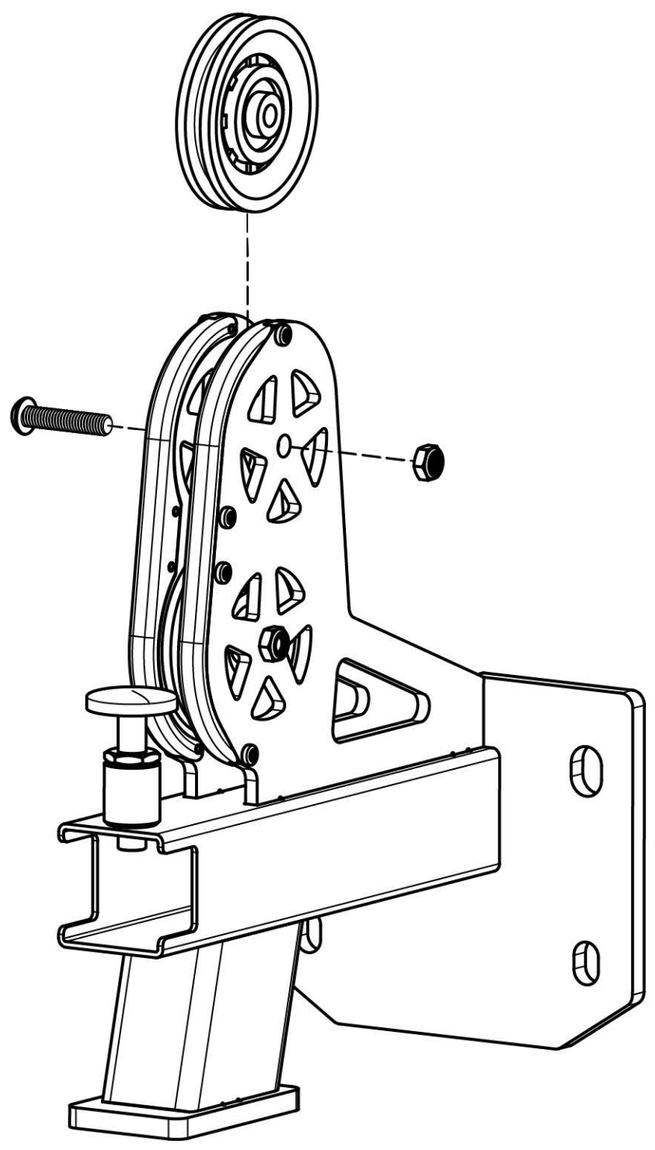
STEP 9

- 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. May require loosening lower pulley.
- Pull Cable Clevis through Low Row Crossmember [**18**].
- Position the Rear Upright Assembly [**17**] and the Low Row Bracket [**26**] against the Low Row Crossmember [**18**].
- Place Cable Clevis in its correct position on Low Row Bracket [**26**].
- Attach Foot Plate Assembly [**26**] and Rear Upright Assembly [**17**] to Low Row Crossmember [**18**] using indicated 5/8” and 1/2” hardware below.

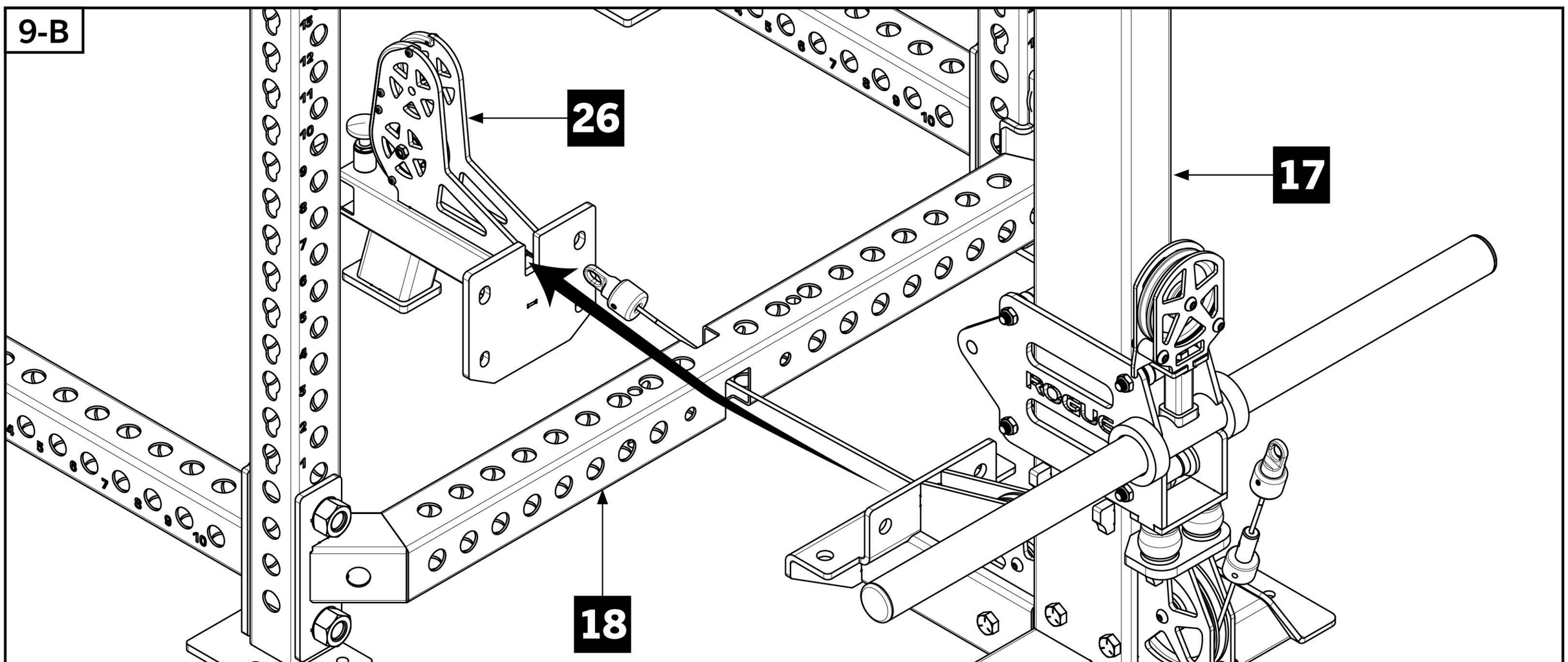
DETAIL



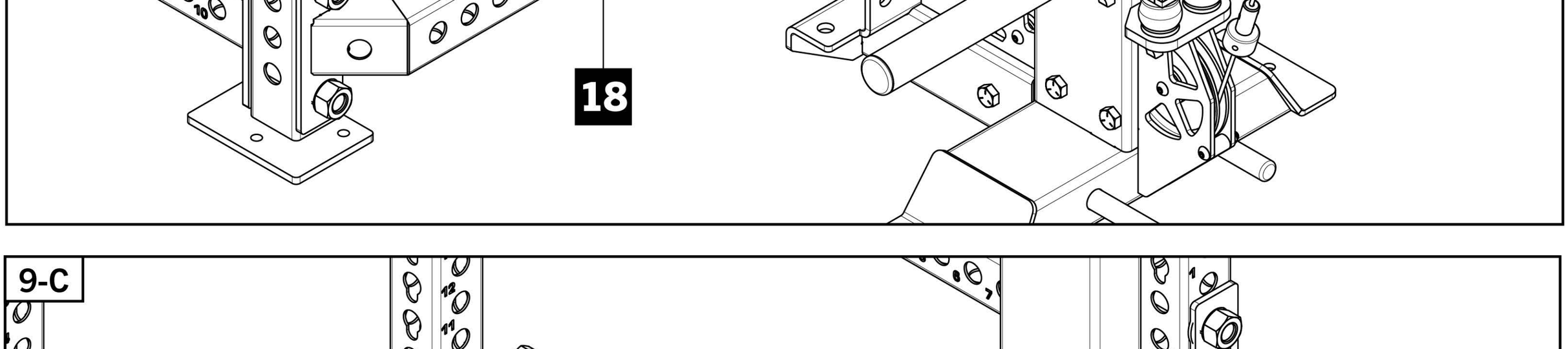
9-A



9-B



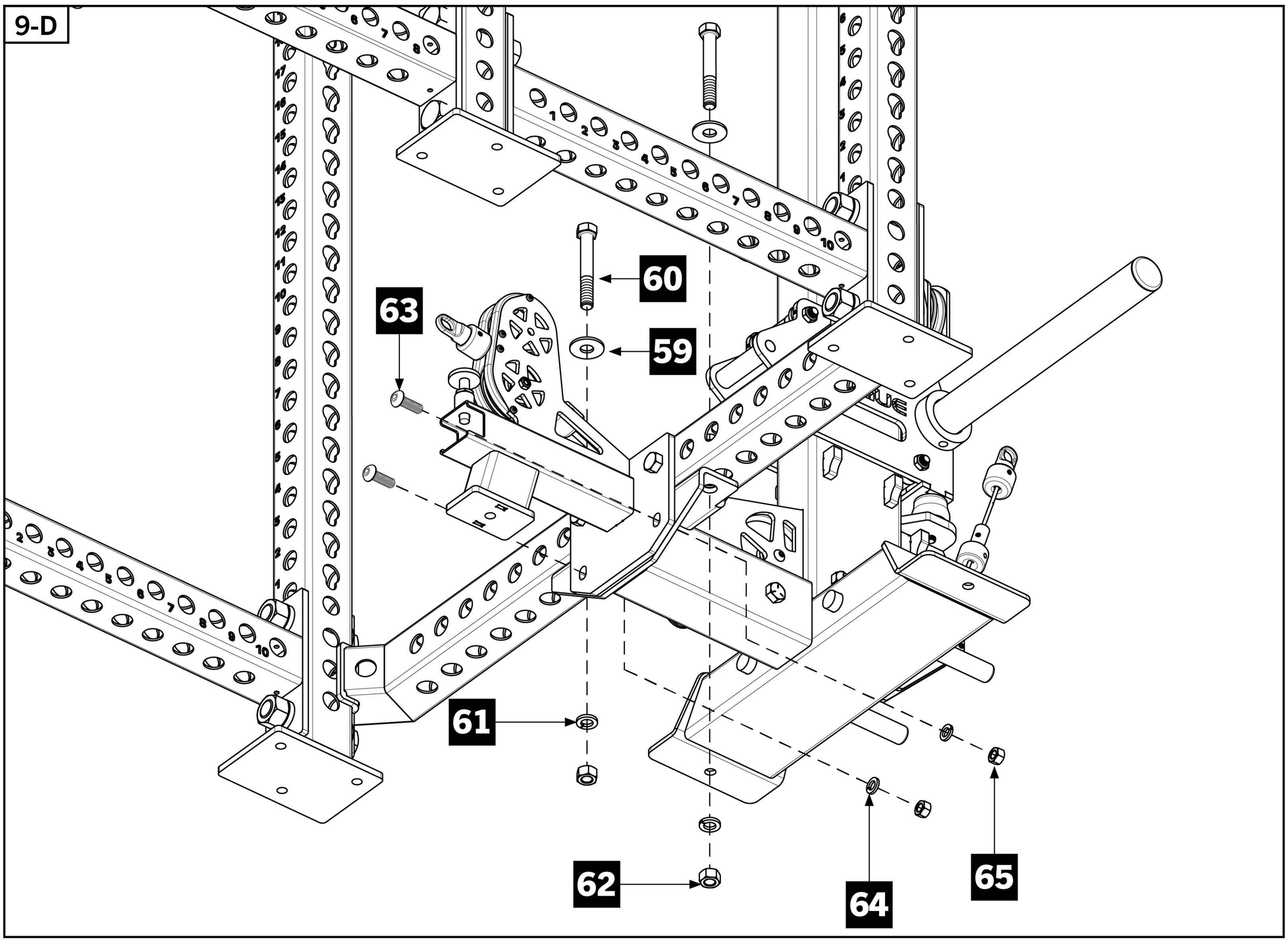
9-C



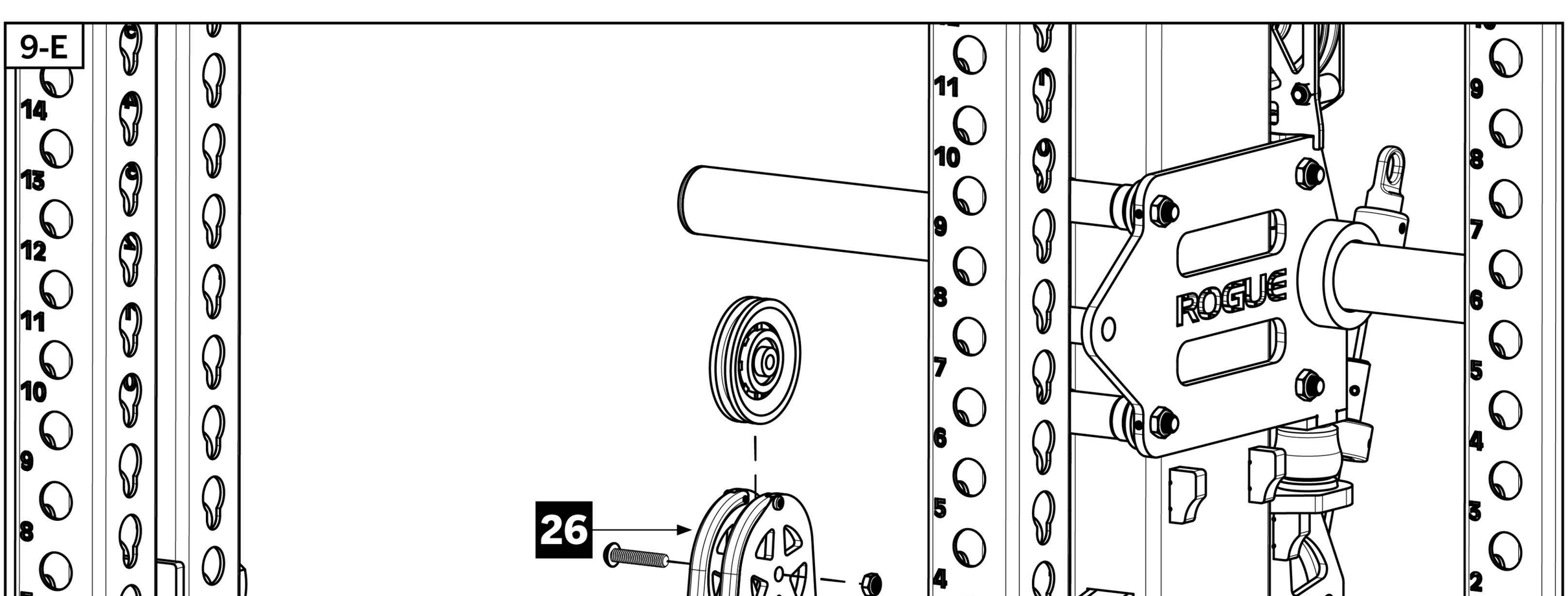
STEP 9 (CONTINUED)

- Continue to attach Foot Plate Assembly [**26**] and Rear Upright Assembly [**17**] to Low Row Crossmember [**18**] using indicated 5/8” and 1/2” hardware below.
- Reinstall 3.5” Pulley in Low Row Bracket.

9-D



9-E



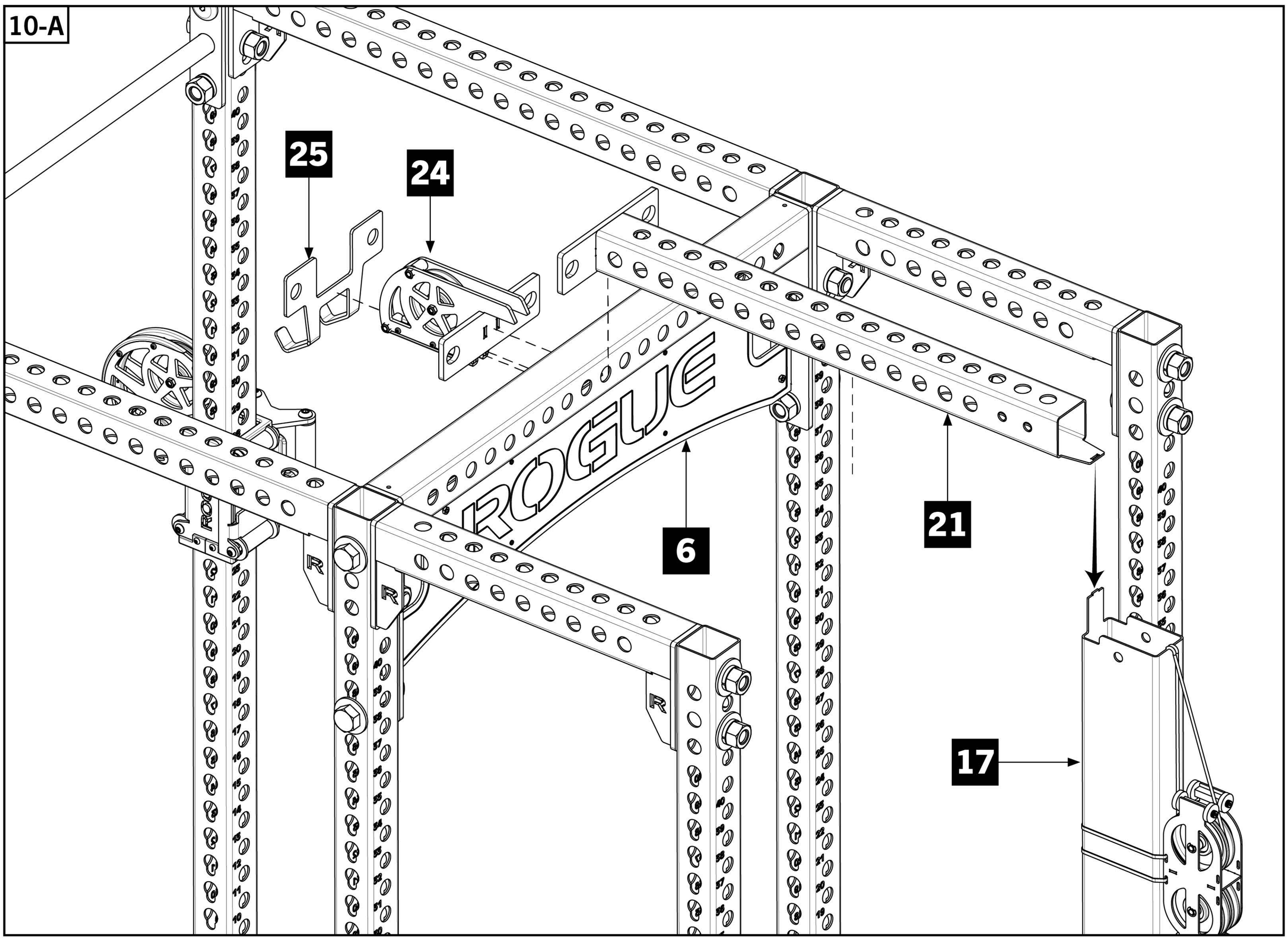
STEP 10

- Bolt Lat Bar Hanger [**25**], Lat Pulldown Pulley Bracket [**24**], and Top Center Crossmember [**21**] to Nameplate Crossmember using 1”x5” Hex Bolts [**54**], 1” Lock Washers [**57**], and 1” Hex Nuts [**58**] as shown in 10-B.

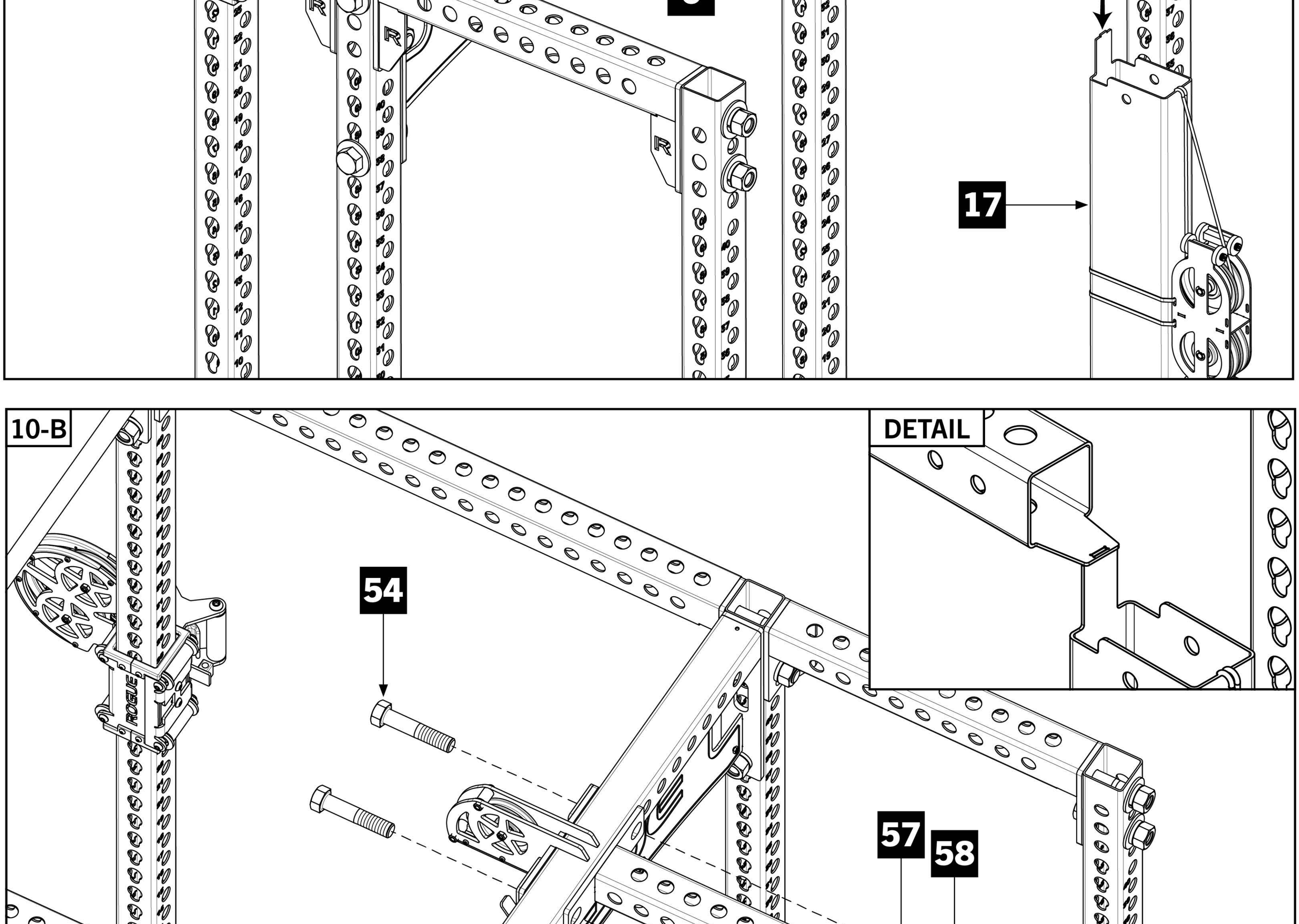
Note:

- Ensure Slot on Top Center Crossmember [**21**] is fully engaged with the tab on the Rear Upright [**17**].

10-A



10-B



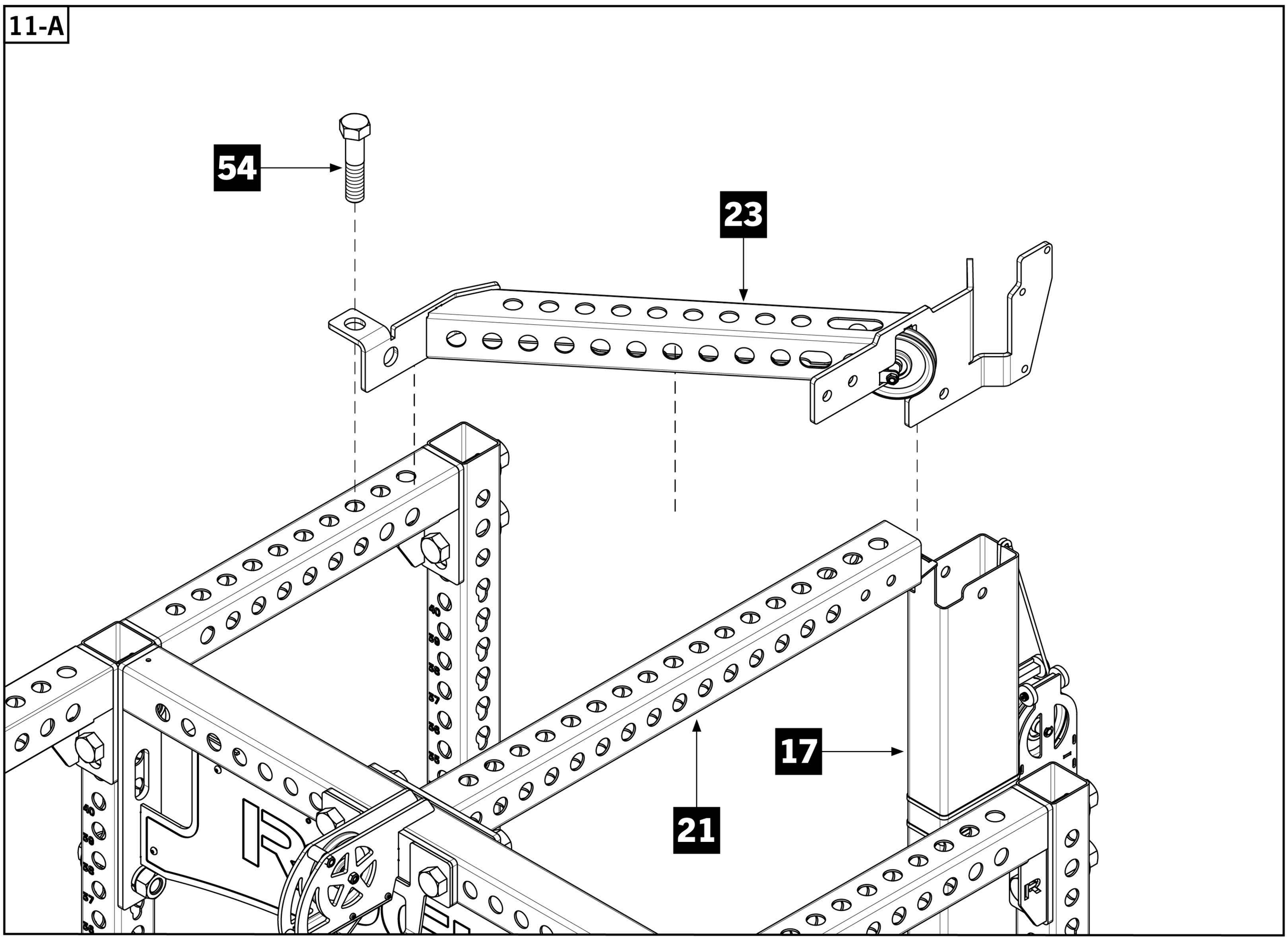
STEP 11

- Assemble Top Rear Angle Crossmember - LH [**23**] into position on rear of rack as shown placing a 1”x5” Hex Bolt [**54**] in the vertical 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 [**60**] 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.

11-A



11-B

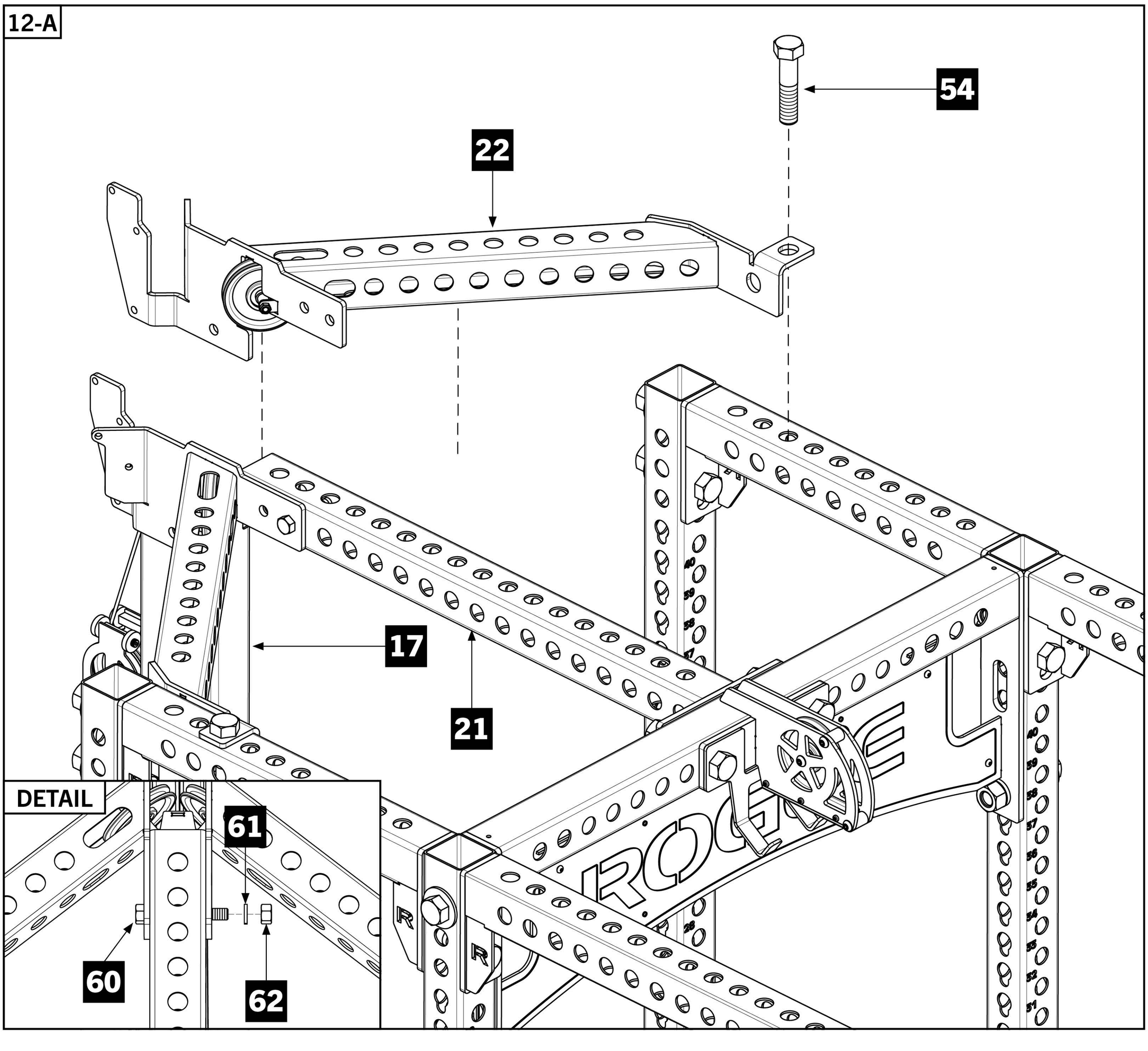
STEP 12

- Assemble Top Rear Angle Crossmember - RH [**22**] into position on rear of rack as shown placing a 1”x 5” Hex Bolt [**54**] in the vertical hole to secure the outer side of the crossmember.
- Push already installed 5/8” x 4-1/2” Hex Bolt [**60**] through all plates and install 5/8” Lock Washer [**61**] and 5/8” Hex Nut [**62**].
- Secure Angle Crossmembers to Rear Top Crossmembers using Side Shroud Top Brackets [**71**], 1” Lock Washers [**57**], and 1” Hex Nuts [**58**] with 1” x 5” Hex Bolts [**54**]

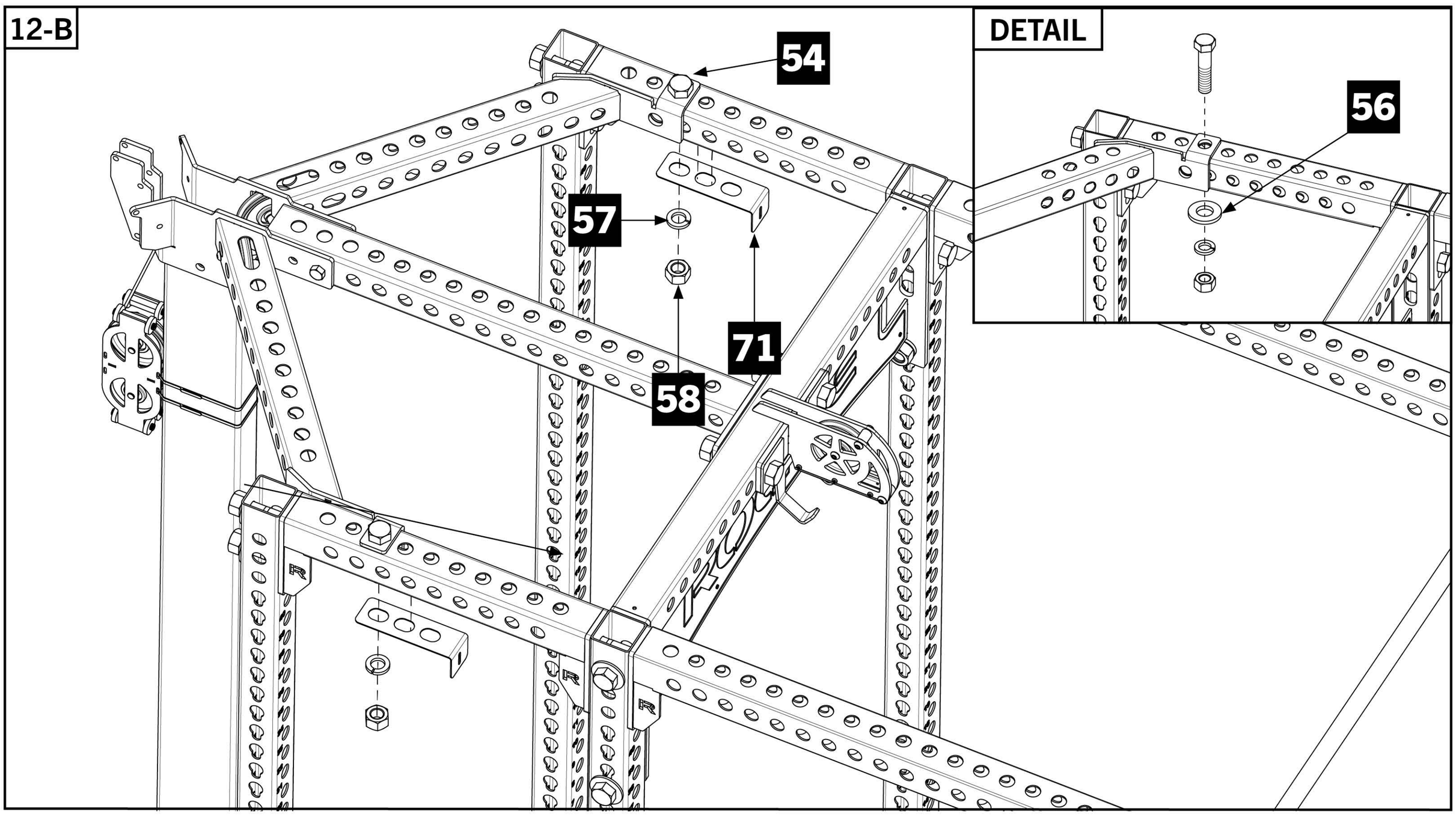
Note:

- Use 1” Flat Washers [**56**] instead of Side Shroud Top Brackets if Shroud Kit was not purchased.

12-A



12-B



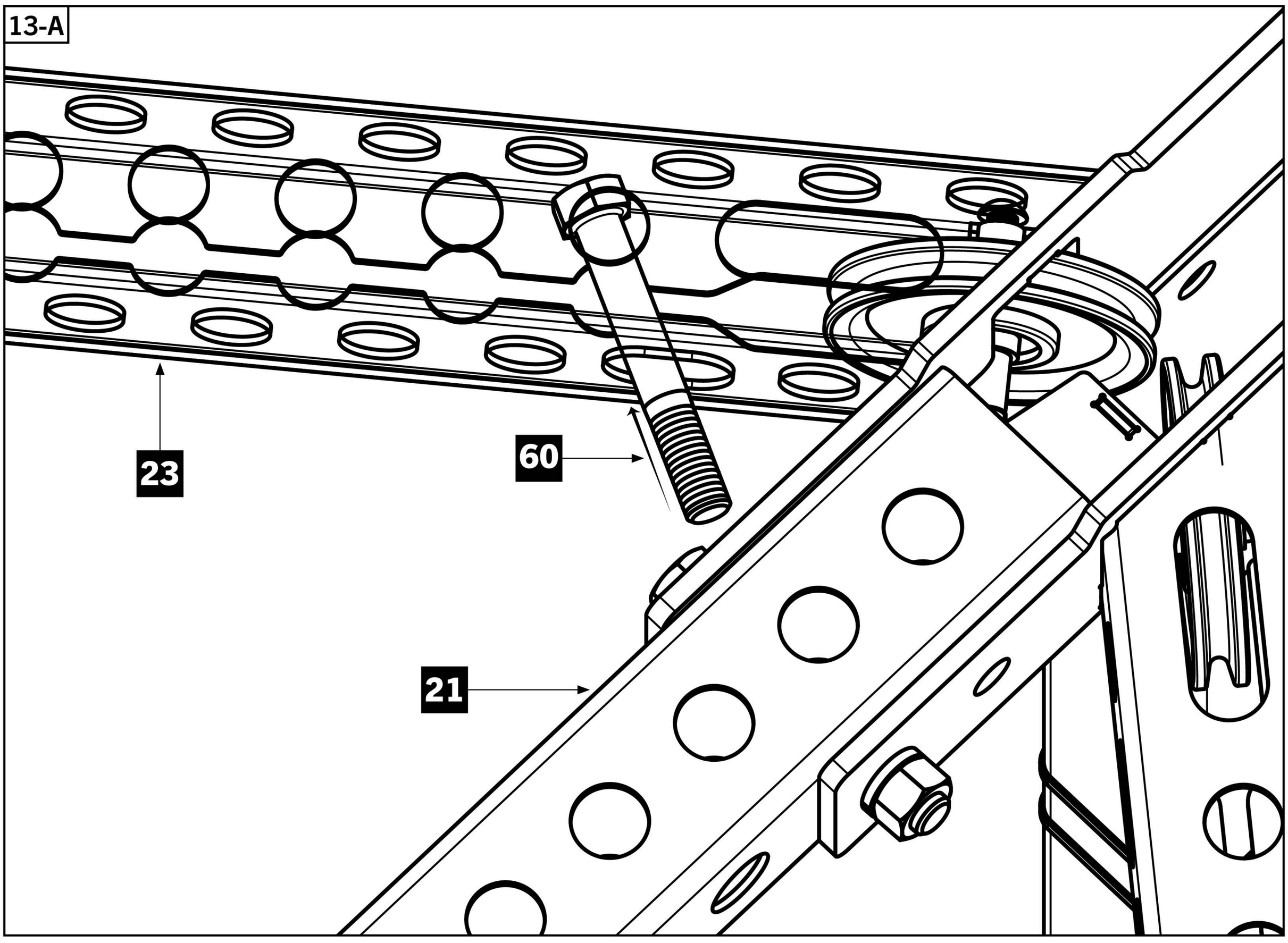
STEP 13

- Guide a 5/8” x 4-1/2” Hex Bolt [**60**] into the Center crossmembers by putting the head into the oval hole in the left cross-member as shown in 13-A.
- Straighten the bolt out and push it all the way into the hole to connect the three crossmembers together as shown in 13-B.
- Secure 5/8” x 4-1/2” Hex Bolt [**60**] with 5/8” Lock Washer [**61**], and 5/8” Hex Nuts [**62**].

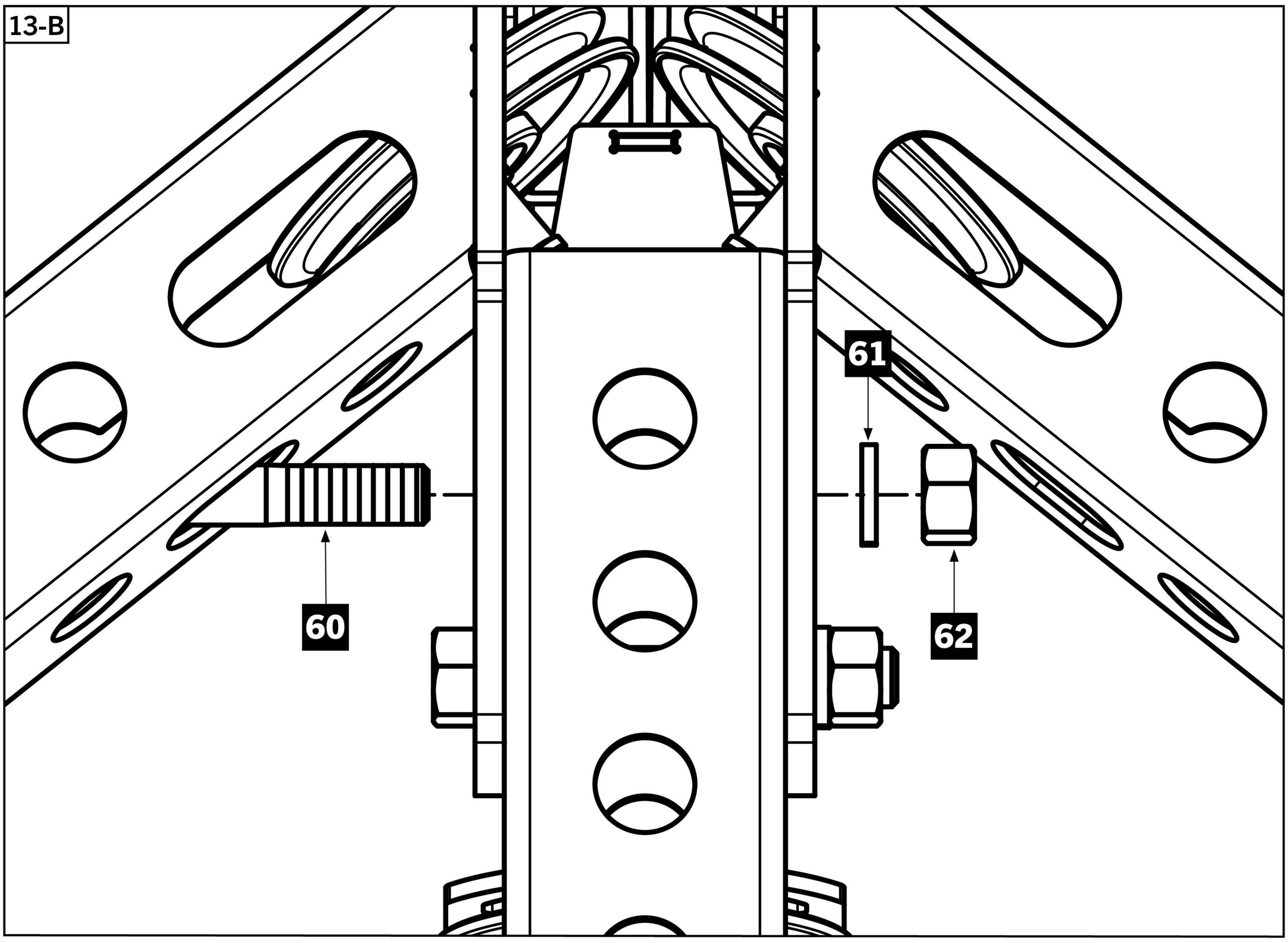
Note:

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

13-A



13-B



STEP 14

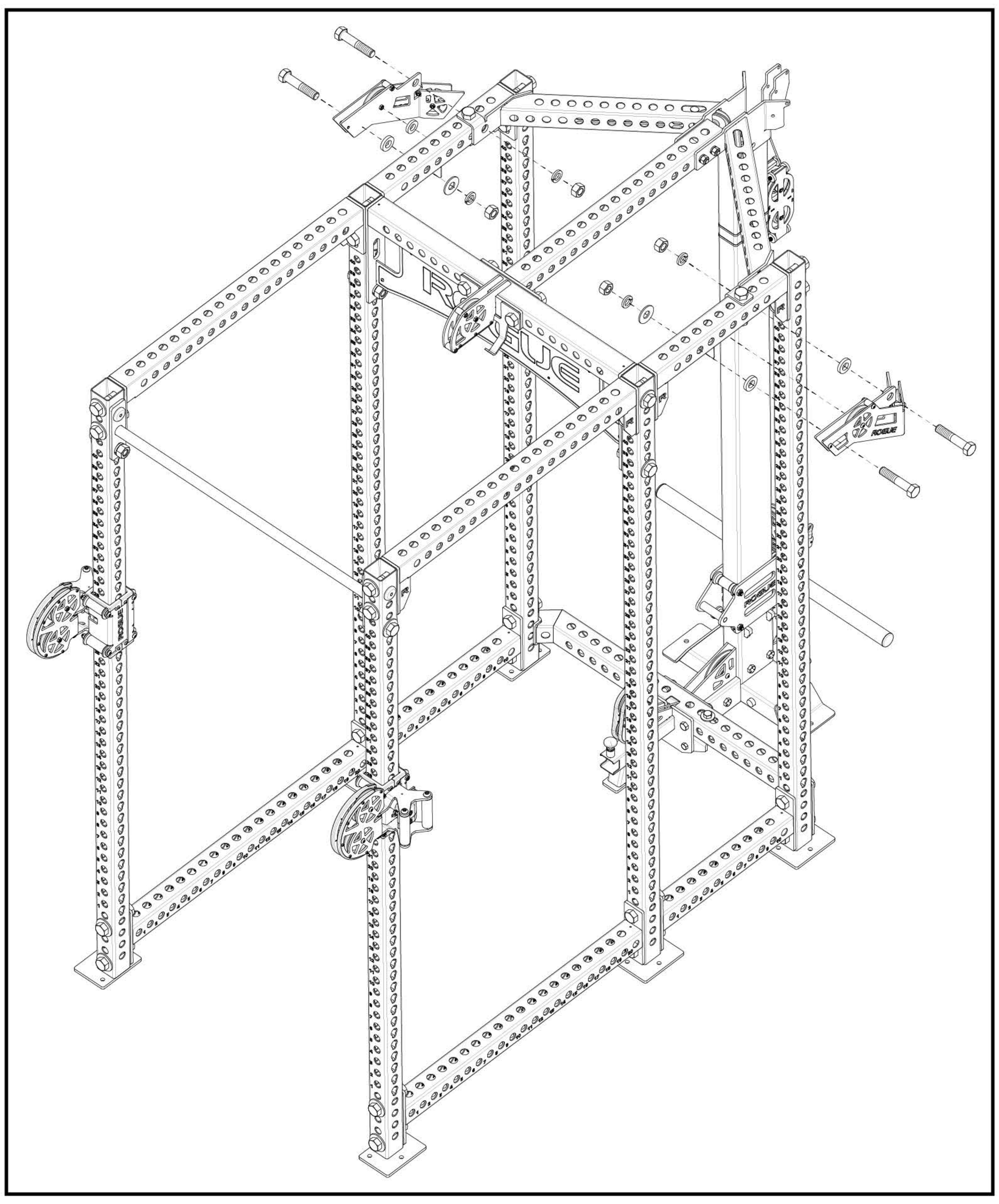
• Bolt Top Rear Side Pulley Assembly - RH [**31**] and -LH [**32**] to the 24" Rear Top Crossmembers [**4**] using 1" x 5" Hex Bolts [**54**], 1" x 3/8" Pulley Bracket Spacers [**55**], 1" Flat Washers [**56**], 1" Lock Washers [**57**], and 1" Hex Nuts [**58**] as shown.

• Ensure the rear hardware is assembled through the indicated hole on Top Rear Angled Crossmembers: 3rd and 8th holes.

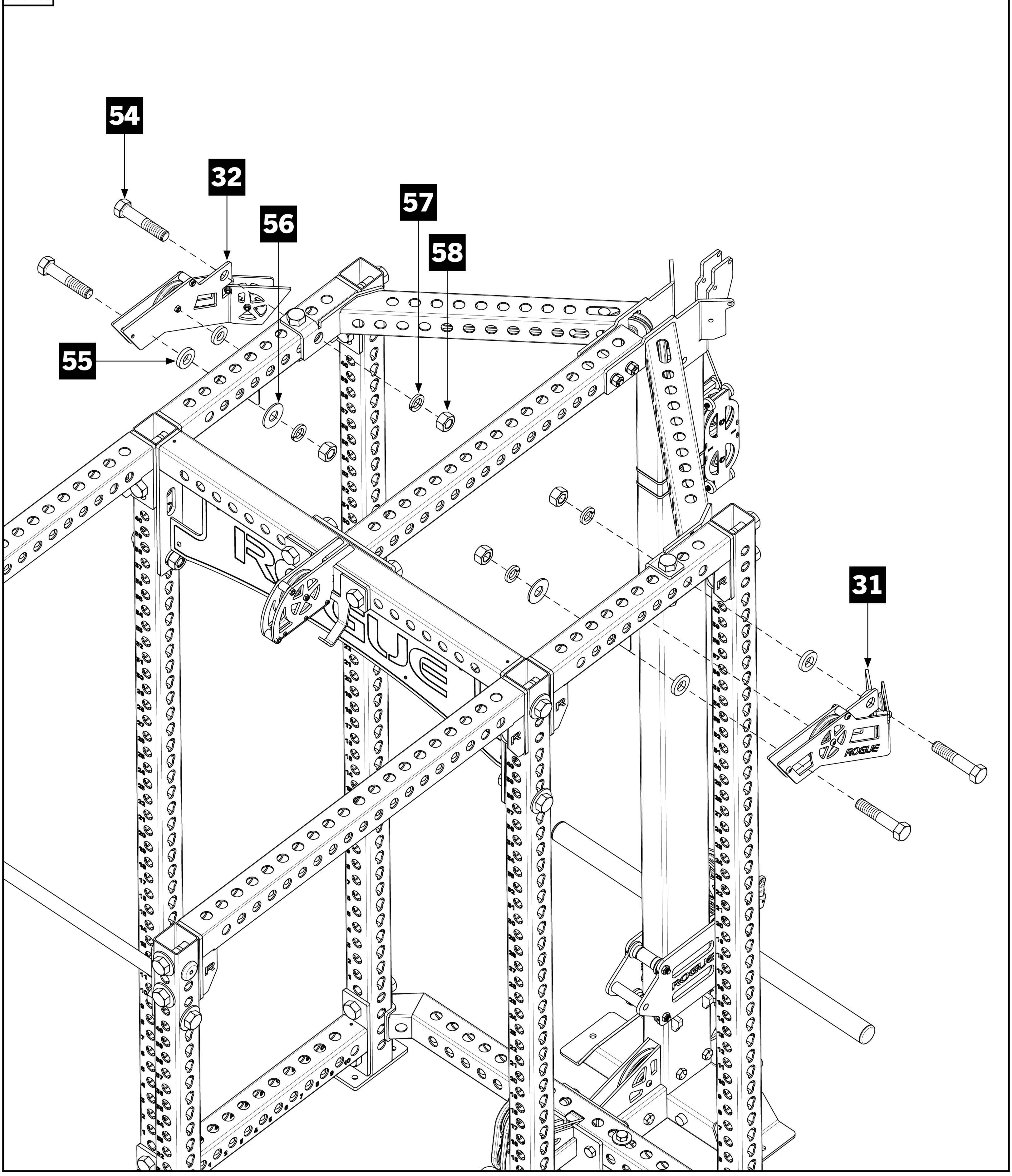
Note:

• Only two 1" Flat Washers used on this step. Do not use Flat Washers on the rear hardware assemblies.

• 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.



