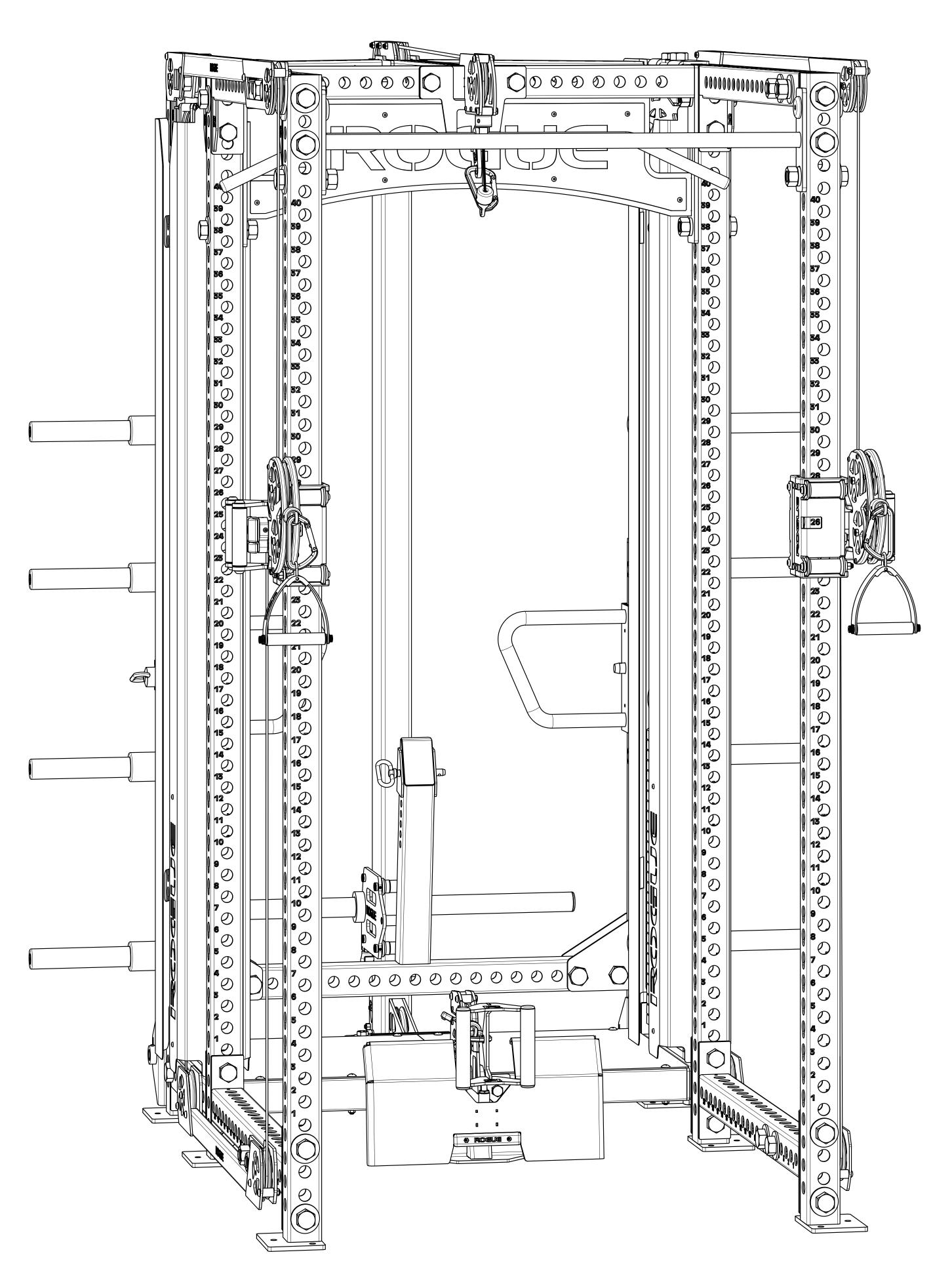
# ROGUE®

# MONSTER RHINO + 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:**

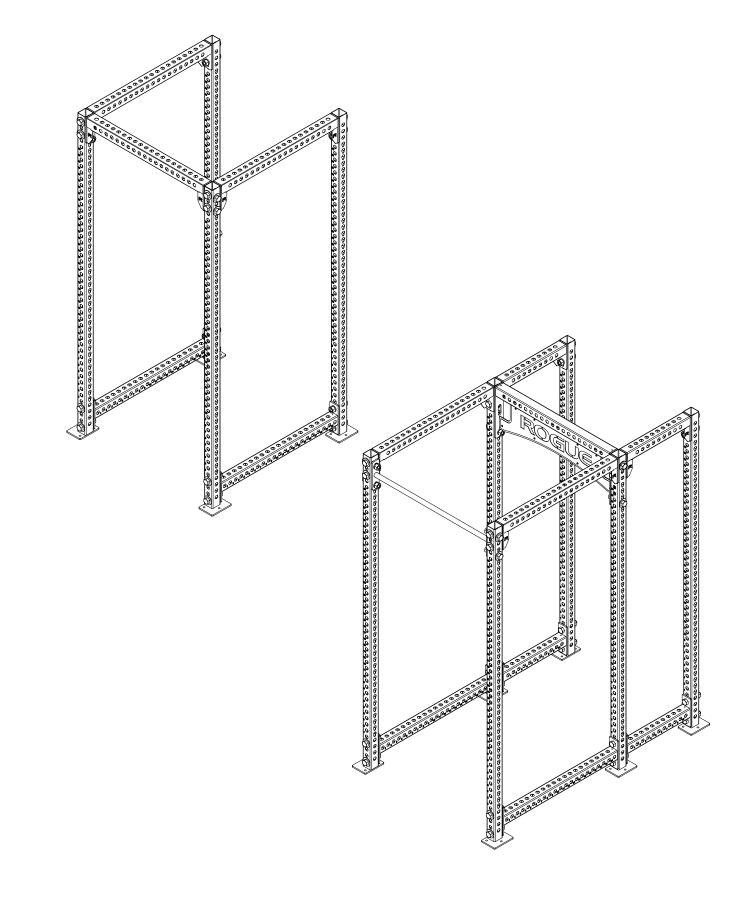
THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE.
MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY.
MISUSE OF THIS RACK CAN RESULT IN SEVERE INJURY.

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

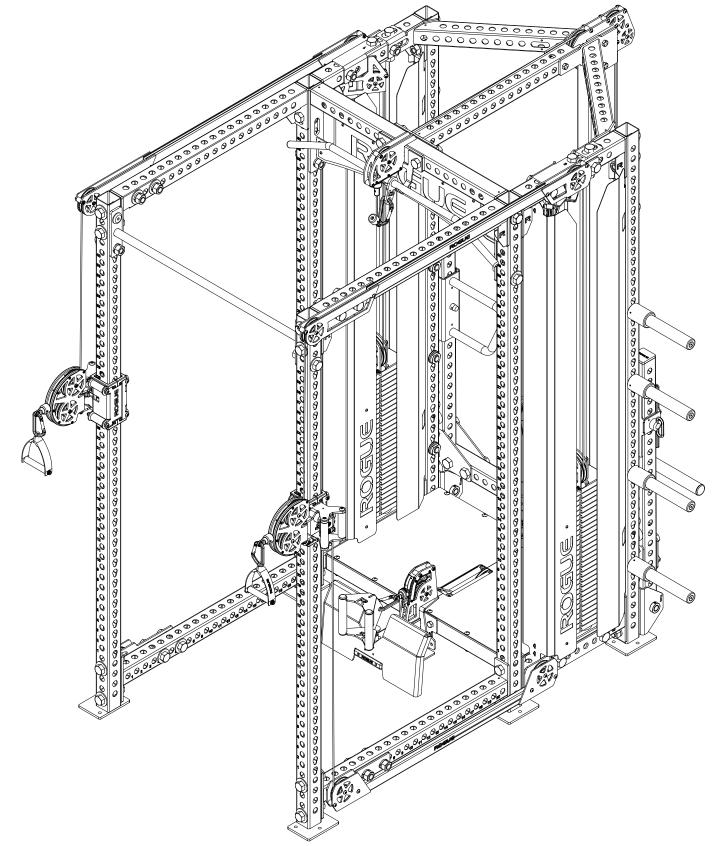
## **RM-3/4, RM-6 RACK**

Included Tools	3
Included Parts	4
Assembly	16

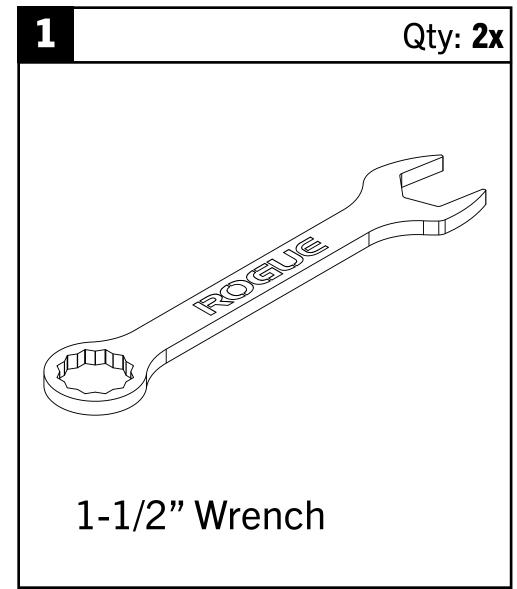


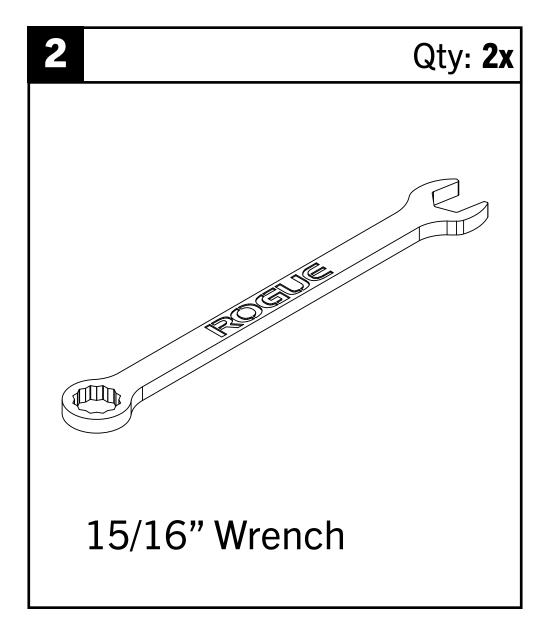
## **RHINO + INDY ADD-ON KIT**

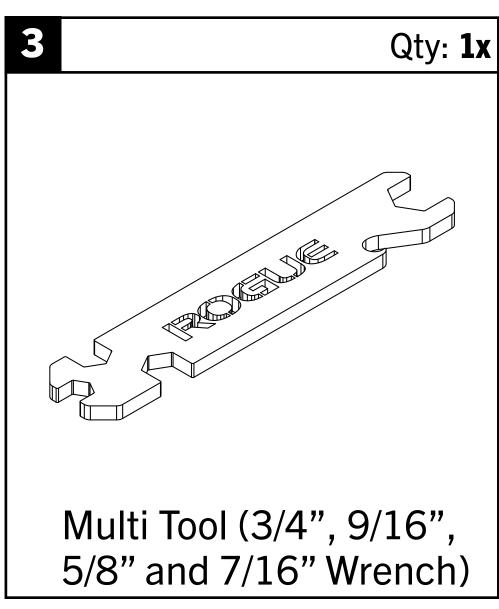
Included Tools	3
Rhino Parts	6
Indy Parts	10
Indy Shroud Parts	14
Assembly	21

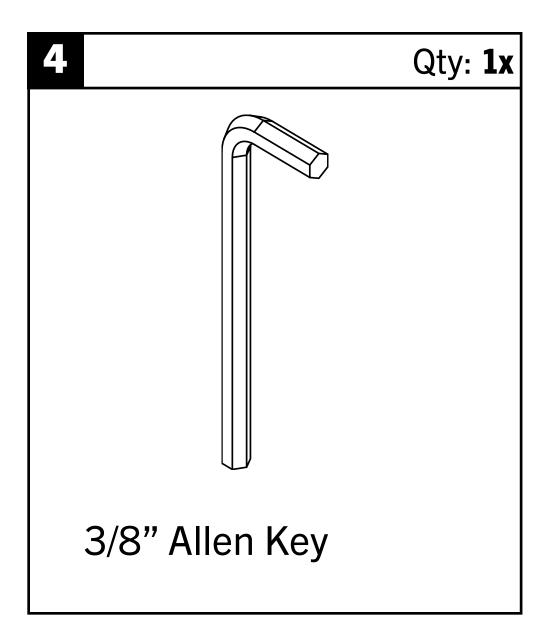


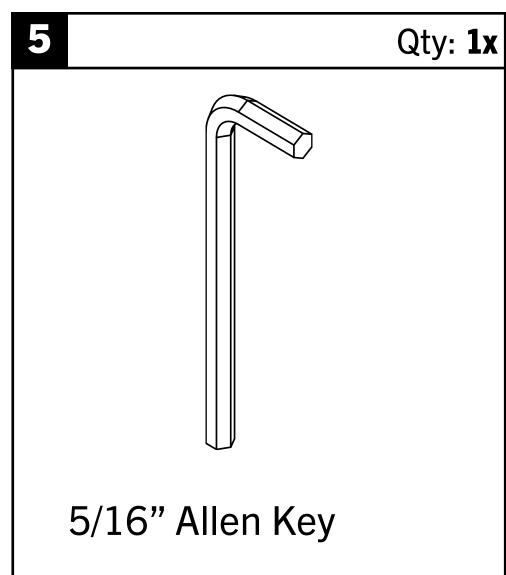
## **INCLUDED TOOLS**

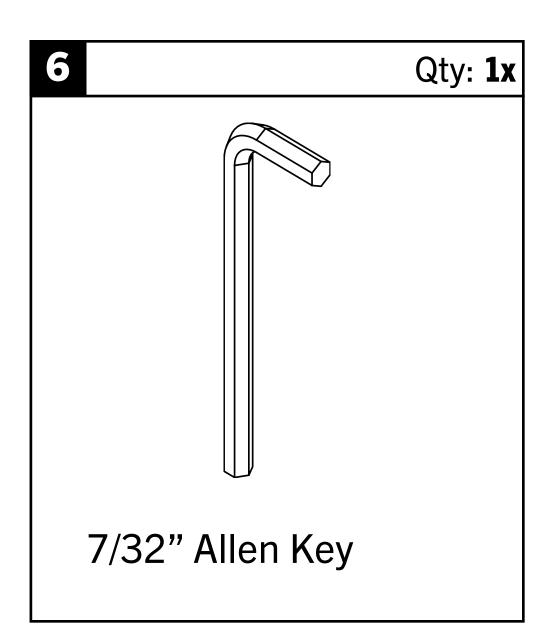


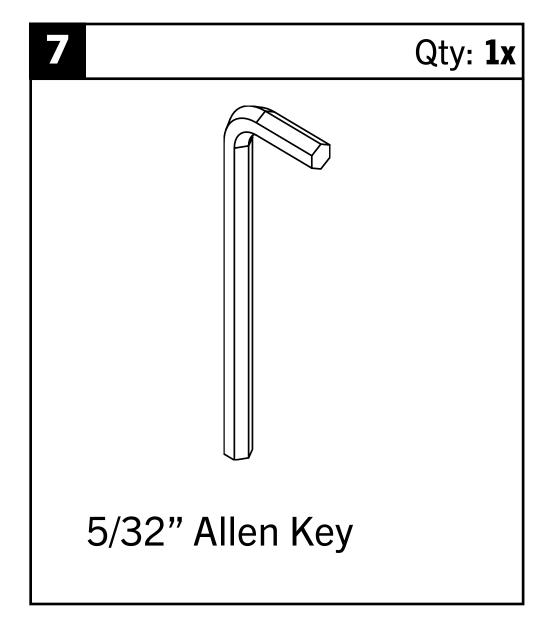


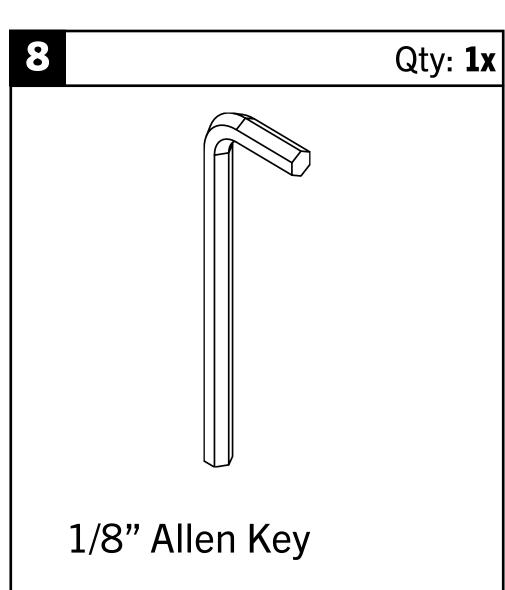


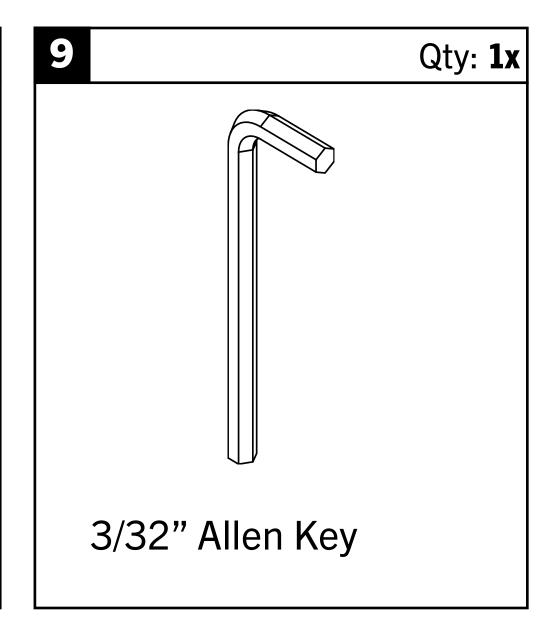




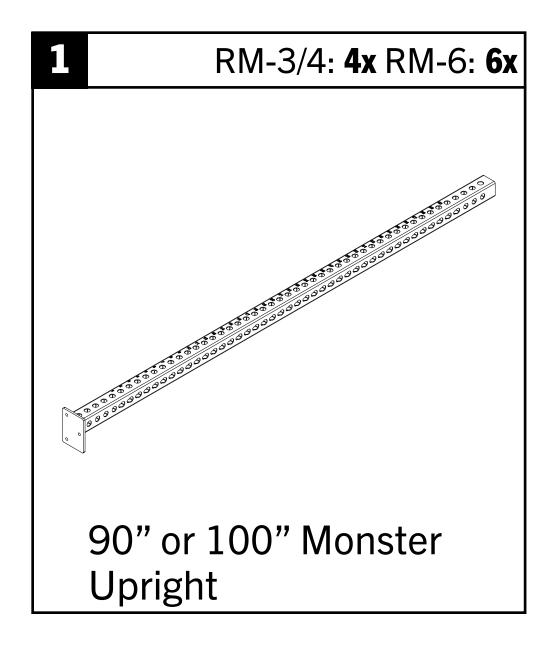


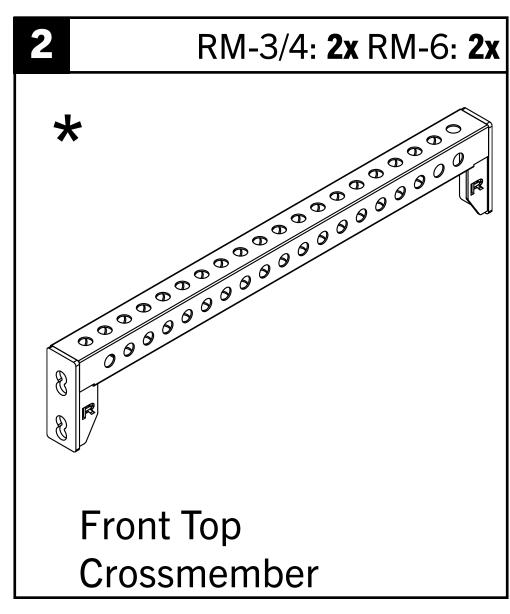


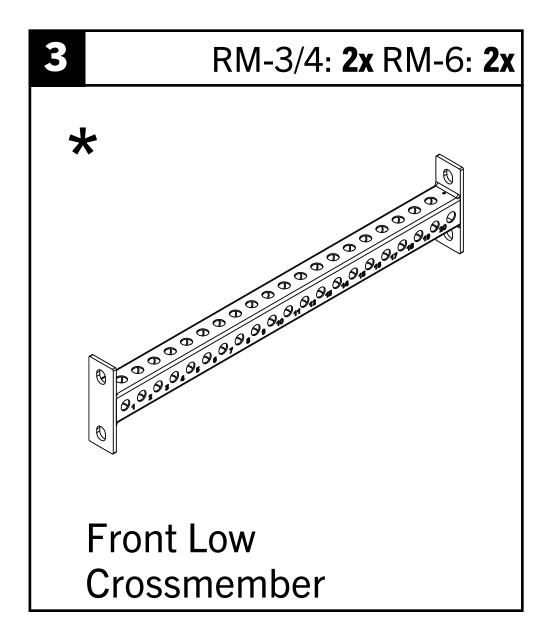


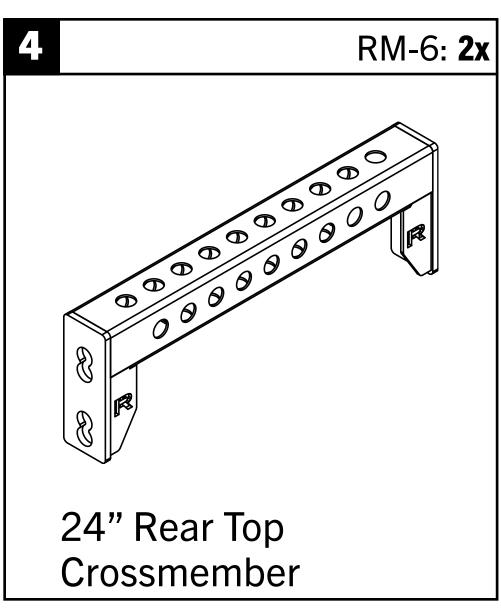


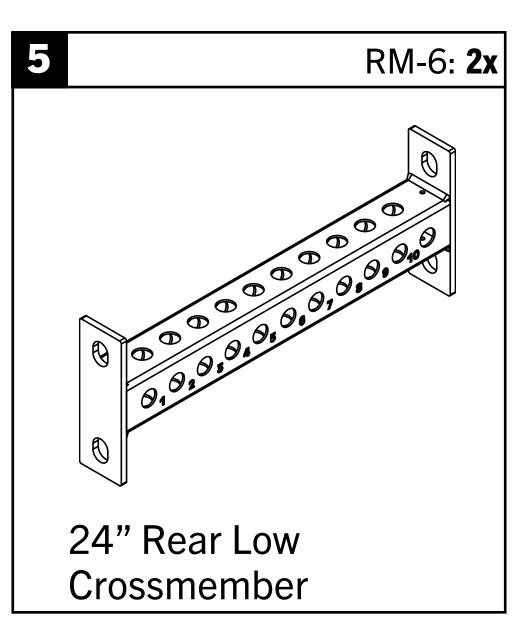
#### **INCLUDED PARTS: FULL RACK**

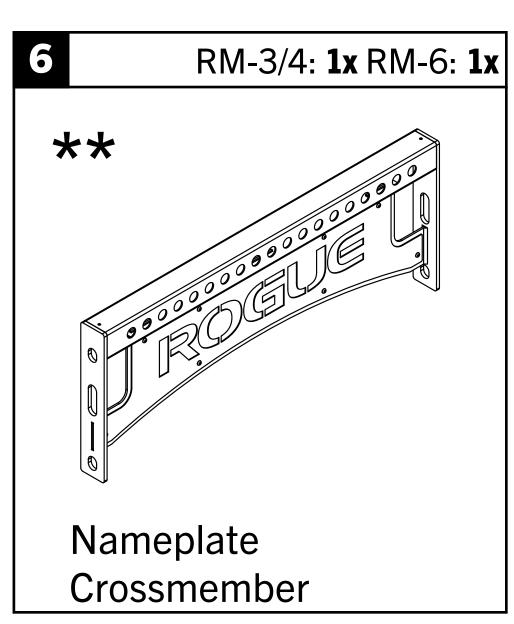


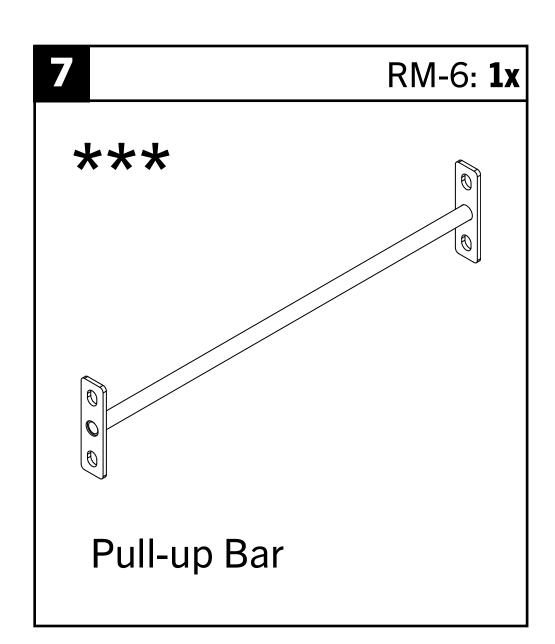


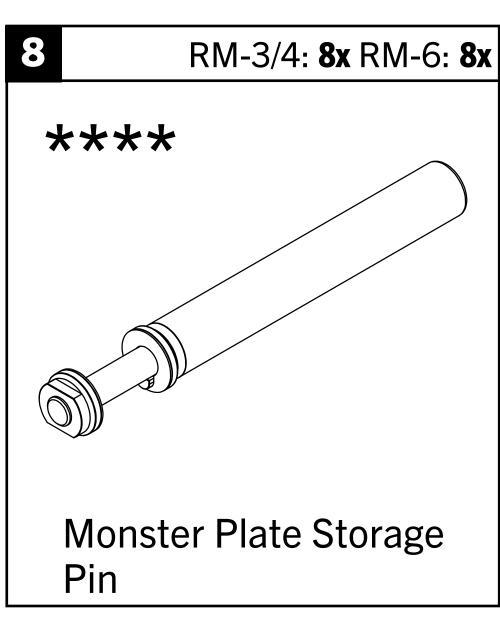


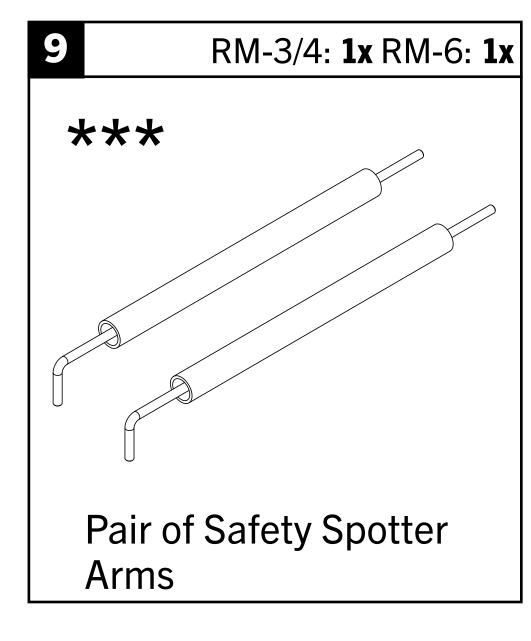


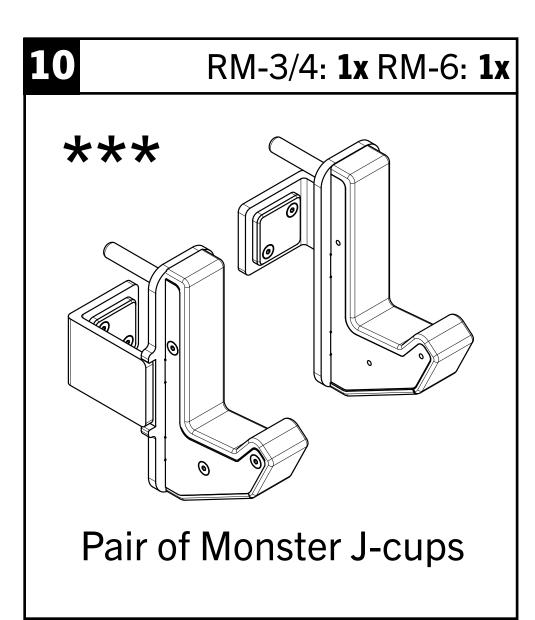


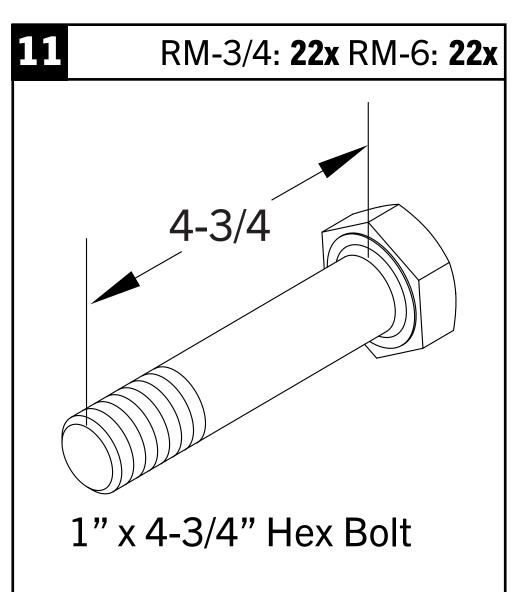


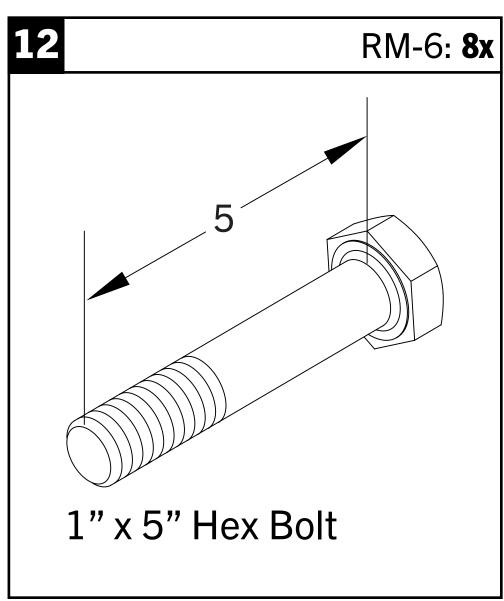






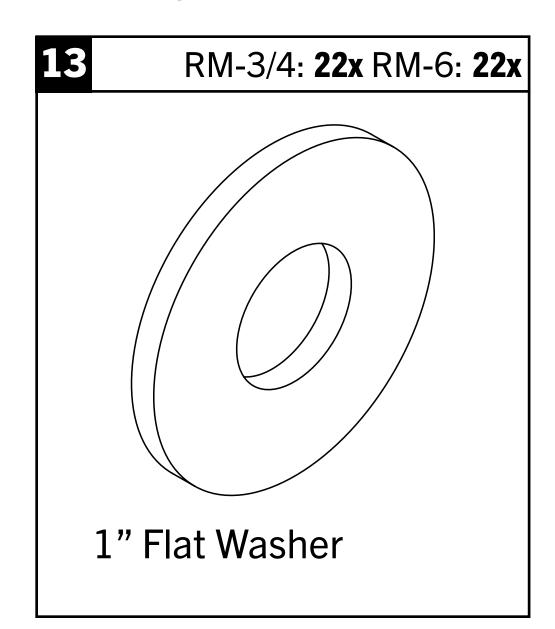


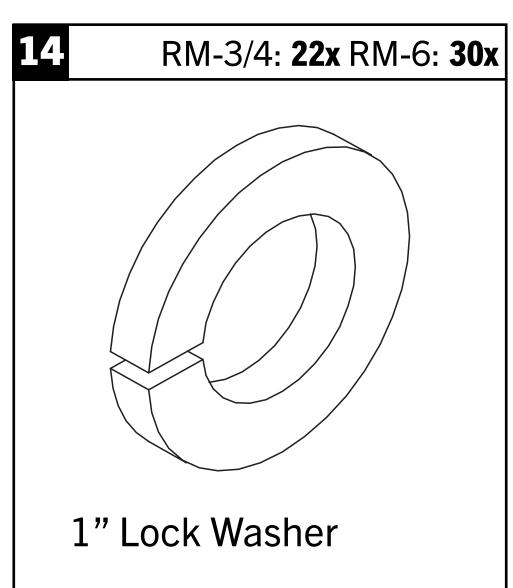


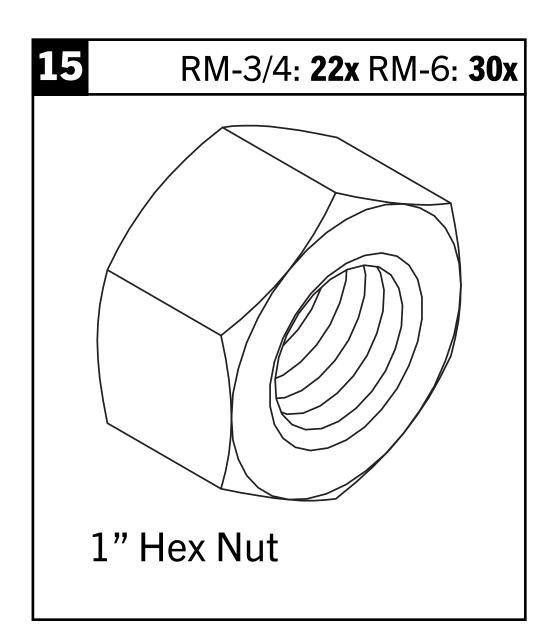


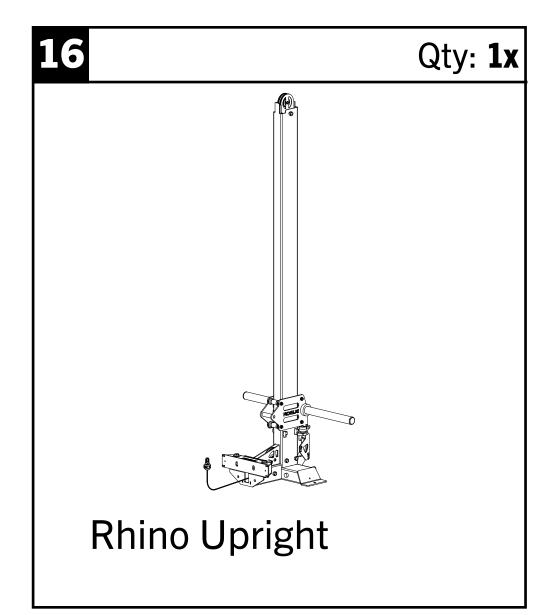
- \* Front Crossmember length depends on Rack Depth and Type selection made at checkout.
- \*\* May also be 43" 3x3 Crossmember depending on selection made at checkout.
- \*\*\* Items may look different than drawings shown. Style depends on selection made at checkout.
- \*\*\*\* Only included if Plate Storage Pins were purchased at checkout.

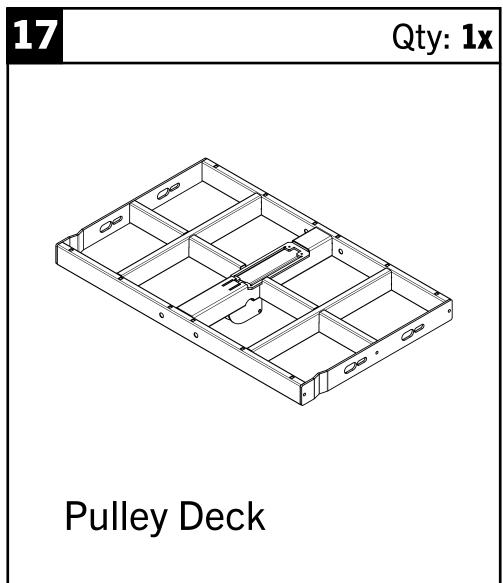
## **INCLUDED PARTS: FULL RACK**

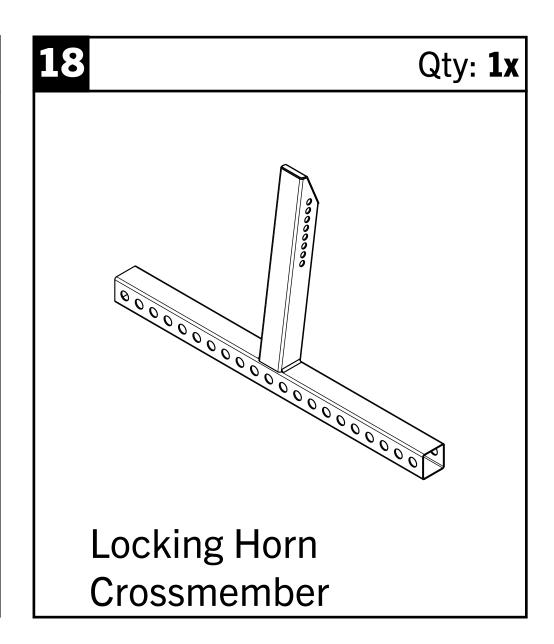


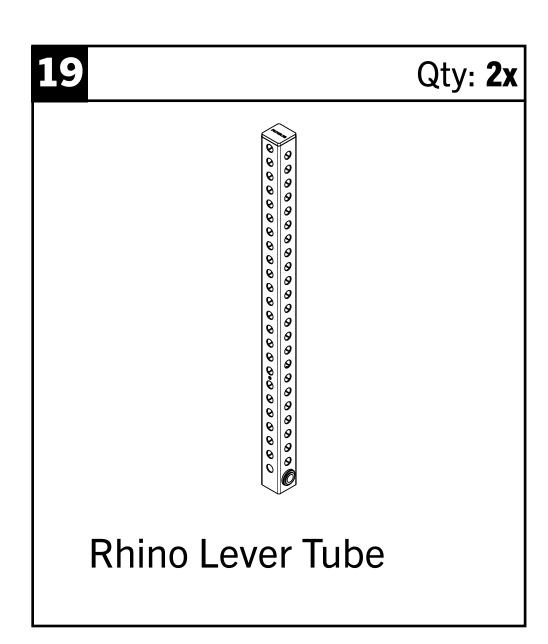


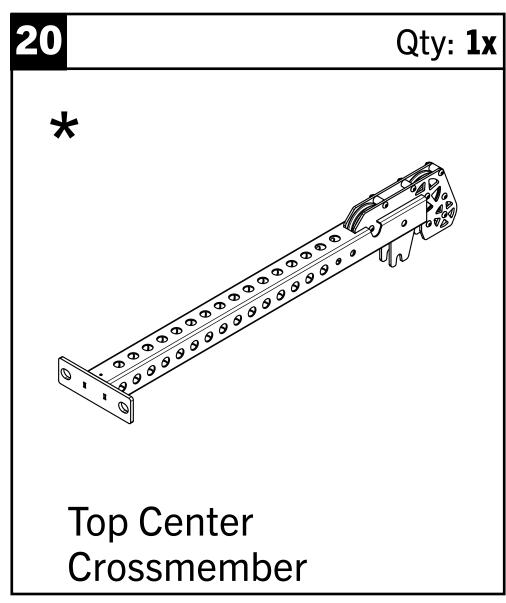


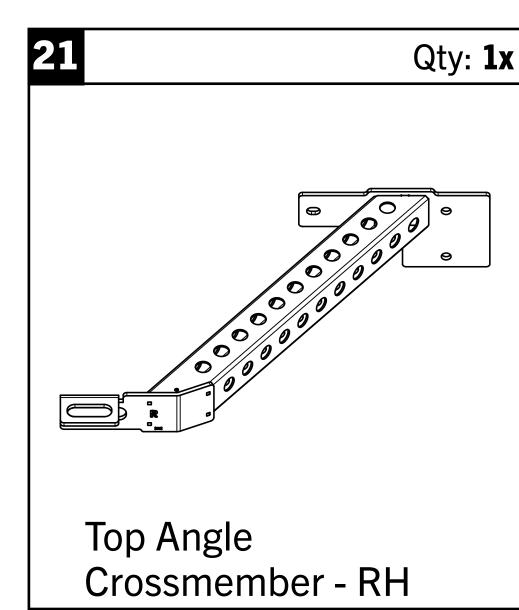


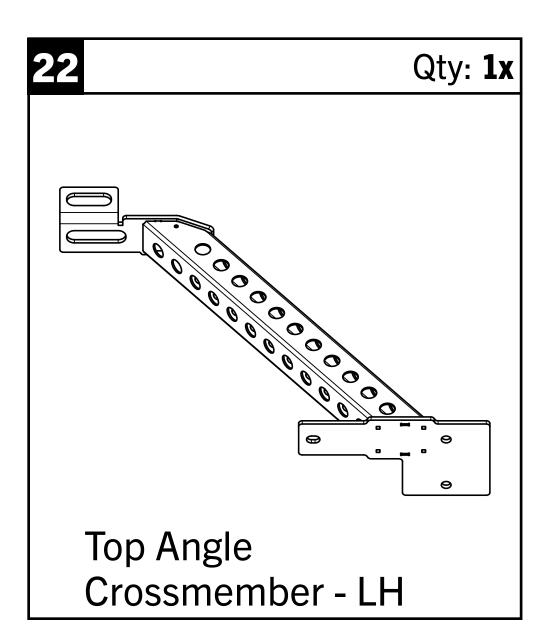


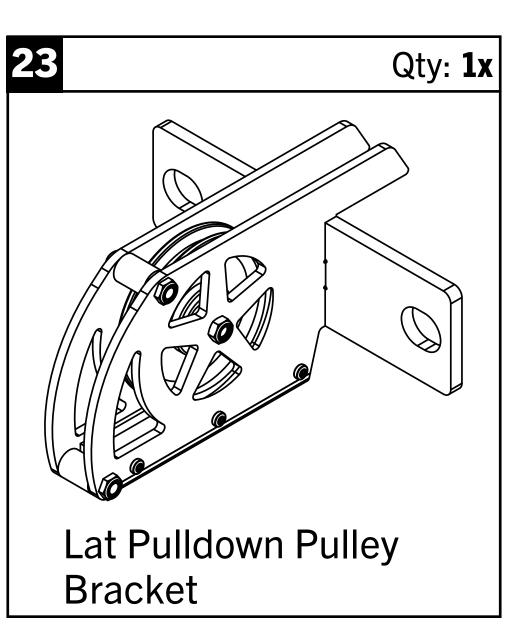


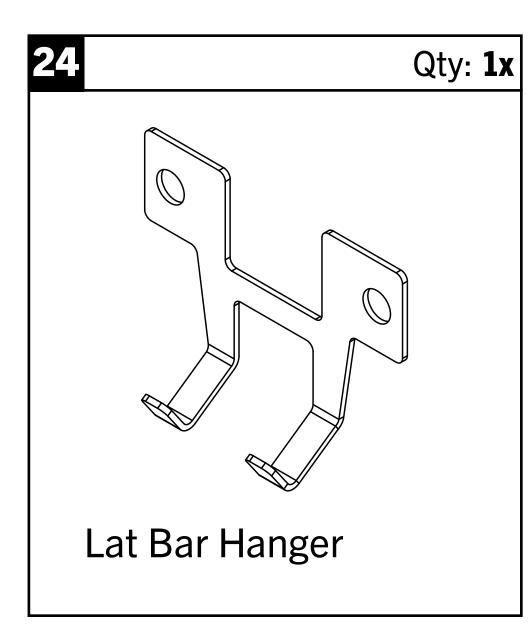


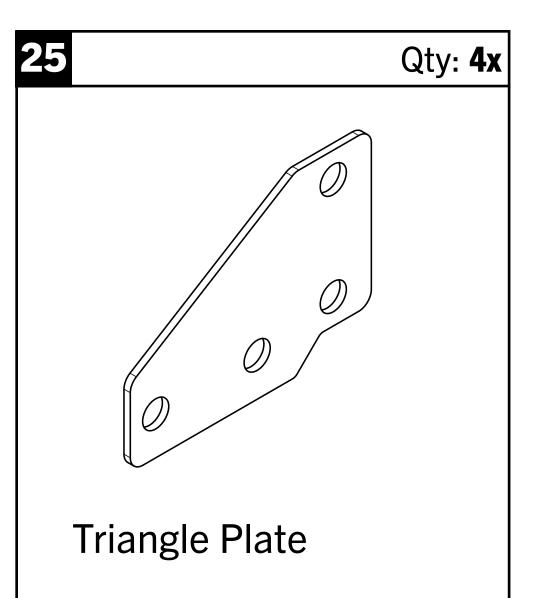


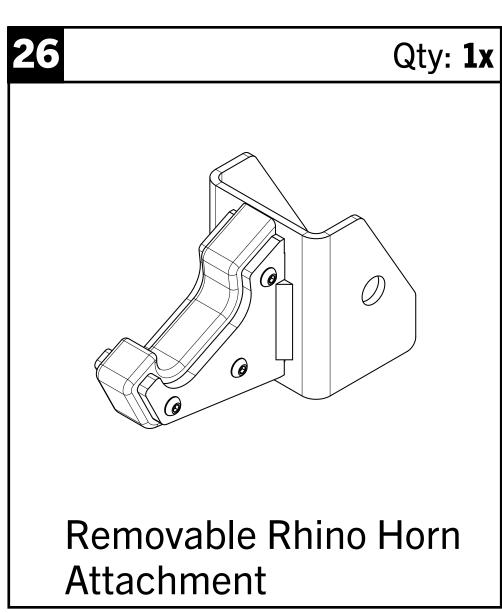


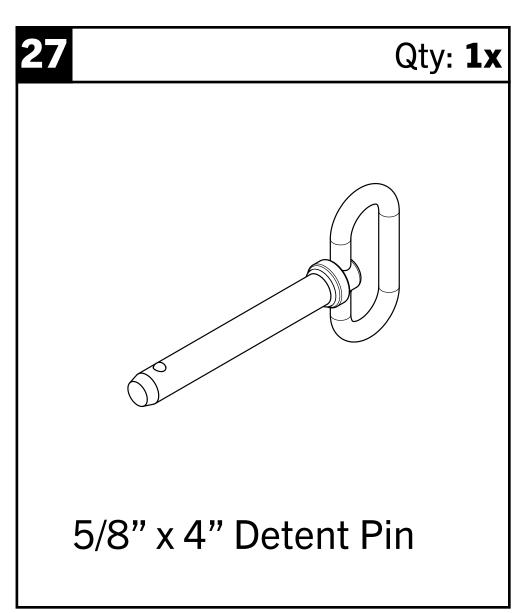




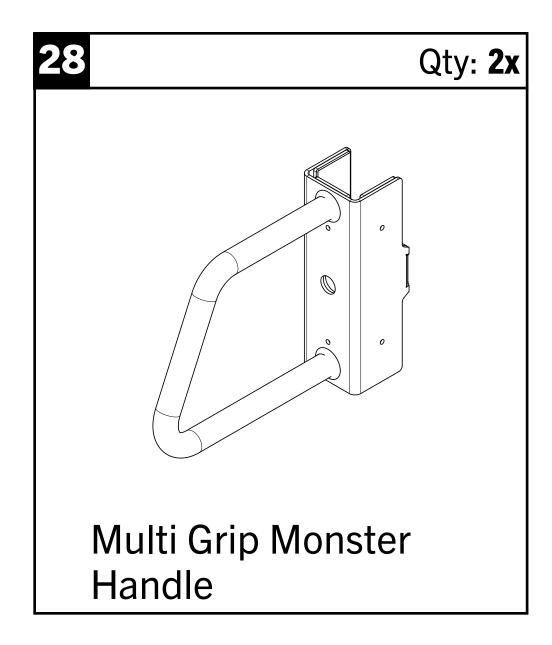


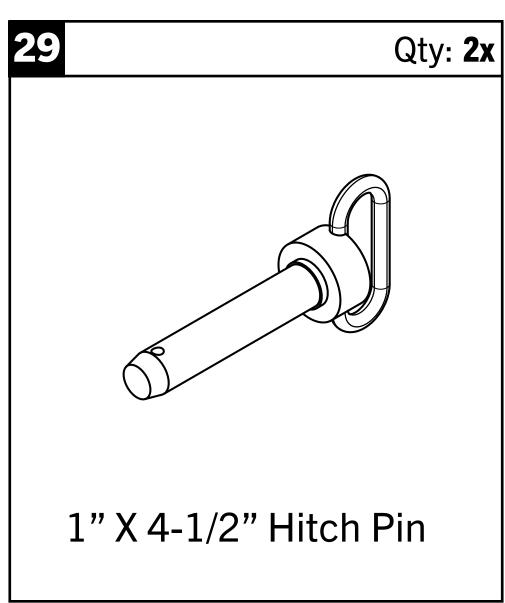


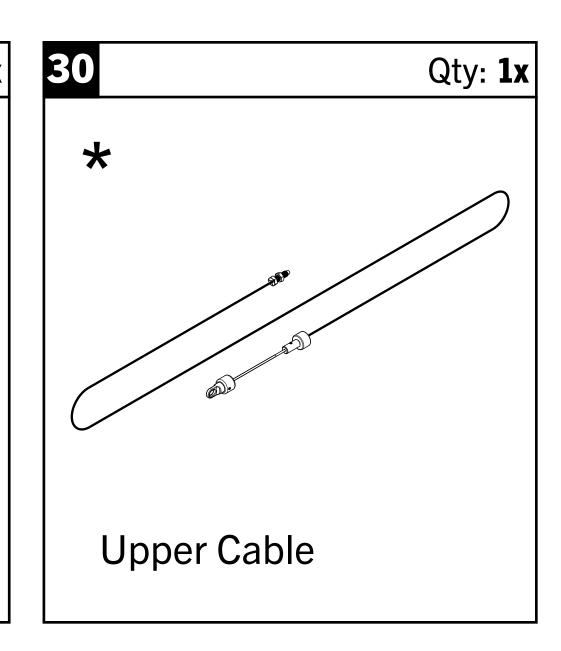


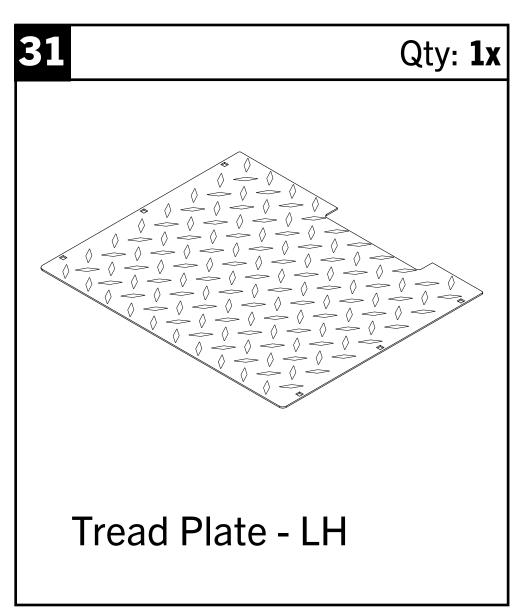


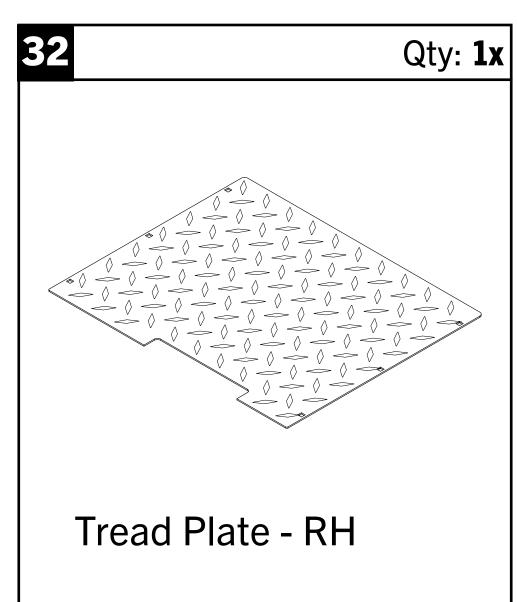
<sup>\*</sup> Top Center Crossmember length depends on Rack Depth and Type selection made at checkout.

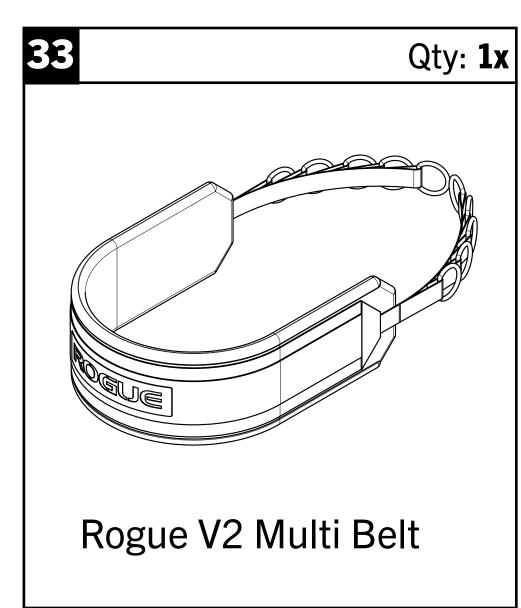


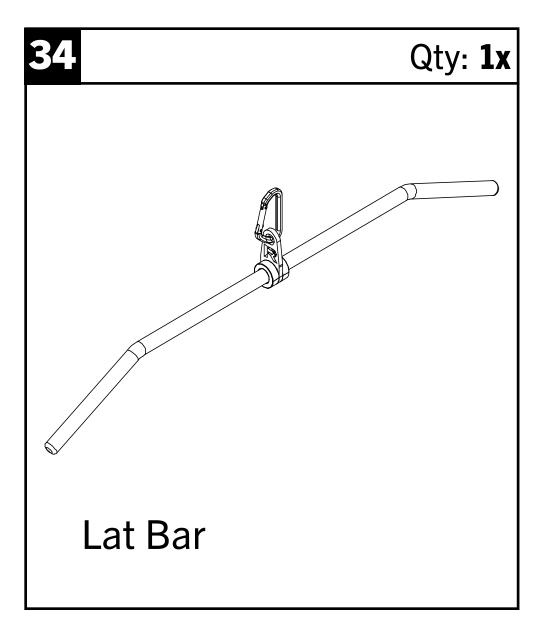


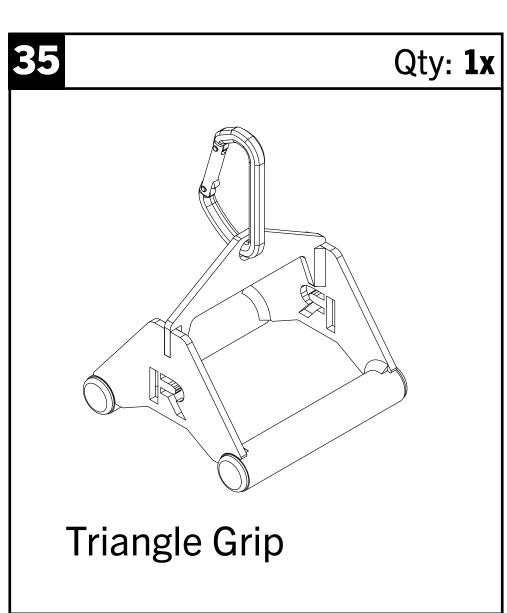


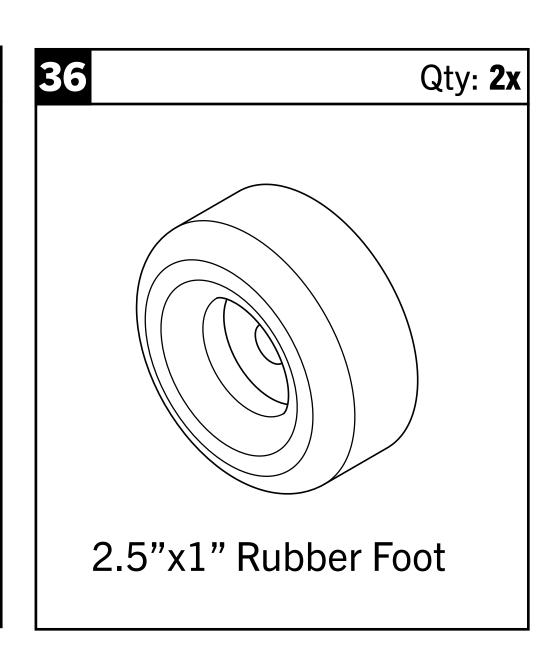


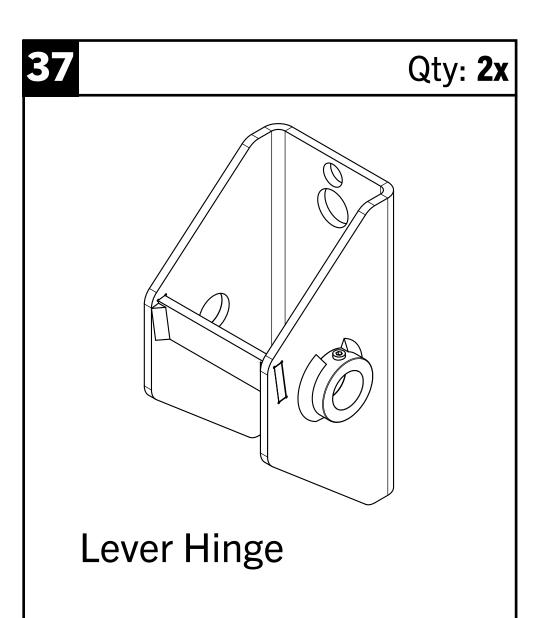


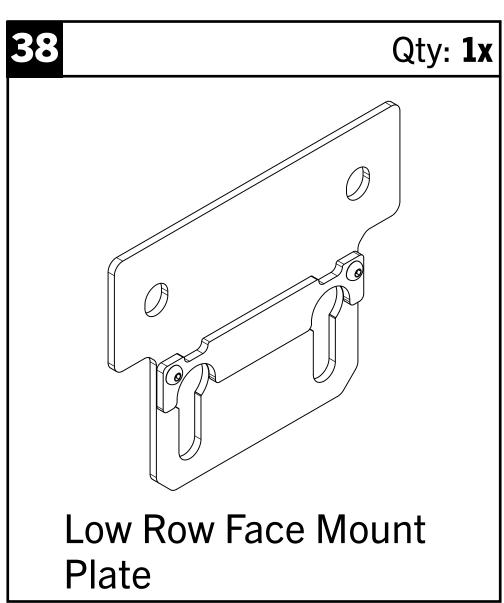


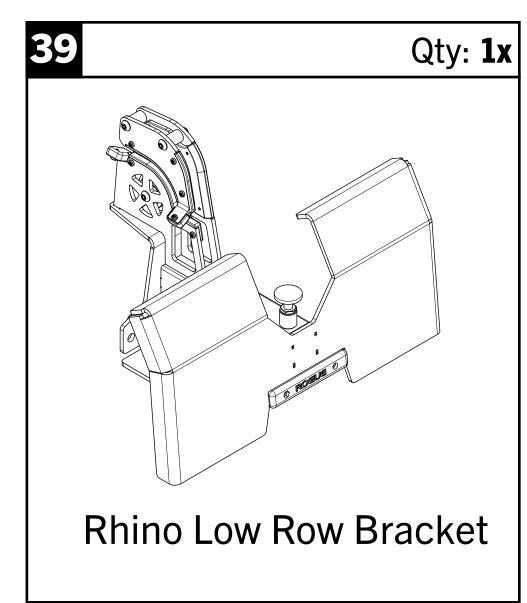




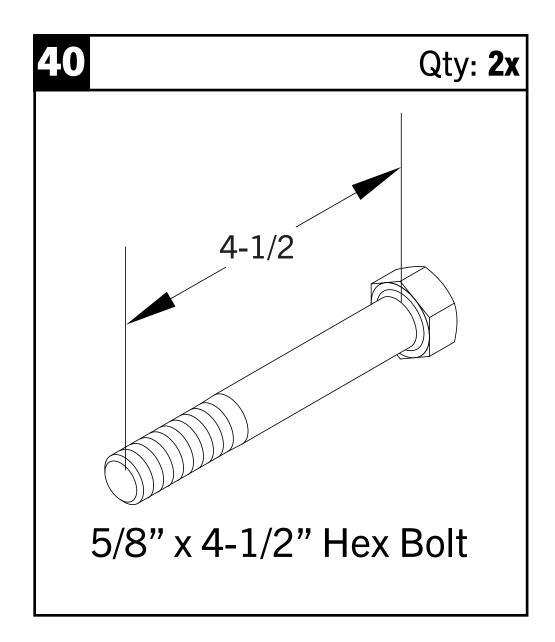


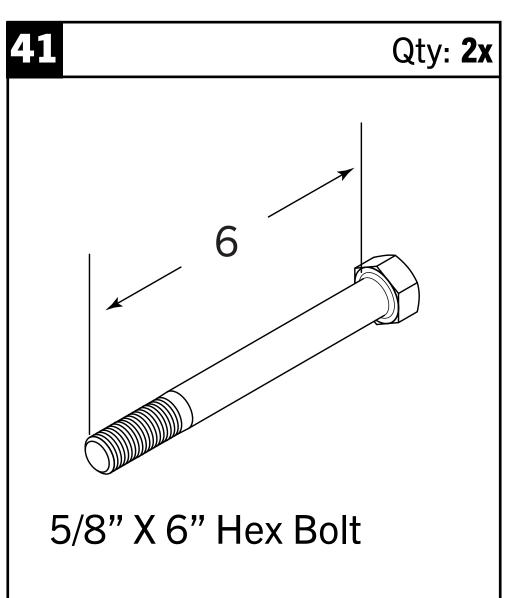


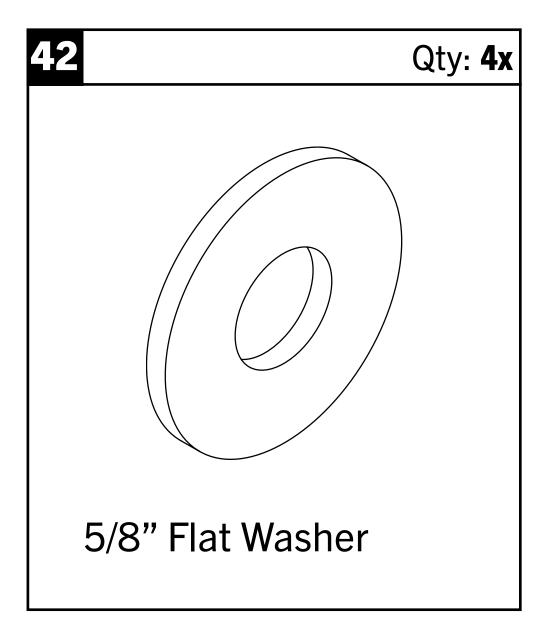


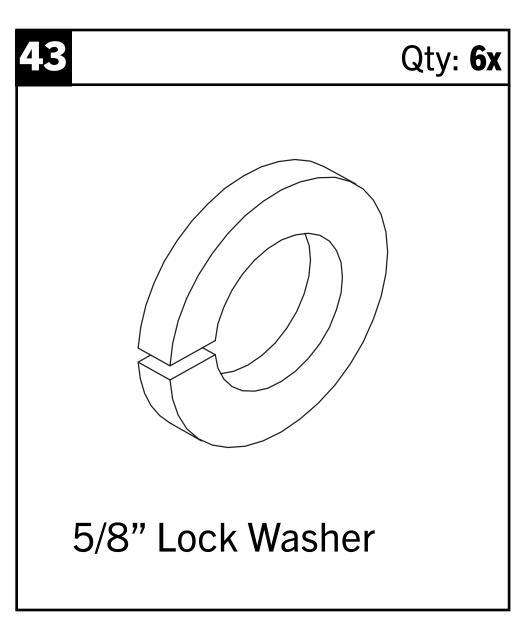


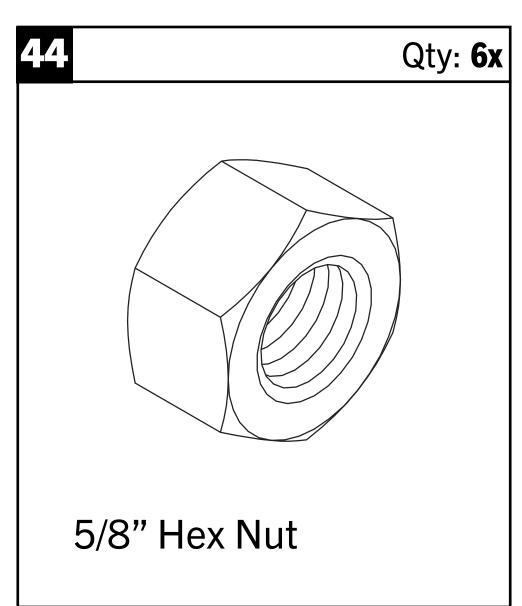
<sup>\*</sup> Cable for 90" Rack will not include Cable Retainer/Puck.

