

ROGUE®

ECHO ROWER

HOW TO REPLACE THE LATCH PULL AND LATCH LIFT



⚠ 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:

MISUSE OF THIS PRODUCT CAN RESULT IN SEVERE INJURY.

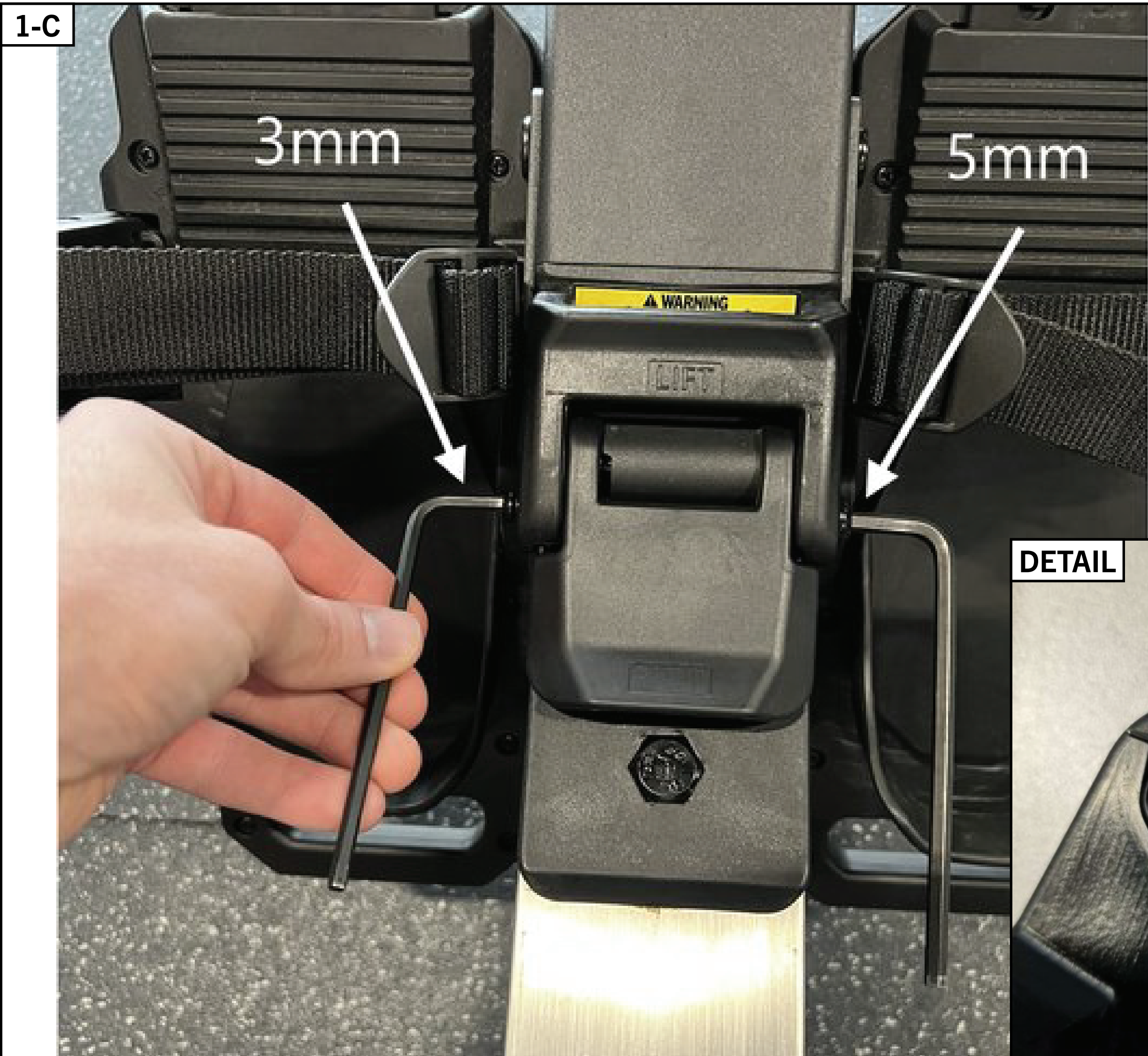
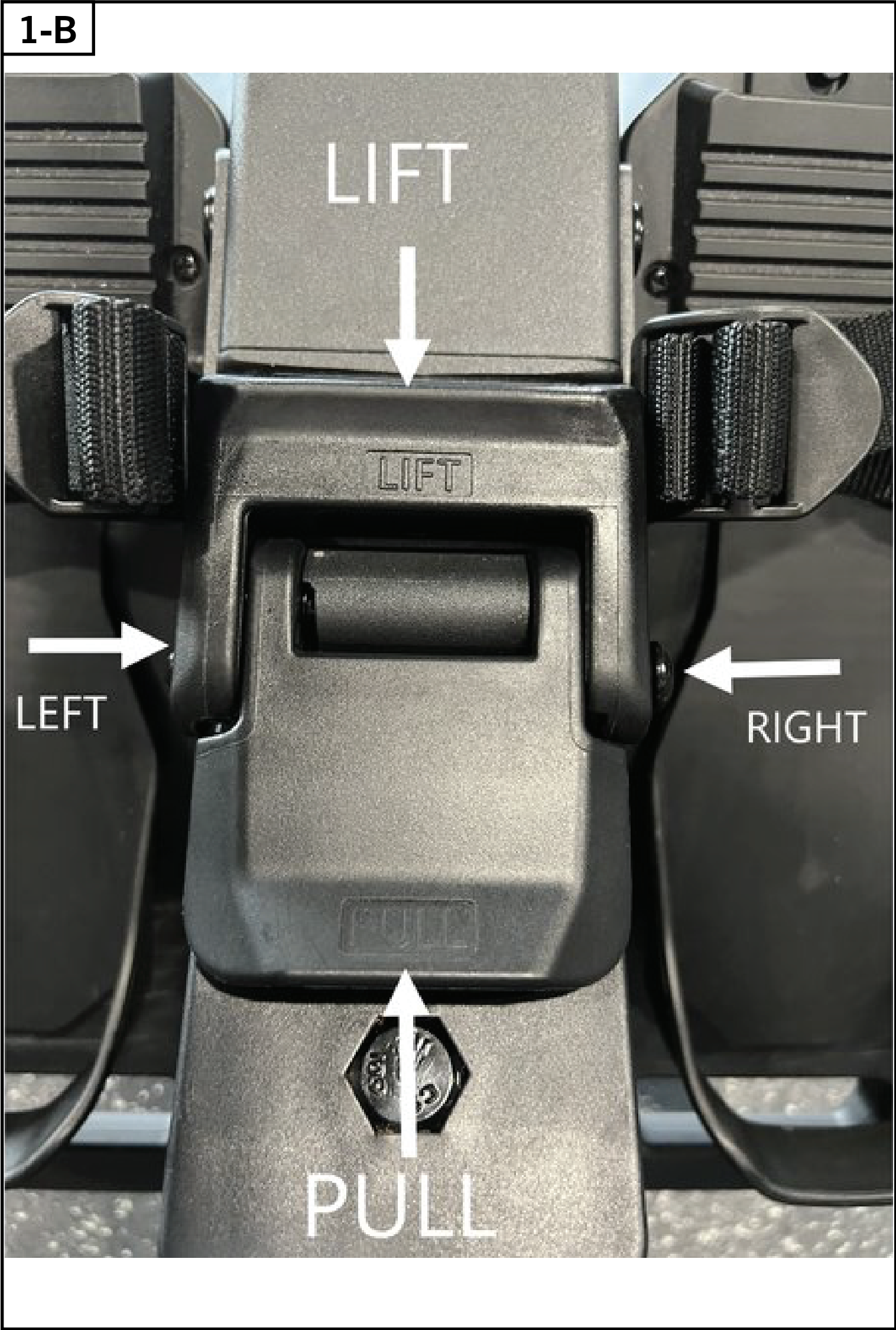
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STEP 1 - DISENGAGE AND REMOVE THE LATCHES

