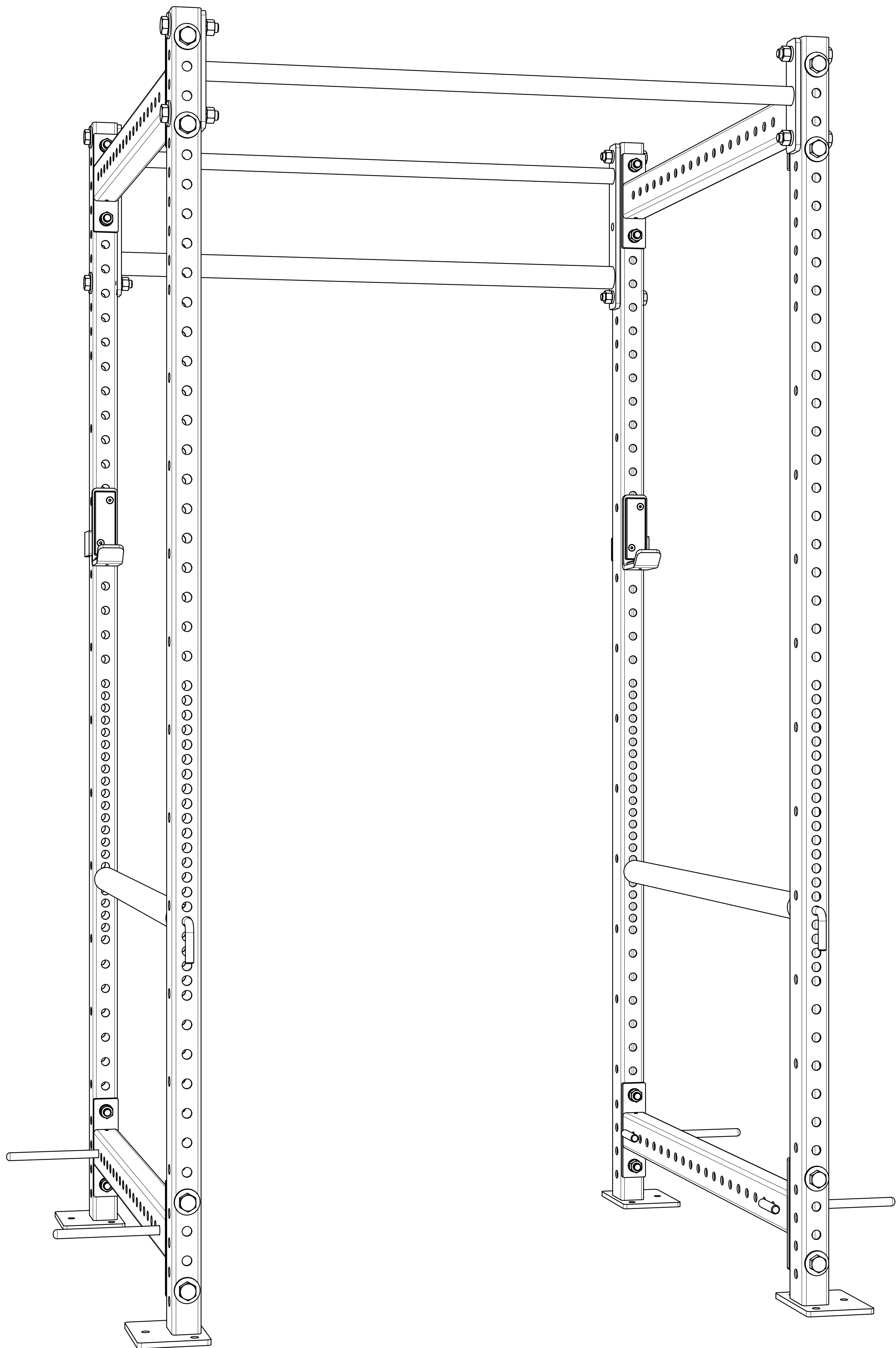


ROGUE®

R-4 POWER RACK



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:

