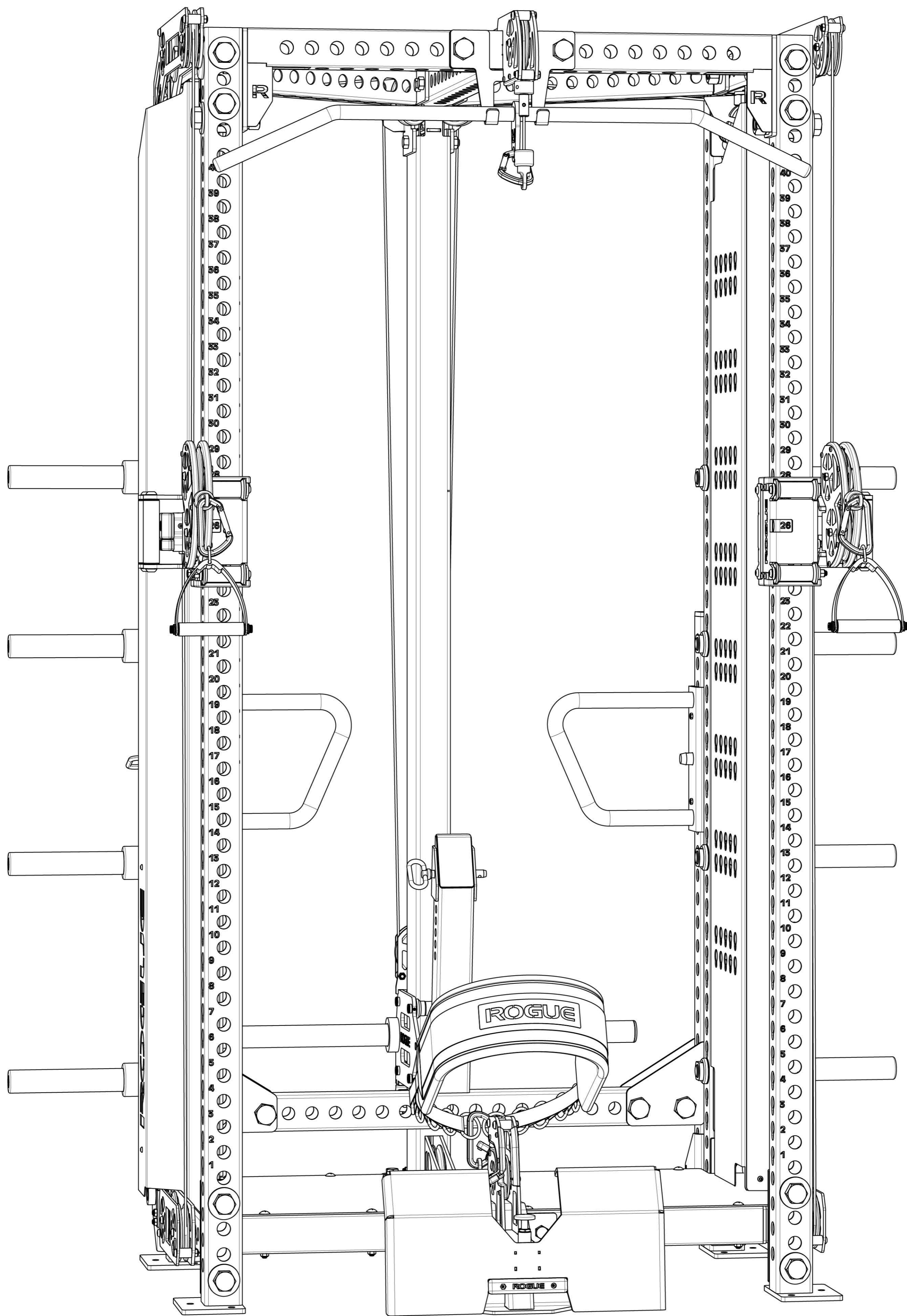


# ROGUE<sup>®</sup>

# FM-HR RHINO FUNCTIONAL 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:

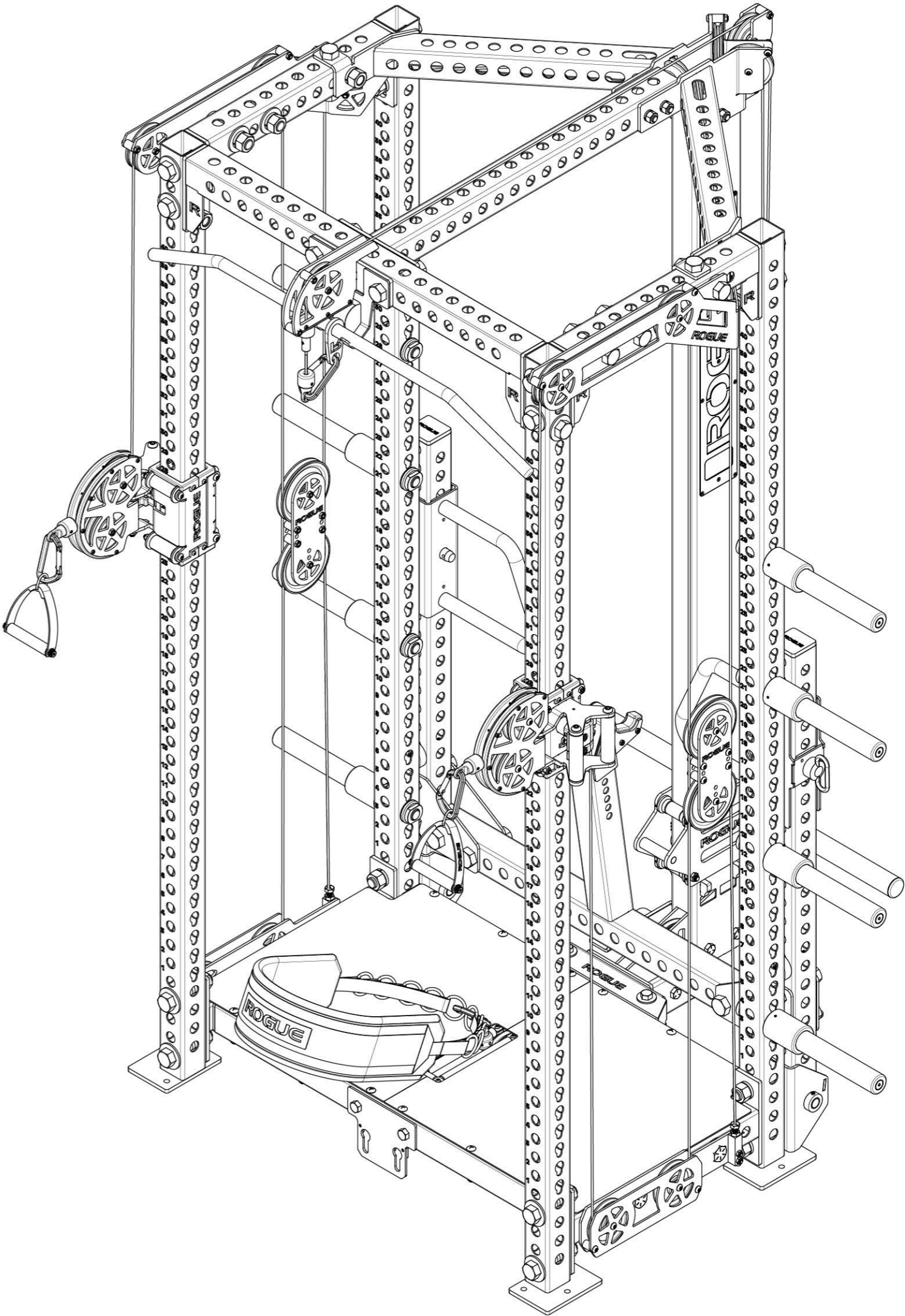
**THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE. MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY. MISUSE OF THIS RACK CAN RESULT IN SEVERE INJURY.**

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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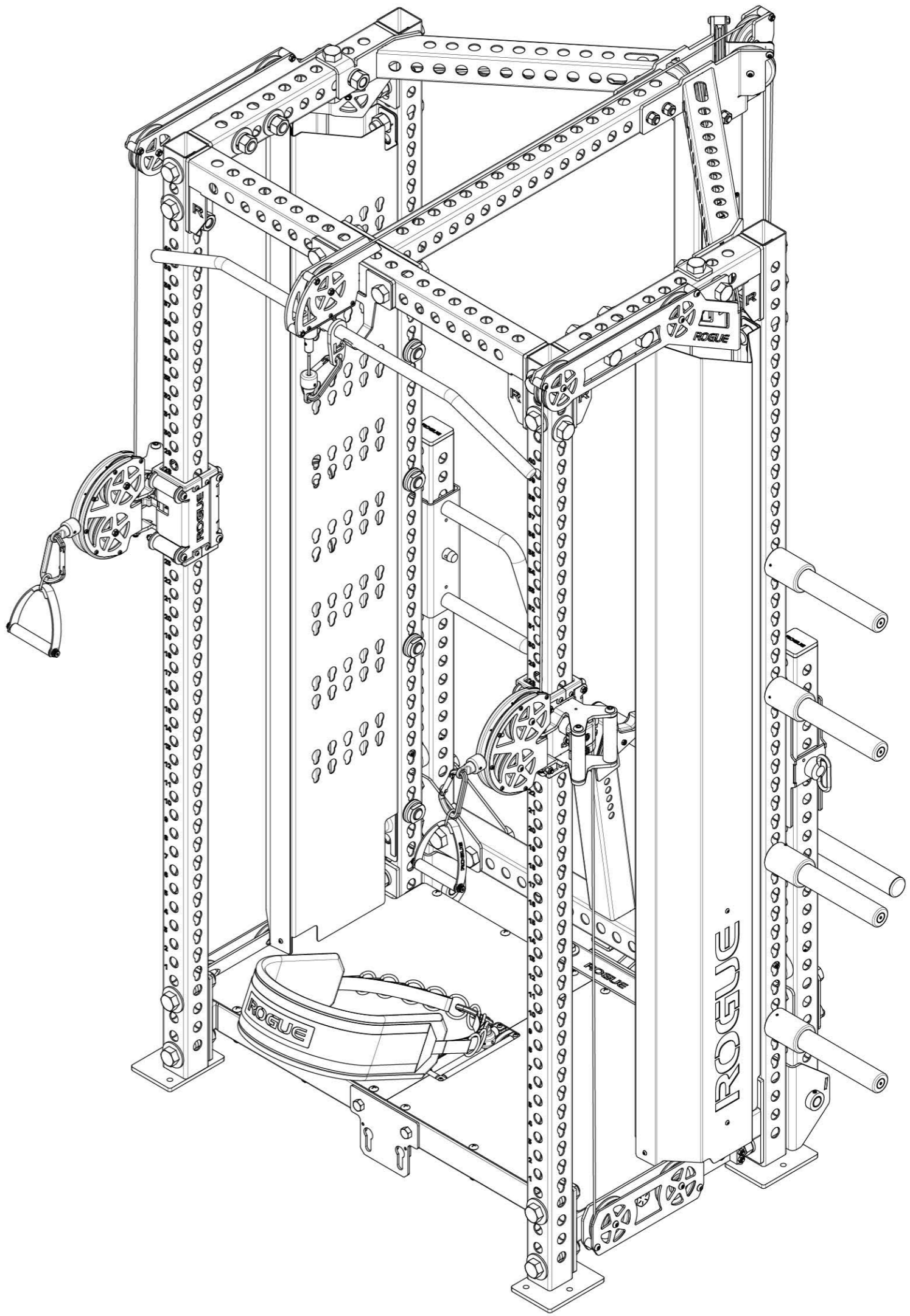
## FM-HR RHINO ADD-ON

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



## FM-HR SHROUD KIT

Included Tools.....	3
Included Parts.....	9
Assembly.....	44

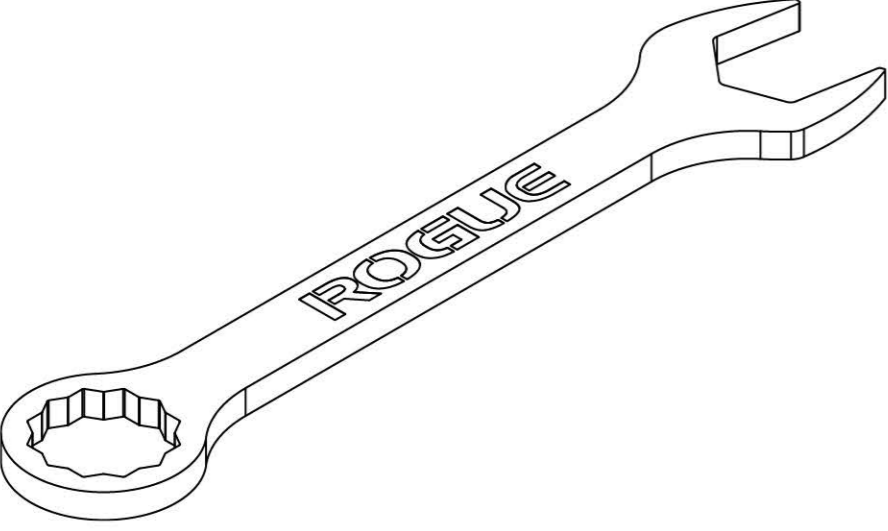


# INCLUDED TOOLS

Note: Images not shown at scale

1

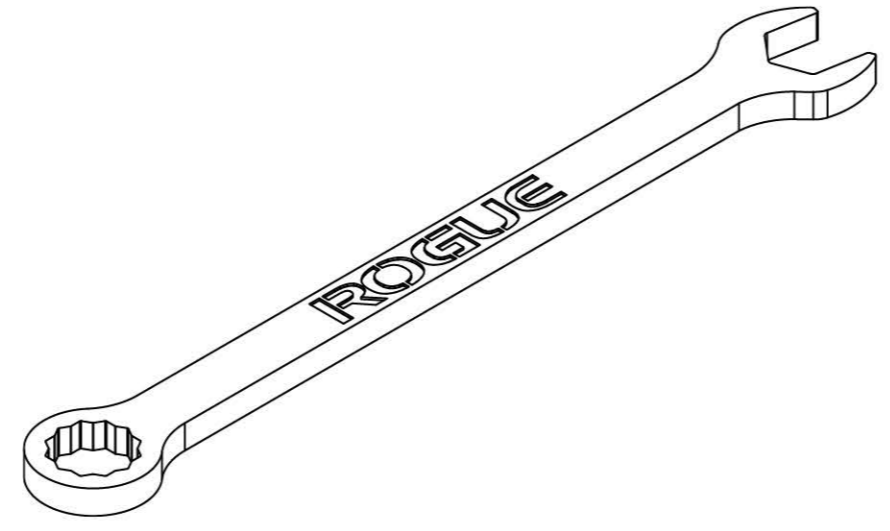
Qty: 2x



1-1/2" Wrench

2

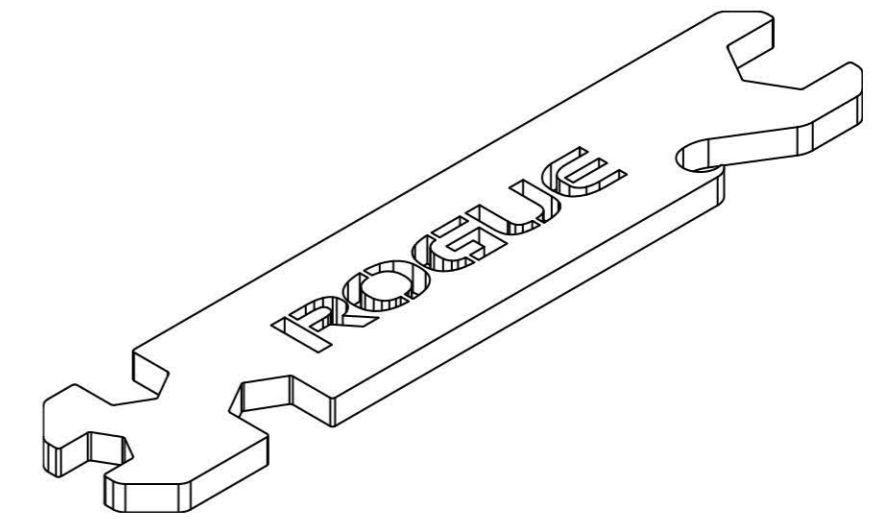
Qty: 2x



15/16" Wrench

3


Qty: 1x



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

4

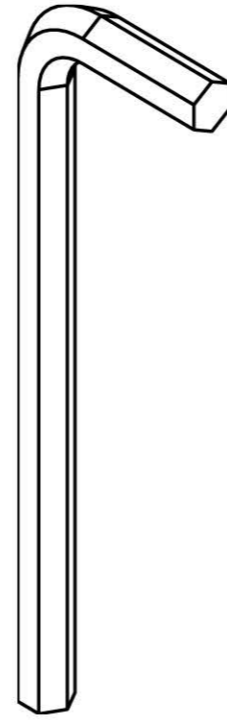
Qty: 1x



3/8" Allen Key

5

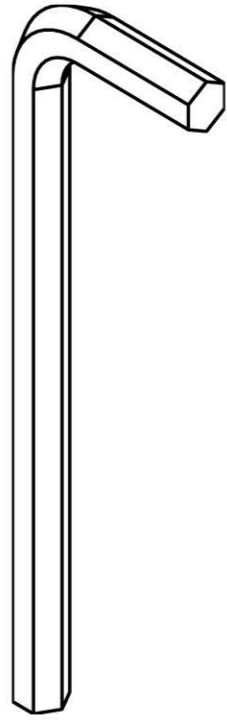
Qty: 1x



5/16" Allen Key

6


Qty: 1x



7/32" Allen Key

7

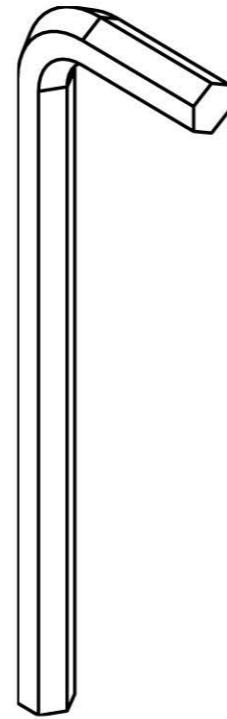
Qty: 1x



5/32" Allen Key

8


Qty: 1x



1/8" Allen Key

9

Qty: 1x



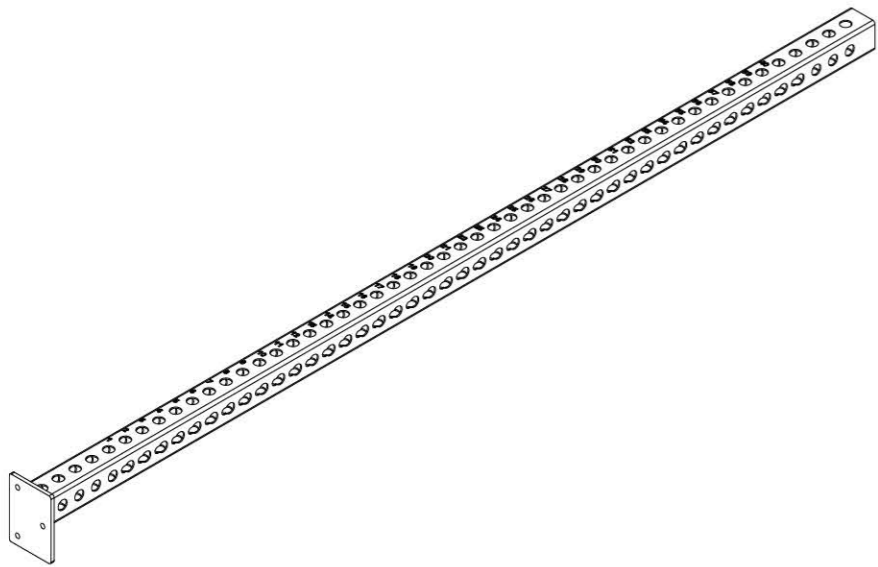
3/32" Allen Key

# INCLUDED PARTS: FM-HR RHINO

Note: Images not shown at scale.

1

Qty: 4x



90" or 100" Monster Upright

2

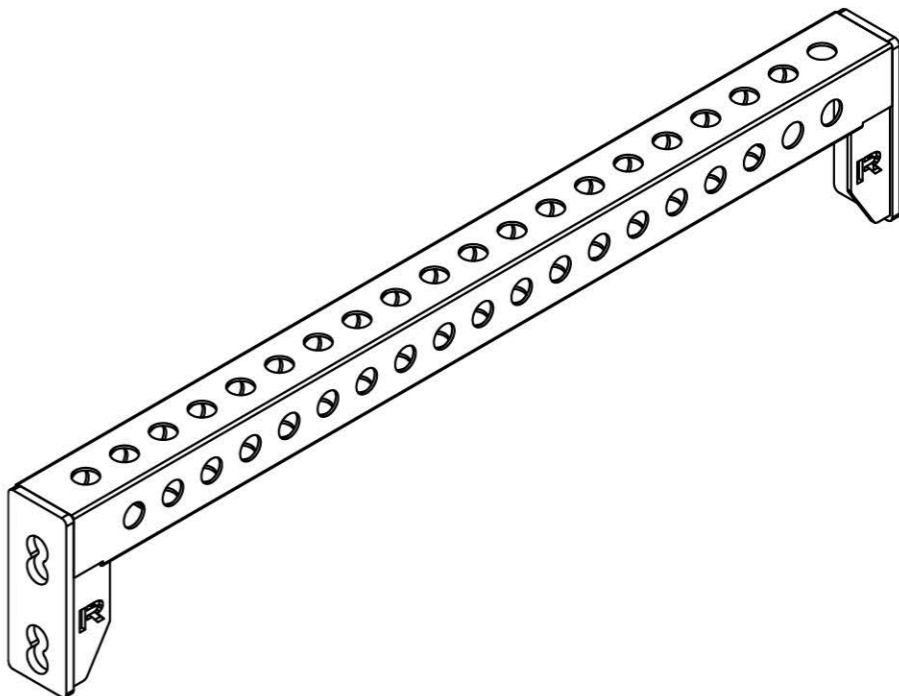
Qty: 1x



Rear Upright and Trolley Assembly

3

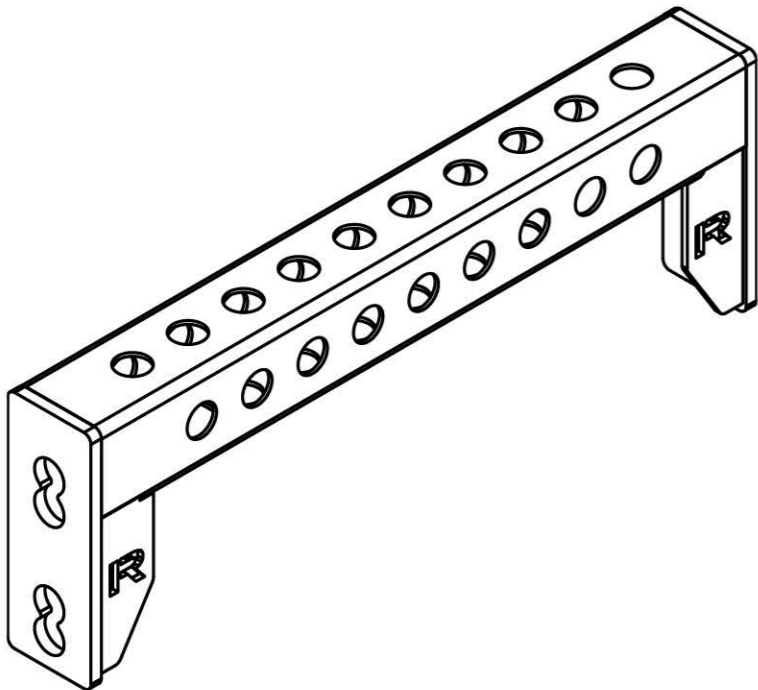
Qty: 1x



43" Spanning Crossmember

4

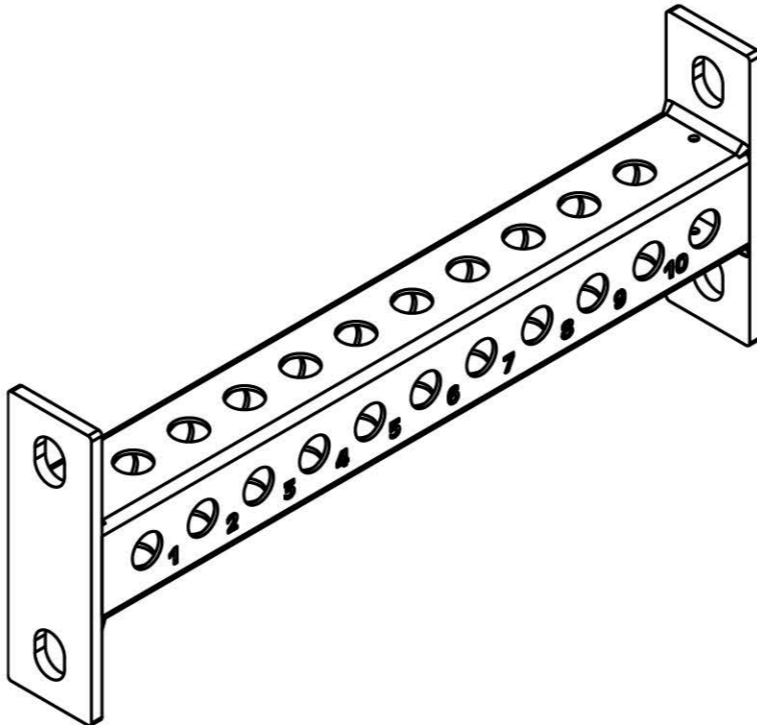
Qty: 2x



24" Top Crossmember

5

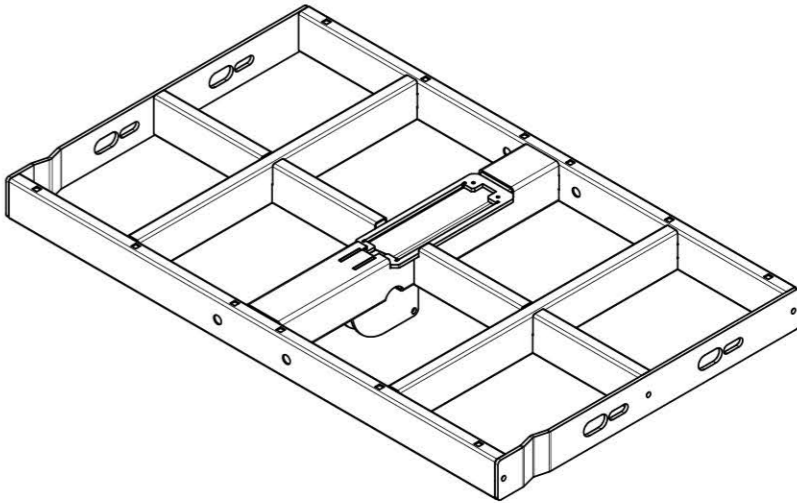
Qty: 2x



24" Low Crossmember

6

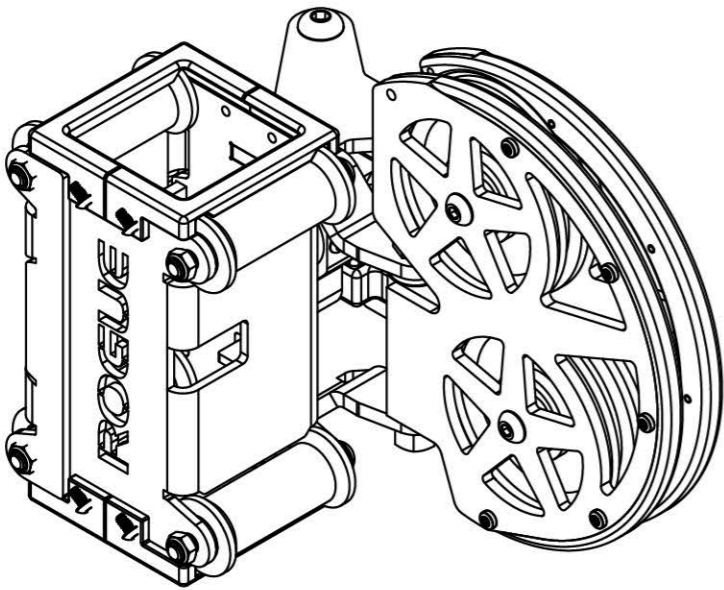
Qty: 1x



Pulley Deck

7

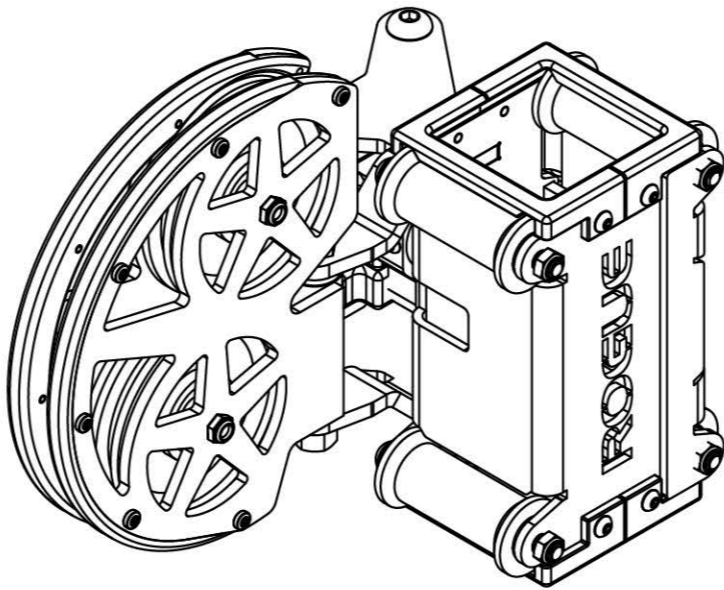
Qty: 1x



Swivel Trolley RH

8

Qty: 1x

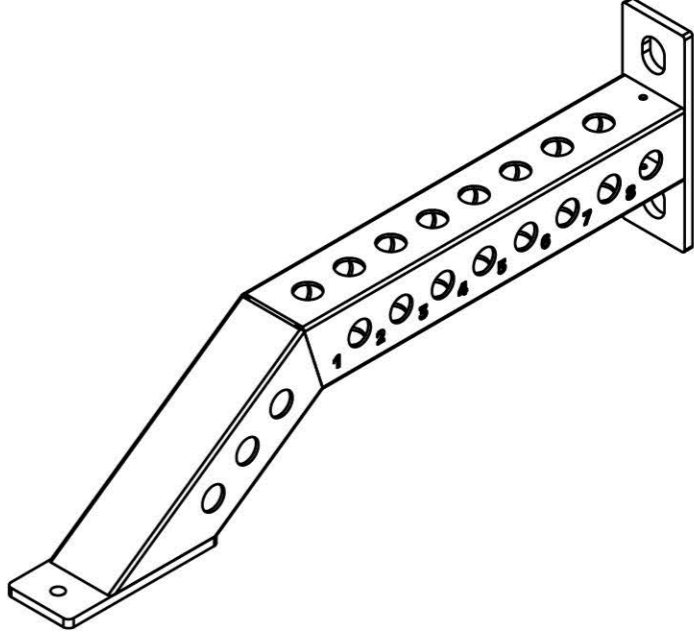


Swivel Trolley LH

9

Qty: 2x

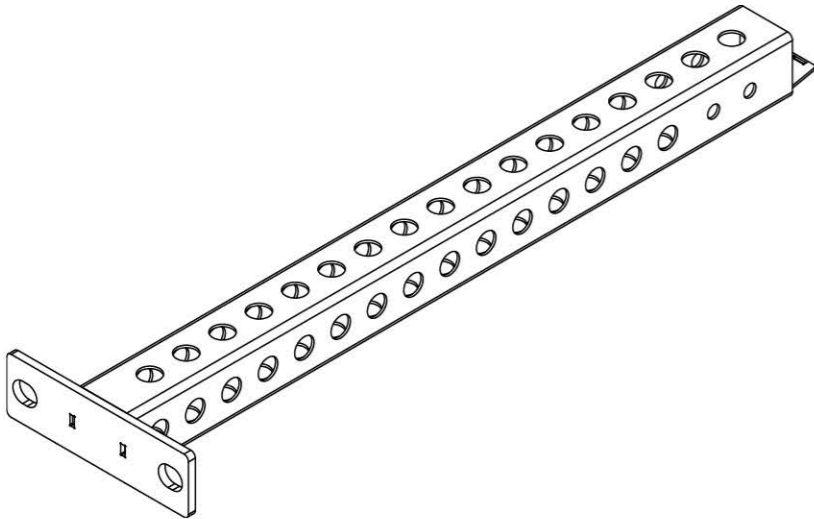
\*



Half Rack Foot

10

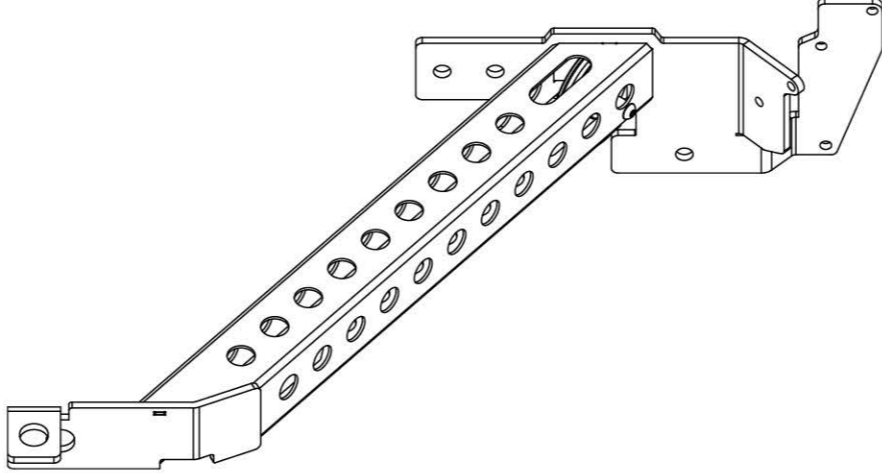
Qty: 1x



Top Center Crossmember

11

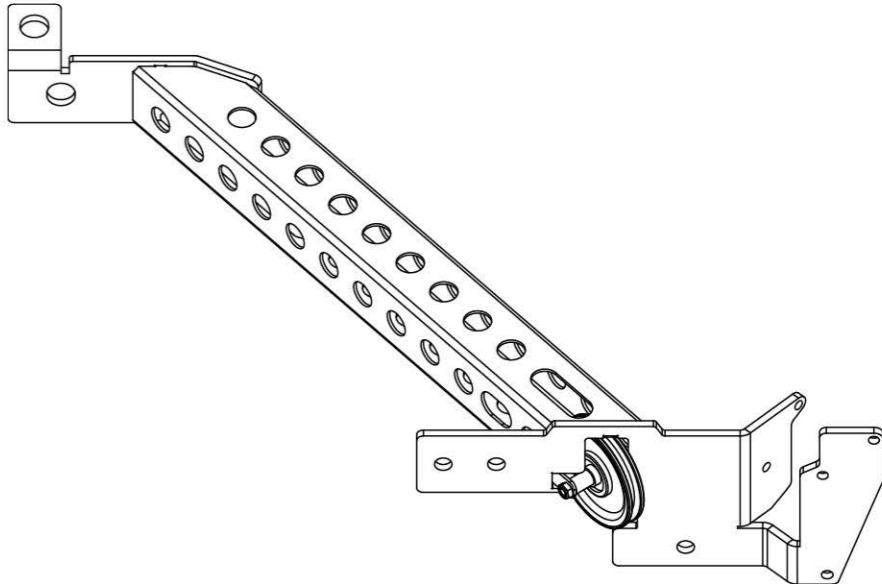
Qty: 1x



Top Rear Angle Crossmember - RH

12

Qty: 1x



Top Rear Angle Crossmember - LH

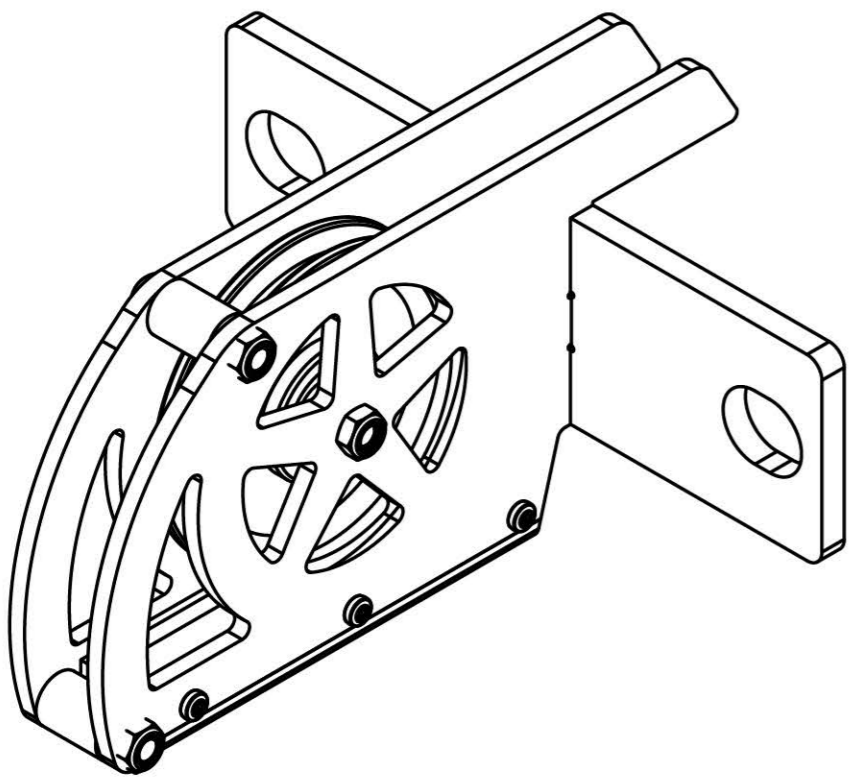
\* Only Included if Half Rack Feet were purchased at checkout.

# INCLUDED PARTS: FM-HR RHINO

Note: Images not shown at scale.

13

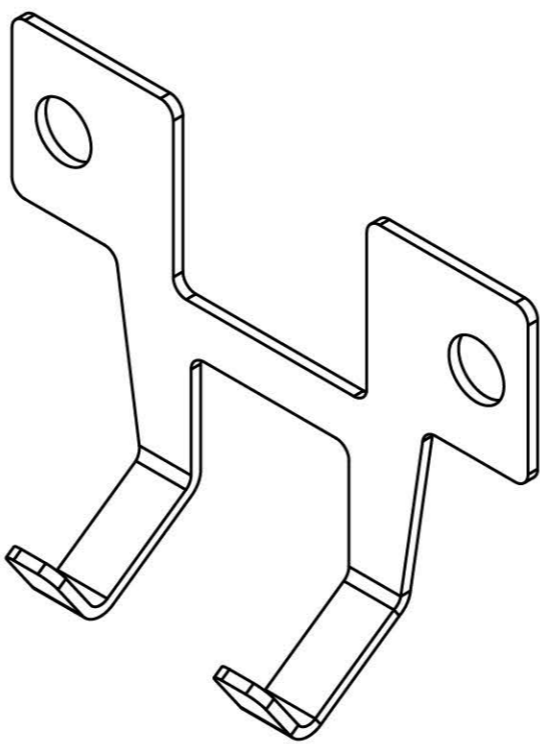
Qty: 1x



Lat Pulldown Pulley  
Bracket

14

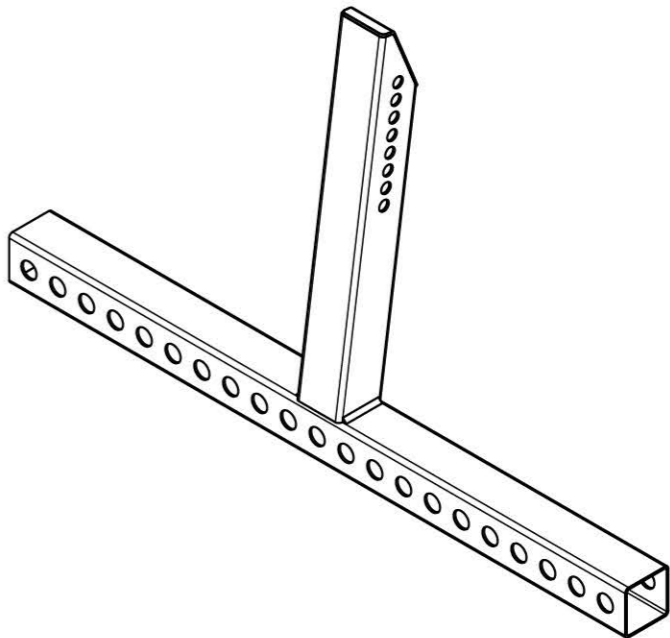
Qty: 1x



Lat Bar Hanger

15

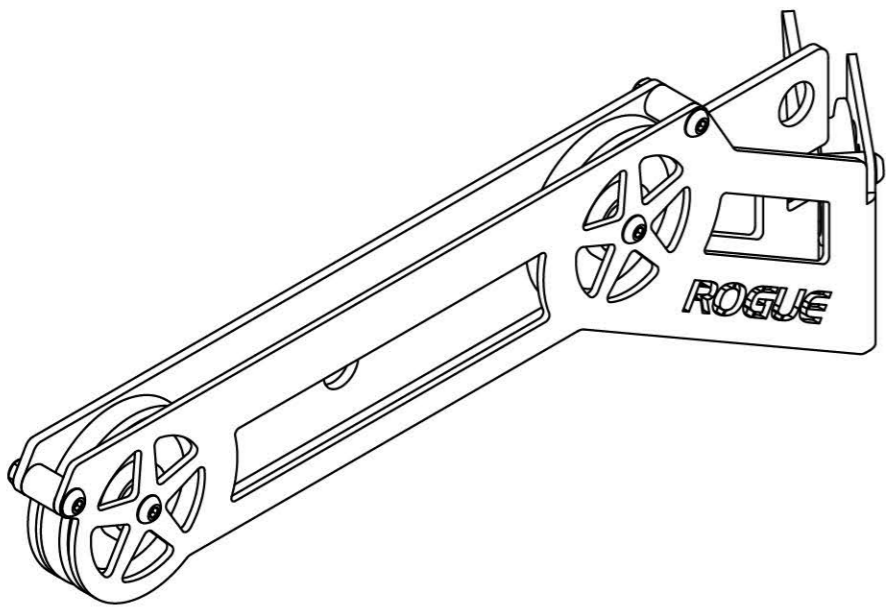
Qty: 1x



Locking Horn  
Crossmember

16

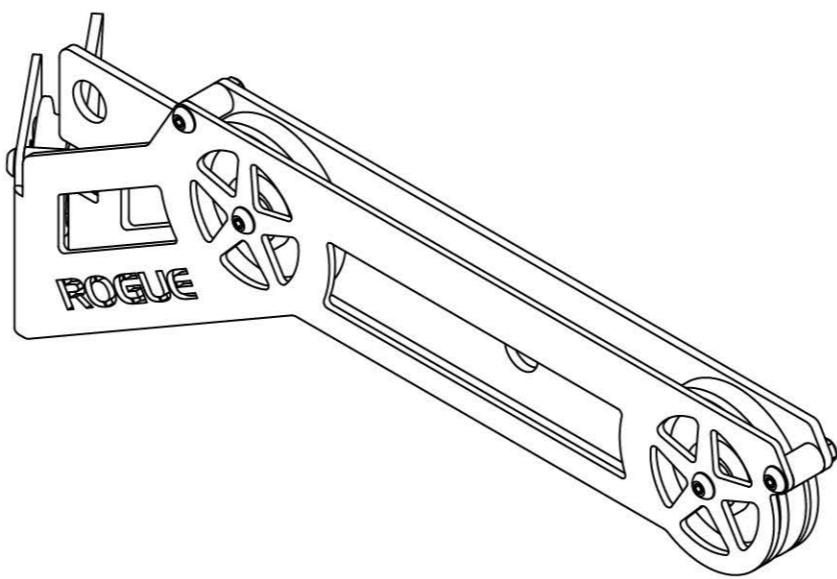
Qty: 1x



Top Side Pulley  
Assembly - RH

17

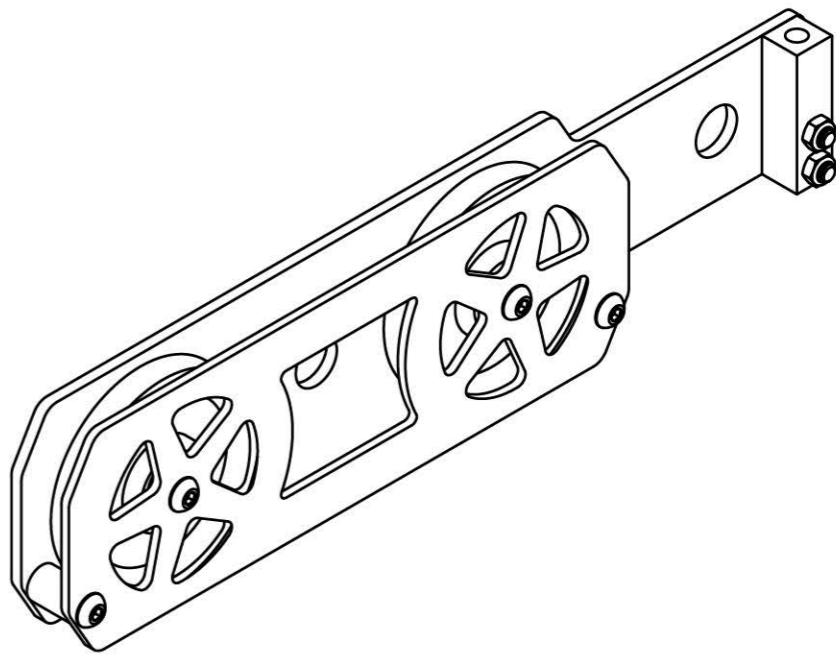
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Top Side Pulley  
Assembly - LH

18

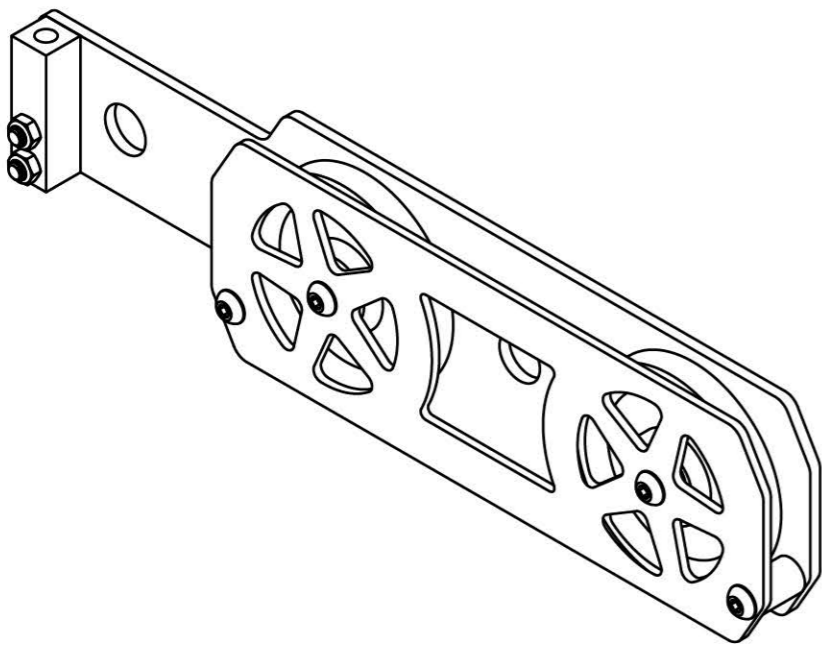
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Bottom Side Pulley  
Assembly - RH

19

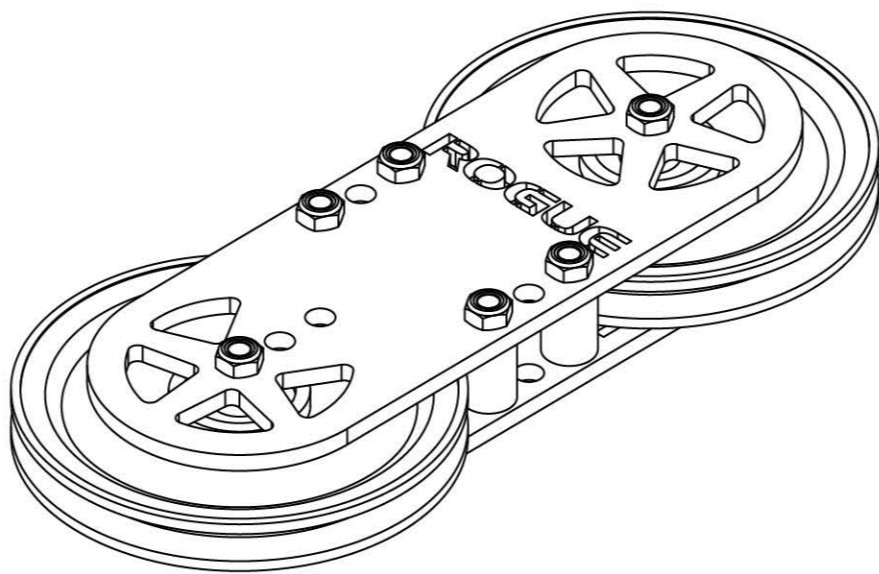
Qty: 1x



Bottom Side Pulley  
Assembly - LH

20

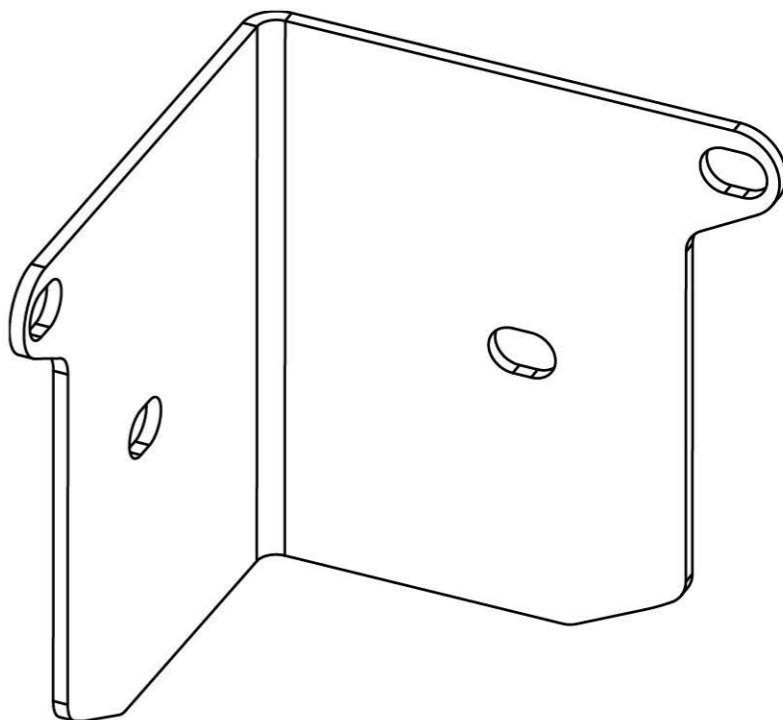
Qty: 2x



Side Peanut Pulley

21

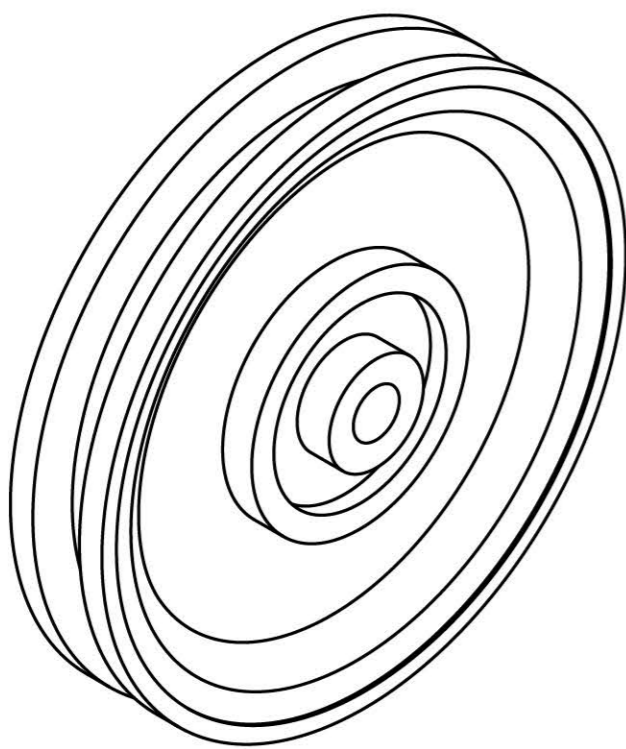
Qty: 1x



Rear Pulley Plate

22

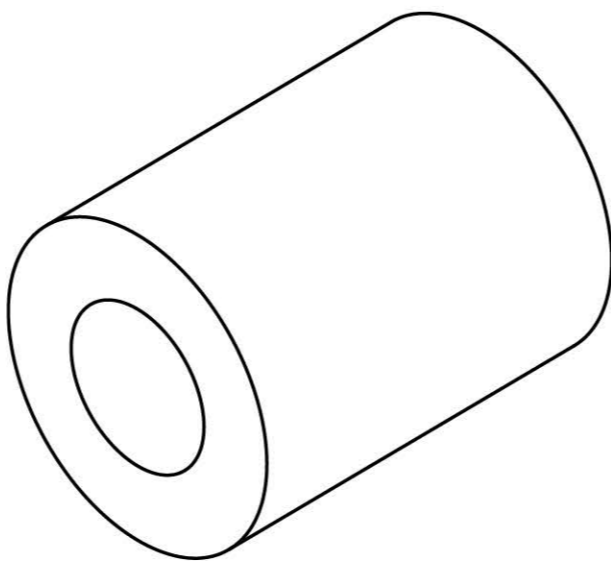
Qty: 3x



4.5" Pulley

23

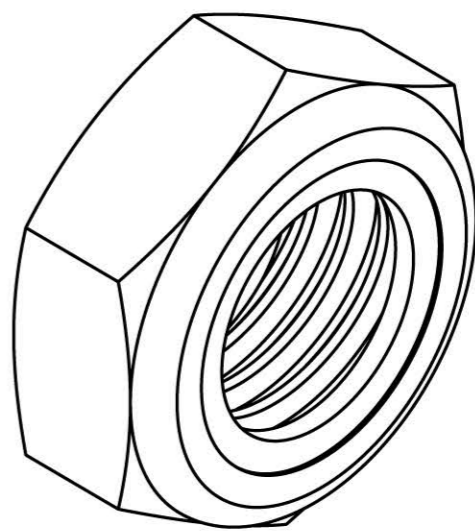
Qty: 3x



3/4" x 1" Cable  
Retainer

24

Qty: 7x



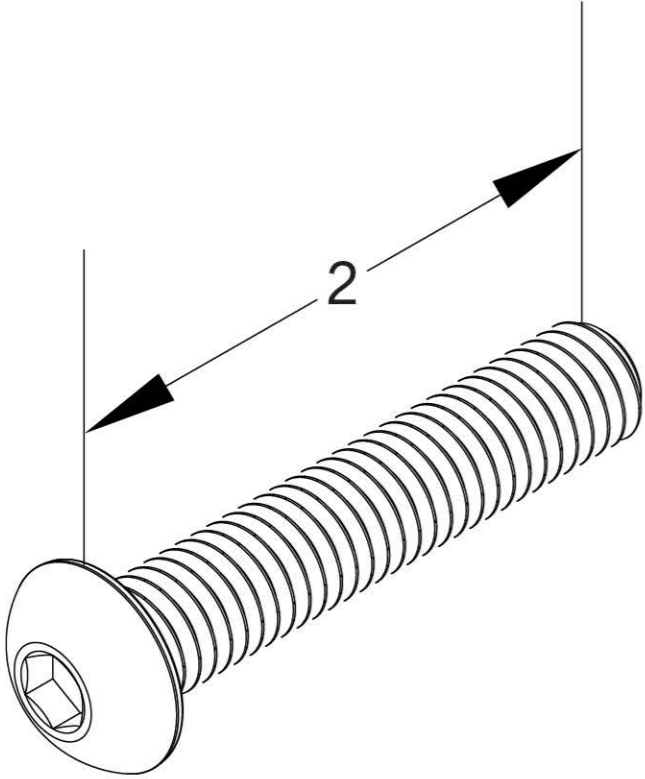
3/8" Thin Nylock Nut

# INCLUDED PARTS: FM-HR RHINO

Note: Images not shown at scale.

25

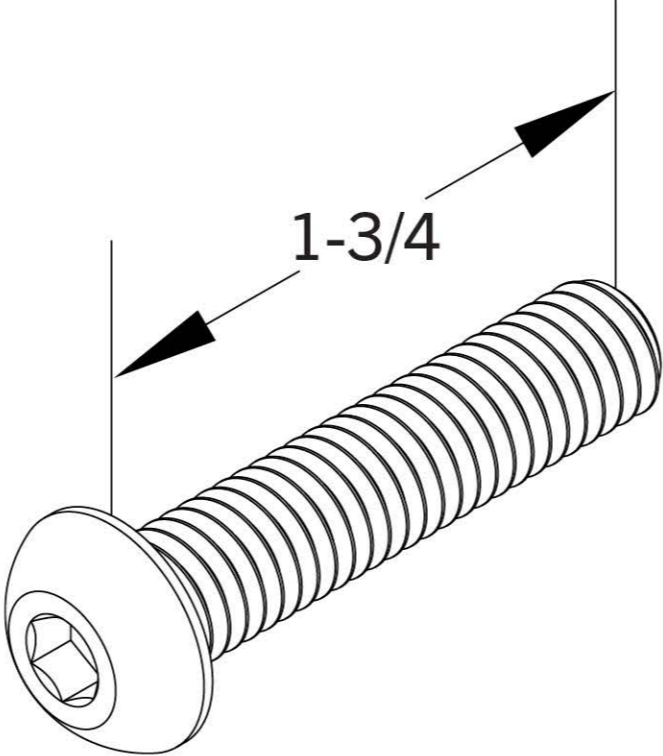
Qty: 3x



3/8" x 2" Button Head Screw

26

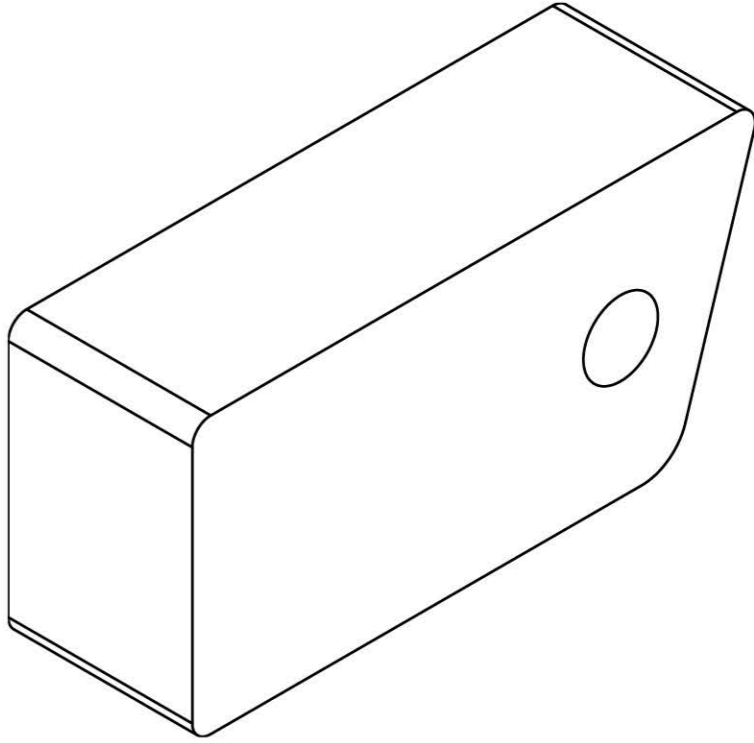
Qty: 4x



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

27

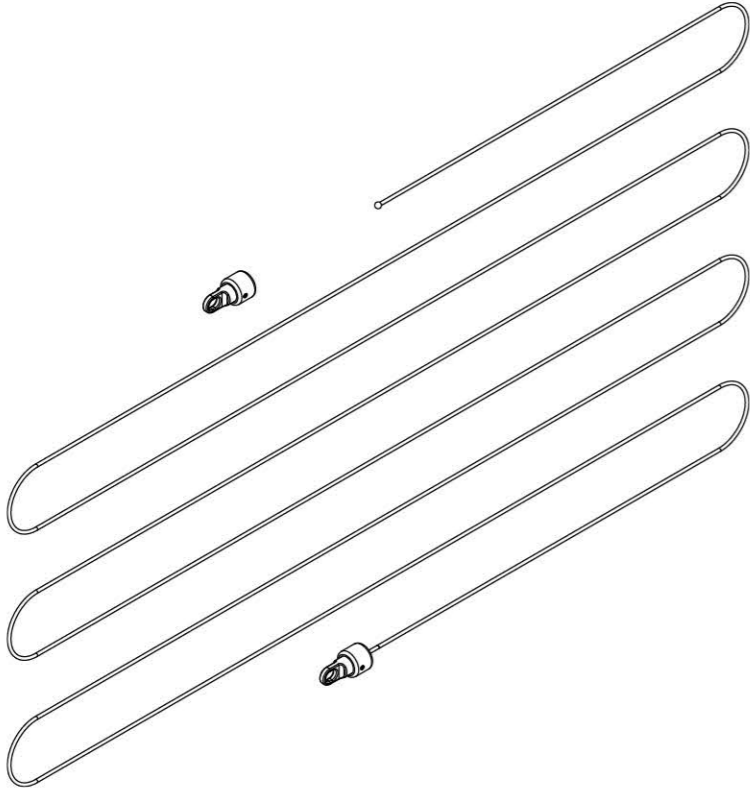
Qty: 1



Stop Block

28


Qty: 1x



Trolley/Trolley Cable (Blue Tag)

29

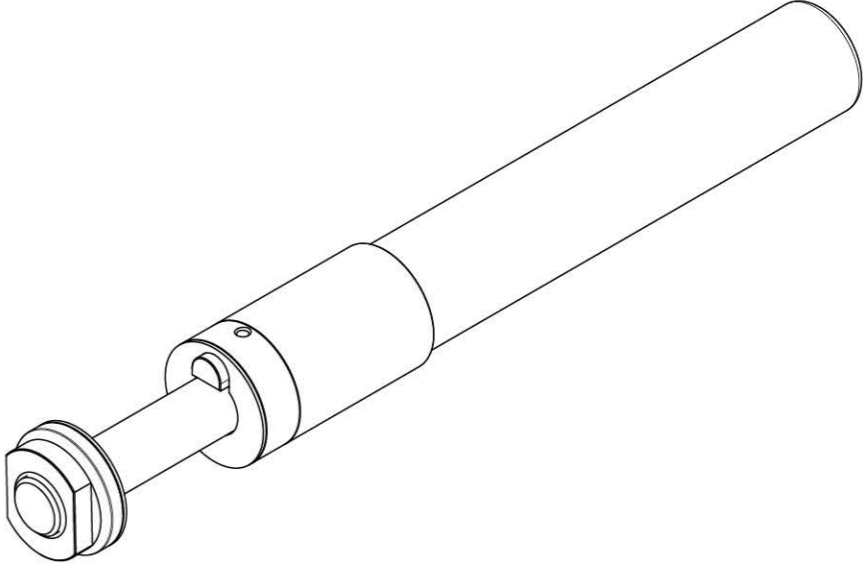
Qty: 2x



Low Side Cable (Red Tag)

30

Qty: 8x



Monster Plate Storage Pin

31

Qty: 8x

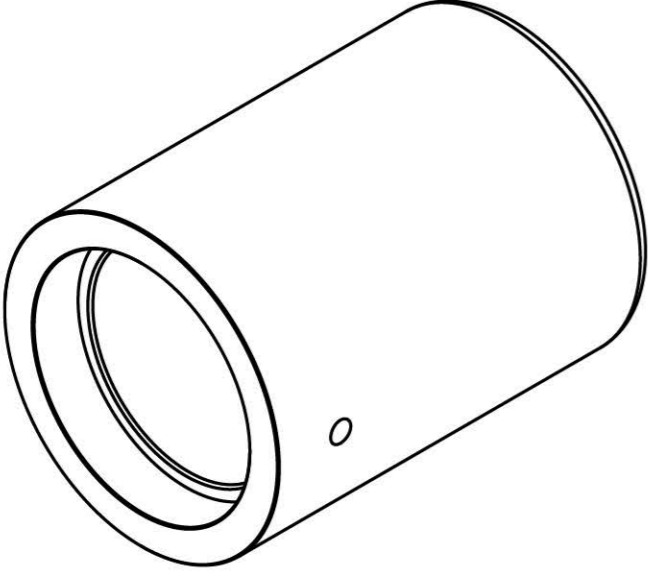
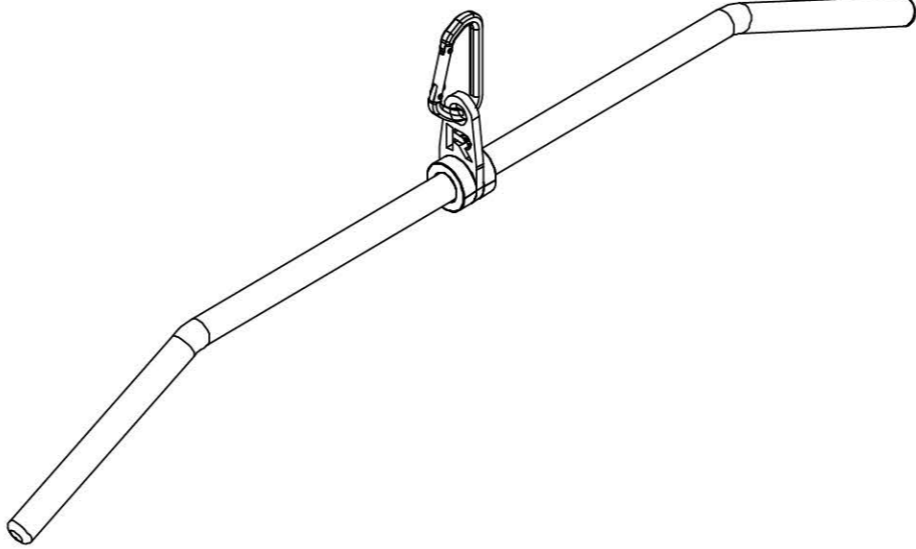


Plate Storage Spacer

32

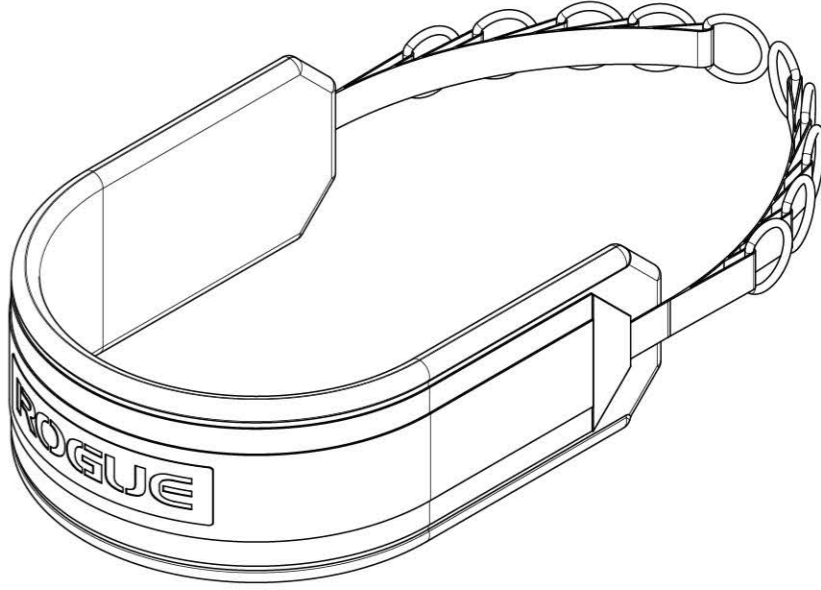
Qty: 1x



Stainless Lat Bar

33

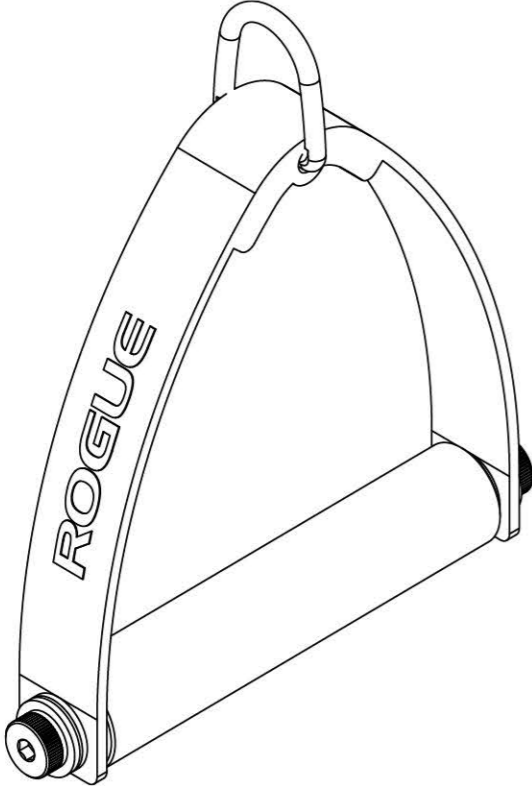
Qty: 1x



Rogue V2 Multi Belt

34

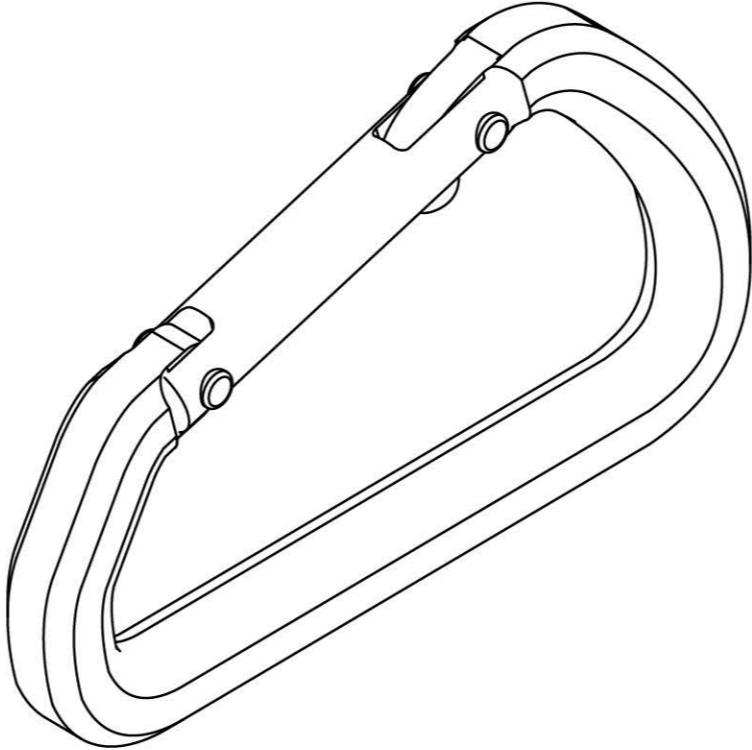
Qty: 2x



Single Handle Cable Attachment

35

Qty: 2x

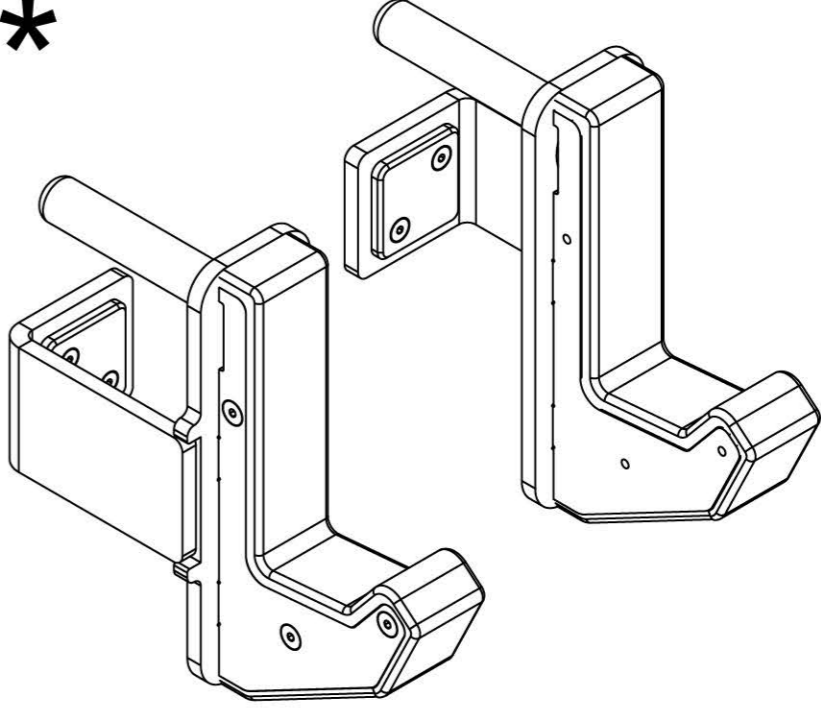


D Carabiner

36

Qty: 1x

\*



Pair of Monster J-cups

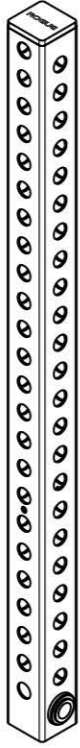
\*Items may look different than drawings shown. Style depends on selection made at checkout.

# INCLUDED PARTS: FM-HR RHINO

Note: Images not shown at scale.

37

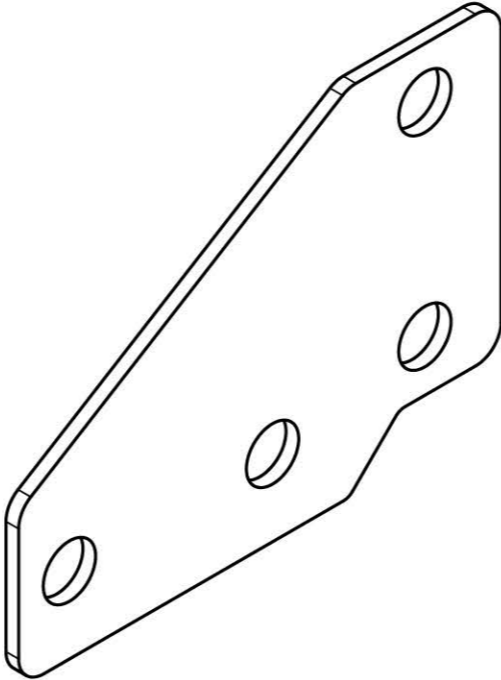
Qty: 2x



Rhino Lever Tube

38

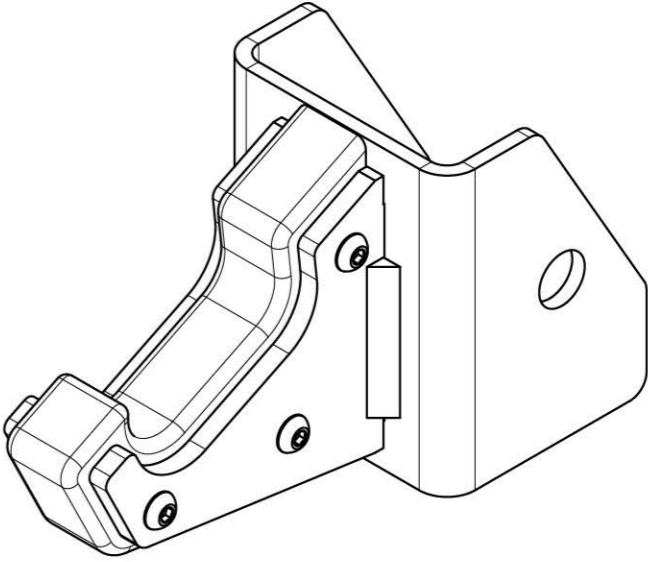
Qty: 4x



Triangle Plate

39

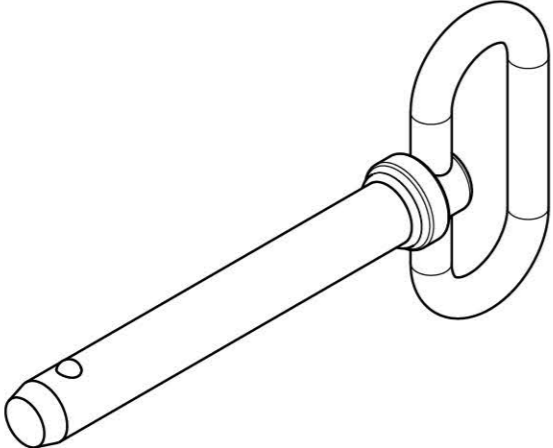
Qty: 1x



Removable Rhino Horn Attachment

40

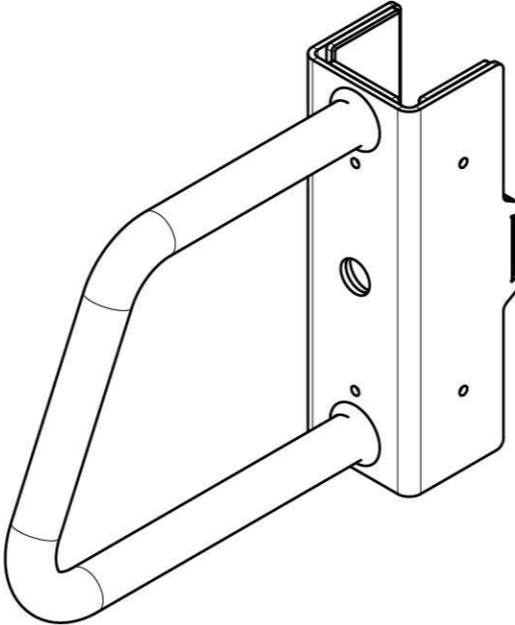
Qty: 1x



5/8" x 4" Detent Pin

41

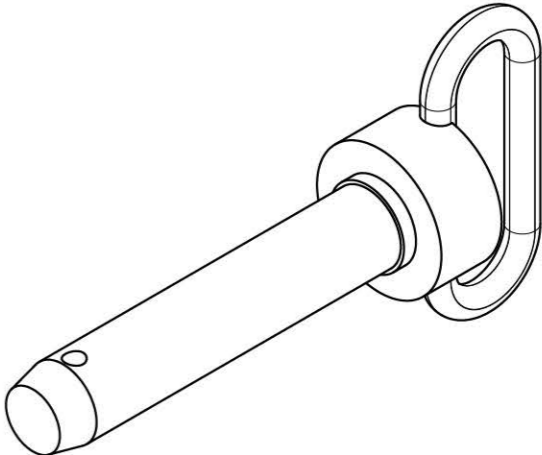
Qty: 2x



Multi Grip Monster Handle

42

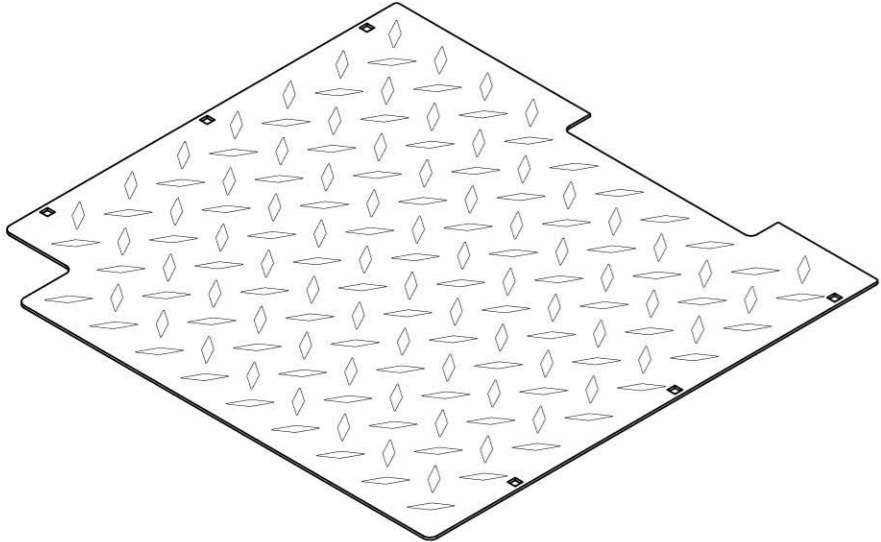
Qty: 2x



1" X 4-1/2" Hitch Pin

43

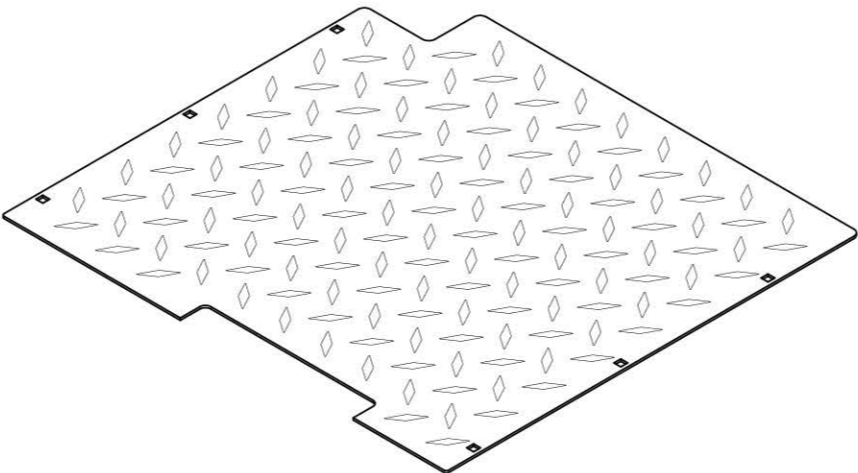
Qty: 1x



Tread Plate - LH

44

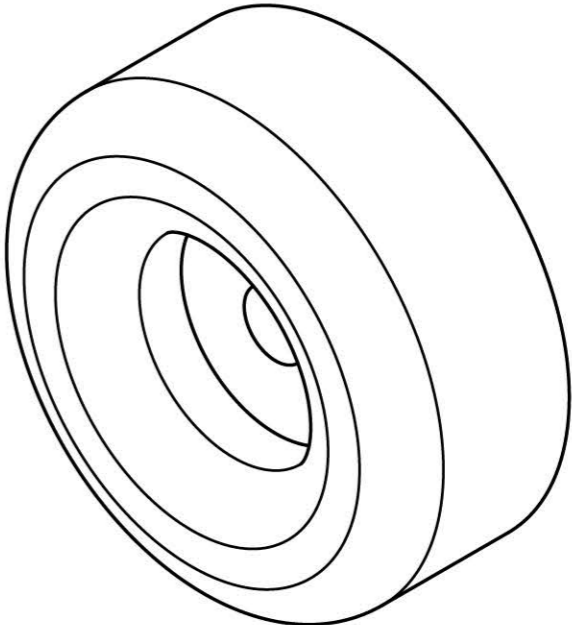
Qty: 1x



Tread Plate - RH

45

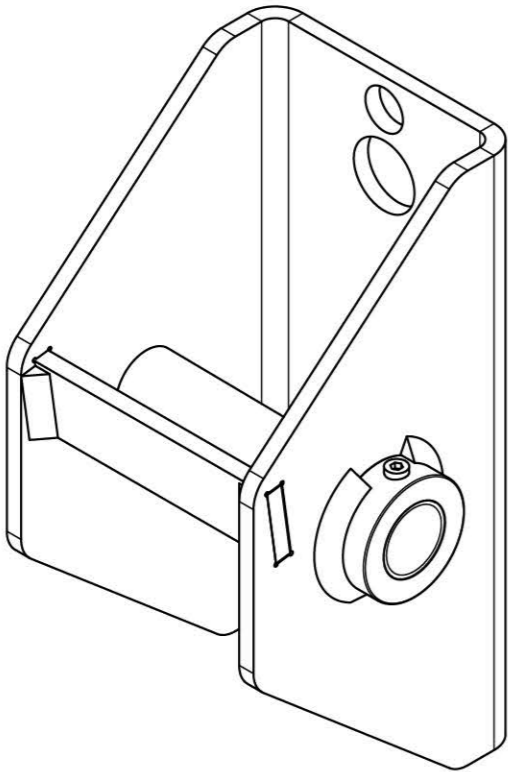
Qty: 2x



2.5"x1" Rubber Foot

46

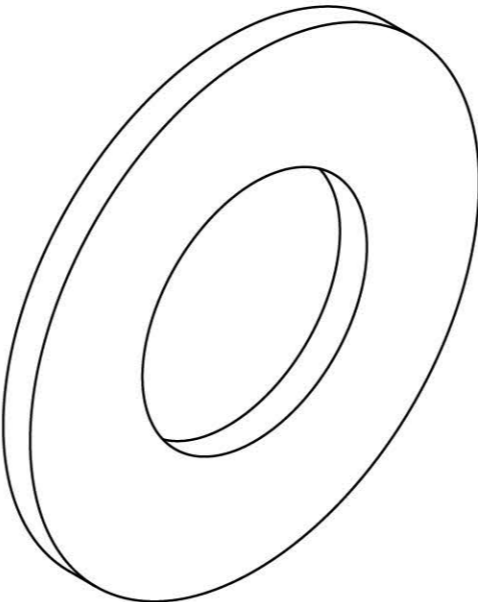
Qty: 2x



Lever Hinge

47

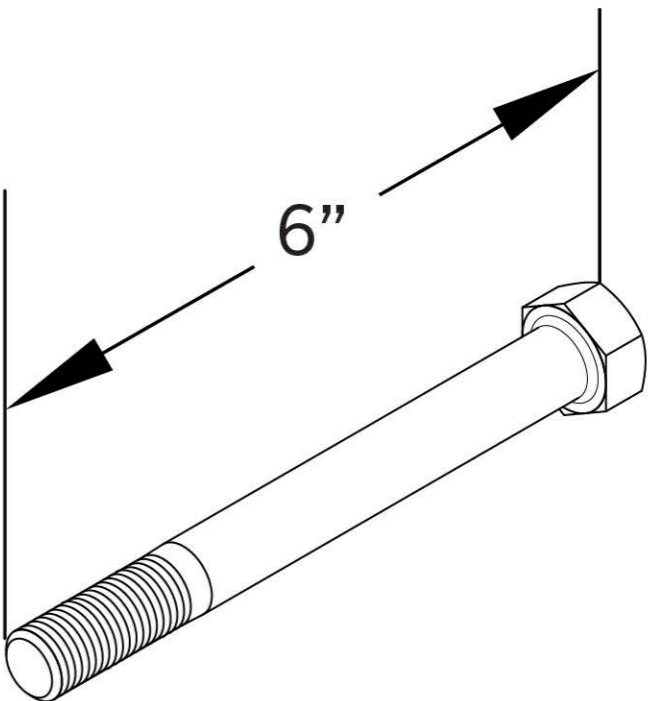
Qty: 2x



3/8" Washer

48

Qty: 2x

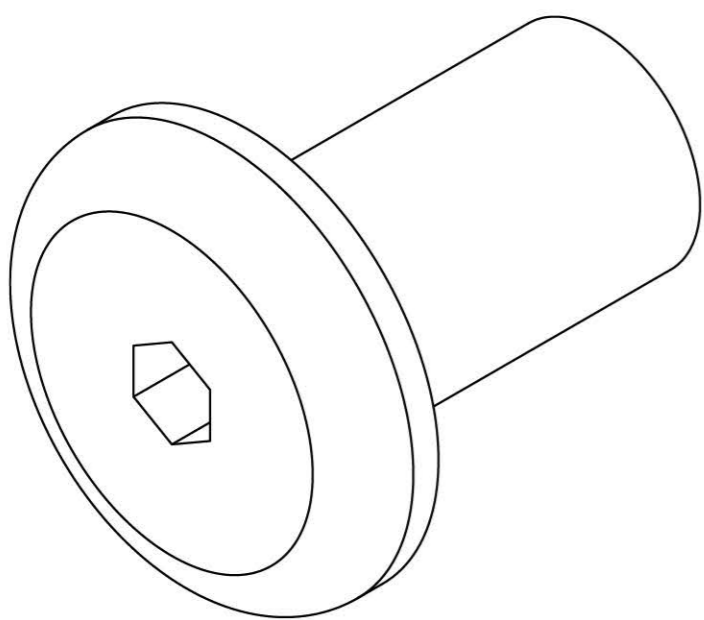


5/8" X 6" Hex Bolt

INCLUDED PARTS: FM-HR RHINO

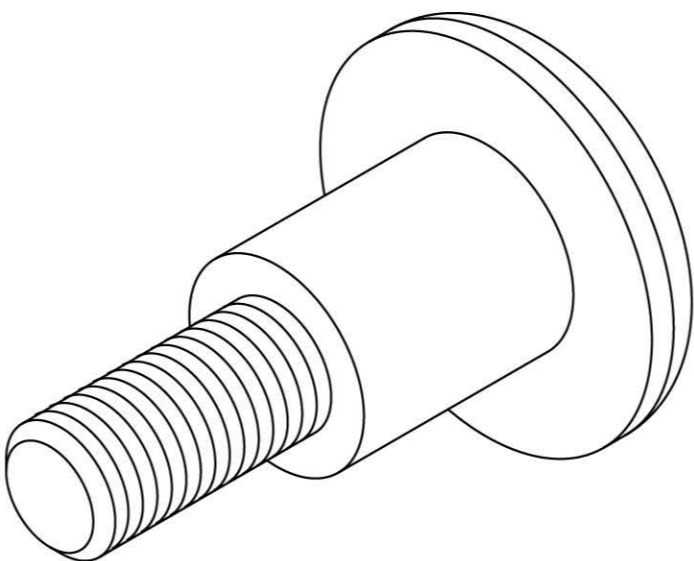
Note: Images not shown at scale.

