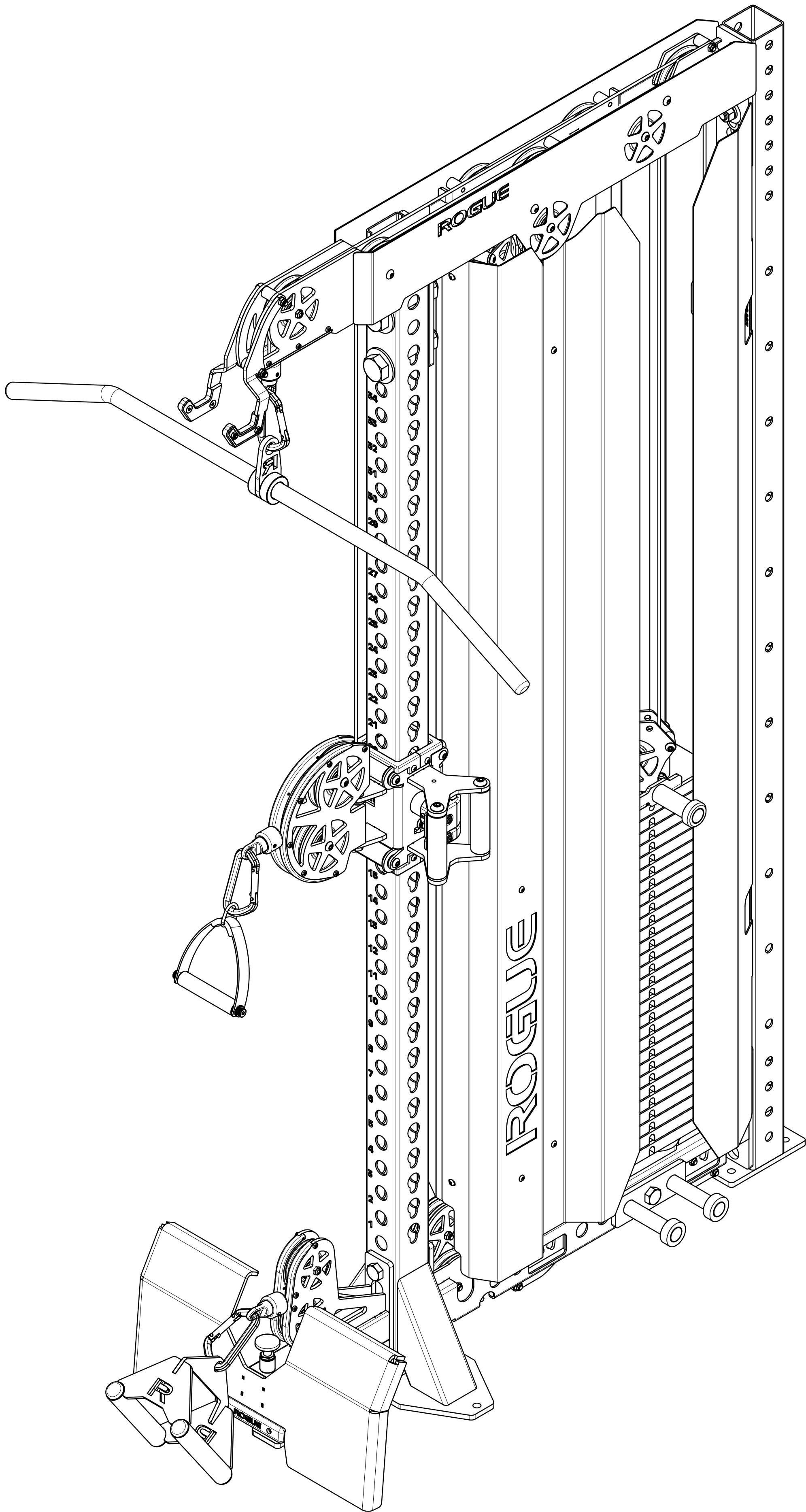


ROGUE[®]

CTML-1 FUNCTIONAL CABLE TOWER



IMPORTANT SAFETY INFORMATION

DISCLAIMER:

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to severe injury or even death. Use common sense when training, obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent and responsible persons. Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage, injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.

WARNING:

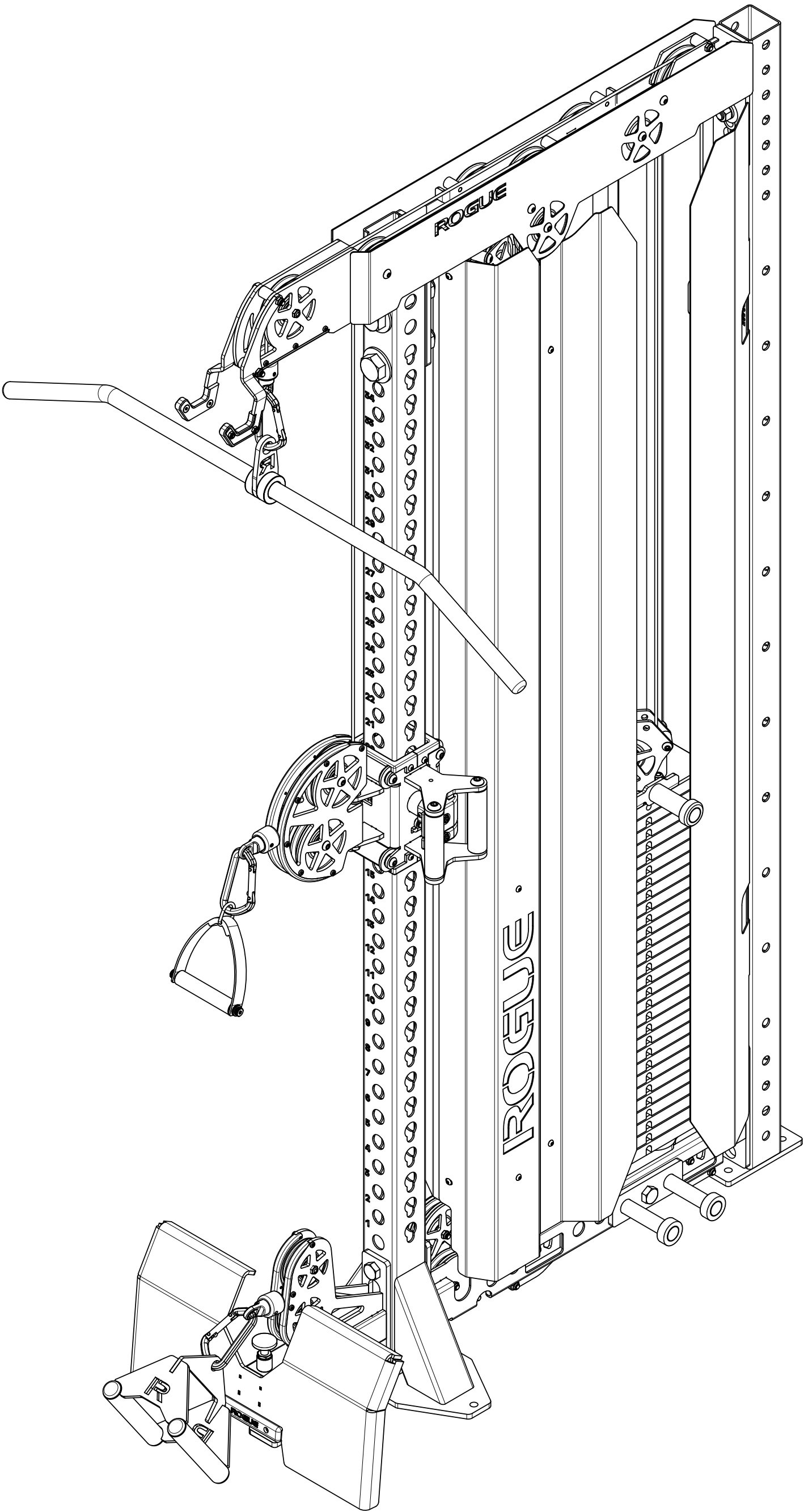
THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE. MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY. MISUSE OF THIS RACK CAN RESULT IN SEVERE INJURY.

Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

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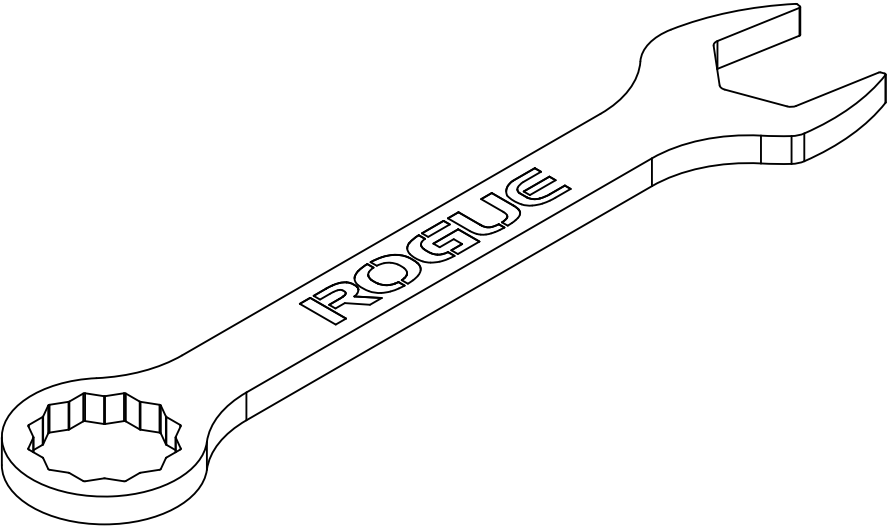


INCLUDED TOOLS

Note: Images not shown at scale

1

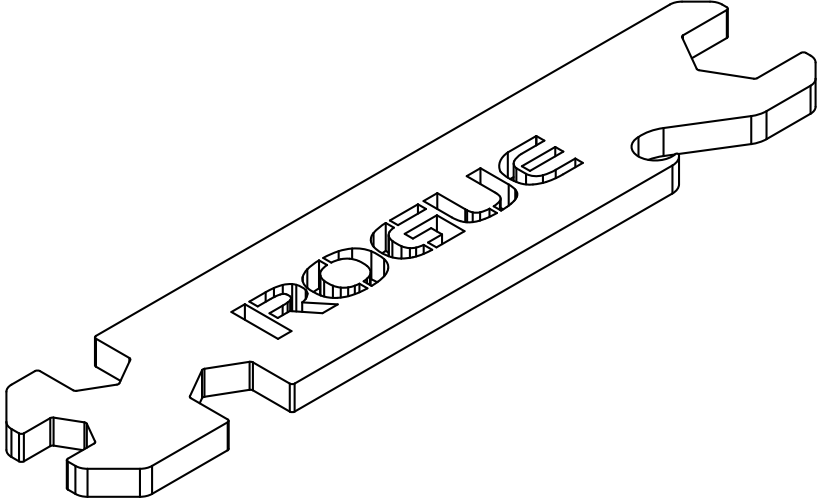
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15/16” Wrench

2

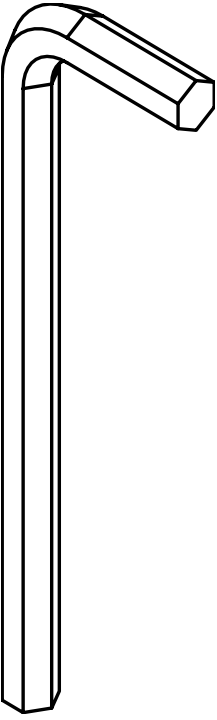
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Multi Tool (3/4”, 9/16”,
5/8” and 7/16” Wrench)

3

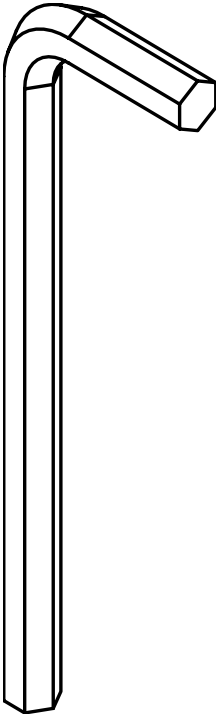
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3/32” Allen Key

4

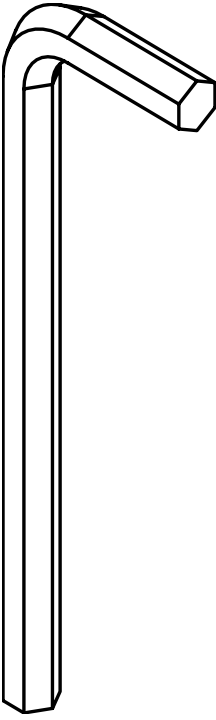
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1/8” Allen Key

5

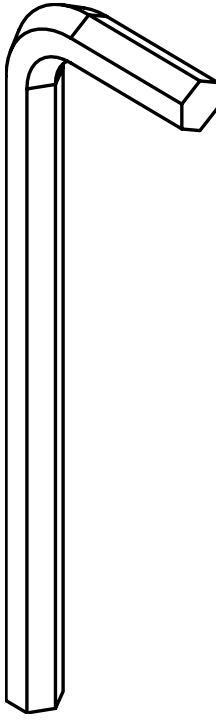
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5/32” Allen Key

6

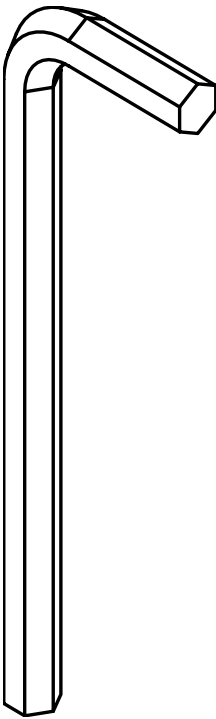
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7/32” Allen Key

7

Qty: 1x



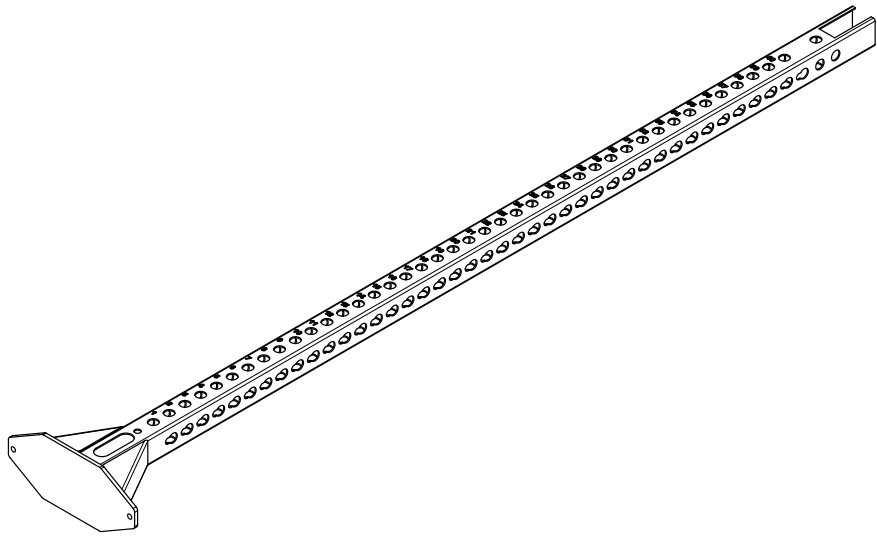
5/16” Allen Key

INCLUDED PARTS

Note: Images not shown at scale.

1

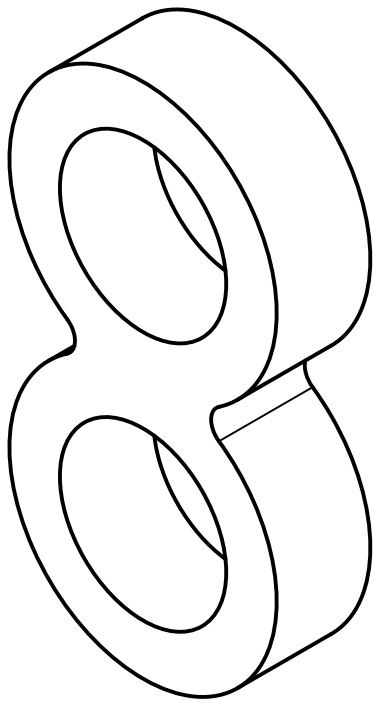
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CTM Front Upright

2

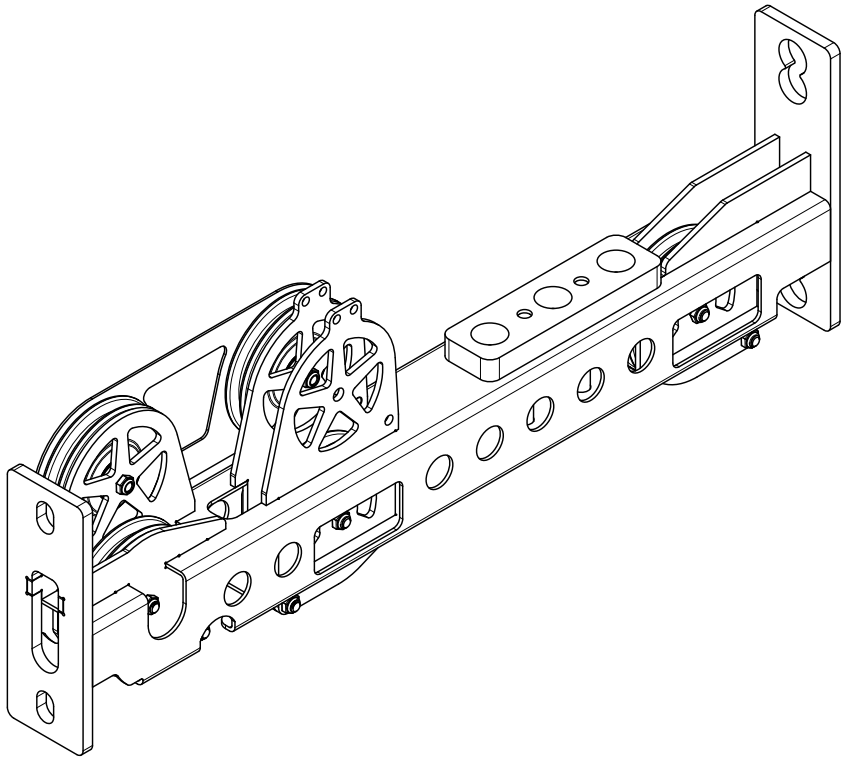
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5/8" Reducer Washer

3

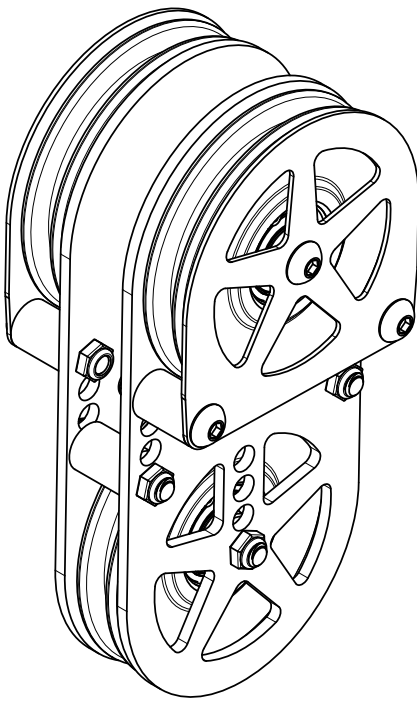
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CTM Bottom Crossmember

4

Qty: 1x

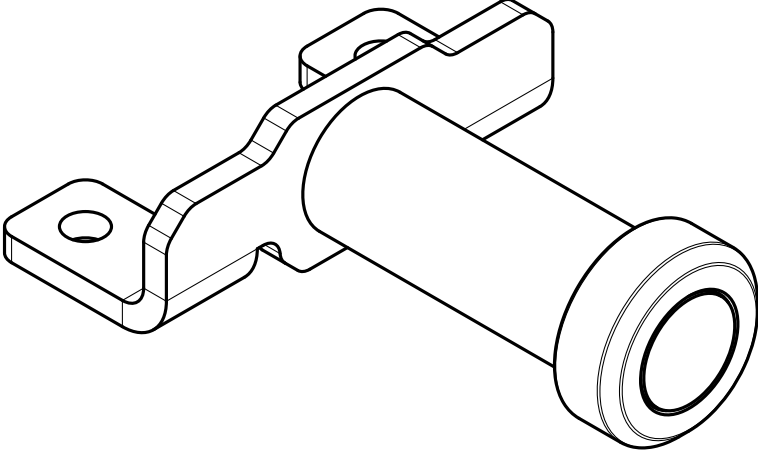


Peanut Pulley

5

Qty: 2x

*

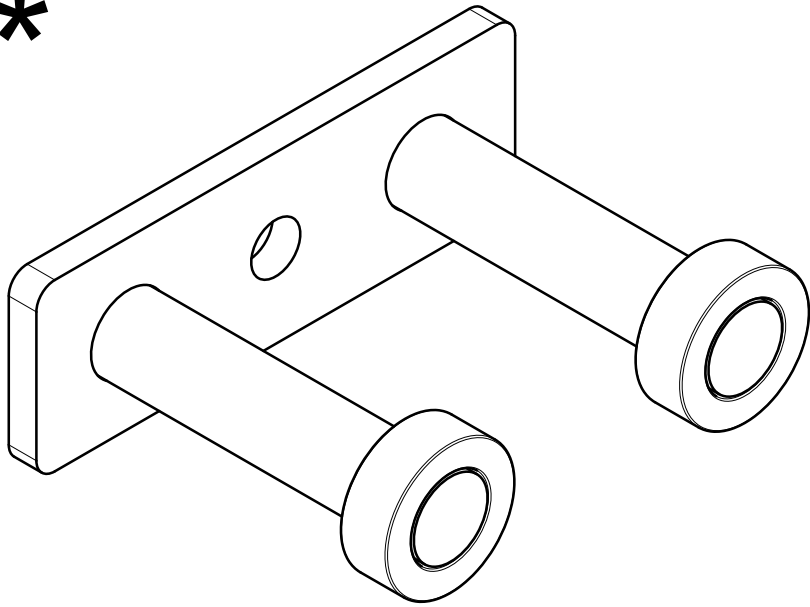


Top Band Peg

6

Qty: 2x

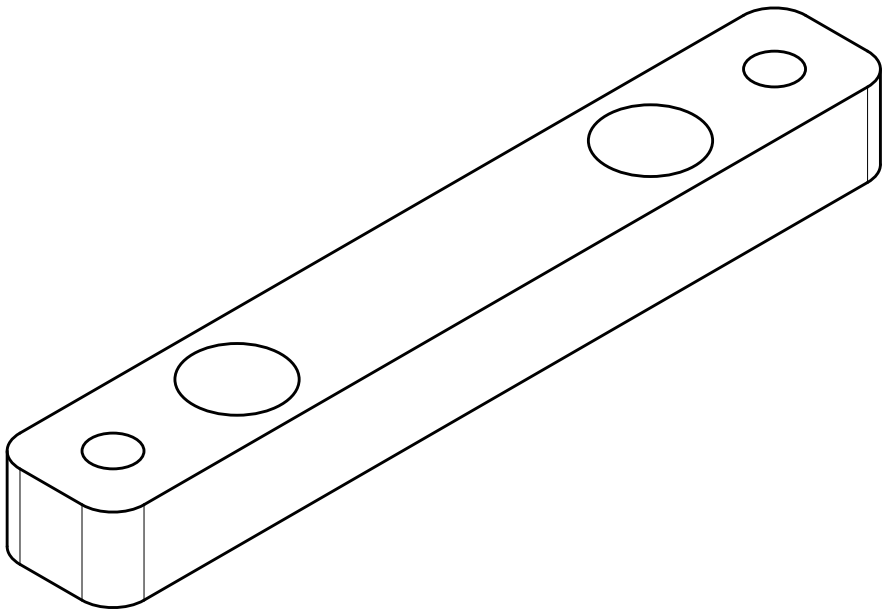
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Bottom Band Peg

7

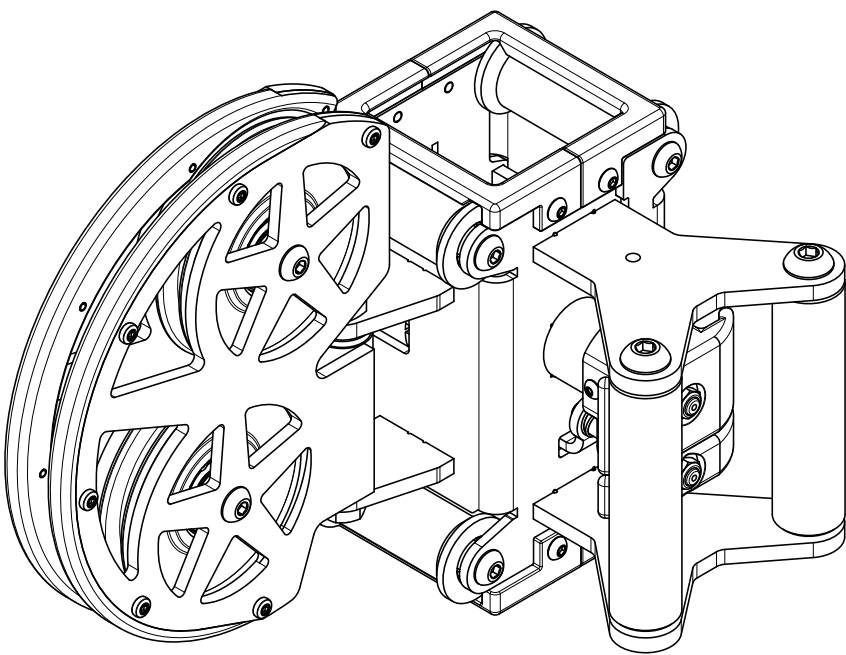
Qty: 1x



Top Guide Rod Retaining Bracket

8

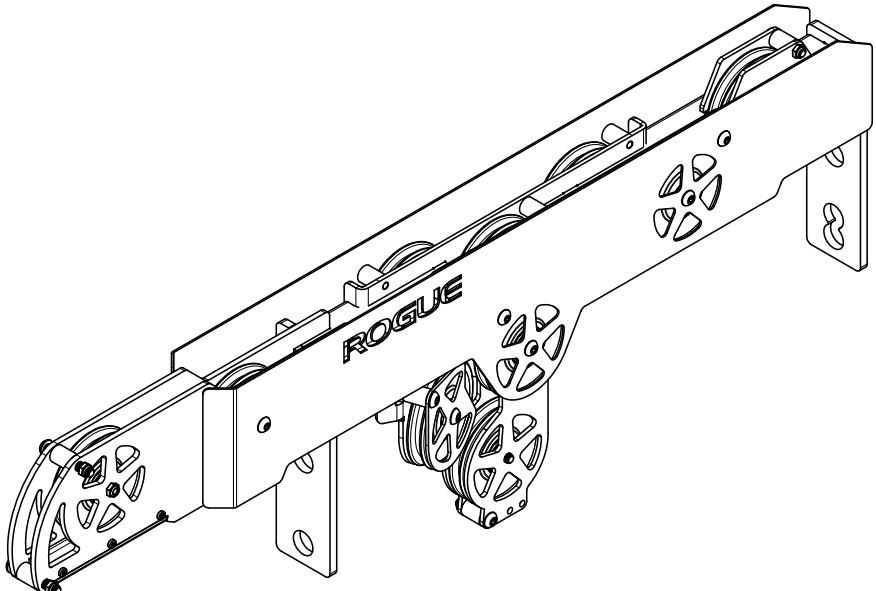
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Swivel Trolley

9

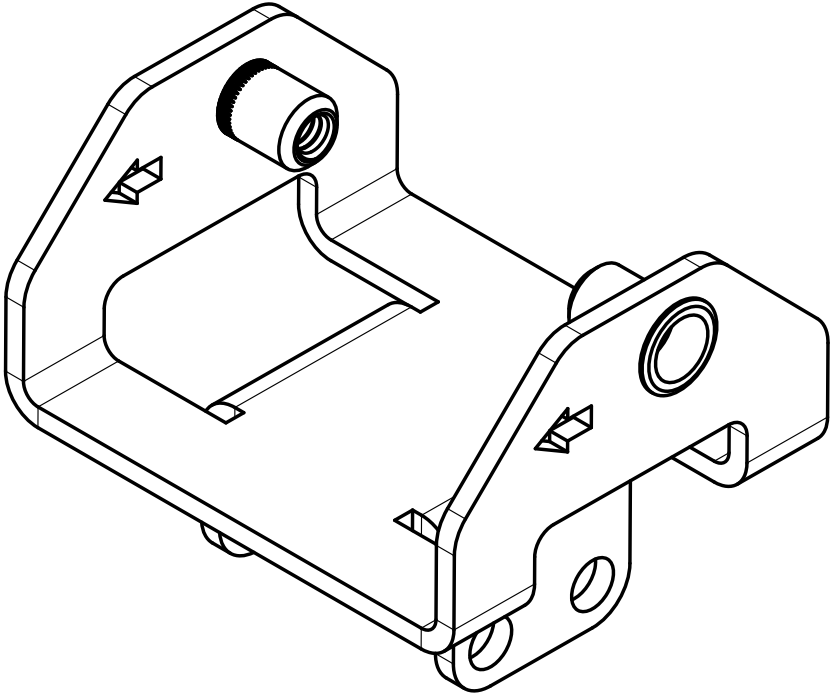
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CTM Top Crossmember

10

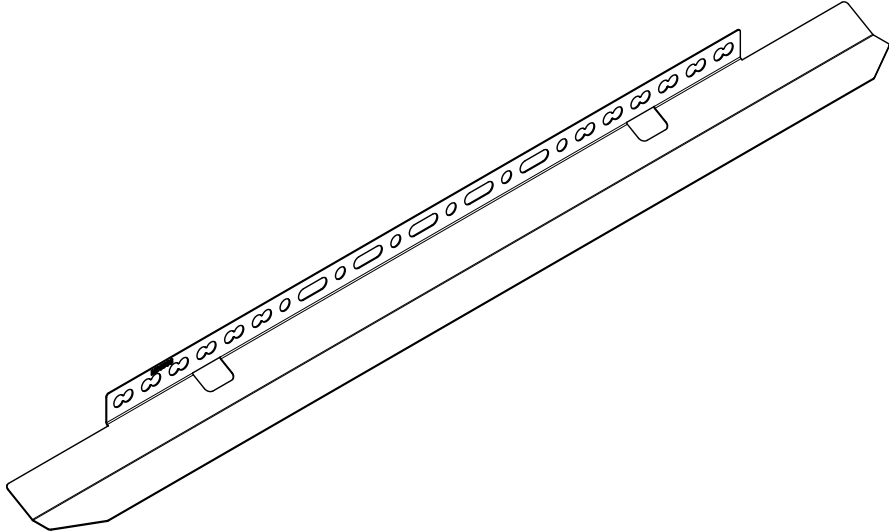
Qty: 2x



Shroud Bracket

11

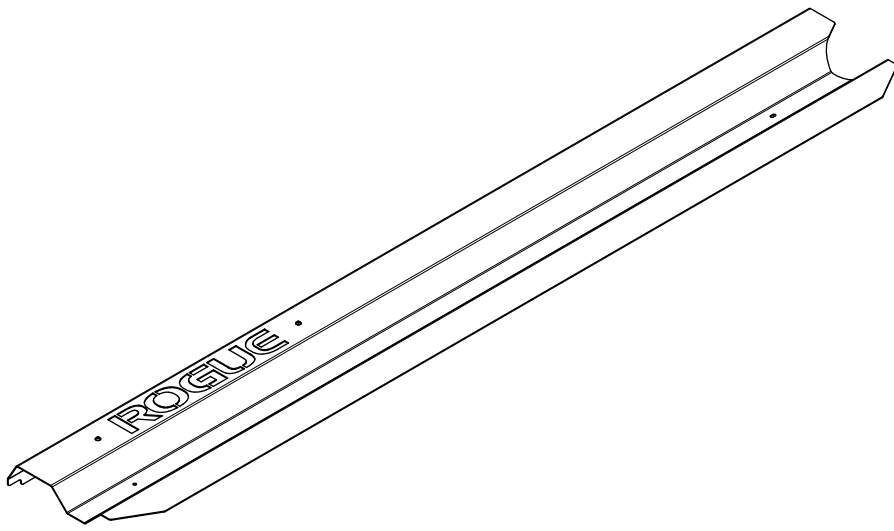
Qty: 2x



Rear Shroud

12

Qty: 1x



Right Shroud

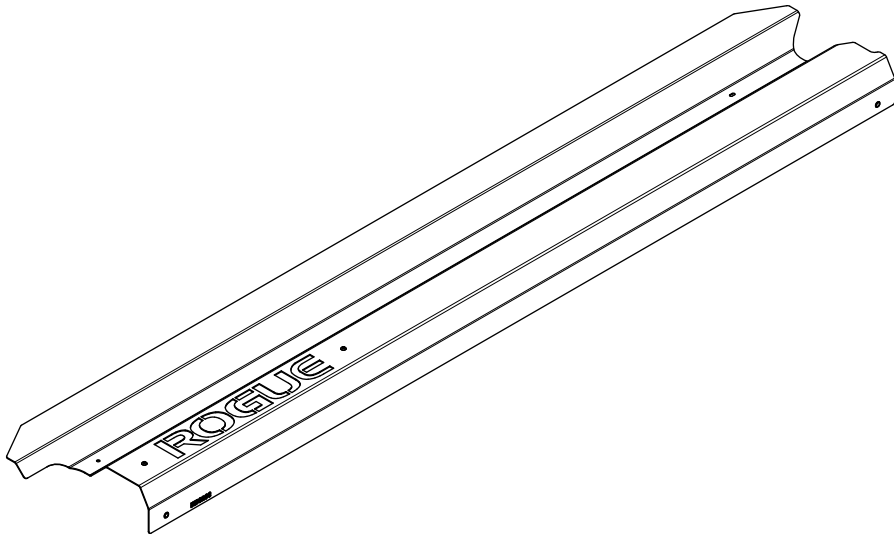
* Band Peg Kit only included if purchased at checkout.

INCLUDED PARTS

Note: Images not shown at scale.

13

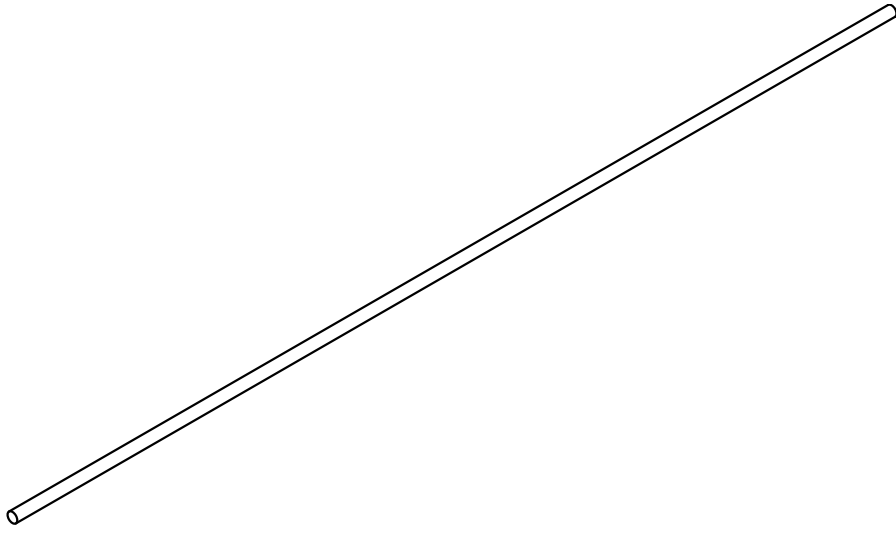
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Left Shroud

14

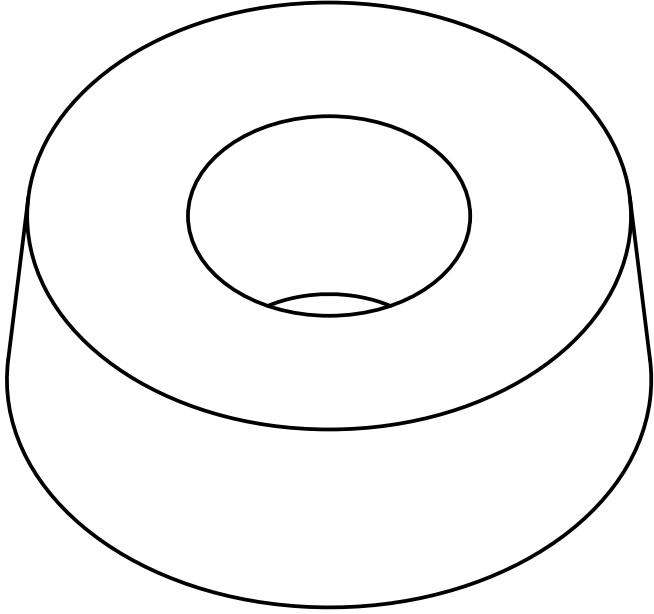
Qty: 2x



Guide Rod

15

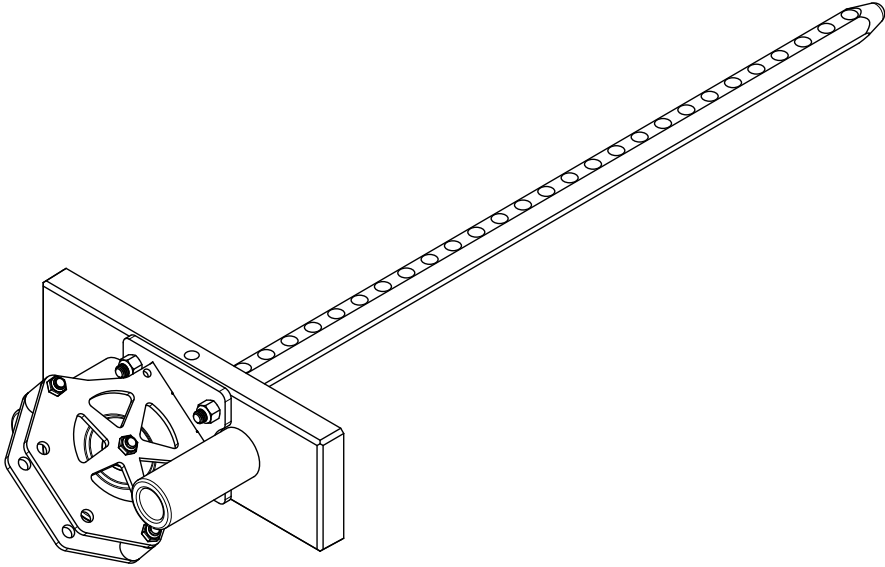
Qty: 2x



Weight Stack Bottom Bumper

16

Qty: 1x

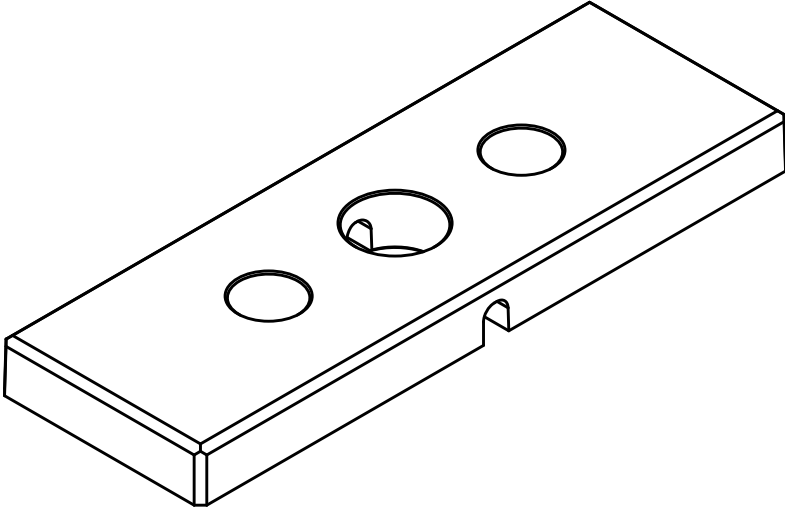


Weight Stack Stem

17

Qty: 23x(250lb) or 28x(300lb)

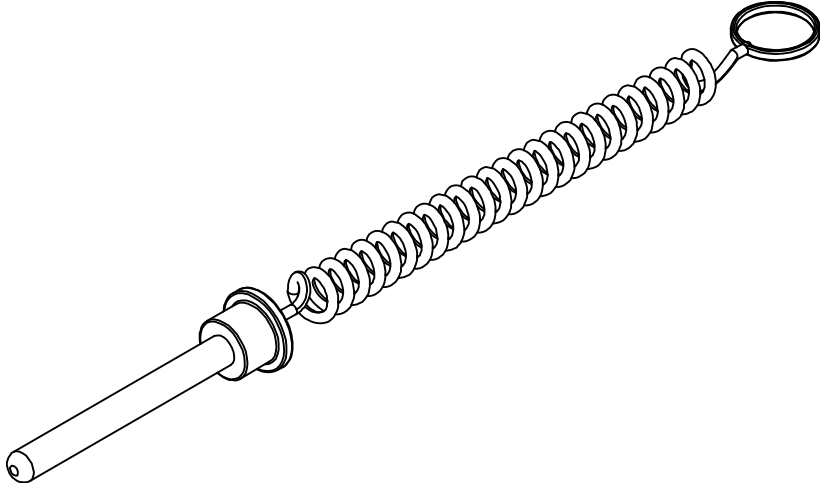
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10LB Weight Stack Plate

