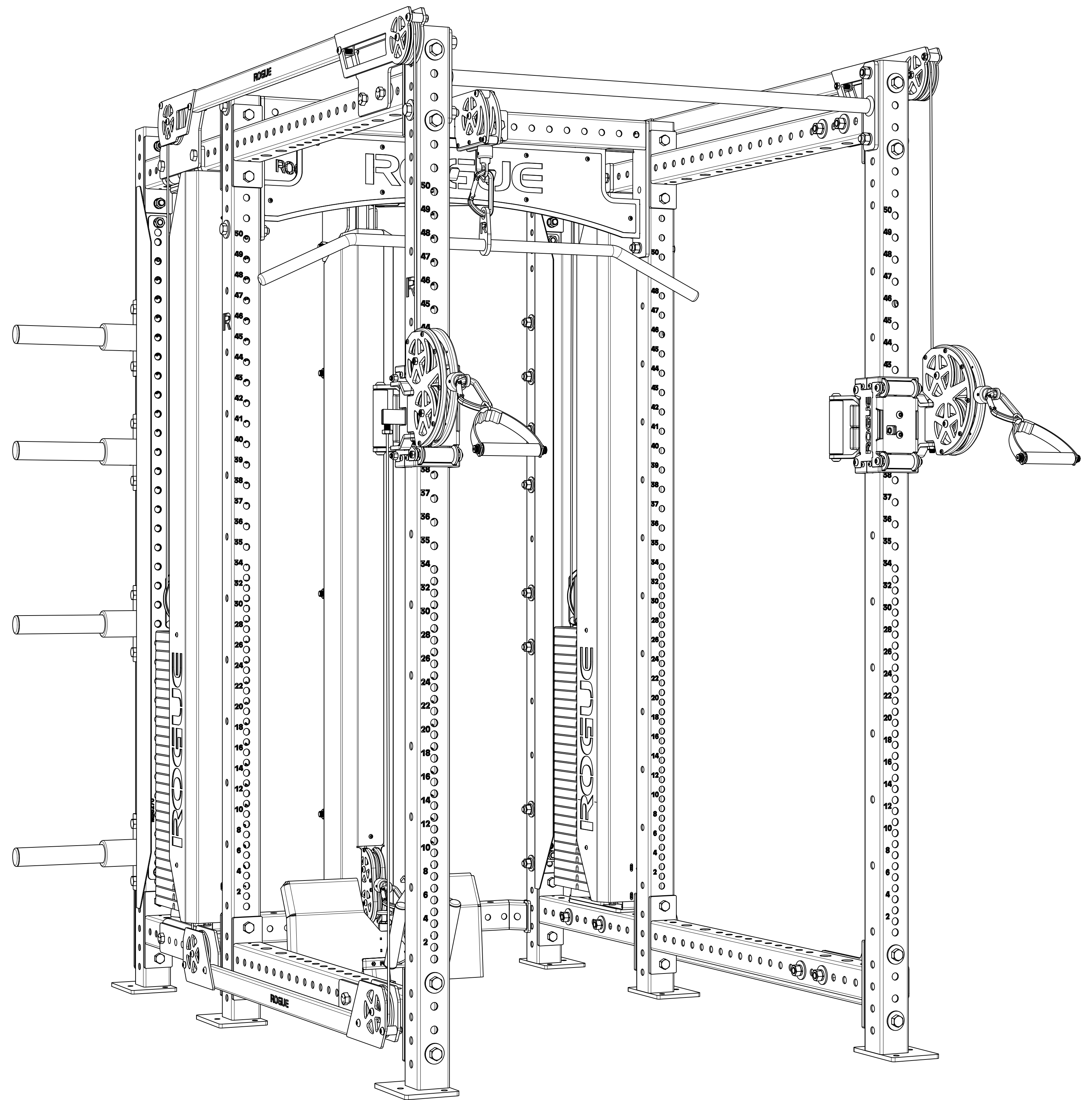


# ROGUE®

# FML-6 FUNCTIONAL TRAINER

# TWIN WEIGHT STACK



## ⚠ 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:

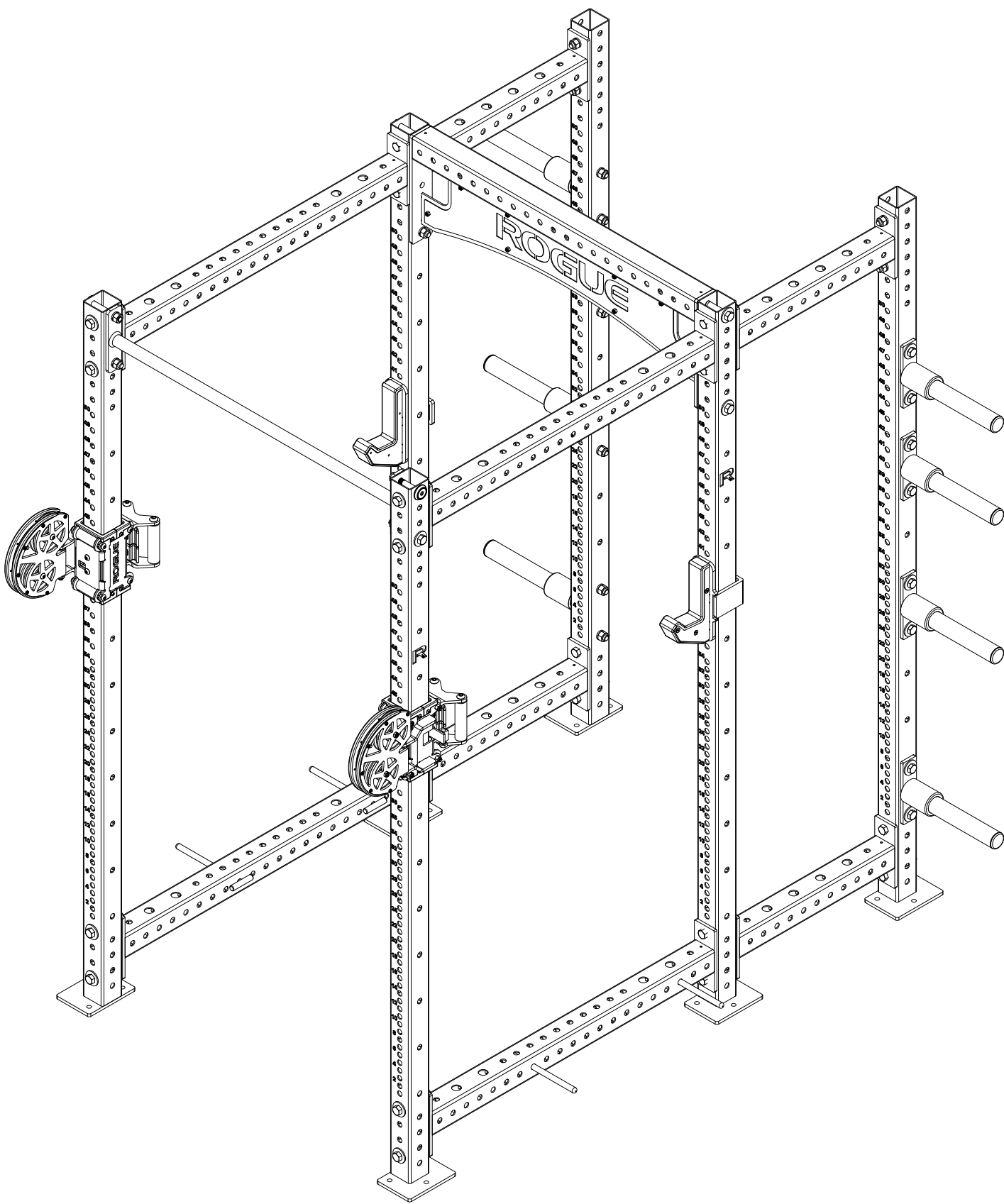
**THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE. MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY. MISUSE OF THIS RACK CAN RESULT IN SEVERE INJURY.**

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

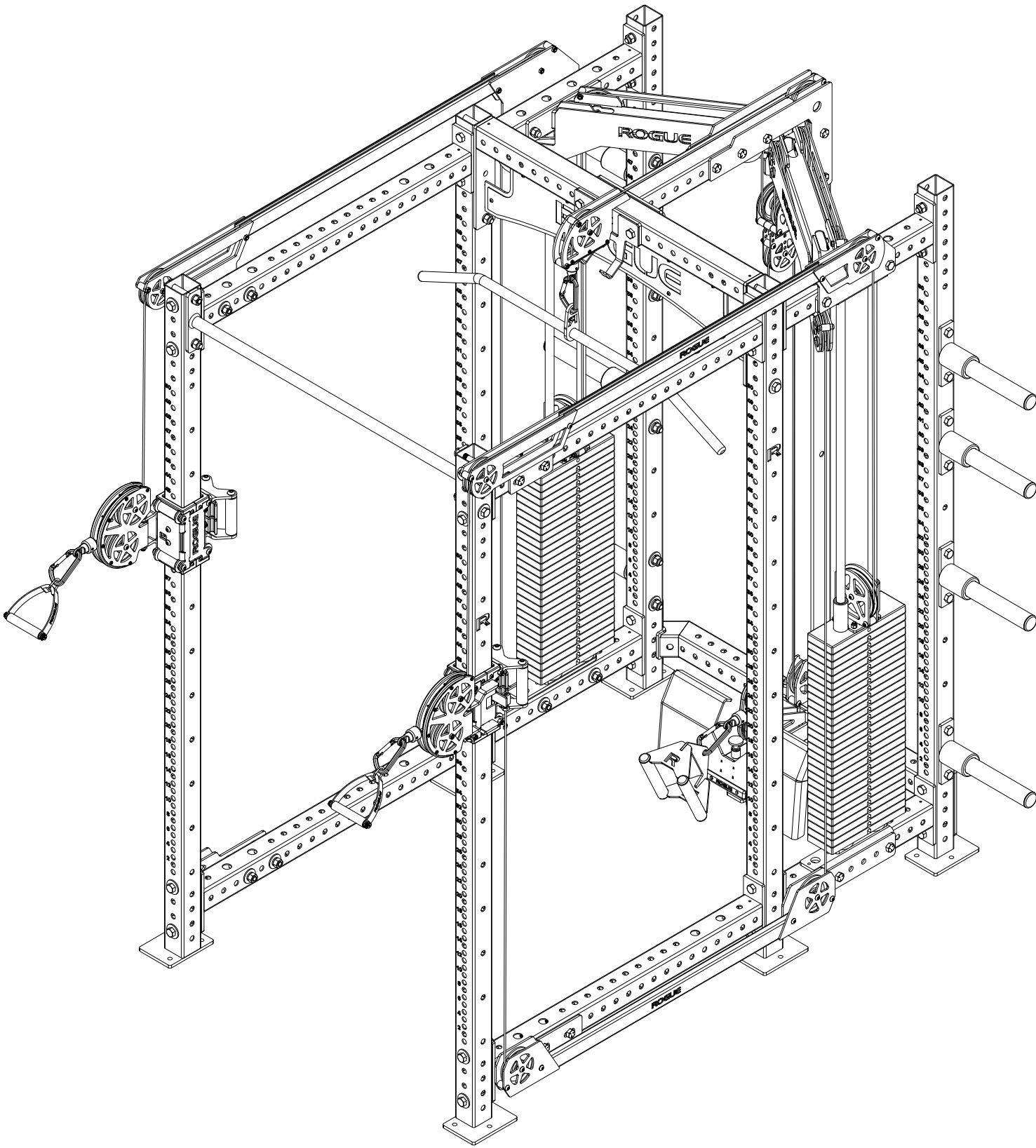
## RML-6 RACK

Included Tools.....	3
Included Parts.....	4
Assembly.....	13



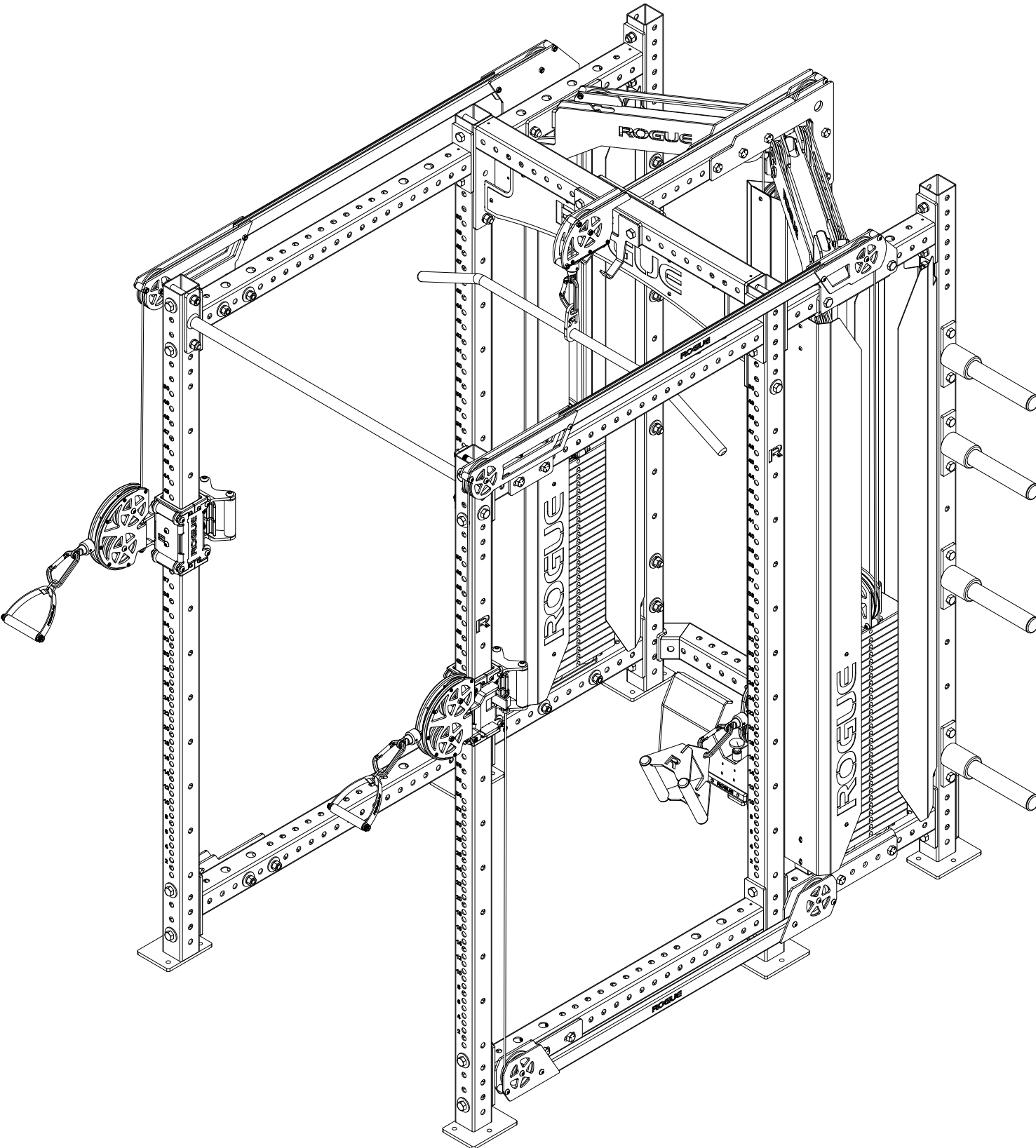
## FML-6 ADD-ON KIT

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



## FML-6 SHROUD KIT

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



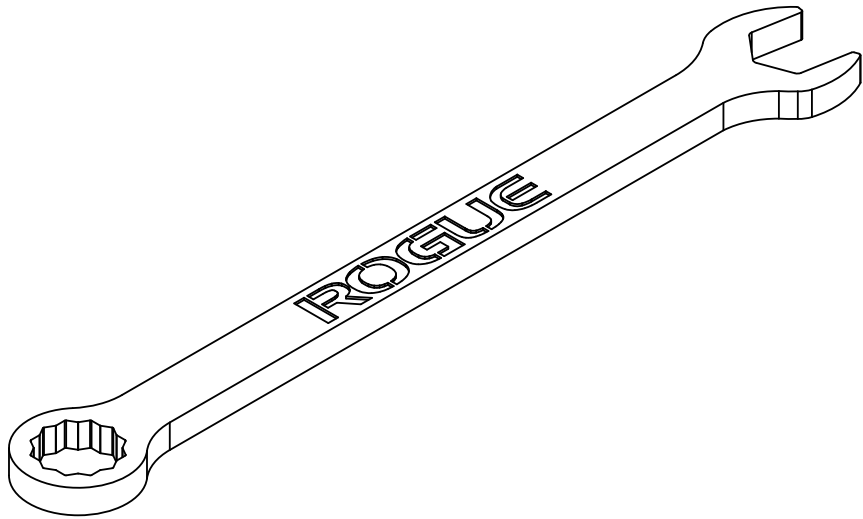


# INCLUDED TOOLS

Note: Images not shown at scale

1

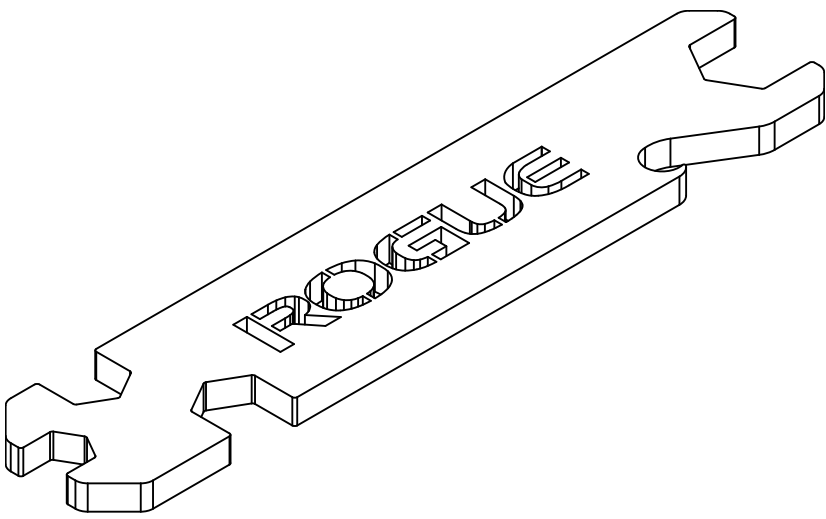
Qty: 2x



15/16” Wrench

2

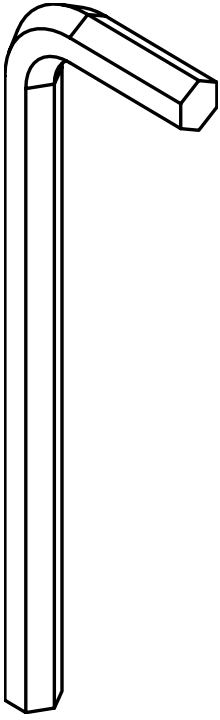
Qty: 1x



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

3

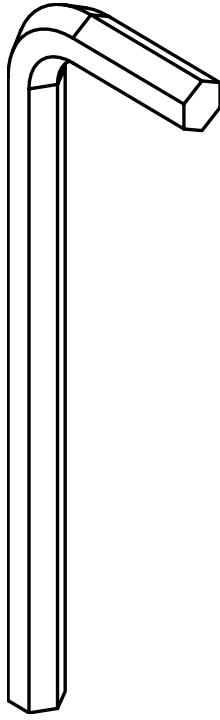
Qty: 1x



3/8” Allen Key

4

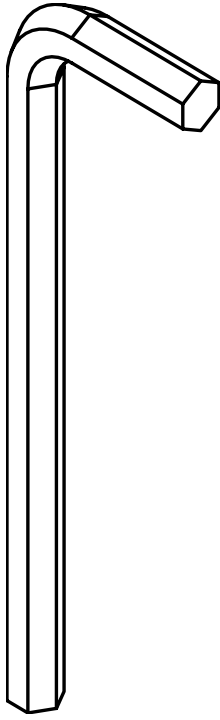
Qty: 1x



5/16” Allen Key

5

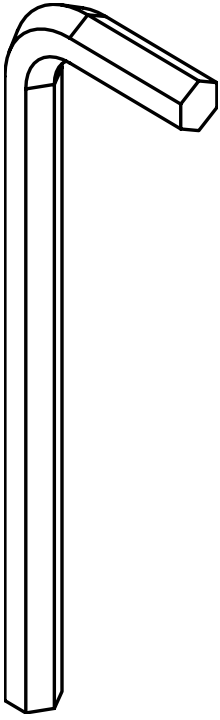
Qty: 1x



7/32” Allen Key

6

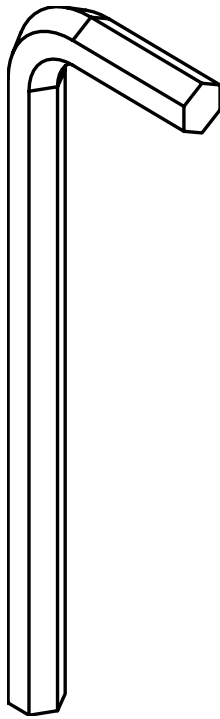
Qty: 1x



5/32” Allen Key

7

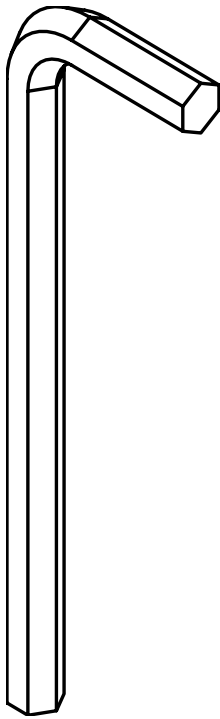
Qty: 1x



1/8” Allen Key

8

Qty: 1x



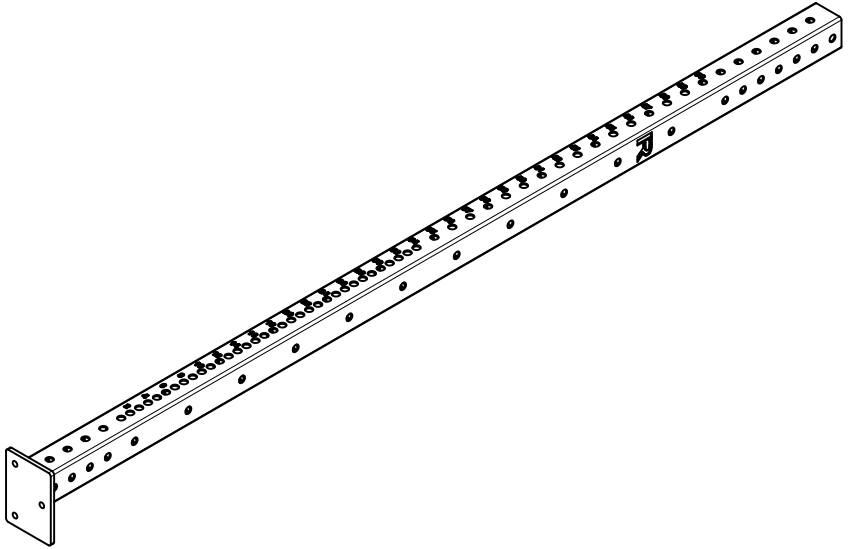
3/32” Allen Key

# INCLUDED PARTS: RML-690 FULL RACK

Note: Images not shown at scale.

1

Qty: 6x

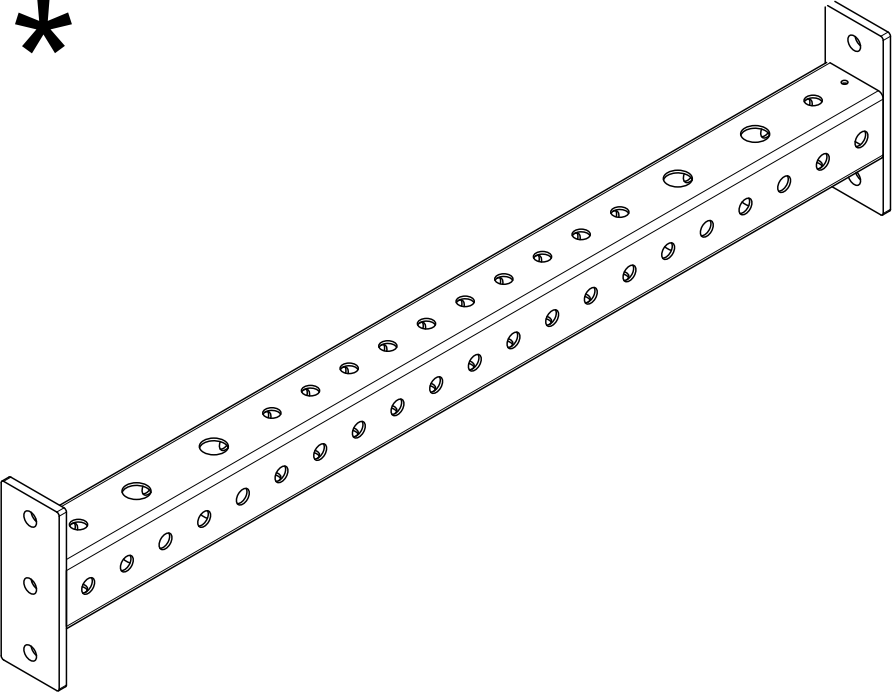


90" Monster Lite Upright

2

Qty: 4x

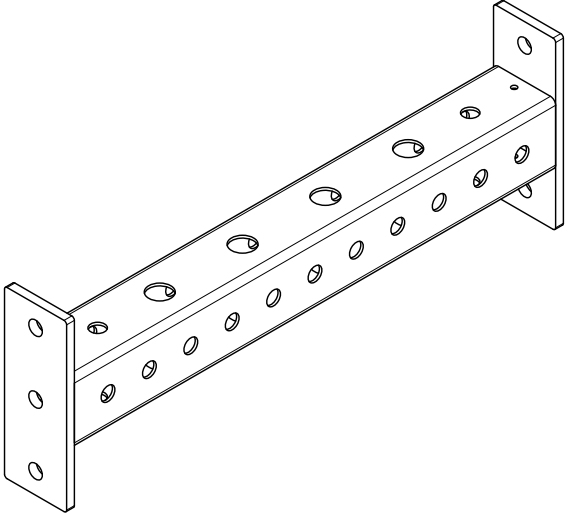
\*



Front Crossmember

3

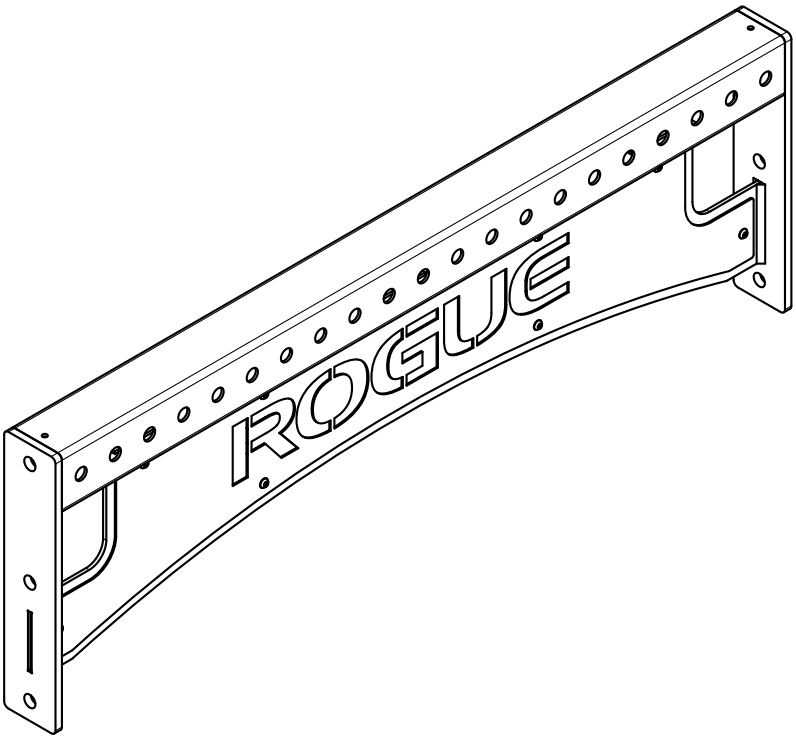
Qty: 4x



24" Rear Crossmember

4

Qty: 1x

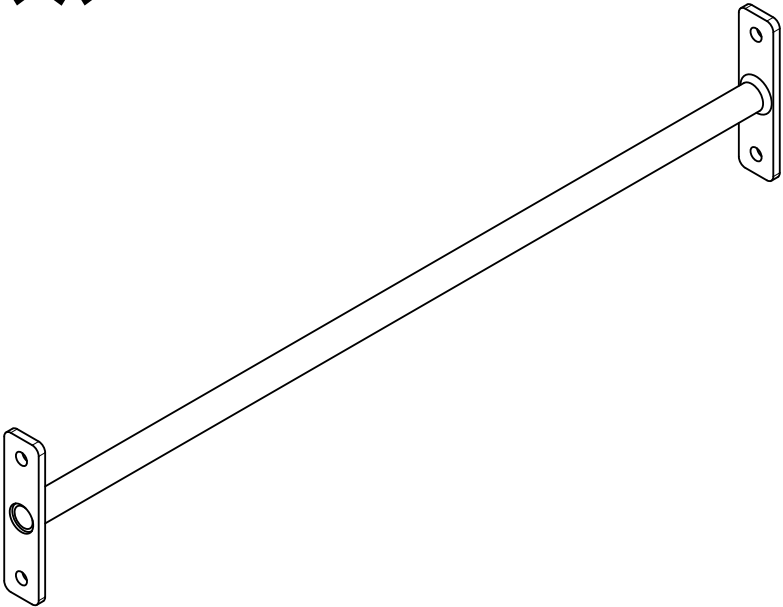


Nameplate Crossmember

5

Qty: 1x

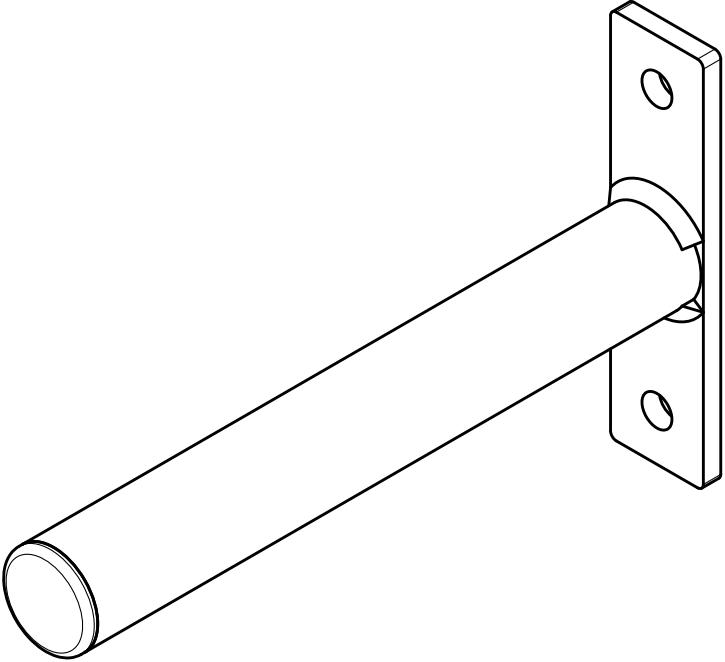
\*\*



Pull-up Bar

6

Qty: 8x

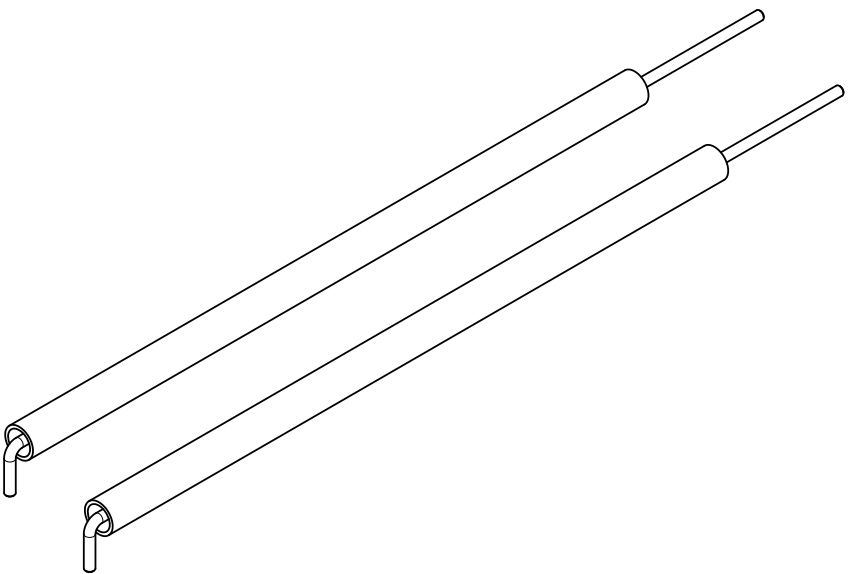


Monster Lite Plate Storage Pin

7

Qty: 1x

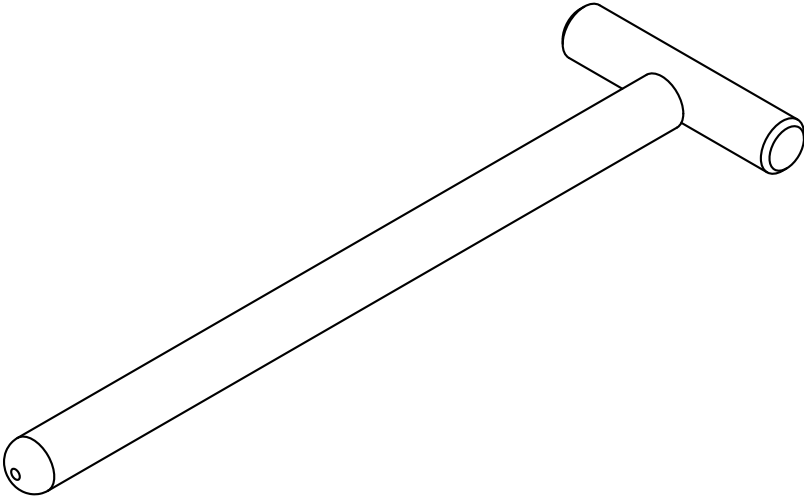
\*\*



Pair of Safety Spotter Arms

8

Qty: 4x

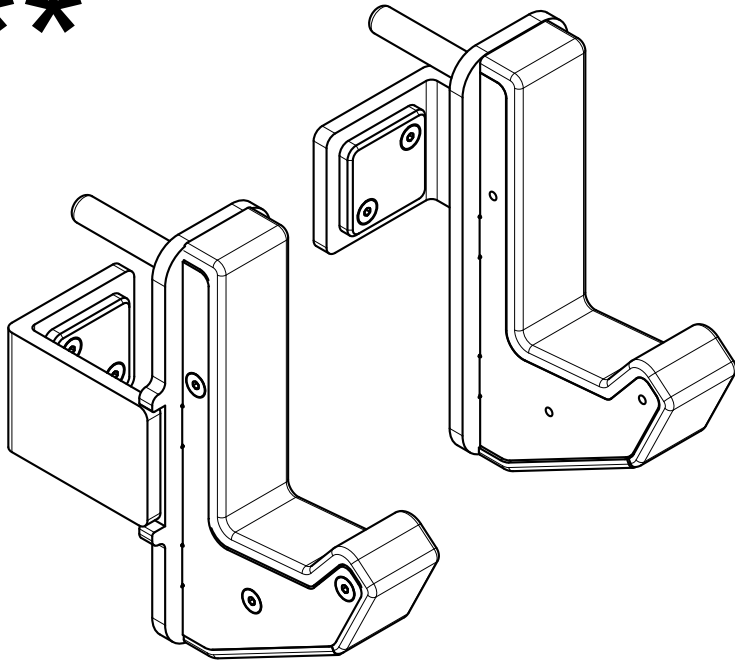


Band Peg

9

Qty: 1x

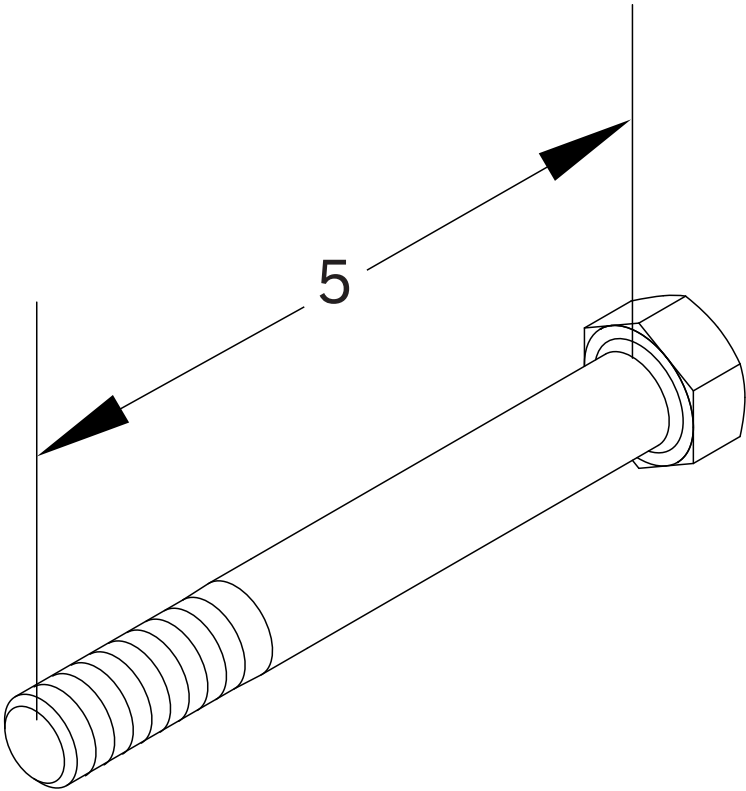
\*\*



Pair of Monster Lite J-cups

10

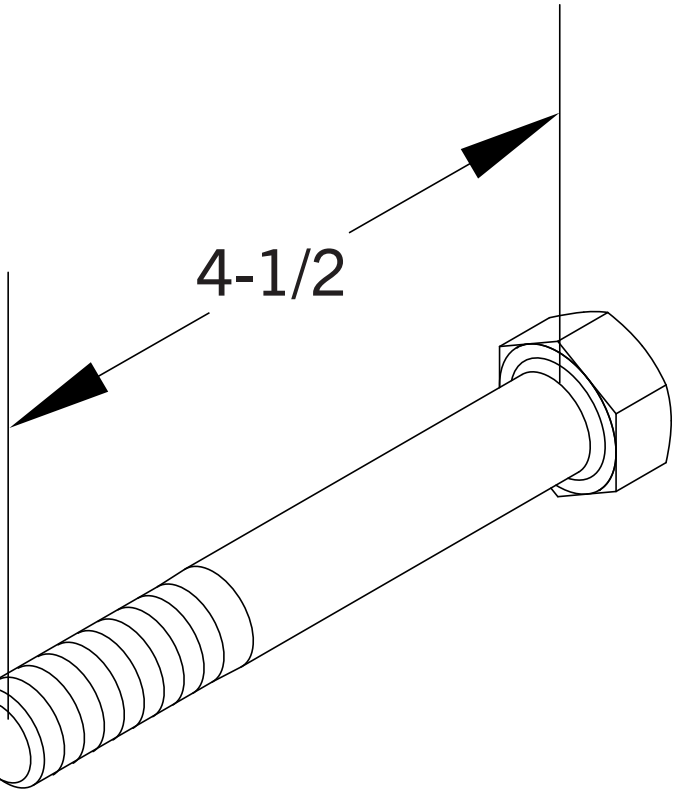
Qty: 8x



5/8" x 5" Hex Bolt

11

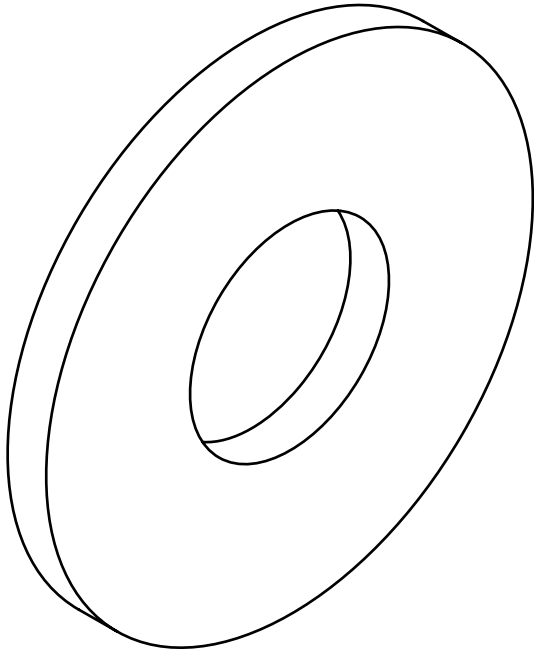
Qty: 40x



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

12

Qty: 40x



5/8" Flat Washer

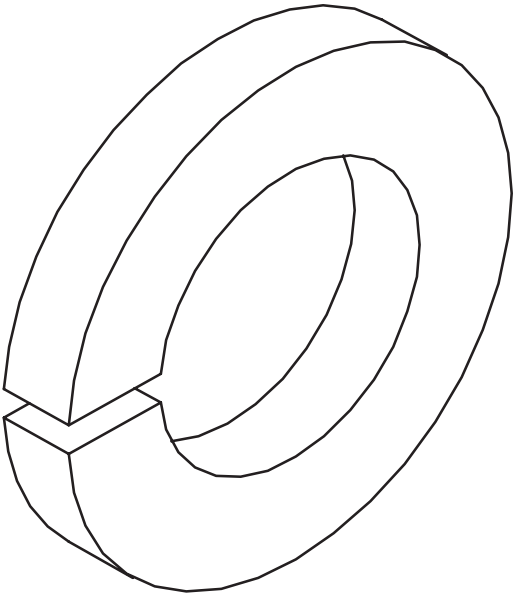
\* Front Crossmember length depends on Rack Depth selection made at checkout.  
\*\* Items may look different than drawings shown. Style depends on selection made at checkout.

# INCLUDED PARTS: RML-690 FULL RACK

Note: Images not shown at scale.

13

Qty: 48x



5/8” Lock Washer

14

Qty: 48x



5/8” Hex Nut

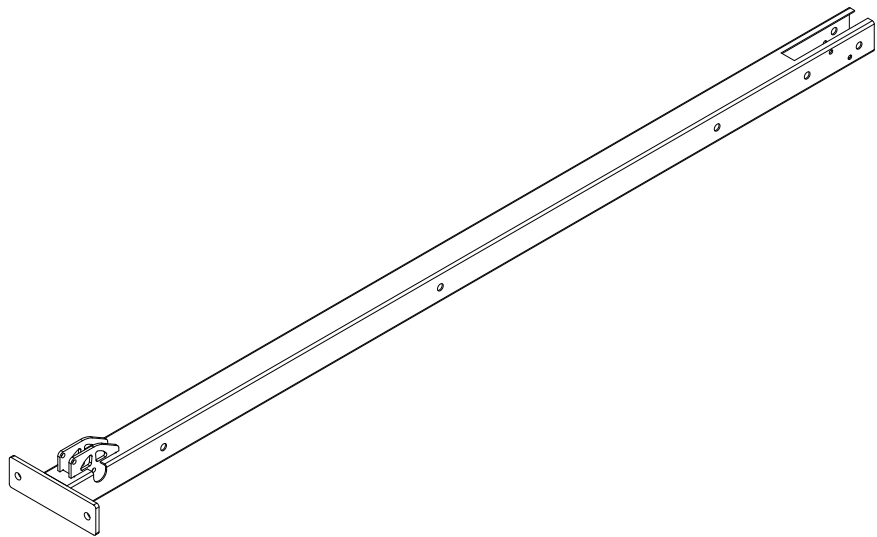


# INCLUDED PARTS: FM-6 ADD-ON KIT

Note: Images not shown at scale.

15

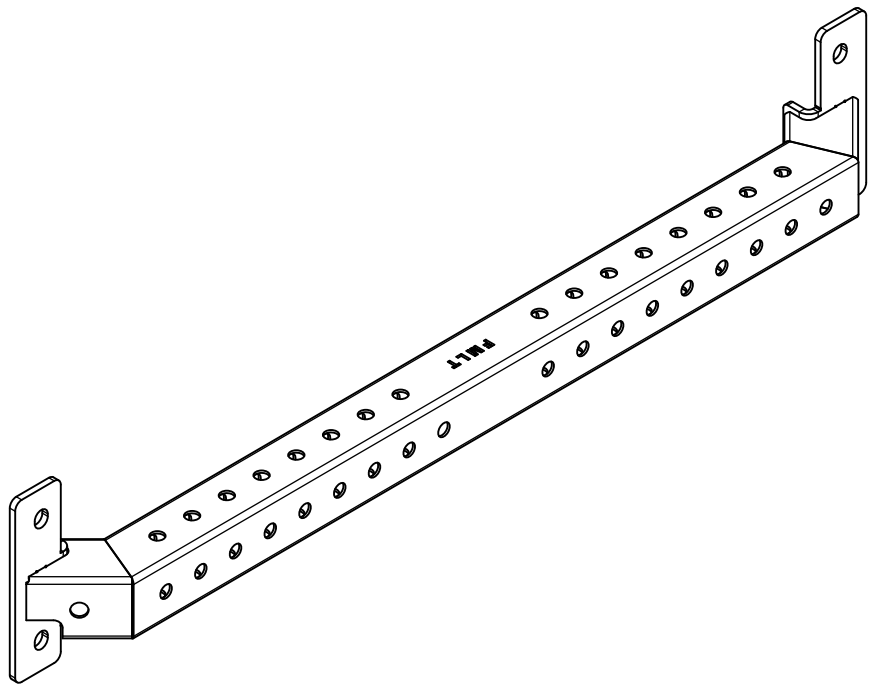
Qty: 1x



90" or 100" Rear 3X3 Upright

16

Qty: 1x



Low Row Crossmember

17

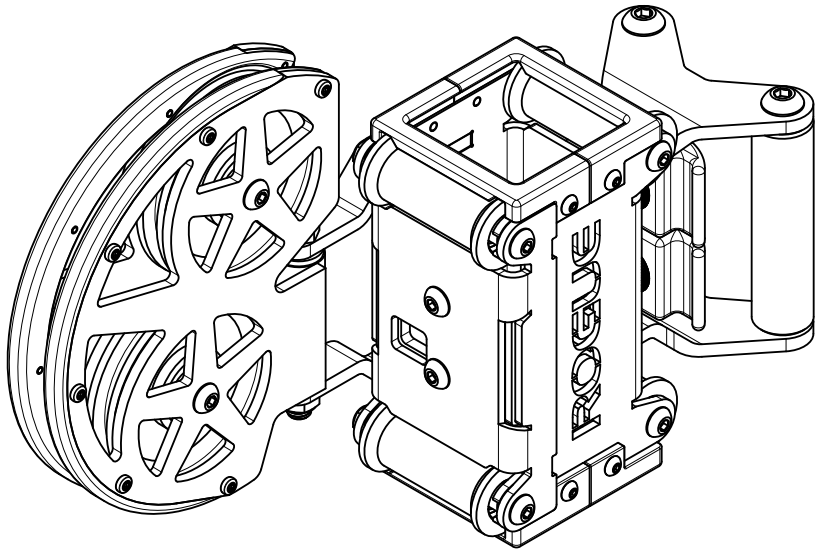
Qty: 1x



Swivel Trolley RH

18

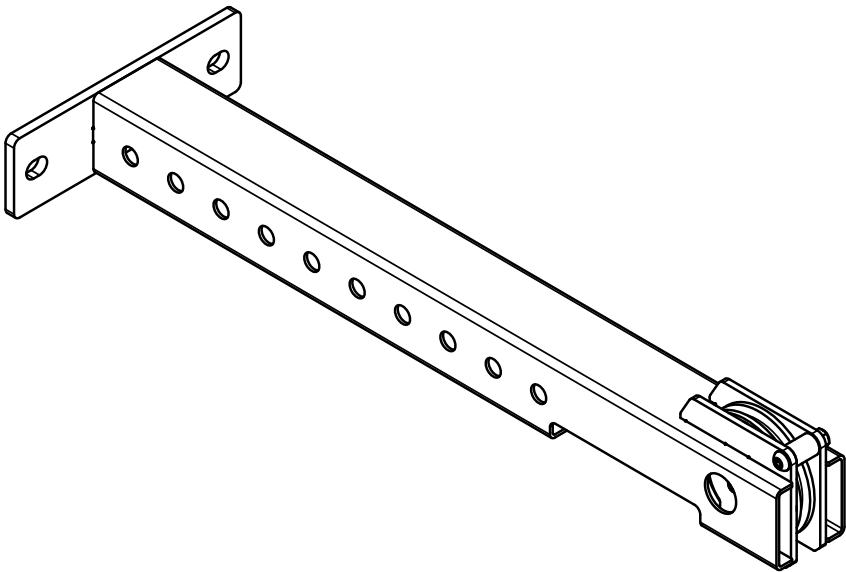
Qty: 1x



Swivel Trolley LH

19

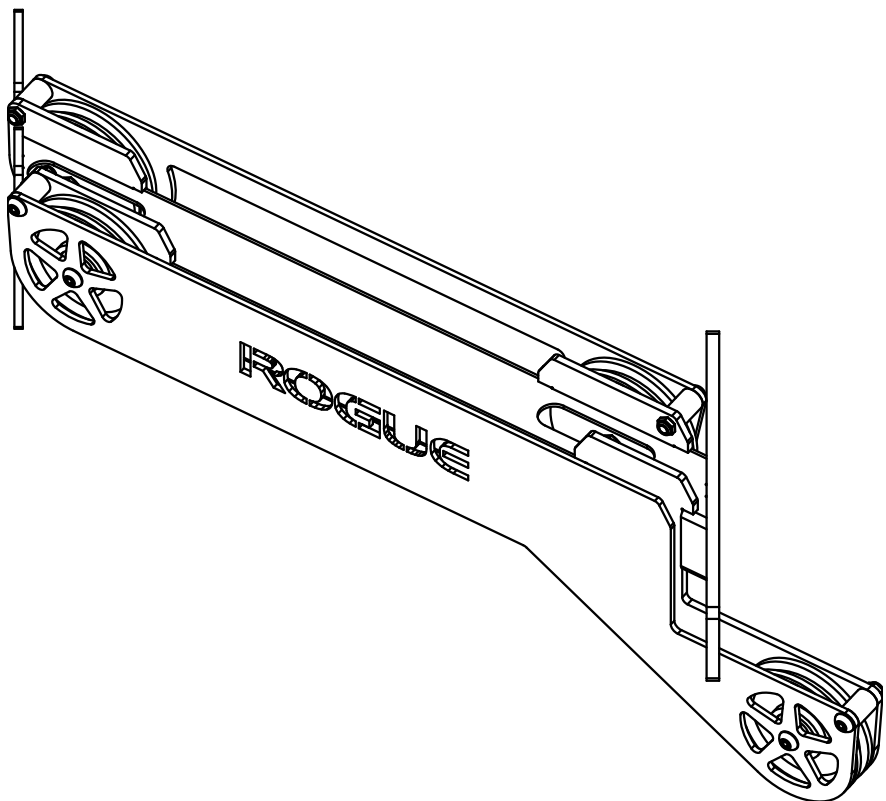
Qty: 1x



Top Center Crossmember

20

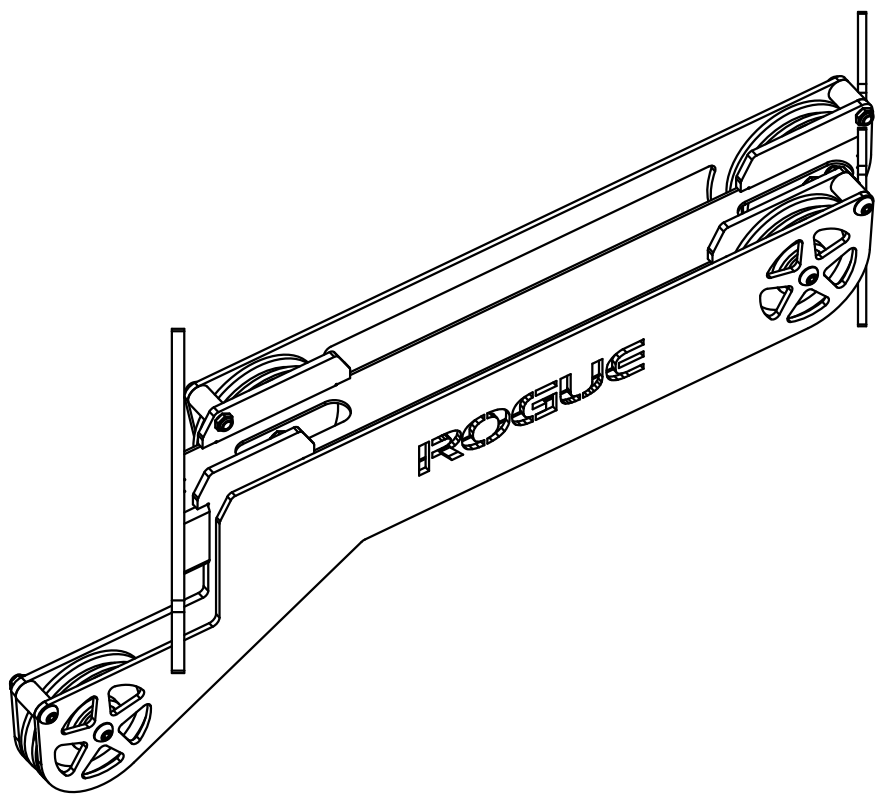
Qty: 1x



Top Rear Angle Crossmember - RH

21

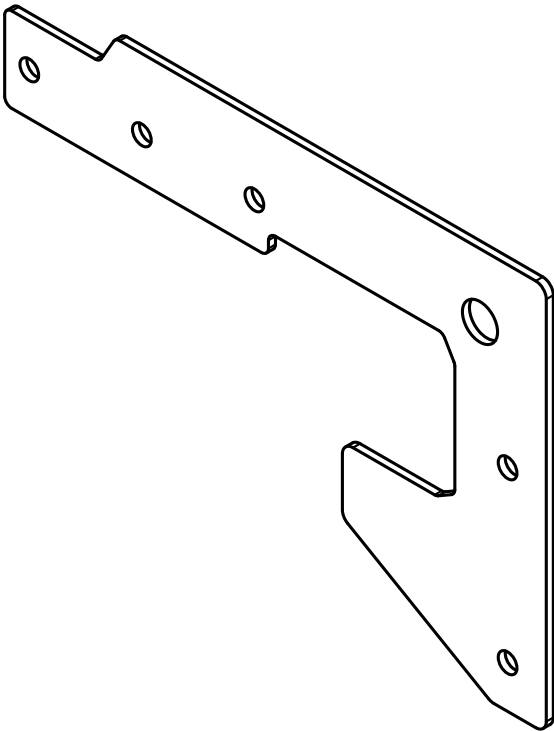
Qty: 1x



Top Rear Angle Crossmember - LH

22

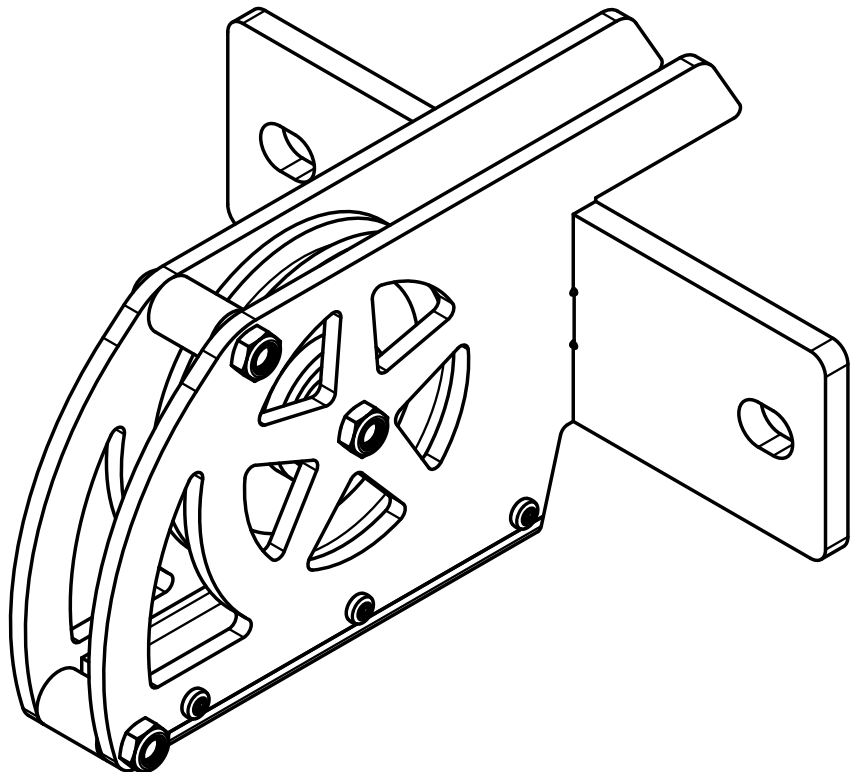
Qty: 2x



Connector Plate

23

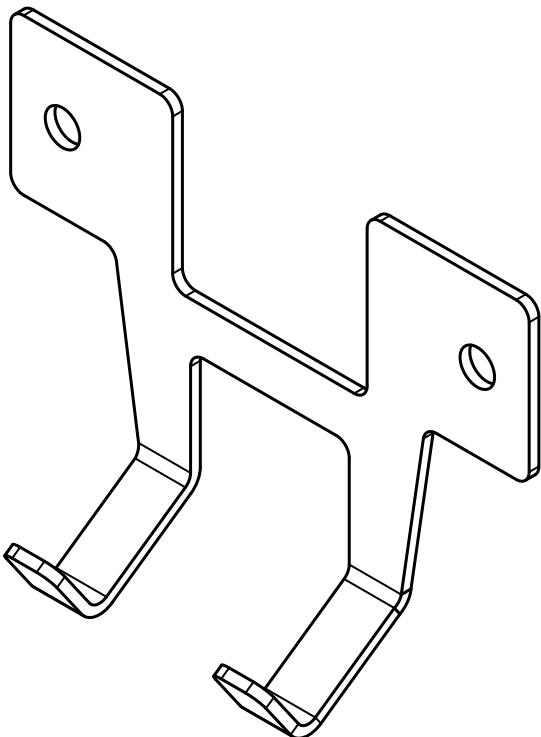
Qty: 1x



Lat Pulldown Pulley Bracket

24

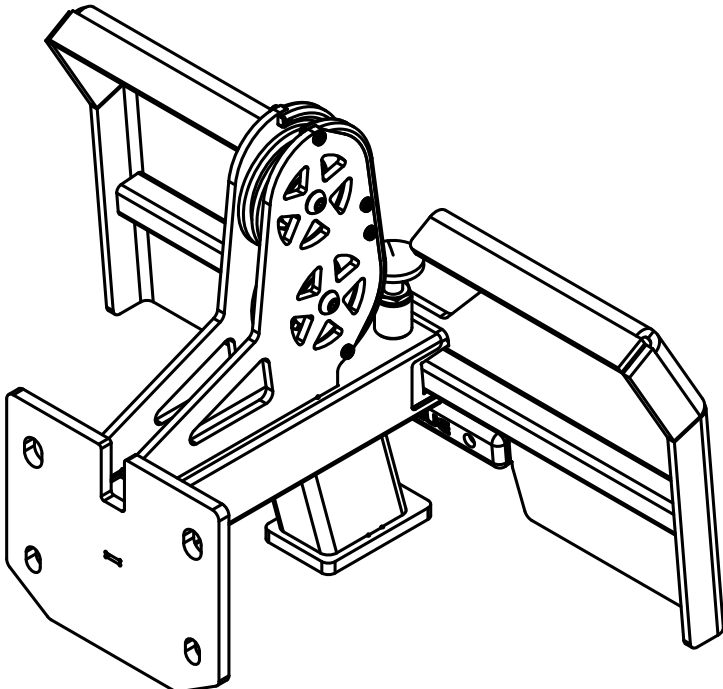
Qty: 1x



Lat Bar Hanger

25

Qty: 1x

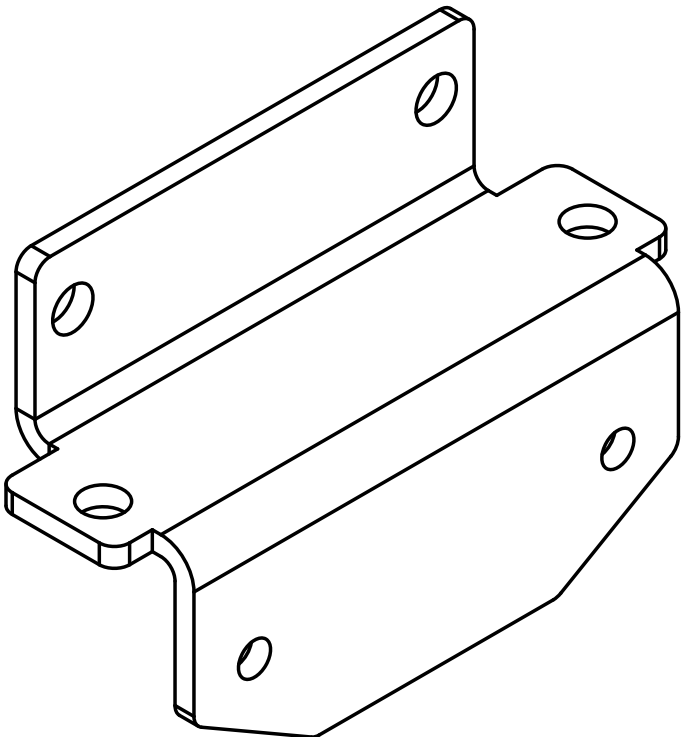


Low Row Footplate Assembly

26

Qty: 1x

\*



Low Row Connector Plate

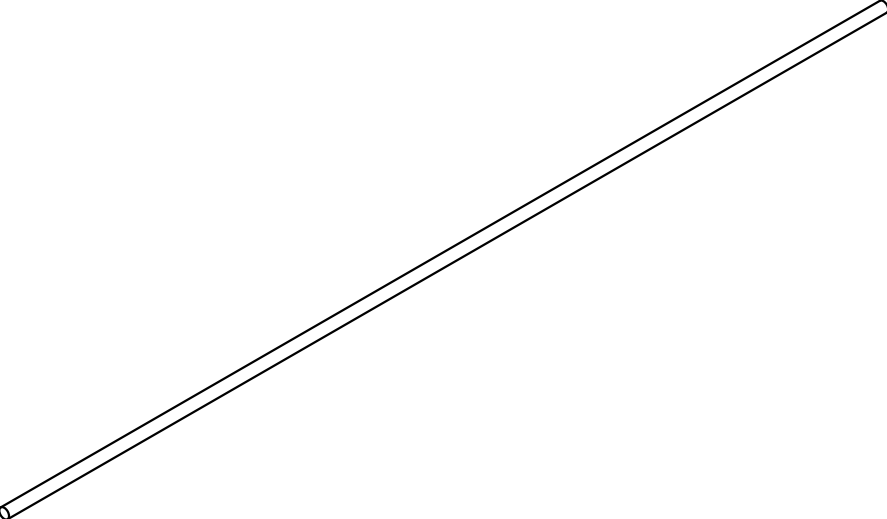
\* Low Row Connector Plate comes packaged with the 3x3 Rear Upright.

# INCLUDED PARTS: FM-6 ADD-ON KIT

Note: Images not shown at scale.