49 Qty: 2x



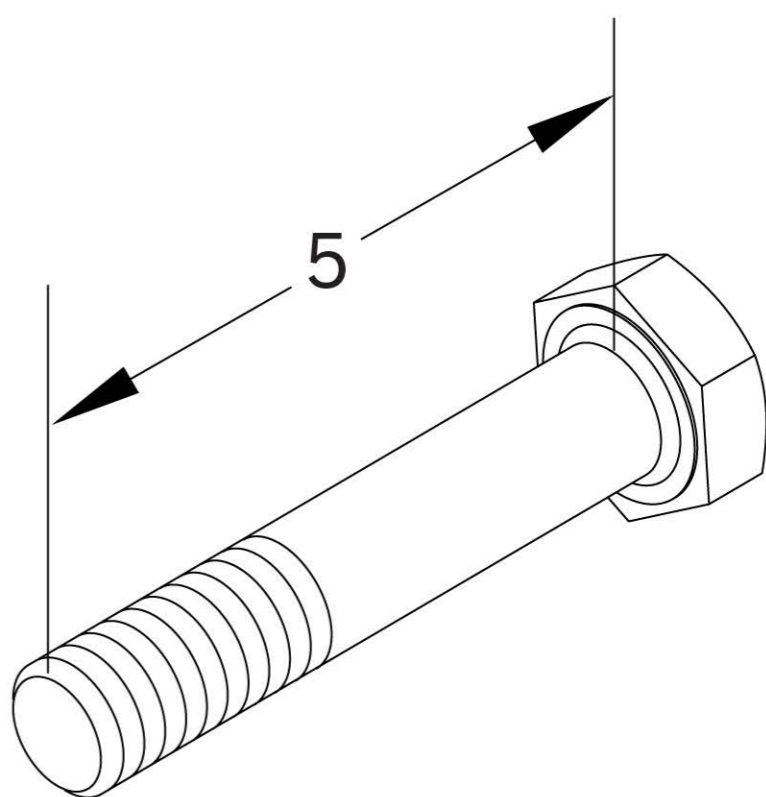
1" Shoulder Bolt - Female

50 Qty: 2x



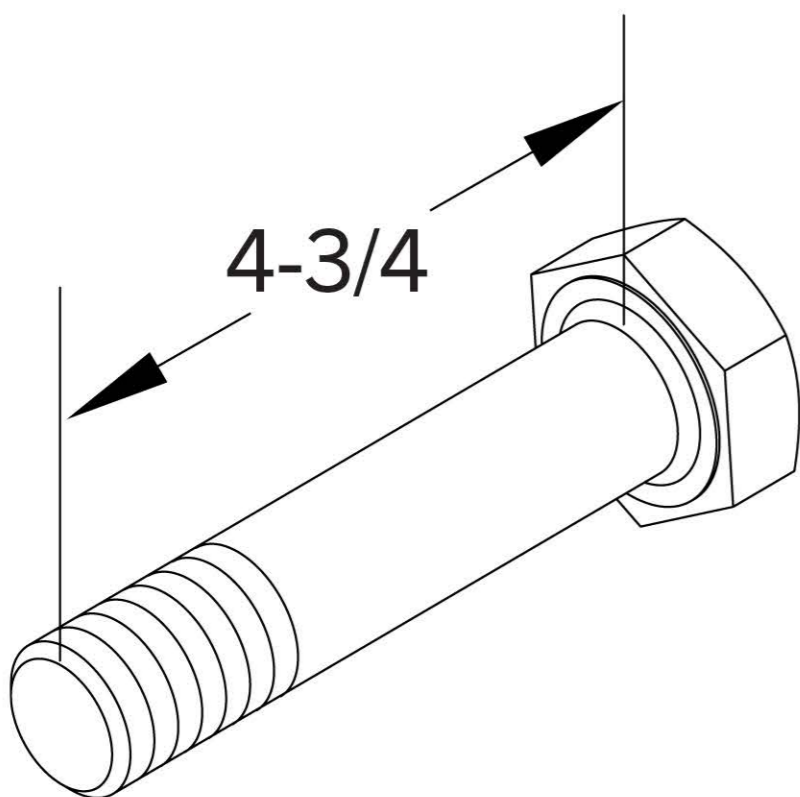
1" Shoulder Bolt - Male

51 Qty: 12x



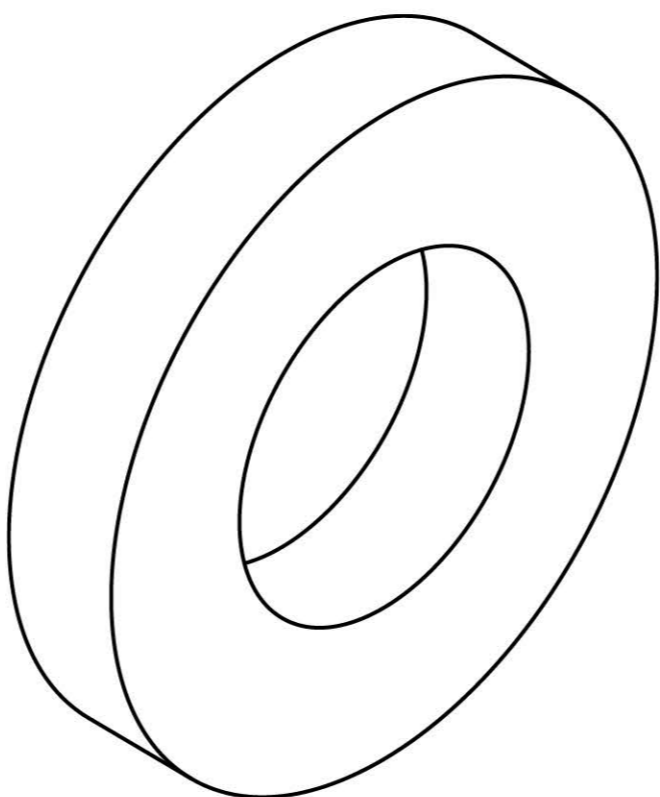
1" x 5" Hex Bolt

52 Qty: 18x



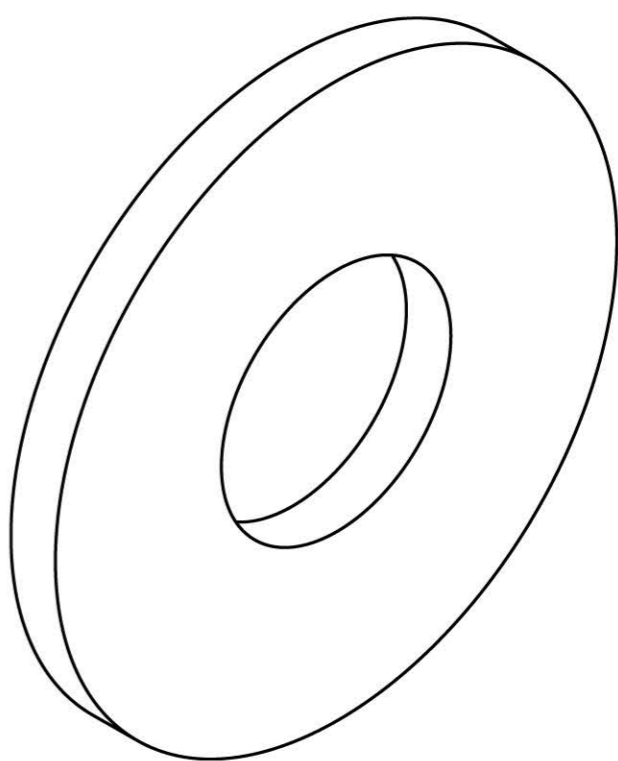
1" x 4-3/4" Hex Bolt

53 Qty: 8x



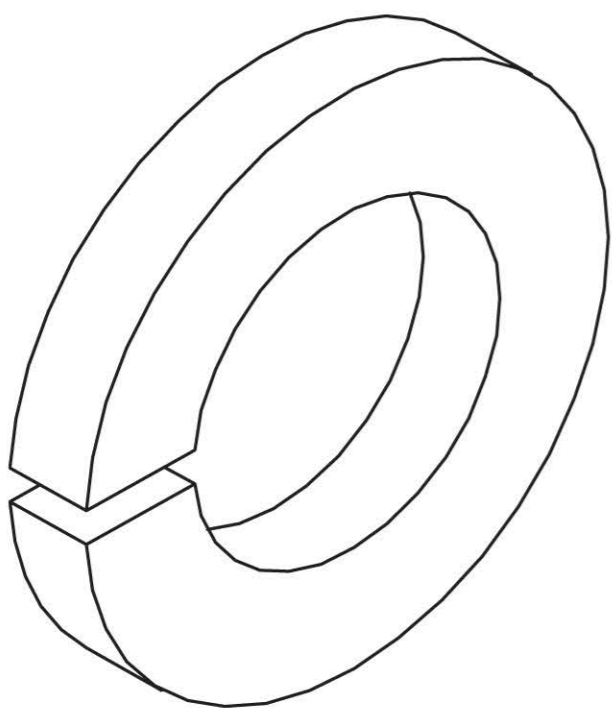
1" x 3/8" Pulley Bracket Spacer

54 Qty: 26x



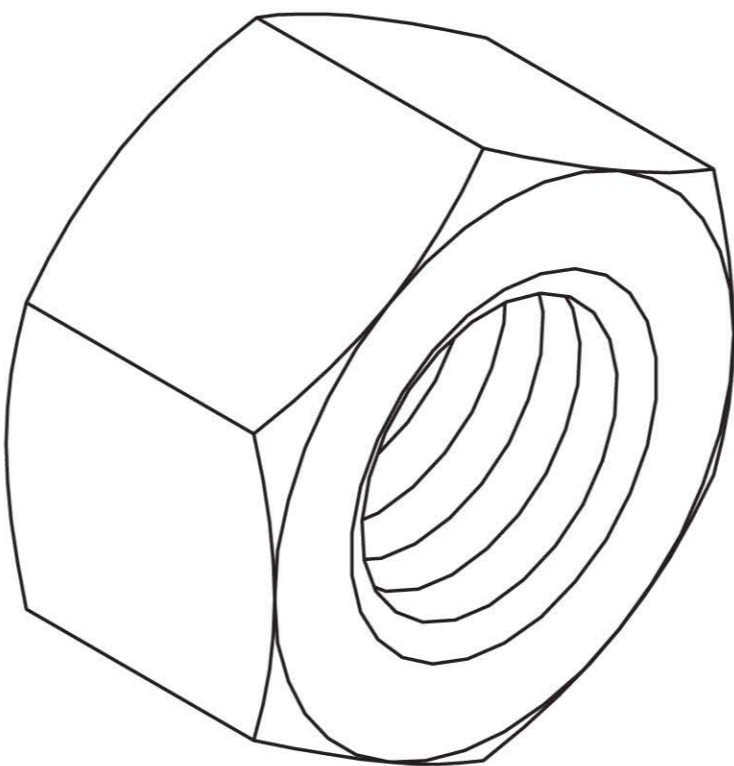
1" Flat Washer

55 Qty: 30x



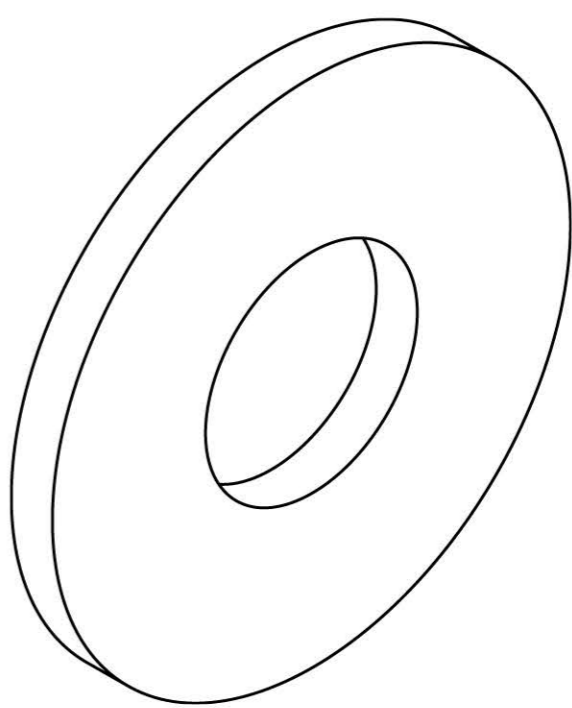
1" Lock Washer

56 Qty: 30x



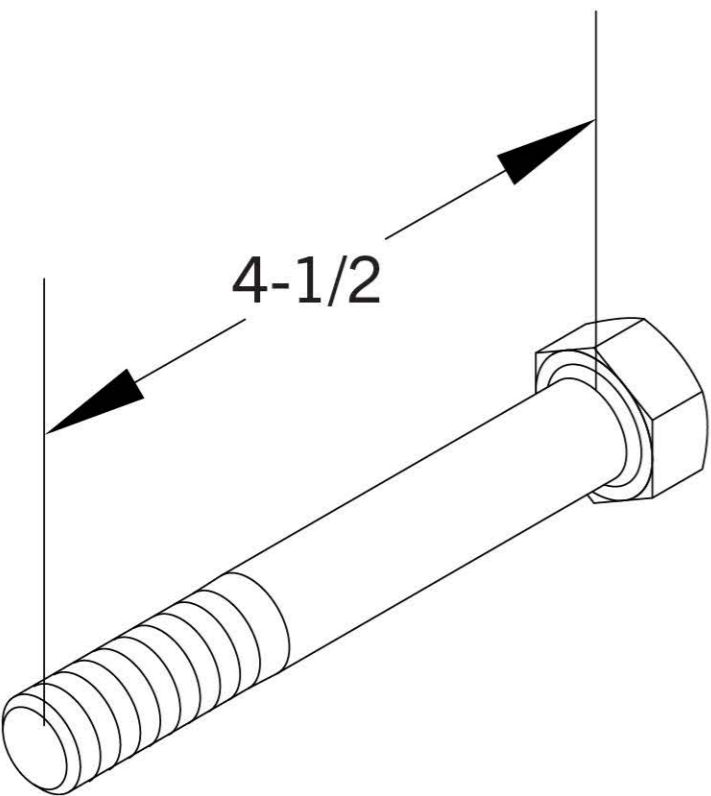
1" Hex Nut

57 Qty: 4x



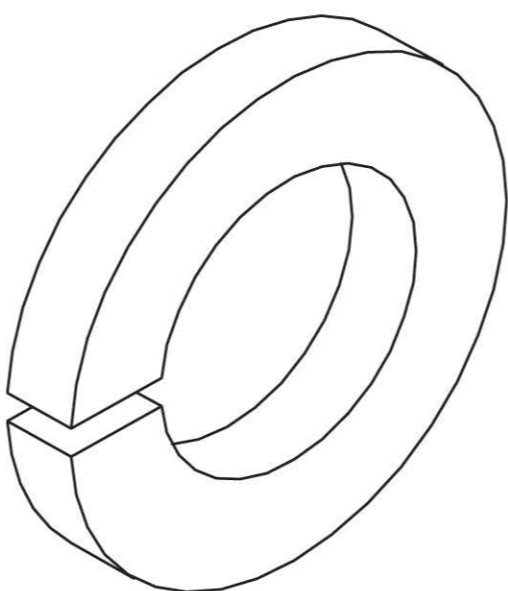
5/8" Flat Washer

58 Qty: 7x



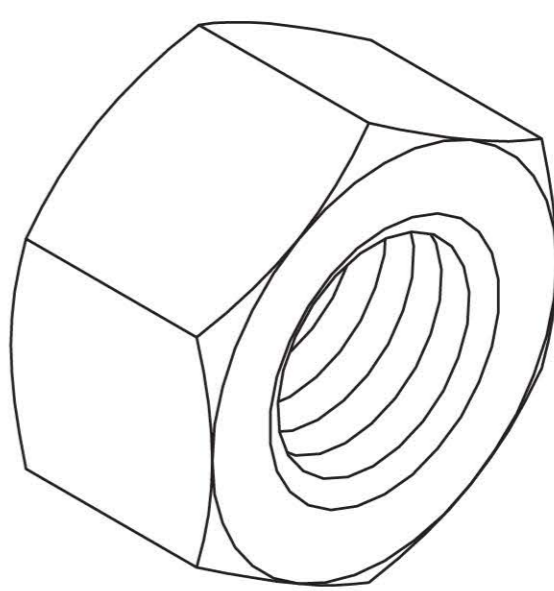
5/8" x 4-1/2" Hex Bolt

59 Qty: 9x



5/8" Lock Washer

60 Qty: 9x

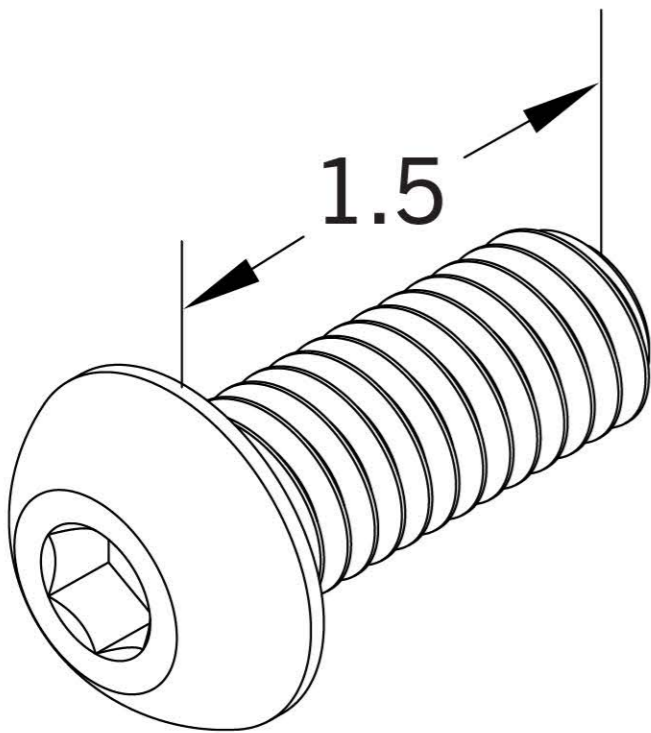


5/8" Hex Nut

# INCLUDED PARTS: FM-HR RHINO

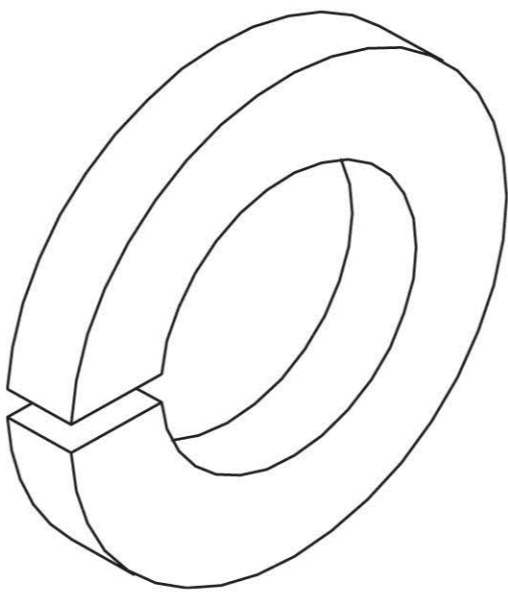
Note: Images not shown at scale.

**61** Qty: **2x**



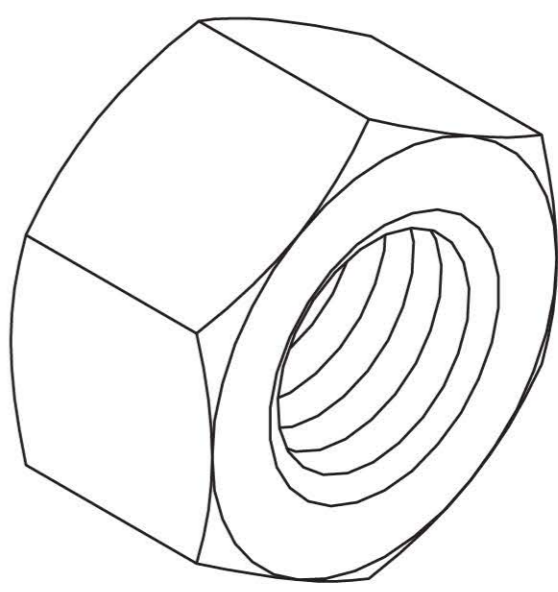
1/2" x 1-1/2" Button Head Screw

**62** Qty: **2x**



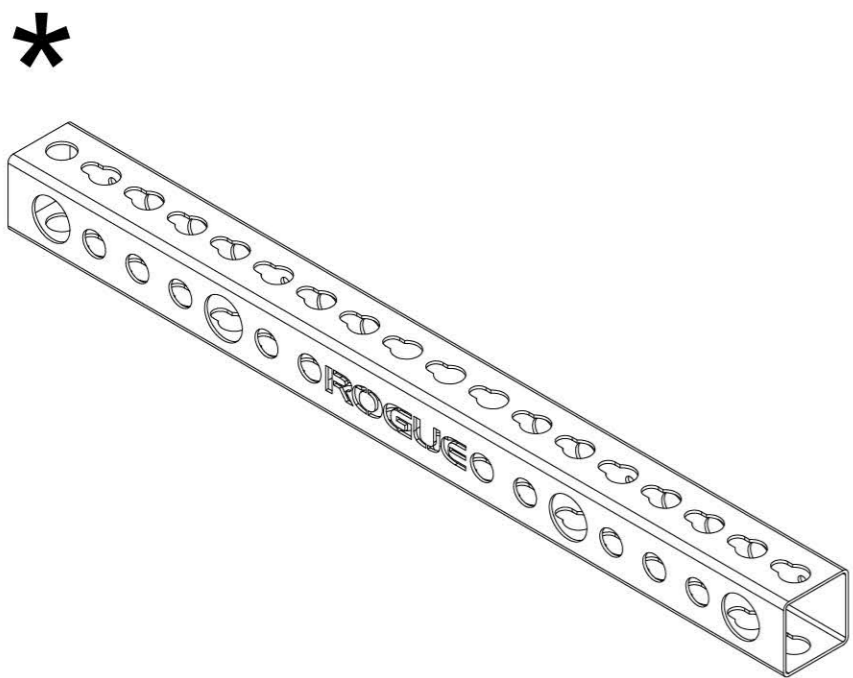
1/2" Lock Washer

**63** Qty: **2x**



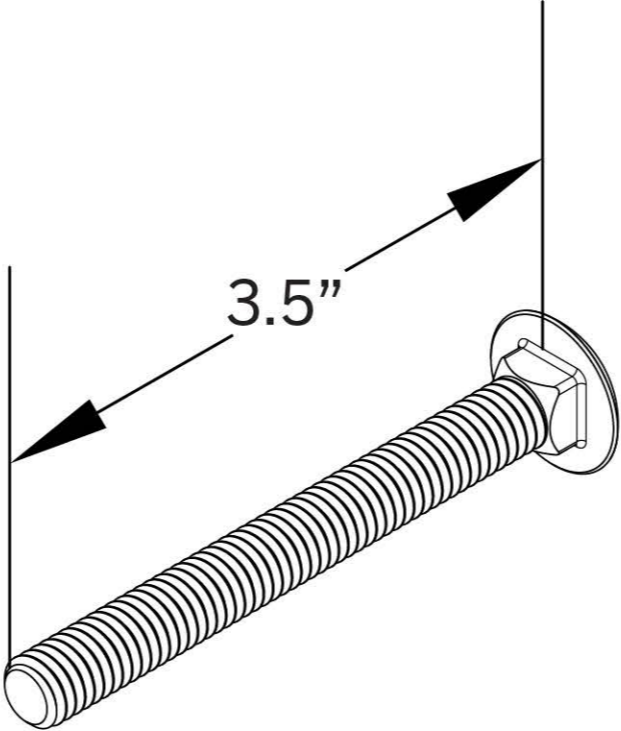
1/2" Hex Nut

**64** Qty: **2x**



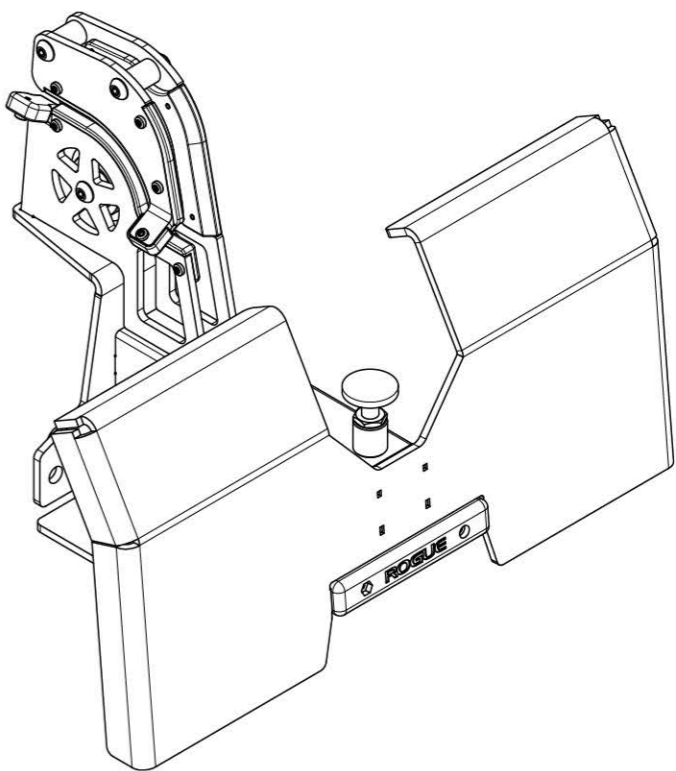
Monster Strip

**65** Qty: **12x**



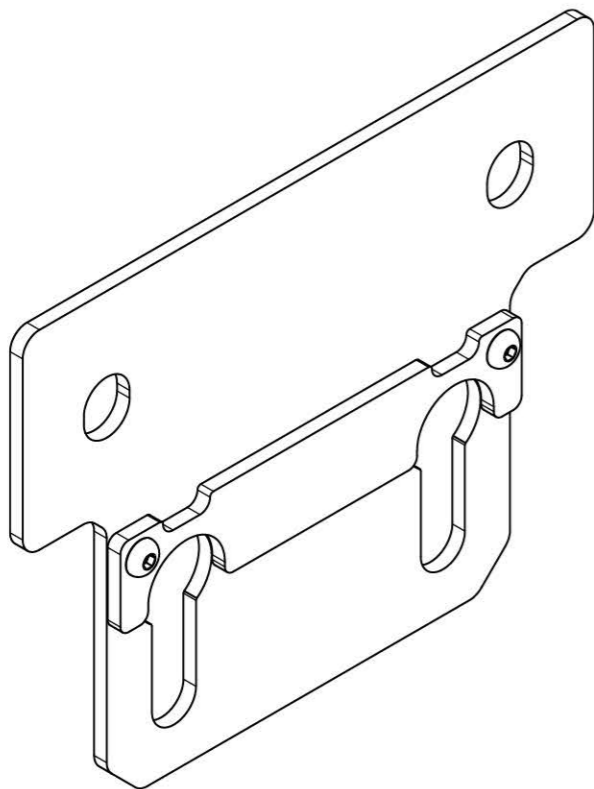
3/8" X 3.5" Carriage Bolt

**66** Qty: **1x**



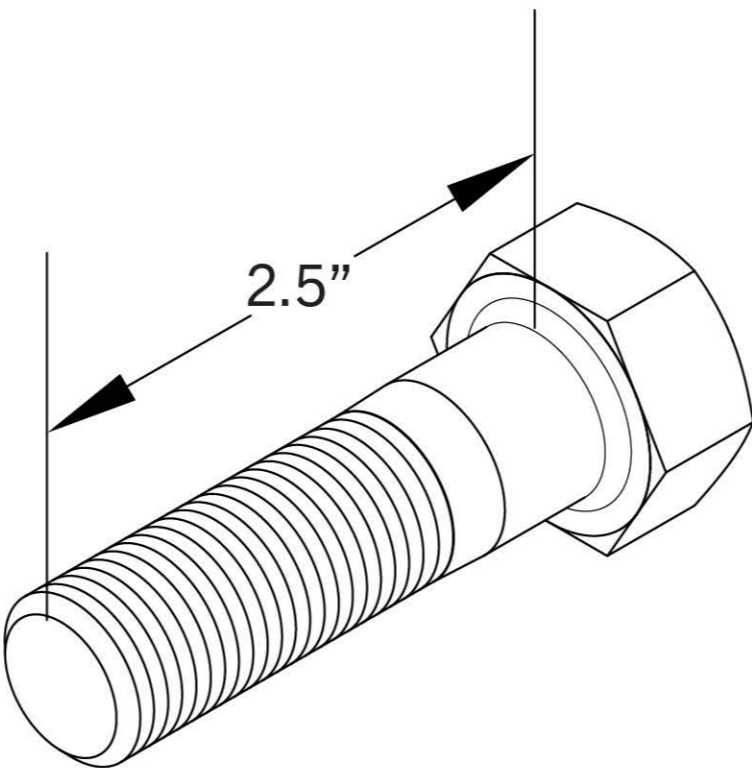
Rhino Low Row Bracket

**67** Qty: **1x**



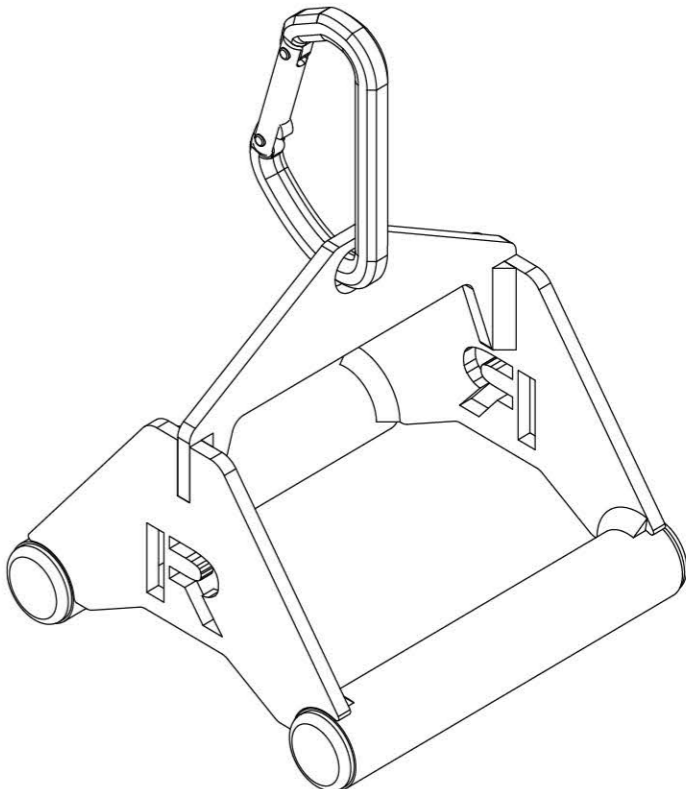
Low Row Face Mount Plate

**68** Qty: **2x**



5/8" x 2.25" Hex Bolt

**69** Qty: **1x**

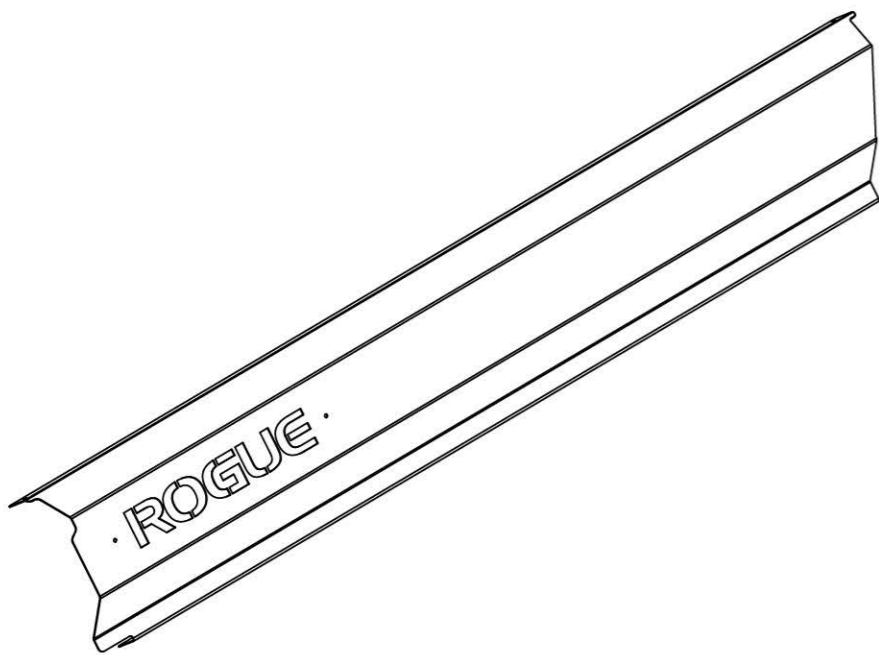


Standard Grip Triangle

# INCLUDED PARTS: SHROUD KIT

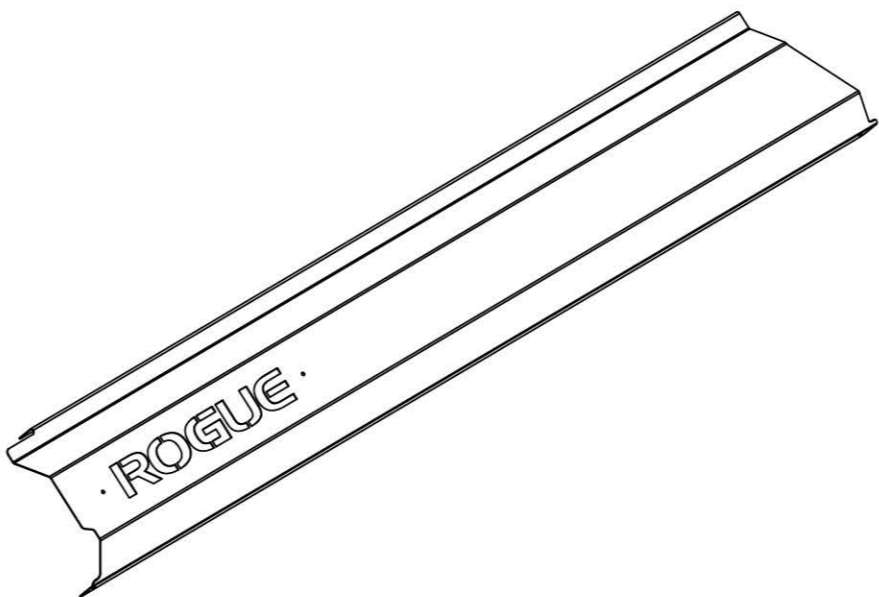
Note: Images not shown at scale.

**70** Qty: **1x**



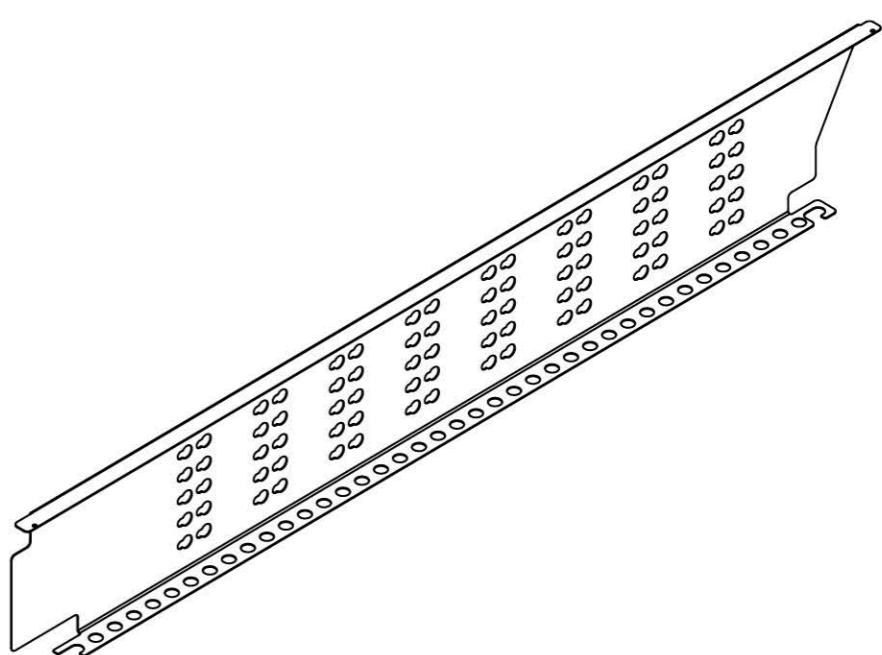
Side Shroud - RH

**71** Qty: **1x**



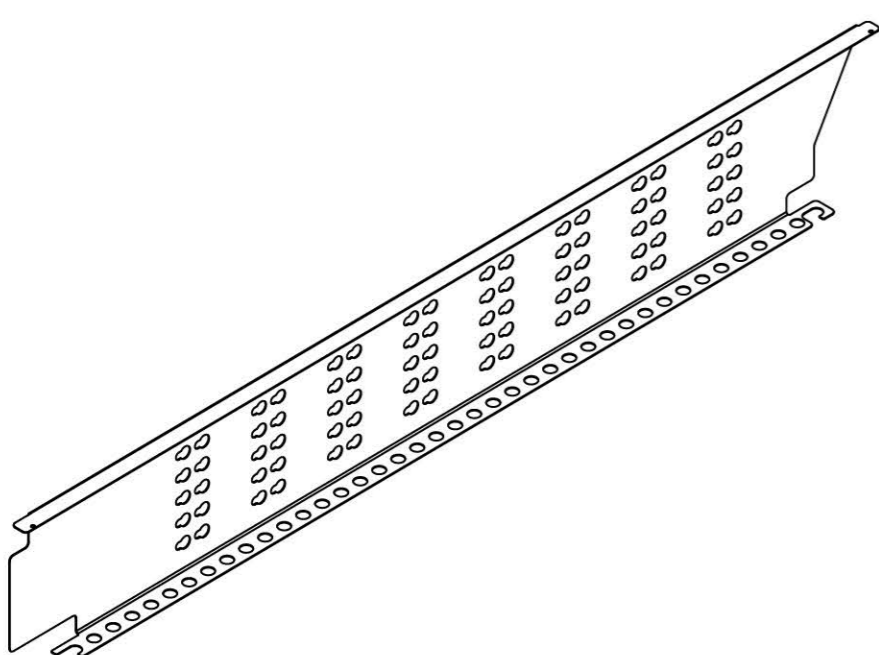
Side Shroud - LH

**72** Qty: **1x**



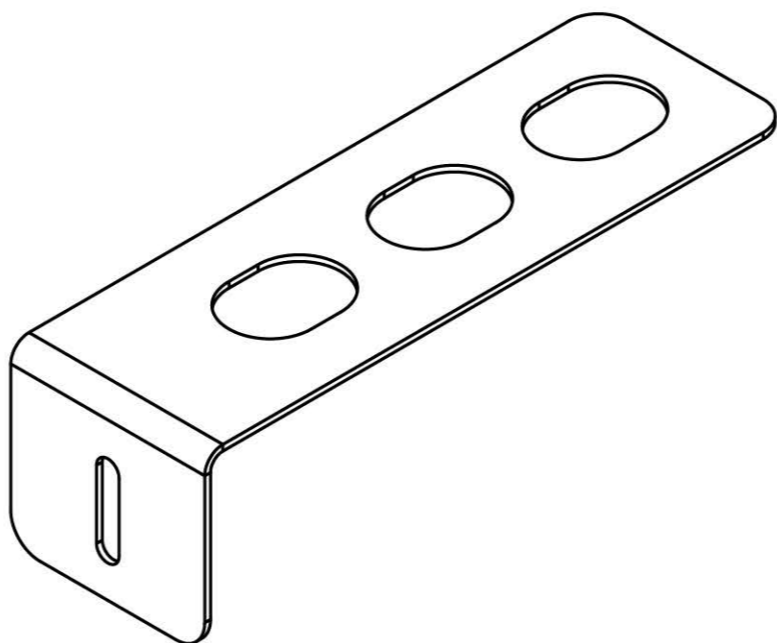
Storage Panel - RH

**73** Qty: **1x**



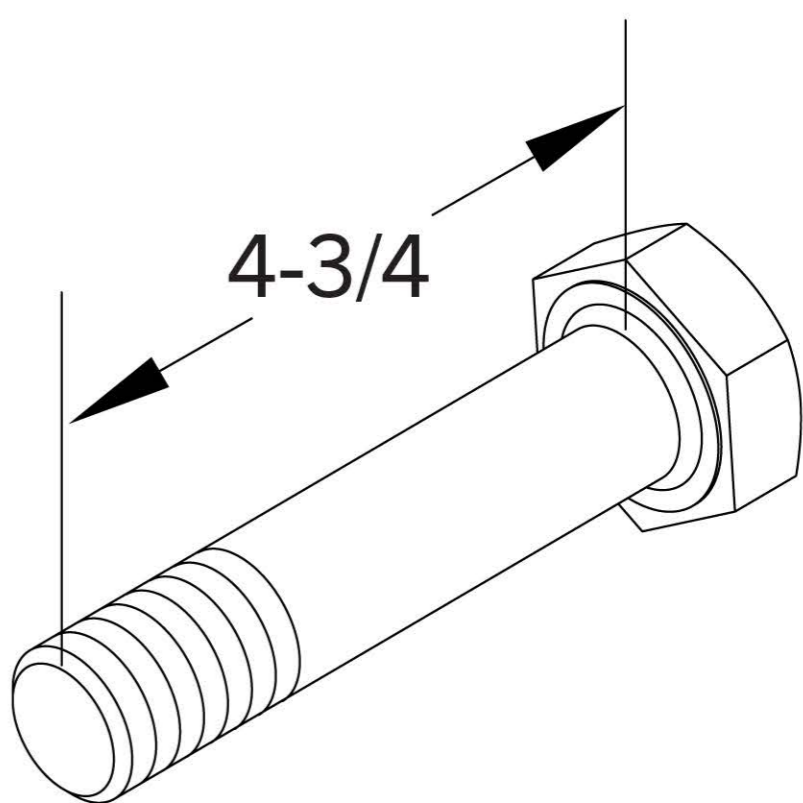
Storage Panel - LH

**74** Qty: **2x**



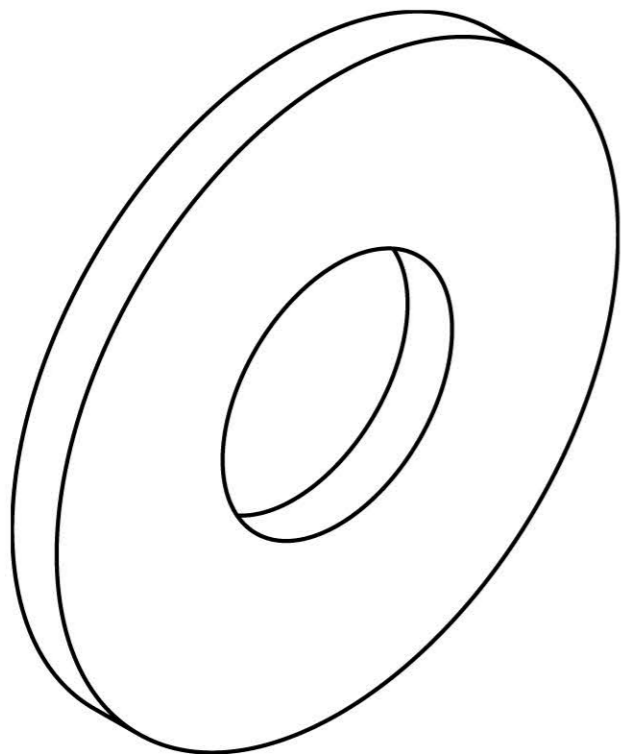
Side Shroud Top  
Bracket

**75** Qty: **2x**



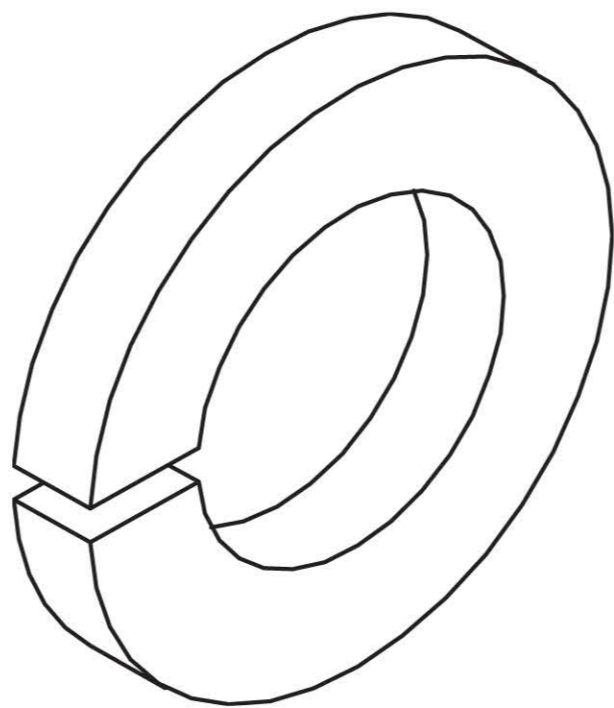
1" x 4-3/4" Hex Bolt

**76** Qty: **2x**



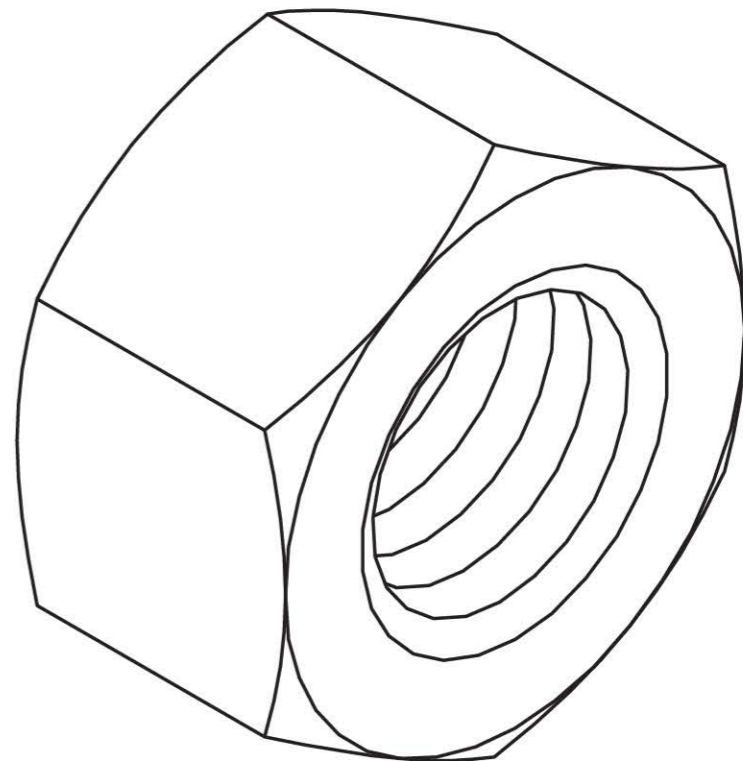
1" Flat Washer

**77** Qty: **2x**



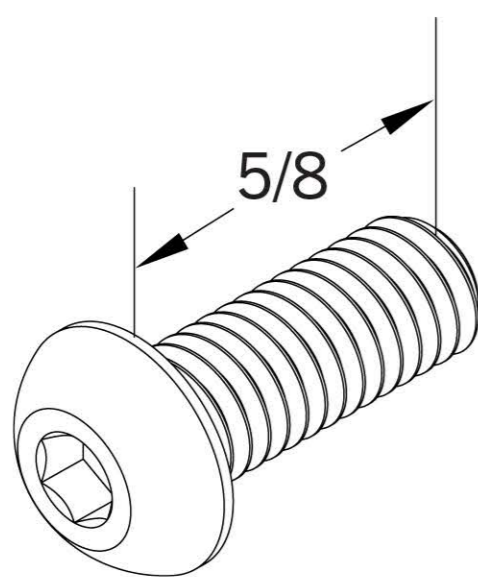
1" Lock Washer

**78** Qty: **2x**



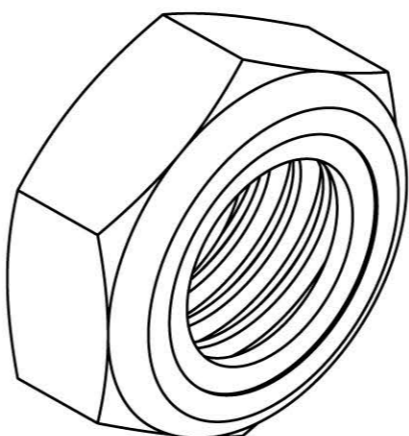
1" Hex Nut

**79** Qty: **4x**



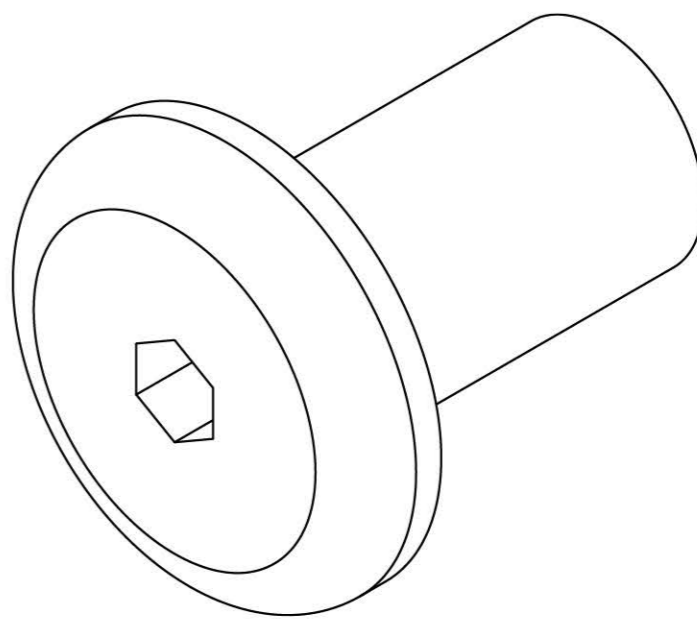
1/4" x 5/8" Button  
Head Screw

**80** Qty: **4x**



1/4" Thin Nylock Nut

**81** Qty: **2x**



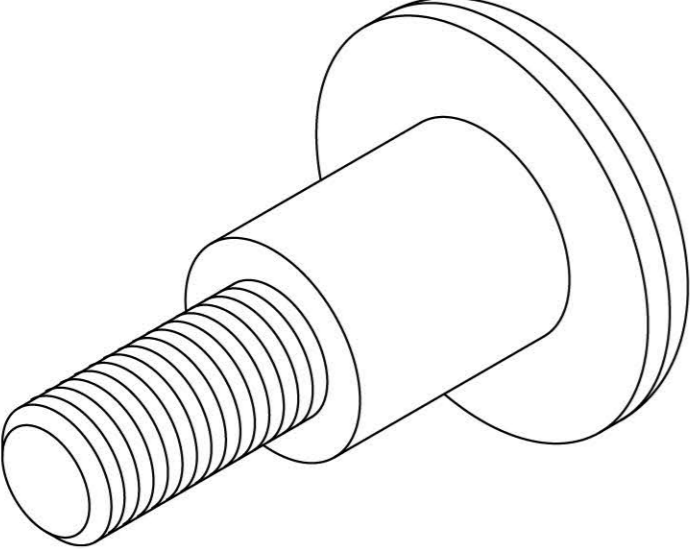
1" Shoulder Bolt -  
Female

# INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

82

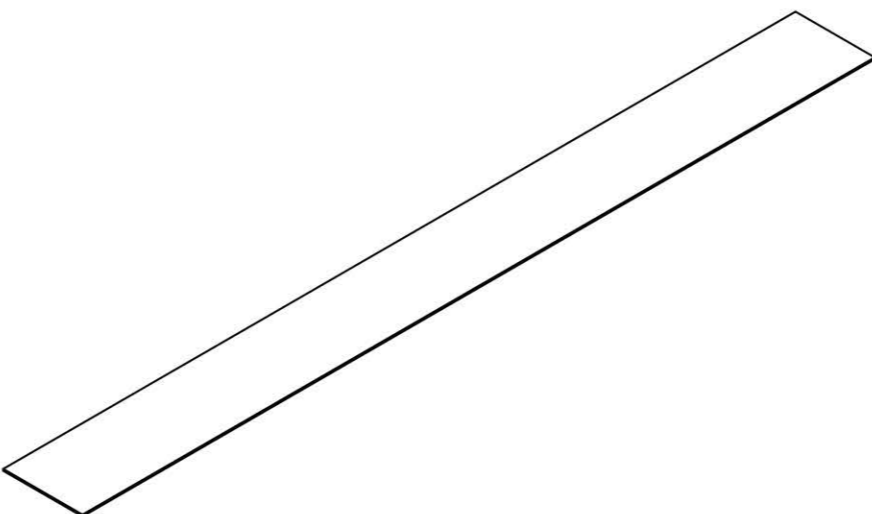
Qty: 2x



1” Shoulder Bolt - Male

83

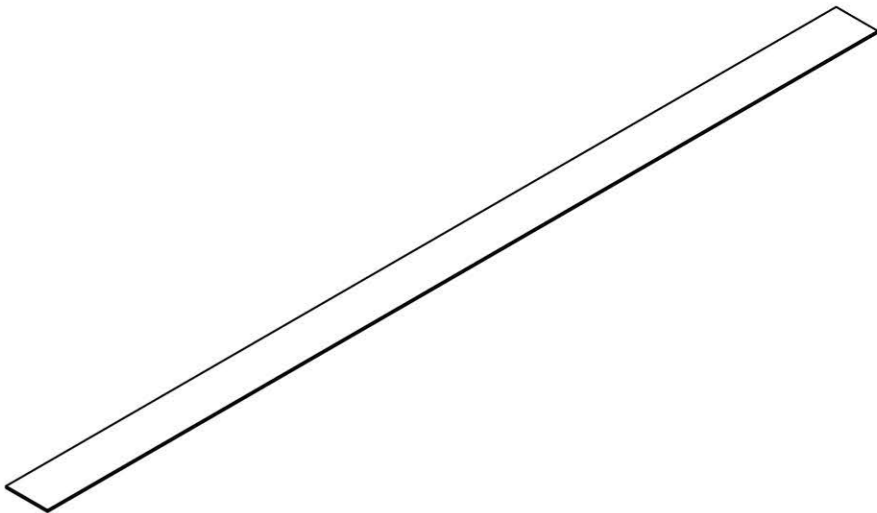
Qty: 2x



6” Foam Panel

84

Qty: 4x

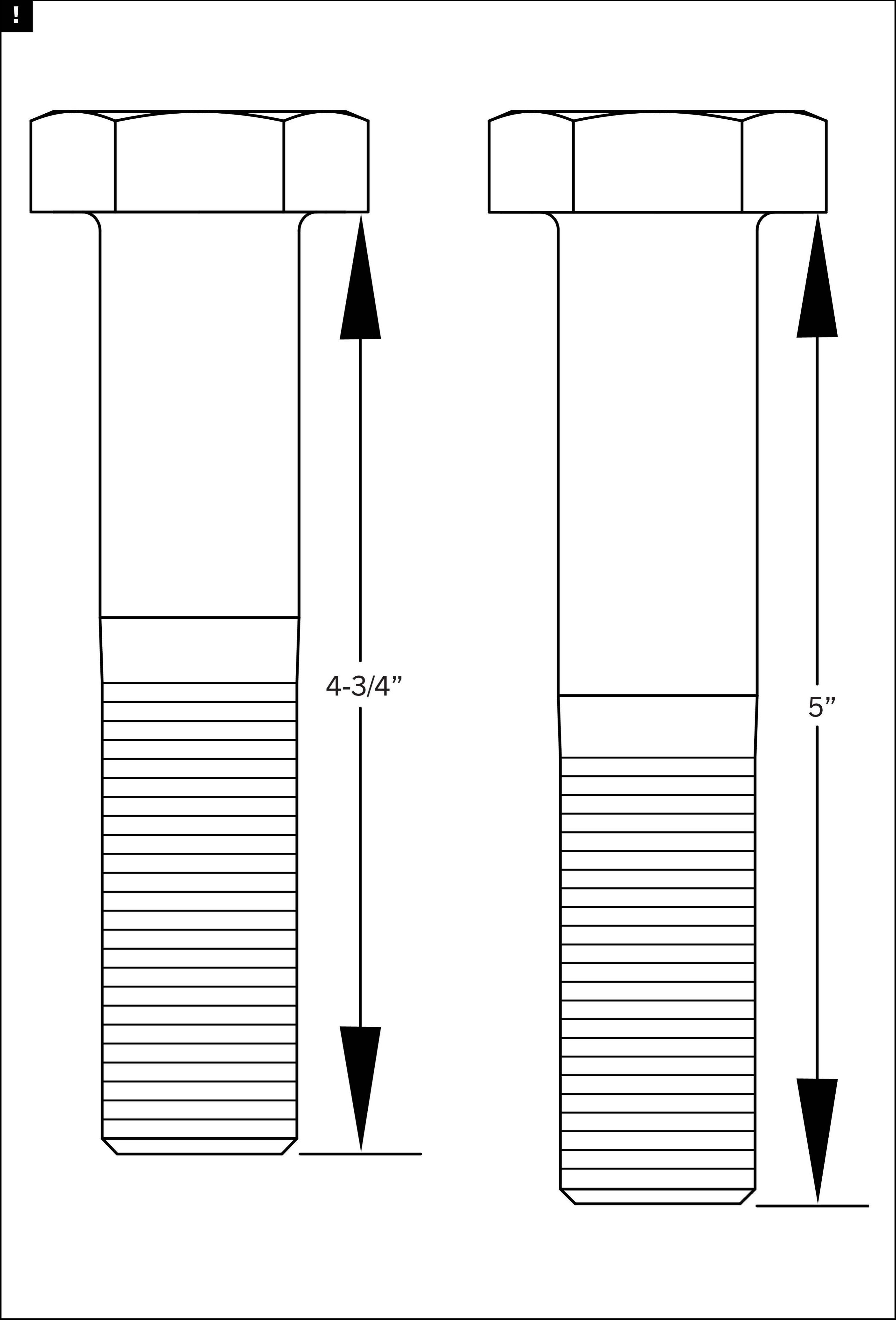


3” Foam Panel

# 1” HARDWARE LENGTH GUIDE

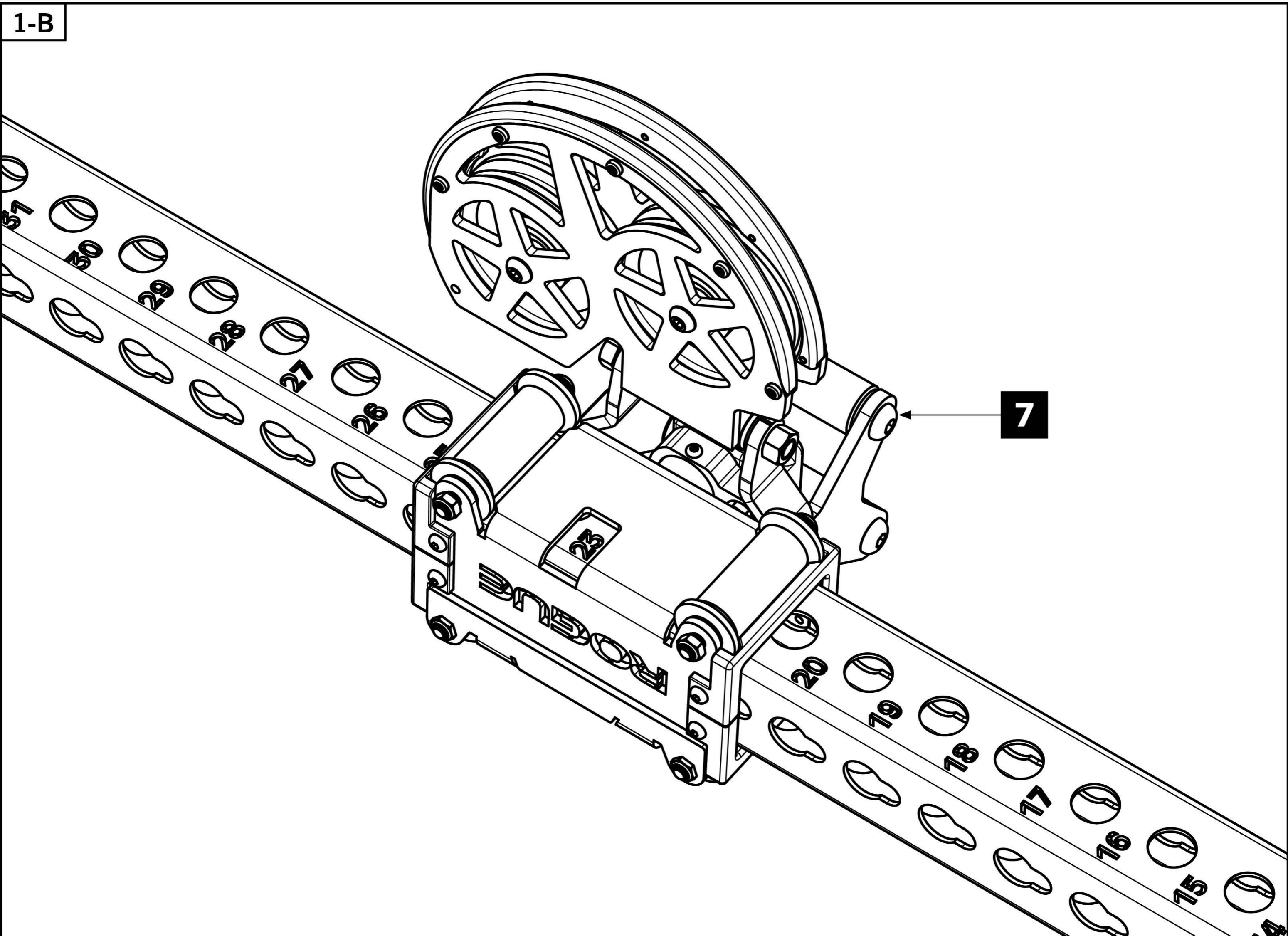
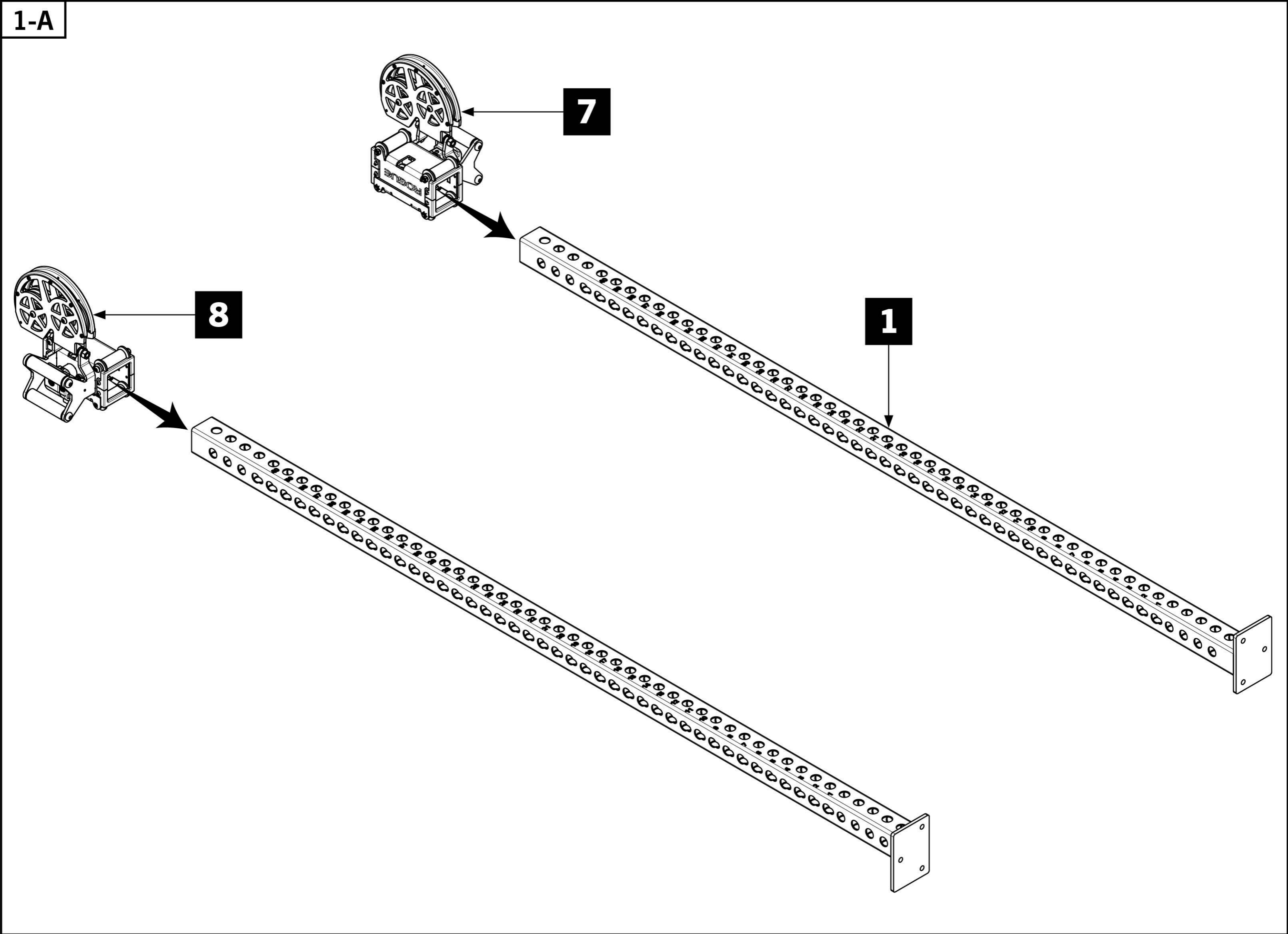
**Note:**

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



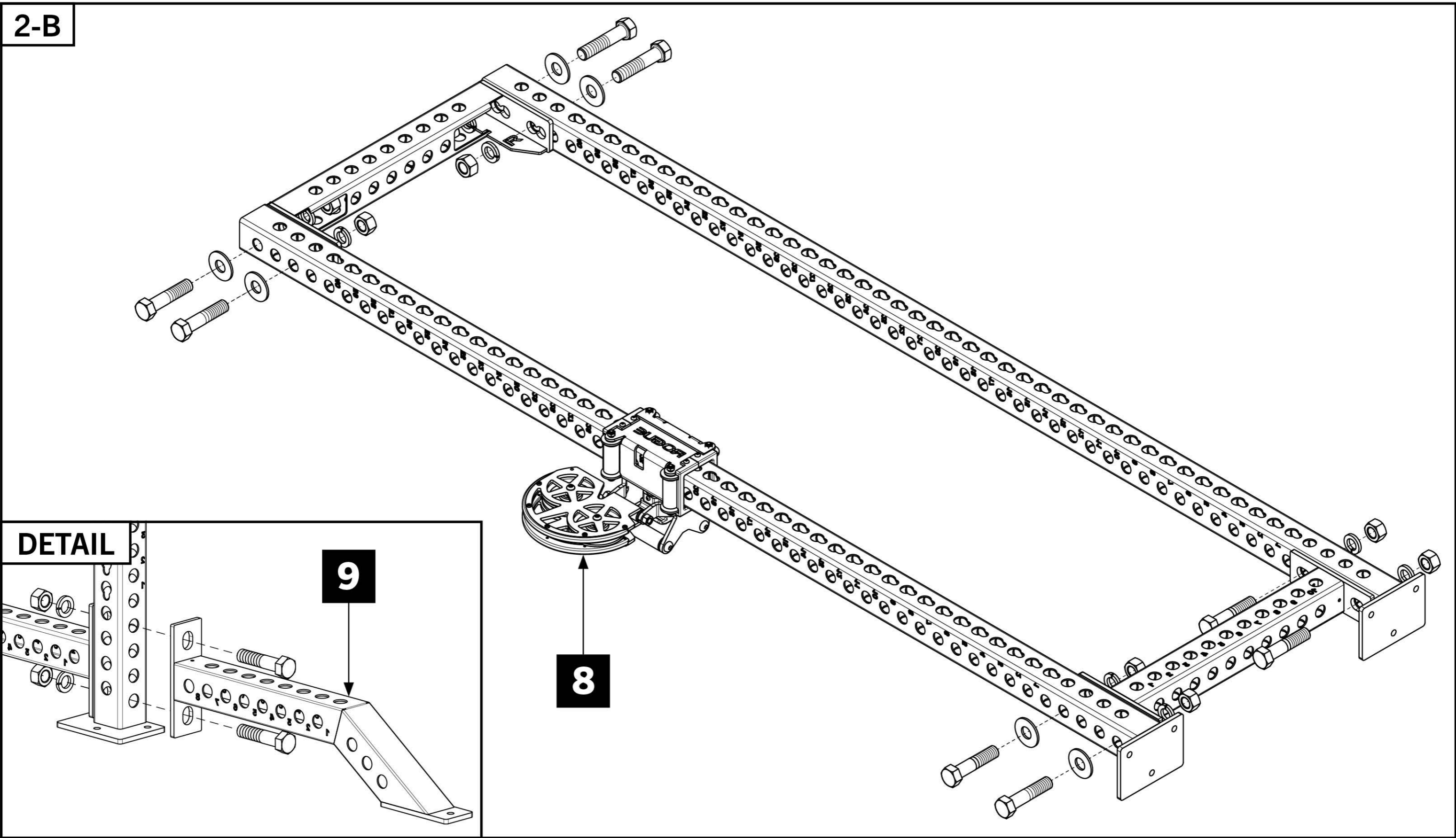
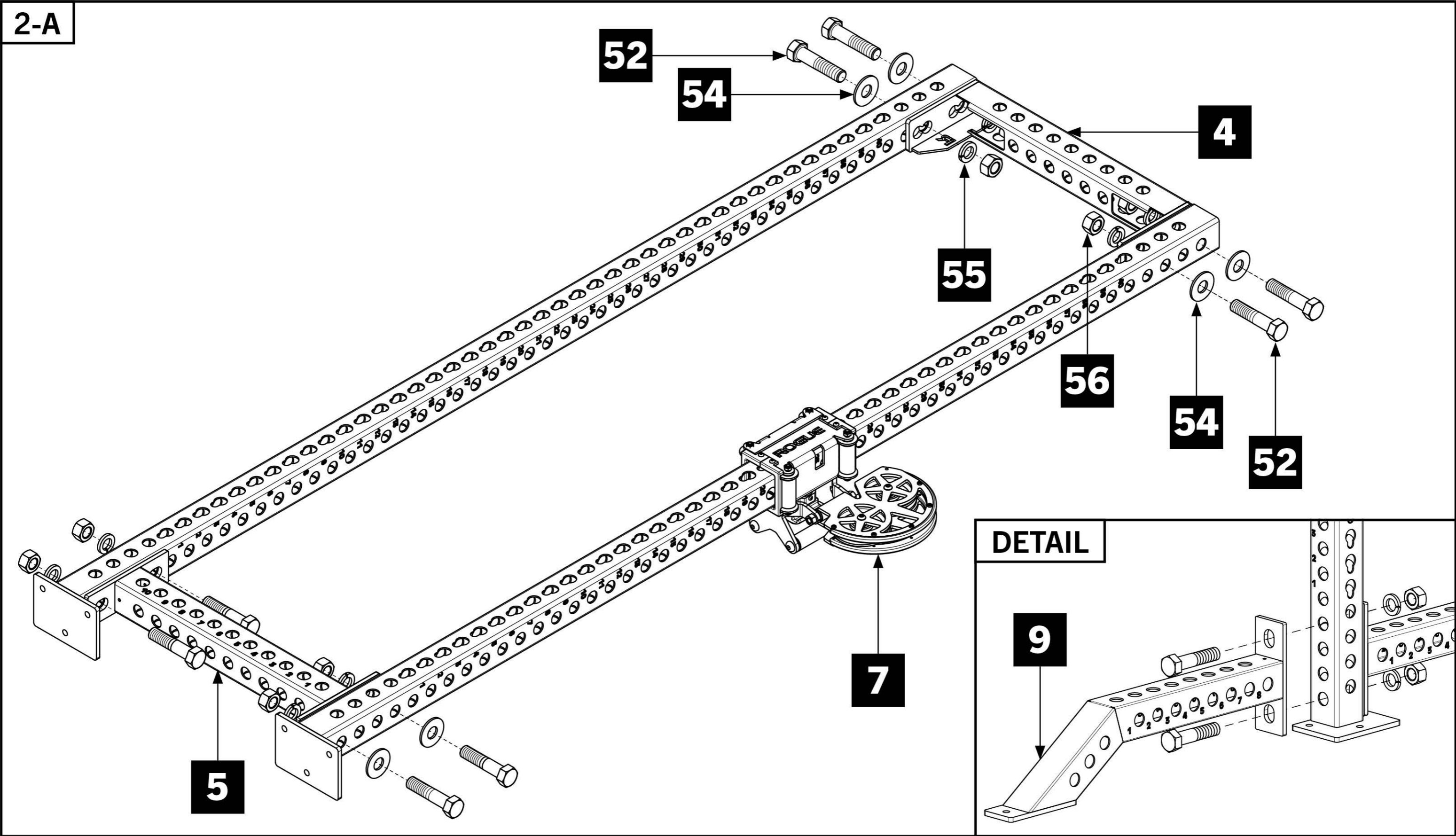
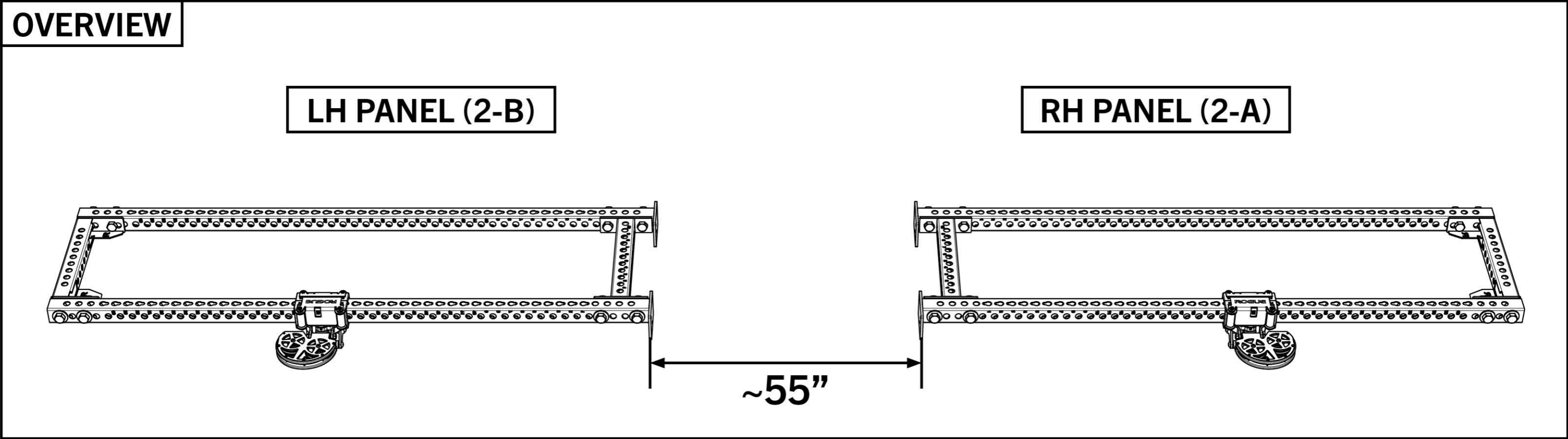
# STEP 1

- **IMPORTANT: DO NOT USE TOOLS TO TIGHTEN THROUGHOUT ASSEMBLY UNLESS OTHERWISE SPECIFIED.**
- While pulling the handle triggers, slide Swivel Trolley RH [7] and Swivel Trolley LH [8] onto two Monster Uprights [1].
- Note the orientation of Swivel Trolleys in relation to the feet at bottom of uprights.
- Slide Trolleys about half way down Up-right and release triggers to lock pop pins in place when the viewing window is showing the number 23.



# STEP 2

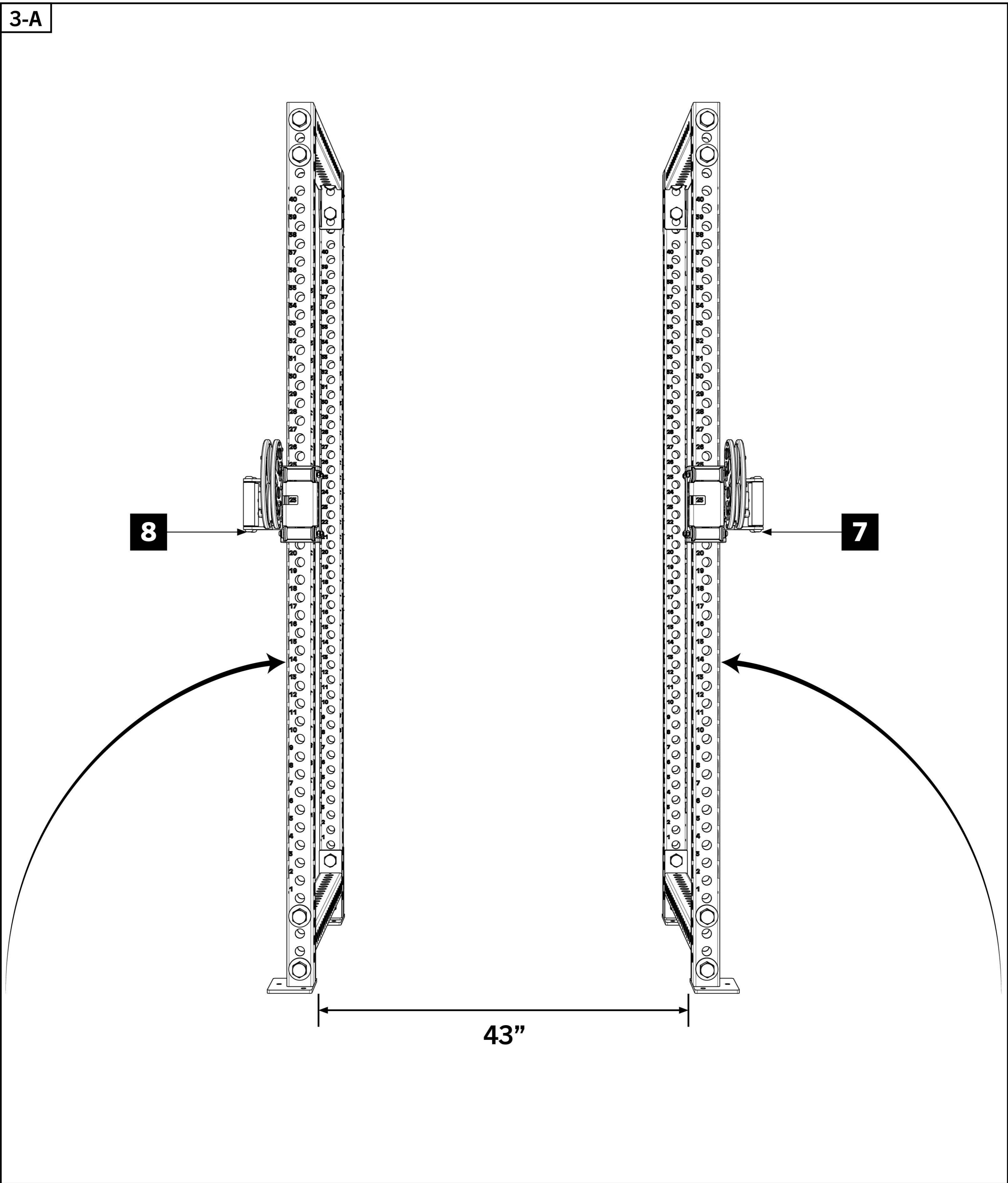
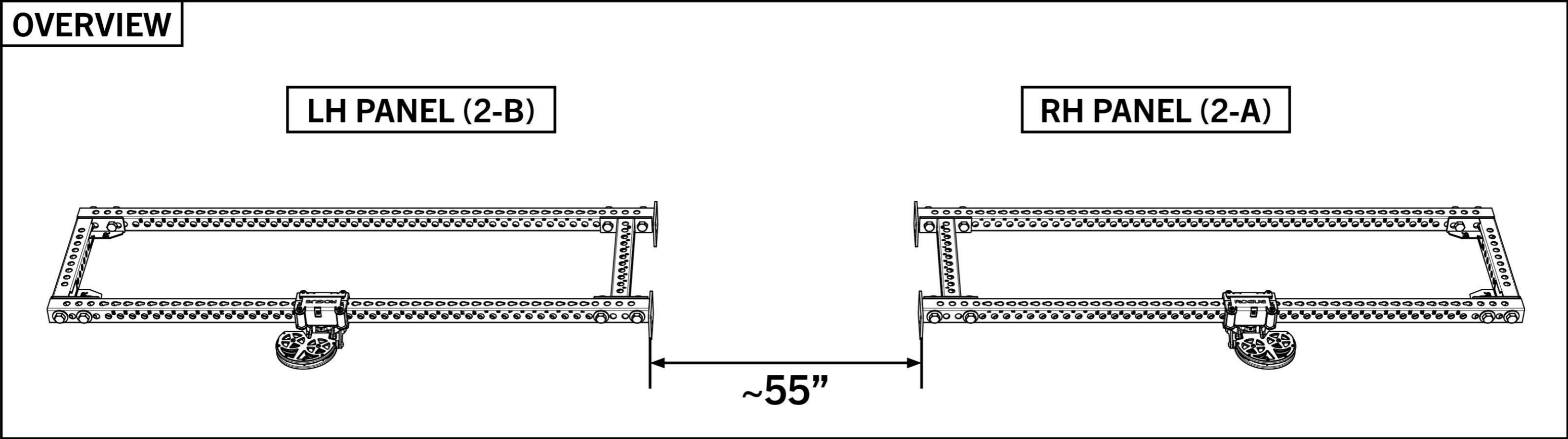
- Refer to overview image to plan assembly and ensure ample floor space is allotted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55” apart.
- Note orientation of Swivel Trolleys and Upright feet in relation to the ground.
- Connect Uprights to Crossmembers using 1”x4-3/4” Hex Bolts [52], 1” Flat Washers [54], 1” Lock Washers [55], and 1” Hex Nuts [56].
- If Half Rack Feet [9] were purchased, install them in place of the Flat Washers on bottom of Uprights as shown in Detail views.
- HAND-TIGHTEN ONLY.