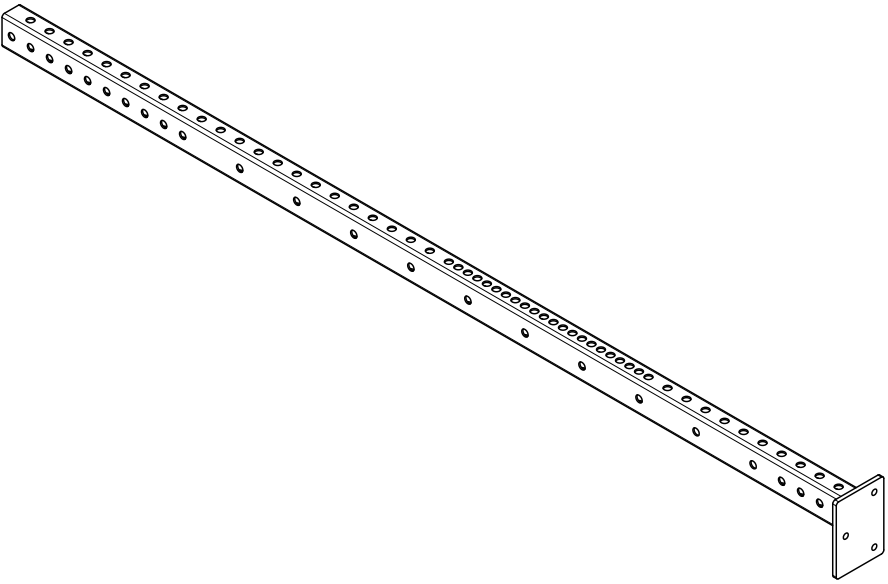
MISUSE OF THIS PRODUCT CAN RESULT IN SEVERE INJURY. Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