27

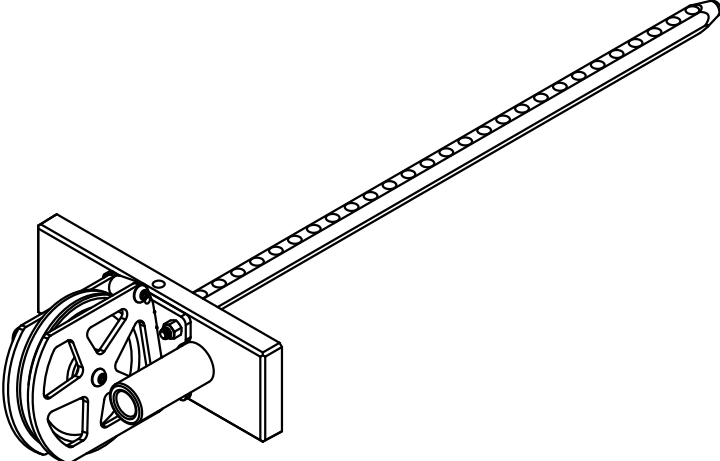
Qty: 4x



Guide Rod

28

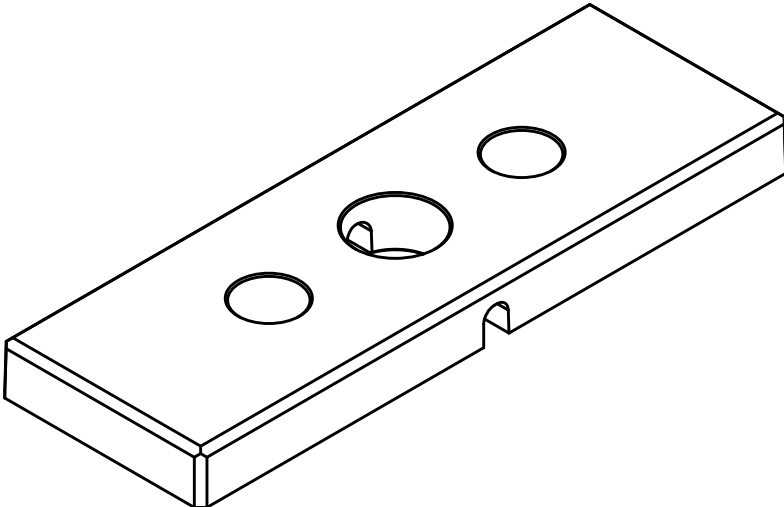
Qty: 2x



Weight Stack Stem

29

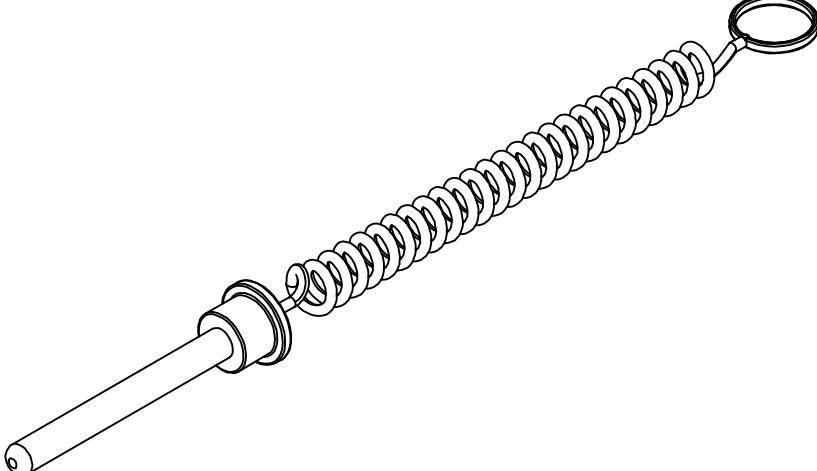
Qty: 56x



10LB Weight Stack Plate

30

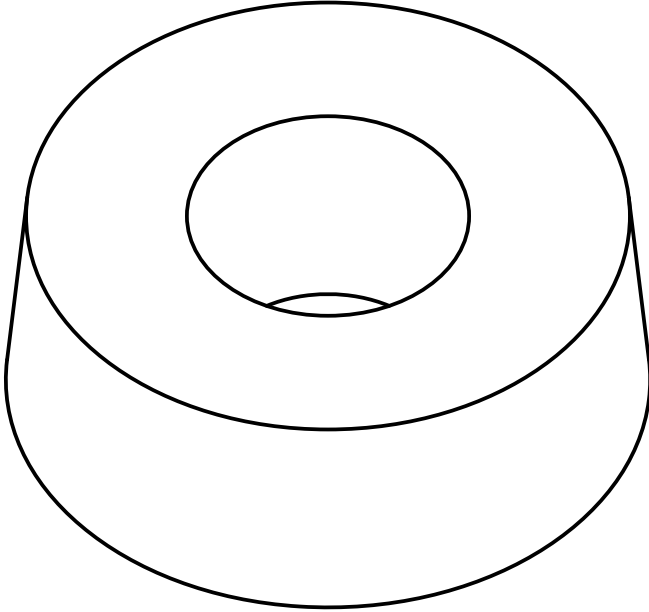
Qty: 2x



Weight Stack Selector Pin w/ Lanyard

31

Qty: 4x

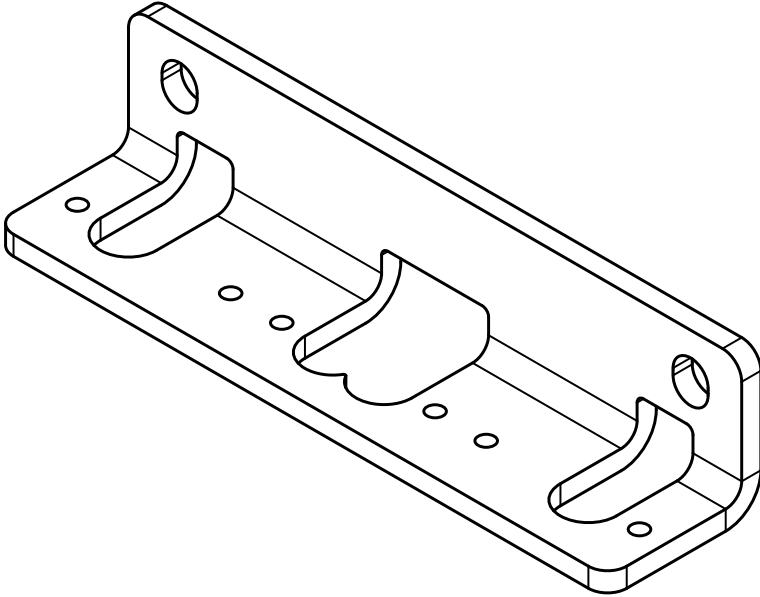


Weight Stack Bottom Bumper

32

Qty: 2x

\*

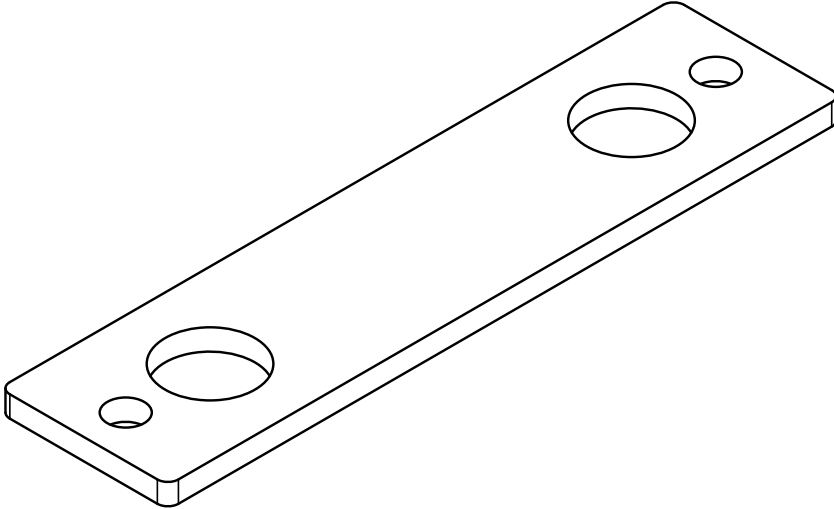


Top Guide Rod Retaining Bracket

33

Qty: 2x

\*

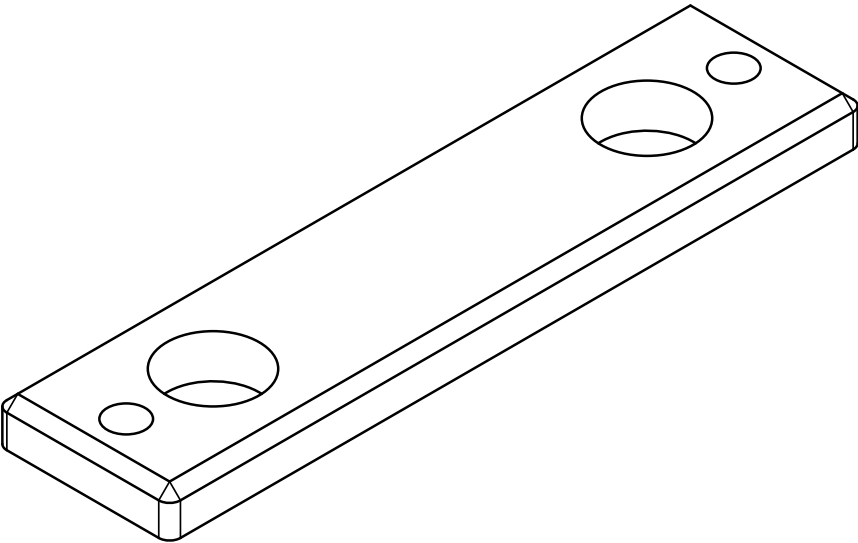


Guide Rod Retaining Plate

34

Qty: 2x

\*

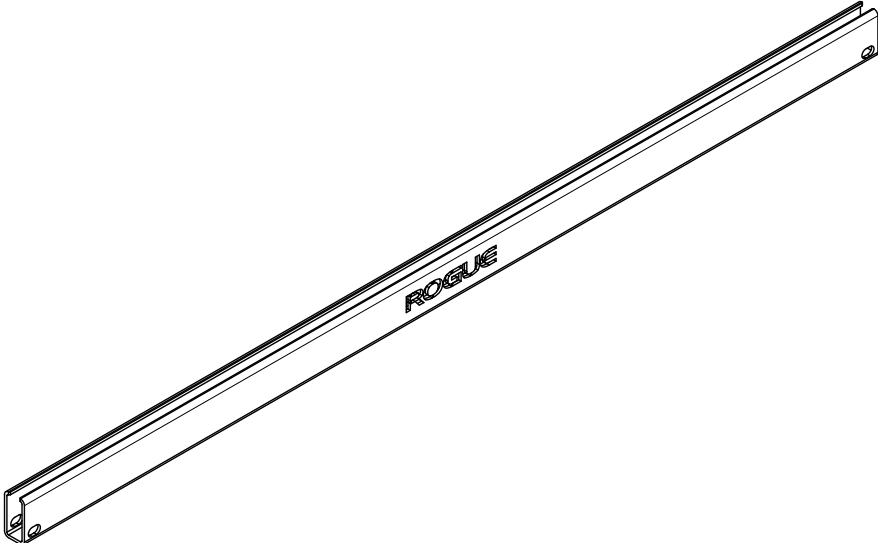


Guide Rod Retaining Plastic

35

Qty: 2x

\*\*

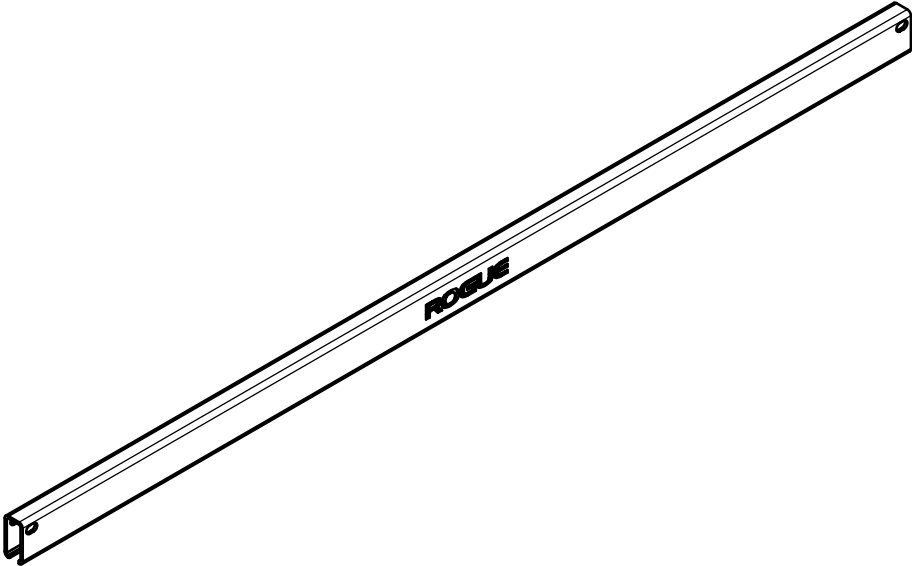


Top Cable Cover Rail (24", 30", or 43")

36

Qty: 2x

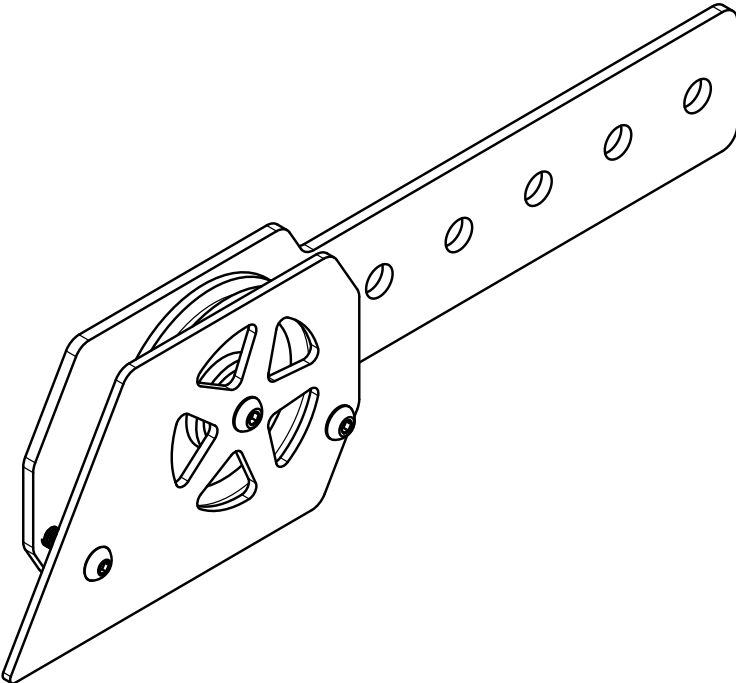
\*\*



Low Cable Cover Rail (24", 30", or 43")

37

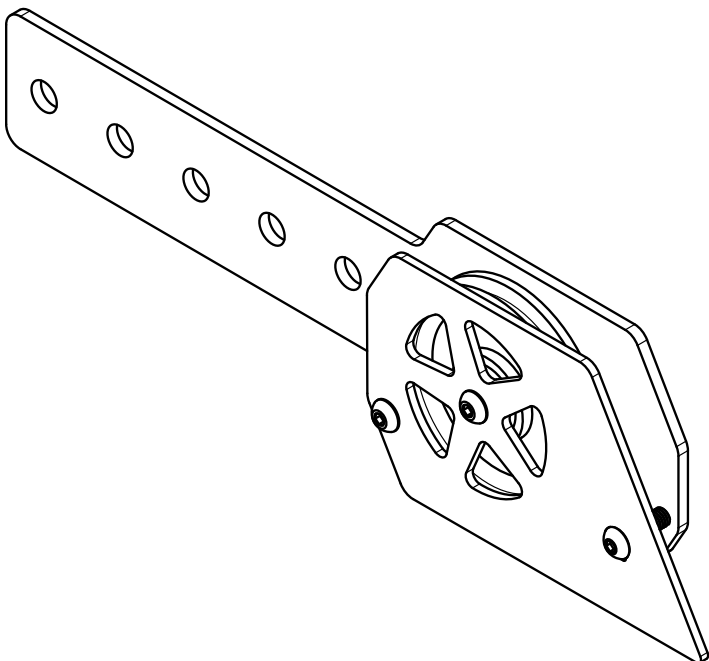
Qty: 1x



Bottom Rear Side Pulley Assembly - RH

38

Qty: 1x



Bottom Rear Side Pulley Assembly - LH

\* Guide Rod Retaining Plastic and Plate come installed on Top Guide Rod Retaining Bracket.

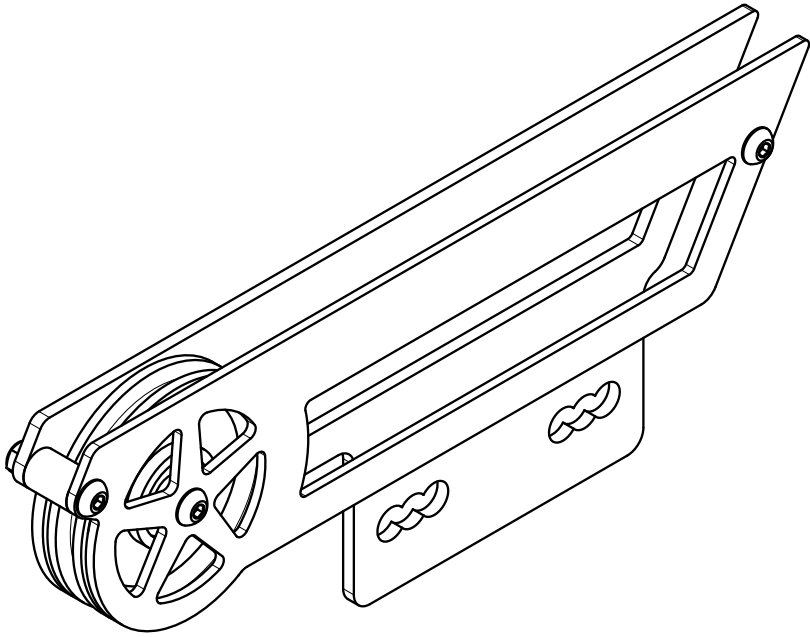
\*\* 24", 30", or 43" length depends on rack depth selection made at checkout.

INCLUDED PARTS: FML-6 ADD-ON KIT

Note: Images not shown at scale.

39

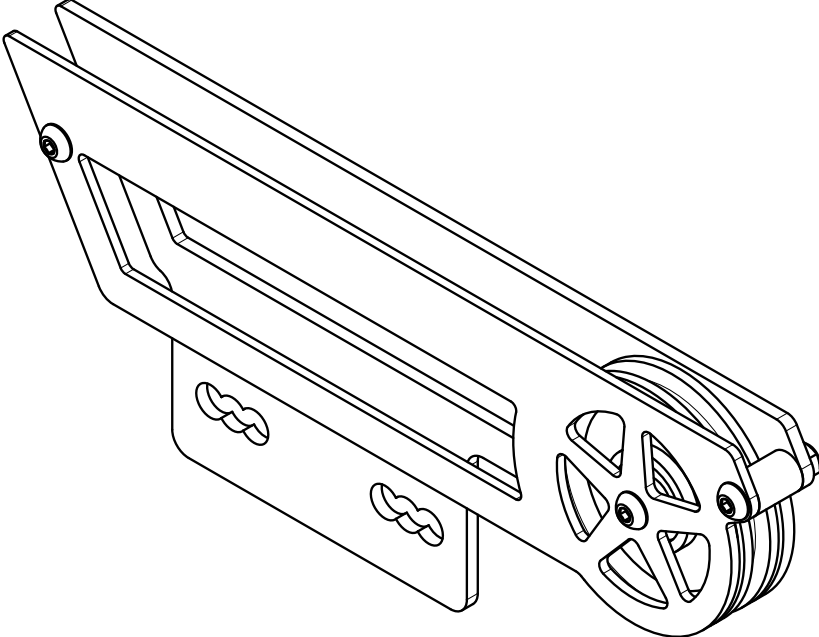
Qty: 1x



Top Front Side Pulley Assembly - RH

40

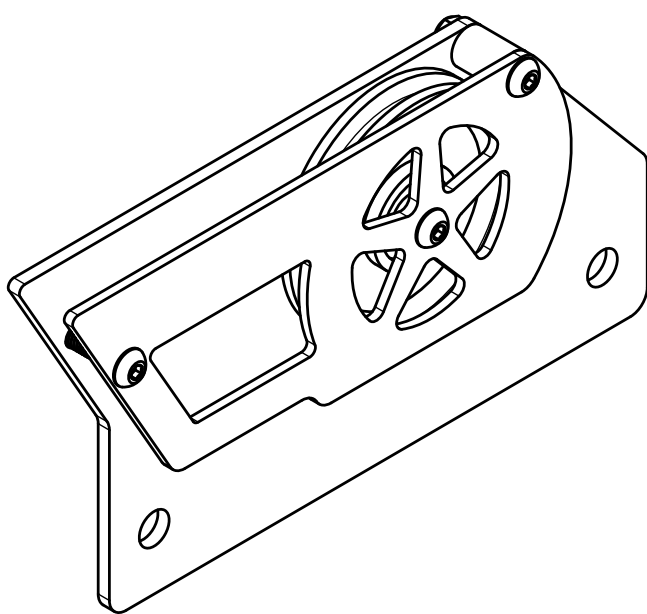
Qty: 1x



Top Front Side Pulley Assembly - LH

41

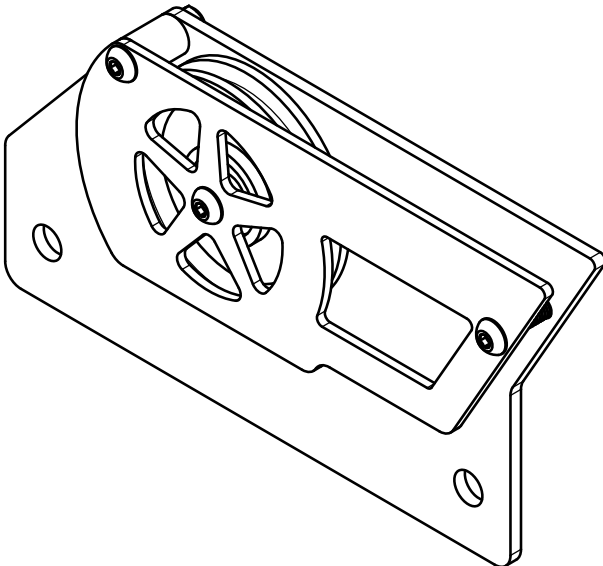
Qty: 1x



Top Rear Side Pulley Assembly - RH

42

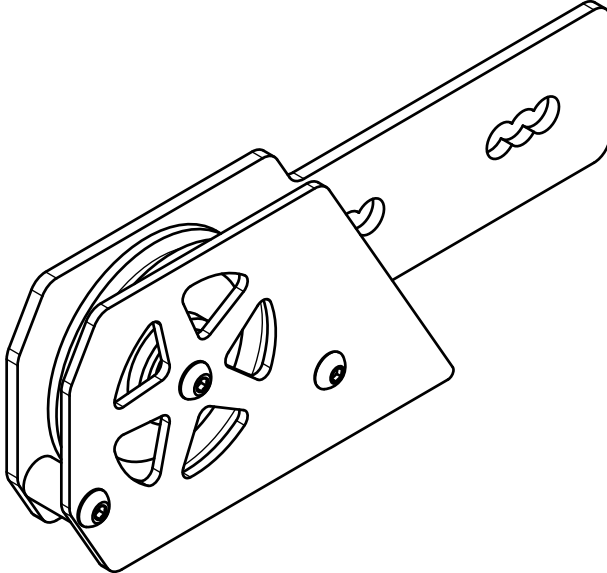
Qty: 1x



Top Rear Side Pulley Assembly - LH

43

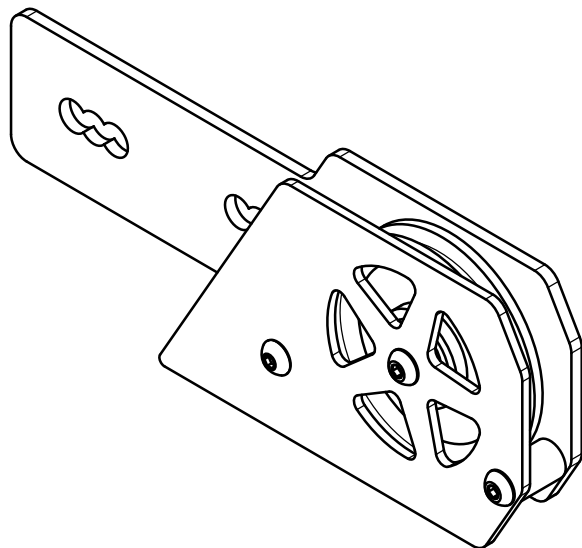
Qty: 1x



Bottom Front Side Pulley Assembly - RH

44

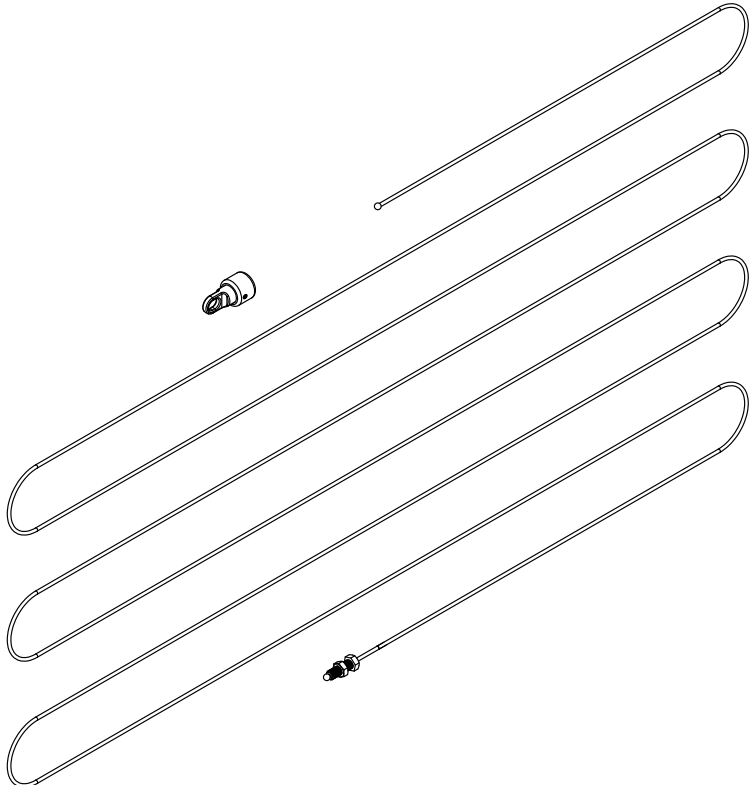
Qty: 1x



Bottom Front Side Pulley Assembly - LH

45

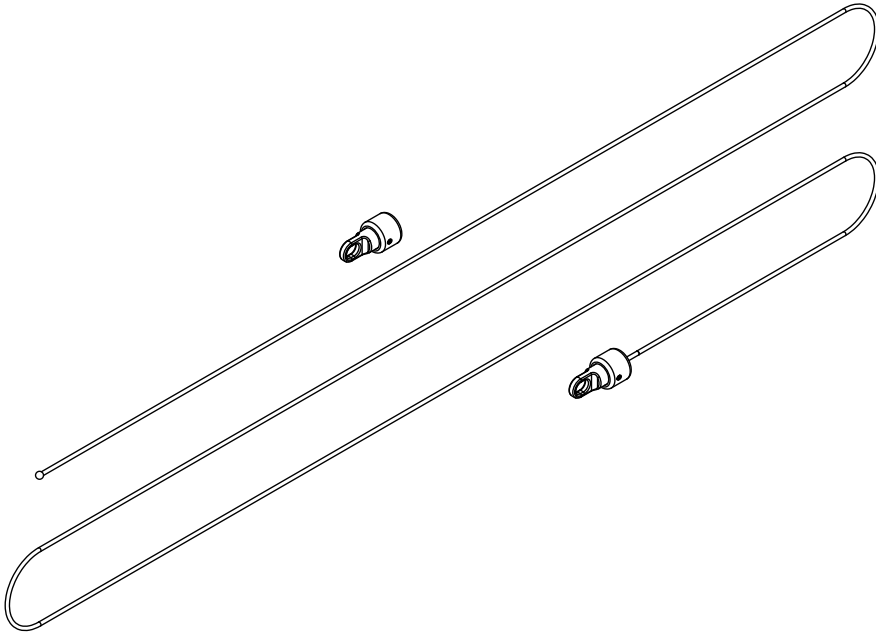
Qty: 2x



Trolley/Trolley Cable (Blue Tag)

46

Qty: 1x



Lat Pull/Low Row Cable (Yellow Tag)

47

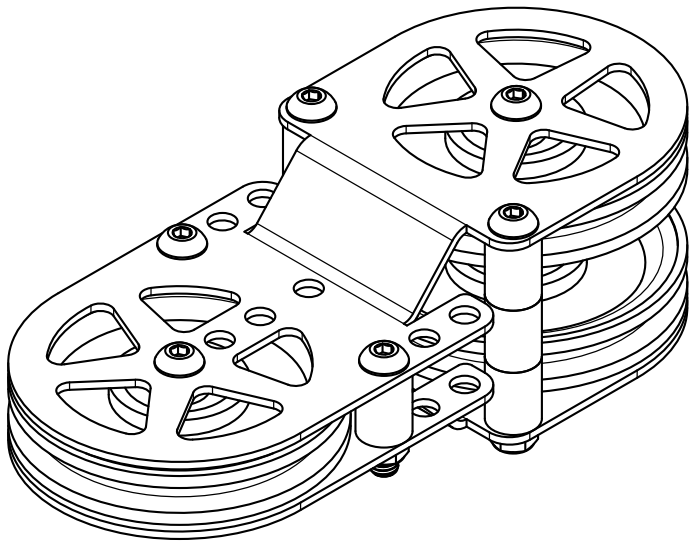
Qty: 1x

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. 81.6kg
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. 95.3kg
35 LB. 15.9kg	110 LB. 50.5kg	70 LB. 31.8kg	220 LB. 100kg
40 LB. 18.2kg	115 LB. 52.2kg	80 LB. 36.4kg	230 LB. 104.5kg
45 LB. 20.4kg	120 LB. 54.5kg	90 LB. 40.9kg	240 LB. 109.1kg
50 LB. 22.7kg	125 LB. 56.7kg	100 LB. 45.5kg	250 LB. 113.6kg
55 LB. 24.9kg	130 LB. 59.1kg	110 LB. 50.5kg	260 LB. 118.2kg
60 LB. 27.2kg	135 LB. 61.2kg	120 LB. 54.5kg	270 LB. 122.7kg
65 LB. 29.5kg	140 LB. 63.6kg	130 LB. 59.1kg	280 LB. 127.3kg
70 LB. 31.8kg	145 LB. 65.8kg	140 LB. 63.6kg	290 LB. 131.8kg
75 LB. 34.1kg	150 LB. 68.2kg	150 LB. 68.2kg	300 LB. 136.4kg
80 LB. 36.4kg		160 LB. 72.7kg	

Weight Stack Number Label Sheet

48

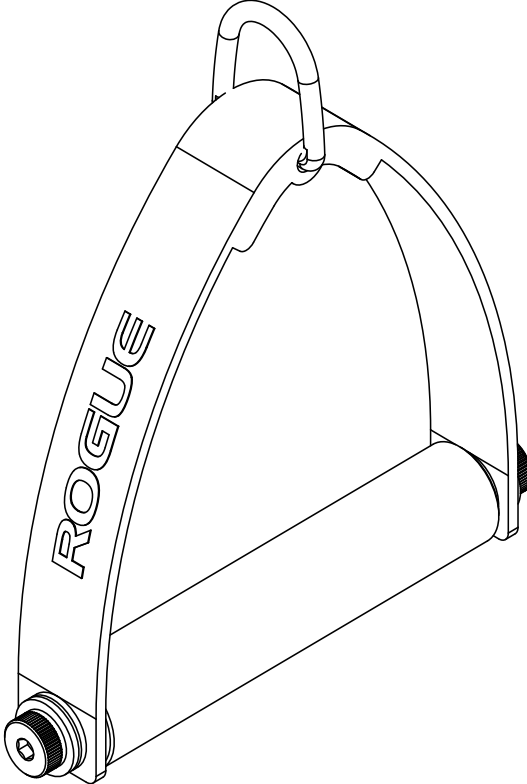
Qty: 1x



Rear Peanut Pulley

49

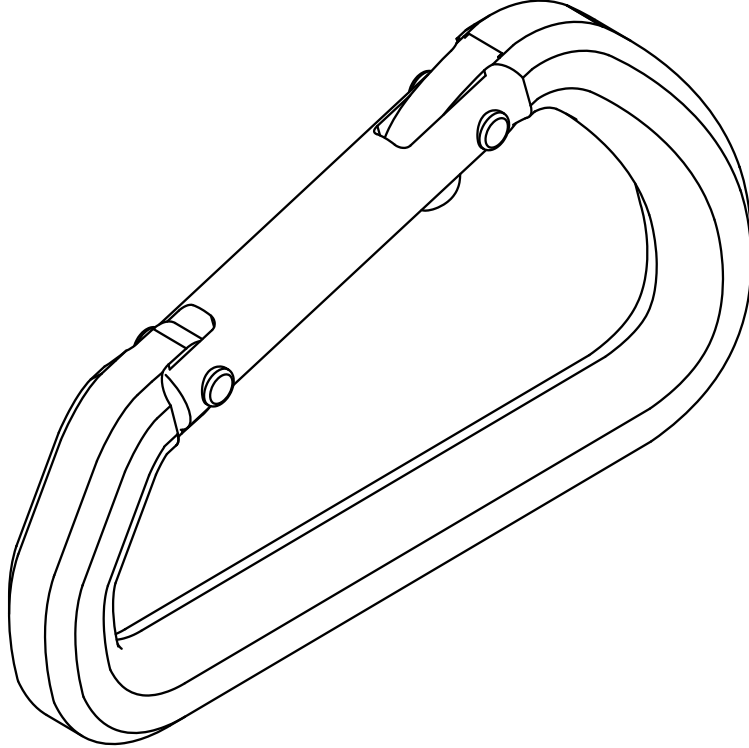
Qty: 2x



Single Handle Cable Attachment

50

Qty: 2x



D Carabiner

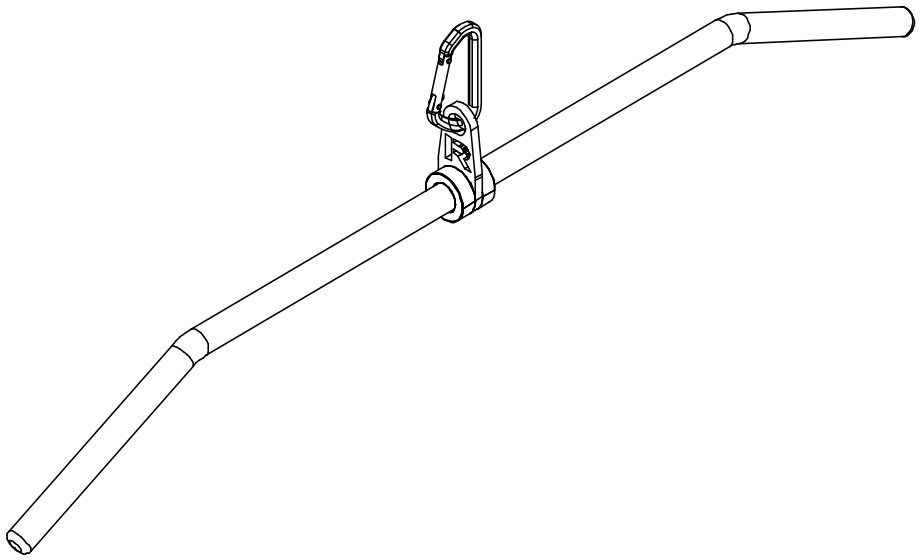


INCLUDED PARTS: FML-6 ADD-ON KIT

Note: Images not shown at scale.

51

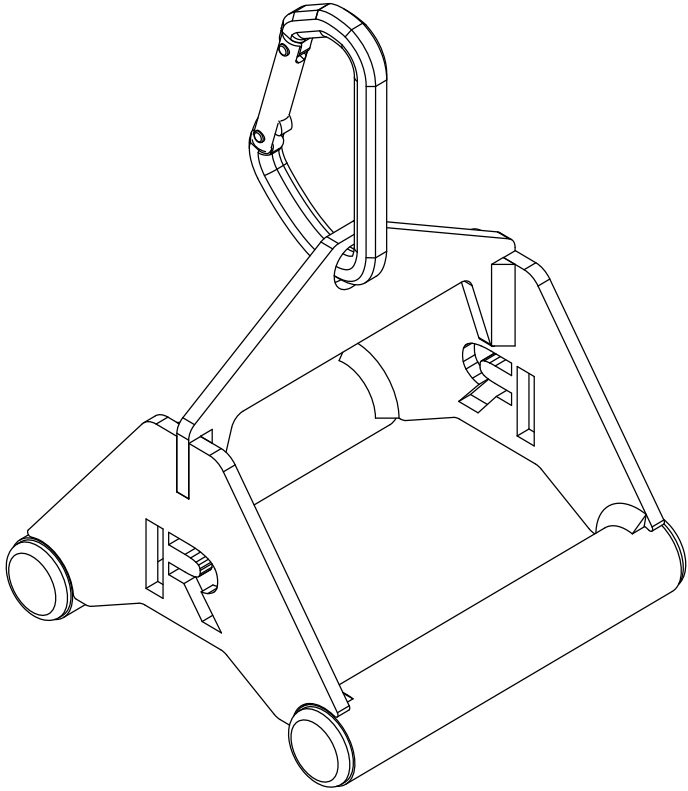
Qty: 1x



Stainless Lat Bar

52

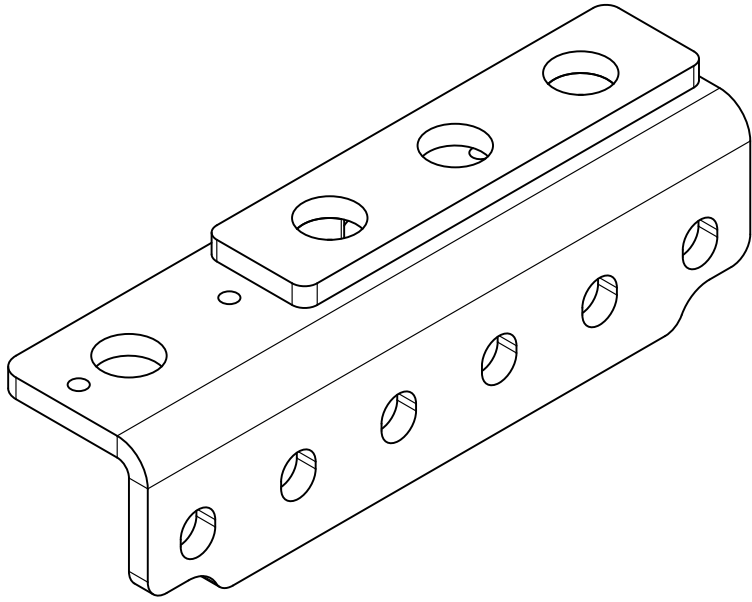
Qty: 1x



Standard Grip Triangle

53

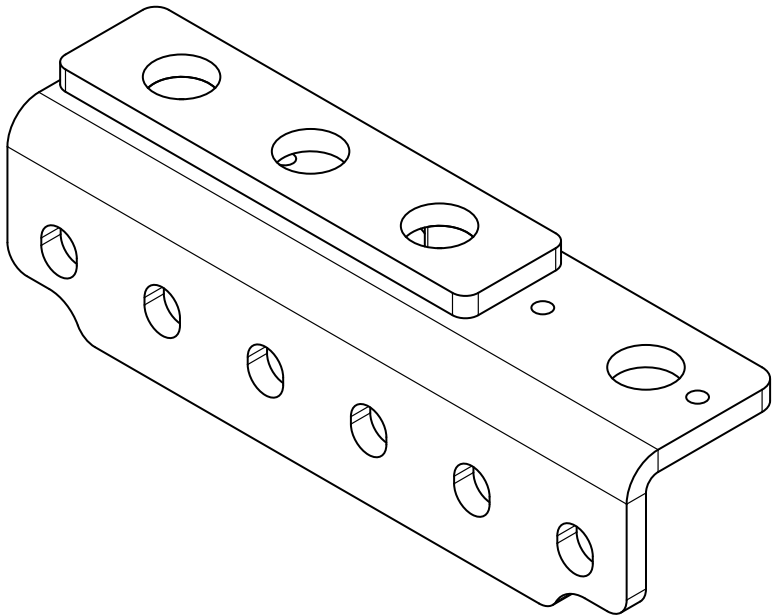
Qty: 1x



Lower Guide Rod Retaining Bracket - RH

54

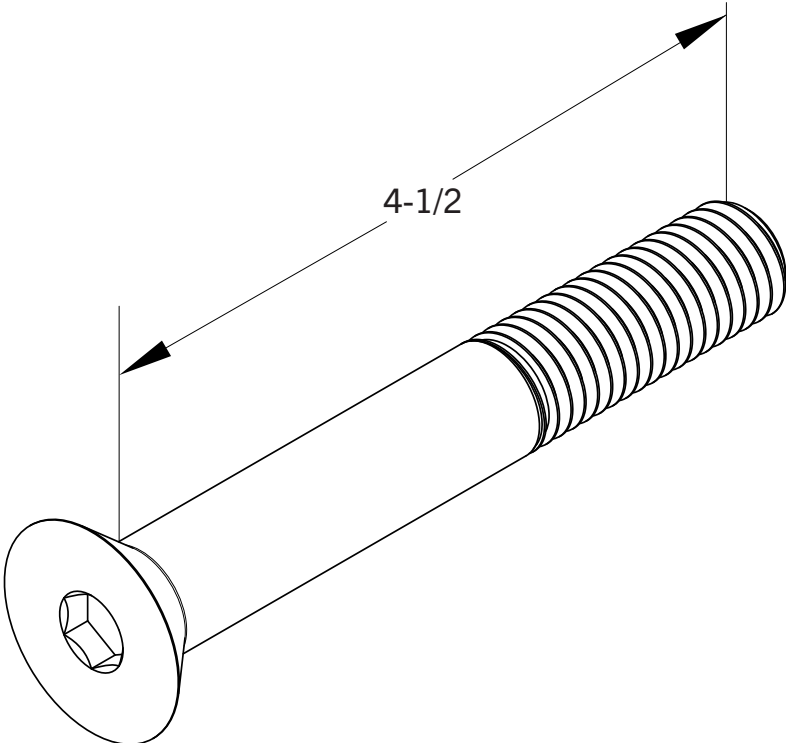
Qty: 1x



Lower Guide Rod Retaining Bracket - LH

55

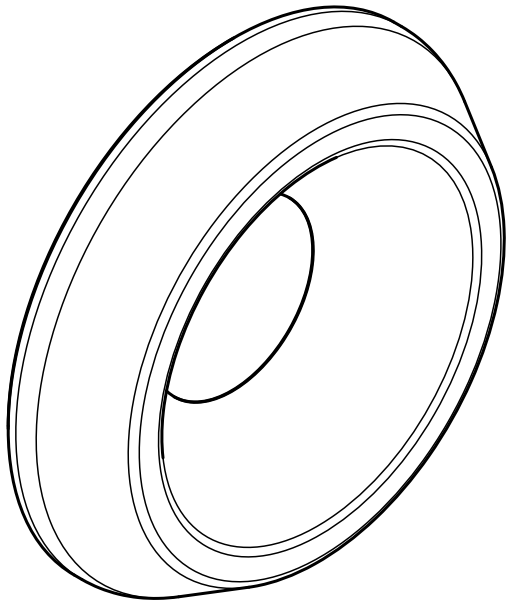
Qty: 2x



5/8" x 4-1/2" Hex Flat Head Screw

56

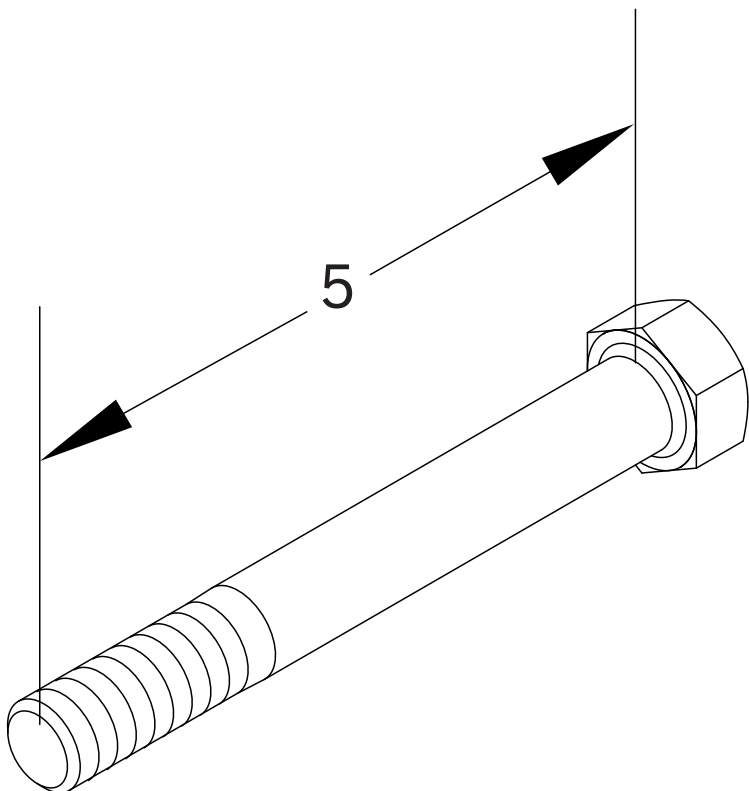
Qty: 2x



5/8" Machined Washer

57

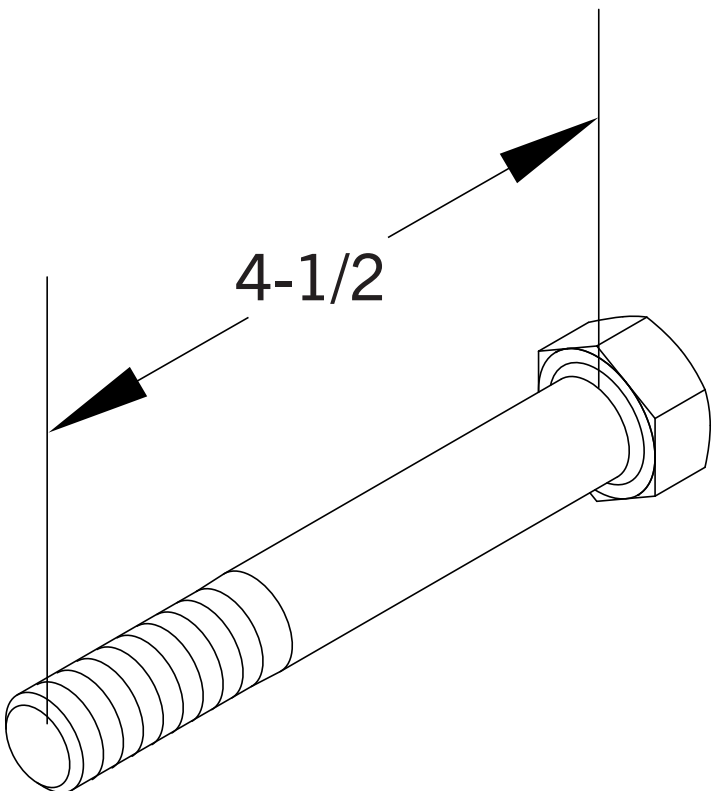
Qty: 6x



5/8" x 5" Hex Bolt

58

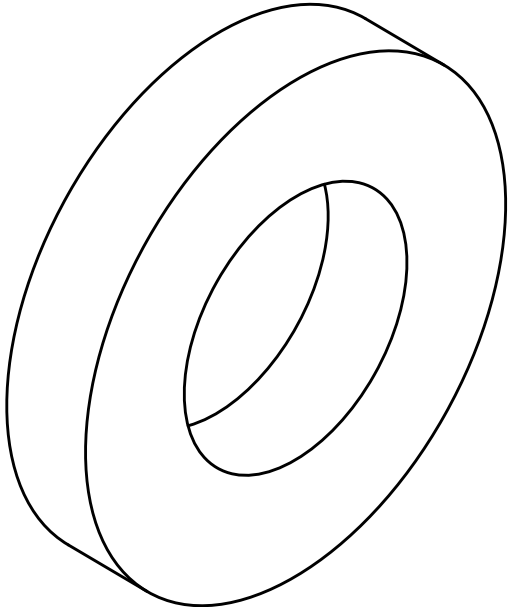
Qty: 21x



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

59

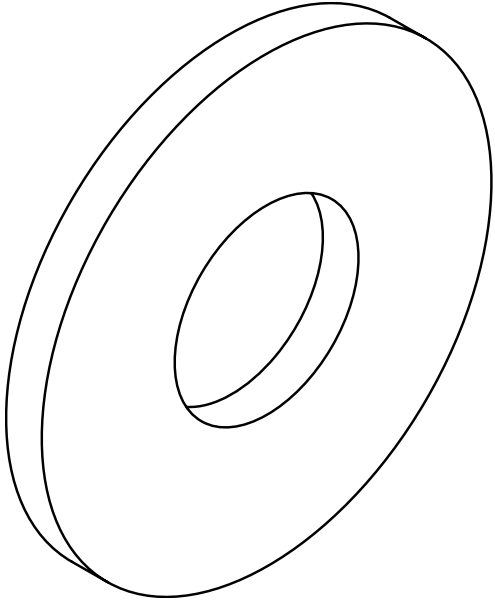
Qty: 8x



5/8" x 3/8" Pulley Bracket Spacer

60

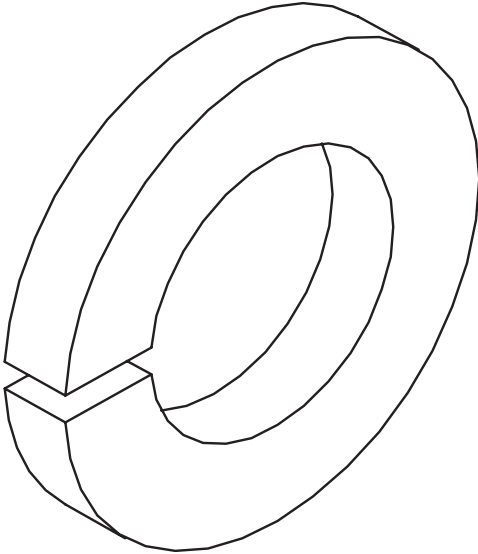
Qty: 12x



5/8" Flat Washer

61

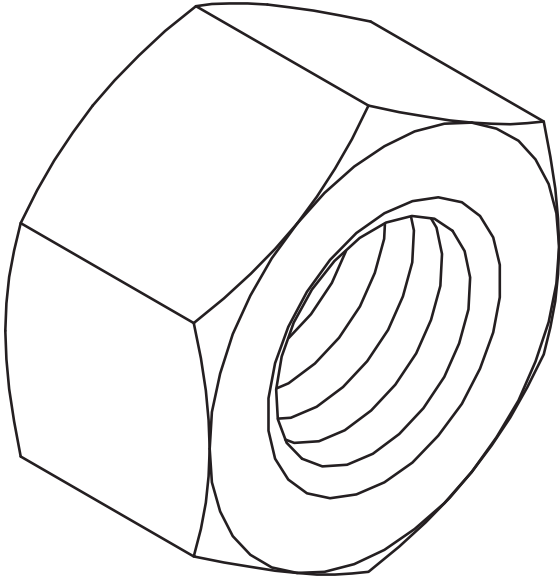
Qty: 27x



5/8" Lock Washer

62

Qty: 27x



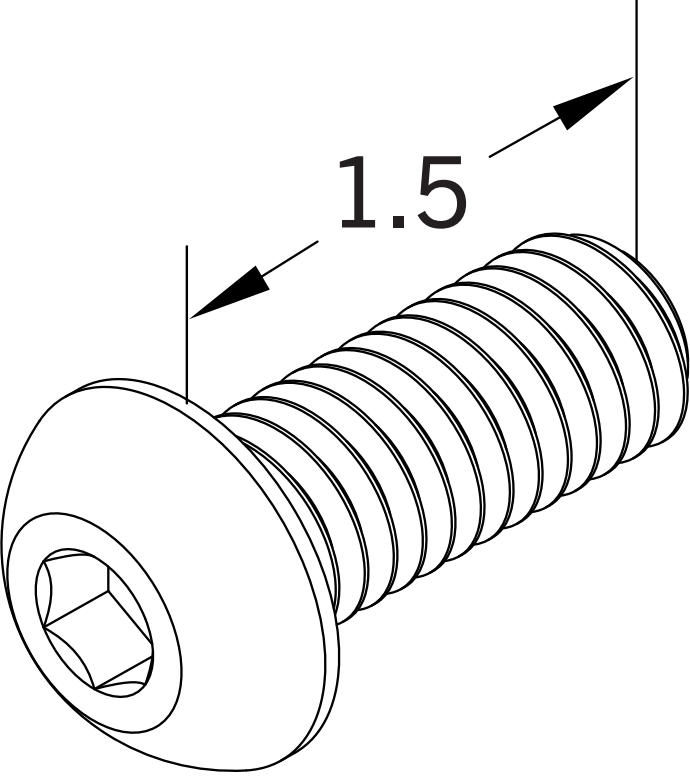
5/8" Hex Nut

# INCLUDED PARTS: FML-6 ADD-ON KIT

Note: Images not shown at scale.

63

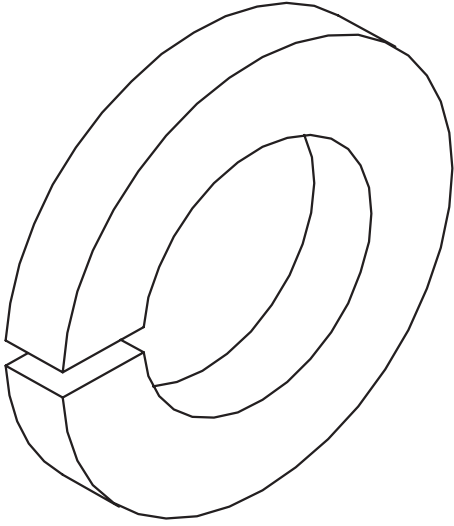
Qty: 2x



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

64

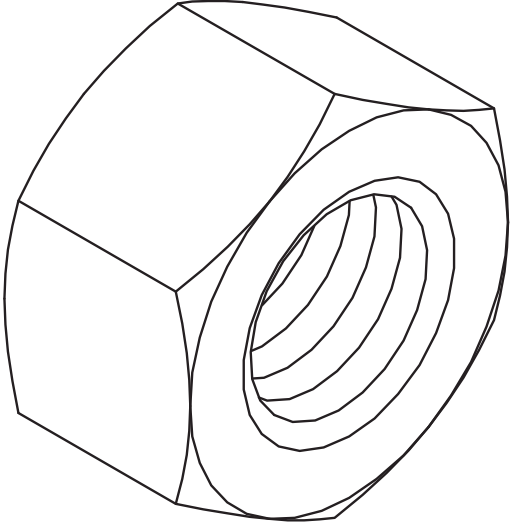
Qty: 2x



1/2" Lock Washer

65

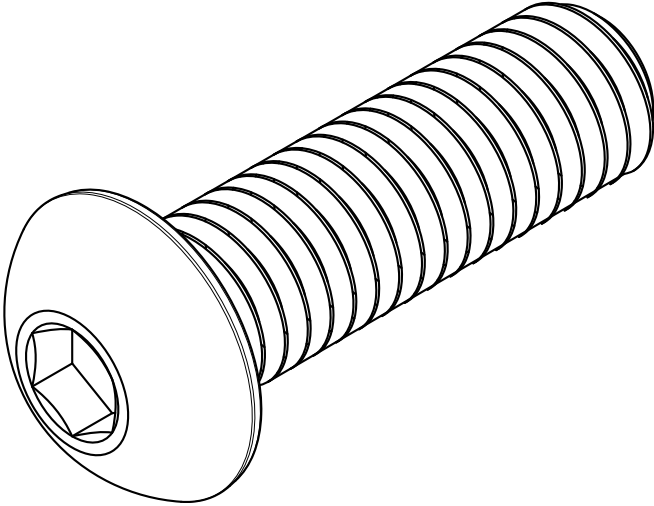
Qty: 2x



1/2" Hex Nut

66

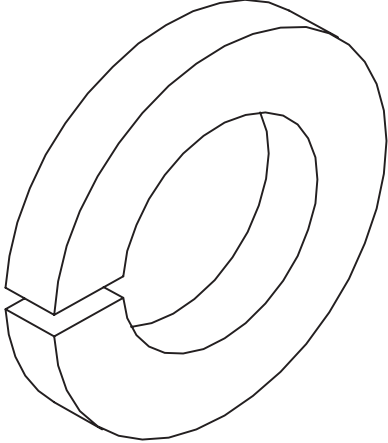
Qty: 4x



3/8" x 1.25" Hex Bolt

67

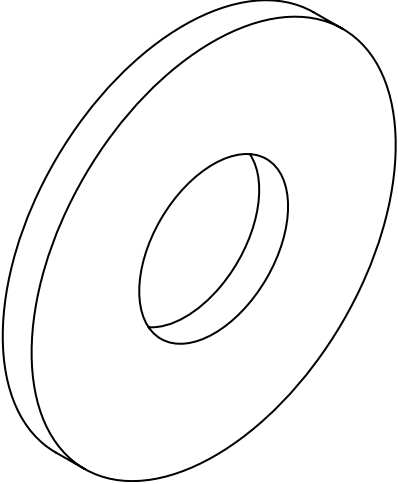
Qty: 4x



3/8" Lock Washer

68

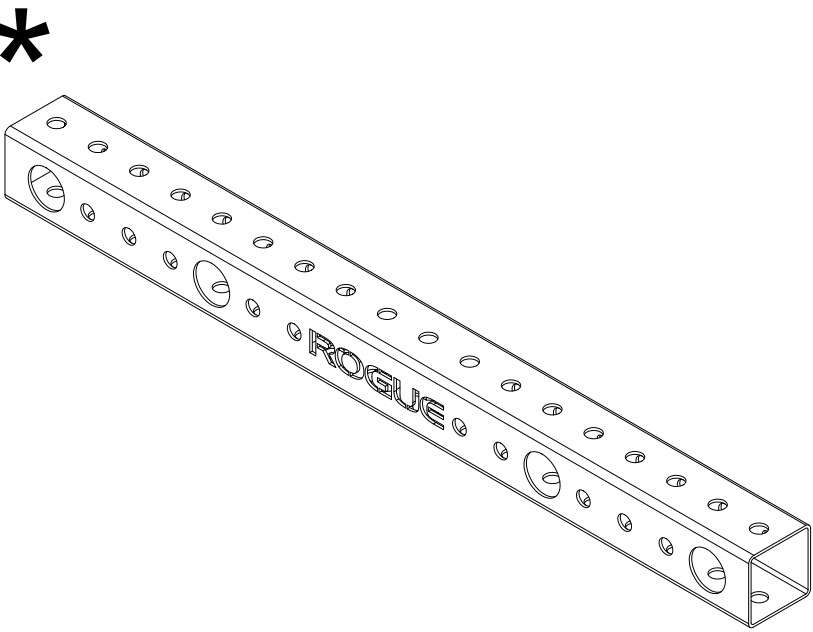
Qty: 4x



3/8" Flat Washer

69

Qty: 2x



3X3 Strip 2.0

70

Qty: 8x

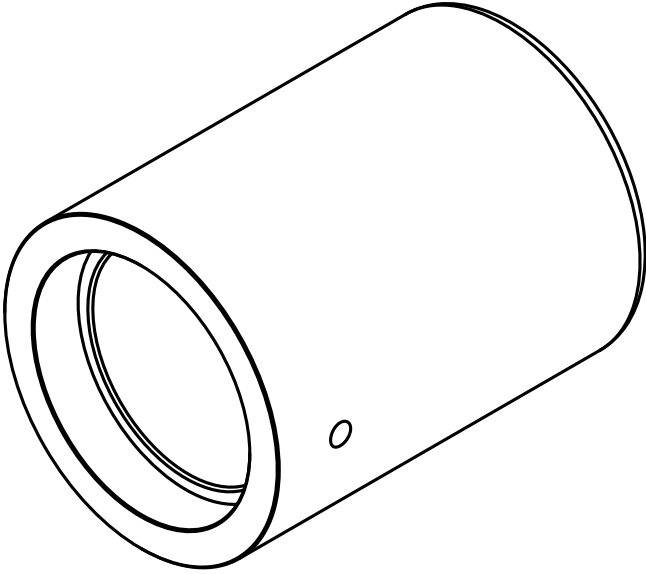
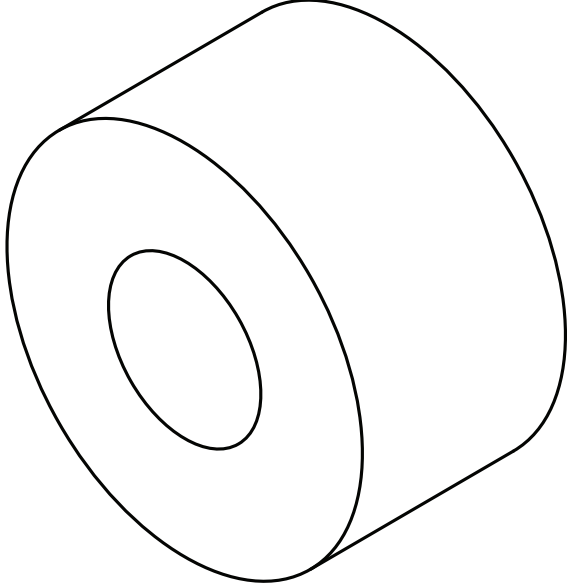


Plate Storage Spacer

71

Qty: 1x



Large Spacer

# INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

72

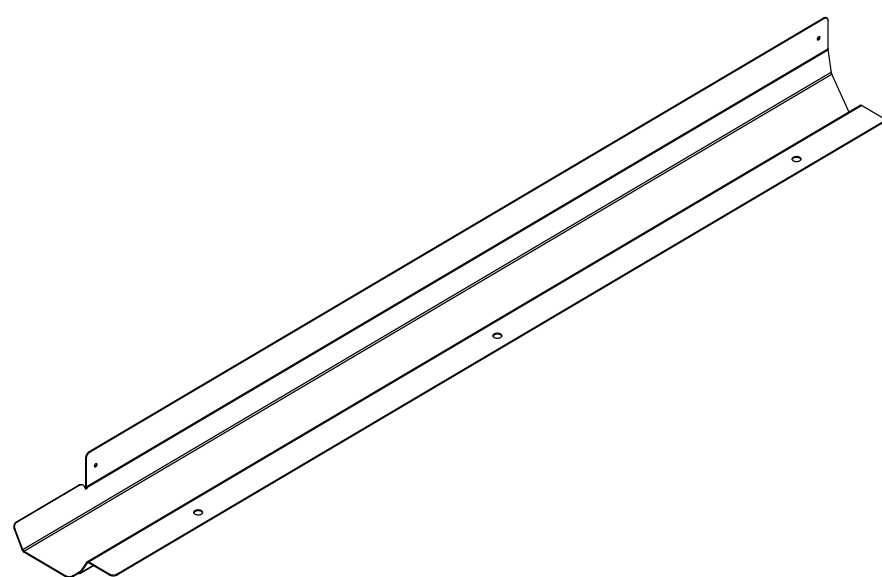
Qty: 1x



Rear Shroud - RH

73

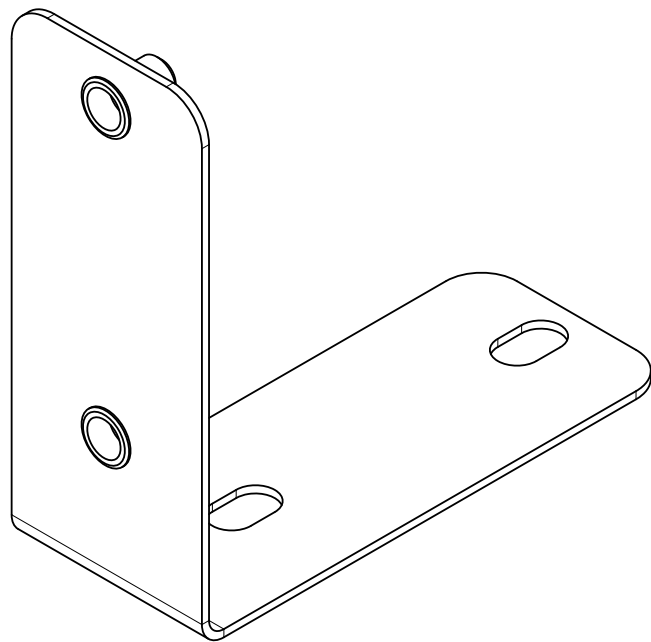
Qty: 1x



Rear Shroud - LH

74

Qty: 4x



Weight Stack Shroud Bracket

75

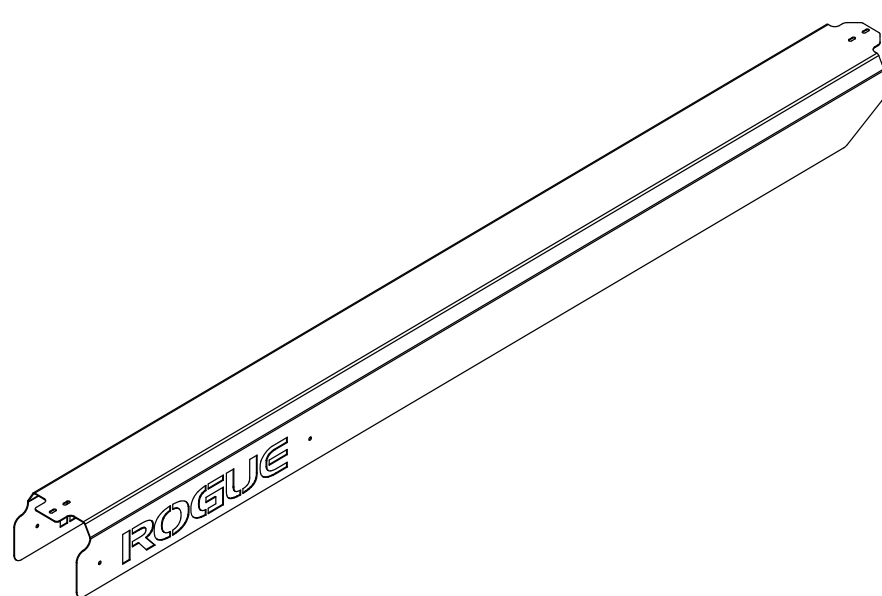
Qty: 4x



Weight Stack Rear Shroud

76

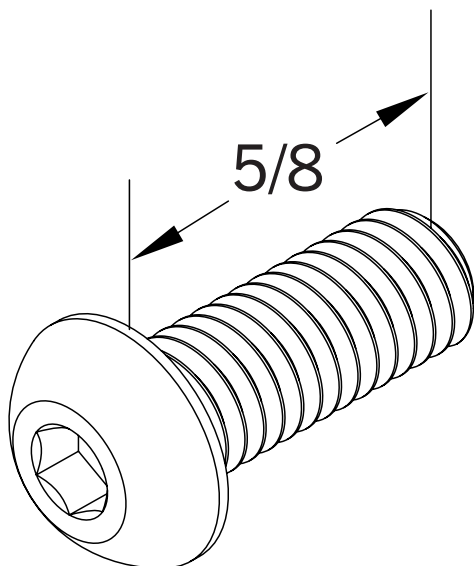
Qty: 2x



Weight Stack Nameplate Shroud

77

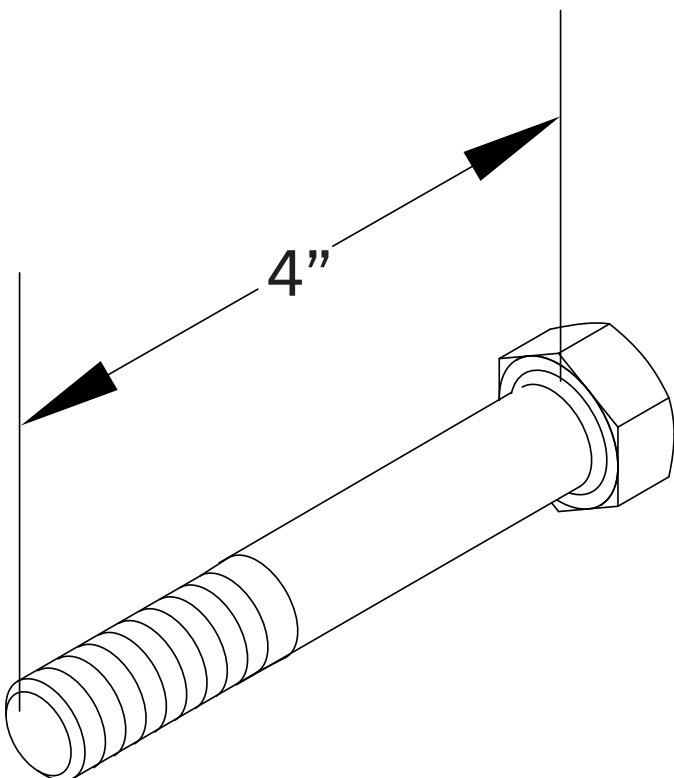
Qty: 10x



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

78

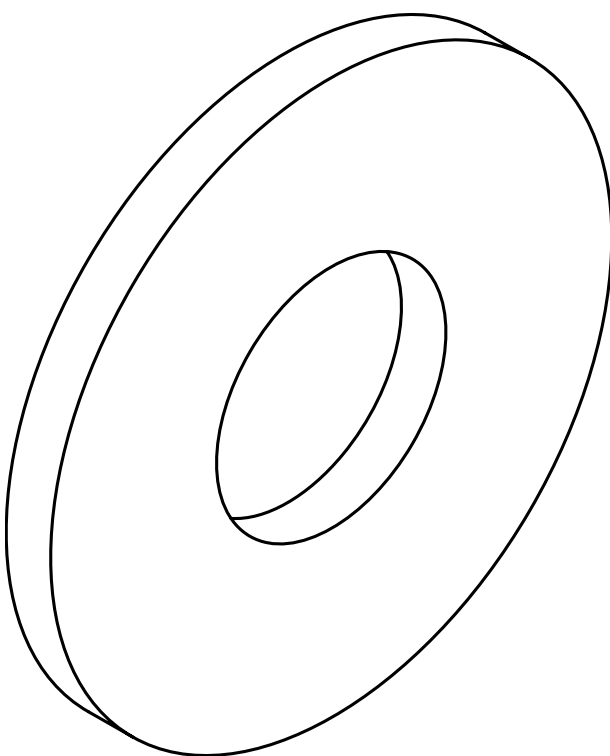
Qty: 7x



5/8" x 4" Hex Bolt

79

Qty: 4x



5/8" Flat Washer

80

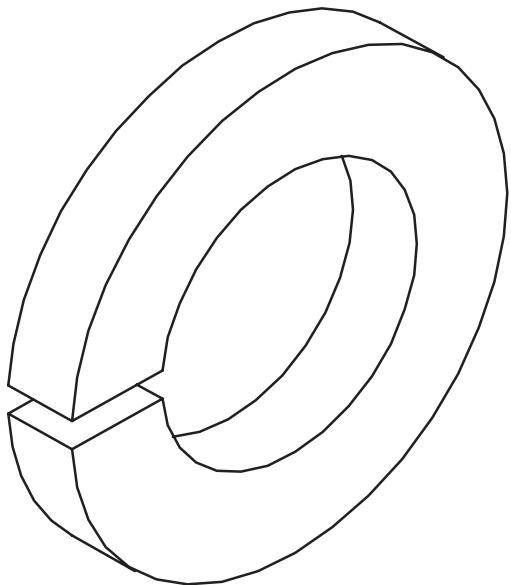
Qty: 7x



5/8" Hex Nut

81

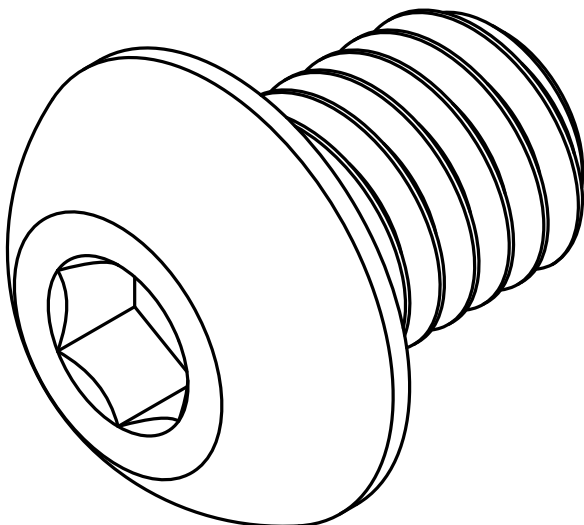
Qty: 7x



5/8" Lock Washer

82

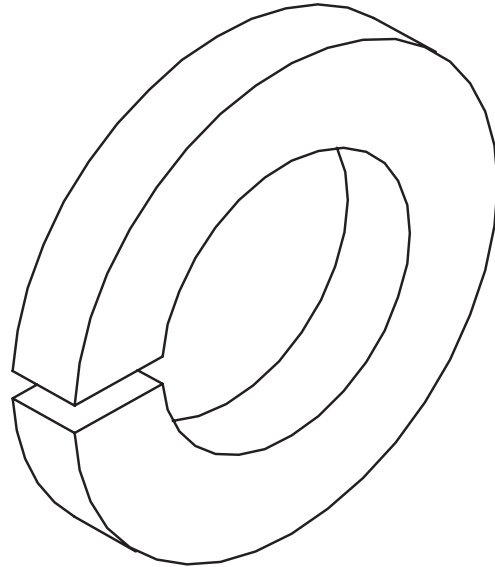
Qty: 8x



3/8" x 1/2" Hex Bolt

83

Qty: 8x

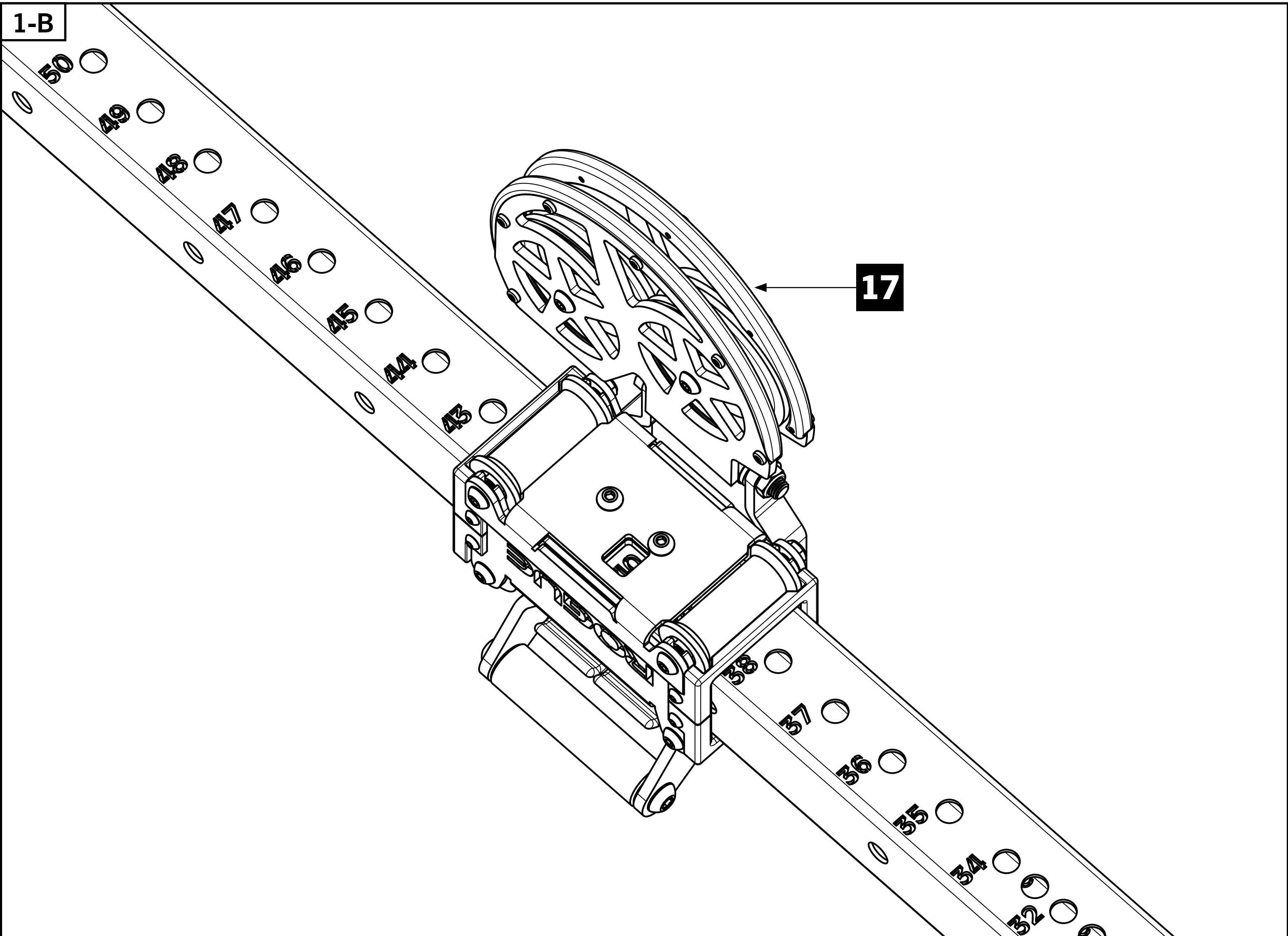
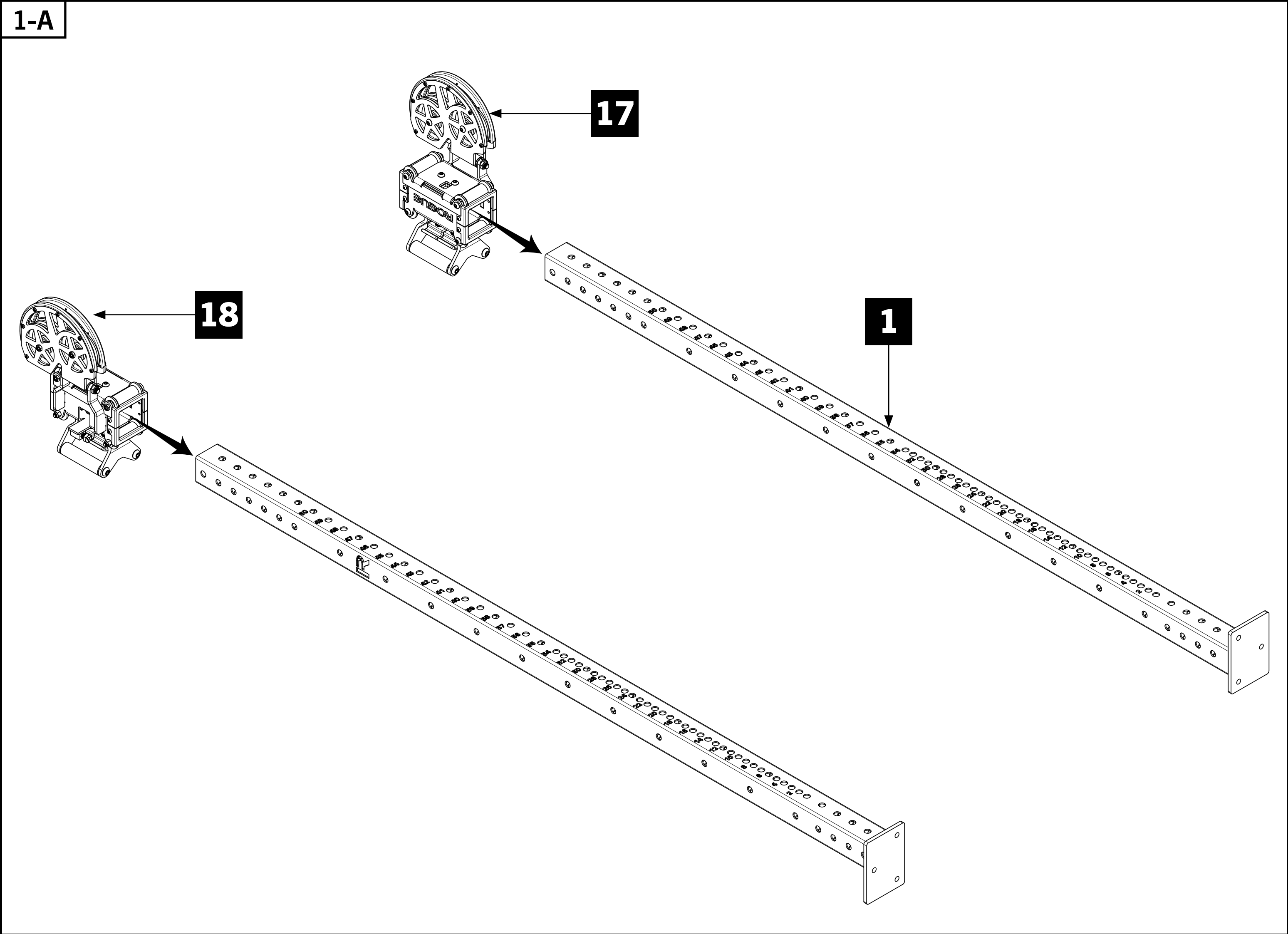