14-A

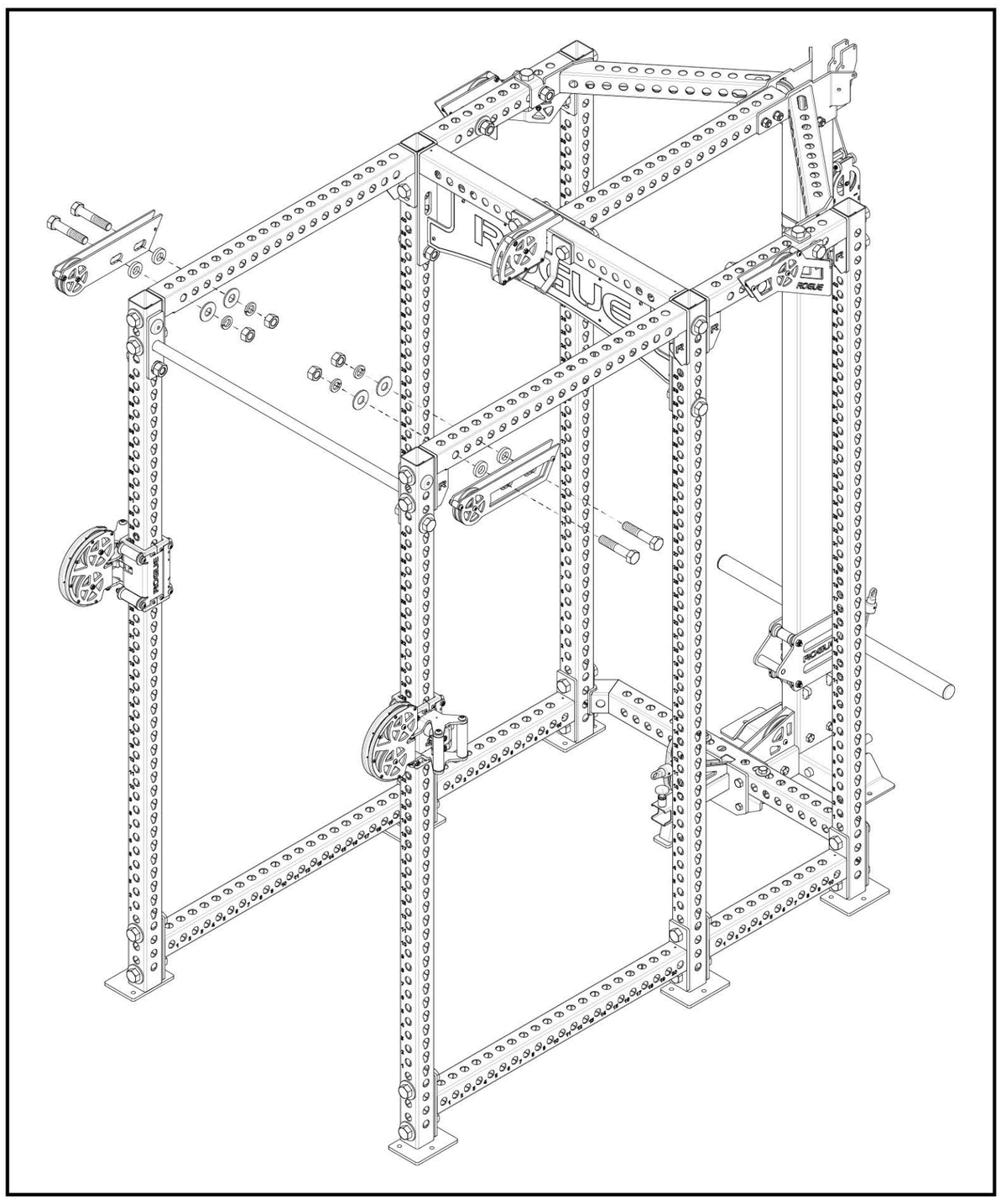


STEP 15

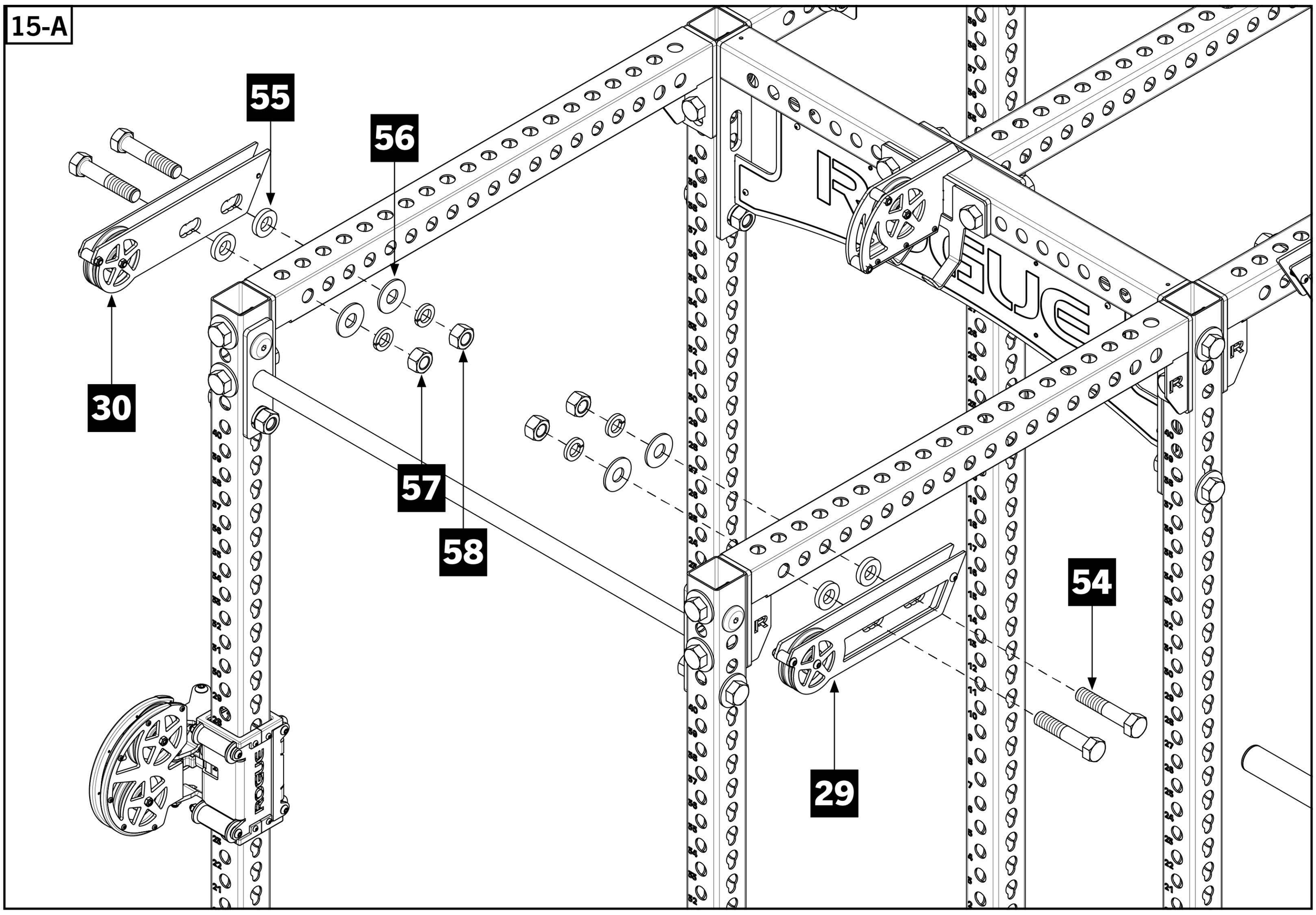
- Bolt Top Front Side Pulley Assembly - RH [**29**] and -LH [**30**] to the Front Top Crossmembers using 1” x 5” Hex Bolts [**54**], 1” x 3/8” Pulley Bracket Spacers [**55**], 1” Flat Washers [**56**], 1” Lock Washers [**57**], and 1” Hex Nuts [**58**] as shown.
- [!] 43” Front Top Crossmember is shown. The Top Front Side Pulley Assembly holes utilized will depend on length of your Front Crossmembers. Use the diagram below to determine which holes to use.

Note:

- Bolt hardware through the first and third holes on your Front Top Crossmembers [**2**] regardless of crossmember length.



15-A



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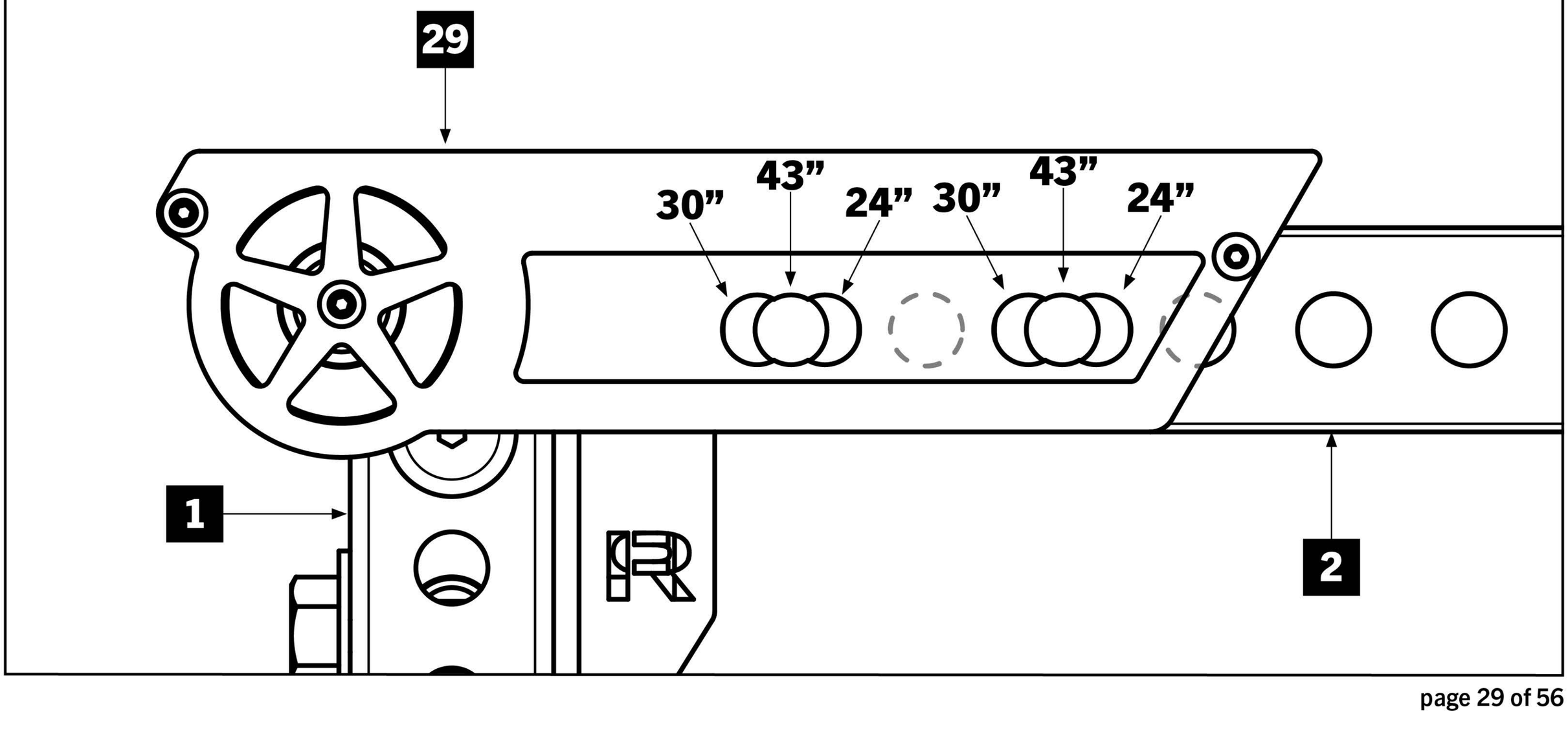
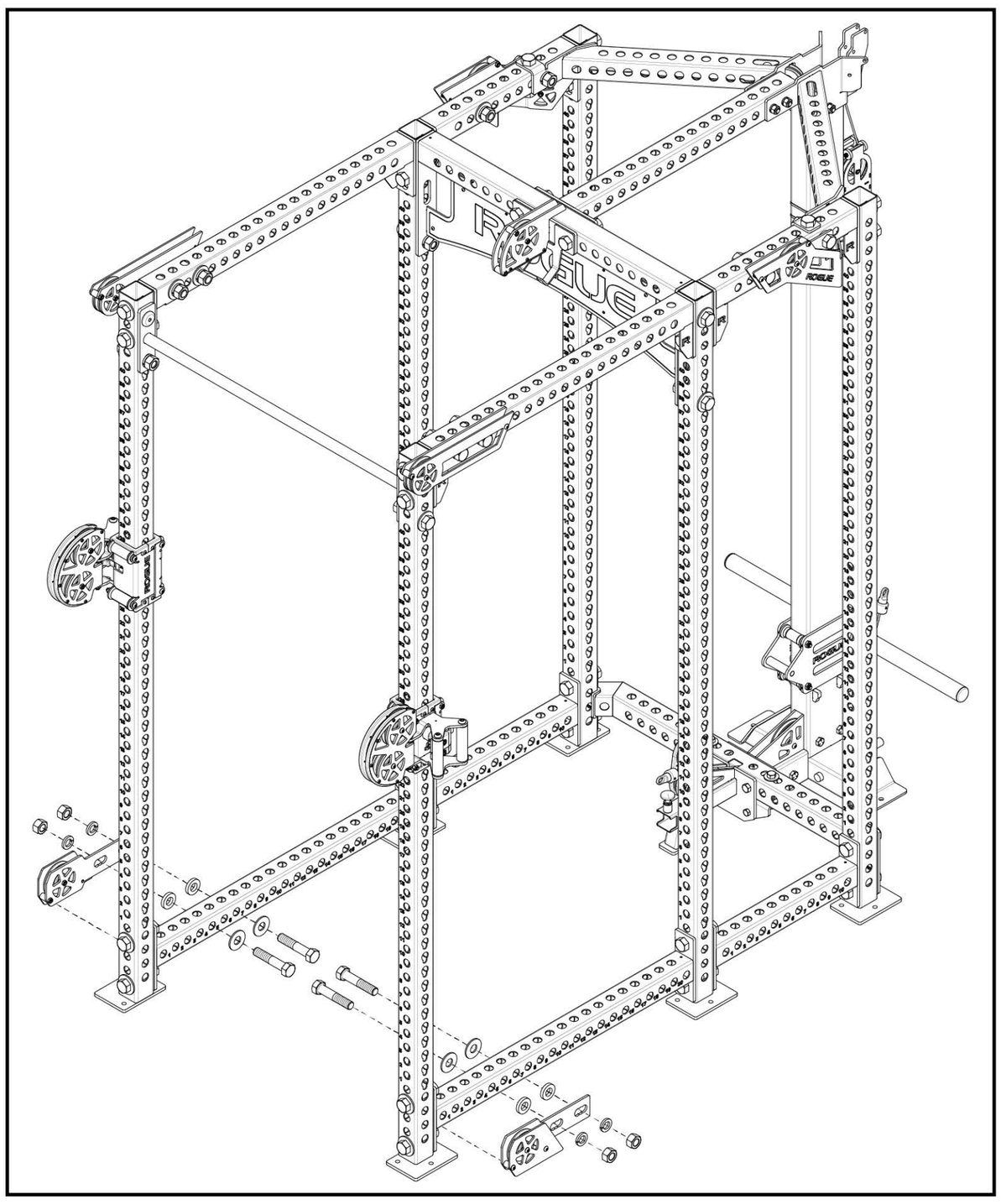


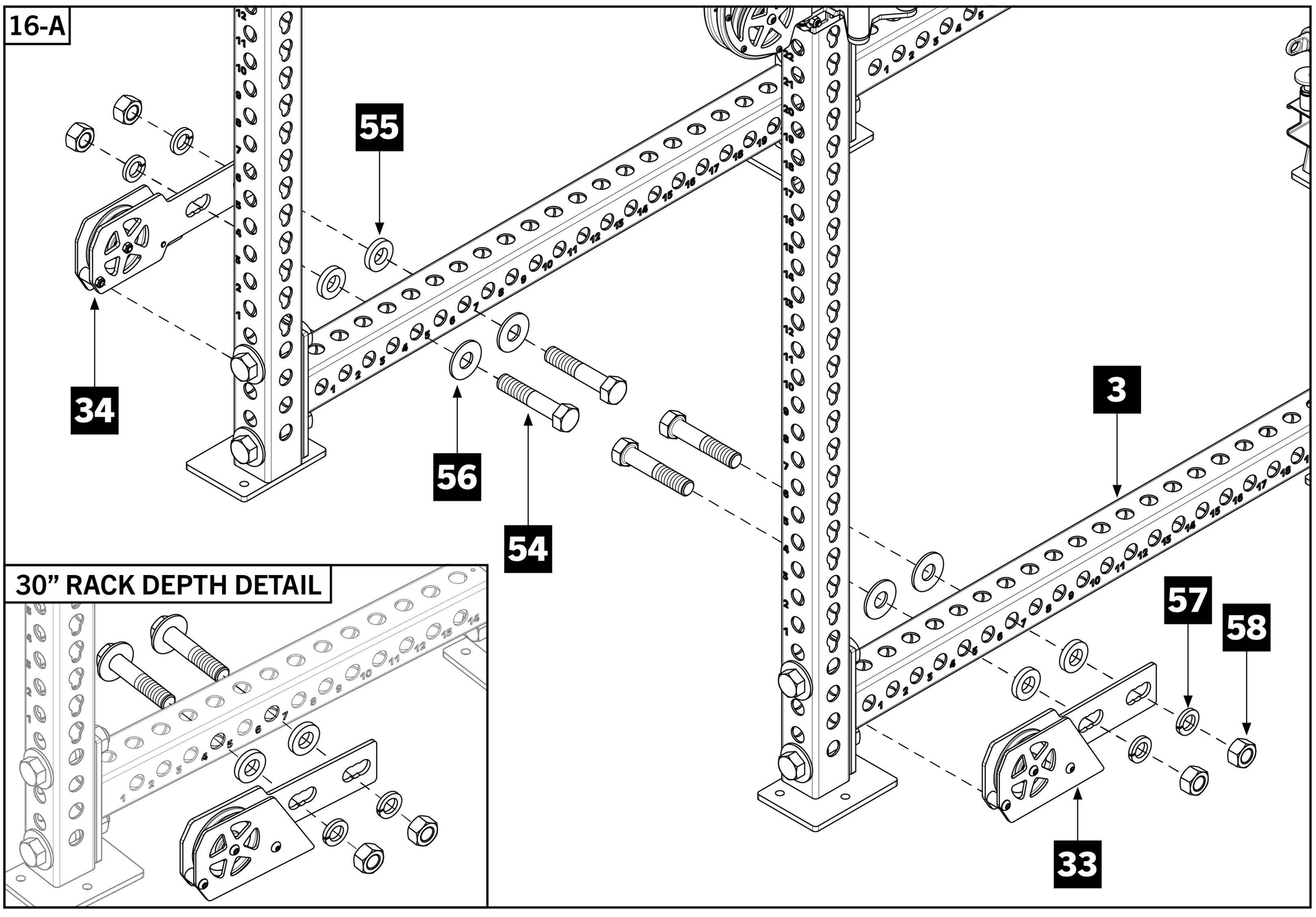
STEP 16

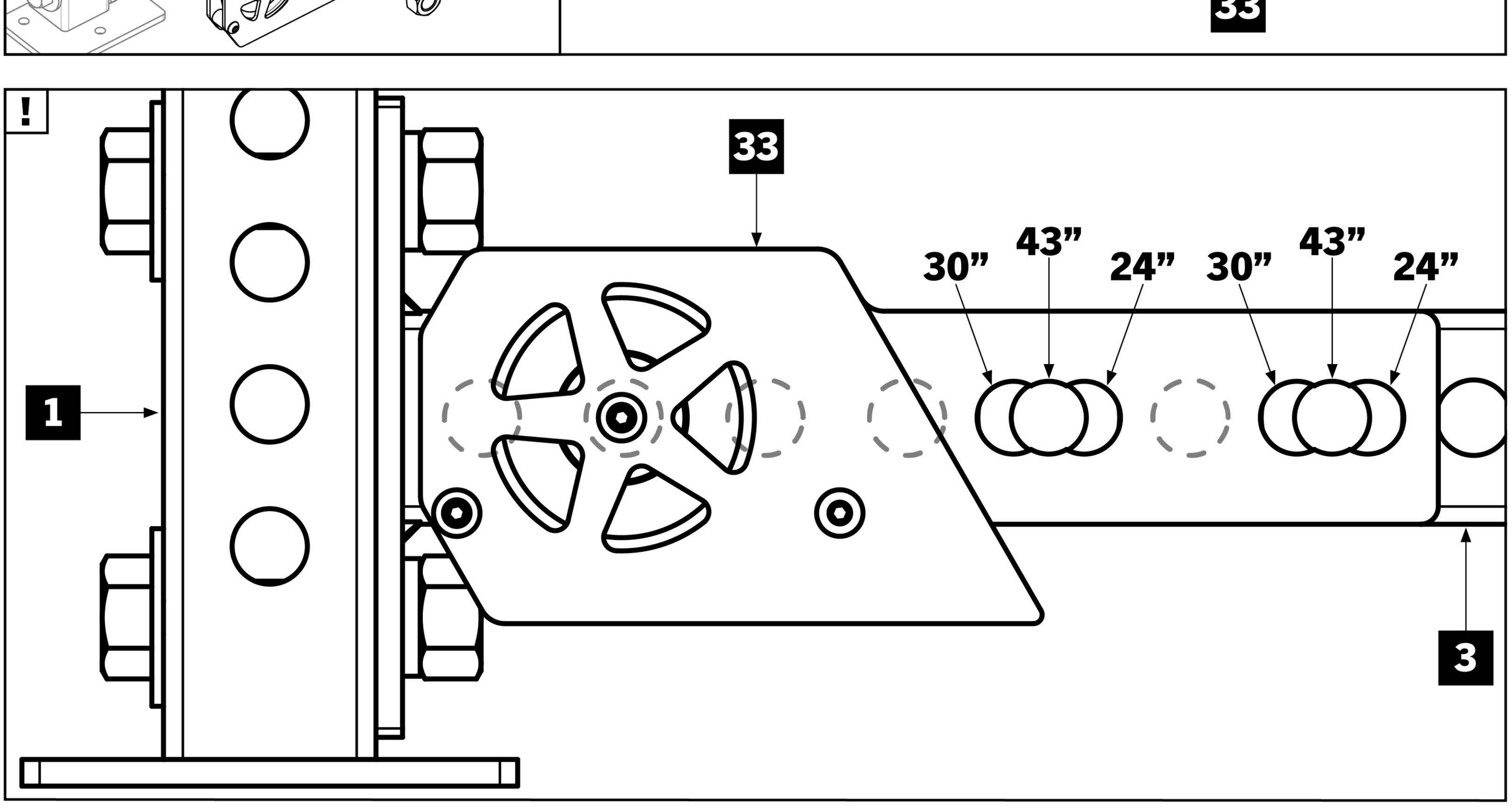
- Bolt Bottom Front Side Pulley Assembly - RH [**33**] and -LH [**34**] to the Front Low Crossmembers using 1” x 5” Hex Bolts [**54**], 1” x 3/8” Pulley Bracket Spacers [**55**], 1” Flat Washers [**56**], 1” Lock Washers [**57**], and 1” Hex Nuts [**58**] as shown.
- [!] 43” Front Low Crossmember is shown. The Bottom Front Side Pulley Assembly holes utilized will depend on length of your Front Crossmembers. Use the diagram below to determine which holes to use.

Note:

- Bolt heads should be inside of rack.
- Bolt hardware through the holes between number cutouts ‘4’&’5’ and ‘6’&’7’ on your Front Low Crossmembers [**3**].





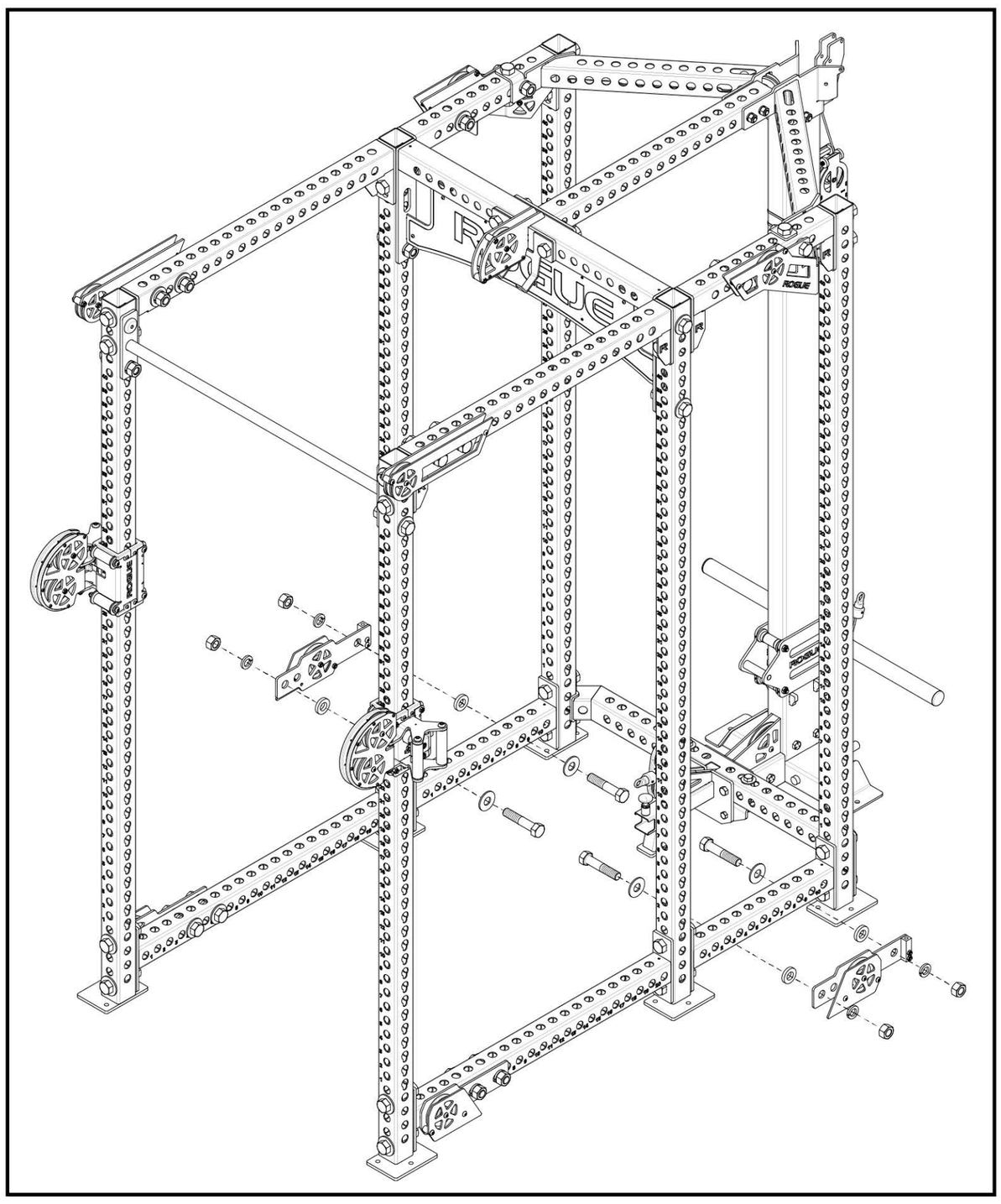


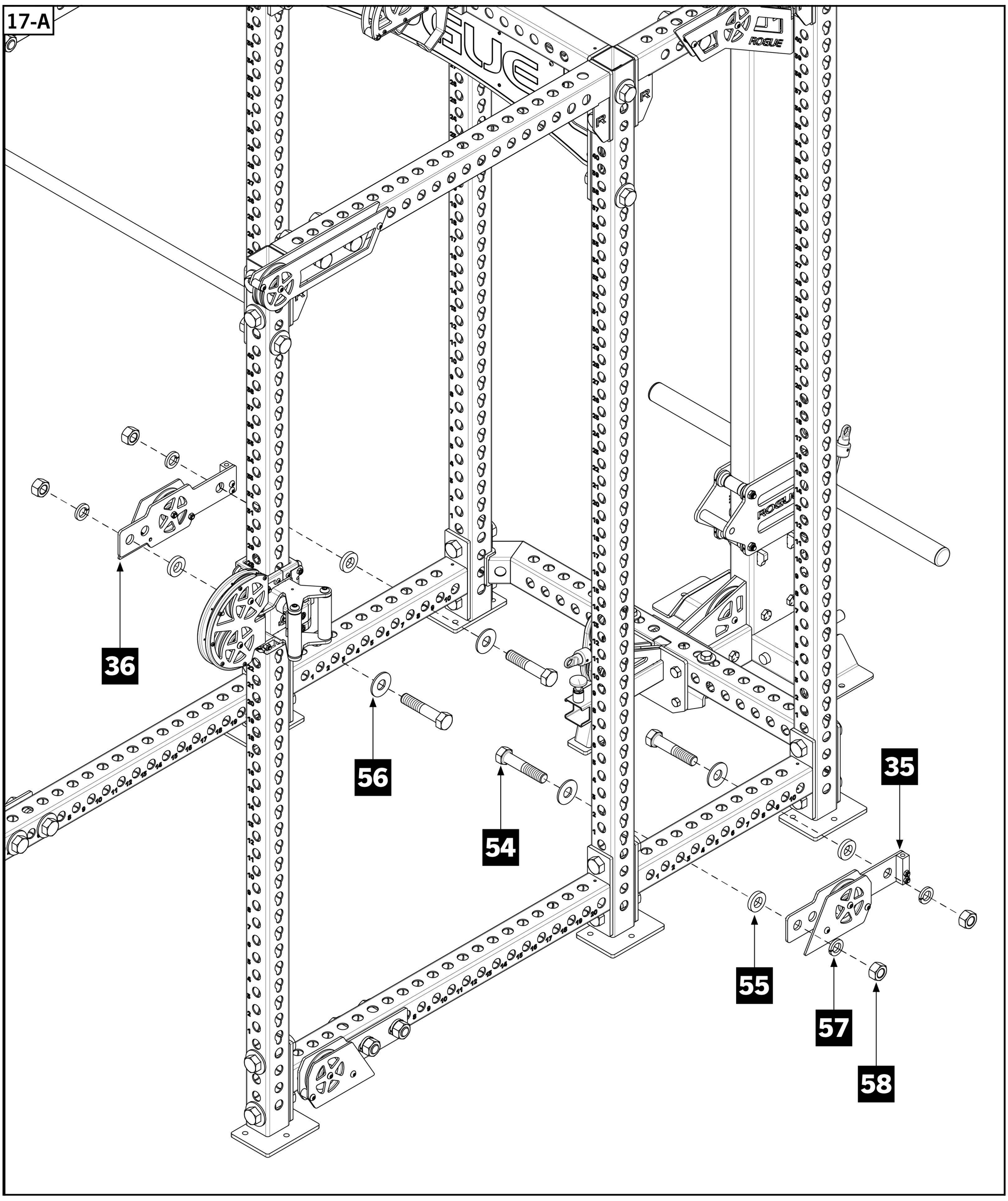
STEP 17

- Bolt Bottom Rear Side Pulley Assembly -RH [**35**] and -LH [**36**] to the 24” Rear Low Crossmembers using 1” x 5” Hex Bolts [**54**], 1” x 3/8” Pulley Bracket Spacers [**55**], 1” Flat Washers [**56**], 1” Lock Washers [**57**], and 1” Hex Nuts [**58**] as shown.

Note:

- Hardware is assembled through the 3rd and 9th holes on 24” Rear Low Crossmembers [**5**] with the bolt heads oriented inside of rack as shown.

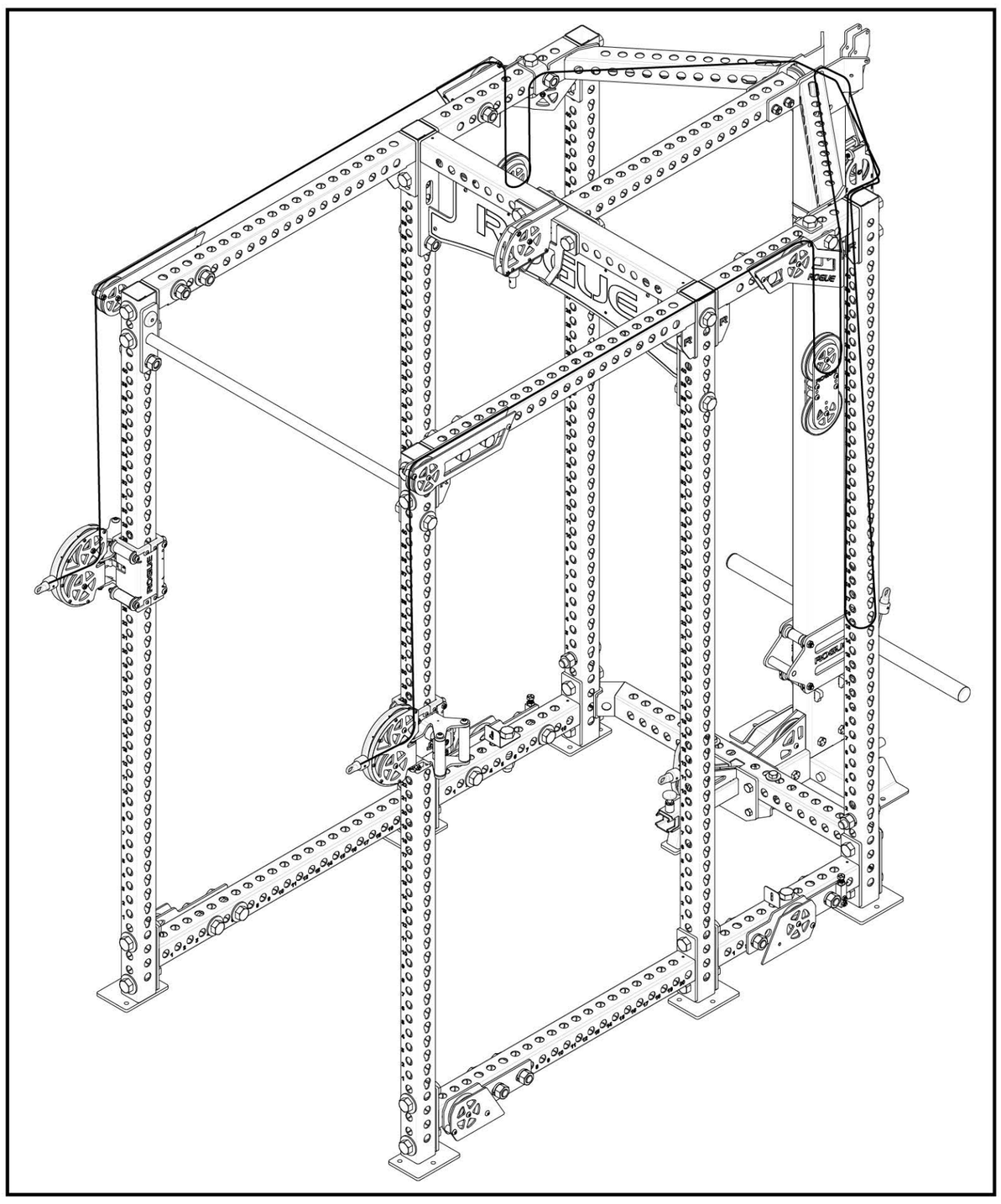




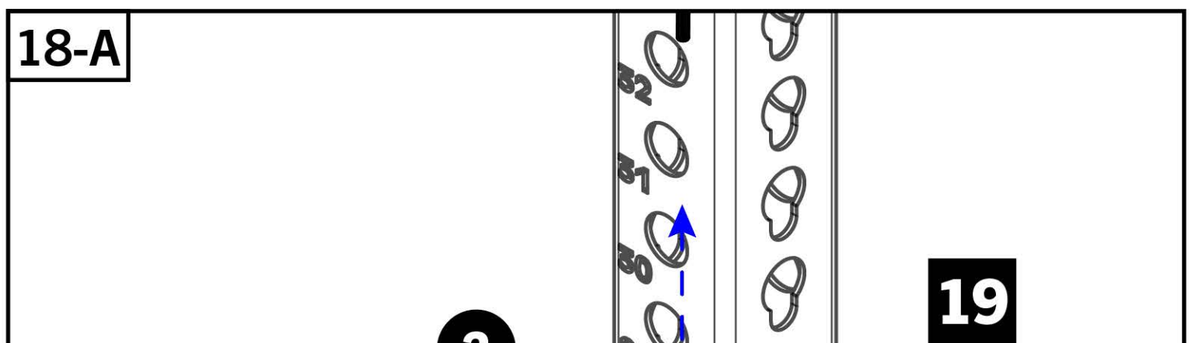
STEP 18

Note:

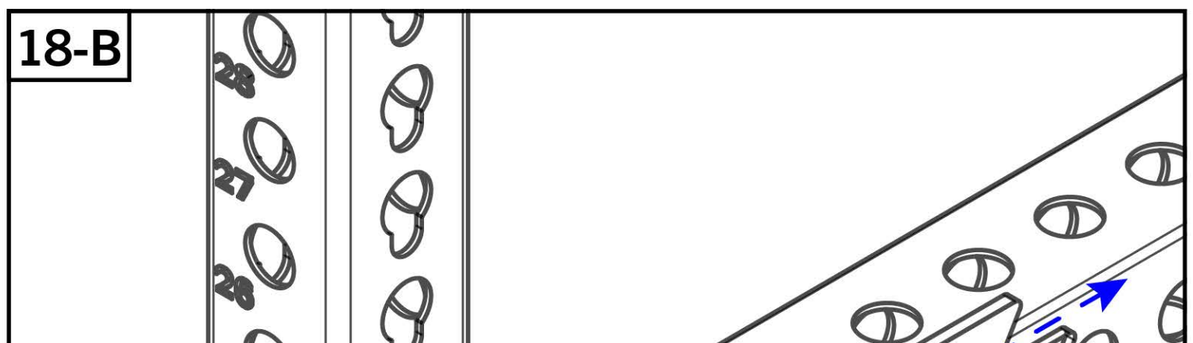
- Completely unwind and straighten out Trolley/Trolley Cable [**44**] to remove any twists/kinks prior to installation.
- The blue arrows shown in **STEP 18** through **STEP 23** indicate directions for assembling the Trolley/Trolley Cable and correspond with the blue tag on the Ball End of cable.
- Feed the Ball End of Trolley/Trolley Cable [**44**] between the two pulleys inside Swivel Trolley RH [**19**] and continue upward.
- Feed the cable around pulley inside the Top Front Side Pulley Assembly - RH [**29**] and continue toward the back of the rack.
- Continue around the first pulley on Top Rear Side Pulley Assembly - RH [**31**] and then downward.



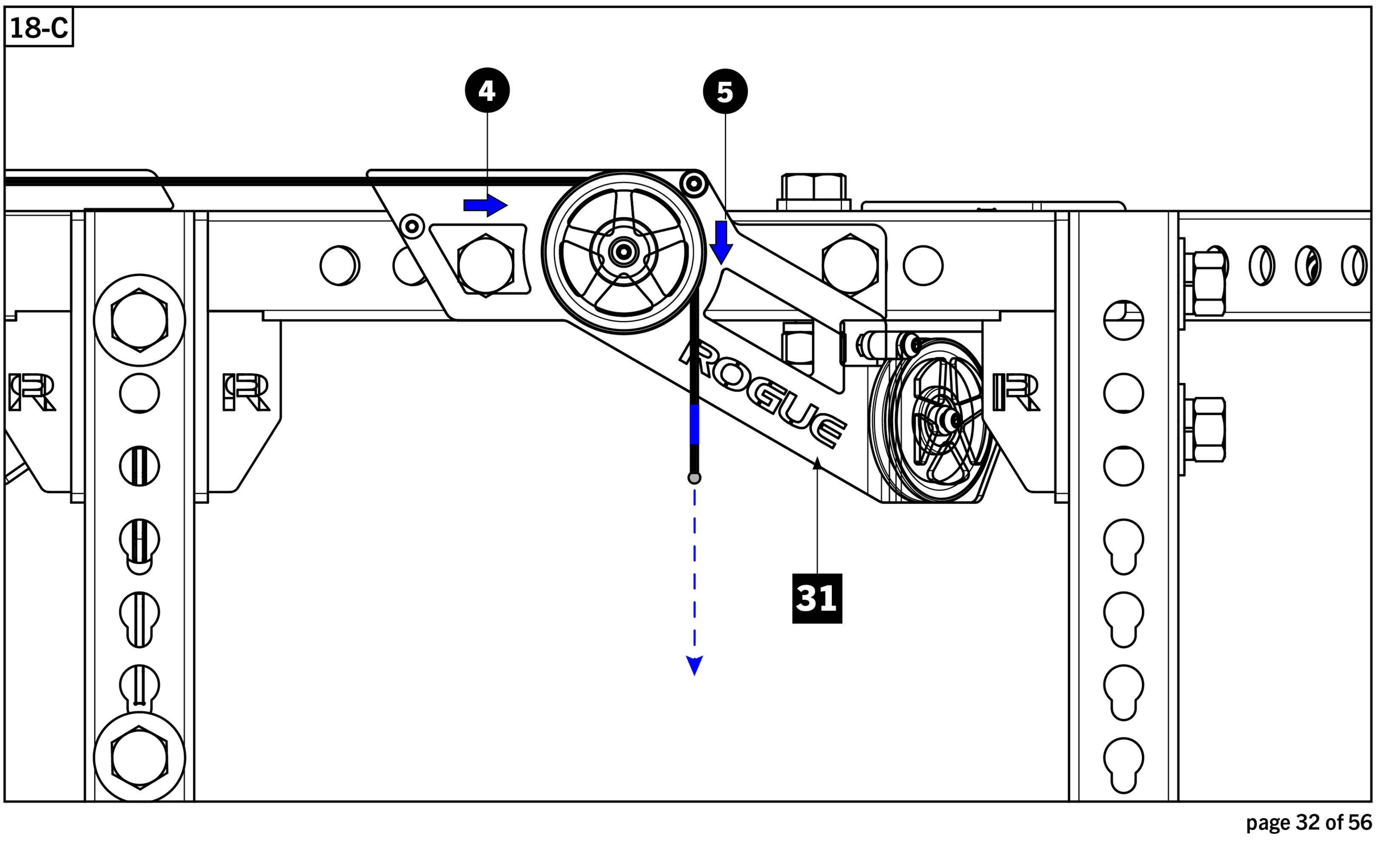
18-A



18-B

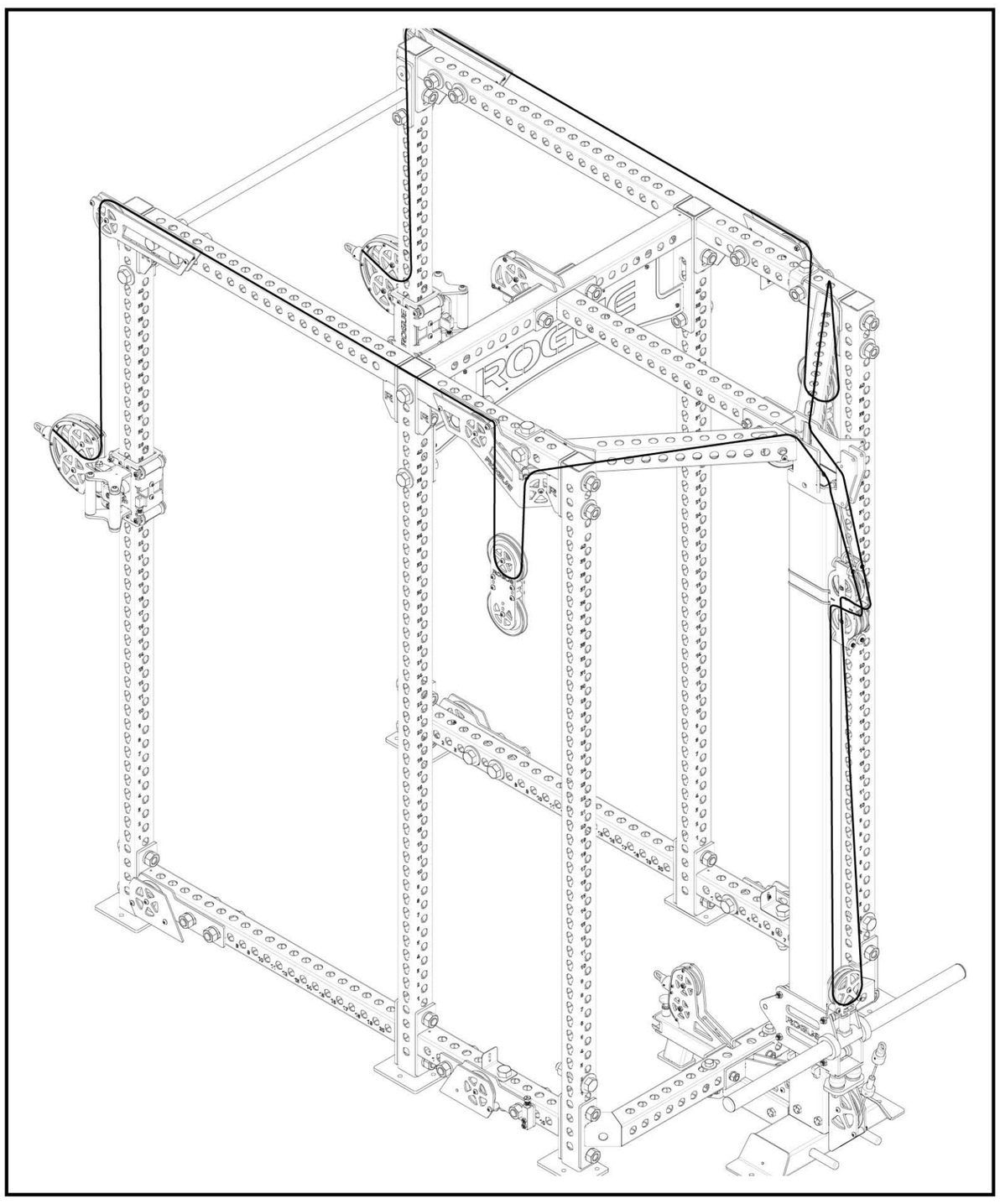


18-C

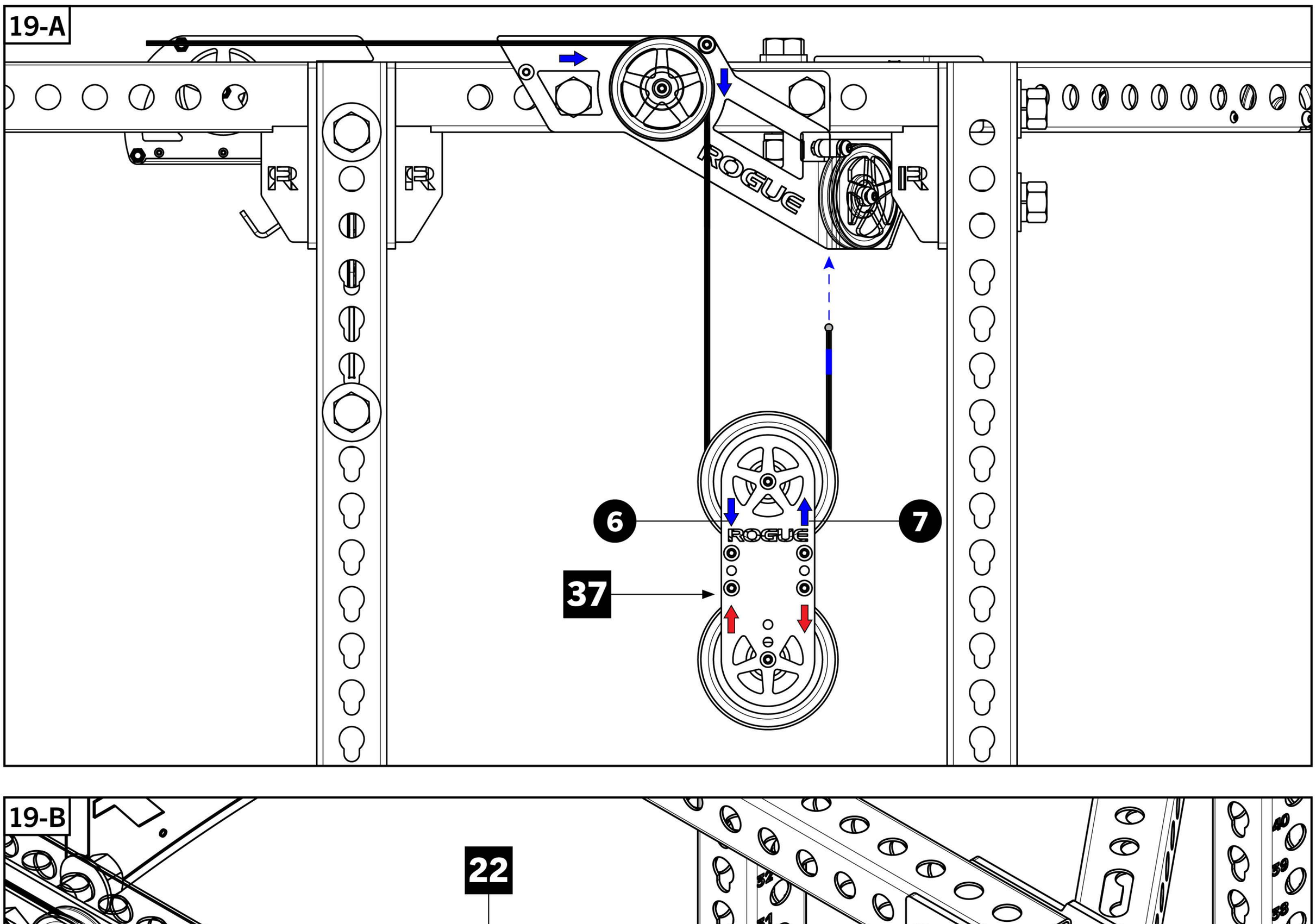


STEP 19

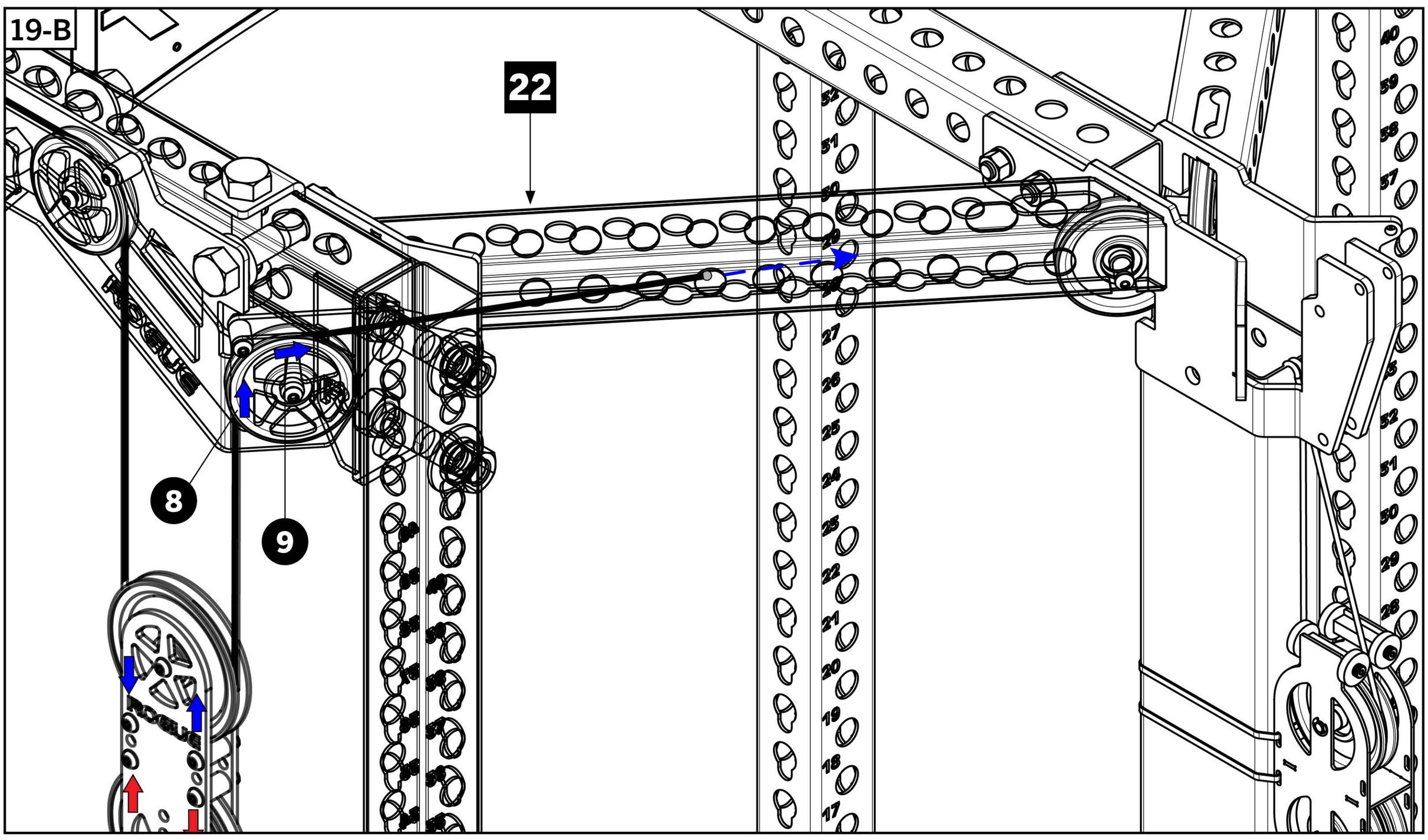
- Hold one Side Peanut Pulley [**37**] in the air, ensuring the arrow stickers correspond to diagram **19-A.**
- Feed the cable down and around the upper pulley of Side Peanut Pulley and then back up towards the Top Rear Side Pulley Assembly - RH [**31**].
- Feed cable around the angled pulley shown in **19-B** and continue towards the pulley shown in the Rear Angled Crossmember - RH [**22**].