INCLUDED PARTS

Note: Images not shown at scale

1

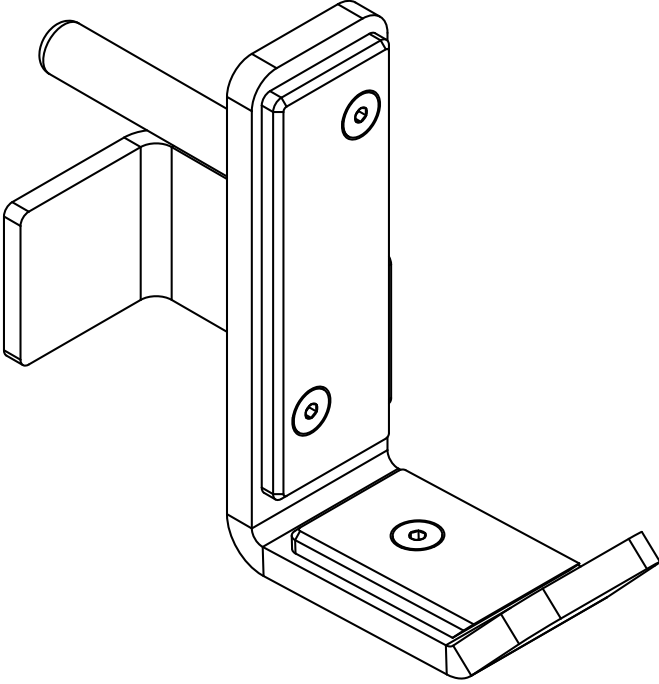
Qty: 4x



Rack Upright

2

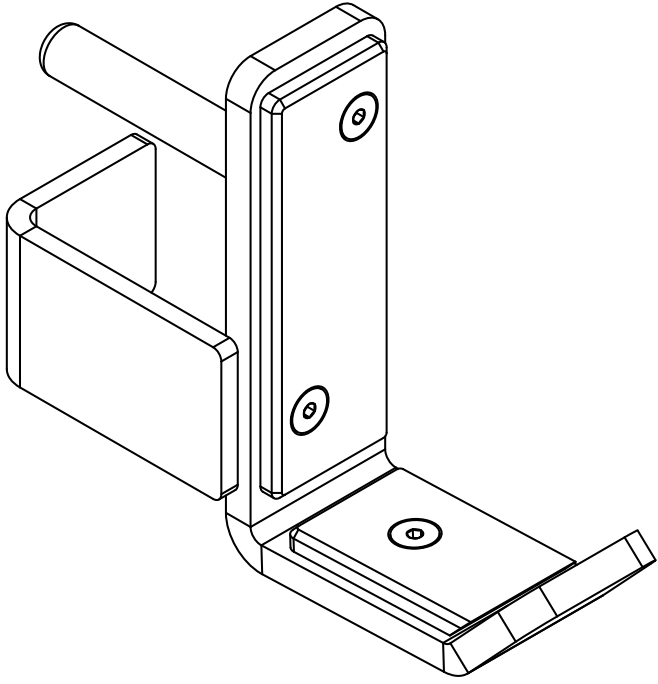
Qty: 1x



J Cup - RIGHT

3

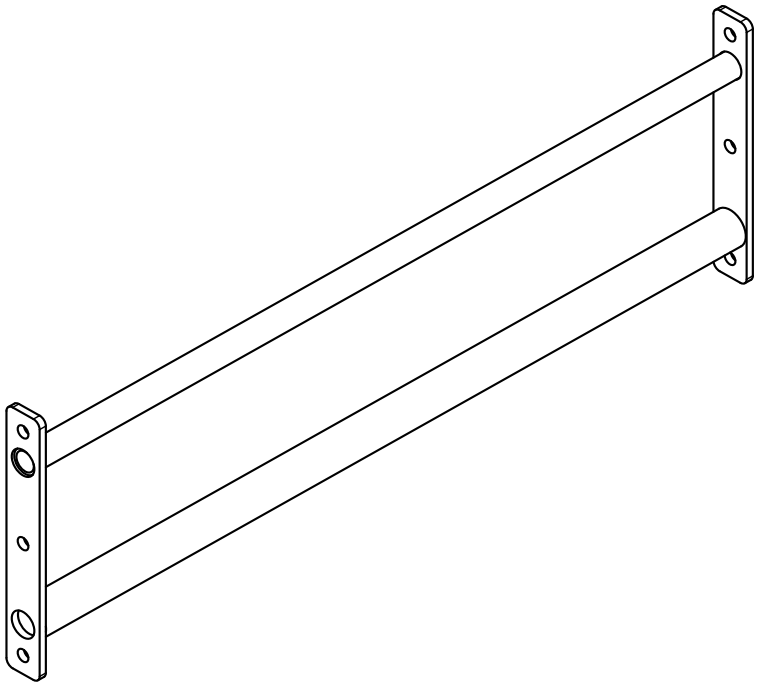