3/8" Lock Washer



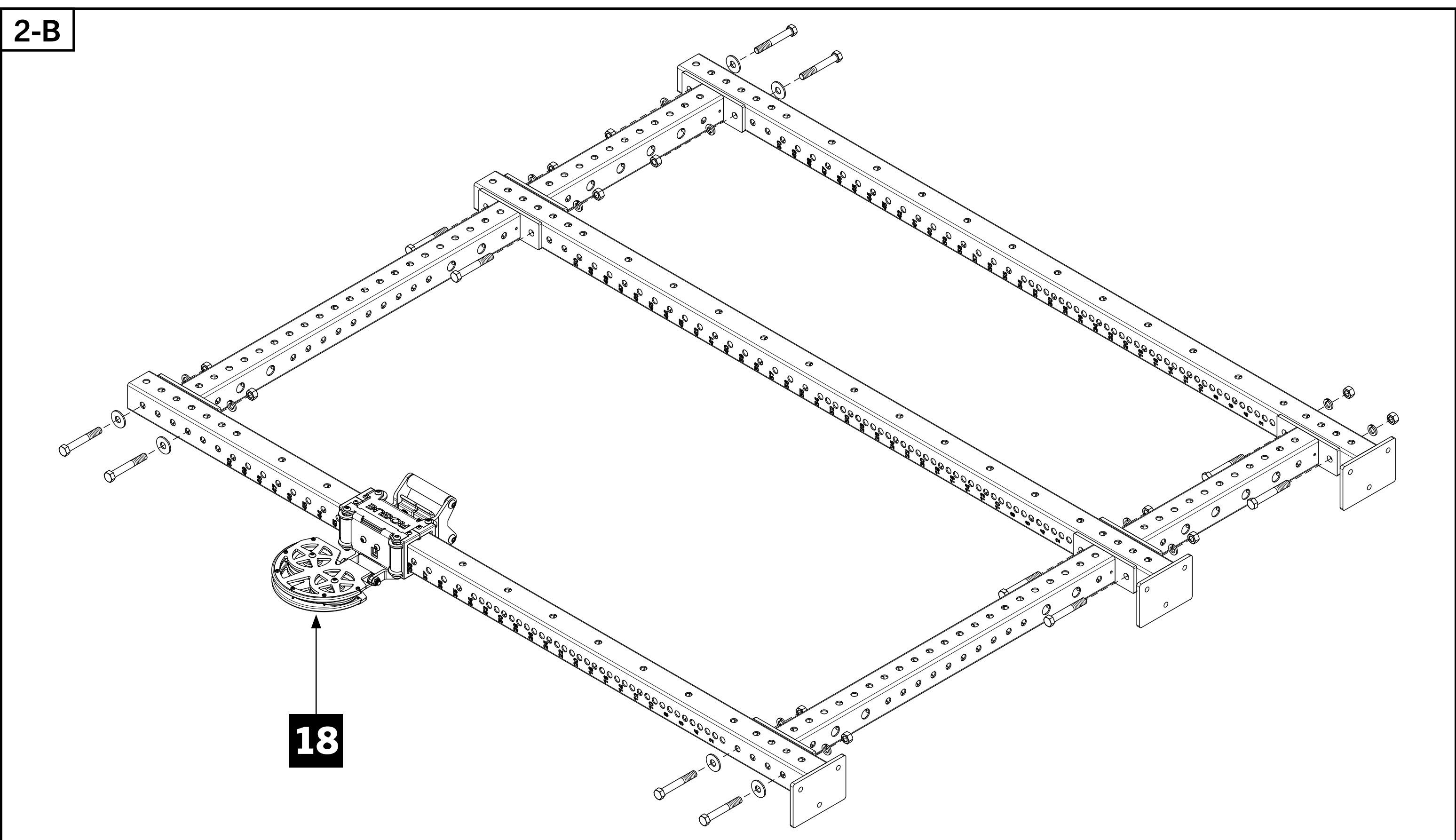
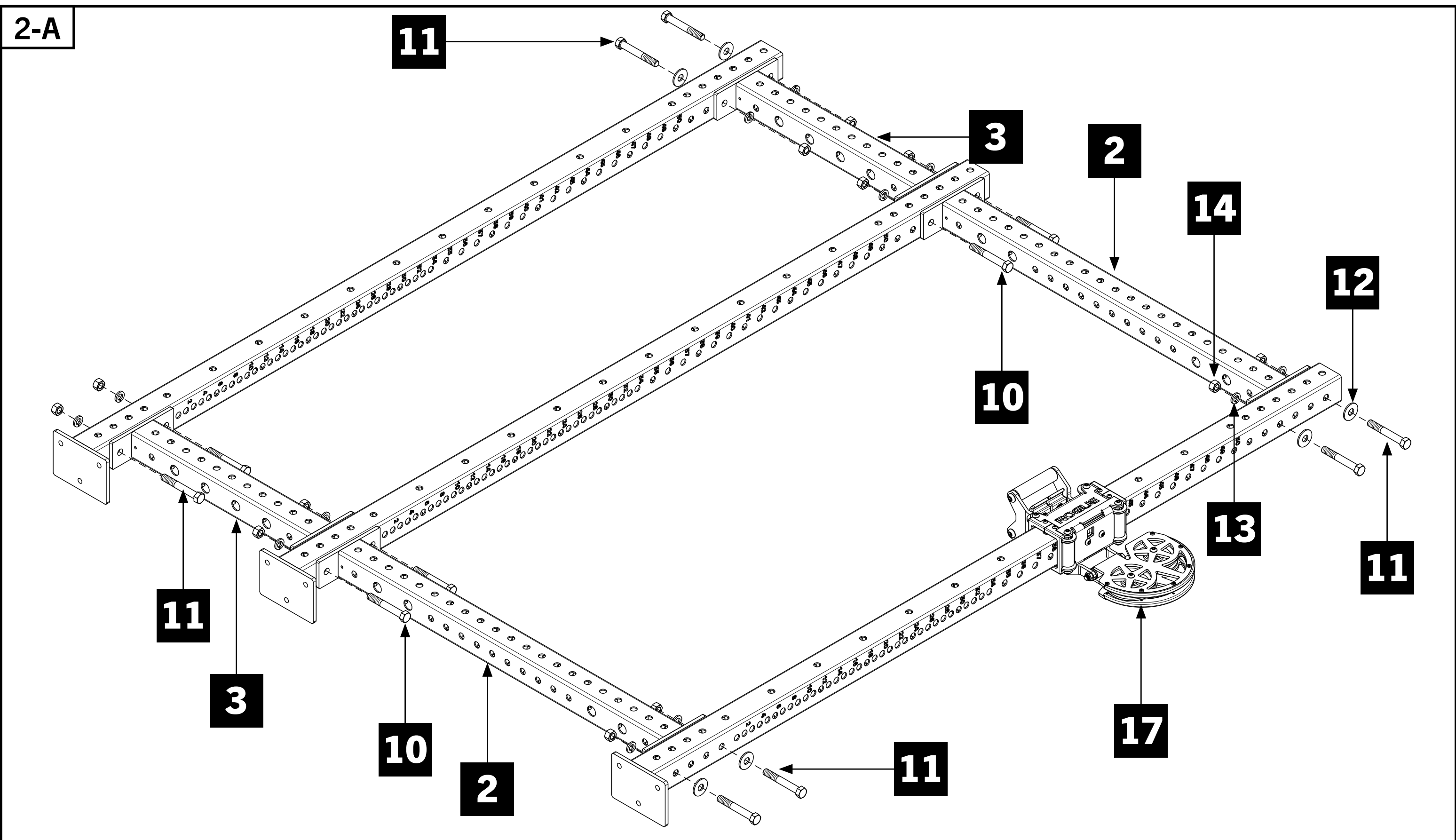
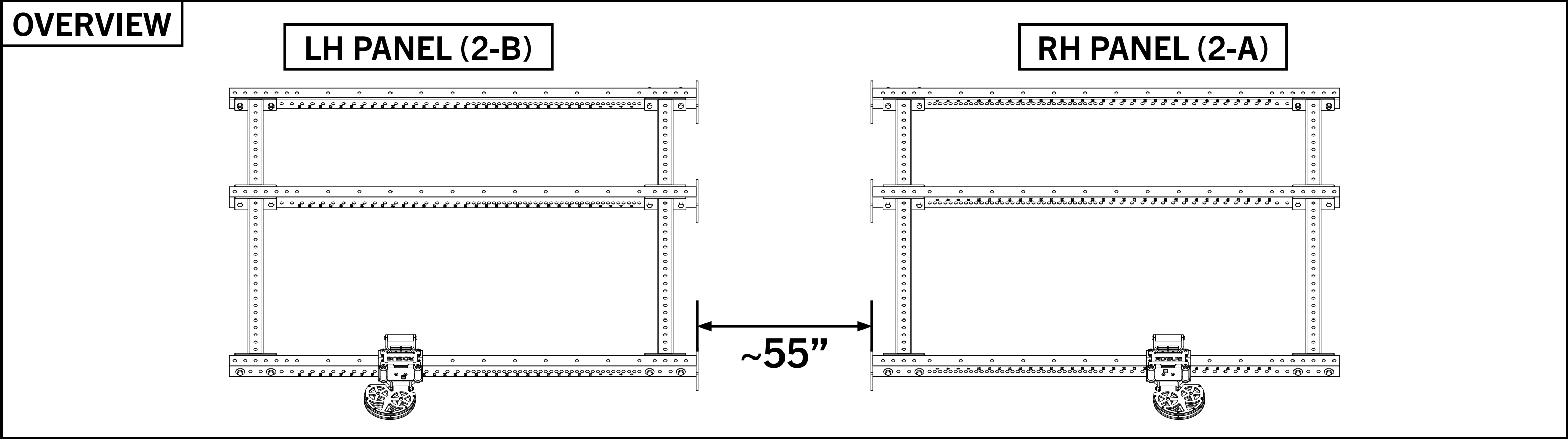
# STEP 1

- **IMPORTANT: DO NOT USE TOOLS TO TIGHTEN THROUGHOUT ASSEMBLY UNLESS OTHERWISE SPECIFIED.**
- If modifying existing rack with Add-on Kit, skip Steps 1-4 and proceed to **STEP 5**.
- While pulling the handle triggers, slide Swivel Trolley RH [17] and Swivel Trolley LH [18] onto two Monster Lite 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 40.



# STEP 2

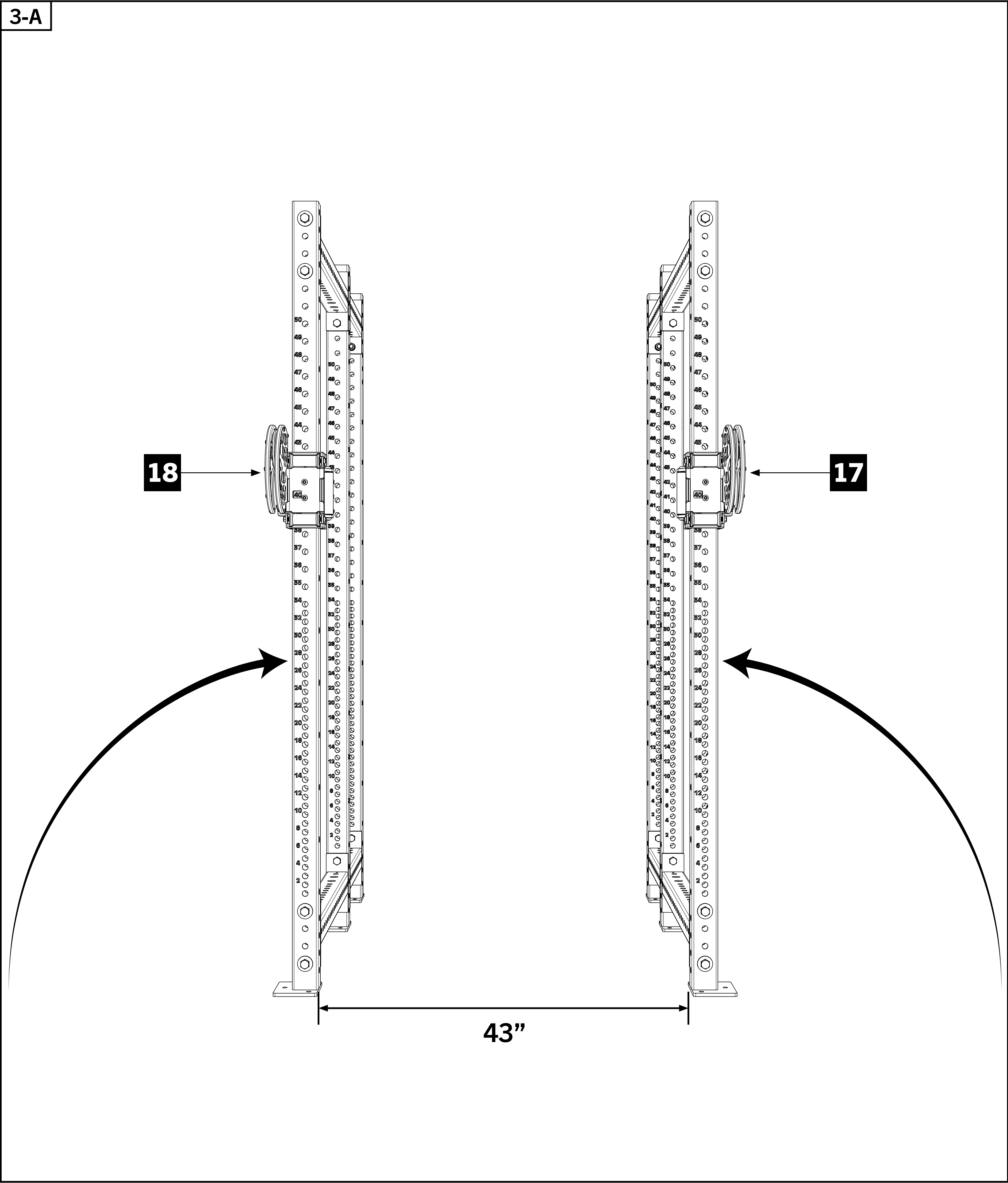
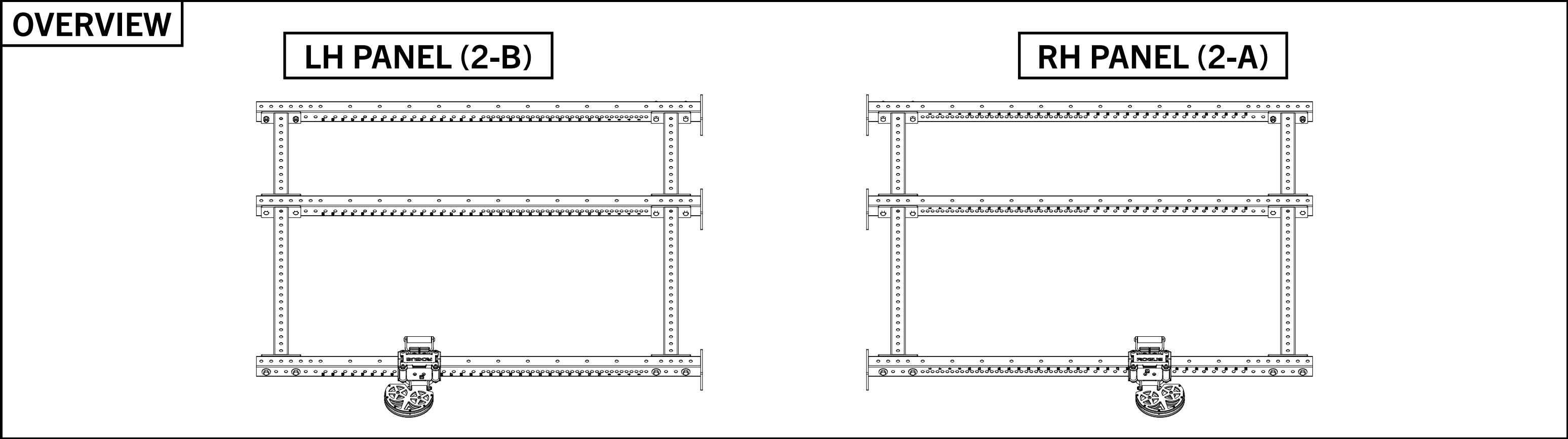
- Refer to overview image to plan assembly and ensure ample floor space is allotted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55” apart.
- Note orientation of Swivel Trolleys and Upright feet in relation to the ground.
- Connect Uprights to Crossmembers using 5/8”x 4-1/2” Hex Bolts [11], 5/8” x 5” Hex Bolts [10], 5/8” Flat Washers [12], 5/8” Lock Washers [13], and 5/8” Hex Nuts [14].
- Ensure to use 5/8” x 5” Hex Bolts [10] for central uprights.
- HAND-TIGHTEN ONLY. Do not use tools throughout assembly unless specified.



# STEP 3

## IMPORTANT:


- For safety, we recommend the remainder of these instructions be completed with **2 or 3 people**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.
- One or two people should stabilize both panels, ensuring panels don't fall while another person assembles the spanning Crossmembers in **STEP 4**.

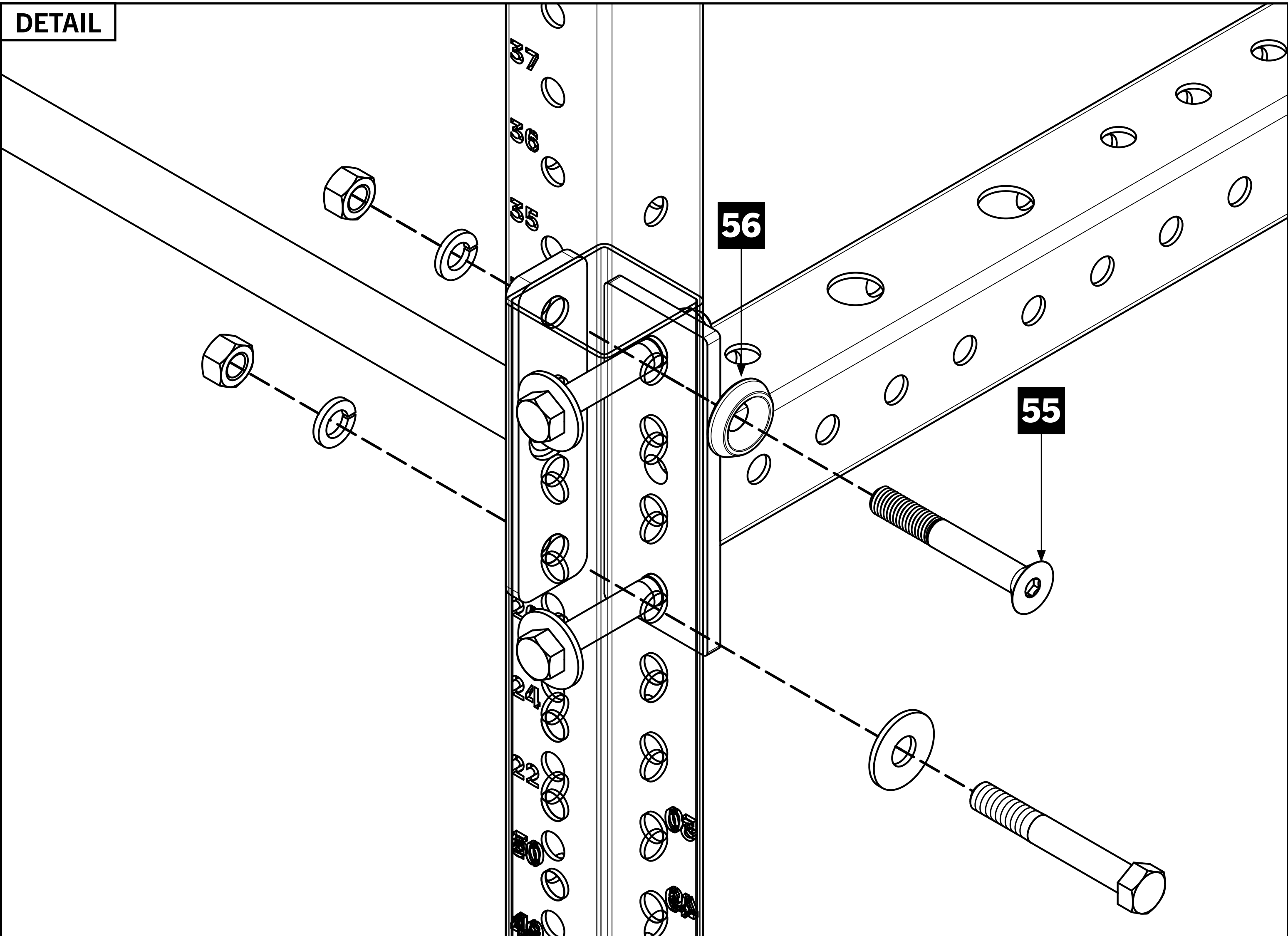
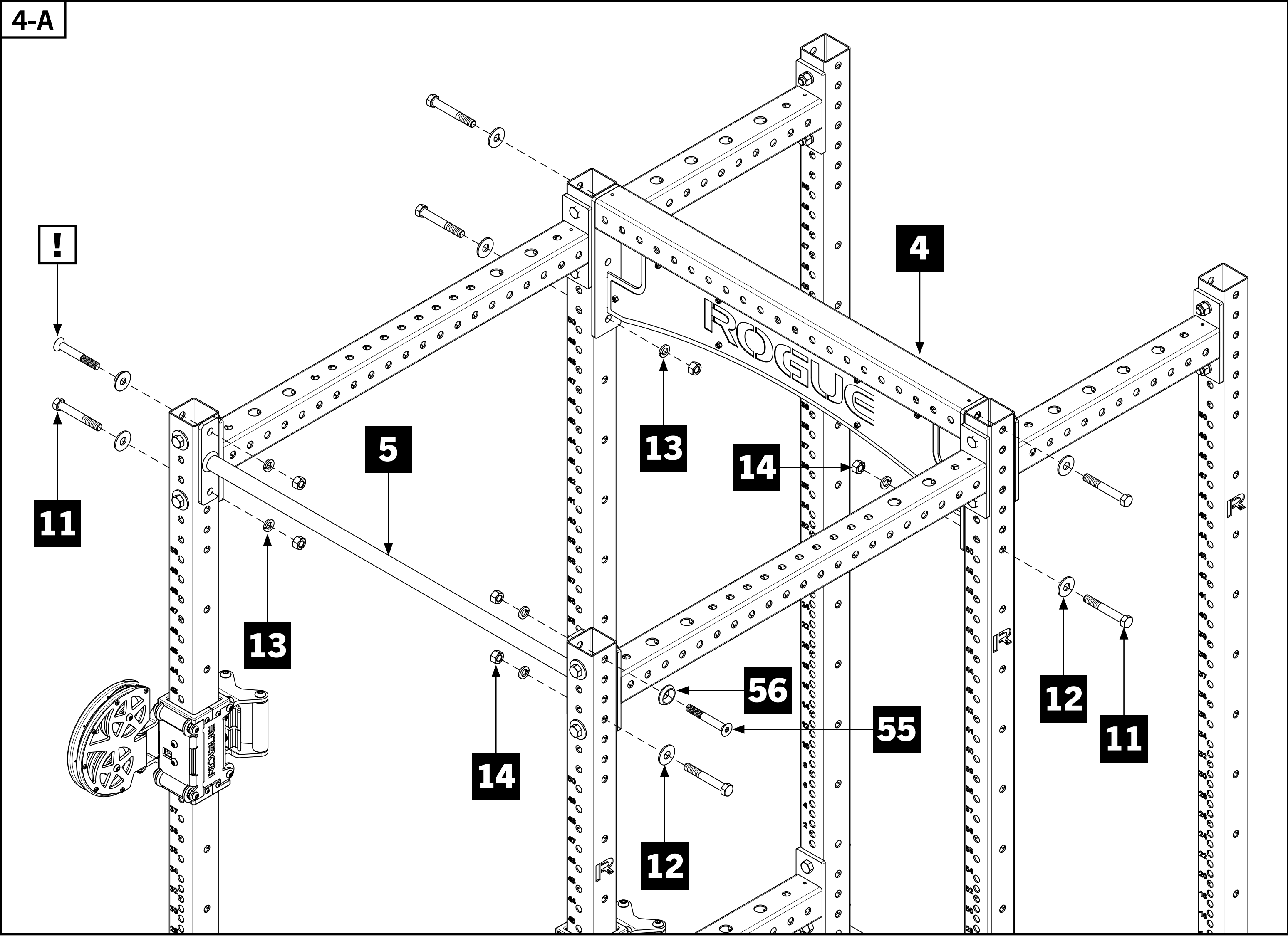




# STEP 4

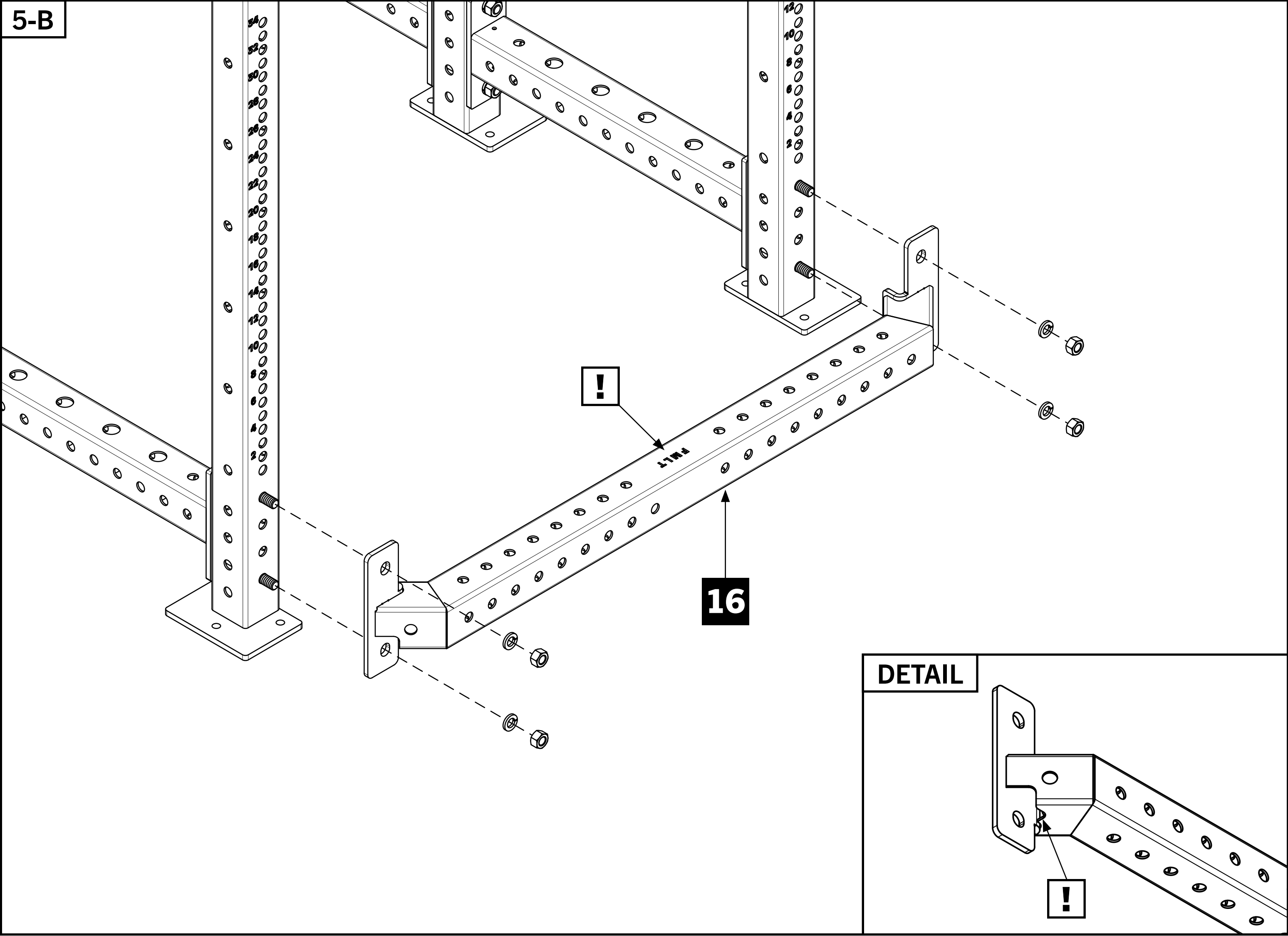
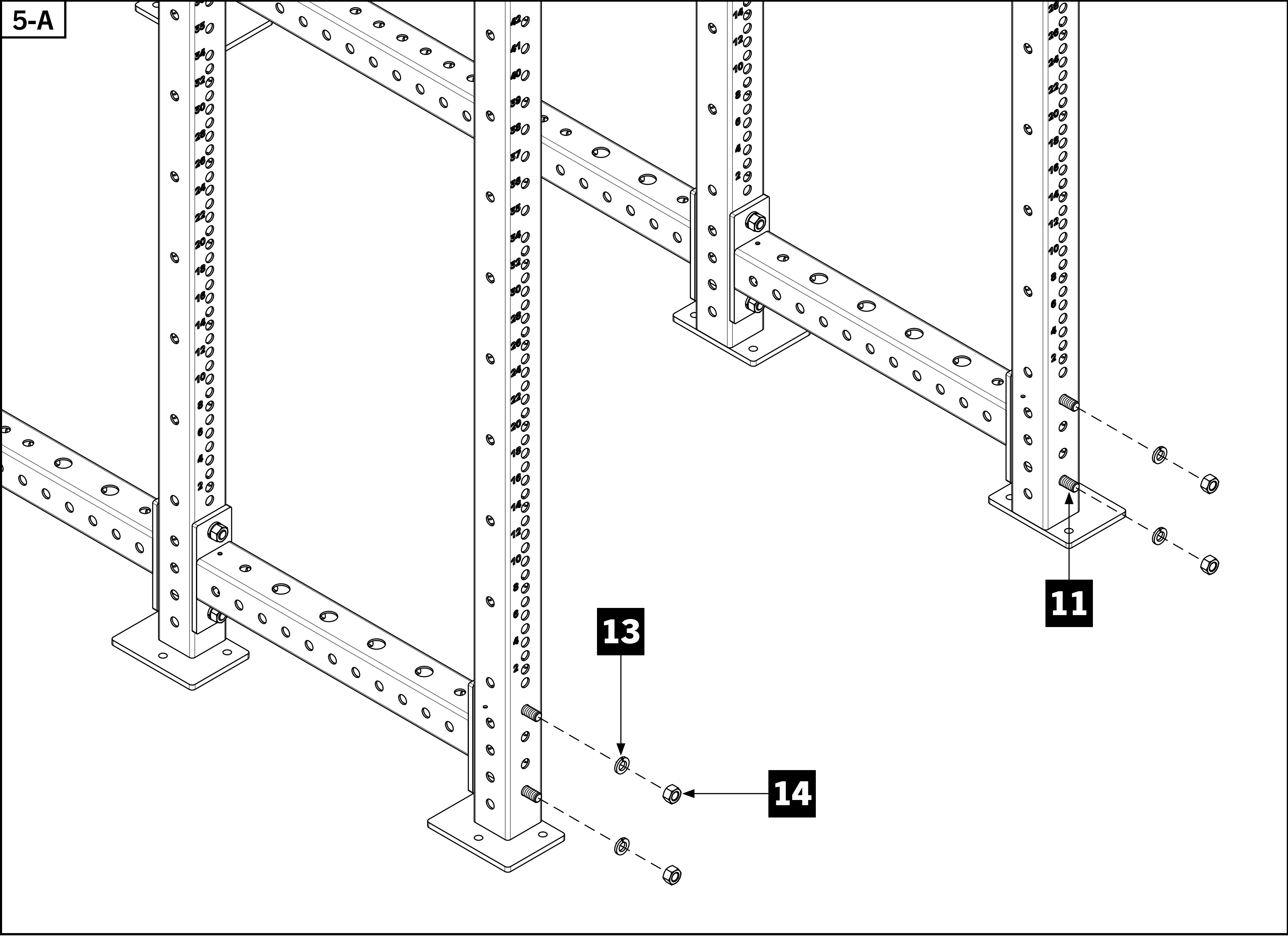
**Tools Required:**

- 3/8" Allen Key
- Attach Nameplate Crossmember [4] to middle Uprights using 5/8" x 4-1/2" Hex Bolt [11], 5/8" Flat Washers [12], 5/8" Lock Washers [13], and 5/8" Hex Nuts [14].
- Attach Pull-up Bar [5] to front Uprights using 5/8" x 4-1/2" Hex Flat Head Screw [55], 5/8" Machined Washer [56], 5/8" x 4-1/2" Hex Bolt [11], 5/8" Flat Washers [12], 5/8" Lock Washers [13], and 5/8" Hex Nuts [14].
-  Fully tighten 5/8" x 4-1/2" Hex Flat Head Screws using 3/8" Allen Key. DO NOT FULLY TIGHTEN HEX BOLTS.



# STEP 5 (BEGIN ADD-ON KIT ASSEMBLY)

- If modifying existing RML rack with add-on kit, begin following assembly instructions.
- Leaving 5/8” x 4-1/2” Hex Bolts in place, remove all four lower Lock Washers and Hex Nuts from rear Uprights as shown in **5-A**.
- Attach Low Row Crossmember **[16]** and loosely re-assemble the hardware removed above.
- **!** Ensure tube cutout is facing toward the ground and “FMLT” is facing up.



# STEP 6 (ADD-ON KIT ONLY)

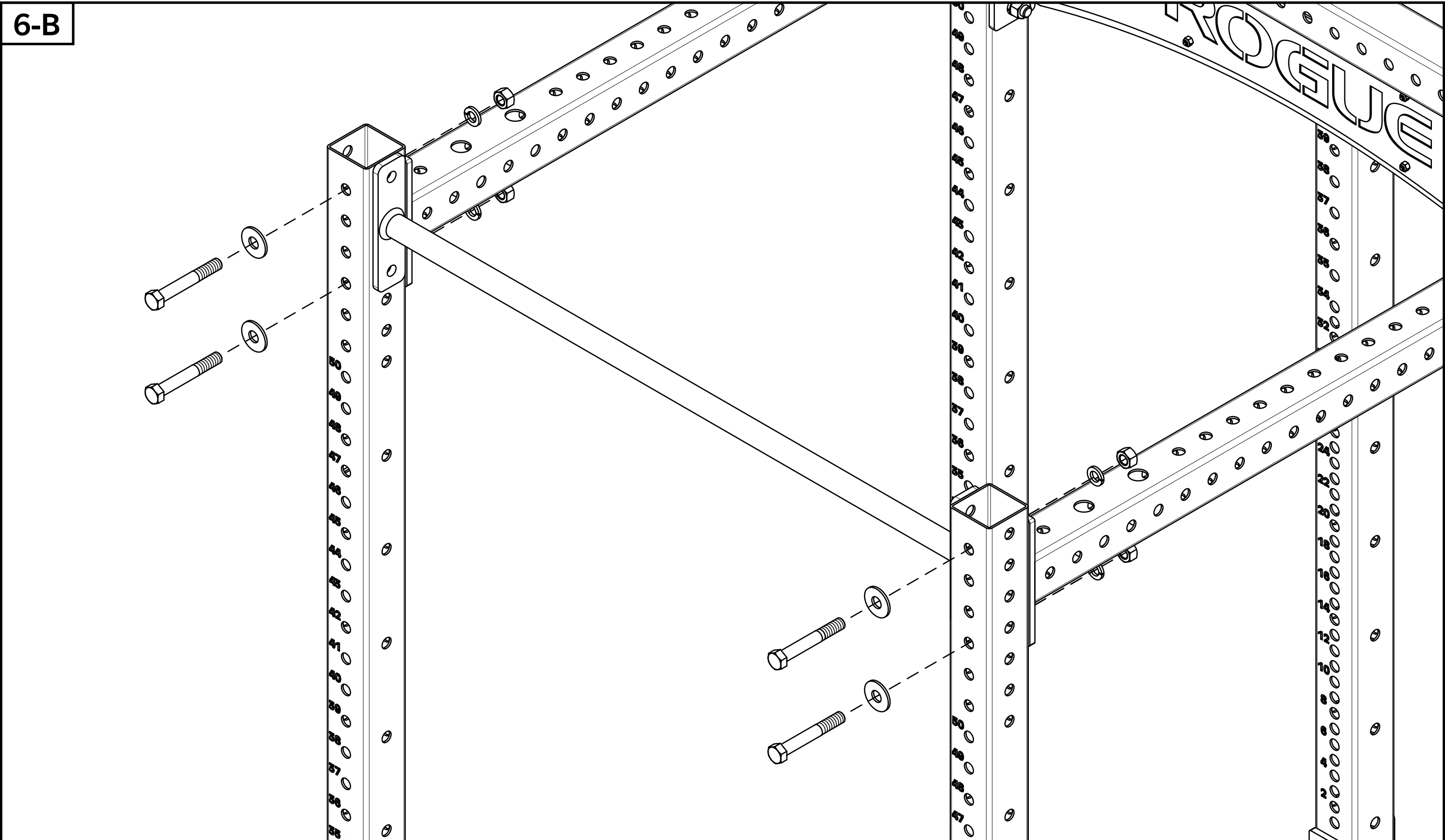
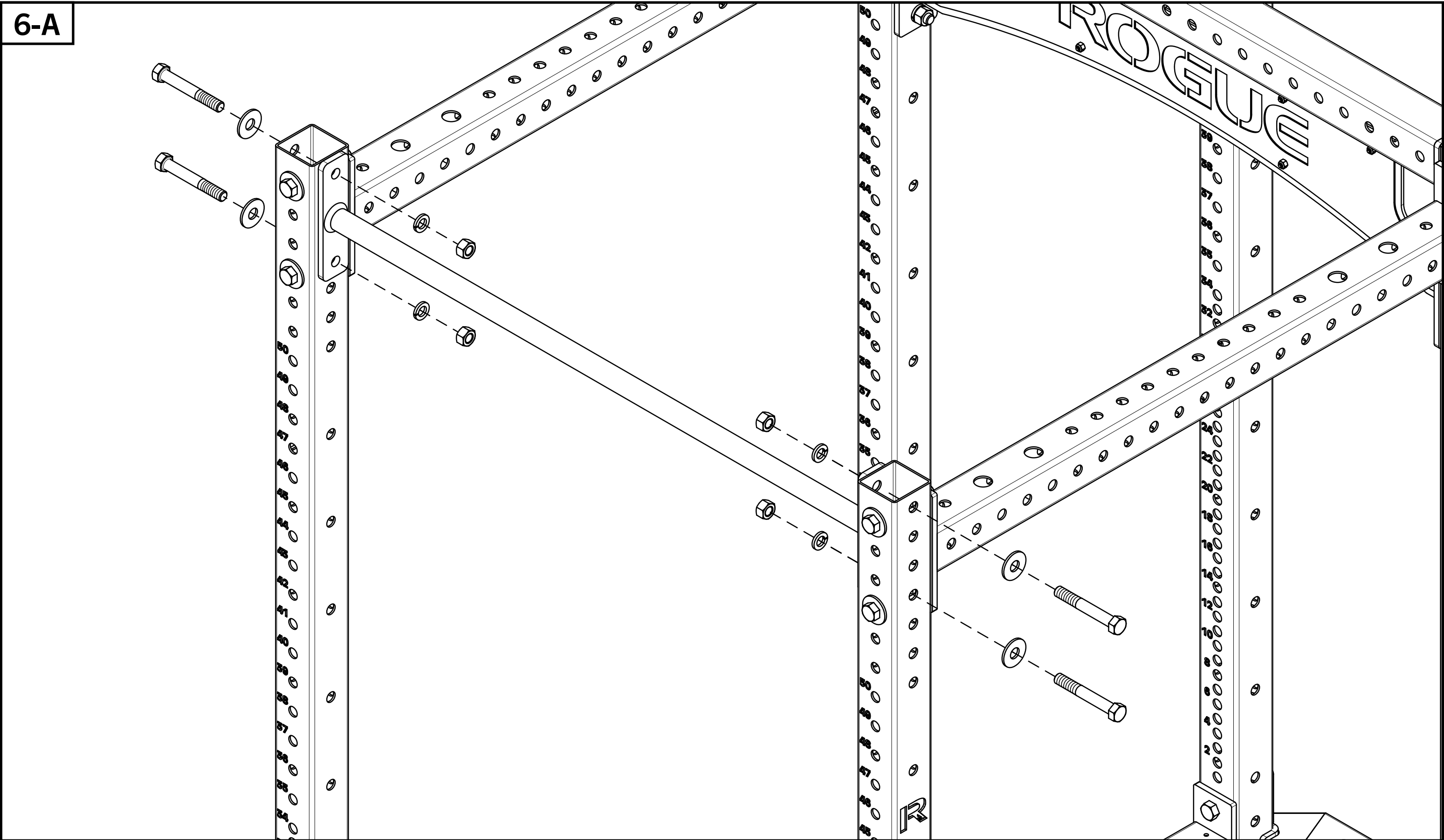
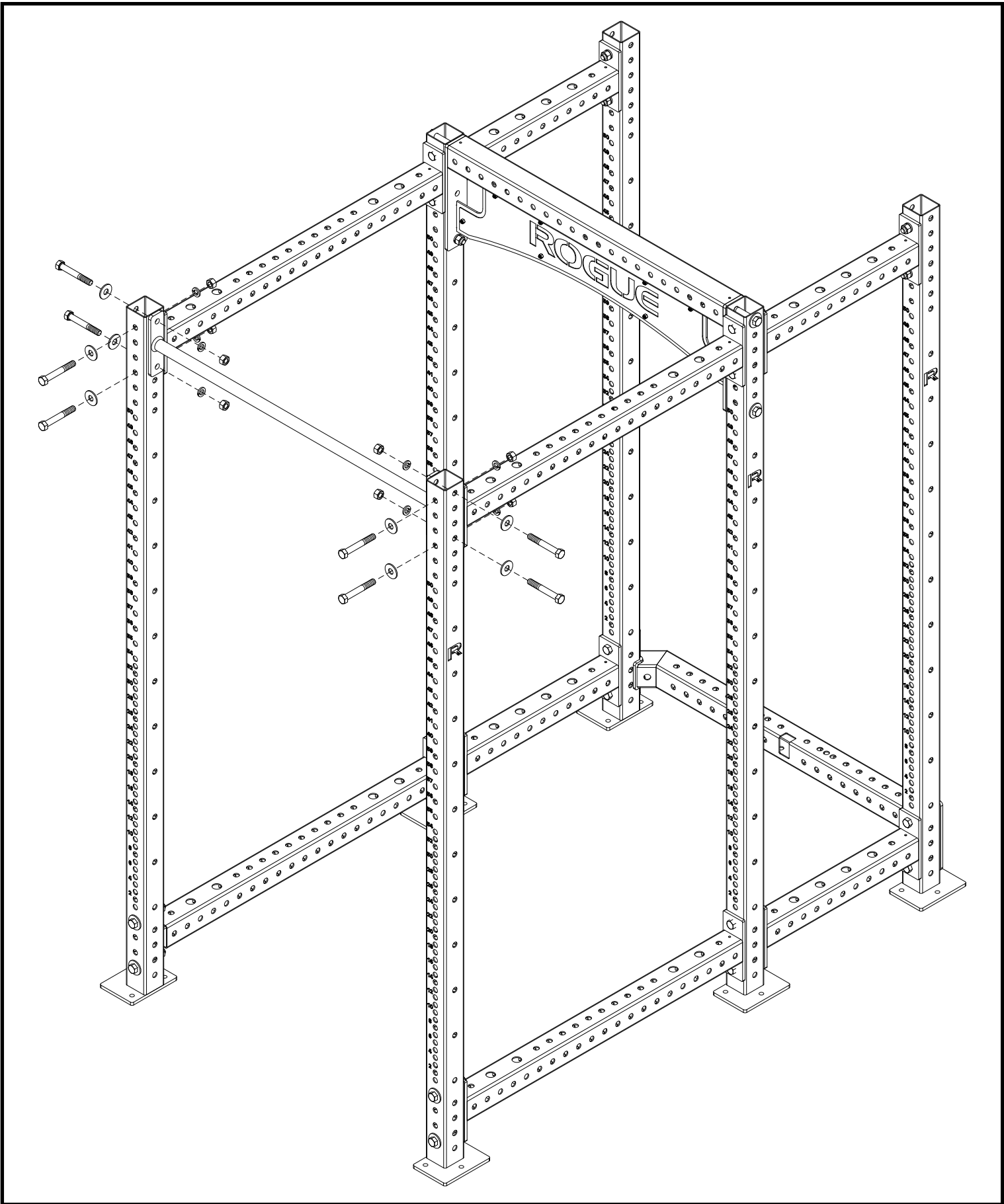
- **IMPORTANT: LOOSEN BUT DO NOT REMOVE ALL 5/8” HARDWARE ON ENTIRE RACK.**

## Tools Required:


- 15/16” Wrench
- Remove Pull-up Bar and hardware from front of rack and set parts aside.
- Remove additional 5/8” crossmember hardware shown in **6-B** so that the tops of the front uprights are completely free to move.

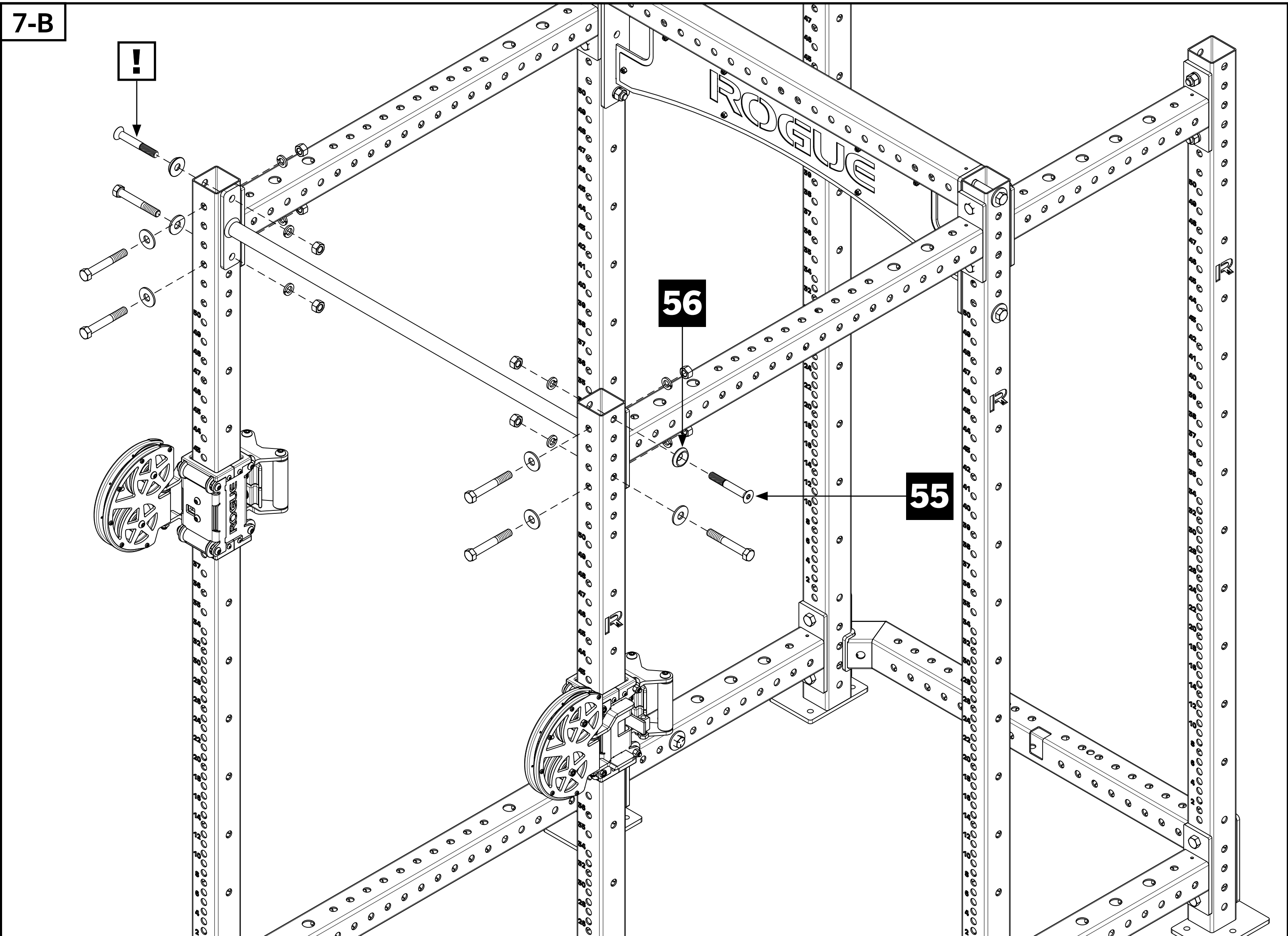
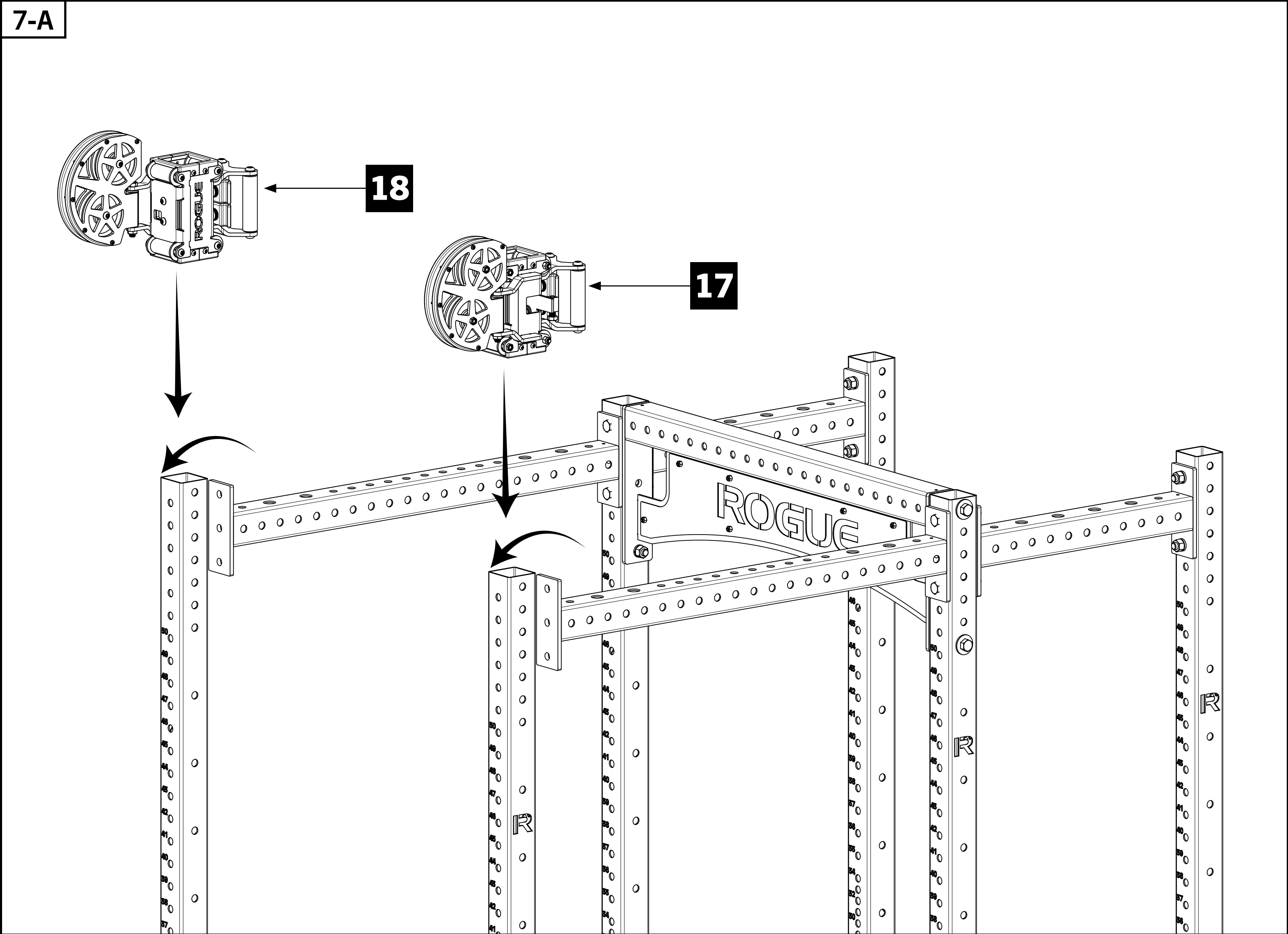
## Note:

- The tops of the front uprights will need ample slack to complete **STEP 7**. Continue to loosen hardware on bottom of Front Uprights as needed.



# STEP 7 (ADD-ON KIT ONLY)

- While tilting Upright forward, pull the handle triggers and slide LH Swivel Trolley [18] down the front left Upright.
- Repeat this process to assemble RH Swivel Trolley [17] on front right Upright.
- Slide down the Uprights and release triggers when the viewing window is showing the number 40 (refer to **STEP 1-B**).
- Assemble hardware removed in **STEP 6**, replacing the indicated top outer bolts with 5/8" x 4-1/2" Hex Flat Head Screw [55] and 5/8" Machined Washer [56].
-  Fully tighten ONLY the 5/8" x 4-1/2" Hex Flat Head Screws using a 3/8" Allen Keys.

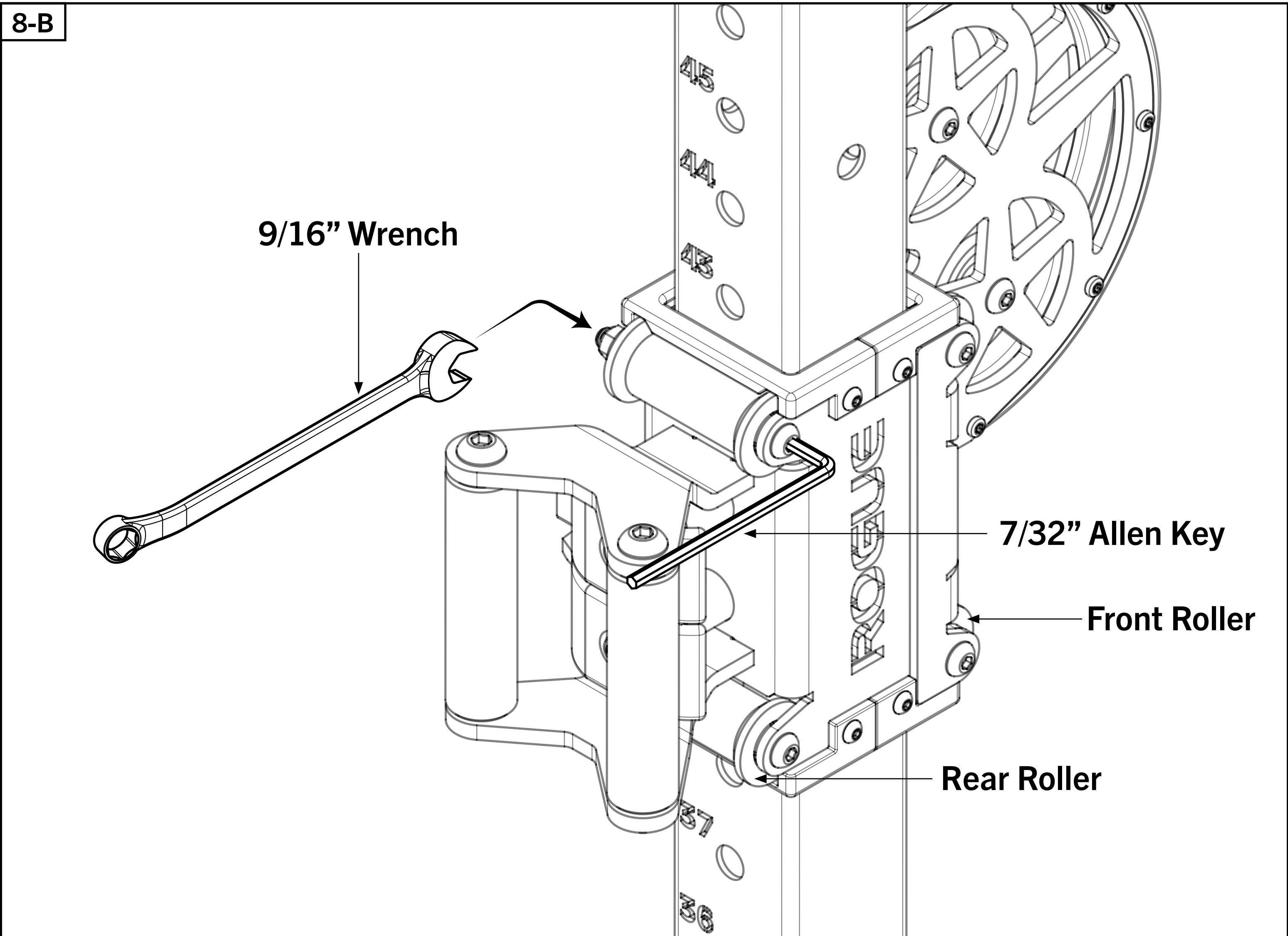
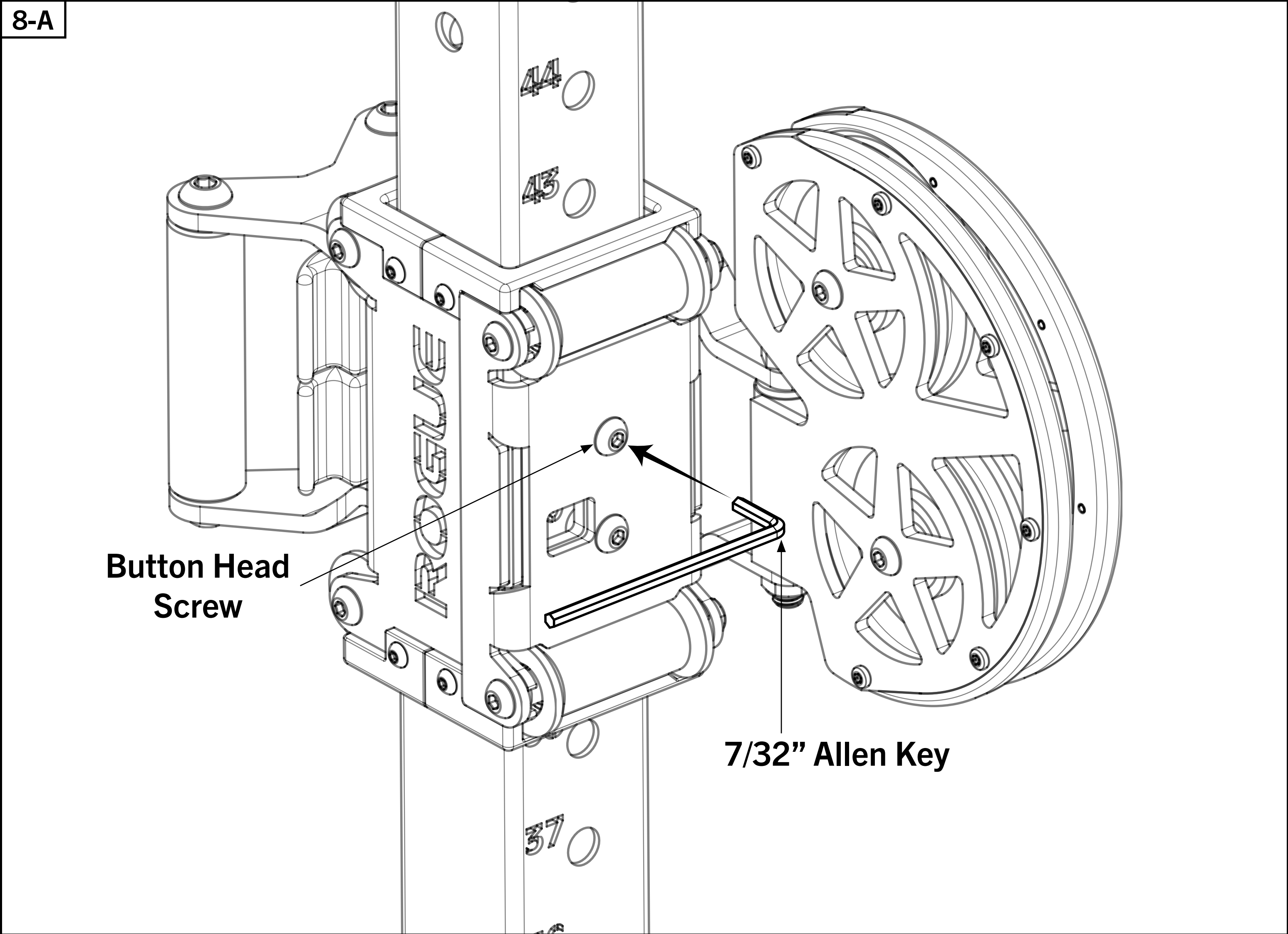




# STEP 8

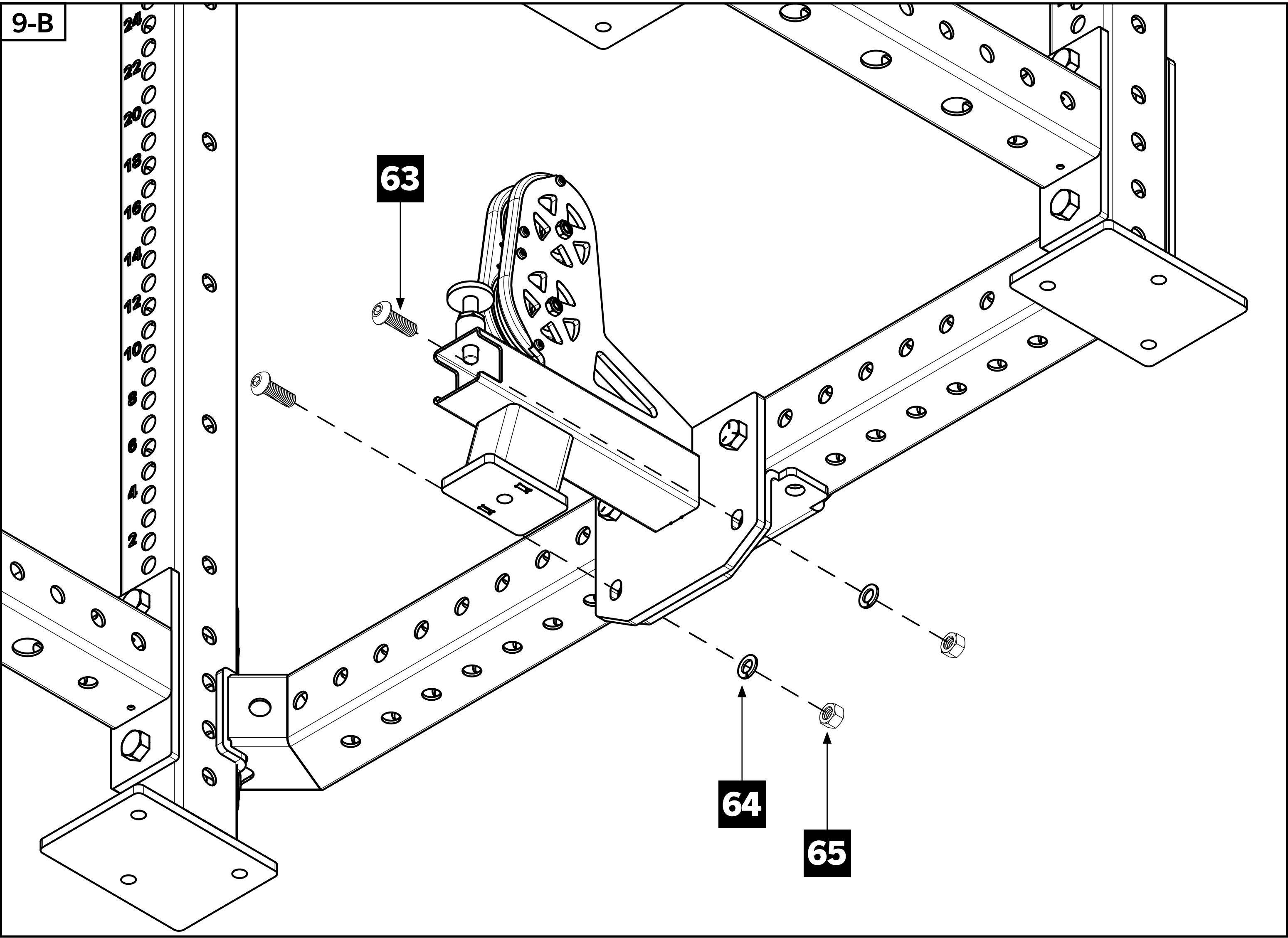
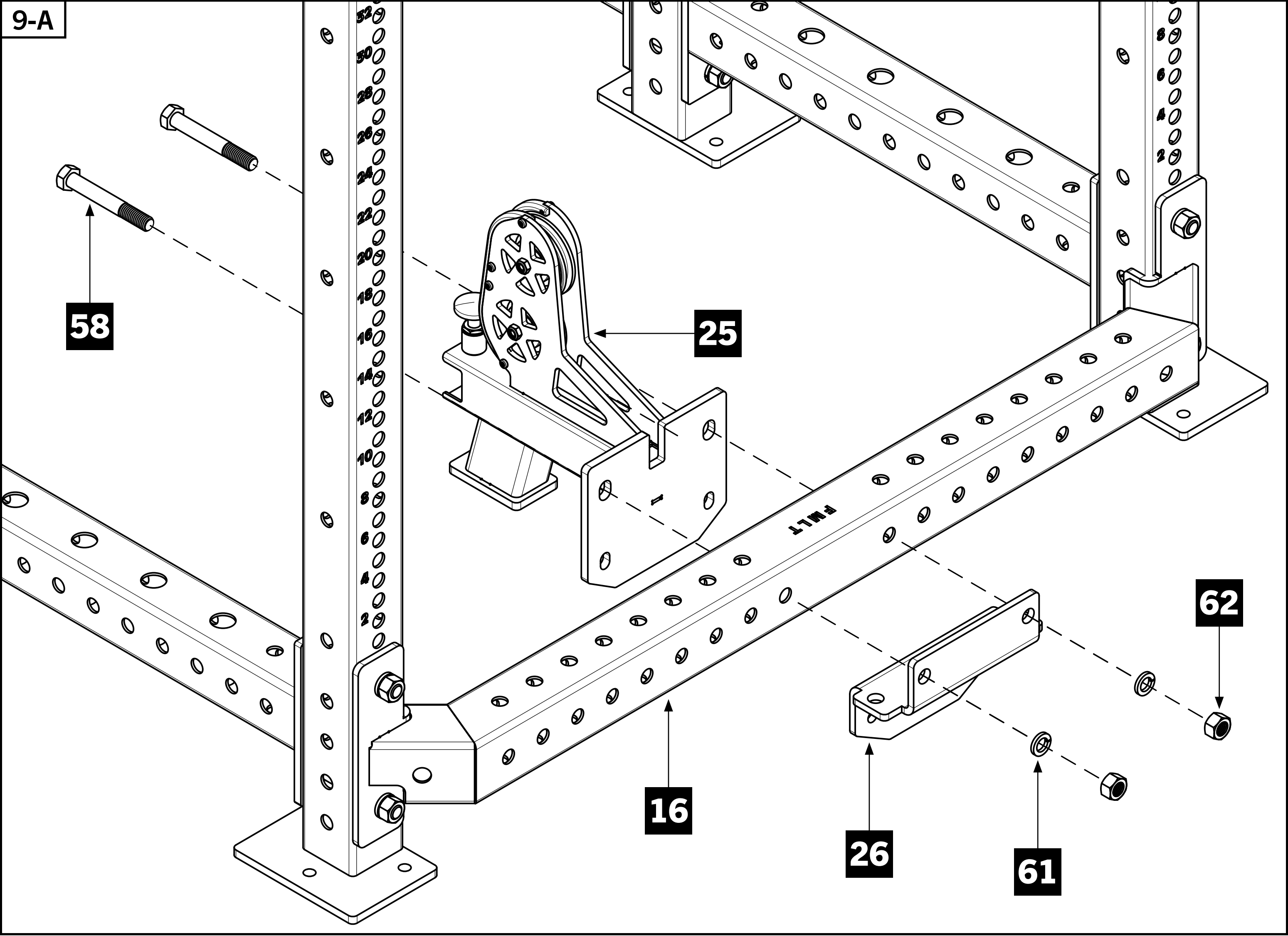
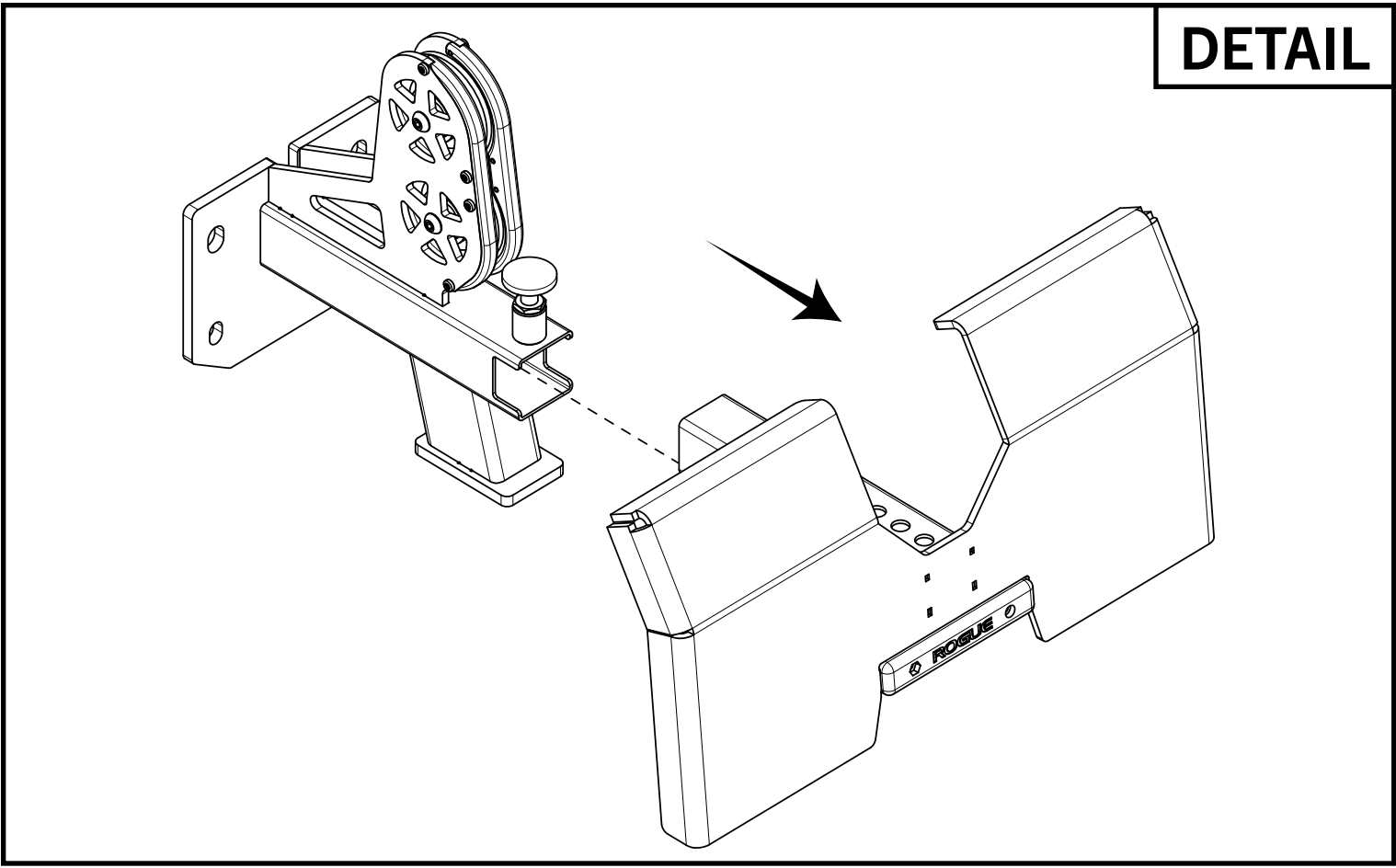
**Tools Required:**

- 7/32” Allen Key, 9/16” Wrench
- Swivel Trolleys - RH [17] and - LH [18] need to be calibrated for your specific rack.
- Keeping the Swivel Trolleys locked in place, tighten the Button Head Screws shown in **8-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 **8-A** again. If any friction is felt, Trolleys are too tight and Screws should be loosened a quarter turn.
- Once calibrated, tighten ALL rollers on Trolleys using Allen Key and Wrench.