Tools Required:

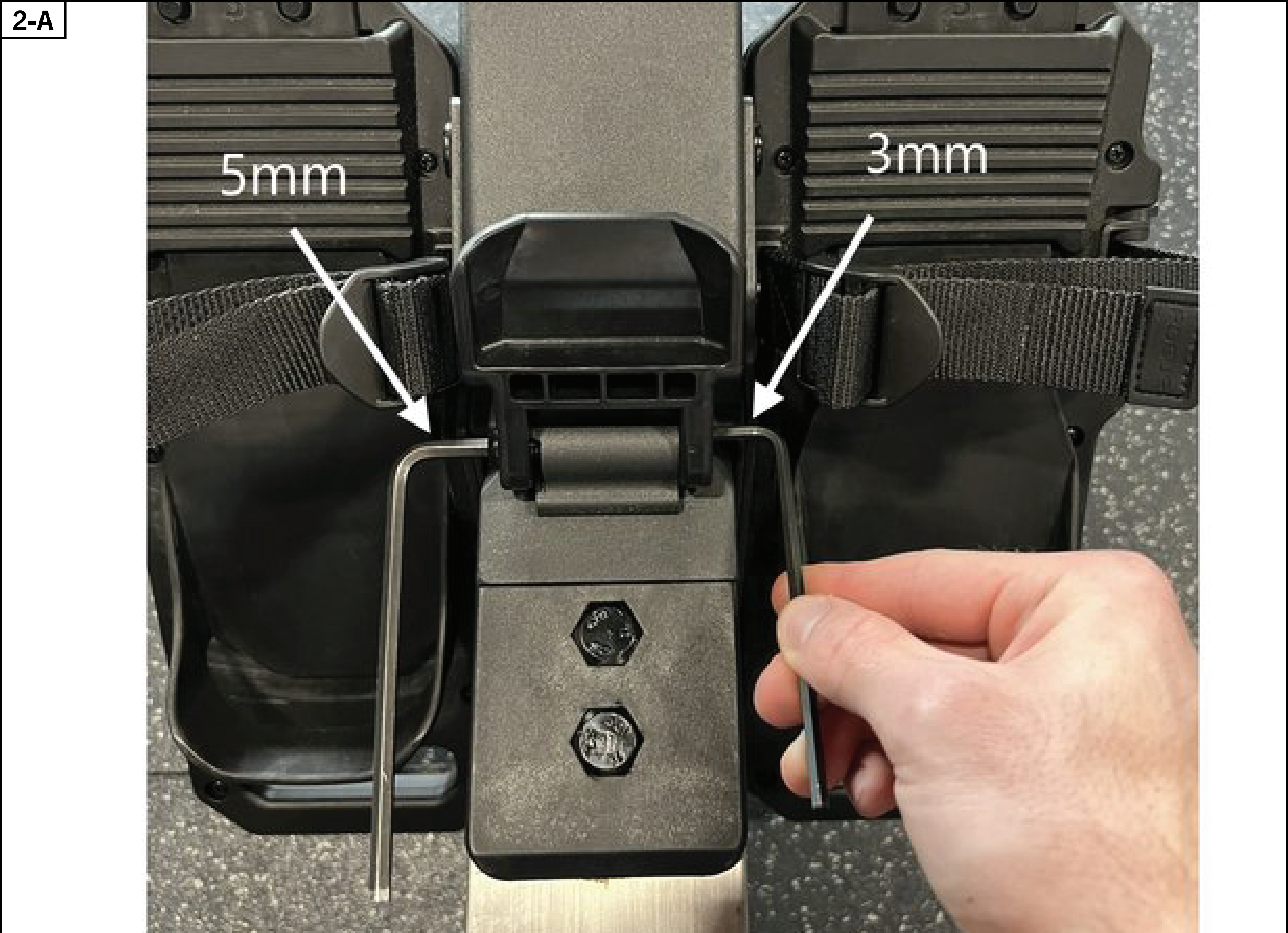
- 5mm Hex Allen Key
- 3mm Hex Allen Key

- Disengage the Latch by pulling up on the **PULL** tab.
- Using the 5mm and 3mm Hex Allen Key, remove the Bolt and Barrel Nut holding the **LIFT** Latch.
- NOTE: There is a spring between **LIFT** and **PULL** Latches.



