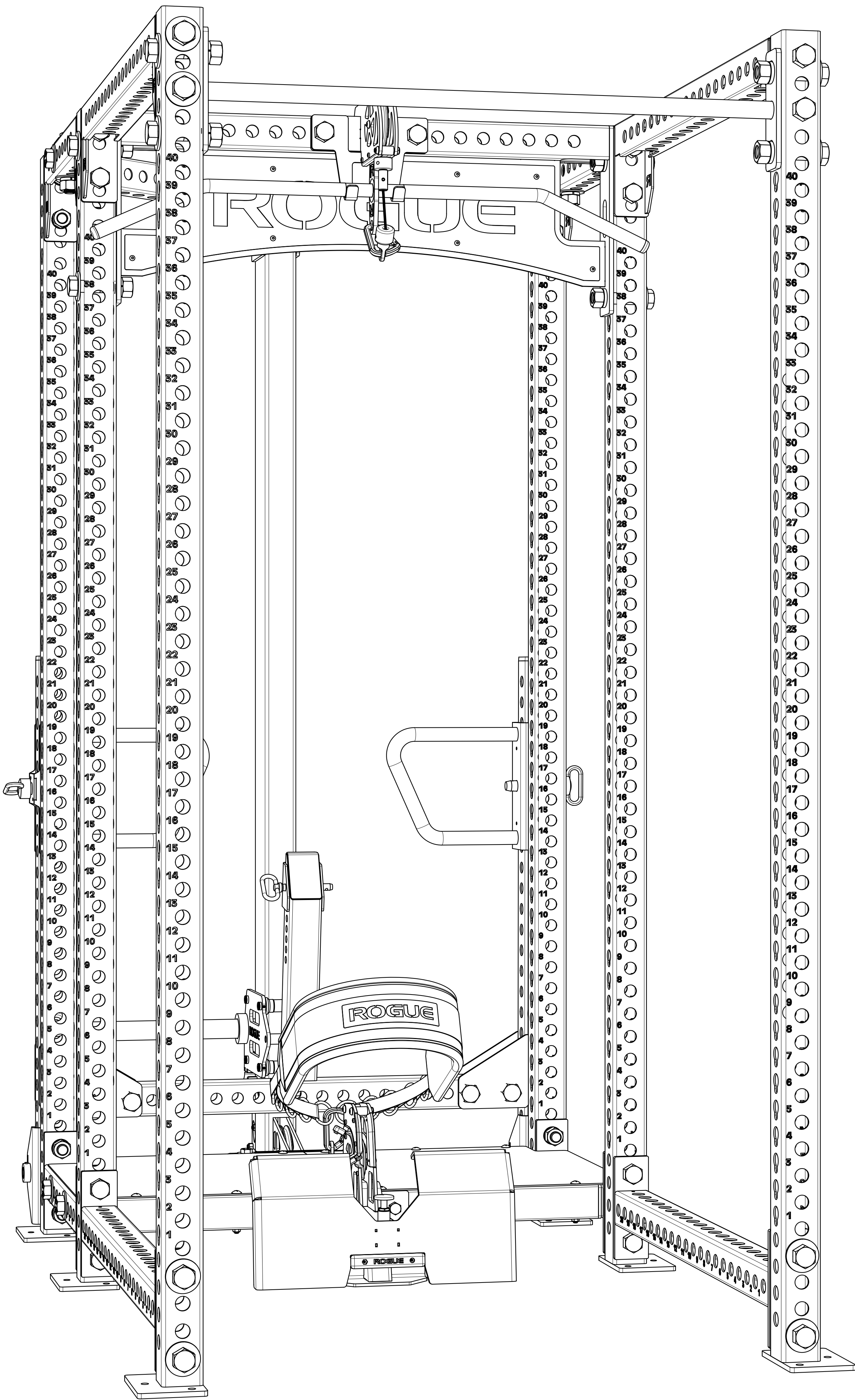


# ROGUE®

# MONSTER RHINO RACK TRAINER



## ⚠ 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:

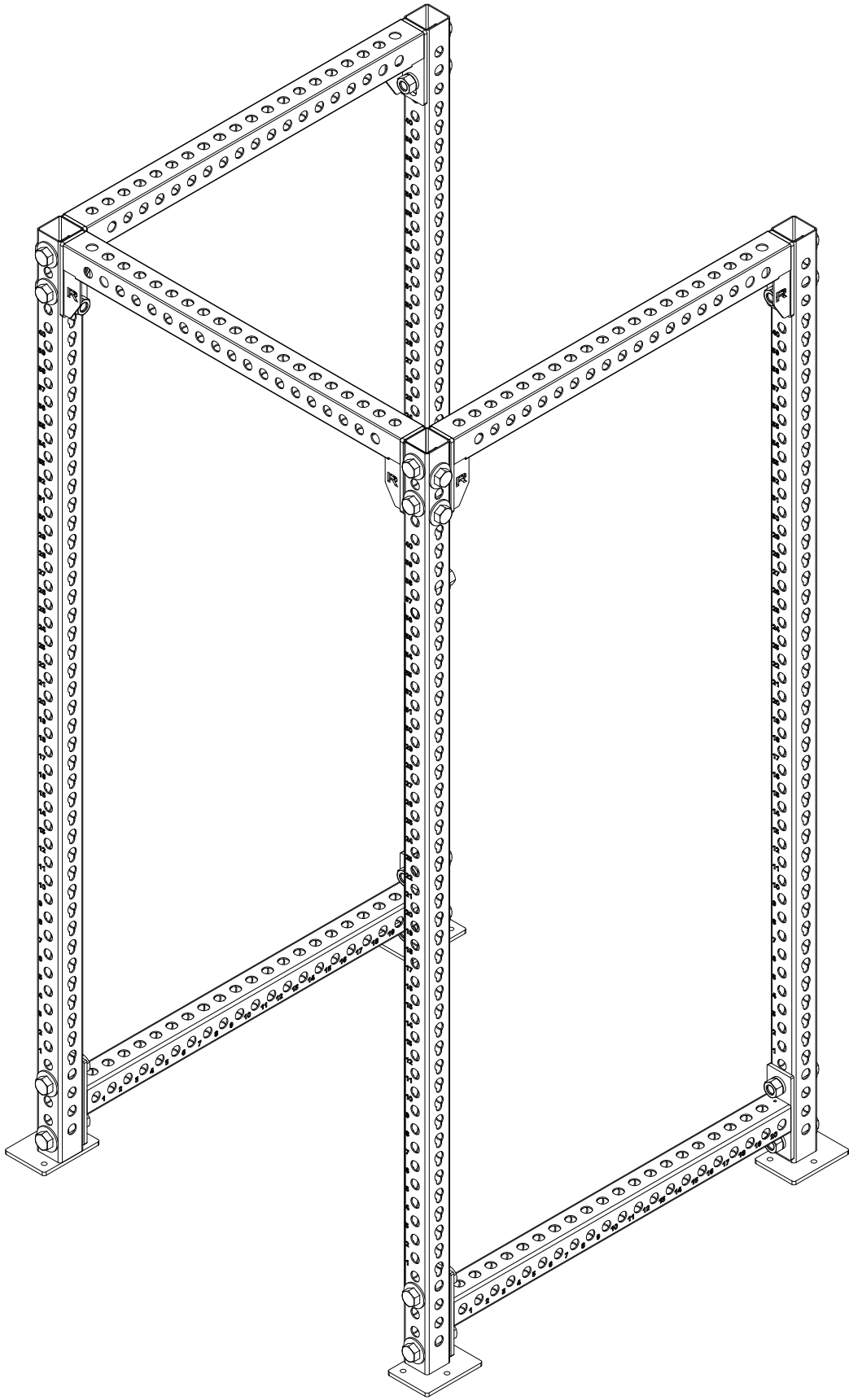
**THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE. MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY. MISUSE OF THIS RACK CAN RESULT IN SEVERE INJURY.**

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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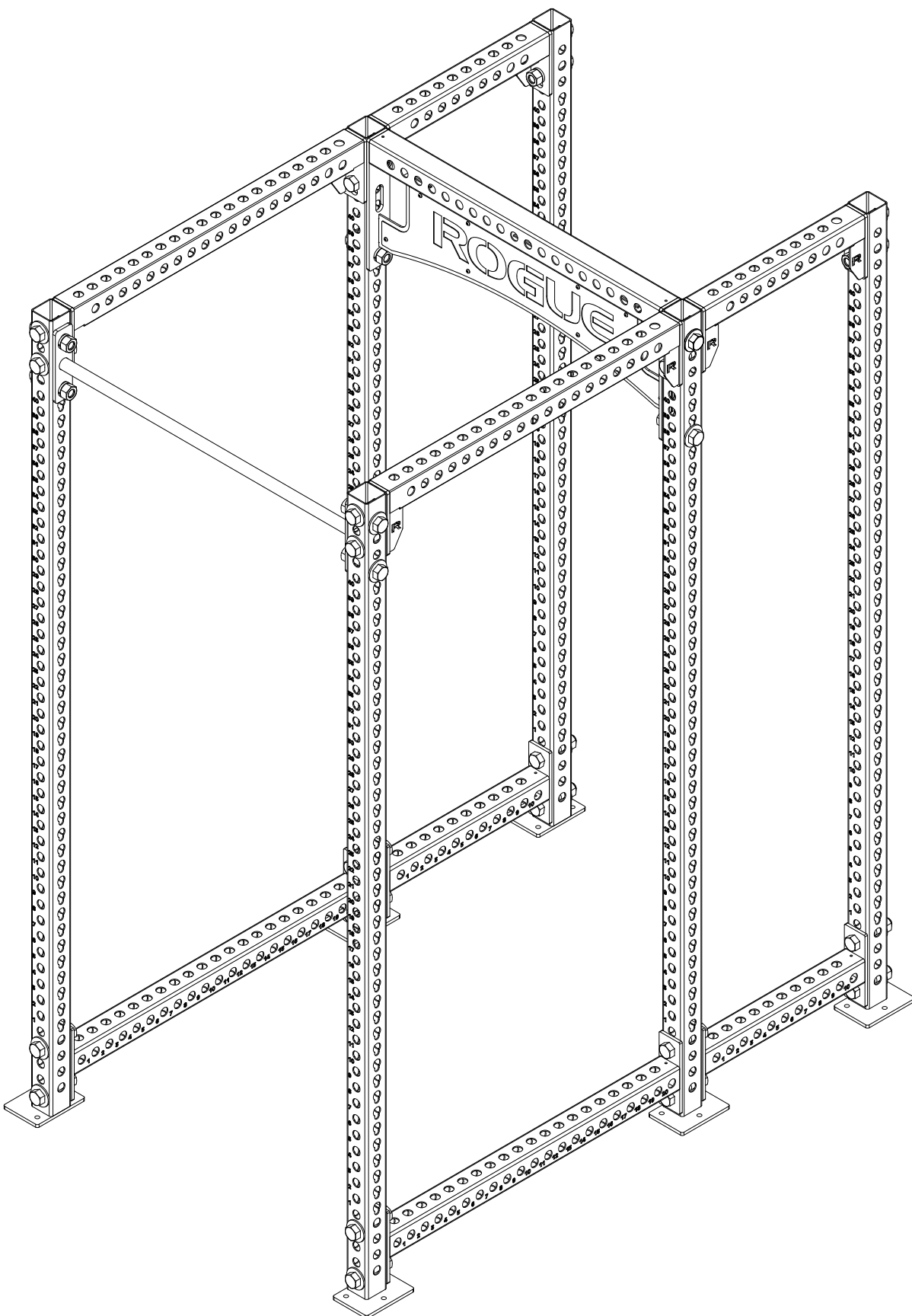
## RM-4 RACK

Included Tools.....	3
Included Parts.....	4
Assembly.....	12



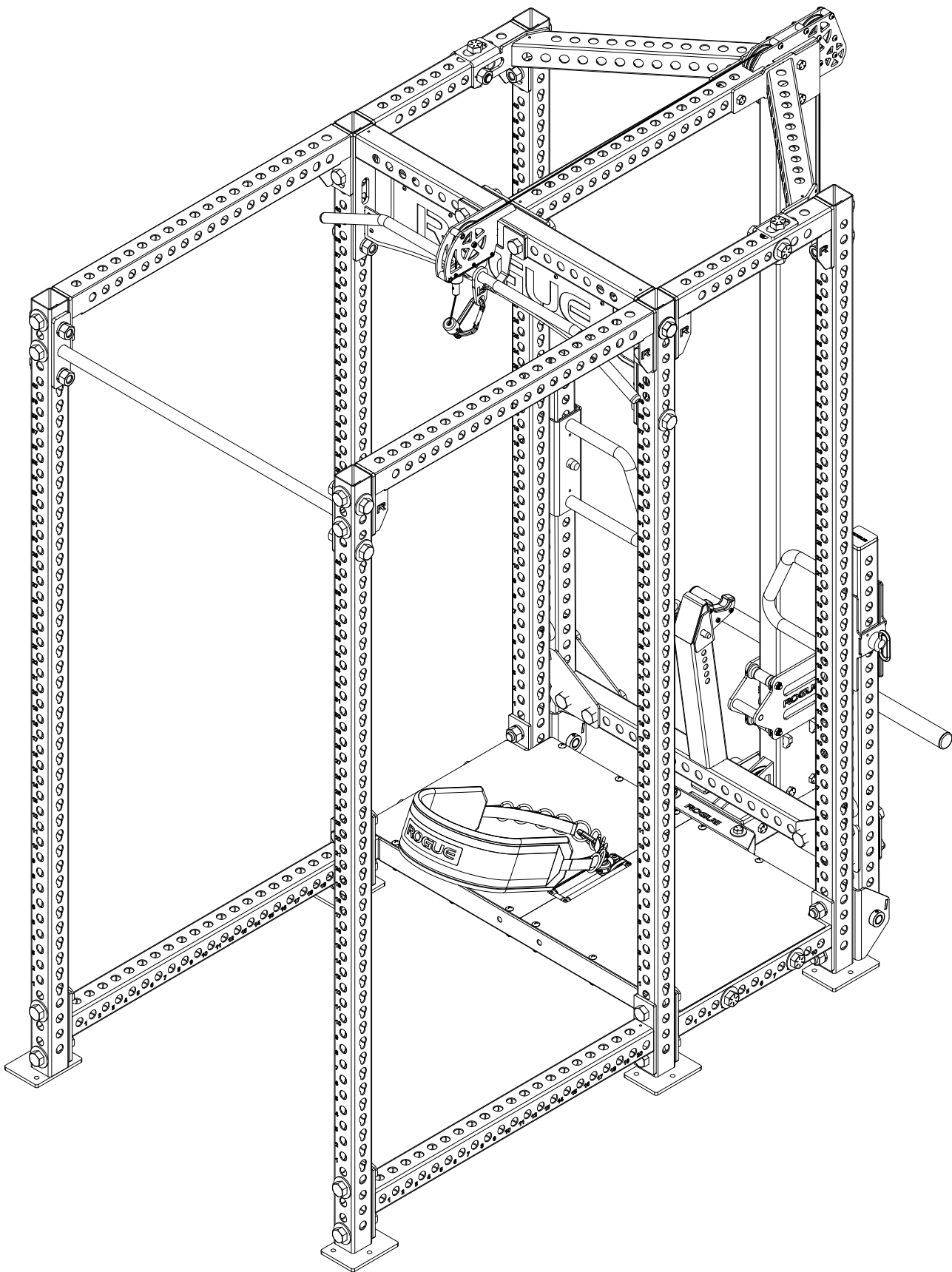
## RM-6 RACK

Included Tools.....	3
Included Parts.....	5
Assembly.....	14



## RHINO ADD-ON KIT

Included Tools.....	3
Included Parts.....	7
Assembly.....	18

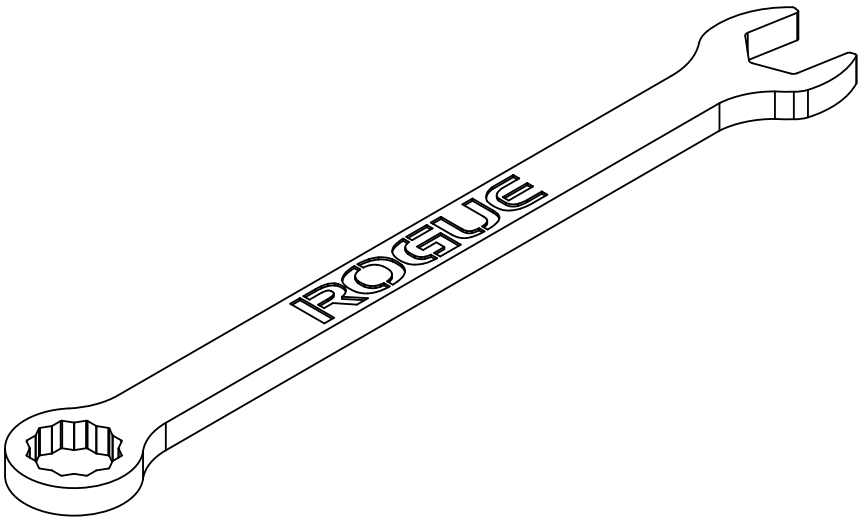


# INCLUDED TOOLS

Note: Images not shown at scale

1

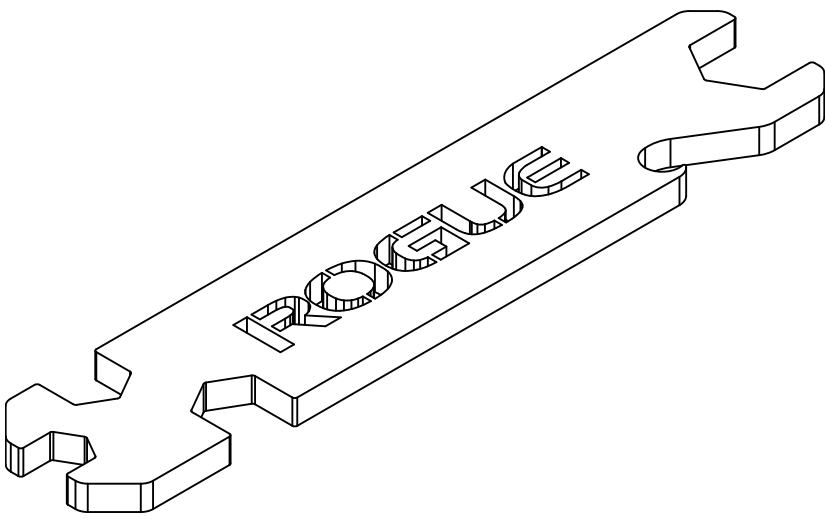
Qty: 2x



15/16” Wrench

2

Qty: 1x



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

3

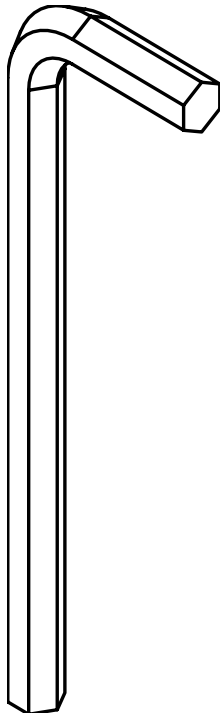
Qty: 1x



7/32” Allen Key

4

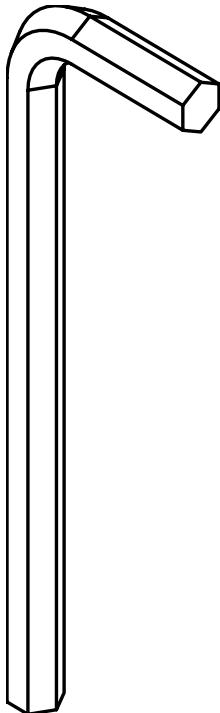
Qty: 1x



5/32” Allen Key

5

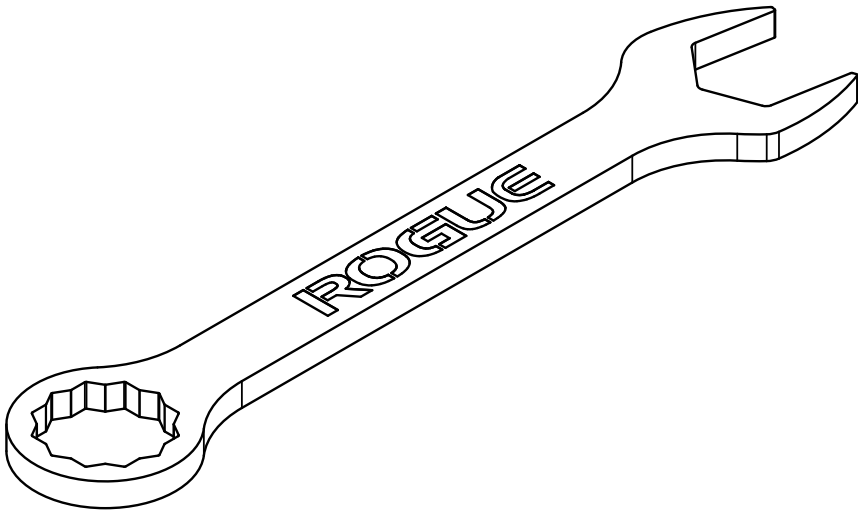
Qty: 1x



3/32” Allen Key

5

Qty: 2x



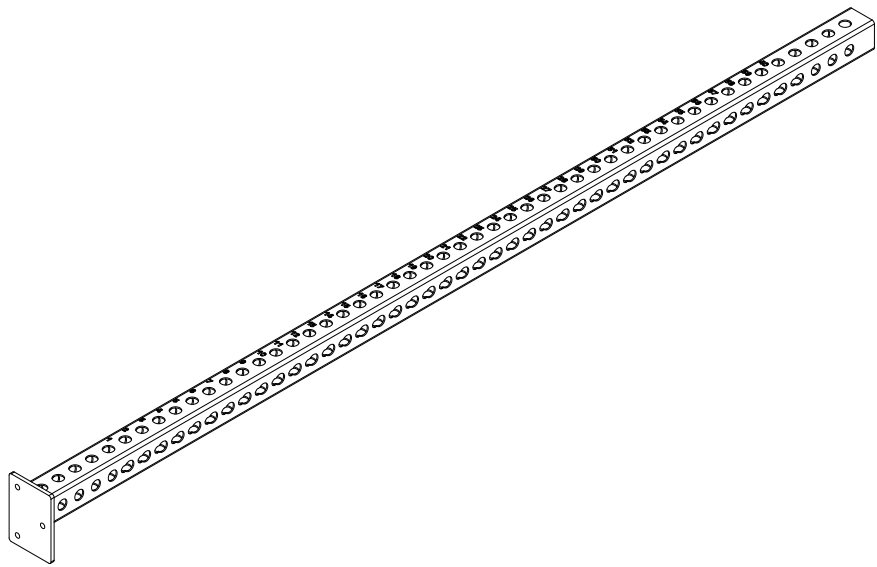
1.5” Wrench

# INCLUDED PARTS: RM-4 FULL RACK

Note: Images not shown at scale.

1

Qty: 4x

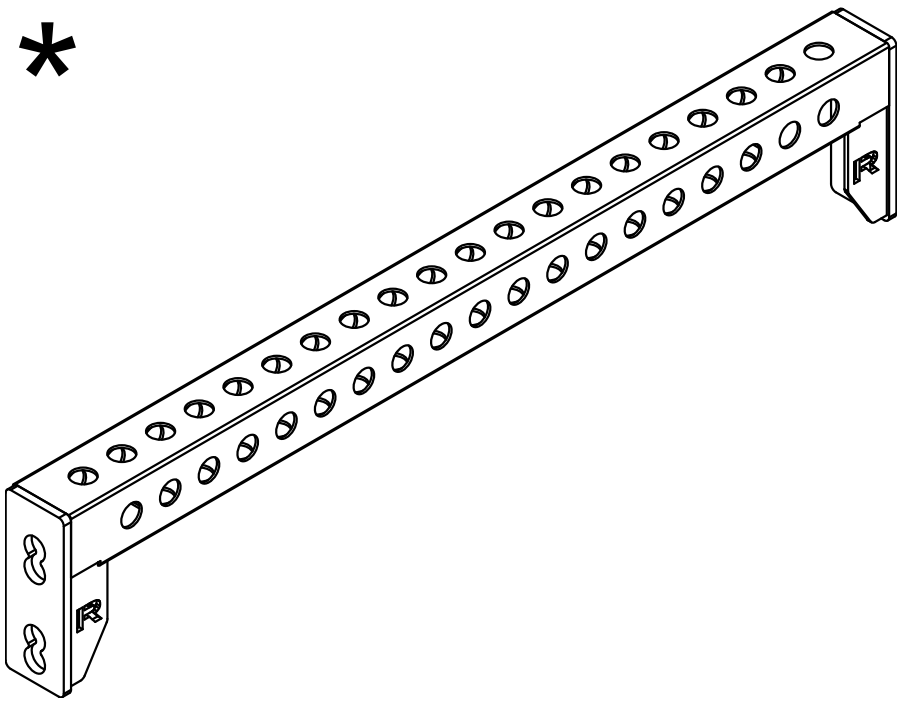


90" or 100" Monster Upright

2

Qty: 2x

\*

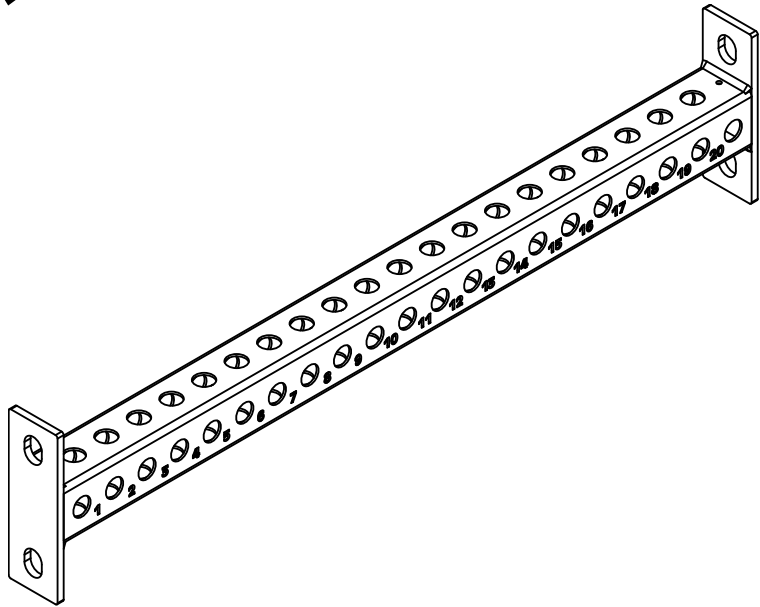


Top Crossmember

3

Qty: 2x

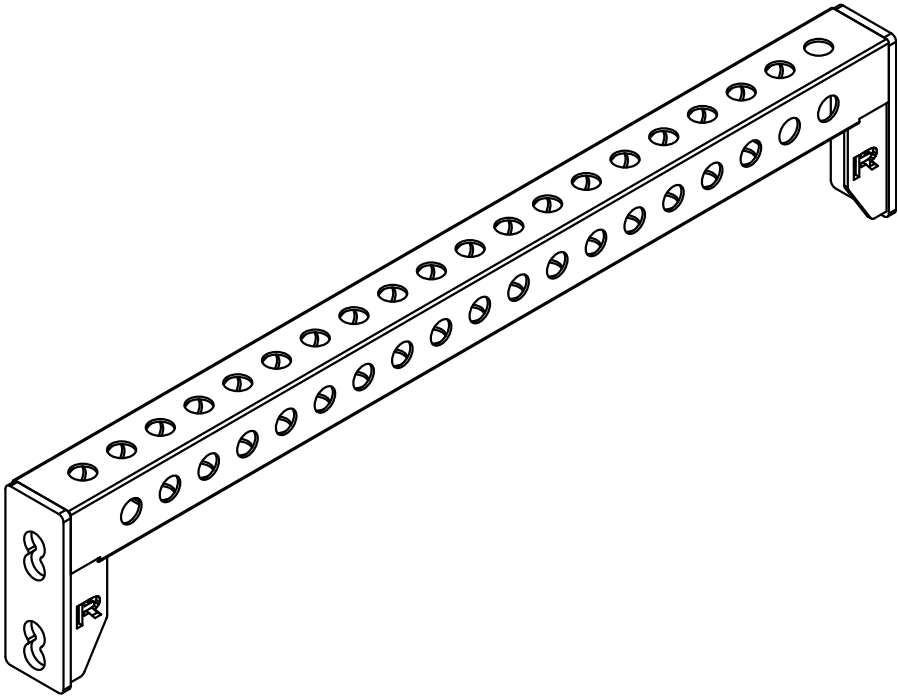
\*



Low Crossmember

4

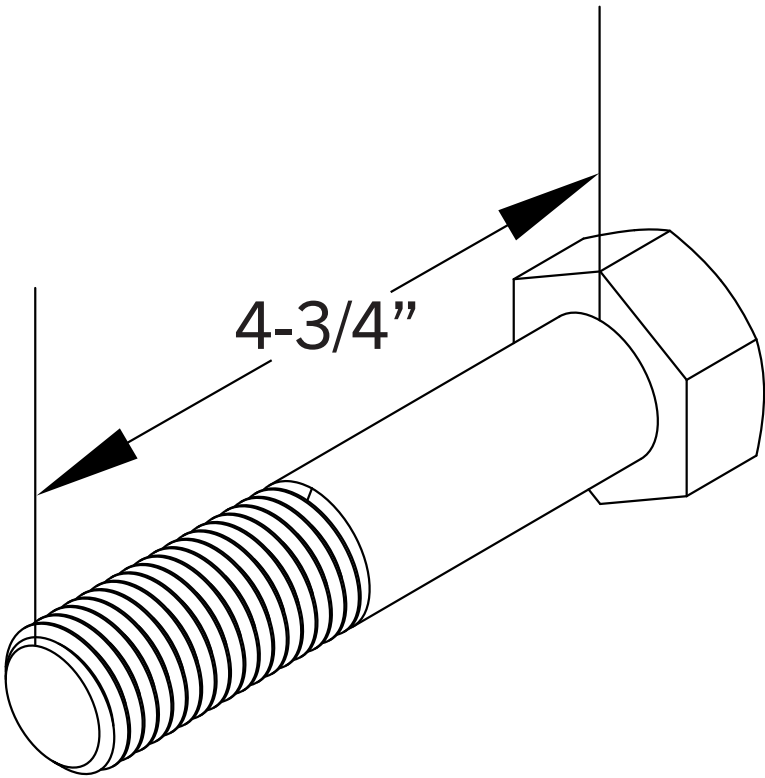
Qty: 1x



43" Front Crossmember

5

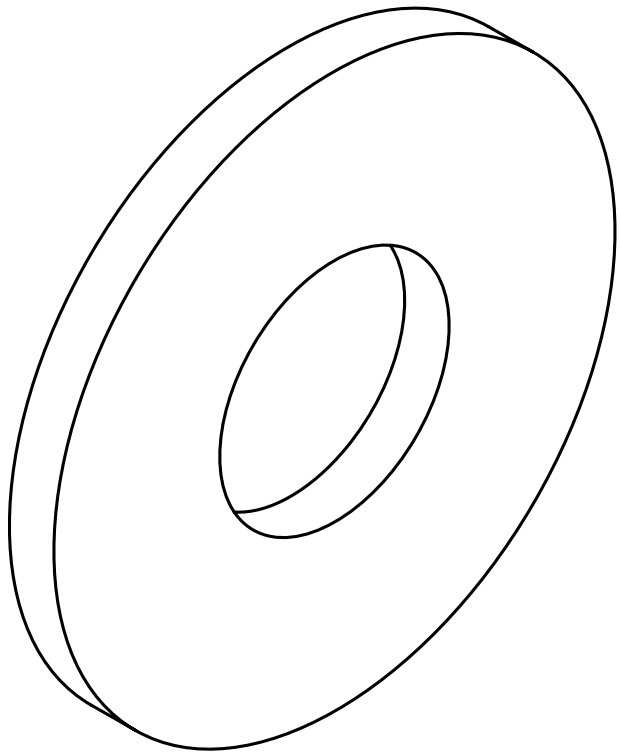
Qty: 22x



1" X 4-3/4" Hex Bolt

6

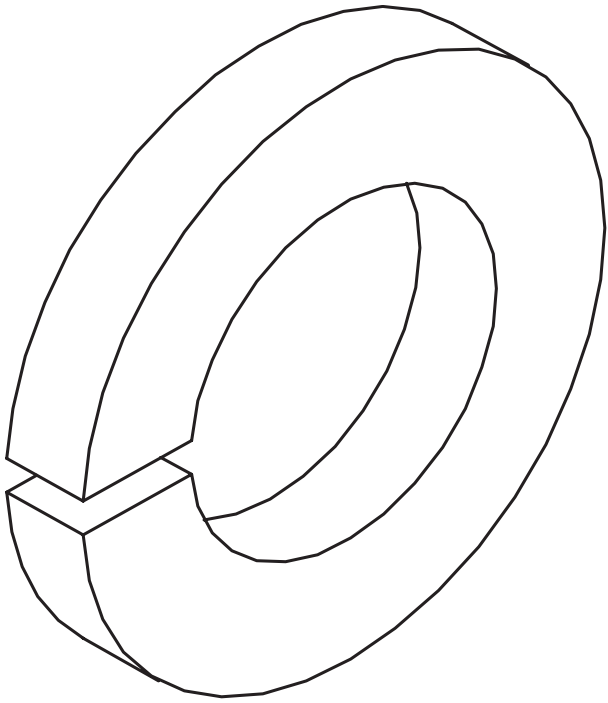
Qty: 22x



1" Flat Washer

7

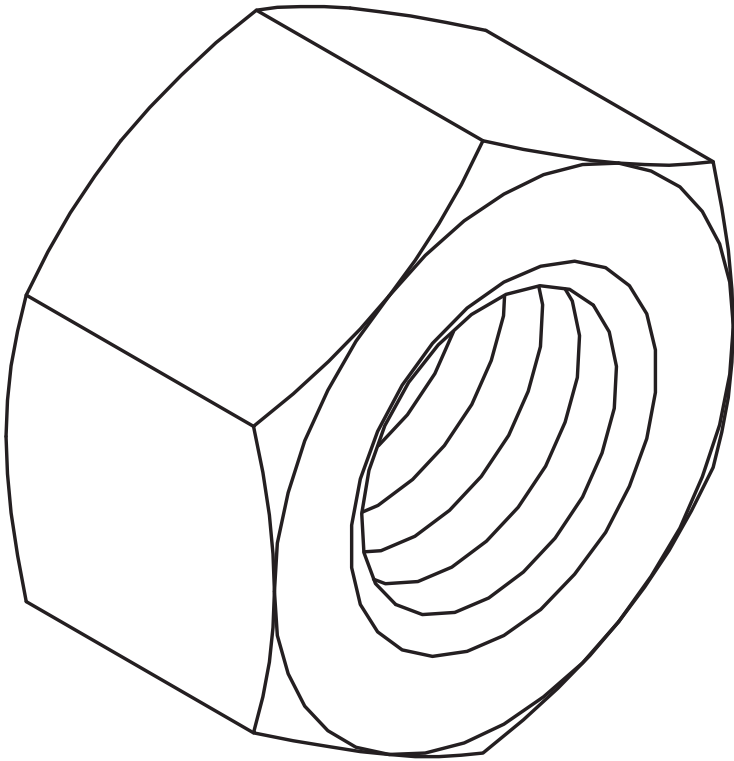
Qty: 22x



1" Lock Washer

8

Qty: 22x

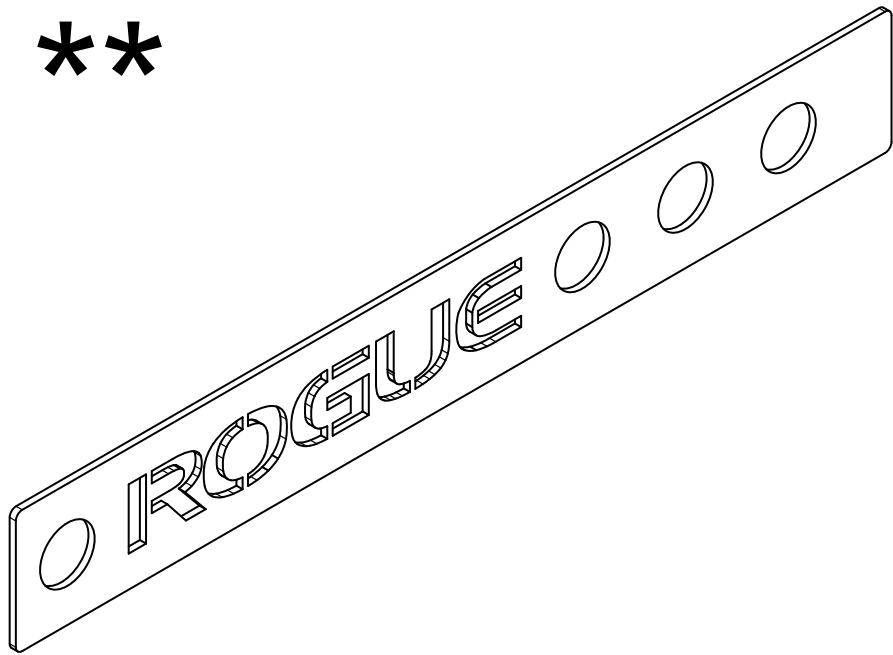


1" Hex Nut

9

Qty: 2x

\*\*

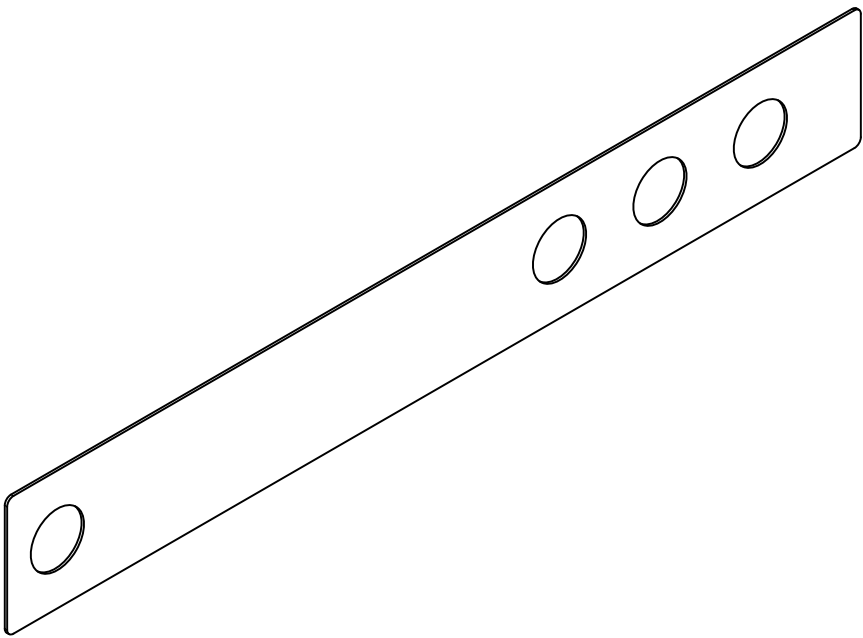


Branding Kit Plate Front

10

Qty: 2x

\*\*



Branding Kit Plate Back

\* Crossmember length depends on Rack Depth selection made at checkout.  
\*\* Branding Kit only included with 90" Rack.

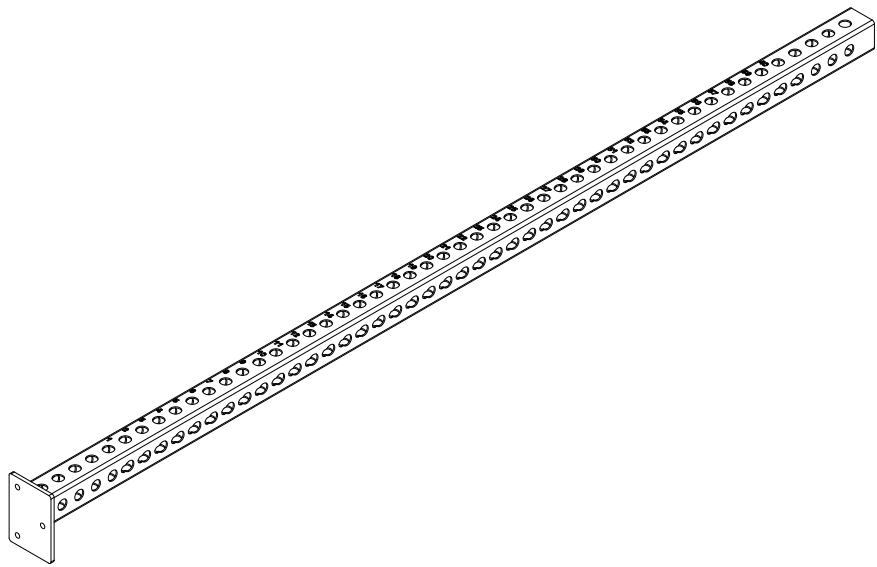


# INCLUDED PARTS: RM-6 FULL RACK

Note: Images not shown at scale.