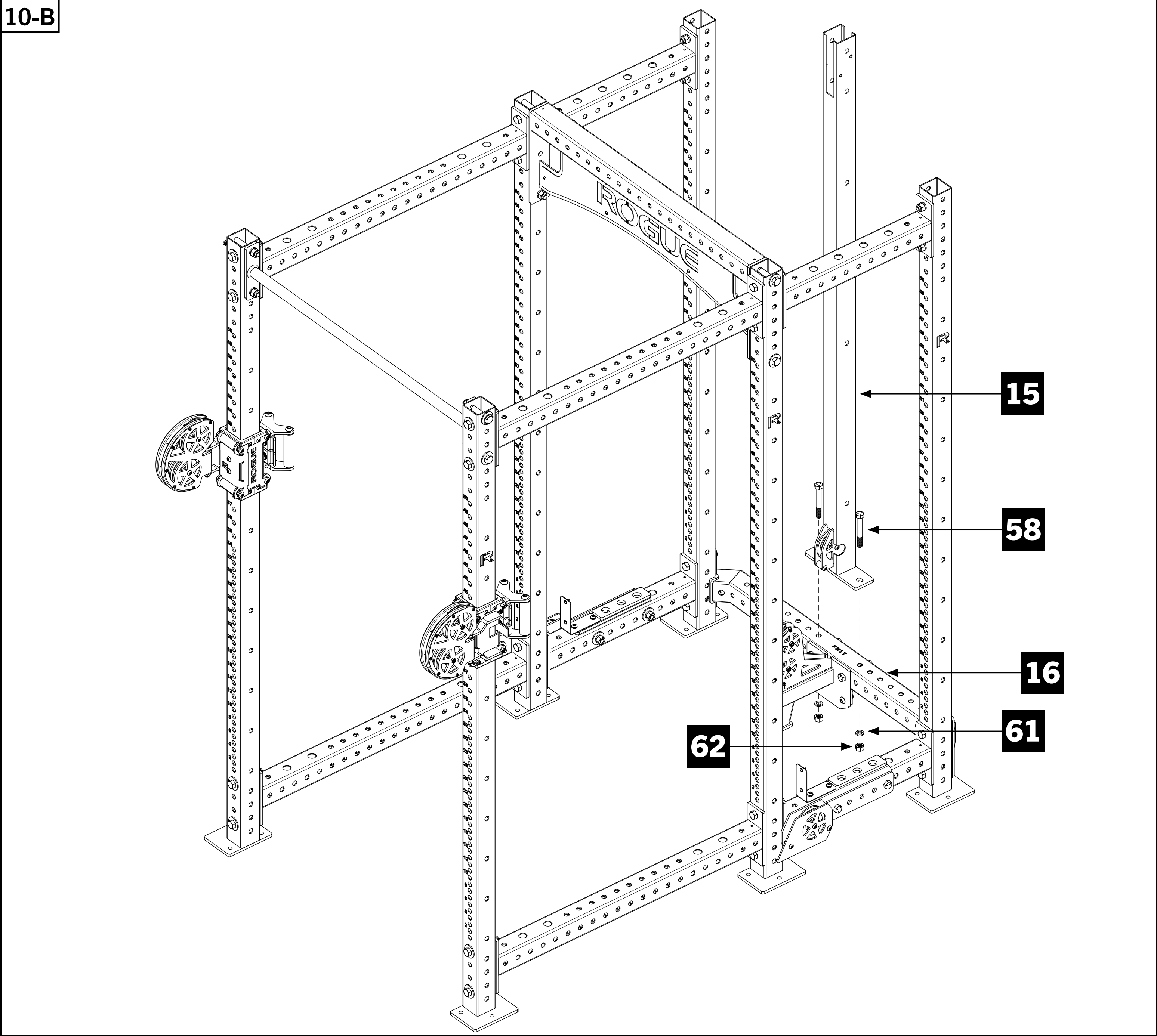
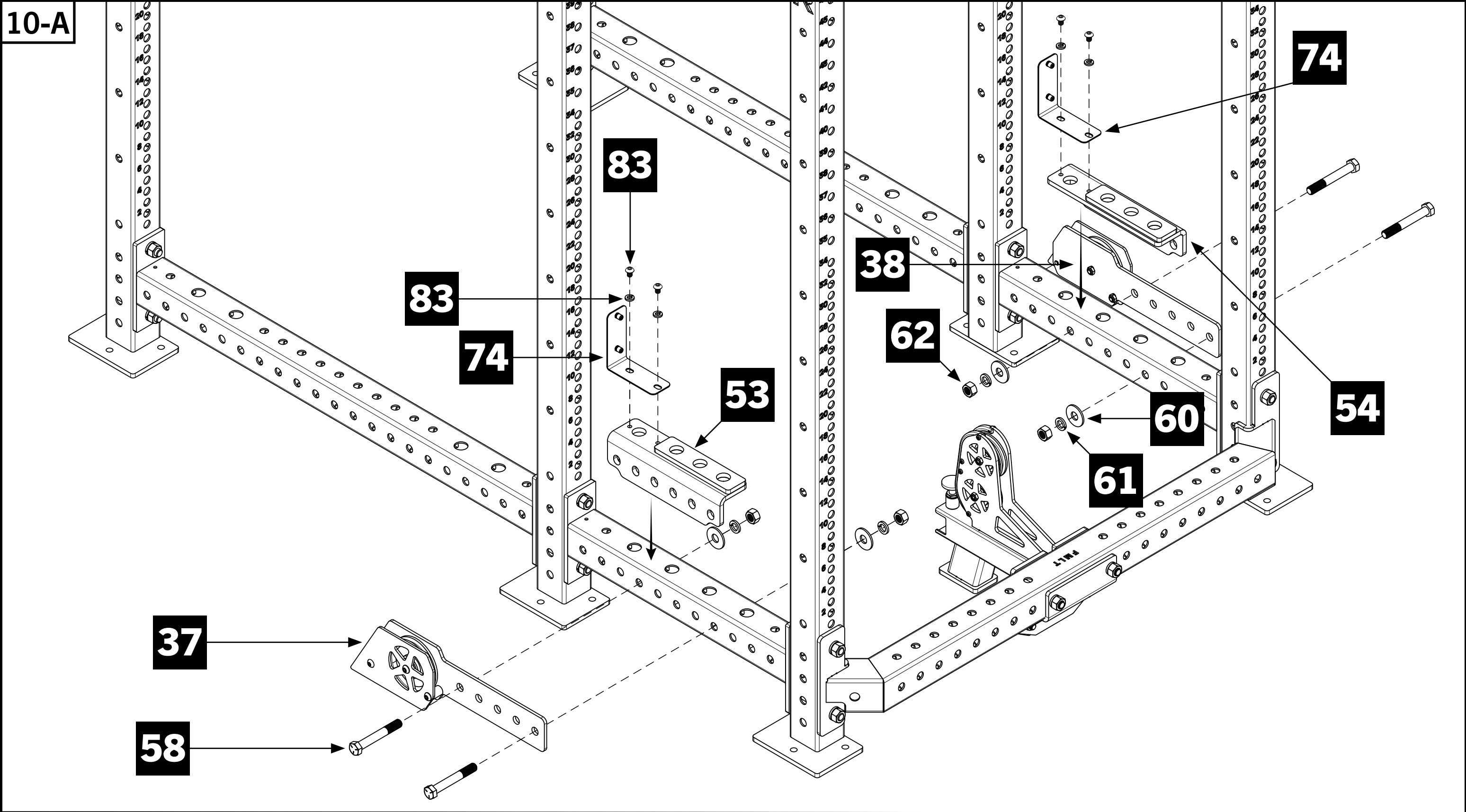
# STEP 9

- For ease of assembly, pull the pop-pin and remove Foot Catch from Low Row Foot Plate Assembly as shown in detail view (right).
- Attach Foot Plate Assembly [25] and Low Row Connector Plate [26] to Low Row Crossmember [16] using indicated 5/8" and 1/2" hardware below.



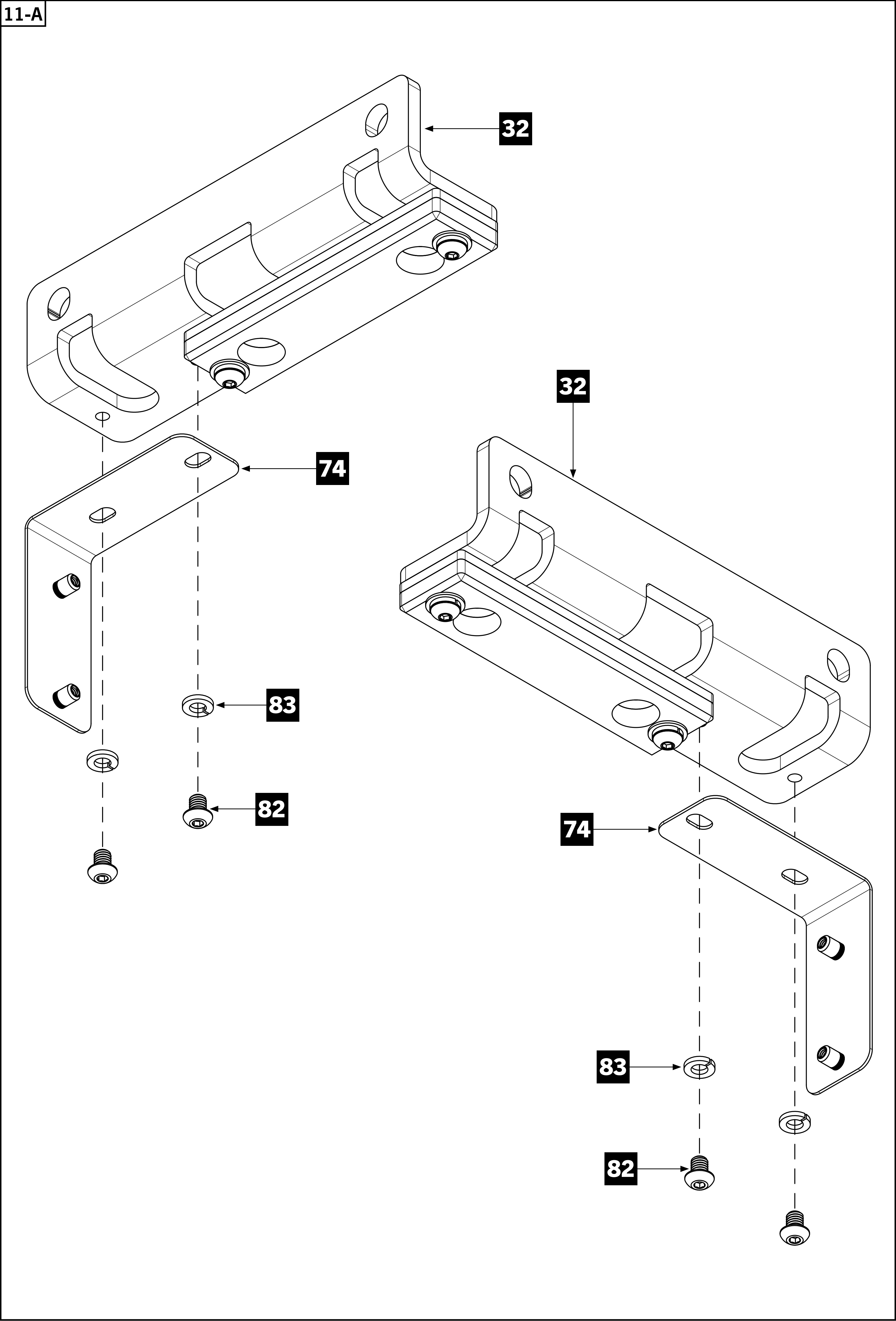
# STEP 10

- **For Shroud Kit Only:** Attach Weight Stack Shroud Brackets [74] to Lower Guide Rod Retaining Bracket -LH and RH [53,54] using 3/8” x 1/2” Hex Bolt [83] and 3/8” Lock Washer [83].
- Attach Lower Guide Rod Retaining Bracket -LH and RH [53,54] to Rear Crossmember [3] using 5/8” Hardware as shown in 10-A.
- **Fully tighten Hardware in 10-A.**
- Secure Rear 3X3 Upright [15] to Low Row Crossmember [16] using 5/8” x 4-1/2” Hex Bolts [58], 5/8” Lock Washers [61], and 5/8” Hex Nuts [62]. **Do not fully tighten.**



# STEP 11

- **For Shroud Kit Only:** If the shroud kit was not purchased, skip to **STEP 12**.
- Install Weight Stack Shroud Bracket [74] into each of the Top Guide Rod Retaining Brackets [32] using 3/8" x 1/2" Button Head Screw [82] and 3/8" Lock Washer [83].

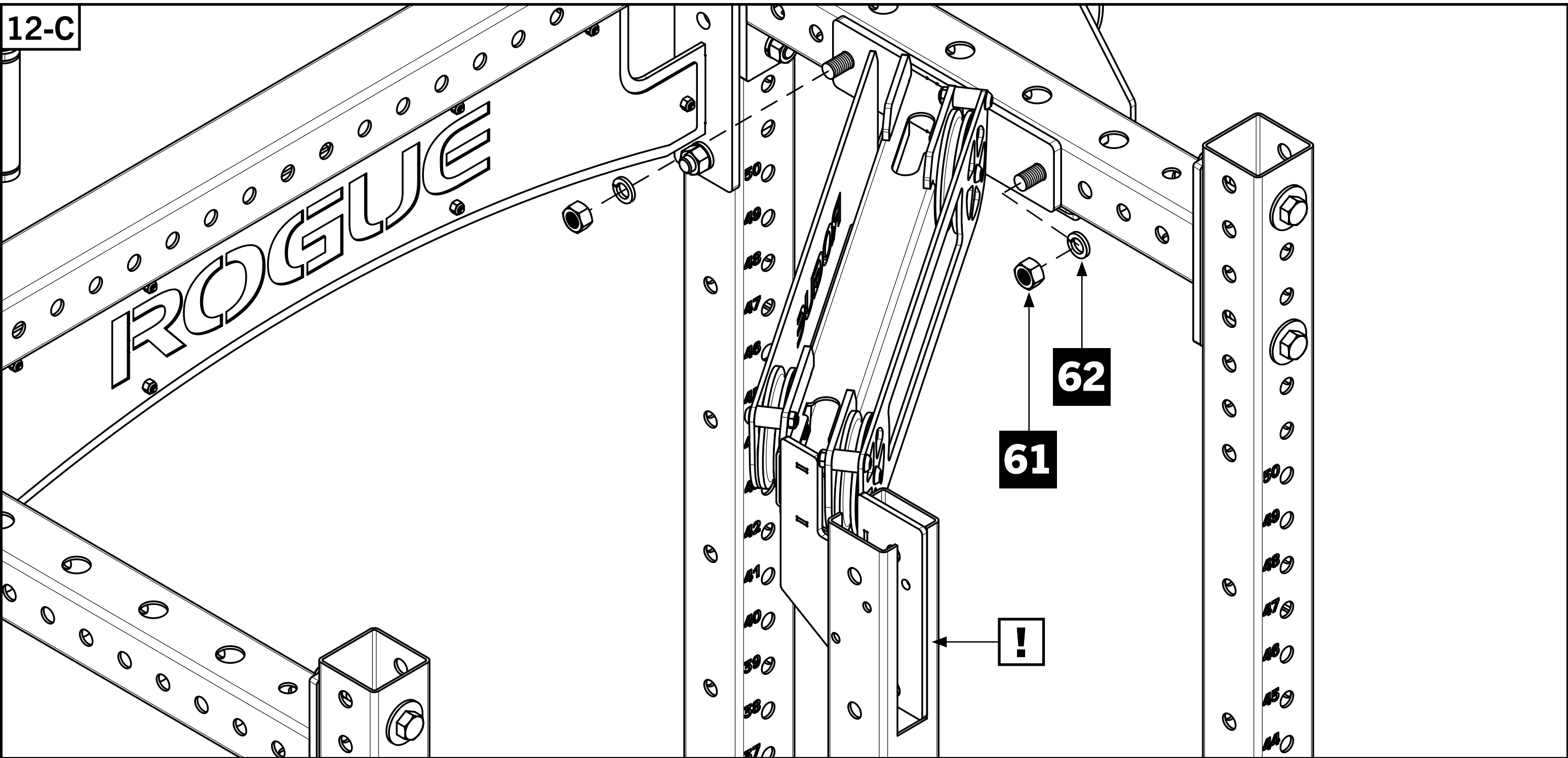
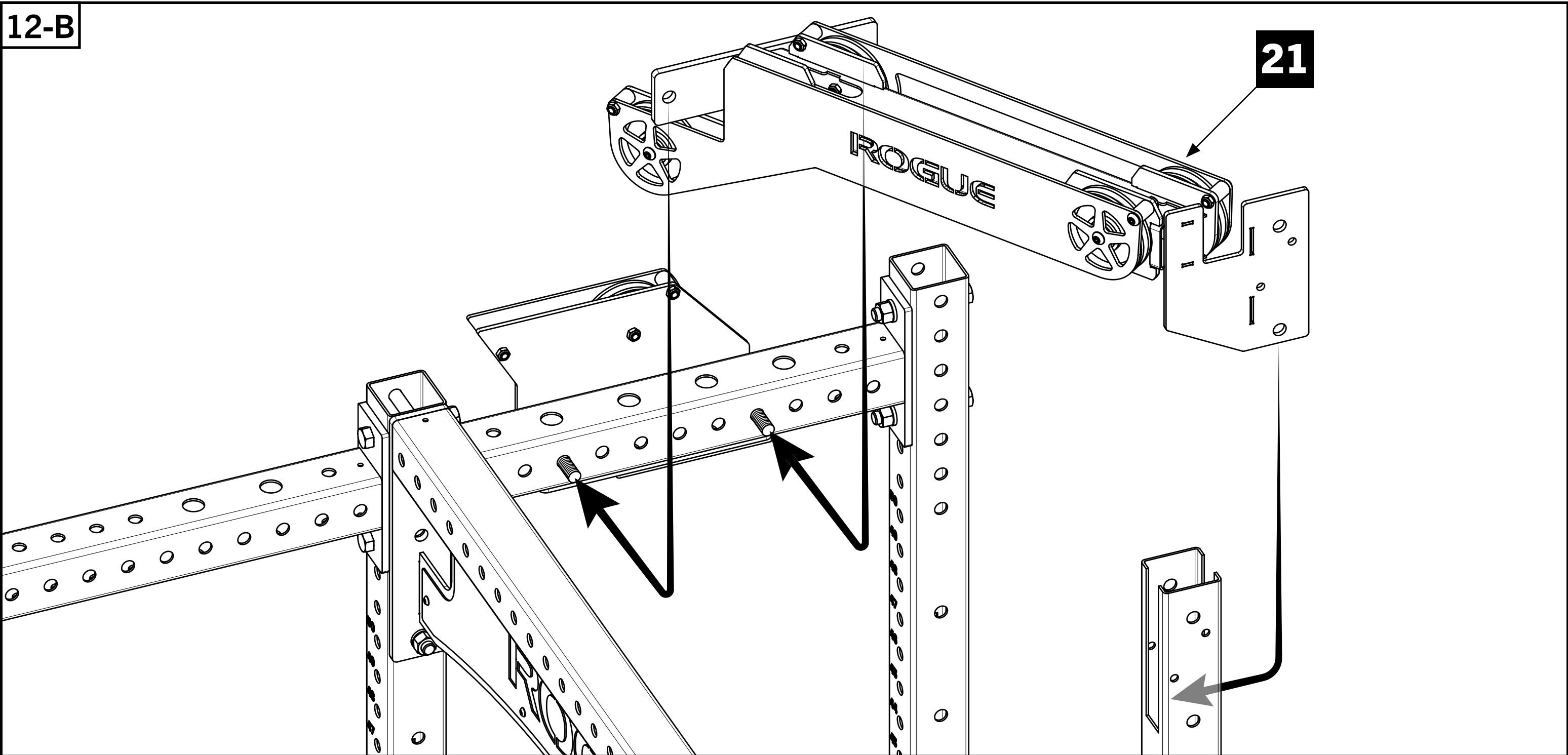
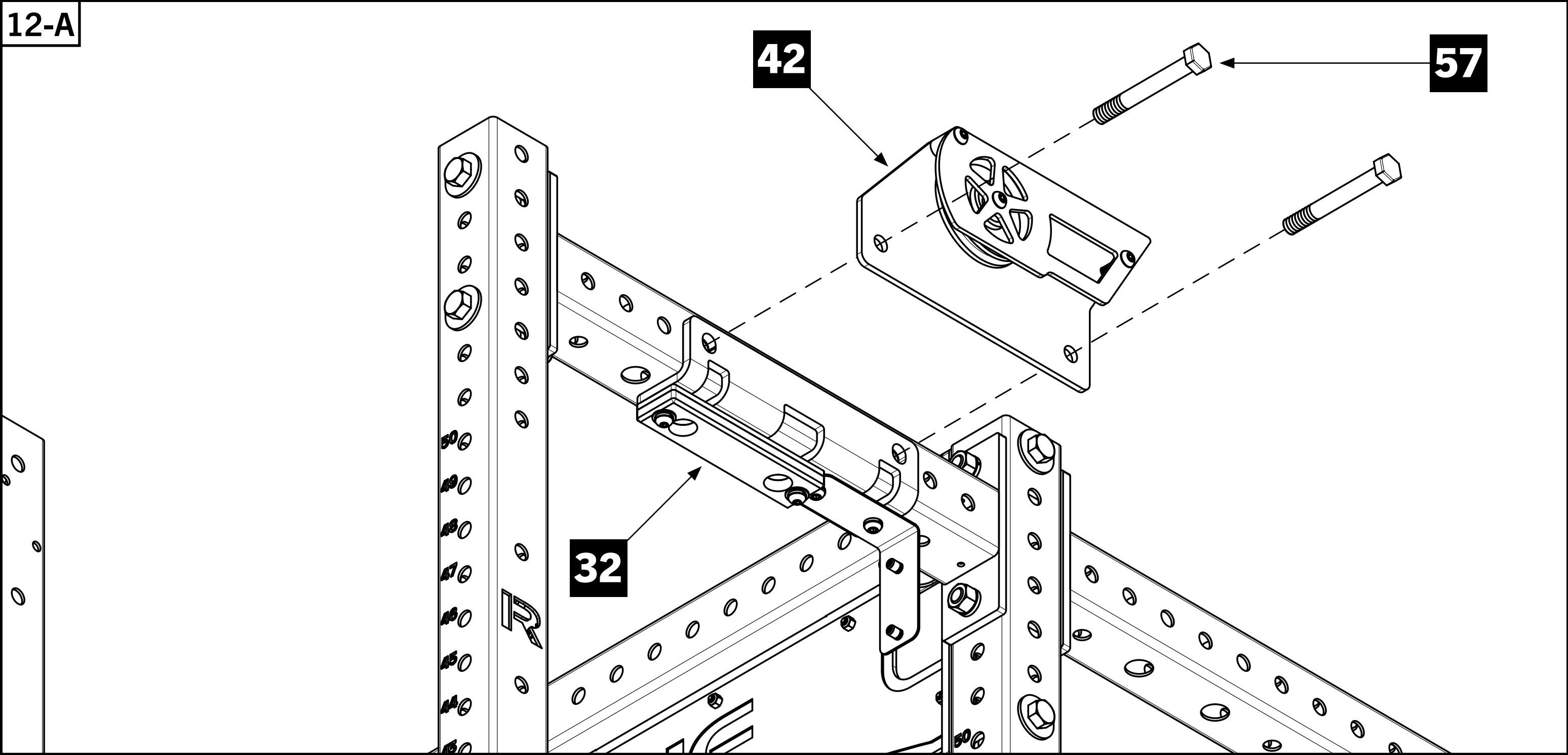




# STEP 12

**Note:**

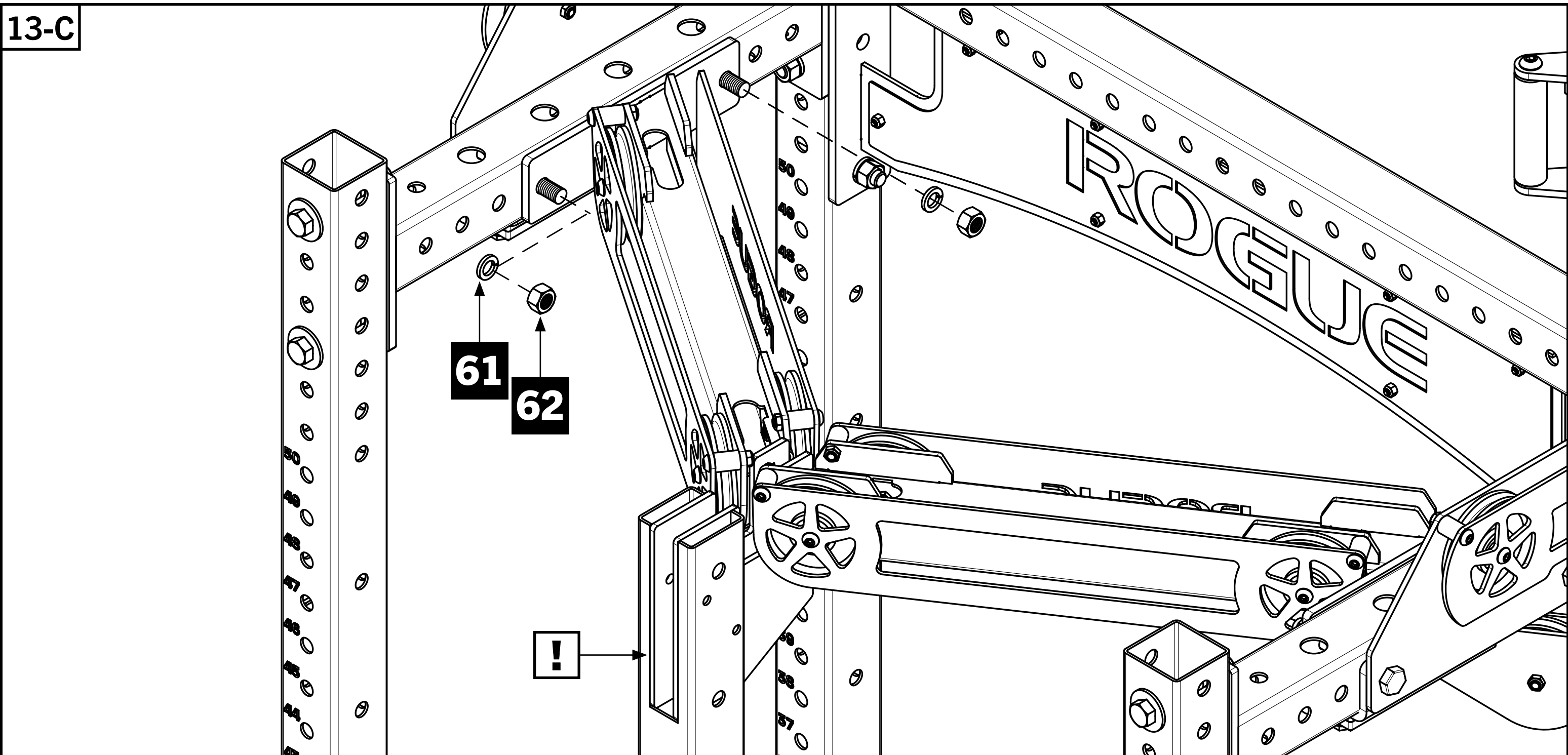
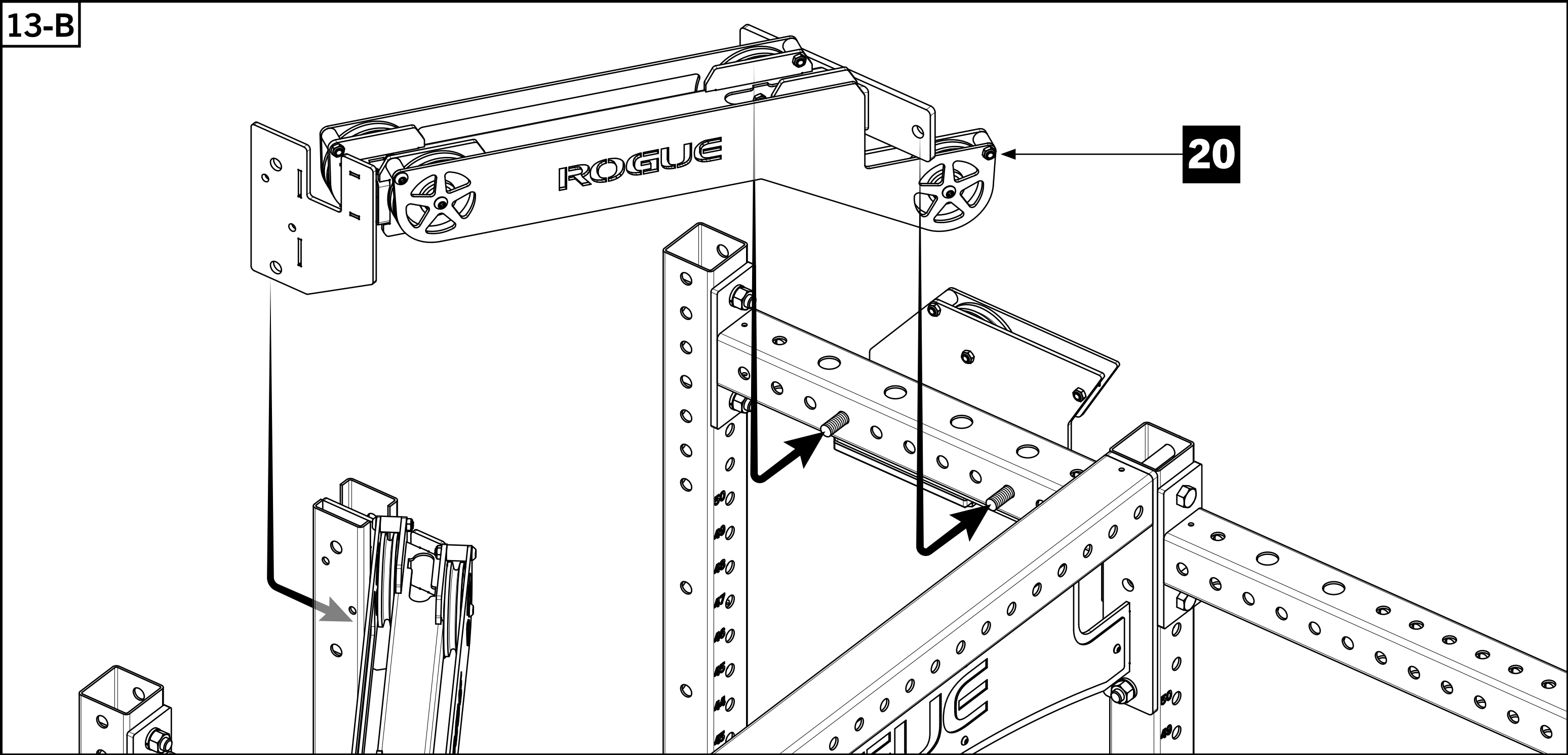
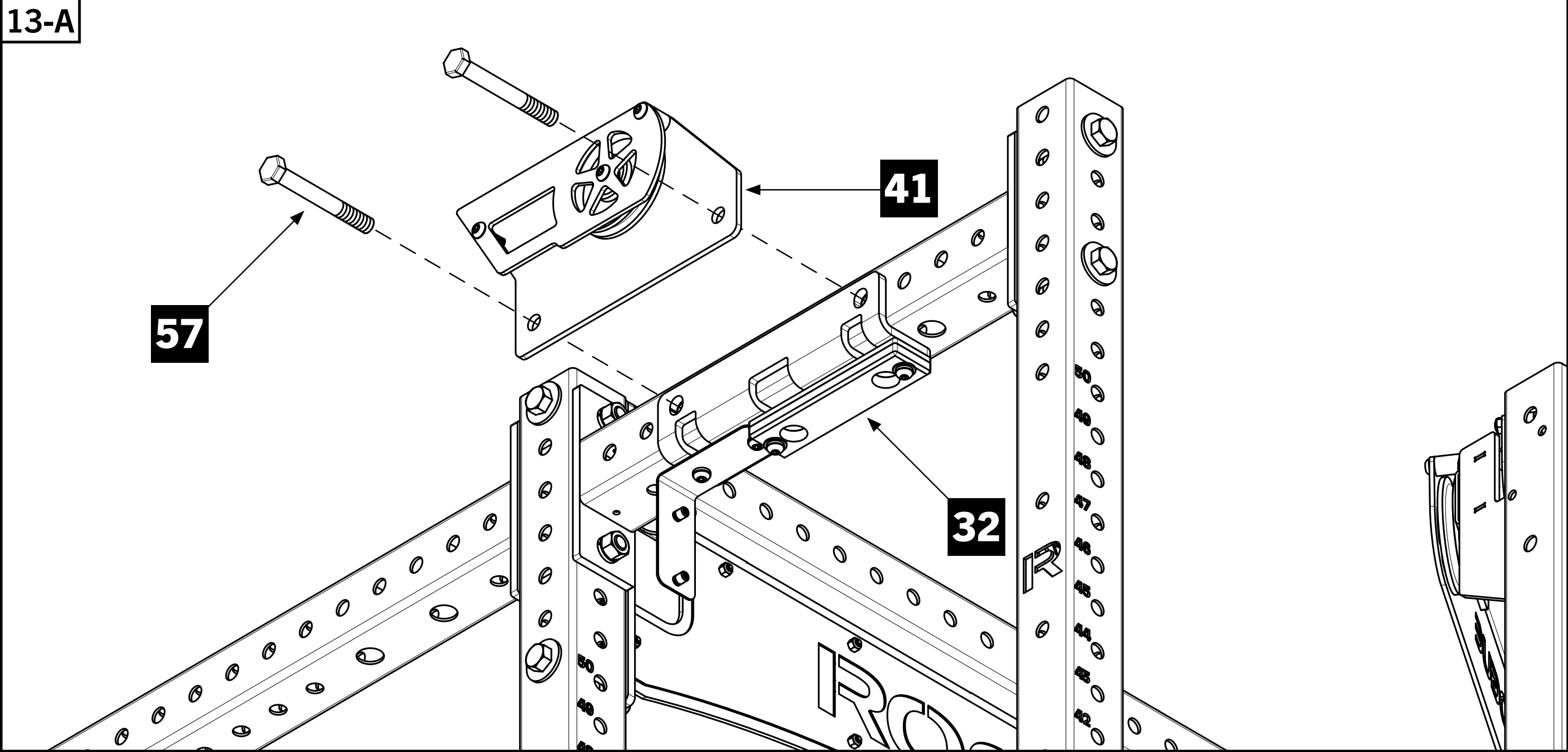
- This step is best accomplished with two or three people.
- Attach the Top Guide Rod Retaining Bracket [32] and the Top Rear Side Pulley Assembly - LH [42] to the Rear Crossmember [3] in the position shown, using 5/8" x 5" Hex Bolts [57].
- Secure the Top Rear Angle Crossmember - LH [21] to the Rear Crossmember [3] using 5/8" Lock Washers [61] and 5/8" Hex Nuts [62].
- **Bolts Hand Tight Only.**
- **Note:** The Top Rear Angle Crossmember - LH [21] will be fully secured to the 3x3 Uprights [15] in **STEP 14**.
- **!** Ensure rear plates of Top Rear Angle Crossmember is placed inside of slot of the Rear Upright as shown.



# STEP 13

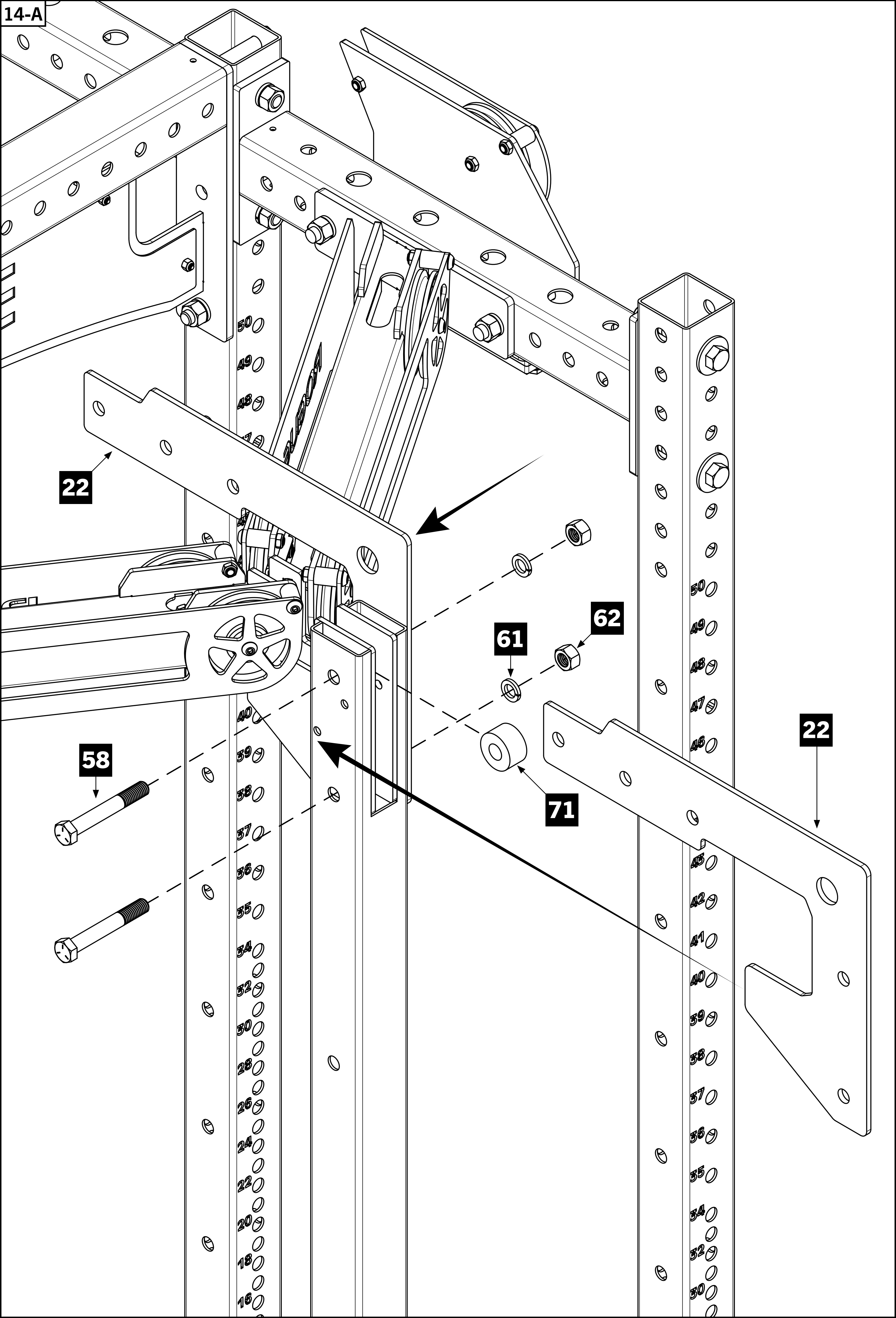
**Note:**

- This step is best accomplished with two or three people.
- Attach the Top Guide Rod Retaining Bracket [32] and the Top Rear Side Pulley Assembly - RH [41] to the Rear Crossmember [3] in the position shown, using 5/8" x 5" Hex Bolts [57].
- Attach the Top Rear Angle Crossmember - RH [20] to the Rear Crossmember [3] using 5/8" Lock Washers [61] and 5/8" Hex Nuts [62].
- **Bolts Hand Tight Only.**
- **Note:** The Top Rear Angle Crossmember - RH [20] will be fully secured to the 3x3 Uprights [15] in **STEP 14**.
- **!** Ensure rear plates of Top Rear Angle Crossmember is placed inside of slot of the Rear Upright as shown.



# STEP 14

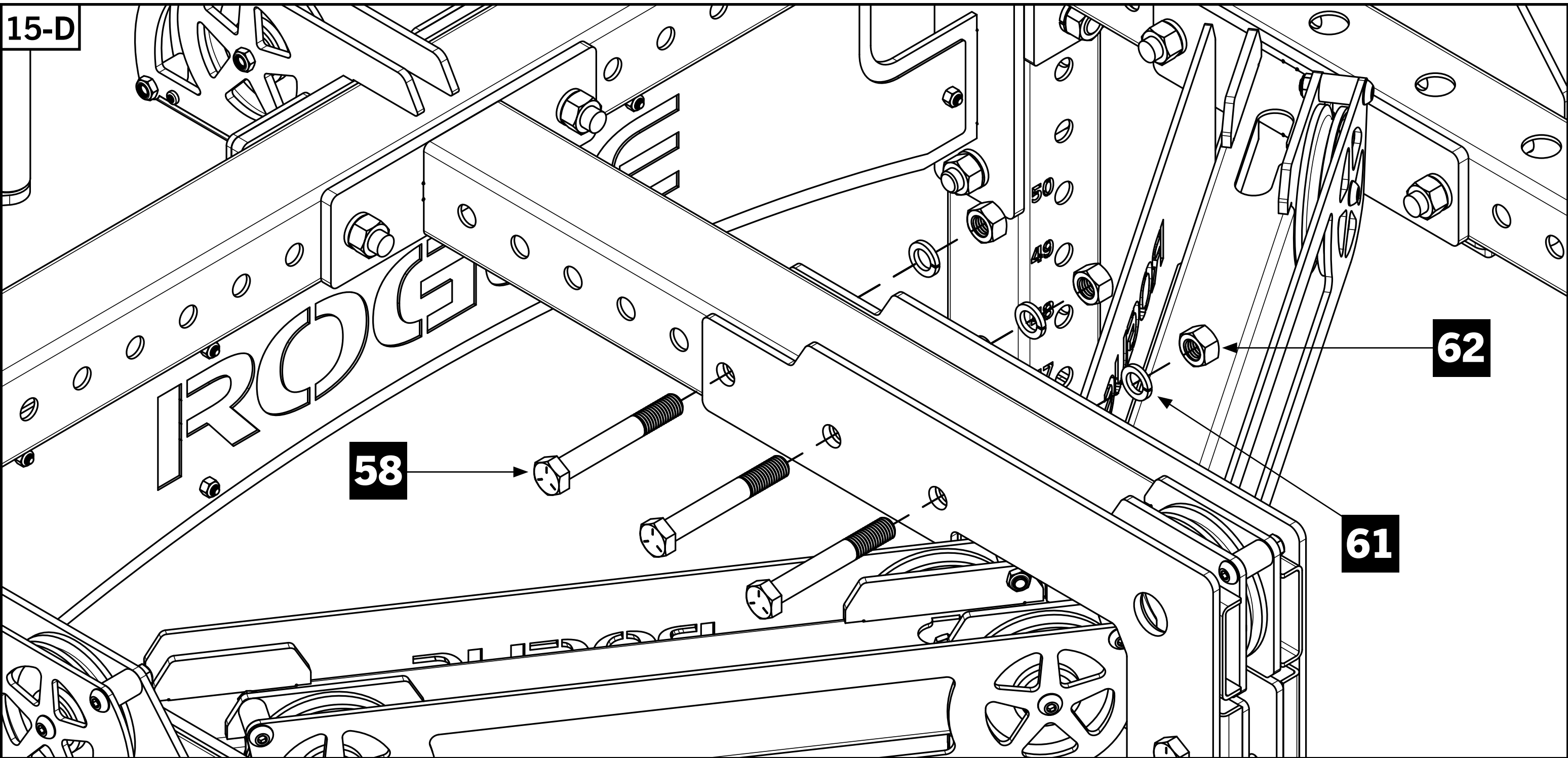
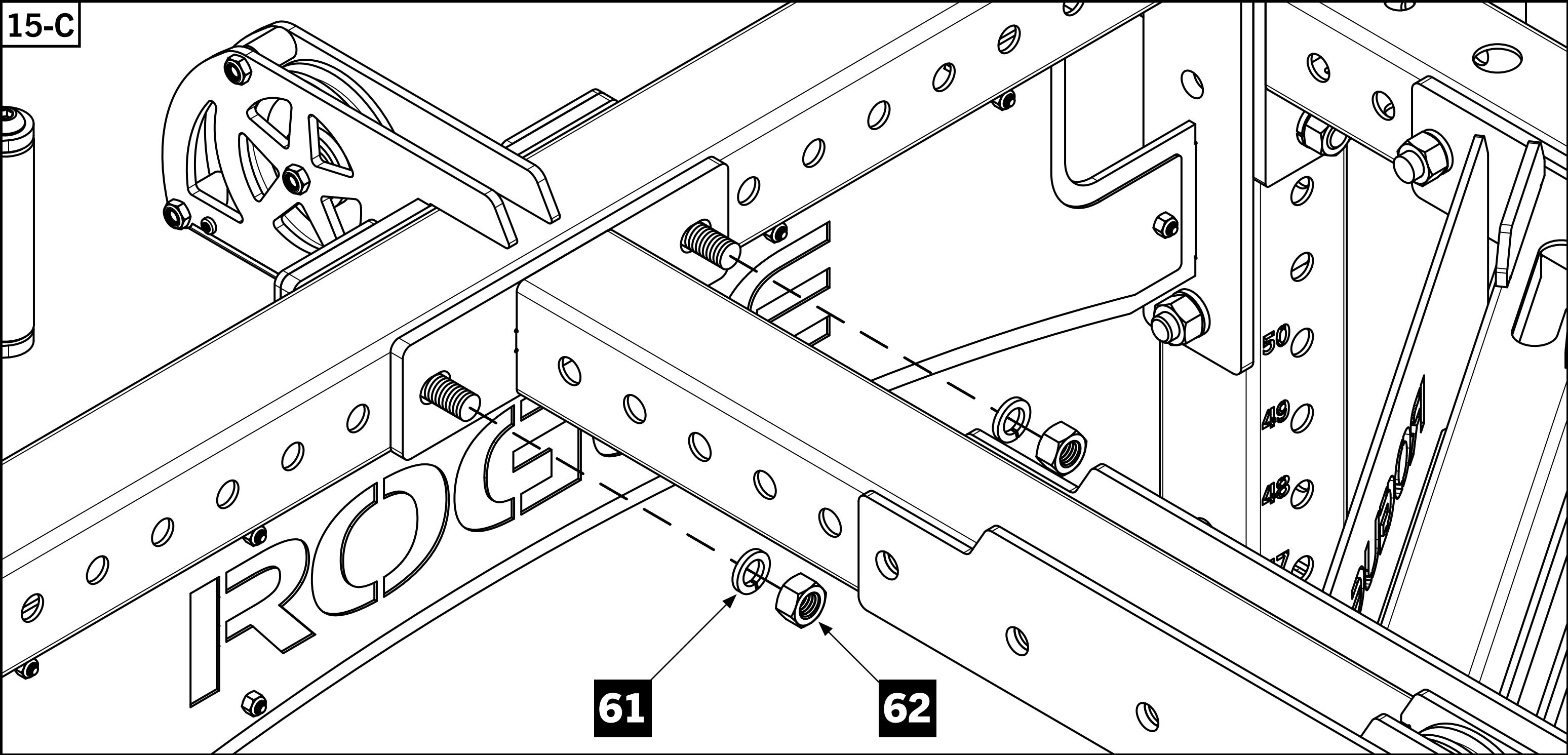
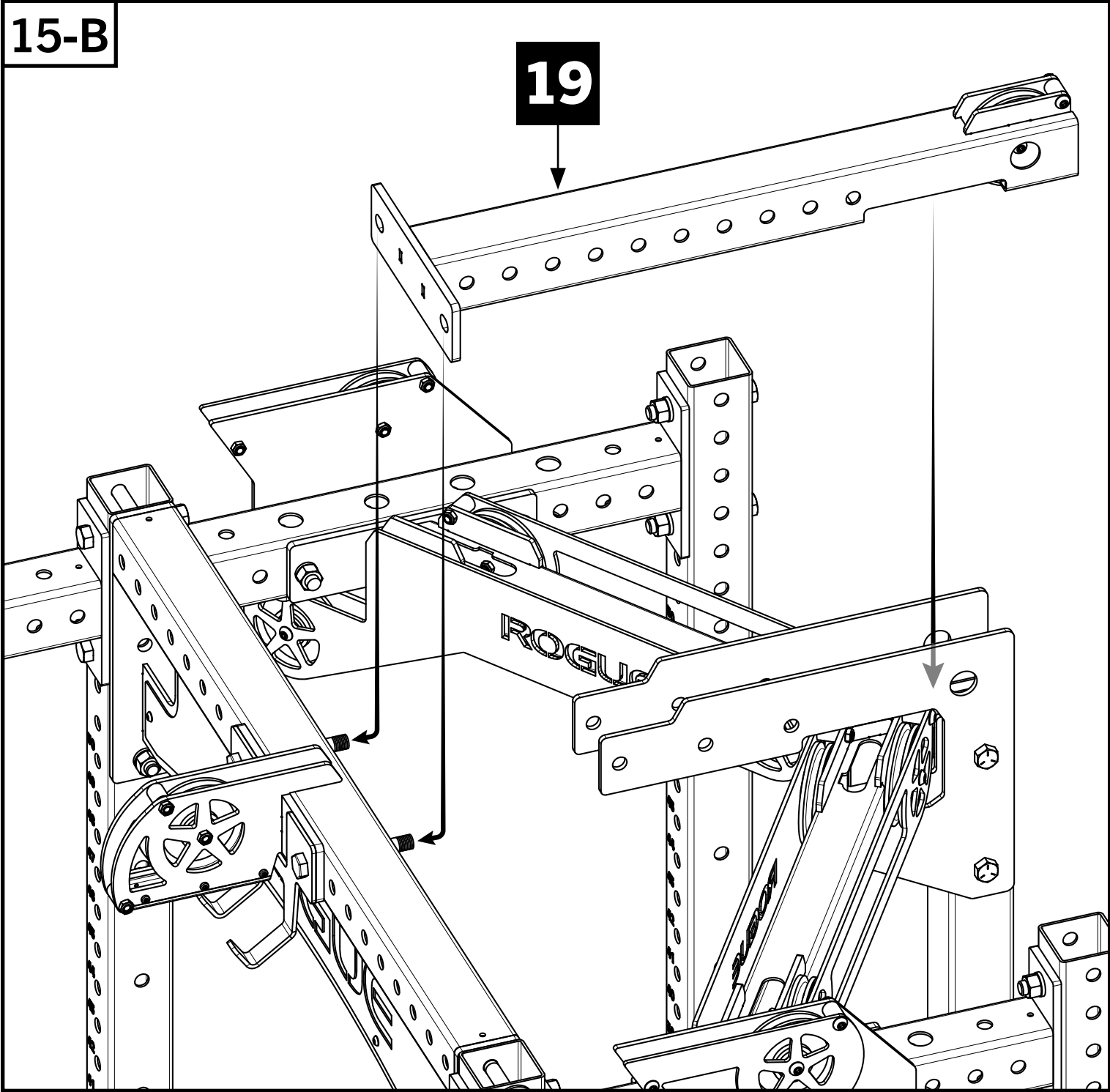
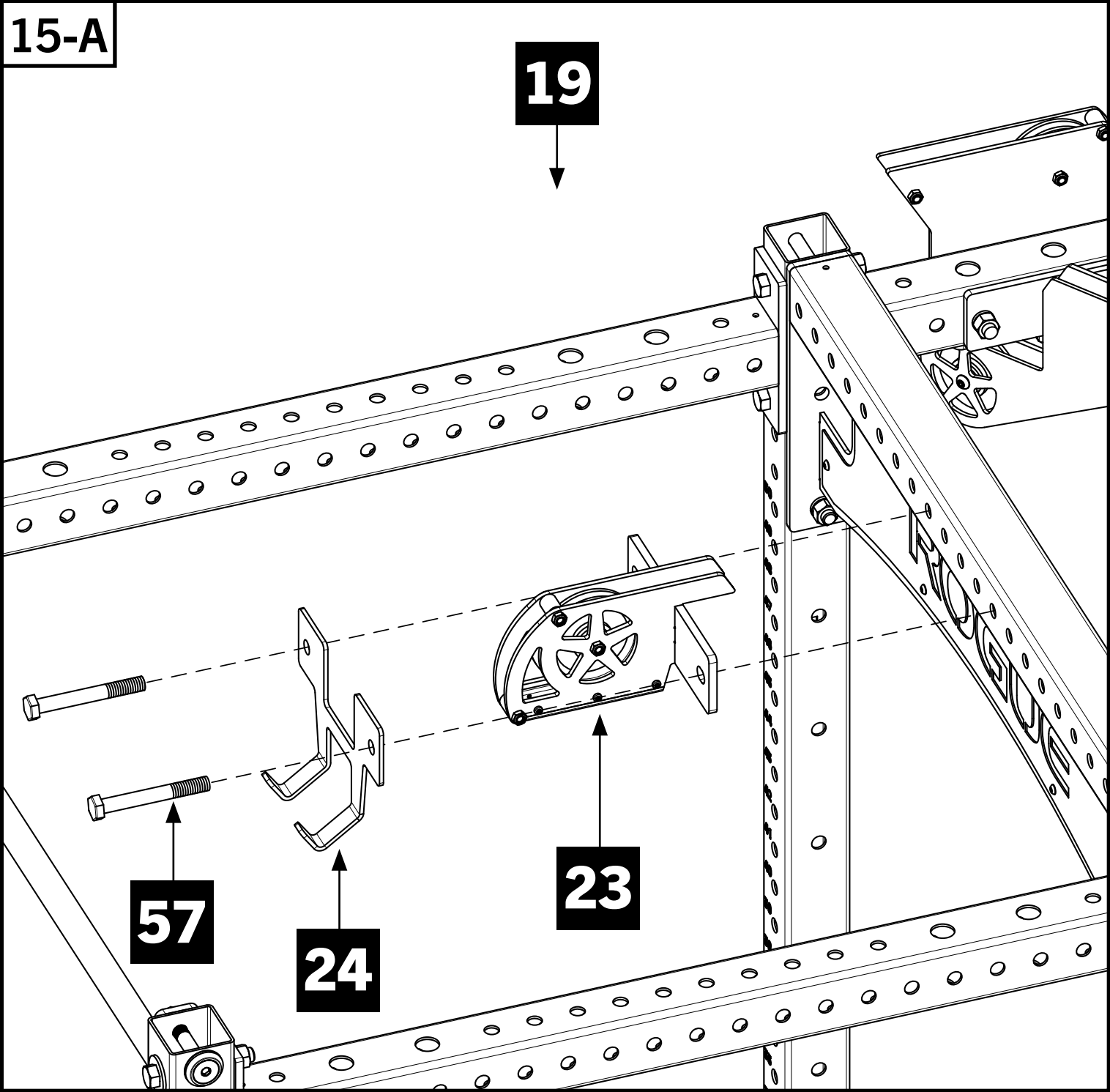
- Bolt both Connector Plates [22] to 3x3 Upright [15] using 5/8" x 4-1/2" Hex Bolts [58], Large Spacer [71], 5/8" Lock Washers [61], and 5/8" Hex Nuts [62].
- Install Large Spacer between Top Rear Angle Crossmembers using the top 5/8" x 4-1/2" Hex Bolt.





# STEP 15

- Attach Lat Bar Hanger [24] and Lat Pulldown Pulley Bracket [23] to Nameplate Crossmember [4] using 5/8" x 5" Hex Bolts [57].
- Secure the Top Center Crossmember [19] to the Nameplate Crossmember [4] using the 5/8" x 5" Hex Bolts [57] from **STEP 15-A**, along with 5/8" Lock Washers [61] and 5/8" Hex Nuts [62].
- Secure Top Center Crossmember [19] between the Connector Plates [22] using 5/8" x 4-1/2" Hex Bolts [58], 5/8" Lock Washers [61], and 5/8" Hex Nuts [62].
- **Bolts Hand Tight Only.**



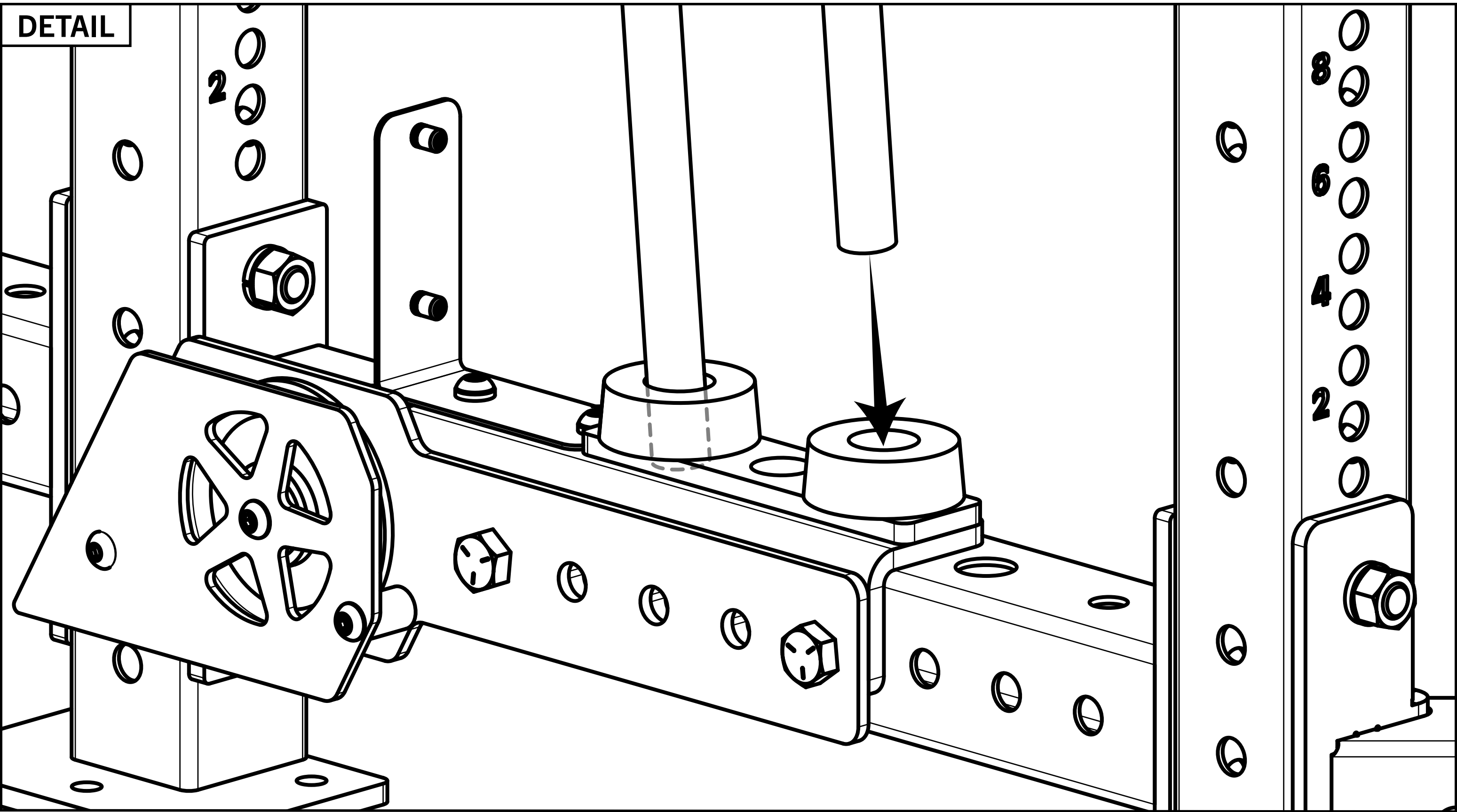
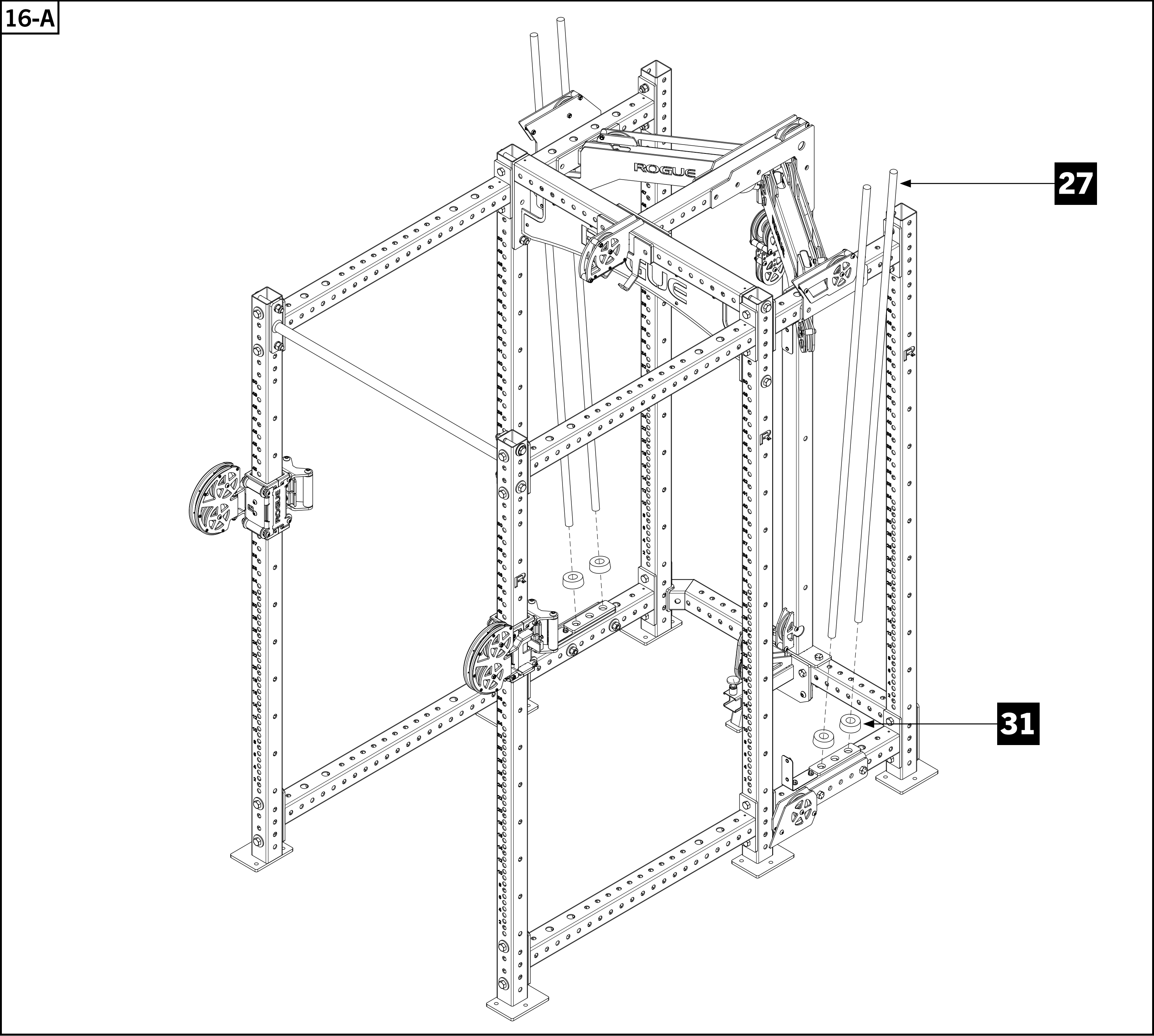


# STEP 16

- Place Weight Stack Bumpers [31] over outer 1” holes on the Weight Stack Spacer and insert Guide Rods [27] until they rest on top of the Rear Low Crossmember.