18

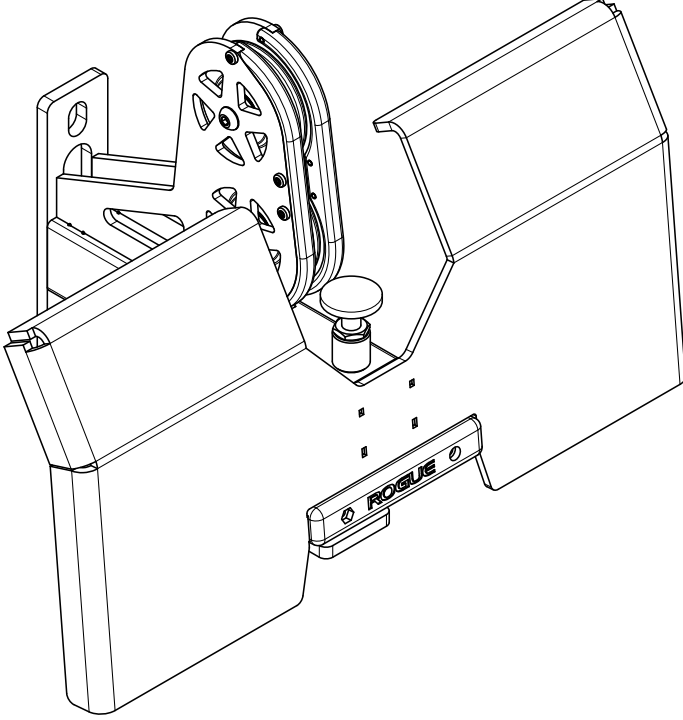
Qty: 1x



Weight Stack Selector Pin w/ Lanyard

19

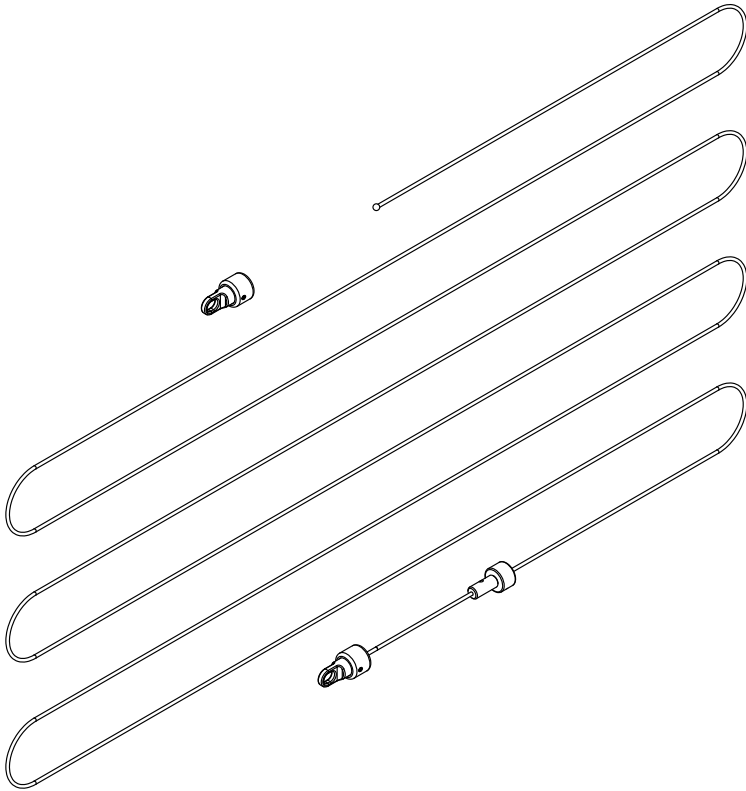
Qty: 1x



CTM Low Row

20

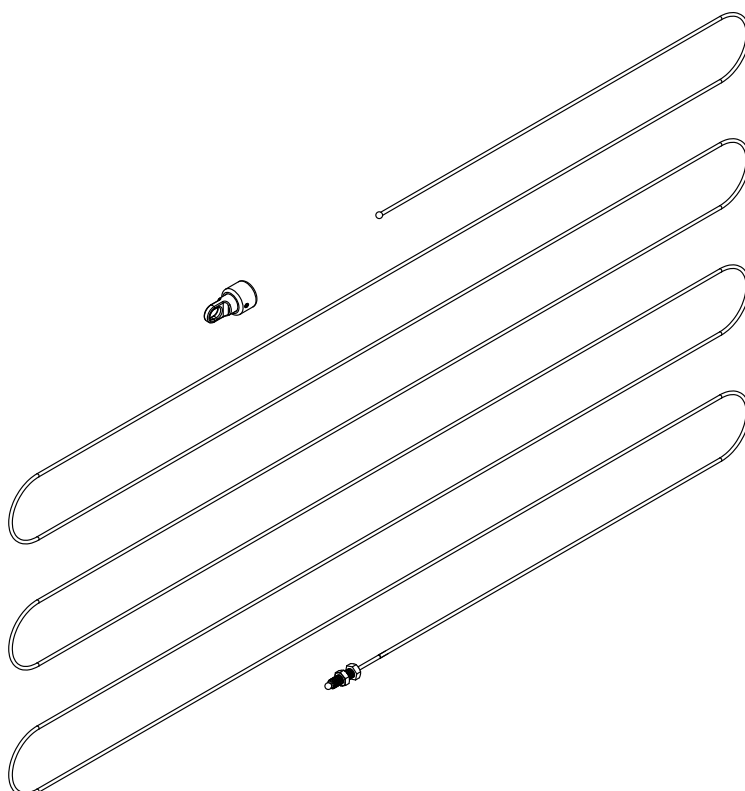
Qty: 1x



Lat Pulldown Cable (Yellow Tag)

21

Qty: 1x

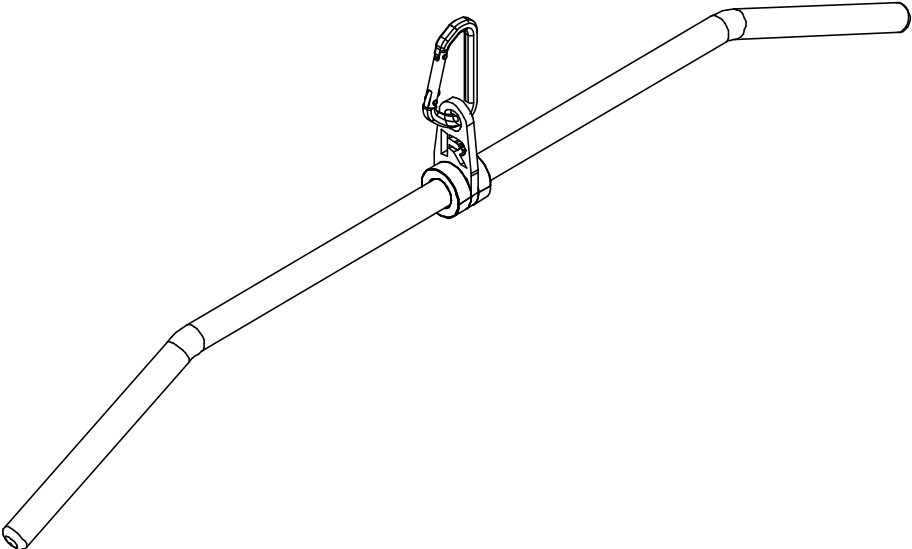


Trolley/Trolley Cable (Blue Tag)

22

Qty: 1x

**

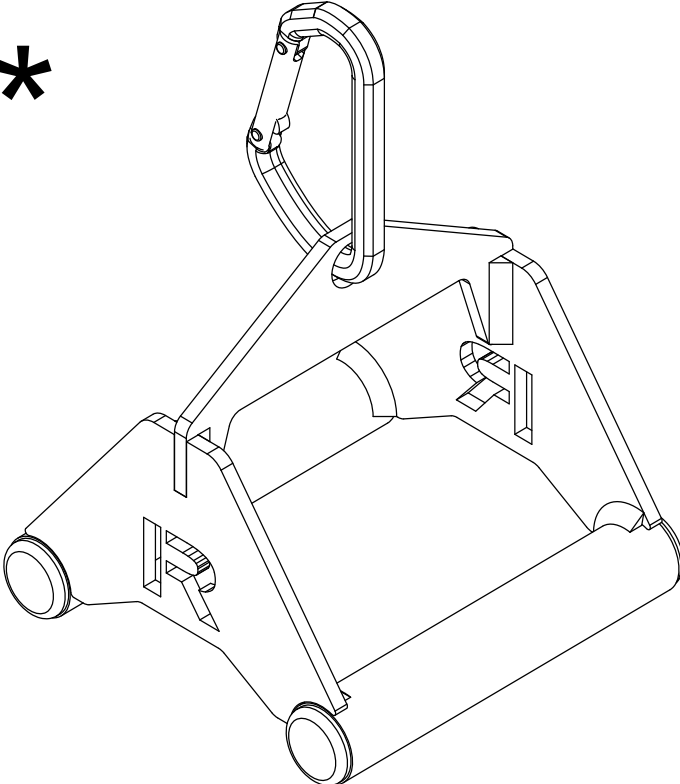


Lat Bar

23

Qty: 1x

**

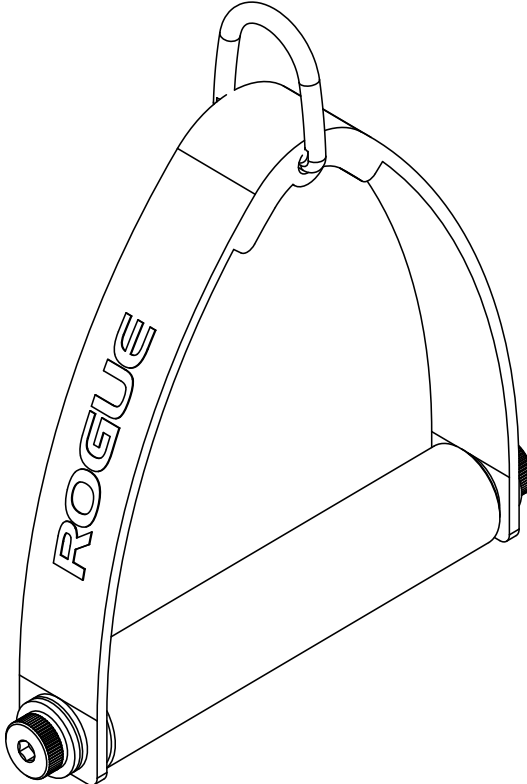


Standard Grip Triangle

24

Qty: 1x

**



Single Handle Cable Attachment

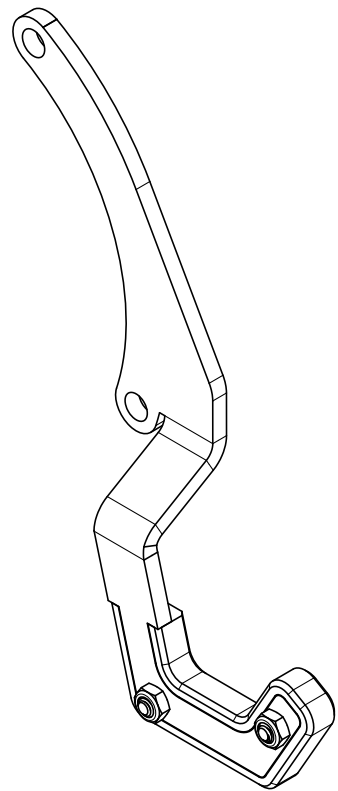
* Weight selection made at checkout.
** Item may look different. Selection made at checkout.

INCLUDED PARTS

Note: Images not shown at scale.

25

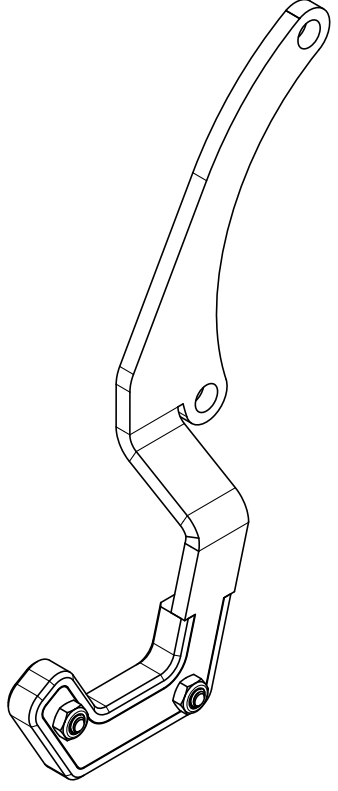
Qty: 1x



Lat Bar Hanger - LEFT

26

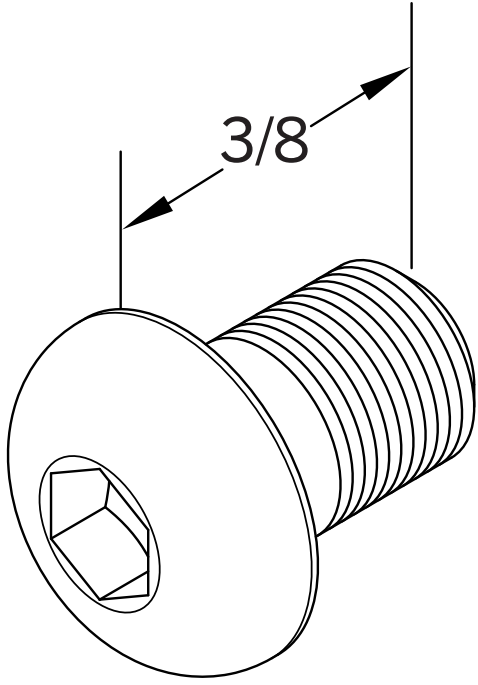
Qty: 1x



Lat Bar Hanger - RIGHT

27

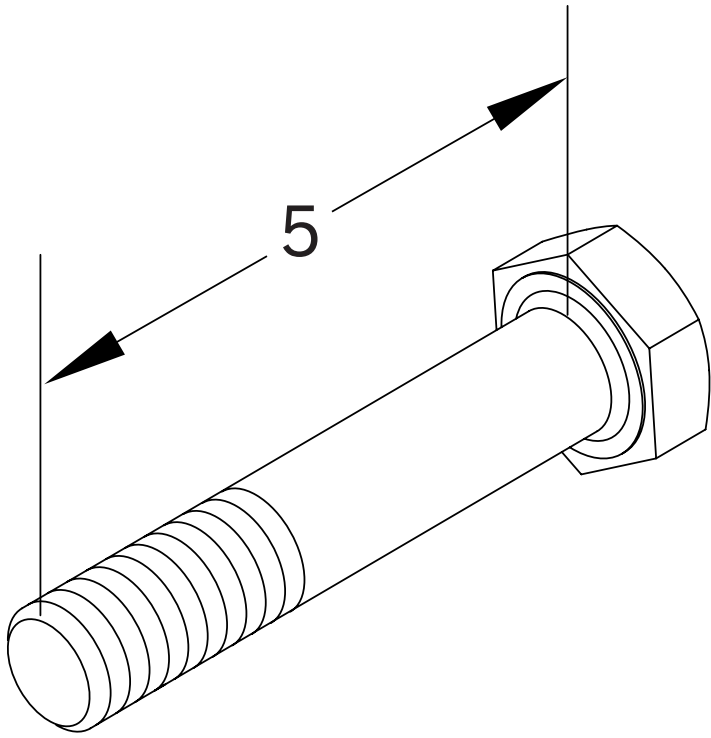
Qty: 4x



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

28

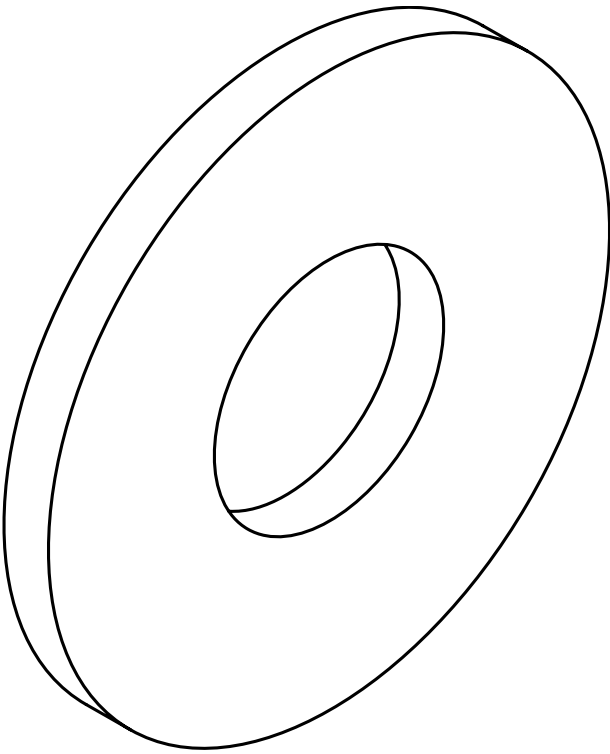
Qty: 2x



1" x 5" Hex Bolt

29

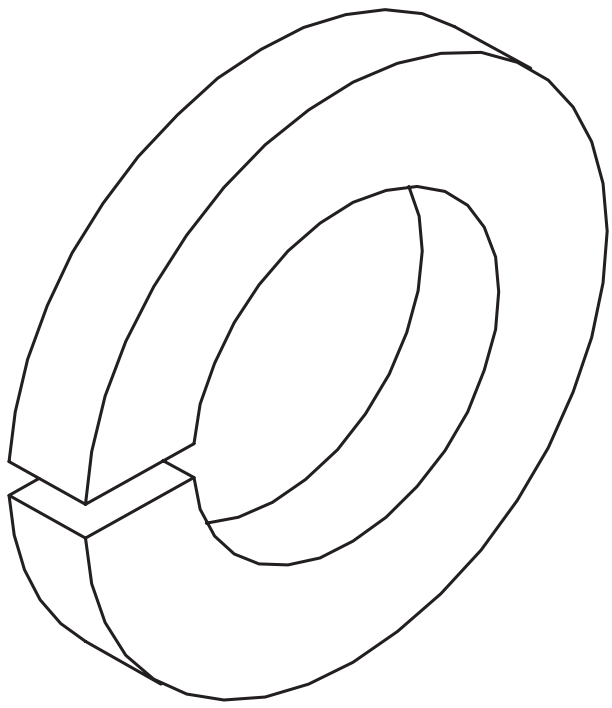
Qty: 2x



1" Flat Washer

30

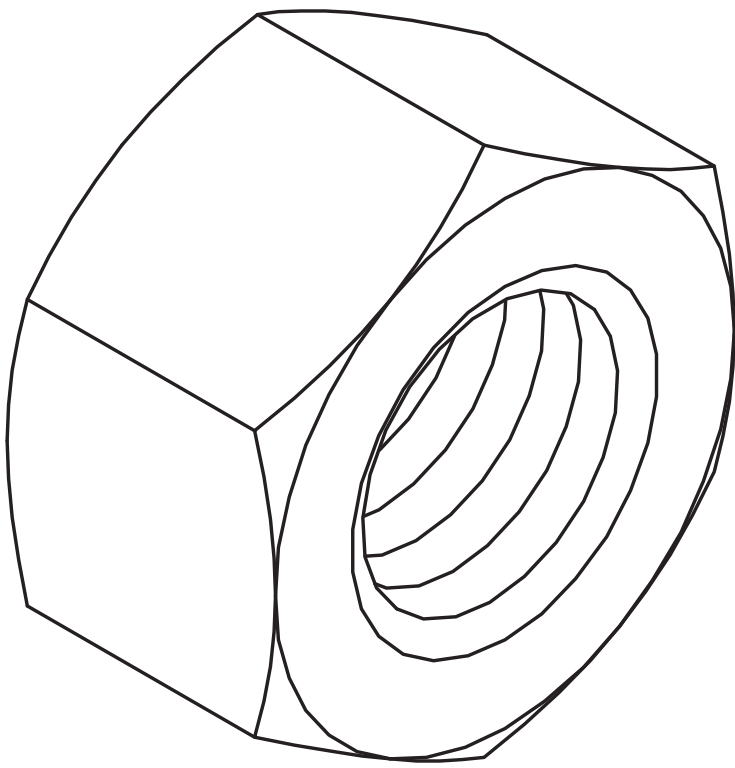
Qty: 2x



1" Lock Washer

31

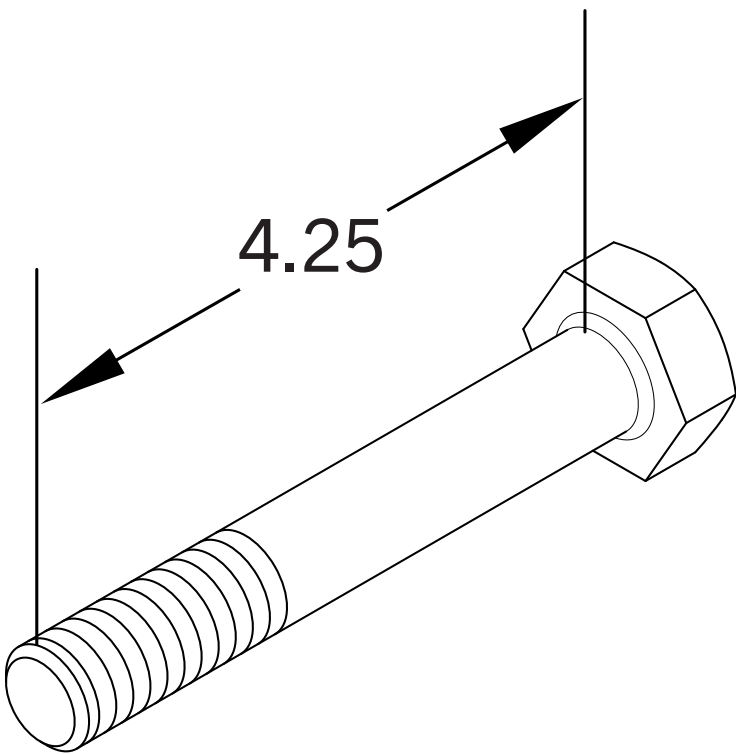
Qty: 2x



1" Hex Nut

32

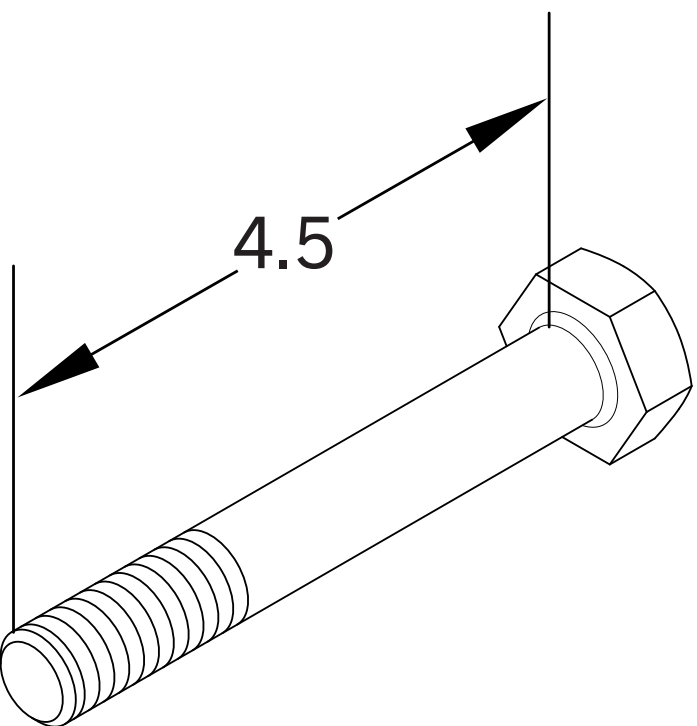
Qty: 2x



5/8" x 4.25" Hex Bolt

33

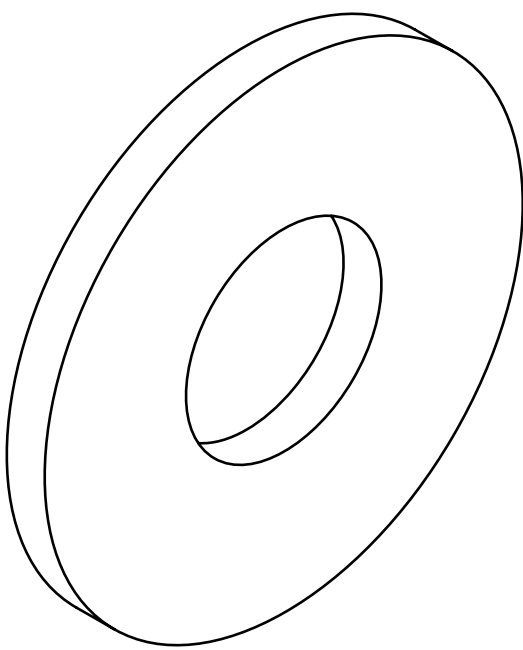
Qty: 6x



5/8" x 4.5" Hex Bolt

34

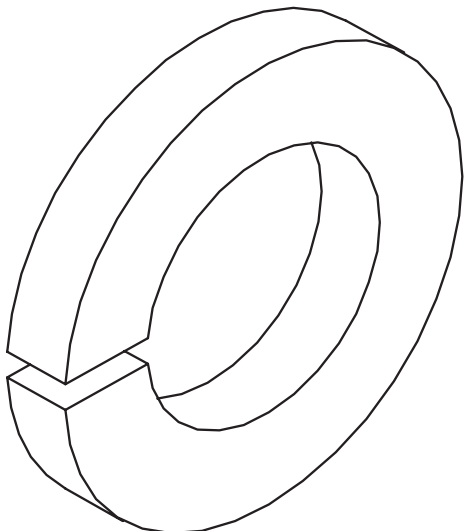
Qty: 6x



5/8" Flat Washer

35

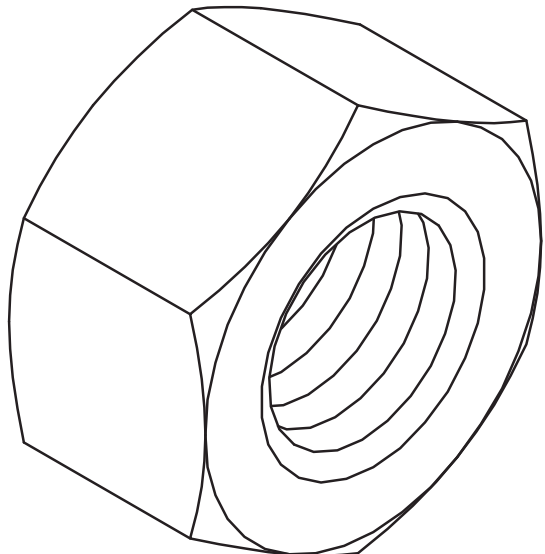
Qty: 8x



5/8" Lock Washer

36

Qty: 8x



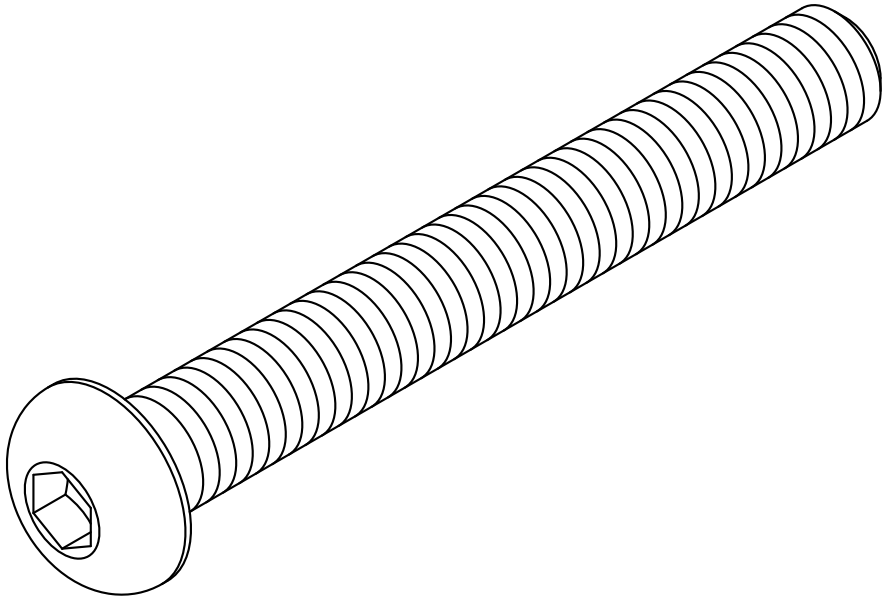
5/8" Hex Nut

INCLUDED PARTS

Note: Images not shown at scale.

37

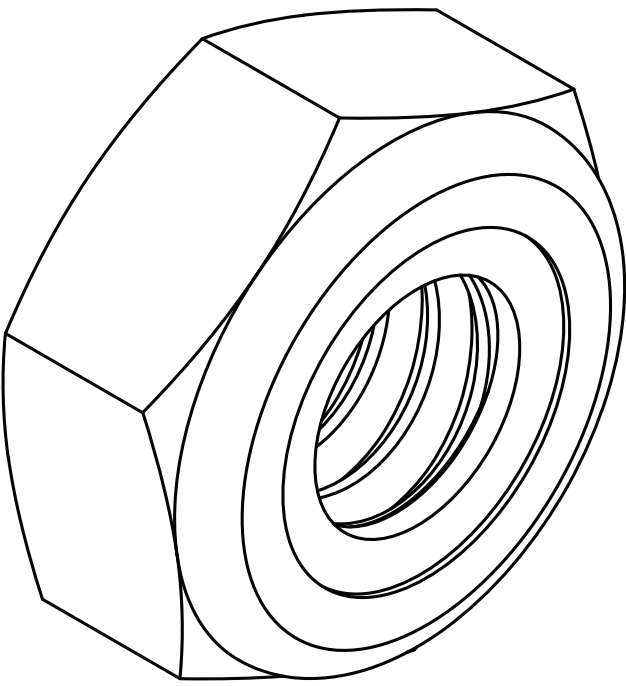
Qty: 4x



1/4" x 2" Button Head Screw

38

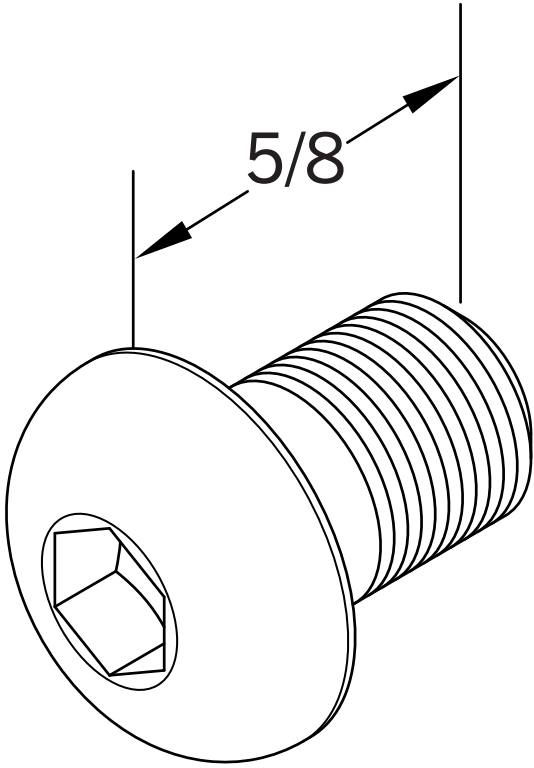
Qty: 8x



1/4" Nylock Nut

39

Qty: 6x



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

40

Qty: 8x

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. 65.6kg	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

41

Qty: 1x

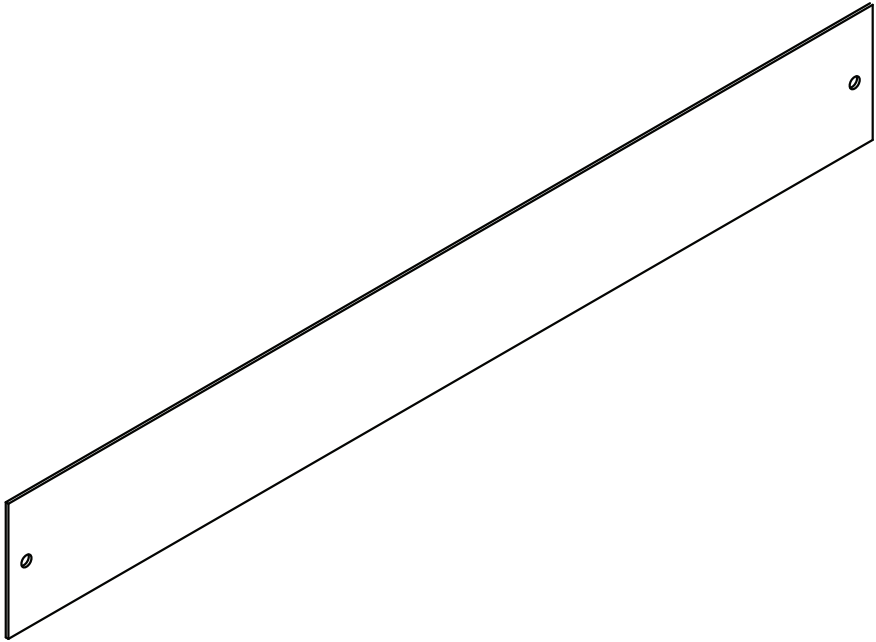
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Monster Half Strip

42

Qty: 2x

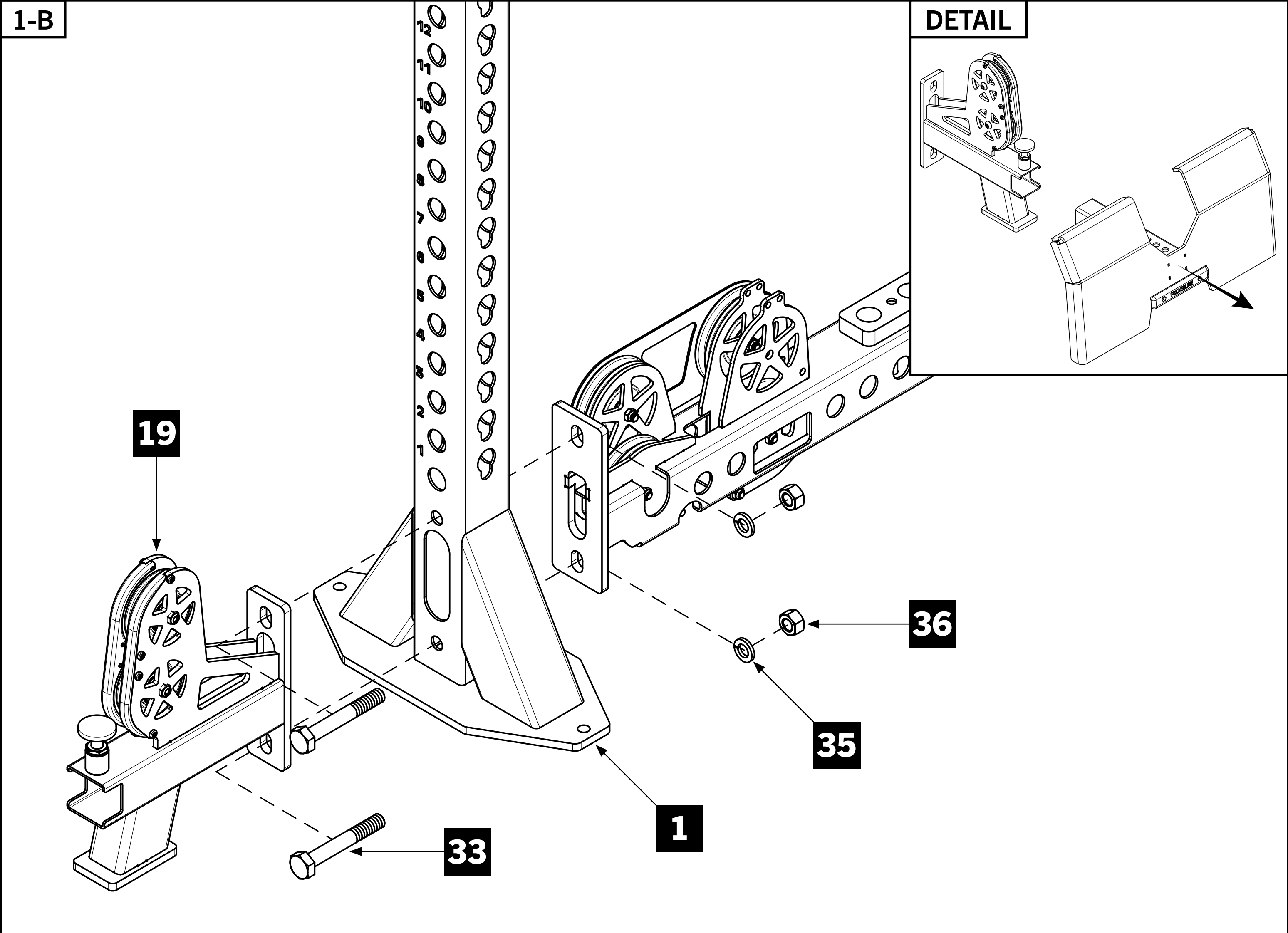
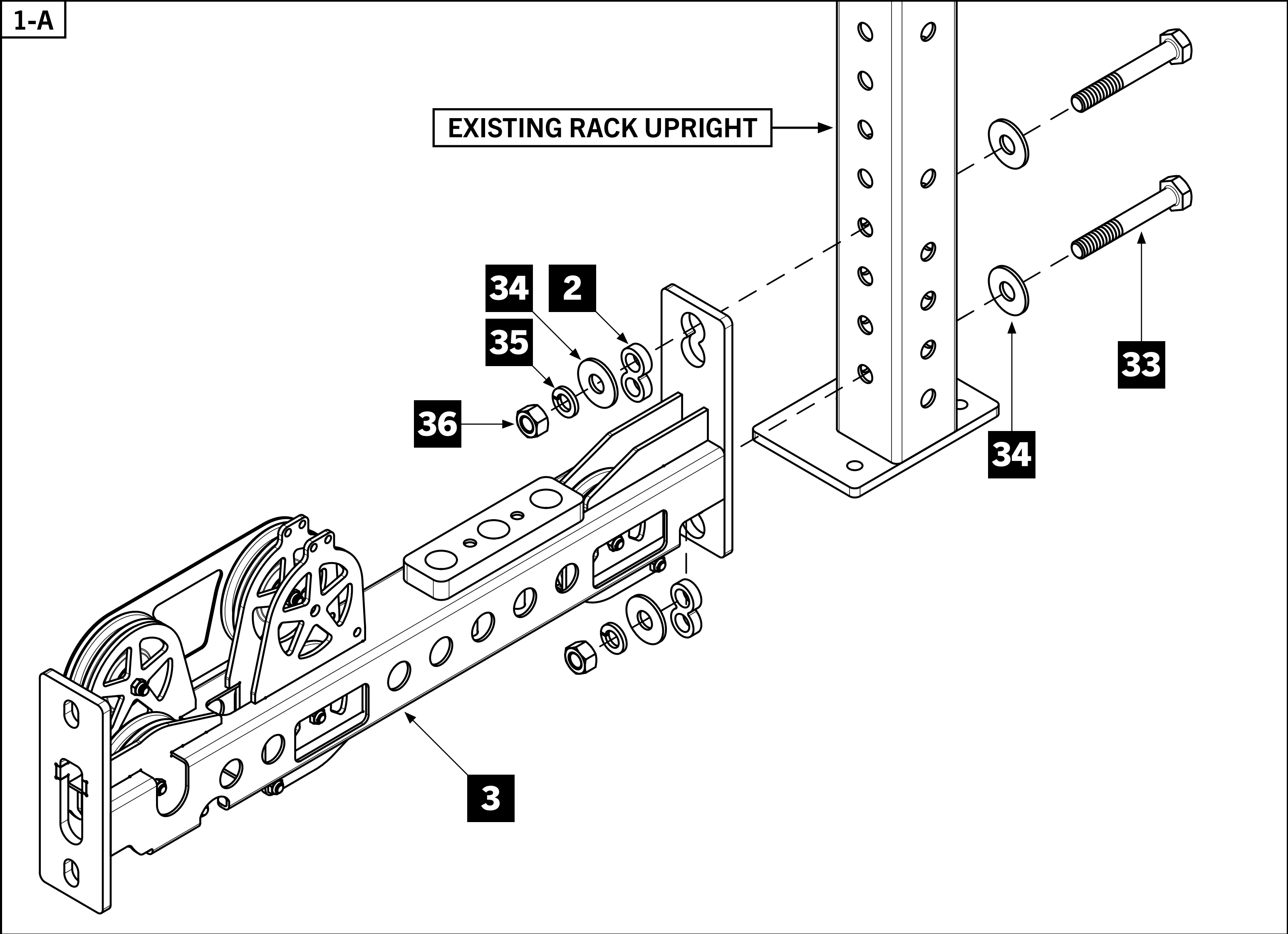


Backer Plate

* Complimentary Monster Half Strip included with Swivel Trolley. See page 32 for Monster Strip assembly.