19-A

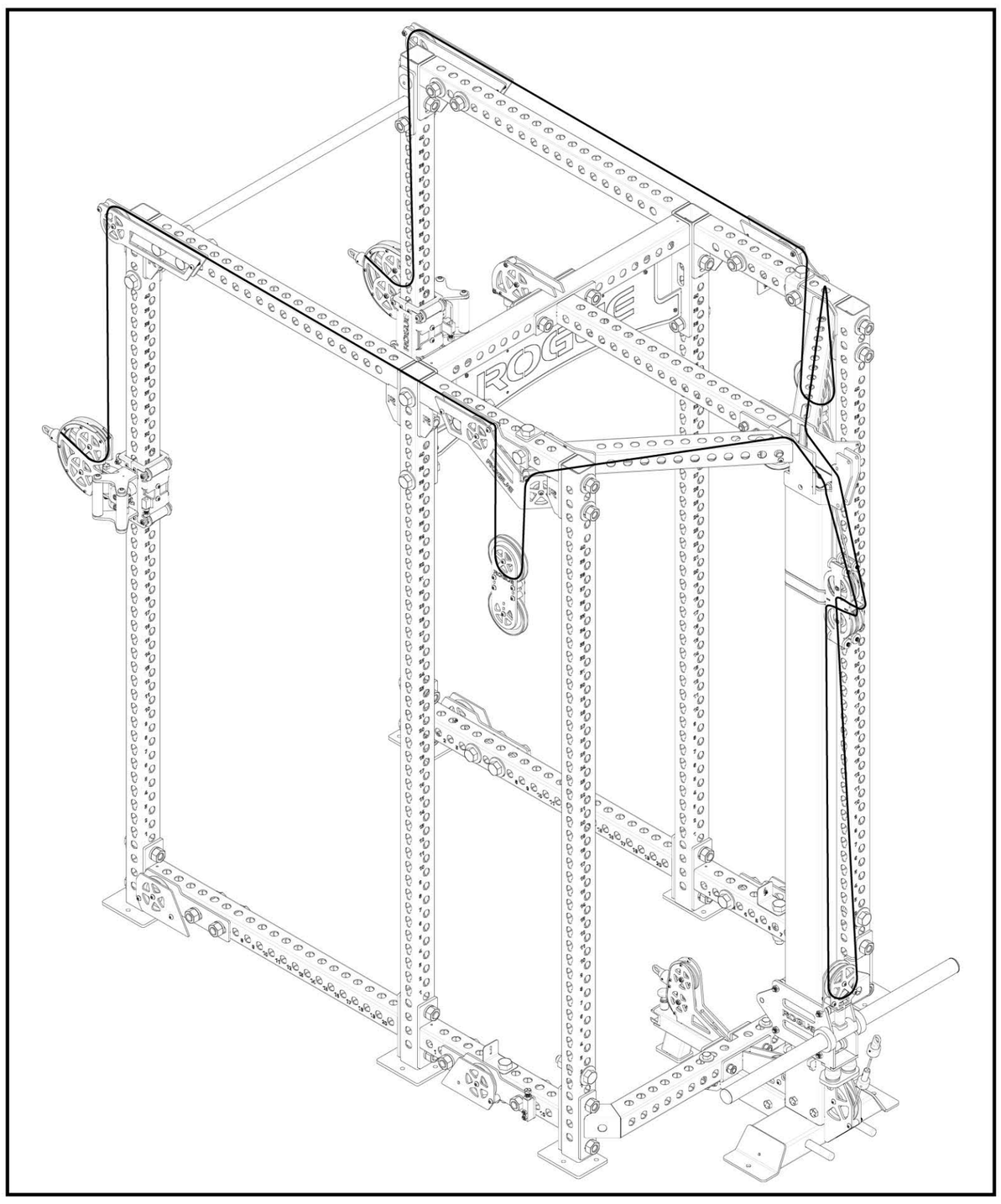


19-B

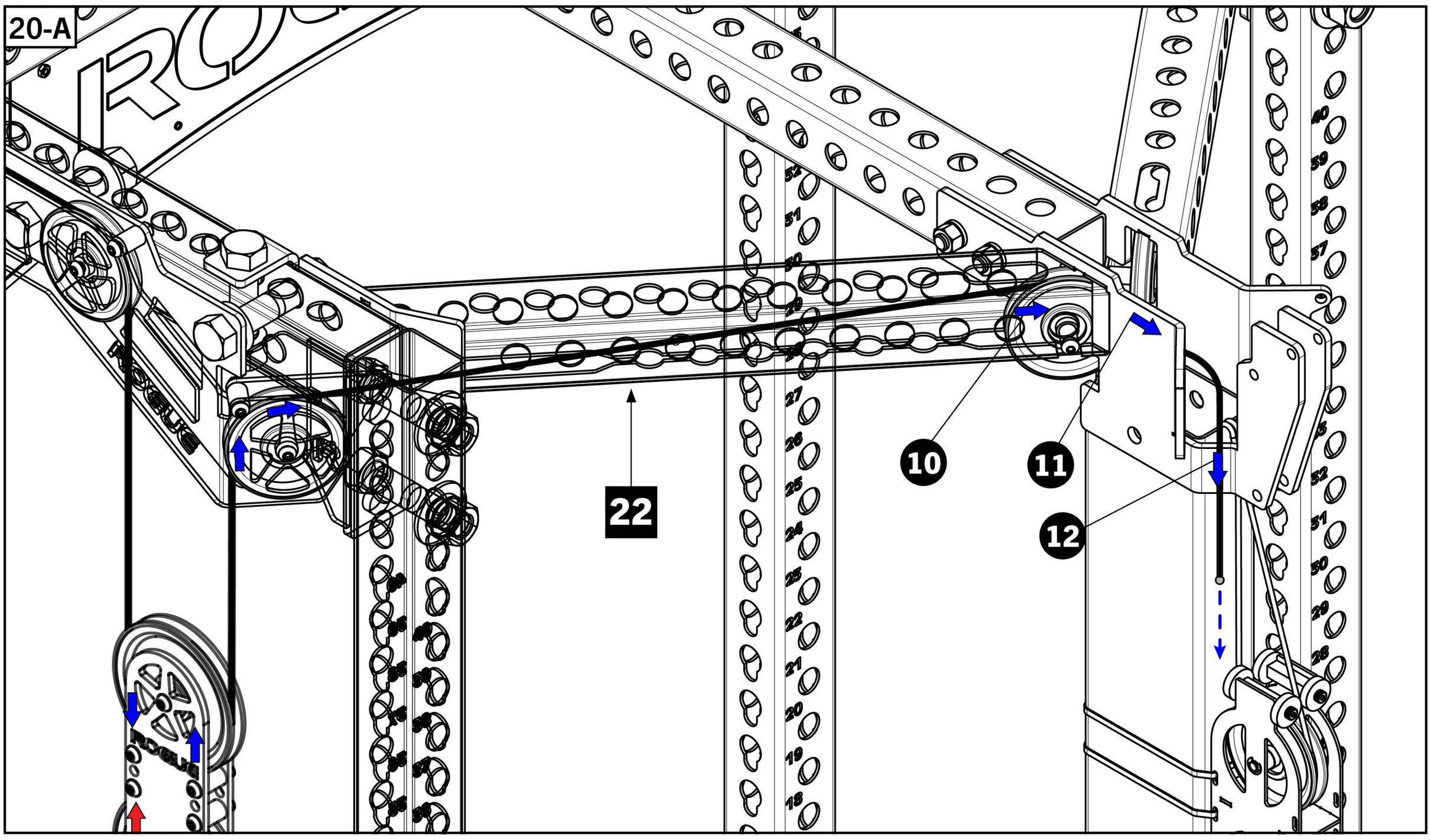


STEP 20

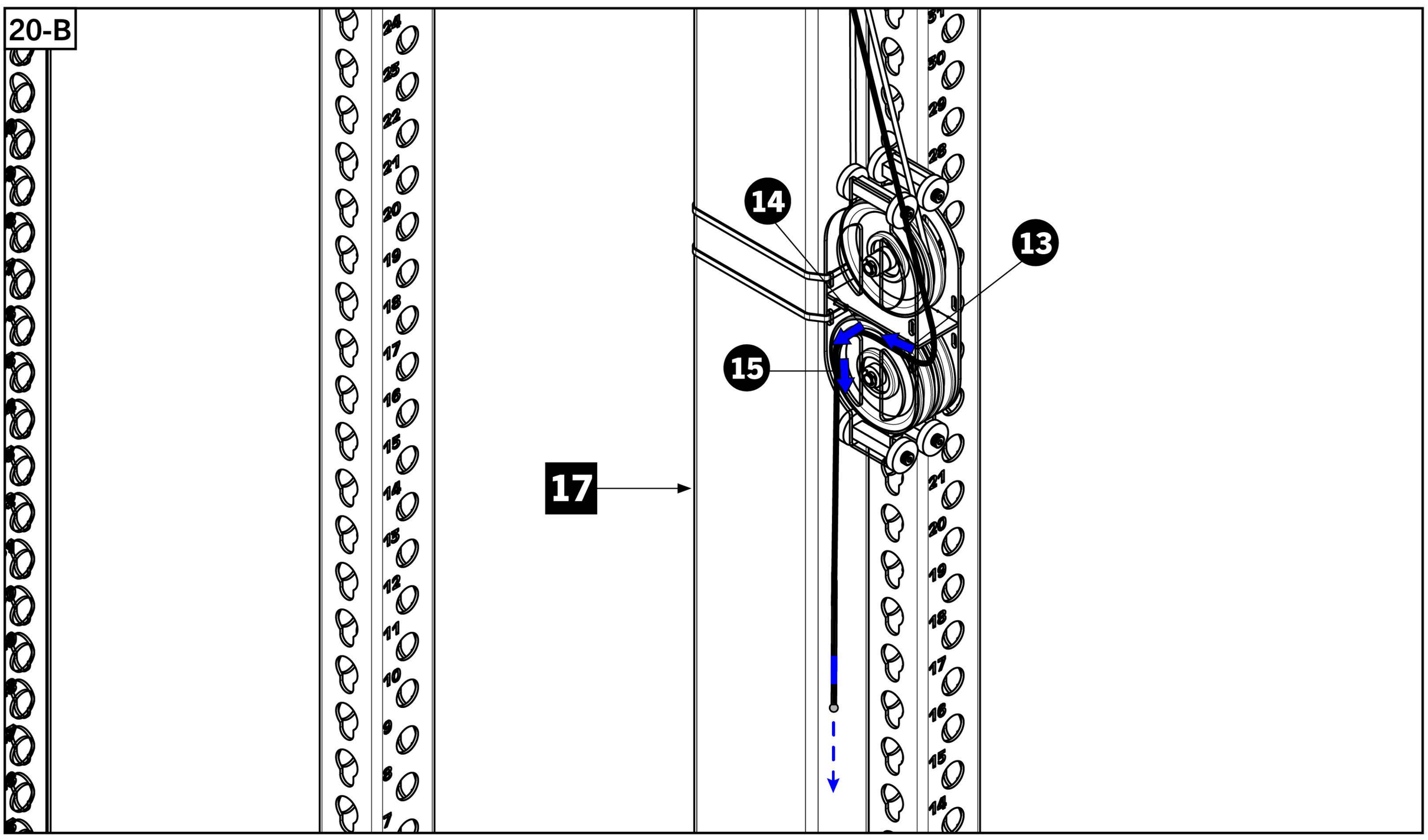
- Feed cable around the next angled pulley at rear of the Top Rear Angle Crossmember - RH [**22**] as shown.
- Pull cable in front of internal carriage zip-tied to upright.
- Feed cable under pulley divider and behind the bottom pulley, and then behind and down shown in **23-C**.



20-A

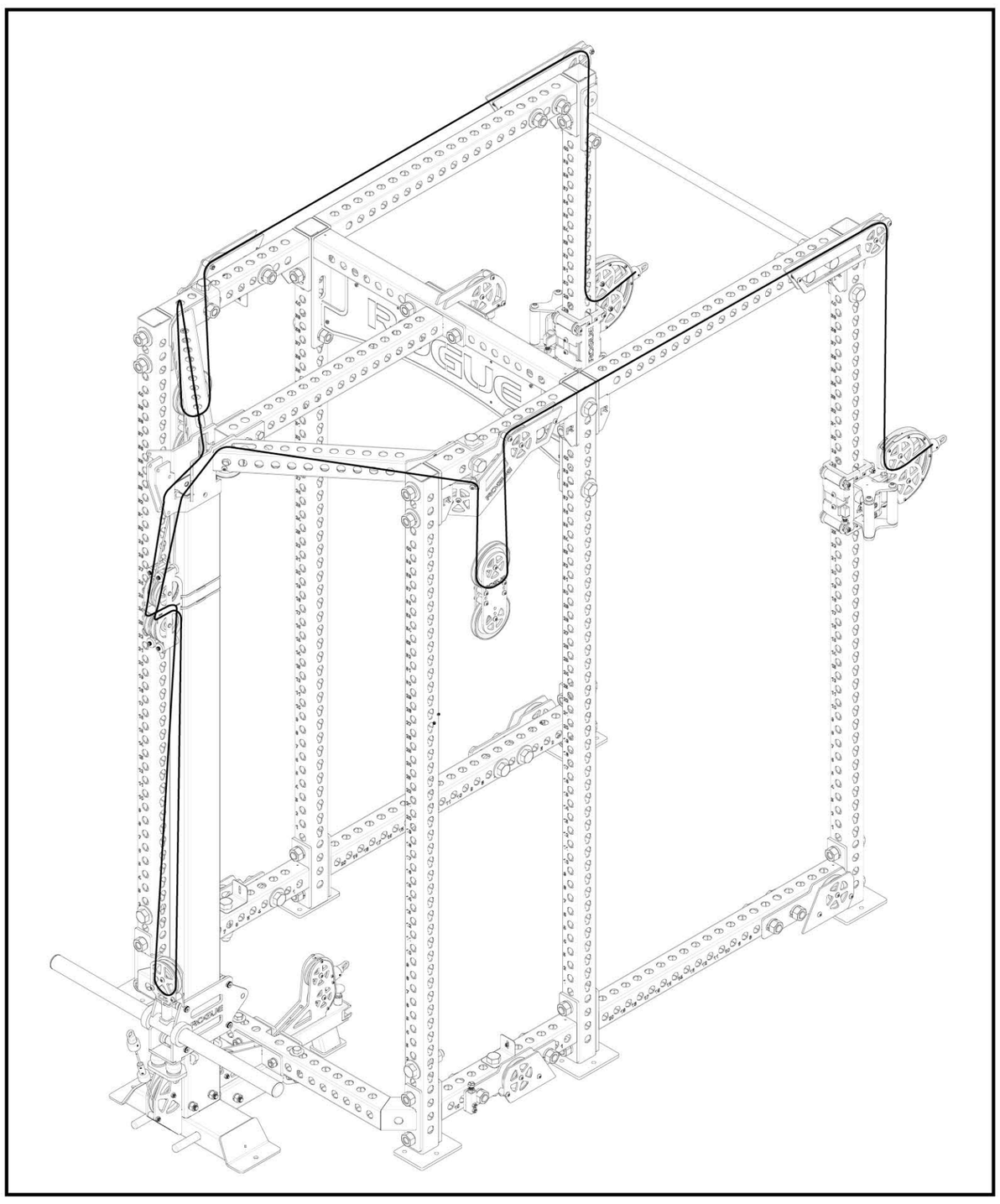


20-B

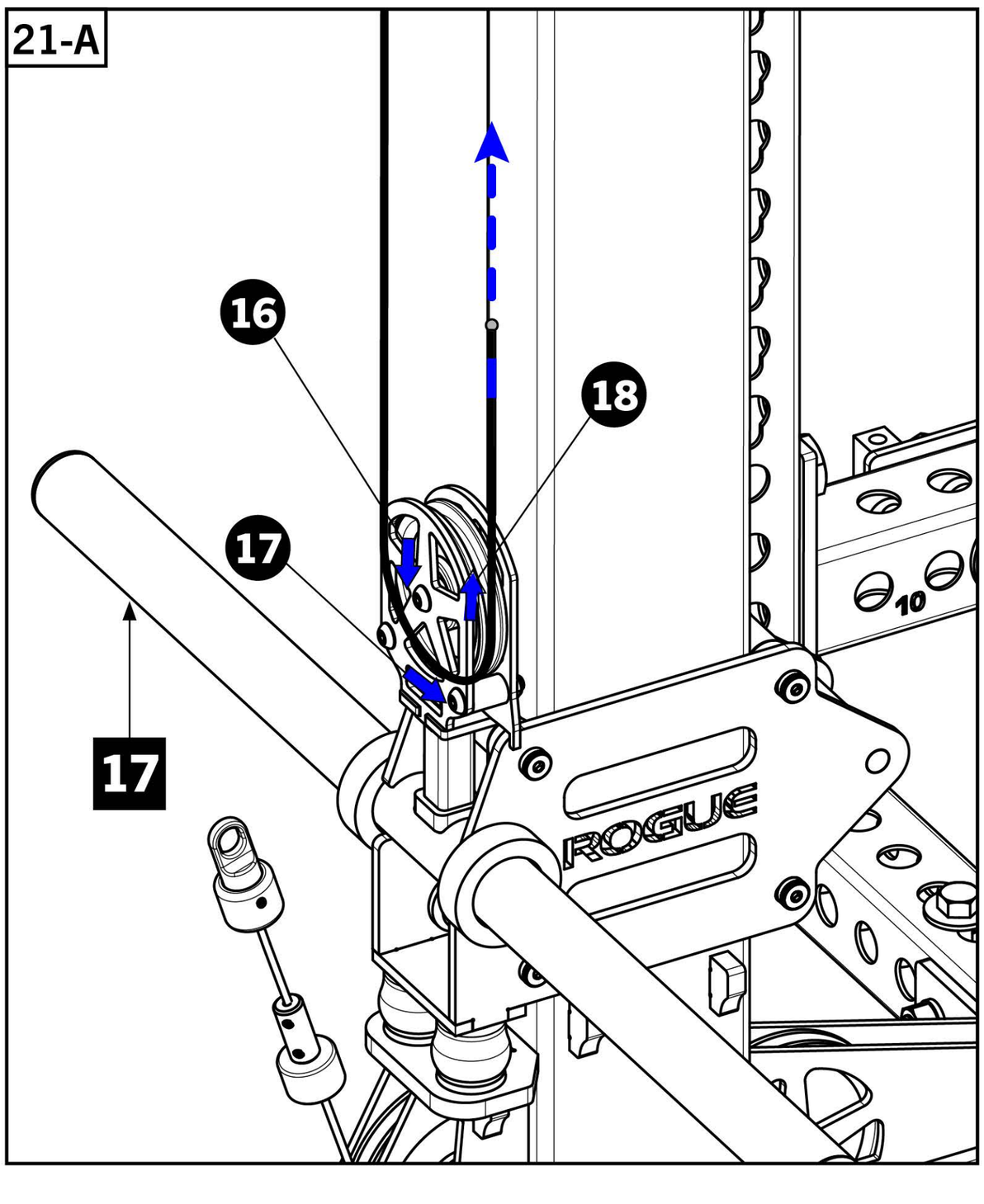


STEP 21

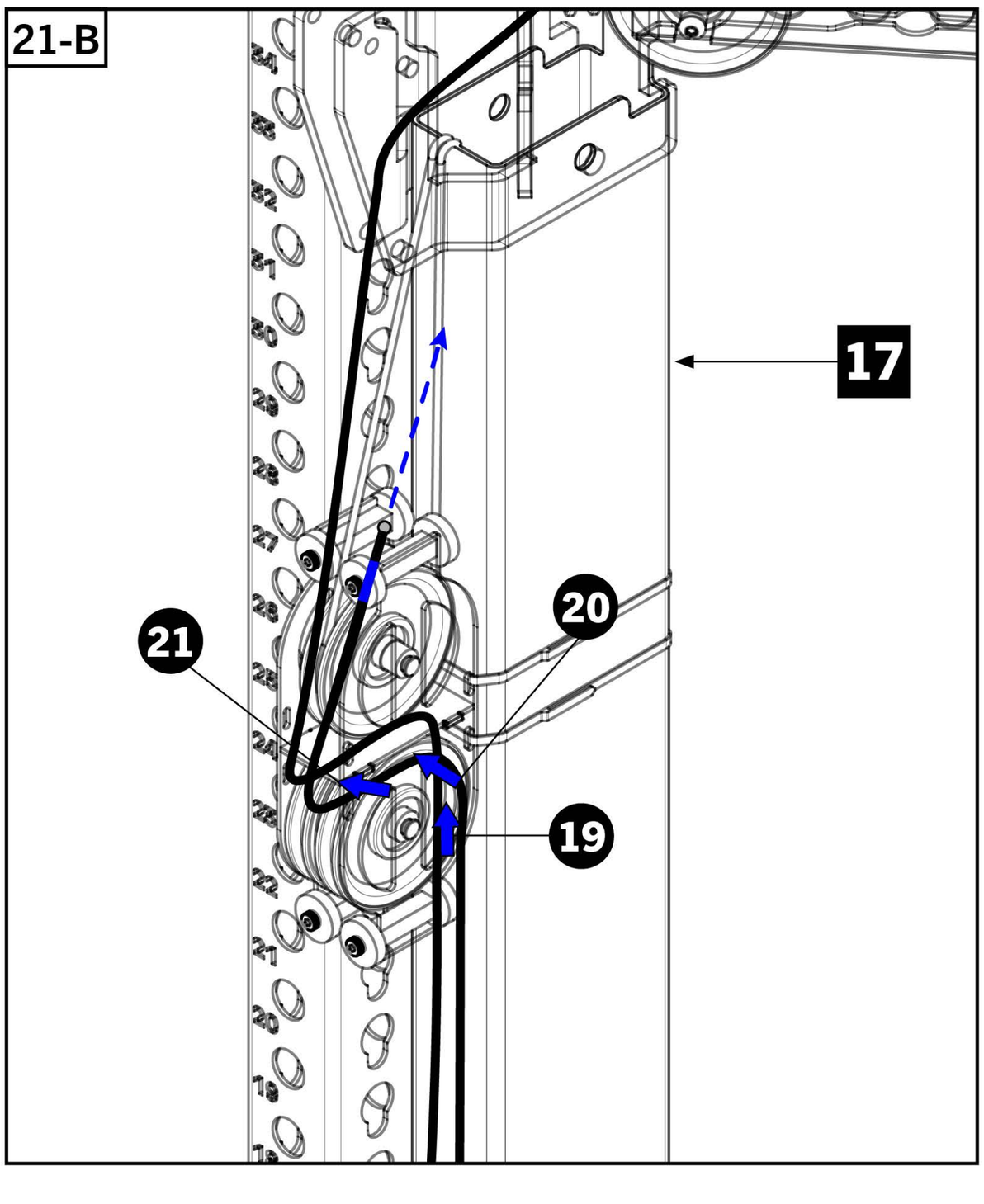
- Continuing down towards the Plate Load Trolley, feed cable around the Pulley located on top of the Plate Load Trolley.
- Feed cable back up behind internal carriage ziptied to upright, pulling cable out and up in front of top pulley as shown in **21-B**.
- Continue up and around the pulley shown in the Rear Angled Crossmember - LH [**23**].
- Continue around the next angled pulley located in the Top Rear Side Pulley Assembly - LH [**32**] and then downward.



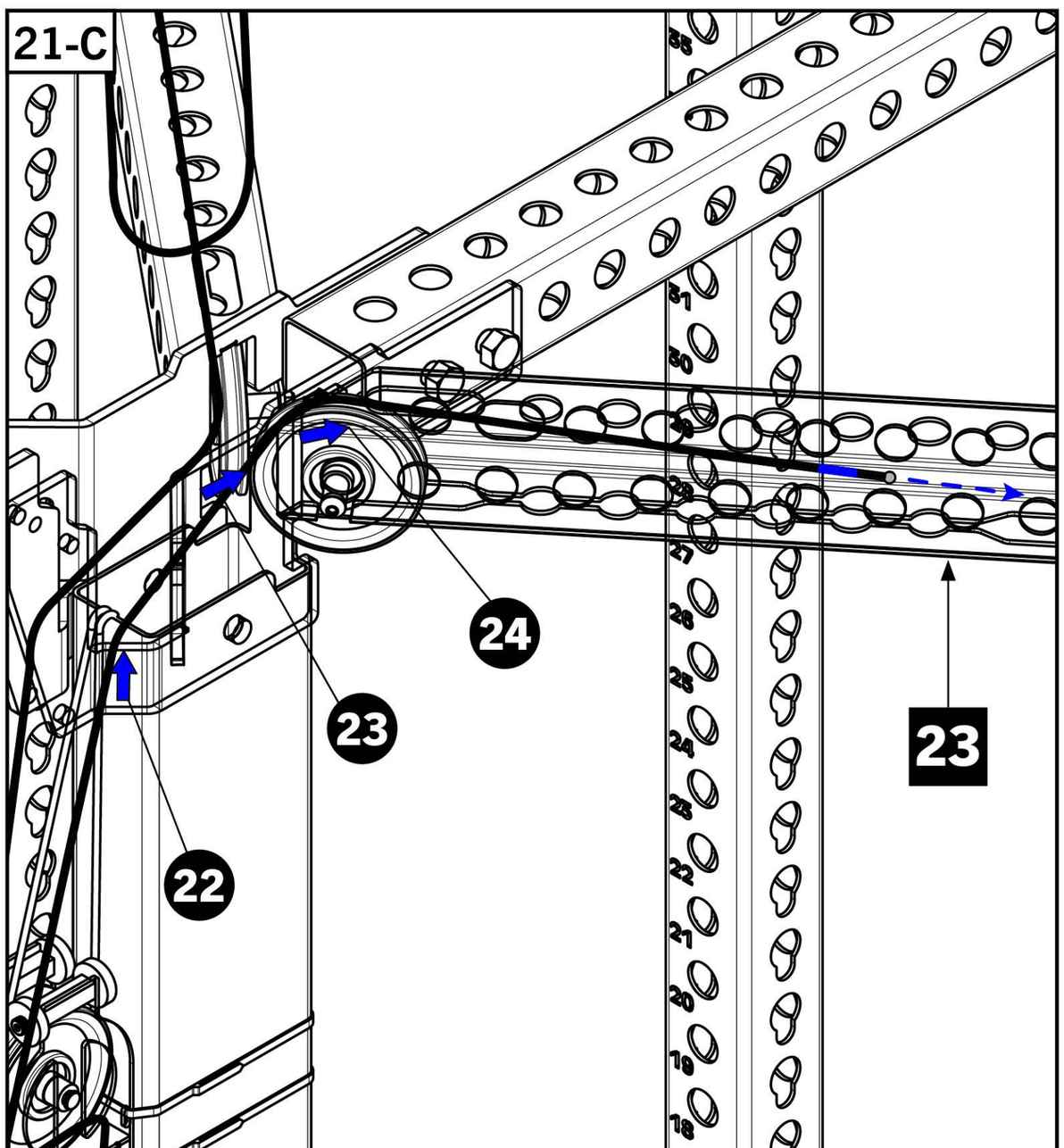
21-A



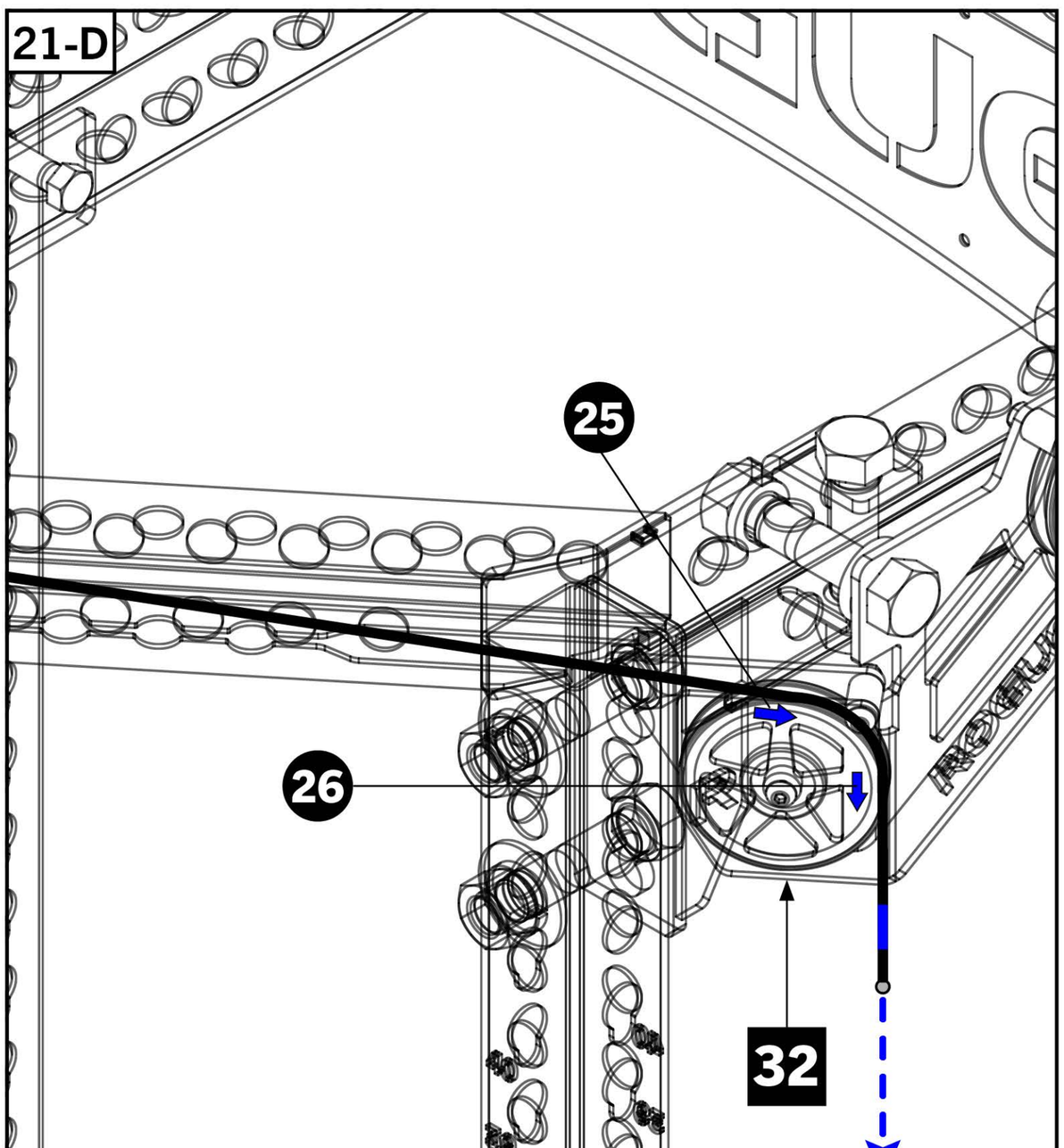
21-B



21-C

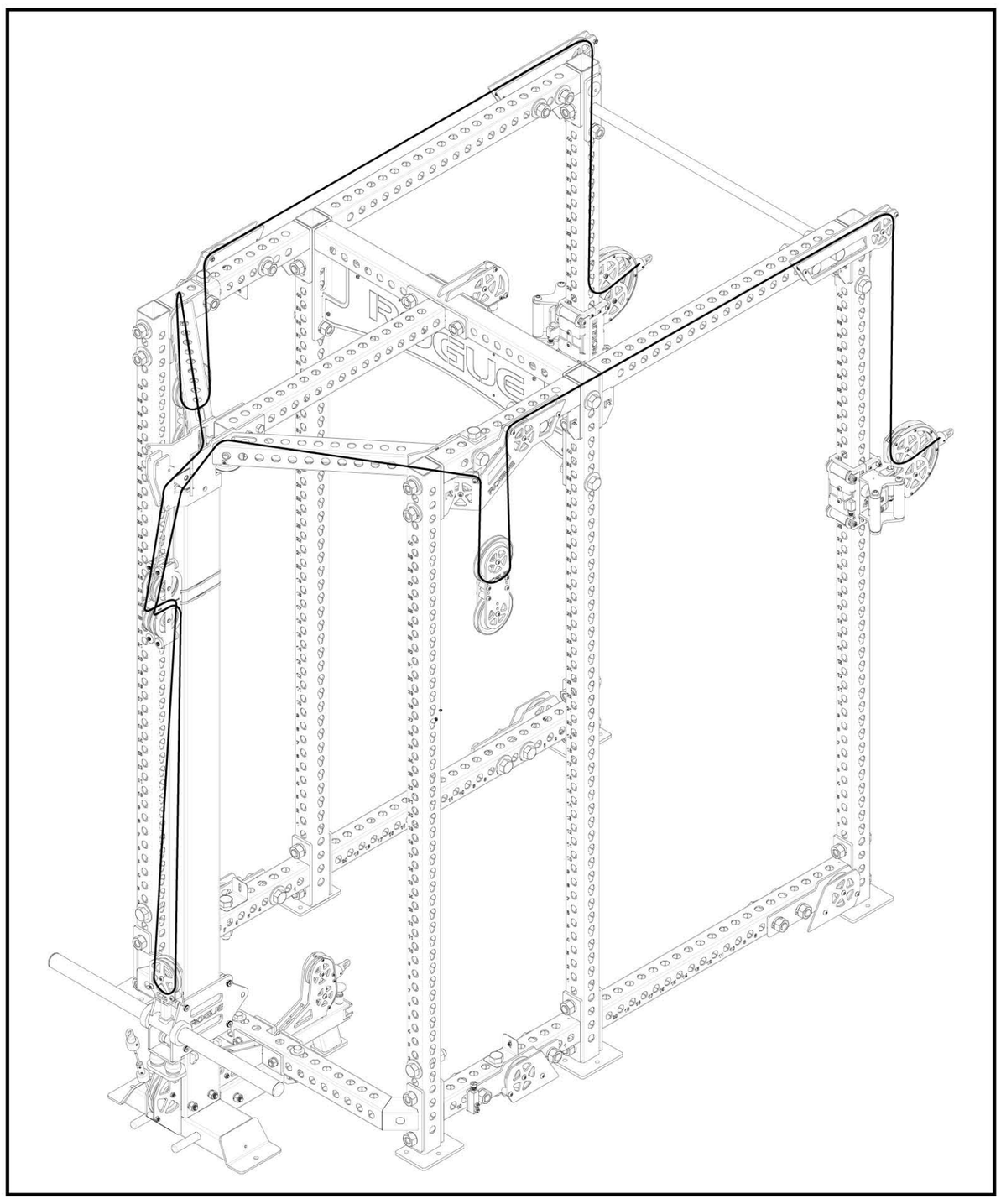


21-D

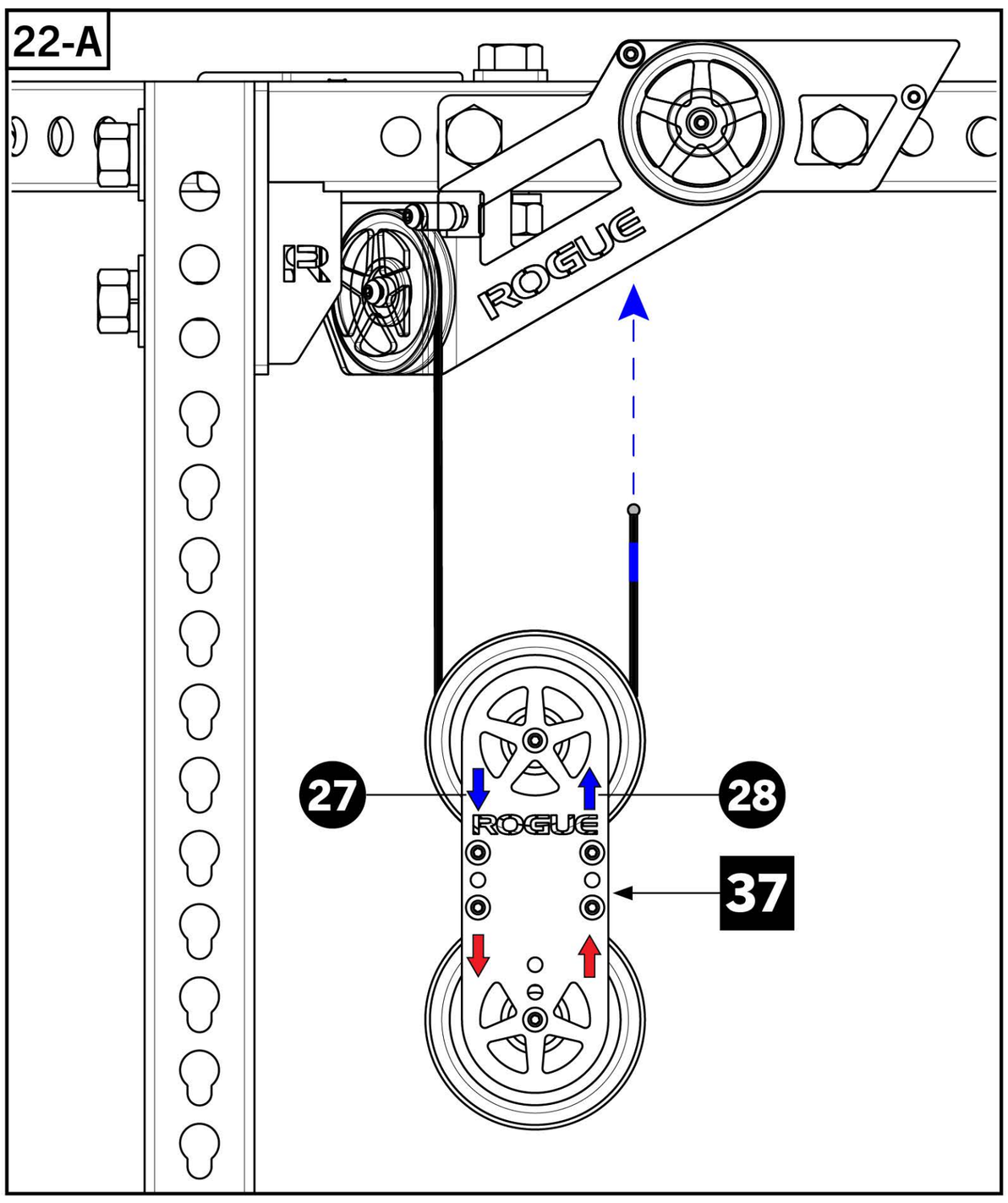


STEP 22

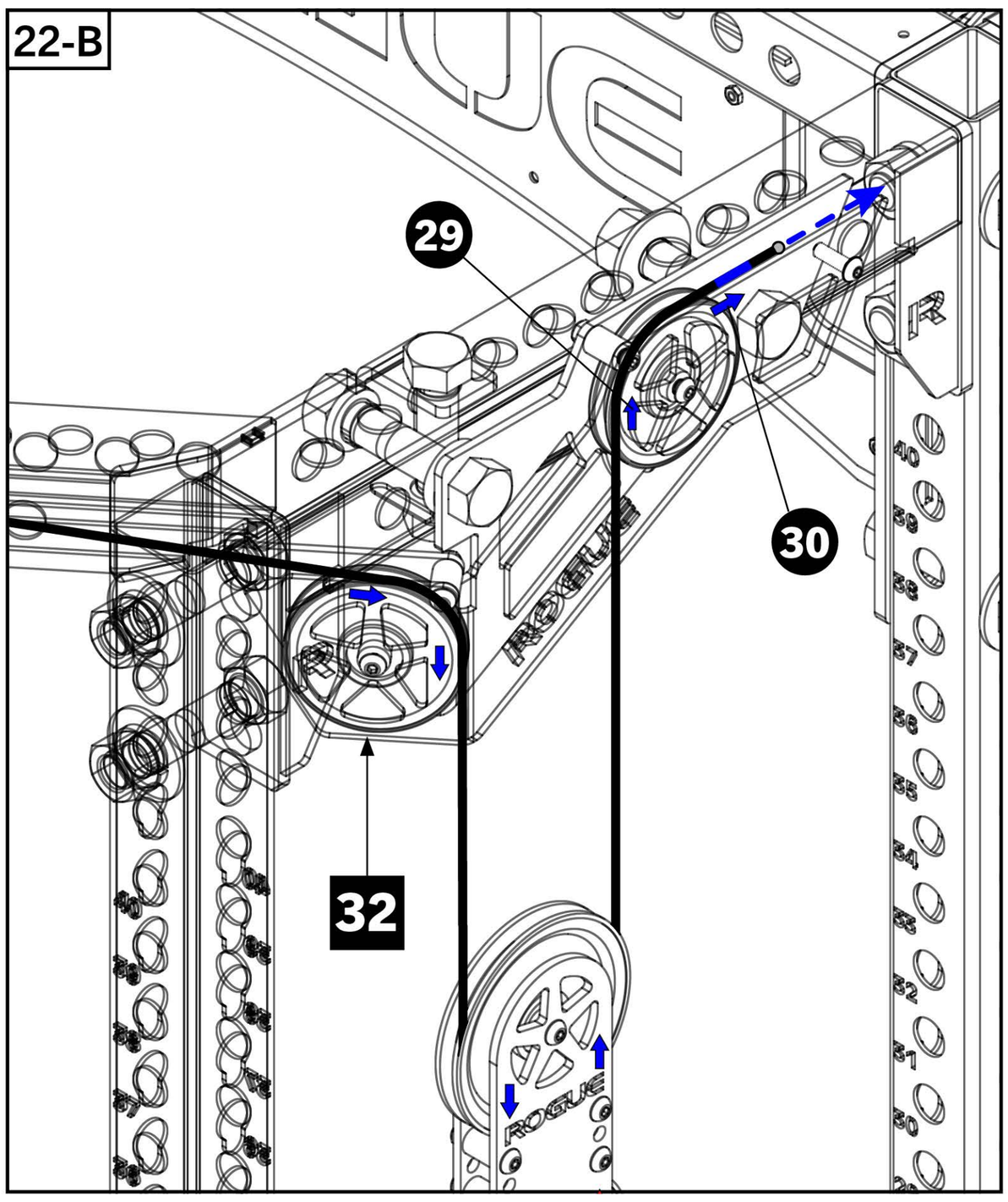
- Hold the remaining Side Peanut Pulley [**37**] in the air, ensuring the arrows correspond to diagram **22-A**.
- Feed cable around the upper peanut pulley and then back up towards the Rear Side Pulley Assembly.
- Feed around the pulley shown in **22-B** and then towards the front of the rack.
- Continue around the Top Front Side Pulley Assembly - LH [**30**], then down and out through the front of the Swivel Trolley LH [**20**].
- Pull Ball End of cable out far enough to assemble Clevis on next step.



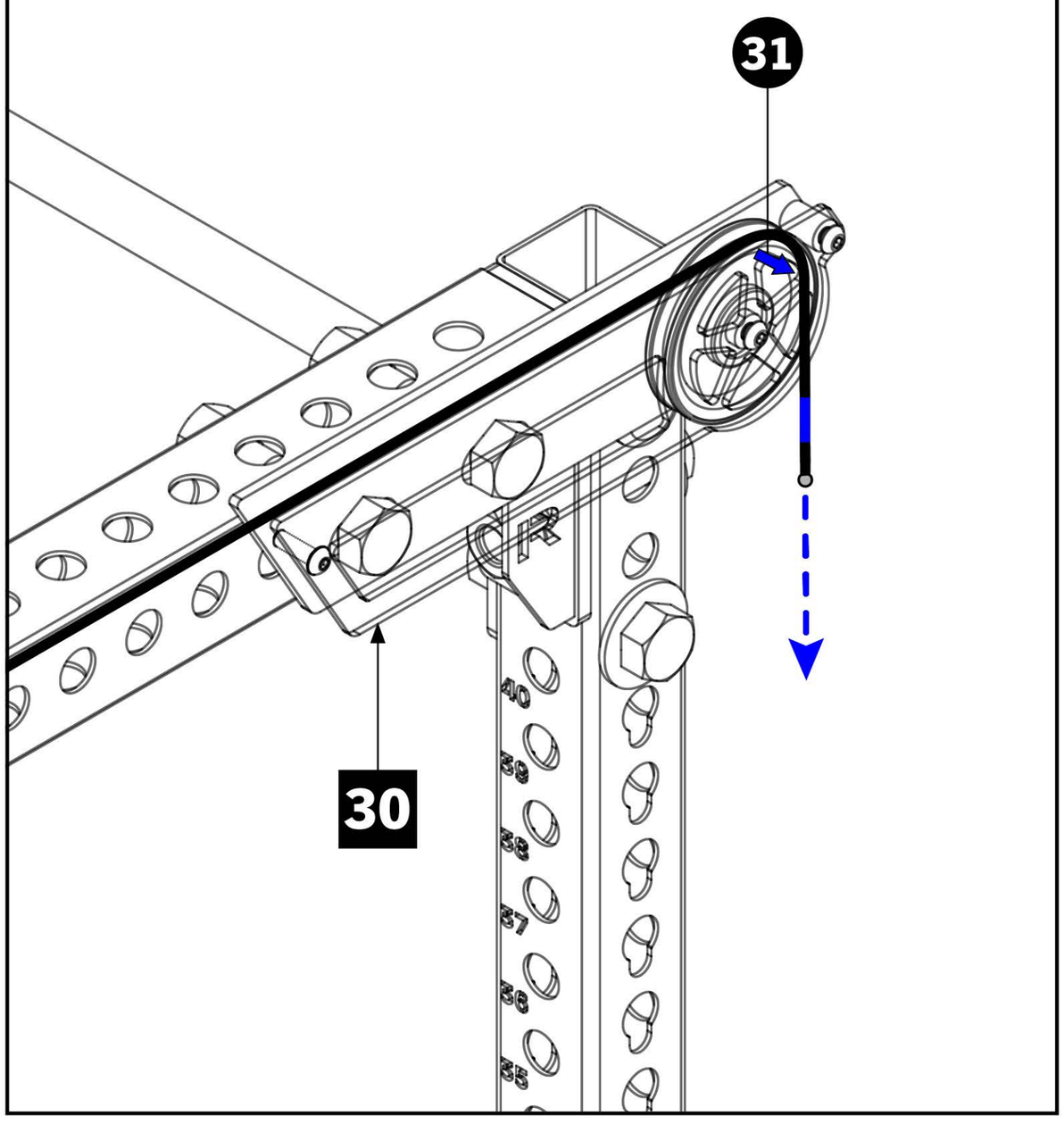
22-A



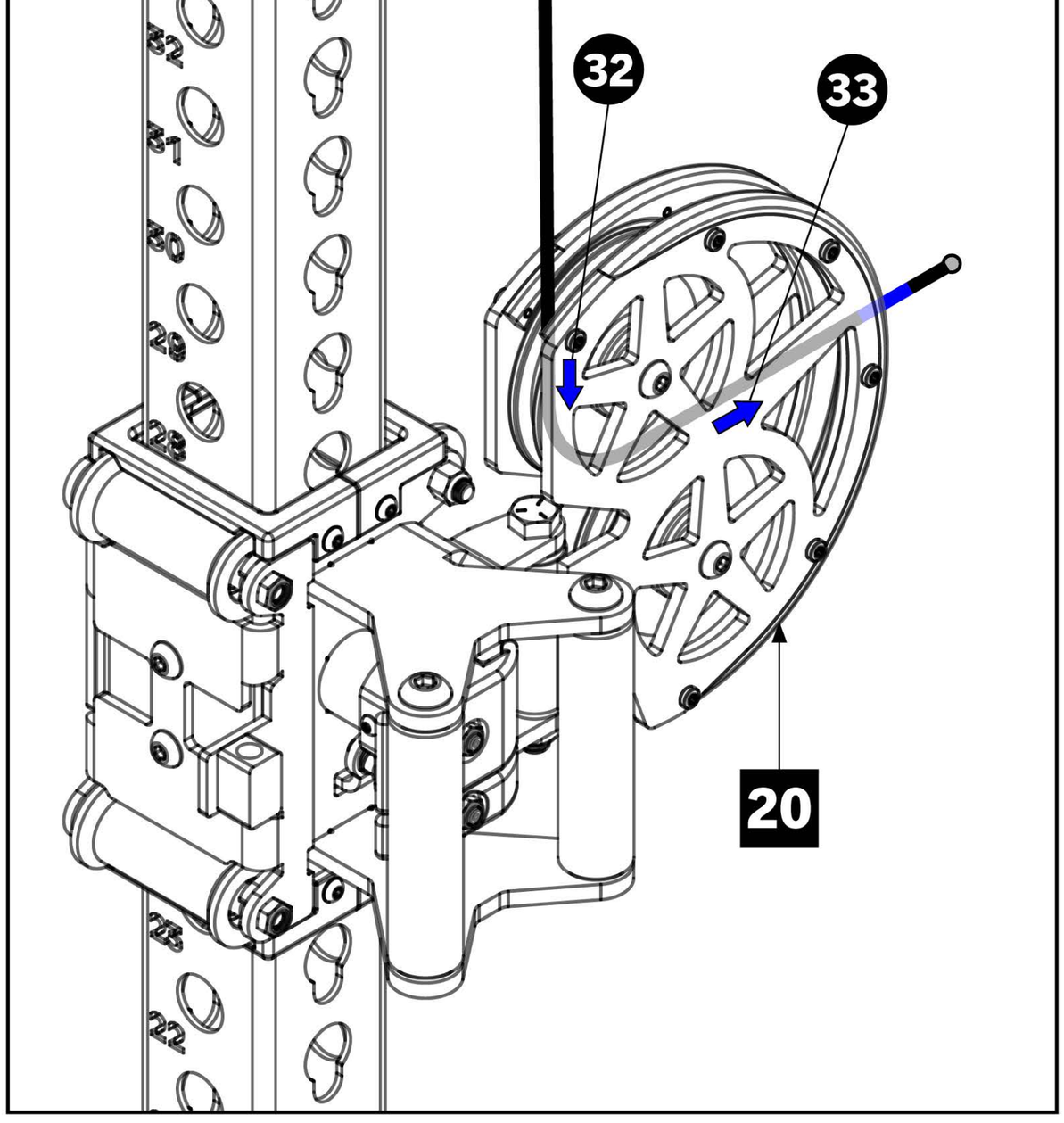
22-B



22-C



22-D

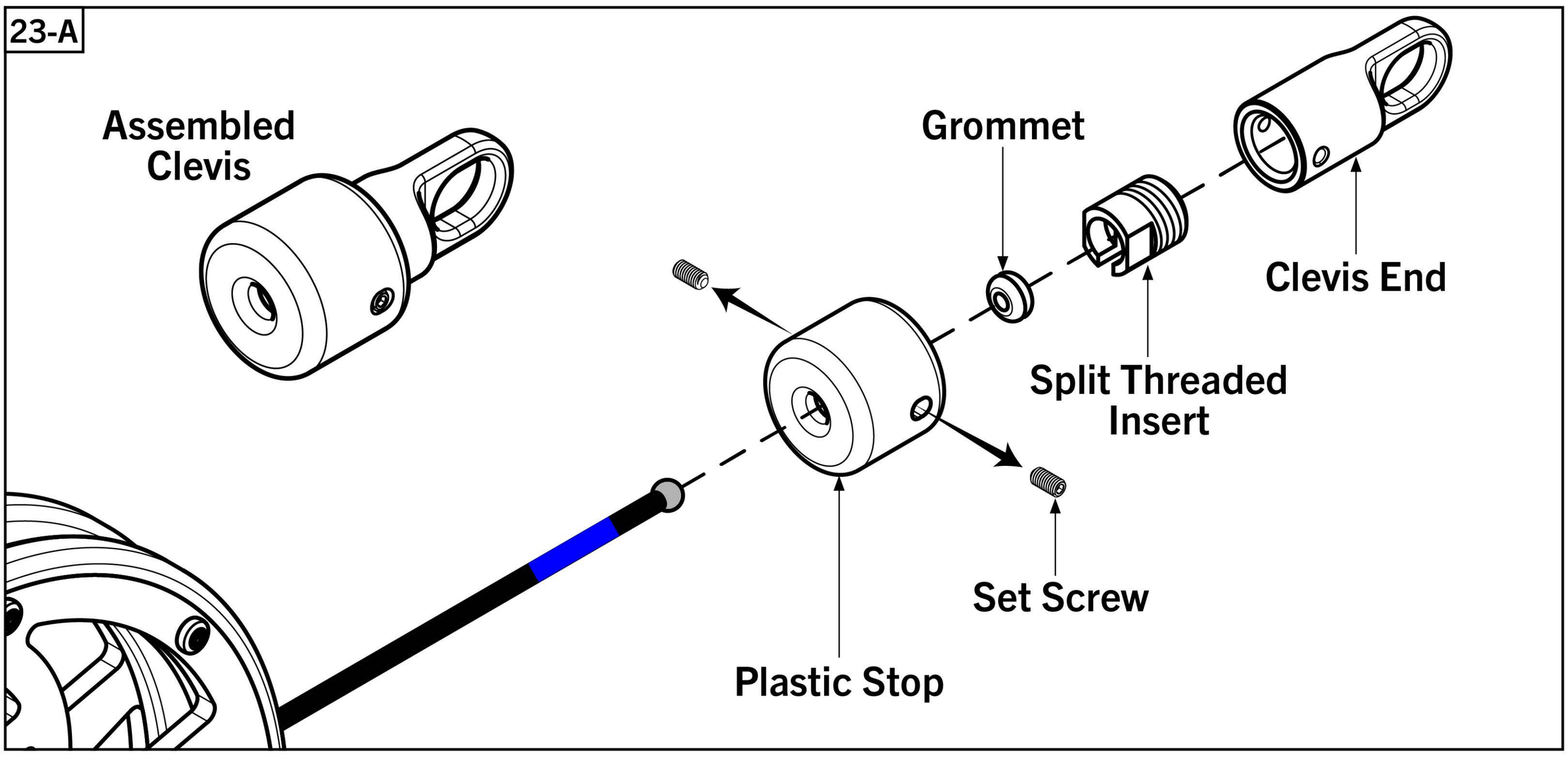


STEP 23

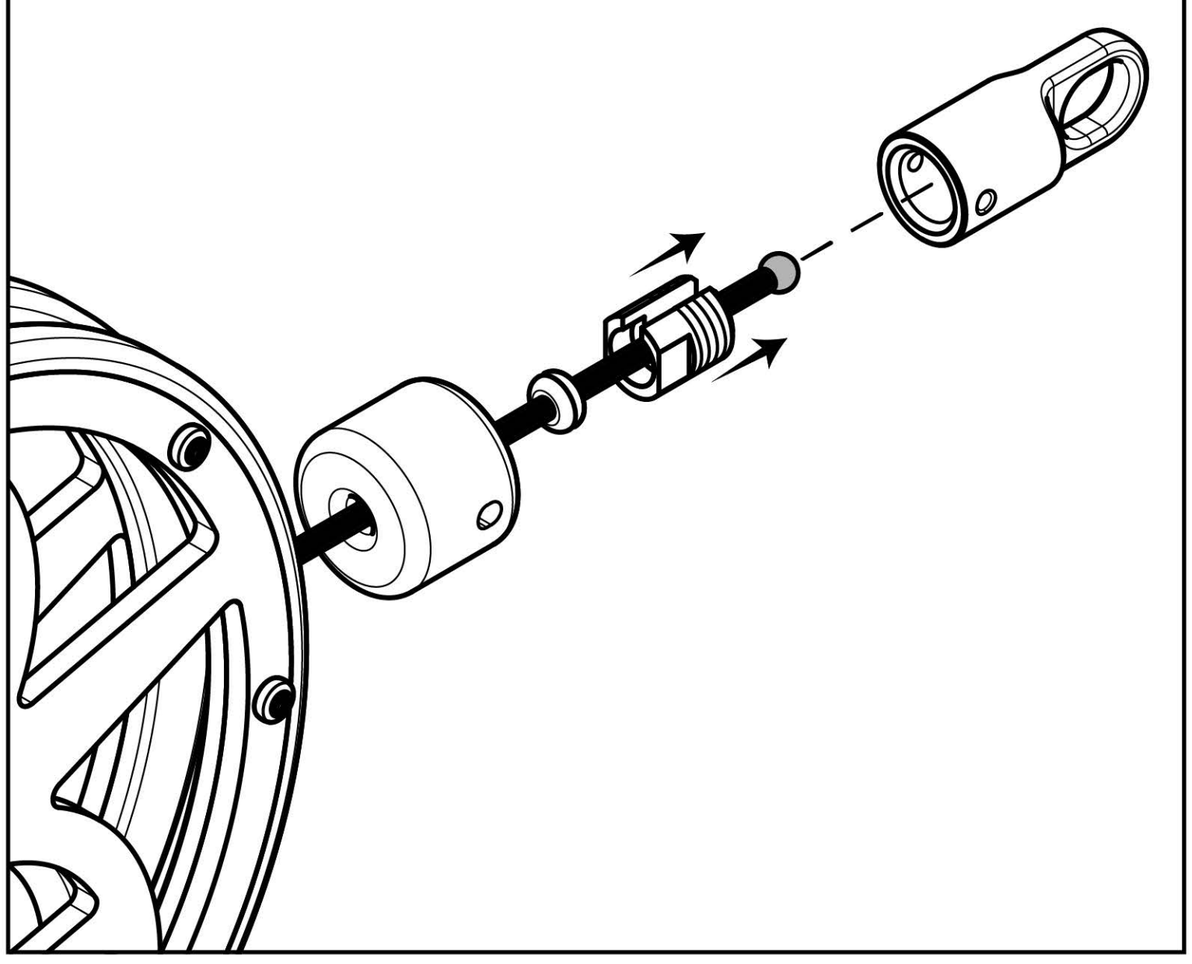
Tools Required:

- 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 **23-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.

