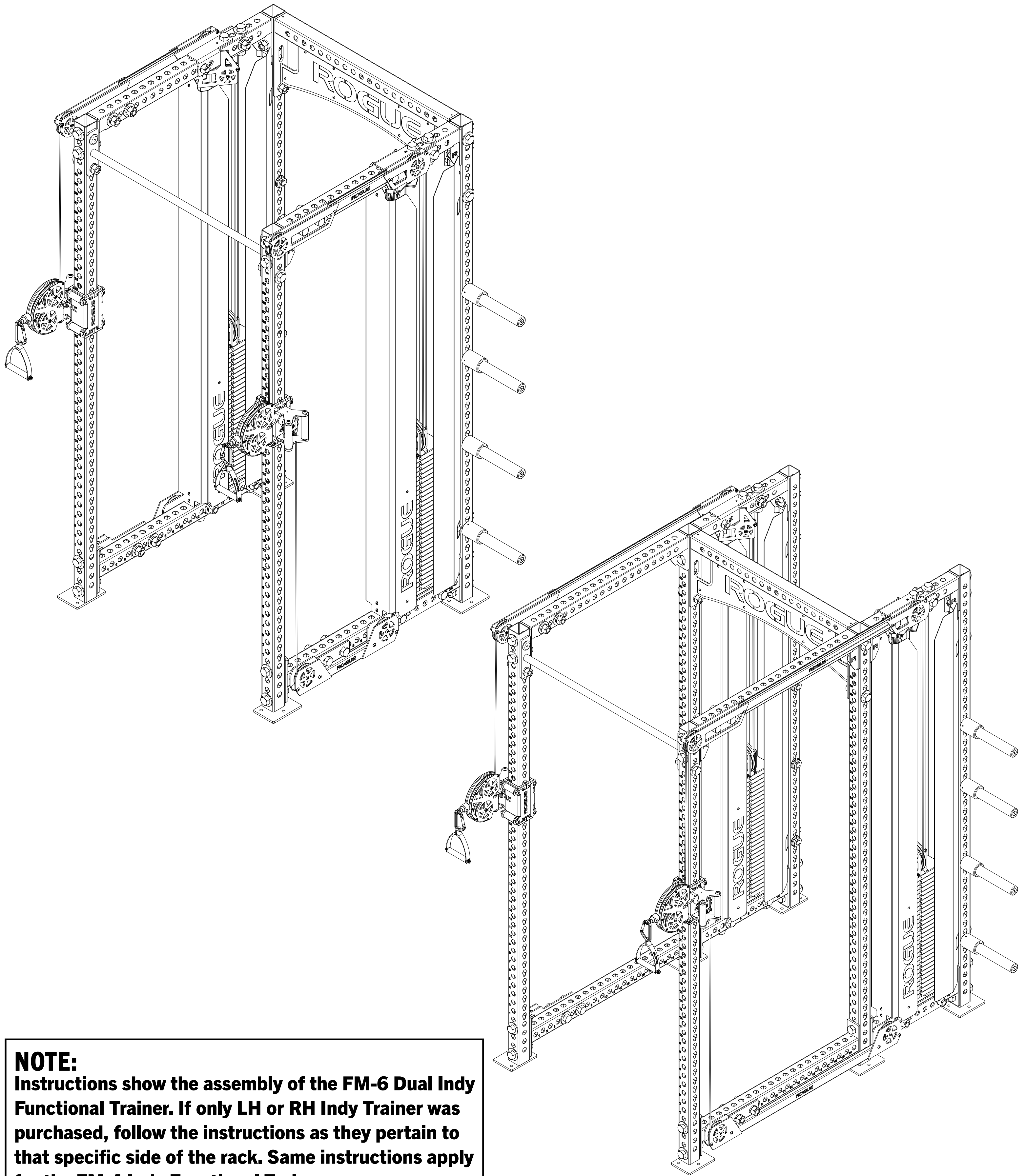


ROGUE®

FM-4 AND FM-6 INDY FUNCTIONAL TRAINER



NOTE:
Instructions show the assembly of the FM-6 Dual Indy Functional Trainer. If only LH or RH Indy Trainer was purchased, follow the instructions as they pertain to that specific side of the rack. Same instructions apply for the FM-4 Indy 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:

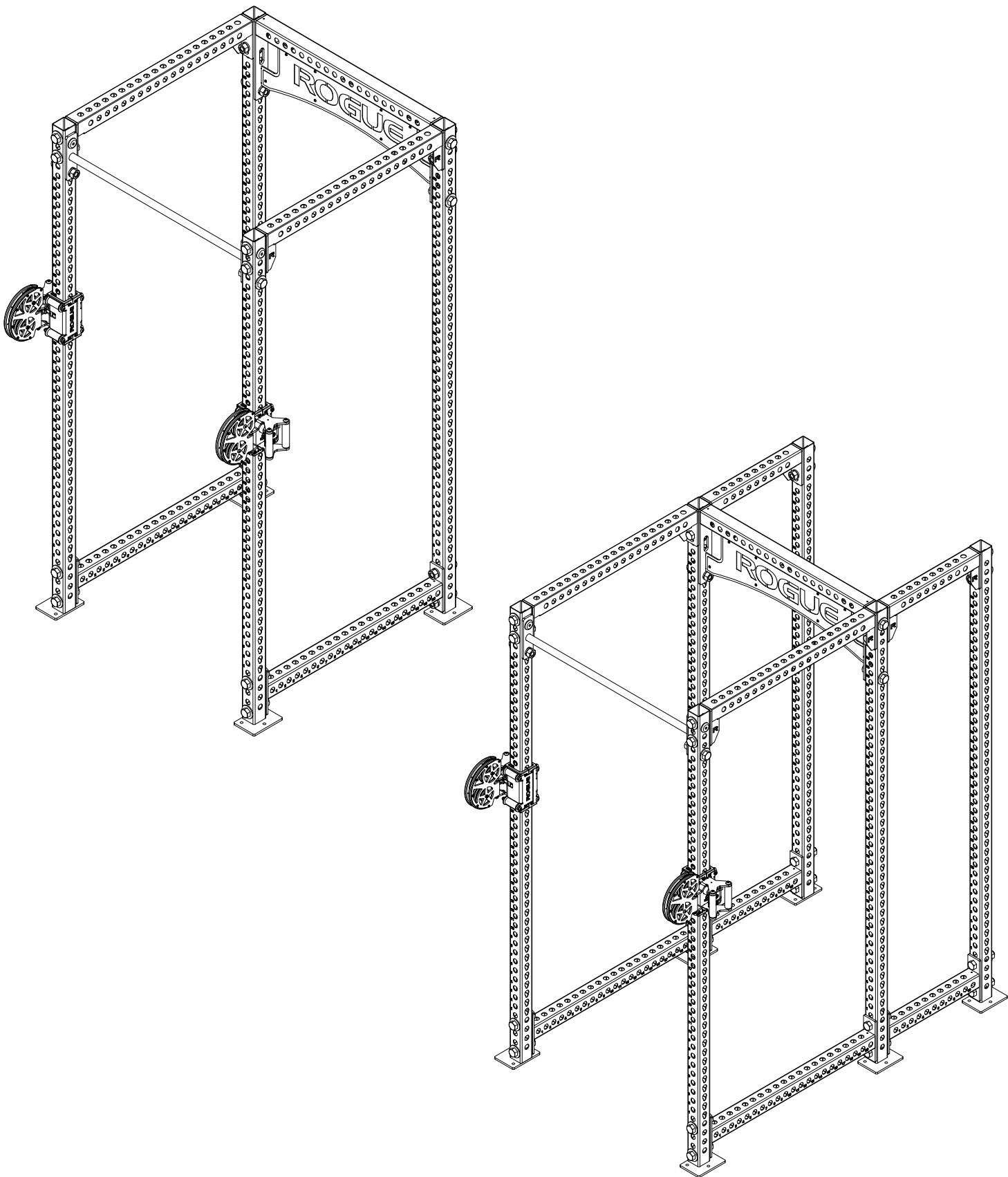
THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE. MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY. MISUSE OF THIS RACK CAN RESULT IN SEVERE INJURY.

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.

TABLE OF CONTENTS

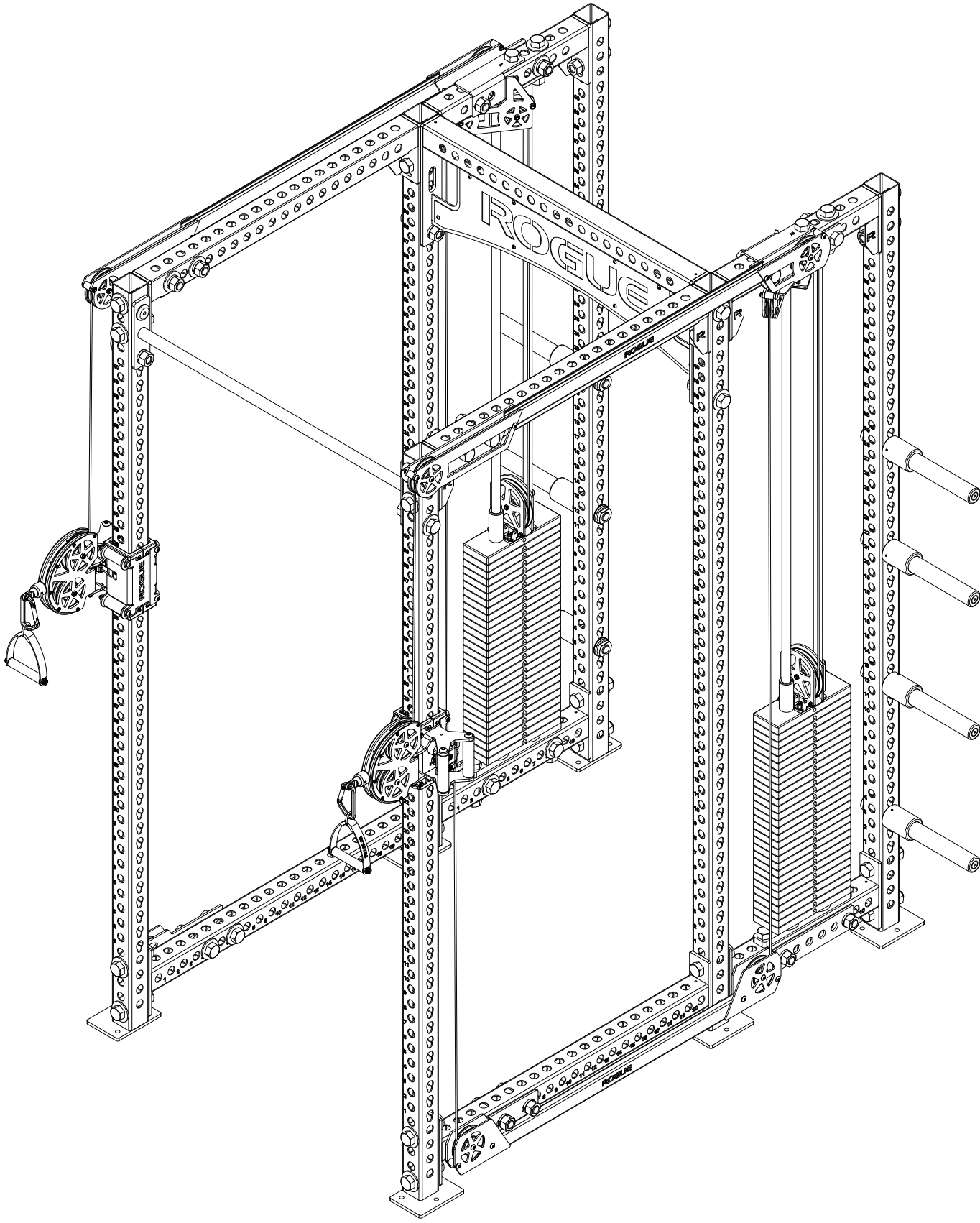
RM-4 AND RM-6 RACK

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



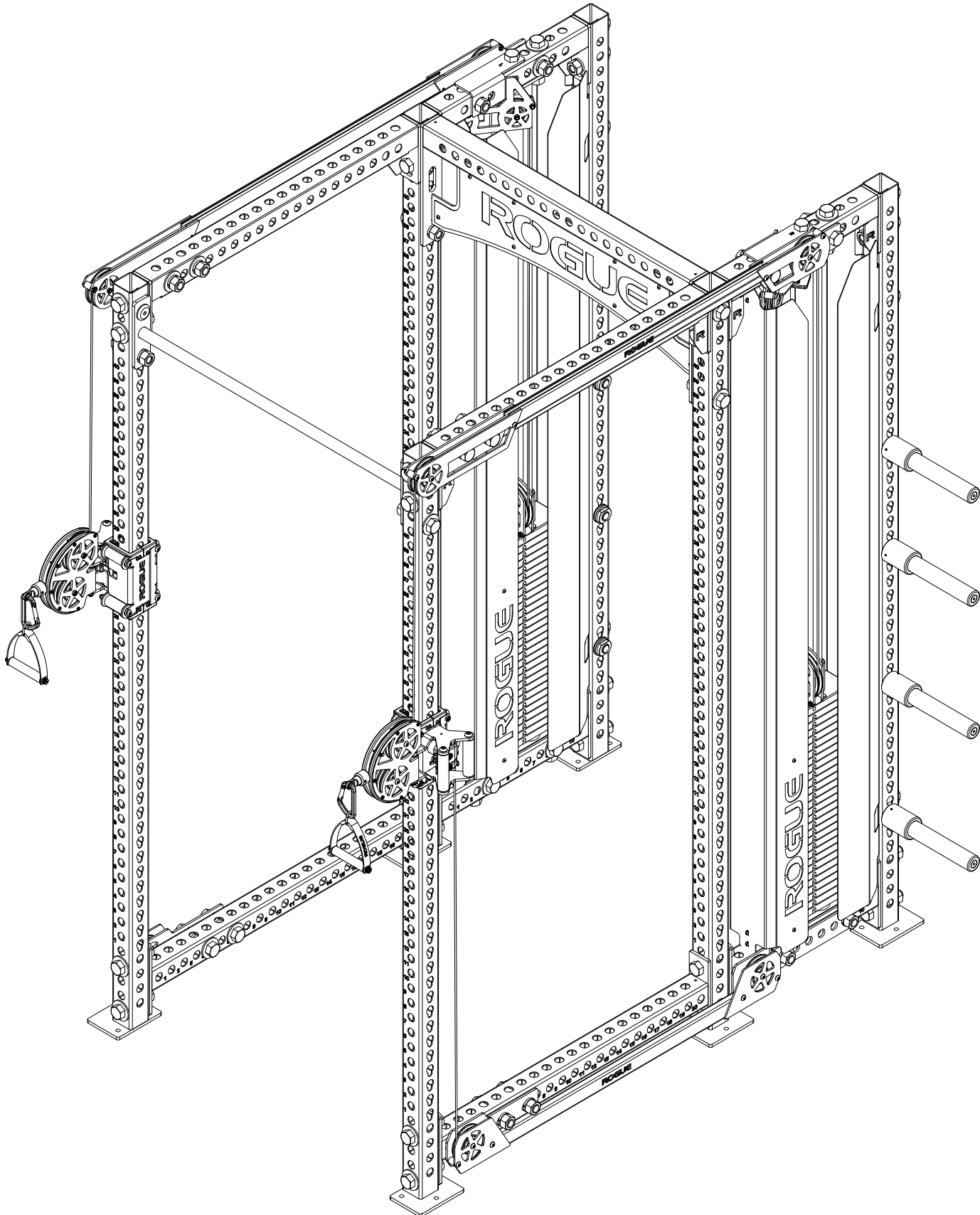
FM-4 INDY AND FM-6 INDY ADD-ON KIT

Included Tools.....	3
Included Parts.....	6
Assembly.....	17



FM-4 AND FM-6 SHROUD KIT

Included Tools.....	3
Included Parts.....	11
Assembly.....	46

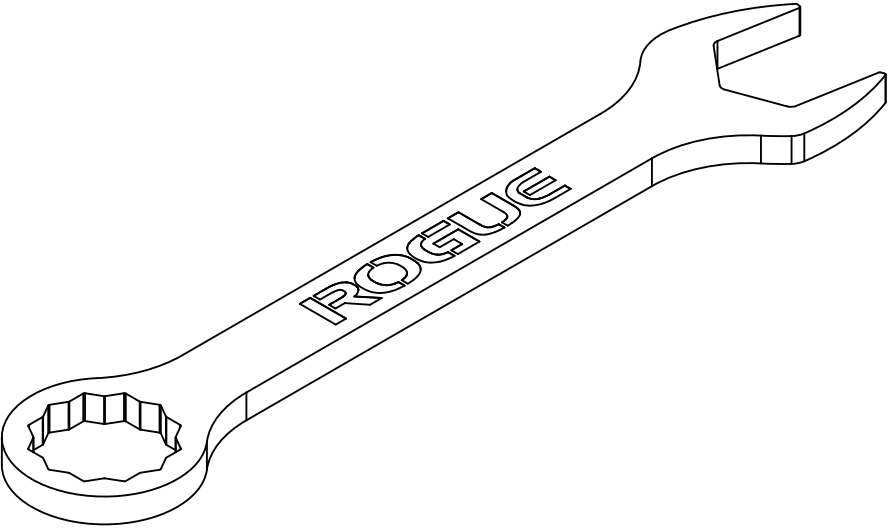


INCLUDED TOOLS

Note: Images not shown at scale

1

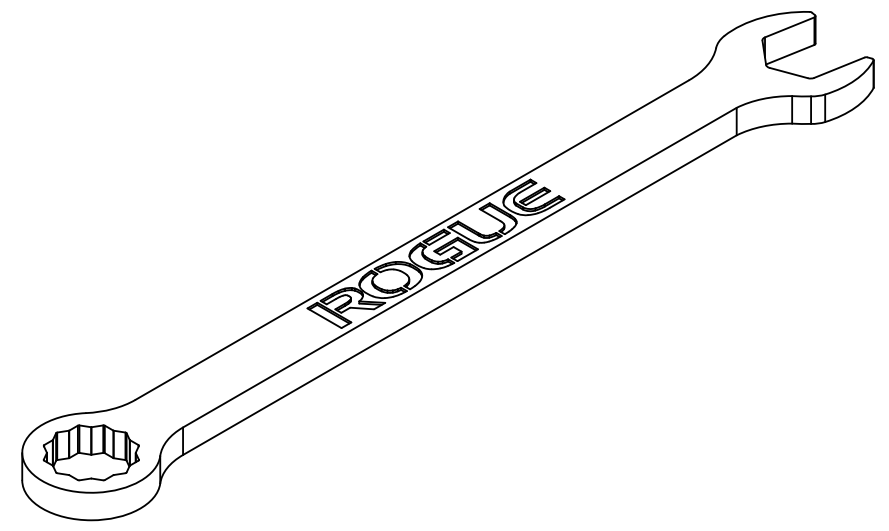
Qty: 2x



1-1/2" Wrench

2

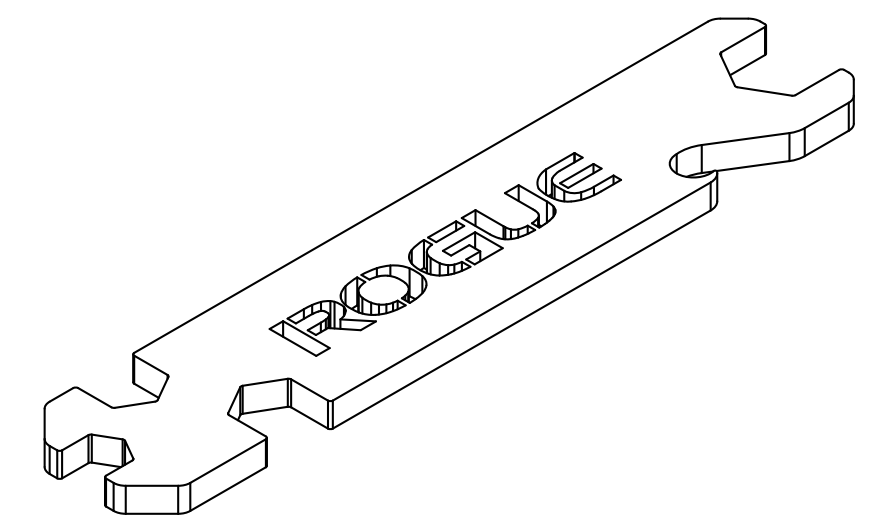
Qty: 2x



15/16" Wrench

3

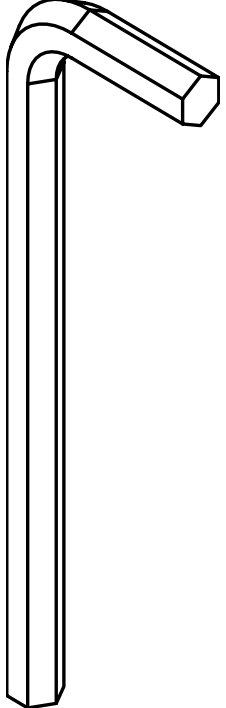
Qty: 1x



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

4

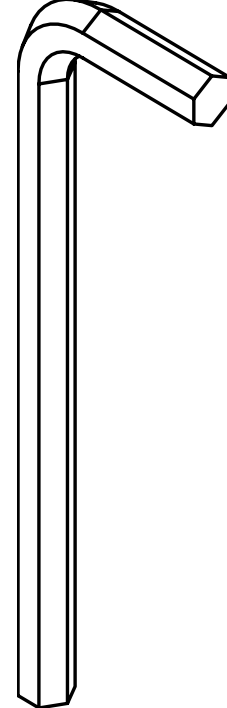
Qty: 1x



3/8" Allen Key

5

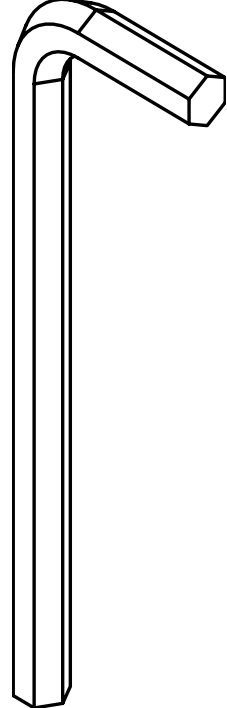
Qty: 1x



5/16" Allen Key

6

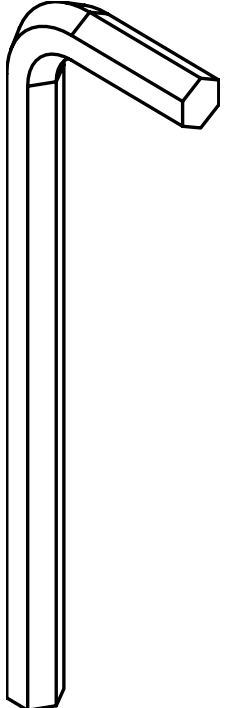
Qty: 1x



7/32" Allen Key

7

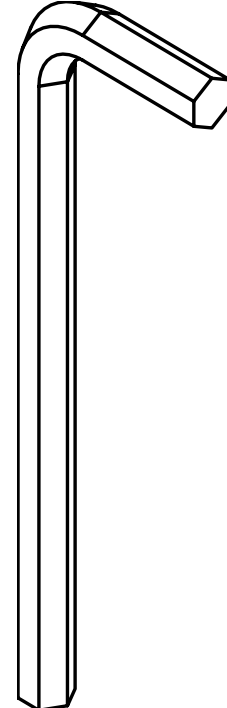
Qty: 1x



5/32" Allen Key

8

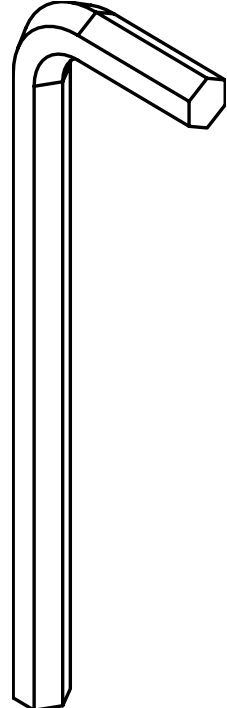
Qty: 1x



1/8" Allen Key

9

Qty: 1x



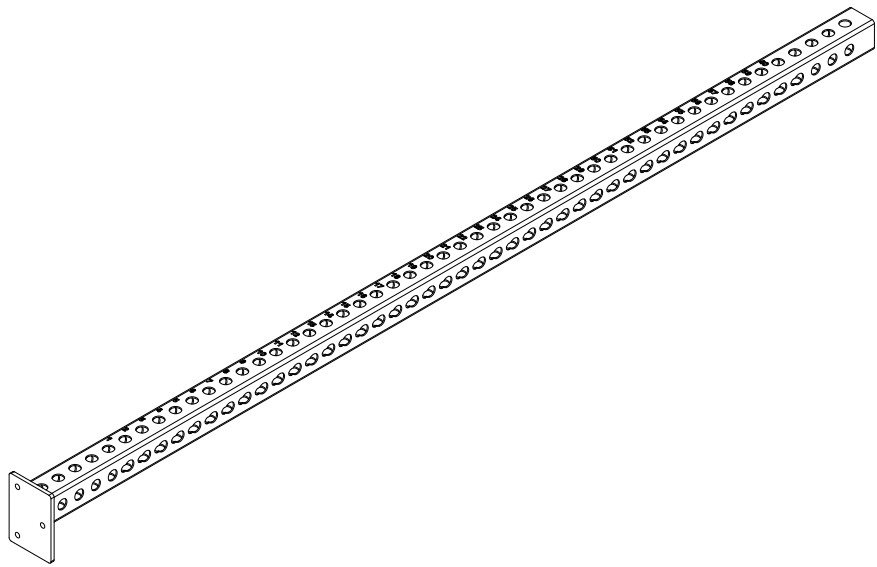
3/32" Allen Key

INCLUDED PARTS: RM-4 AND RM-6 FULL RACK

Note: Images not shown at scale.

1

RM-4: 4x RM-6: 6x

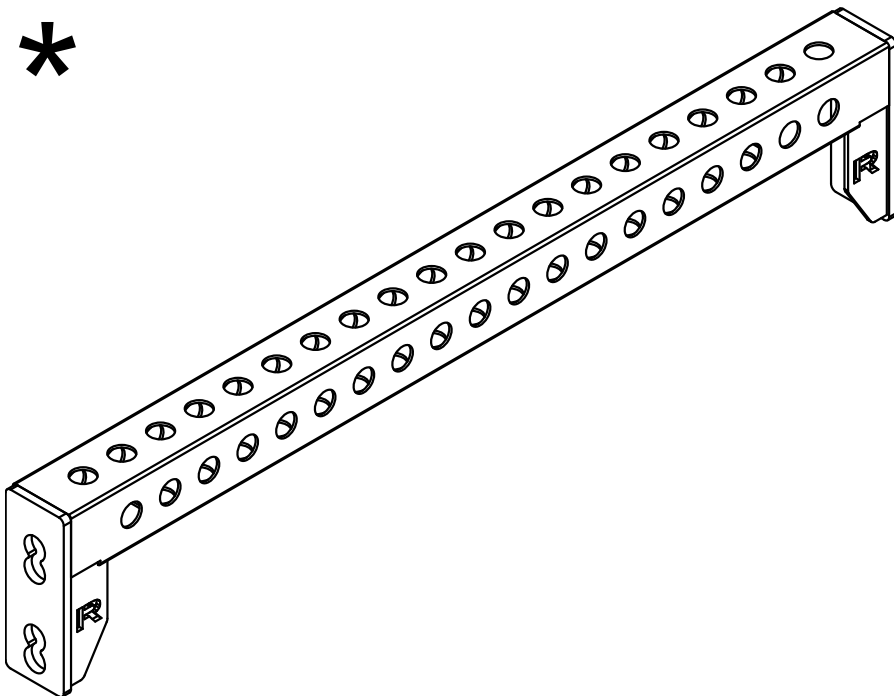


90" or 100" Monster Upright

2

RM-4: 2x RM-6: 2x

*

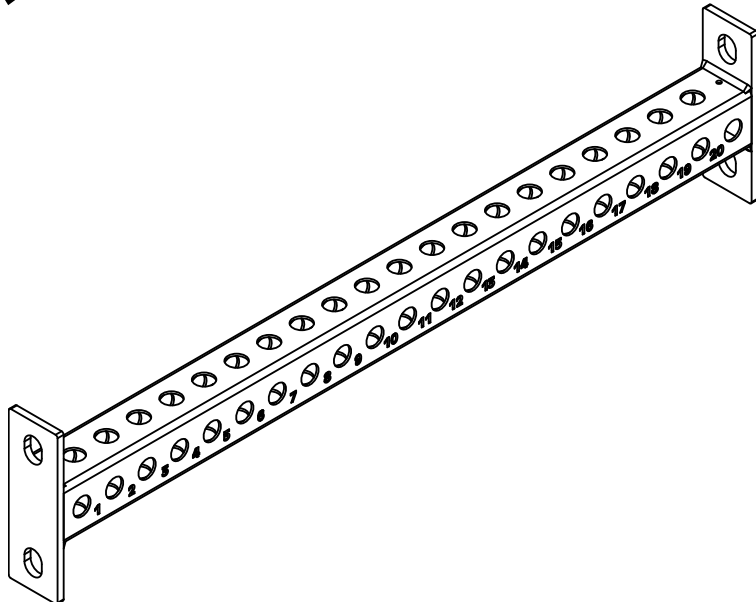


Front Top Crossmember

3

RM-4: 2x RM-6: 2x

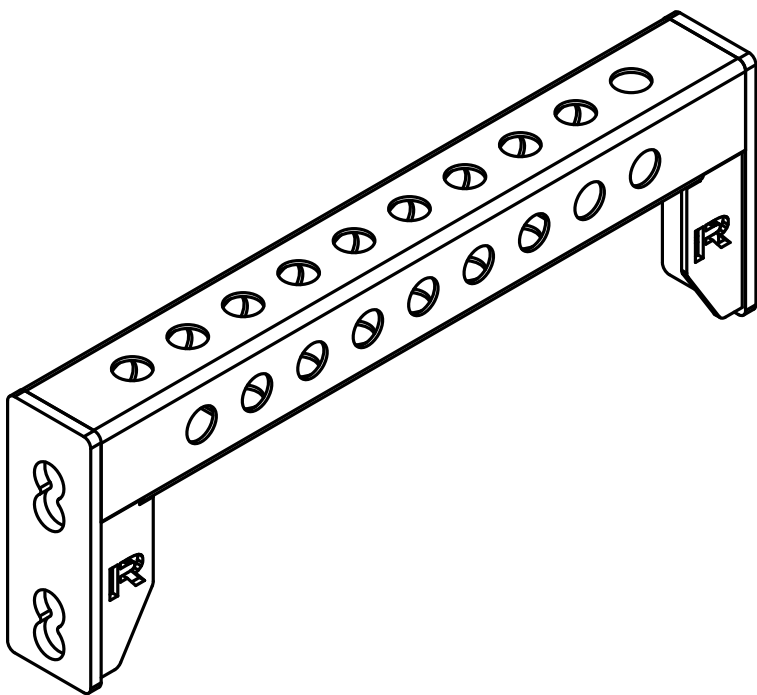
*



Front Low Crossmember

4

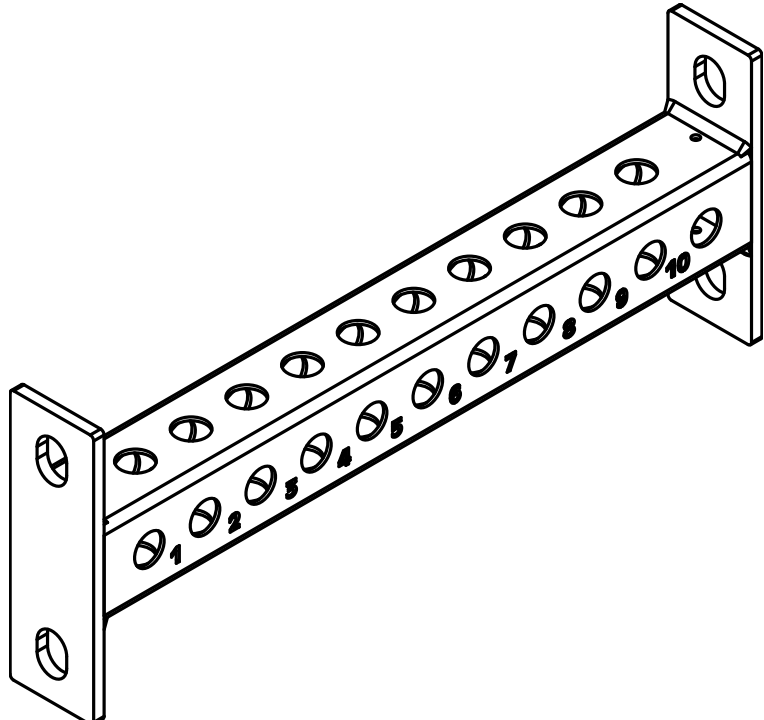
RM-6: 2x



24" Rear Top Crossmember

5

RM-6: 2x

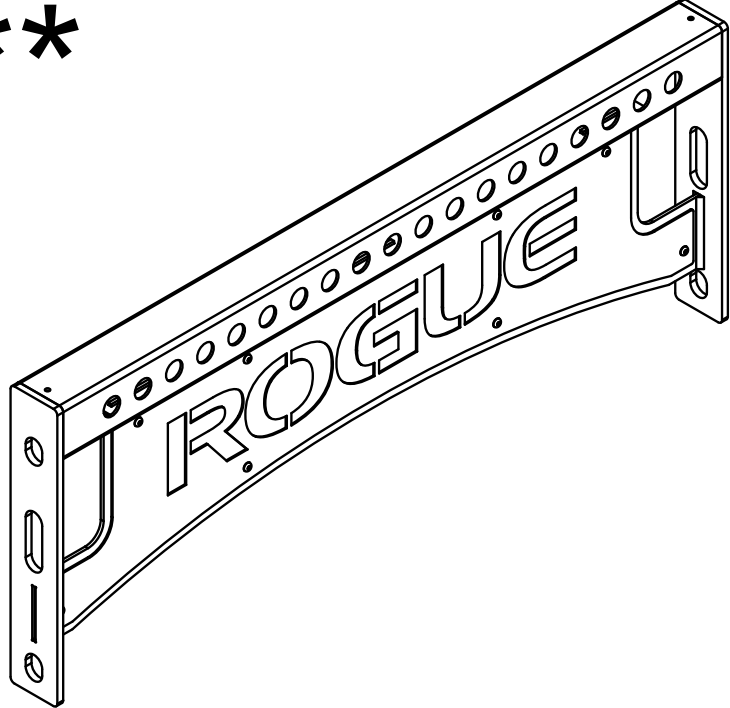


24" Rear Low Crossmember

6

RM-4: 1x RM-6: 1x

**

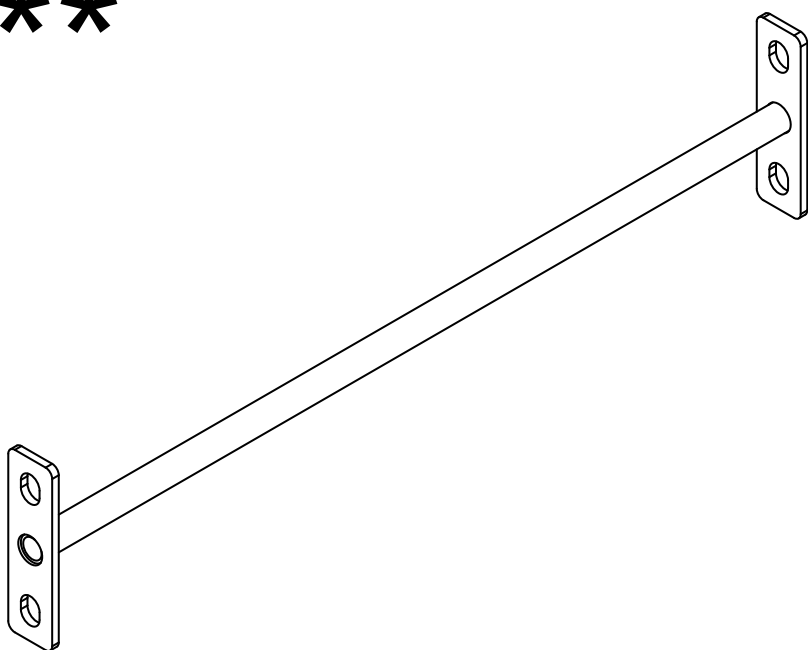


Nameplate Crossmember

7

RM-4: 1x RM-6: 1x

**



Pull-up Bar

8

RM-4: 8x RM-6: 8x



Monster Plate Storage Pin

9

RM-4: 1x RM-6: 1x

**

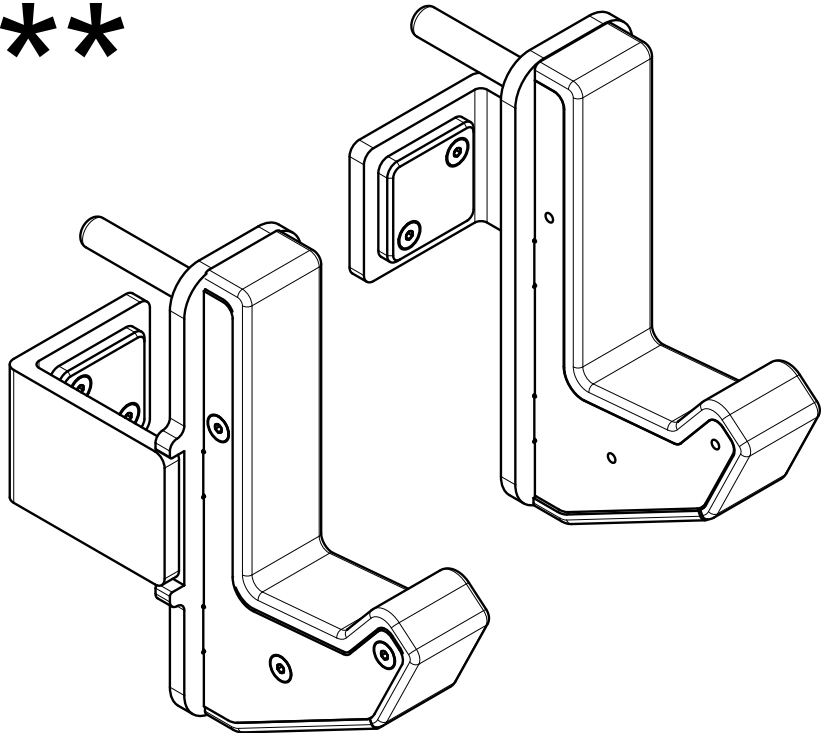


Pair of Safety Spotter Arms

10

RM-4: 1x RM-6: 1x

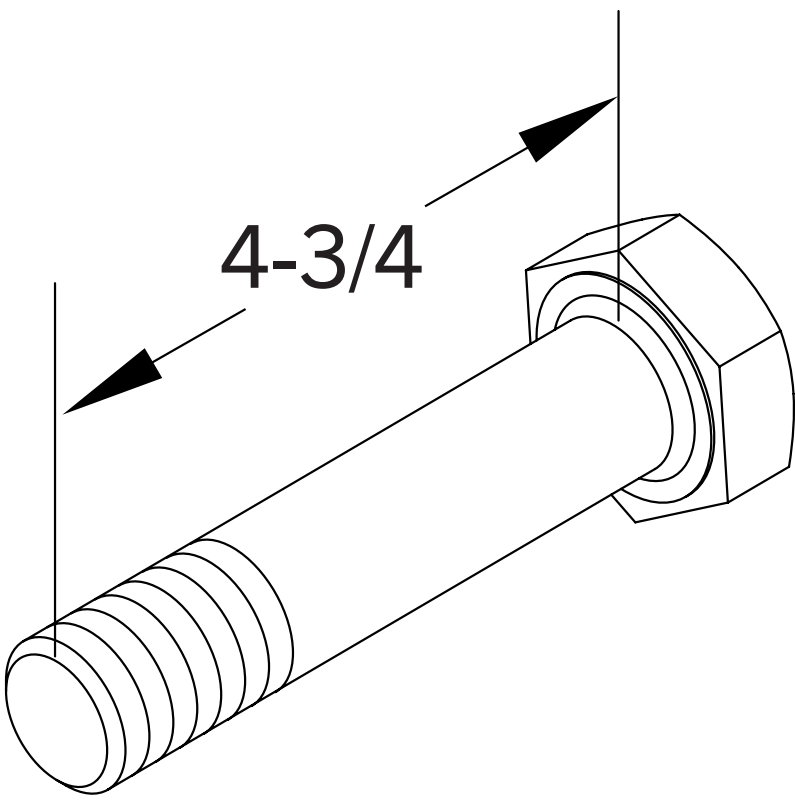
**



Pair of Monster J-cups

11

RM-4: 22x RM-6: 22x

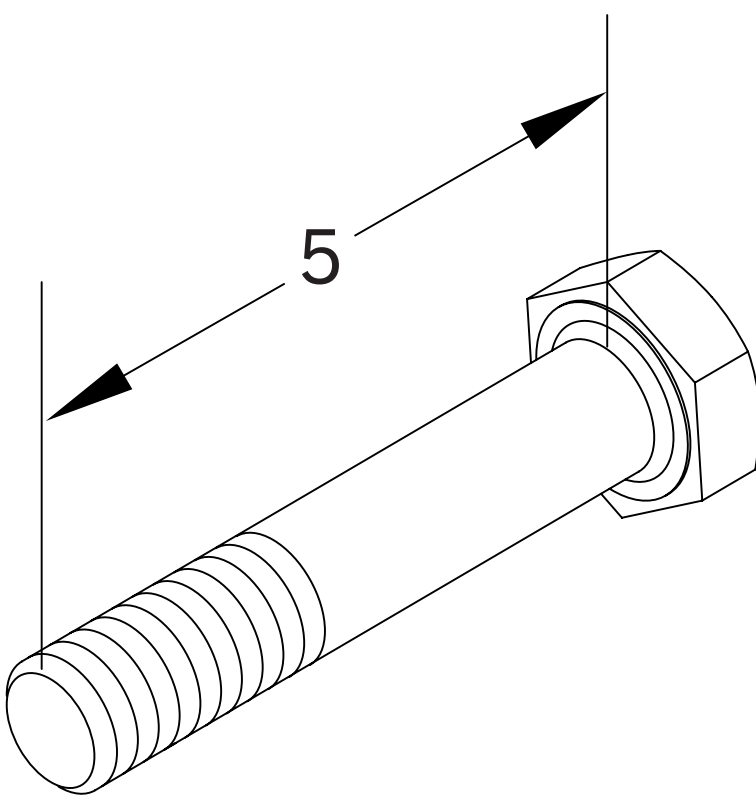


4-3/4

1" x 4-3/4" Hex Bolt

12

RM-6: 8x



5

1" x 5" Hex Bolt

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

** May also be 43" 3x3 Crossmember depending on selection made at checkout.

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

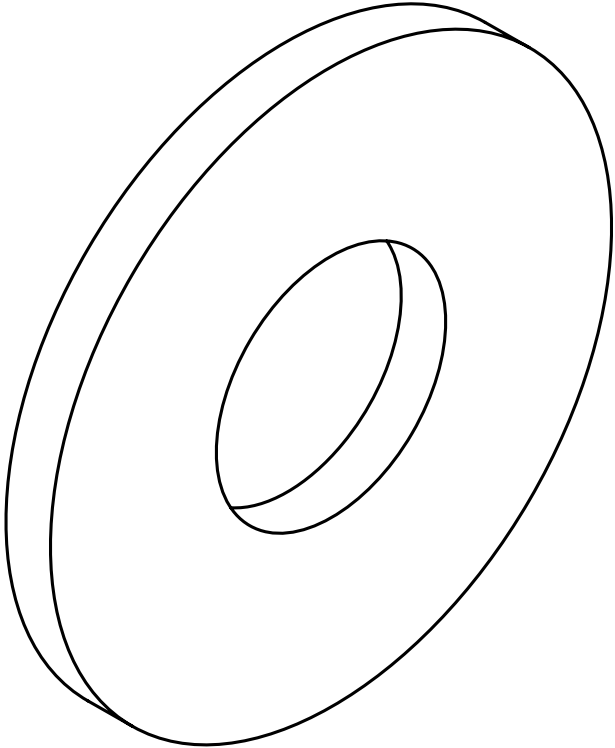
**** Only included if Plate Storage Pins were purchased at checkout.

INCLUDED PARTS: RM-4 AND RM-6 FULL RACK

Note: Images not shown at scale.

13

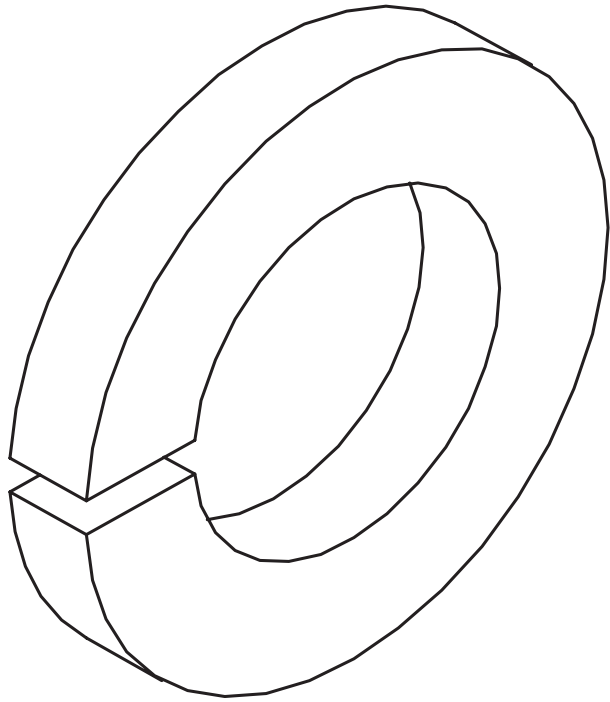
RM-4: 22x RM-6: 22x



1” Flat Washer

14

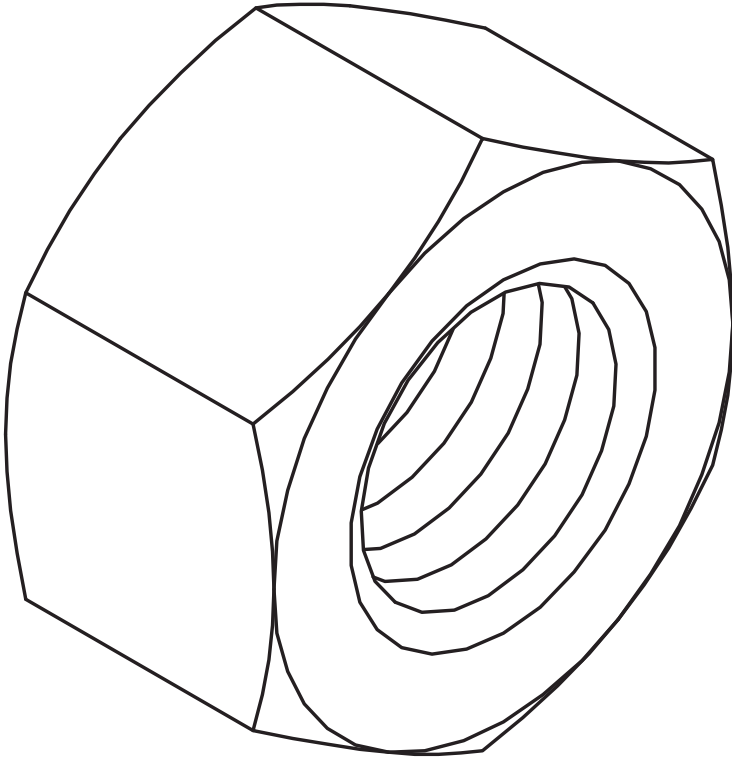
RM-4: 22x RM-6: 30x



1” Lock Washer

15

RM-4: 22x RM-6: 30x



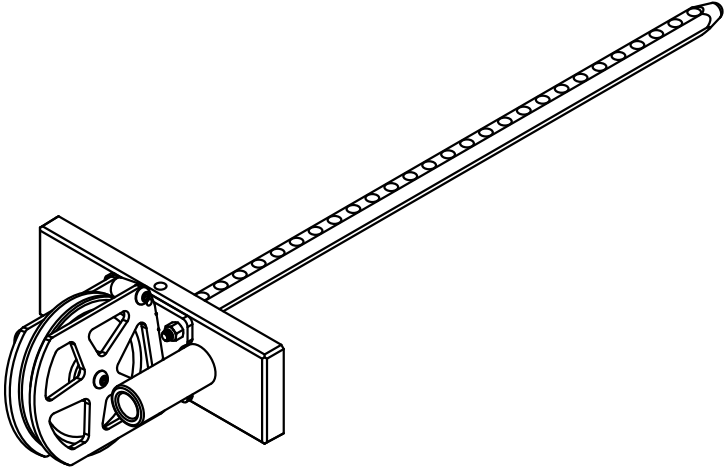
1” Hex Nut

INCLUDED PARTS: FM-4 INDY AND FM-6 INDY ADD-ON KIT

Note: Images not shown at scale.