**Note:**

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

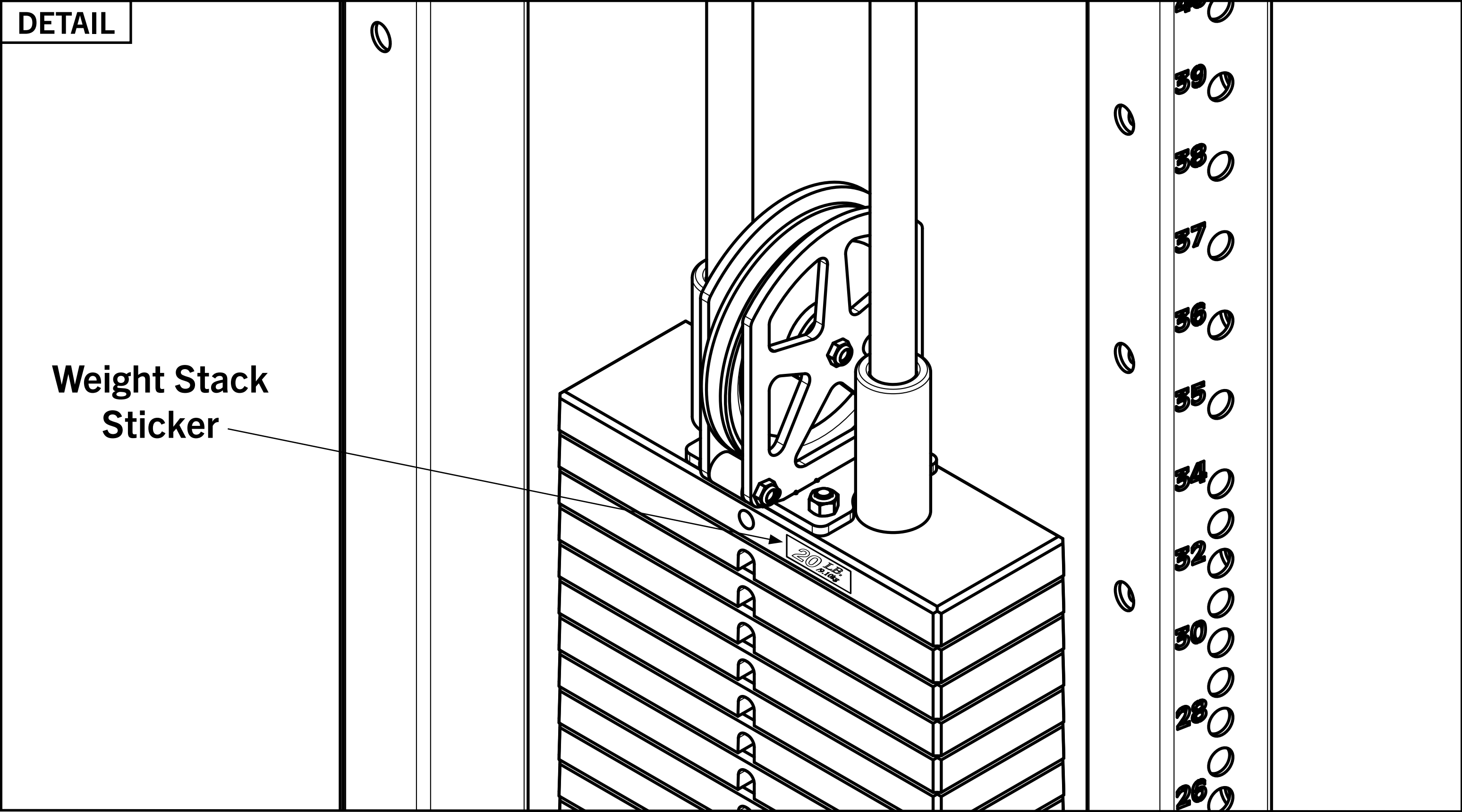
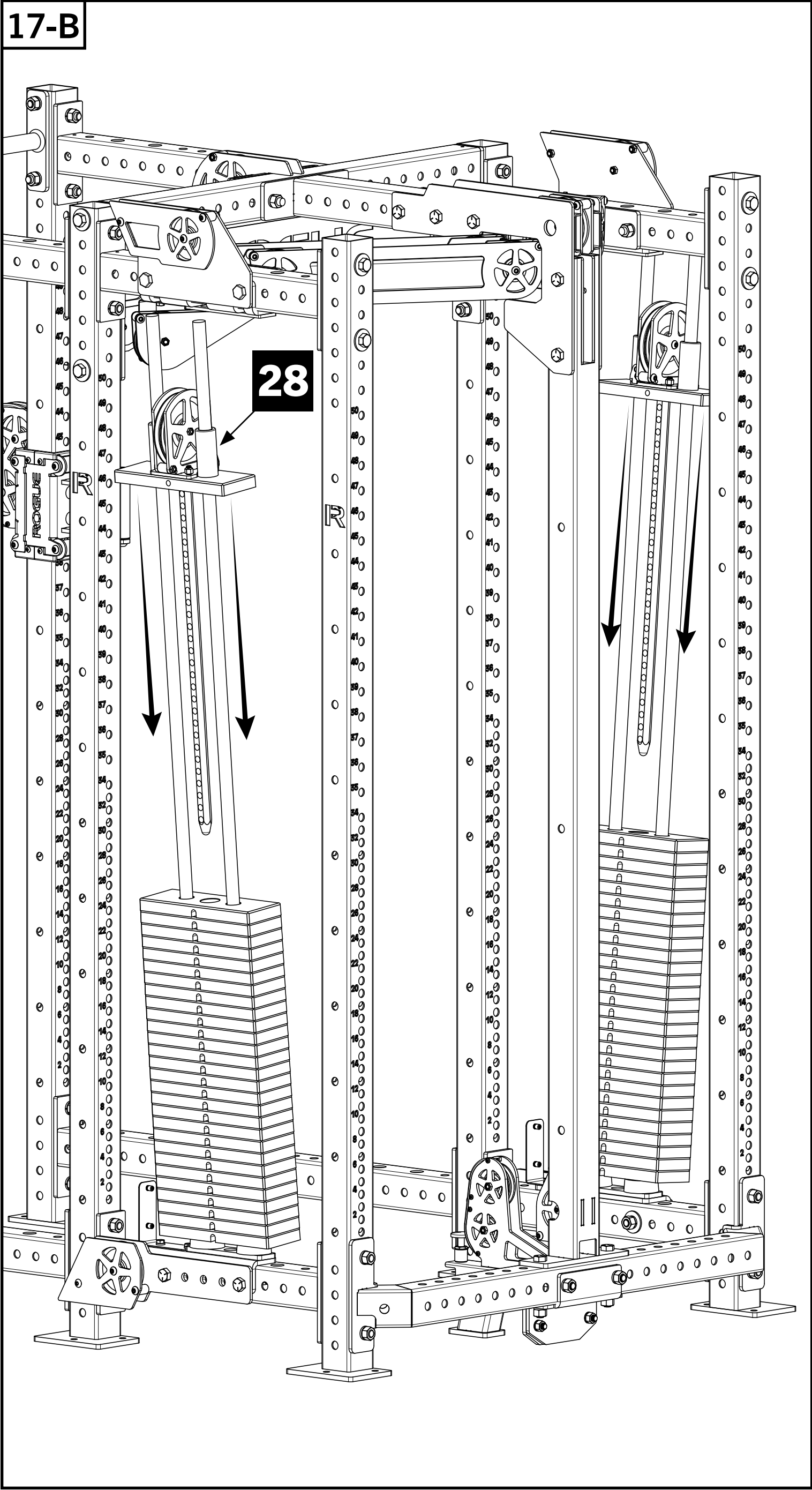
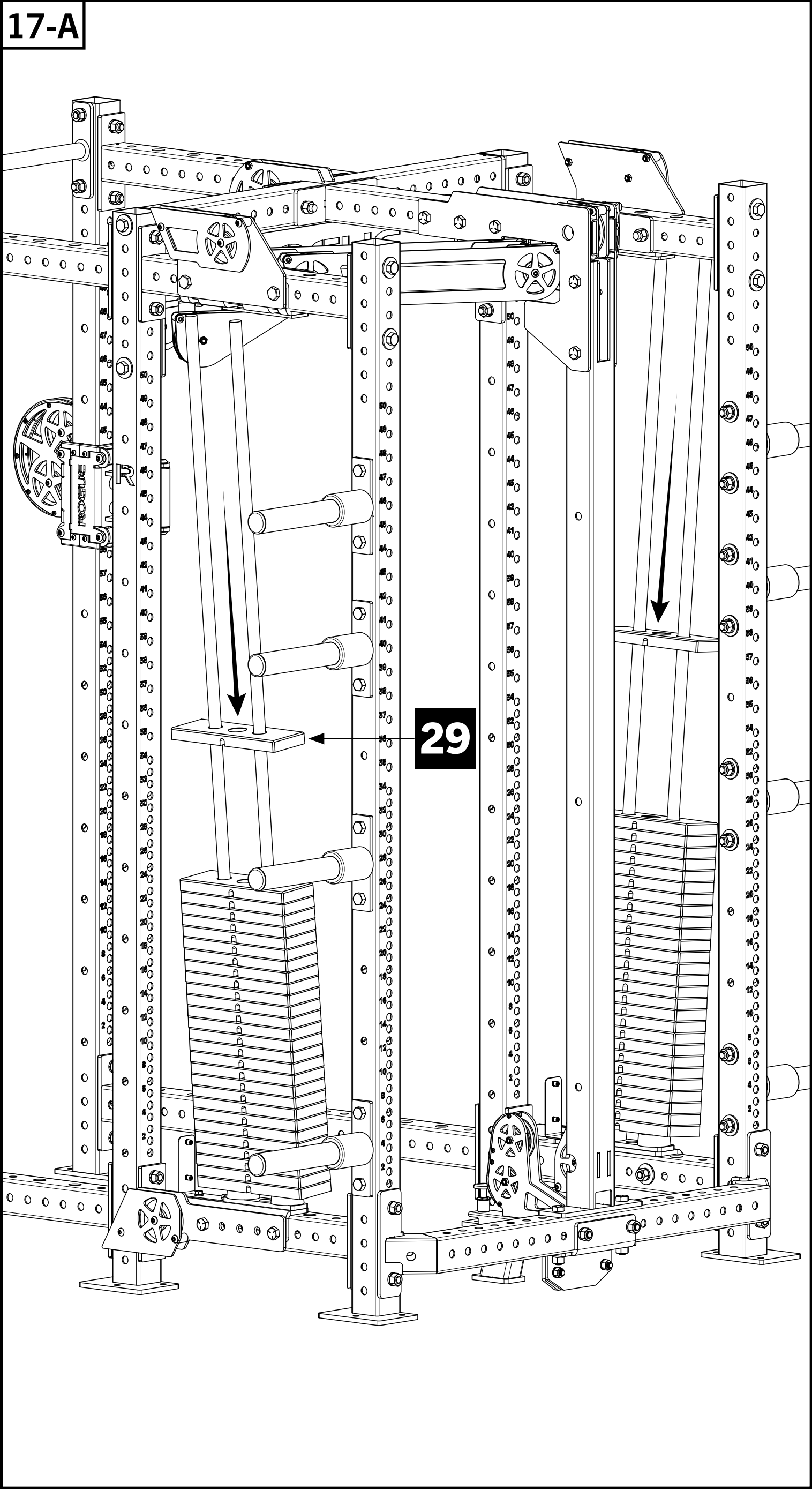


# STEP 17

**Note:**

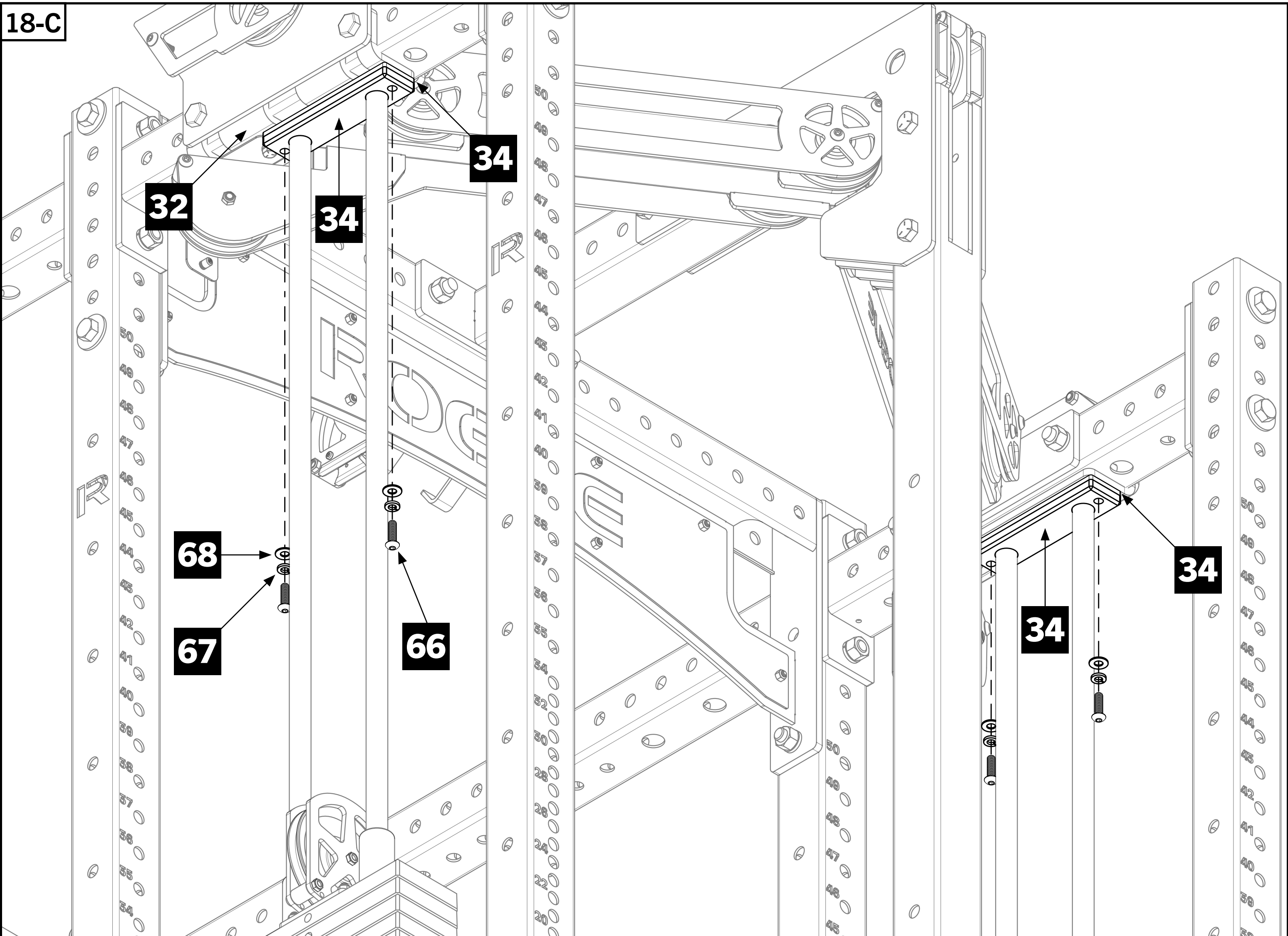
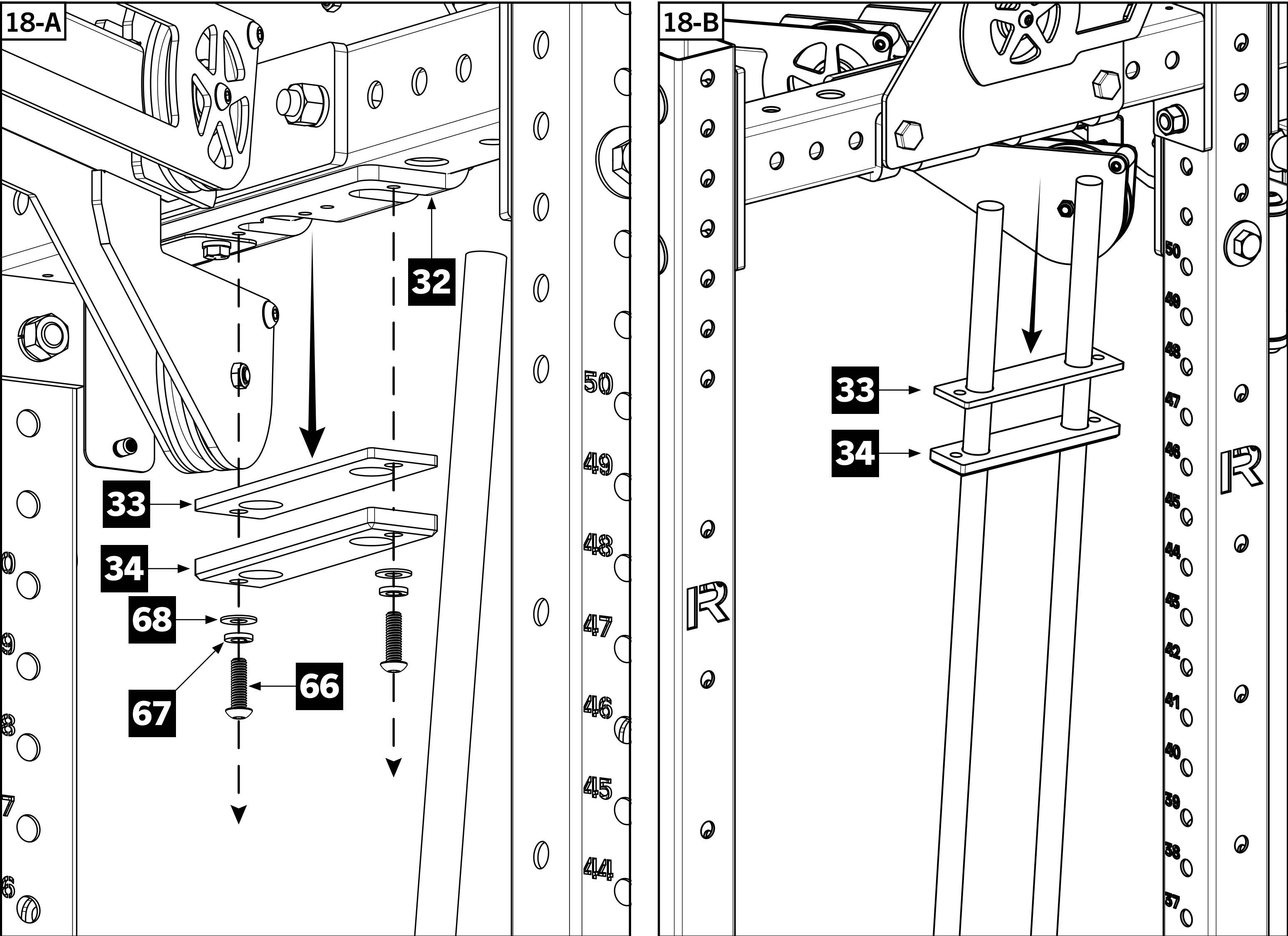
- This step is best accomplished with two or three people.
- One at a time, carefully stack all included 10LB Weight Stack Plates [29] down the Guide Rods [27], ensuring not to drop them.

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




# STEP 18

- Remove Guide Rod Retaining Plate [33] and Plastic [34] from Guide Rod Retaining Bracket [32] as shown in **18-A**.
- Slide Guide Rod Retaining Plate [33] and Plastic [34] on top of guide rods.
- Slide the Guide Rods [27] vertically into the slots of the Top Guide Rod Retaining Brackets [32].
- Slide Guide Rod Retaining Plate [33] and Plastic [34] to top of Guide Rods [27] and secure to Top Guide Rod Retaining Brackets [32] using 3/8" x 1.25" Hex Bolts [66], 3/8" Lock Washers [67], and 3/8" Flat Washer [68].



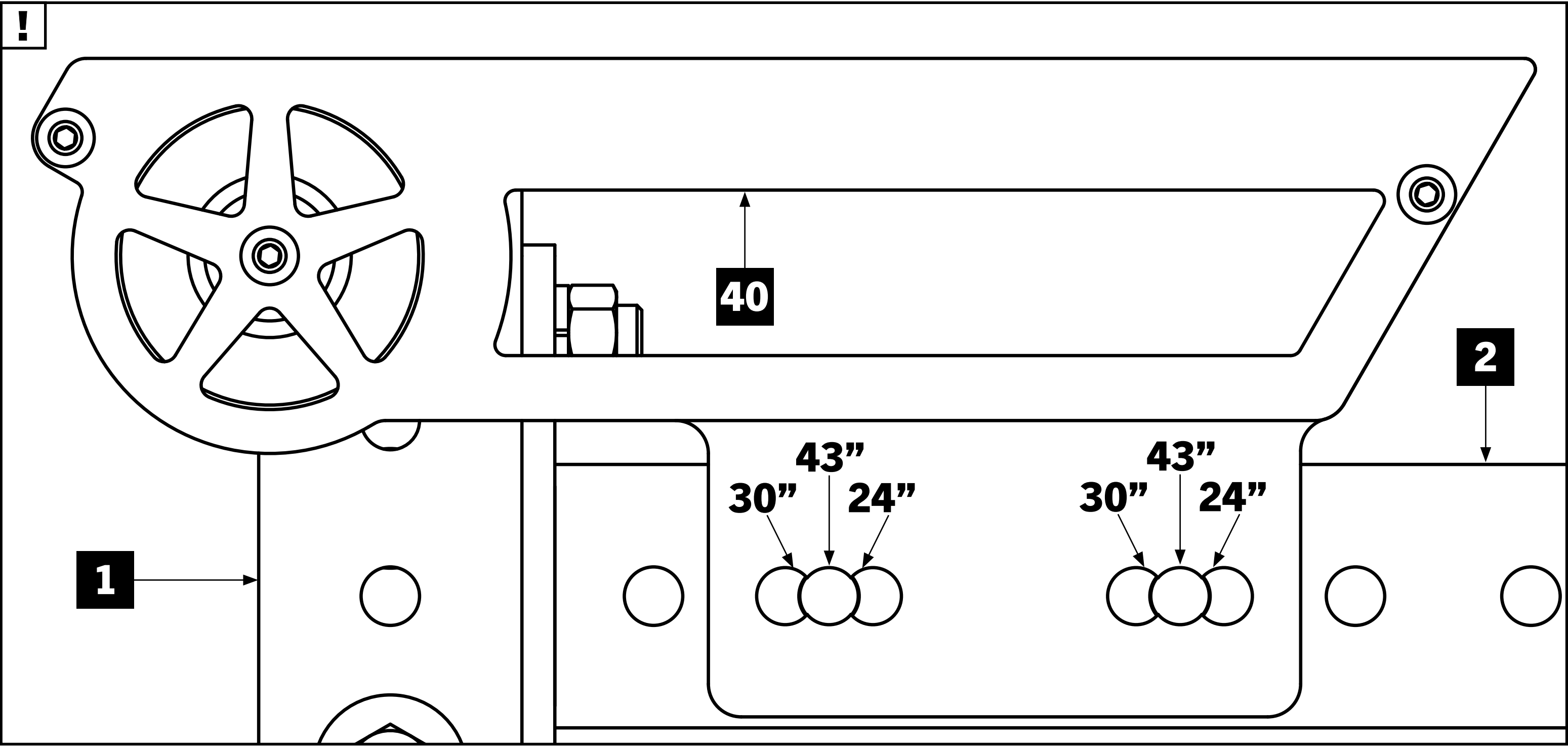
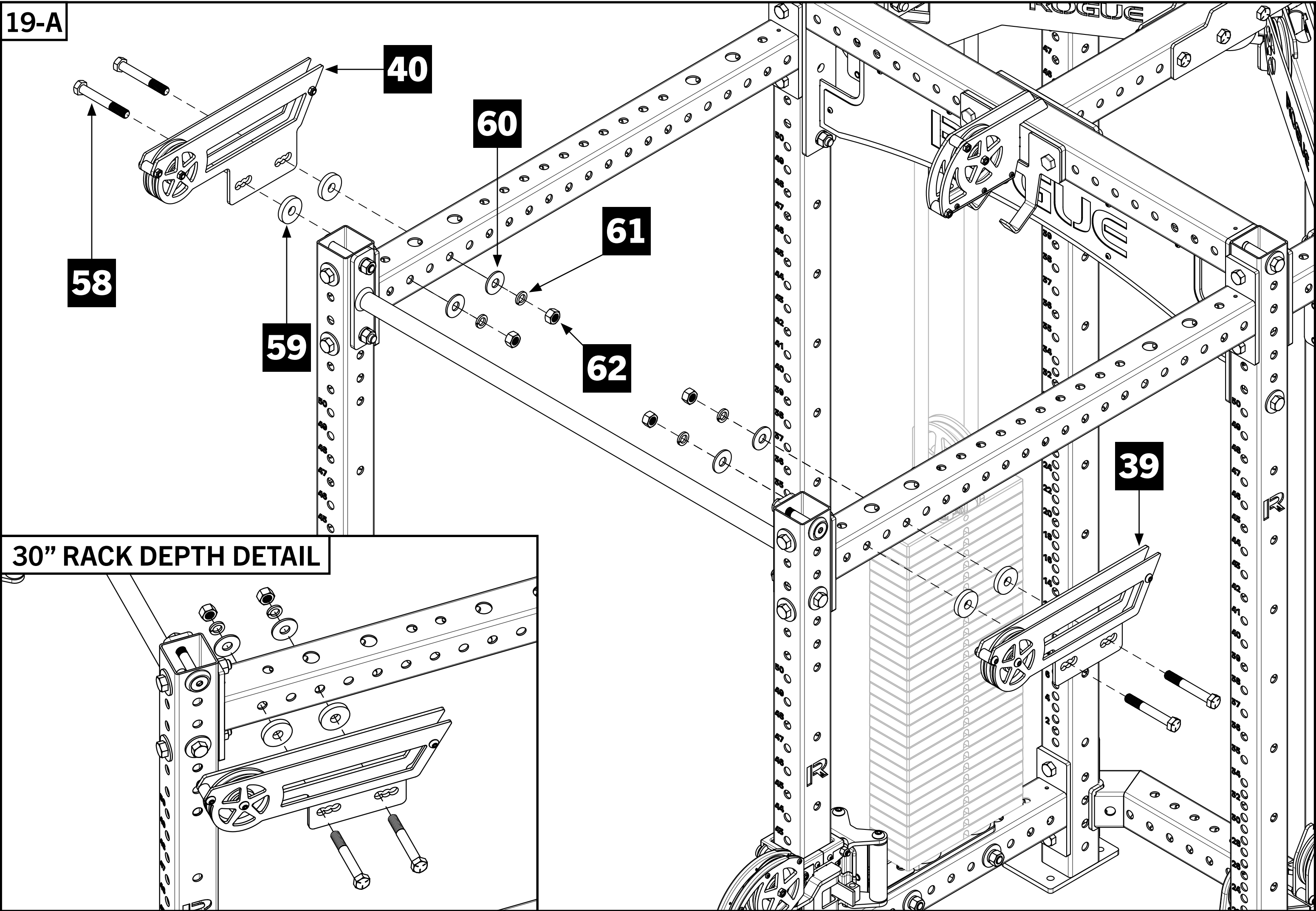
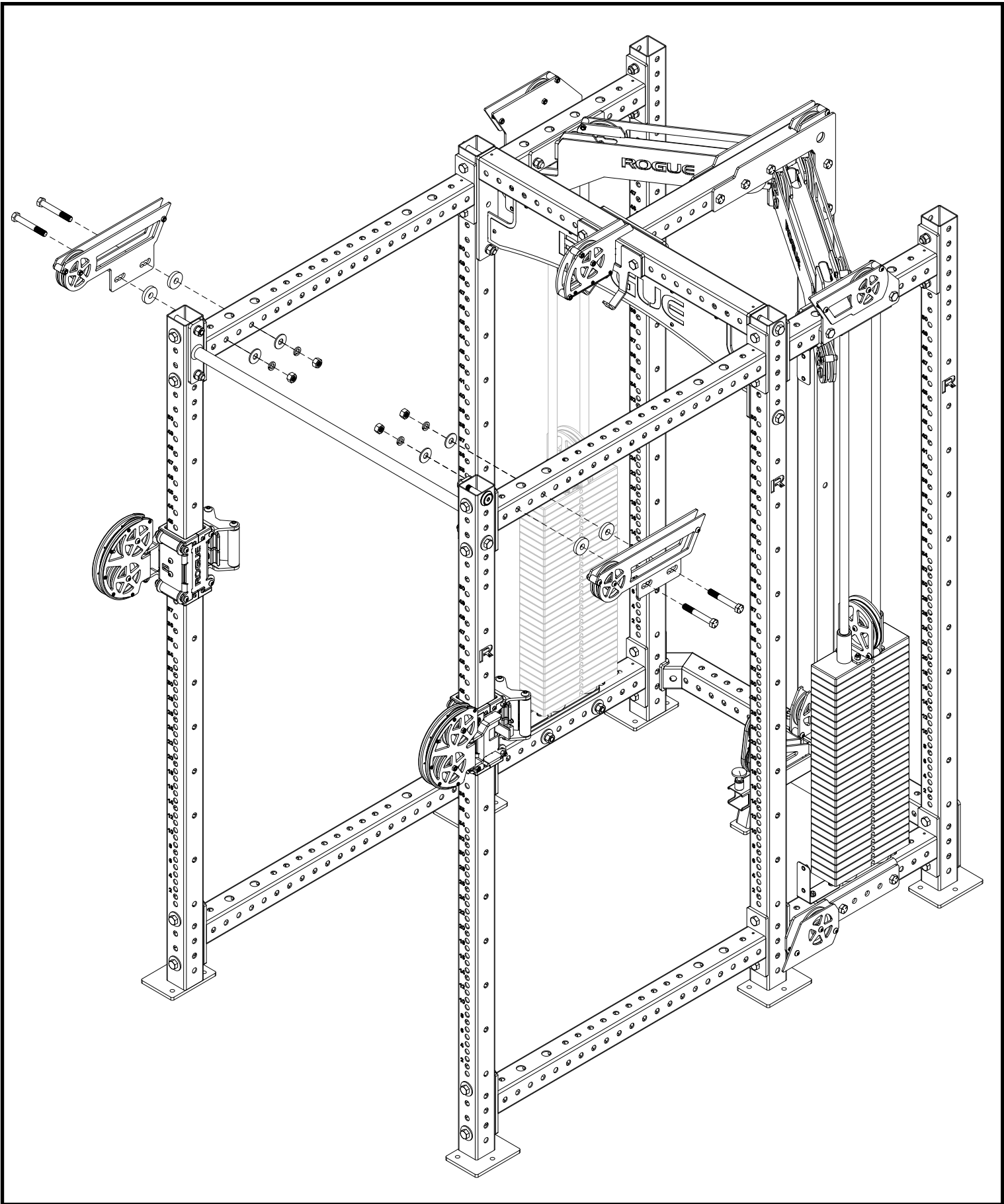


# STEP 19

- Bolt Top Front Side Pulley Assembly - RH and LH [39,40] to the Front Crossmembers [2] using 5/8" x 4-1/2" Hex Bolts [58], 5/8" x 3/8" Pulley Bracket Spacers [59], 5/8" Flat Washers [60], 5/8" Lock Washers [61], and 5/8" Hex Nuts [62] as shown.
-  43" Front 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:**

- If attaching to 43" or 24" Front Crossmember, bolt hardware through the 2nd and 4th holes on the Crossmember. If attaching to a 30" Front Crossmember, bolt hardware through the 1st and 3rd holes.



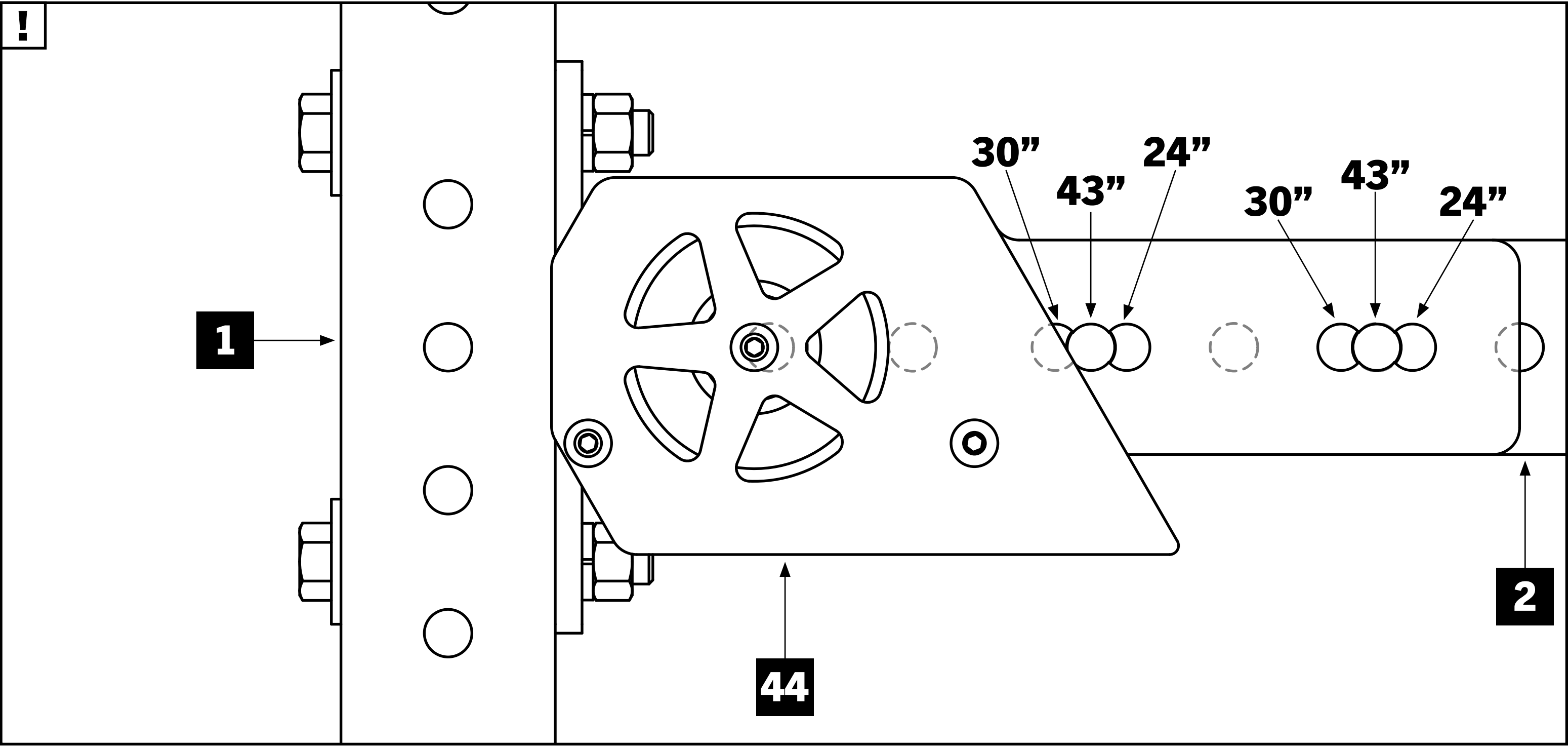
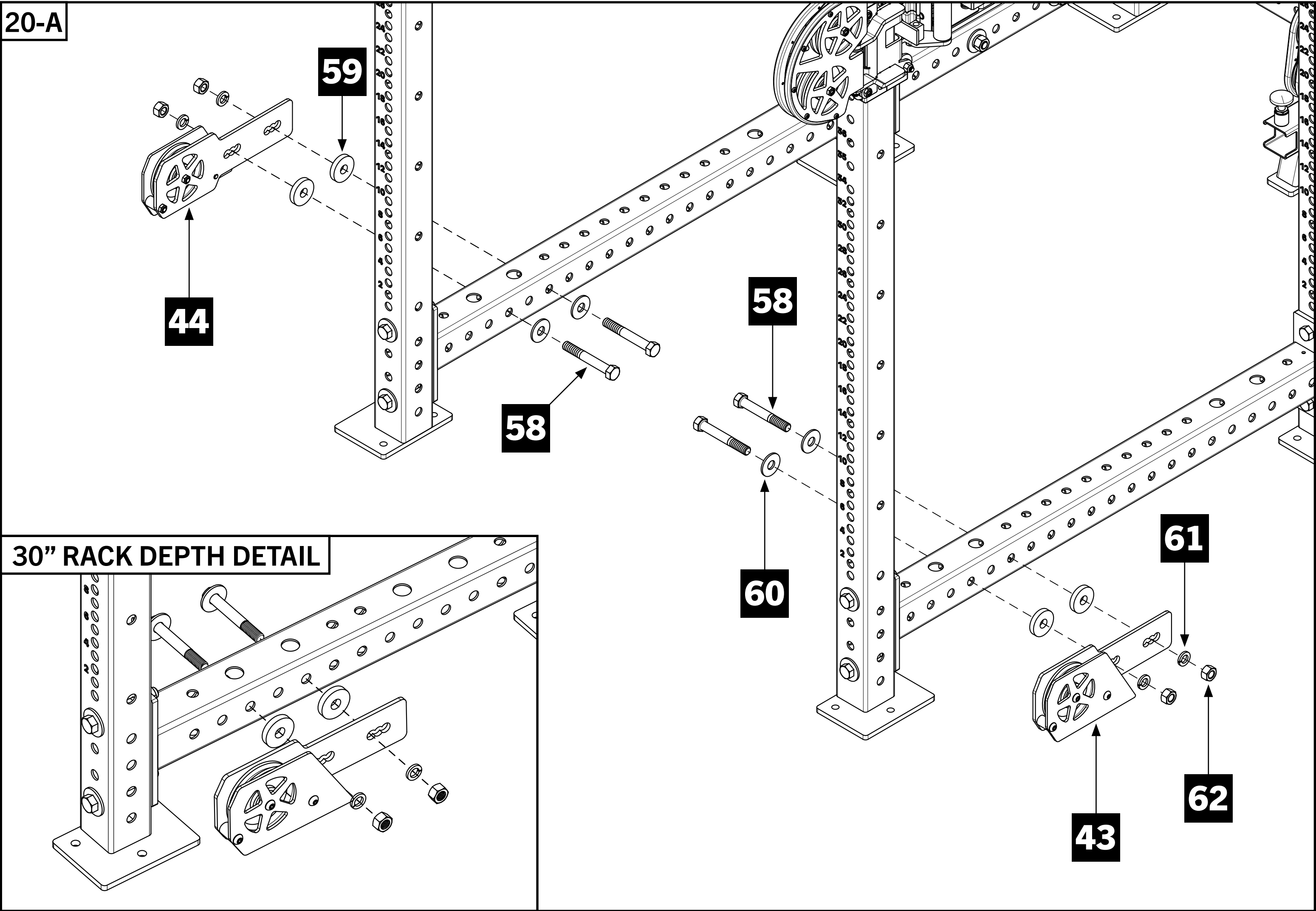
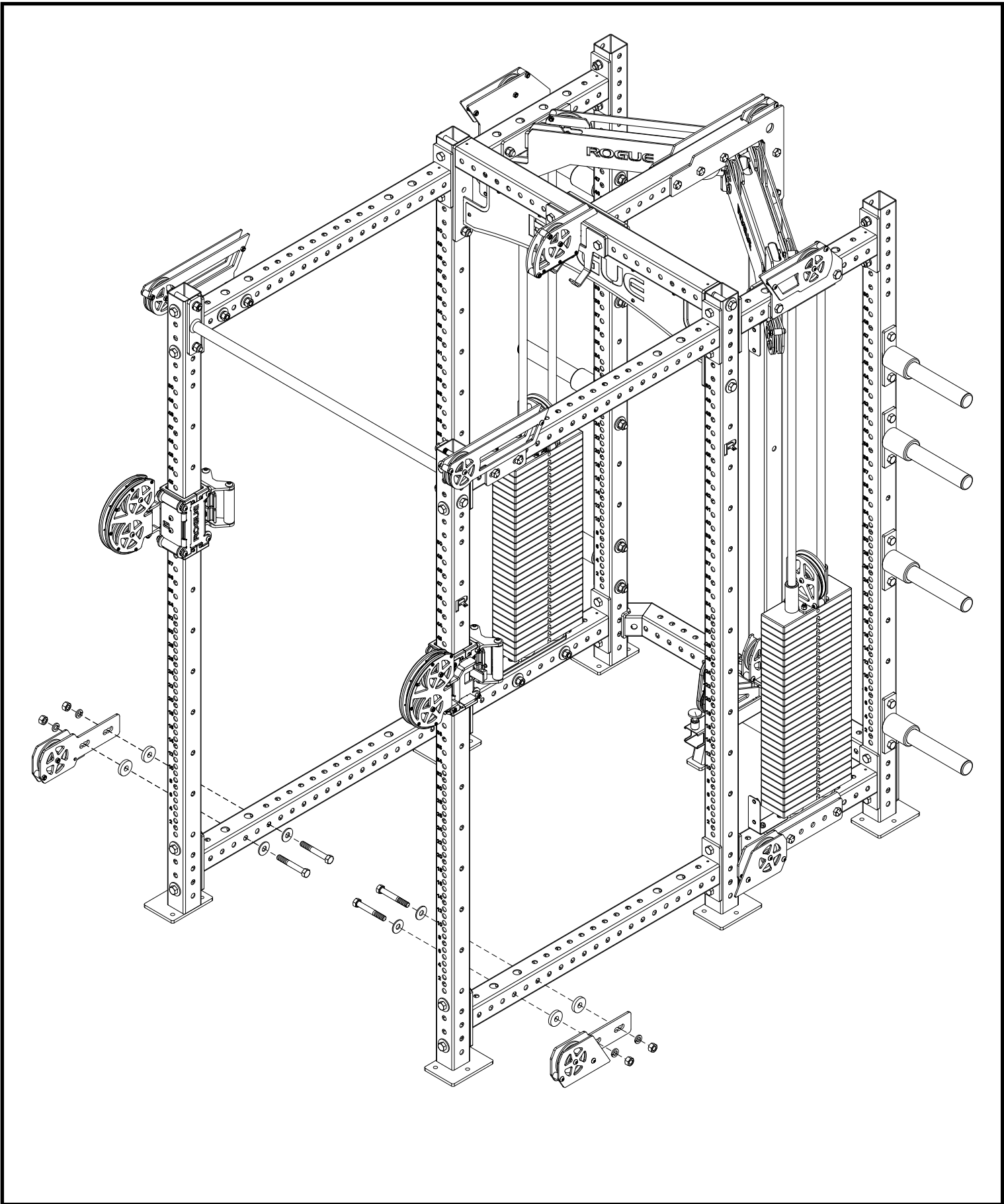


STEP 20

- Bolt Bottom Front Side Pulley Assembly - RH and LH [43,44] to the Front Crossmembers [2] using 5/8" x 4-1/2" Hex Bolts [58], 5/8" Flat Washers [60], 5/8" x 3/8" Pulley Bracket Spacers [59], 5/8" Lock Washers [61], and 5/8" Hex Nuts [62].
-  43" Front 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.

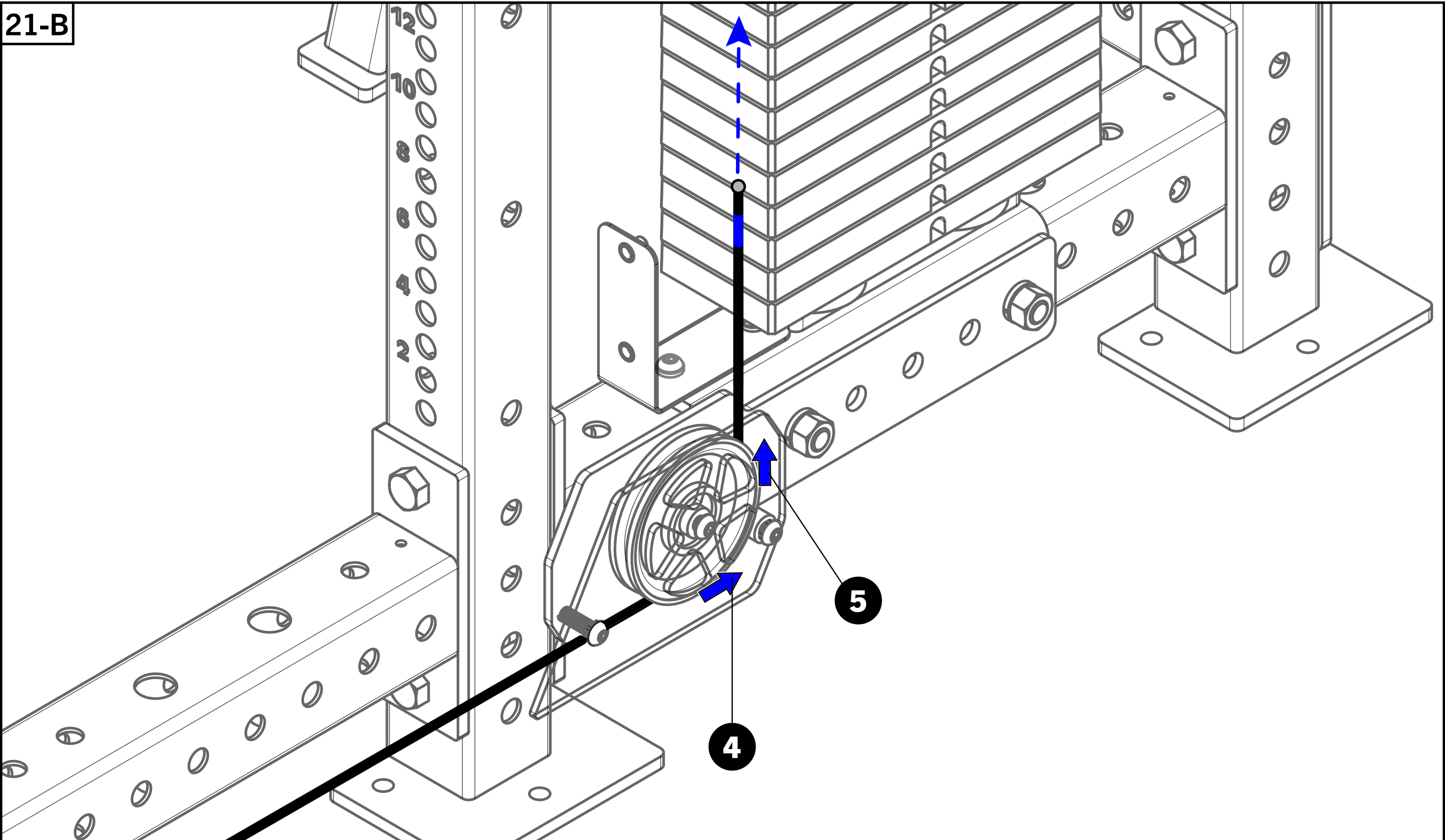
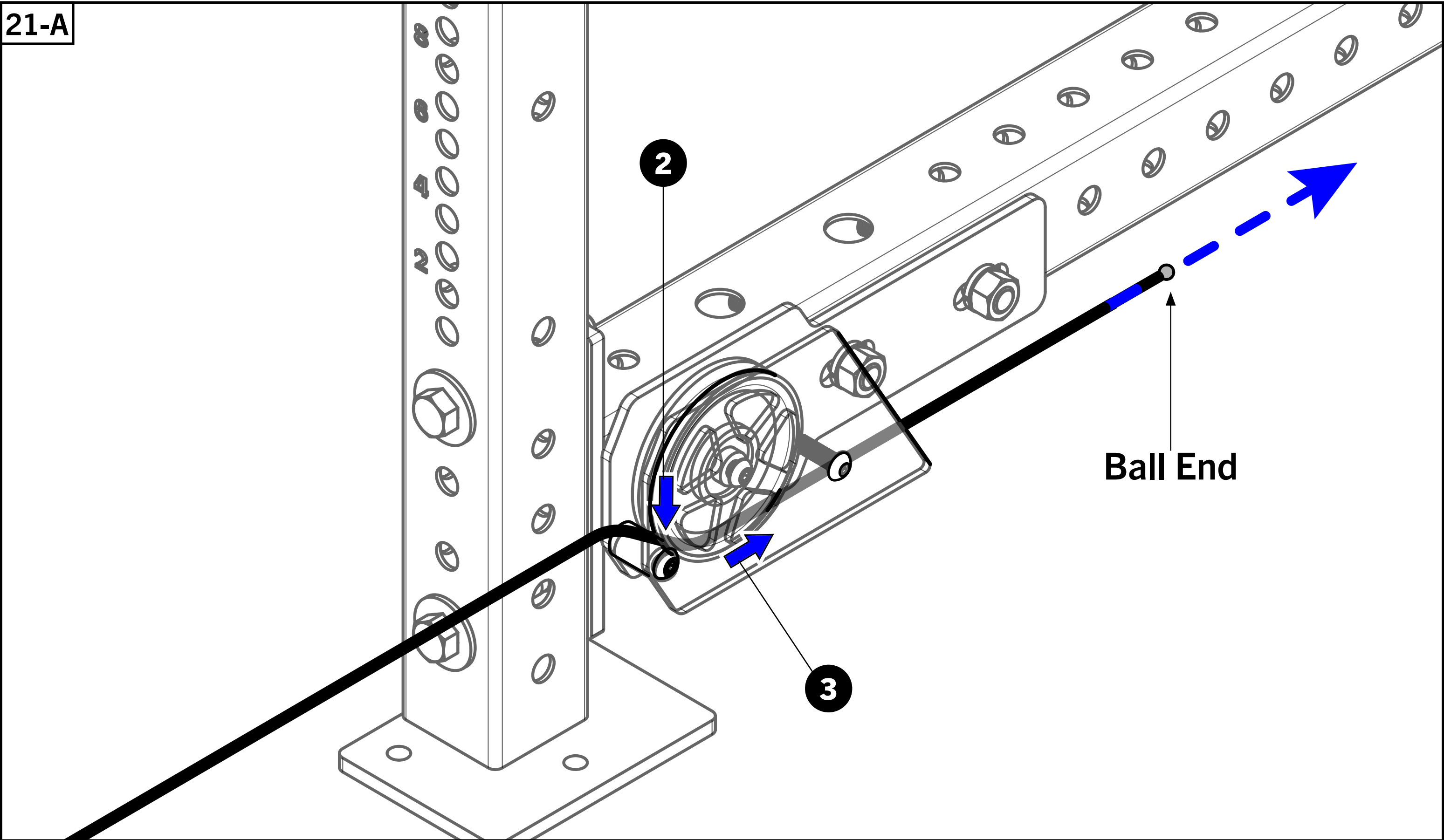
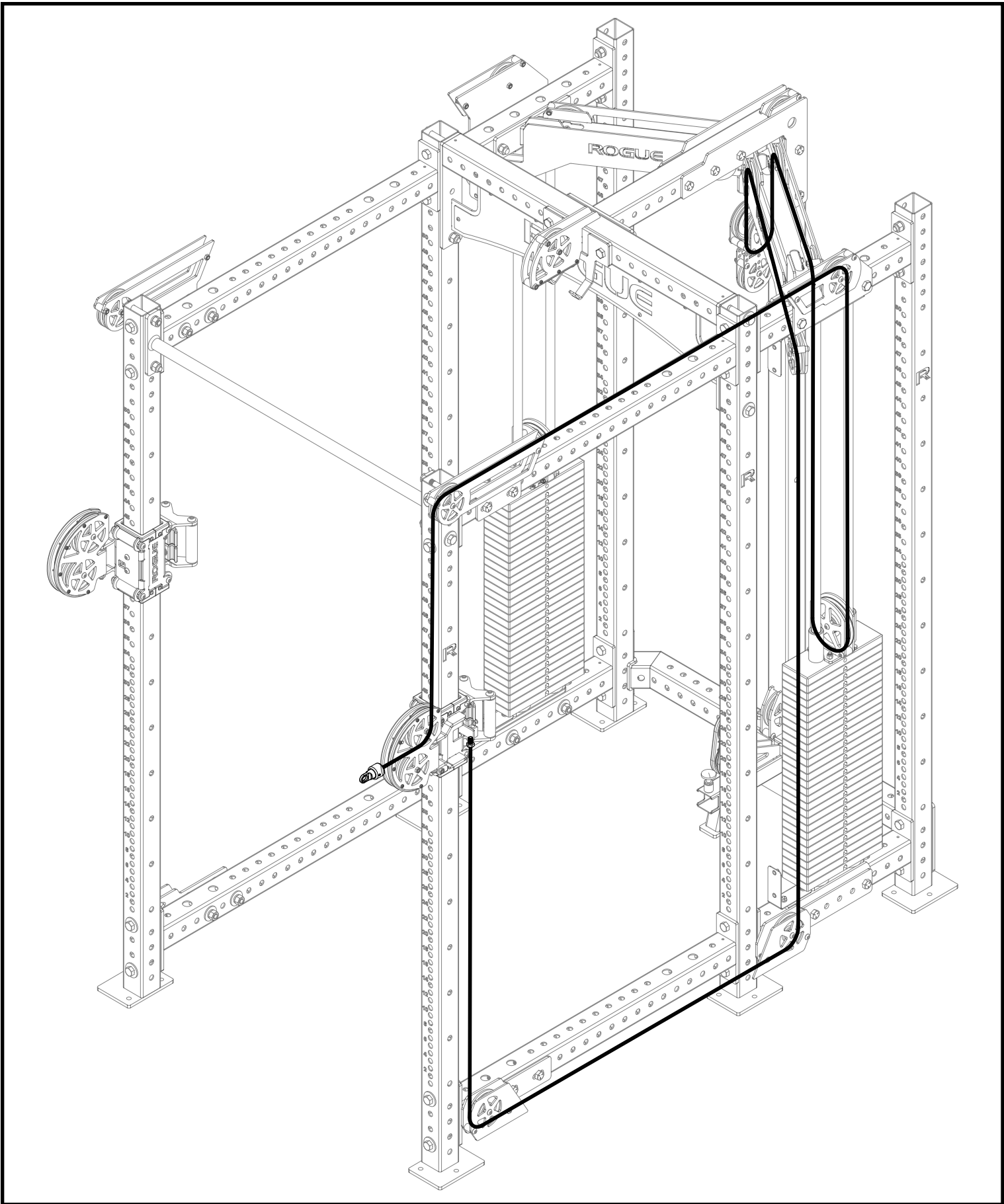
Note:

- If attaching to 43" or 24" Front Crossmember, bolt hardware through 4th and 6th holes.
- If attaching to 30" Front Crossmember, bolt through 3rd and 5th holes.
- Bolt heads should be oriented on the inside of rack as shown.



# STEP 21

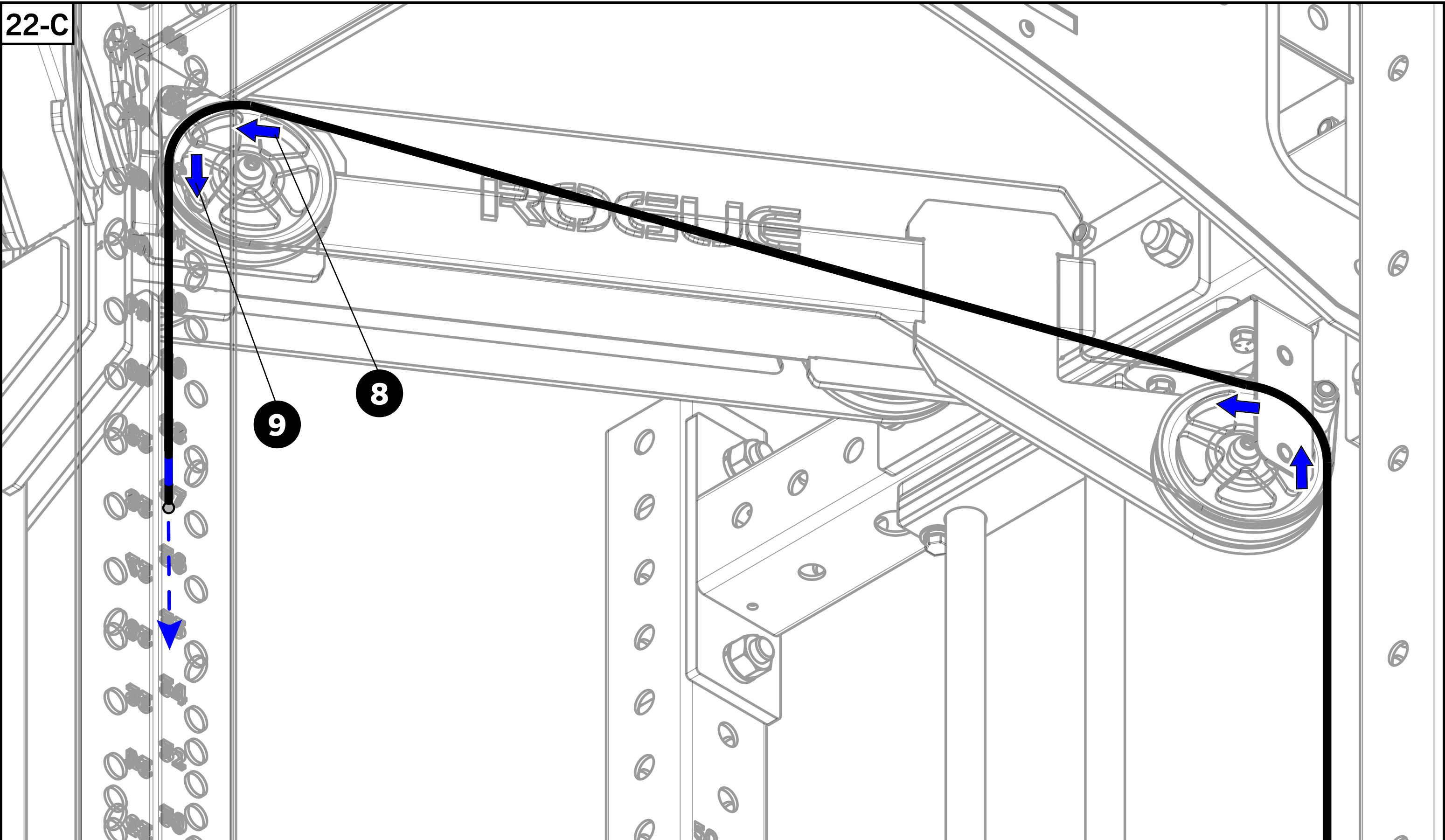
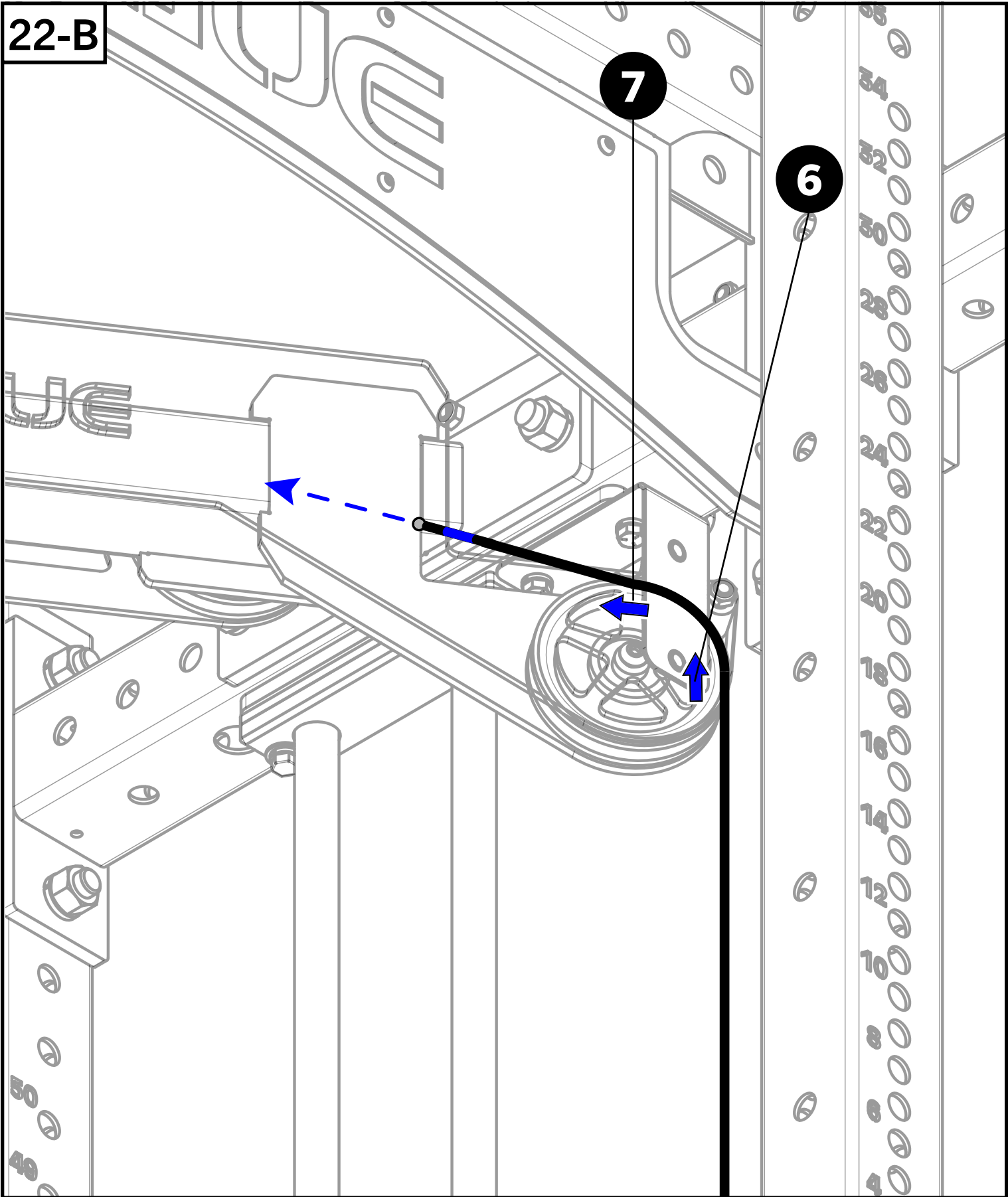
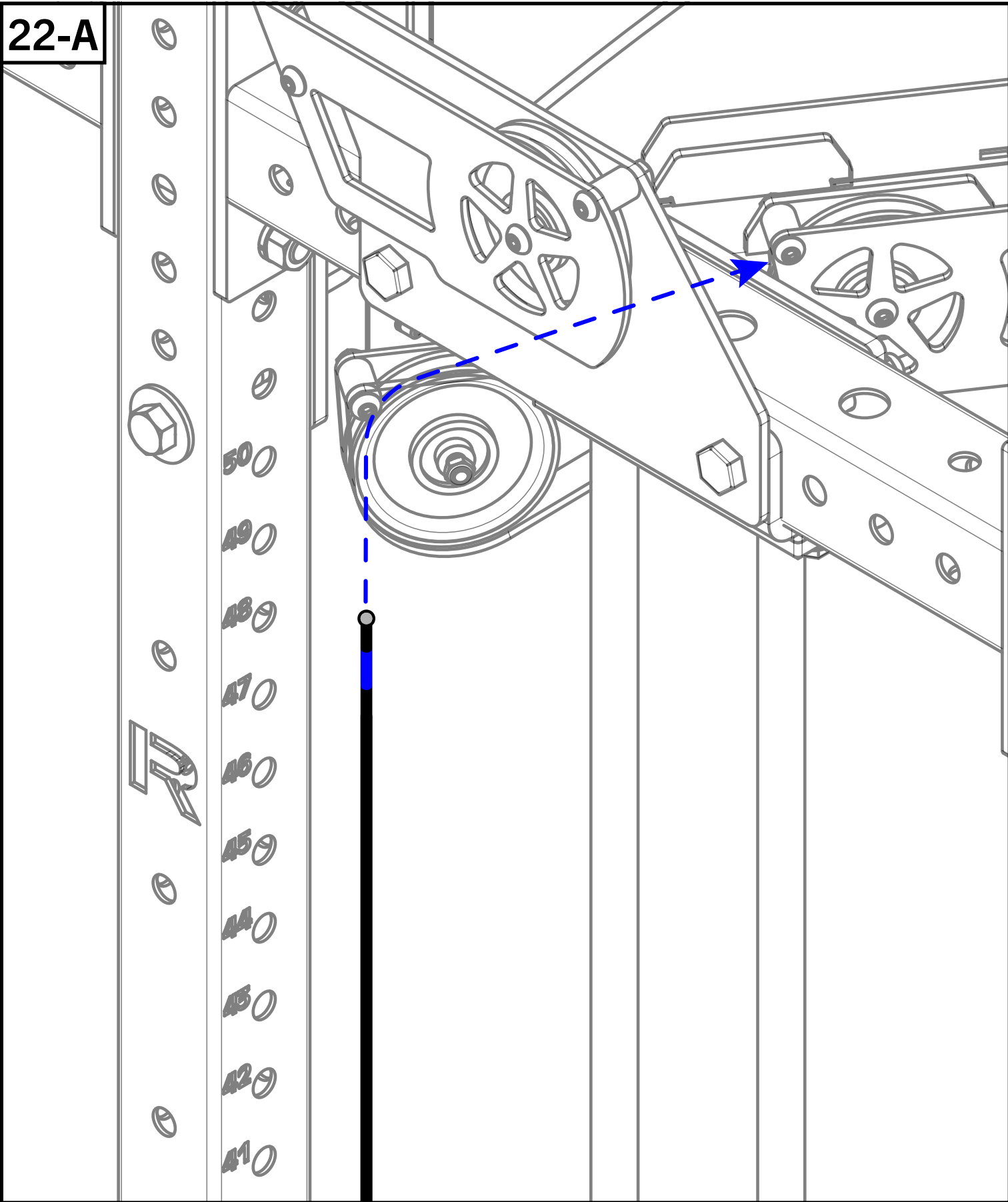
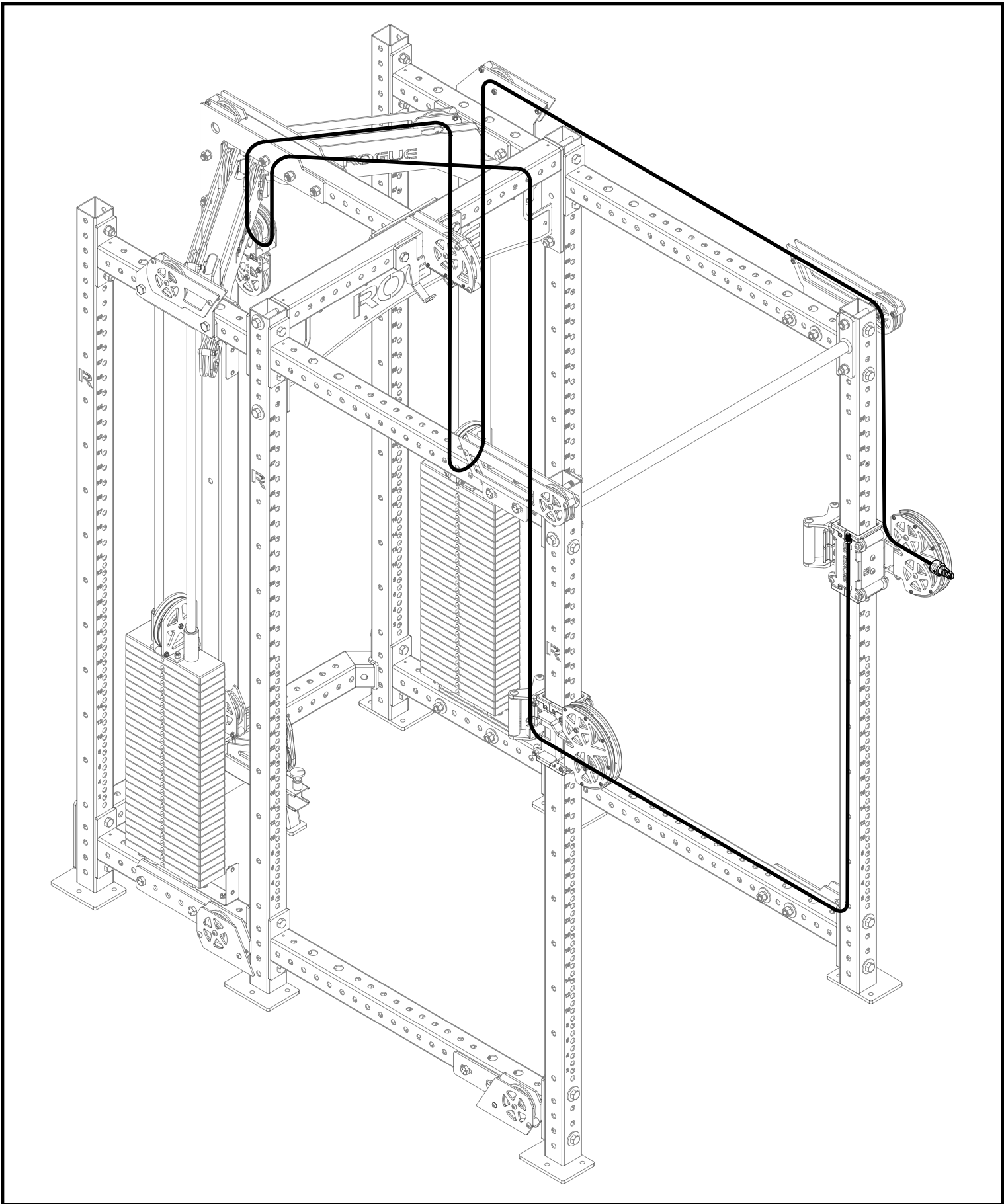
- Unwind cable to remove twists/kinks.
- Feed the Ball End of Trolley Cable [45] around the pulley on Bottom Front Pulley Assembly (arrows 2 & 3) and continue feeding towards the back of rack. Continue feeding around the Bottom Rear Side Pulley shown in **21-B**.