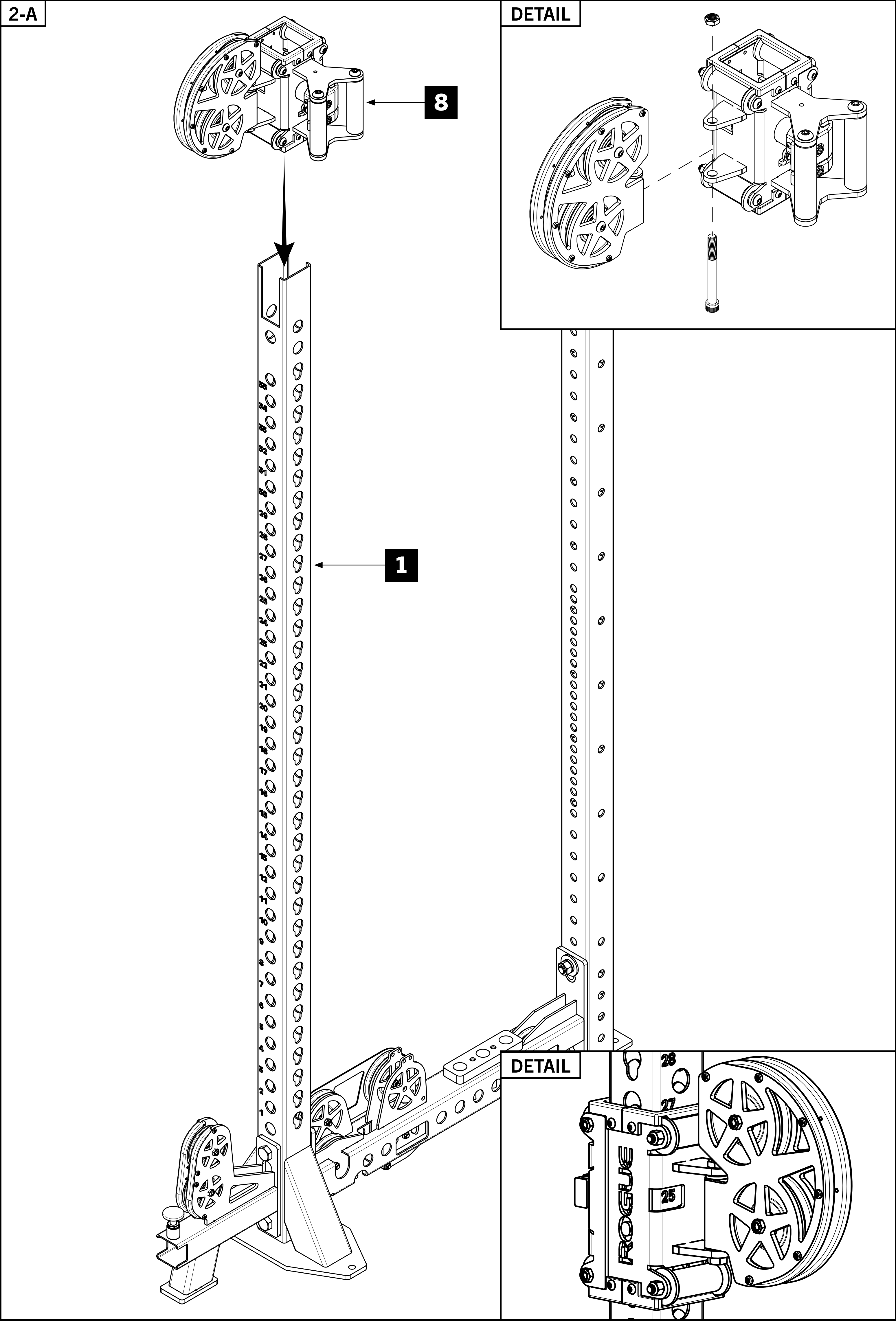
STEP 1

- **Note: Only single existing Upright shown.**
- Attach CTM Bottom Crossmember [3] to existing Rack Upright using 5/8" x 4.5" Hex Bolts [33], 5/8" Flat Washers [34], 5/8" Reducer Washers [2], 5/8" Lock Washers [35], and 5/8" Hex Nuts [36].
- **DO NOT FULLY TIGHTEN.**
- For ease of assembly remove Footplate from CTM Low Row [19].
- Secure CTM Front Upright [1] between CTM Bottom Crossmember [3] and CTM Low Row [19] using 5/8" x 4.5" Hex Bolts [33], 5/8" Lock Washers [35], and 5/8" Hex Nuts [36].



STEP 2

- 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.
- While pulling the handle triggers, slide Swivel Trolley [8] and onto CTM Front Uprights [1].
- Slide about halfway down Upright and release triggers to lock pop pins in place when the viewing window is showing number 25.

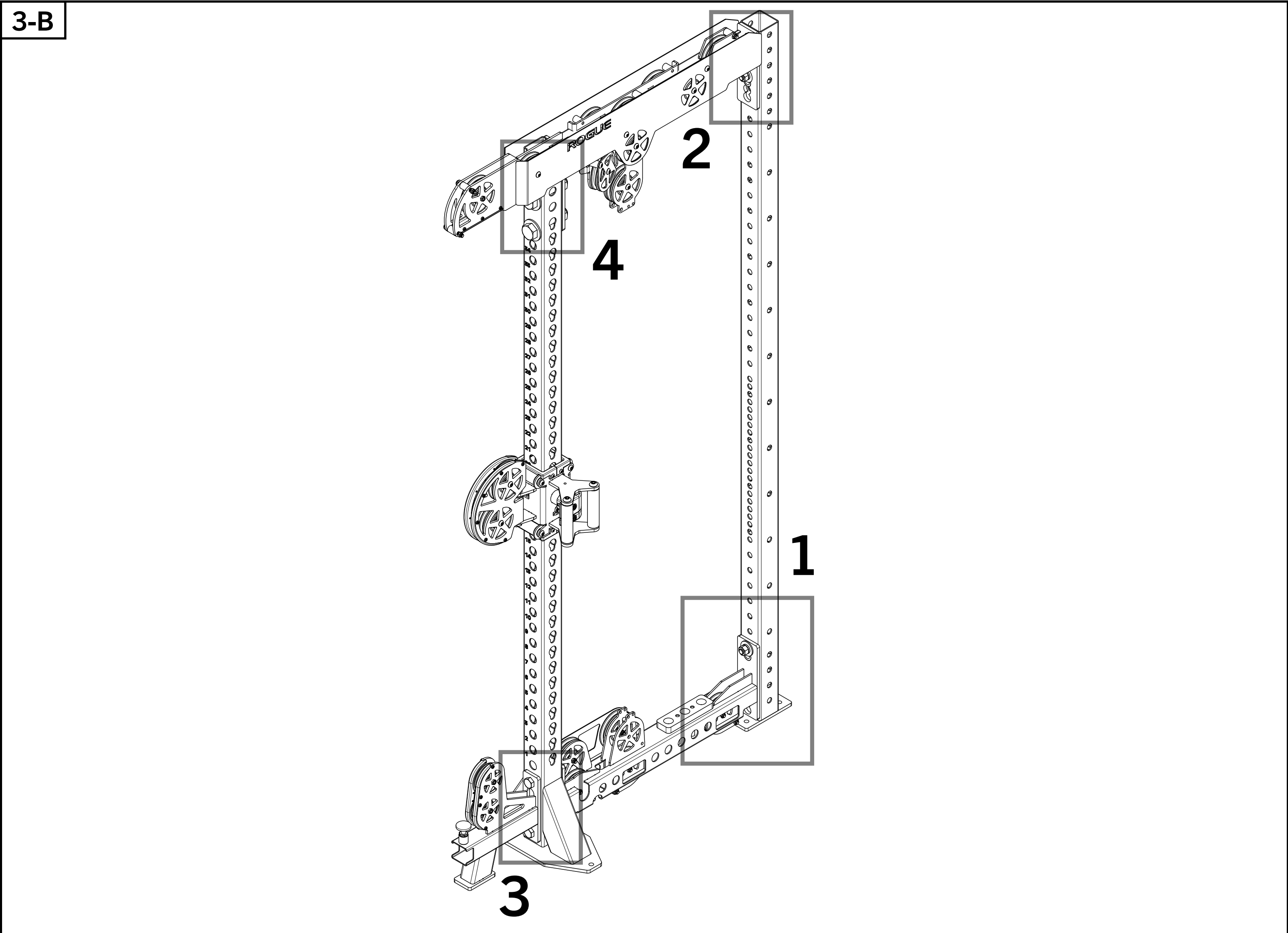
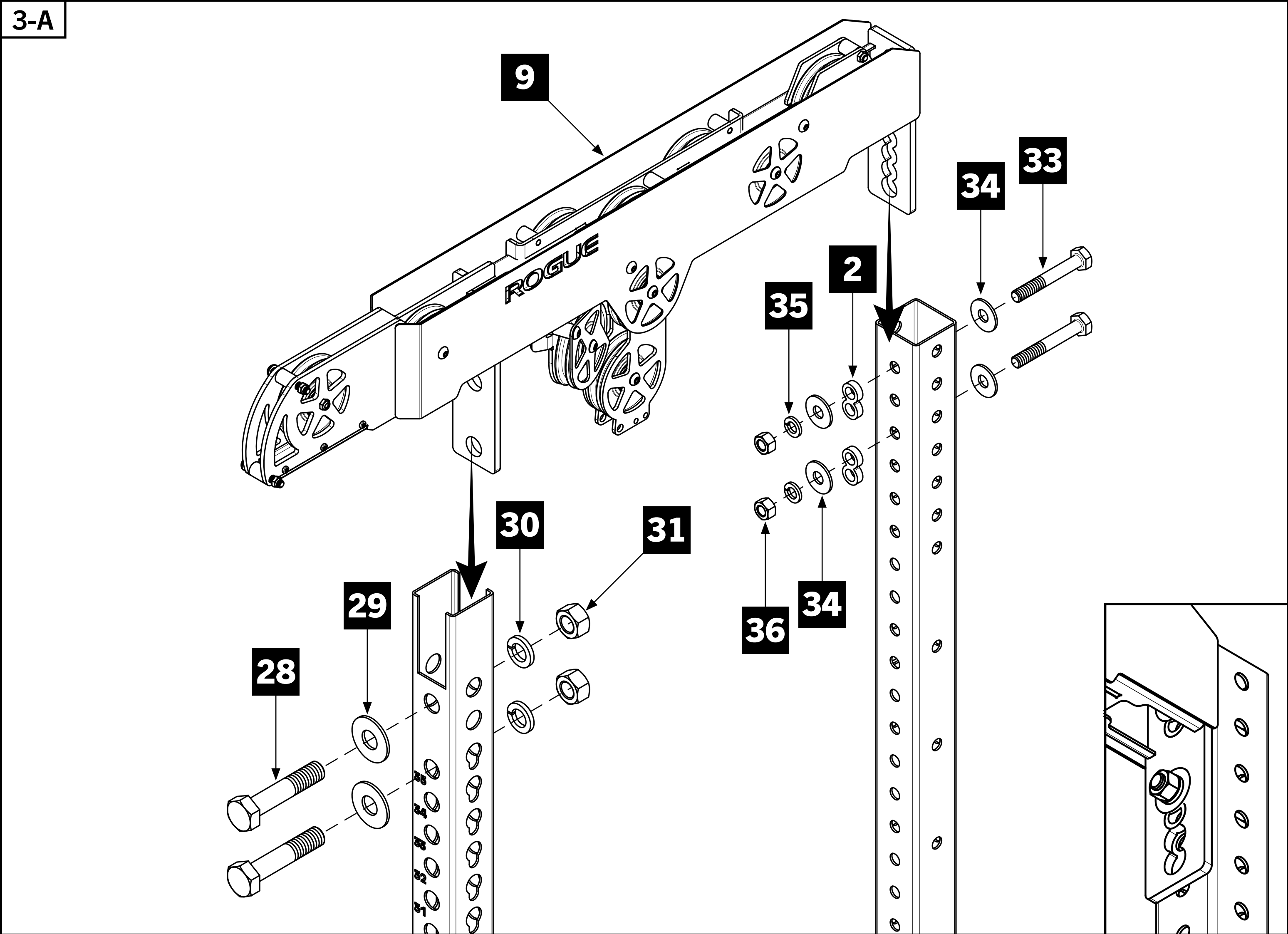


STEP 3

Secure the CTM Top Crossmember [9] to the uprights as follows:

- For the CTM Front Upright, use 1" x 5" Hex Bolts [28], along with 1" Flat Washers [29], 1" Lock Washers [30], and 1" Hex Nuts [31].
- For the Rear Upright, use 5/8" x 4.5" Hex Bolts [33], 5/8" Flat Washers [34], 5/8" Reducer Washers [2], 5/8" Lock Washers [35], and 5/8" Hex Nuts [36].

- Tighten all hardware on tower in order from 1-4 shown in 3-B.

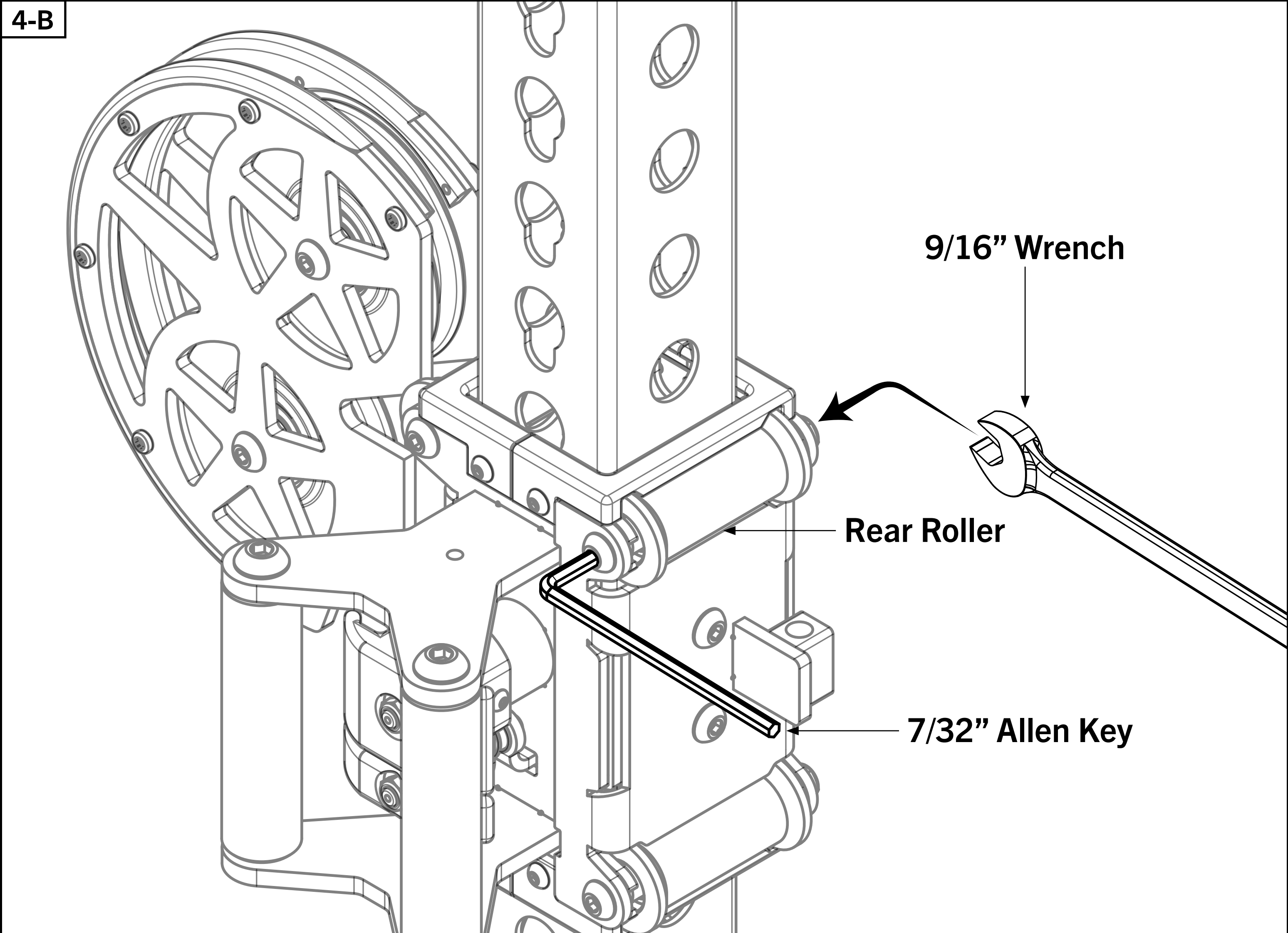
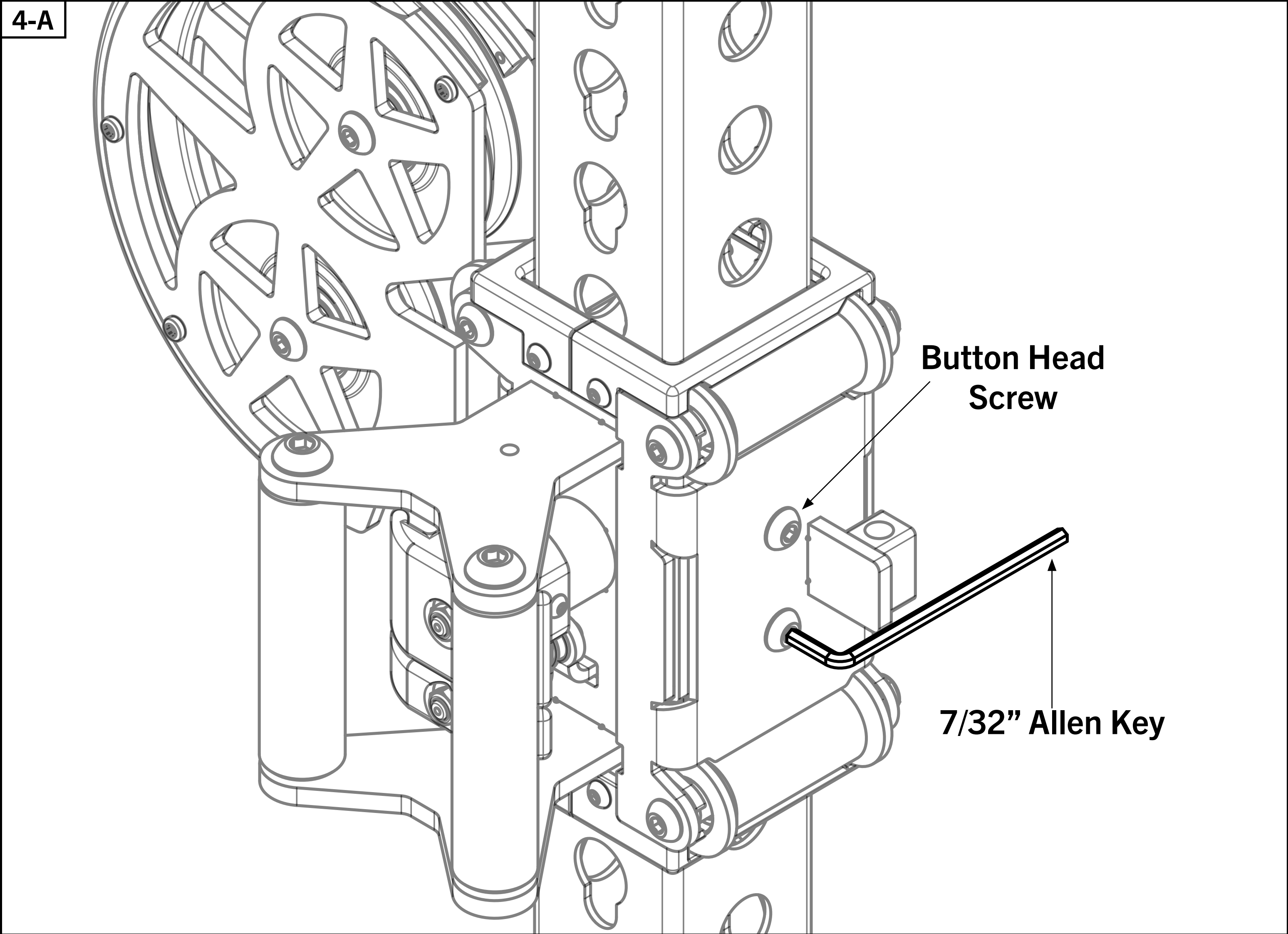


STEP 4

Tools Required:

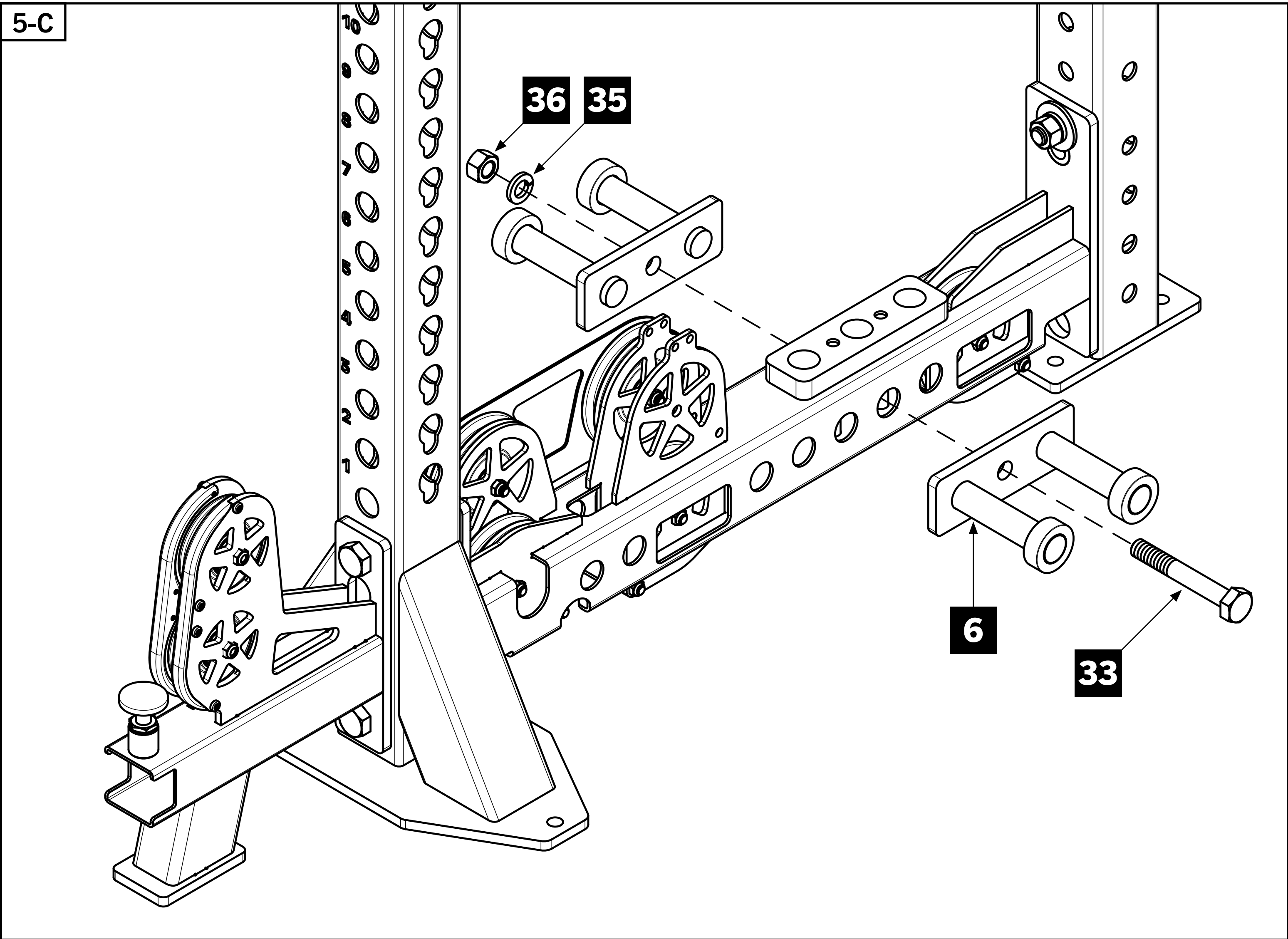
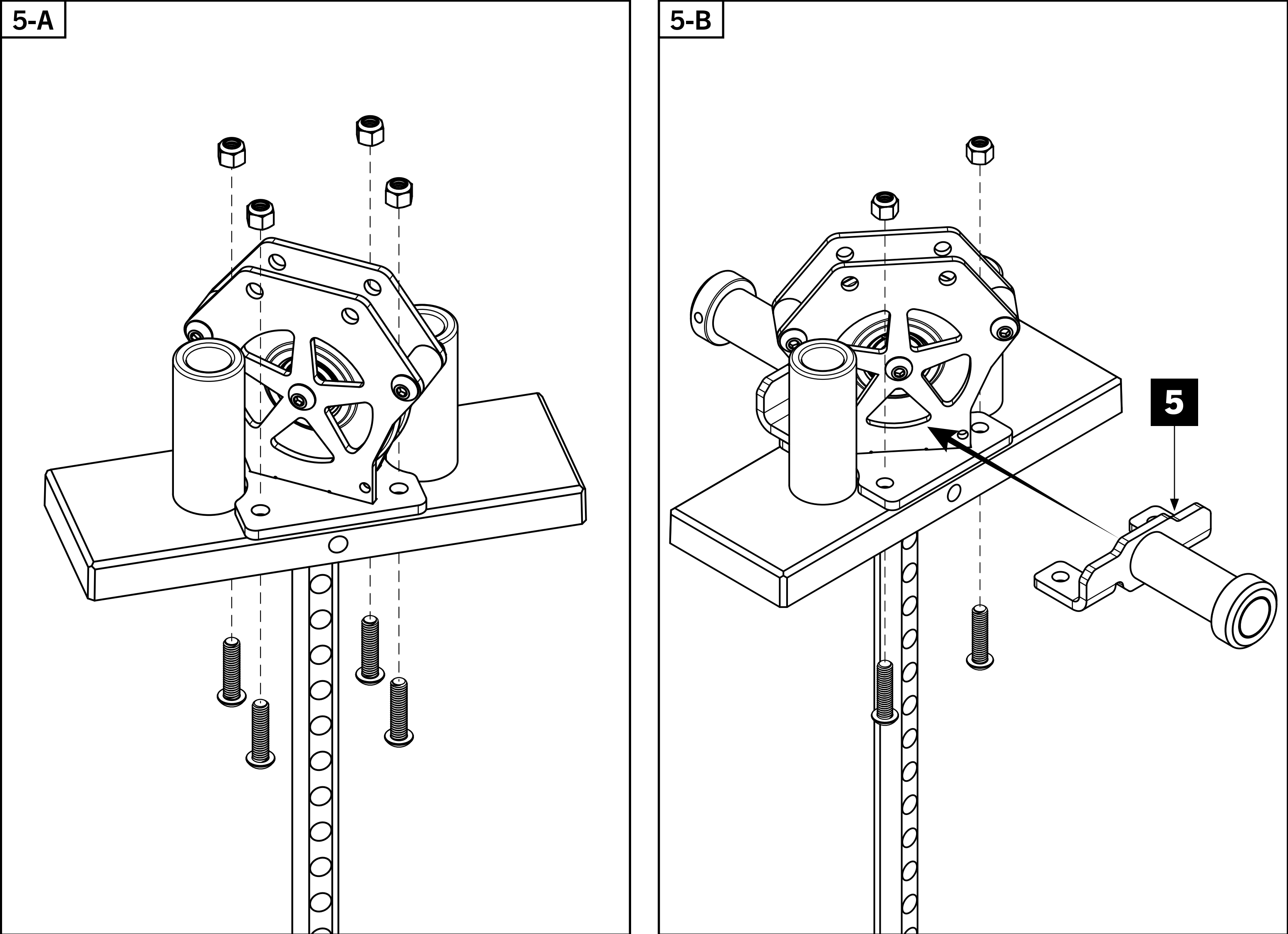
- 7/32” Allen Key, 9/16” Wrench
- The Swivel Trolley need to be calibrated for your specific rack.
- Keeping the Swivel Trolley locked in place, tighten the Button Head Screws shown in **4-A** using 7/32” Allen Key until looseness or “wobble” is gone.

- Unlock pop pins and roll Trolley up and down Upright several inches to feel tightness. If wobble persists, tighten the Screws in **4-A** again. If any friction is felt, Trolley is too tight and Screws should be loosened a quarter turn.
- Once calibrated, tighten both rollers on rear of Trolley using Allen Key and Wrench.



STEP 5

- FOR BAND PEG ONLY.
- If Band Pegs were not purchased, skip to **STEP 8**.
- To install Top Band Pegs [5], remove hardware from Weight Stack Stem [16] shown in **5-A**.
- Install Top Band Pegs [5] using hardware removed in step **5-A**.
- Attach Bottom Band Peg [6] to CTM Bottom Crossmember [3] using 5/8" x 4.5" Hex Bolt [33], 5/8" Lock Washer [35], and 5/8" Hex Nut [36].

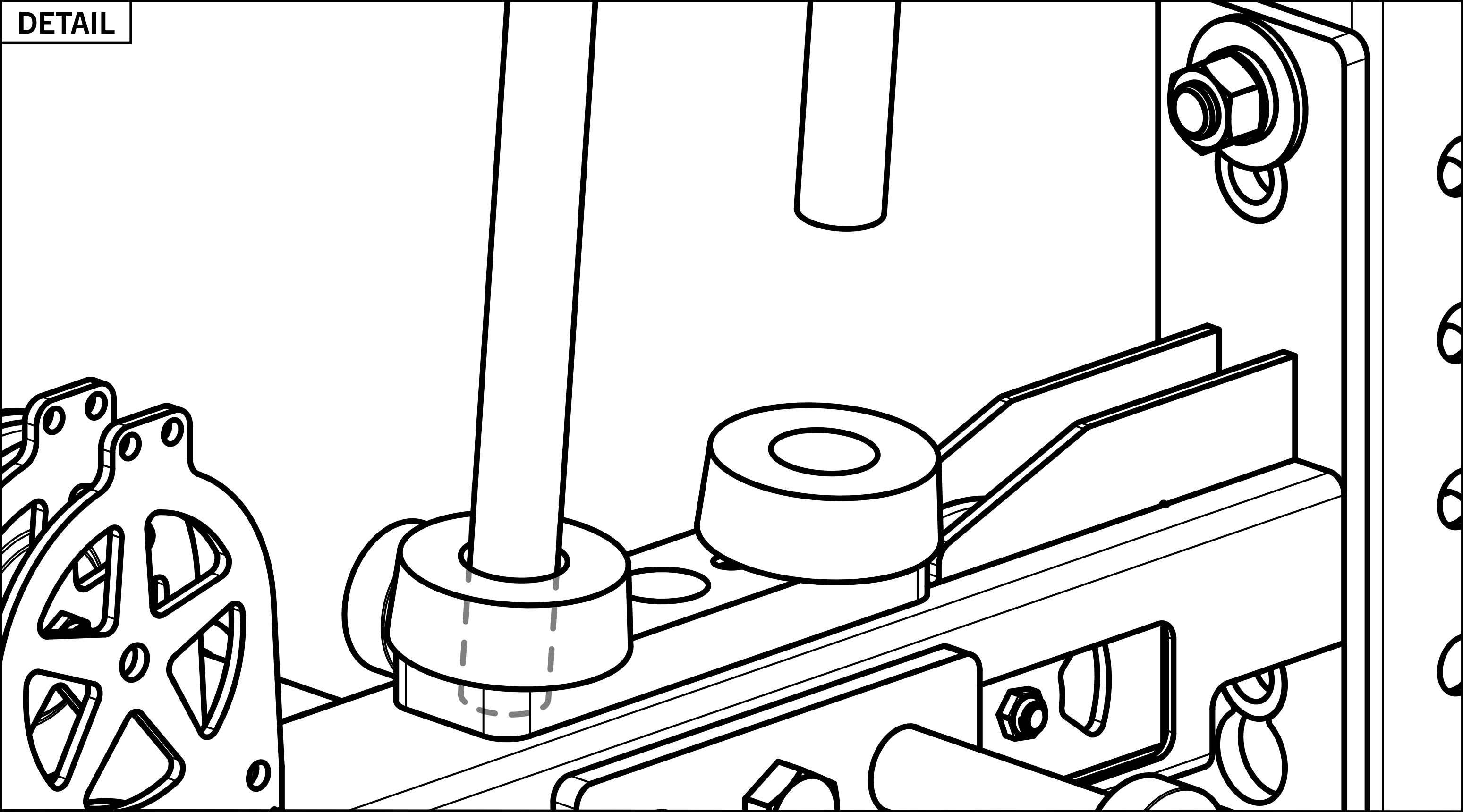
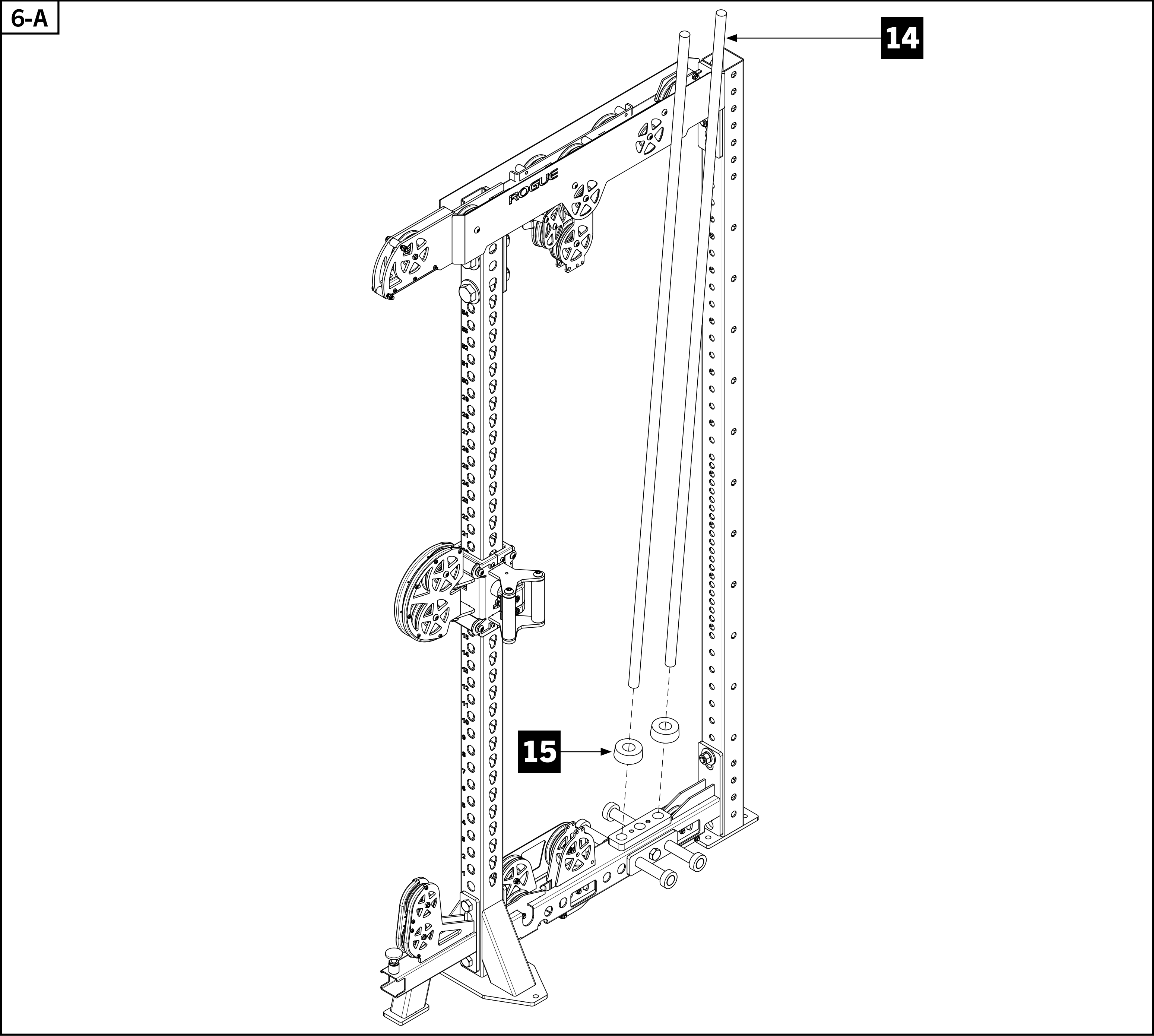


STEP 6

- Place Weight Stack Bumpers [15] over outer 1” holes on the CTM Bottom Crossmember as shown in **DETAIL** and insert Guide Rods [14] until they rest on top of the CTM Bottom Crossmember.