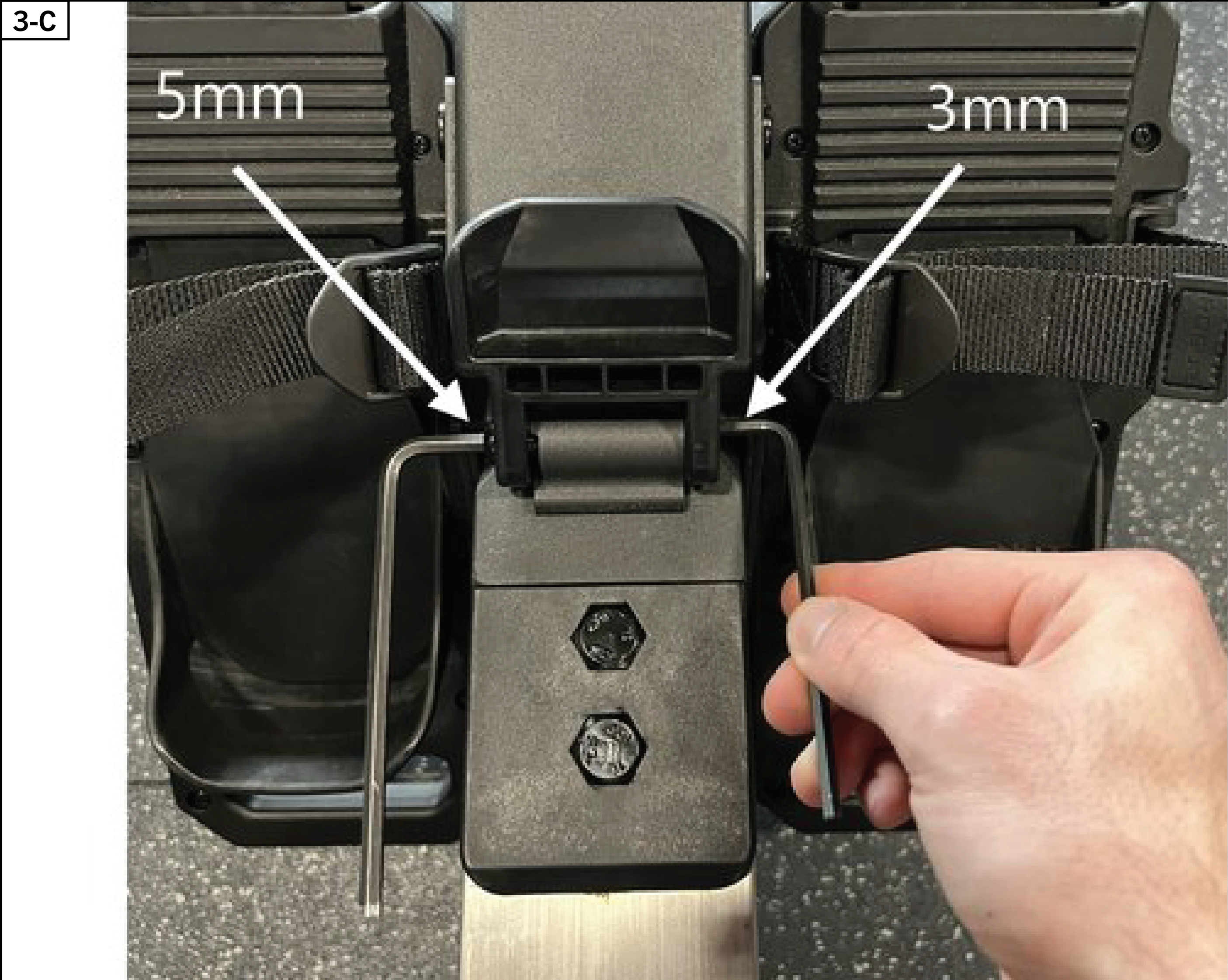