# 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**.

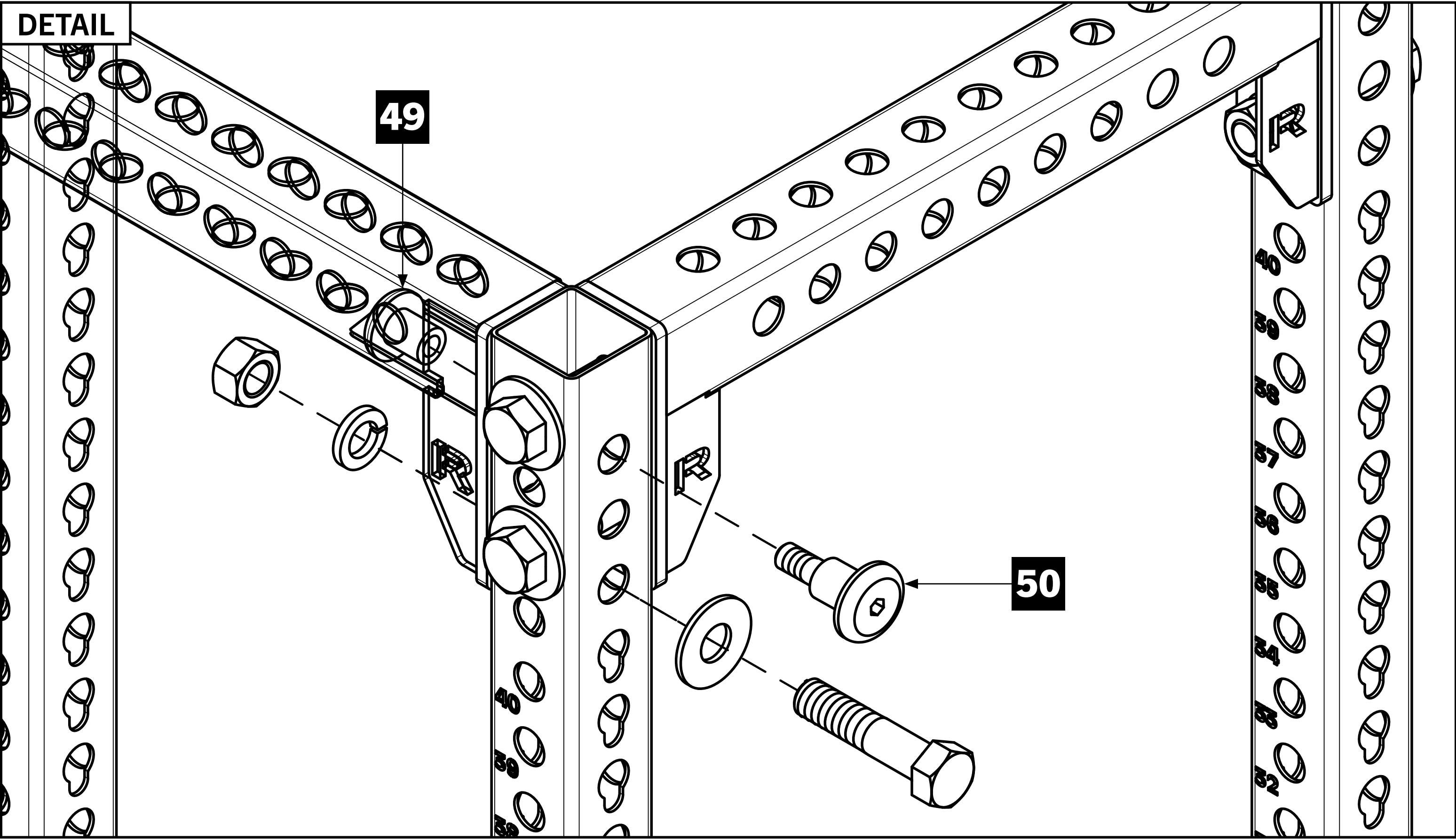
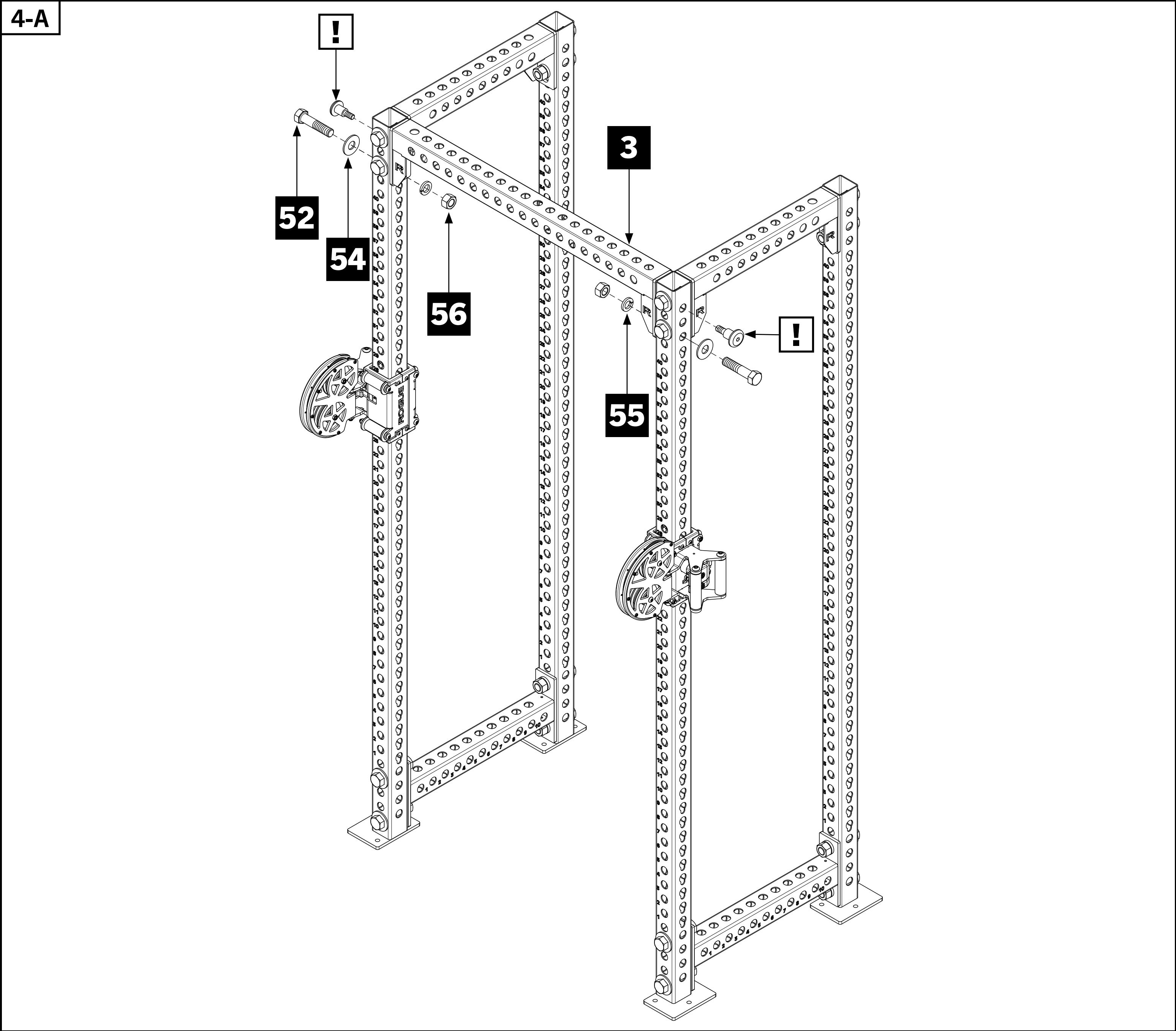


# STEP 4

**Tools Required:**

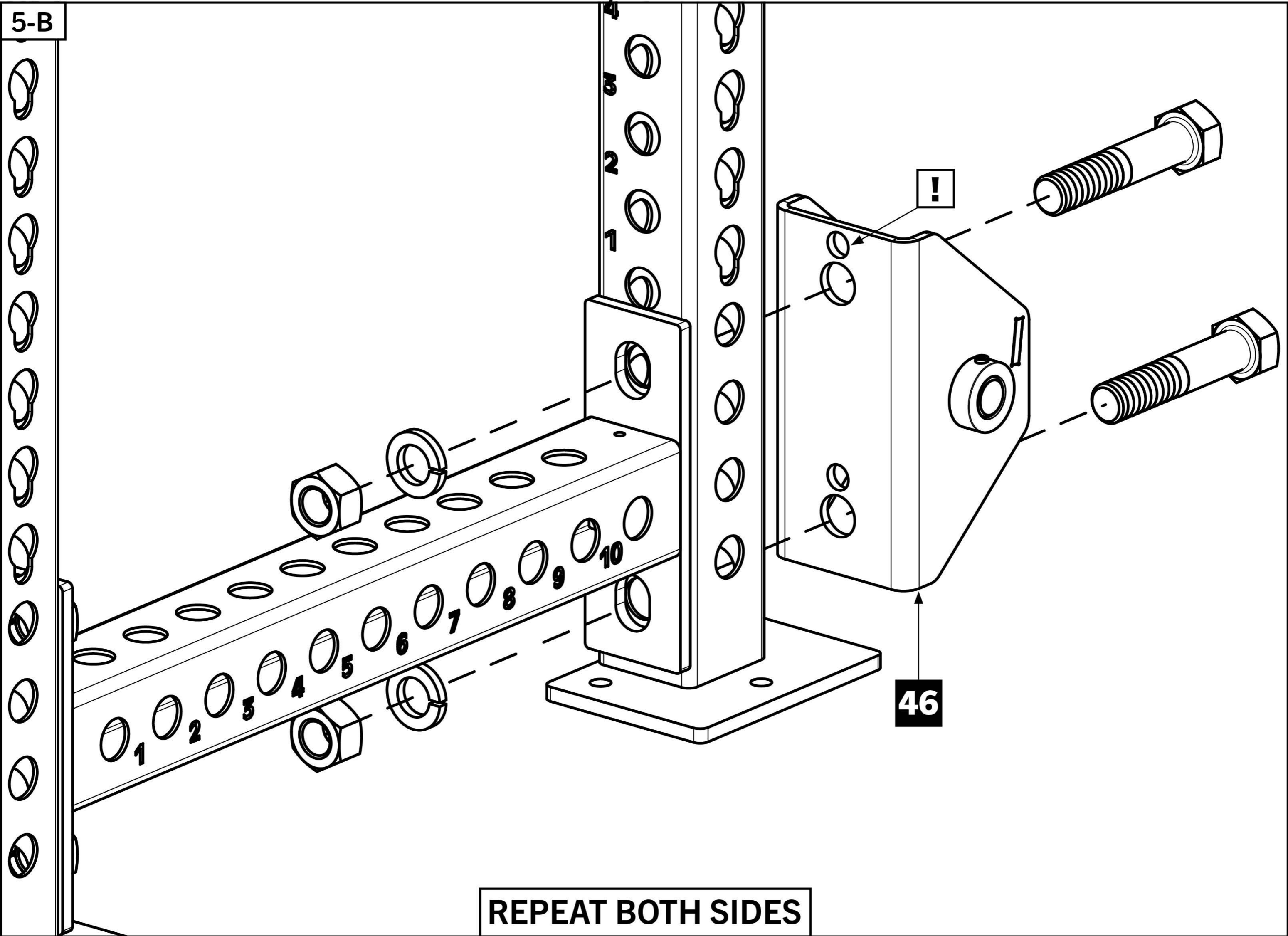
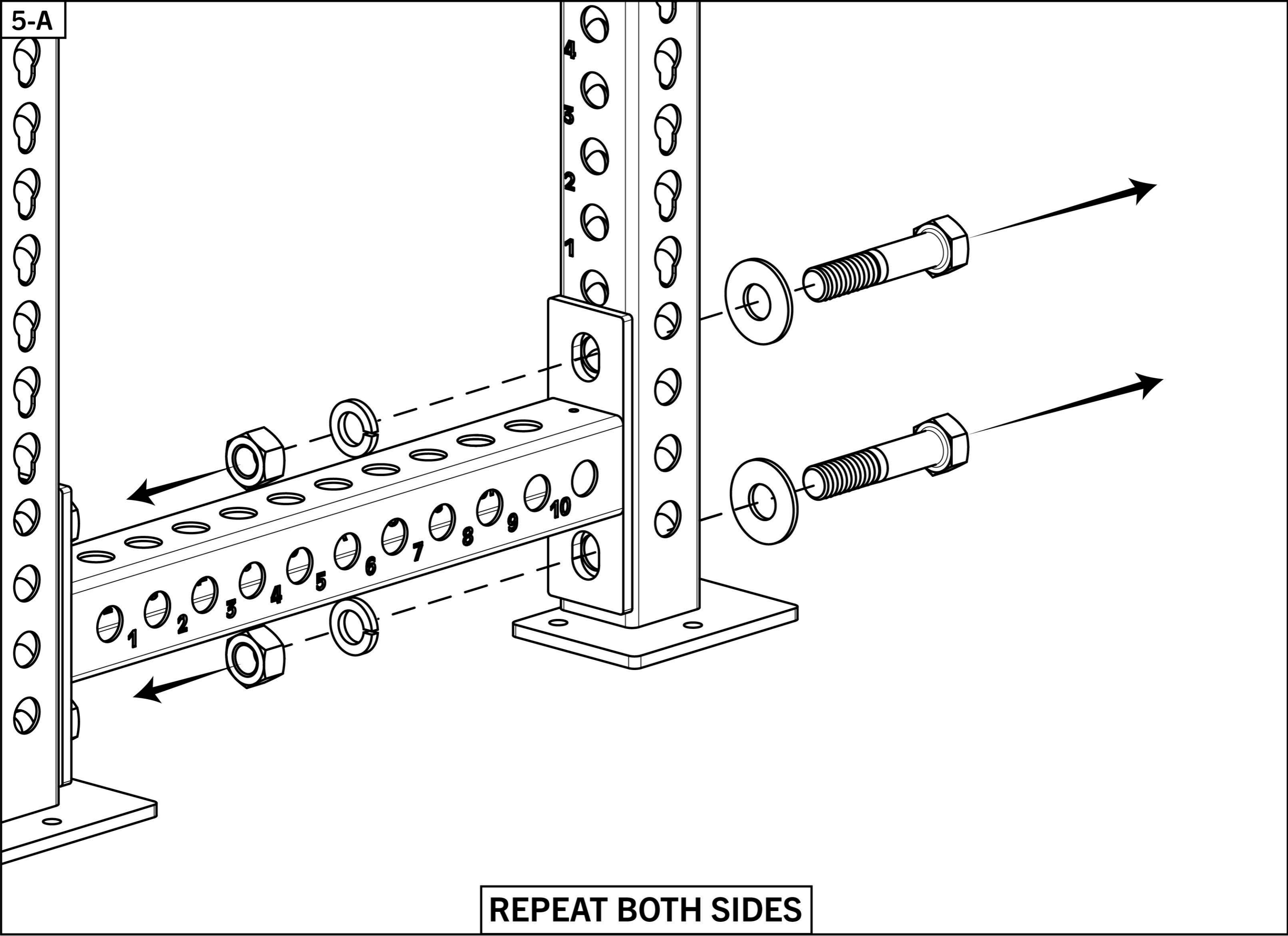
- 3/8” Allen Key
- Attach 43” Spanning Crossmember [3] to front Uprights using 1” Shoulder Bolts [49,50], 1” x 4-3/4” Hex Bolt [52], 1” Flat Washers [54], 1” Lock Washers [55], and 1” Hex Nuts [56].

-  Fully tighten 1” Shoulder Bolts using 3/8” Allen Key. **DO NOT TIGHTEN HEX BOLTS.**



# STEP 5 (BEGIN ADD-ON KIT ASSEMBLY)

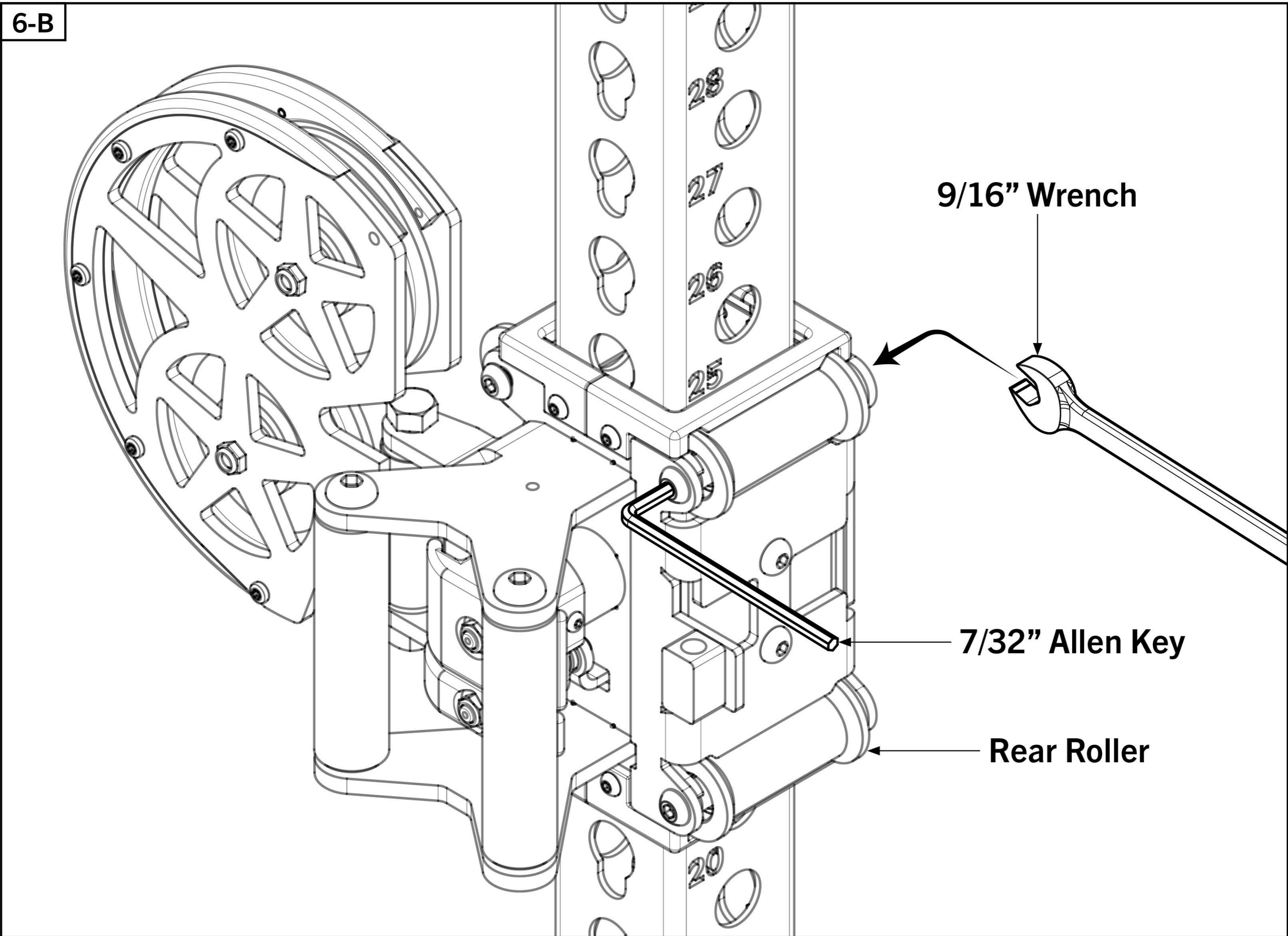
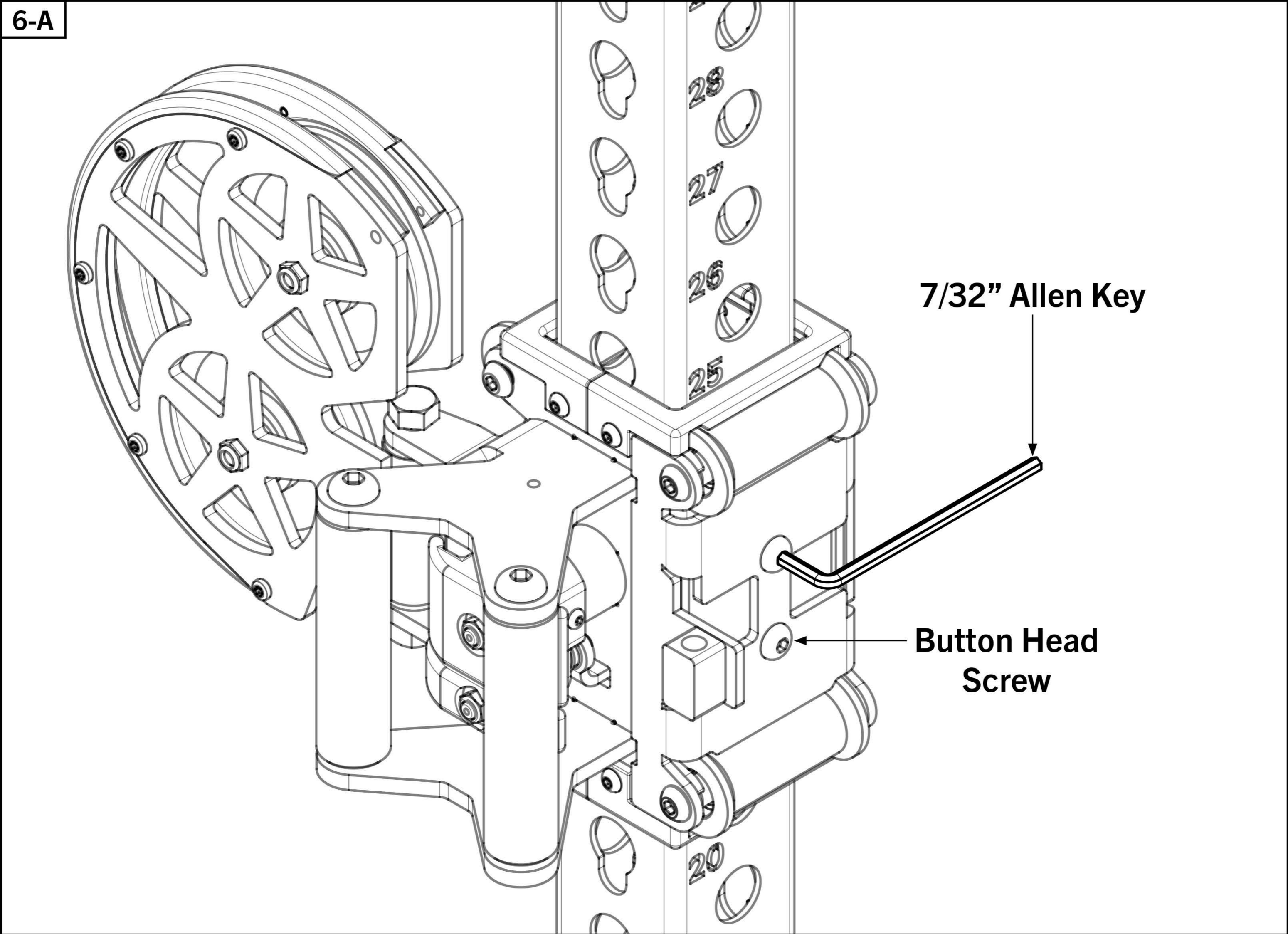
- Remove existing 1” Hardware on back of rack shown in **5-A**.
- Reuse hardware from **5-A** to bolt Lever Hinges [**46**] to uprights. **Hand Tight Only.**
- **!** Ensure heads of bolts are facing away from rack like shown in **5-B**.
- **!** Ensure smaller holes are upright on Lever Hinge [**46**].
- **Note: Do not reuse 1” Flat Washers in 5-B.**




# STEP 6

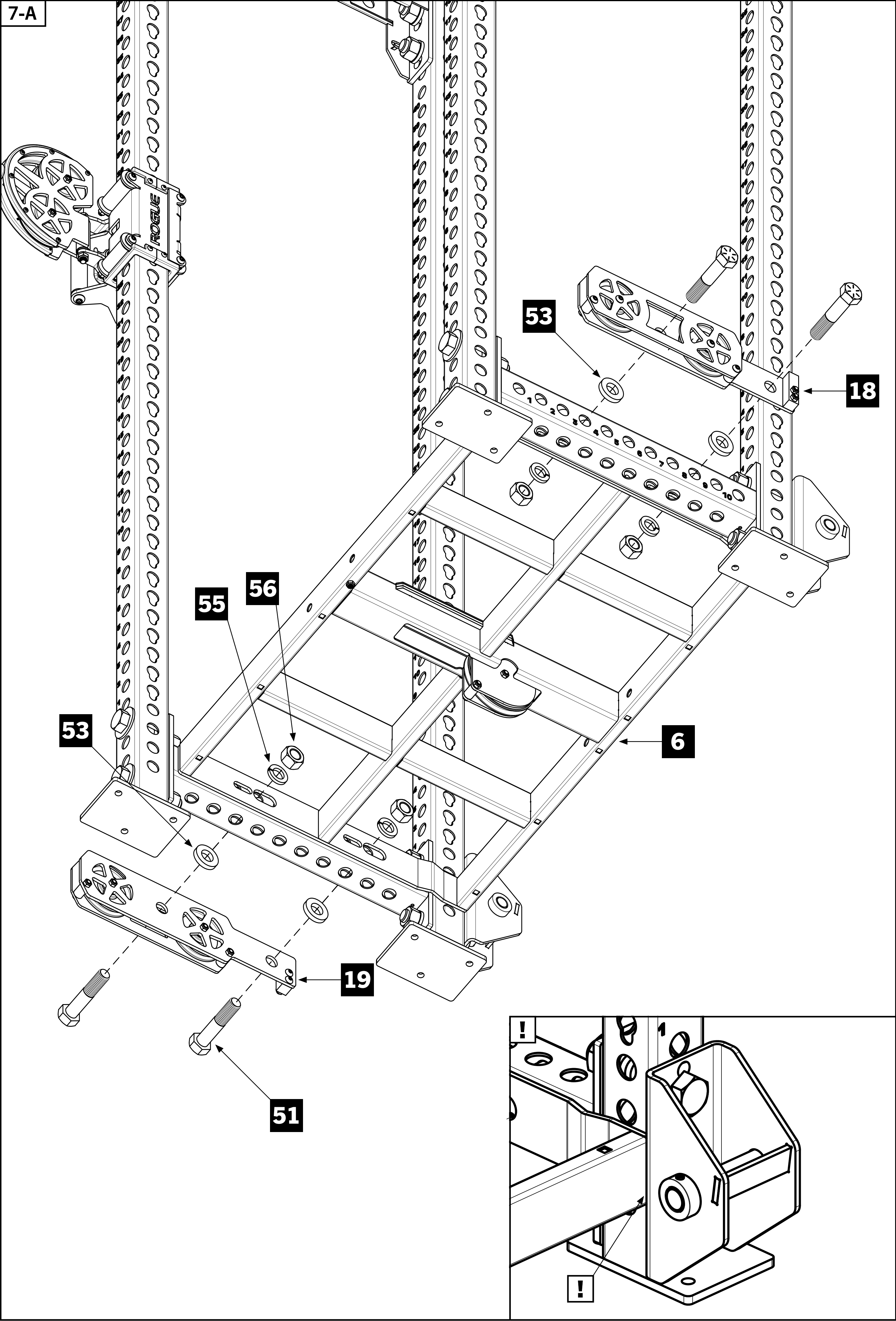
**Tools Required:**

- 7/32” Allen Key, 9/16” Wrench
- Swivel Trolleys [7] and [8] need to be calibrated for your specific rack.
- Keeping the Swivel Trolleys locked in place, tighten the Button Head Screws shown in **6-A** using 7/32” Allen Key until 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 **6-A** again. If any friction is felt, Trolleys are too tight and Screws should be loosened a quarter turn.
- Once calibrated, tighten both rollers on rear of Trolleys using Allen Key and Wrench.




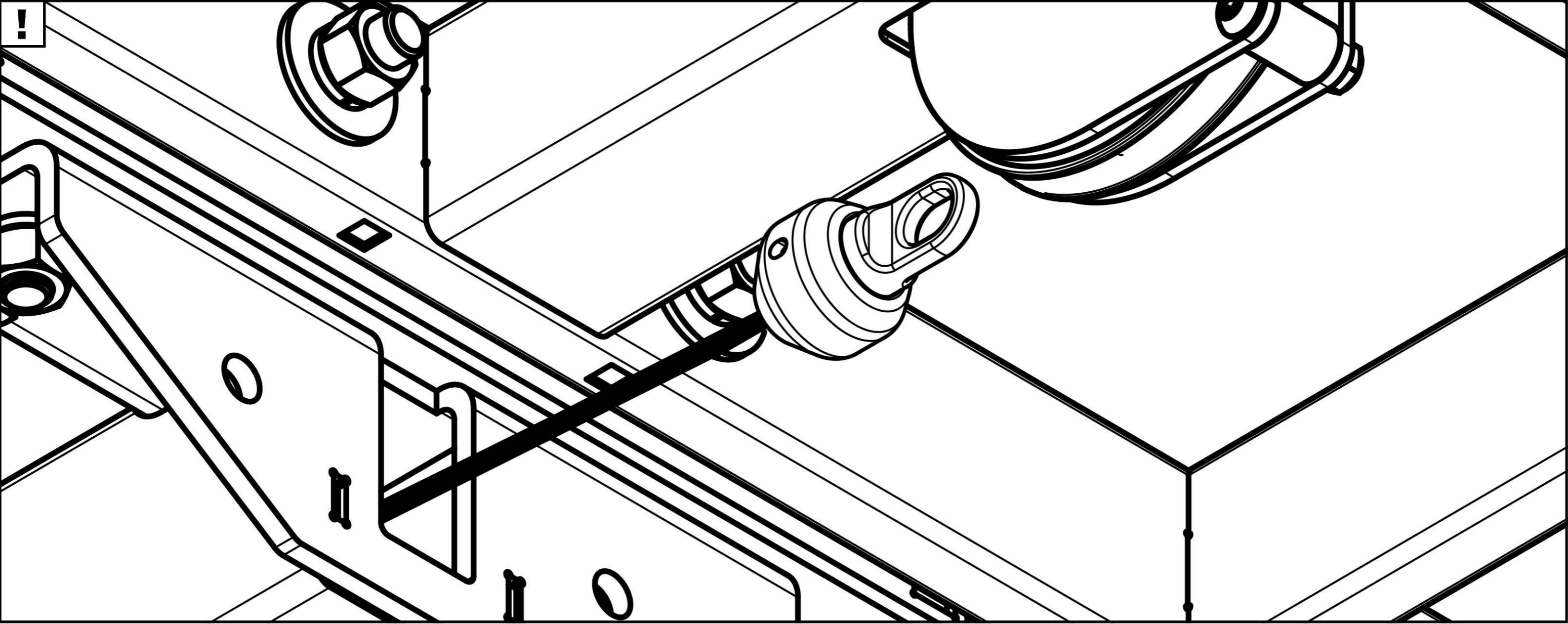
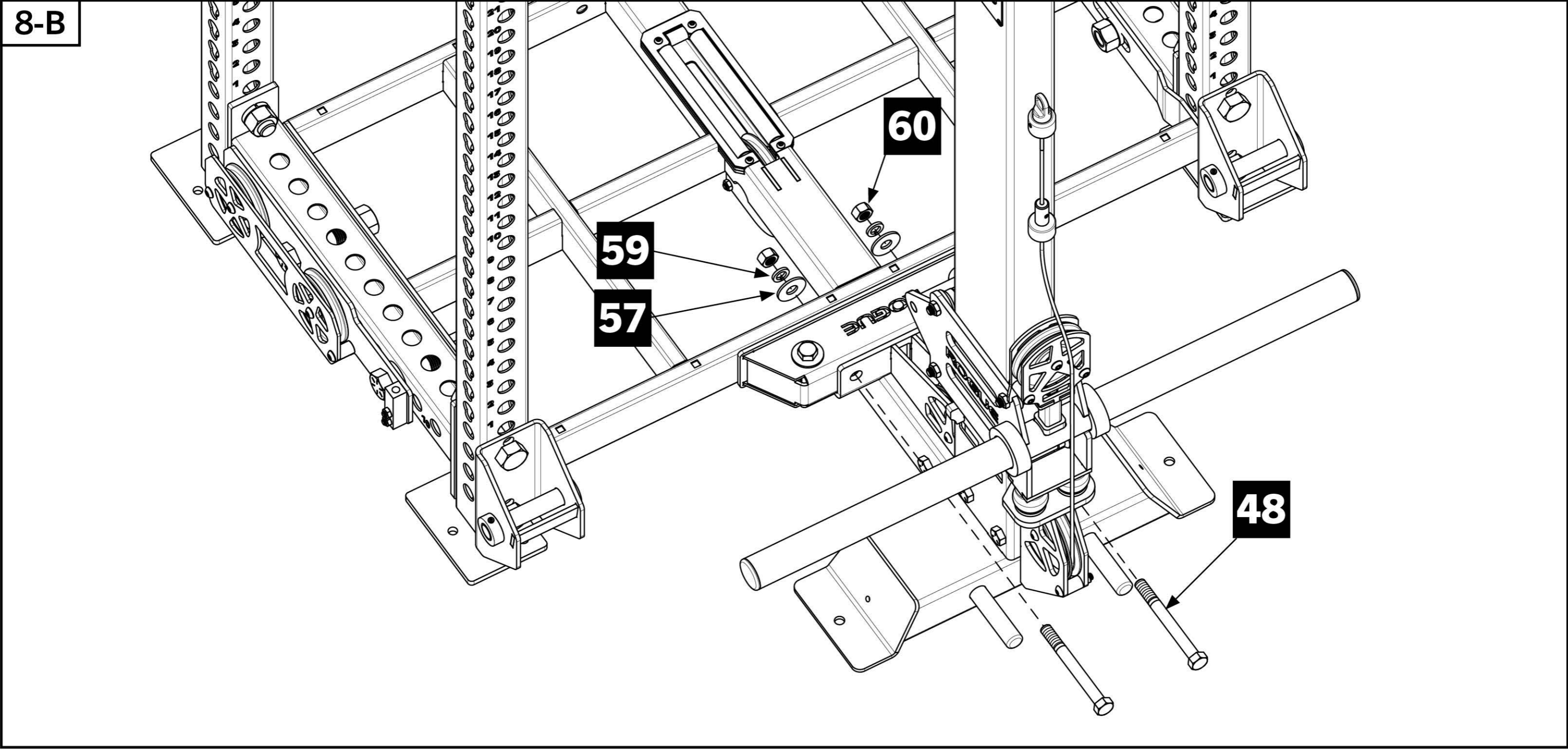
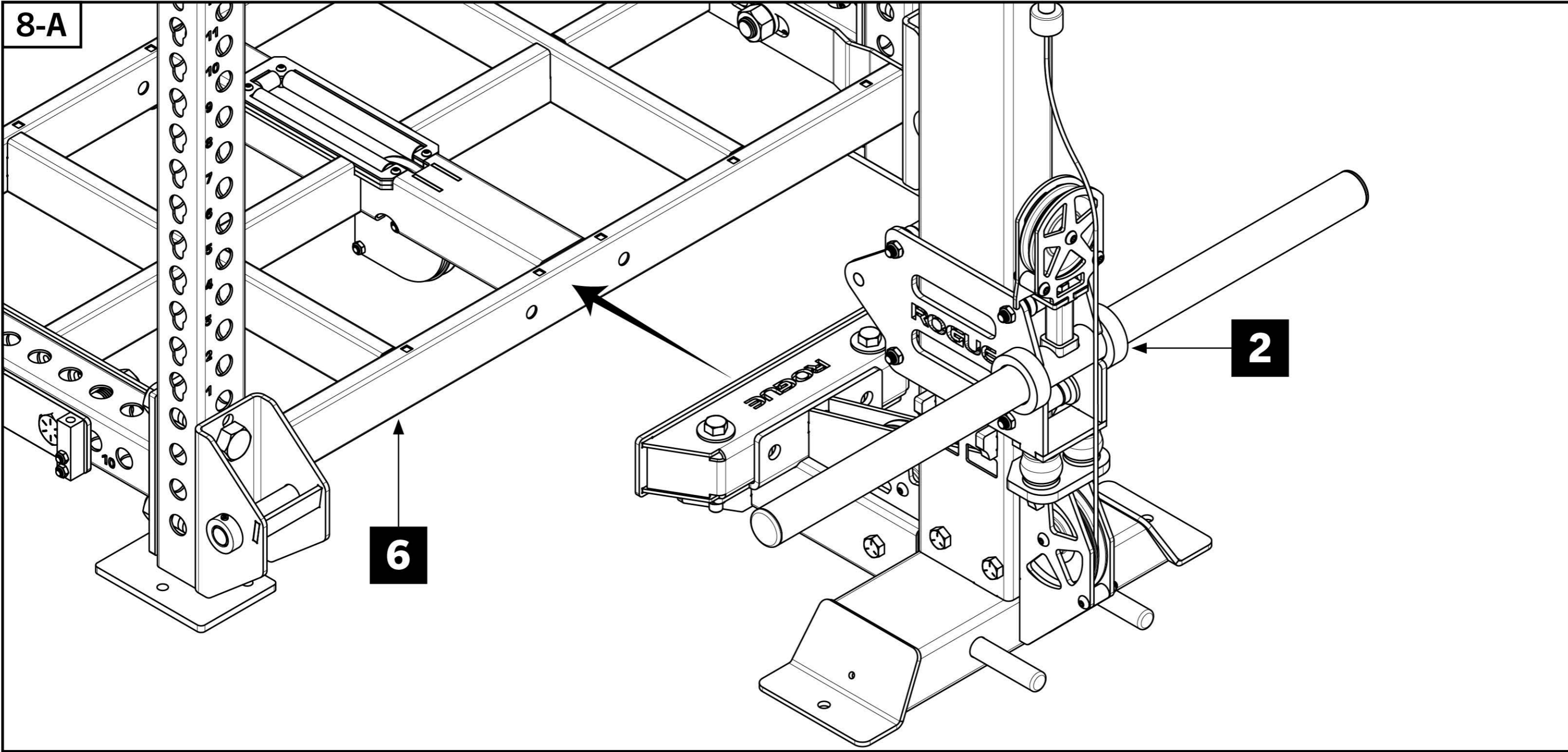
# STEP 7

- Bolt Pulley Deck [6] and Bottom Rear Side Pulley Assembly RH and LH [18,19] to Bottom Crossmembers using 1" X 5" Hex Bolt [51], 1" x 3/8" Pulley Bracket Spacer [53], 1" Lock Washer [55], and 1" Hex Nut [56]. **Bolts Hand Tight Only.**
-  Ensure Pulley Deck [6] is flush to face of the rear uprights.



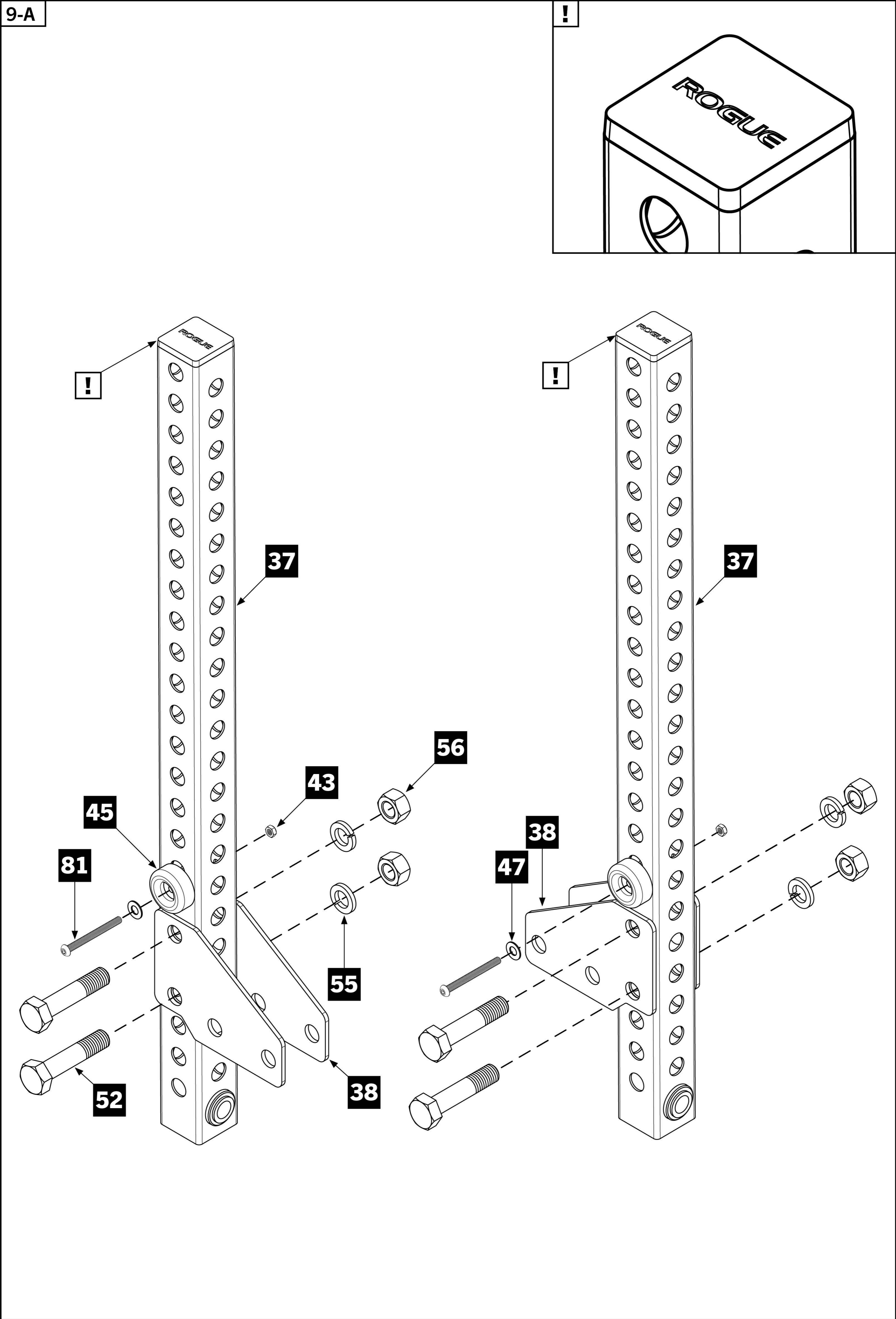
# STEP 8

- Bolt assembled Rhino Upright [2] to the Pulley Deck [6] using 5/8" X 6" Hex Bolt [48], 5/8" Flat Washer [57], 5/8" Lock Washer [59], 5/8" Hex Nut [60]. **Hand Tighten Only.**
-  Ensure lower cable and ball clevis are clear of Rhino Upright [2] and Pulley Deck [6].



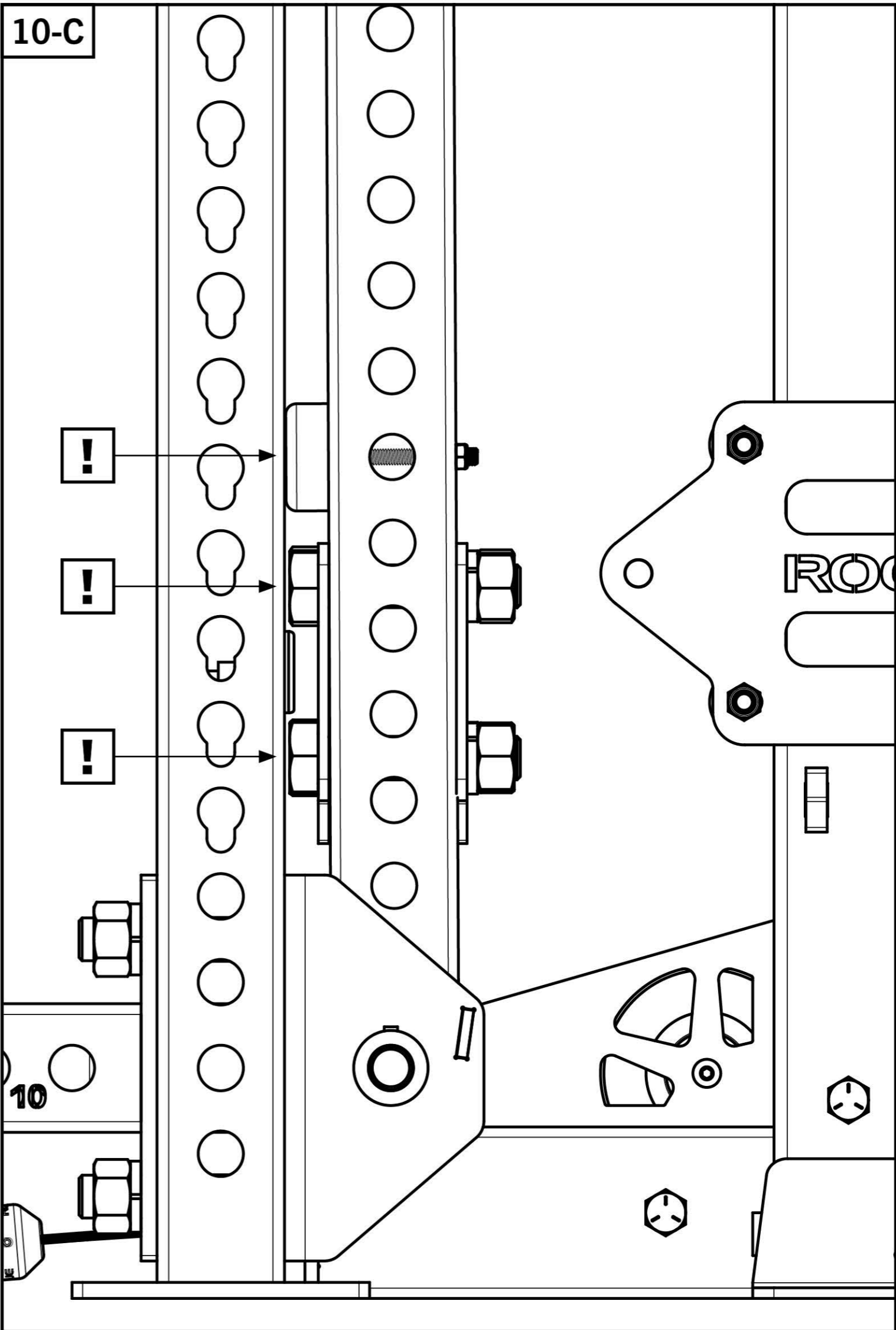
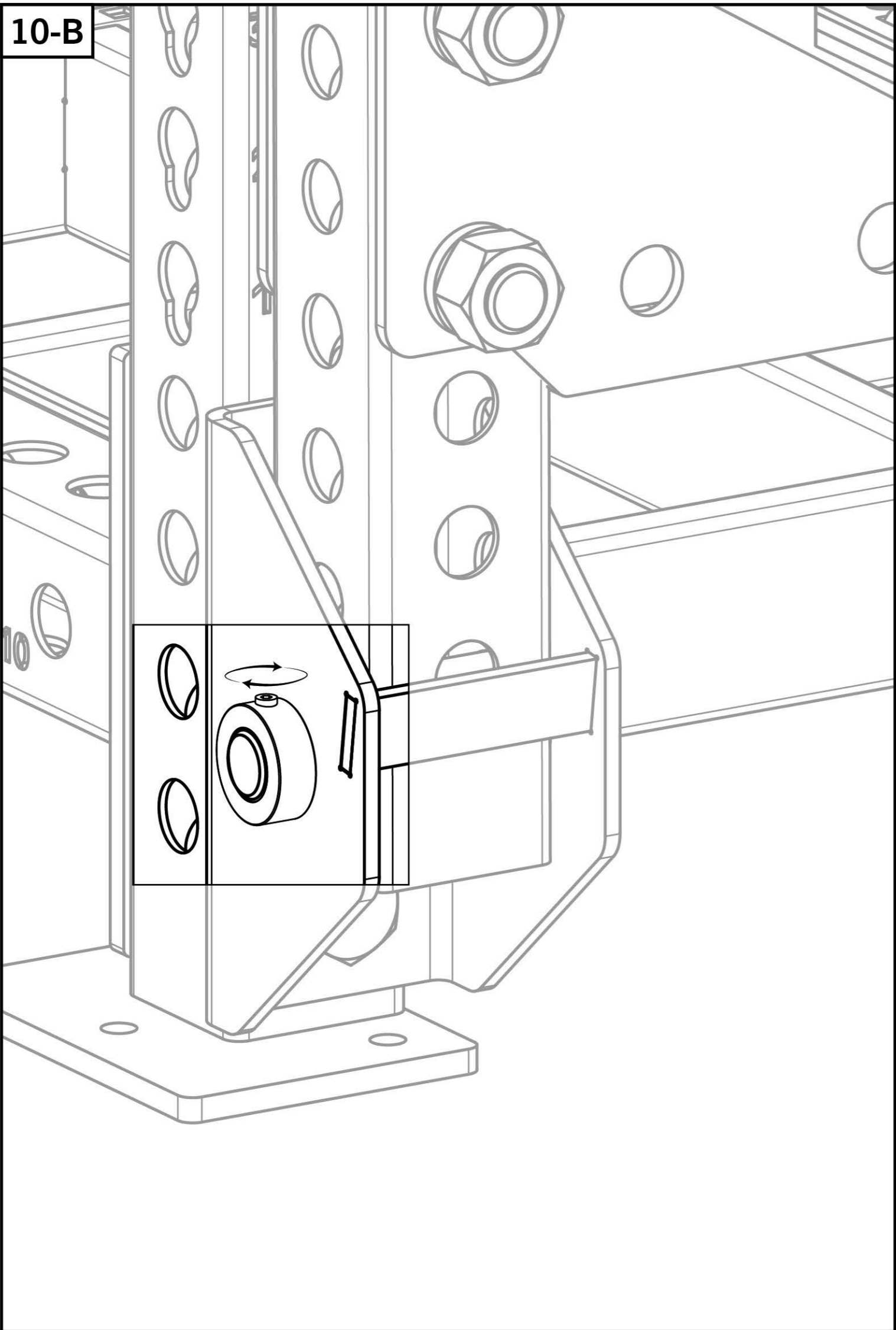
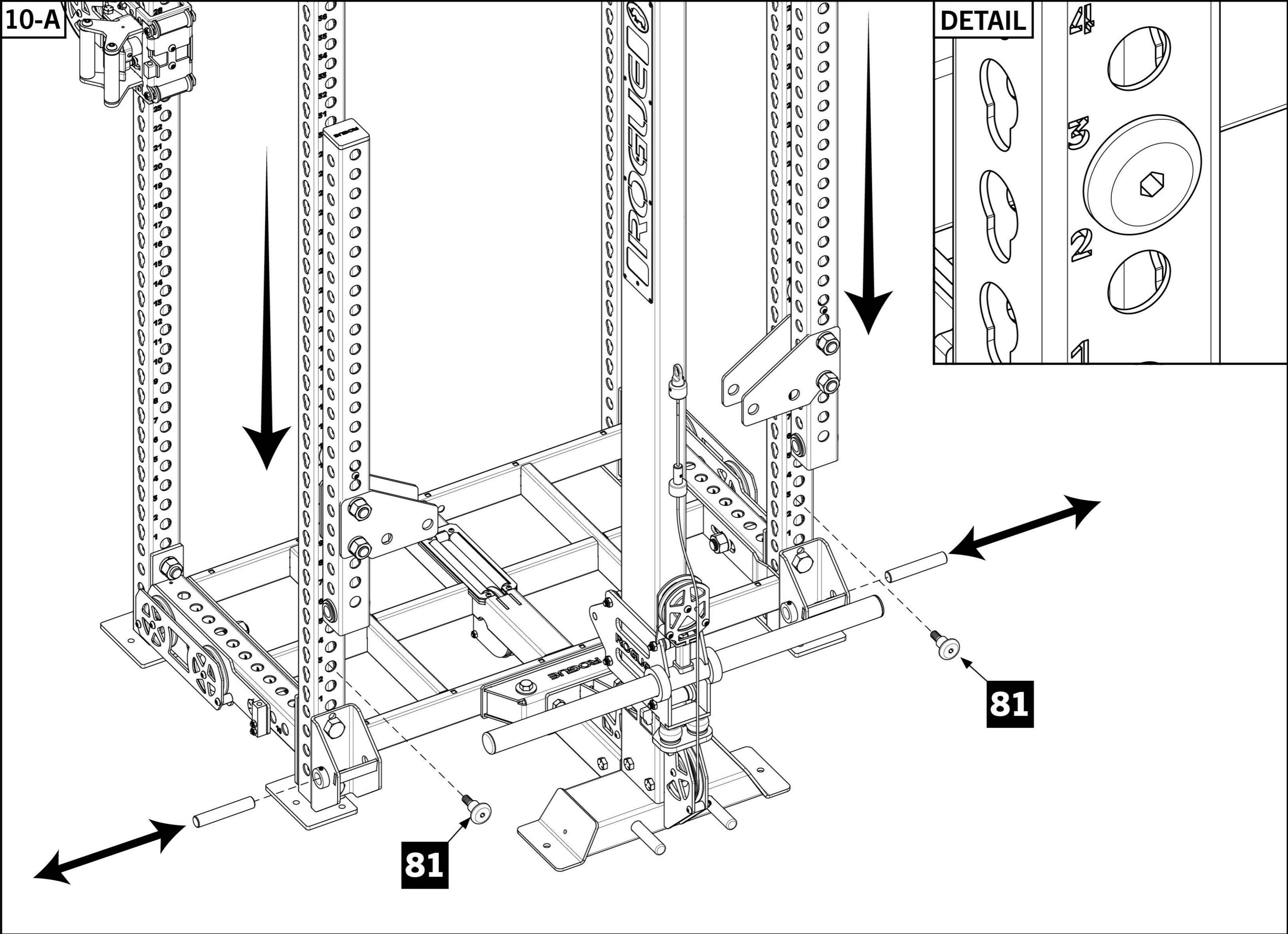
# STEP 9

- Bolt Triangle Plates [38] to Lever Tubes [37] using hardware indicated below.
- Bolt Rubber Bumper [45] to Lever Tubes. **DO NOT OVER TIGHTEN.**
- Ensure Bolts are oriented as shown below. **1” Bolts Hand Tight Only.**
- **!** Ensure Rogue caps are oriented as shown below.



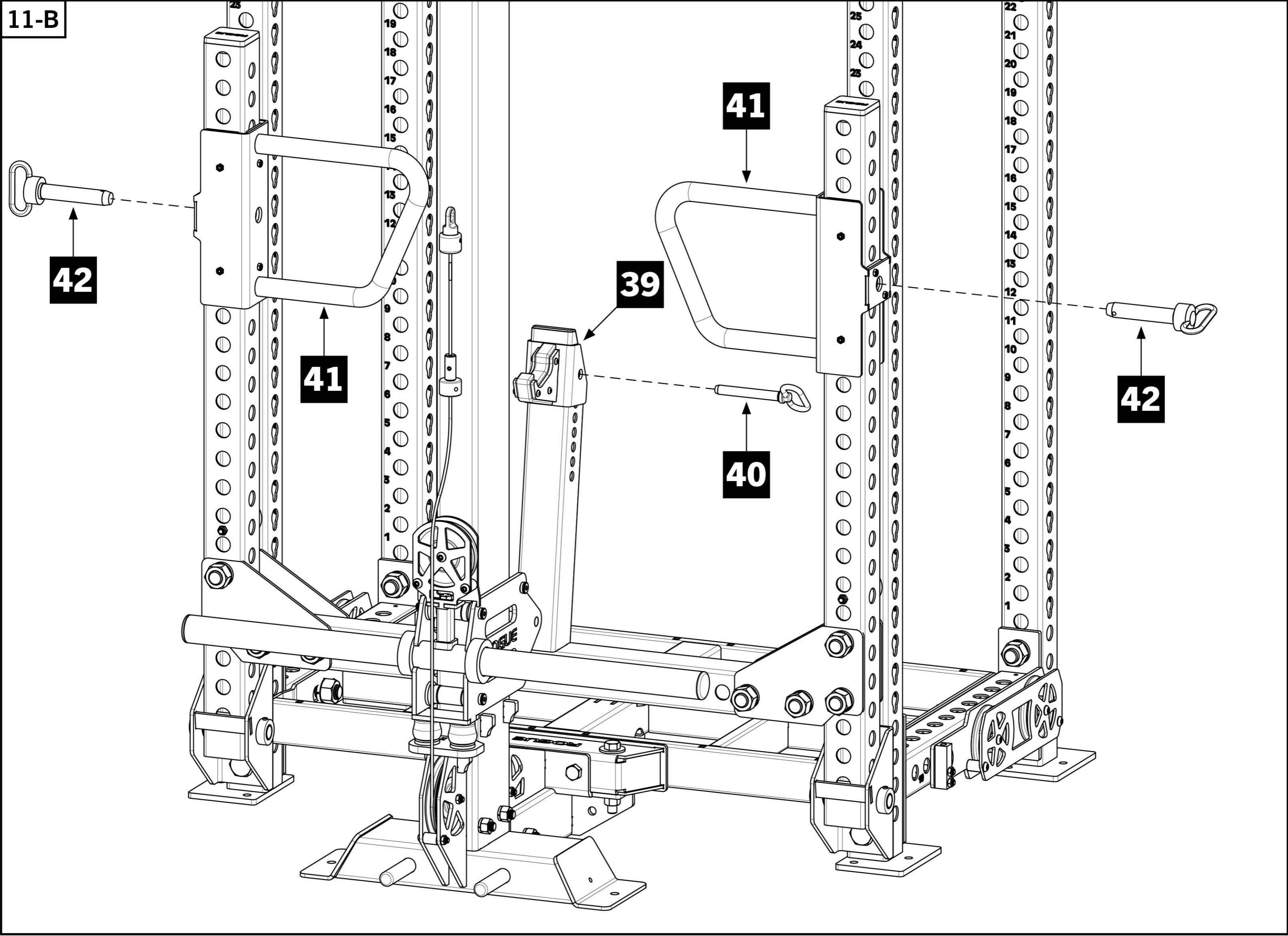
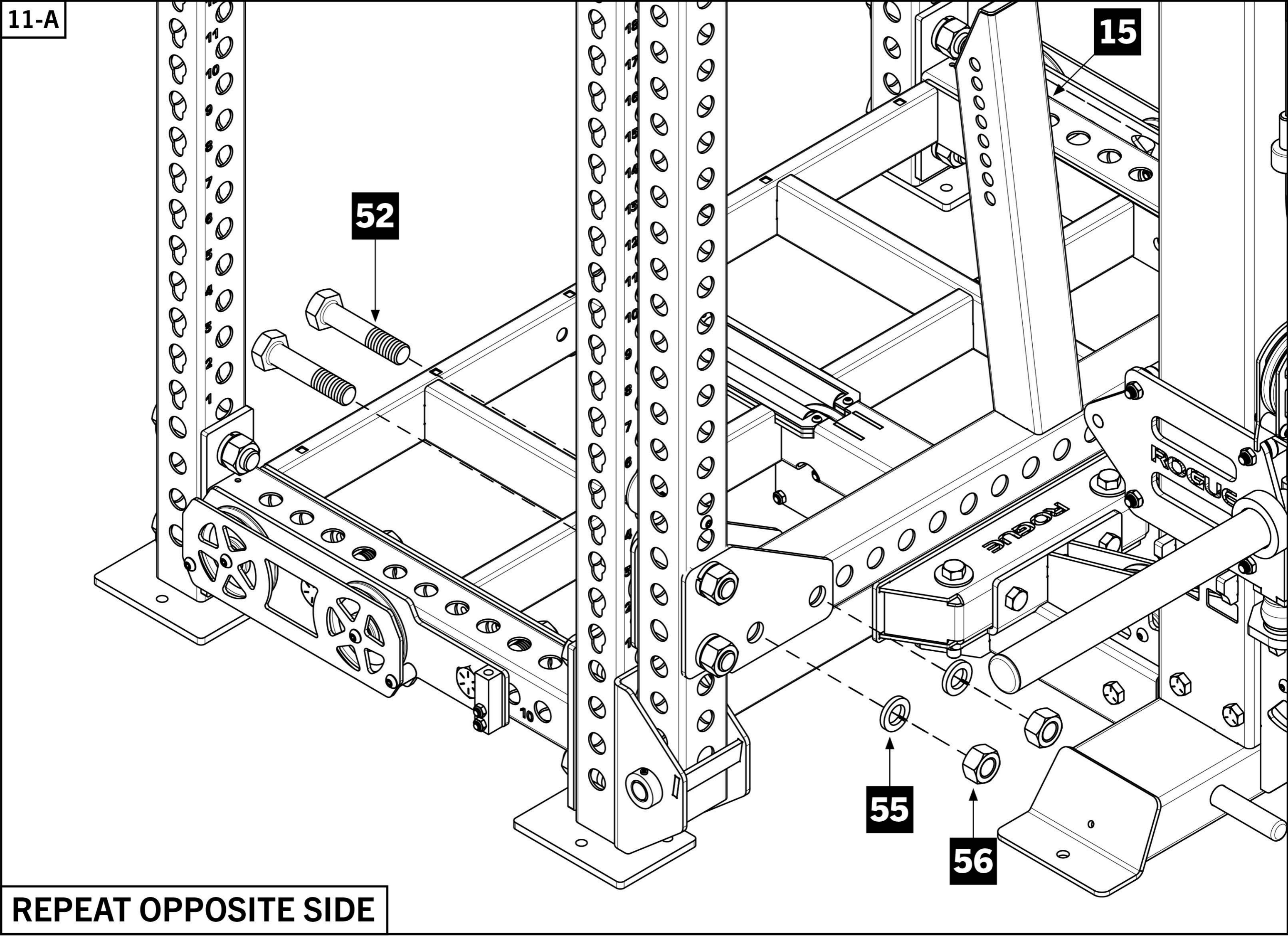
STEP 10

- Loosen set screws on Lever Hinges [46] and remove Lever Pin as shown in 10-A.
- **Note: FOR SHROUD KIT ONLY. Place 1” Shoulder Bolt [81] in between holes 2 and 3 on uprights shown in 10-B. These will be used later for shroud assembly**
- Install Lever Tubes [37] with Triangle Plates [38] into each Lever Hinge [46] as shown in 10-A.
- Reinsert Lever Pin into Lever Hinge [46].
- Tighten set screws to hold lever pin in place as shown in 10-B.
- **!** Ensure that Rubber Bumper [45] and heads of hex bolts are oriented as shown in 10-C.



# STEP 11

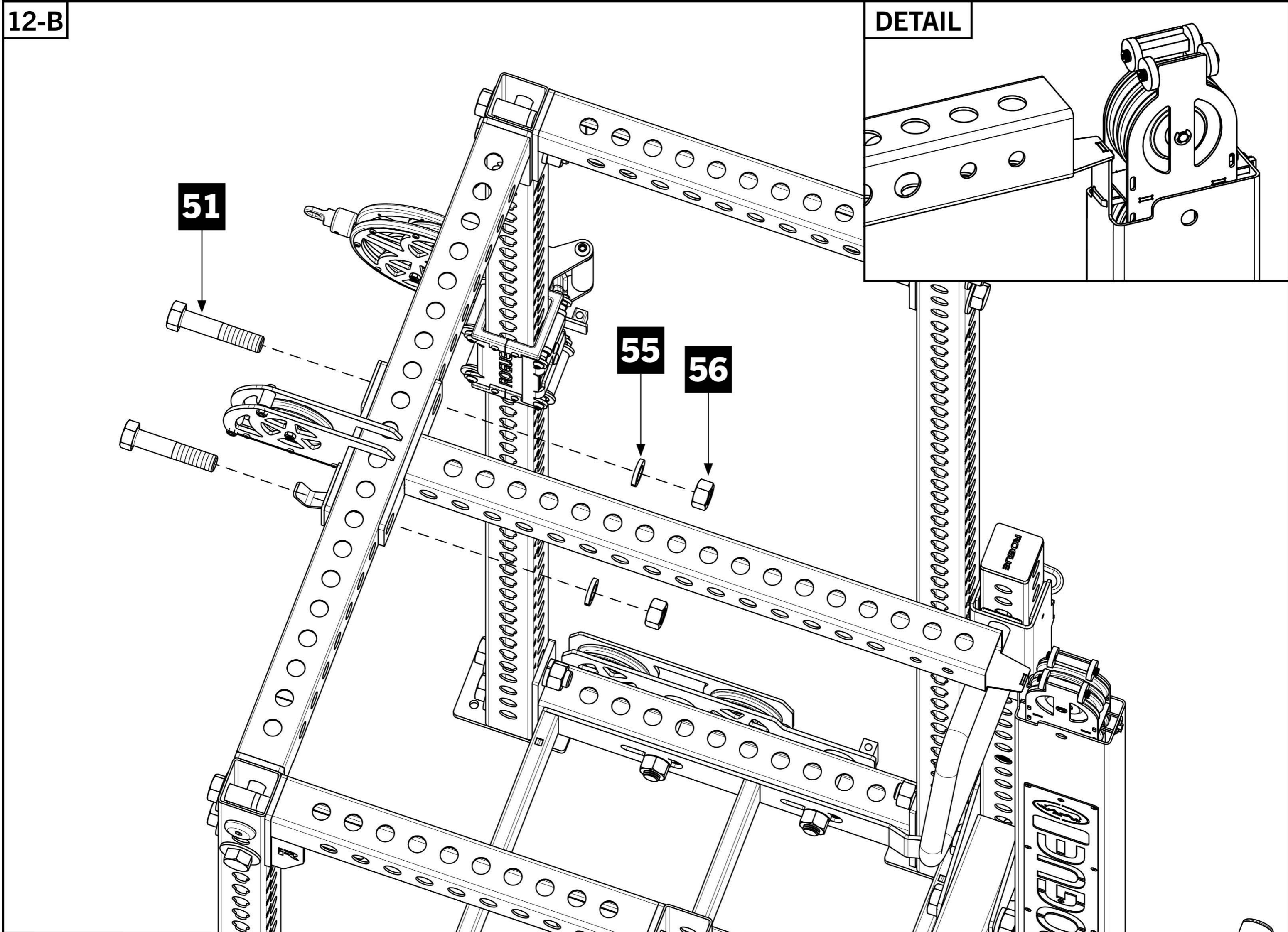
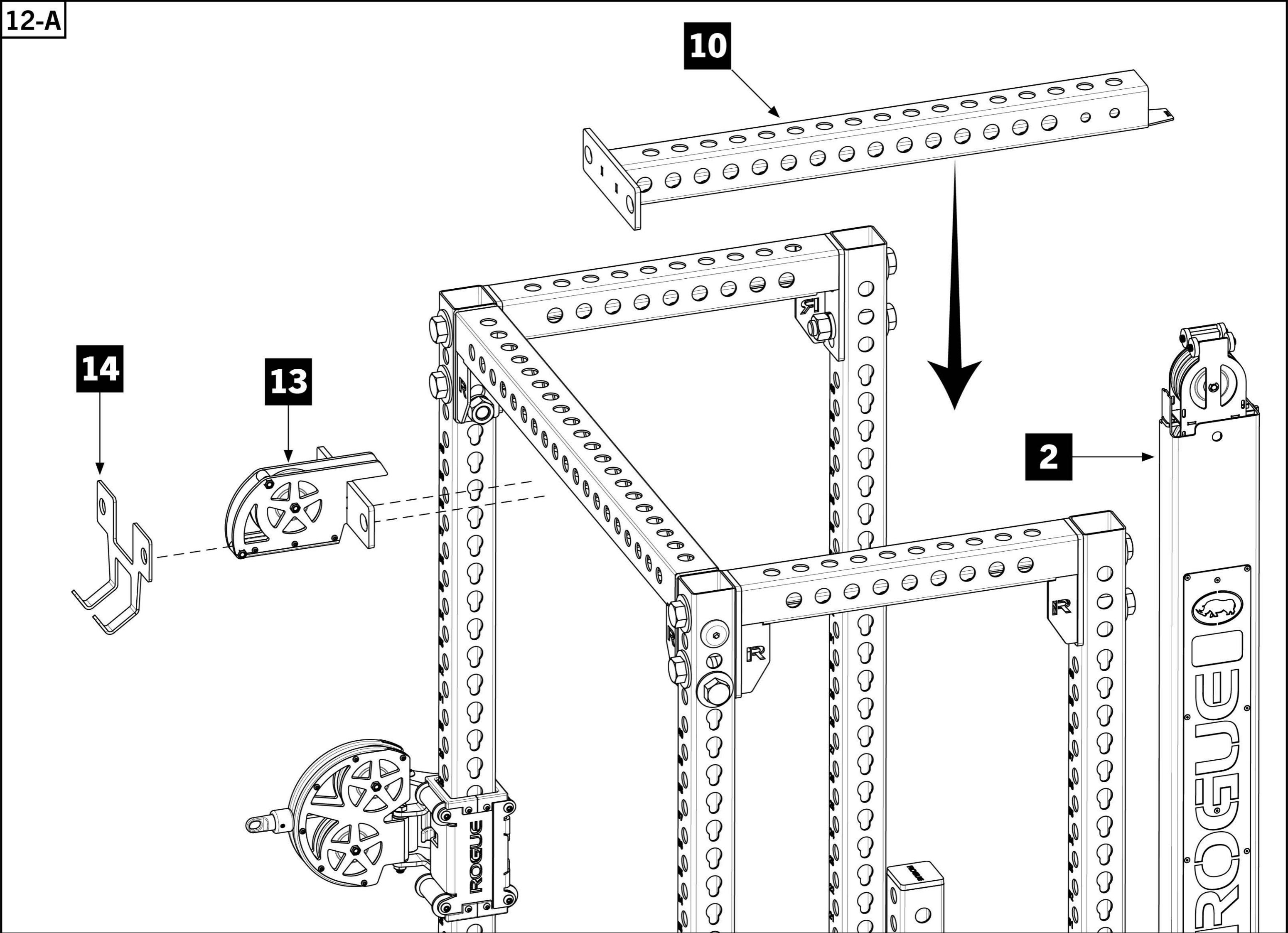
- Bolt Locking Horn Crossmember [15] to Triangle Plates [38] using 1" X 4-3/4" Hex Bolt [52], 1" Lock Washer [55], and 1" Hex Nut [56].
- Fully tighten all 8 triangle plate bolts while checking all parts remain square.
- Slide Removable Rhino Horn [39] on Locking Horn Crossmember [15] and secure using provided 5/8" Detent Pin [40].
- Slide Multi-Grip Handles [41] on Lever Tubes [37] and secure using provided 1" Hitch Pins [42].



# STEP 12

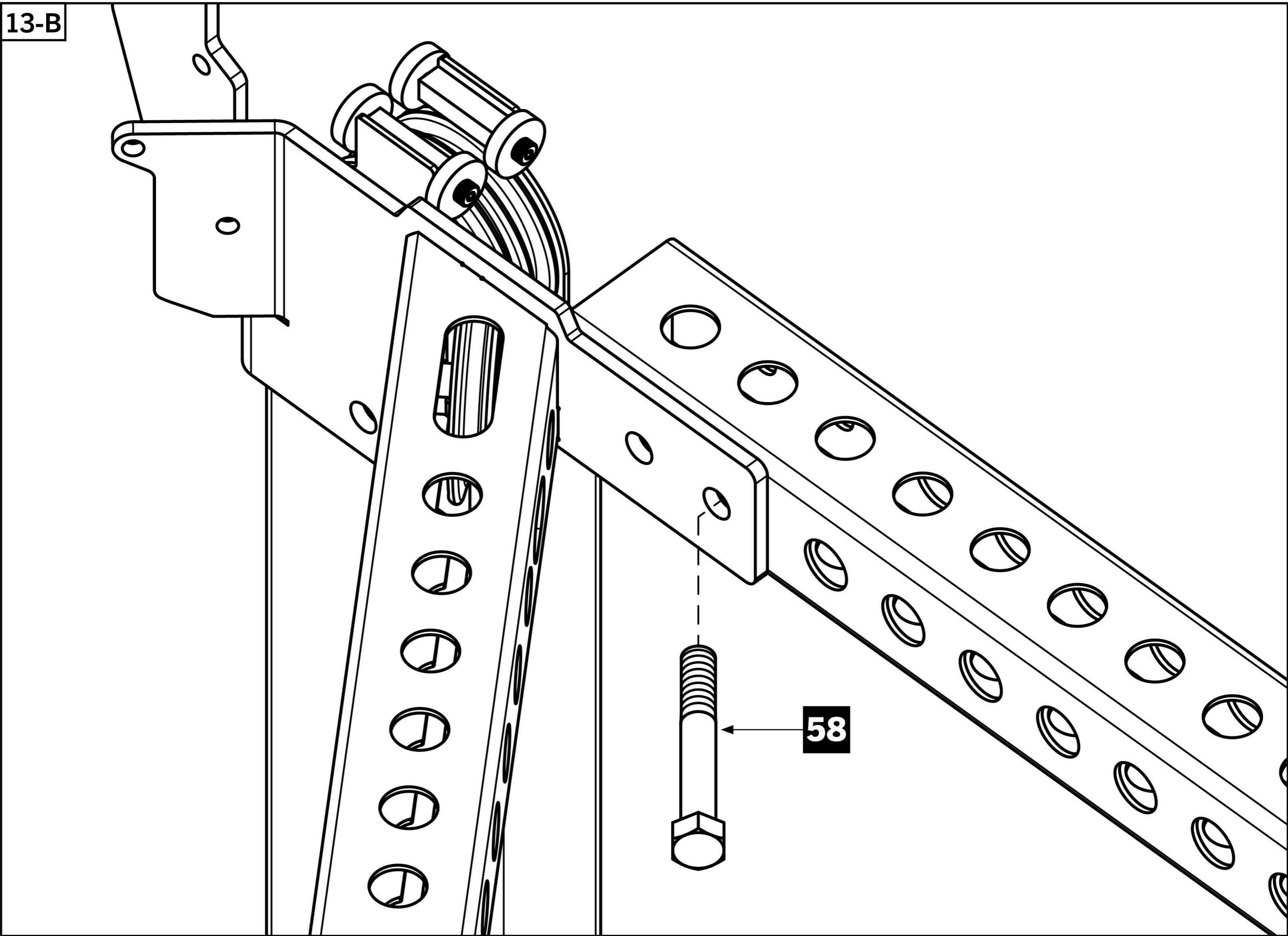
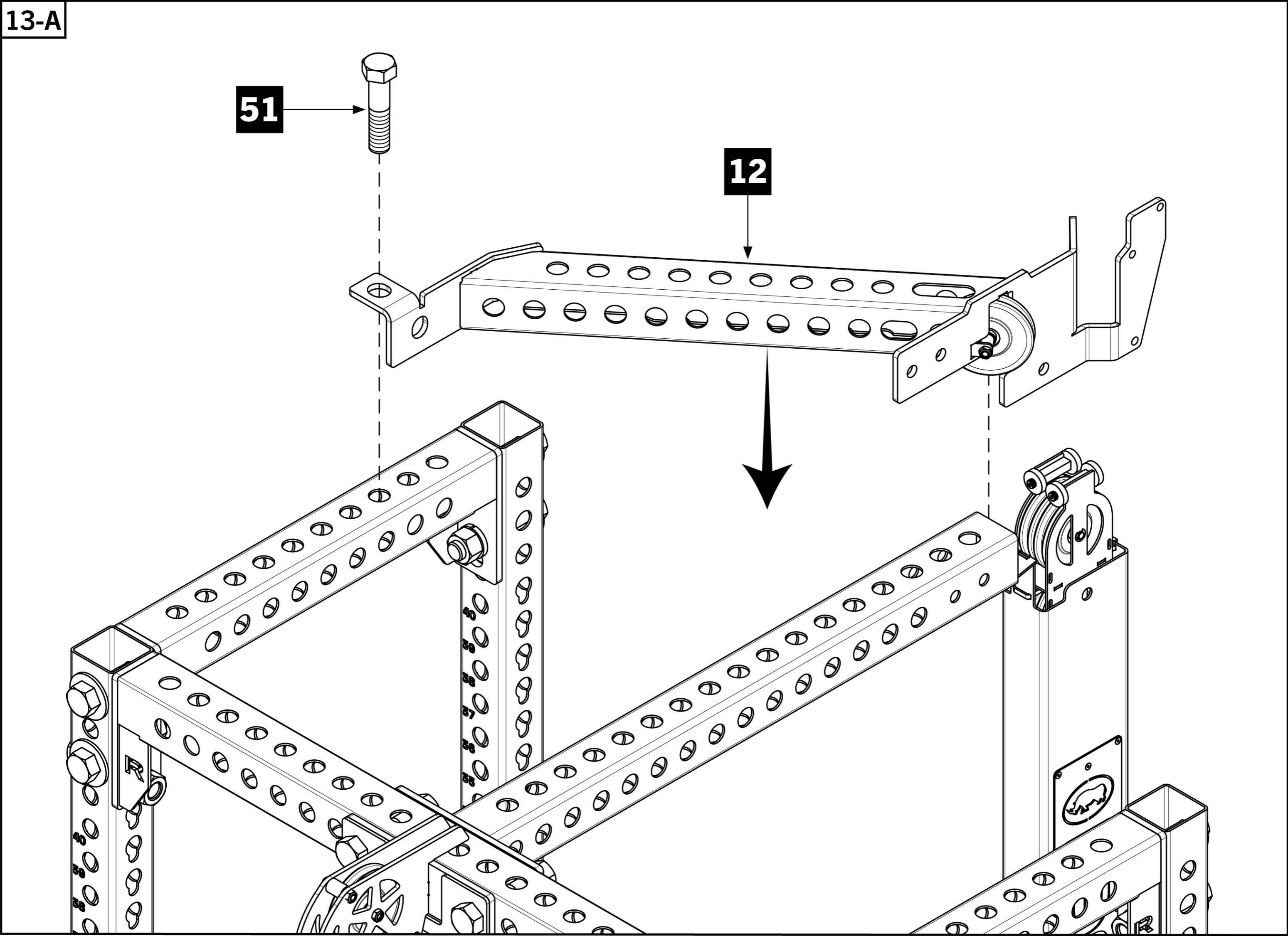
- Bolt Lat Bar Hanger [14], Lat Pulldown Pulley Bracket [13], and Top Center Crossmember [10] to 43" Spanning Crossmember [3] using 1"x5" Hex Bolts [51], 1" Lock Washers [55], and 1" Hex Nuts [56] as showing in 12-B.

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



# STEP 13

- Assemble Top Rear Angle Crossmember - LH [12] into position on rear of rack as shown placing a 1"x 5" Hex Bolt [51] 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 [58] 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.

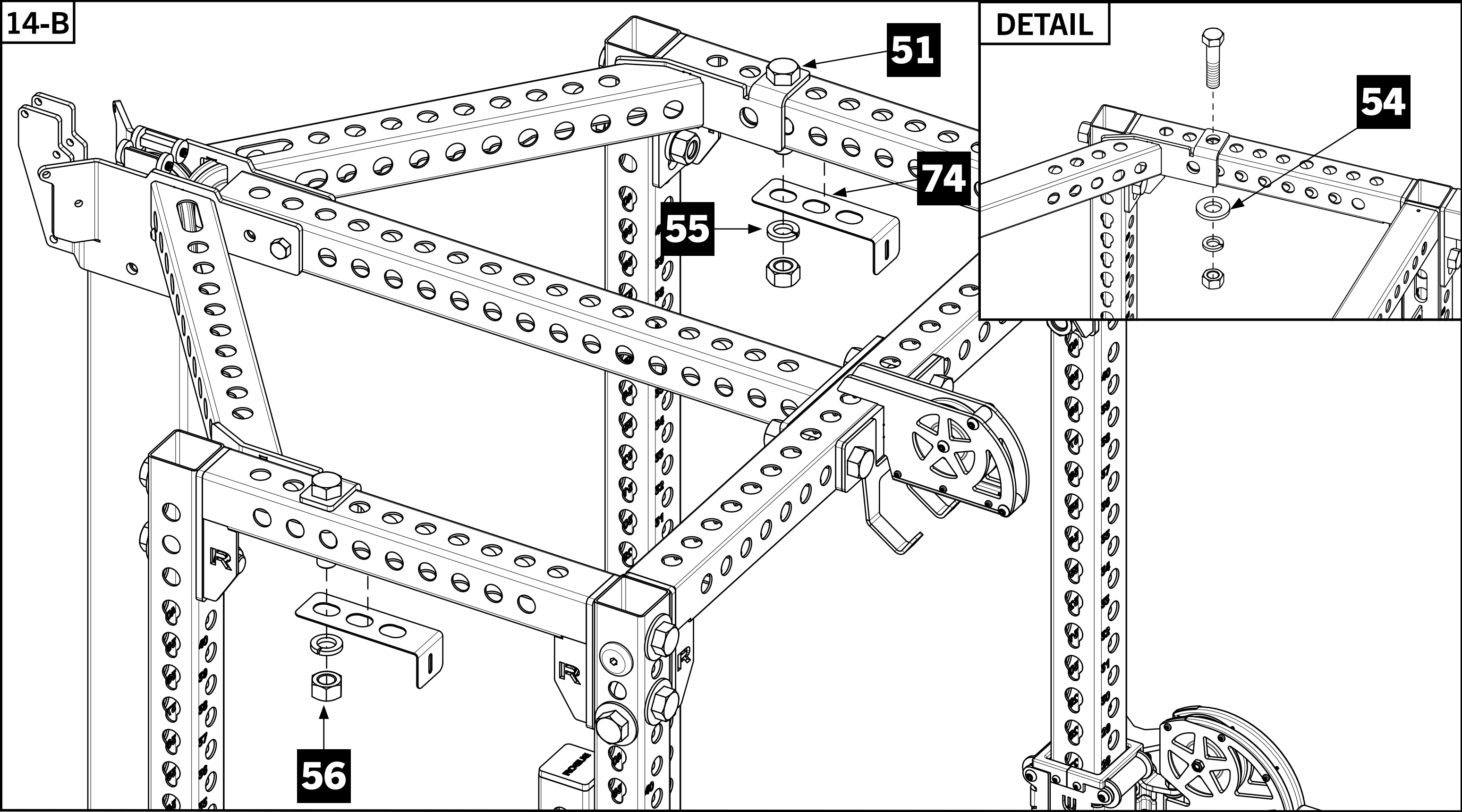
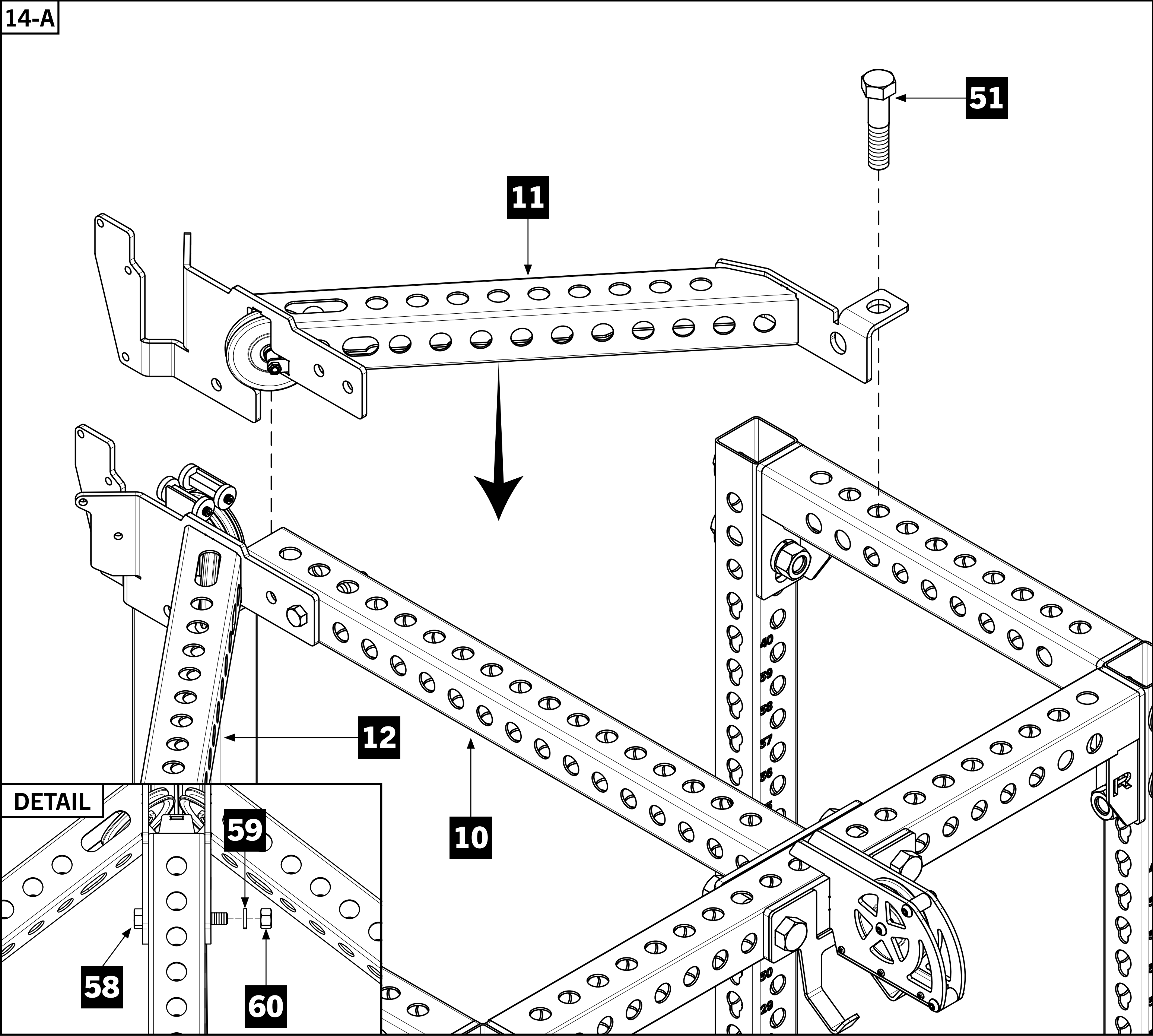


# STEP 14

- Assemble Top Rear Angle Crossmember - RH [11] into position on rear of rack as shown placing a 1" x 5" Hex Bolt [51] in the vertical hole to secure the outer side of the crossmember.
- Push already installed 5/8" x 4-1/2" Hex Bolt [52] through all plates and install 5/8" Lock Washer [59] and 5/8" Hex Nut [60].
- Secure Angle Crossmembers to Rear Top Crossmembers using Side Shroud Top Brackets [74], 1" Lock Washers [55], and 1" Hex Nuts [56] with 1" x 5" Hex Bolts [51].

**Note:**

- Use 1" Flat Washers [54] instead of Side Shroud Top Brackets if Shroud Kit was not purchased.