16

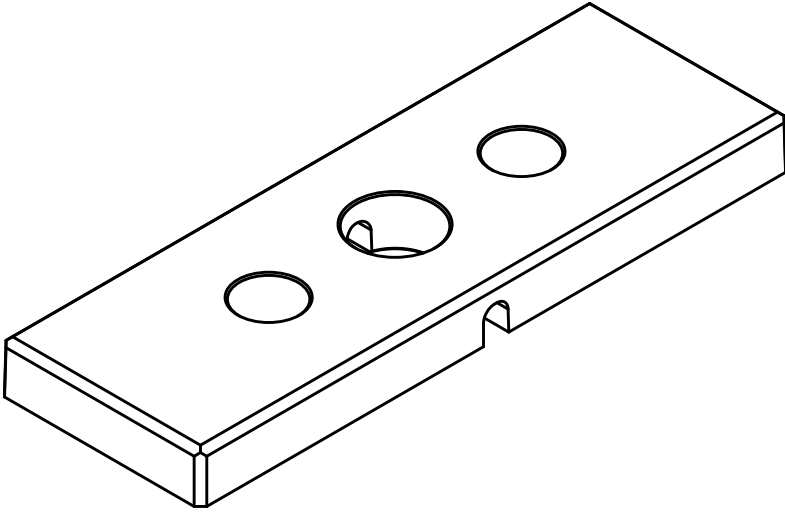
Single: 1x Dual: 2x



Weight Stack Stem

17

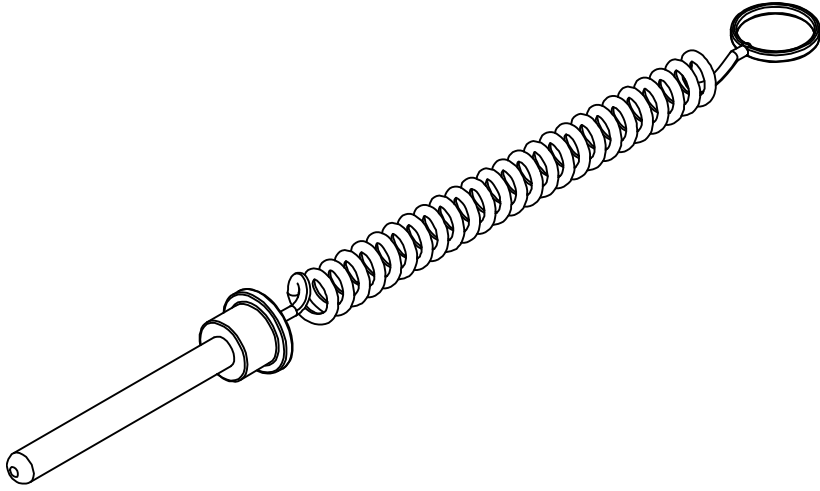
Single: 28x Dual: 56x



10LB Weight Stack Plate

18

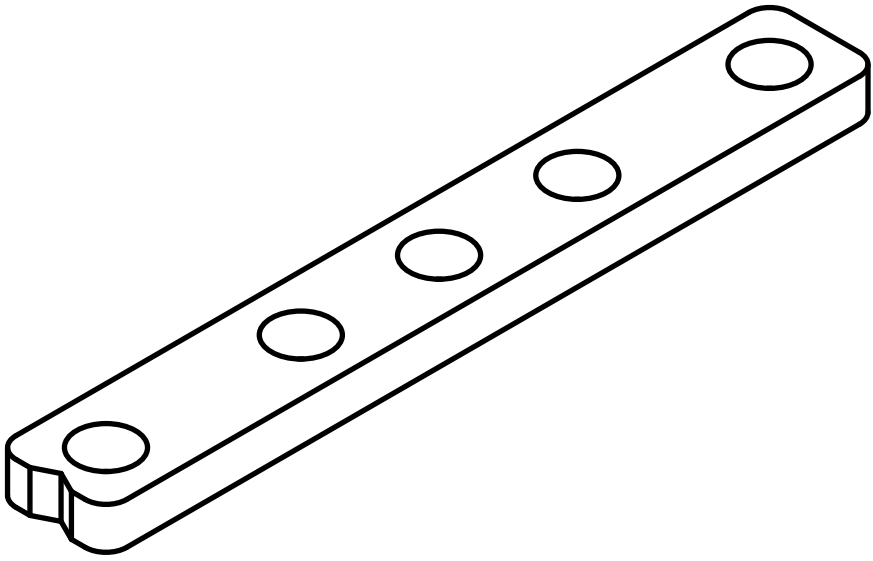
Single: 1x Dual: 2x



Weight Stack Selector Pin w/ Lanyard

19

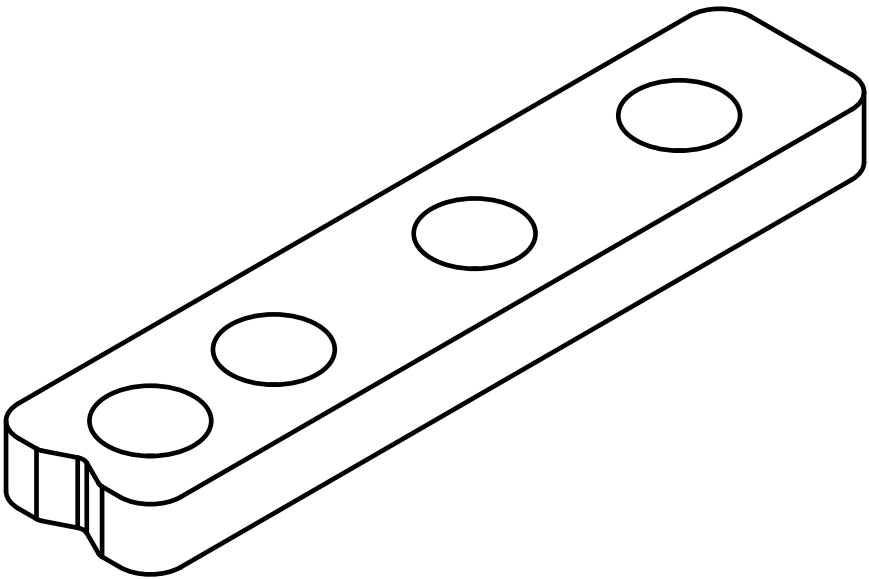
Single: 1x Dual: 2x



Bottom Weight Stack Spacer

20

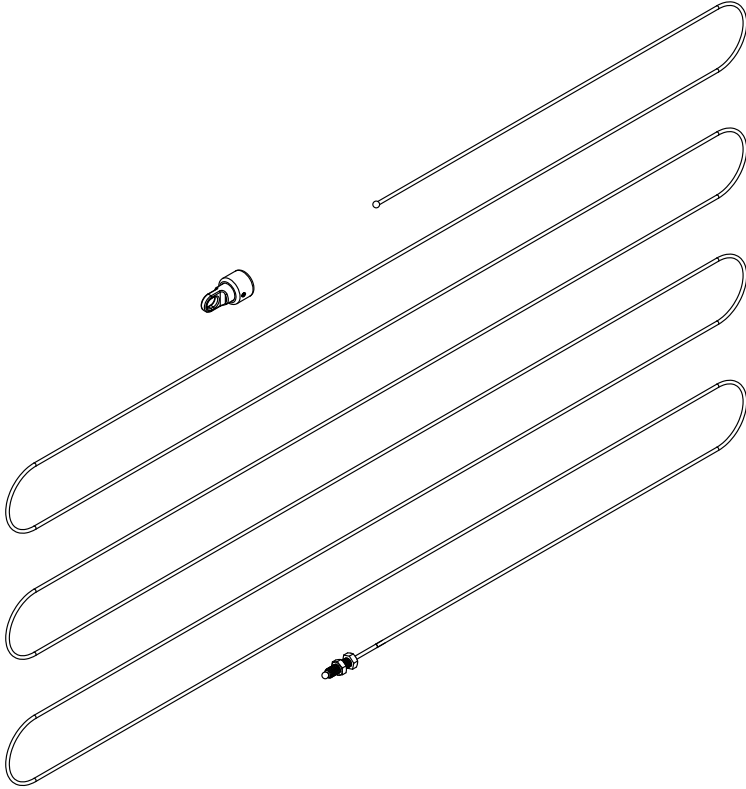
Single: 1x Dual: 2x



Top Weight Stack Spacer

21

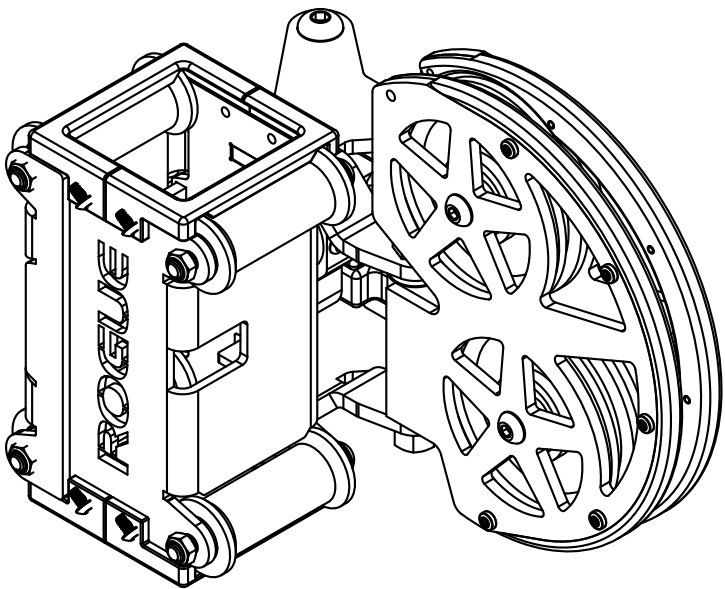
Single: 1x Dual: 2x



Trolley/Trolley Cable (Blue Tag)

22

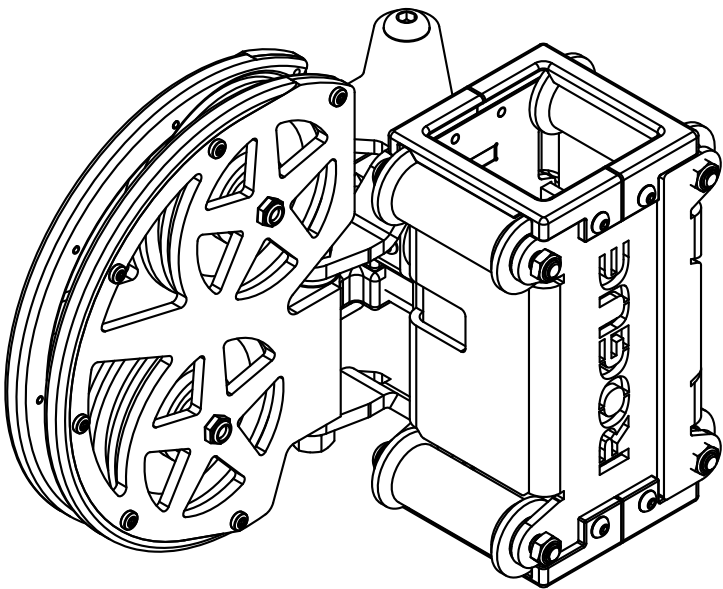
Qty: 1x



Swivel Trolley RH

23

Qty: 1x

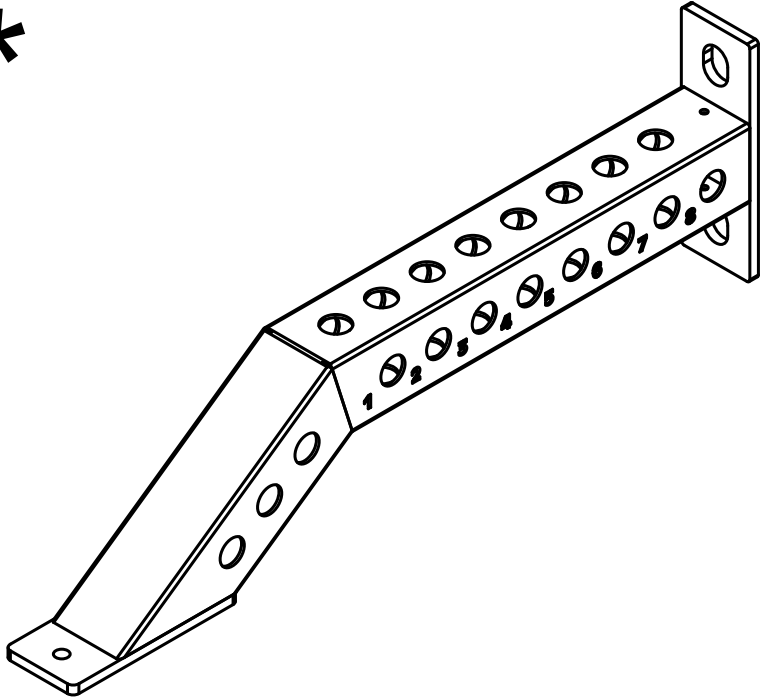


Swivel Trolley LH

24

Qty: 2x

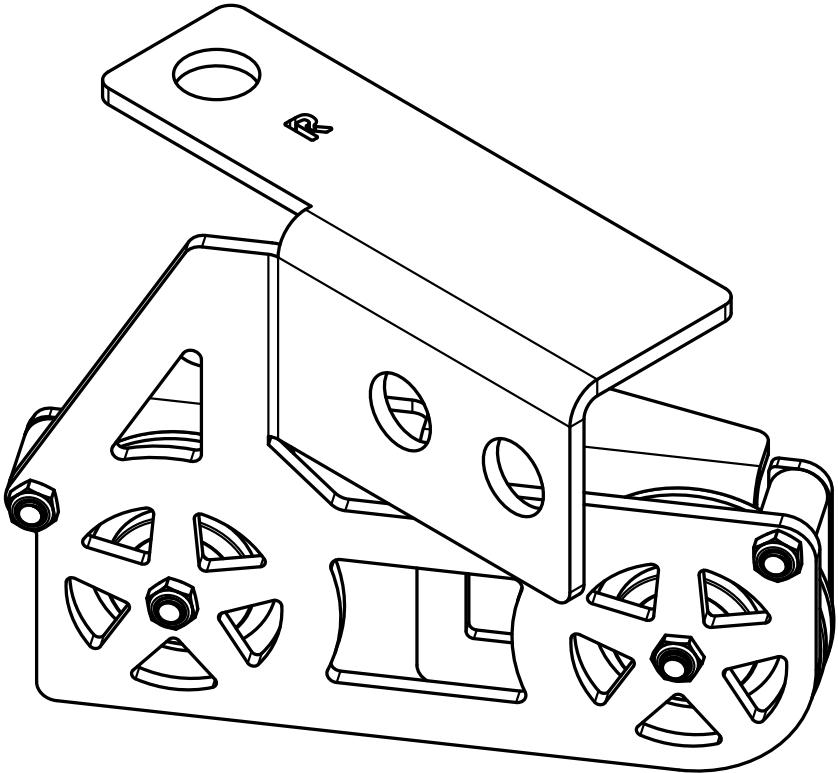
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Half Rack Foot

25

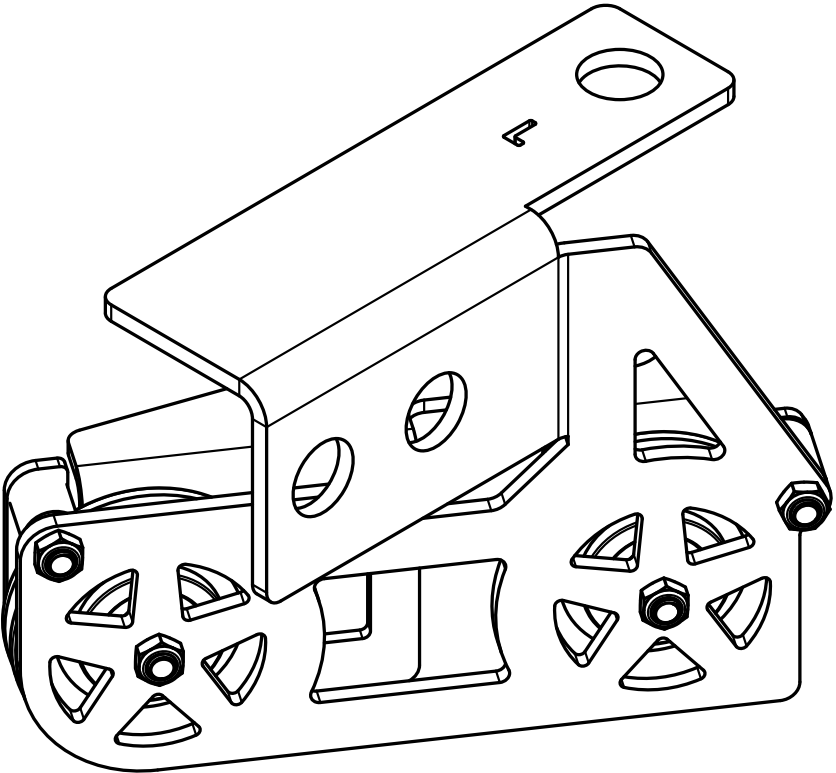
Qty: 1x



Indy Side Pulley Assembly - RH

26

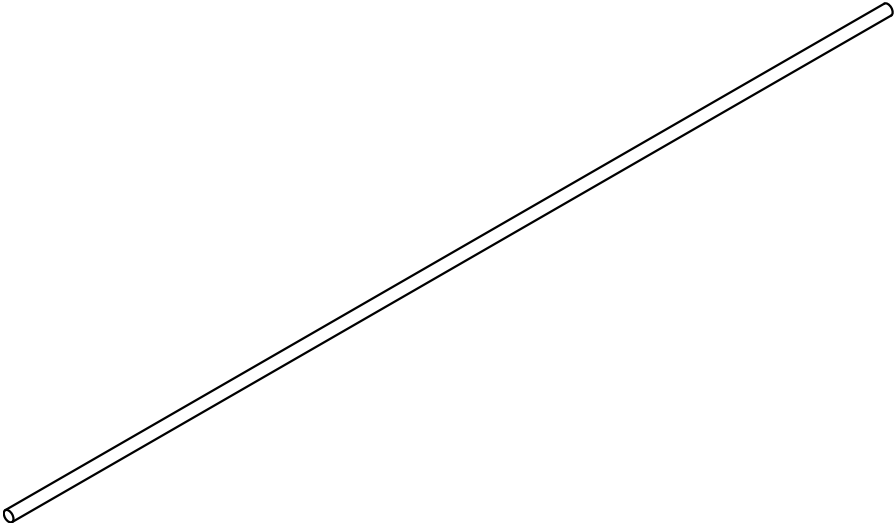
Qty: 1x



Indy Side Pulley Assembly - LH

27

Single: 2x Dual: 4x



Guide Rod

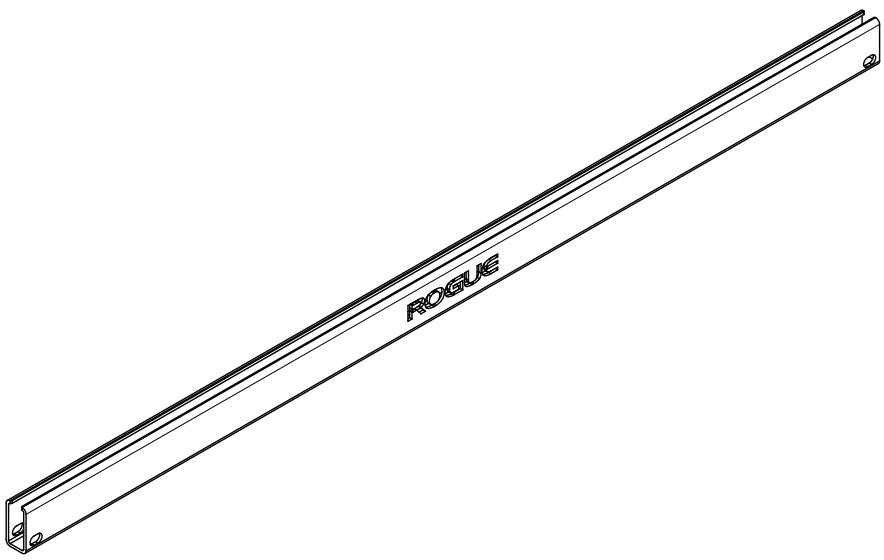
* Only included if Half Rack Feet were purchased at checkout for RM-4.

INCLUDED PARTS: FM-4 INDY AND FM-6 INDY ADD-ON KIT

Note: Images not shown at scale.

28

Single: **1x** Dual: **2x**



Top Cable Cover Rail

29

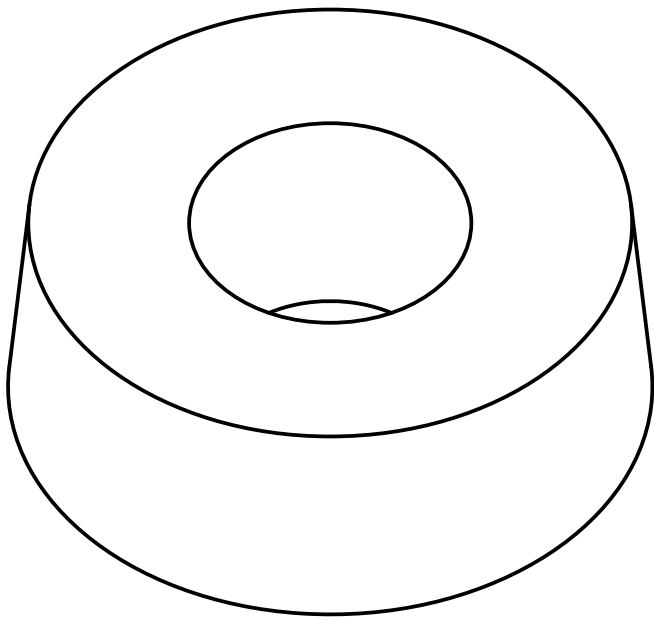
Single: **1x** Dual: **2x**



Low Cable Cover Rail

30

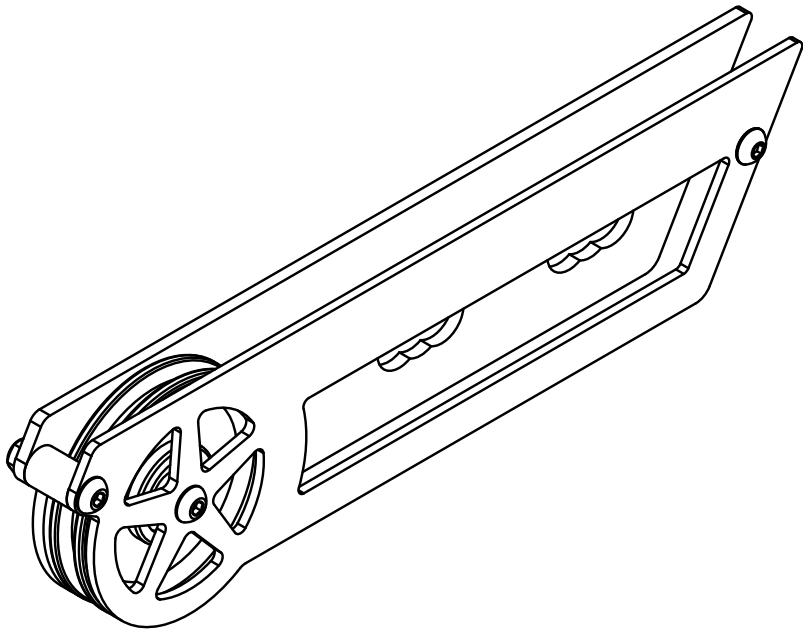
Single: **2x** Dual: **4x**



Weight Stack Bottom Bumper

31

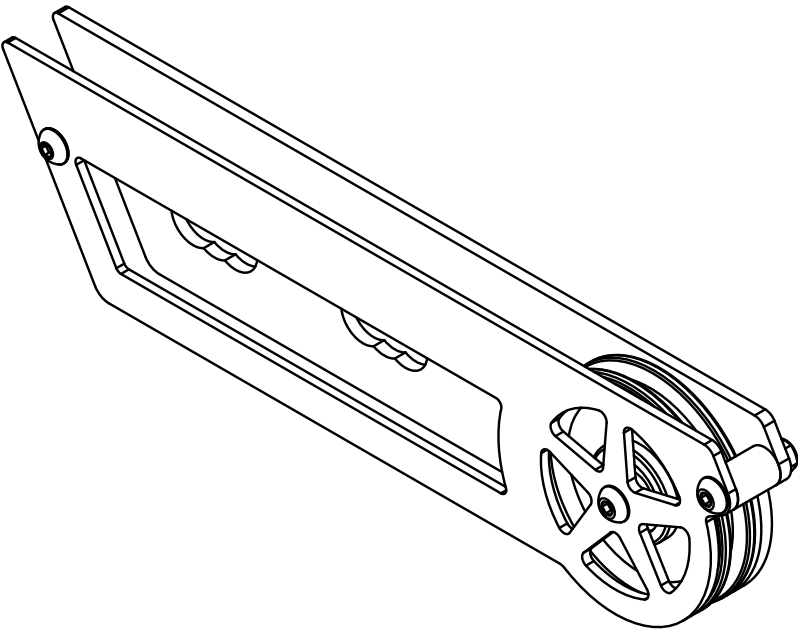
Qty: **1x**



Top Front Side Pulley Assembly - RH

32

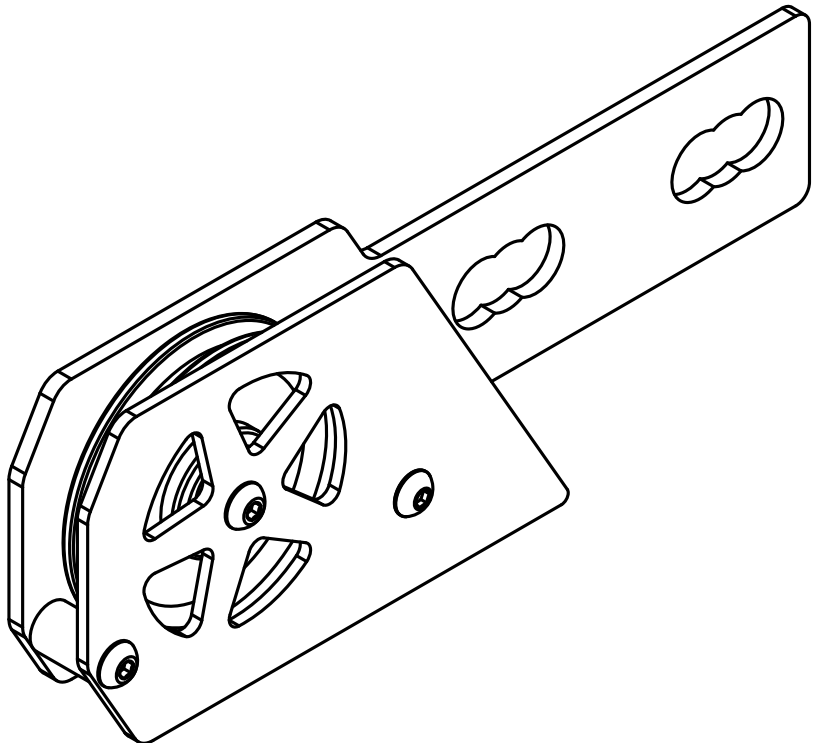
Qty: **1x**



Top Front Side Pulley Assembly - LH

33

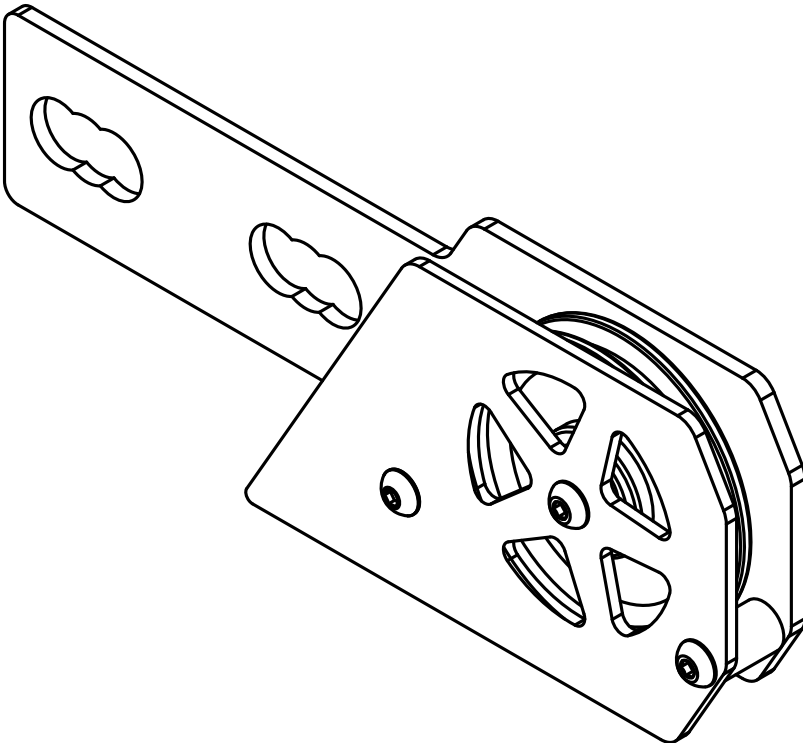
Qty: **1x**



Bottom Front Side Pulley Assembly - RH

34

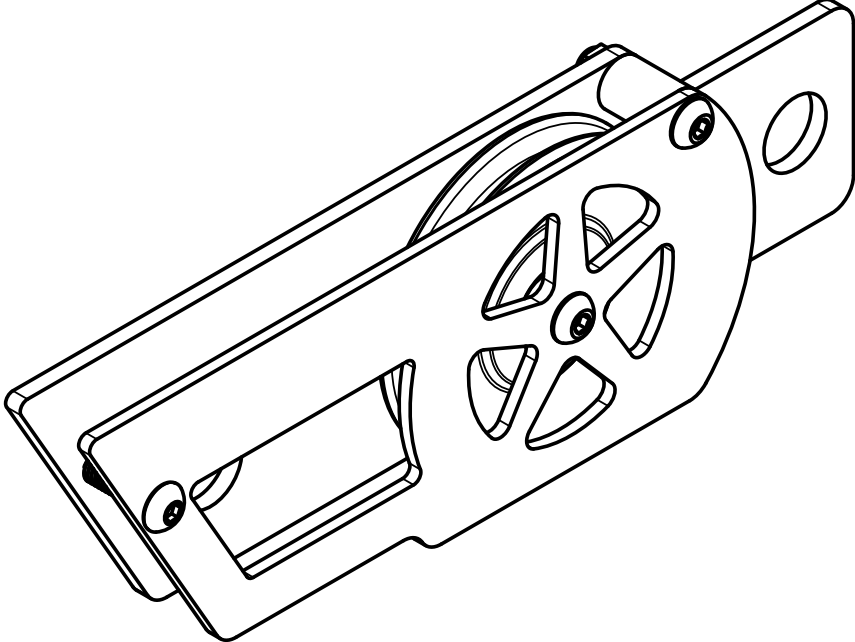
Qty: **1x**



Bottom Front Side Pulley Assembly - LH

35

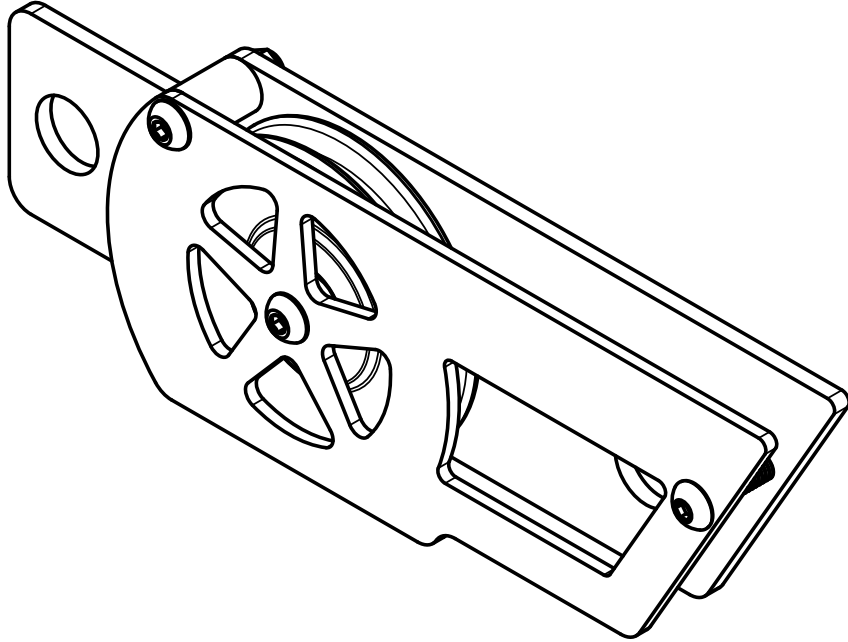
Qty: **1x**



Top Rear Side Pulley Assembly - RH

36

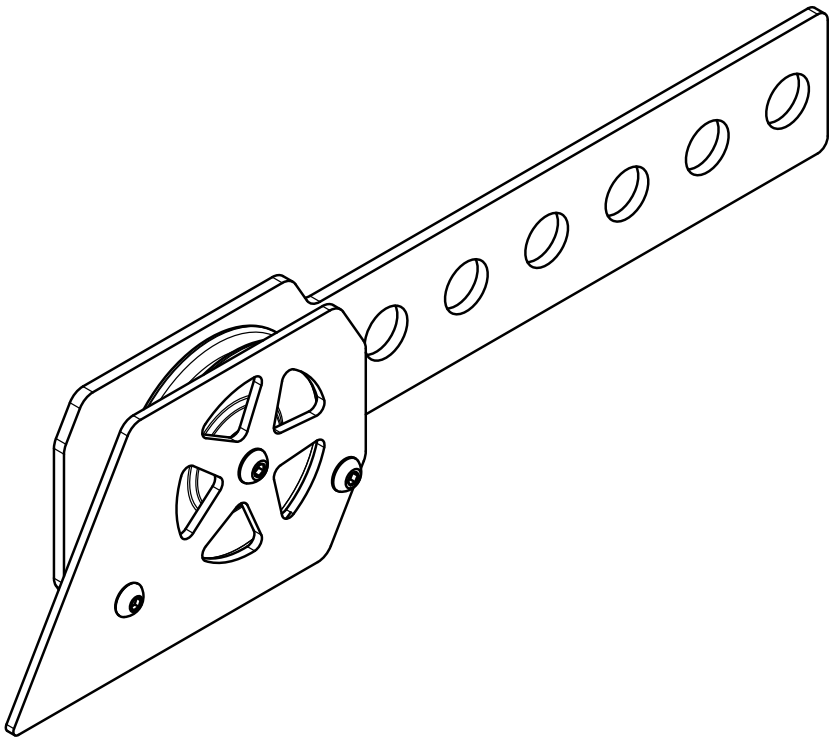
Qty: **1x**



Top Rear Side Pulley Assembly - LH

37

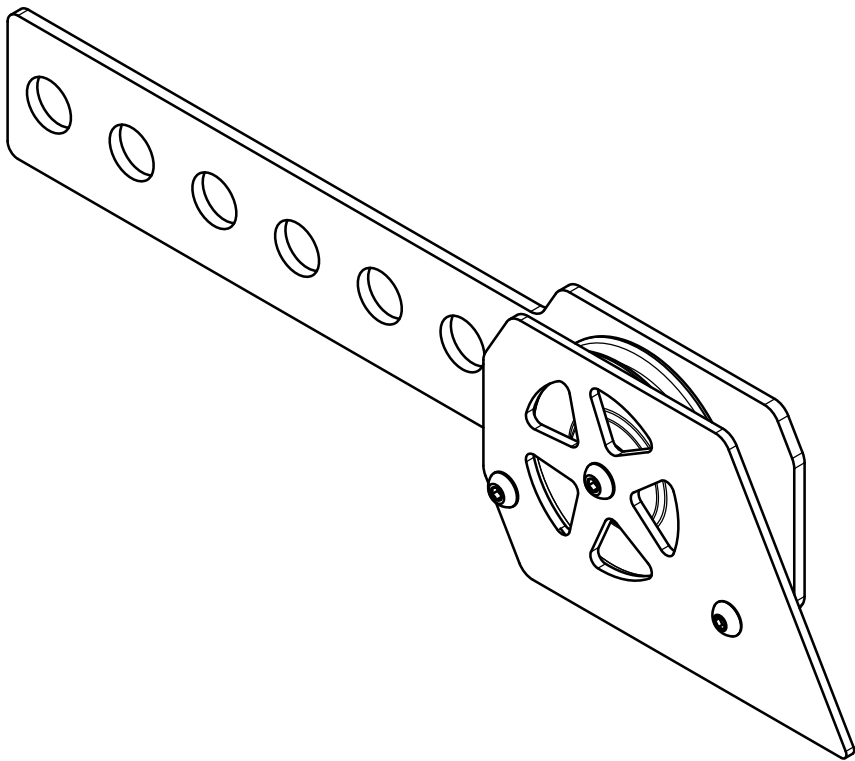
Qty: **1x**



Bottom Rear Side Pulley Assembly - RH

38

Qty: **1x**



Bottom Rear Side Pulley Assembly - LH

39

Single: **1x** Dual: **2x**

10 LB. 4.50kg	85 LB. 38.6kg	20 LB. 9.10kg	170 LB. 77.3kg
15 LB. 6.80kg	90 LB. 40.9kg	30 LB. 13.6kg	180 LB. 81.8kg
20 LB. 9.10kg	95 LB. 43.1kg	40 LB. 18.2kg	190 LB. 86.4kg
25 LB. 11.3kg	100 LB. 45.5kg	50 LB. 22.7kg	200 LB. 90.9kg
30 LB. 13.6kg	105 LB. 47.6kg	60 LB. 27.2kg	210 LB. 95.5kg
35 LB. 15.9kg	110 LB. 50.5kg	70 LB. 31.8kg	220 LB. 100kg
40 LB. 18.2kg	115 LB. 52.2kg	80 LB. 36.4kg	230 LB. 104.5kg
45 LB. 20.4kg	120 LB. 54.5kg	90 LB. 40.9kg	240 LB. 109.1kg
50 LB. 22.7kg	125 LB. 56.7kg	100 LB. 45.5kg	250 LB. 113.6kg
55 LB. 24.9kg	130 LB. 59.1kg	110 LB. 50.5kg	260 LB. 118.2kg
60 LB. 27.2kg	135 LB. 61.2kg	120 LB. 54.5kg	270 LB. 122.7kg
65 LB. 29.5kg	140 LB. 63.6kg	130 LB. 59.1kg	280 LB. 127.3kg
70 LB. 31.8kg	145 LB. 65.8kg	140 LB. 63.6kg	290 LB. 131.8kg
75 LB. 34.1kg	150 LB. 68.2kg	150 LB. 68.2kg	300 LB. 136.4kg
80 LB. 36.4kg		160 LB. 72.7kg	

Weight Stack Number Label Sheet

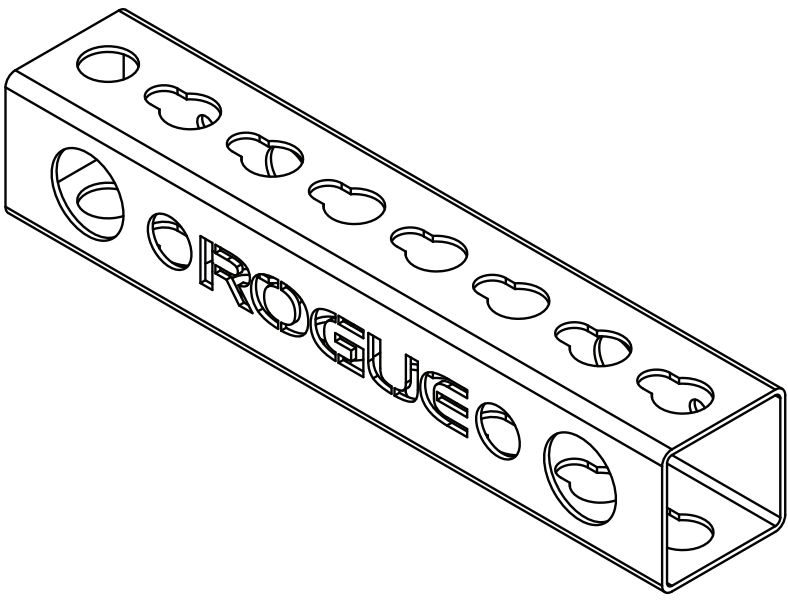
INCLUDED PARTS: FM-4 INDY AND FM-6 INDY ADD-ON KIT

Note: Images not shown at scale.

40

Single: 1x Dual: 2x

*



Monster Half Strip

41

Qty: 8x

**

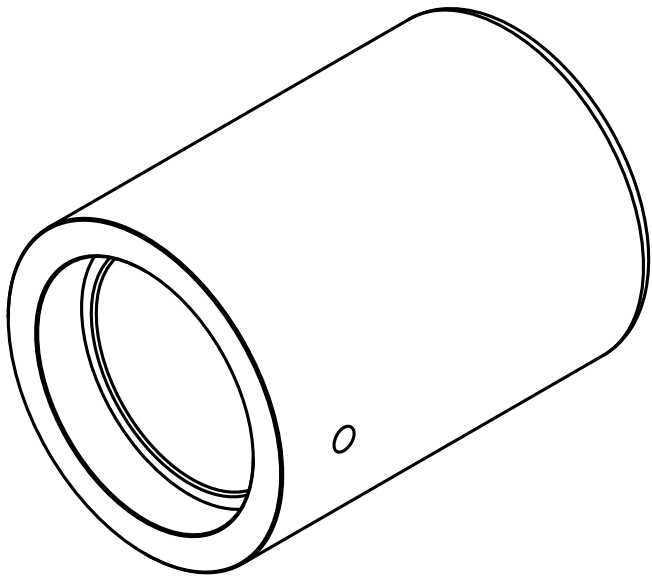
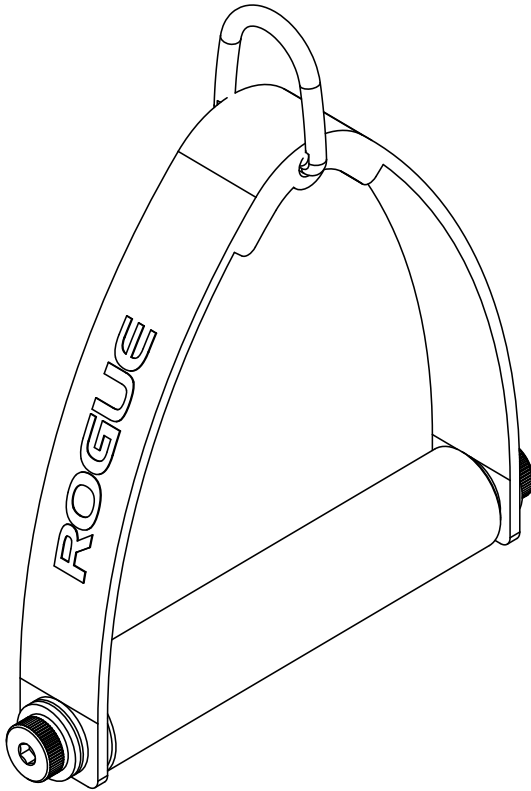


Plate Storage Spacer

42

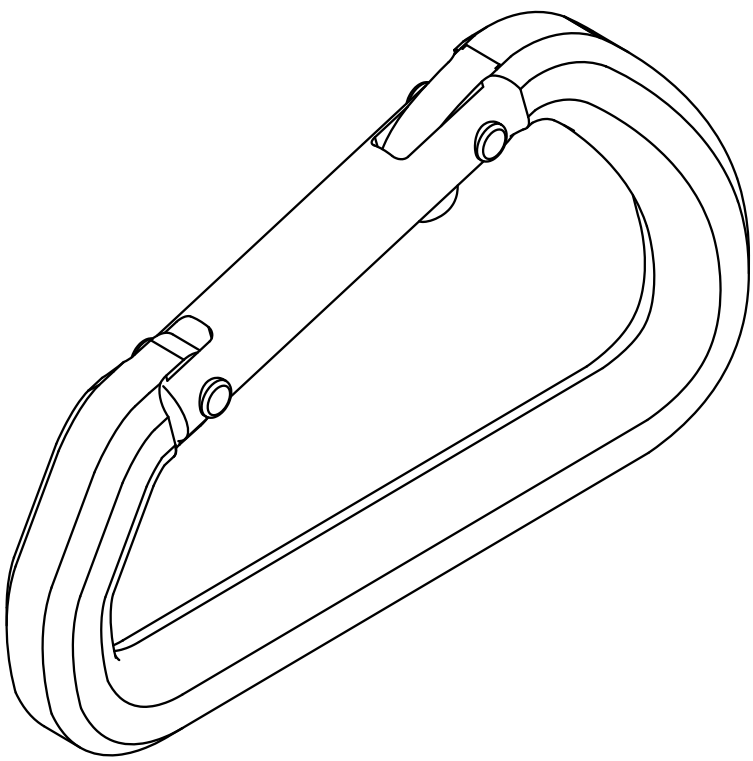
Single: 1x Dual: 2x



Single Handle Cable Attachment

43

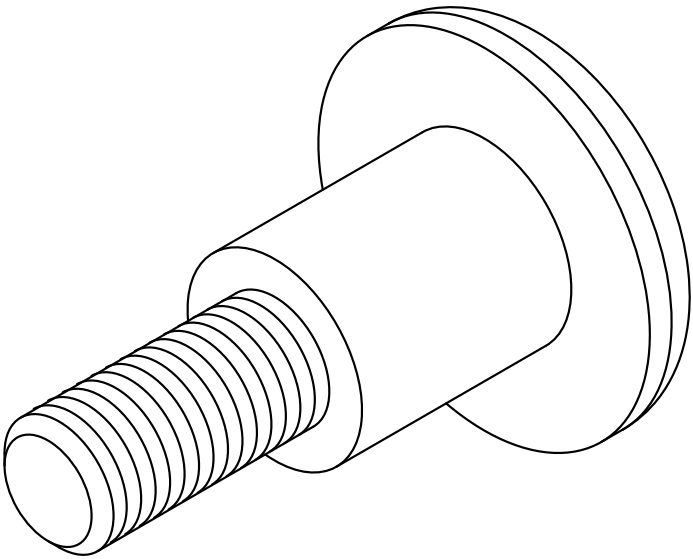
Single: 1x Dual: 2x



D Carabiner

44

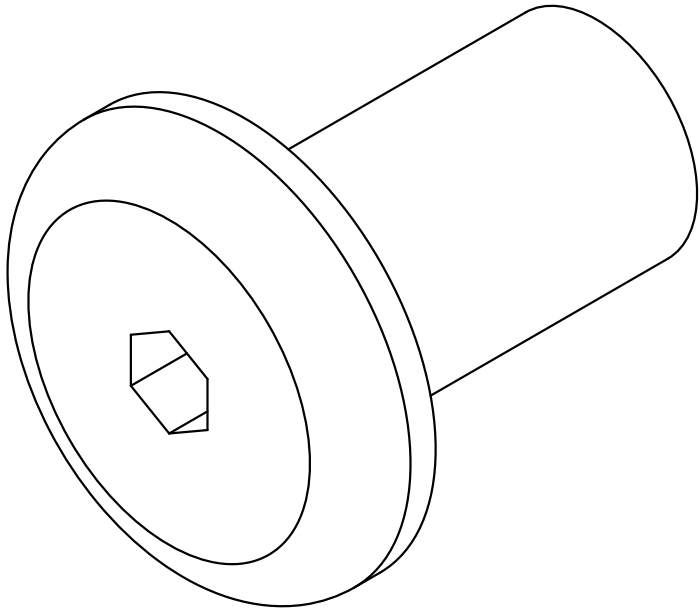
Single: 1x Dual: 2x



1" Shoulder Bolt - Male

45

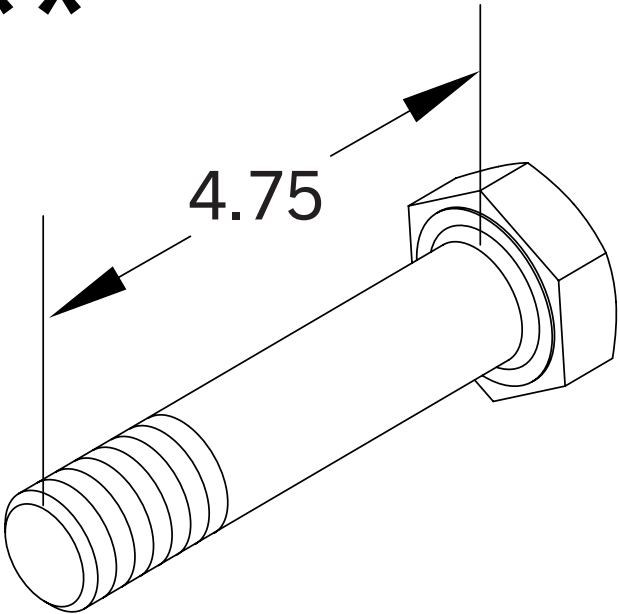
Single: 1x Dual: 2x



1" Shoulder Bolt - Female

46

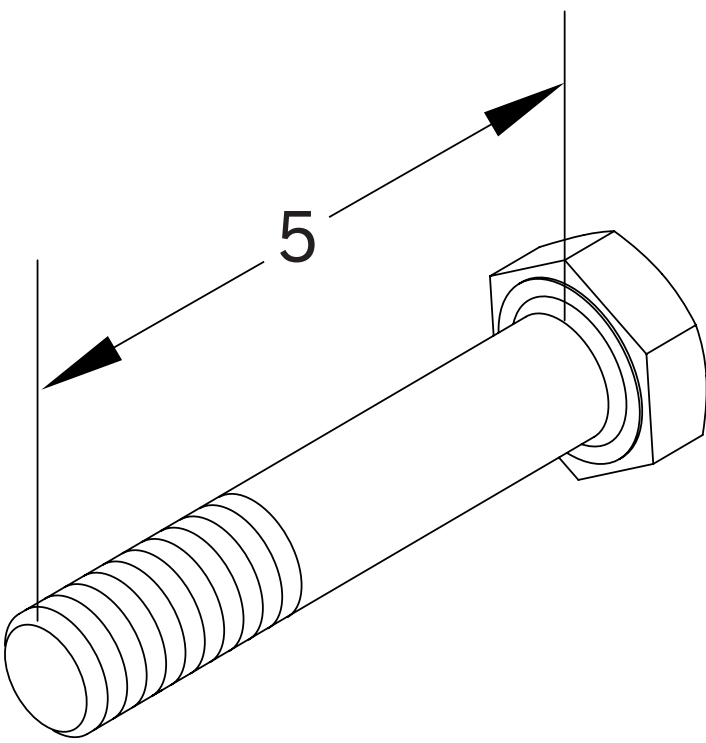
Single: 1x Dual: 2x



1" x 4-3/4" Hex Bolt

47

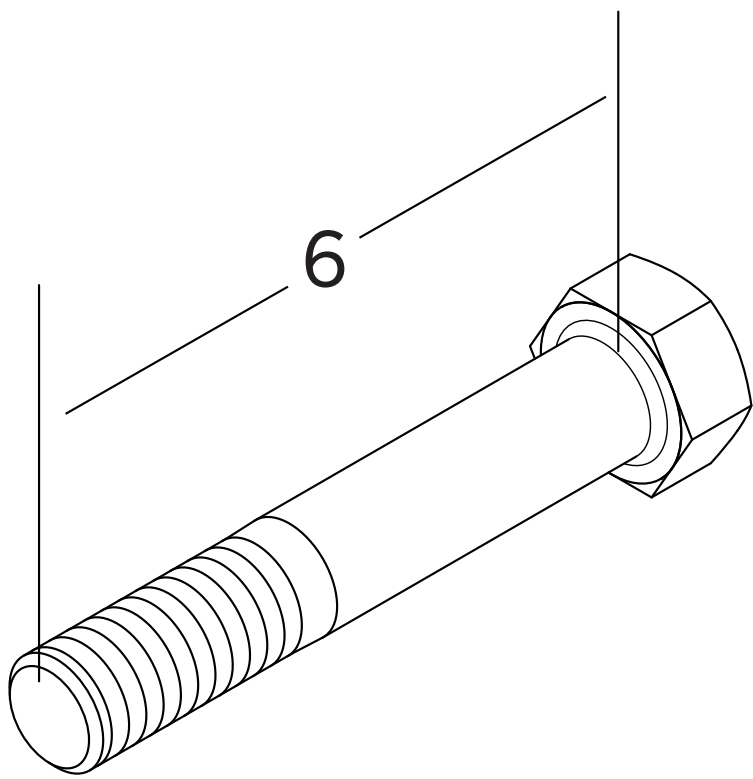
Single: 10x Dual: 20x



1" x 5" Hex Bolt

48

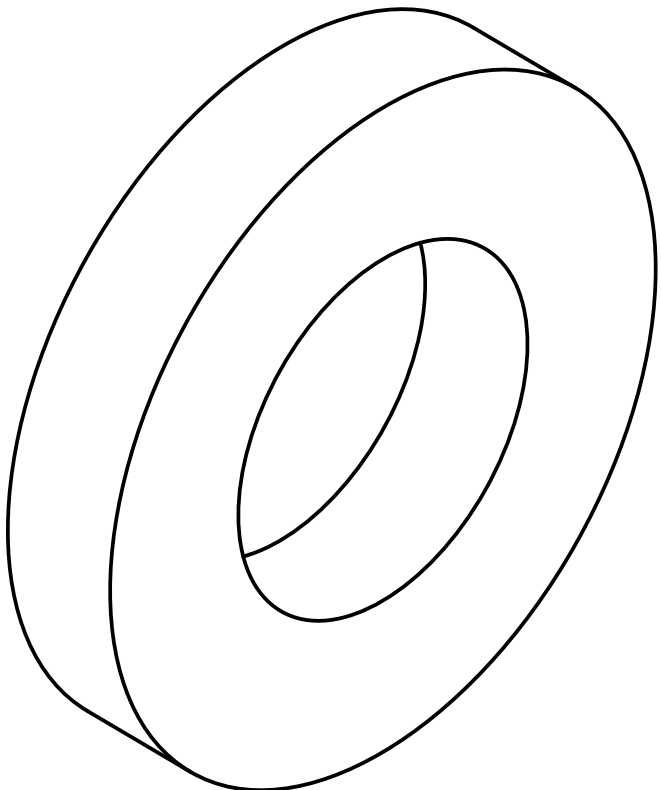
Single: 1x Dual: 2x



1" x 6" Hex Bolt

49

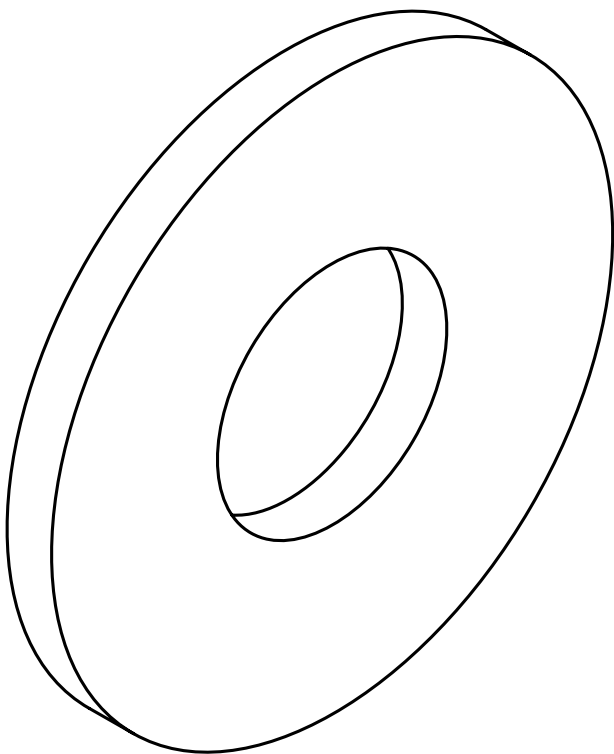
Single: 8x Dual: 16x



1" x 3/8" Pulley Bracket Spacer

50

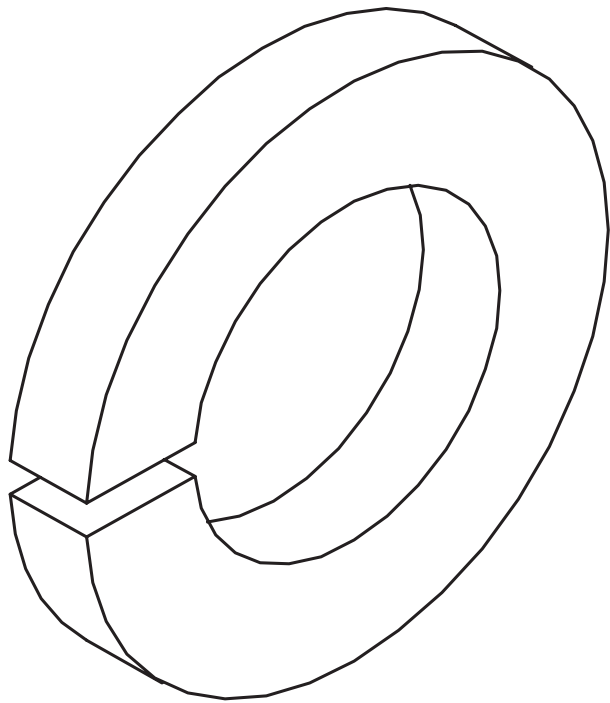
Single: 10x Dual: 20x



1" Flat Washer

51

Single: 12x Dual: 24x



1" Lock Washer

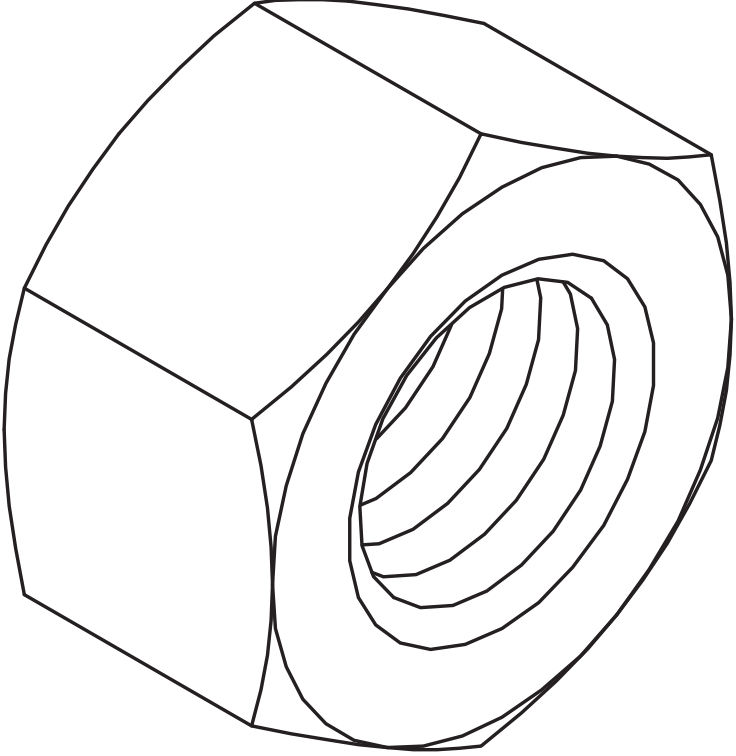
* Complimentary Monster Half Strips included with Swivel Trolley. See page 41 for Monster Strip assembly.
** Only included if Plate Storage Pins were purchased at checkout.
*** Included in RM-4/RM-6 Bolt Kit or removed from existing rack in STEP 5.

INCLUDED PARTS: FM-4 INDY AND FM-6 INDY ADD-ON KIT

Note: Images not shown at scale.