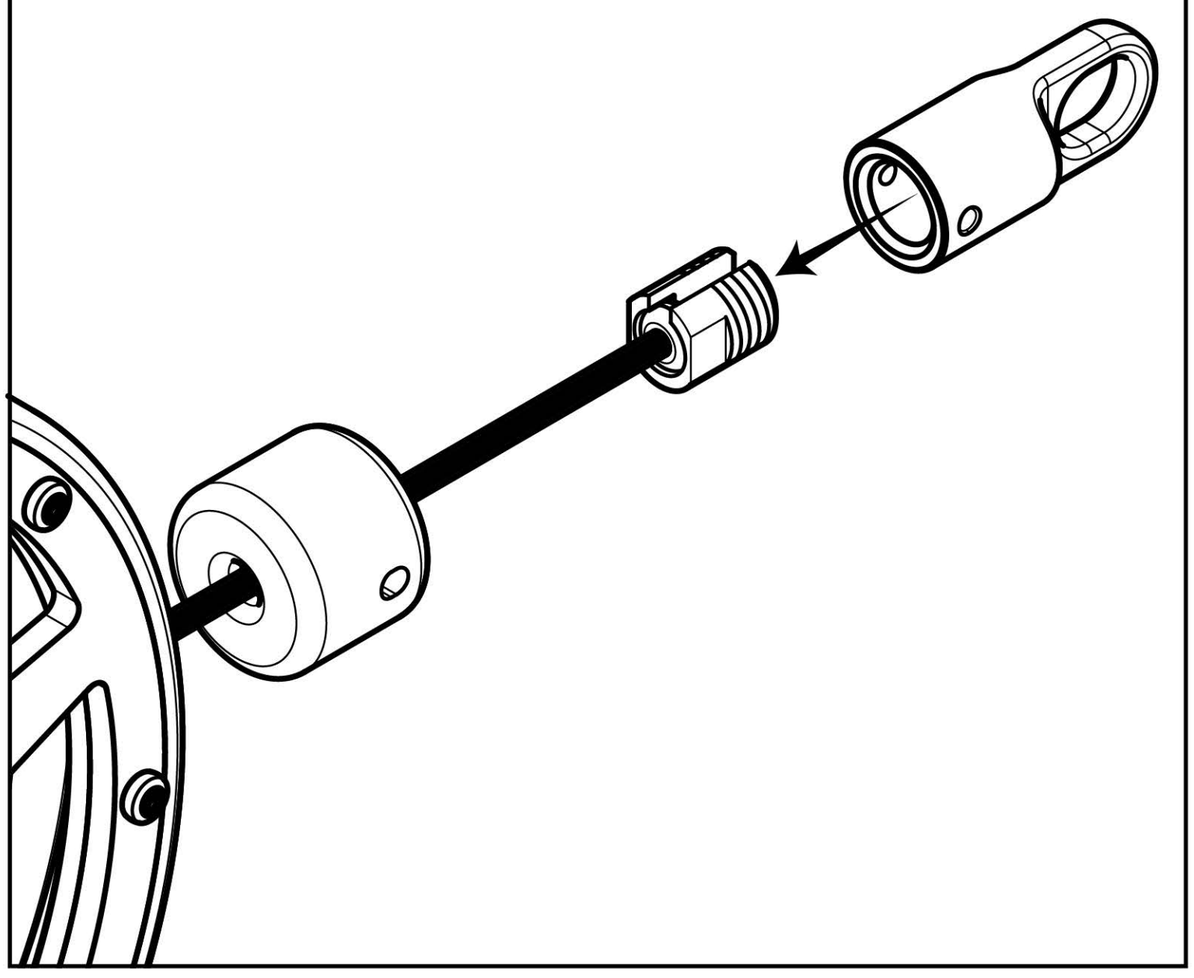
23-A



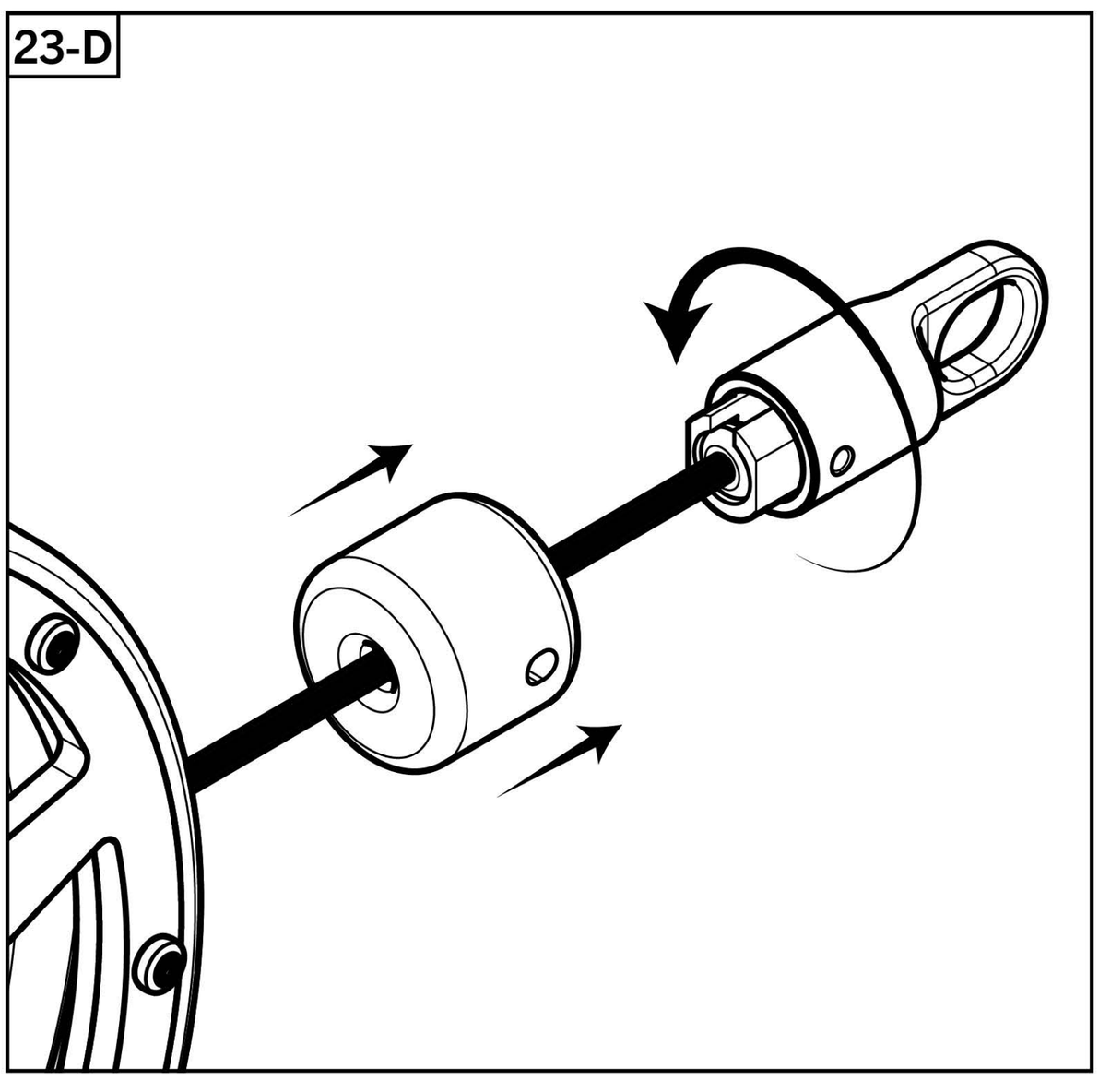
23-B



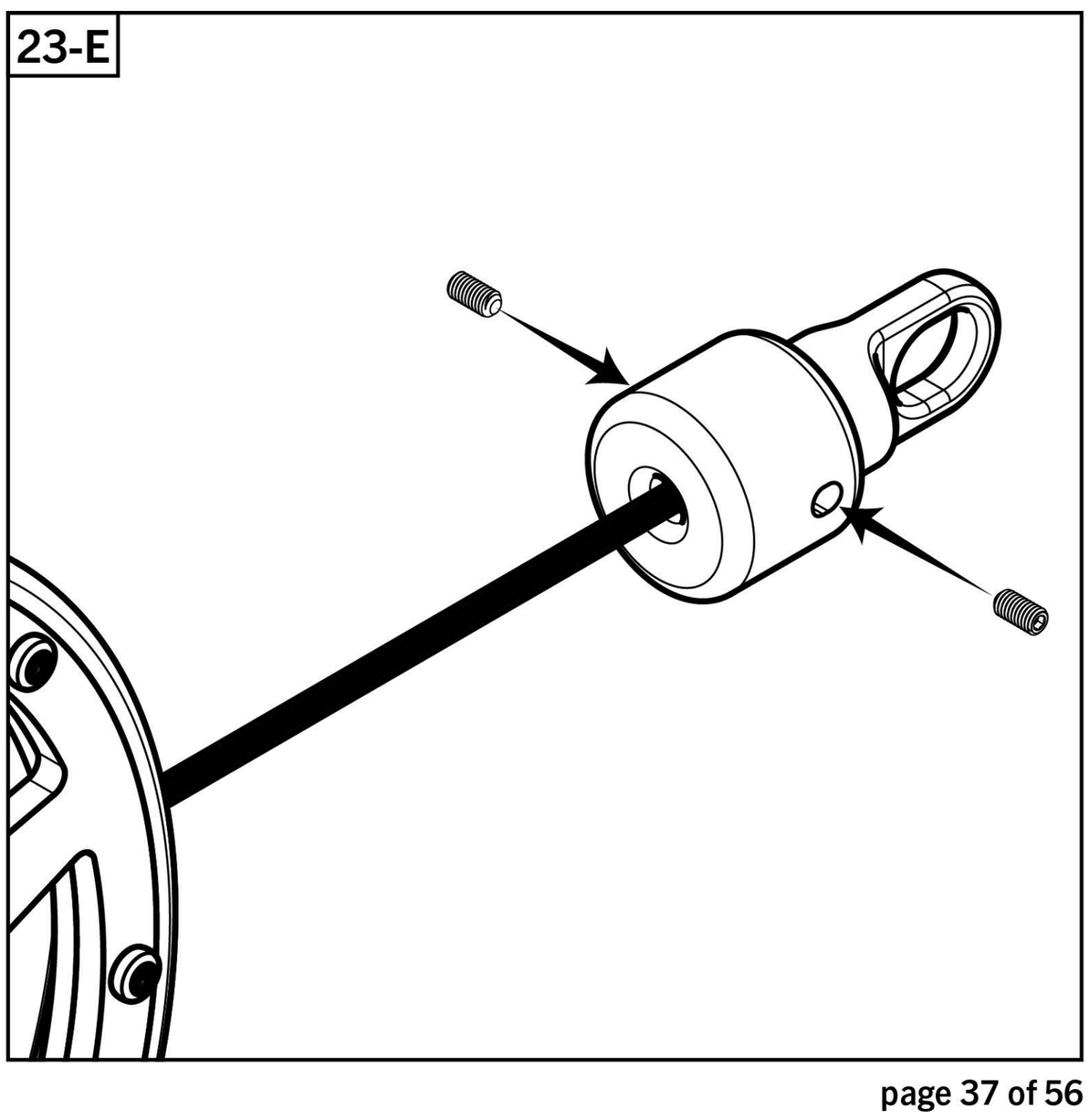
23-C



23-D



23-E

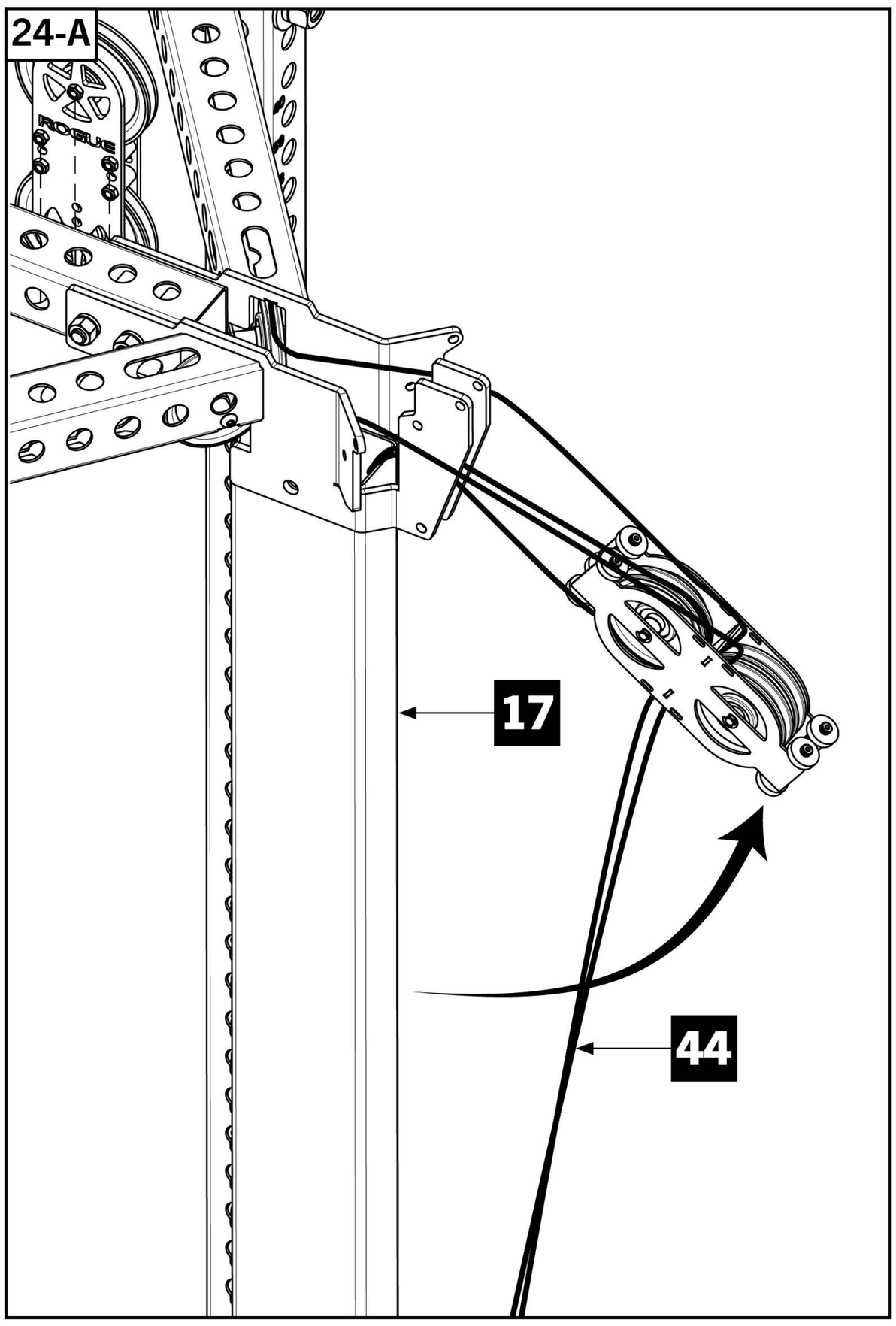


STEP 24

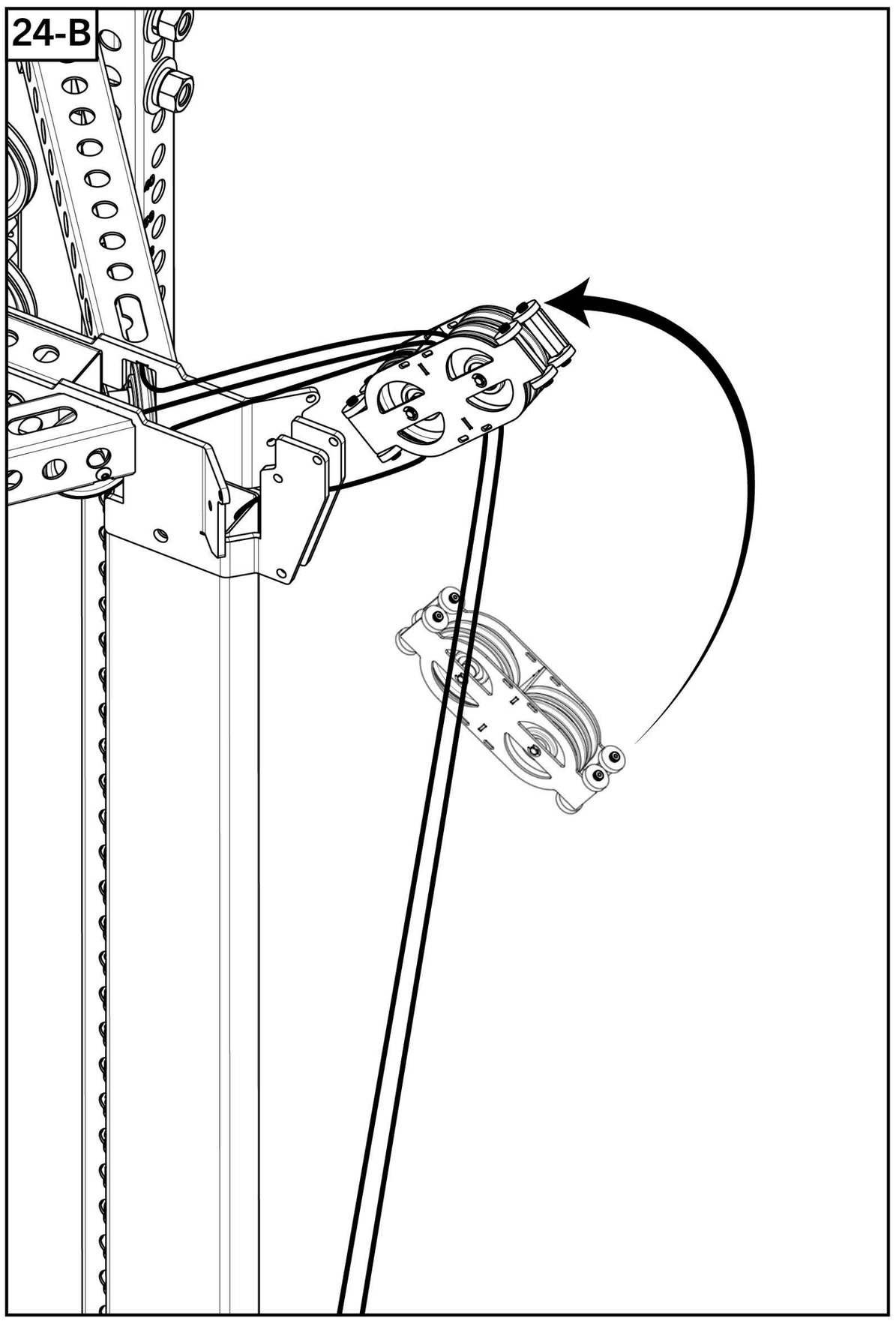
Note:

- 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 **24-C**.
- Bolt Top Rear Crossmembers RH [**22**] and LH [**23**] to Rear Upright [**17**] using 5/8” x 4-1/2” Hex Bolt [**60**], 5/8” Lock Washer [**61**], and 5/8” Hex Nut [**62**].

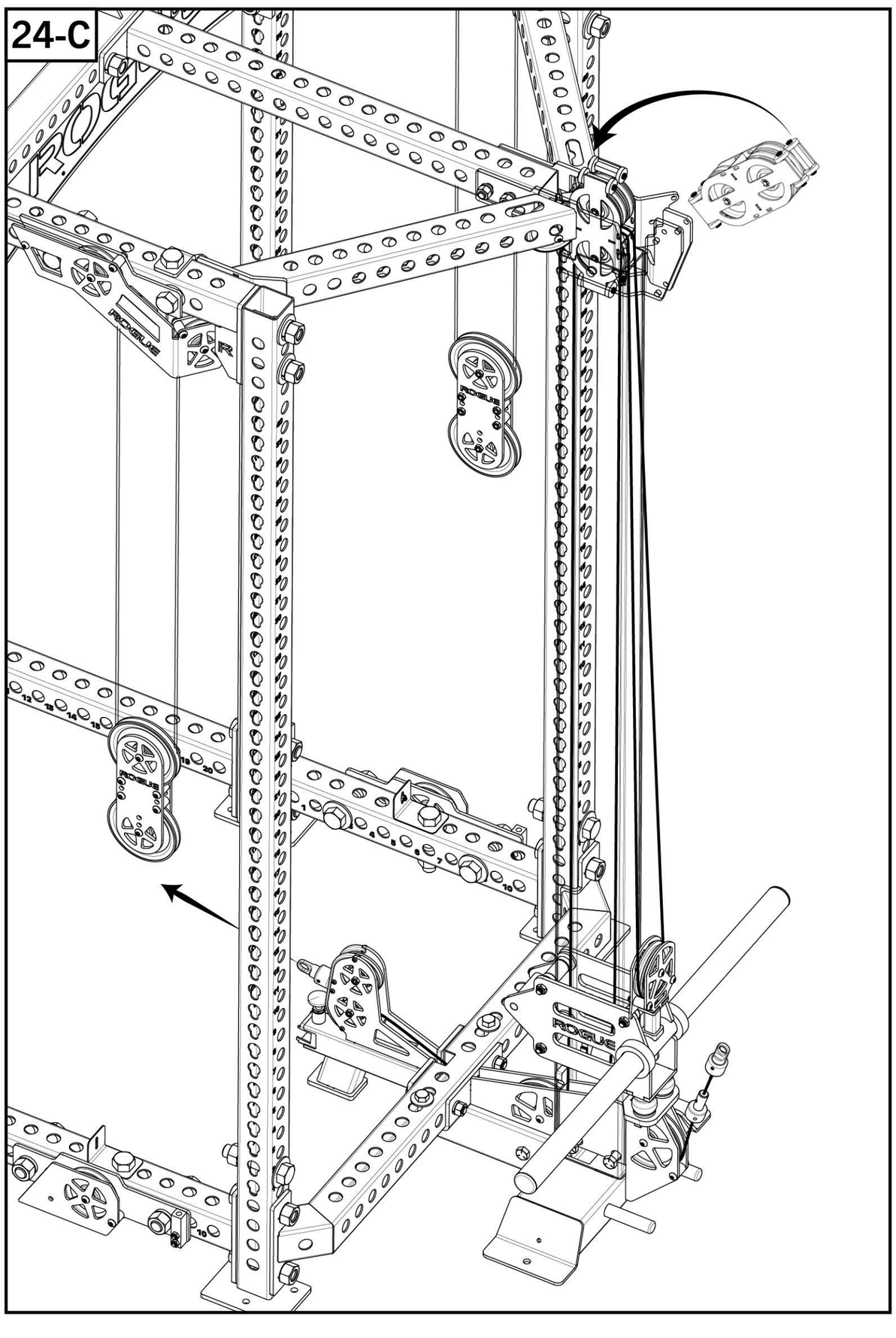
24-A



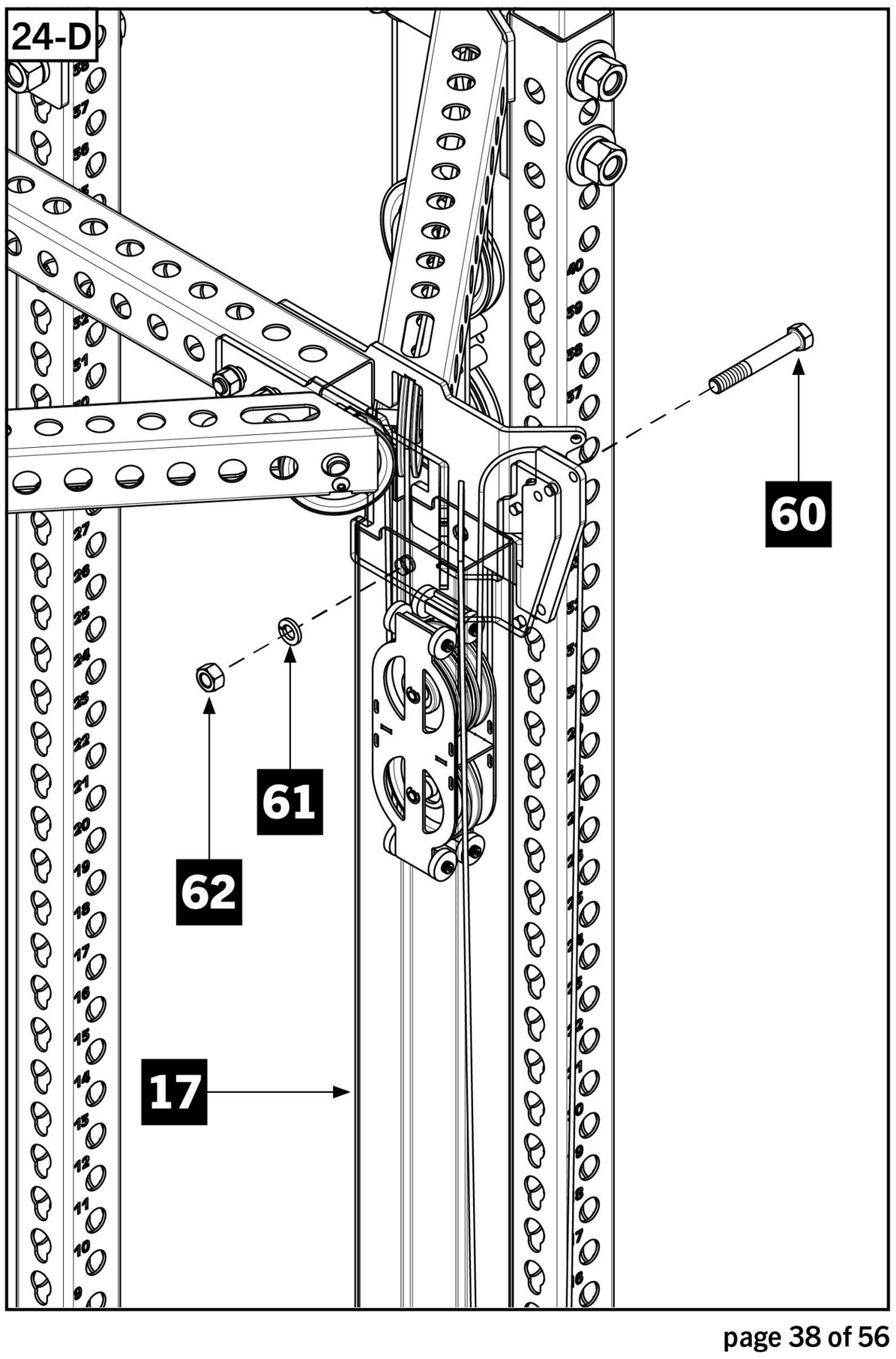
24-B



24-C



24-D



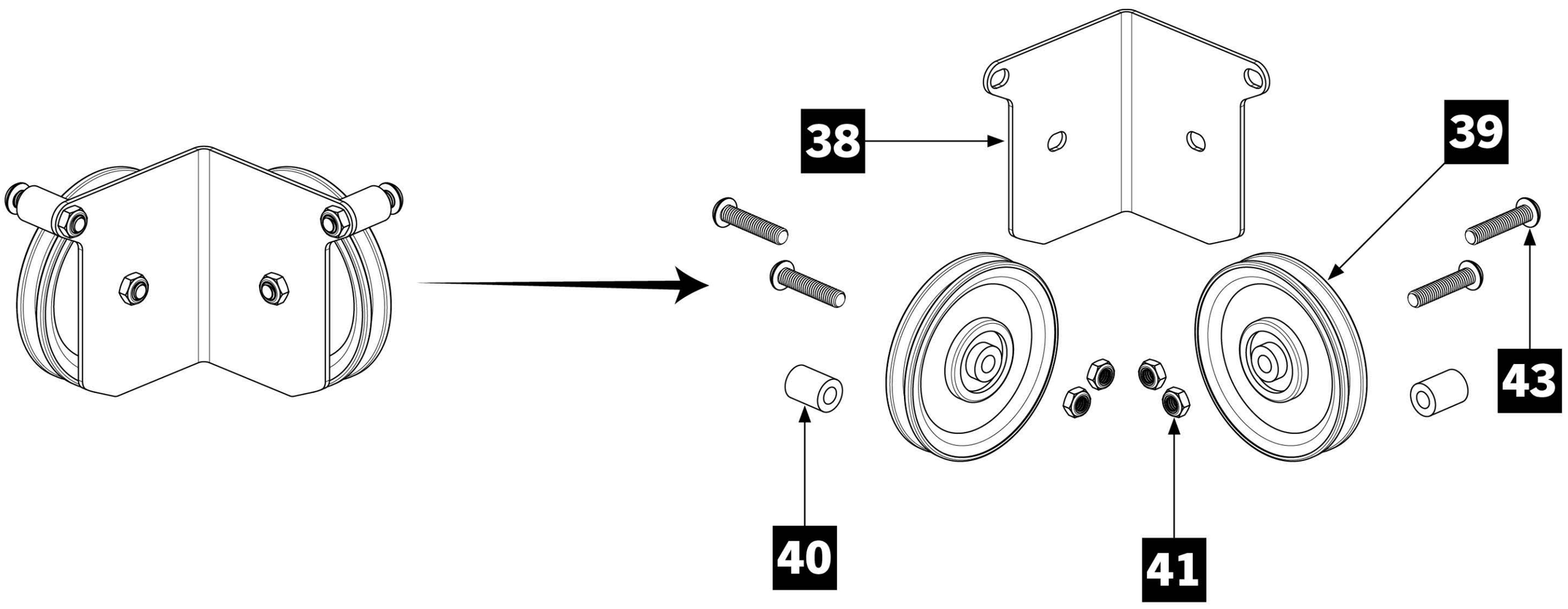
STEP 25

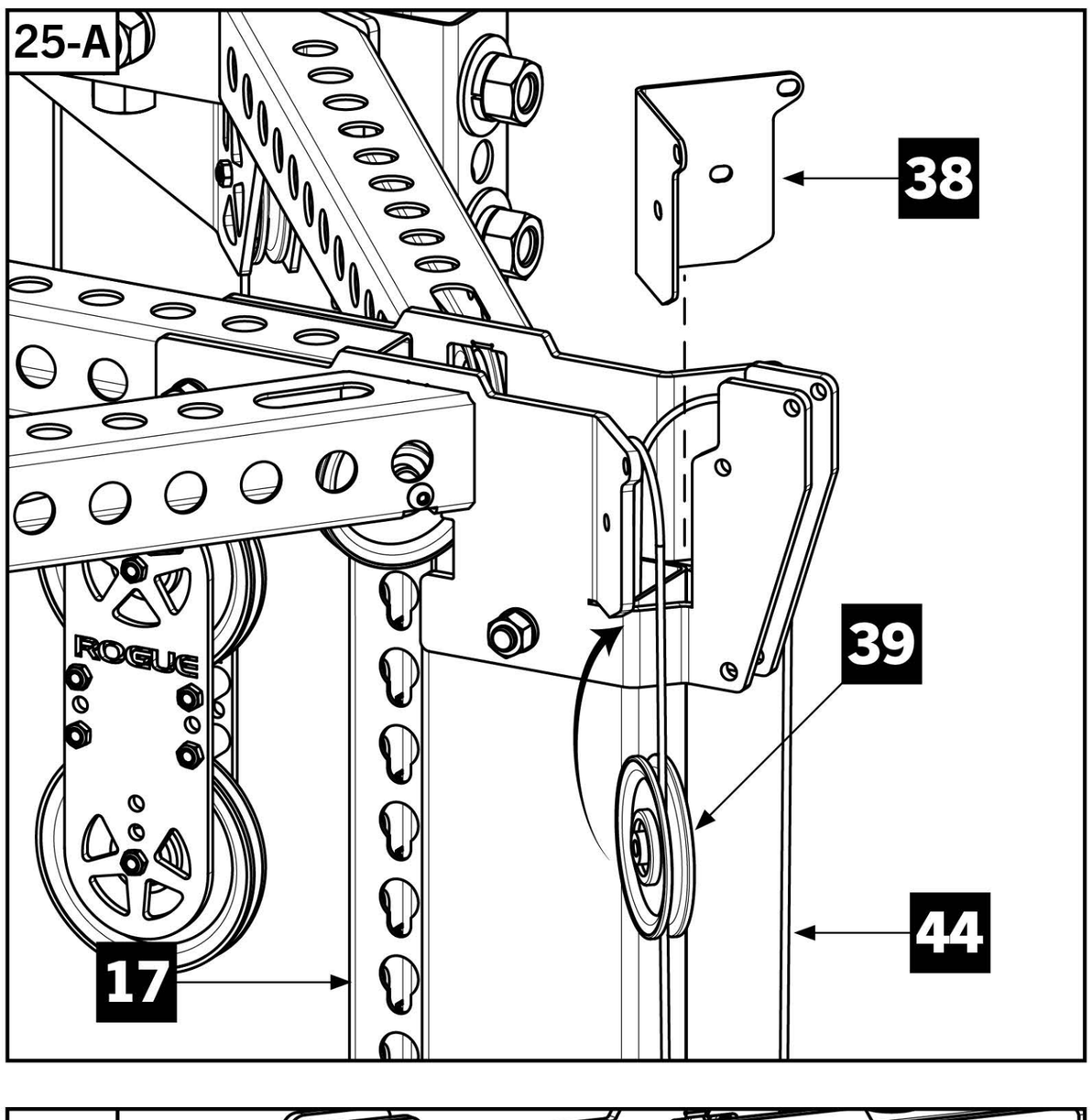
- Disassemble the two 4.5” Pulleys and Cable Retainers from the Rear Pulley Plate.
- Insert 4.5” Pulley [**39**] under cable and slide up until it reaches slot between Top Rear Crossmember RH [**22**] and Rear Upright [**17**].

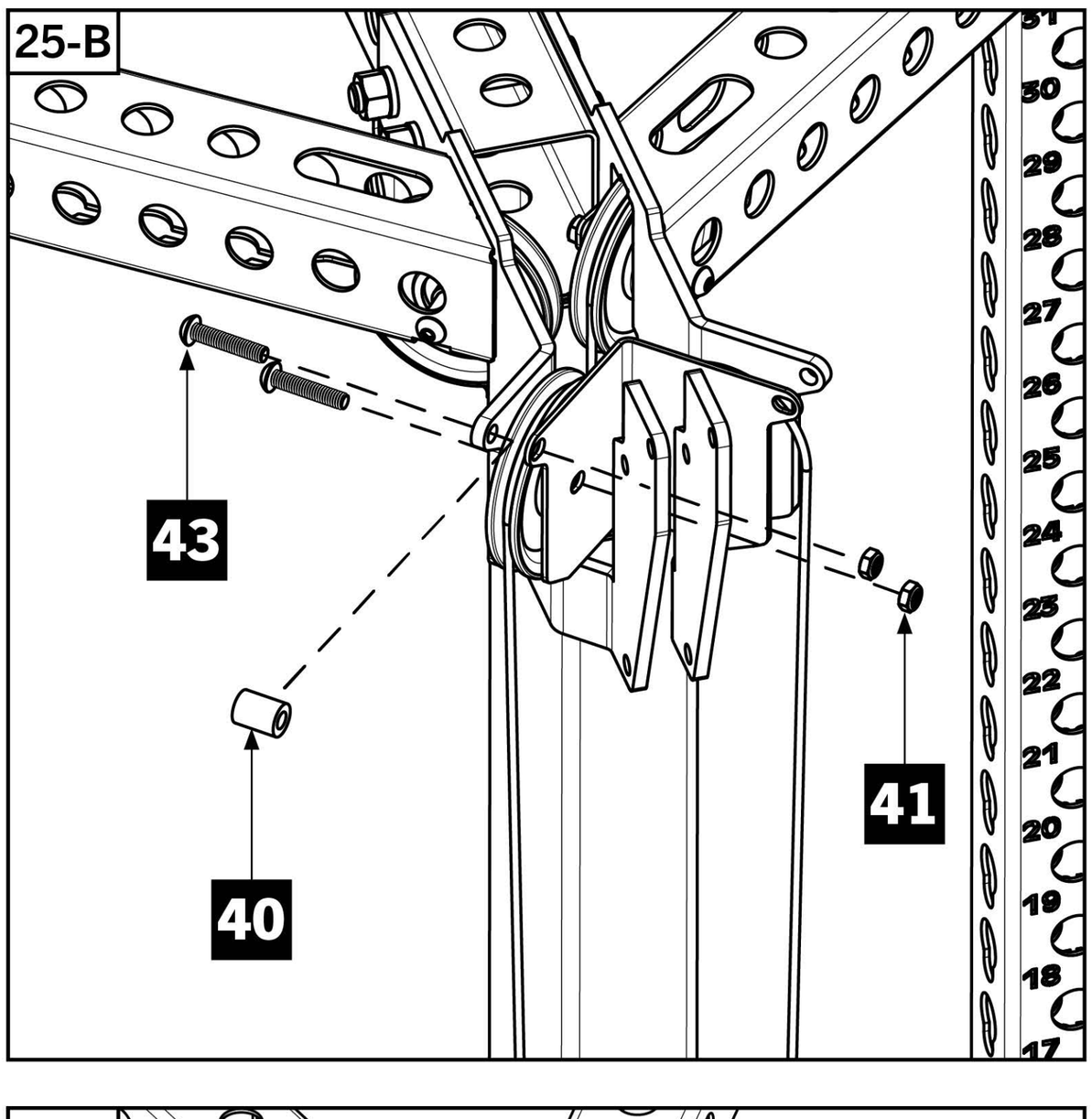
Note:

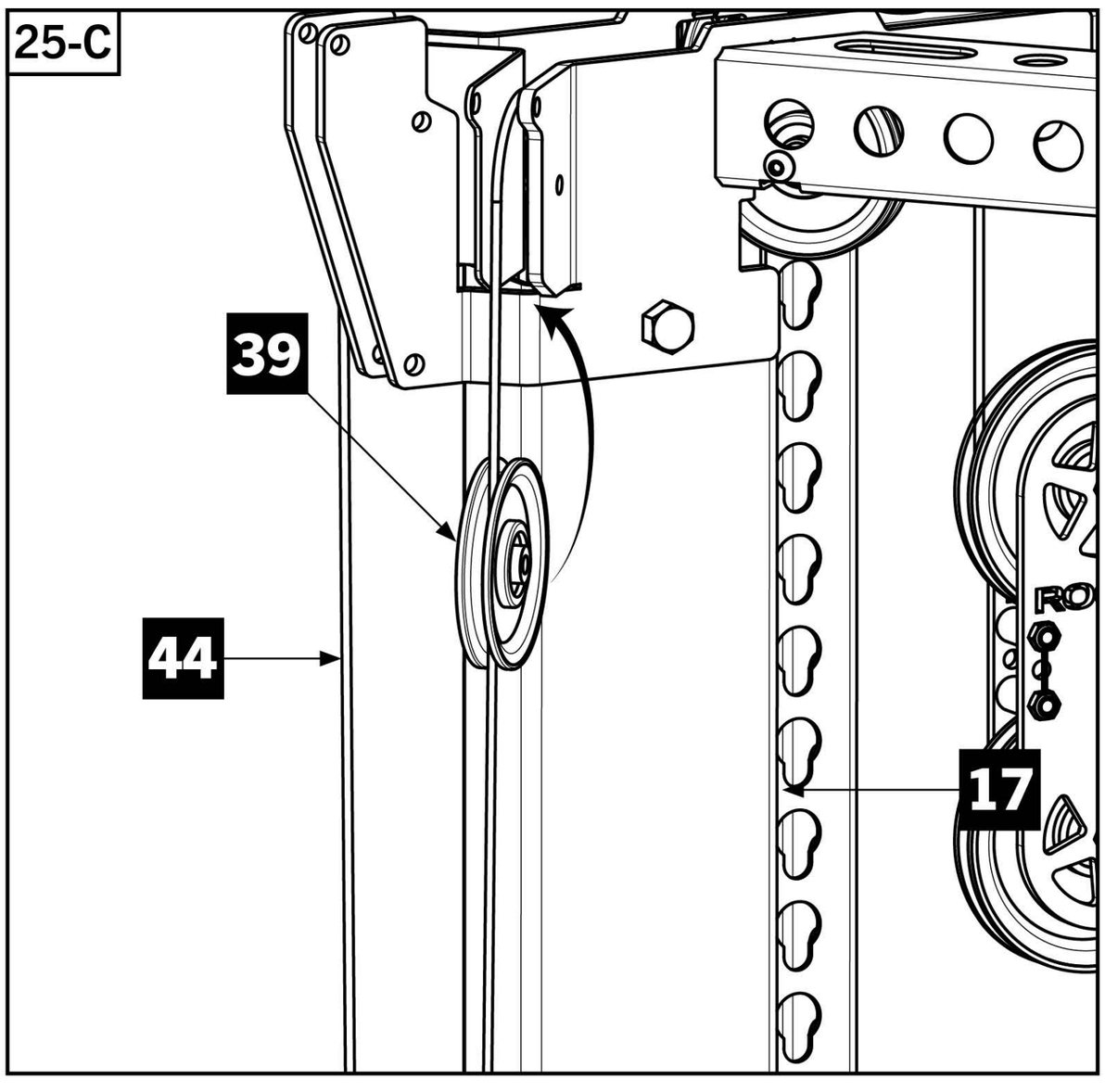
- Ensure cable remains in pulley’s groove.
- Secure pulley to Top Rear Crossmember RH [**22**] and Rear Pulley Plate [**38**] using 3/8” x 1-3/4 Button Head Screws [**43**], 3/4” x 1” Cable Retainer [**40**], and 3/8” Thin Nylock Nut [**41**].
- Repeat steps 25-A and 25-B to secure second pulley to Top Rear Crossmember LH [**23**] and Rear Upright [**17**].

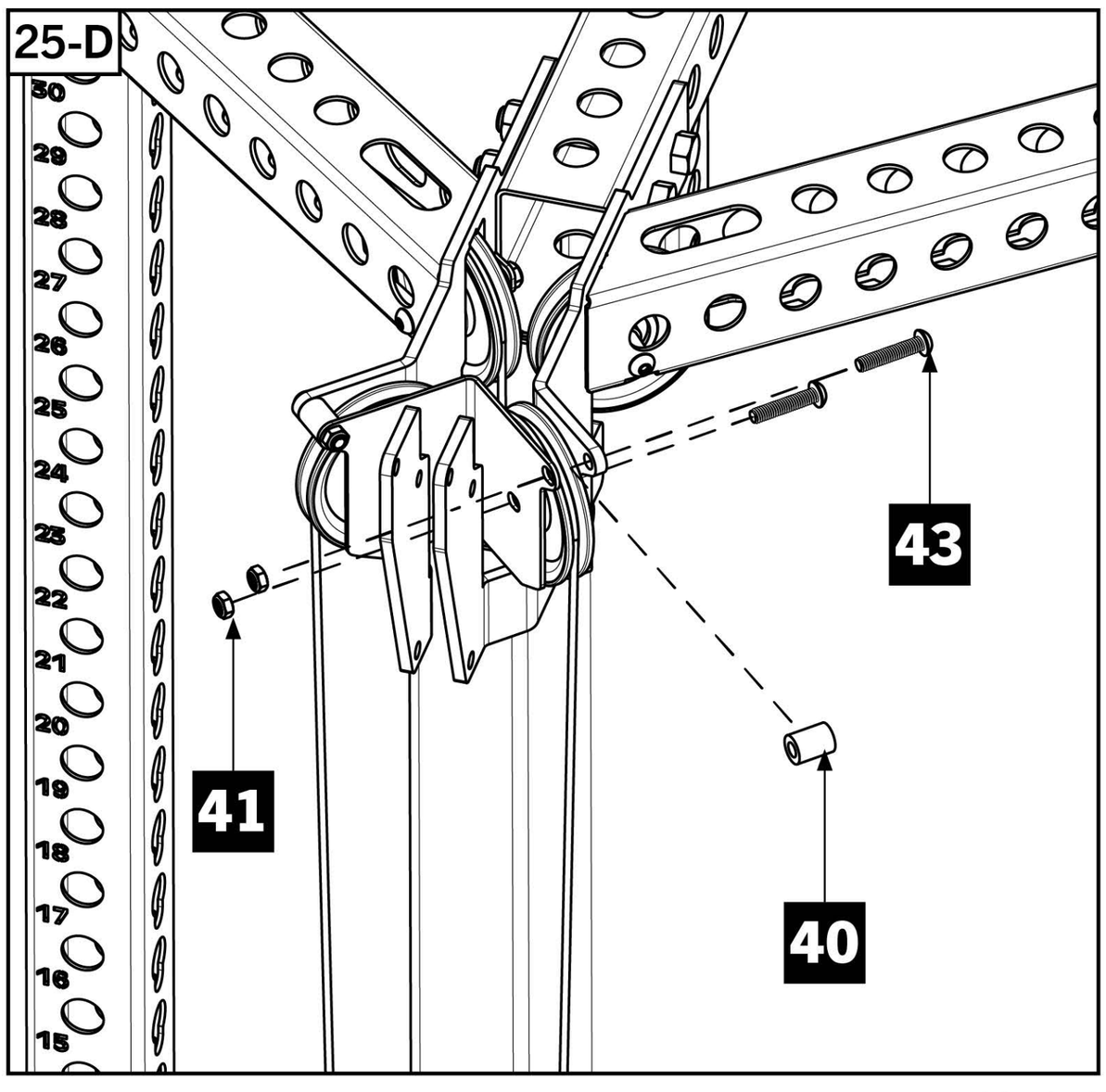
DETAIL











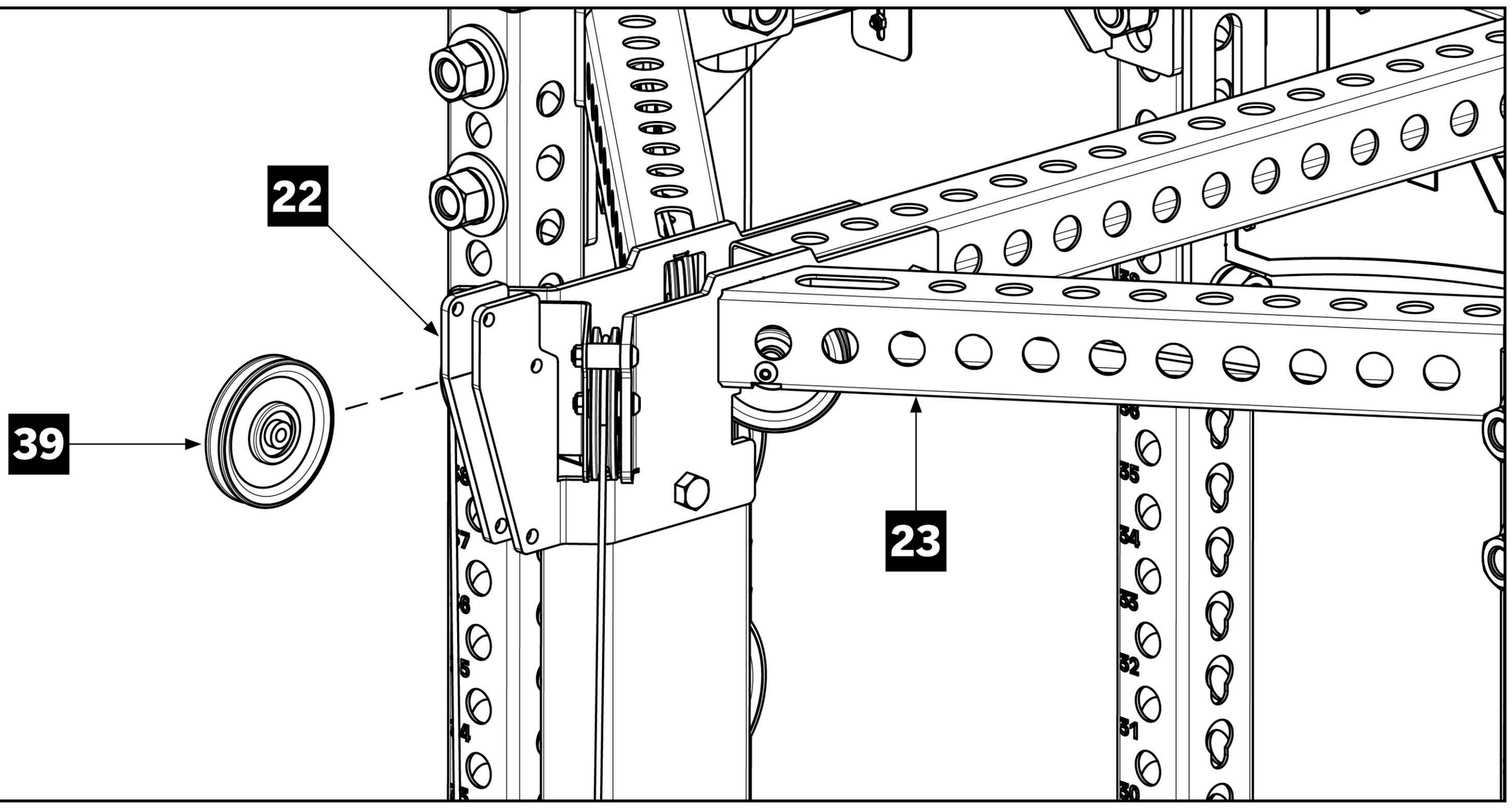
STEP 26

- Place center pulley between ends of Top Rear Crossmembers RH [**22**] and LH [**23**].
- Secure with 3/8” x 2” Button Head Screw [**42**] and 3/8” Thin Nylock Nut [**41**] in center hole.