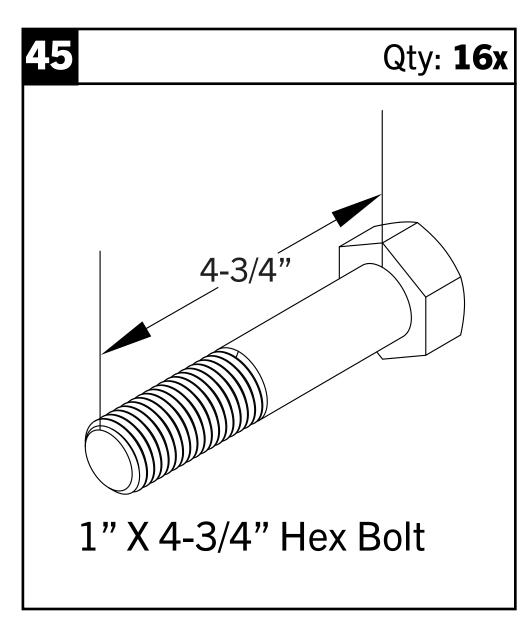


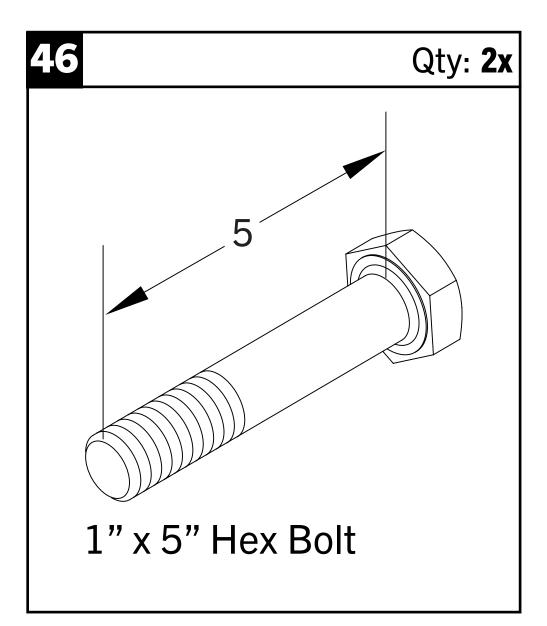


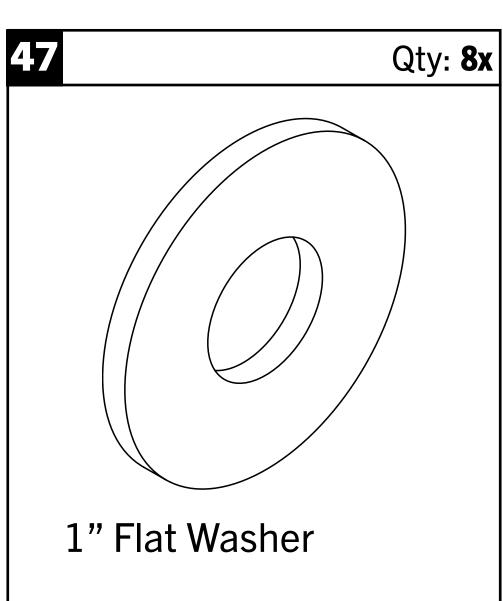


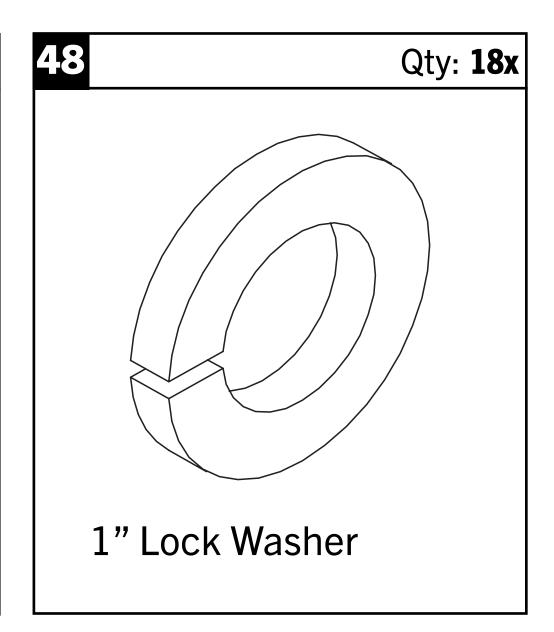


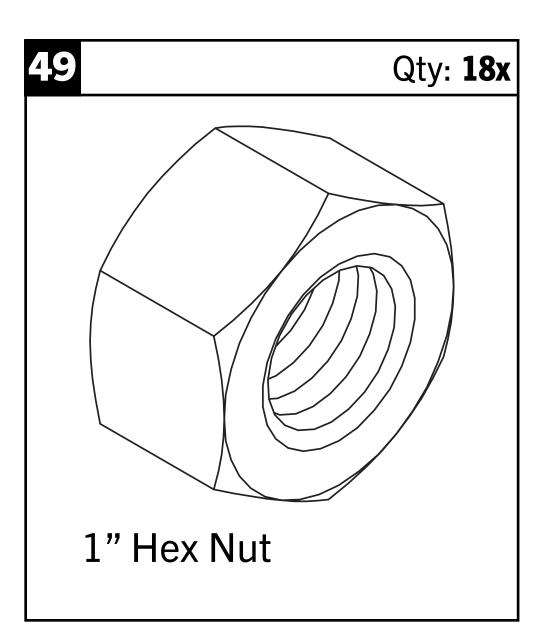


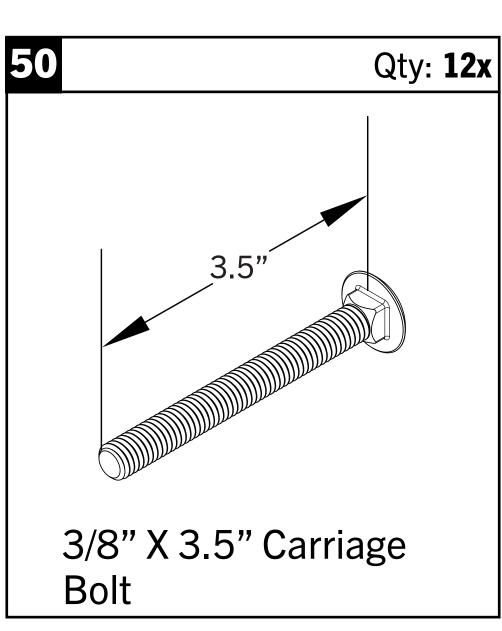


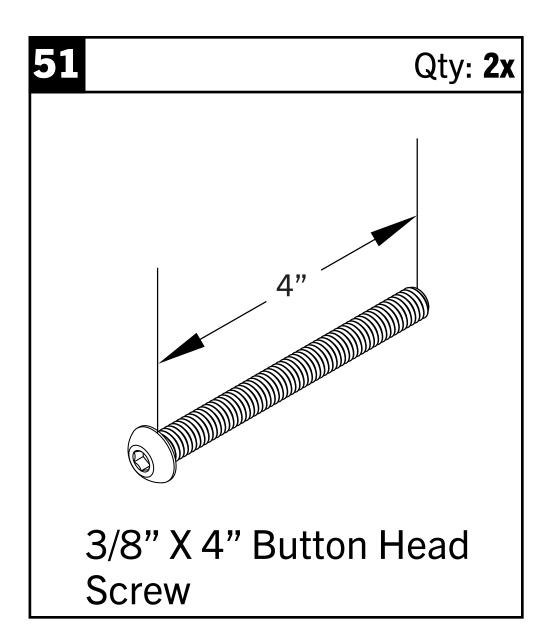




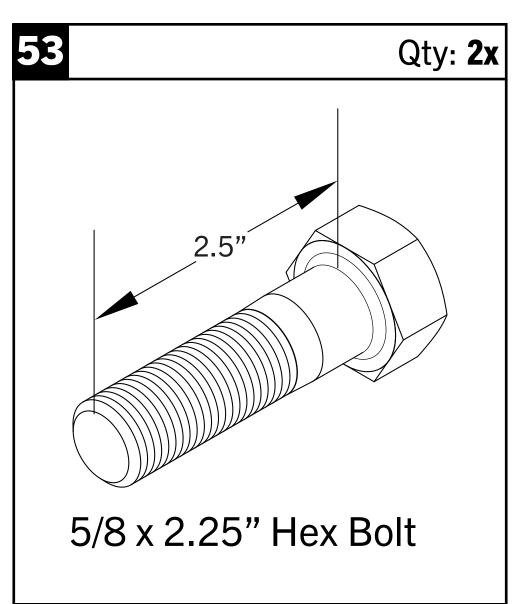


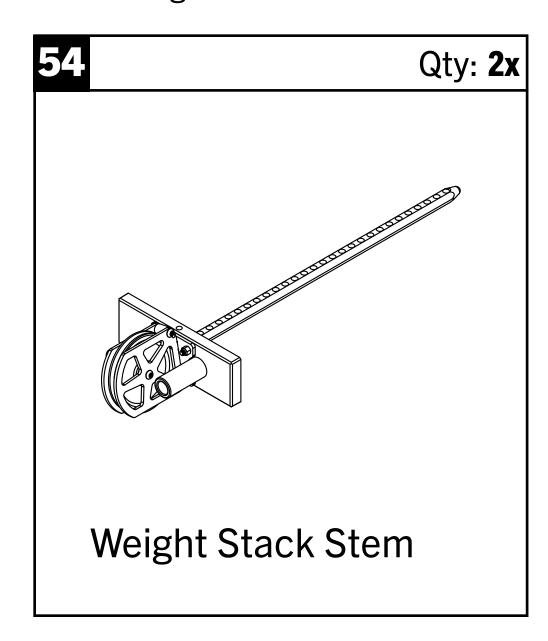


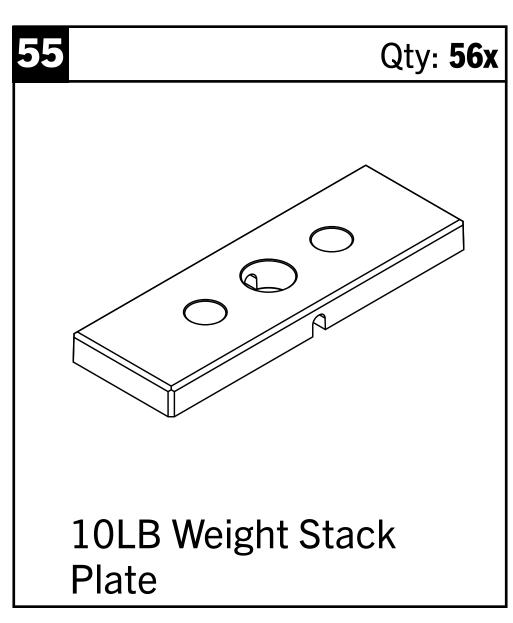


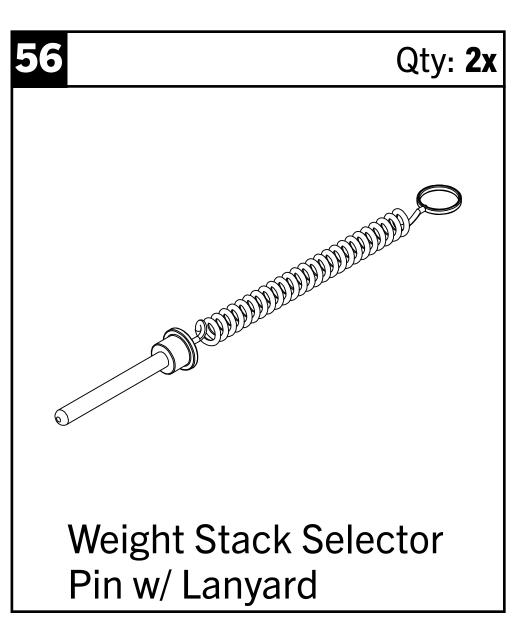


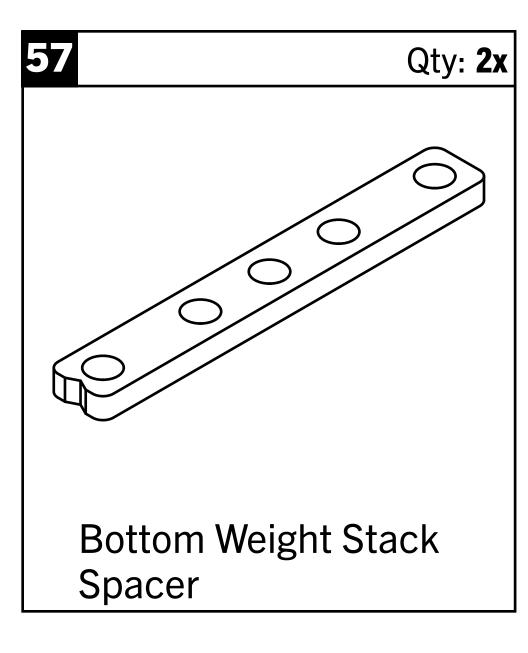


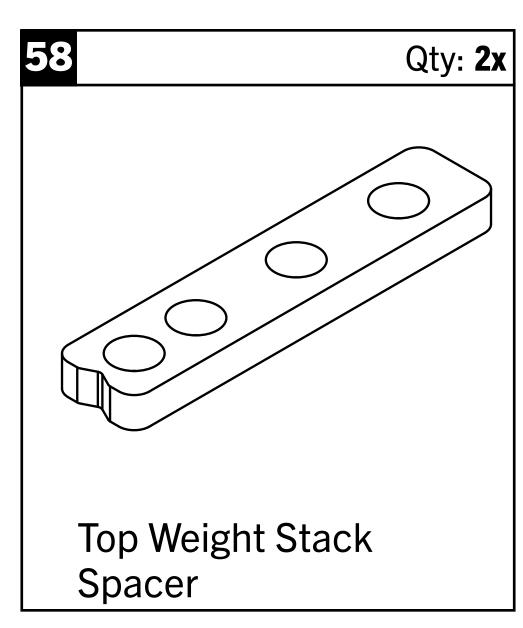


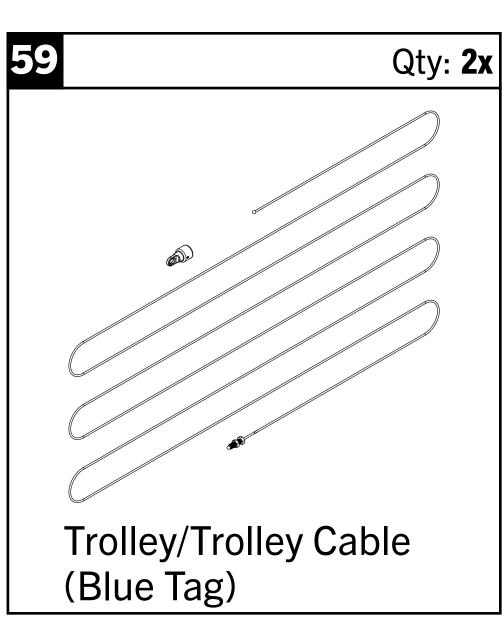


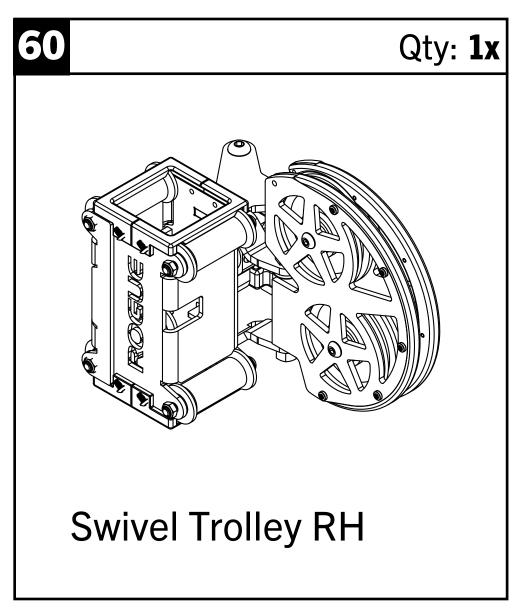


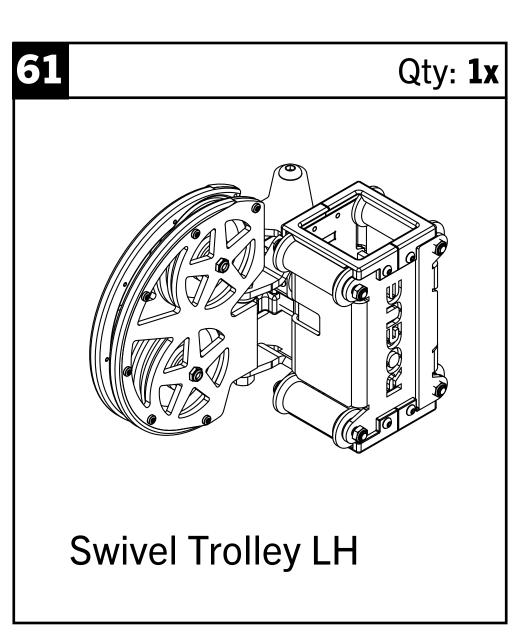


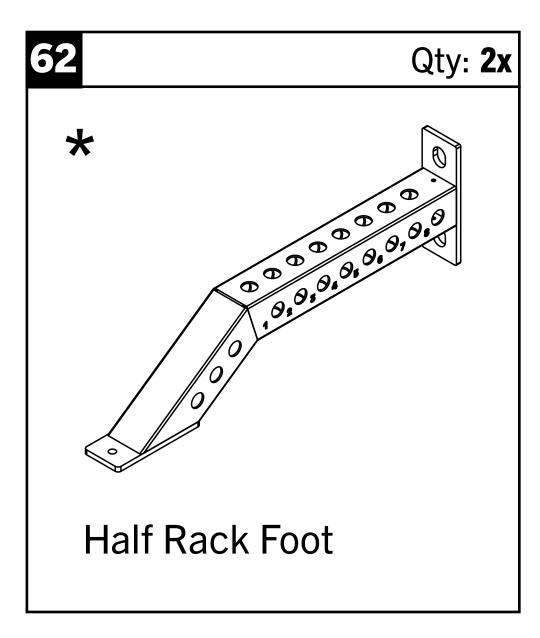


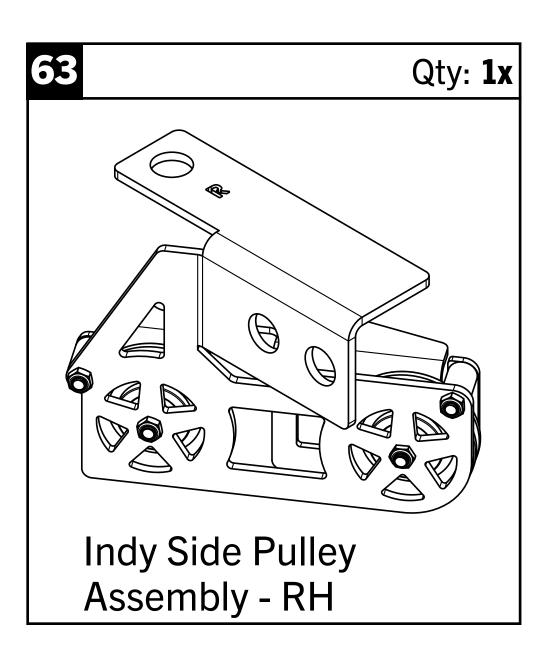


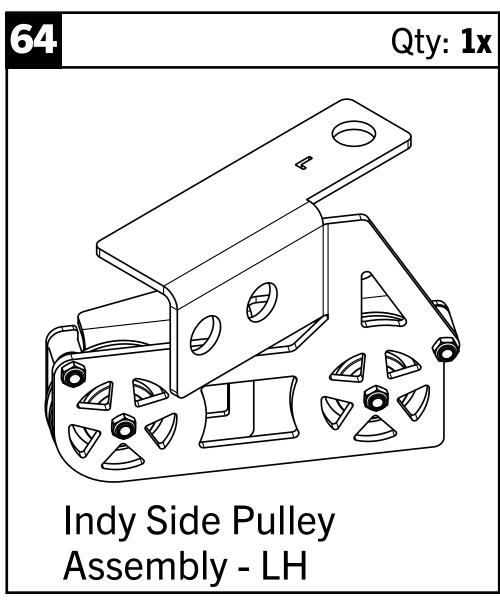


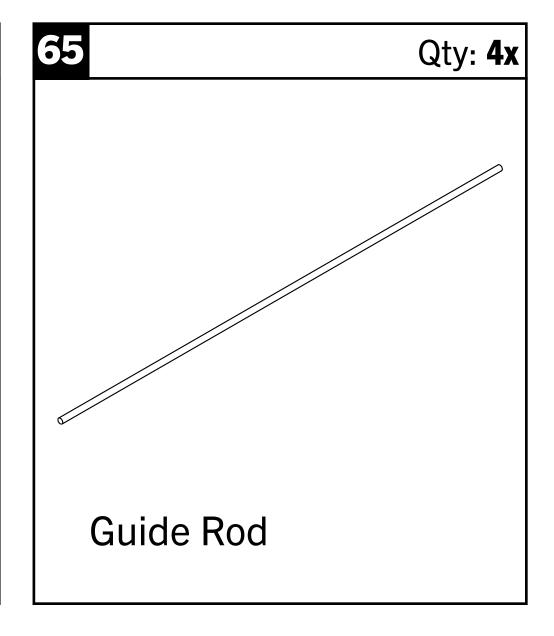






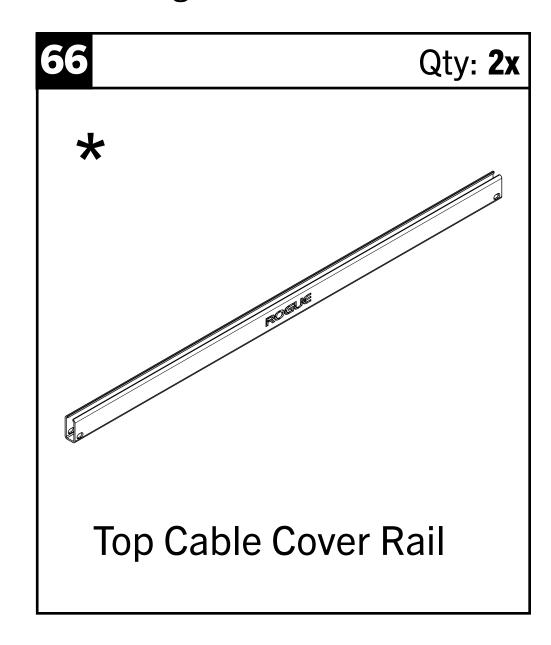


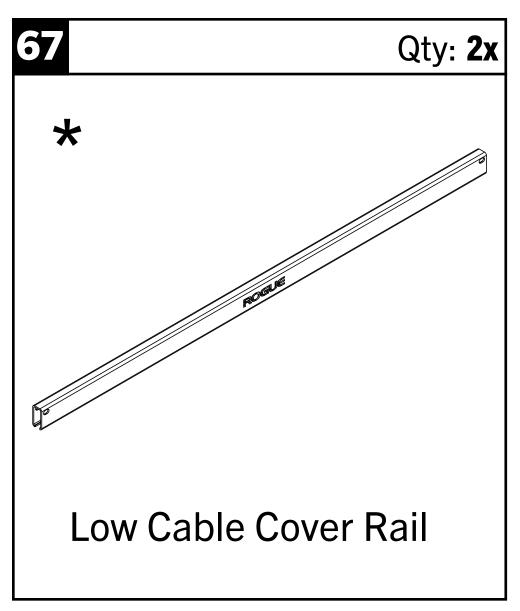


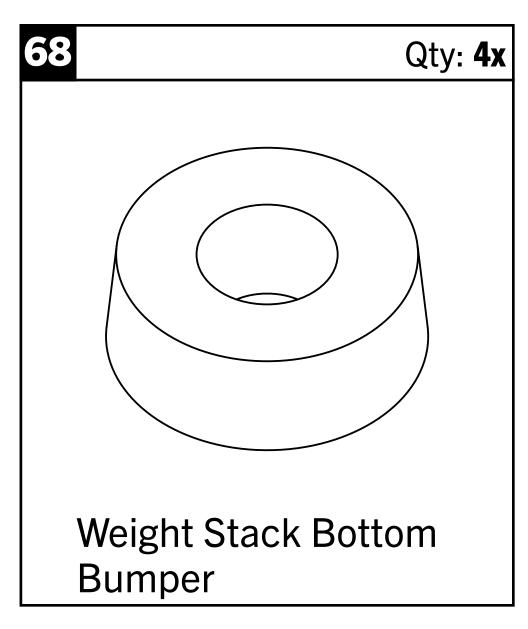


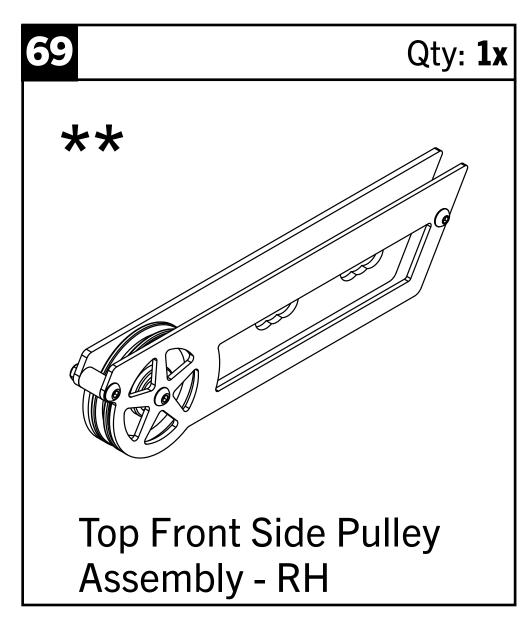
<sup>\*</sup> Only included if Half Rack Feet were purchased at checkout for RM-3/4.

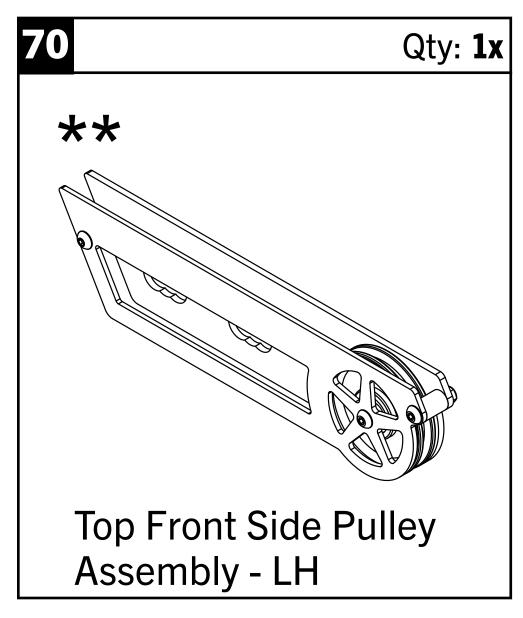
Note: Images not shown at scale. Quantity reflects Dual Indy.

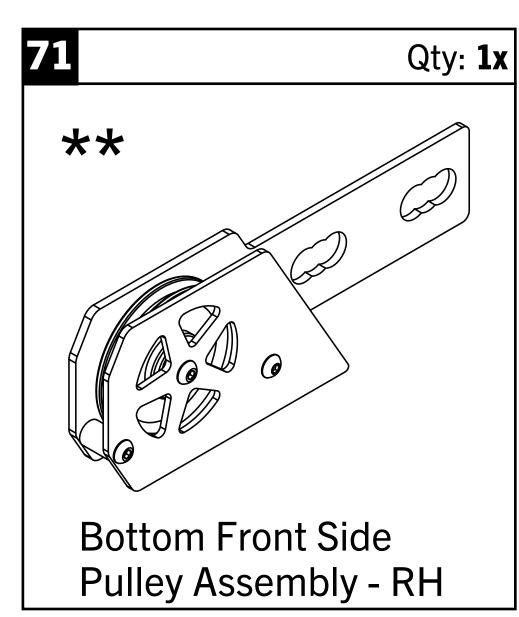


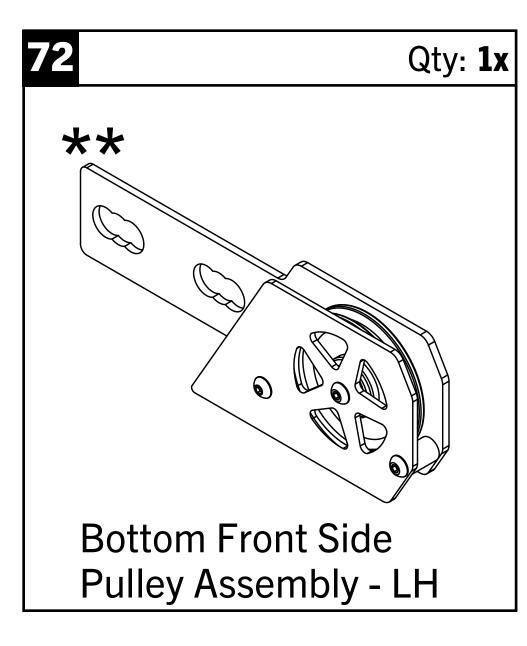


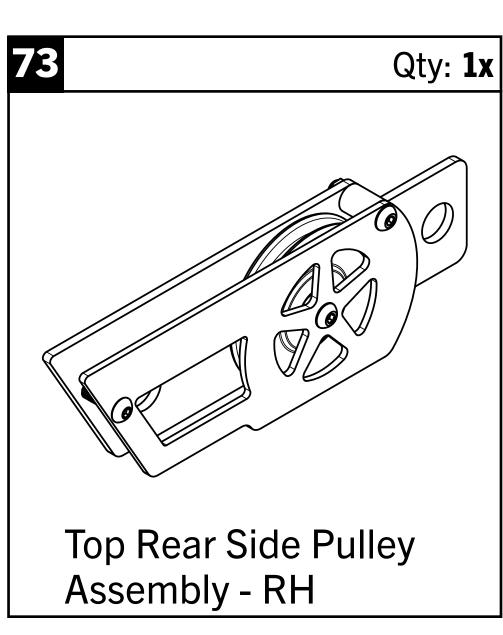


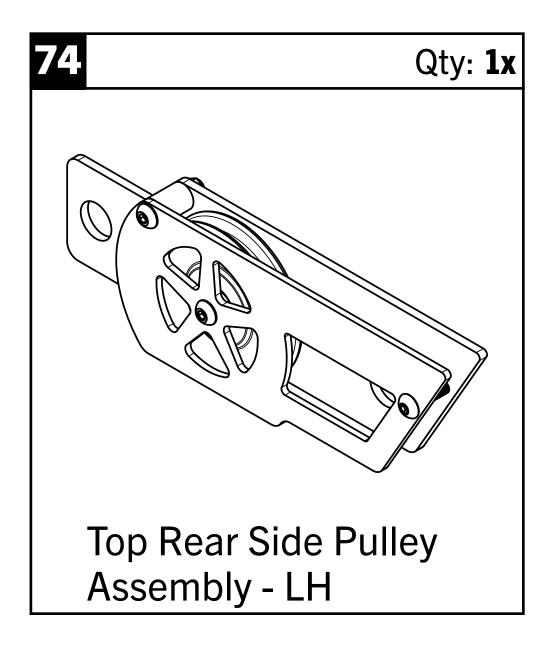


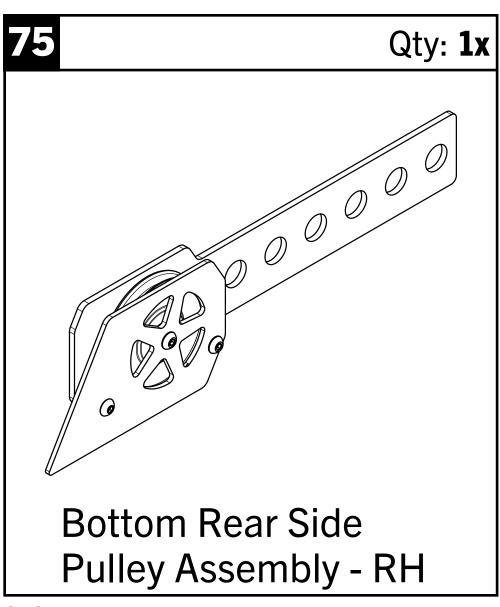


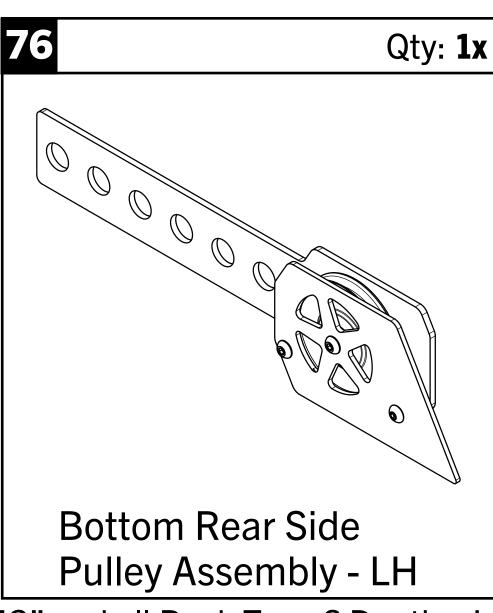










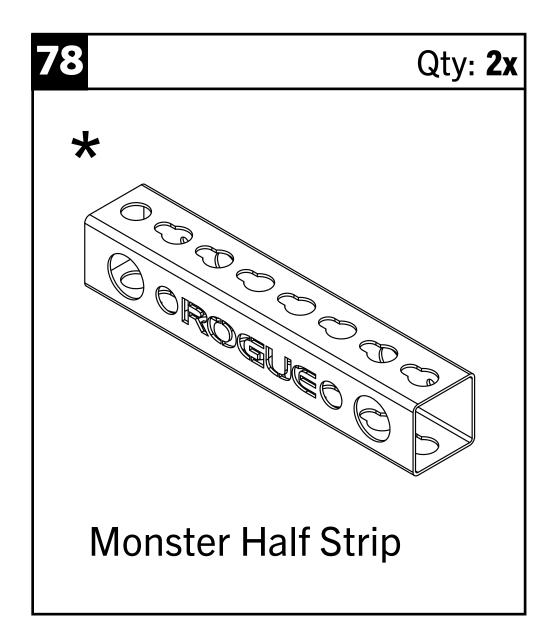


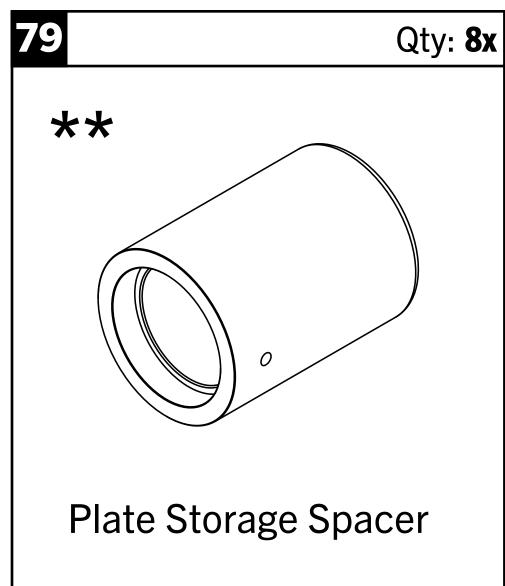
<b>77</b>			Q	ty: <b>2</b> x	
10 LB.	85 LB. /38.6kg	20 LB. /9.10kg	170LB.		
15 LB.	90 LB. /40.9kg	30 LB. /13.6kg	180LB. /81.8kg		
20 LB. /9.10kg	95 LB. /43.1kg	40 LB. /18.2kg	190LB.		
25 LB.	100LB.	50 LB. /22.7kg	200LB.		
30 LB. /13.6kg	105LB.	60 LB. /27.2kg	210LB.		
35 LB.	110LB.	70 LB.	220LB.		
LB. /18.2kg	115LB.	80 LB. /36.4kg	230LB.		
45 LB. /20.4kg	120LB.	90 LB. /40.9kg	240LB.		
50 LB.	125LB.	100LB.	250LB.		
55 LB. 124.9kg	130LB.	110LB.	260LB.		
60 LB.	135LB.	120LB.	270LB.		
65 LB. 29.5kg	140LB.	130LB.	280LB.		
70 LB. //31.8kg	145LB.	140LB.	290LB.		
75 LB.	150LB.	150LB.	300LB. 136.4kg		
LB. /36.4kg		160LB.			
Weight Stack Number					
Label Sheet					

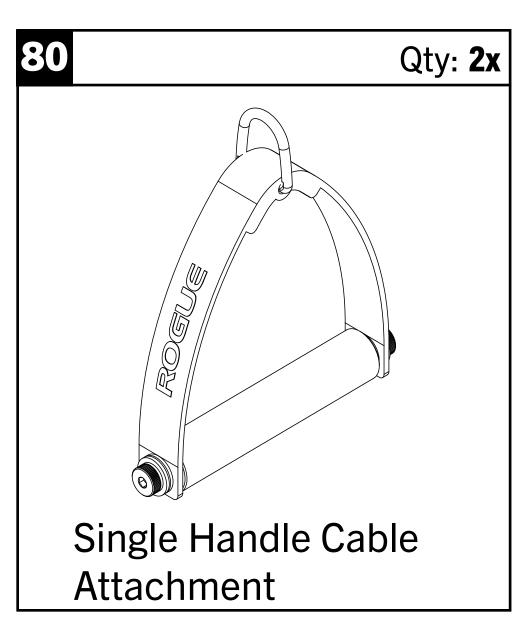
<sup>\*</sup> Only included with Rack Type 4 - 43" and all Rack Type 6 Depths. Length depends on Rack Depth and Type.

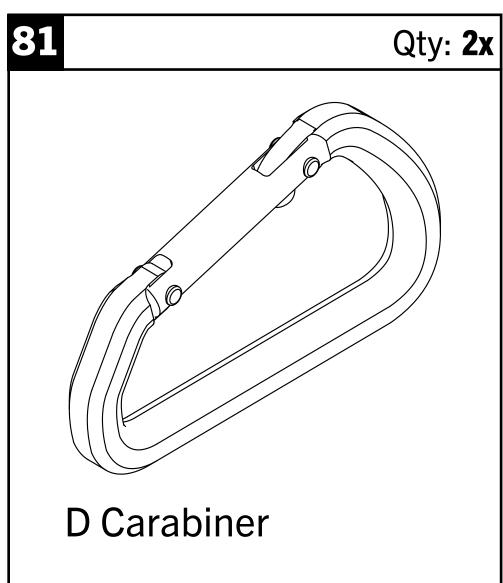
NOTE: Pulley Assemblies will look different depending on Rack Depth and Type selected at checkout.

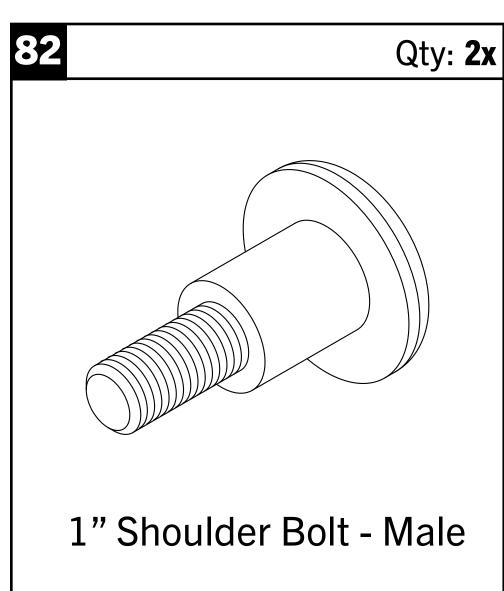
<sup>\*\*</sup> Only included with Rack Type 4 - 43" and all Rack Type 6 Depths.

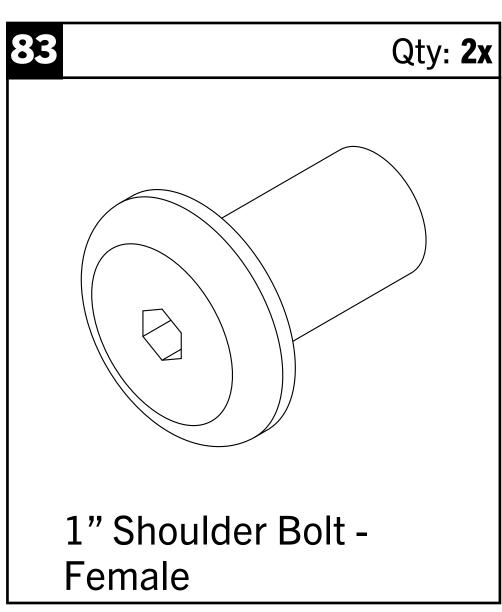


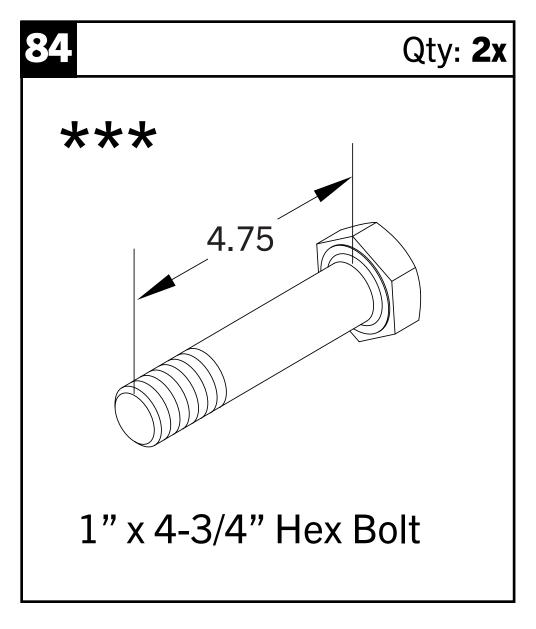


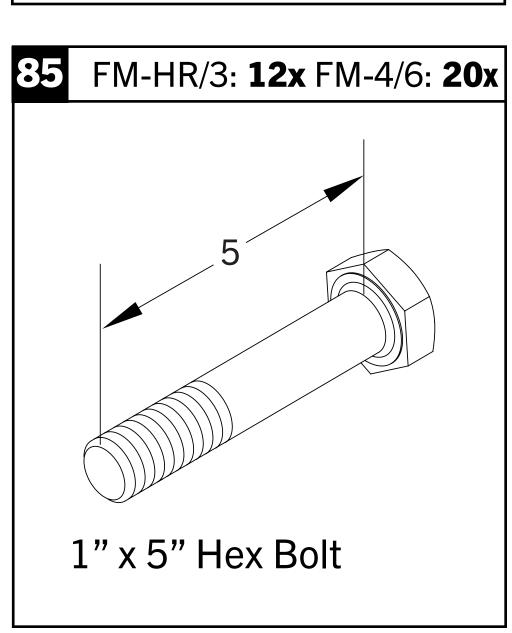


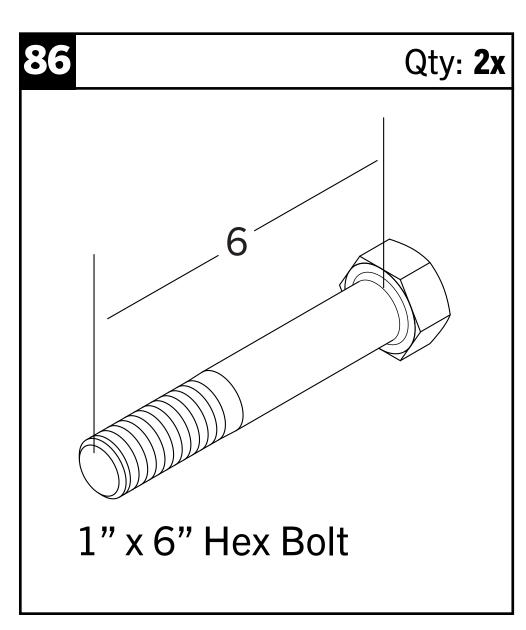


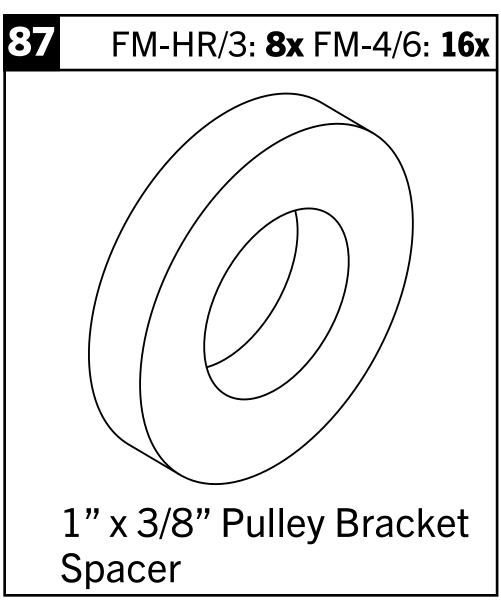


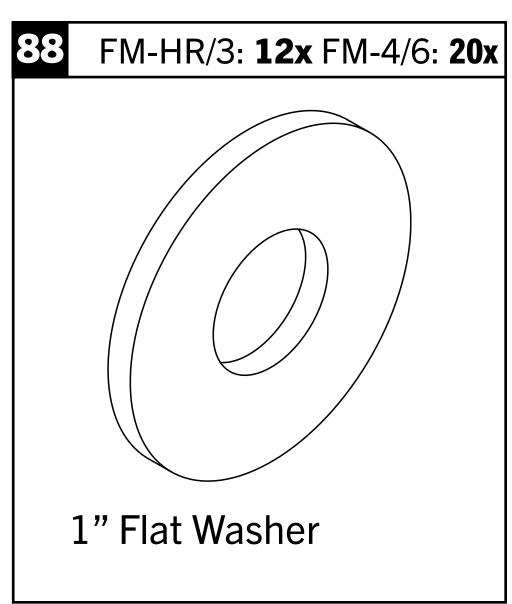


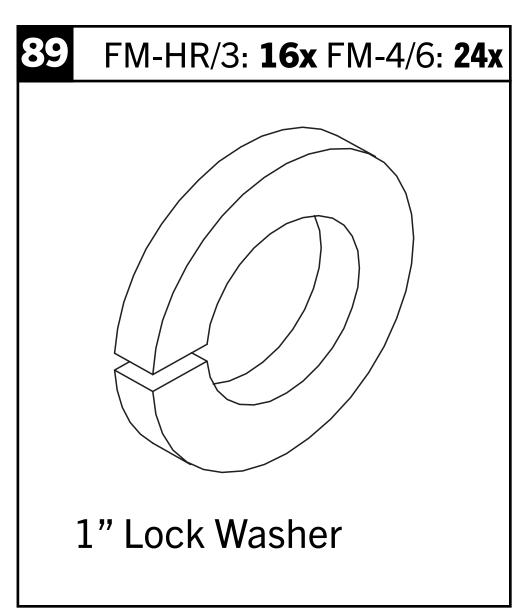








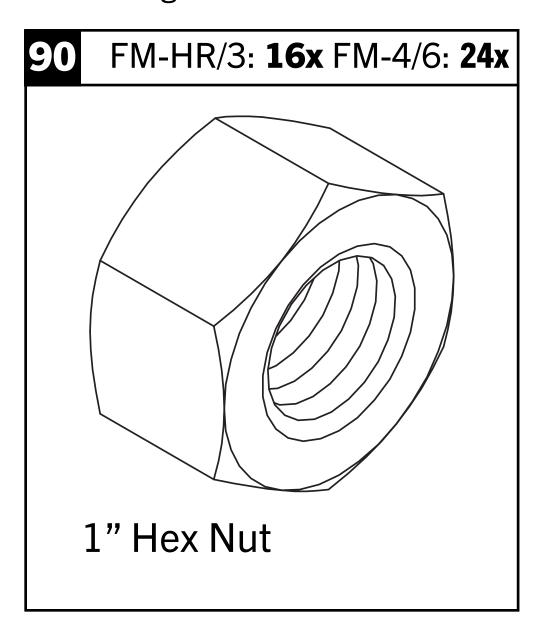




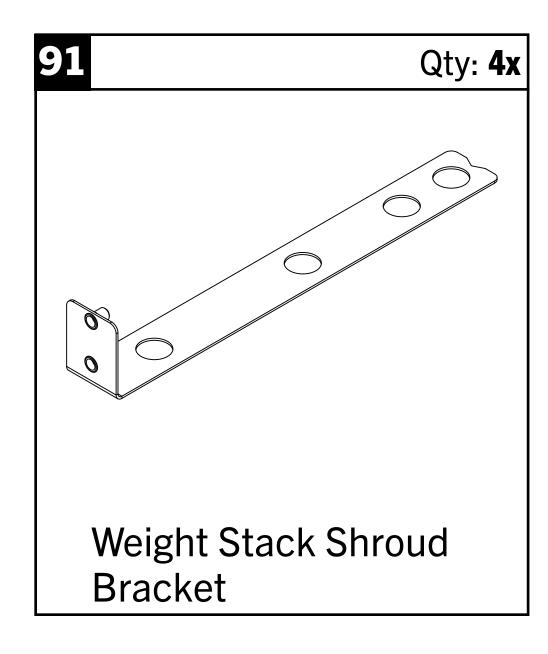
<sup>\*</sup> Complimentary Monster Half Strips included with Swivel Trolley. See page 74 for Monster Strip assembly.

<sup>\*\*</sup> Only included if Plate Storage Pins were purchased at checkout.

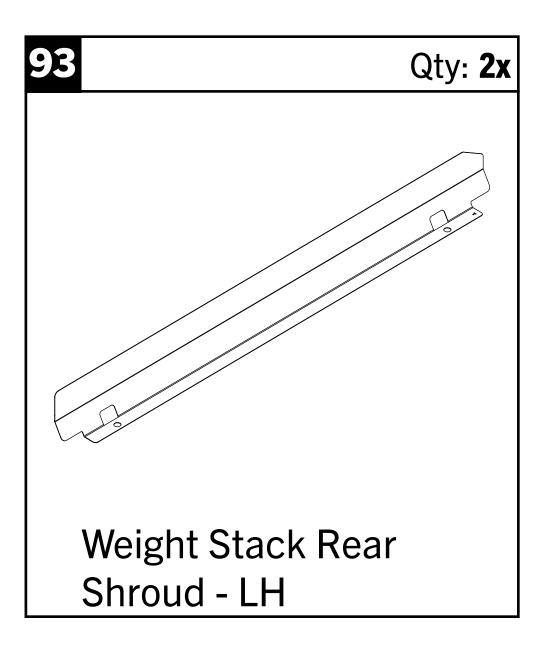
<sup>\*\*\*</sup> Included in RM-3/4/RM-6 Bolt Kit or removed from existing rack in STEP 5.



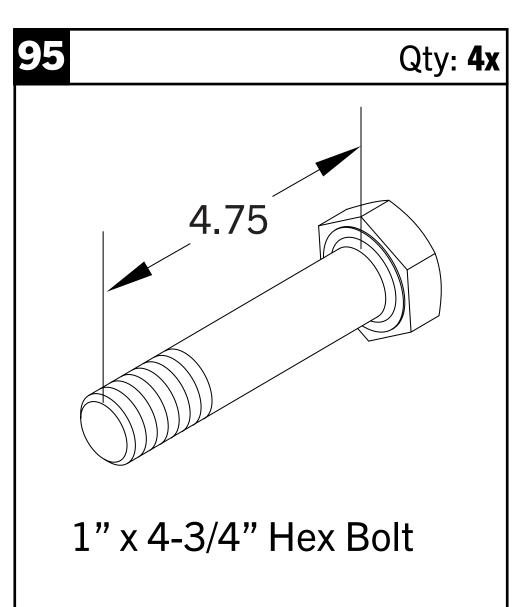
#### **INCLUDED PARTS: INDY SHROUD KIT**

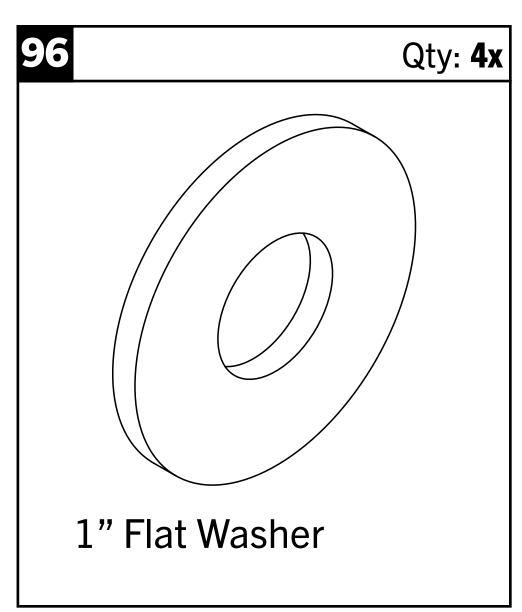


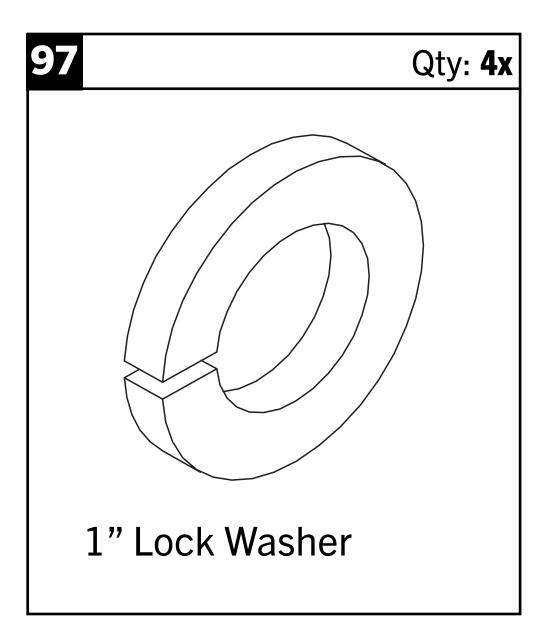


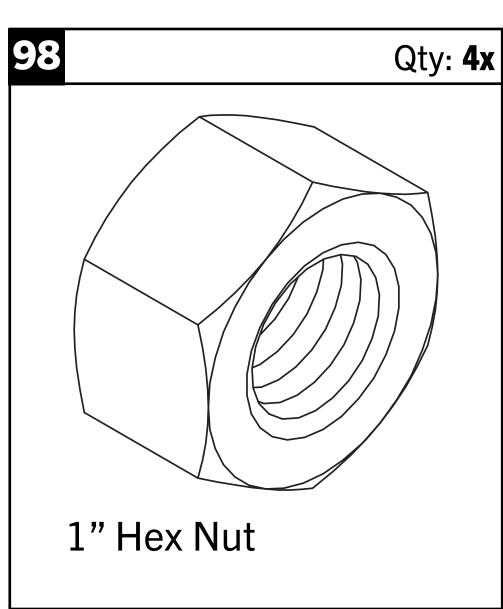


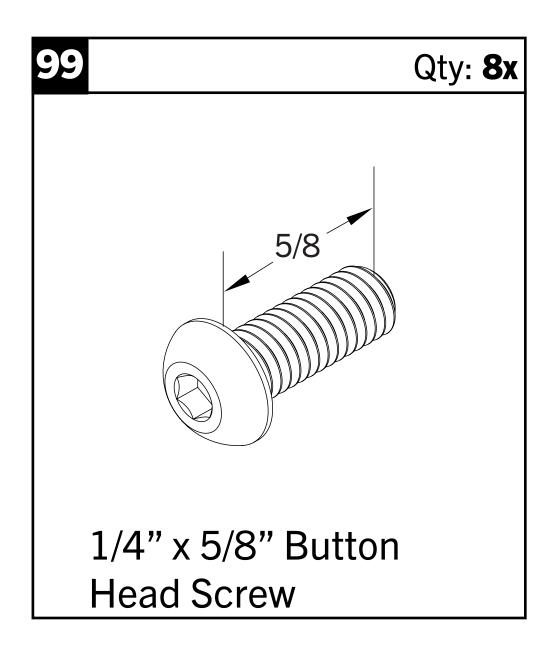


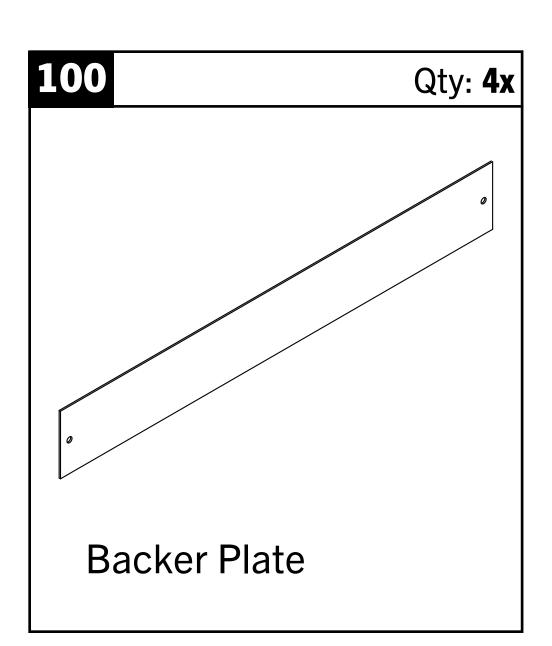


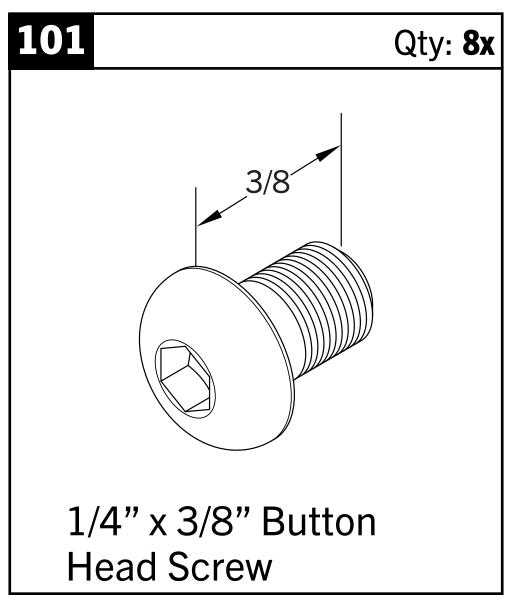


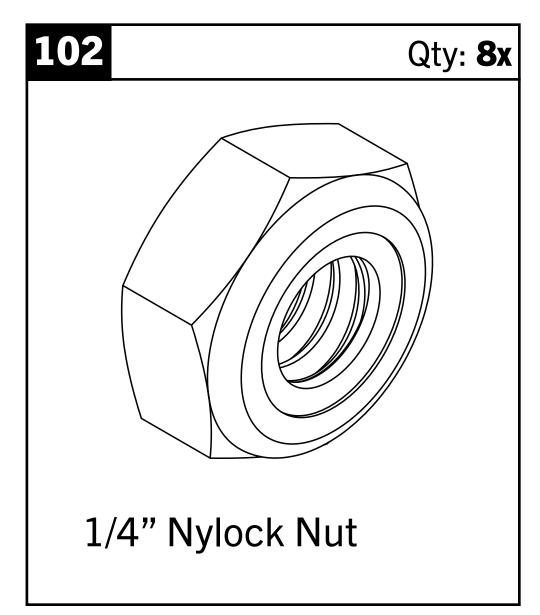






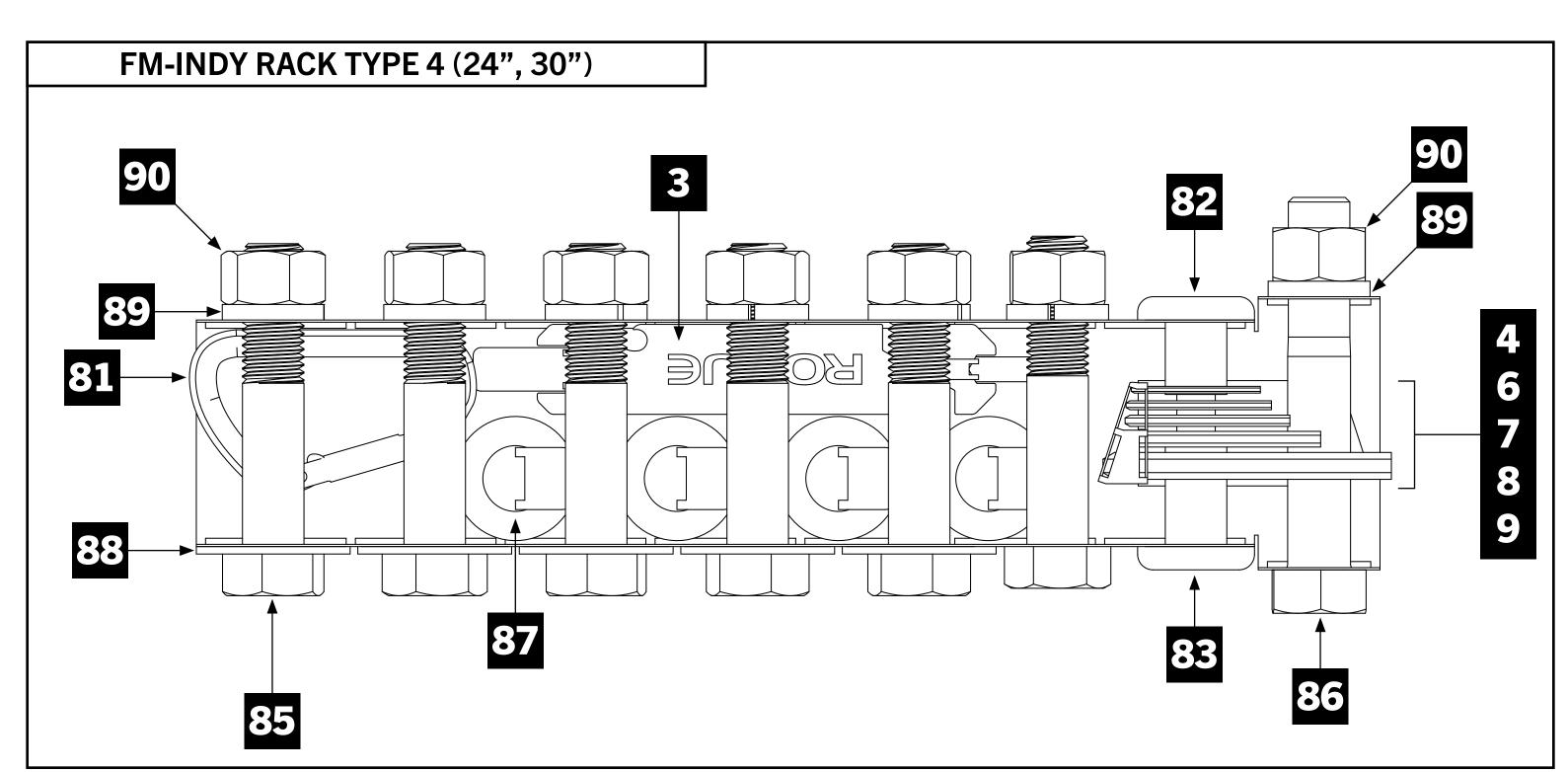


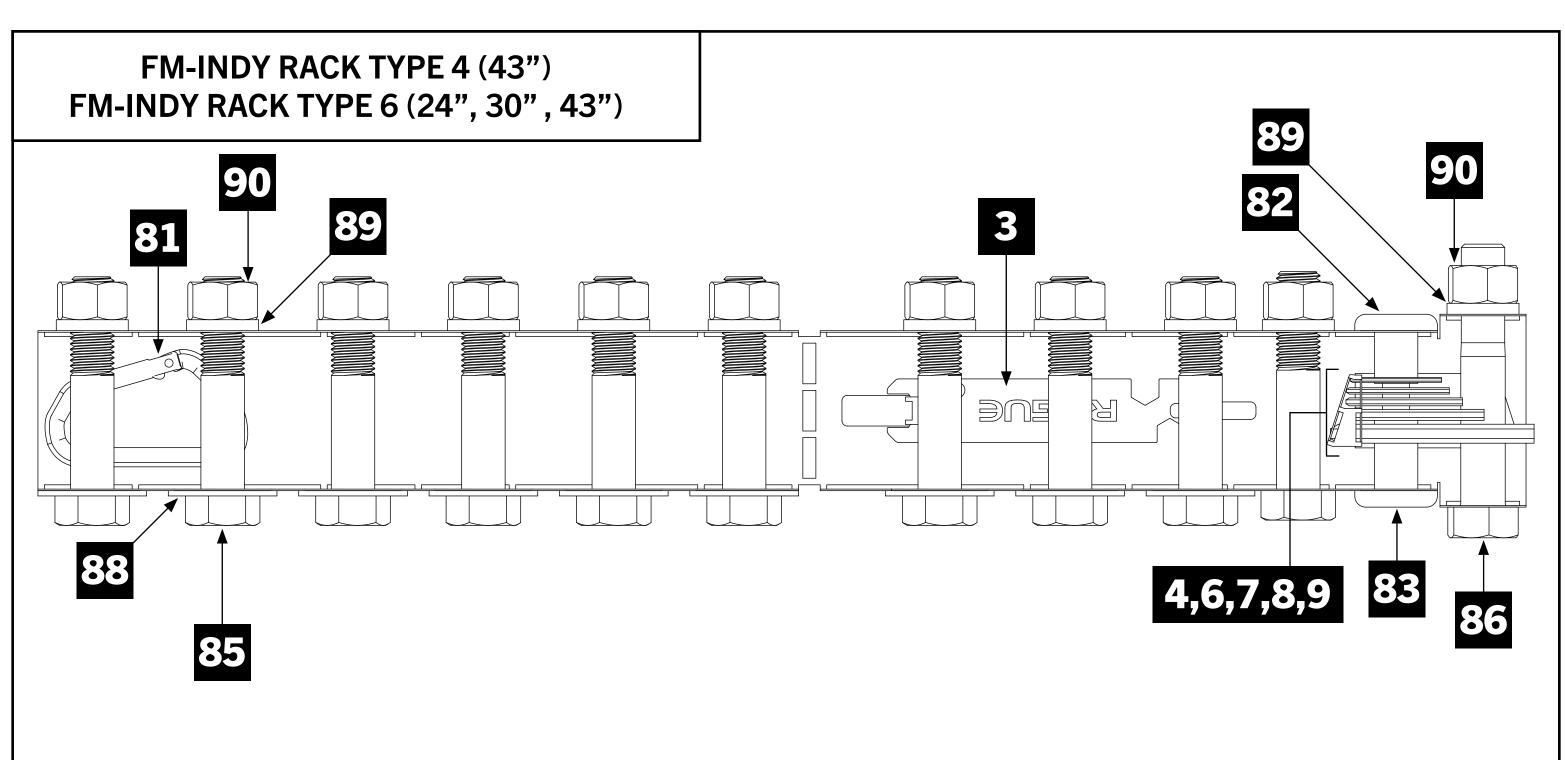


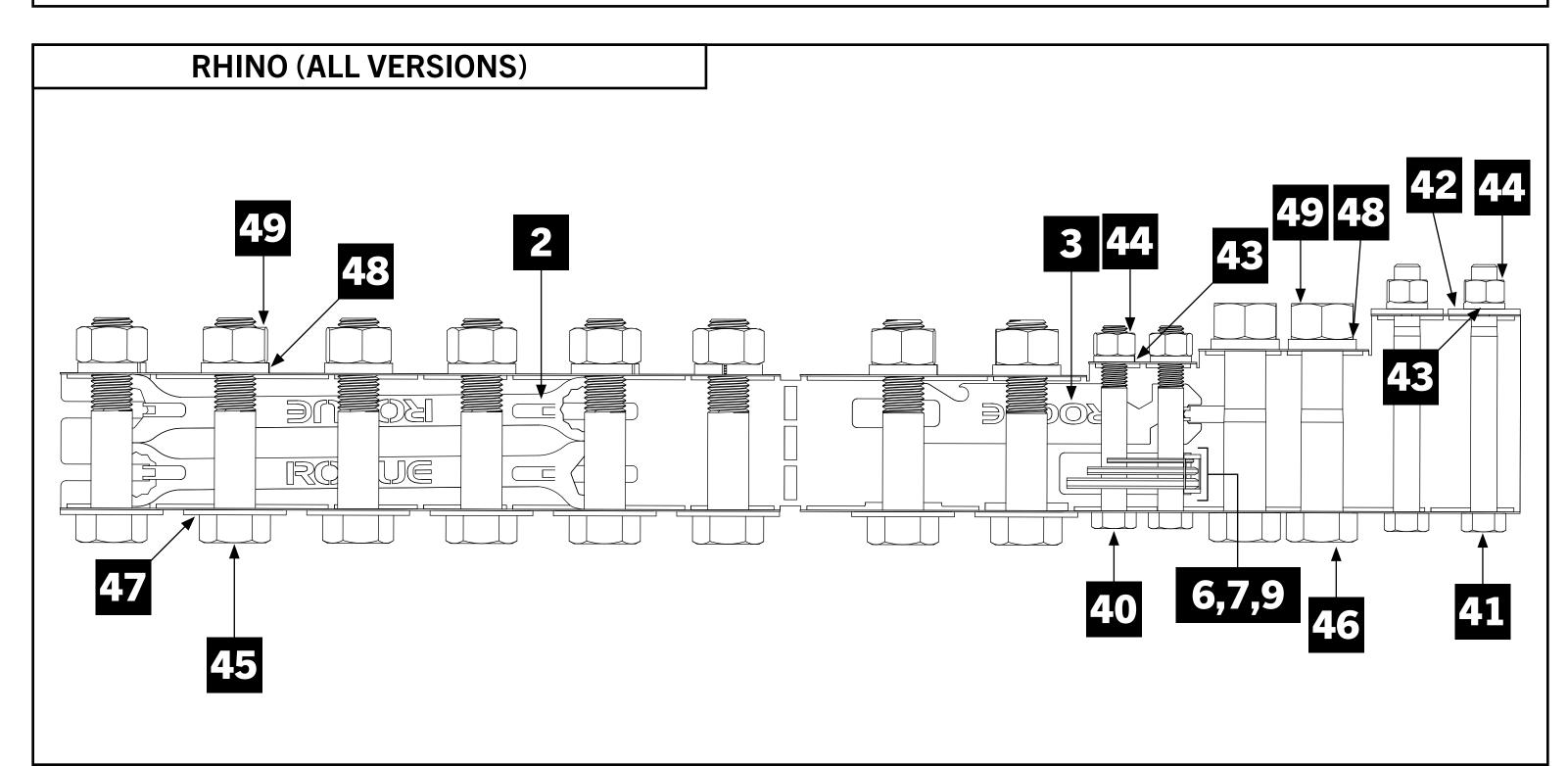


#### HARDWARE KITS

- Note: Some hardware is not included in the main hardware kits shown below. These items will arrive pre-installed or packaged with specific components.
- Be sure to check all included parts before beginning installation.
- Note: Tools found on **PAGE 3**.
- Note: Single Indy Hardware kit shown below. If Dual INDY configuration was purchased, two Indy Hardware kits will be included.



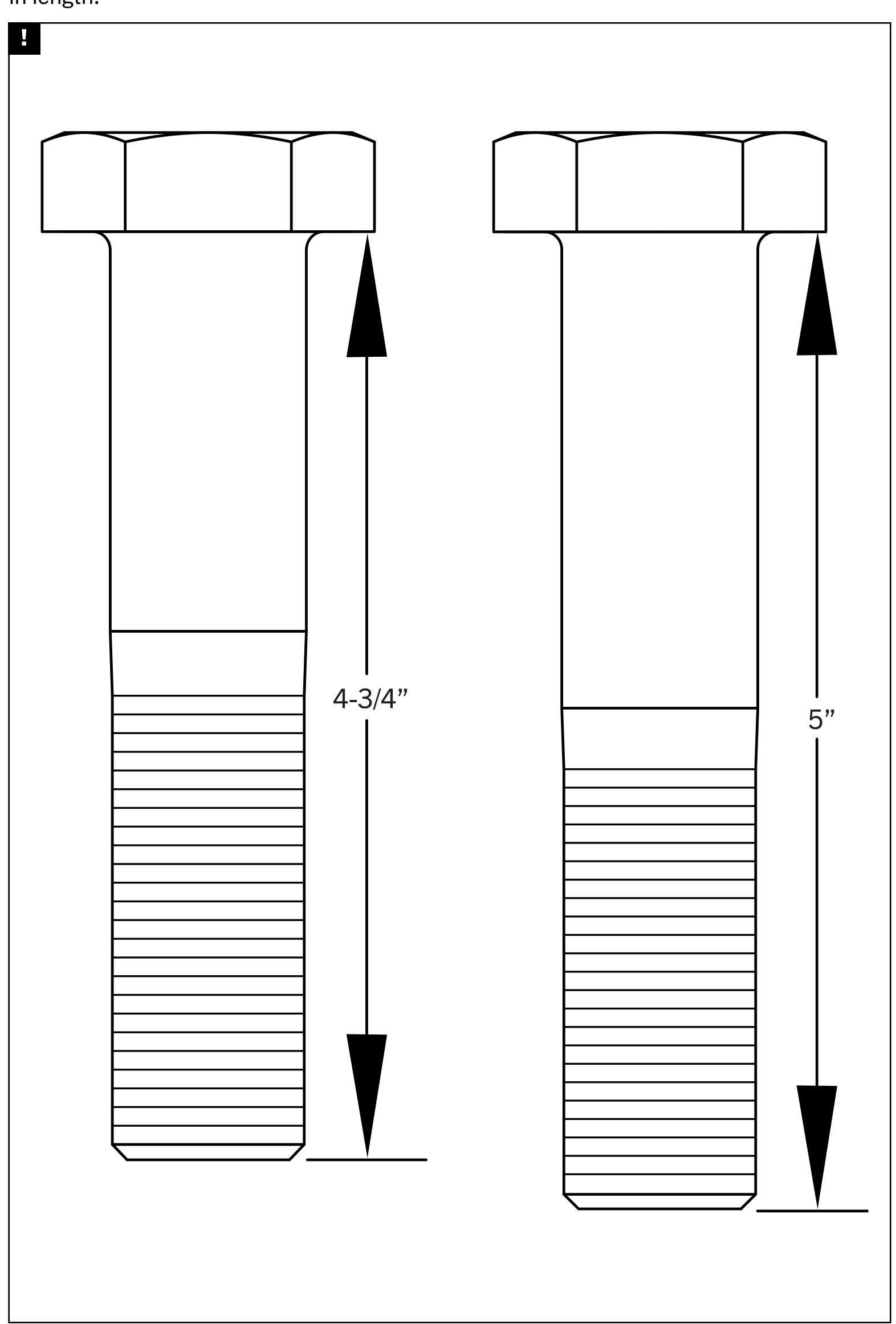




## 1" HARDWARE LENGTH GUIDE

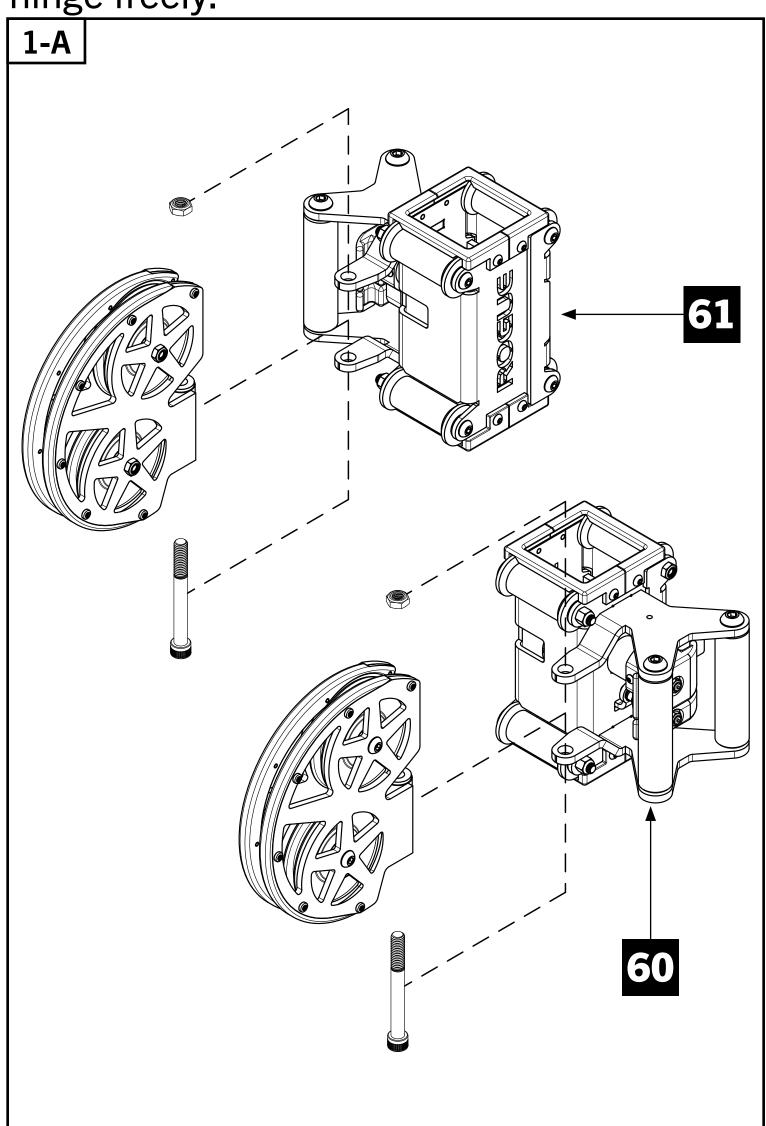
#### Note:

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

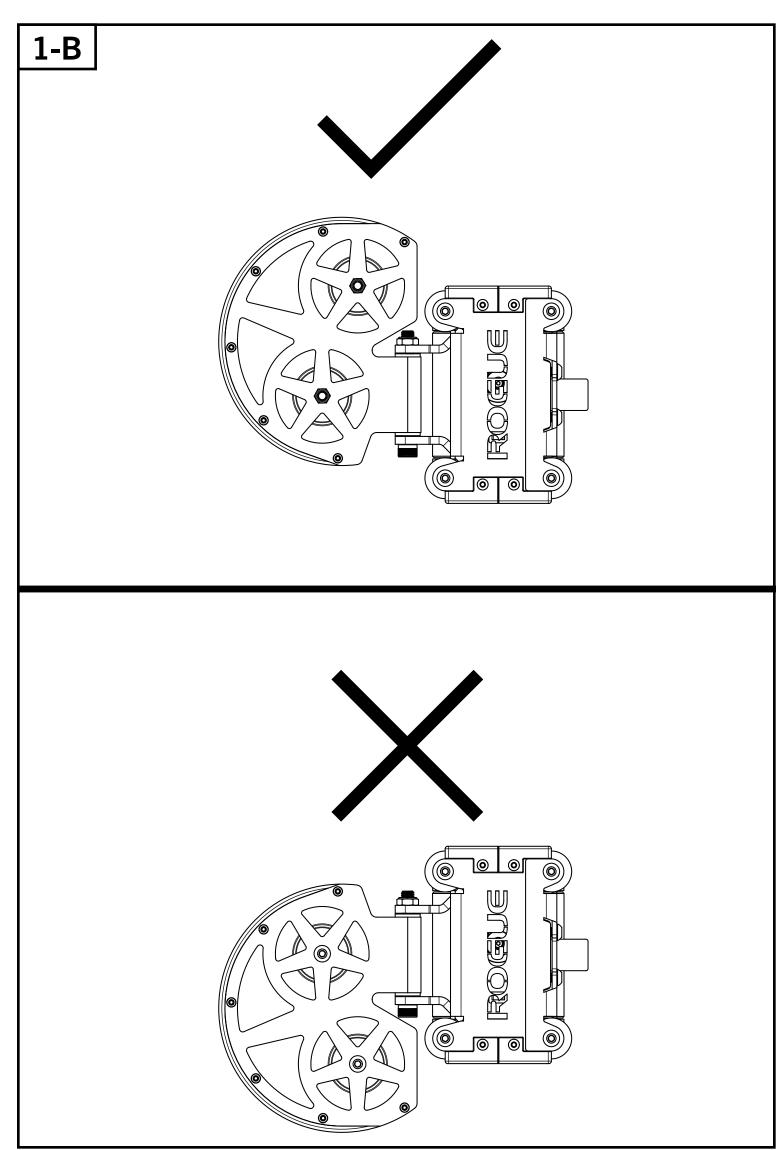


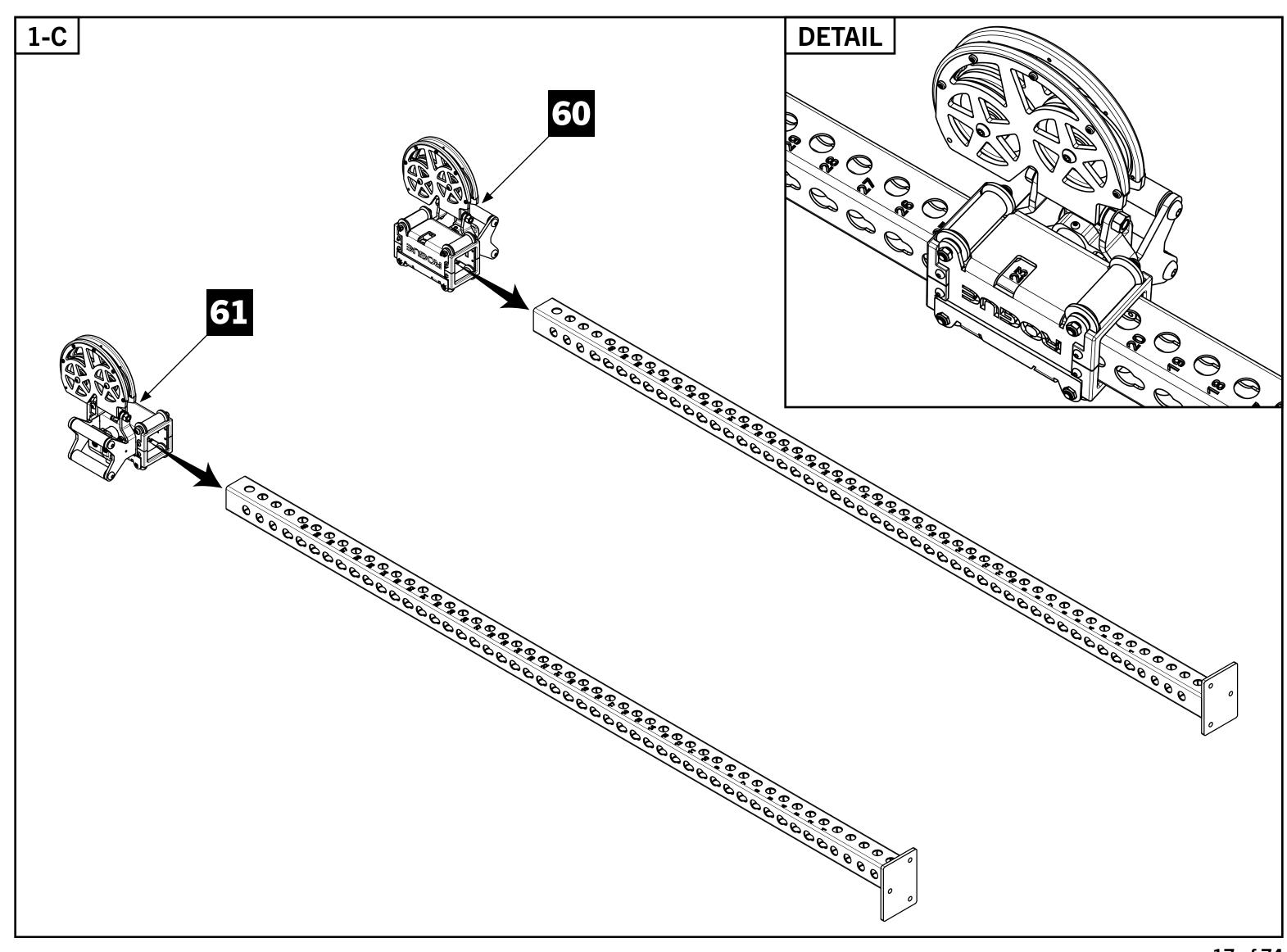
#### **Tools Required:**

- 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 [60] and Swivel Trolley LH [61] 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 release triggers to lock pop pins in place when the viewing window is showing number 23.