Qty: 1x



J Cup - LEFT

4

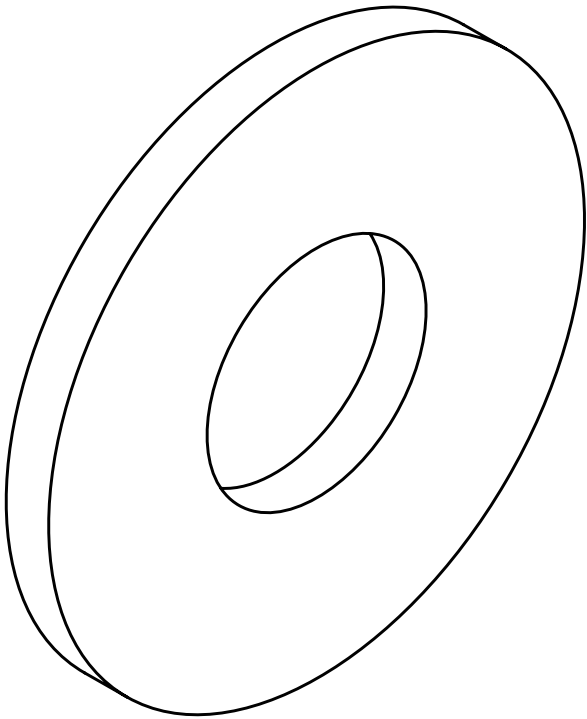
Qty: 1x



43" Fat/Skinny Parallel Bar

5

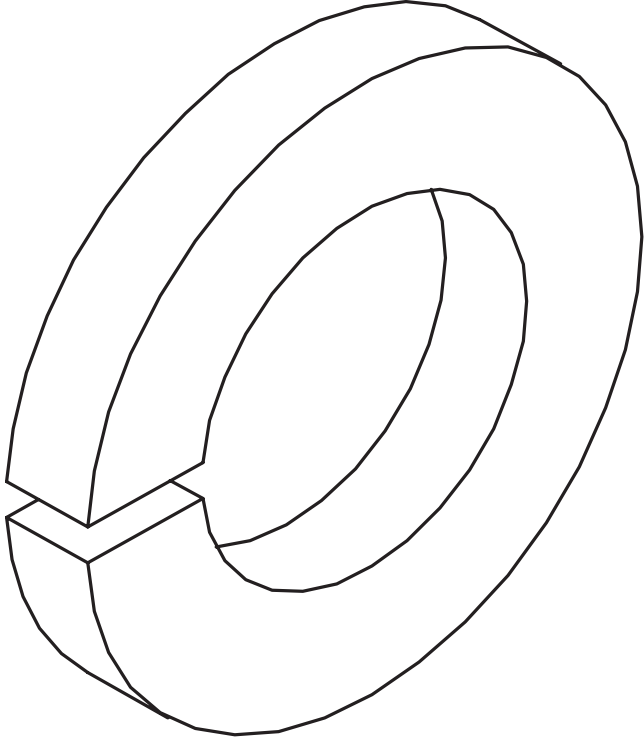
Qty: 24x



5/8" Flat Washer

6