52

Single: **12x** Dual: **24x**



1” Hex Nut

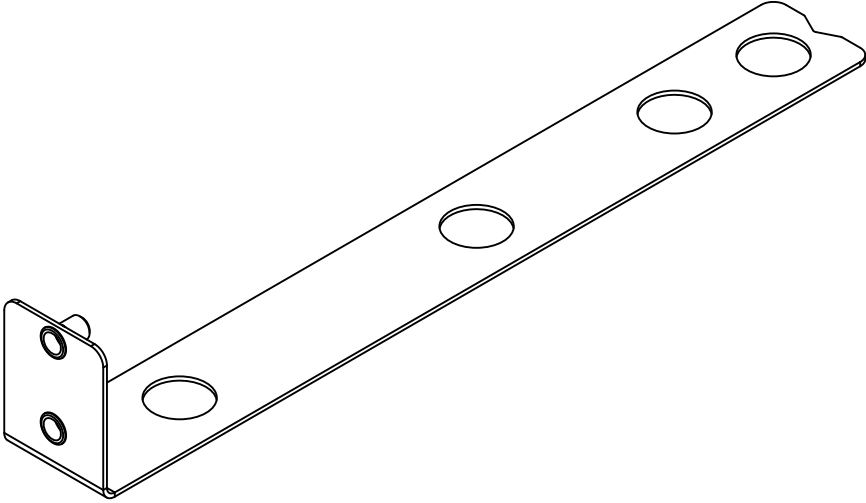


INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

53

Single: **2x** Dual: **4x**



Weight Stack Shroud Bracket

54

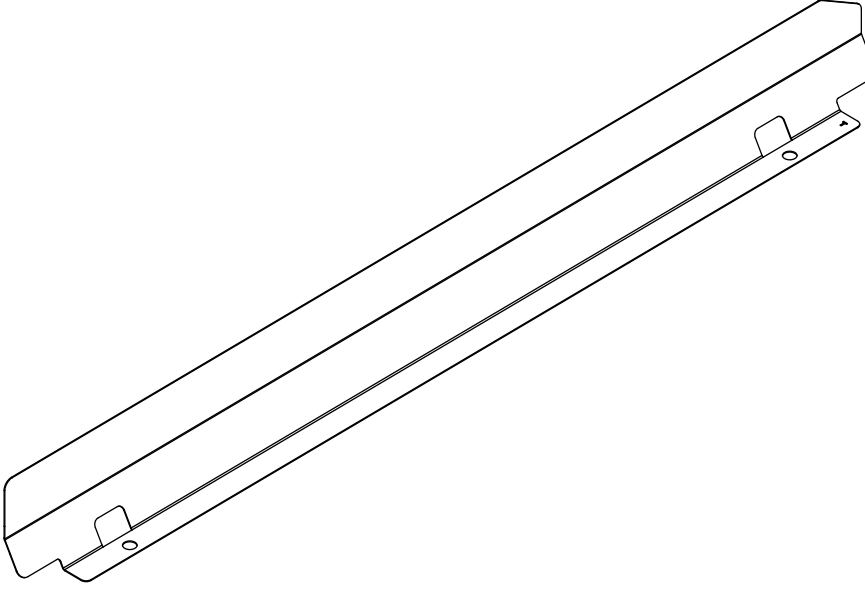
Single: **1x** Dual: **2x**



Weight Stack Rear Shroud - RH

55

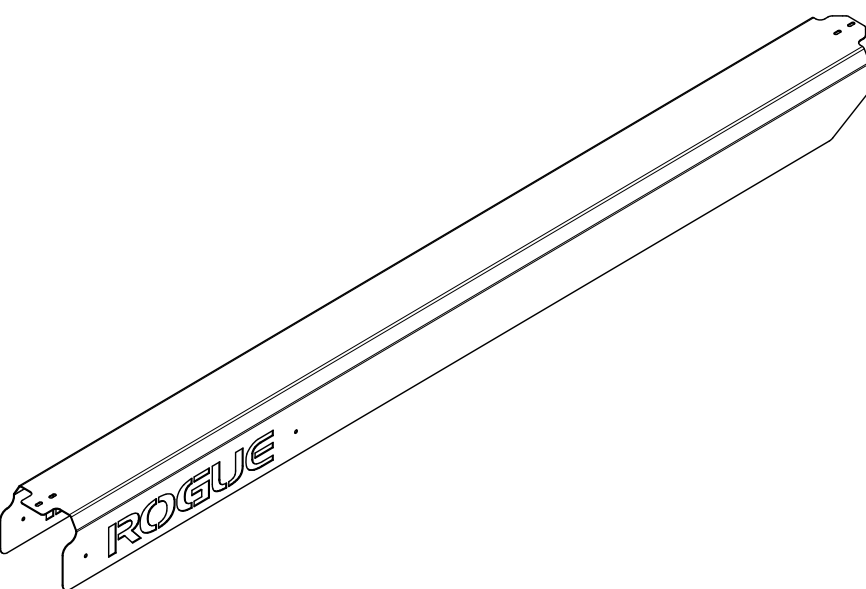
Single: **1x** Dual: **2x**



Weight Stack Rear Shroud - LH

56

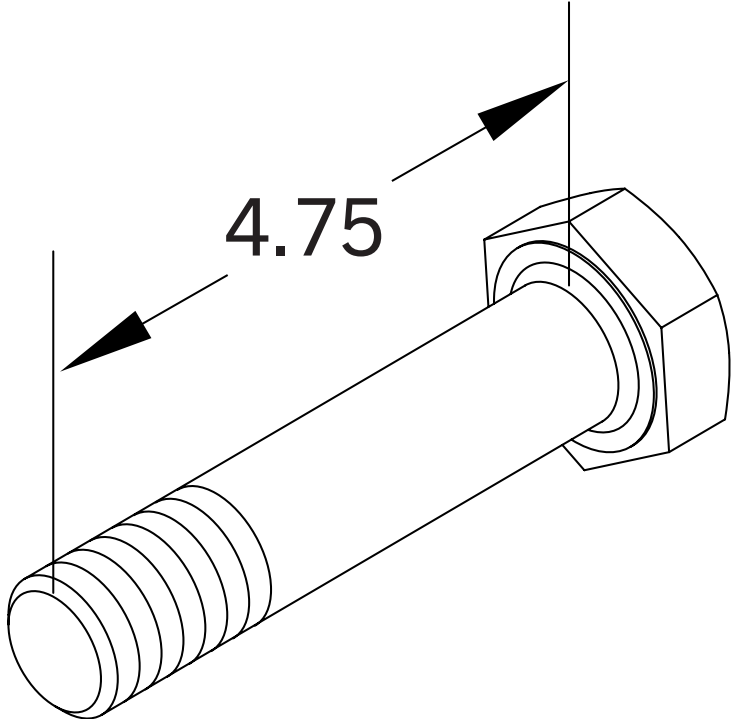
Single: **1x** Dual: **2x**



Weight Stack Nameplate Shroud

57

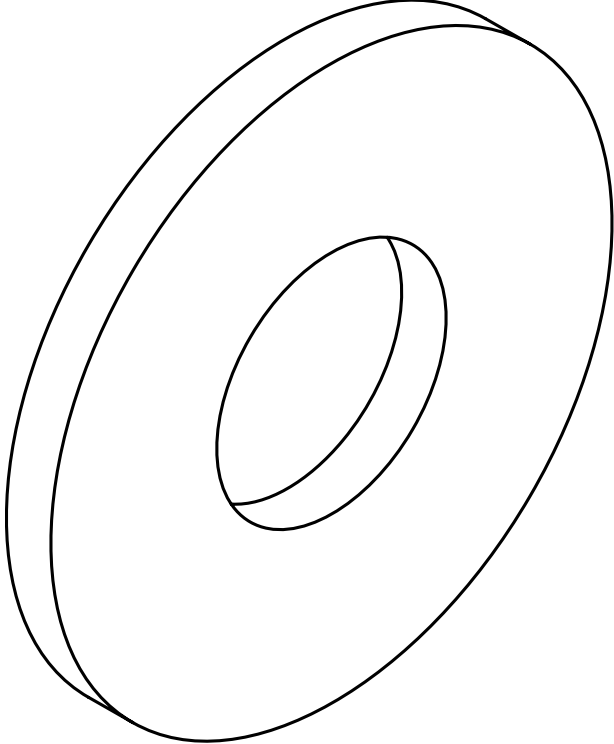
Single: **2x** Dual: **4x**



1" x 4-3/4" Hex Bolt

58

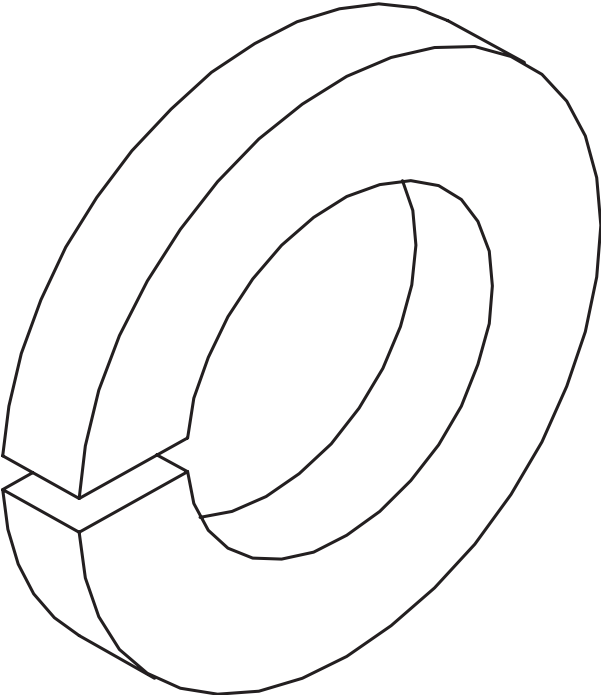
Single: **2x** Dual: **4x**



1" Flat Washer

59

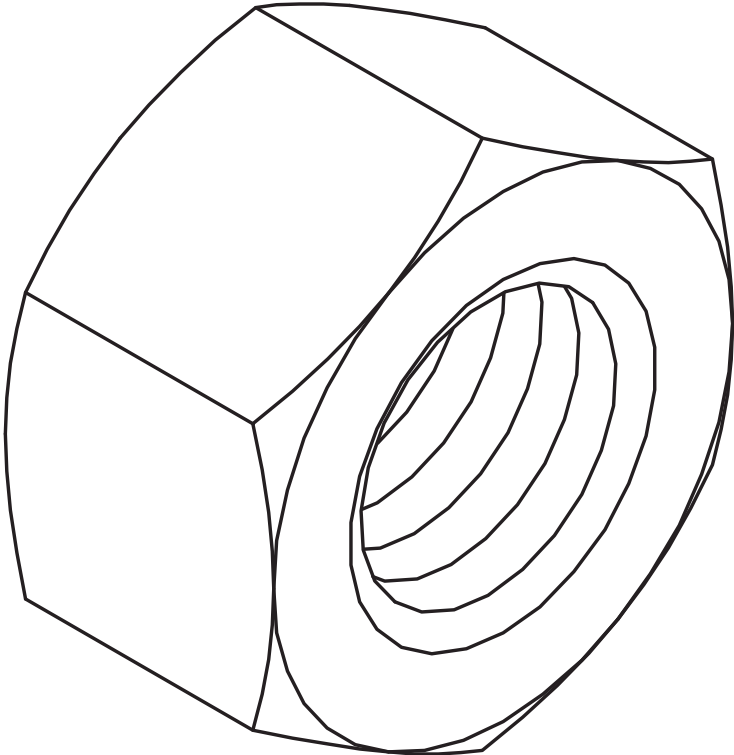
Single: **2x** Dual: **4x**



1" Lock Washer

60

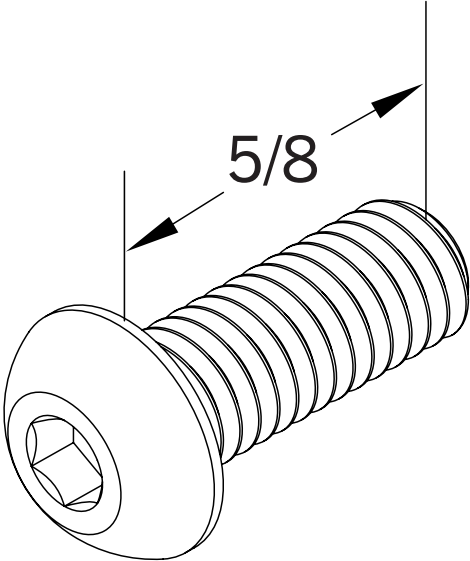
Single: **2x** Dual: **4x**



1" Hex Nut

61

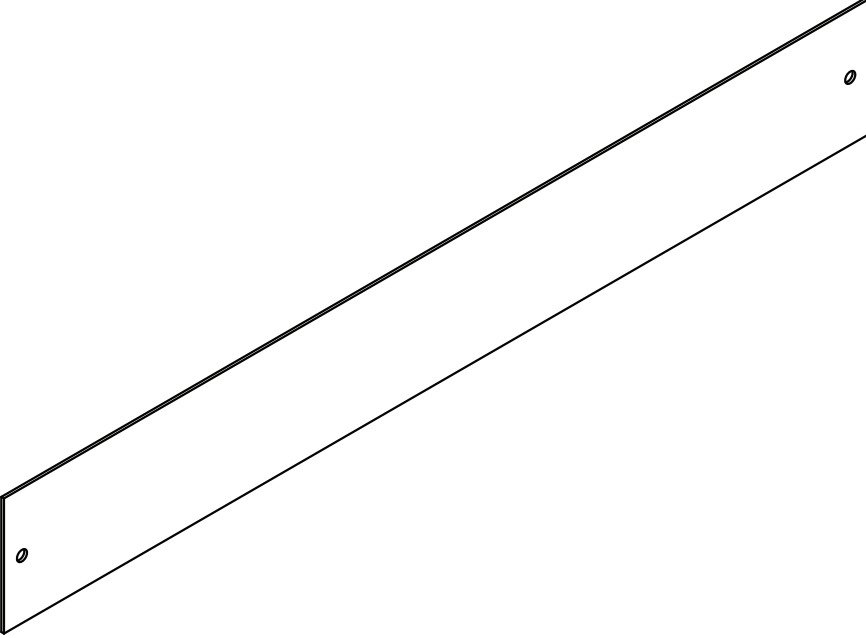
Single: **4x** Dual: **8x**



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

62

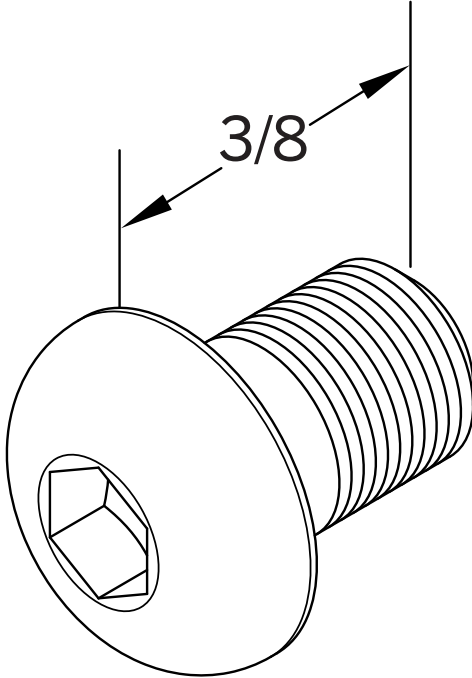
Single: **2x** Dual: **4x**



Backer Plate

63

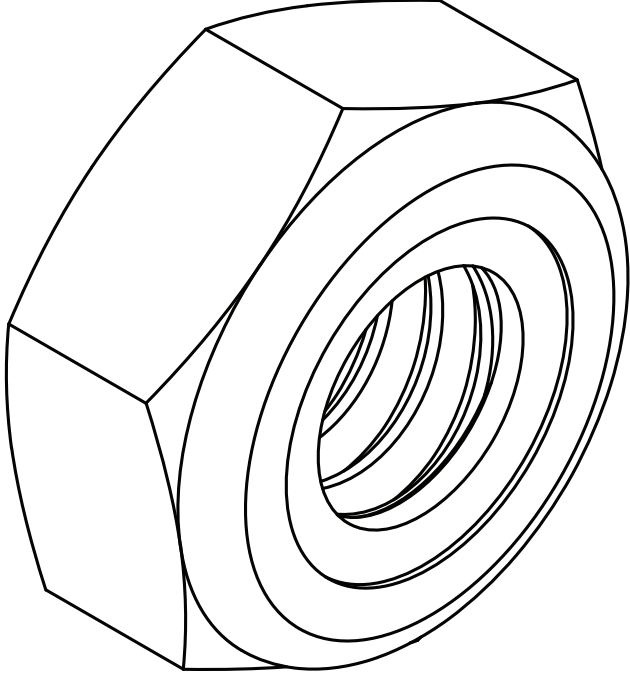
Single: **4x** Dual: **8x**



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

64

Single: **4x** Dual: **8x**

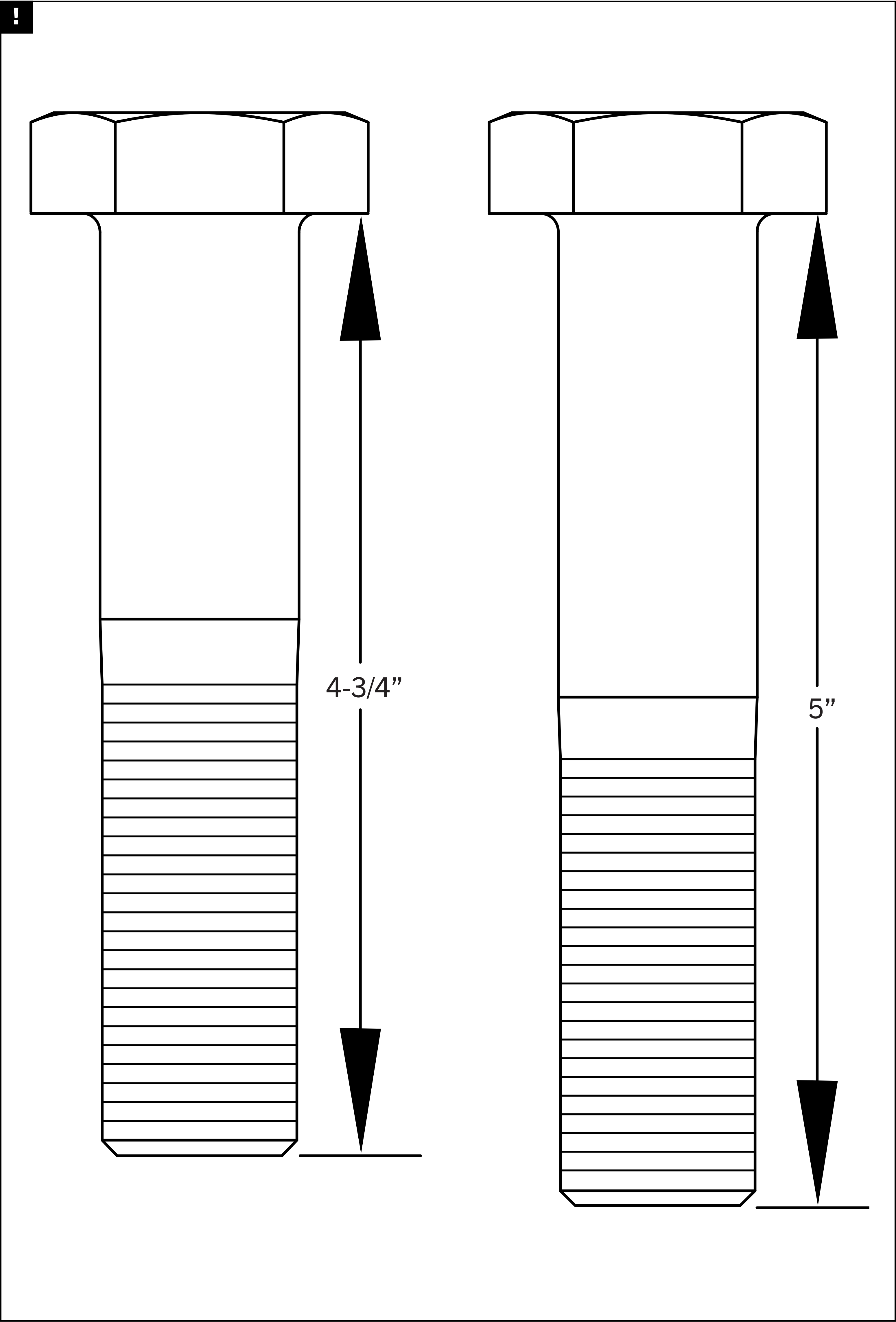


1/4" Nylock Nut

1” HARDWARE LENGTH GUIDE

Note:

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

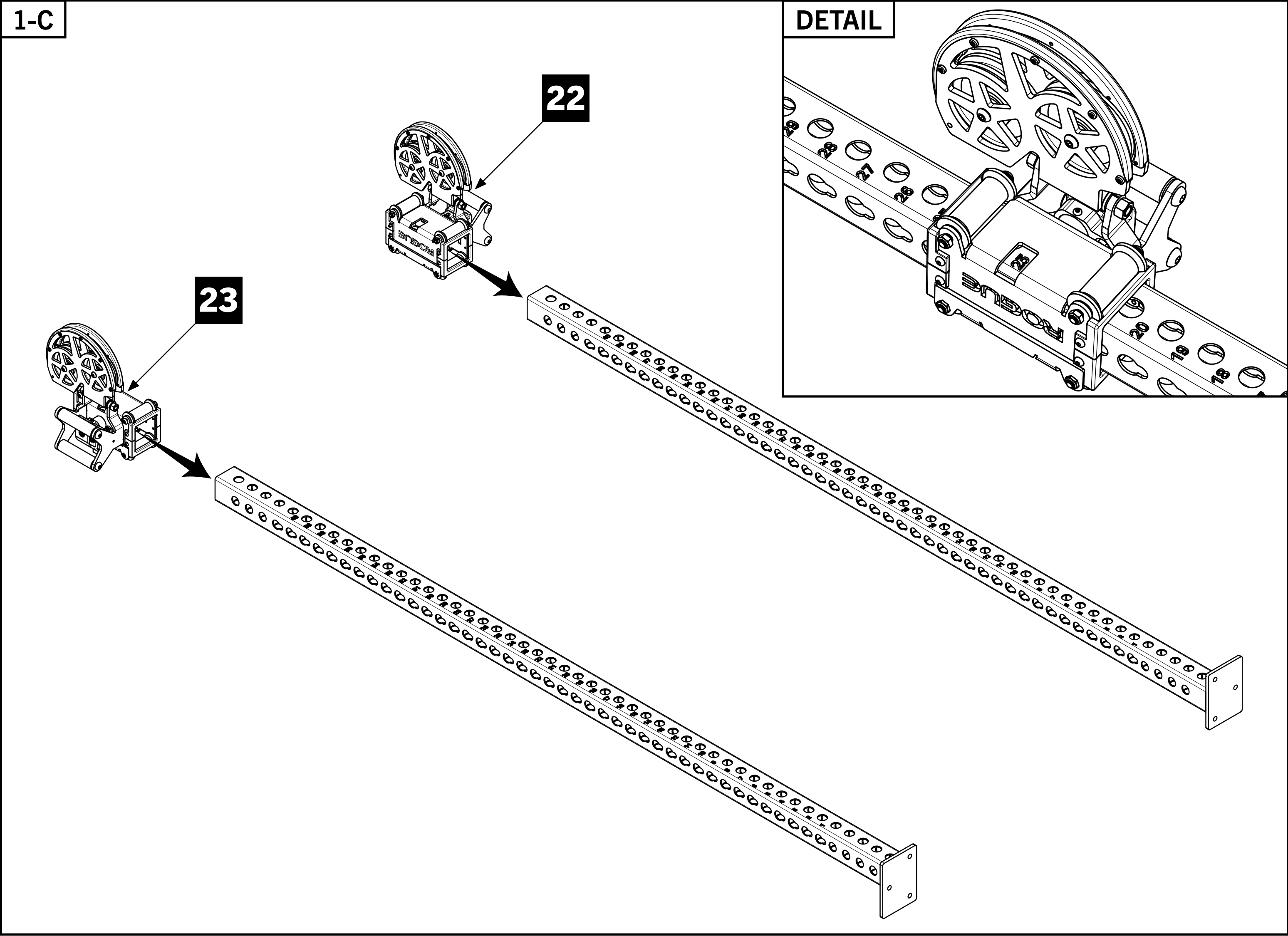
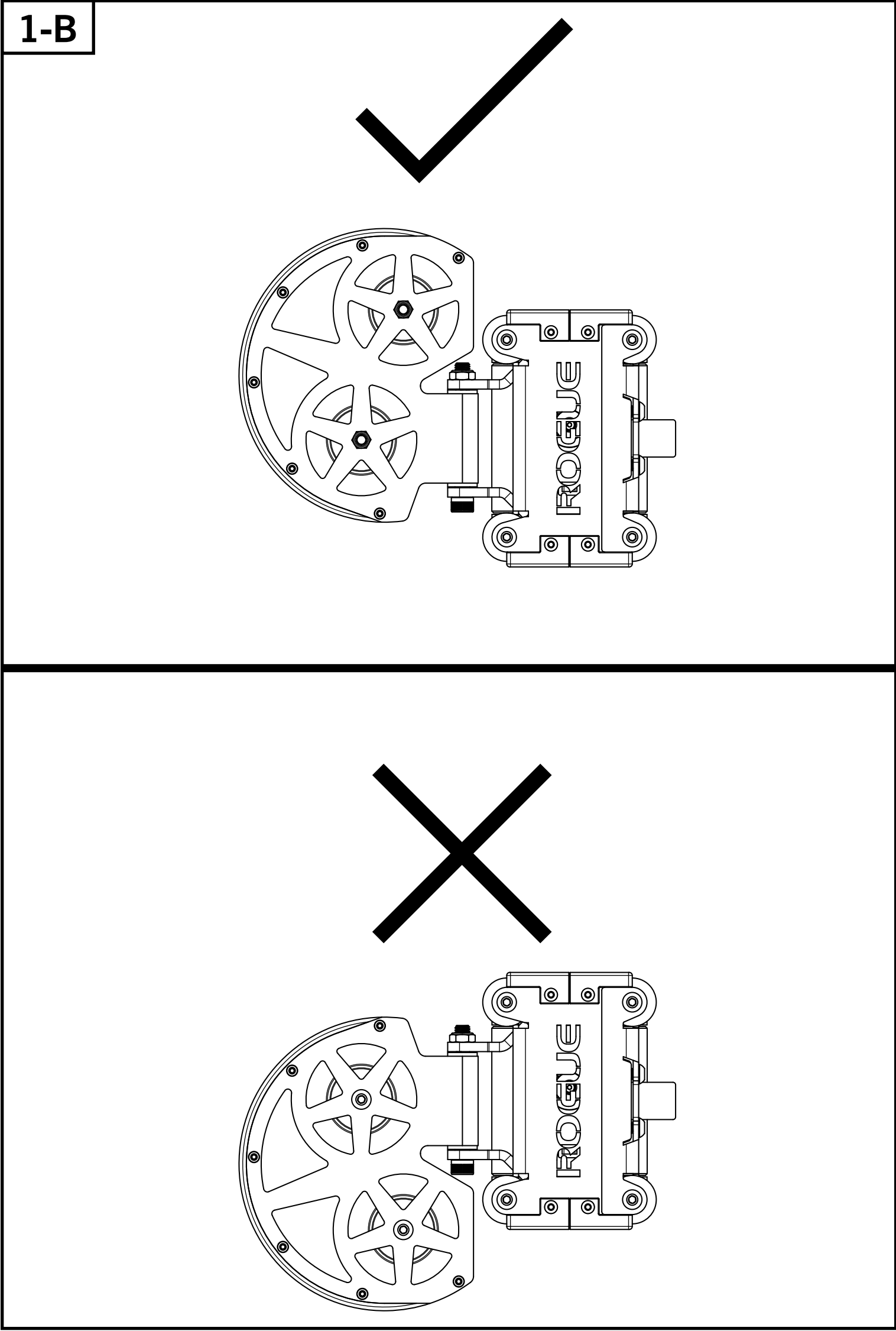
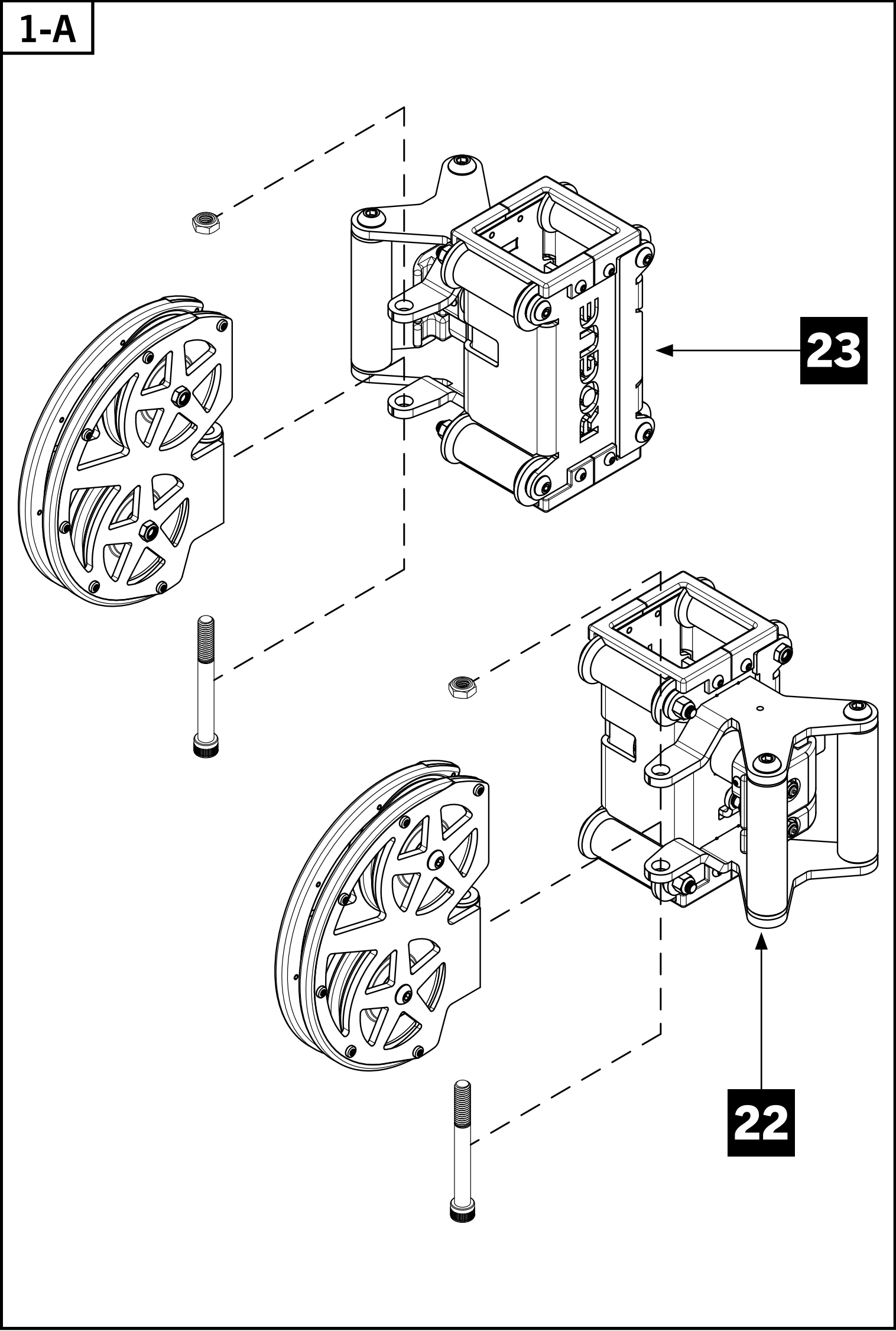


STEP 1

Tools Required:

- 3/8” Allen Key
- Multi Tool
- Secure the Pulley Swivel to the Trolley using the preinstalled hardware included with the Pulley Swivel.
- Tighten until there is light friction in the joint, while still allowing the Pulley Swivel to hinge freely.

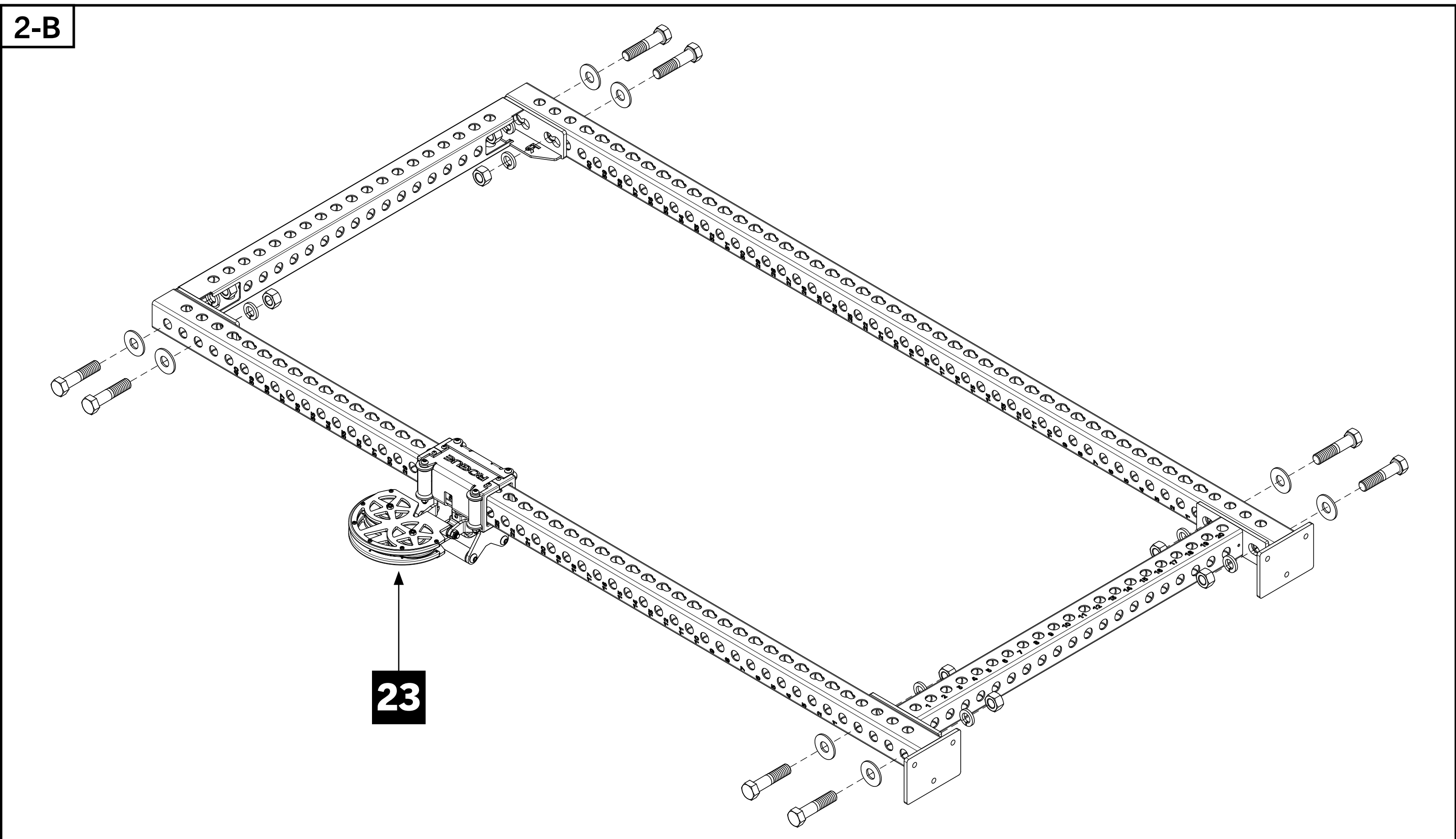
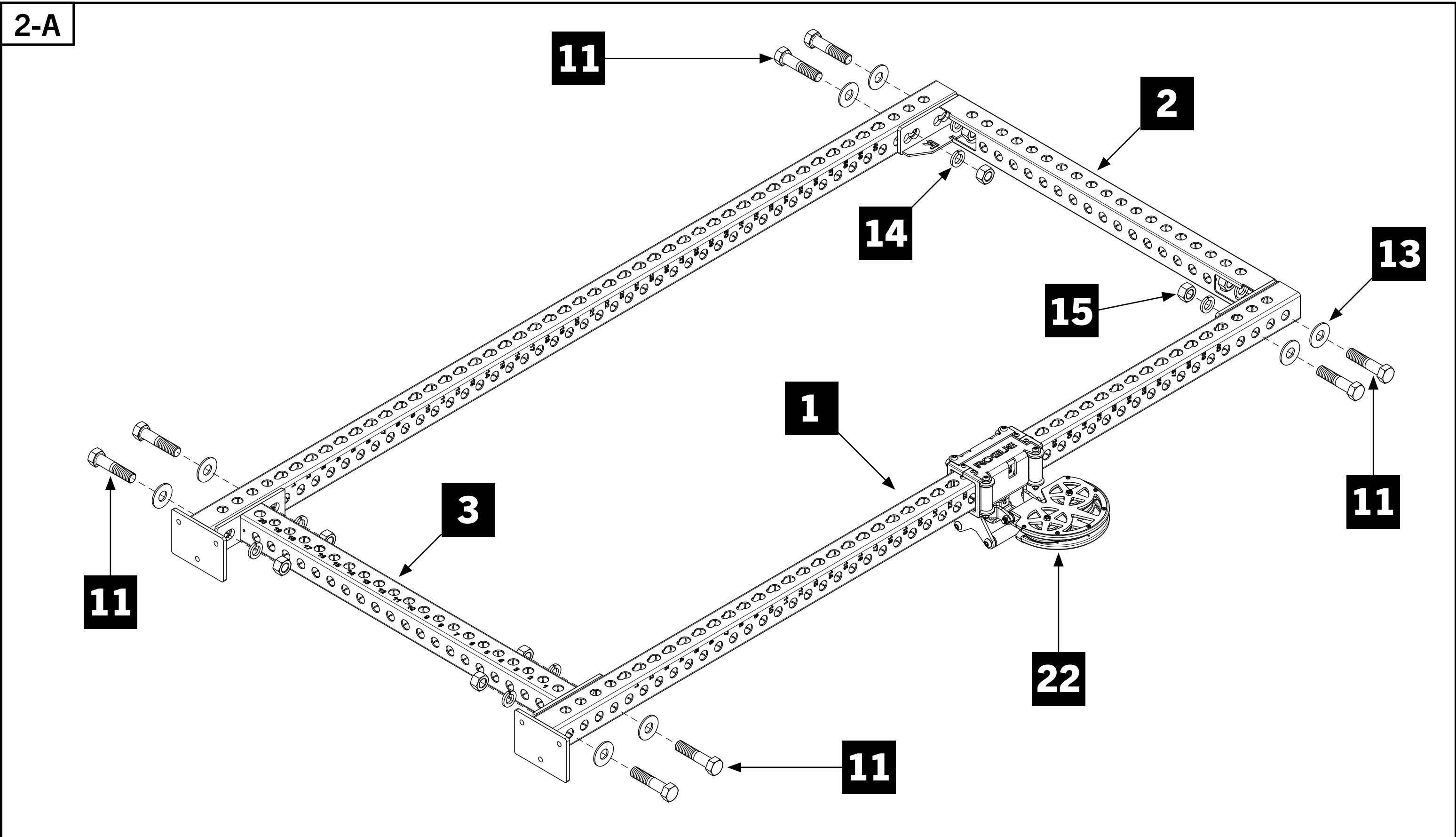
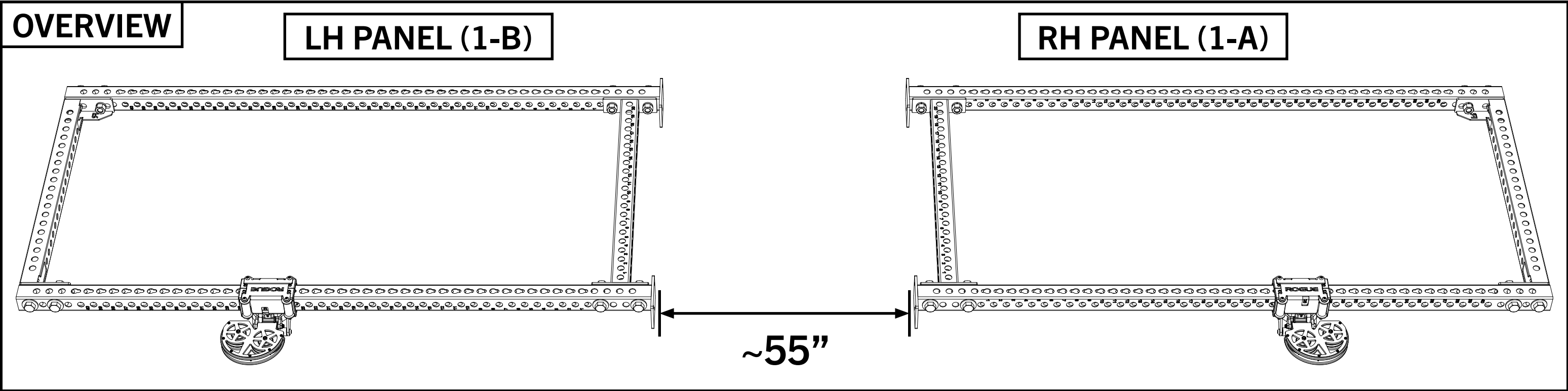
- Ensure Pulley Swivel is oriented as shown in the correct image.
- While pulling the handle triggers, slide Swivel Trolley RH [22] and Swivel Trolley LH [23] onto two Monster Uprights [1].
- Note the orientation of Swivel Trolleys in relation to the feet at bottom of uprights.
- Slide about halfway down Upright and re-release triggers to lock pop pins in place when the viewing window is showing number 23.



STEP 2 (RM-4)

- For RM-6, skip to PAGE 14.
- If modifying existing rack with Add-On Kit, skip Steps 2-4 and proceed to STEP 5.
- 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.

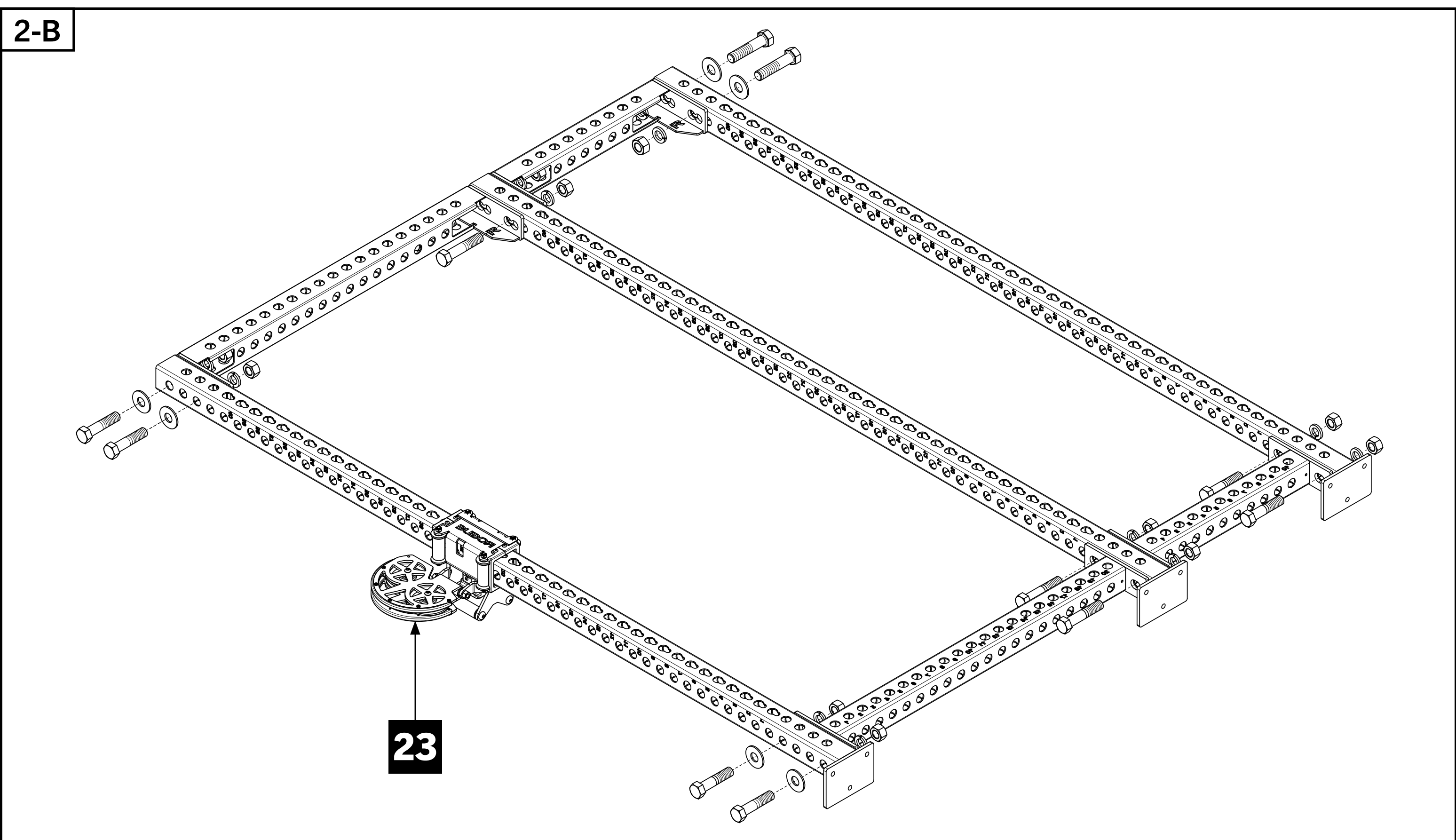
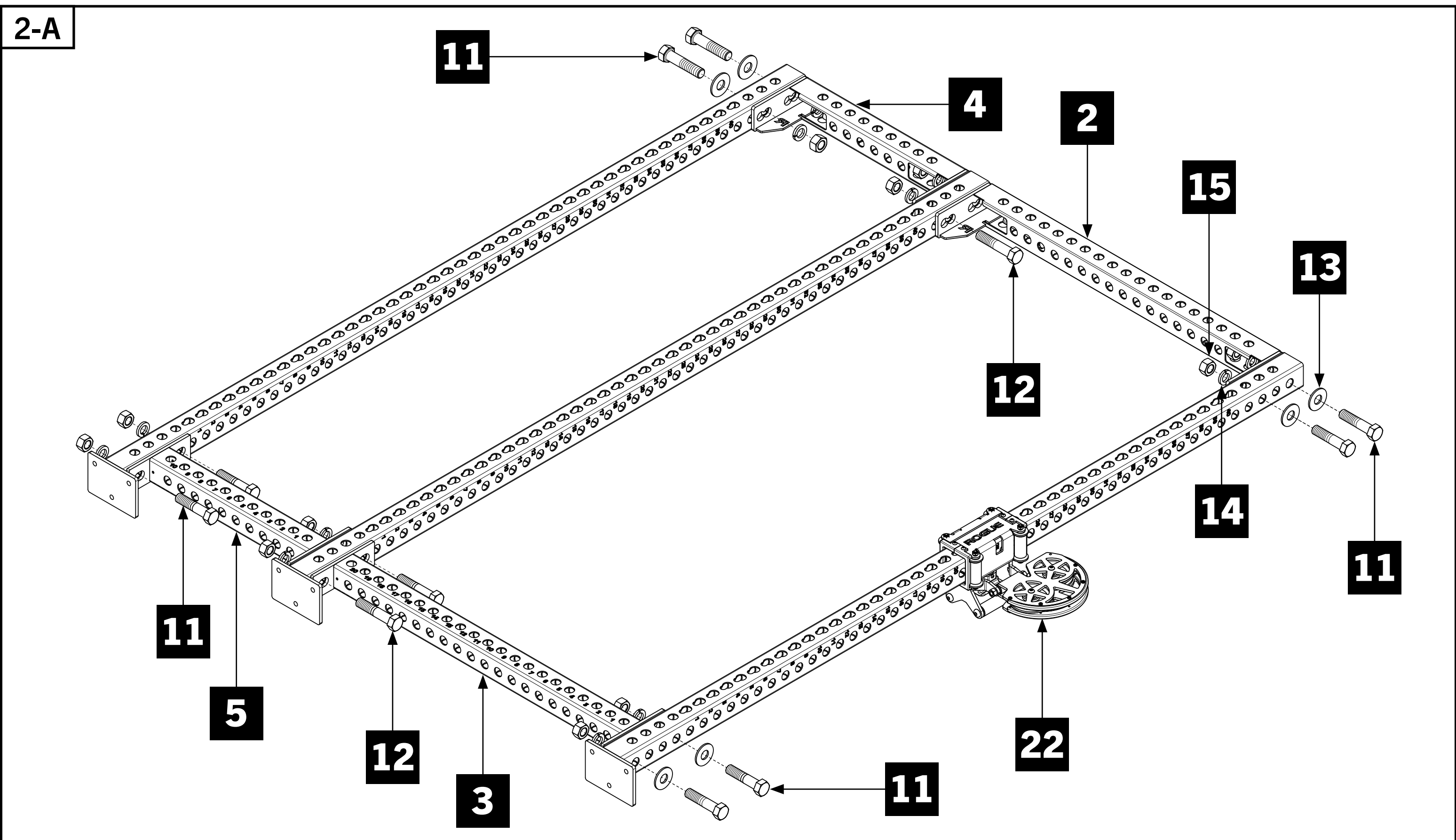
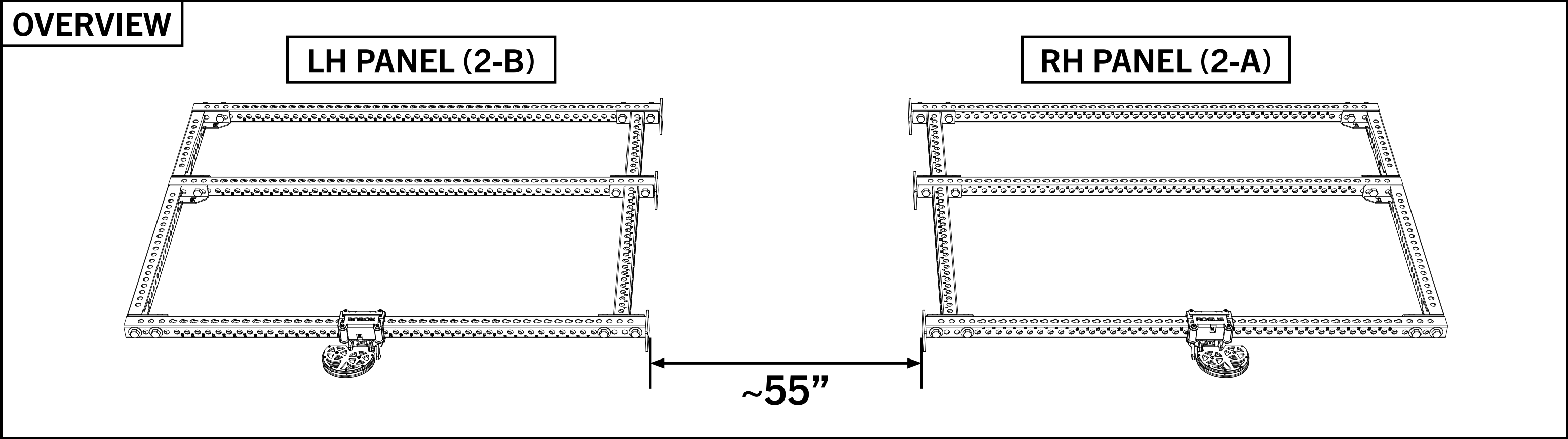
- Note orientation of Upright [1] feet in relation to the ground.
- Connect Uprights [1] to Crossmembers using 1”x 4-3/4” Hex Bolts [11], 1” Flat Washers [13], 1” Lock Washers [14], and 1” Hex Nuts [15].
- **HAND TIGHTEN ONLY.**
- **Note: Remainder of instructions show FM-6 Assembly. Same instructions apply for FM-4 Indy.**



STEP 2 (RM-6)

- If modifying existing rack with Add-On Kit, skip Steps 2-4 and proceed to STEP 5.
- 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”x 4-3/4” Hex Bolts [11], 1” x 5” Hex Bolts [12], 1” Flat Washers [13], 1” Lock Washers [14], and 1” Hex Nuts [15].
- Ensure to use 1” x 5” Hex Bolts [12] for central uprights.
- **HAND-TIGHTEN ONLY.**

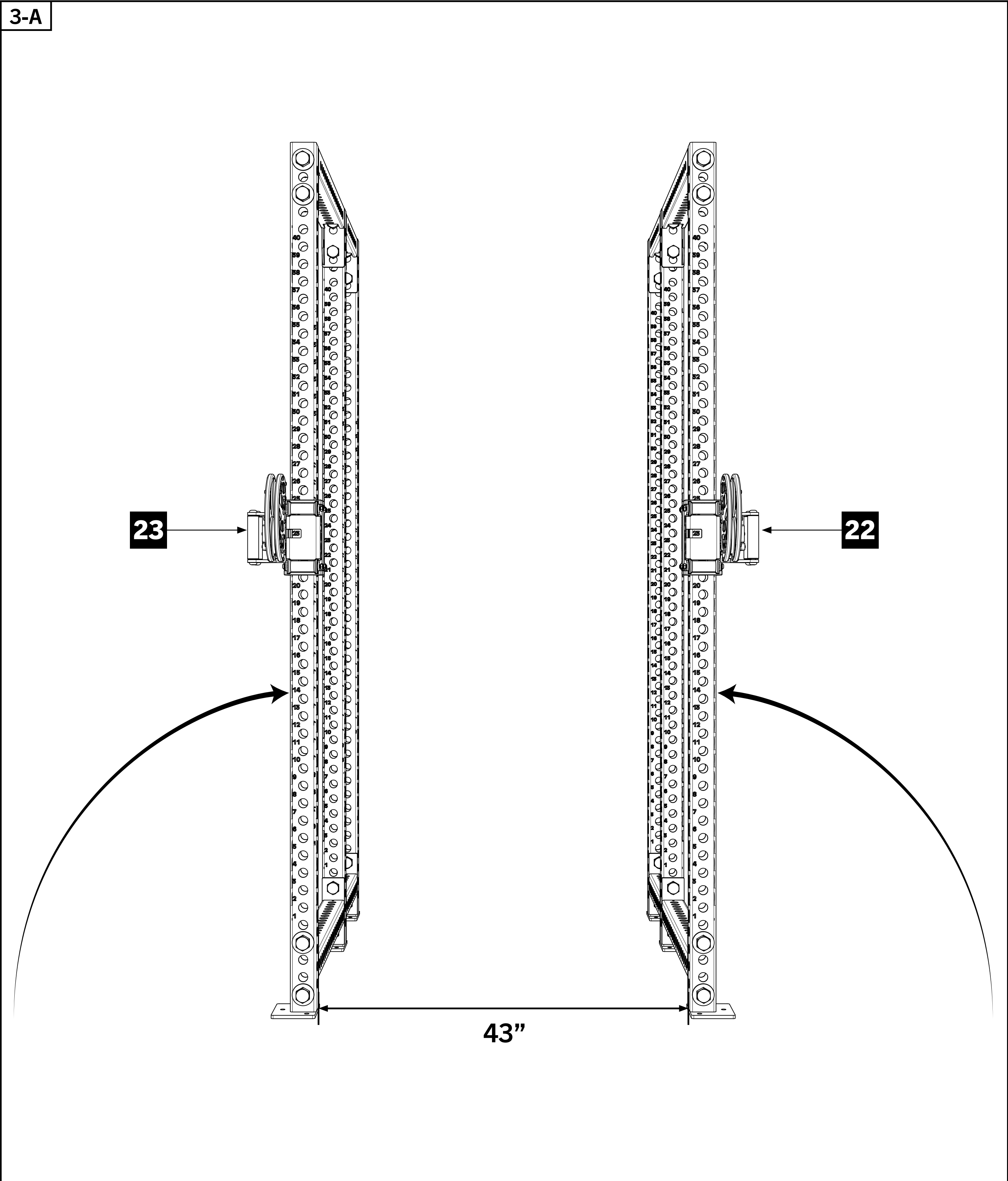
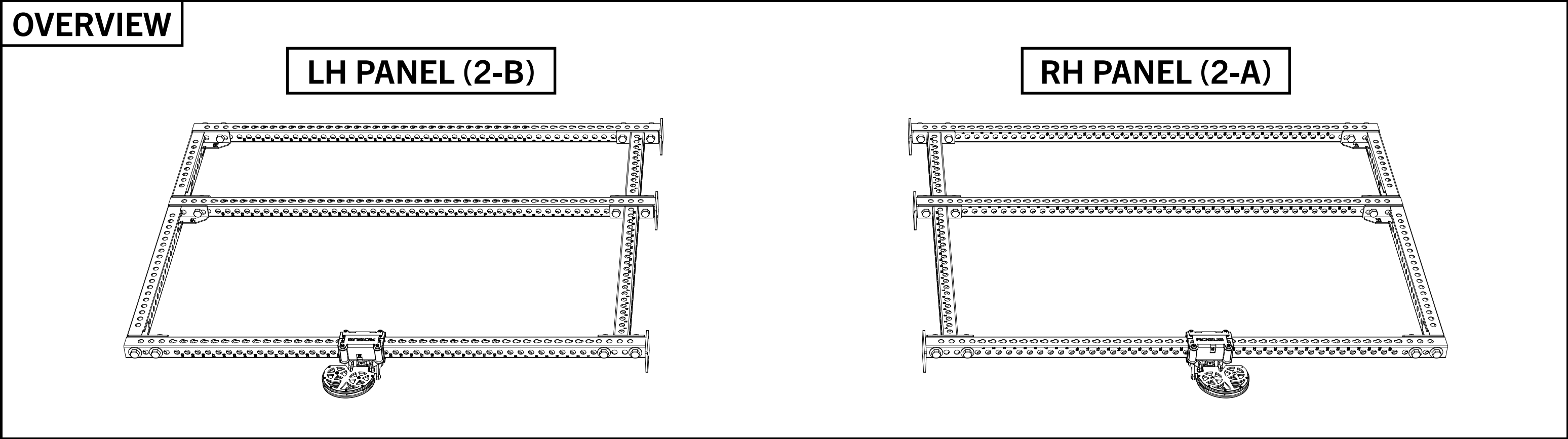


STEP 3

IMPORTANT:


- For safety, we recommend the remainder of these instructions be completed by a **minimum of two people**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.

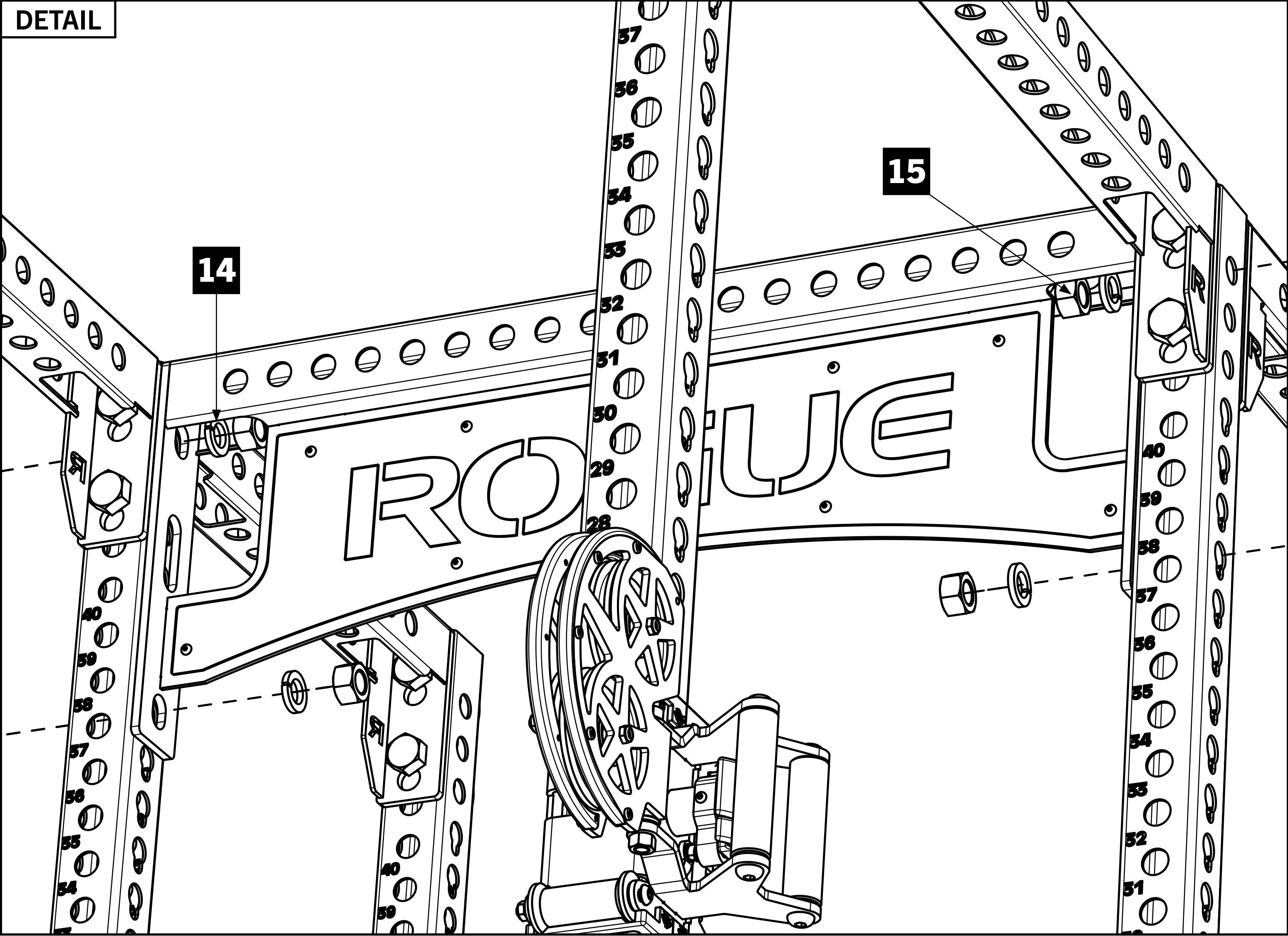
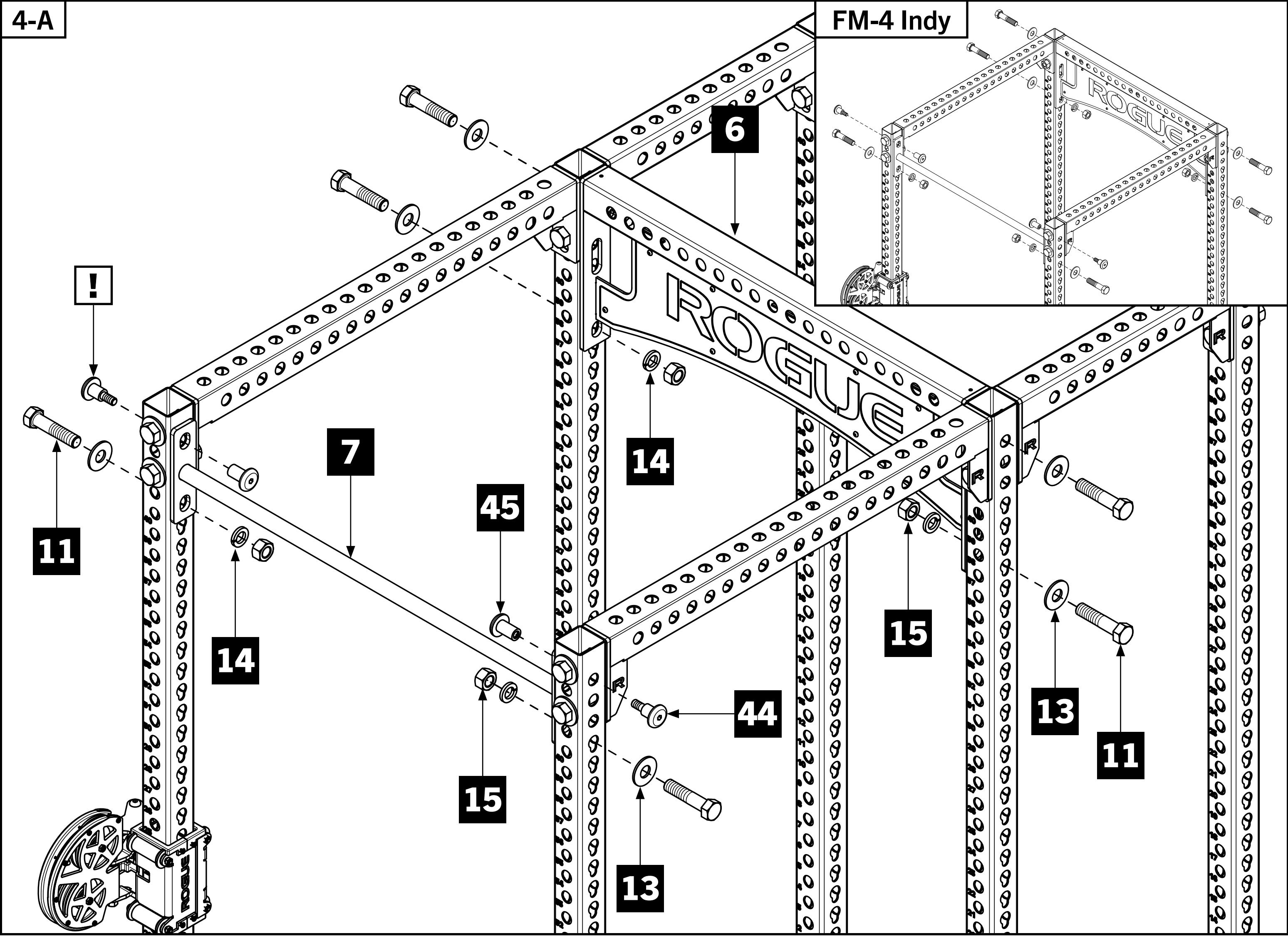
- One or two people should stabilize both panels, ensuring panels don't fall while another person assembles the spanning Crossmembers in **STEP 4**.