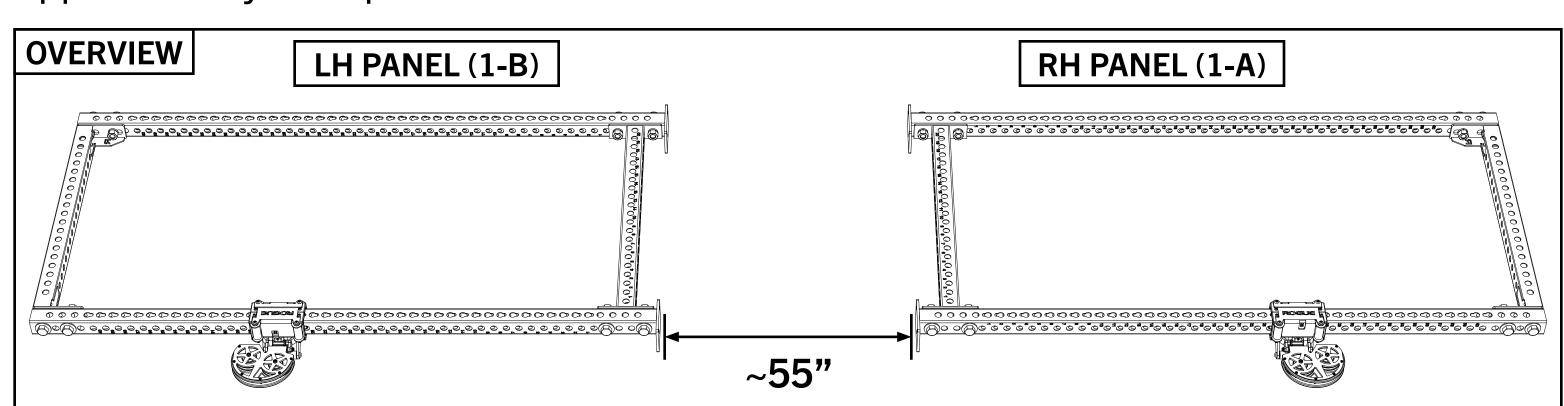


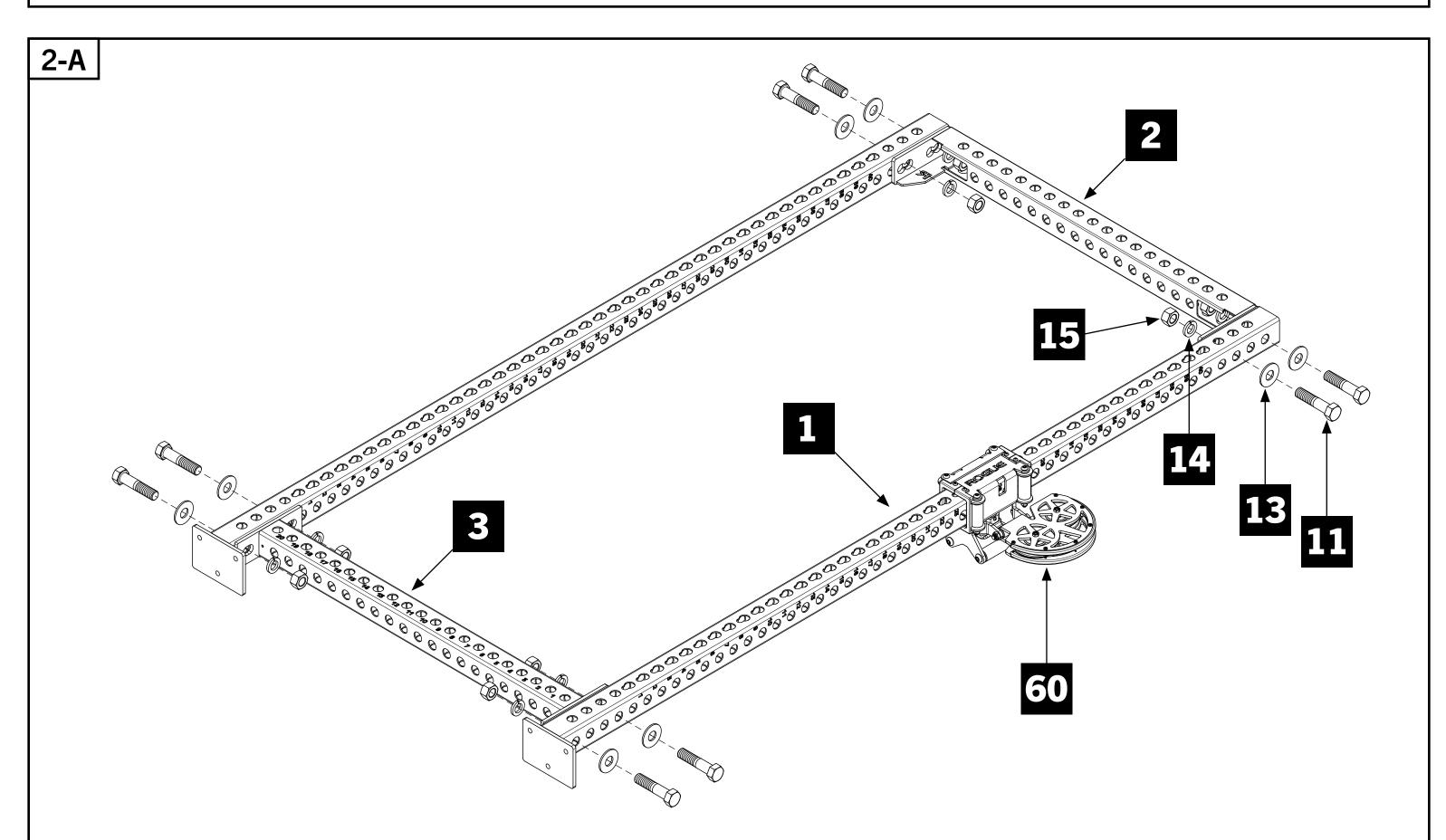


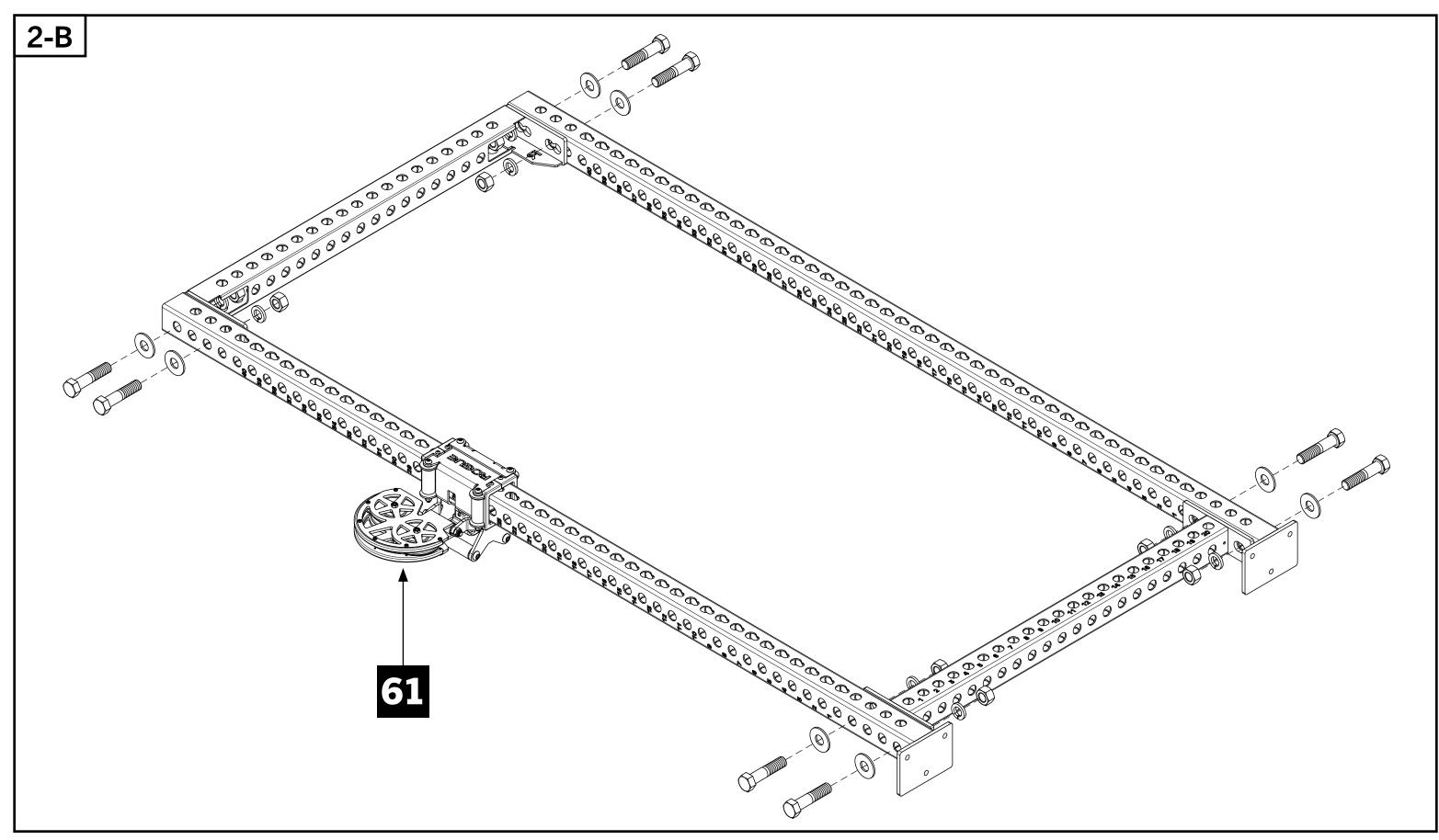
## **STEP 2 (RM-3/4)**

- 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 alloted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55" apart.

- Note orientation of 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 Rack Type 6 Assembly. Same instructions apply for Rack Type 4.



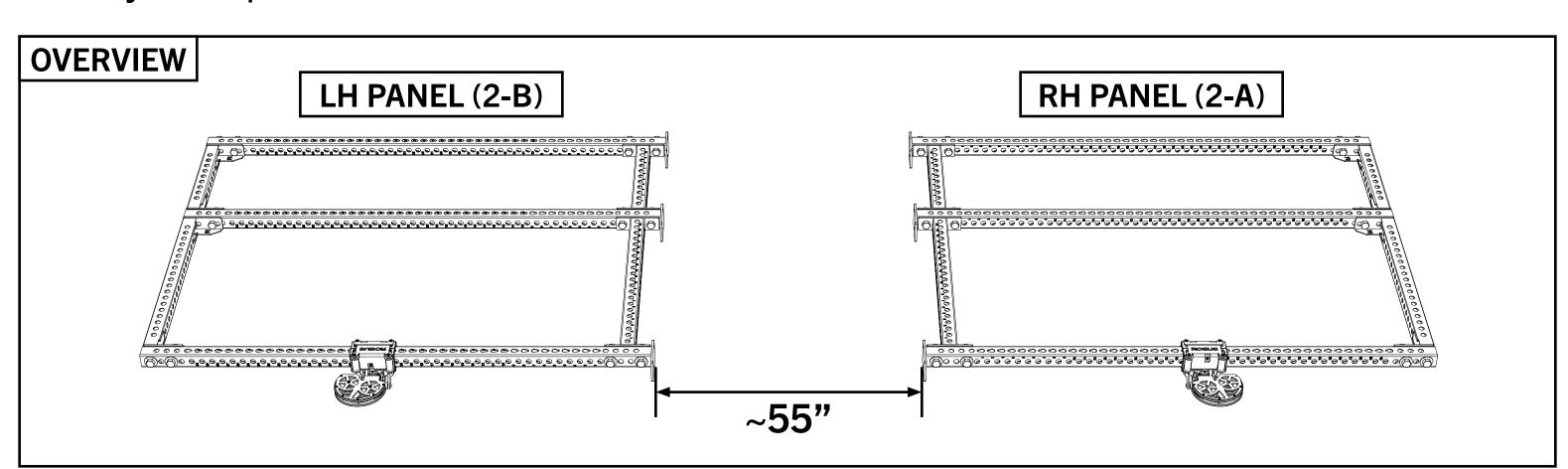


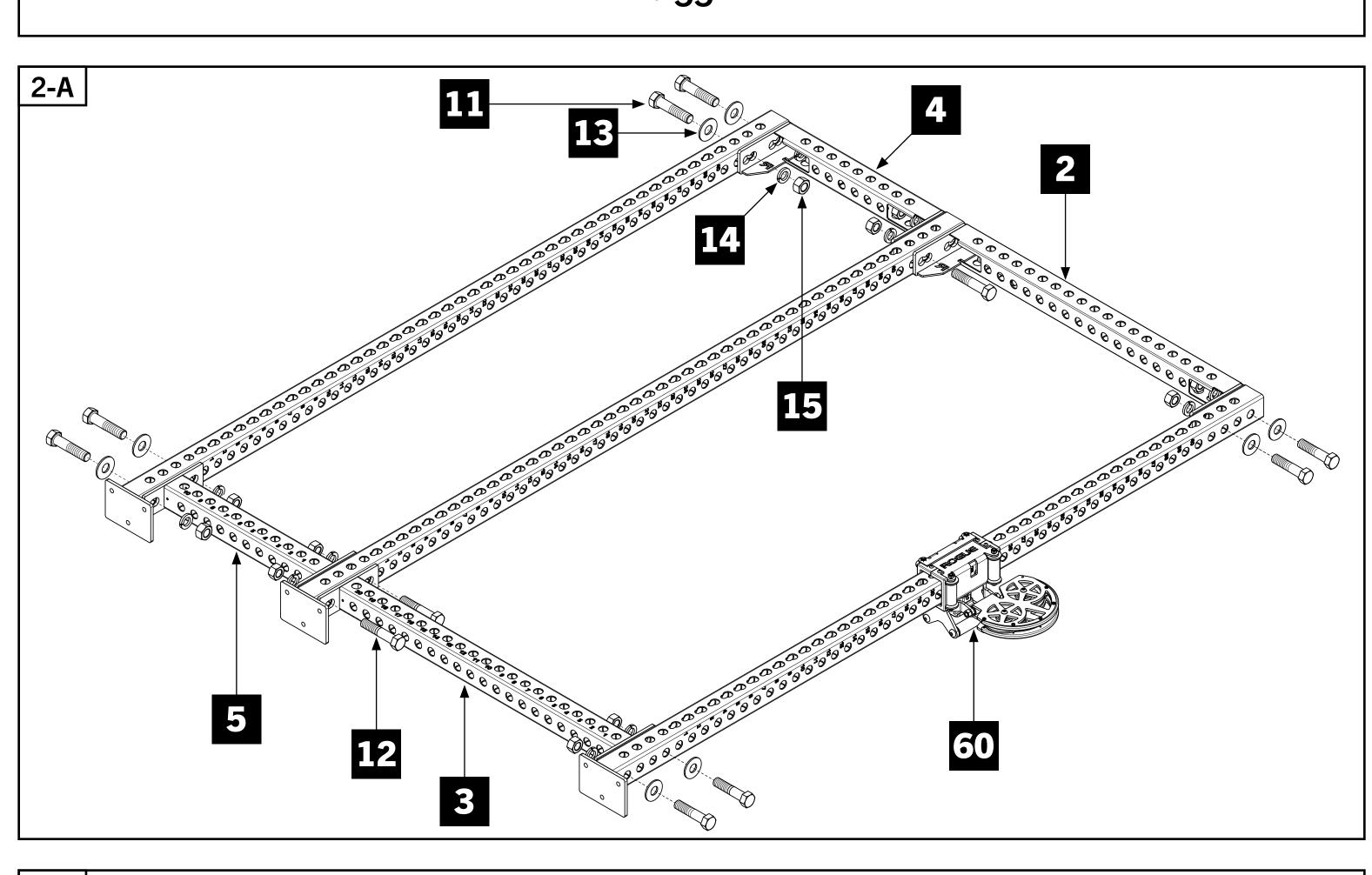


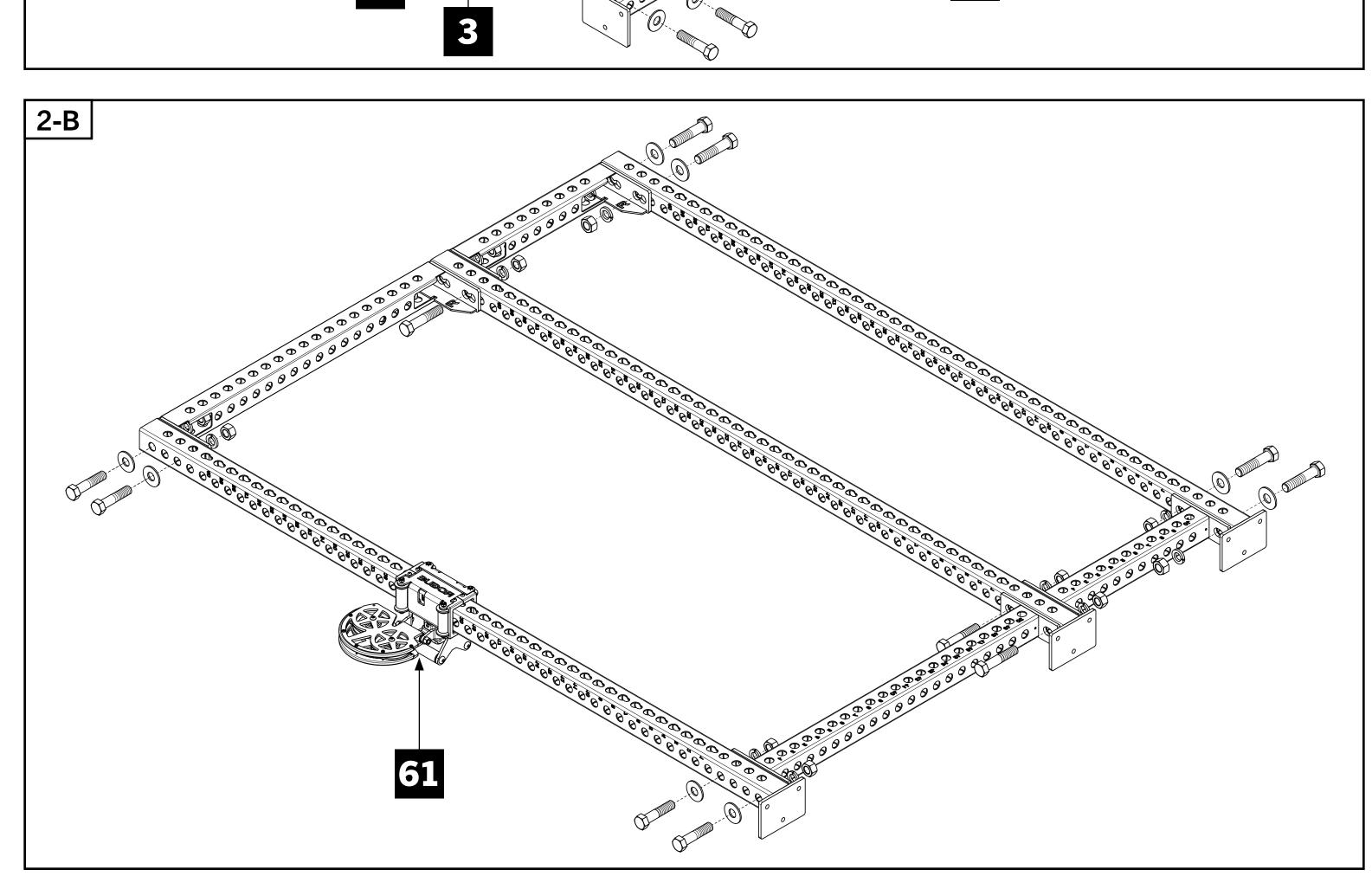
## **STEP 2 (RM-6)**

- 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 alloted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55" apart.

- Note orientation of Swivel Trolleys and Upright feet in relation to the ground.
- Connect Uprights to Crossmembers using 1"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.



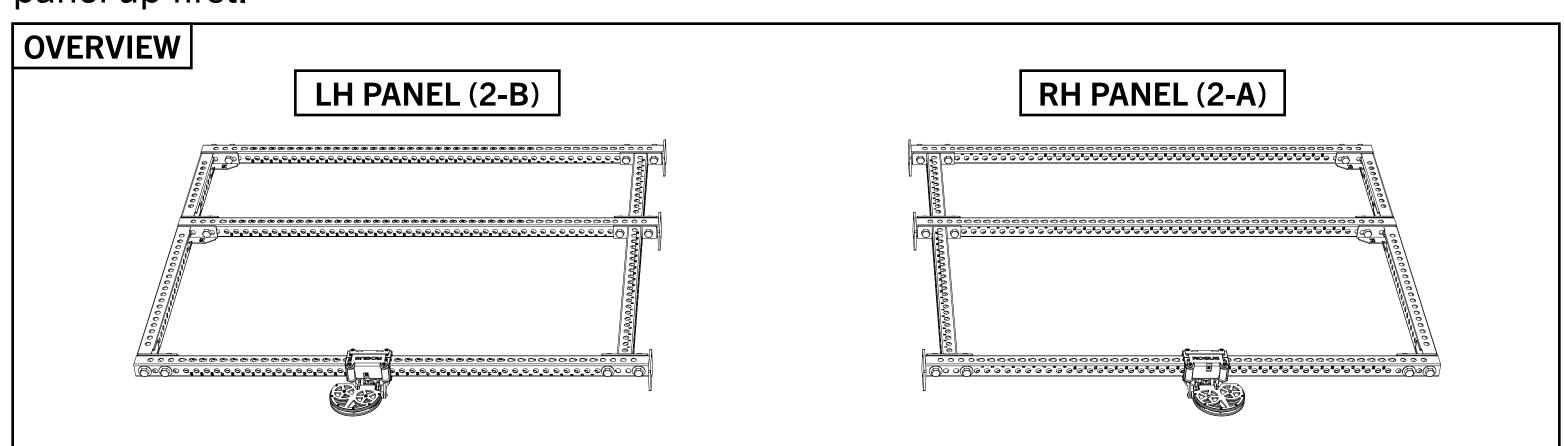


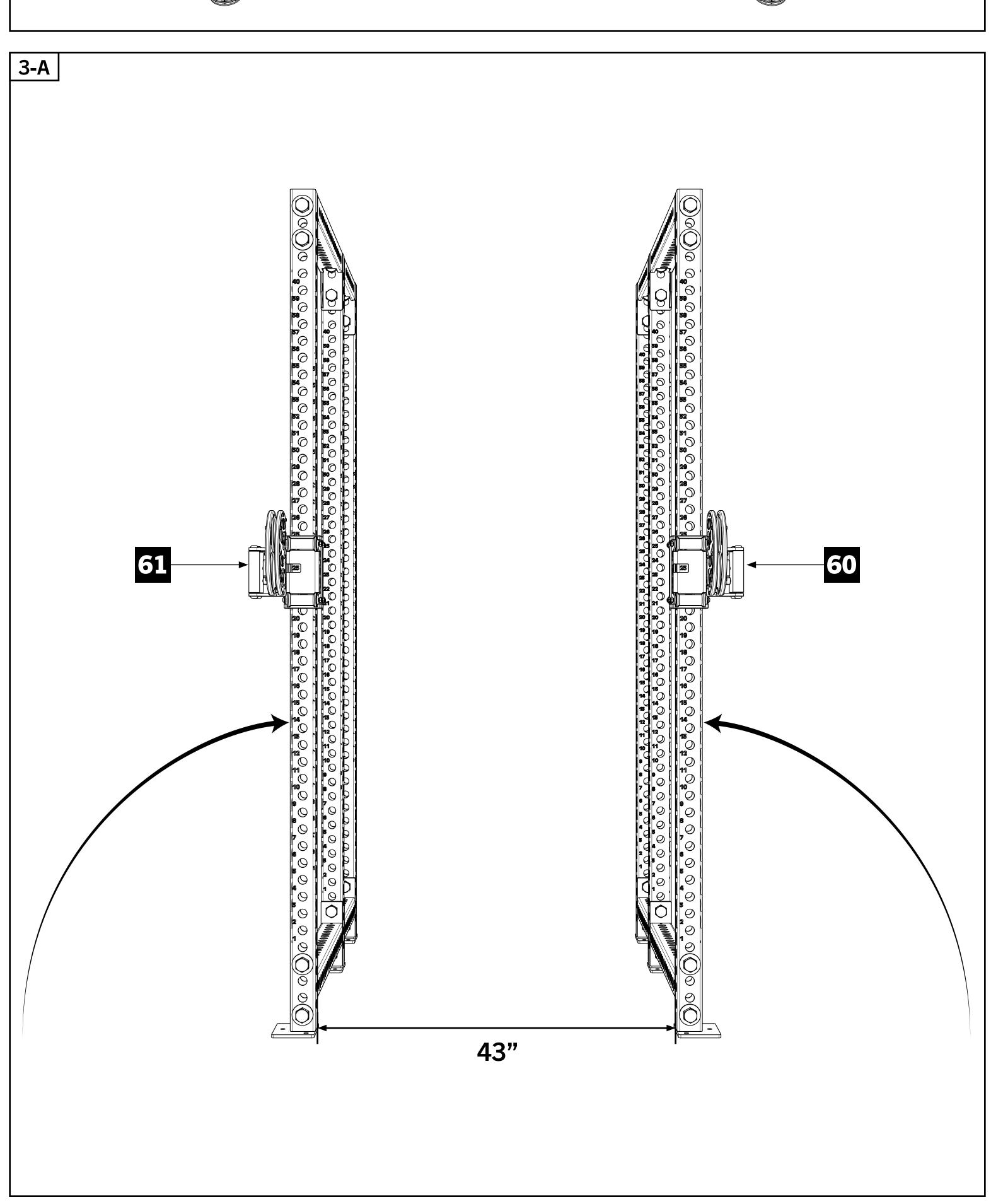


• Note: Remainder of instructions show Rack Type 6 Assembly. Same instructions apply for Rack Type 4.

#### **IMPORTANT:**

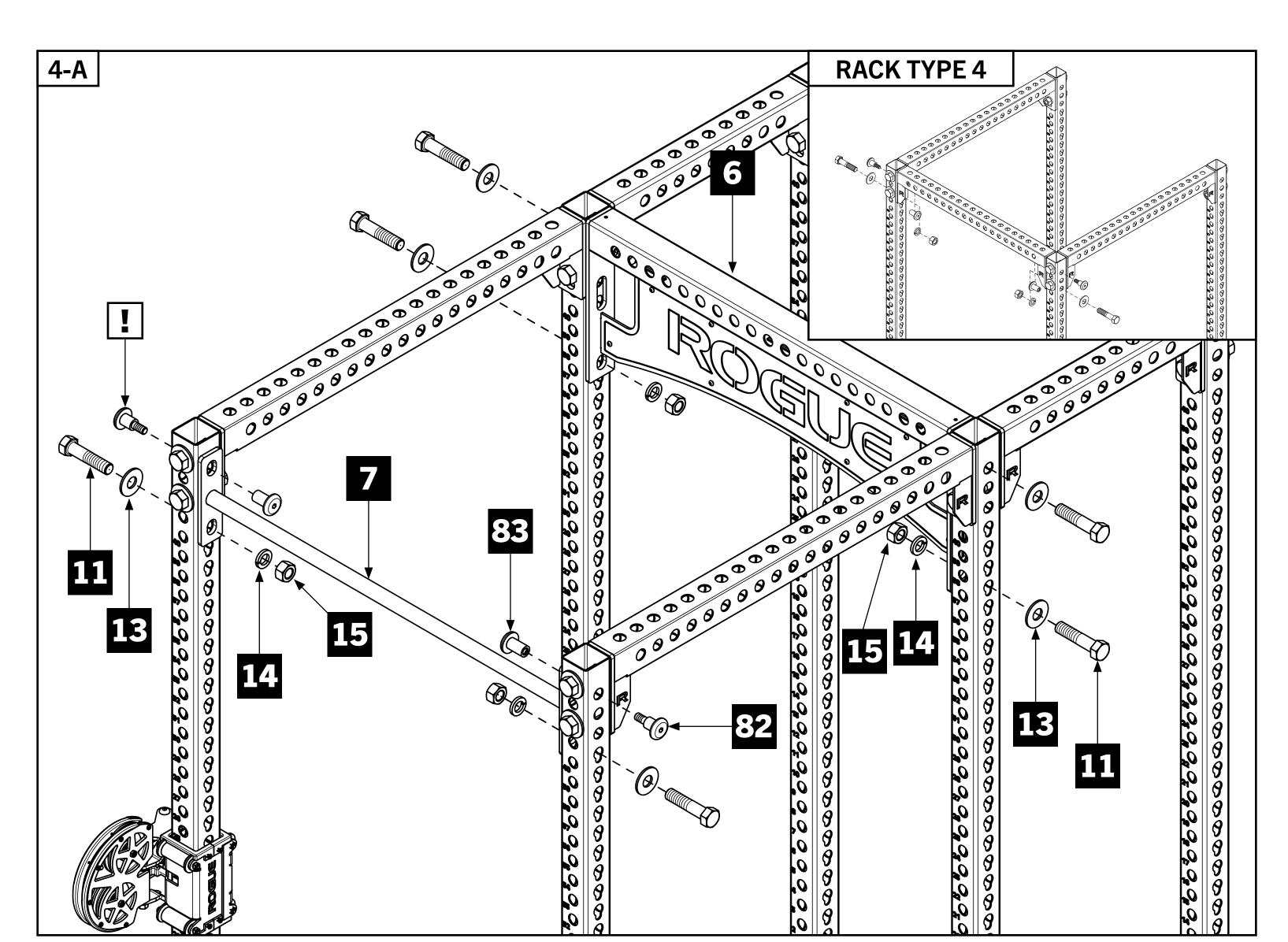
- For safety, we recommend the remainder of these instructions be completed by a minimum of two people.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.
- One or two people should stabilize both panels, ensuring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

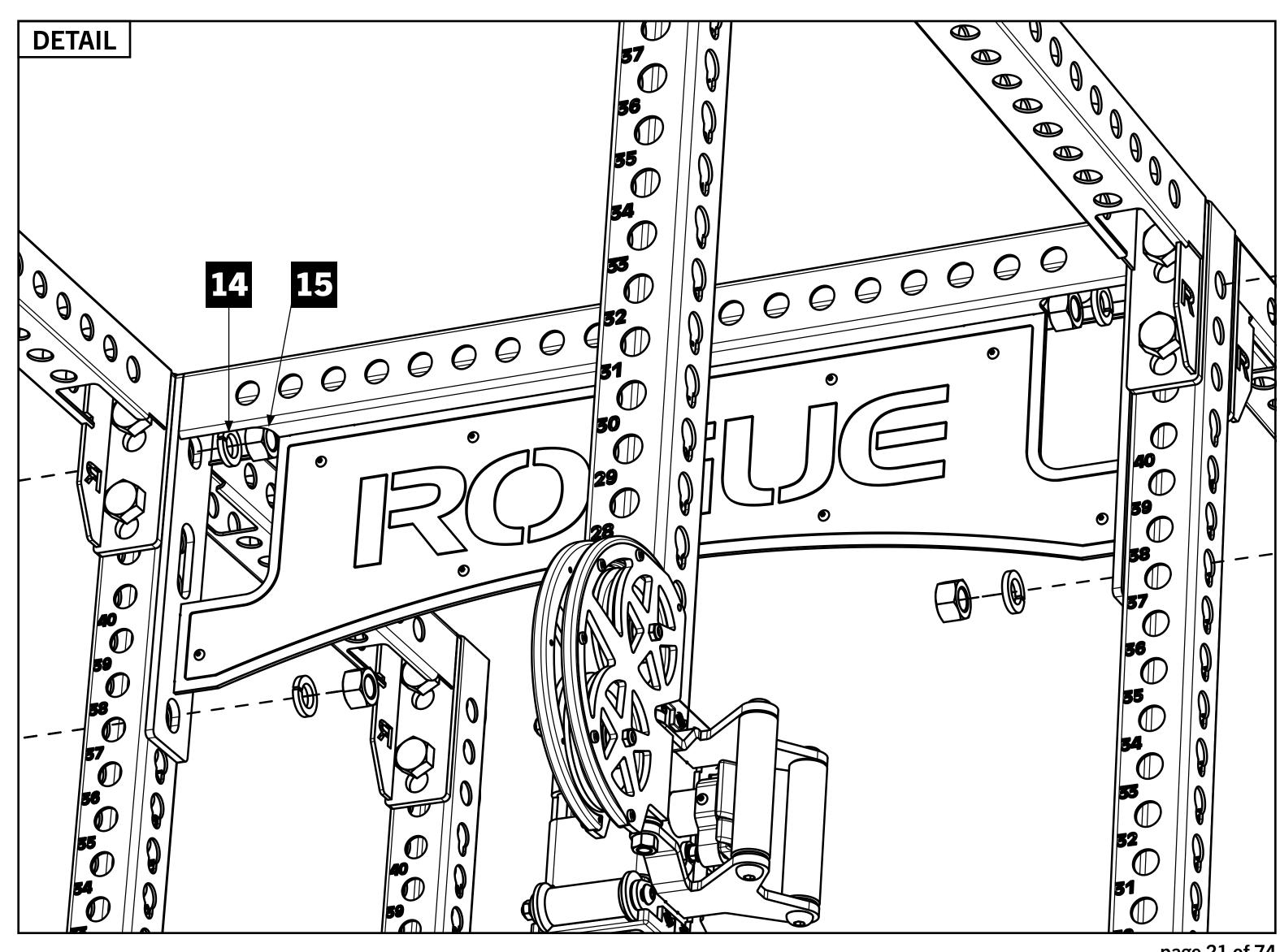




#### **Tools Required:**

- 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 [82,83], 1" x 4-1/2" Hex Bolts, 1" Flat Washers, 1" Lock Washers, and 1" Hex Nuts.
- I Fully tighten 1" Shoulder Bolts using 3/8" Allen Key. DO NOT TIGHTEN HEX BOLTS.





## STEP 5 (ADD-ON KIT)

#### **IMPORTANT:**

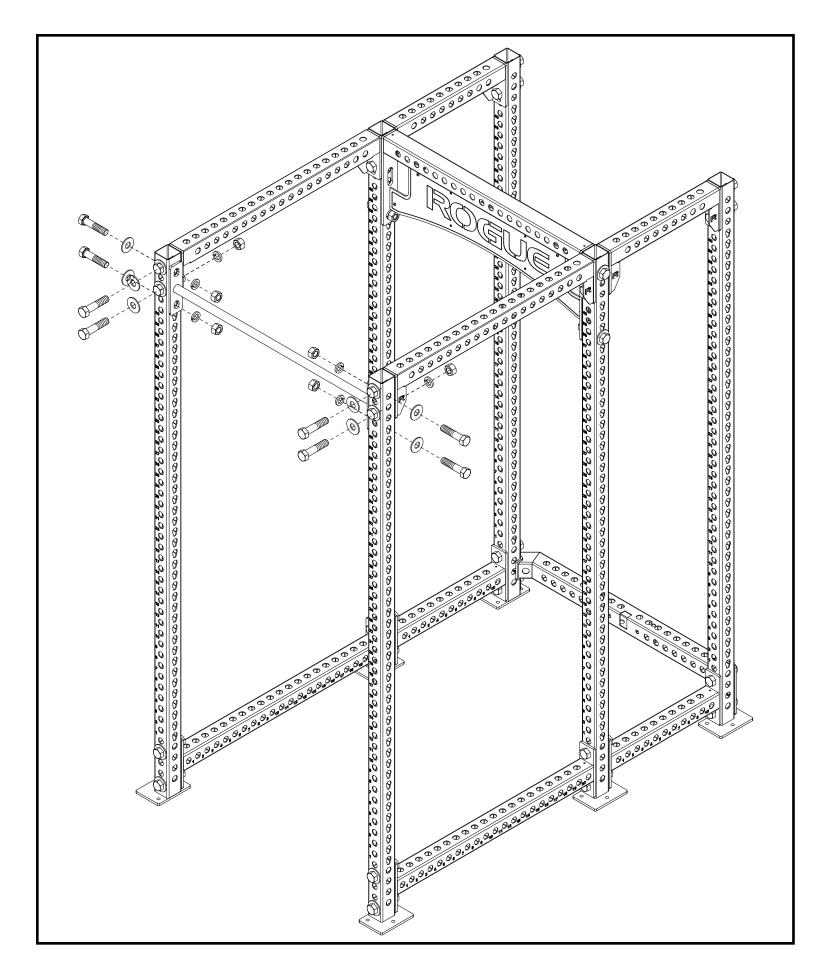
• LOOSEN BUT DO NOT REMOVE ALL 1" HARDWARE ON ENTIRE RACK.

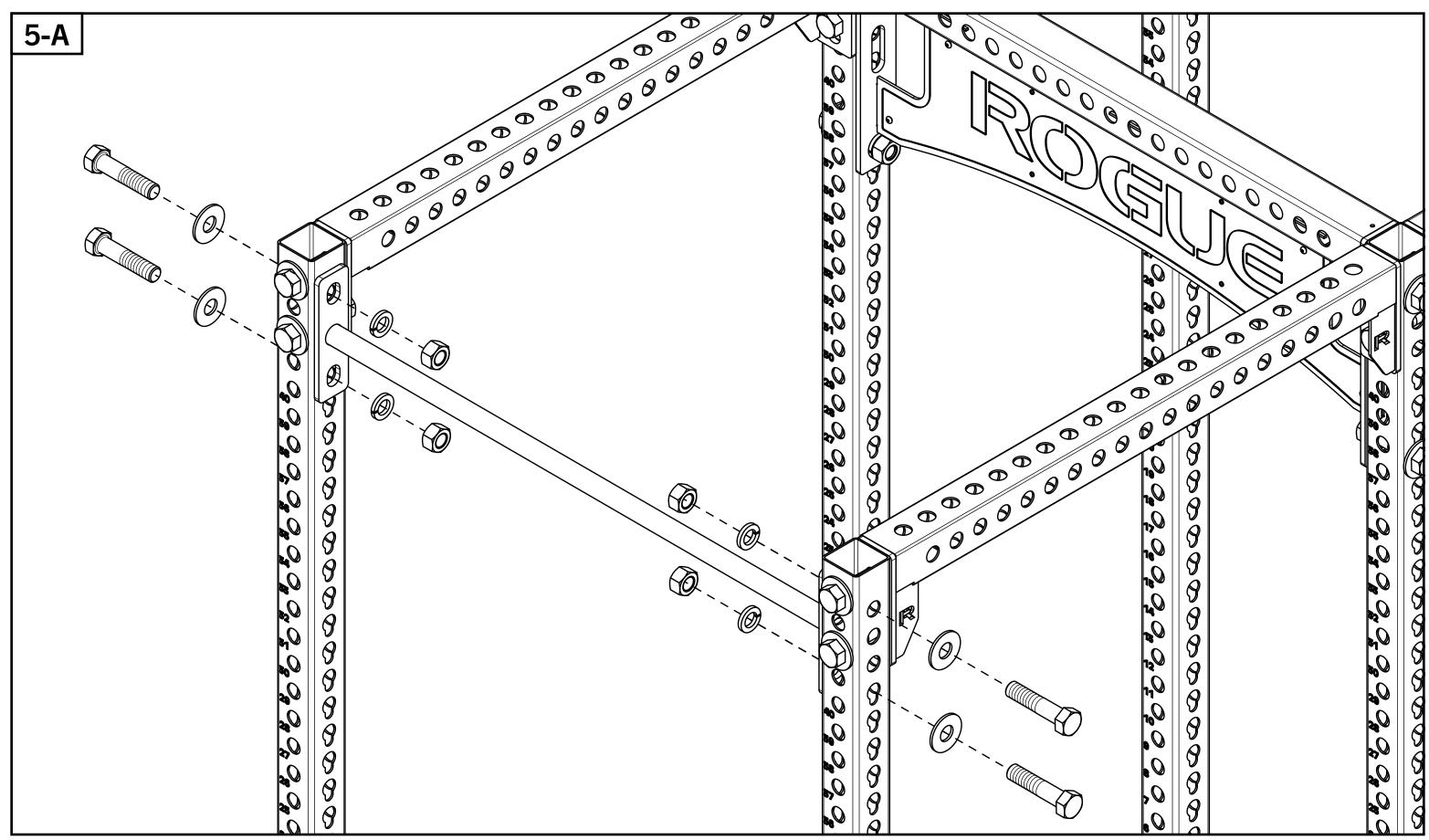
#### **Tools Required:**

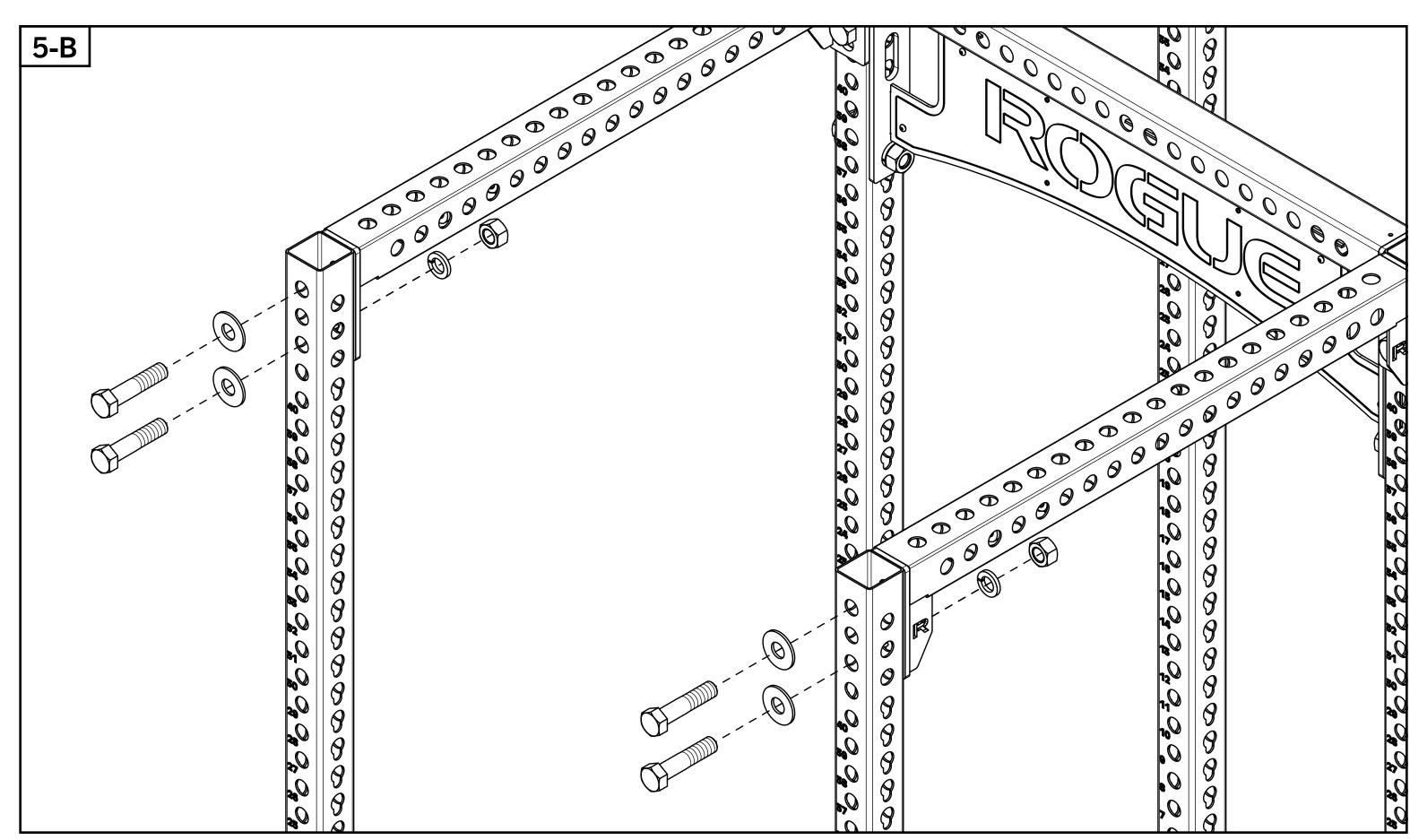
- 1-1/2" Wrench
- Remove Pull-up Bar and hardware from front of rack and set parts aside.
- Remove additional 1" crossmember hardware shown in **5-B** so that the tops of the front uprights are completely free to move.

#### 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.

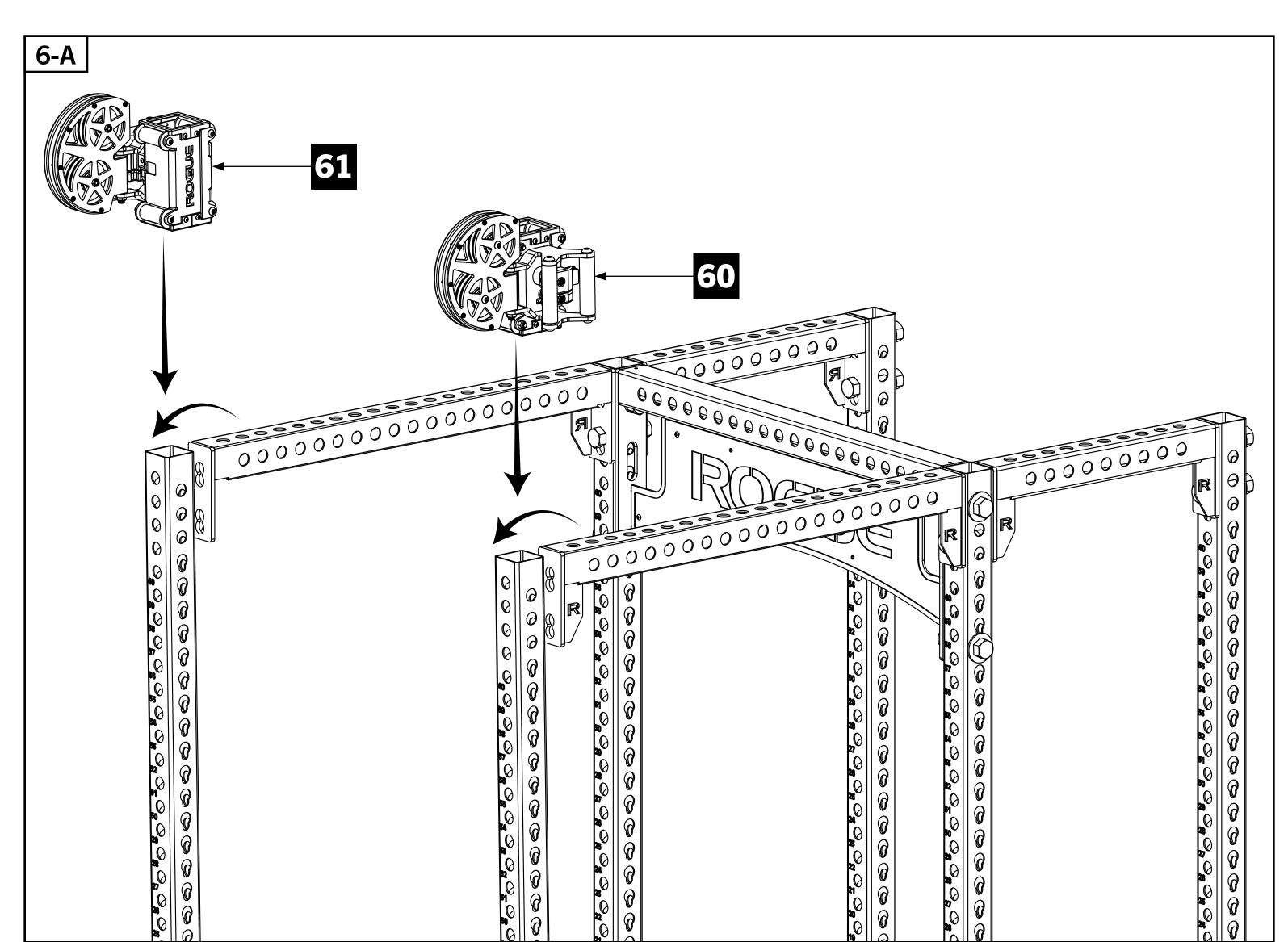


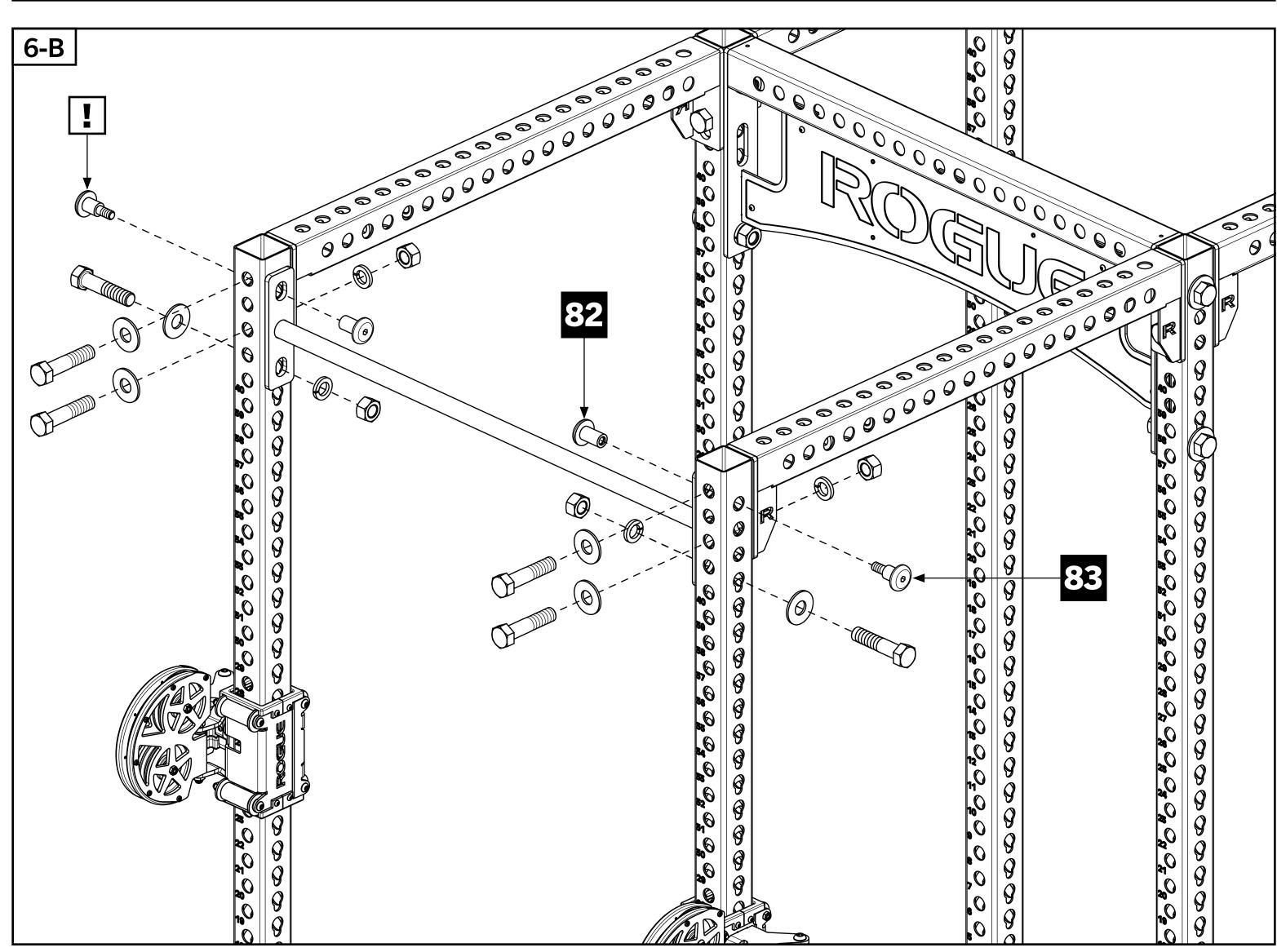




## STEP 6 (ADD-ON KIT)

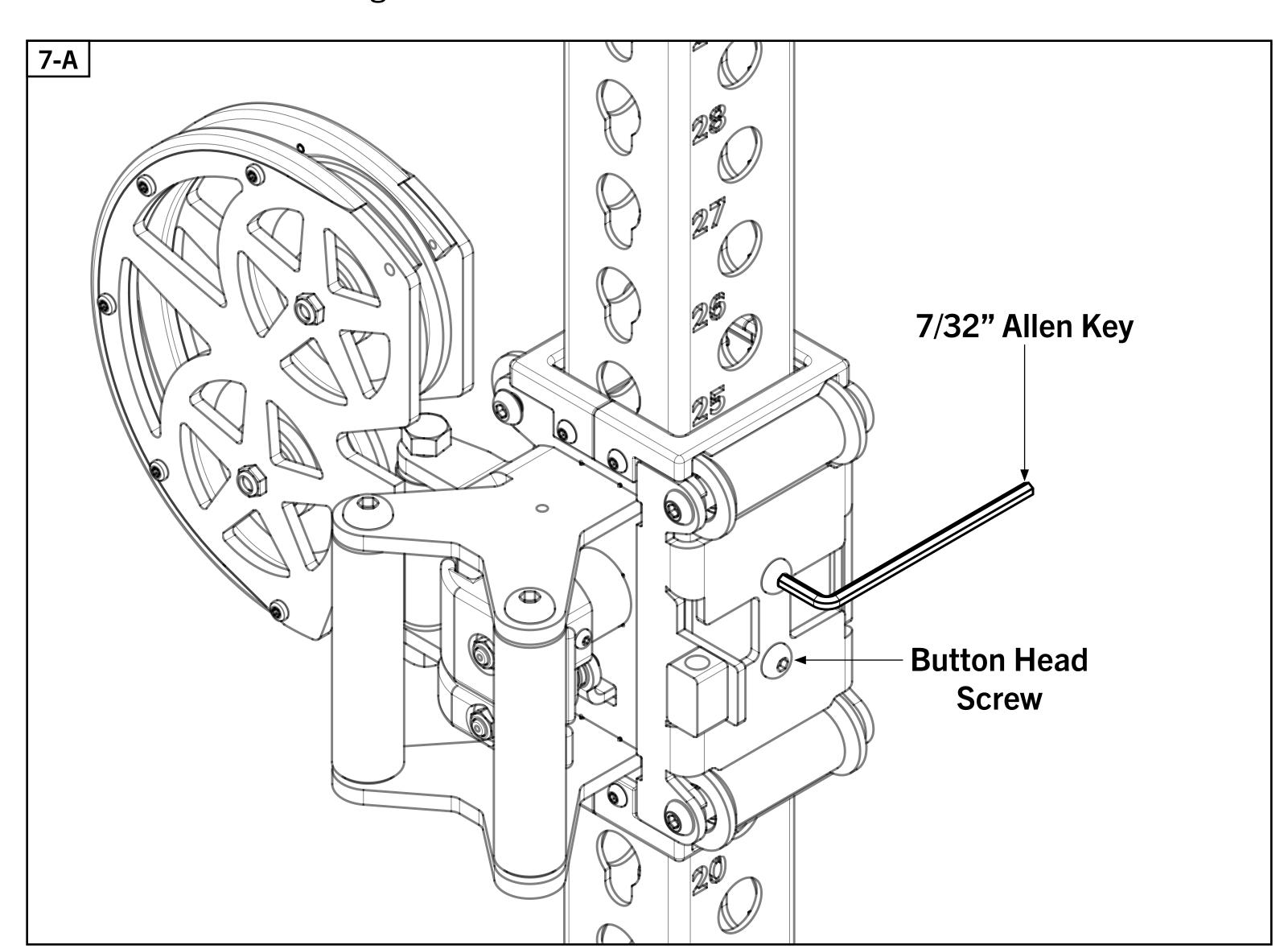
- While tilting Upright forward, pull the handle triggers and slide LH Swivel Trolley
   [61] down the front left Upright.
- Repeat this process to assemble RH
   Swivel Trolley [60] on front right Upright.
- Slide down the Uprights and release triggers when the viewing window is showing the number 23 (refer to **STEP 1-C**).
- Assemble hardware removed in **STEP 5**, replacing the indicated top outer bolts with 1" Shoulder Bolts [82,83].
- I Fully tighten ONLY the 1" Shoulder Bolts using two 3/8" Allen Keys.

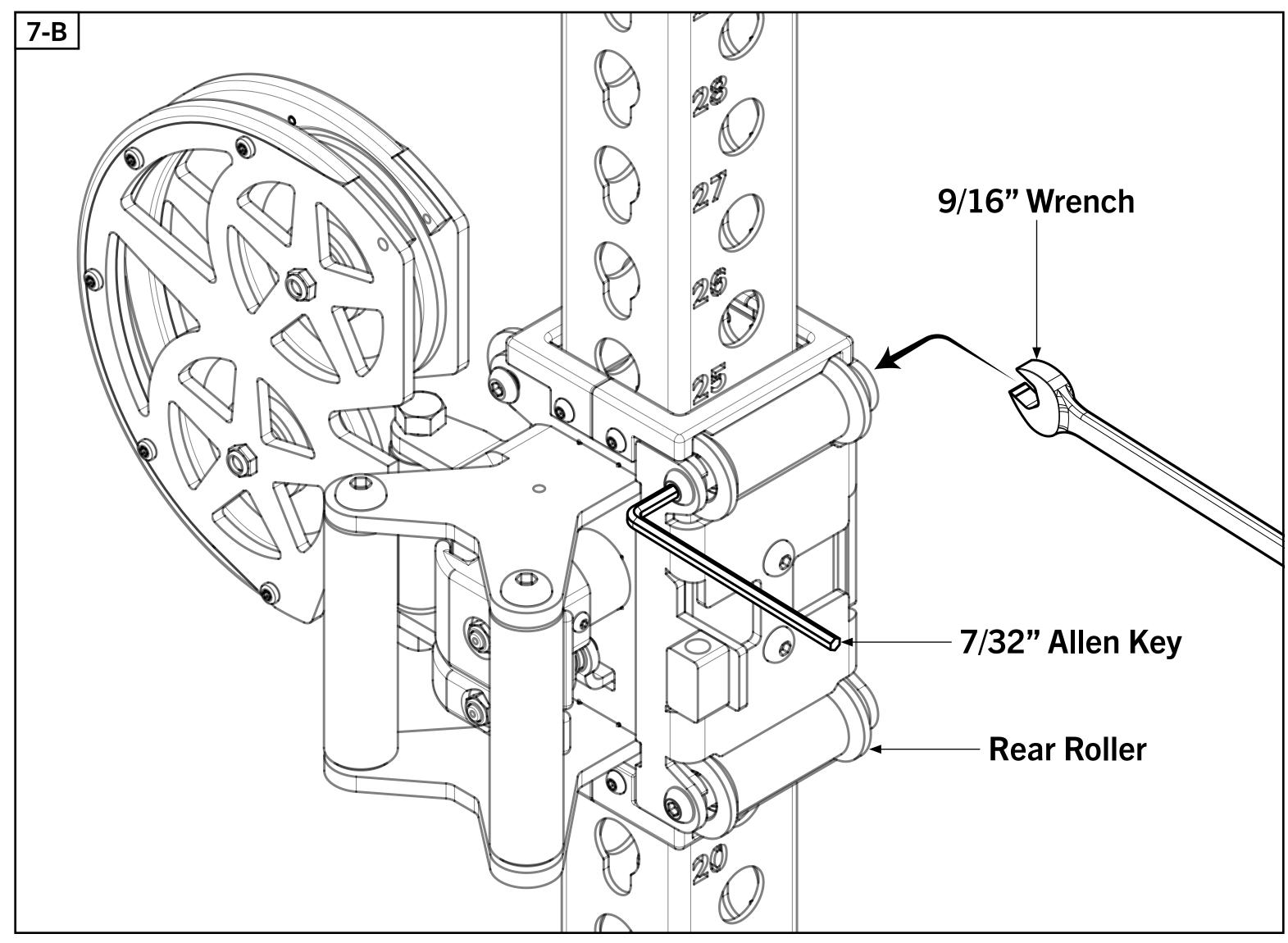




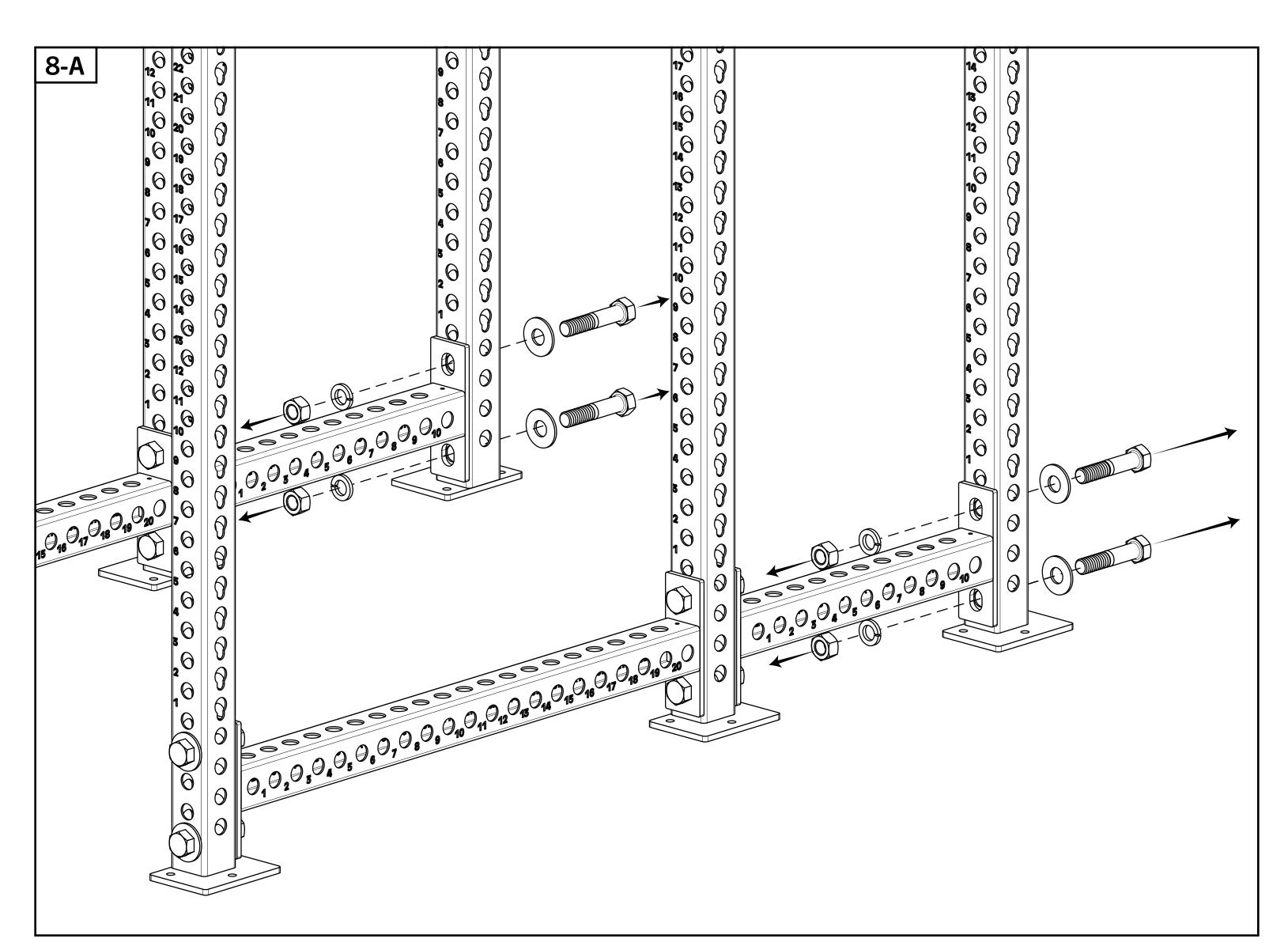
#### **Tools Required:**

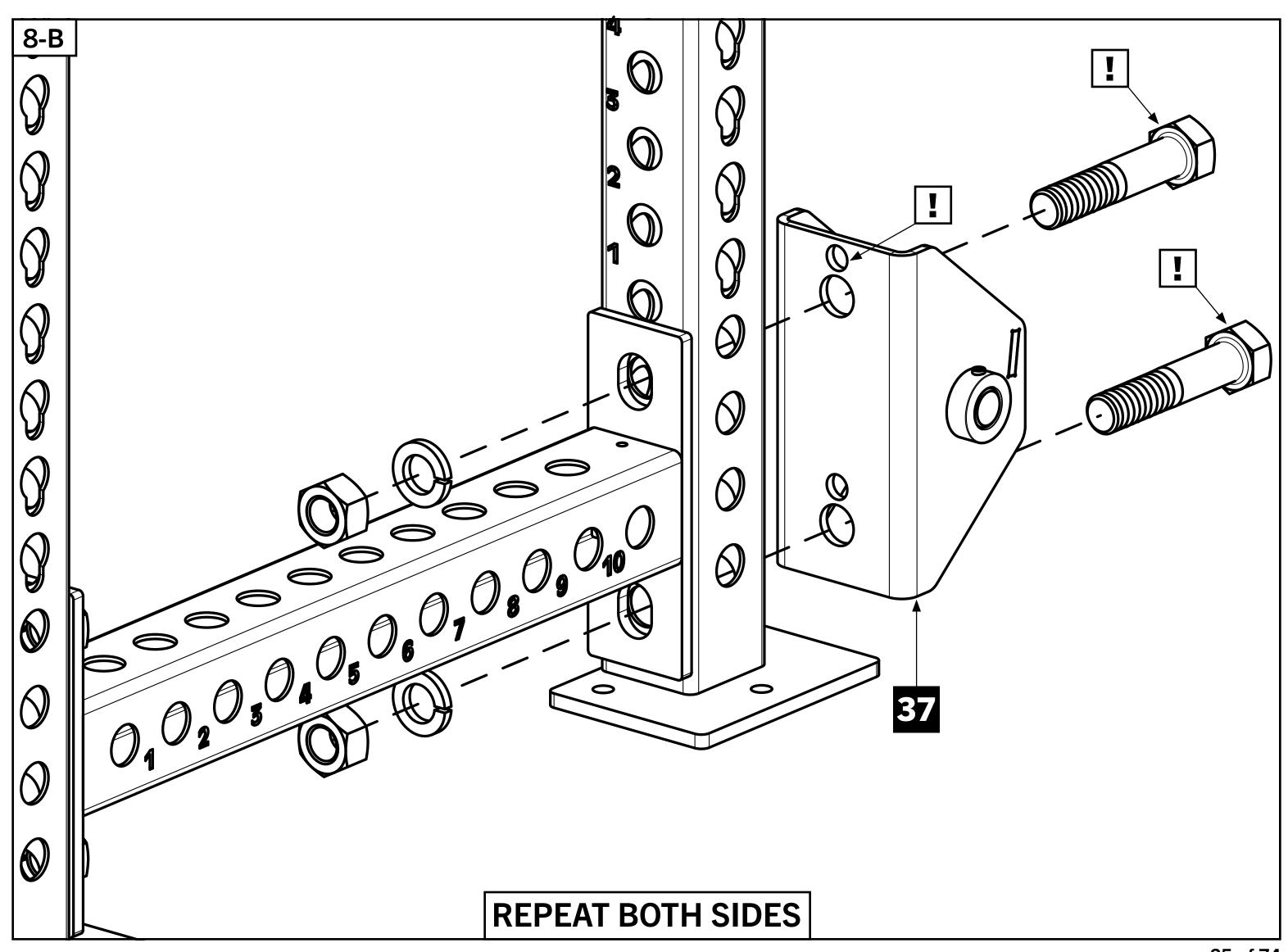
- 7/32" Allen Key, 9/16" Wrench
- Swivel Trolleys [60,61] need to be calibrated for your specific rack.
- Keeping the Swivel Trolleys locked in place, tighten the Button Head Screws shown in **7-A** using 7/32" Allen Key until looseness or "wobble" is gone.
- Unlock pop pins and roll Trolleys up and 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.





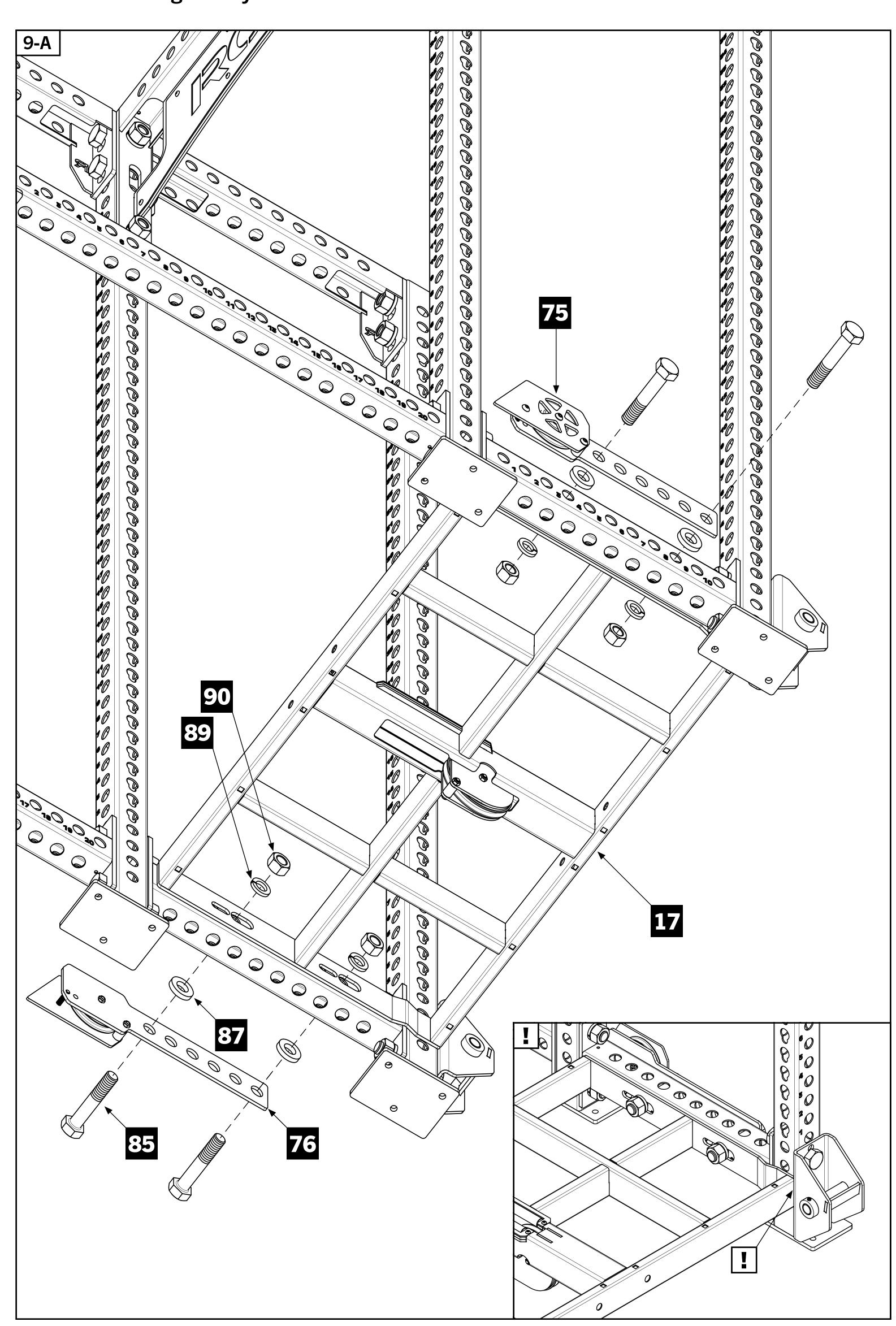
- Remove existing 1" Hardware shown in 8-A.
- Reuse hardware in 8-A to bolt Lever Hinges [37] to upright.
- I Ensure heads of bolts are facing away from rack like shown in **4-B.**
- Insure smaller holes are upright on Lever Hinge [37].
- FULLY TIGHTEN HINGE HARDWARE.





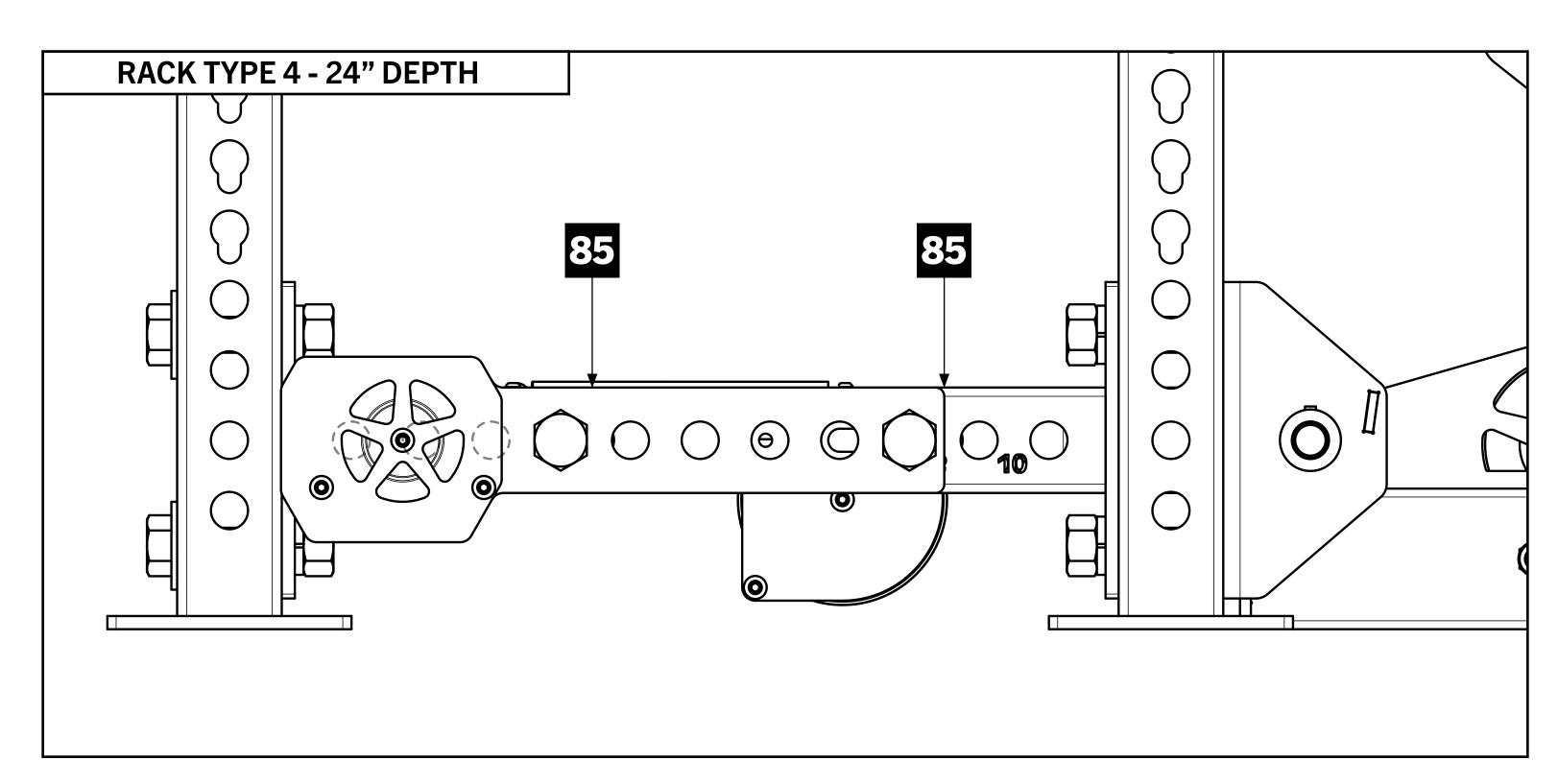
- See Page 26 for bottom pulley locations.
- Bolt Pulley Deck [17] and Bottom Side Pulley Assembly RH [75] and -LH [76] to Bottom Crossmembers using 1" x 5" Hex Bolts [85], 1" x 3/8" Pulley Bracket Spacers [87], 1" Lock Washers [89], and 1" Hex Nuts [90].
- I Ensure Pulley Deck [17] is flush to face of the rear uprights as shown.
- Ensure product is level on the ground.
- Ensure platform is oriented such that the pulley is towards the floor.

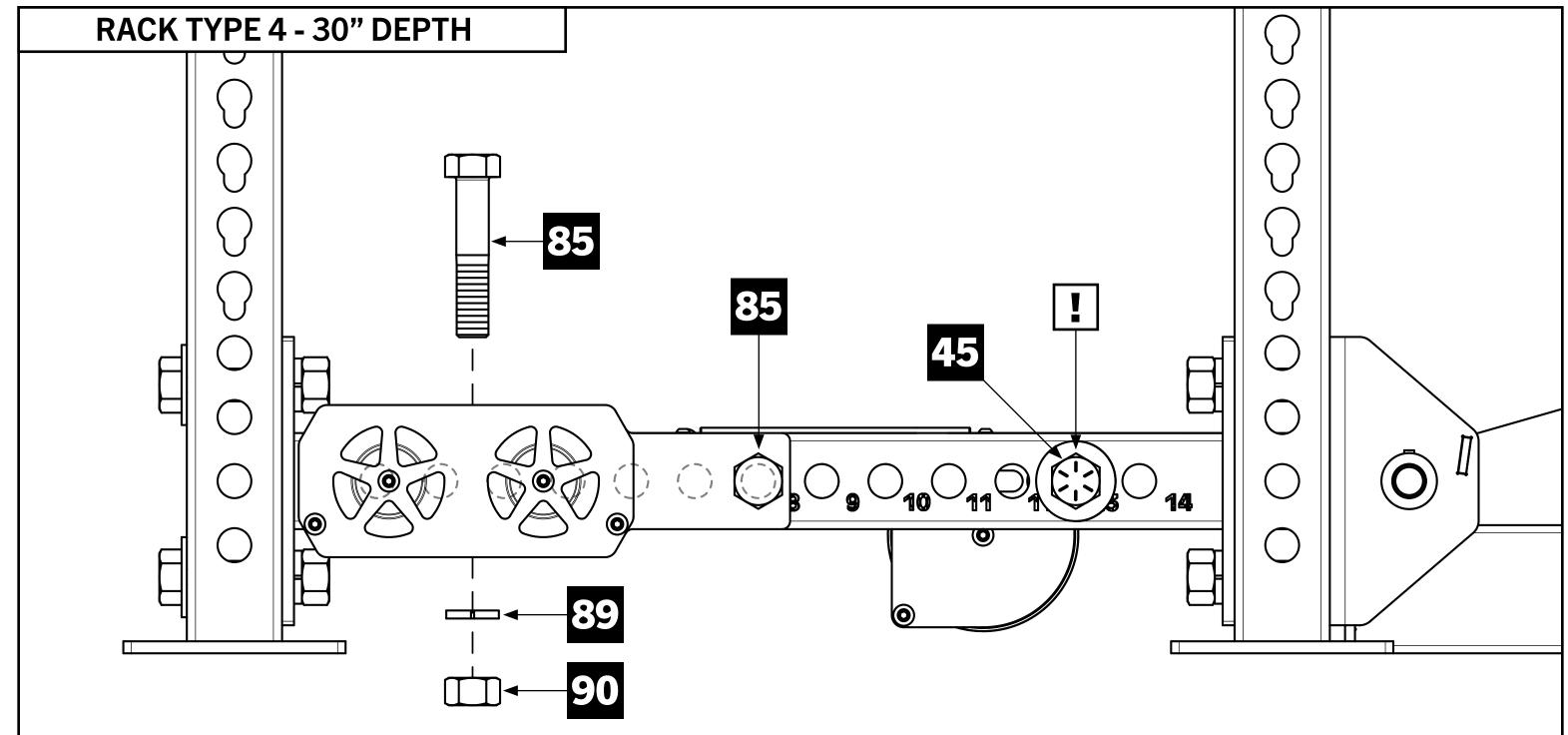
Bolts Hand Tight Only.