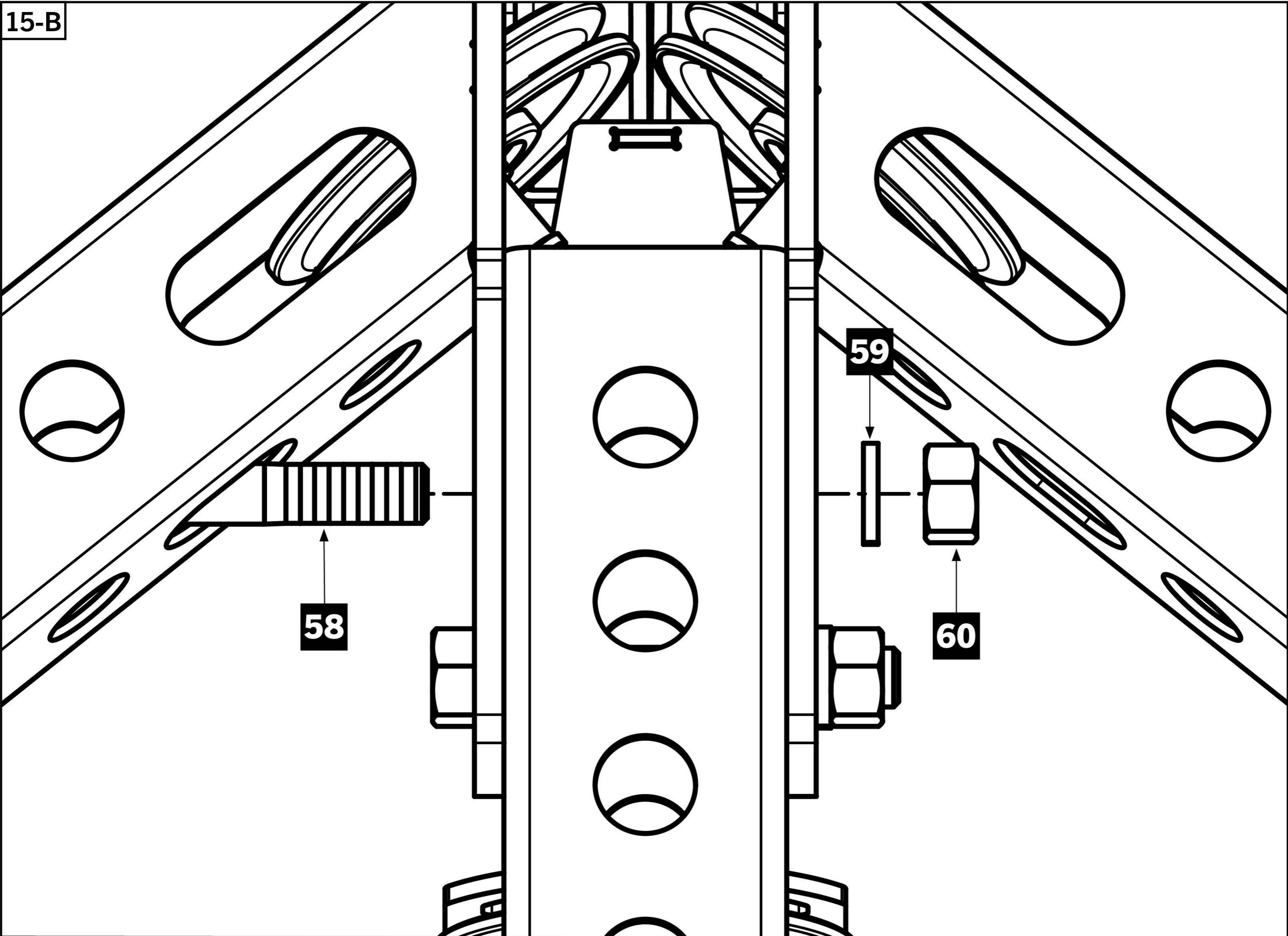
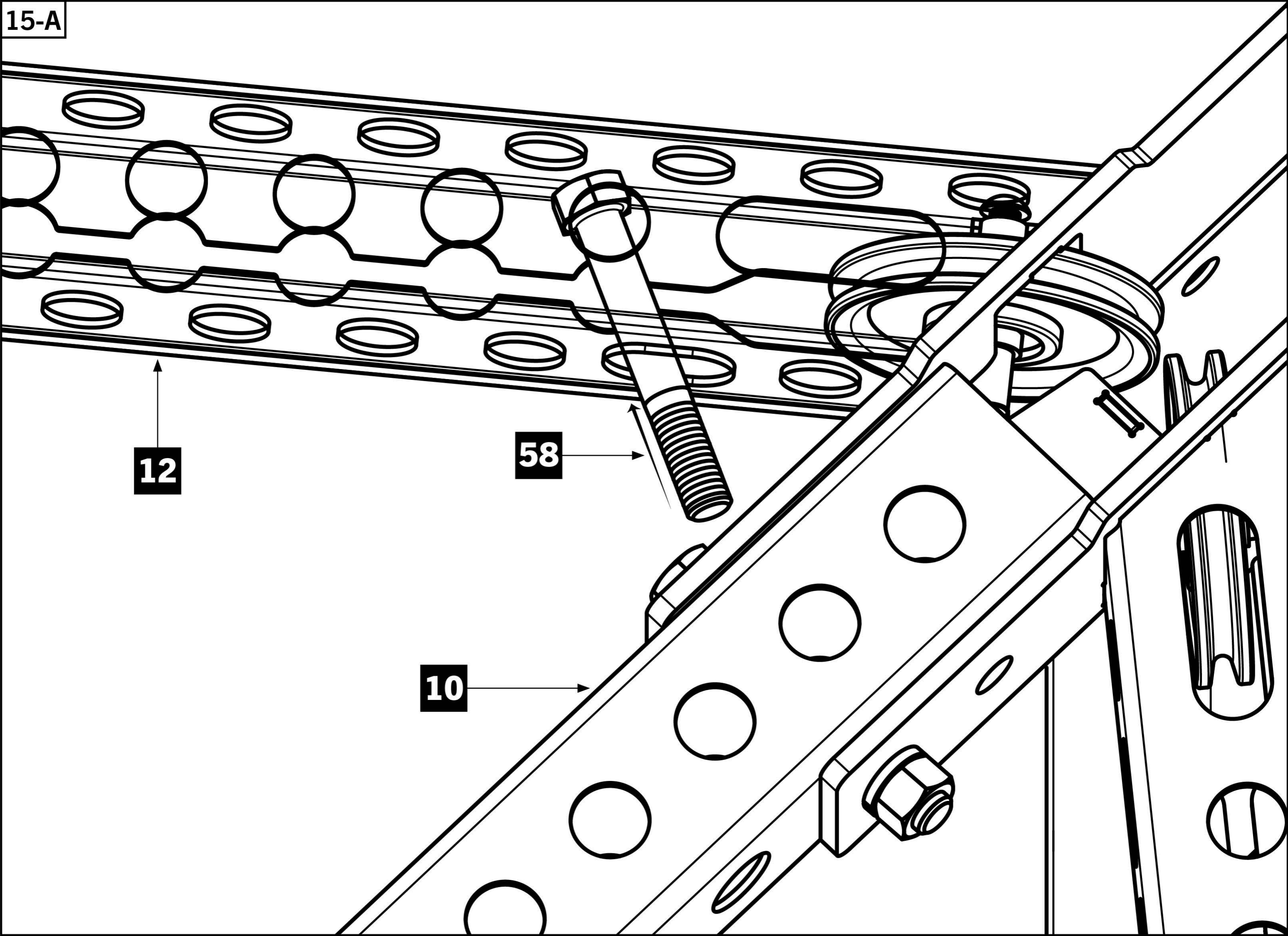


# STEP 15

- Guide a 5/8" x 4-1/2" Hex Bolt [58] into the Center crossmembers by putting the head into the oval hole in the left cross-member as shown in **15-A**.
- Straighten the bolt out and push it all the way into the hole to connect the three crossmembers together as shown in **15-B**.
- Secure 5/8" x 4-1/2" Hex Bolt [58] with 5/8" Lock Washer [59], and 5/8" Hex Nuts [60].

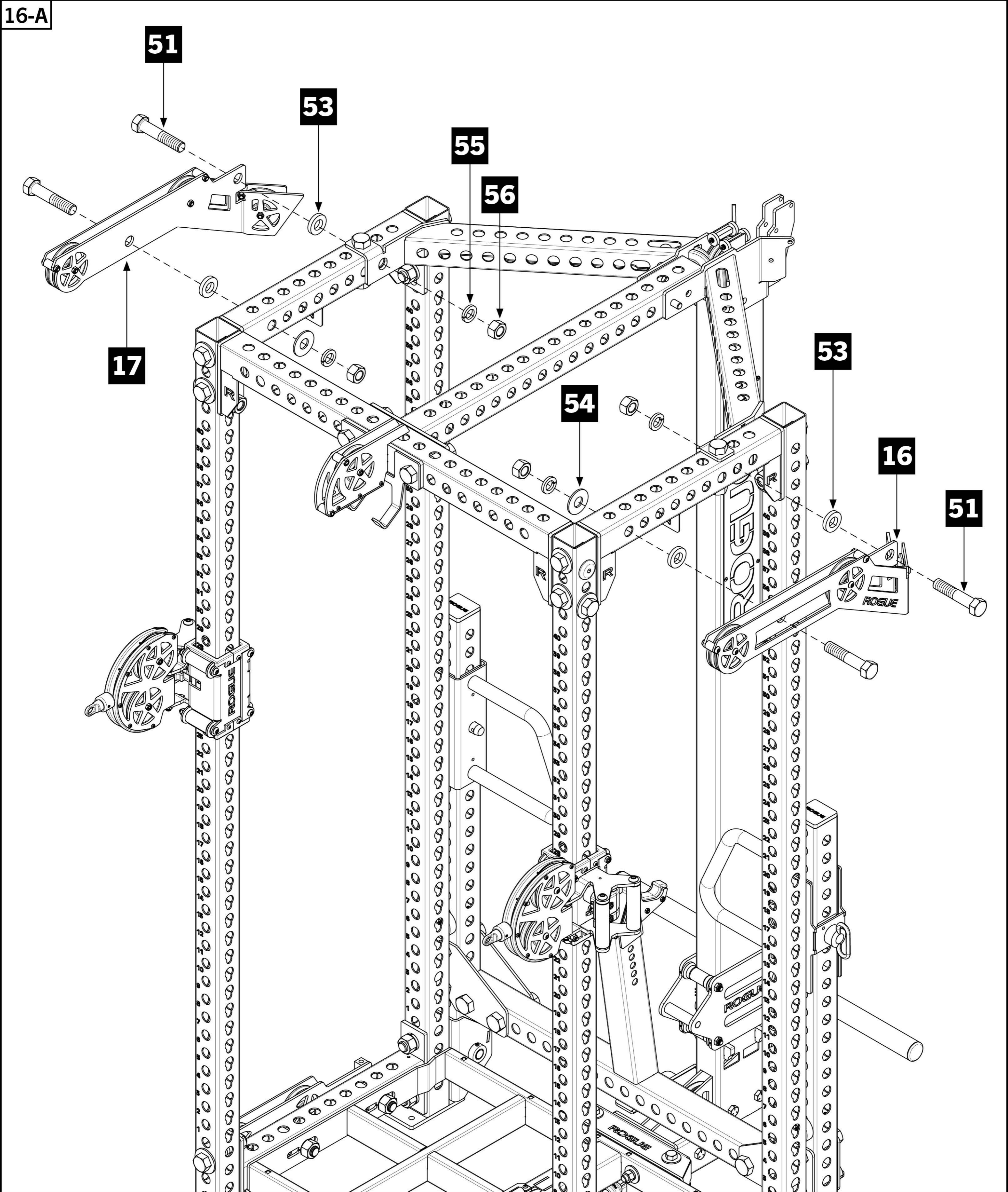
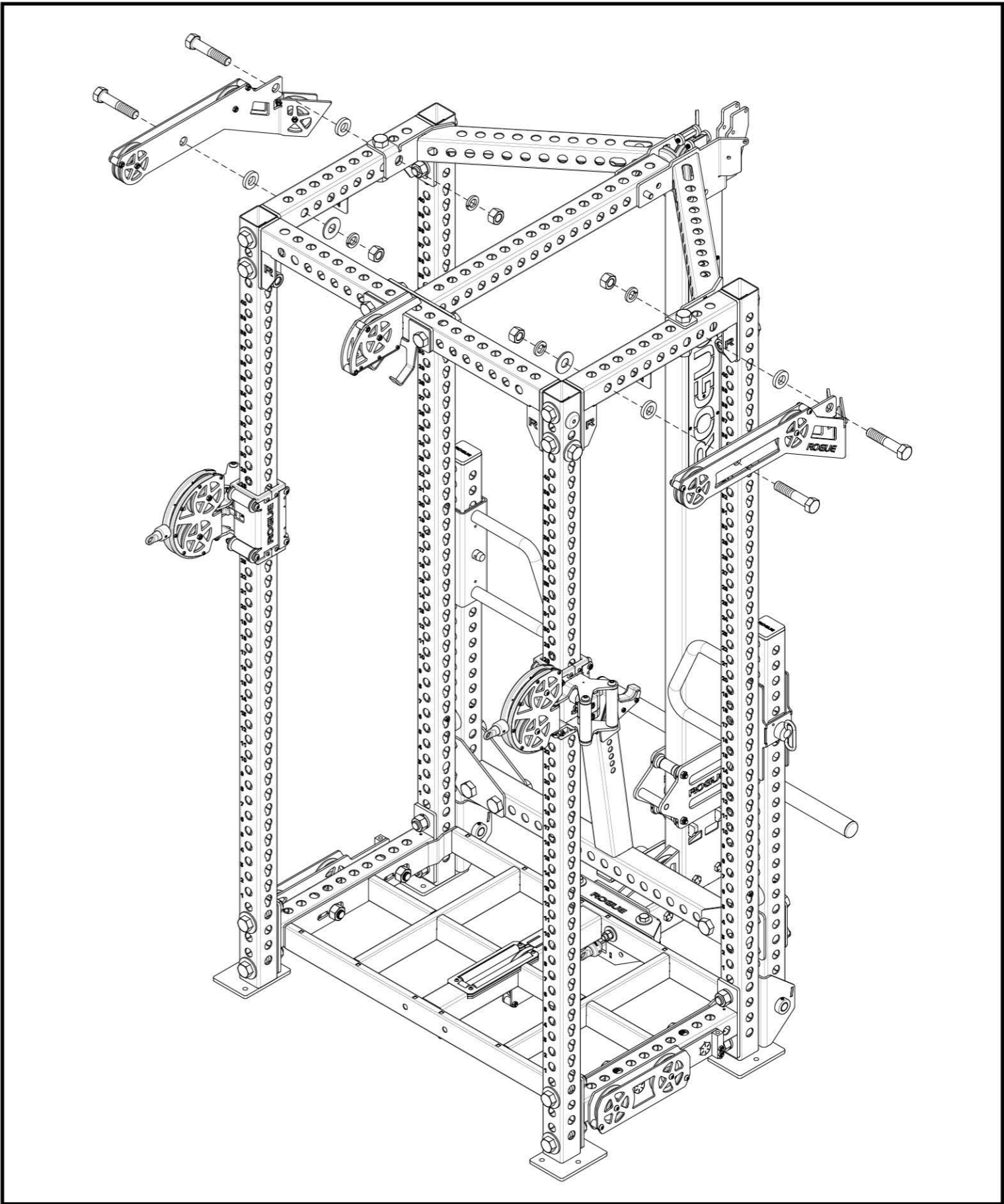
**Note:**

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



# STEP 16

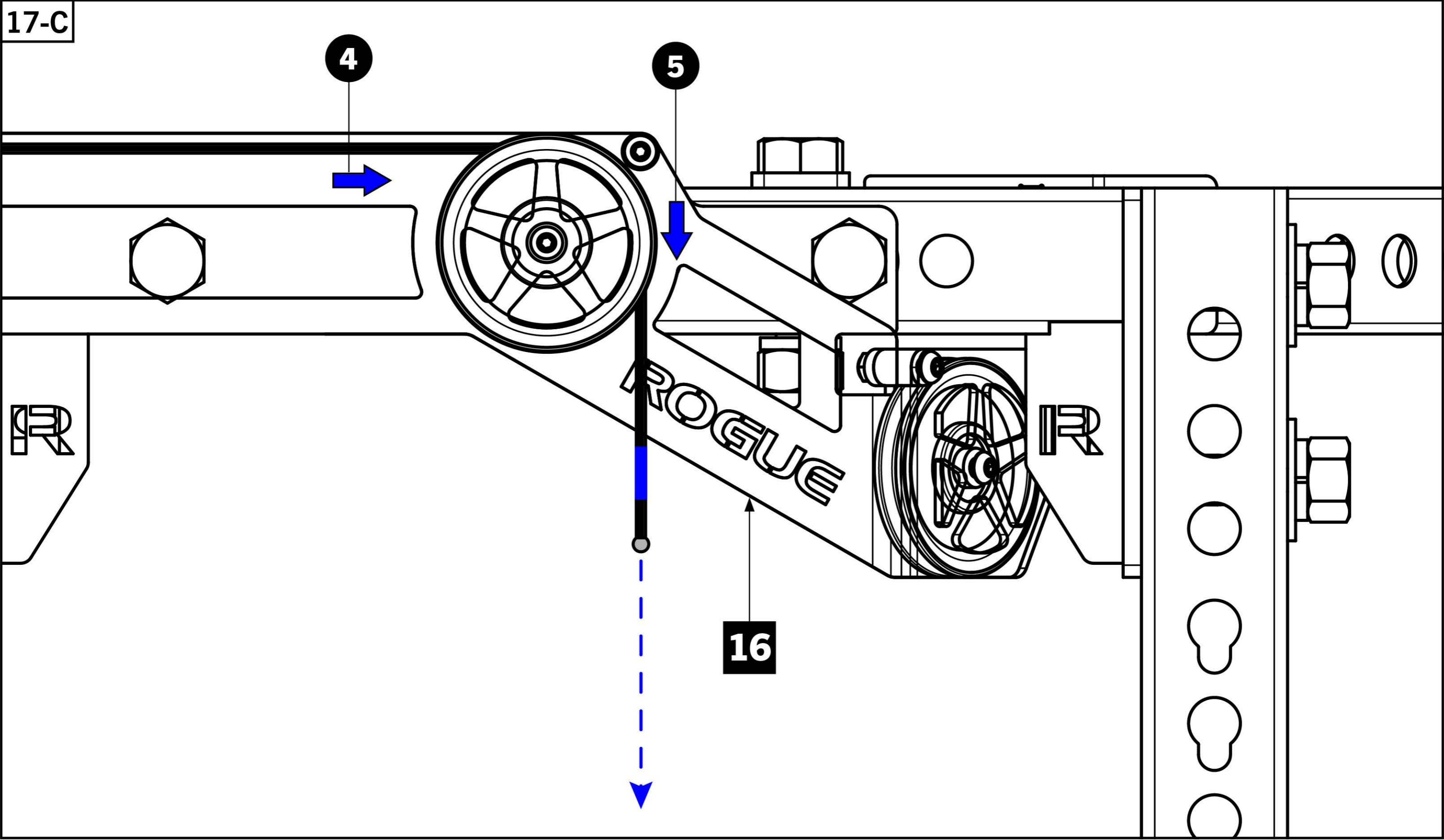
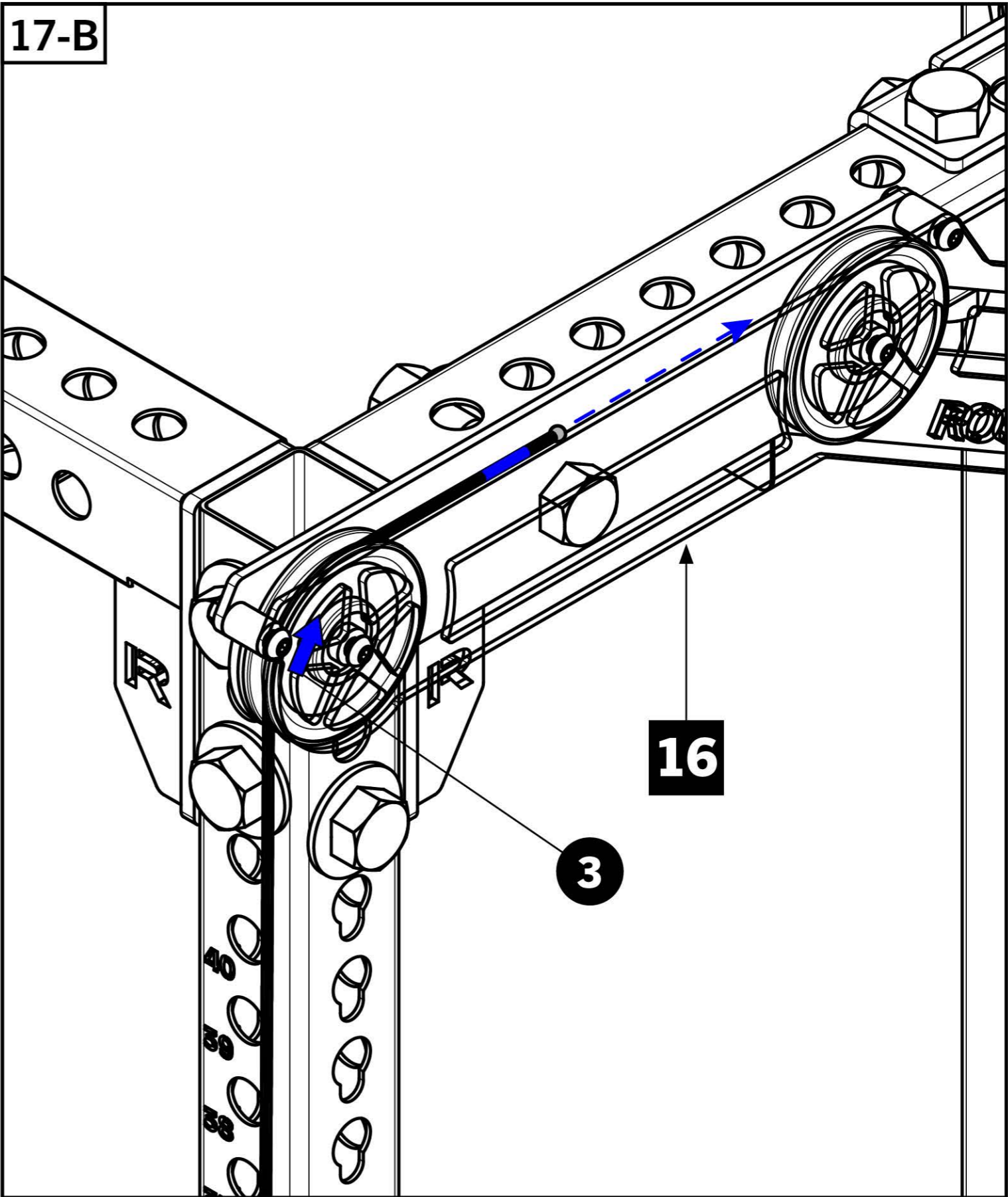
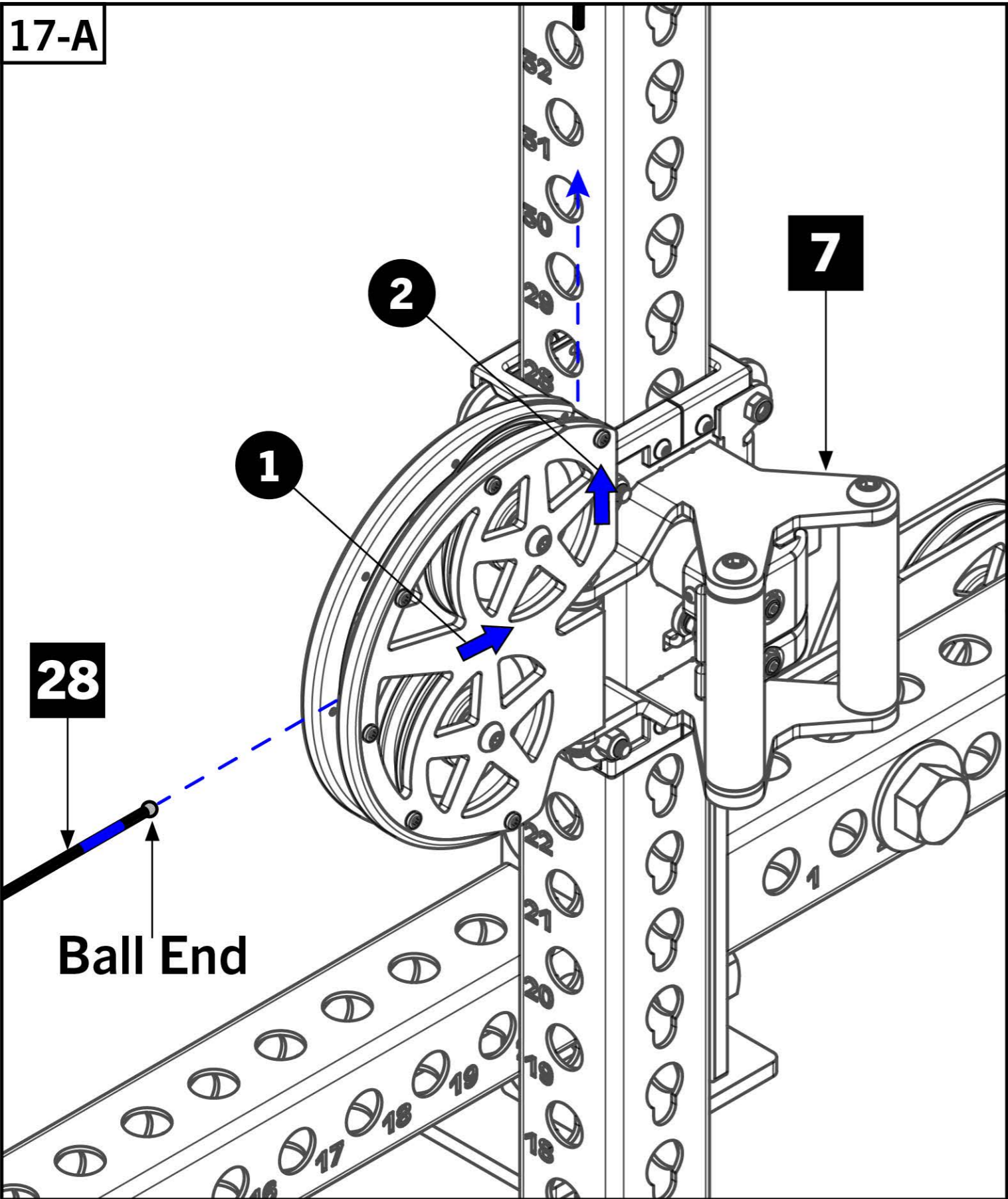
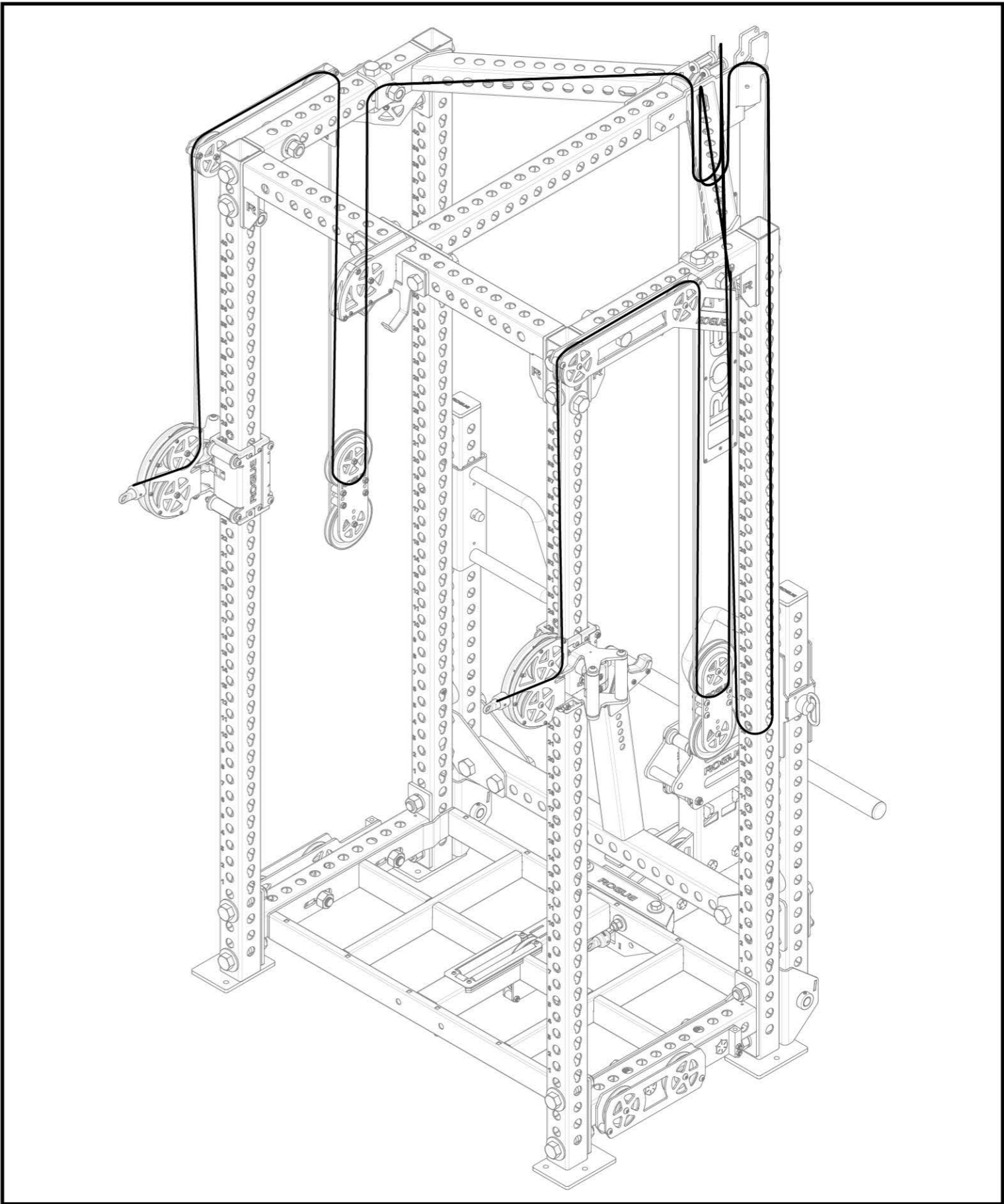
- **12-A:** Bolt Top Side Pulley Assembly - RH [16] and -LH [17] to the 24" Top Crossmembers [4] using 1" x 5" Hex Bolts [51], 1" x 3/8" Pulley Bracket Spacers [53], 1" Flat Washers [54], 1" Lock Washers [55], and 1" Hex Nuts [56] as shown.
- Tip: it is easiest to assemble this step by inserting the front hardware first and then swinging the back of Side Pulley Assemblies up to install the rear hardware.



# STEP 17

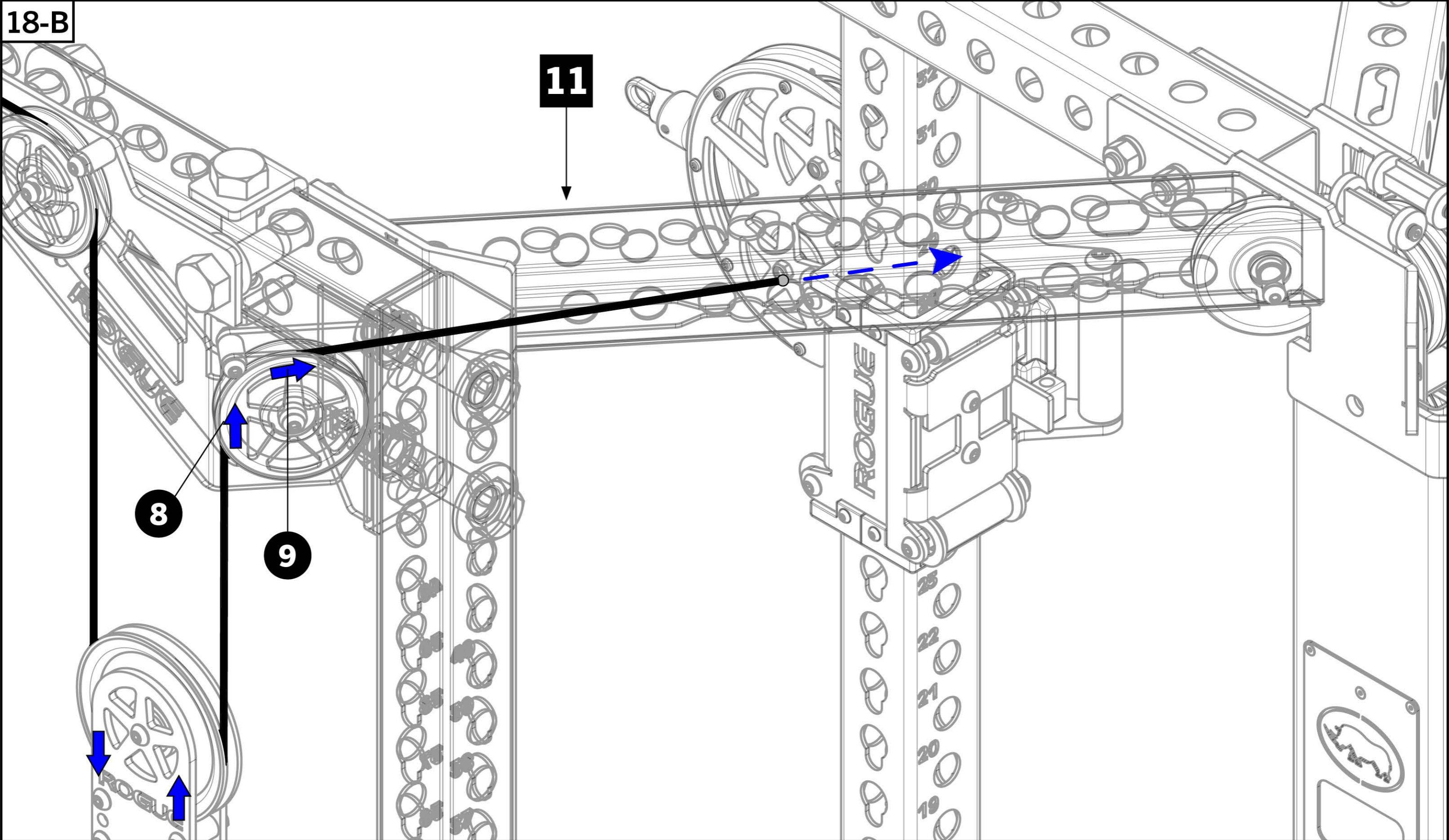
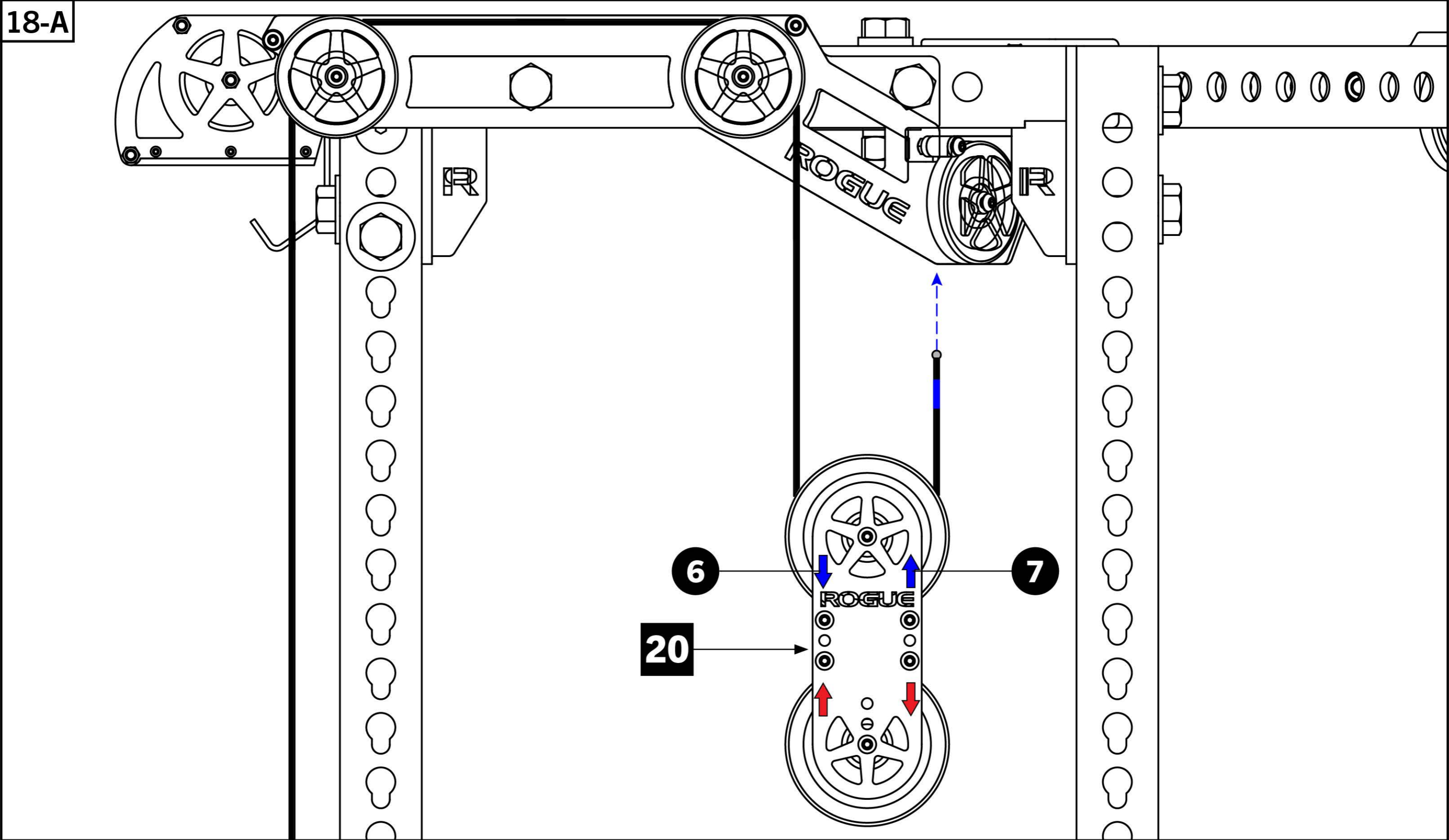
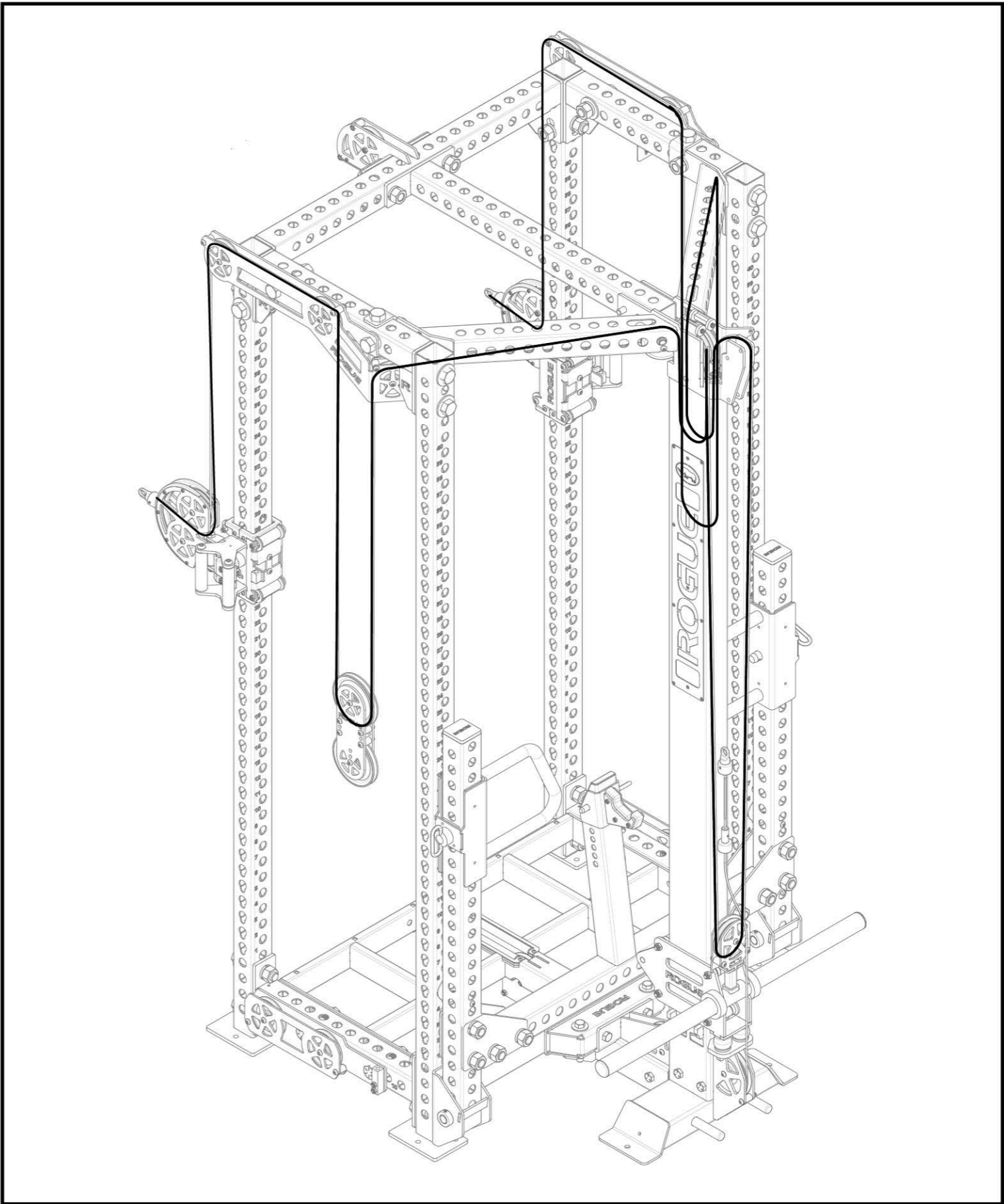
**Note:**

- Completely unwind and straighten out Trolley/Trolley Cable [28] to remove any twists/kinks prior to installation.
- The blue arrows shown in **STEP 17** through **STEP 22** indicate directions for assembling the Trolley/Trolley Cable and correspond with the blue tag on the Ball End of cable.
- Feed the Ball End of Trolley/Trolley Cable [28] between the two pulleys inside Swivel Trolley - RH [7] and continue upward.
- Feed the cable around pulley inside the Top Side Pulley Assembly - RH [16] and continue toward the back of the rack.
- Continue around the second pulley on Top Side Pulley Assembly - RH [16] and then downward.



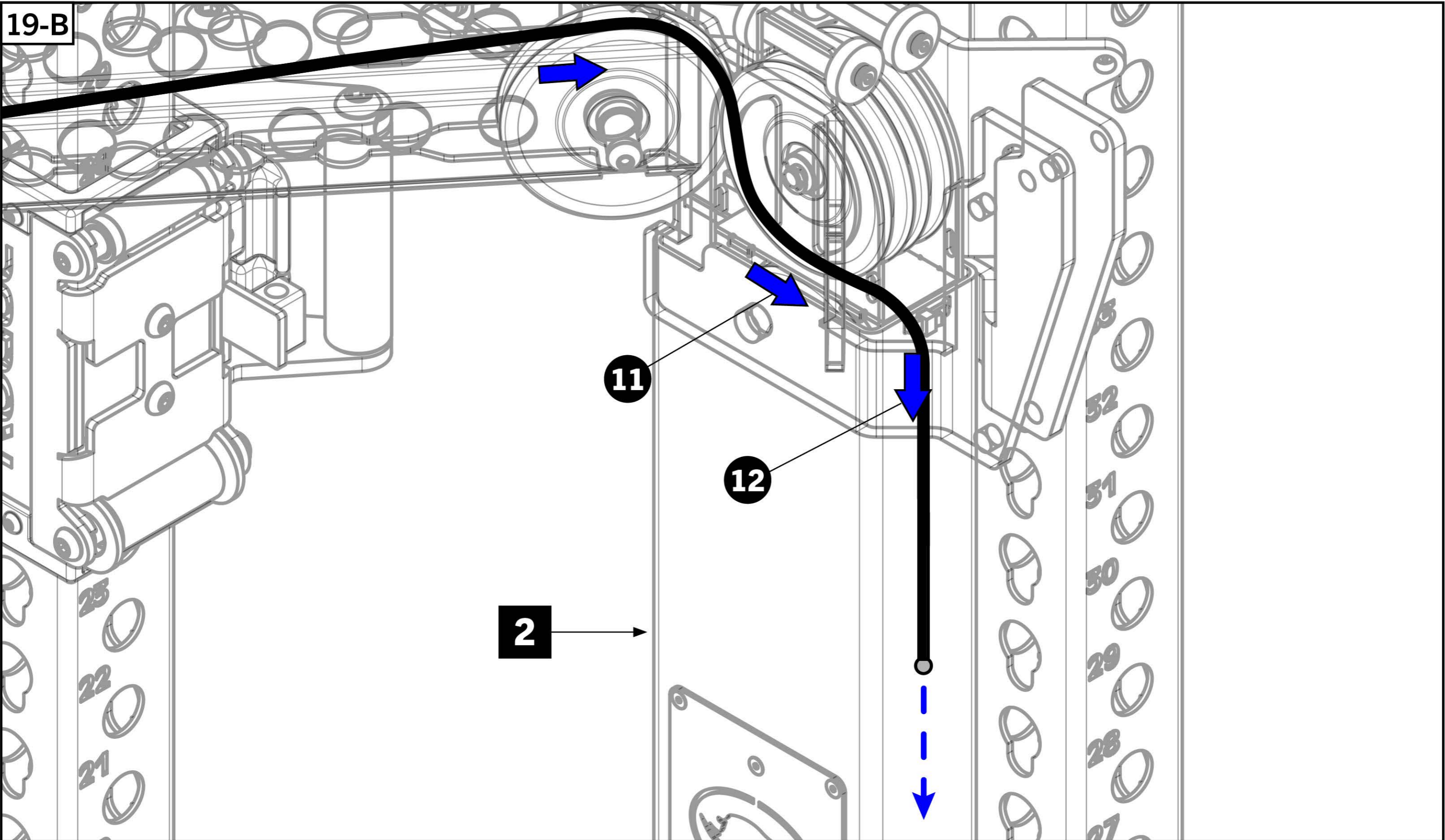
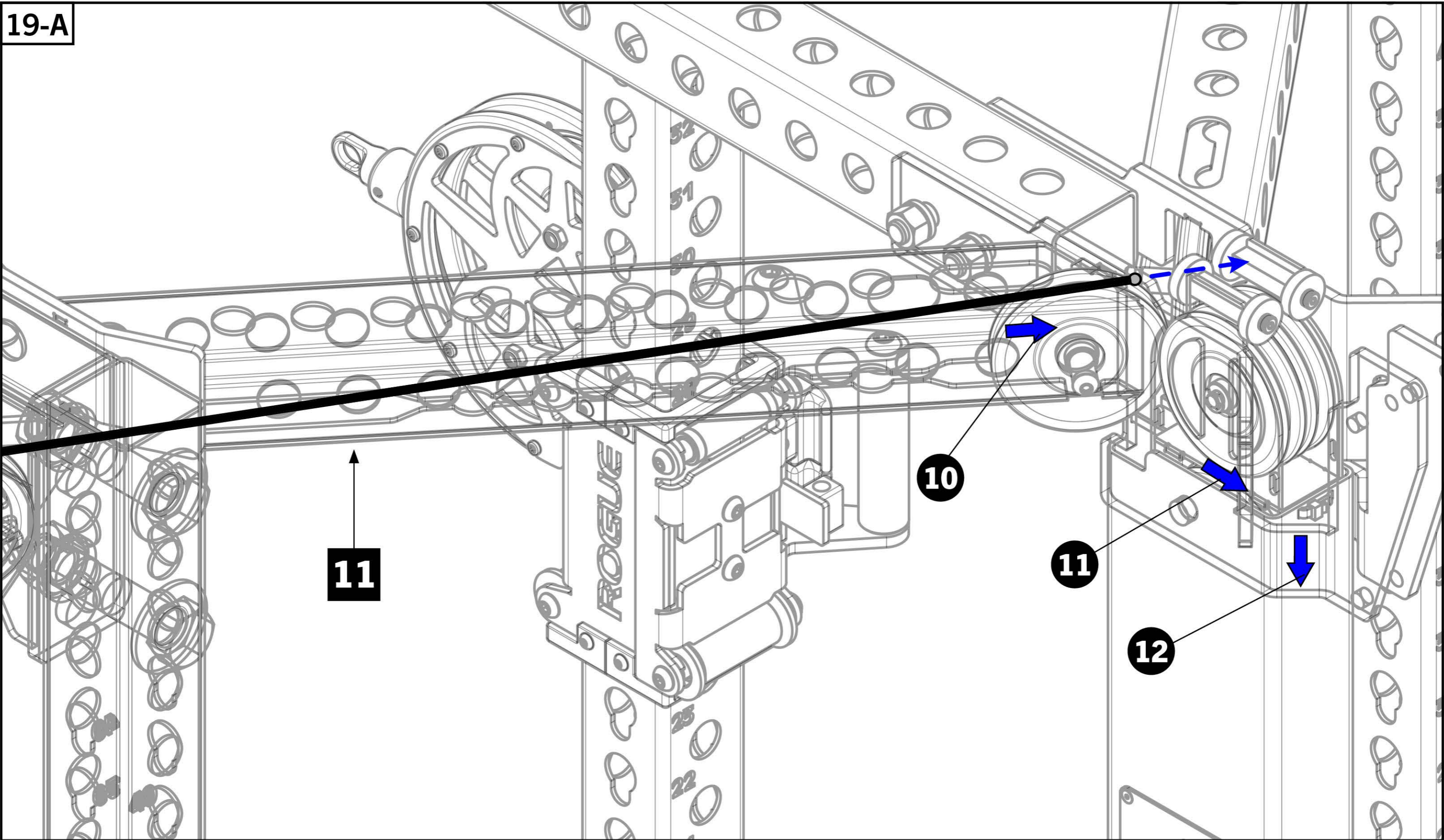
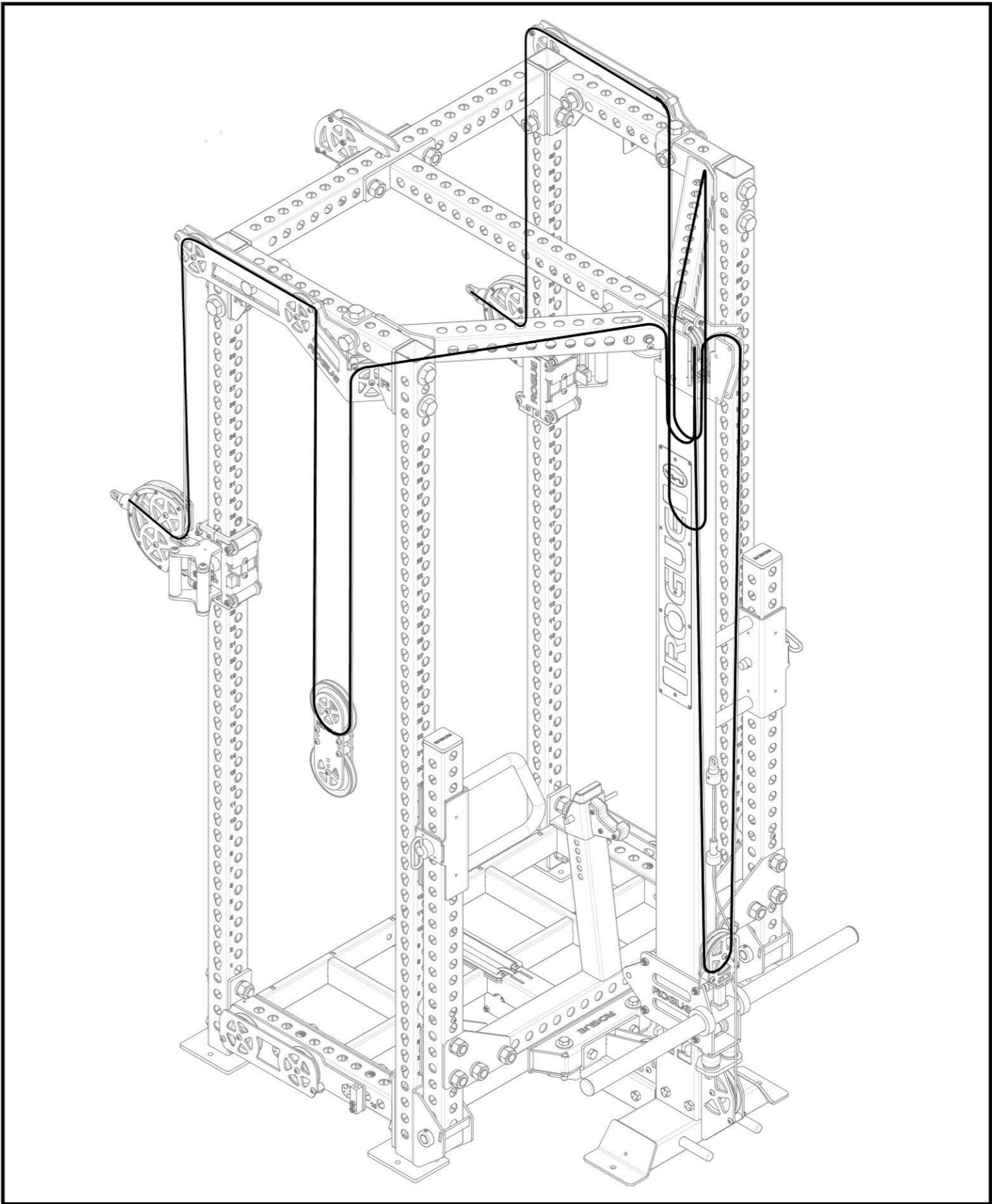
# STEP 18

- Hold one Side Peanut Pulley [20] in the air, ensuring the arrow stickers correspond to diagram **18-A**.
- Feed the cable down and around the upper pulley of Side Peanut Pulley and then back up towards the Top Side Pulley Assembly - RH [16].
- Feed cable around the angled pulley shown in **18-B** and continue towards the pulley shown in the Rear Angled Crossmember - RH [11].



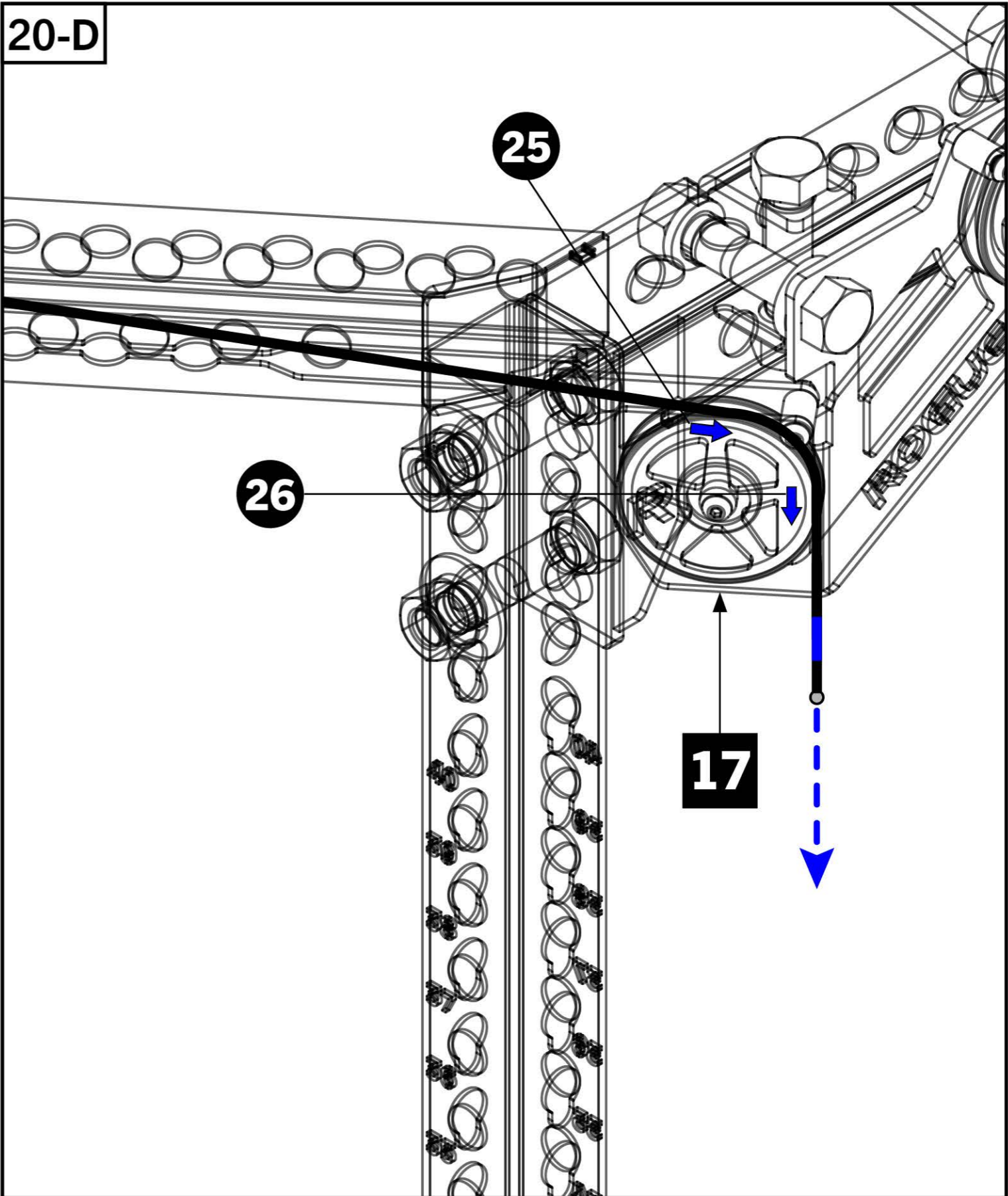
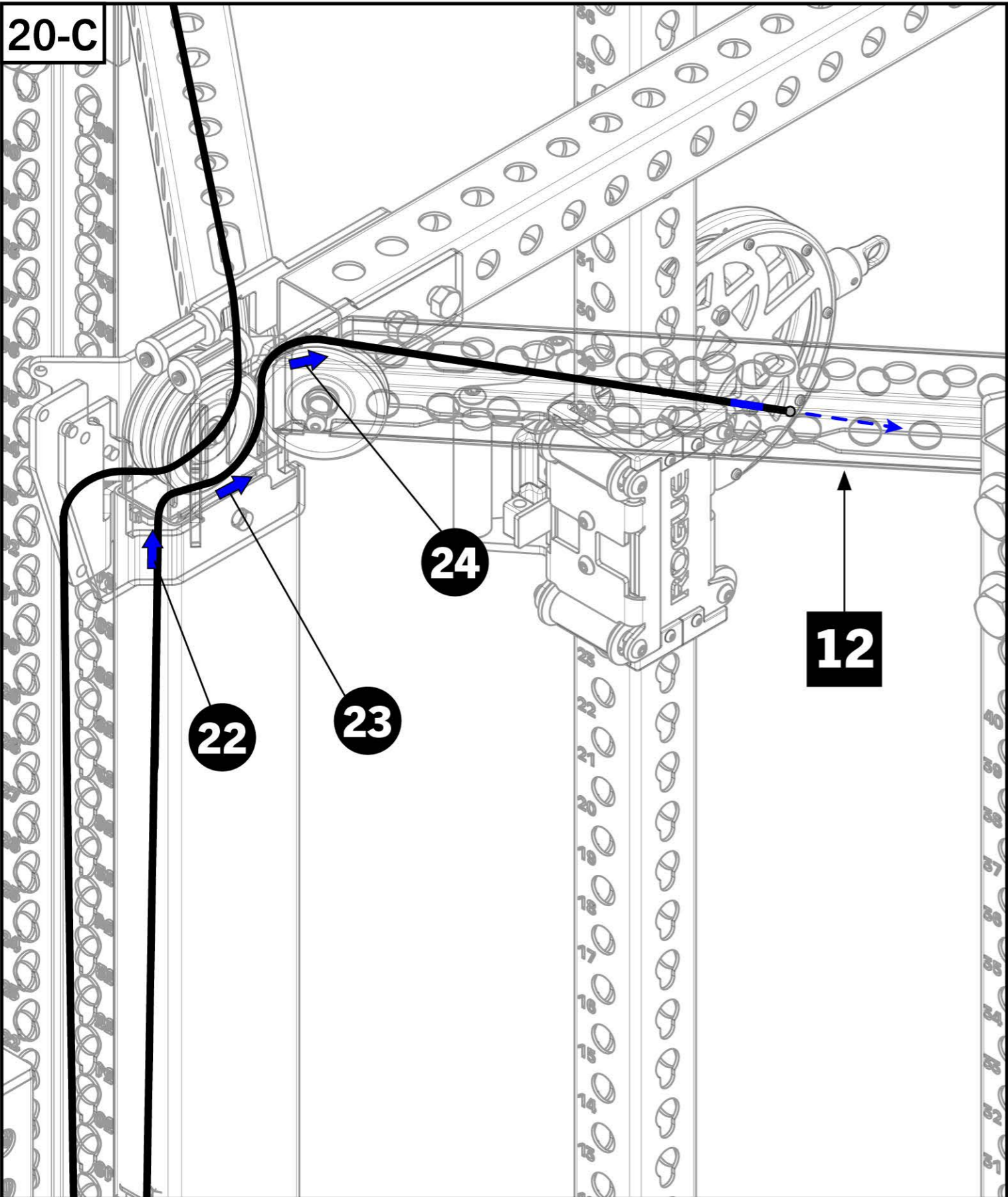
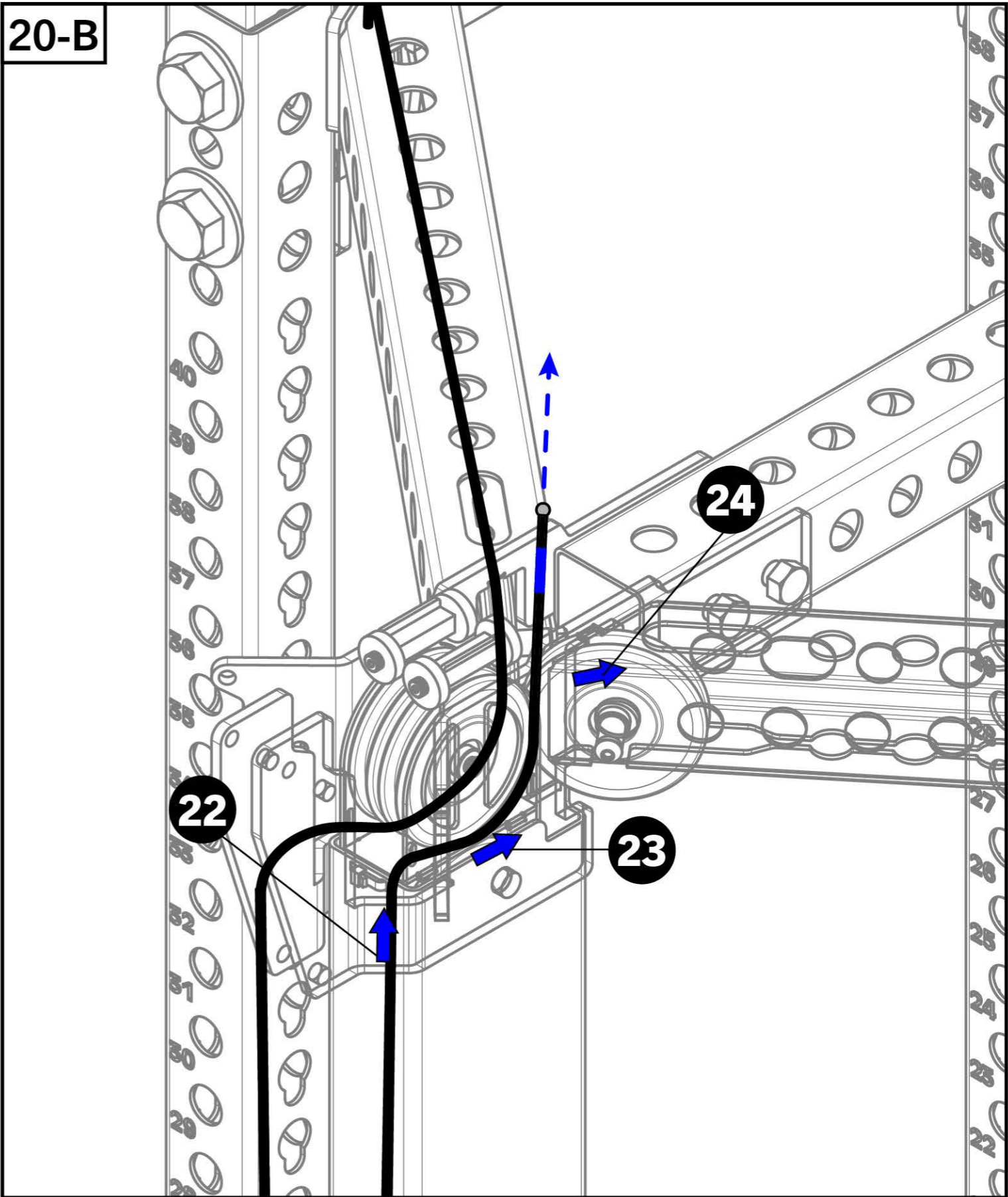
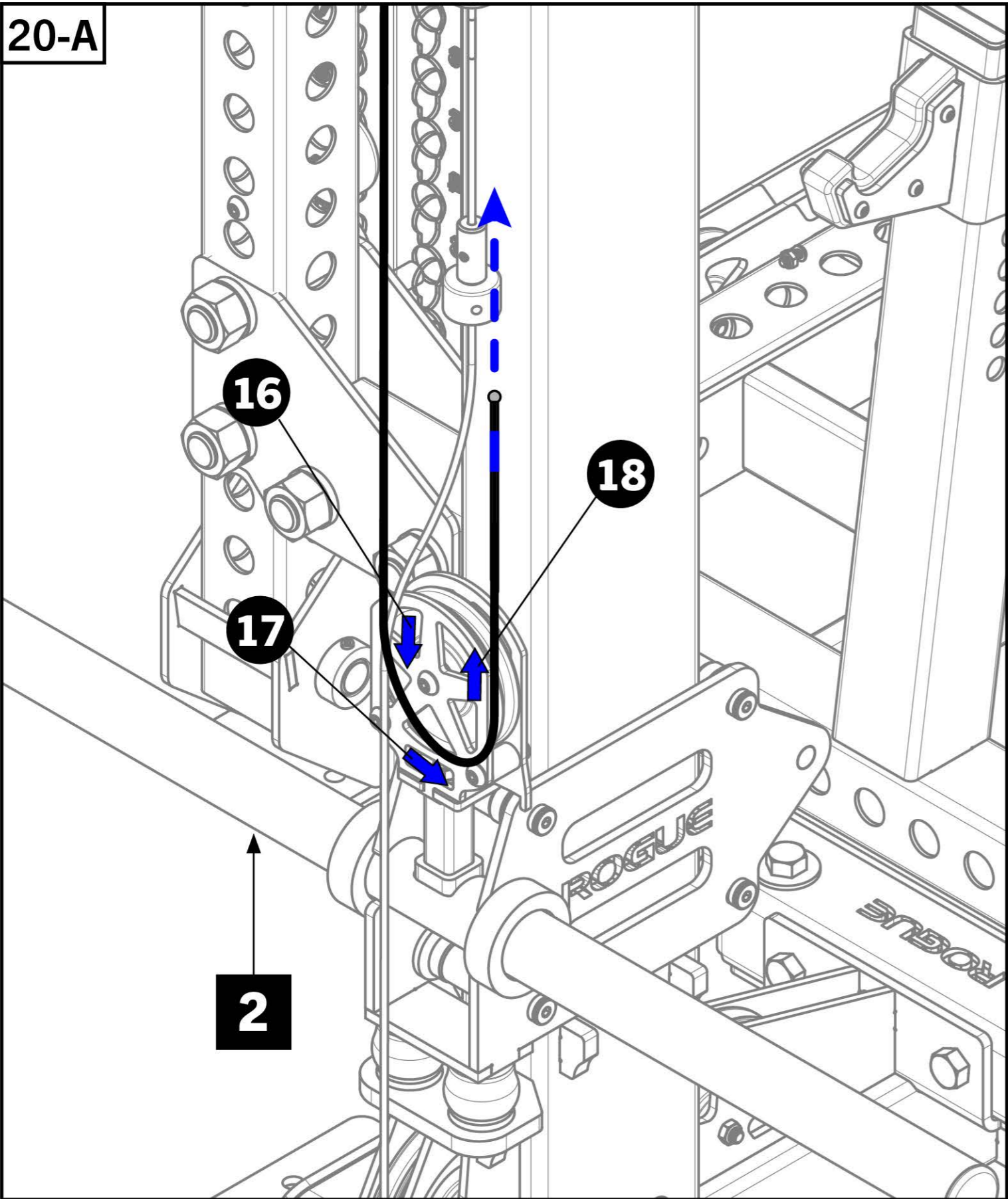
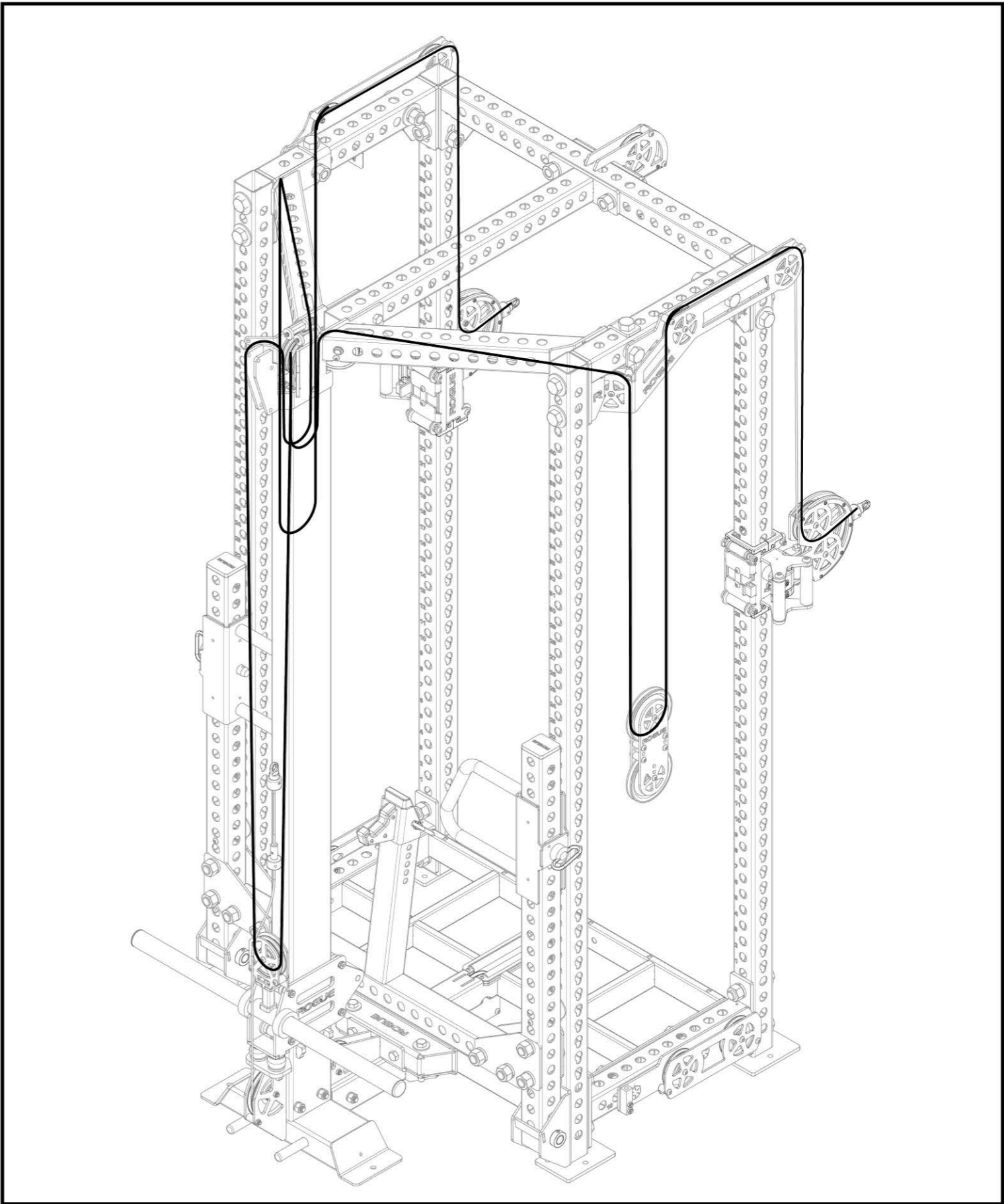
# STEP 19

- Feed cable around the next angled pulley at rear of the Top Rear Angle Crossmember - RH [24] as shown.
- Pull cable in front of internal carriage zip tied to upright.
- Feed cable under the top pulley of the internal carriage, and then behind and down shown in **19-B**.



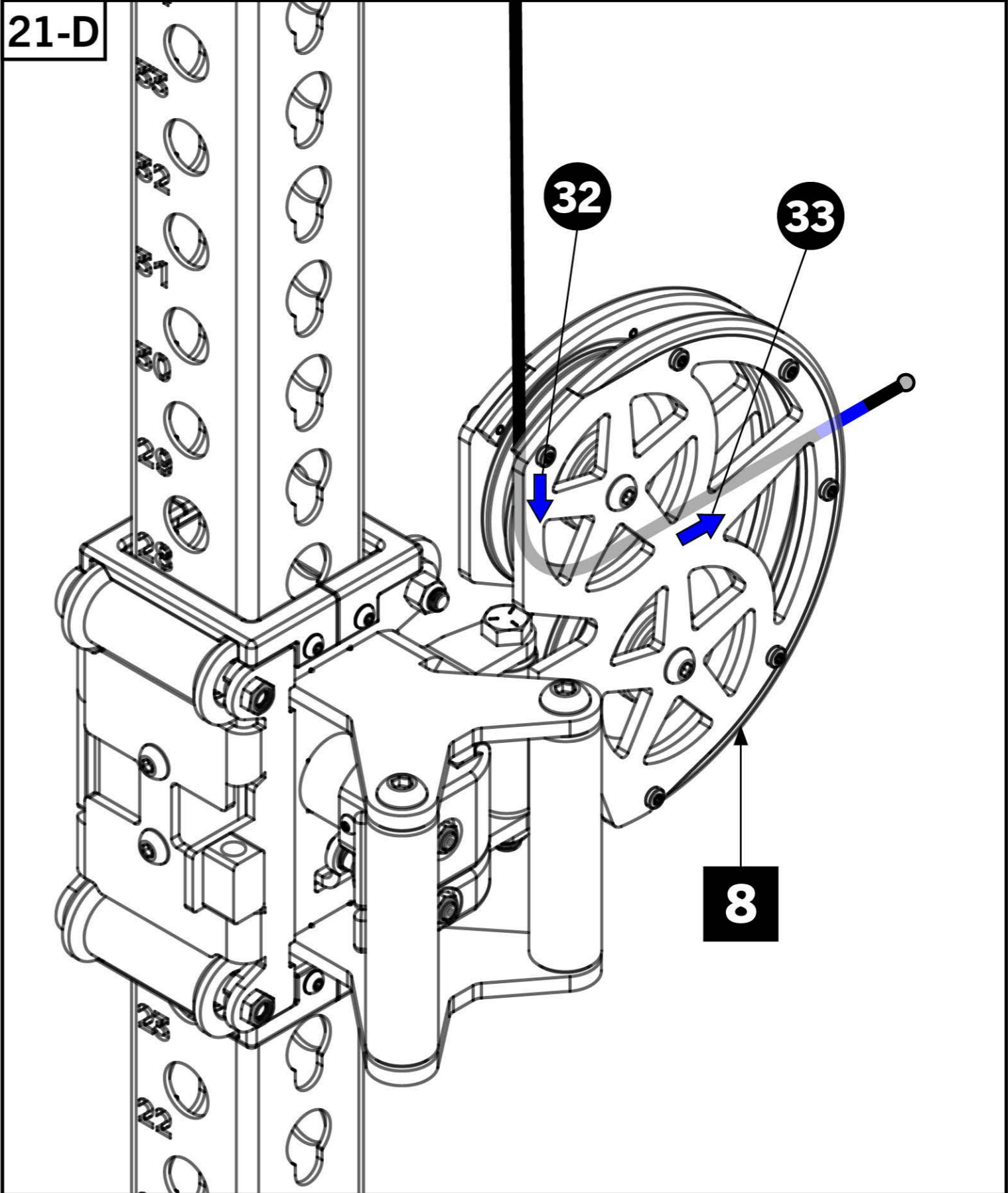
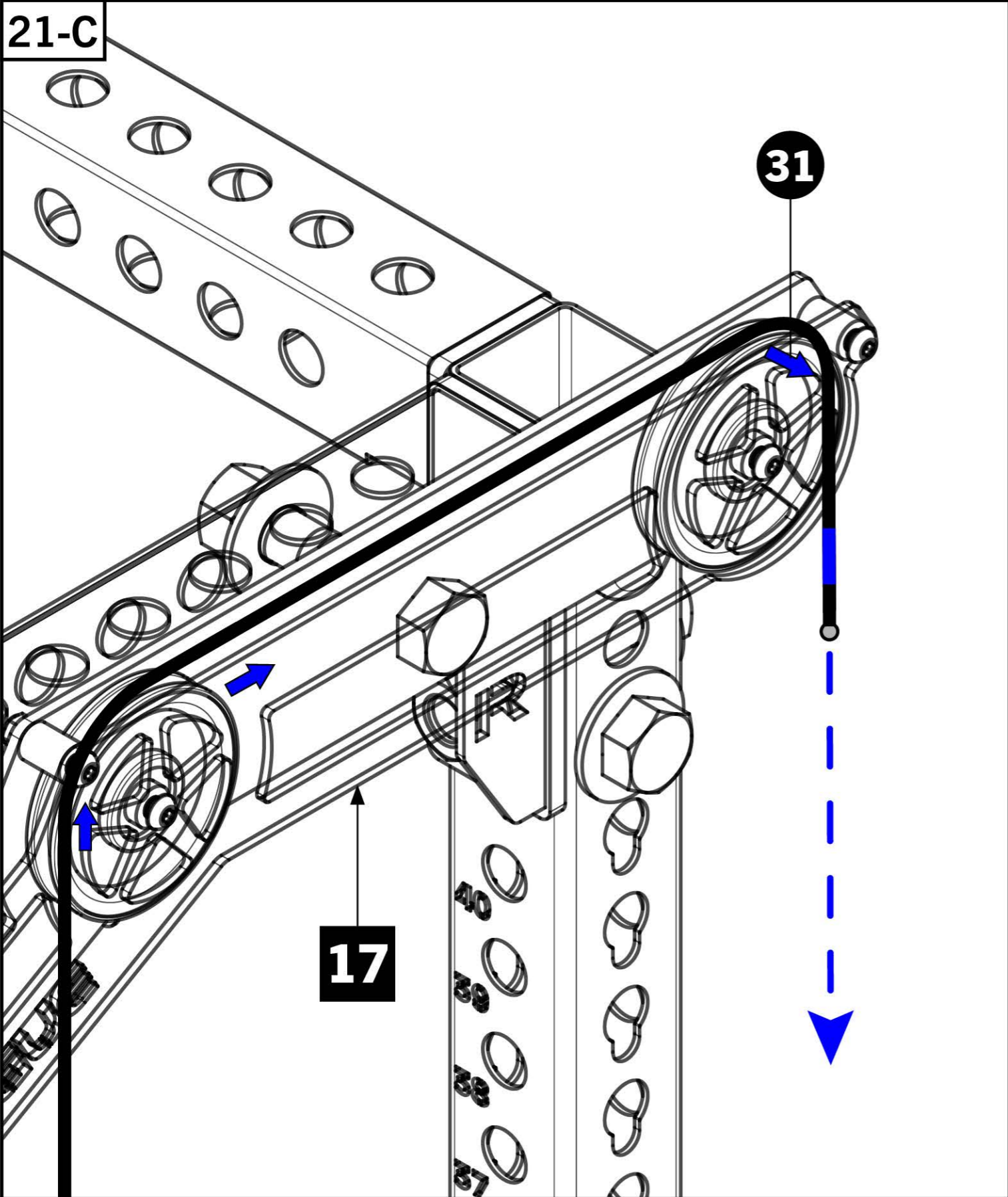
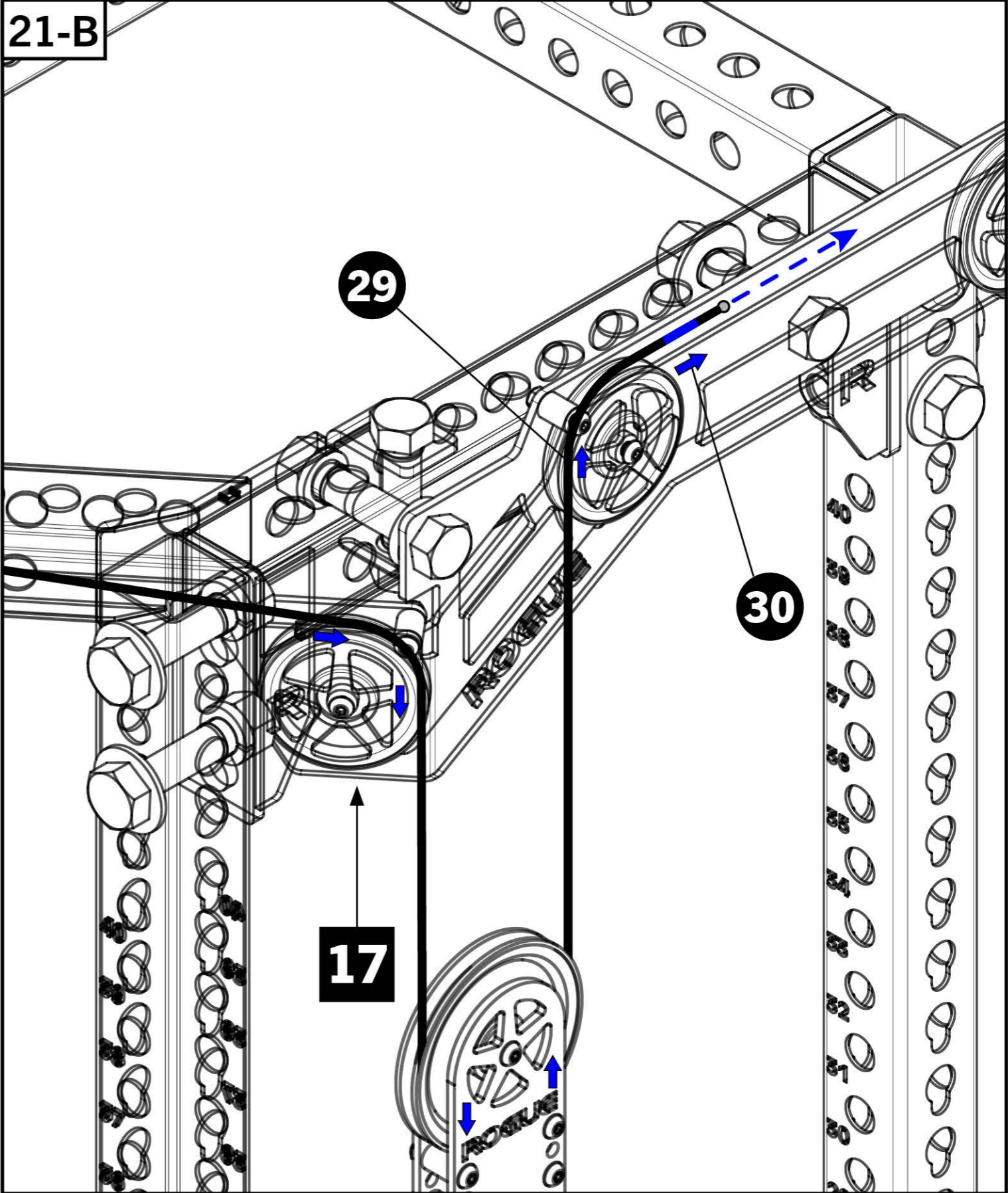
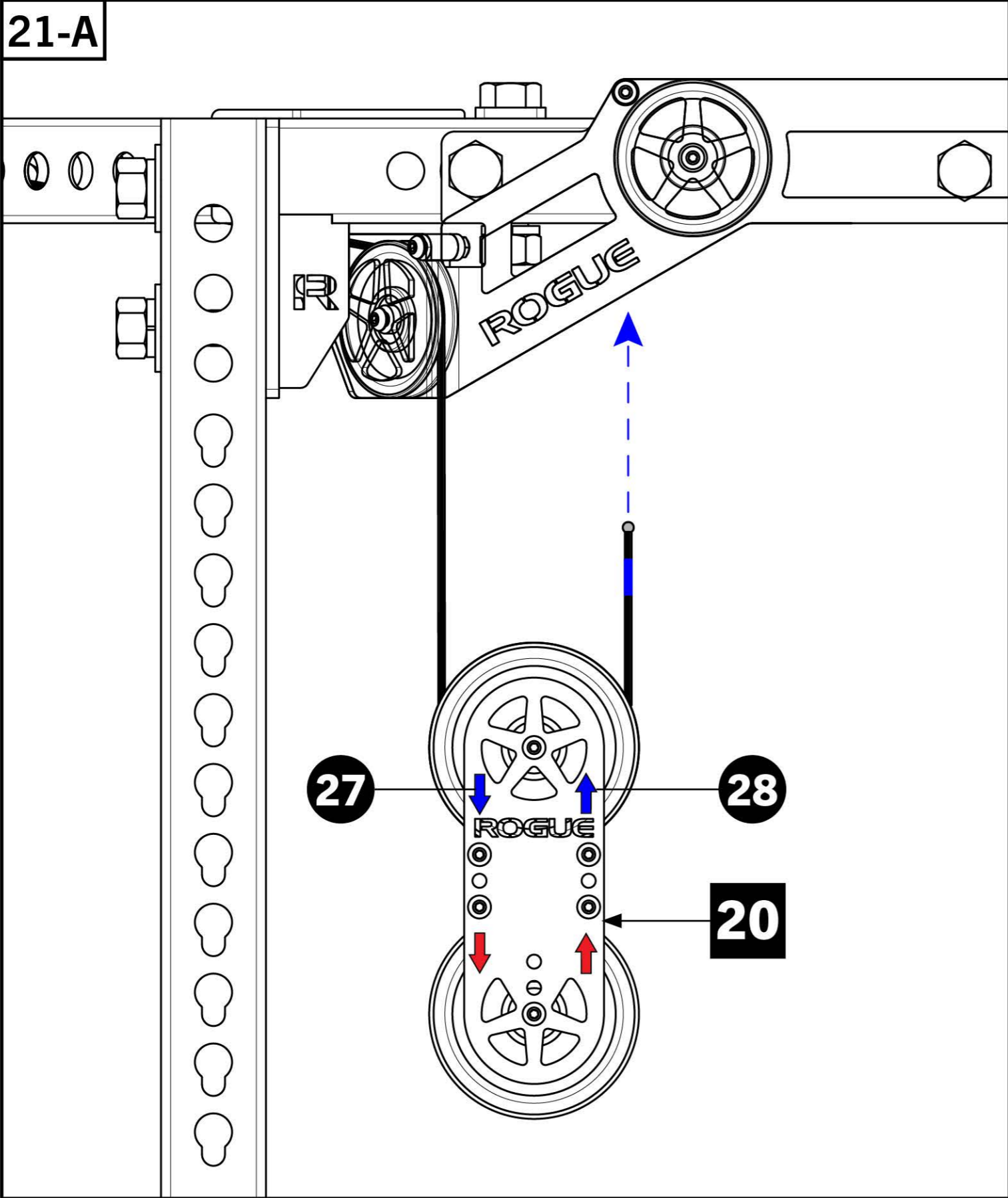
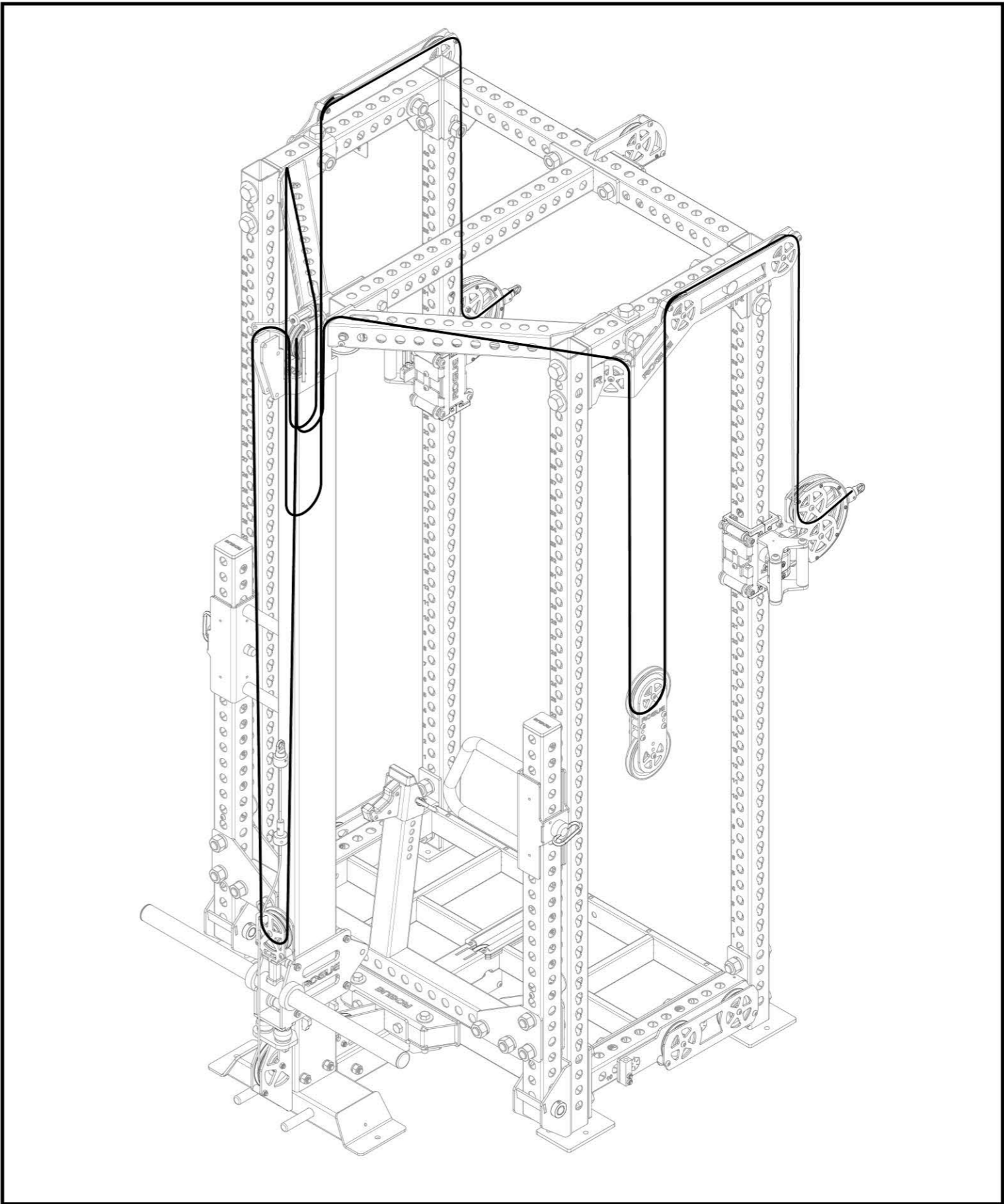
# STEP 20

- **Note:** Arrows 13, 14, 15, 19, 20, and 21 will not be used. Proceed from arrow 12 to 16, then from arrow 18 to 22.
- 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 **20-B**.
- Continue up and around the pulley shown in the Rear Angled Crossmember - LH [12].
- Continue around the next angled pulley located in the Top Rear Side Pulley Assembly - LH [17] and then downward.