Note:


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

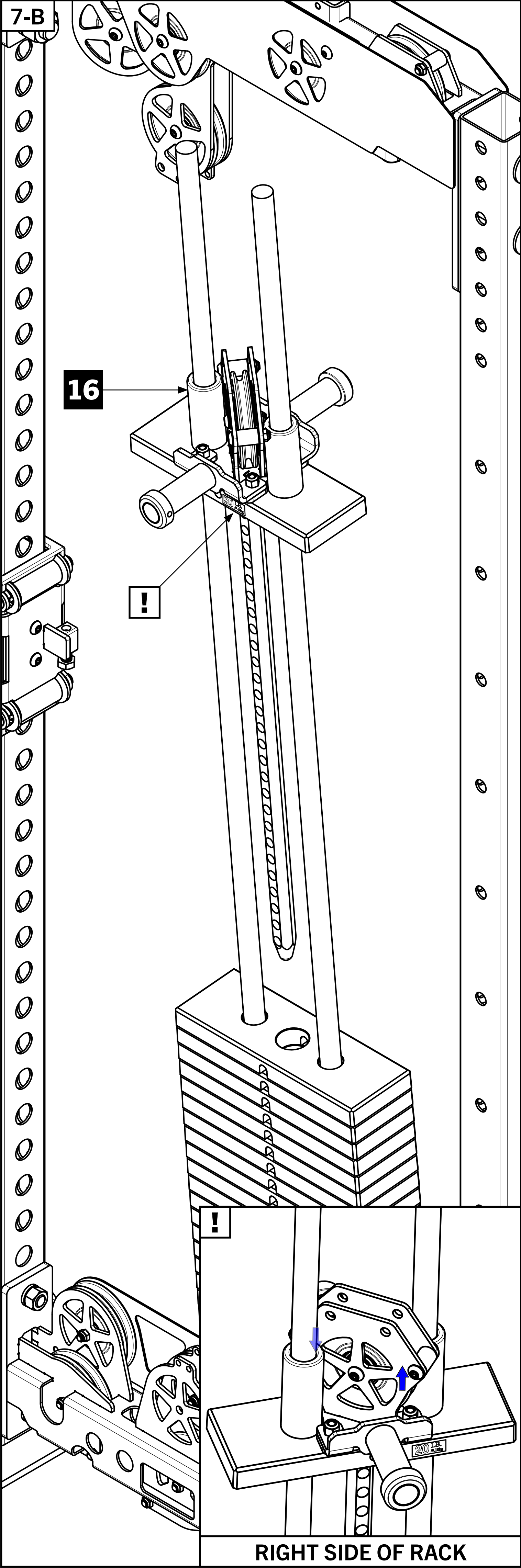
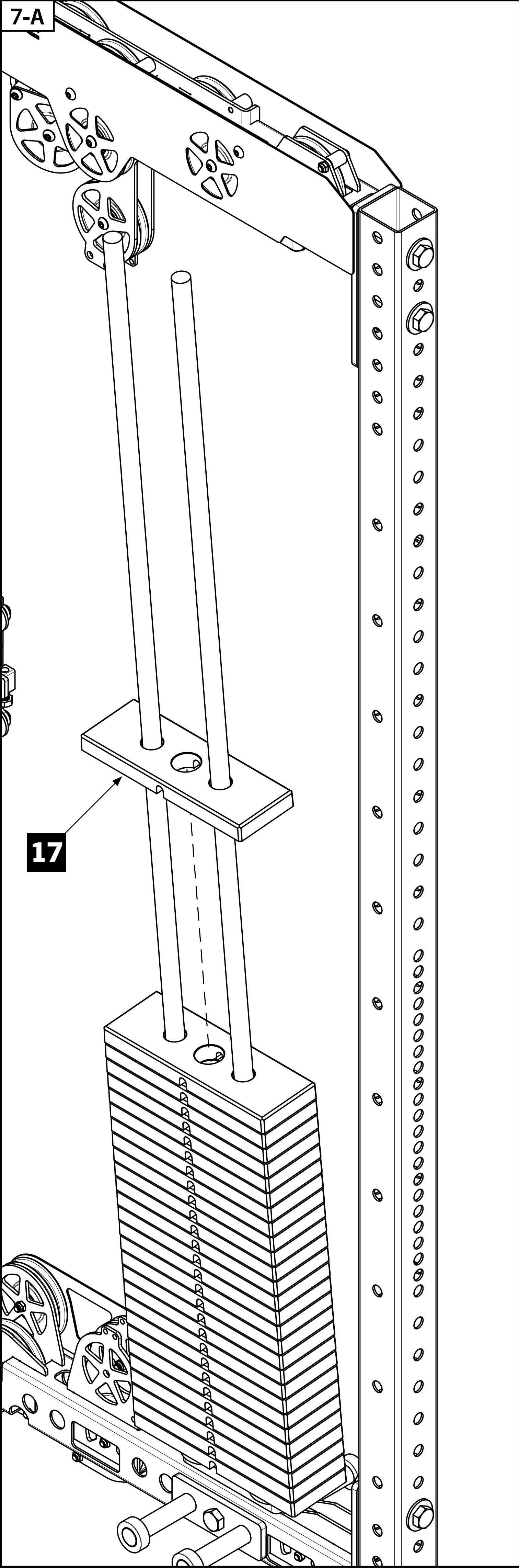


STEP 7

Note:

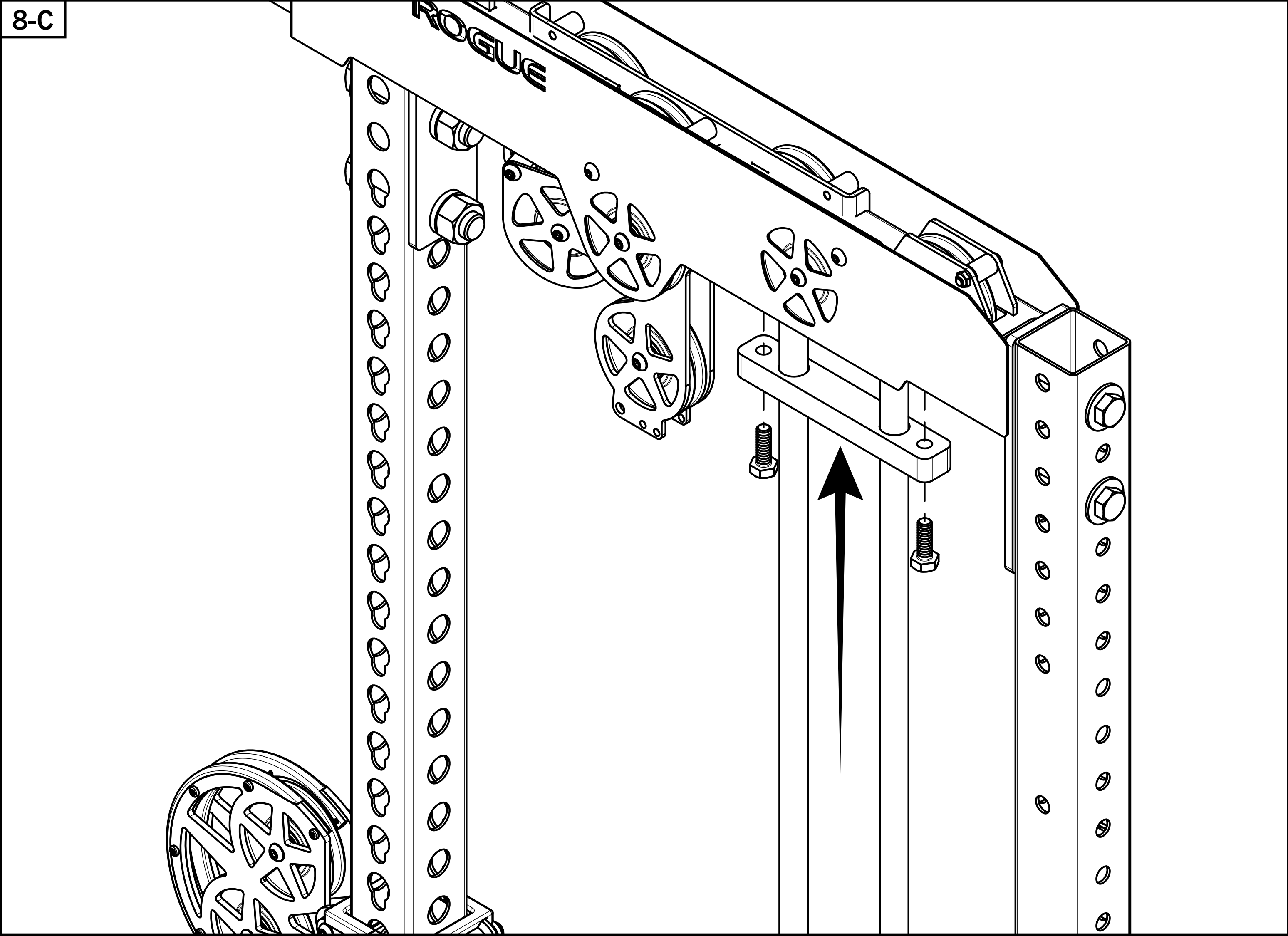
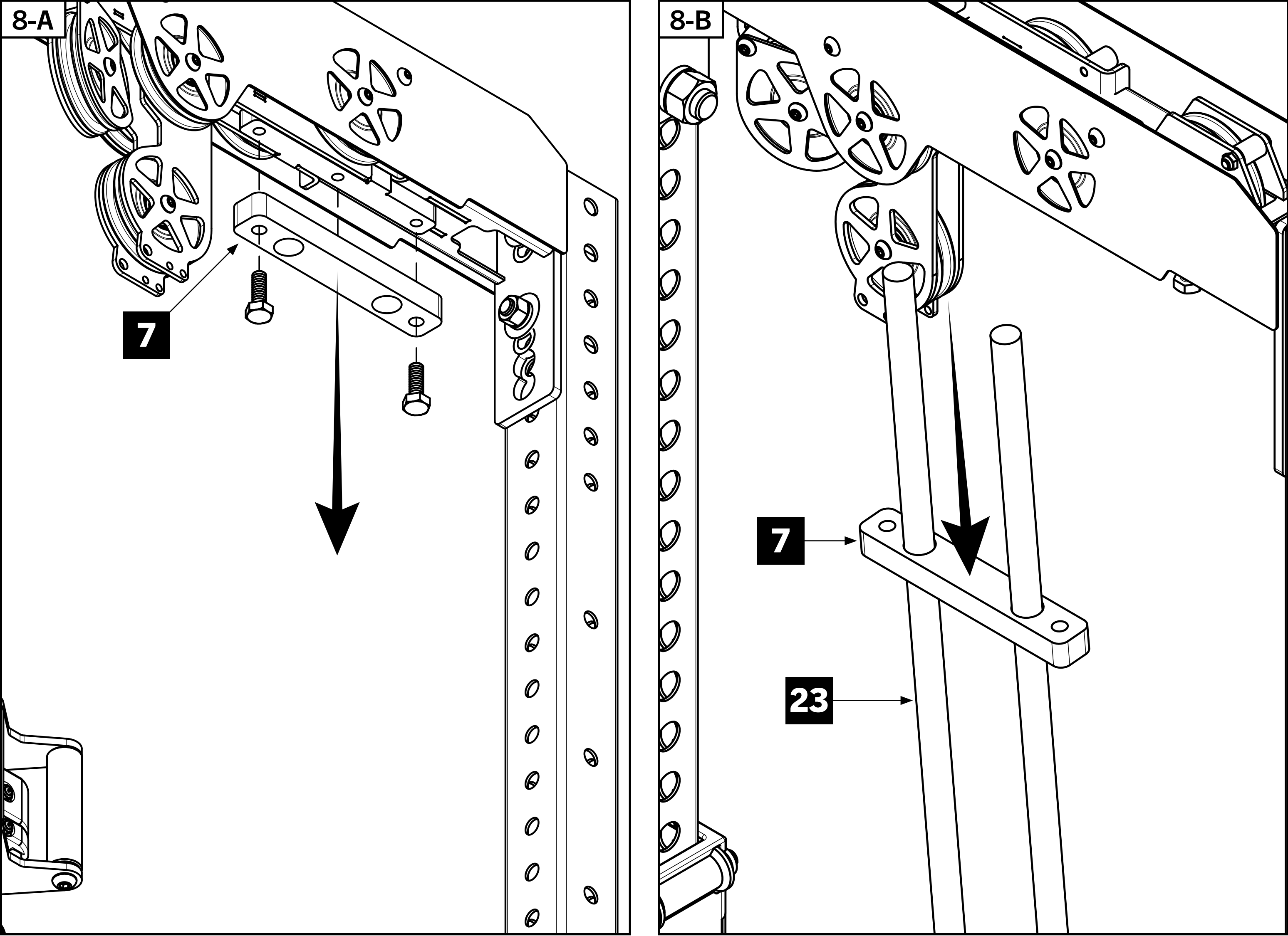
- This step is best accomplished with two or three people.
- One at a time, carefully stack all included 10LB Weight Stack Plates [17] down the Guide Rods [14], ensuring not to drop them.

- Once weights are stacked on each side, slide the Weight Stack Stem [16] down the Guide Rods until resting on top of weight stack.
-  Ensure Arrows and “20 LB” Sticker are facing the right side of tower.



STEP 8

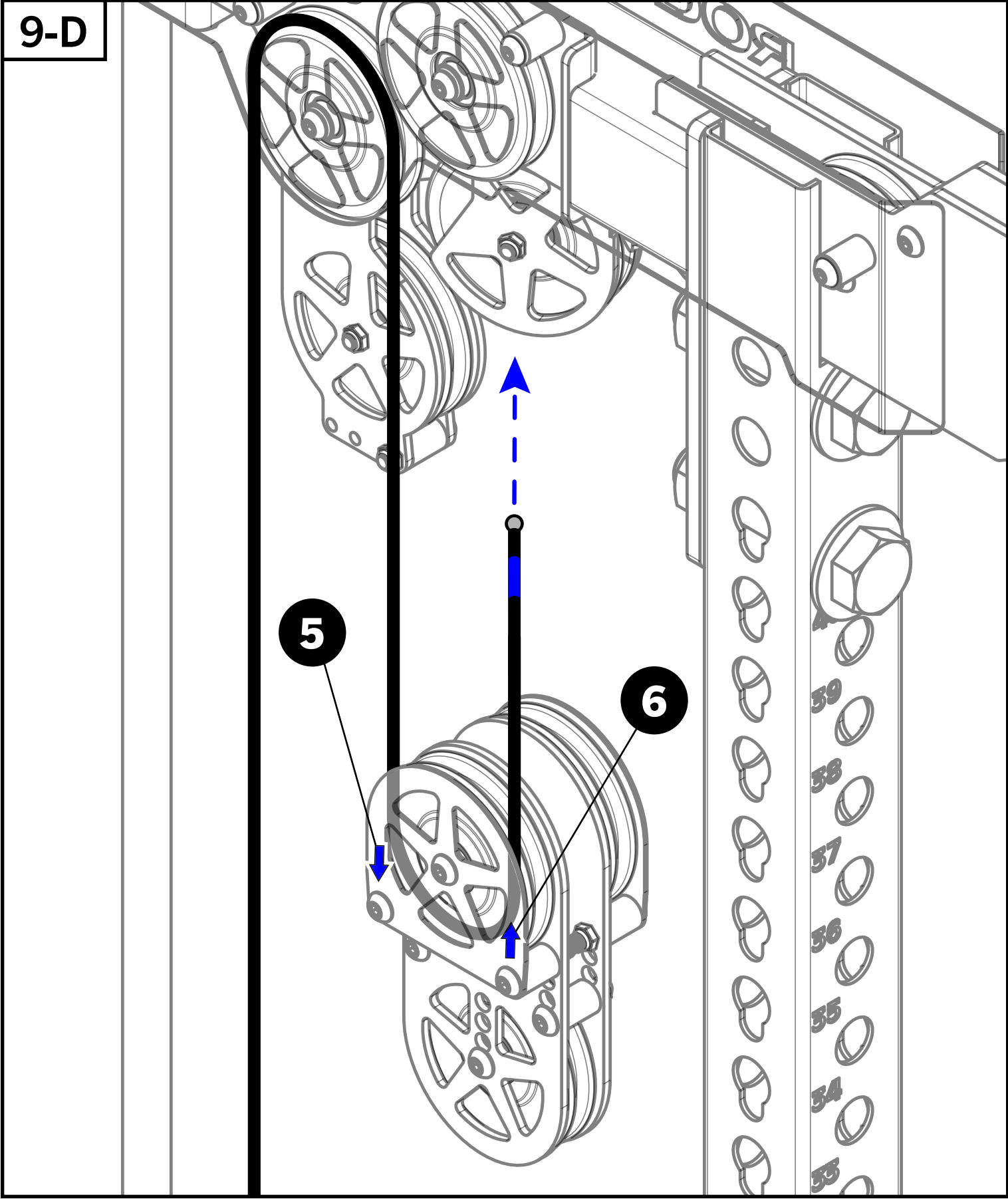
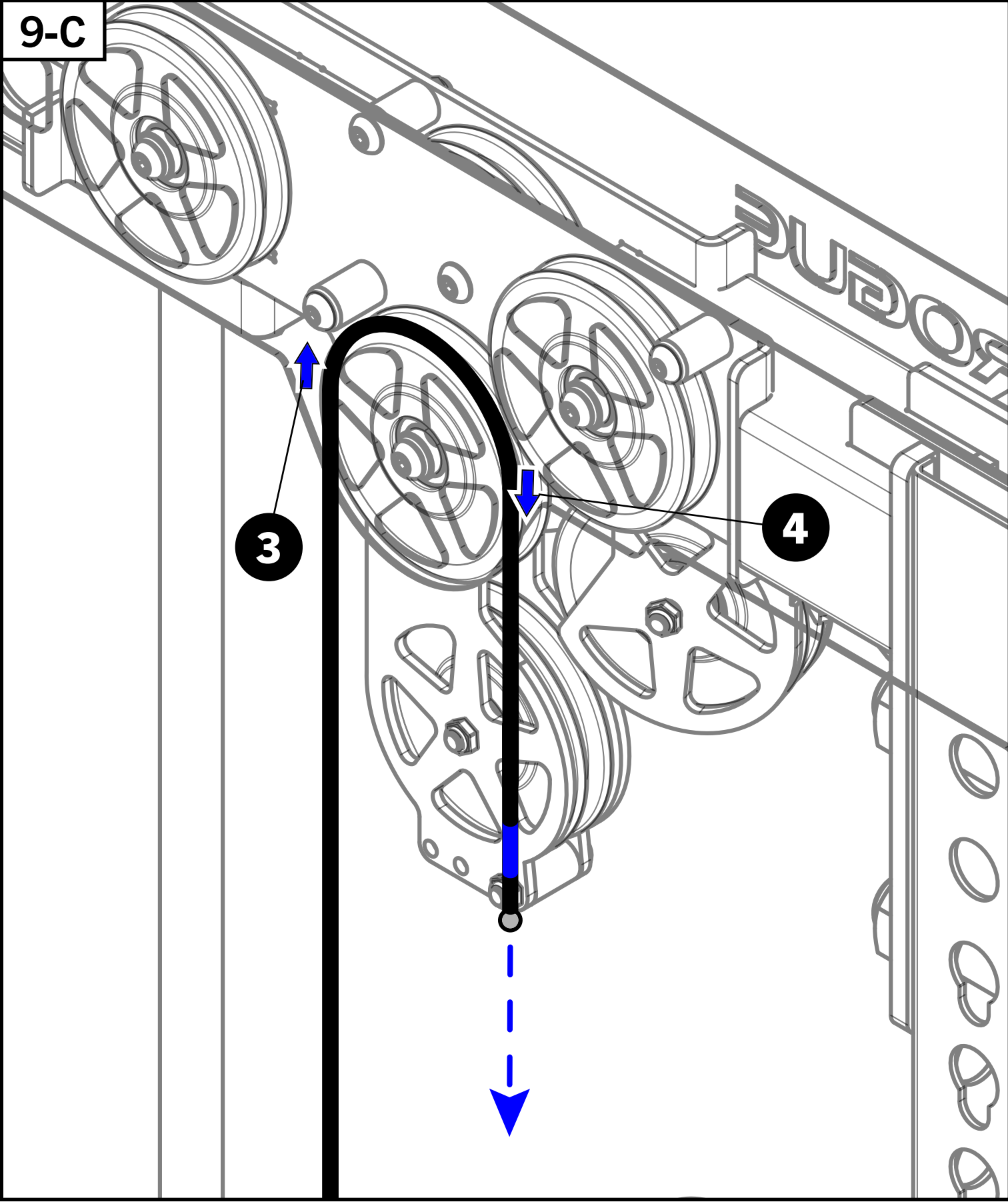
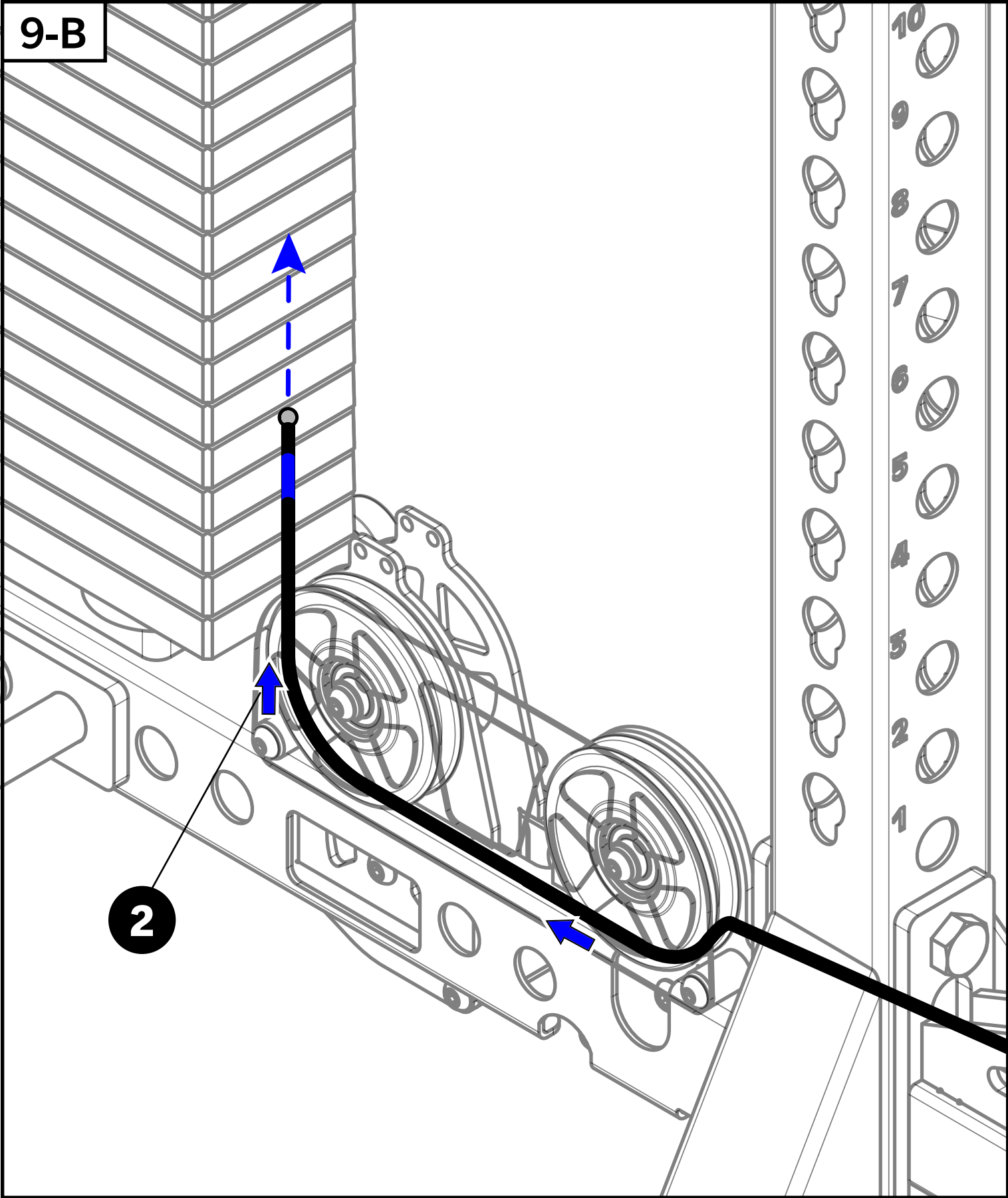
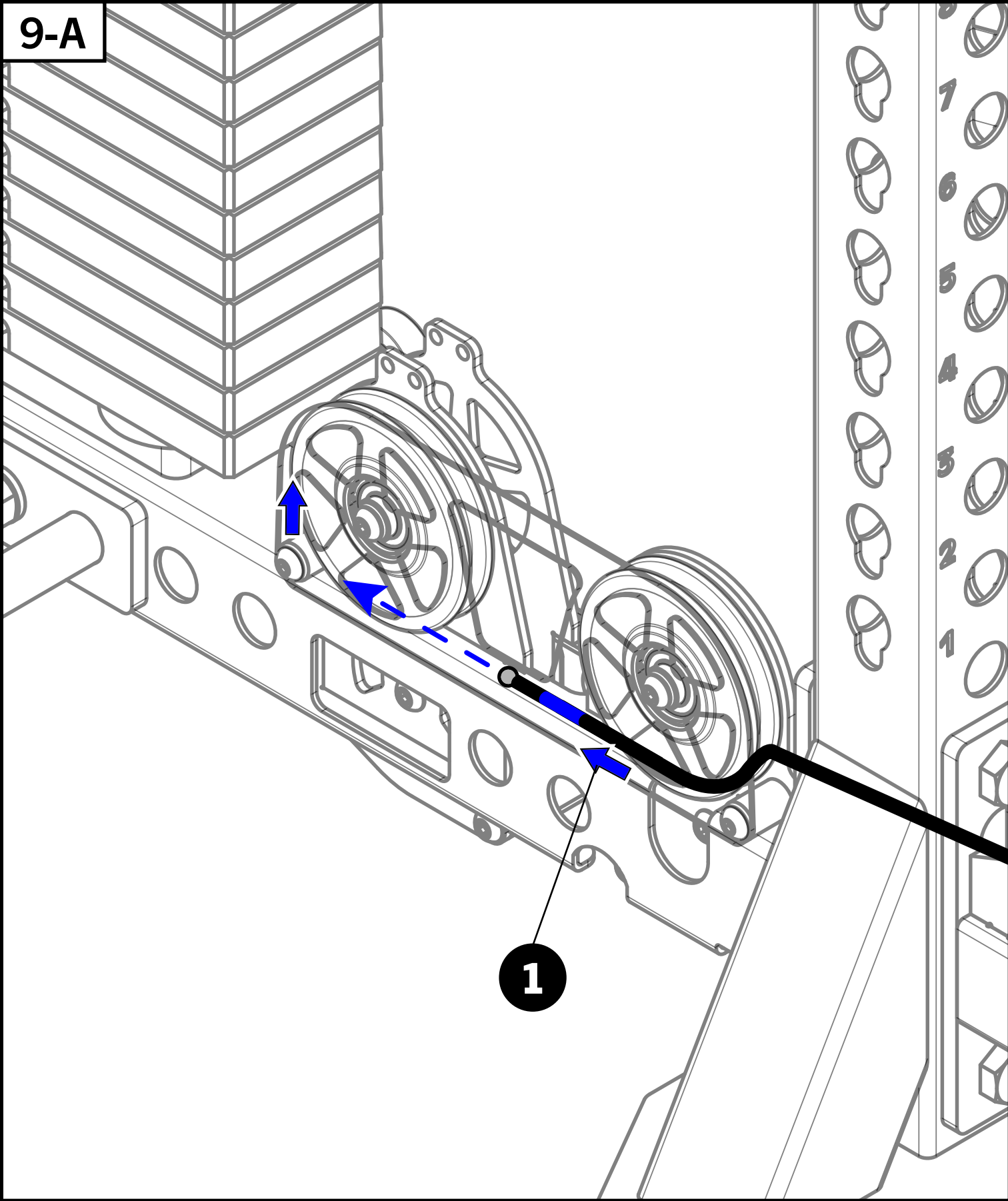
- Remove Top Guide Rod Retaining Bracket [7] from CTM Top Crossmember [9].
- Slide Top Guide Rod Retaining Bracket [7] on top of Guide Rods [14].
- Position Guide Rods vertically. Slide in the Top Guide Rod Retaining Bracket [7] above the Guide Rods [14]. Attach to CTM Top Crossmembers [9] using hardware removed in **STEP 8-A**.



STEP 9

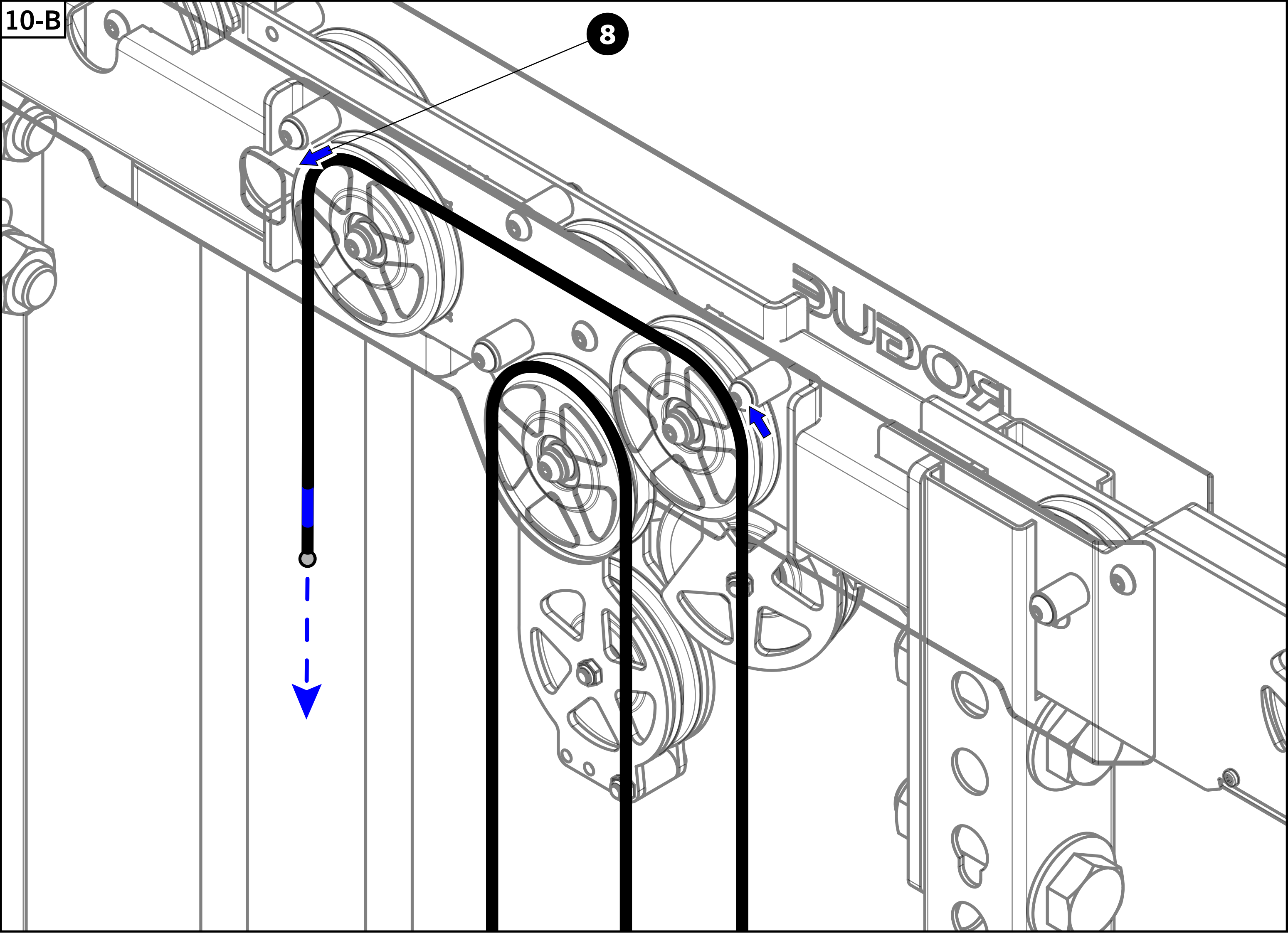
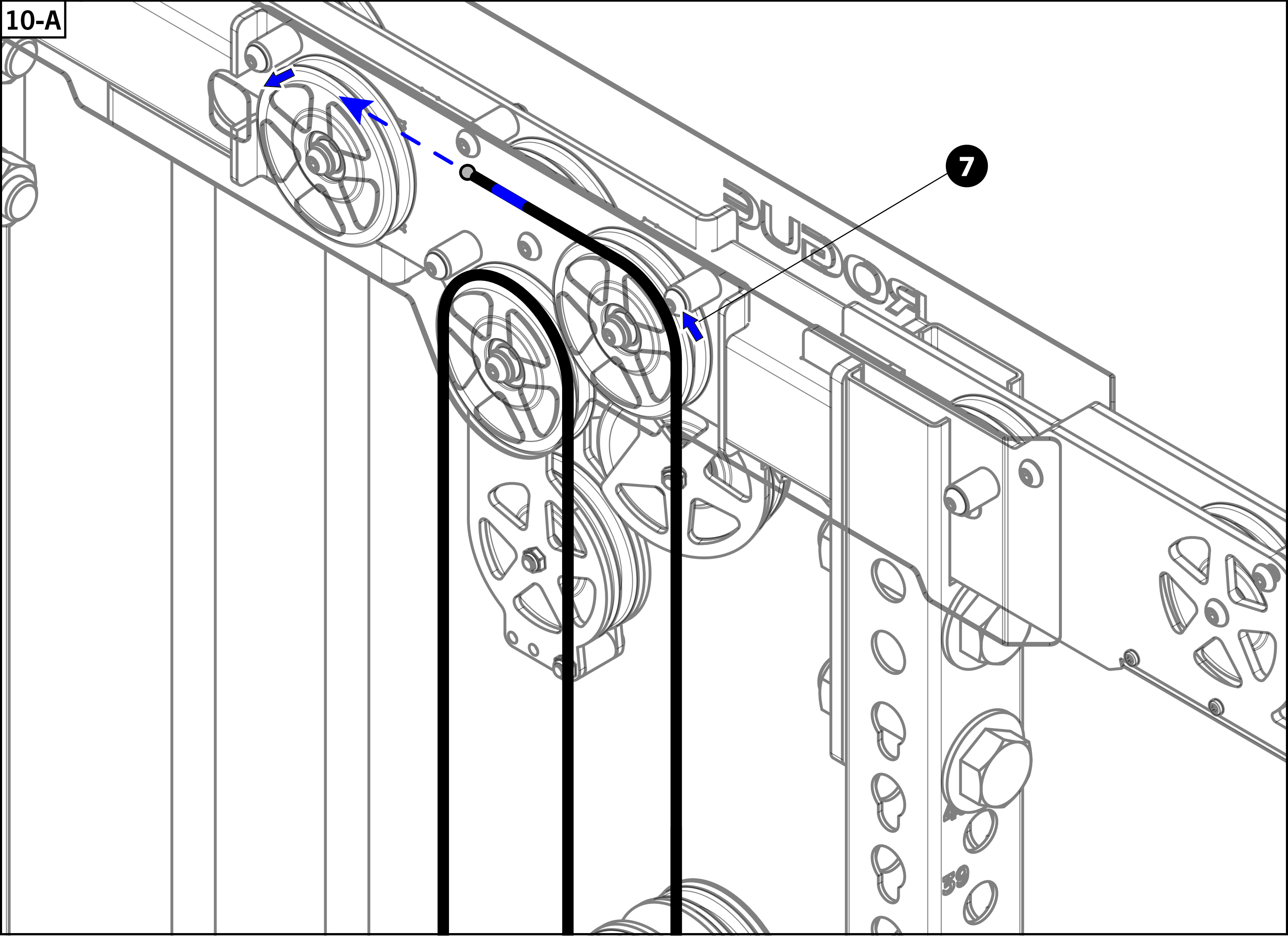
- Unwind Trolley Cable (Blue Tag) [21] to remove twists/kinks.
- Starting on the left side of the tower, feed cable through the CTM Bottom Crossmember pulleys shown in **9-A** and then immediately up towards the CTM Top Crossmember
- Feed cable to the CTM Top Crossmember feeding around the outside middle pulley shown in **9-C** and then immediately towards the ground.

- While holding Peanut Pulley [4] in the air, route the cable around the pulley shown in **9-D**, making sure the arrows align as shown in the image.



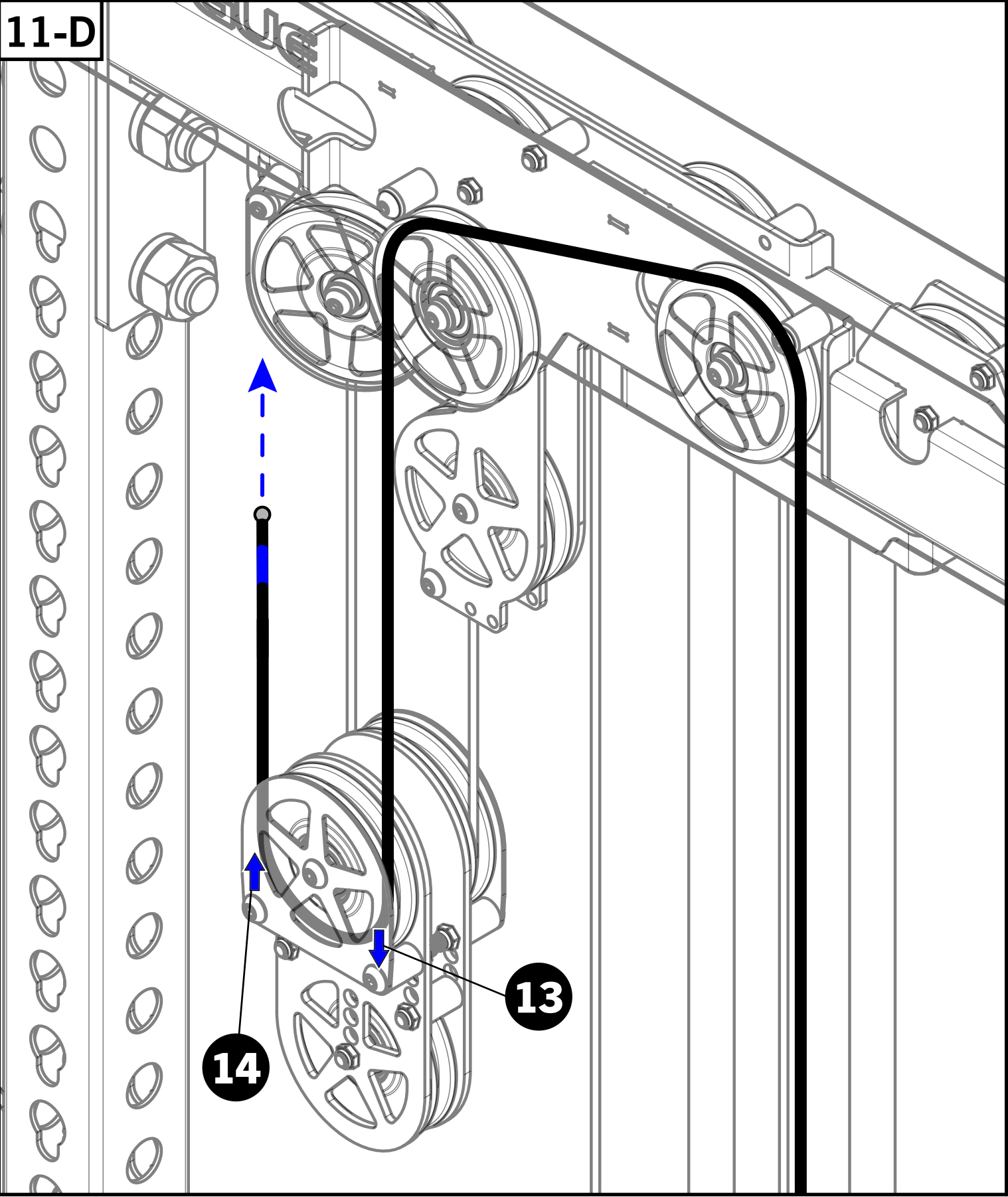
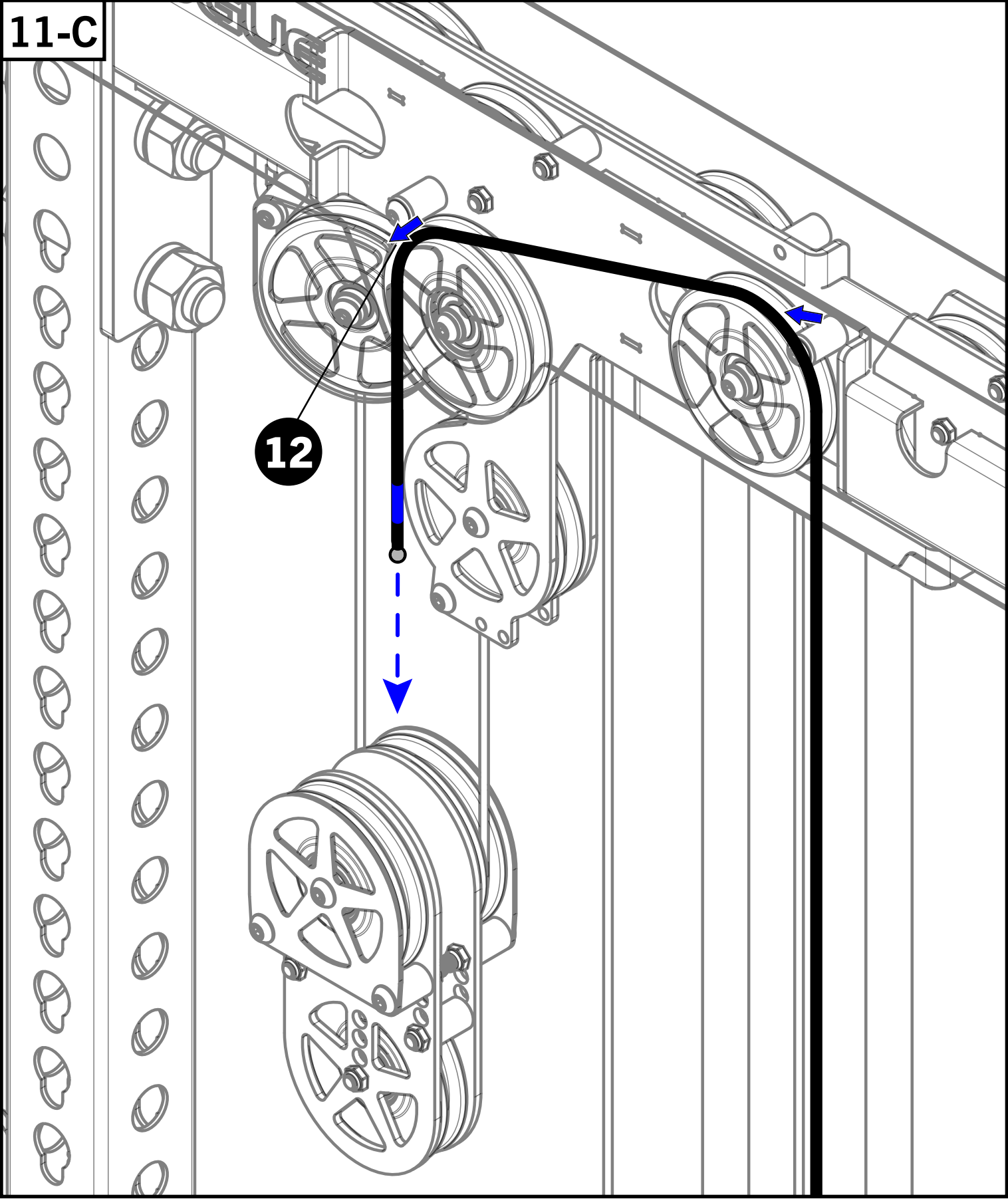
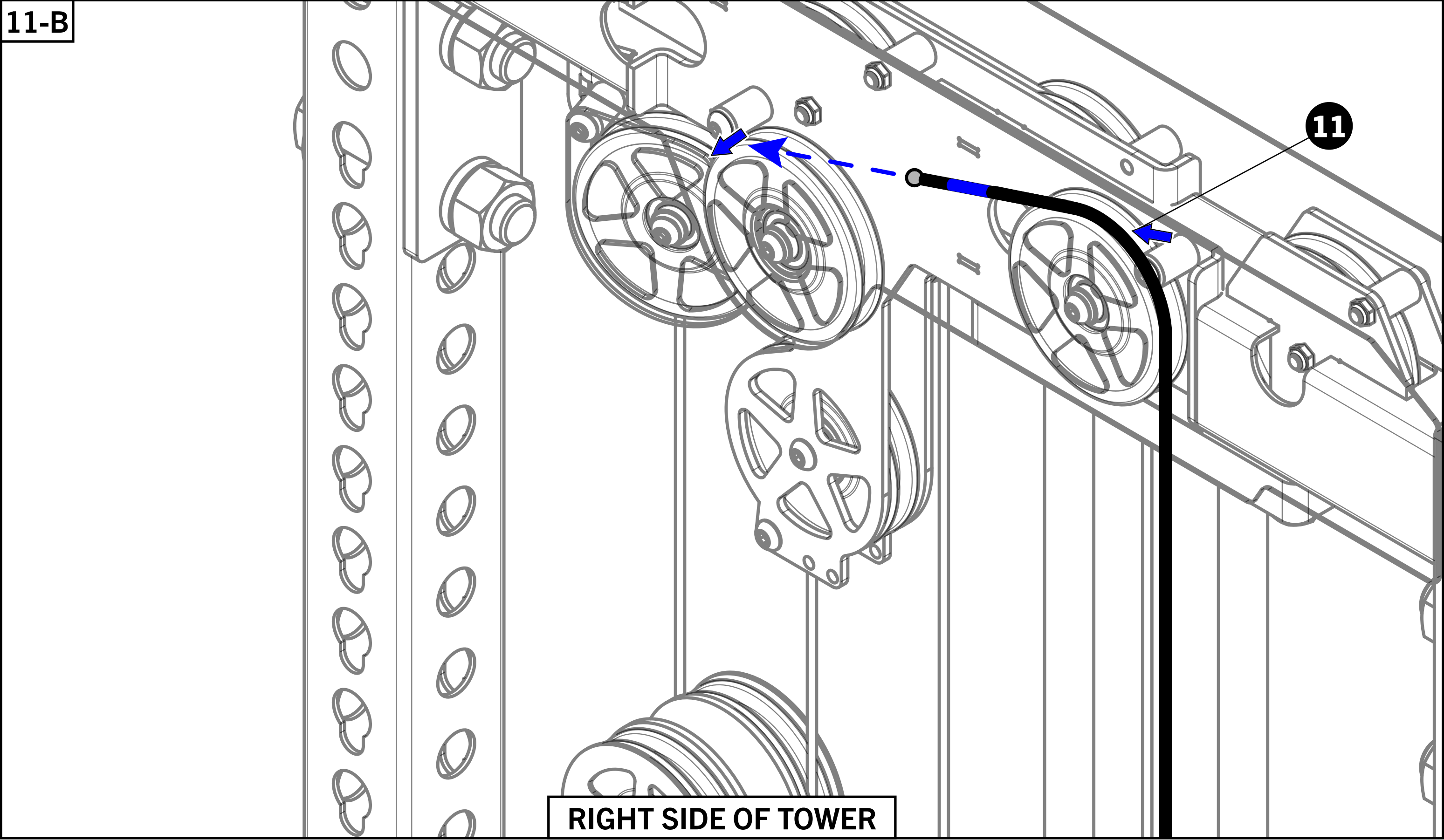
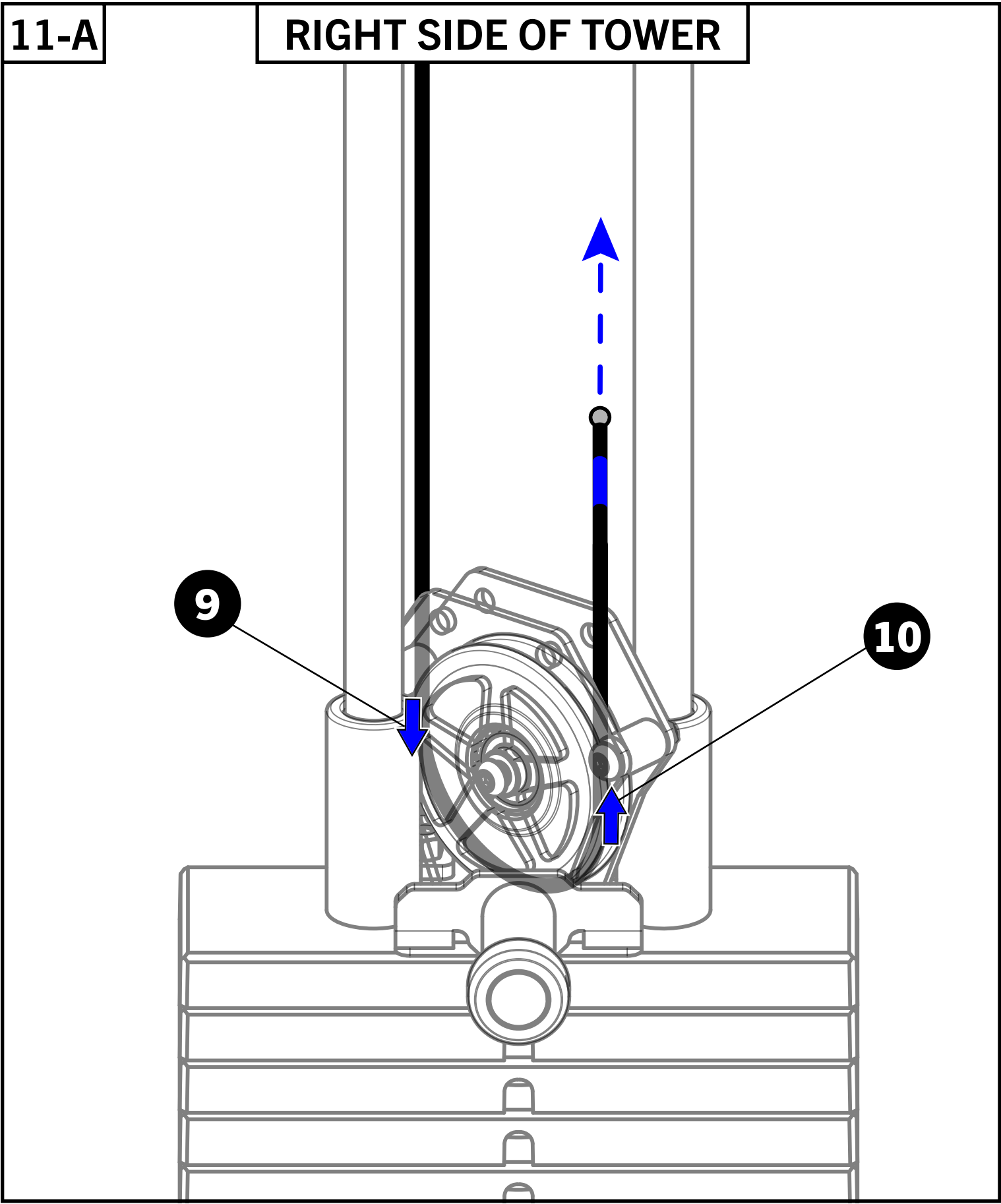
STEP 10

- Continue feeding up and around the outside front pulley on left side of CTM Top Crossmember and continue to outside rear pulley.
- Feed cable around outside rear pulley and continue towards the Weight Stack Stem.