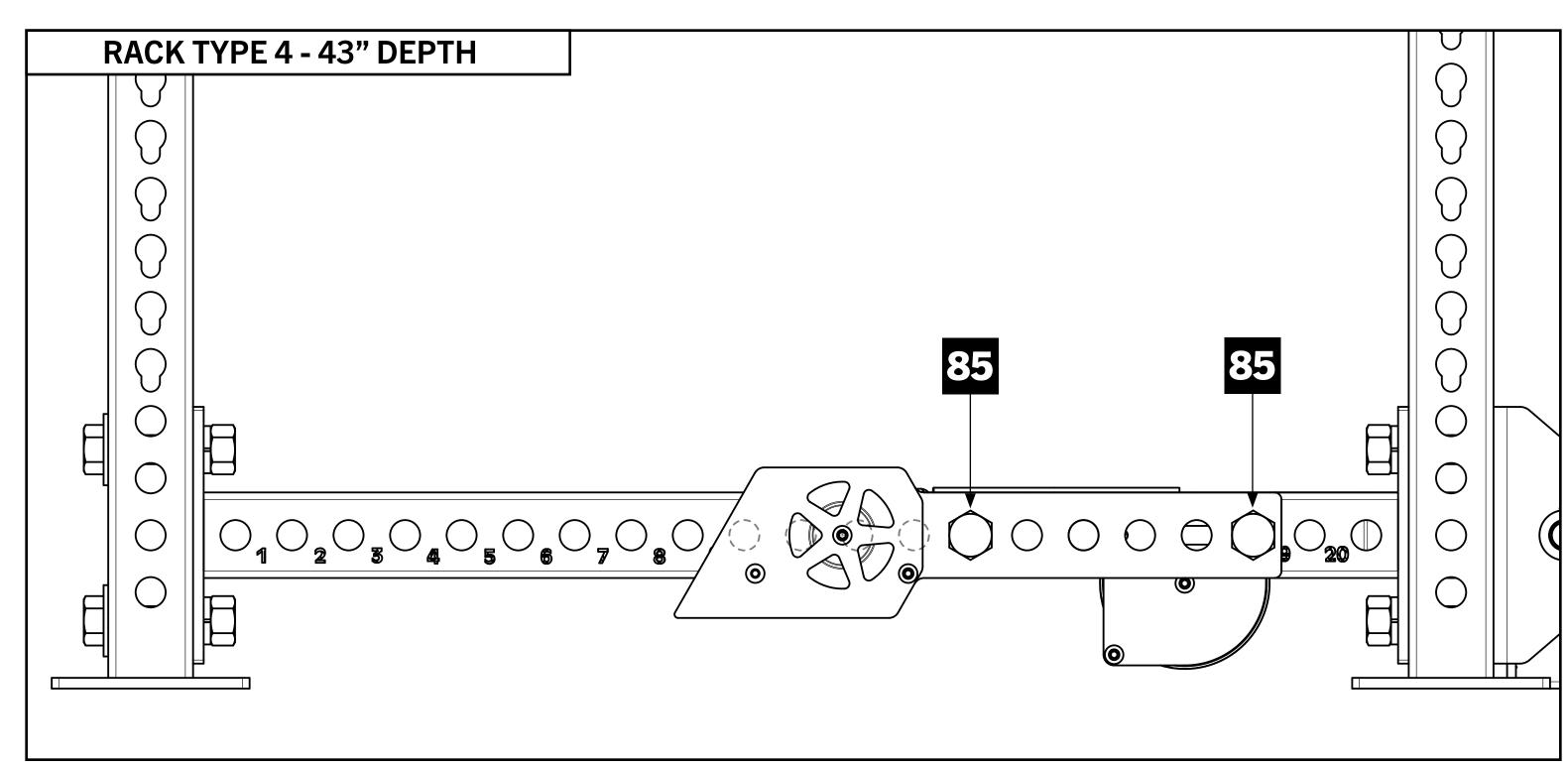


#### 9 DETAIL

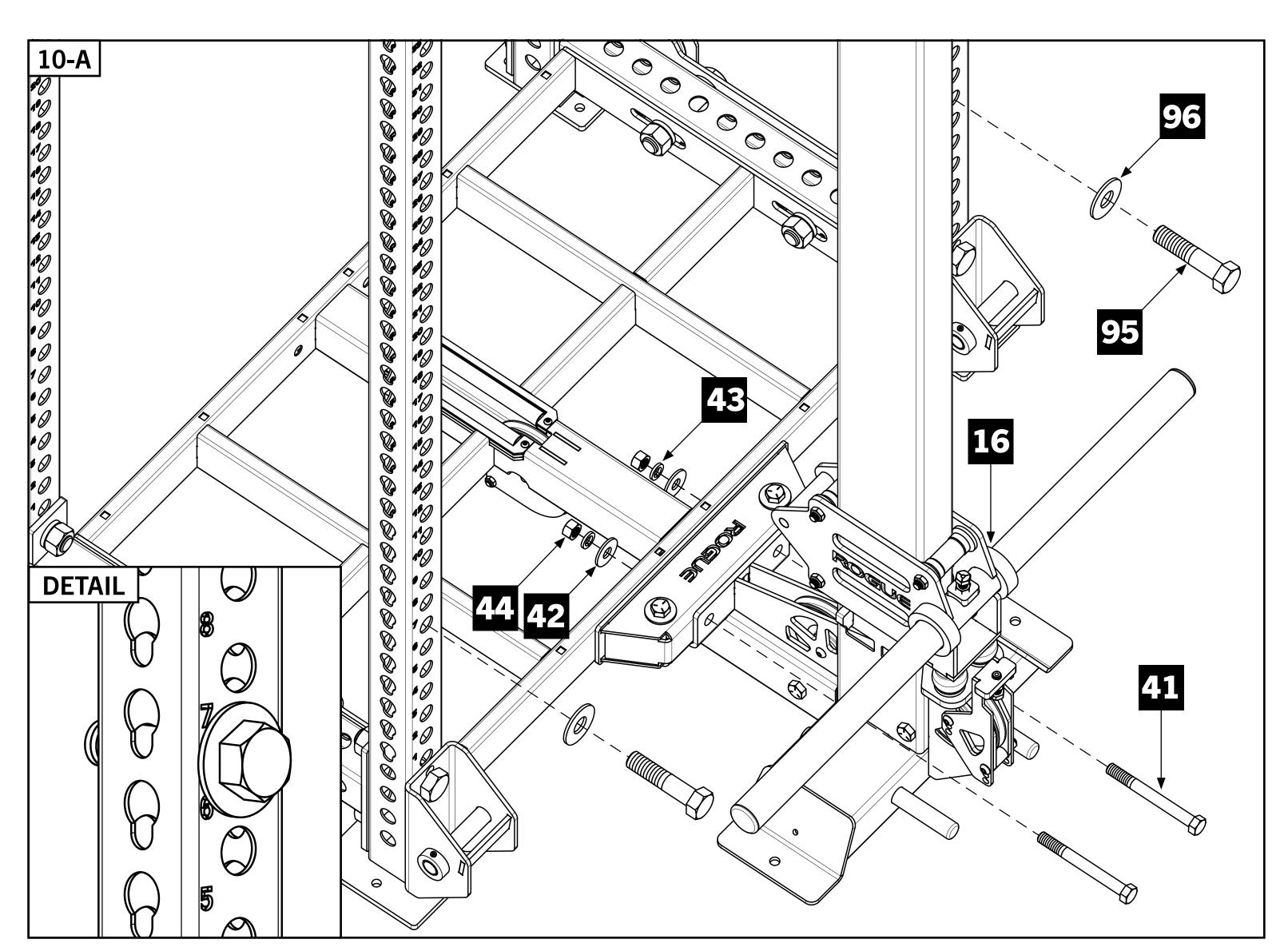
- For all Rack Type 6 depths, use the same assembly location as shown in Detail 9-A.
- Install the Pulley Assemblies on each Rack Type 4 as shown below.
- For Rack Type 4 30" Depth Only: Bolt Pulley Deck [17] and Bottom Side Pulley Assembly RH [75] and -LH [76] to the 30" Low Crossmembers using 1" x 5" Hex Bolts [85], 1" x 3/8" Pulley Bracket Spacers [87], 1" Lock Washers [89], and 1" Hex Nuts [90] as shown.
- L Use 1" x 4-3/4" Hex Bolt [45], 1" Flat Washer [47], 1" Lock Washers [48], and 1" Hex Nuts [49] on rear hole on 30" Depth.

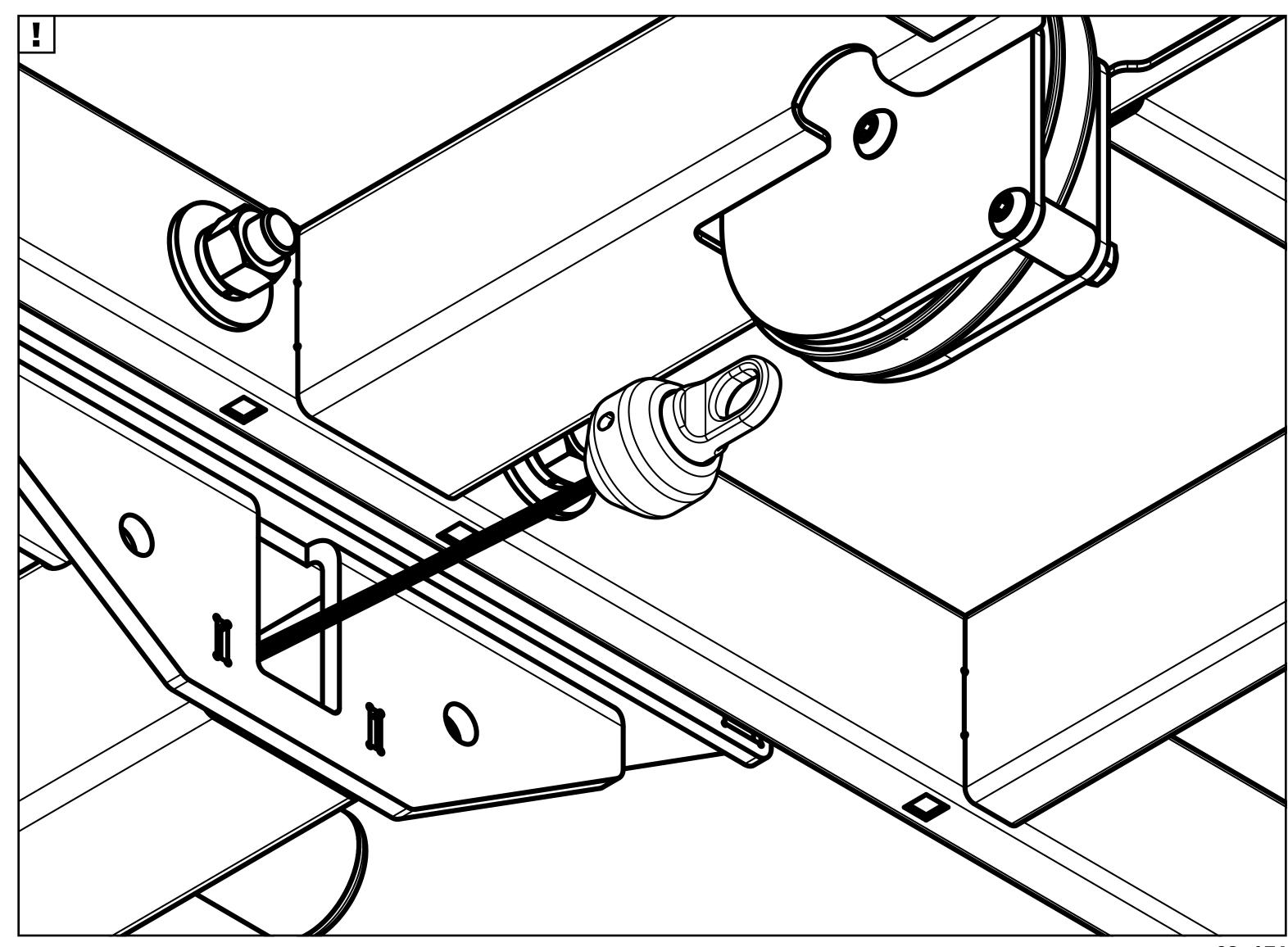




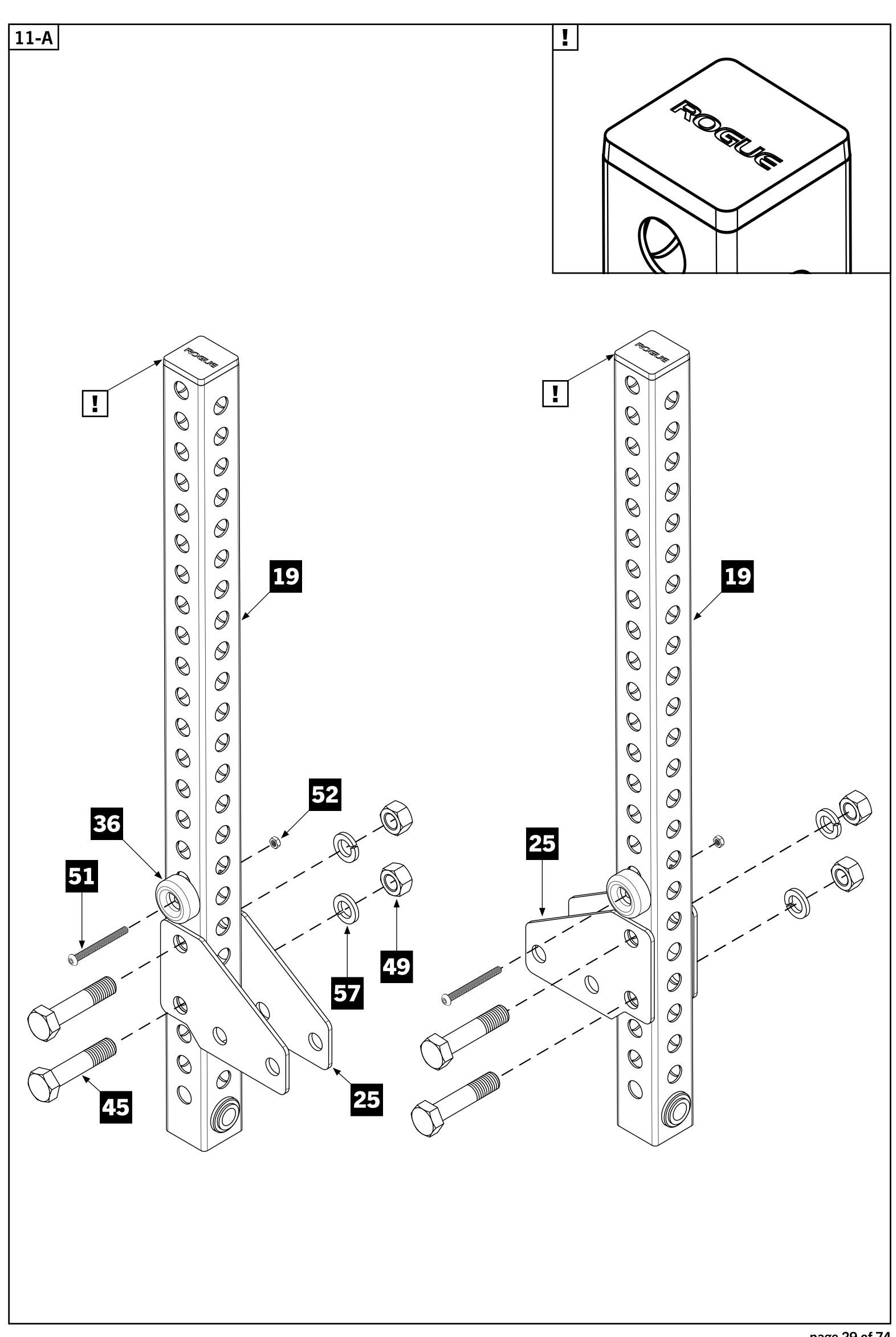


- Bolt assembled Rhino Upright [16] to the Pulley Deck [17] using 5/8" X 6" Hex Bolt [41], 5/8" Flat Washer [42], 5/8" Lock Washer [43], 5/8" Hex Nut [44]. Hand Tighten Only.
- Insure lower cable and ball clevis are clear of Rhino Upright [16] and Pulley Deck [17].
- Insert a 1" x 4-3/4" Hex Bolt [95] and a 1" Flat Washer [96] into the hole located between positions 6 and 7 on the rear uprights as shown in **DETAIL**. These components will be used to install the shrouds in a later step.

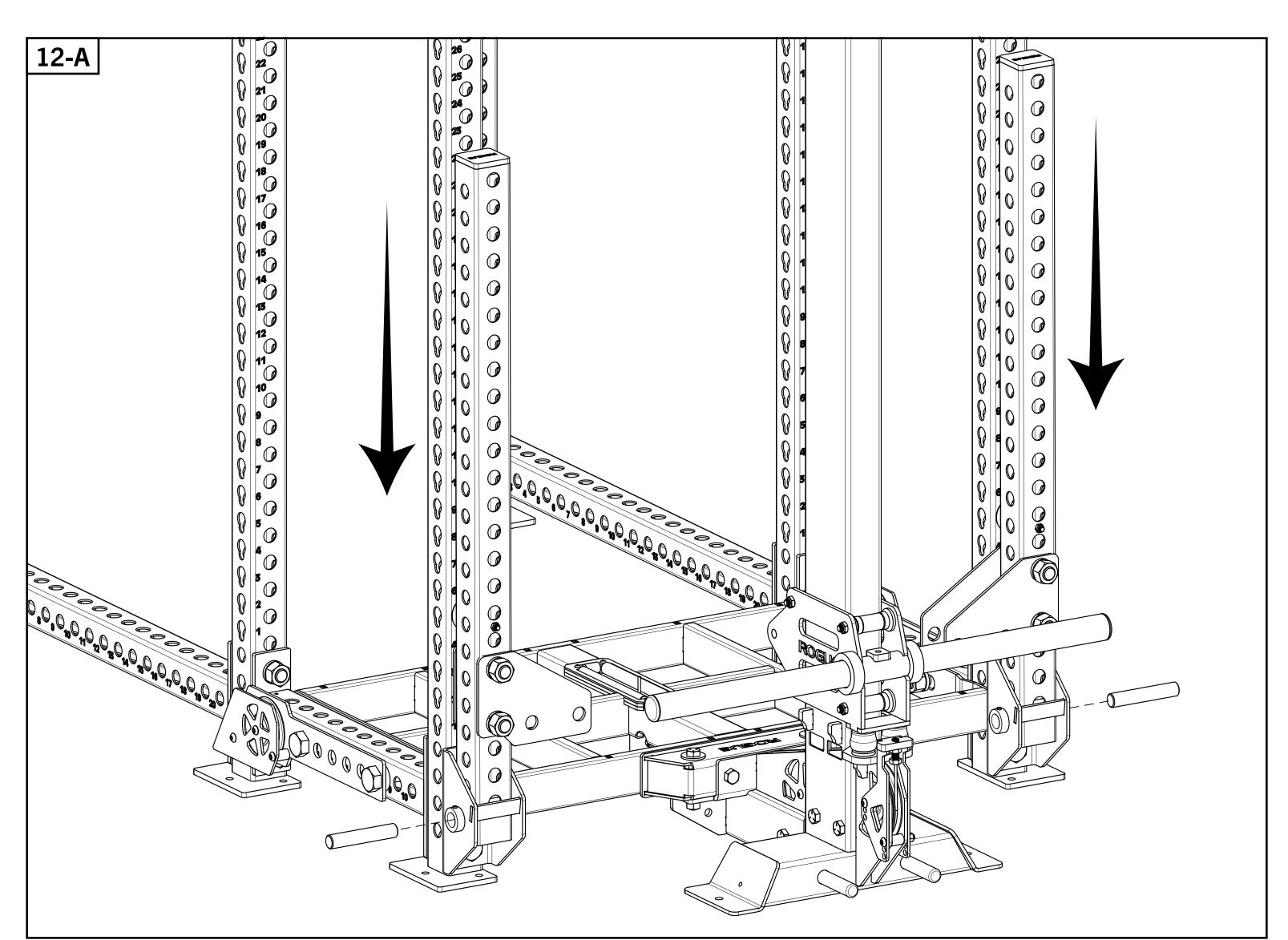


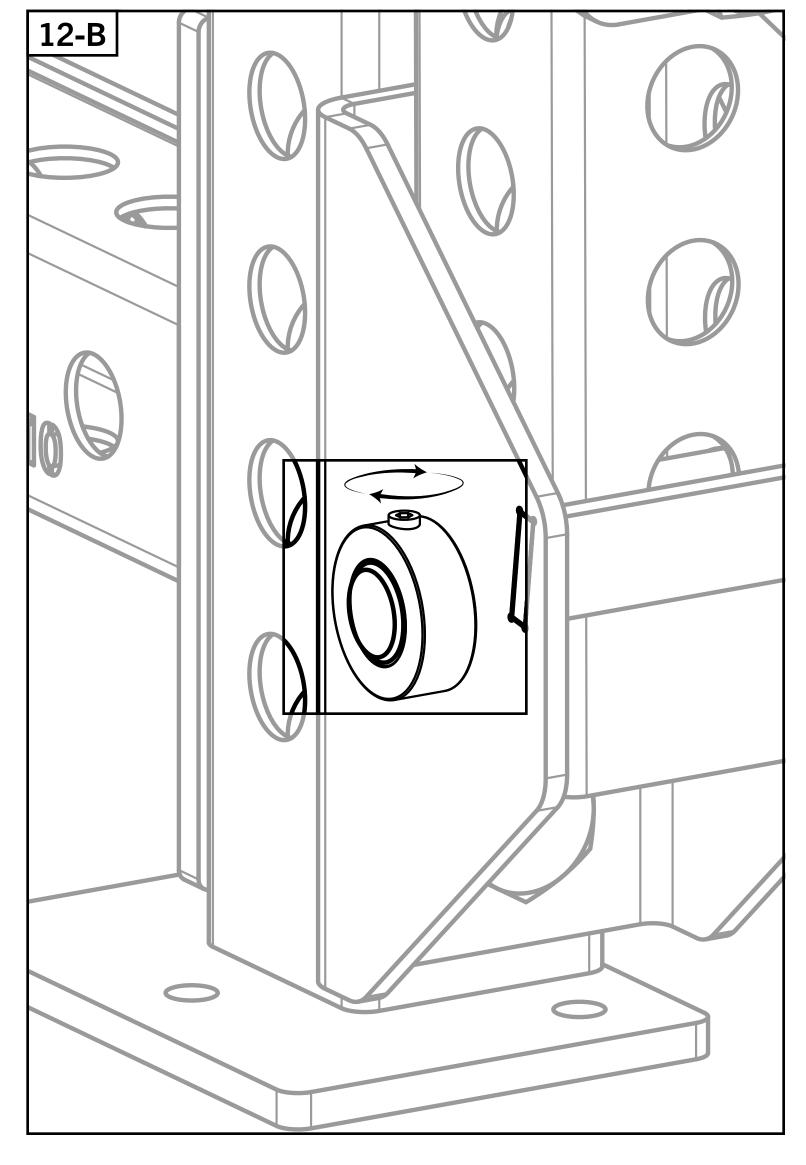


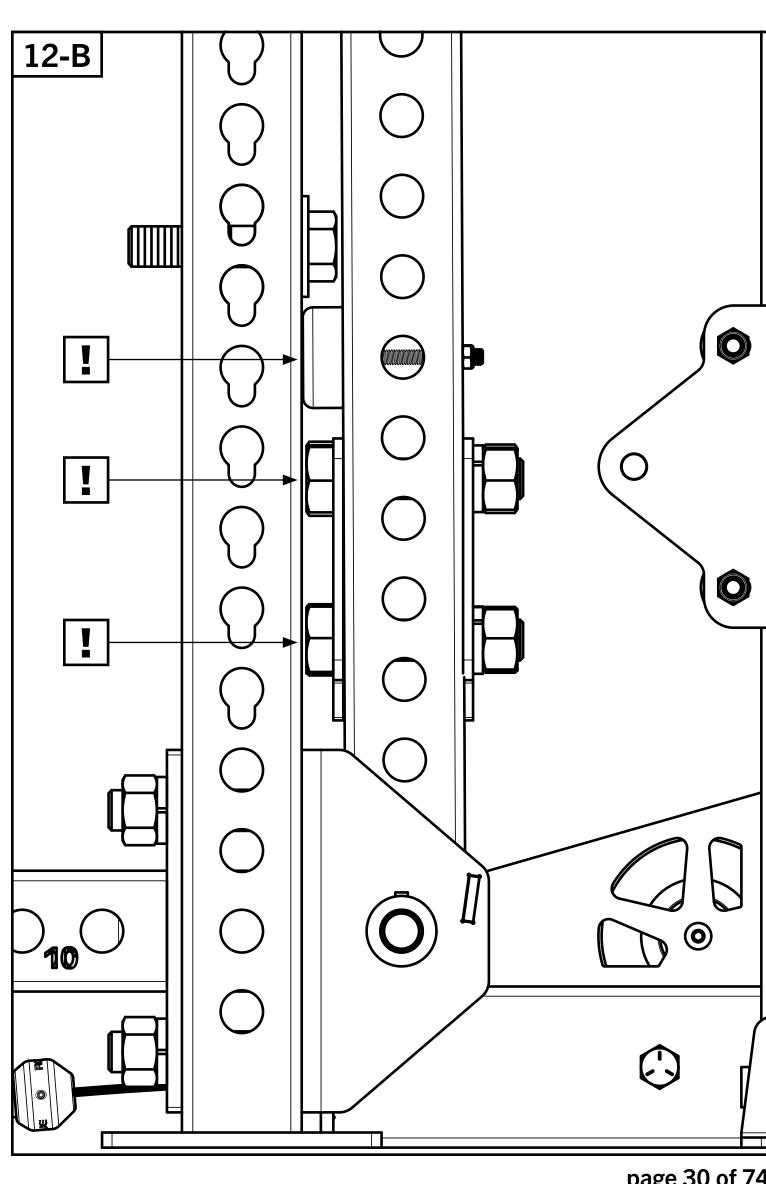
- Bolt Triangle Plates [25] to Lever Tubes [**19**] using 1" x 4-3/4" Hex Bolts [**45**], 1" Lock Washers [57], and 1" Hex Nuts [49].
- Bolt 2.5" x 1" Rubber Foot [36] to Lever Tubes. DO NOT OVERTIGHTEN.
- Ensure Bolts are oriented as shown below. 1" Bolts Hand Tight Only.
- **Ensure Rogue caps are oriented as** shown below.



- Loosen set screws on Lever Hinges [37] and remove Lever Pin as shown in 12-A.
- Install Lever Tubes [19] with Triangle Plates [25] into each Lever Hinge [37] as shown in 12-A.
- Reinsert Lever Pin into Lever Hinge [25].
- Tighten set screws to hold lever pin in place as shown in 12-B.
- I Ensure that Rubber Bumper [36] and heads of hex bolts are oriented as shown in 12-C.

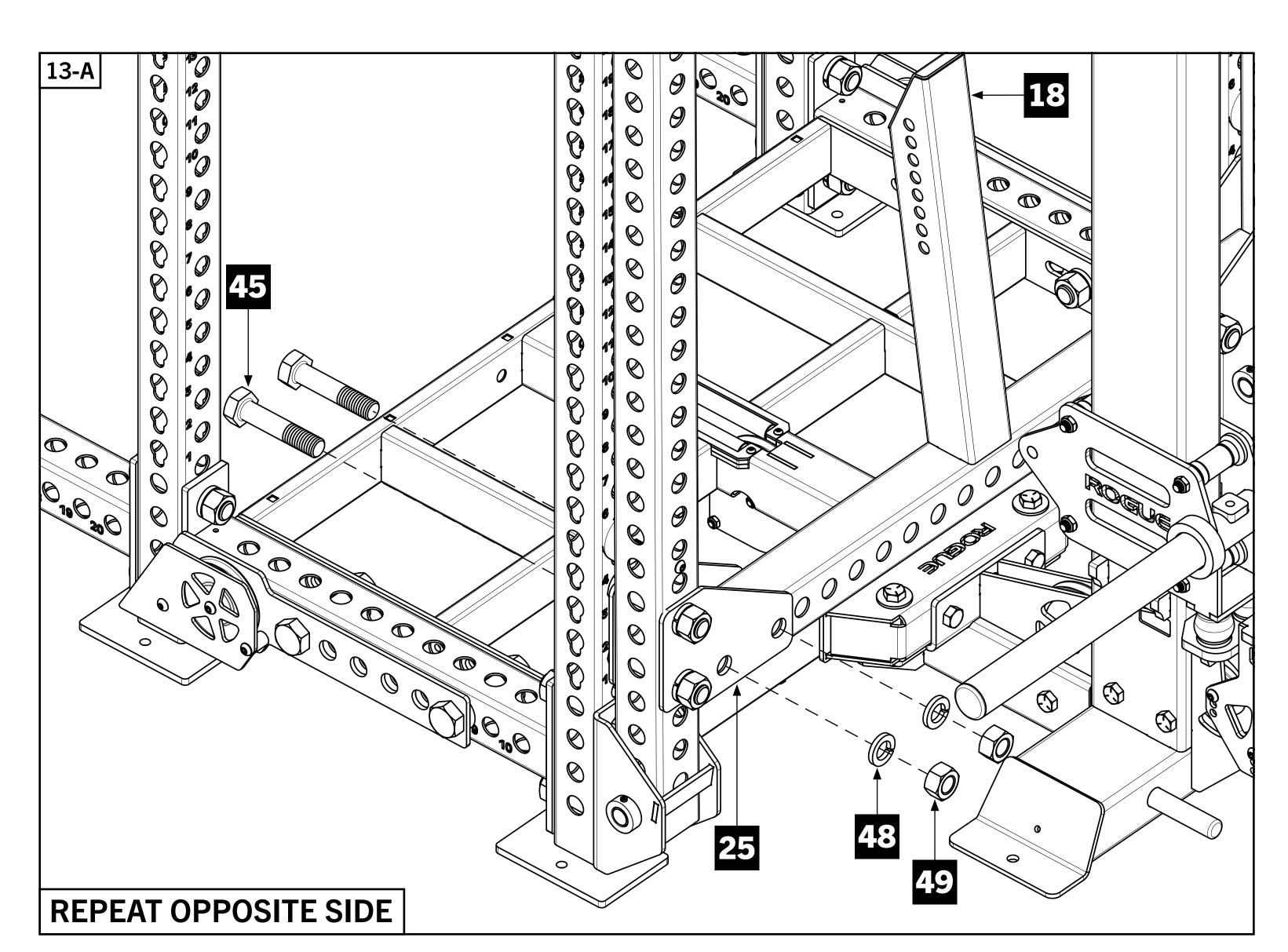


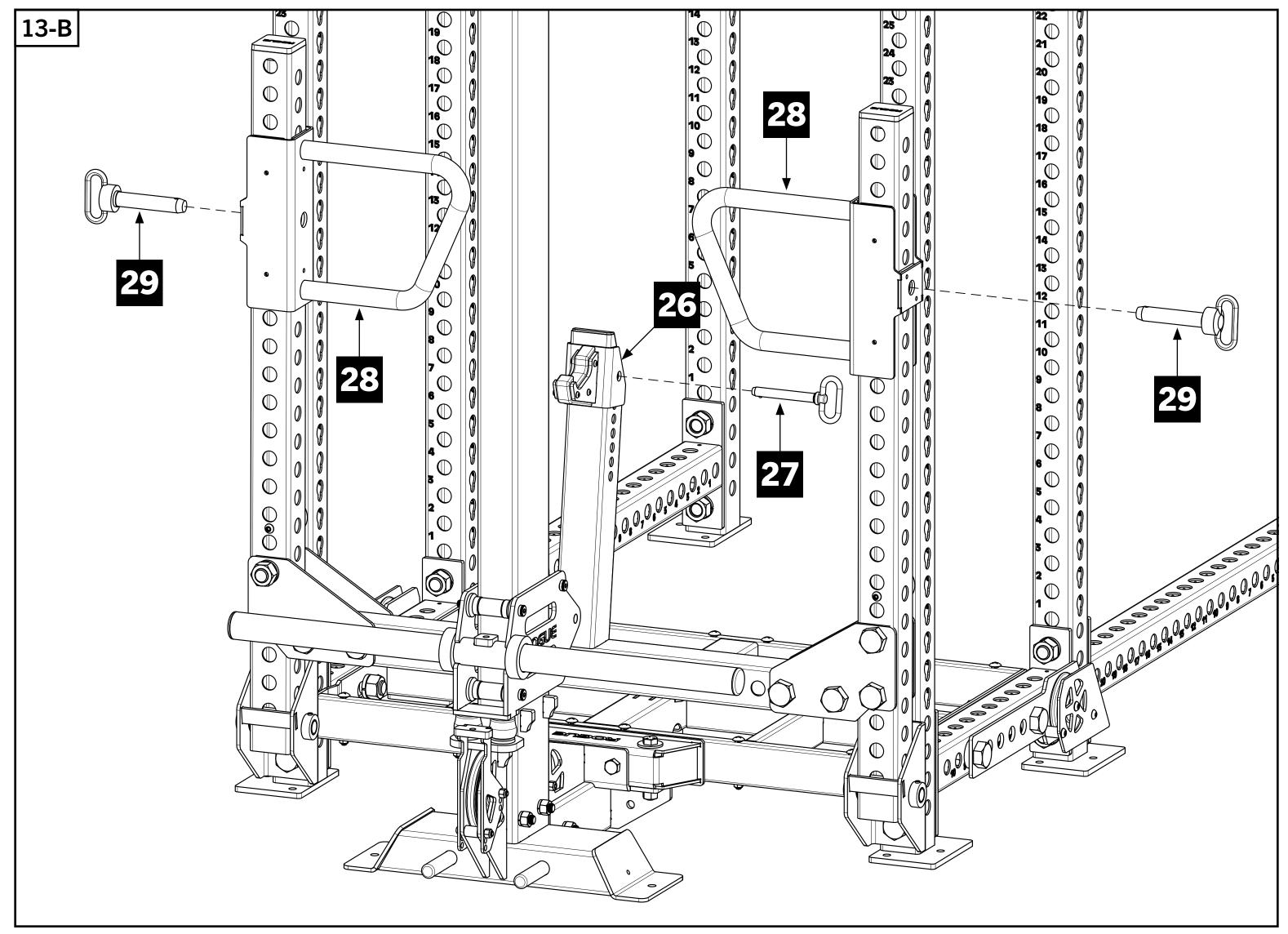




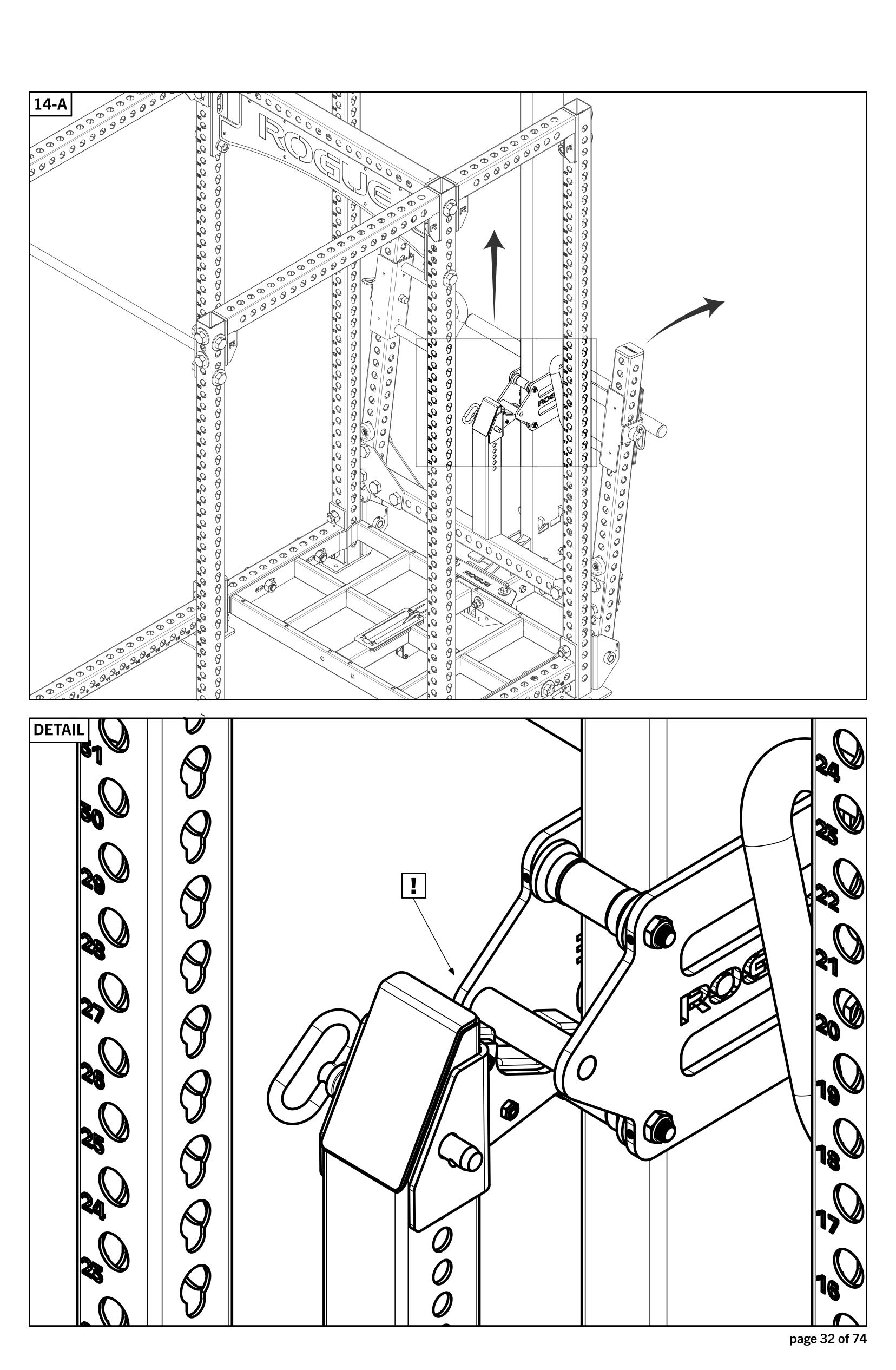
page 30 of 74

- Bolt Locking Horn Crossmember [18] to Triangle Plates [25] using 1" x 4-3/4" Hex Bolt [45], 1" Lock Washer [48], and 1" Hex Nut [49].
- Fully tighten all 8 triangle plate bolts while checking all parts remain square.
- Slide Removable Rhino Horn [26] on Locking Horn Crossmember [18] and secure using provided 5/8" Detent Pin [27].
- Slide Multi-Grip Handles [28] on Lever Tubes [19] and secure using provided 1" x 4-1/2" Hitch Pins [29].



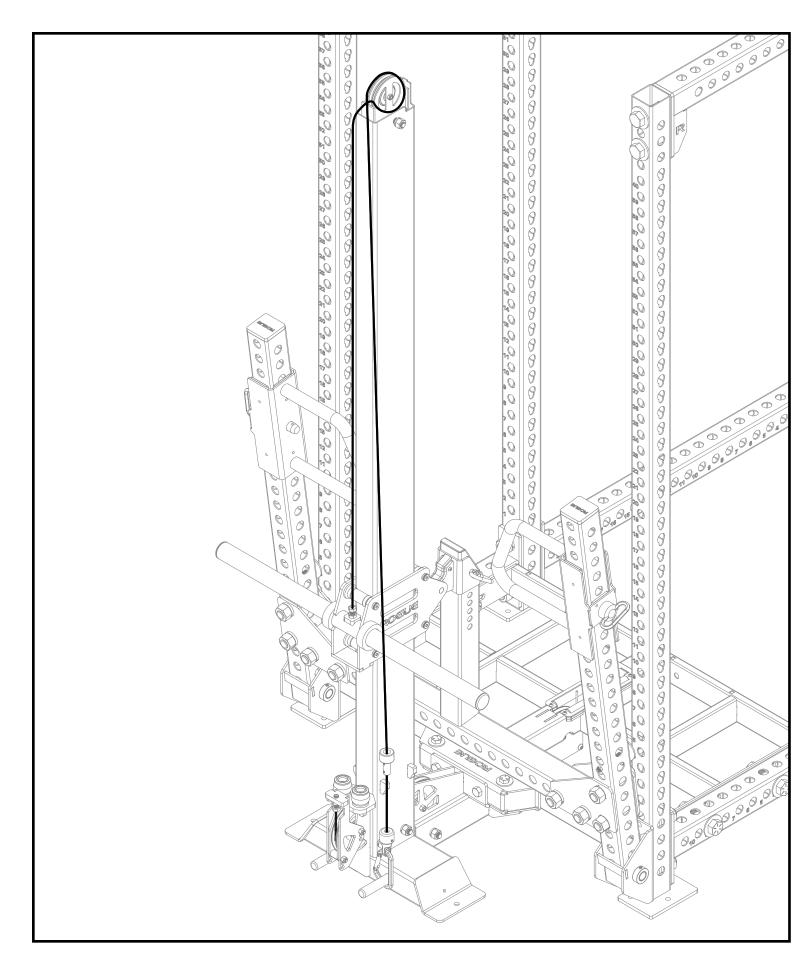


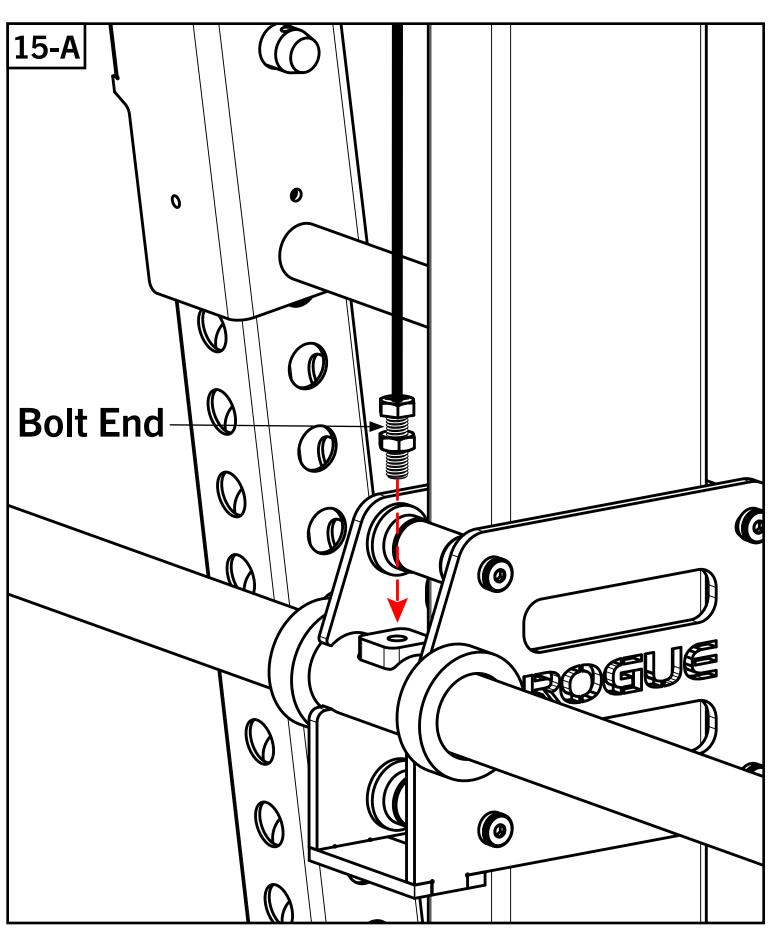
- Lift the Plate Load Trolley and hook it onto the Rhino Hook as shown in the **DETAIL**.
- Ensure there is slack in the lower cable for future steps.

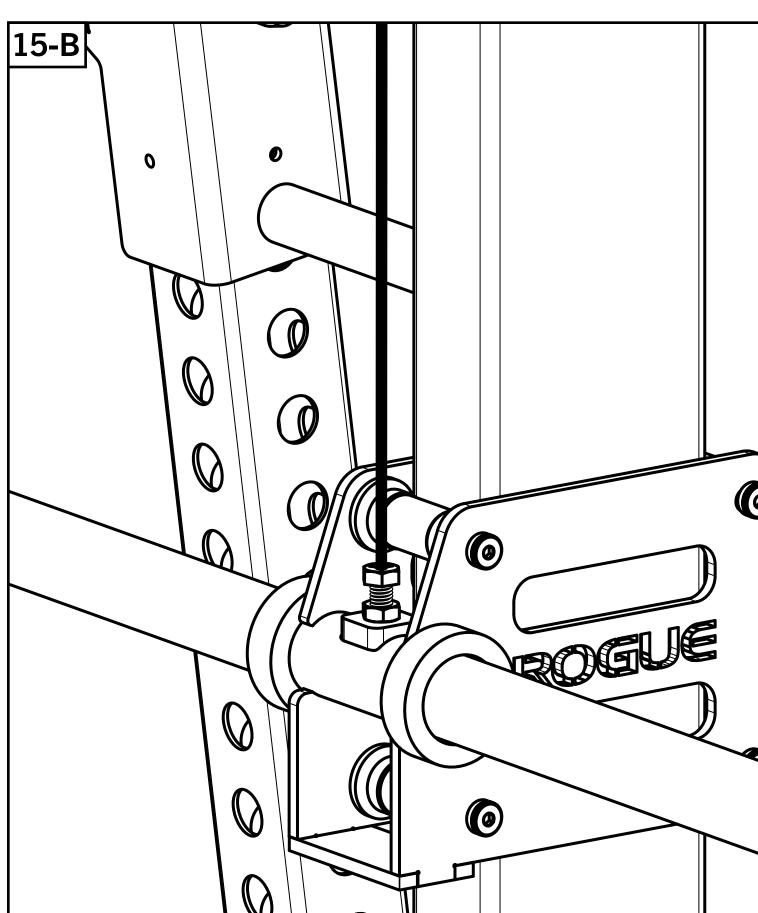


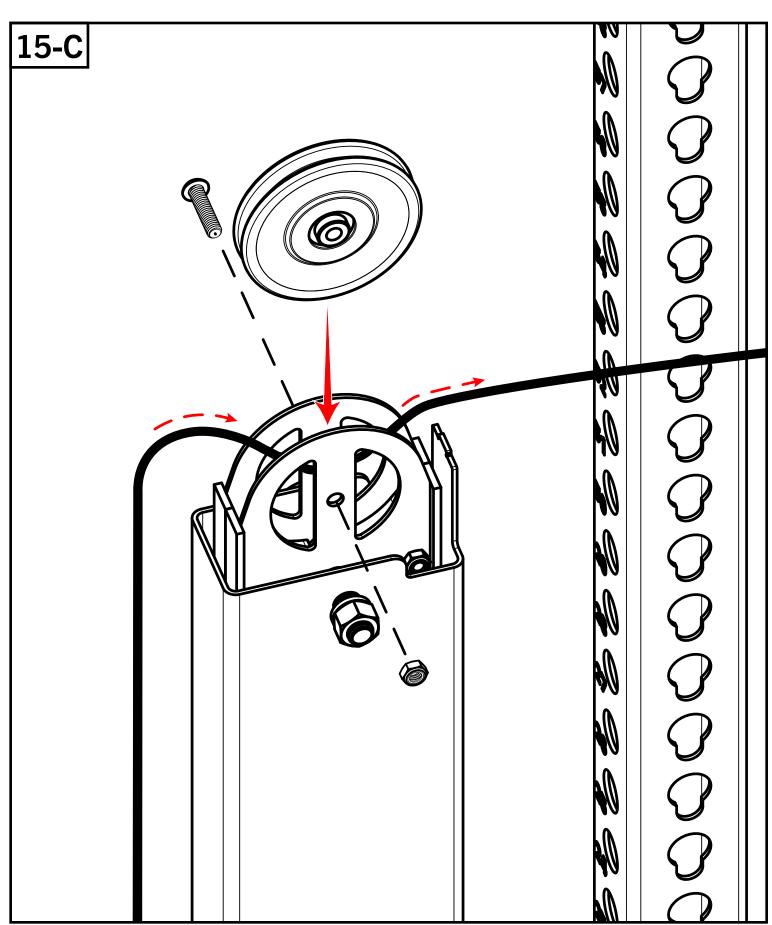
#### Note:

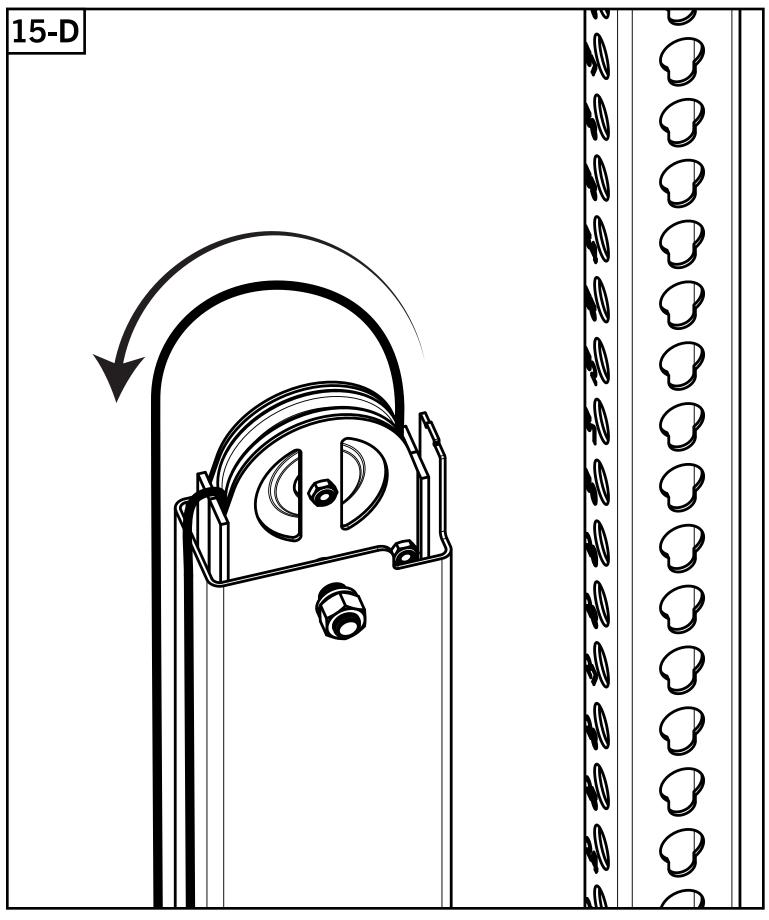
- Completely unwind and straighten out the Rhino Upper Cable [30] (Clevis comes preinstalled) to remove any twists/kinks prior to installation.
- Screw bolt end of Upper Cable [30] into Plate Load Trolley.
- Remove pulley from cable carriage and feed clevis end of Upper Cable [30] through as seen in 15-C.
- Re-install pulley in cable carriage making sure Upper Cable [30] is resting in pulley grove.
- Loop the Upper Cable [30] over and back towards the rear of the Rhino Upright [16], following the orientation shown in 15-D.



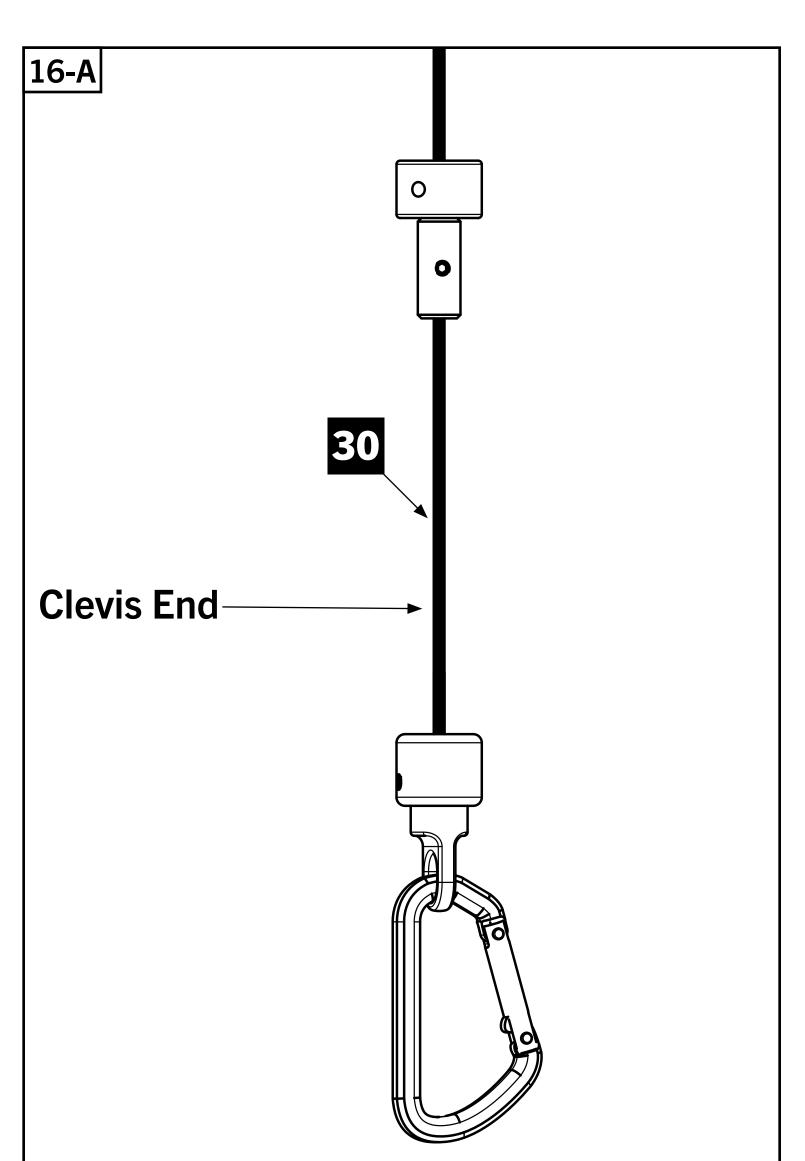


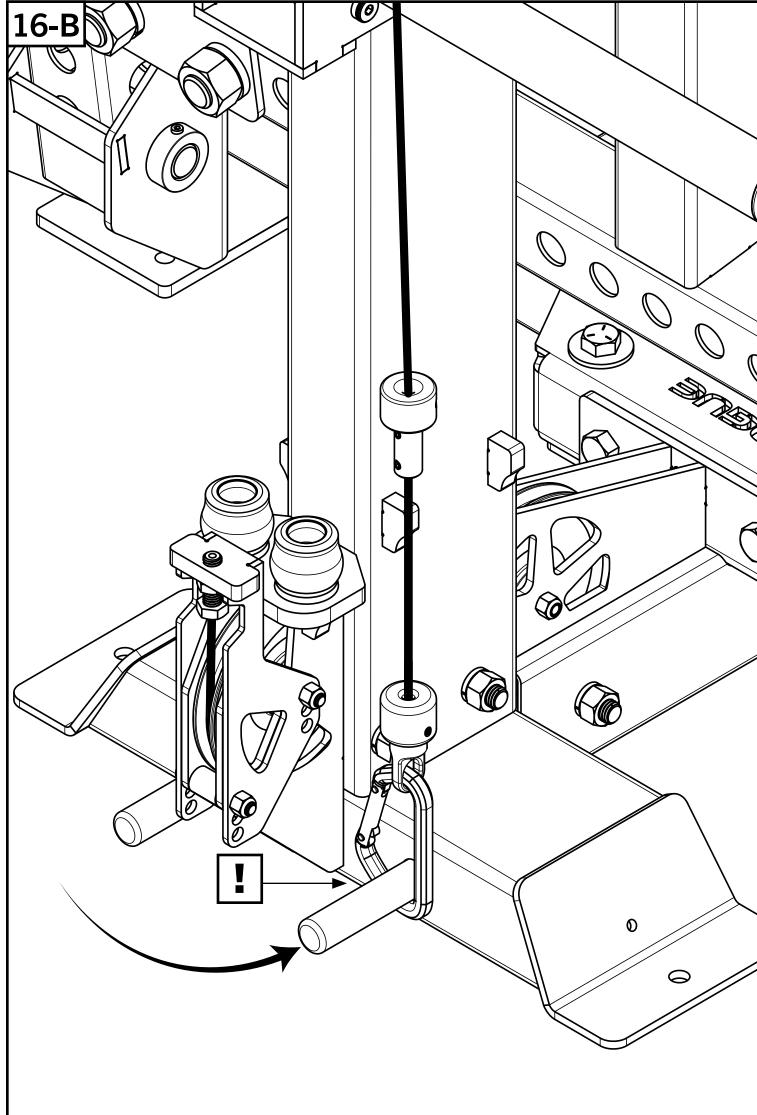


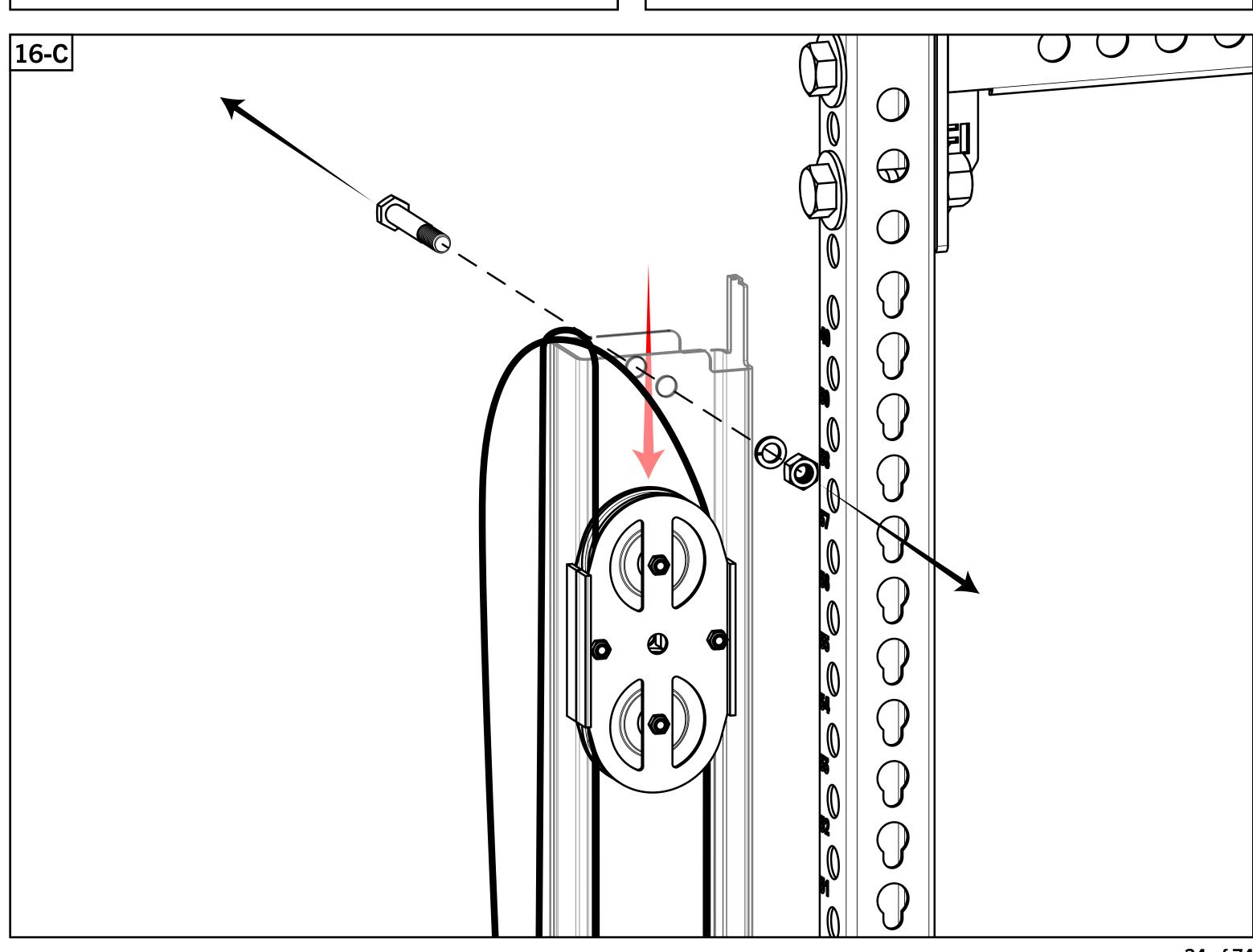




- Attach D Carabiner to clevis end of Upper Cable [30].
- Note: 90" Rack Cable will not have a Cable Retainer/Puck present.
- Li Clip D Carabiner to peg at bottom of Rhino Upright [16].
- Remove 5/8" hardware in from Rhino Upright [16] as shown in 16-C.
- Push cable trolley downward into Rhino Upright [16] approximately 4 inches from top.





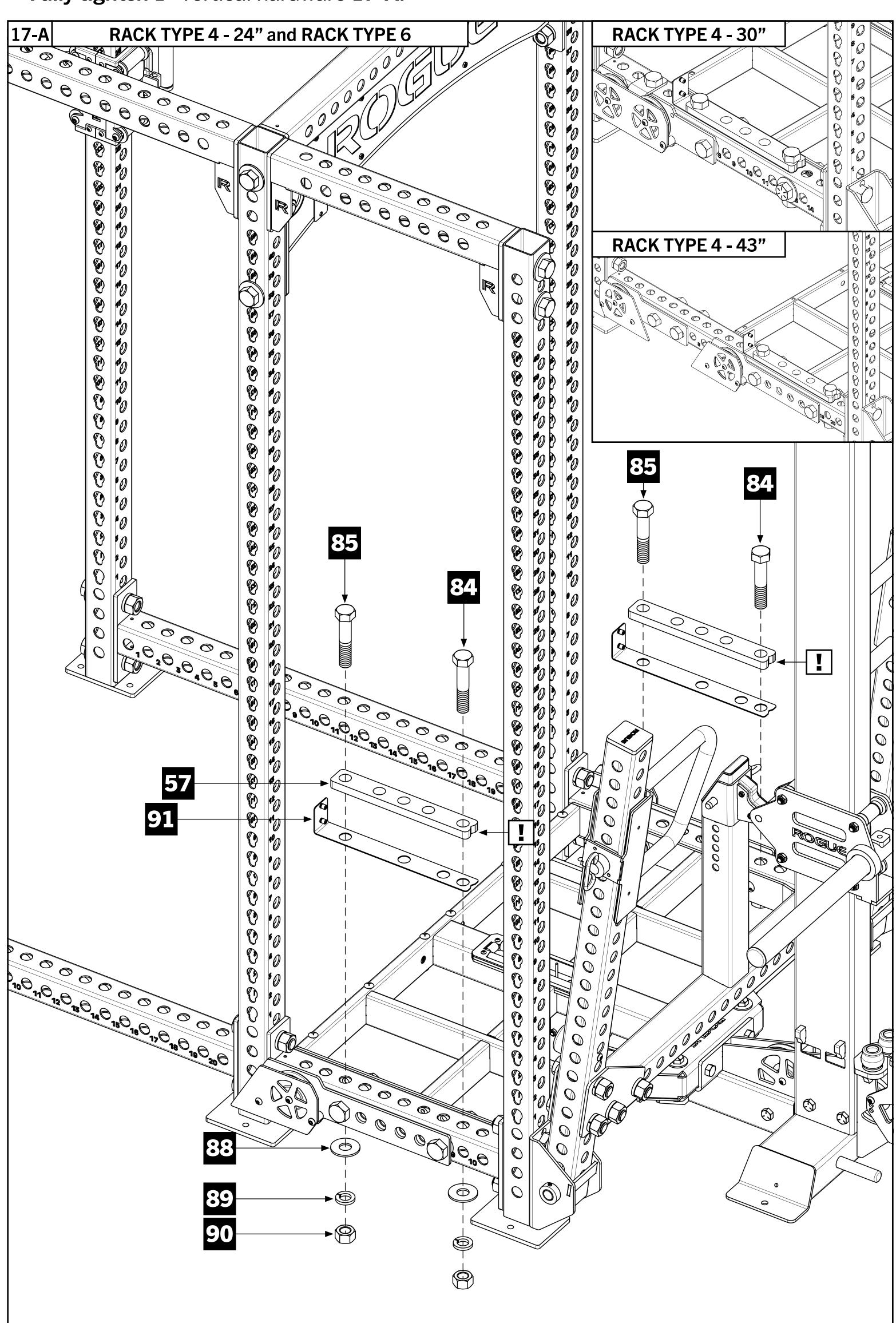


#### **Tools Required:**

- 1-1/2" Wrench
- Attach Weight Stack Shroud Brackets [91] and Bottom Weight Stack Spacers [57] to Low Crossmembers by using 1" x 4-3/4" Hex Bolts [84], 1" x 5" Hex Bolts [85], 1" Flat Washers [88], 1" Lock Washers [89], and 1" Hex Nuts [90].
- Fully tighten 1" vertical hardware 17-A.

#### Note:

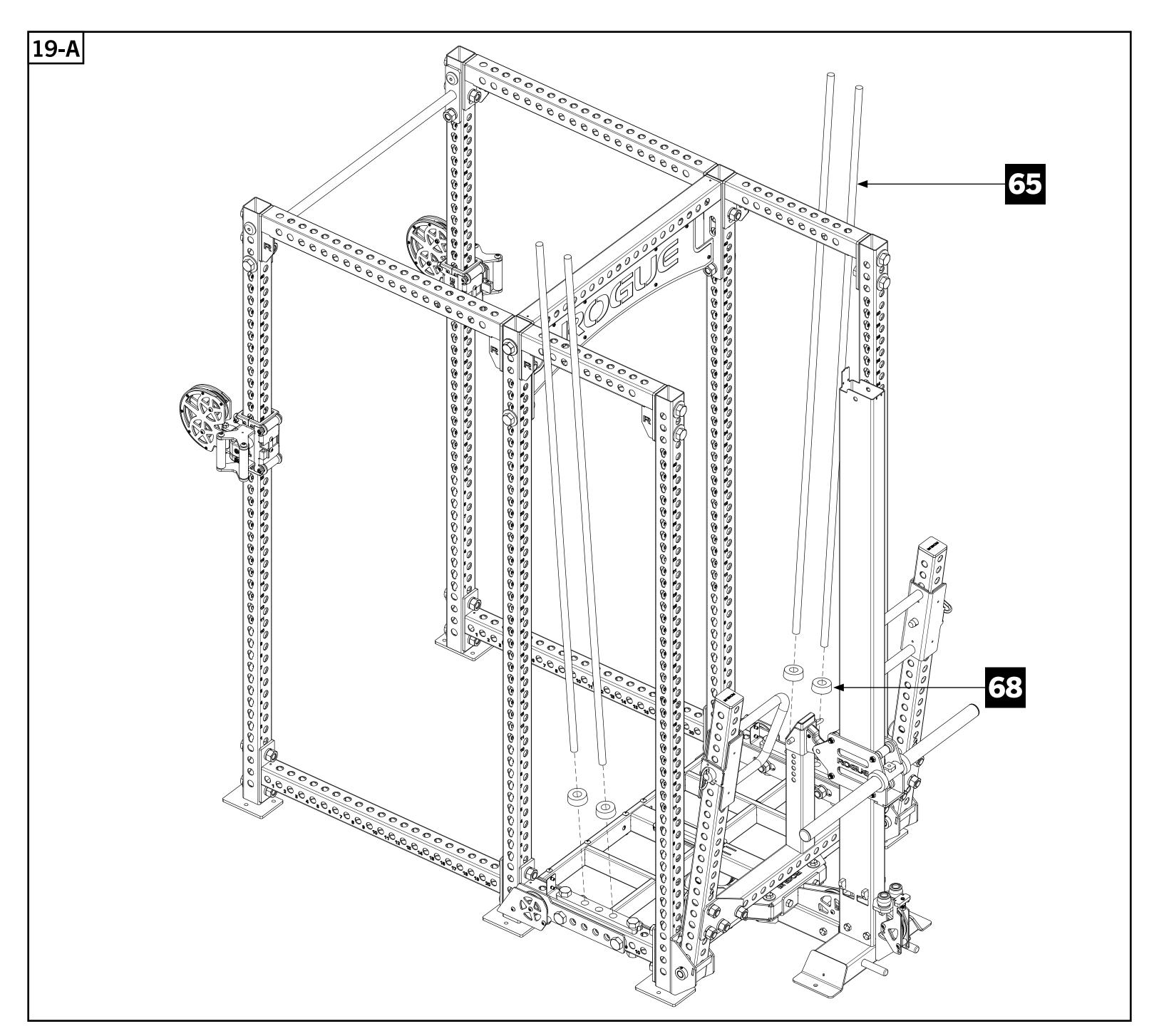
- I Ensure notches on Bottom Weight Stack Spacers are oriented towards the back of rack.
- Shroud Bracket [91] only included if shroud kit was purchased.

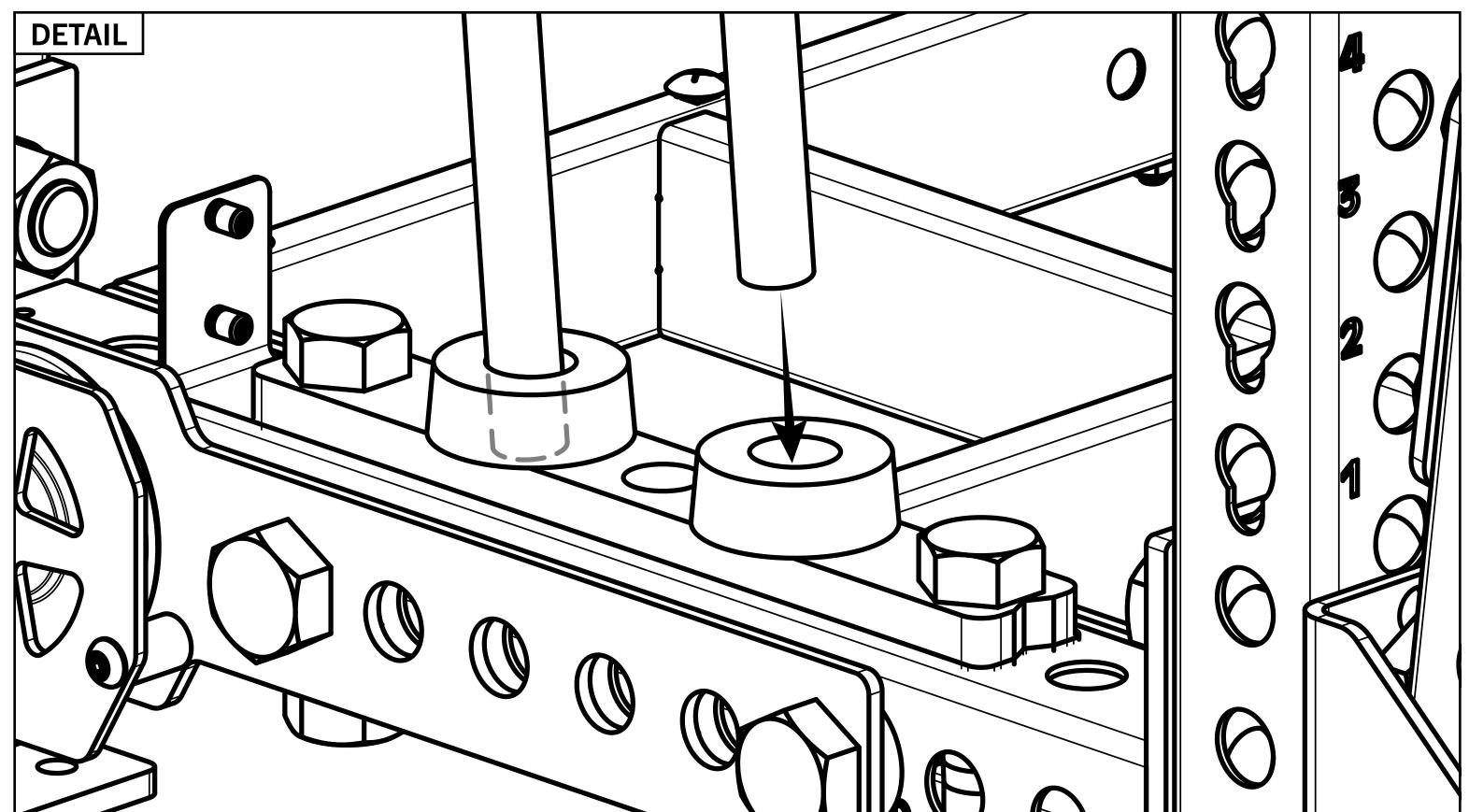


• Place Weight Stack Bumpers [68] over outer 1" holes on the Weight Stack Spacer and insert Guide Rods [65] until they rest on top of the Rear Low Crossmember.

#### Note:

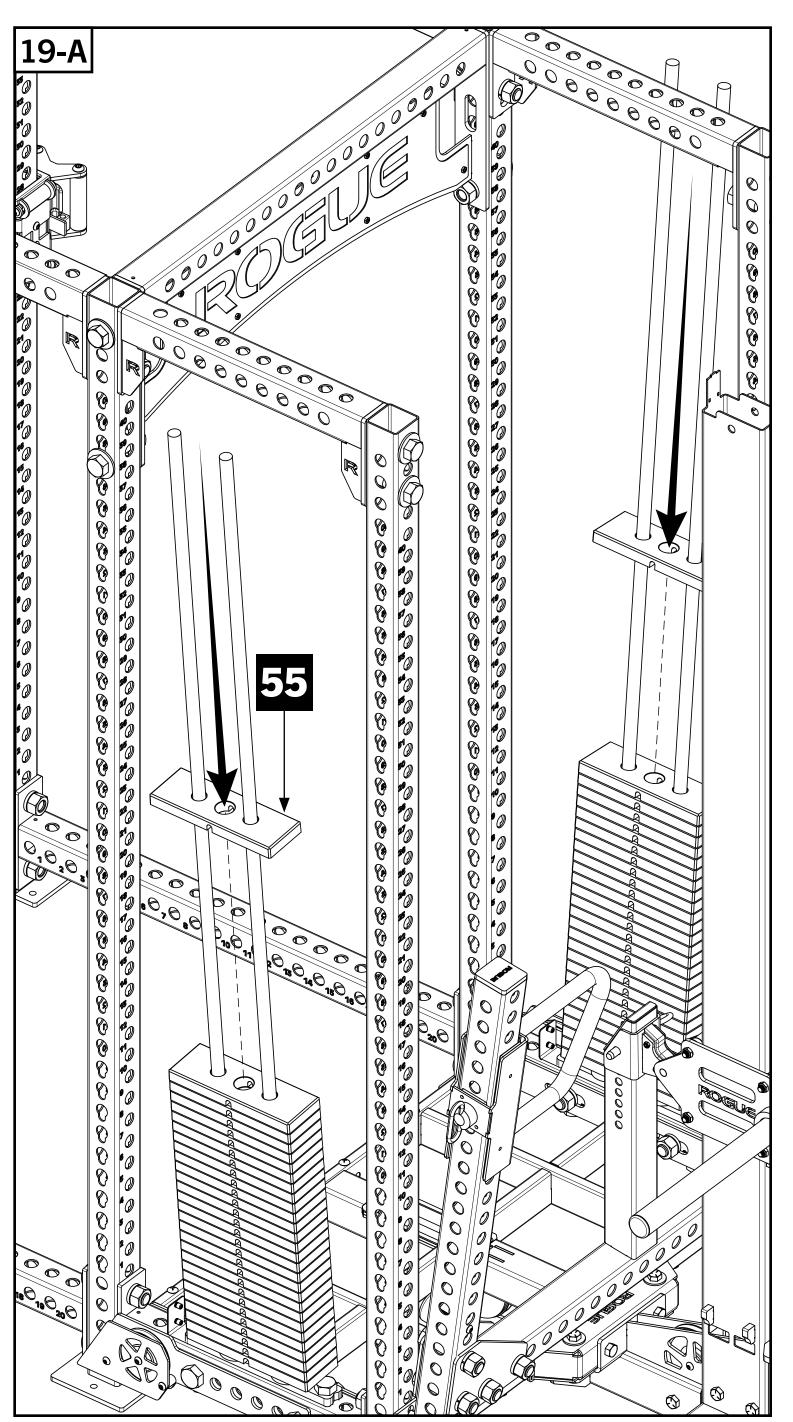
 Allow guide rods to angle outward while completing weight stack assembly on the following steps.