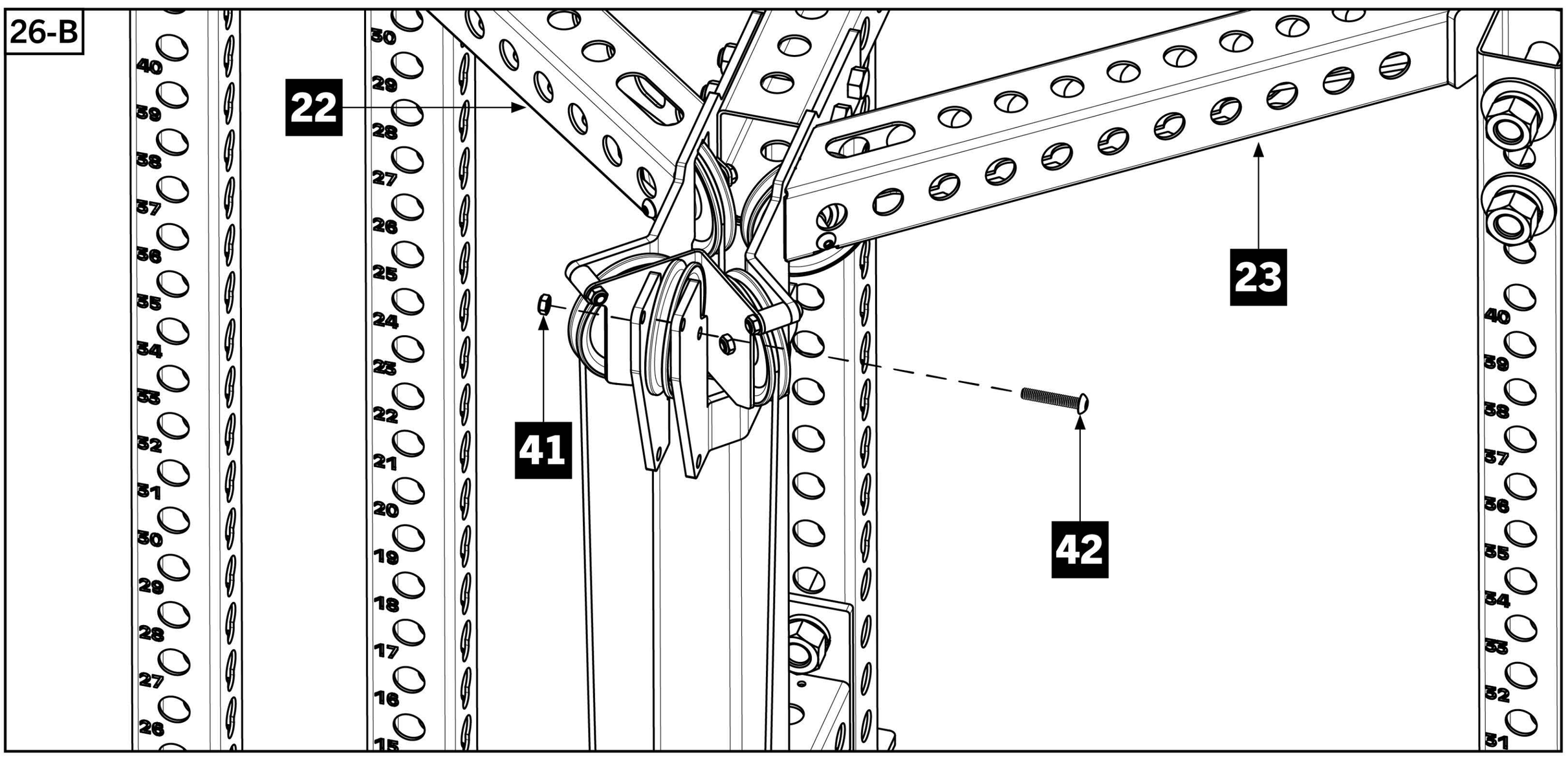
Note:

- Center Pulley cable retainer will be installed after Lat Pull/Low Row cable.
- Insert Stop Block [**46**] between ends of Top Rear Crossmembers RH [**22**] and LH [**23**].
- Secure with 3/8” x 2” Button Head Screw [**42**] and 3/8” Thin Nylock Nut [**41**].

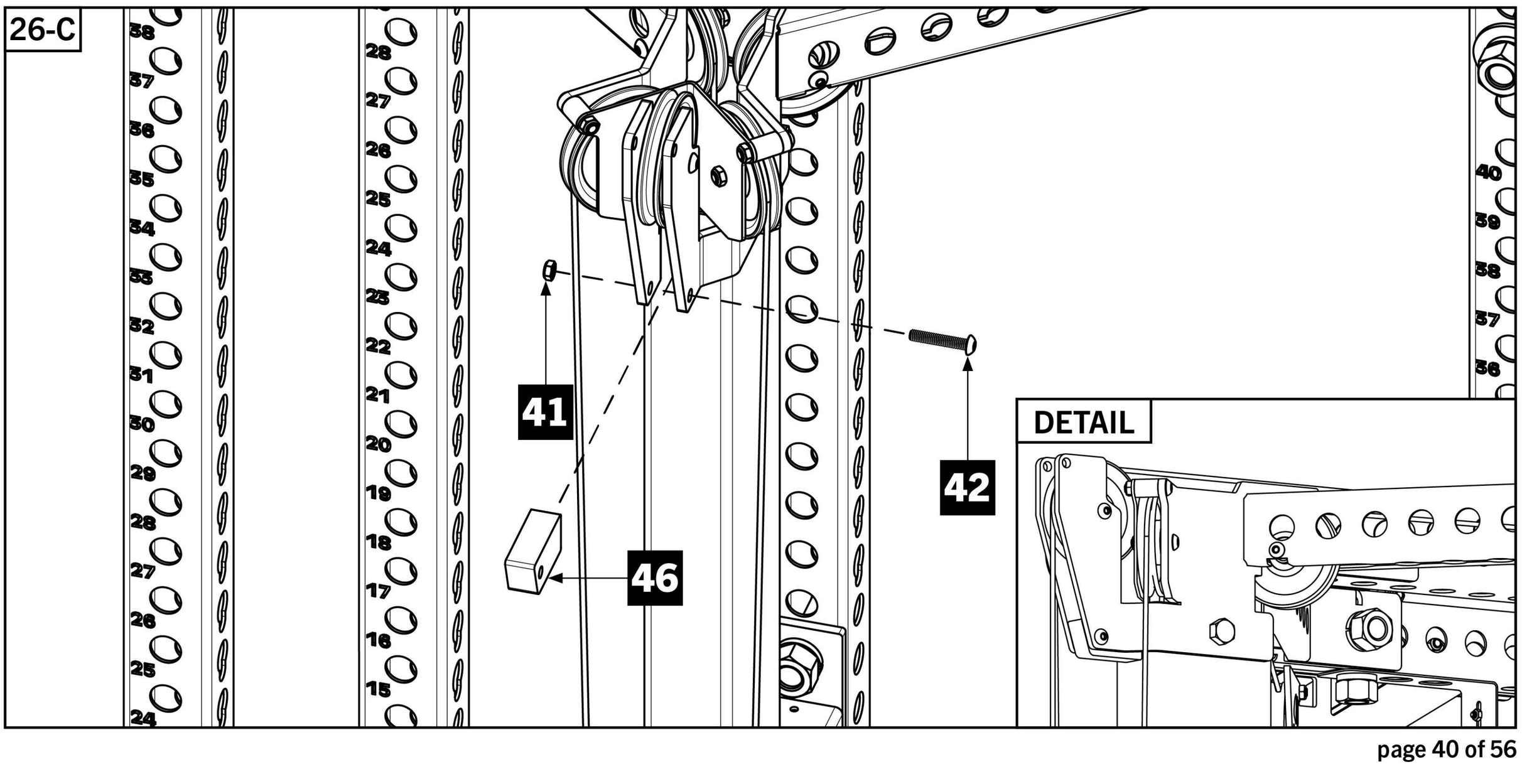
26-A



26-B

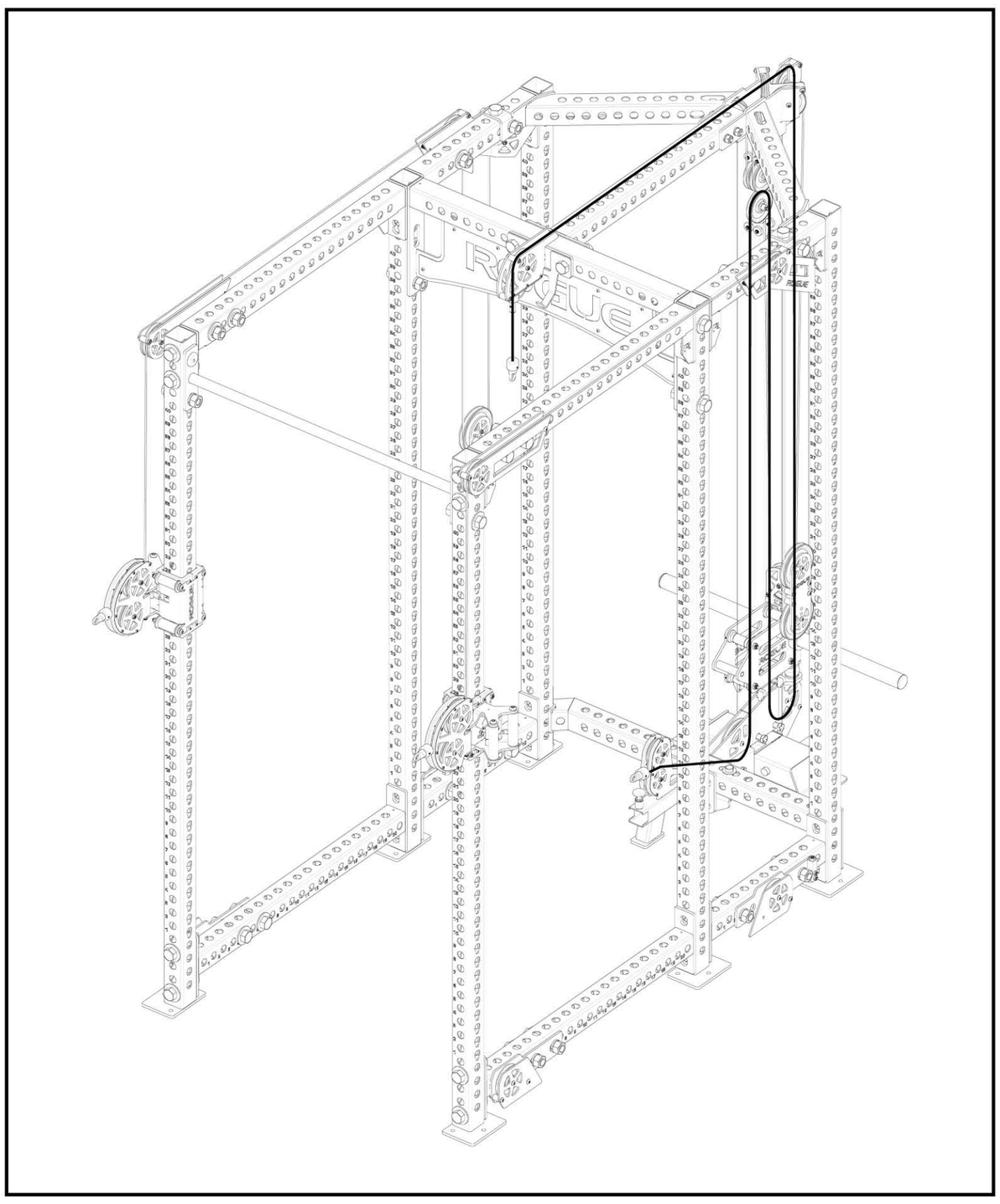


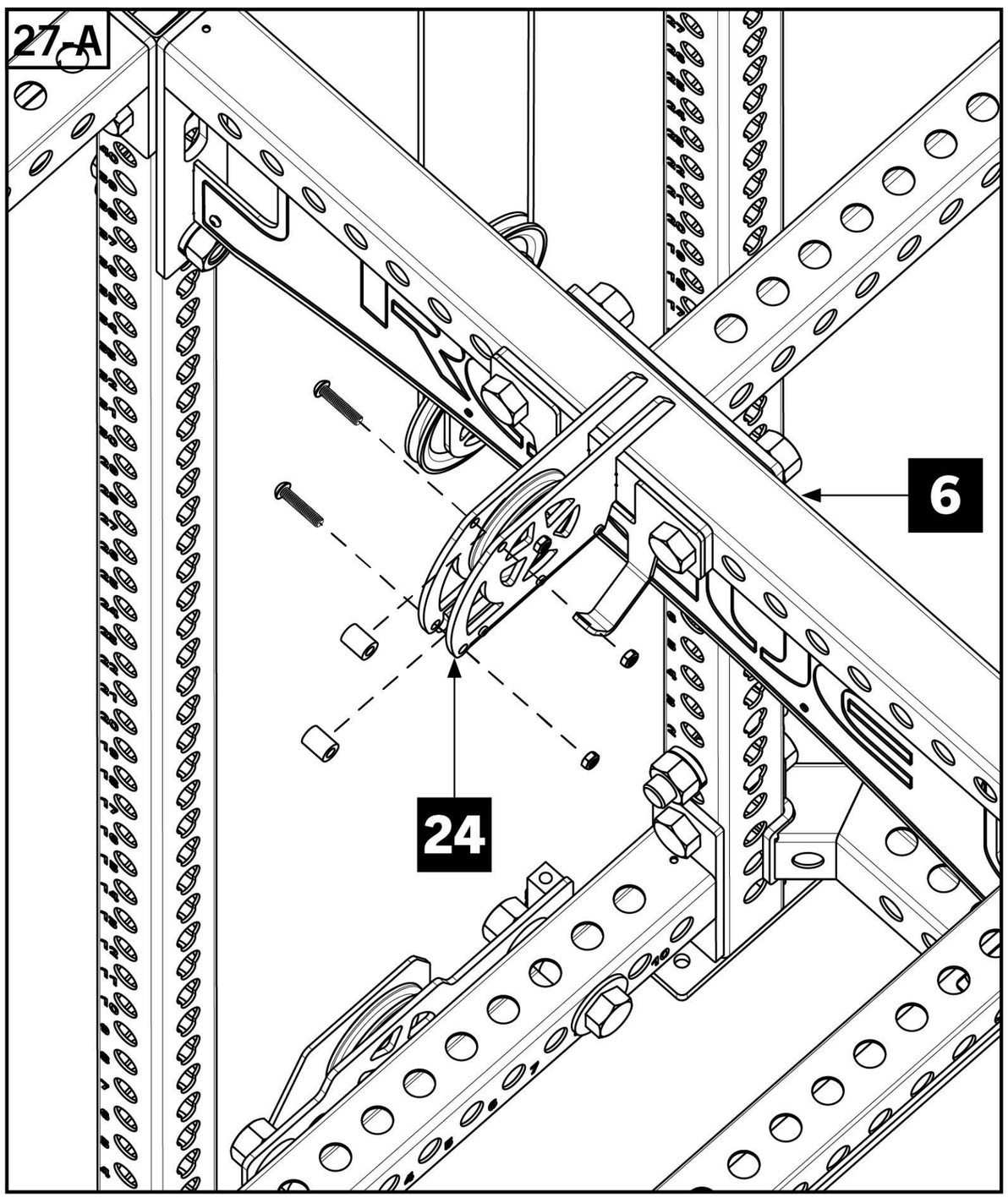
26-C

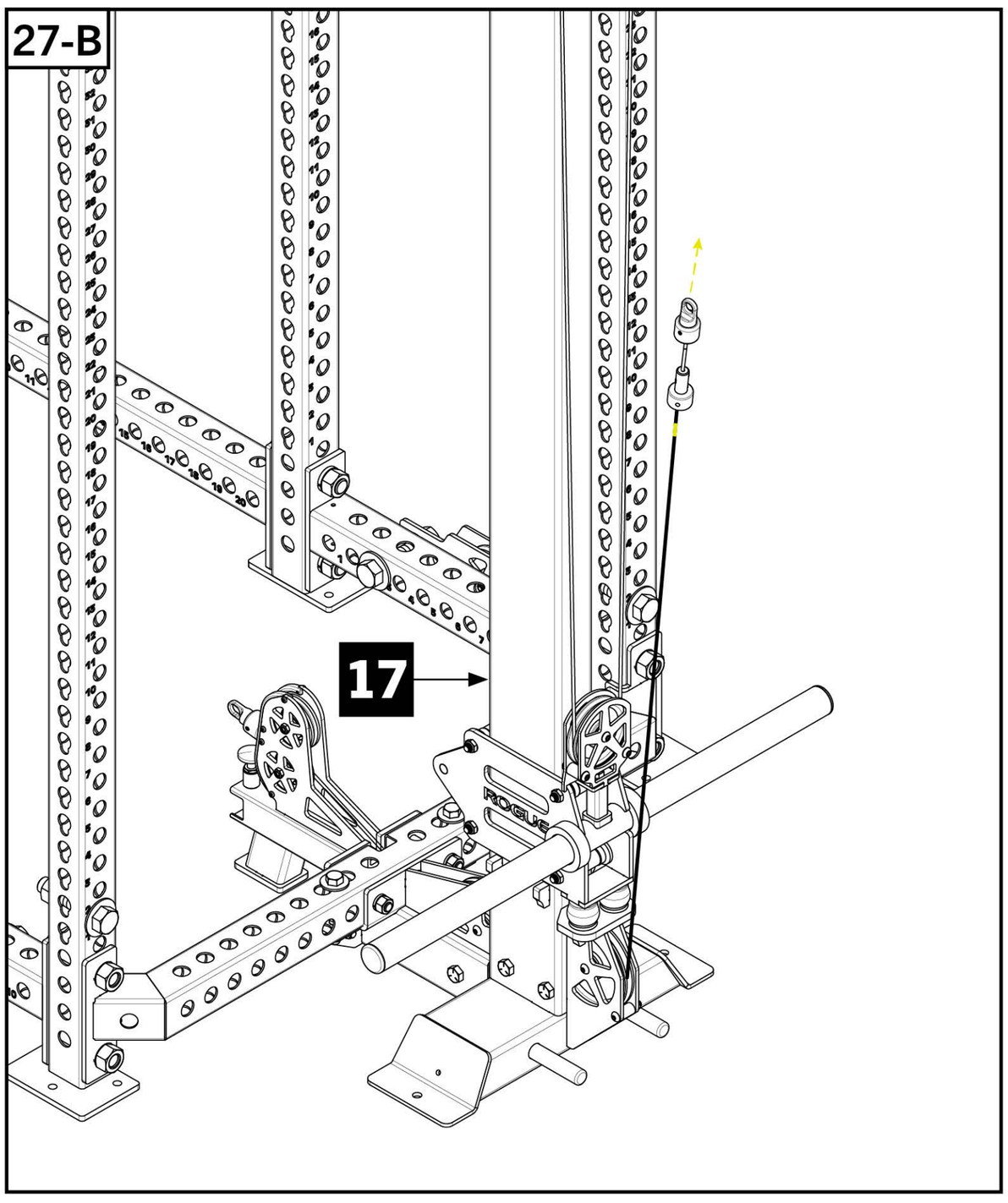


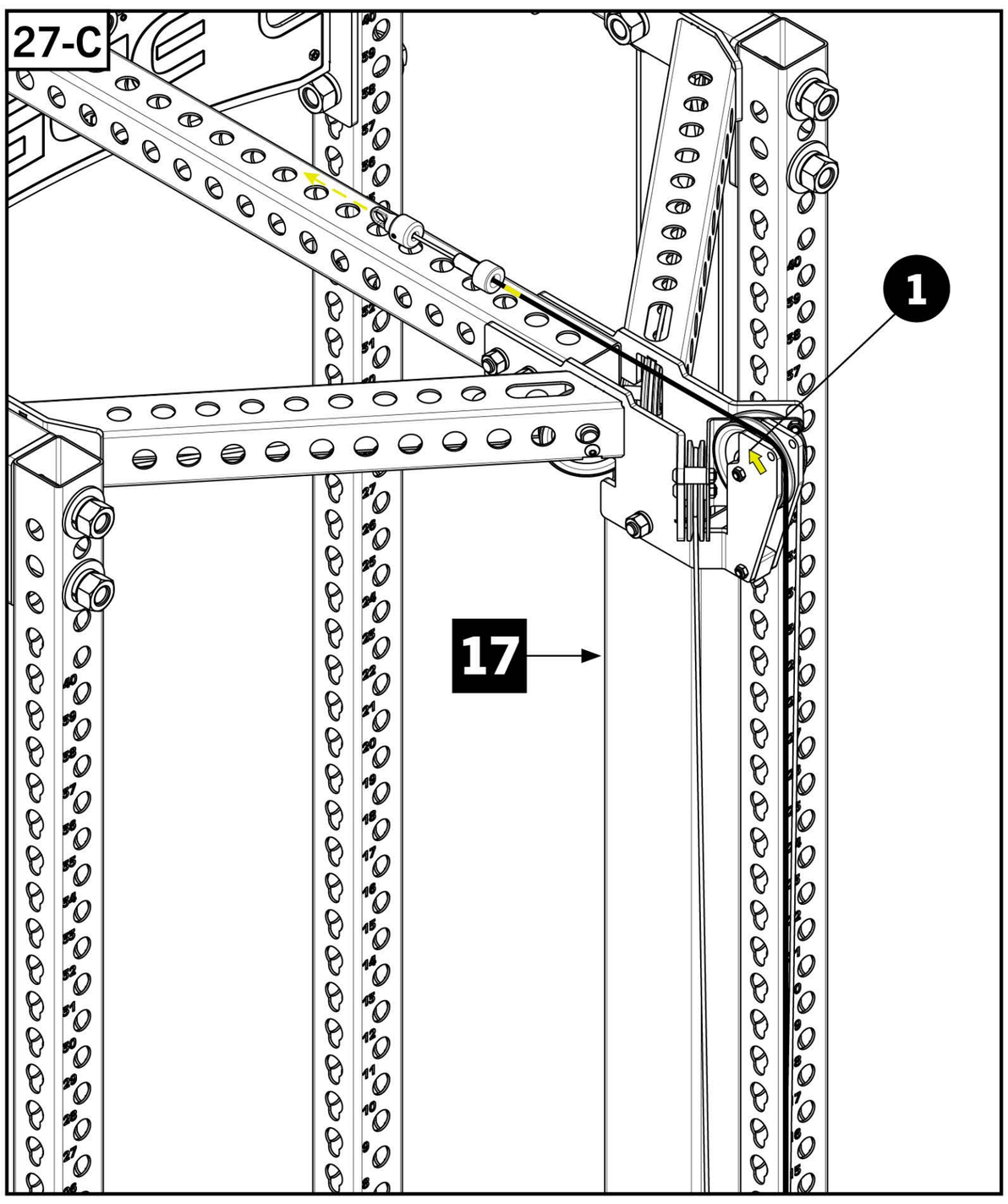
STEP 27

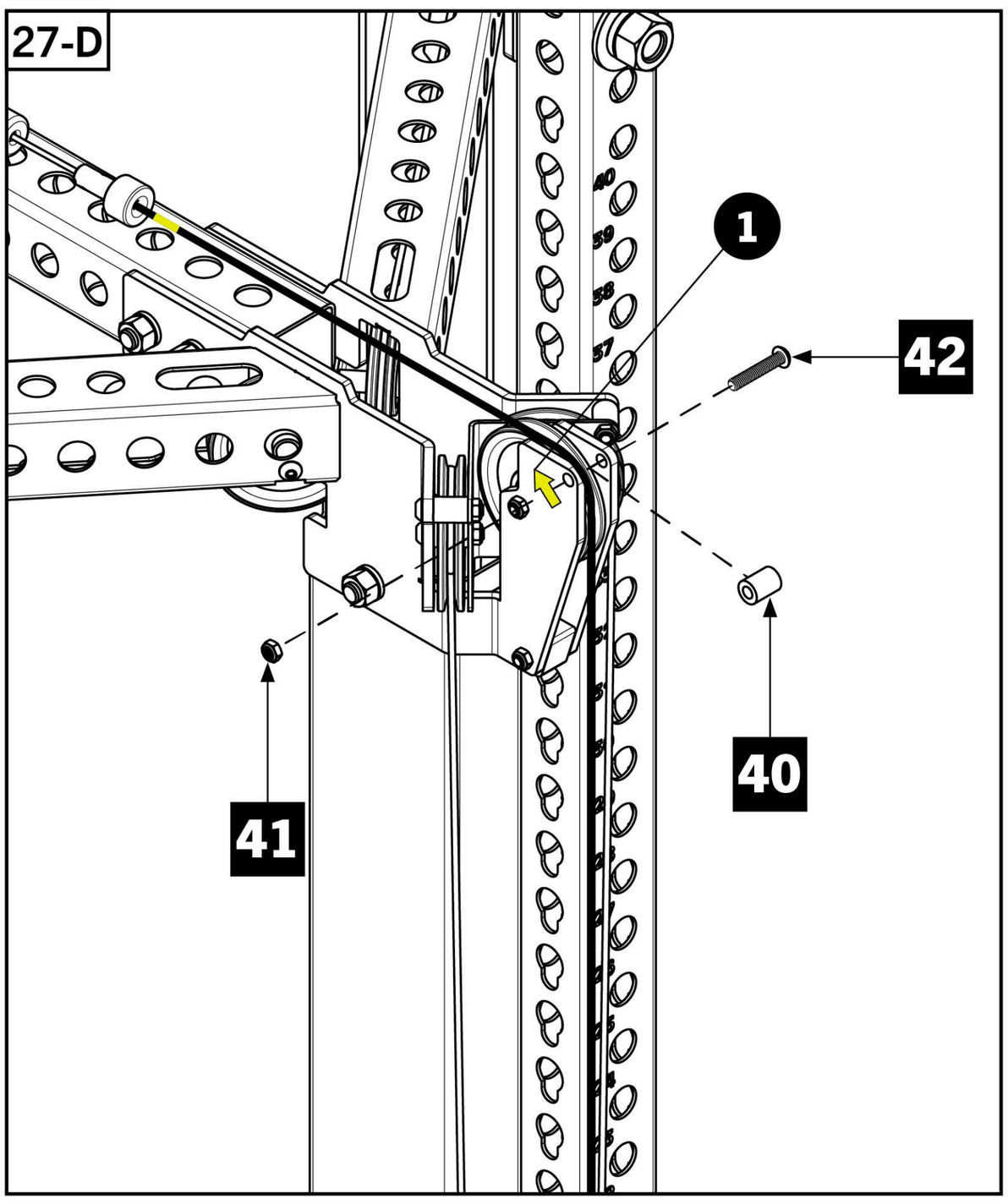
- Next assemble the Lat Pull/Low Row cable indicated by the yellow indicator on Ball End of cable and corresponding yellow arrows shown in **STEPS 27-28**
- Remove Plastic Cable Retainers from Lat Pulldown Pulley Bracket [**24**]. Hardware will be reinstalled in **28-B**.
- Pull cable up along Rear Upright [**17**] until reaching top. Feed cable around the pulley shown in **27-C** and then towards the front of the rack.
- Secure back center pulley using 3/4” x 1” Cable Retainer [**40**], 3/8” x 2” Button Head Screw [**42**], and 3/8” Thin Nylock Nut [**41**].









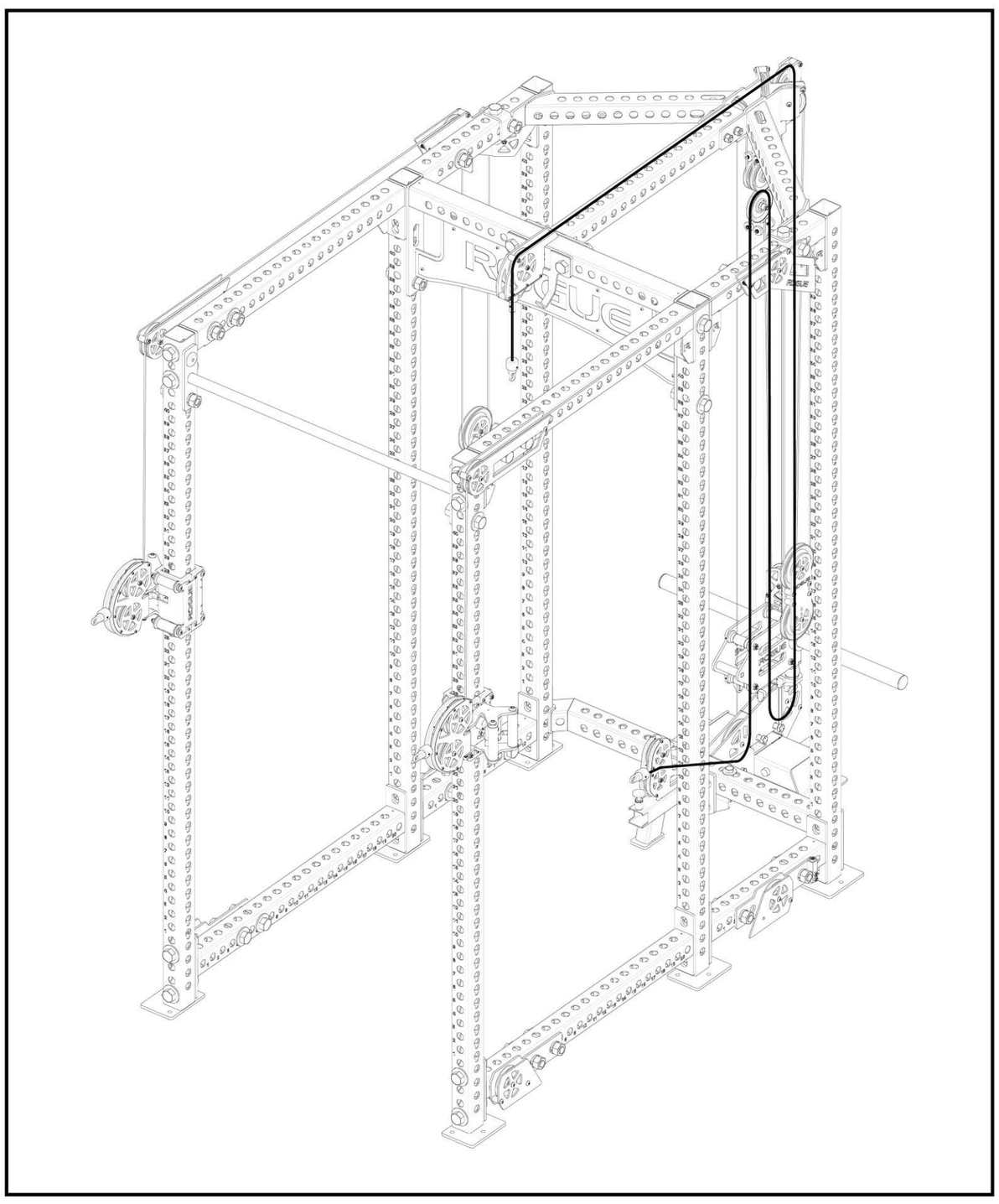


STEP 28

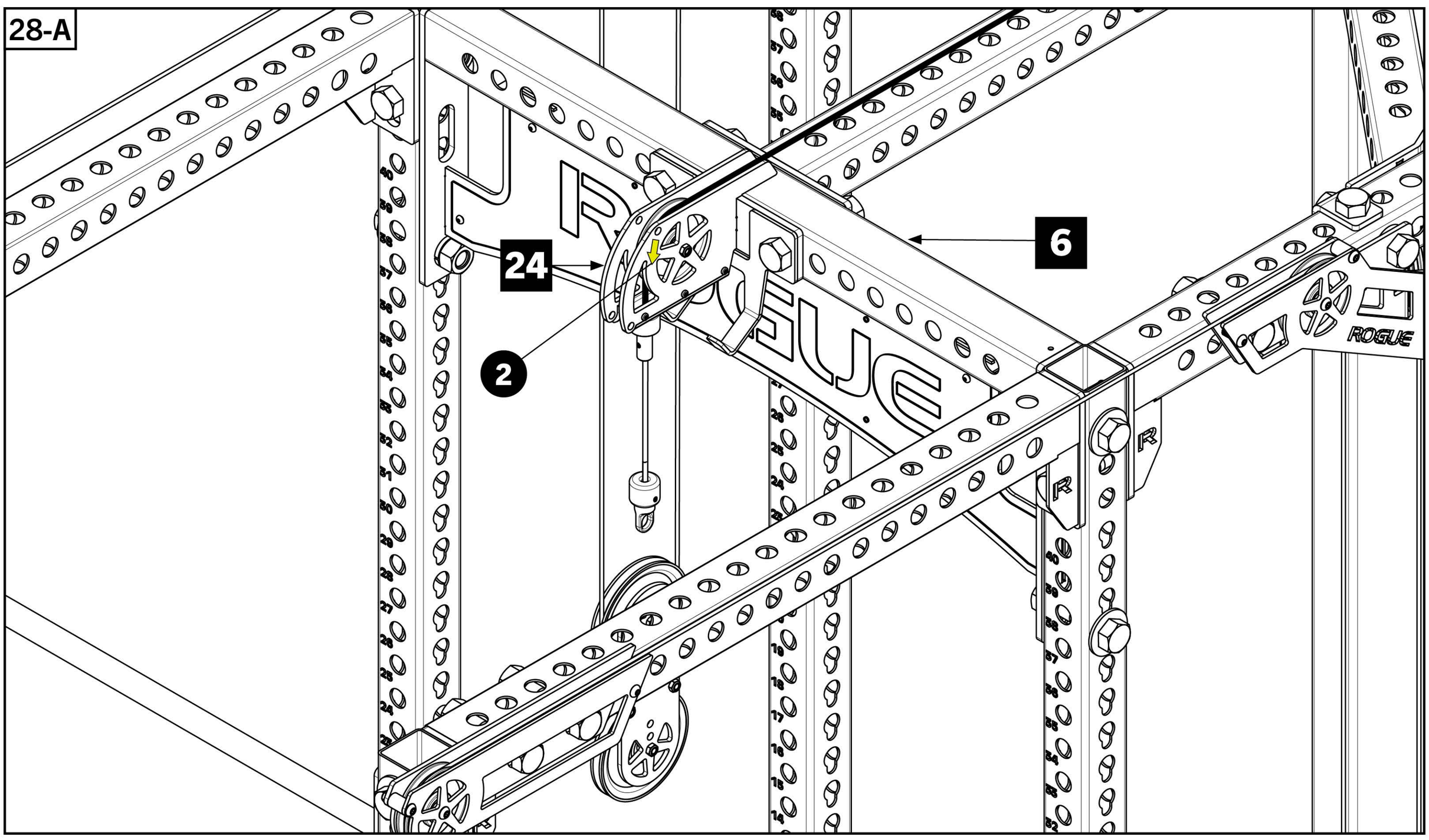
- Pull cable past the Nameplate Crossmember [**6**]. Feed cable around the Lat Pulldown Pulley Bracket [**24**] shown in **28-A.**
- Reinstall Cable Retainers into Lat Pulldown Pulley Bracket [**24**].

Note:

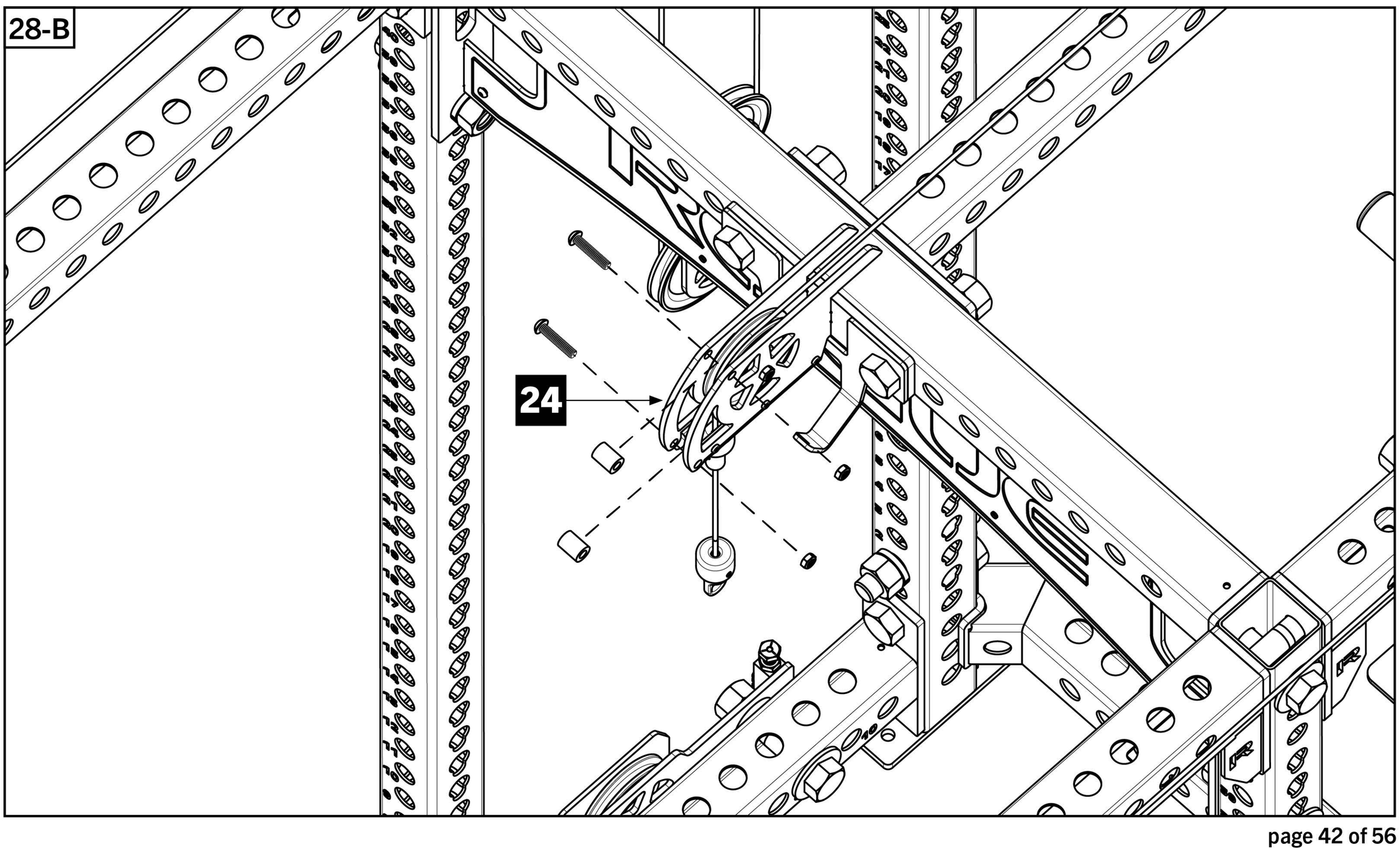
- Ensure cable remains in pulley's groove.



28-A



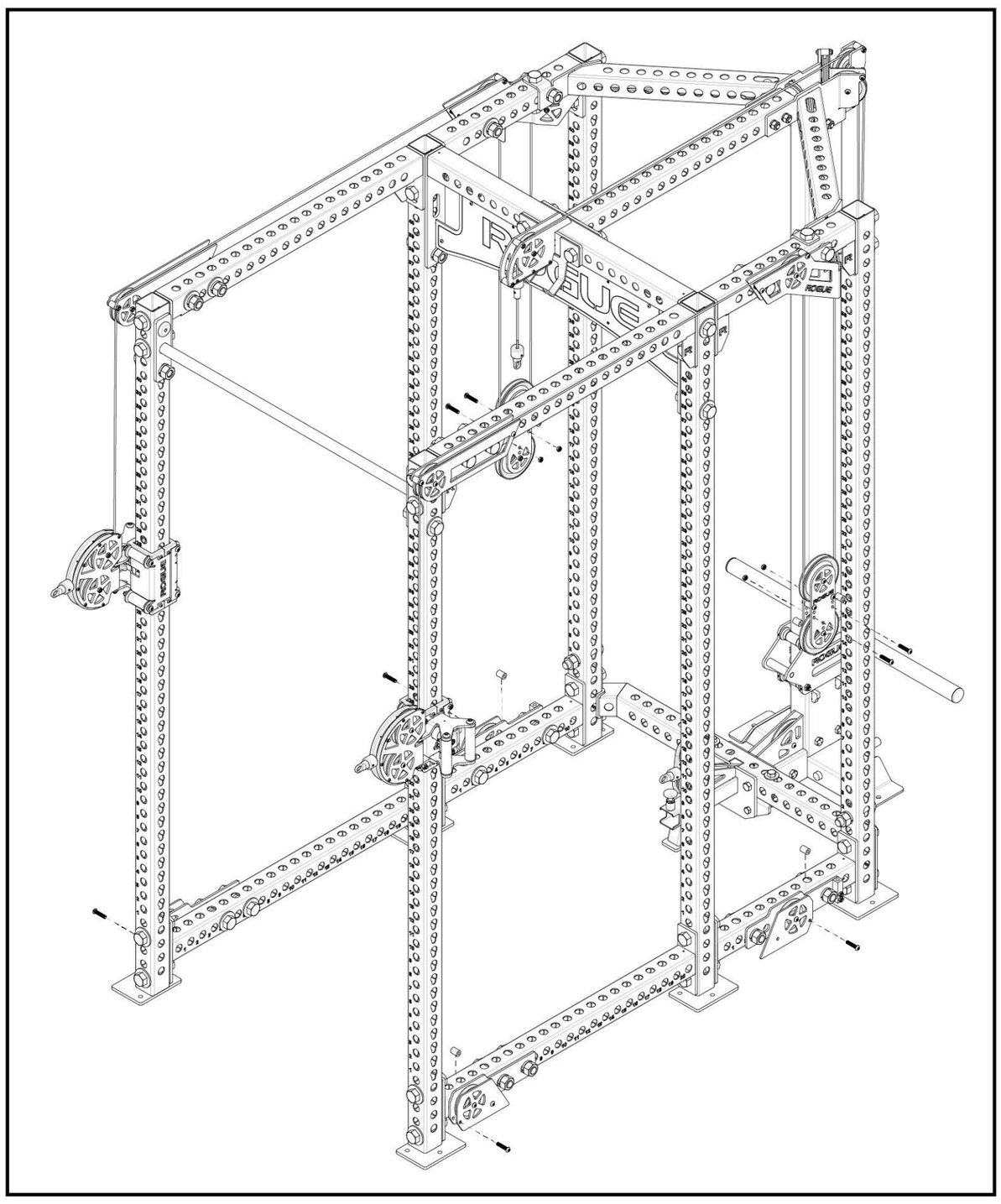
28-B



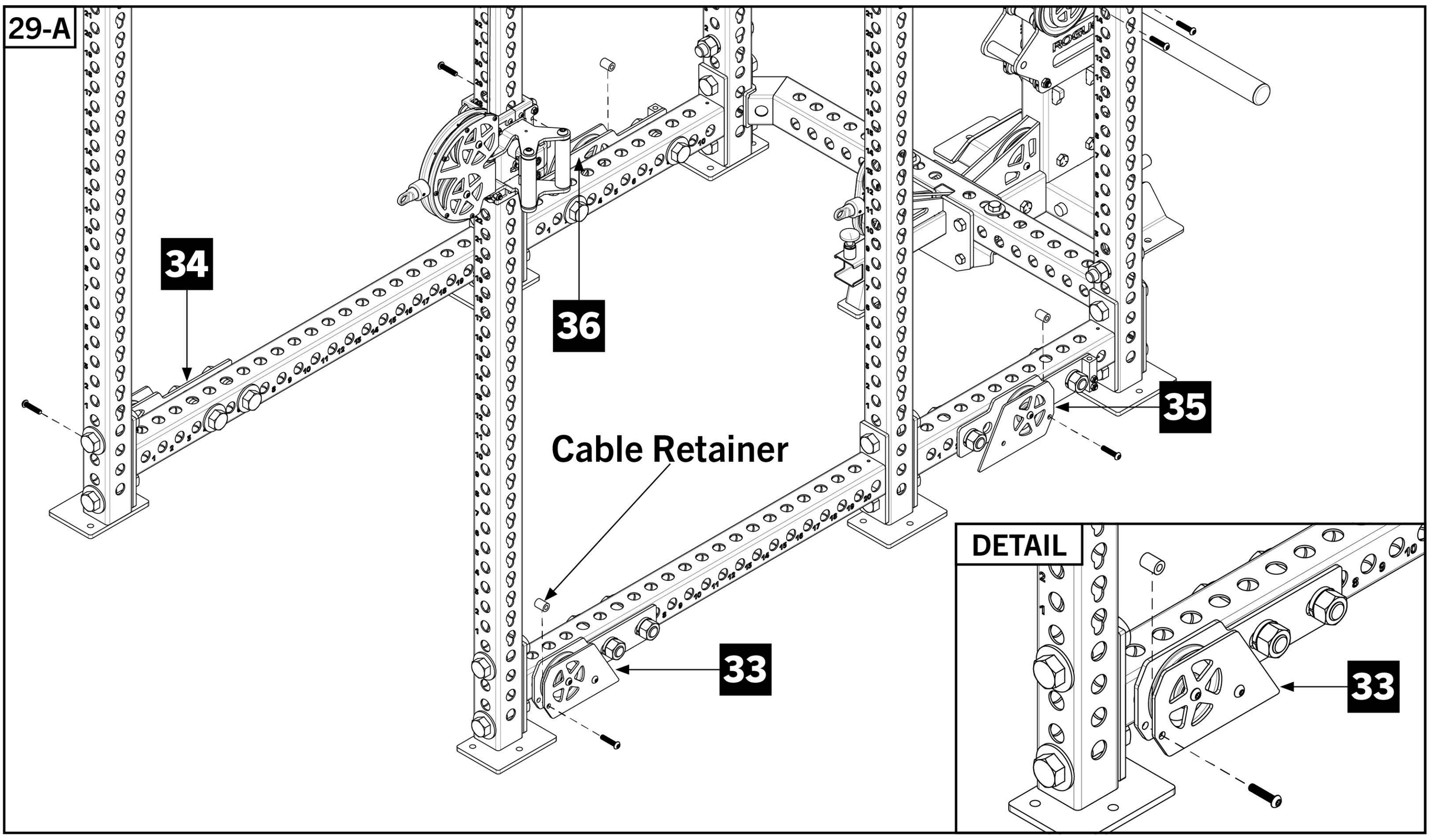
STEP 29

Tools Required:

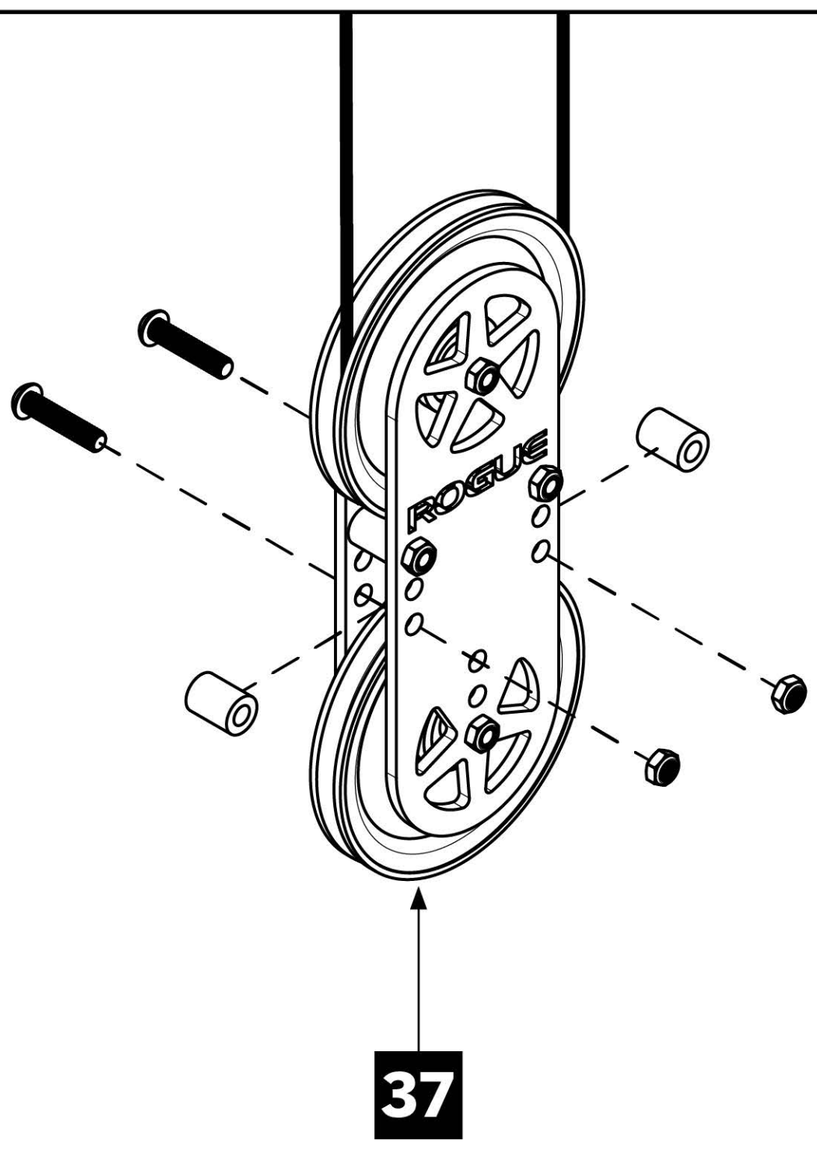
- 7/32” Allen Key & 9/16” Wrench
- Remove Plastic Cable Retainers from **all four** Bottom Side Pulley Assemblies by removing 3/8” Button Head Screws.
- Remove only the lower Plastic Cable Retainers from both Side Peanut Pulleys [**37**].
- Hardware will be re-installed on **STEP 32**.