STEP 21

- Hold the remaining Side Peanut Pulley [20] in the air, ensuring the arrows correspond to diagram 21-A.
- Feed cable around the upper peanut pulley and then back up towards the Rear Side Pulley Assembly.
- Feed around the pulley shown in 21-B and then towards the front of the rack.
- Continue around the front most pulley on Top Side Pulley Assembly - LH [17], then down and out through the front of the Swivel Trolley LH [8].
- Pull Ball End of cable out far enough to assemble Clevis on next step.

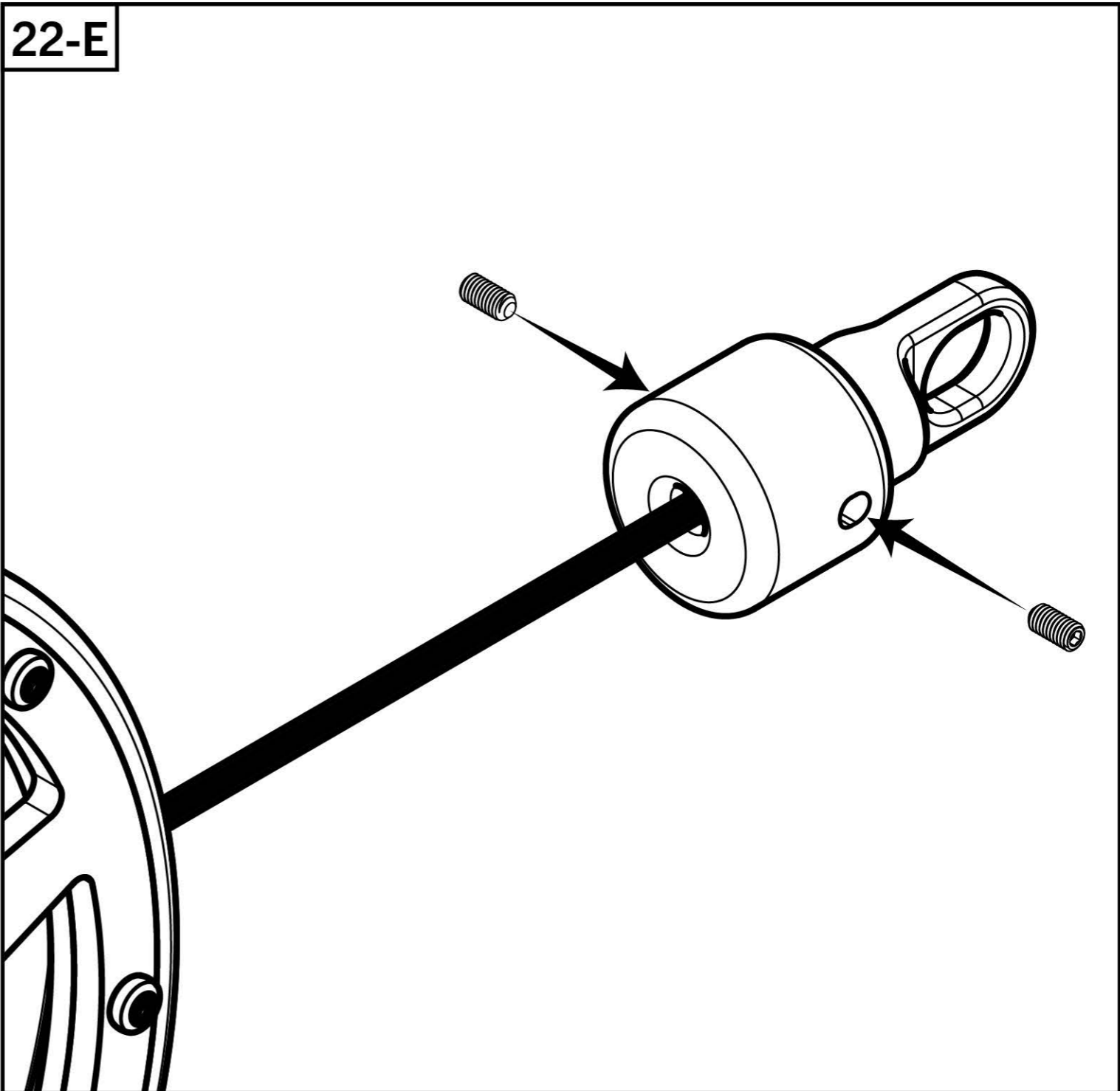
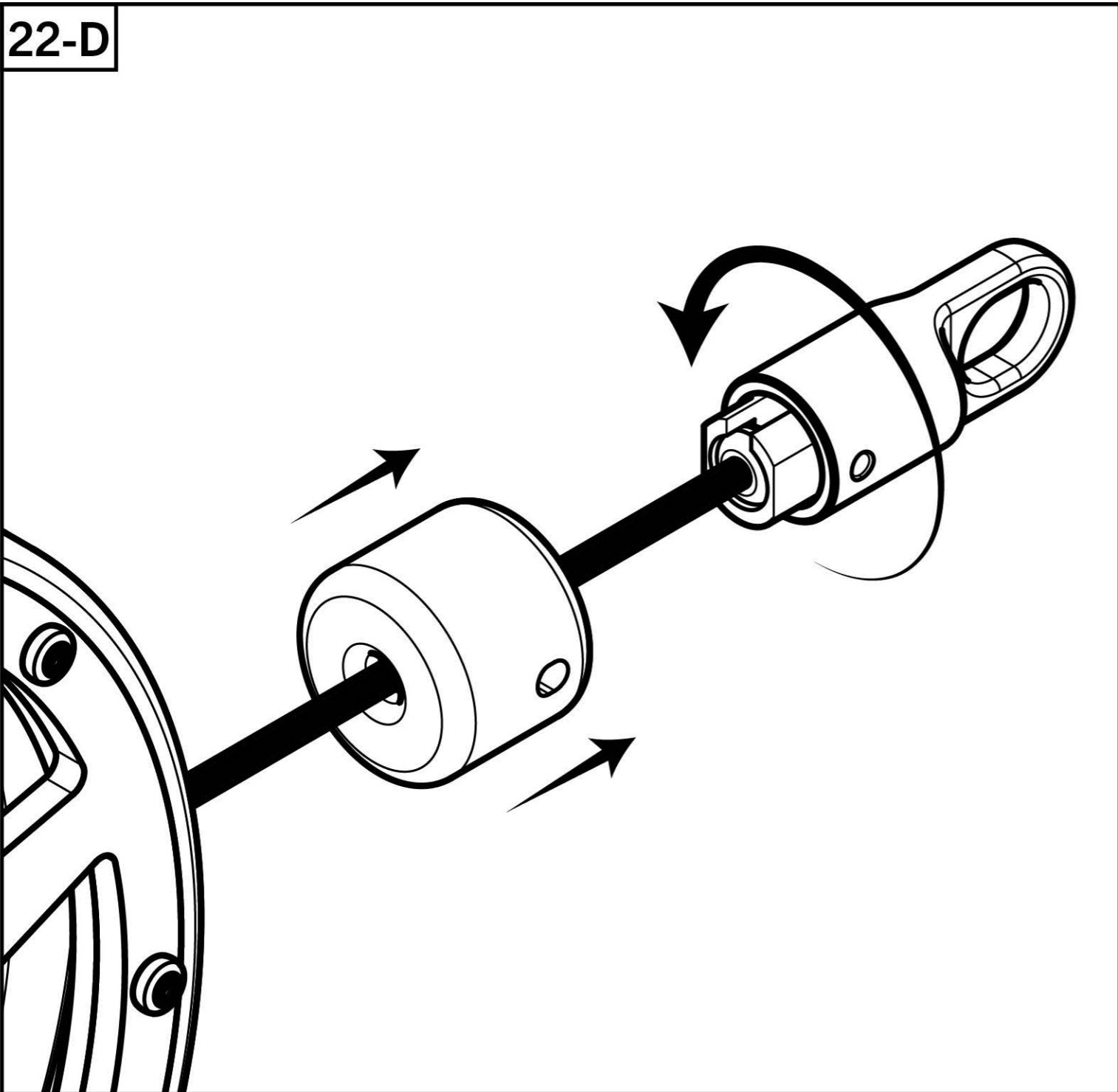
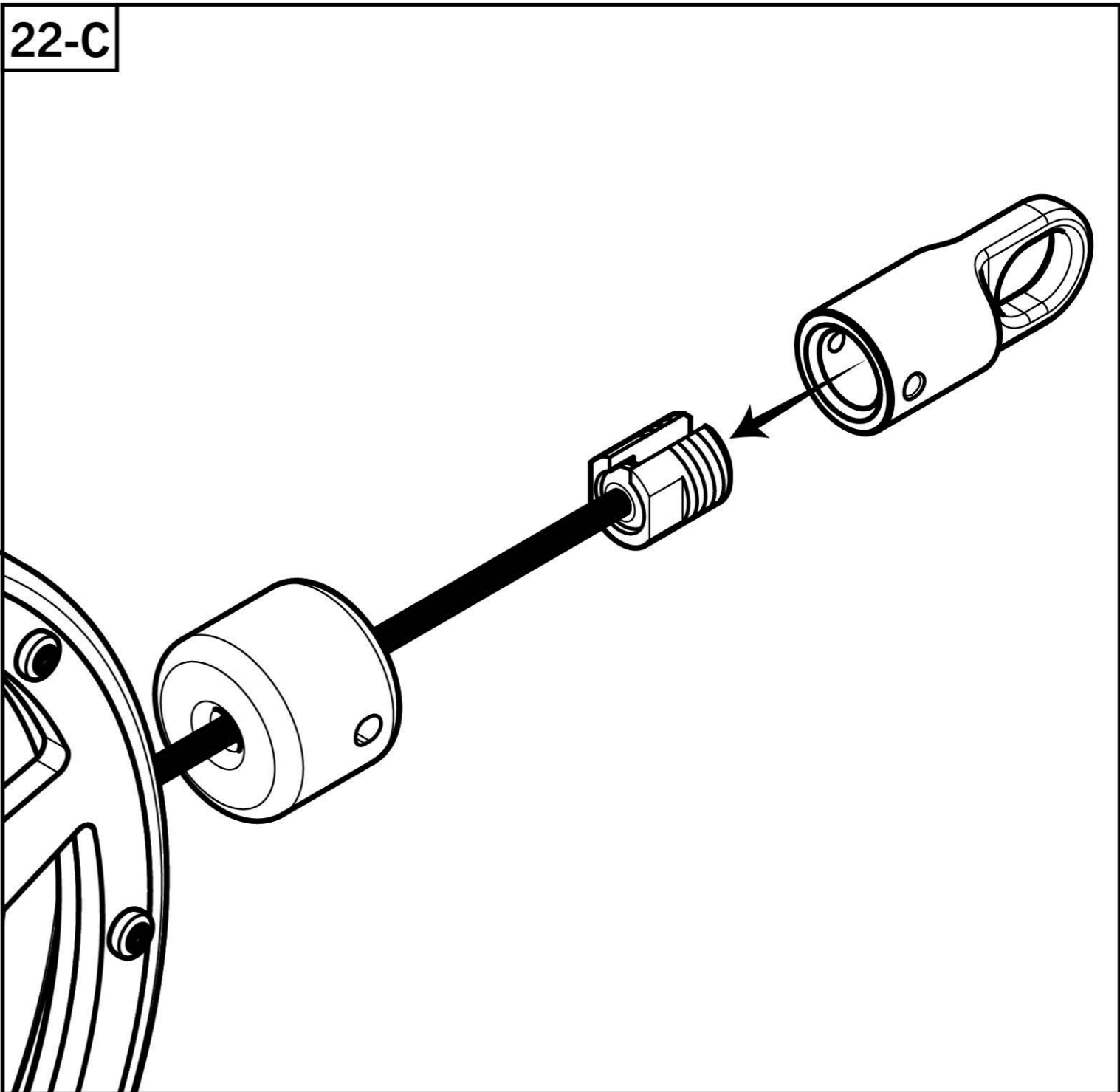
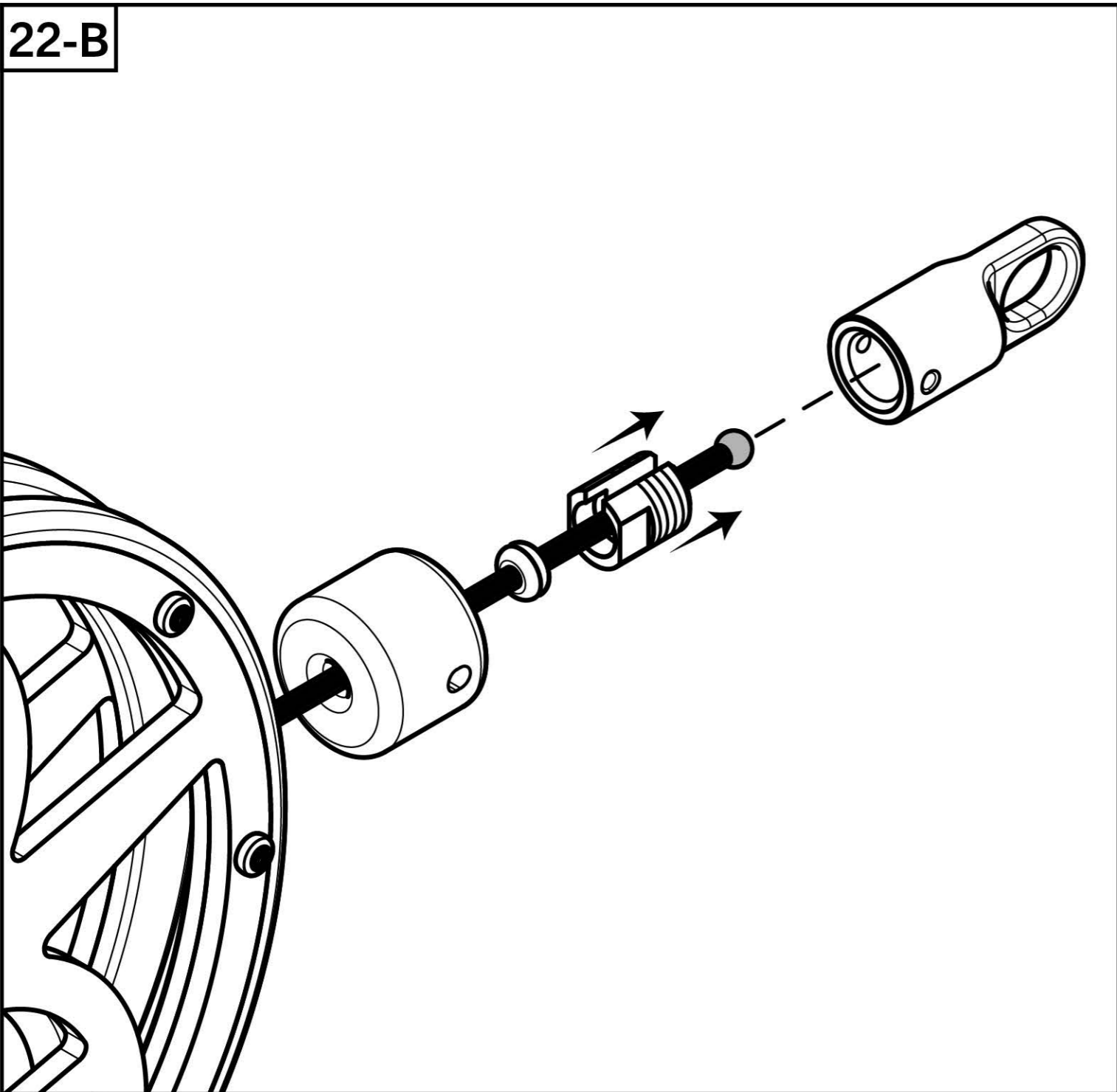
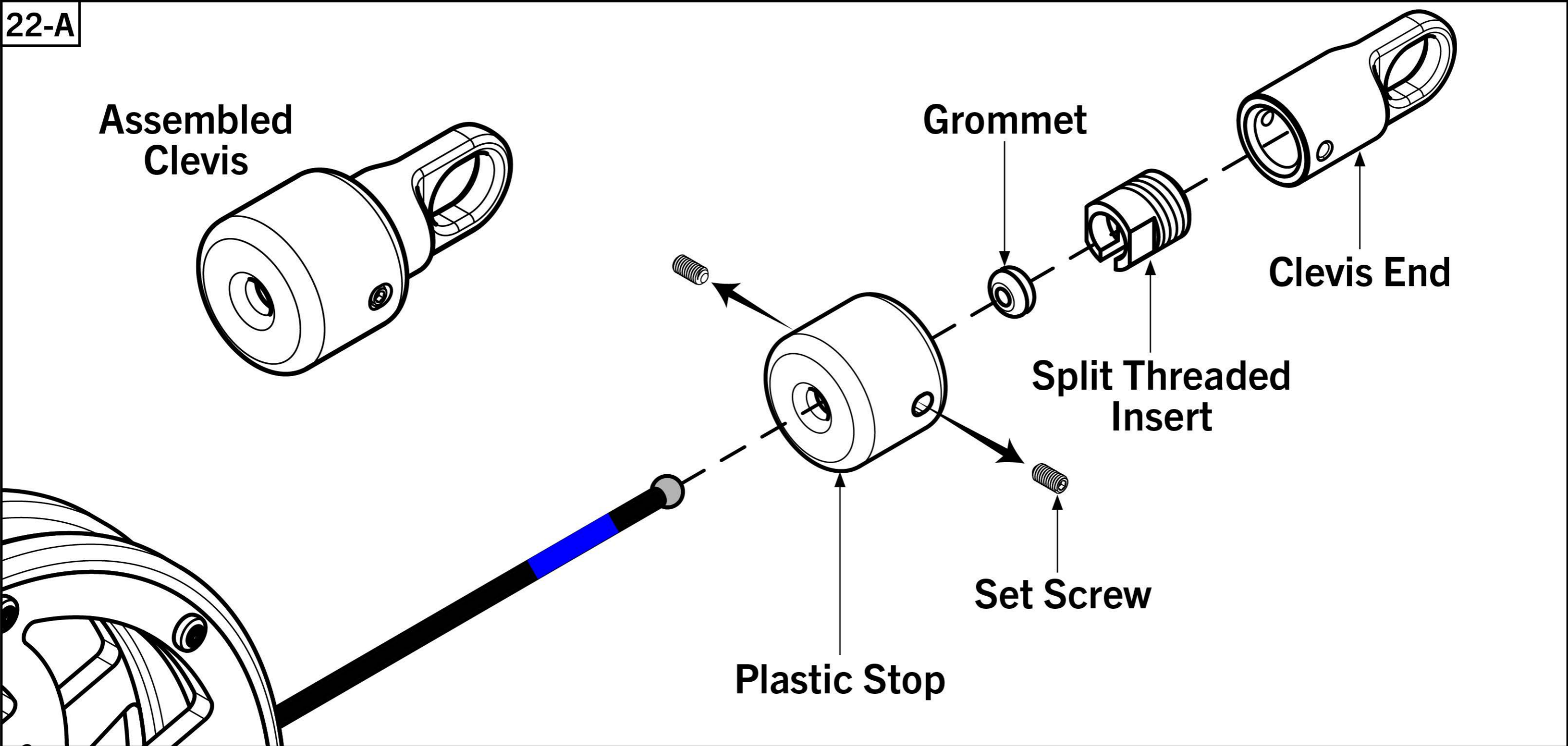


# STEP 22

**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 **22-B**.

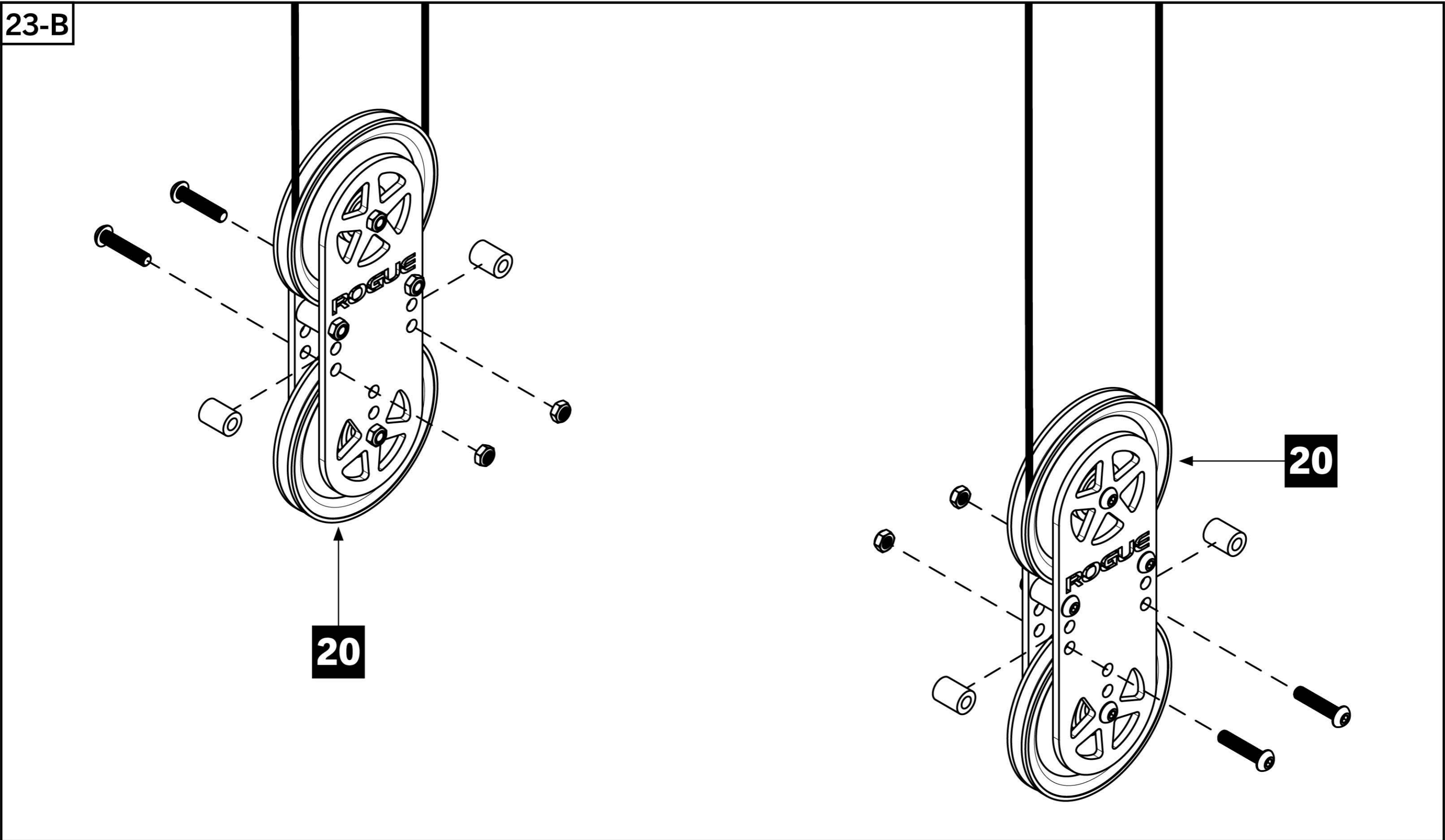
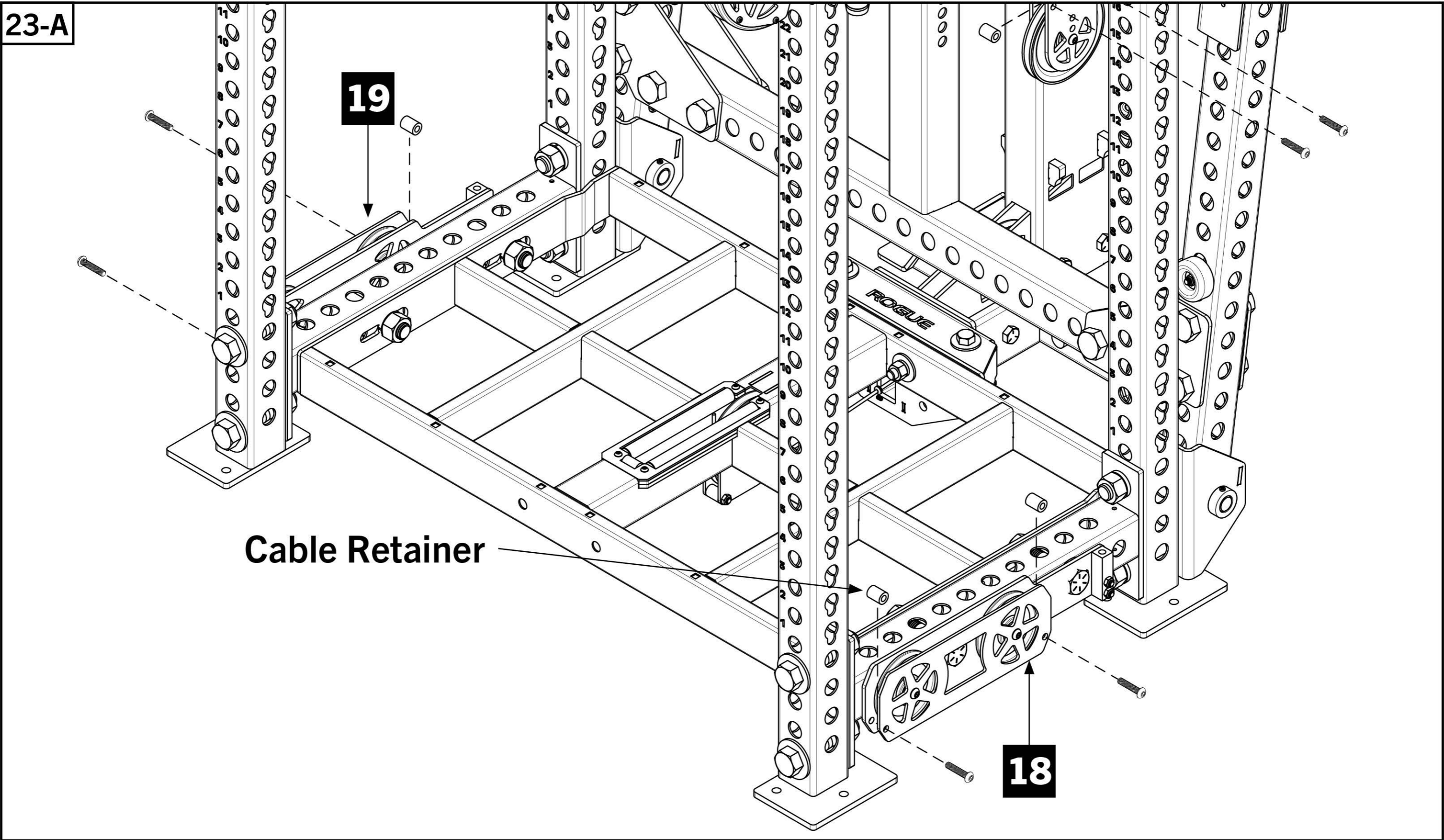
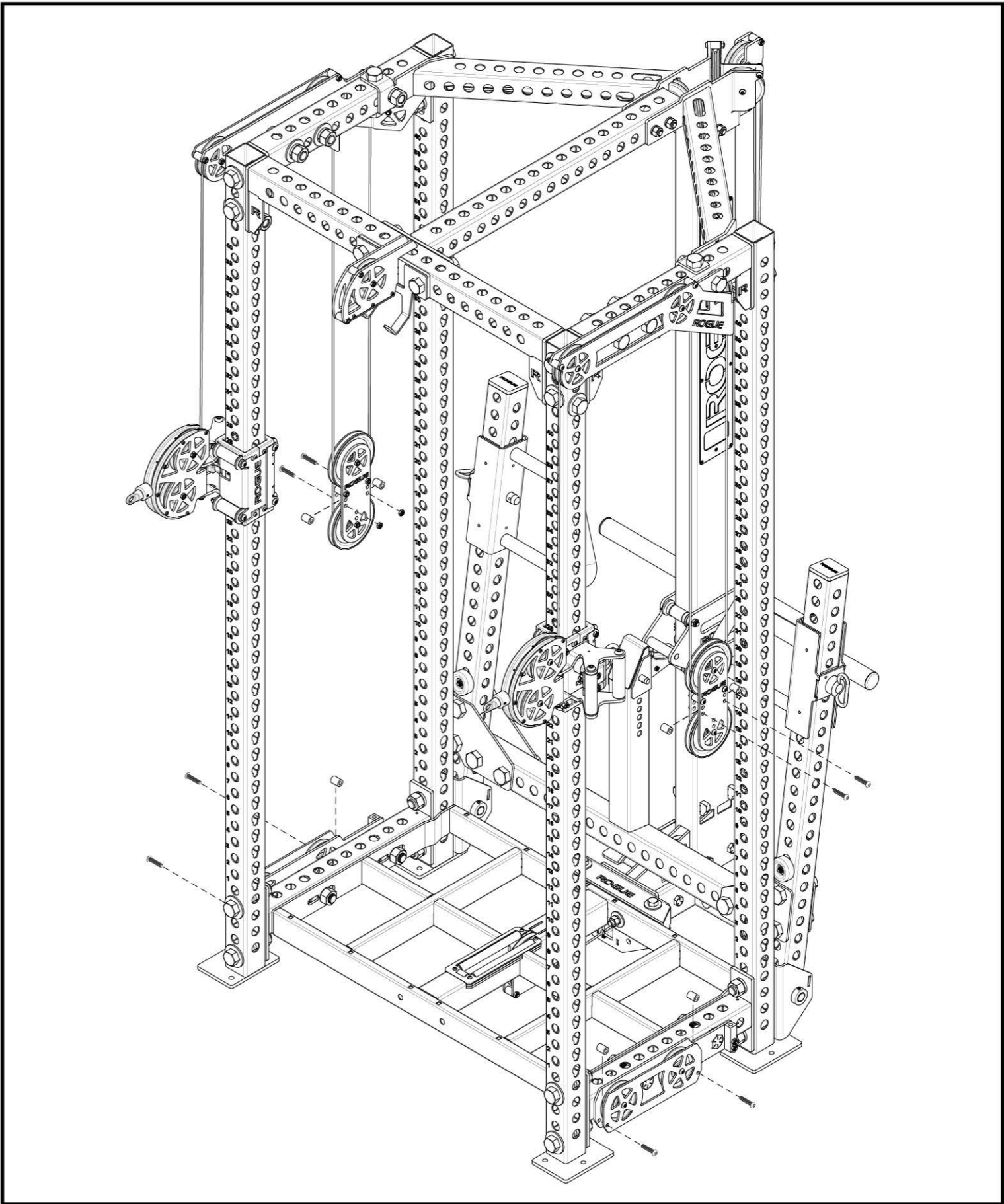
- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded end using 5/8” Wrench.
- Slide Plastic Stop forward and align outer holes with threaded holes on Clevis End and re-insert Set Screws. Fully tighten Set Screws.



# STEP 23

**Tools Required:**

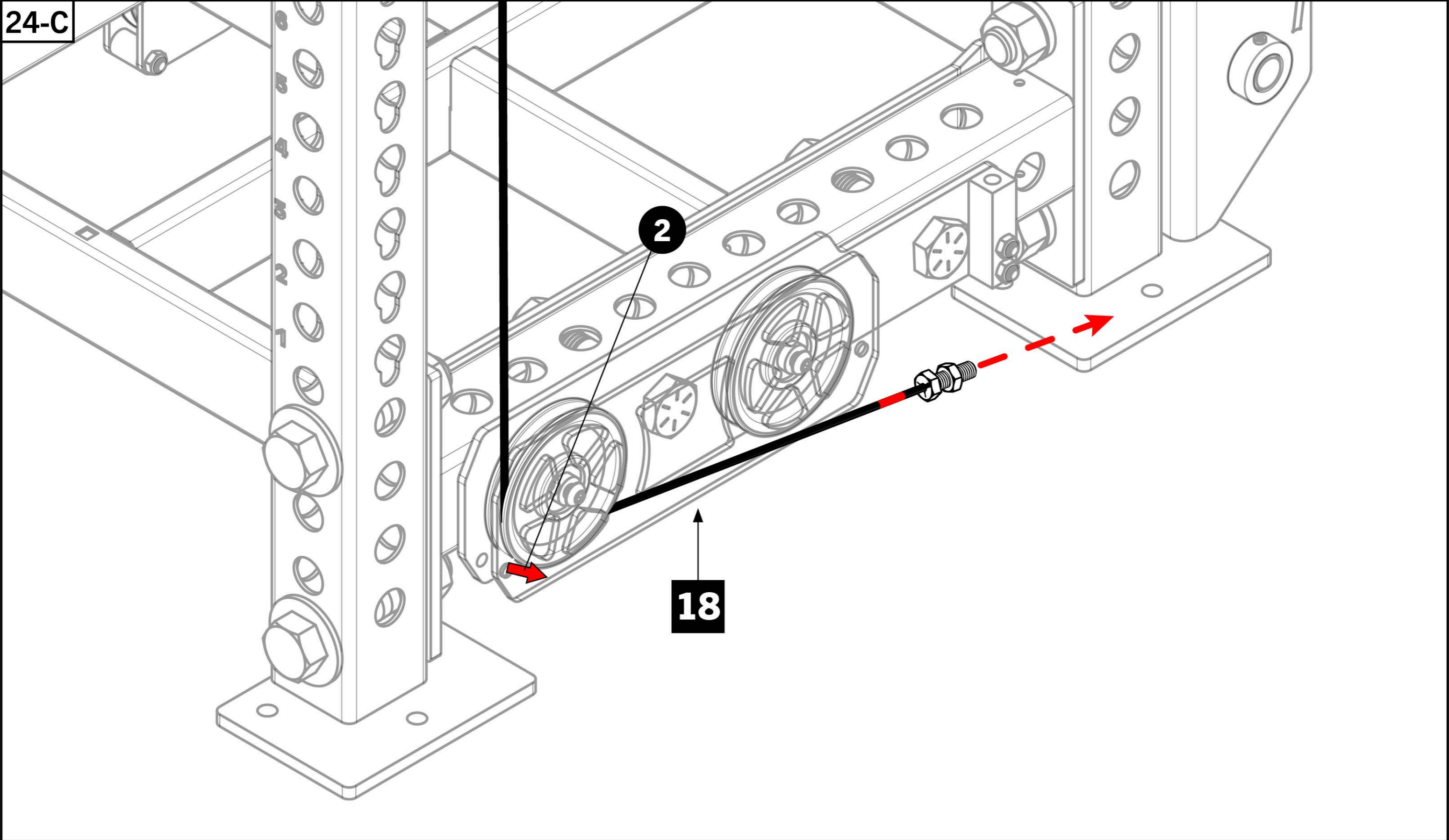
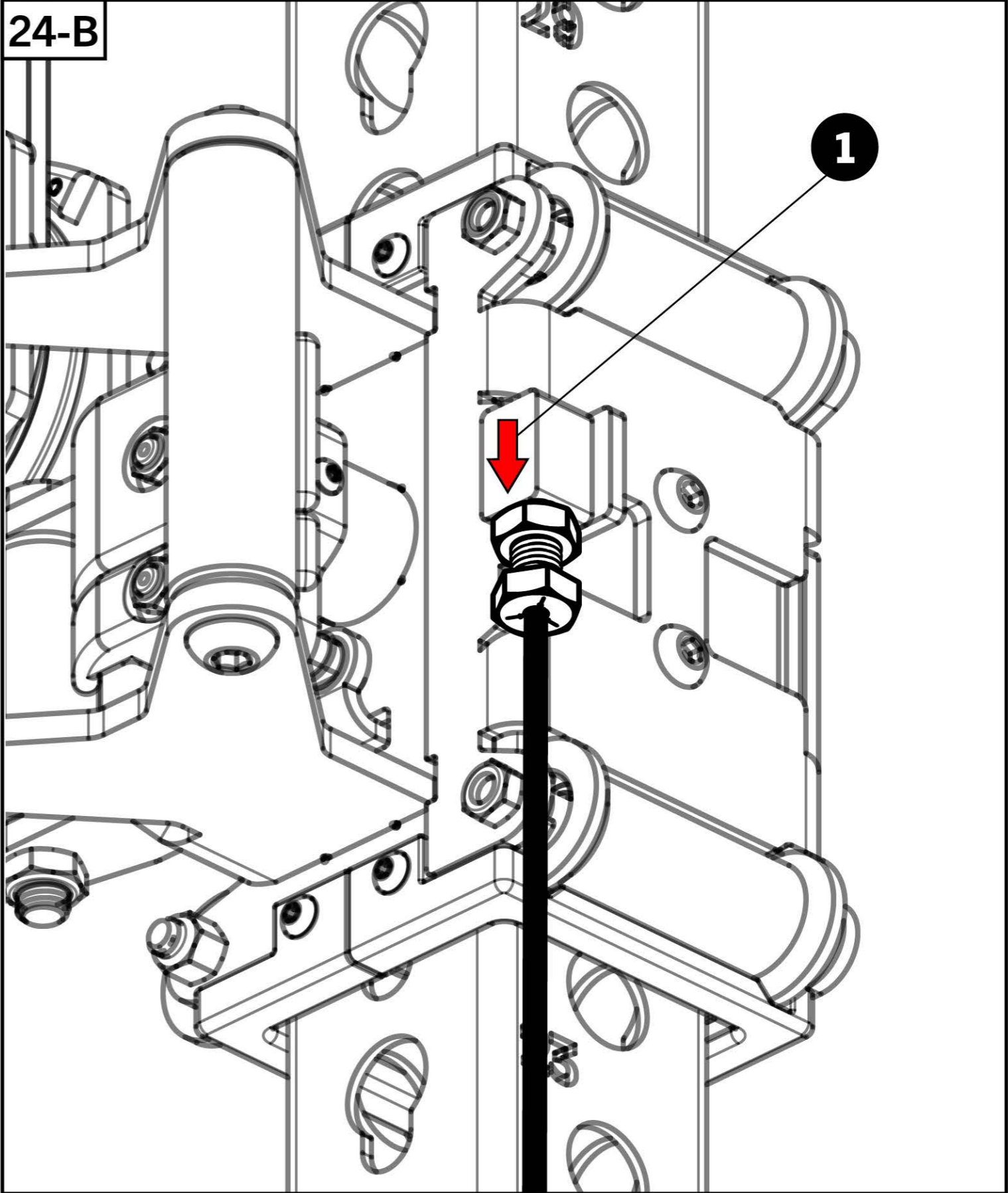
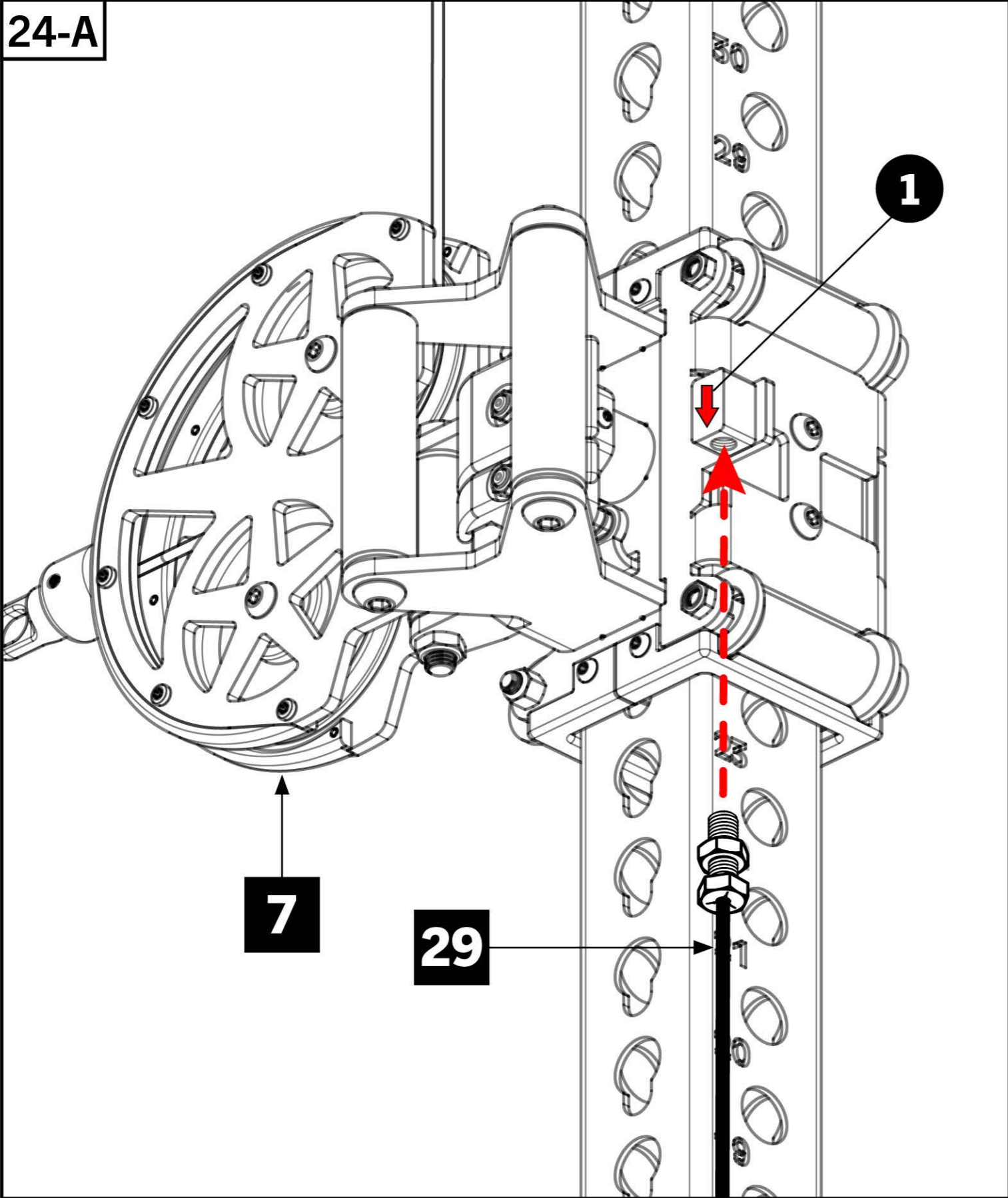
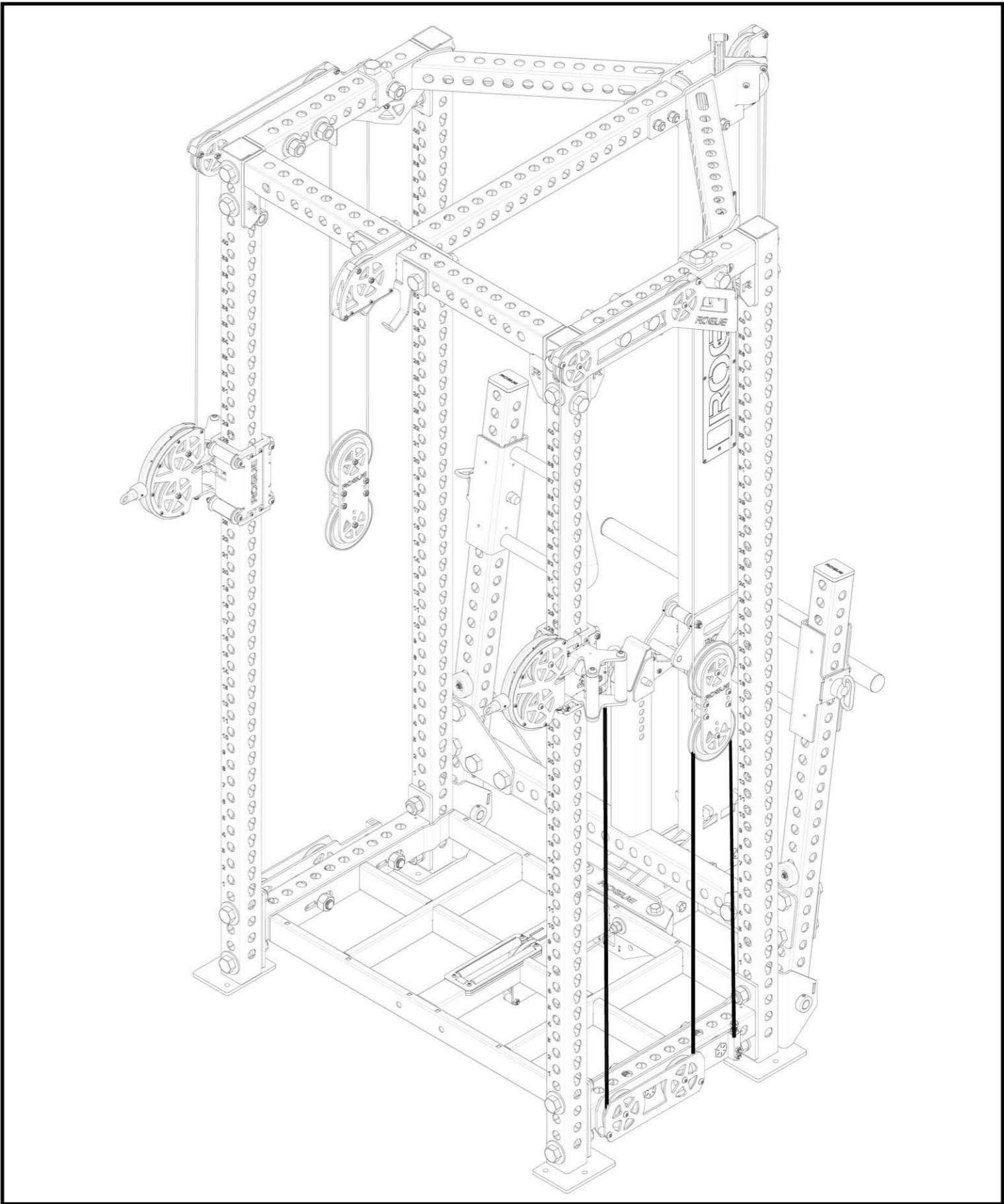
- 7/32” Allen Key & 9/16” Wrench
- Remove Plastic Cable Retainers from **both** Bottom Side Pulley Assemblies [18] and [19] by removing 3/8” Button Head Screws and Nuts.
- Remove only the lower Plastic Cable Retainers from both Side Peanut Pulleys [20].
- Hardware will be re-installed on **STEP 26**.



# STEP 24

**Tools Required:**

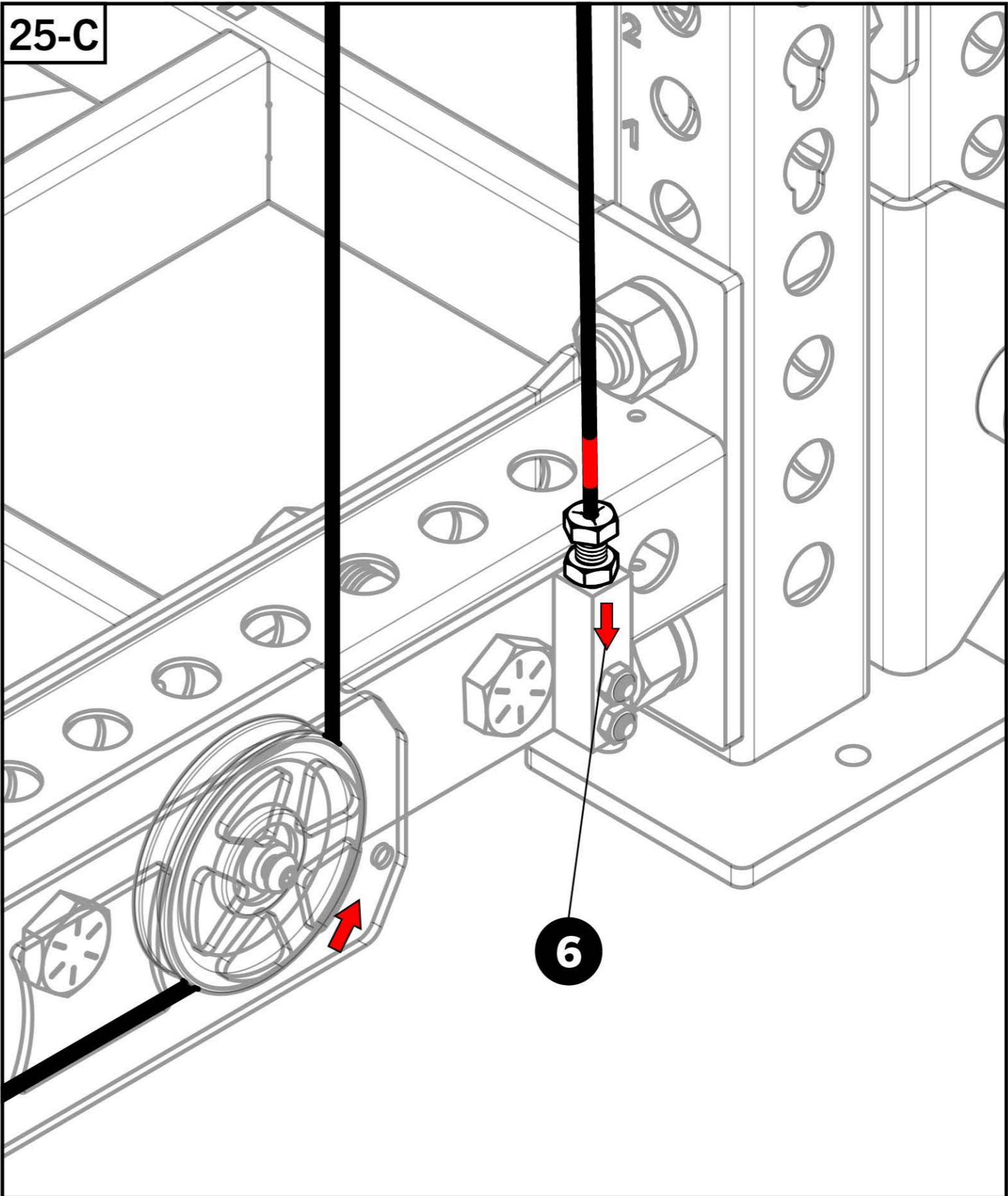
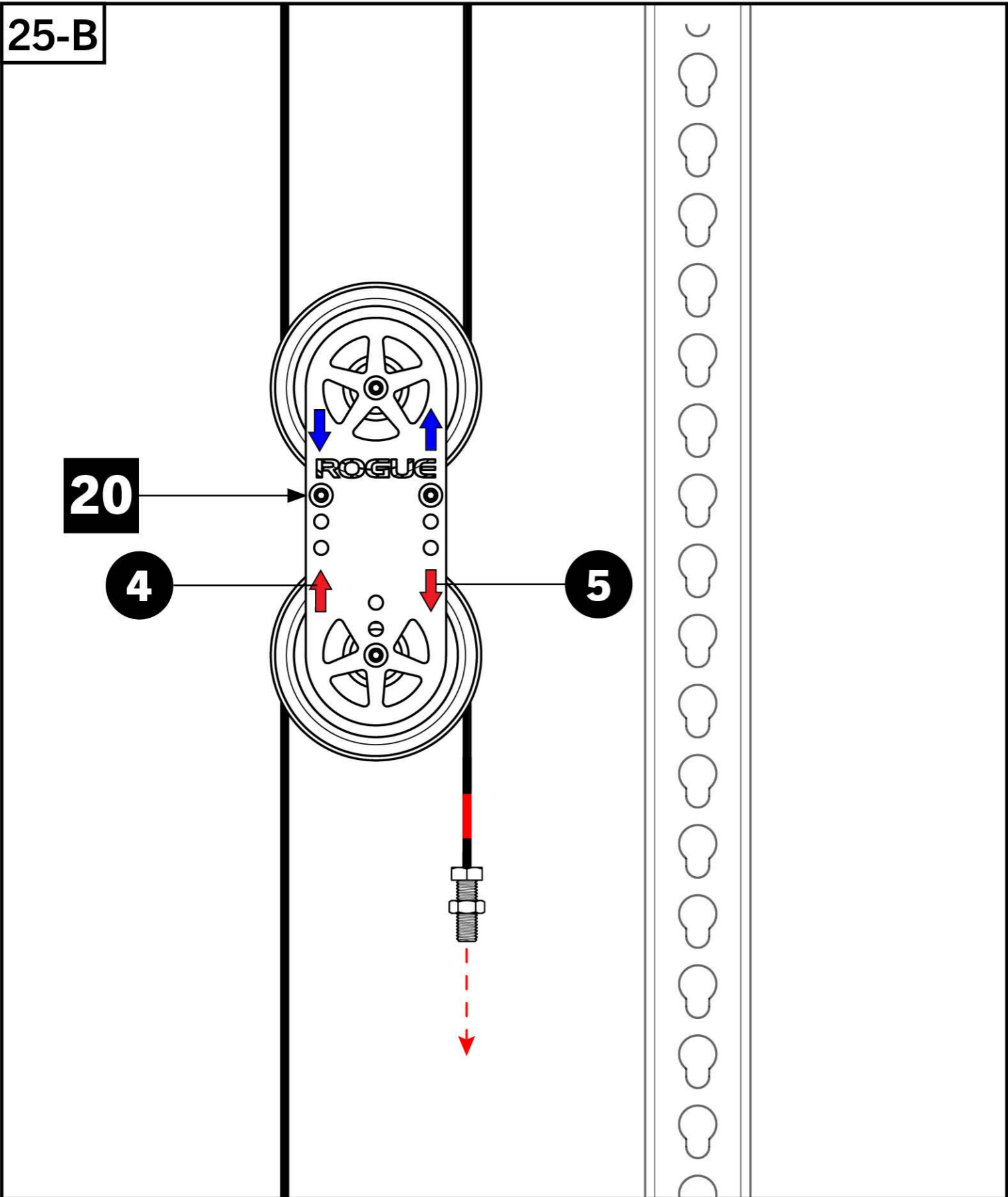
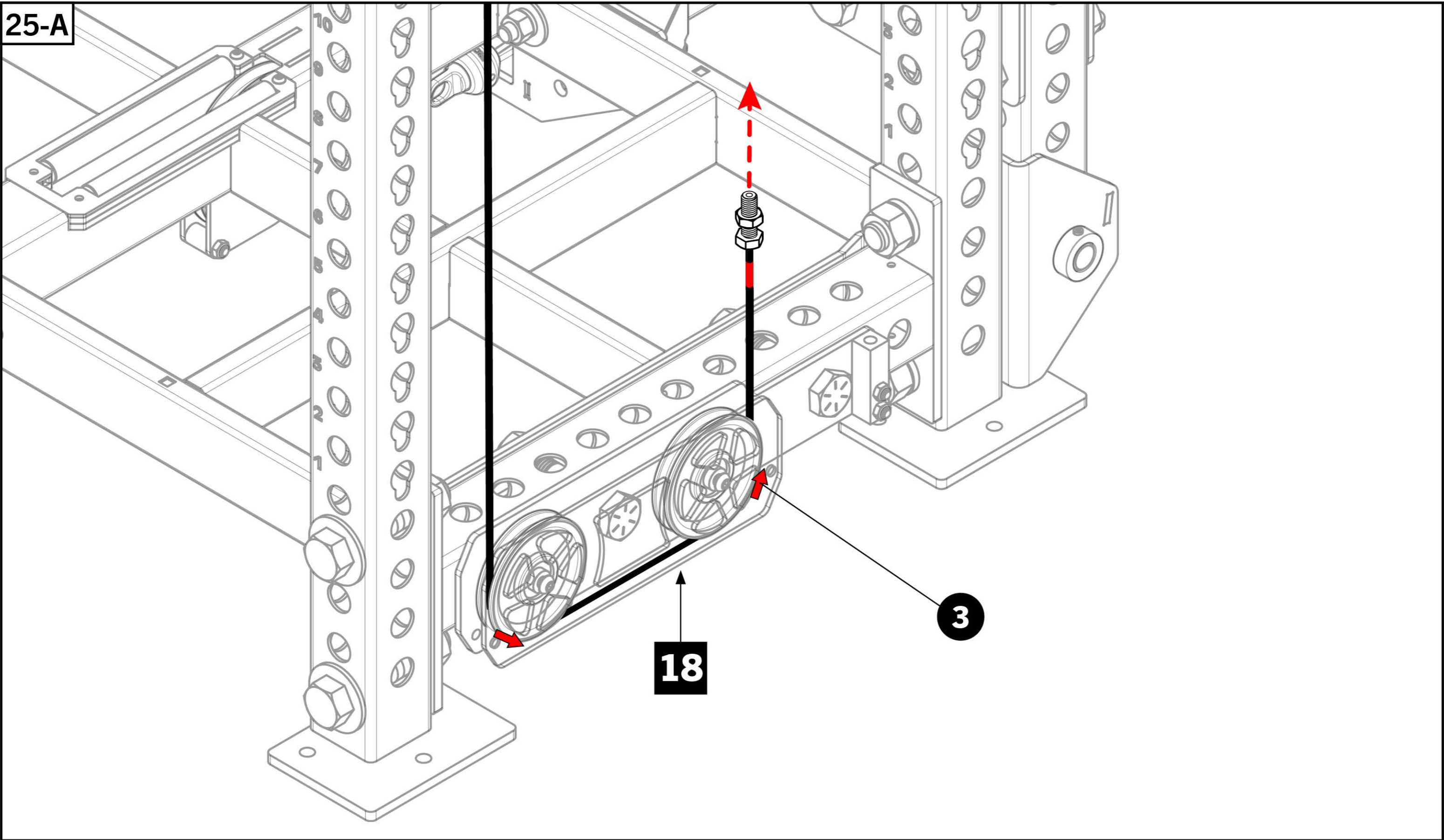
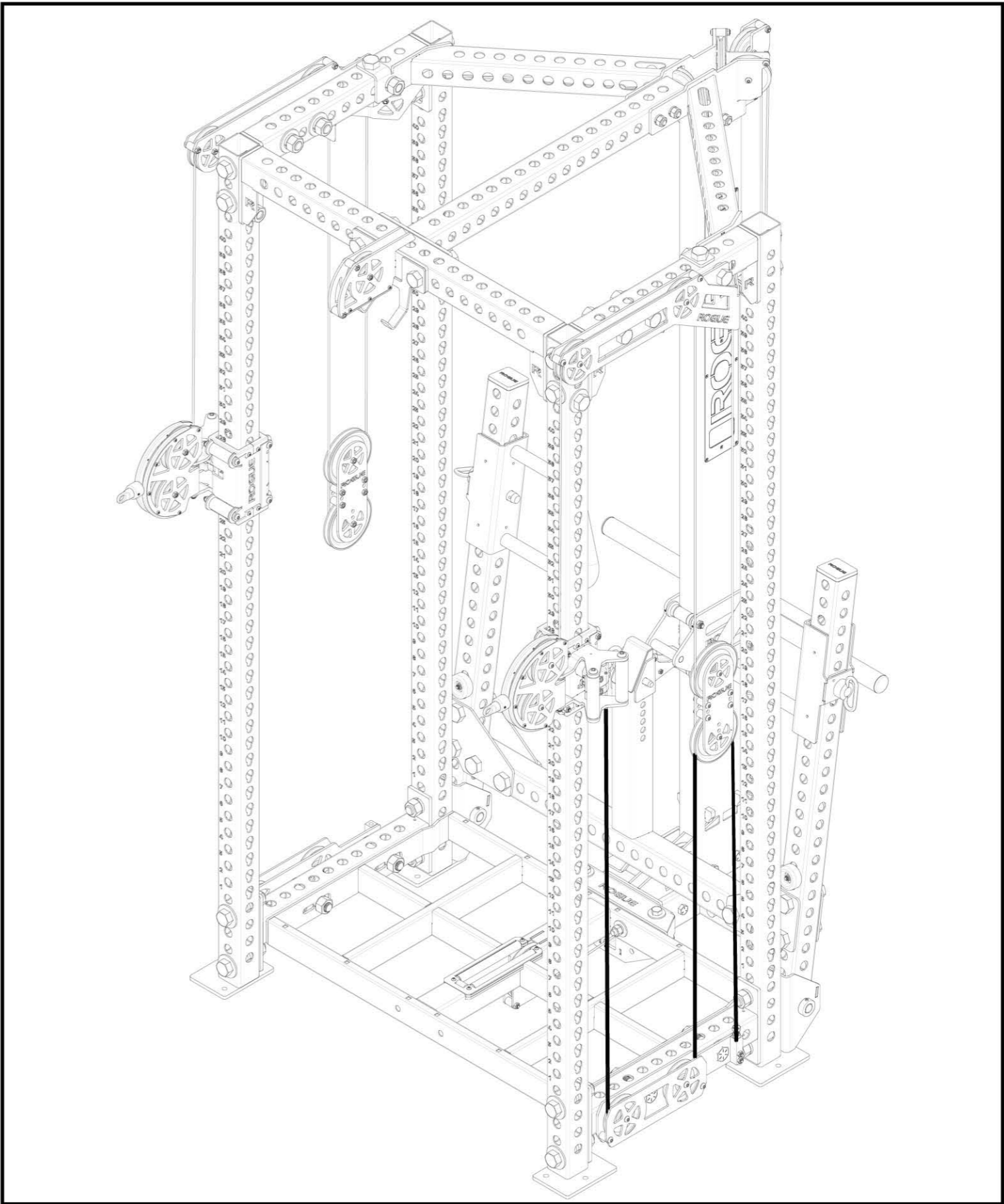
- 3/4” Wrench
- Assemble one of the included Low Side Cables onto RH side of rack by inserting the end without a red tag into stop block on back of Swivel Trolley RH [7].
- Loosen the hex nut if needed to ensure approximately 1/2” of threads are showing between the bolt head and nut.
- Tighten the bottom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



# STEP 25

## Tools Required:

- 3/4” Wrench
- Continue feeding around the second pulley on Bottom Side Pulley Assembly - RH [18] and up around the lower Side Peanut Pulley [20], following the arrow indicator directions.
- Insert threaded end into stop block at the back of Bottom Side Pulley Assembly [18] and screw tight, ensuring 1/2” of threads showing between 3/4” bolt head and hex nut.



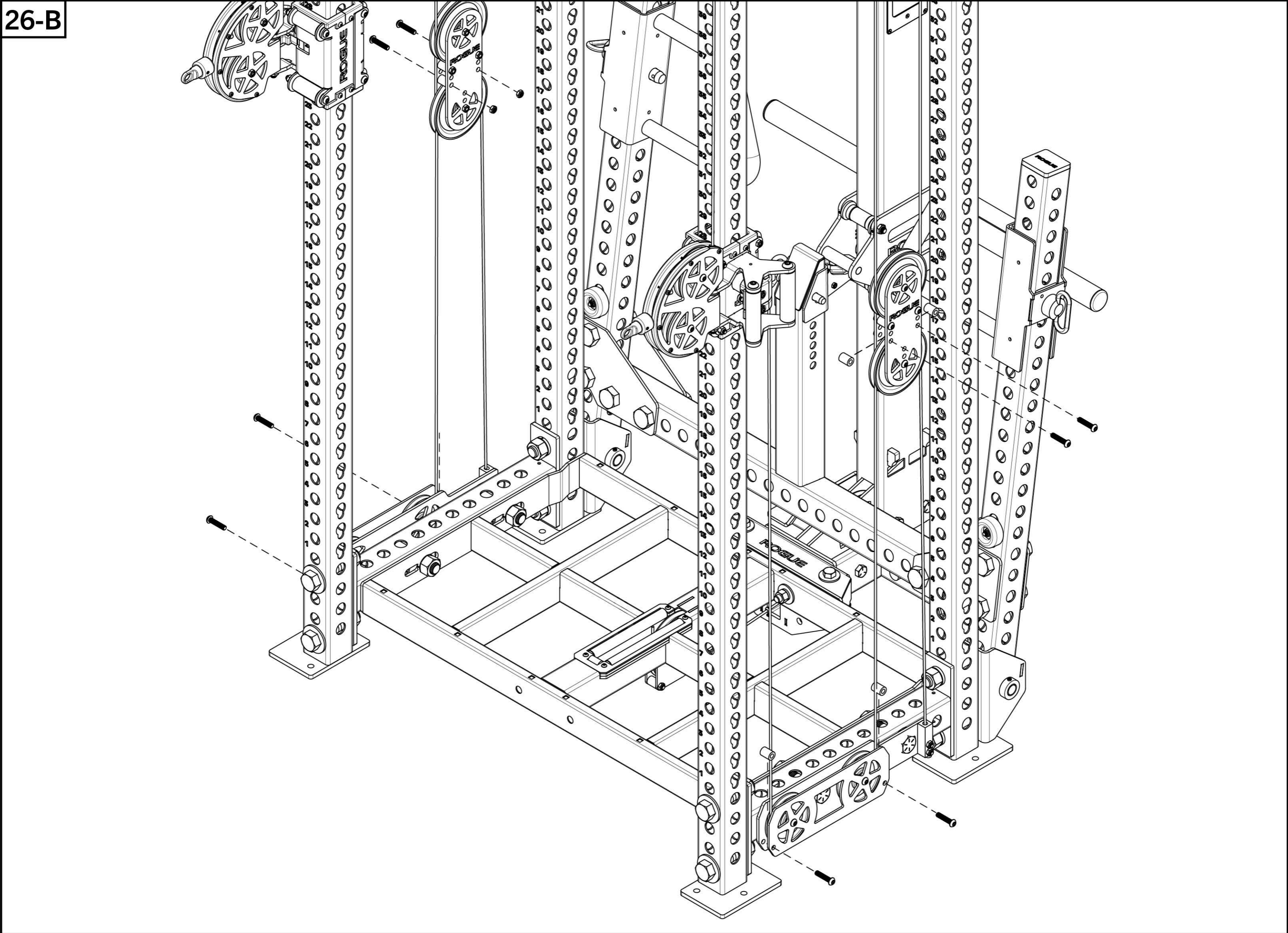
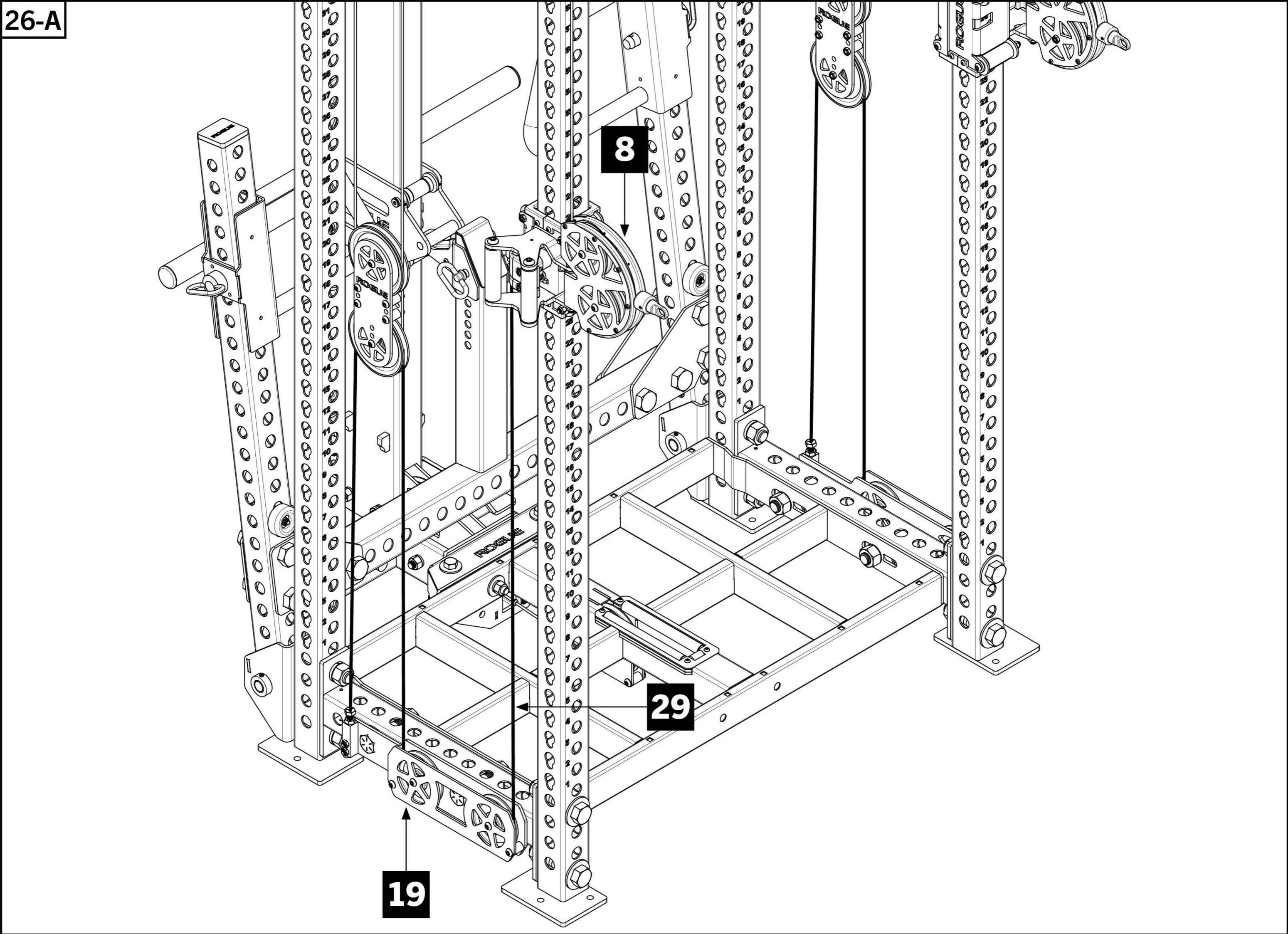
# STEP 26

**Tools Required:**

- 3/4” Wrench
- **26-A:** Follow **STEP 24 & 25** 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 [8] and end at stop block on the Bottom Side Pulley - LH [19].

**Tools Required:**

- 7/32” Allen Key & 9/16” Wrench
- **26-B:** Re-install Plastic Cable Retainers on **both** Bottom Side Pulley Assemblies and both Side Peanut Pulleys. Fully Tighten.
- The Lower Side Cables will have some slack. Make sure the cable retainers fully secure the cables within the pulley grooves.

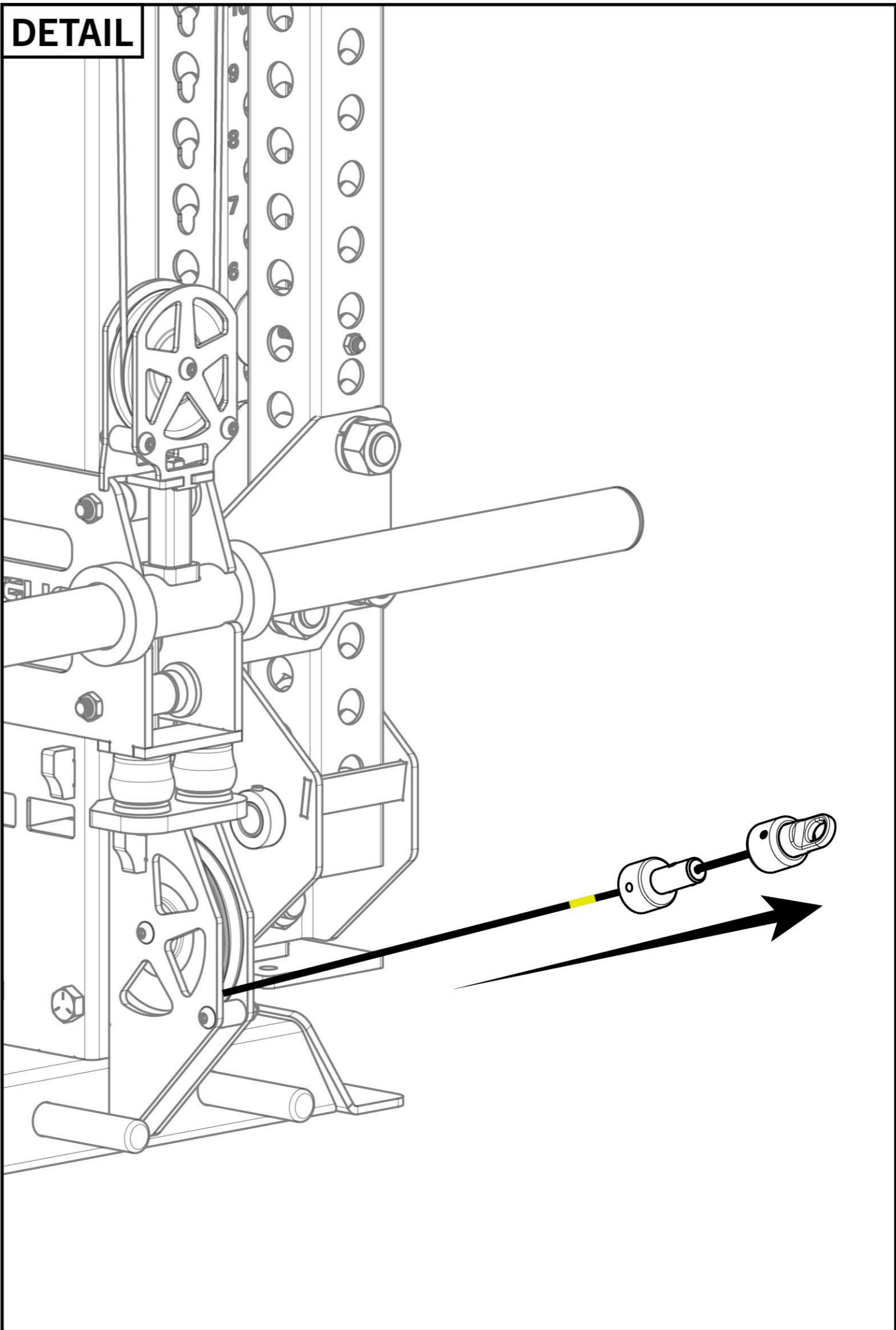
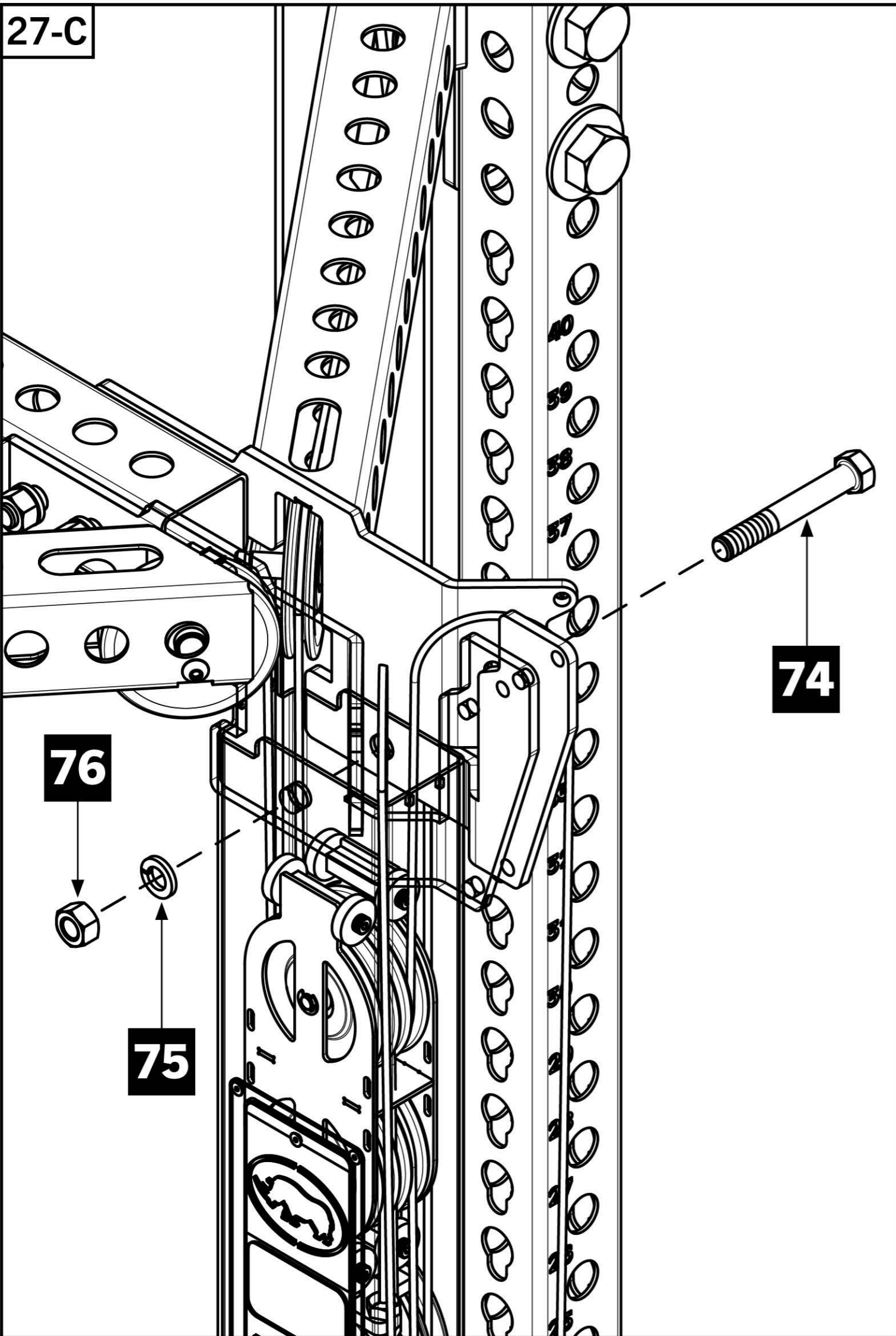
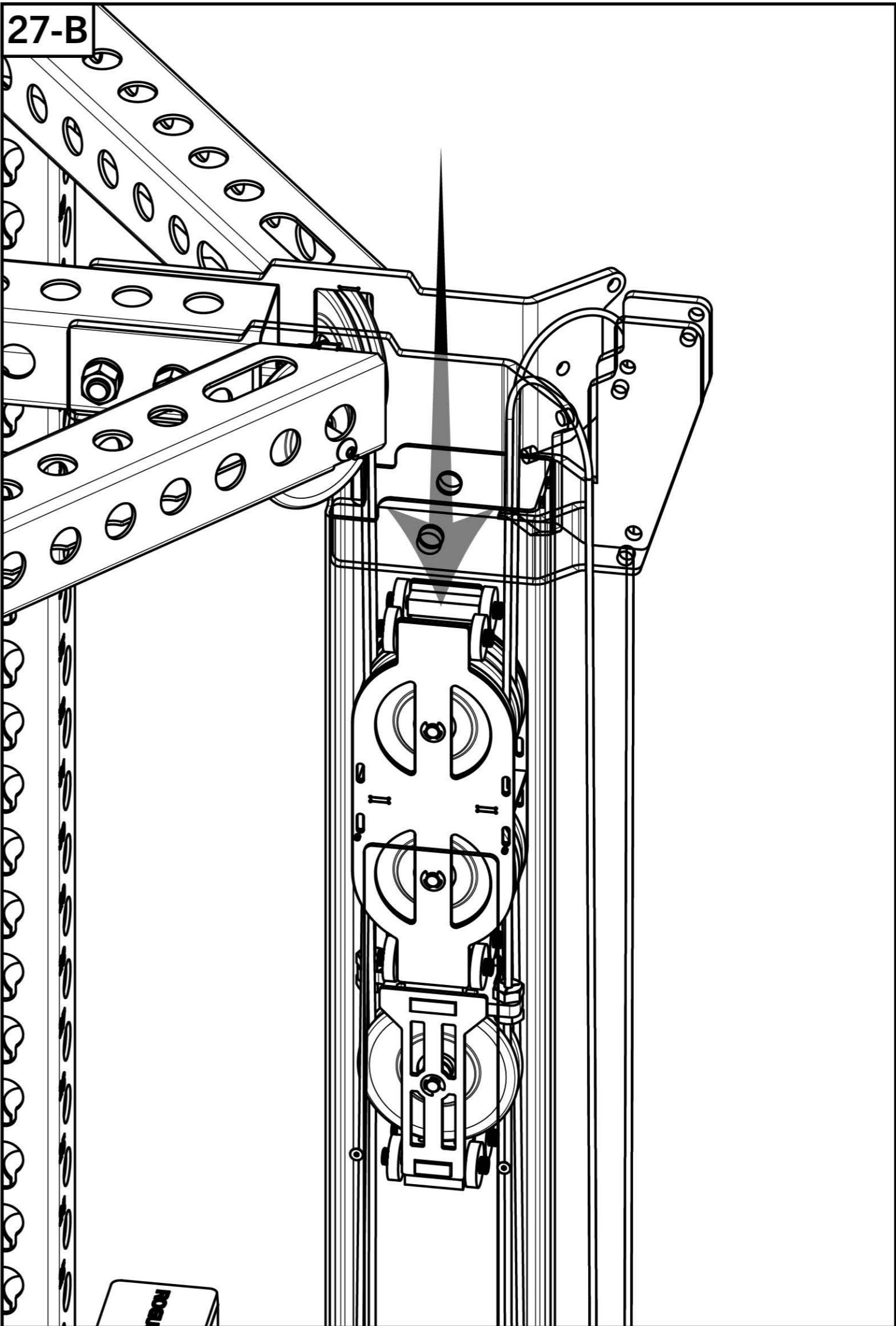
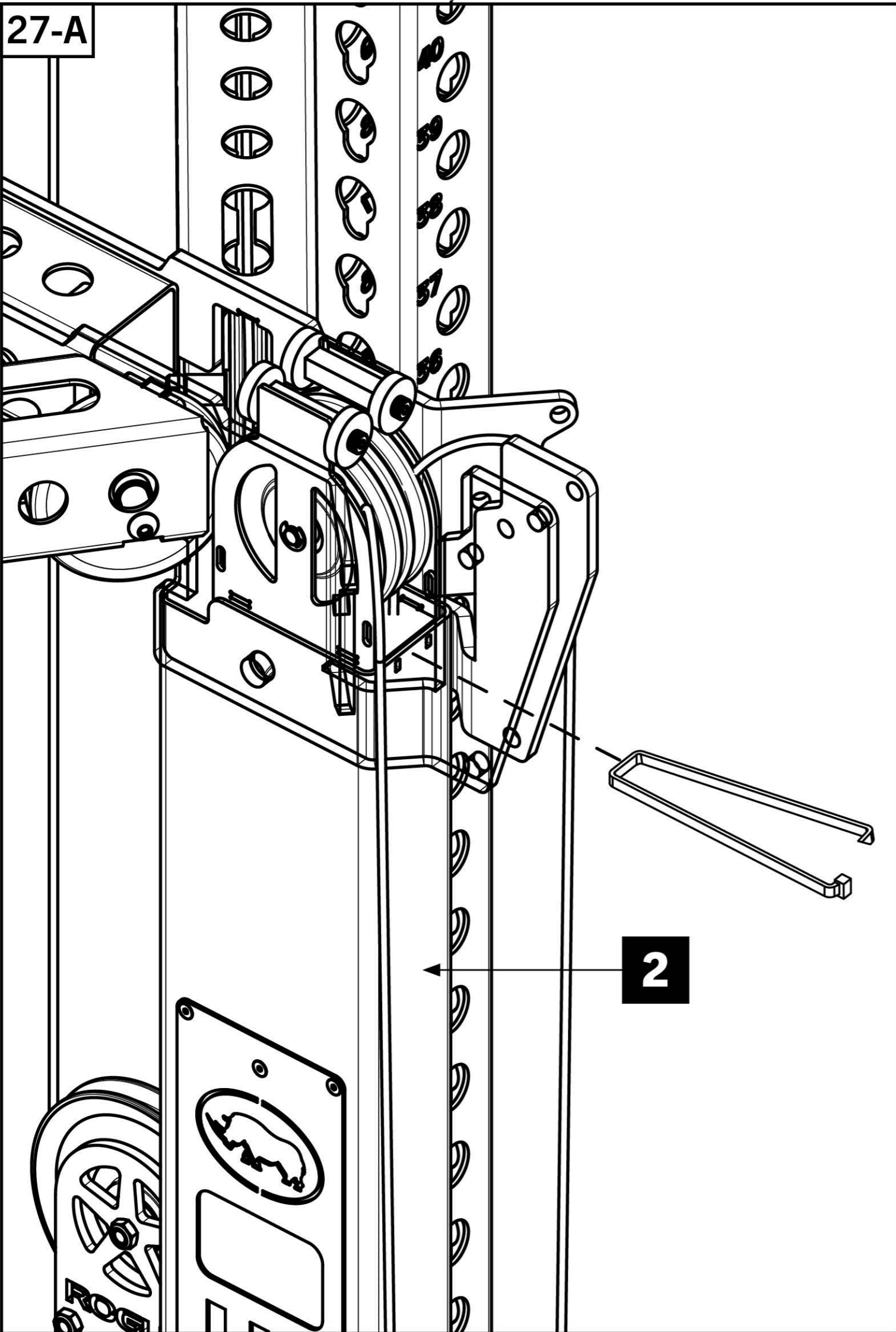


# STEP 27

**Note:**

- With one hand holding onto the carriage, remove zip tie from Rhino Upright as shown in **27-A**.
- Lower the internal carriage into the upright while another person pulls the cable slack from the bottom rear of the upright as shown in **27-B** and **DETAIL**.

- Bolt Top Rear Crossmembers RH [11] and LH [12] to Rear Upright [2] using 5/8" x 4-1/2" Hex Bolt [58], 5/8" Lock Washer [59], and 5/8" Hex Nut [60] ensuring carriage clears hardware.