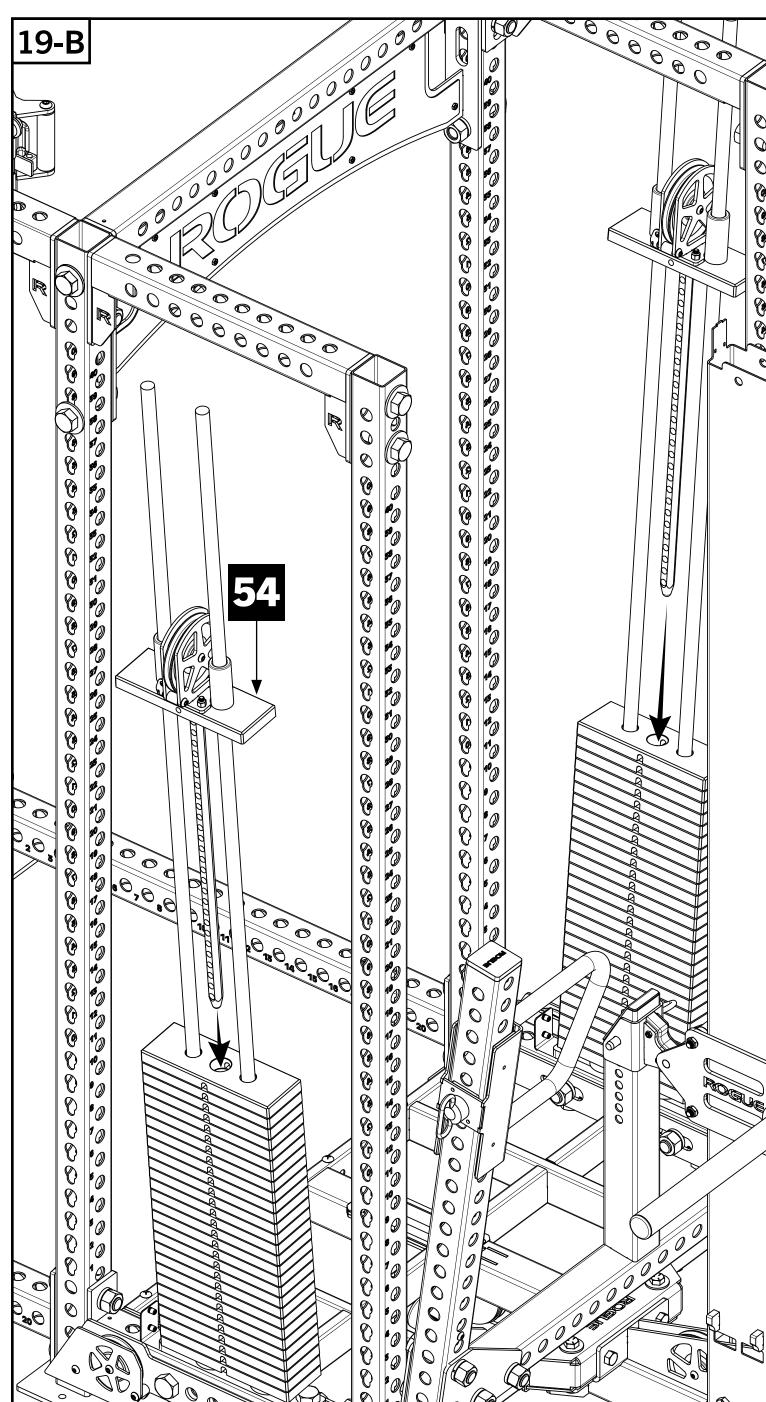


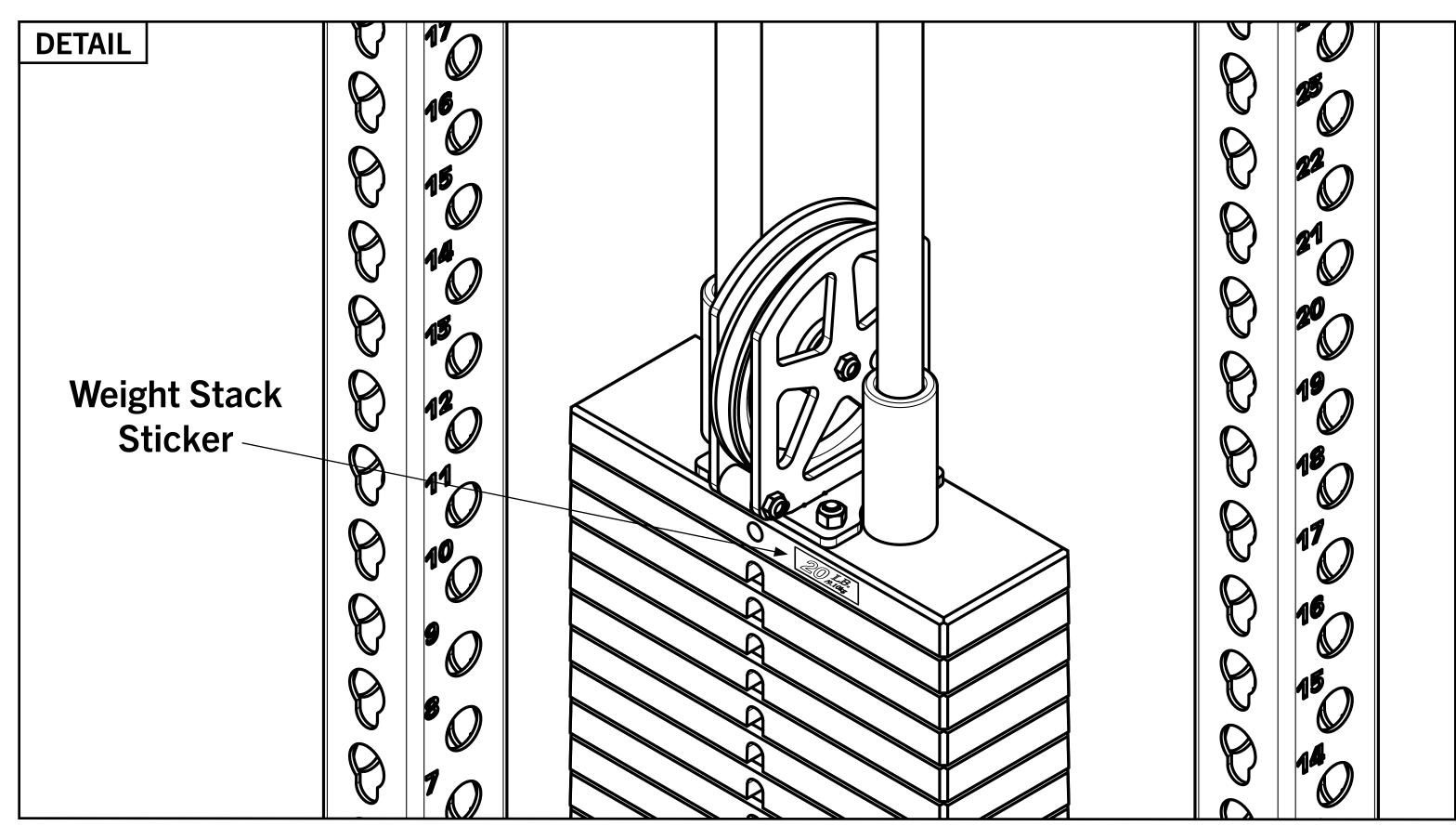


#### Note:

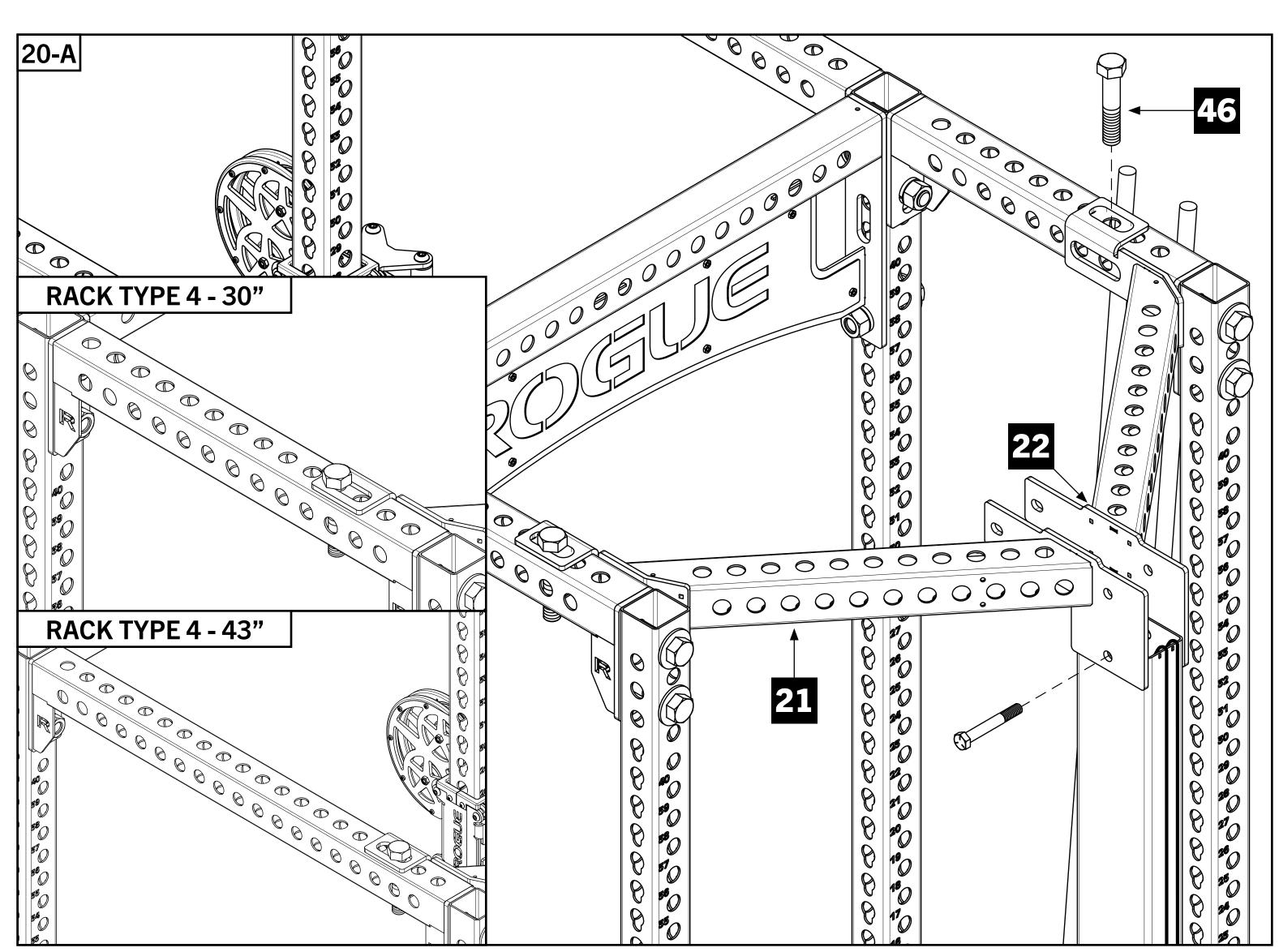
- This step is best accomplished with two or three people.
- One at a time, carefully stack all included 10LB Weight Stack Plates [55] down the Guide Rods [65], ensuring not to drop them.
- Once 28 weights are stacked on each side, slide the Weight Stack Stem [54] down the Guide Rods until resting on 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.

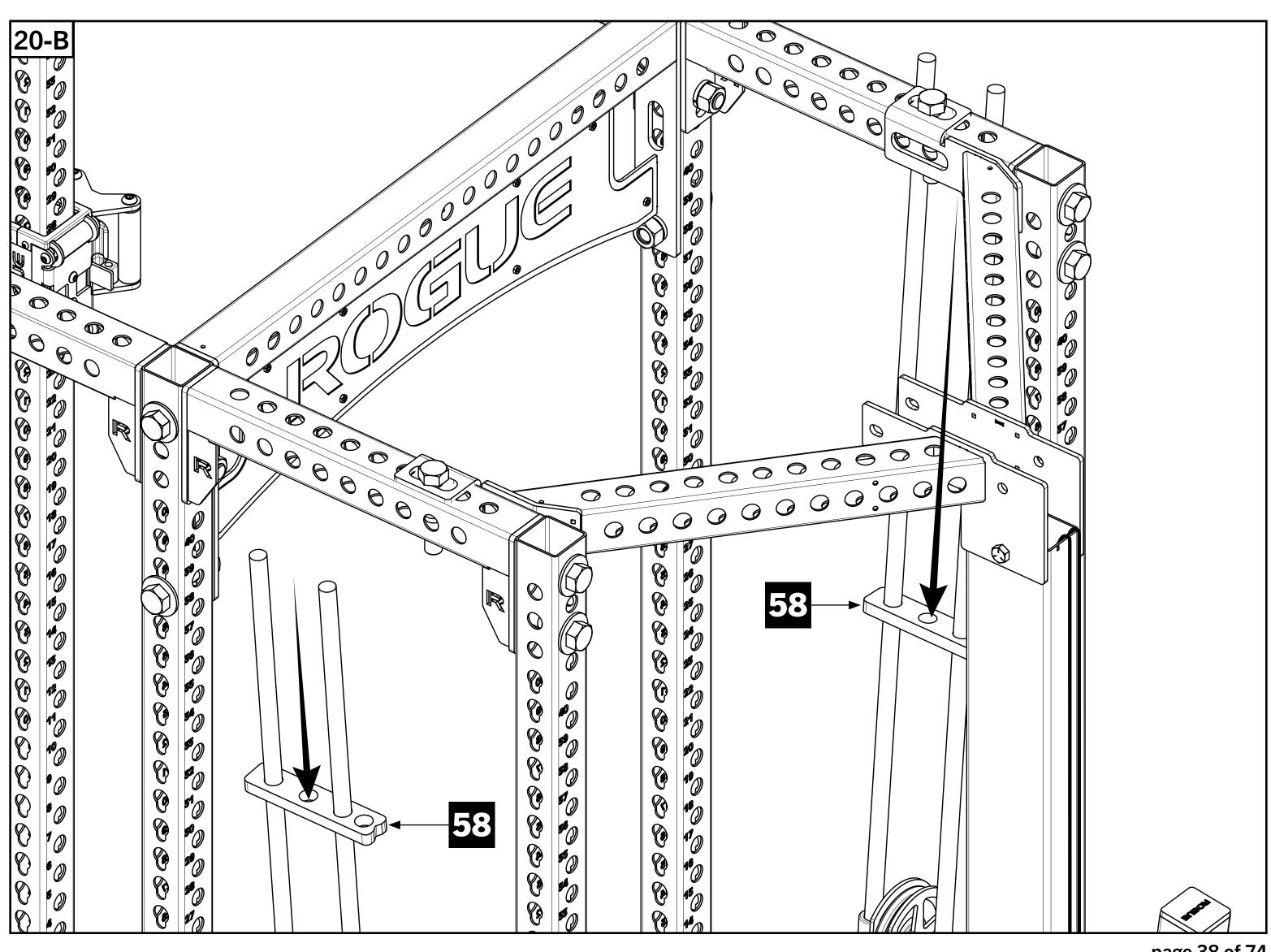




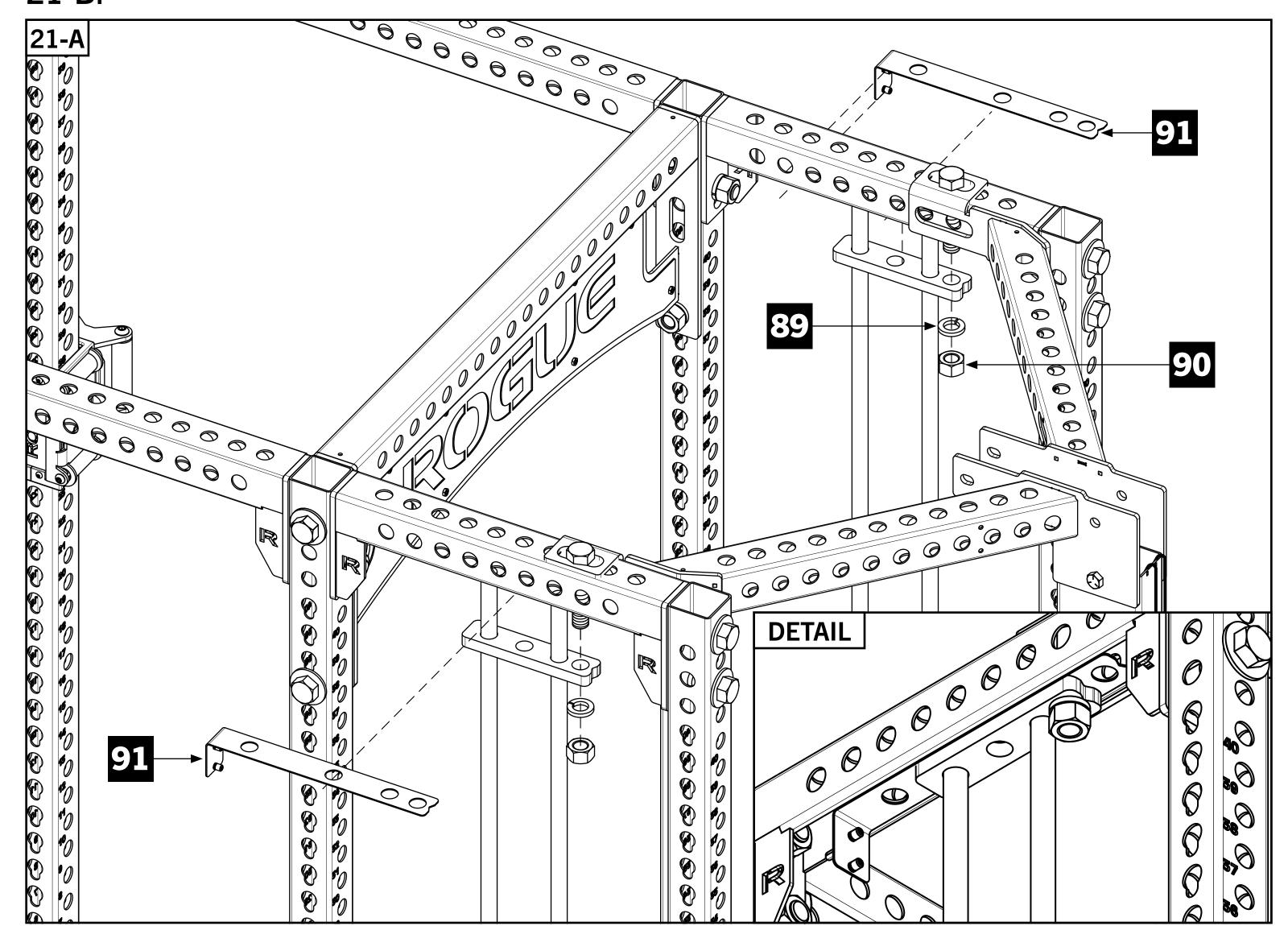


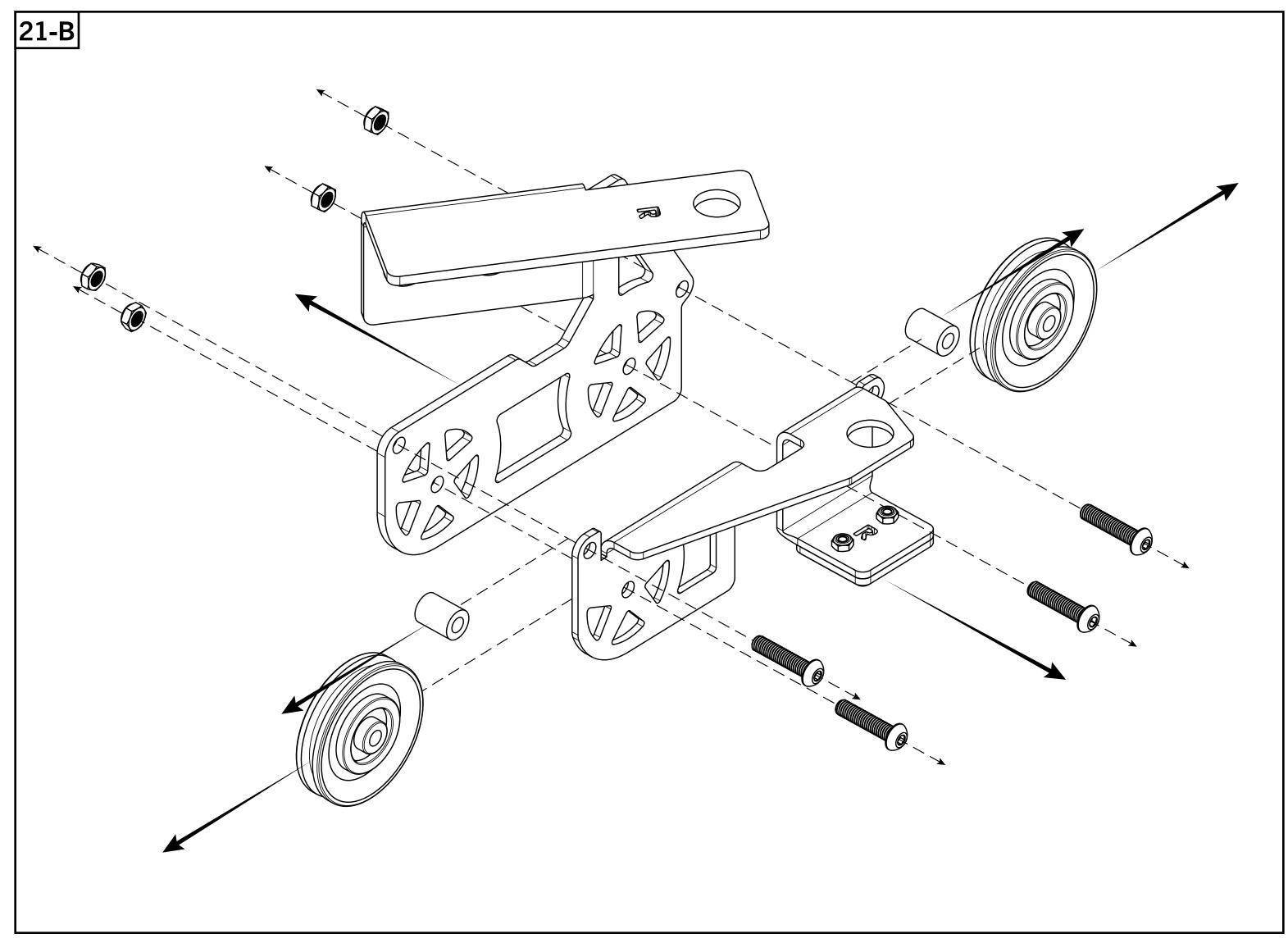
- With the help of 2—3 people, install the Top Angle Crossmembers RH [21] and LH [22] by aligning them with the Rear Top Crossmembers [4] and the Rhino Upright [16]. Insert 1" x 5" Hex Bolts [46] through the Rear Top Crossmembers, and reuse the 5/8" Hex Bolt removed in STEP 16-C to secure the assembly to the top of the Rhino Upright.
- Note: Rack Type 4 24" follows same hardware location of Rack Type 6.
- Slide Top Weight Stack Spacers [58] on top of guide rods with notches oriented towards the rear of rack.



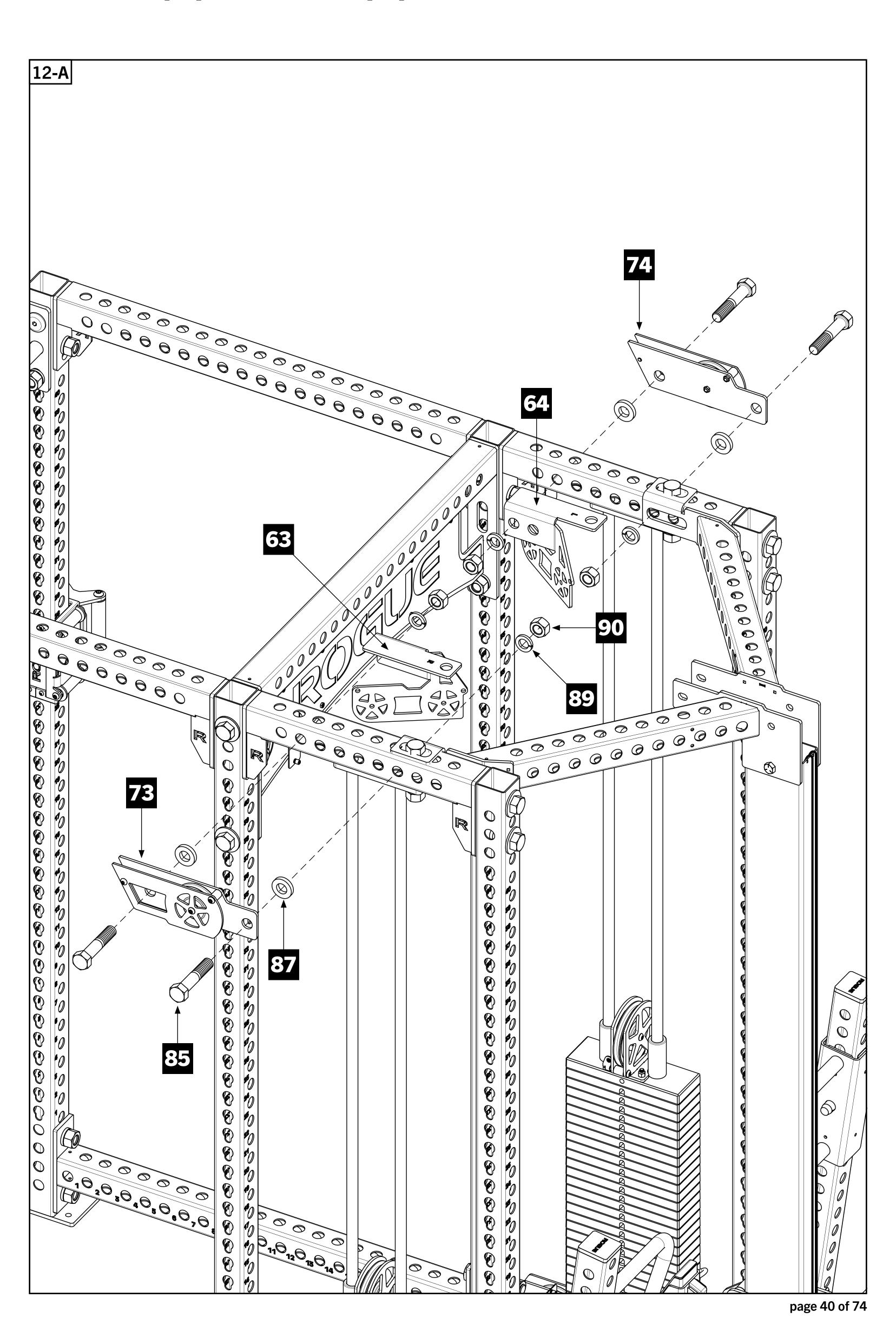


- Position Guide Rods vertically. Slide in the Weight Stack Shroud Brackets [91] above the Guide Rods. Attach components to Top Crossmembers using 1" x 5" Hex Bolts [46] from 20-A, 1" Lock Washers [89], and 1" Nuts [90].
- Completely disassemble both of the Indy Side Pulley Assemblies [63,64] as shown in 21-B.



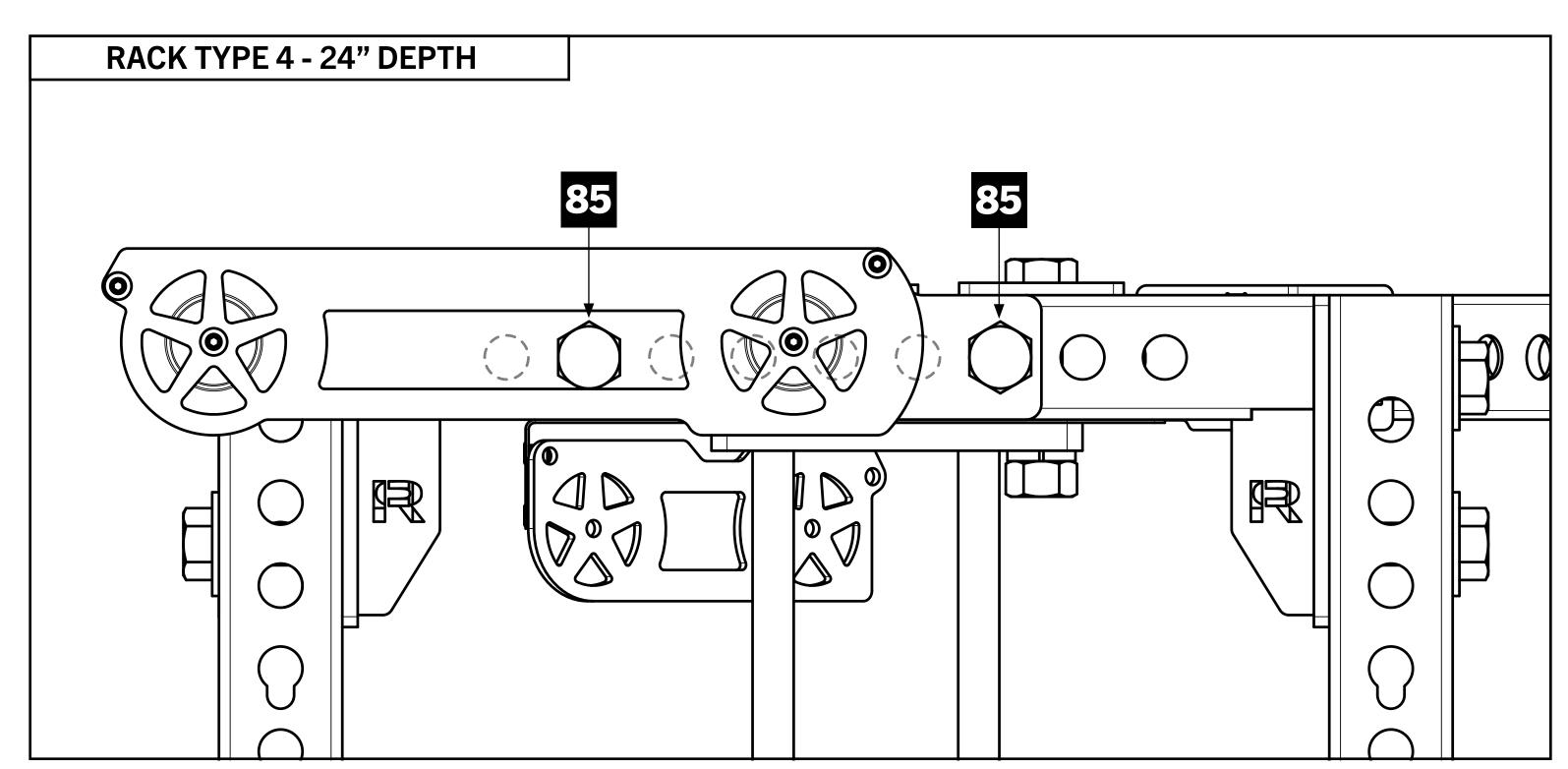


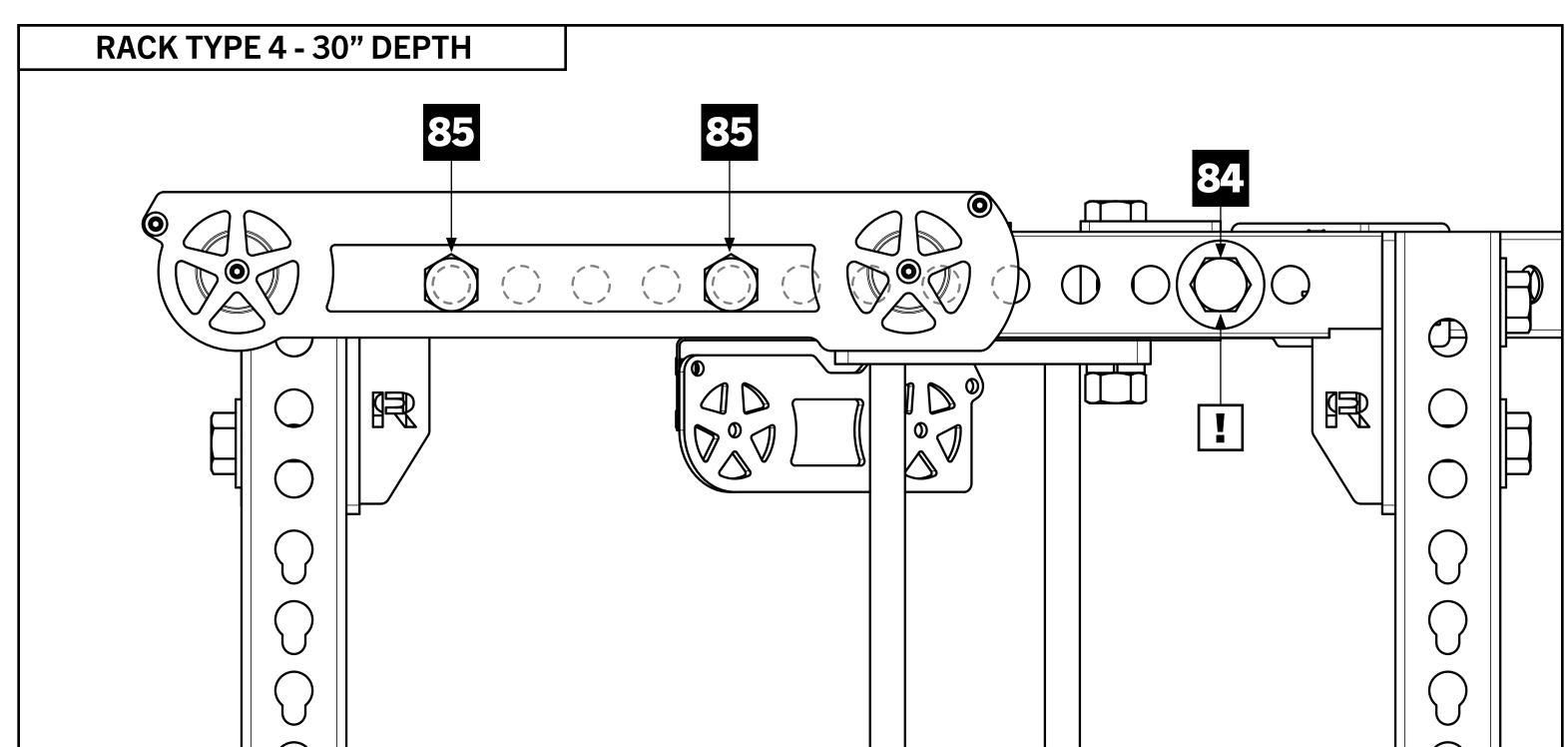
- See Page 40 for top rear pulley locations.
- Attach Indy Inside Bracket Plates RH and LH and Top Rear Side Pulley Assemblies RH [73] and LH [74] to Top Rear Crossmembers using 1" x 5" Hex Bolts [85], 1-3/8" Pulley Bracket Spacers [87], 1" Lock Washers [89] and 1" Hex Nuts [90].

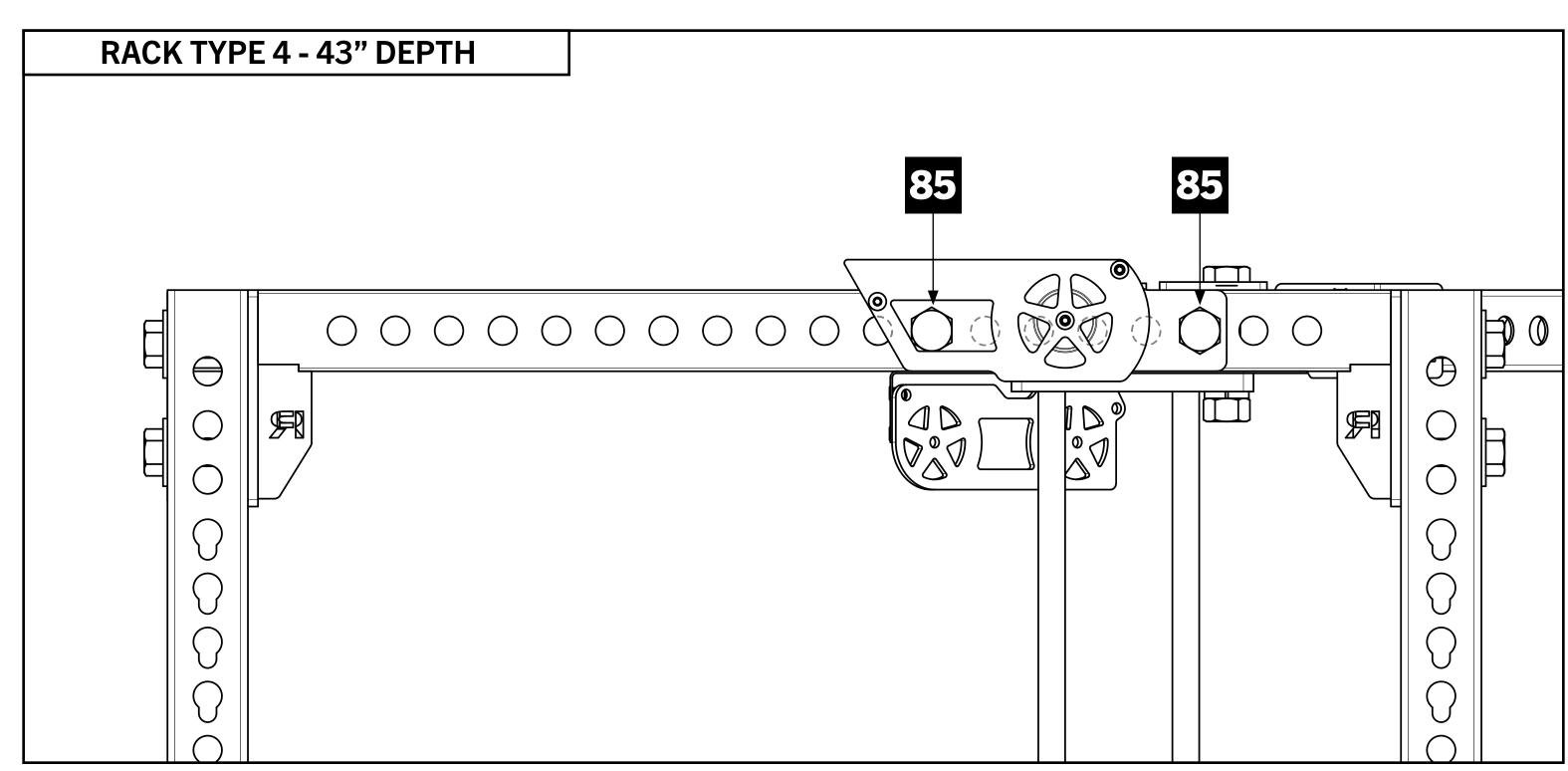


### **22 DETAIL**

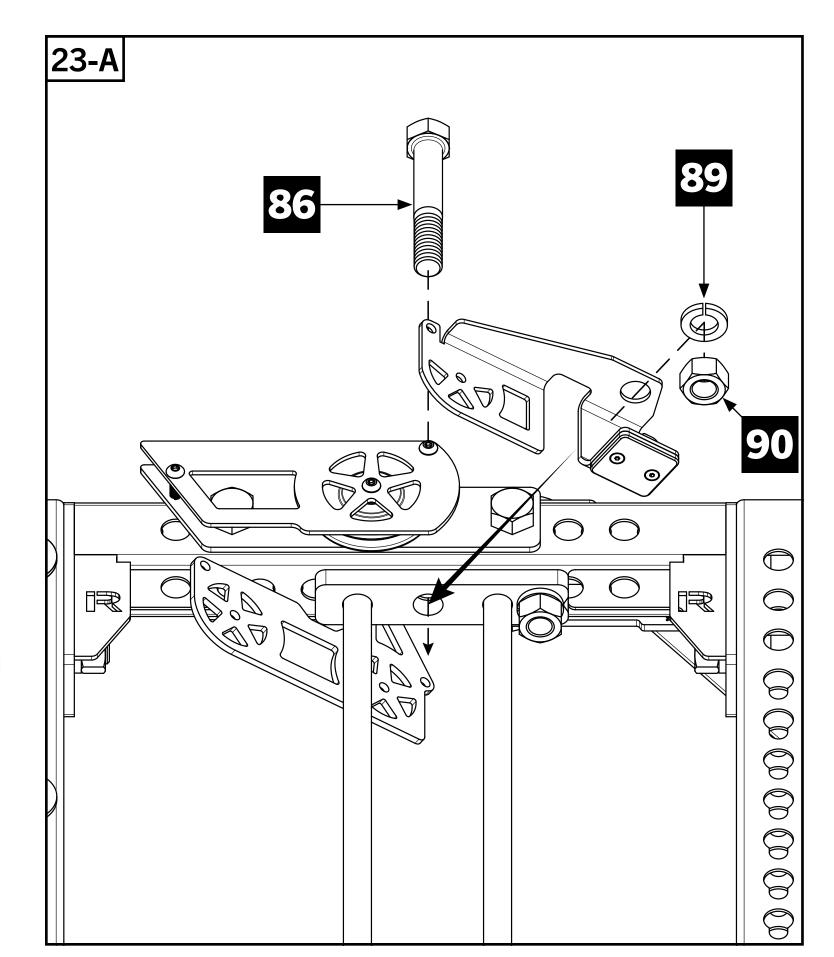
- Note: Rack Type 4 24" and 30" will only have one set of Top Side Pulley Assemblies.
- I For Rack Type 4 30" Depth Only: Use 1" x 4-3/4" Hex Bolt [45], 1" Flat Washer [47], 1" Lock Washers [48], and 1" Hex Nuts [49] to secure Top Angle Crossmembers RH [21] and LH [22].

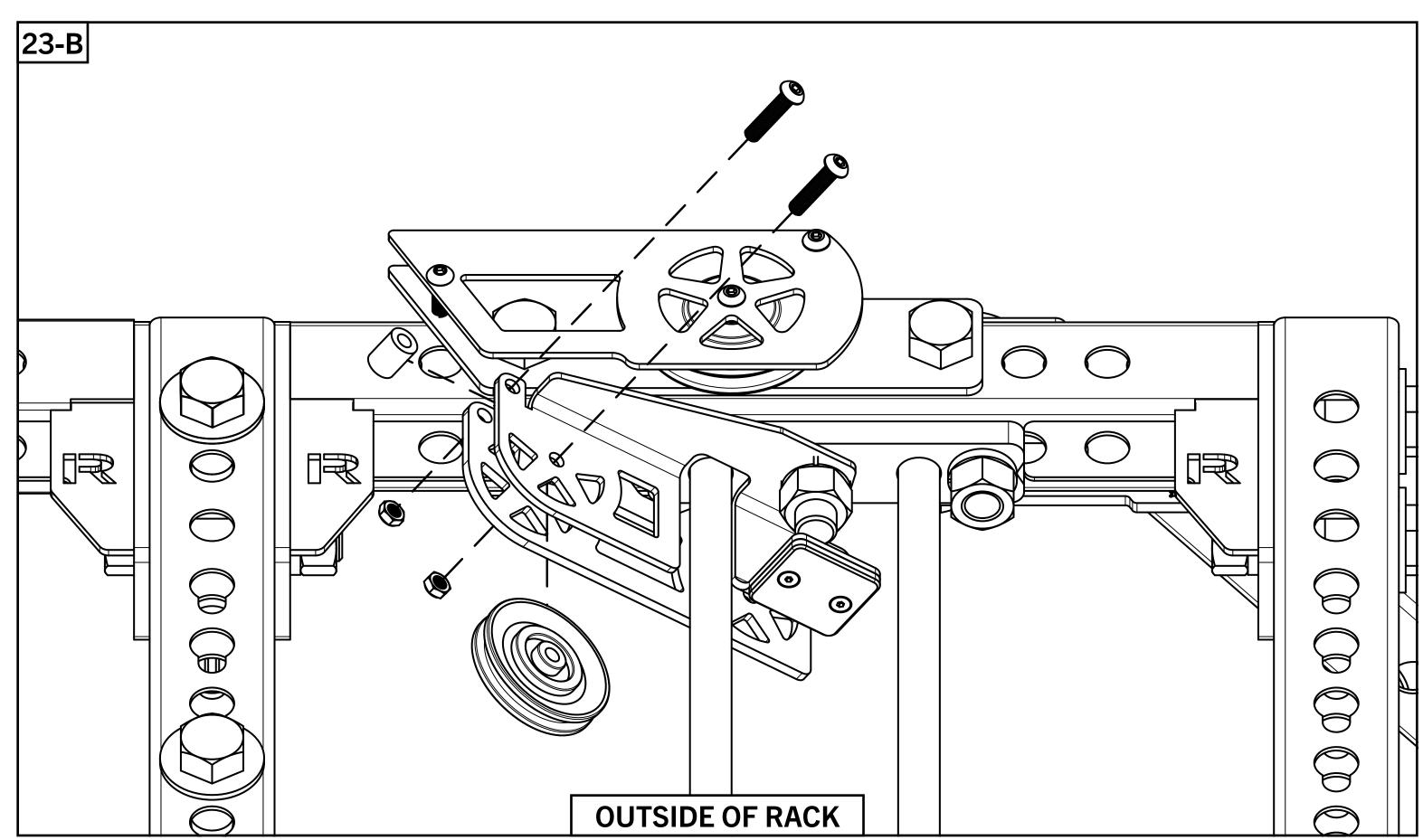


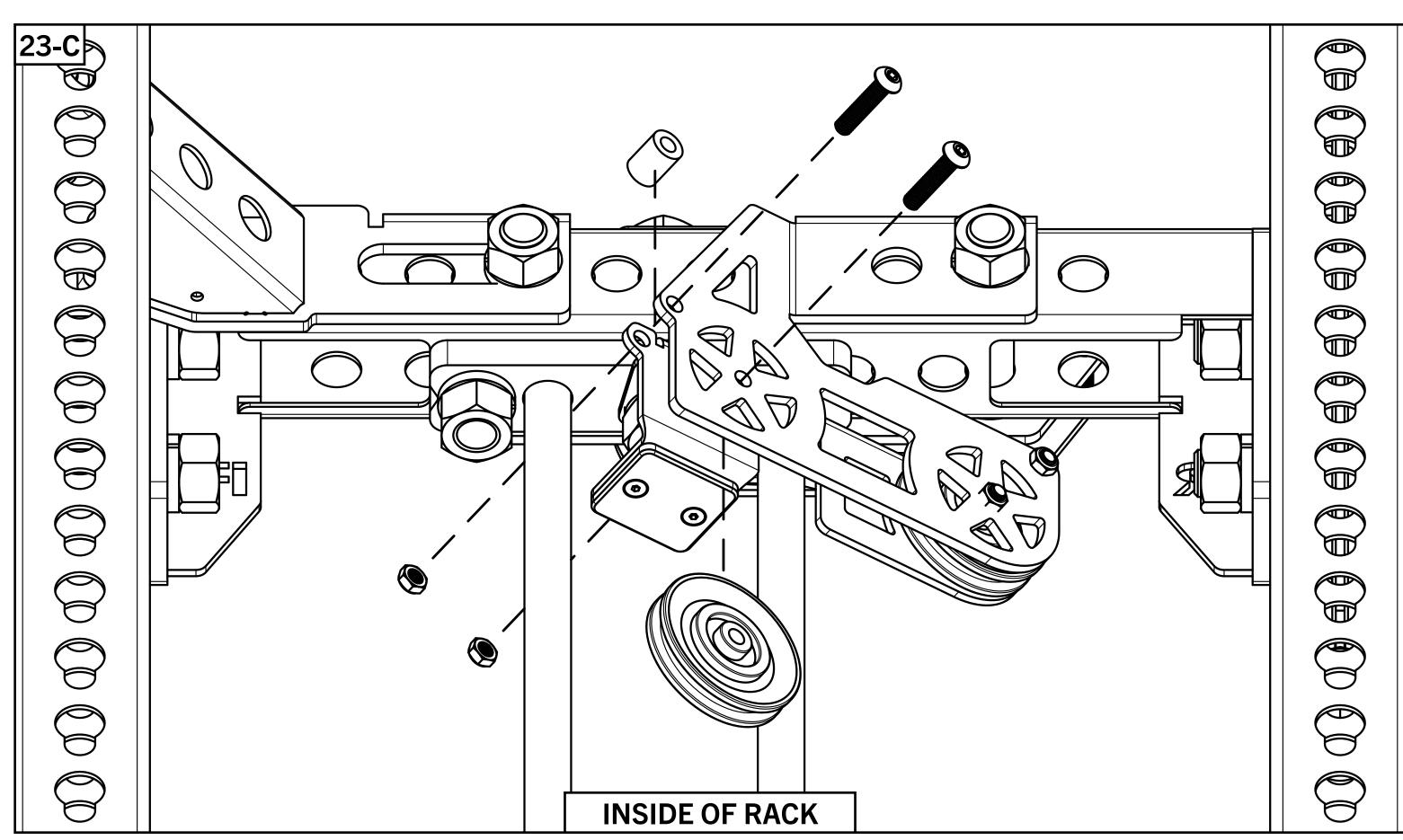




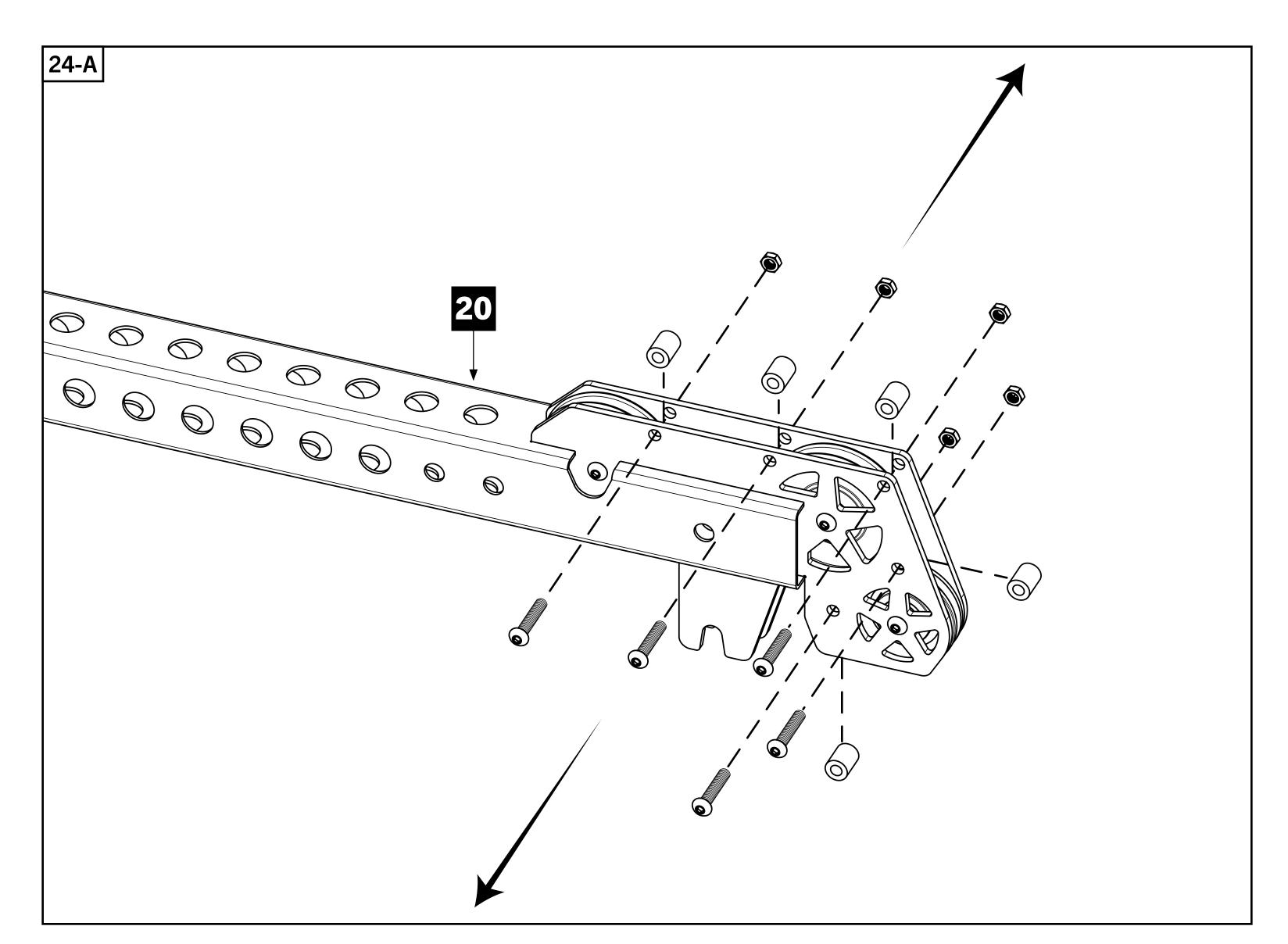
- Attach Indy Outside Bracket Plates by inserting 1" x 6" Hex Bolt [86] into designated hole and secure using 1" Lock Washer [89] and 1" Hex Nut [90]. HAND TIGHT ONLY.
- Reinstall Pulleys and Cable Retainers in both Indy Top Pulley Brackets using hardware removed in **12-A**.
- Note: RH shown. Repeat 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.

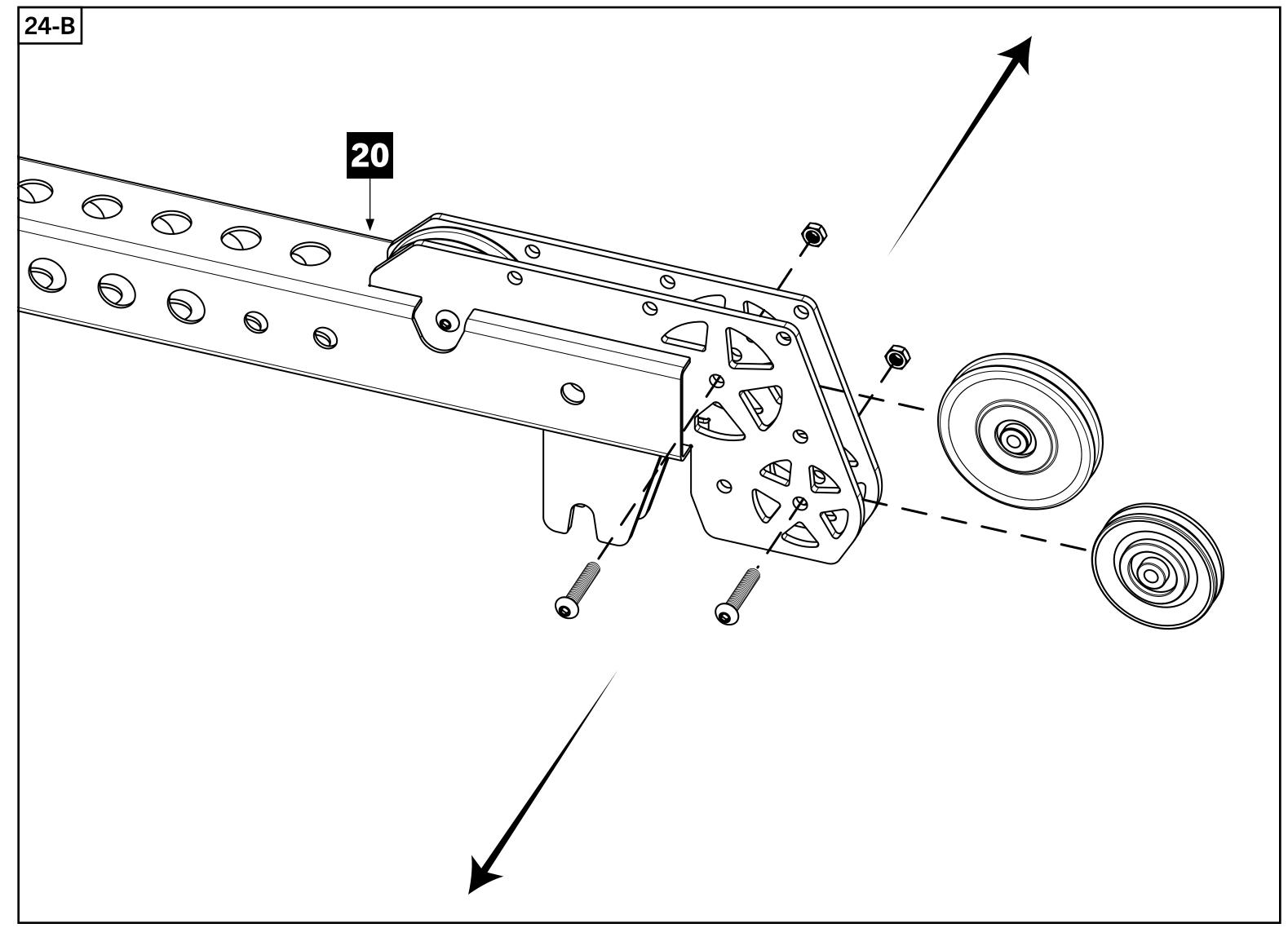




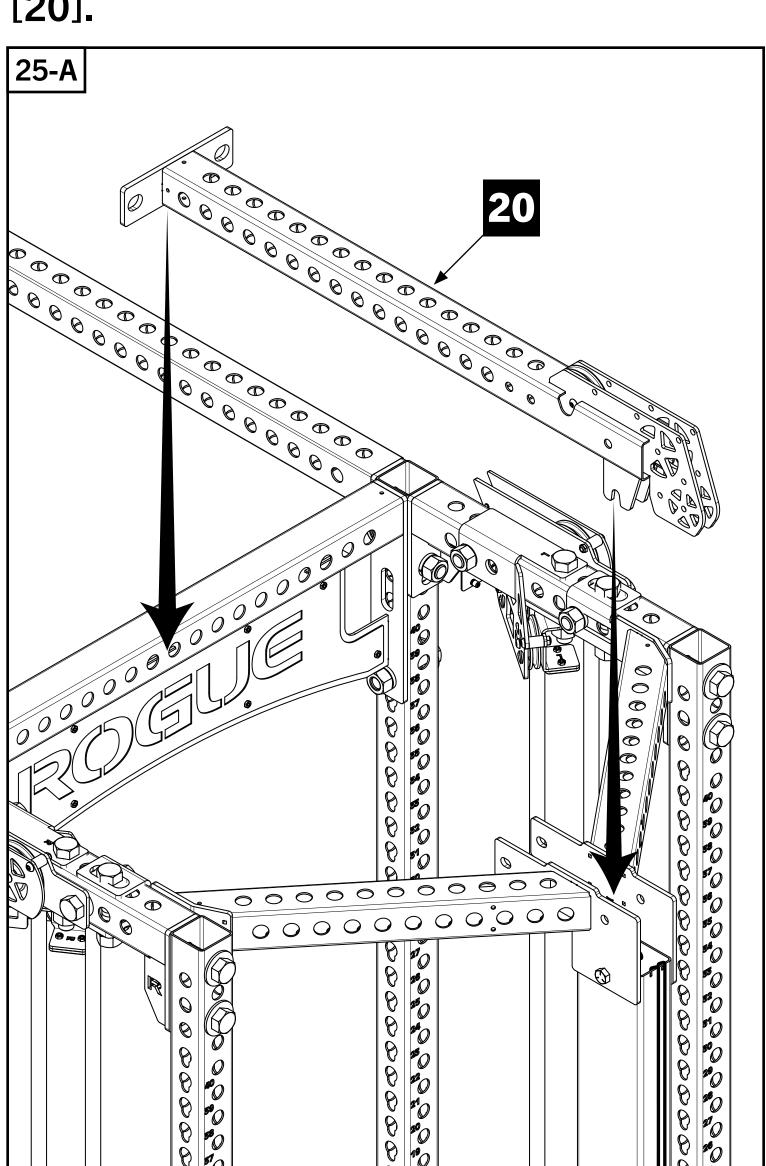


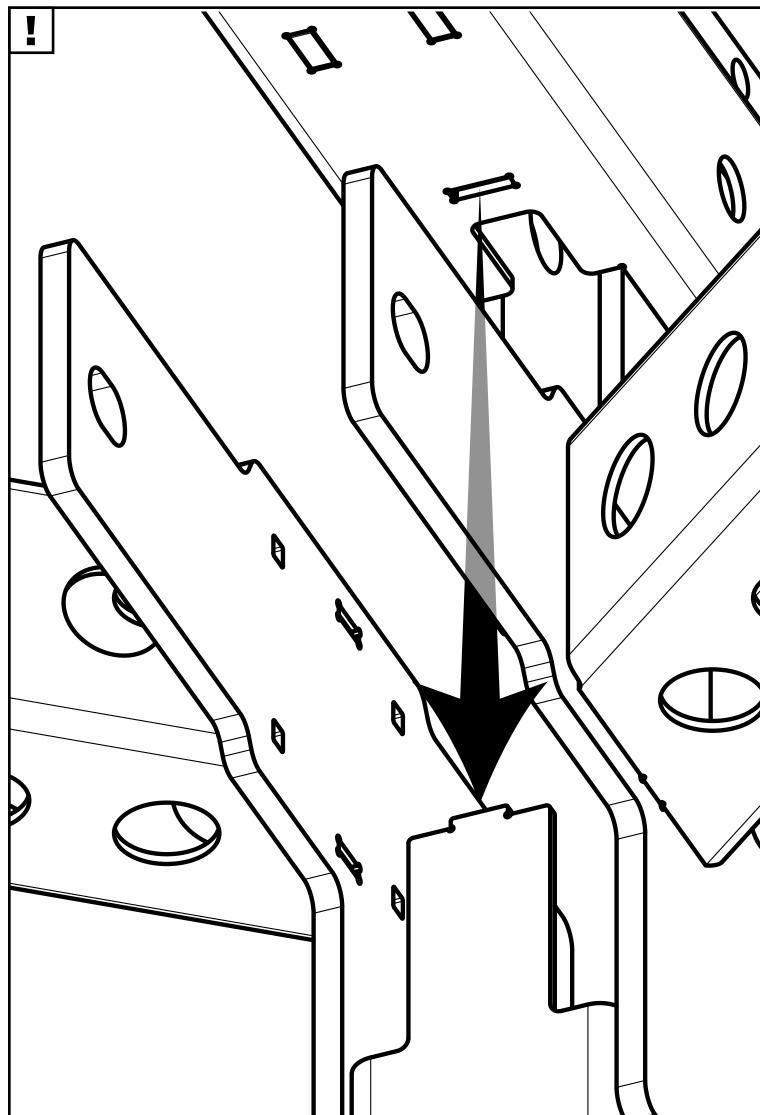
- Remove 3/8" X 2" Button Head Screws 3/8" Nuts, and 3/4" X 1" Spacers from Rhino Top Center Crossmember [20] shown in 24-A.
- Remove 3/8" X 2" Button Head Screws, 3/8" Nuts, 4.5" pulley, and 3.5" pulley from Rhino Top Center Crossmember [20] shown in 24-B.

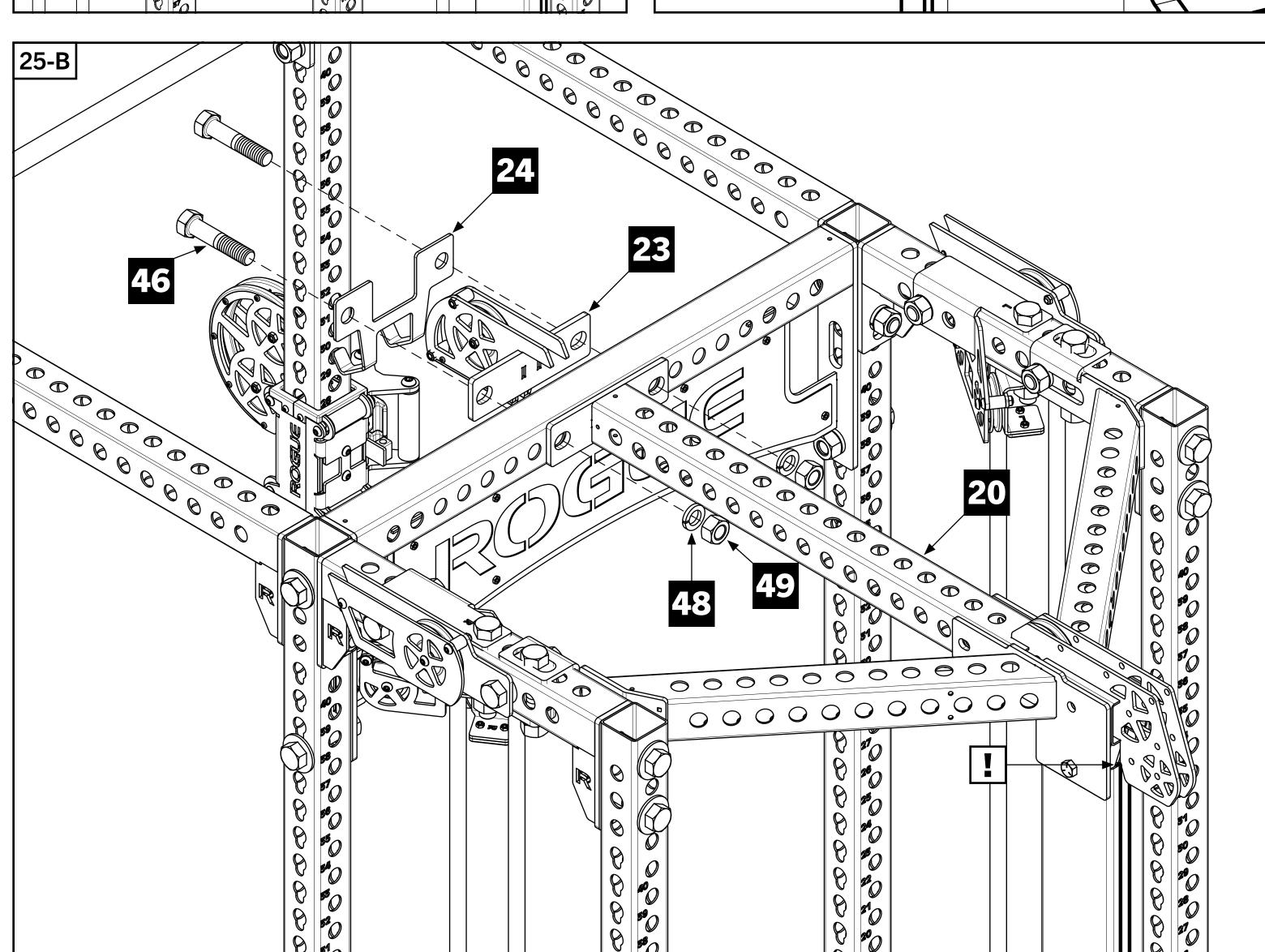




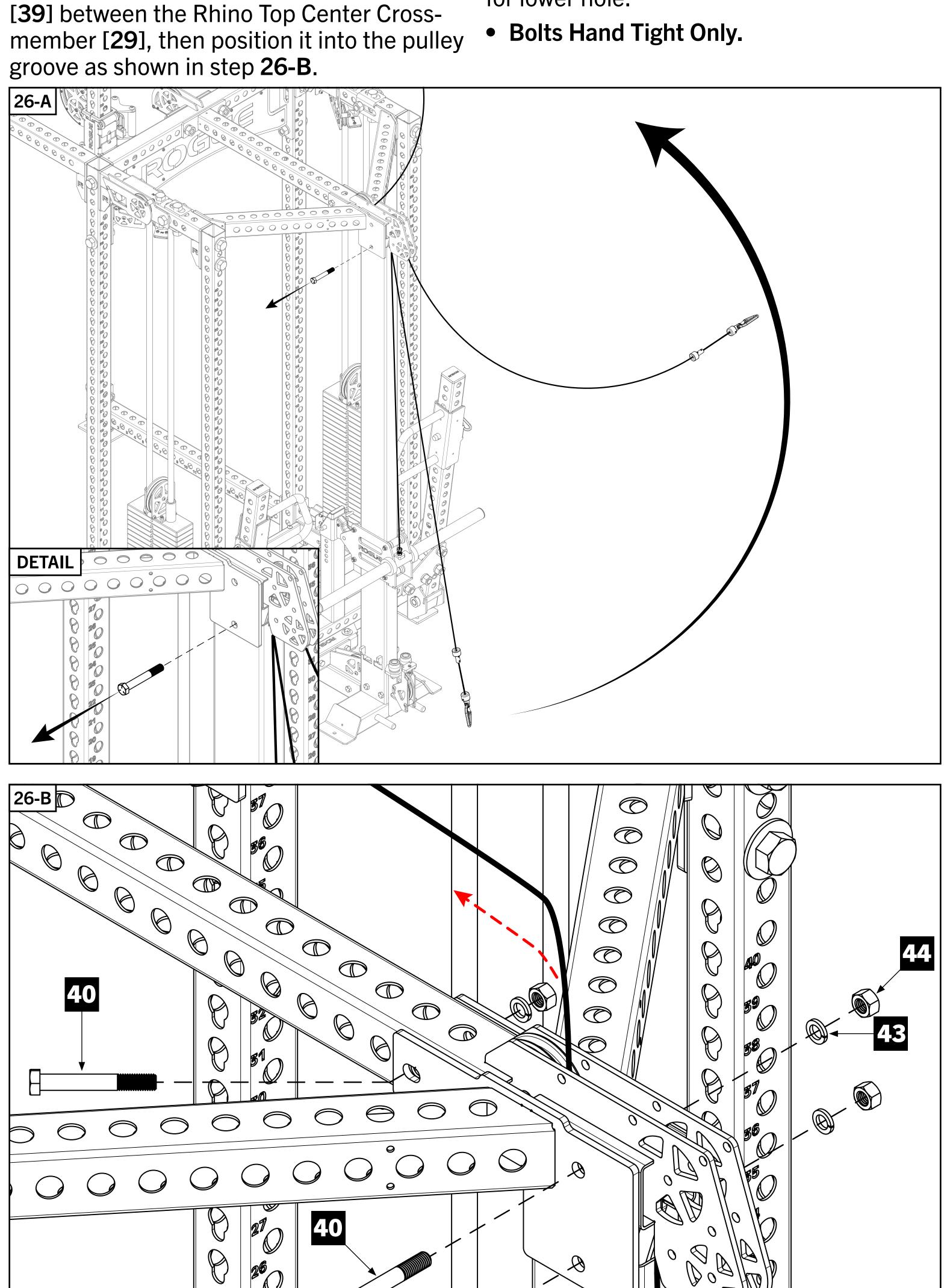
- Using a partner for help, lower the Rhino Top Center Crossmember [20] between the Rhino Top Angle Crossmember LH [22] and Rhino Top Angle Crossmember RH [21], making sure the Upper Cable [30] remains clear and is not pinched during placement.
- ! Ensure tab on Rhino Upright [16] is inserted in slot on Top Center Crossmember [20].
- Bolt Rhino Top Center Crossmember [20], FM Monster Lat Pulldown Pulley Bracket [23], and Lat Bar Hanger [24] to the Nameplate Crossmember [6] using 1" x 5" Hex Bolt [46], 1" Lock Washer [48], and 1" Hex Nut [49]. Bolts Hand Tight Only.
- I Ensure Cables are not pinched.





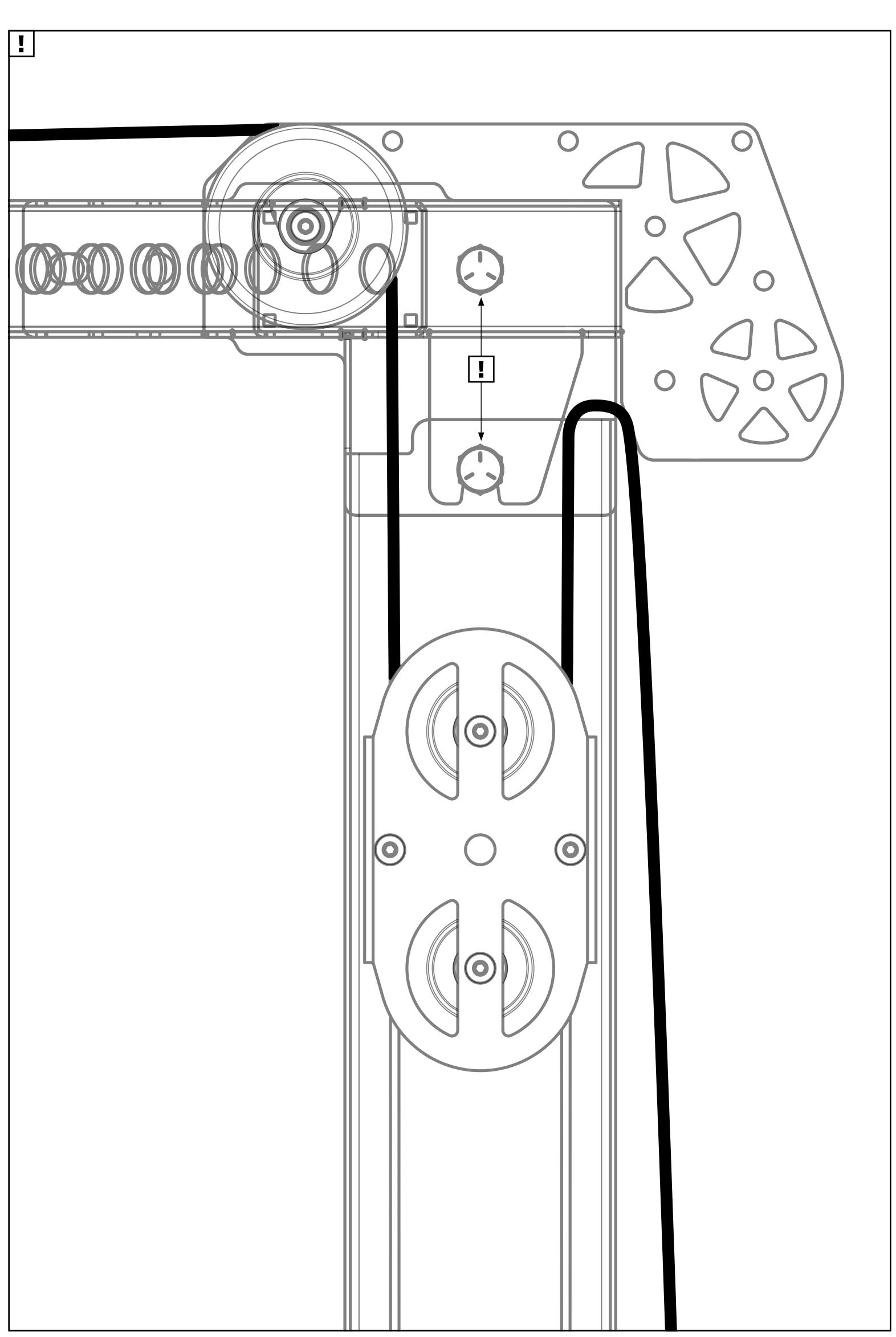


- Remove 5/8" x 4-1/2" Hex Bolt shown in **DETAIL** before proceeding.
- Unhook carabiner and clevis end of Upper Cable [30] from Rhino Upright [16] post.
- Pass the clevis end of the Upper Cable [39] between the Rhino Top Center Cross-
- Bolt Rhino Top Angle Crossmember LH [22] and RH [21] to Rhino Upright [16] and Rhino Top Center Crossmember [20] using 5/8" x 4-1/2" Hex Bolt [40], 5/8" Lock Washer [43], and 5/8" Nut [44].
- Reuse removed hardware from **DETAIL** for lower hole.