11

Qty: 6x

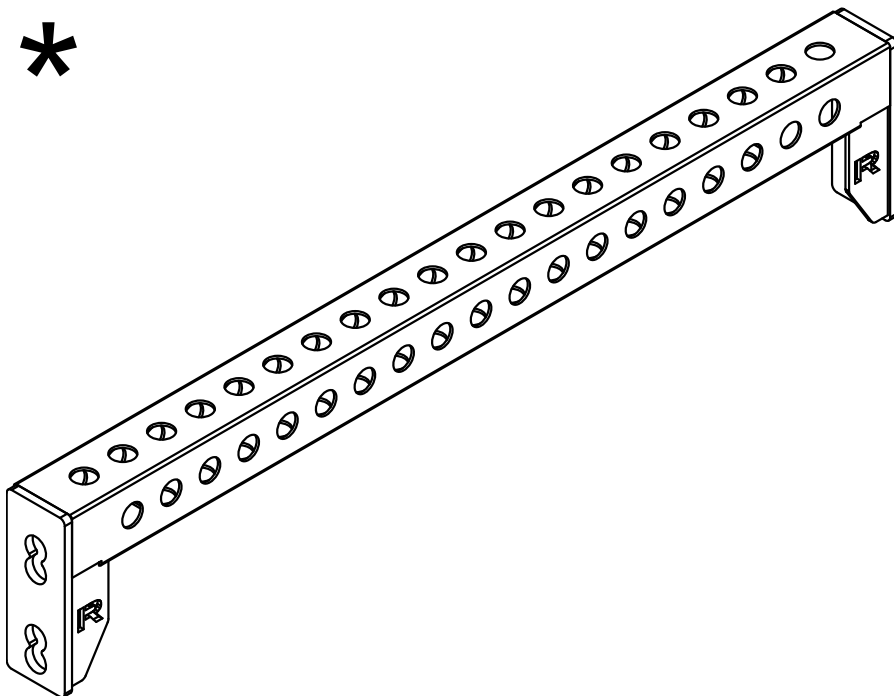


90" or 100" Monster Upright

12

Qty: 2x

\*

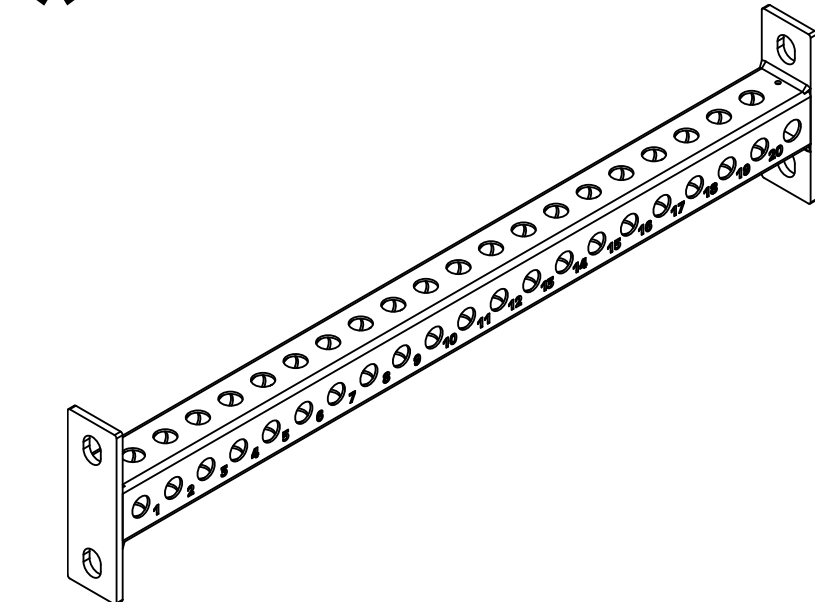


Front Top Crossmember

13

Qty: 2x

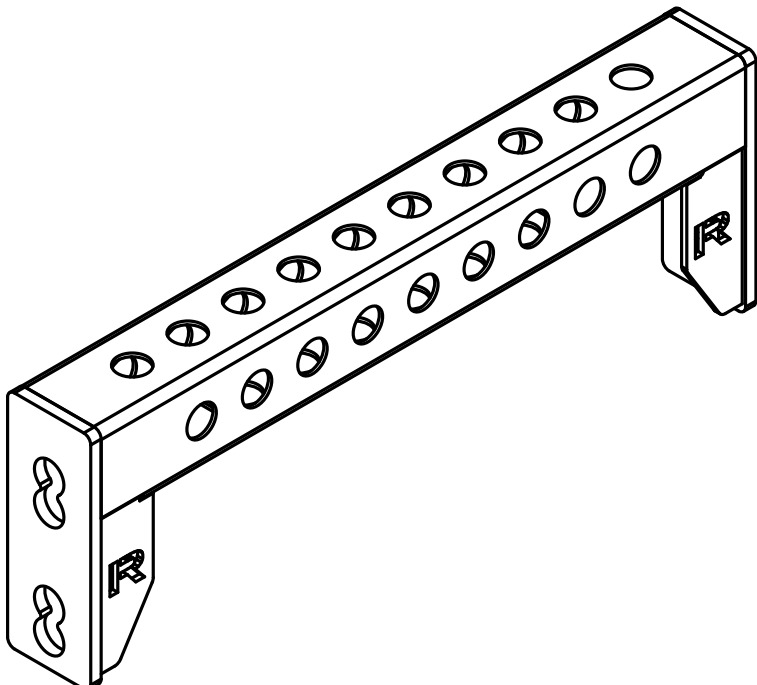
\*



Front Low Crossmember

14

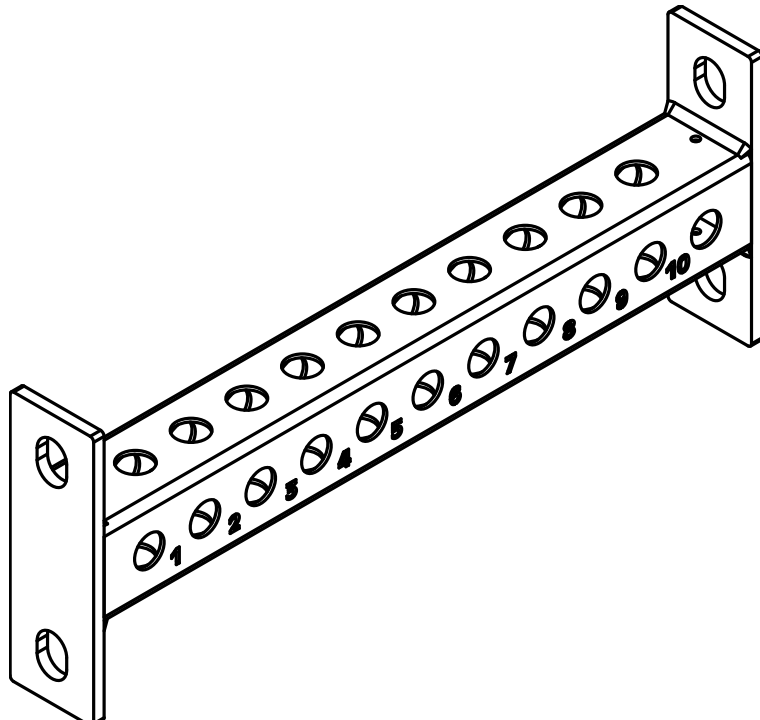
Qty: 2x



24" Rear Top Crossmember

15

Qty: 2x

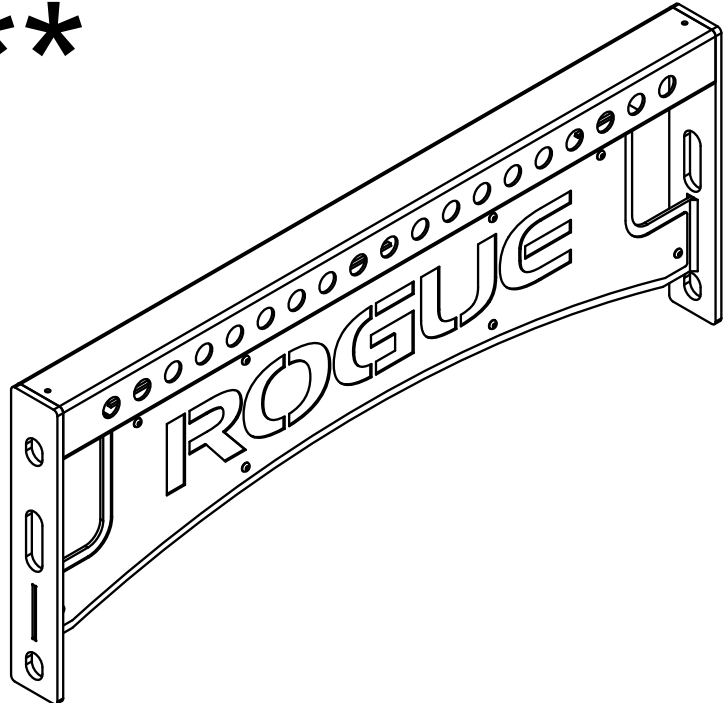


24" Rear Low Crossmember

16

Qty: 1x

\*\*

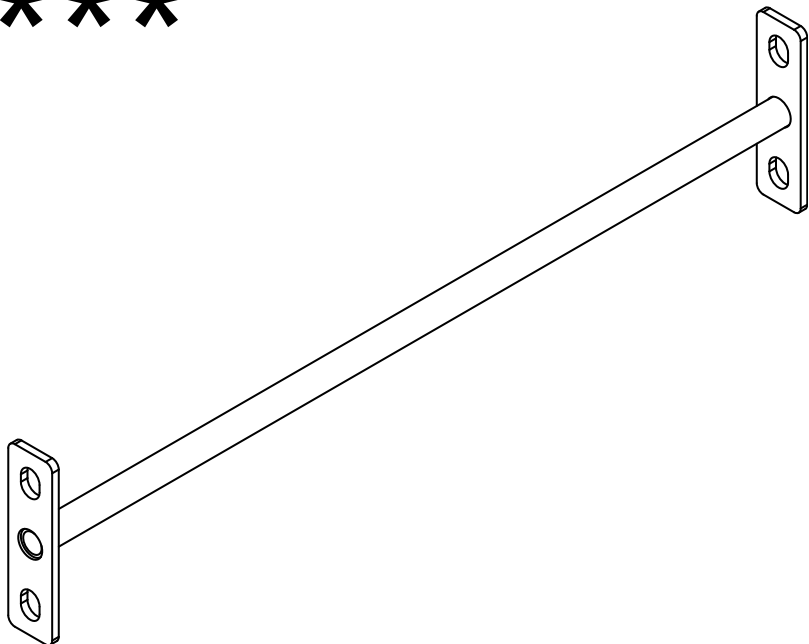


Nameplate Crossmember

17

Qty: 1x

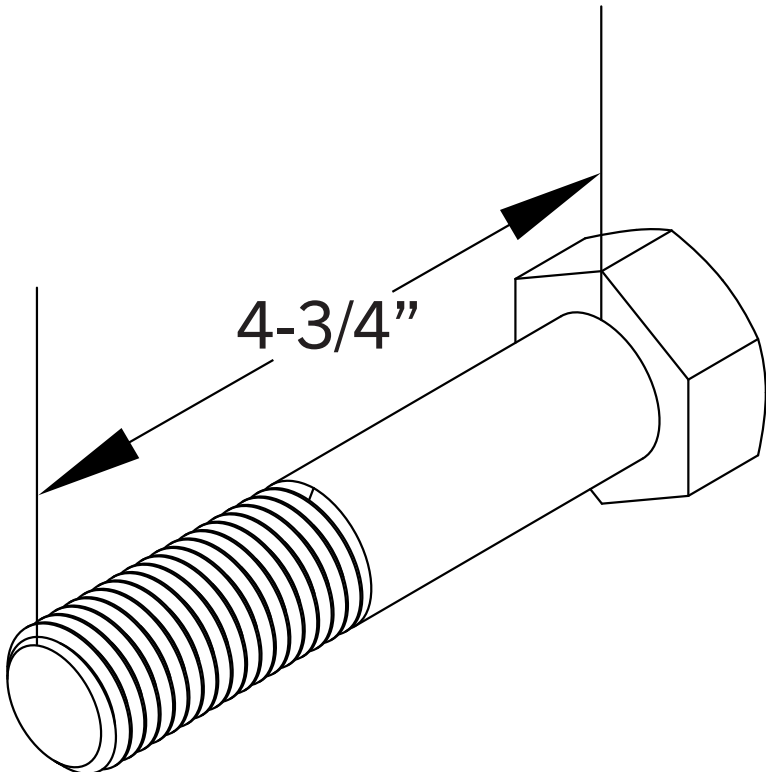
\*\*\*



Pull-up Bar

18

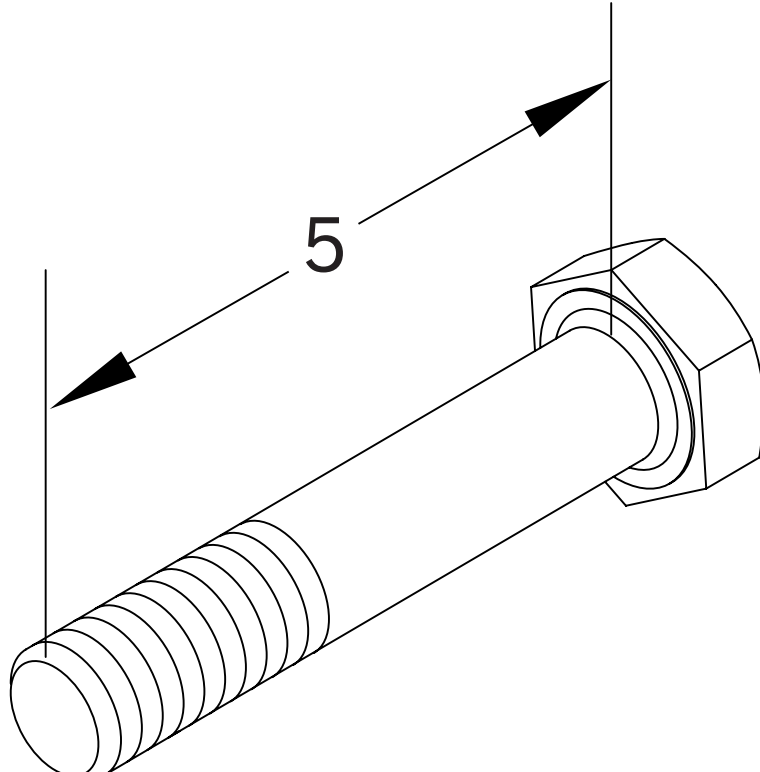
Qty: 26x



1" X 4-3/4" Hex Bolt

19

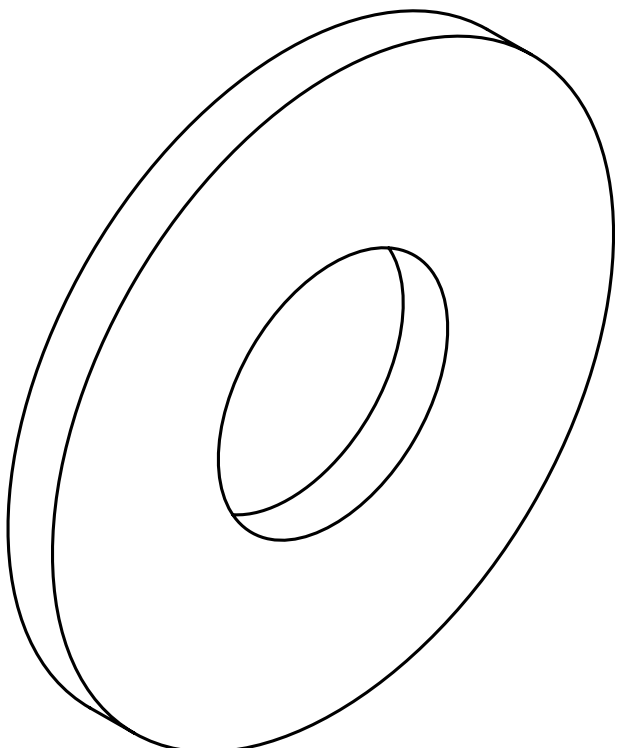
Qty: 8x



1" x 5" Hex Bolt

20

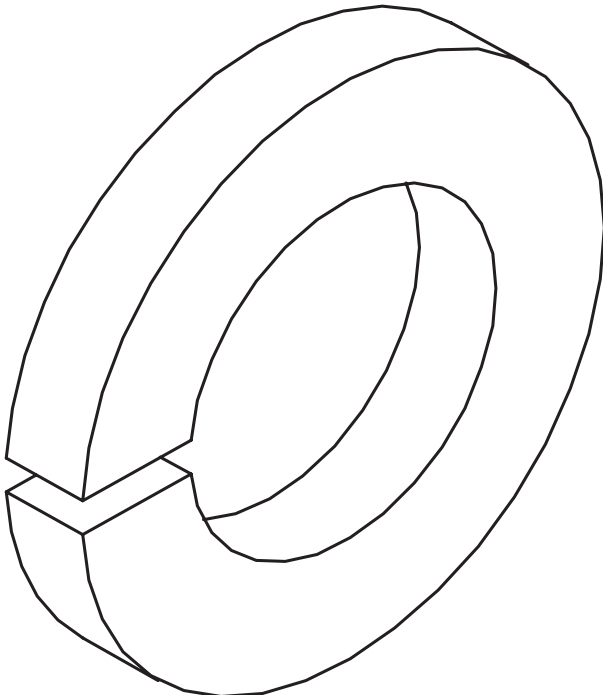
Qty: 26x



1" Flat Washer

21

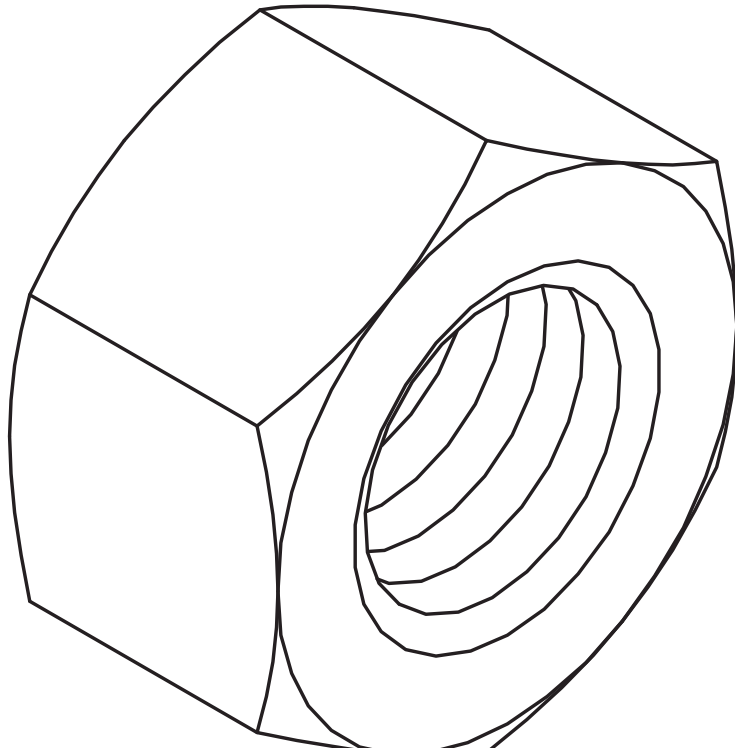
Qty: 34x



1" Lock Washer

22

Qty: 34x



1" Hex Nut

\* Front Crossmember length depends on Rack Depth selection made at checkout.

\*\* Nameplate Crossmember for 100" Rack, 43" Crossmember for 90" Rack

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

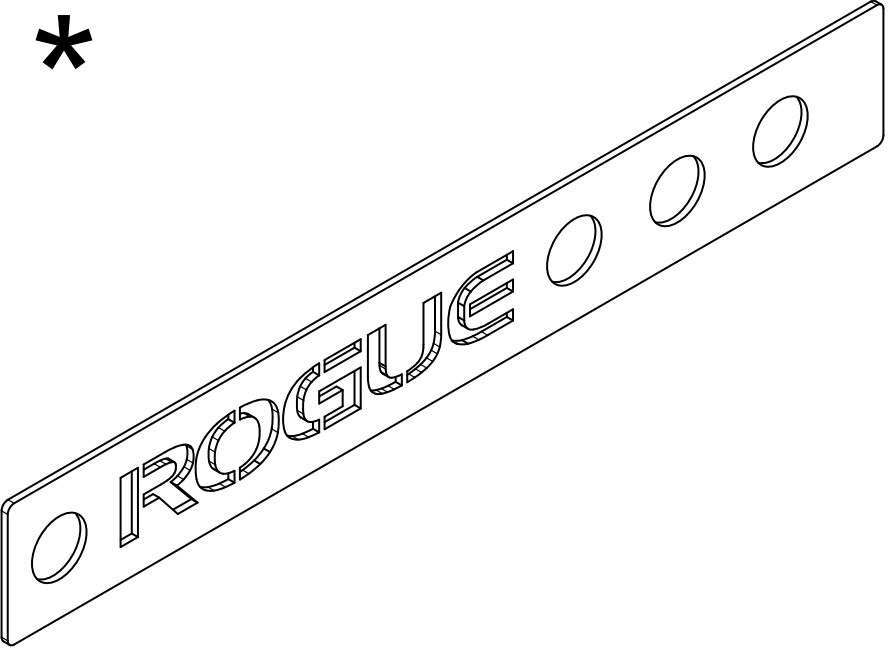
# INCLUDED PARTS: RM-6 FULL RACK

Note: Images not shown at scale.

23

Qty: 2x

\*

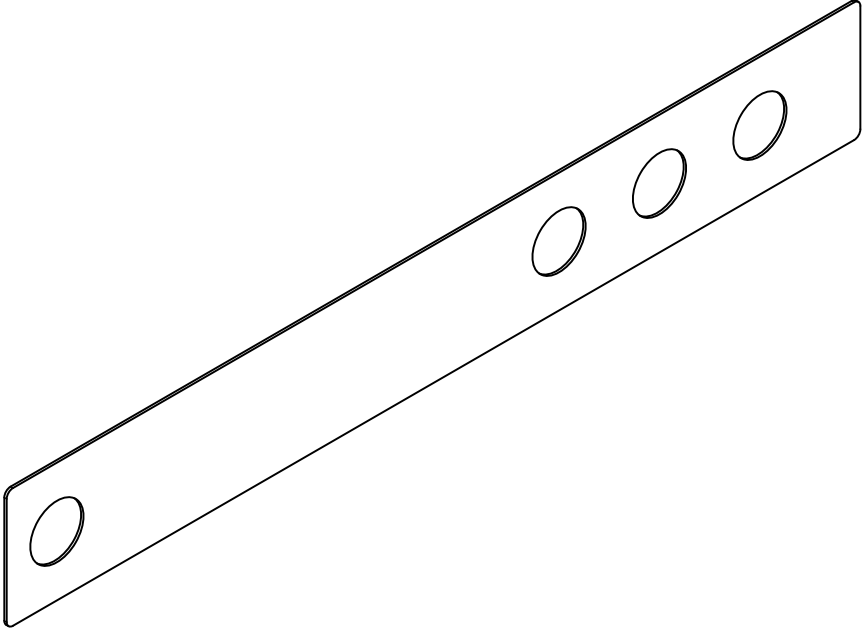


Branding Kit Plate  
Front

24

Qty: 2x

\*



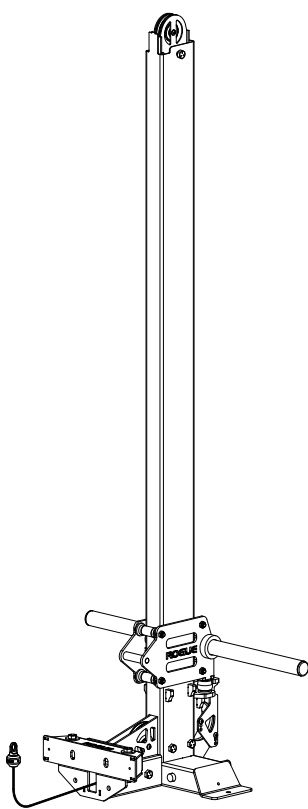
Branding Kit Plate Back

\* Branding Kit only included with 90” Rack.

# INCLUDED PARTS: RHINO ADD-ON KIT

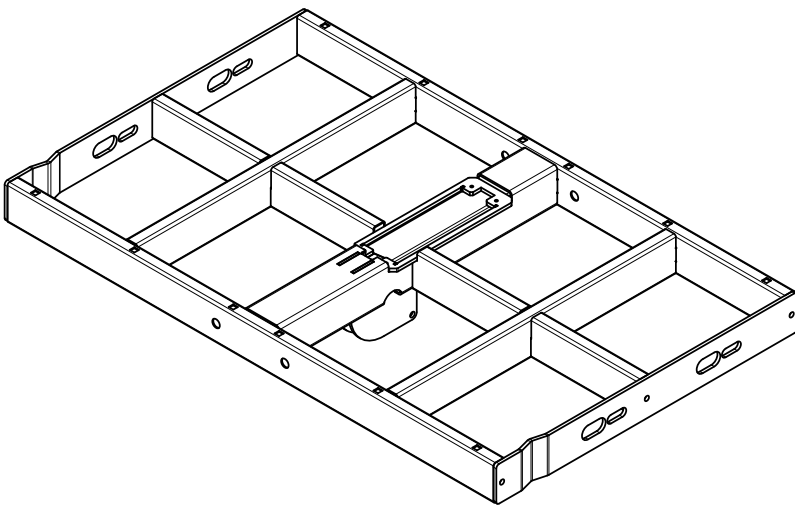
Note: Images not shown at scale.

**25** Qty: **1x**



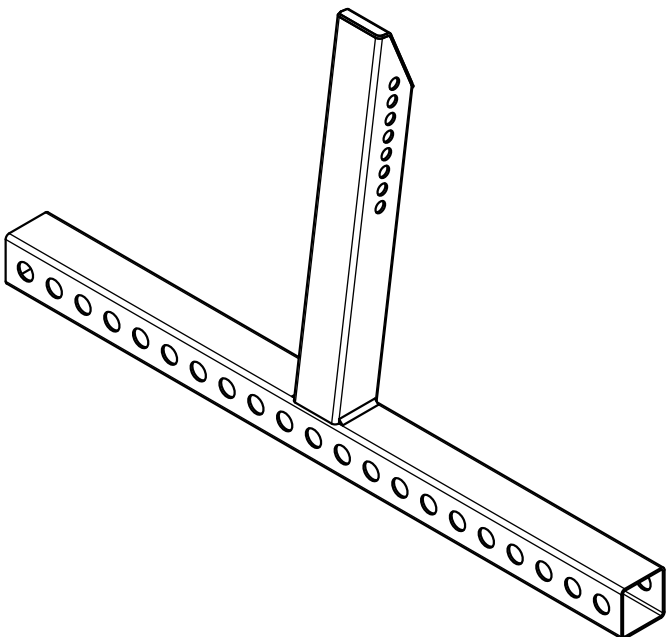
Rhino Upright

**26** Qty: **1x**



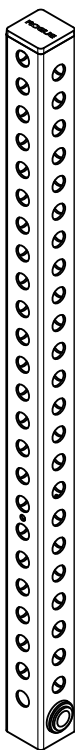
Pulley Deck

**27** Qty: **1x**



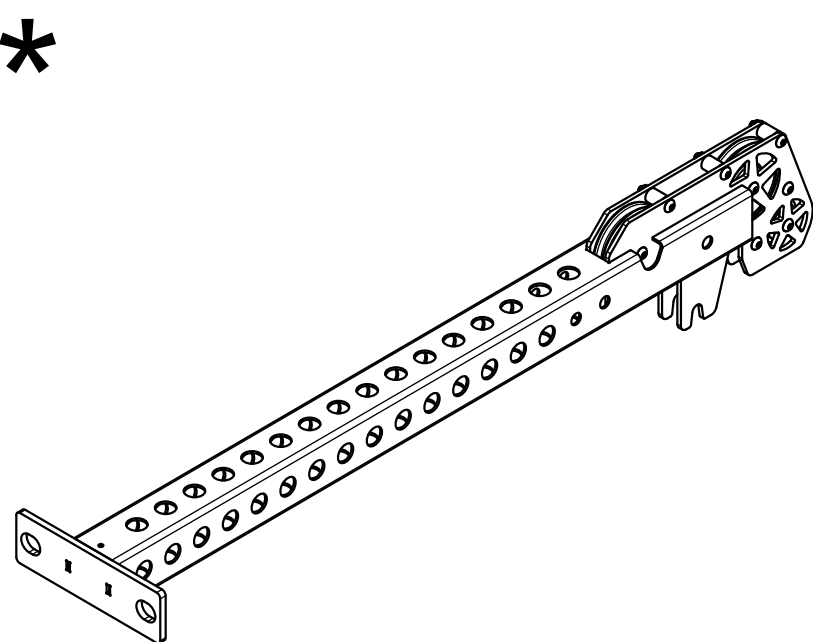
Locking Horn  
Crossmember

**28** Qty: **2x**



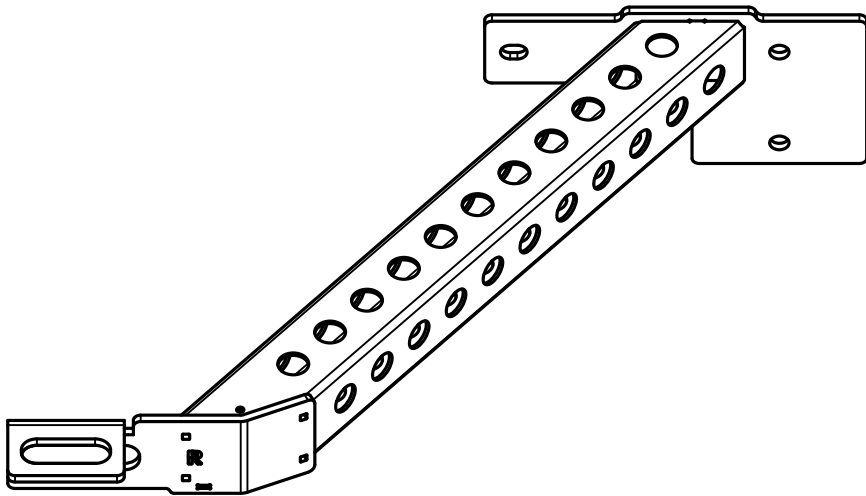
Rhino Lever Tube

**29** Qty: **1x**



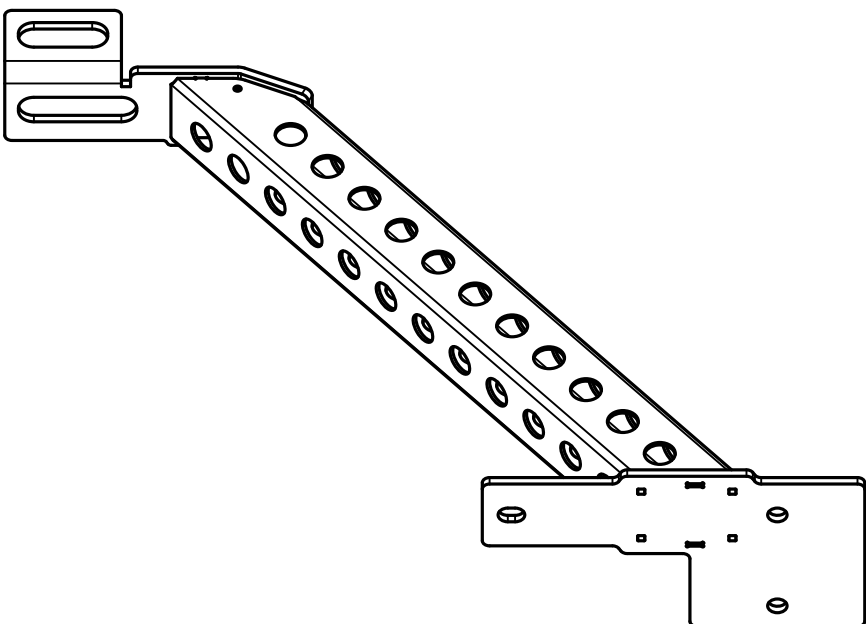
Top Center  
Crossmember

**30** Qty: **1x**



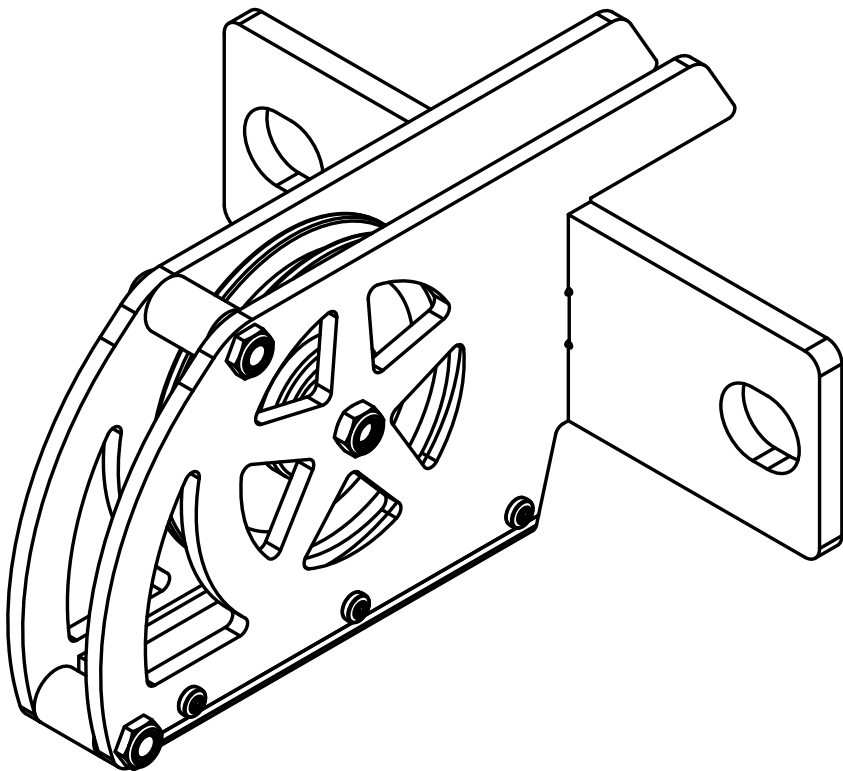
Top Angle  
Crossmember - RH

**31** Qty: **1x**



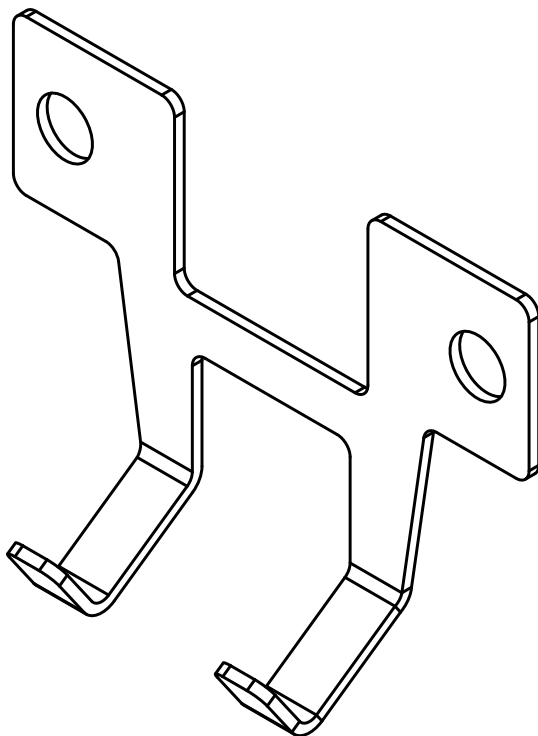
Top Angle  
Crossmember - LH

**32** Qty: **1x**



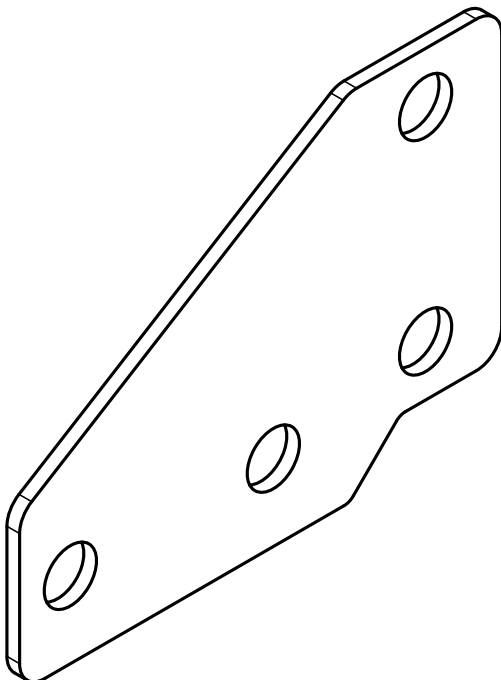
Lat Pulldown Pulley  
Bracket

**33** Qty: **1x**



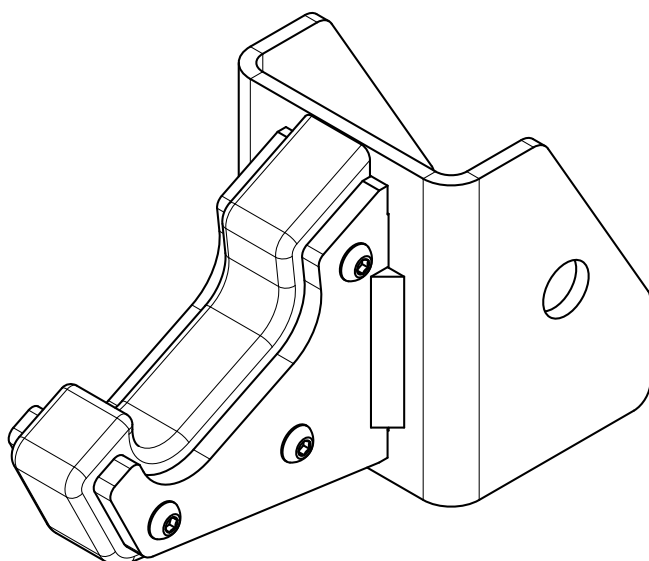
Lat Bar Hanger

**34** Qty: **4x**



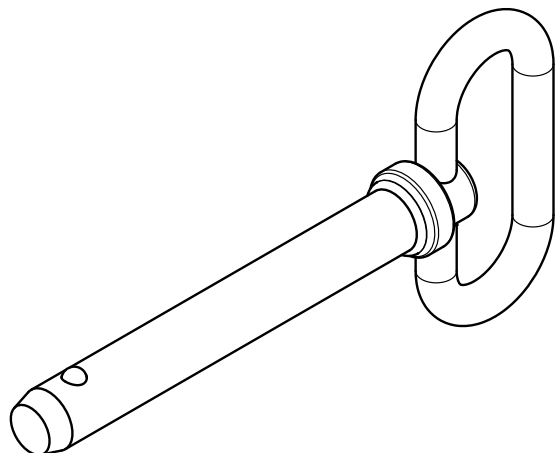
Triangle Plate

**35** Qty: **1x**



Removable Rhino Horn  
Attachment

**36** Qty: **1x**



5/8" x 4" Detent Pin

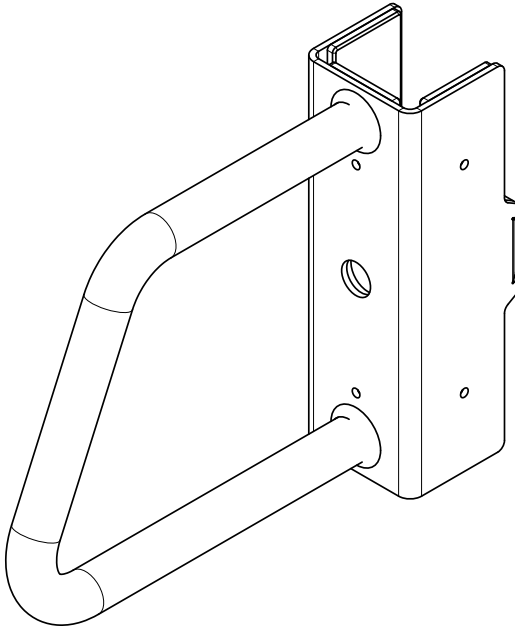
\* Top Center Crossmember length depends on Rack Depth selection made at checkout.

INCLUDED PARTS: RHINO ADD-ON KIT

Note: Images not shown at scale.

37

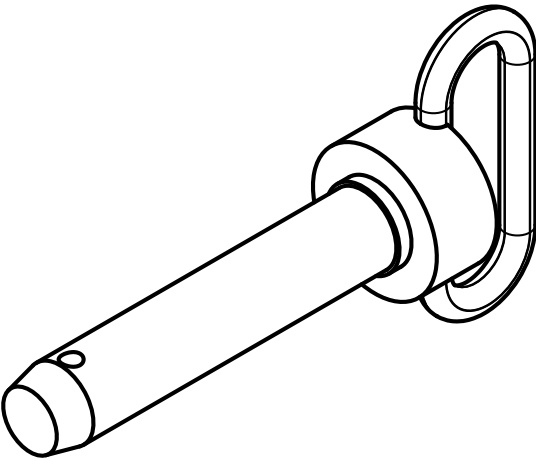
Qty: 2x



Multi Grip Monster Handle

38

Qty: 2x

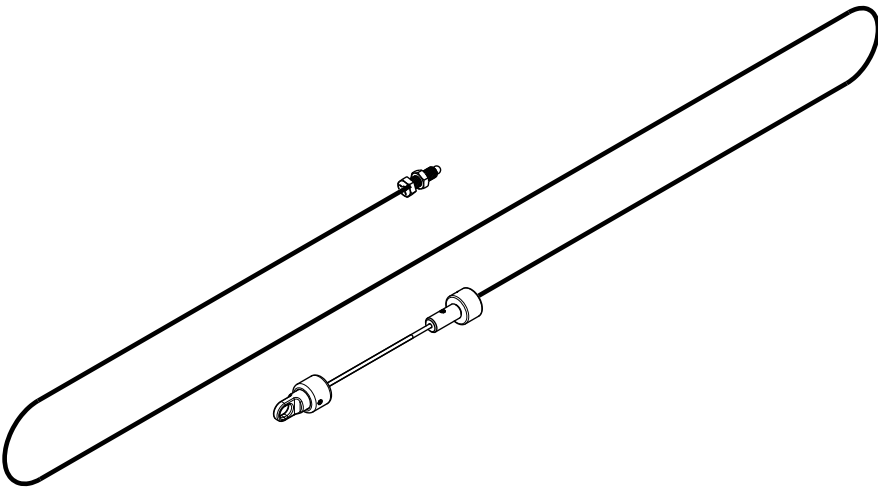


1" X 4-1/2" Hitch Pin

39

Qty: 1x

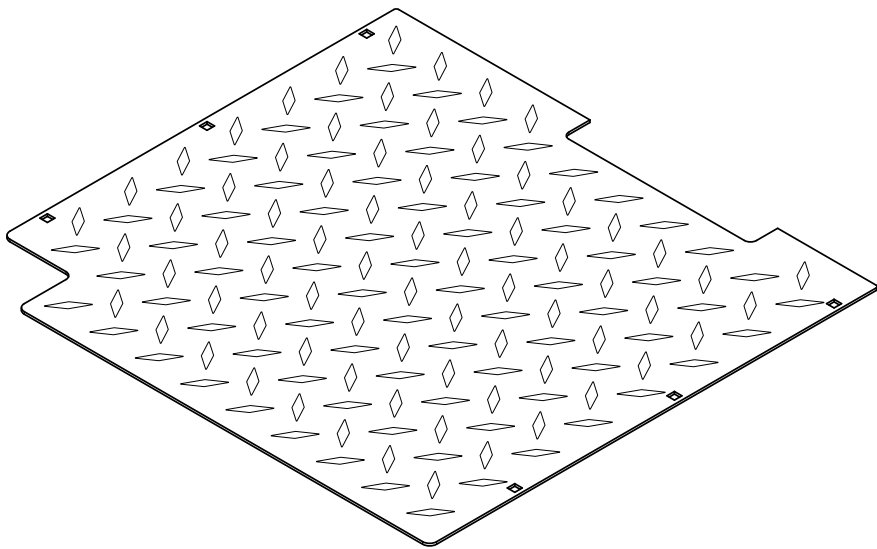
\*



Upper Cable

40

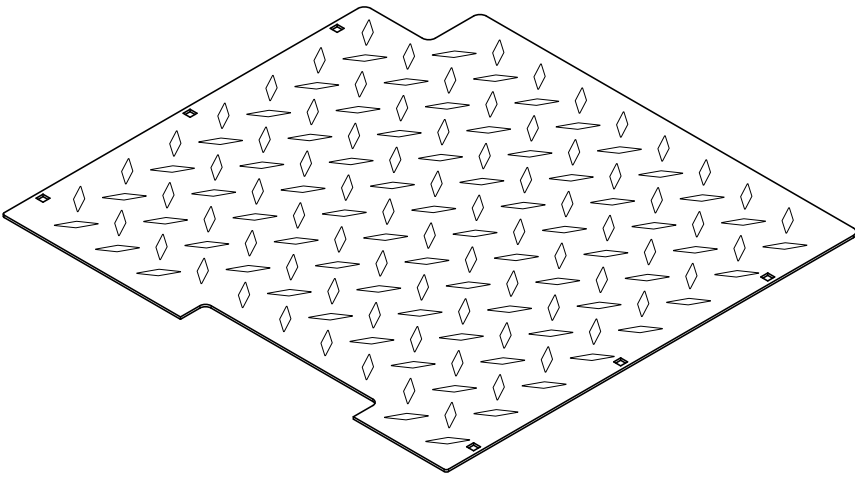
Qty: 1x



Tread Plate - LH

41

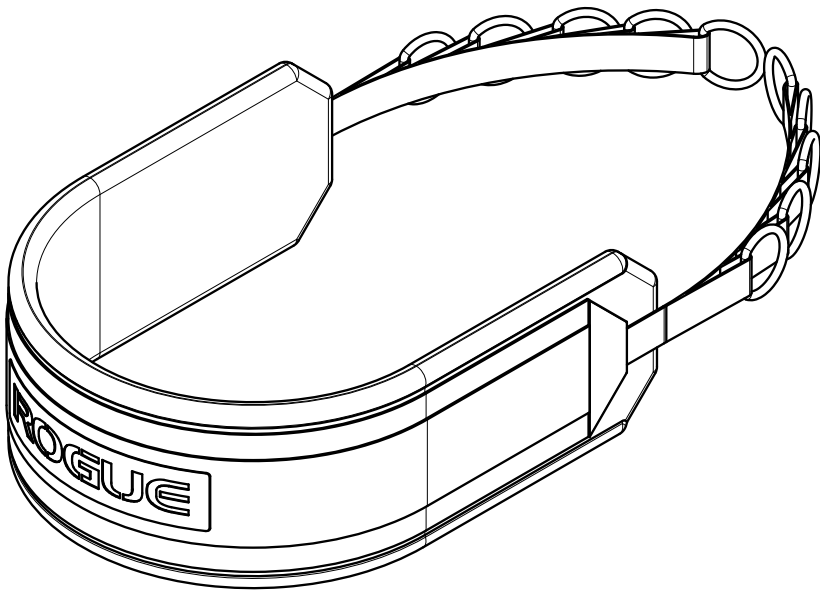
Qty: 1x



Tread Plate - RH

42

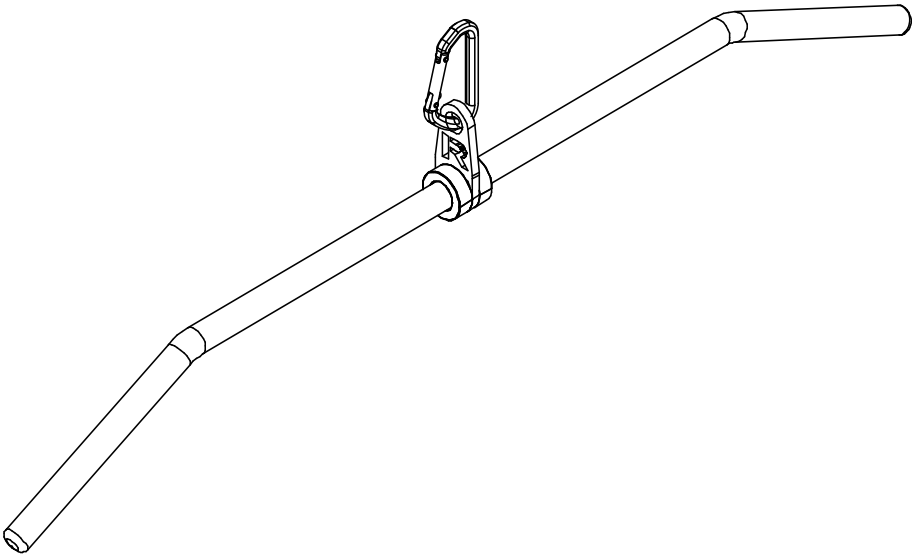
Qty: 1x



Rogue V2 Multi Belt

43

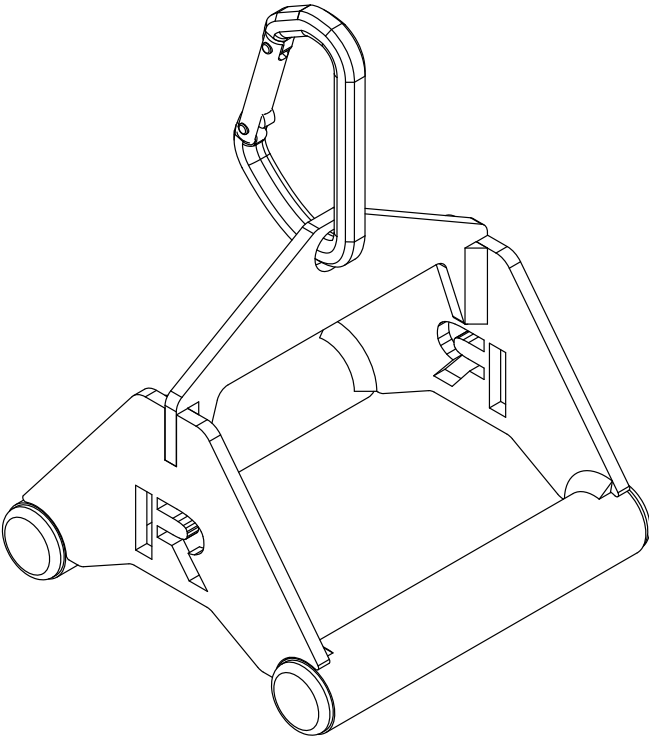
Qty: 1x



Lat Bar

44

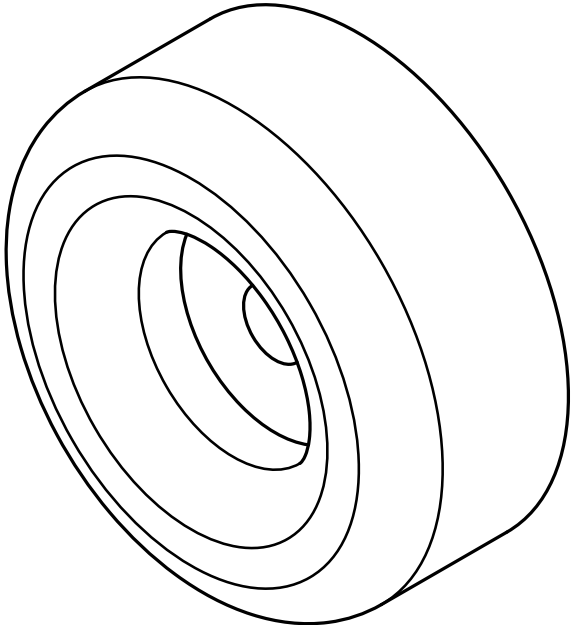
Qty: 1x



Triangle Grip

45

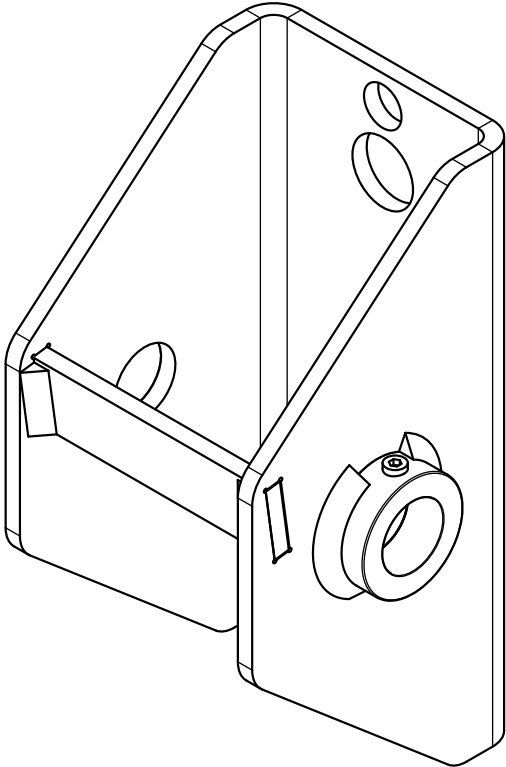
Qty: 2x



2.5"x1" Rubber Foot

46

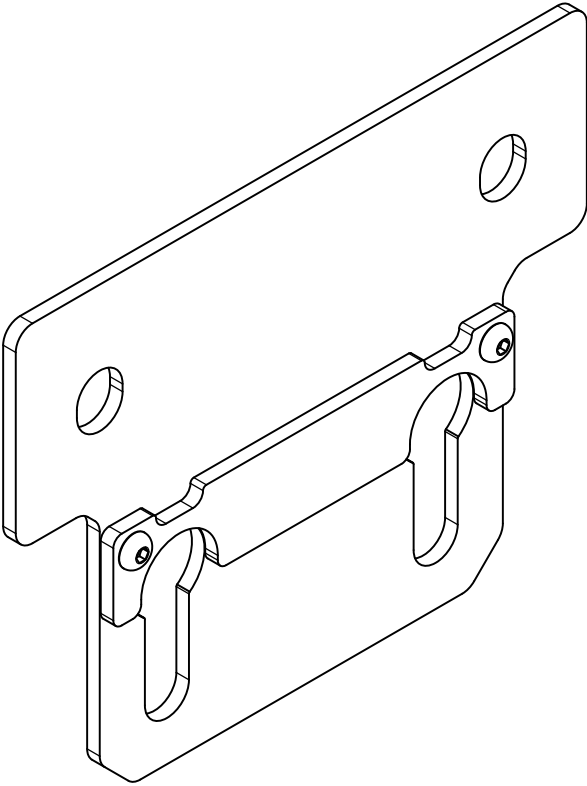
Qty: 2x



Lever Hinge

47

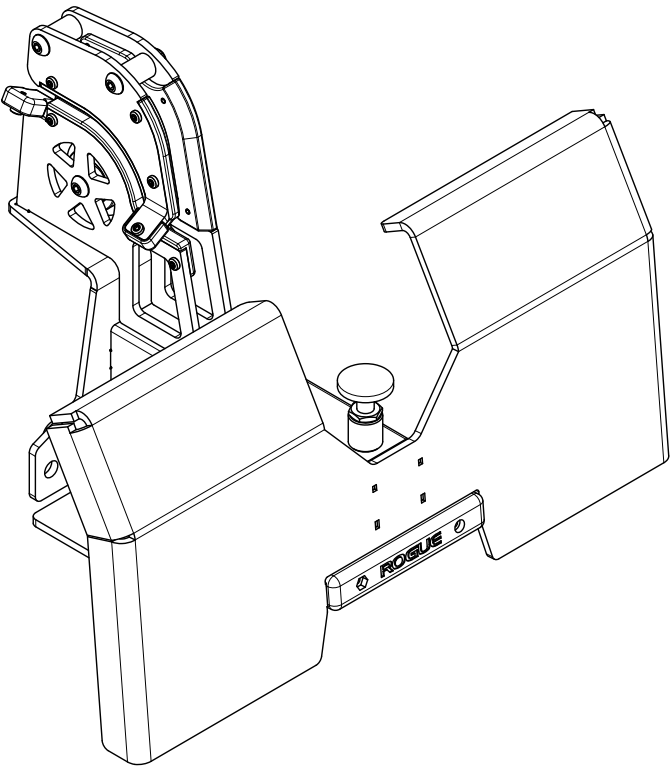
Qty: 1x



Low Row Face Mount Plate

48

Qty: 1x



Rhino Low Row Bracket

\* Cable for 90" Rack will not include Cable Retainer/Puck.

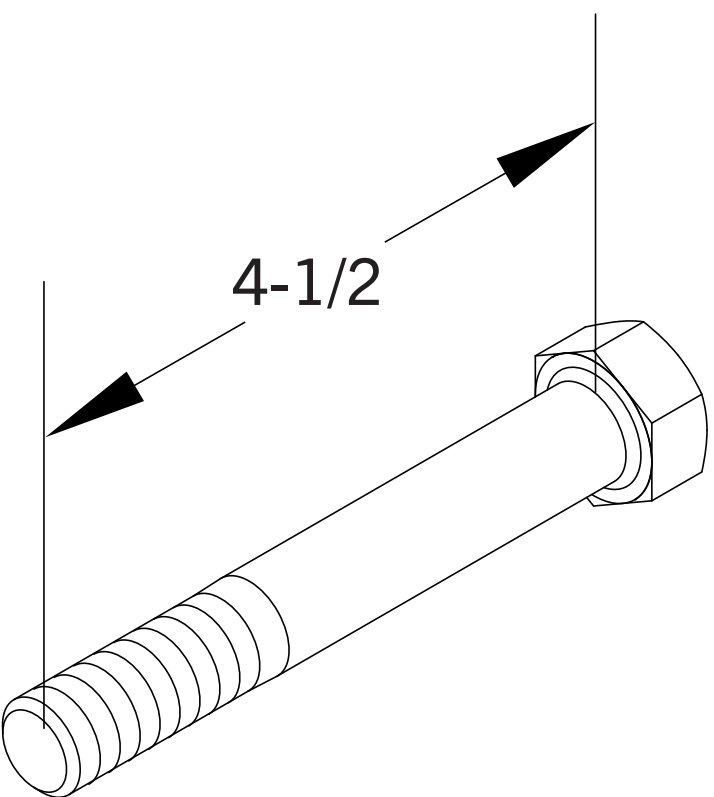


INCLUDED PARTS: RHINO ADD-ON KIT

Note: Images not shown at scale.