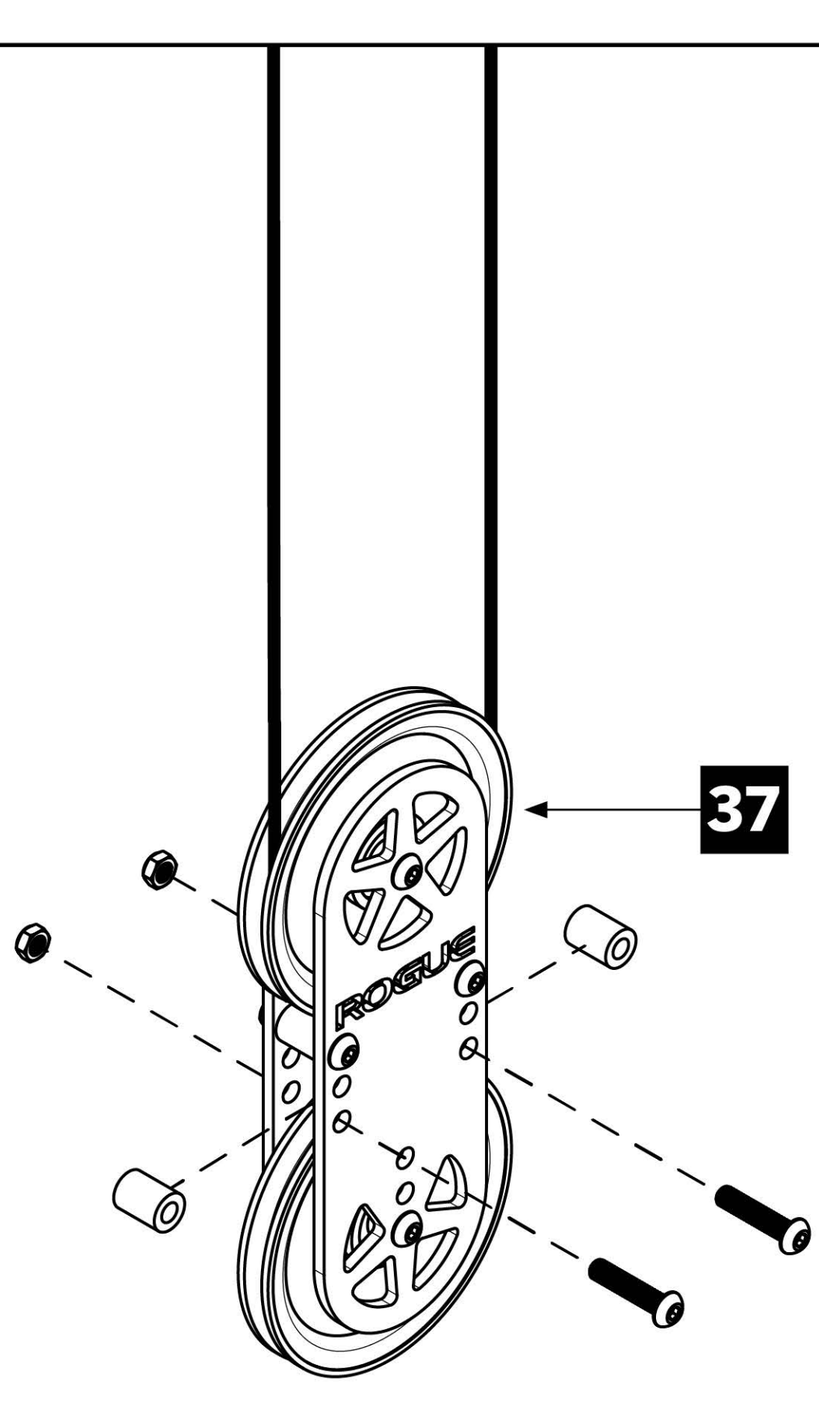


29-A



29-B

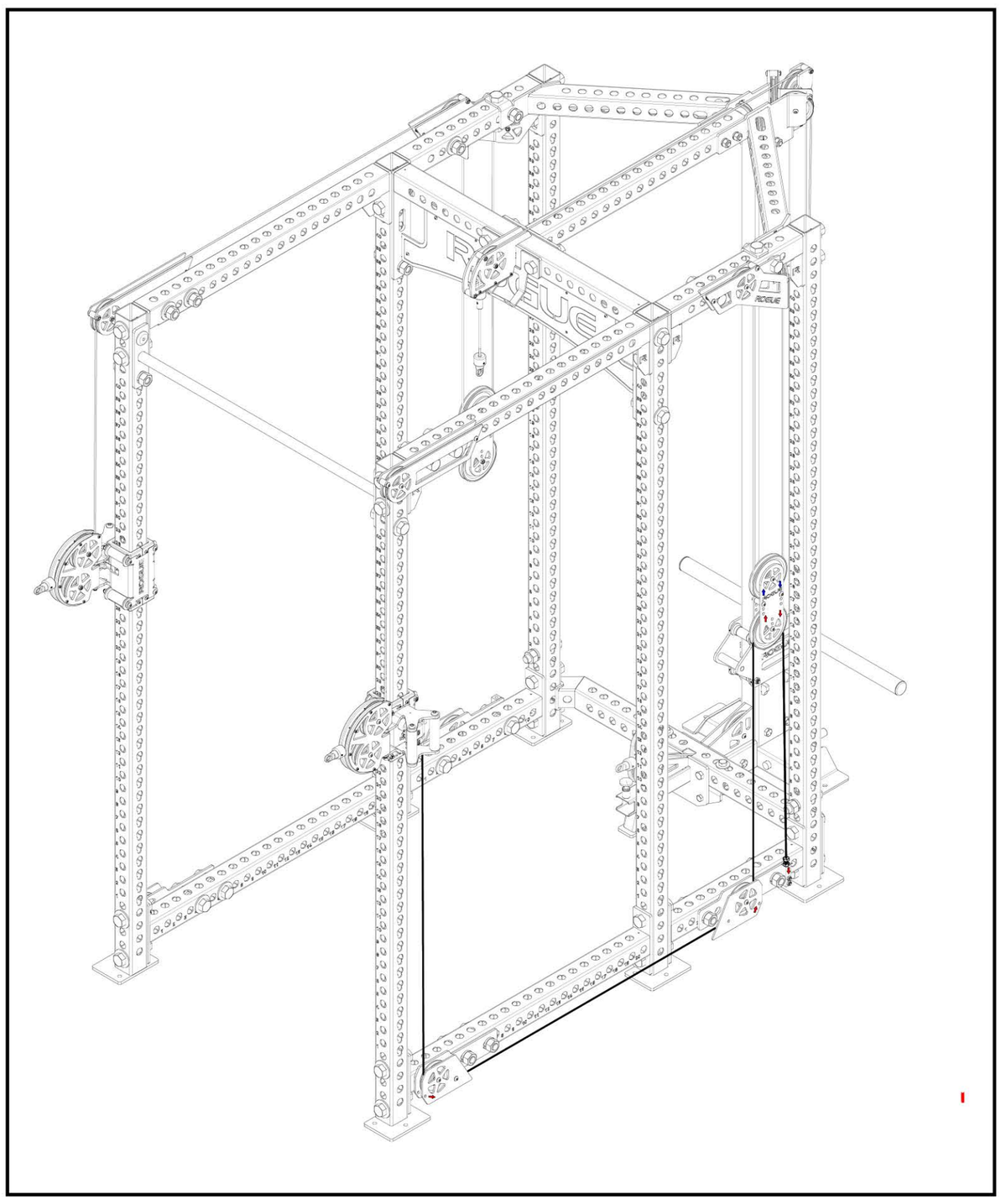




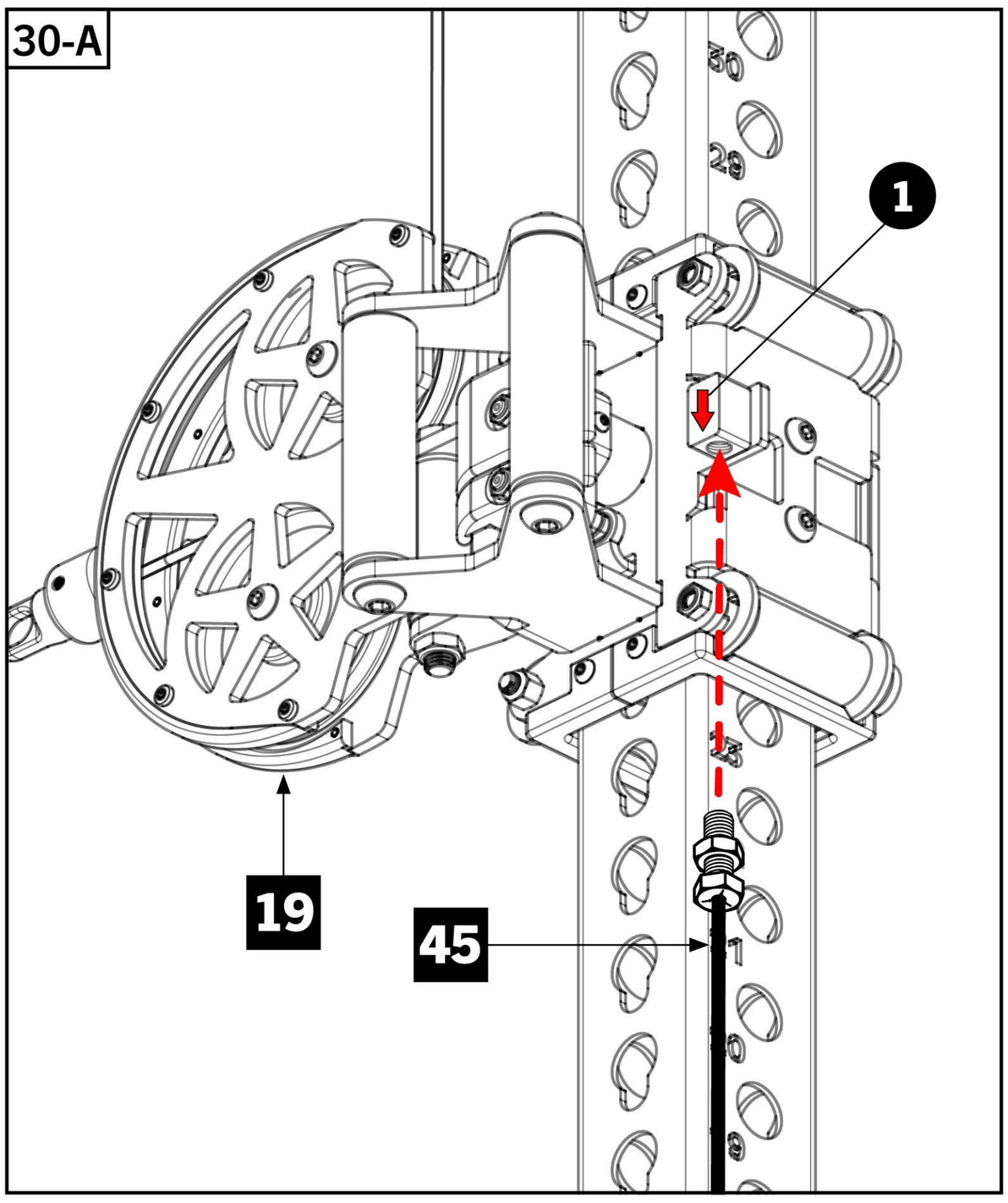
STEP 30

Tools Required:

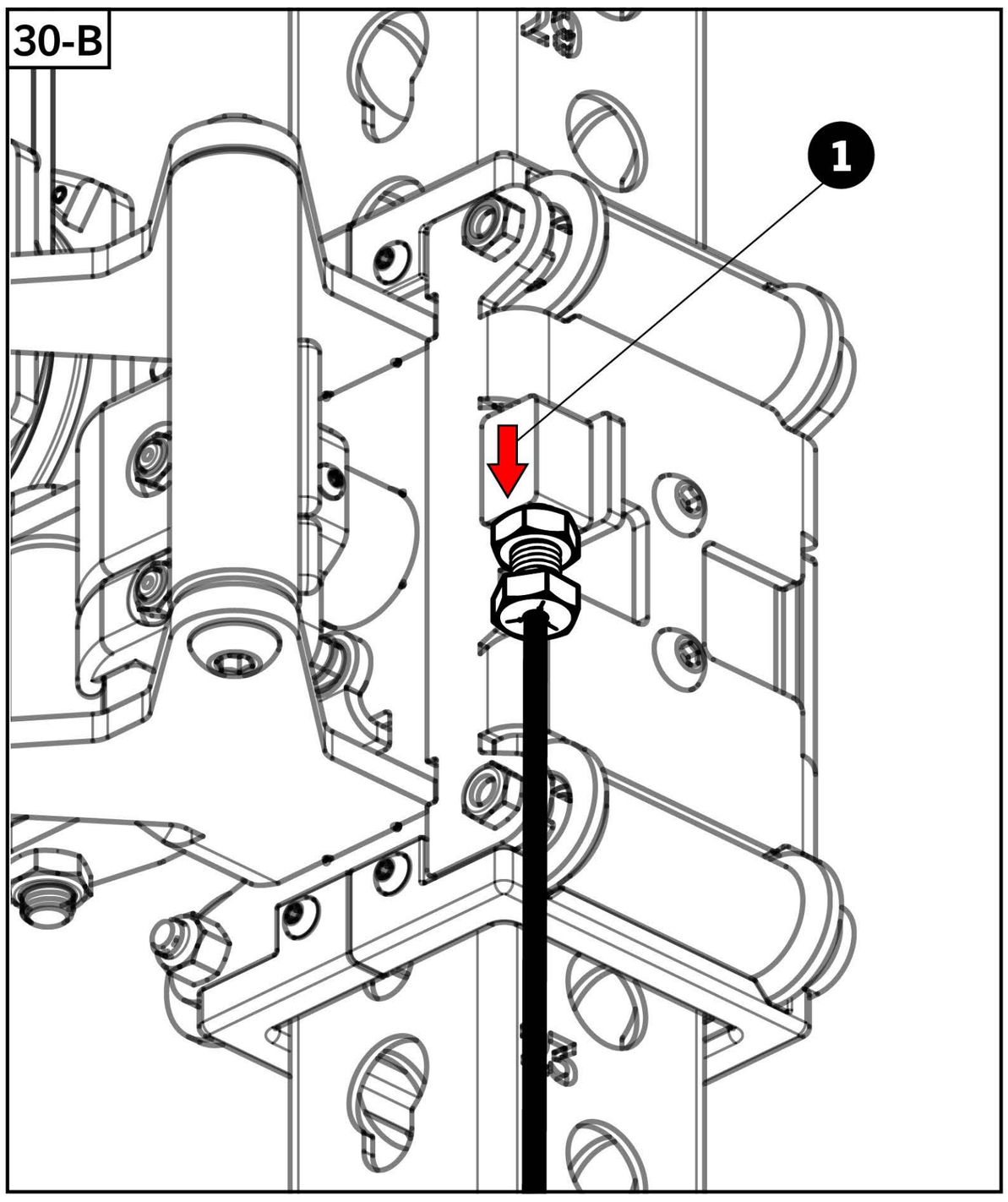
- 3/4” Wrench
- Assemble one of the included Low Side Cables [**45**] (red tag) onto RH side of rack by inserting the tagless end into stop block on back of Swivel Trolley RH [**19**].
- Loosen the hex nut if needed to ensure approximately 1/2” of threads are showing between the bolt head and nut.
- 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 pulley on Bottom Front Pulley Assembly - RH [**33**] and continue towards back of rack.



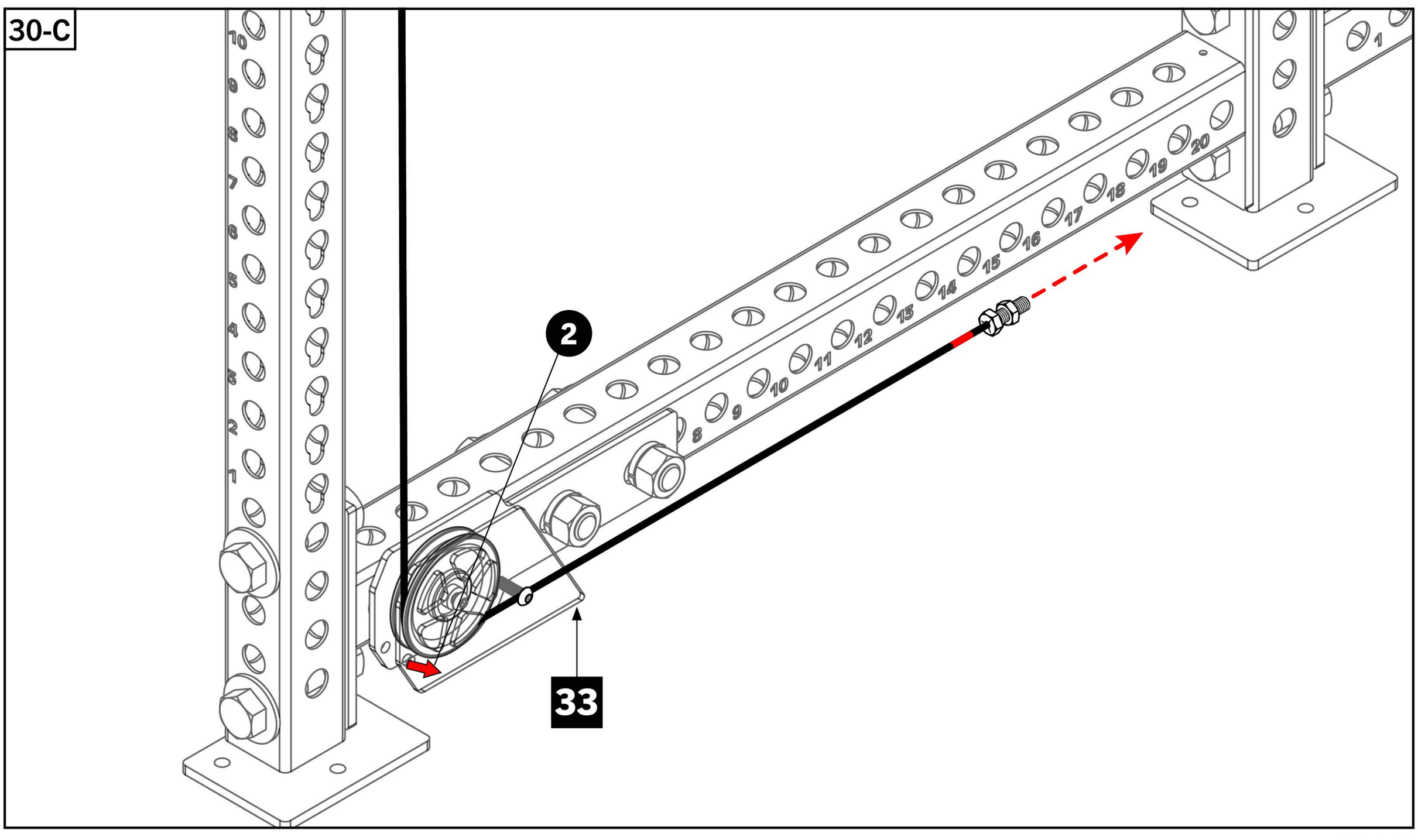
30-A



30-B



30-C



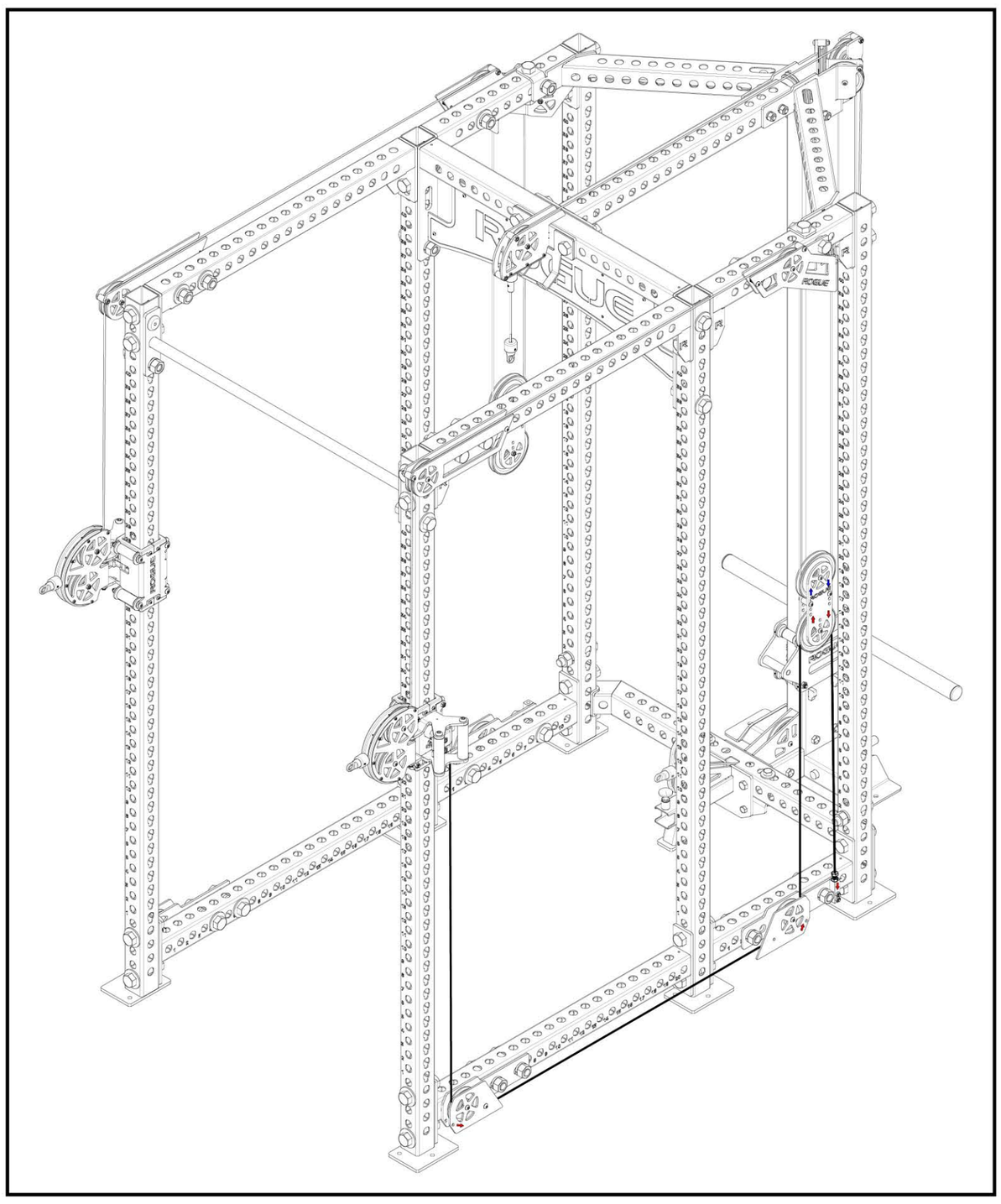
STEP 31

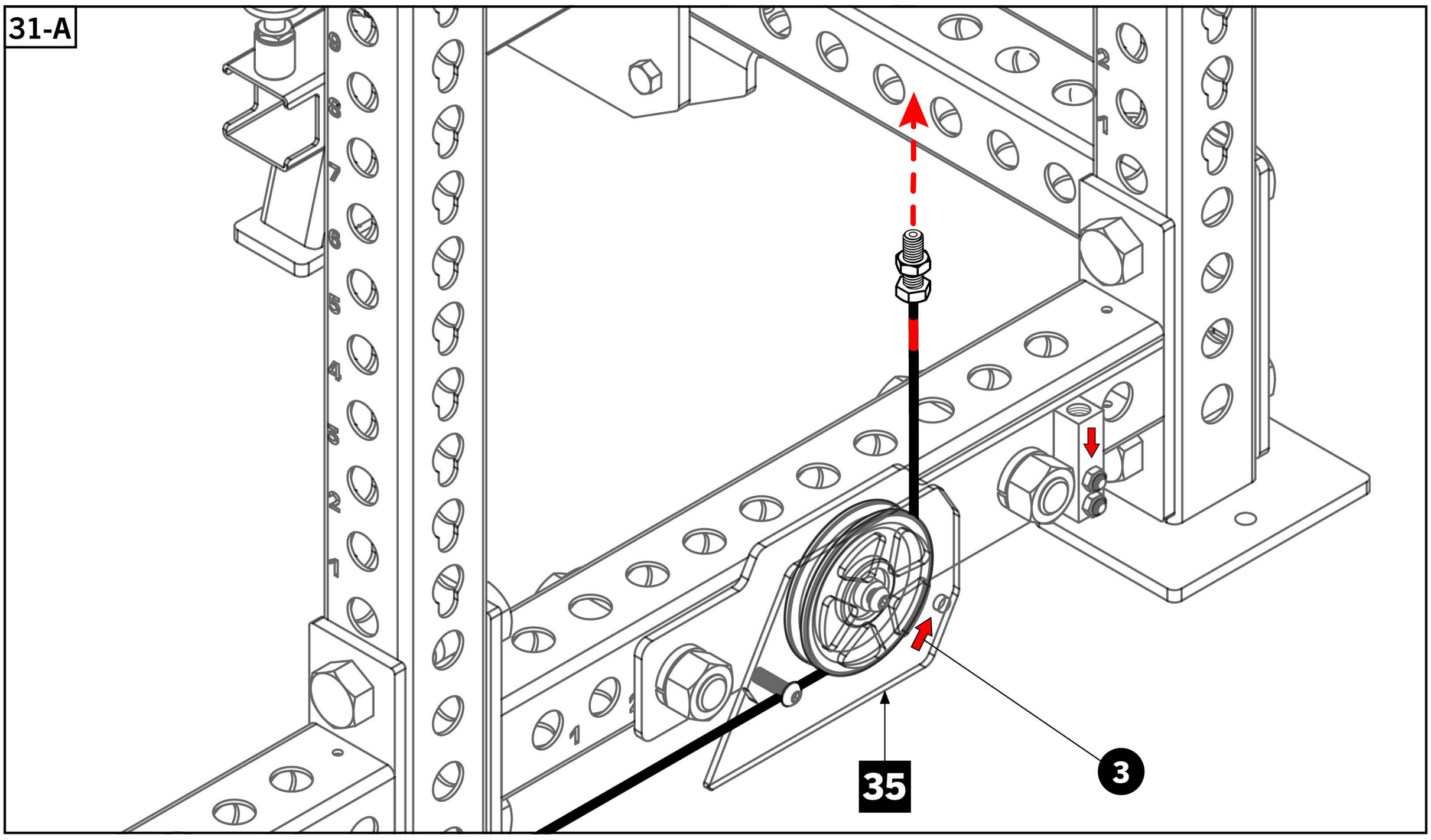
Tools Required:

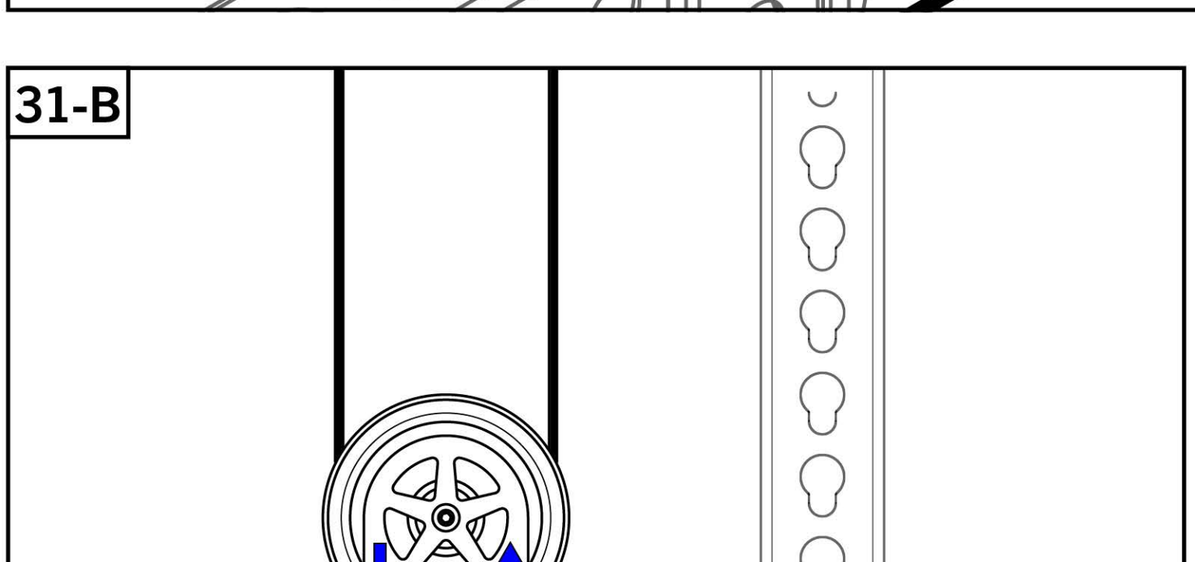
- 3/4” Wrench

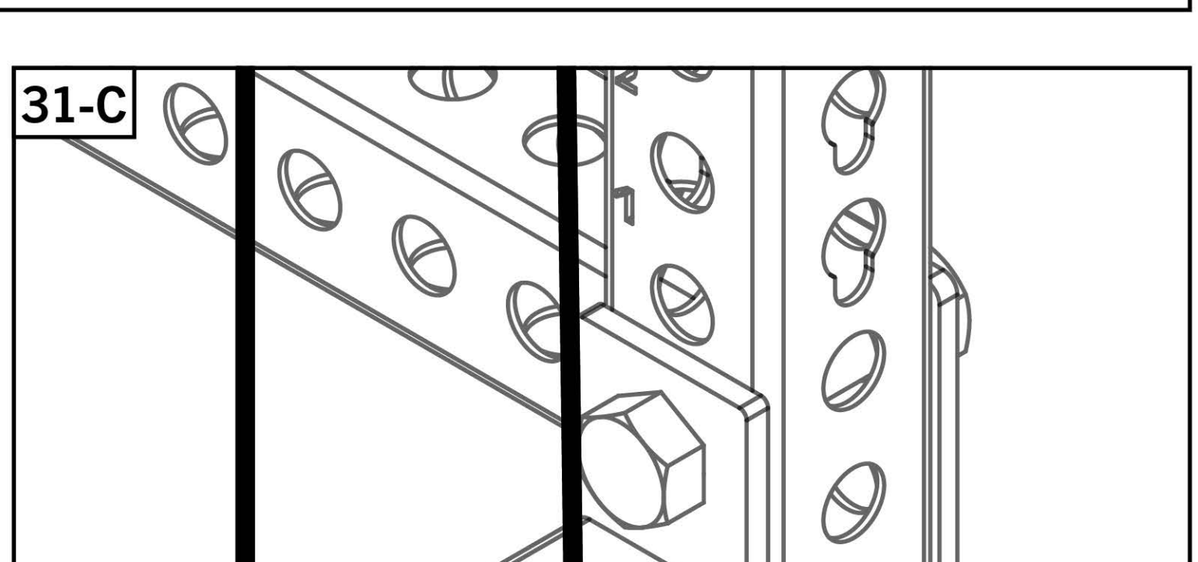
- Continue feeding around the pulley on Bottom Rear Pulley Assembly - RH [**35**] and up around the lower Side Peanut Pulley [**37**], following the arrow indicator directions.

- Insert threaded end into stop block at the back of Bottom Rear Side Pulley Assembly - RH [**35**] and screw tight, ensuring 1/2” of threads showing between 3/4” bolt head and hex nut.









STEP 32

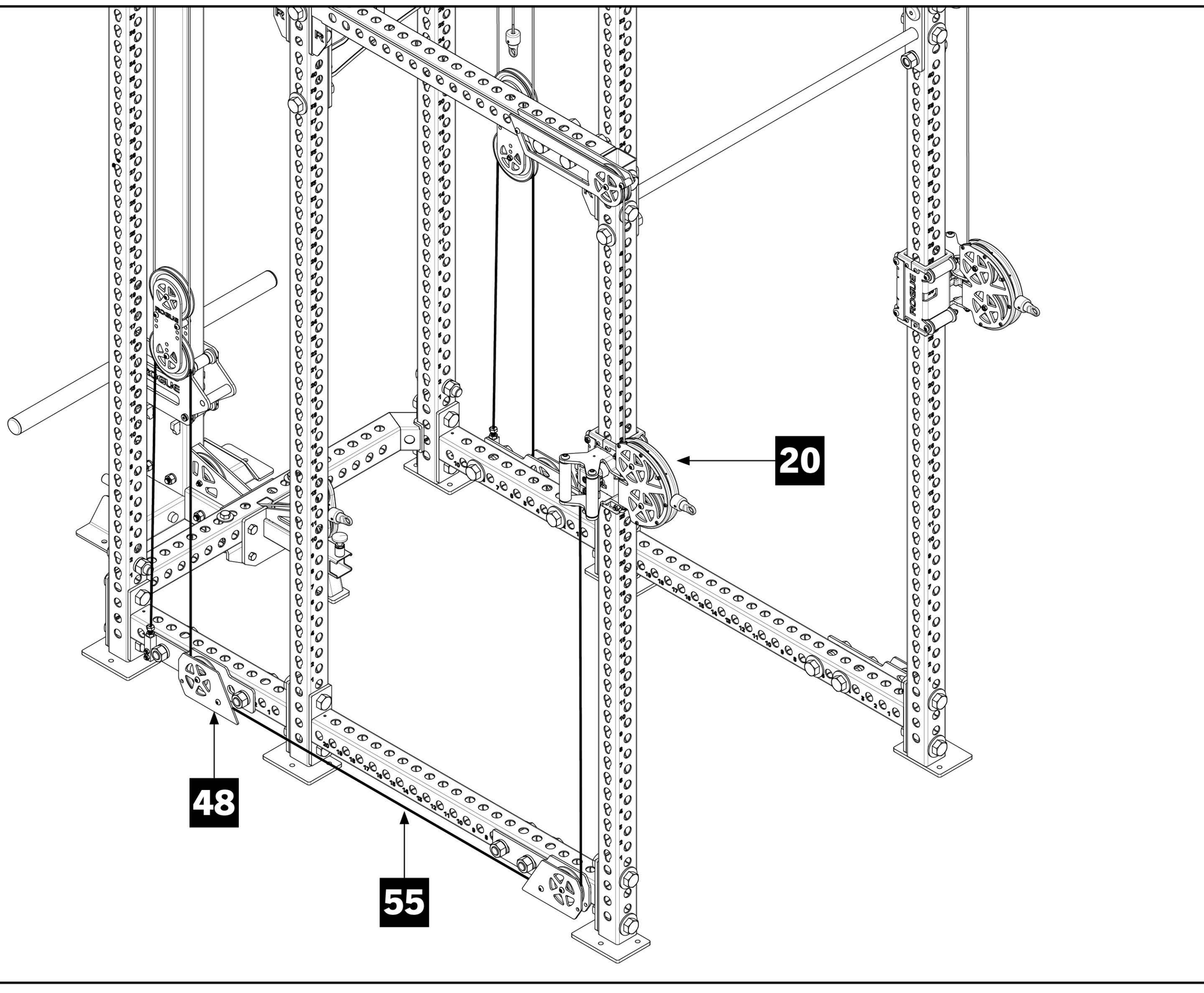
Tools Required:

- 3/4” Wrench
- **32-A**: Follow **STEP 30** & **31** 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 [**20**] and end at stop block on the Bottom Rear Side Pulley - LH [**36**].

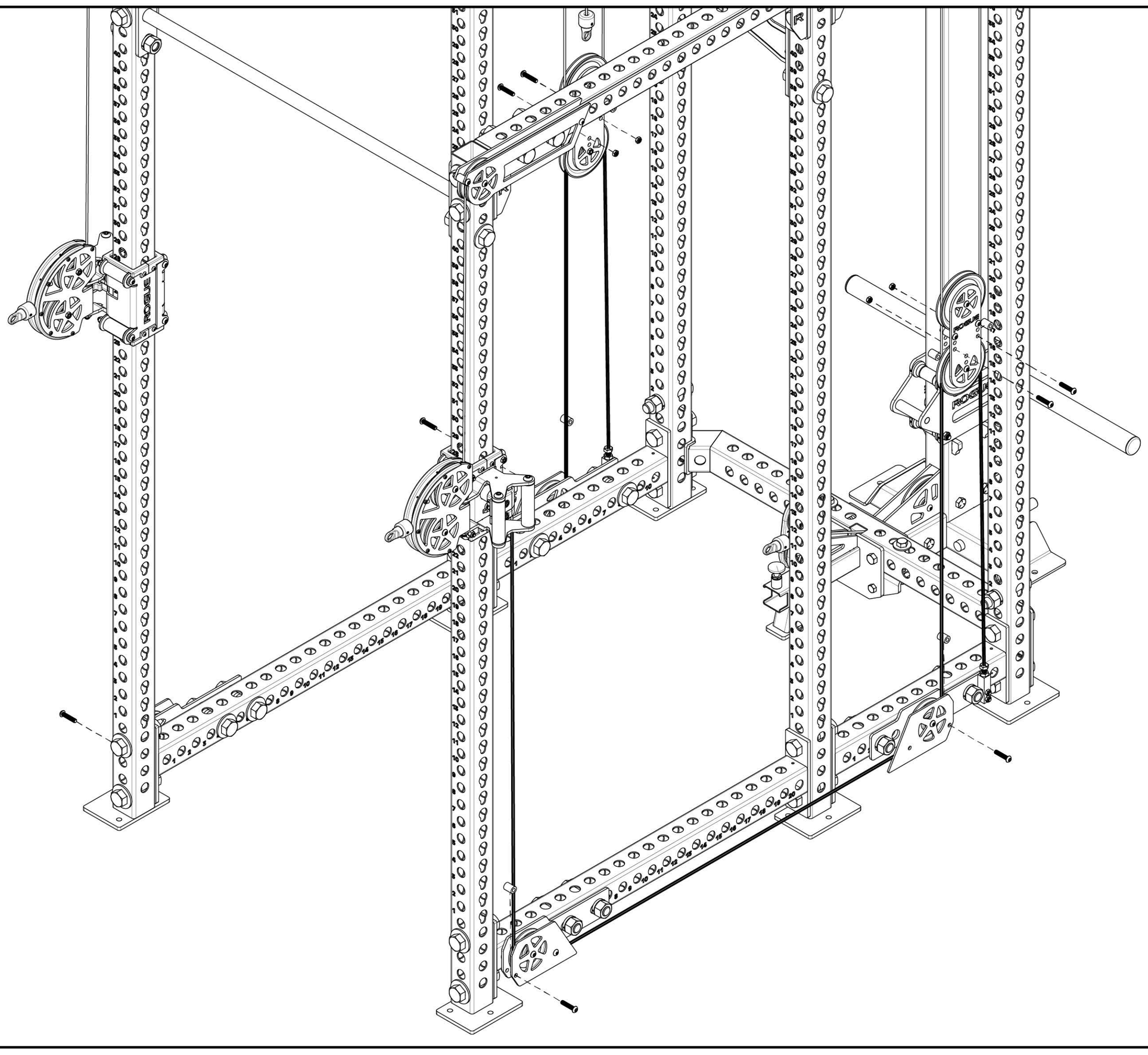
Tools Required:

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

32-A



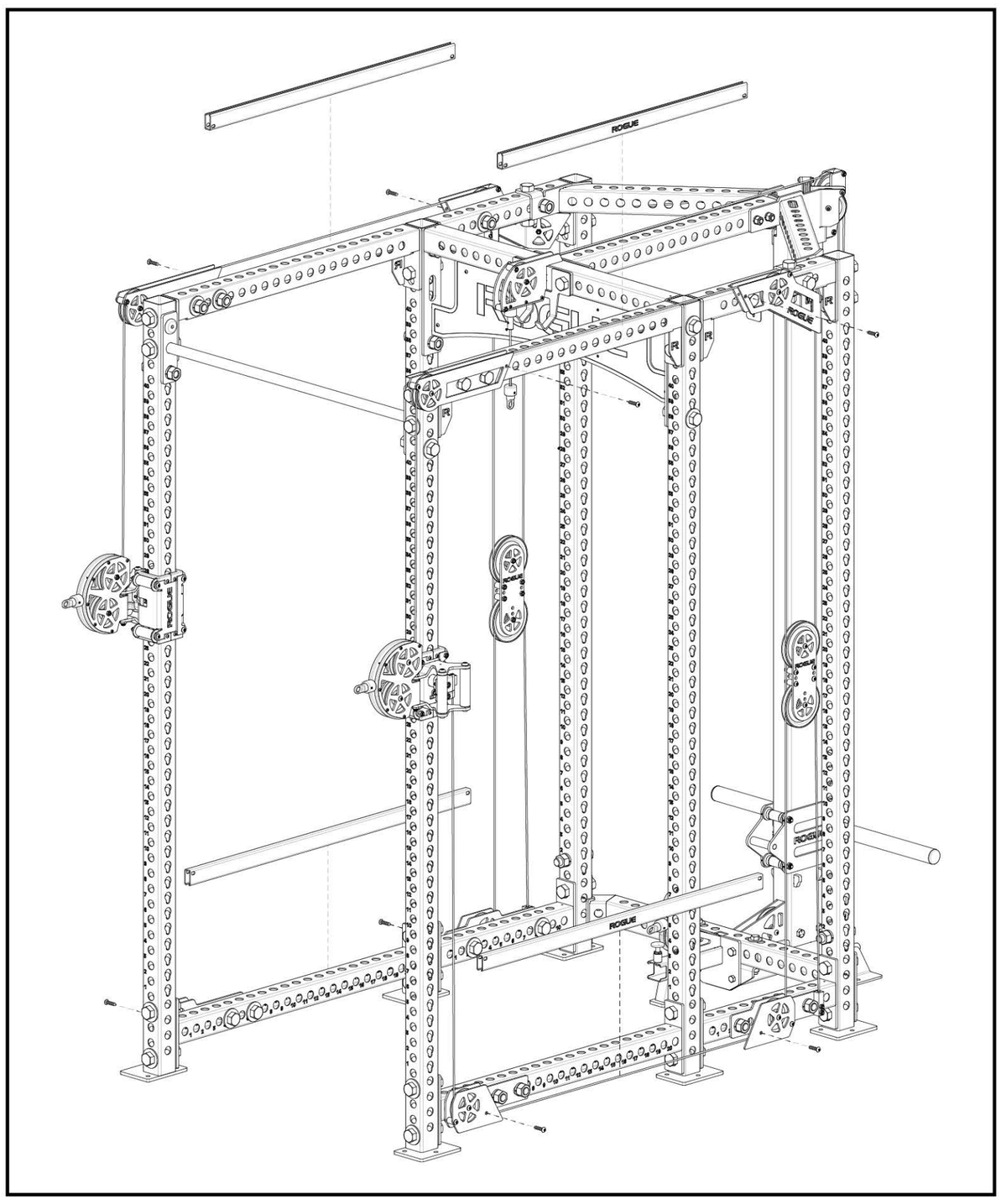
32-B



STEP 33

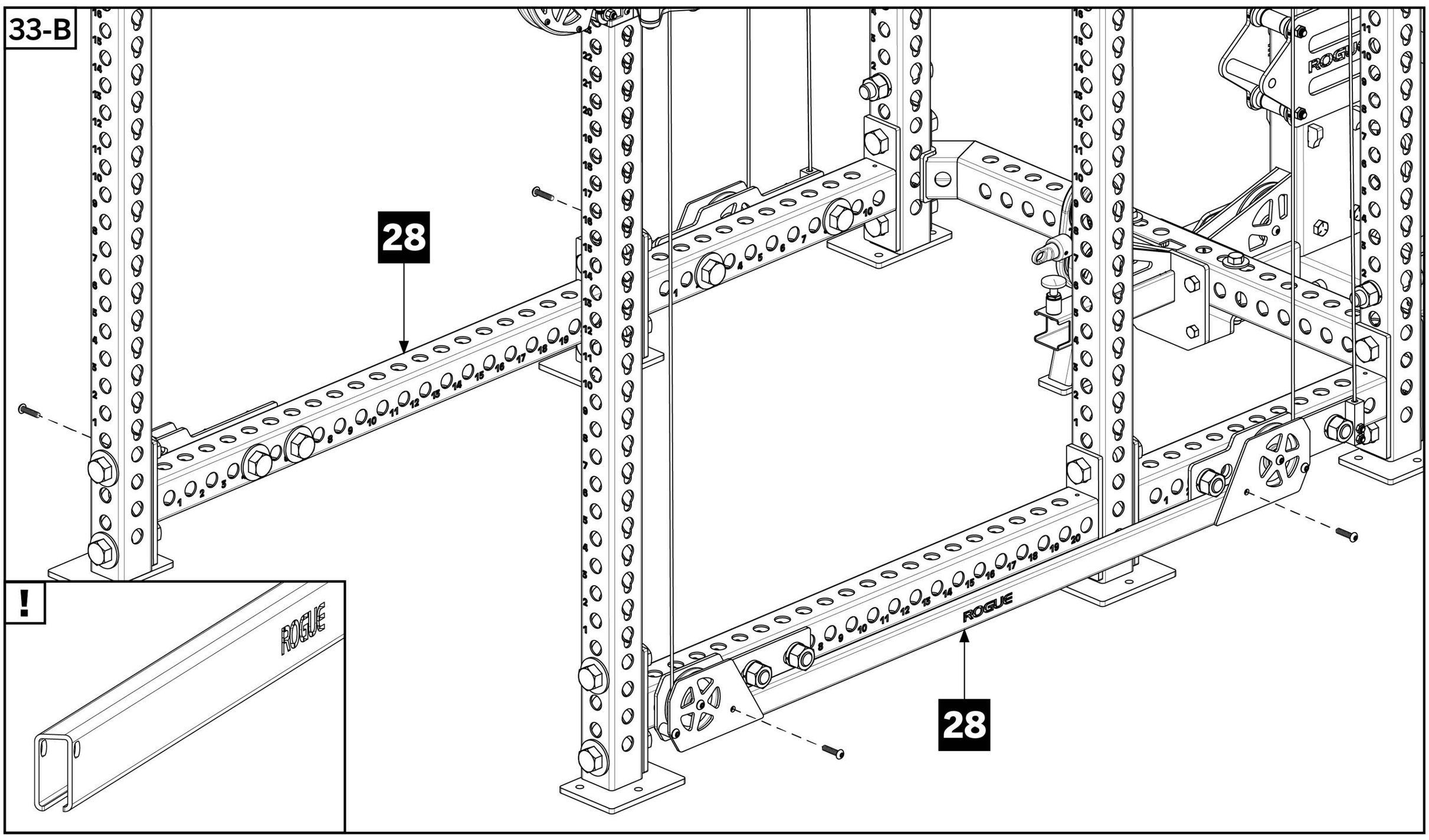
Tools Required:

- 7/32” Allen Key
- Remove eight 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 Top Cable Cover Rails [**27**] between the Front and Rear Top Side Pulley Assemblies by aligning holes and reinstalling the 3/8” Button Head Screws.
- Repeat this process on the bottom of your rack to install the Low Cable Cover Rails [**28**].
- **!** Note the orientation of the Rogue logos in relation to the rack. Ensure the cable opening is facing upward on the Top Cable Covers and downward on the Low Covers.