STEP 4

Tools Required:

- 3/8” Allen Key
- Attach Nameplate Crossmember [6] to middle Uprights using 1” x 4-3/4” Hex Bolt [11], 1” Flat Washers [13], 1” Lock Washers [14], and 1” Hex Nuts [15].
- Attach Pull-up Bar [7] to front Uprights using 1” Shoulder Bolts [44,45], 1” x 4-1/2” Hex Bolts, 1” Flat Washers, 1” Lock Washers, and 1” Hex Nuts.
-  Fully tighten 1” Shoulder Bolts using 3/8” Allen Key. DO NOT TIGHTEN HEX BOLTS.



STEP 5 (ADD-ON KIT)

IMPORTANT:

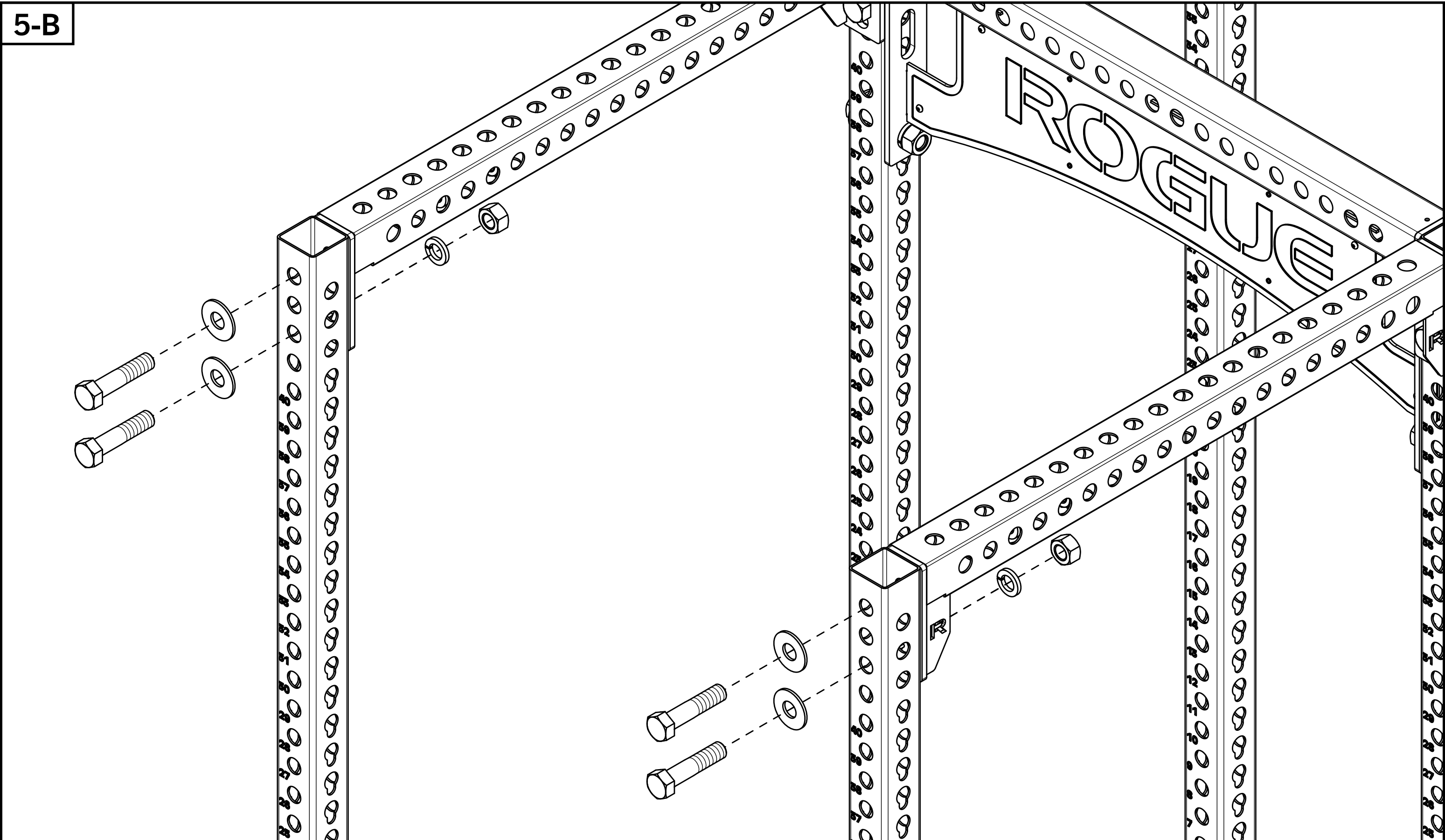
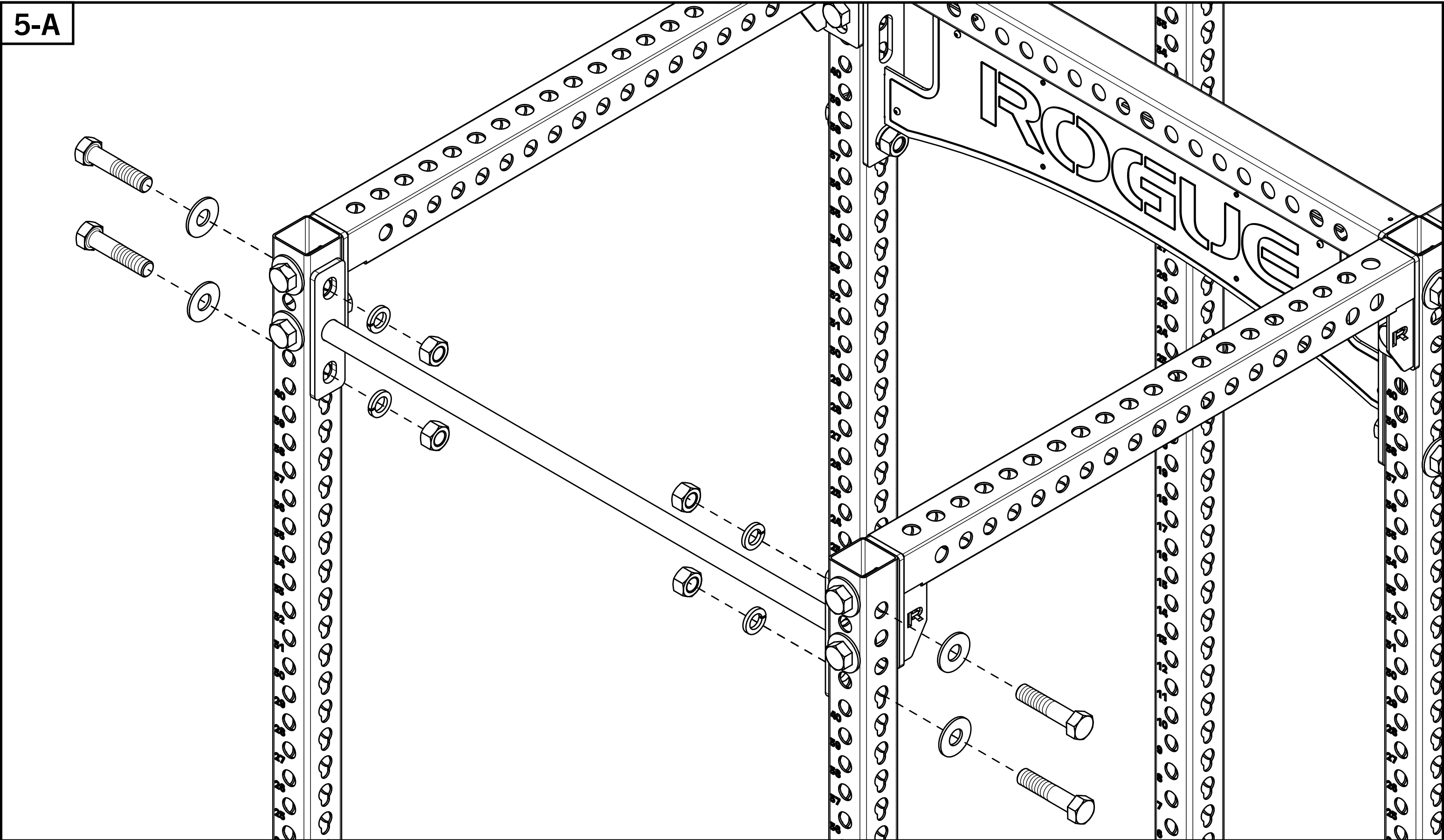
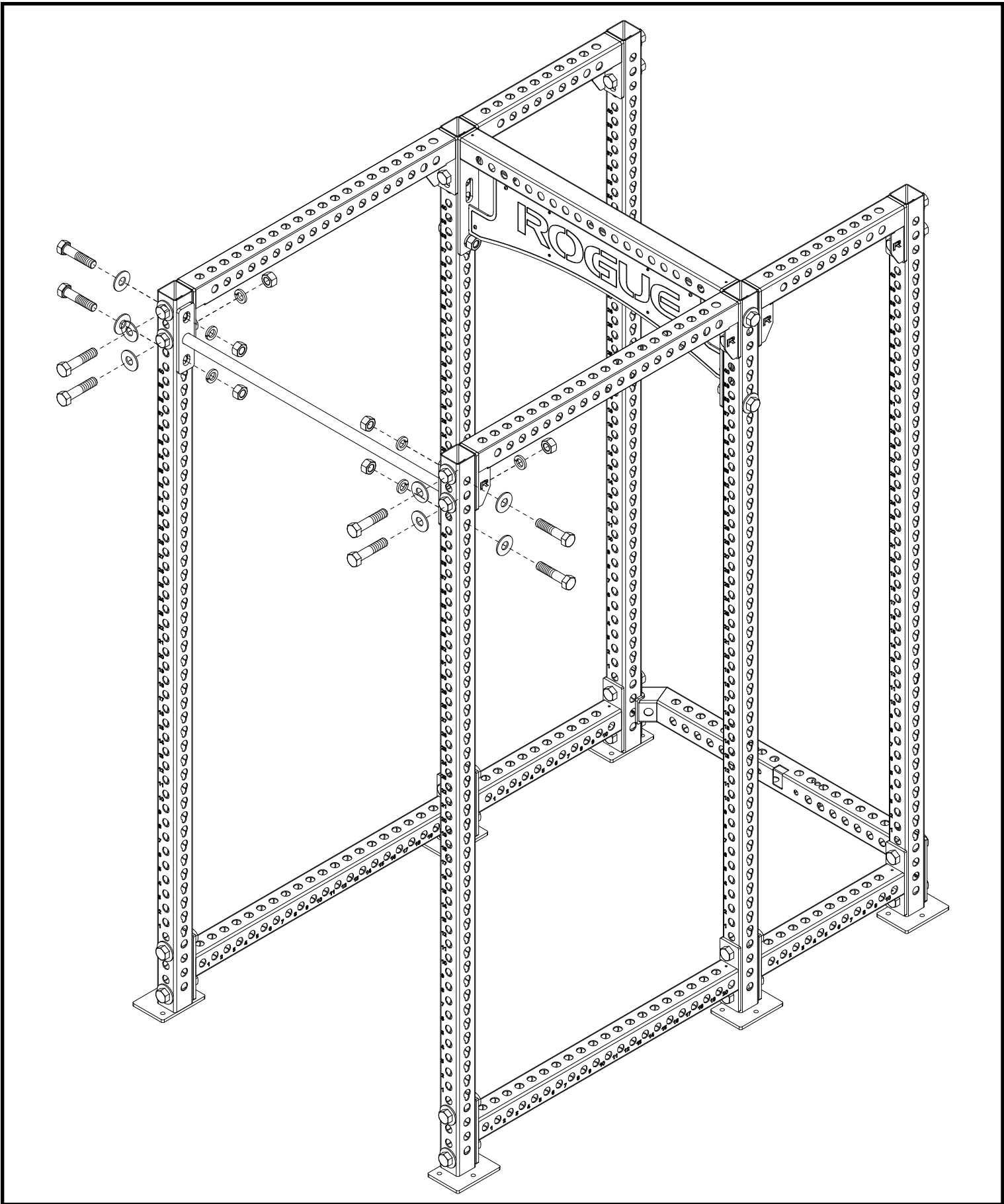
- **LOOSEN BUT DO NOT REMOVE ALL 1”**
HARDWARE ON ENTIRE RACK.

Tools Required:

- 1-1/2” Wrench
- Remove Pull-up Bar and hardware from front of rack and set parts aside.
- Remove additional 1” crossmember hardware shown in **5-B** so that the tops of the front uprights are completely free to move.

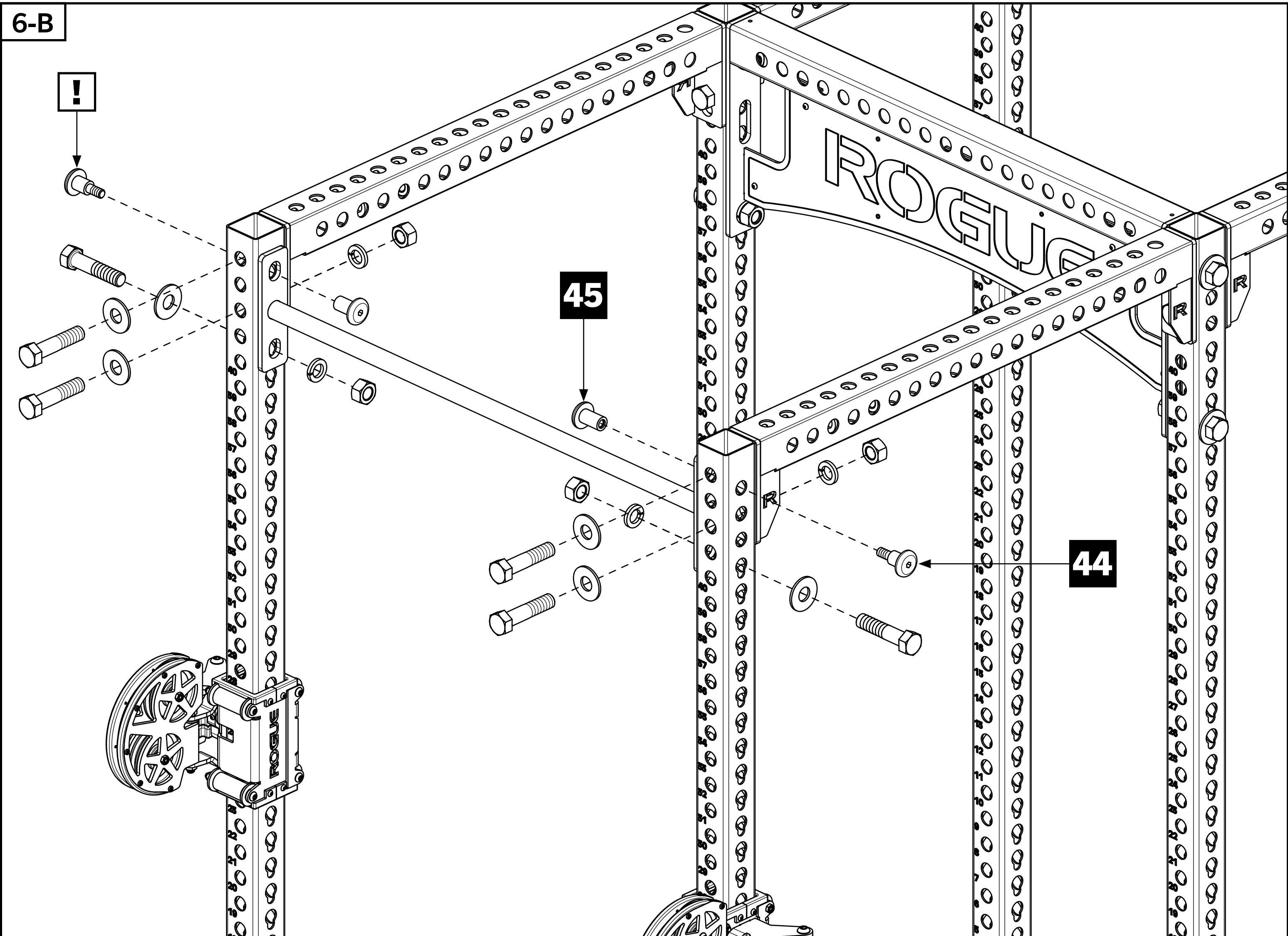
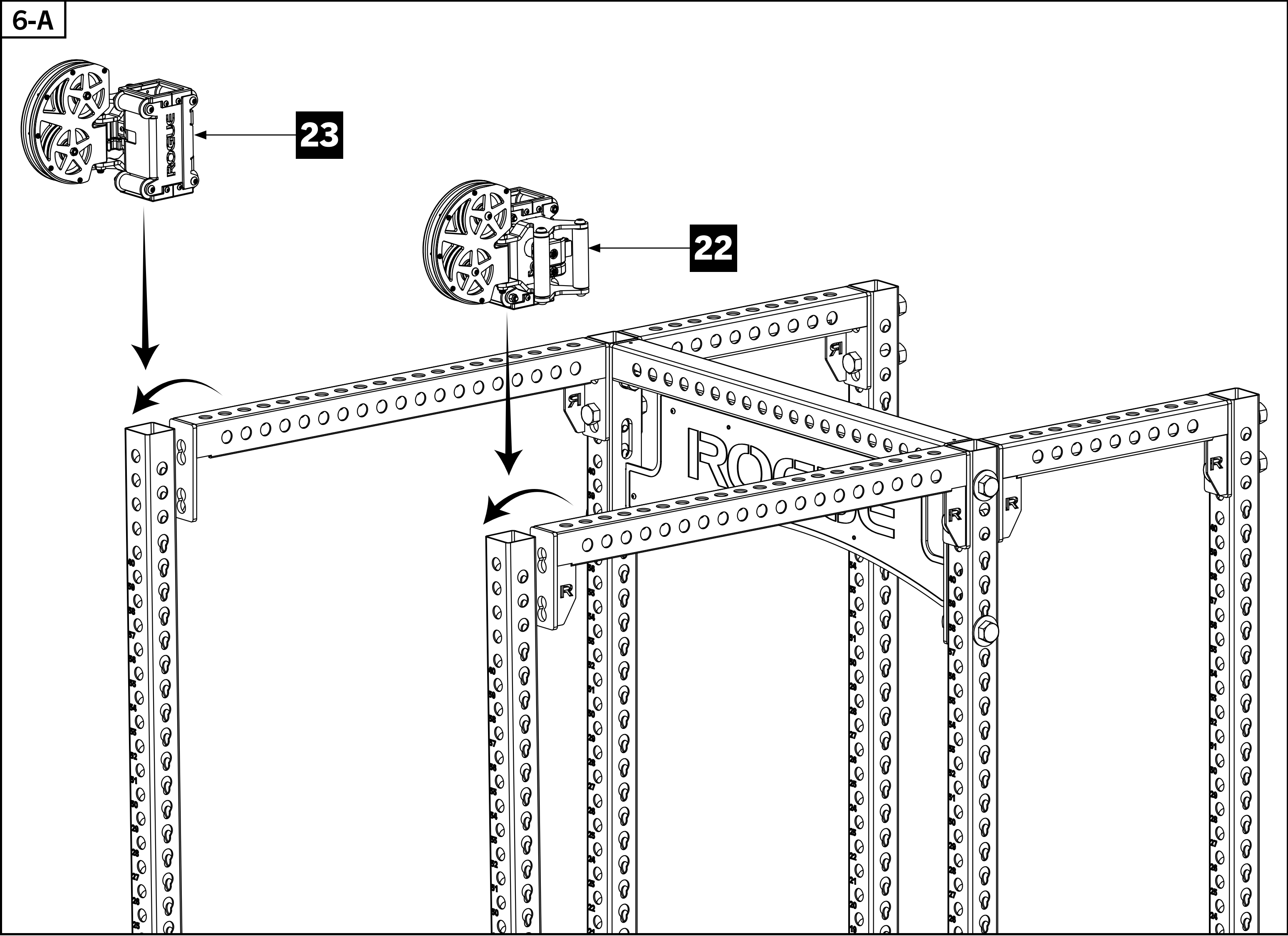
Note:

- The tops of the front uprights will need ample slack to complete **STEP 6**. Continue to loosen hardware on bottom of Front Uprights as needed.



STEP 6 (ADD-ON KIT)

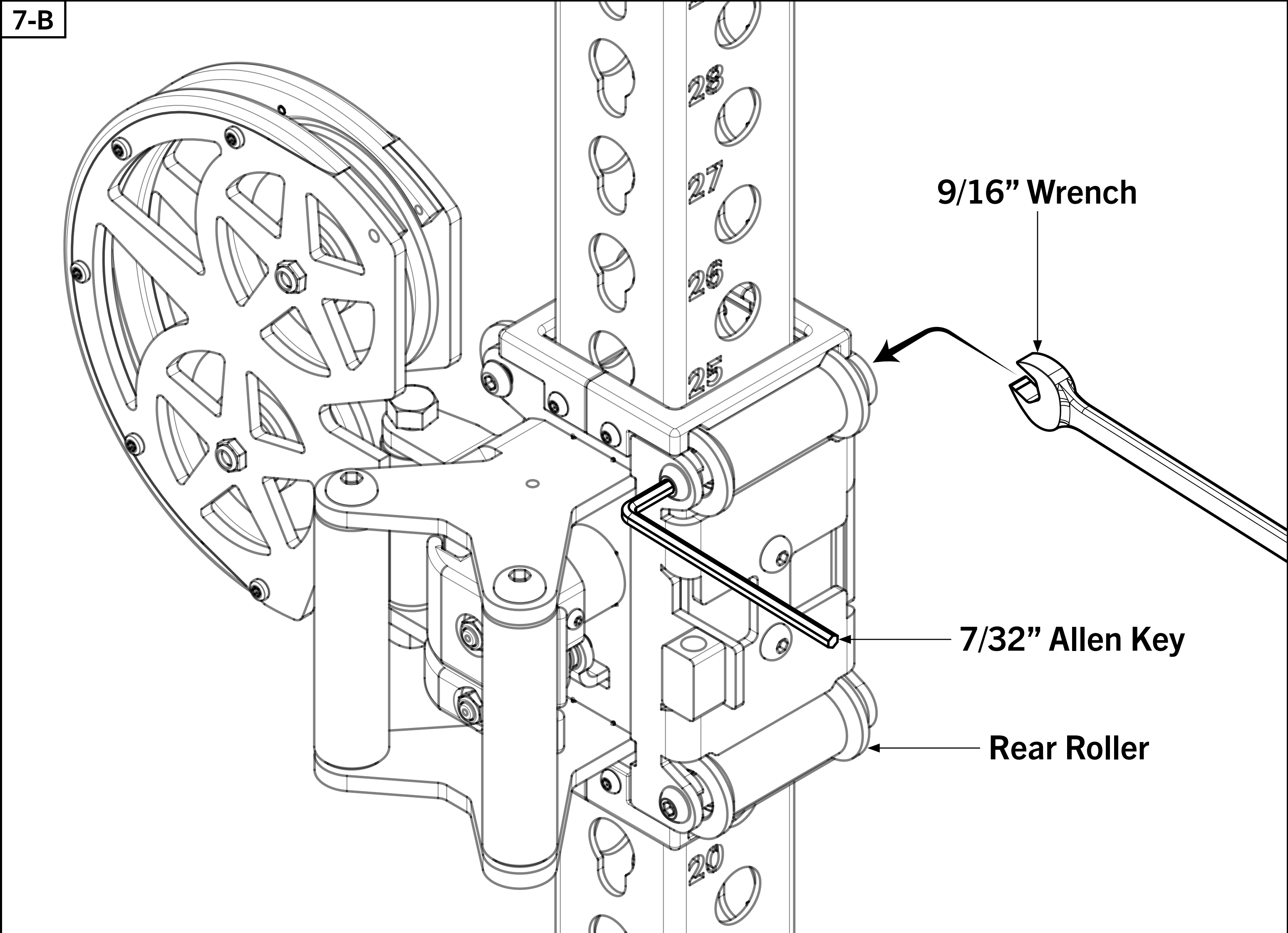
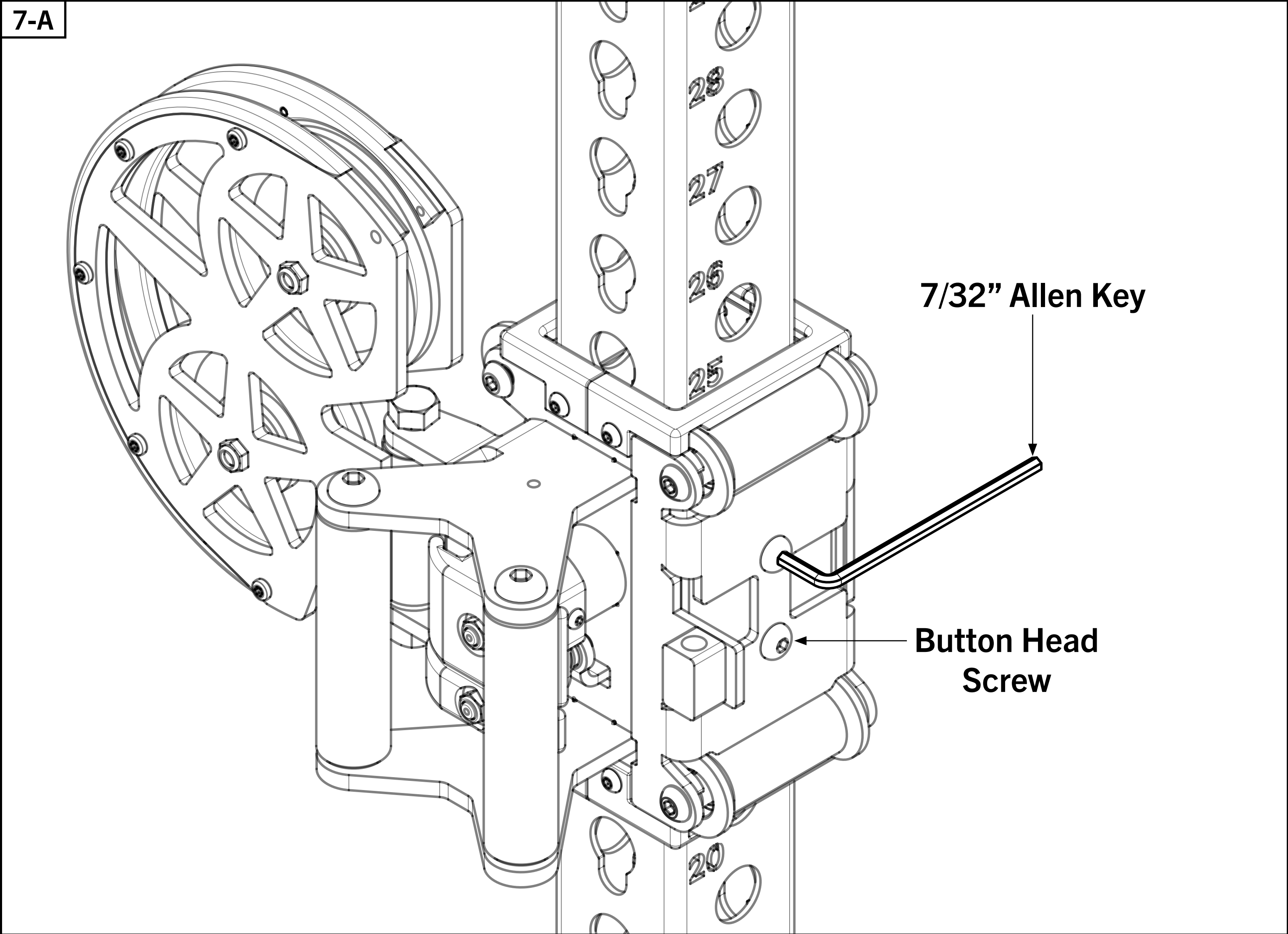
- While tilting Upright forward, pull the handle triggers and slide LH Swivel Trolley [23] down the front left Upright.
- Repeat this process to assemble RH Swivel Trolley [22] on front right Upright.
- Slide down the Uprights and release triggers when the viewing window is showing the number 23 (refer to **STEP 1-C**).
- Assemble hardware removed in **STEP 5**, replacing the indicated top outer bolts with 1" Shoulder Bolts. **!** Fully tighten **ONLY** the 1" Shoulder Bolts using two 3/8" Allen Keys.



STEP 7

Tools Required:

- 7/32” Allen Key, 9/16” Wrench
- Swivel Trolleys [22,23] need to be calibrated for your specific rack.
- Keeping the Swivel Trolleys locked in place, tighten the Button Head Screws shown in **7-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 **7-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.



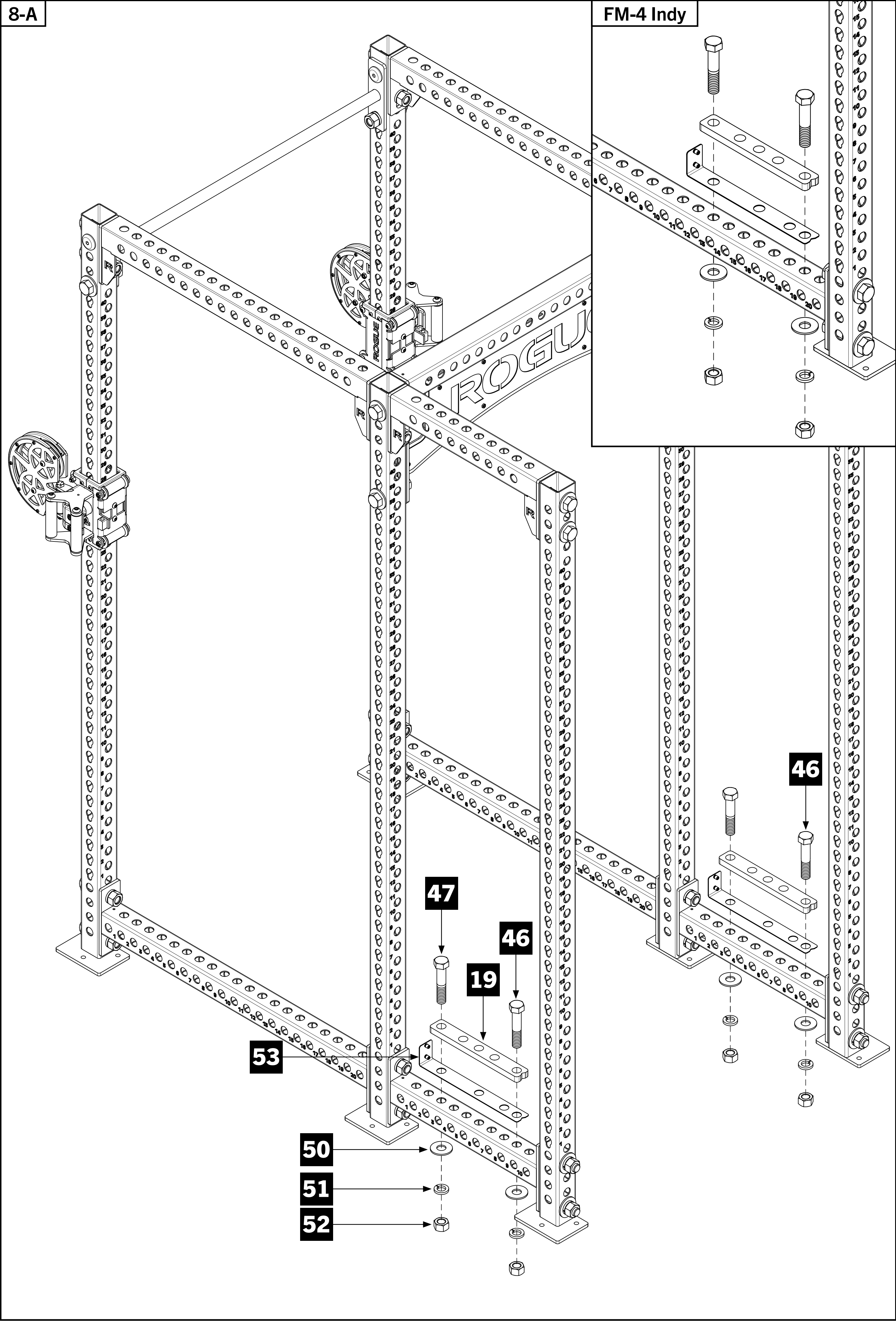
STEP 8

Tools Required:

- 1-1/2" Wrench
- Attach Weight Stack Shroud Brackets [53] and Bottom Weight Stack Spacers [19] to Low Crossmembers by using 1" x 4-3/4" Hex Bolts [46], 1" x 5" Hex Bolts [47], 1" Flat Washers [50], 1" Lock Washers [51], and 1" Hex Nuts [52].
- Fully tighten 1" vertical hardware **8-A**.

Note:

- Ensure notches on Bottom Weight Stack Spacers are oriented towards the back of rack.
- Shroud Bracket [53] only included if shroud kit was purchased.

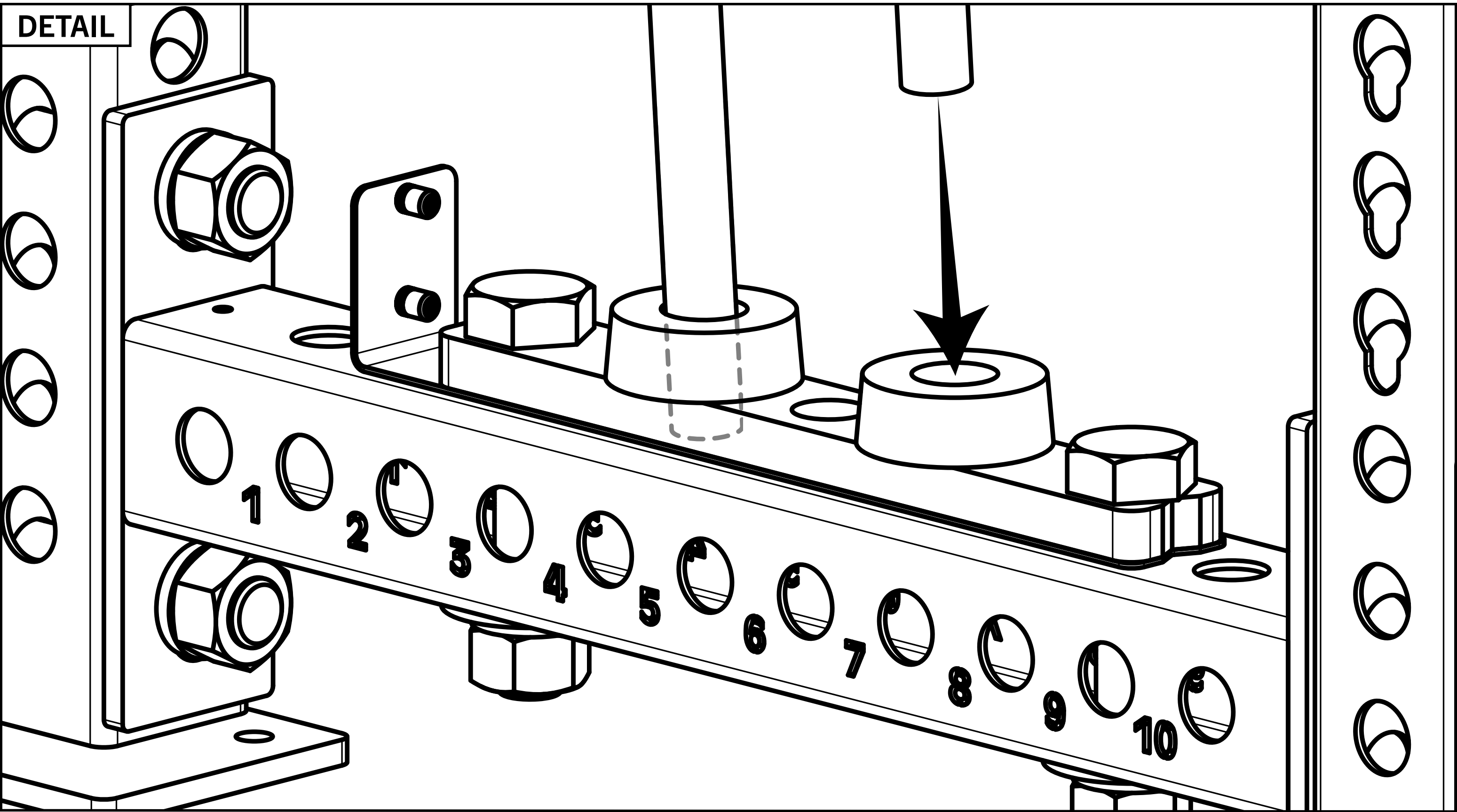
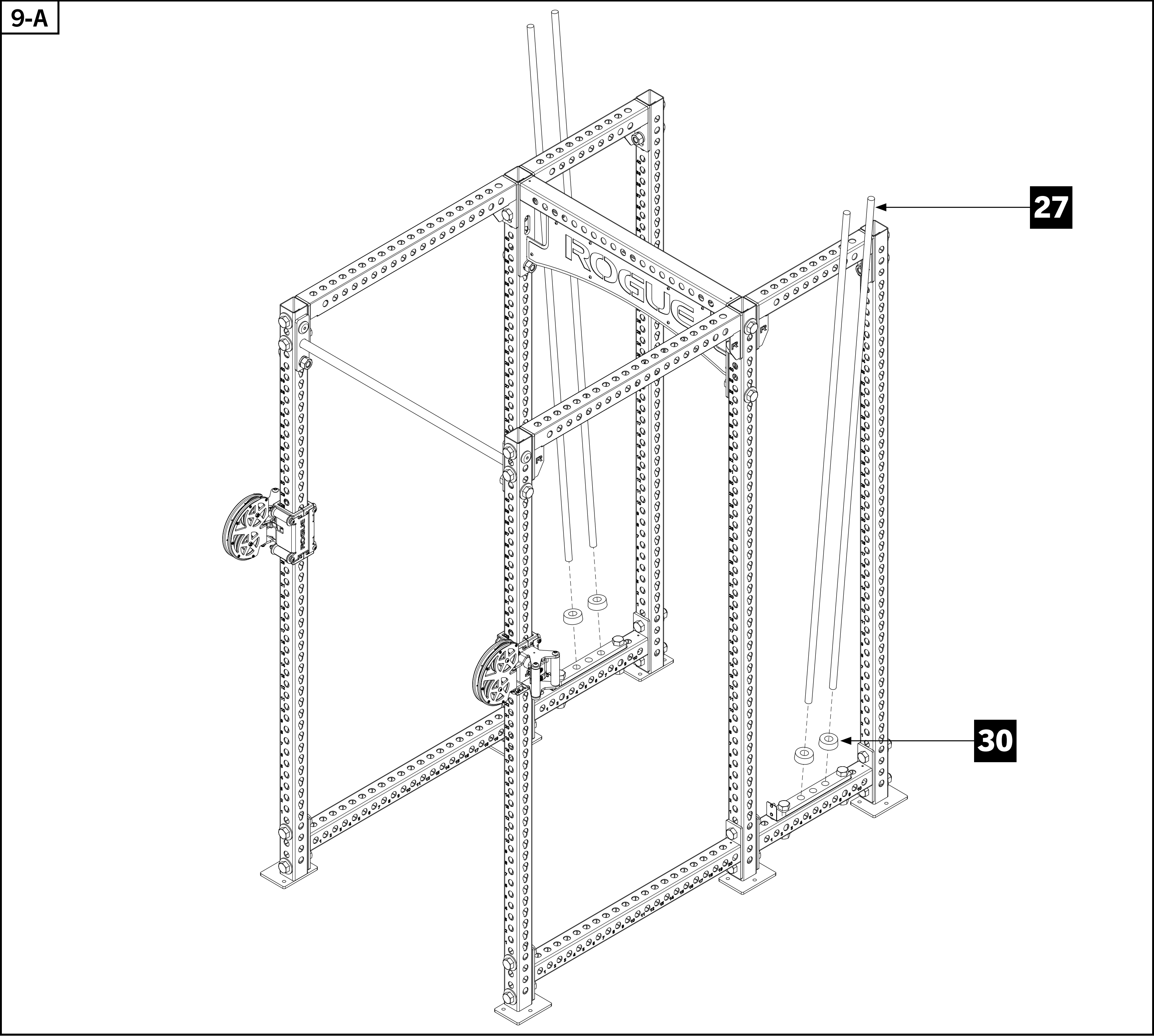


STEP 9

- Place Weight Stack Bumpers [30] over outer 1” holes on the Weight Stack Spacer and insert Guide Rods [27] until they rest on top of the Rear Low Crossmember.

Note:

- Allow guide rods to angle outward while completing weight stack assembly on the following steps.

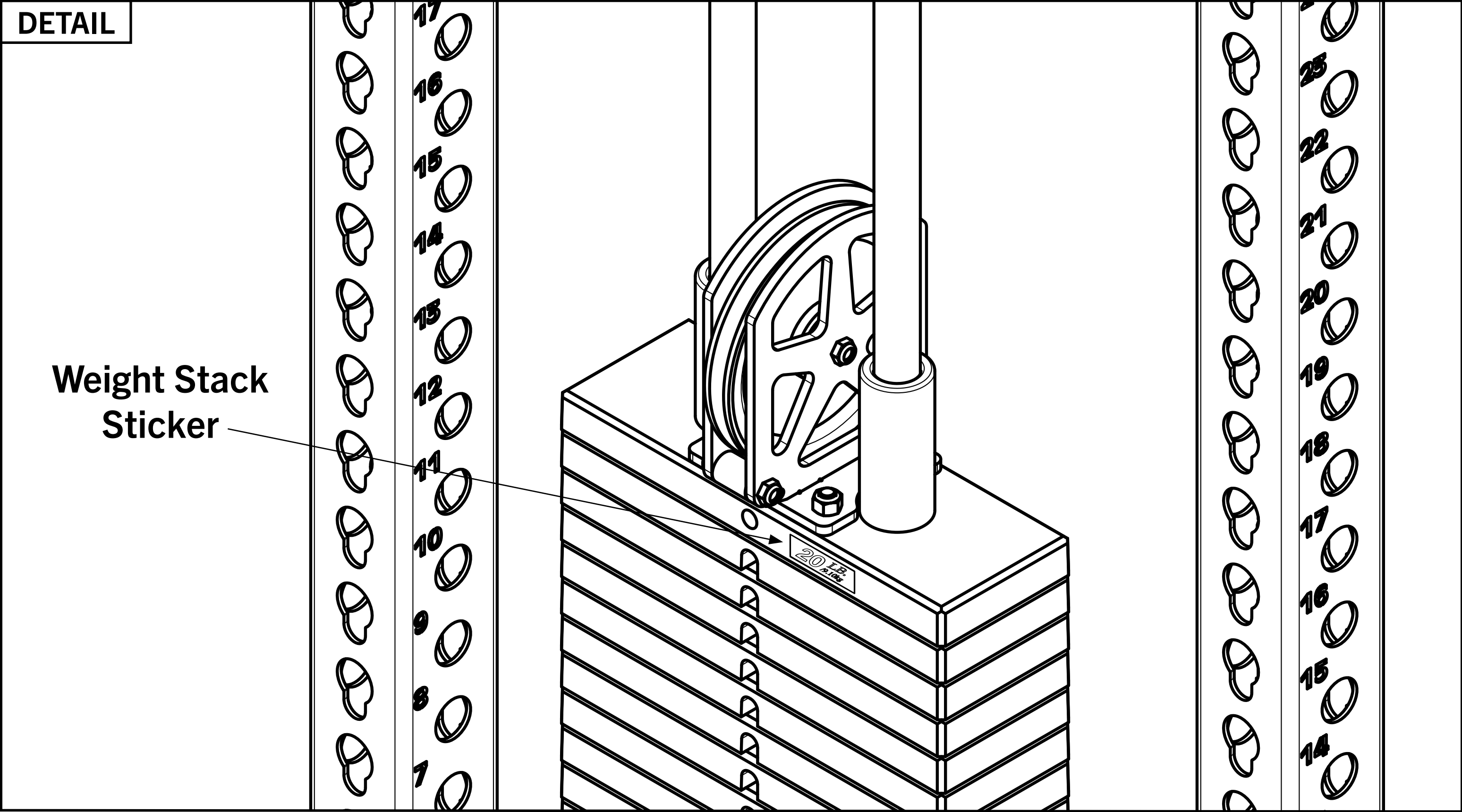
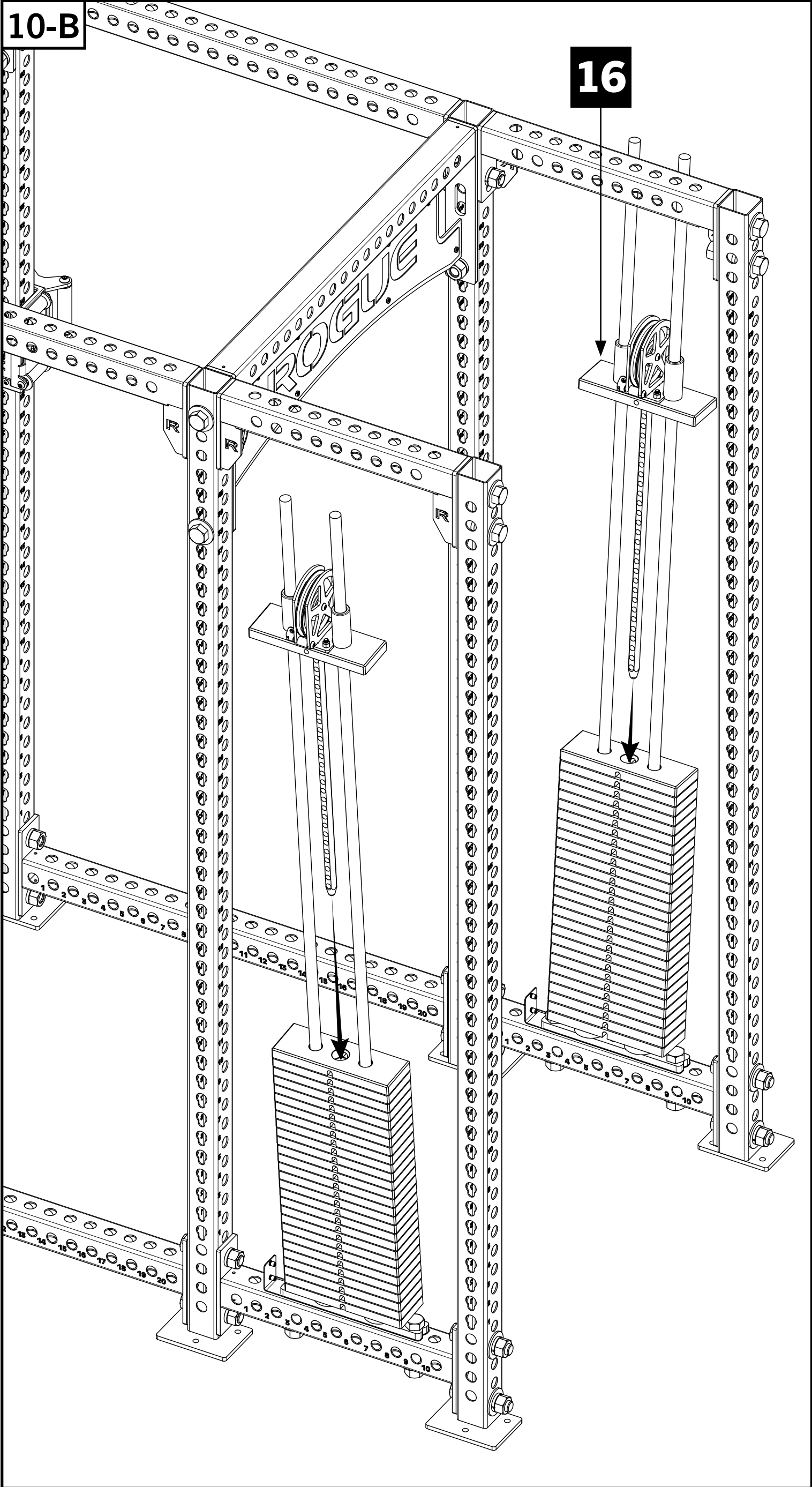
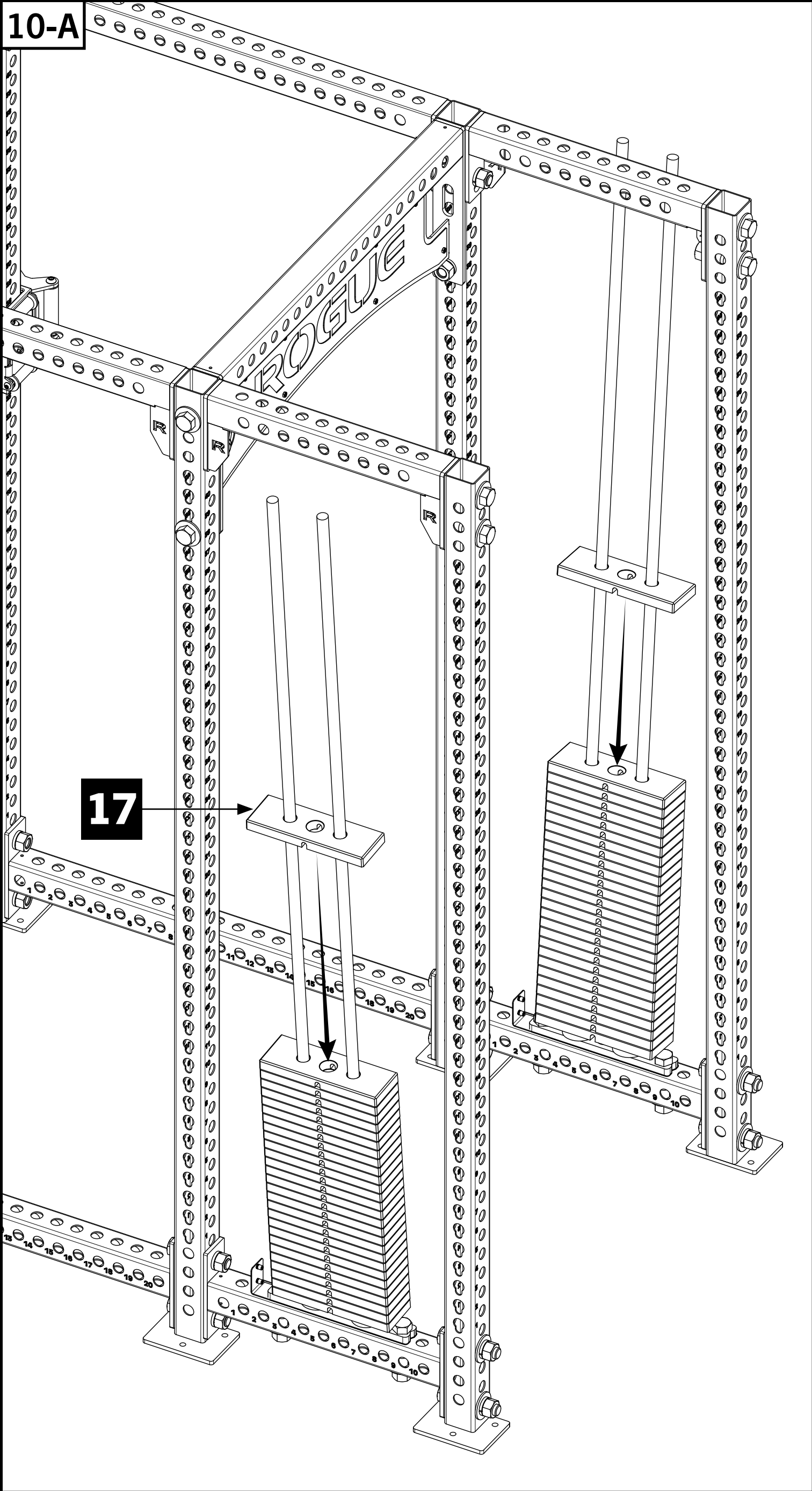


STEP 10

Note:

- This step is best accomplished with two or three people.
- One at a time, carefully stack all included 10LB Weight Stack Plates [17] down the Guide Rods [27], ensuring not to drop them.

- Once 28 weights are stacked on each side, slide the Weight Stack Stem [16] down the Guide Rods until resting on top of weight stack.
- Ensure ‘20LB’ Weight Stack Stickers on the top plate of Weight Stack Stems are both facing inward towards the middle of the rack.