# STEP 22

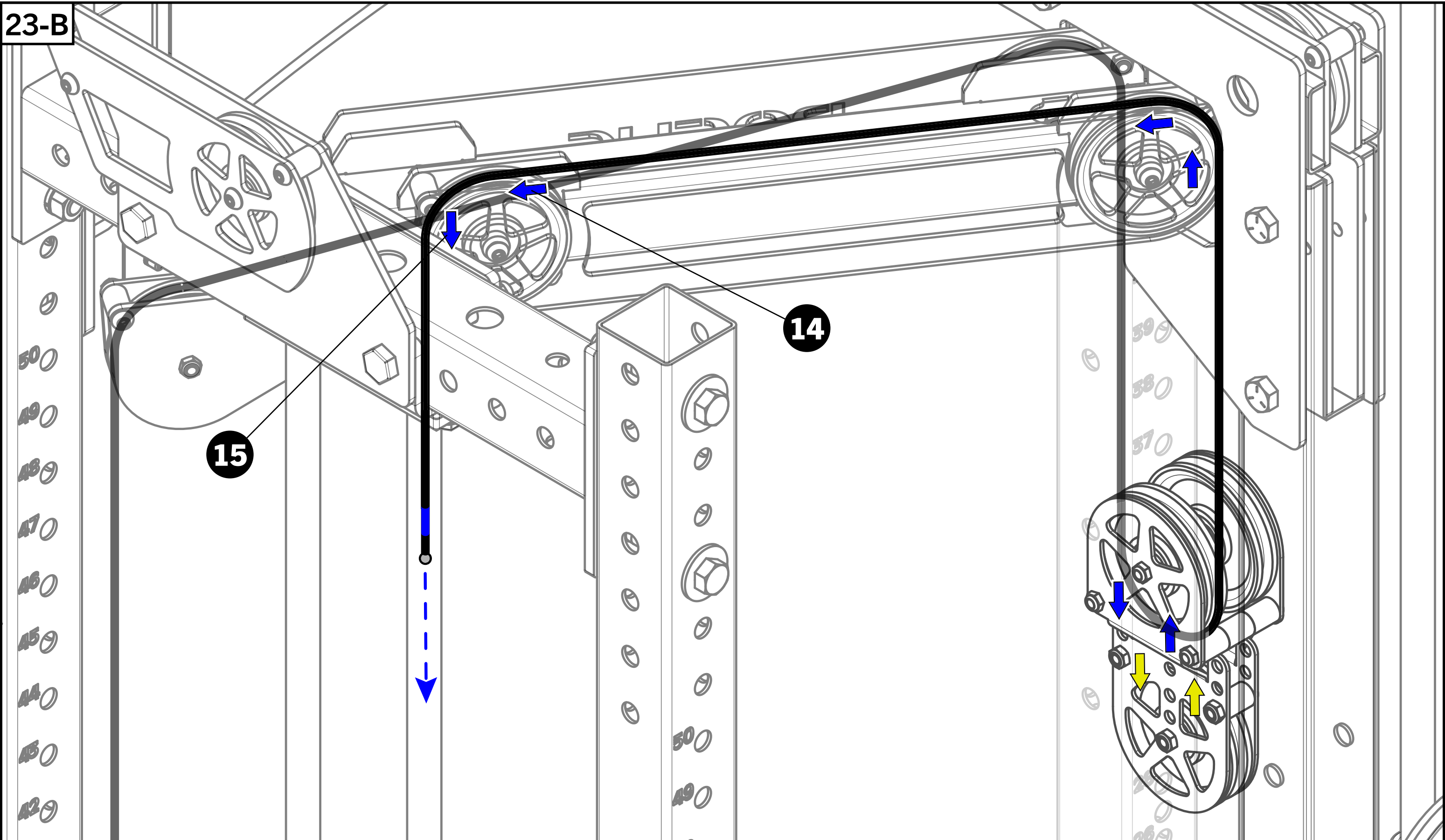
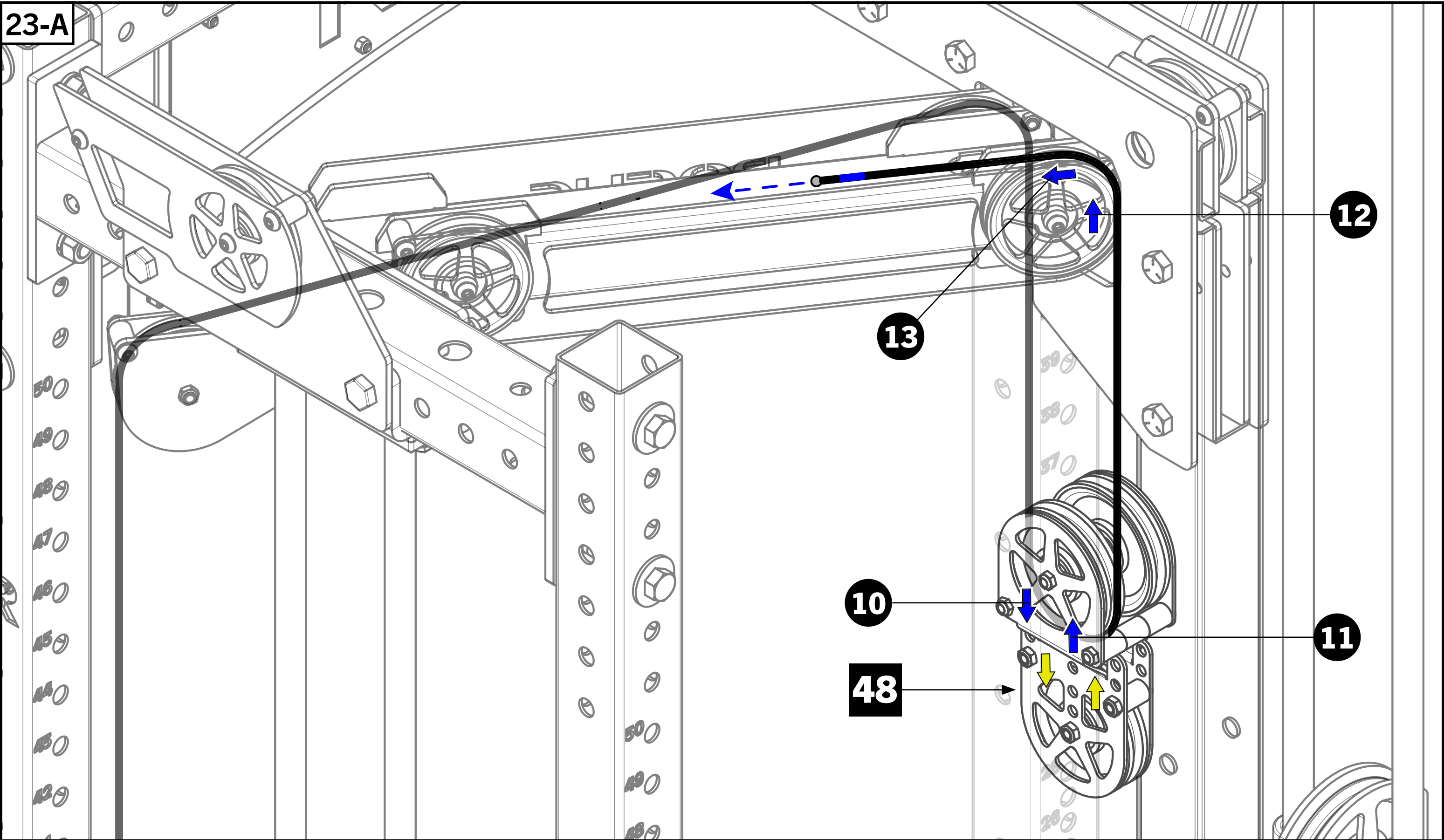
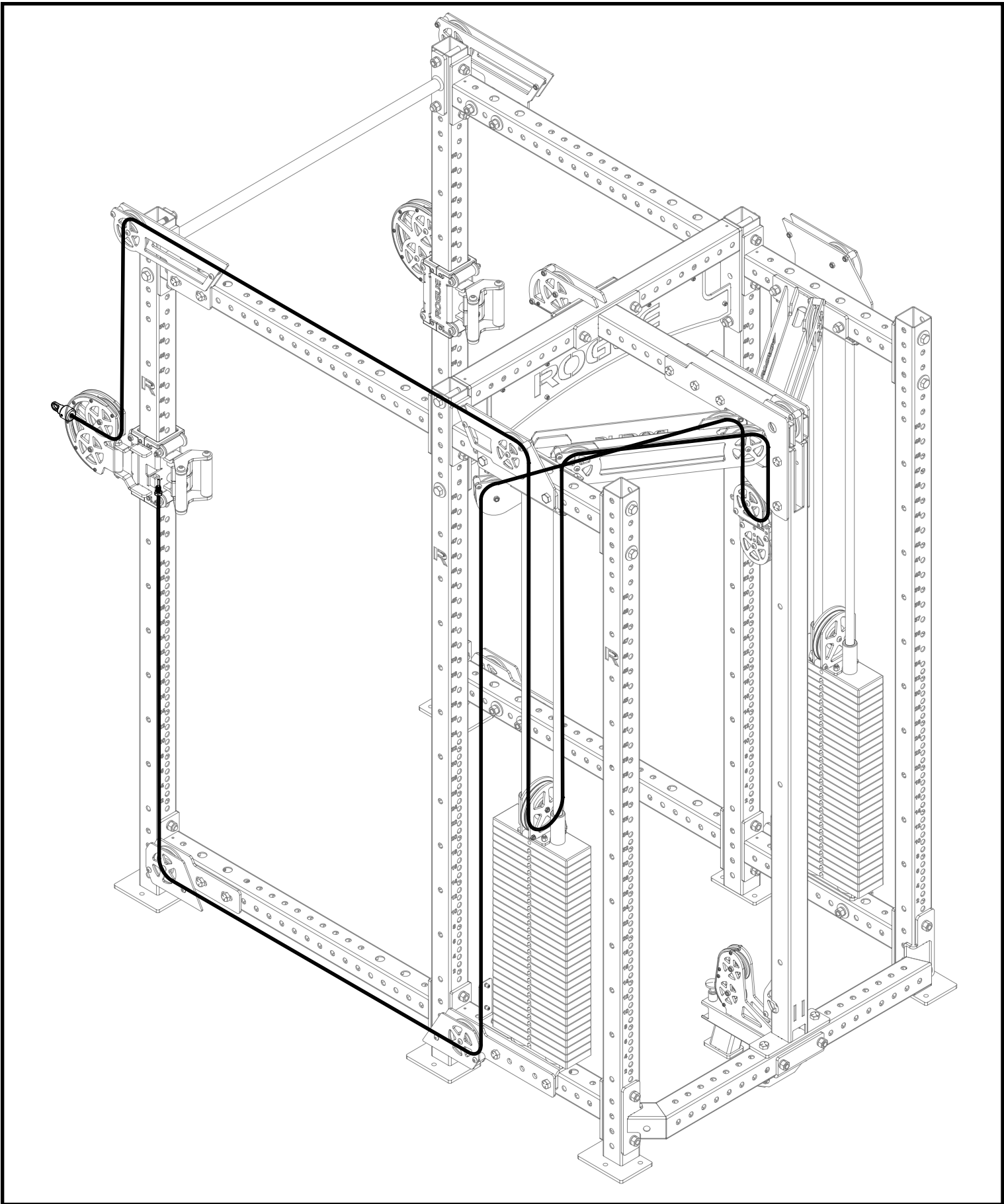
- Continue feeding around the first pulley on Top Rear Angle Crossmember - RH following the arrow indicator directions towards the back of the rack.
- Feed cable around the next angled pulley at the back of the Top Rear Angle Crossmember - RH and downward.





# STEP 23

- Hold the Peanut Pulley [48] in the air, ensuring the arrow stickers correspond to diagram **23-A**.
- Feed the cable down and around the upper pulley of Peanut Pulley and then back up towards the Top Rear Angle Crossmember - RH [20].
- Feed cable around the angled pulley shown in **23-B** and down towards the RH weight stack.



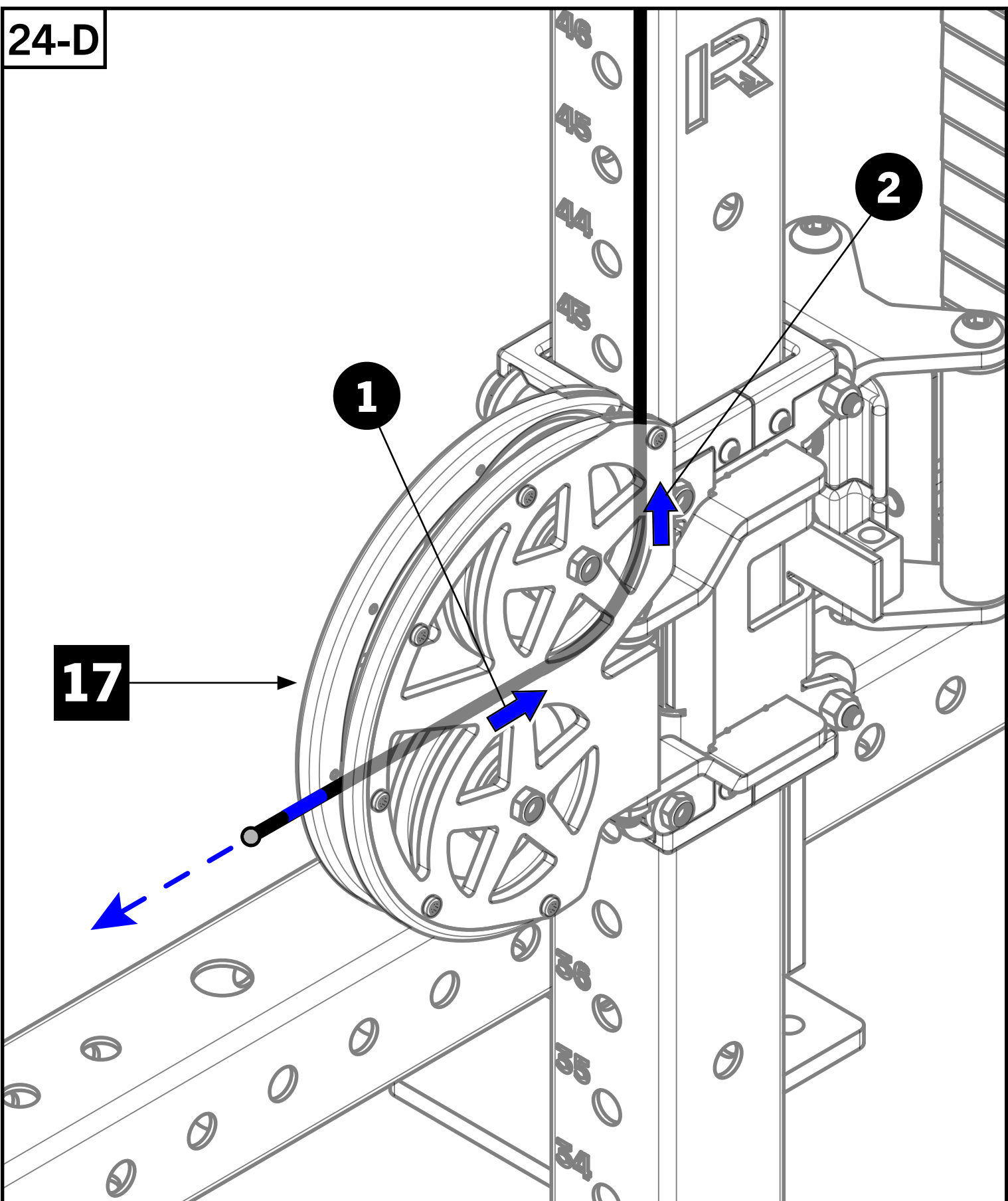
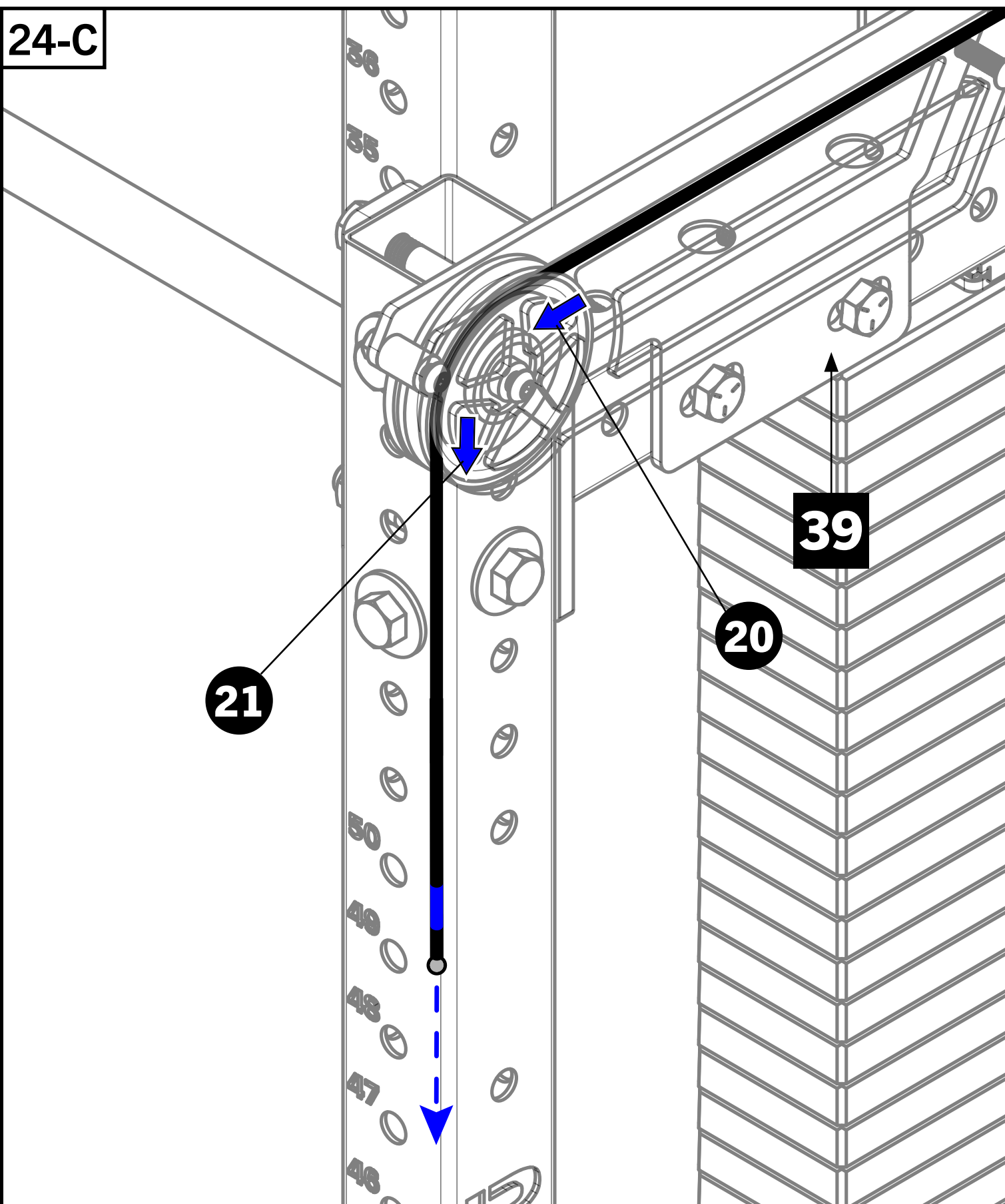
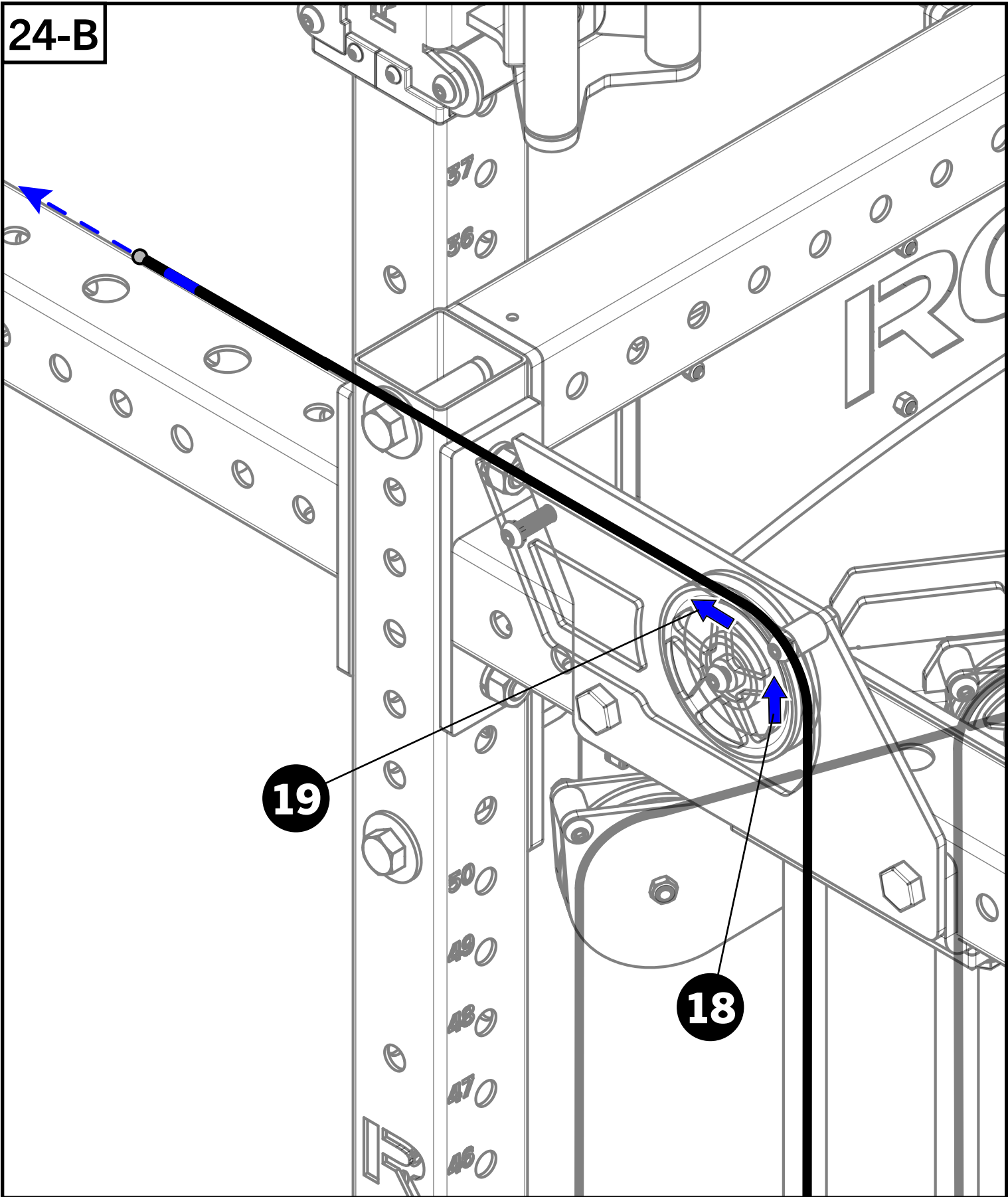
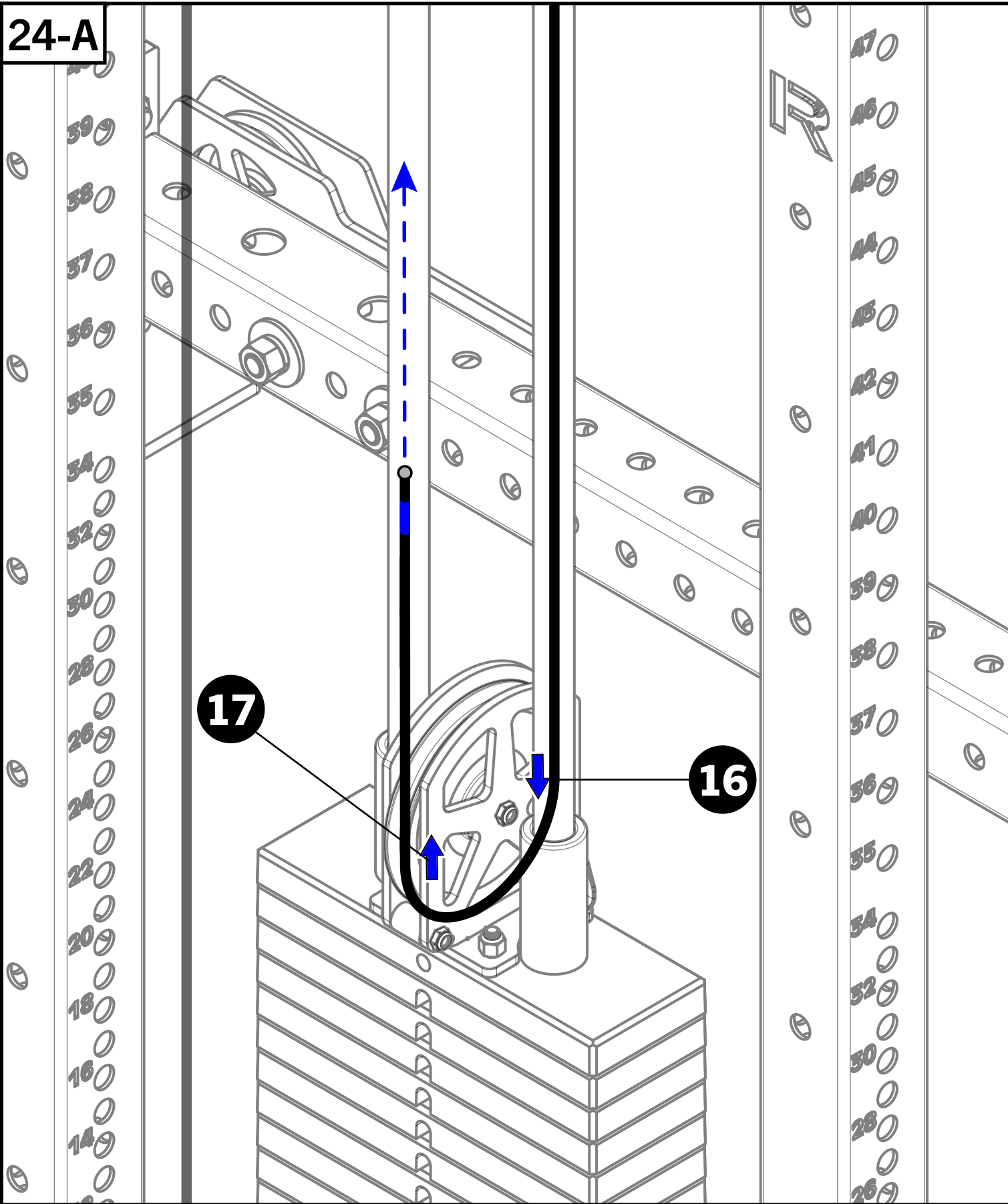
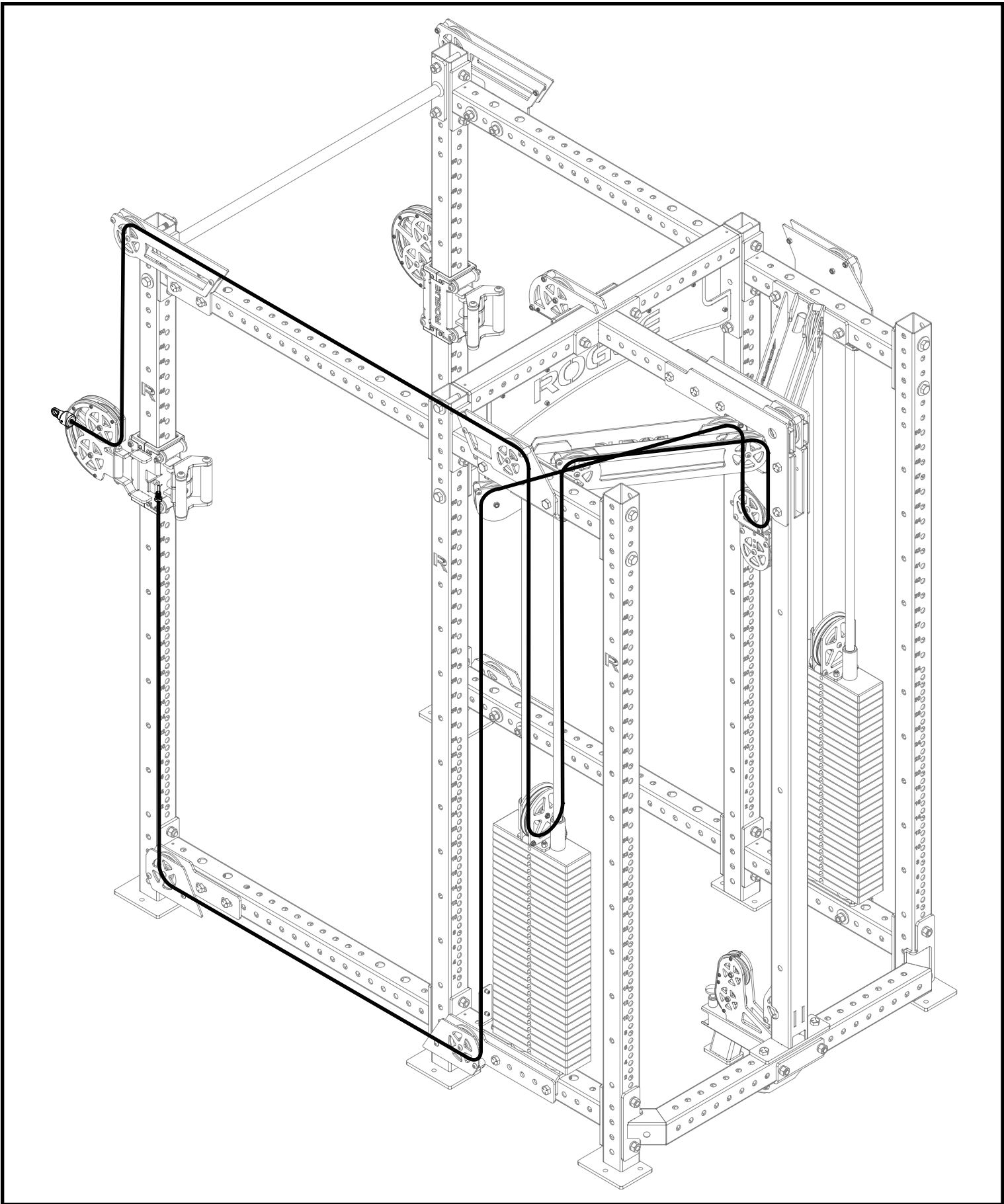


# STEP 24

- Continuing down towards the Weight Stack, feed cable around the large 6" Pulley located on top of the Weight Stack Stem.
- Tip:** a flathead screwdriver may be used to help guide cable through turn 17.
- Feed cable back up to the Top Rear Side Pulley Assembly - RH, feeding around the pulley shown in **24-B** and then immediately towards the front of the rack.
- Continue around the Top Front Side Pulley Assembly - RH and then down and out through the Swivel Trolley - RH [17].

**Note:**

- Arrow directions and numbers on parts shown in **24-D** do not correspond to numbering sequence. (Will be represented by 1 and 2).



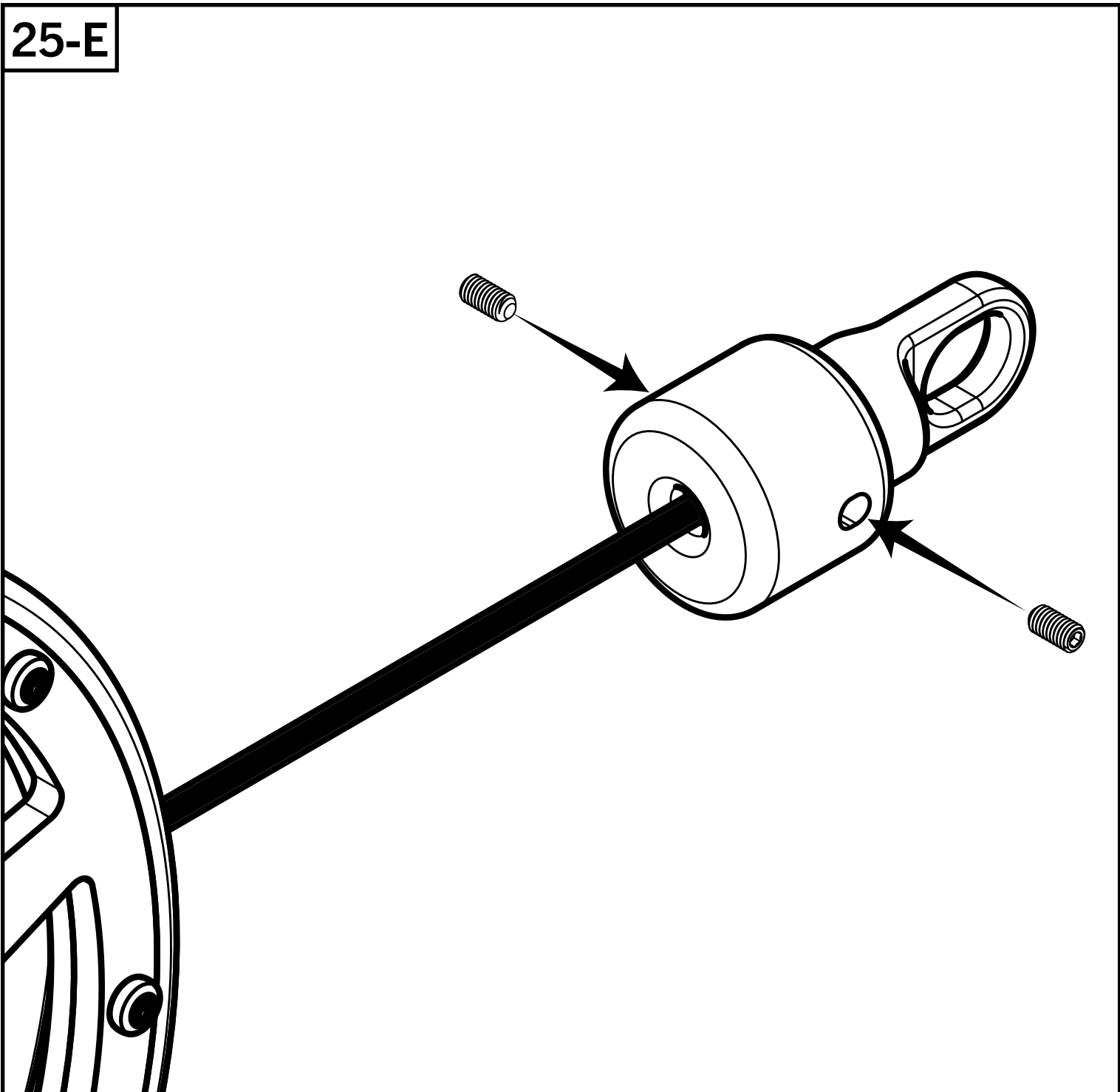
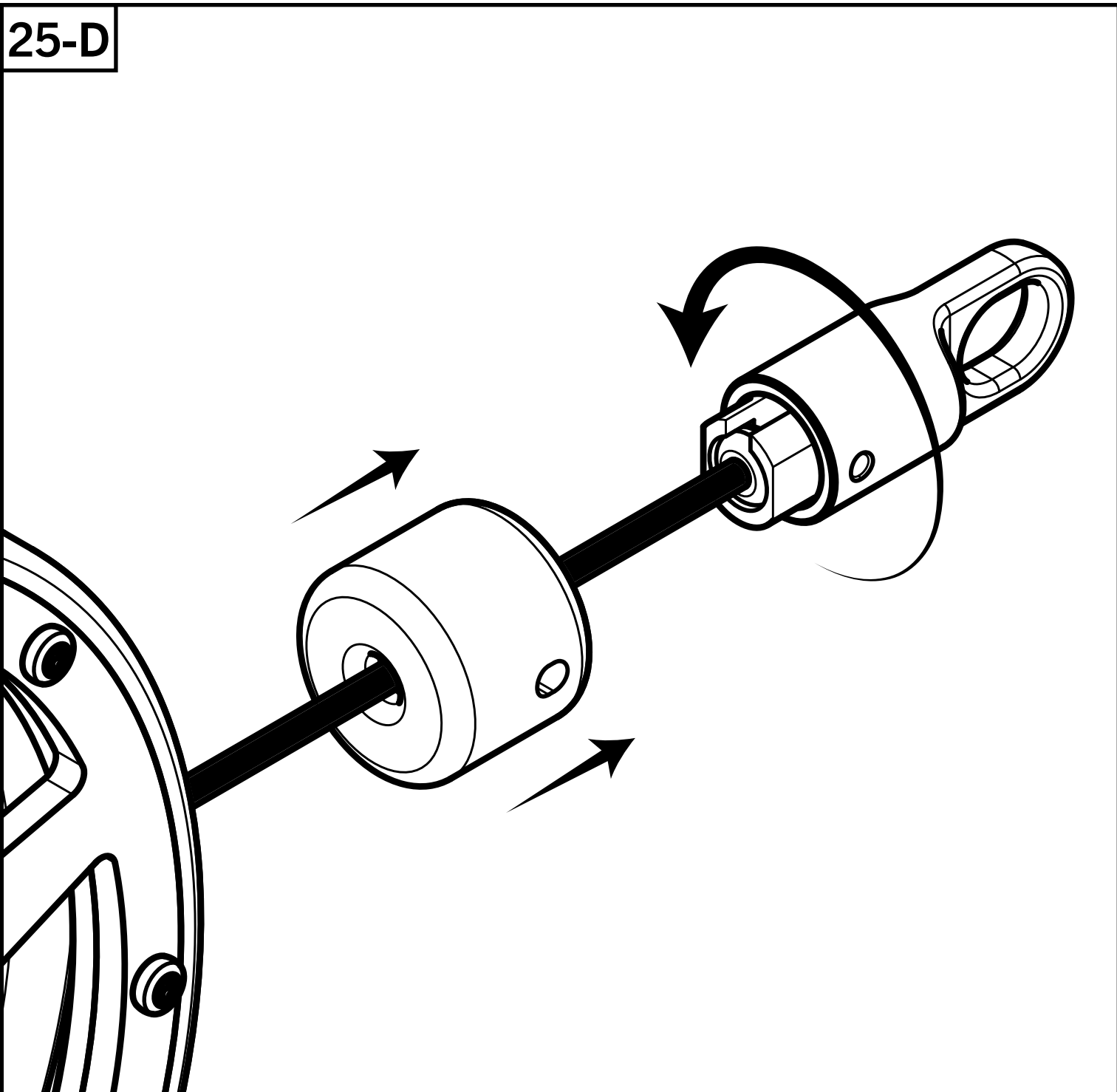
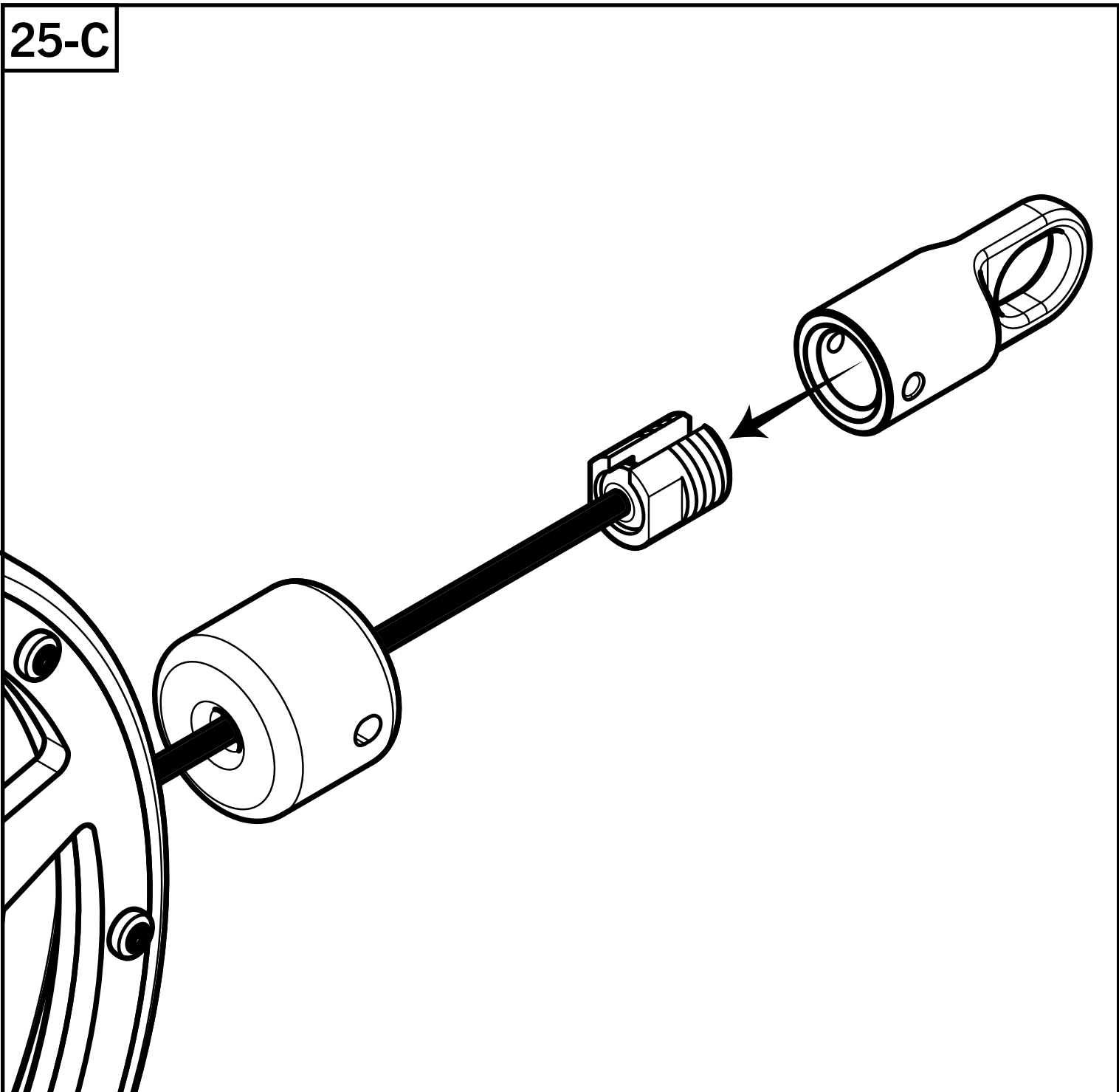
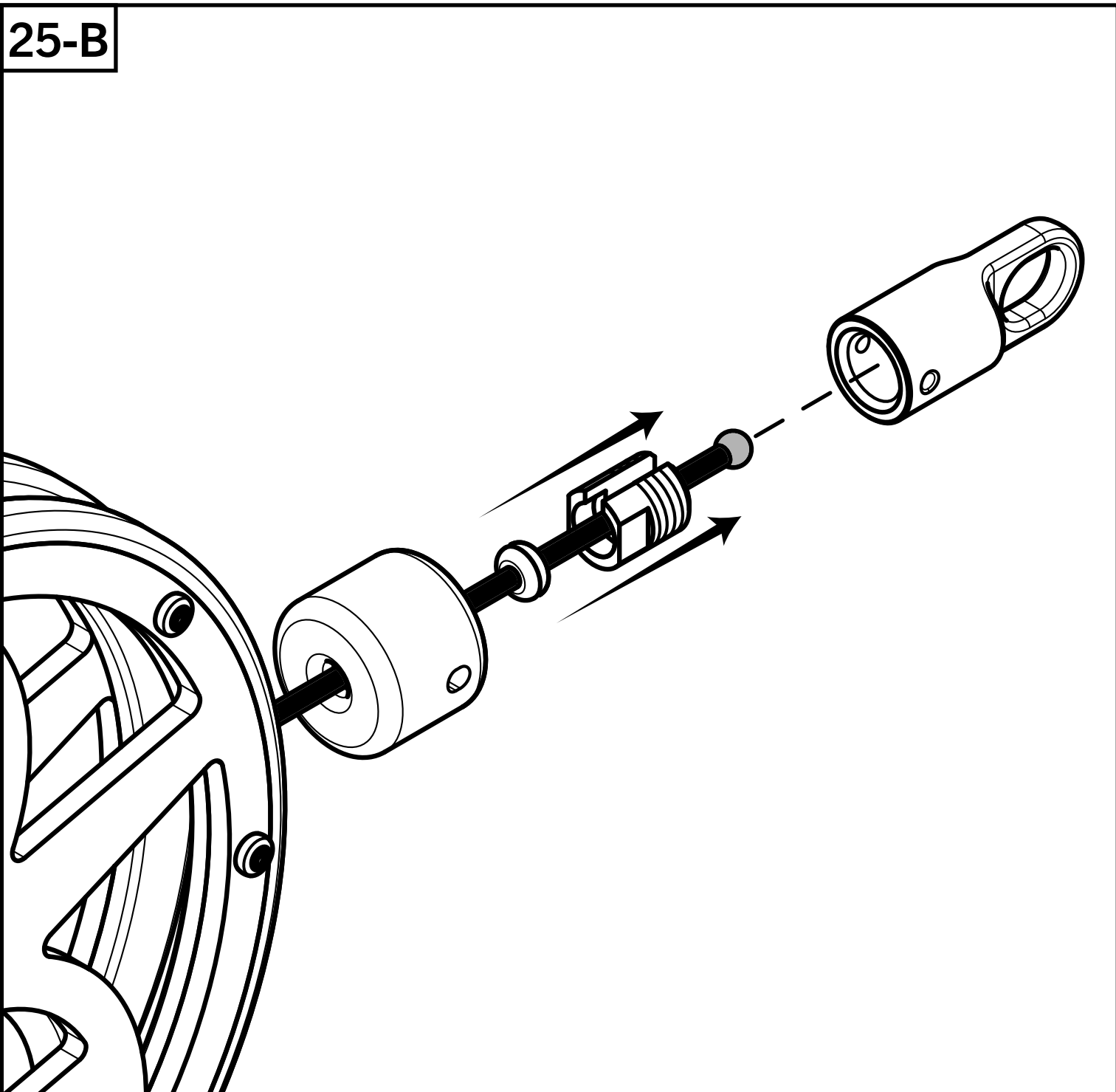
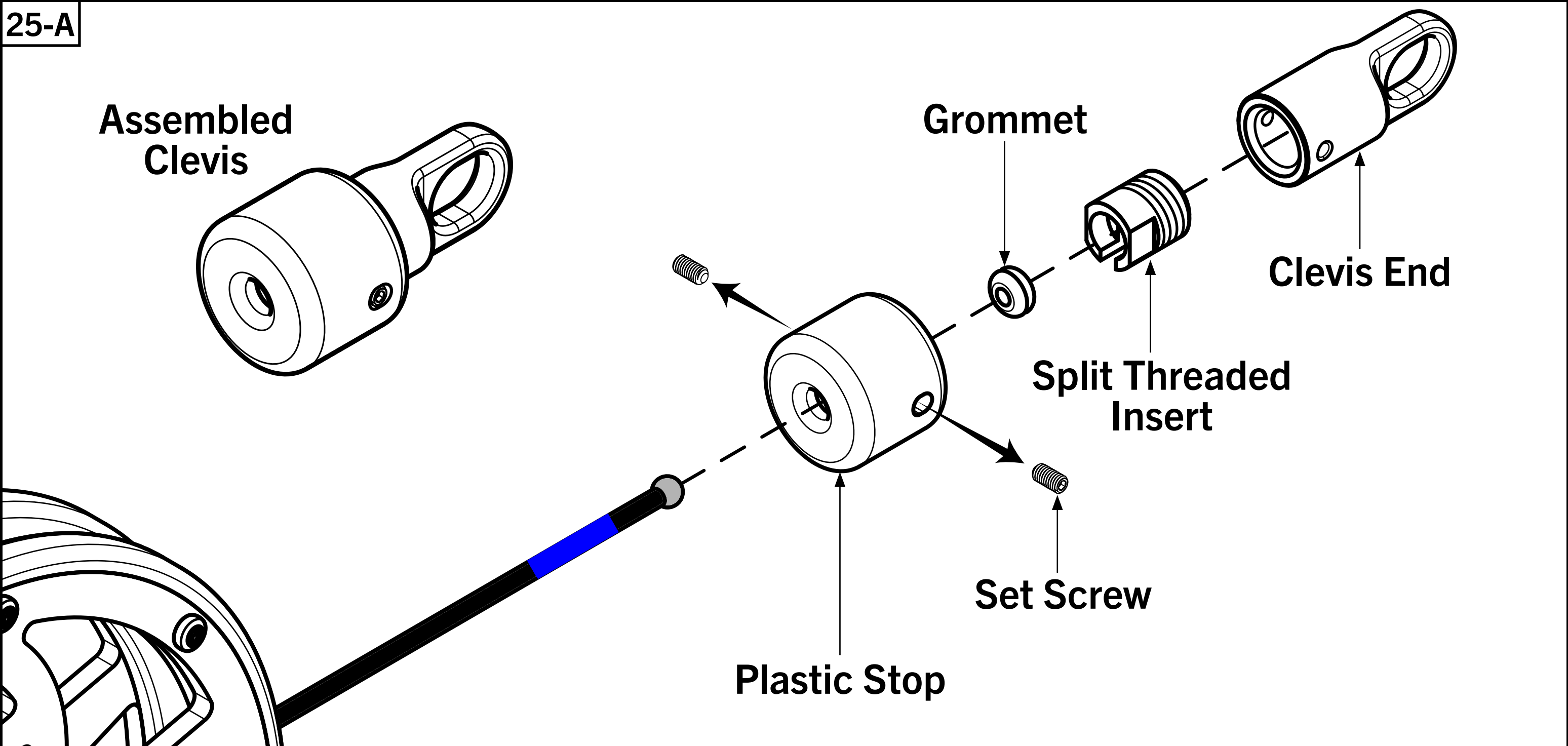


# STEP 25

**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 **25-B**.

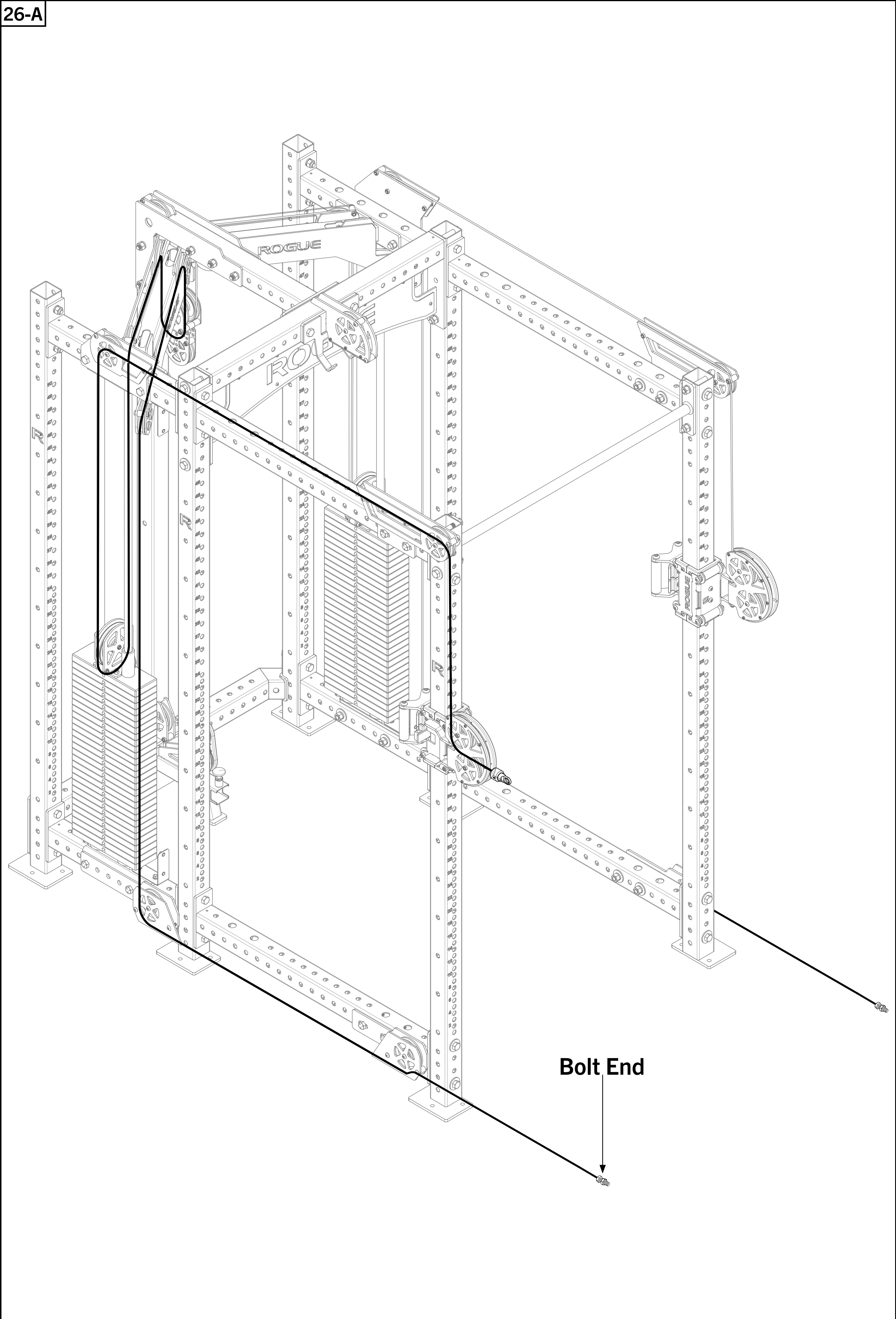
- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded side using 5/8” Wrench.
- Slide Plastic Stop forward and align outer holes with threaded holes on Clevis End and re-insert Set Screws. Fully tighten Set Screws.



# STEP 26

Tools Required:

- 3/32” Allen Key, and 5/8” Wrench
- Follow **STEPS 21–25** again to assemble the remaining Trolley Cable (blue tag) on the **Left Hand side of rack**.
- Bolt Ends of Cables will be installed on **STEP 29.**

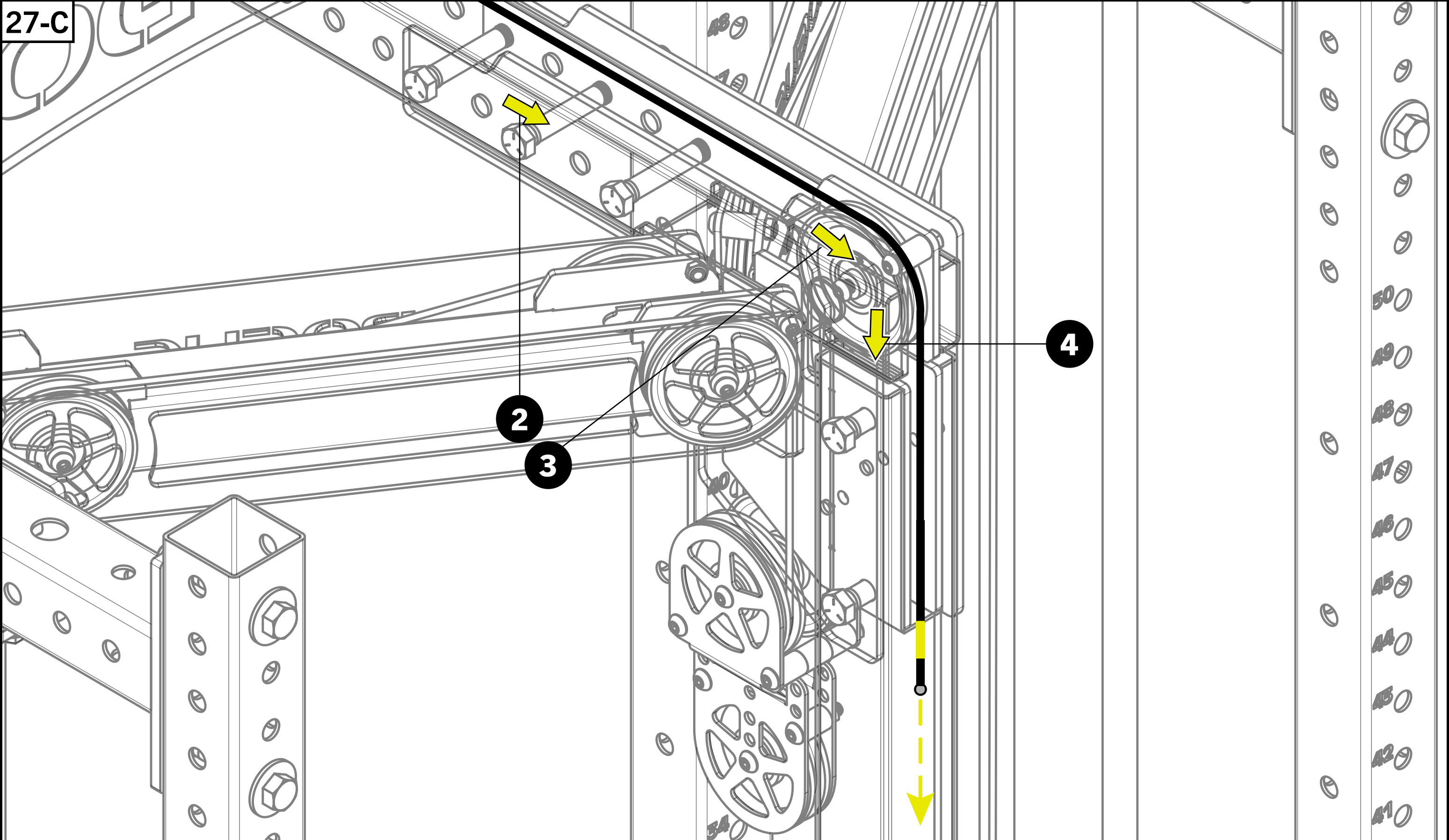
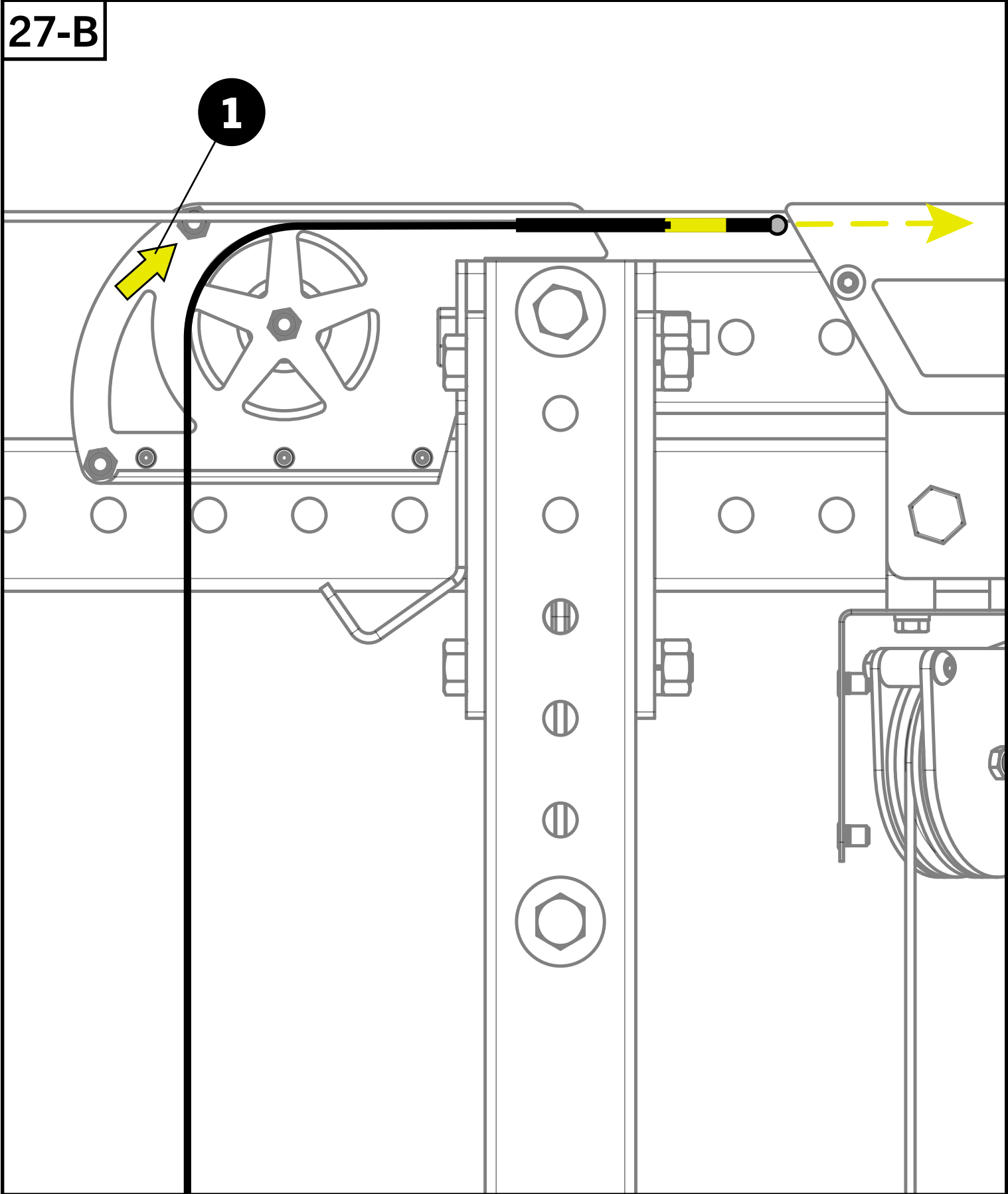
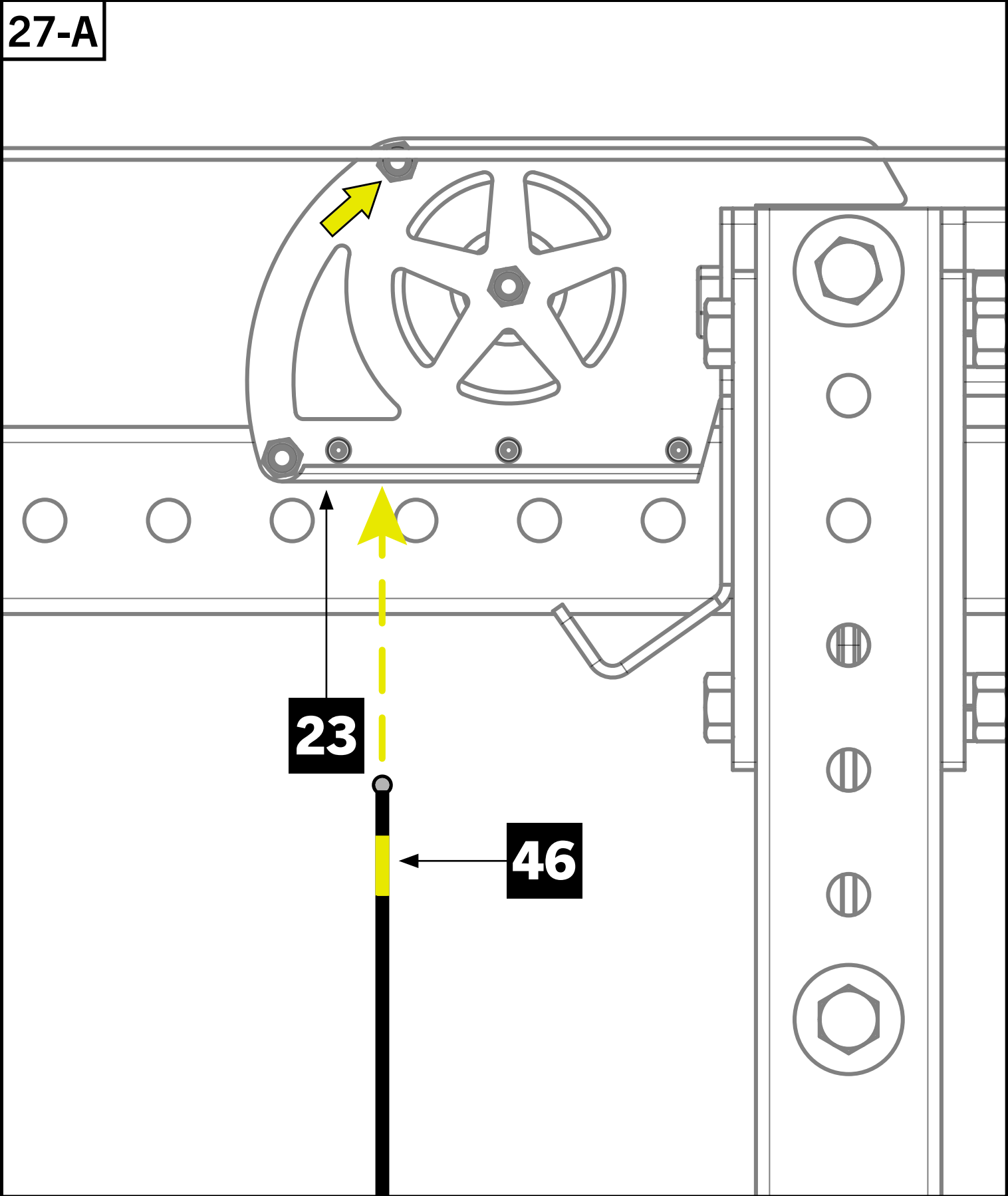
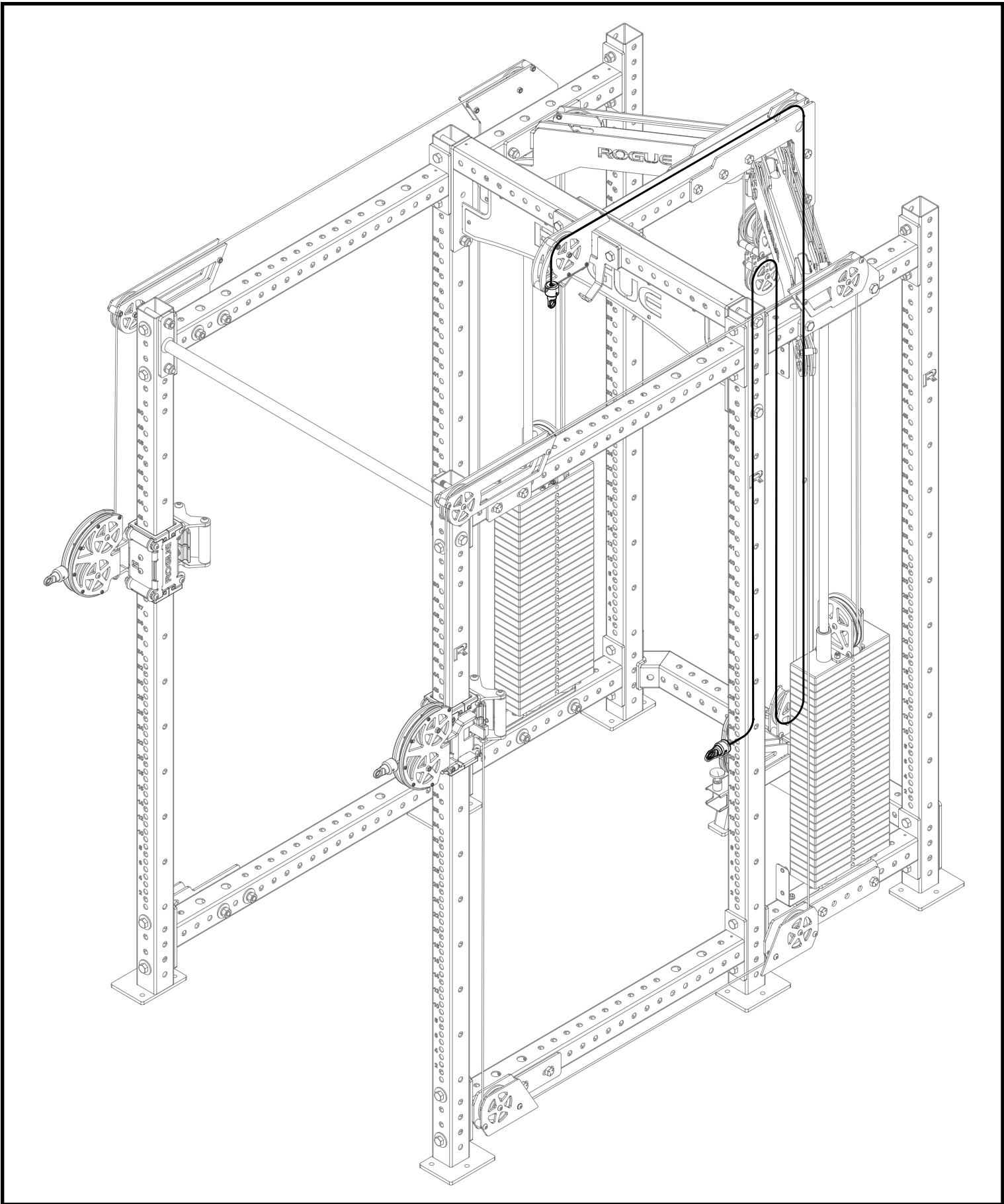