49

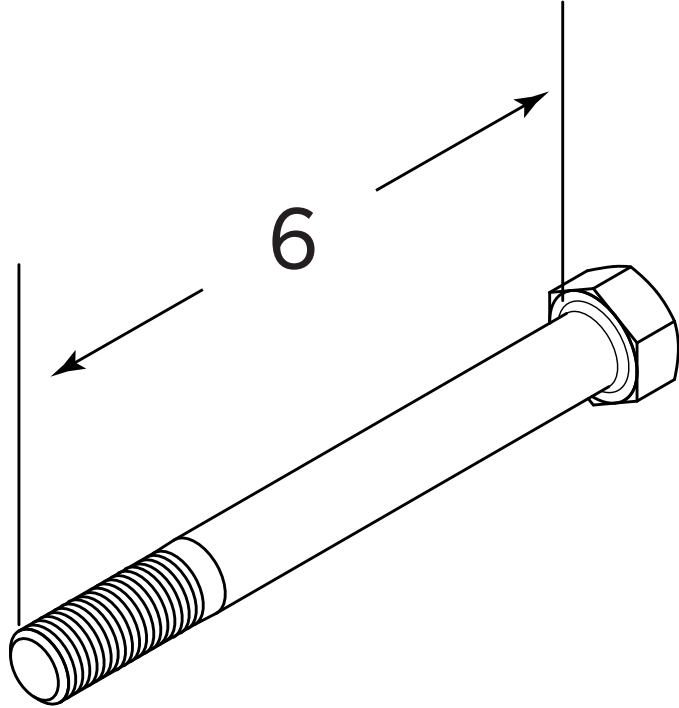
Qty: 2x



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

50

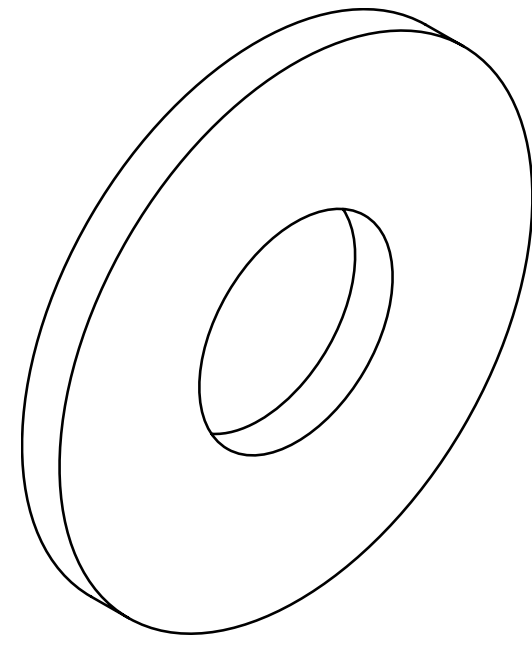
Qty: 2x



5/8" X 6" Hex Bolt

51

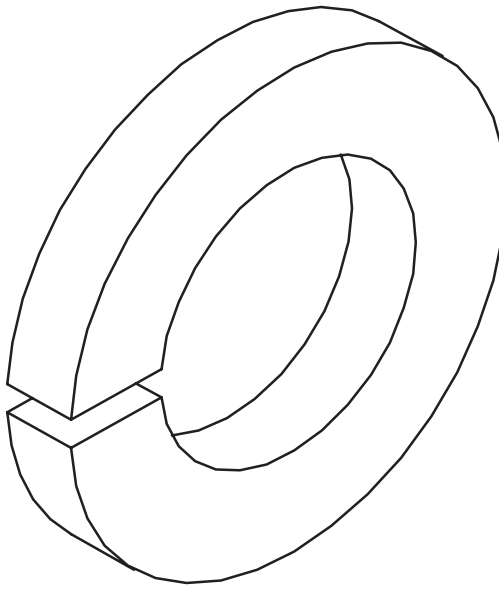
Qty: 4x



5/8" Flat Washer

52

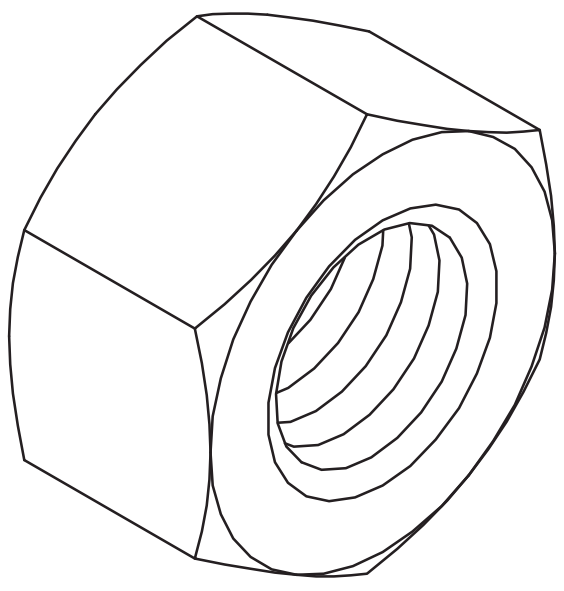
Qty: 6x



5/8" Lock Washer

53

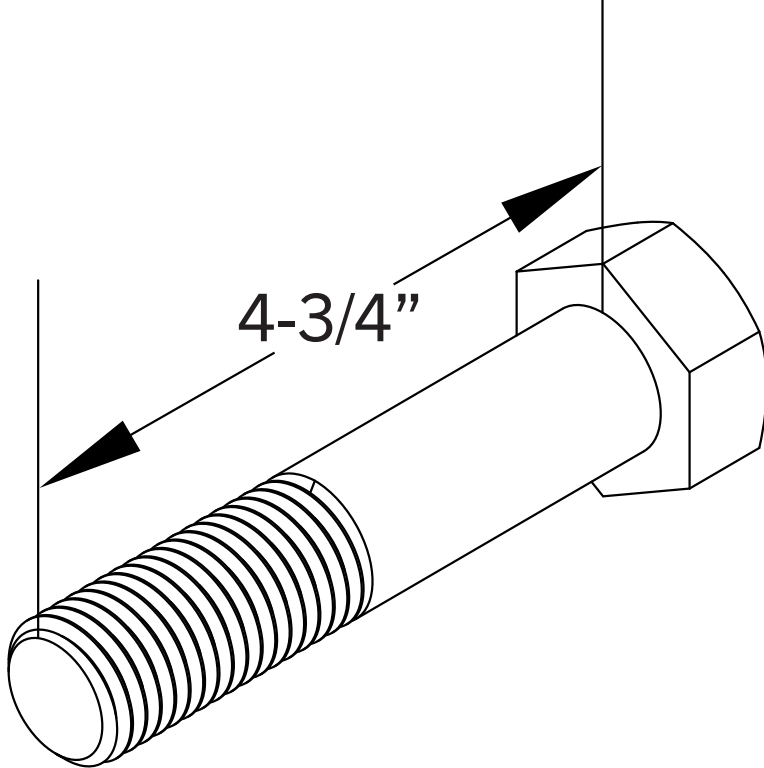
Qty: 6x



5/8" Hex Nut

54

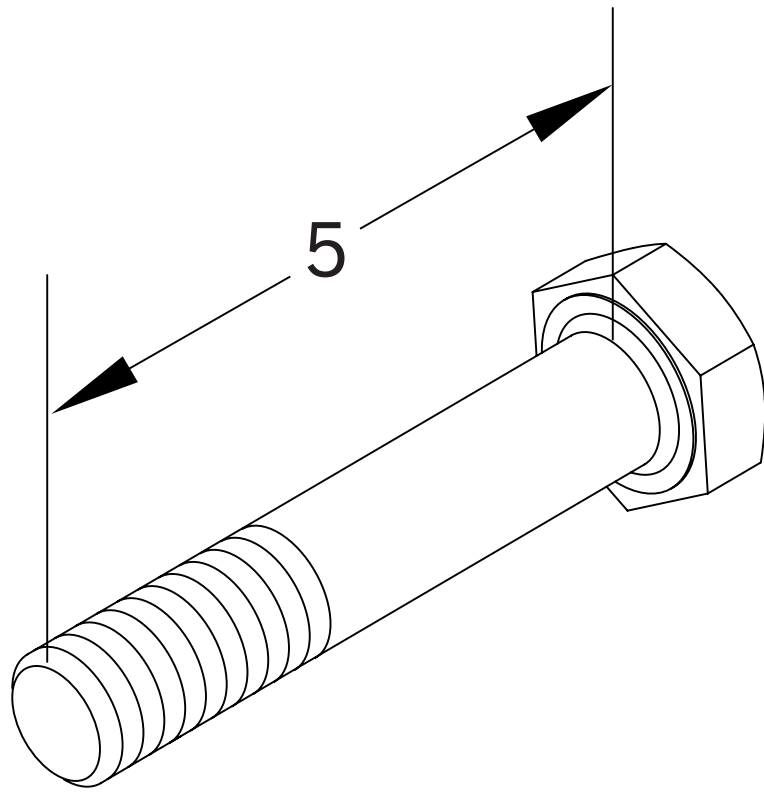
Qty: 16x



1" X 4-3/4" Hex Bolt

55

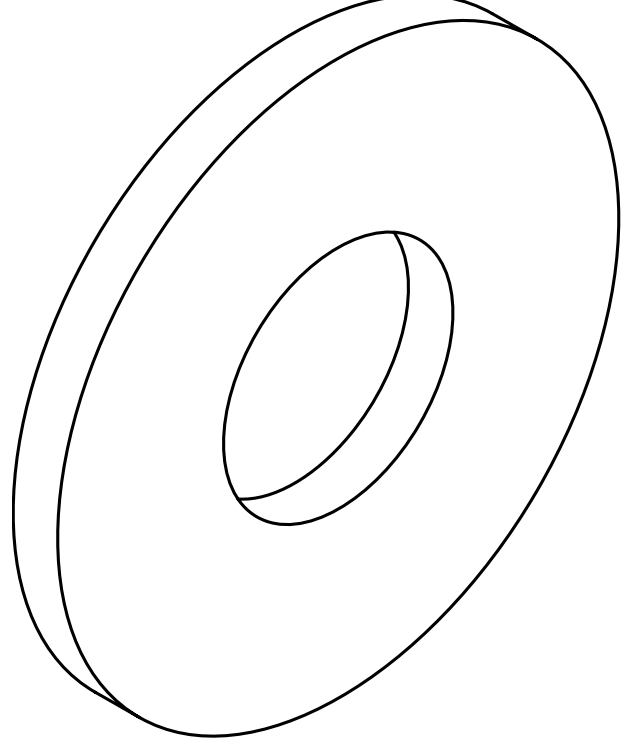
Qty: 2x



1" x 5" Hex Bolt

56

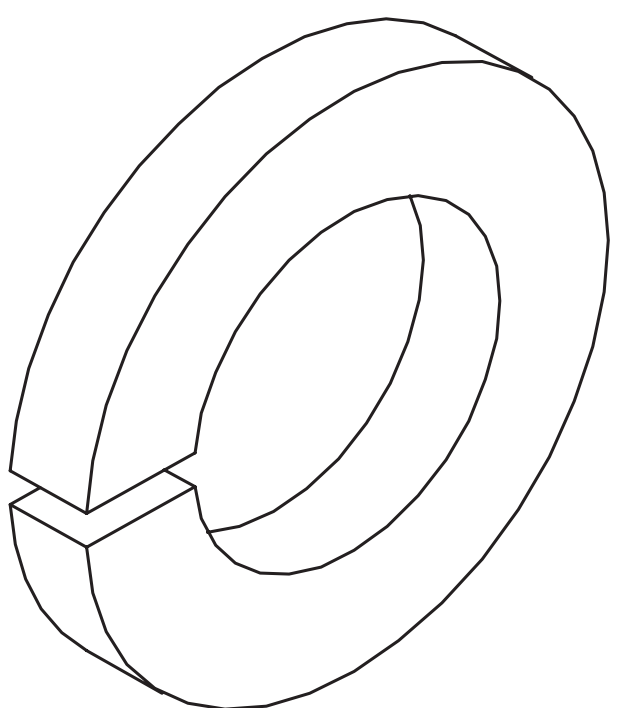
Qty: 8x



1" Flat Washer

57

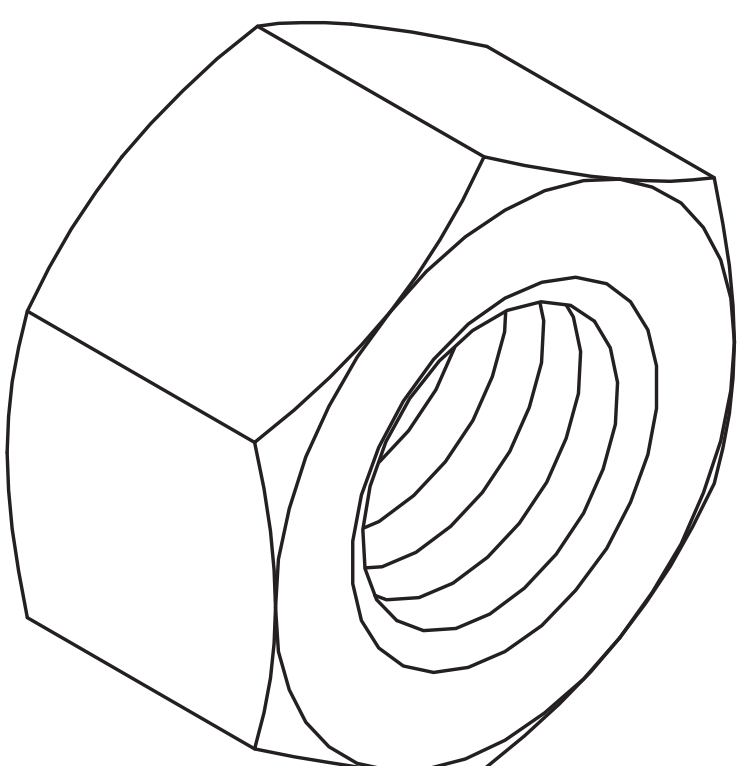
Qty: 18x



1" Lock Washer

58

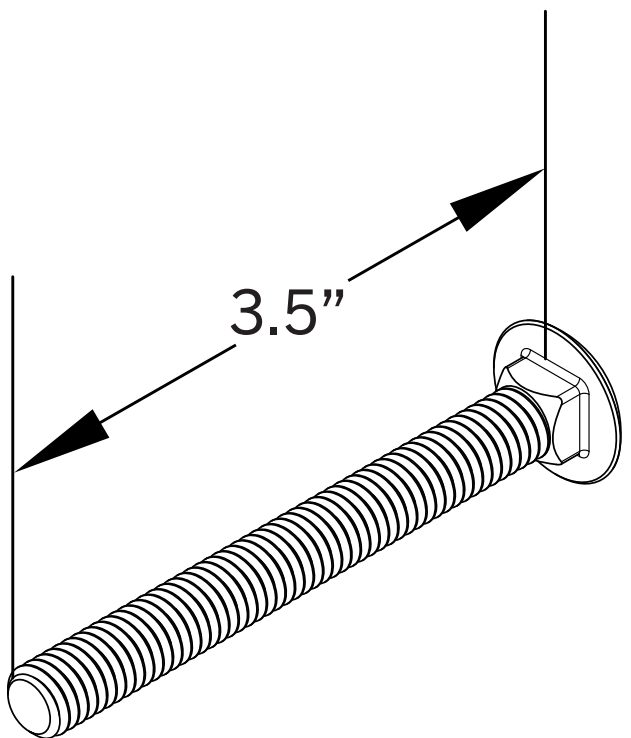
Qty: 18x



1" Hex Nut

59

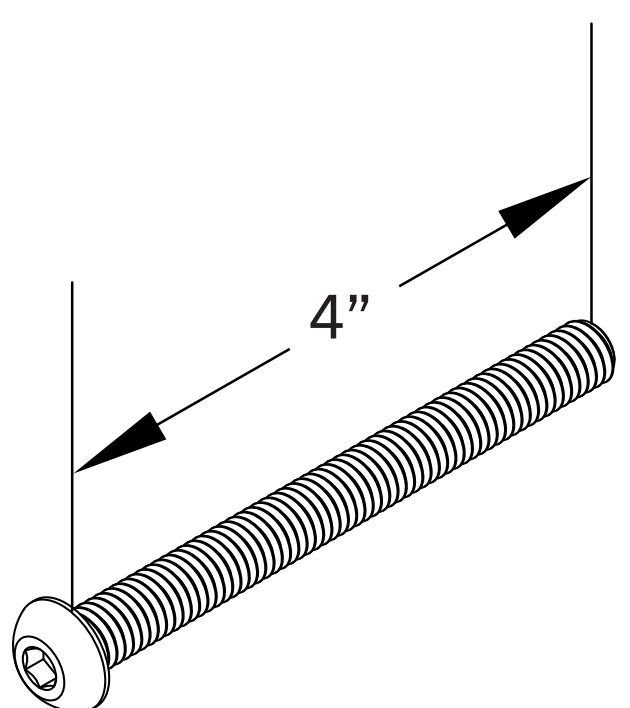
Qty: 12x



3/8" X 3.5" Carriage Bolt

60

Qty: 2x



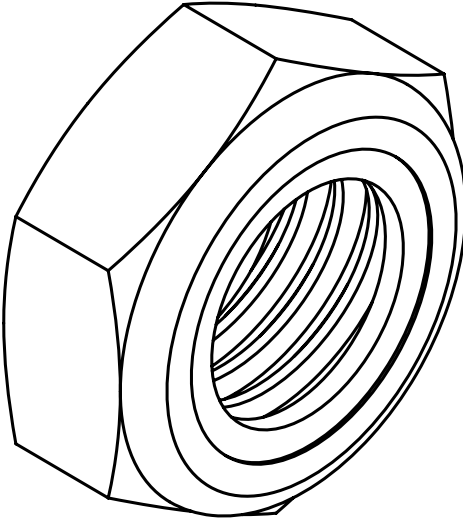
3/8" X 4" Button Head Screw

# INCLUDED PARTS: RHINO ADD-ON KIT

**Note:** Images not shown at scale.

61

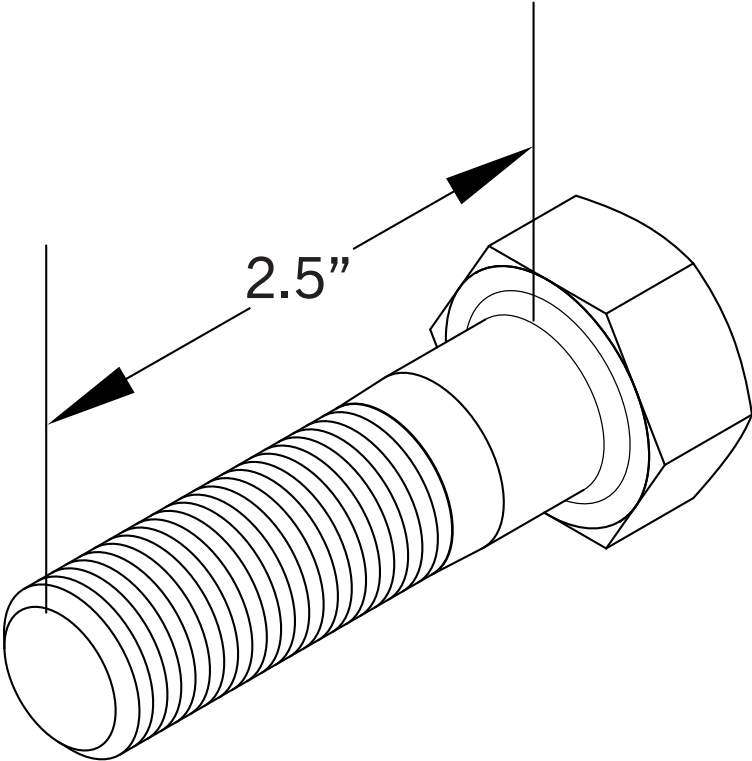
Qty: 14x



3/8” Thin Nylock Nut

62

Qty: 2x

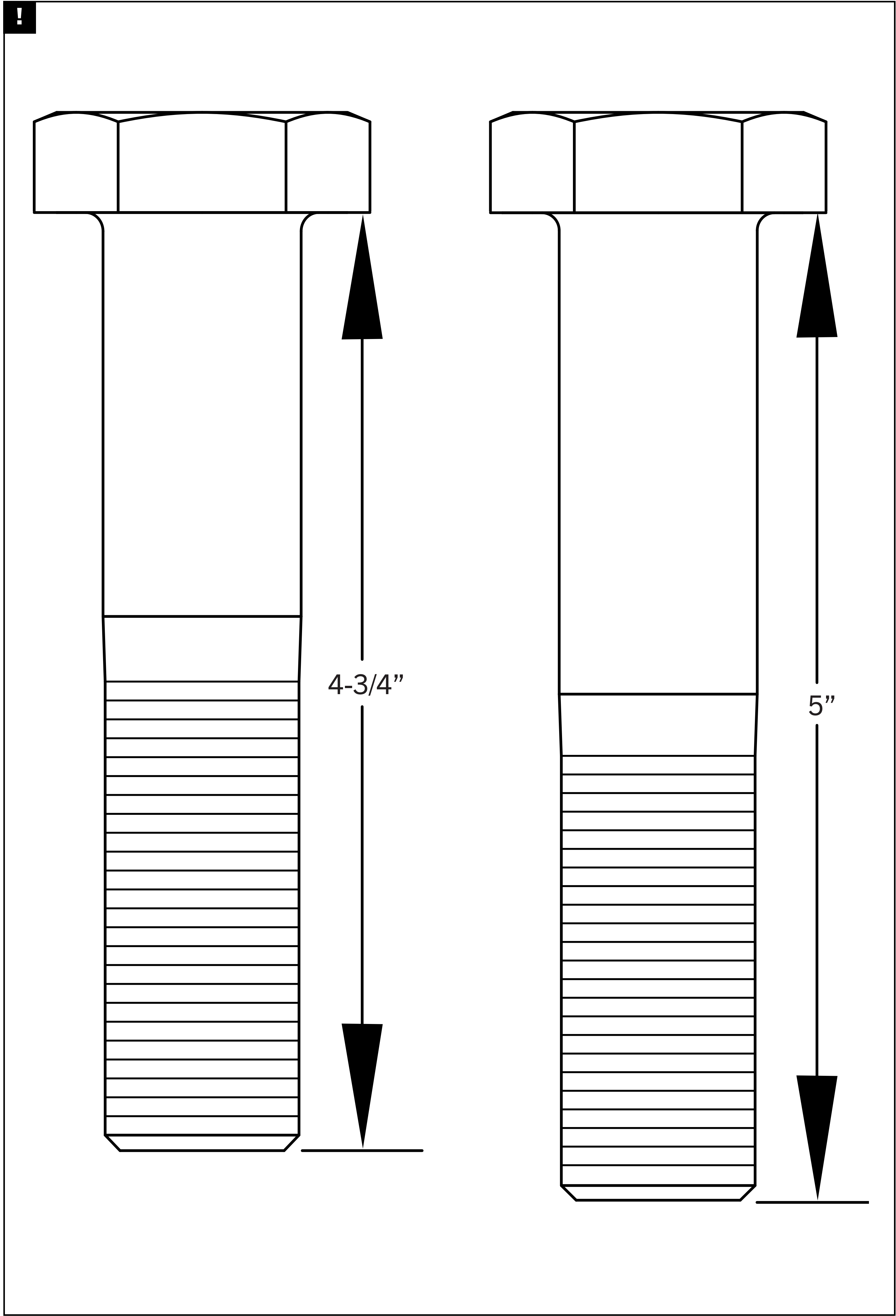


5/8 x 2.25” Hex Bolt

# 1” HARDWARE LENGTH GUIDE

**Note:**

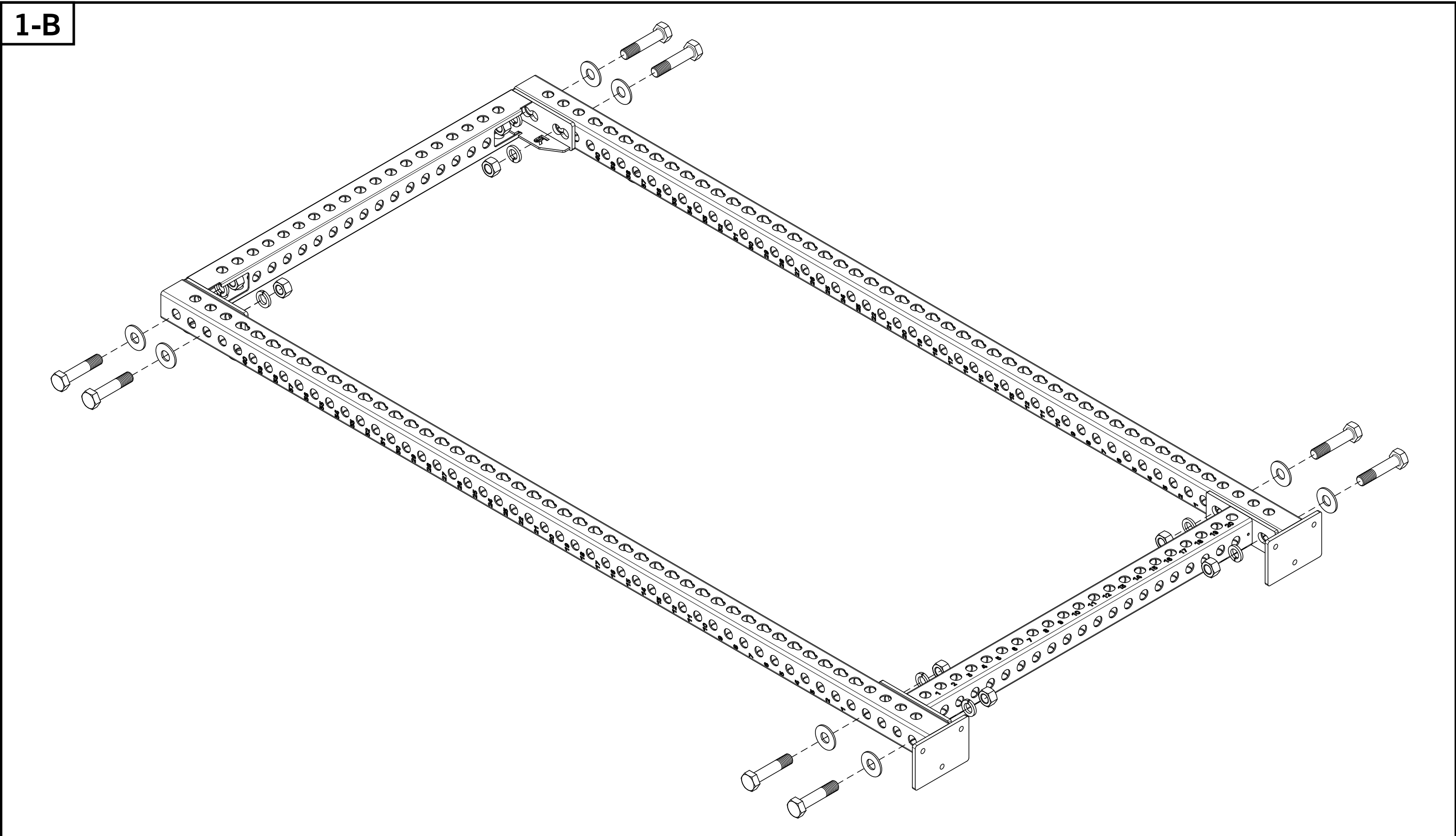
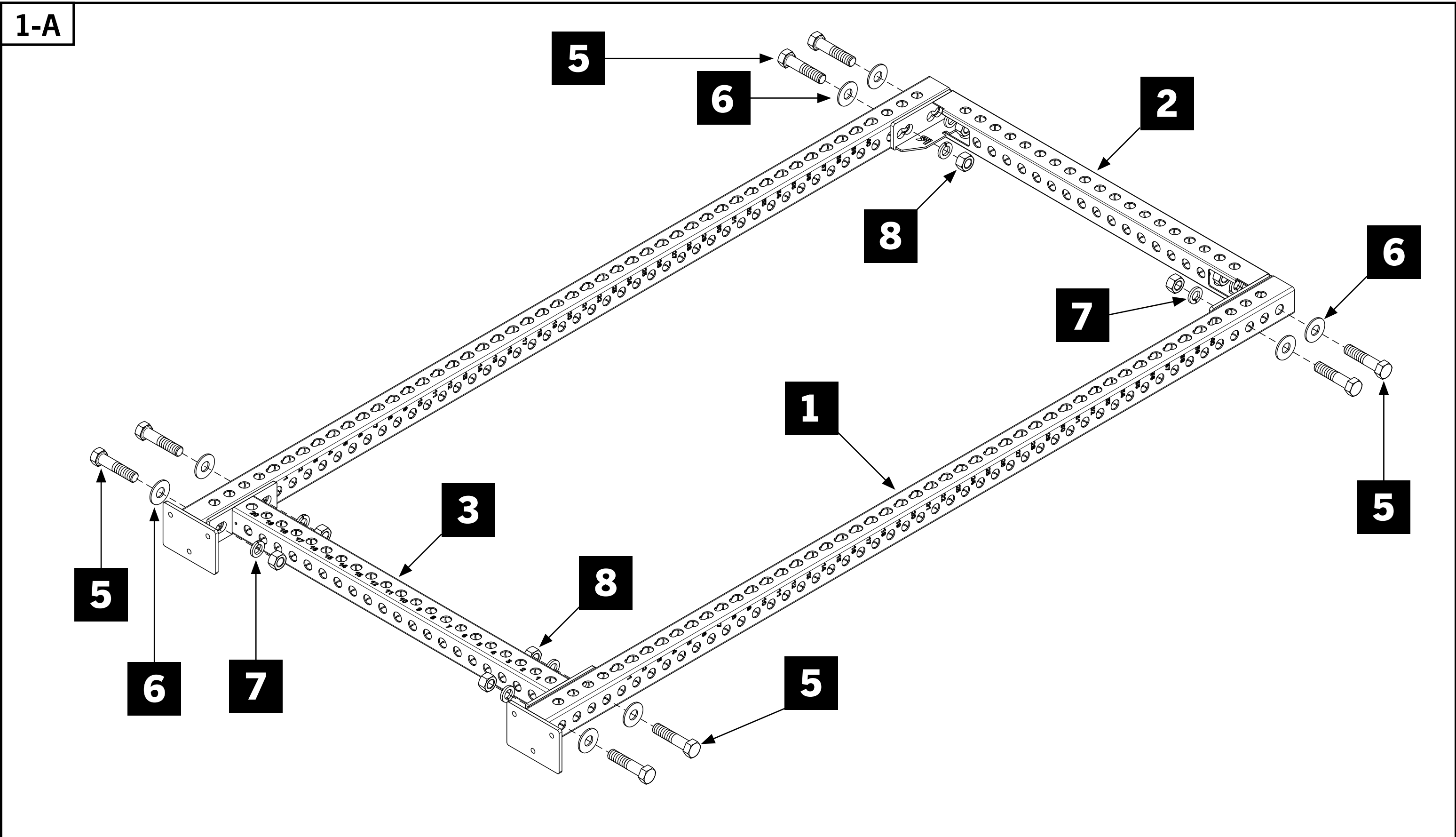
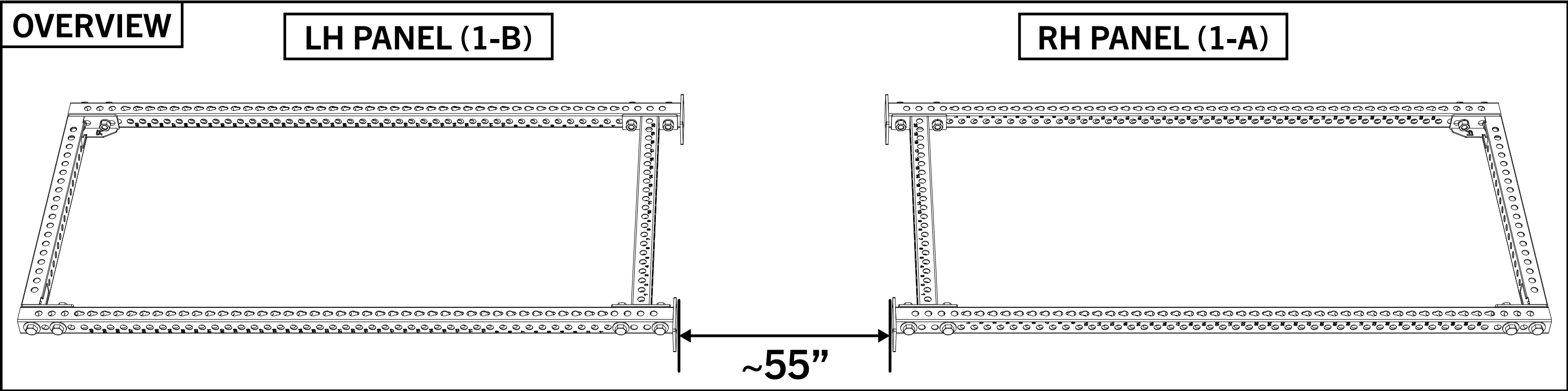
- 1” x 5” [12] and 1” x 4-3/4” [11] Bolts shown to scale below to help differentiate variations in length.



# STEP 1 (RM-4)

- **Note: Skip to PAGE 15 for RM-6**
- **Note: Skip to Step 4** when modifying using existing RM-4 Rack.
- 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 Upright [1] feet in relation to the ground.
- Connect Uprights [1] to Crossmembers using 1”x 4-3/4” Hex Bolts [5], 1” Flat Washers [6], 1” Lock Washers [7], and 1” Hex Nuts [8].
- Attach Branding Kit Plate Front [9], and Branding Kit Plate Back [10] to RH Panel using hardware as shown below.
- **HAND TIGHTEN ONLY.**

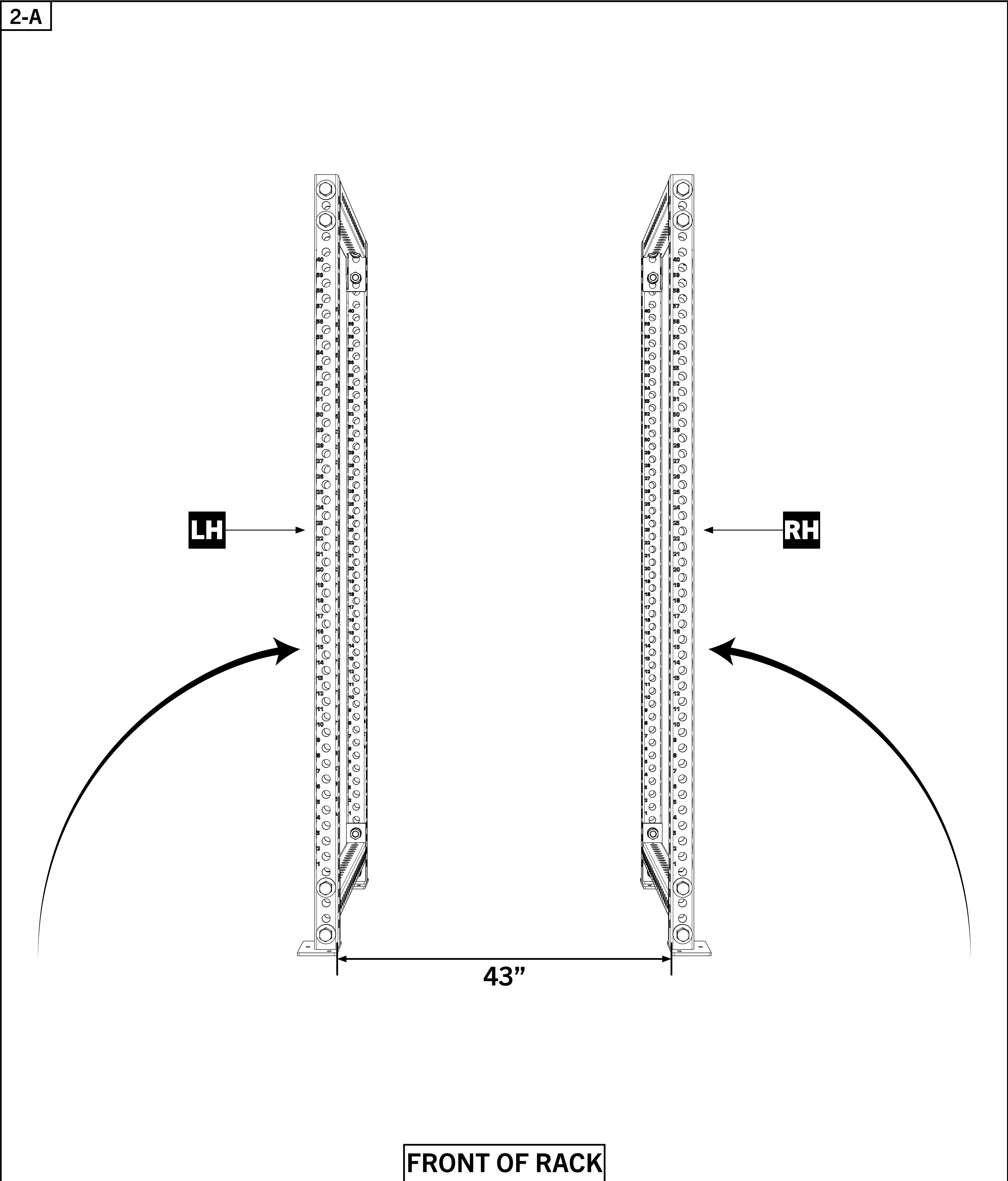
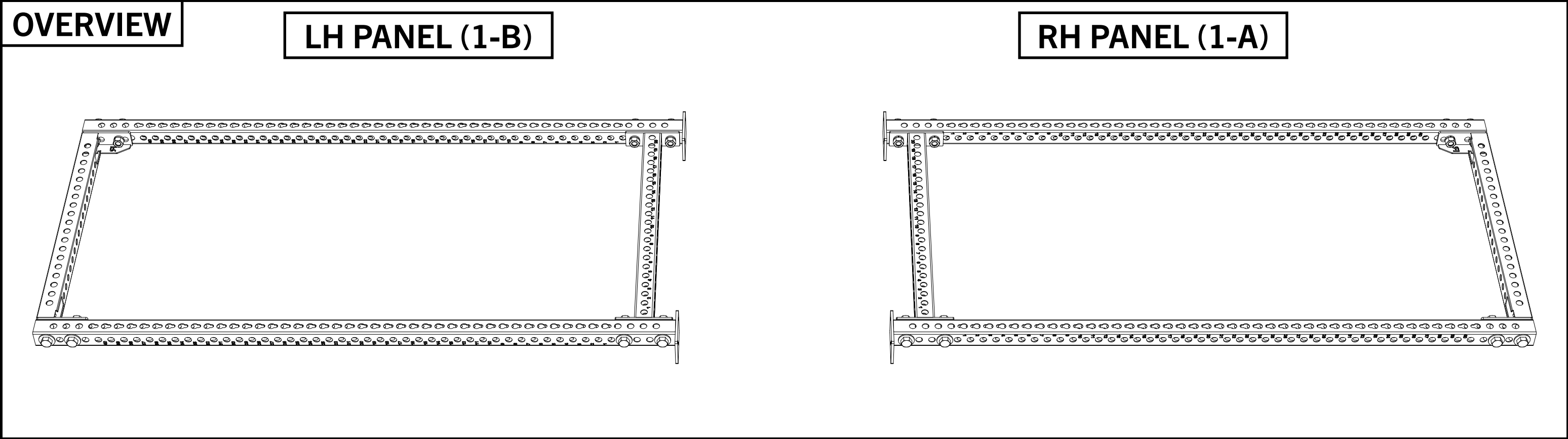




# STEP 2 (RM-4)

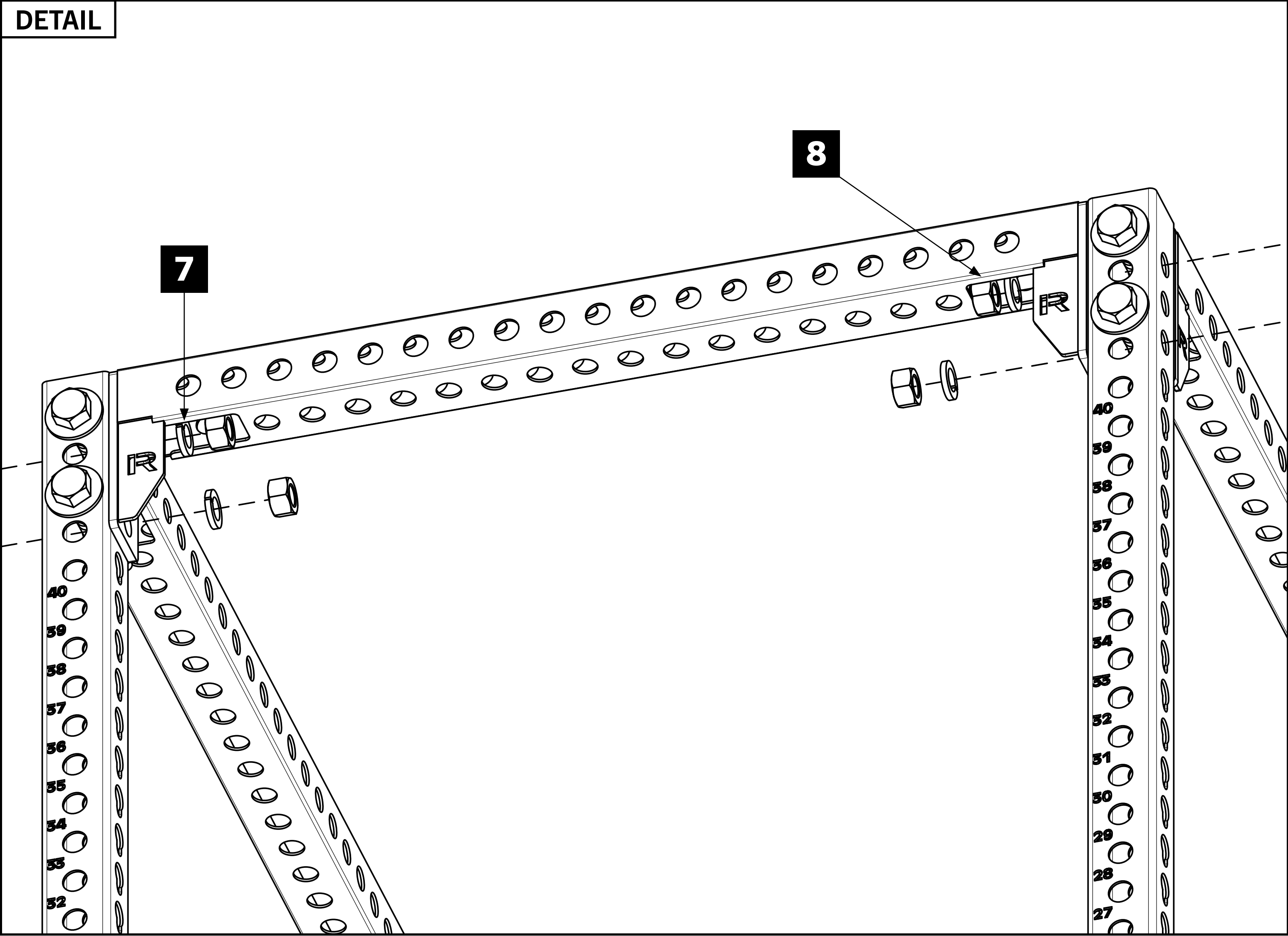
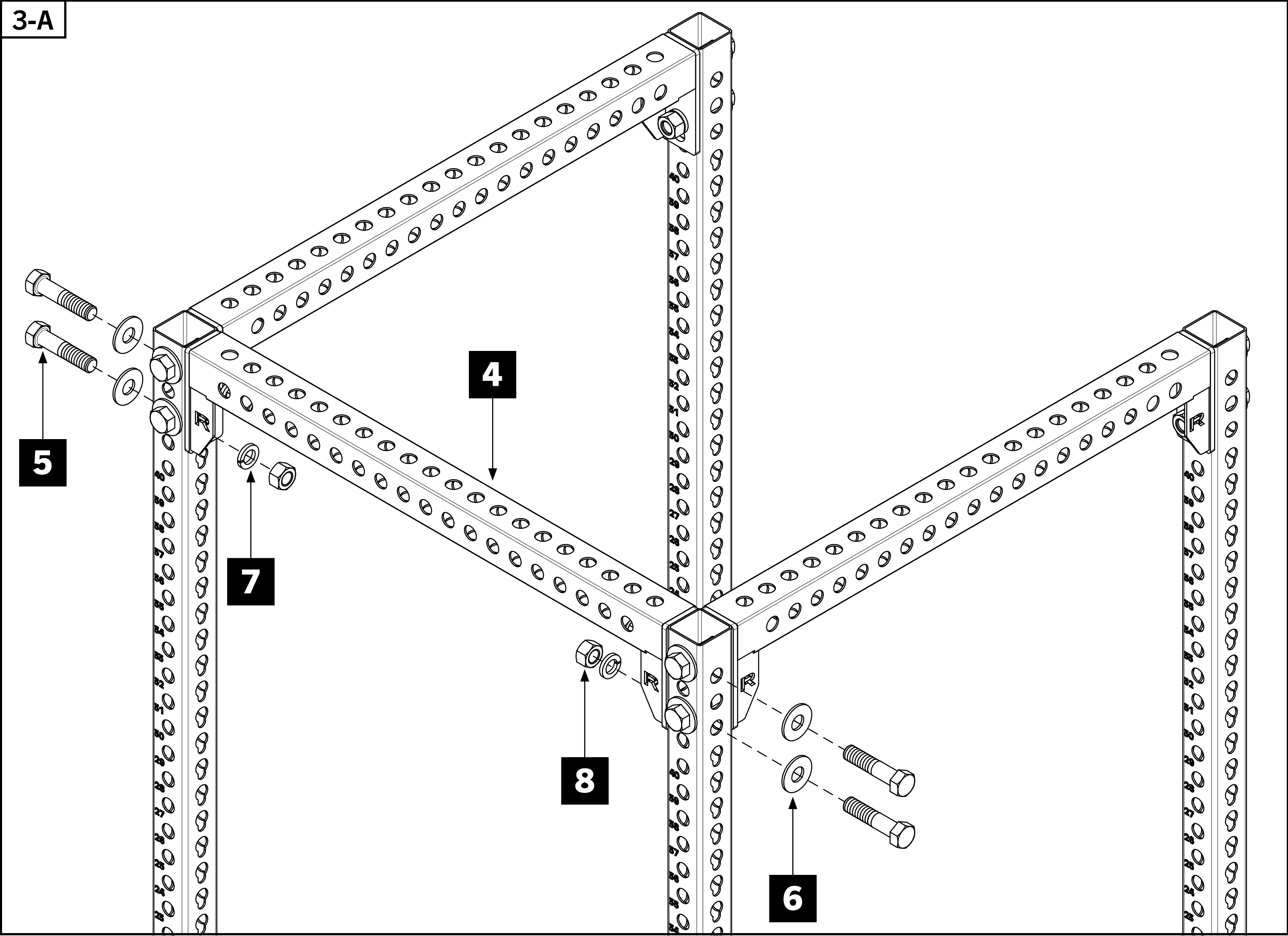
**IMPORTANT:**

- 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 3**.
- For ease of assembly make sure there is enough room behind the back of the rig.



# STEP 3 (RM-4)

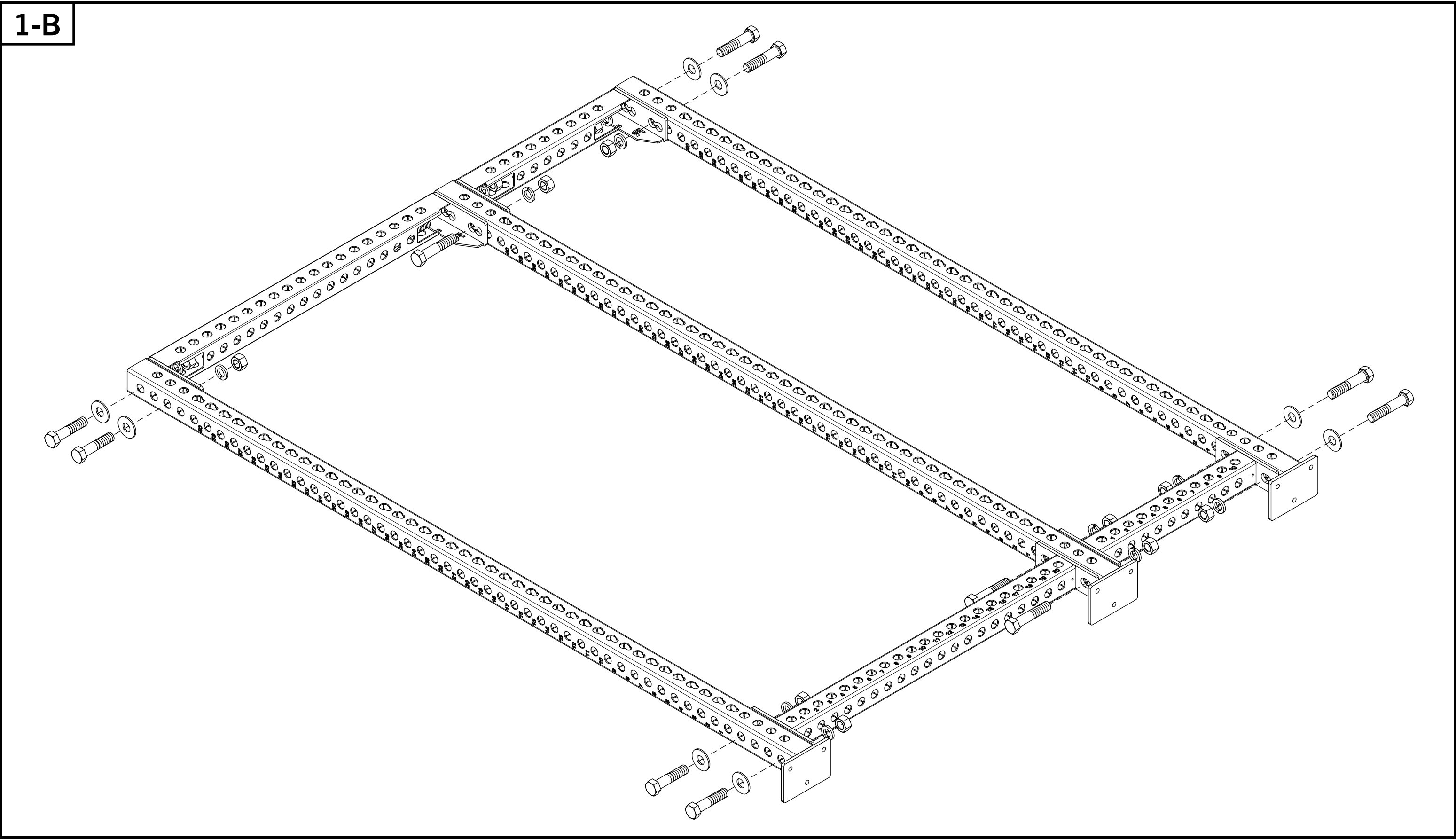
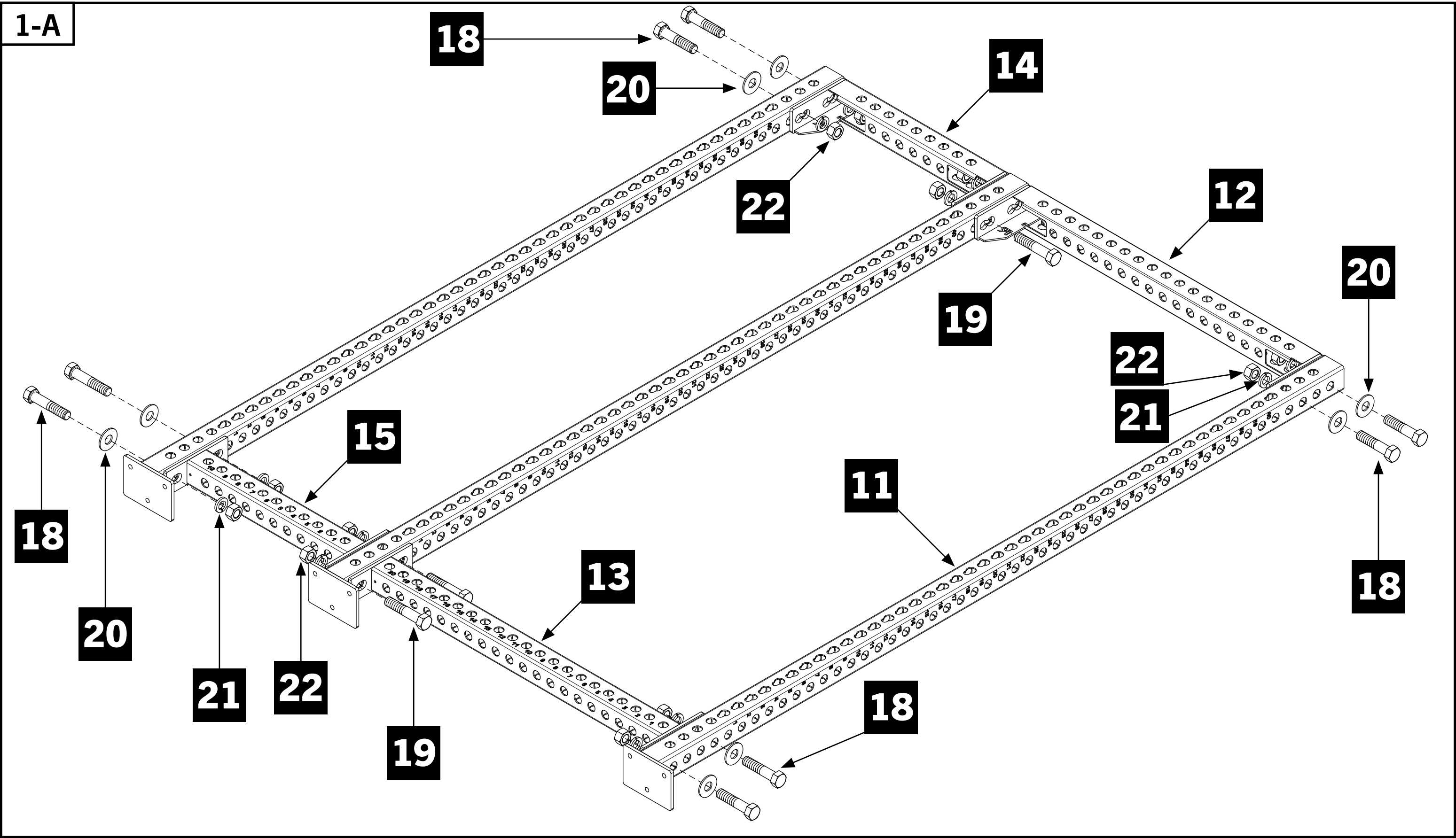
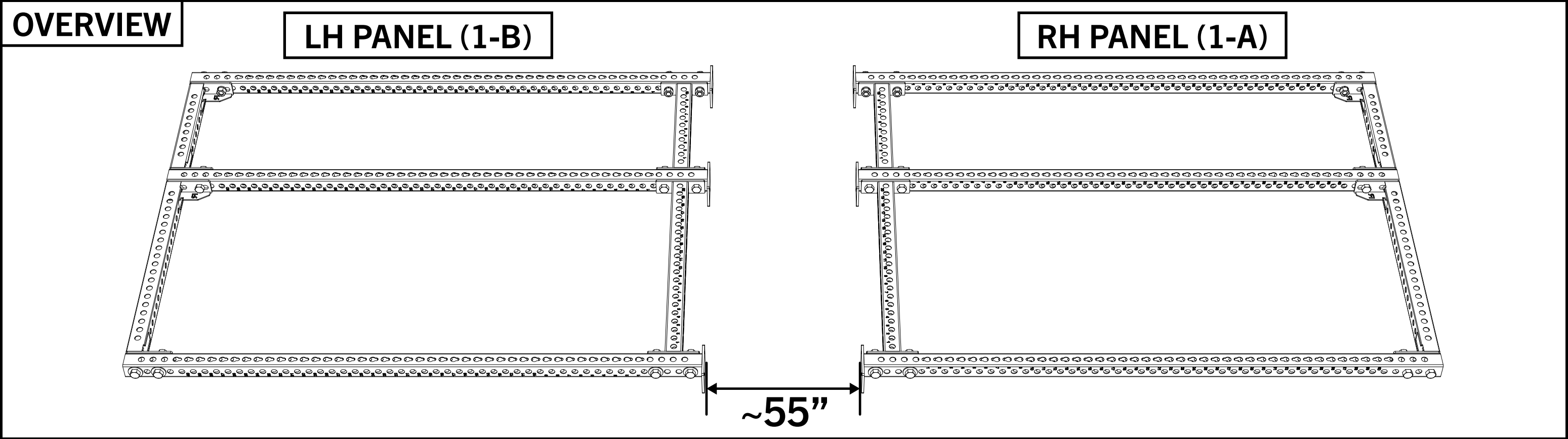
- Attach Front Crossmember [4] to Uprights using 1" x 4-3/4" Hex Bolt [5], 1" Flat Washers [6], 1" Lock Washers [7], and 1" Hex Nuts [8].
- **HAND TIGHTEN ONLY.**



# STEP 1 (RM-6)

- Note: Skip to **Step 4** when modifying using existing RM-6 Rack.
- 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.