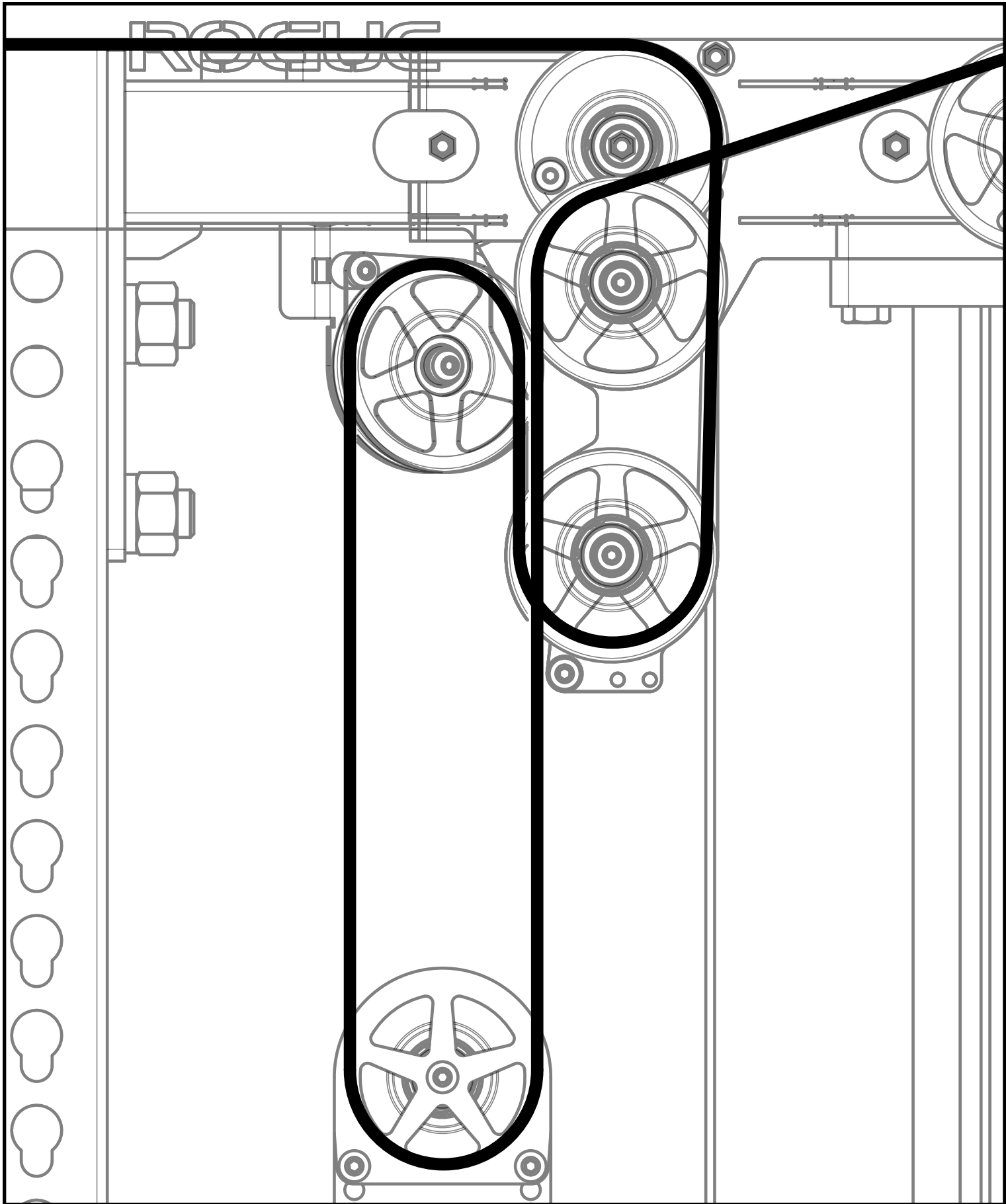
STEP 11

- Feed the Trolley Cable [21] around the pulley on the Weight Stack Stem and back towards the top of the tower.
- On the right side of the tower, feed cable around outside rear pulley and feed around outside front pulley.
- Continue feeding the cable down and around the Peanut Pulley [], then route it back up toward the CTM Top Crossmember.

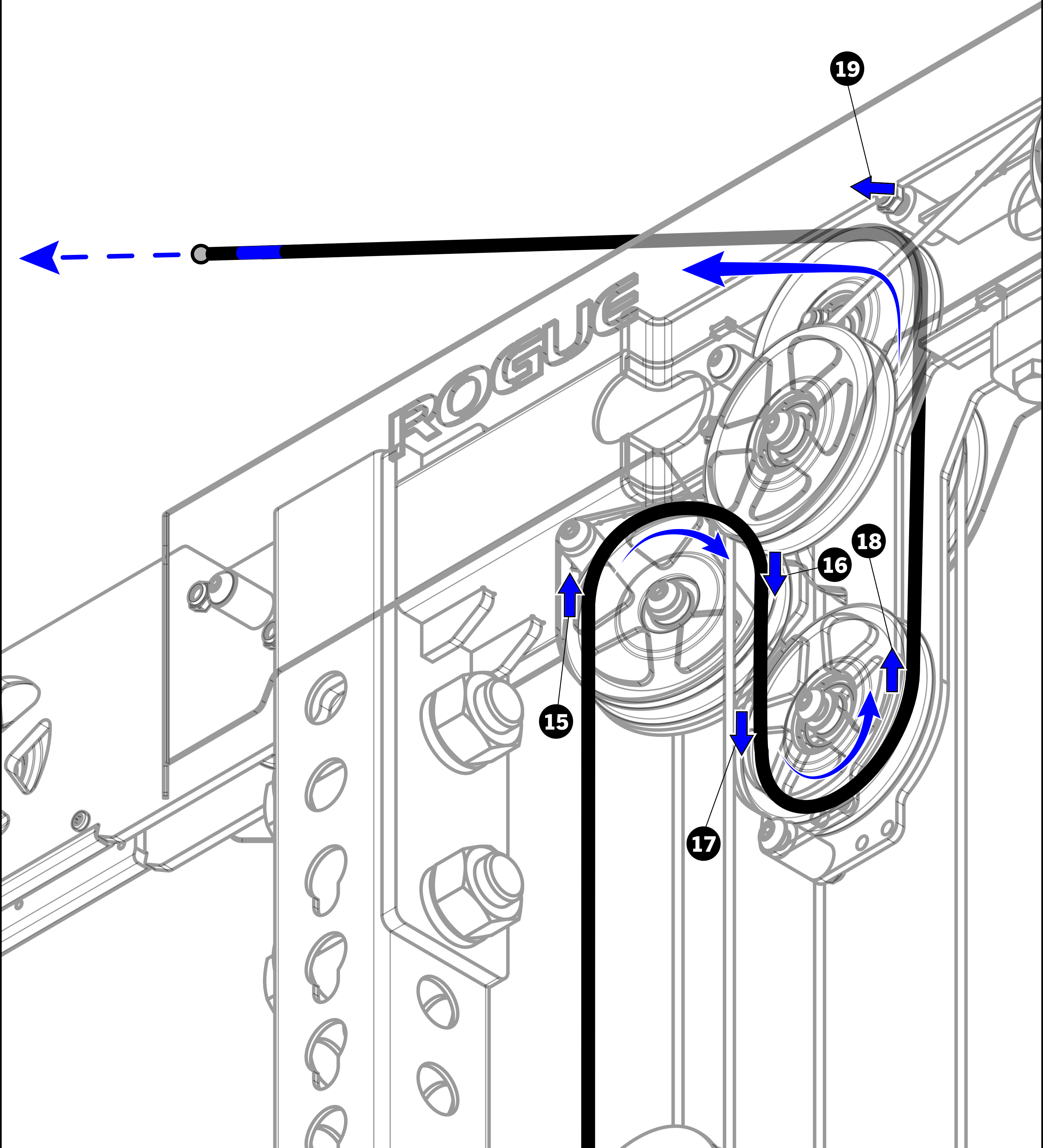


STEP 12

- Feed cable around center angled pulley and immediately down and around center lower pulley.
- Continue to feed cable up and around center rear pulley and continue towards front of tower.

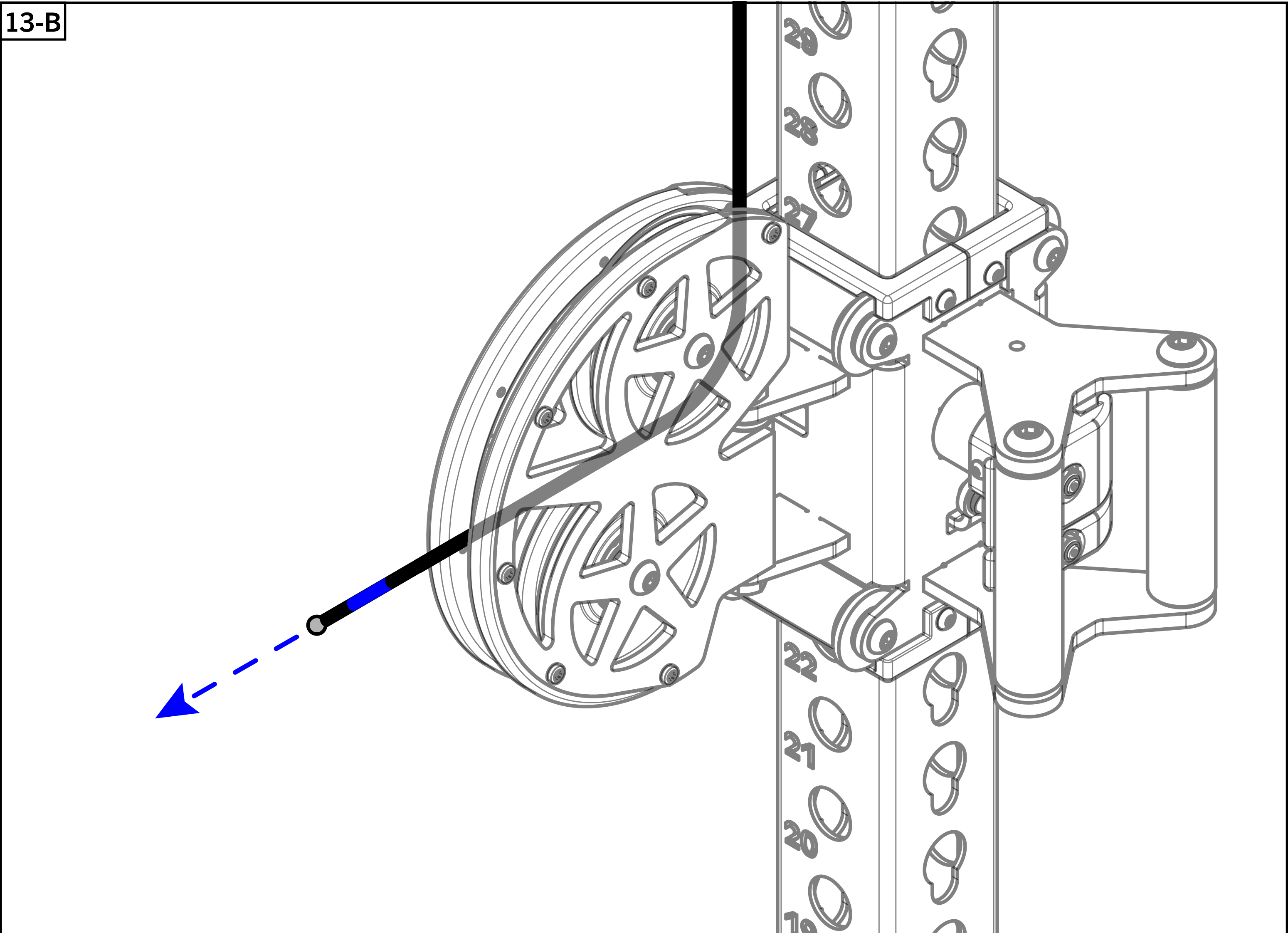
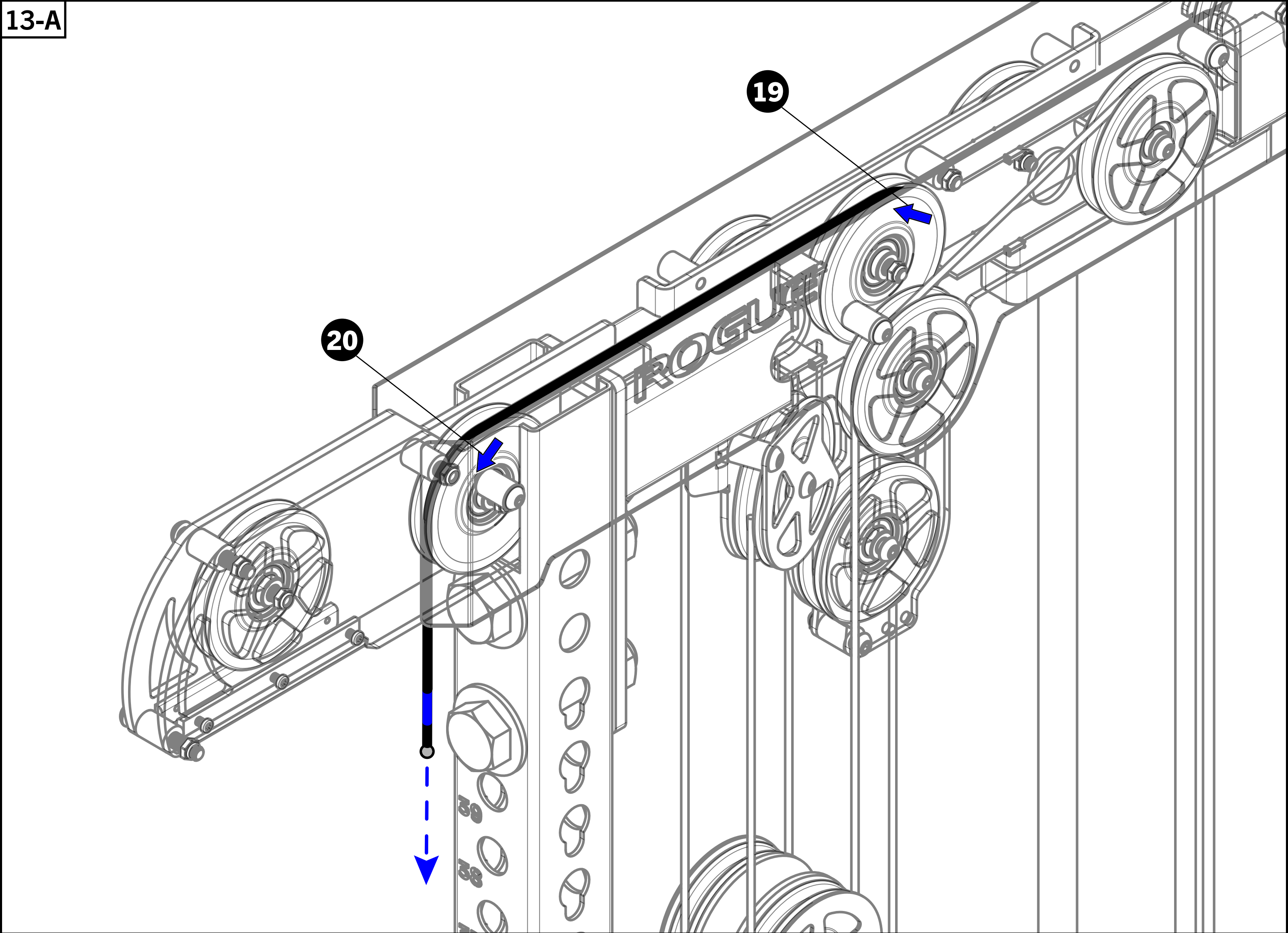


12-A



STEP 13

- Feed cable around and down center front pulley.
- Feed cable down and out through Swivel Trolley [8].

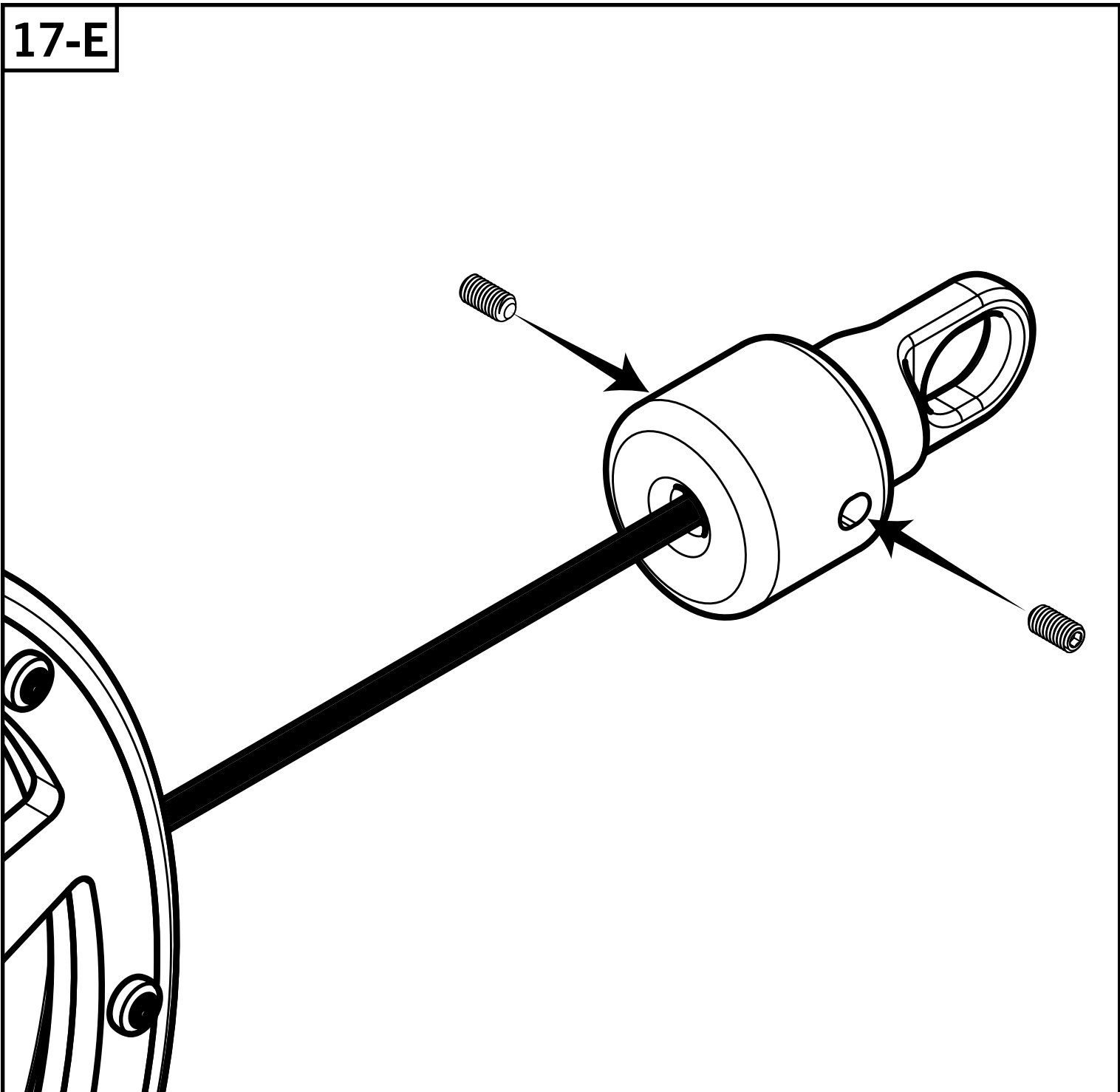
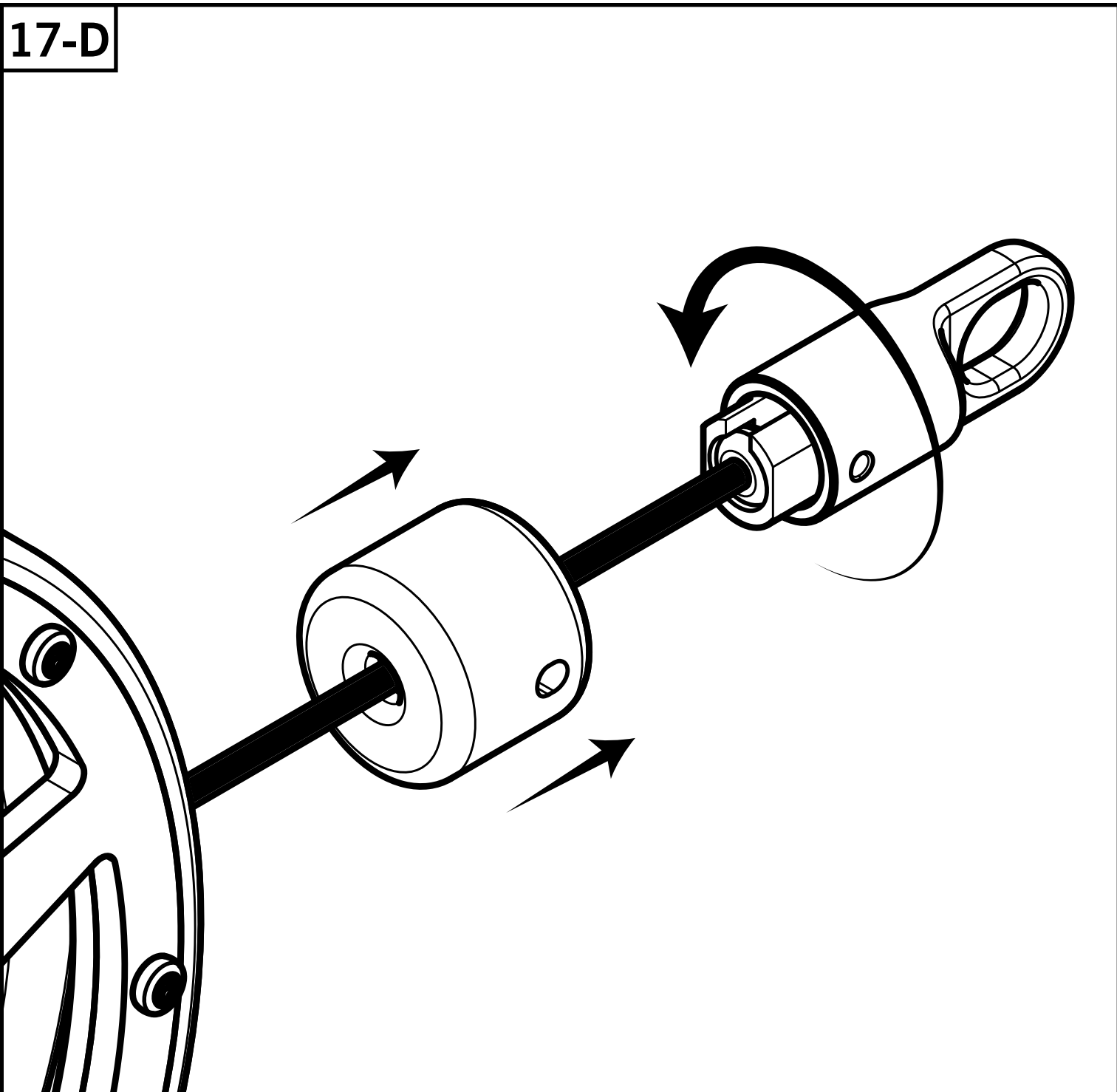
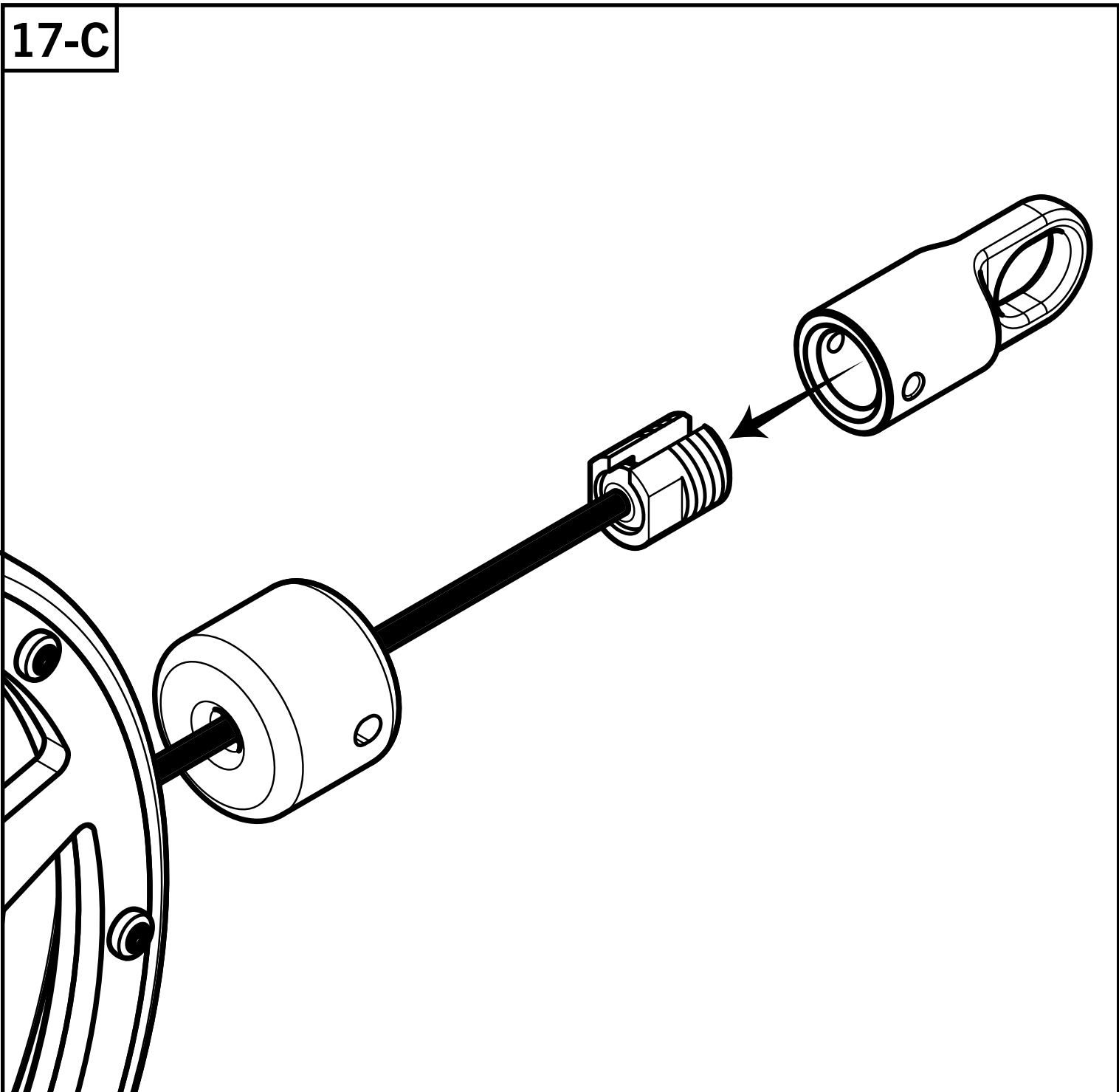
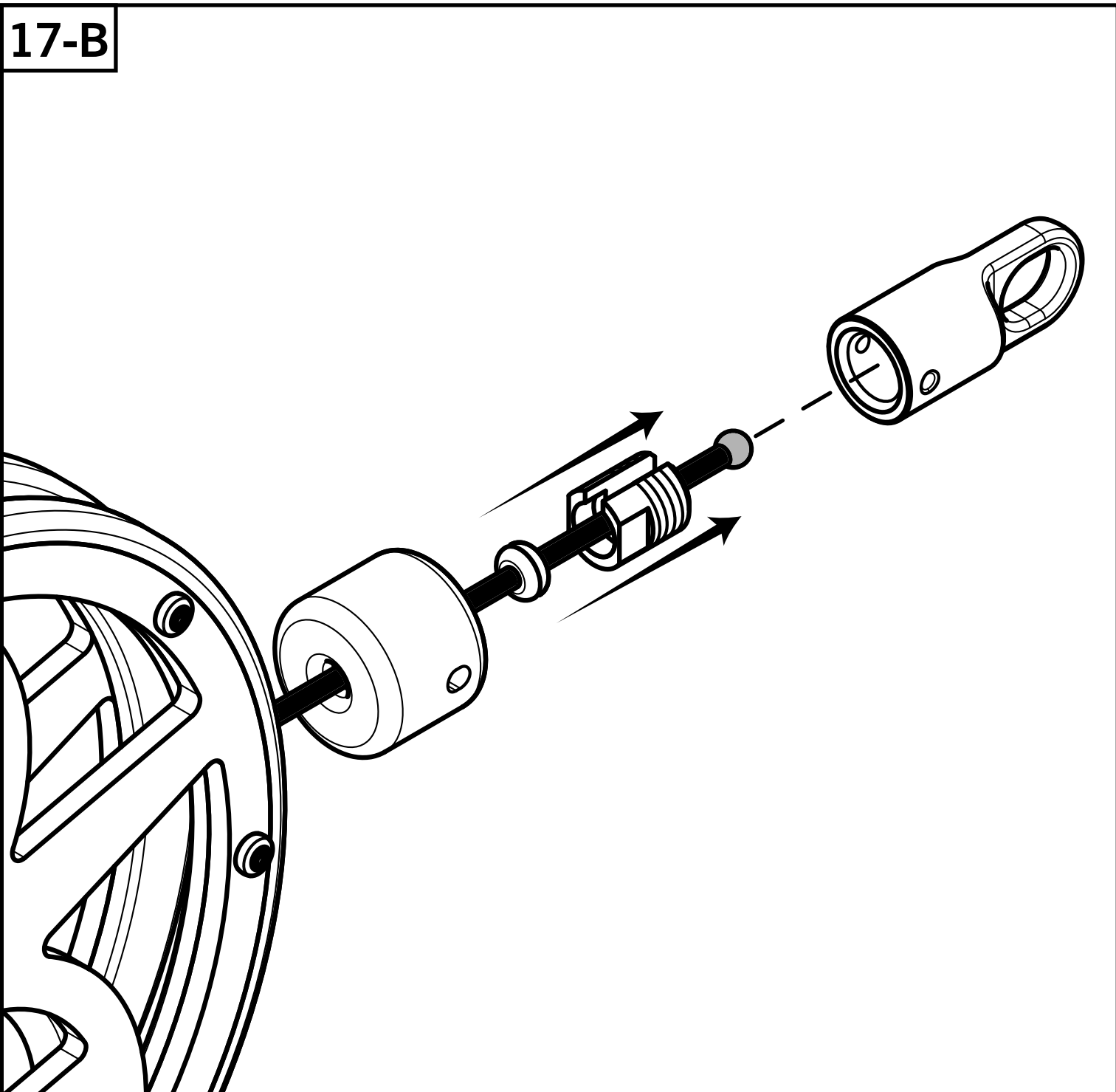
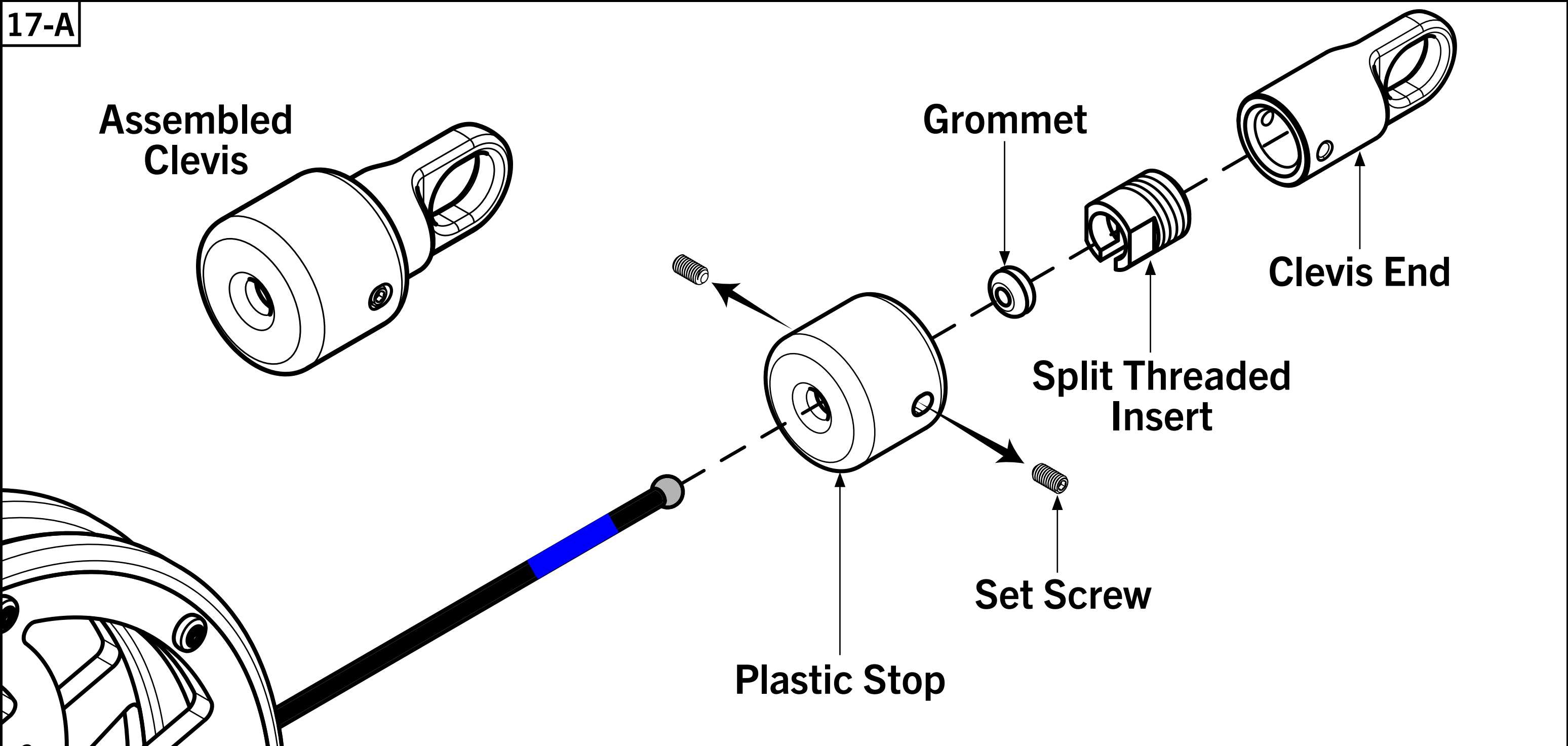


STEP 17

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 **17-B**.