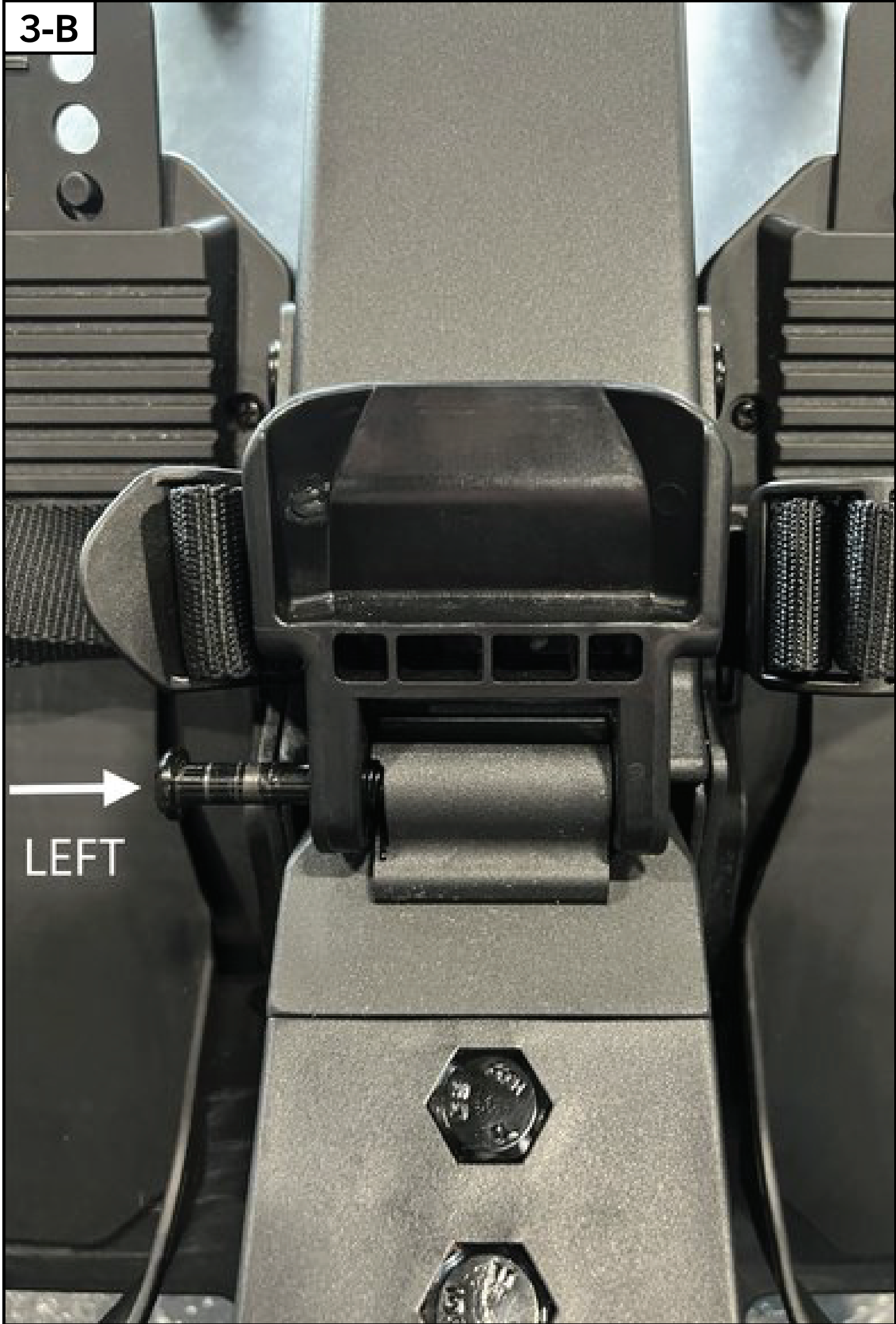
STEP 2 - REMOVE THE PULL LATCH