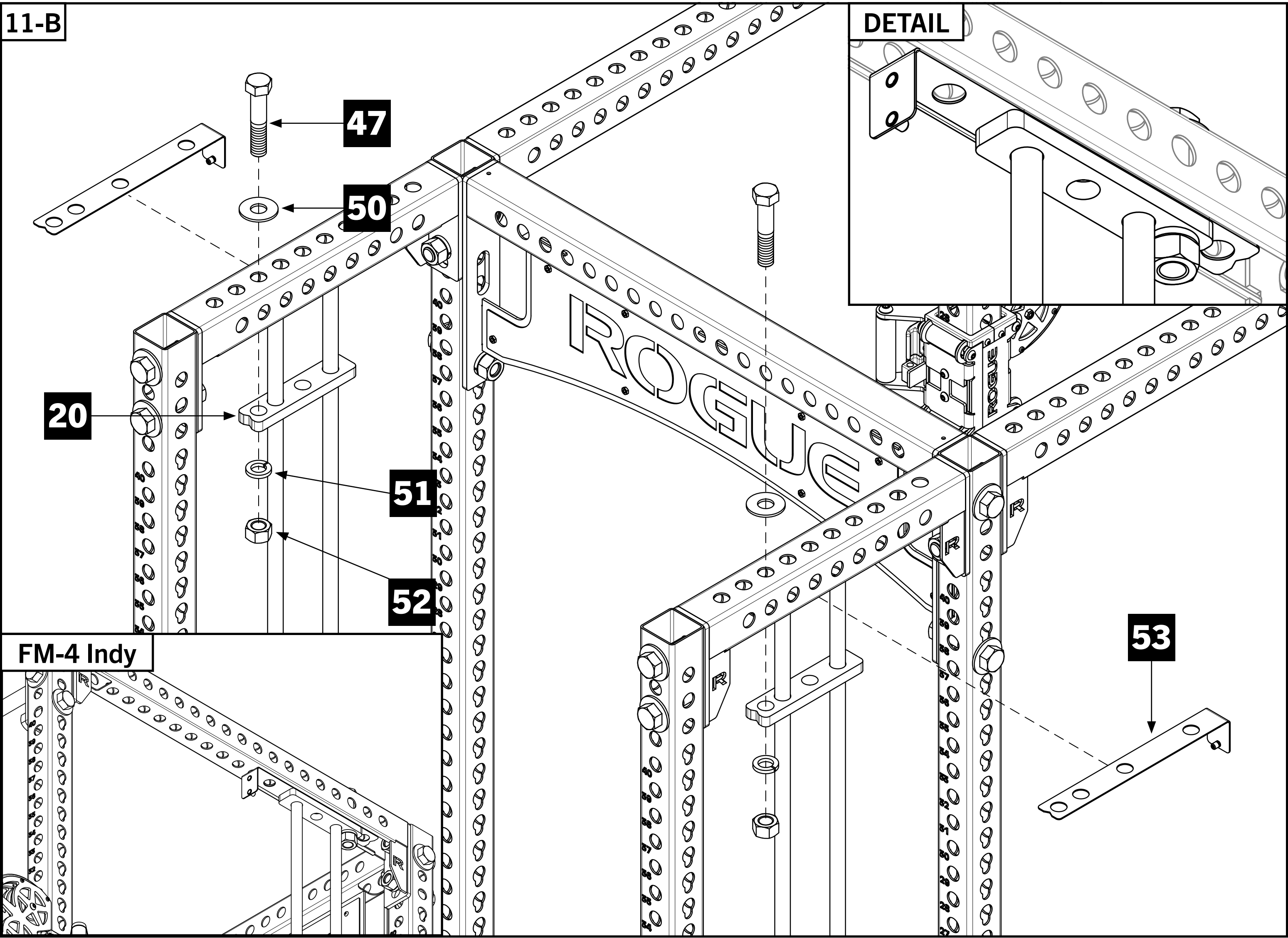
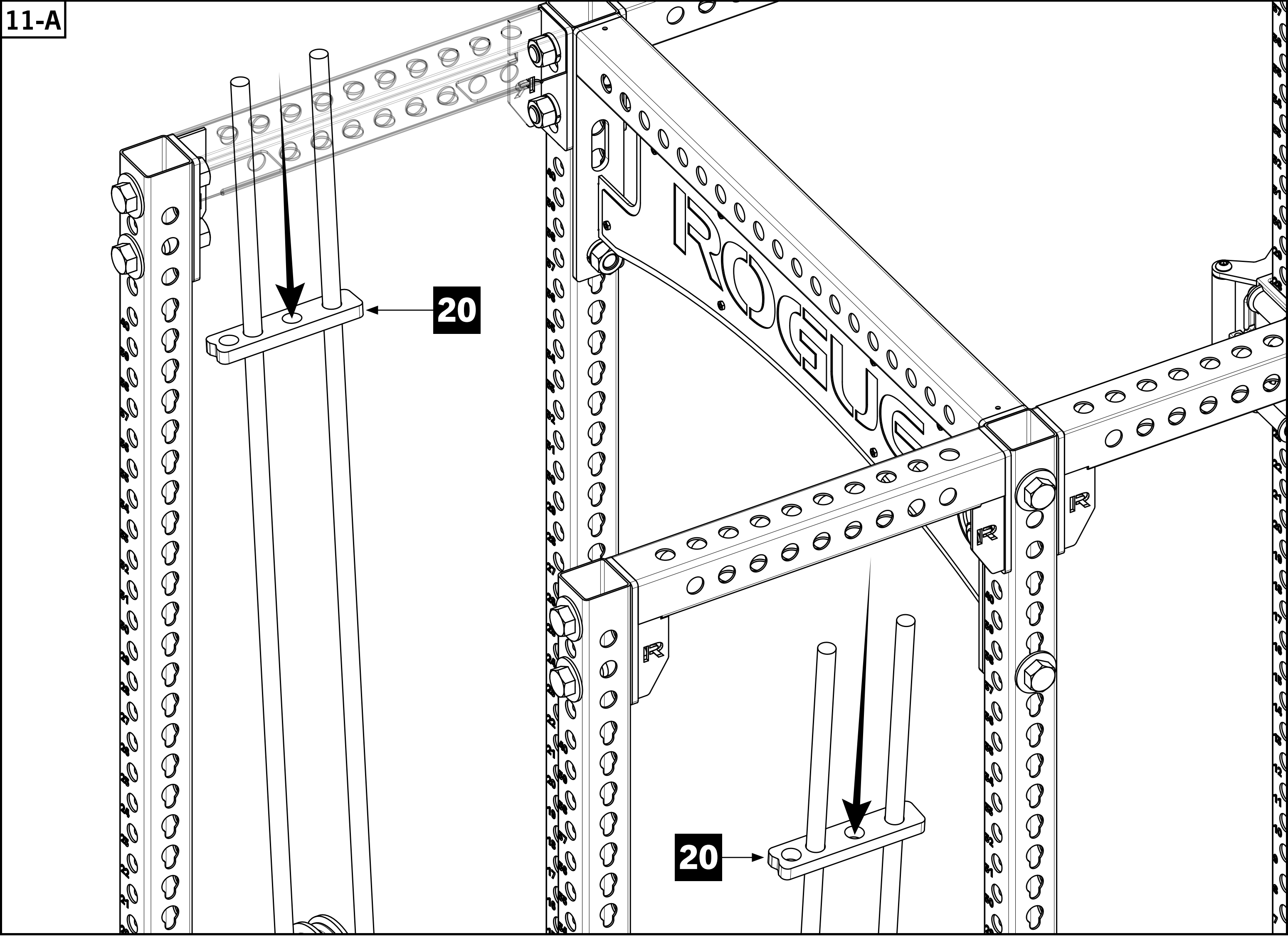


STEP 11

- Slide Top Weight Stack Spacers [20] on top of guide rods with notches oriented towards the rear of rack.
- Position Guide Rods vertically. Slide in the Weight stack Shroud Brackets [53] above the Guide Rods. Attach components to Top Crossmembers using 1" x 5" Hex Bolts [47], 1" Flat Washers [50], 1" Lock Washers [51], and 1" Nuts [52].

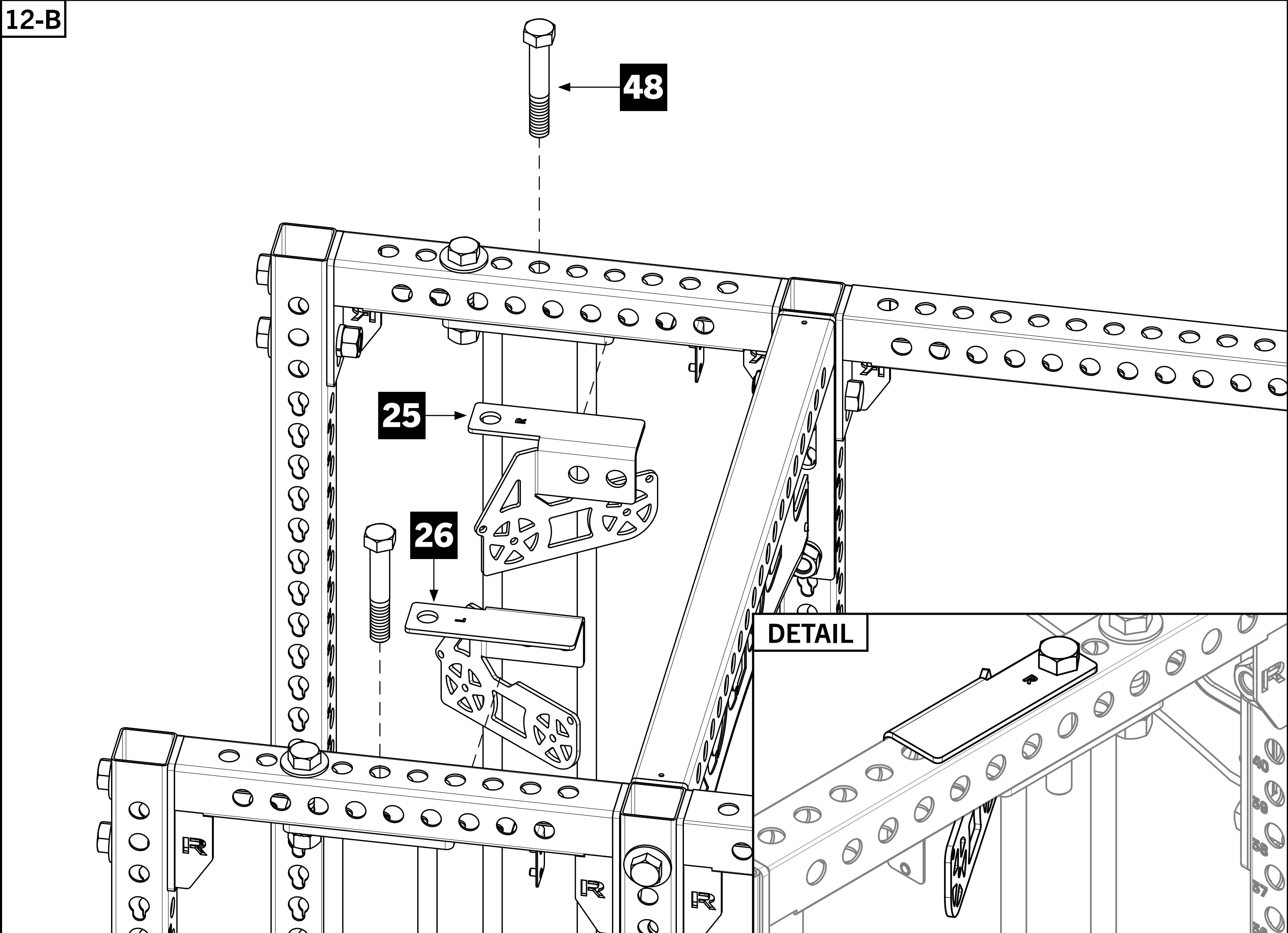
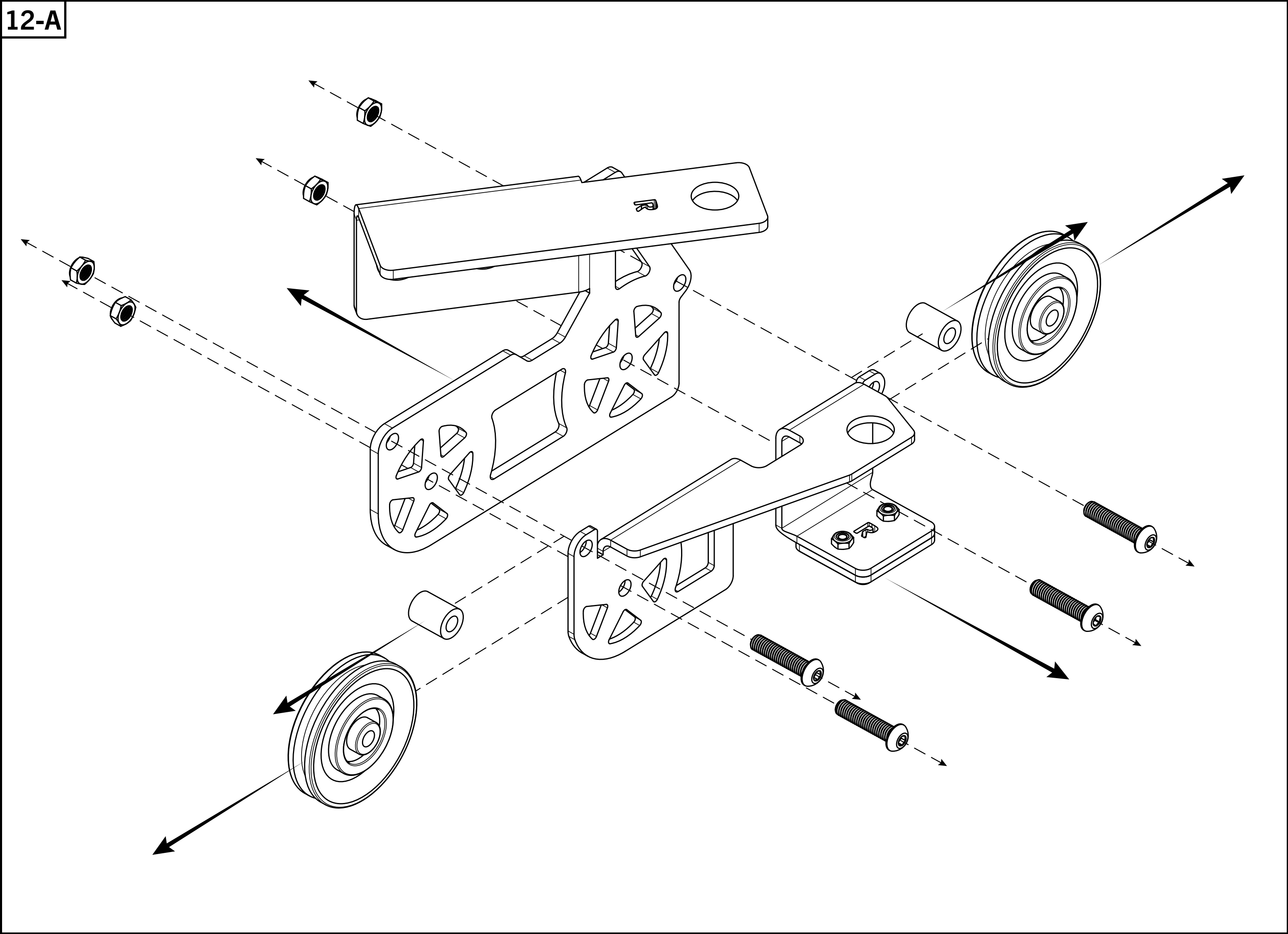
Note:

- Shroud Bracket [53] only included if shroud kit was purchased.



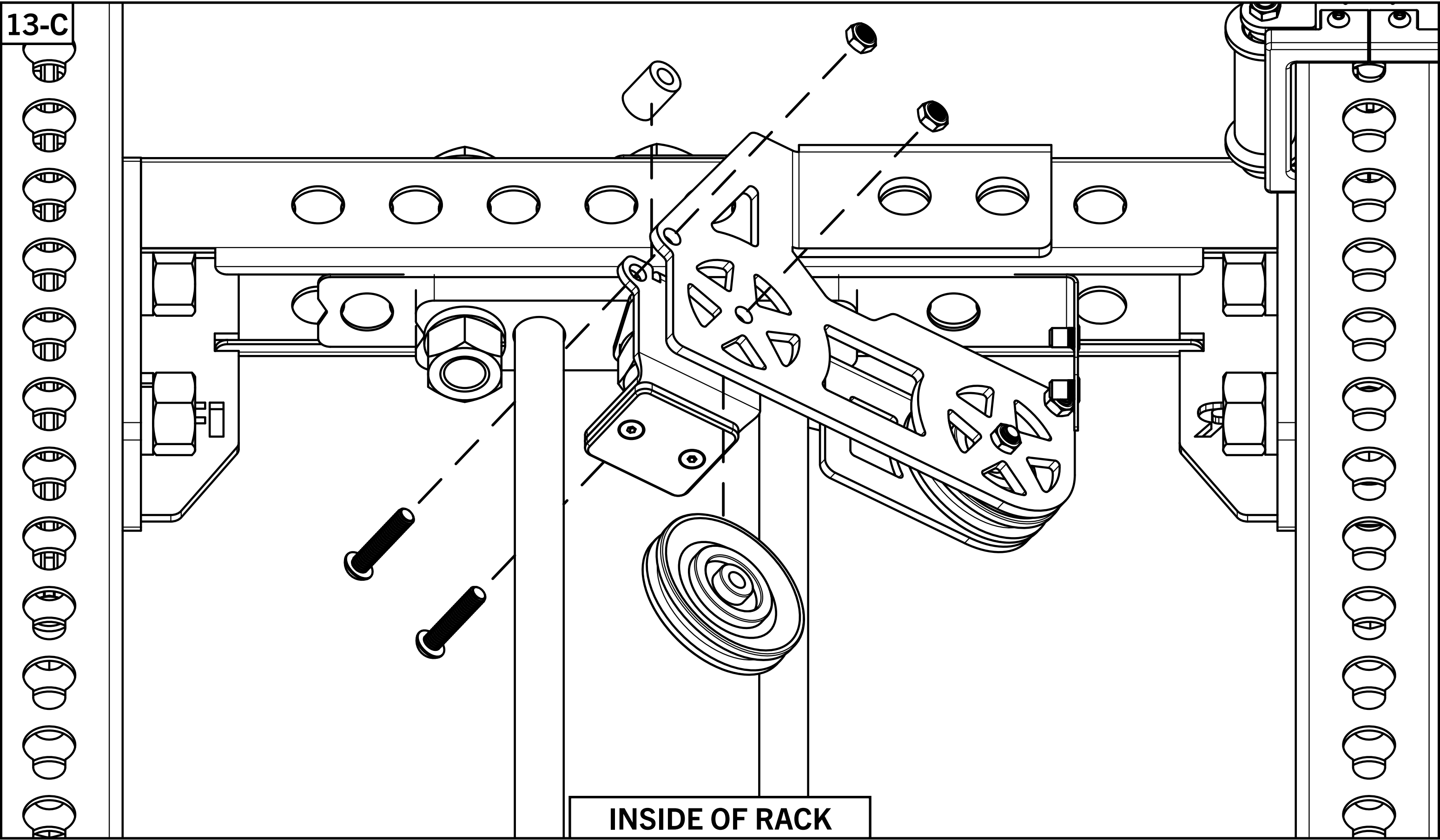
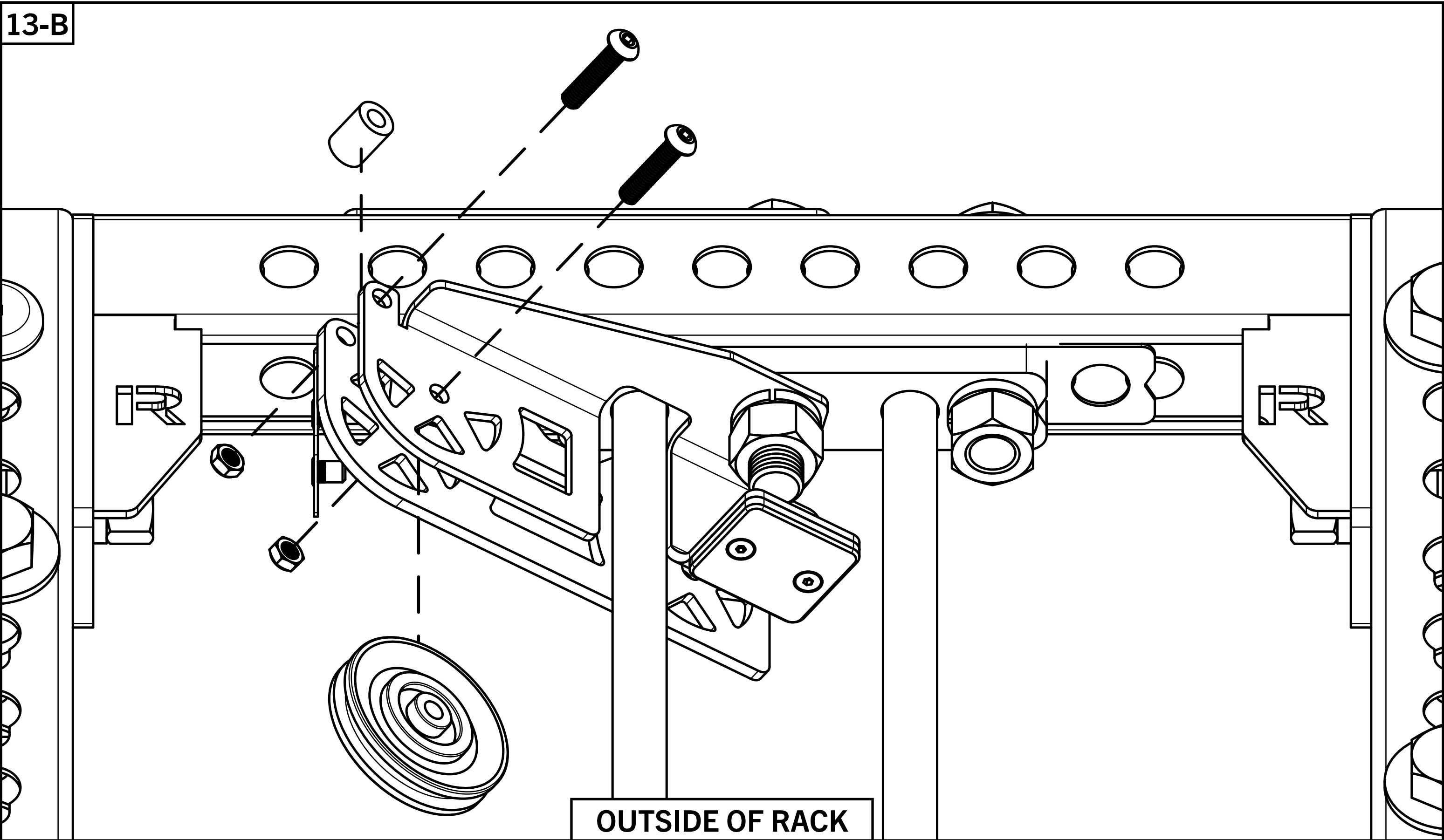
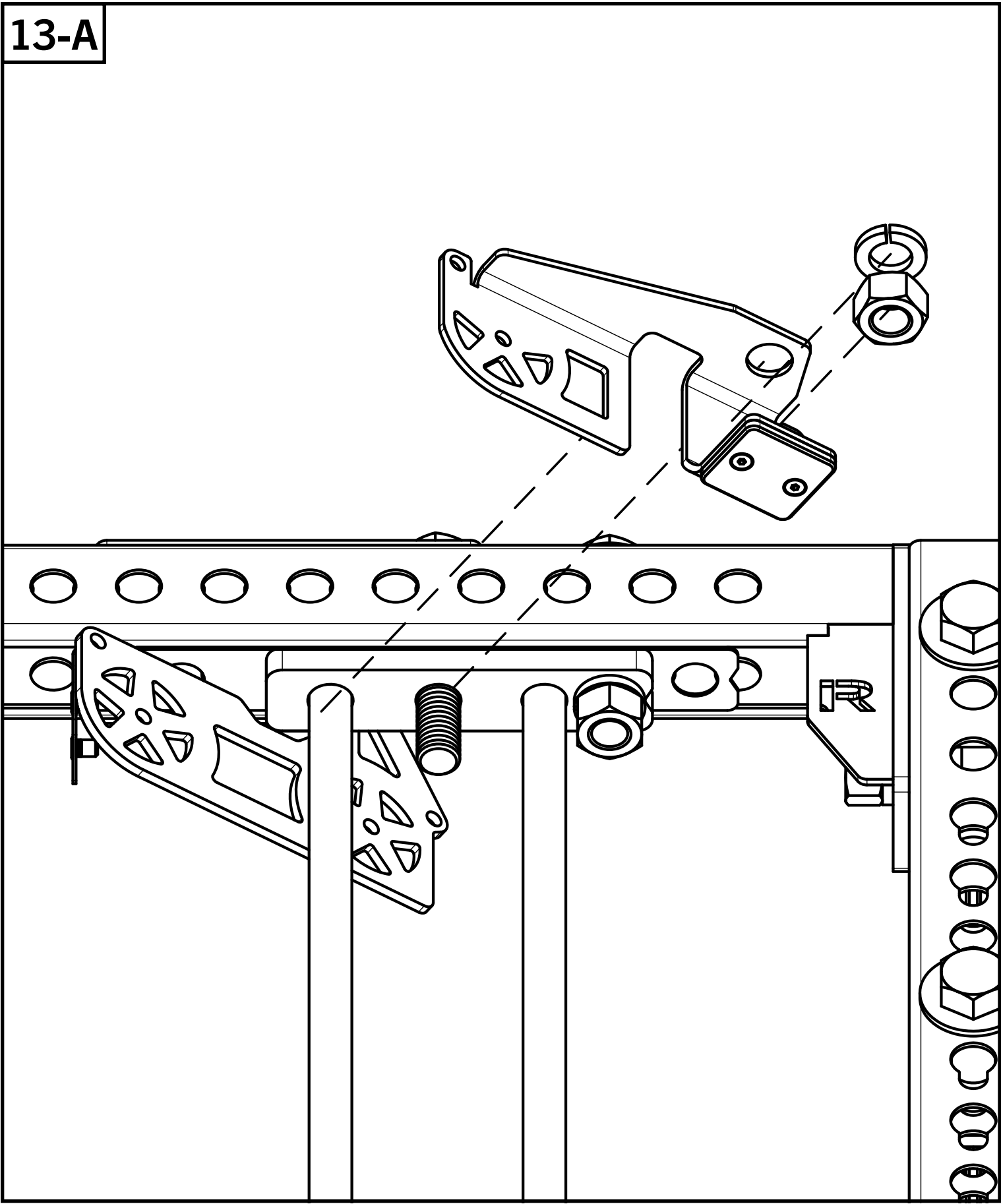
STEP 12

- Completely disassemble both of the Indy Top Pulley Brackets [25,26] as shown in 12-A.
- **Note:** Only RH Bracket shown, repeat same steps on LH bracket.
- Position the Indy Inside Bracket Plates (RH and LH) onto the top of the crossmember.
- Insert the 1" x 6" Hex Bolt [48] through the designated hole to temporarily hold the bracket in place. Final securing of the bracket will occur in **STEP 13**.



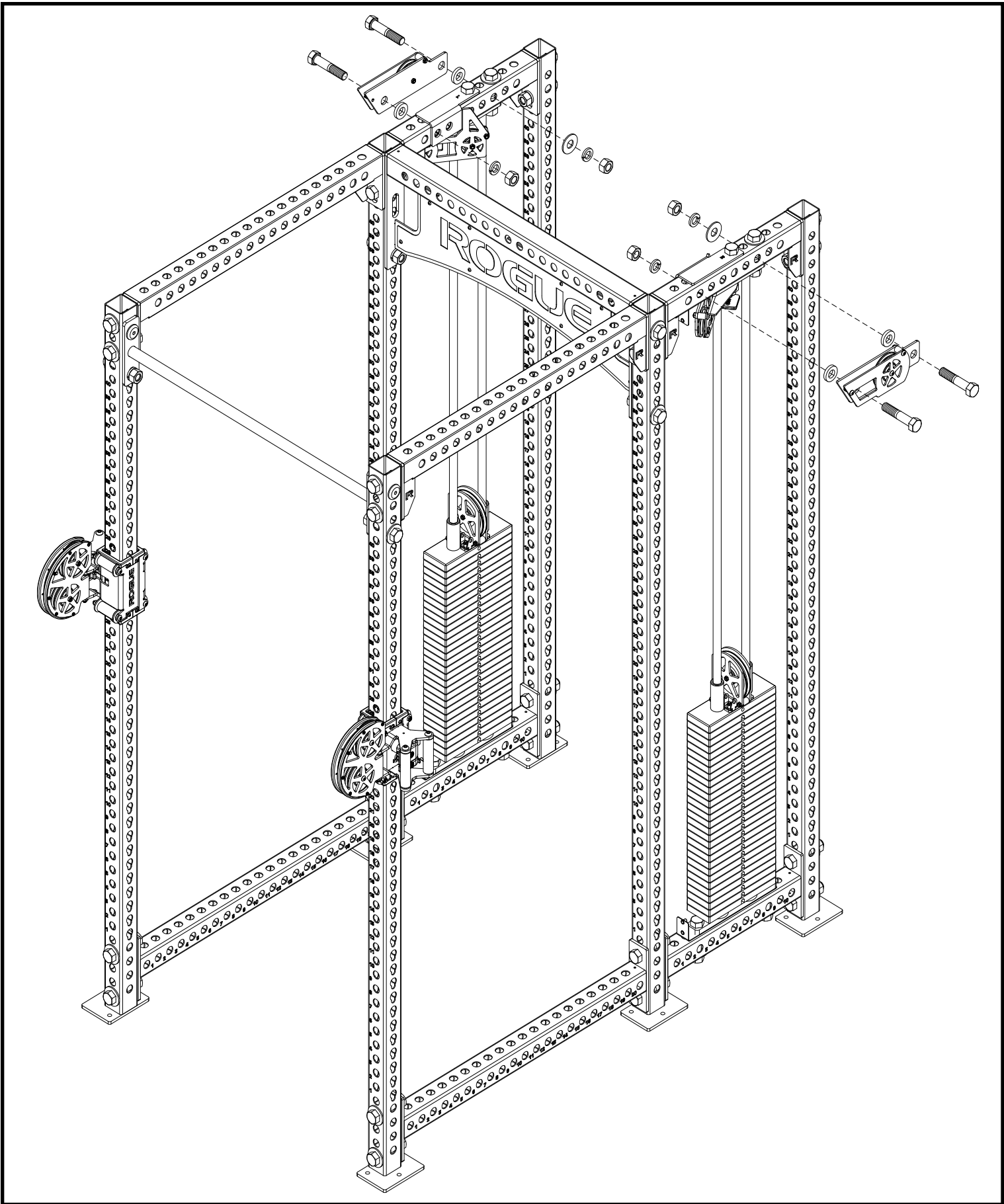
STEP 13

- Attach Indy Outside Bracket Plates by inserting bolt from **STEP 11-B** into designated hole and secure using 1” Lock Washer and 1” Hex Nut. **HAND TIGHT ONLY.**
- Reinstall Pulleys and Cable Retainers in both Indy Top Pulley Brackets using hardware removed in **12-A**.
- Note: RH shown. Repeat for both Indy Top Pulley Brackets - RH and LH.
- Ensure brackets are assembled on the correct side indicated by the “R” and “L” on each Bracket Plate.
- **Fully tighten the 3/8” Pulley and Cable Retainer hardware.**

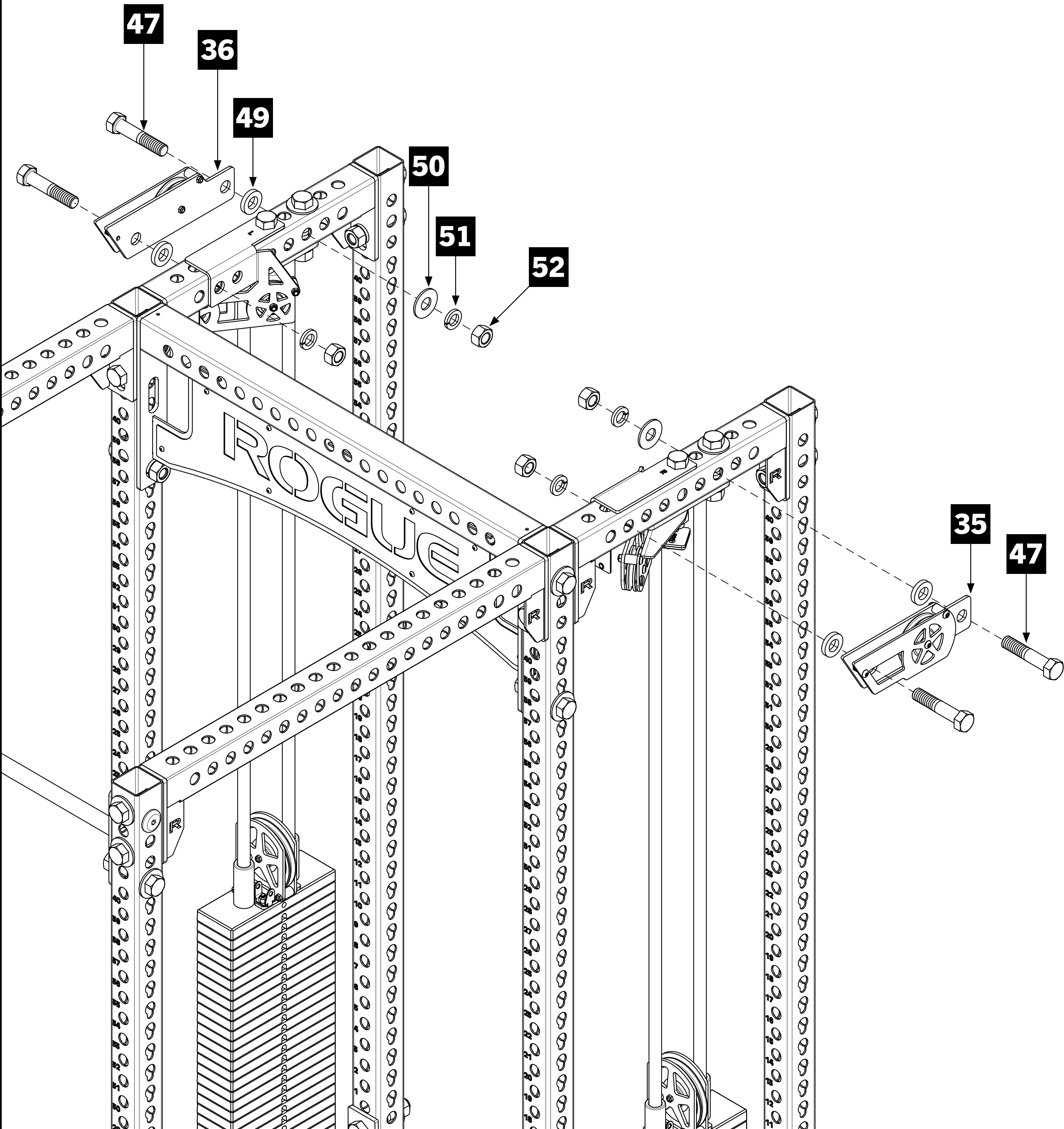


STEP 14


- **NOTE:** Follow same steps for FM-4 Indy. Pulley location overview for FM-4 Indy is on **PAGE 36**.
- Bolt Top Rear Side Pulley Assembly - RH [35] and -LH [36] to the Rear Top Crossmembers using 1" x 5" Hex Bolts [47], 1" x 3/8" Pulley Bracket Spacers [49], 1" Flat Washers [50], 1" Lock Washers [51], and 1" Hex Nuts [52] as shown.



14-A

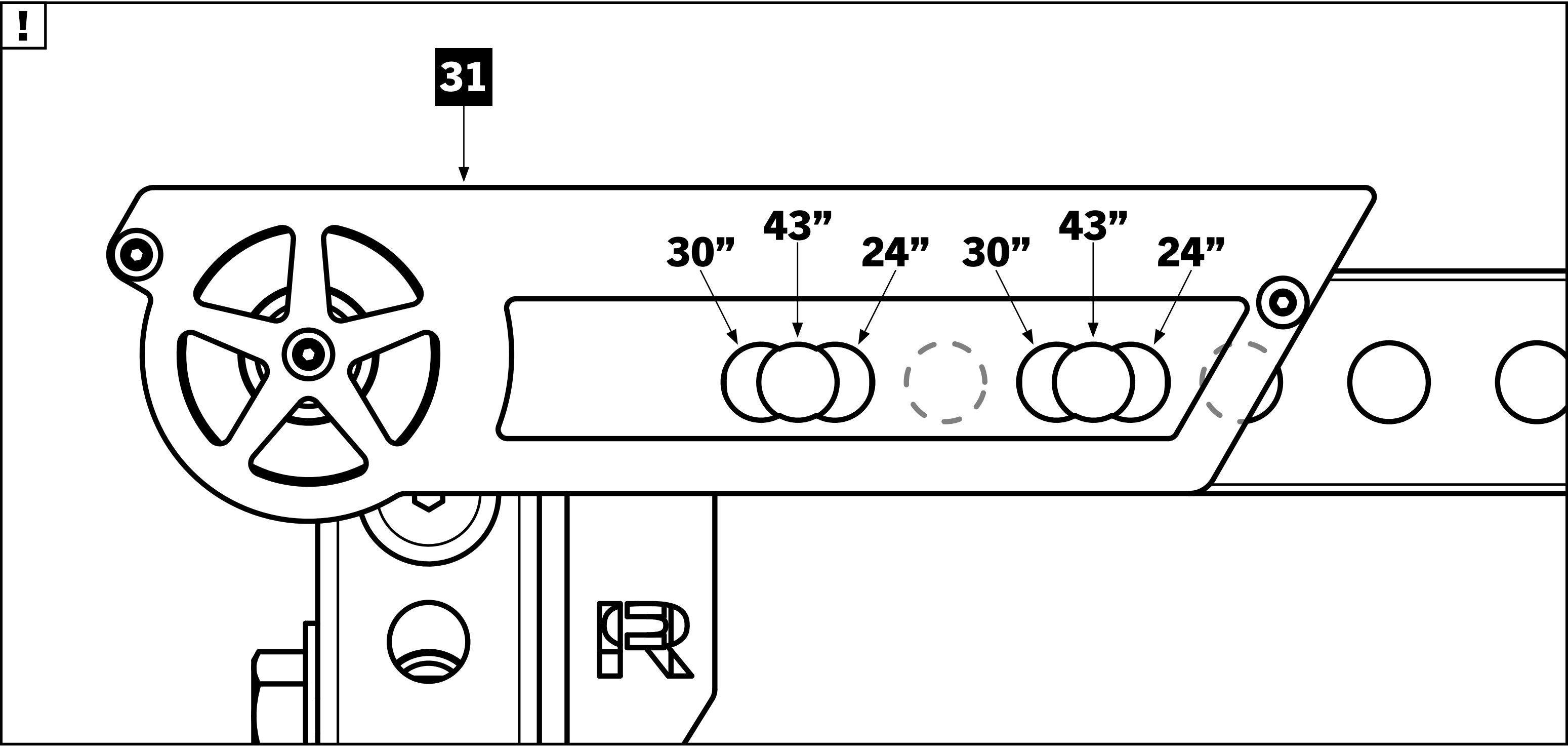
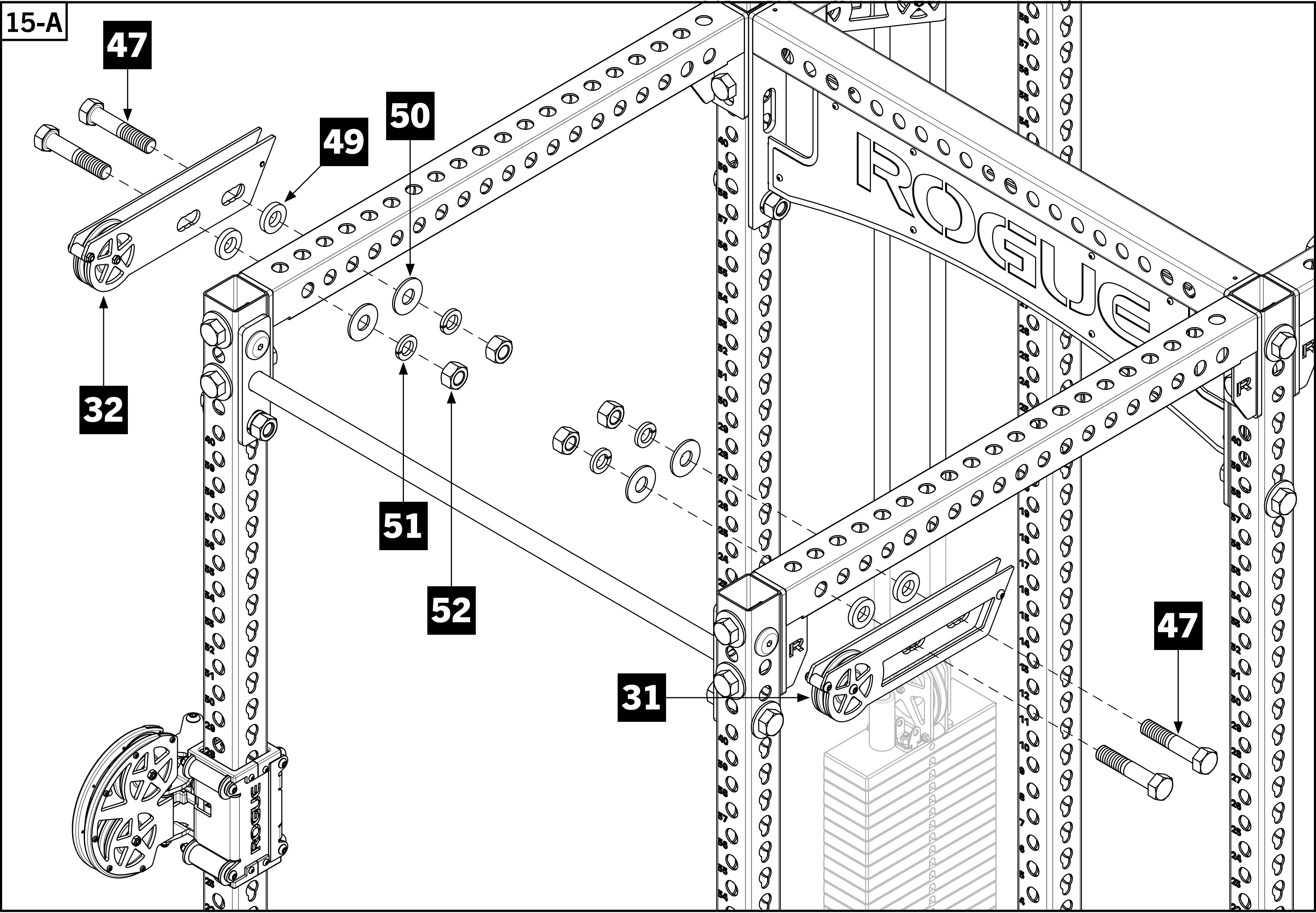
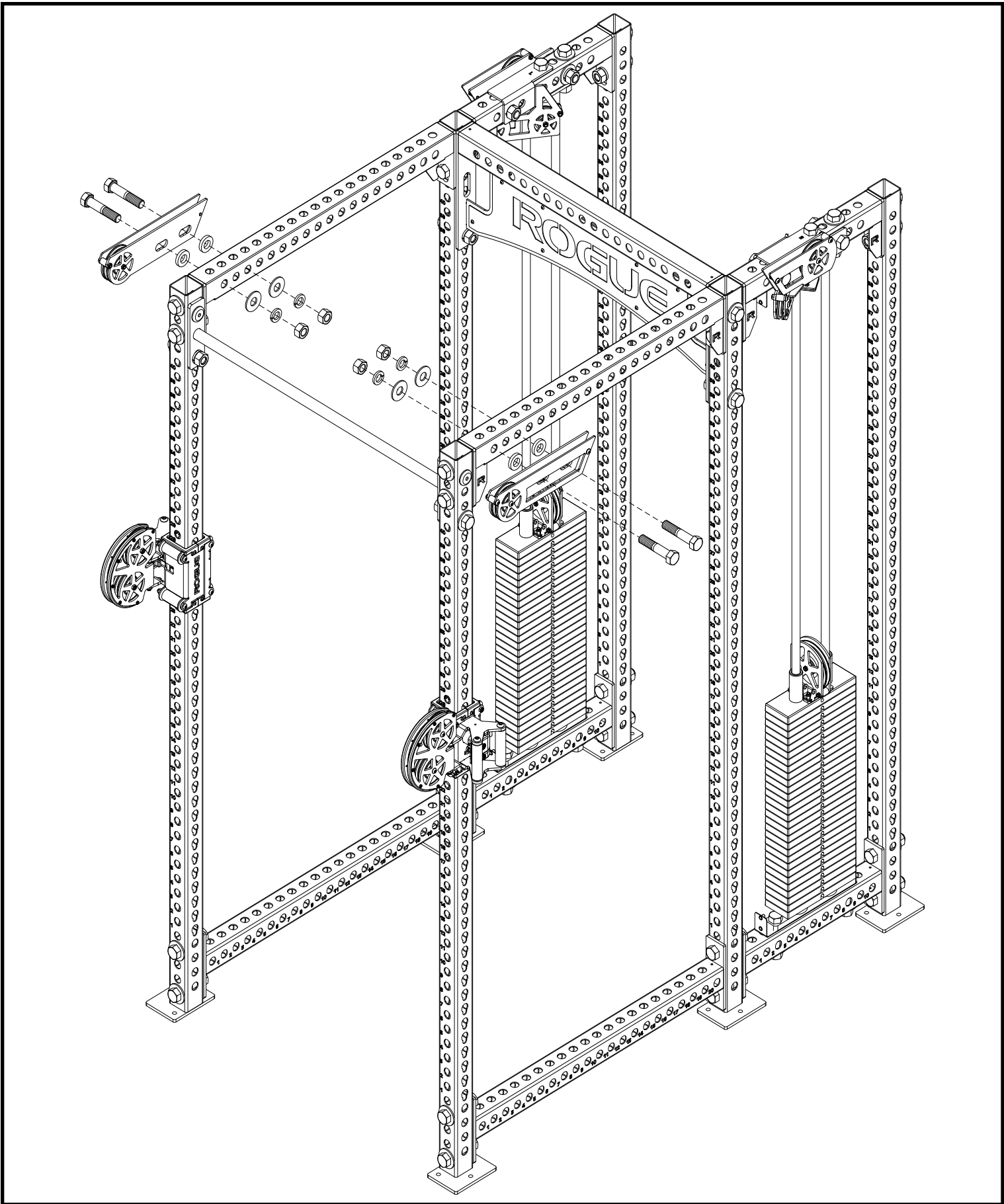


STEP 15

- Bolt Top Front Side Pulley Assembly - RH [31] and -LH [32] to the Front Top Crossmembers using 1" x 5" Hex Bolts [47], 1" x 3/8" Pulley Bracket Spacers [49], 1" Flat Washers [50], 1" Lock Washers [51], and 1" Hex Nuts [52] as shown.
-  43" Front Top Crossmember is shown. The Top Front Side Pulley Assembly holes utilized will depend on length of your Front Crossmembers. Use the diagram below to determine which holes to use.

Note:

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

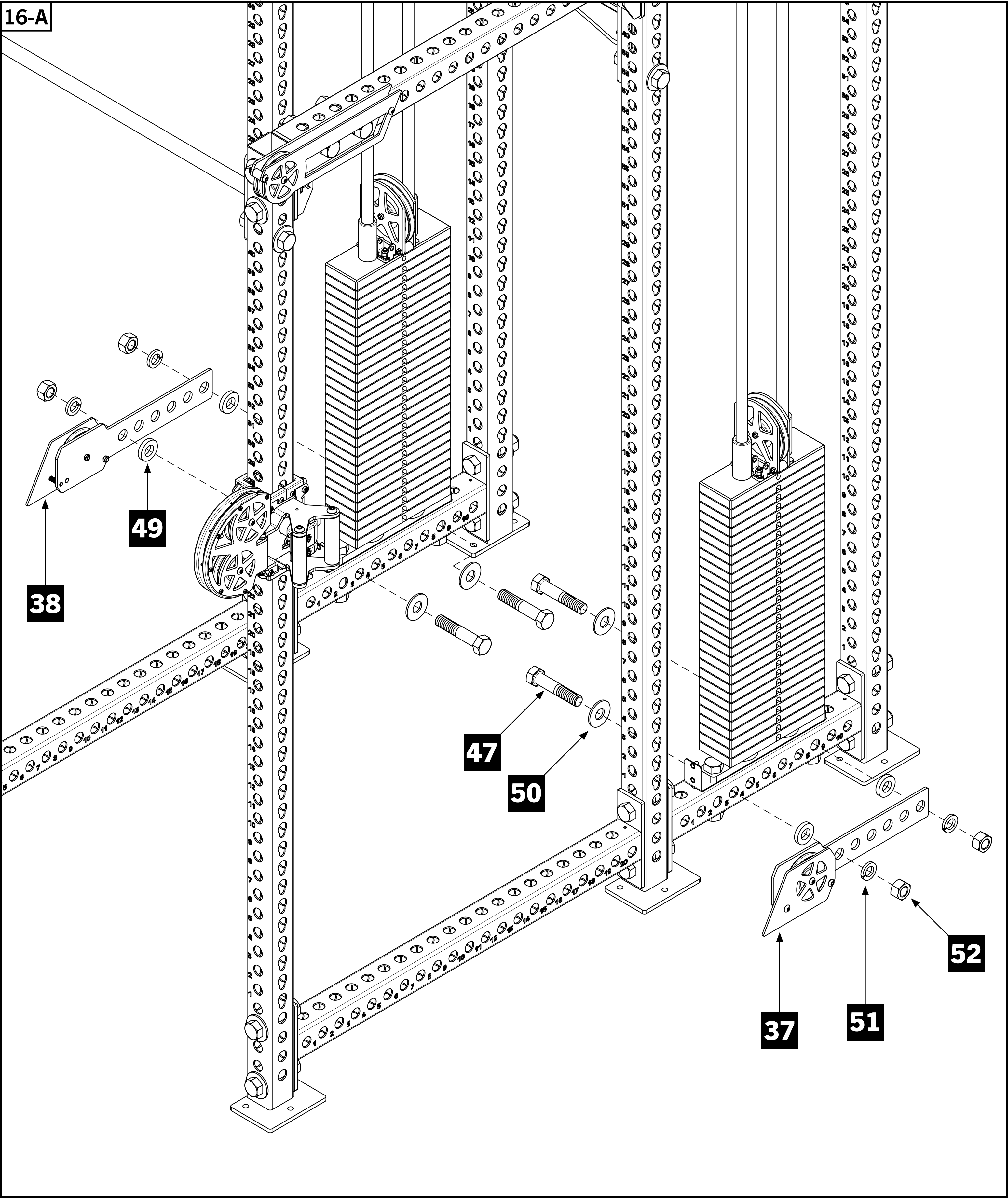
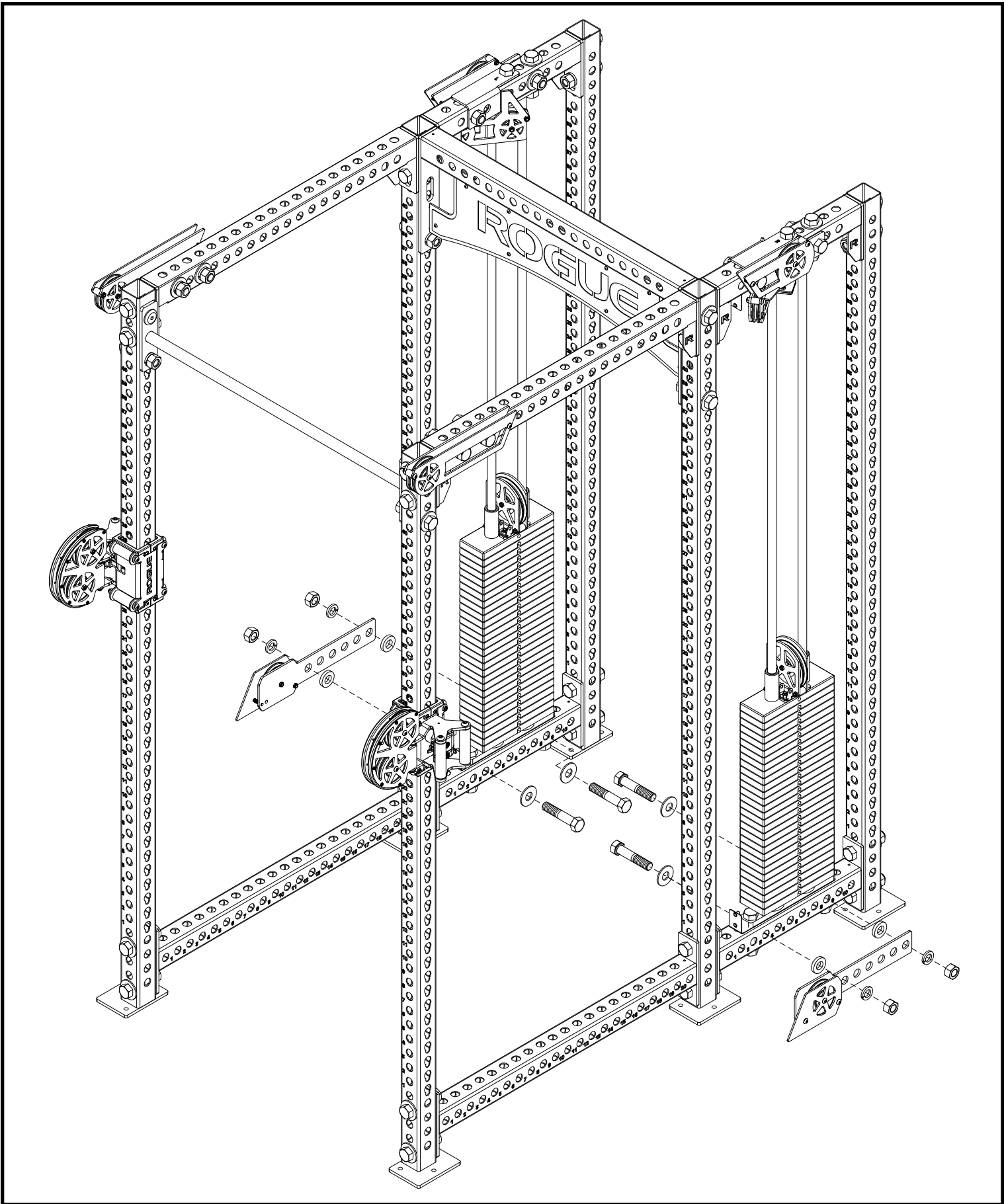


STEP 16


- Bolt Bottom Rear Side Pulley Assembly - RH [37] and -LH [38] to the Rear Low Crossmembers using 1" x 5" Hex Bolts [47], 1" x 3/8" Pulley Bracket Spacers [49], 1" Flat Washers [50], 1" Lock Washers [51], and 1" Hex Nuts [52] as shown.

Note:

- For FM-6 Indy, Bolt hardware through the holes between number cutouts '3' & '4' and '8' & '9' on your Rear Low Crossmembers.
- For FM-4 Indy, Bolt hardware through the holes between number cutouts '13' & '14' and '18' & '19' on your Rear Low Crossmembers.
- Bolt heads should be oriented on the inside of rack as shown.