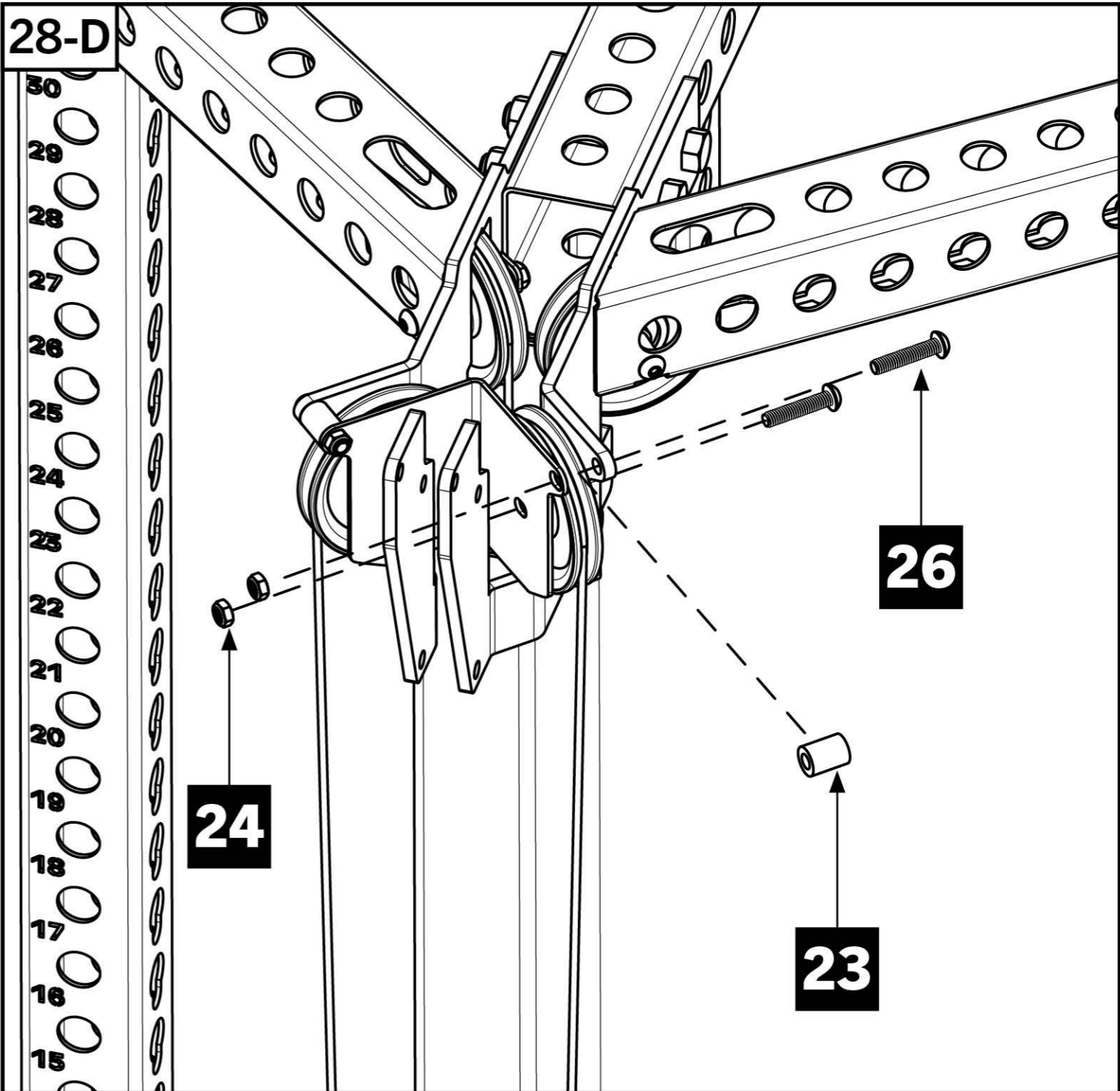
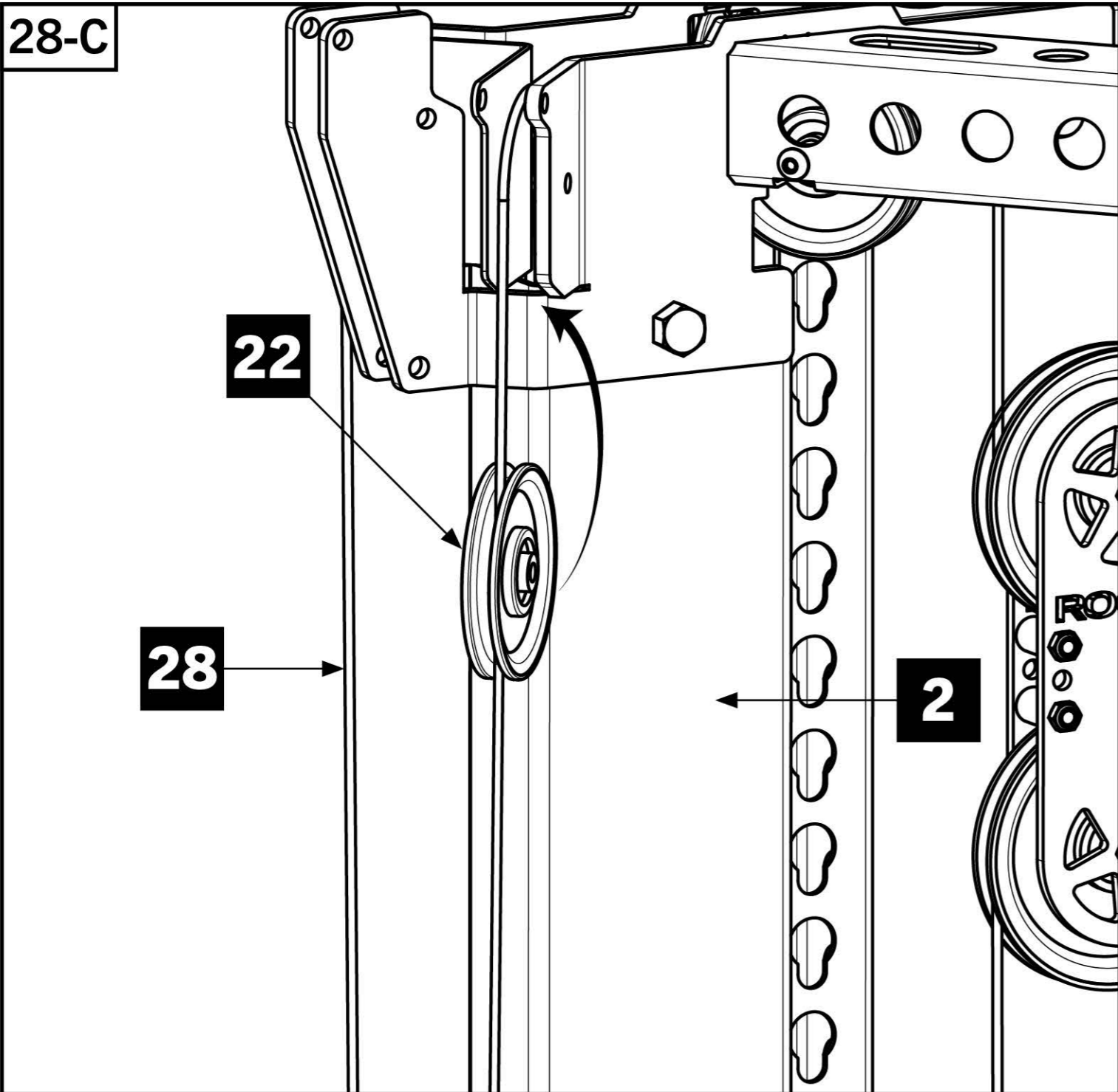
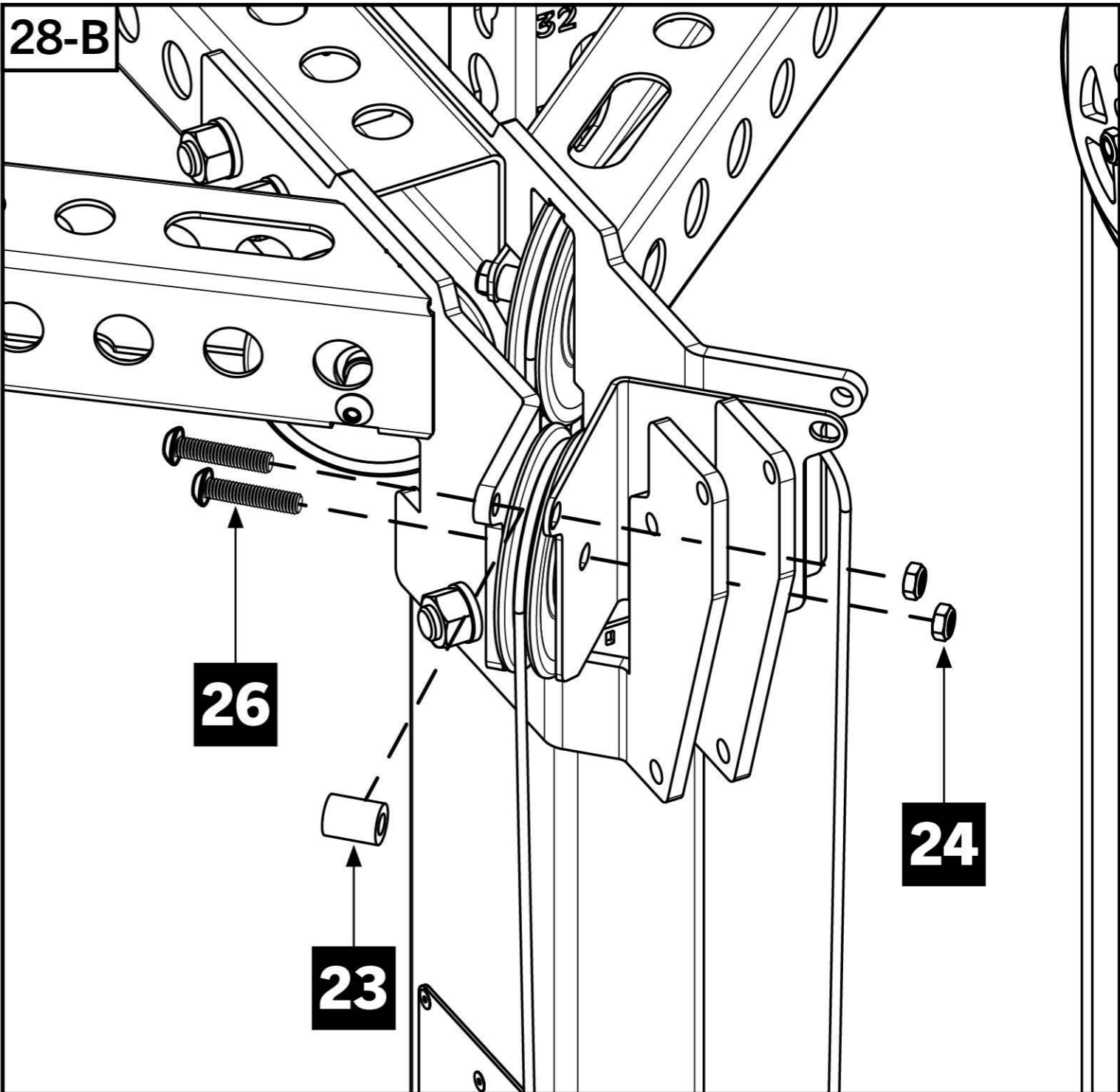
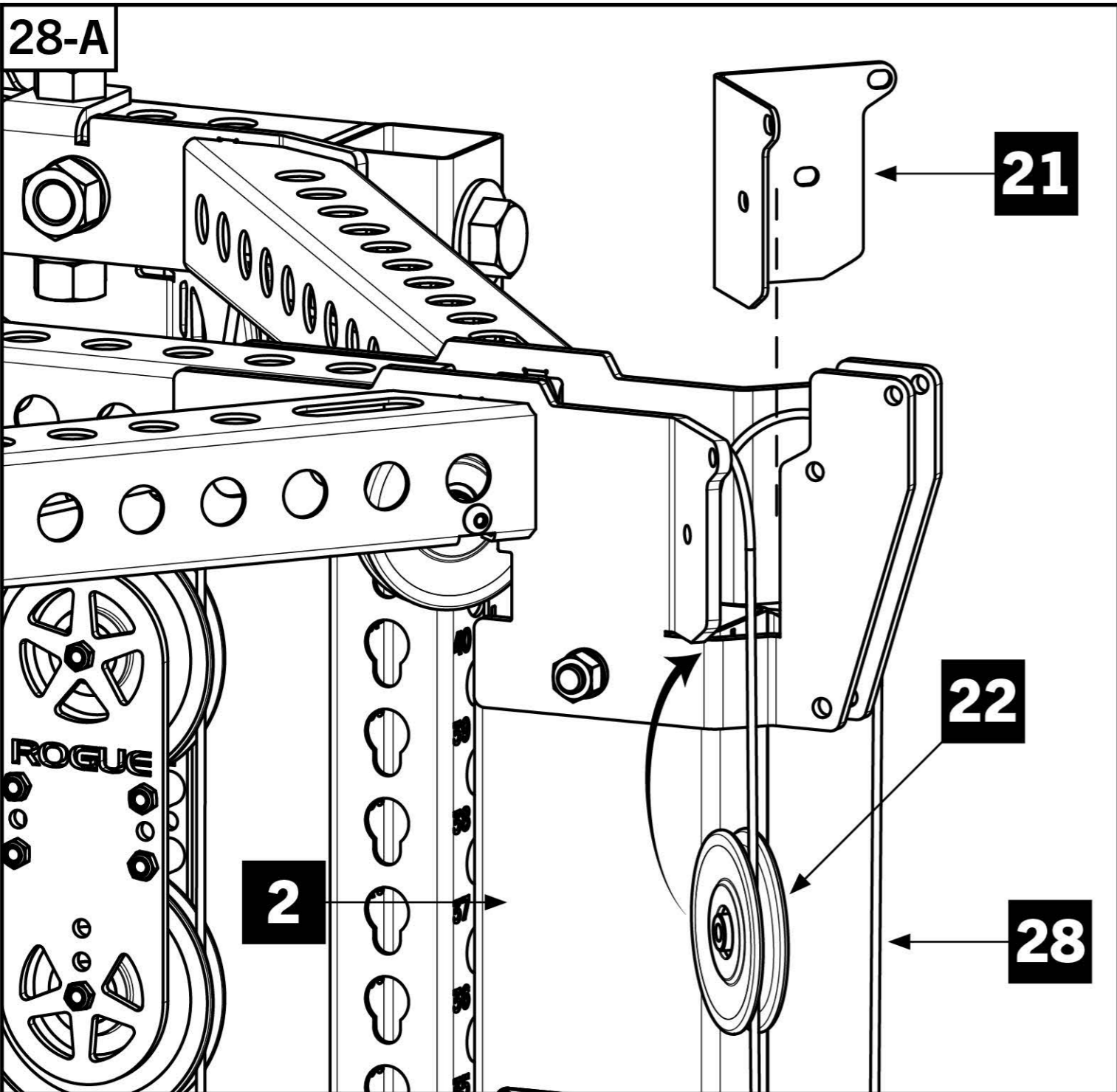
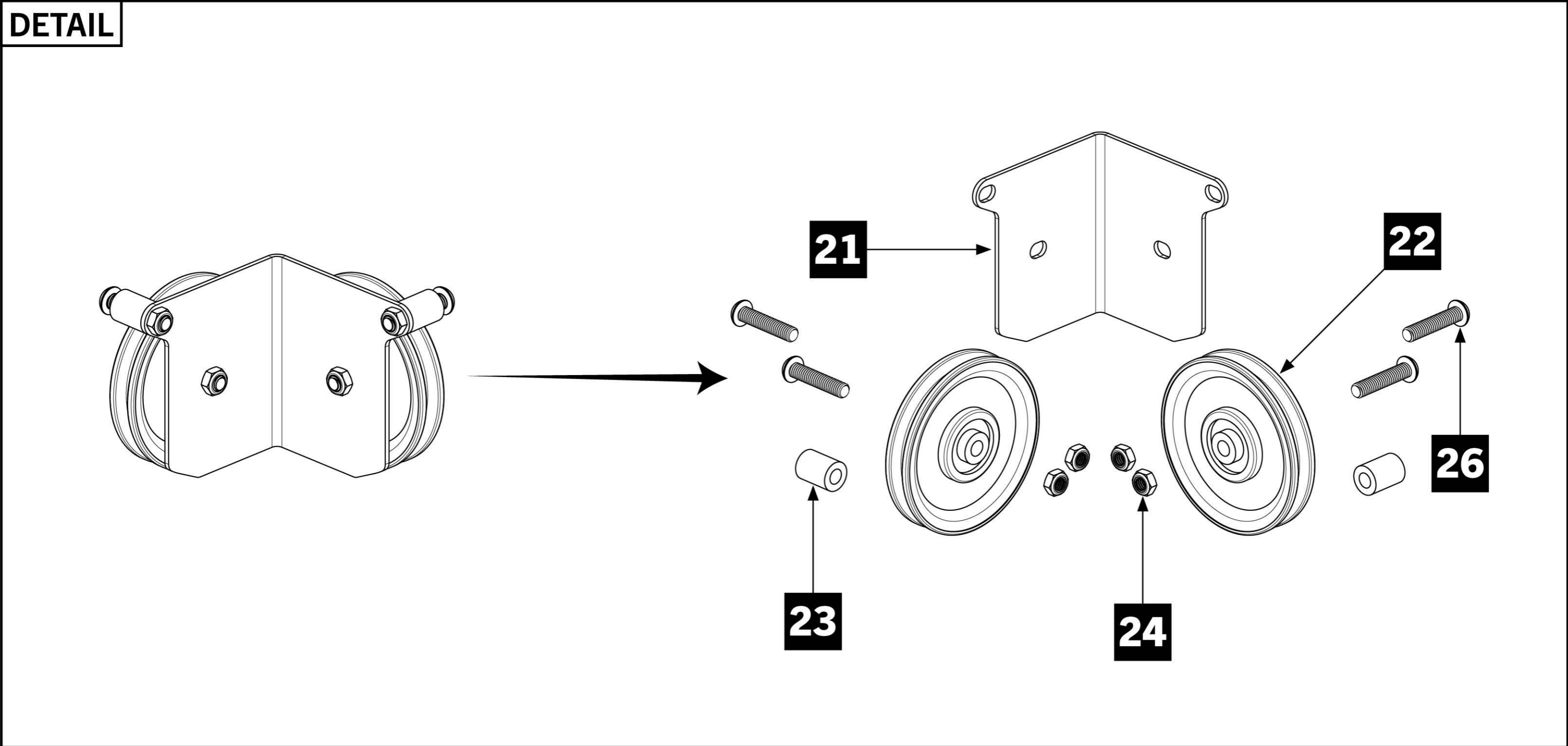
# STEP 28

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

**Note:**

- Ensure cable remains in pulley’s groove.

- Secure pulley to Top Rear Crossmember RH [10] and Rear Pulley Plate [21] using 3/8” x 1-3/4 Button Head Screws [26], 3/4” x 1” Cable Retainer [23], and 3/8” Thin Nylock Nut [24].
- Repeat steps 28-A and 28-B to secure second pulley to Top Rear Crossmember LH [12] and Rhino Upright [2].

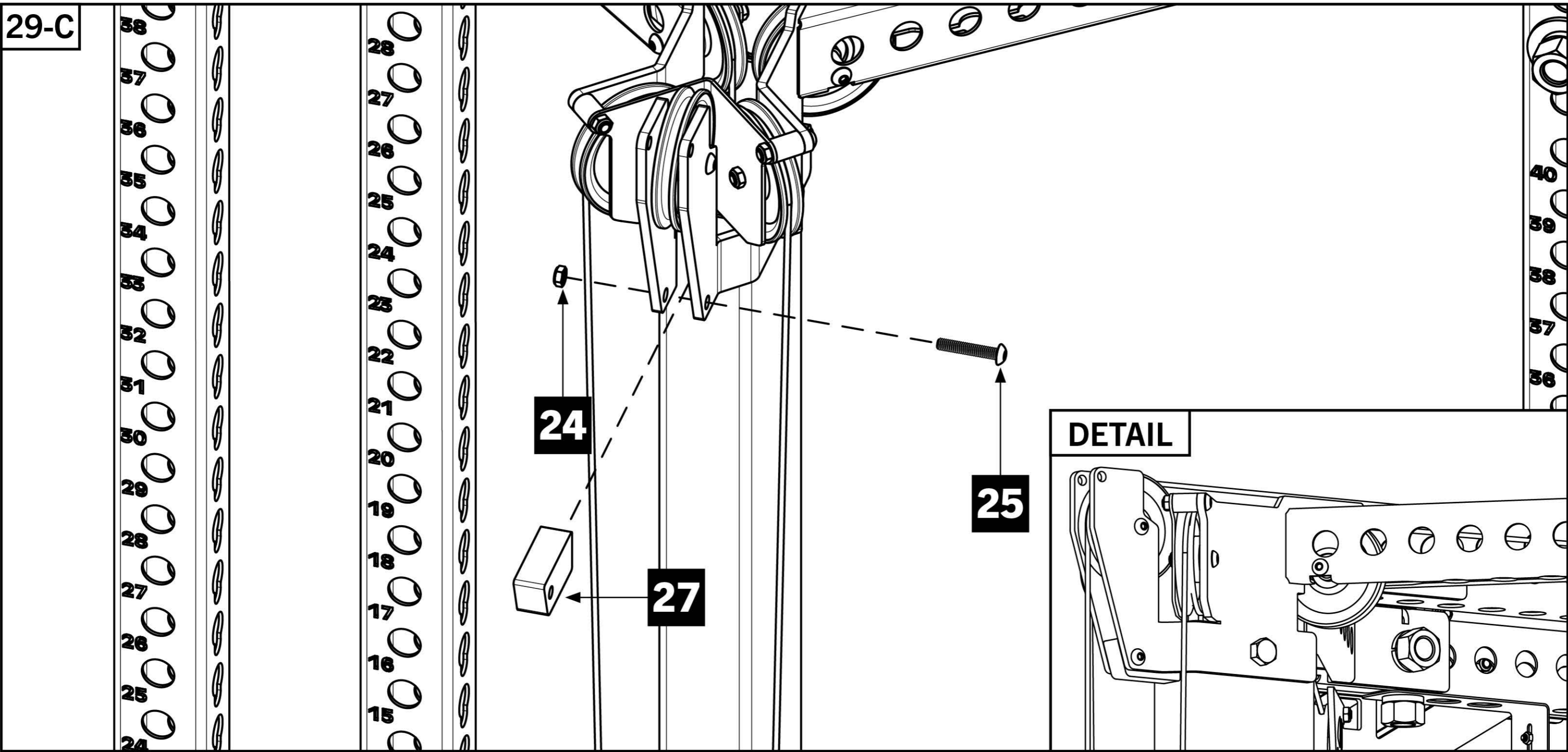
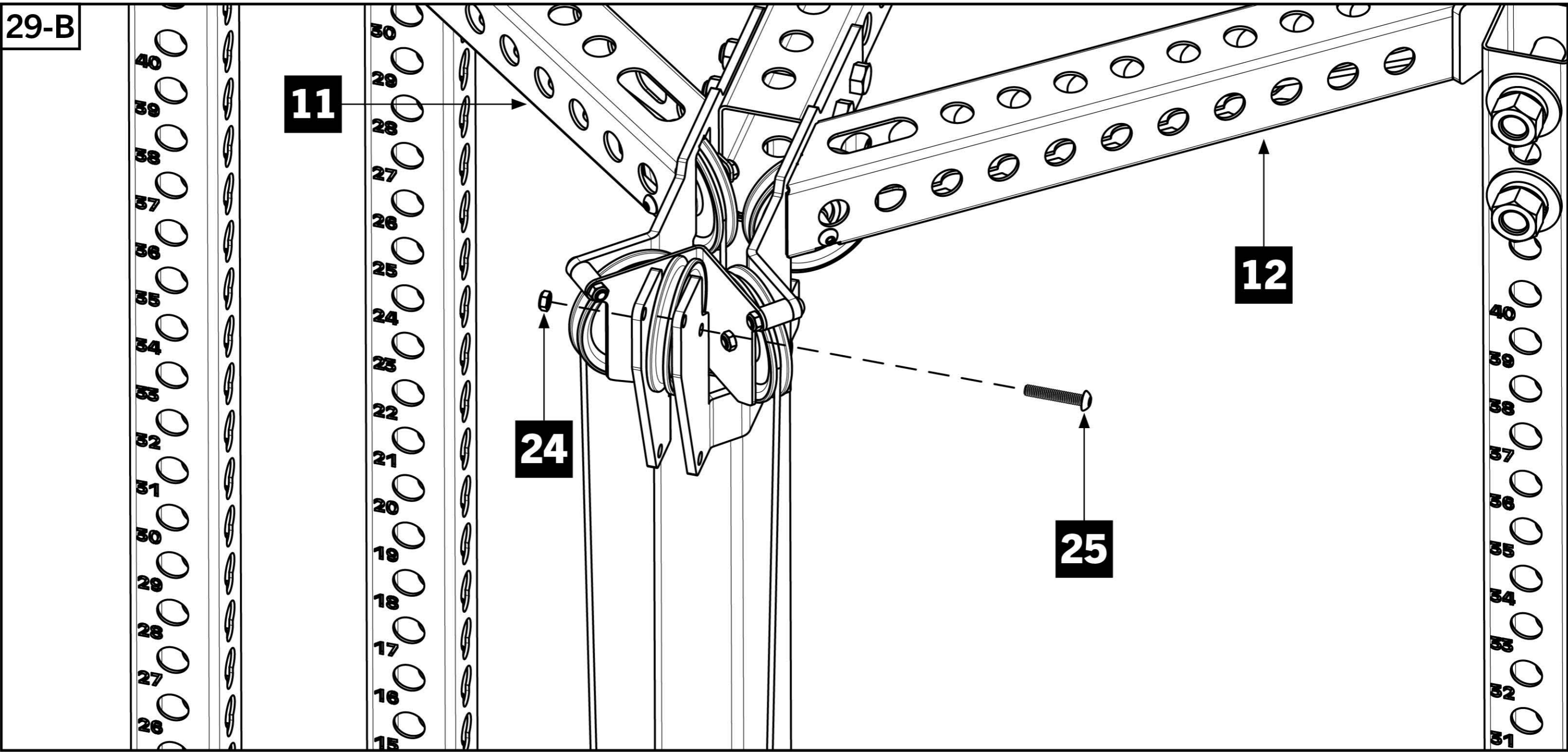
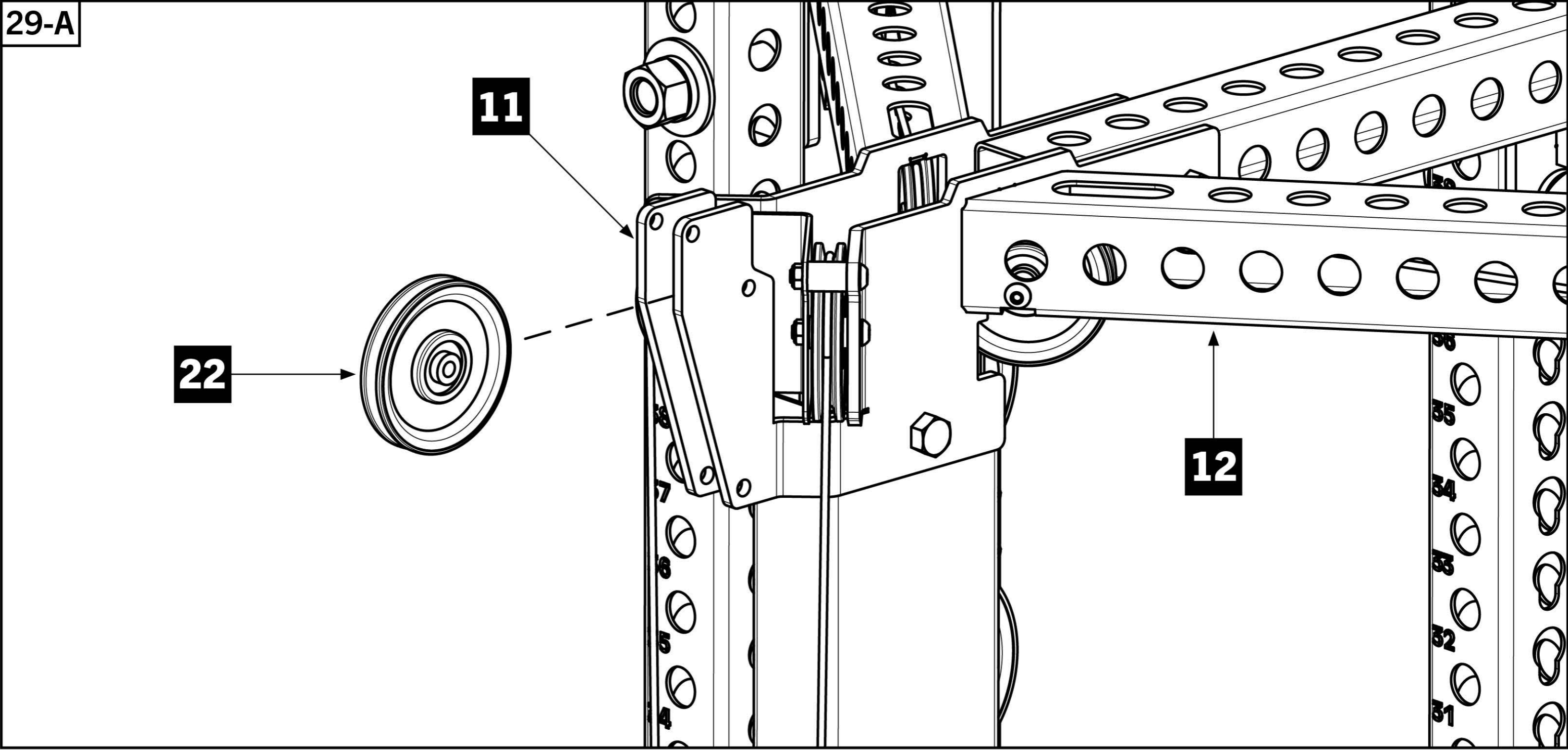


# STEP 29

- Place center pulley between ends of Top Rear Crossmembers RH [11] and LH [12].
- Secure with 3/8" x 2" Button Head Screw [25] and 3/8" Thin Nylock Nut [24] in center hole.
- Insert Stop Block [27] between ends of Top Rear Crossmembers RH [11] and LH [12].
- Secure with 3/8" x 2" Button Head Screw [25] and 3/8" Thin Nylock Nut [24].

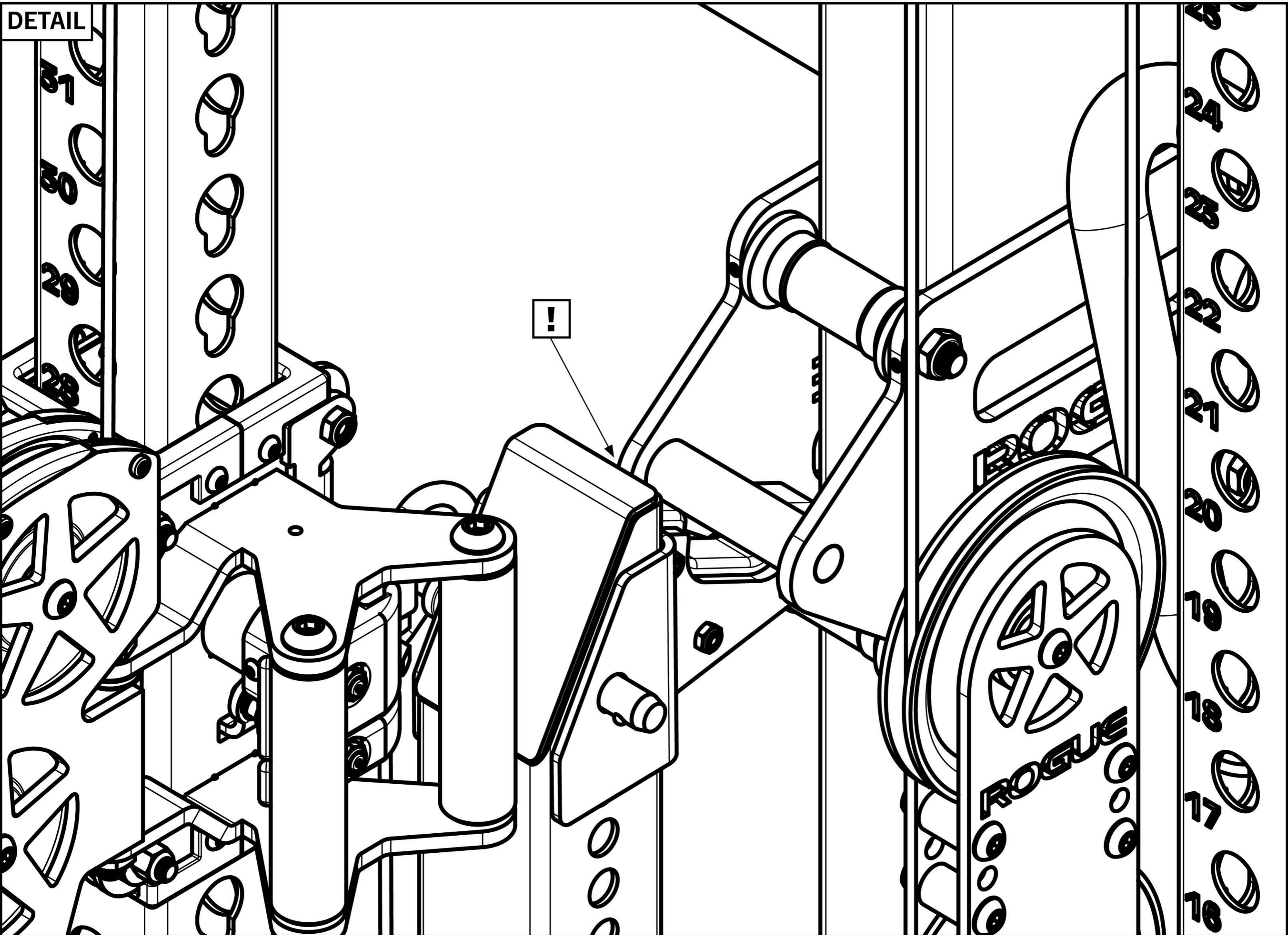
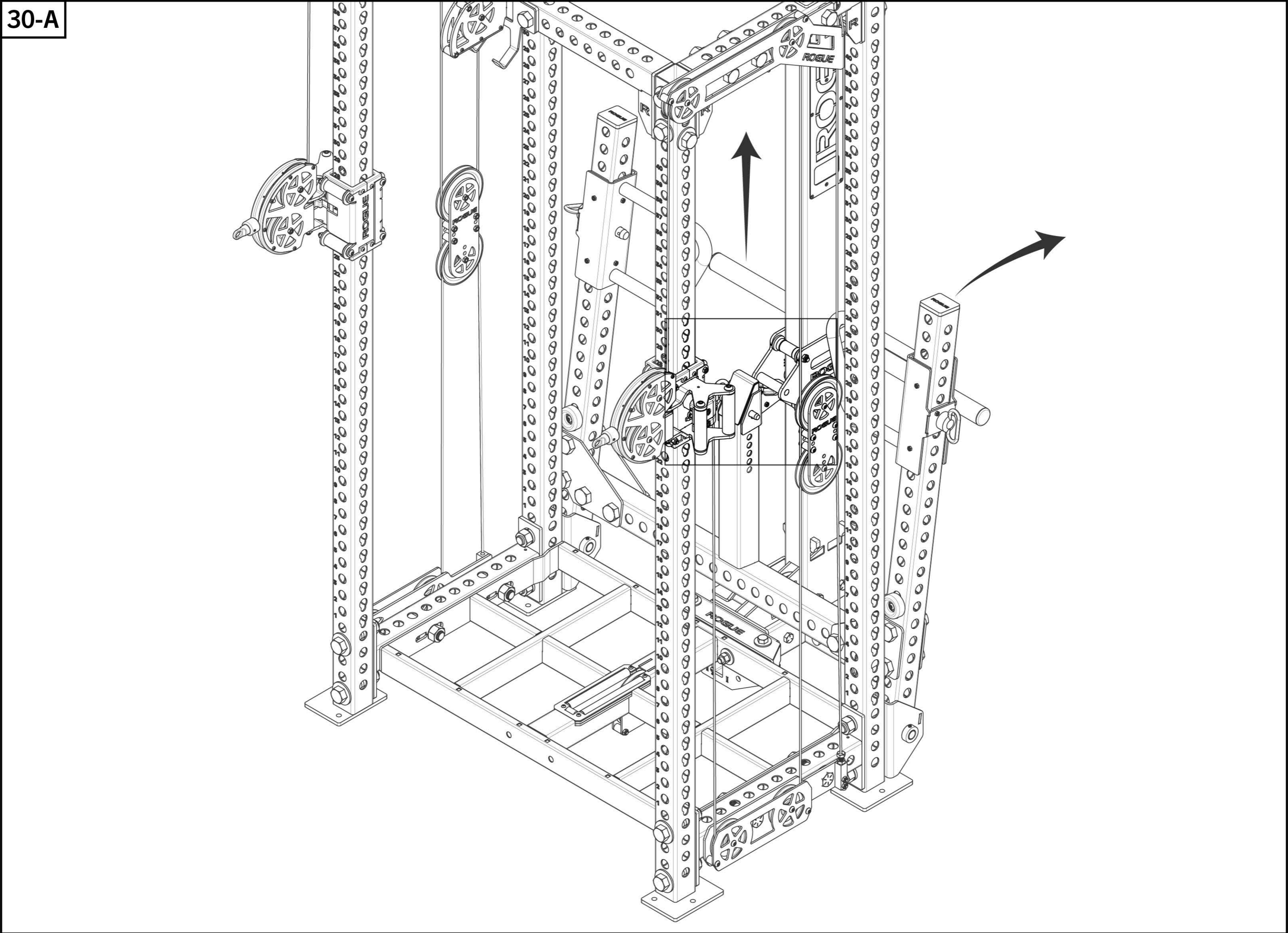
**Note:**

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



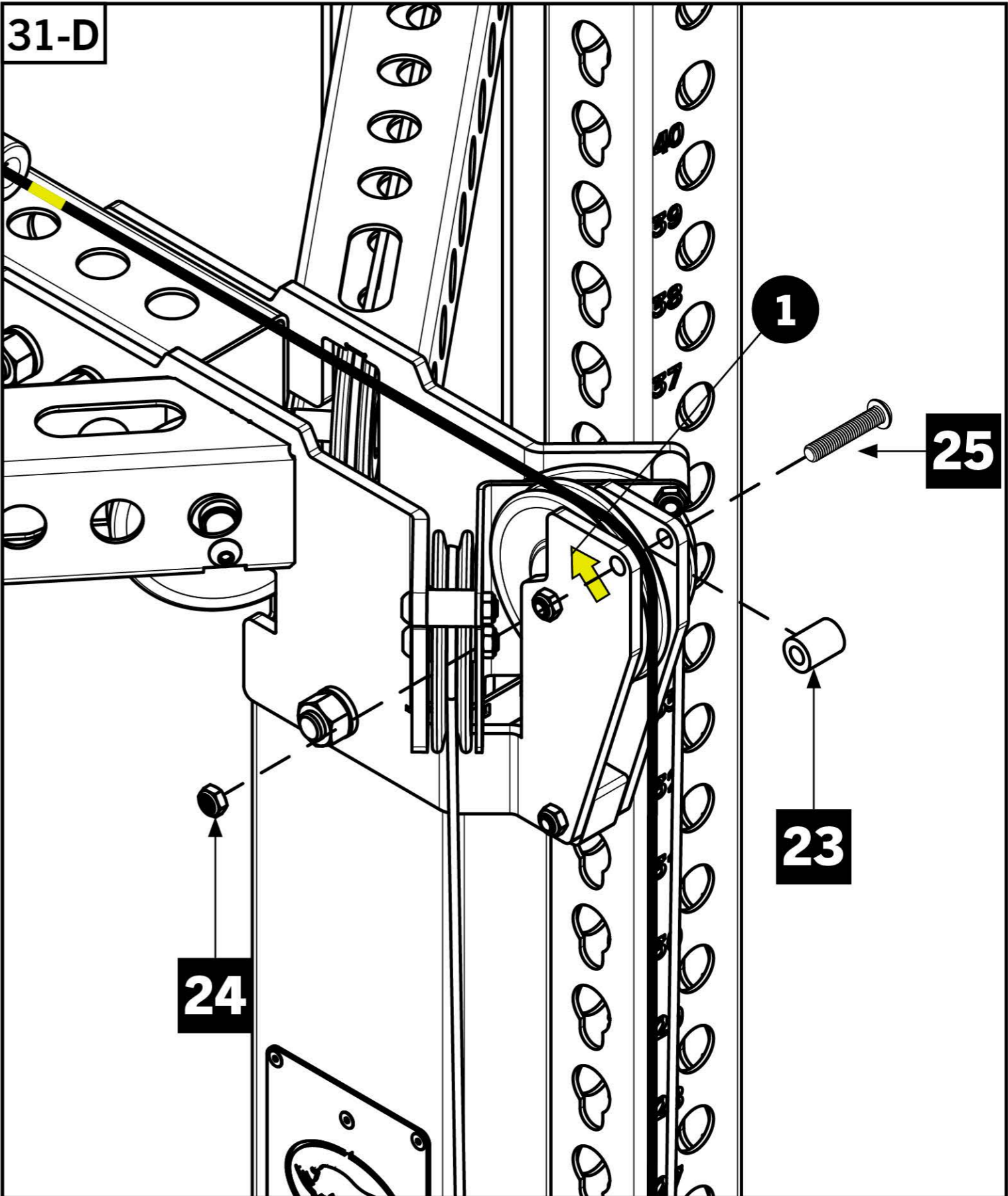
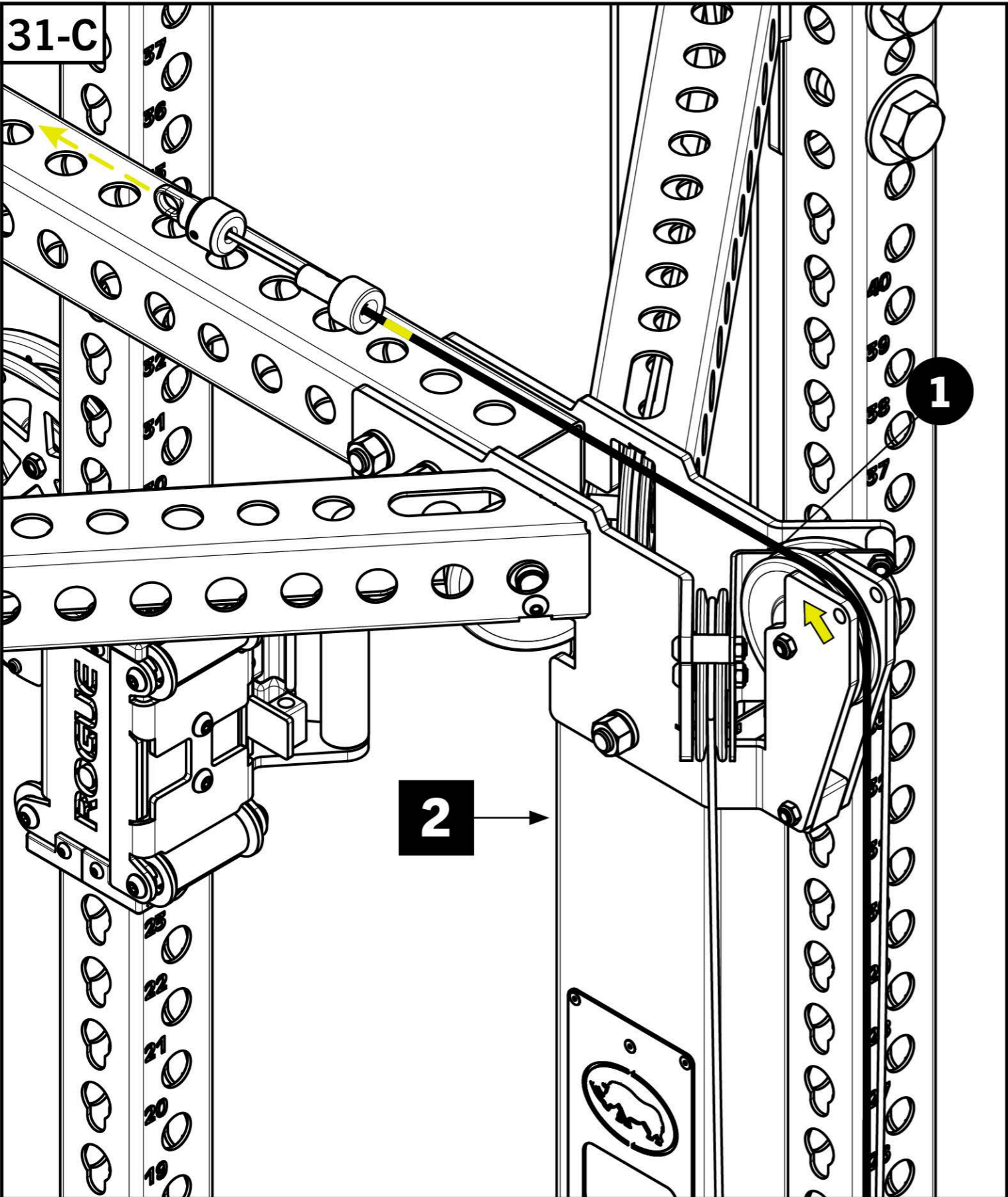
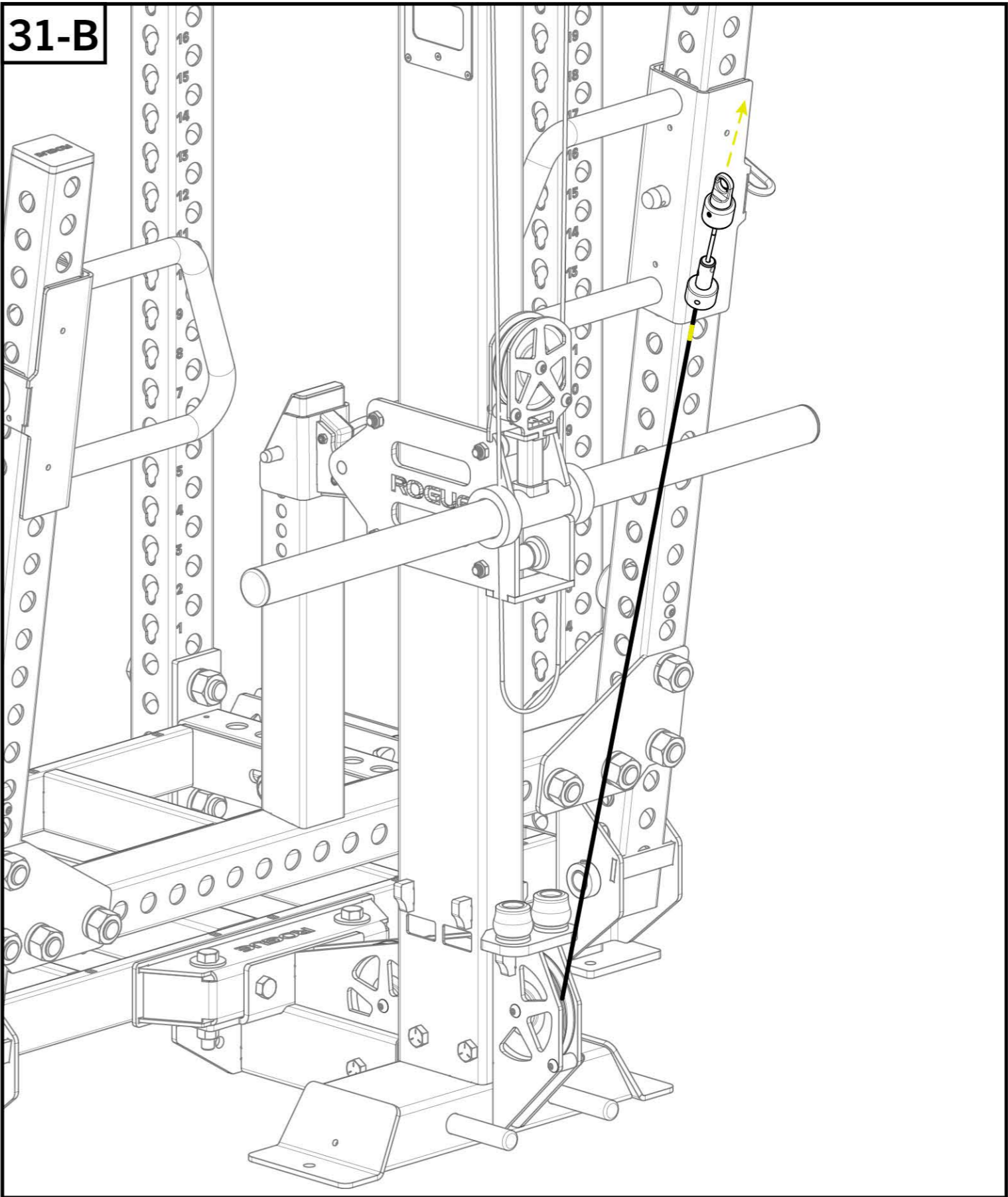
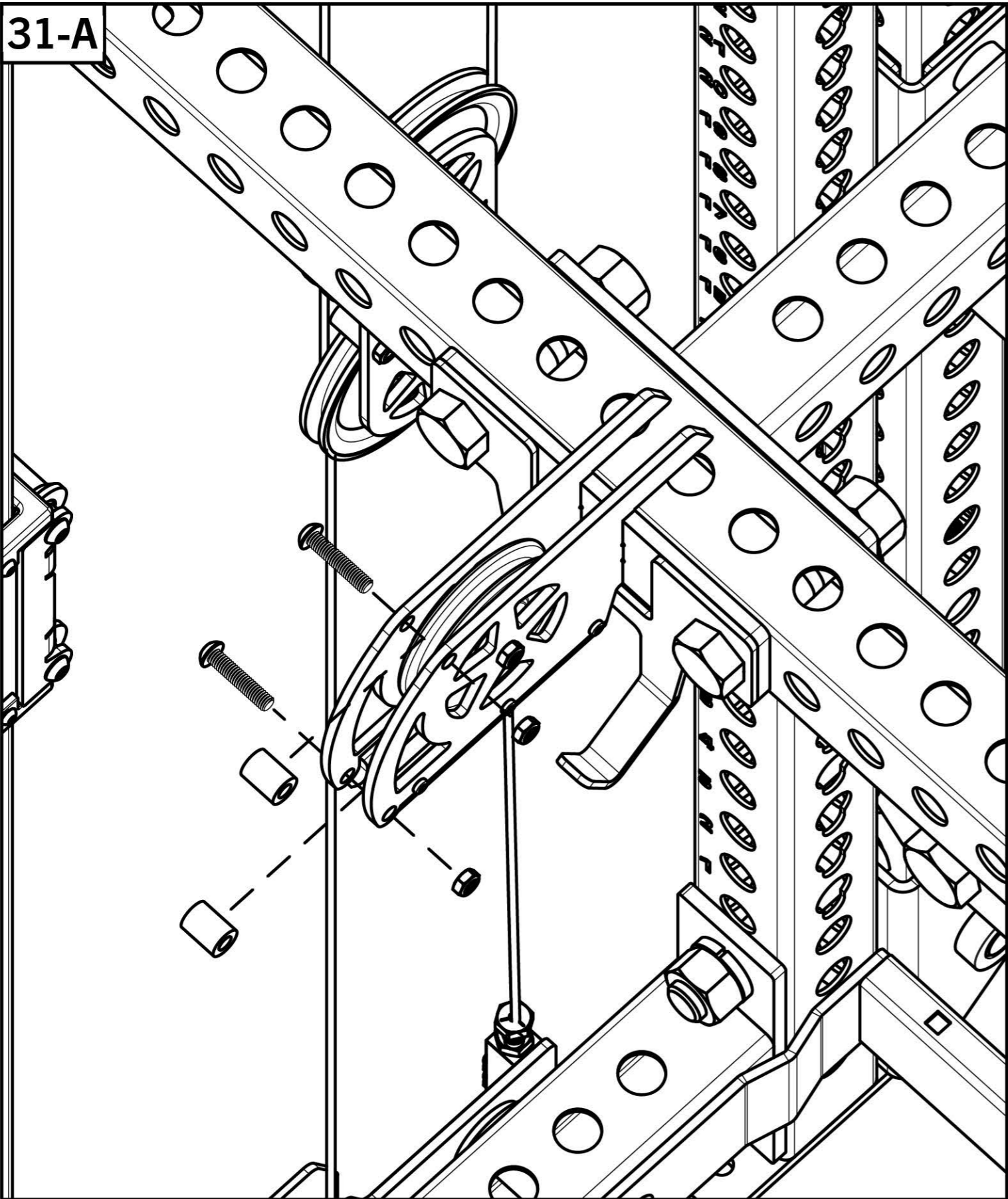
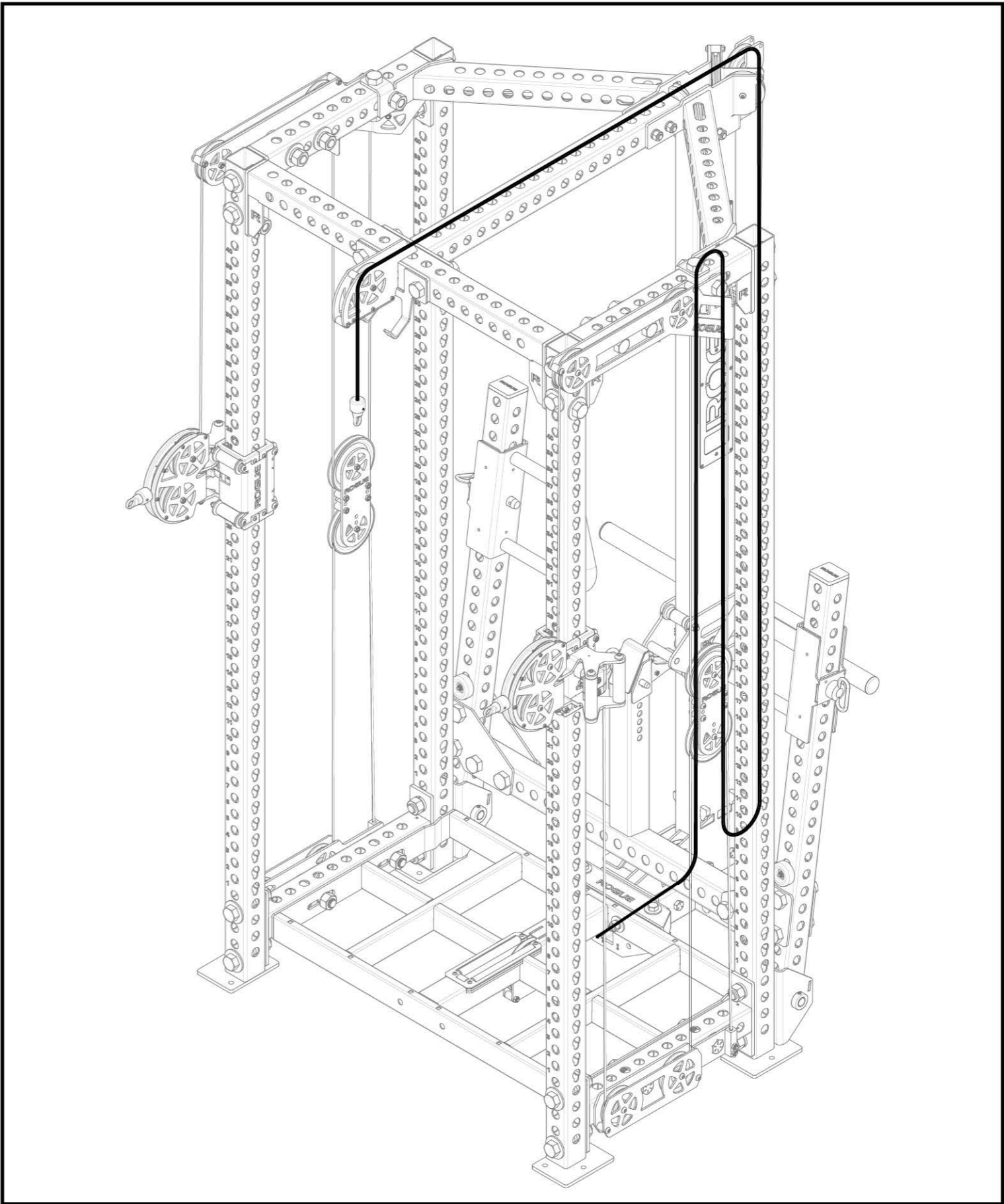
# STEP 30

- 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 31

- 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 31-32**
- Remove Plastic Cable Retainers from Lat Pulldown Pulley Bracket [13]. Hardware will be reinstalled in **31-B**.
- Pull cable up along Rhino Upright [2] until reaching top. Feed cable around the pulley shown in **31-C** and then towards the front of the rack.
- Secure back center pulley using 3/4" x 1" Cable Retainer [23], 3/8" x 2" Button Head Screw [25], and 3/8" Thin Nylock Nut [24].

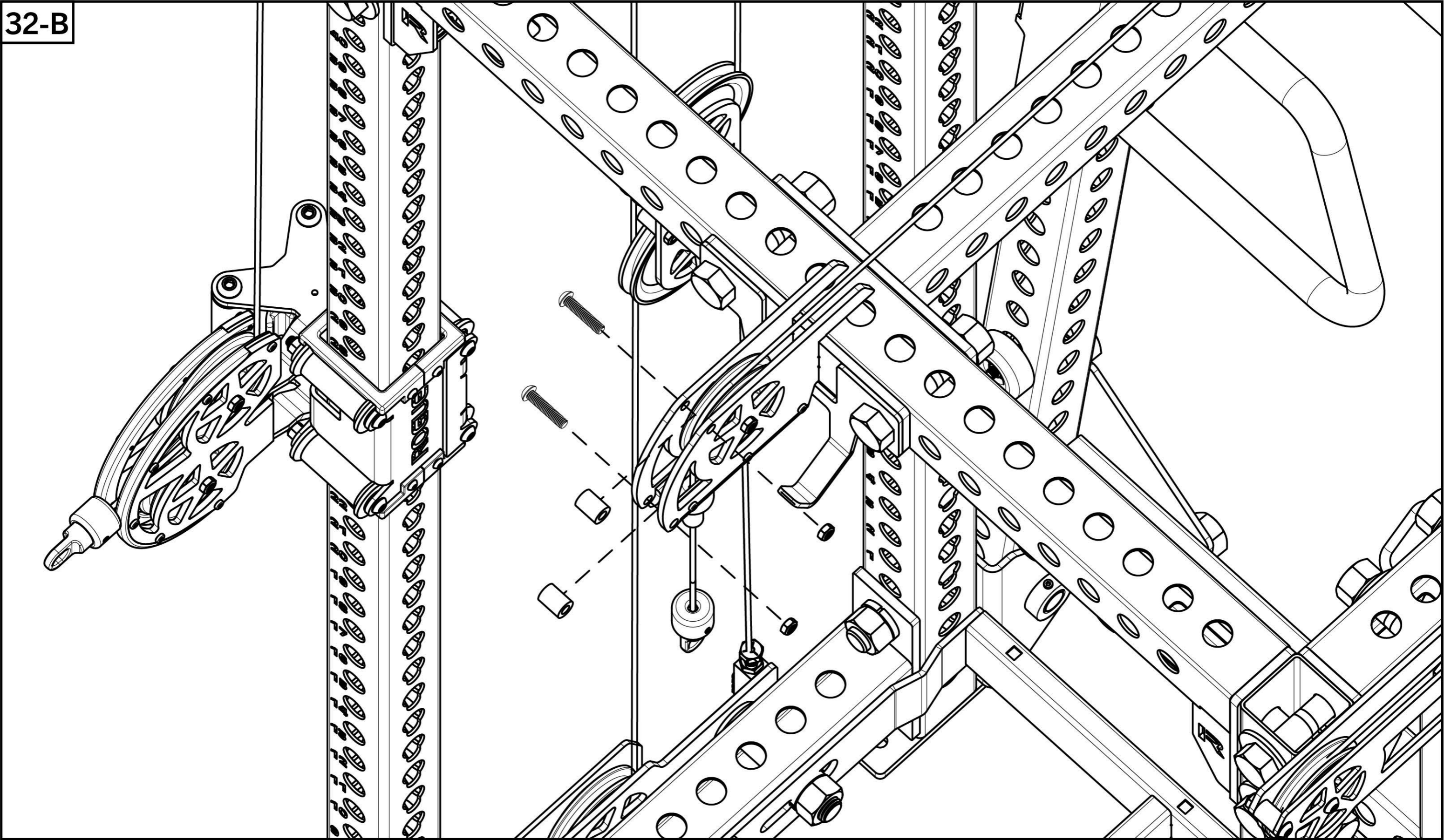
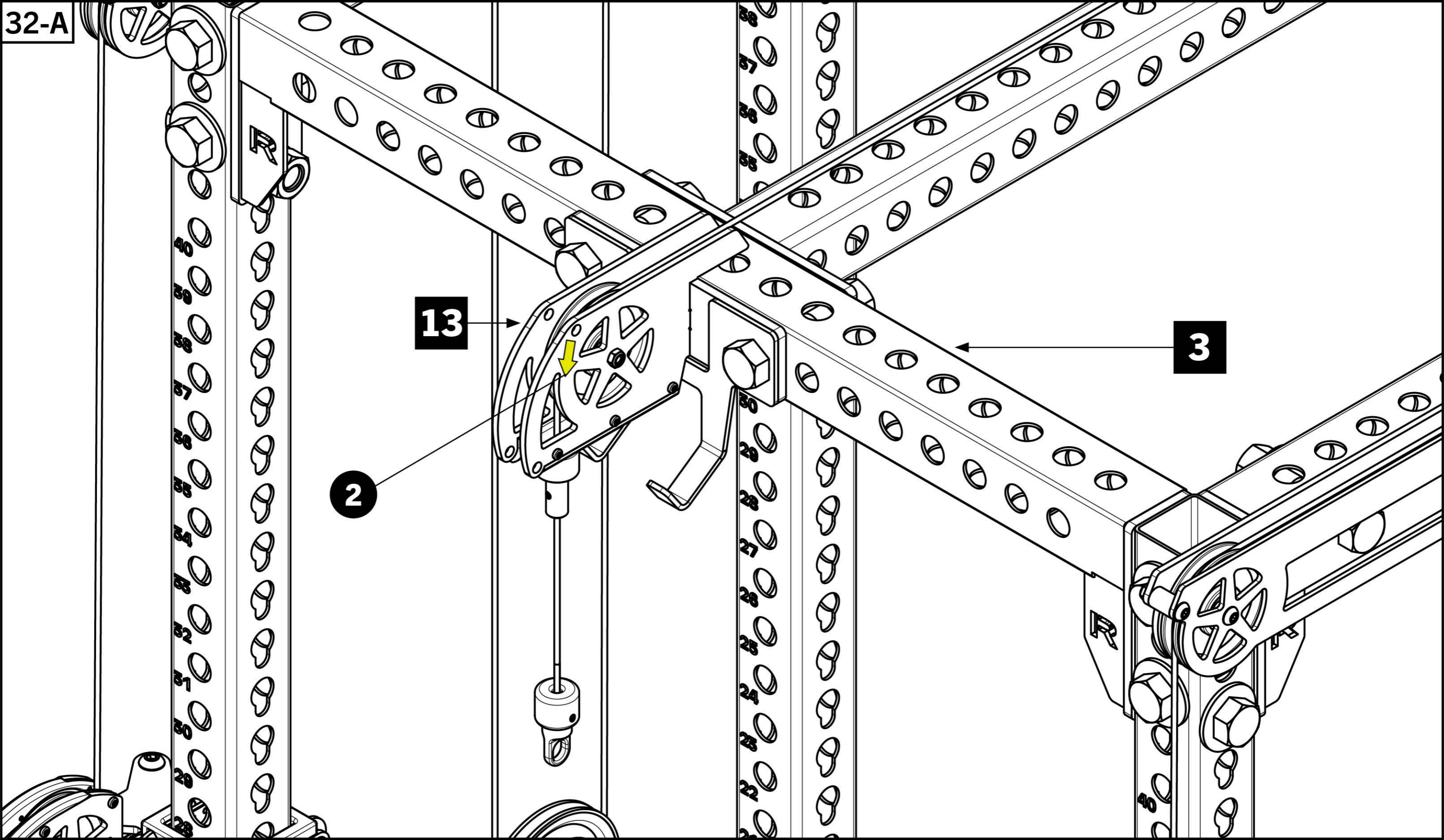
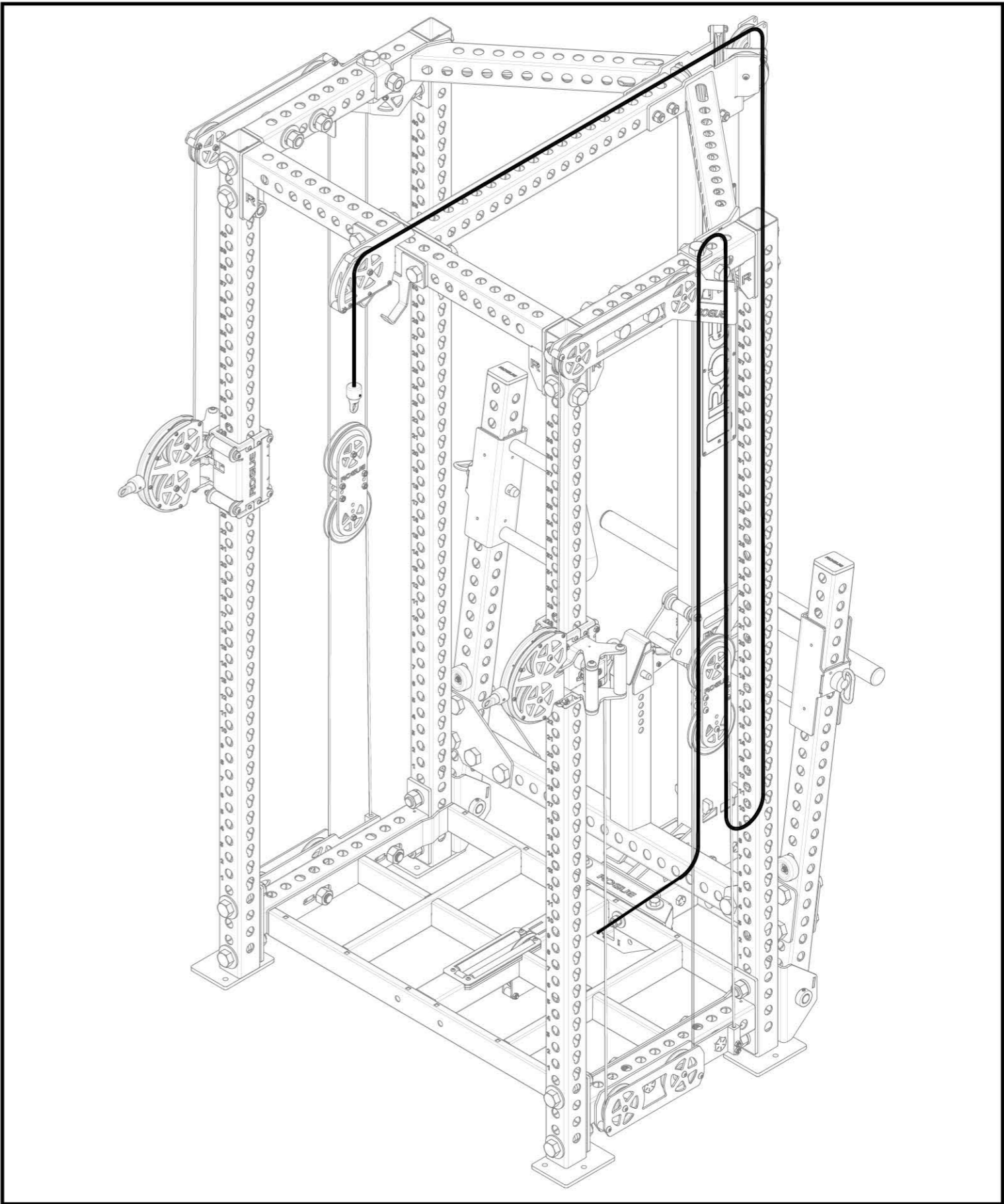


# STEP 32

- Pull cable past the 43” Spanning Crossmember [3]. Feed cable around the Lat Pulldown Pulley Bracket [13] shown in 32-A.
- Reinstall Cable Retainers into Lat Pulldown Pulley Bracket [13].


**Note:**

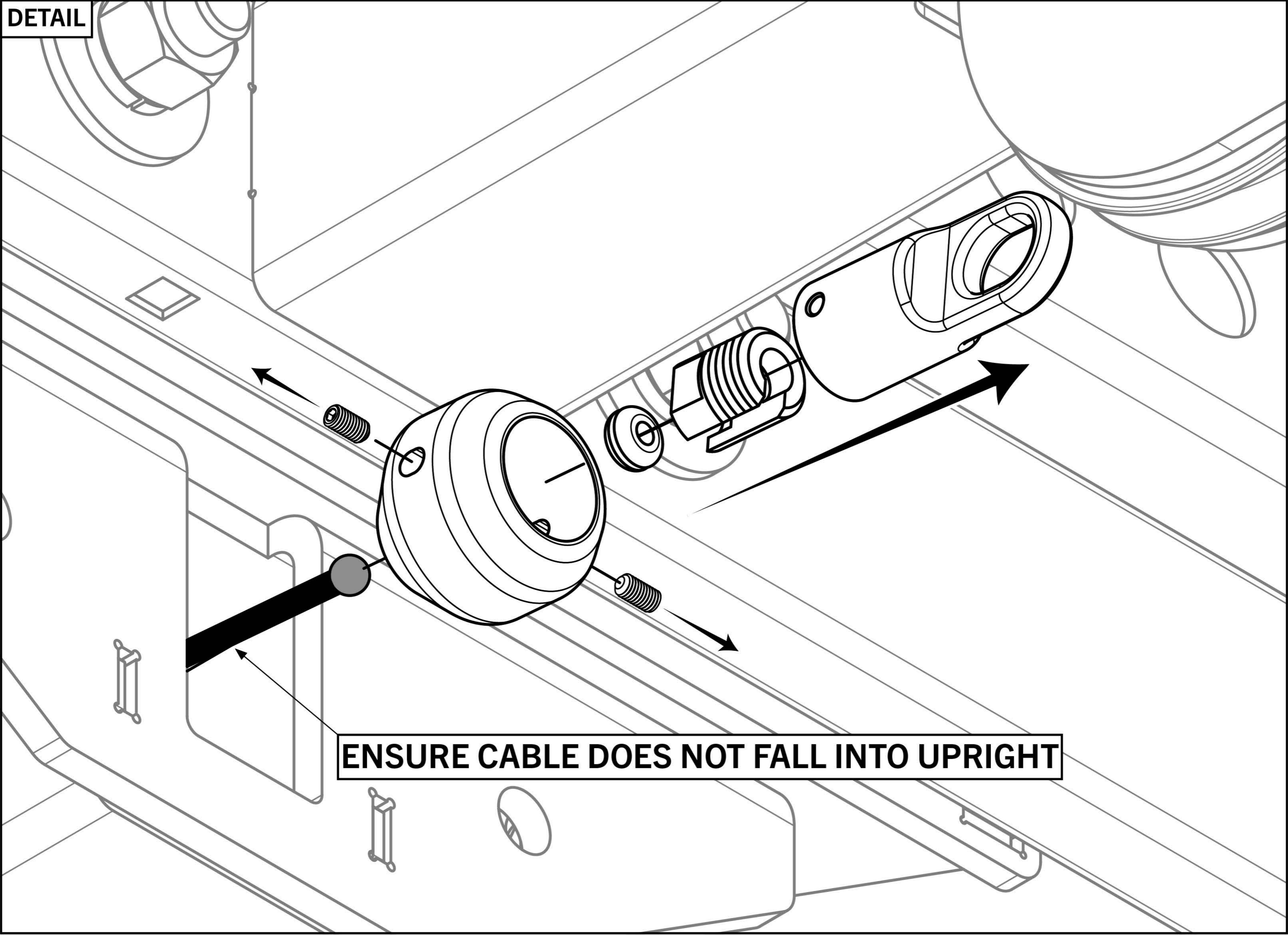
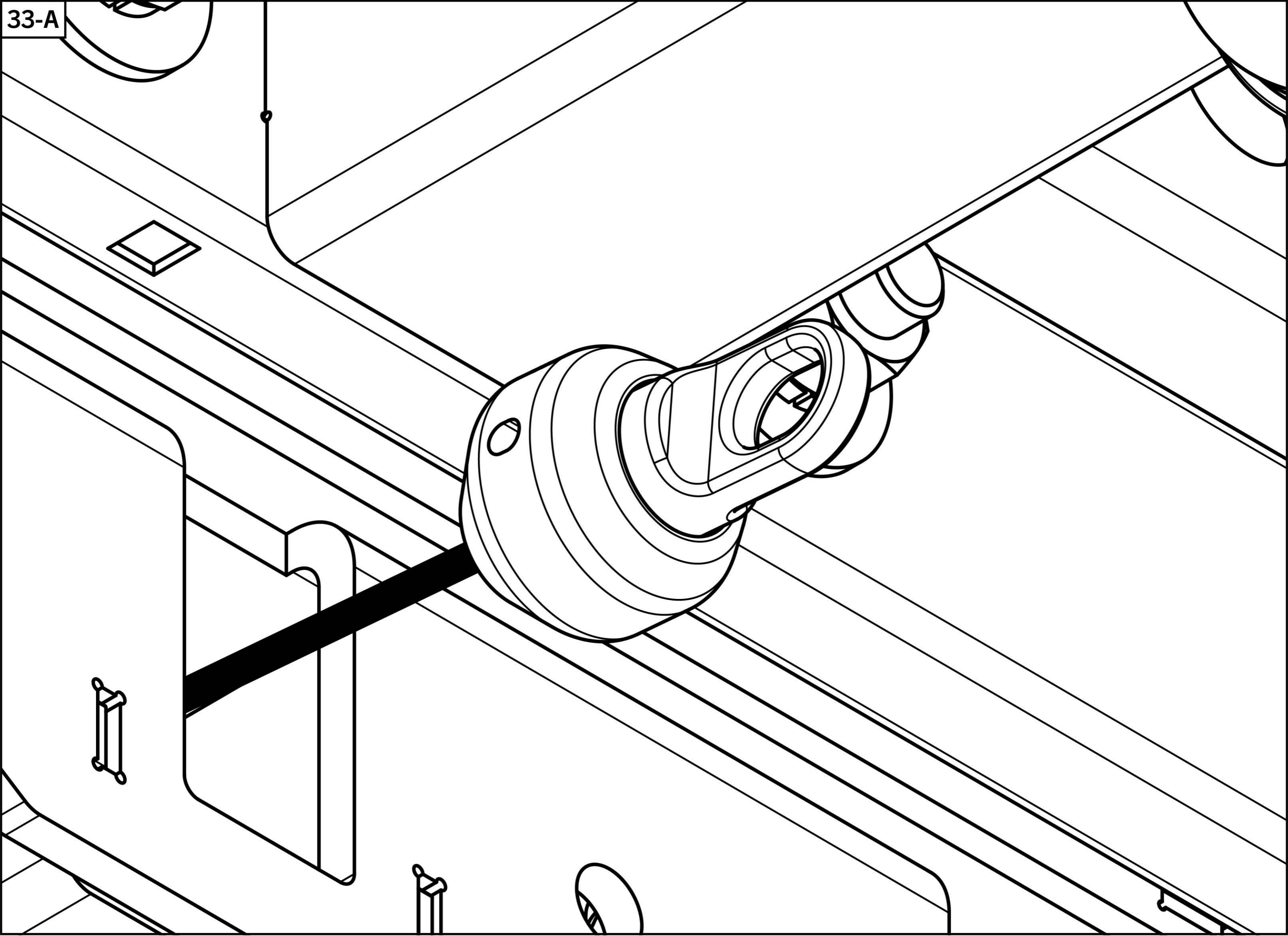
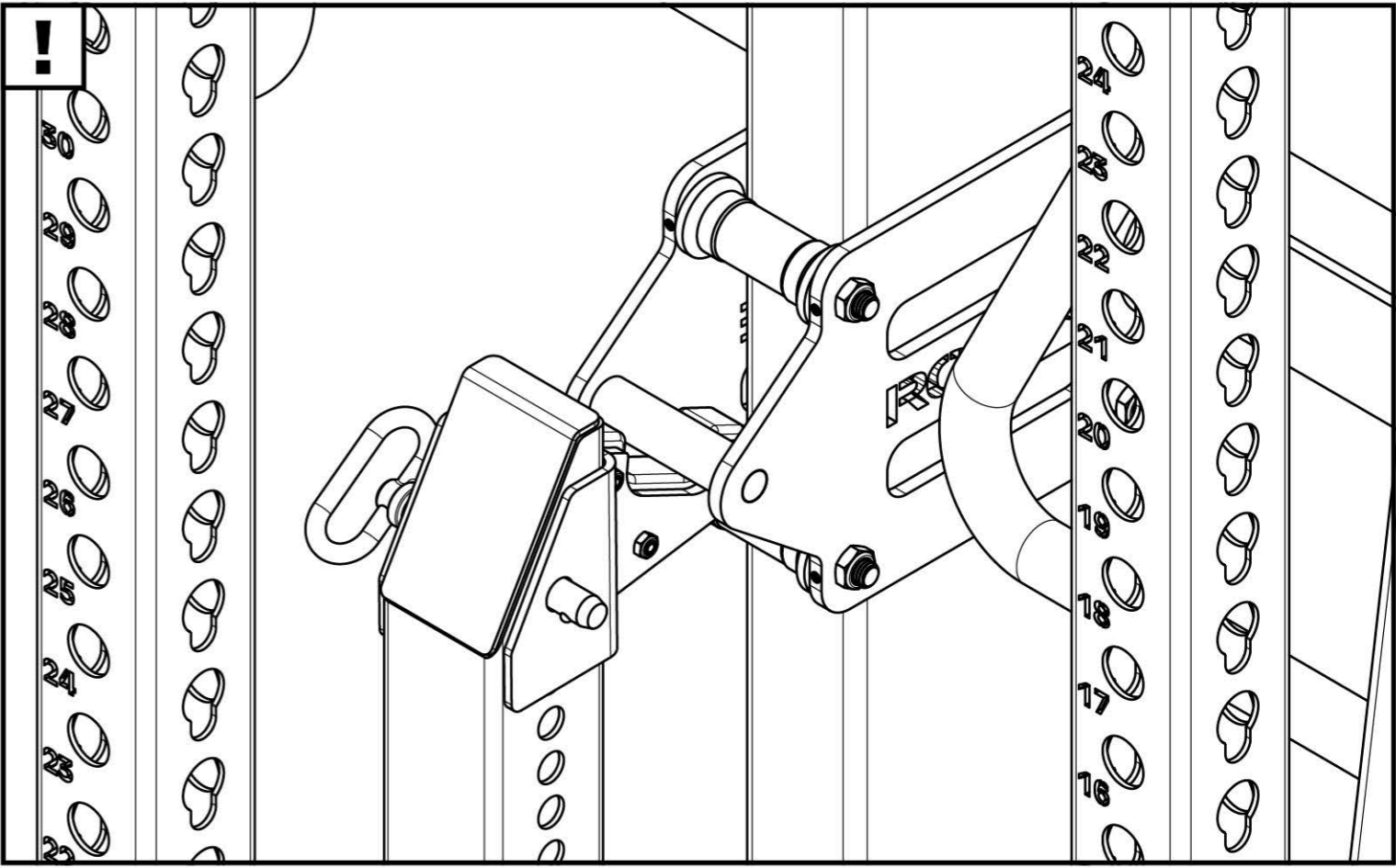
- Ensure cable remains in pulley’s groove.



# STEP 33

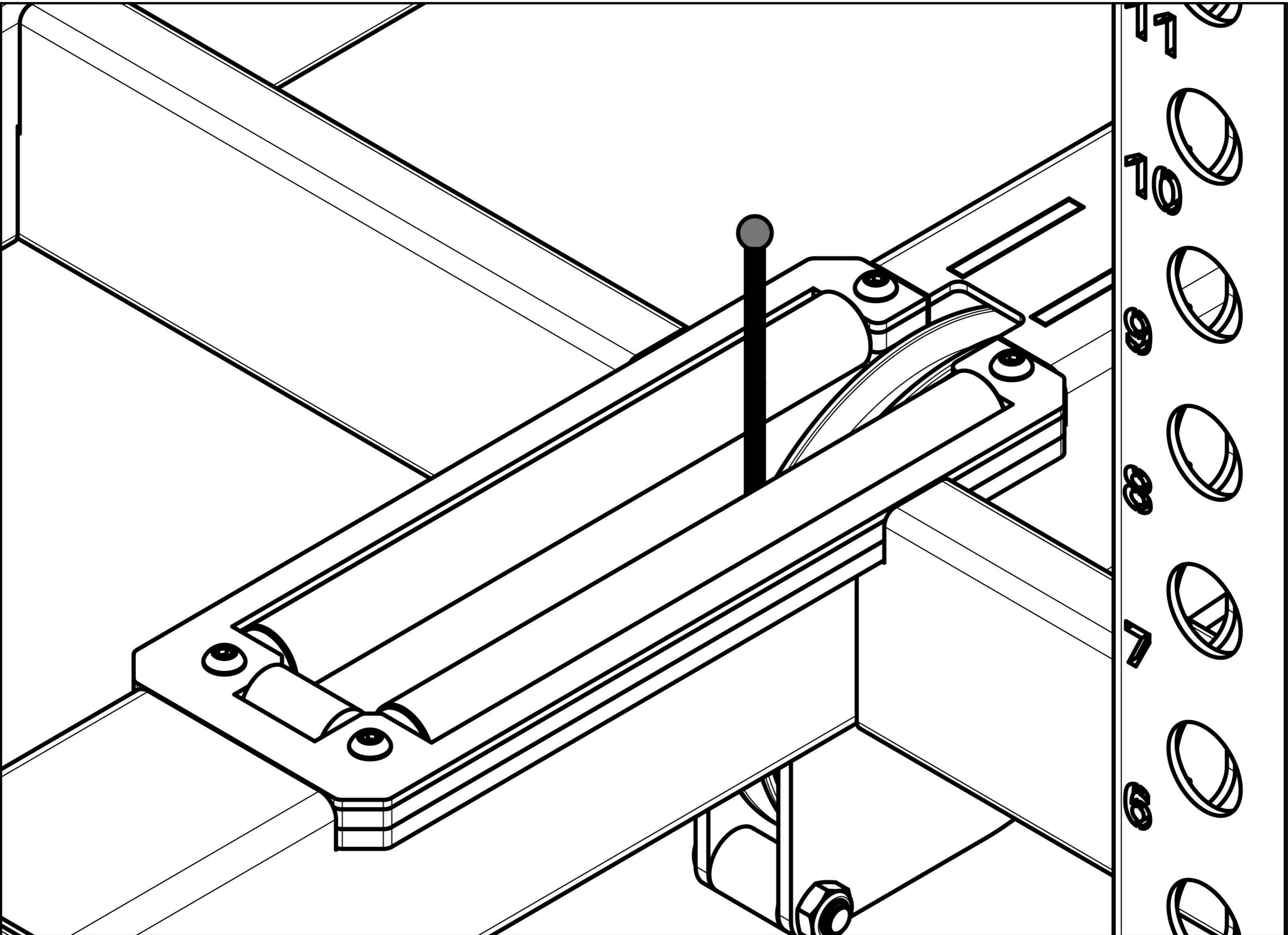
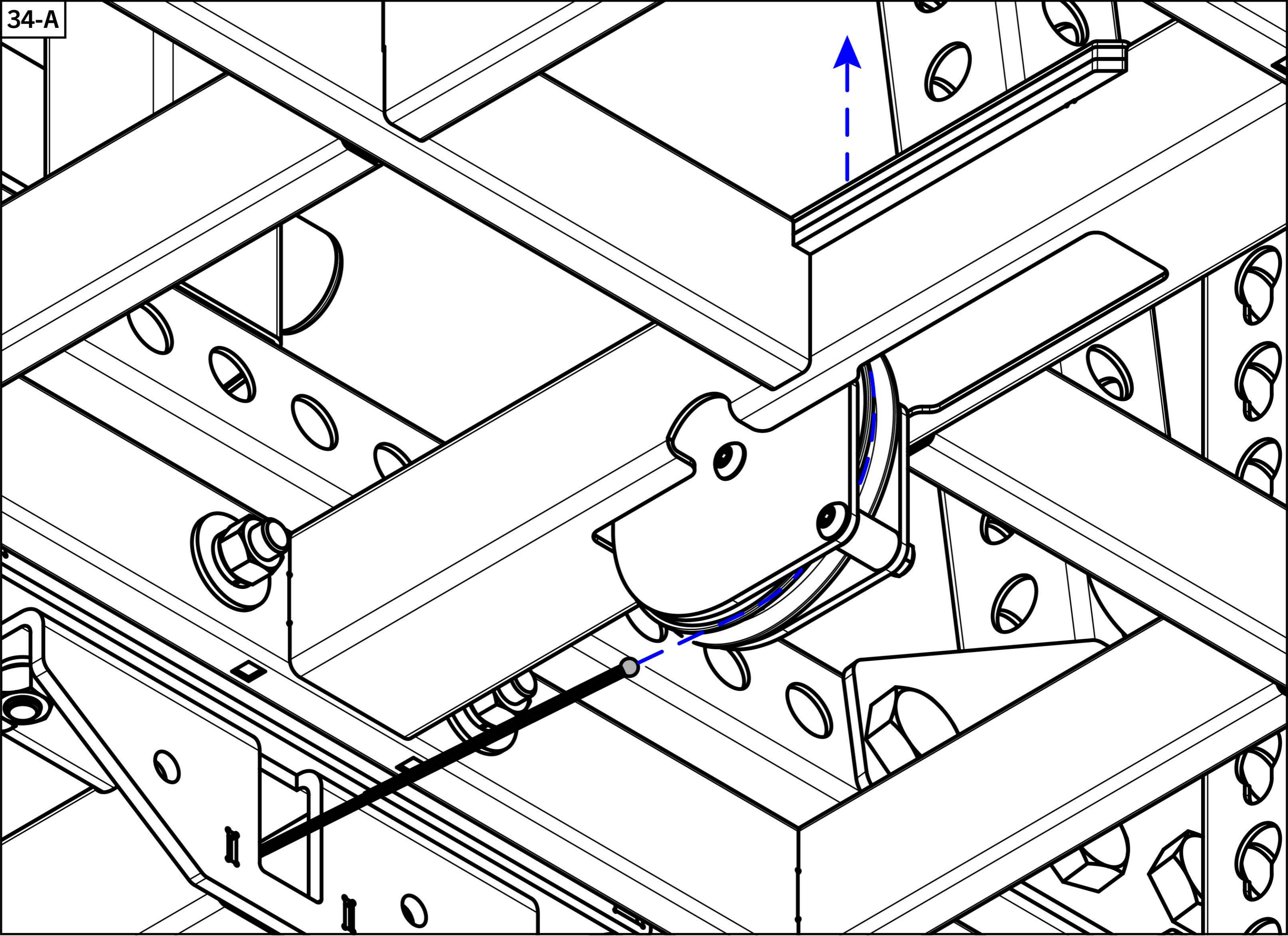
**Tools Required:**

- 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 34

- Feed the ball end of the Lower Cable through the groove of the 6” Pulley and route it up through the Pulley Deck [20] as shown in **34-A**.
- Ensure the cable remains seated in the pulley groove as shown in the **DETAIL**.