# STEP 27

**Note:**

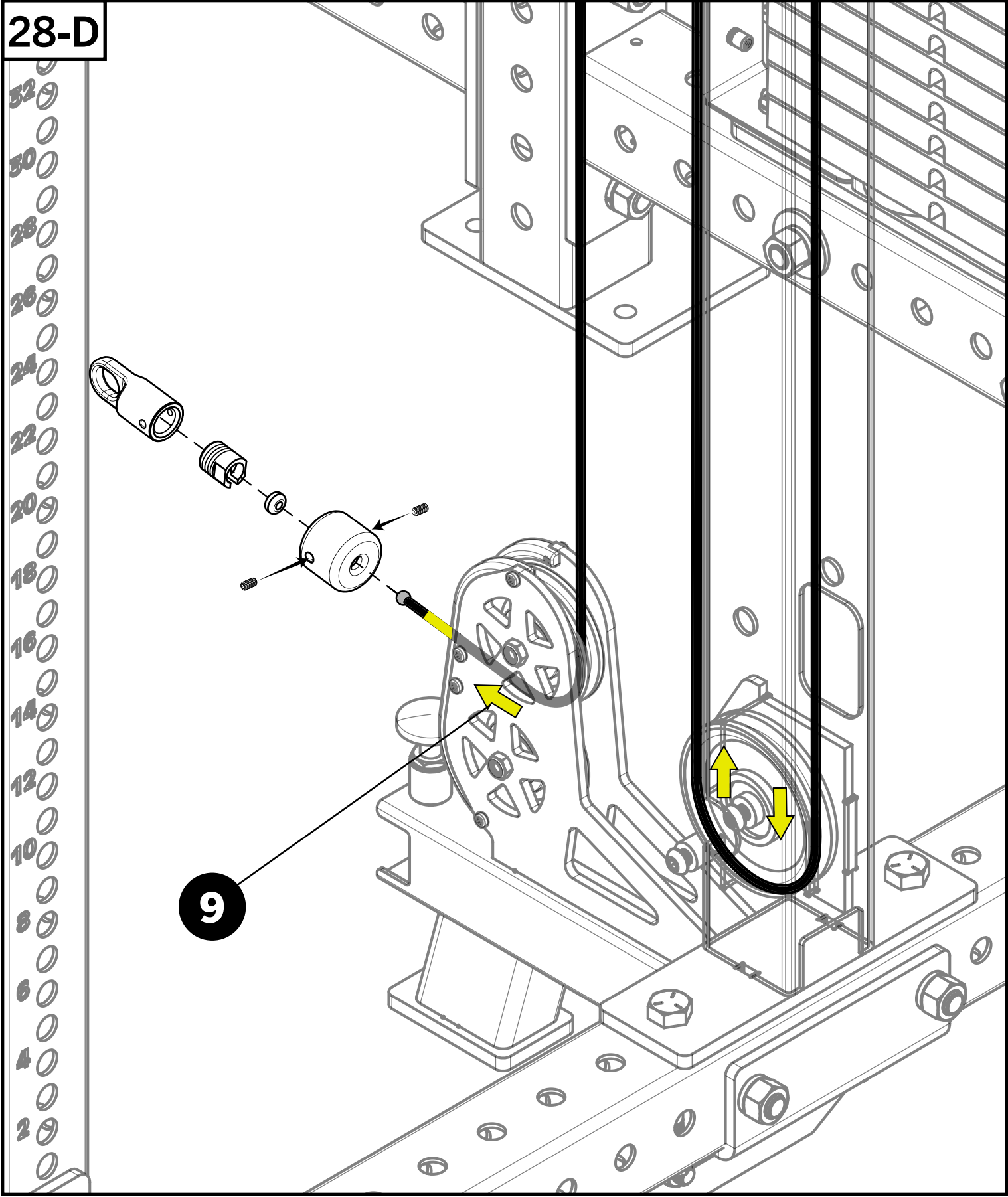
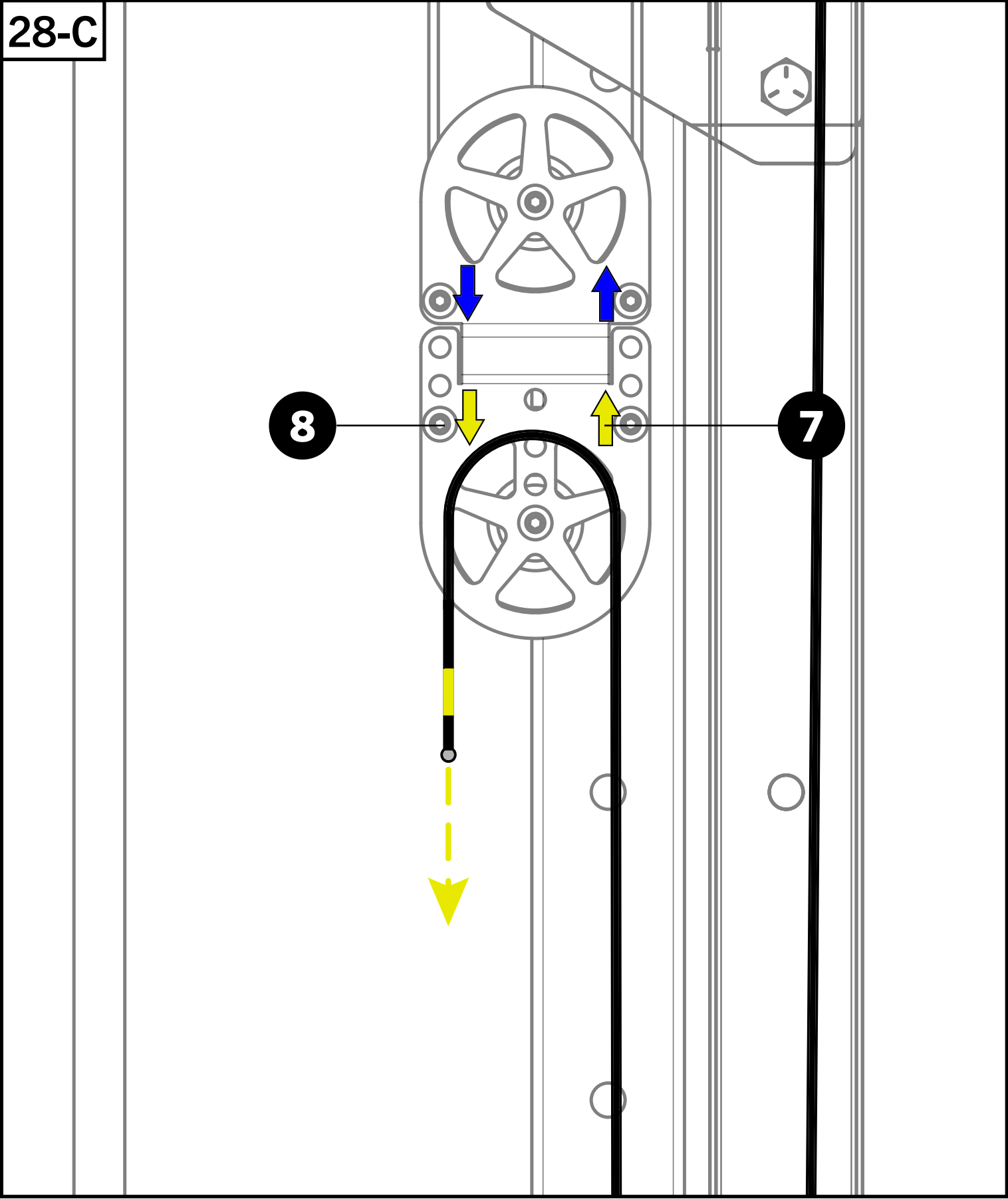
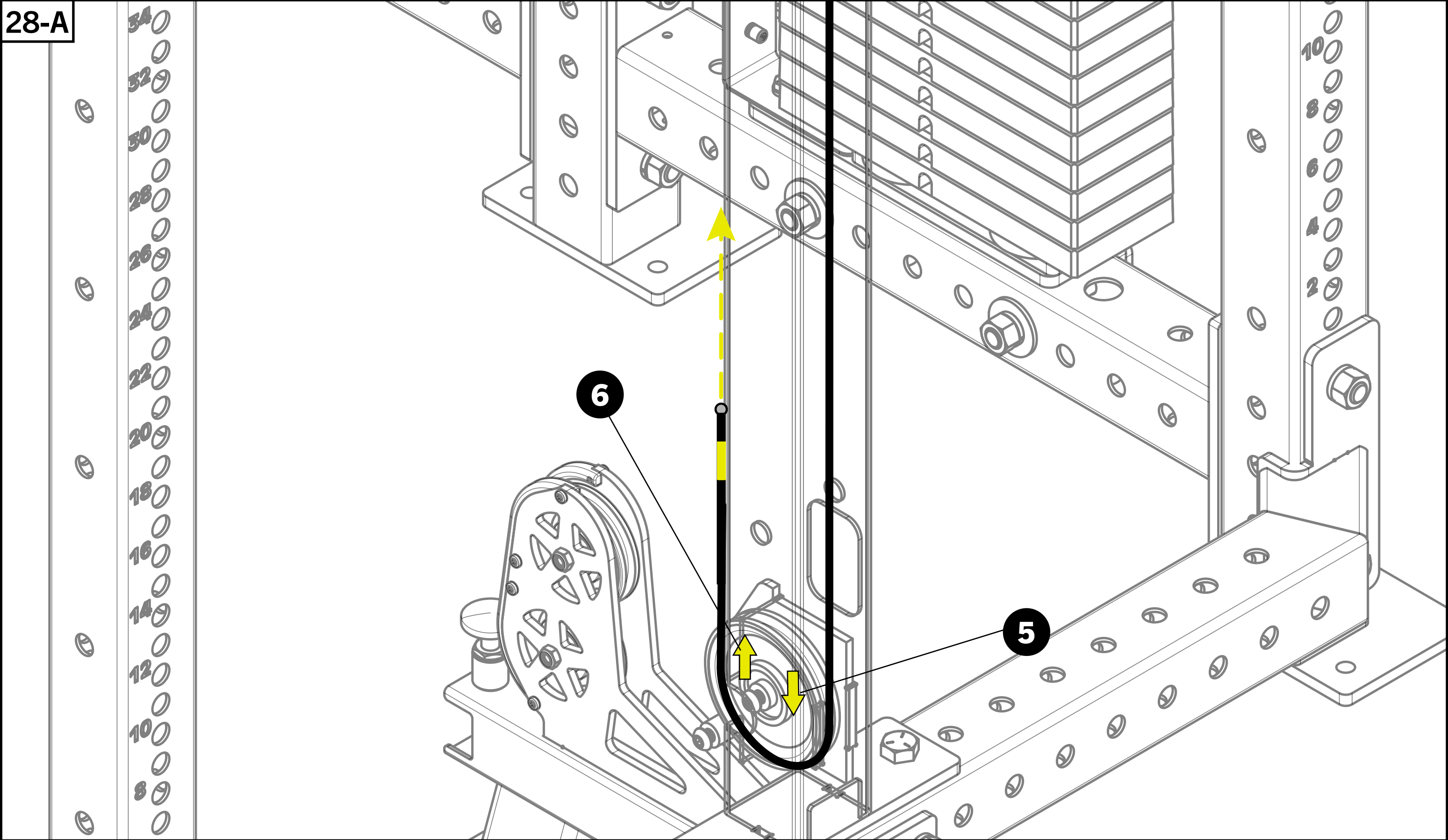
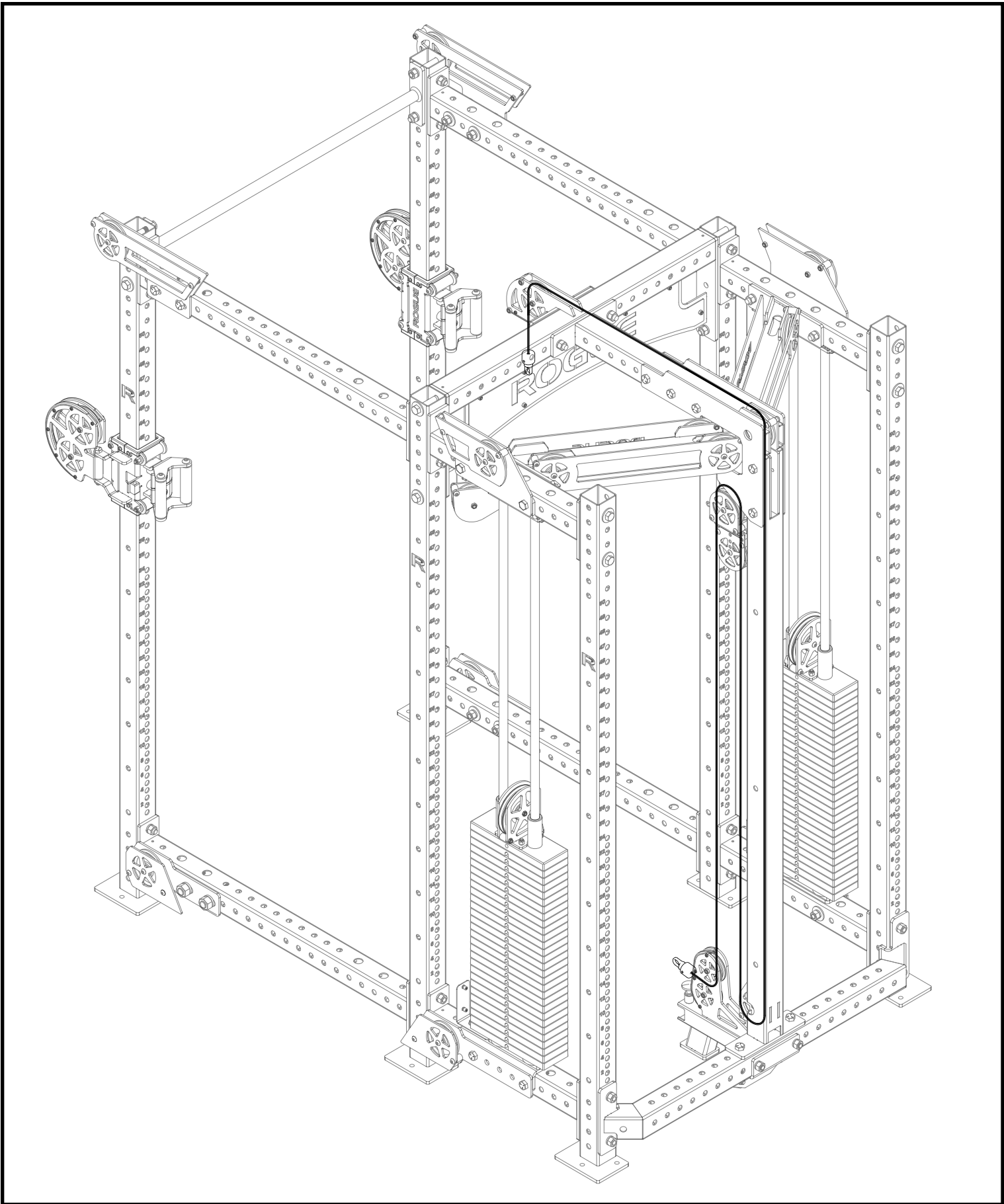
- Completely unwind and straighten out Lat Pull Cable [46] to remove any twists/kinks prior to installation.
- Next assemble the Lat Pull/Low Row cable indicated by the yellow indicator on Ball End of cable and corresponding yellow arrows shown in **STEPS 27–28**.
- Feed the Ball End of Lat Pull Cable [46] up and over the pulley in Lat Pulldown Pulley Bracket [23] and then towards the back of the rack.
- Feed around the pulley in the top of Rear 3X3 Upright [15] and then all the way down, ensuring cable runs **INSIDE THE UPRIGHT**.





# STEP 28

- Feed cable around pulley at bottom of the upright and immediately pull cable up toward Peanut Pulley.
- Feed cable around bottom pulley in the Peanut Pulley [48] and then back down again.
- Feed cable out through the front of the Low Row Footplate Assembly [25] and assemble Clevis onto Ball End of cable.

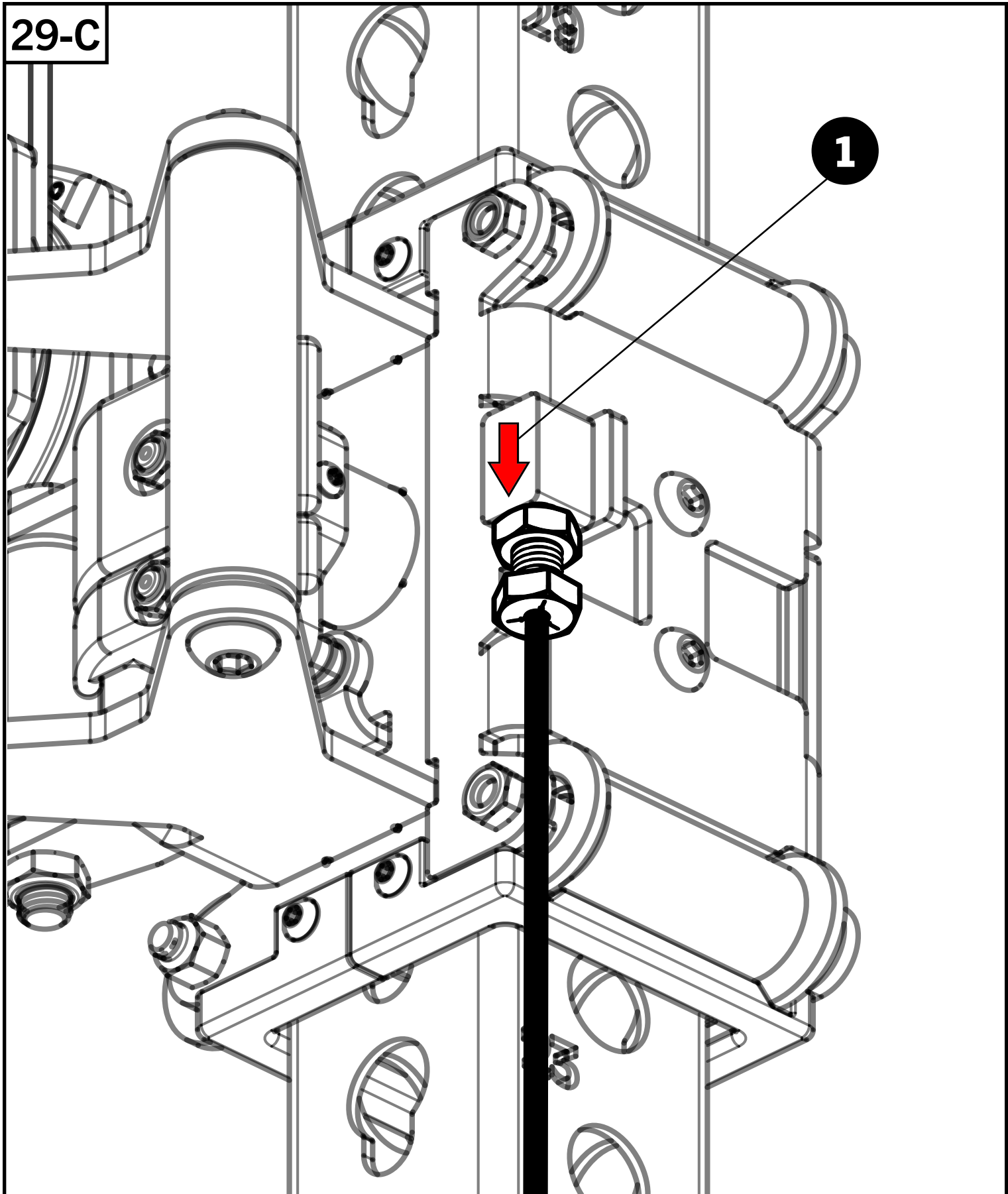
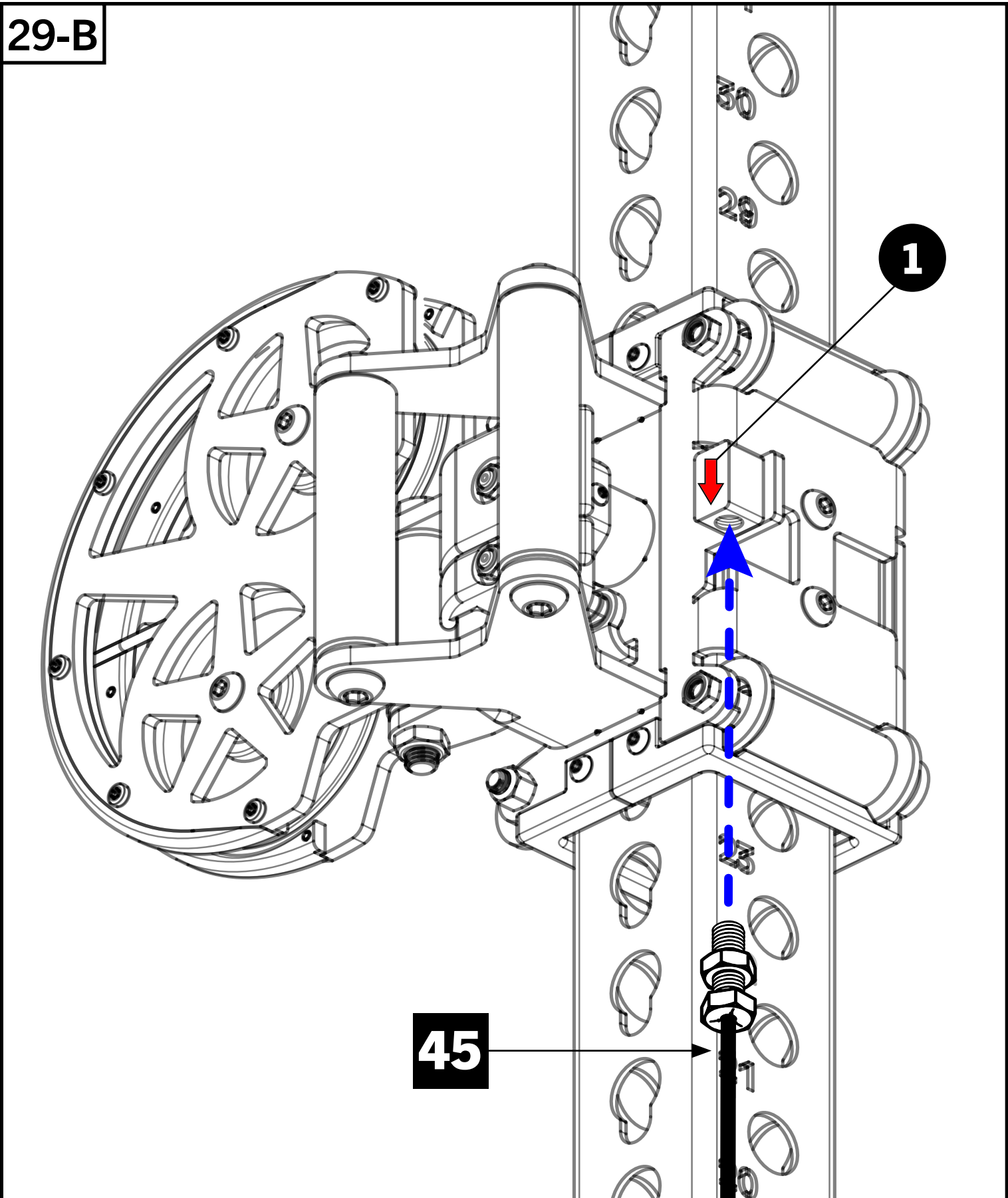
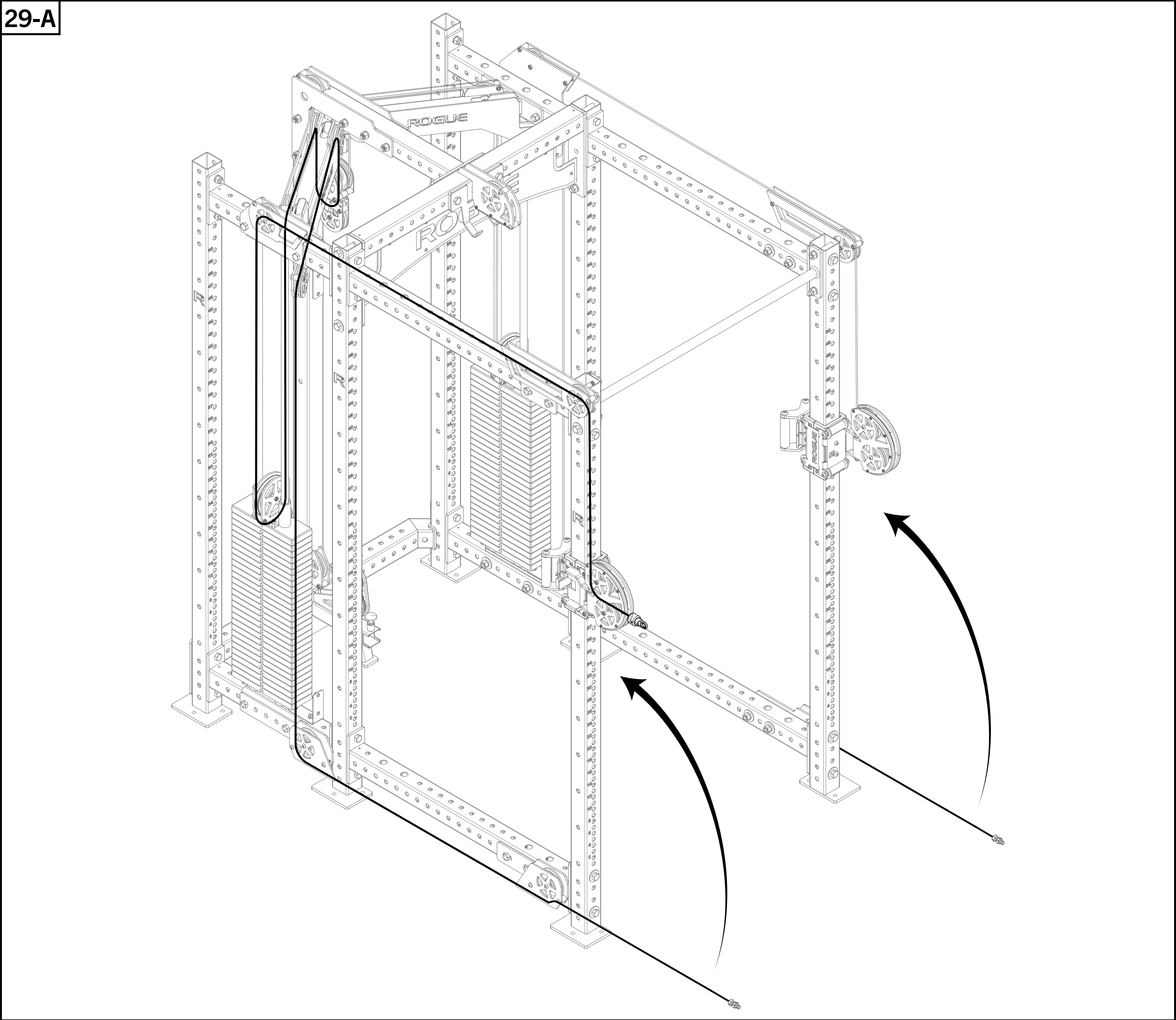




# STEP 29

**Tools Required:**

- 3/4” Wrench
- Screw bolt ends of Trolley Cables [45] into stop block on back of Trolleys [17,18].
- 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.

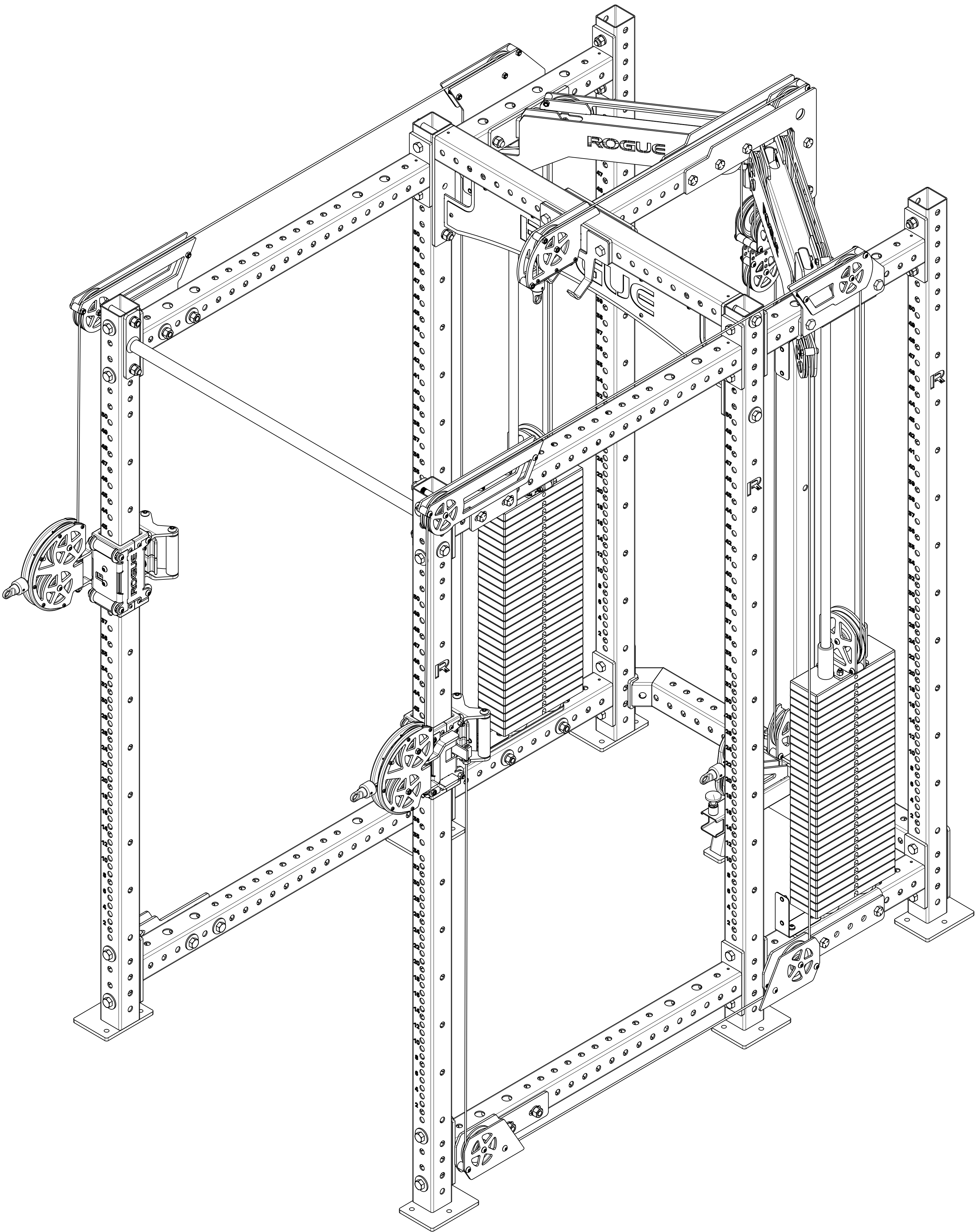


# STEP 30

Tools Required:

- All
- Tighten **ALL** loose hardware on the entire rack.
- Starting with no weight selected on the Weight Stacks, 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 [17,18].

30-A

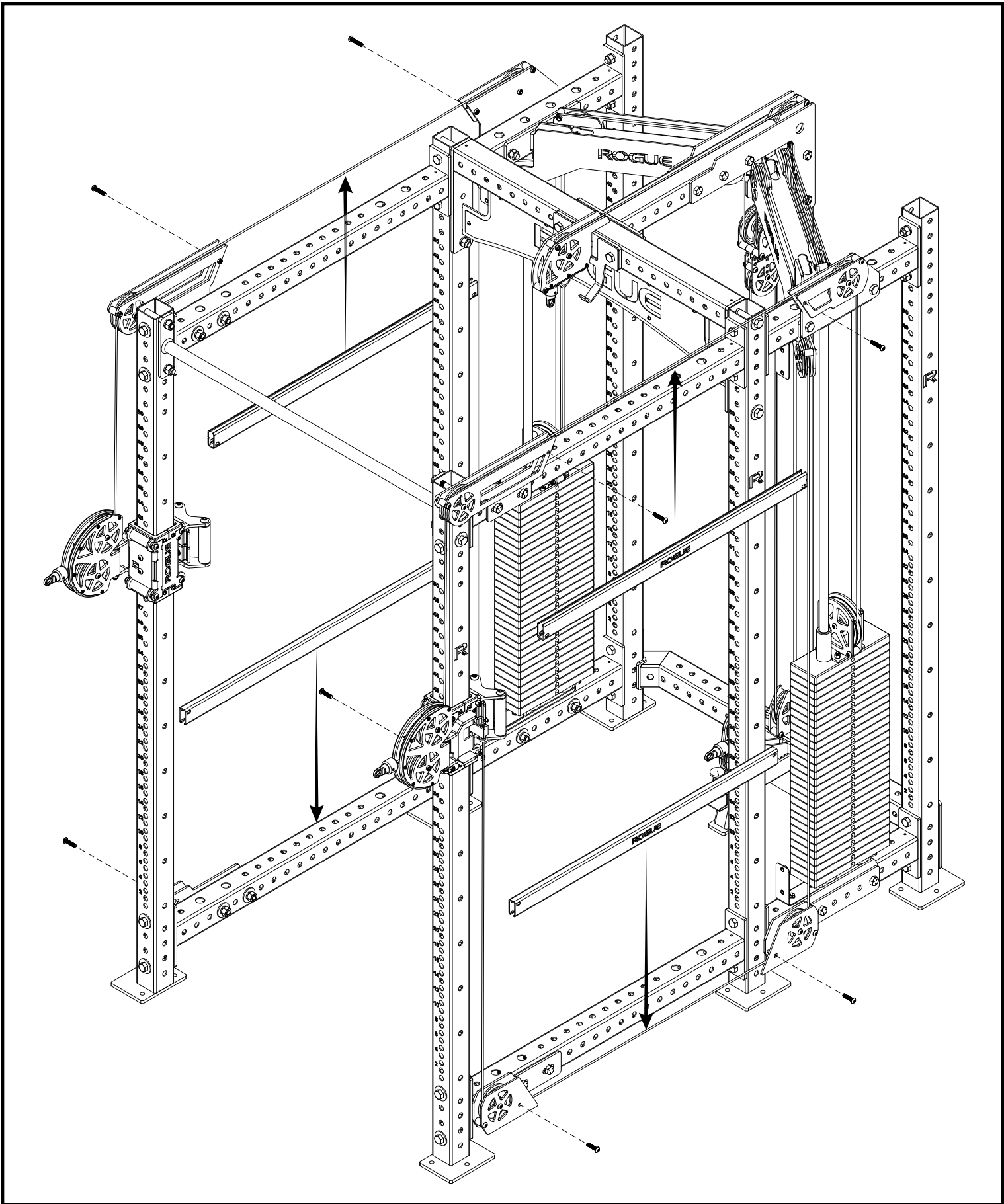




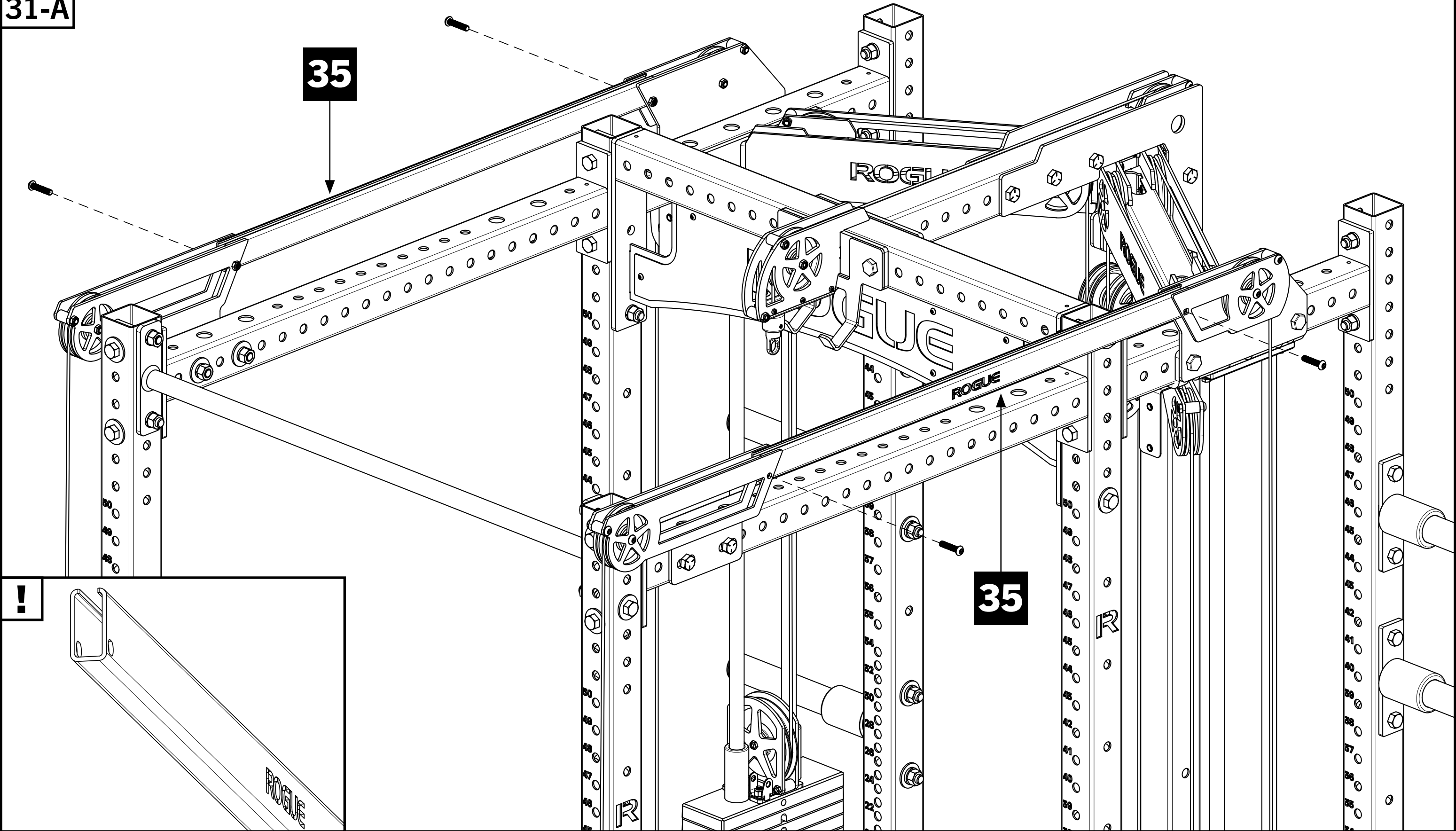
# STEP 31

**Tools Required:**

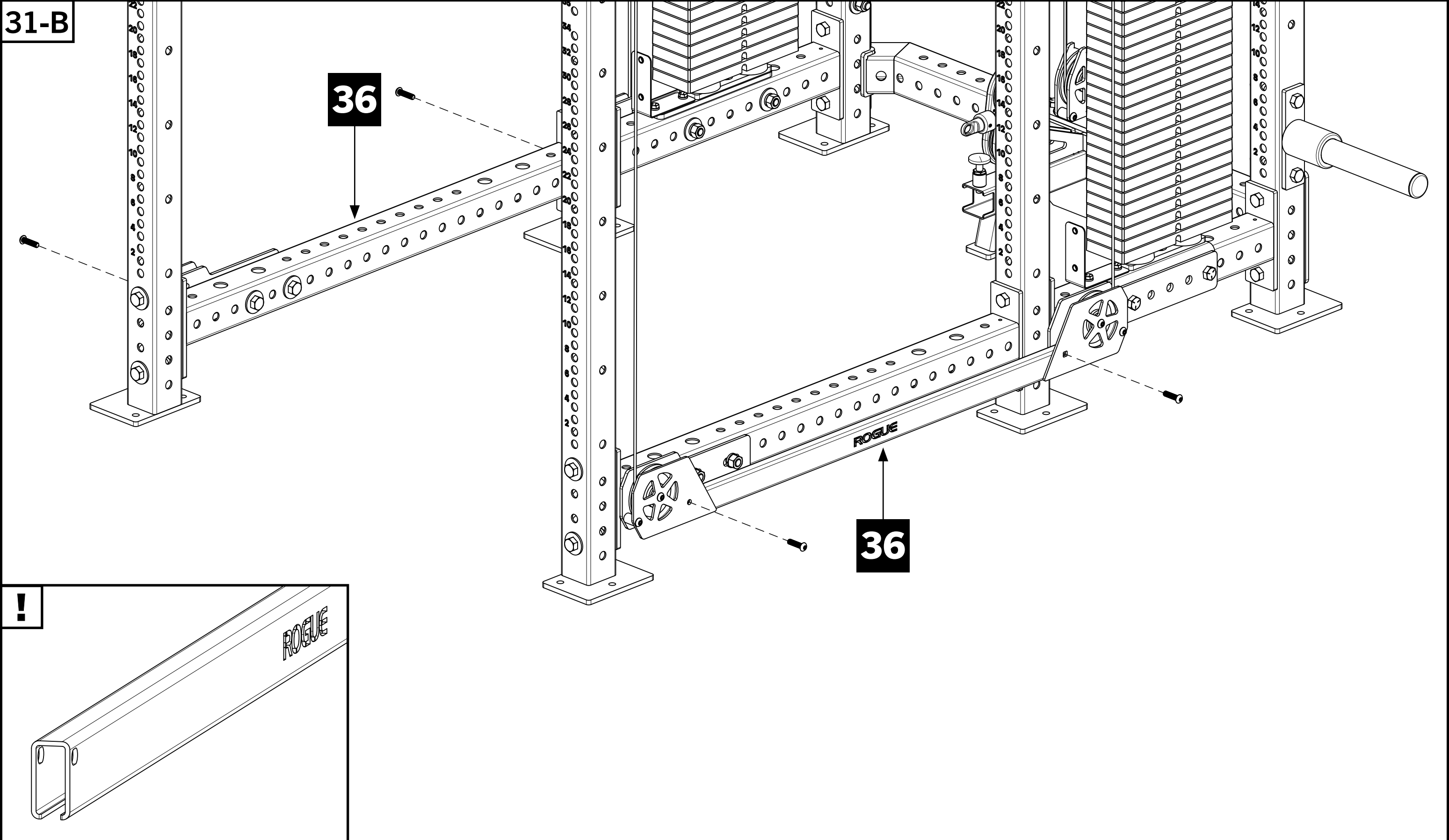
- 7/32” Allen Key
- Remove eight 3/8” Button Head Screws located on the rear of the Front Side Pulley Assemblies and the front of the Rear Side Pulley Assemblies.
- Fasten the Top Cable Cover Rails [35] between the Front and Rear Top Side Pulley Assemblies by aligning holes and reinstalling the 3/8” Button Head Screws.
- Repeat this process on the bottom of your rack to install the Low Cable Cover Rails [36].
- **!** 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.



31-A



31-B

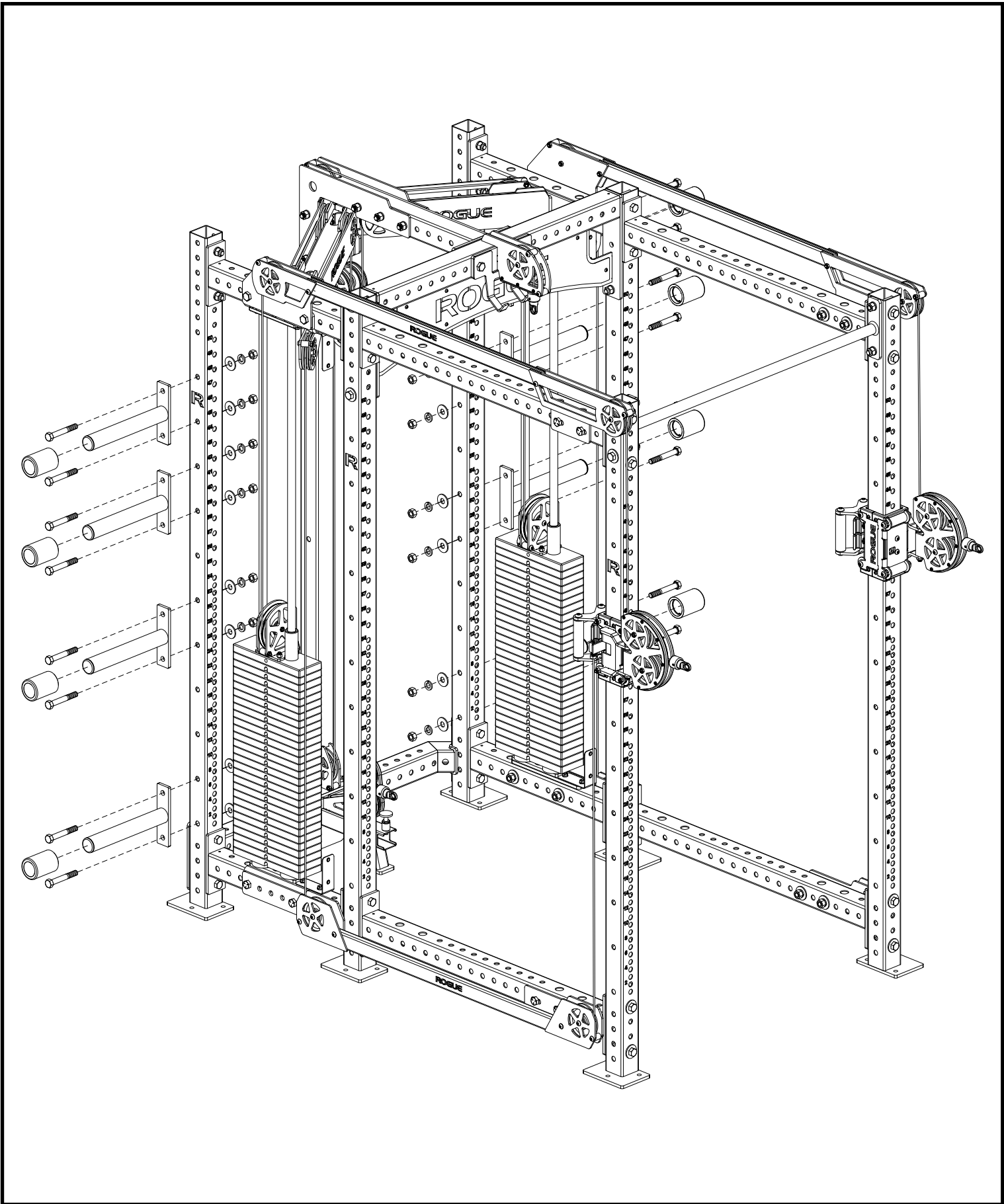




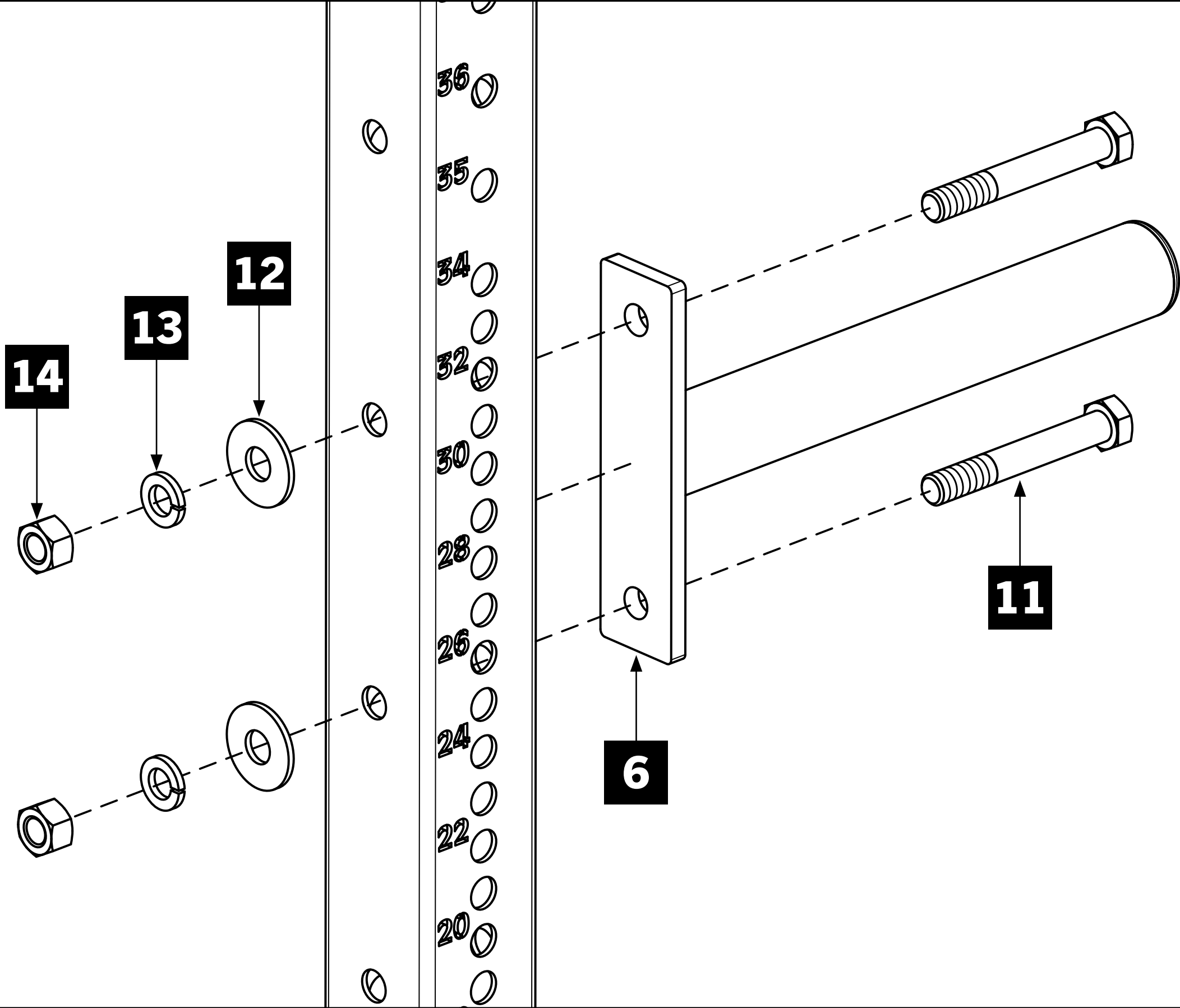
# STEP 32

## Tools Required:

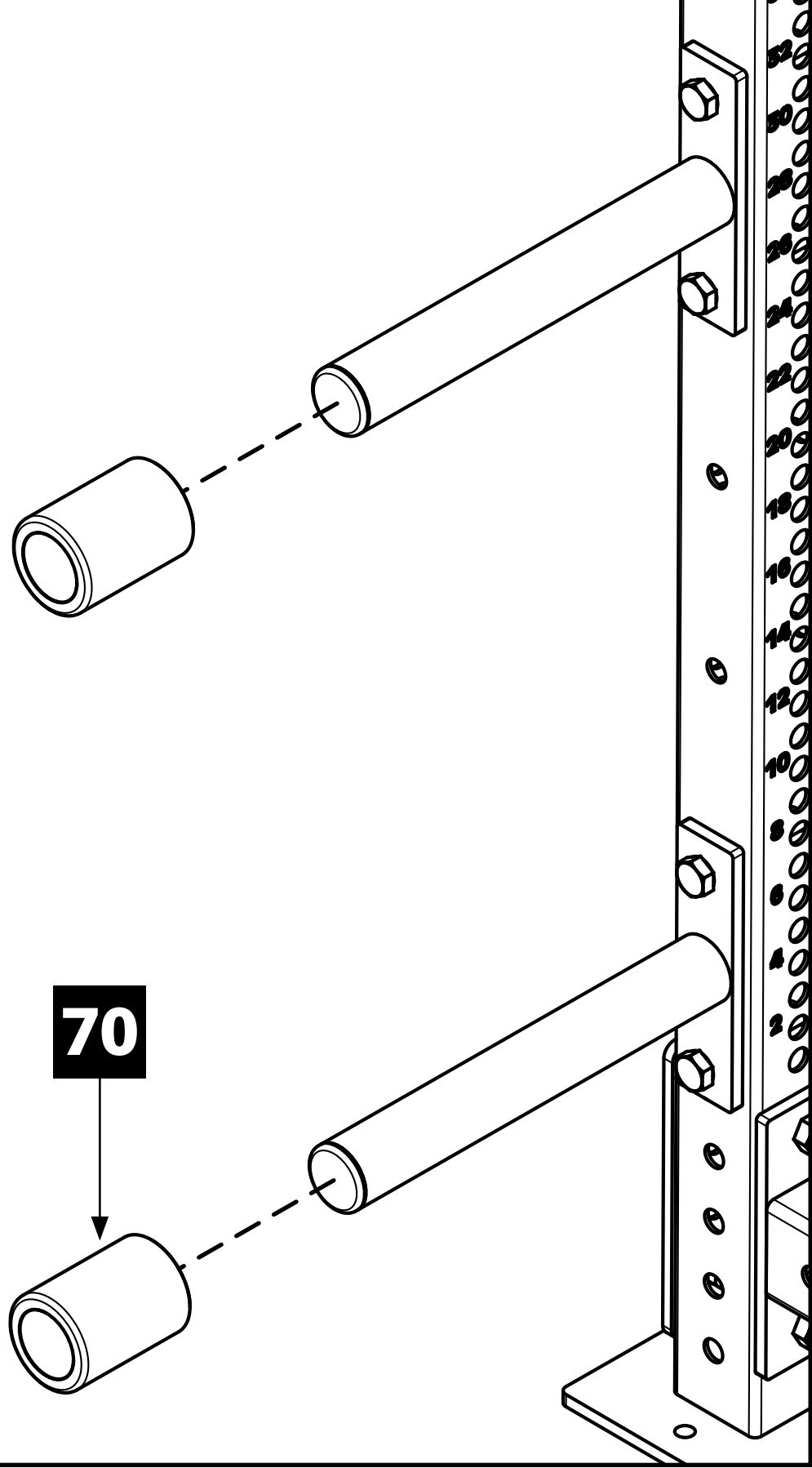
- 15/16” Wrench, 1/8” Allen Key
- If modifying existing rack with add-on kit, skip to **32-B**.
- Assemble Plate Storage Pins **[6]** on rear Monster Lite Uprights at desired hole heights using 5/8” x 4-1/2” Hex Bolts **[11]**, 5/8” Flat Washers **[12]**, 5/8” Lock Washers **[13]**, and 5/8” Hex Nuts **[14]**.
- Slide Plate Storage Spacers **[70]** all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in **32-C**.
- Fully tighten set screws using 1/8” Allen Key.



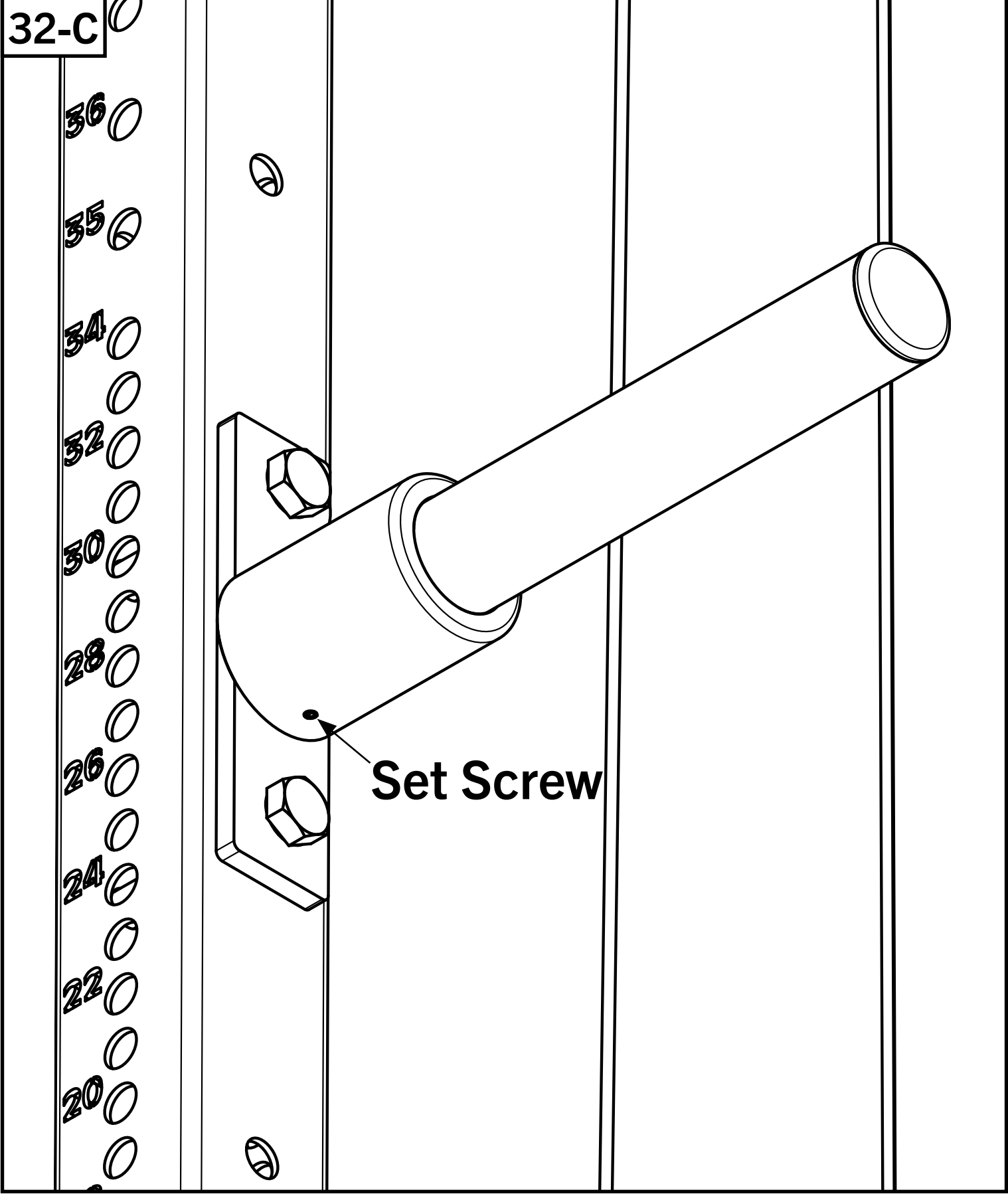
32-A



32-B

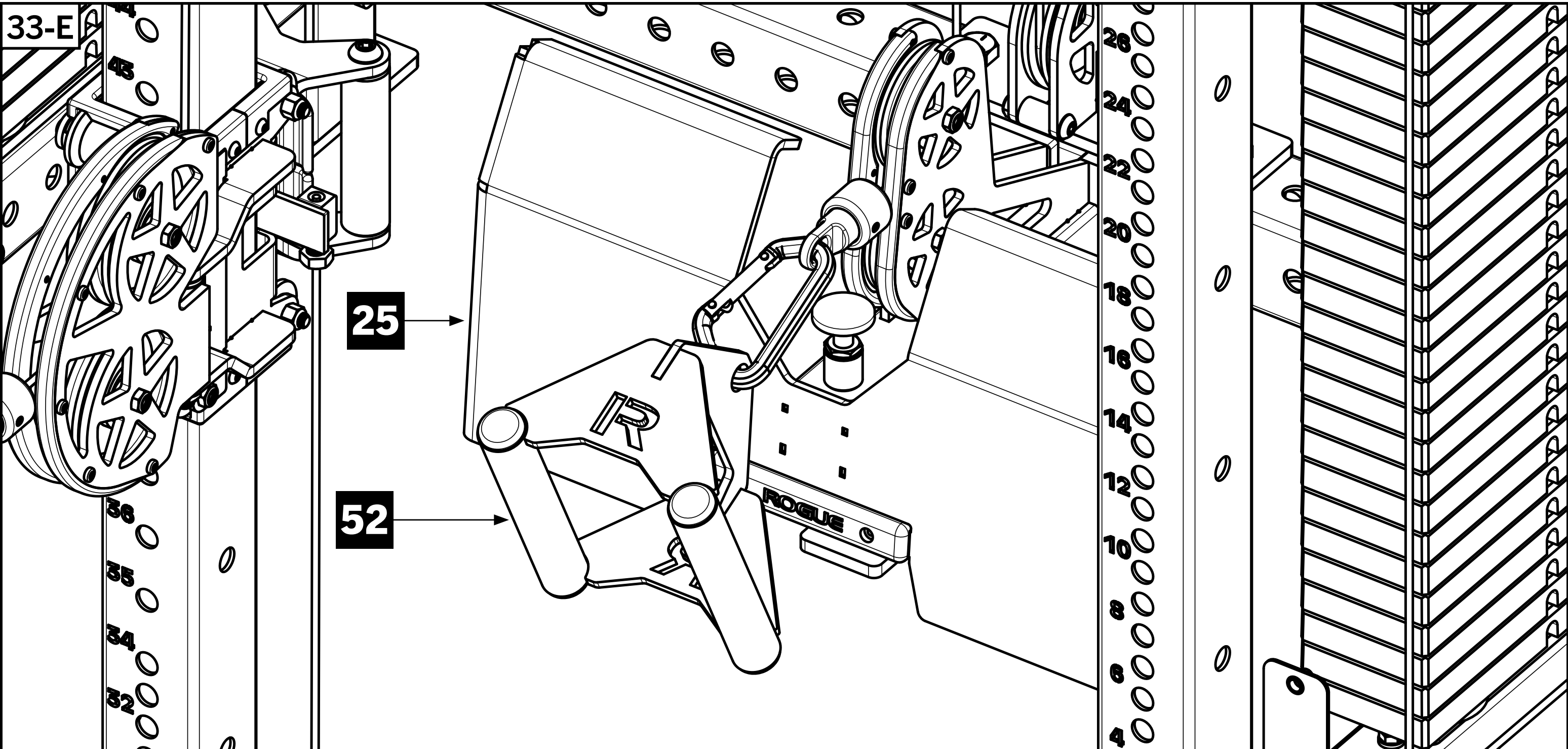
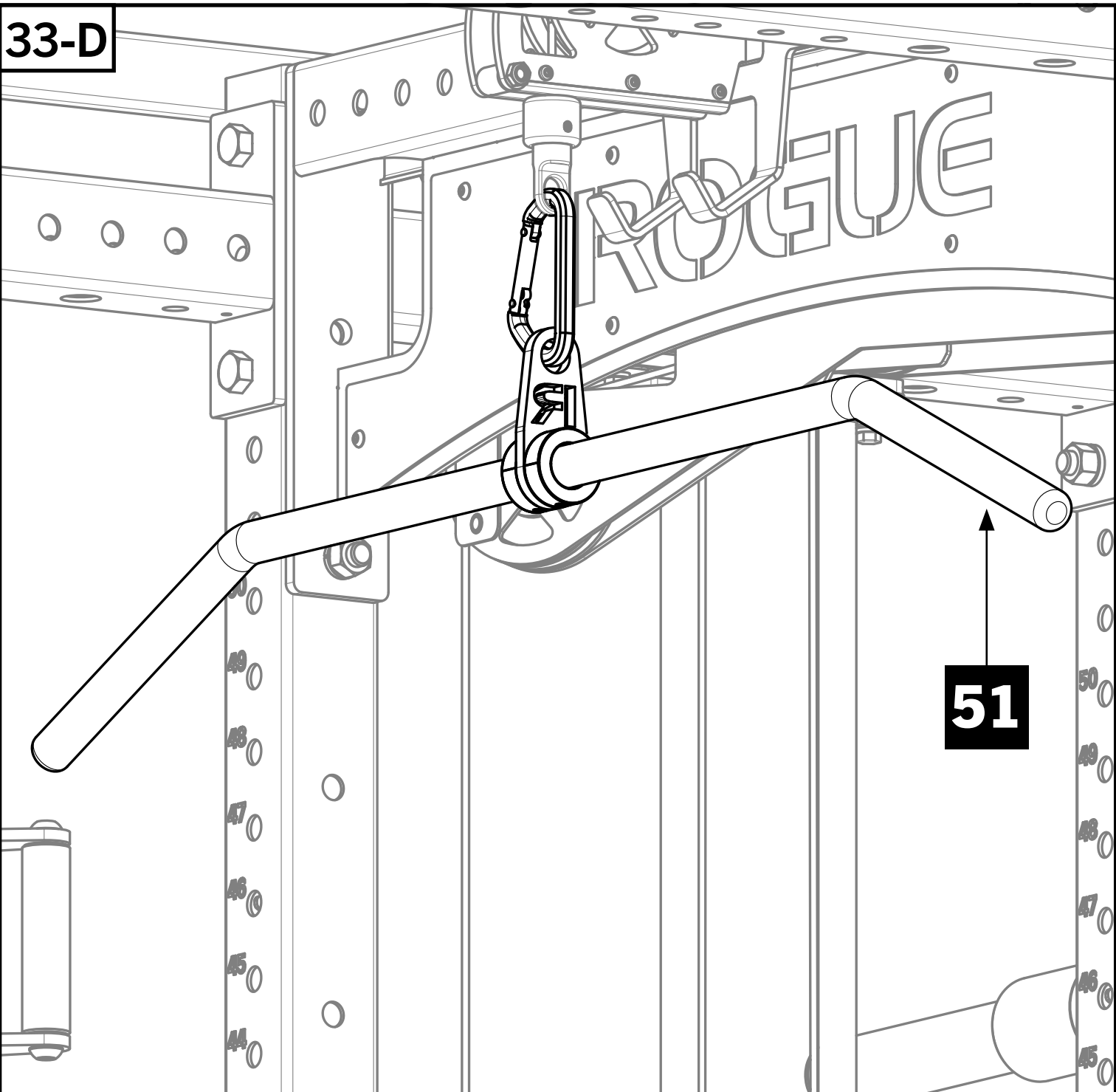
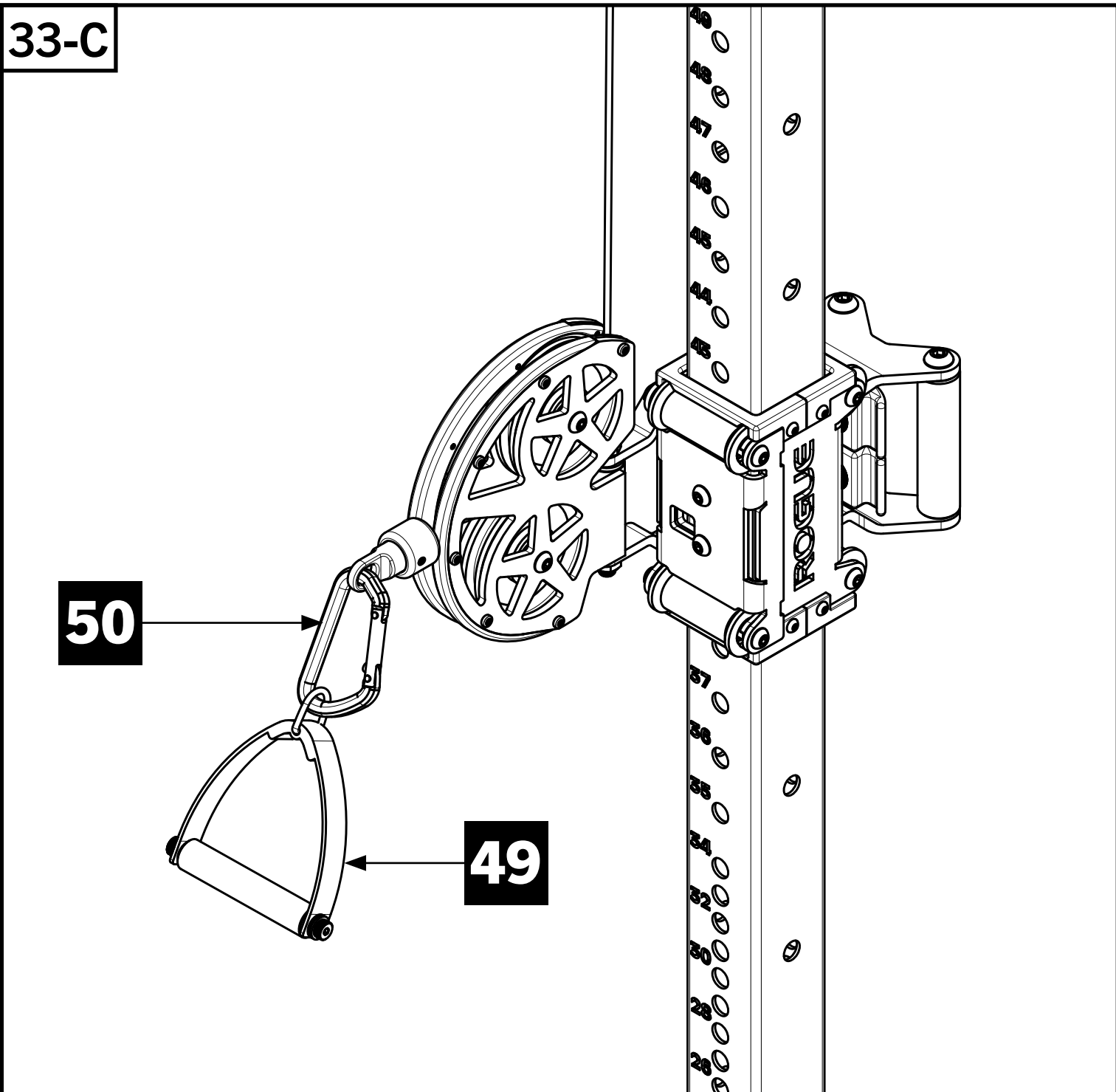
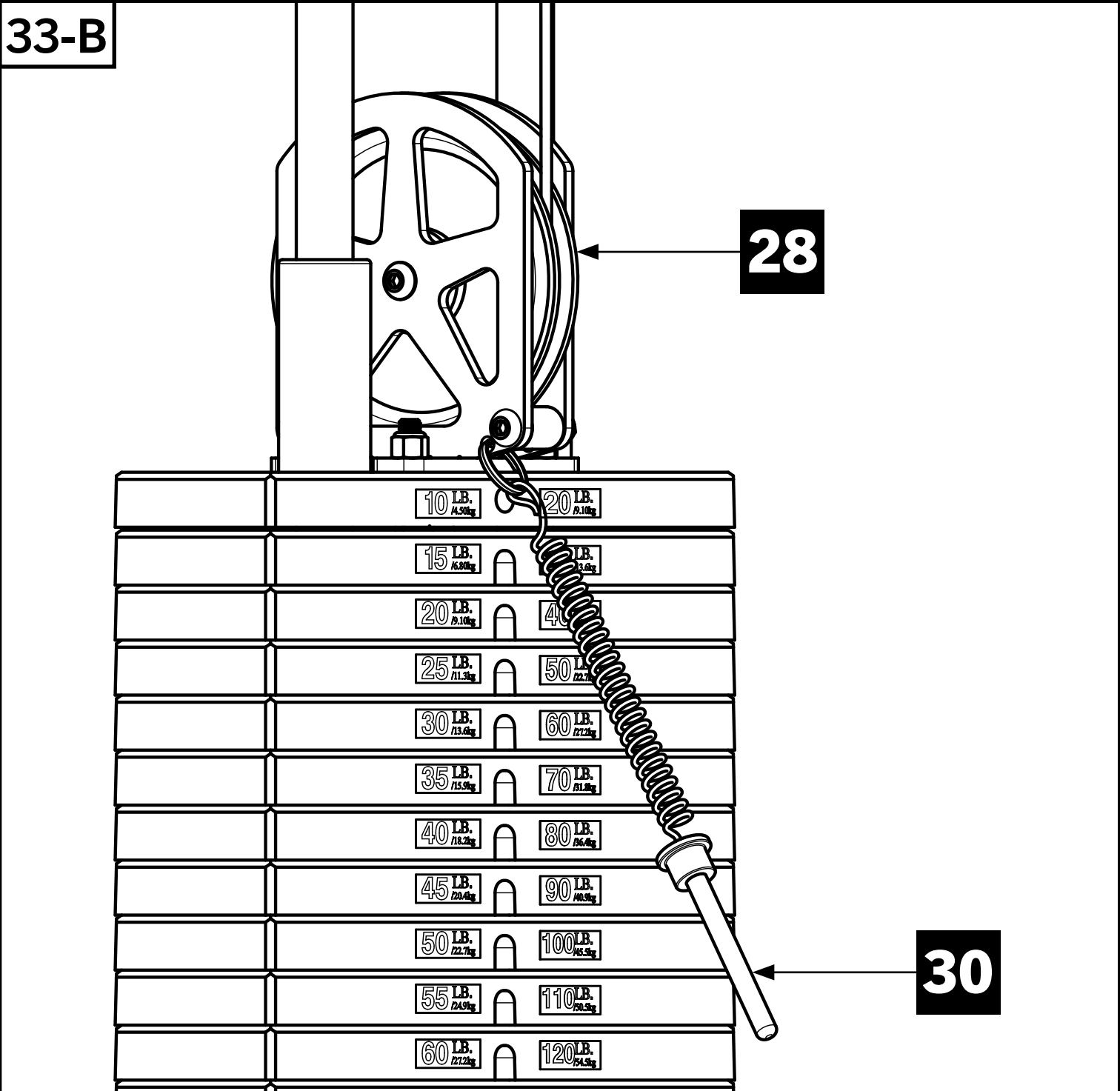
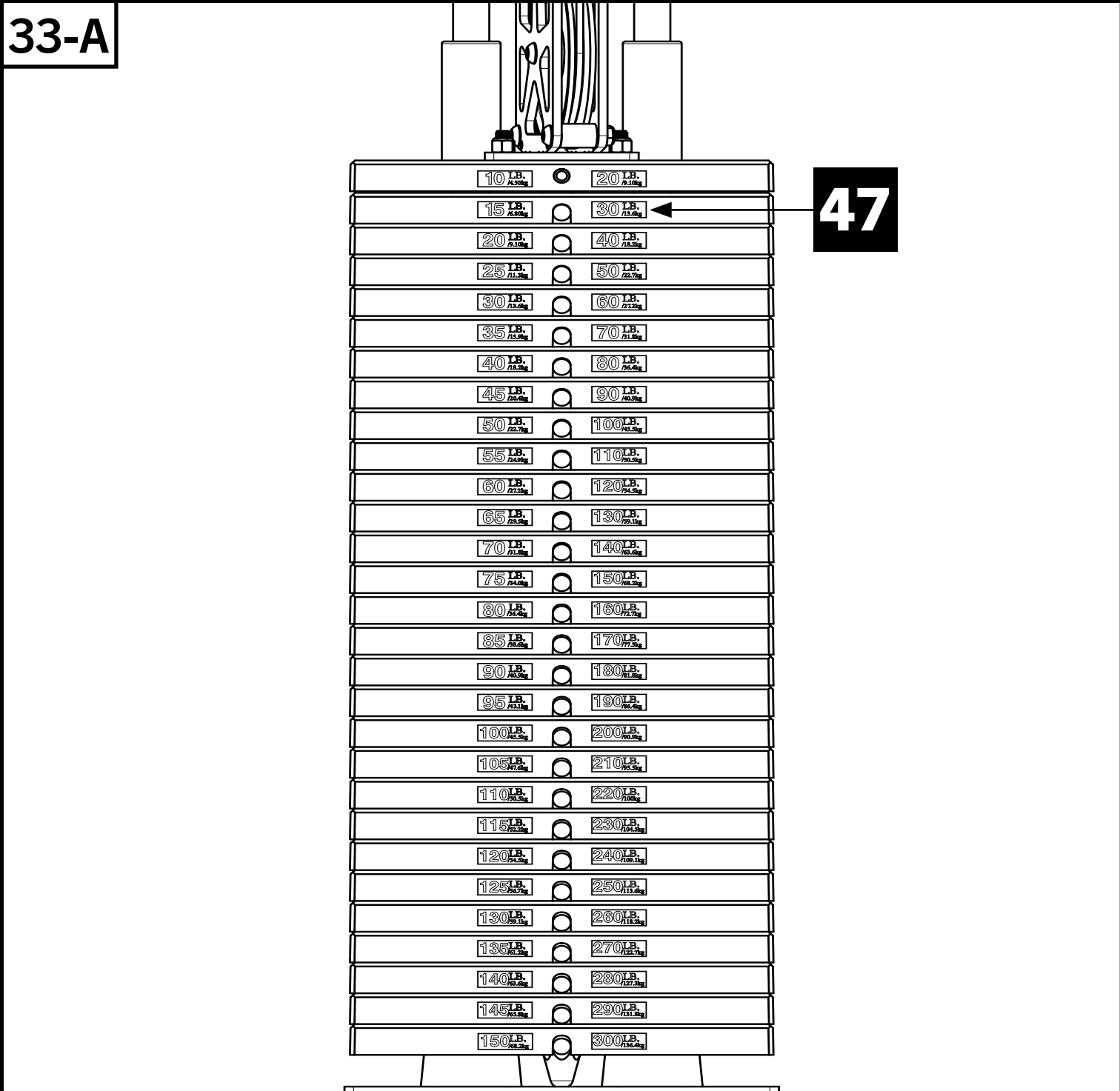