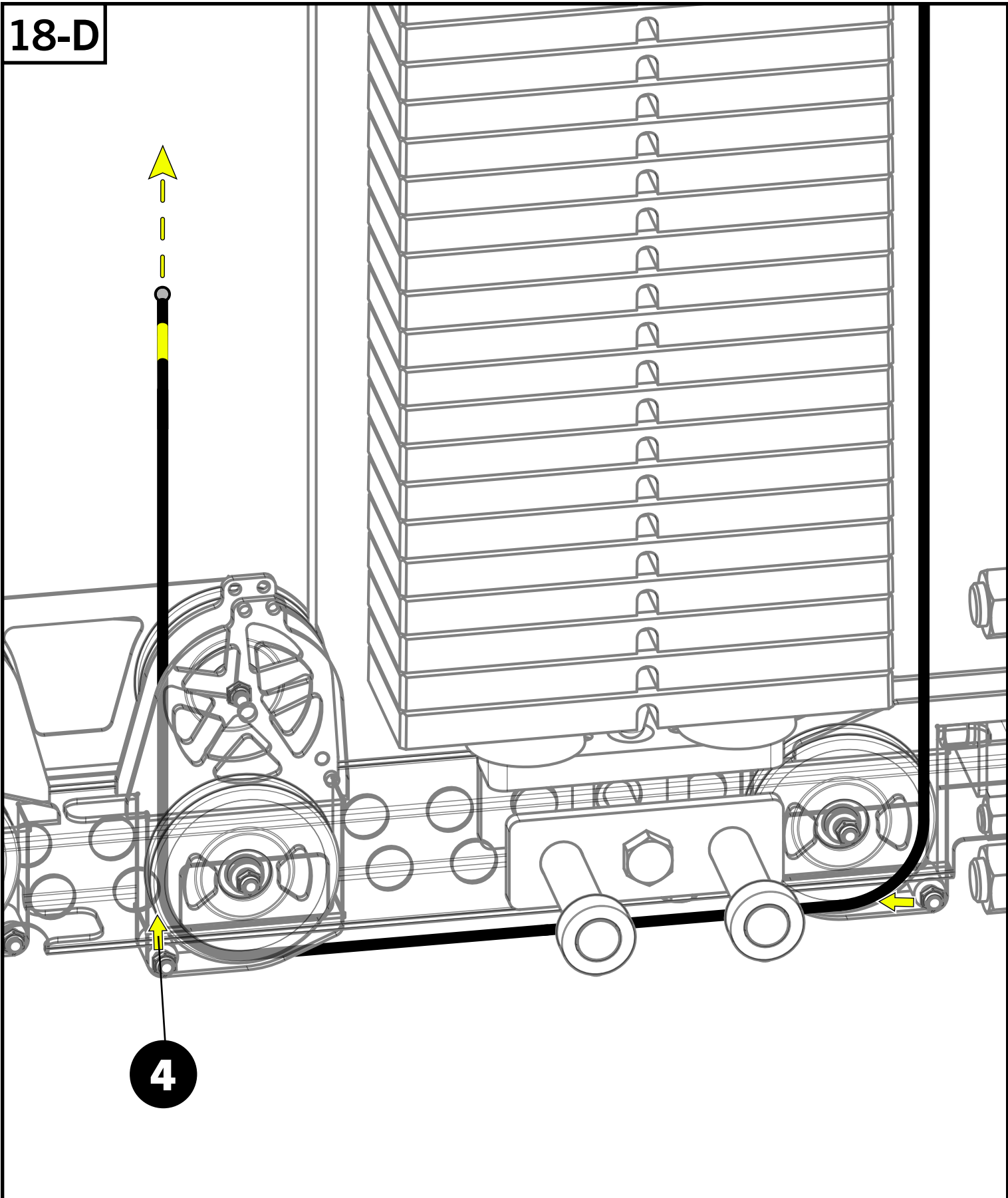
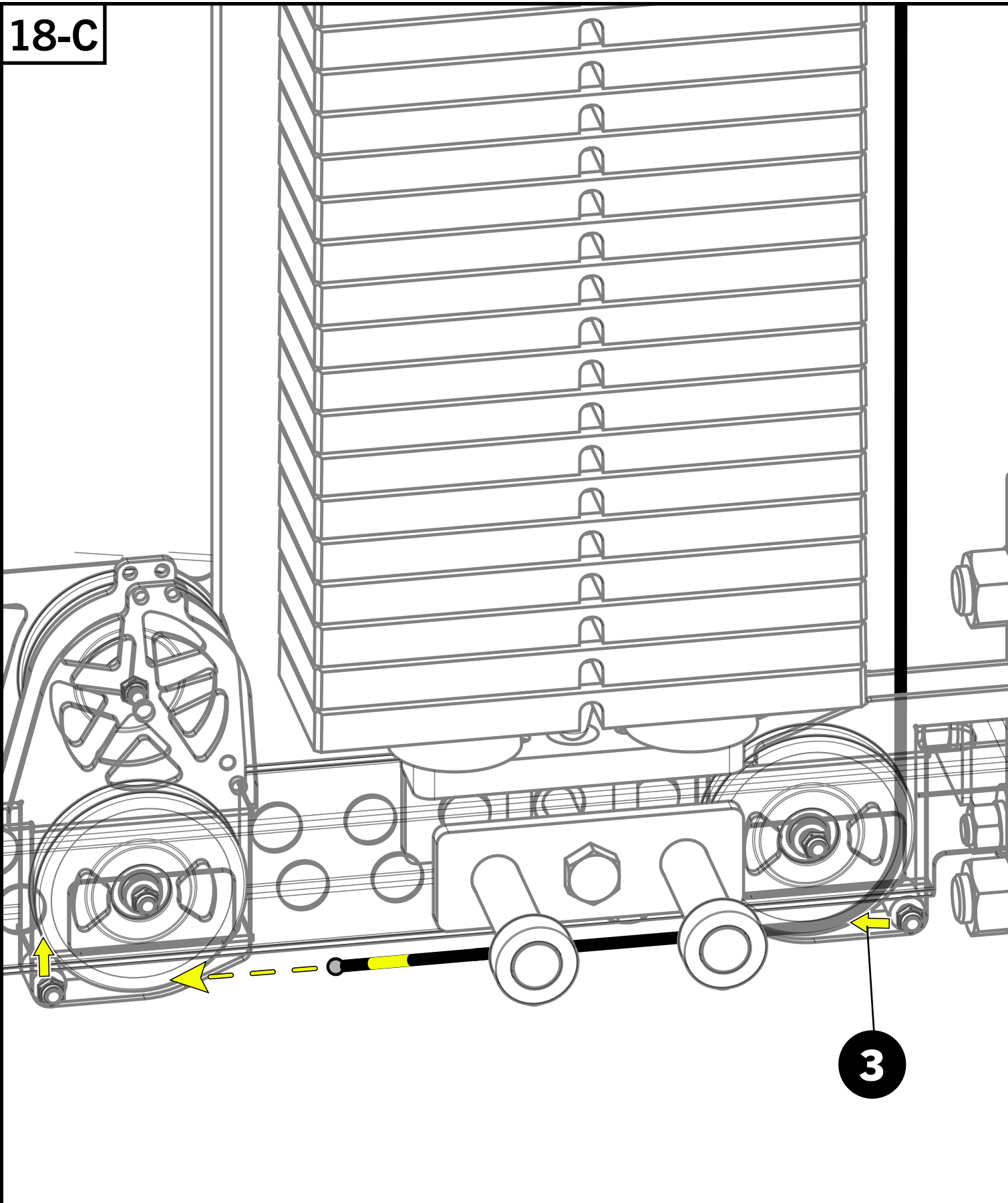
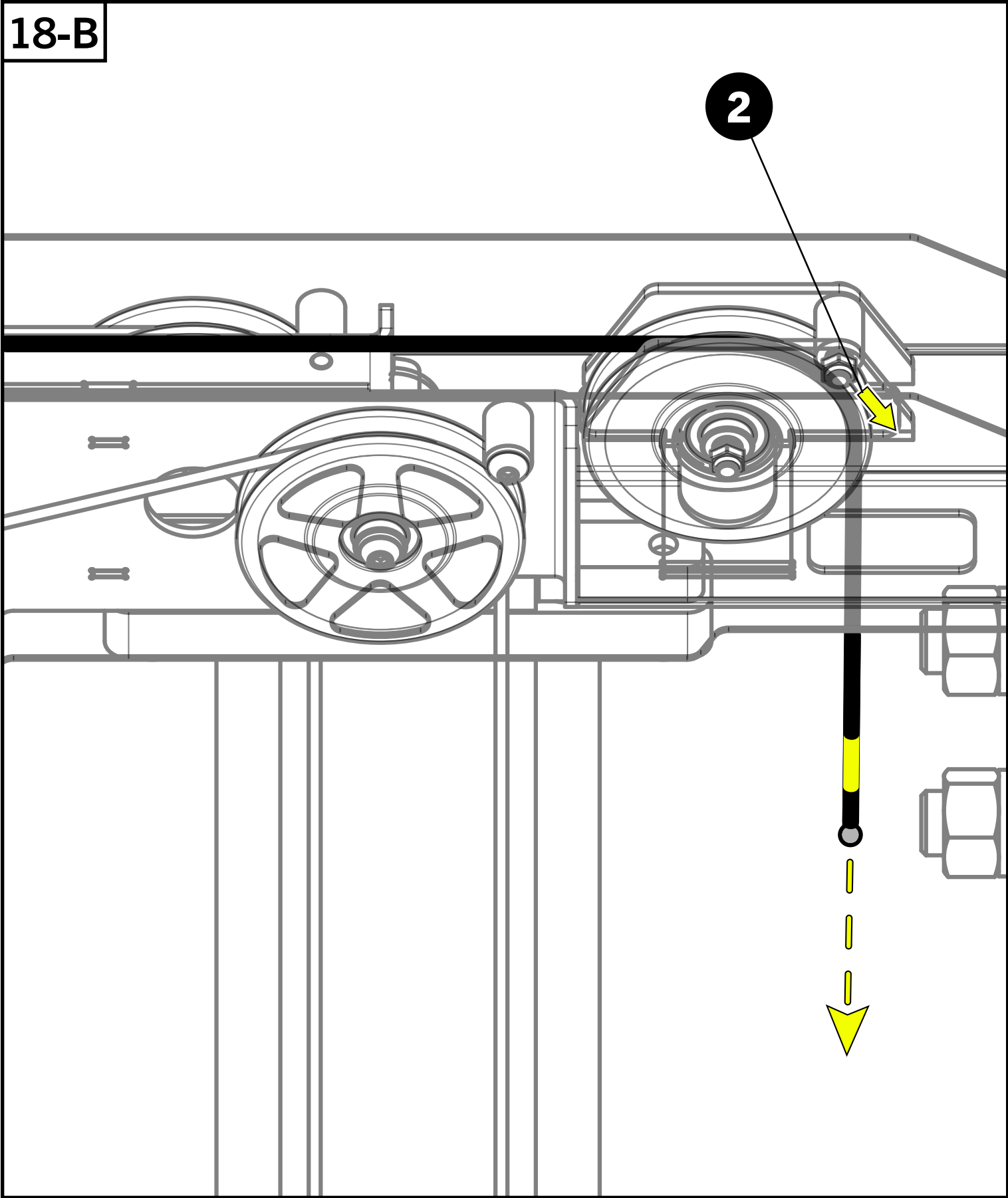
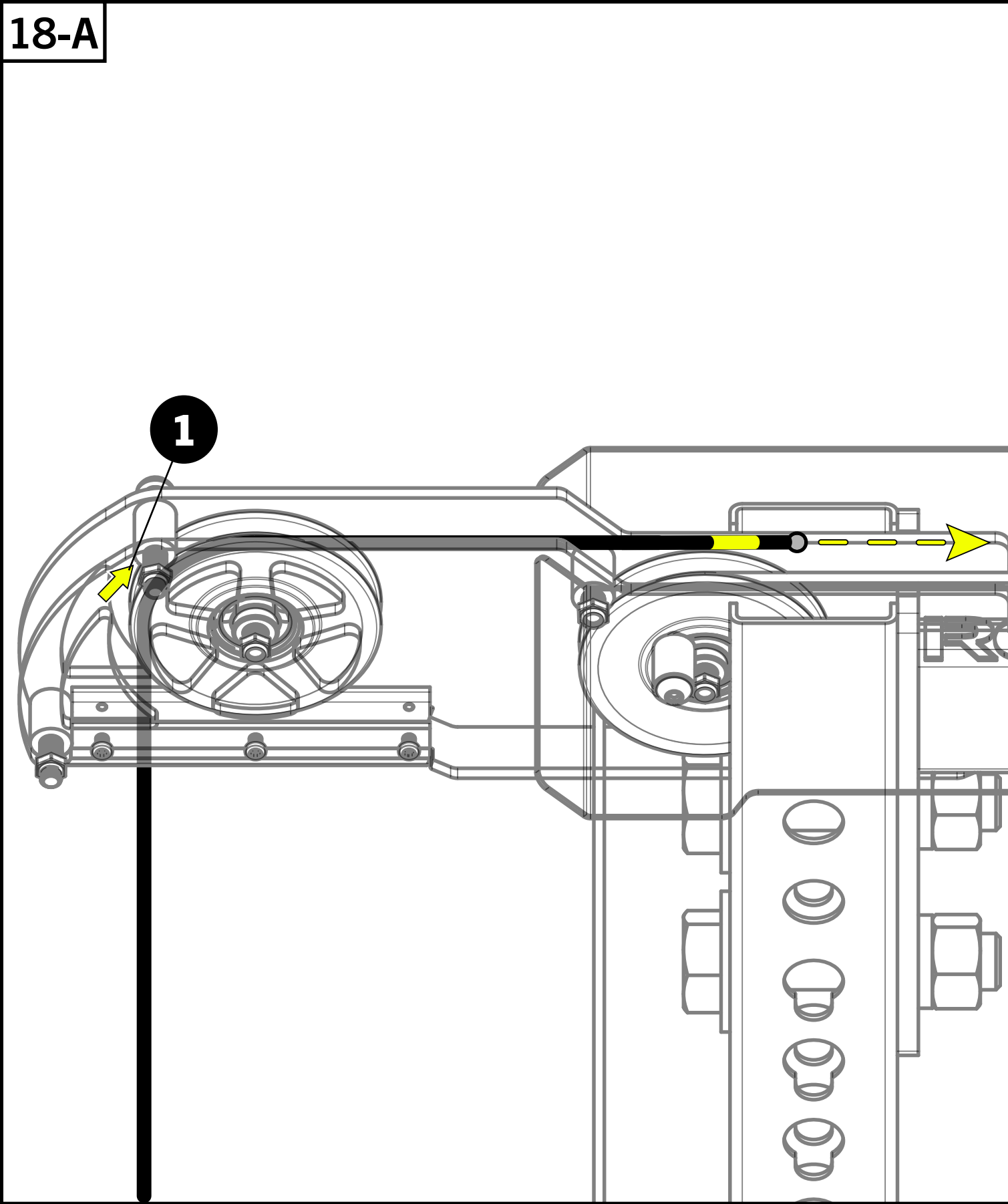
- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded side using 5/8” Wrench.
- Slide Plastic Stop forward and align outer holes with threaded holes on Clevis End and re-insert Set Screws. Fully tighten Set Screws.




STEP 18

- Unwind Lat Cable (Yellow Tag) [20] to remove twists/kinks.
- Feed cable up to the center front pulley on CTM Top Crossmember.
- Continue to the rear of the tower and feed cable down through the center rear pulley.

- Feed Lat Cable end down and around rear pulley in the CTM Bottom Crossmember as shown in **18-C**.
- Feed cable around front pulley and up towards Peanut Pulley [4].



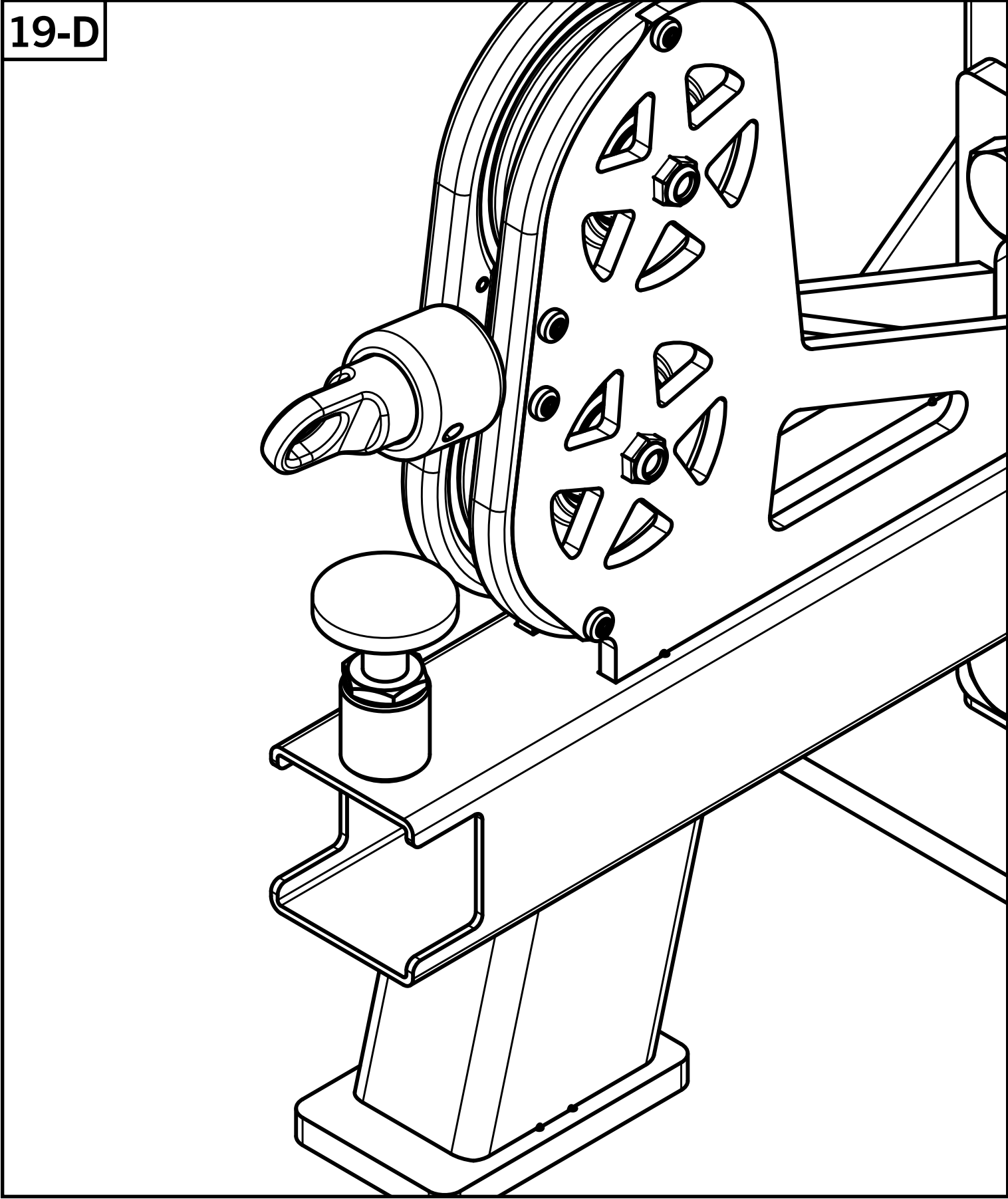
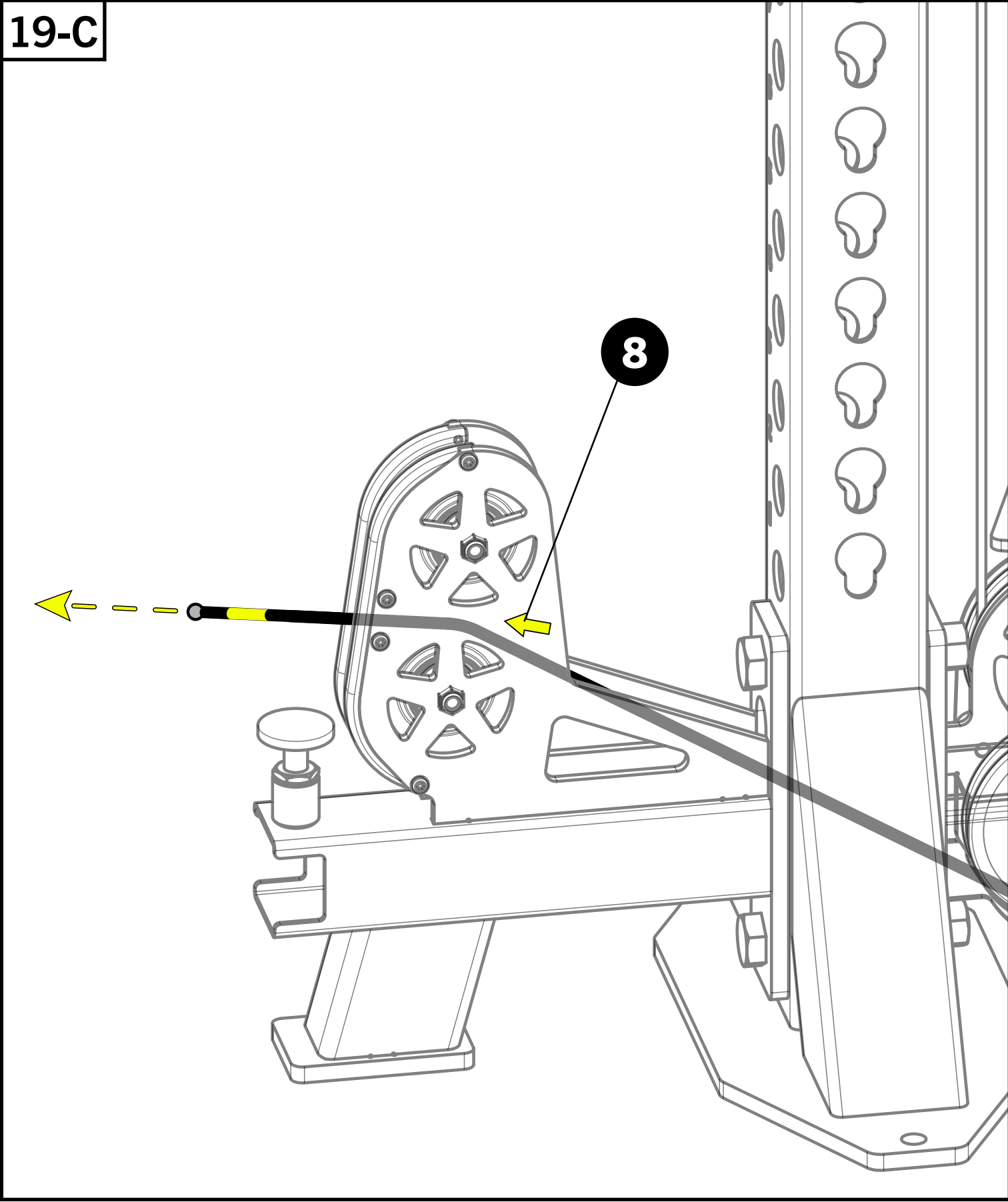
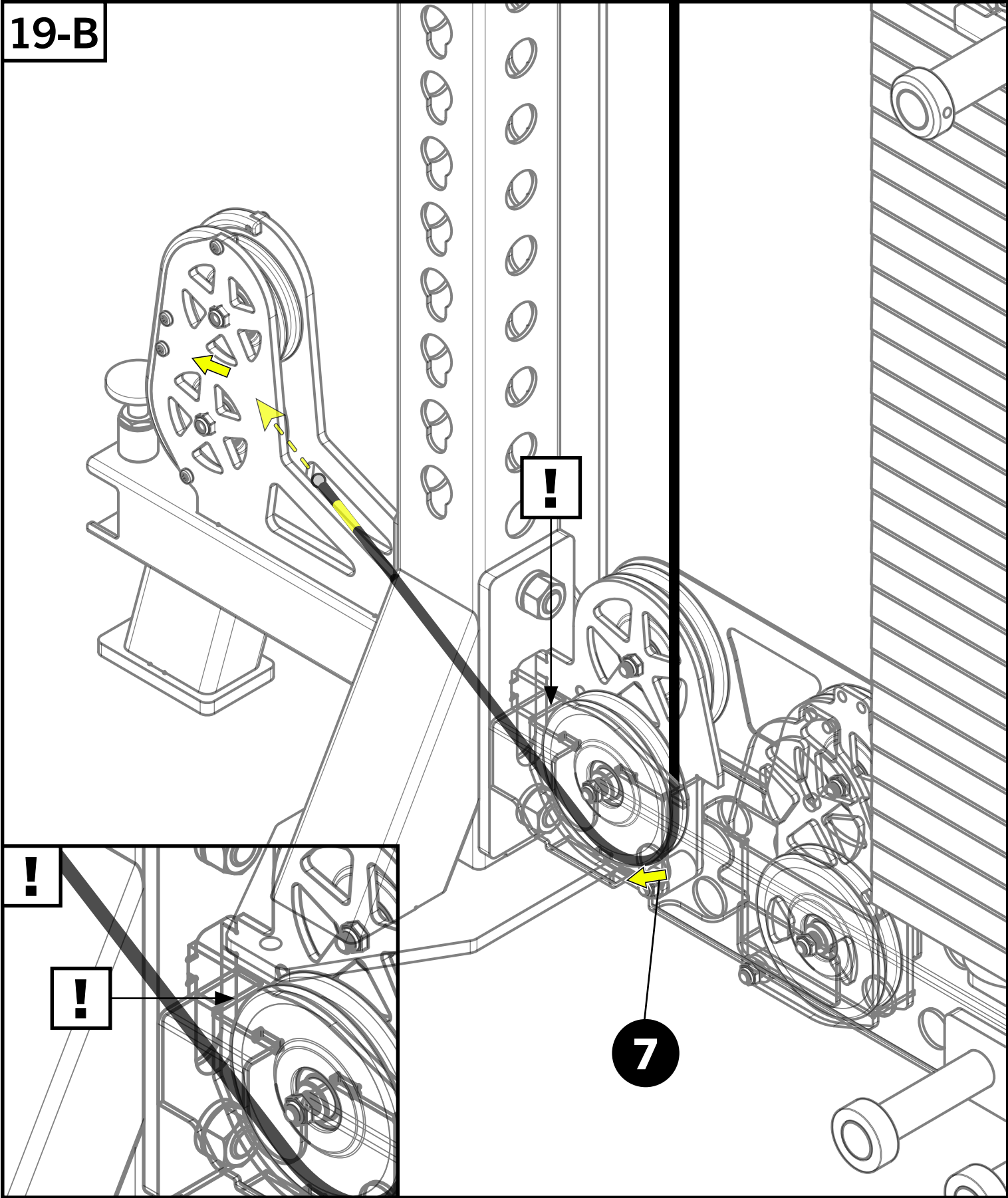
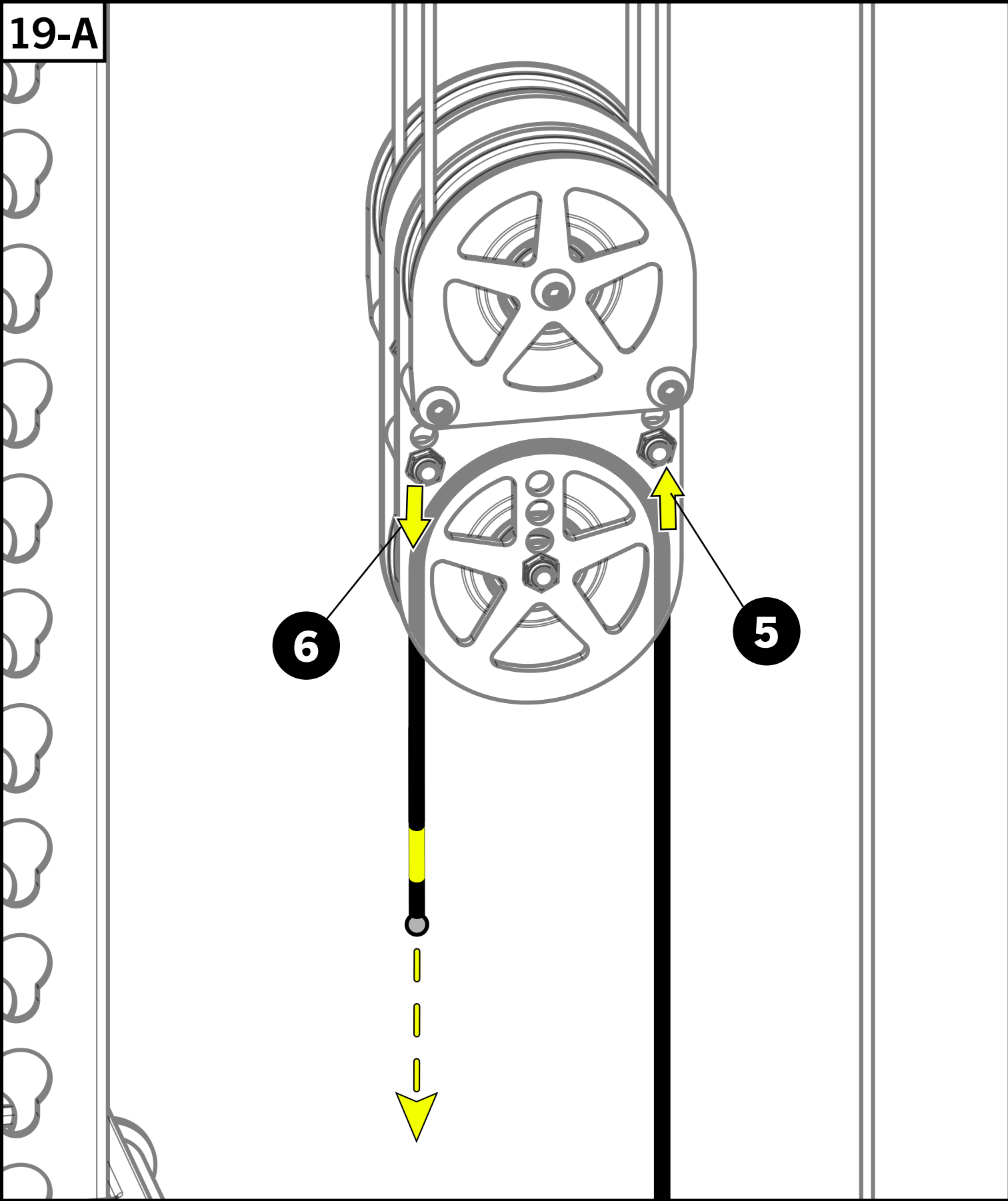
STEP 19

- Feed cable up and around Peanut Pulley.
- Feed cable around the front pulley on the CTM Bottom Crossmember as shown in **19-B**.
-  Ensure cable runs below tab as shown in **19-B**.

Note:

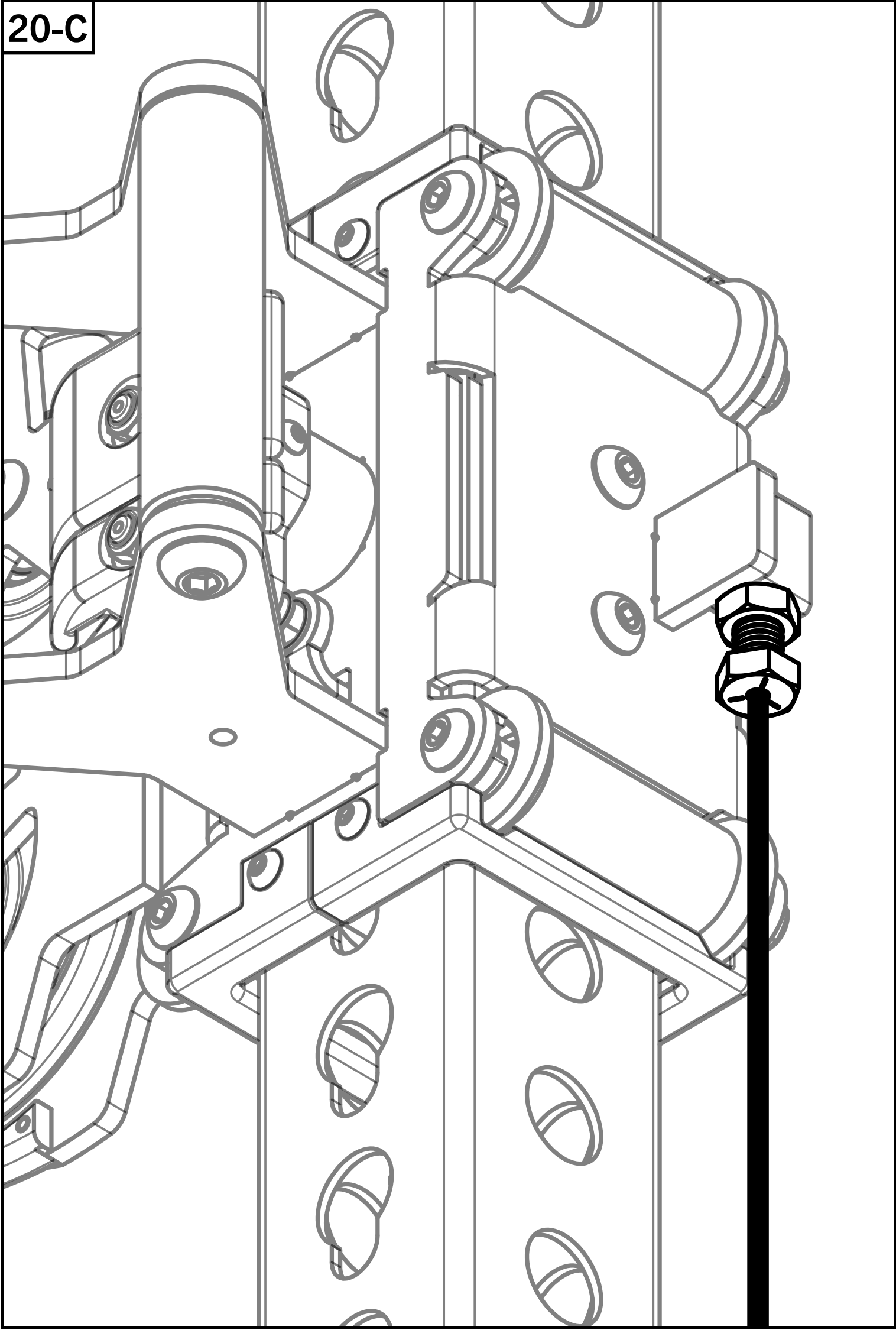
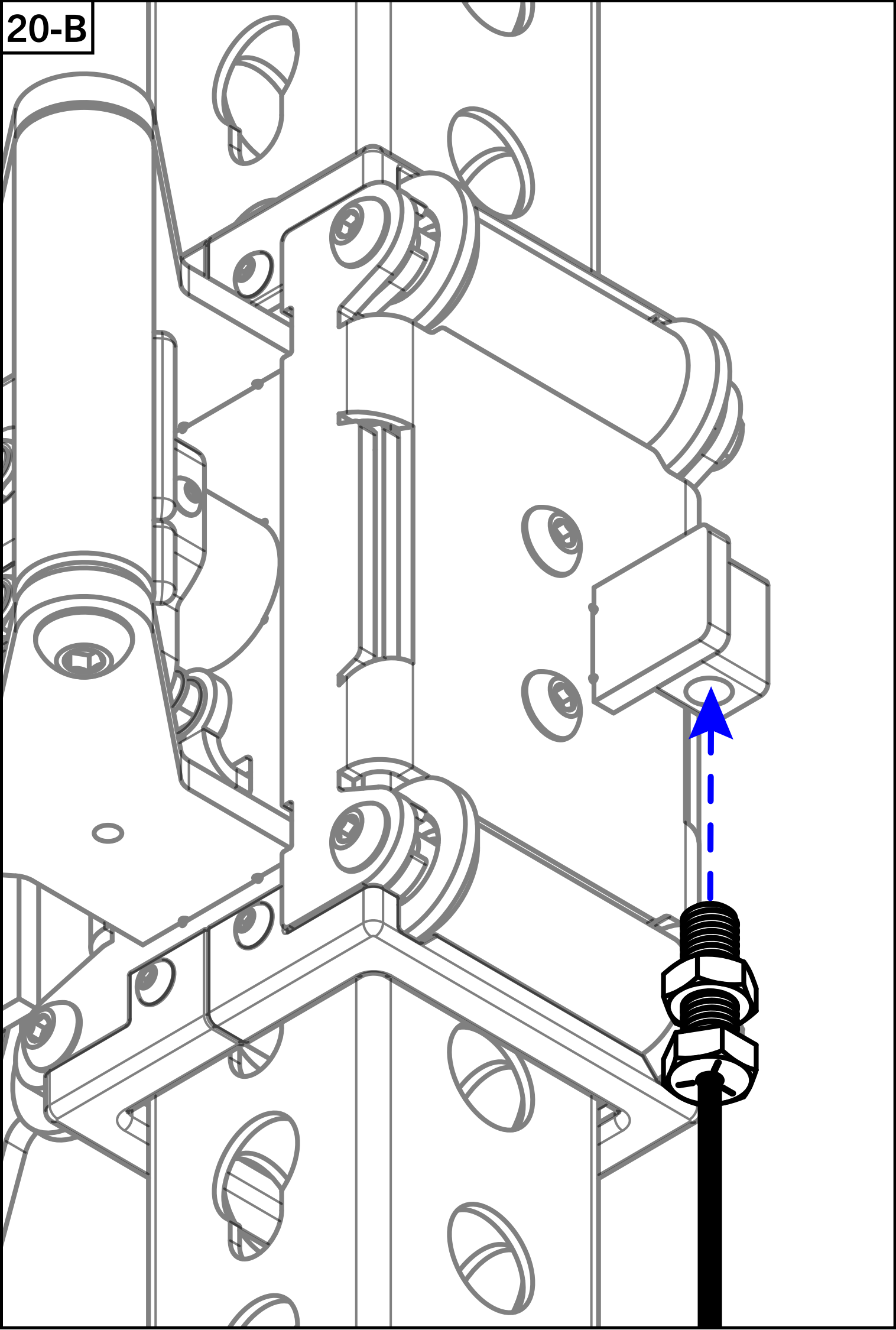
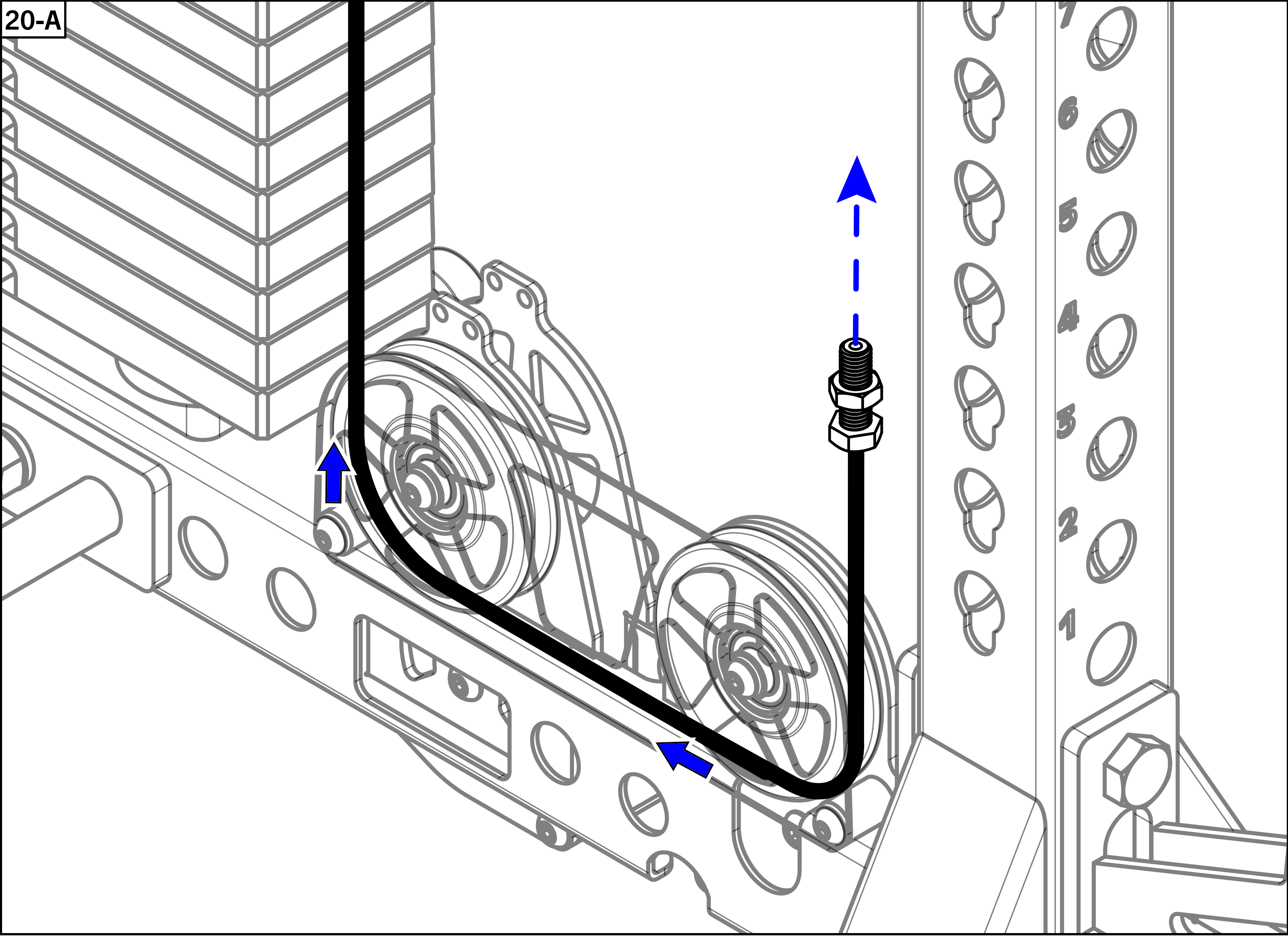
- The cable will be routed through the hole at the bottom of the CTM Front Upright and Low Row.
- Feed the cable through the pulleys in the Low Row, directing it out toward the front of the tower.

- Follow **STEP 17** again and assemble clevis to ball end of cable as shown in **19-D**.