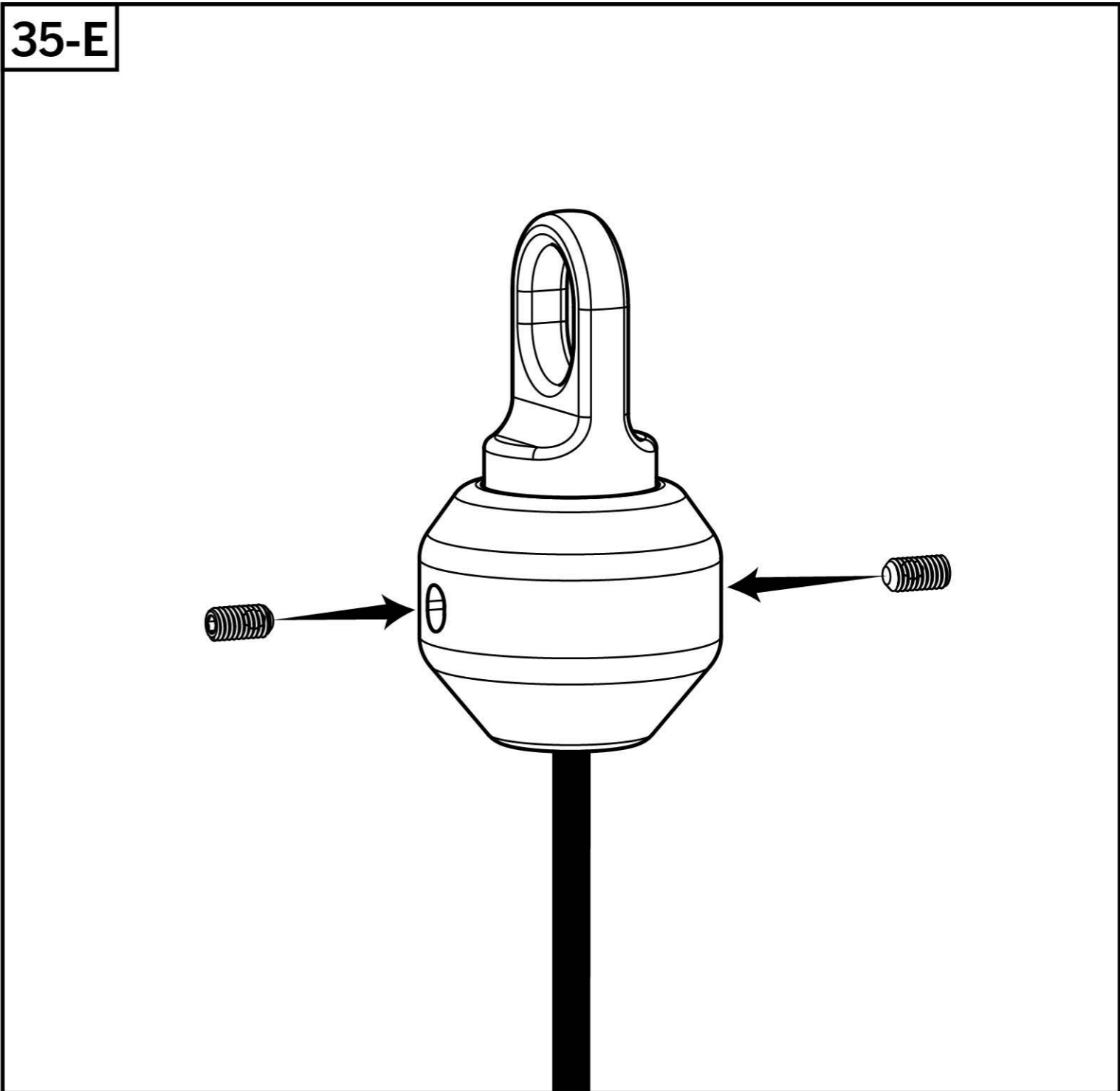
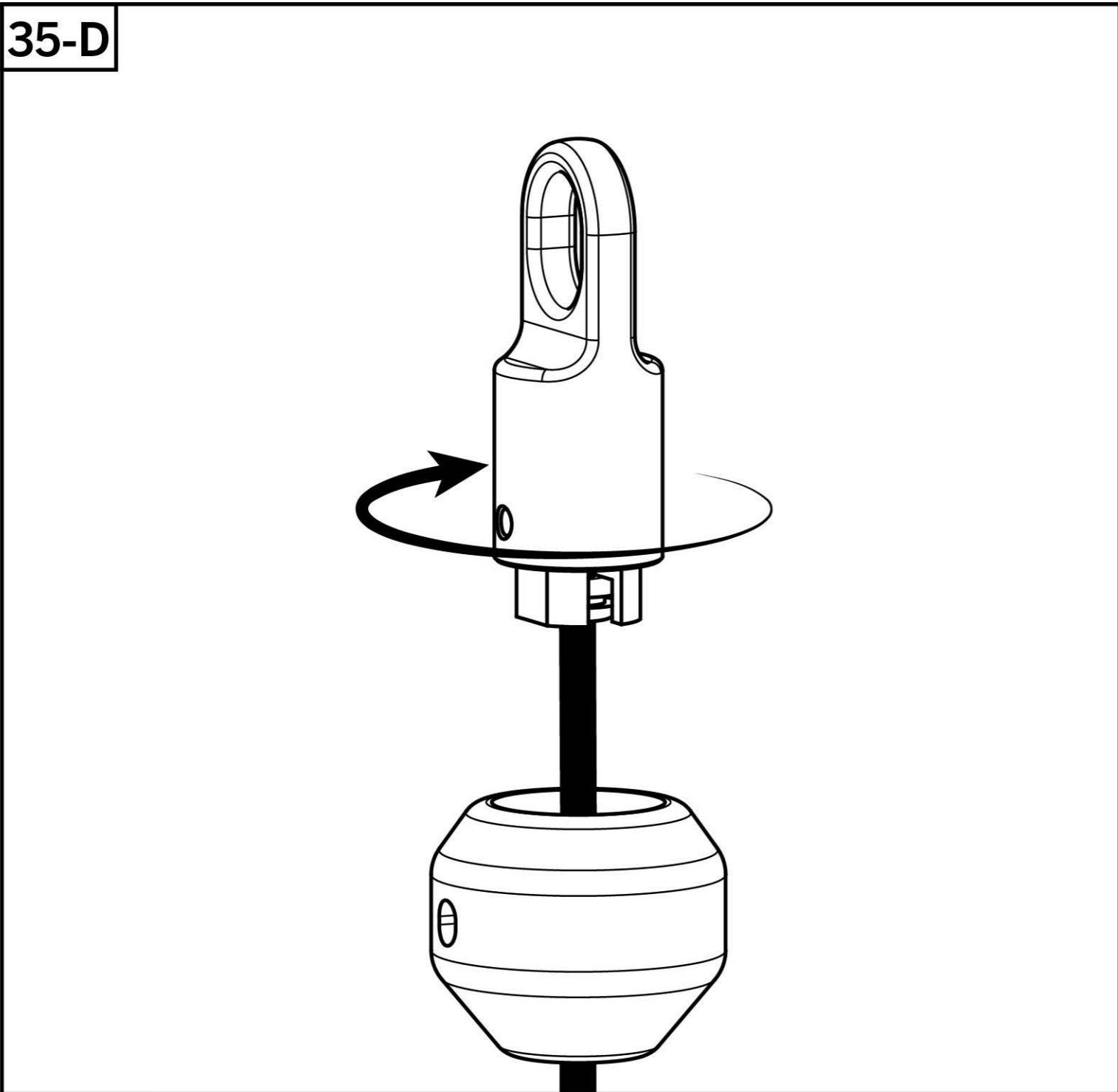
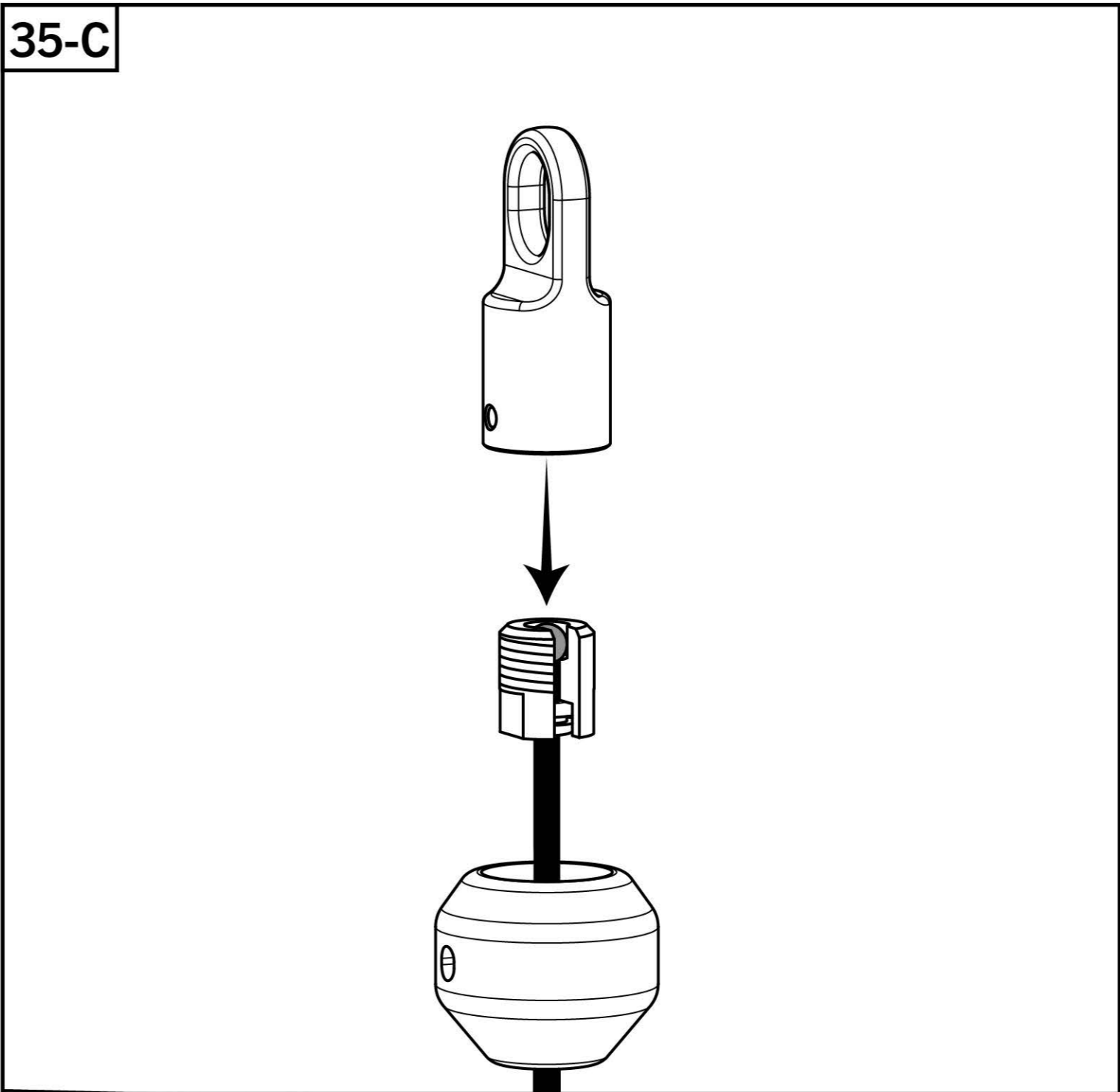
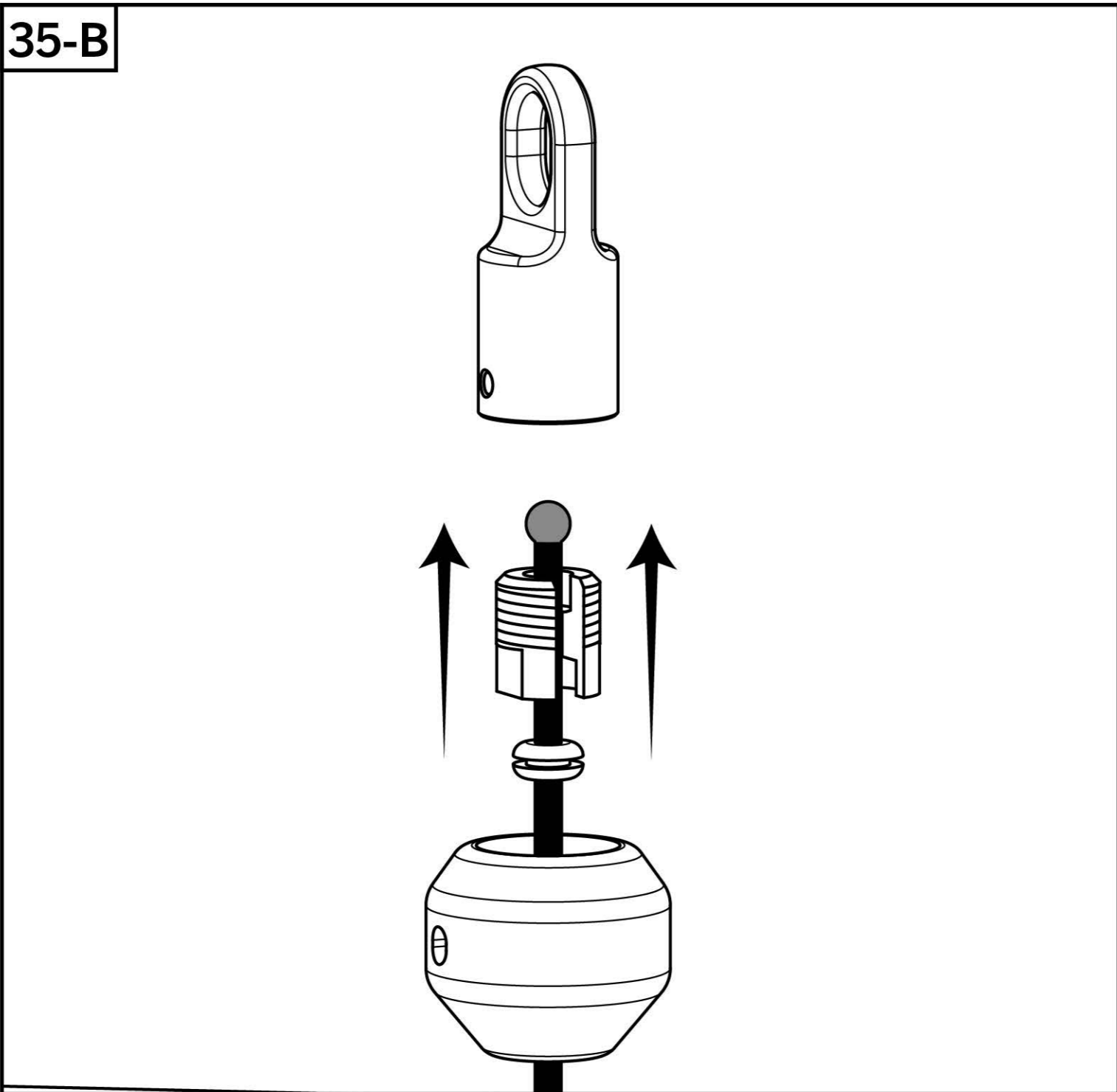
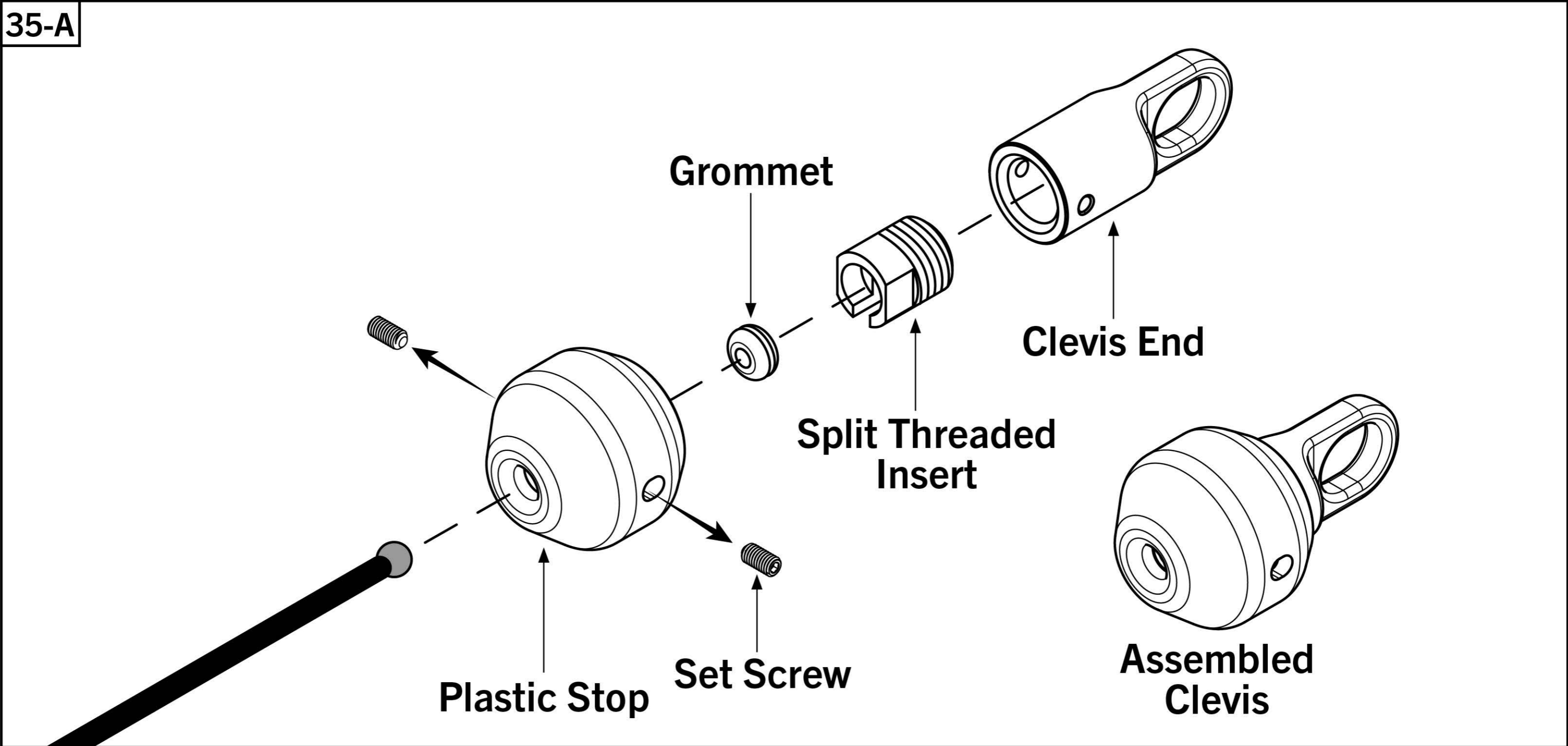


# STEP 35

**Tools Required:**

- 3/32” Allen Key & 5/8” Wrench
- Slide parts over the ball on lower cable as shown on **35-B**.
- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded side using 5/8” Wrench.

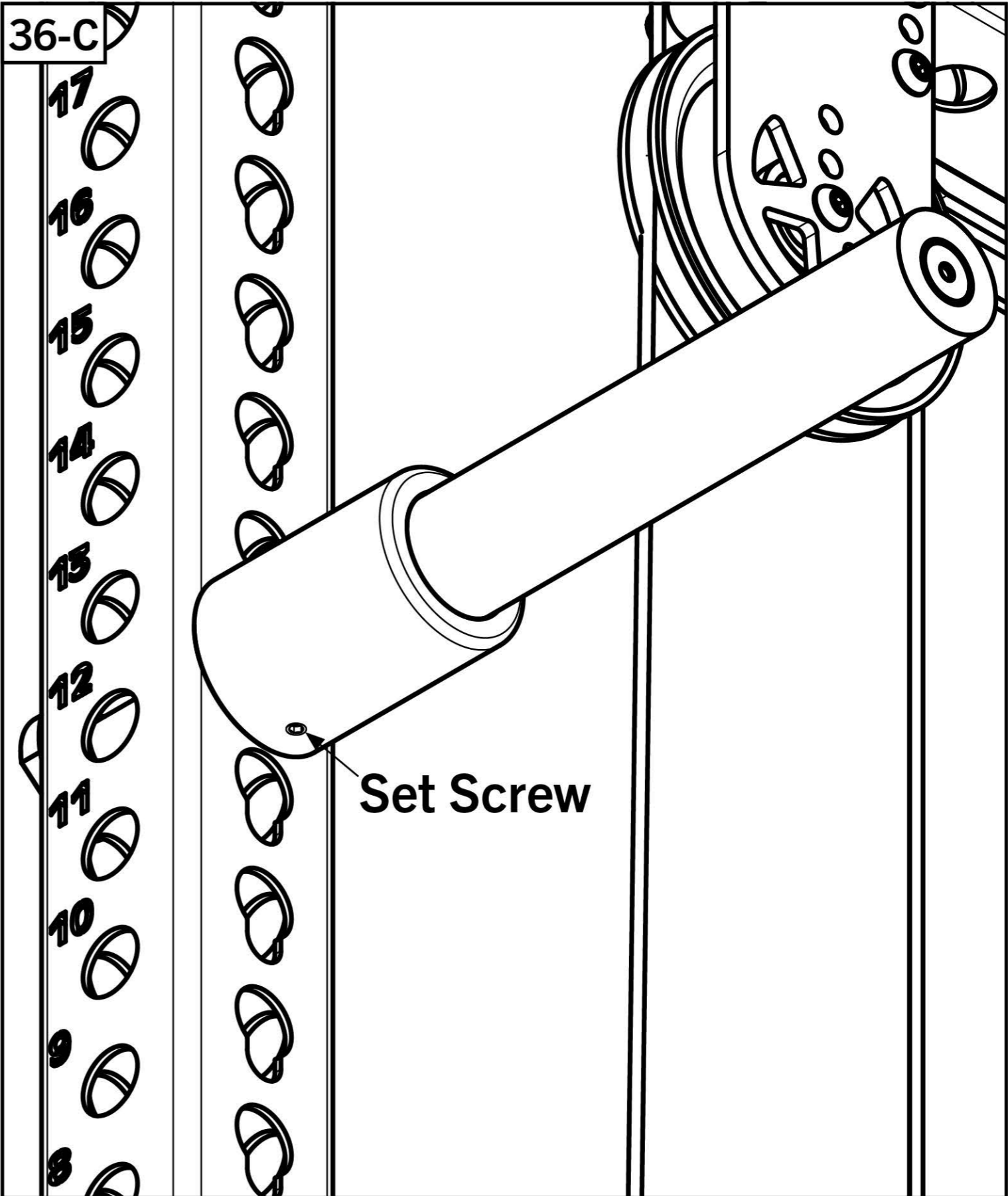
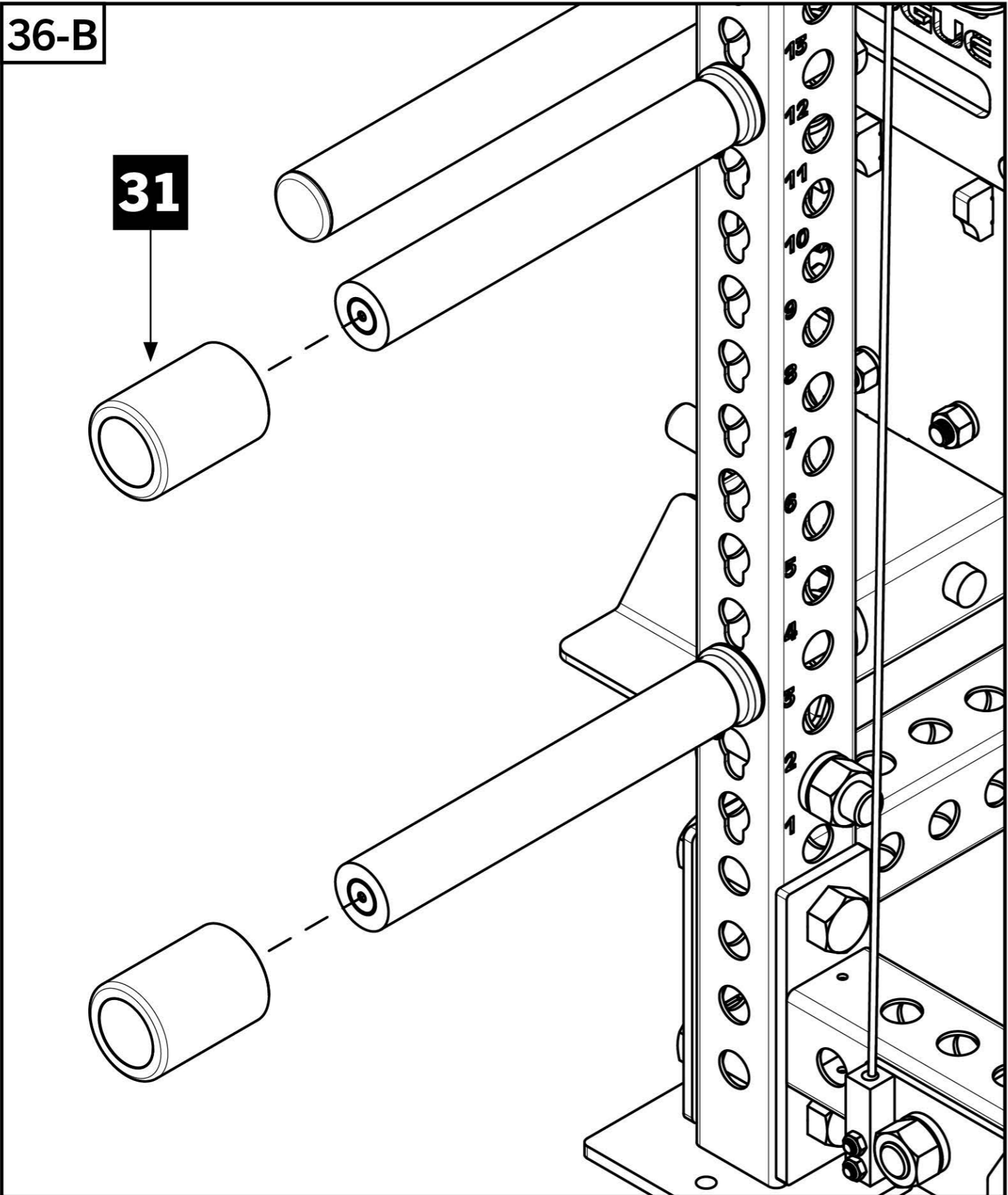
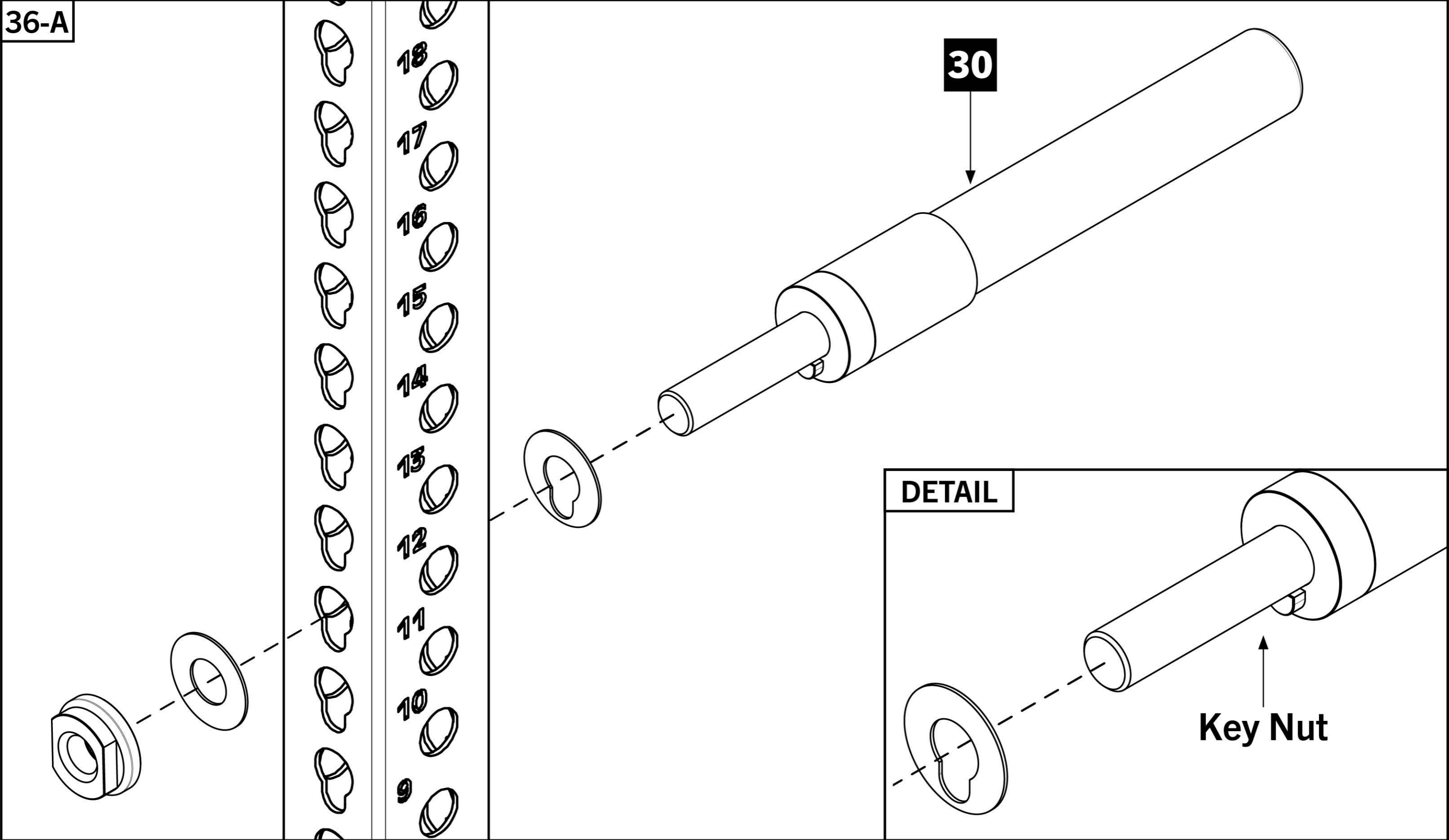
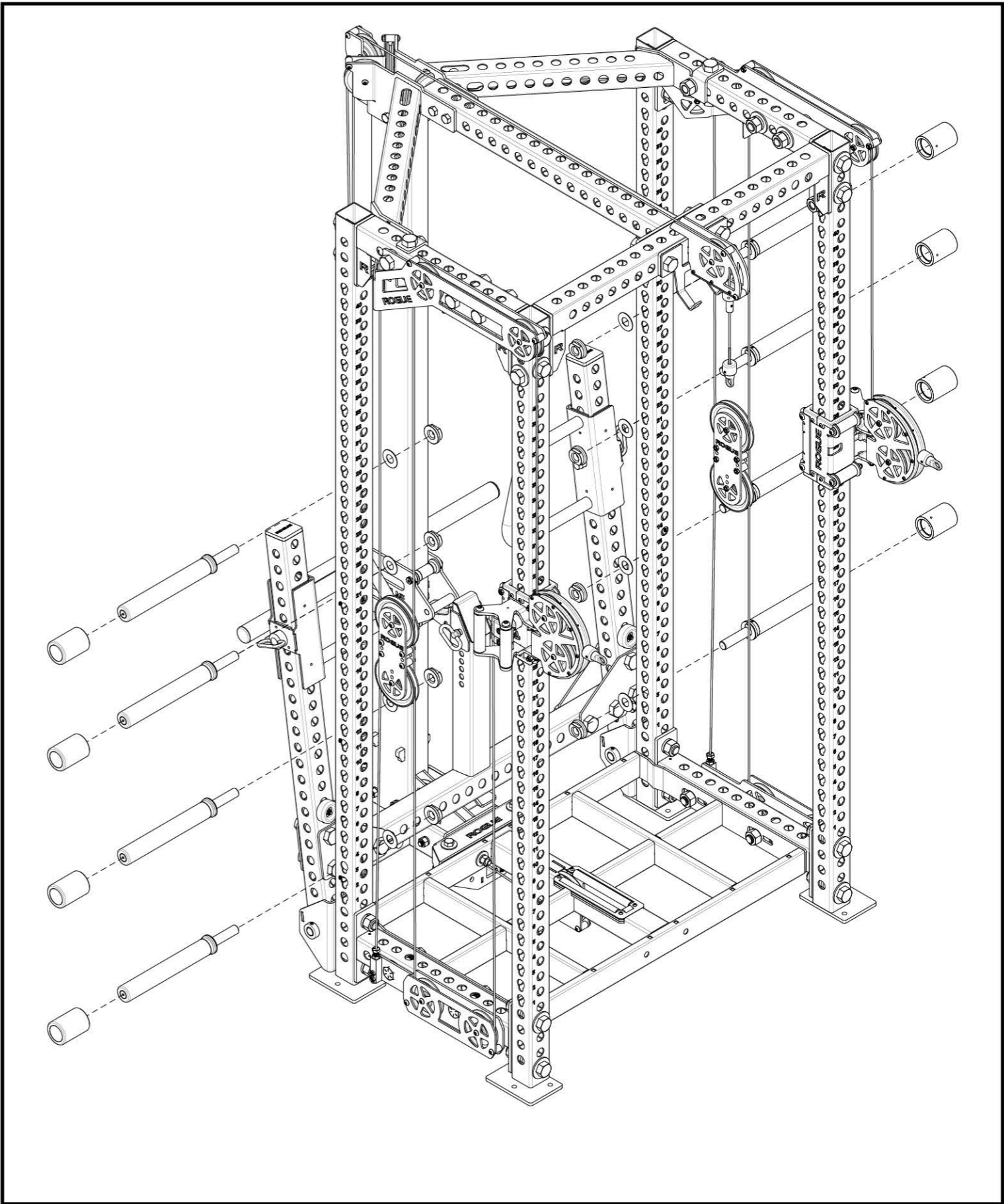
- Slide Plastic Stop forward and align outer holes with threaded holes on Clevis End and re-insert Set Screws. Fully tighten Set Screws.




# STEP 36

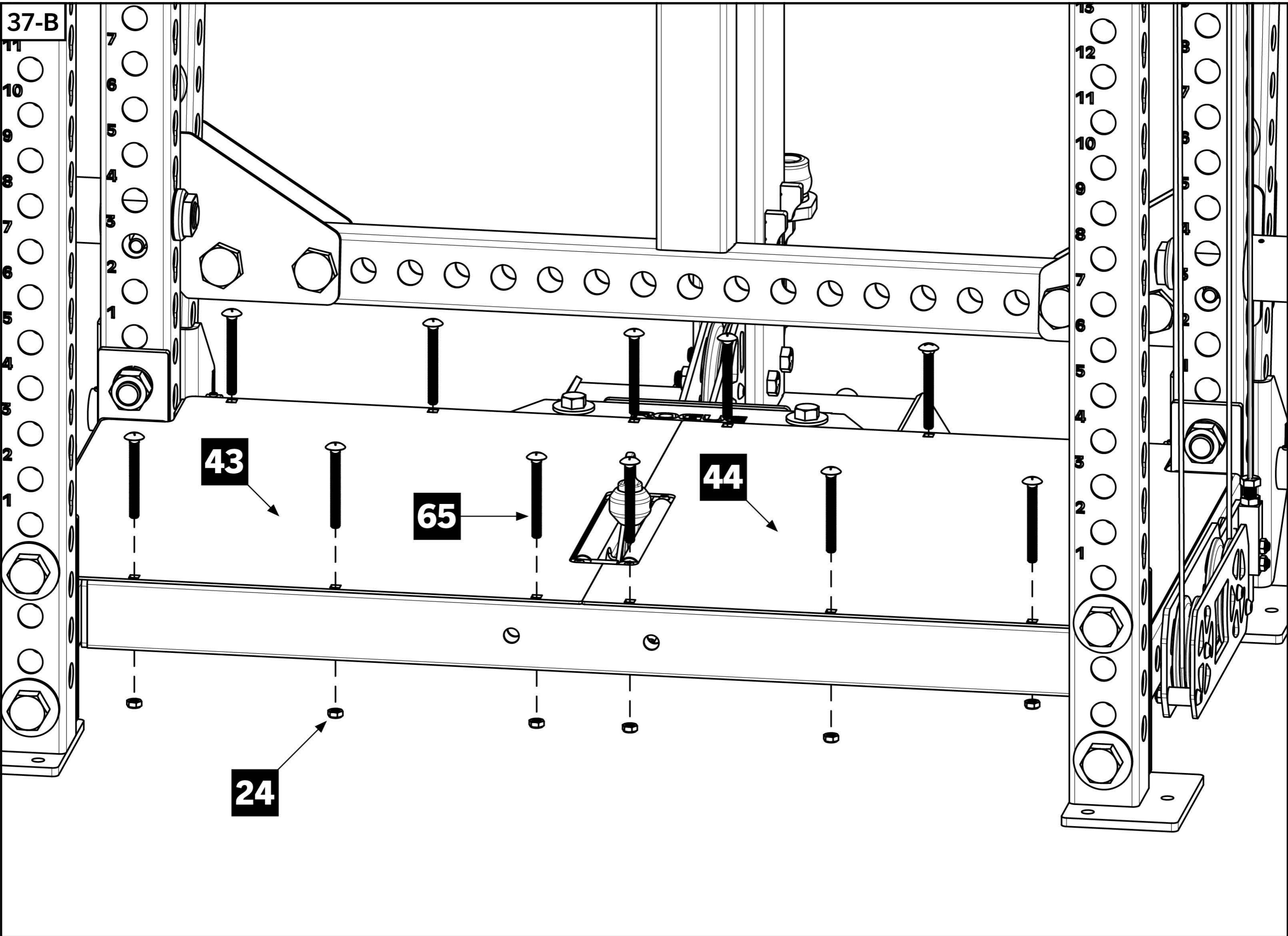
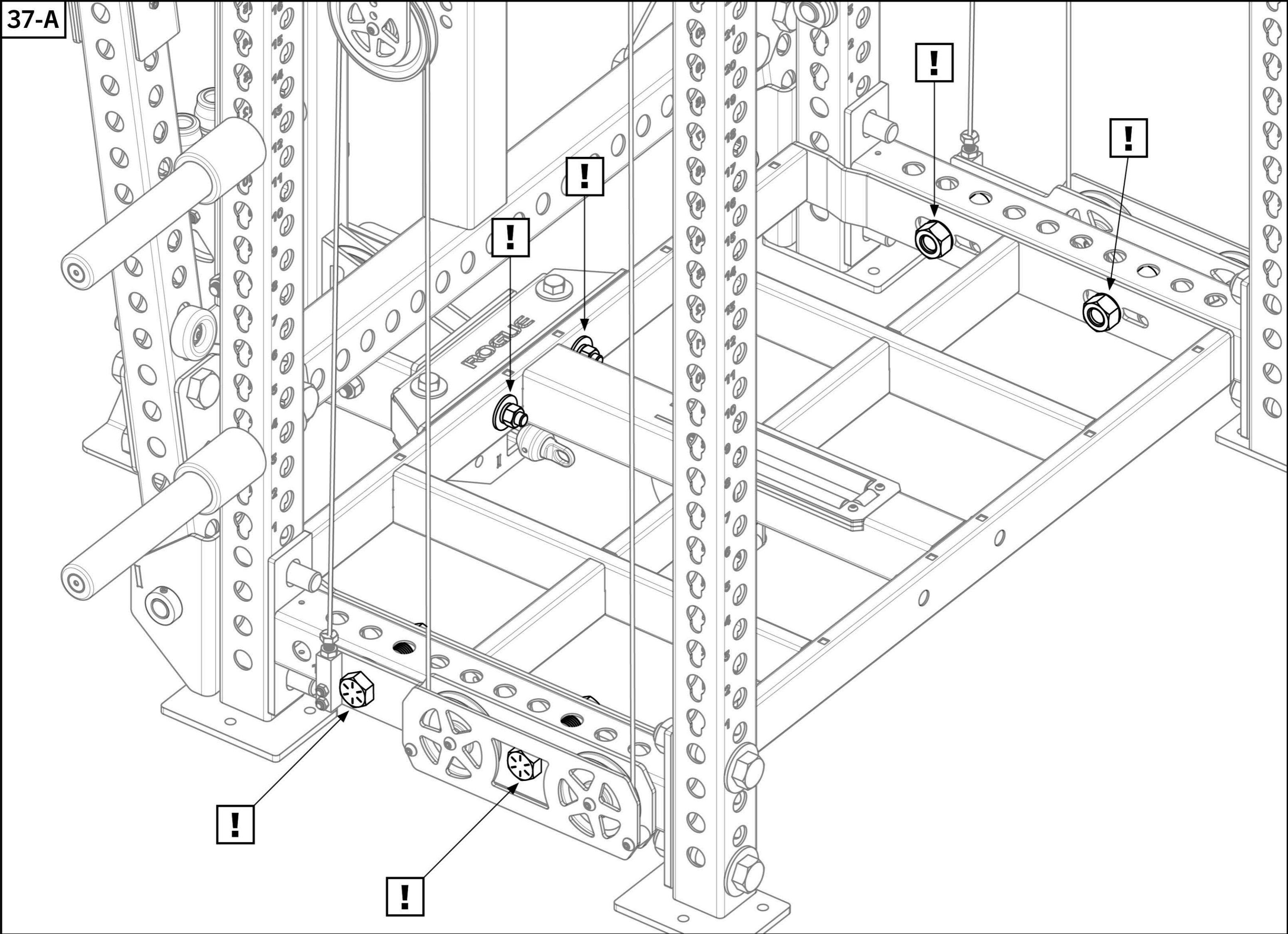
## Tools Required:

- 1-1/2” Wrench, 1/8” Allen Key
- Place Key Washer over the Key Nut on the Plate Storage Post shown in **Detail** view.
- Assemble Plate Storage Pins [30] on rear Monster Uprights at desired hole heights.
- Slide Plate Storage Spacers [31] all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in **36-C**.
- Fully tighten set screws using 1/8” Allen Key.



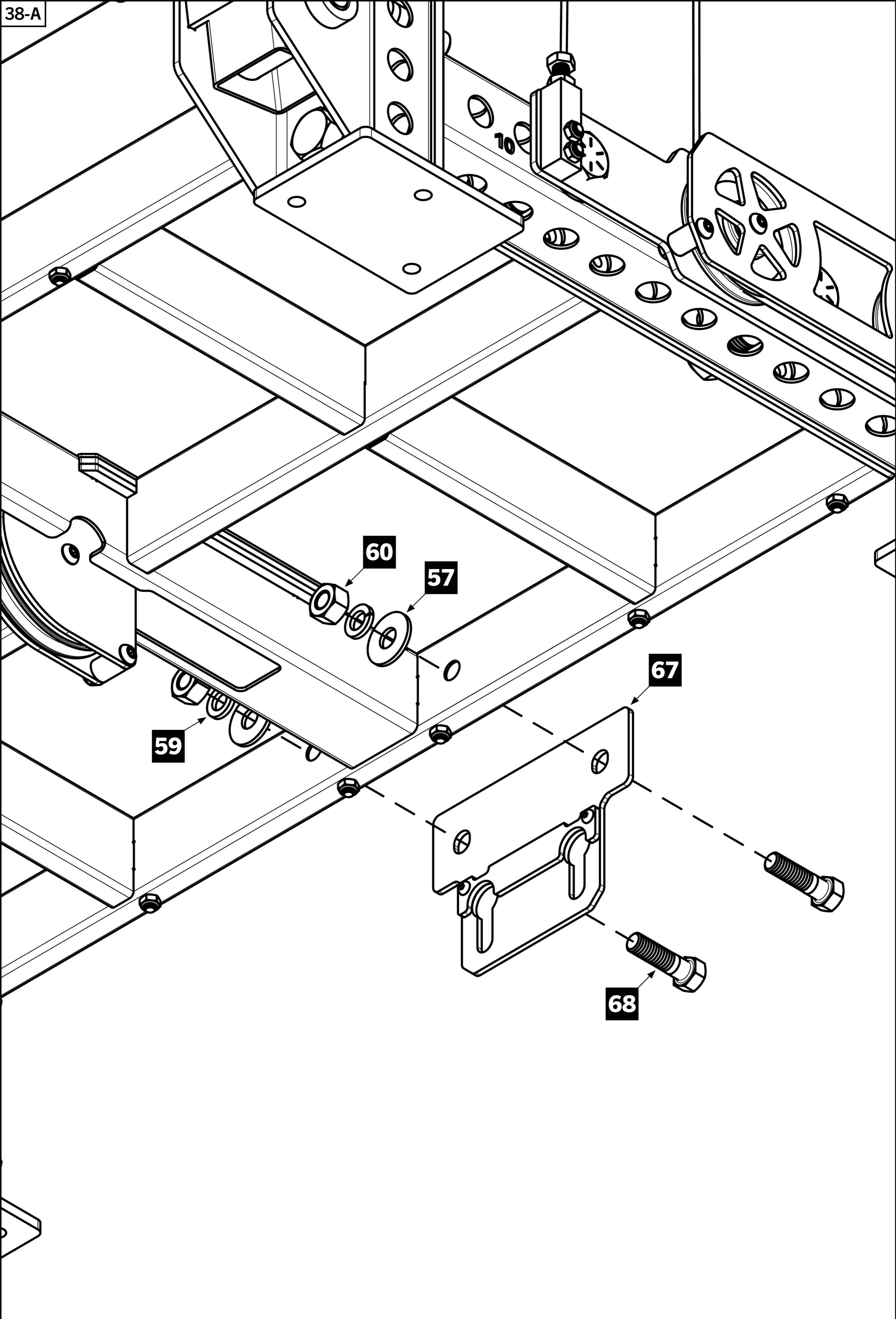
# STEP 37

-  Fully tighten all Pulley Deck [6] Hardware shown in **37-A**.
- Bolt Tread Plate - RH [44] and Tread Plate - LH [43] to the Pulley Deck [6] using 3/8" X 3.5" Carriage Bolts [65] and 3/8" Lock Nut [24].



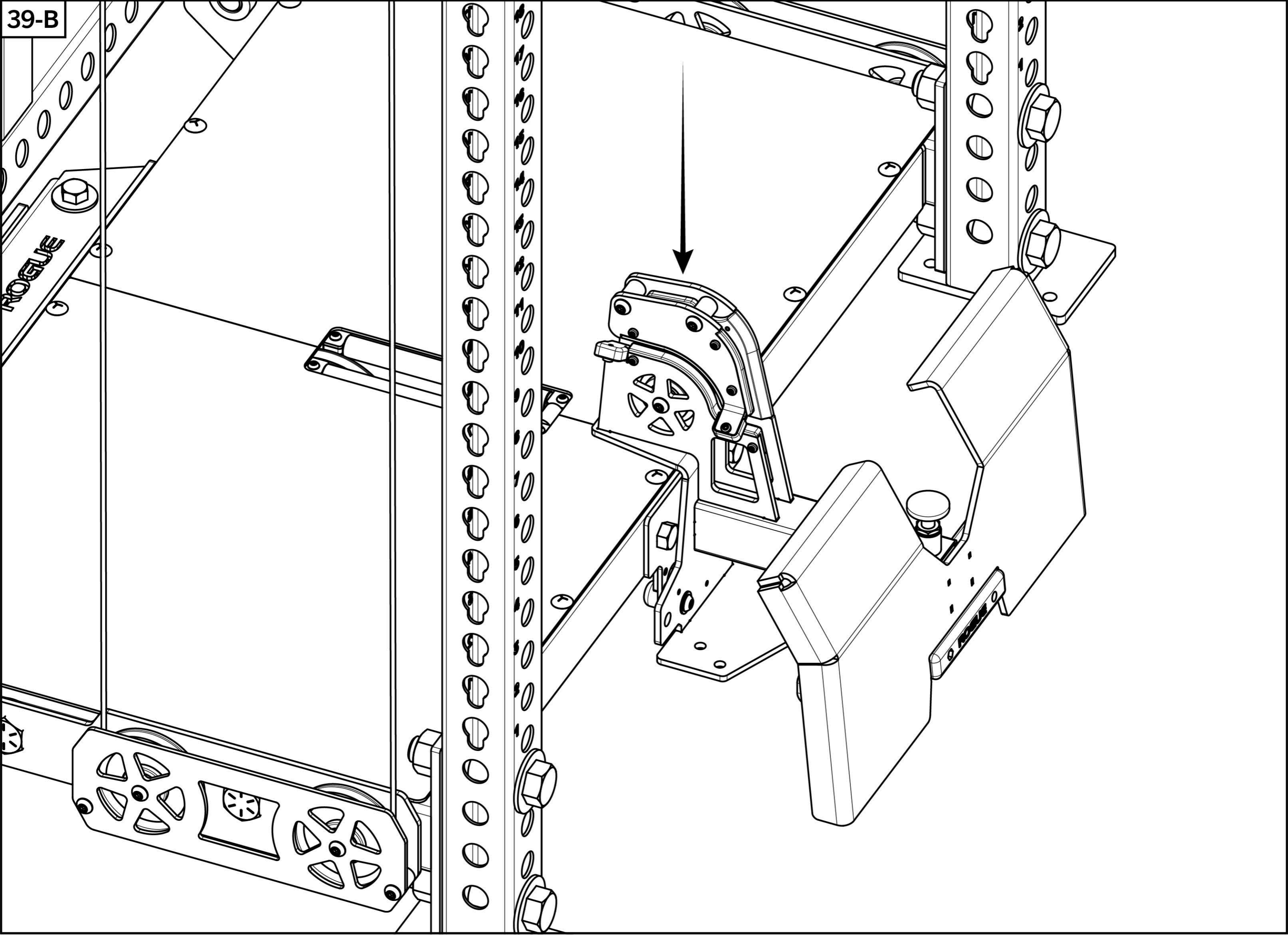
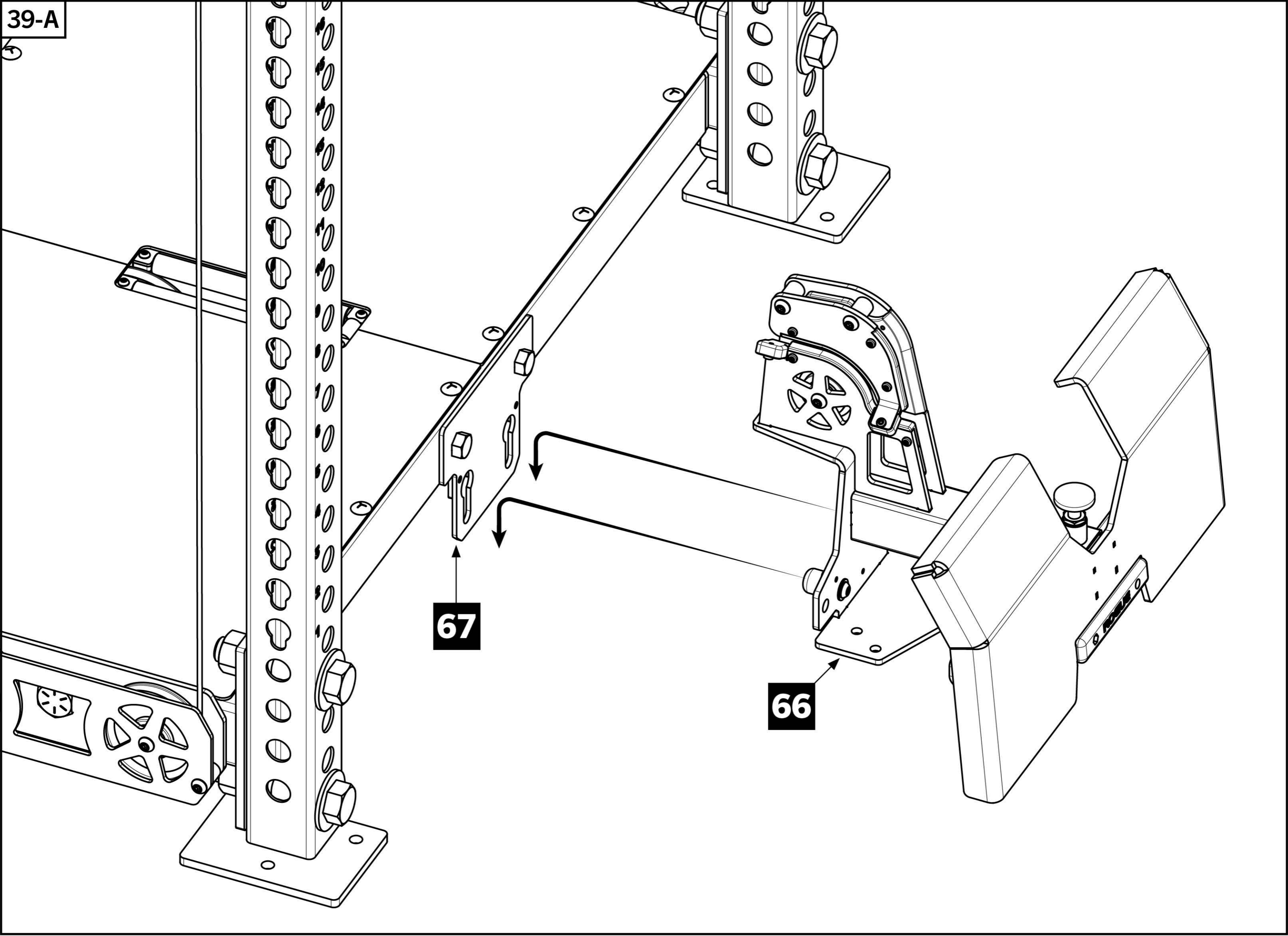
# STEP 38

- Attach Low Row Face Mount Plate [67] to Pulley Deck [6] using 5/8" x 2.25" Hex Bolt [68], 5/8" Flat Washer [57], 5/8" Split Lock Washer [59], and 5/8" Hex Nut [60].
- Ensure Attached plate on Low Row Face Mount Plate [67] is facing towards the inside as shown in 38-A.



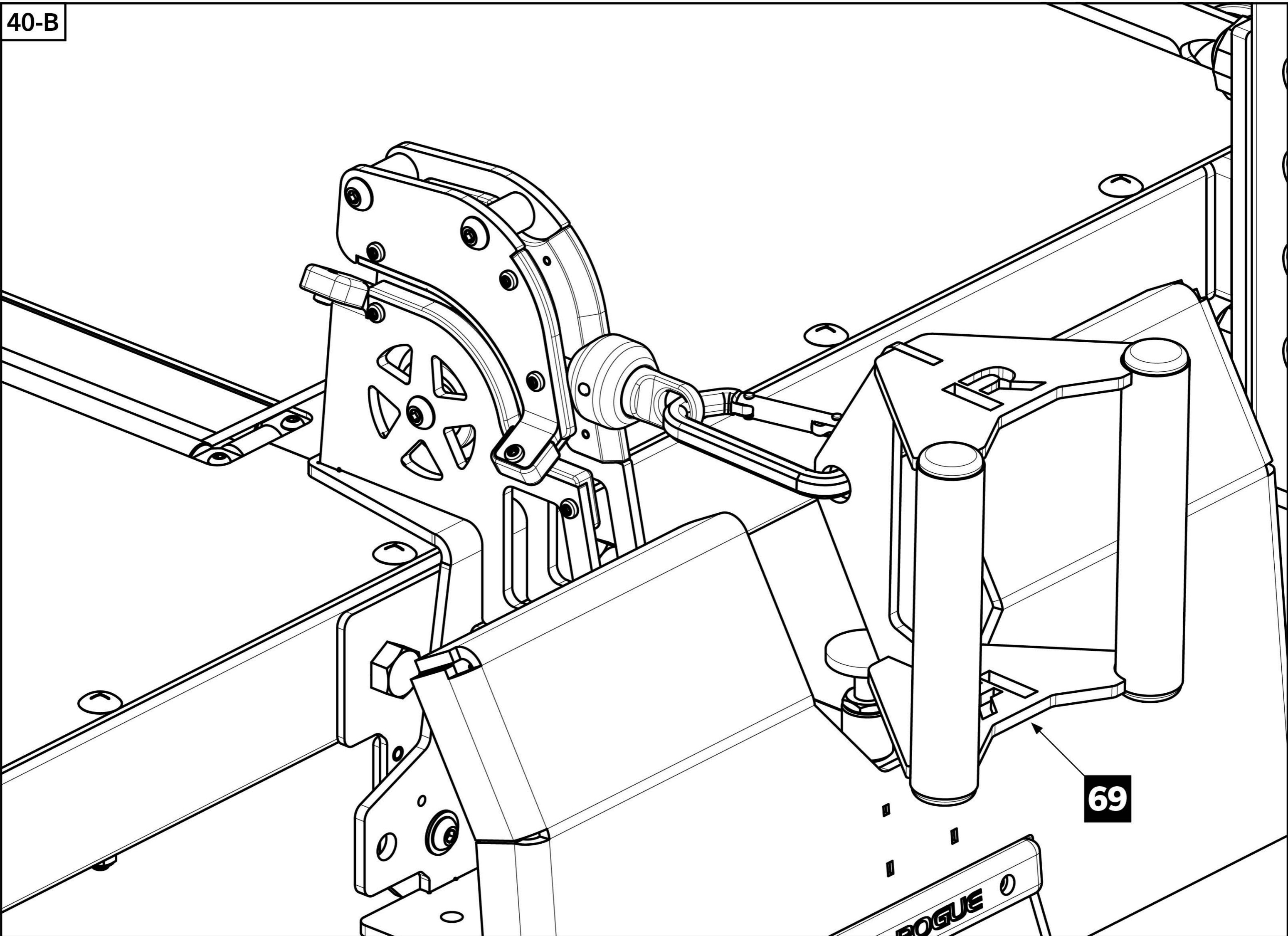
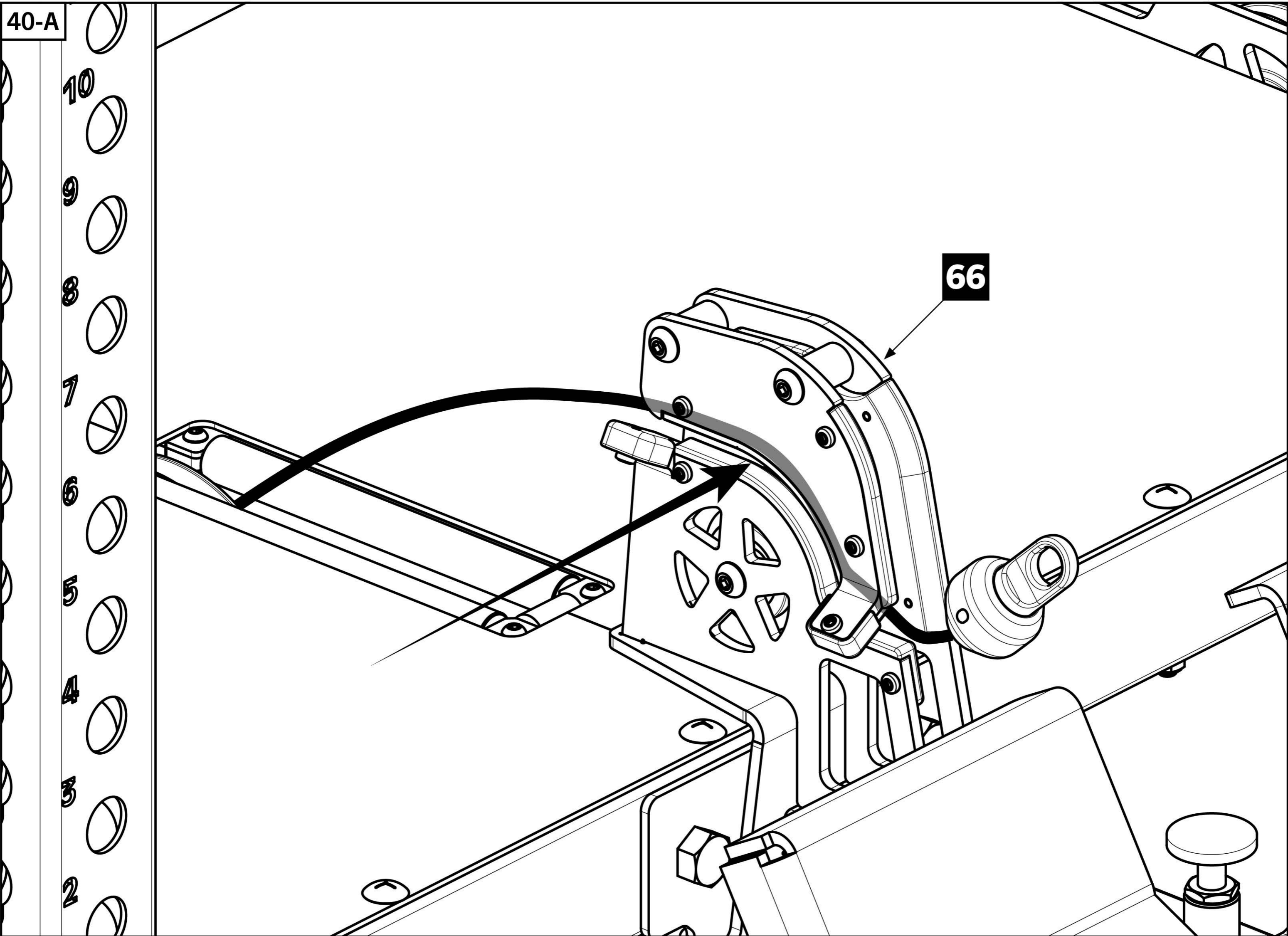
# STEP 39

- To install the Rhino Low Row Bracket [66], align the nubs on the bracket with the keyholes on the Low Row Face Mount Plate [67] and insert them as shown below.
- Ensure Rhino Low Row Bracket [66] is in locked position before use.



# STEP 40

- 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 [66] as shown in 40-A.
- Attach Standard Triangle Grip [69] to clevis at end of Lower Rhino Cable.
- **Note: Remove Rhino Low Row Bracket [66] when performing belt squats.**



# STEP 41

**Tools Required:**

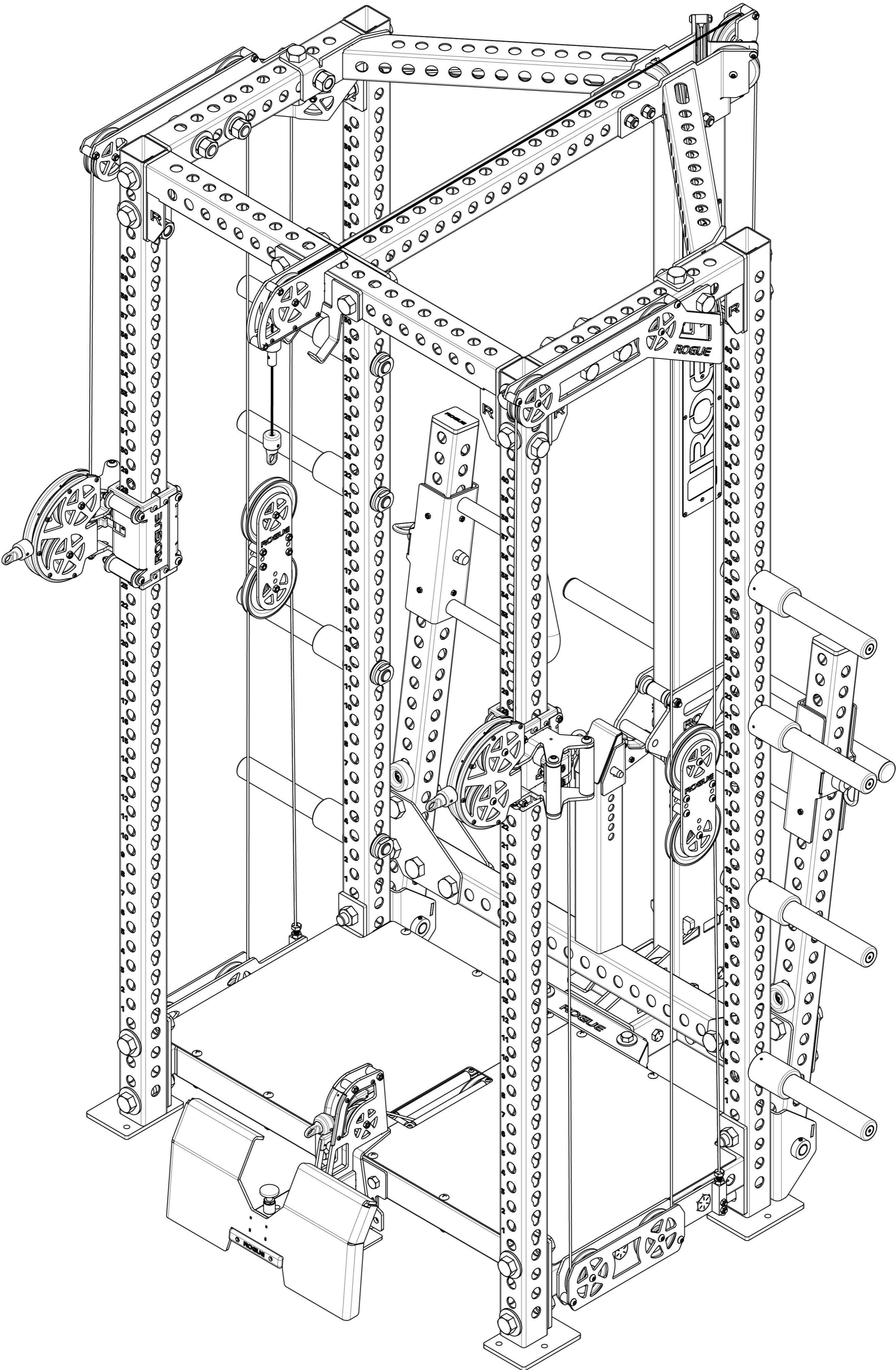
- All
- Tighten ALL loose hardware on the entire rack.
- Unhook Rhino Hook and lower Plate Load Trolley.
- Starting with no weight added to the Plate Load Trolley, check cables by pulling on each clevis.

- 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 [47].

**Note:**

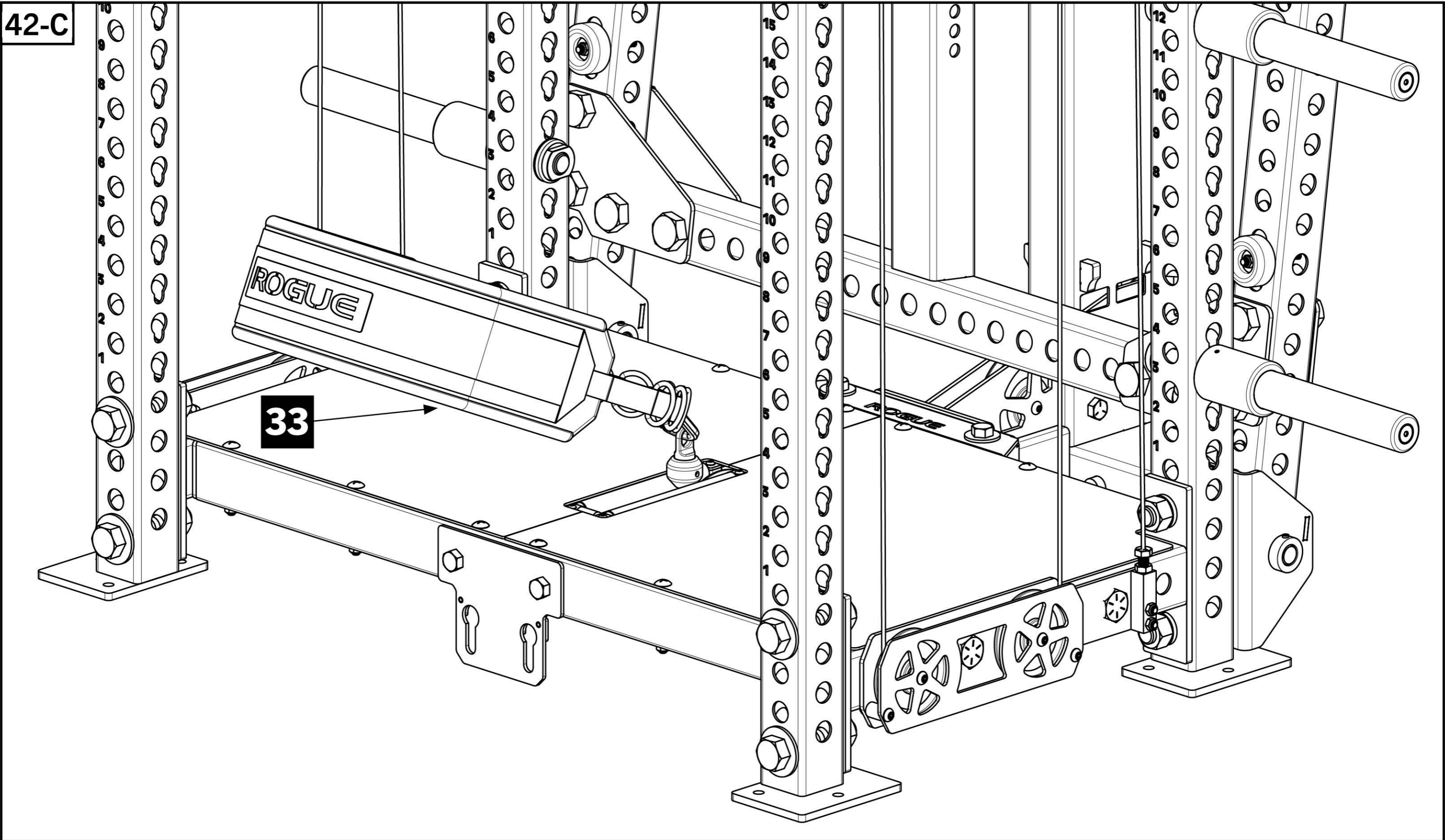
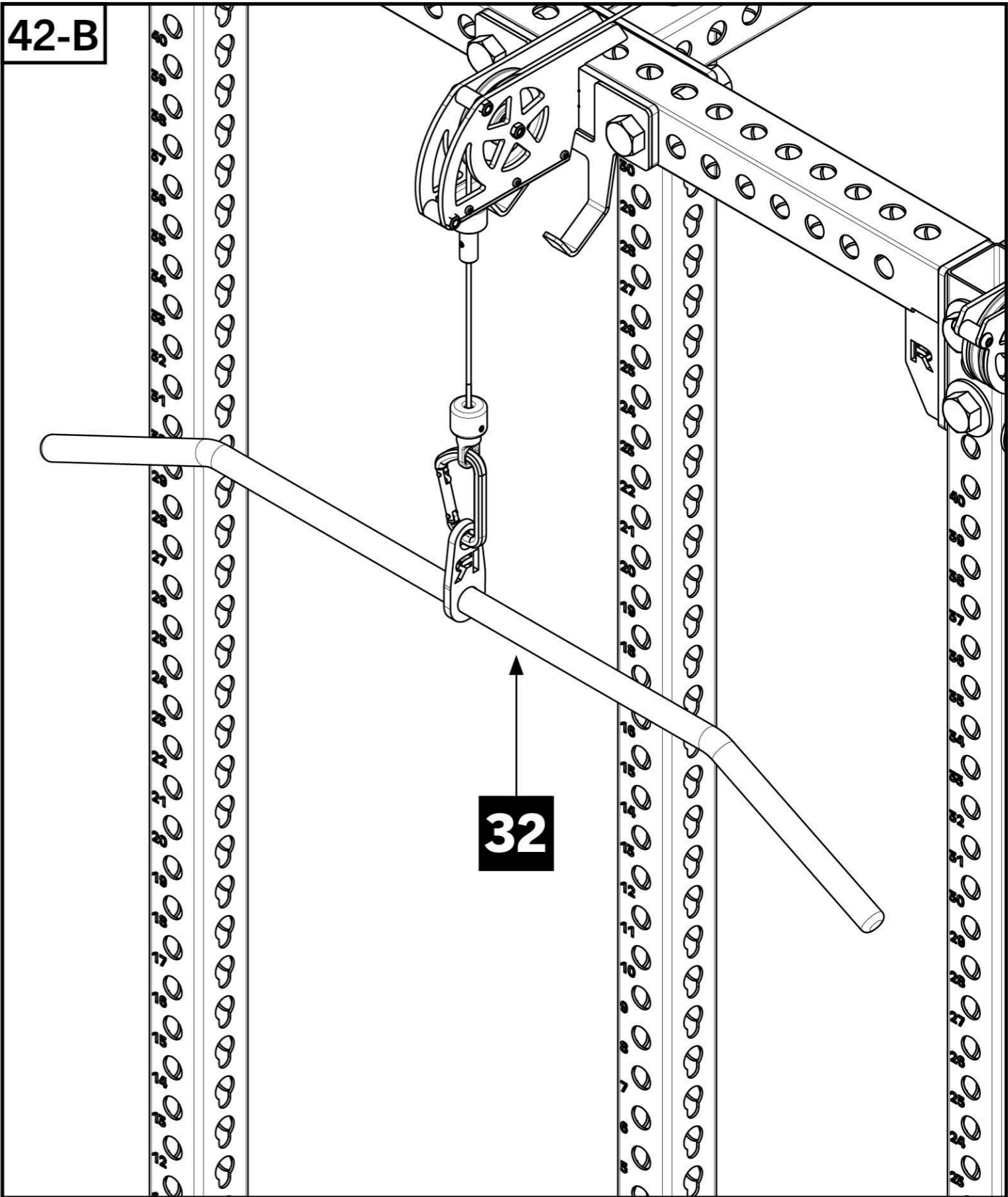
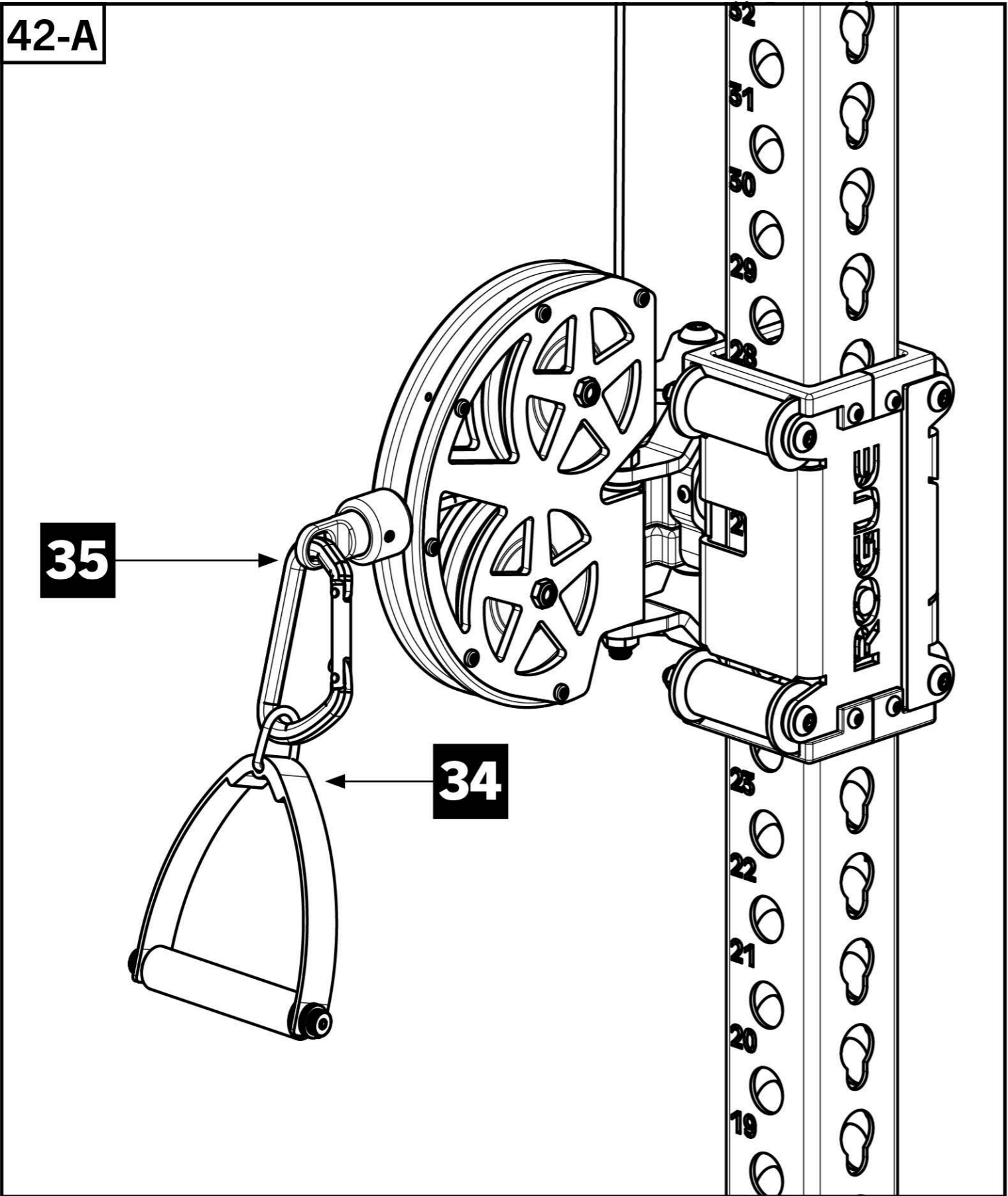
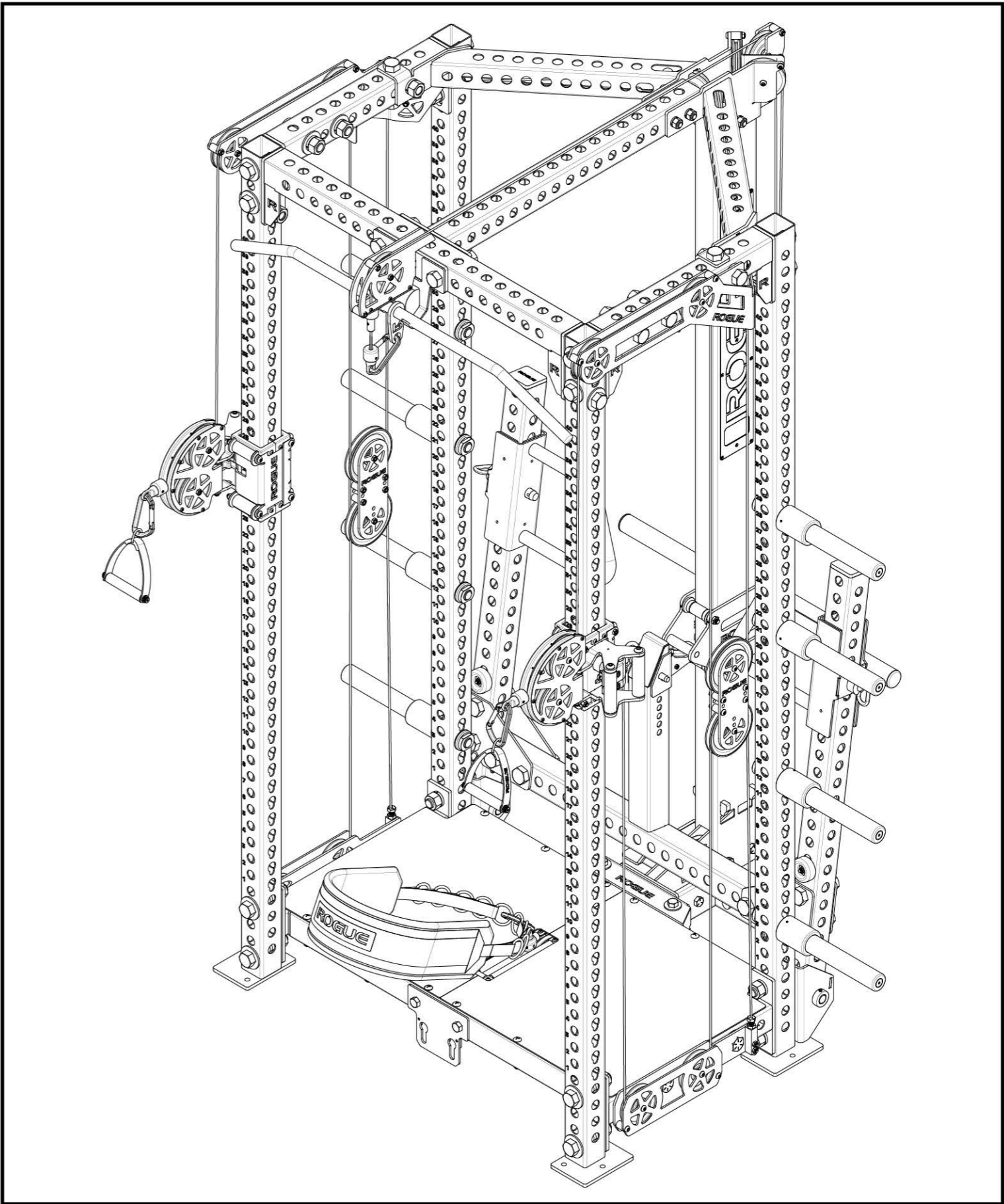
- Cables may stretch slightly after use and re-adjusting the tension may be necessary.
- When performing exercises off the front swivel trolleys or the lat pulldown, the Plate Load Trolley must rest at the bottom of the Rhino Upright, NOT on the Rhino Hook.

41-A



# STEP 42

- Attach Single Handle Attachments [34] to Swivel Trolleys using included D Carabiners [35].
- Attach Lat Bar [32] to Lat Pull down clevis attachment point.
- In order to attach Rogue V2 Multi Belt [33] to Lower Rhino Cable clevis first remove belt and Lower Rhino Cable from Rhino Low Row Bracket [66].
- Remove Rhino Row Low Bracket [66] from Low Row Face Mount Plate [67].
- Attach Rogue V2 Multi Belt [33] to Lower Rhino Cable clevis attachment point using included D Carabiners [35].
- **Note: Remove Rhino Low Row Bracket [66] when performing belt squats.**



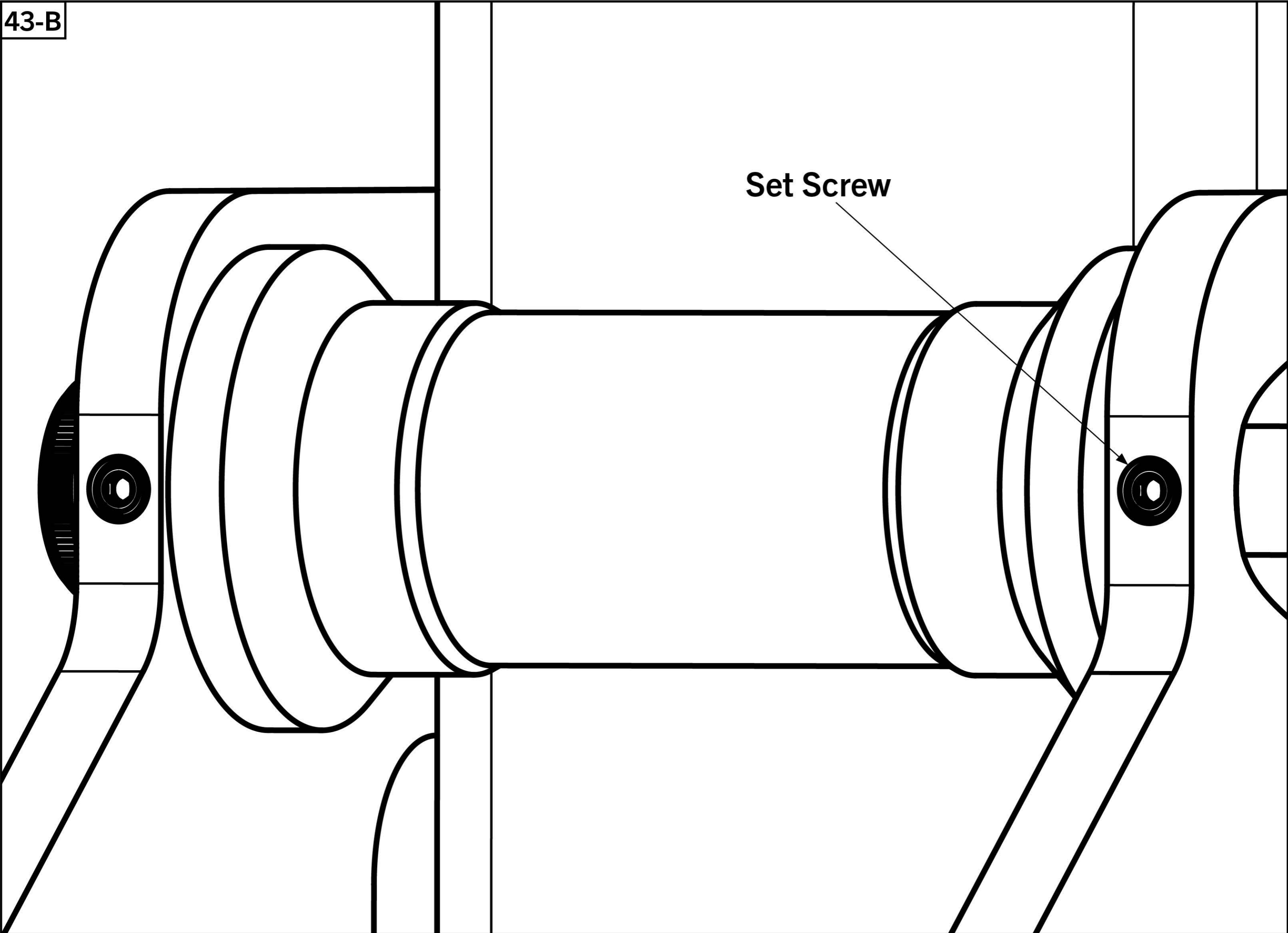
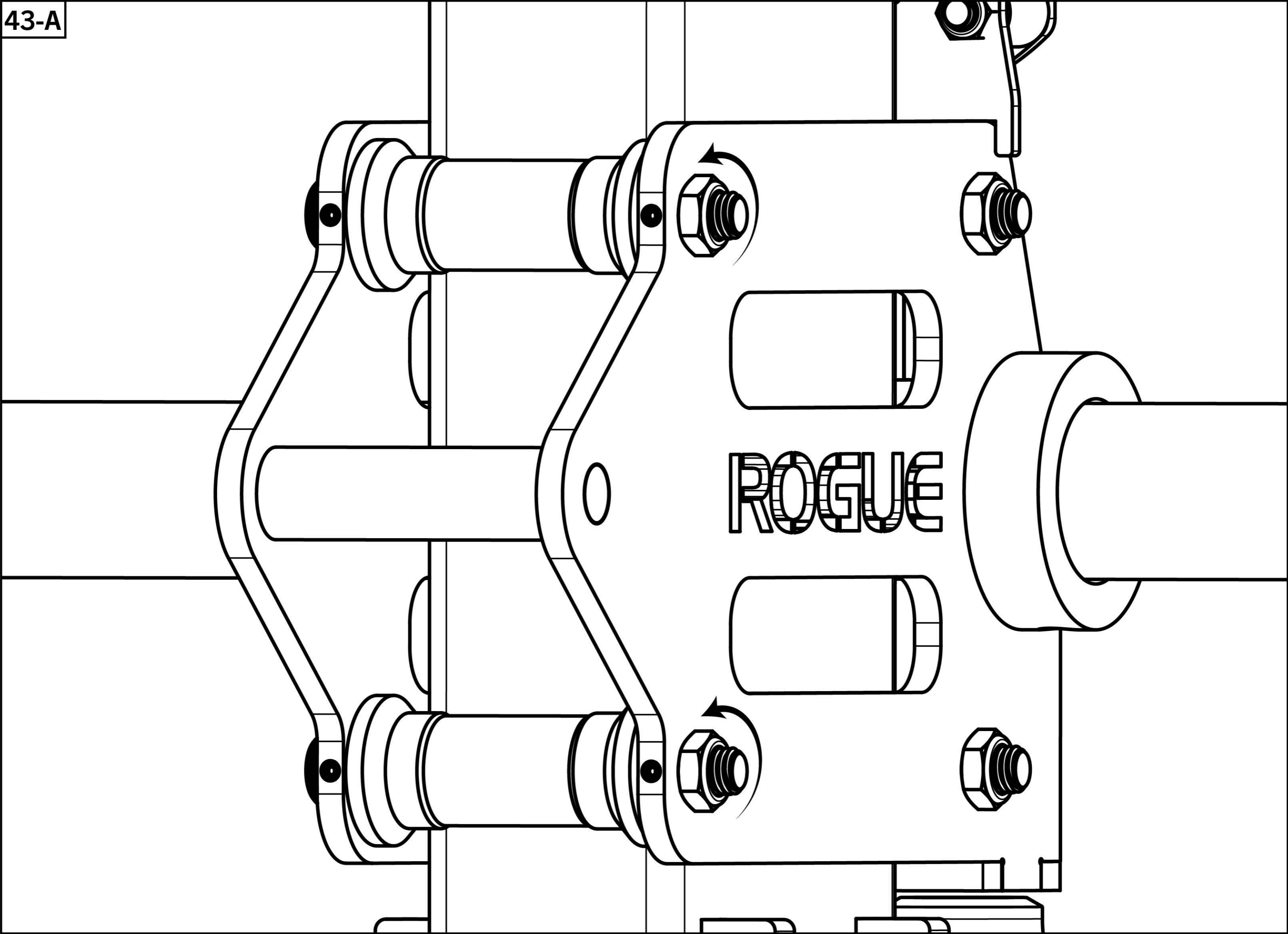
# STEP 43

- 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.