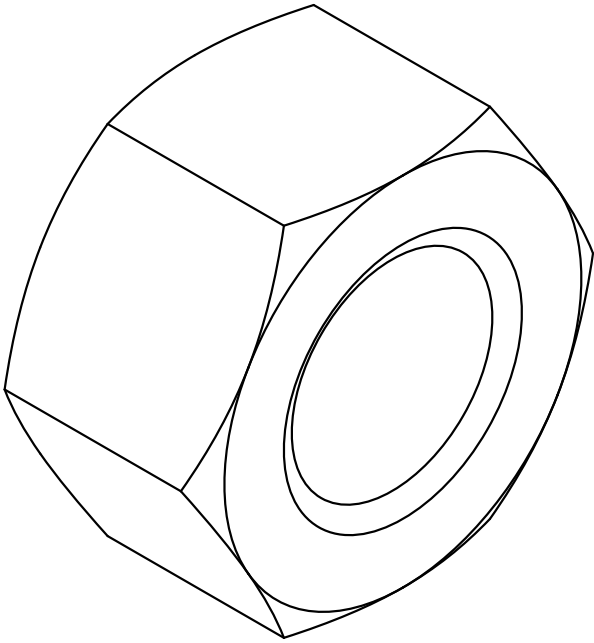
Qty: 24x



5/8" Lock Washer

7

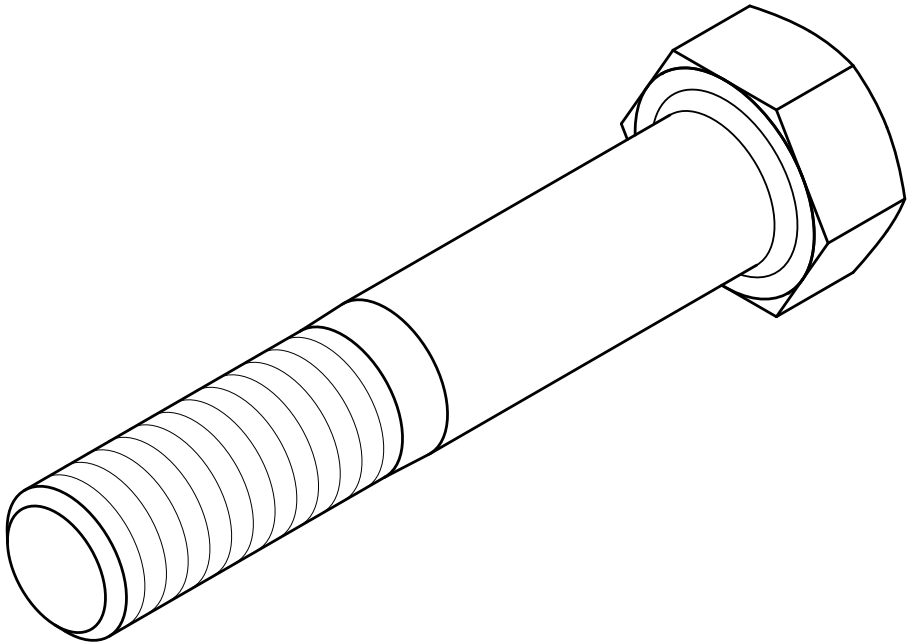
Qty: 24x



5/8" Hex Nut

8

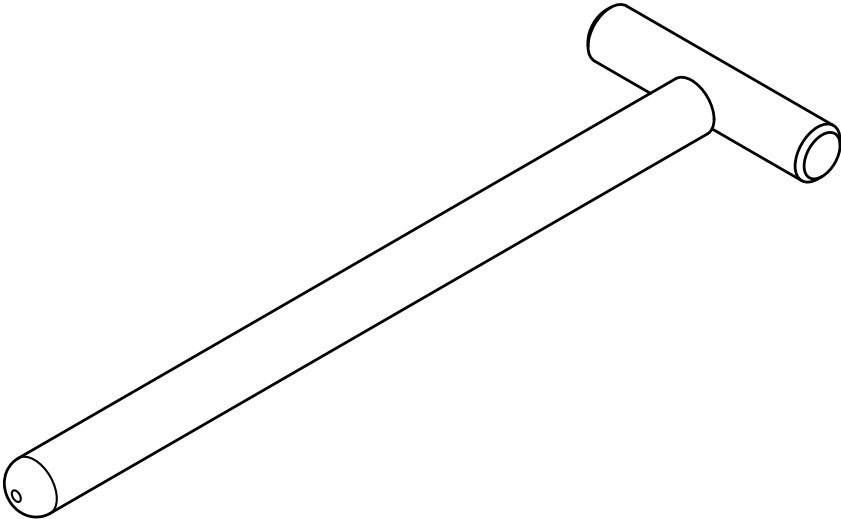
Qty: 8x



5/8" x 3.5" Hex Screw

9