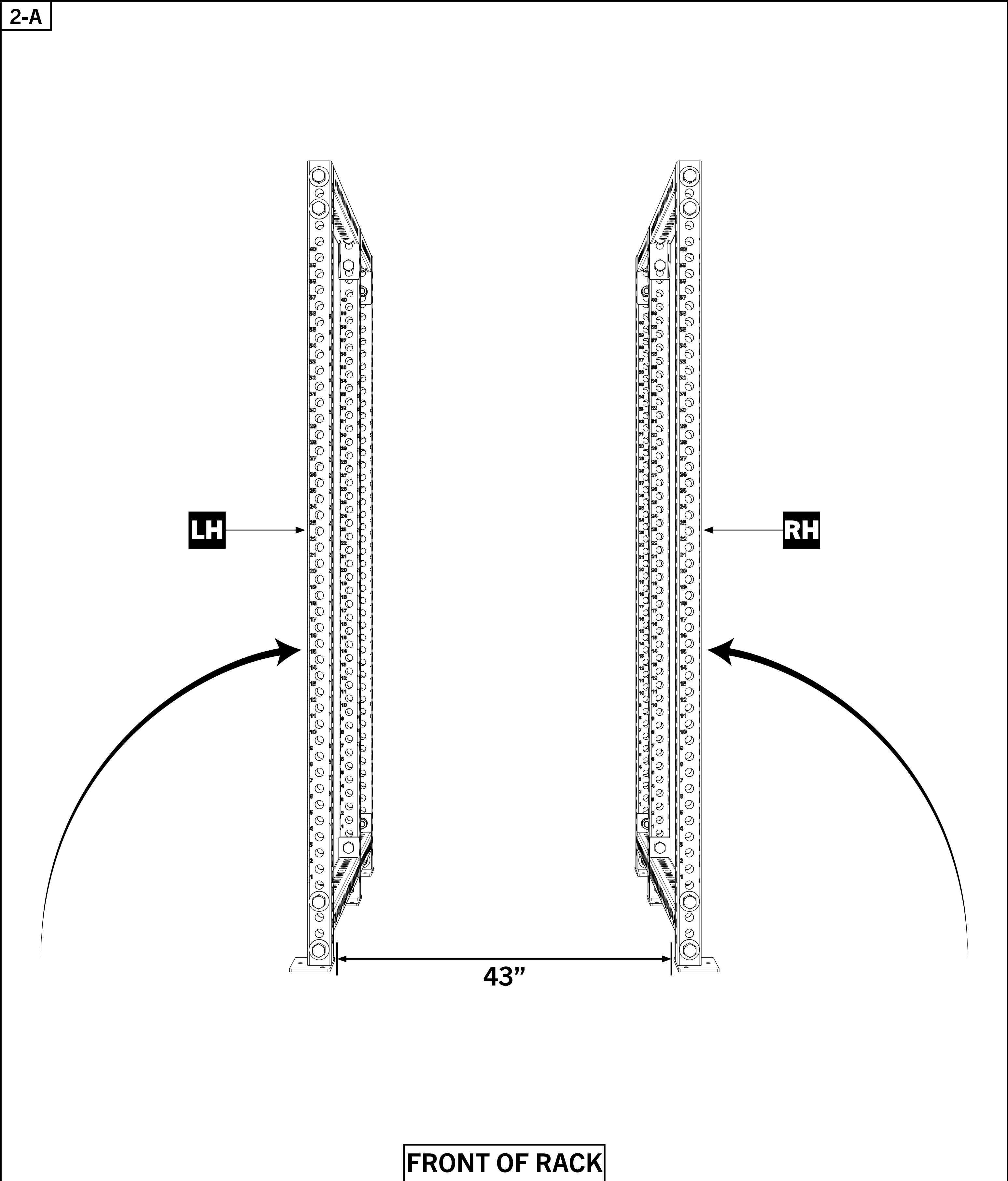
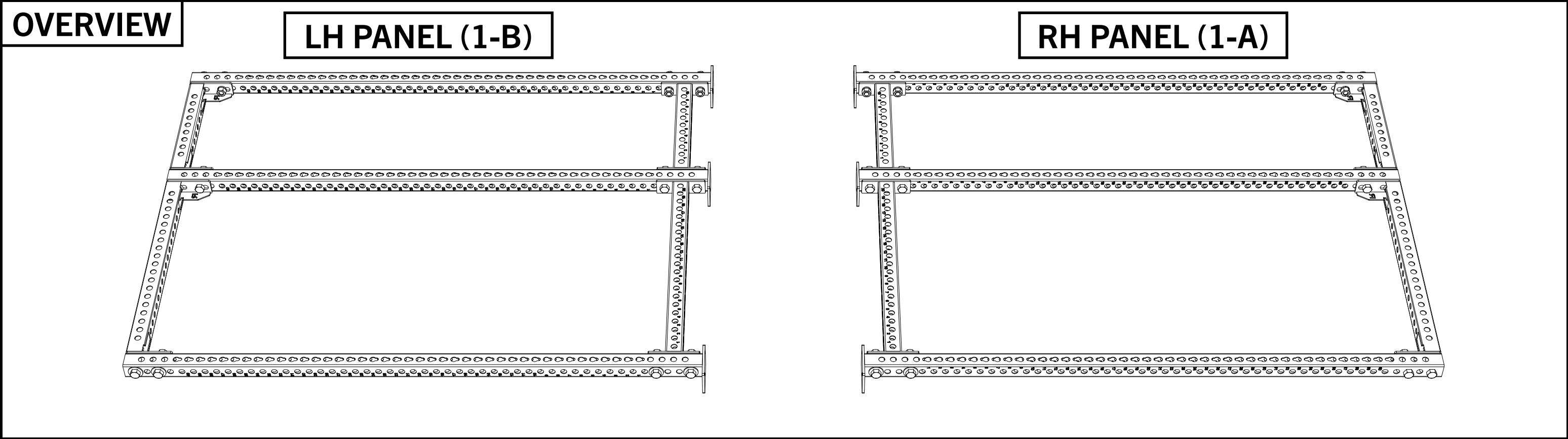
- Note orientation of Upright [11] feet in relation to the ground.
- Connect Uprights [11] to Crossmembers using 1”x4-3/4” Hex Bolts [18], 1” x 5” Hex Bolts [19], 1” Flat Washers [20], 1” Lock Washers [21], and 1” Hex Nuts [22].
- Attach Branding Kit Plate Front [23], and Branding Kit Plate Back [24] to RH Panel using hardware as shown below.
- Ensure to use 1” x 5” Hex Bolts [12] for central Uprights [1]. **HAND TIGHTEN ONLY.**



# STEP 2 (RM-6)

**IMPORTANT:**

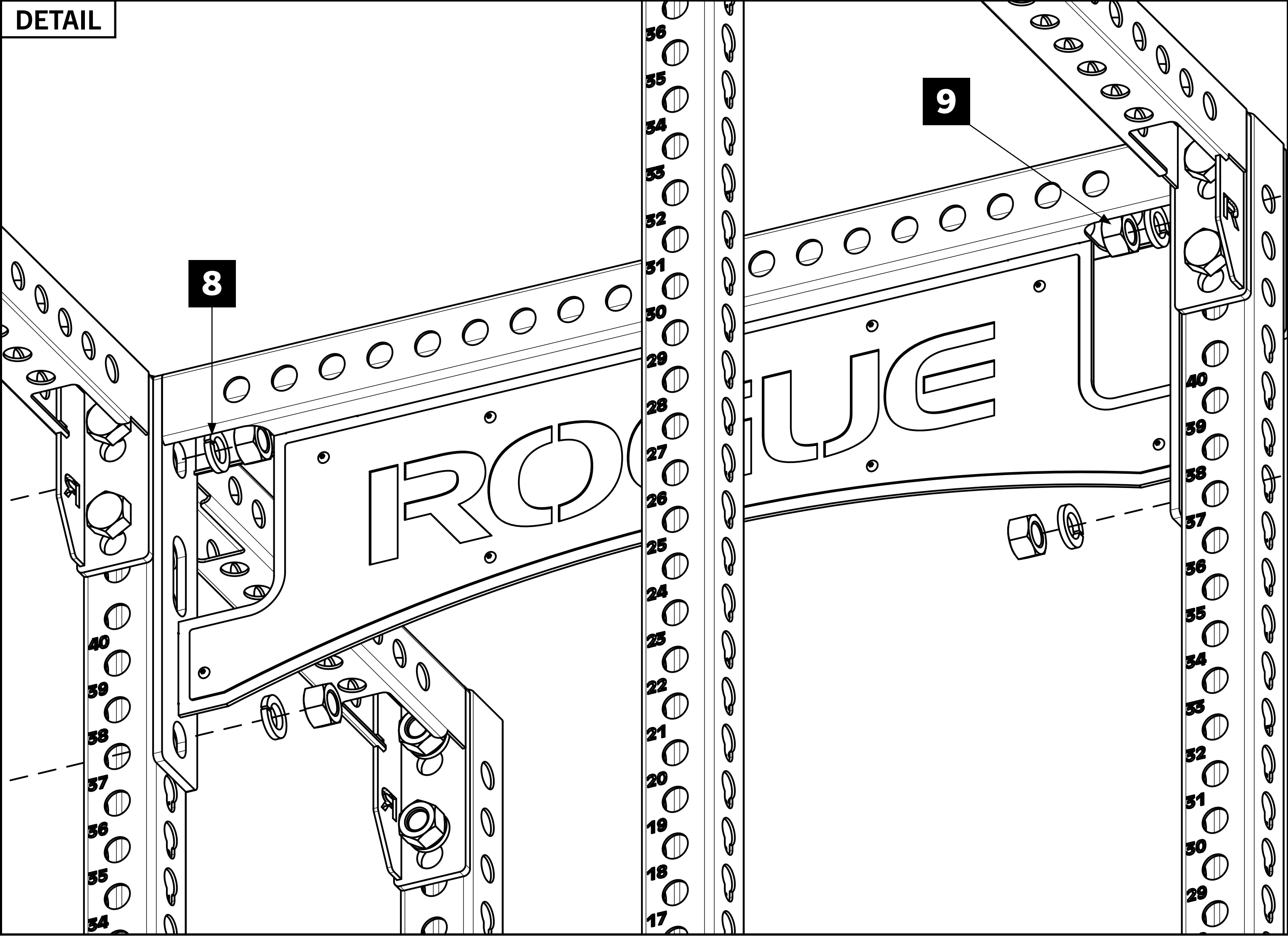
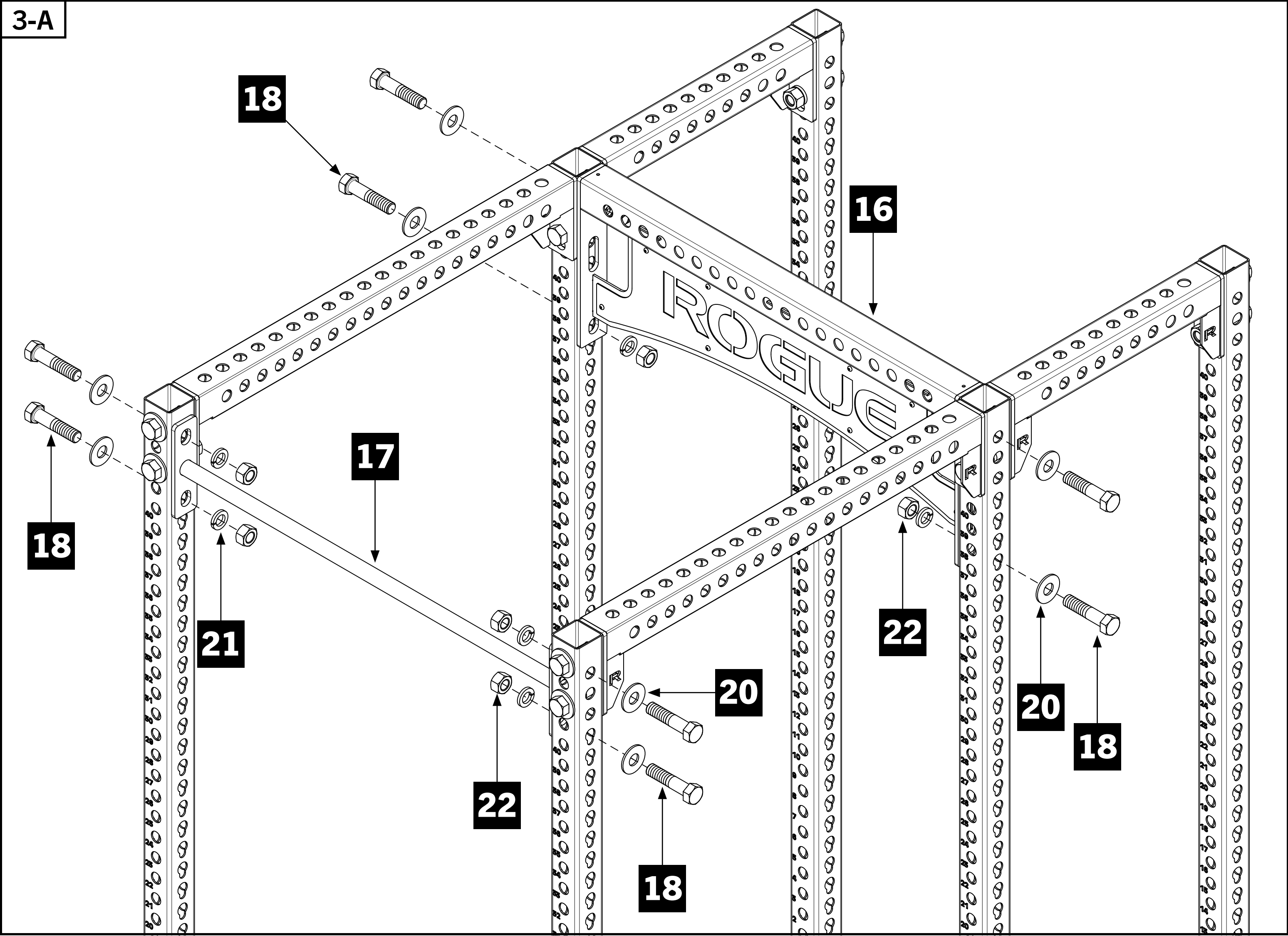
- For safety, we recommend the remainder of these instructions be completed with **2 or 3 people**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.
- One or two people should stabilize both panels, ensuring panels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





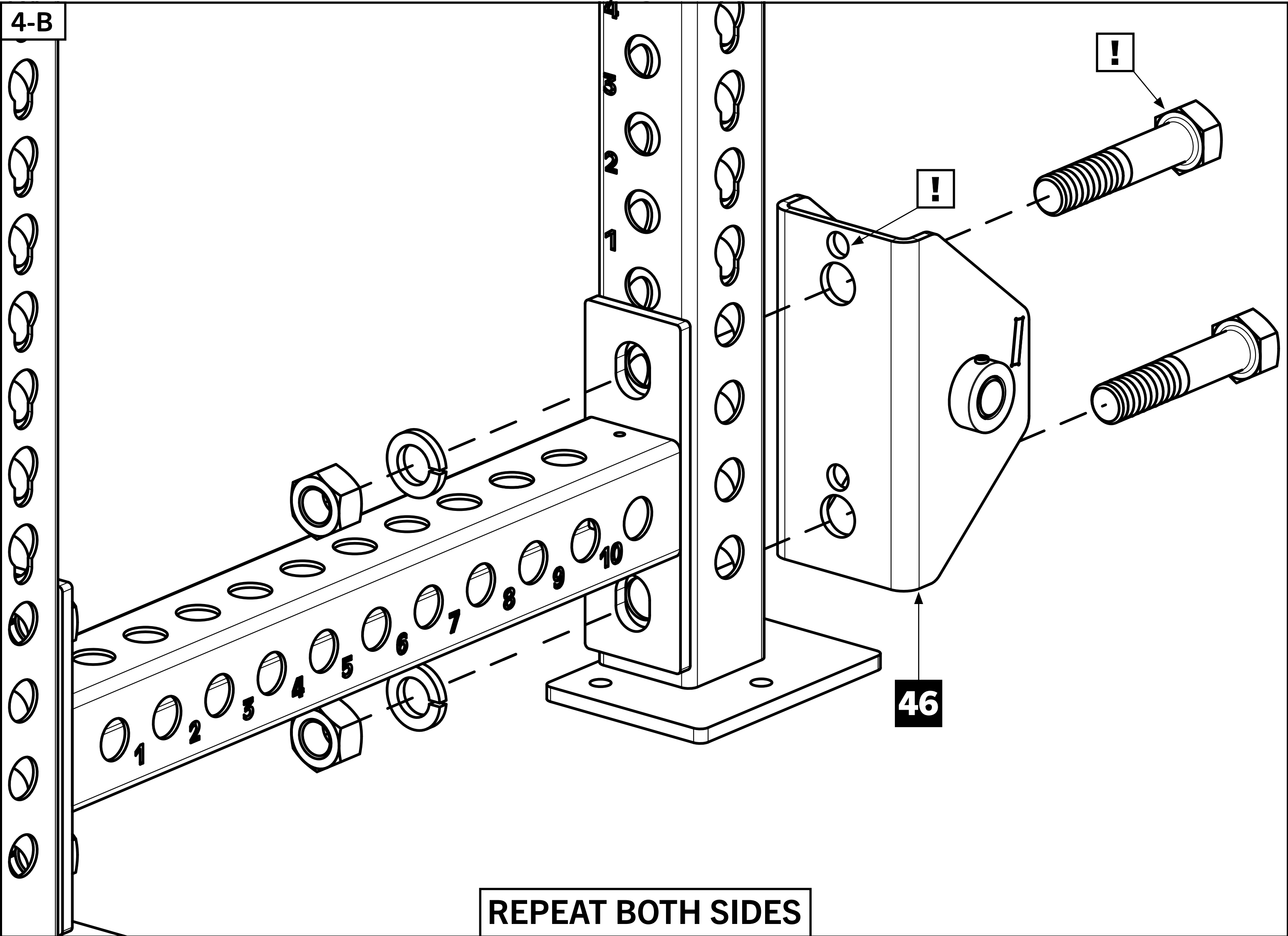
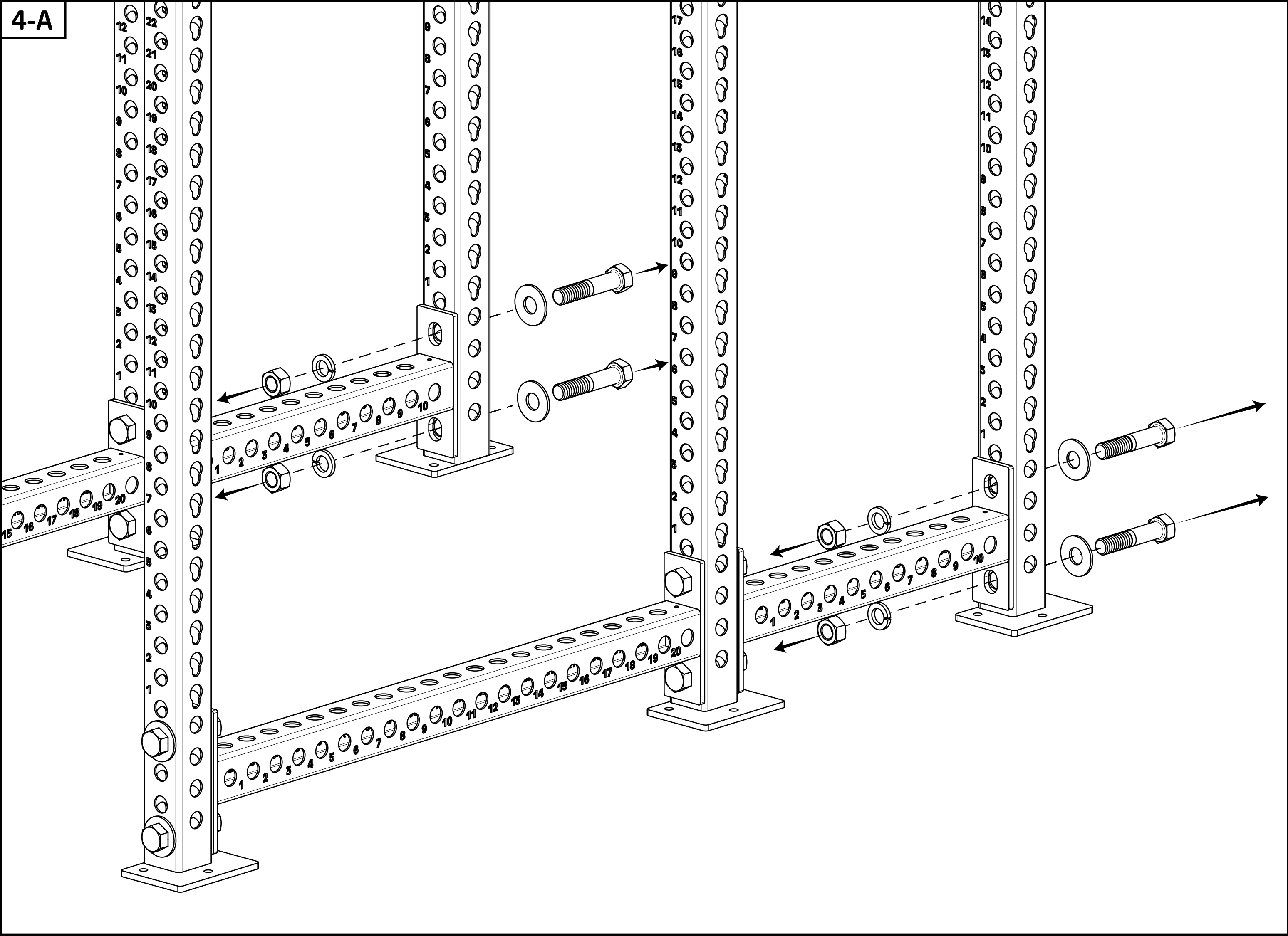
# STEP 3 (RM-6)

- Attach Nameplate Crossmember [16] to middle Uprights using 1" x 4-3/4" Hex Bolt [18], 1" Flat Washers [20], 1" Lock Washers [21], and 1" Hex Nuts [22].
- **Note:** If 90" Rack, Nameplate Crossmember [16] is replaced with a 43" Top Crossmember
- Attach Pull-up Bar [7] to front Uprights using 1" x 4-3/4" Hex Bolt [18], 1" Flat Washers [20], 1" Lock Washers [21], and 1" Hex Nuts [22].
- **HAND TIGHTEN ONLY.**



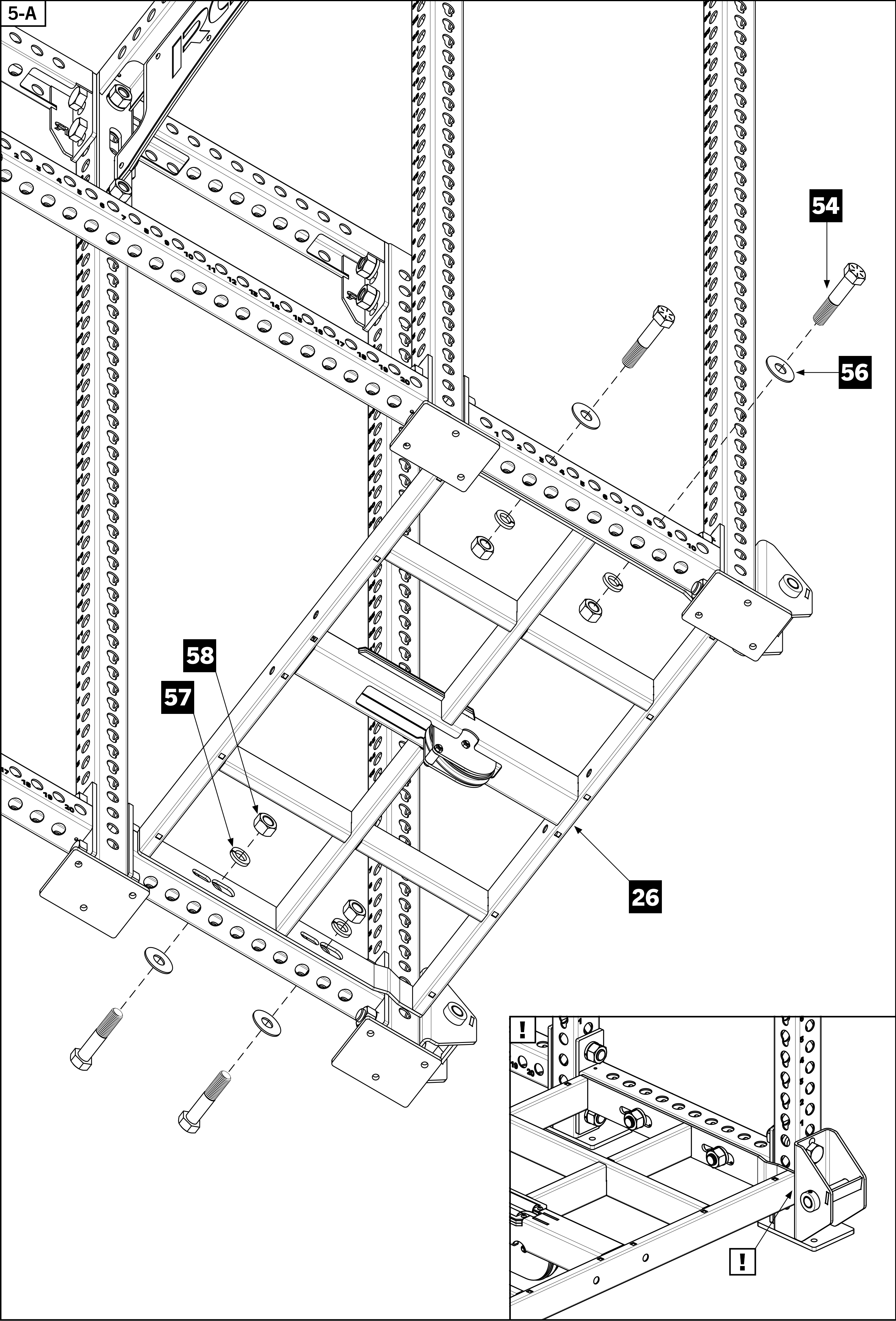
# STEP 4 (BEGIN ADD-ON KIT ASSEMBLY)

- **Note:** Remainder of instructions depicts RM-6, same steps apply to RM-4.
- Remove existing 1” Hardware shown in 4-A.
- Reuse hardware in 4-A to bolt Lever Hinges [46] to uprights.
- **!** Ensure heads of bolts are facing away from rack like shown in 4-B.
- **!** Ensure smaller holes are upright on Lever Hinge [46].
- **FULLY TIGHTEN HINGE HARDWARE.**




# STEP 5

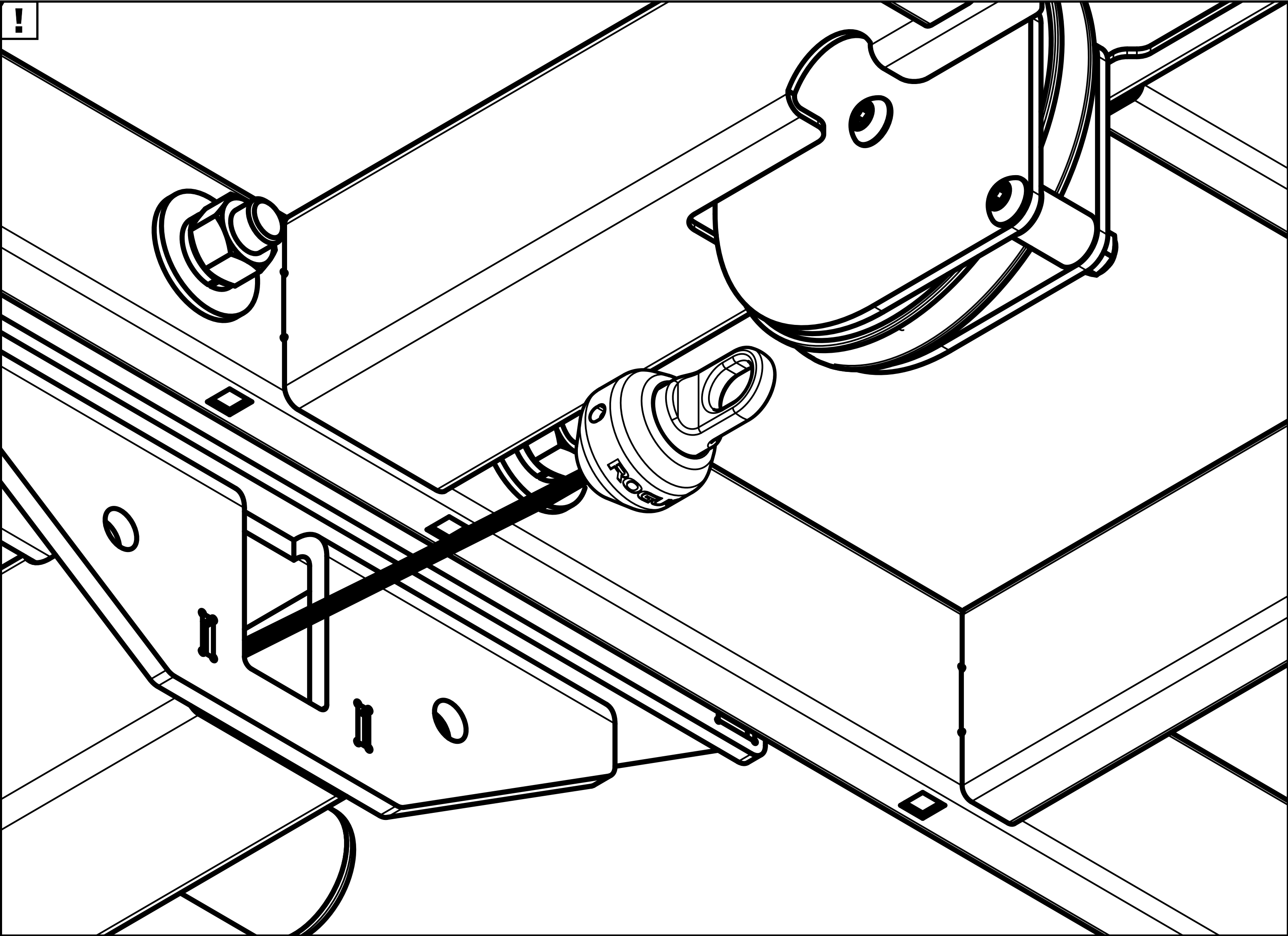
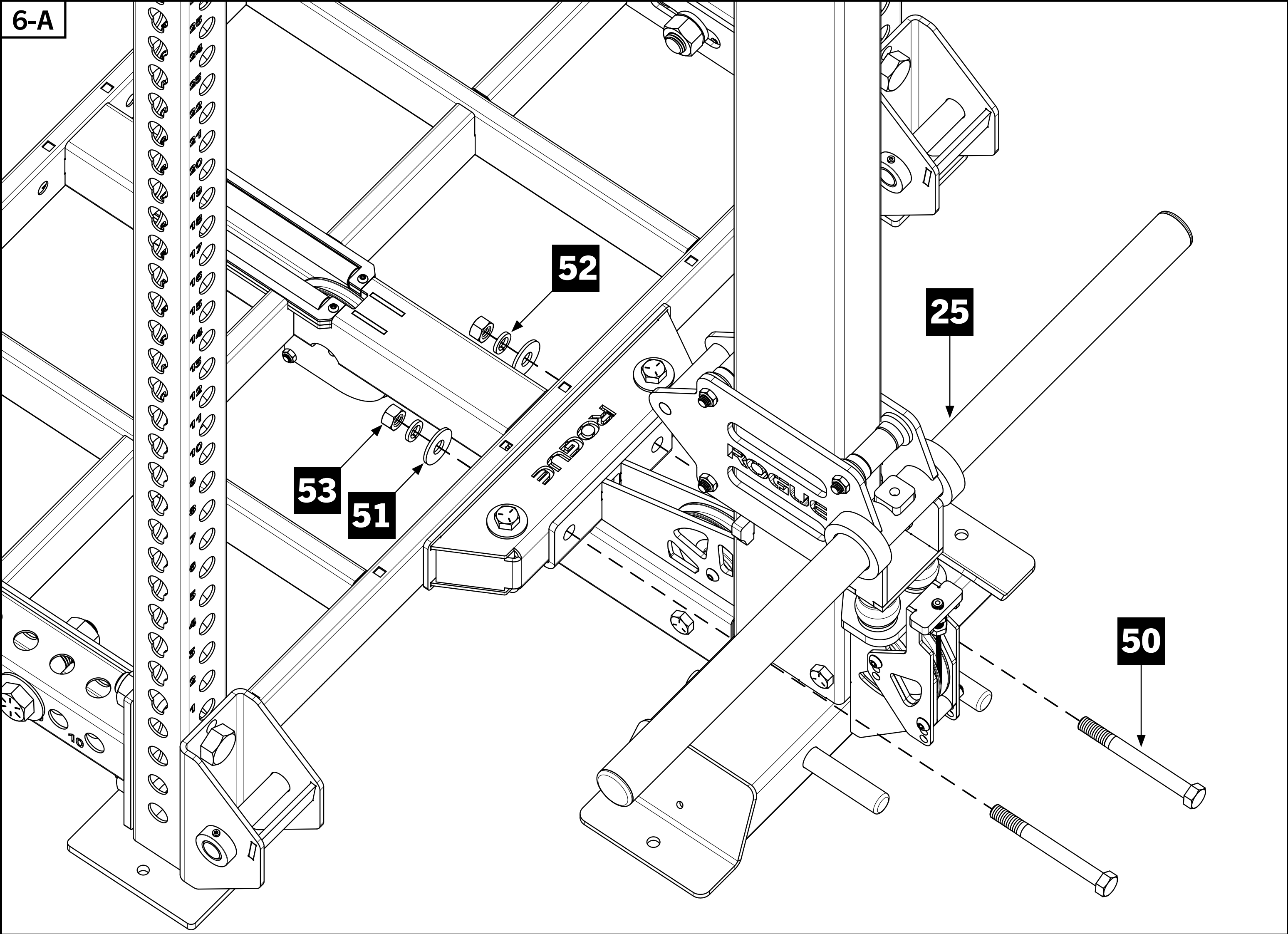
- Bolt Pulley Deck [26] to Bottom Crossmembers using 1" X 4-3/4" Hex Bolt [54], 1" Flat Washer [56], 1" Lock Washer [57], and 1" Hex Nut [58]. **Bolts Hand Tight Only.**
- **!** Ensure pulley deck [26] is flush to face of the rear uprights as shown in **DETAIL.**
- Ensure product is level on the ground
- Ensure platform is oriented such that the pulley is towards the floor.






# STEP 6

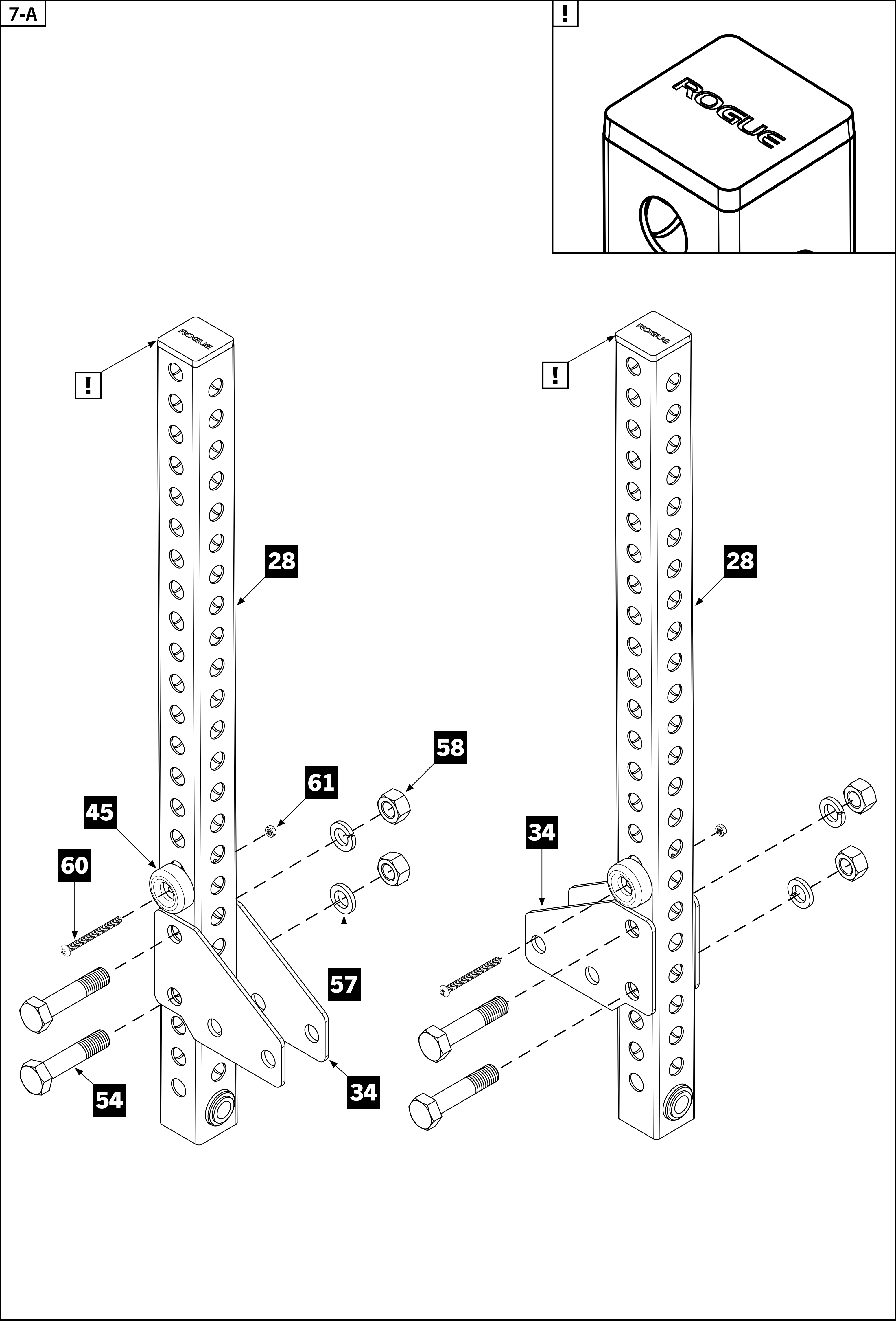
- Bolt assembled Rhino Upright [25] to the Pulley Deck [26] using 5/8" X 6" Hex Bolt [50], 5/8" Flat Washer [51], 5/8" Lock Washer [52], 5/8" Hex Nut [53]. **Hand Tighten Only.**
-  Ensure lower cable and ball clevis are clear of Rhino Upright [25] and Pulley Deck [26].





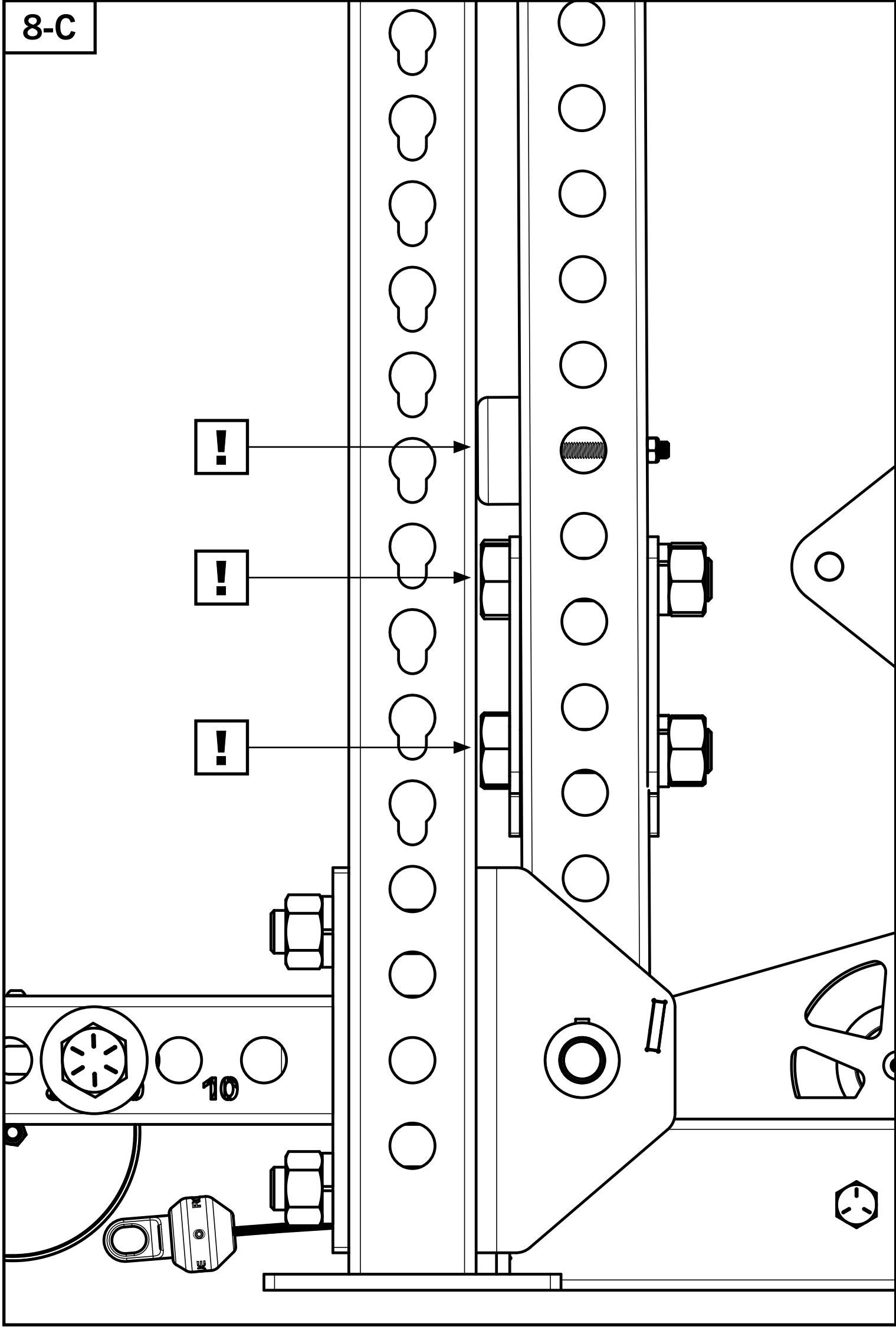
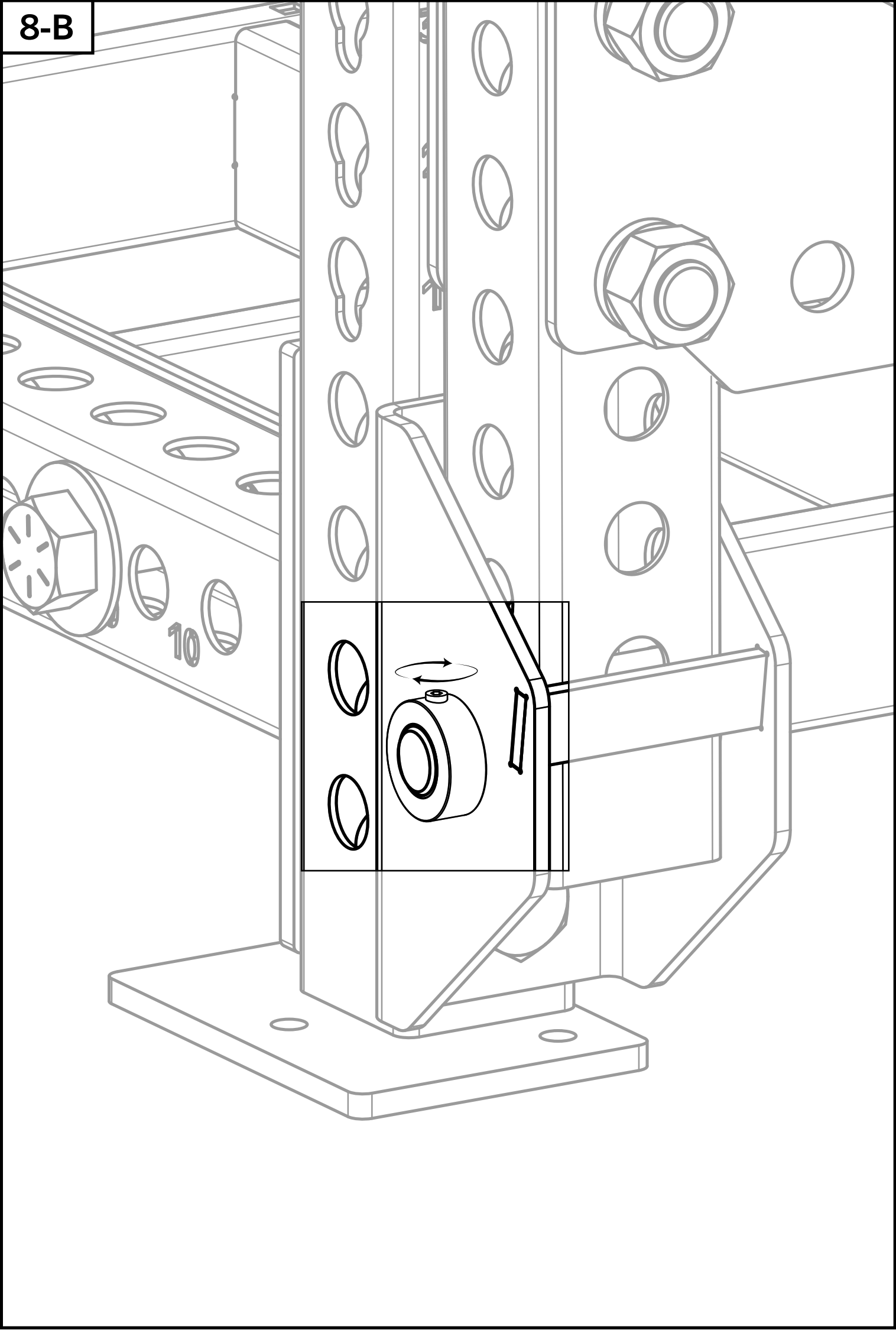
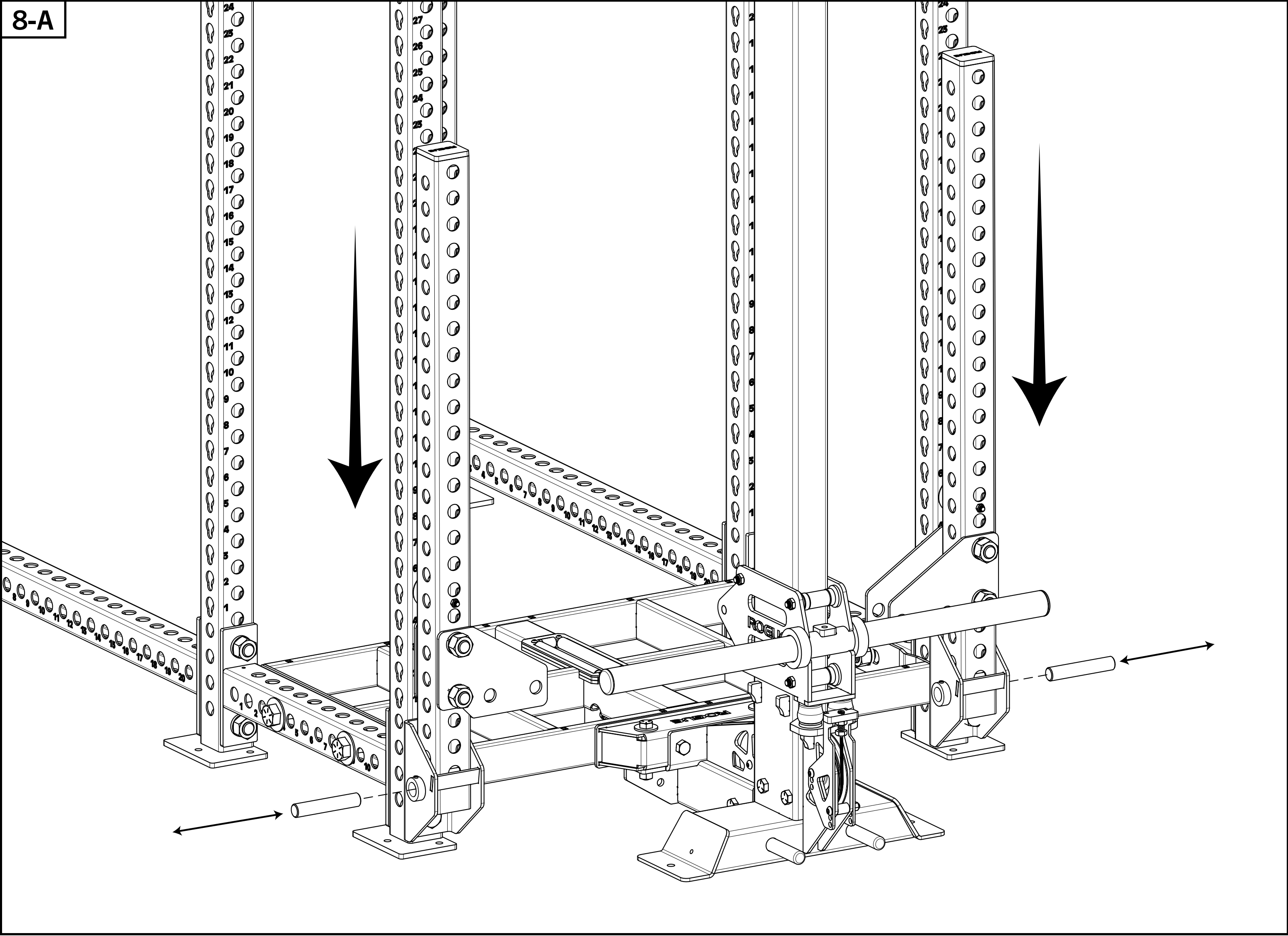
# STEP 7

- Bolt Triangle Plates [34] to Lever Tubes [28] using hardware indicated below.
- Bolt Rubber Bumper [45] to Lever Tubes. **DO NOT OVERTIGHTEN.**
- Ensure Bolts are oriented as shown below. **1” Bolts Hand Tight Only.**
-  Ensure Rogue caps are oriented as shown below.