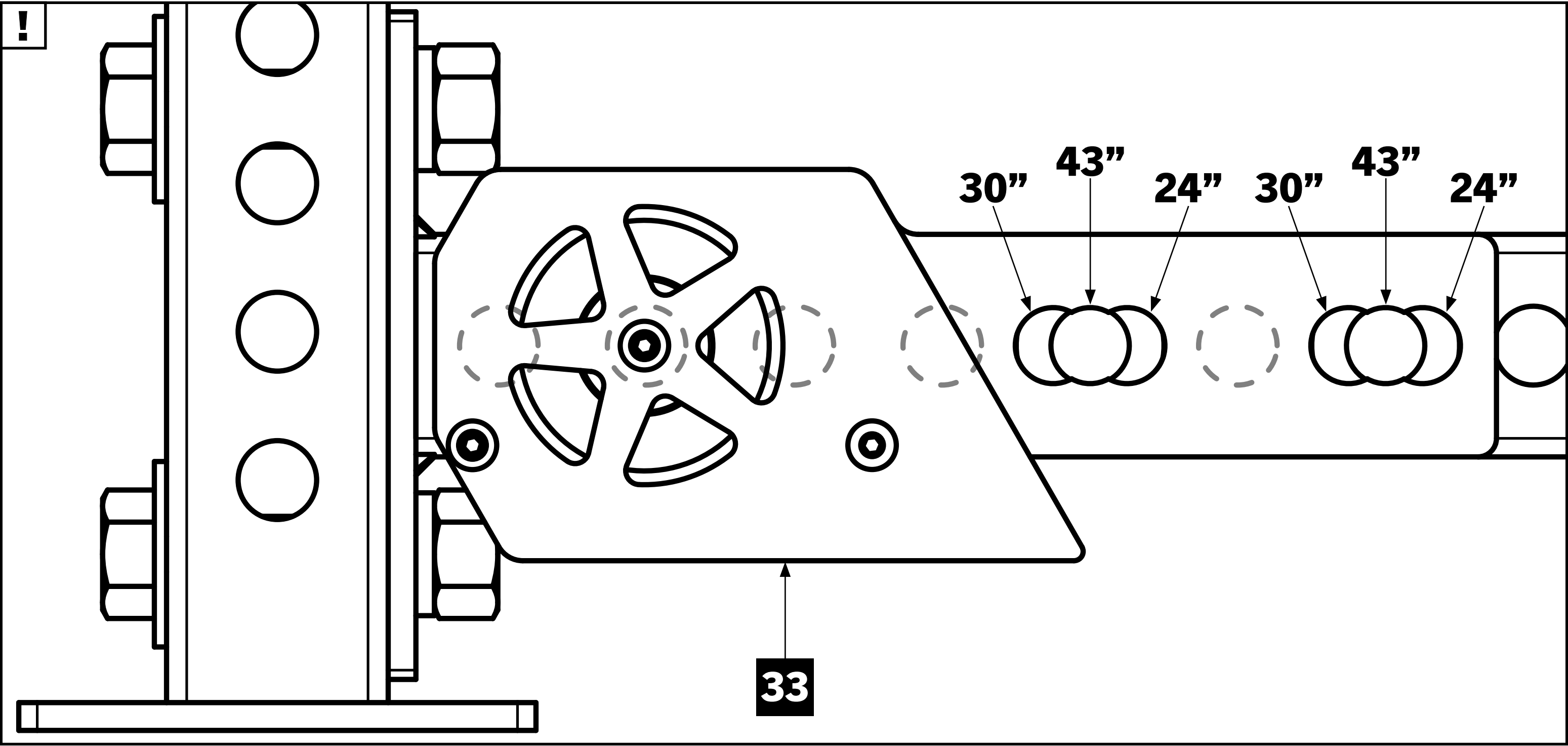
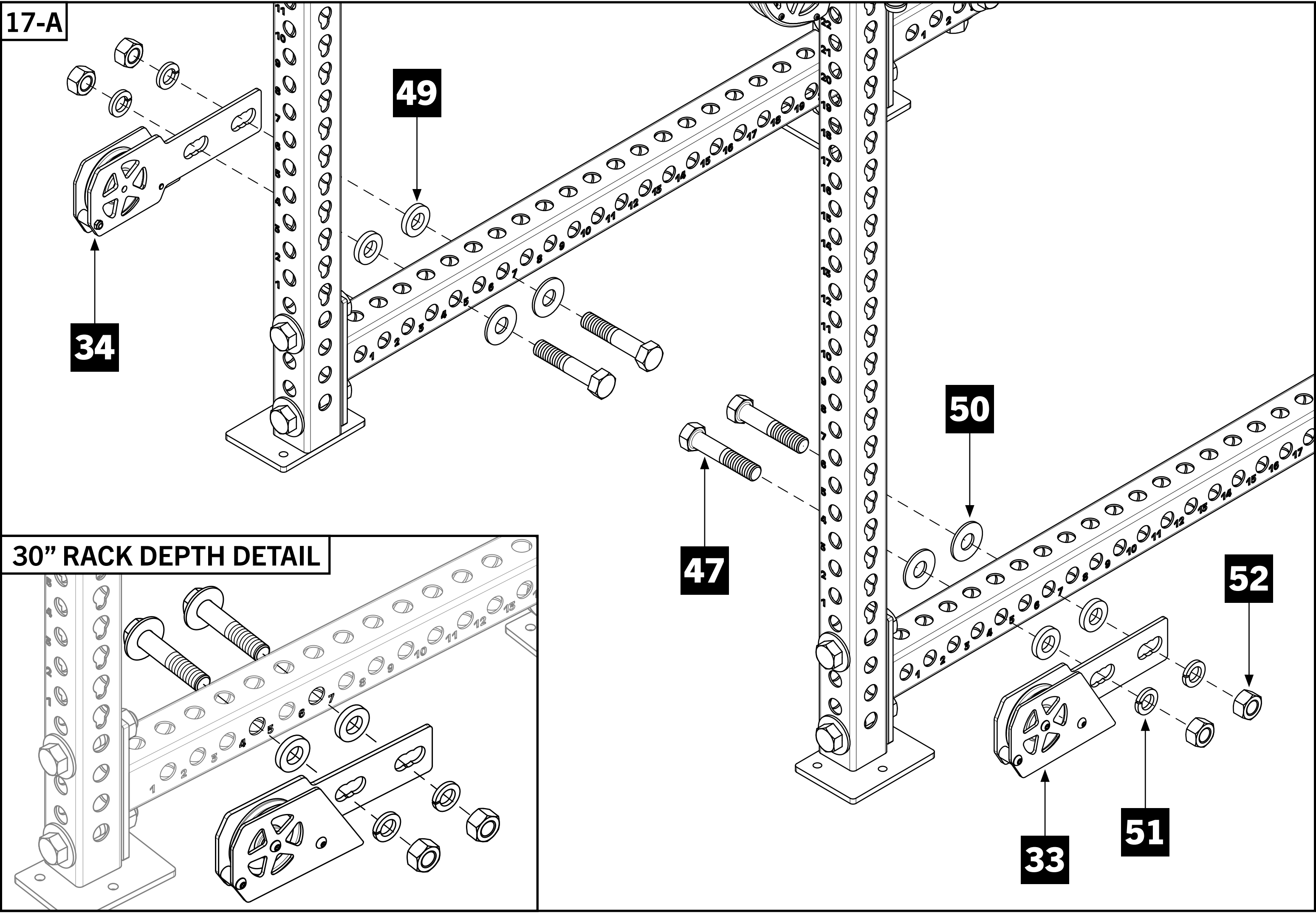
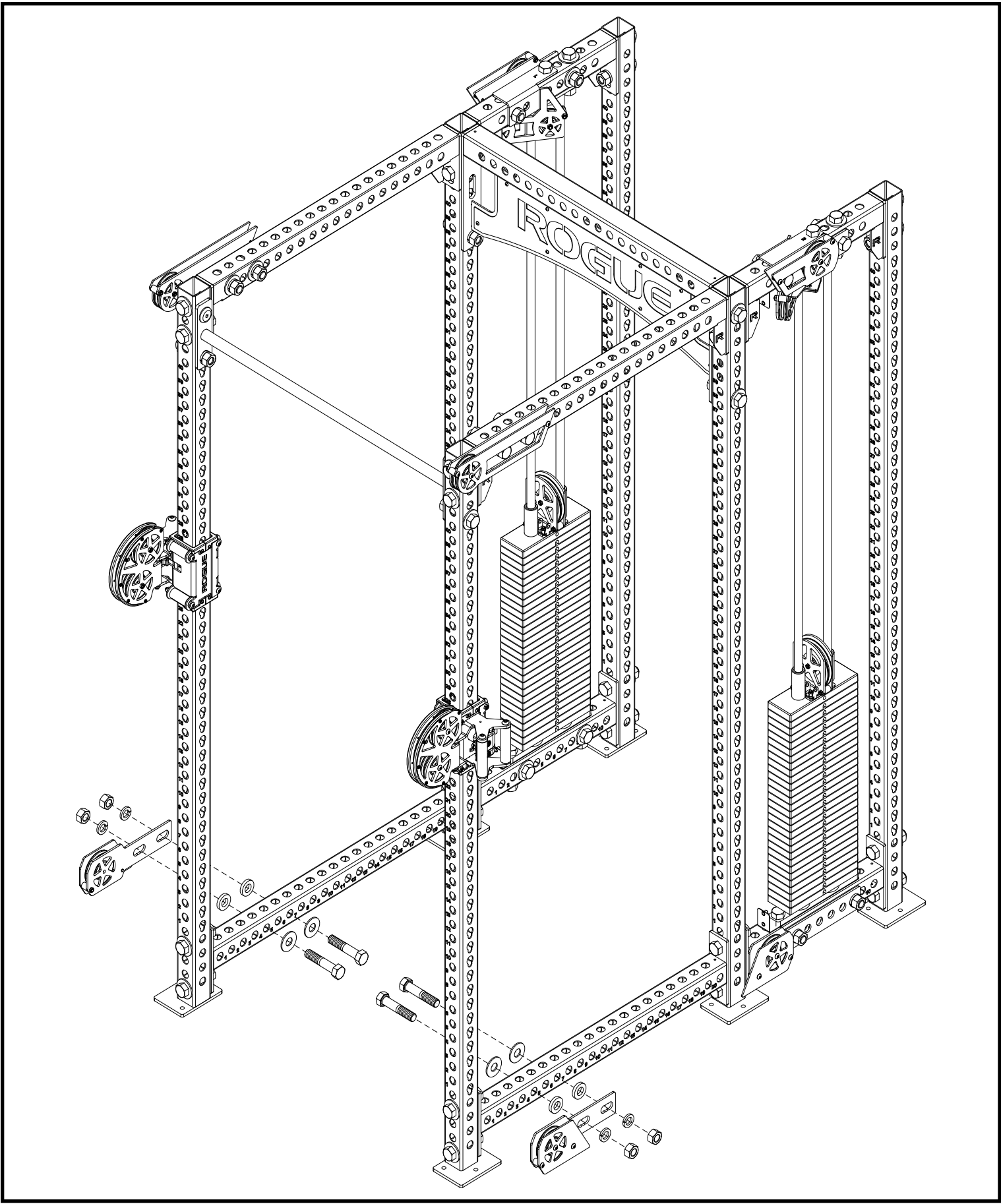


STEP 17

- Bolt Bottom Front Side Pulley Assembly - RH [33] and -LH [34] to the Front Low Crossmembers using 1” x 5” Hex Bolts [47], 1” x 3/8” Pulley Bracket Spacers [49], 1” Flat Washers [50], 1” Lock Washers [51], and 1” Hex Nuts [52] as shown.
-  43” Front Low Crossmember is shown. The Bottom Front Side Pulley Assembly holes utilized will depend on length of your Front Crossmembers. Use the diagram below to determine which holes to use.

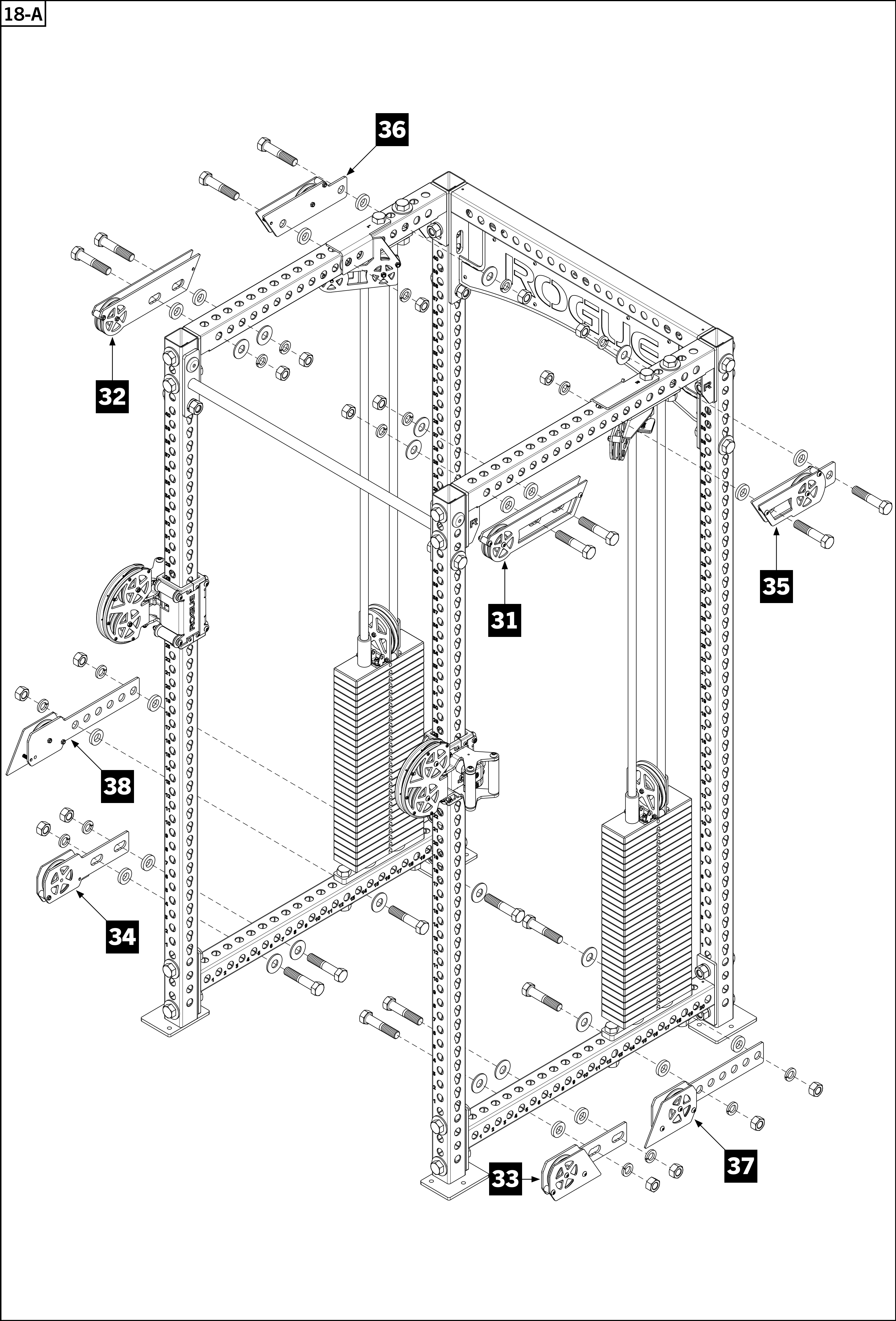
Note:

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



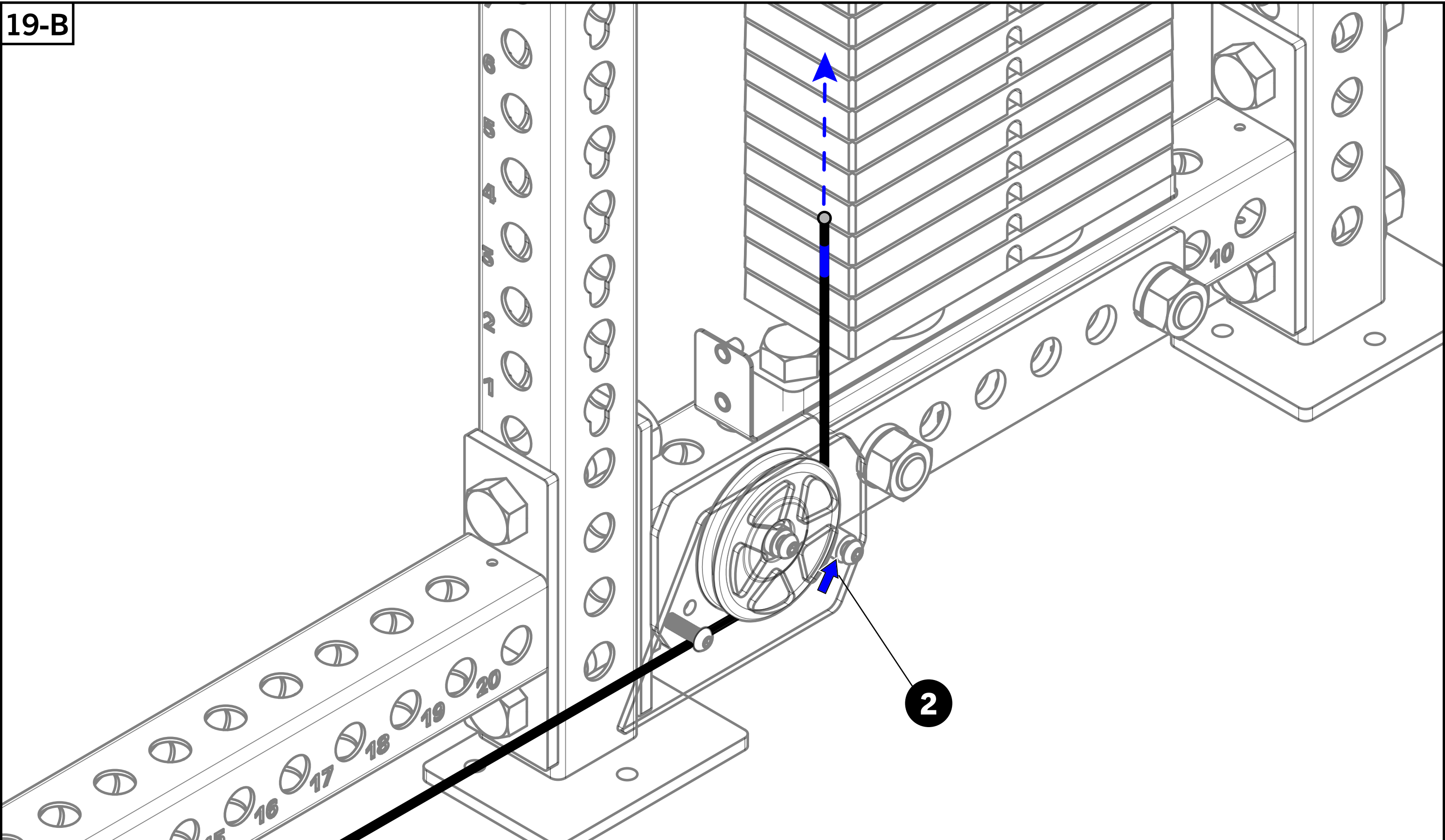
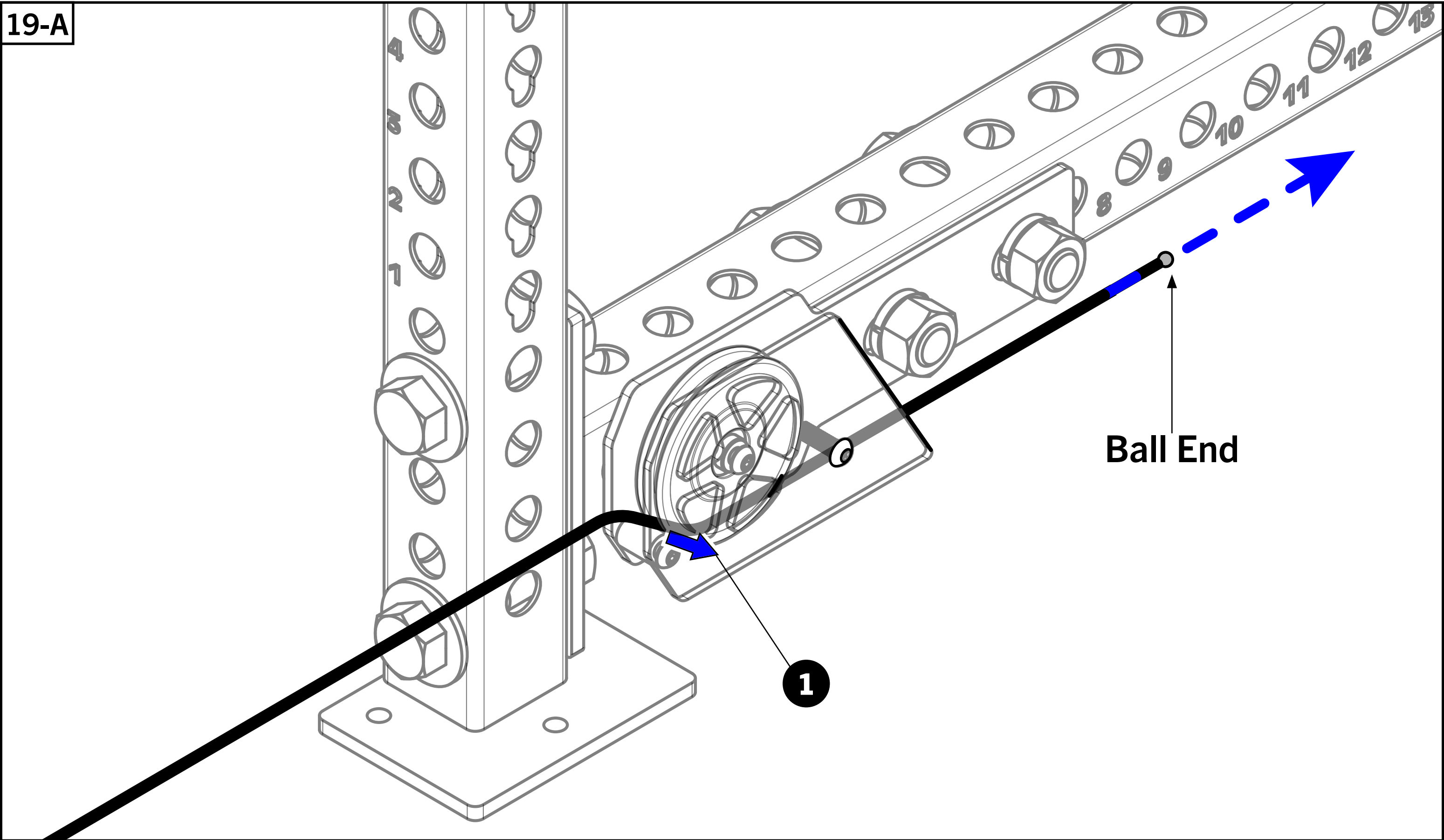
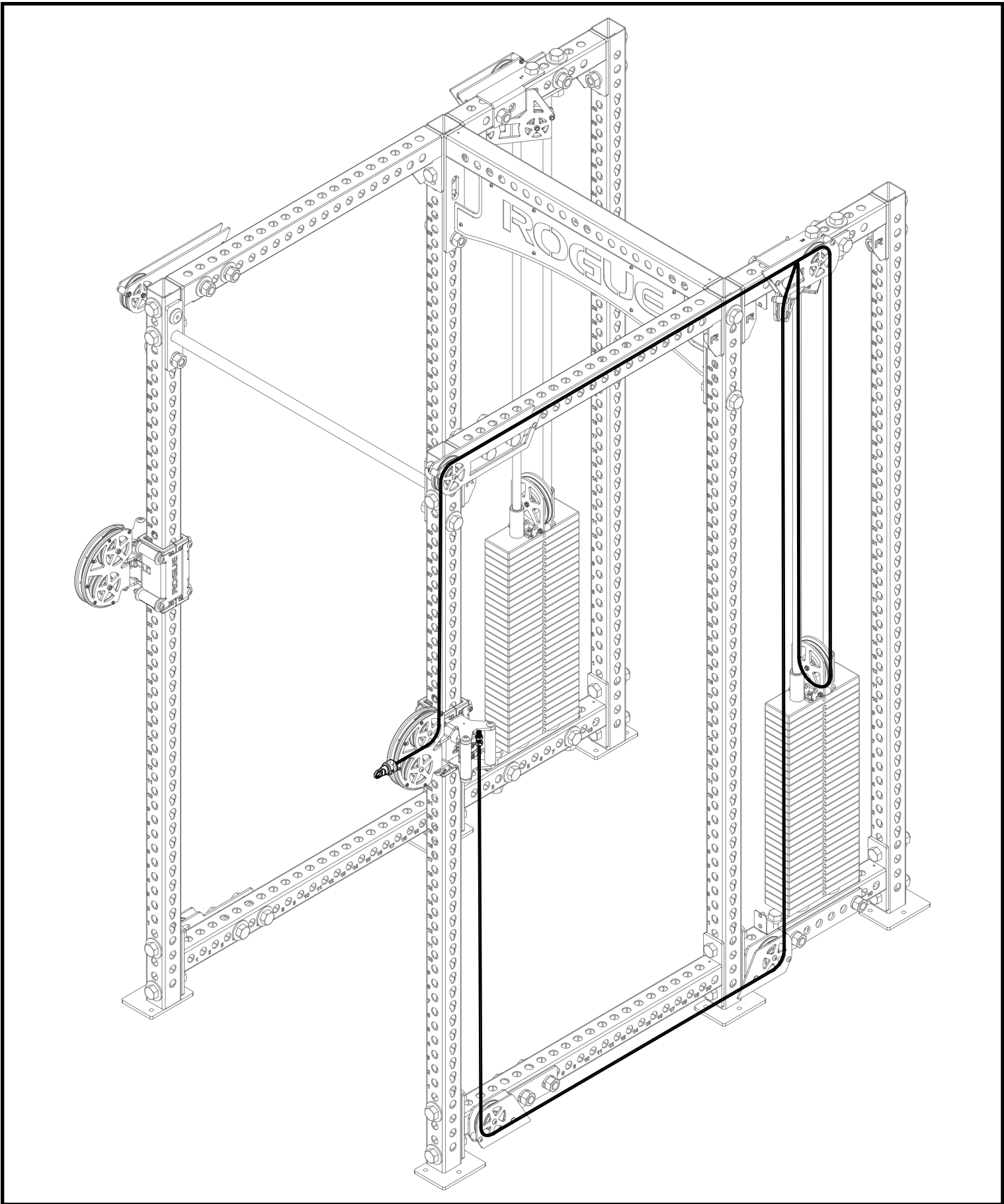
STEP 18 (FM-4 ONLY)

- Follow Steps 14-17 and install all 8 Pulley Bracket Assemblies in the locations shown below.



STEP 19

- Unwind cable to remove twists/kinks.
- Feed the Ball End of Trolley Cable [33] around the pulley on Bottom Front Pulley Assembly (arrows 1 & 2) and continue feeding towards the back of rack. Continue feeding around the Bottom Rear Side Pulley shown in **19-B**.

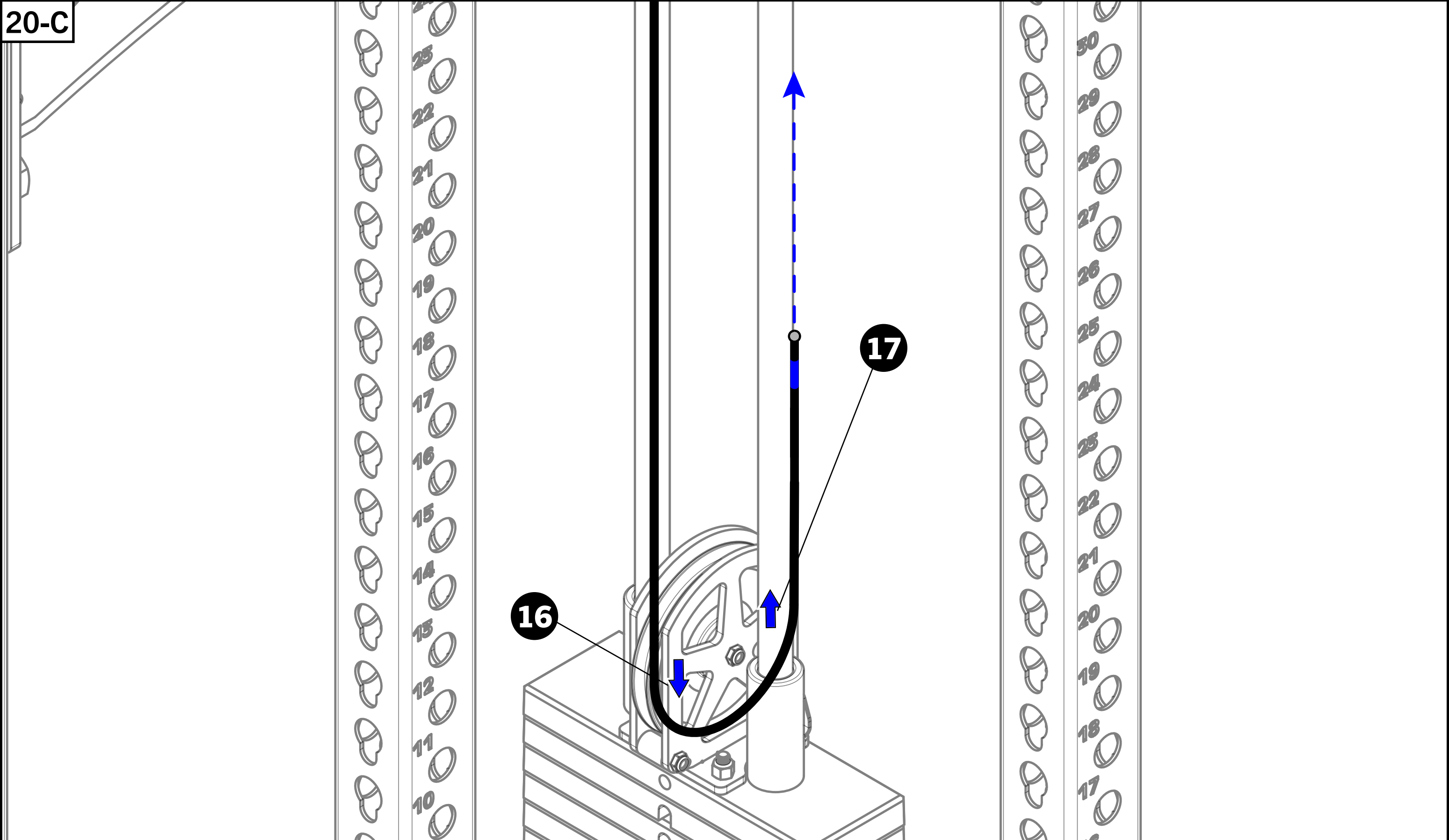
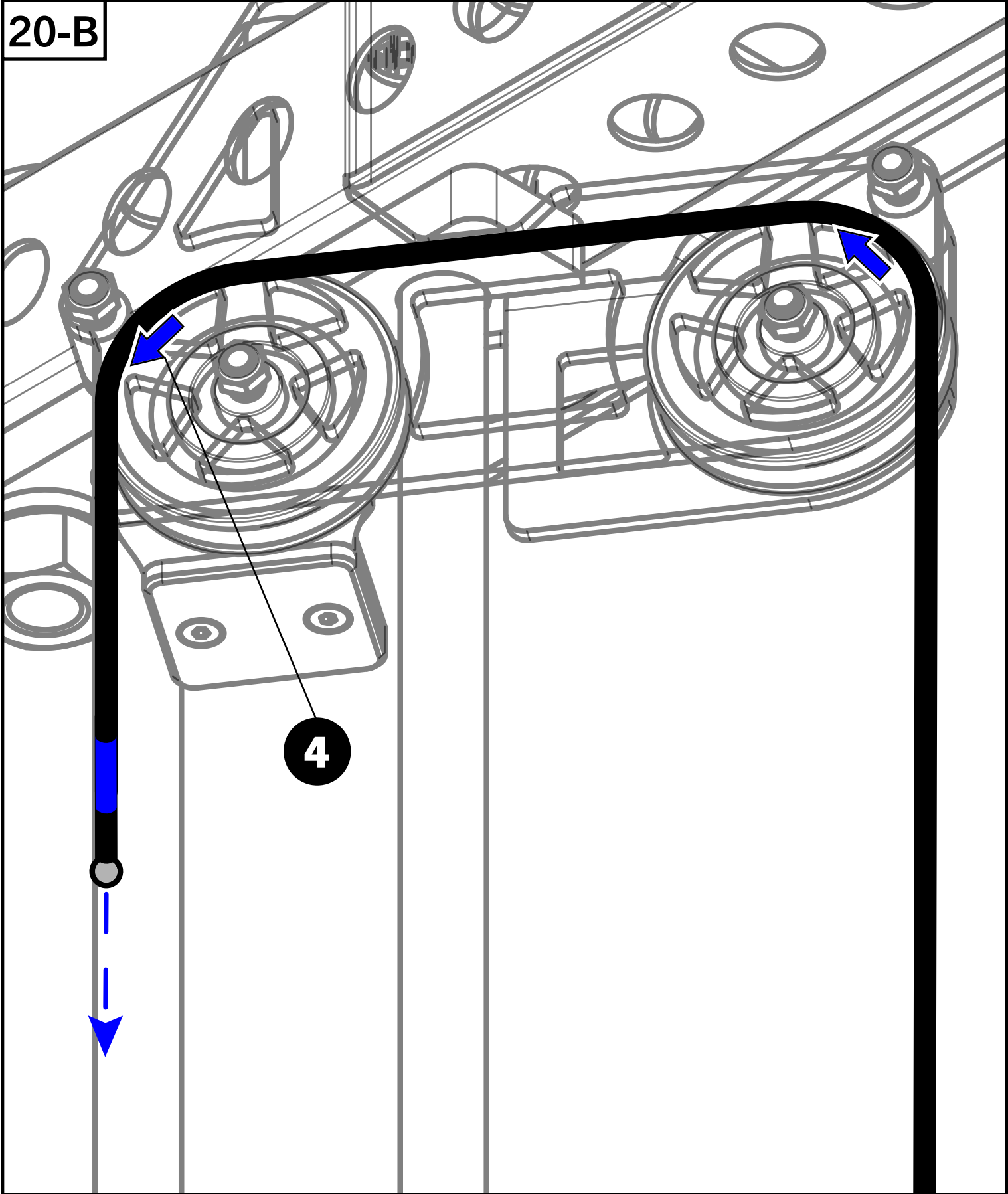
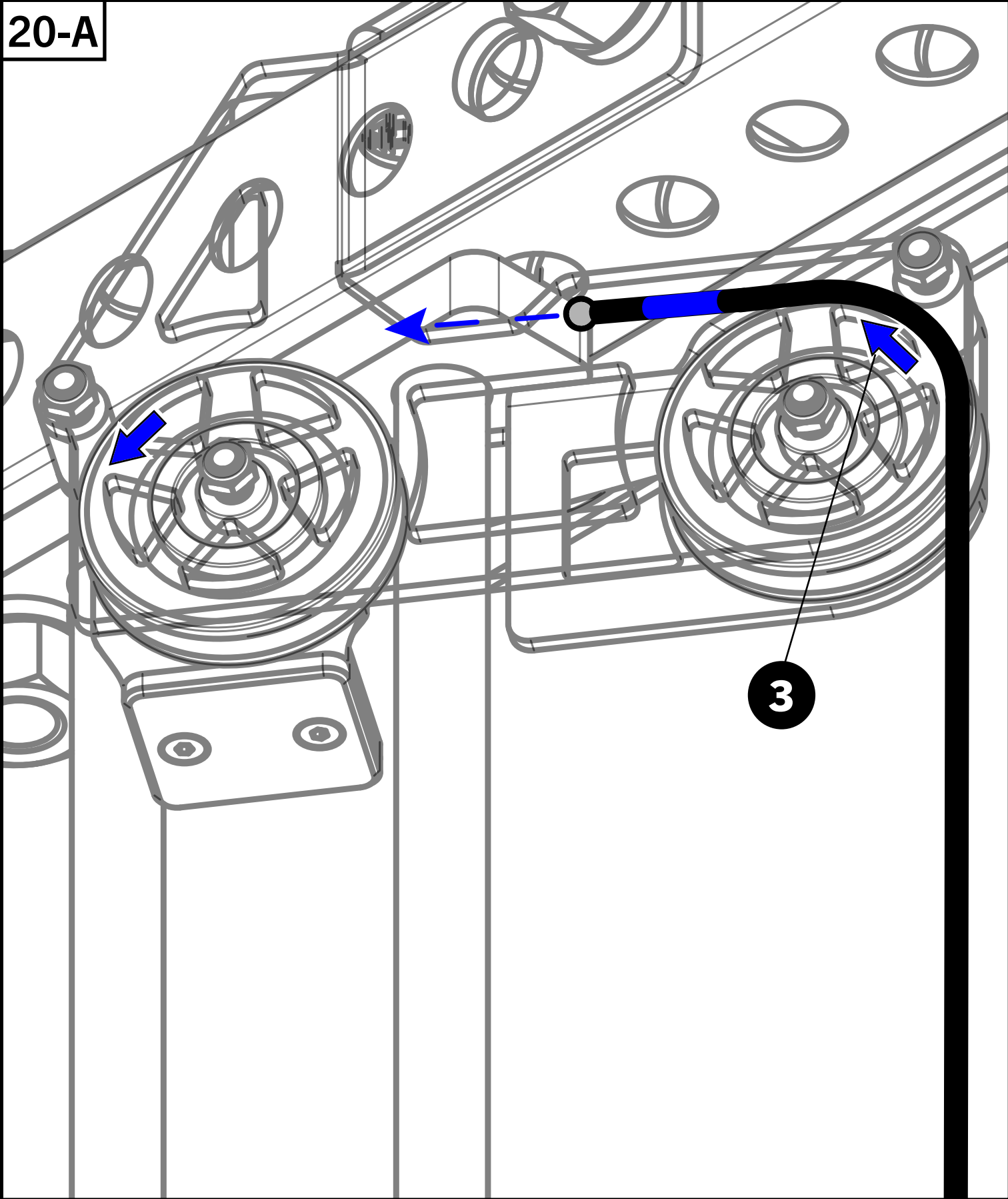
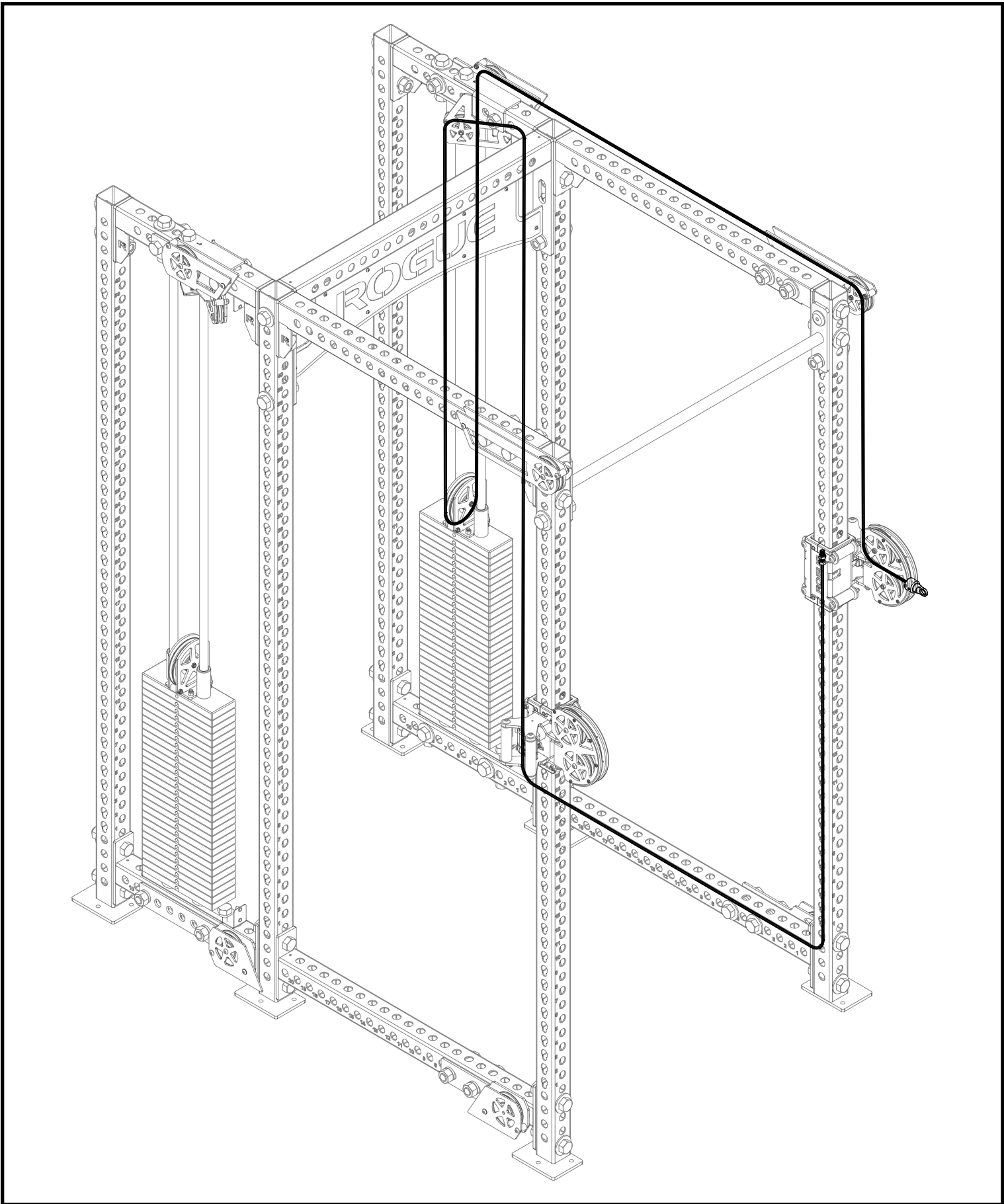


STEP 20

- Continue feeding around the first pulley on Indy Top Pulley Bracket following the arrow indicator directions towards the back of the rack.
- Feed cable around the next angled pulley at the back of the Indy Top Pulley Bracket and downward towards the Weight Stack Stem.
- Feed cable around the pulley on the Weight Stack Stem and follow the arrows upward to the Top Side Pulley Assembly.

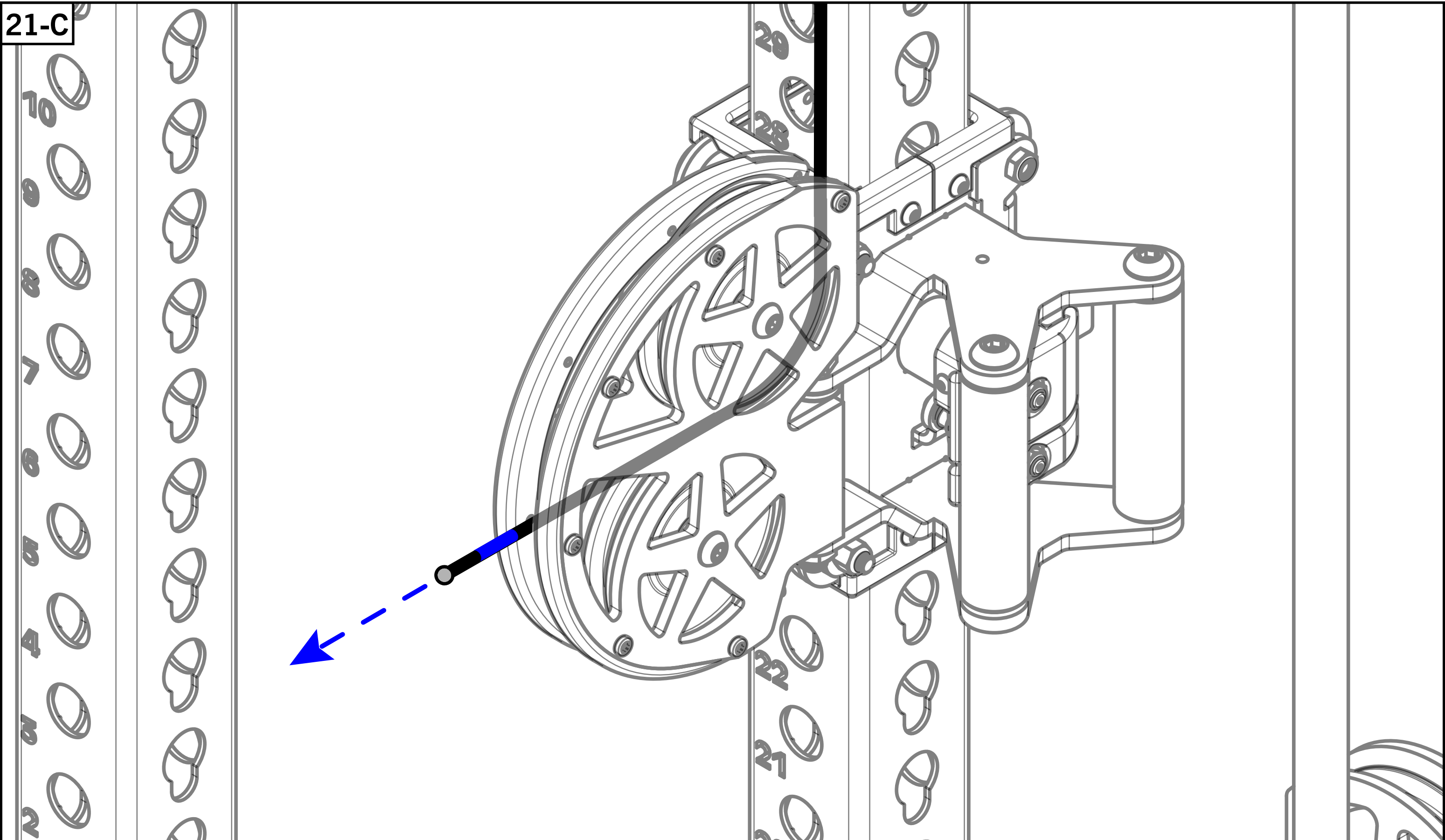
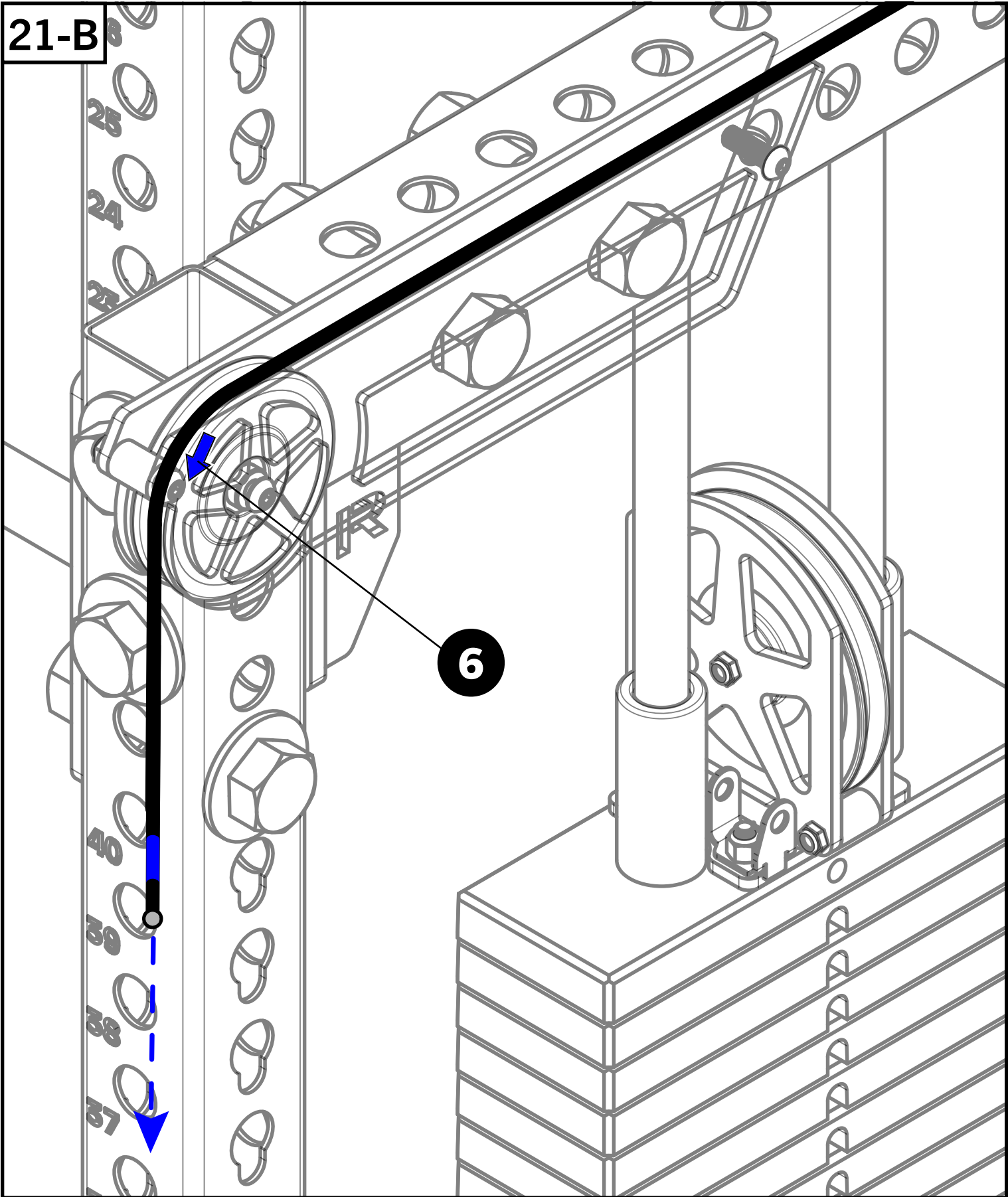
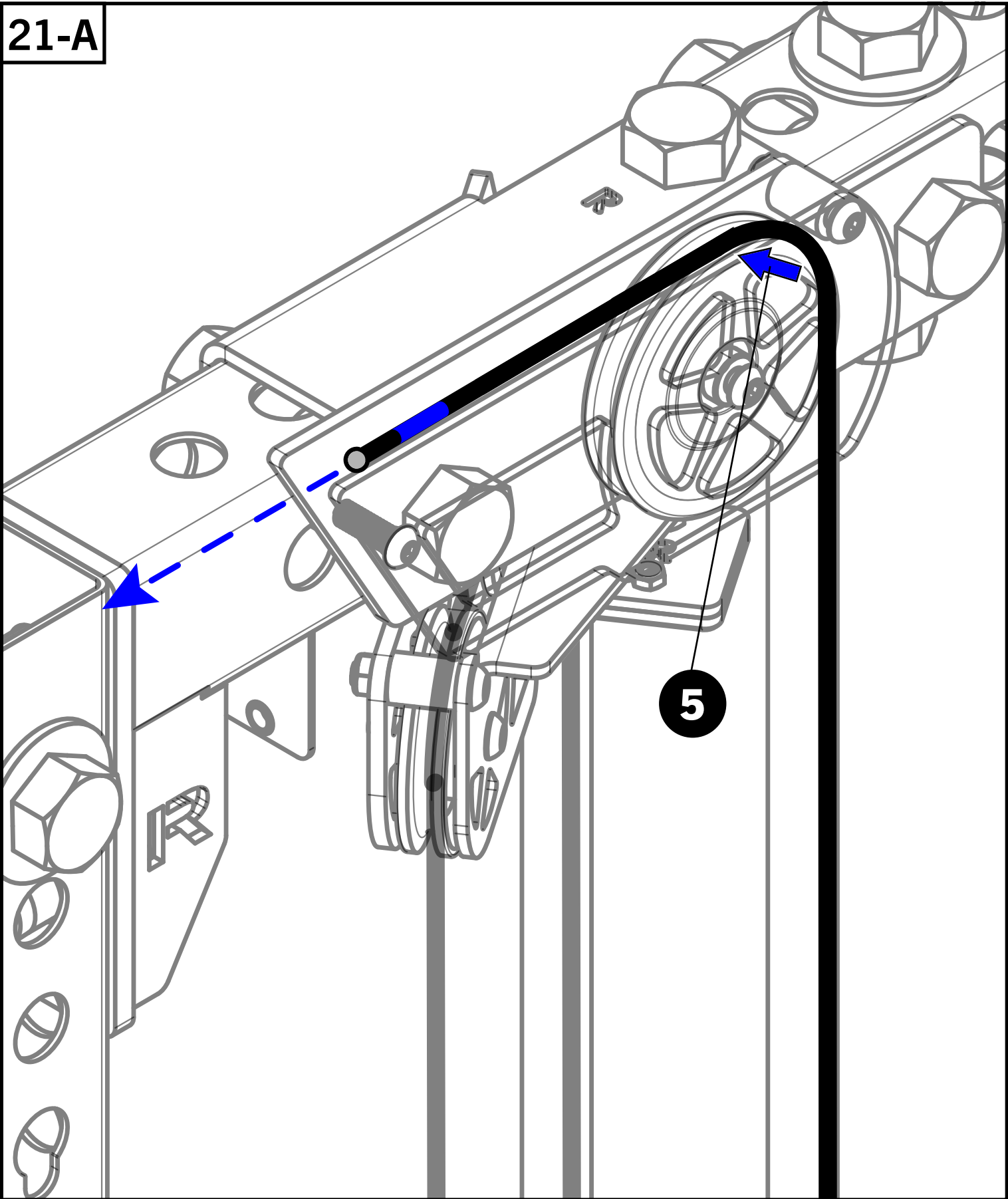
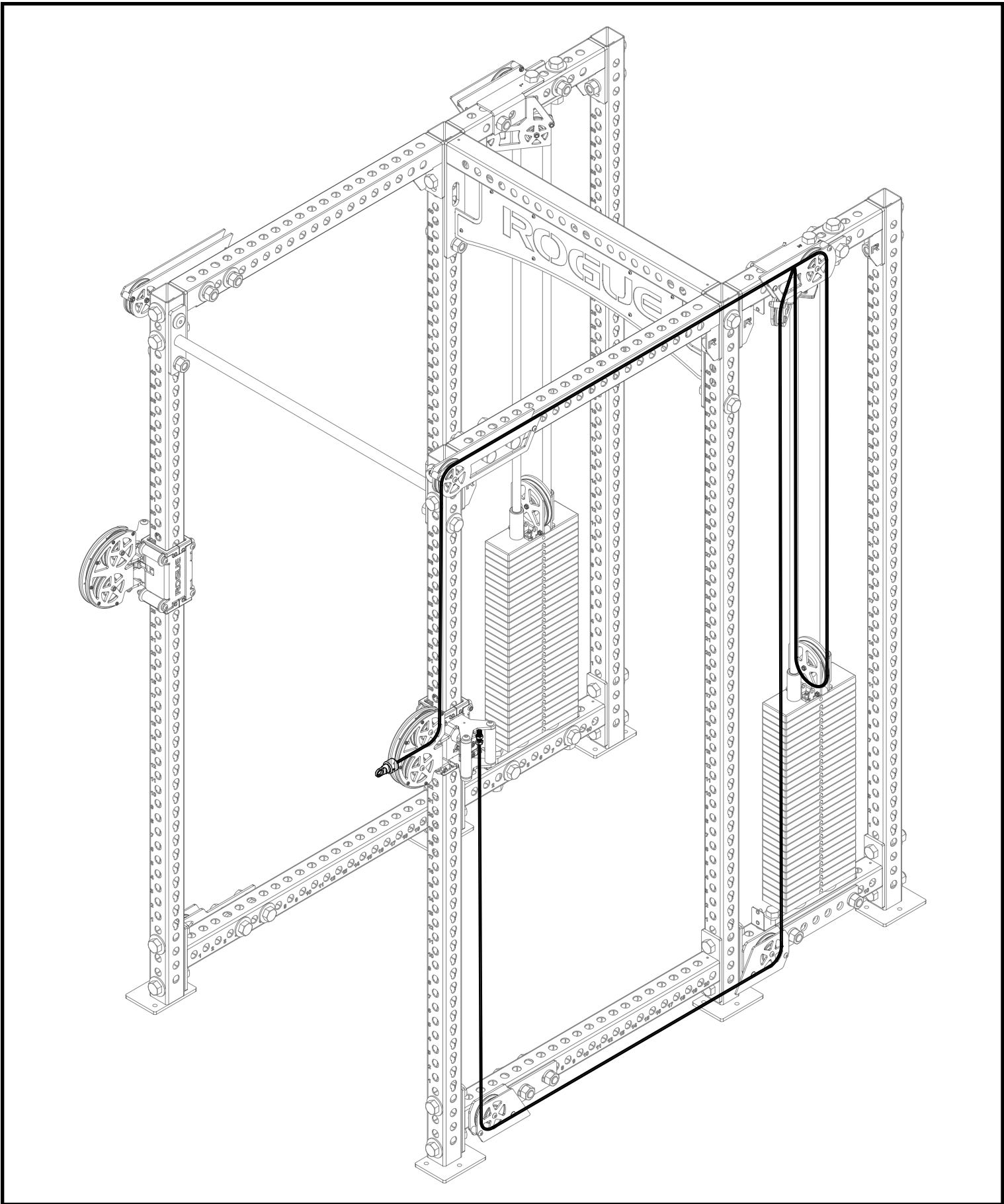
Note:

- Arrow numbers on parts shown in **20-C** do not correspond to numbering sequence. (Will be represented by 16 and 17).



STEP 21

- Feed cable around the pulley in the Top Rear Side Pulley Assembly and continue to the front of the rack.
- Feed the cable around the pulley in the Top Front Side Pulley Assembly and down and out through the Swivel Trolley.