32-C



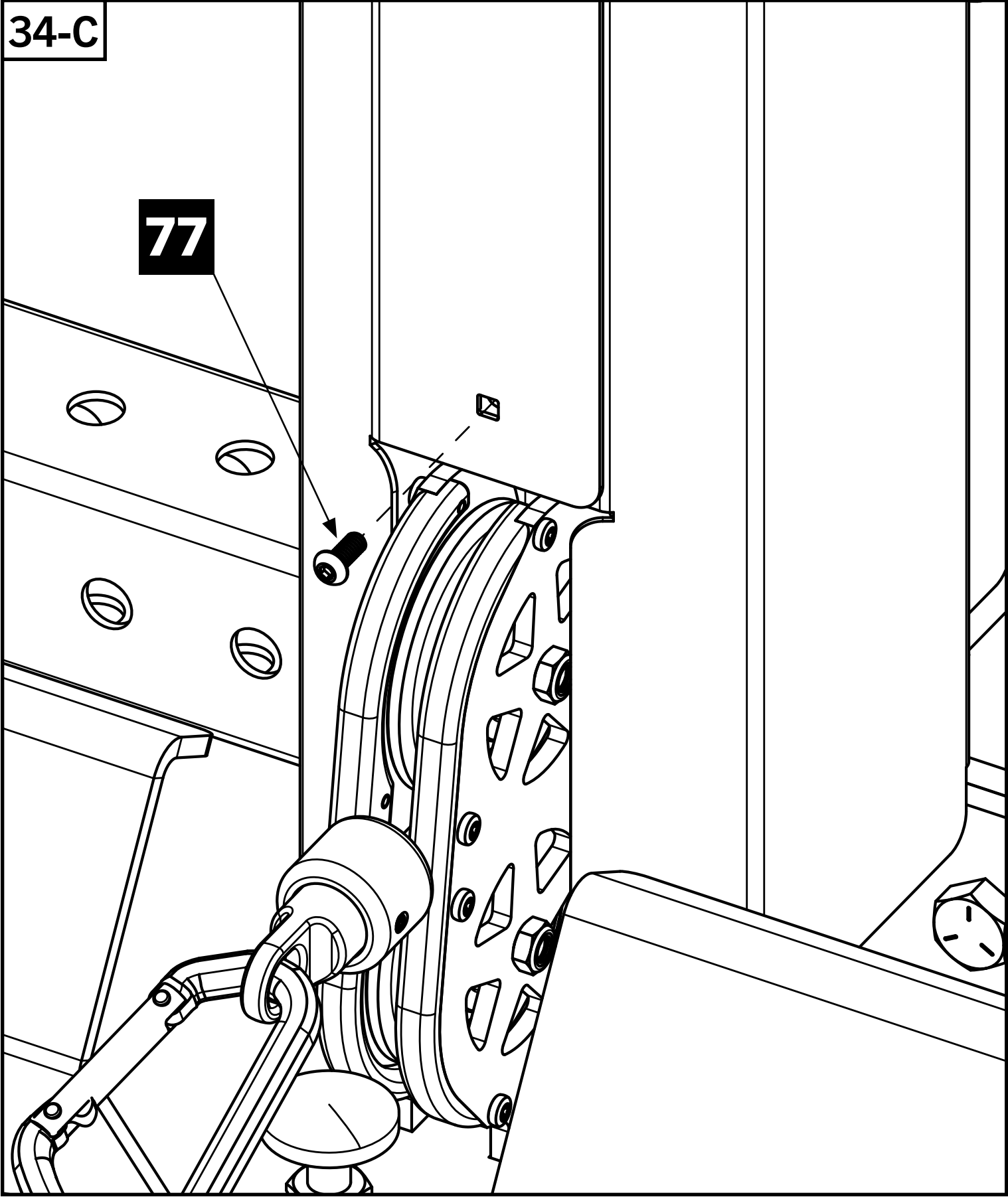
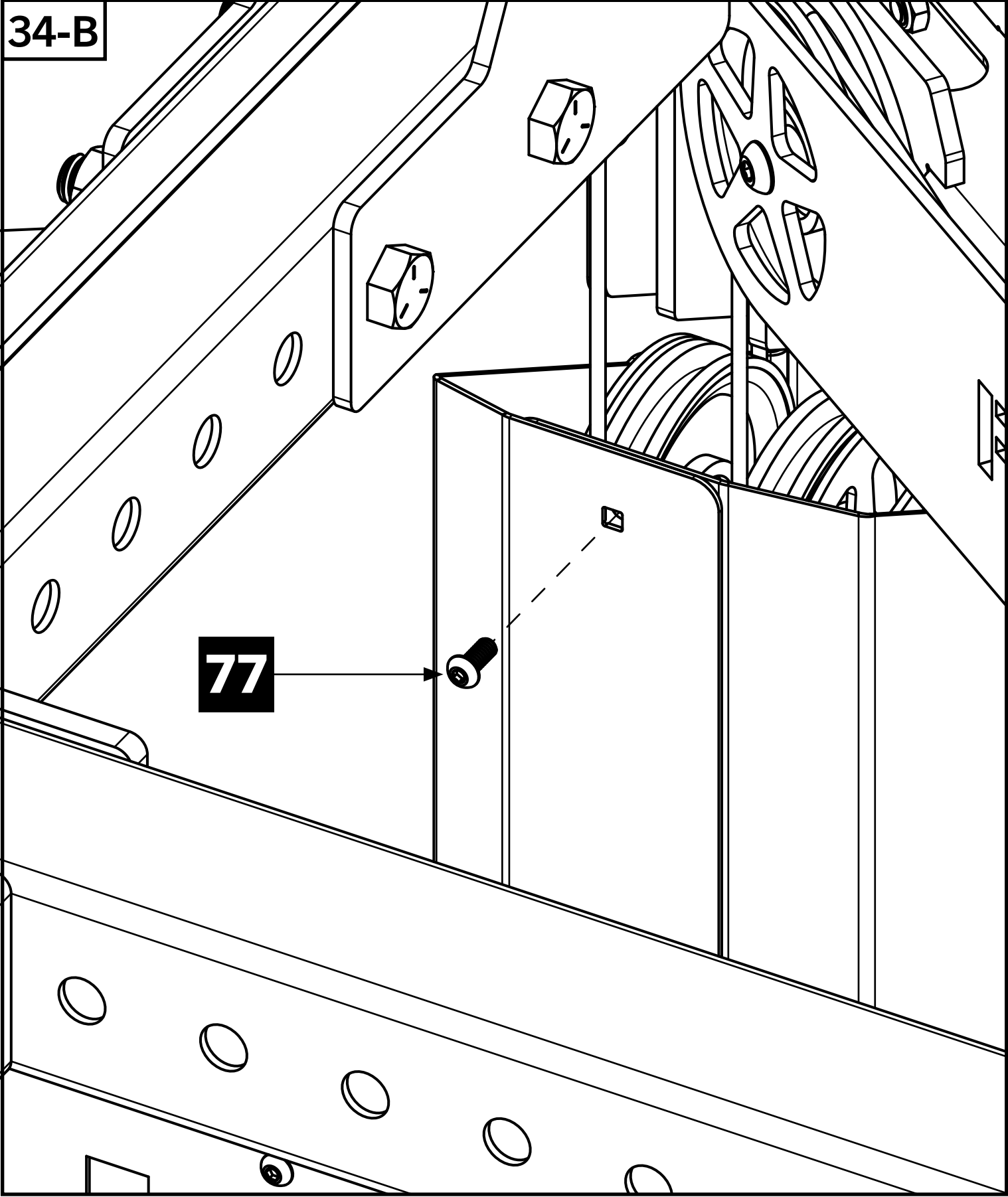
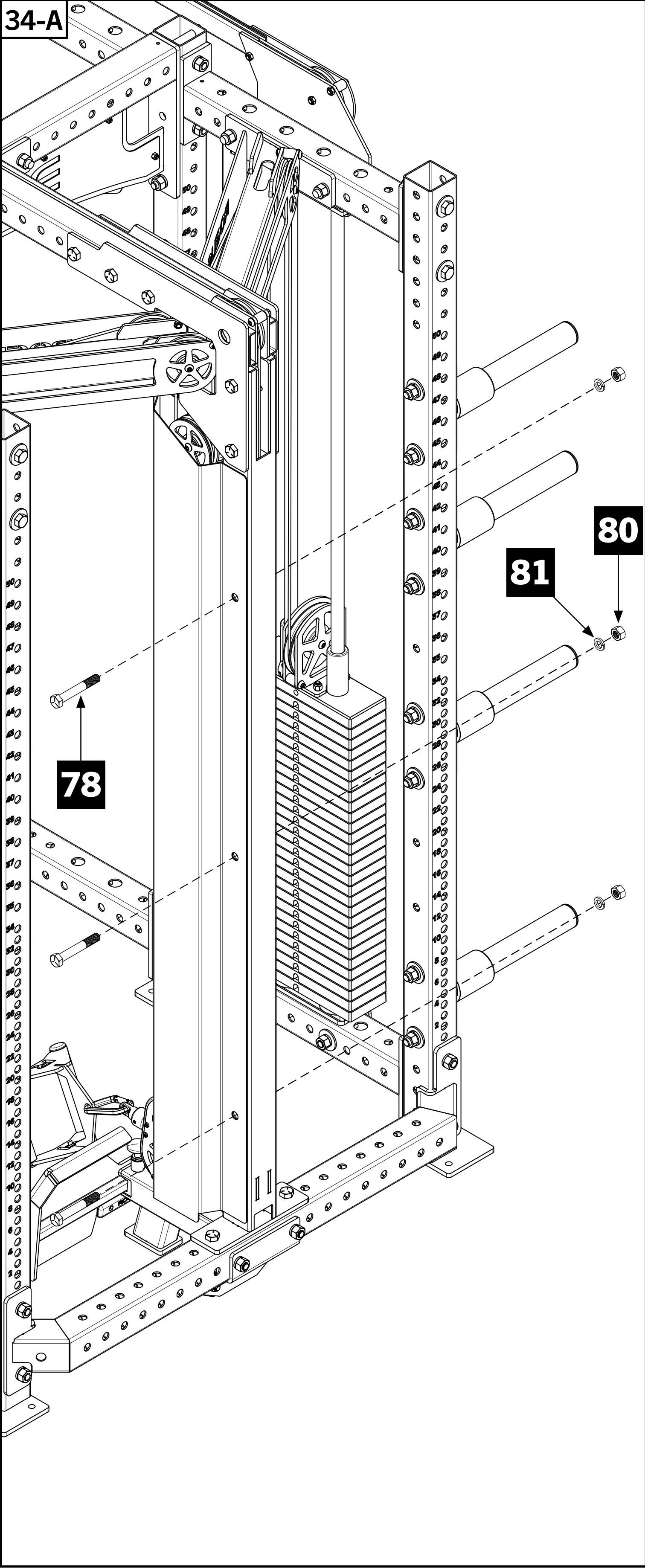
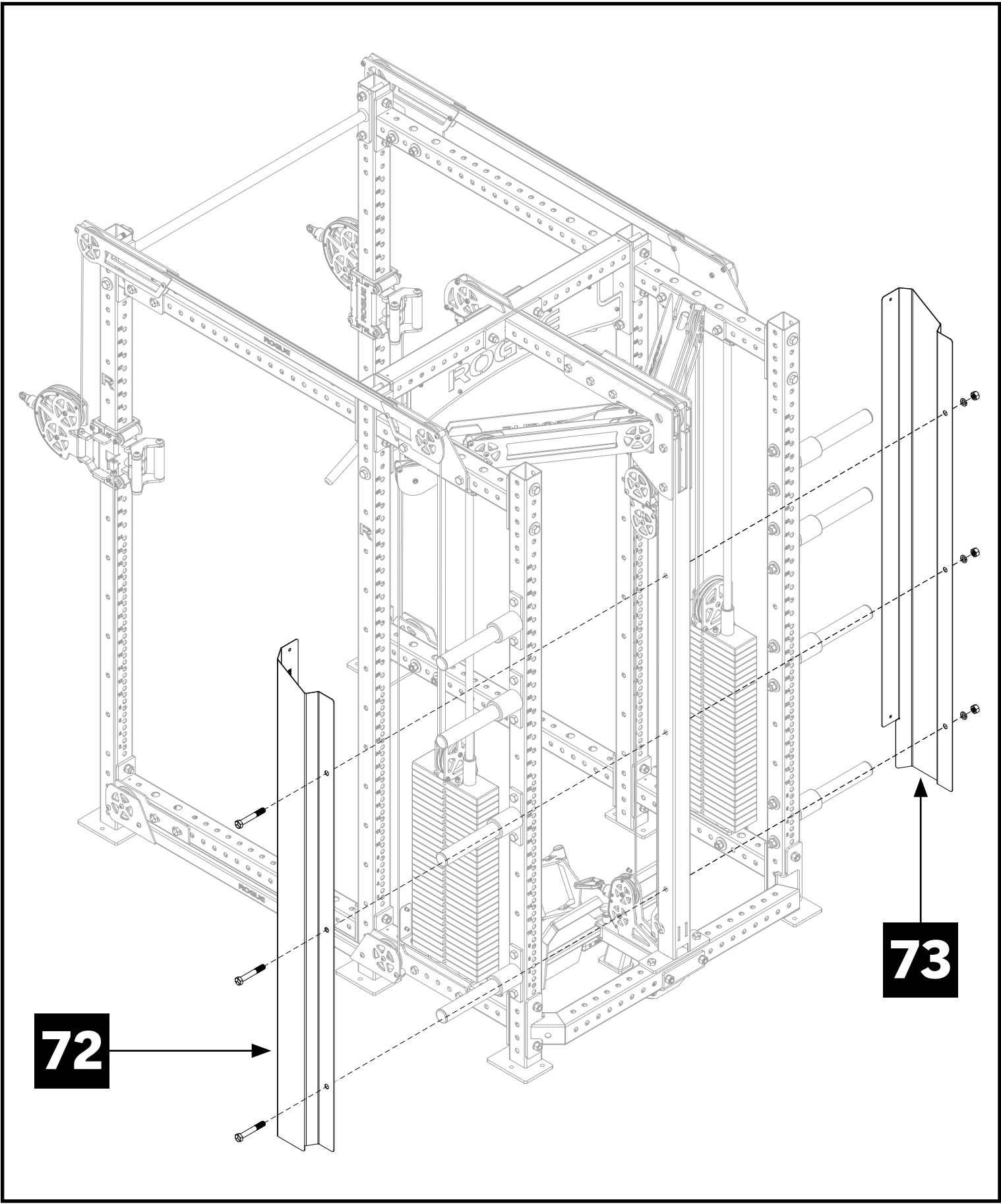
STEP 33

- Apply the Weight Stack Number Labels [47] on the front of the Weight Stack Plates, approximately 3.5” from the edge of plate.
- Attach key ring on Weight Stack Selector Pin w/ Lanyard [30] to front hole on pulley plate of the Weight Stack Stem [28].
- Attach Single Handle Attachments [49] to Swivel Trolleys using included Carabiners [50].
- Attach Lat Bar [51] to Lat Pull down clevis attachment point.
- Re-insert the Footplate into Low Row Footplate Assembly [25] and attach Standard Grip Triangle [52] to clevis.



# STEP 34 (SHROUD ASSEMBLY)

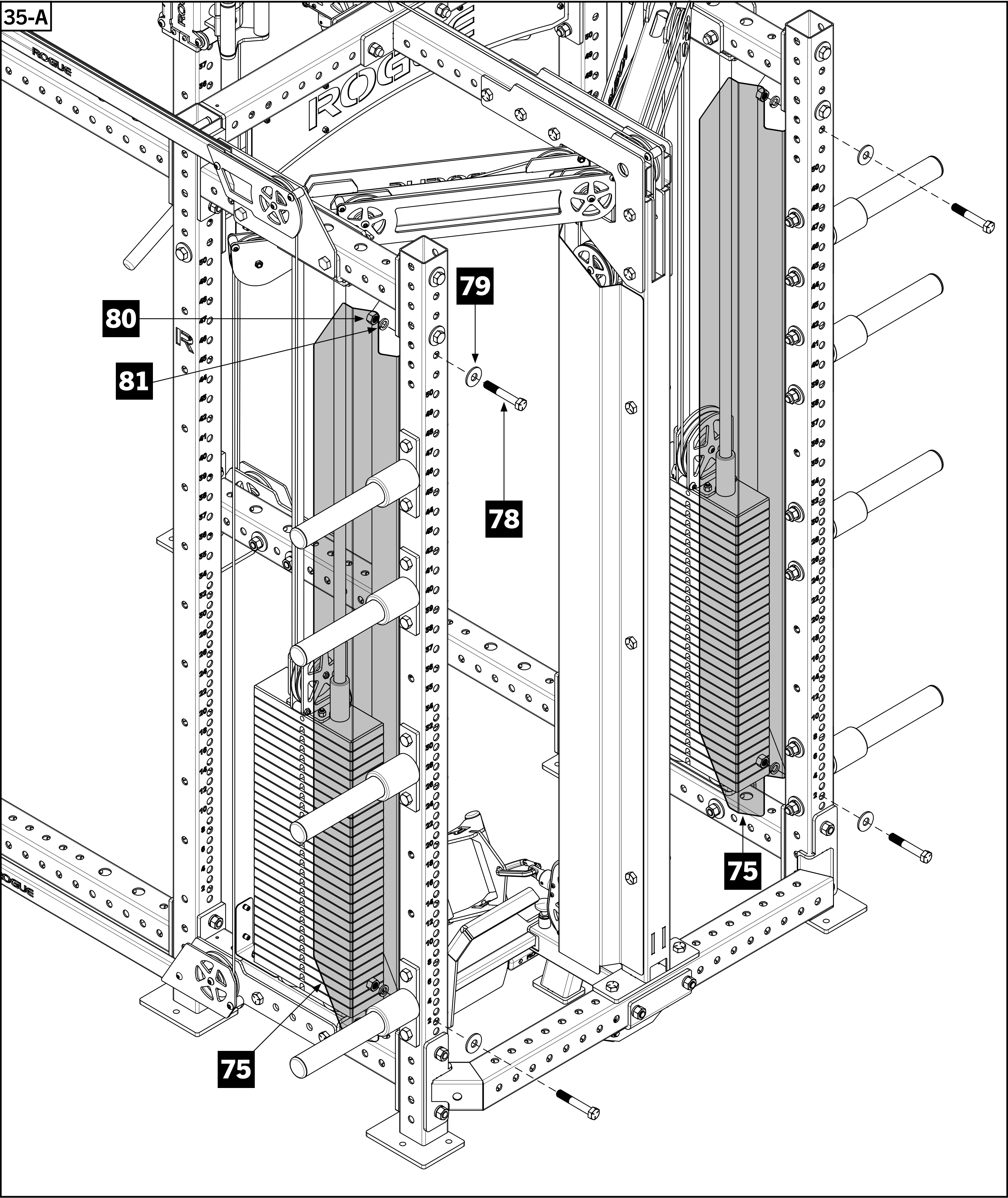
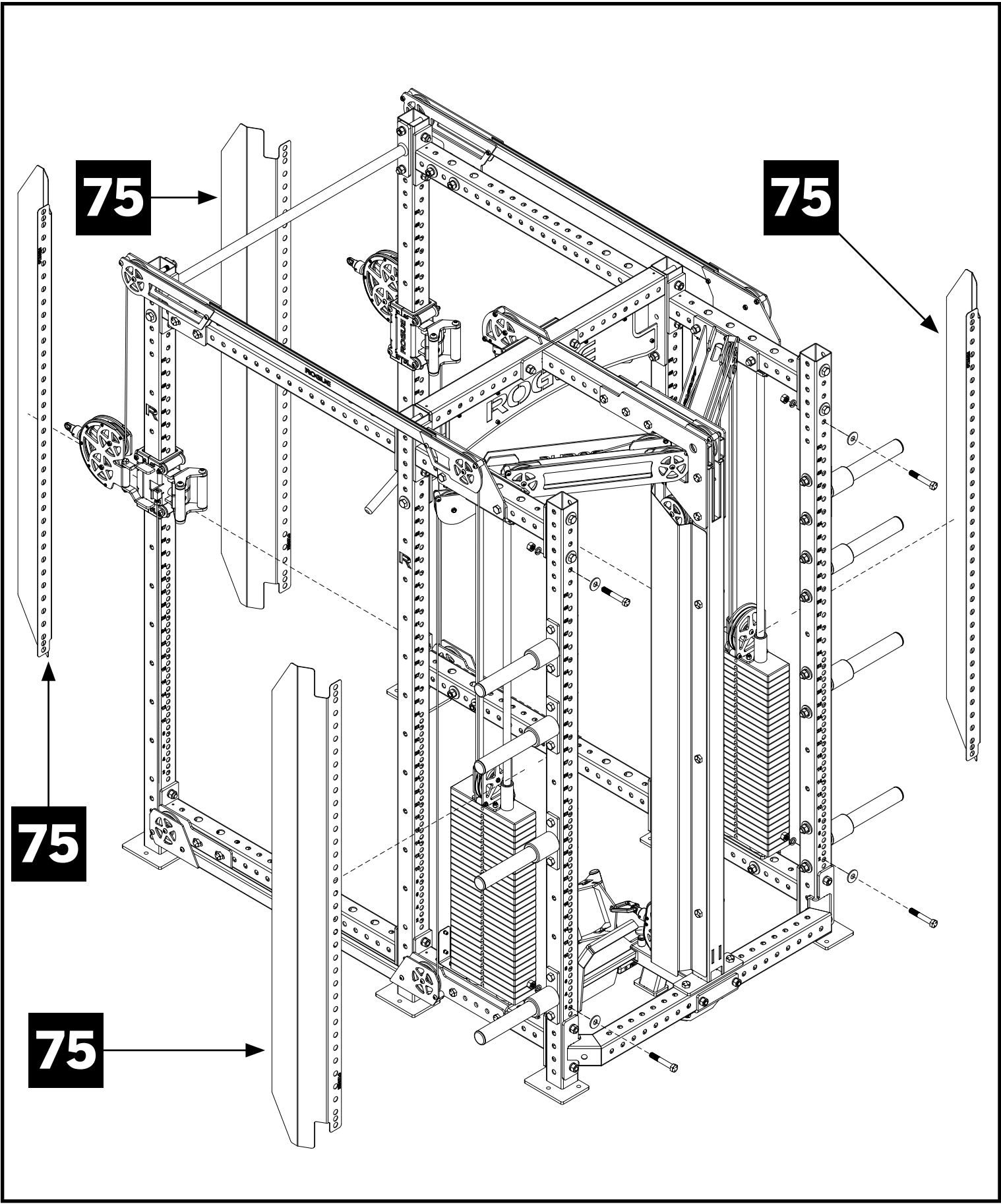
- Align Rear Shroud - RH [72] and Rear Shroud - LH [73] with corresponding holes on Rear 3X3 Upright [15] and bolt Shrouds to Upright using 5/8" x 4" Hex Bolts [78], 5/8" Lock Washers [81] and 5/8" Hex Nuts [80].
- Align top and bottom 1/4" holes on Shrouds and bolt together using 1/4" x 5/8" Button Head Screws [77].





# STEP 35 (SHROUD ASSEMBLY)

- Attach Weight Stack Rear Shrouds [75] on rear uprights by placing 5/8” Lock Washers [81] and 5/8” Hex Nuts [80] through window cutouts on shrouds and secure using 5/8” Flat Washers [79] and 5/8” x 4” Hex Bolts [78].

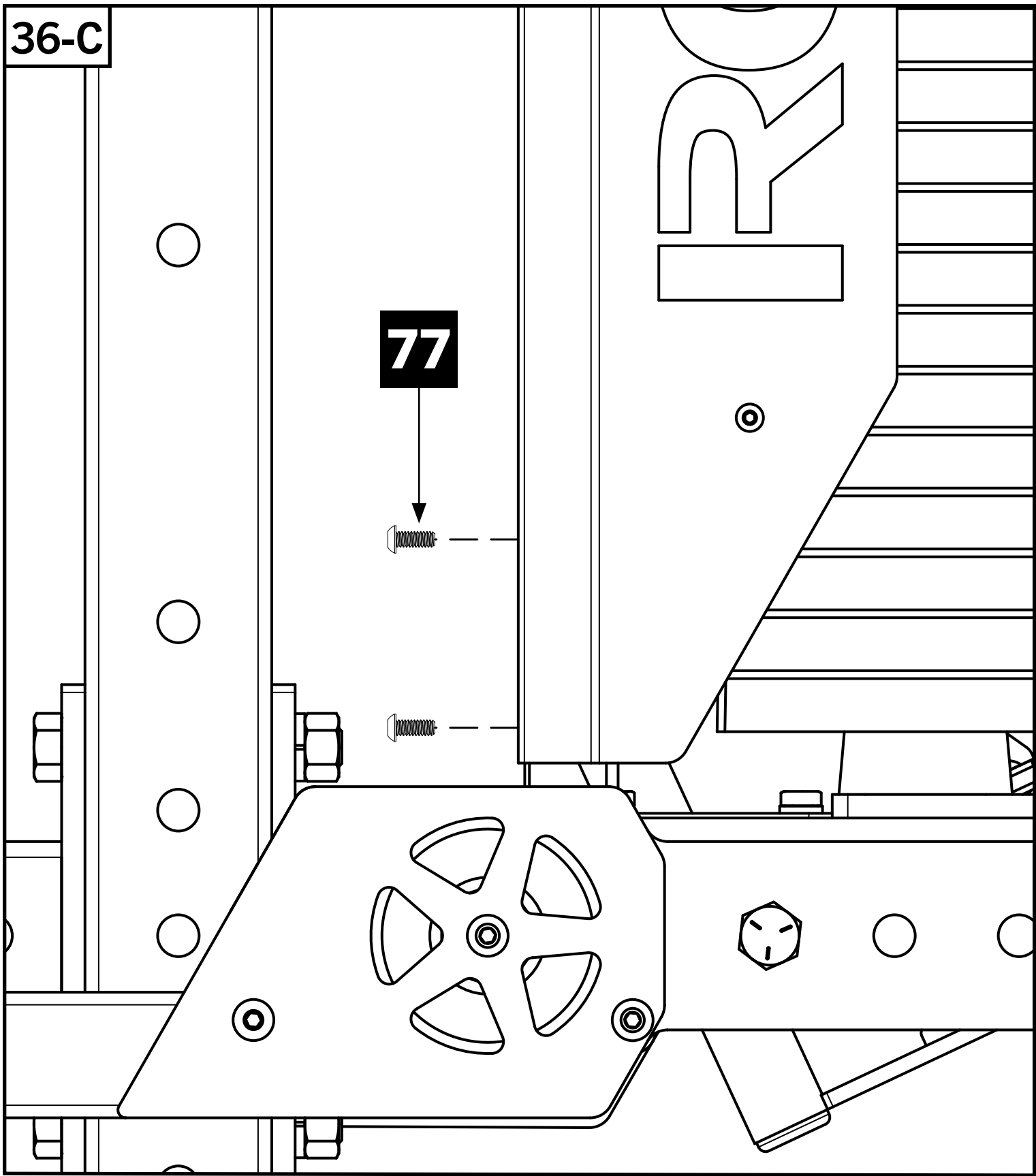
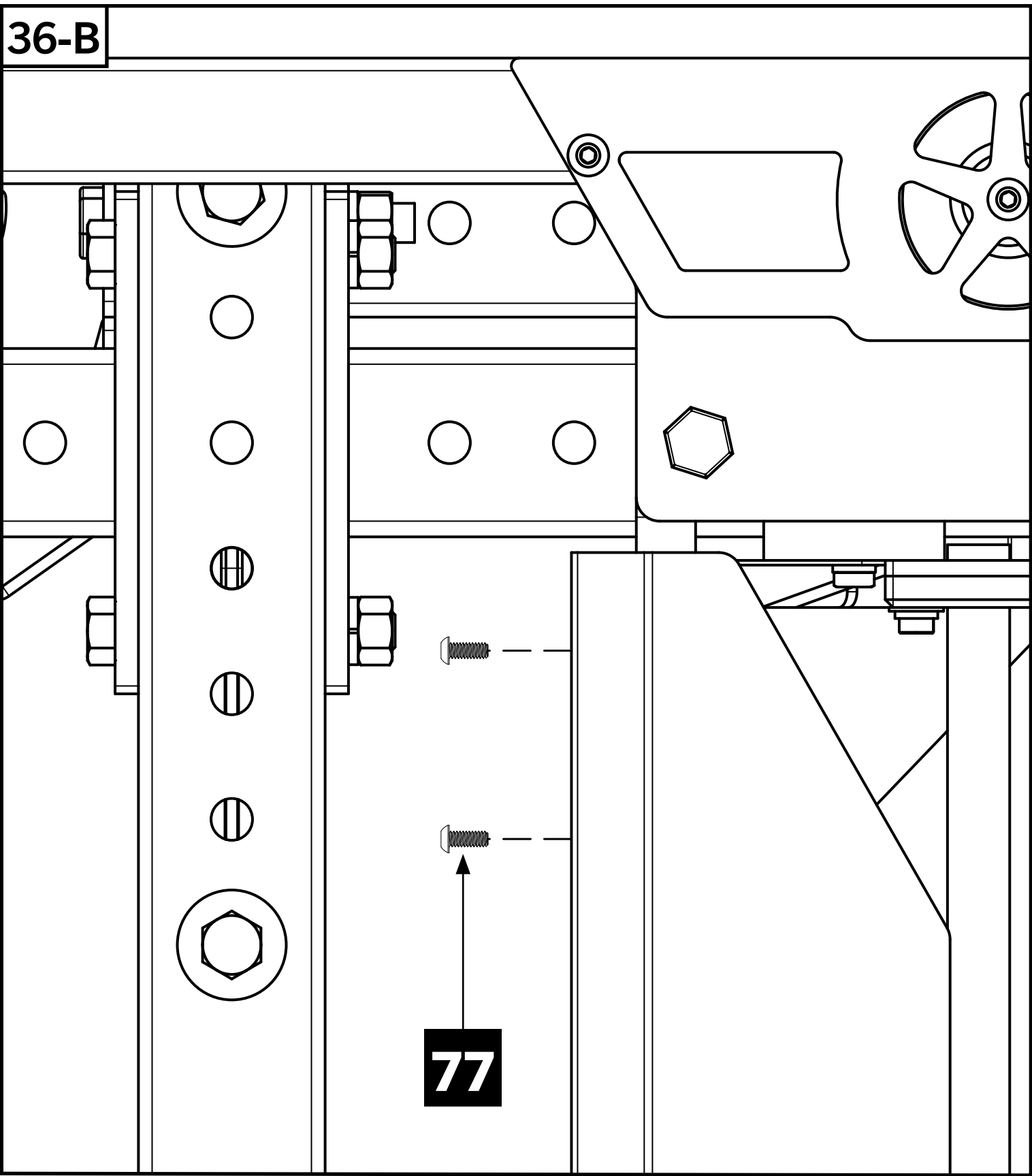
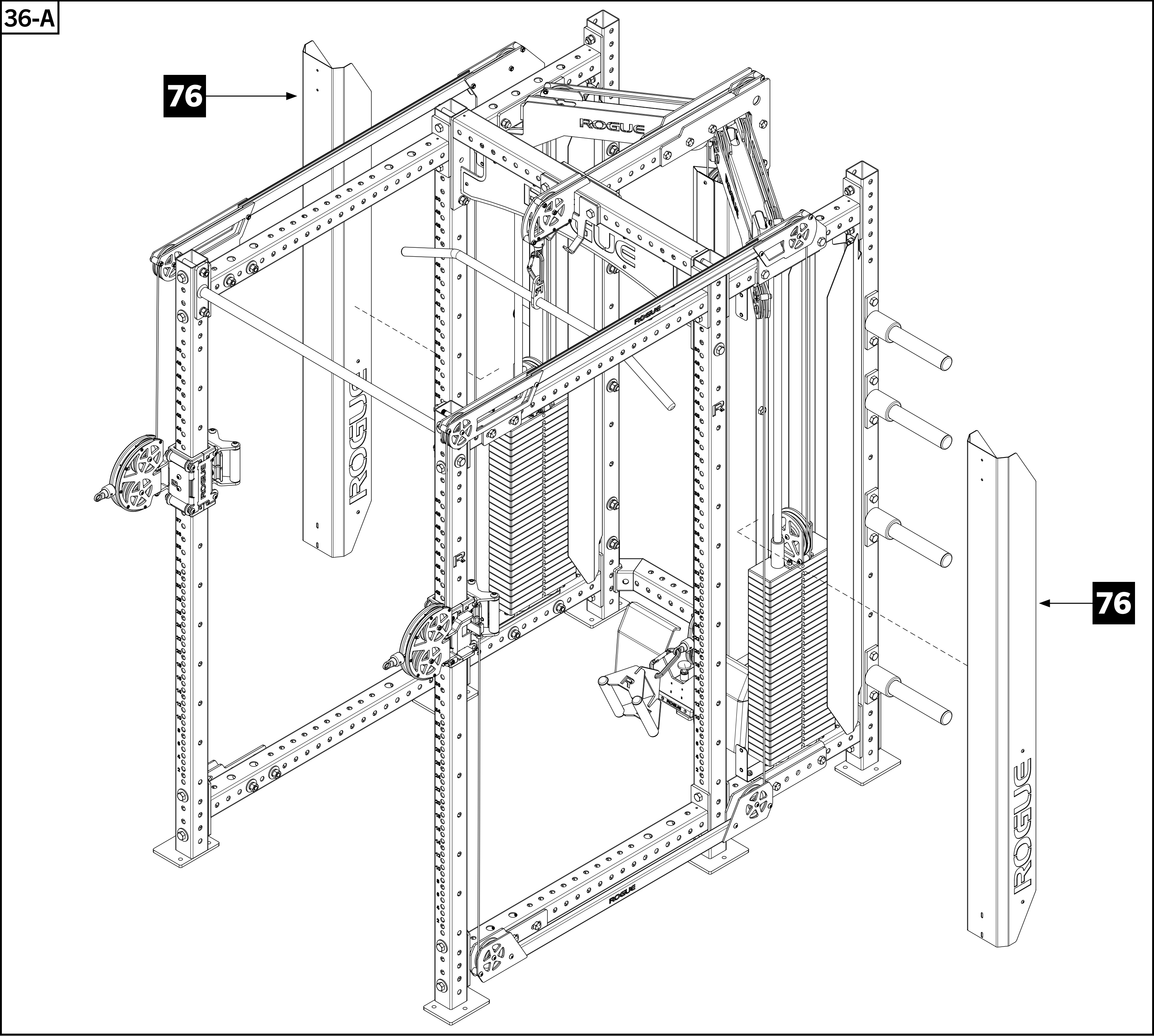




# STEP 36 (SHROUD ASSEMBLY)

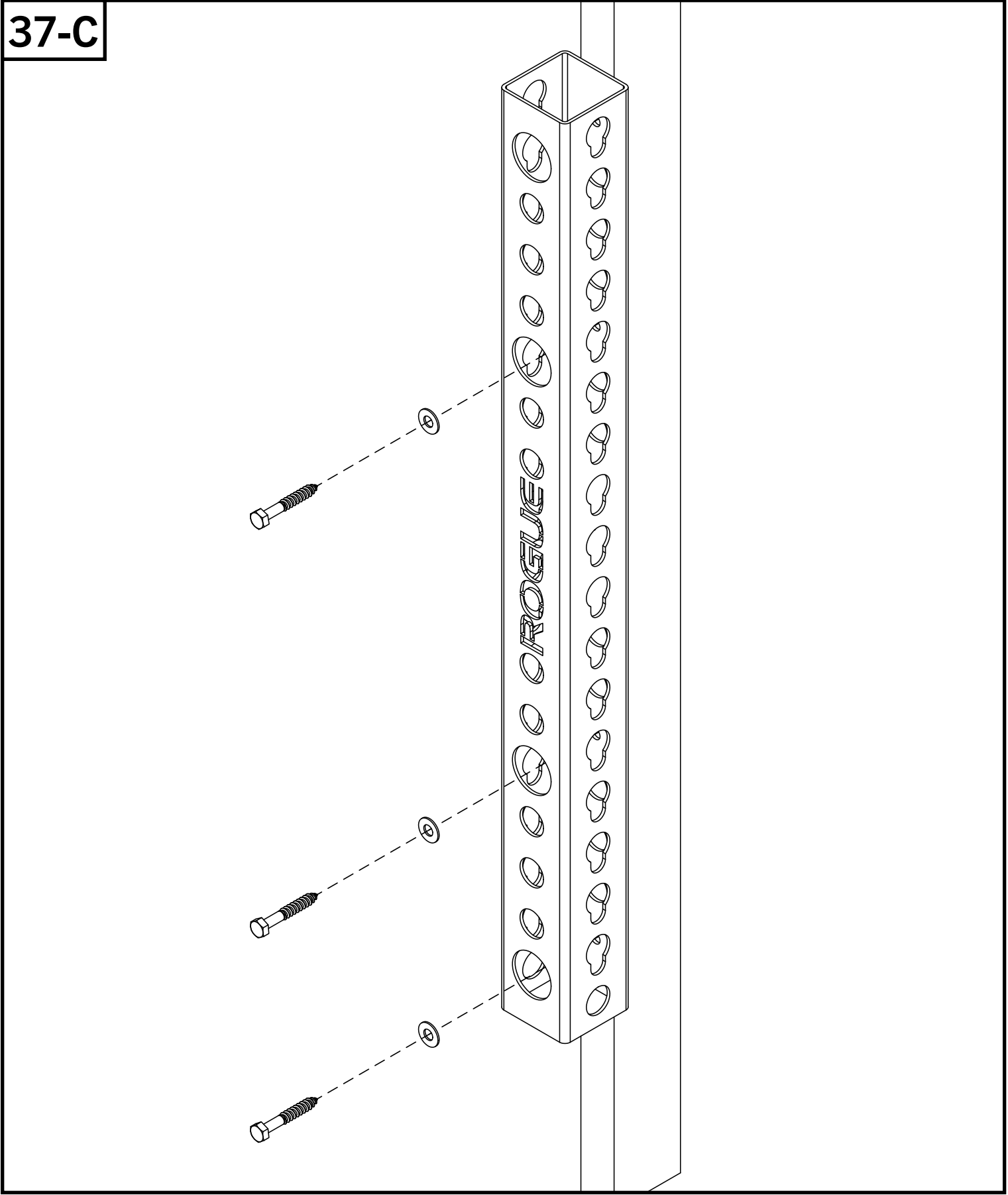
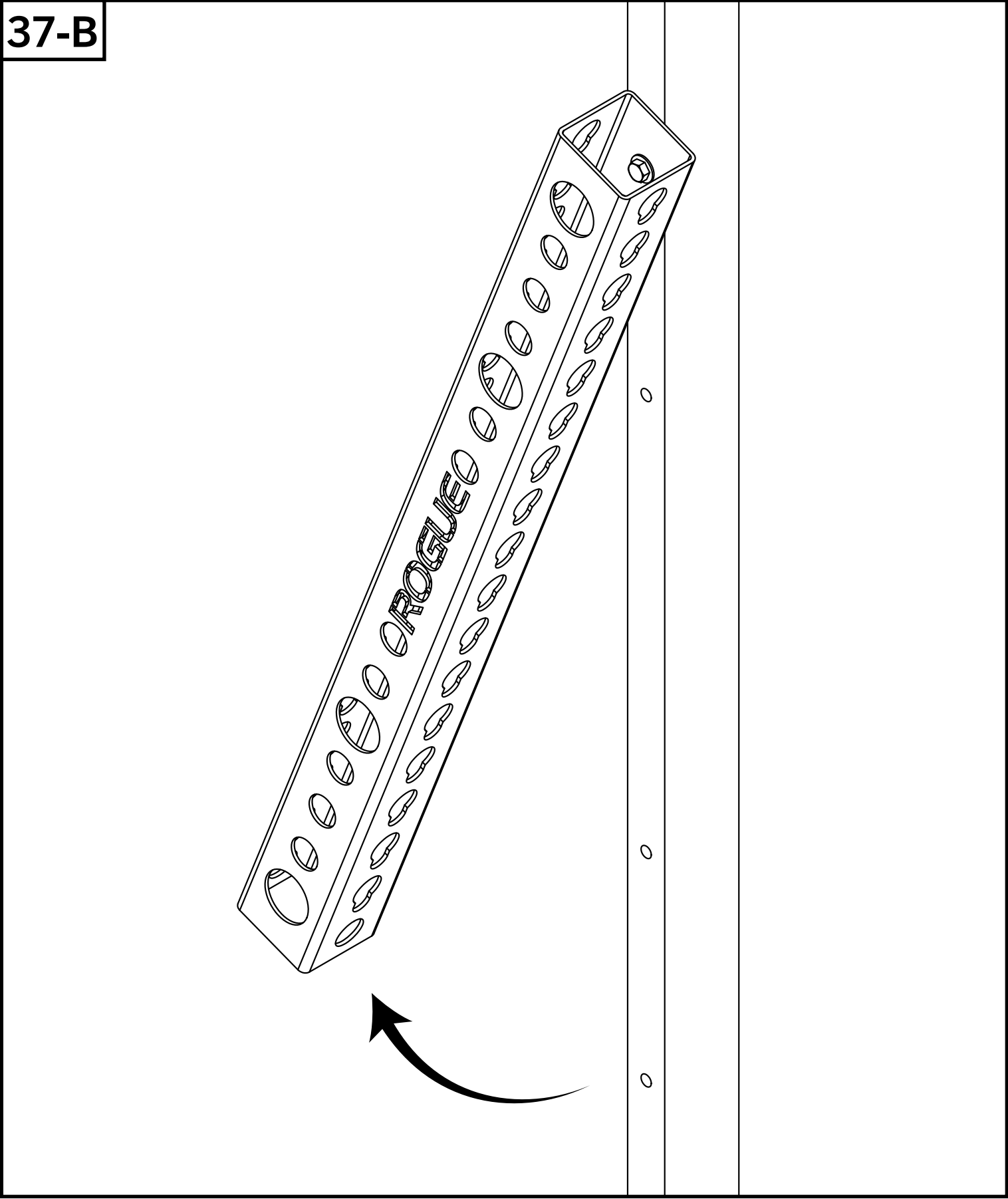
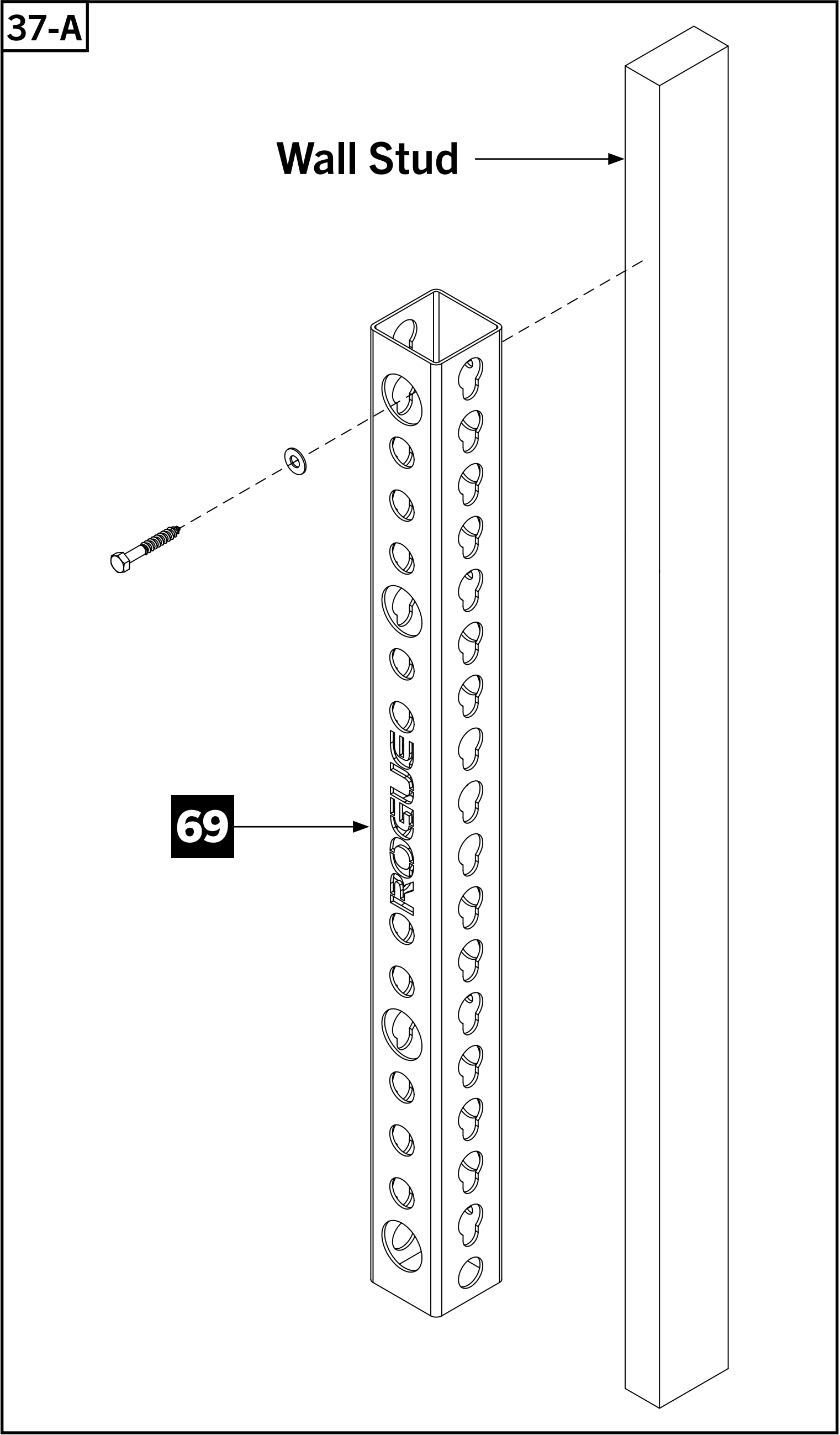
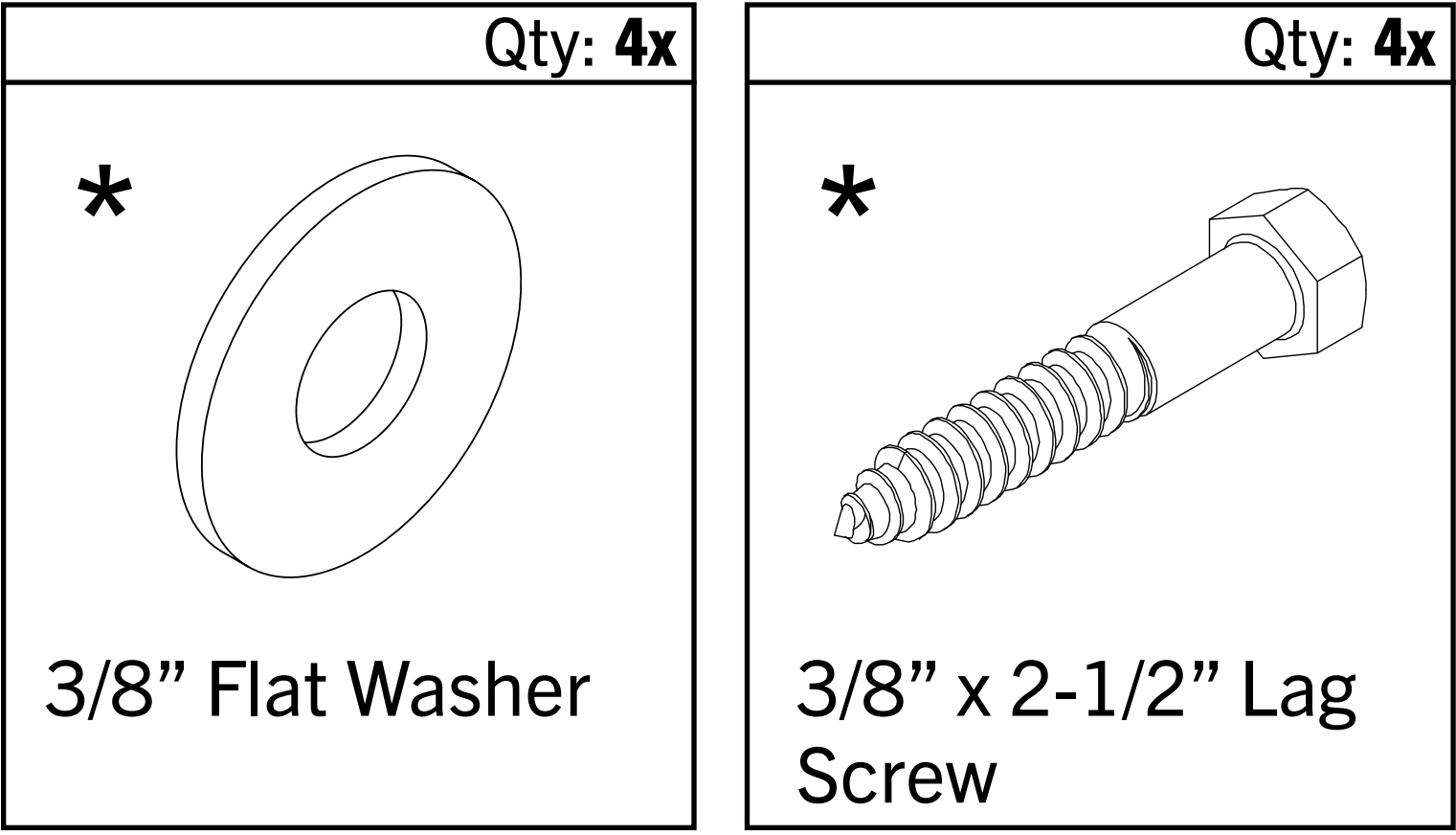
**Tools Required:**

- 5/32” Allen Key
- Attach Weight Stack Nameplate Shrouds [76] to Weight Stack Shroud Brackets [73] using 1/4” x 5/8” Button Head Screws [77].
- Fully tighten all Shroud Kit hardware.



# INCLUDED MONSTER STRIP

- \*Hardware and tools not included for installing Monster Strips [69].
- (4X) 3/8” x 2-1/2” Wood Lag Screws and (4X) 3/8” Flat Washers (not included) are recommended if mounting Strip to wall or wood stud.
- 15/64” Diameter drill bit recommended if using 3/8” Lag Screws.
- Identify stud in wall and mark desired height of top hole. Drill pilot hole in marked location.
- Put thread-side of screw through washer then screw through top hole at the back of the Strip into wall until wood but do not fully tighten.
- Let strip hang and ensure it is square using a level then mark locations of the 3 remaining holes.
- Hold strip to the side as shown in **37-B** and drill pilot holes in the 3 marked locations.
- Put thread side of screw through the washer then screw through bottom 3/8” hole in back of Strip into the wall loosely.
- Screw in the remaining two Lag Screws and fully tighten all screws.
- If attempting to secure Strip to concrete or other material, the buyer is responsible for using correct hardware.
- It is the buyer’s responsibility to install strip in a location and with hardware capable of supporting the aggregate weight of strip, all gear mounted or stored, and any person using it.
- If you are not confident in your mechanical skills, please seek the help of a professional to perform the installation.



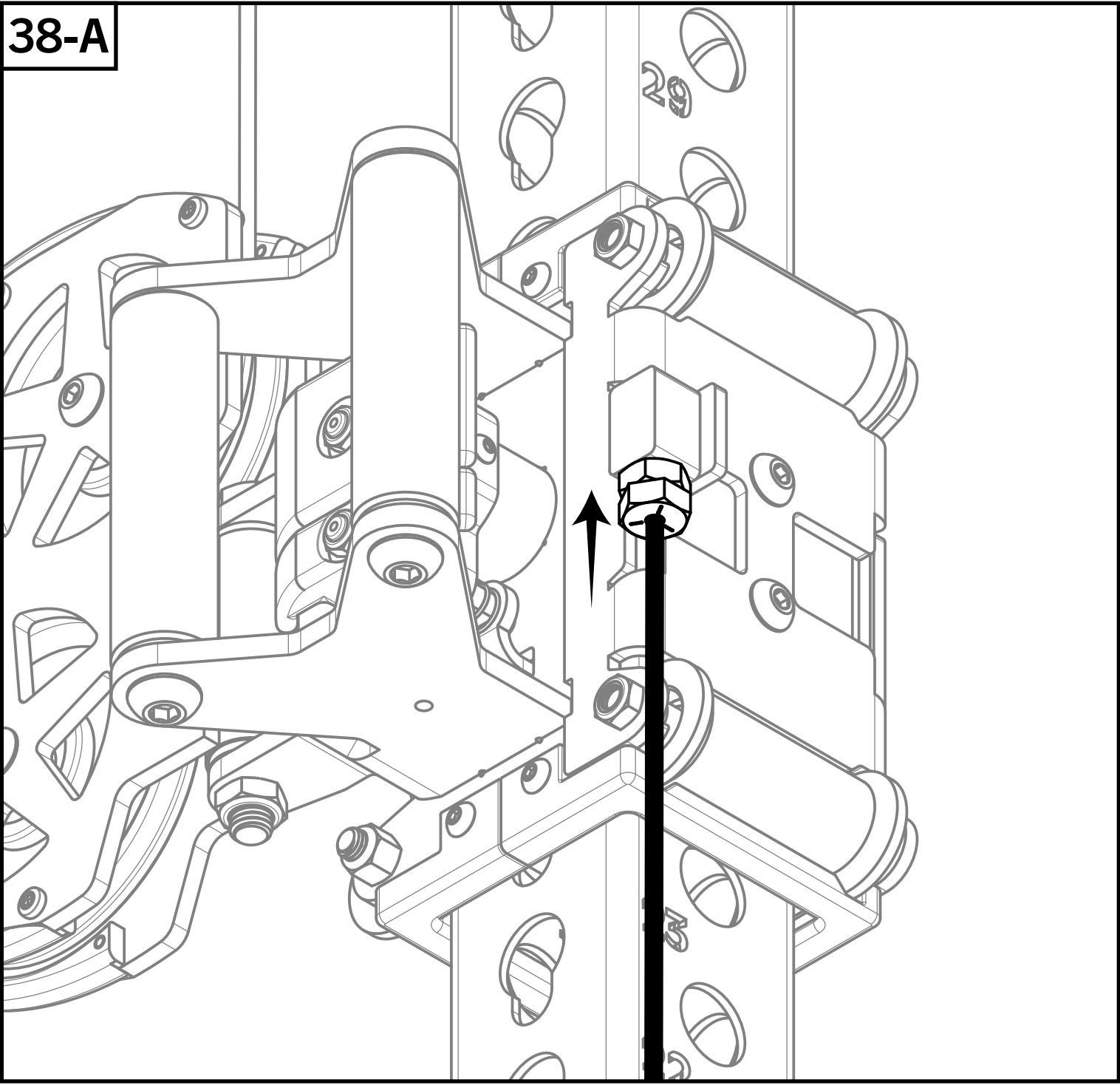
# CABLE MAINTENANCE

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

## STEP 1

**Tools Required:**

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

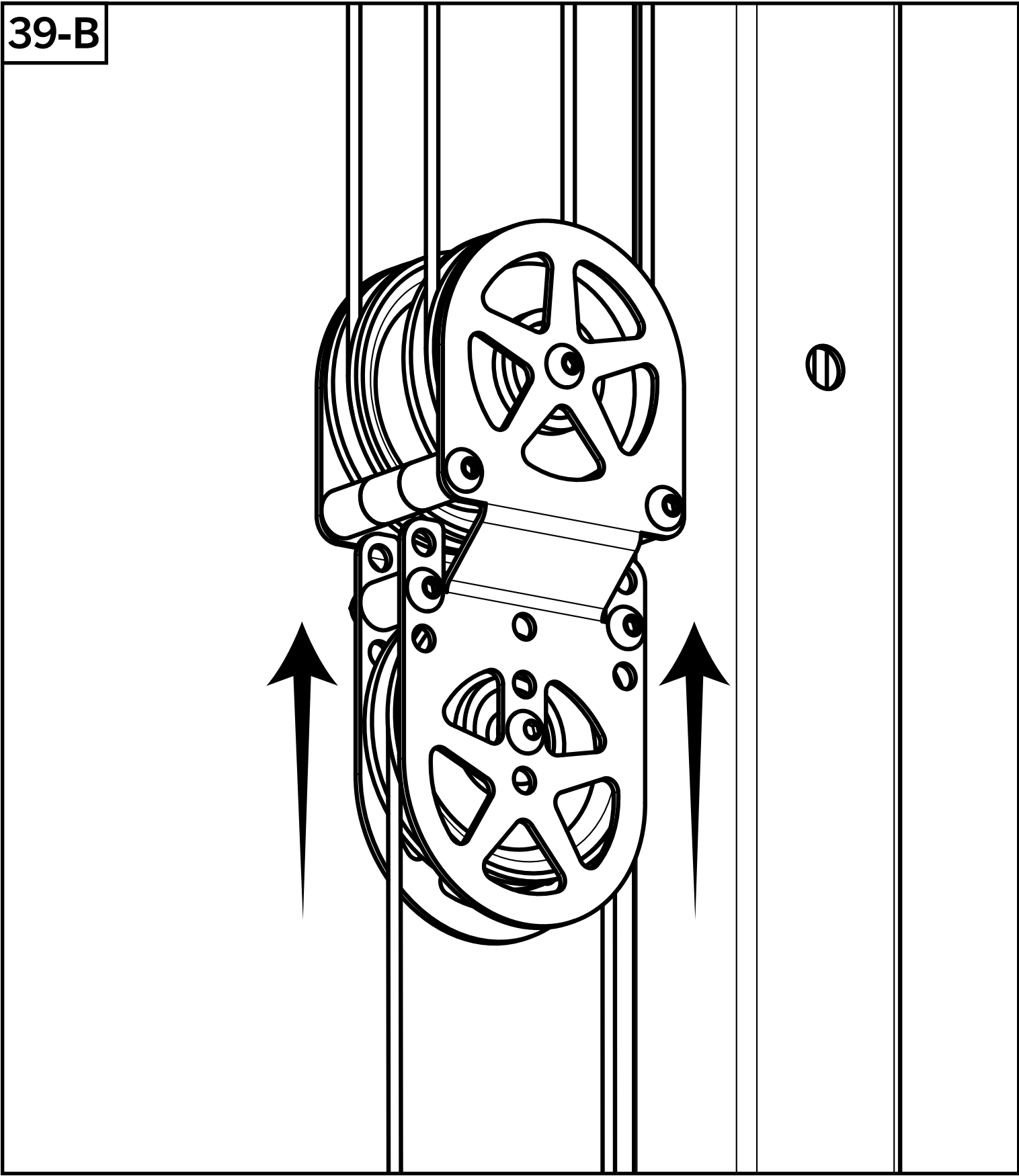
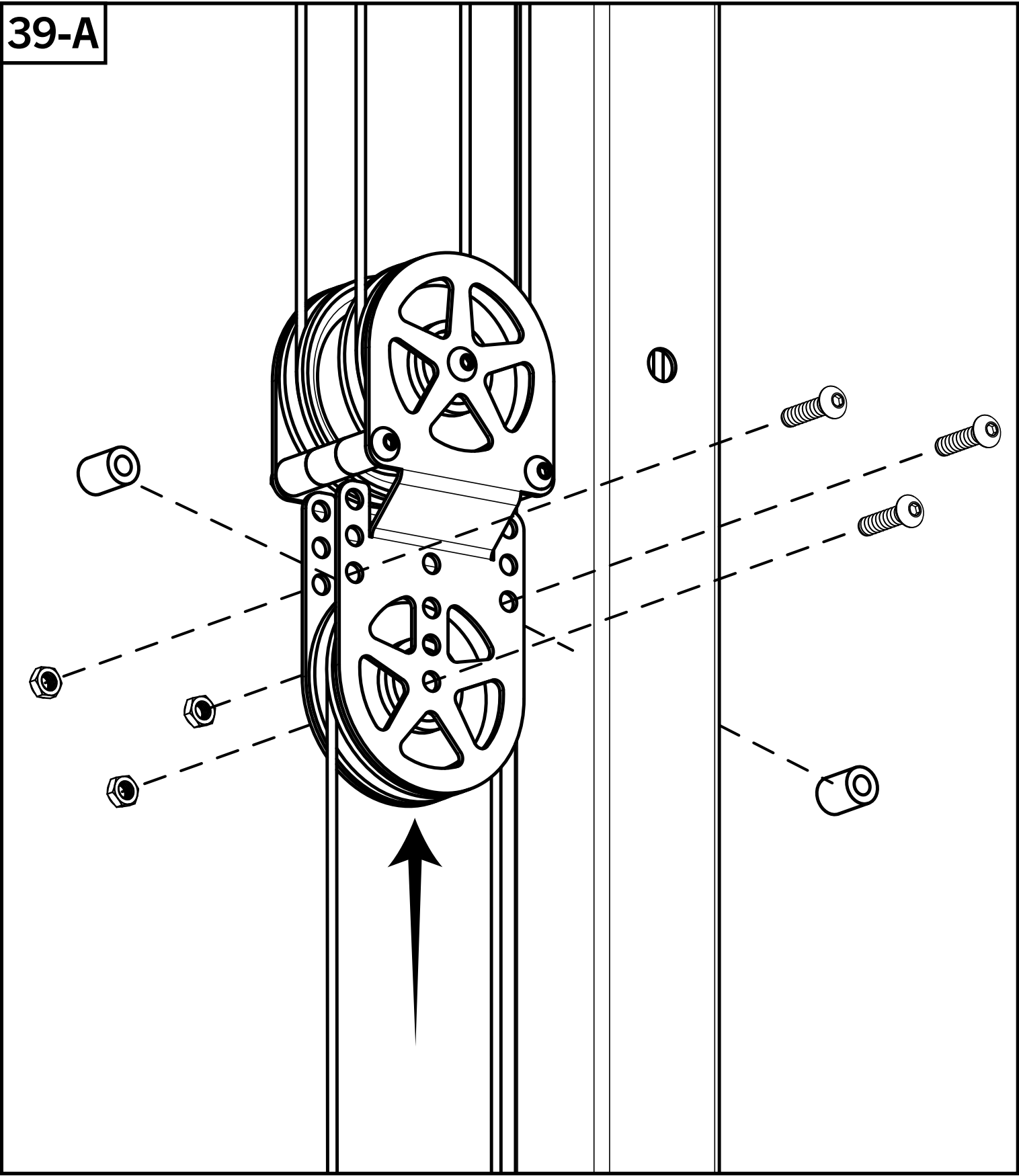


## STEP 2

**Tools Required:**

- Multi Tool, 7/32” Allen Key
- Remove the Rear Center Shrouds.
- Remove Cable Retainers and hardware shown in **39-A** on Rear Pulley Assembly and move Pulley up by one hole.
- Re-adjust the height of the Trolley Cable Bolts to calibrate the cable tightness.

- If slack persists, continue moving Retainers and Pulley up by one hole and testing until cables are taught but not pulling up the weight stacks.
- Note:**
- If installing pulley on the uppermost hole of Rear Pulley Assembly, the lower Cable Retainers are not needed.









**ROGUE**



**SCAN FOR  
INSTRUCTIONS**



**IRON GAME  
PROGRAMMING**

**IS0616-4**