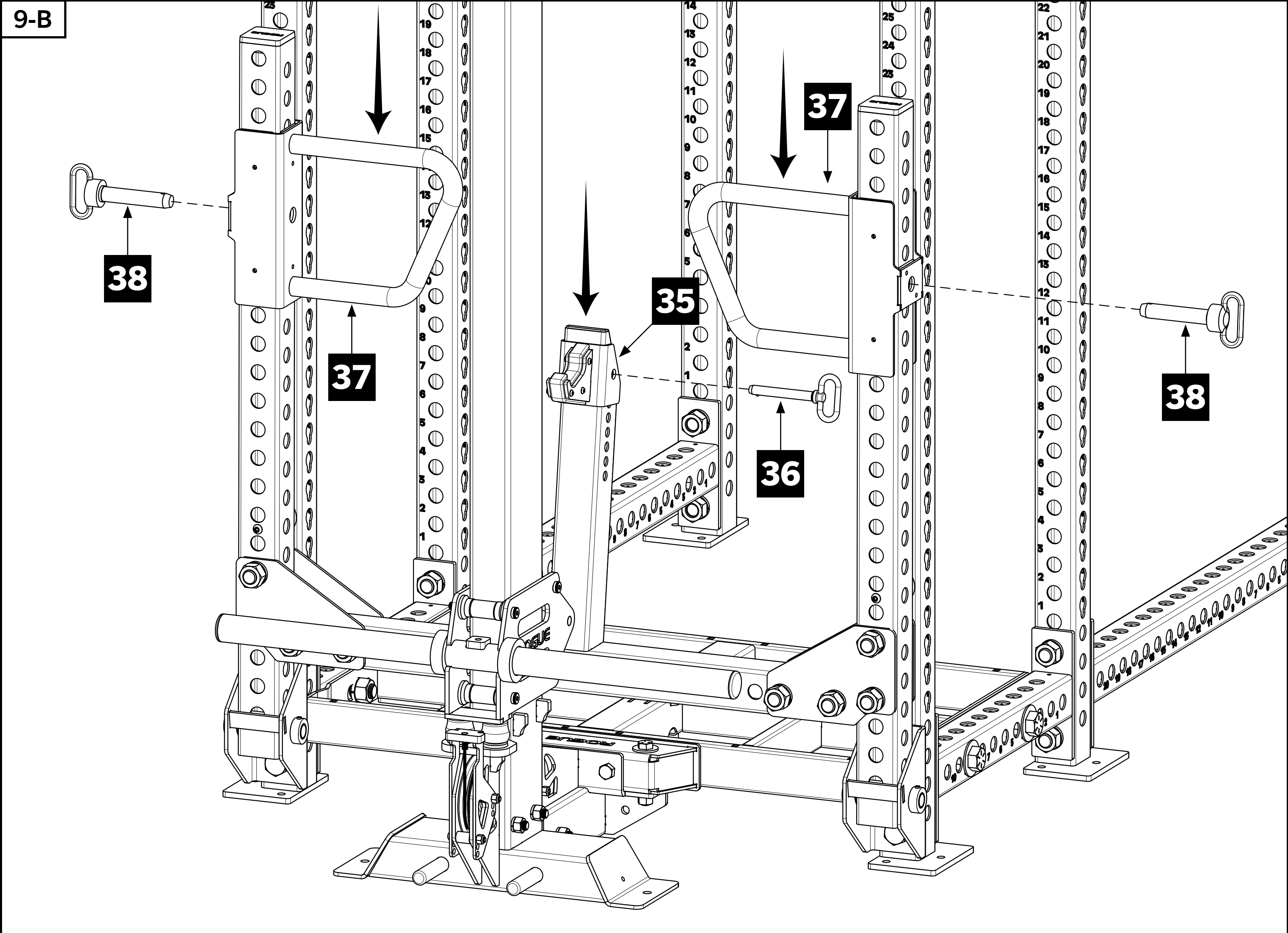
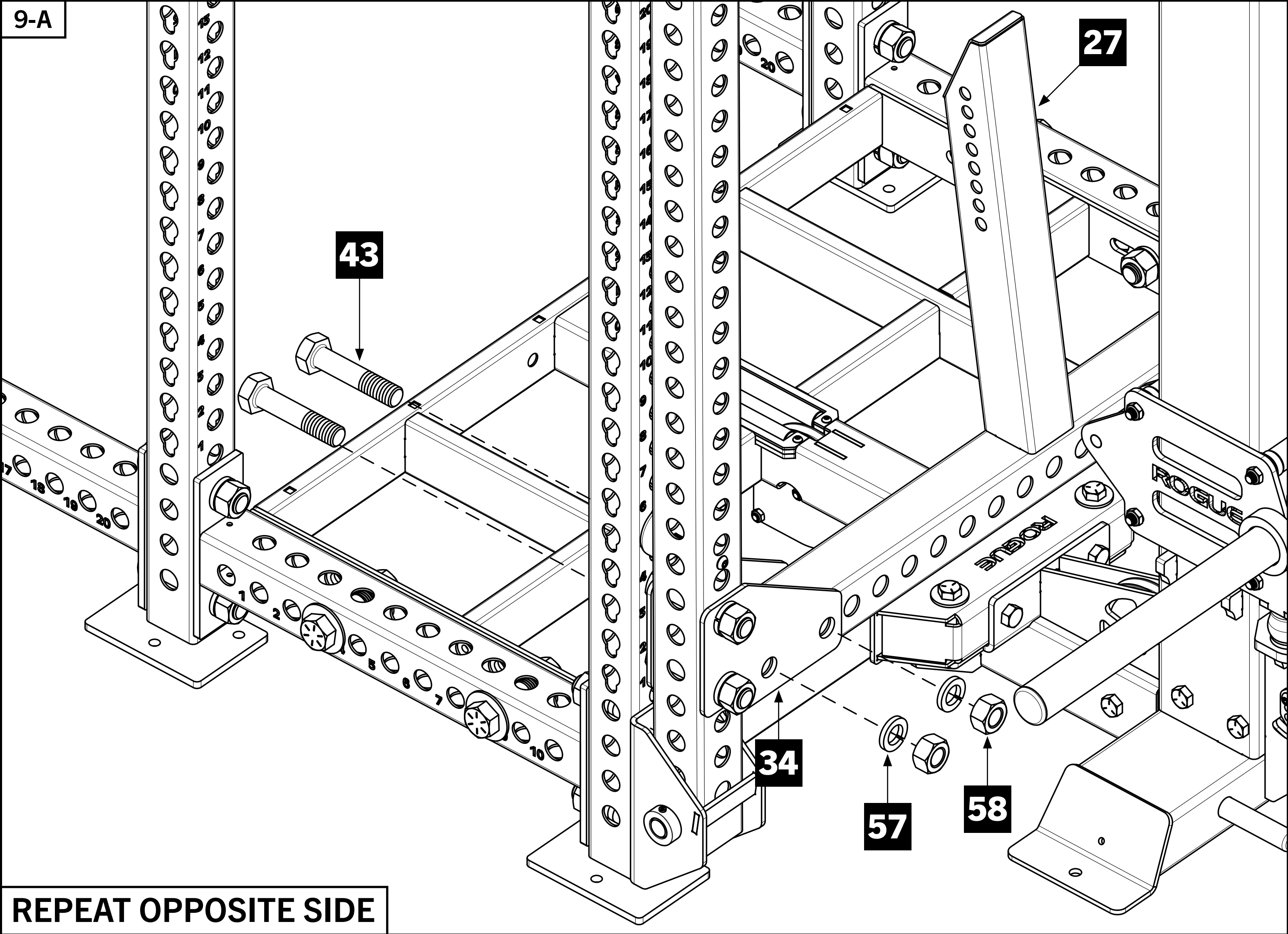
# STEP 8

- Loosen set screws on Lever Hinges [33] and remove Lever Pin as shown in **8-A**.
- Install Lever Tubes [28] with Triangle Plates [34] into each Lever Hinge [46] as shown in **8-A**.
- Reinsert Lever Pin into Lever Hinge [46].
- Tighten set screws to hold lever pin in place as shown in **8-B**.
- **!** Ensure that Rubber Bumper [45] and heads of hex bolts are oriented as shown in **8-C**.



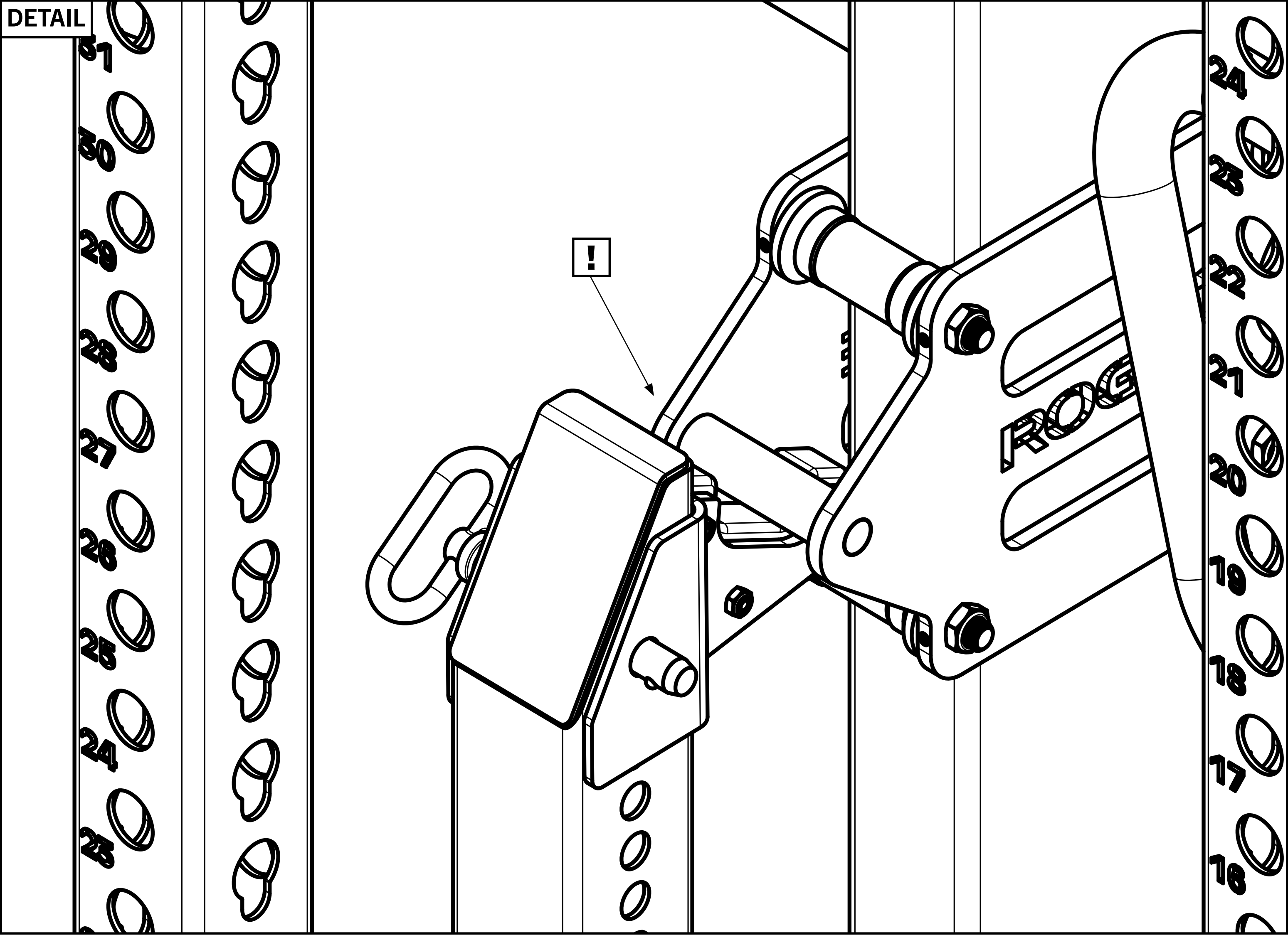
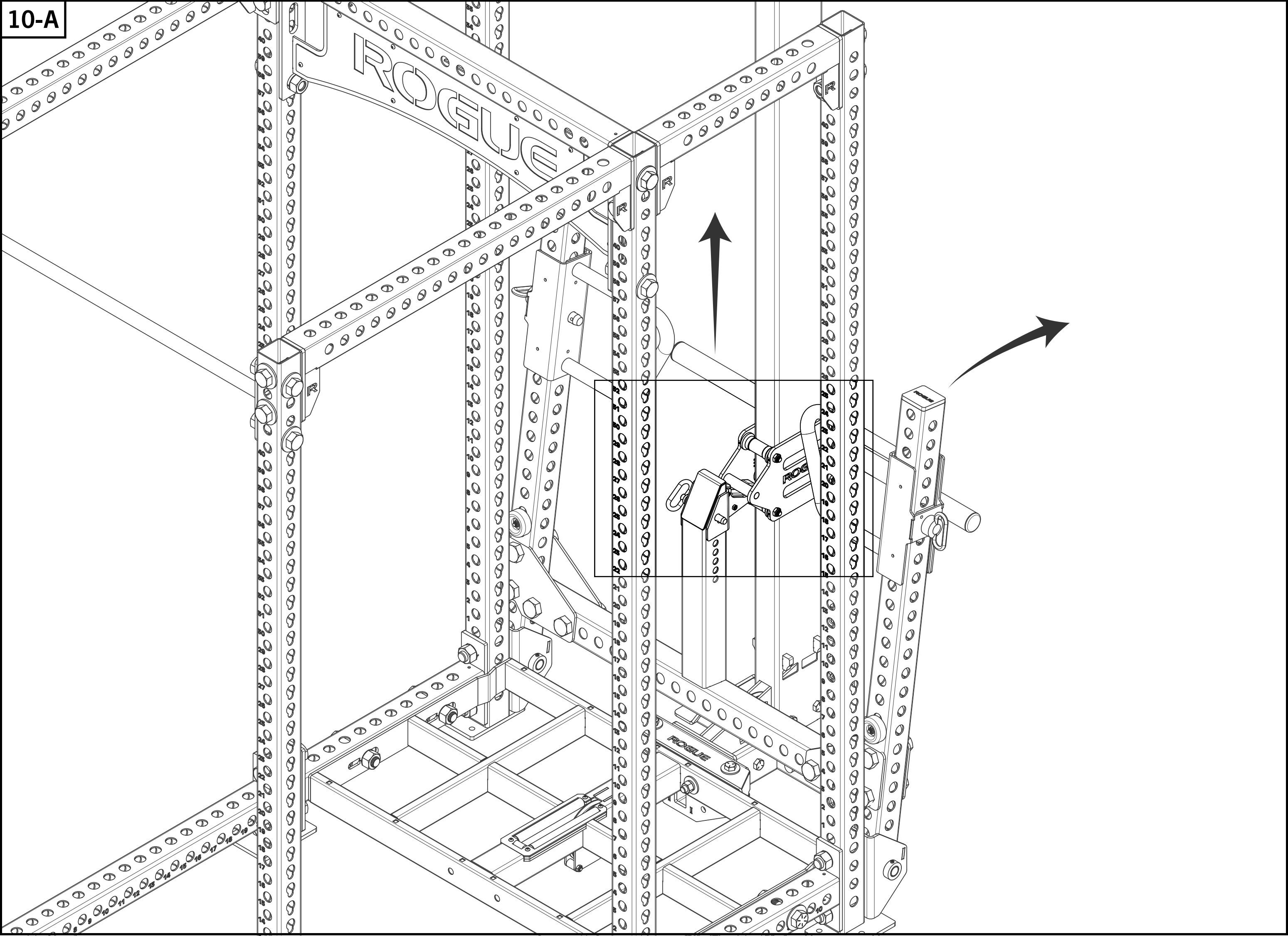
# STEP 9

- Bolt Locking Horn Crossmember [27] to Triangle Plates [34] using 1" X 4-3/4" Hex Bolt [54], 1" Lock Washer [57], and 1" Hex Nut [58].
- Fully tighten all 8 triangle plate bolts while checking all parts remain square.
- Slide Removable Rhino Horn [35] on Locking Horn Crossmember [27] and secure using provided 5/8" Detent Pin [36].
- Slide Multi-Grip Handles [37] on Lever Tubes [28] and secure using provided 1" Hitch Pins [38].



# STEP 10

- Lift the Plate Load Trolley and hook it onto the Rhino Hook as shown in the **DETAIL**.
- Ensure there is slack in the lower cable for future steps.

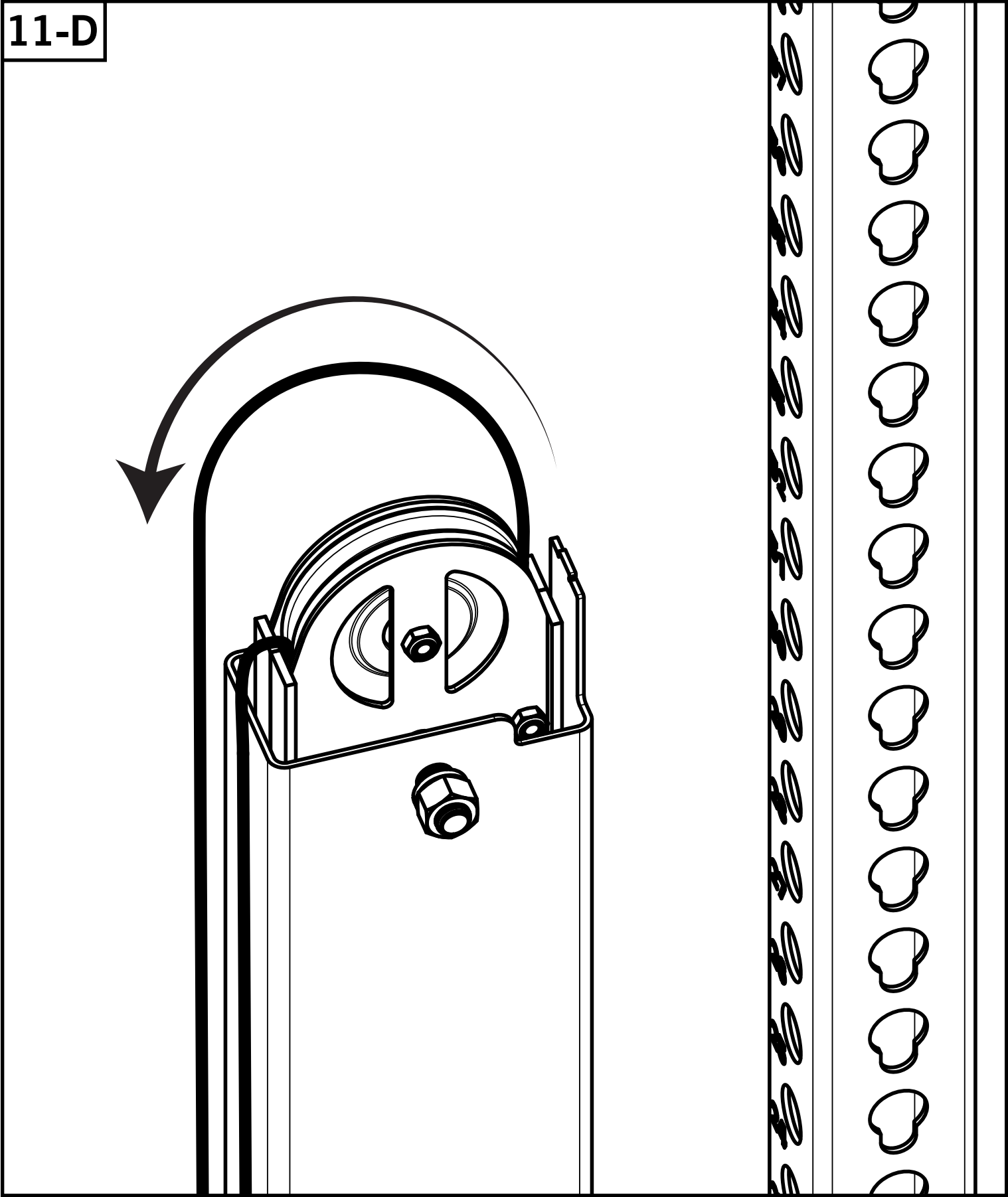
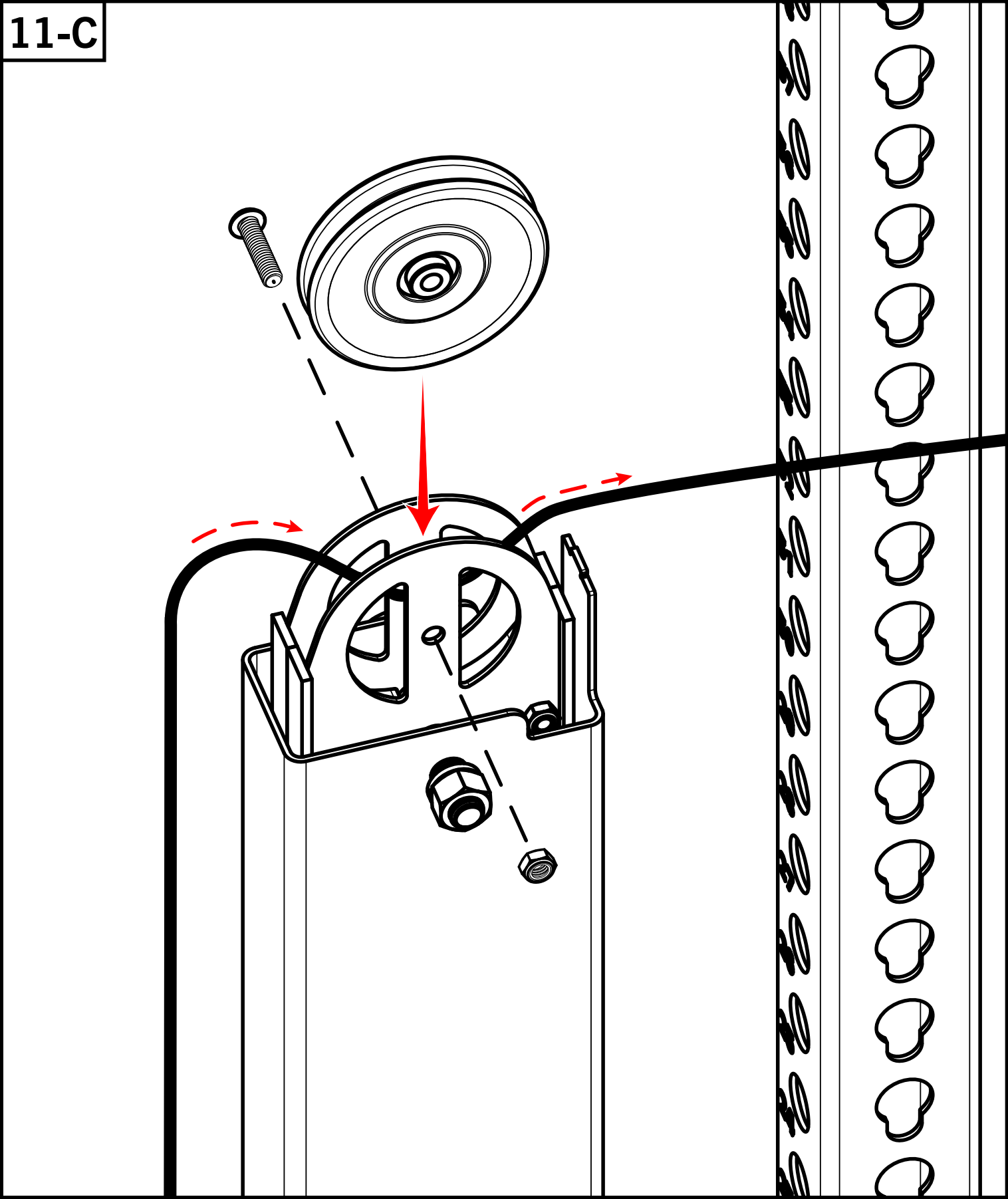
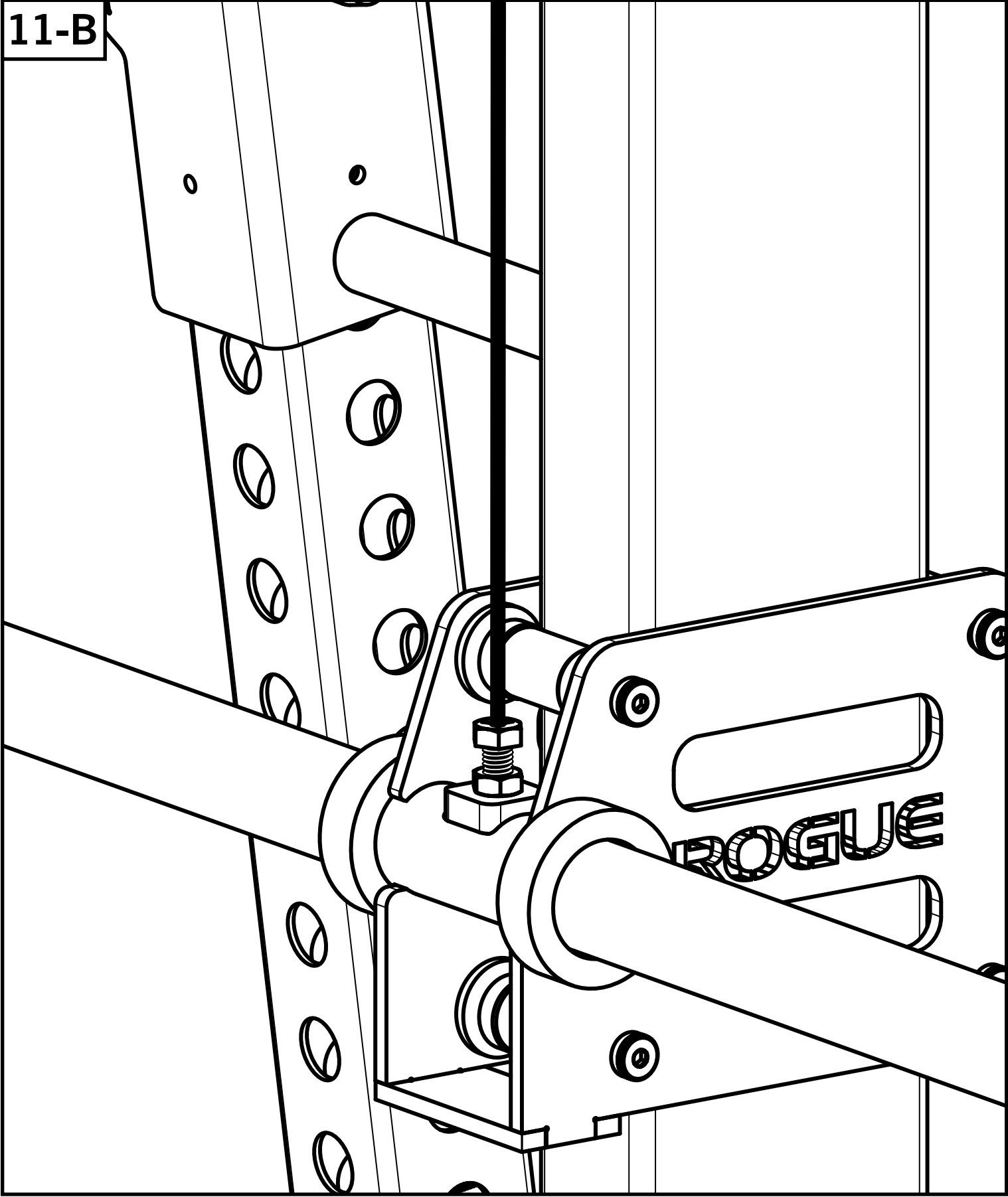
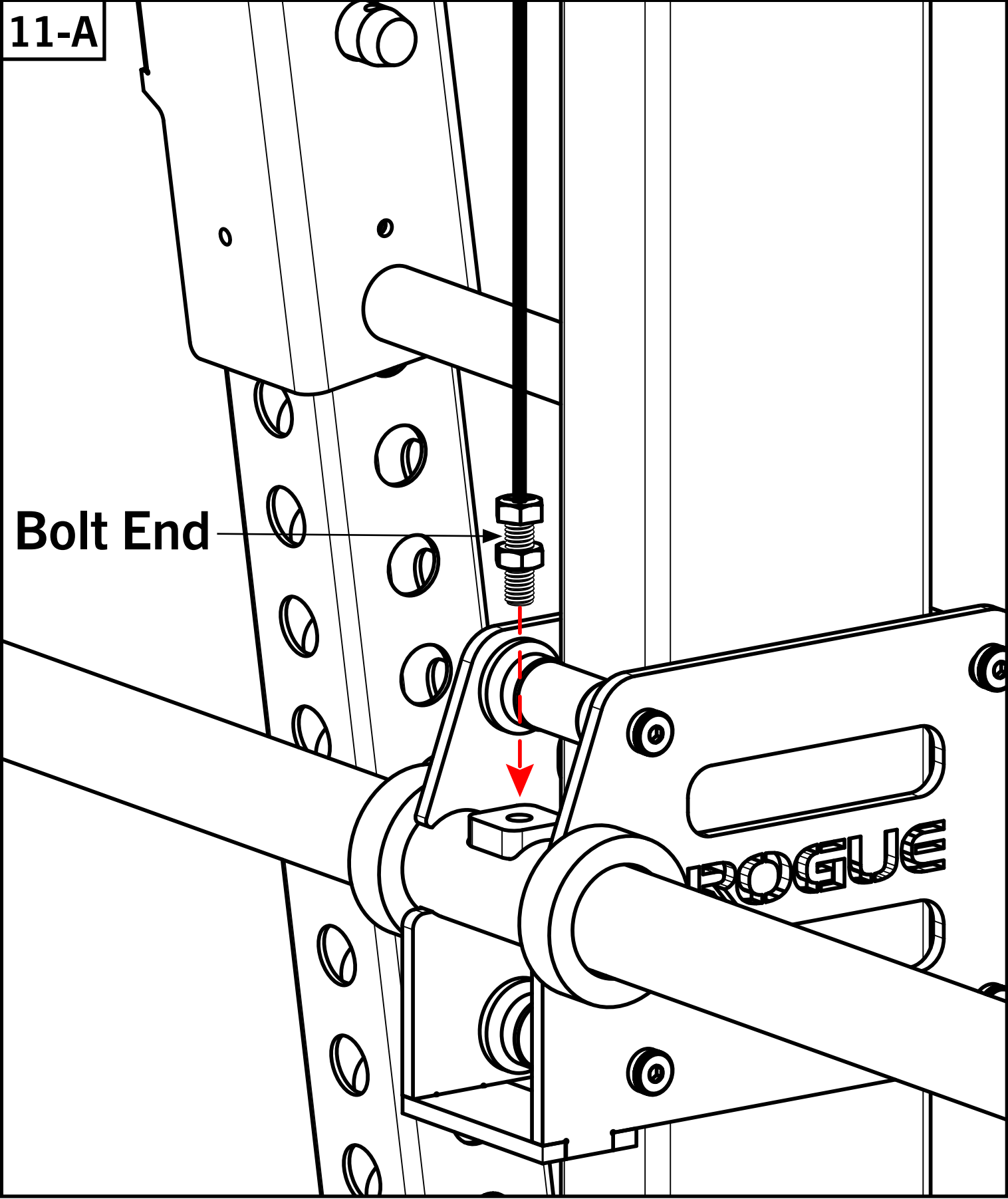
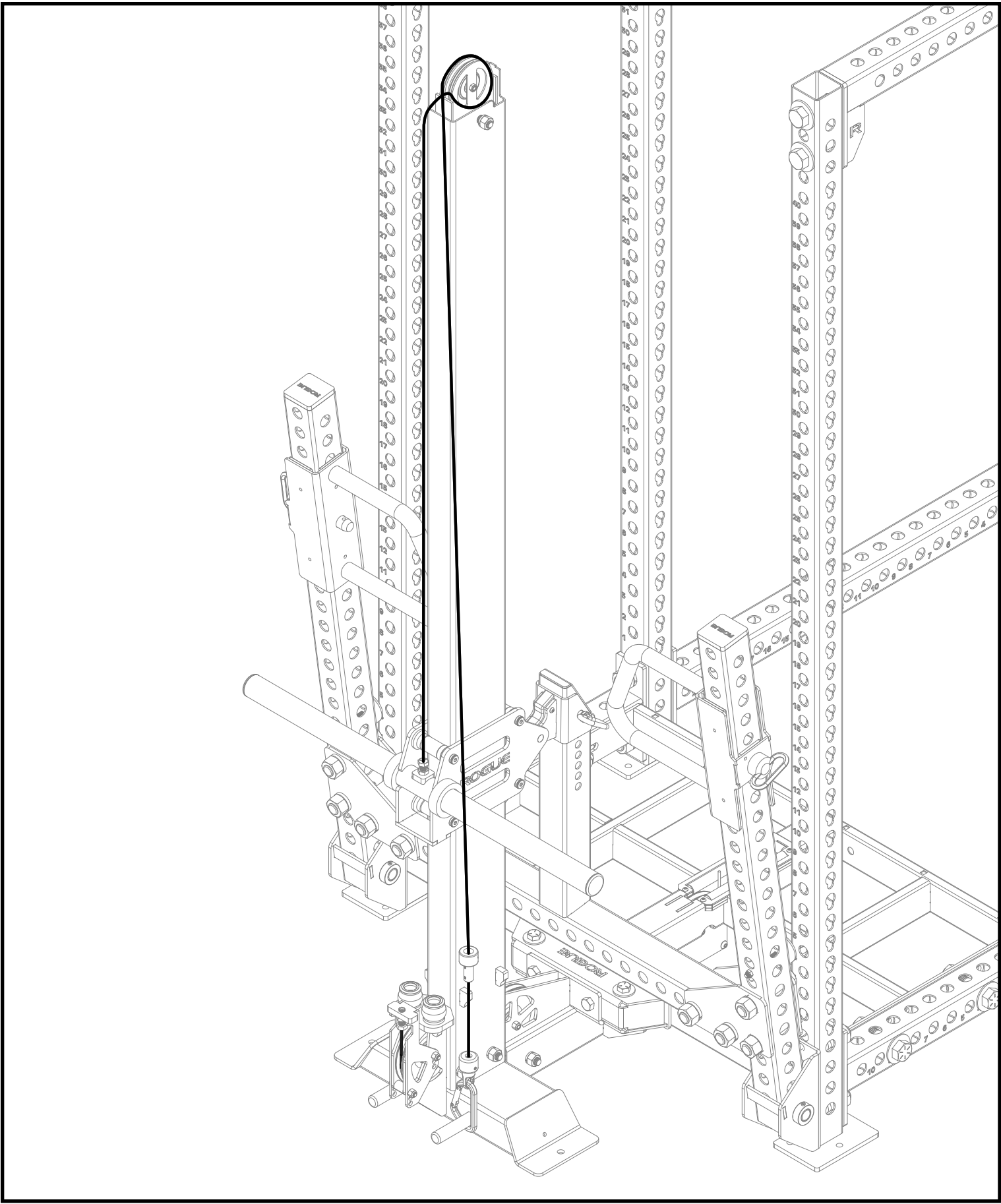




# STEP 11

**Note:**

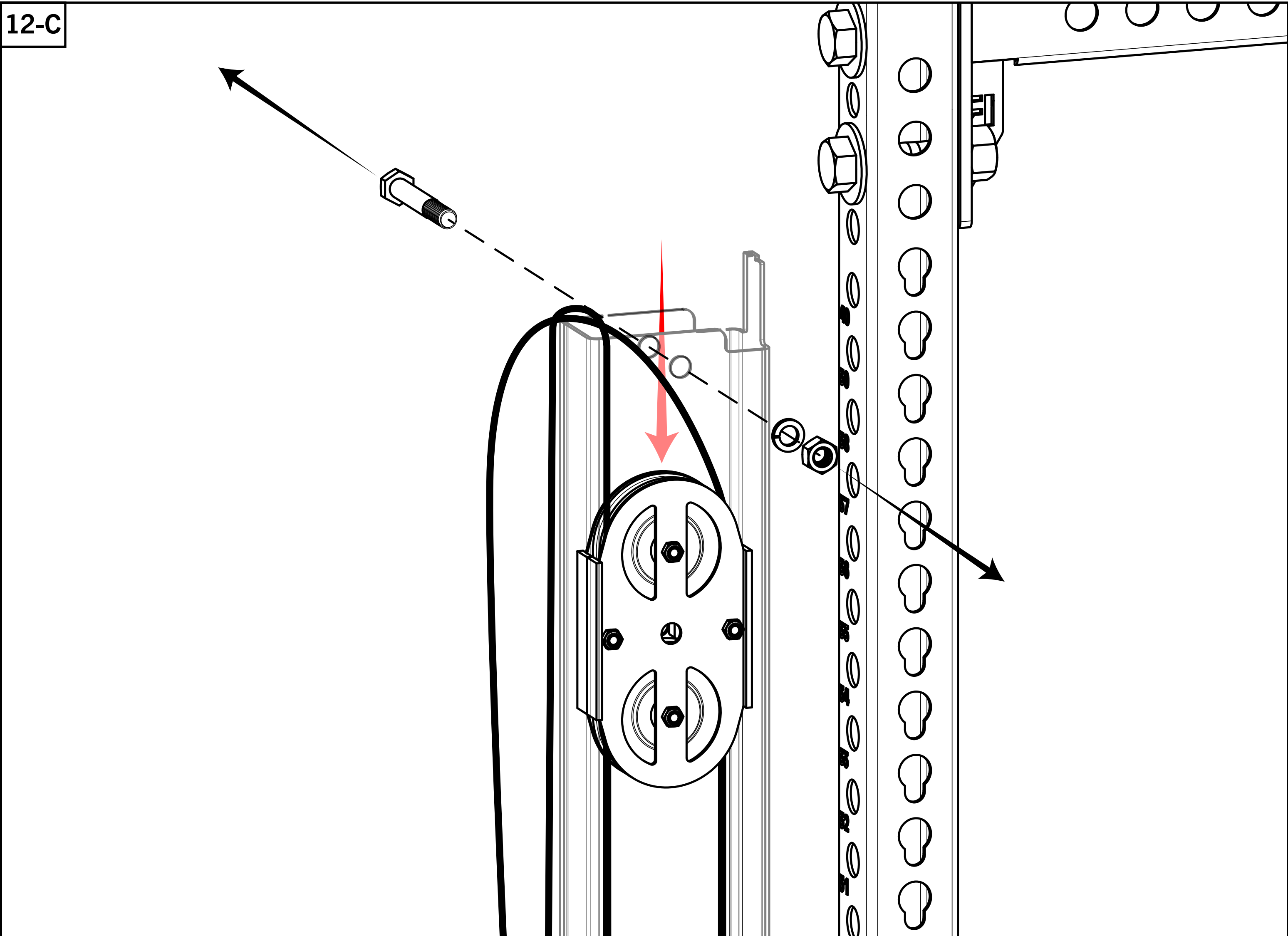
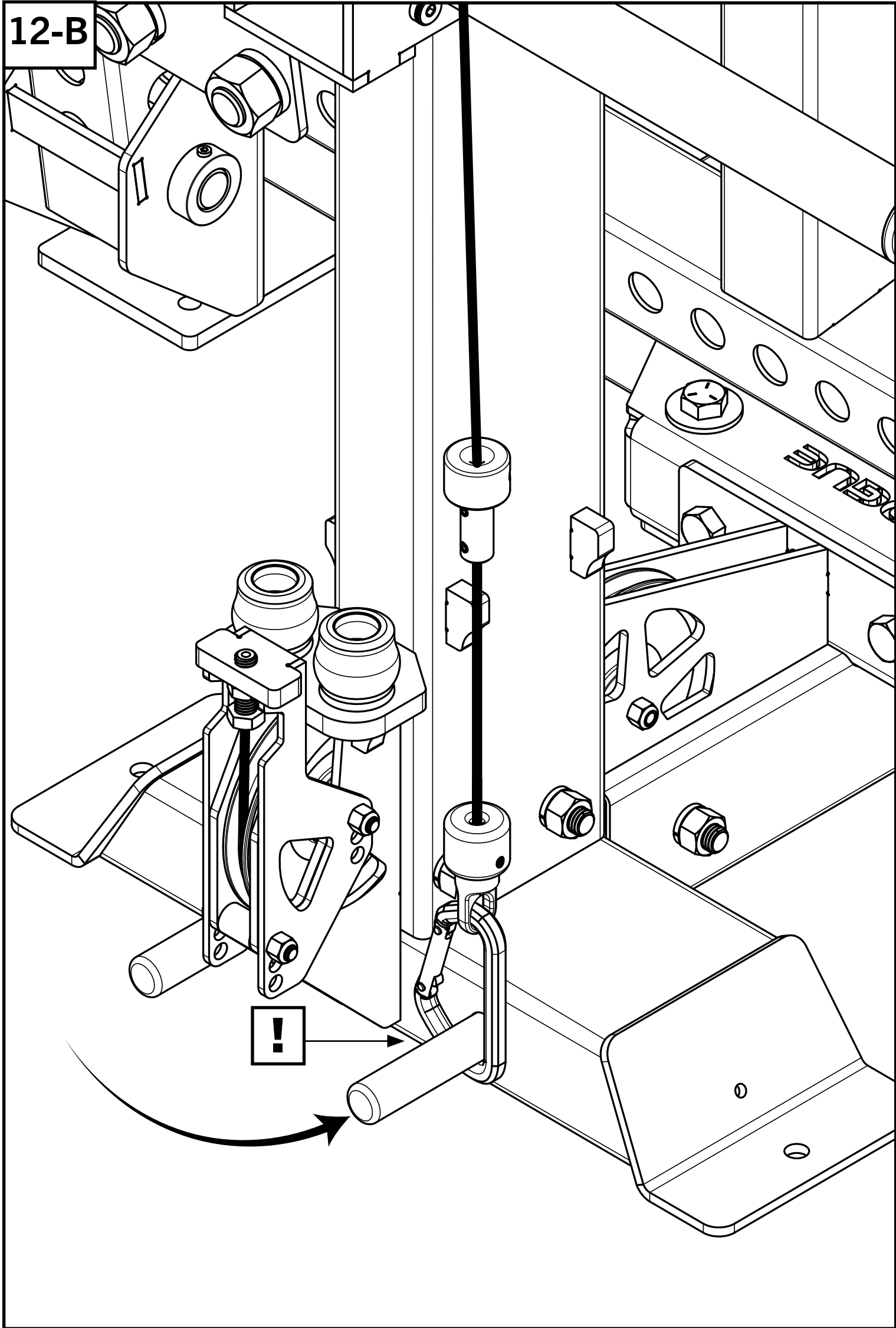
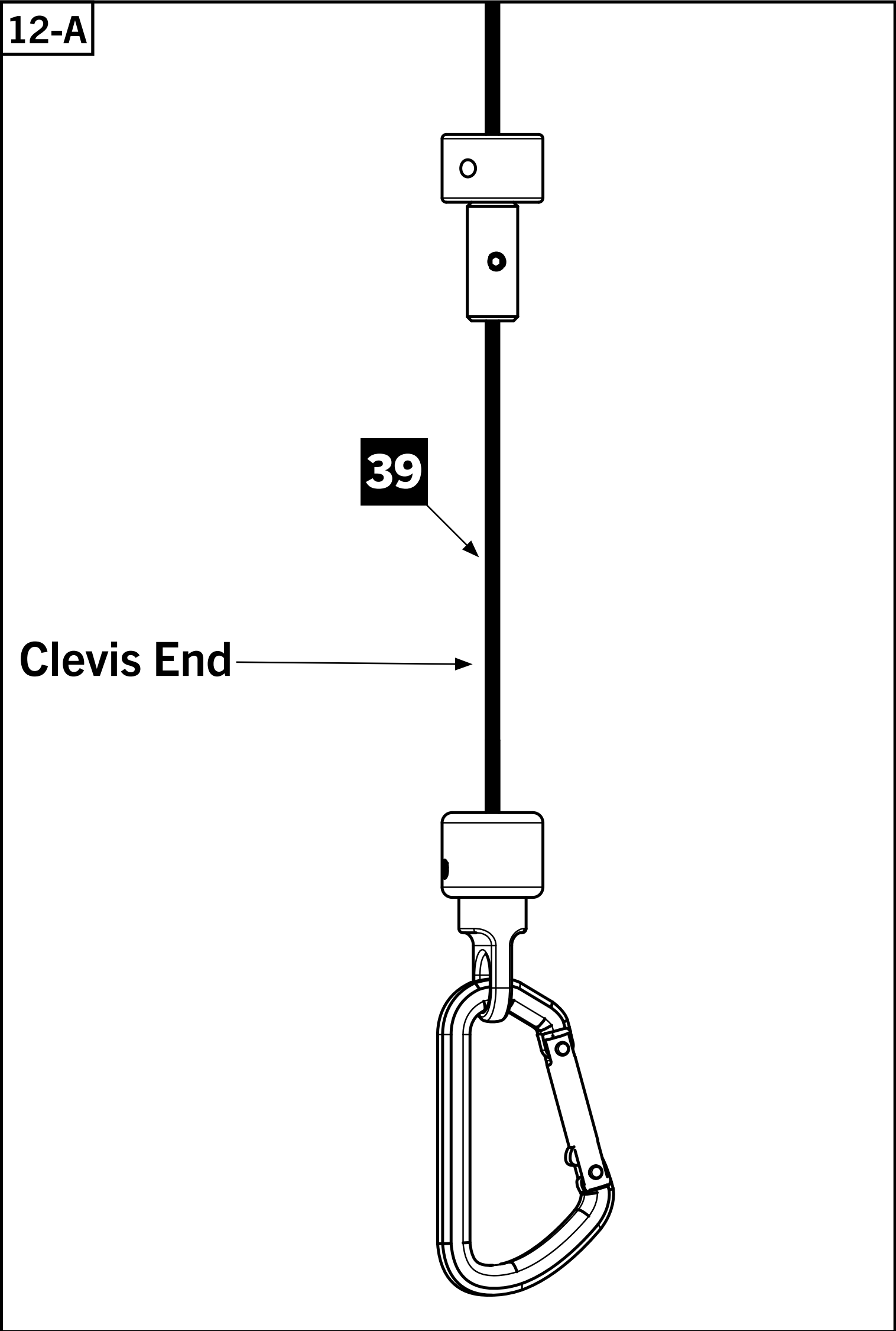
- Completely unwind and straighten out Upper Cable [39] to remove any twists/kinks prior to installation.
- Screw bolt end of Upper Cable [39] into Plate Load Trolley.
- Remove pulley from cable carriage and feed clevis end of Upper Cable [39] through as seen in **11-C**.
- Re-install pulley in cable carriage making sure Upper Cable [39] is resting in pulley grove.
- Loop the Upper Cable [39] over and back towards the rear of the Rhino Upright [25], following the orientation shown in **11-D**.






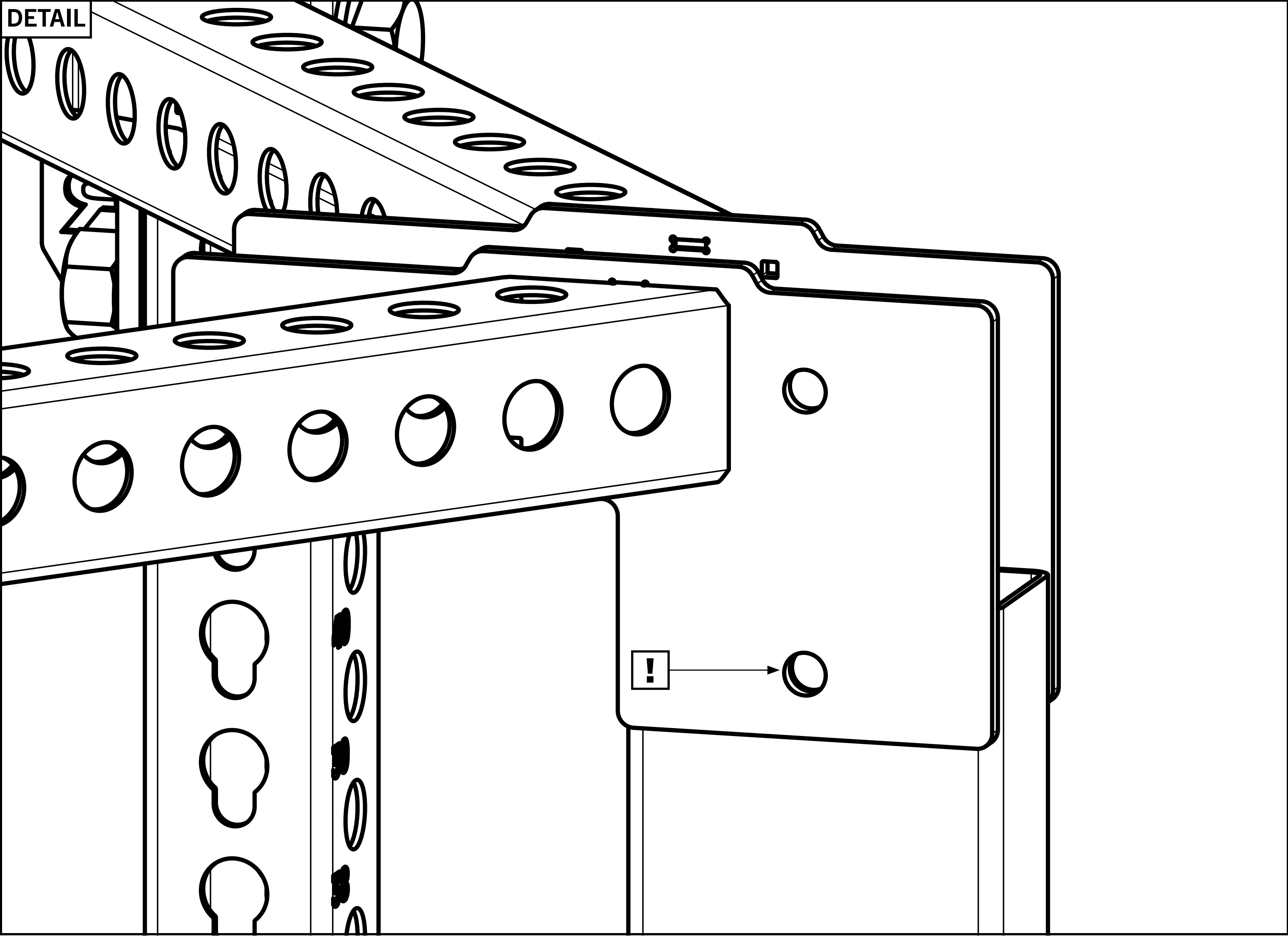
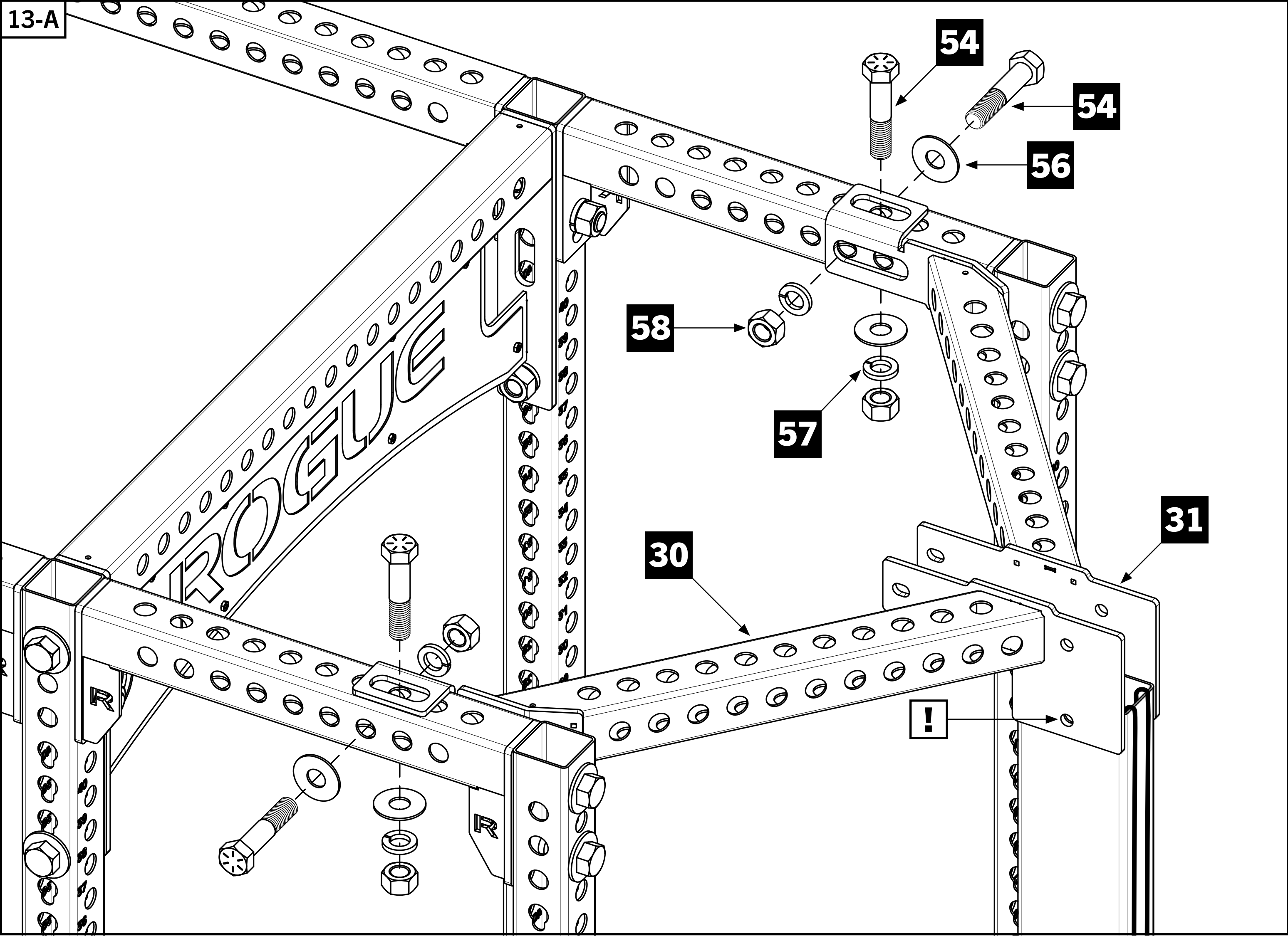
# STEP 12

- Attach D Carabiner to clevis end of Upper Cable [39].
- Note: 90” Rack Cable will not have a Cable Retainer/Puck present.
- Clip D Carabiner to peg at bottom of Rhino Upright [25].
- Remove 5/8” hardware in from Rhino Upright [25] as shown in 12-C.
- Push cable trolley downward into Rhino Upright [25] approximately **4 inches** from top.