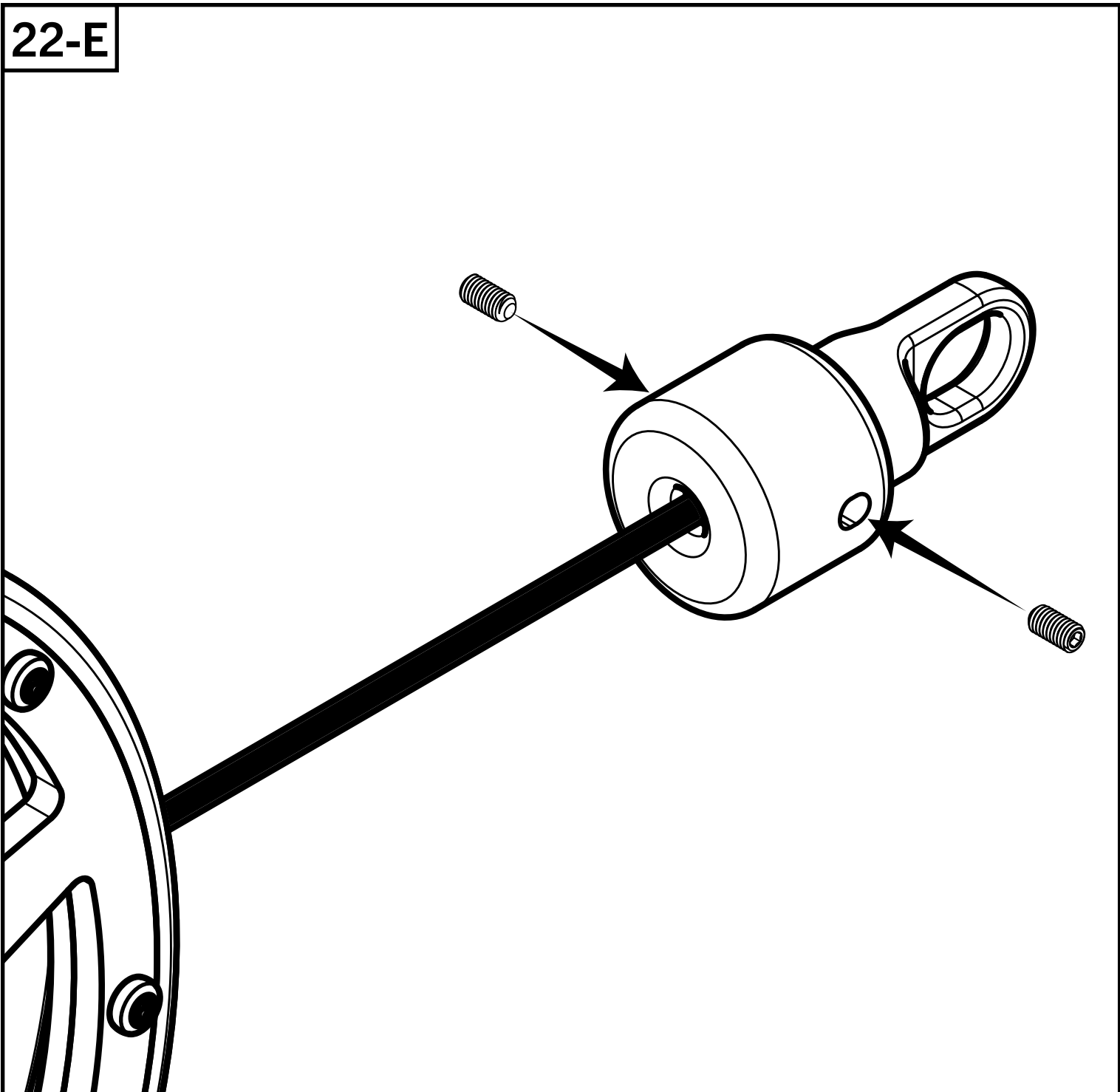
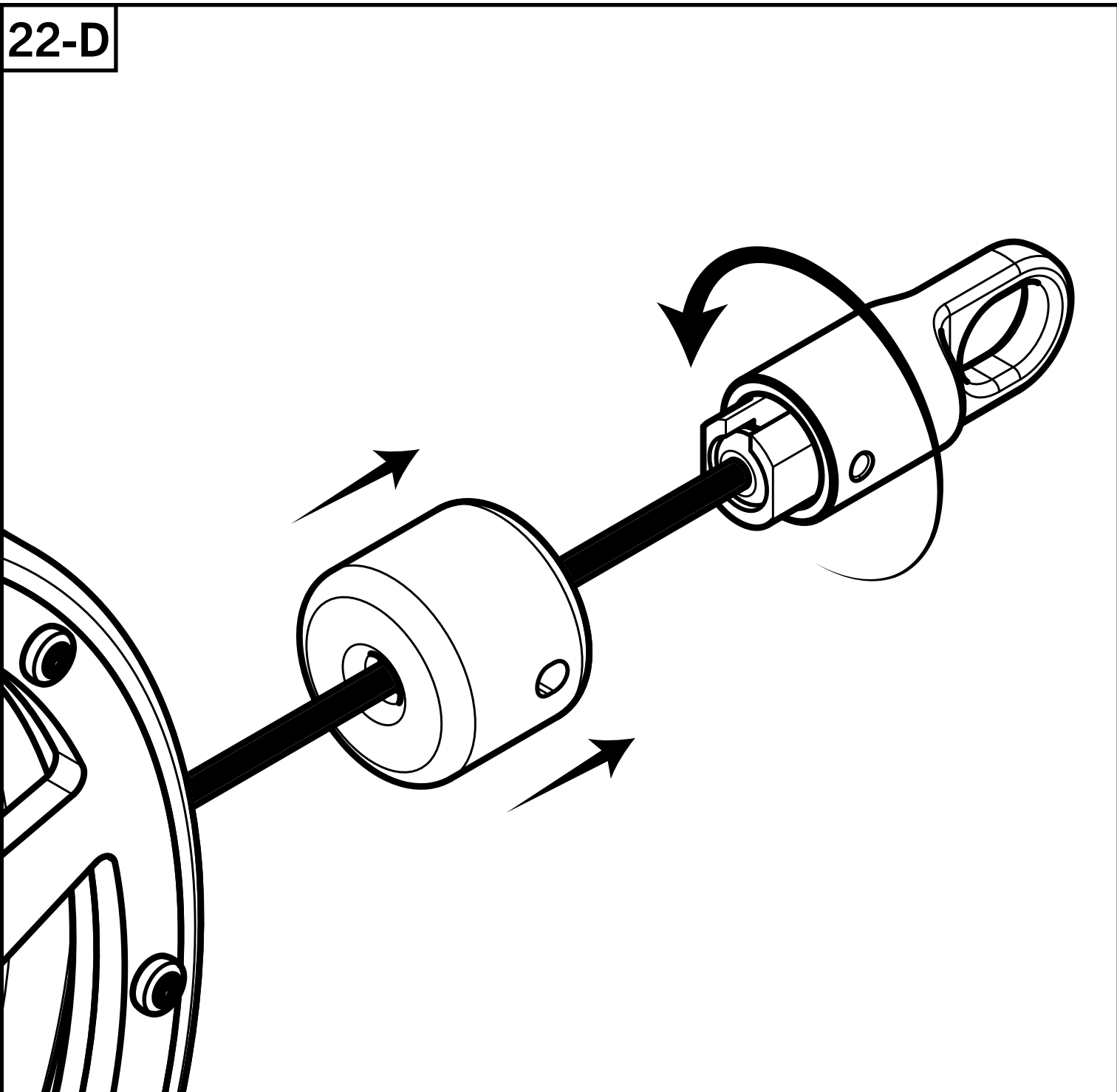
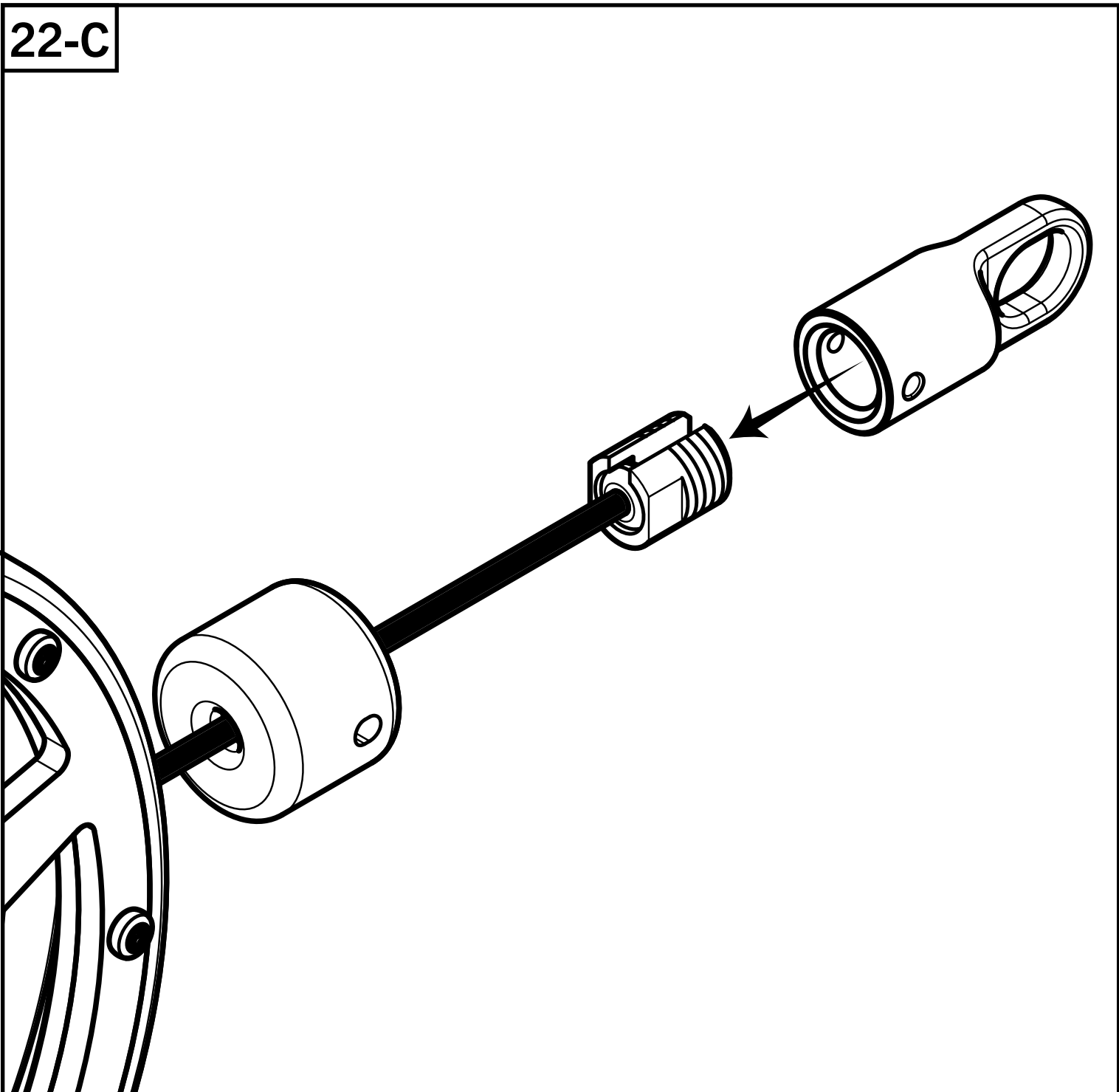
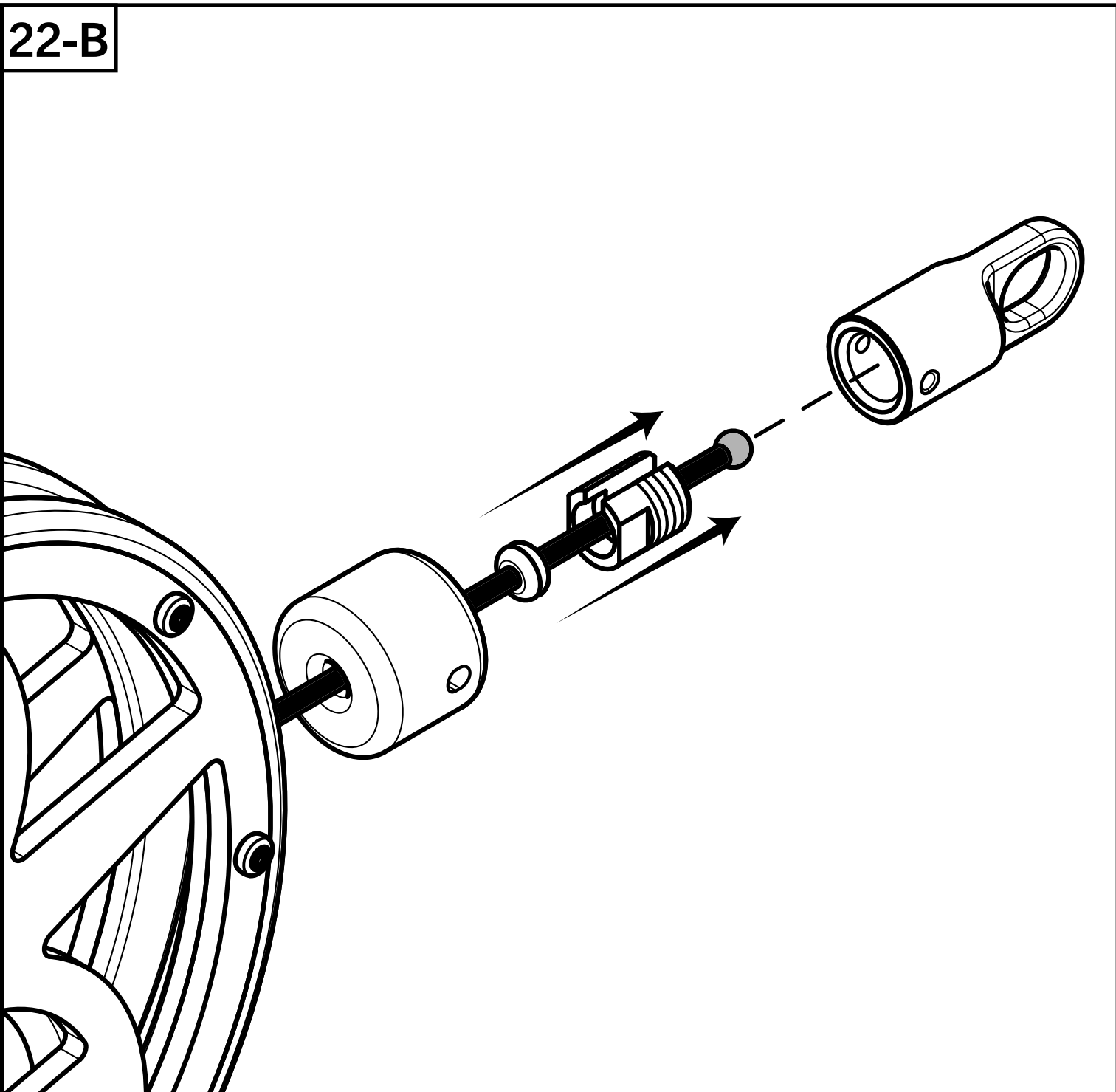
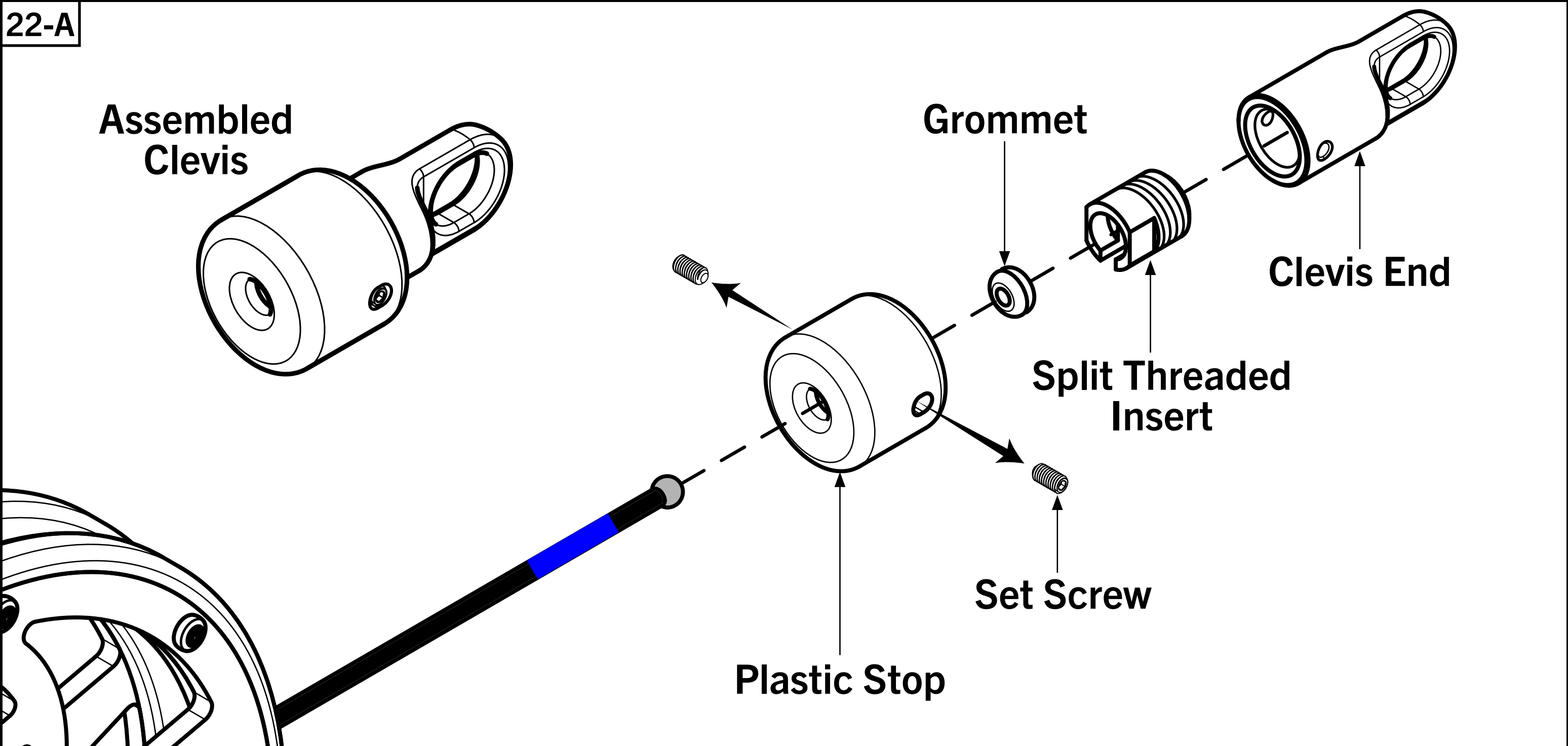


STEP 22

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 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.



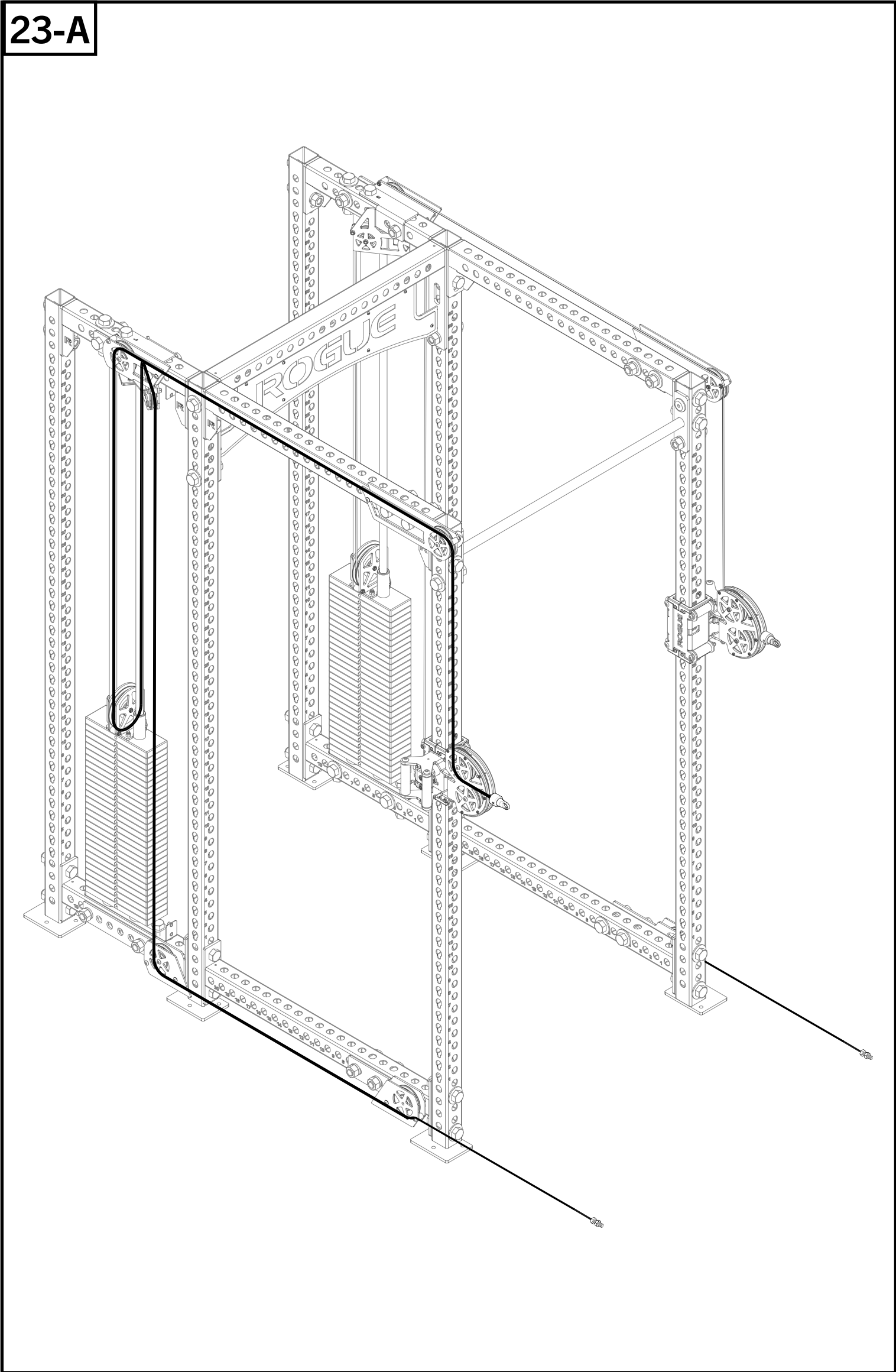
STEP 23

Tools Required:

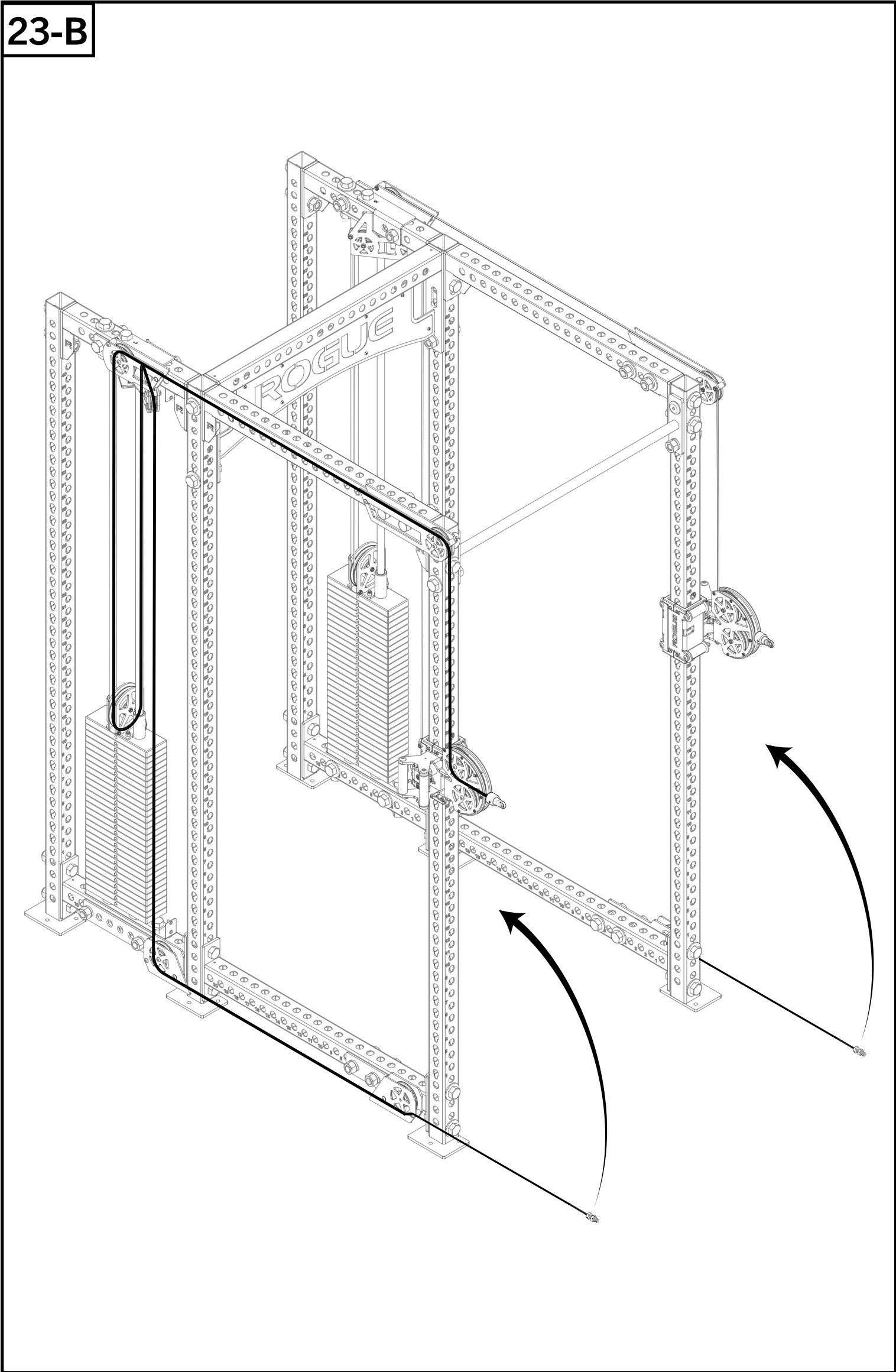
- All
- Follow **STEPS 19-22** again to assemble the remaining Trolley Cable (blue tag) on the **Left Hand side of rack**.
- Screw bolt ends of Trolley Cables [21] into stop block on back of Trolleys [22,23].
- Loosen the hex nut if needed to ensure approximately 1/2” of threads are showing between the bolt head and nut.
- Fully tighten the bottom bolt head.

- Tighten ALL loose hardware on the entire rack.
- Starting with no weight selected on the Weight Stack, check cables by pulling on each clevis.
- If cables are too tight or loose, adjust accordingly by loosening or tightening the lower 1/2” Jam Nuts on back side of the Trolleys [22,23].

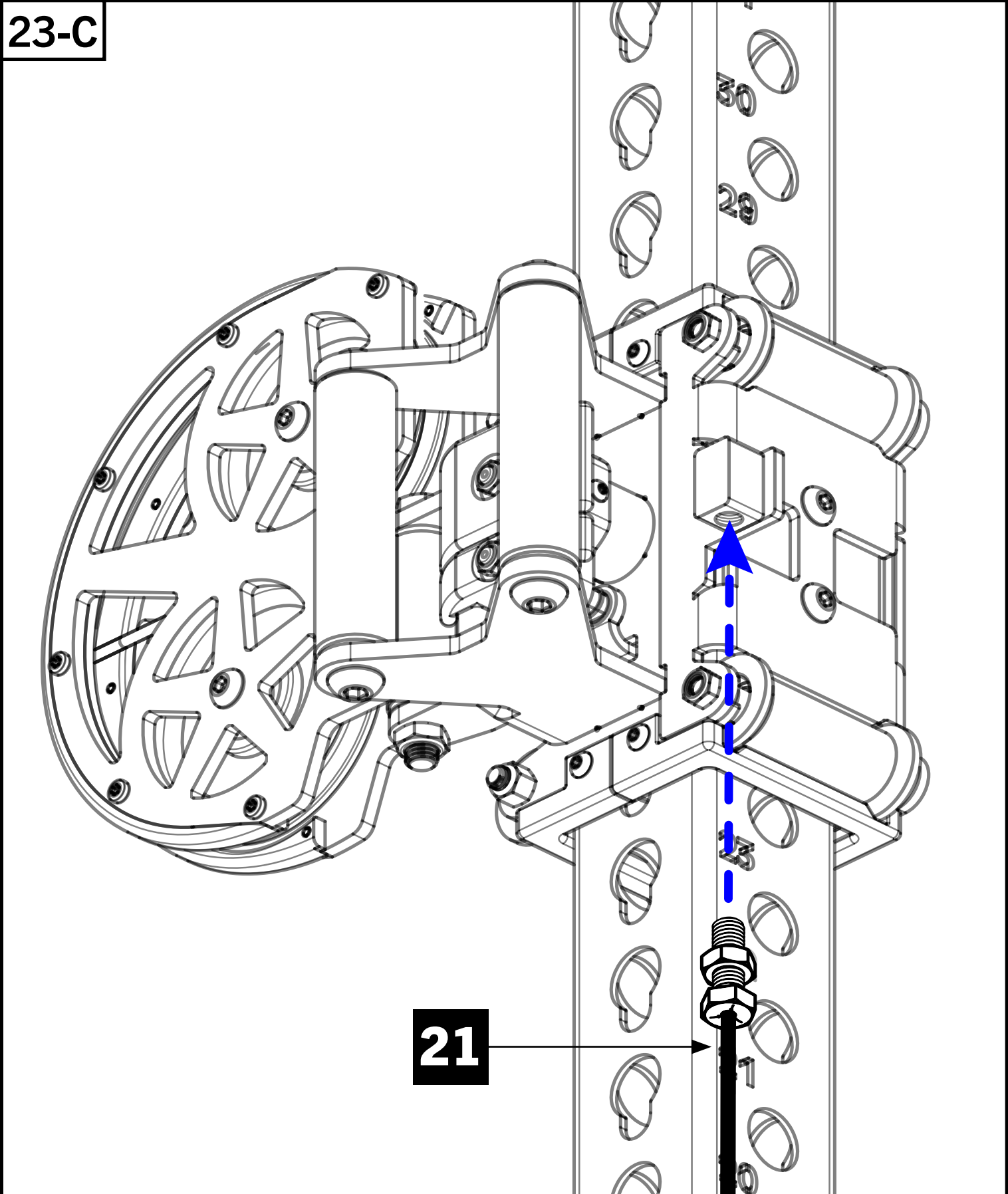
23-A



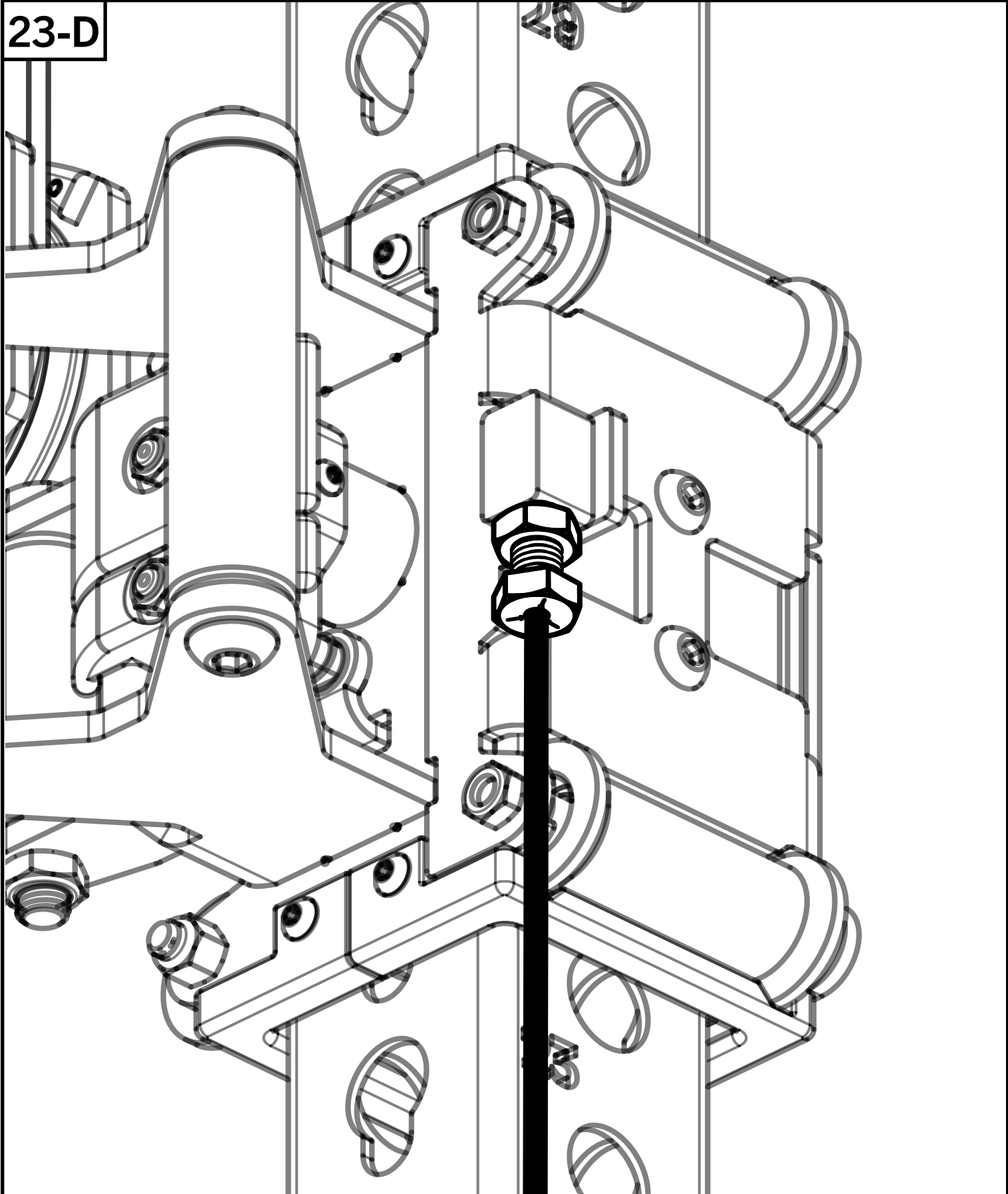
23-B



23-C



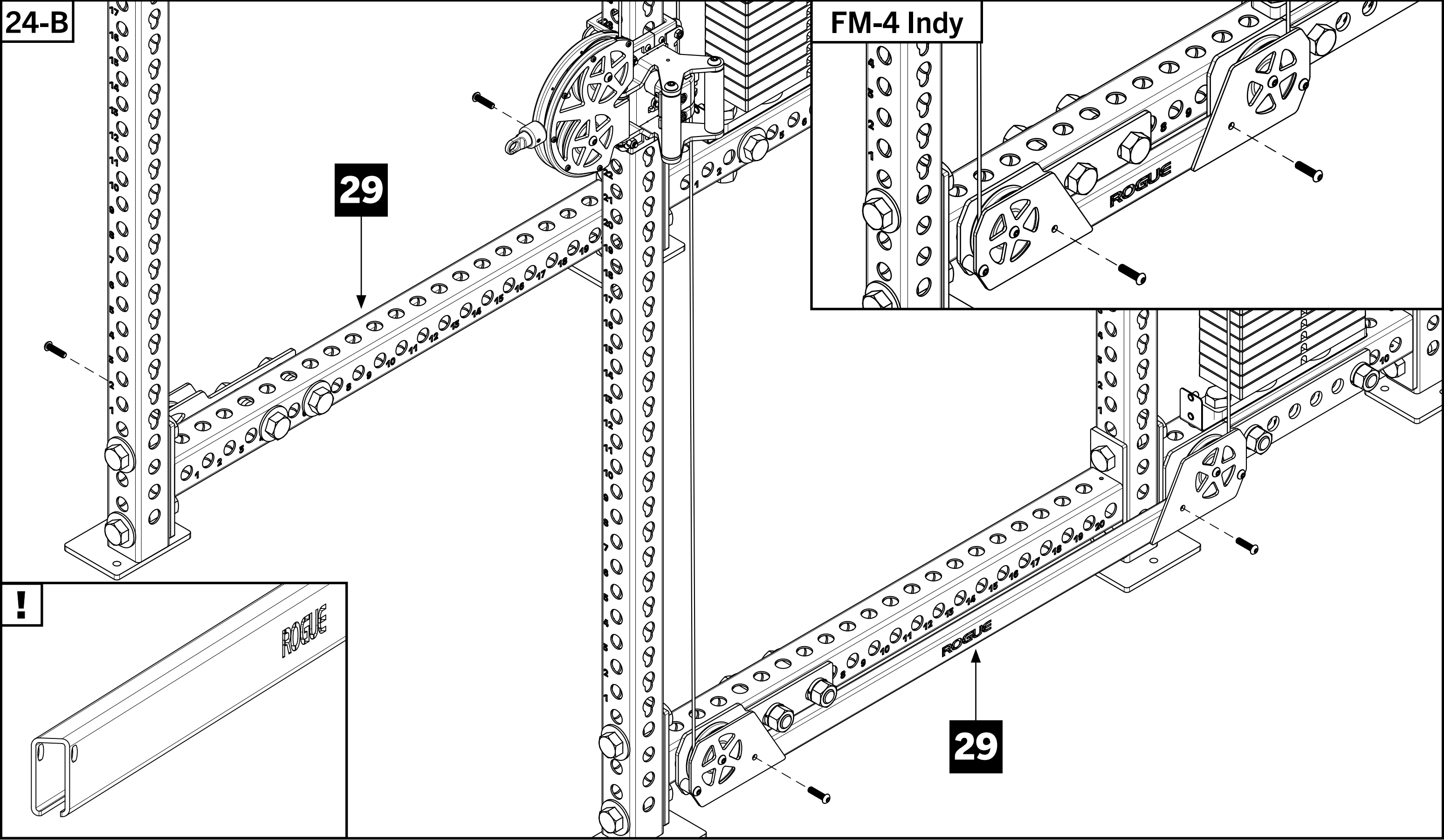
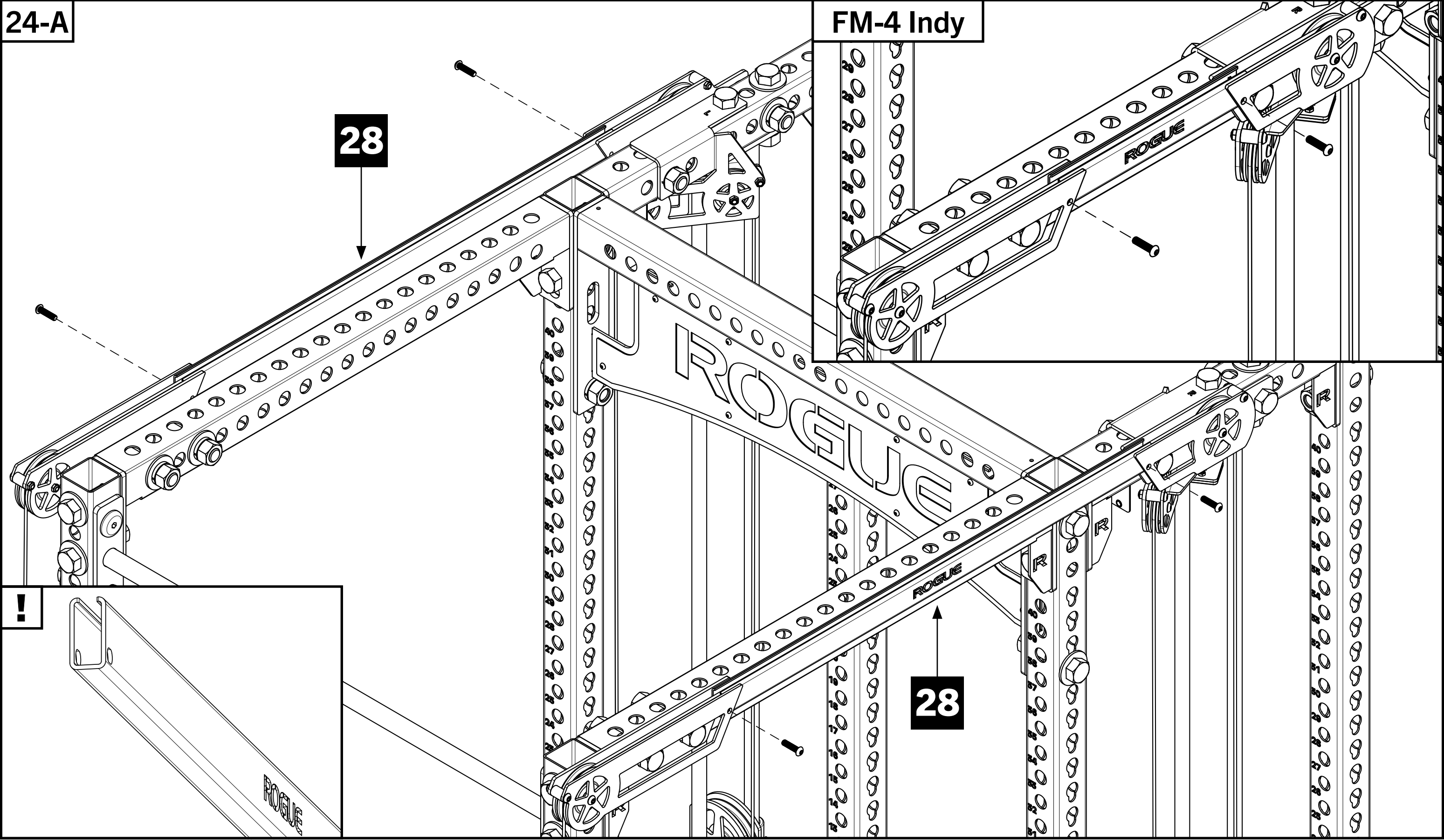
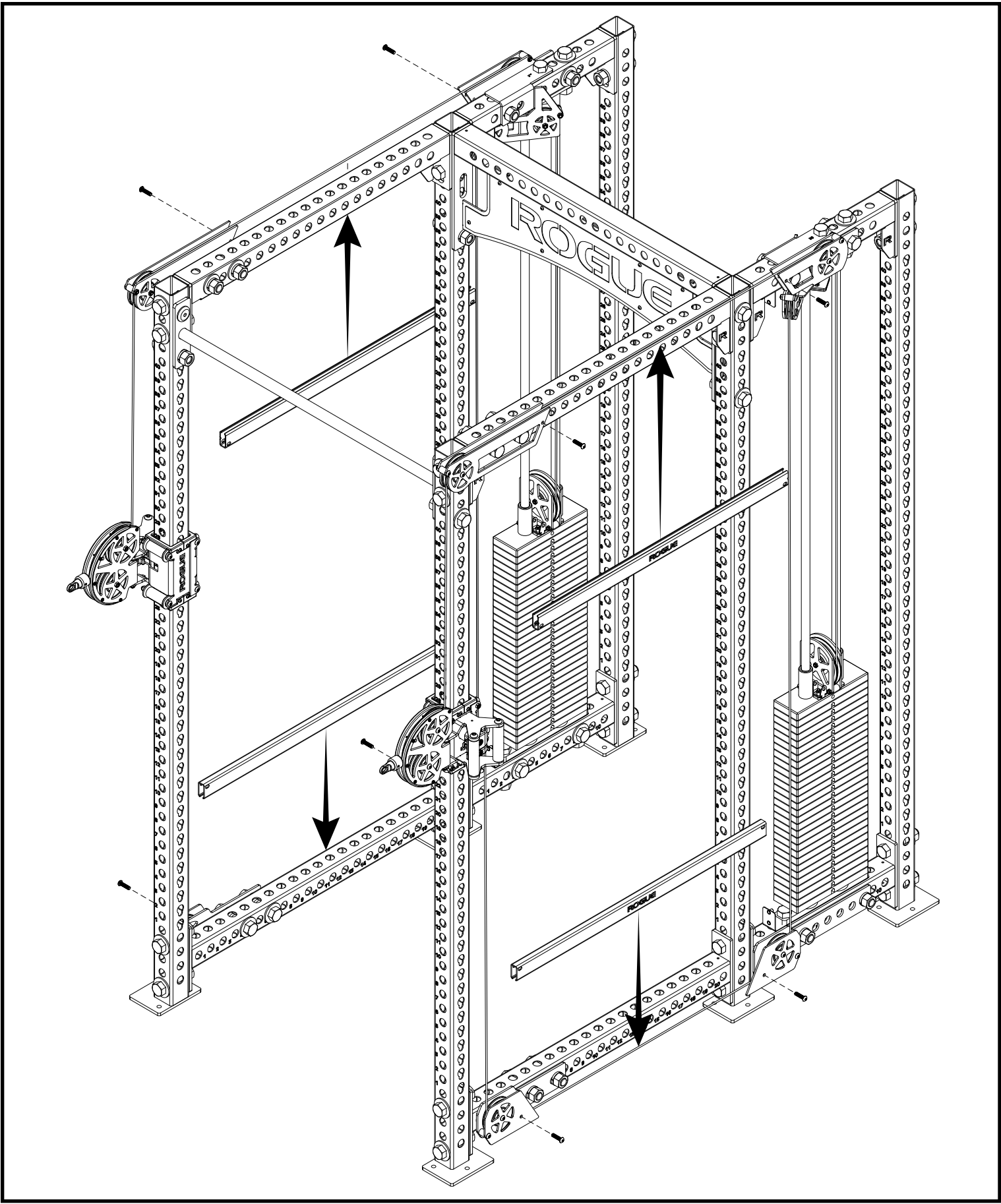
23-D



STEP 24 (RM-6)

Tools Required:

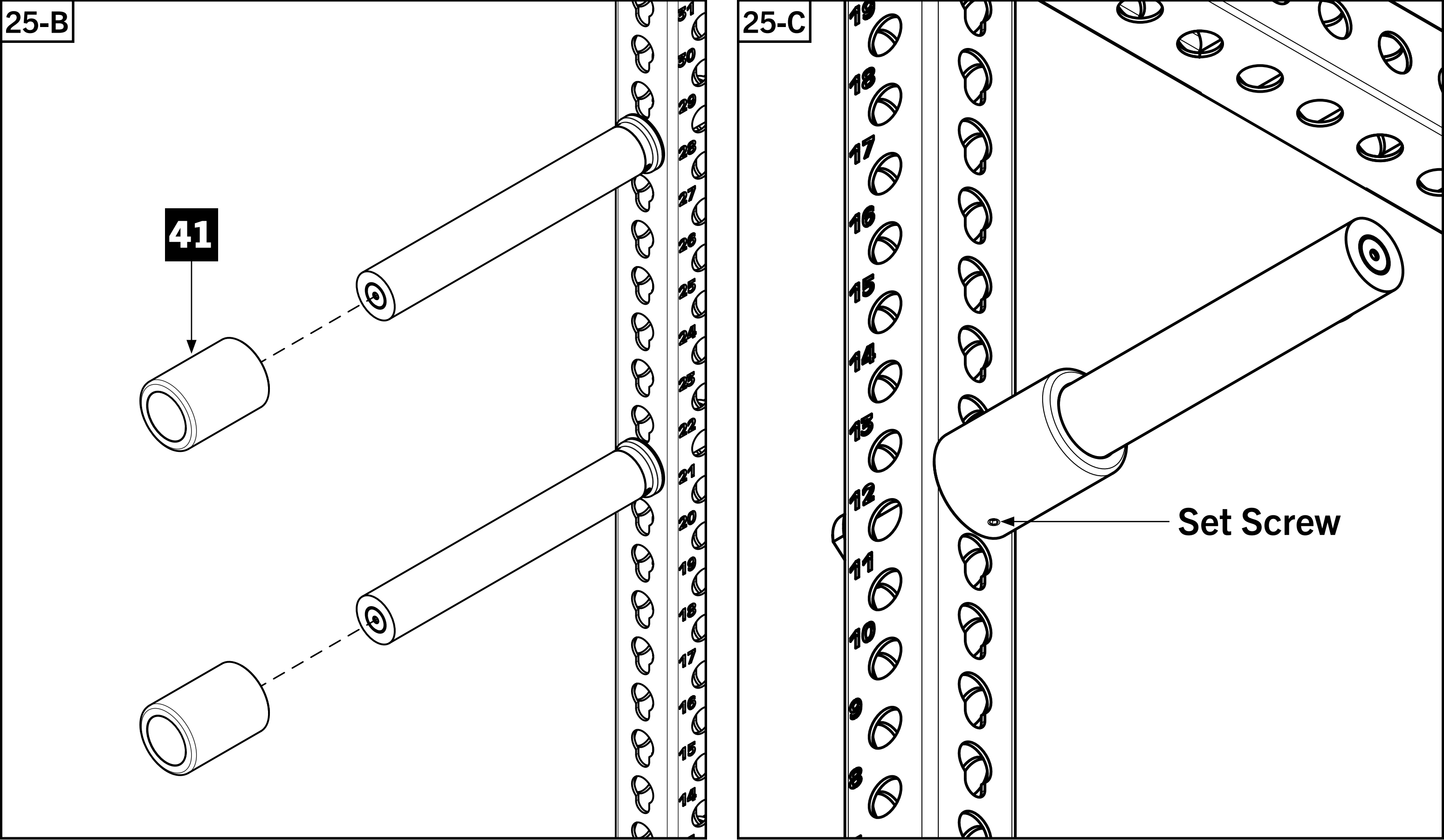
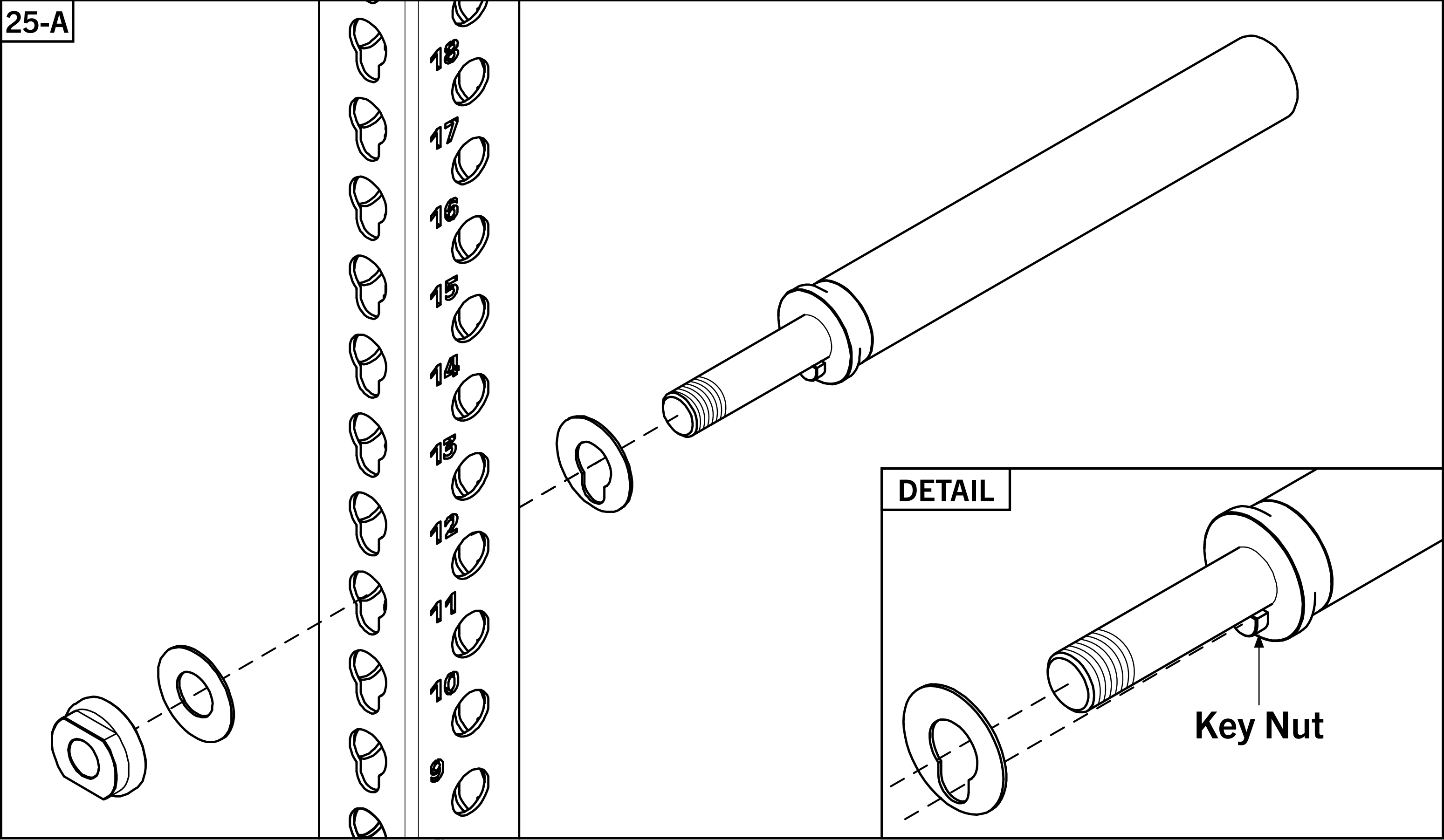
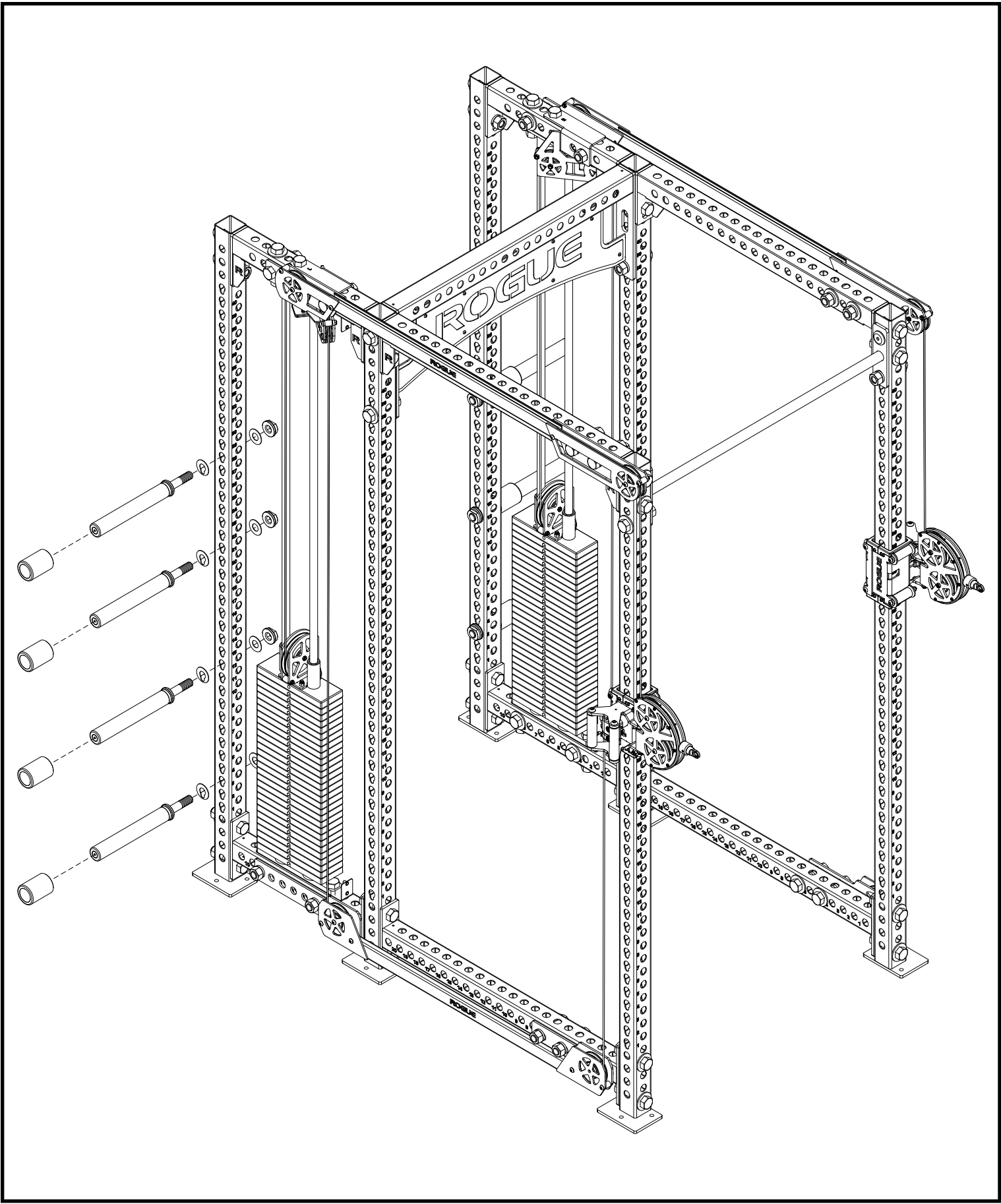
- 7/32” Allen Key
- Remove eight 3/8” Button Head Screws located on the rear of the Front Side Pulley Assemblies and the front of the Rear Side Pulley Assemblies.
- Fasten the Top Cable Cover Rails [28] between the Front and Rear Top Side Pulley Assemblies by aligning holes and reinstalling the 3/8” Button Head Screws.
- Repeat this process on the bottom of your rack to install the Low Cable Cover Rails [29].
- **!** Note the orientation of the Rogue logos in relation to the rack. Ensure the cable opening is facing upward on the Top Cable Covers and downward on the Low Covers.