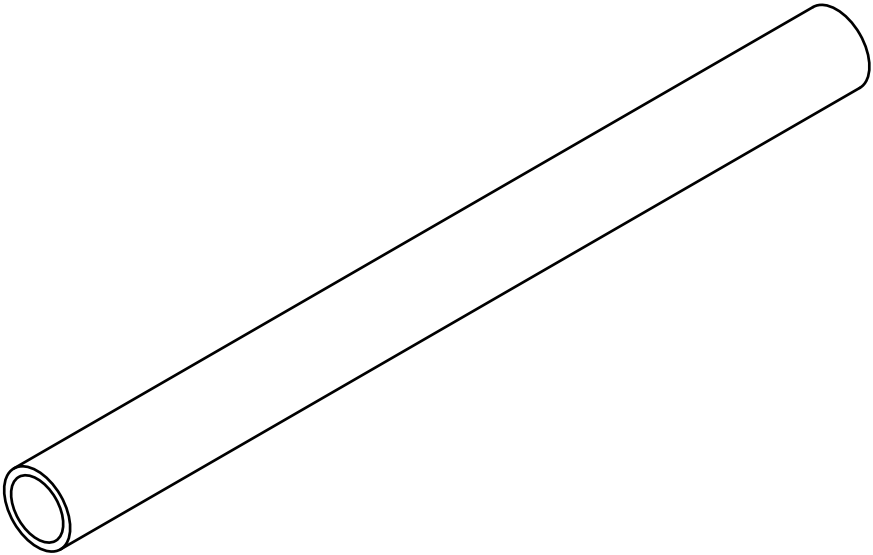
Qty: 4x



Rack Band Peg

10

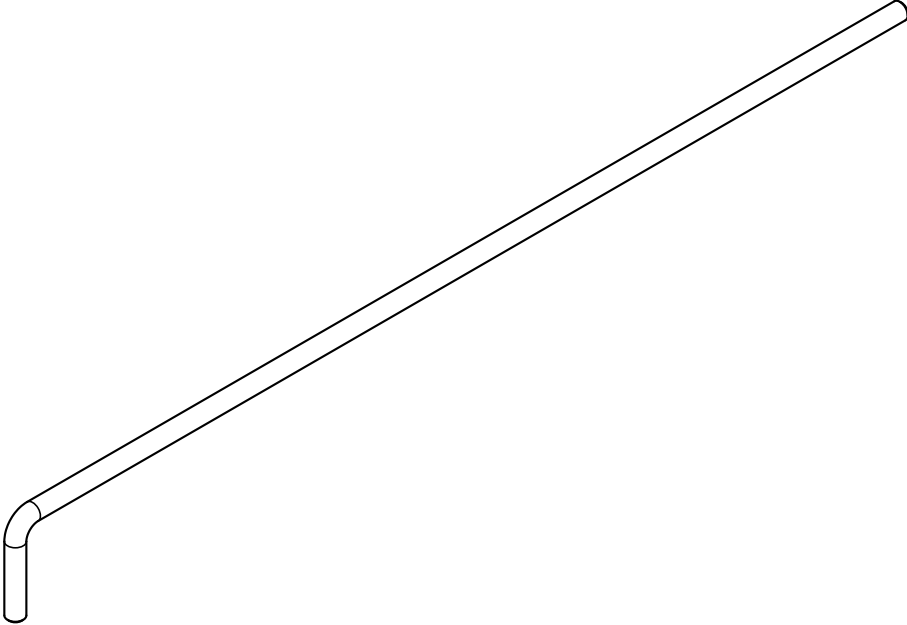
Qty: 2x



Safety Kit Pipe

11

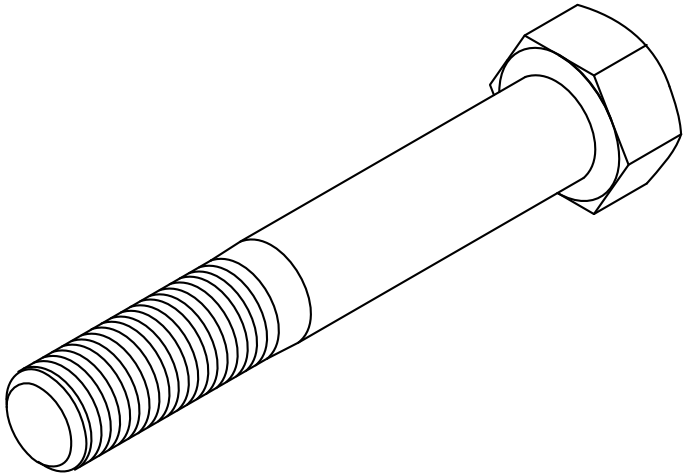
Qty: 2x



Safety Kit Pin