33-A

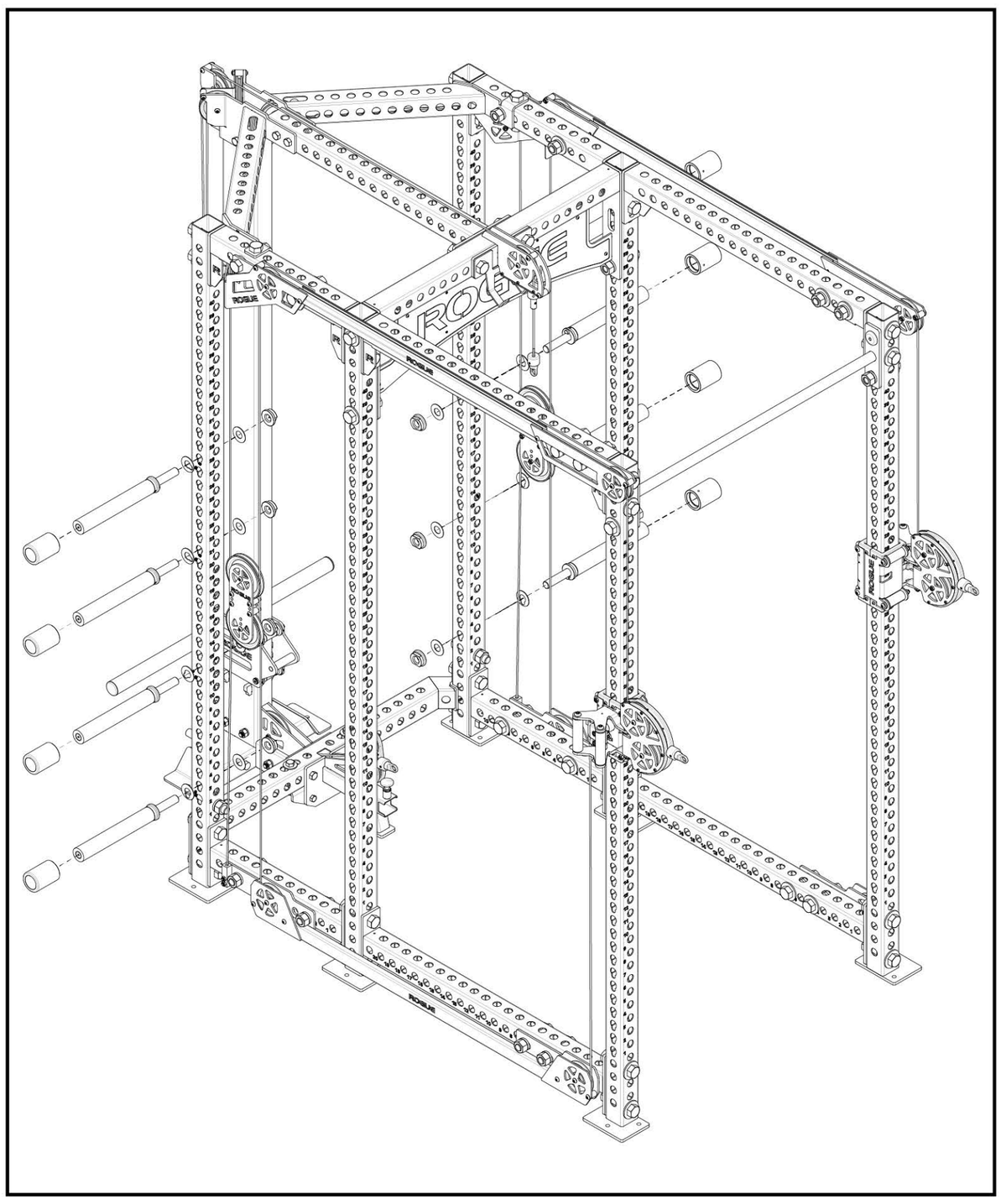
33-B



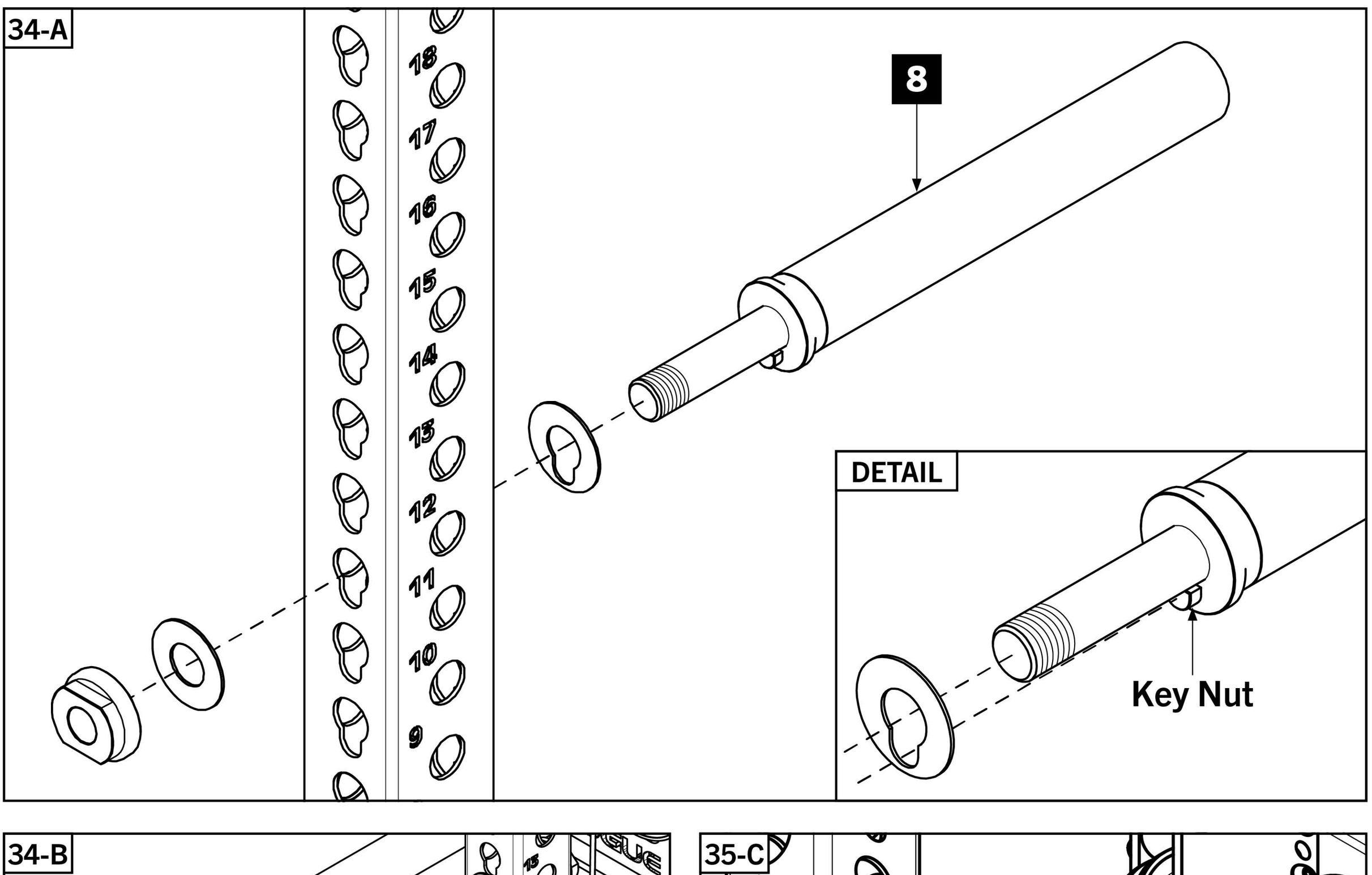
STEP 34

Tools Required:

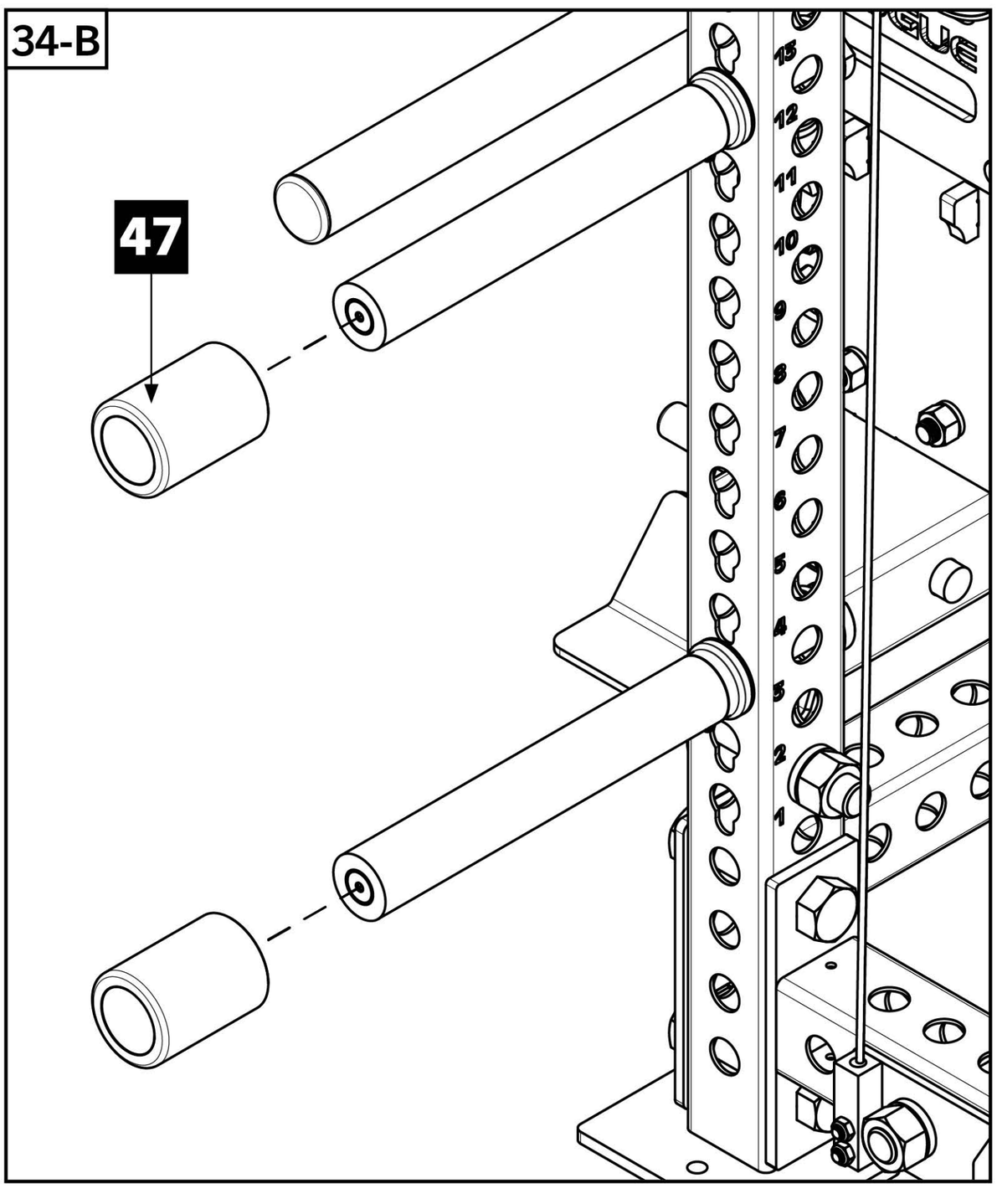
- 1-1/2” Wrench, 1/8” Allen Key
- If modifying existing rack with add-on kit, skip to **34-B**.
- Place Key Washer over the Key Nut on the Plate Storage Post shown in **Detail** view.
- Assemble Plate Storage Pins [**8**] on rear Monster Uprights at desired hole heights.
- Slide Plate Storage Spacers [**47**] all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in **34-C**.
- Fully tighten set screws using 1/8” Allen Key.



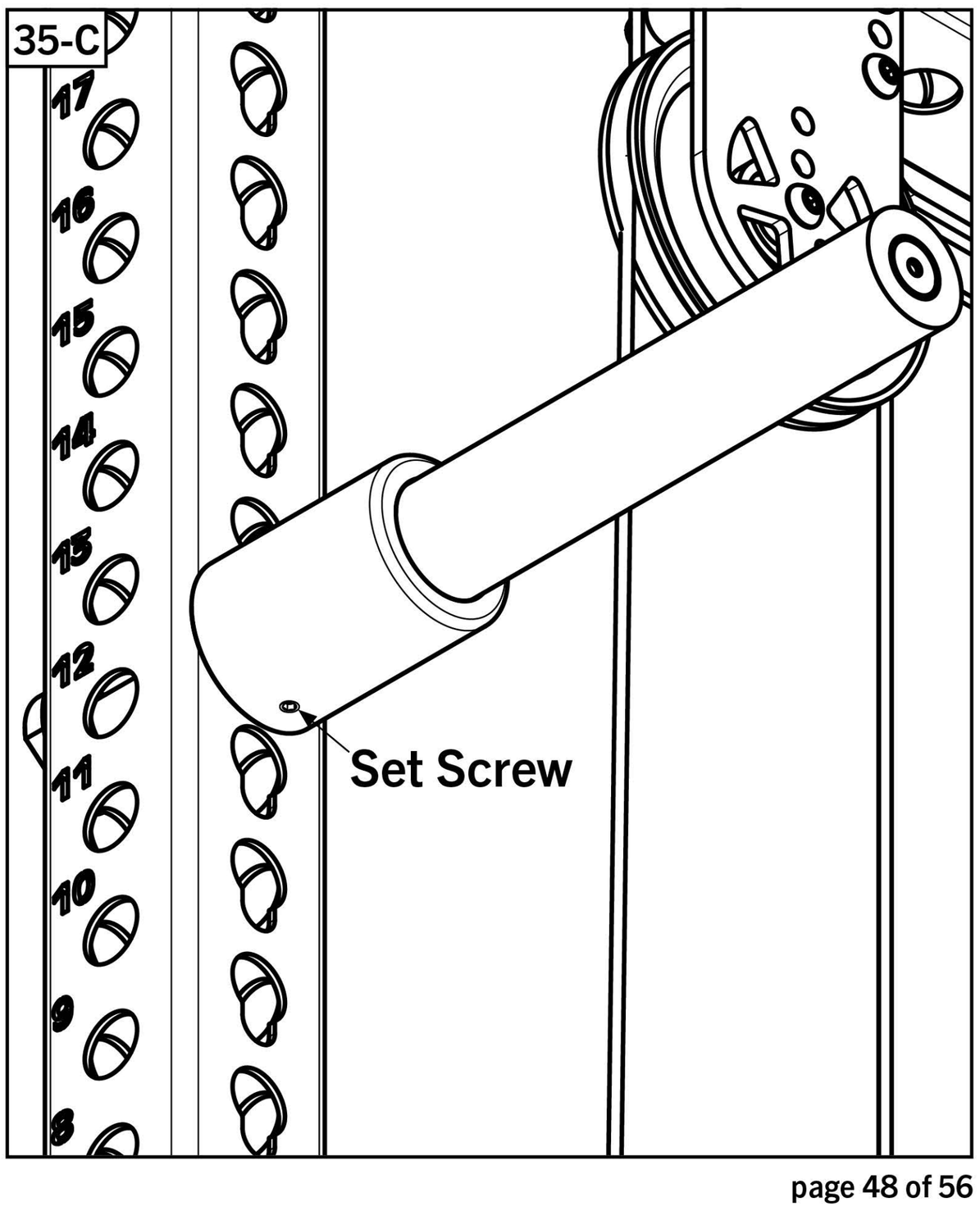
34-A



34-B



35-C



STEP 35

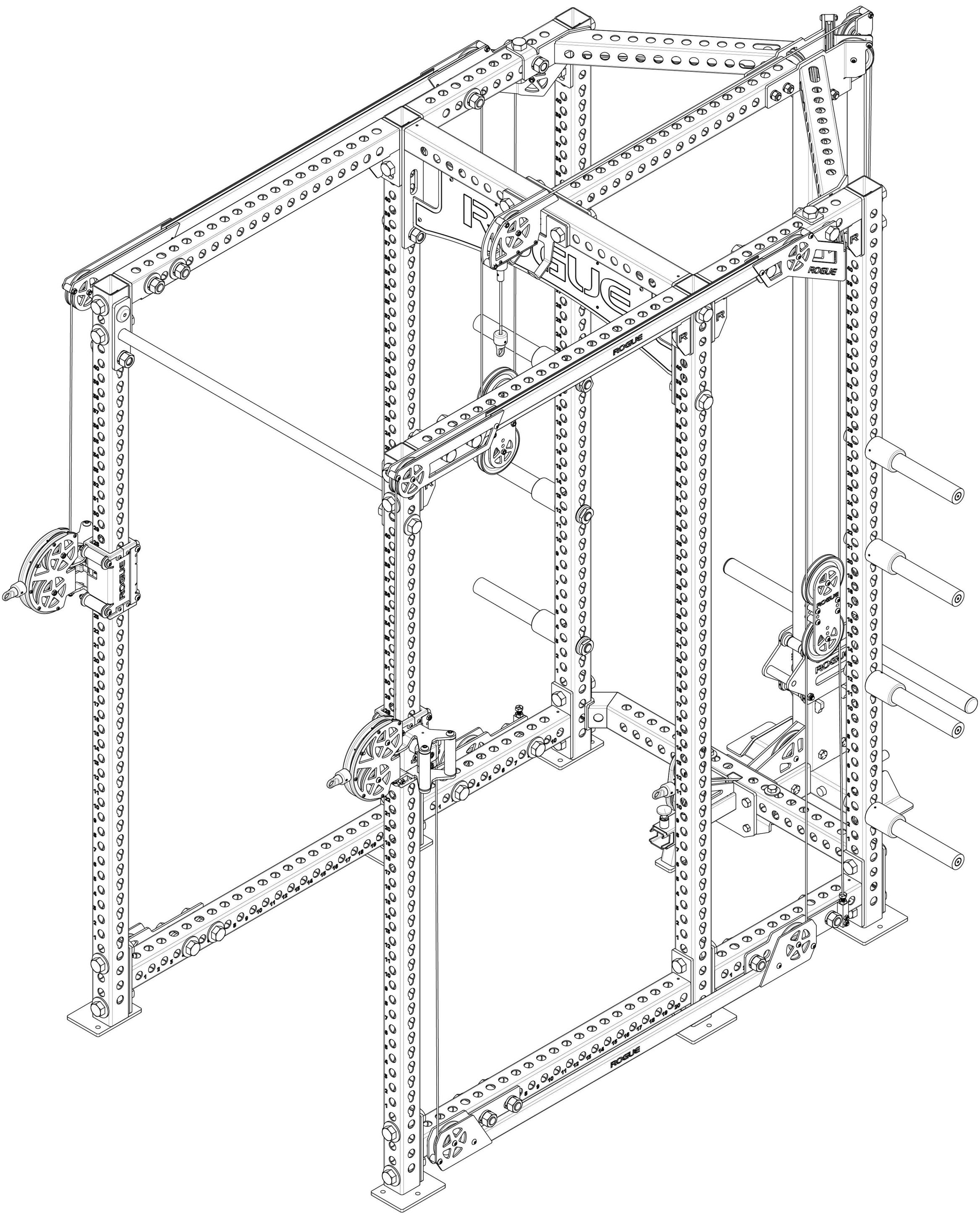
Tools Required:

- 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.
- Ensure all cables pull smoothly and all Pulleys rotate freely.
- If cables are too tight or loose, adjust accordingly by loosening or tightening the 1/2” Jam Nuts on Low Side Cables [**45**].

Note:

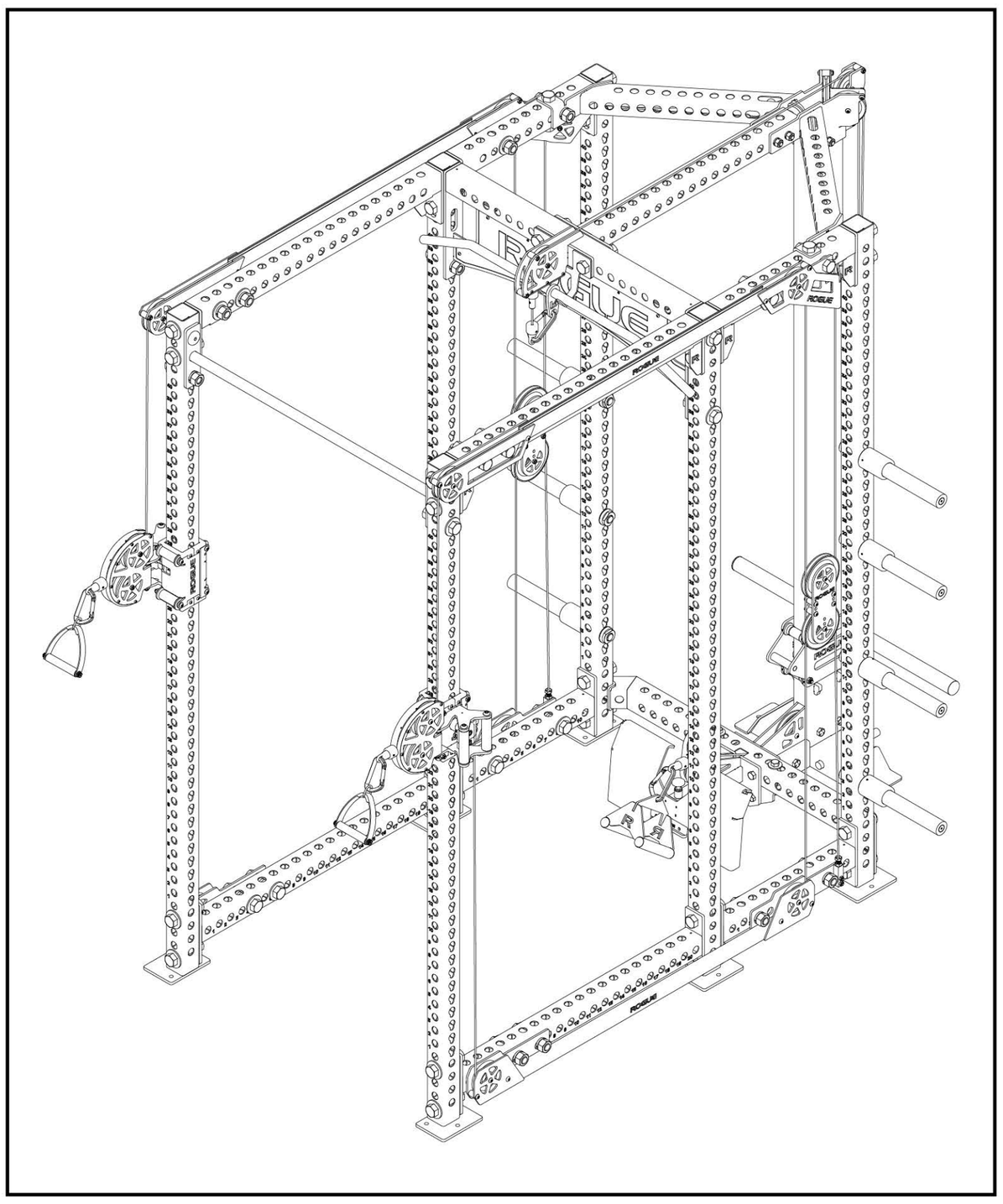
- Cables may stretch slightly after use and re-adjusting the tension may be necessary.

35-A

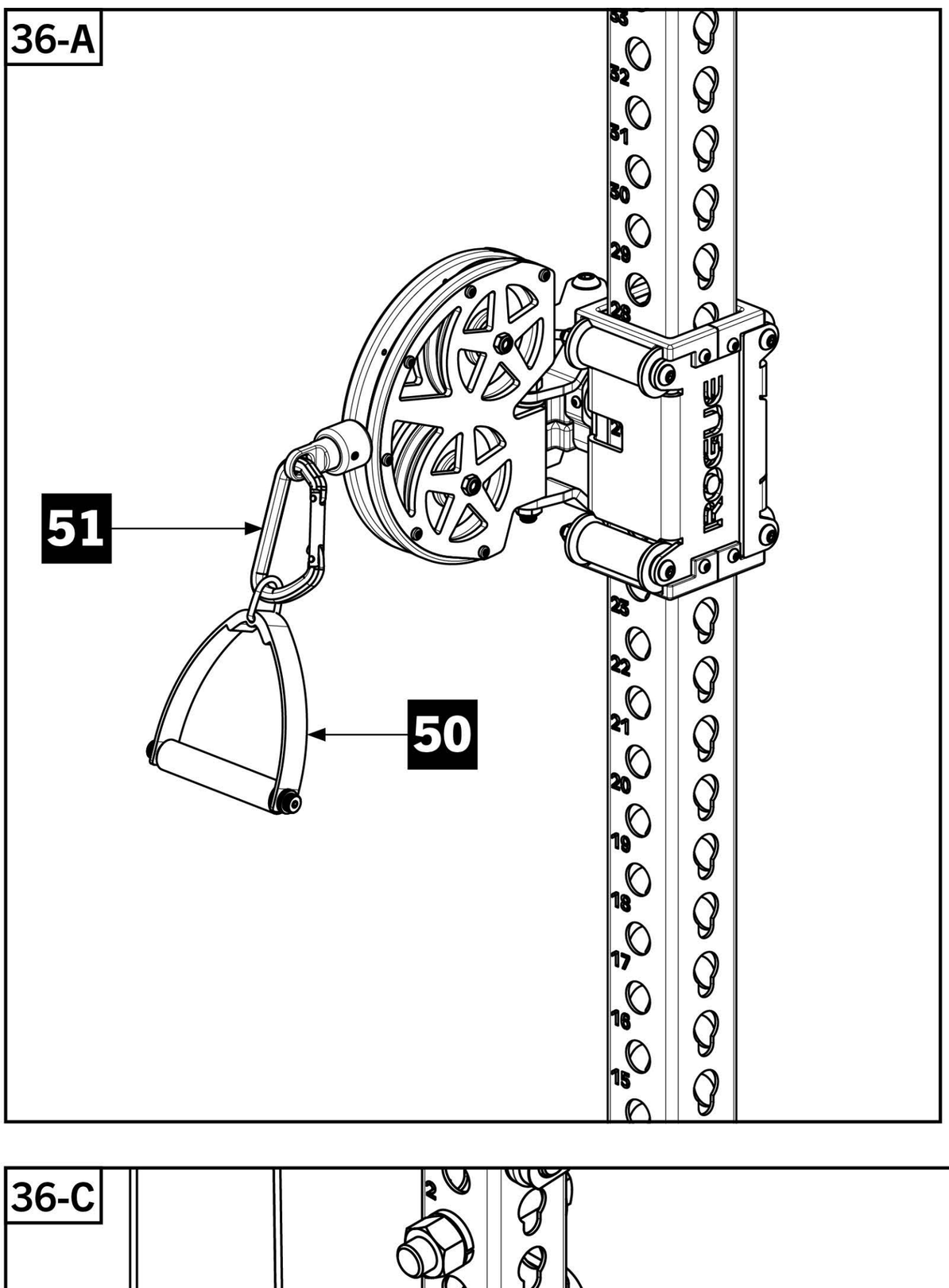


STEP 36

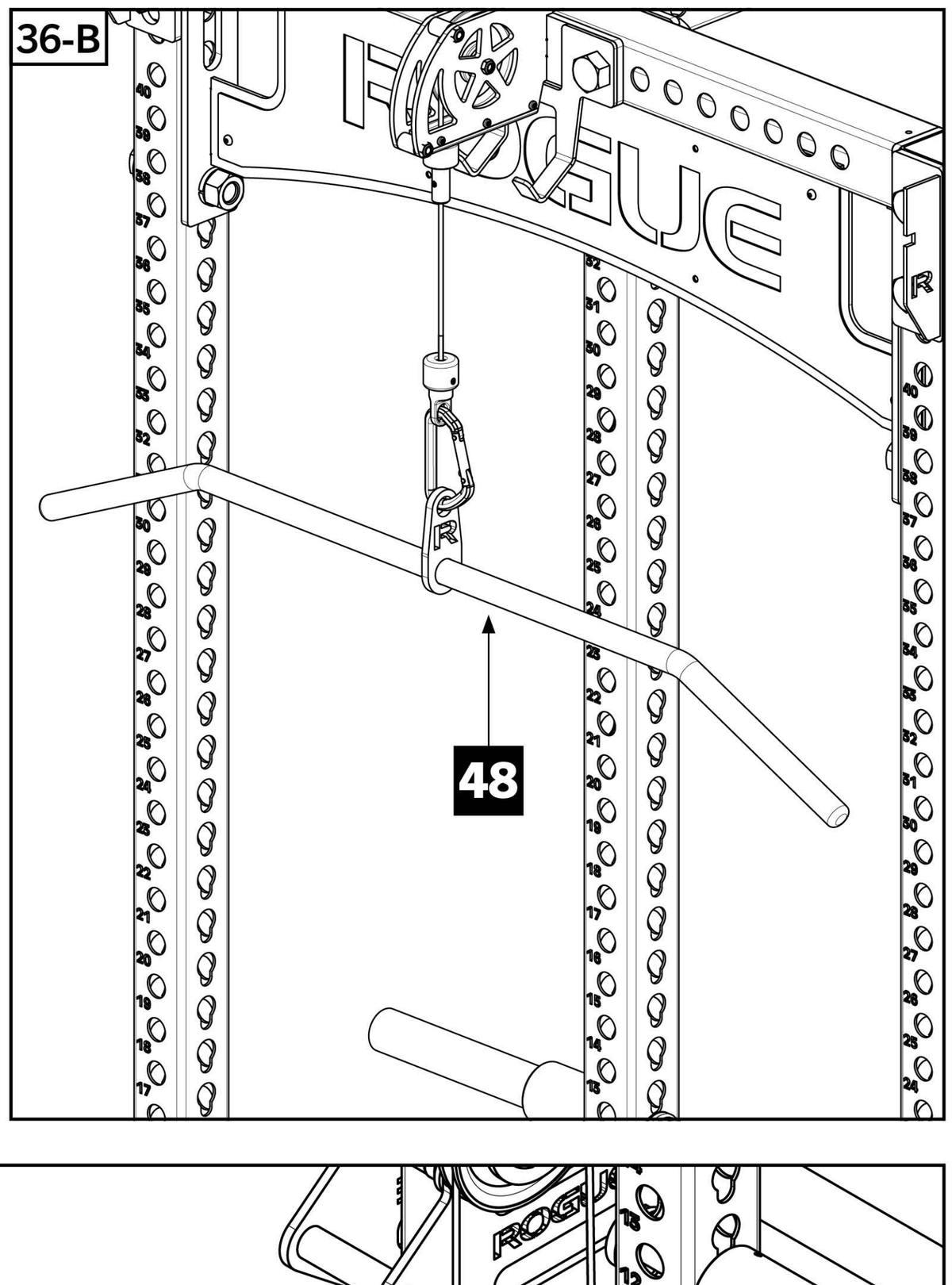
- Re-insert the Footplate into Low Row Footplate Assembly [**26**] and attach Standard Grip Triangle [**49**] to clevis.
- Attach Lat Bar [**48**] to Lat Pull down clevis attachment point.
- Attach Single Handle Attachments [**50**] to Swivel Trolleys using included D Carabiners [**51**].



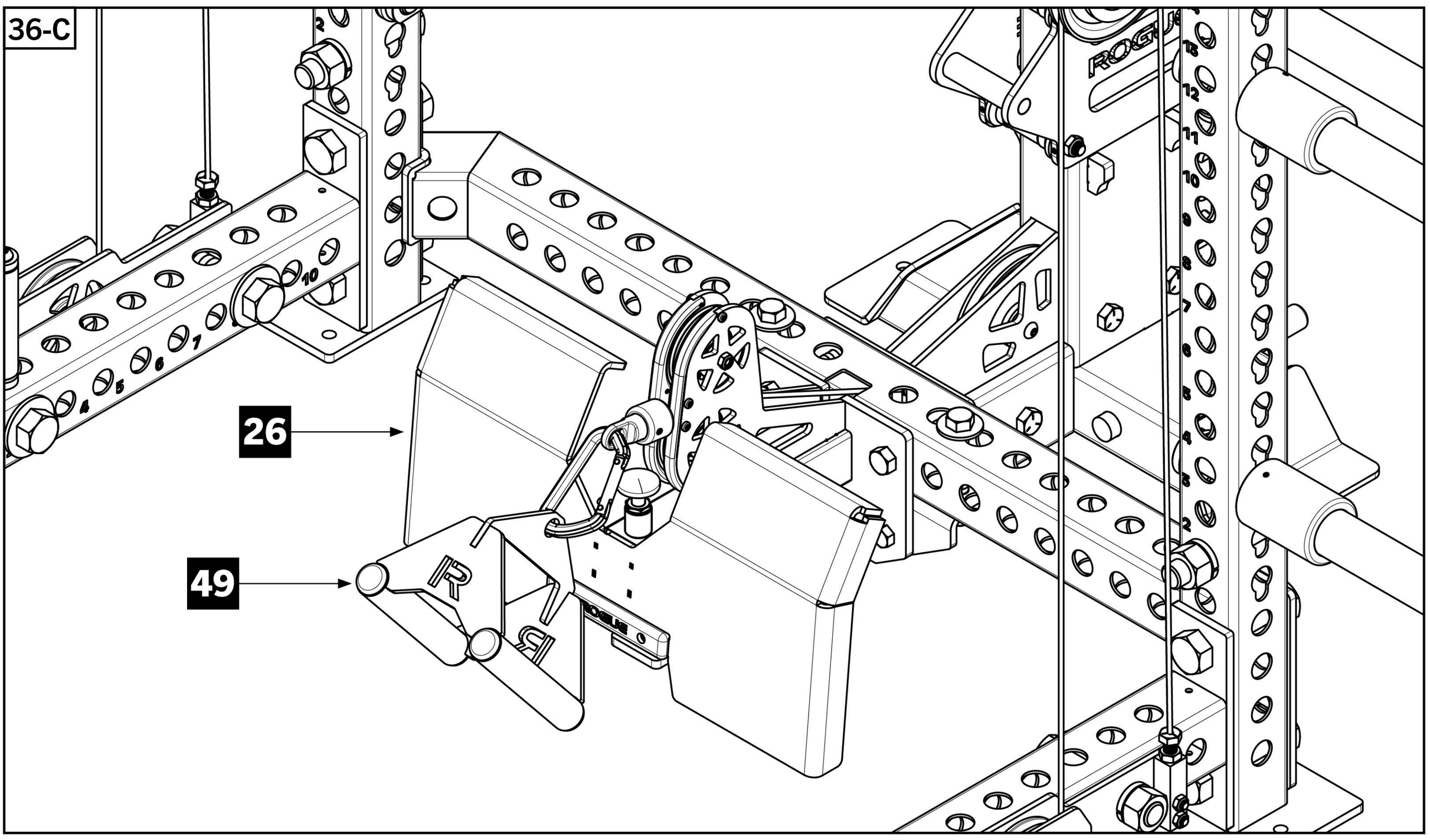
36-A



36-B



36-C



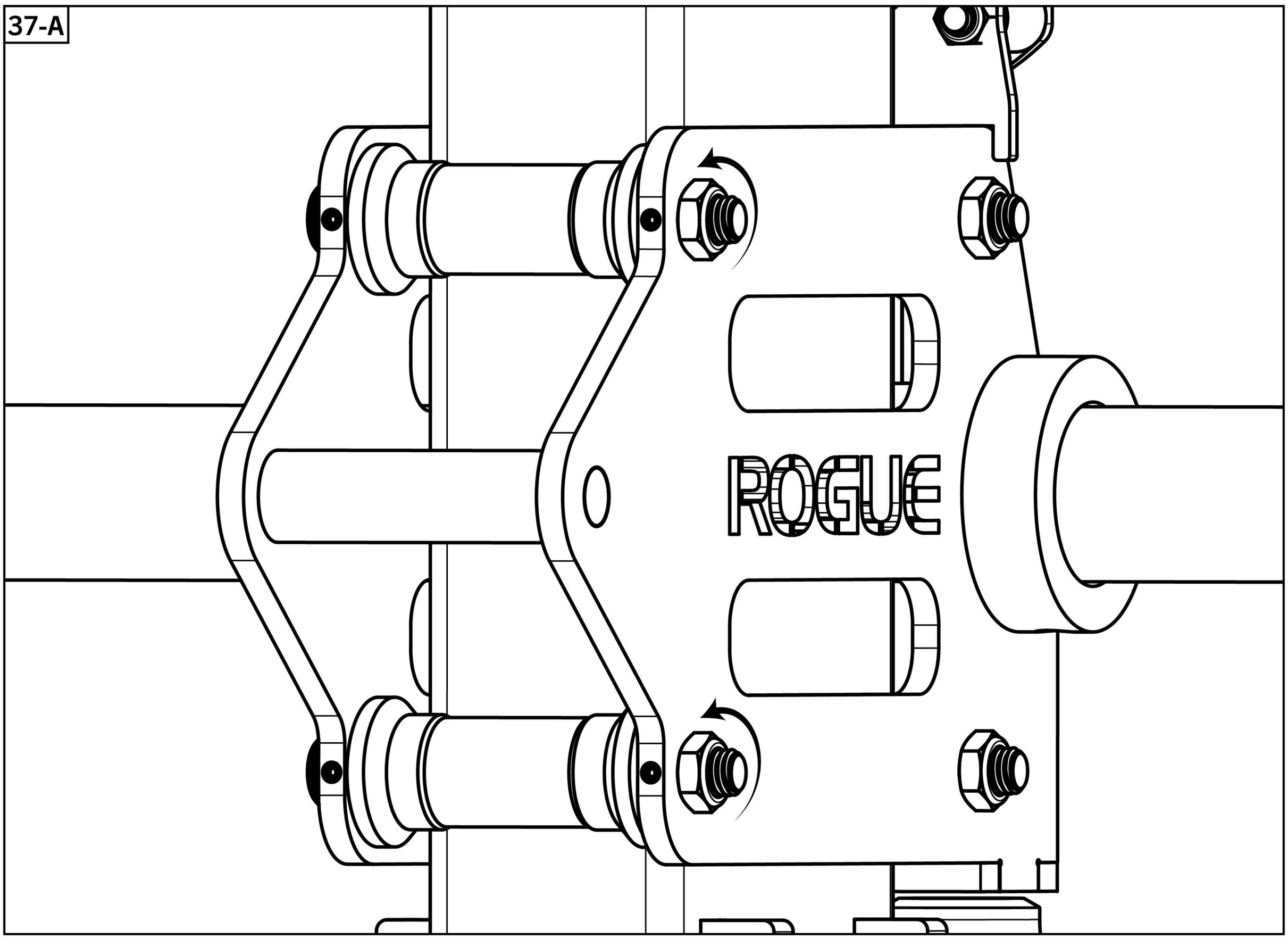
STEP 37

- 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.

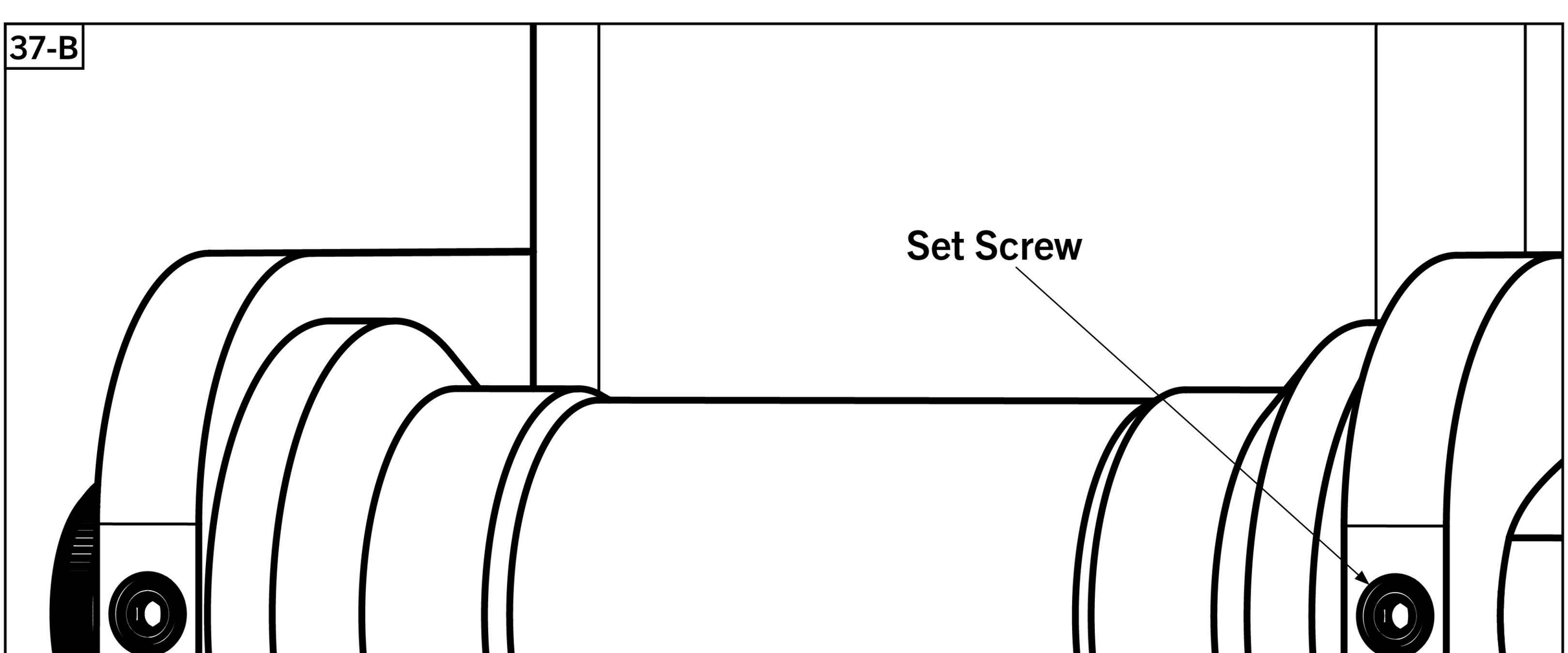
Note:

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

37-A

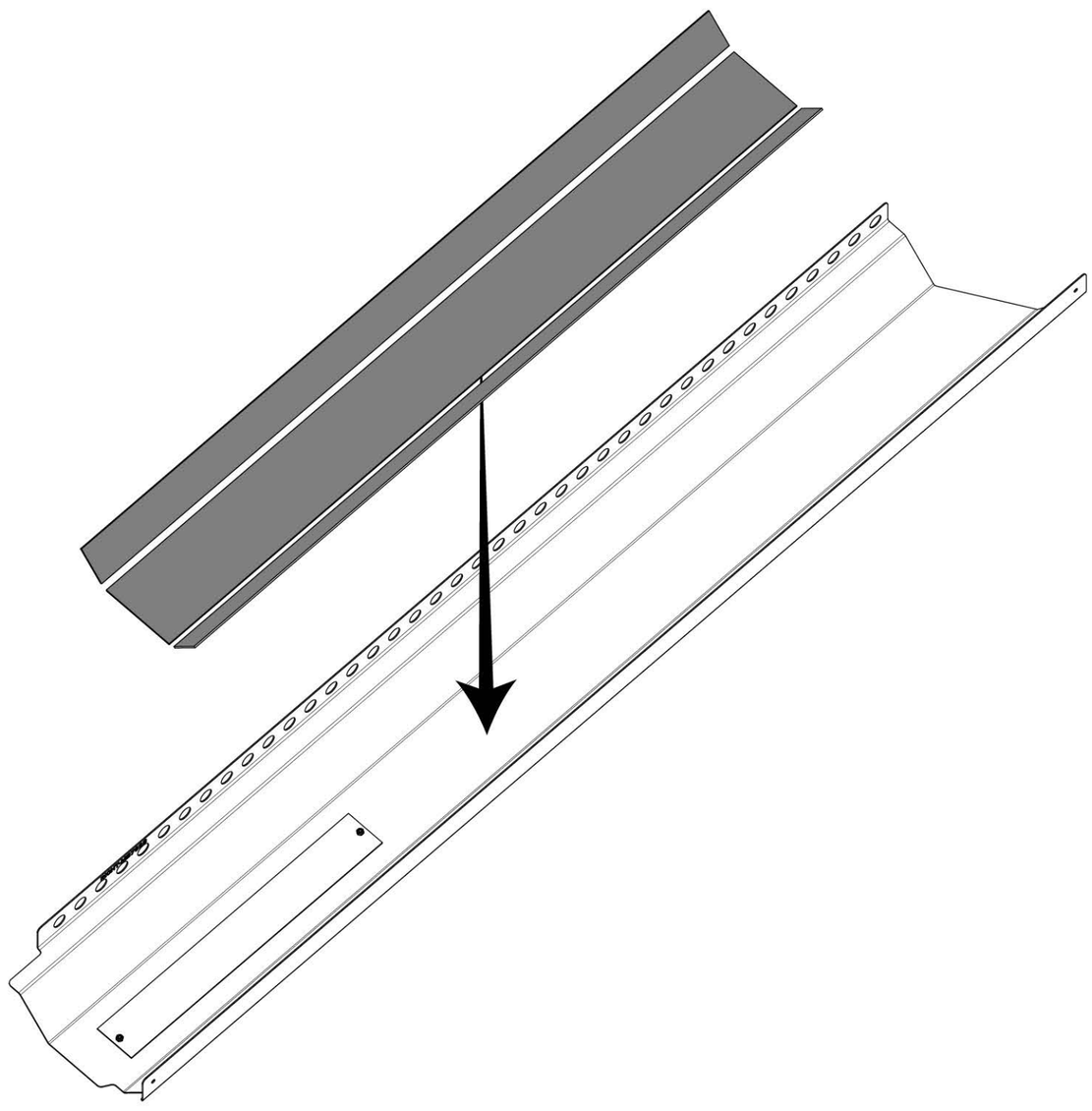


37-B

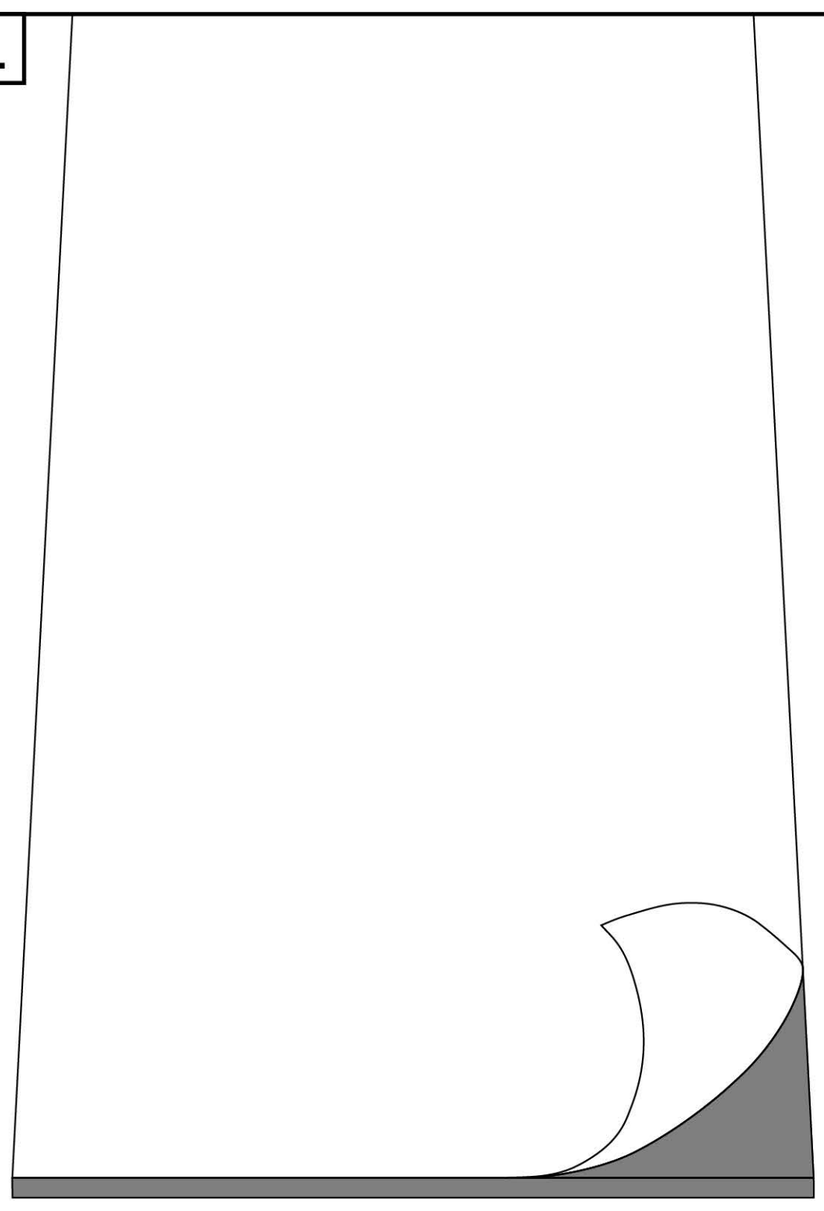


STEP 38 (SHROUD ASSEMBLY)

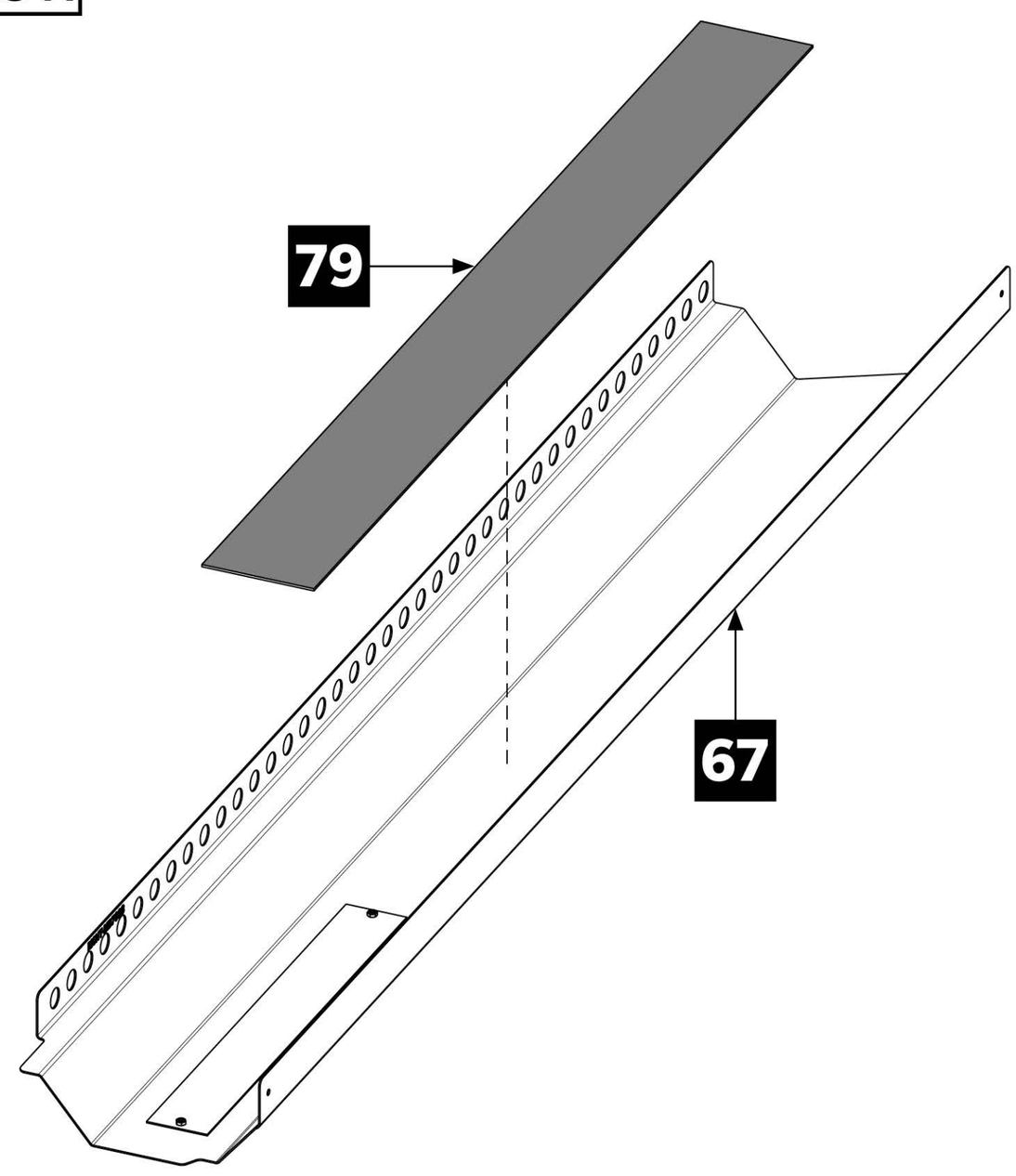
- Align the 6” Foam Panel [**79**] to the middle panel of the Side Shroud - RH [**67**] centering it between all sides. Peel off the adhesive backing and stick the 6” Foam to the middle panel.
- Place the 3” Foam Panels [**80**] on panels to the left and right of the center of the Side Shroud - RH [**67**]. Peel off the adhesive backing and stick the foam to the correct panels shown in **38-B** and **38-C**.
- Repeat the whole process for the Side Shroud - LH [**68**].