- Using the 5mm and 3mm Hex Allen Key, remove the bolt and barrel nut holding the **PULL** Latch.
- NOTE: There is a spring between the **PULL** Latch and hinge assembly.



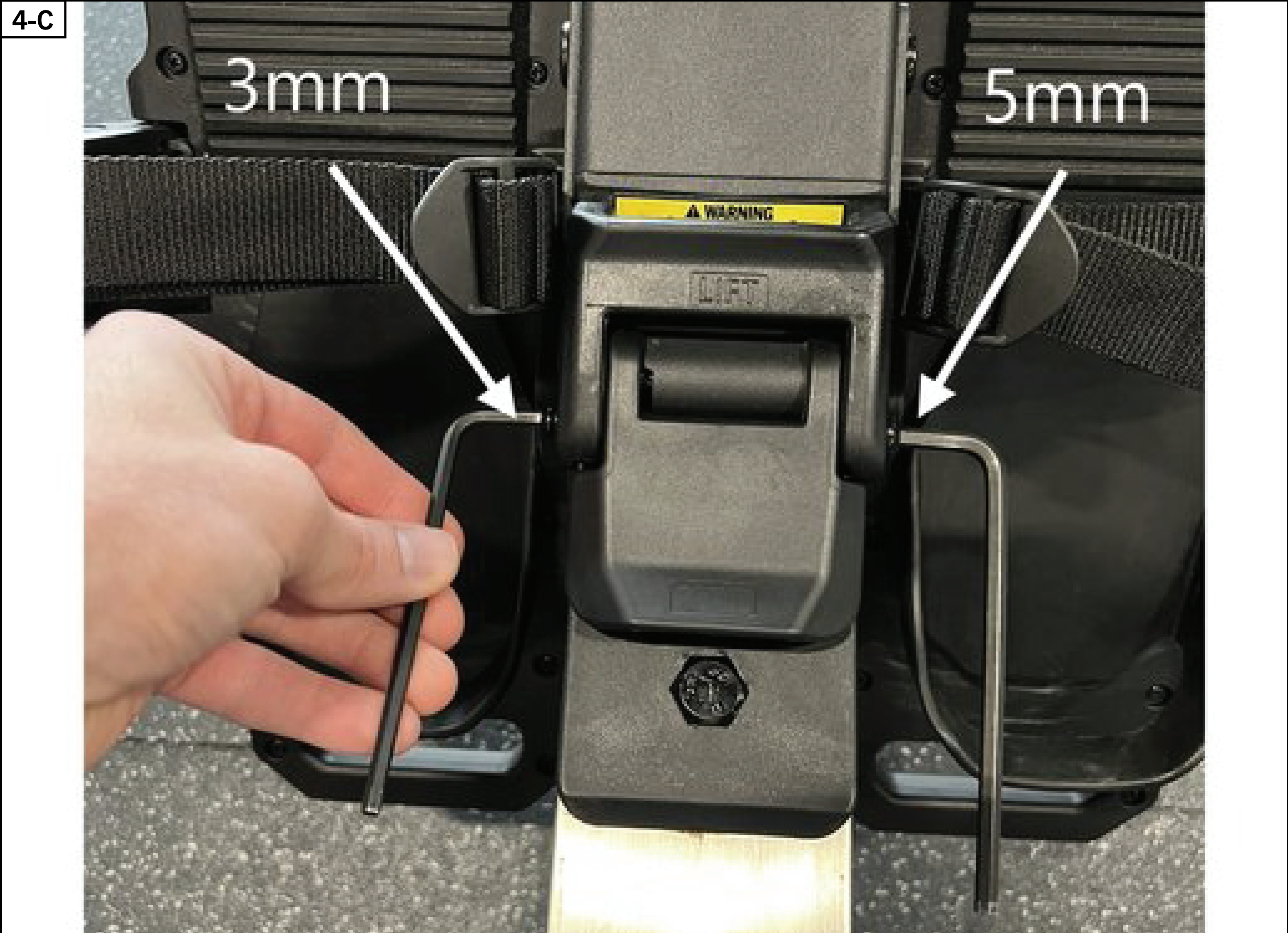
STEP 3 - REPLACE THE PULL LATCH

- NOTE: Make sure the spring is seated into the correct position on the **PULL** Latch.
- Slide the **PULL** Latch over the hinge assembly, ensuring that the spring is located on the left of the hinge assembly.
- Insert the barrel nut through the **PULL** Latch and hinge assembly.
- Using the 5mm and 3mm Hex Allen Key, screw down the bolt and barrel nut.



STEP 4 - REPLACE THE LIFT LATCH

- NOTE: Make sure the spring is seated into the correct position on the **LIFT** Latch.
- Slide the **LIFT** Latch over the **PULL** Latch, ensuring that the spring is located on the right of the assembly.
- Insert the barrel nut through the latch assembly.
- Using the 5mm and 3mm Hex Allen Key, screw down the bolt and barrel nut.



STEP 5 - ENGAGE THE LATCH LIFT SPRING

- Using a small tool, push the arm of the spring into the gap between the LIFT Latch and PULL Tab, until you feel the spring catch.
- Check that the spring is engaged by lifting up on the LIFT Tab and releasing. The spring will add resistance and return the LIFT tab to a neutral position.

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STEP 6 - INSTALL COMPLETE

- Test Latch to ensure assembly locks.
- Call Customer Service if any additional help is needed.