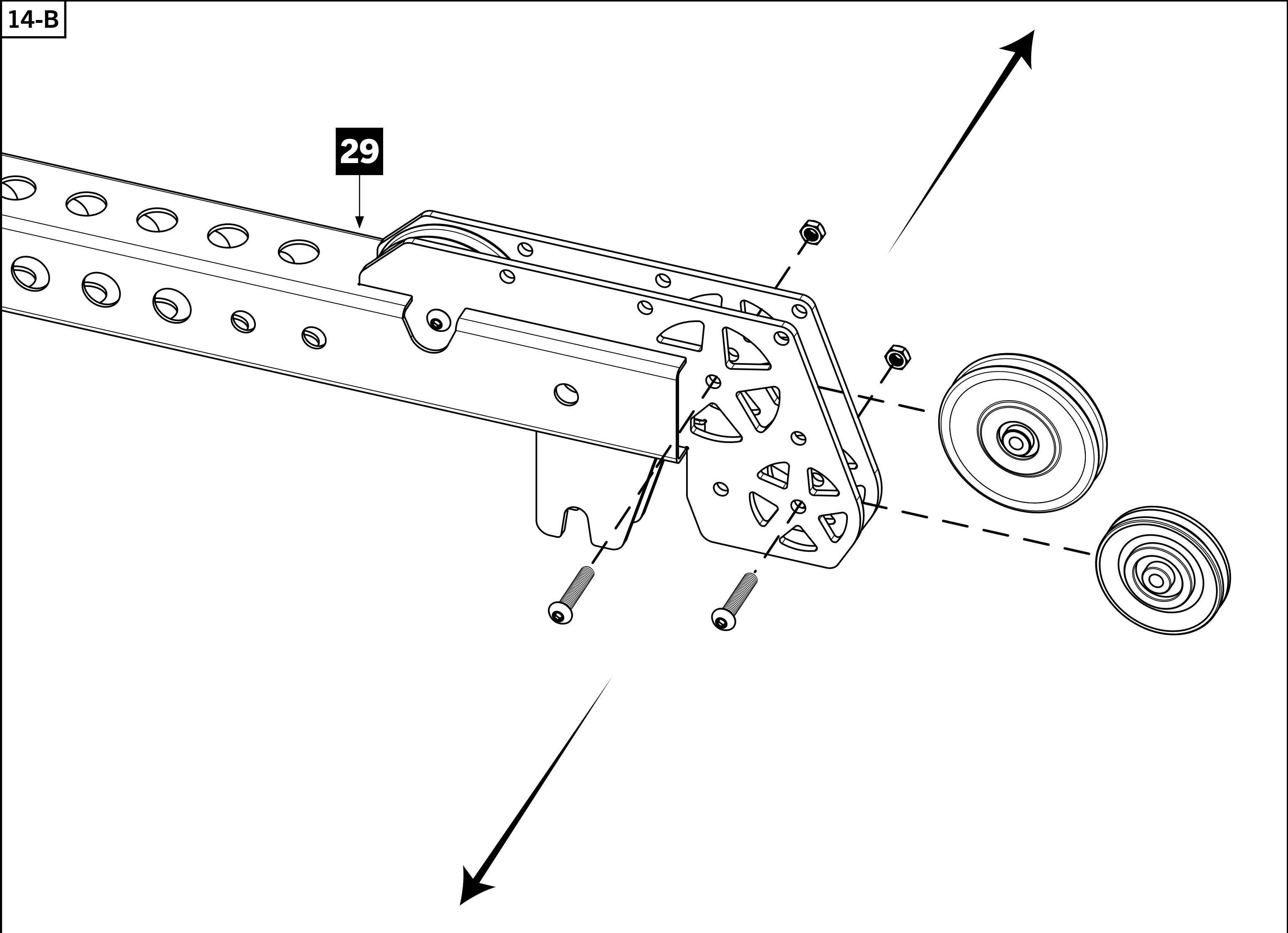
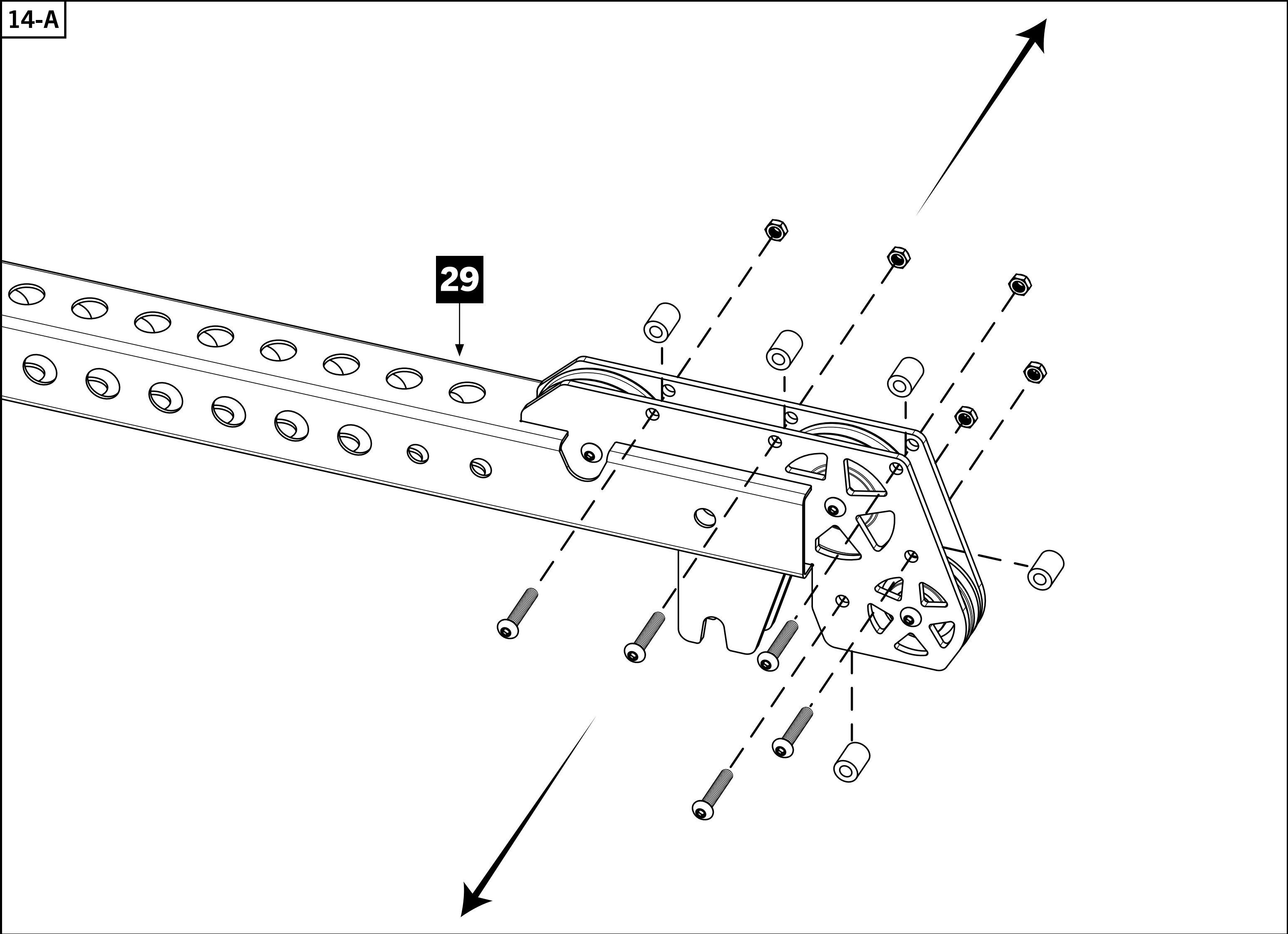
# STEP 13

- Bolt Rhino Top Angle Crossmember LH [31] and Rhino Top Angle Crossmember RH [30] to Rear Top Crossmembers using 1" X 4.75" Hex Bolt [54], 1" Flat Washer [56], 1" Lock Washer [57], and 1" Hex Nut [58]. Bolts Hand Tight Only.
-  Ensure holes line up on Top Angle Crossmember LH [31], Rhino Top Angle Crossmember RH [30] and Rhino Upright [25] as shown in **DETAIL**.



# STEP 14

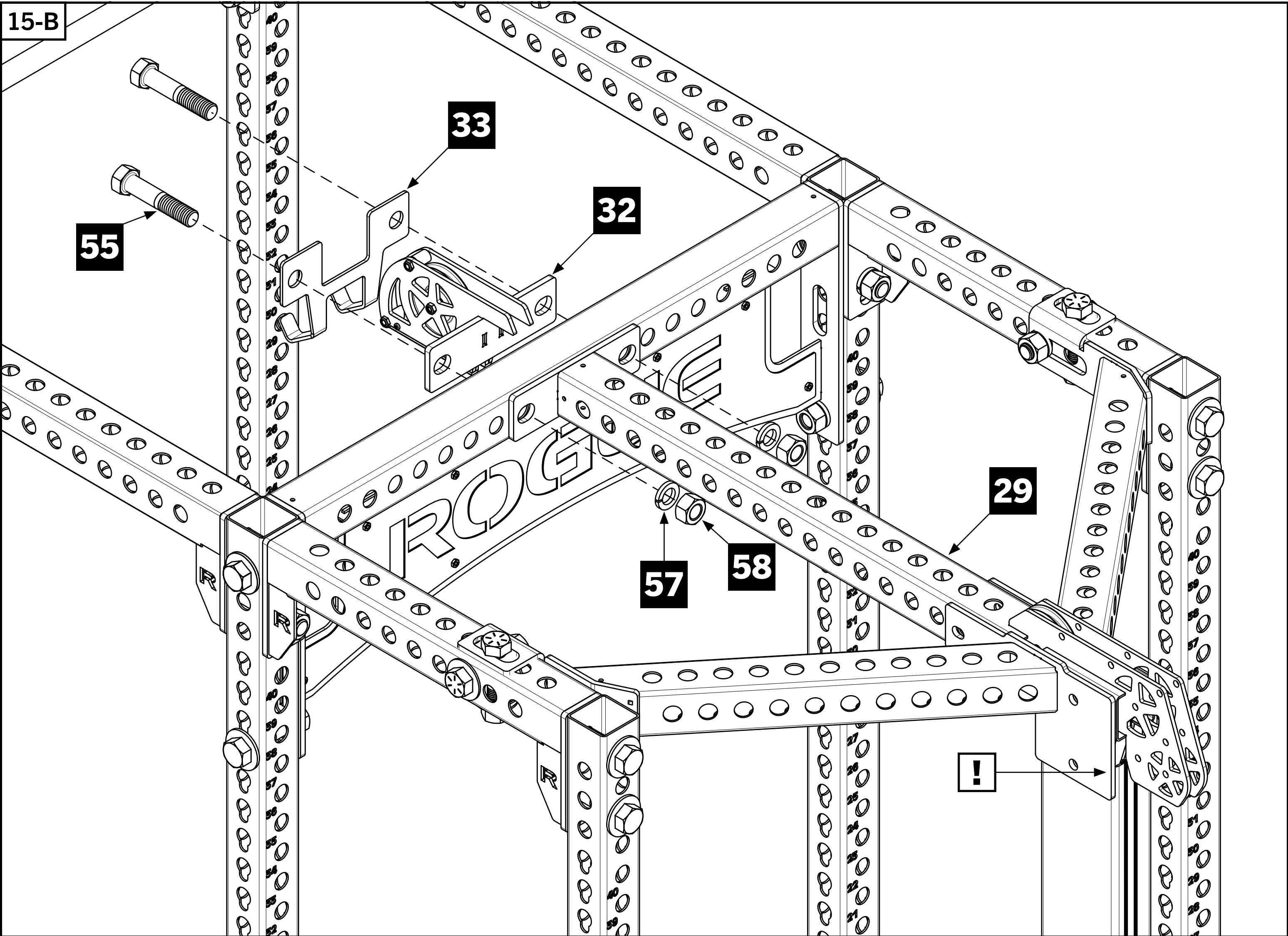
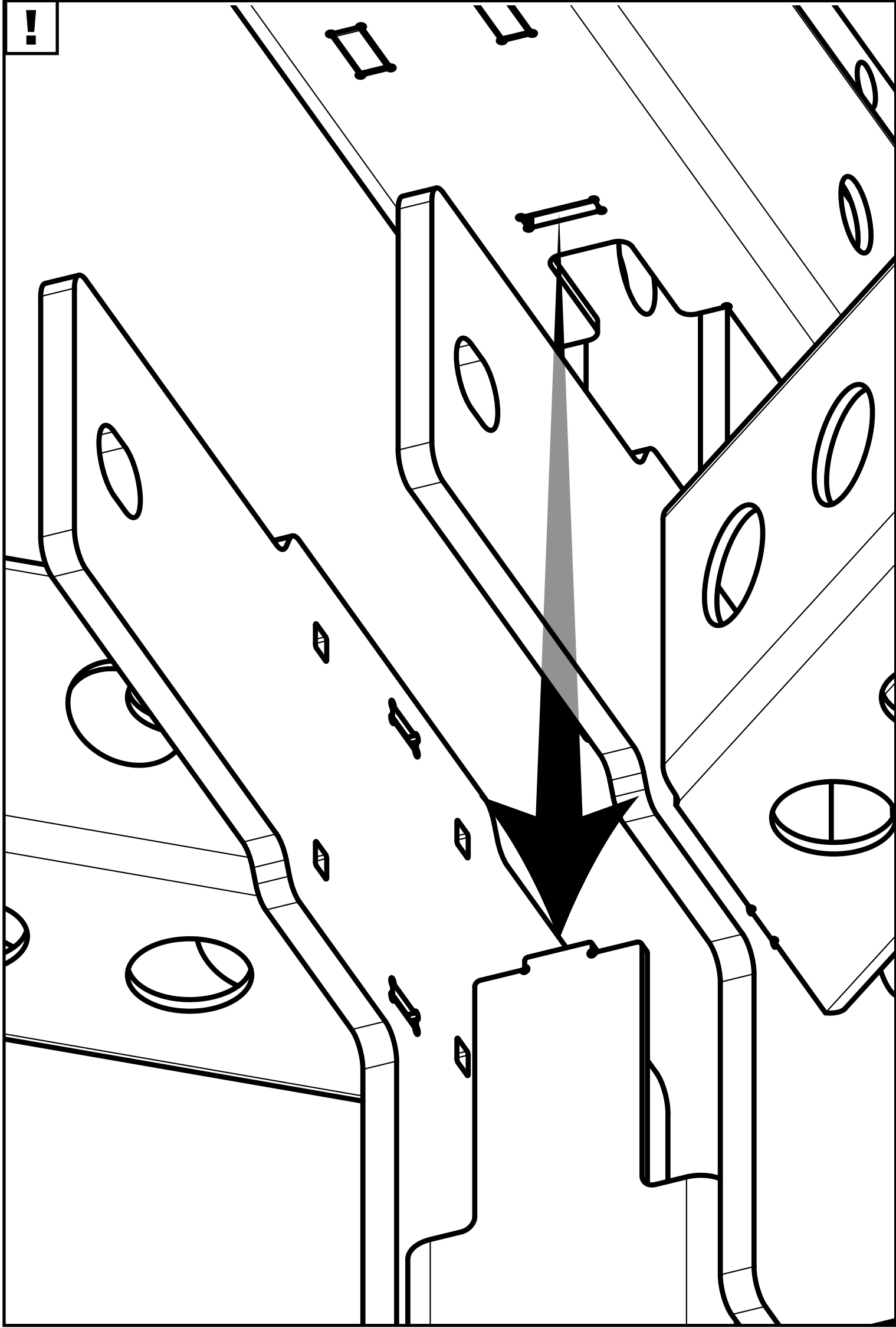
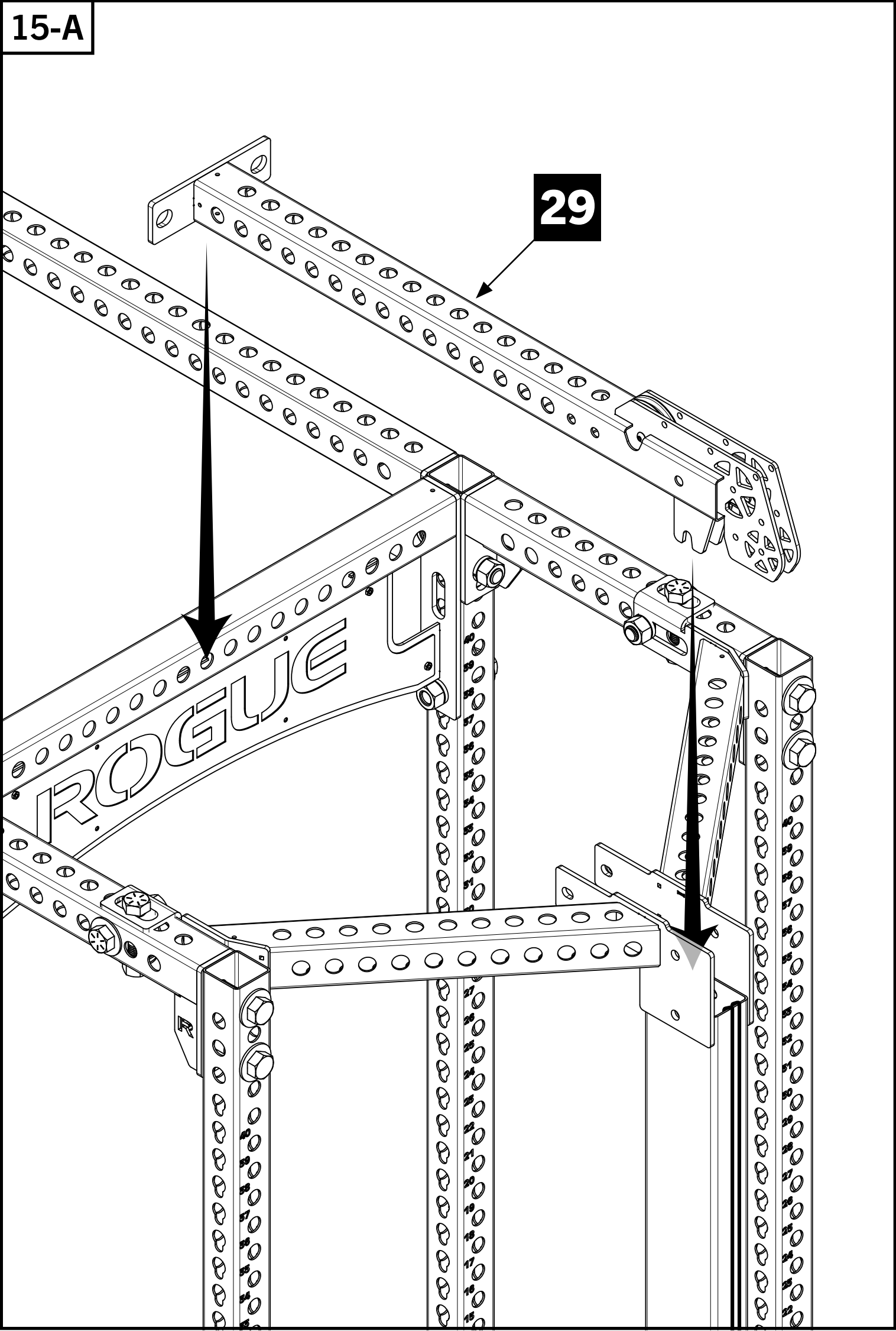
- Remove 3/8" X 2" Button Head Screws, 3/8" Nuts, and 3/4" X 1" Spacers from Rhino Top Center Crossmember [29] shown in 14-A.
- Remove 3/8" X 2" Button Head Screws, 3/8" Nuts, 4.5" pulley, and 3.5" pulley from Rhino Top Center Crossmember [29] shown in 14-B.





# STEP 15

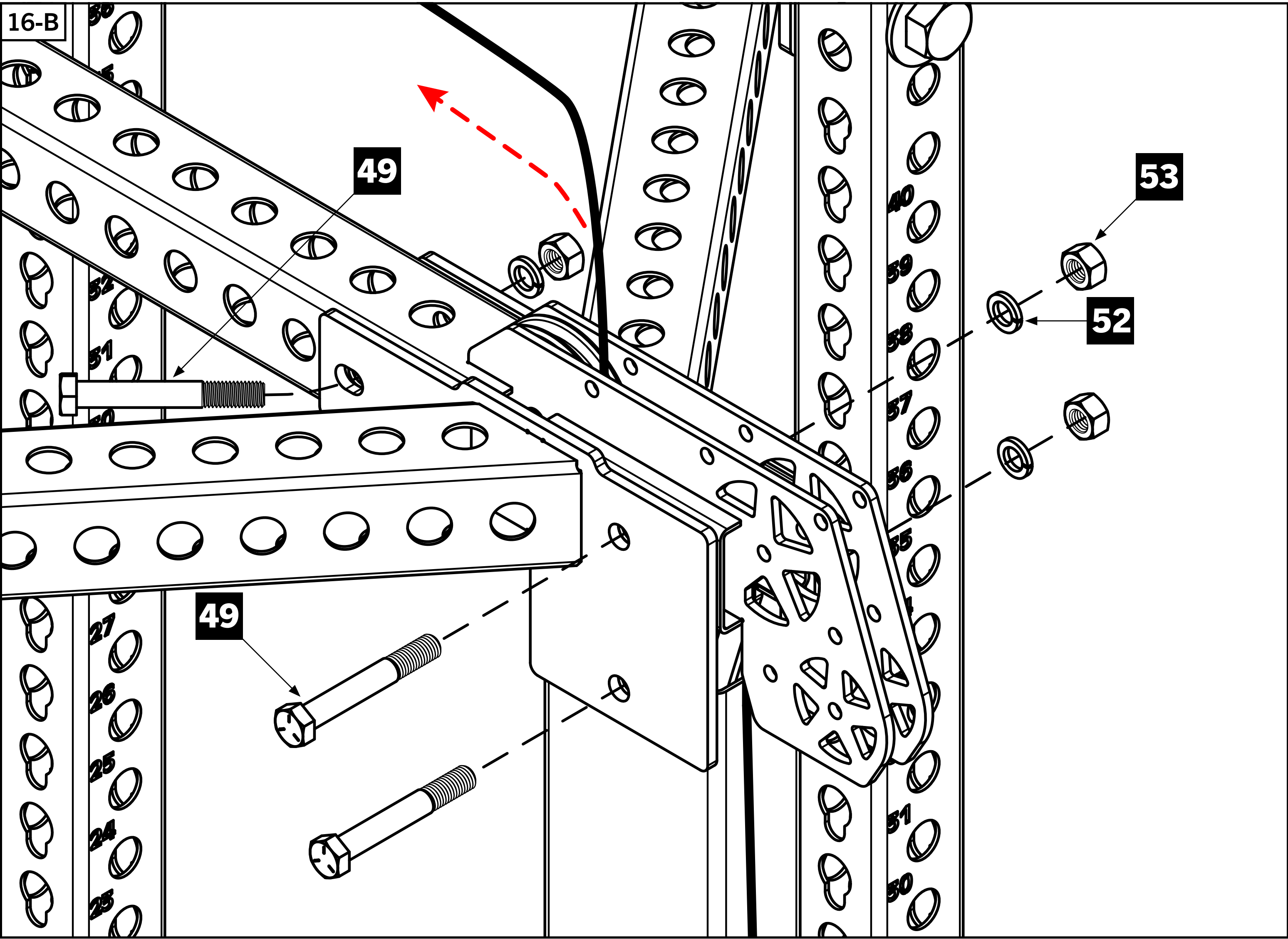
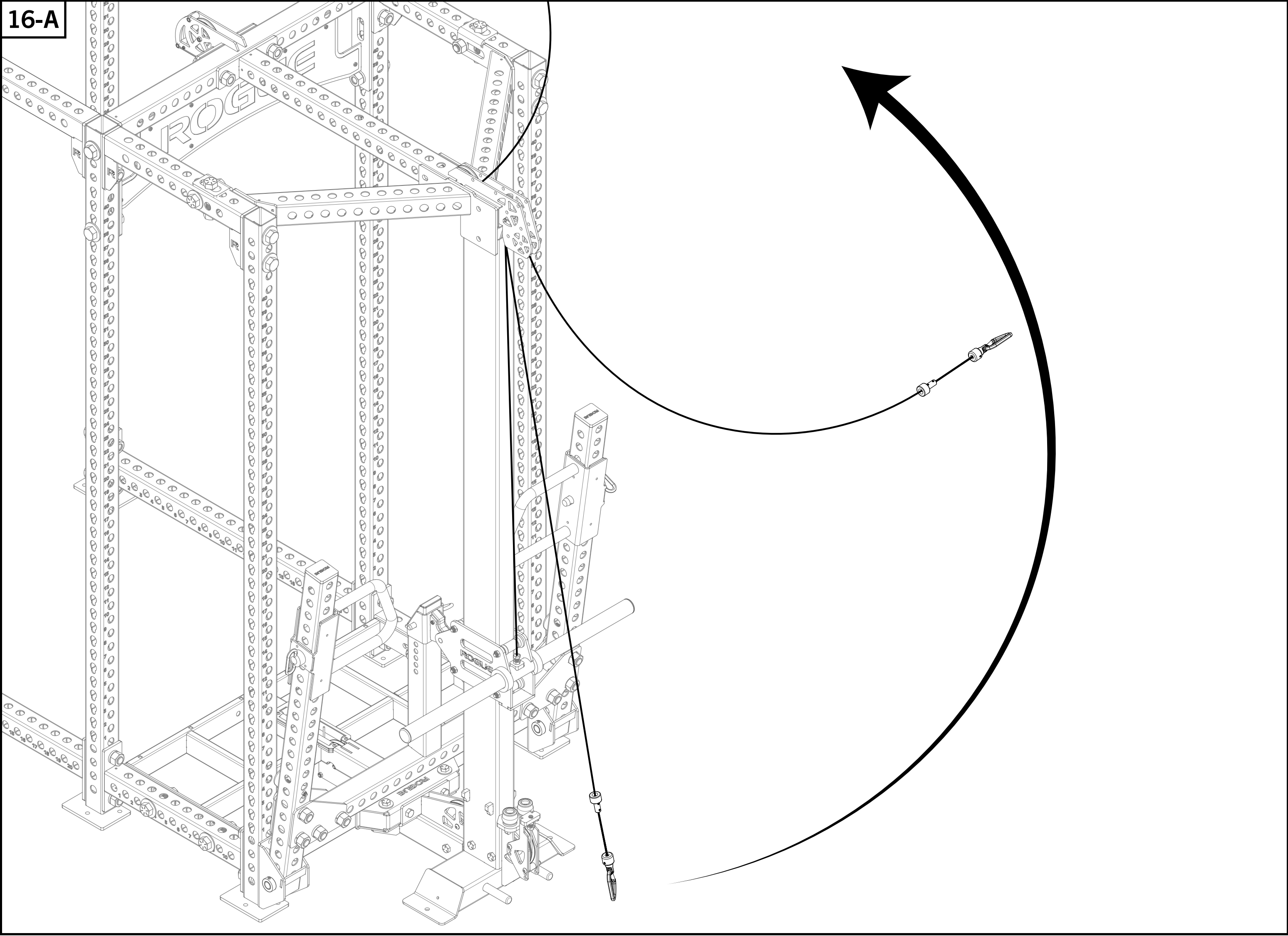
- Using a partner for help, lower the Rhino Top Center Crossmember [29] between the Rhino Top Angle Crossmember LH [31] and Rhino Top Angle Crossmember RH [30], making sure the Upper Cable [39] remains clear and is not pinched during placement.
- **!** Ensure tab on Rhino Upright [25] is inserted in slot on Top Center Crossmember [29].
- Bolt Rhino Top Center Crossmember [29], FM Monster Lat Pulldown Pulley Bracket [32], and Lat Bar Hanger [33] to the Nameplate Crossmember [16] using 1" X 5" Hex Bolt [55], 1" Lock Washer [57], and 1" Hex Nut [58]. **Bolts Hand Tight Only.**
- **!** Ensure Cables are not pinched.





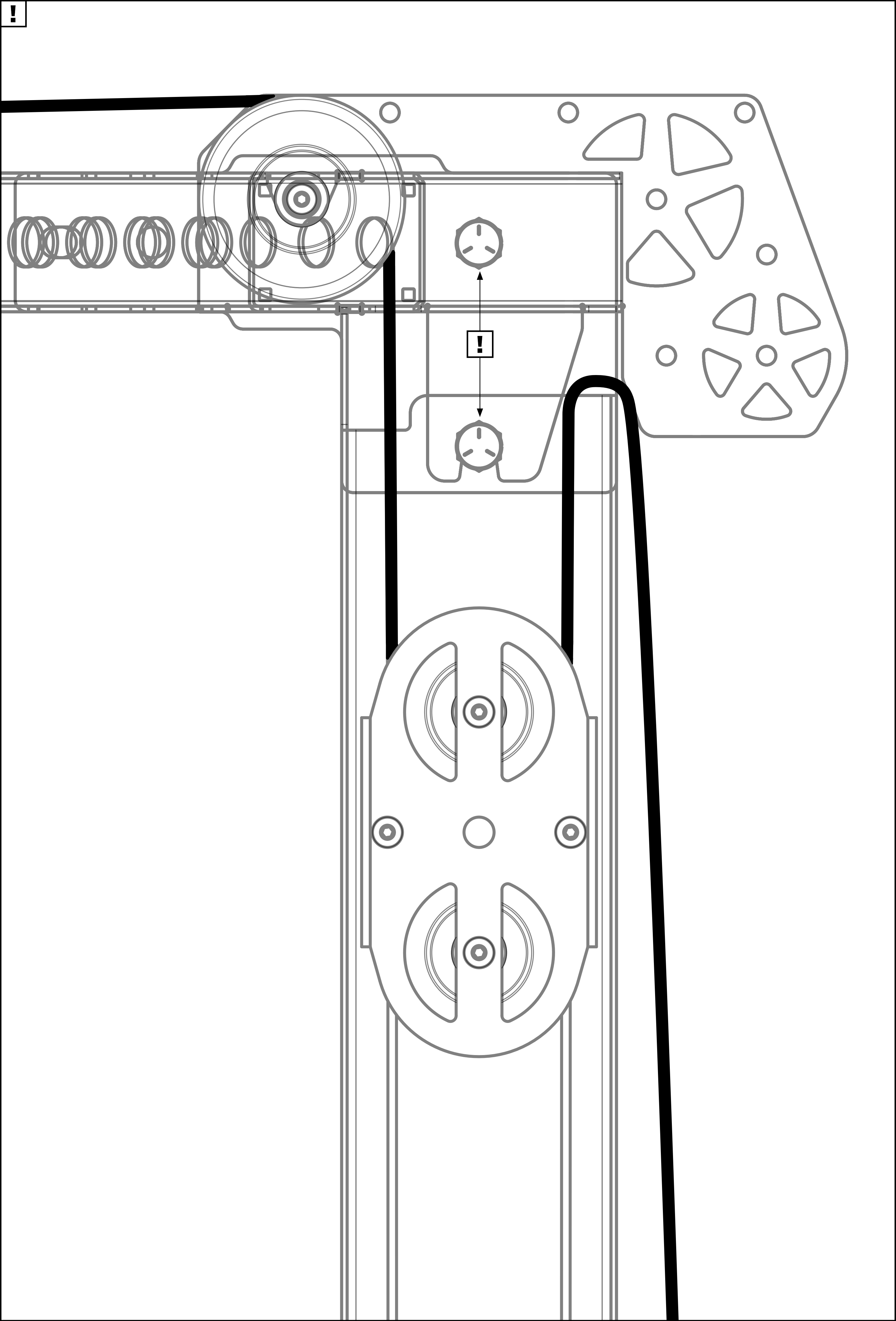
# STEP 16

- Unhook carabiner and clevis end of Upper Cable [39] from Rhino Upright [25] post shown in previous **STEP 11**.
- Pass the clevis end of the Upper Cable [39] between the Rhino Top Center Crossmember [29], then position it into the pulley groove as shown in step 16-B.
- Bolt Rhino Top Angle Crossmember LH [31] and Rhino Top Angle Crossmember RH [30] to Rhino Upright [25] and Rhino Top Center Crossmember [29] using 5/8" X 4-1/2" Hex Bolt [49], 5/8" Lock Washer [52], and 5/8" Nut [53].
- Reuse removed hardware from **STEP 12-C** for lower hole.
- **Bolts Hand Tight Only.**



# STEP 16 (CONTINUED)

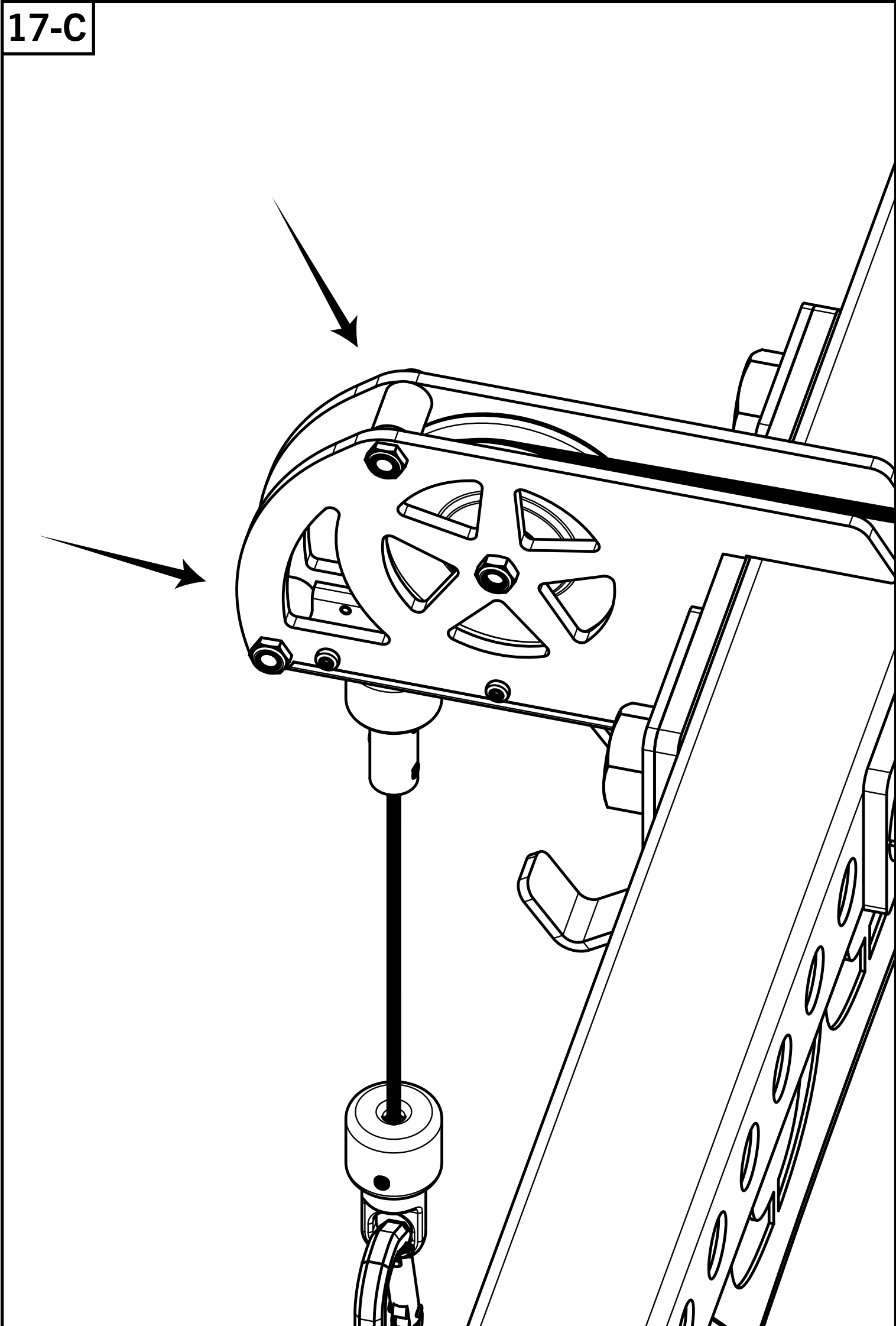
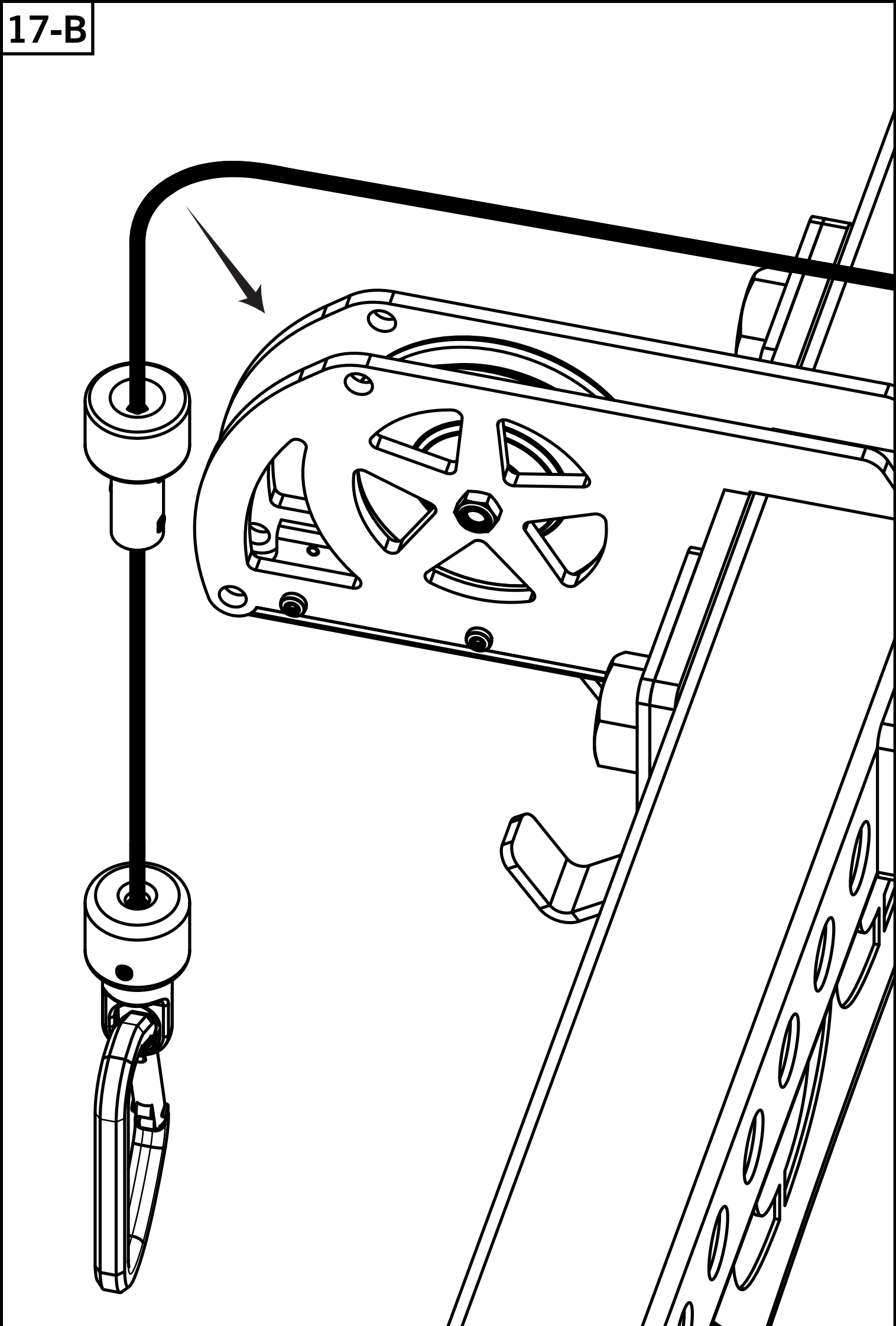
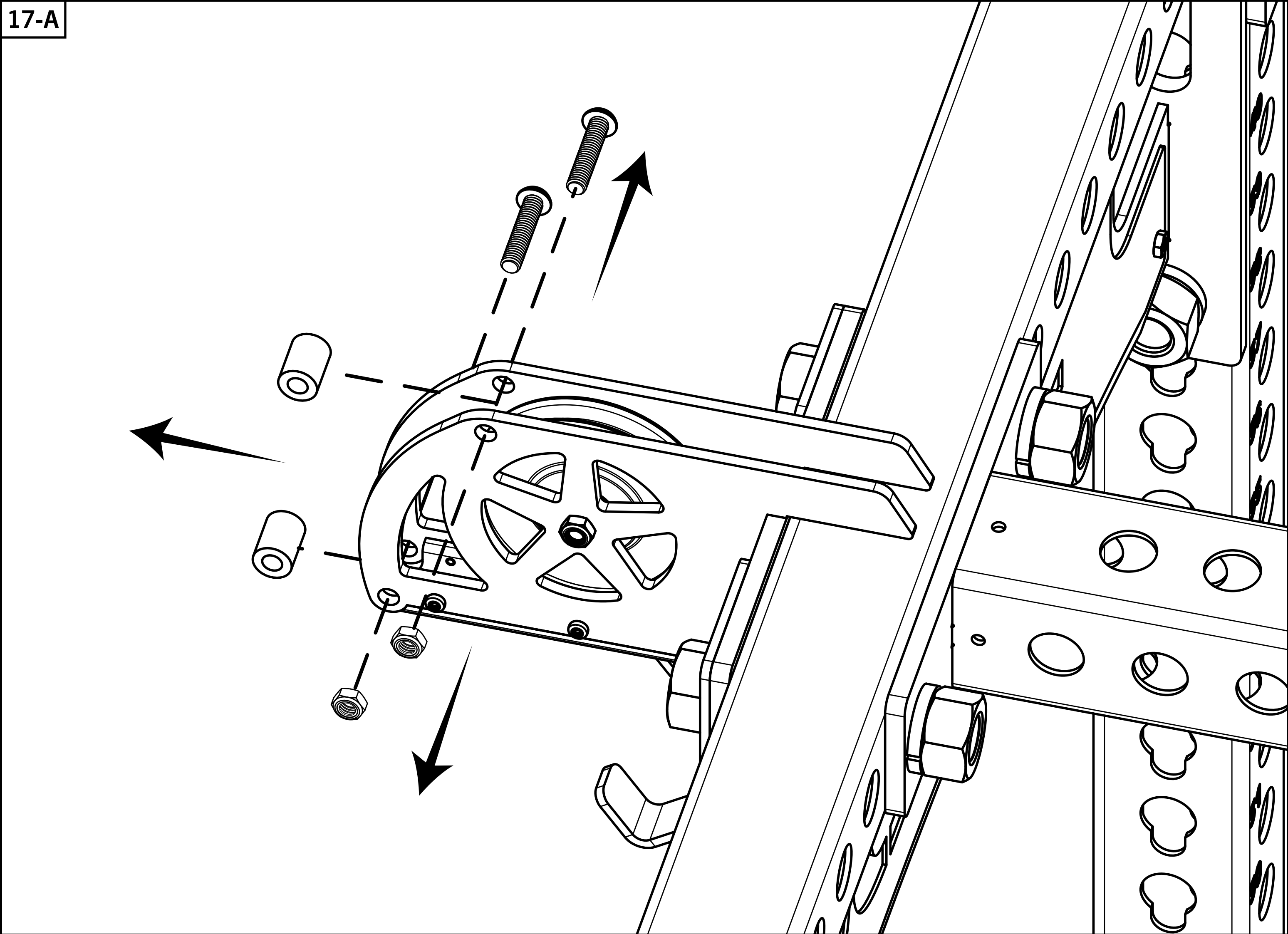
-  Ensure Upper Cable [39] clears hex bolts as show below.





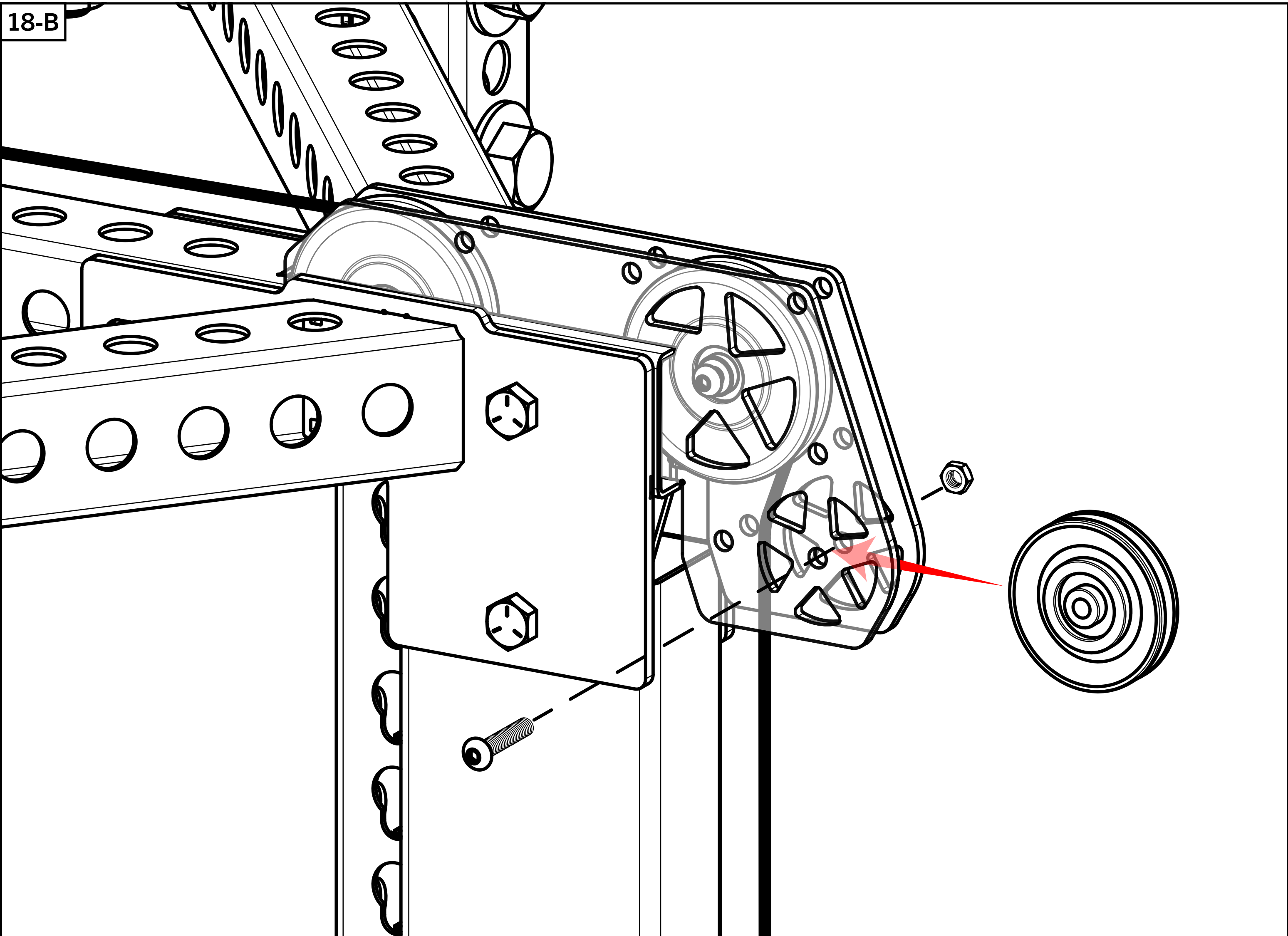
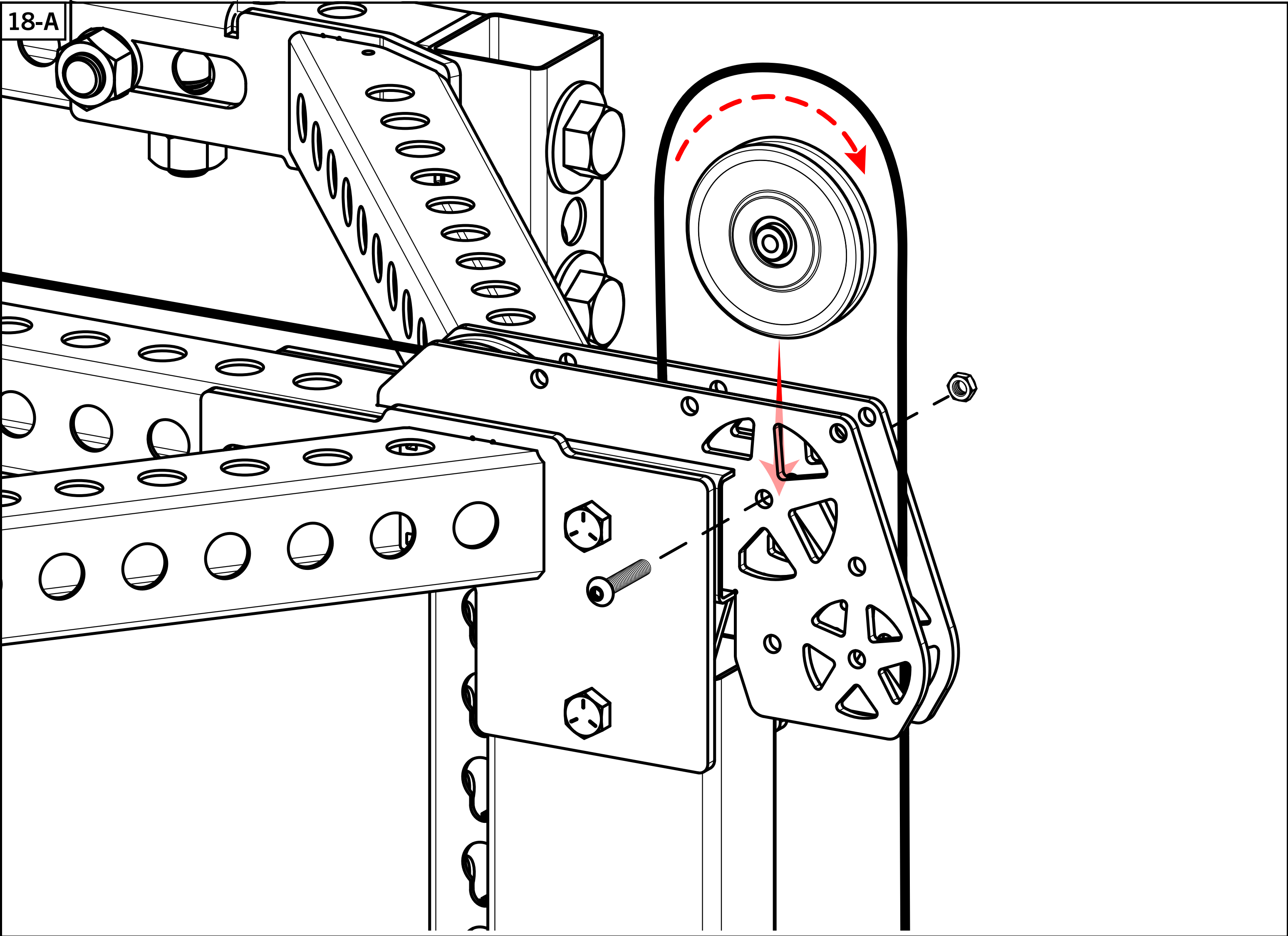
# STEP 17

- Remove 3/8" X 2" Button Head Screws, 3/8" Nuts, and 3/4" X 1" Long Spacers from Lat Pulldown Pulley Bracket [32].
- Place the clevis end of the Upper Cable [39] into the groove of the 4.5" Pulley as shown in step 17-B. Ensure the cable rests securely within the groove.
- Re-install 3/4" X 1" Long Spacers to Lat Pulldown Pulley Bracket [32] using hardware removed in 17-A.