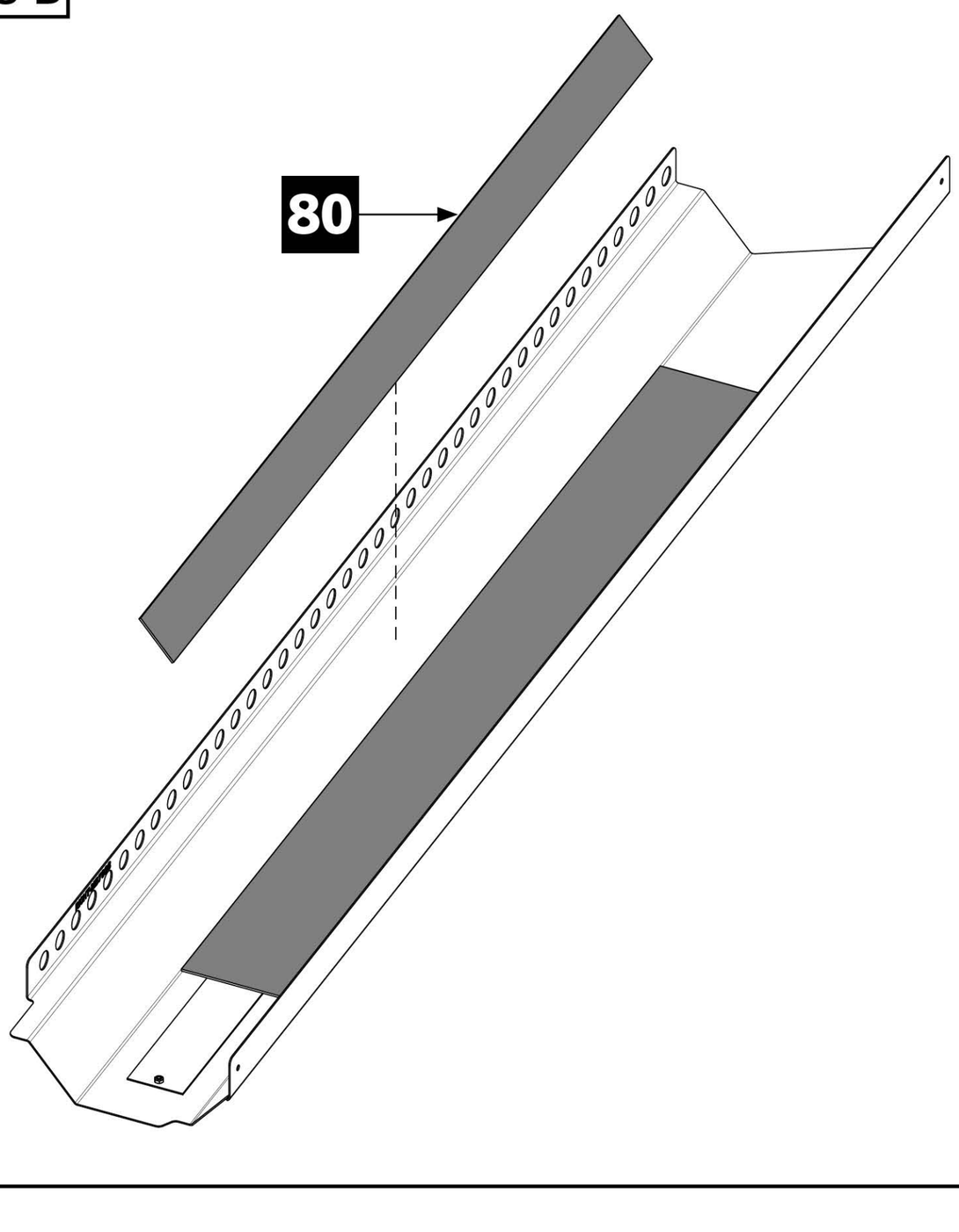
DETAIL



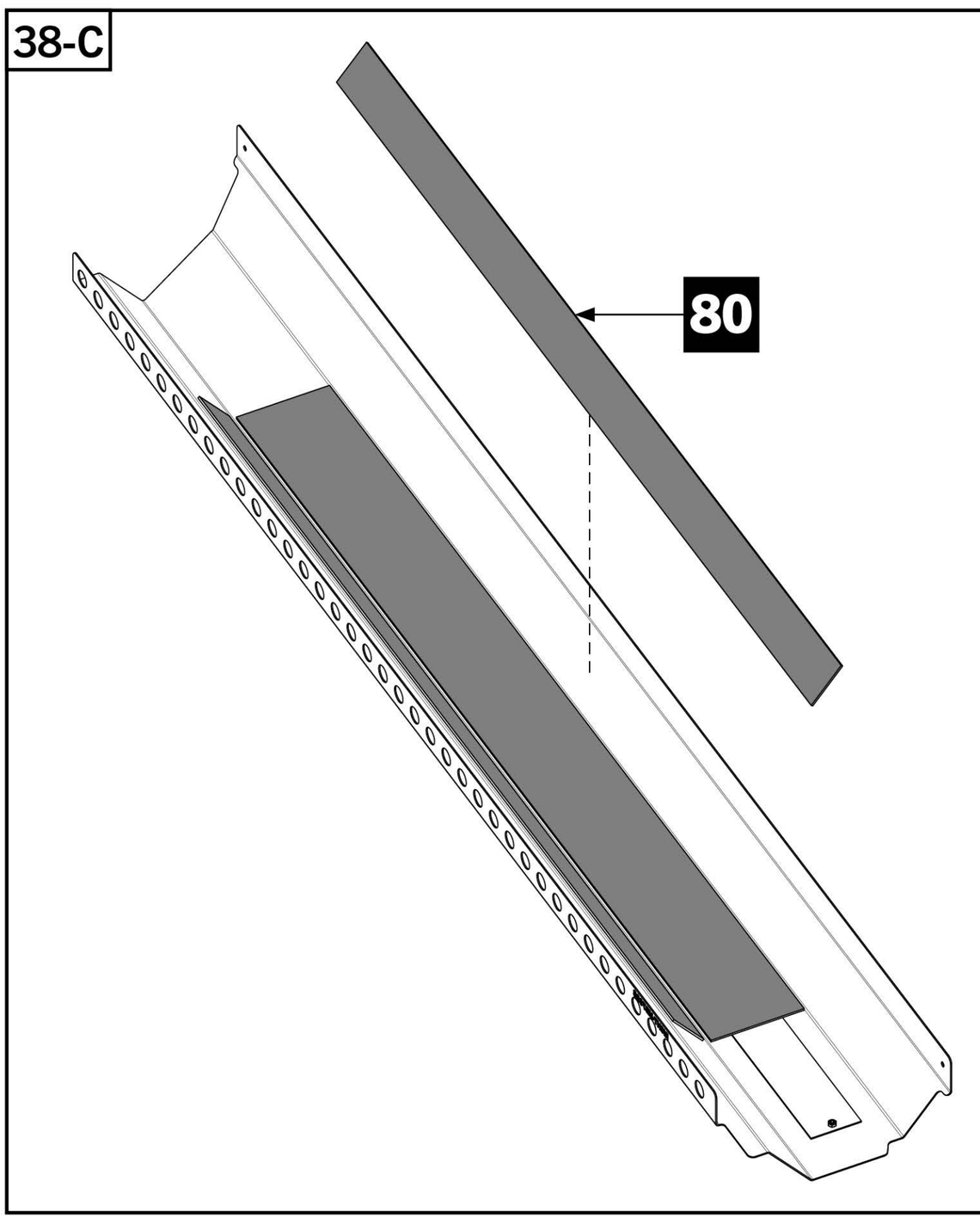
38-A



38-B



38-C

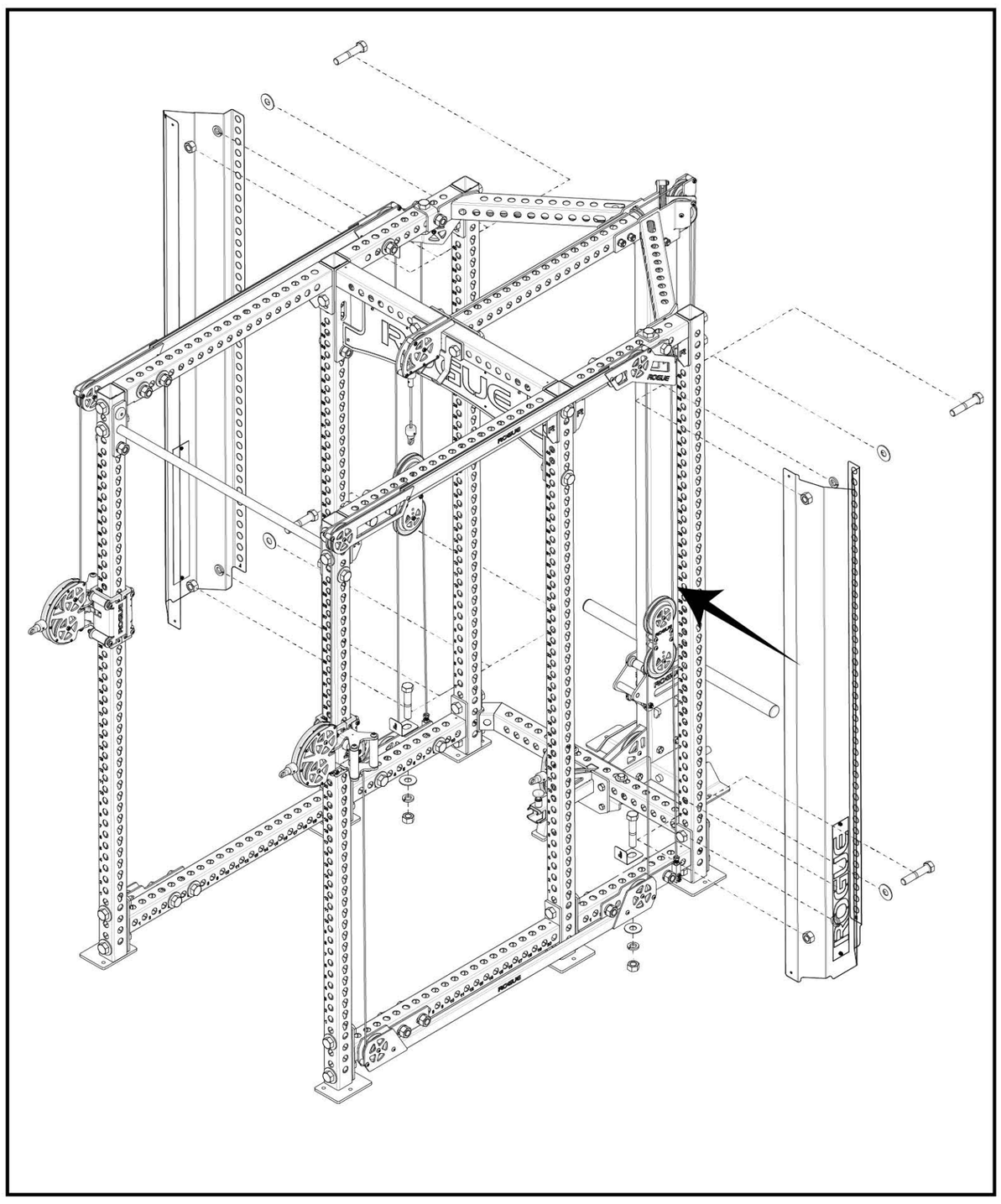


STEP 39 (SHROUD ASSEMBLY)

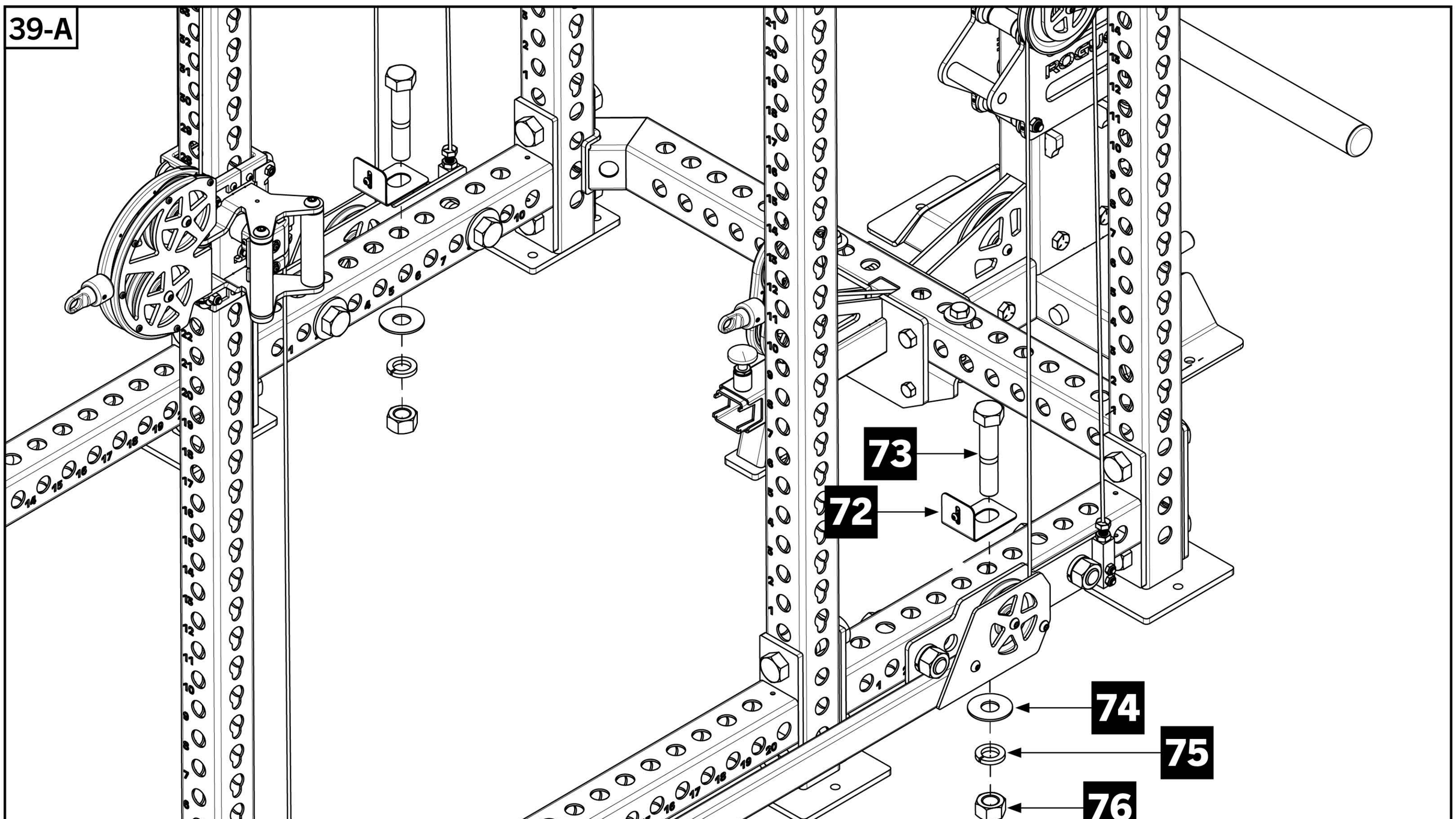
- Bolt Side Shroud Bottom Brackets [**72**] vertically to 24” Rear Low Crossmember [**5**] in locations shown using 1” x 4-3/4” Hex Bolts [**73**], 1” Flat Washers [**74**], 1” Lock Washers [**75**], and 1” Hex Nuts [**76**].
- Assemble Side Shroud -RH [**67**] and -LH [**68**] on rear uprights of rack using included 1” hardware through the highest and lowest 1” holes on Side Shrouds.

Note:

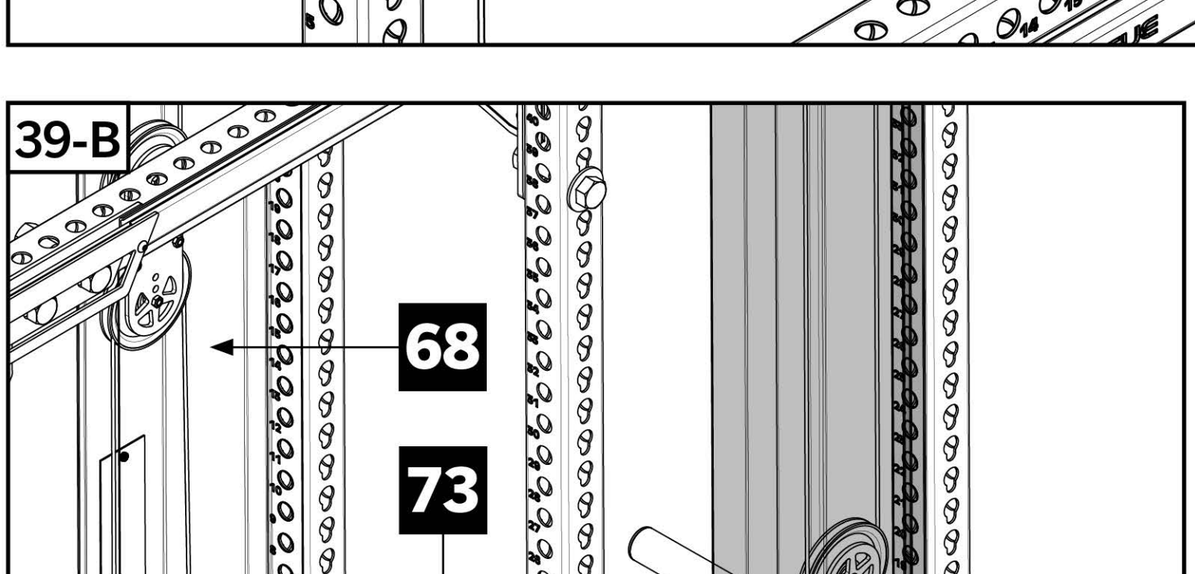
- Leave the 1” Hex Nuts [**76**] shown in **39-B** and **39-C** very loose until Storage Panels are assembled on the next step.



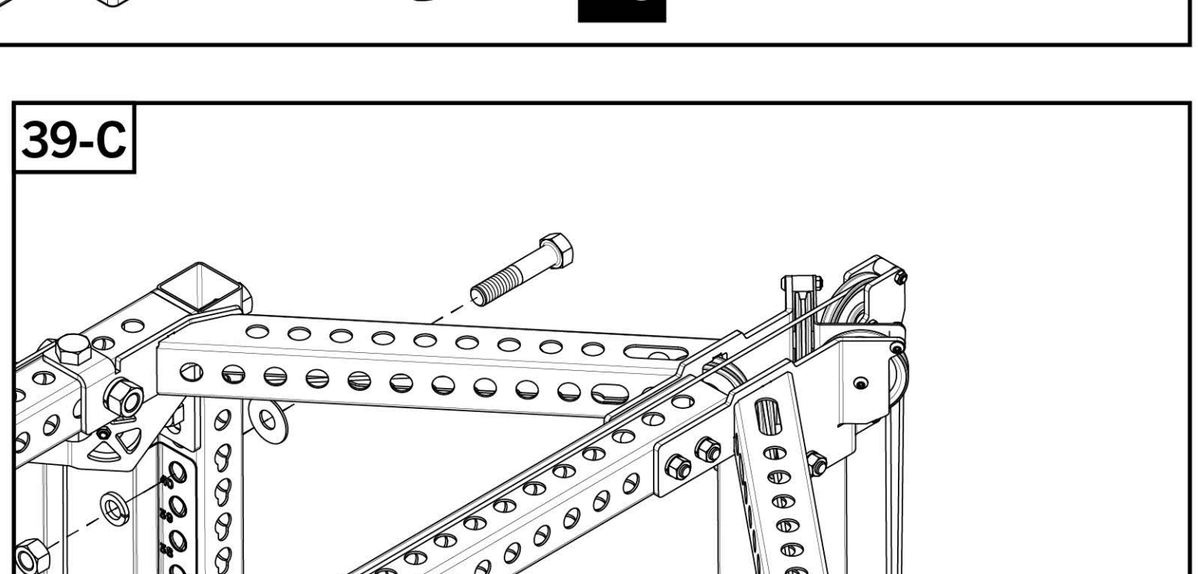
39-A



39-B



39-C



STEP 40 (SHROUD ASSEMBLY)

Tools Required:

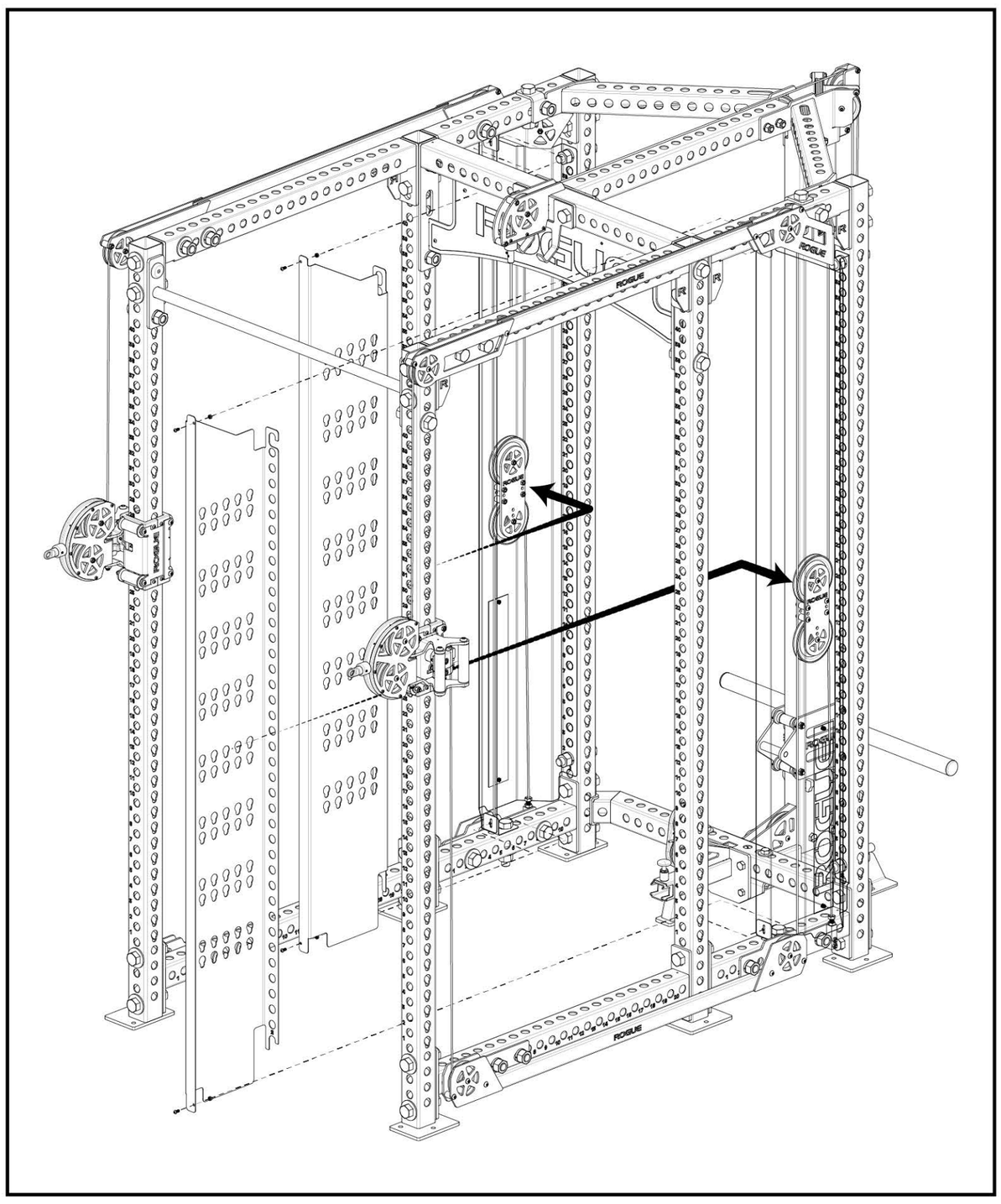
- 1-1/2” Wrench, 5/32” Allen Key, 7/16” Wrench

- Attach rear top and bottom holes on Storage Panels [**69**],[**70**] 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.

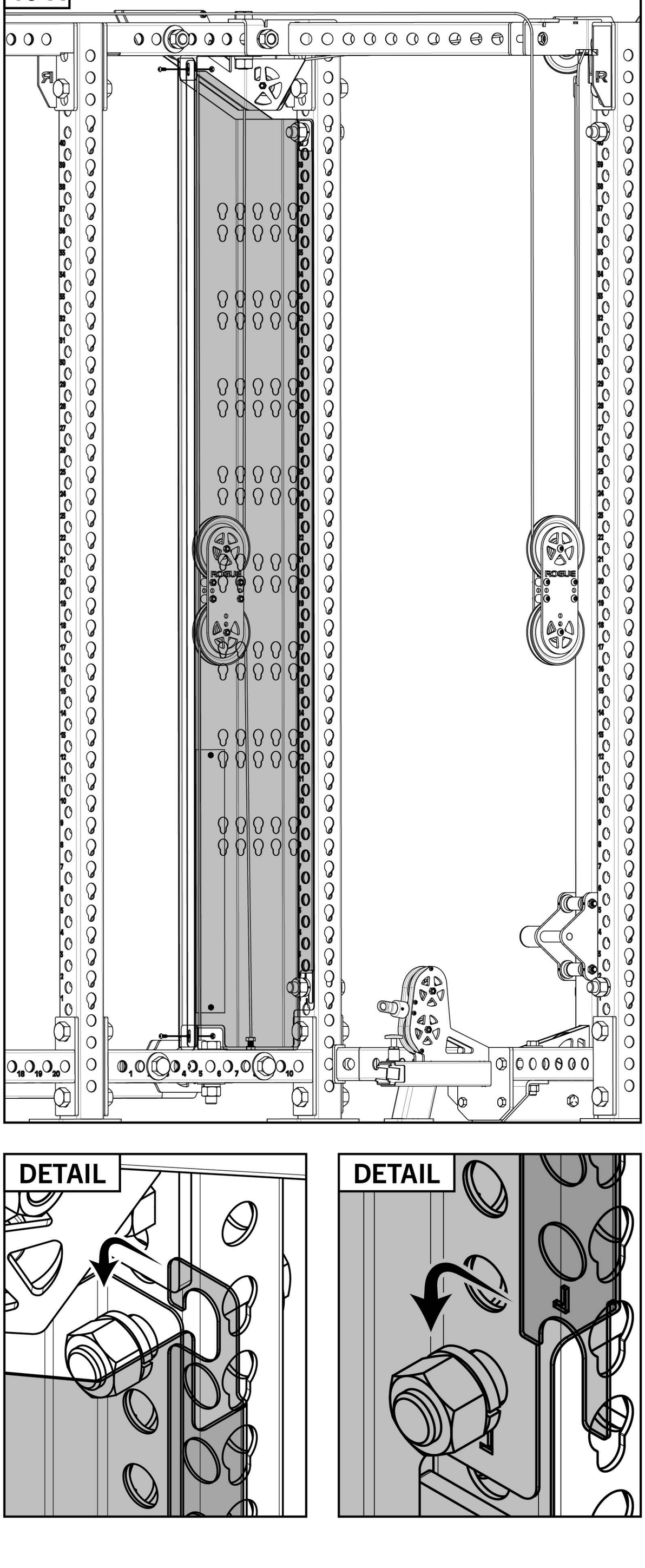
- Bolt both Side Shrouds and Storage Panels to Bottom Brackets using four 1/4” x 5/8” Button Head Screws [**77**] and four 1/4” Thin Nylock Nuts [**78**]. Fully tighten all Shroud Kit hardware.

Note:

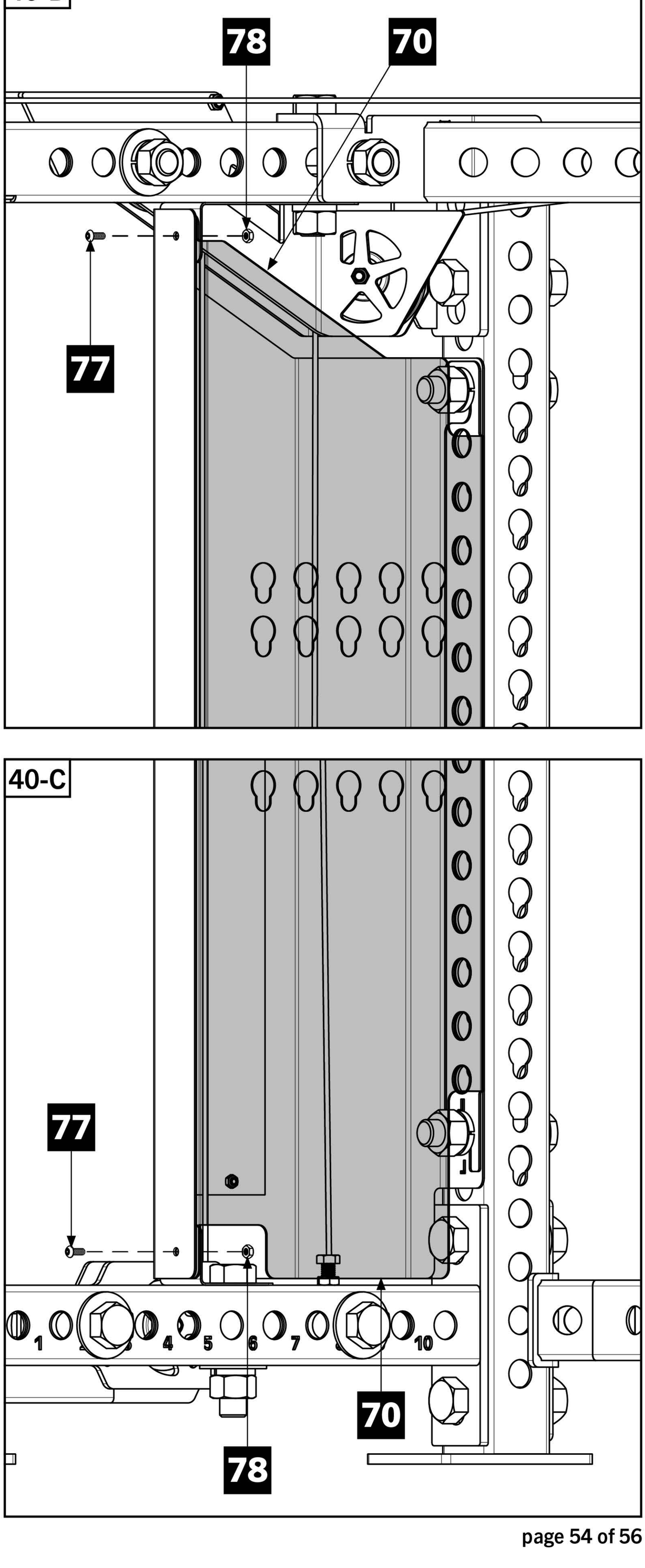
- Only the LH Storage Panel shown below. Repeat steps below to assemble the RH Storage Panel onto Side Shroud RH.



40-A



40-B



40-C

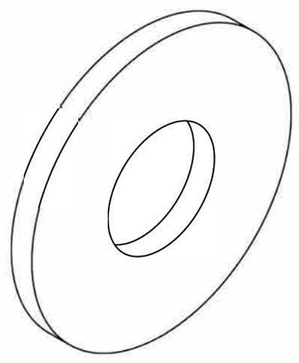
DETAIL

DETAIL

INCLUDED MONSTER STRIP

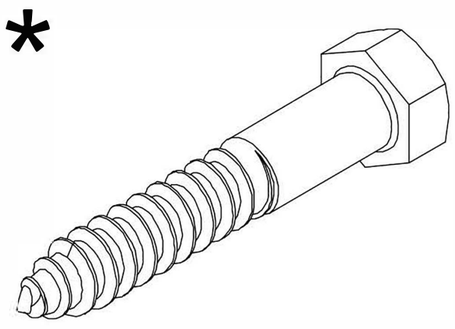
- *Hardware and tools not included for installing Monster Strips [**66**].
- (4X) 3/8” x 2-1/2” Wood Lag Screws and (4X) 3/8” Flat Washers (not included) are recommended if mounting Strip to wall or wood stud.
- 15/64” Diameter drill bit recommended if using 3/8” Lag Screws.
- Identify stud in wall and mark desired height of top hole. Drill pilot hole in marked location.
- Put thread-side of screw through washer then screw through top hole at the back of the Strip into wall until wood but do not fully tighten.
- Let strip hang and ensure it is square using a level then mark locations of the 3 remaining holes.
- Hold strip to the side as shown in **41-B** and drill pilot holes in the 3 marked locations.
- Put thread side of screw through the washer then screw through bottom 3/8” hole in back of Strip into the wall loosely.
- Screw in the remaining two Lag Screws and fully tighten all screws.
- If attempting to secure Strip to concrete or other material, the buyer is responsible for using correct hardware.
- It is the buyer’s responsibility to install strip in a location and with hardware capable of supporting the aggregate weight of strip, all gear mounted or stored, and any person using it.
- If you are not confident in your mechanical skills, please seek the help of a professional to perform the installation.

Qty: **4x**



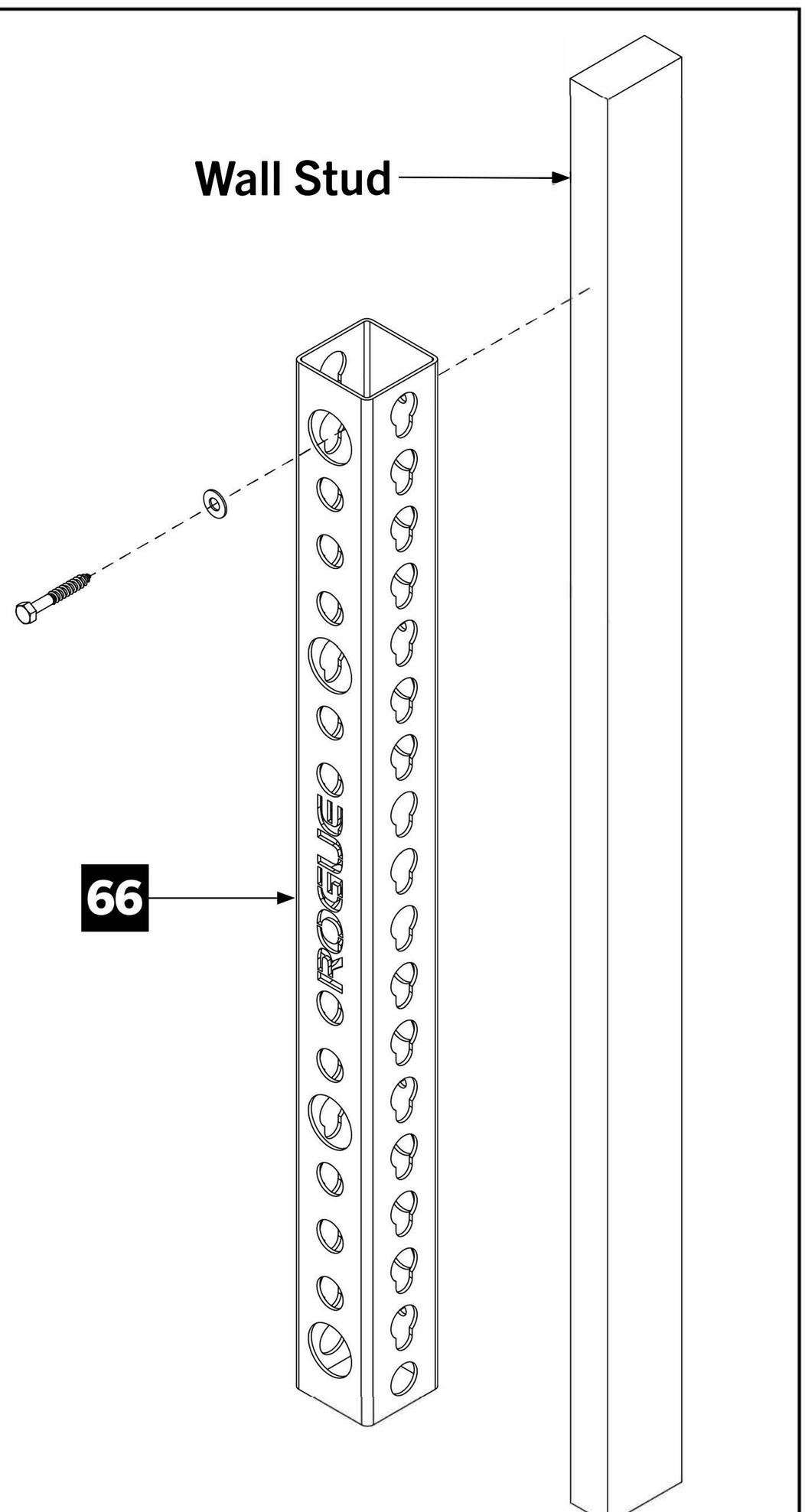
3/8” Flat Washer

Qty: **4x**

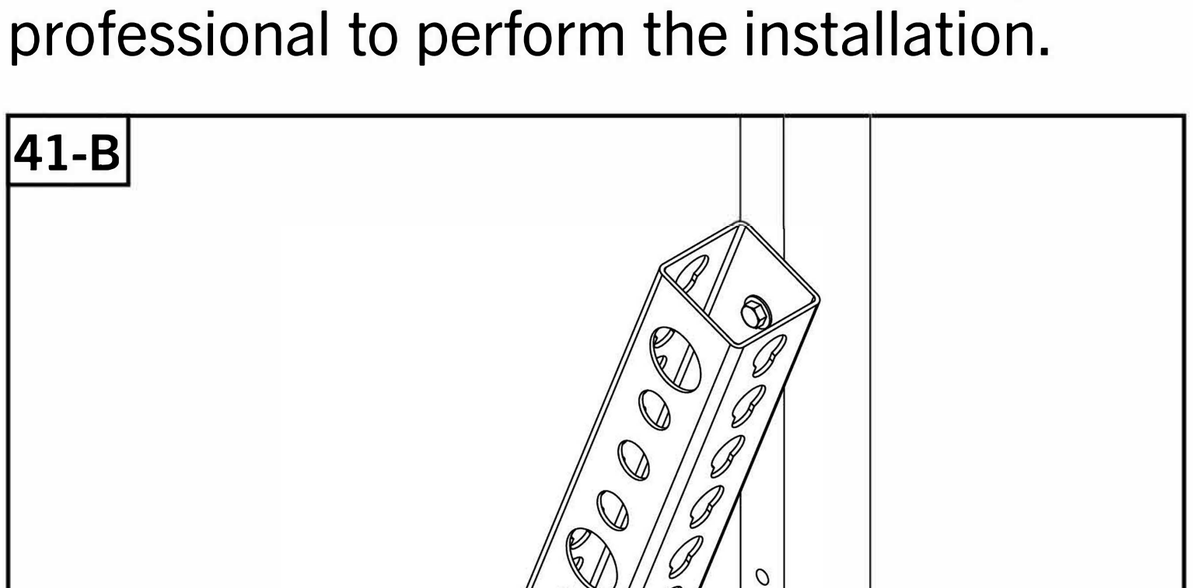


3/8” x 2-1/2” Lag Screw

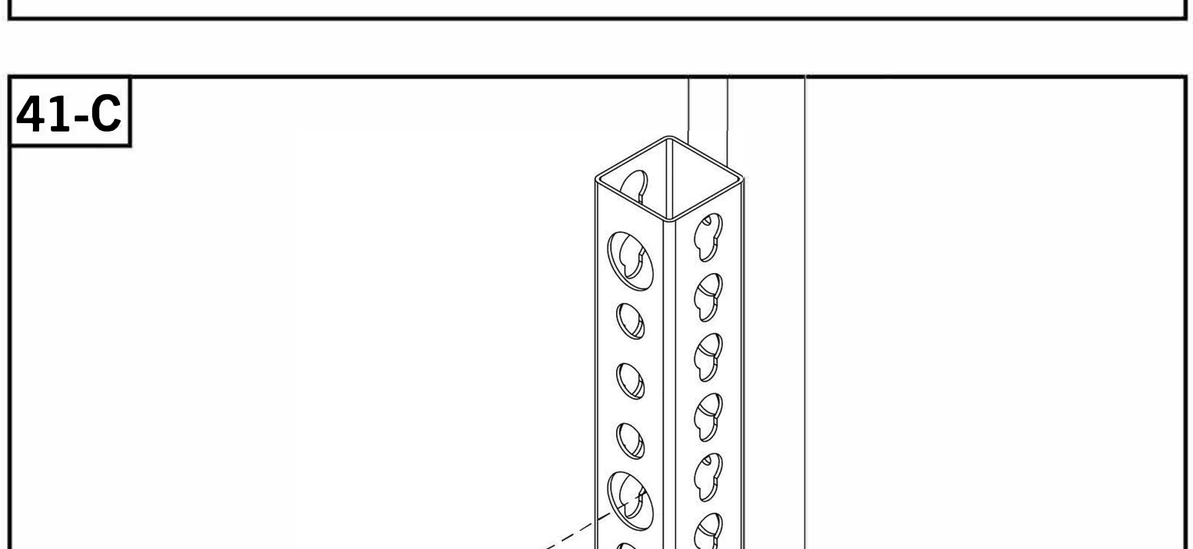
41-A



41-B



41-C



CABLE MAINTENANCE

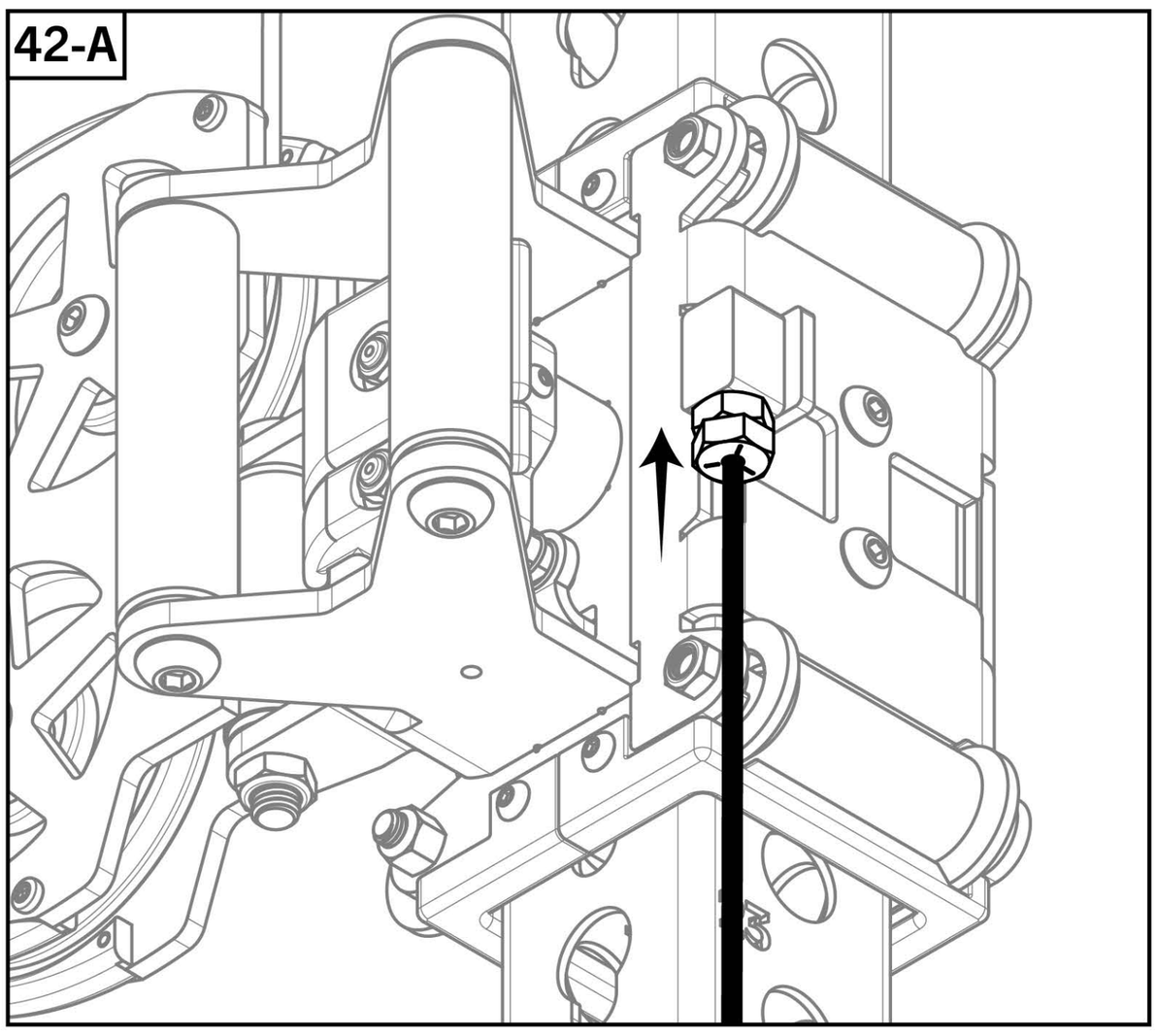
Over time, the cables within the system may experience some normal inelastic stretching. Follow the below instructions to re-tighten the cables.

STEP 1

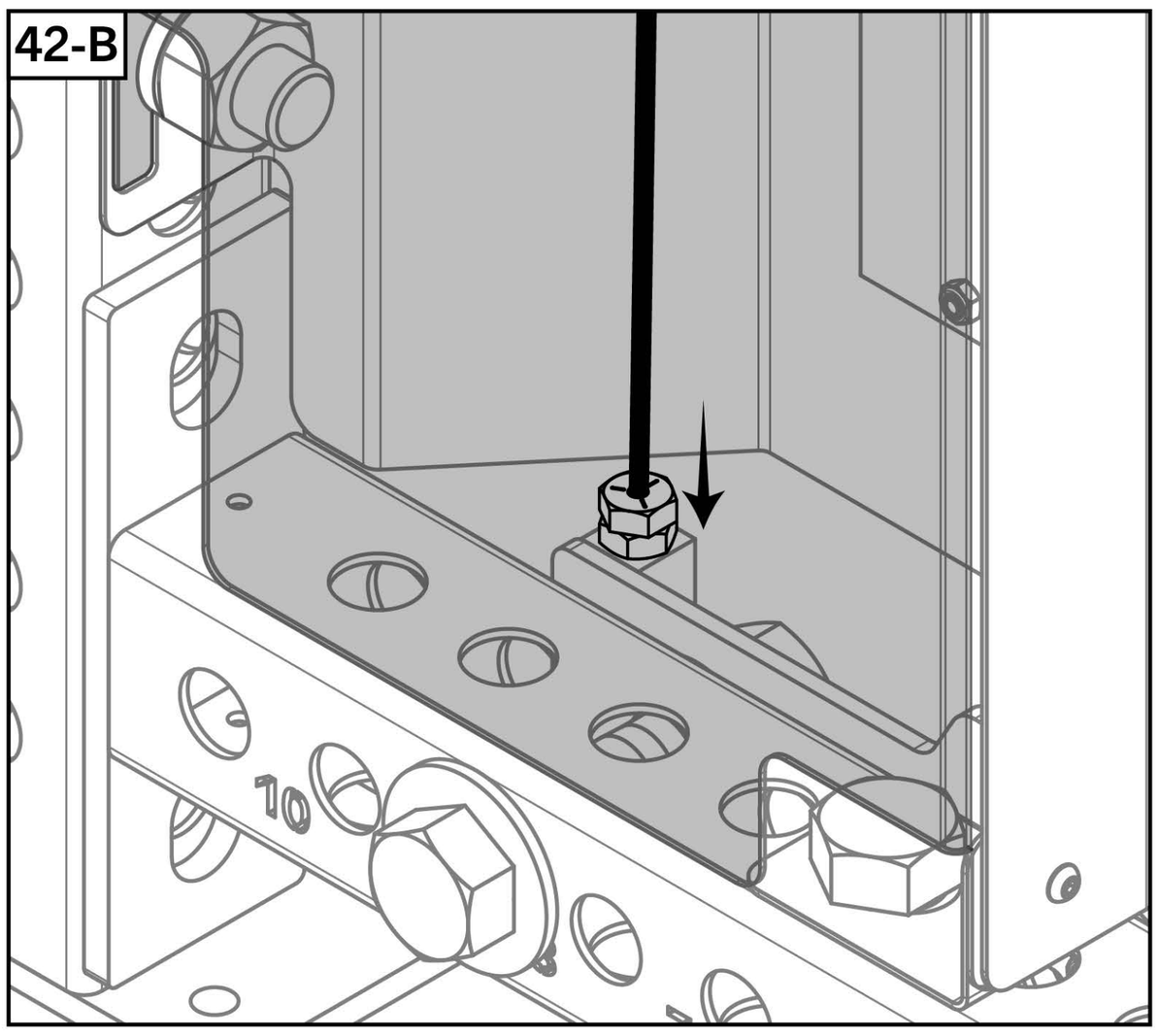
Tools Required:

- Multi Tool
- Tighten all four Low Side Cable bolt heads into stop blocks of Swivel Trolleys and Bottom Side Pulley Assemblies and retest the cable tightness.

42-A



42-B



- If cable system is tight, no further calibration is needed. If cables still have slack, proceed to **STEP 2.**

STEP 2

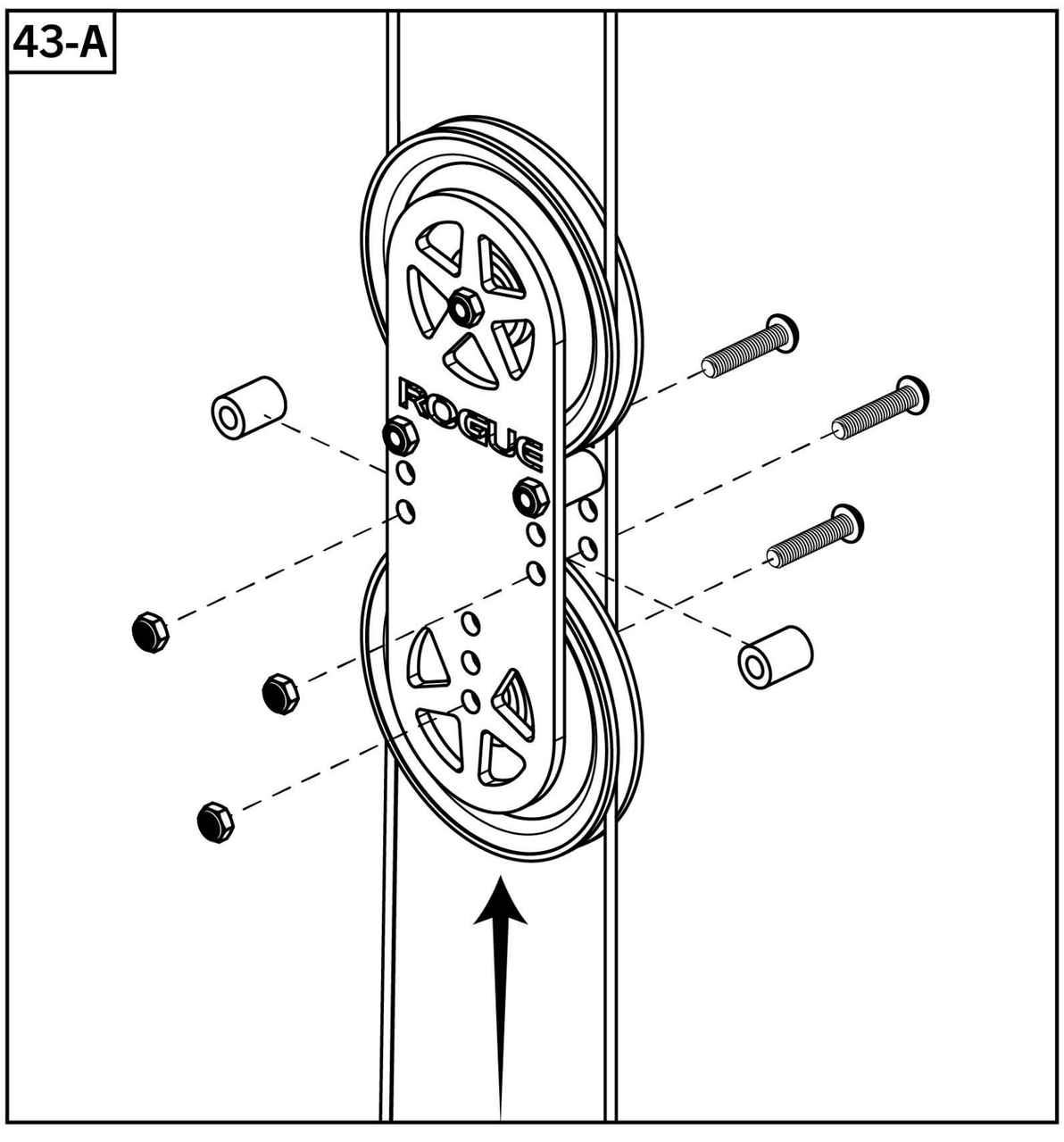
Tools Required:

- Multi Tool, 7/32” Allen Key
- Remove the Shroud Storage Panel - RH
- Remove Cable Retainers and hardware from Side Peanut Pulley (**43-A**) and move pulley up by one hole (**43-B**).
- Re-adjust the height of the Trolley Cable Bolts to calibrate the cable tightness.
- If slack persists, perform the same pulley relocation on the Left Side Peanut Pulley. Recalibrate the Trolley cable bolts and check cable tightness.
- If slack is still present, continue repeating process, alternating between the Left and Right Side Peanut Pulleys, raising the pulley by one hole until the whole cable system is taut but not suspending the plate load carriage above its stop blocks.

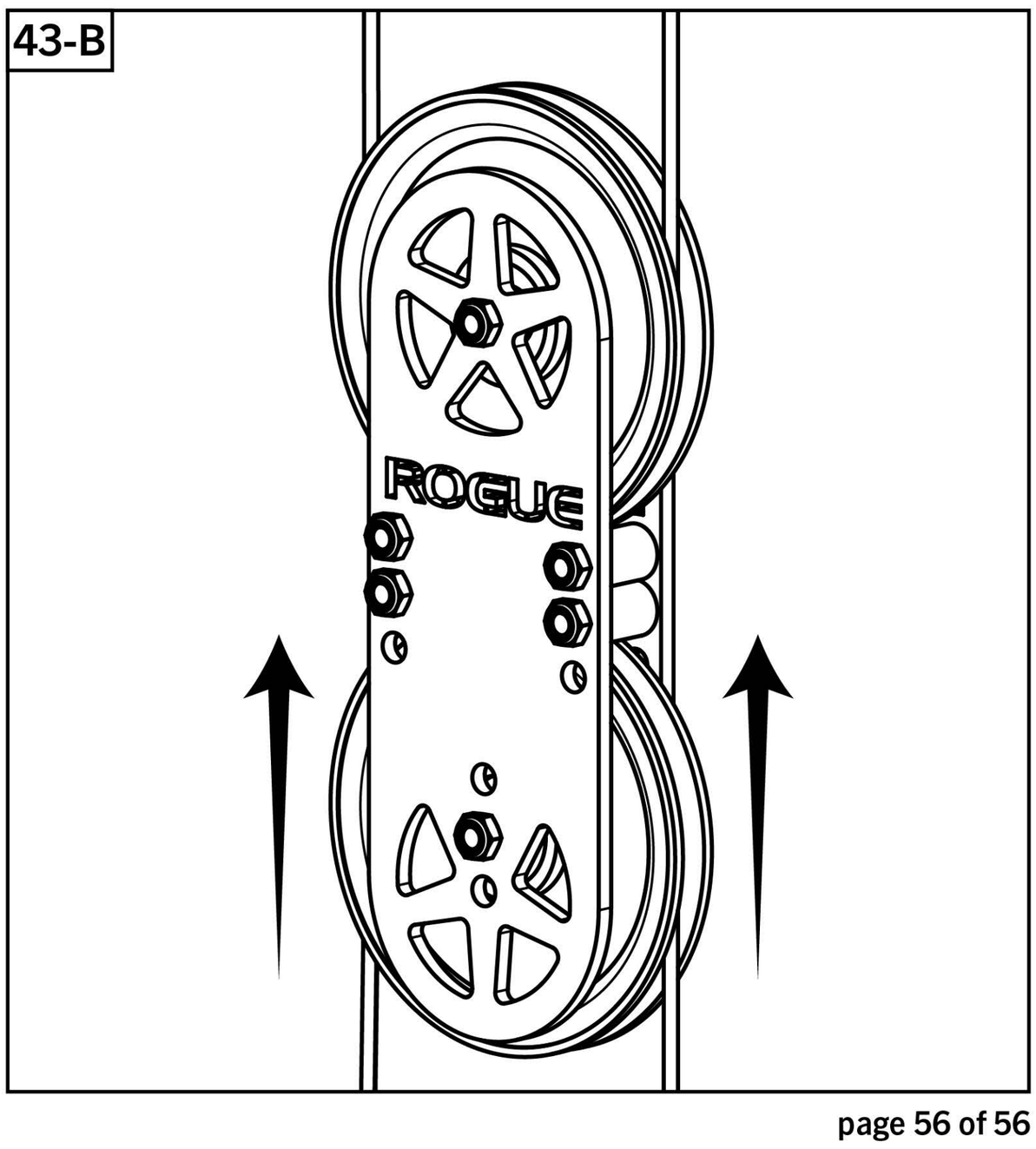
Note:

- If installing pulley on the uppermost hole of the Side Peanut Pulleys, the lower Cable Retainers are not needed.

43-A



43-B



ROGUE

SCAN FOR INSTRUCTIONS

IRON GAME PROGRAMMING

IS0599-4