STEP 25

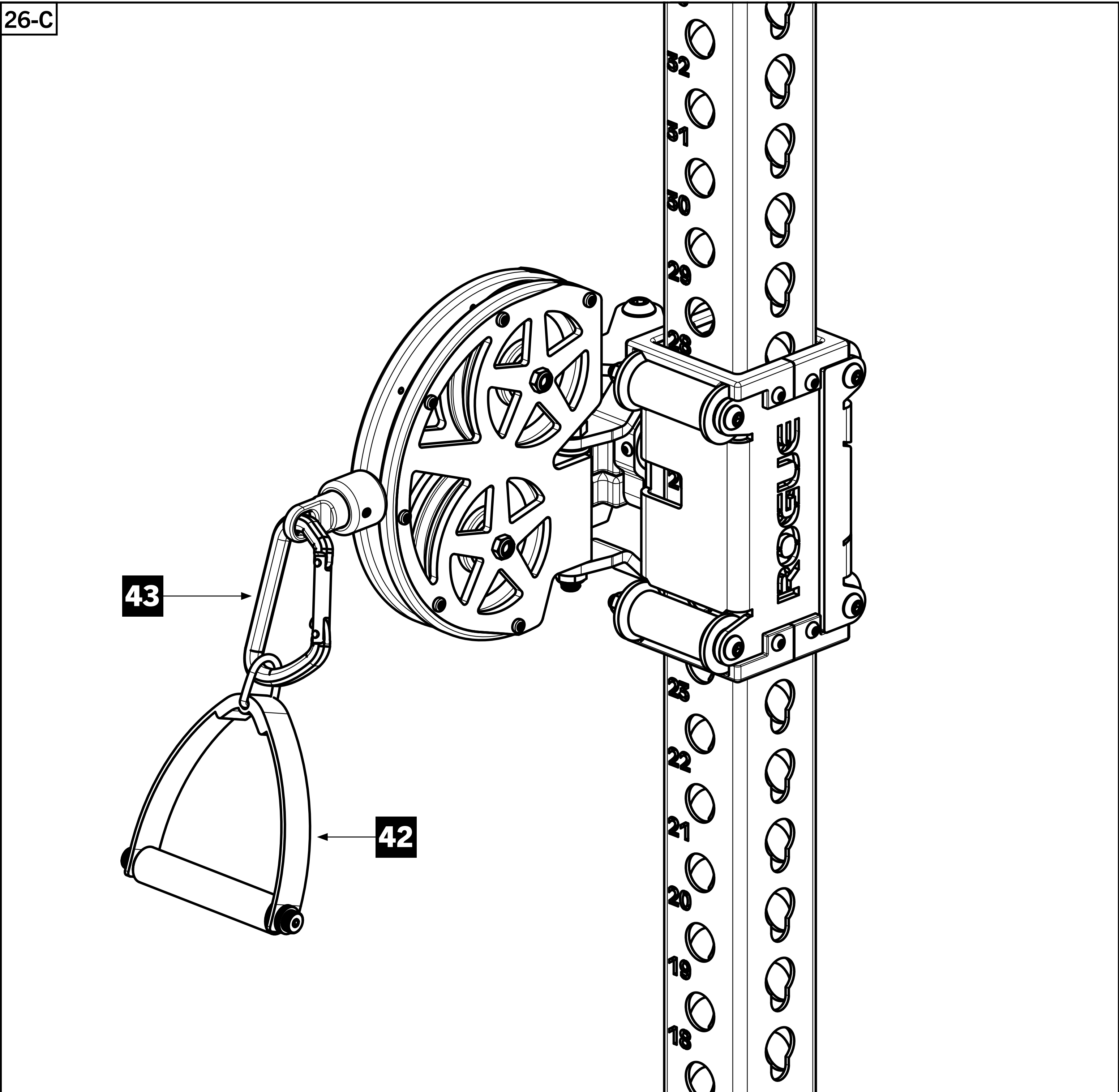
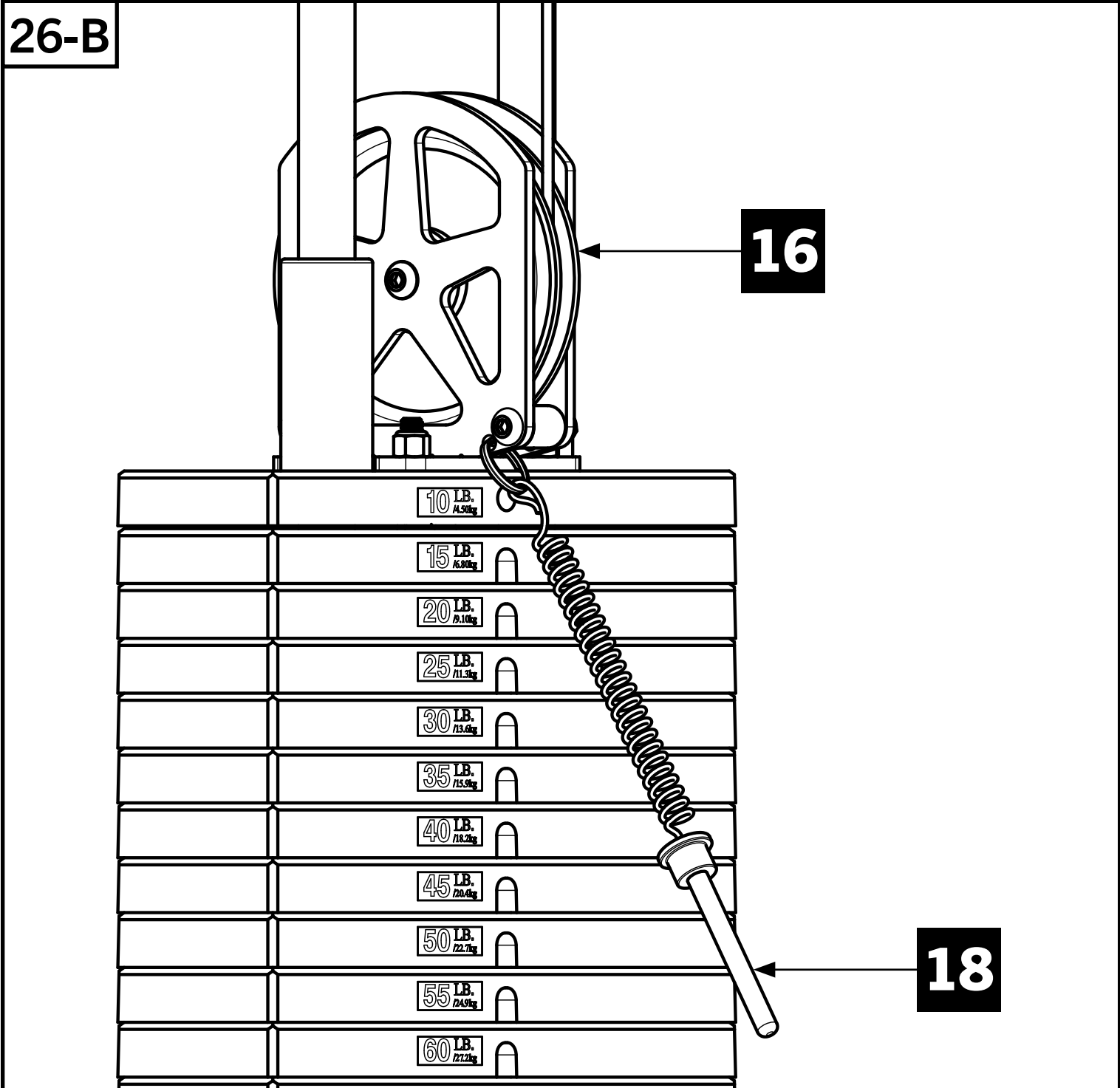
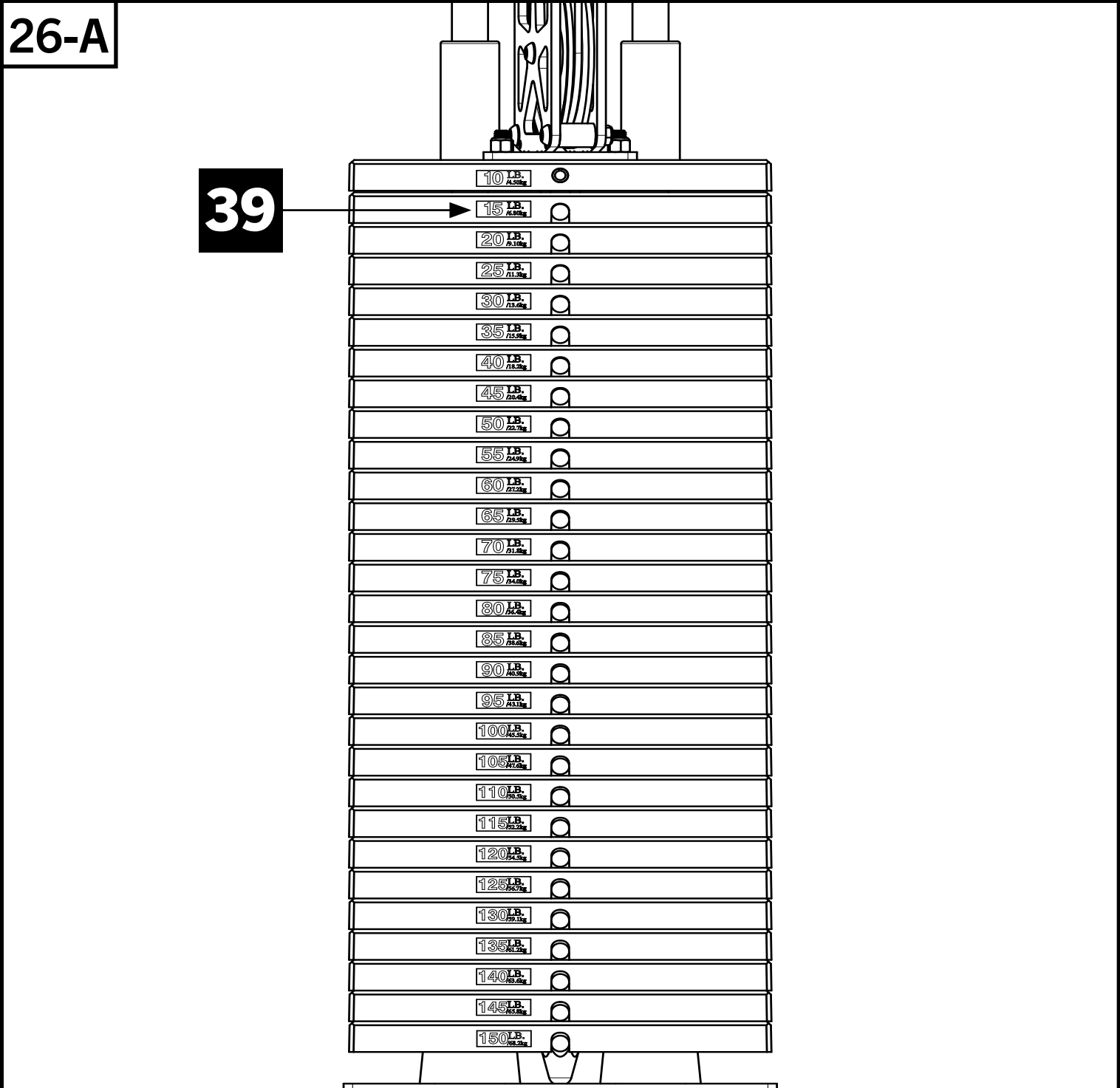
Tools Required:

- 1-1/2” Wrench, 1/8” Allen Key
- If modifying existing rack with add-on kit, skip to **25-B**.
- Place Key Washer over the Key Nut on the Plate Storage Post shown in **Detail** view.
- Assemble Plate Storage Pins [10,8] on rear Monster Uprights at desired hole heights.
- Slide Plate Storage Spacers [41] all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in **25-C**.
- Fully tighten set screws using 1/8” Allen Key.



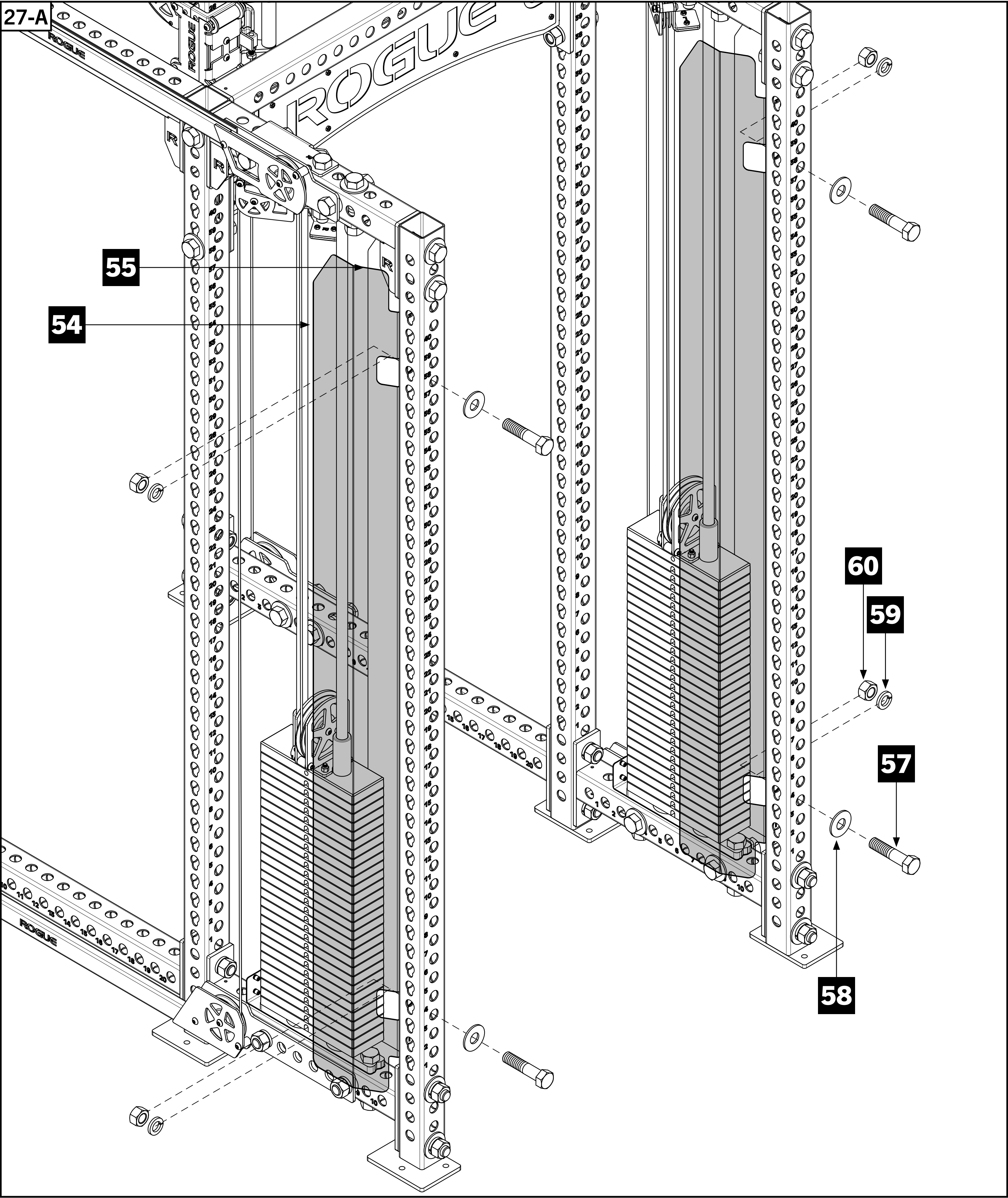
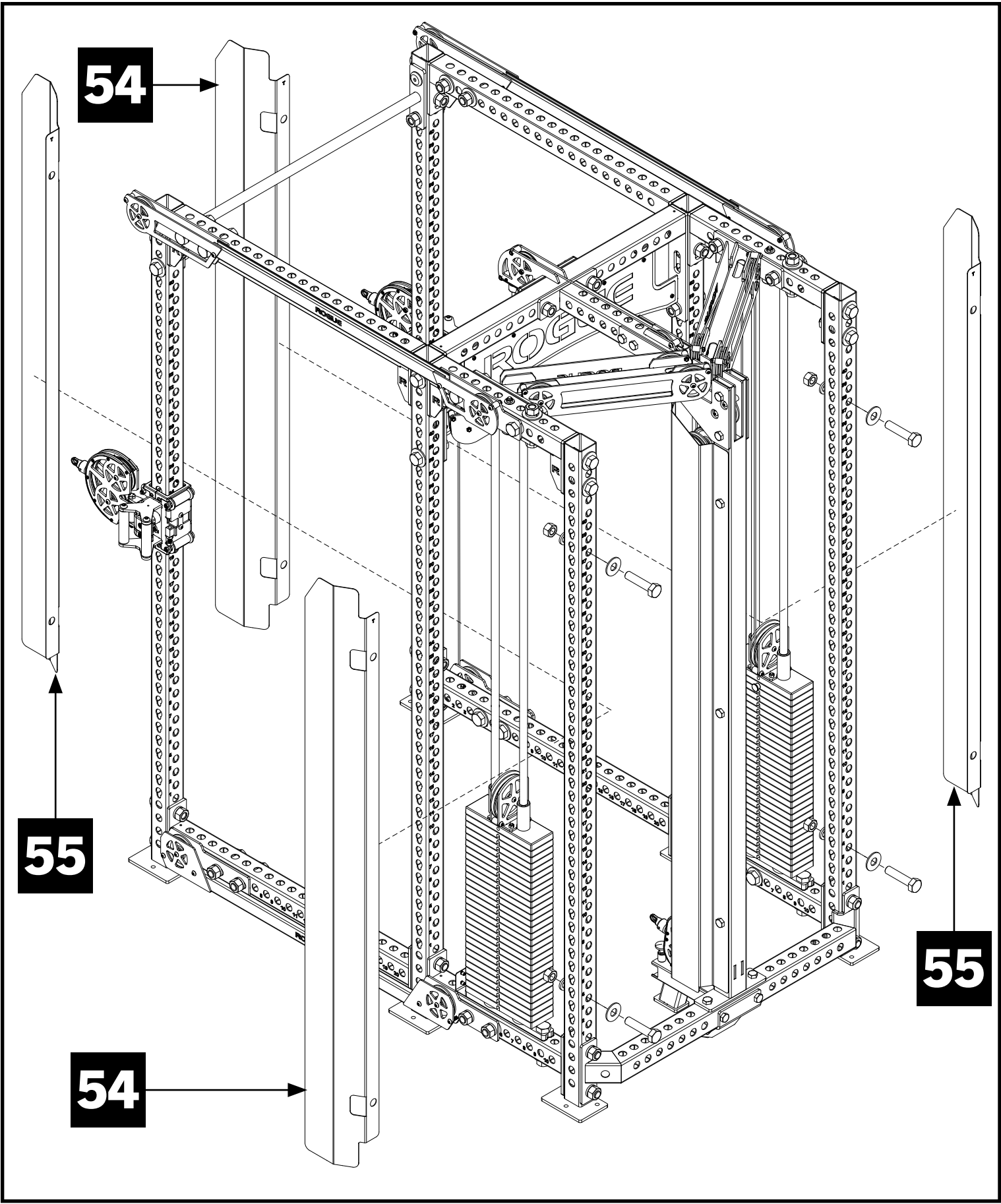
STEP 26

- Apply the “Effective Weight” Number Labels on the front of the Weight Stack Plates, approximately 3.5” from the edge of plate.
- The existing 20lb label on the top plate should be replaced with the 10lb.
- Attach key ring on Selector Pin Lanyard [18] to front hole on pulley plate of the Weight Stack Stem [16].
- Attach Single Handle Attachments [42] to Swivel Trolleys using included Carabiners.



STEP 27 (SHROUD ASSEMBLY)

- Attach Weight Stack Rear Shroud - RH [54] and Weight Stack Rear Shroud - LH [55] on rear uprights by placing 1” Lock Washers [59] and 1” Hex Nuts [60] through window cutouts on shrouds and secure using 1” Flat Washers [58] and 1” x 4-3/4” Hex Bolts [57].

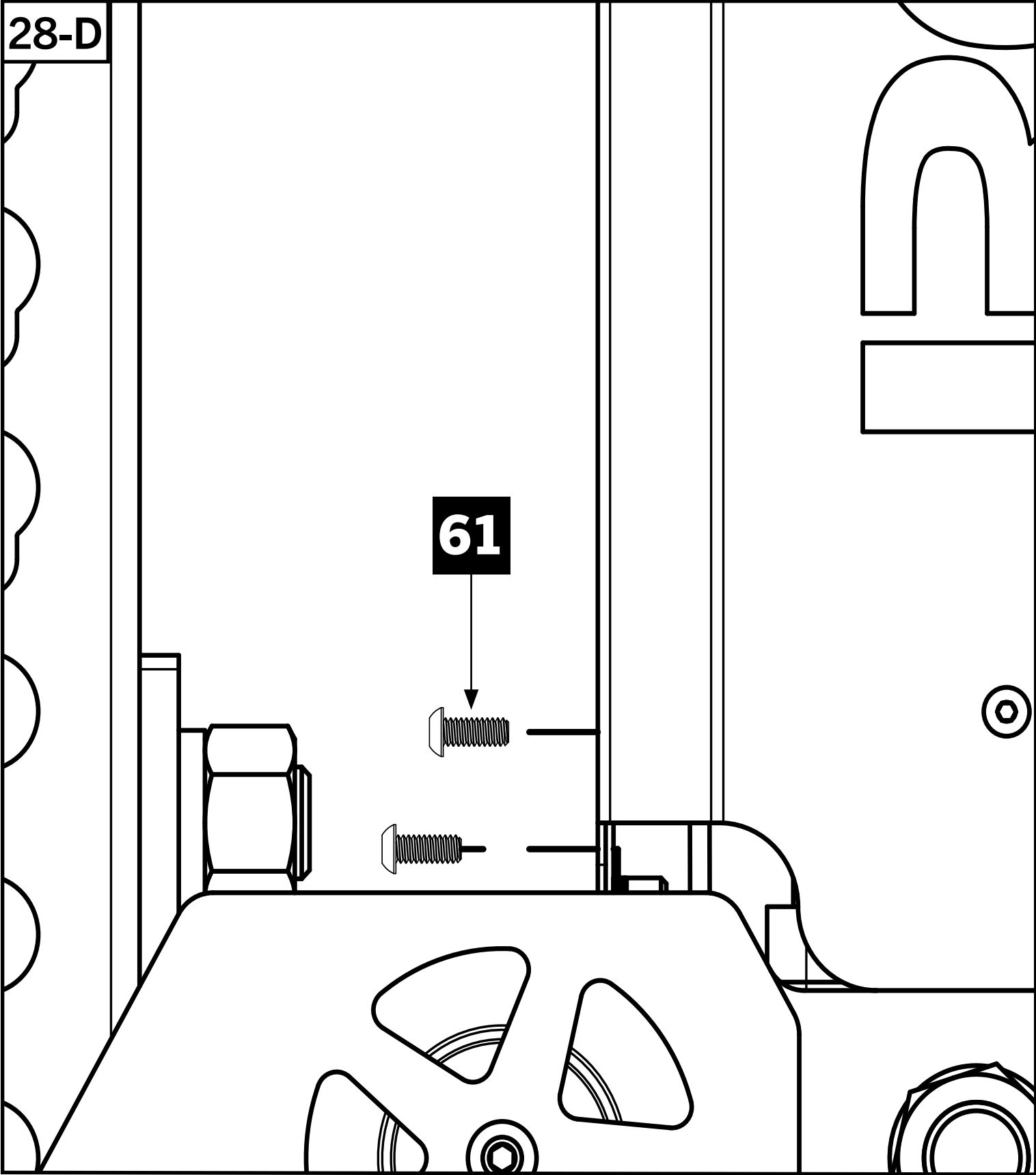
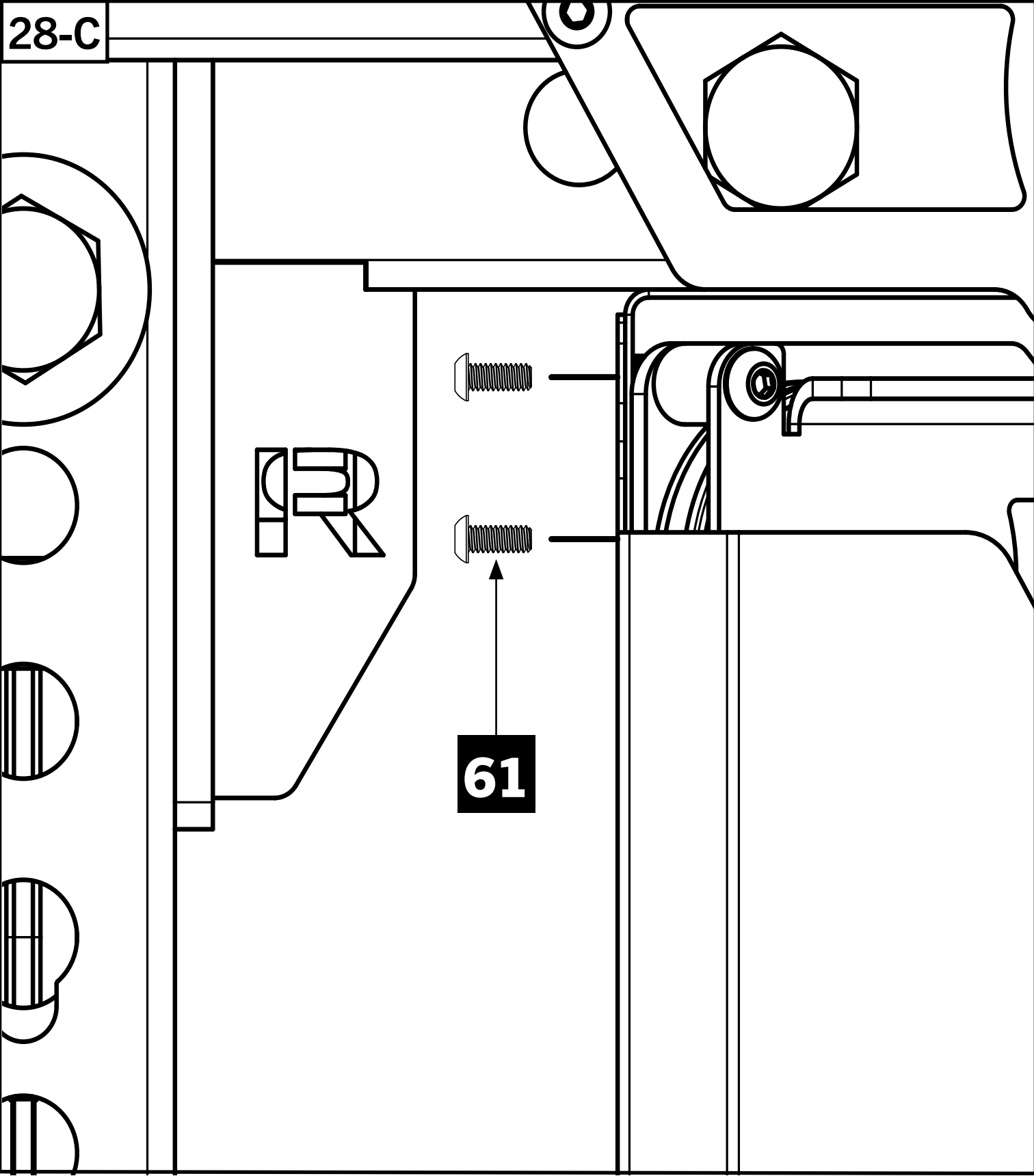
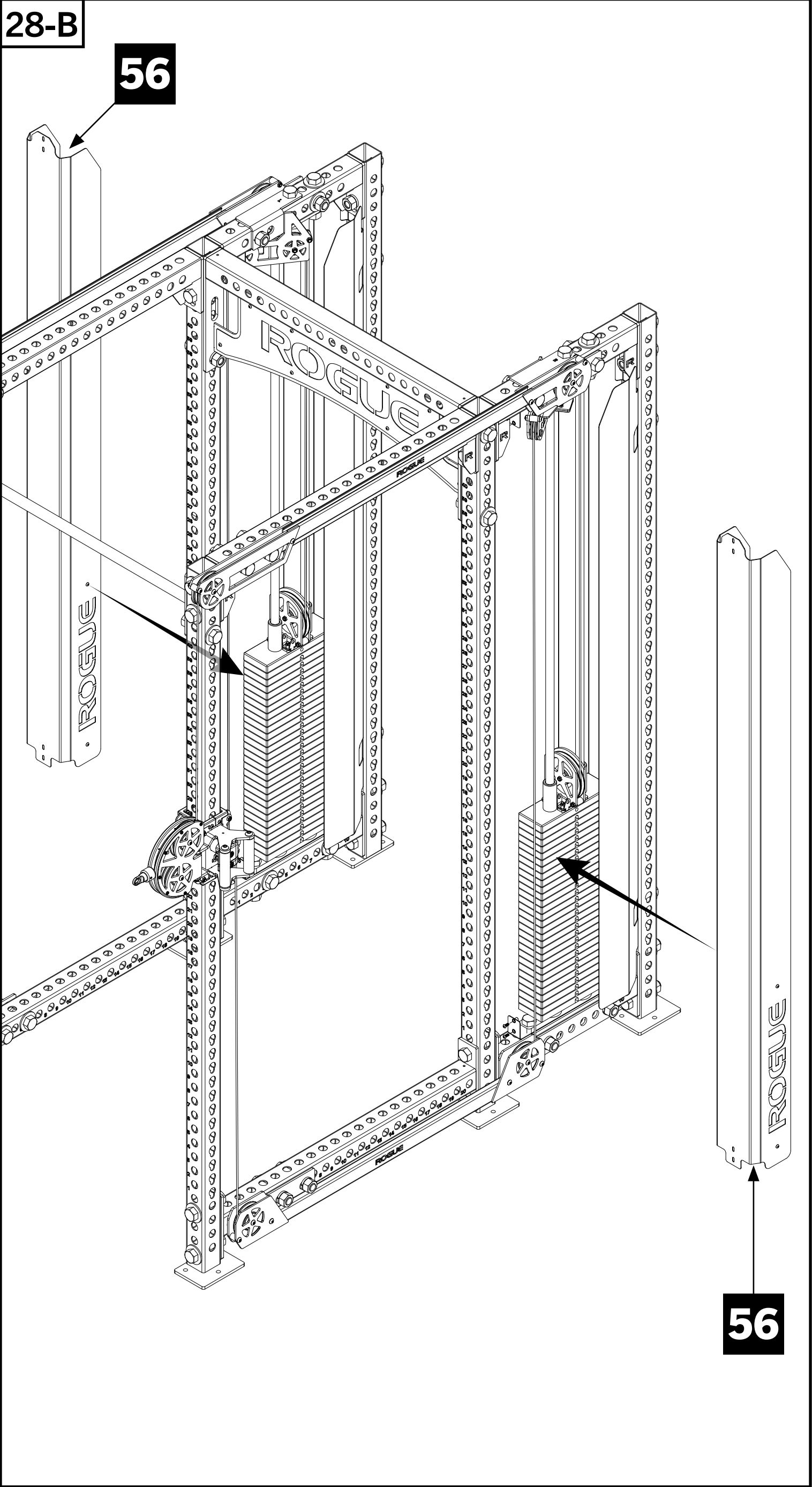
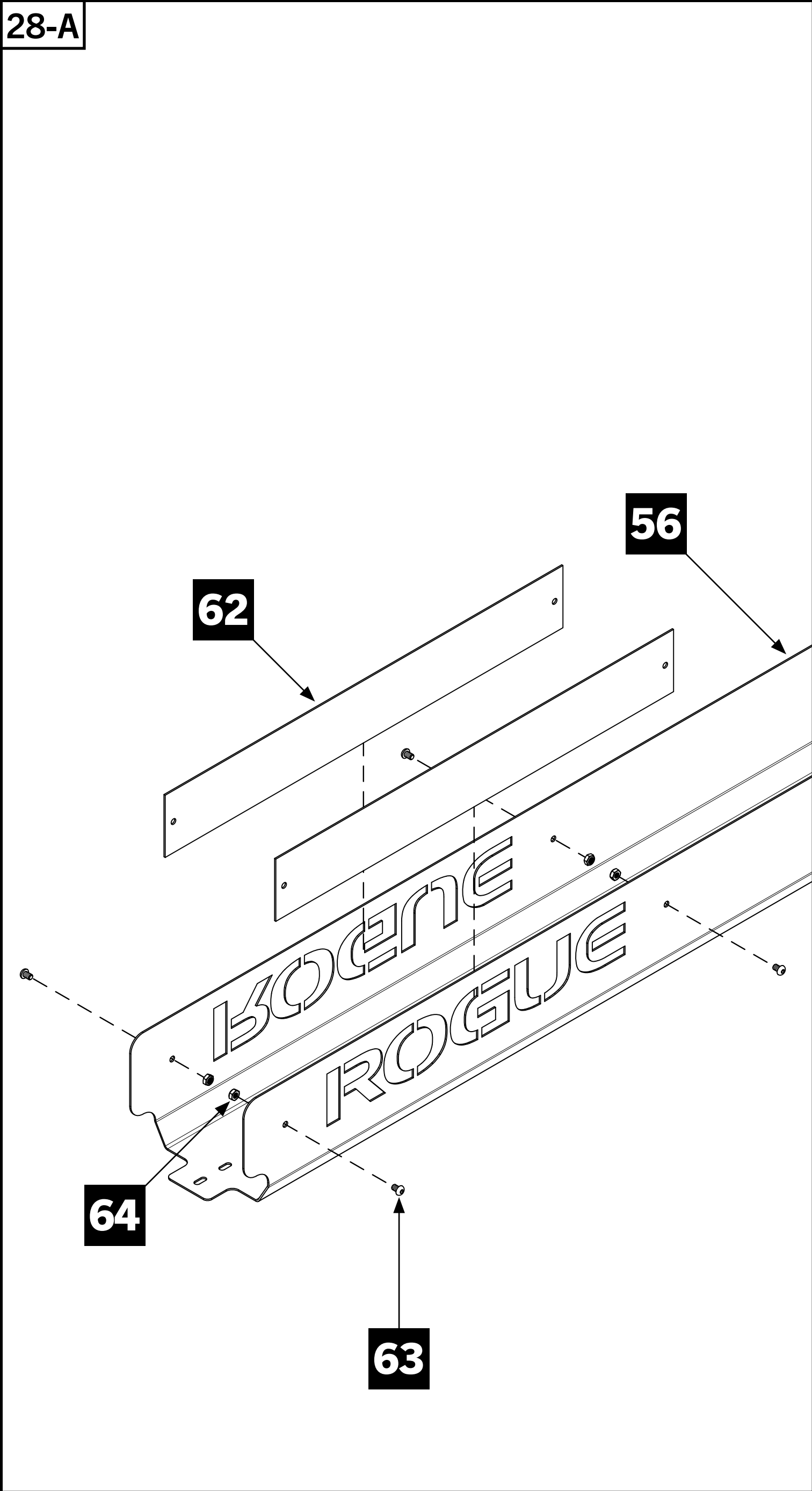


STEP 28 (SHROUD ASSEMBLY)

Tools Required:

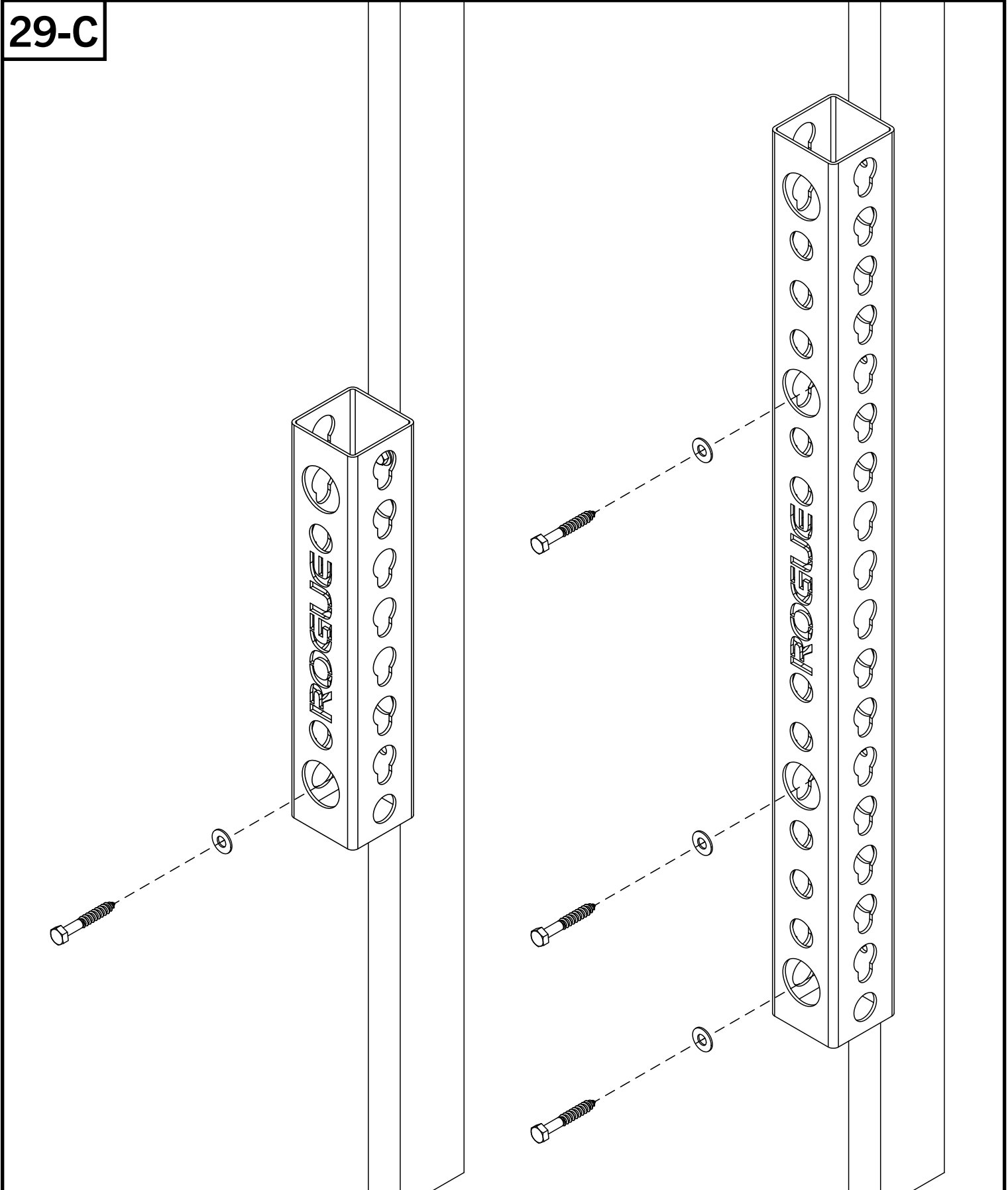
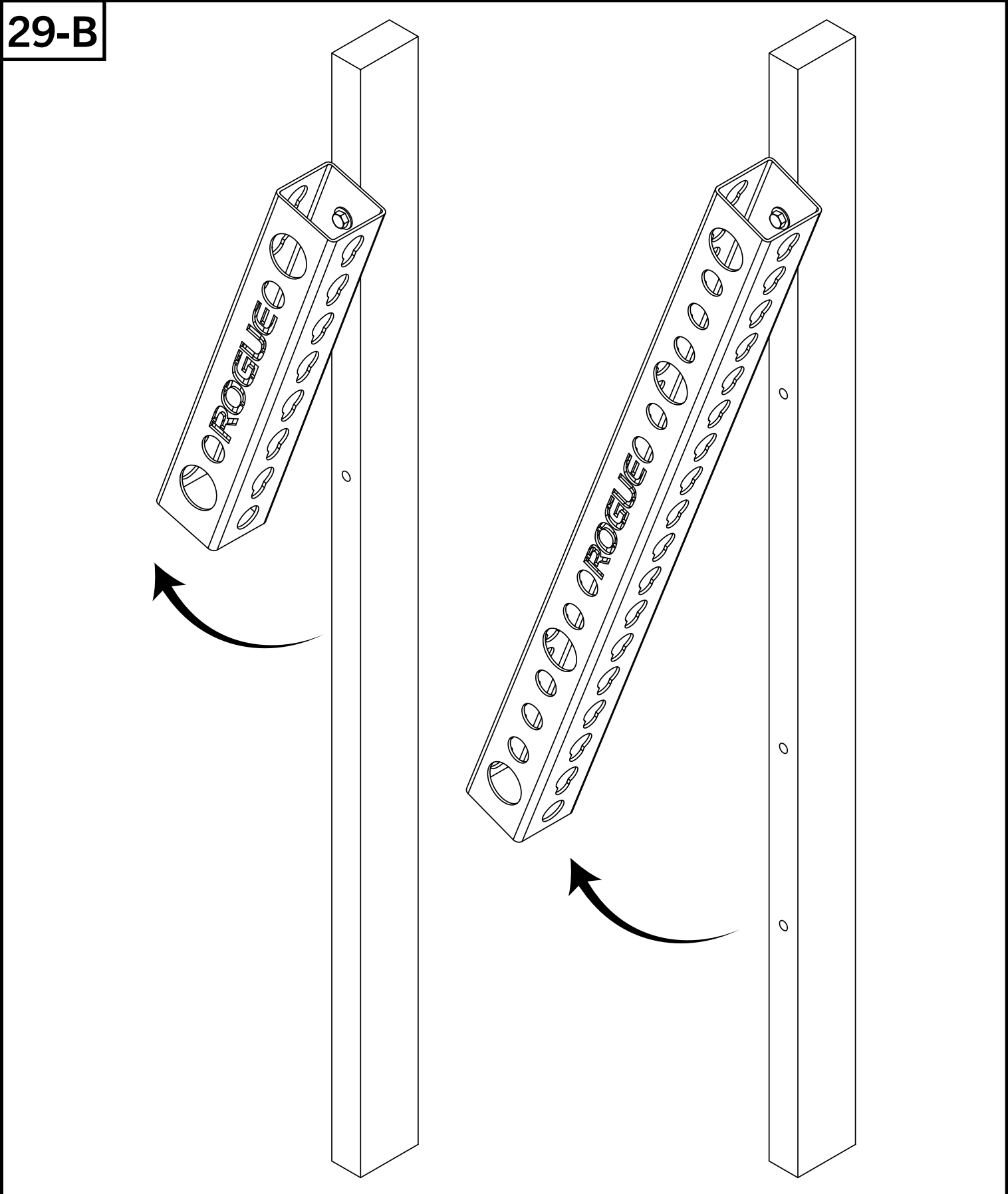
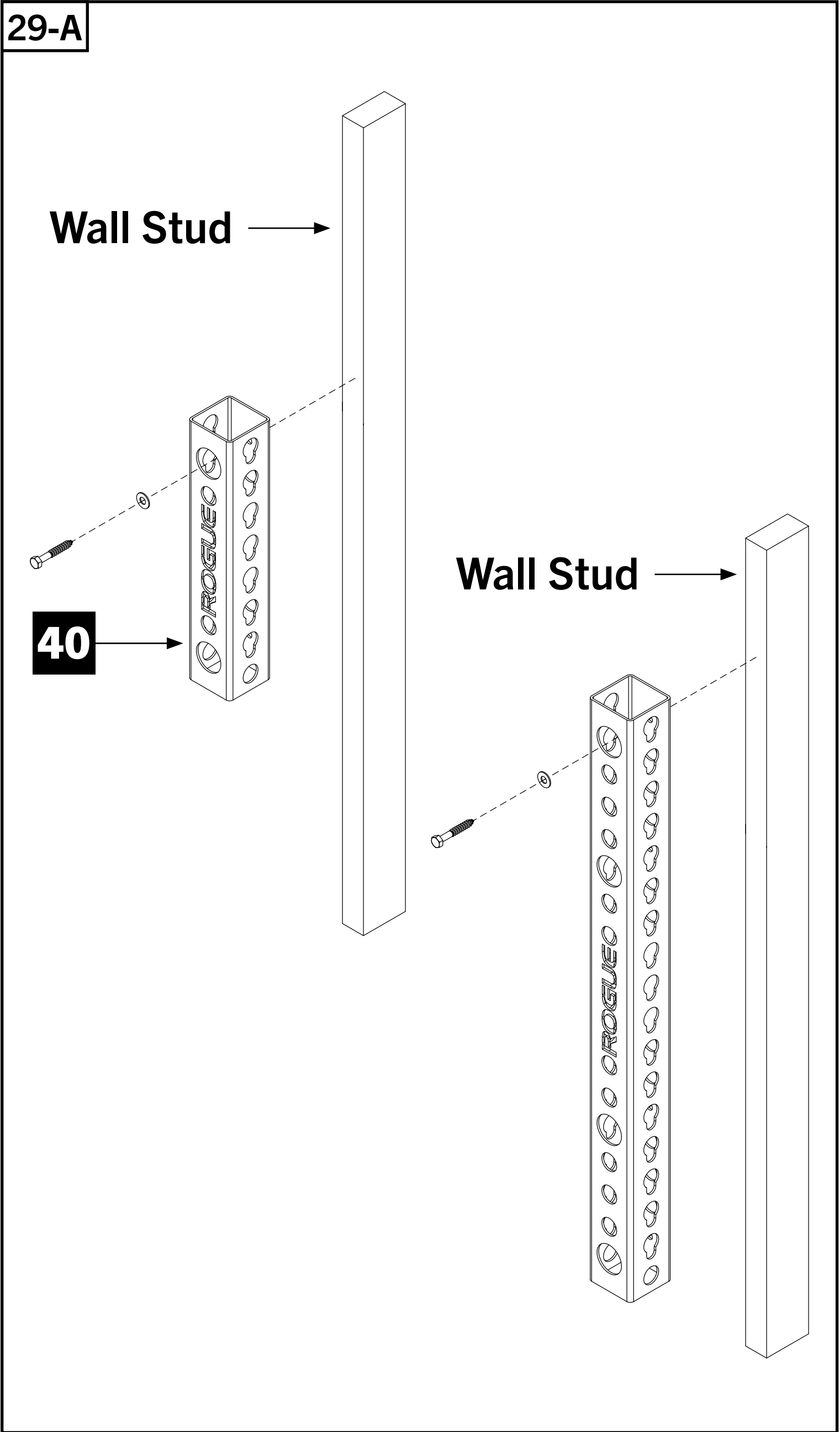
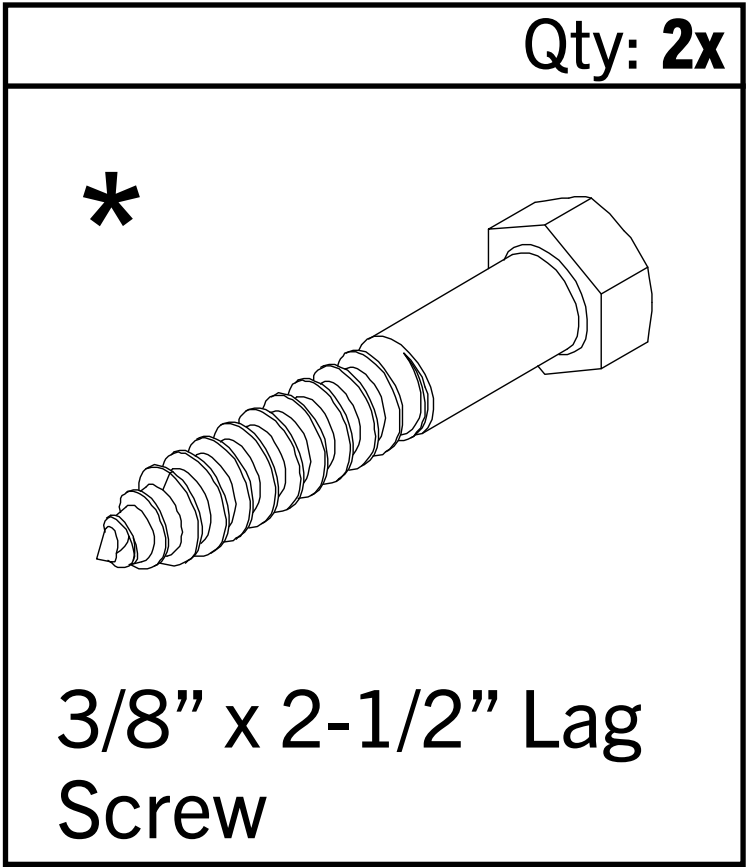
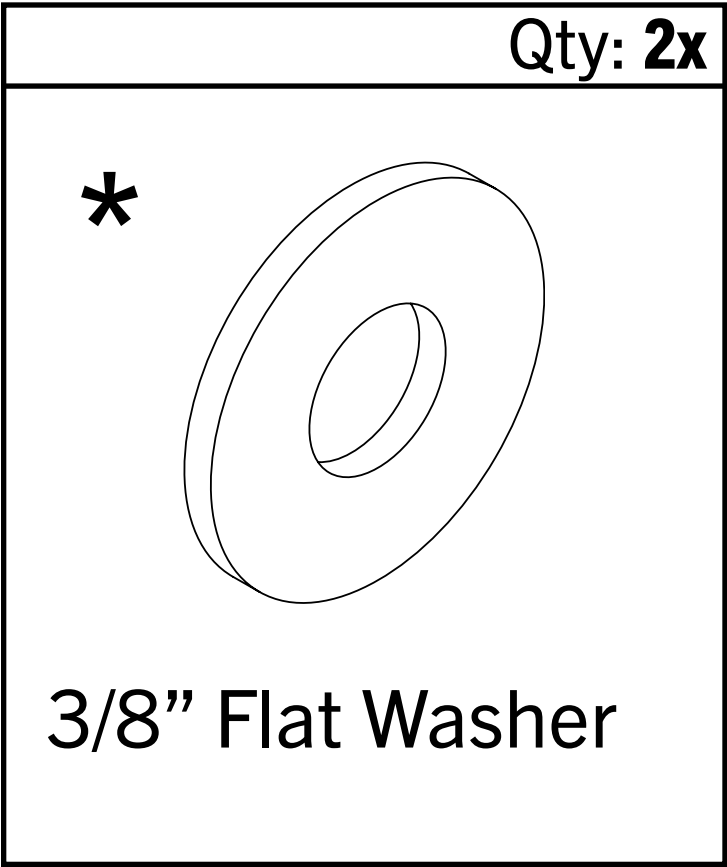
- 5/32” Allen Key
- Attach Backing Plate [62] to Weight Stack Nameplate Shrouds [56] using 1/4” x 3/8” Button Head Screws [63] and 1/4” Nylock Nuts [64].

- Attach Weight Stack Nameplate Shrouds [56] to Weight Stack Shroud Brackets [53] using 1/4” x 5/8” Button Head Screws [61] and fully tighten.



INCLUDED MONSTER STRIP

- *Hardware and tools not included for installing Monster Strips [40].
- 3/8” x 2-1/2” Wood Lag Screws and 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 remaining holes.
- Hold strip to the side as shown in **29-B** and drill pilot holes in the 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.



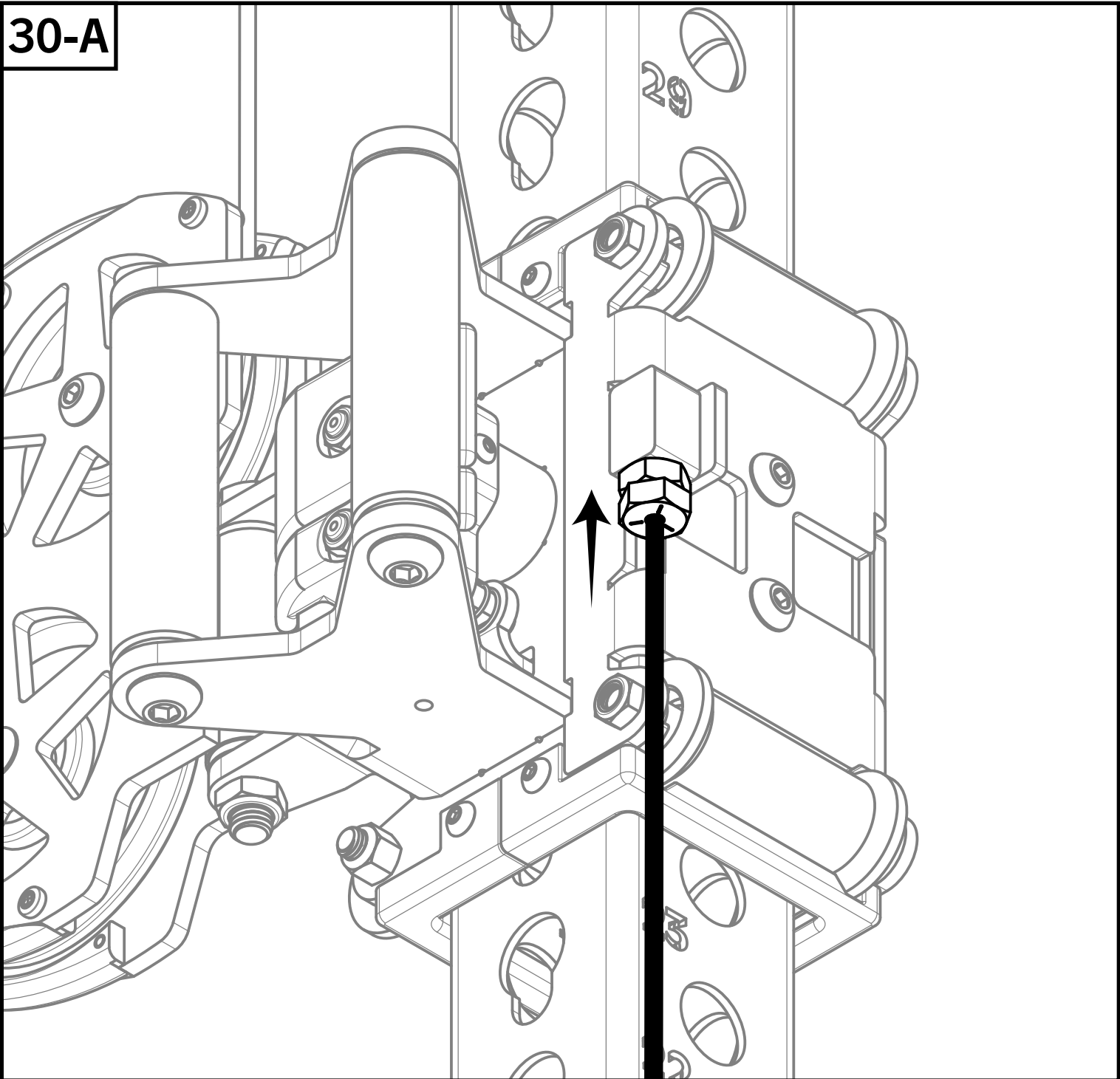
CABLE MAINTENANCE

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 both Trolley Cable bolt heads up towards the stop blocks on Swivel Trolleys.
- If cable system is tight, no further calibration is needed. If cables still have slack, proceed to **STEP 2**.



STEP 2

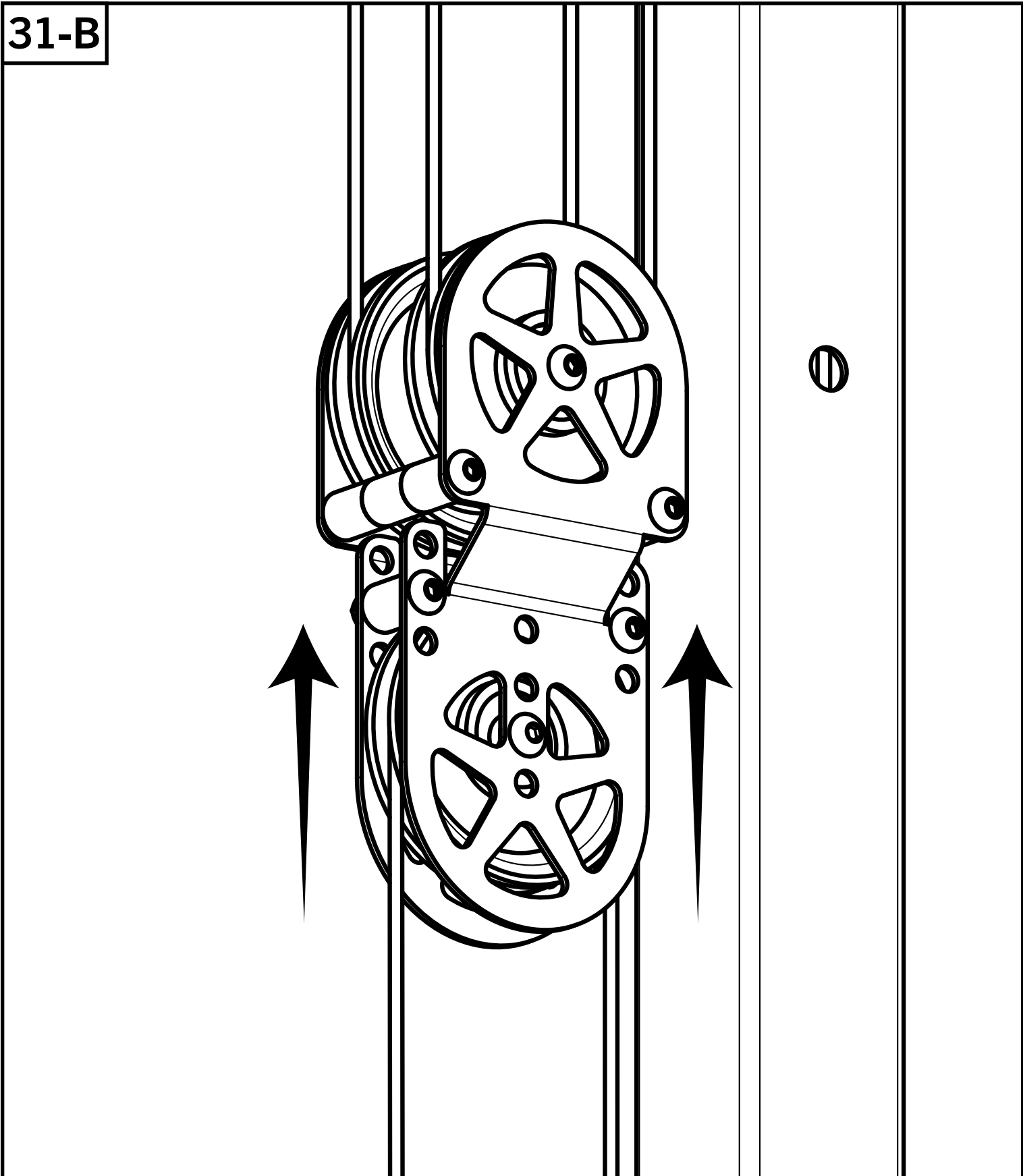
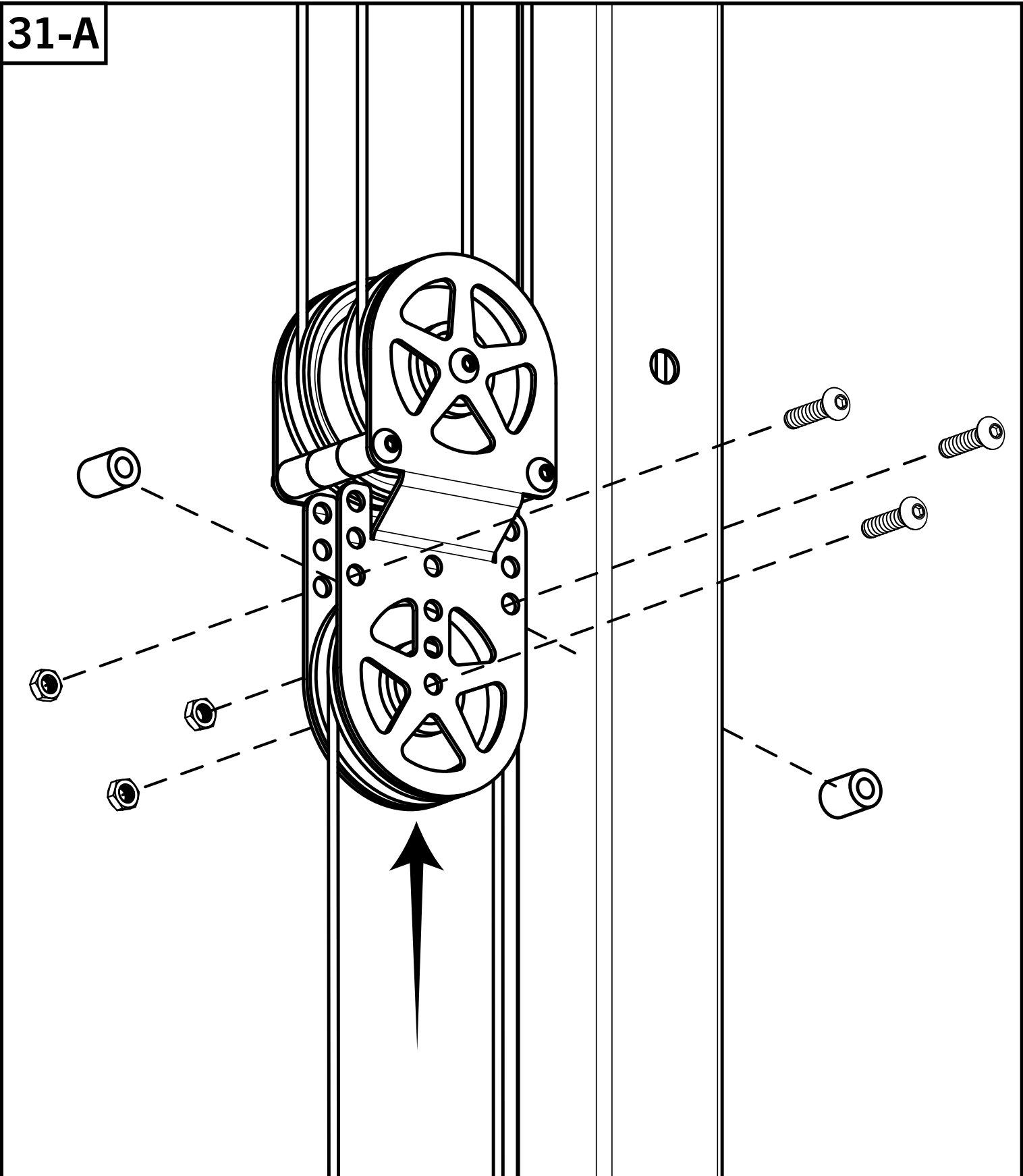
Tools Required:

- Multi Tool, 7/32” Allen Key
- Remove the Rear Center Shrouds.
- Remove Cable Retainers and hardware shown in **31-A** on Rear Pulley Assembly and move Pulley up by one hole.
- Re-adjust the height of the Trolley Cable Bolts to calibrate the cable tightness.

- If slack persists, continue moving Retainers and Pulley up by one hole and testing until cables are taught but not pulling up the weight stacks.

Note:

- If installing pulley on the uppermost hole of Rear Pulley Assembly, the lower Cable Retainers are not needed.



ROGUE



**SCAN FOR
INSTRUCTIONS**



**IRON GAME
PROGRAMMING**

IS0623-2