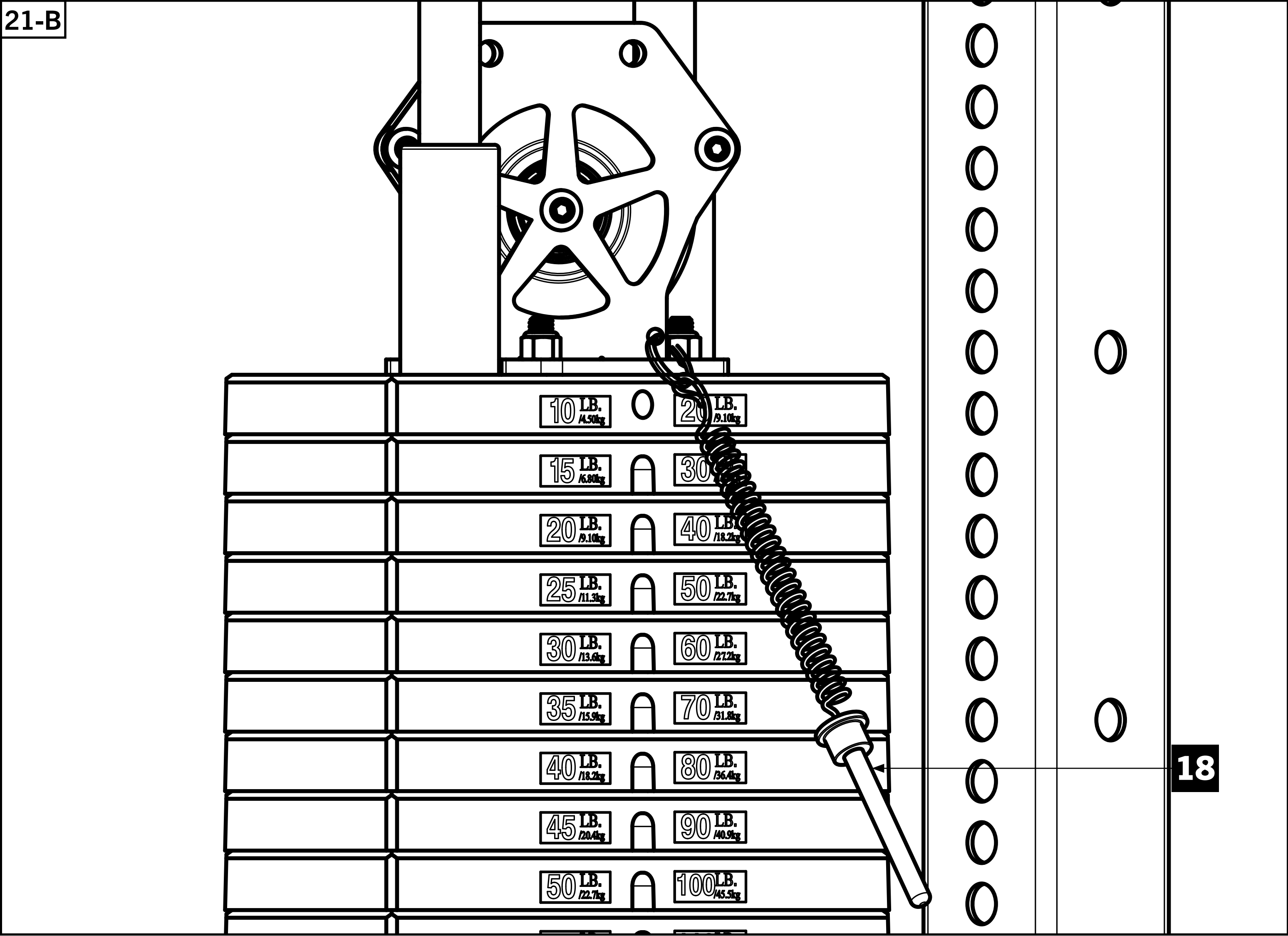
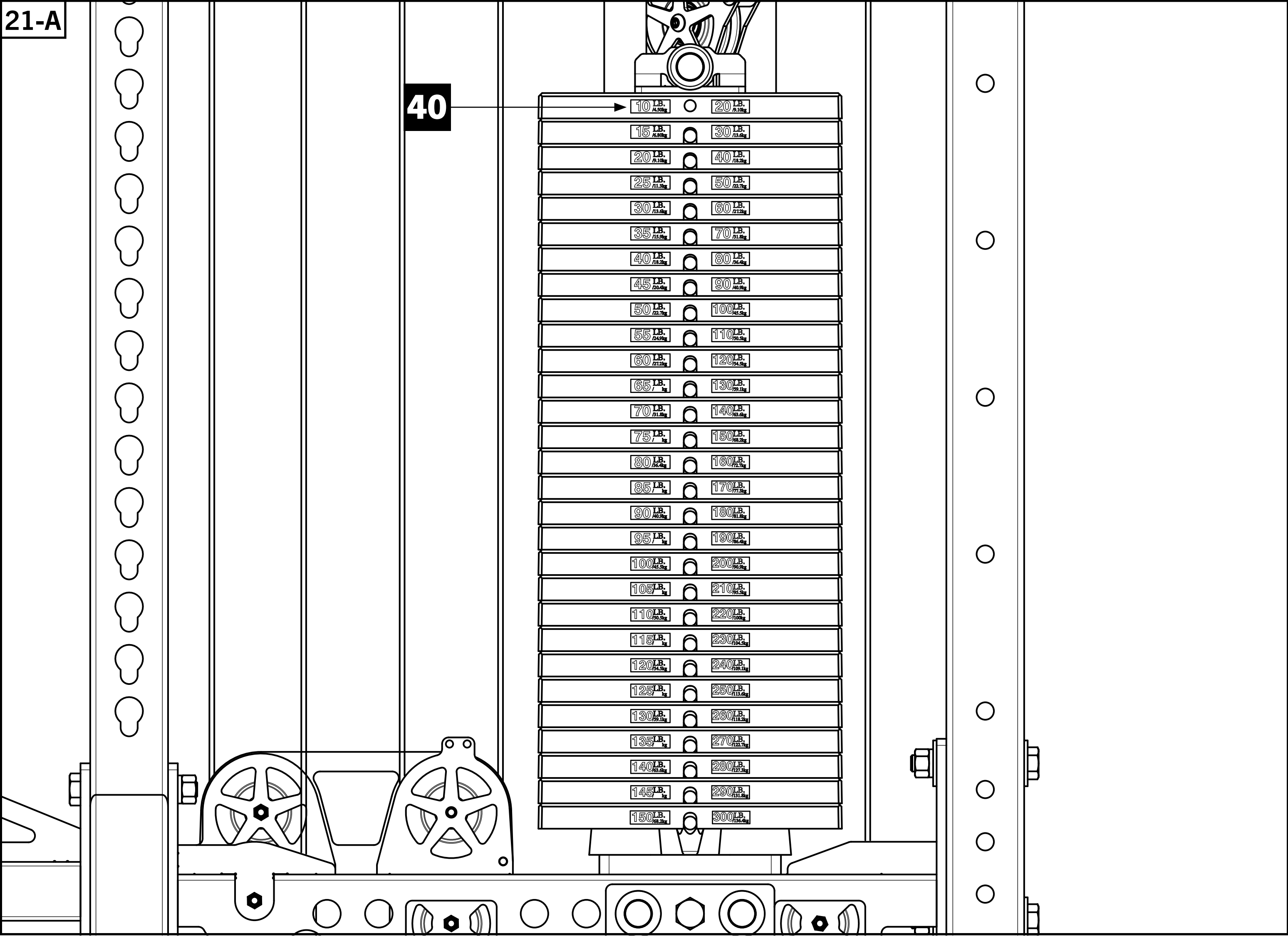
STEP 20

- Pull bolt end of Blue Trolley Cable [21] up to Trolley [8].
- Screw bolt ends of Trolley Cable [21] into bottom of stop block on back of Swivel Trolley [8].
- Loosen the hex nut if needed to ensure approximately 1/2” of threads are showing between the bolt head and nut.
- 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 Trolley [8].



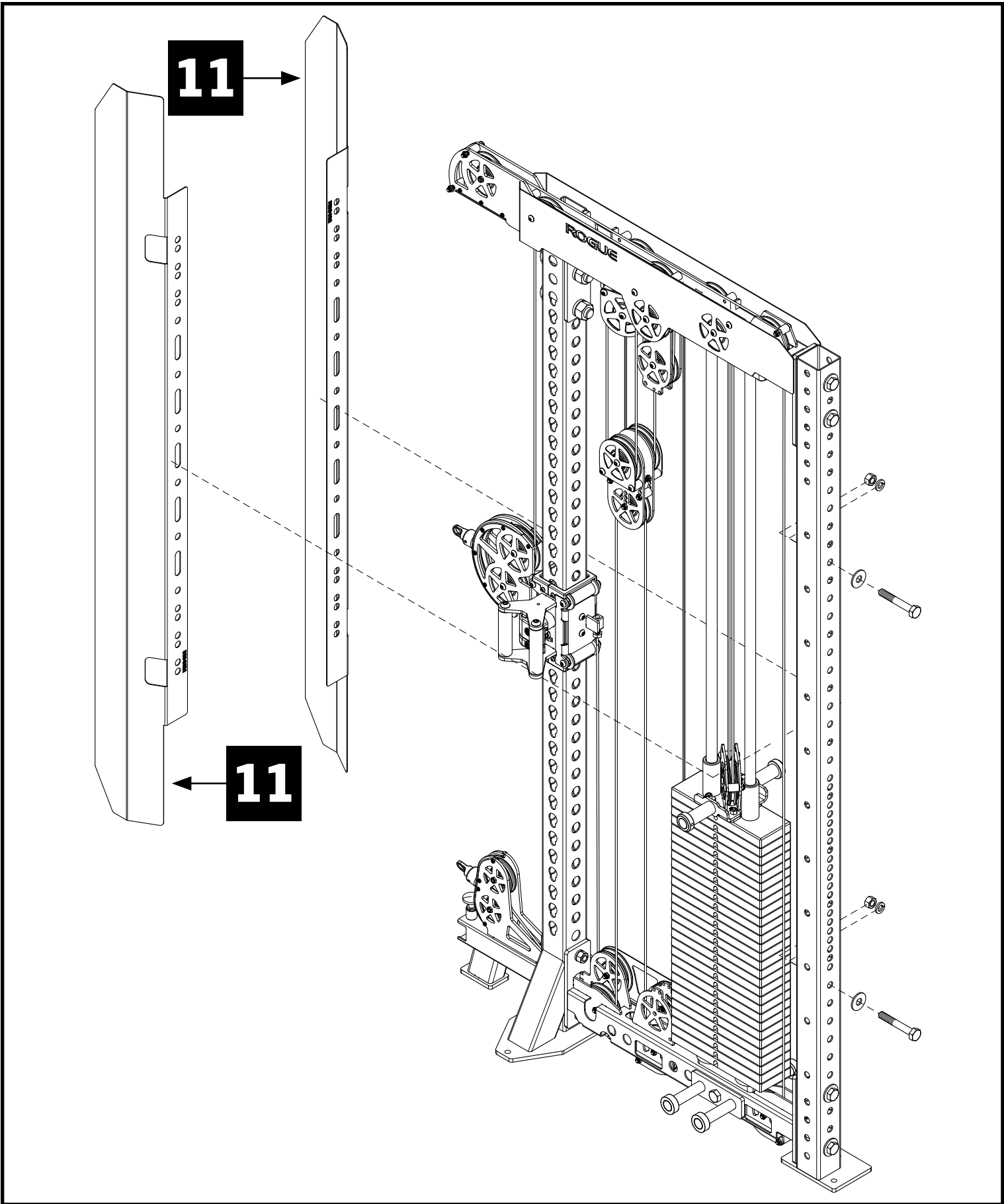
STEP 21

- Apply the Weight Stack Number Labels [40] on the front of the Weight Stack Plates, approximately 3.5” from the edge of plate.
- Attach key ring on Selector Pin Lanyard [18] to front hole on pulley plate of the Weight Stack Stem [16].

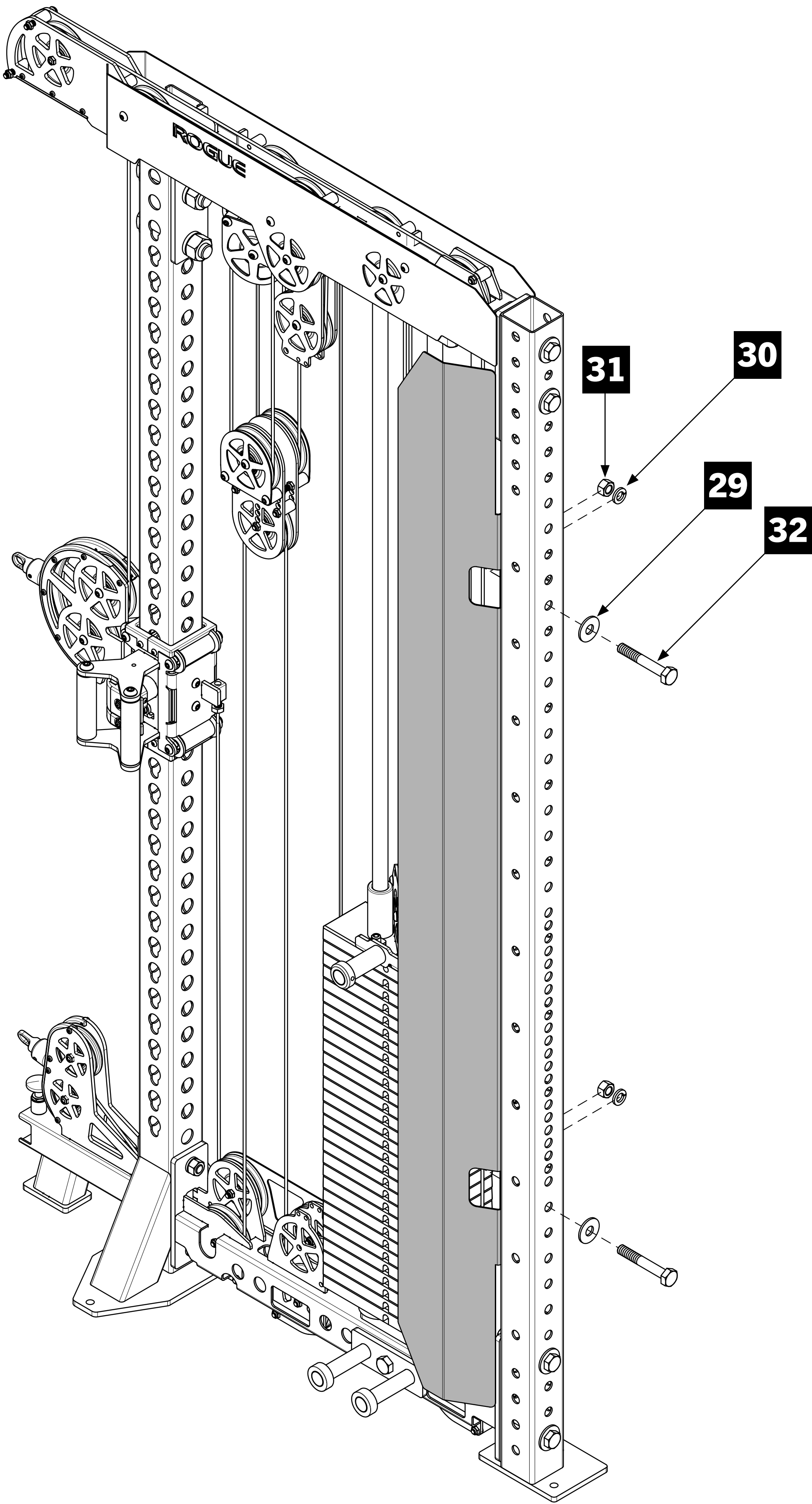


STEP 22 (SHROUD ASSEMBLY)

- Attach Rear Shroud [11] on rear uprights by placing 5/8” Lock Washers [30] and 5/8” Hex Nuts [31] through window cutouts on shrouds and secure using 5/8” Flat Washers [29] and 5/8” x 4.25” Hex Bolts [32].

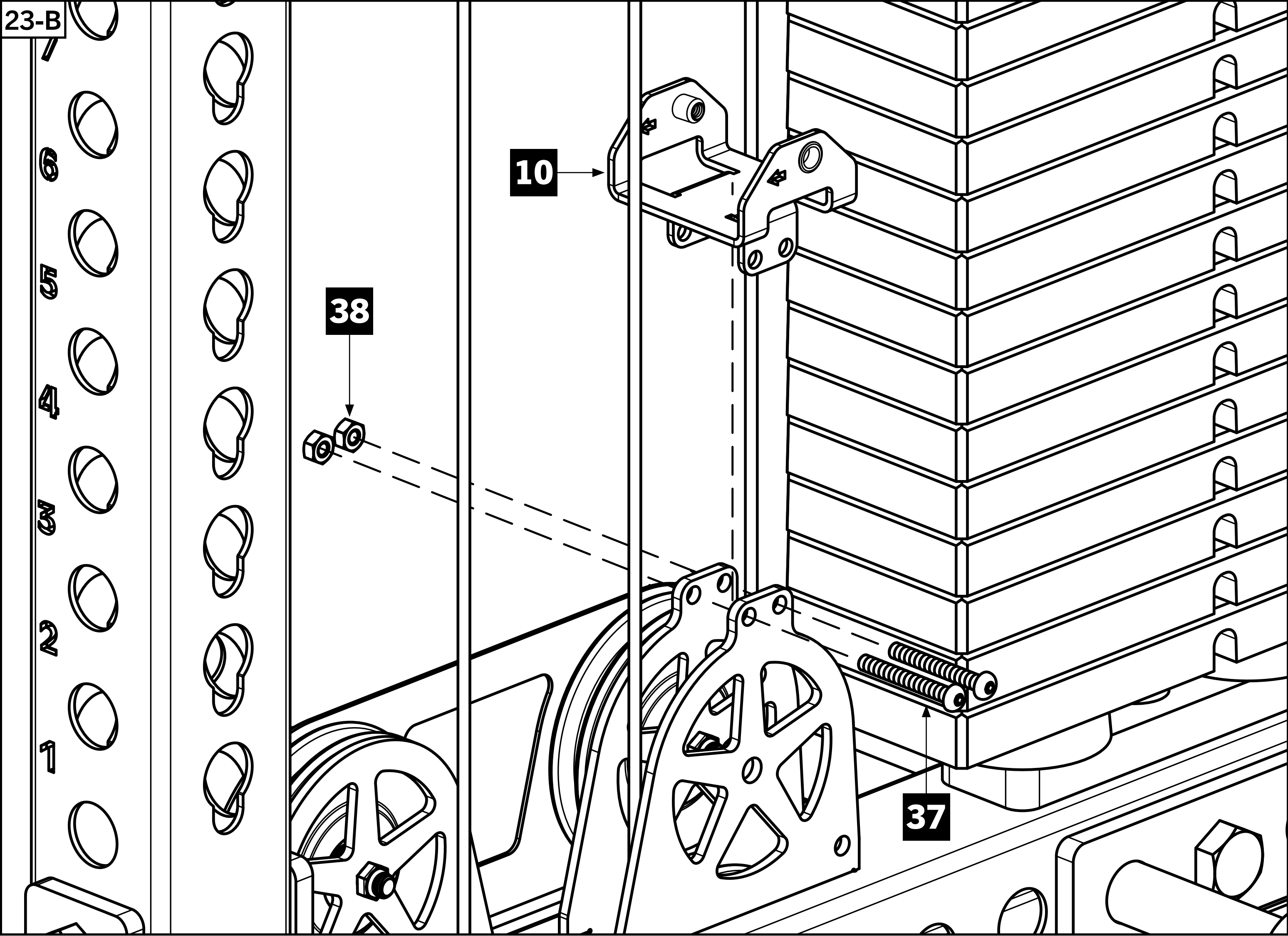
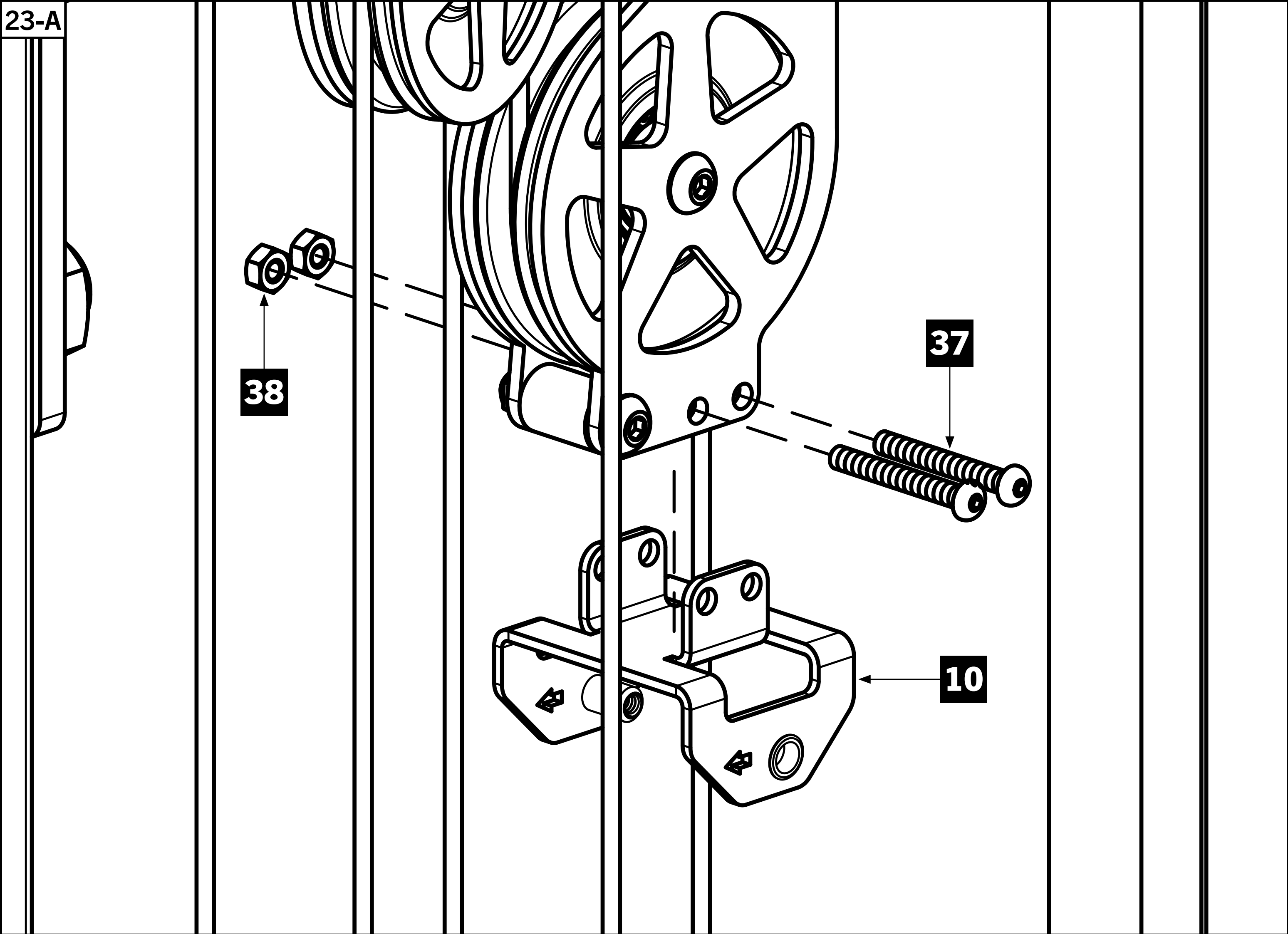


22-A



STEP 23

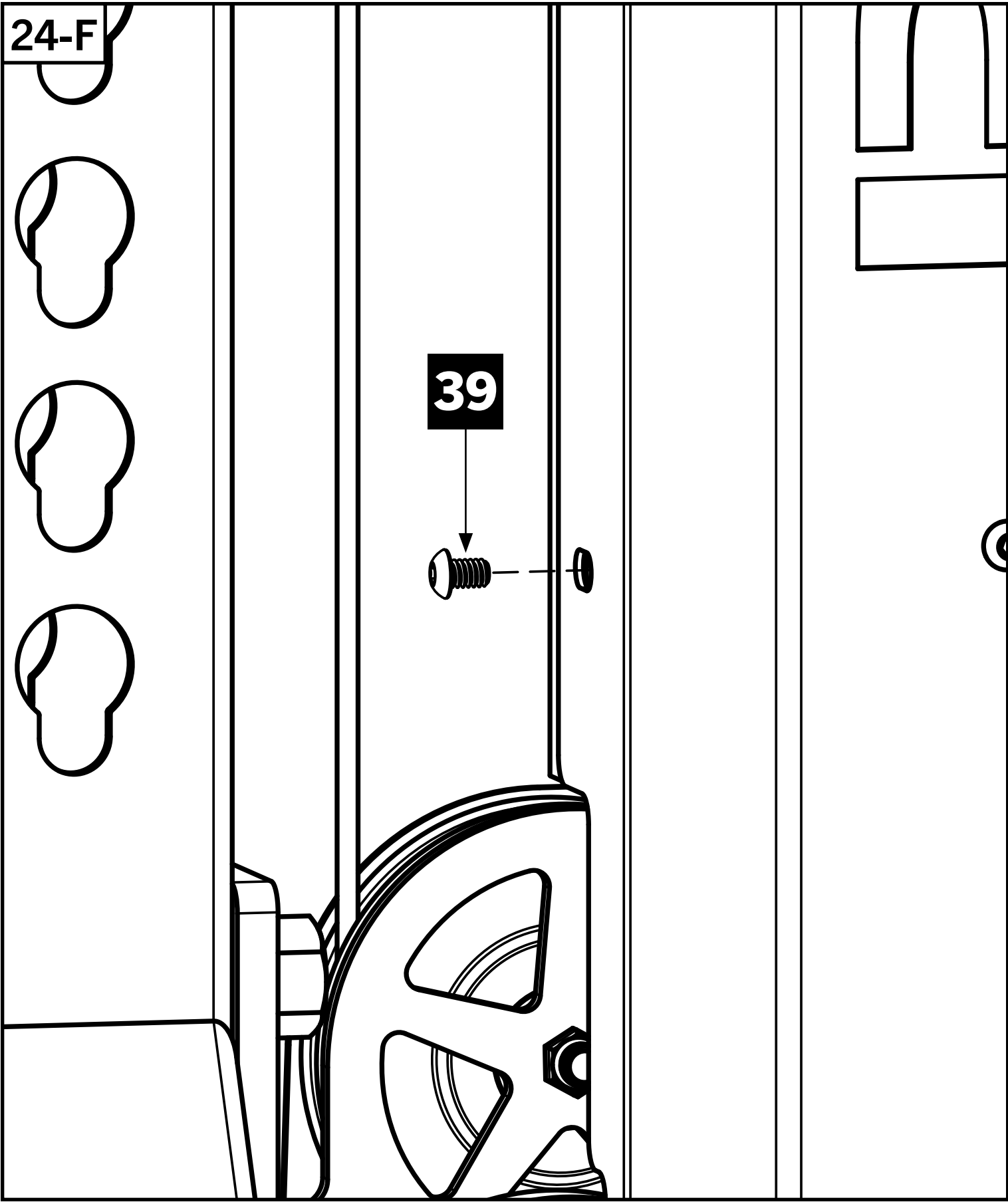
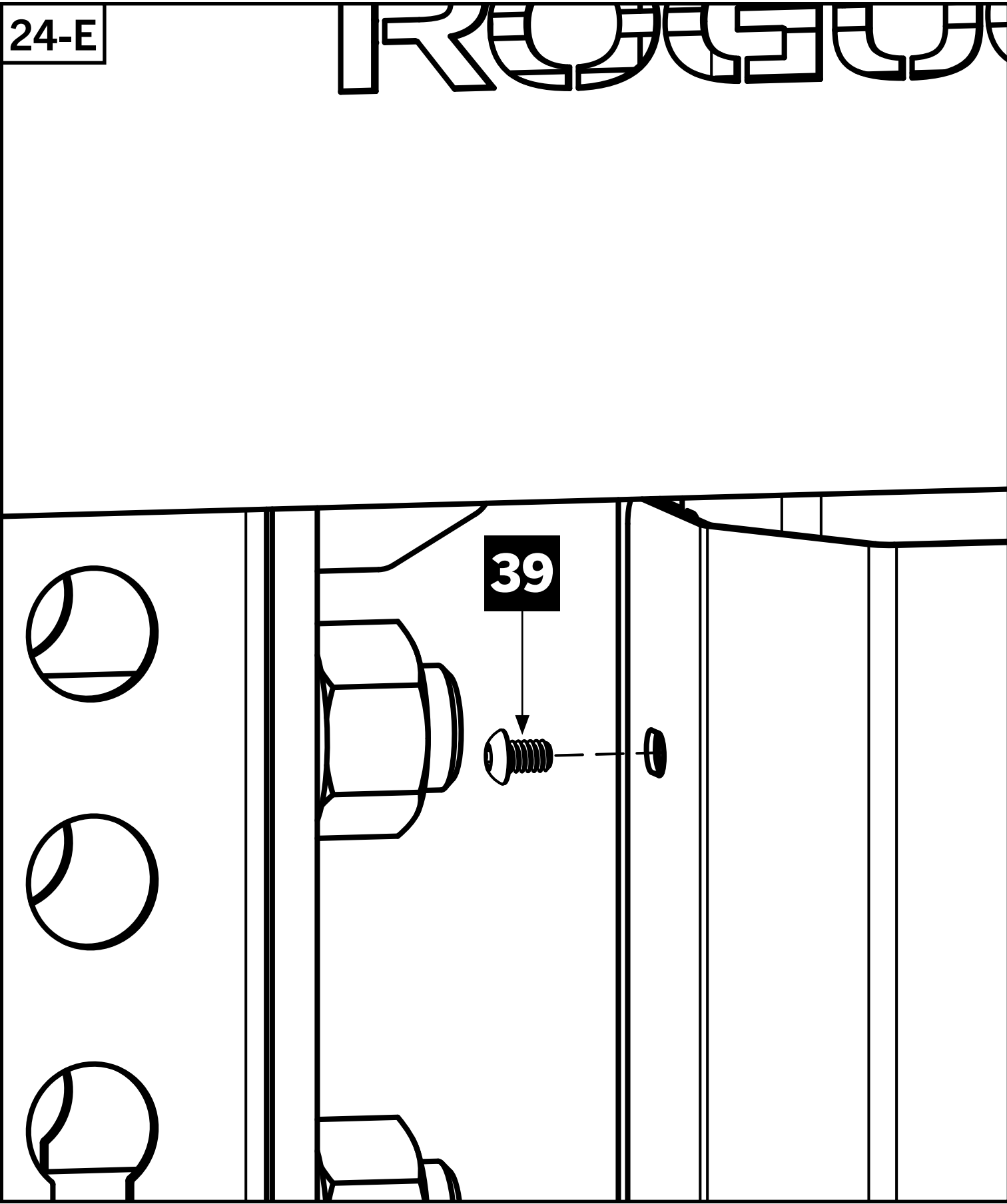
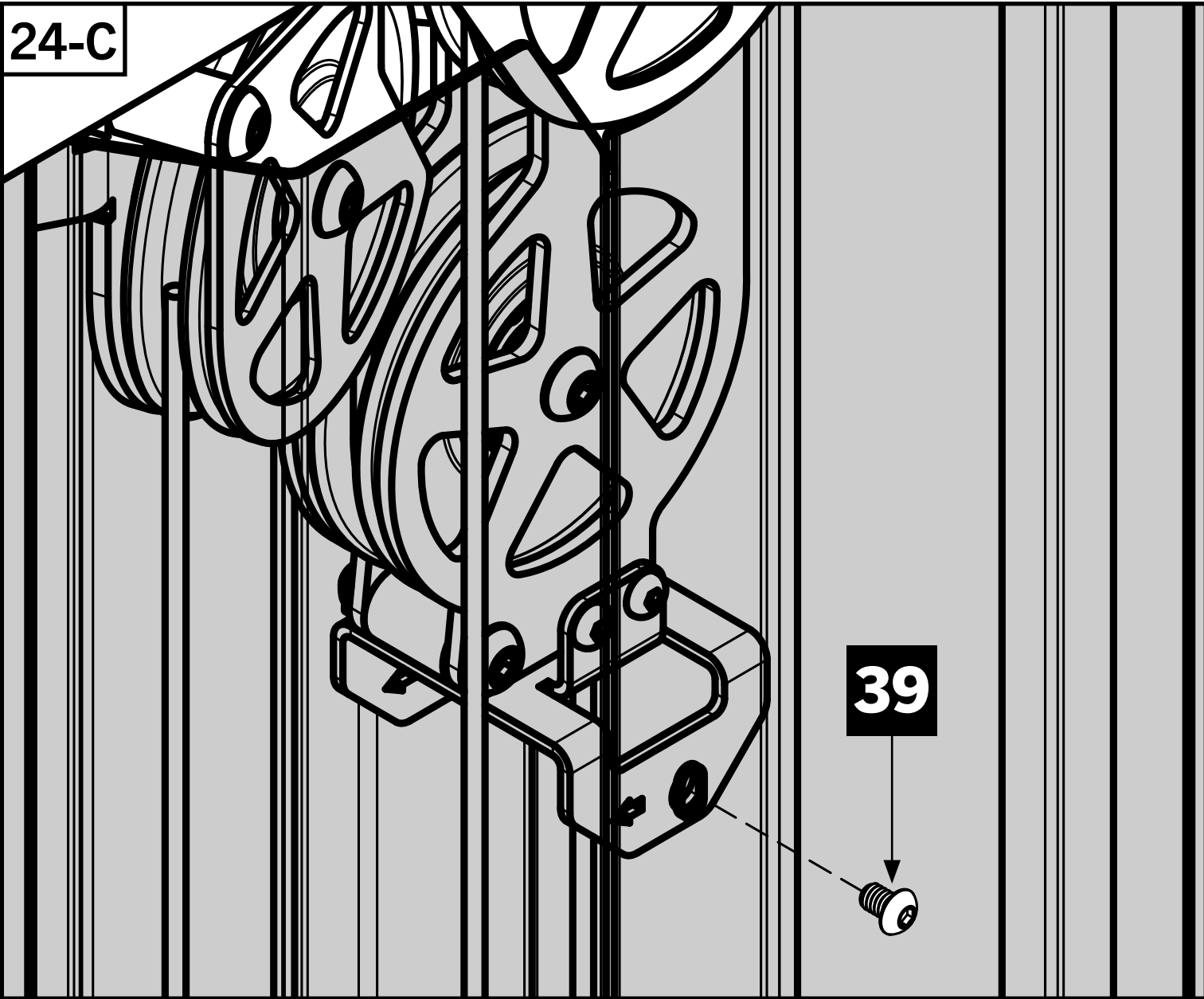
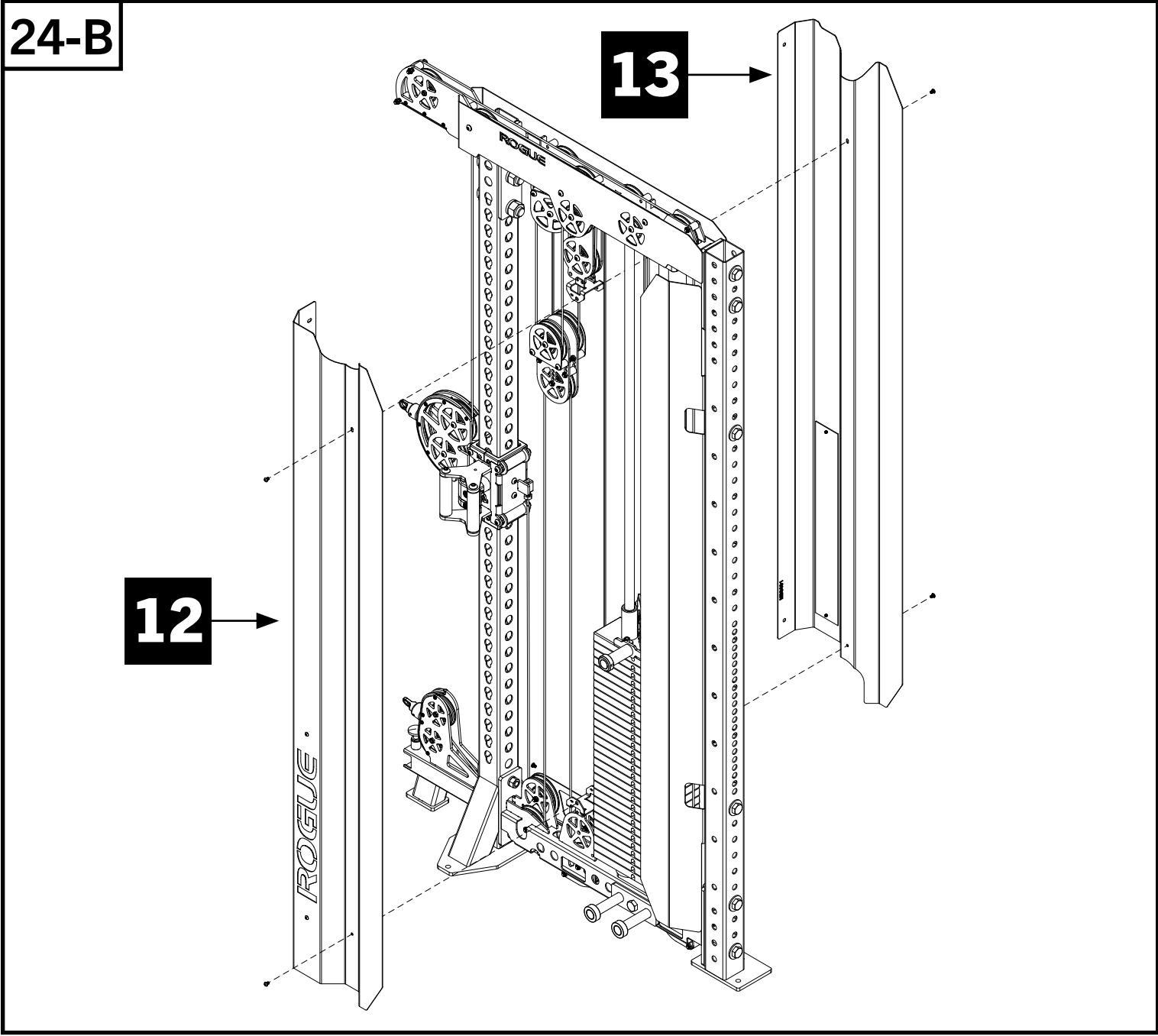
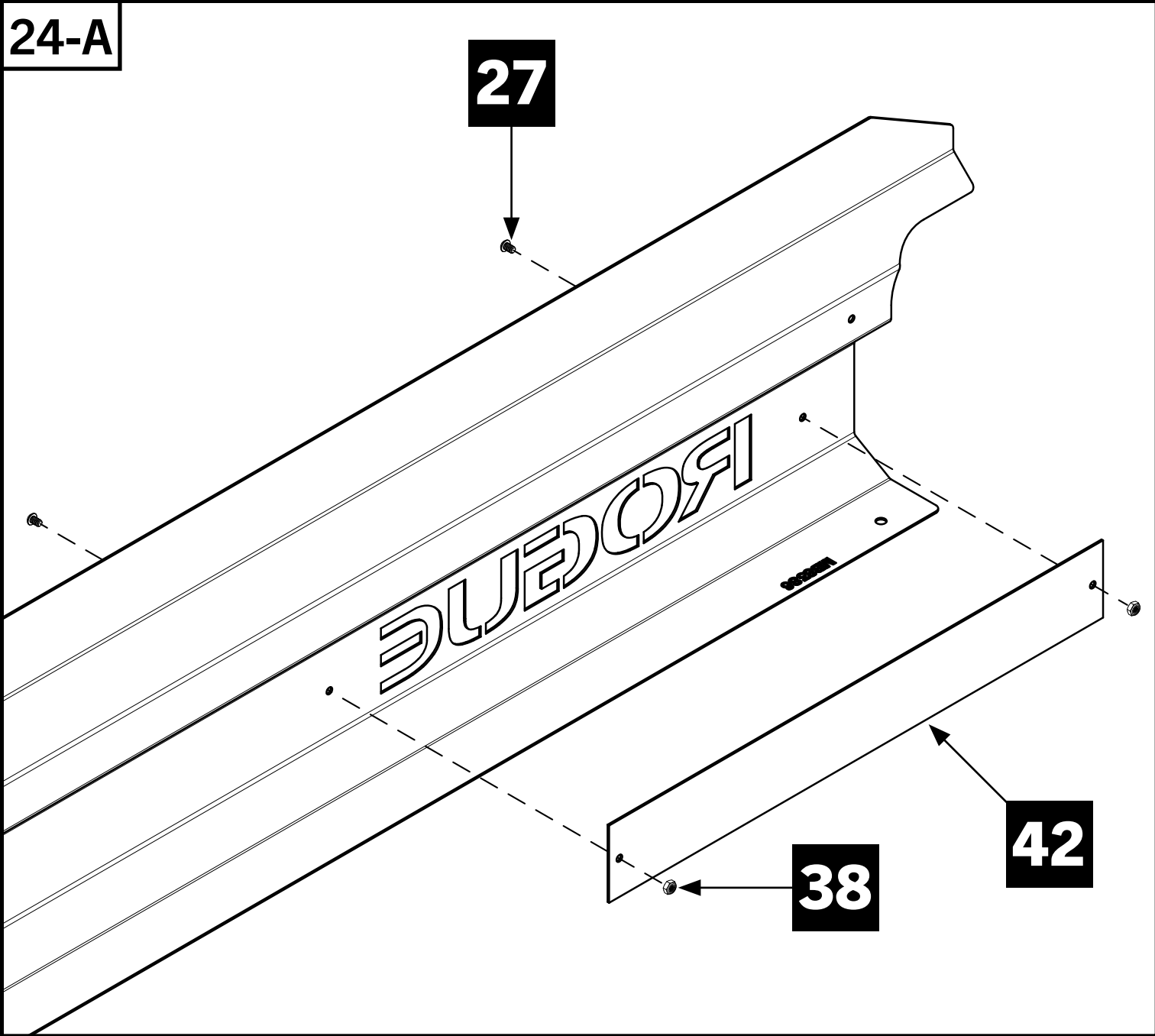
- Install the Shroud Bracket [10] to the lowest pulley plates on the CTM Top Crossmember using 1/4" x 2" Button Head Screw [37] and 1/4" Nylock Nut [38]
 - Ensure arrow on Shroud Bracket is facing toward front of rack.
- Install the Shroud Bracket [10] to the pulley plates on the CTM Bottom Crossmember using 1/4" x 2" Button Head Screw [37] and 1/4" Nylock Nut [38]
 - Ensure arrow on Shroud Bracket is facing toward front of rack.