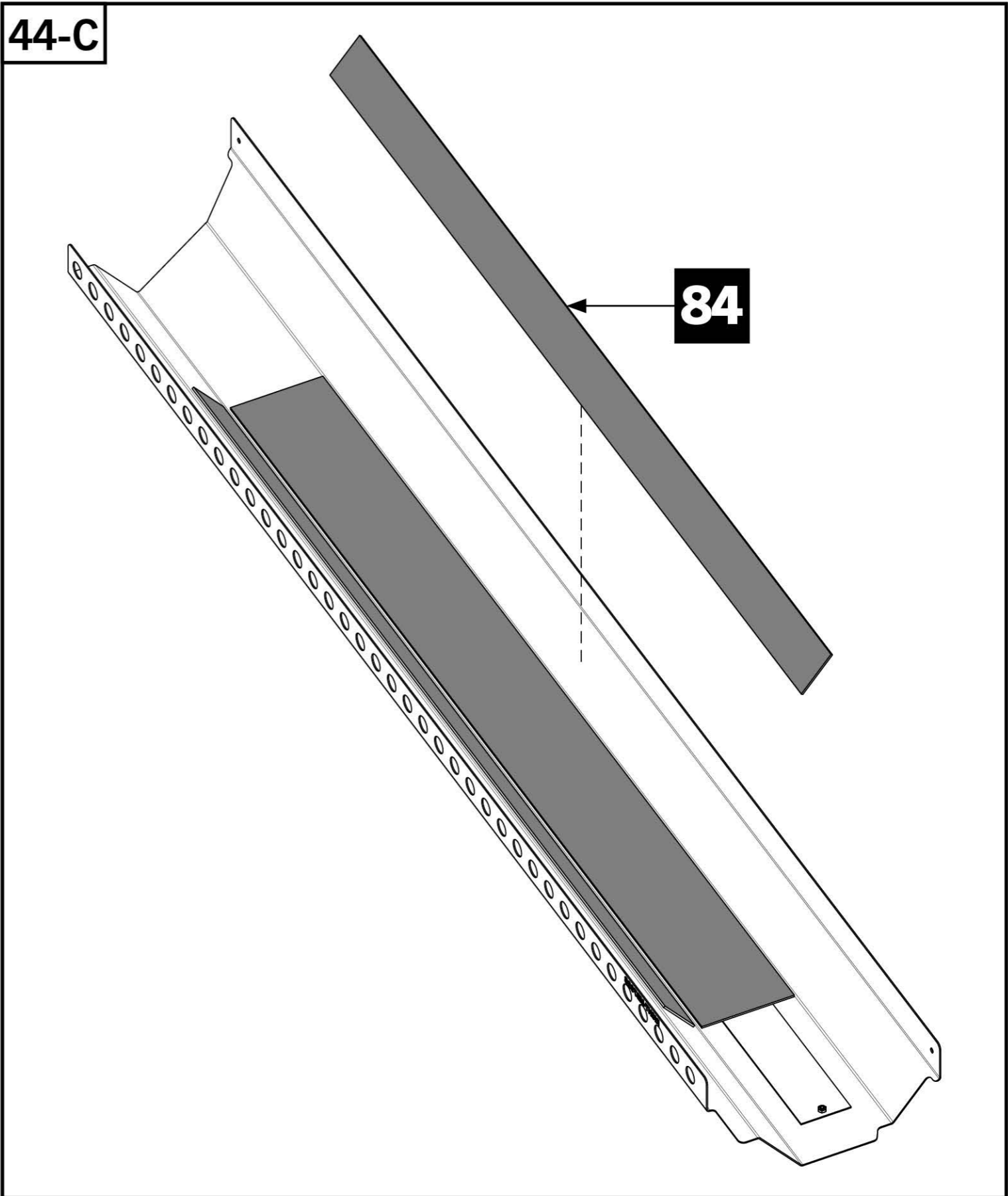
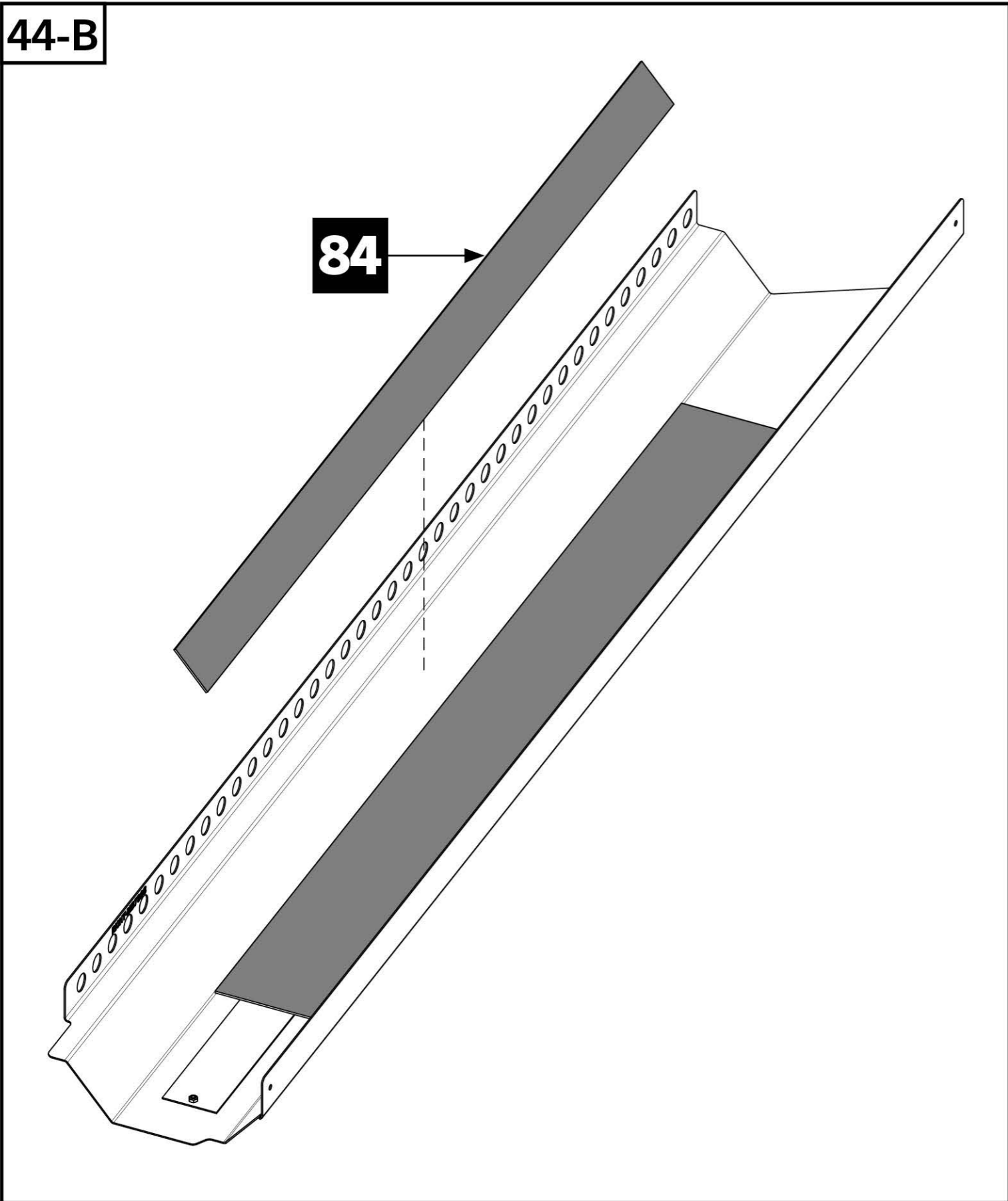
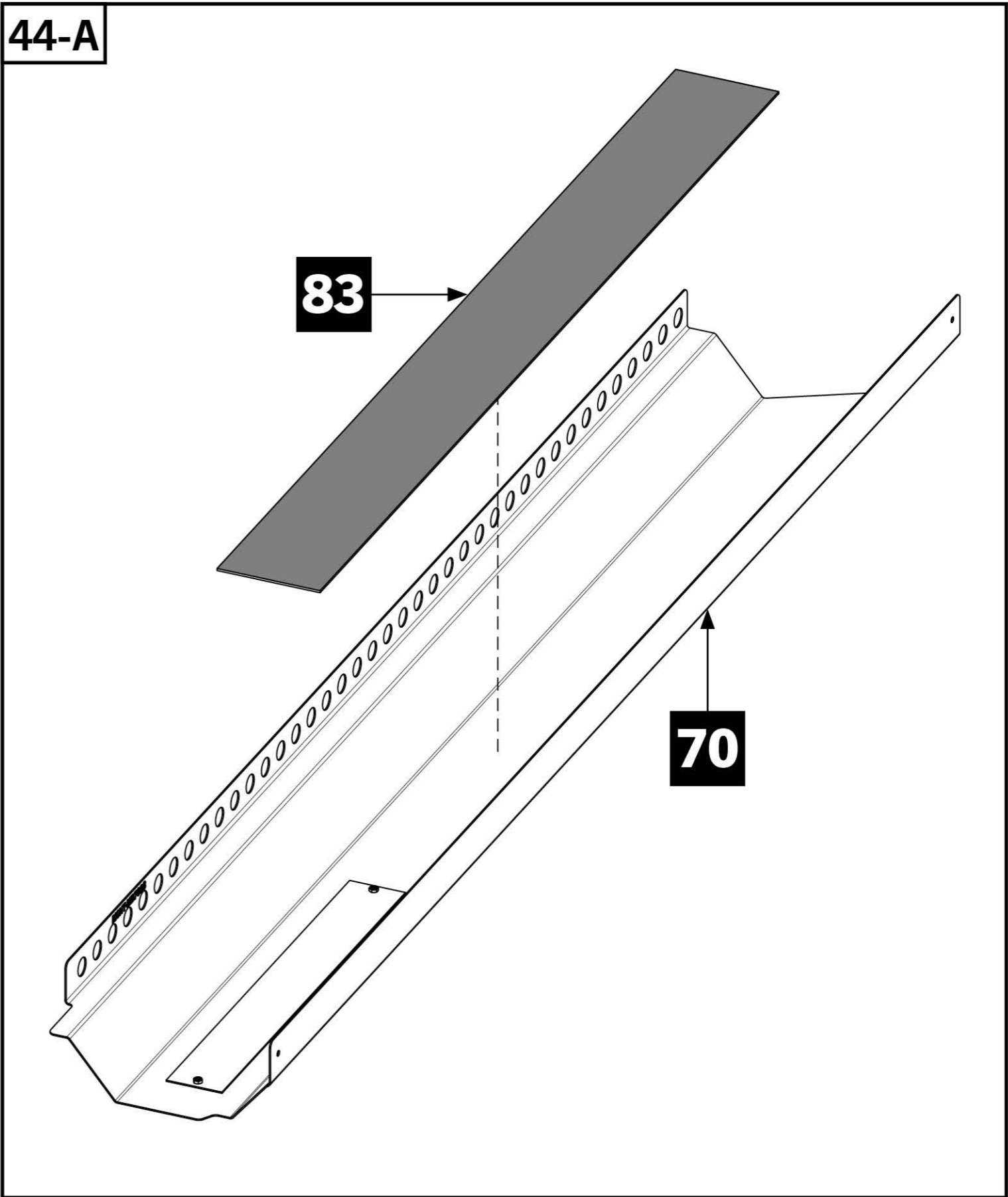
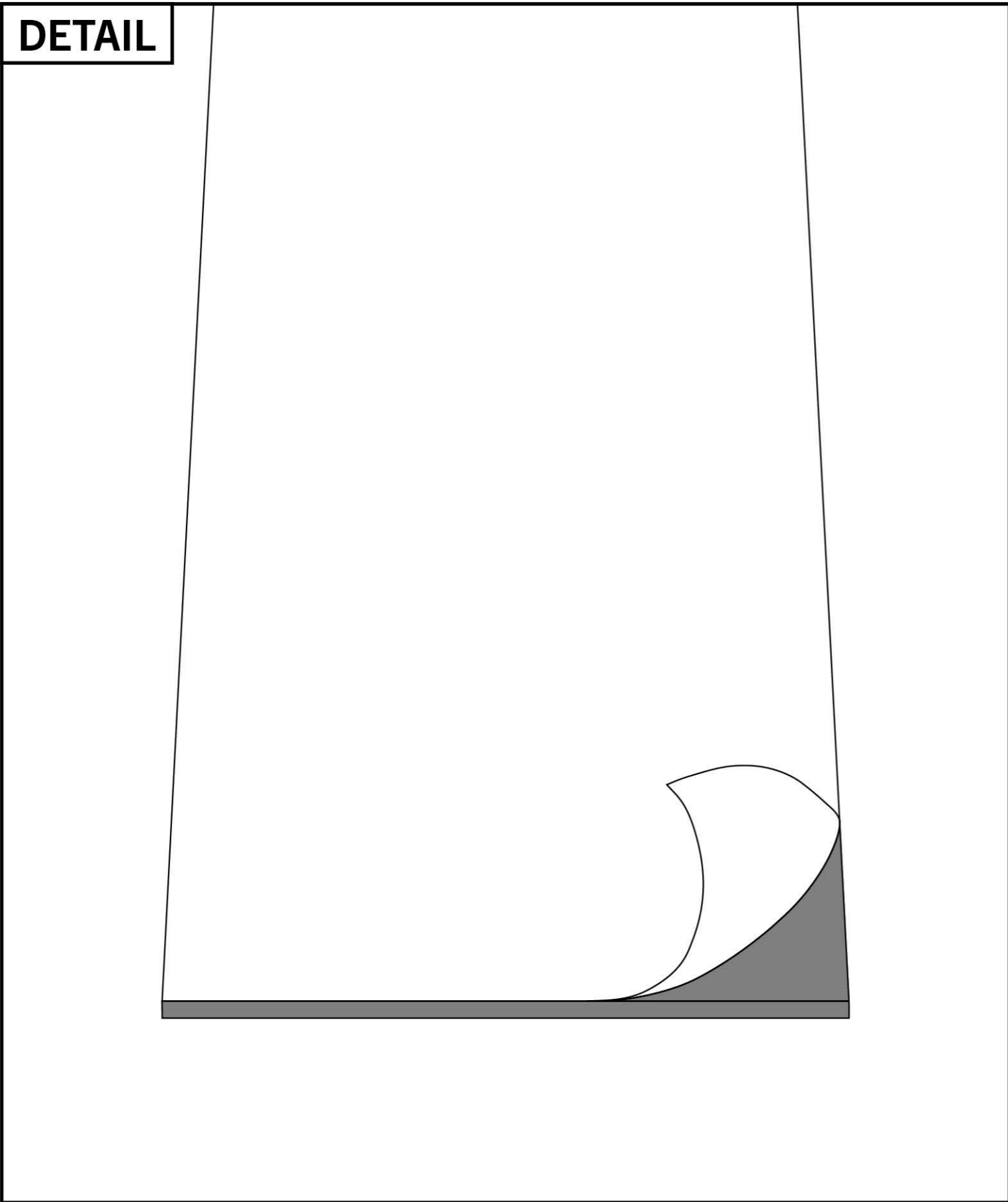
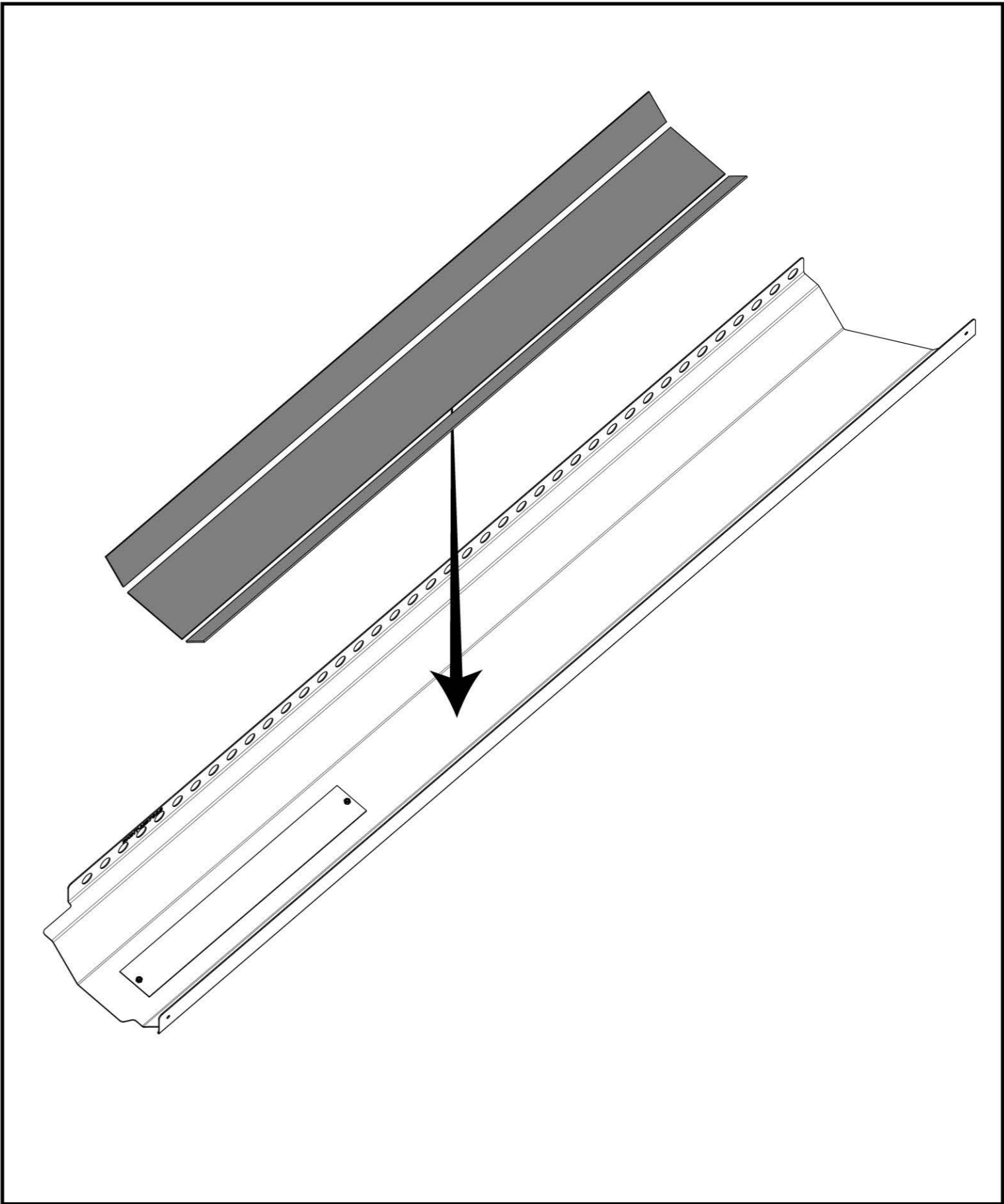
**Note:**

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



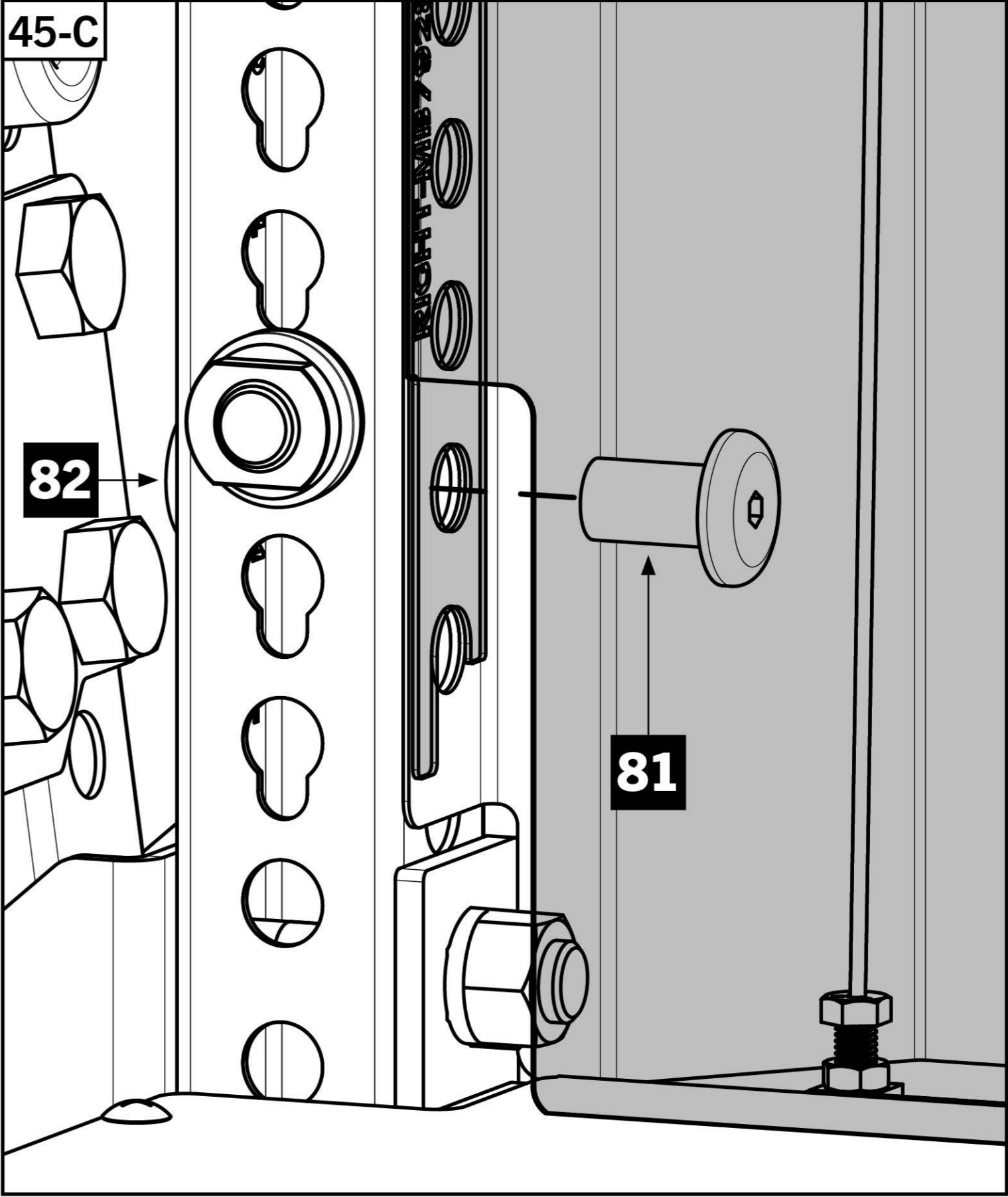
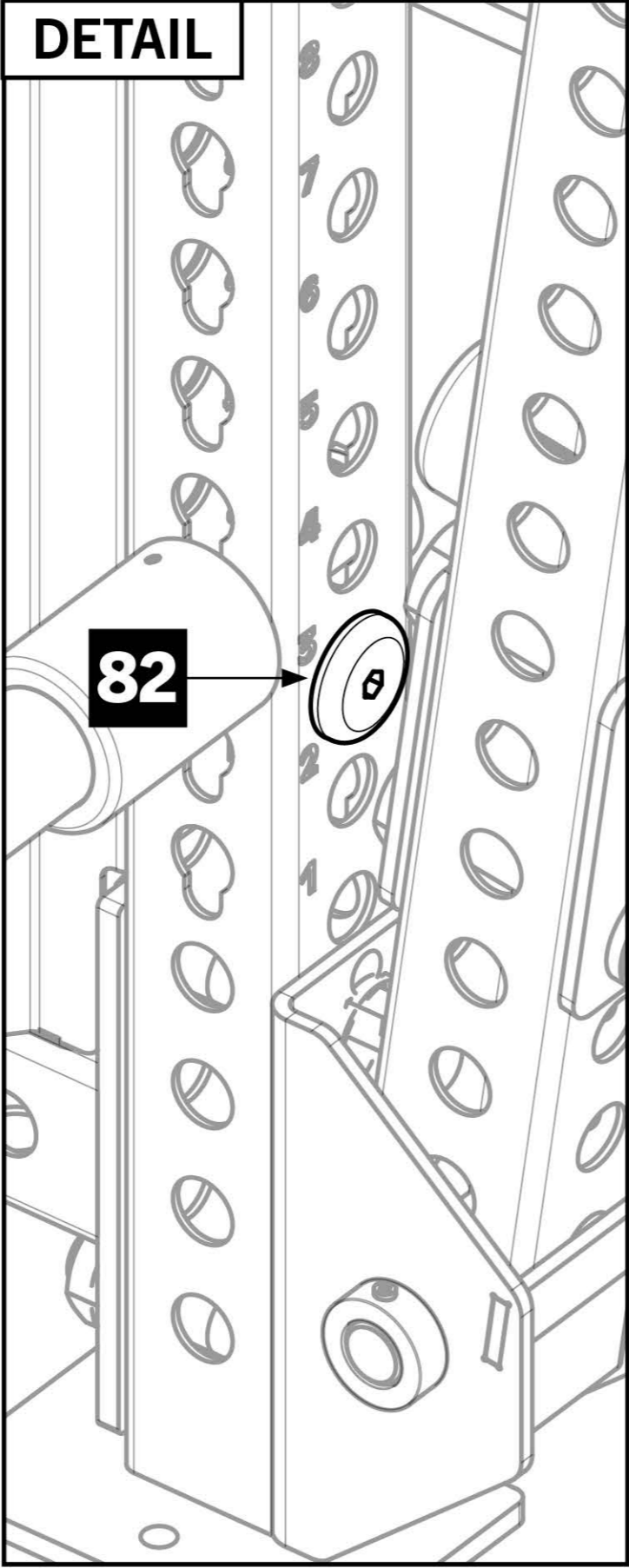
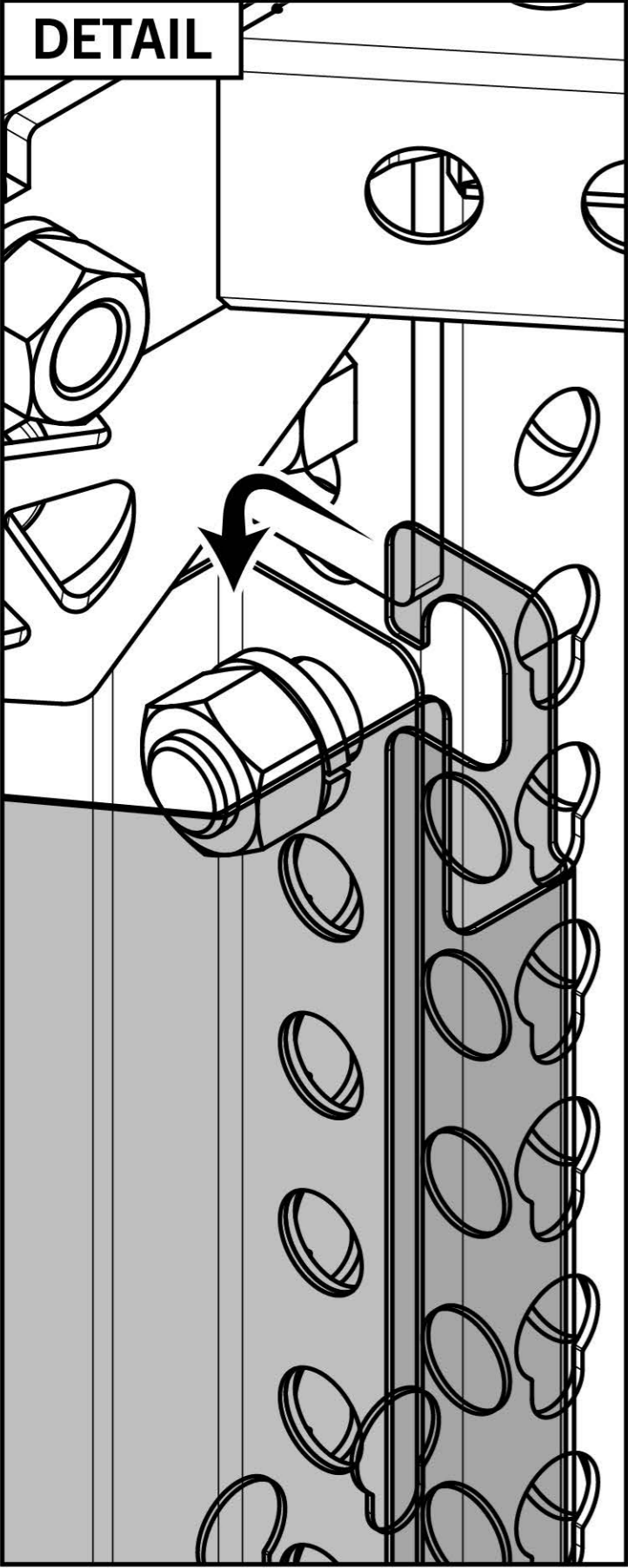
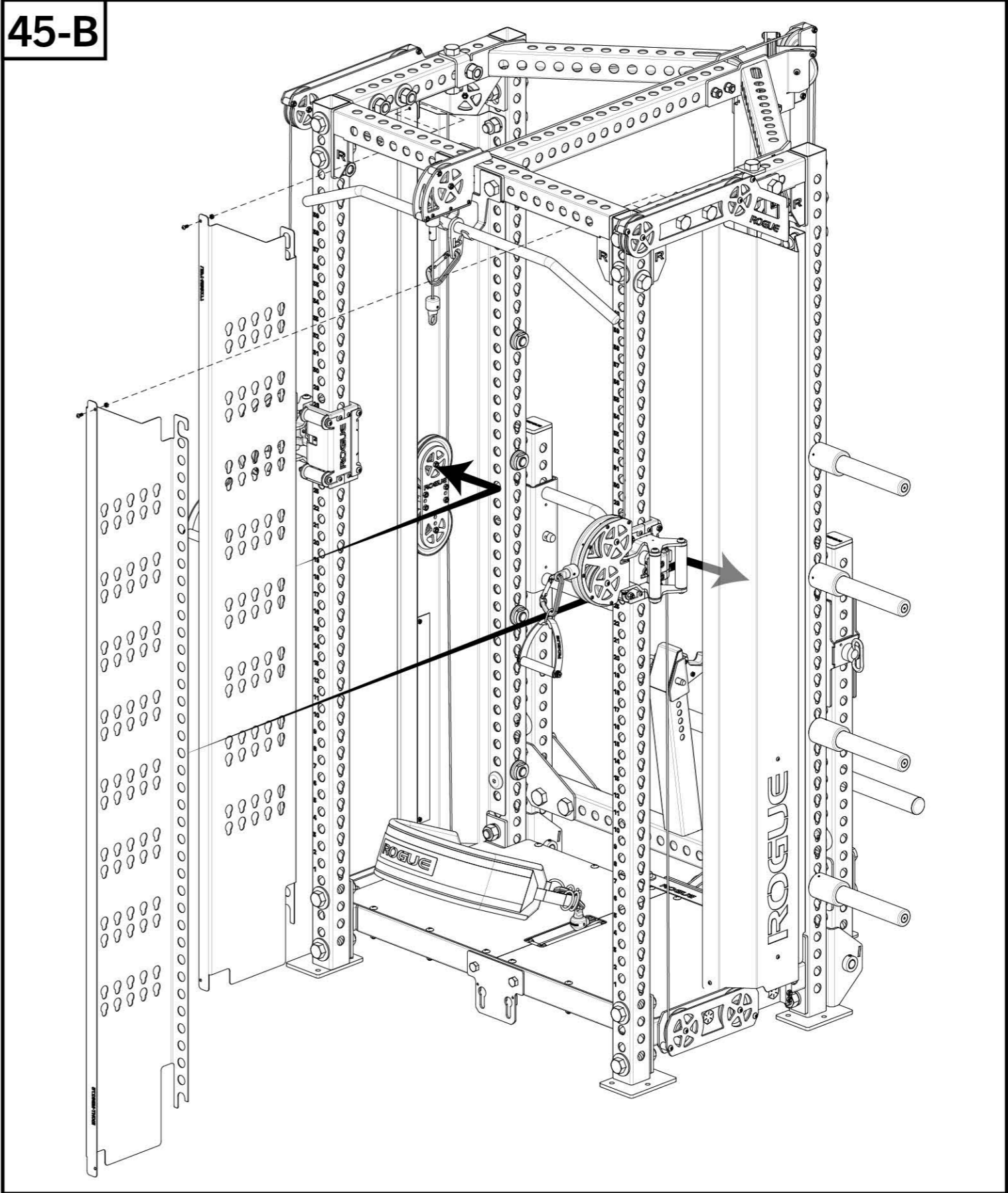
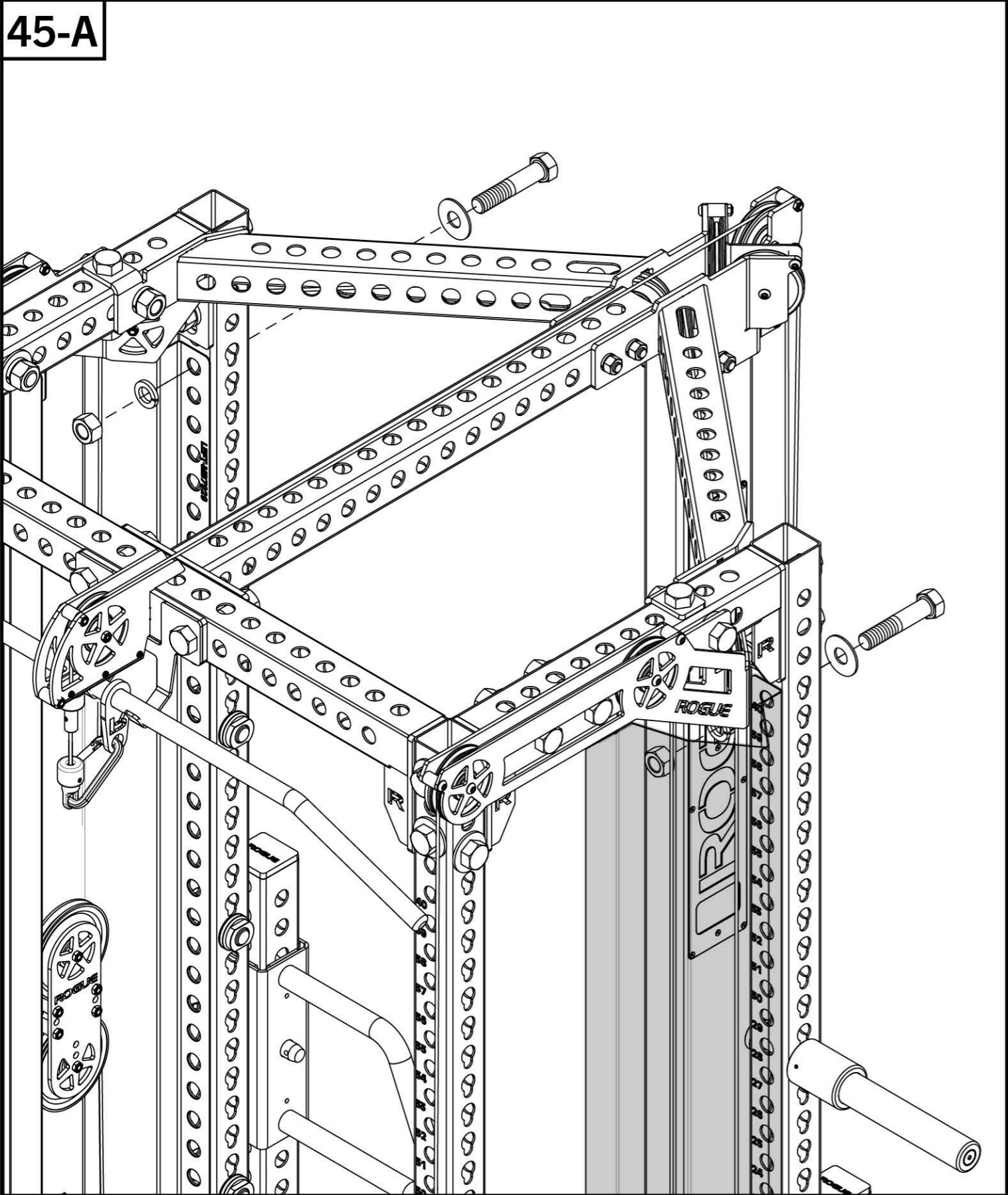
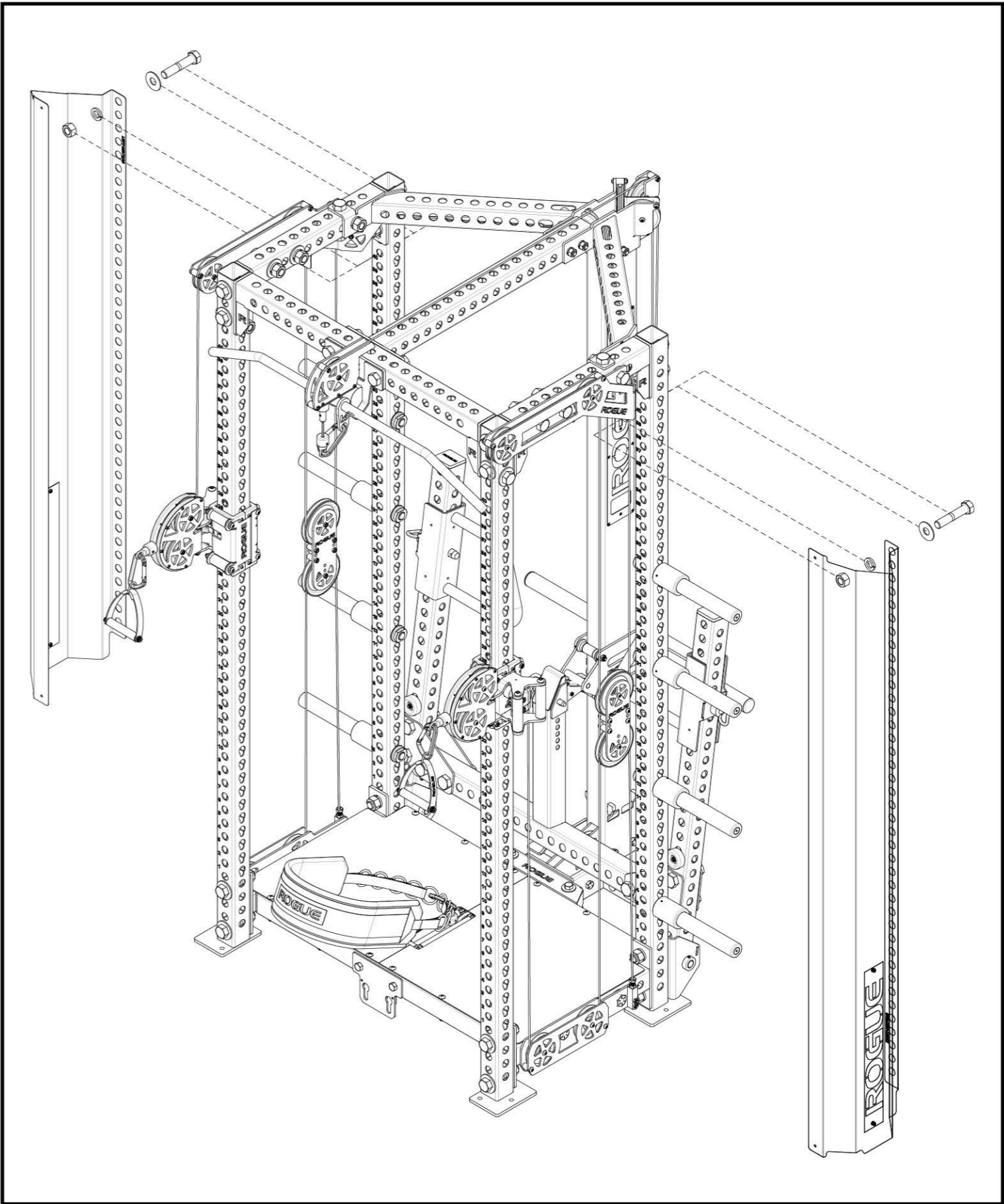
# STEP 44 (SHROUD ASSEMBLY)

- Align the 6” Foam Panel [83] to the middle panel of the Side Shroud - RH [70] centering it between all sides. Peel off the adhesive backing and stick the 6” Foam to the middle panel.
- Place the 3” Foam Panels [84] on panels to the left and right of the center of the Side Shroud - RH [70]. Peel off the adhesive backing and stick the foam to the correct panels shown in **44-B** and **44-C**.
- Repeat the whole process for the Side Shroud - LH [71].



# STEP 45 (SHROUD ASSEMBLY)

- Assemble Side Shroud -RH [70] and -LH [71] on rear uprights of rack using included 1” hardware through the highest 1” hole on Side Shrouds.
- Attach top rear holes on Storage Panels [72],[73] to horizontal 1” hardware installed on 45-C as shown in **DETAIL**.
- Secure Storage Panels [72],[73] to the Side Shrouds [70],[71] and the rear uprights using 1” Shoulder Bolt - Female [81] and the 1” Shoulder Bolt - Male [82] from **STEP 10**.
- Reset Rhino Hook and Plate Load Trolley to resting position.



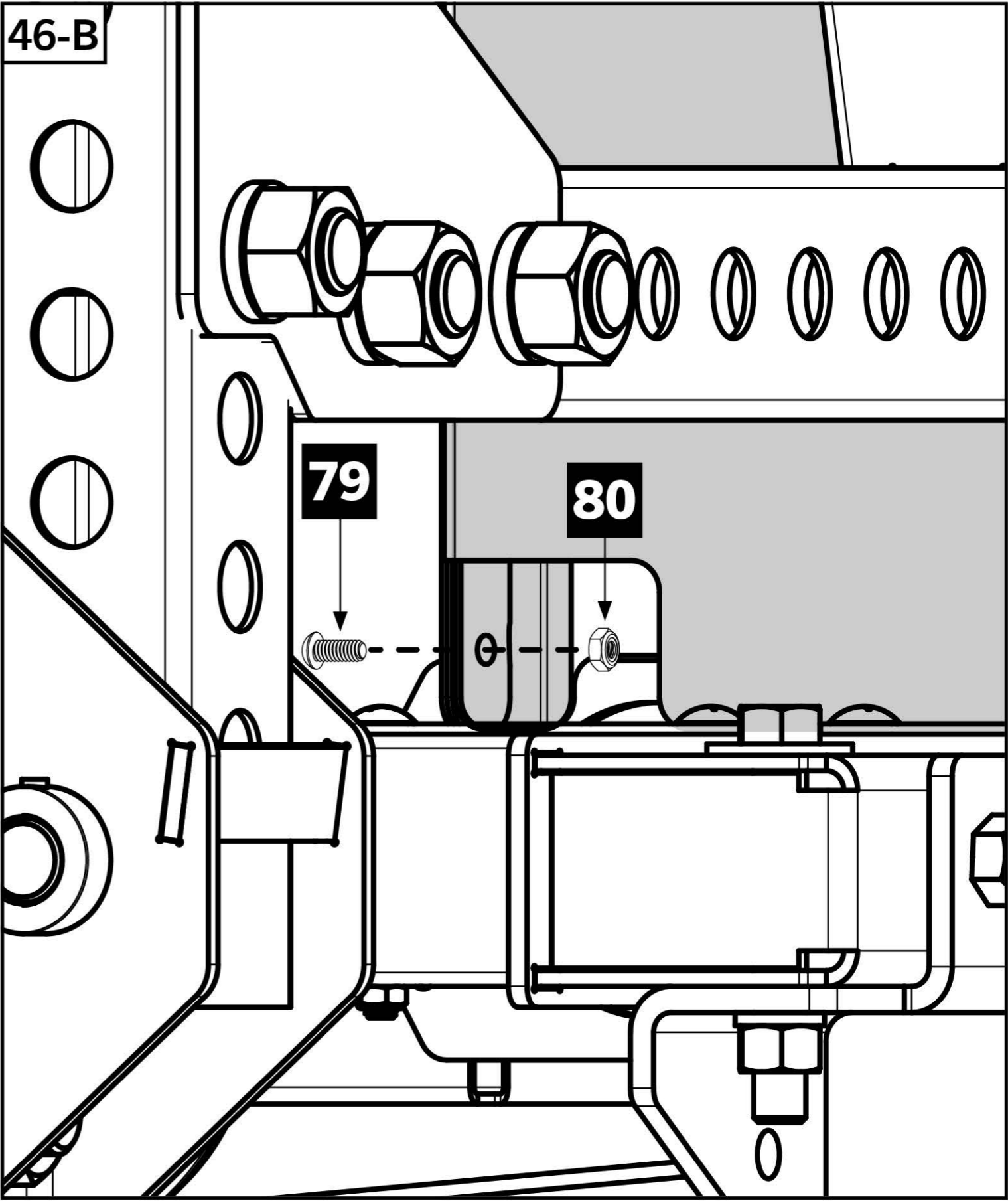
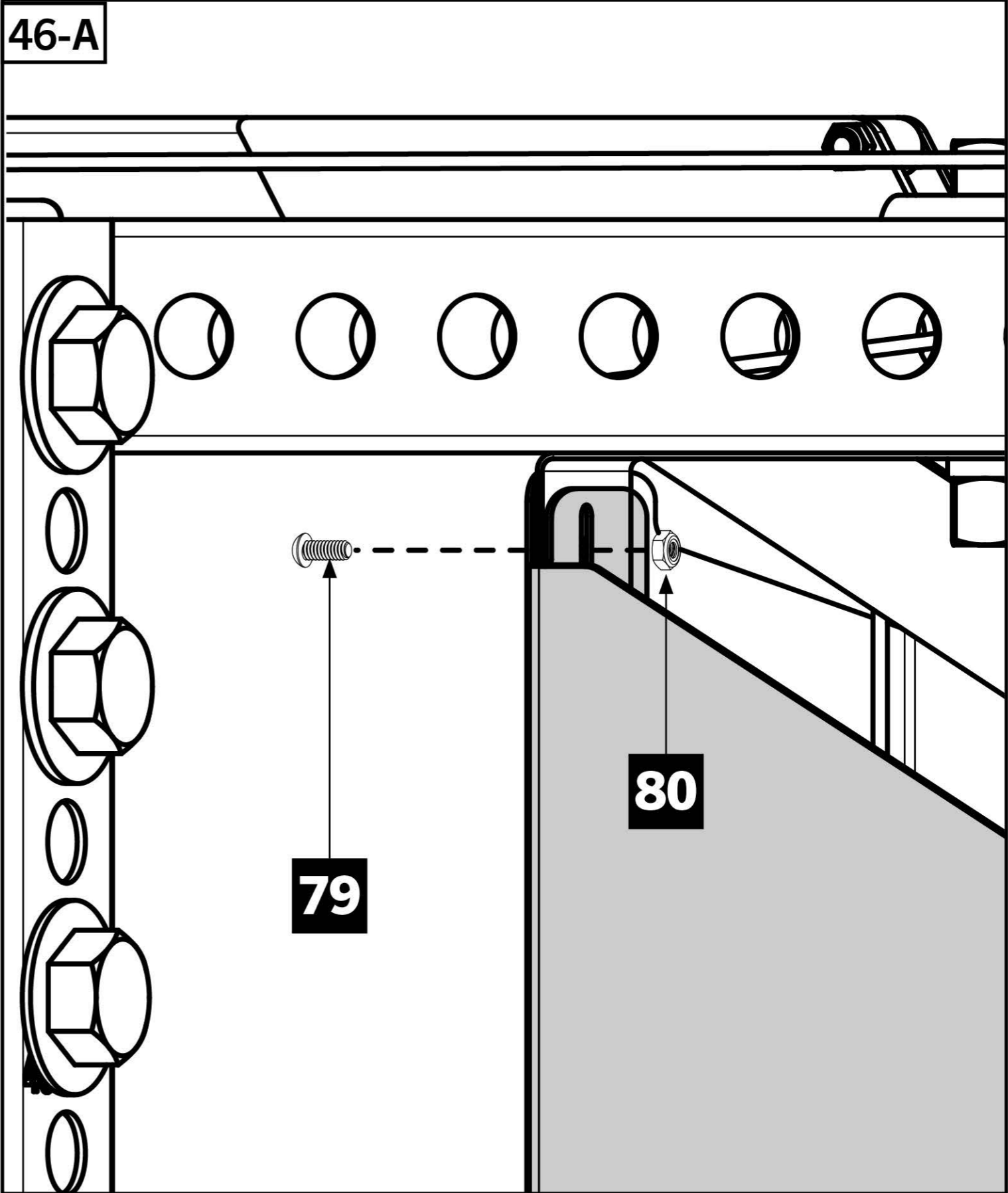
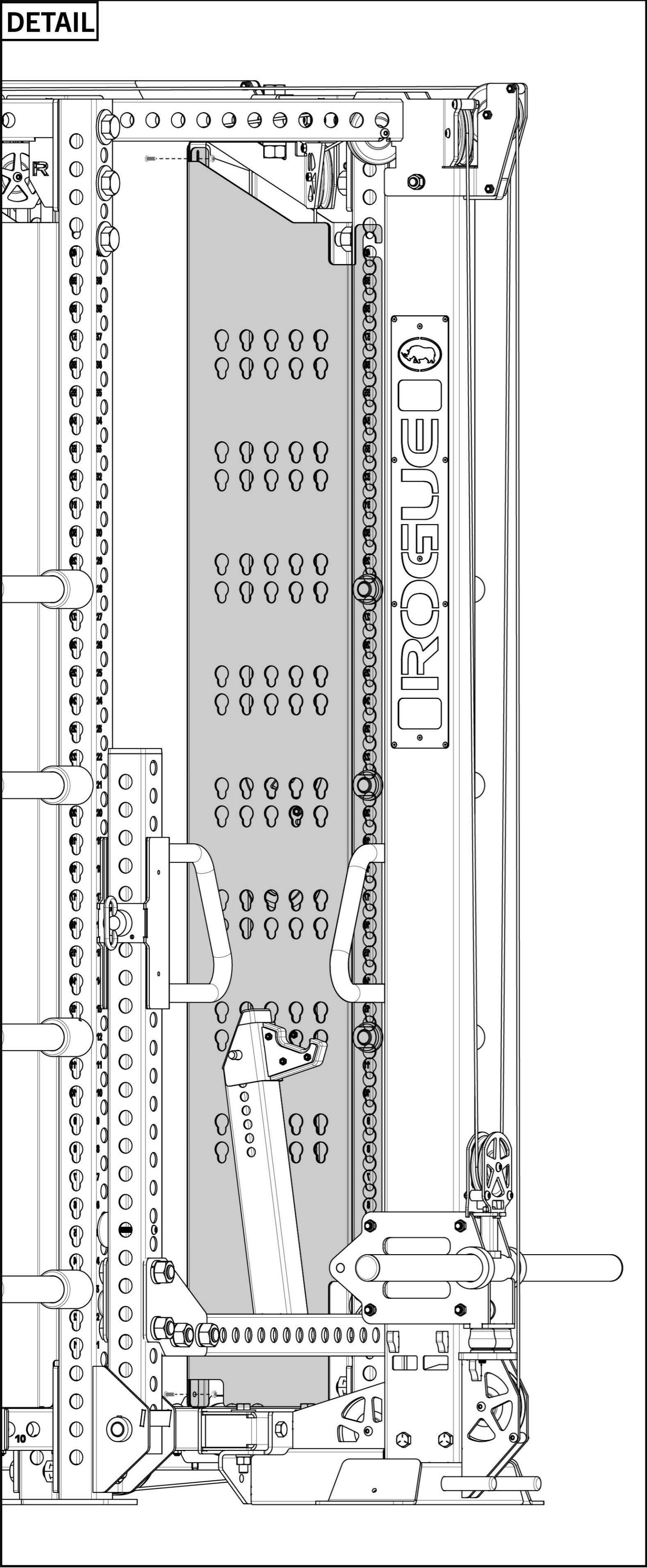
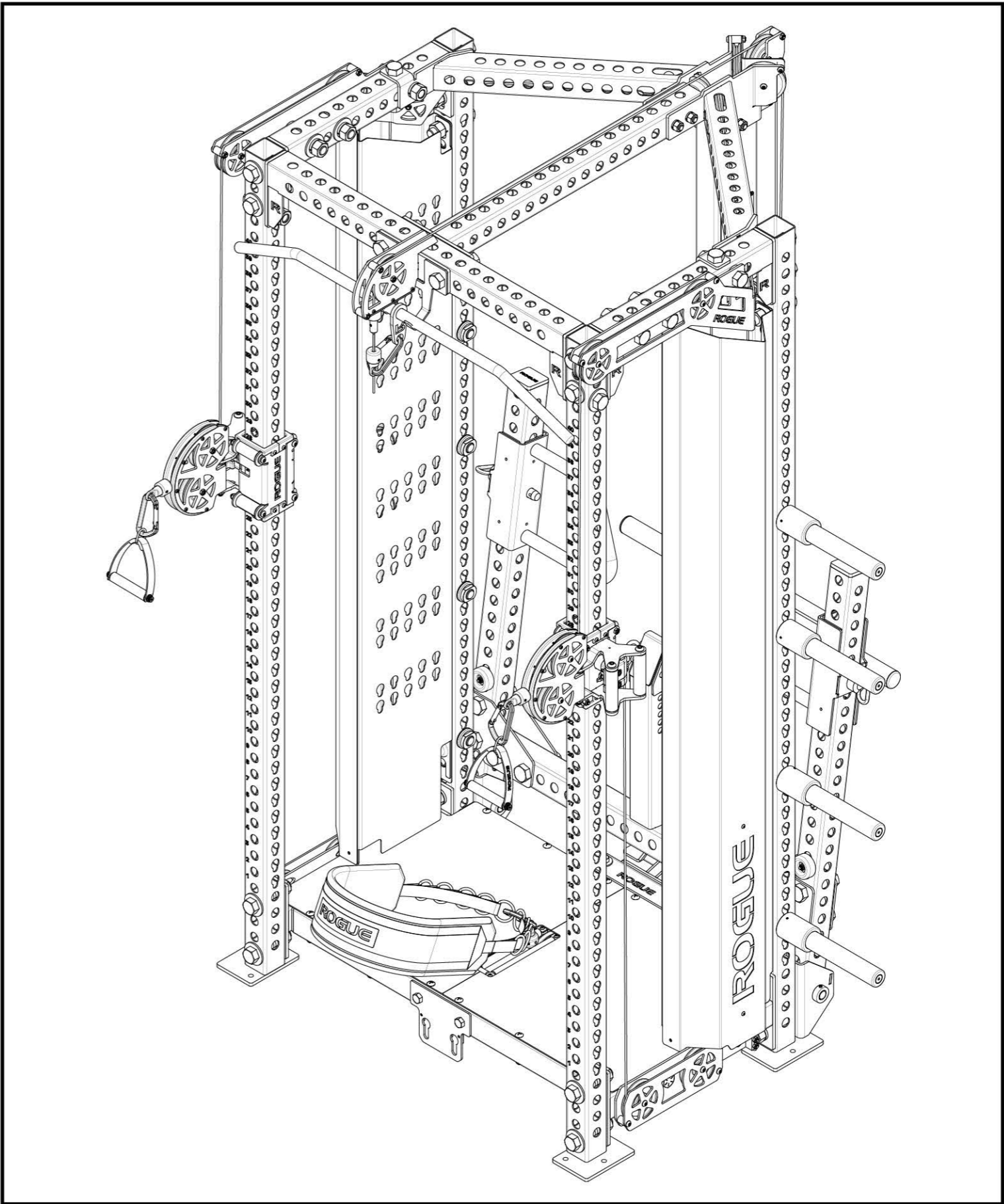
# STEP 46 (SHROUD ASSEMBLY)

## Tools Required:

- 1-1/2” Wrench, 5/32” Allen Key, 7/16” Wrench
- Bolt top of both Side Shrouds and Storage Panels to Top Brackets using 1/4” x 5/8” Button Head Screws [79] and 1/4” Thin Nylock Nuts [80]. Fully tighten all Shroud Kit hardware.
- Bolt bottom of both Side Shrouds and Storage Panels using 1/4” x 5/8” Button Head Screws [79] and 1/4” Thin Nylock Nuts [80]. Fully tighten all Shroud Kit hardware.

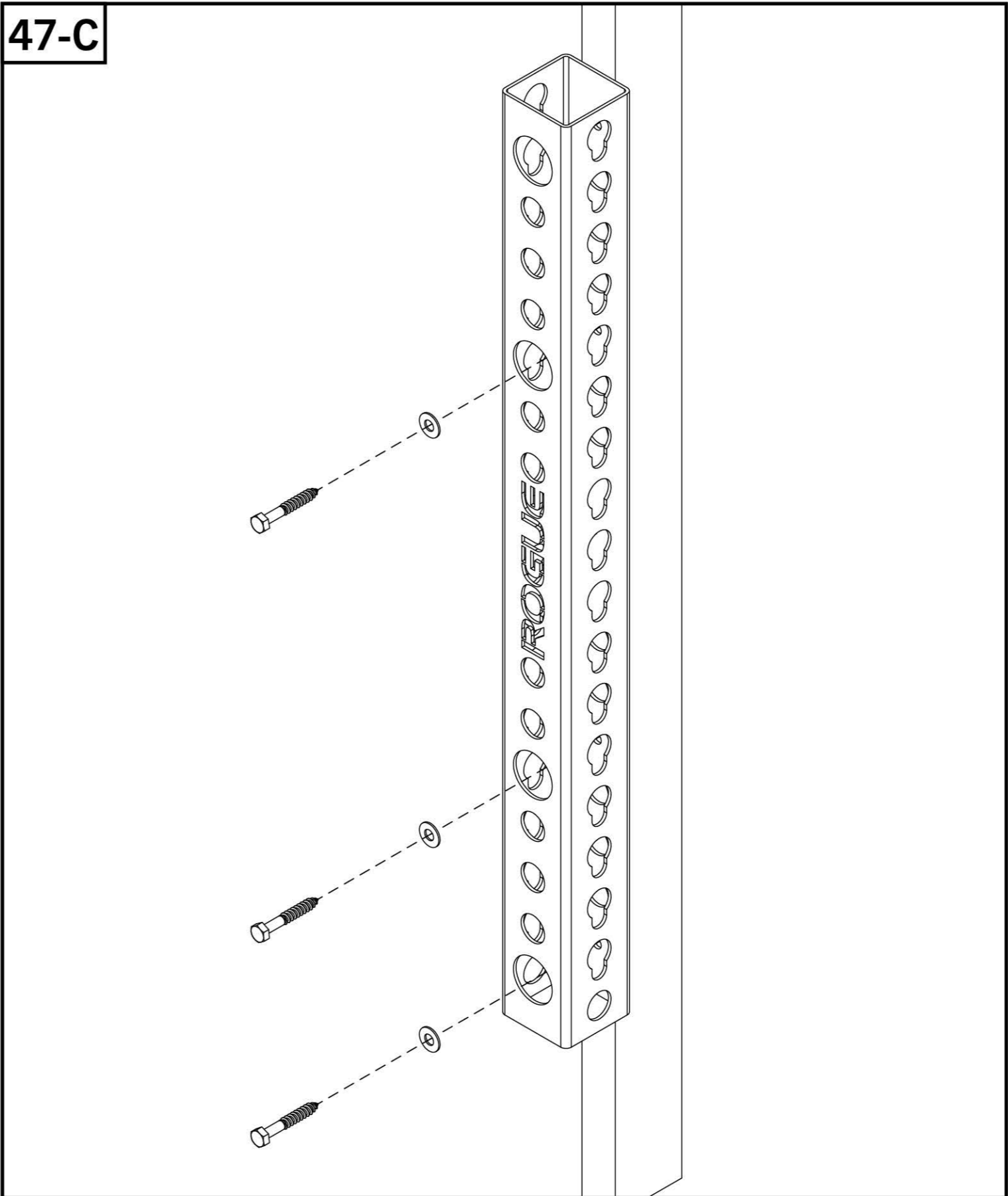
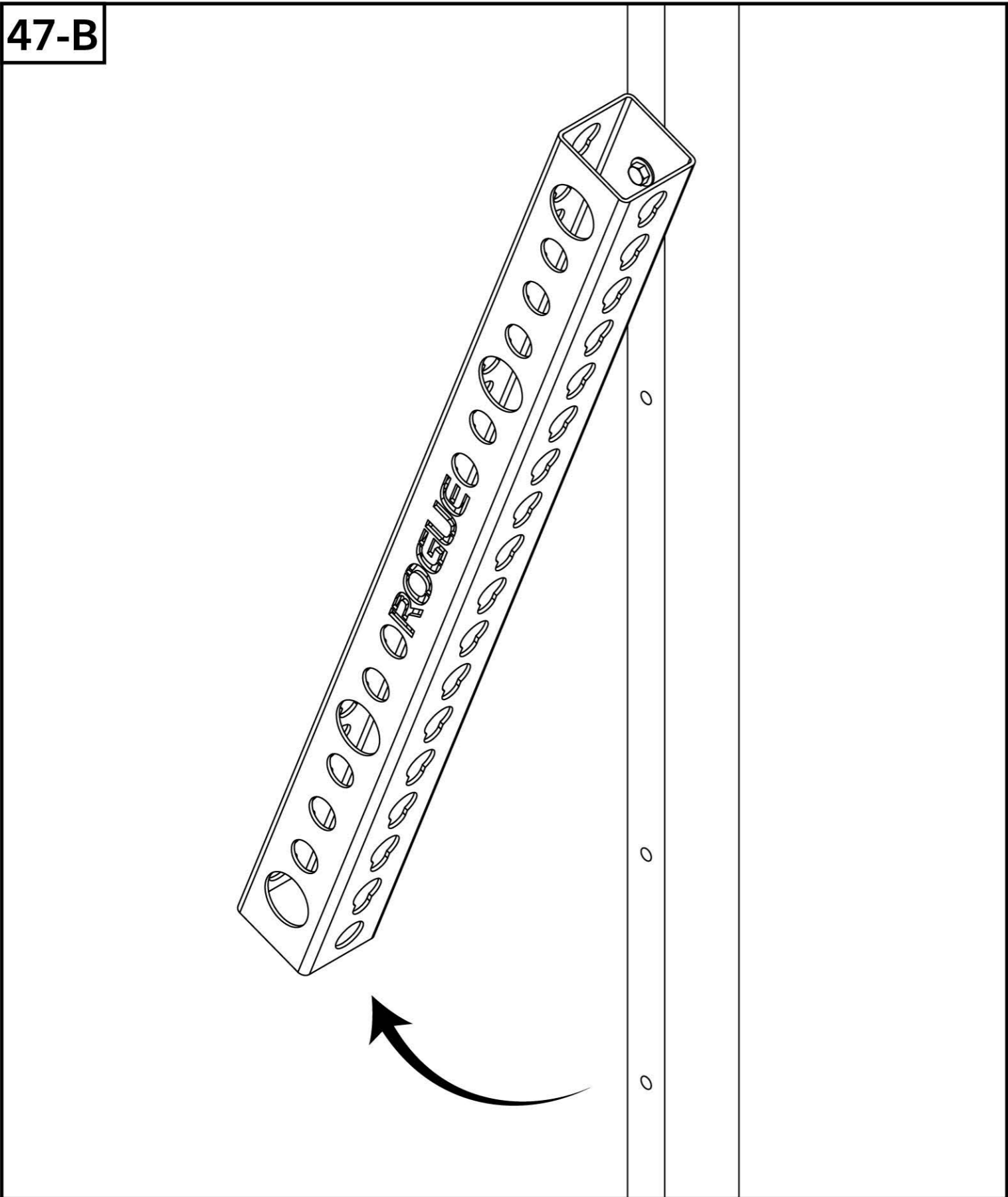
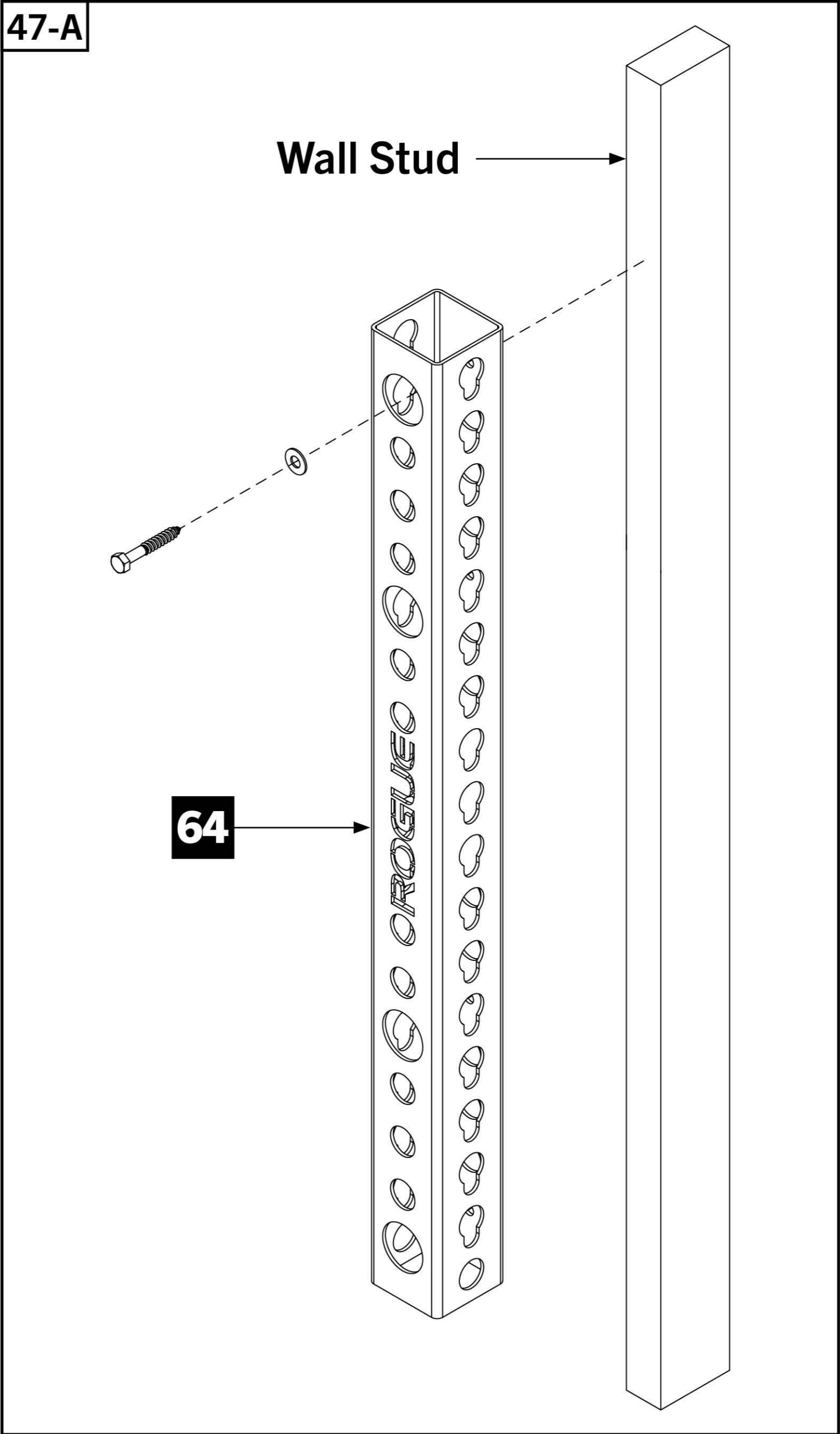
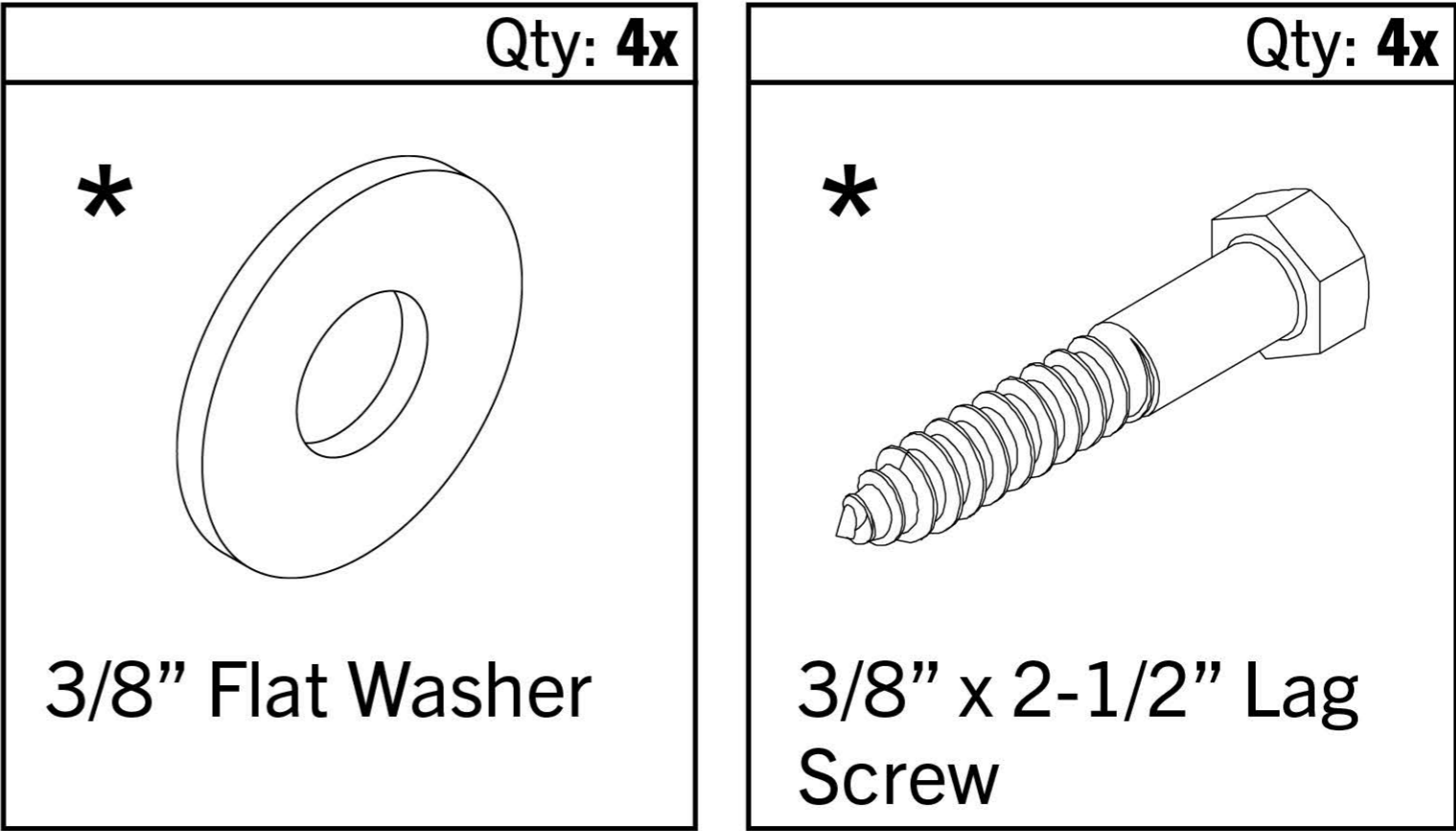
## Note:

- Bottom has no shroud bracket.
- Only the LH Storage Panel shown below. Repeat steps below to assemble the RH Storage Panel onto Side Shroud RH.



# INCLUDED MONSTER STRIP

- \*Hardware and tools not included for installing Monster Strips [64].
- (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 47-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.



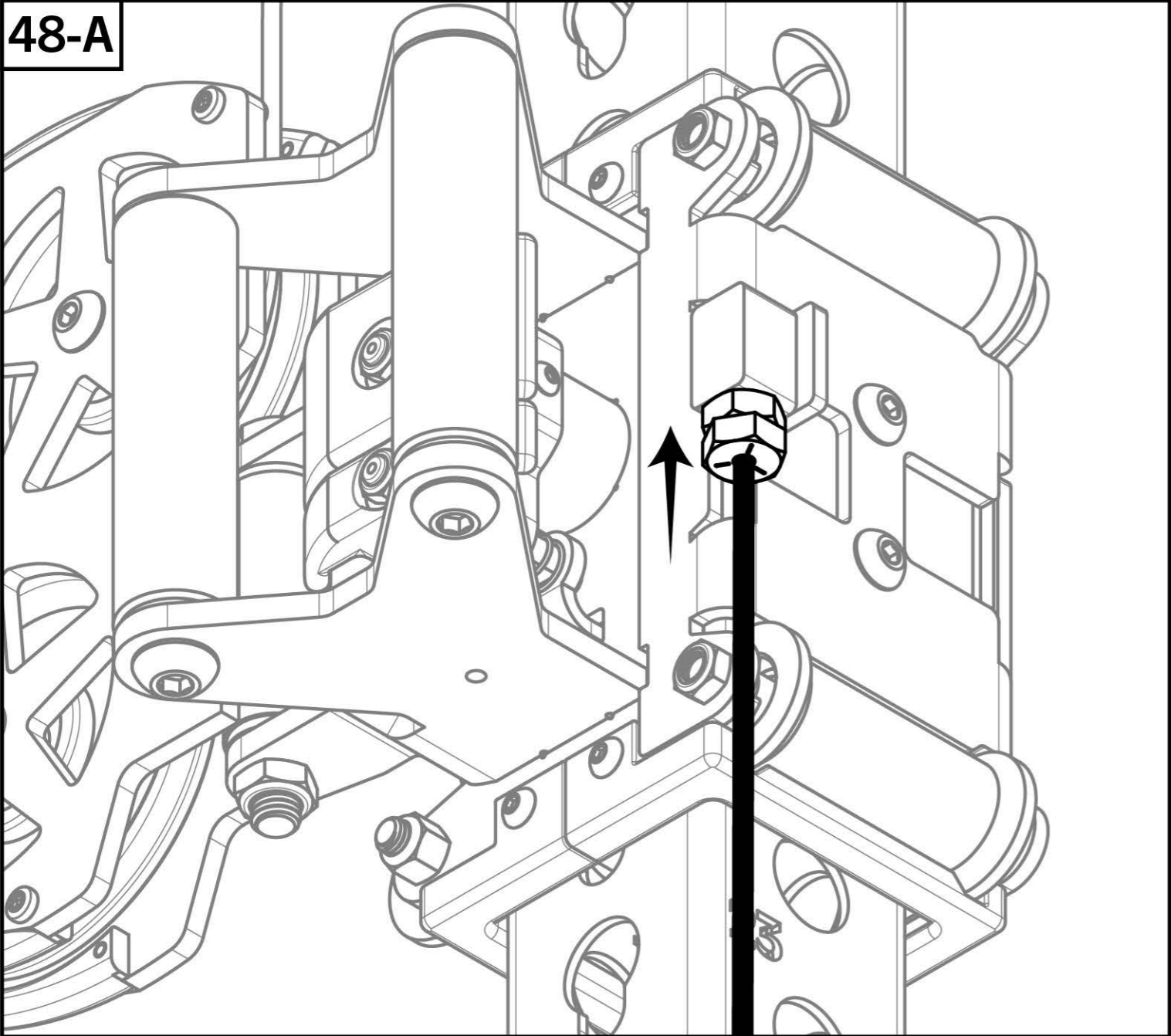
# CABLE MAINTENANCE

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

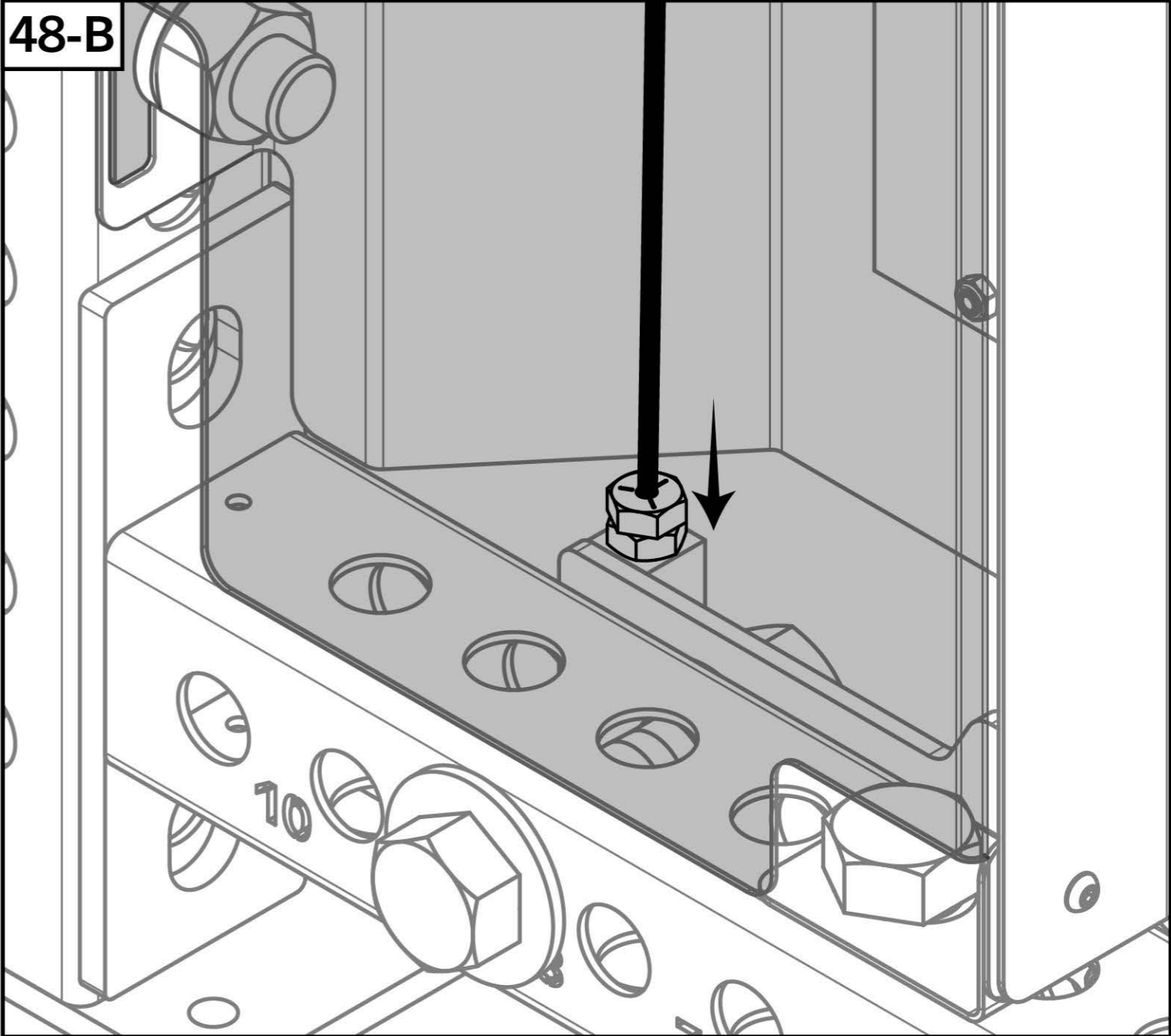
## STEP 1

**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.



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



## STEP 2

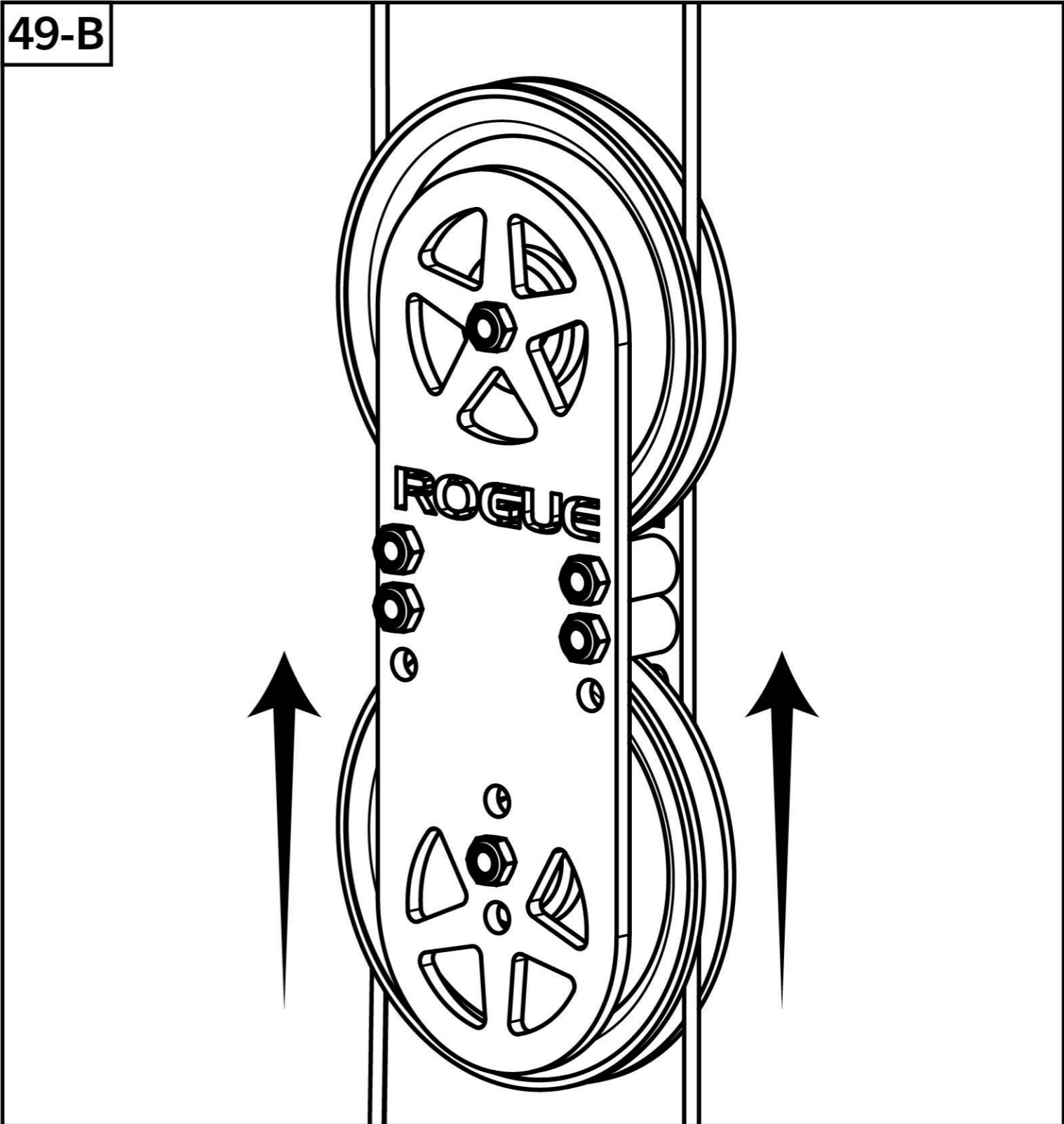
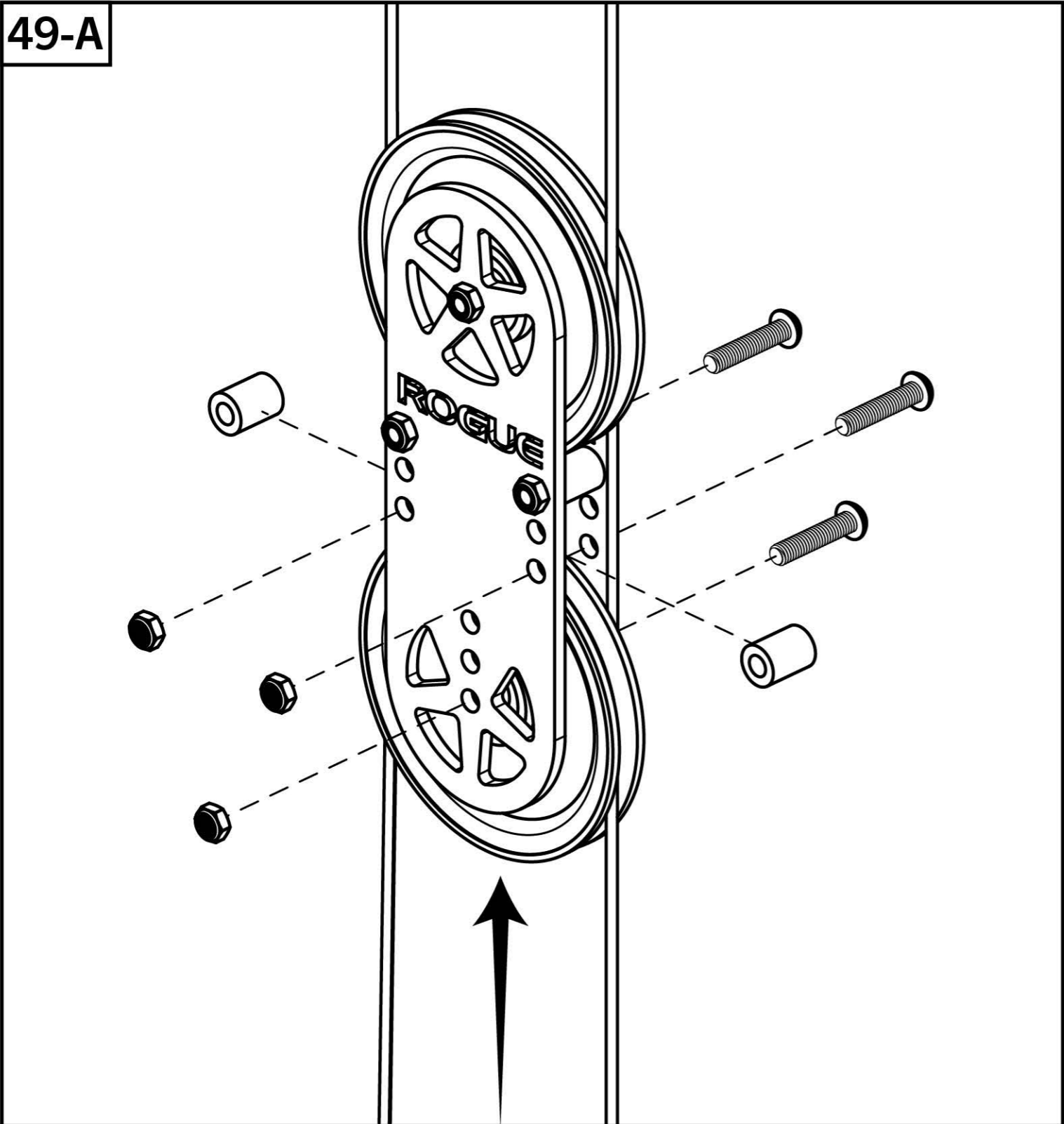
**Tools Required:**

- Multi Tool, 7/32” Allen Key
- Remove the Shroud Storage Panel - RH
- Remove Cable Retainers and hardware from Side Peanut Pulley (**49-A**) and move pulley up by one hole (**49-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.









**ROGUE**



**SCAN FOR  
INSTRUCTIONS**



**IRON GAME  
PROGRAMMING**

**IS0613-7**