# STEP 18

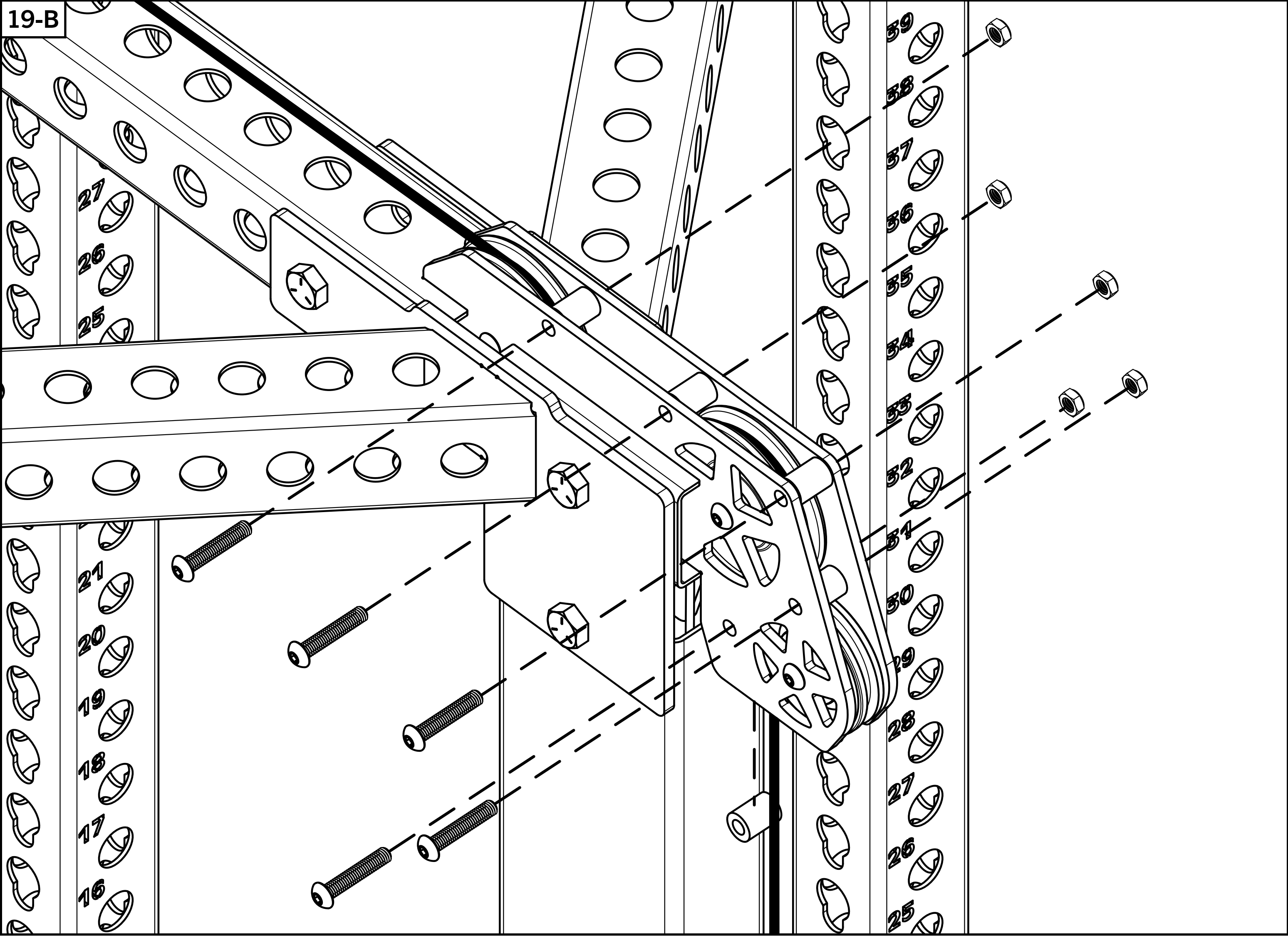
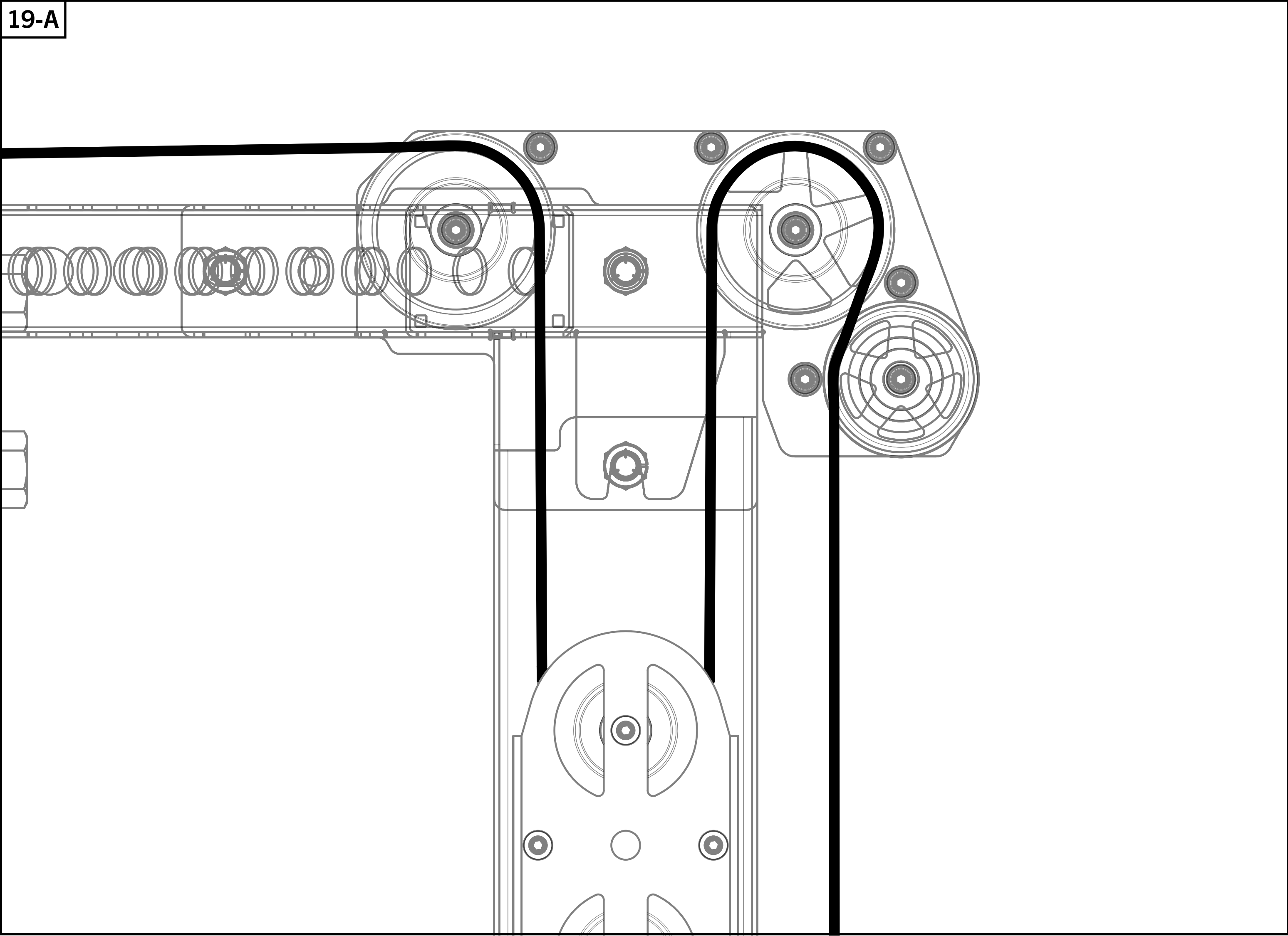
- **Note:** Use hardware/pulleys removed in STEP 14.
- Attach the 4.5” Pulley to the Rhino Top Center Crossmember [29], making sure the Upper Cable [39] is properly routed around the pulley. Secure the pulley with a 3/8” x 2” Button Head Screw and a 3/8” Nut.
- Ensure Upper Cable [39] rests in 4.5” Pulley groove as shown in 18-A.
- Attach 3.5” Pulley to the Rhino Top Center Crossmember [29], making sure the Upper Cable [39] is properly routed behind the pulley. Secure the pulley with a 3/8” x 2” Button Head Screw and a 3/8” Nut.
- Ensure Upper Cable [39] rests behind and is in the groove of the 3.5” Pulley as shown in 18-B.






# STEP 19

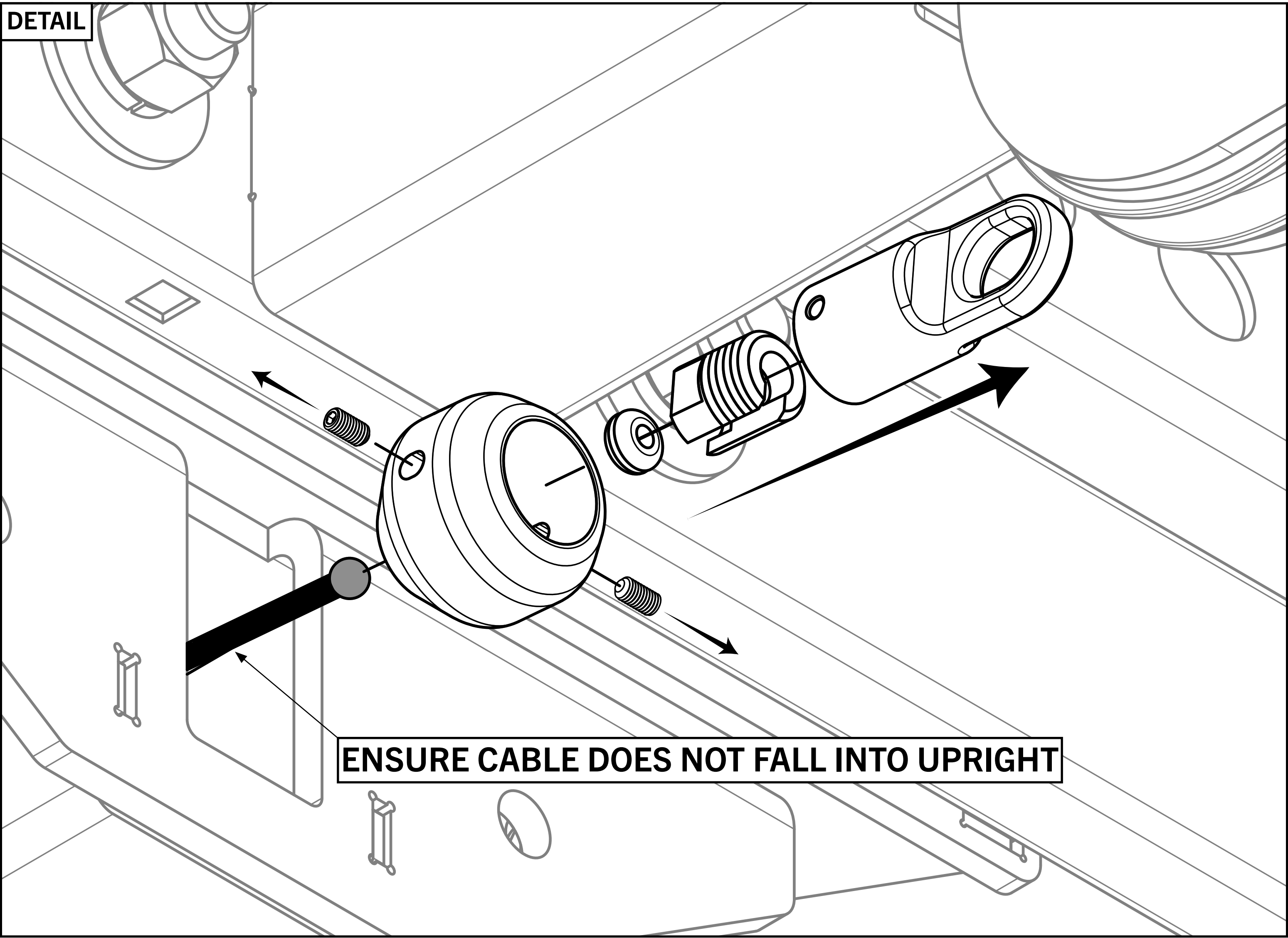
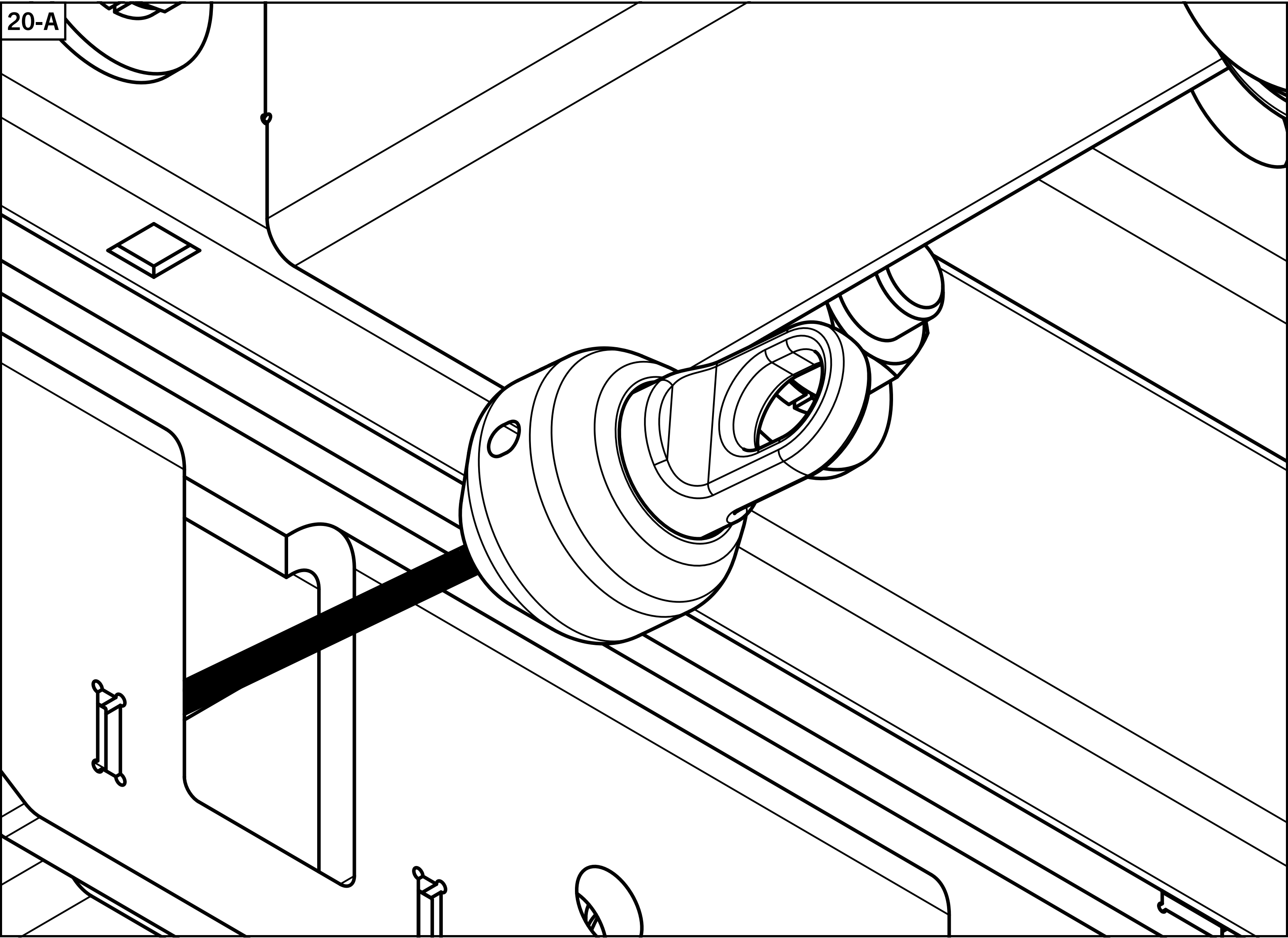
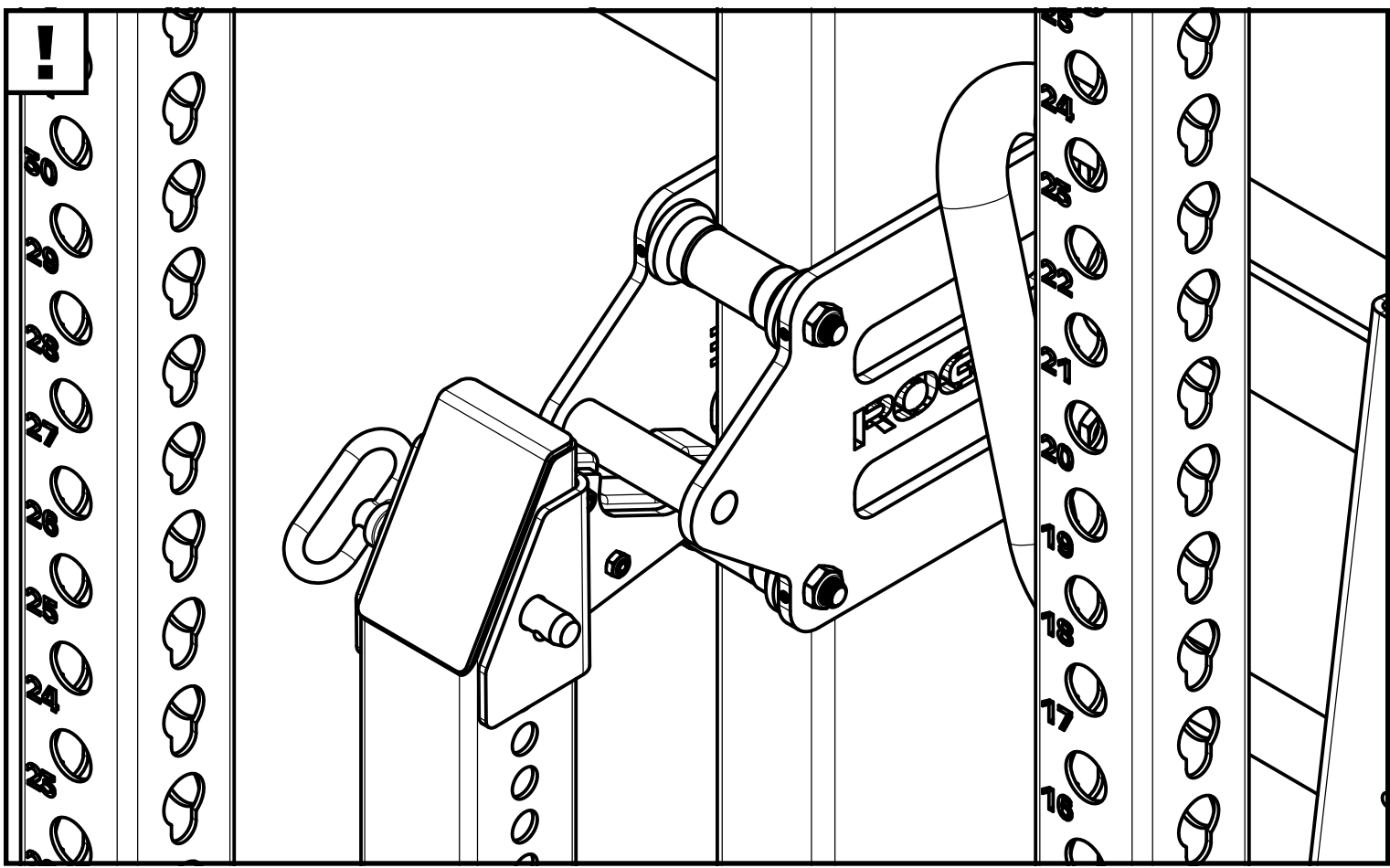
- Note: Ensure Upper Cable [39] routing matches **19-A** before continuing.
- **Note: Use hardware removed in STEP 13.**
- Bolt 3/4" X 1" Spacer into Rhino Top Center Crossmember [29] using 3/8" X 2" Button Head Screws and 3/8" Nuts.



# STEP 20

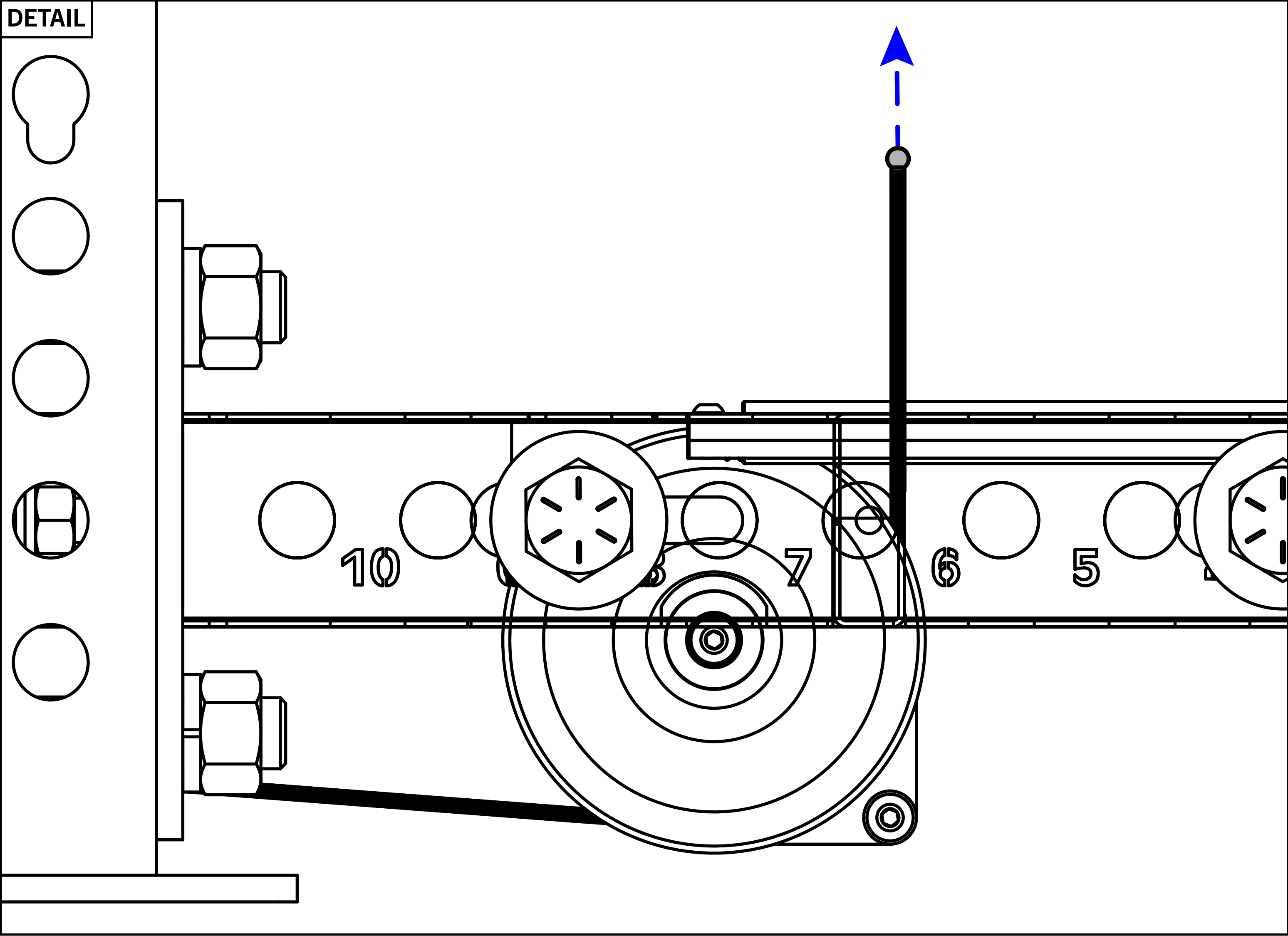
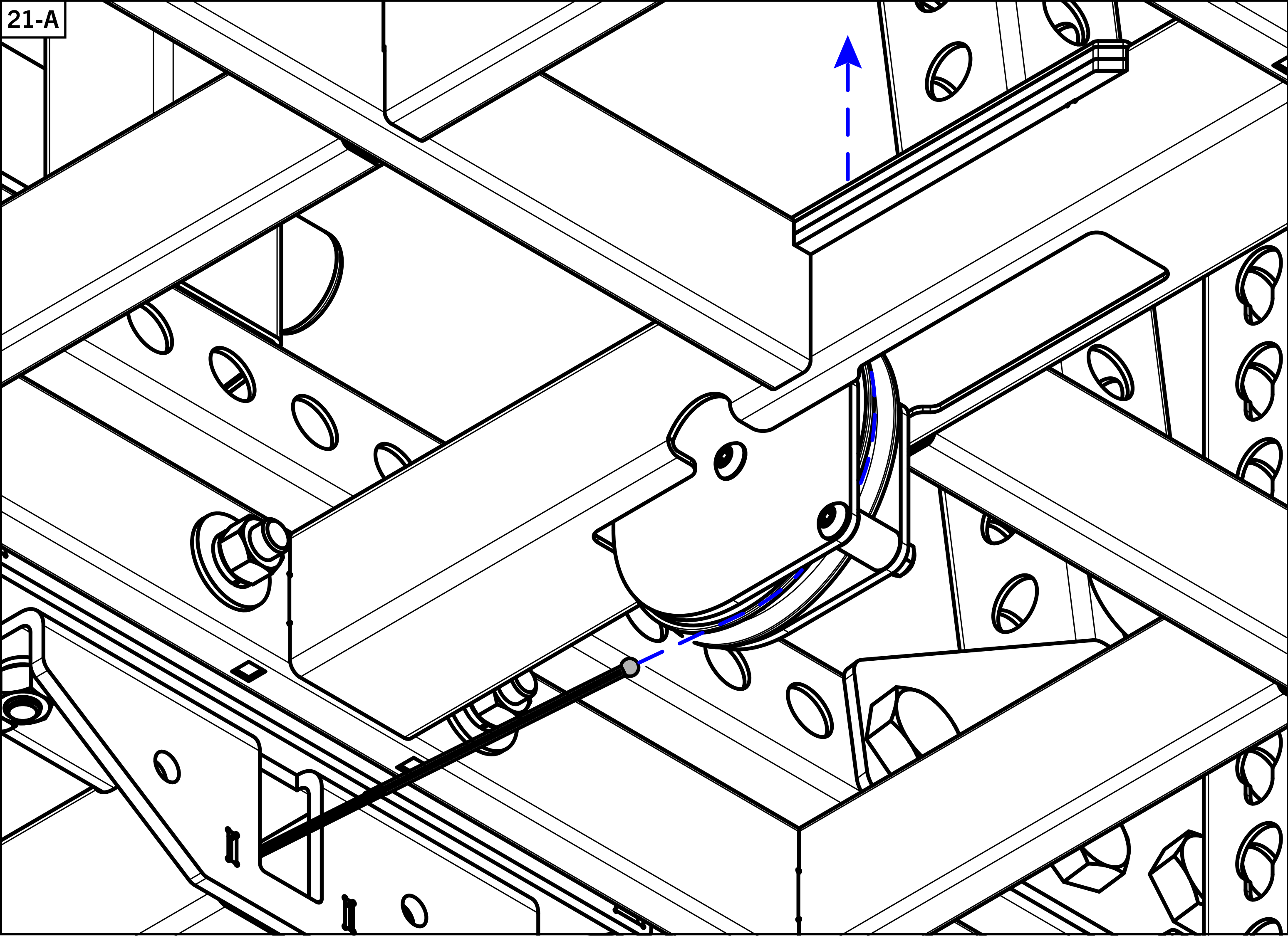
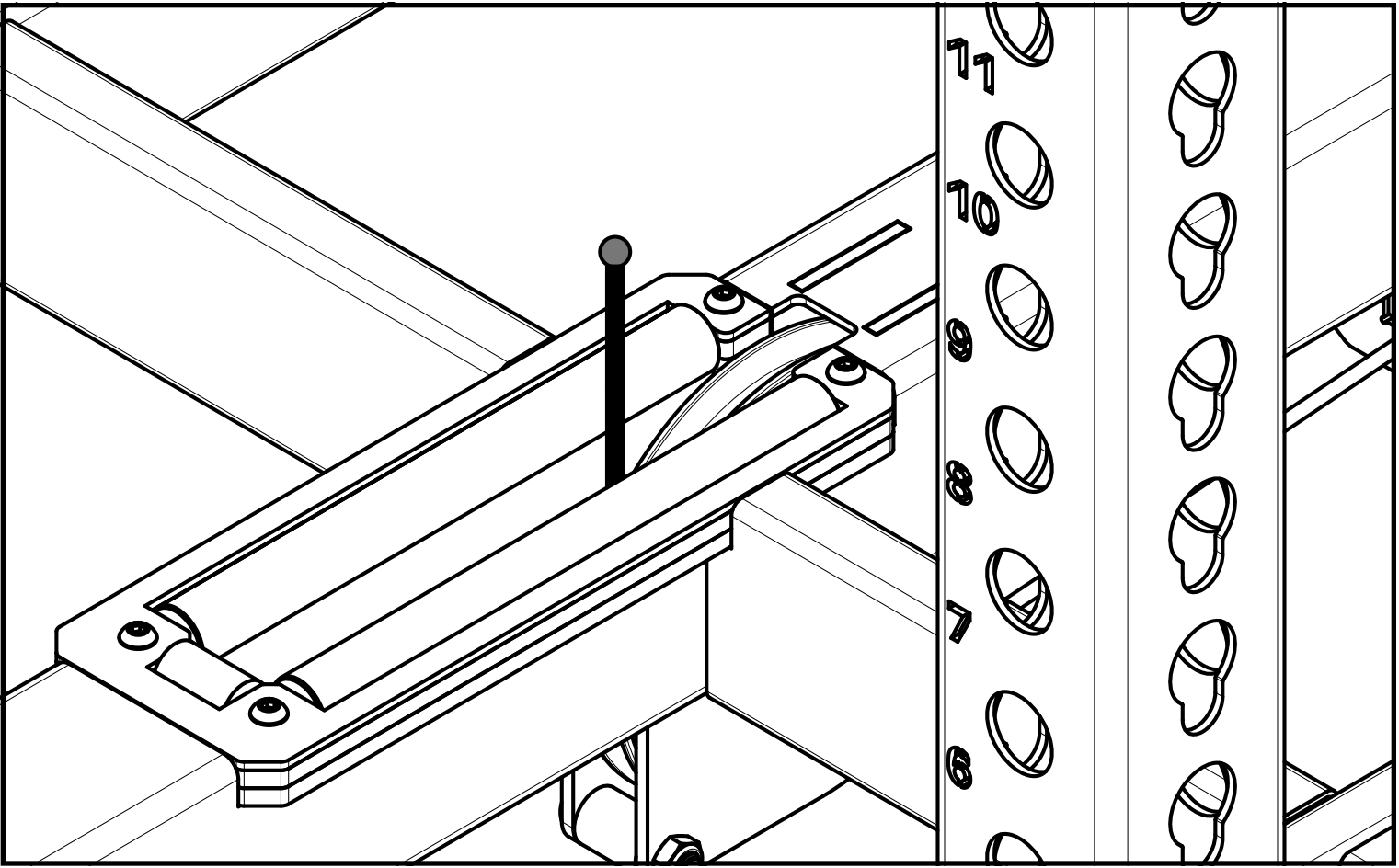
## Tools Required:

- 3/32” Allen Key & 5/8” Wrench
-  Ensure Plate Load Trolley is hooked on Rhino Hook before continuing.
- Completely disassemble the Clevis included with the lower cable by unscrewing set screws and Split Threaded Insert, and remove ball end of cable.



# STEP 21

- Feed the ball end of the Lower Cable through the groove of the 6” Pulley and route it up through the Pulley Deck [26] as shown in **21-A**.
- Ensure the cable remains seated in the pulley groove as shown in the **DETAIL**.



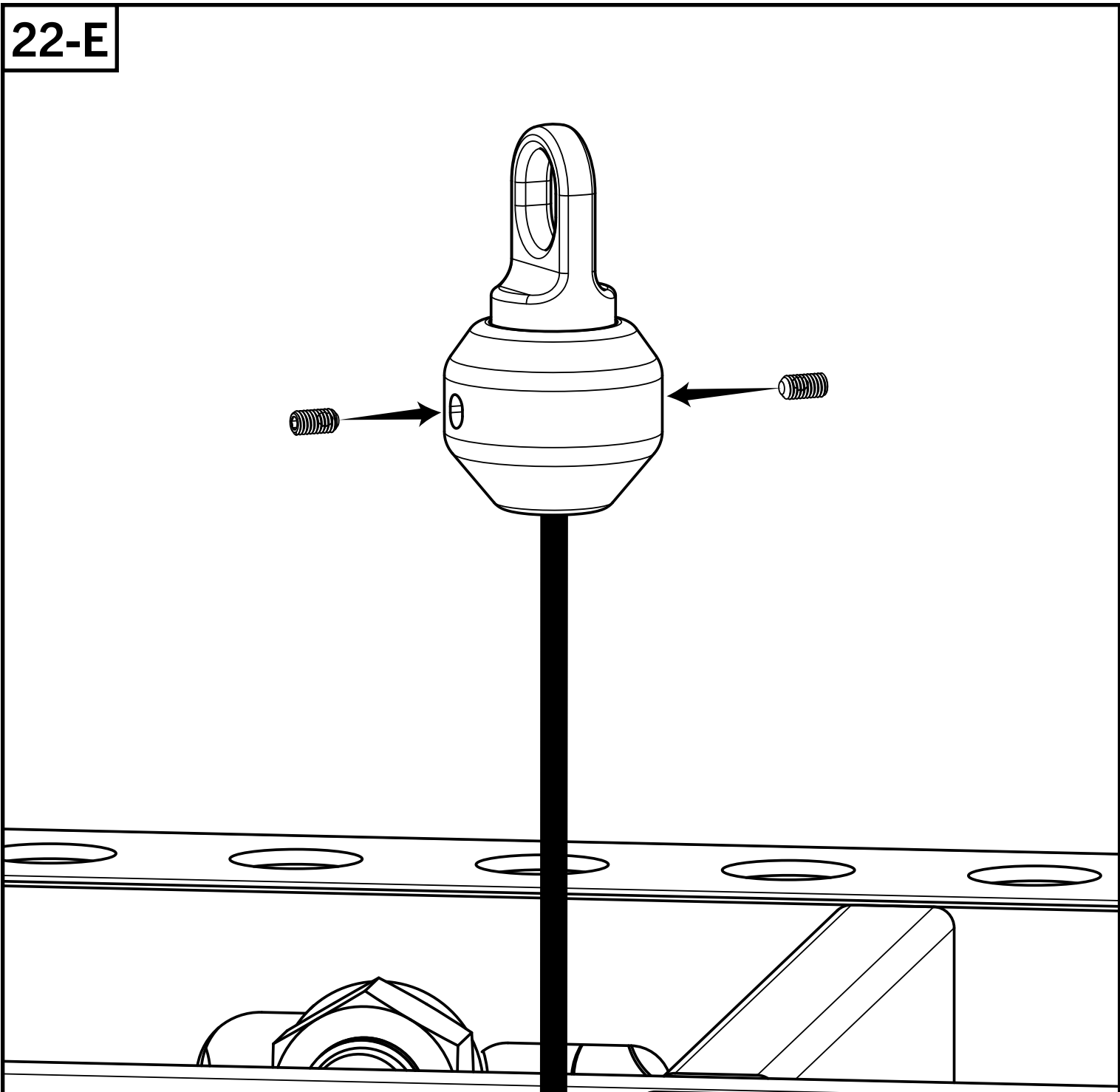
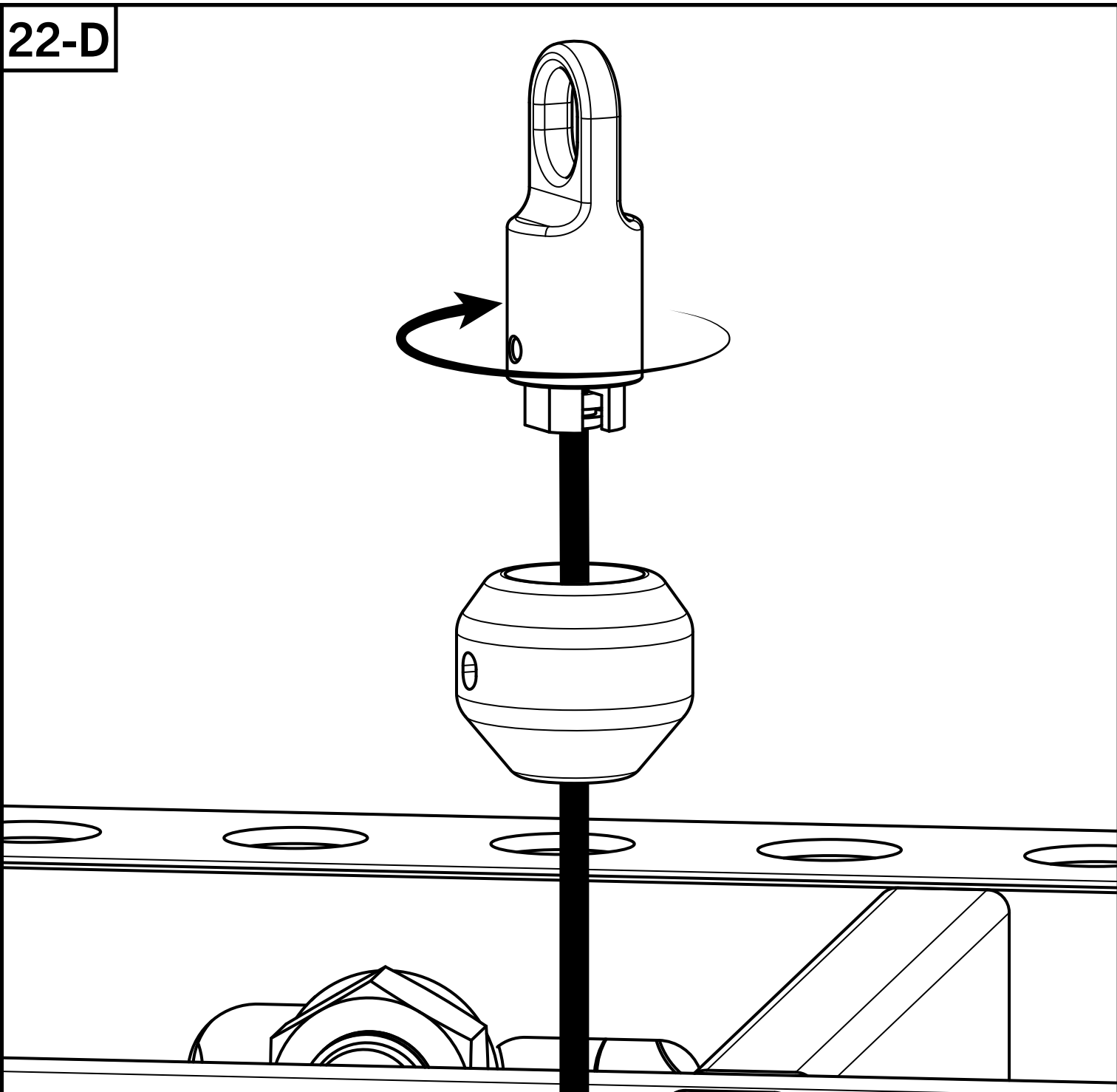
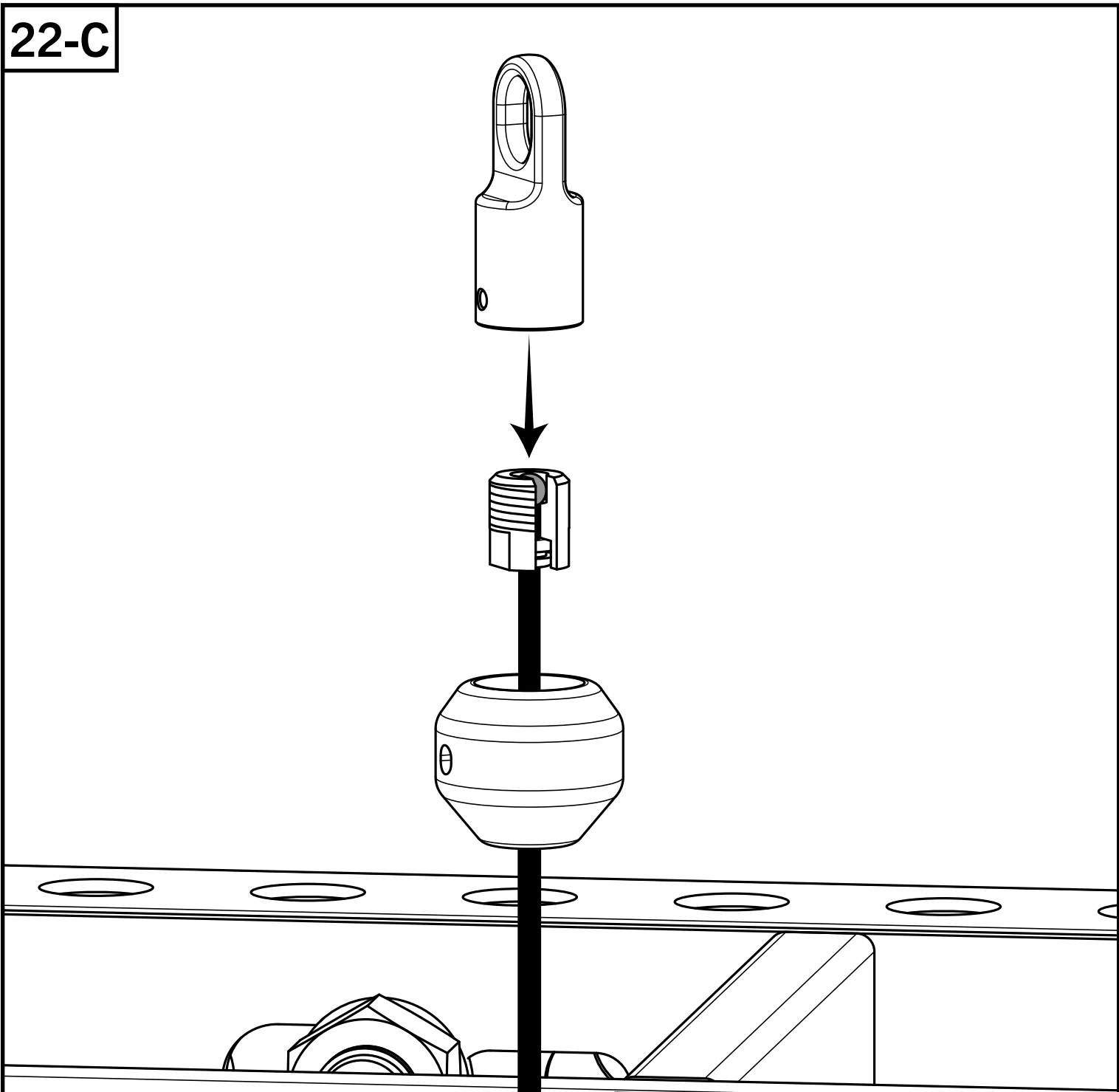
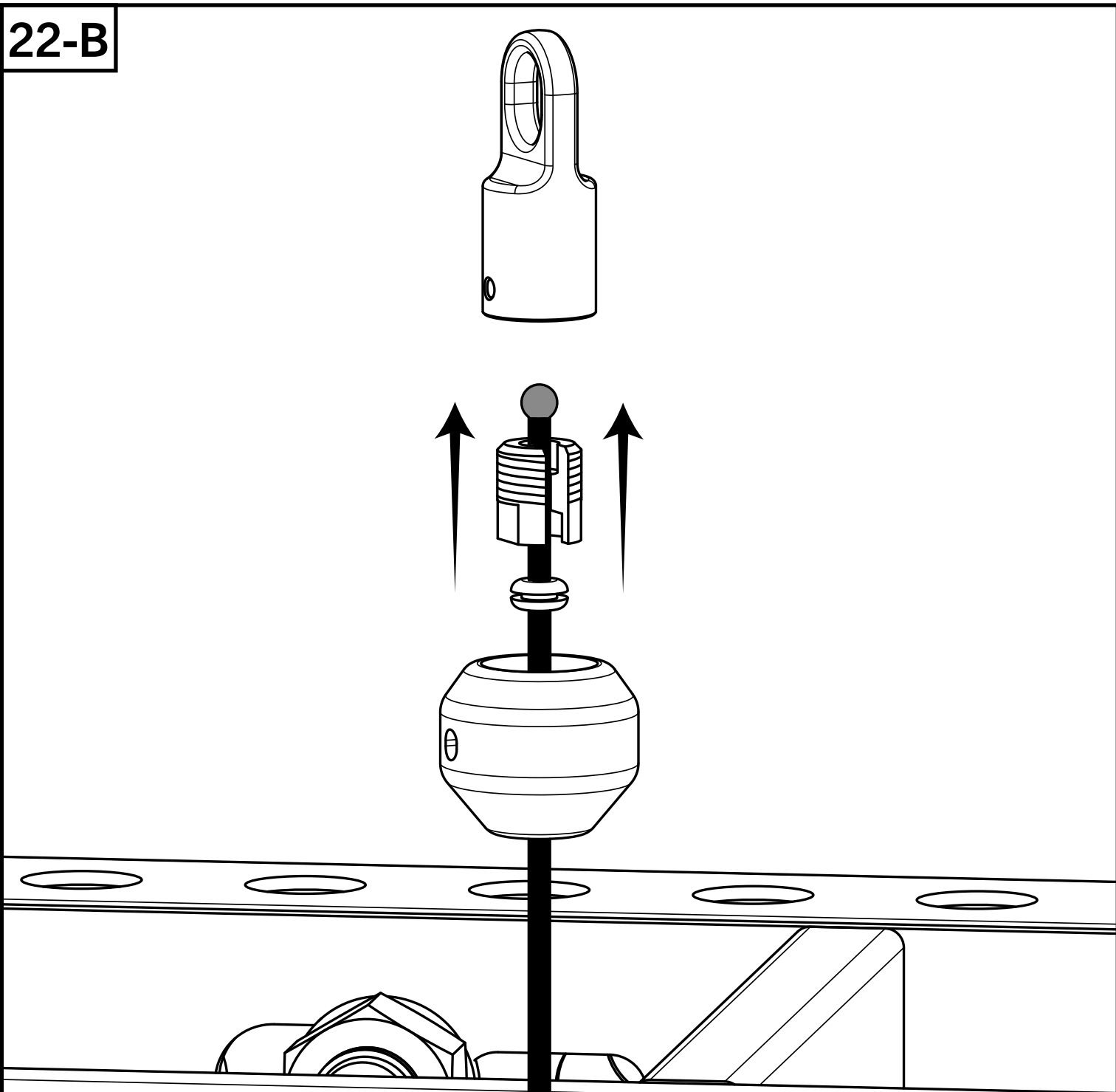
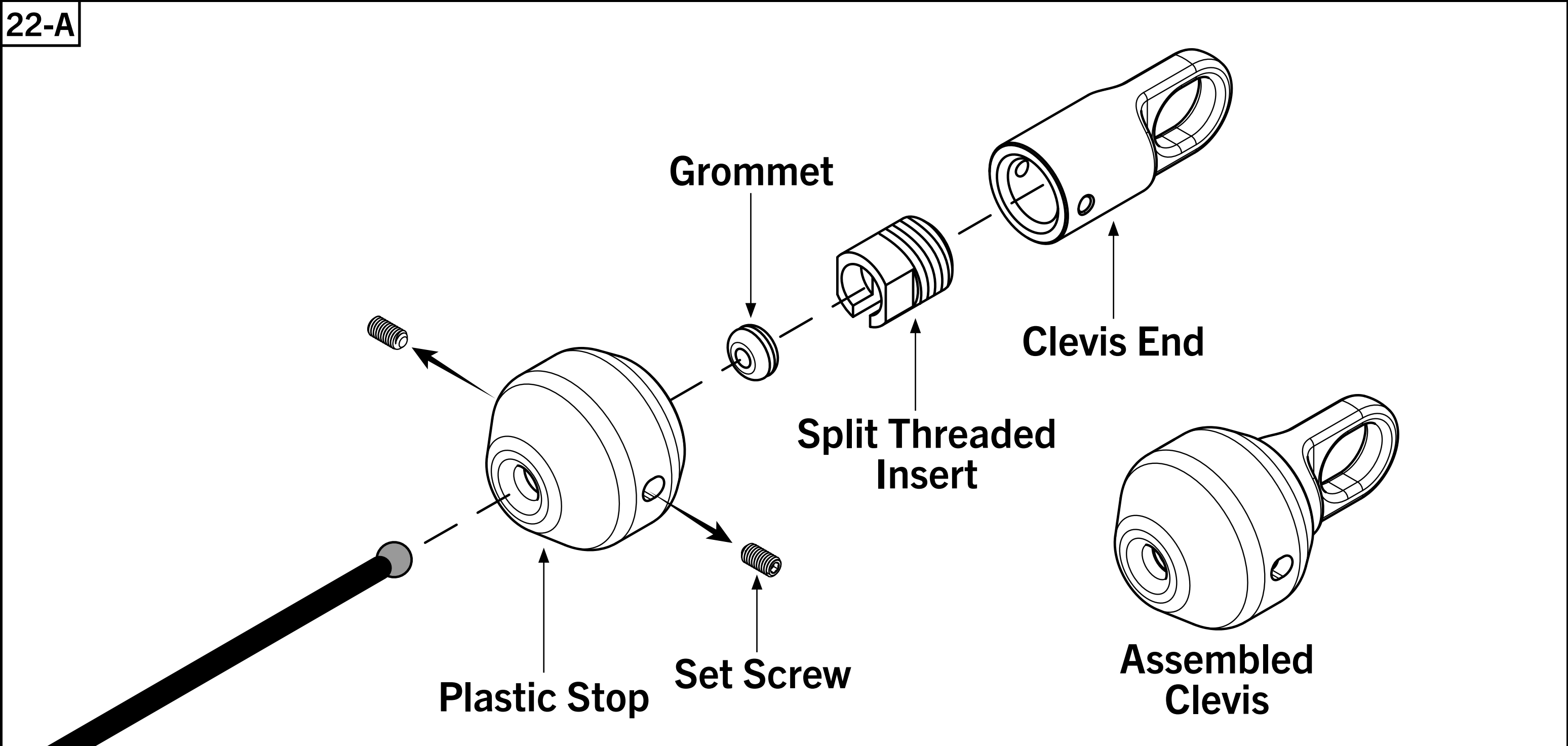


# STEP 22

**Tools Required:**

- 3/32” Allen Key & 5/8” Wrench
- Slide parts over the ball on lower cable as shown on **22-B**.
- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded side using 5/8” Wrench.

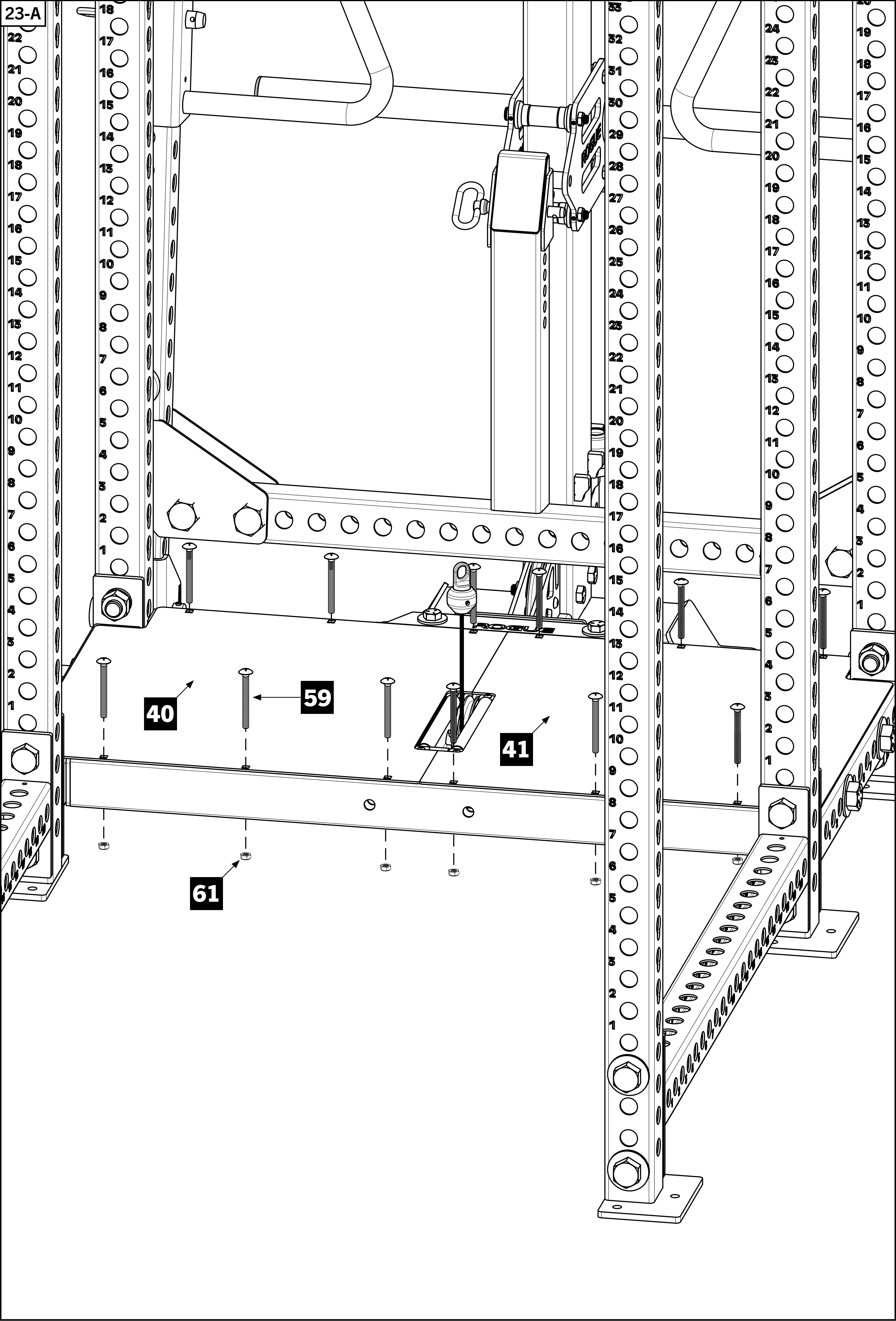
- Slide Plastic Stop forward and align outer holes with threaded holes on Clevis End and re-insert Set Screws. Fully tighten Set Screws.