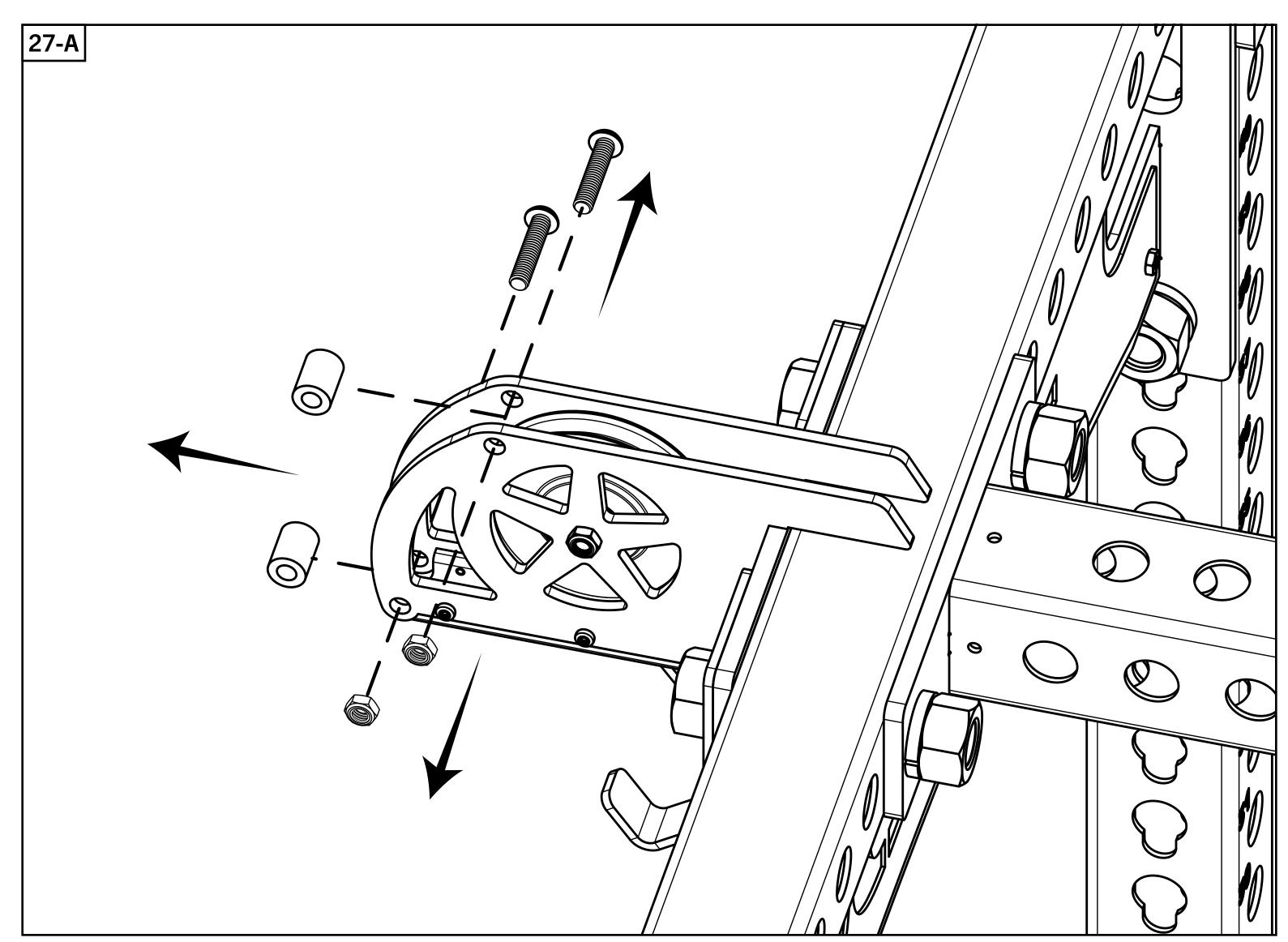


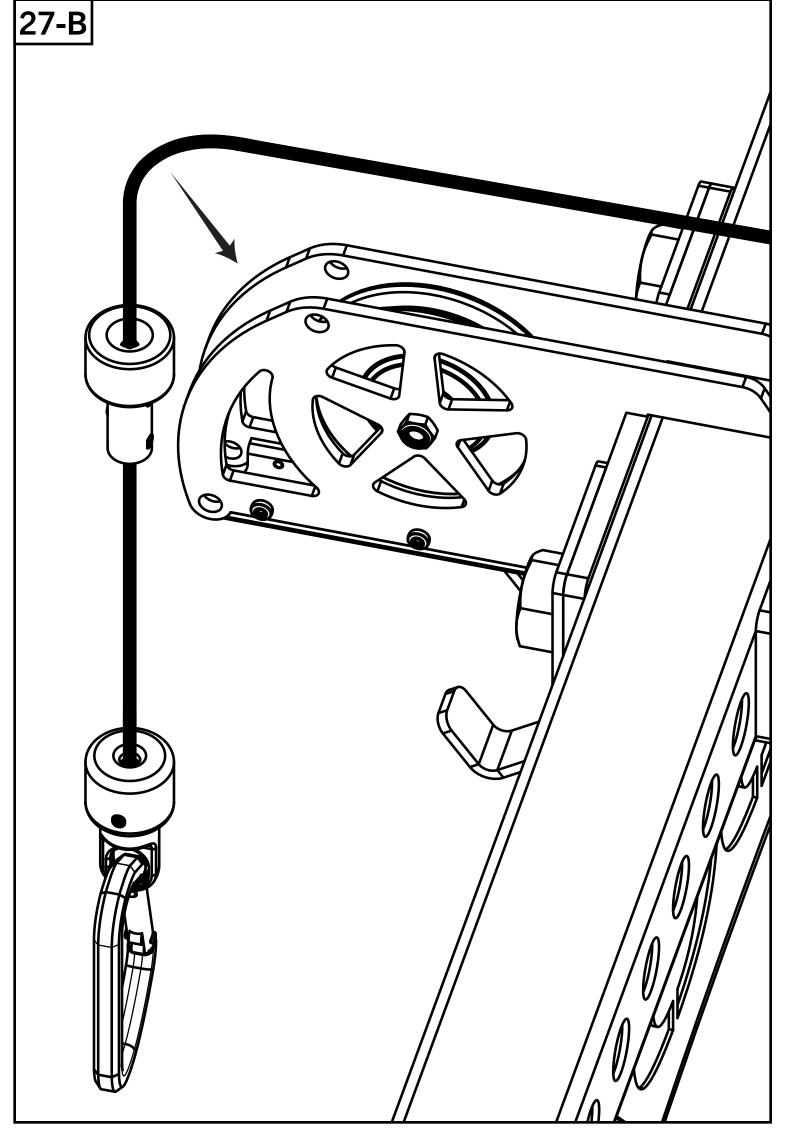
# STEP 26 (CONTINUED)

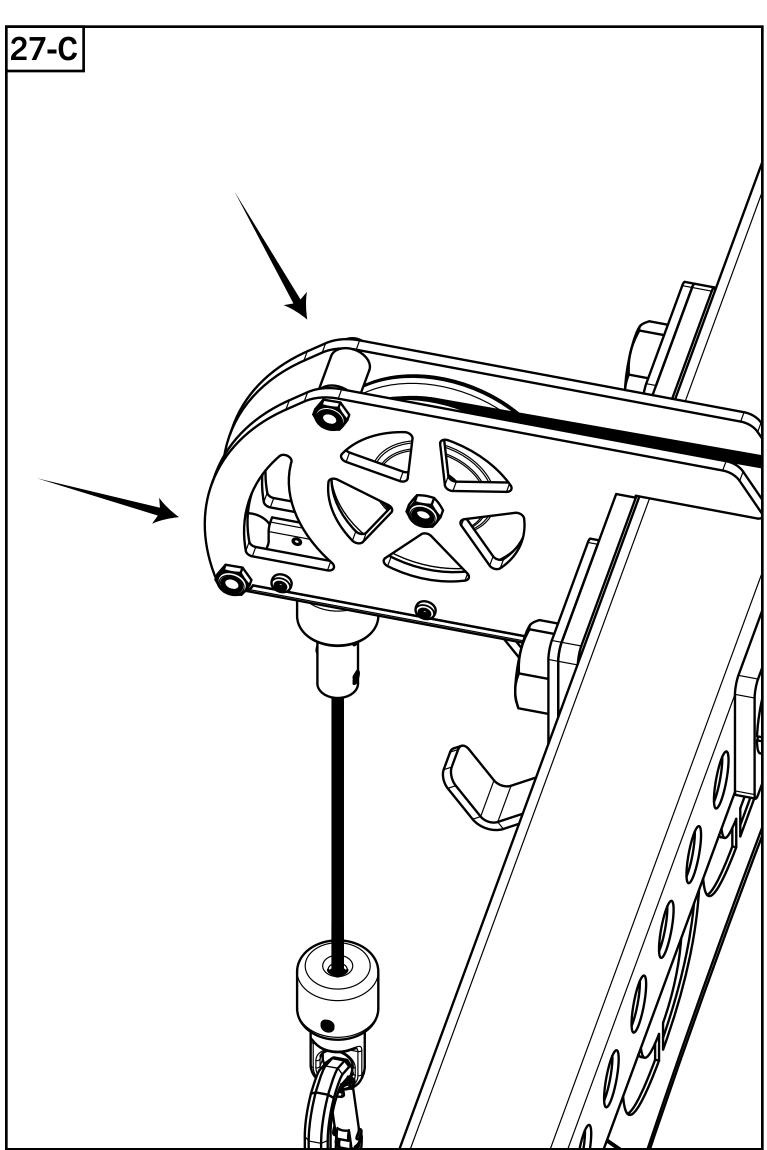
• ! Ensure Upper Cable [30] clears hex bolts as show below.



- Remove 3/8" X 2" Button Head Screws, 3/8" Nuts, and 3/4" X 1" Long Spacers from Lat Pulldown Pulley Bracket [23].
- Place the clevis end of the Upper Cable [30] into the groove of the 4.5" Pulley as shown in step 27-B. Ensure the cable rests securely within the groove.
- Re-install 3/4" X 1" Long Spacers to Lat Pulldown Pulley Bracket [23] using hardware removed in 27-A.

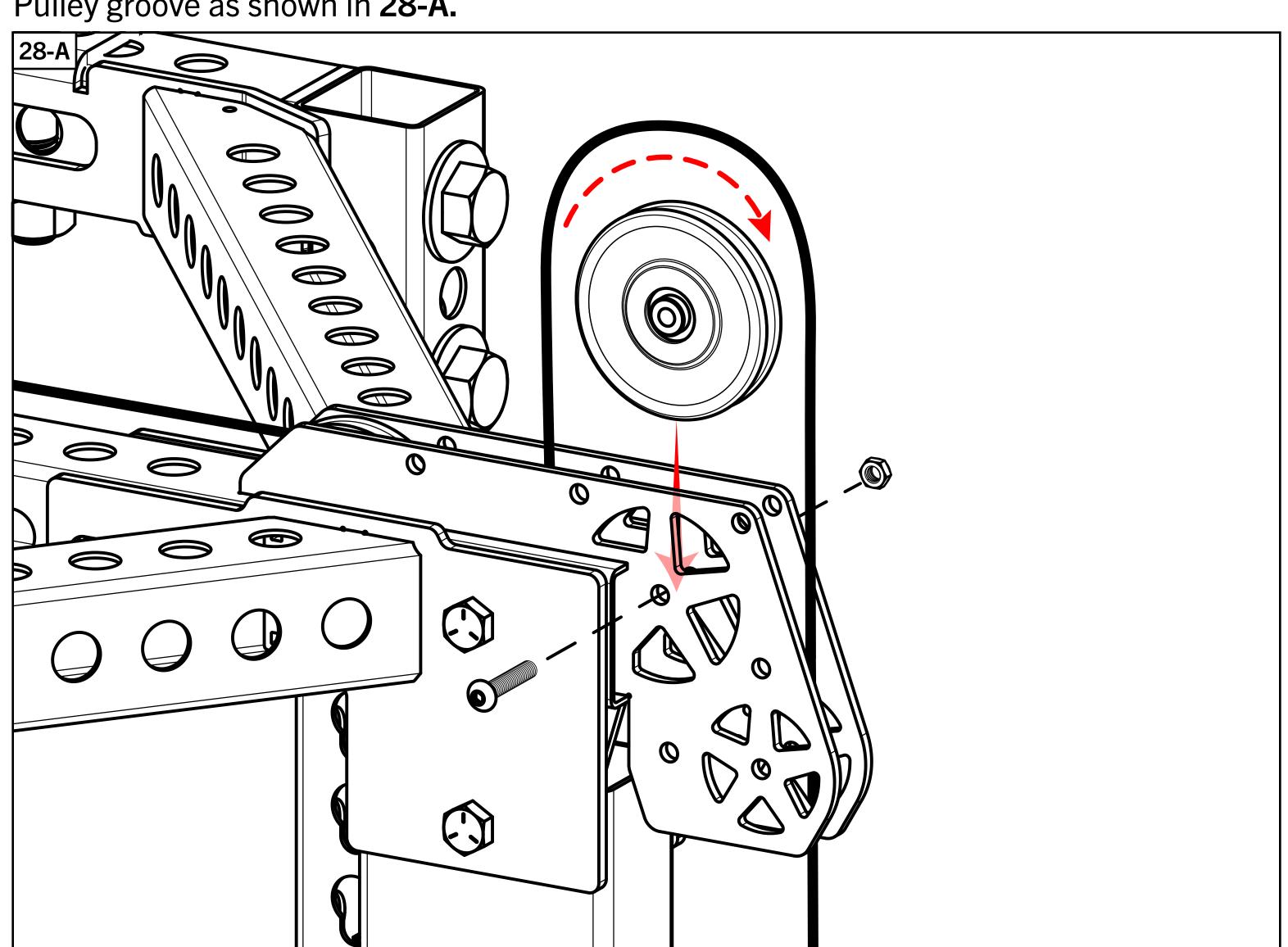


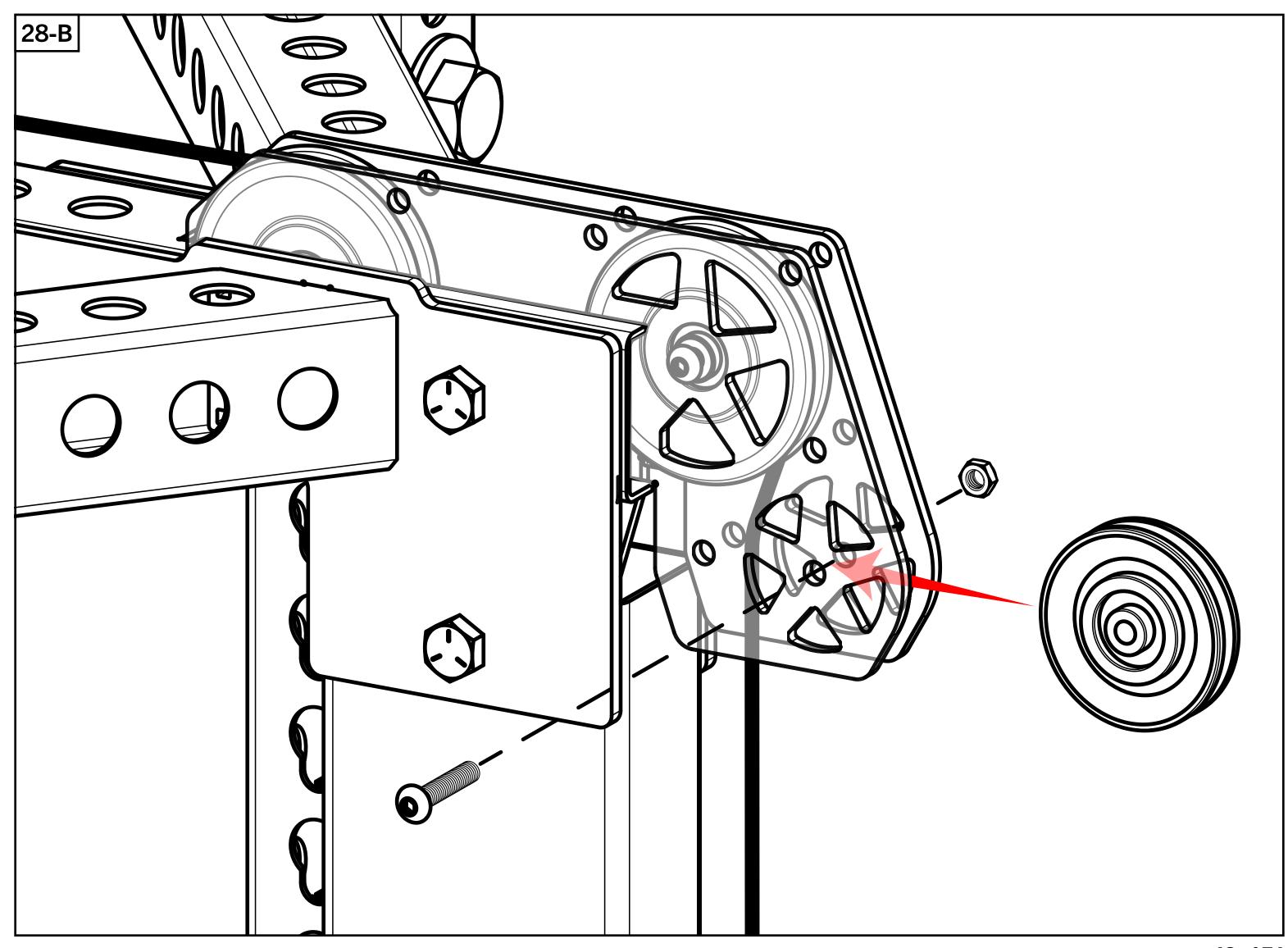




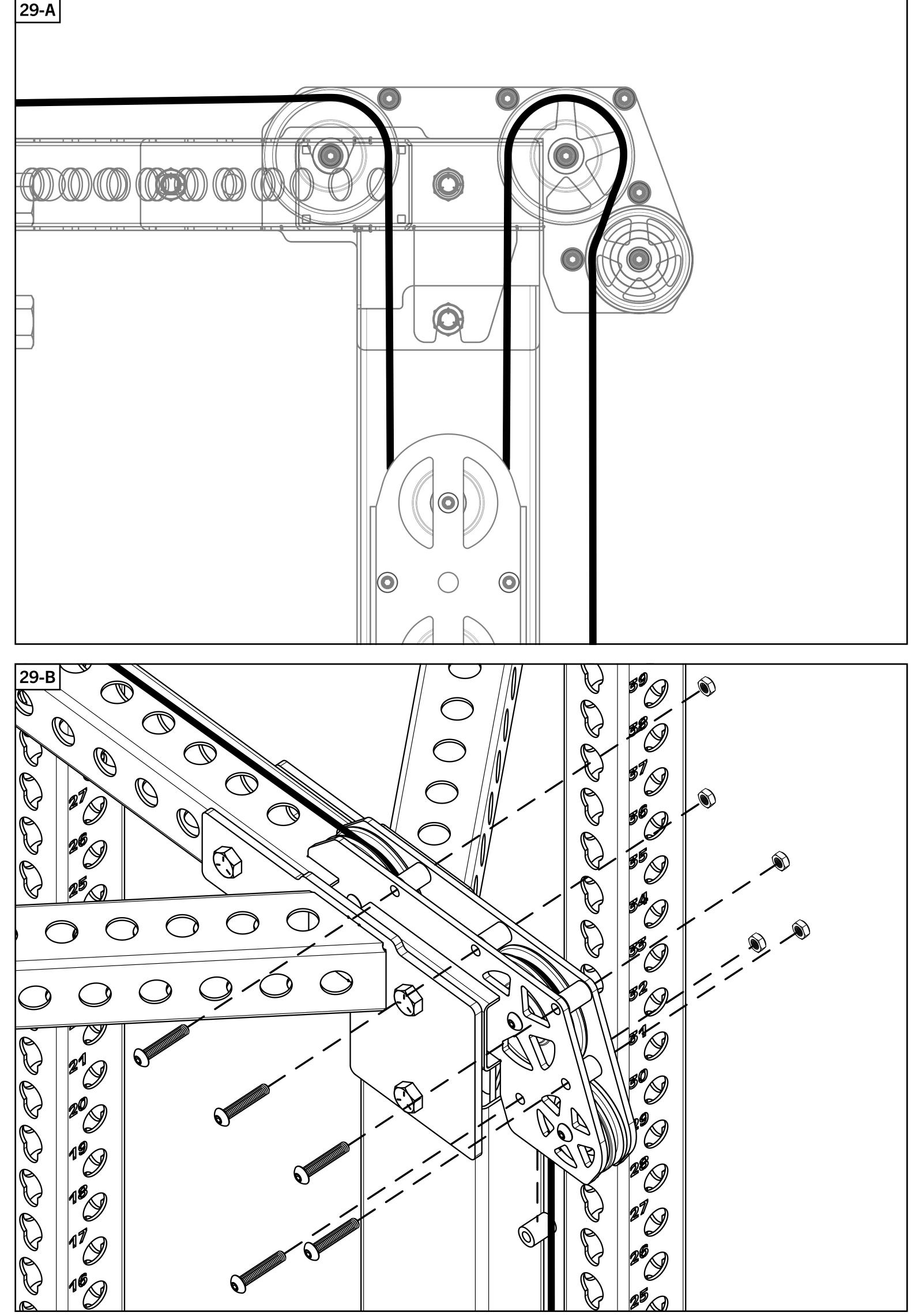
page 47 of 74

- Note: Use hardware/pulleys removed in STEP 24.
- Attach the 4.5" Pulley to the Rhino Top Center Crossmember [20], making sure the Upper Cable [30] is properly routed around the pulley. Secure the pulley with a 3/8" x 2" Button Head Screw and a 3/8" Nut.
- Ensure Upper Cable [30] rests in 4.5" Pulley groove as shown in 28-A.
- Attach 3.5" Pulley to the Rhino Top Center Crossmember [20], making sure the Upper Cable [30] is properly routed behind the pulley. Secure the pulley with a 3/8" x 2" Button Head Screw and a 3/8" Nut.
- Ensure Upper Cable [30] rests behind and is in the grove of the 3.5" Pulley as shown in 28-B.

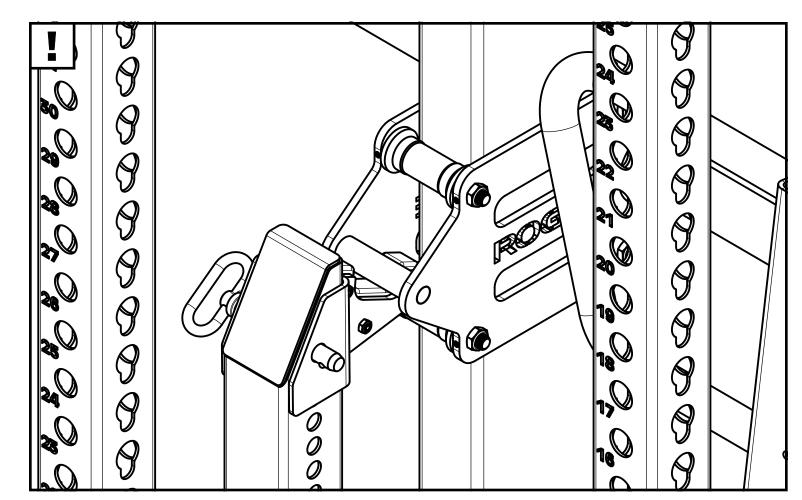


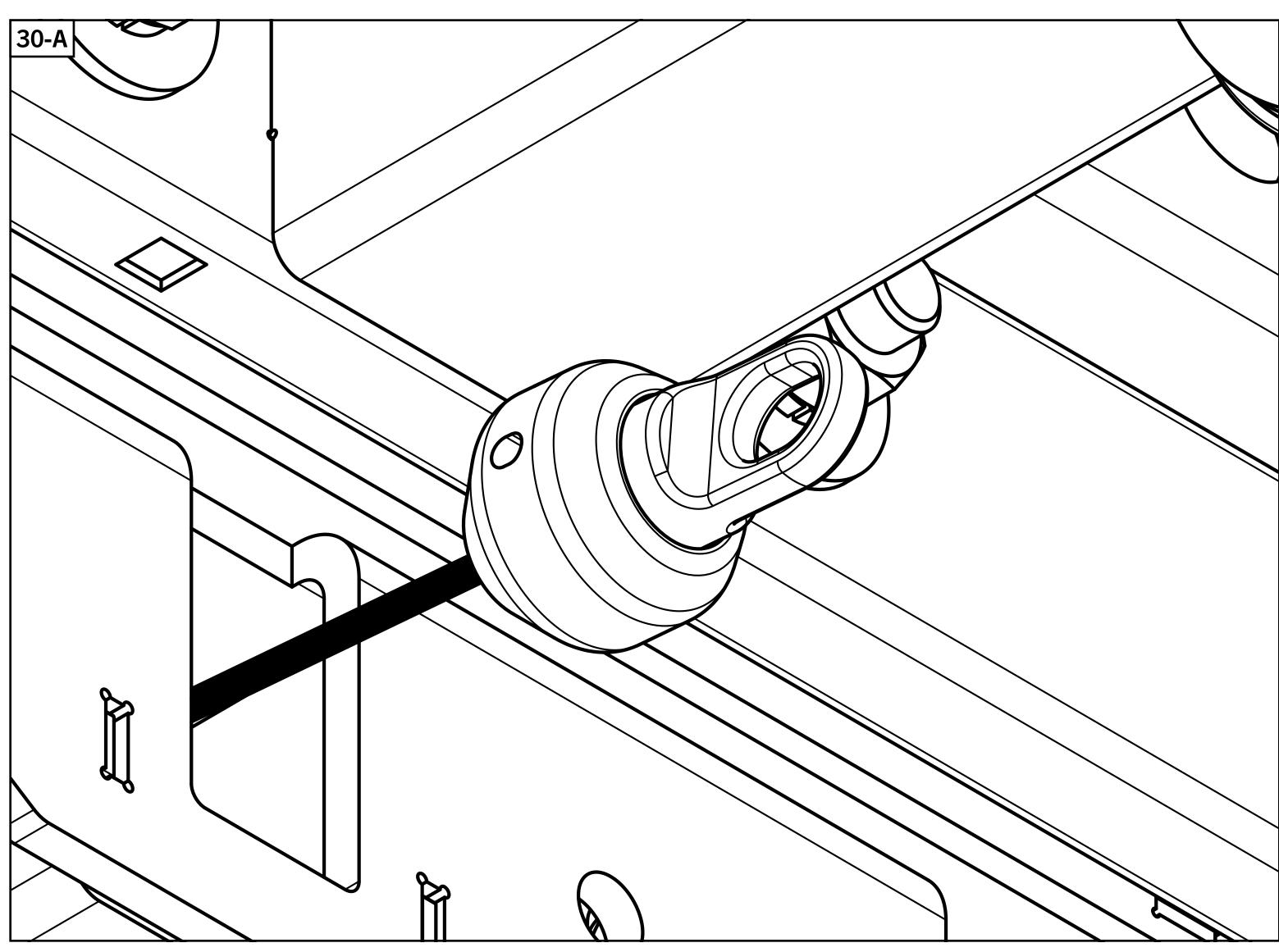


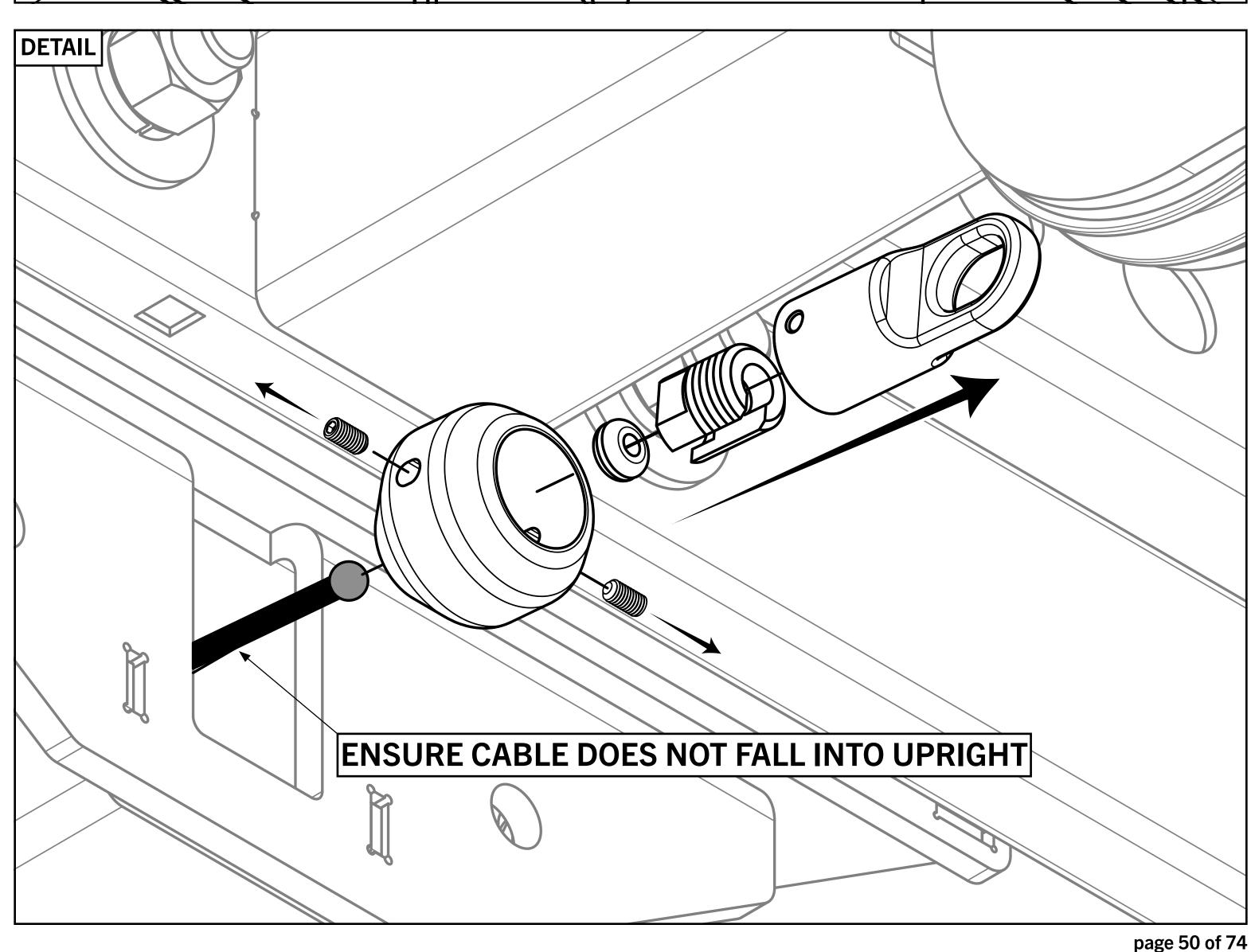
- Note: Ensure Upper Cable [30] routing matches 29-A before continuing.
- Note: Use hardware removed in STEP 24.
- Bolt 3/4" X 1" Spacer into Rhino Top Center Crossmember [20] using 3/8" X 2" Button Head Screws and 3/8" Nuts.



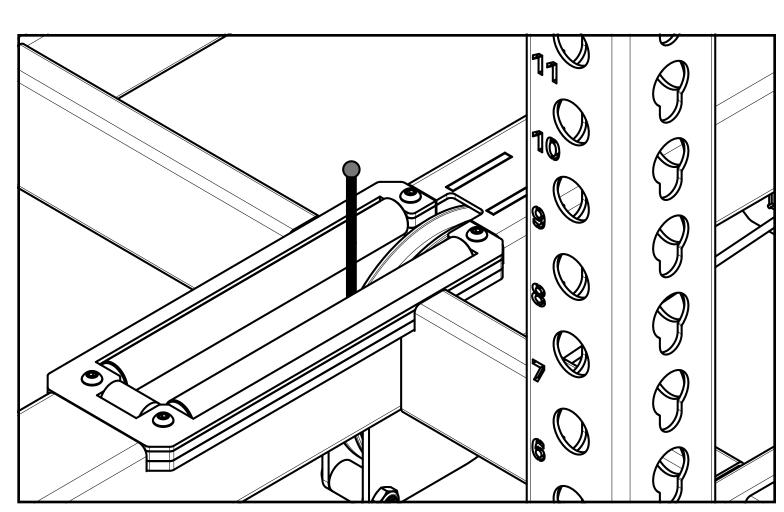
- 3/32" Allen Key & 5/8" Wrench
- I Ensure Plate Load Trolley is hooked on Rhino Hook before continuing.
- Completely disassemble the Clevis included with the lower cable by unscrewing set screws and Split Threaded Insert, and remove ball end of cable.

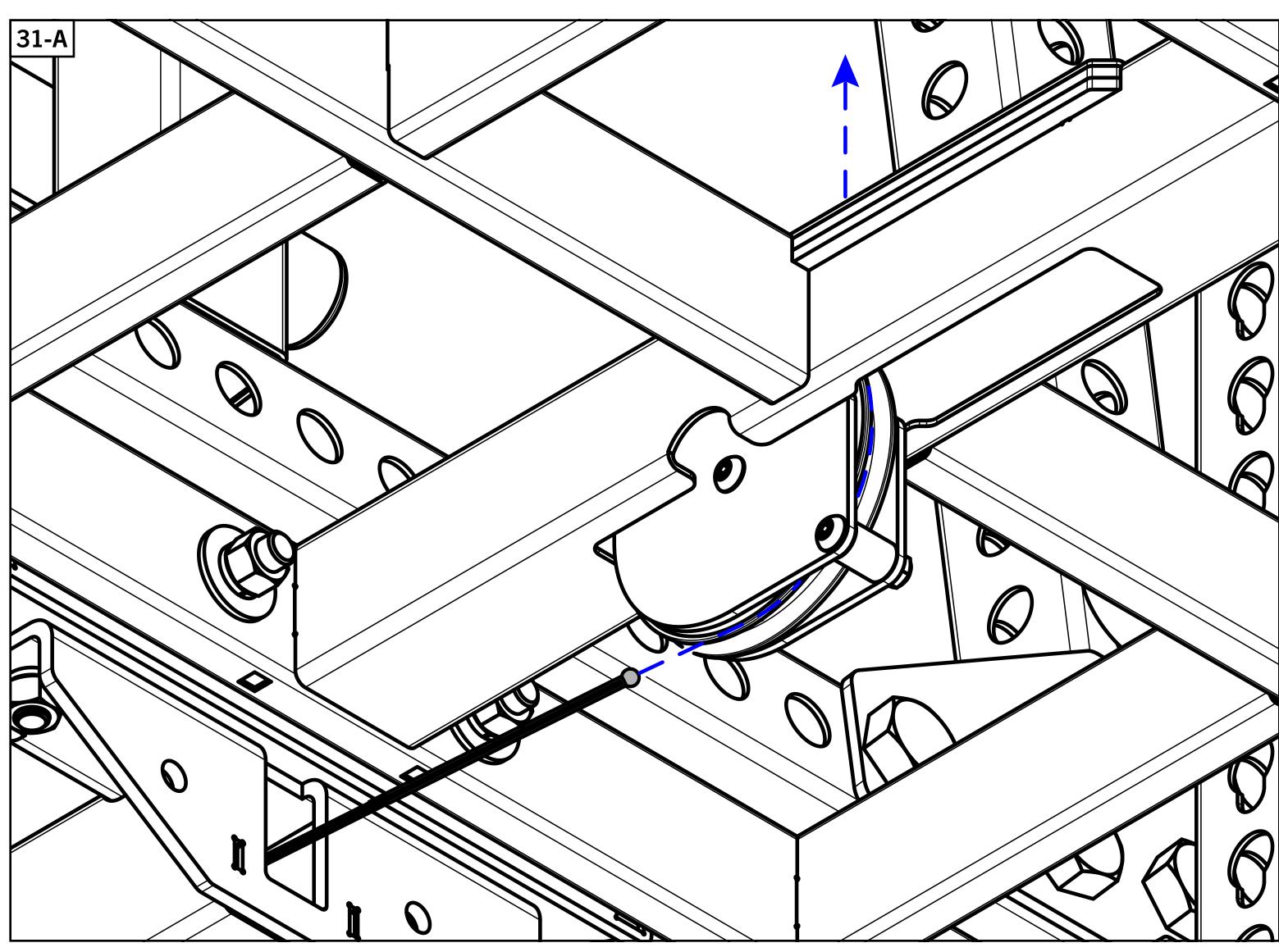


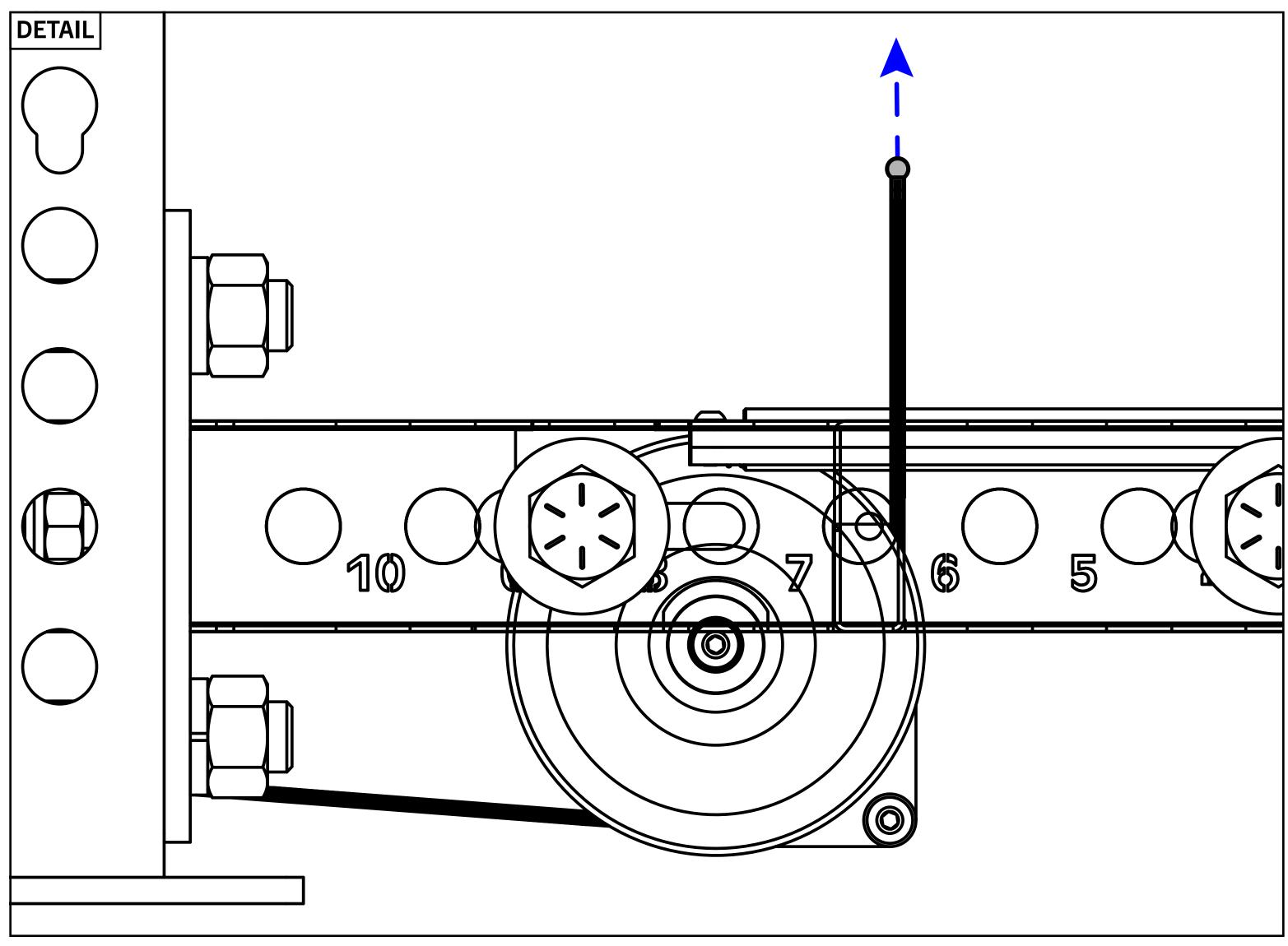




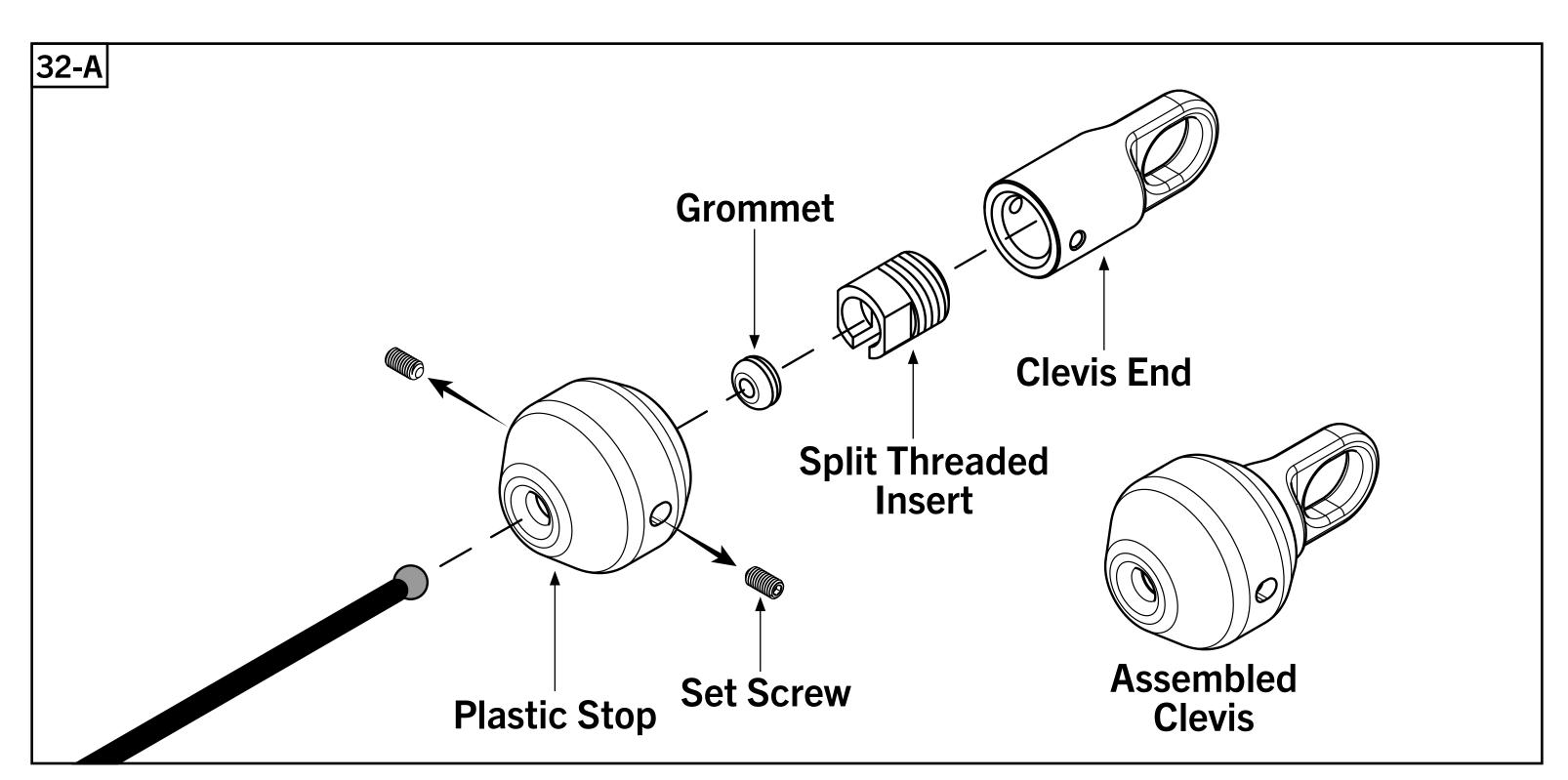
- Feed the ball end of the Lower Cable through the groove of the 6" Pulley and route it up through the Pulley Deck [17] as shown in 31-A.
- Ensure the cable remains seated in the pulley groove as shown in the **DETAIL**.

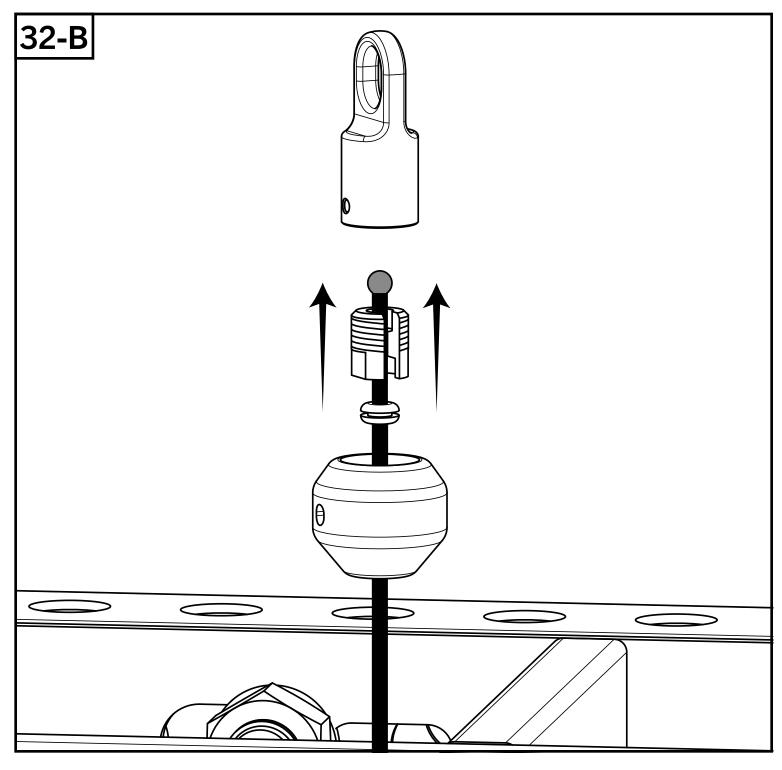


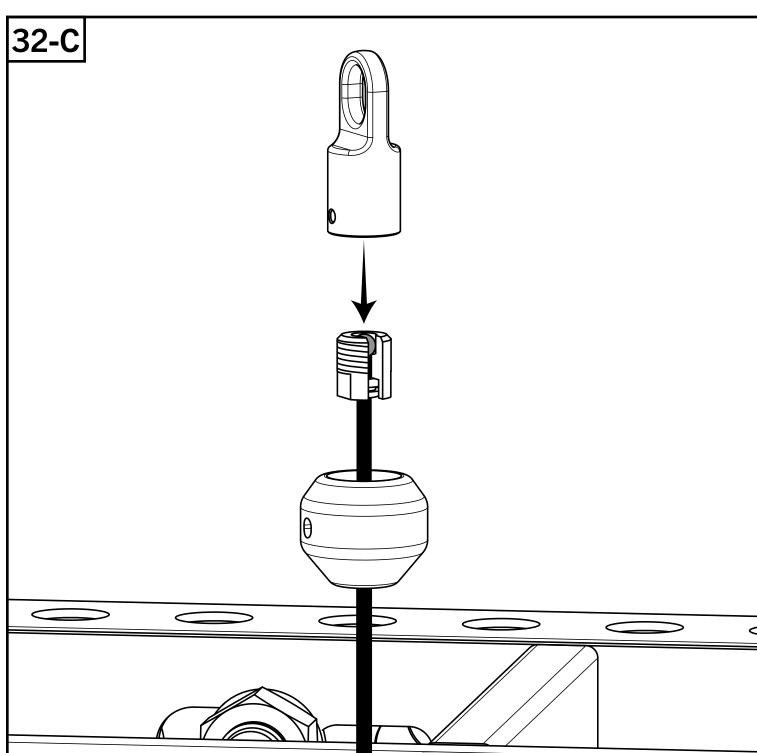


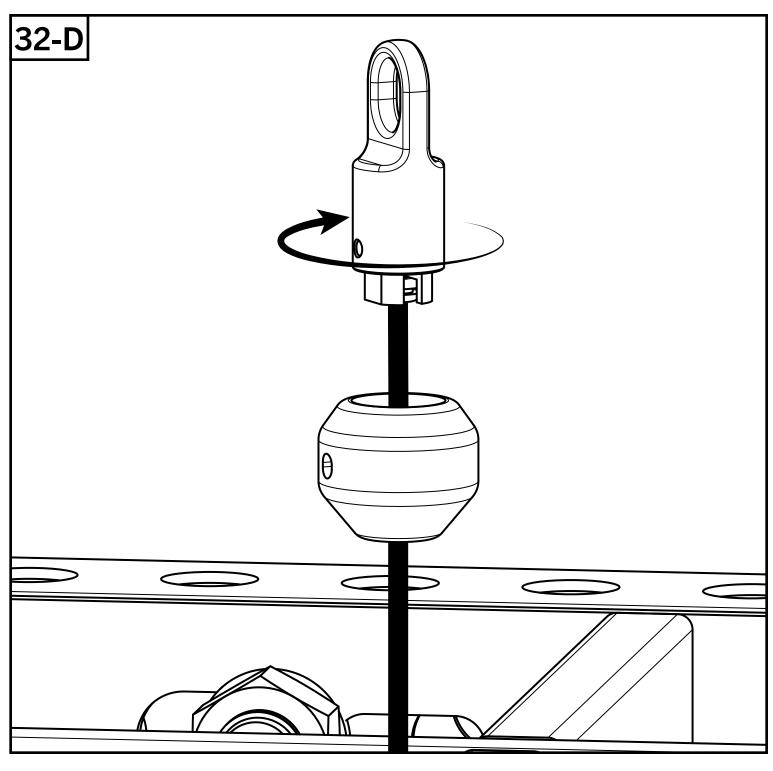


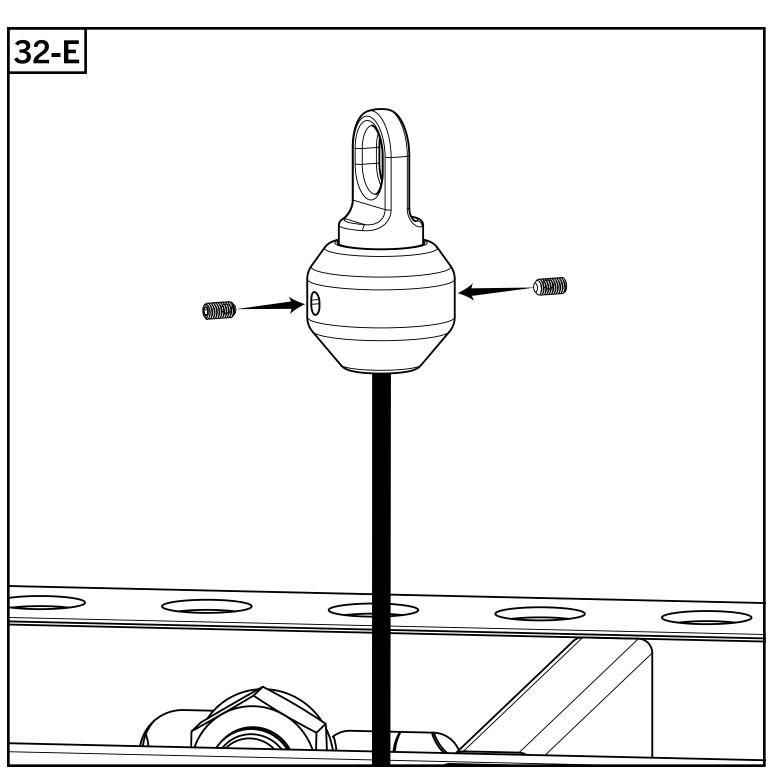
- 3/32" Allen Key & 5/8" Wrench
- Slide parts over the ball on lower cable as shown on **32-B**.
- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded side using 5/8" Wrench.
- Slide Plastic Stop forward and align outer holes with threaded holes on Clevis End and re-insert Set Screws. Fully tighten Set Screws.







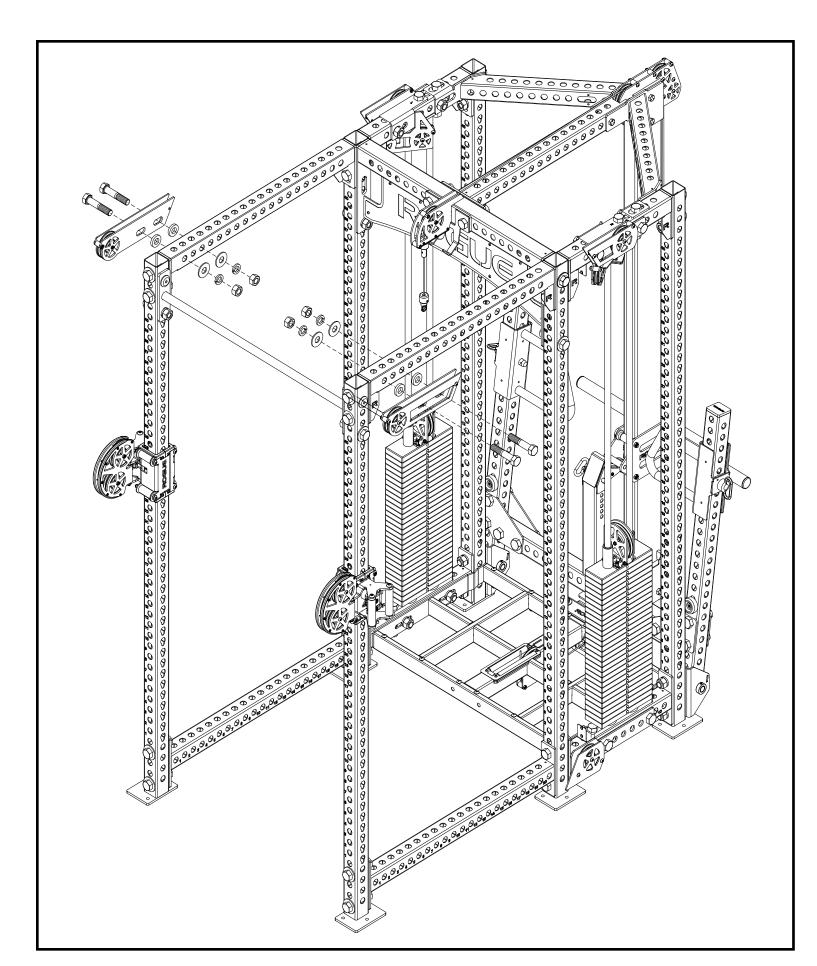


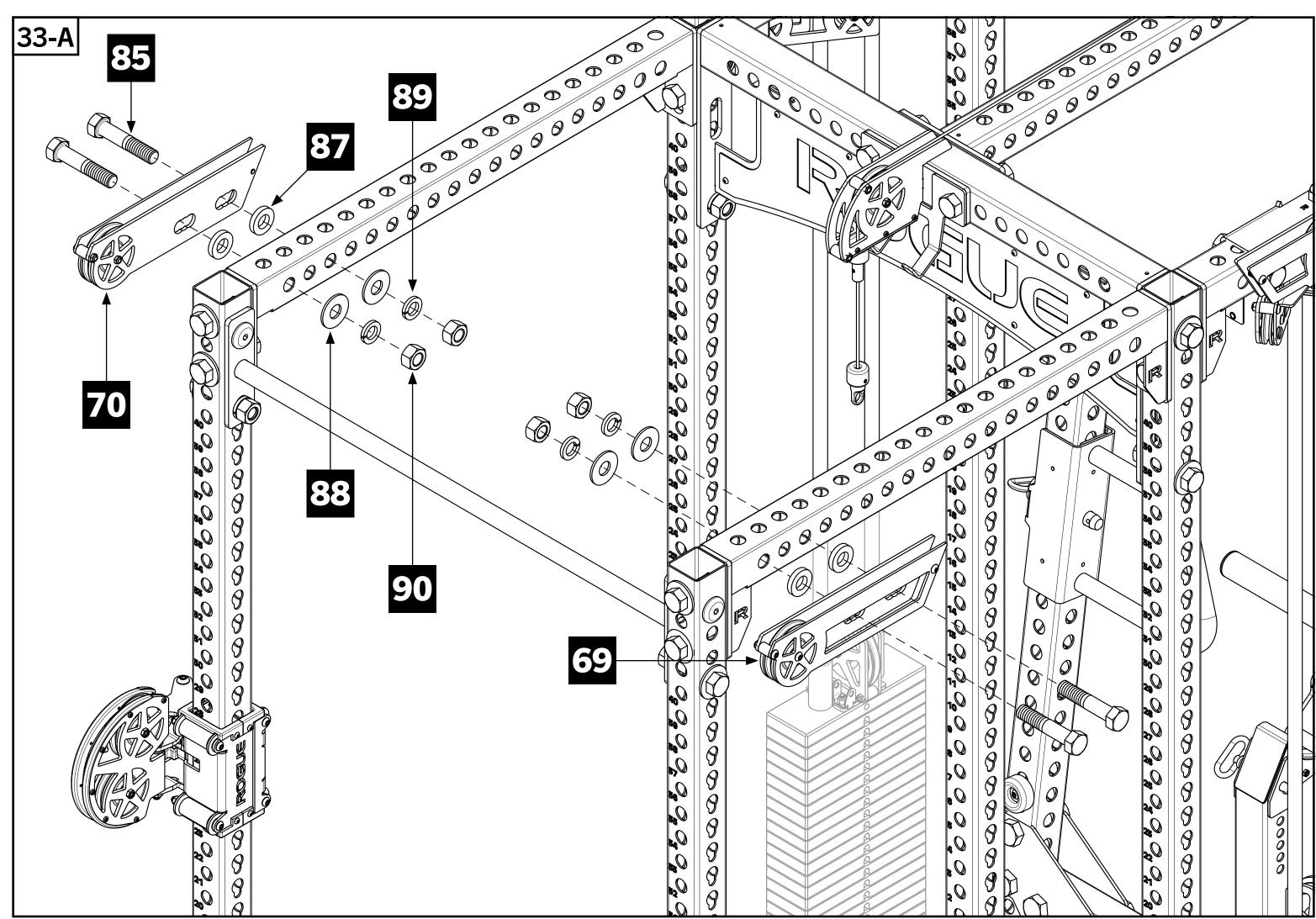


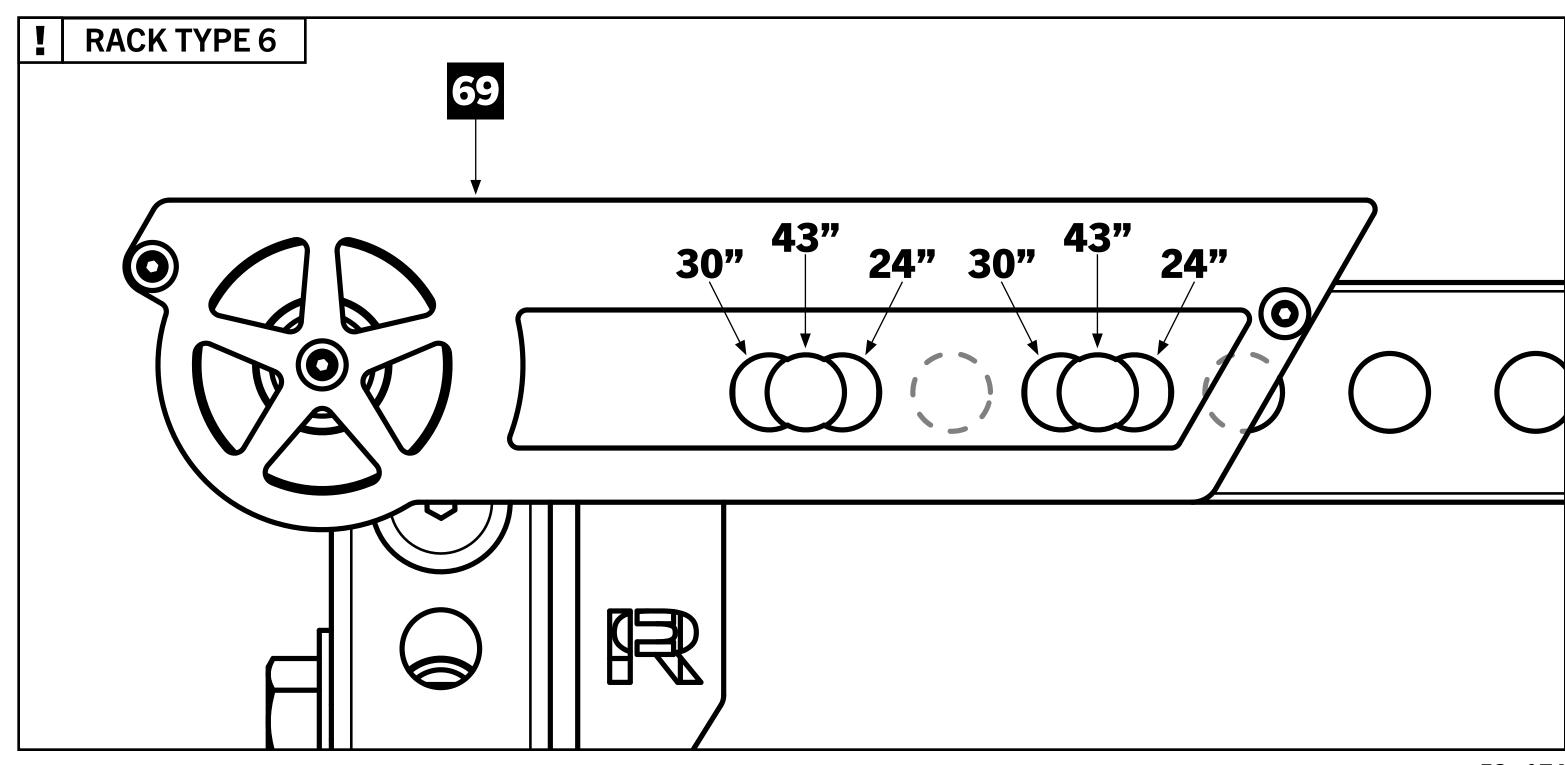
- See **PAGE 54** for Rack Type 4 43" locations.
- Bolt Top Front Side Pulley Assembly
  RH [69] and -LH [70] to the Front Top
  Crossmembers using 1" x 5" Hex Bolts [85],
  1" x 3/8" Pulley Bracket Spacers [87], 1" Flat
  Washers [88], 1" Lock Washers [89], and 1"
  Hex Nuts [90] as shown.
- 1 43" Front 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. (Rack Type 4 - 43" and all Rack Type 6 depths)
- Rack Type 4 24" and 30" do not have front pulley assemblies.







- See **PAGE 54** for 4 Style 43" locations.
- Bolt Bottom Front Side Pulley Assembly - RH [71] and -LH [72] to the Front Low

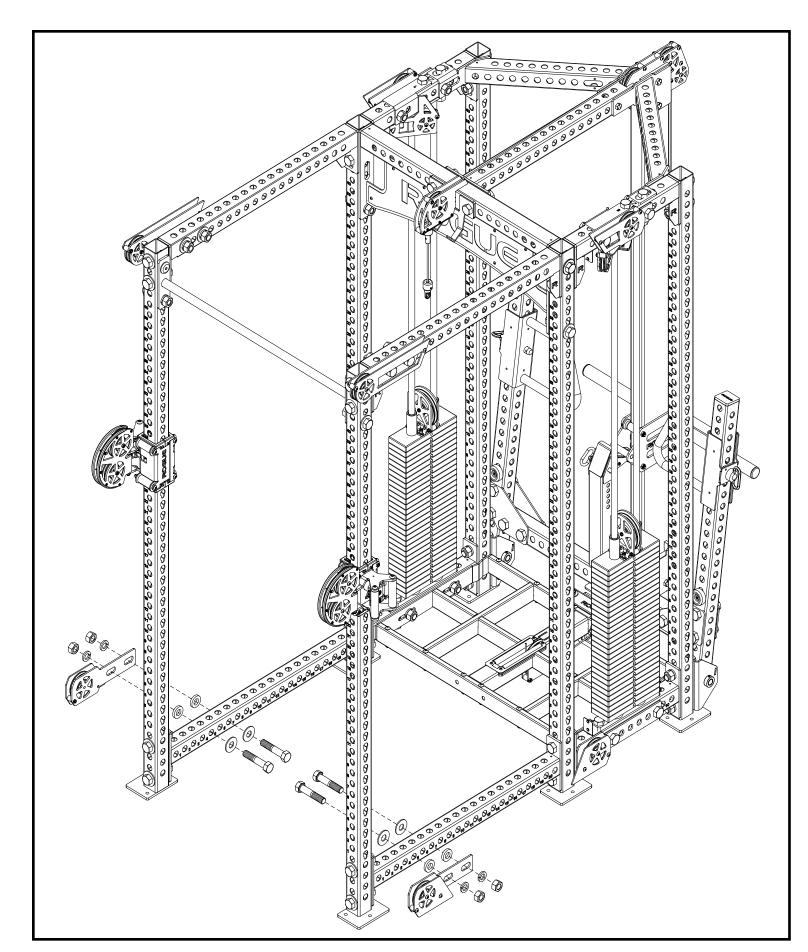
Crossmembers using 1" x 5" Hex Bolts [85], 1" x 3/8" Pulley Bracket Spacers [87], 1" Flat Washers [88], 1" Lock Washers [89], and 1" Hex Nuts [90] as shown.

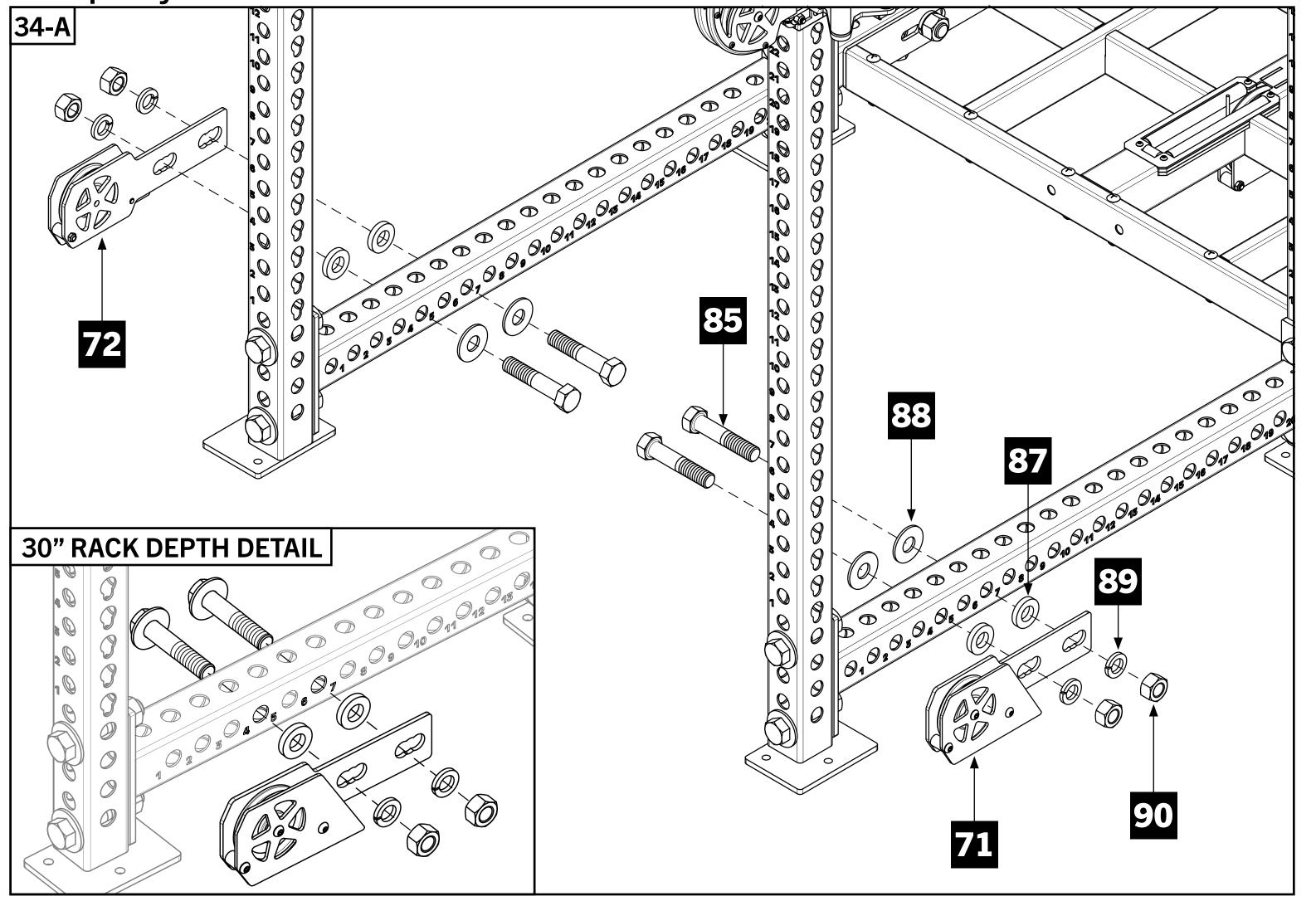
1 43" Front Low Crossmember is shown. The Bottom Front Side Pulley Assembly holes utilized will depend on length of your Front Crossmembers. Use the diagram below to determine which holes to use.

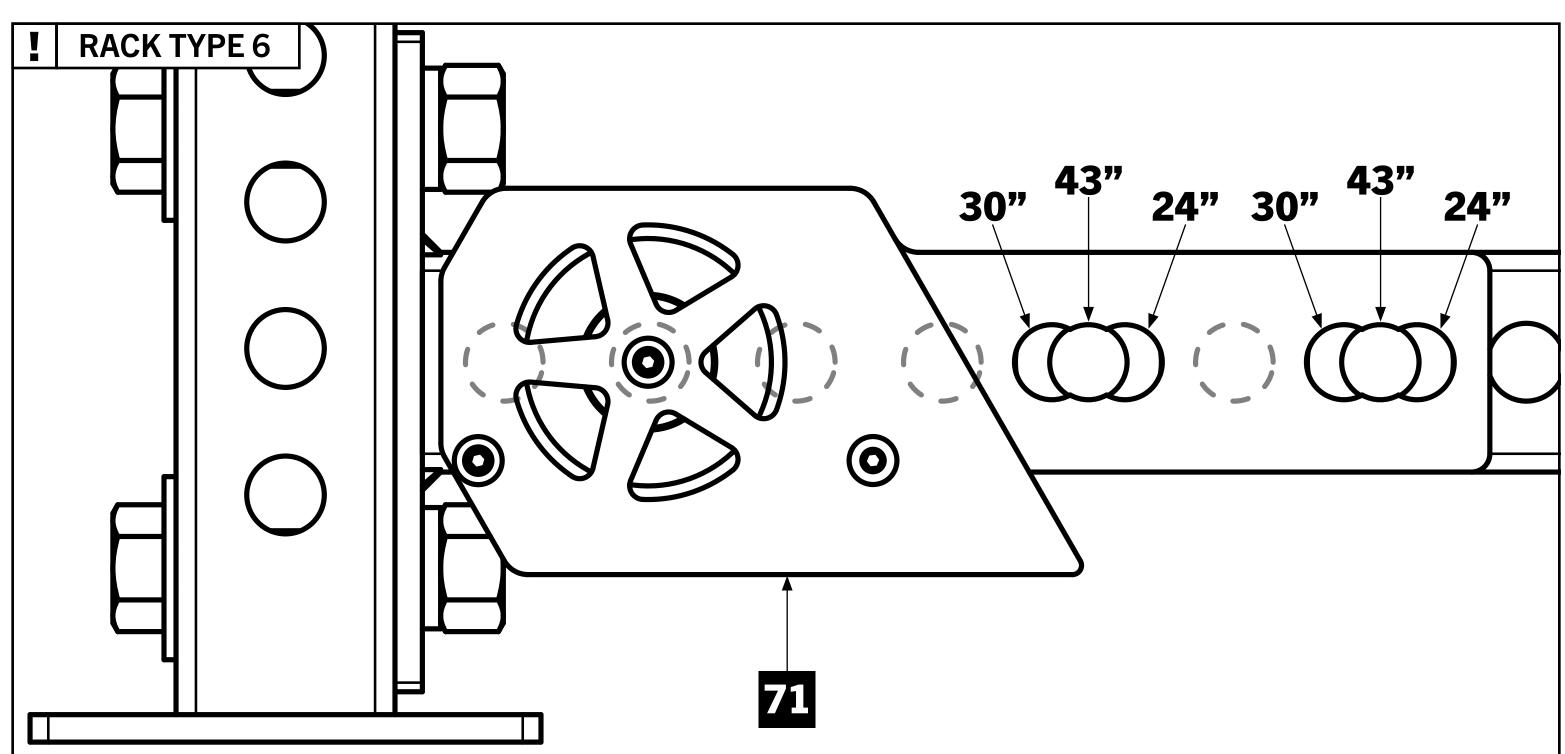
#### Note:

- Bolt hardware through the holes between number cutouts '4'&'5' and '6'&'7' on your Front Low Crossmembers. (Rack Type 4 - 43" and all Rack Type 6 depths)
- Bolt heads should be oriented on the inside of rack as shown.

Rack Type 4 - 24" and 30" do not have front pulley assemblies.