STEP 24

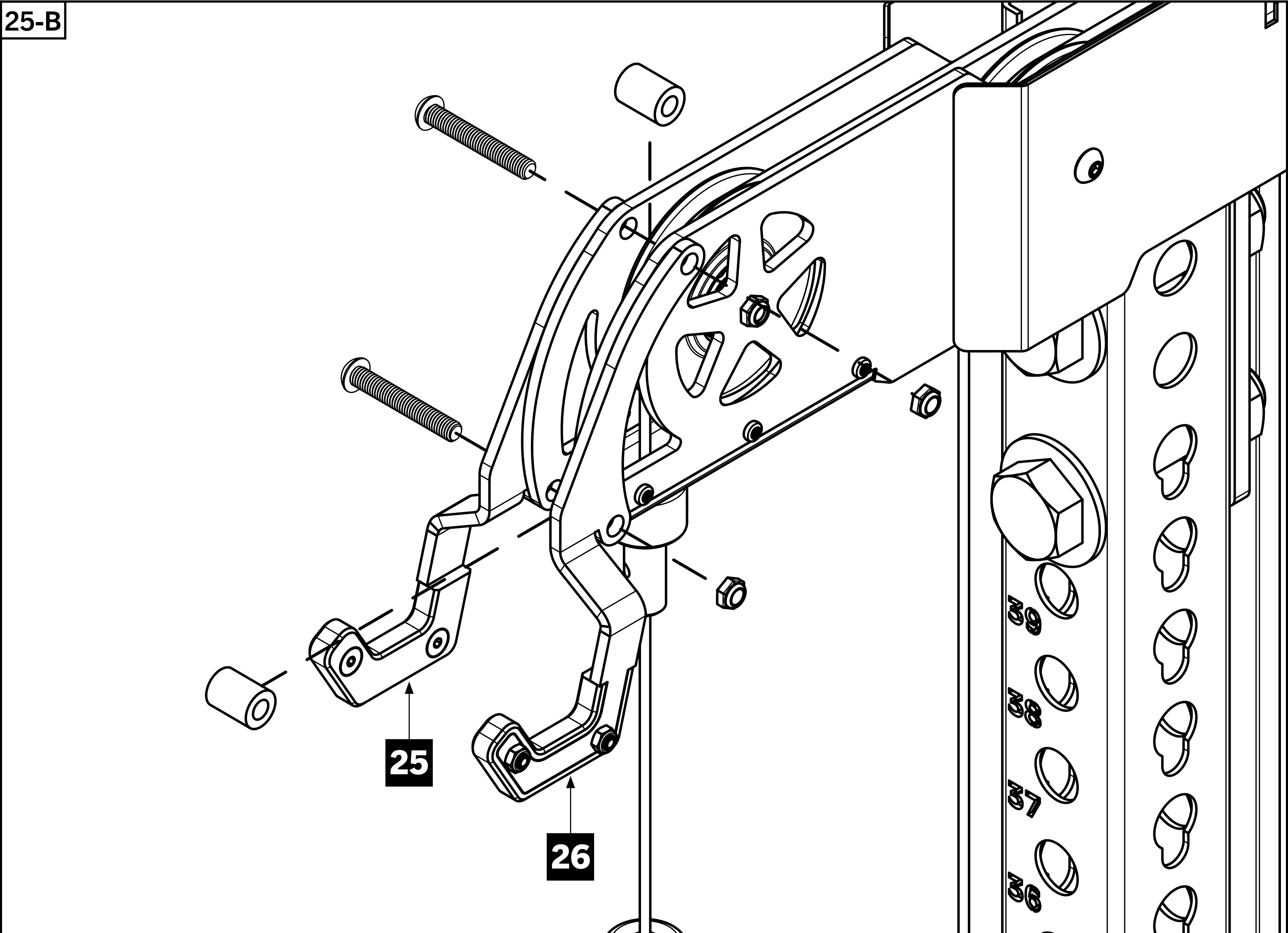
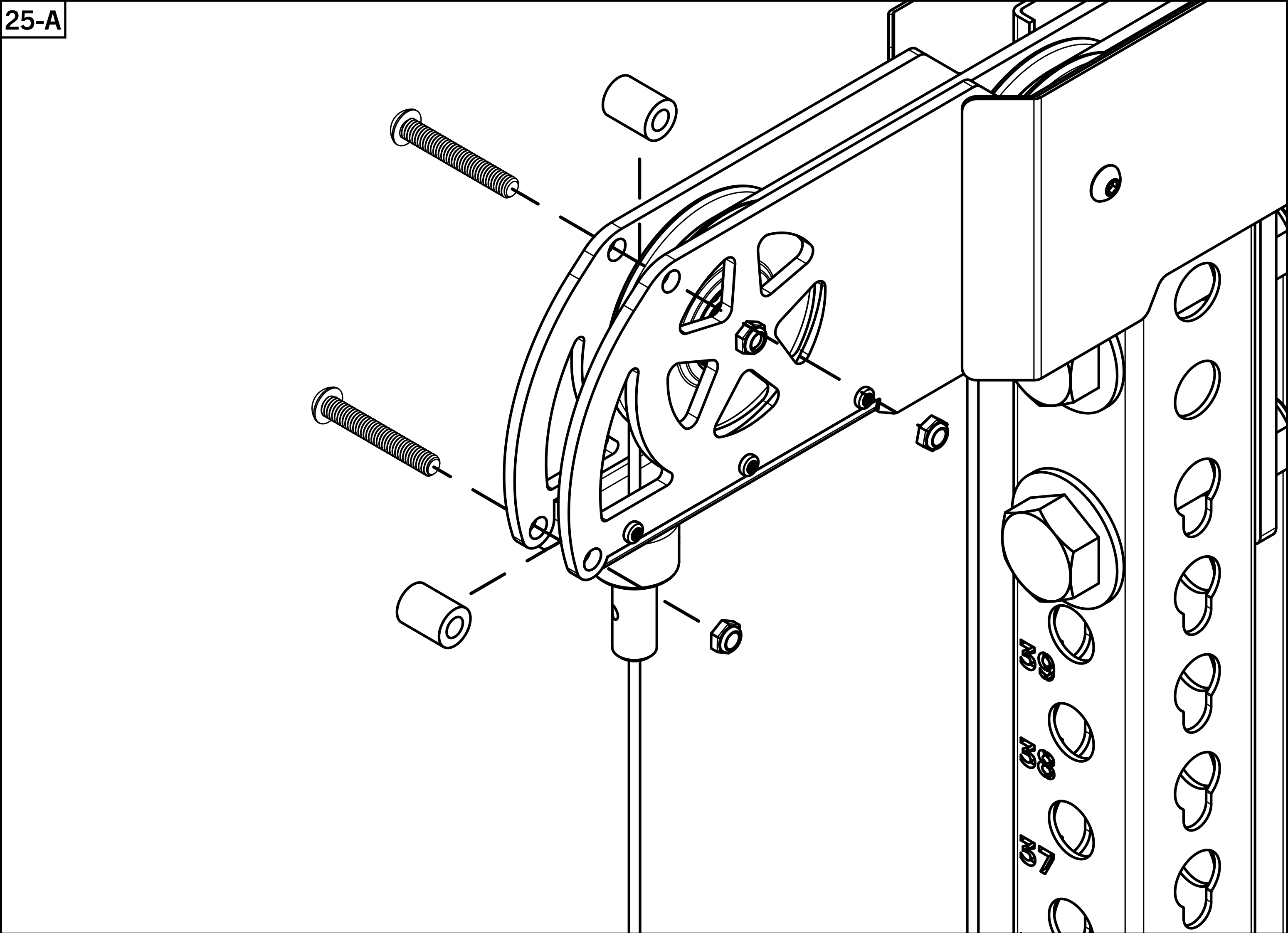
- Attach Backing Plate [42] to Right and Left Shroud [12,13] using 1/4" x 3/8" Button Head Screws [27] and 1/4" Nylock Nuts [38].
- Attach Right and Left Shroud [12,13] to Shroud Brackets [10] using 1/4" x 5/8" Button Head Screw [39].

- Ensure Right Shroud [12] overlaps Left Shroud [13] on the front.
- Secure Right and Left Shroud [12,13] to each other in front using 1/4" x 5/8" Button Head Screw [39].



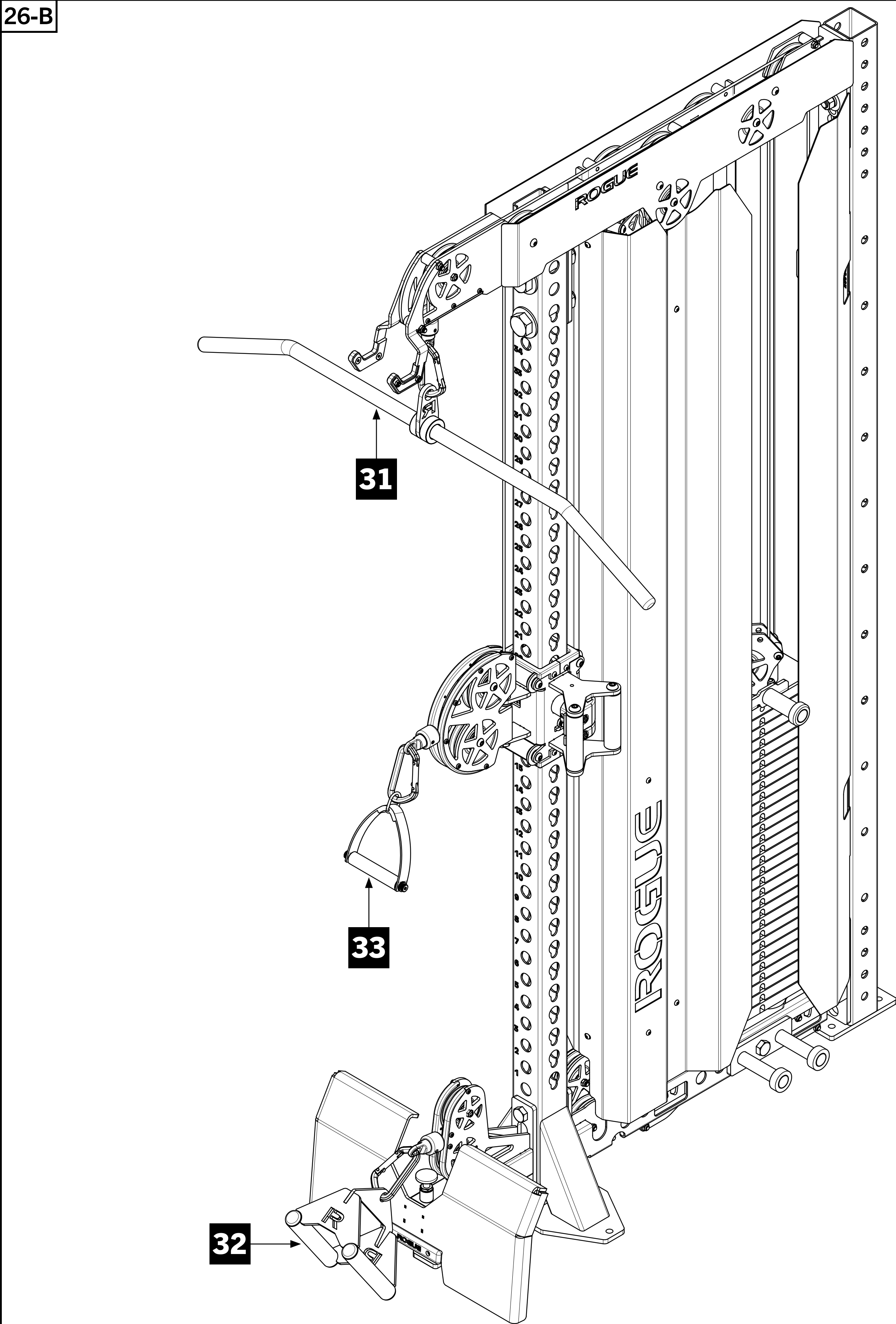
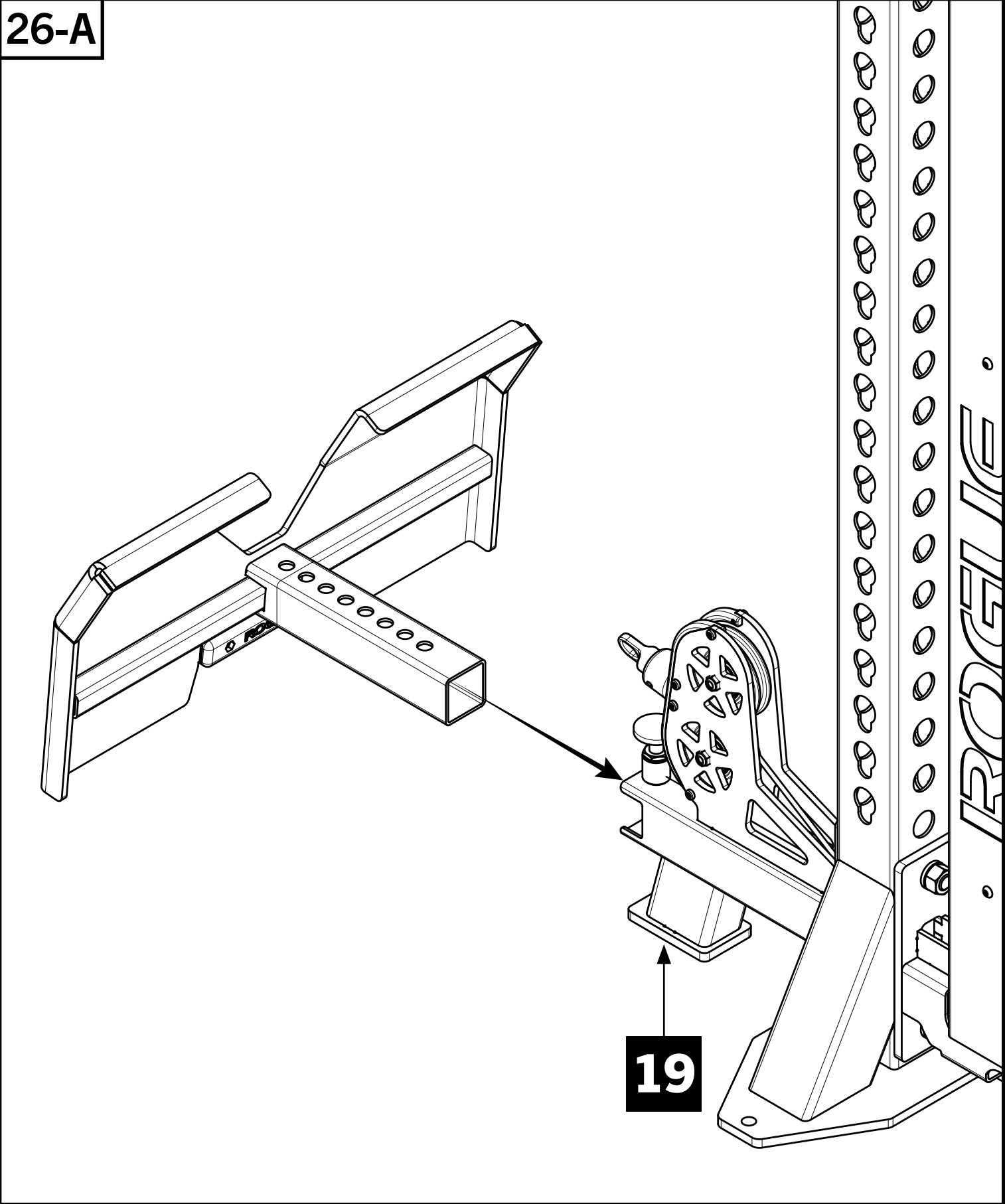
STEP 25

- Remove hardware from CTM Top Crossmember as shown in **25-A**.
- Attach Lat Bar Hanger - LEFT and RIGHT [25,26] using the hardware removed in **25-A**.



STEP 26

- Install Foot Plate that was removed in **STEP 1-B** into CTM Low Row [19].
- Attach Lat Bar [22] to Lat Pulldown clevis.
- Attach Single Handle Cable Attachment [24] to Trolley clevis.
- Attach Standard Grip Triangle [23] to CTM Low Row Clevis.
- **Note: Attachment depends on selection made at checkout.**



CABLE MAINTENANCE

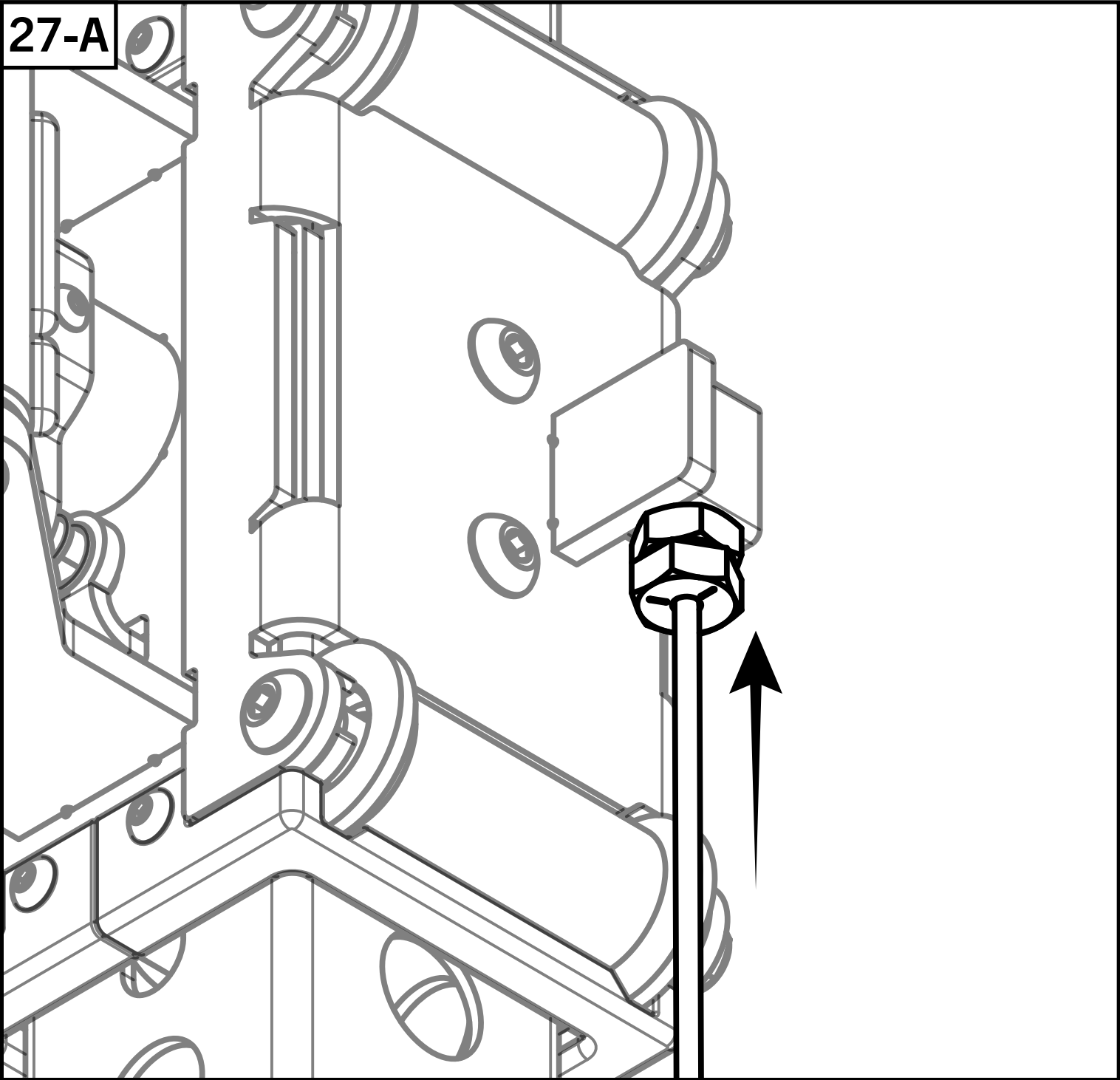
Over time, the cables within the system may experience some normal inelastic stretching. Follow the below instructions to re-tighten the cables.

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.



STEP 2

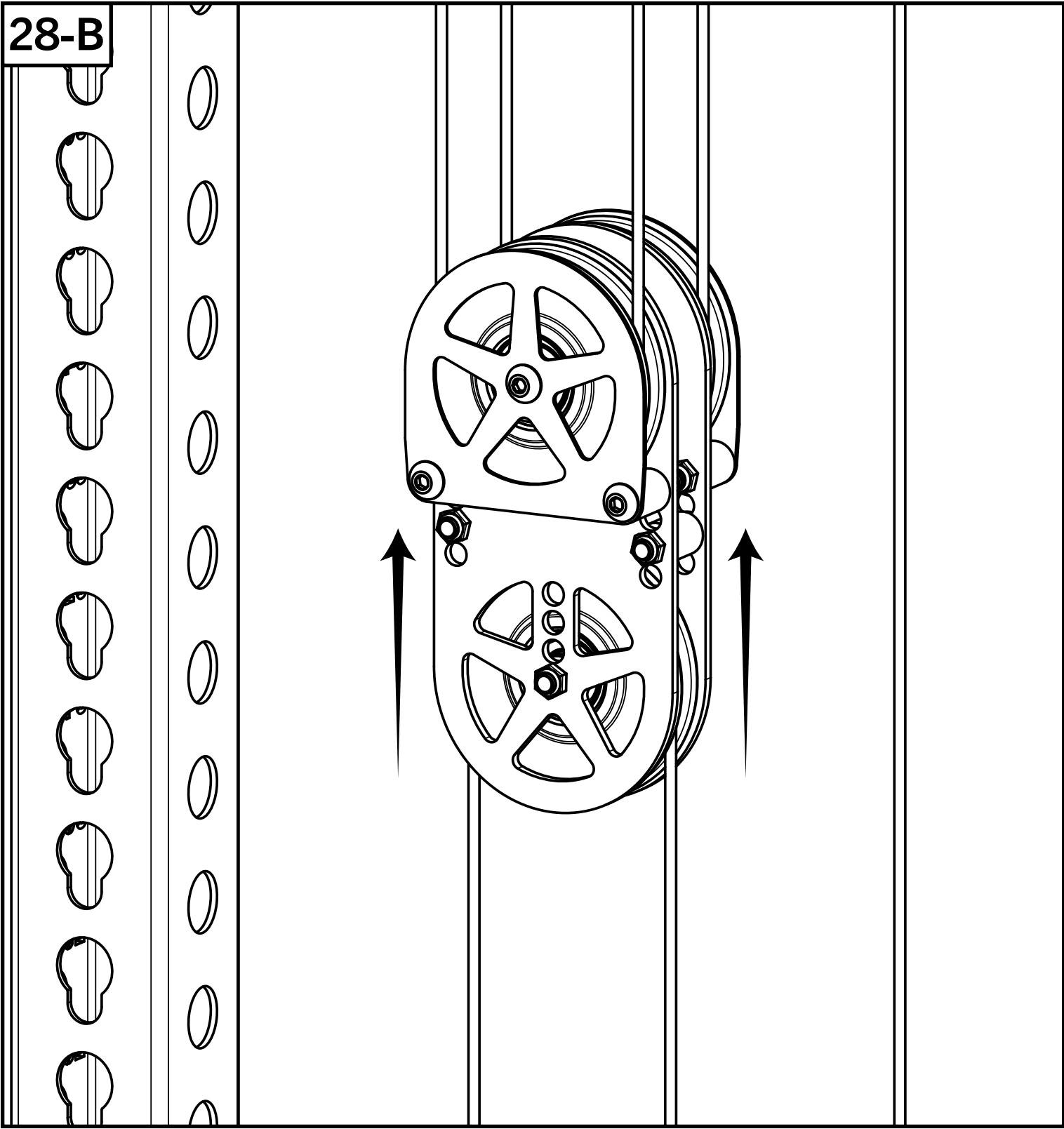
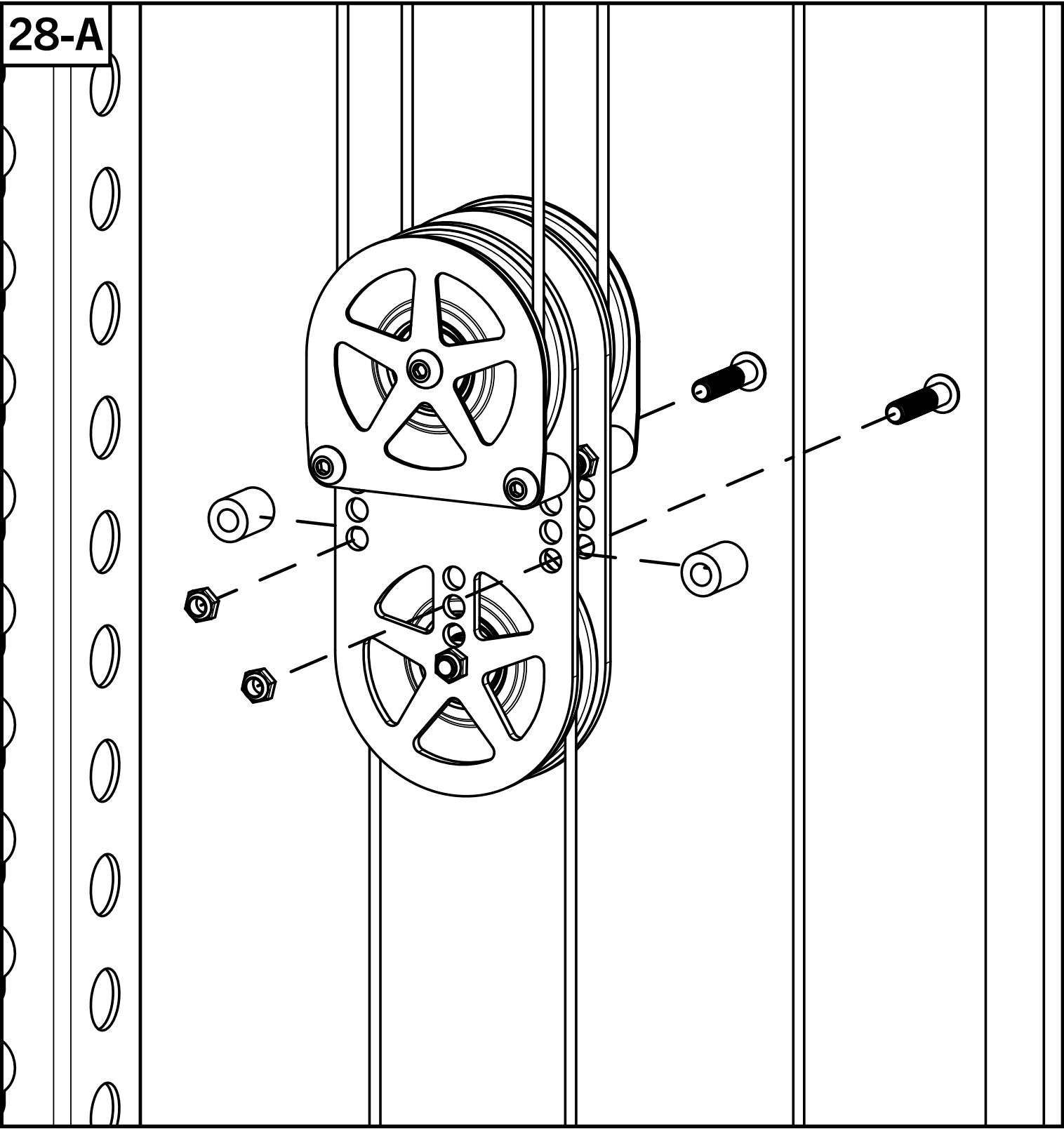
Tools Required:

- Multi Tool, 7/32” Allen Key
- Remove the Shroud. Remove Cable Retainers and hardware from Side Peanut Pulley (28-A) and move pulley up by one hole (28-B).
- Re-adjust the height of the Trolley Cable Bolts to calibrate the cable tightness.
- If slack persists, perform the same pulley relocation on the Left Side Peanut Pulley. Recalibrate the Trolley cable bolts and check cable tightness.

- If slack is still present, continue repeating process, alternating between the Left and Right Side Peanut Pulleys, raising the pulley by one hole until the whole cable system is taut but not suspending the plate load carriage above its stop blocks.

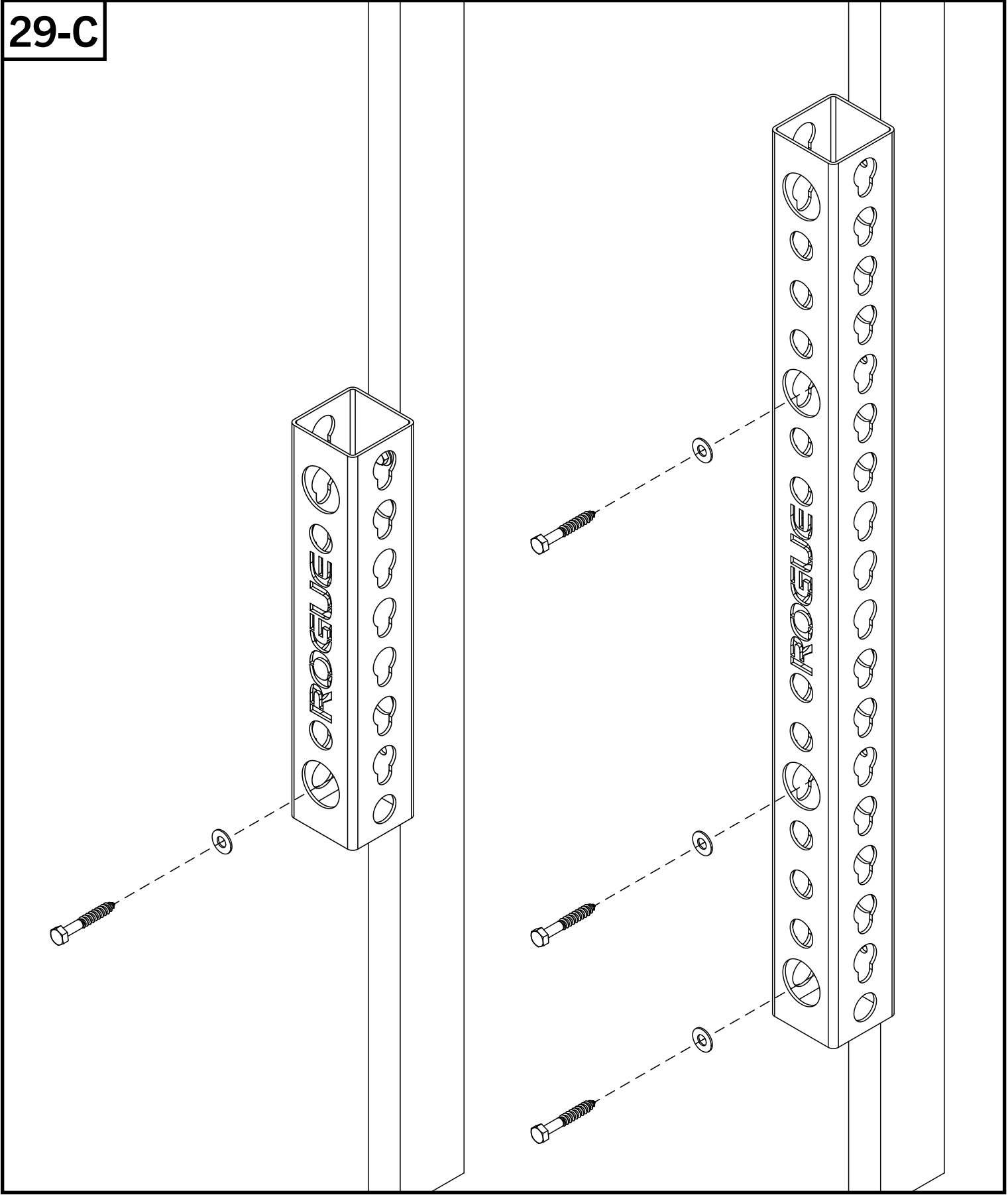
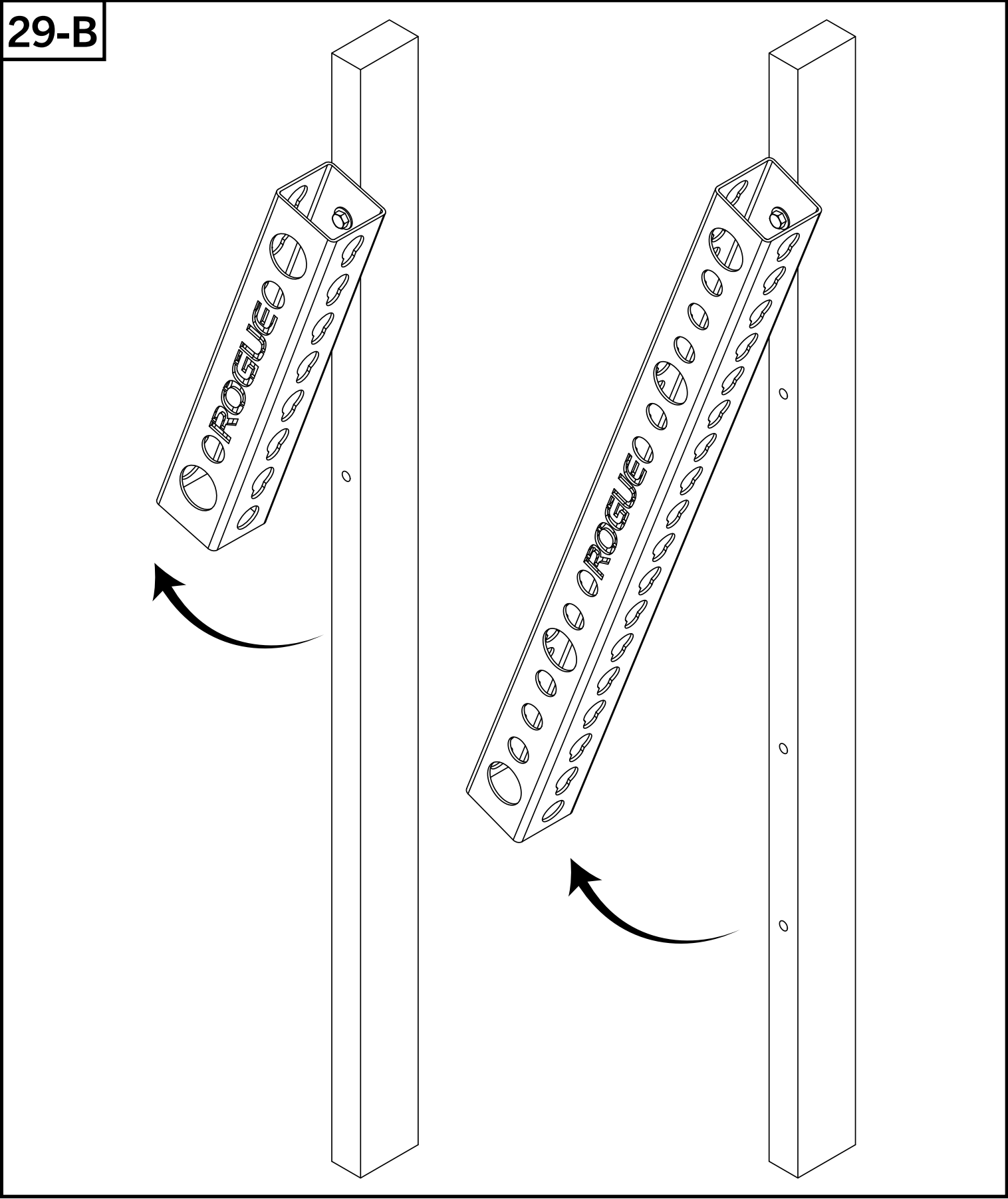
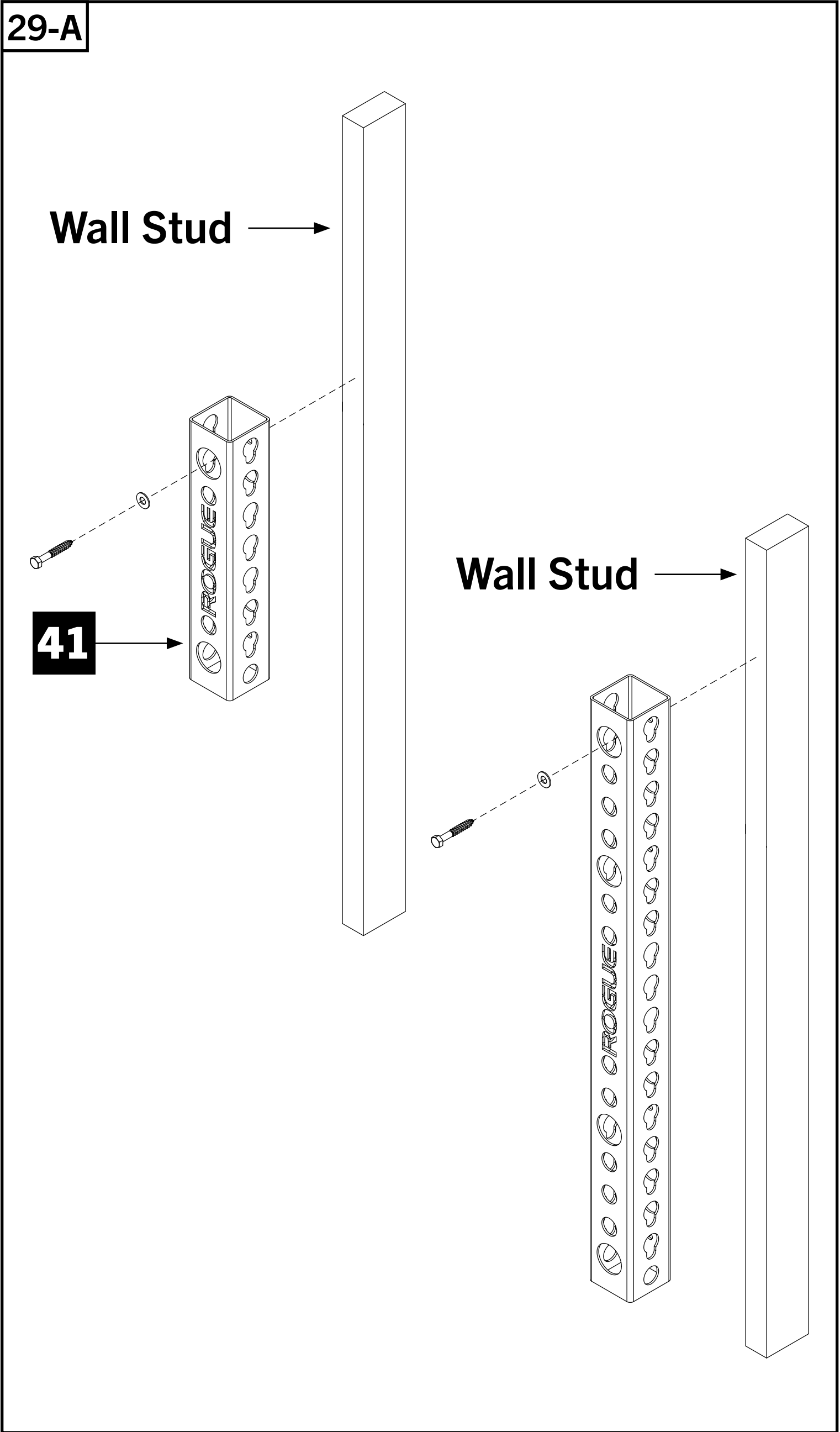
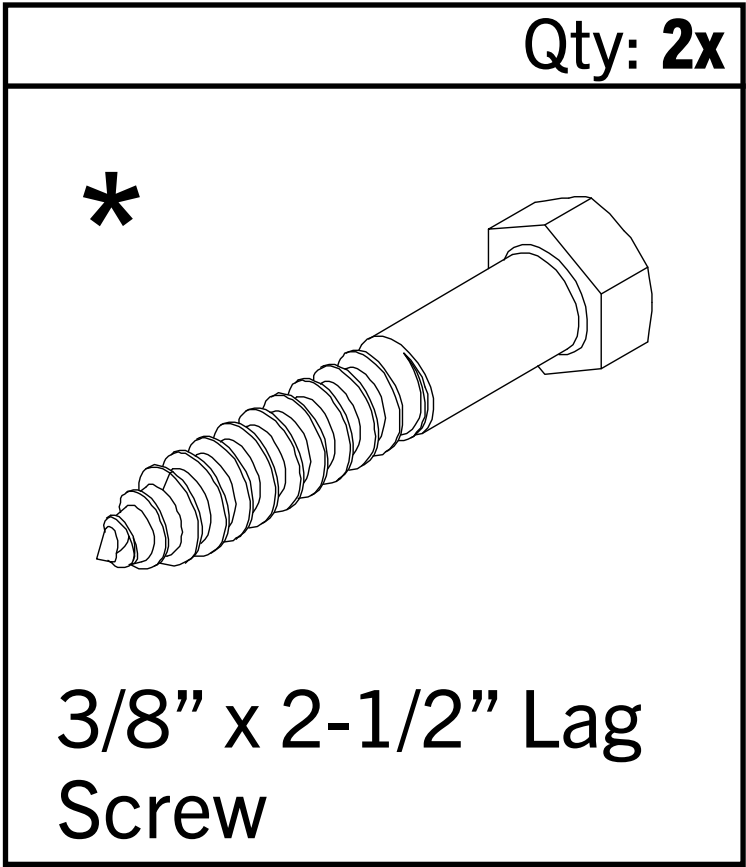
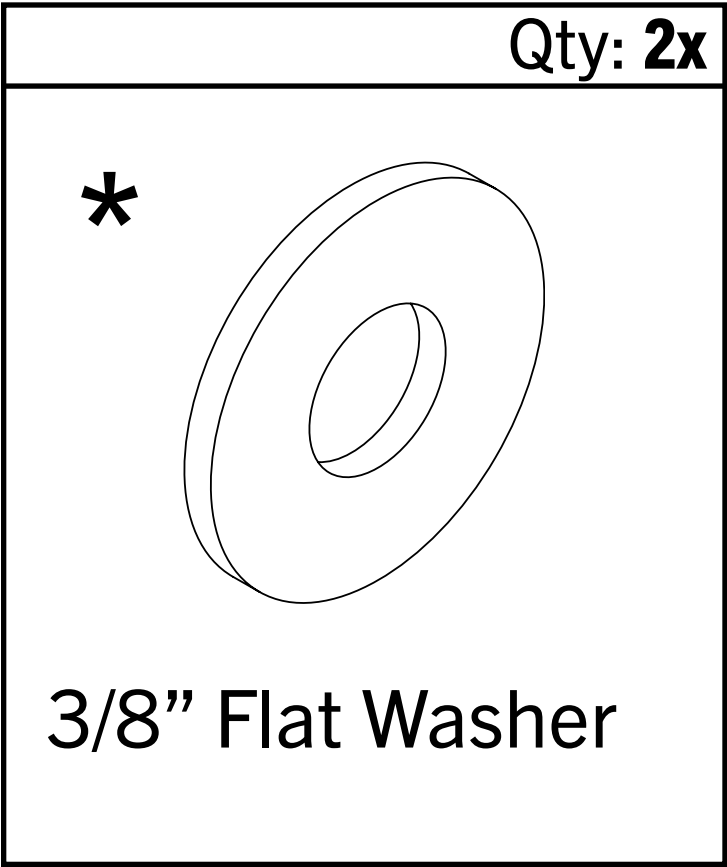
Note:

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



INCLUDED MONSTER STRIP

- *Hardware and tools not included for installing Monster Half Strip [41].
- 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.



ROGUE



**SCAN FOR
INSTRUCTIONS**



**IRON GAME
PROGRAMMING**