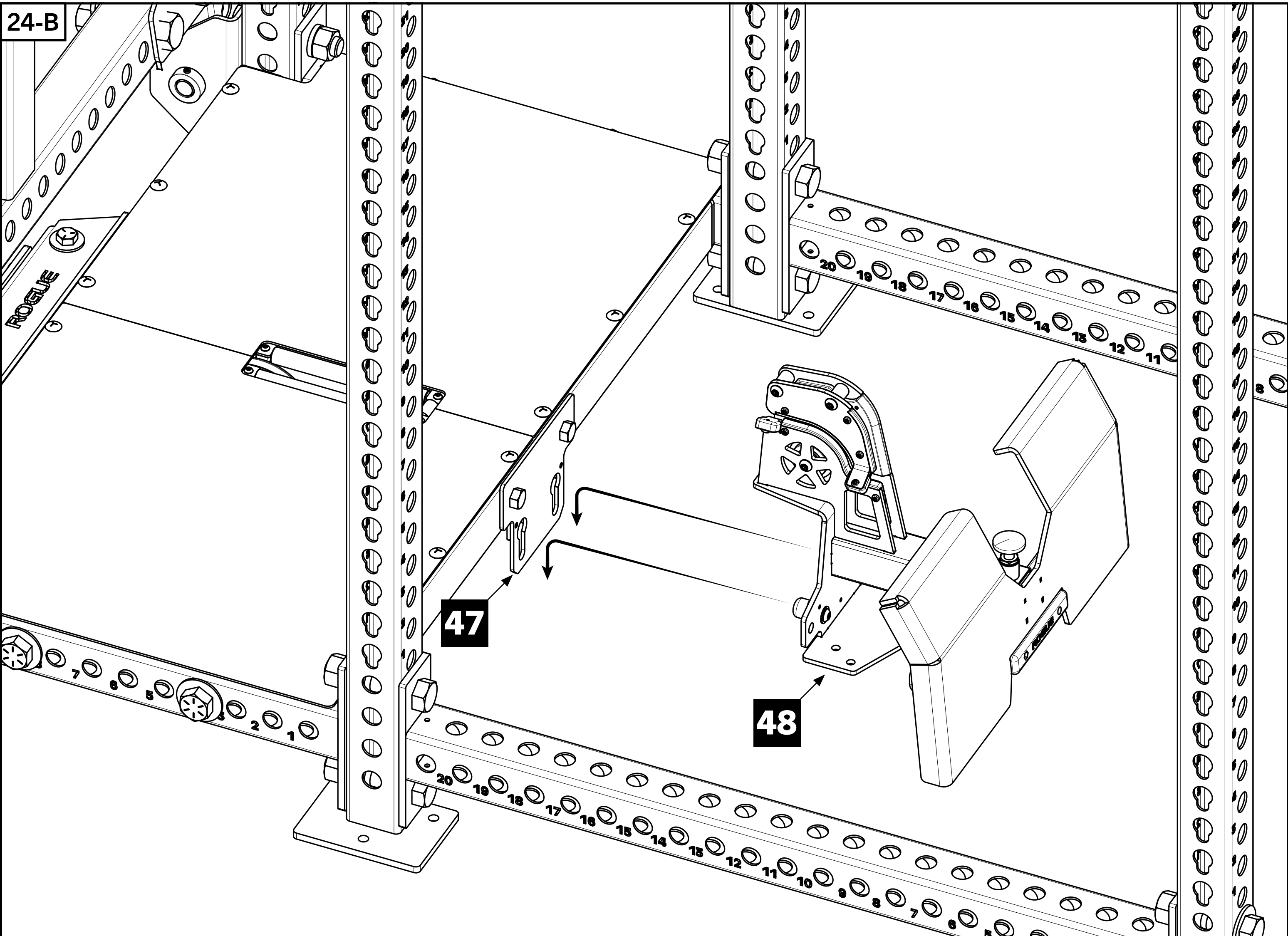
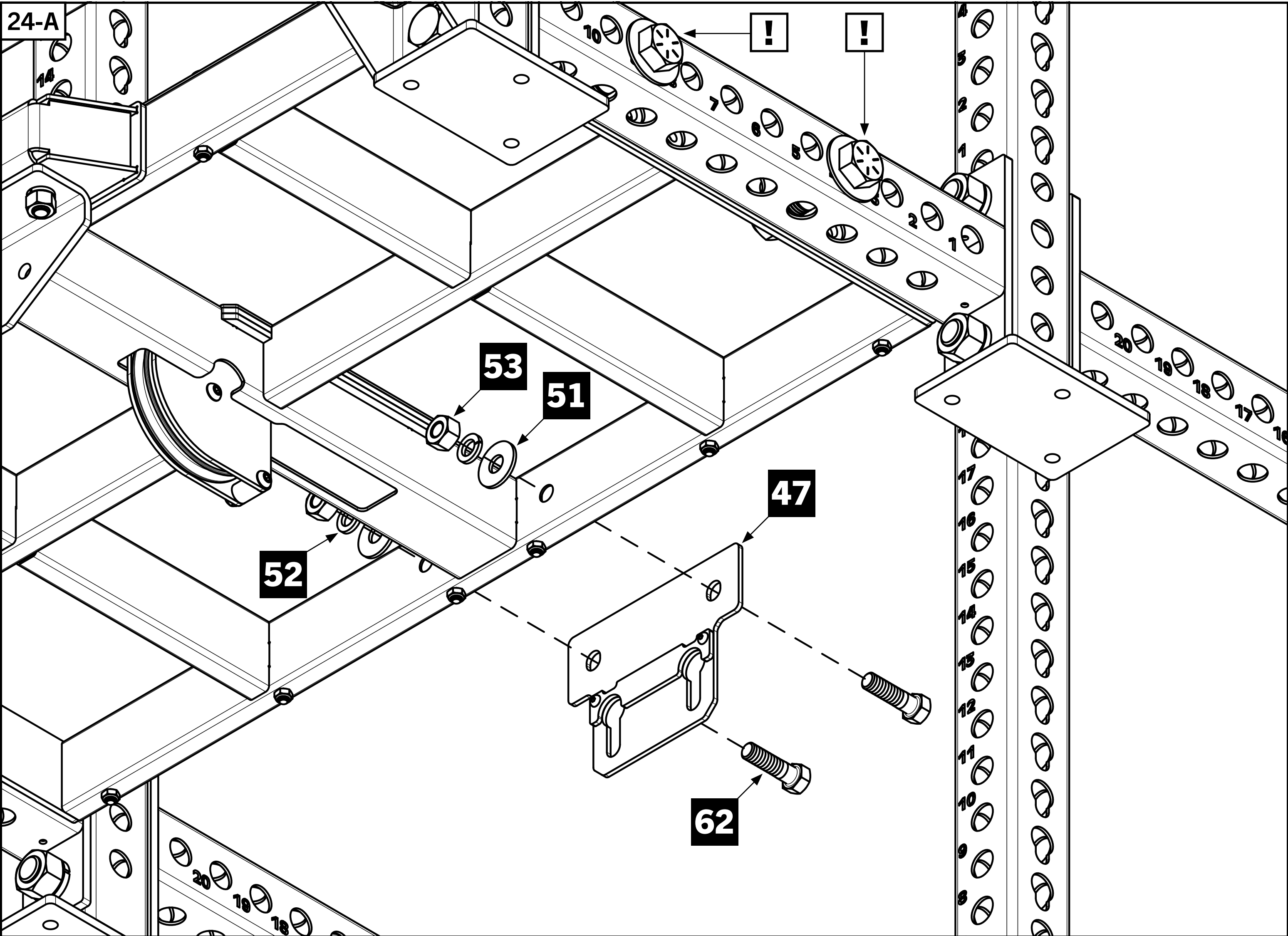
# STEP 23

- Bolt Tread Plate - RH [41] and Tread Plate - LH [40] to the Pulley Deck [26] using 3/8" X 3.5" Carriage Bolts [59] and 3/8" Lock Nut [61].



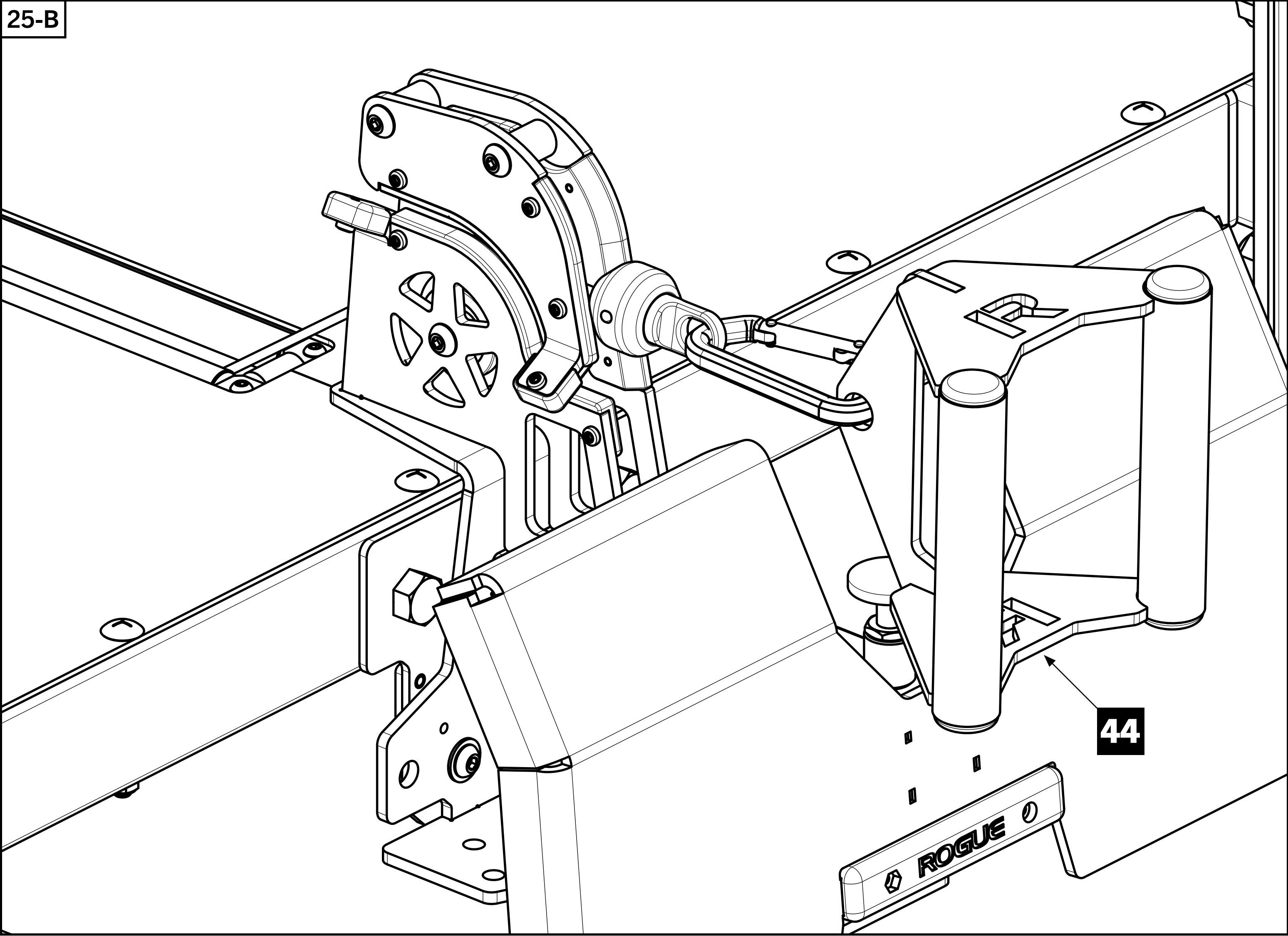
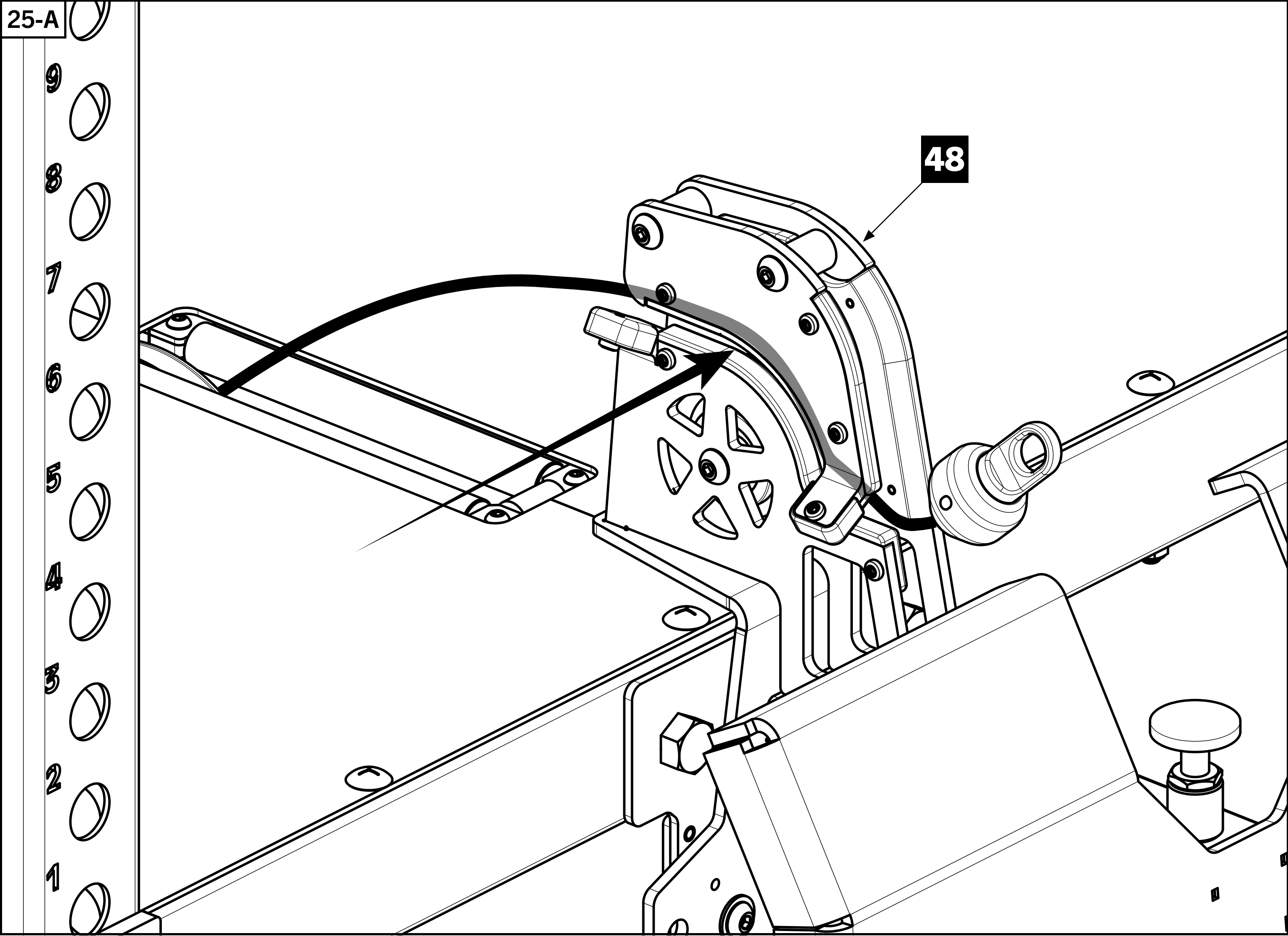
# STEP 24

- Attach Low Row Face Mount Plate [47] to Pulley Deck [26] using 5/8" x 2.25" Hex Bolt [62], 5/8" Flat Washer [51], 5/8" Split Lock Washer [52], and 5/8" Hex Nut [53].
- Ensure Attached plate on Low Row Face Mount Plate [47] is facing towards the inside as shown in 24-B.
-  Fully tighten all Pulley Deck [26] Hardware shown in 24-A.
- To install the Rhino Low Row Bracket [48], align the nubs on the bracket with the keyholes on the Low Row Face Mount Plate [47] and insert them as shown below.
- Ensure Rhino Low Row Bracket [48] is in locked position before use.



# STEP 25

- Ensure Plate Load Trolley is placed on the Rhino Hook in its highest position.
- Pull Lower Rhino Cable and place into slot on side of Rhino Low Row Bracket [48] as shown in 25-A.
- Attach Triangle Grip [44] to clevis at end of Lower Rhino Cable.





# STEP 26

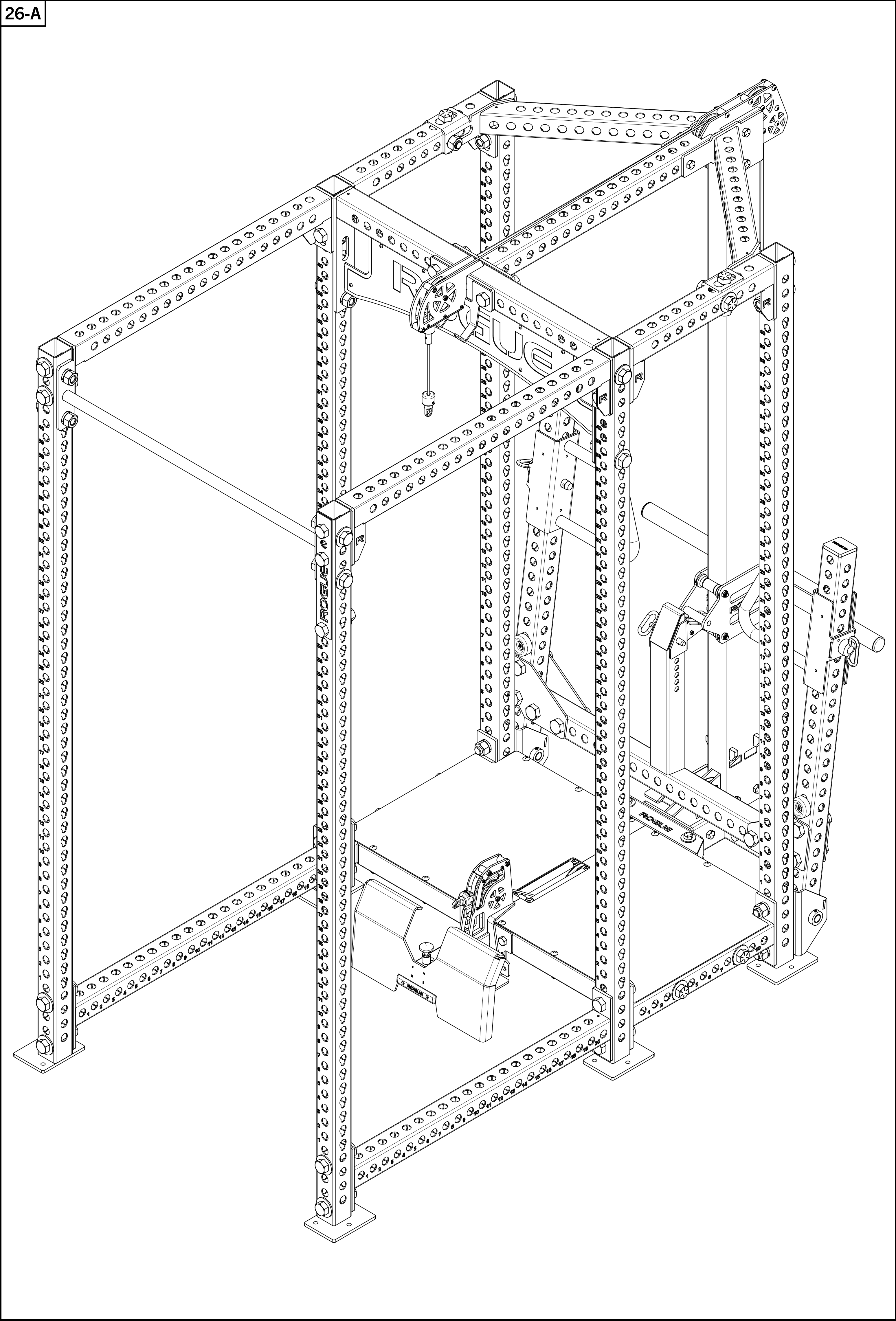
## Tools Required:

- 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 Cables.

## Note:

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





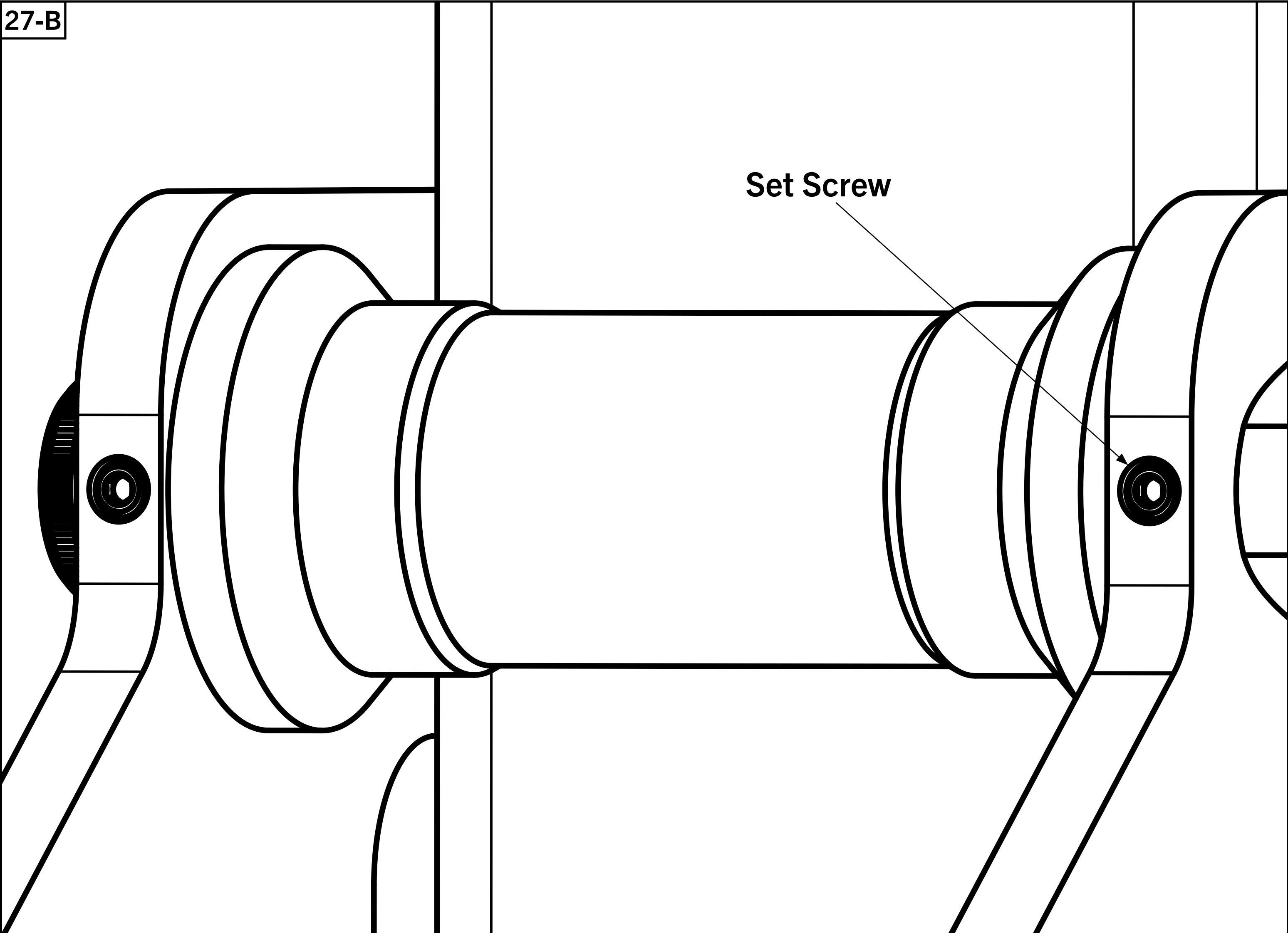
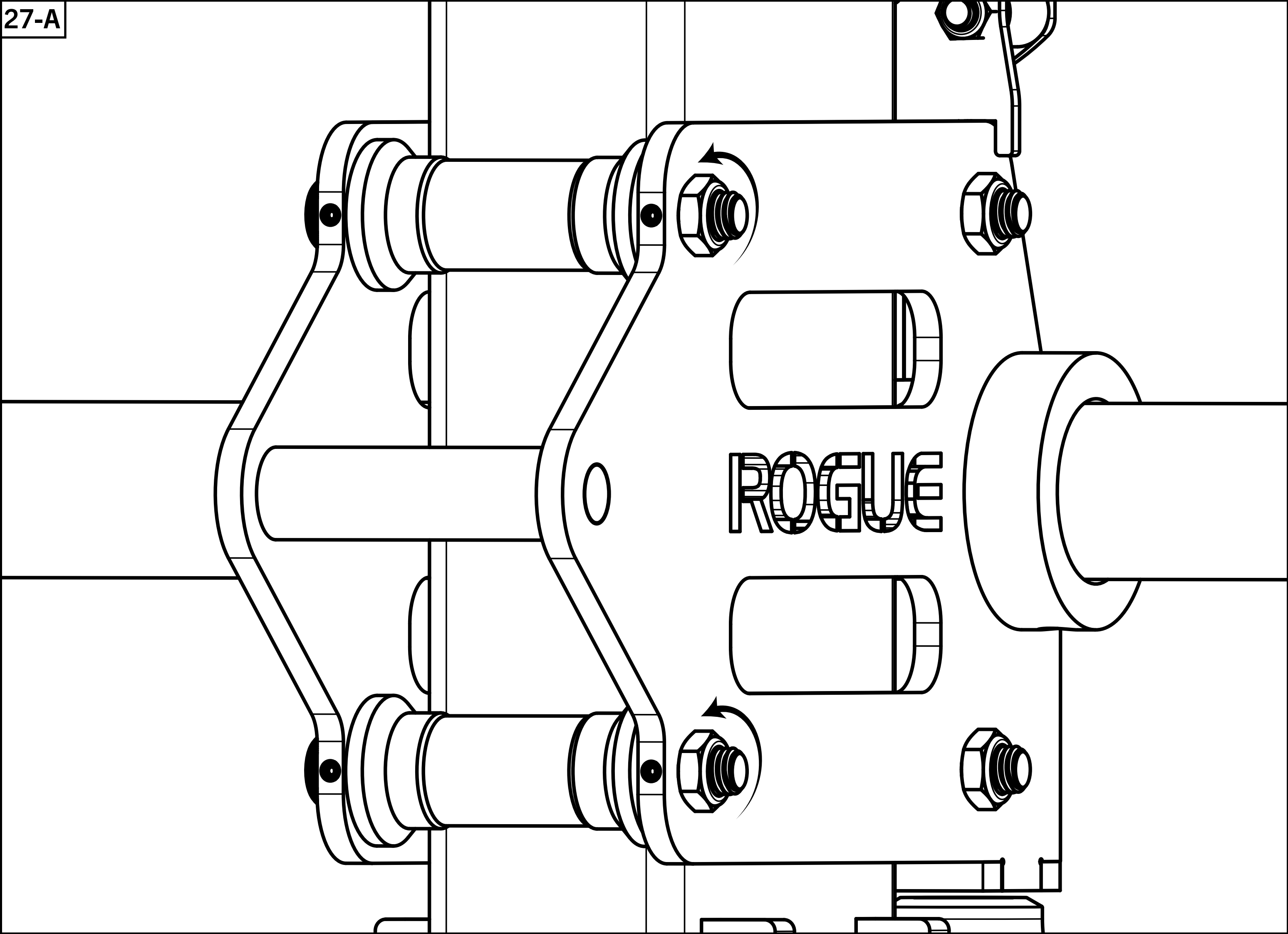
# STEP 27

- 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.

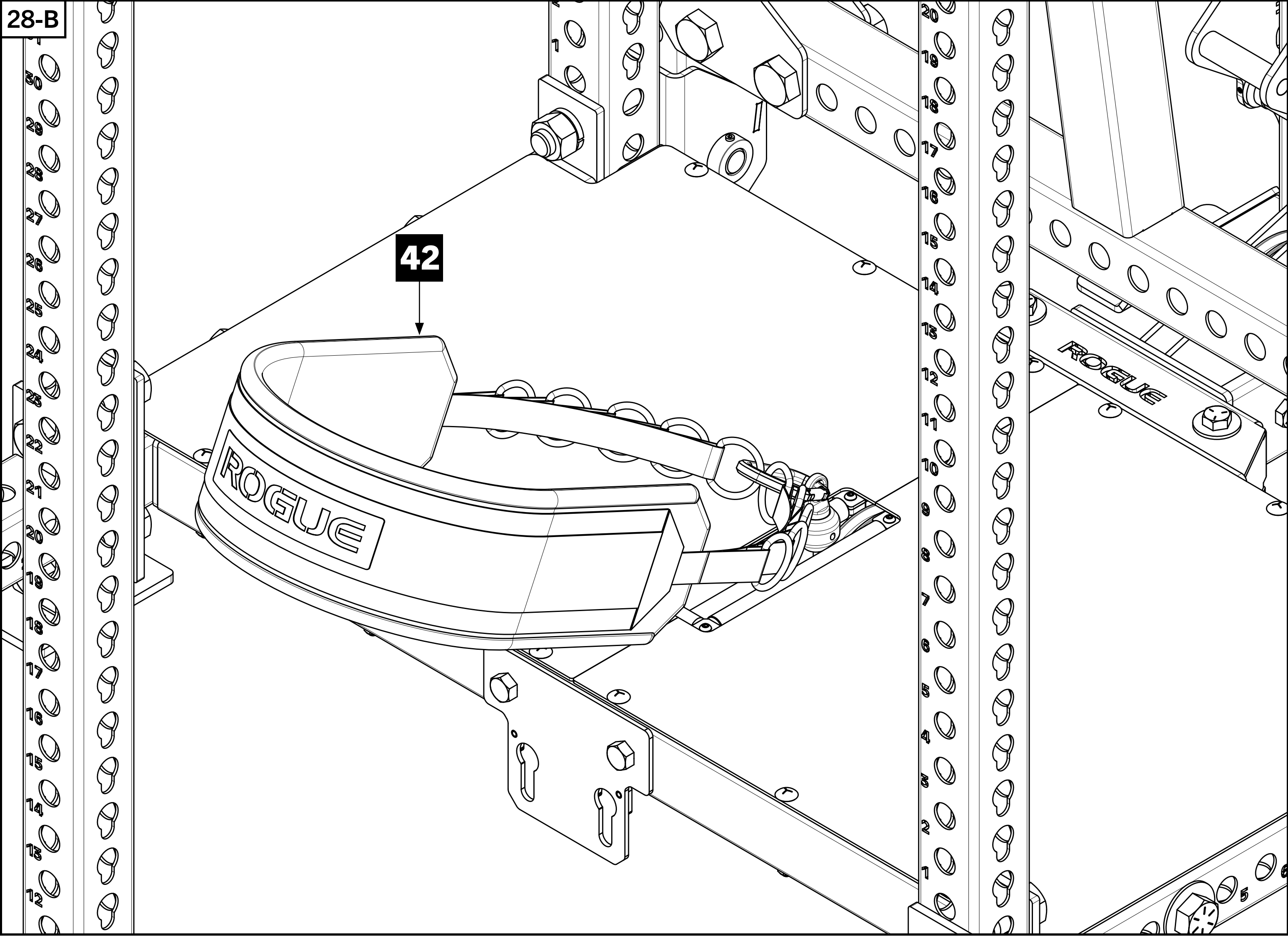
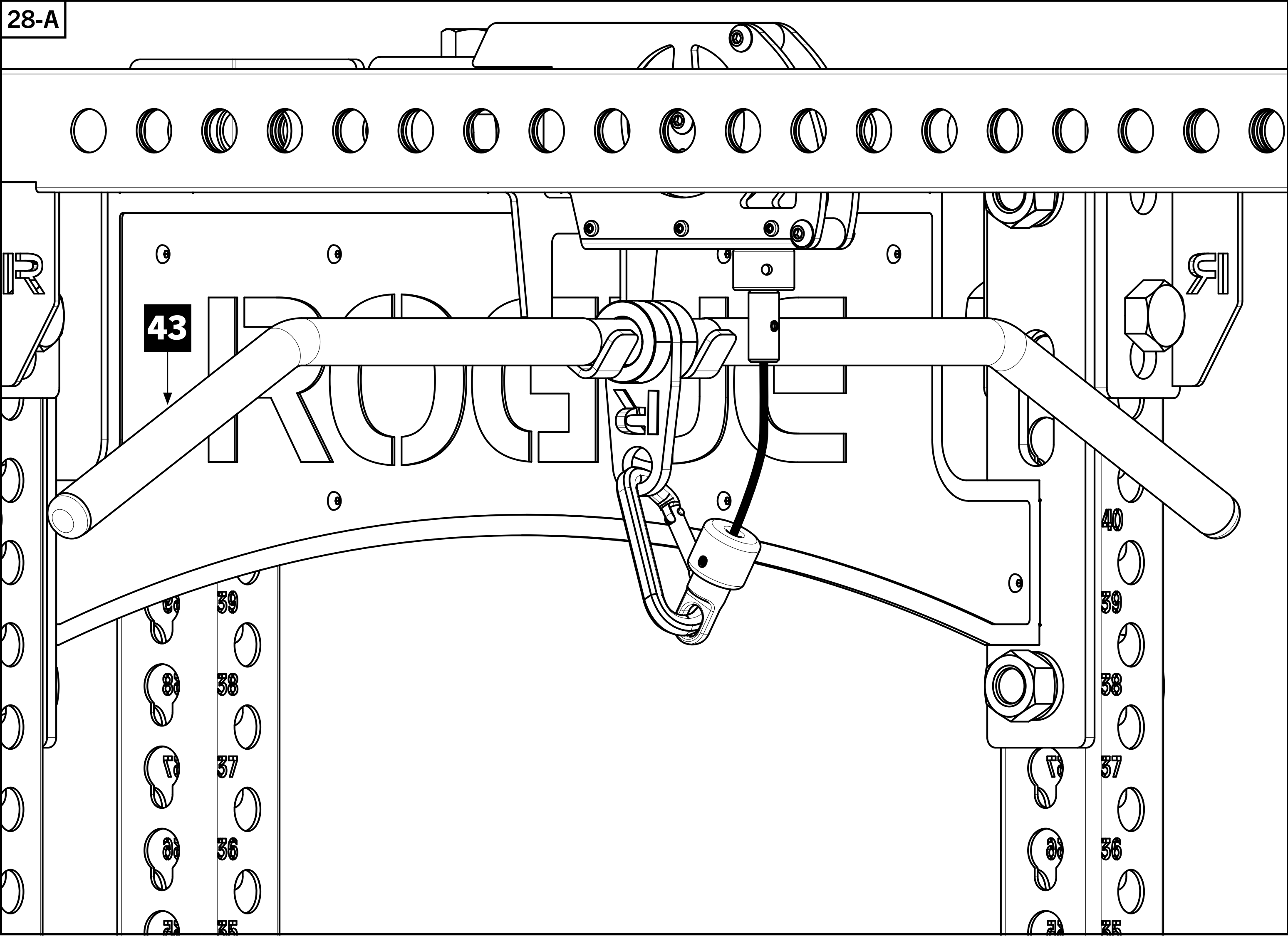
**Note:**

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



# STEP 28

- Attach Lat Bar [43] to lat pulldown clevis using D Carabiner.
- In order to attach Rogue V2 Multi Belt [42] to Lower Rhino Cable clevis first remove belt and Lower Rhino Cable from Rhino Low Row Bracket [48].
- Remove Rhino Row Low Bracket [48] from Low Row Face Mount Plate [47].
- Attach Rogue V2 Multi Belt [42] to Lower Rhino Cable clevis attachment point using included Carabiners.



# CABLE MAINTENANCE

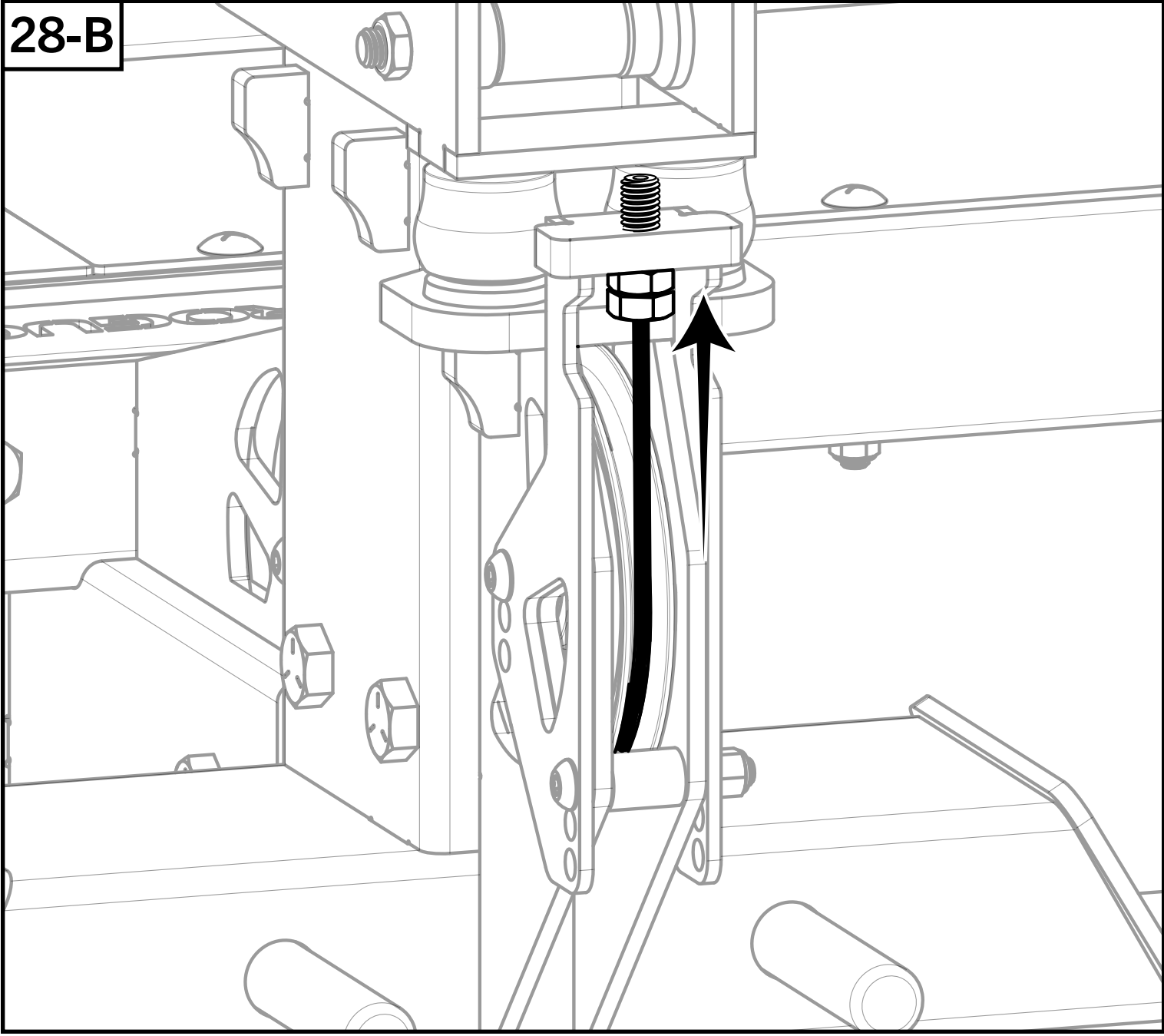
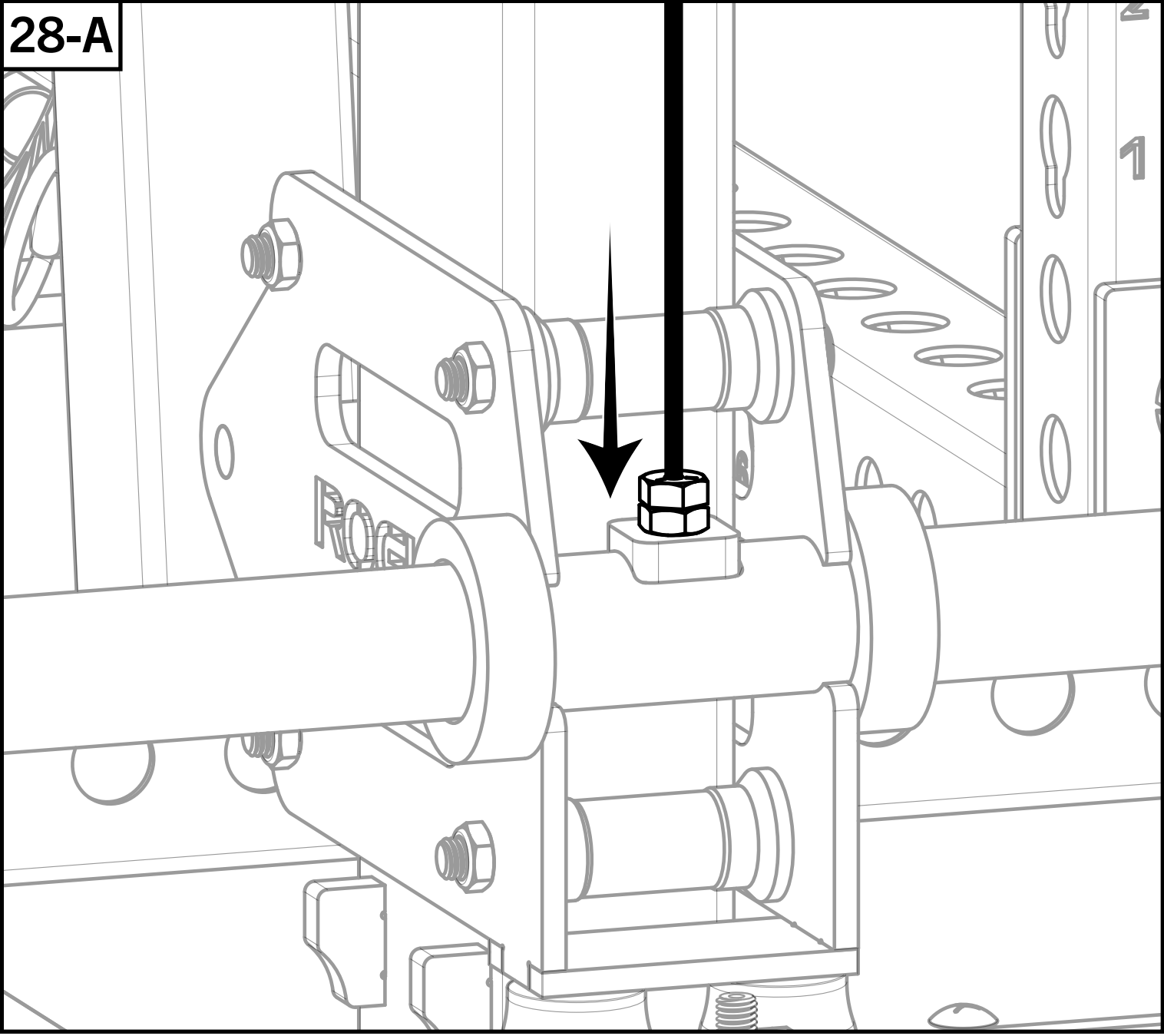
Over time, the cables within the system may experience some normal inelastic stretching. Follow the below instructions to re-tighten the cables.

## STEP 1

**Tools Required:**

- Multi Tool
- Tighten Jam Nut on both cables and retest the cable tightness.
- **NOTE: DO NOT OVERTIGHTEN JAM NUT**

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



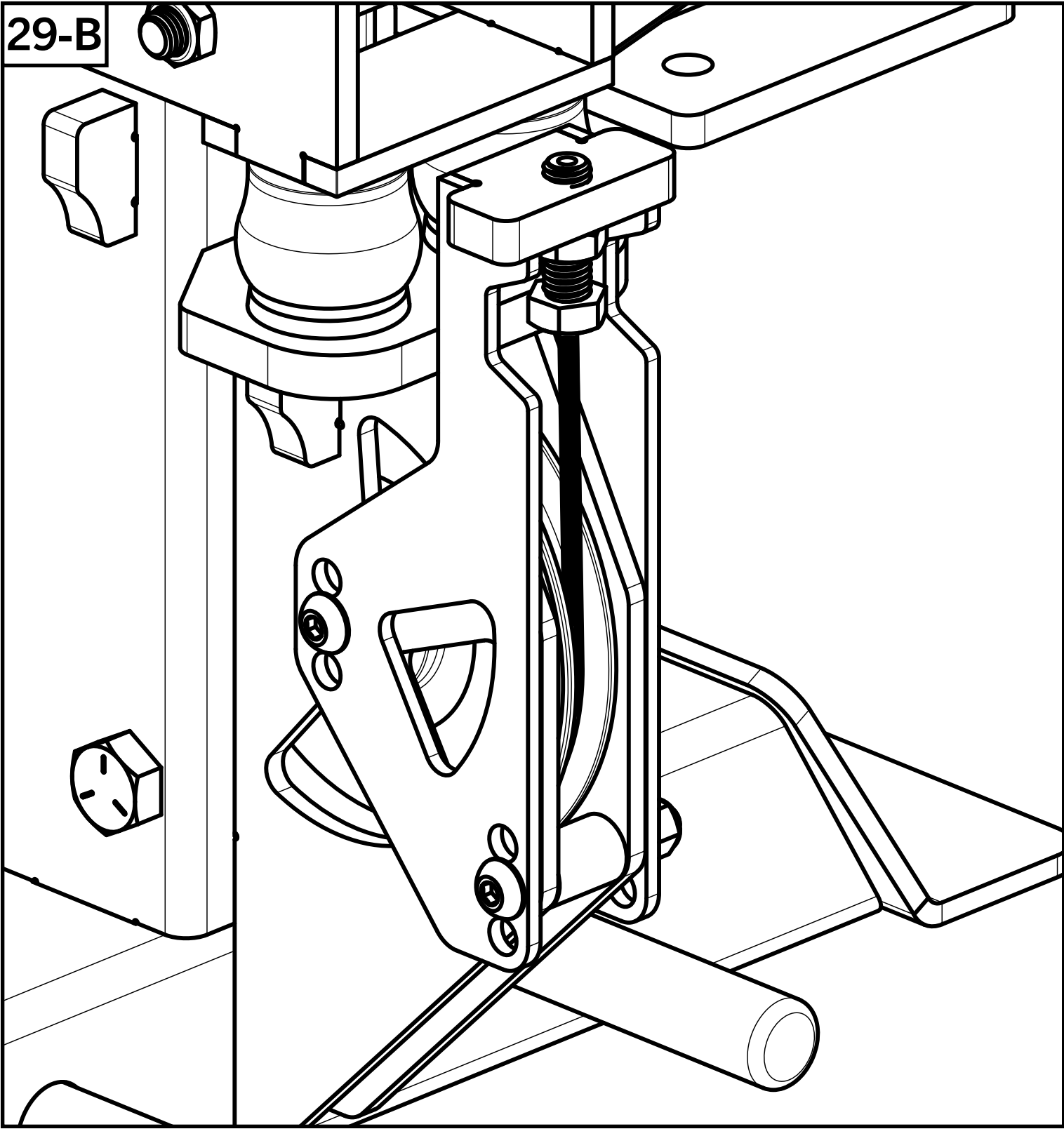
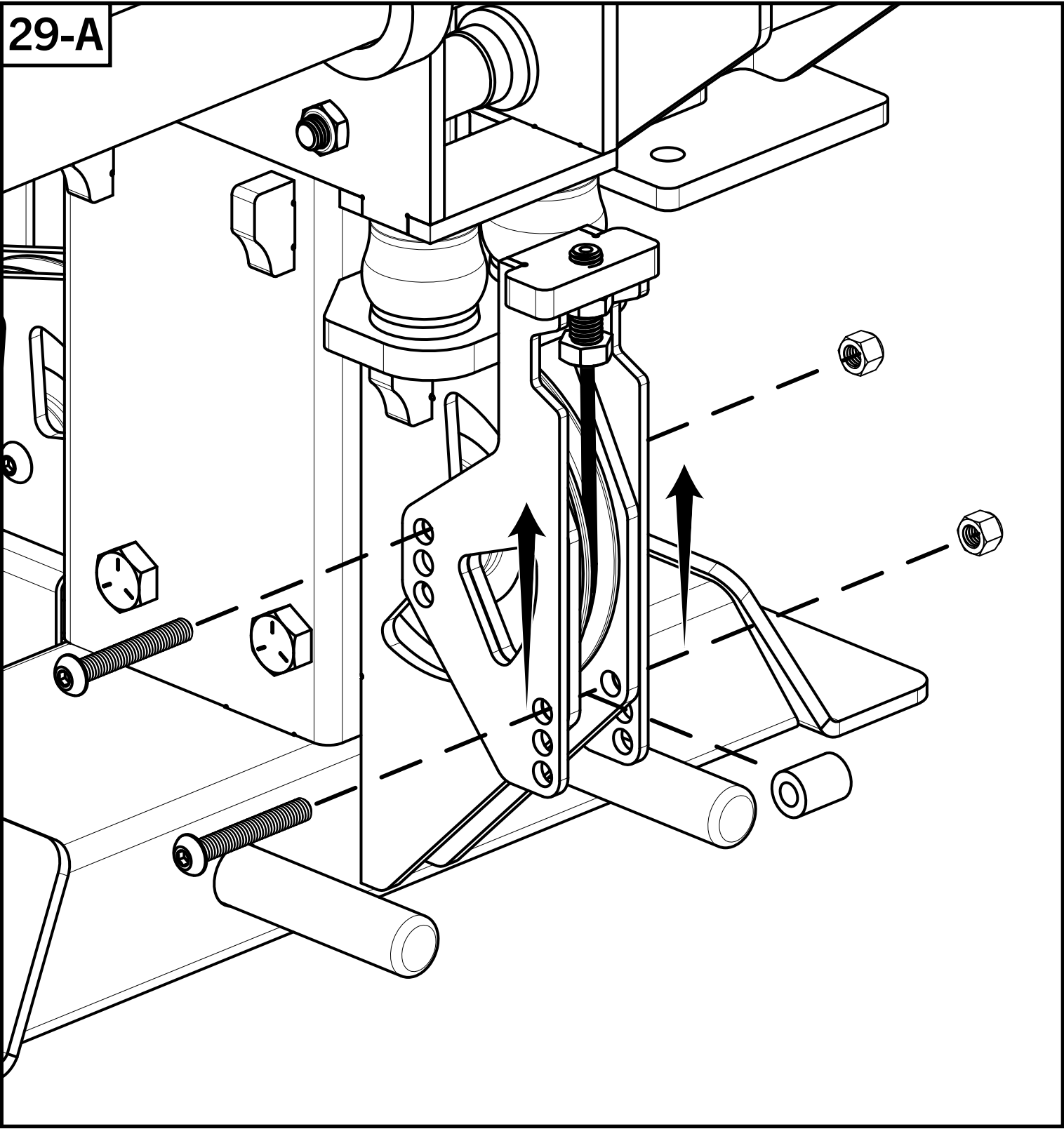
## STEP 2

**Tools Required:**

- Multi Tool, 7/32" Allen Key
- Remove 3/8" Hardware.
- Raise the height of the Low Cable Stop Bracket up one hole to calibrate the cable tightness.
- Re-install 3/8" Hardware and test the cable tightness.

- If slack is still present, repeat the process by raising the bracket by one hole until the whole cable system is taut but not suspending the Plate Load Trolley above its stop blocks.

**Note: Adjust both cable jam nuts and bracket height if needed to make cable taut.**











**ROGUE**



**SCAN FOR  
INSTRUCTIONS**



**IRON GAME  
PROGRAMMING**

**IS0611-4**