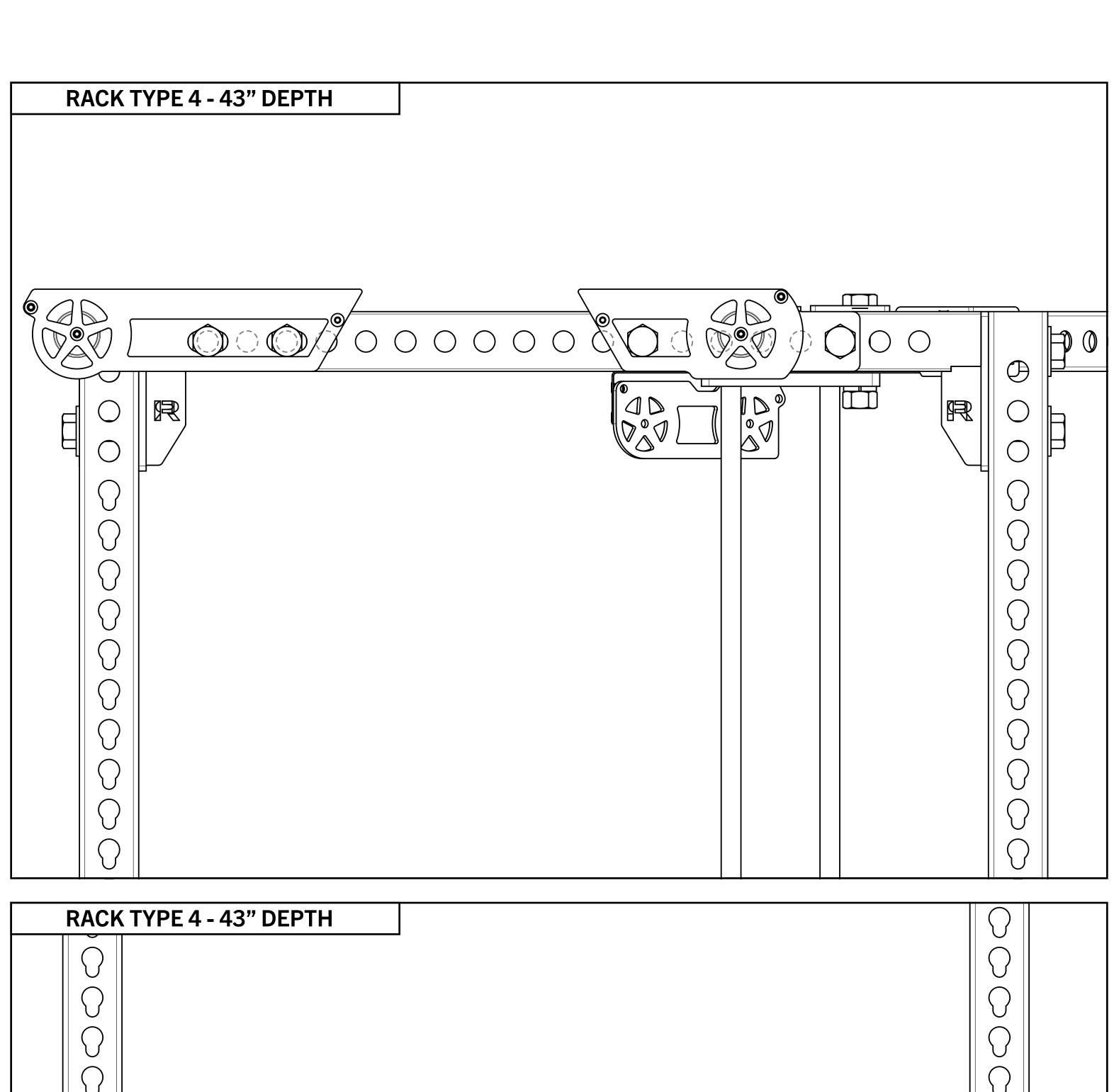


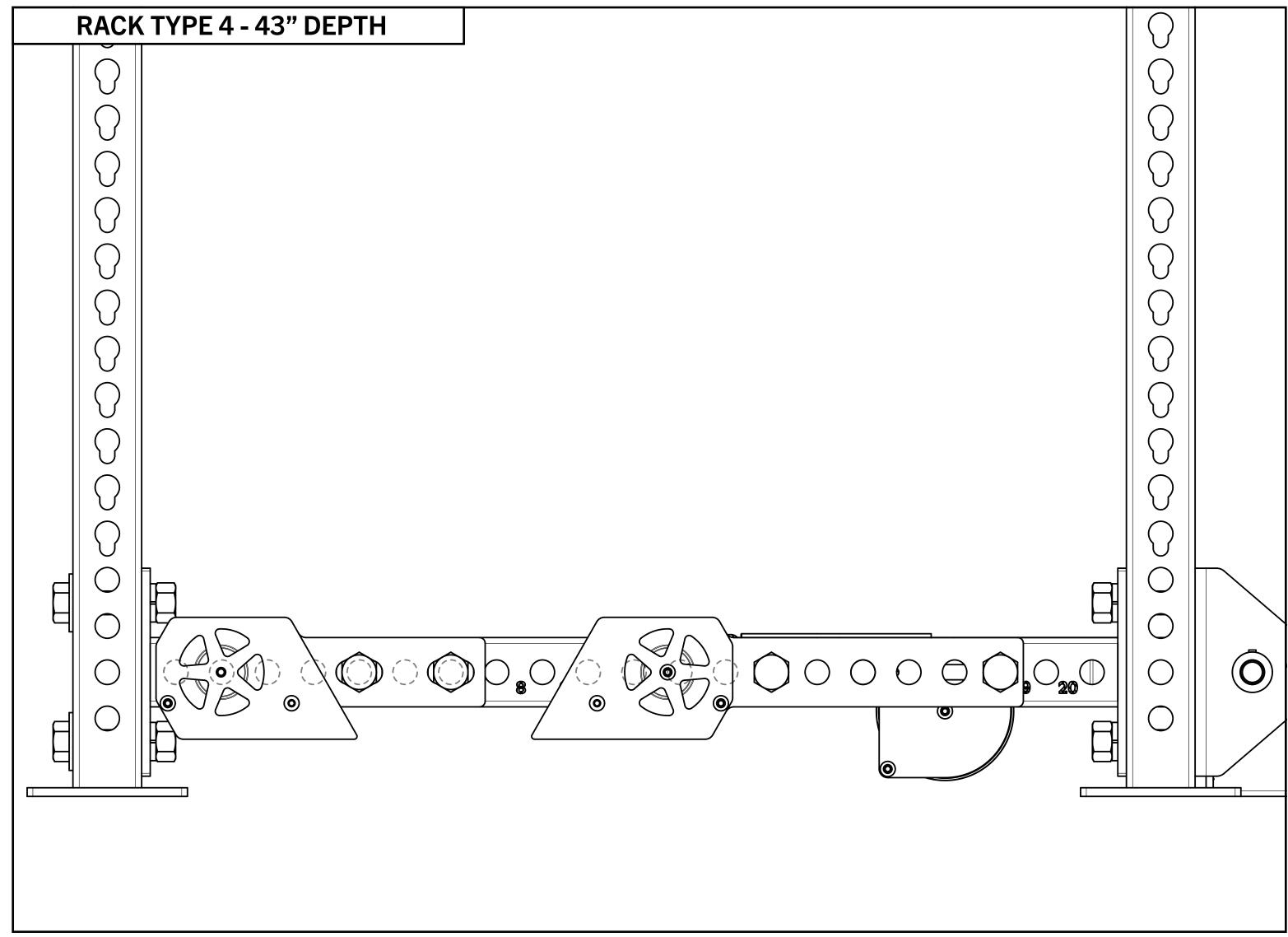




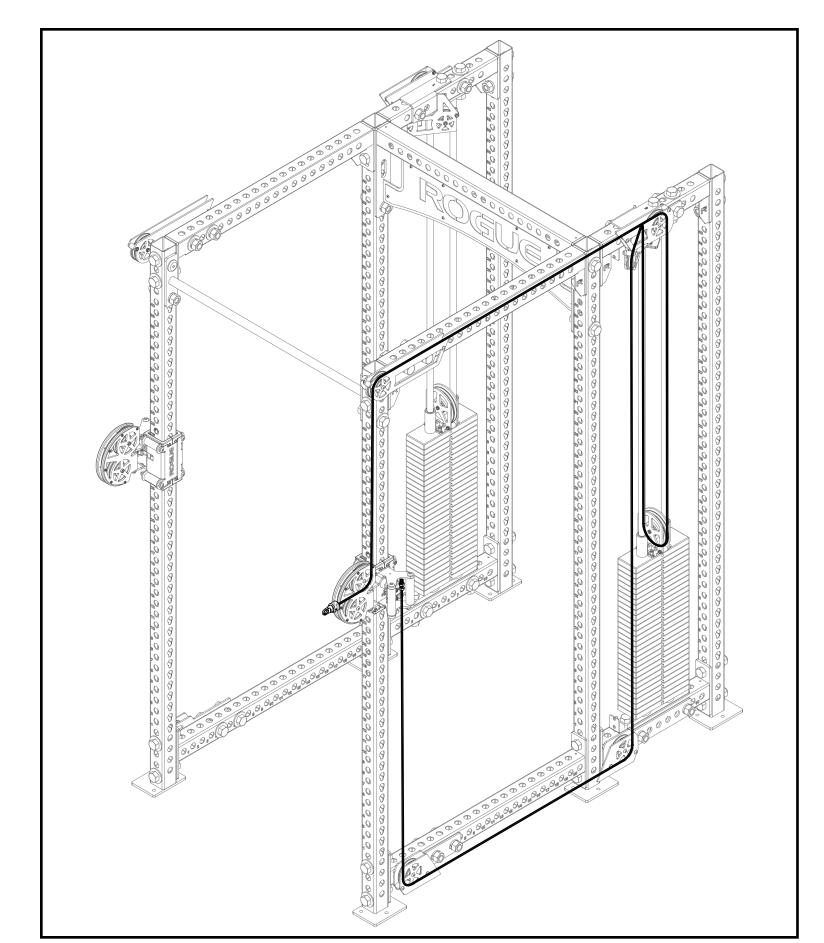
# **33/34 DETAIL**

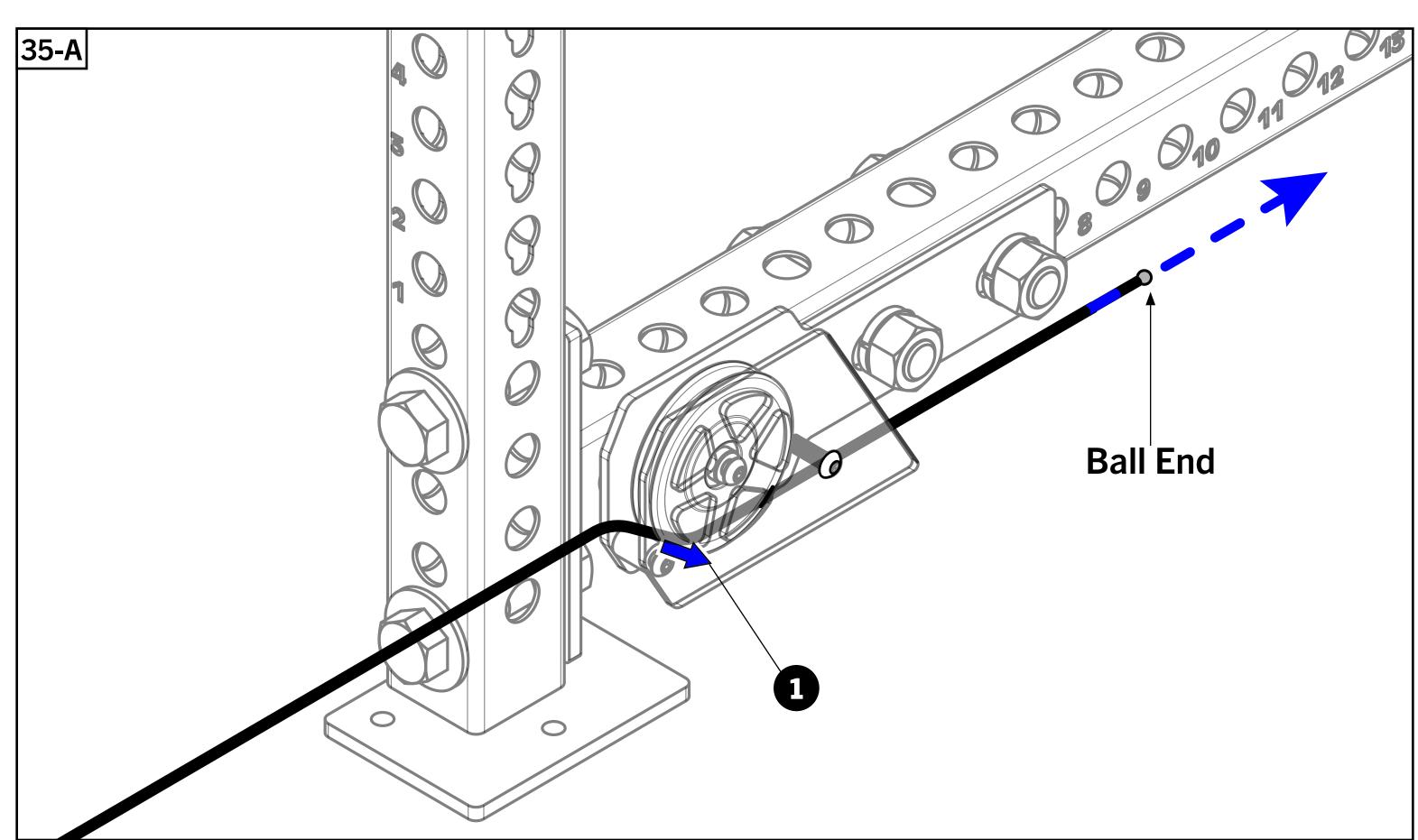
• Note: Rack Type 4 - 24" and 30" do not have front pulley assemblies.

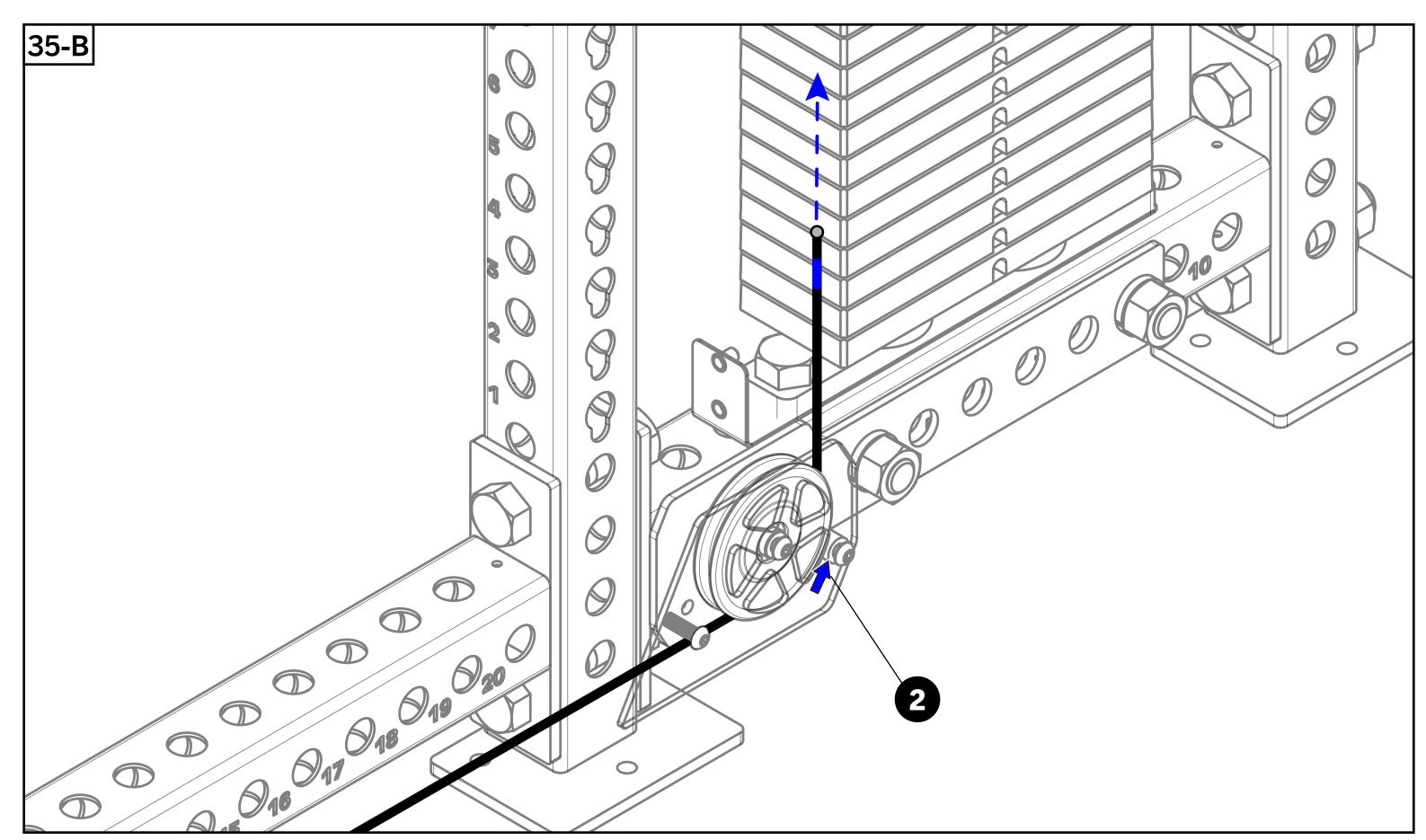




- **NOTE**: For simplicity, Rhino not shown during Indy cable routing.
- Unwind Indy Trolley Cable [59] to remove twists/kinks.
- Feed the Ball End of Trolley Cable [59] (Blue Tag) around the pulley on Bottom Front Pulley Assembly (arrows 1 & 2) and continue towards the back of rack. Continue feeding around the Bottom Rear Side Pulley shown in 35-B.



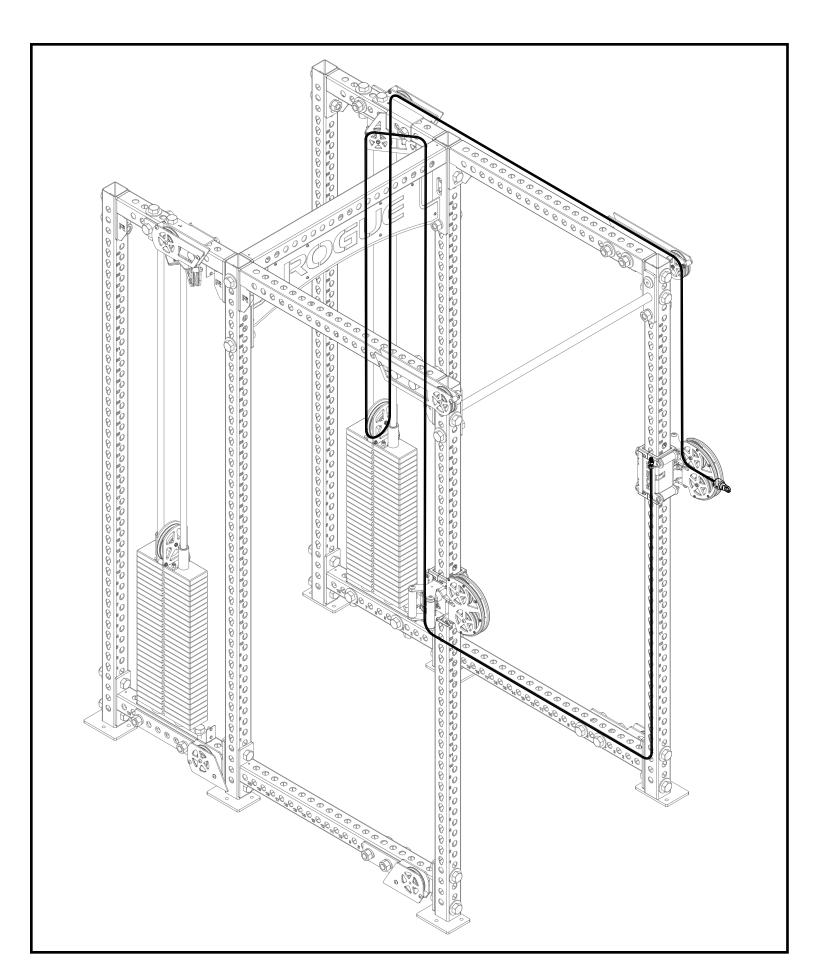


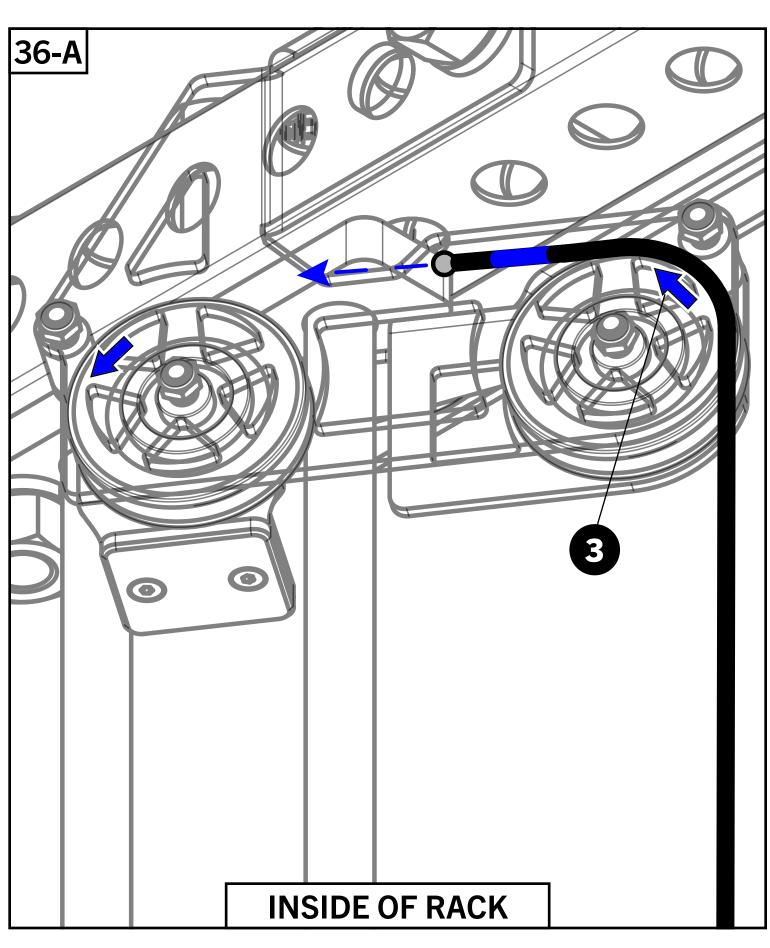


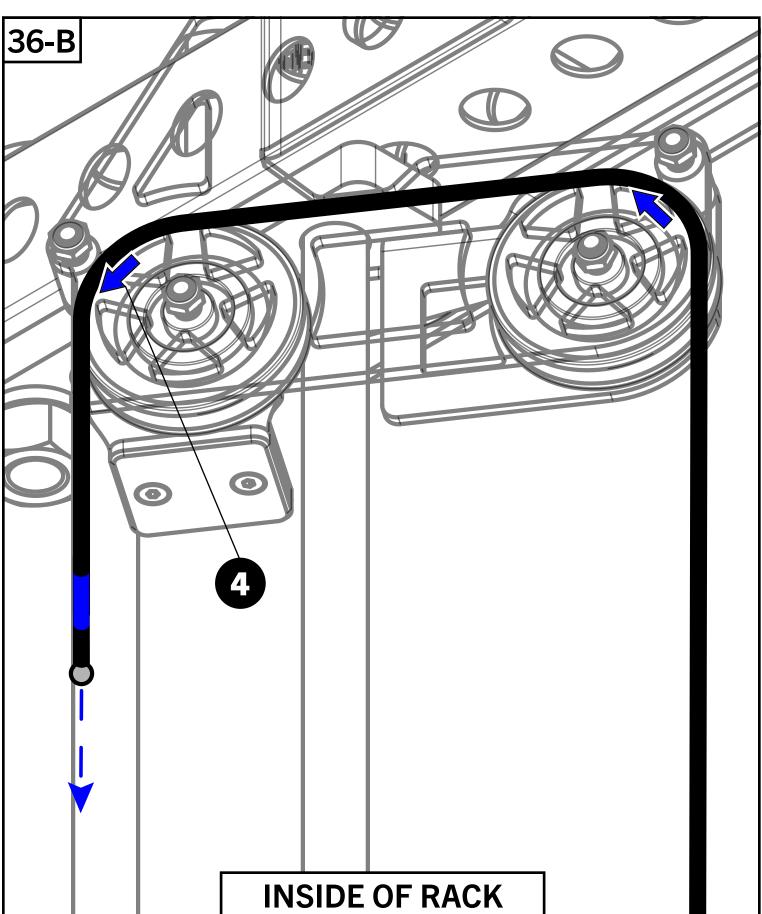
- Continue feeding around the first pulley on Indy Top Pulley Bracket following the arrow indicator directions towards the back of the rack.
- Feed cable around the next angled pulley at the back of the Indy Top Pulley Bracket and downward towards the Weight Stack Stem.
- Feed cable around the pulley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

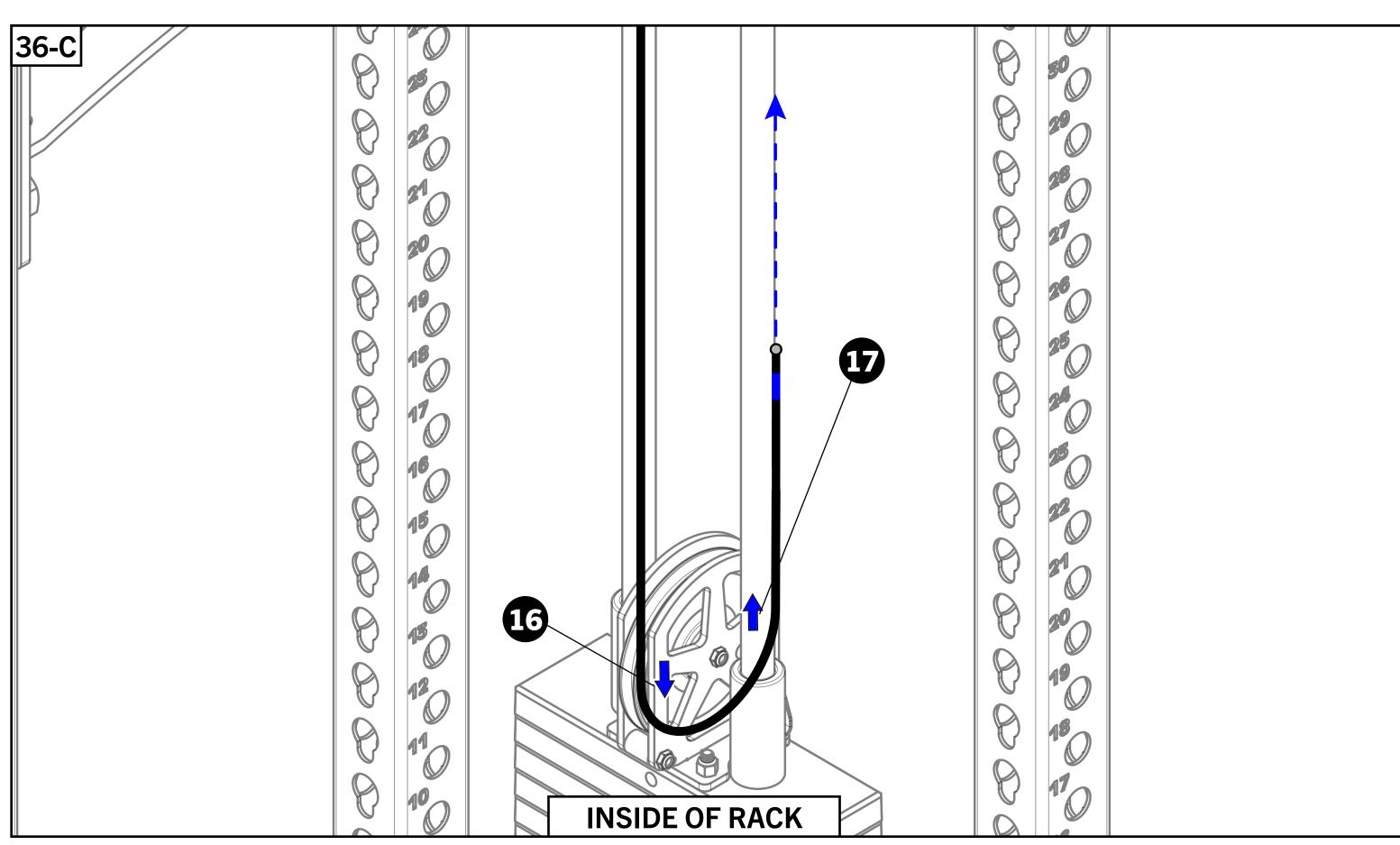
#### Note:

 Arrow numbers on parts shown in 36-C do not correspond to numbering sequence.
 (Will be represented by 16 and 17).

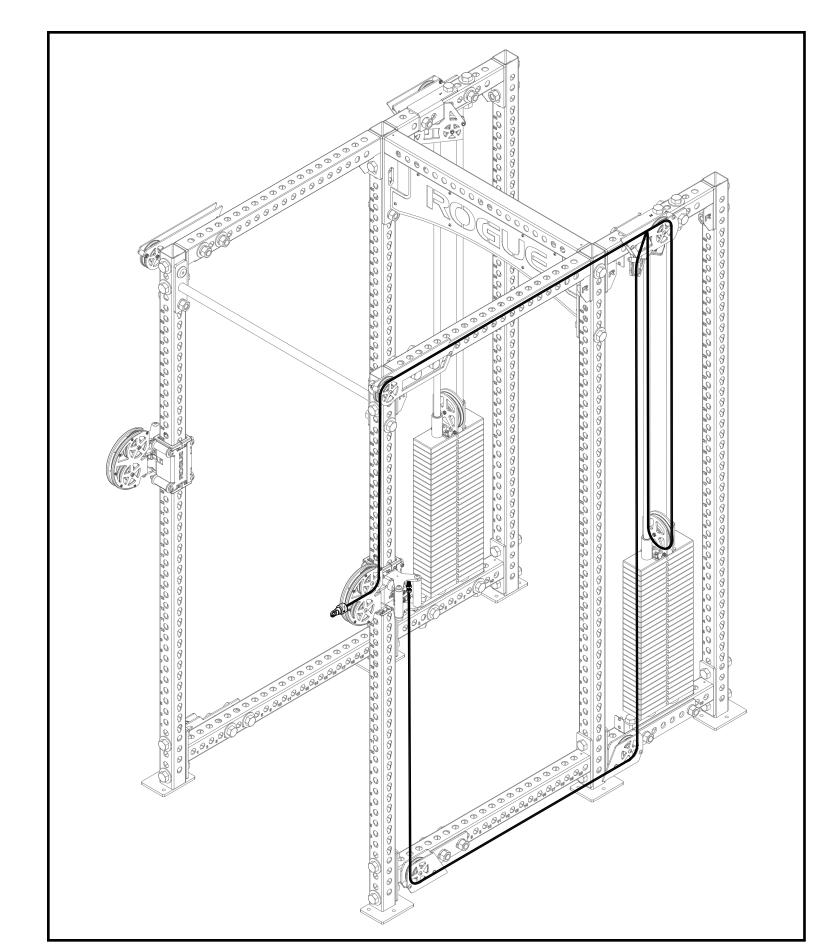


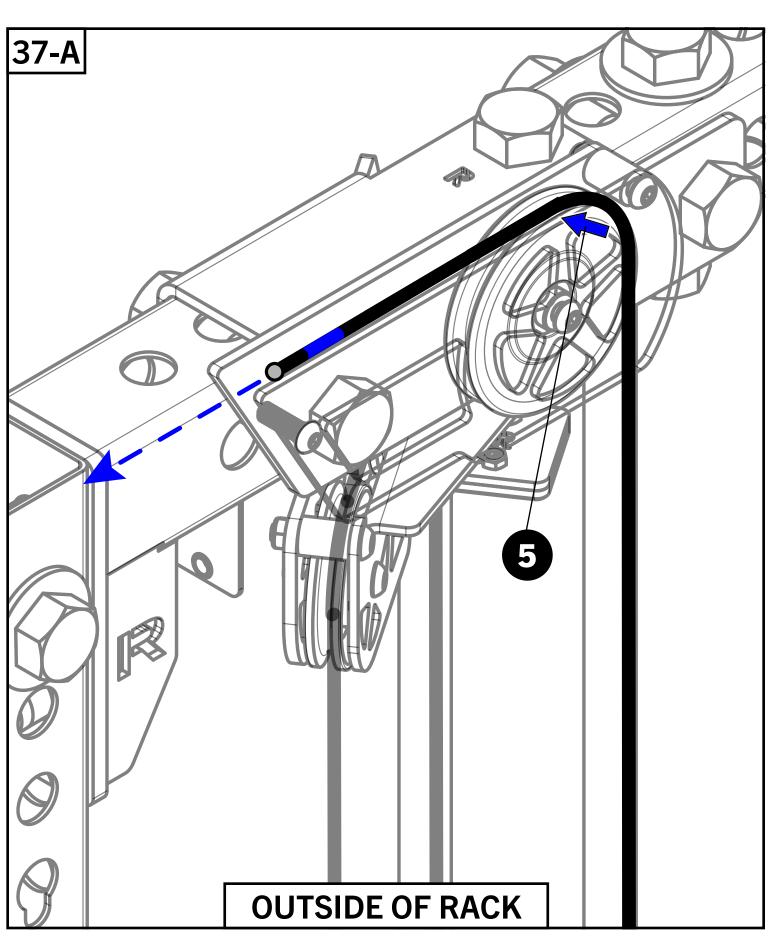


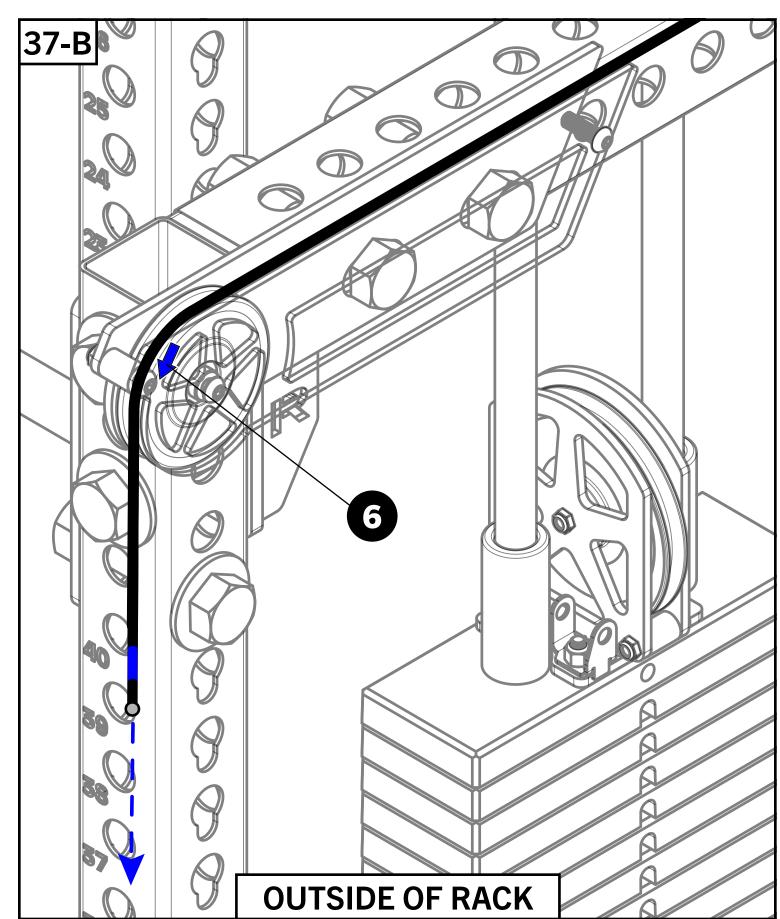


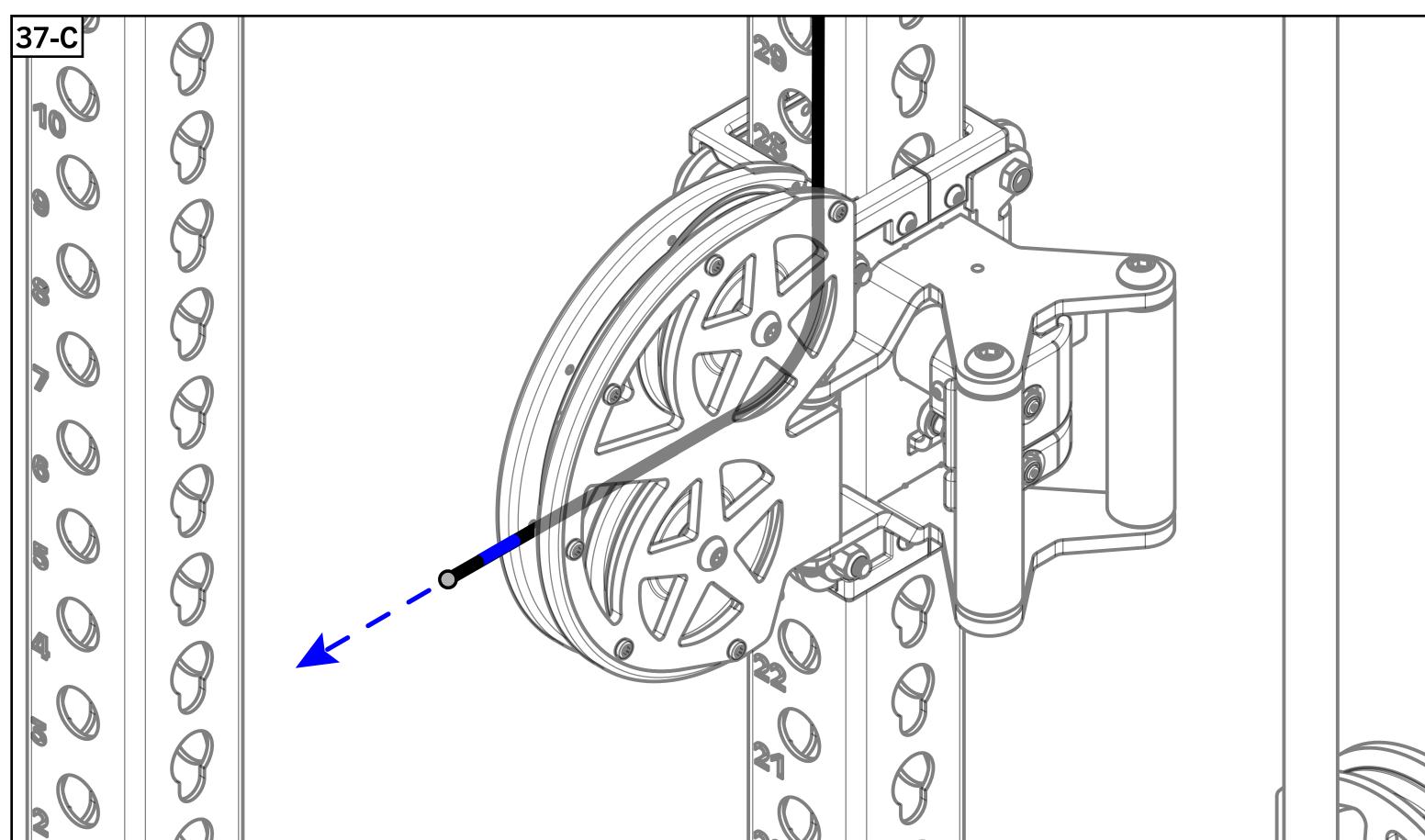


- Feed cable around the pulley in the Top Rear Side Pulley Assembly and continue to the front of the rack.
- Feed the cable around the pulley in the Top Front Side Pulley Assembly and down and out through the Swivel Trolley.

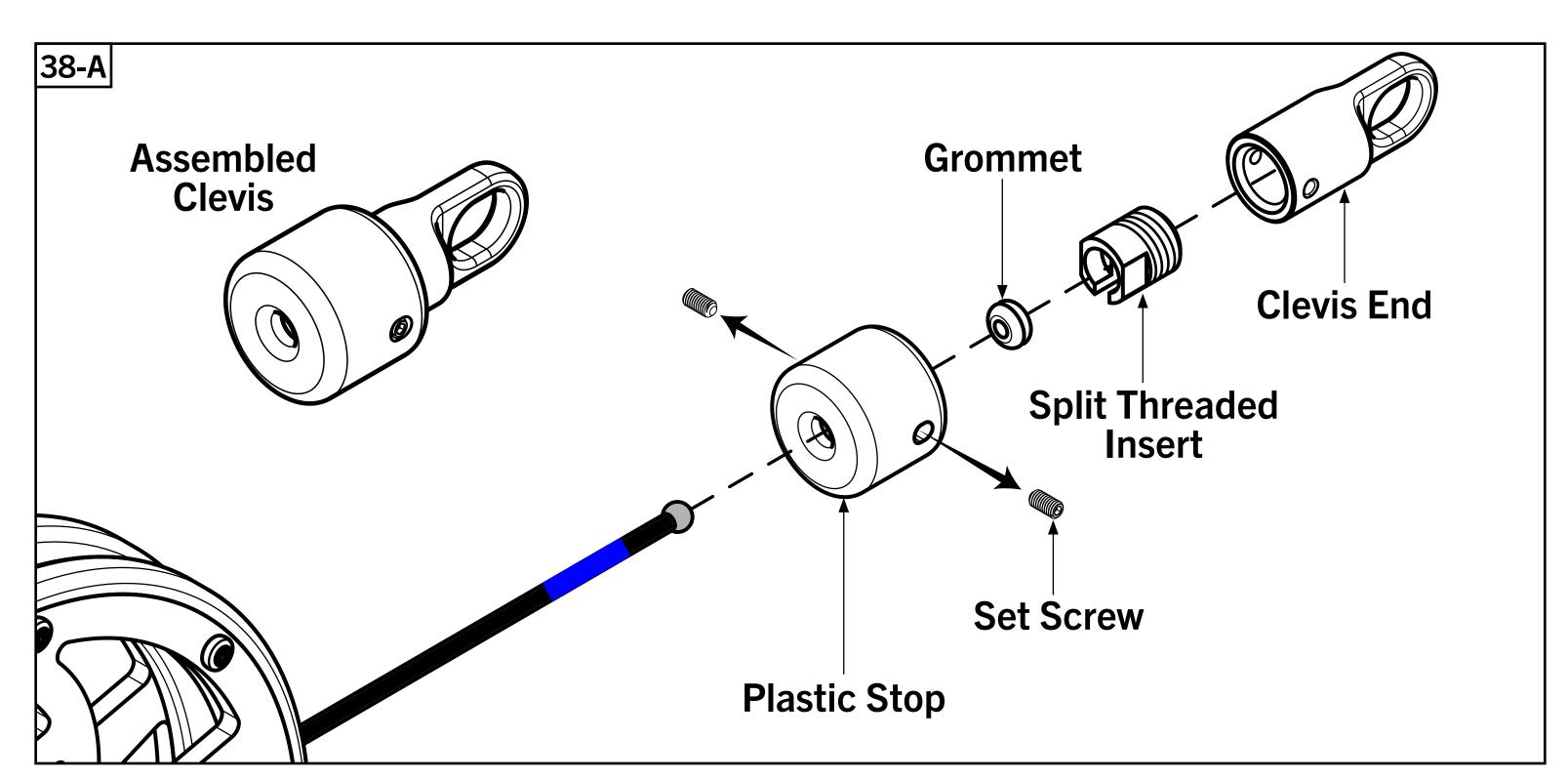


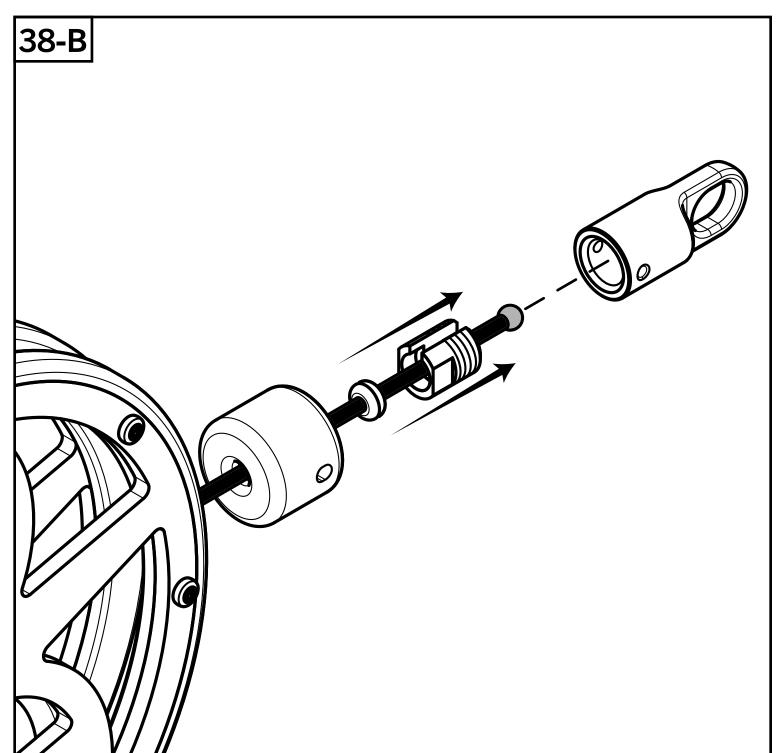


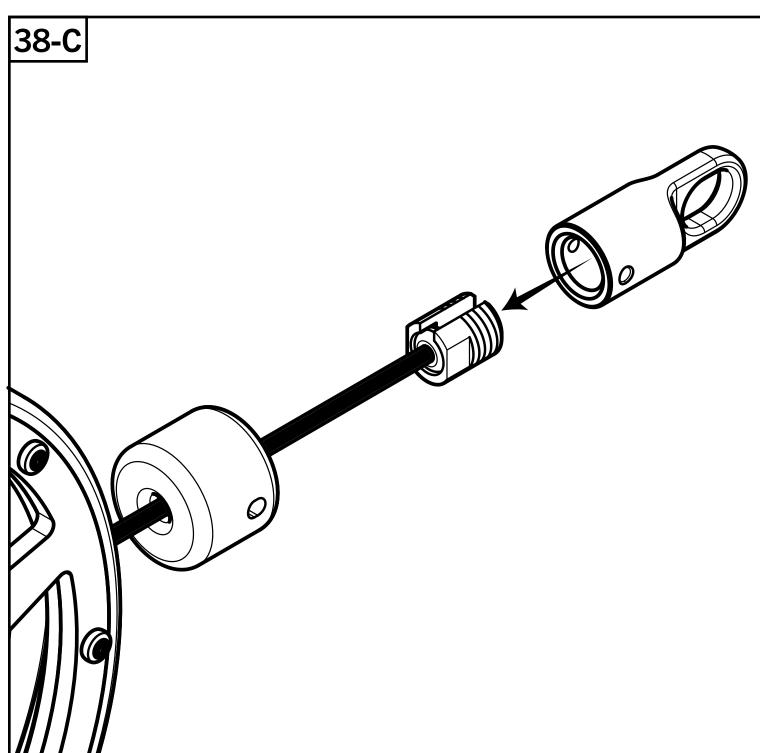


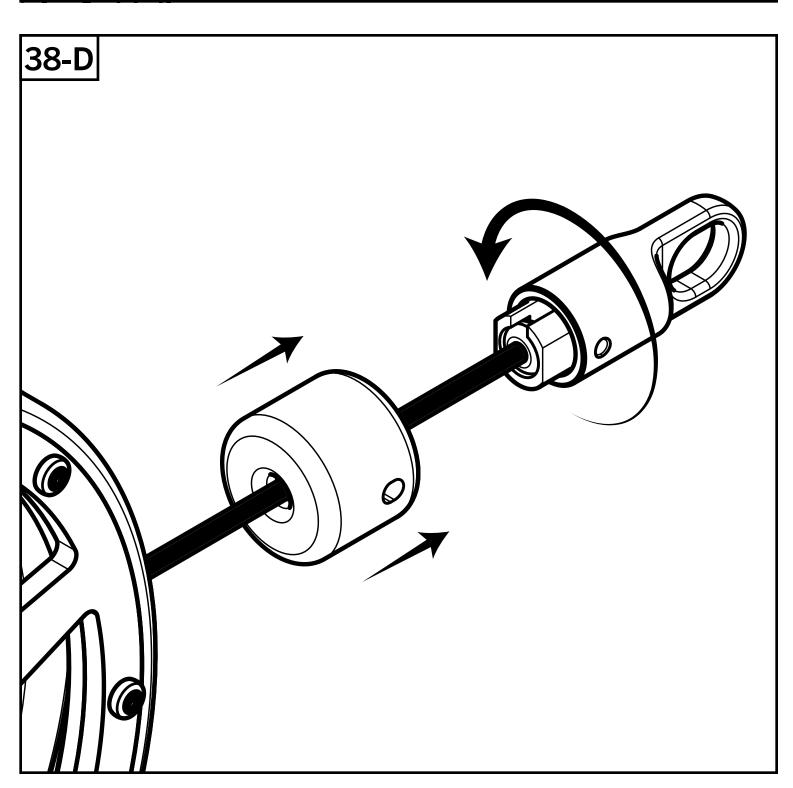


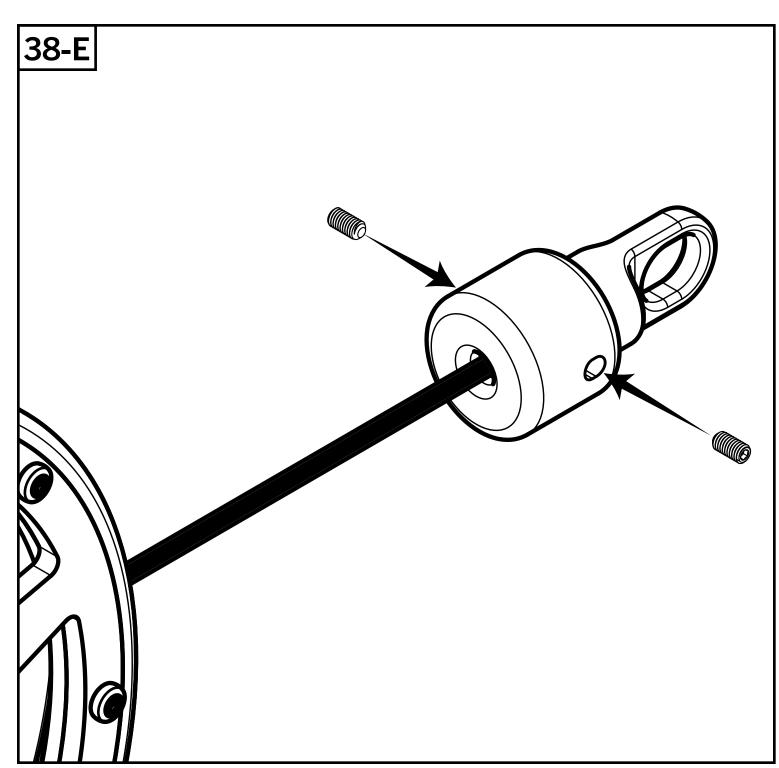
- 3/32" Allen Key & 5/8" Wrench
- Completely disassemble the loose Clevis included with cable by unscrewing set screws and Split Threaded Insert, and remove blue tag on end of cable.
- Slide parts over the ball on cable as shown on **38-B**.
- Insert Grommet into non-threaded side of Split Threaded Insert 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.





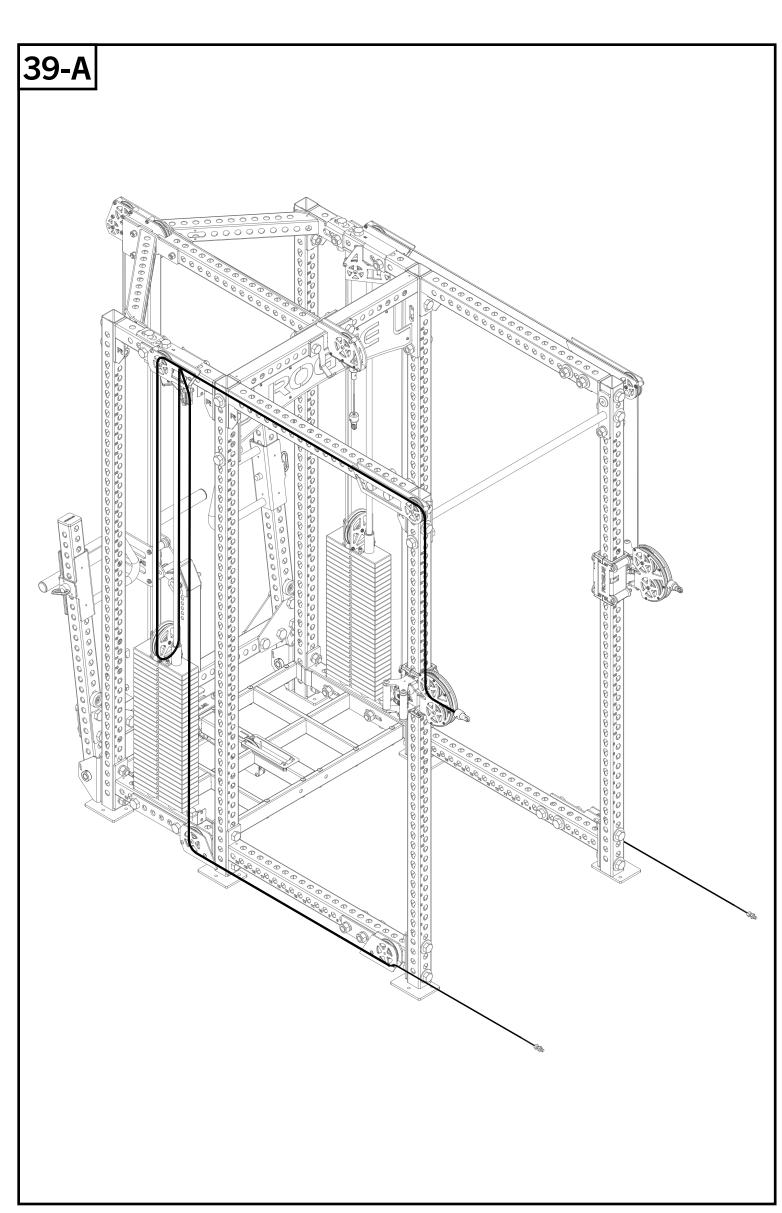


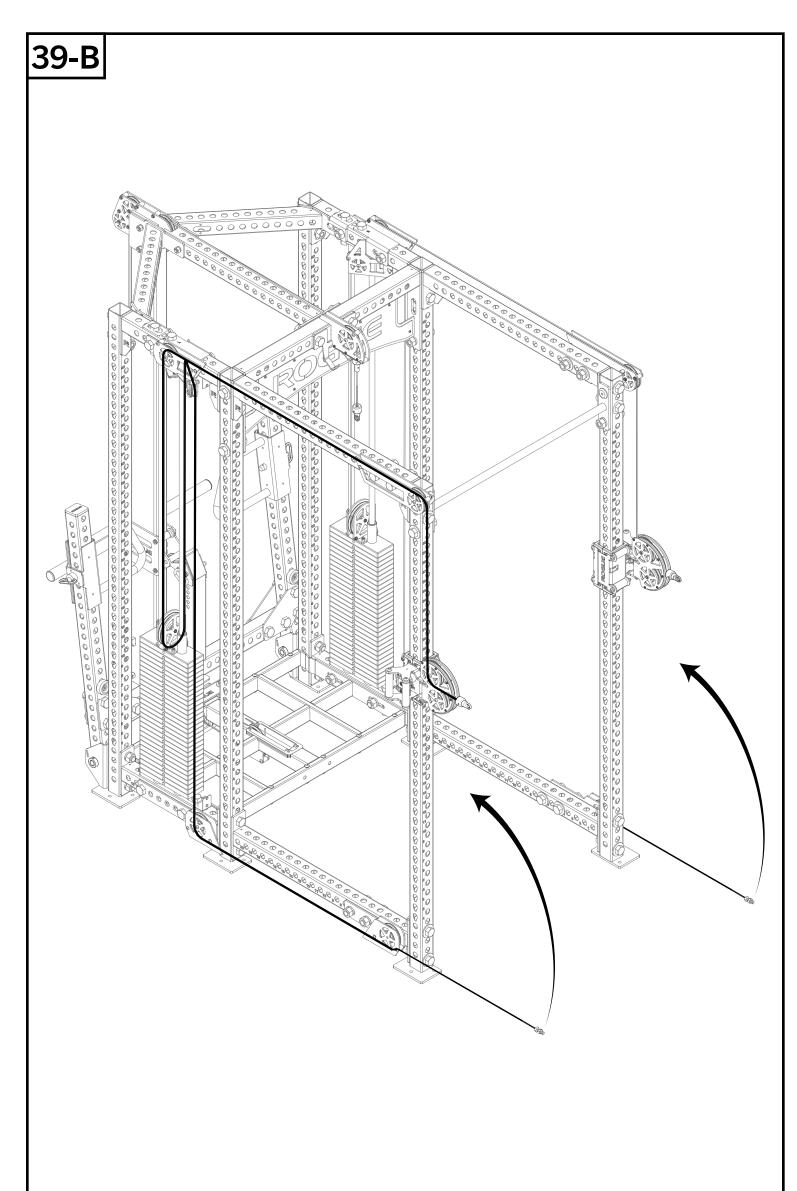


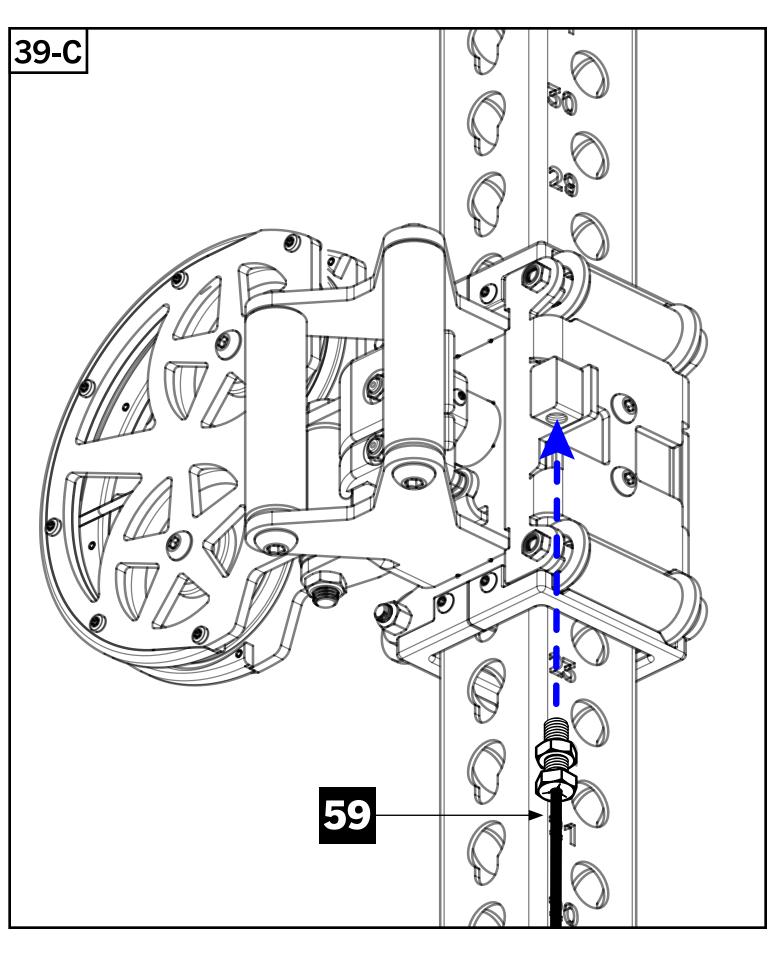


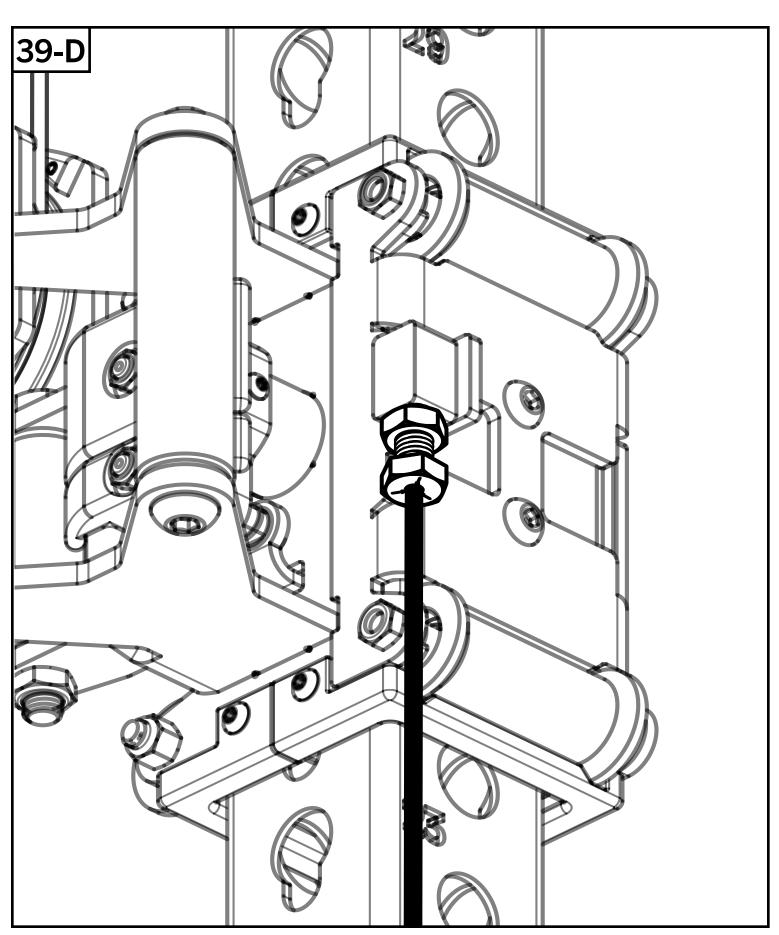
- All
- Follow STEPS 35-38 again to assemble the remaining Trolley Cable (blue tag) on the Left Hand side of rack.
- Screw bolt ends of Trolley Cables [59] into stop block on back of Trolleys [60,61].
- Loosen the hex nut if needed to ensure approximately 1/2" of threads are showing between the bolt 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 [60,61].

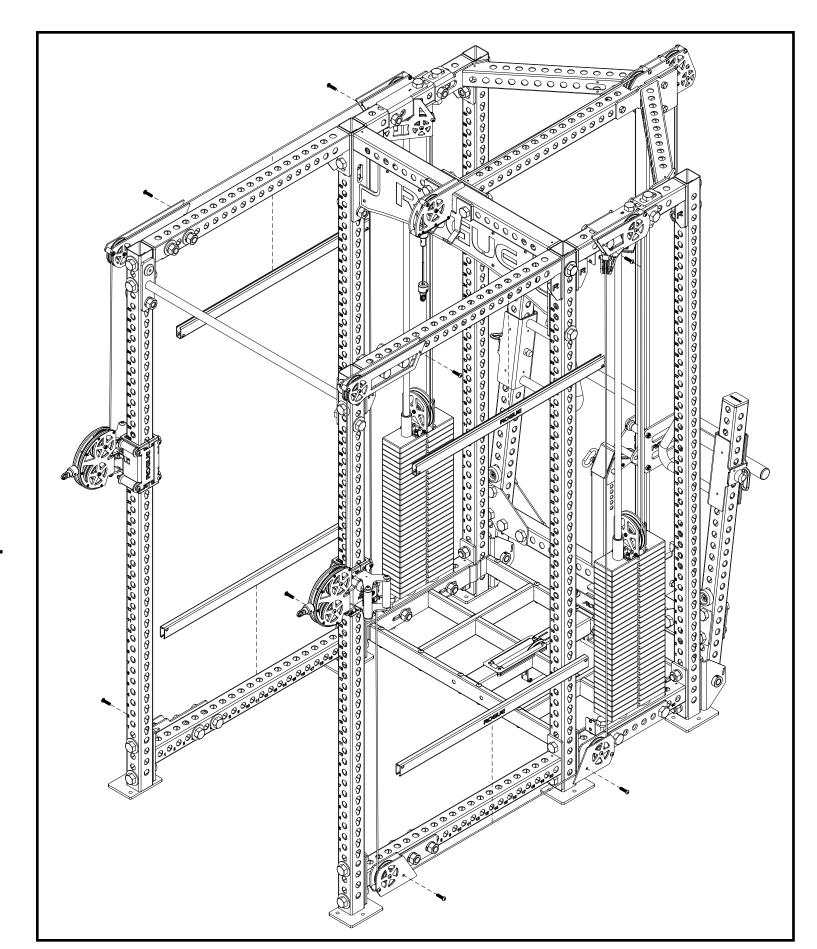


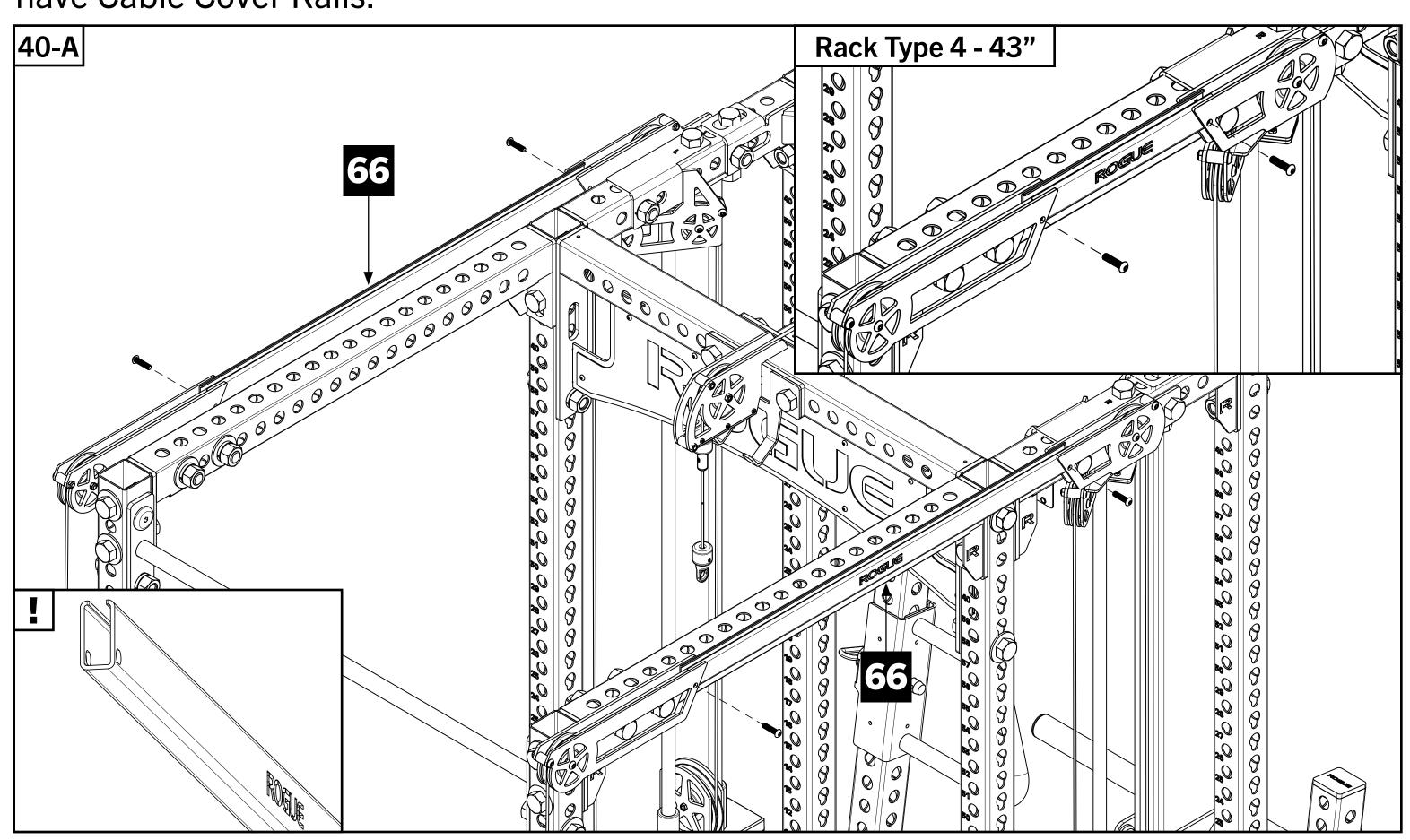


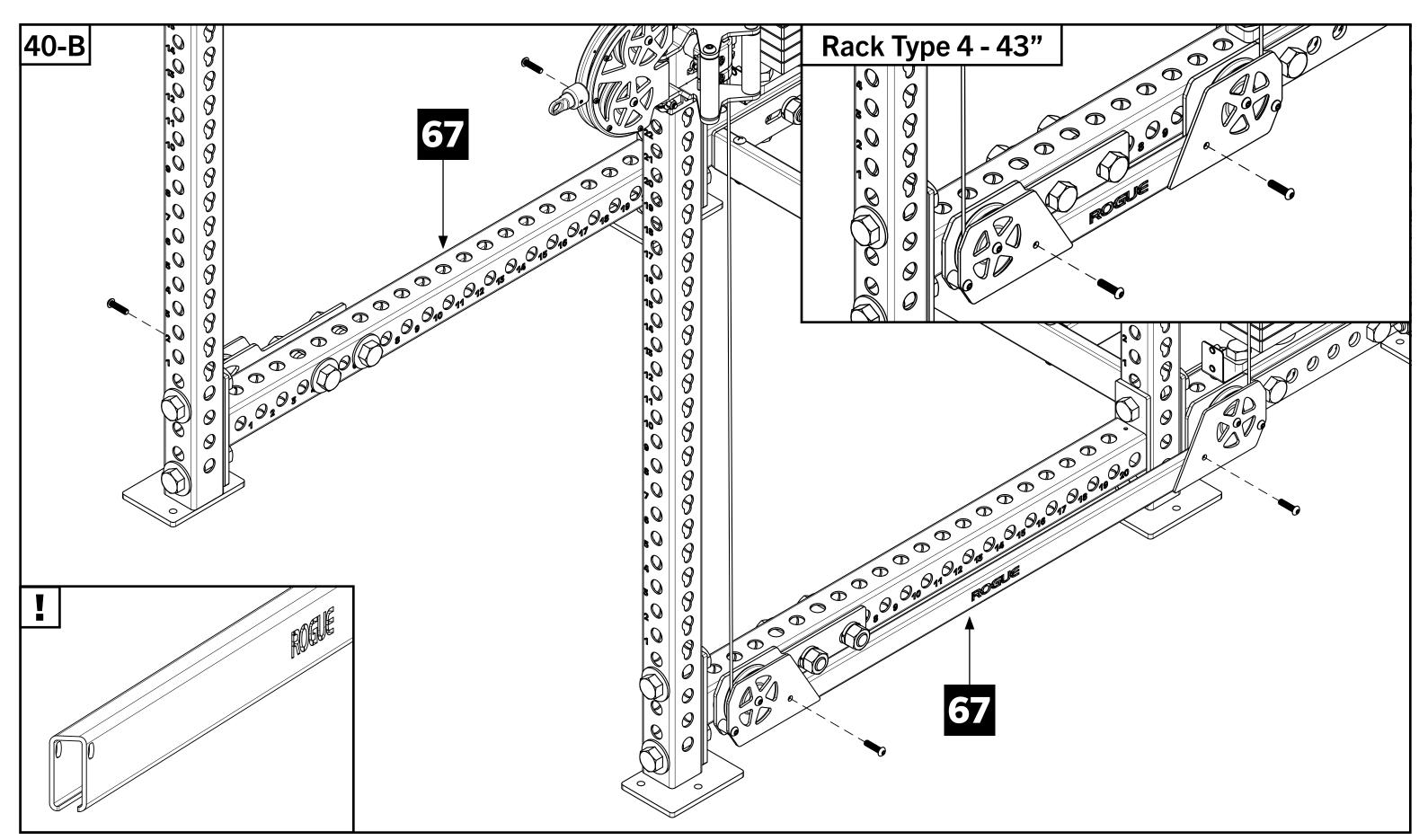




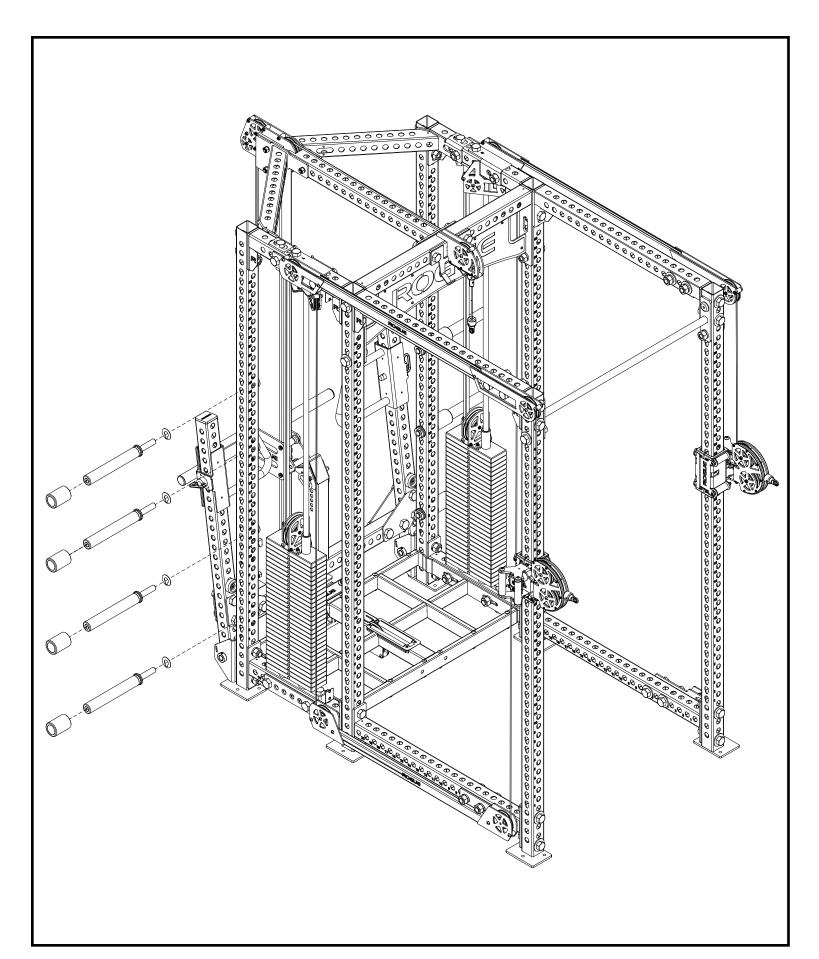
- 7/32" Allen Key
- Remove eight 3/8" Button Head Screws located on the rear of the Front Side Pulley Assemblies and the front of the Rear Side Pulley Assemblies.
- Fasten the Top Cable Cover Rails [66] between the Front and Rear Top Side Pulley Assemblies by aligning holes and reinstalling the 3/8" Button Head Screws.
- Repeat this process on the bottom of your rack to install the Low Cable Cover Rails
   [67].
- 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.
- Note: Rack Type 4 24" and 30" do not have Cable Cover Rails.

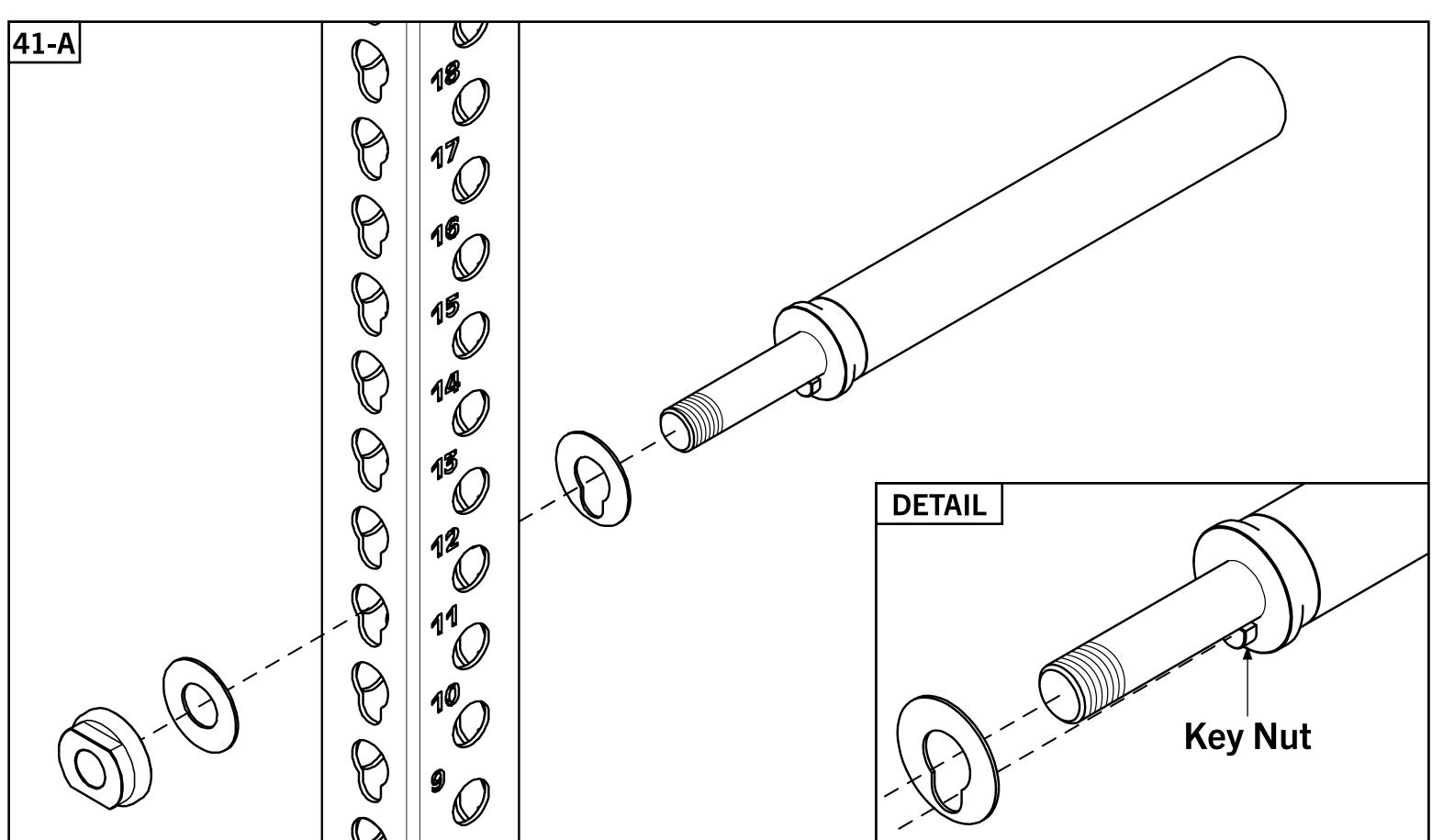


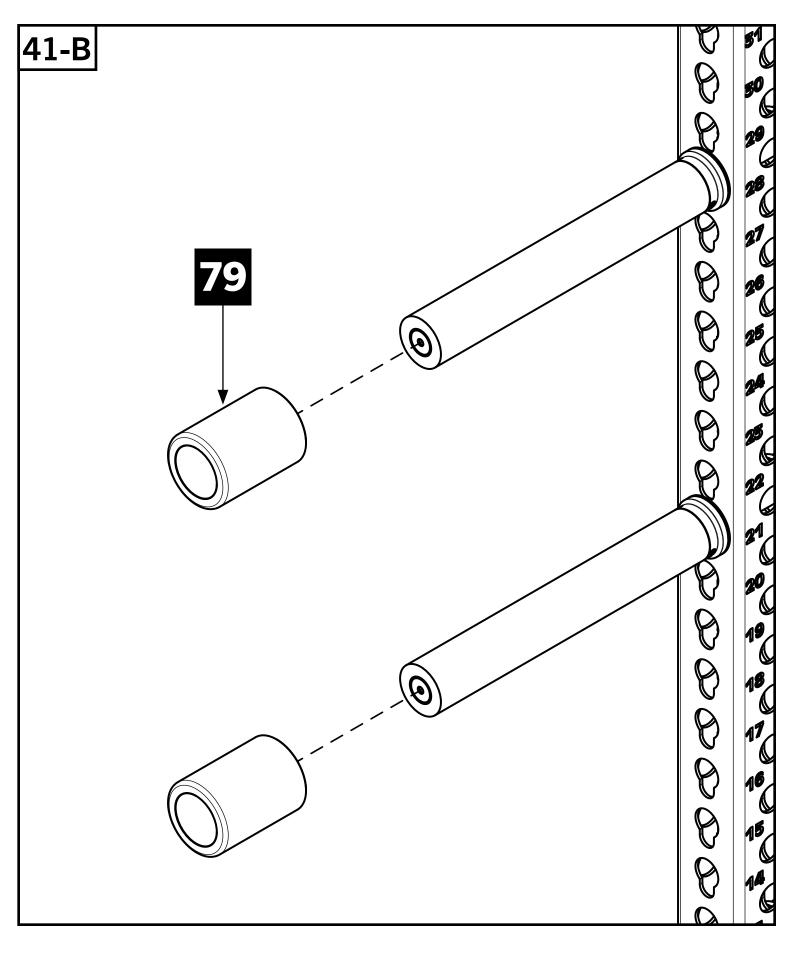


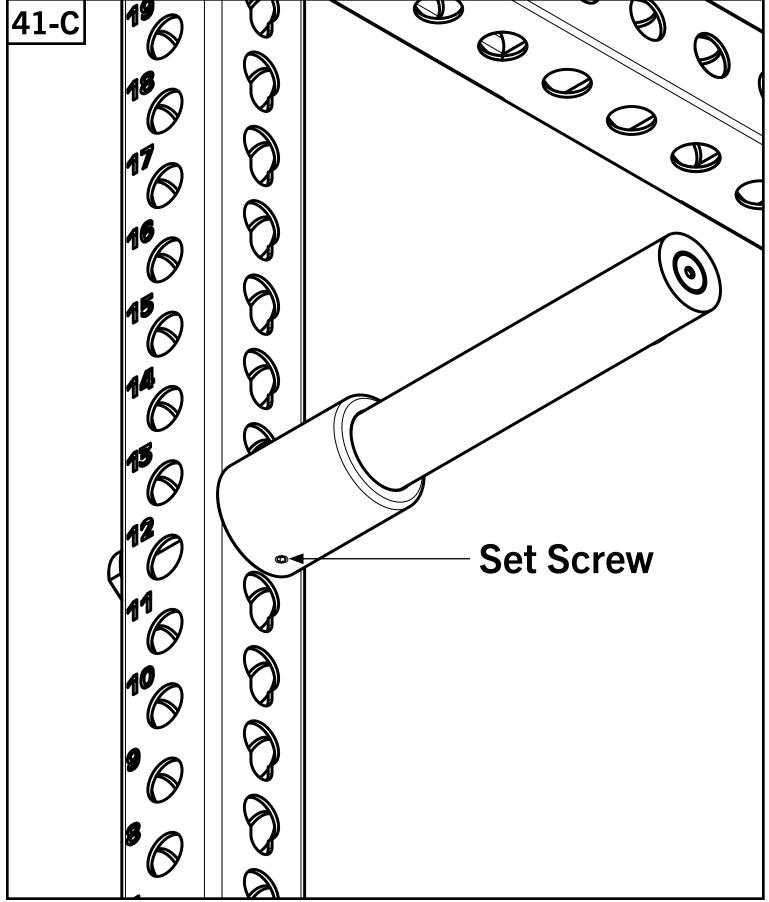


- 1-1/2" Wrench, 1/8" Allen Key
- If modifying existing rack with add-on kit, skip to **41-B**.
- Place Key Washer over the Key Nut on the Plate Storage Post shown in **Detail** view.
- Assemble Plate Storage Pins [8] on rear Monster Uprights at desired hole heights.
- Slide Plate Storage Spacers [79] all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in 41-C.
- Fully tighten set screws using 1/8" Allen Key.

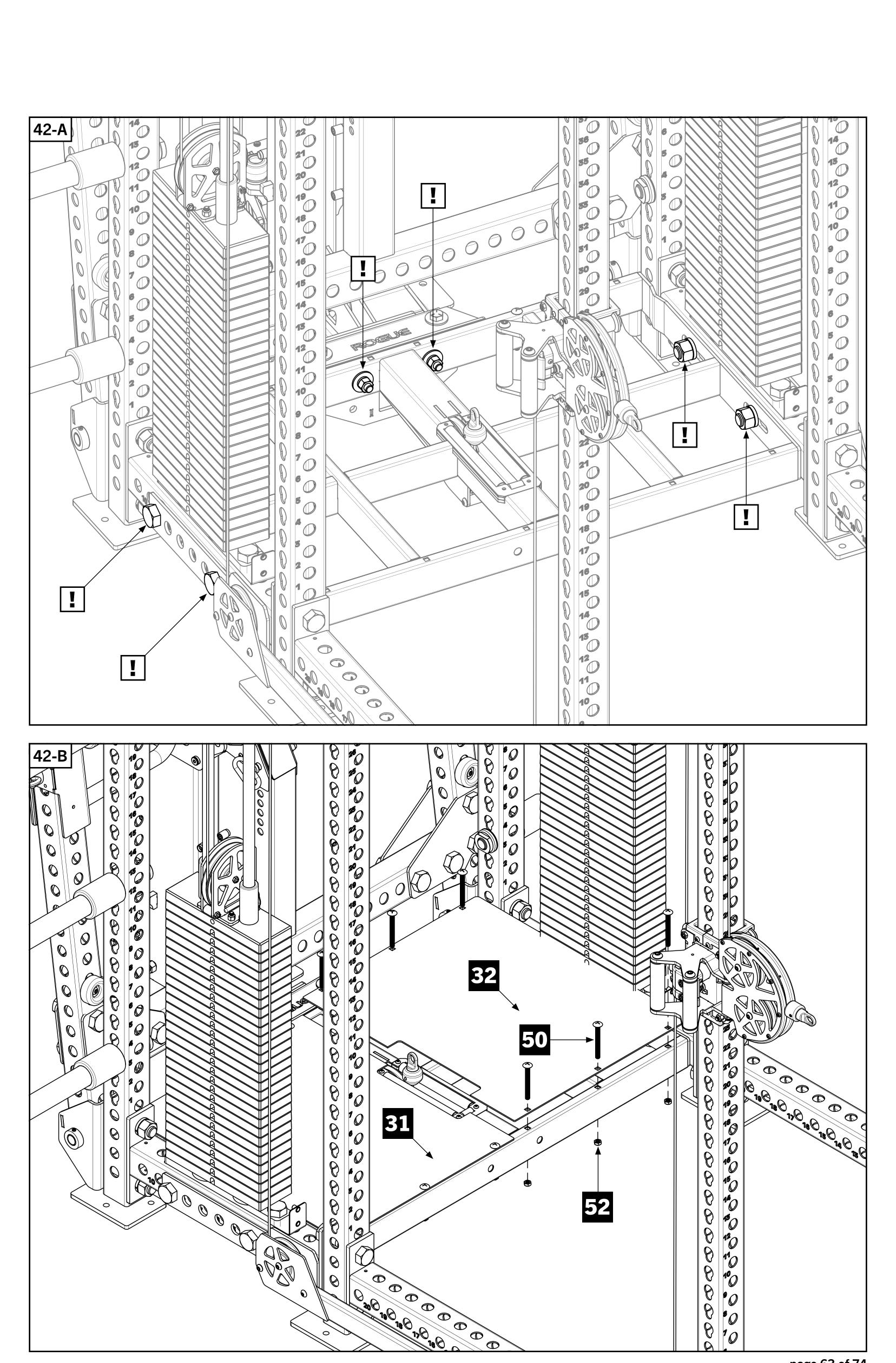








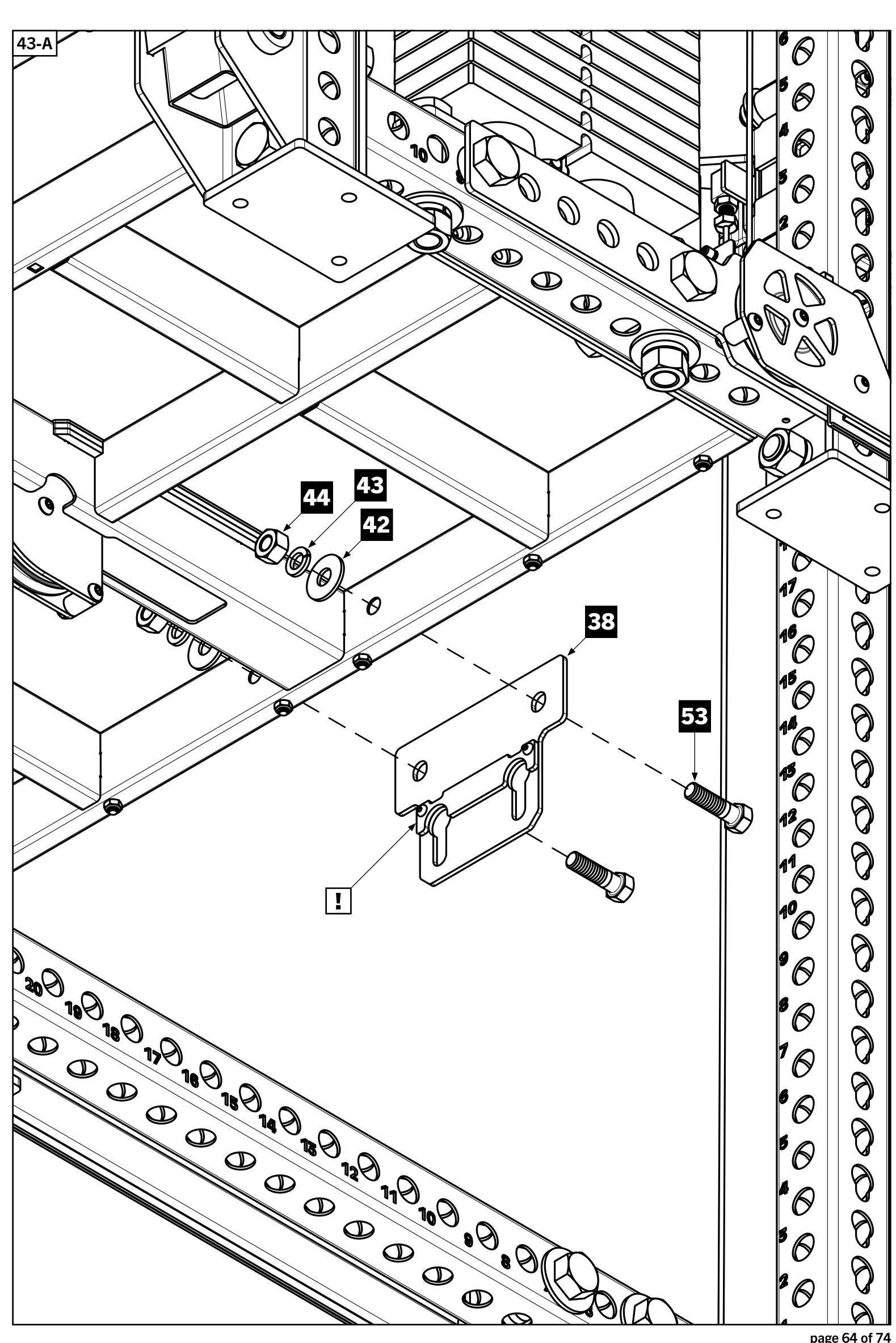
- I Fully tighten all Pulley Deck [17] Hardware shown in **42-A**.
- Bolt Tread Plate RH [32] and Tread Plate - LH [31] to the Pulley Deck [17] using 3/8" X 3.5" Carriage Bolts [50] and 3/8" Lock Nut [52].



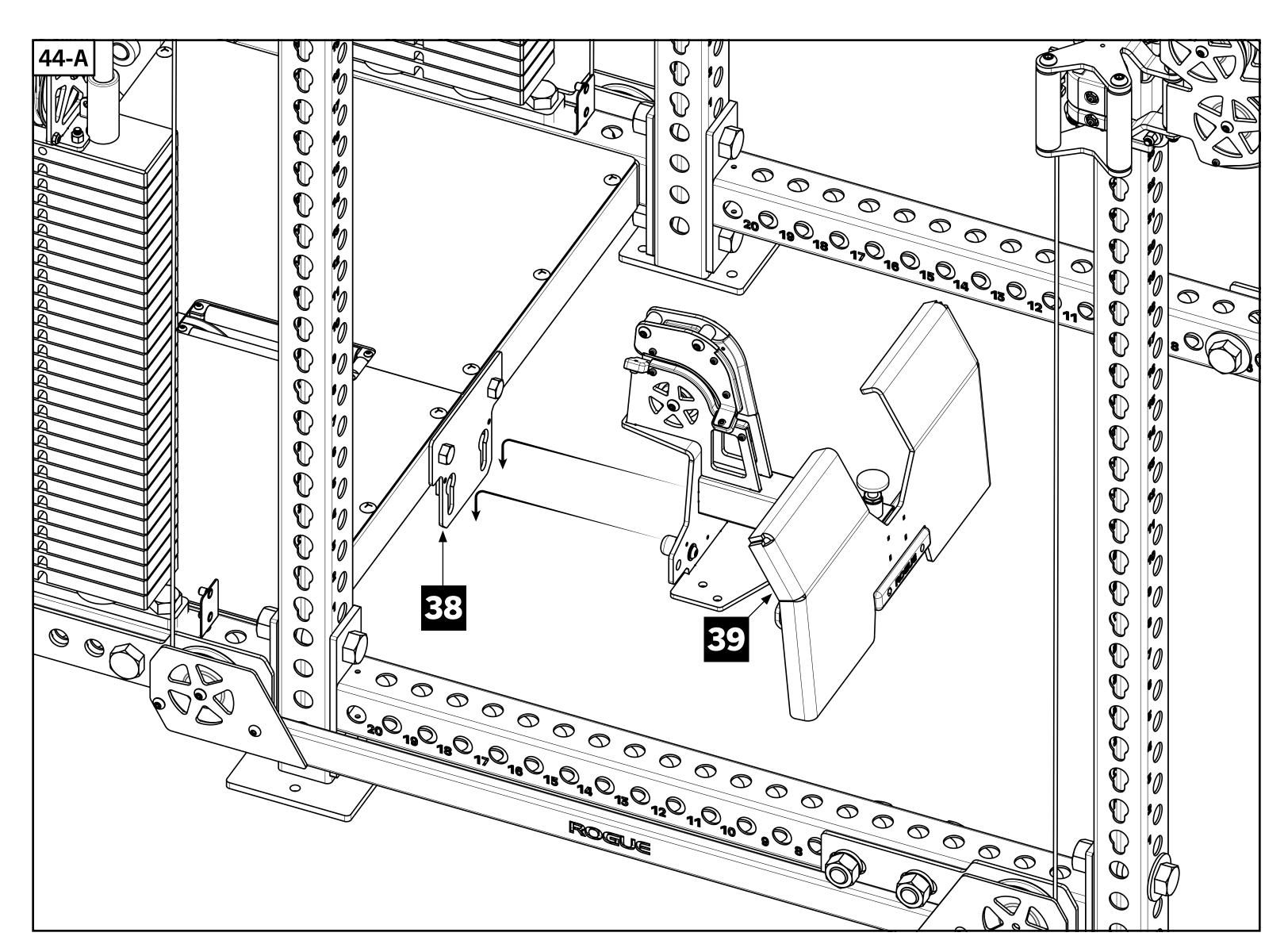
 $\emptyset$ 

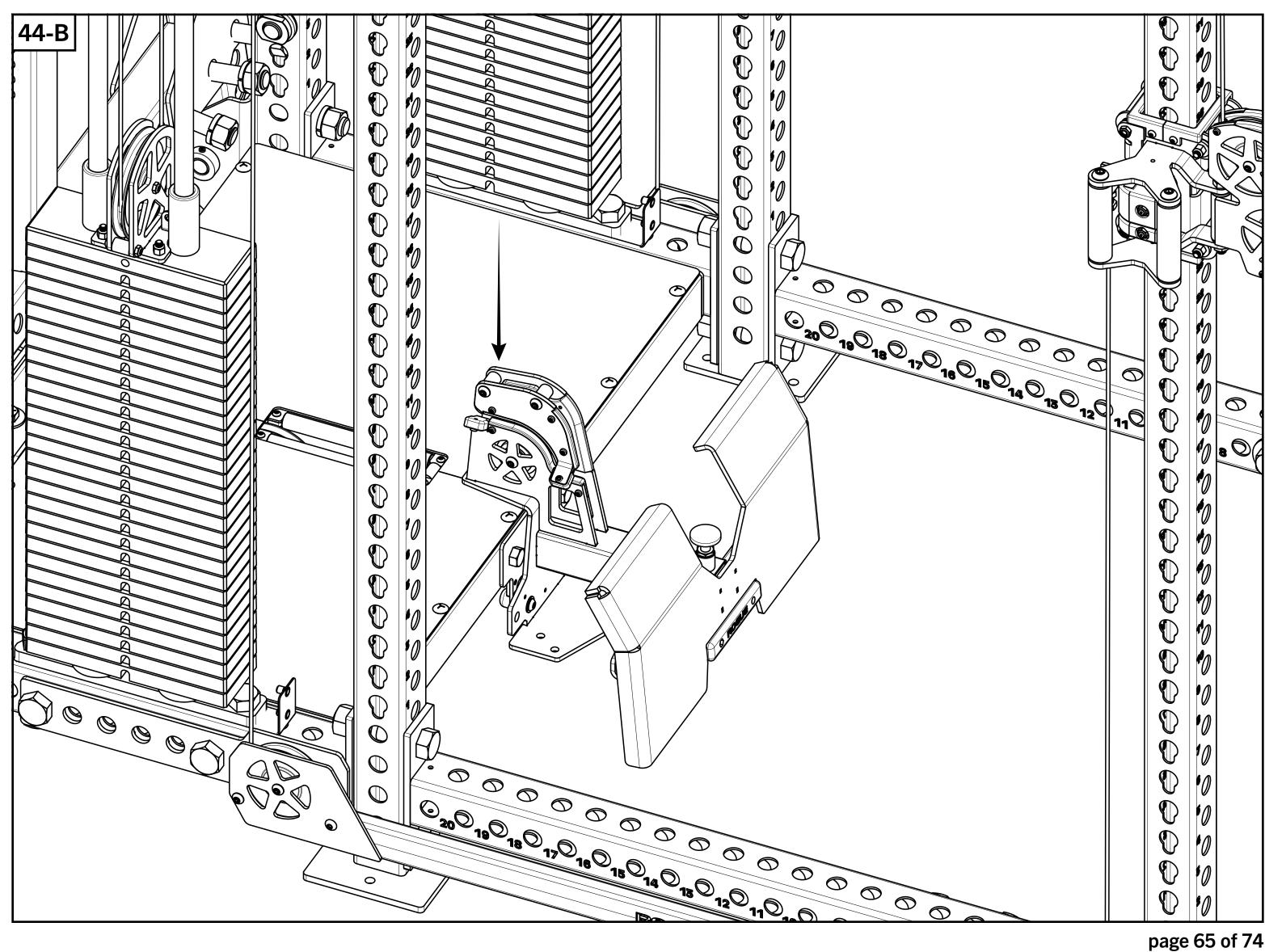
200 1<sub>9</sub>0 1<sub>7</sub>0 1<sub>9</sub>0

- Attach Low Row Face Mount Plate [38] to Pulley Deck [17] using 5/8" x 2.25" Hex Bolt [53], 5/8' Flat Washer [42], 5/8" Lock Washer [43], and 5/8" Hex Nut [44].
- I Ensure Attached plate on Low Row Face Mount Plate [38] is facing towards the inside as shown in 43-A.

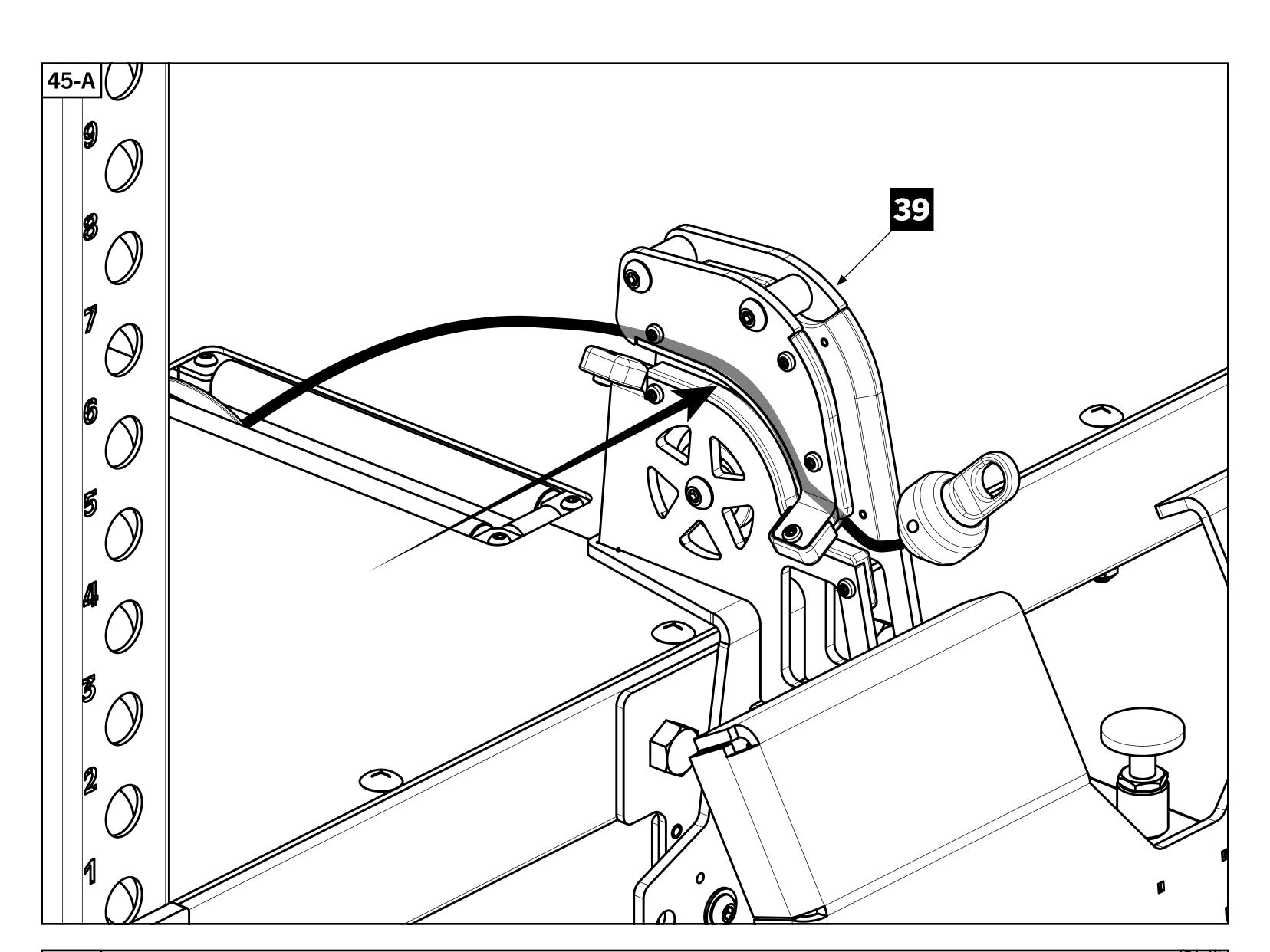


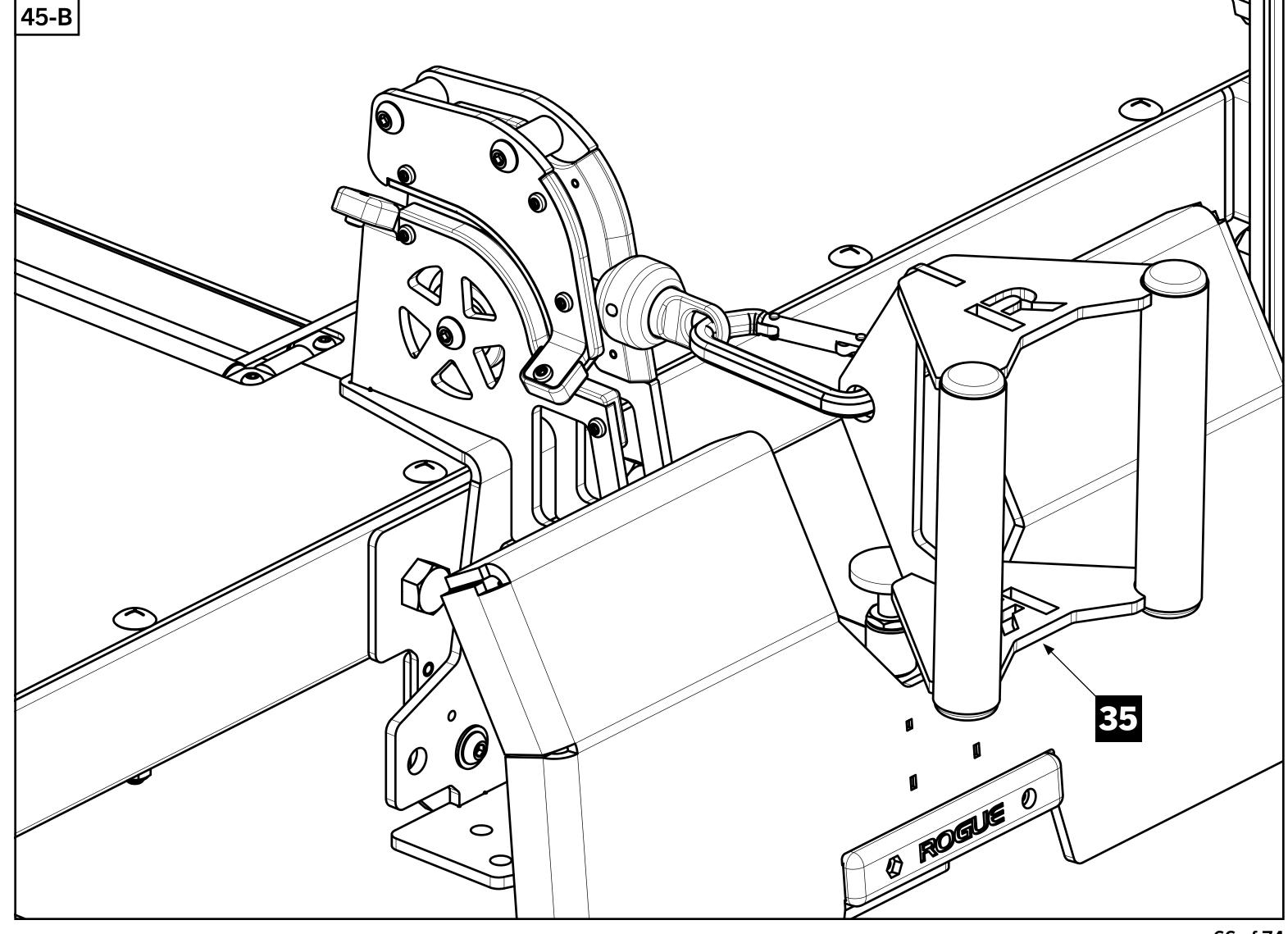
- To install the Rhino Low Row Bracket [39], align the nubs on the bracket with the keyholes on the Low Row Face Mount Plate [38] and insert them as shown below.
- Ensure Rhino Low Row Bracket [39] is in locked position before use.



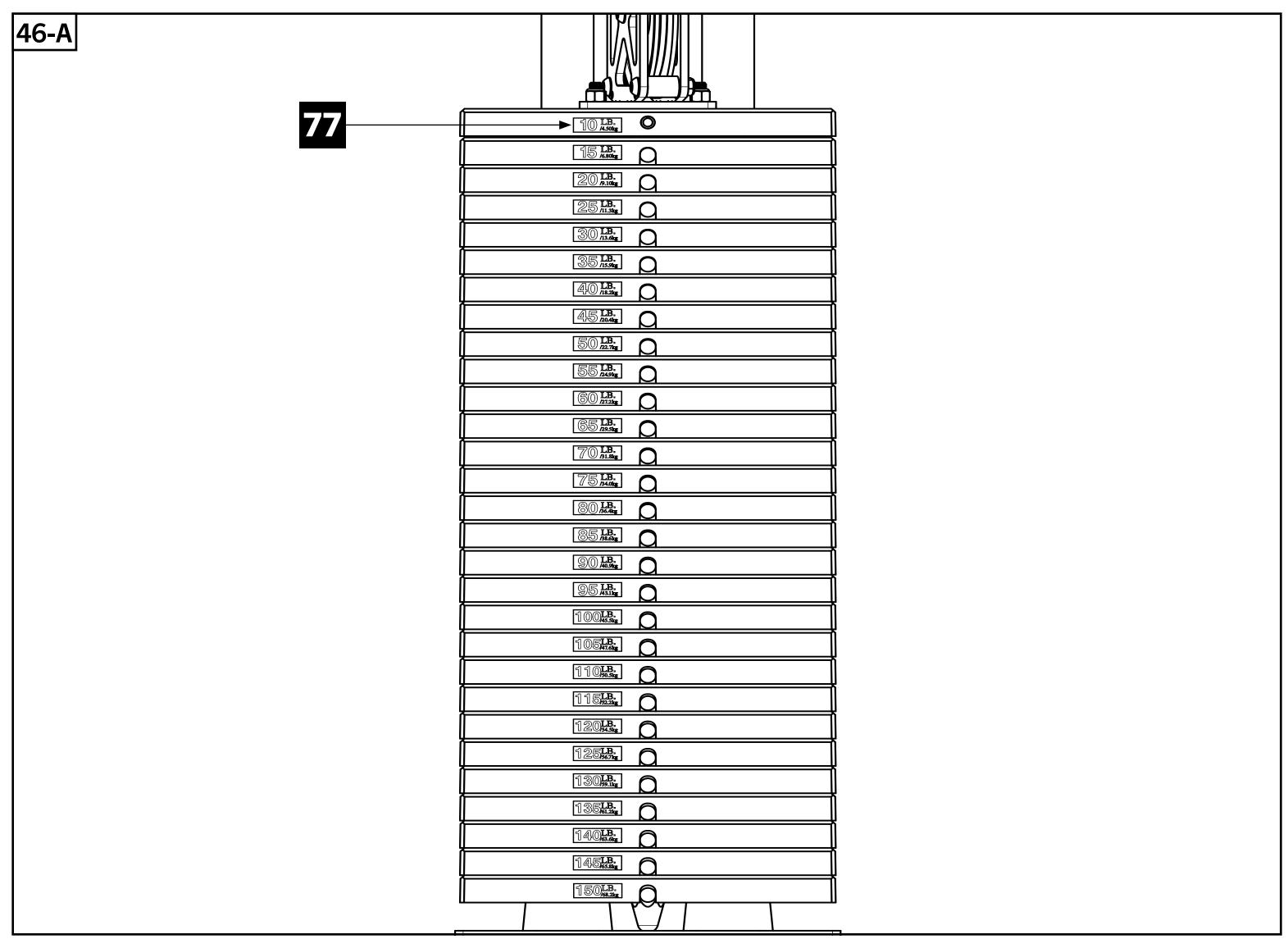


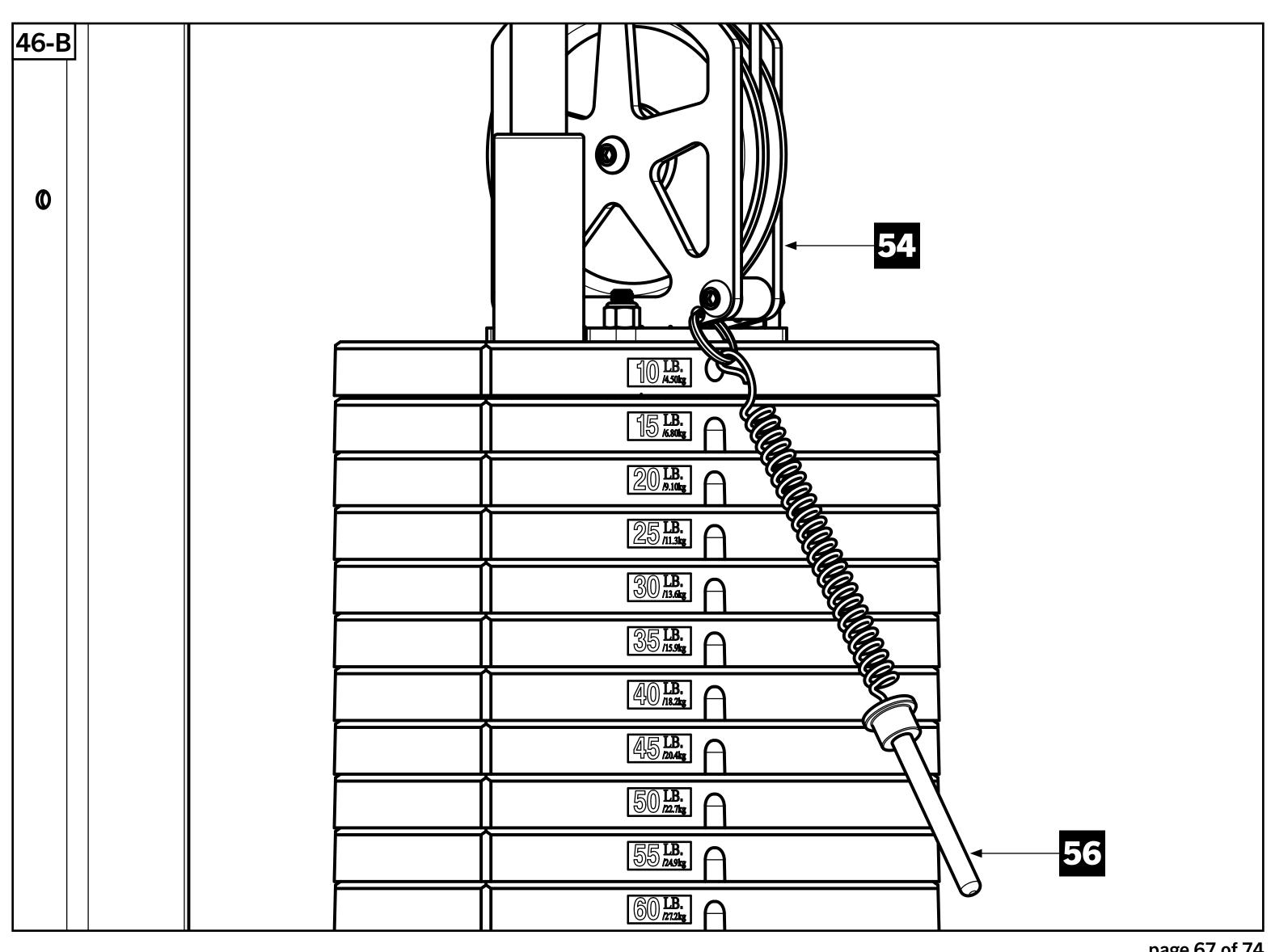
- Ensure Plate Load Trolley is placed on the Rhino Hook in its highest position.
- Pull Lower Rhino Cable and place into slot on side of Rhino Low Row Bracket [39] as shown in 45-A.
- Attach Triangle Grip [35] to clevis at end of Lower Rhino Cable.





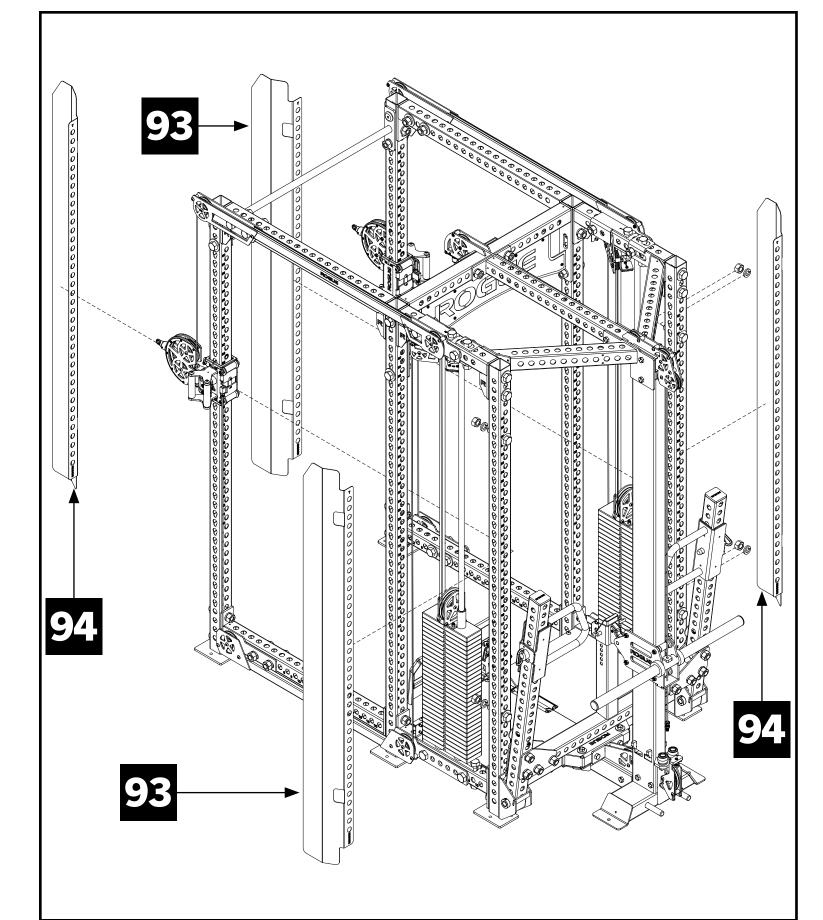
- Apply the "Effective Weight" Number Labels on the front of the Weight Stack Plates, approximately 3.5" from the edge of plate.
- The existing 20lb label on the top plate should be replaced with the 10lb.
- Attach key ring on Selector Pin Lanyard [56] to front hole on pulley plate of the Weight Stack Stem [54].

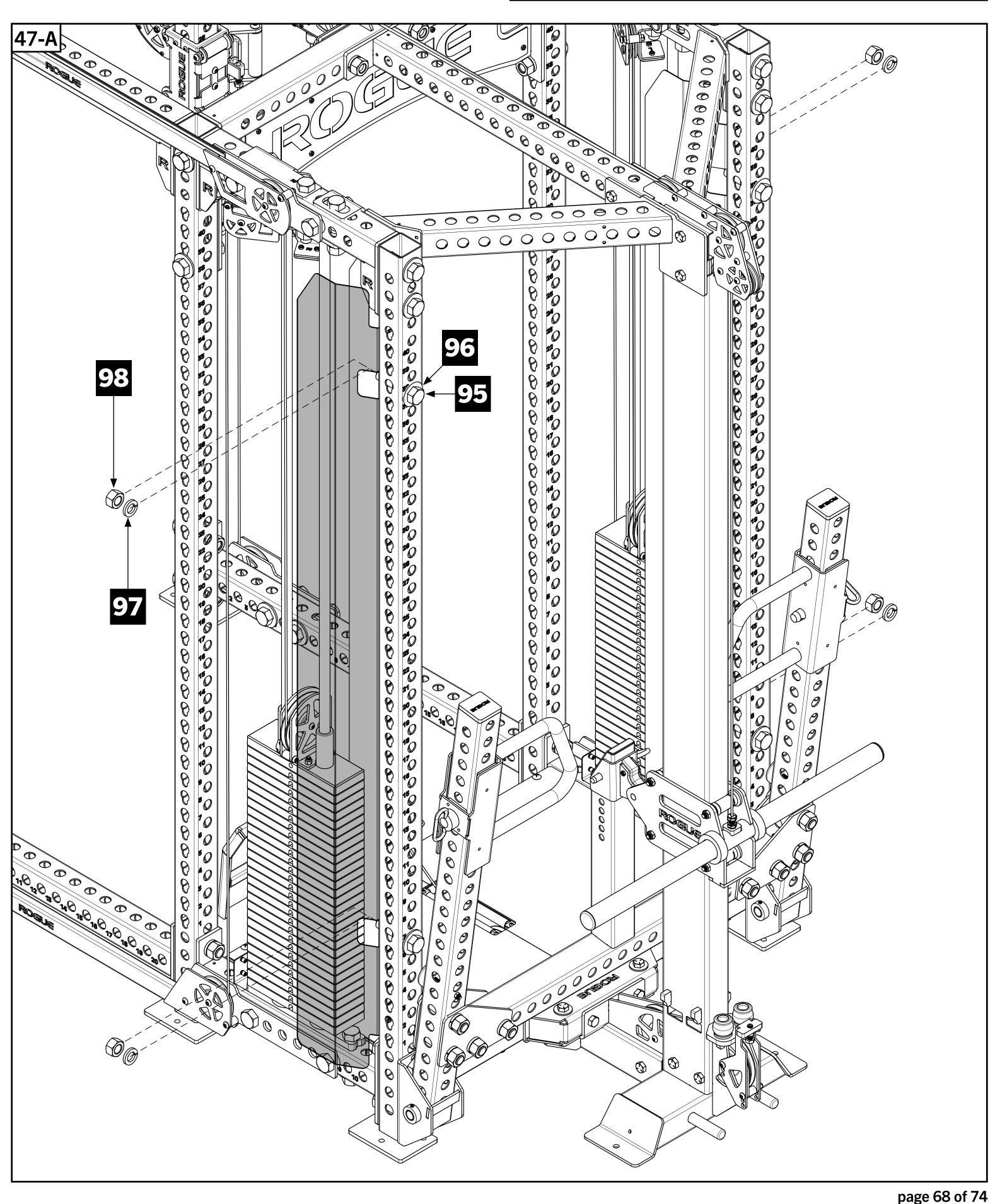




## STEP 47 (SHROUD ASSEMBLY)

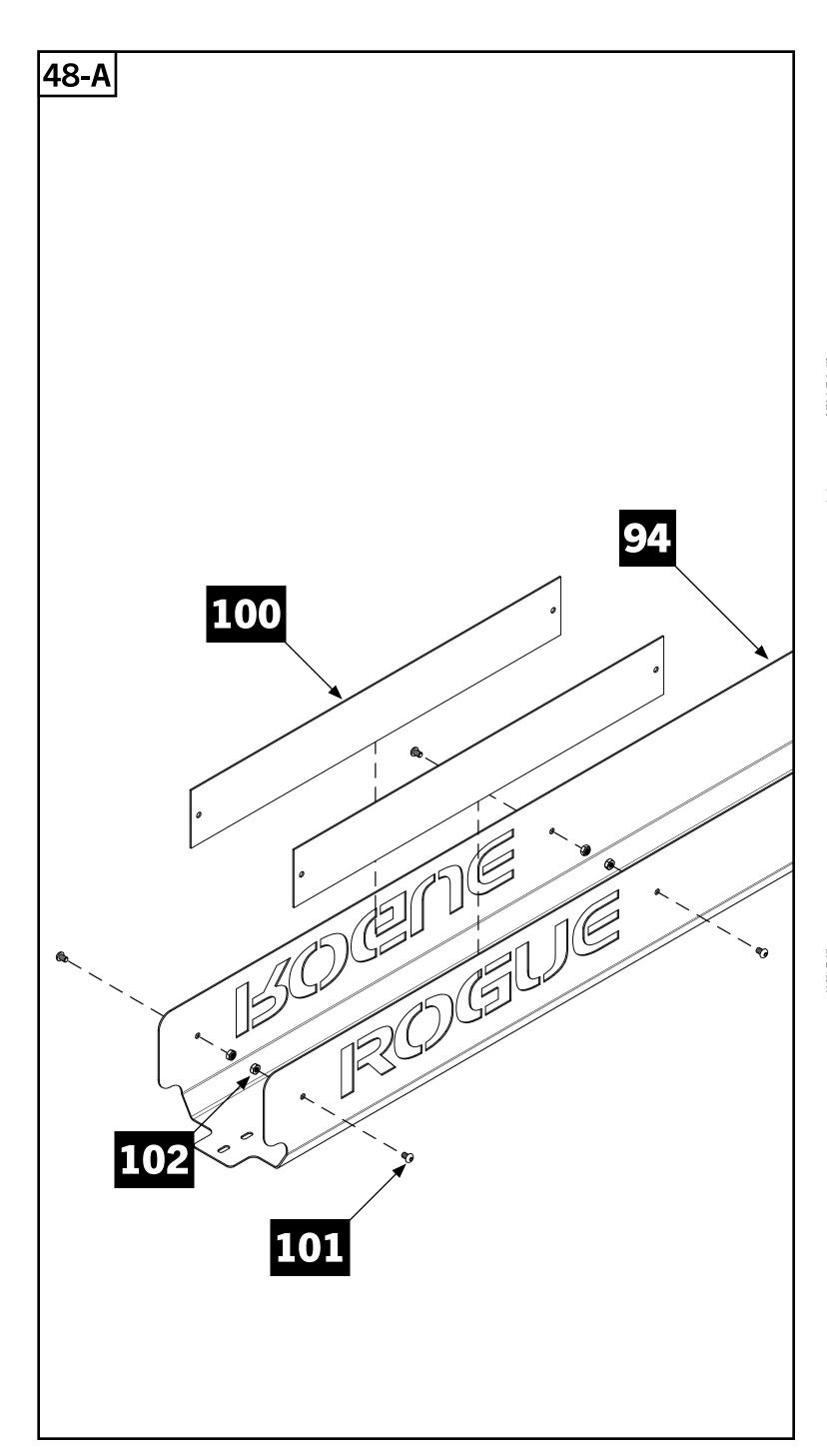
- Attach Weight Stack Rear Shroud RH [94] and Weight Stack Rear Shroud - LH [93] on rear uprights by placing 1" Lock Washers [97] and 1" Hex Nuts [98] through window cutouts on shrouds and secure using 1" Flat Washers [96] and 1" x 4-3/4" Hex Bolts [95].
- Note: Lower 1" x 4-3/4" Hex Bolts [95] and 1" Flat Washer [96] were inserted in **STEP 10.**

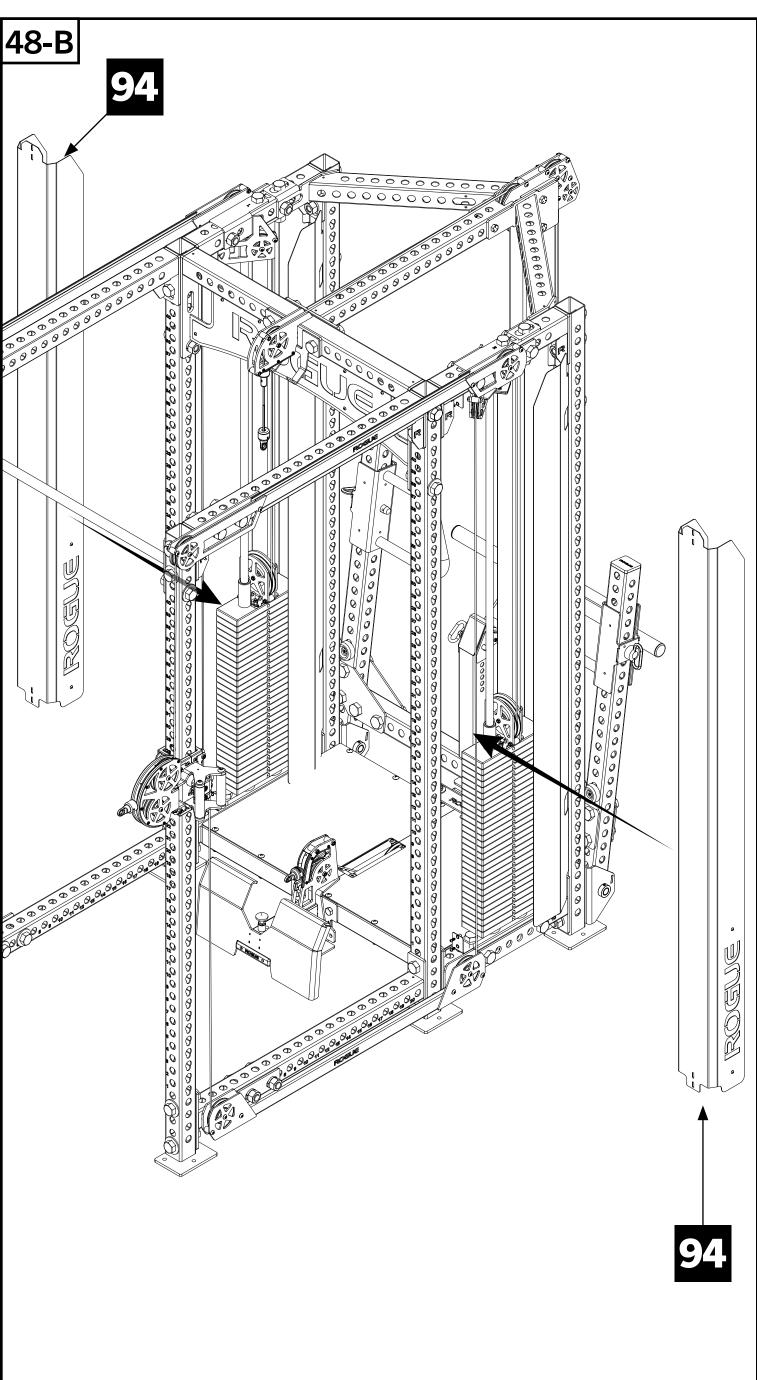


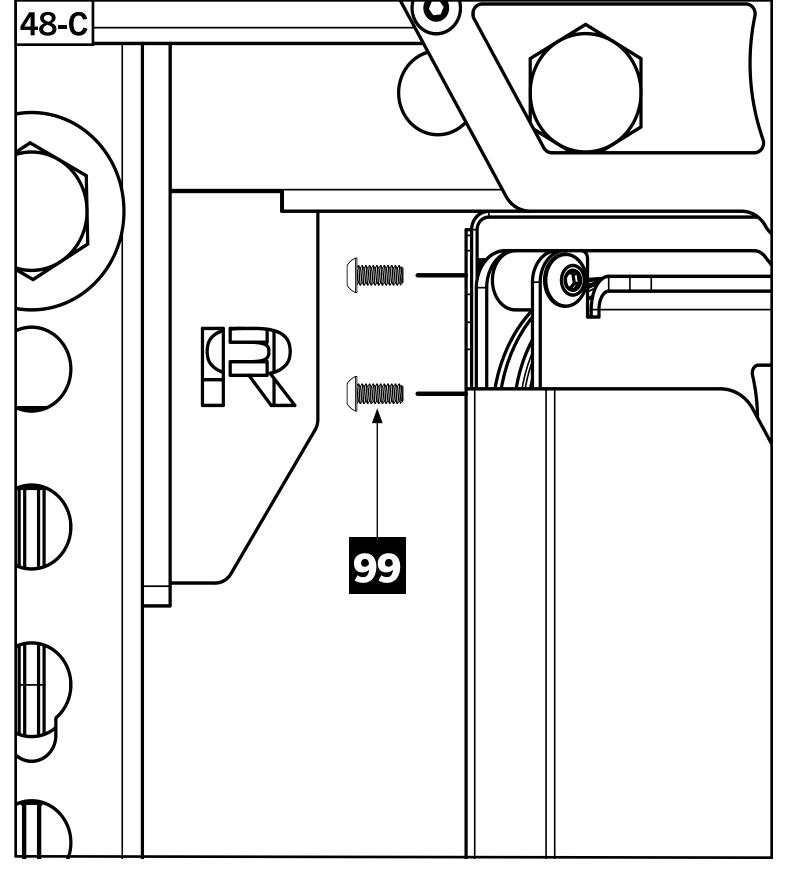


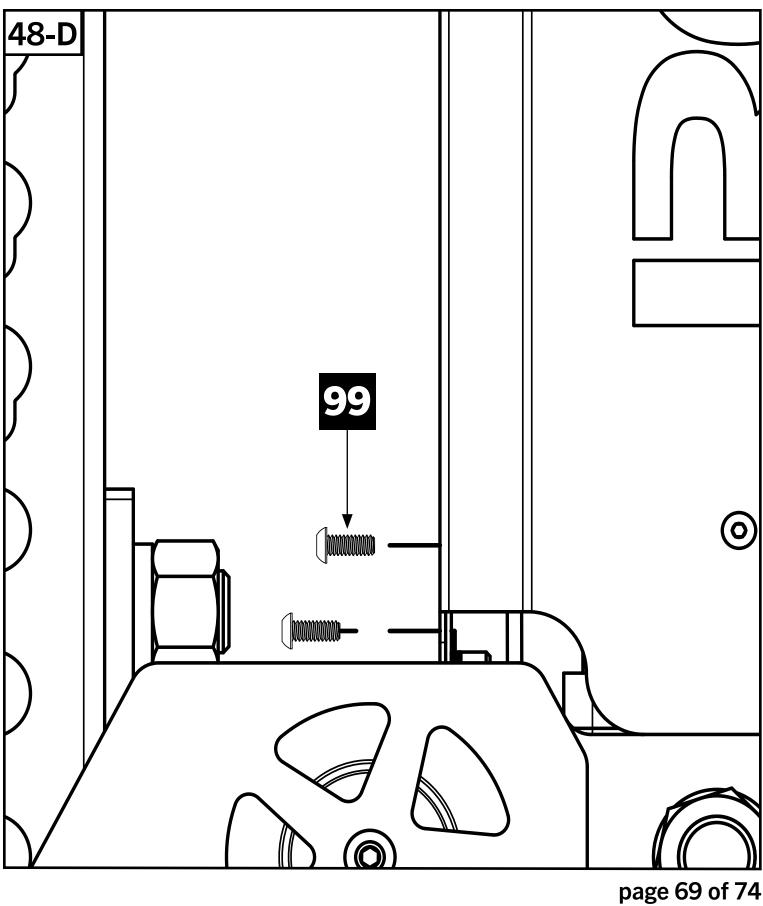
# STEP 48 (SHROUD ASSEMBLY)

- 5/32" Allen Key
- Attach Backer Plate [100] to Weight Stack Nameplate Shrouds [94] using 1/4" x 3/8" Button Head Screws [101] and 1/4" Nylock Nuts [102].
- Attach Weight Stack Nameplate Shrouds [94] to Weight Stack Shroud Brackets [91] using 1/4" x 5/8" Button Head Screws [99] and fully tighten.

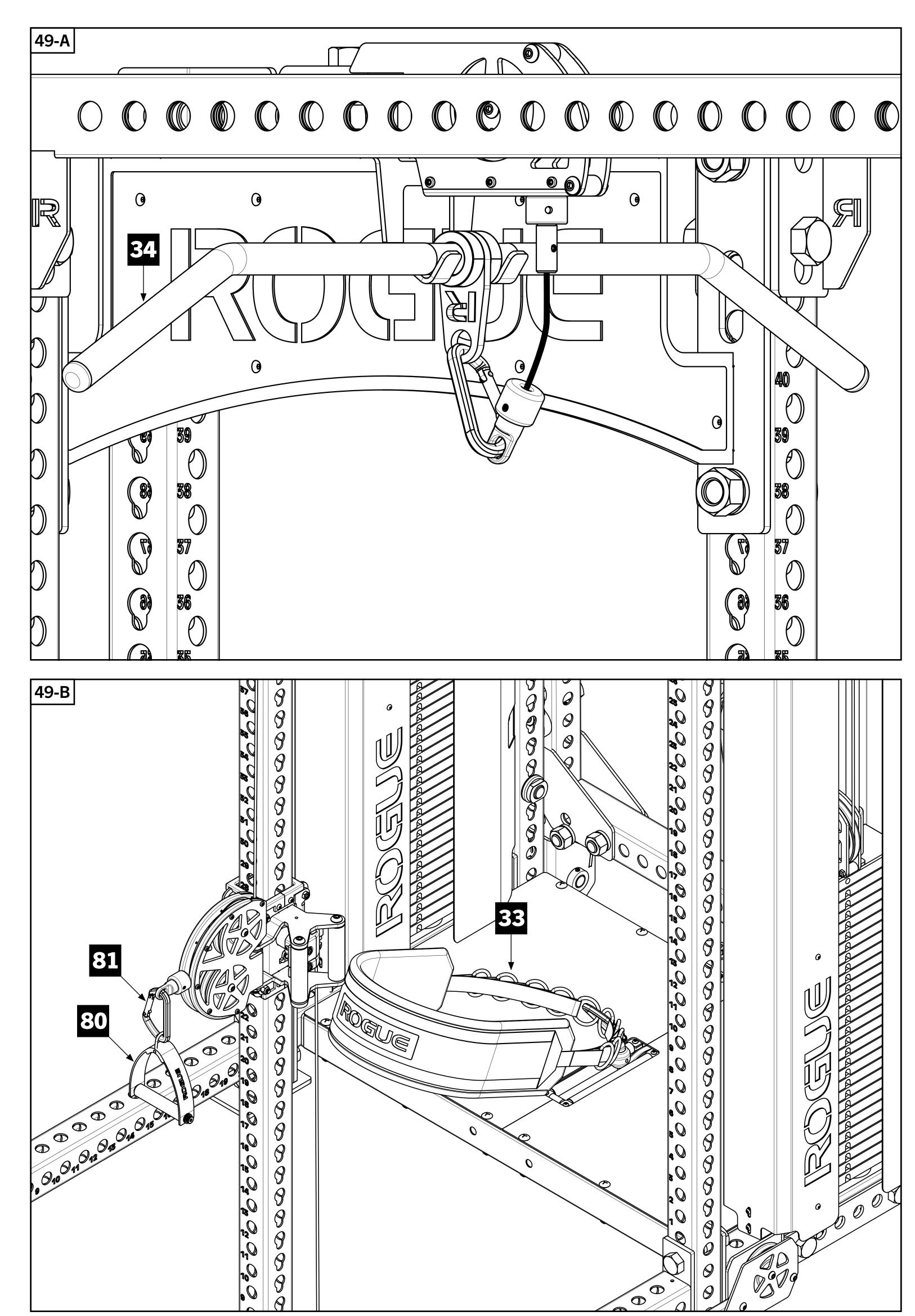








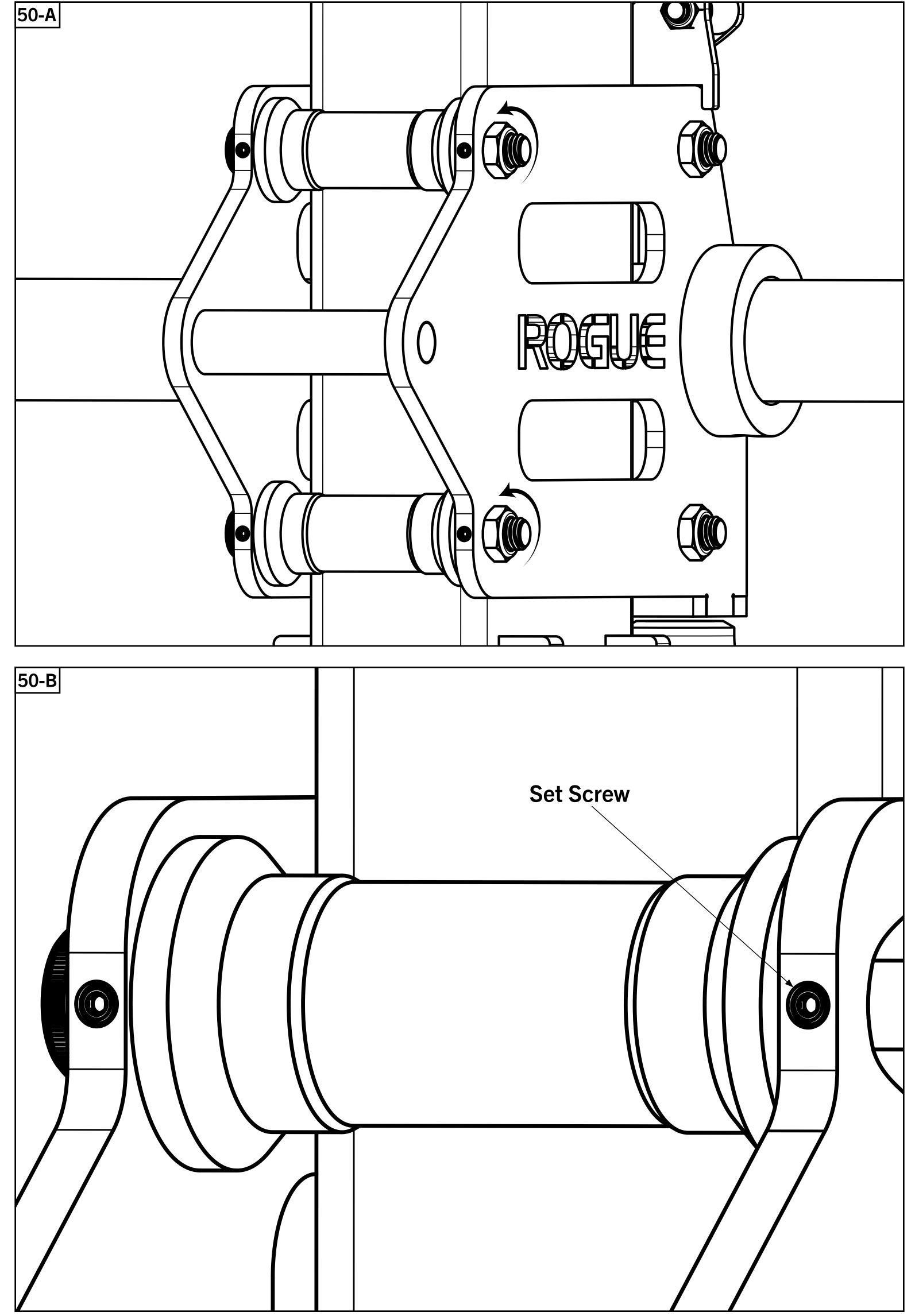
- Attach Lat Bar [34] to lat pulldown clevis using D Carabiner.
- In order to attach Rogue V2 Multi Belt [33] to Lower Rhino Cable clevis first remove belt and Lower Rhino Cable from Rhino Low Row Bracket [39].
- Remove Rhino Row Low Bracket [39] from Low Row Face Mount Plate [38].
- Attach Rogue V2 Multi Belt [33] to Lower Rhino Cable clevis attachment point using included Carabiners.
- Attach Single Handle Attachments [80] to Swivel Trolleys using included Carabiners.



- 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 until the nut touches the face of the carriage side plate. DO NOT OVERTIGHTEN. Bolt/ nut should be snug, not tight!

#### Note:

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



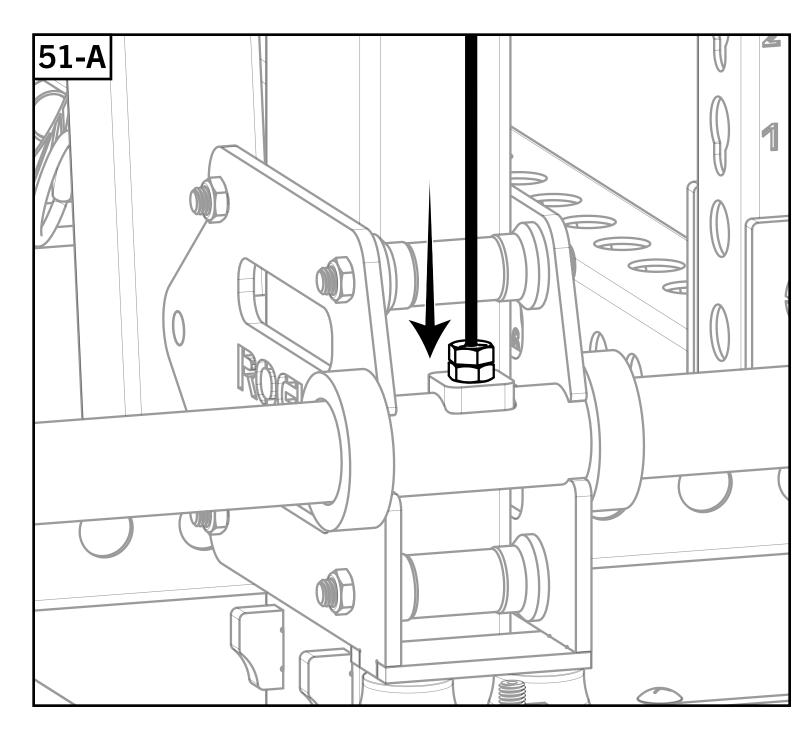
# CABLE MAINTENANCE (RHINO)

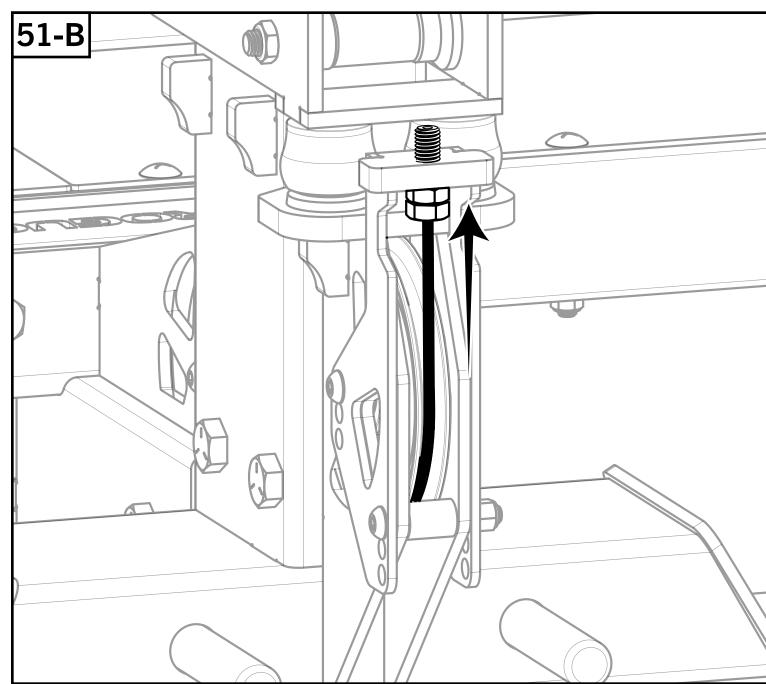
Over time, the cables within the system may experience some normal inelastic stretching. Follow the below instructions to re-tighten the cables.

## STEP 1

#### **Tools Required:**

- Multi Tool
- the cable tightness.
- **NOTE: DO NOT OVERTIGHTEN JAM NUT**
- If cable system is tight, no further calibration is needed.
- Tighten Jam Nut on both cables and retest
   If cable system still has slack, proceed to STEP 2.





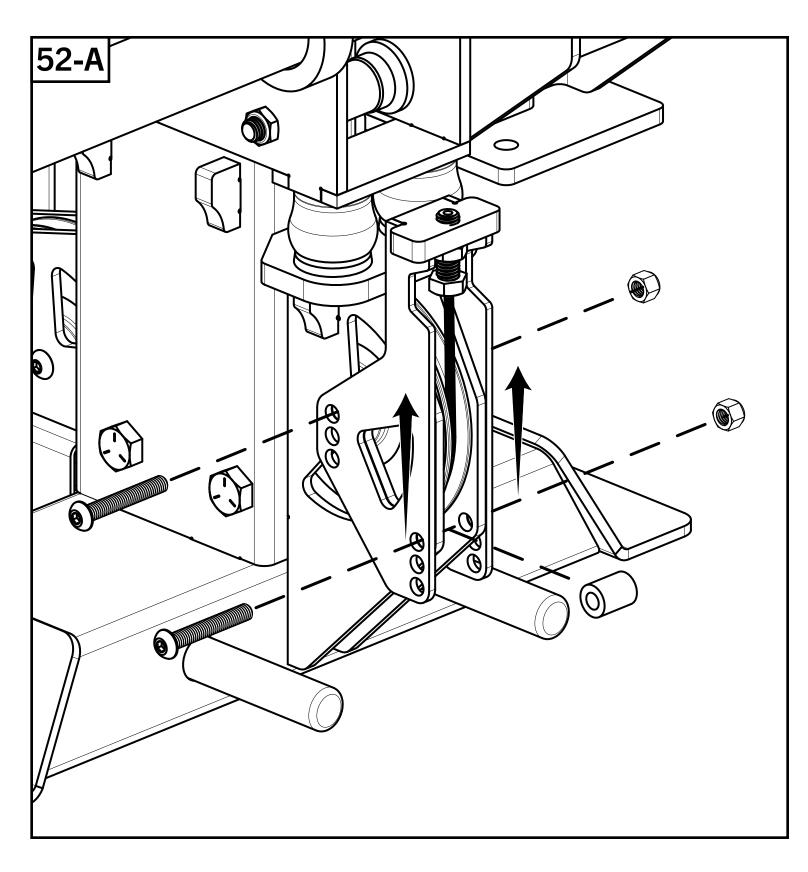
### STEP 2

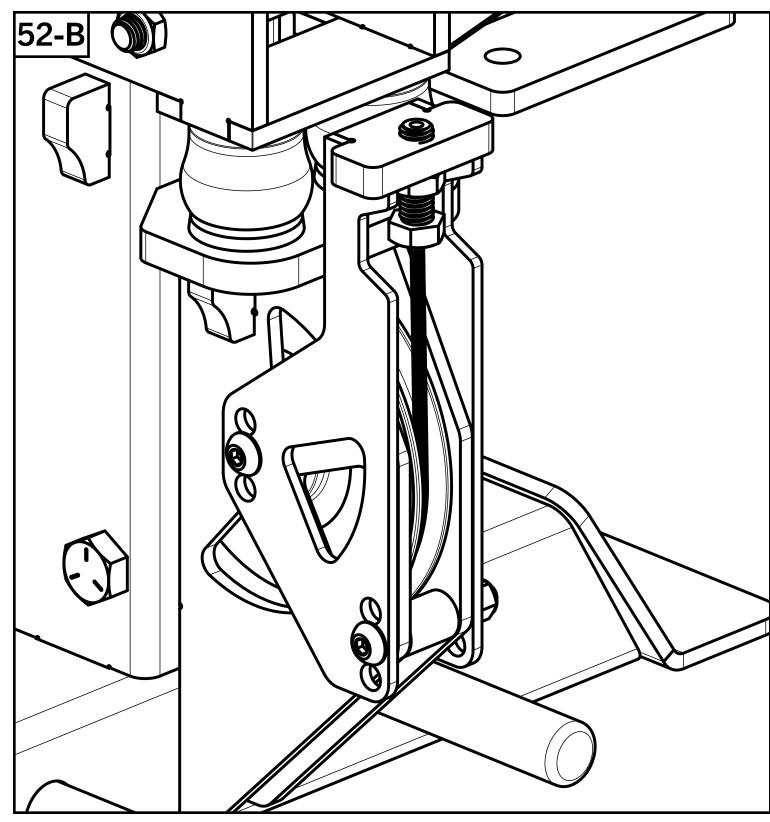
#### **Tools Required:**

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

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

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



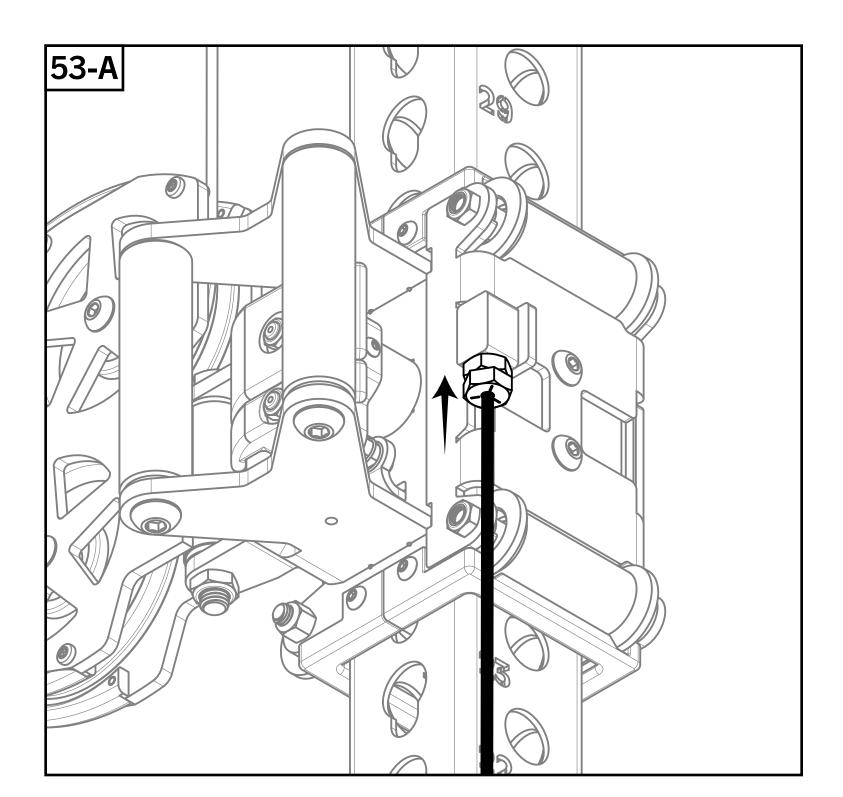


# **CABLE MAINTENANCE (INDY)**

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

## STEP 1

- 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.



### **INCLUDED MONSTER STRIP**

- \*Hardware and tools not included for installing Monster Half Strips [78].
- 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 **54-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.