12

Qty: 16x



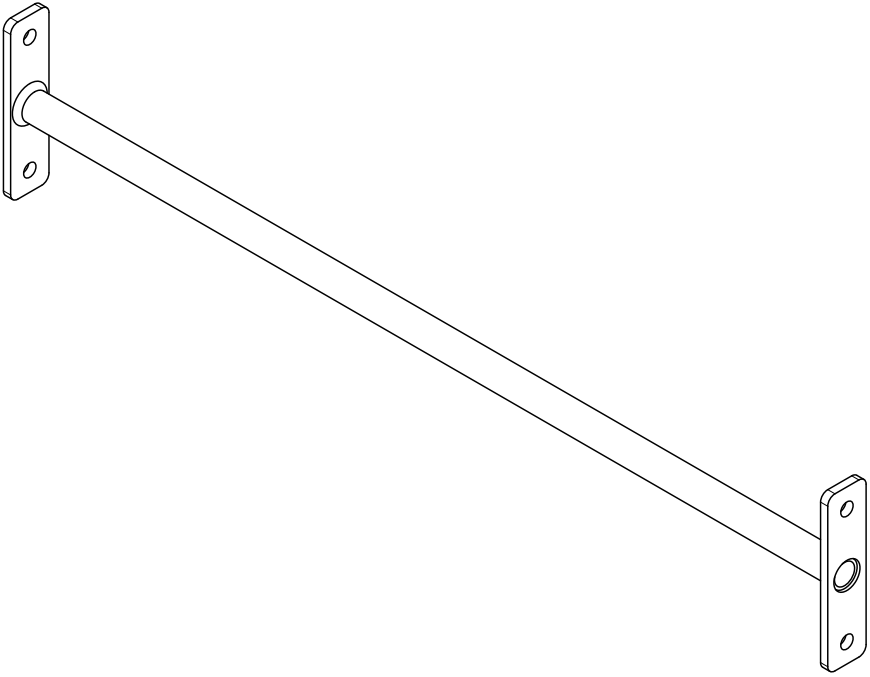
5/8" x 4.5" Hex Screw

INCLUDED PARTS

Note: Images not shown at scale

13

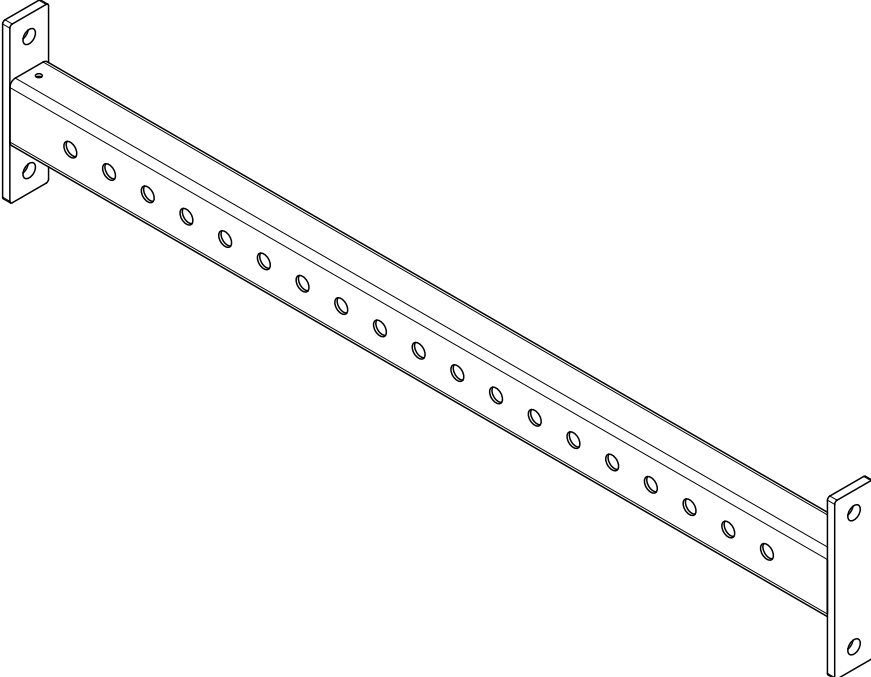
Qty: 1x



43” Single Pull Up Bar

14

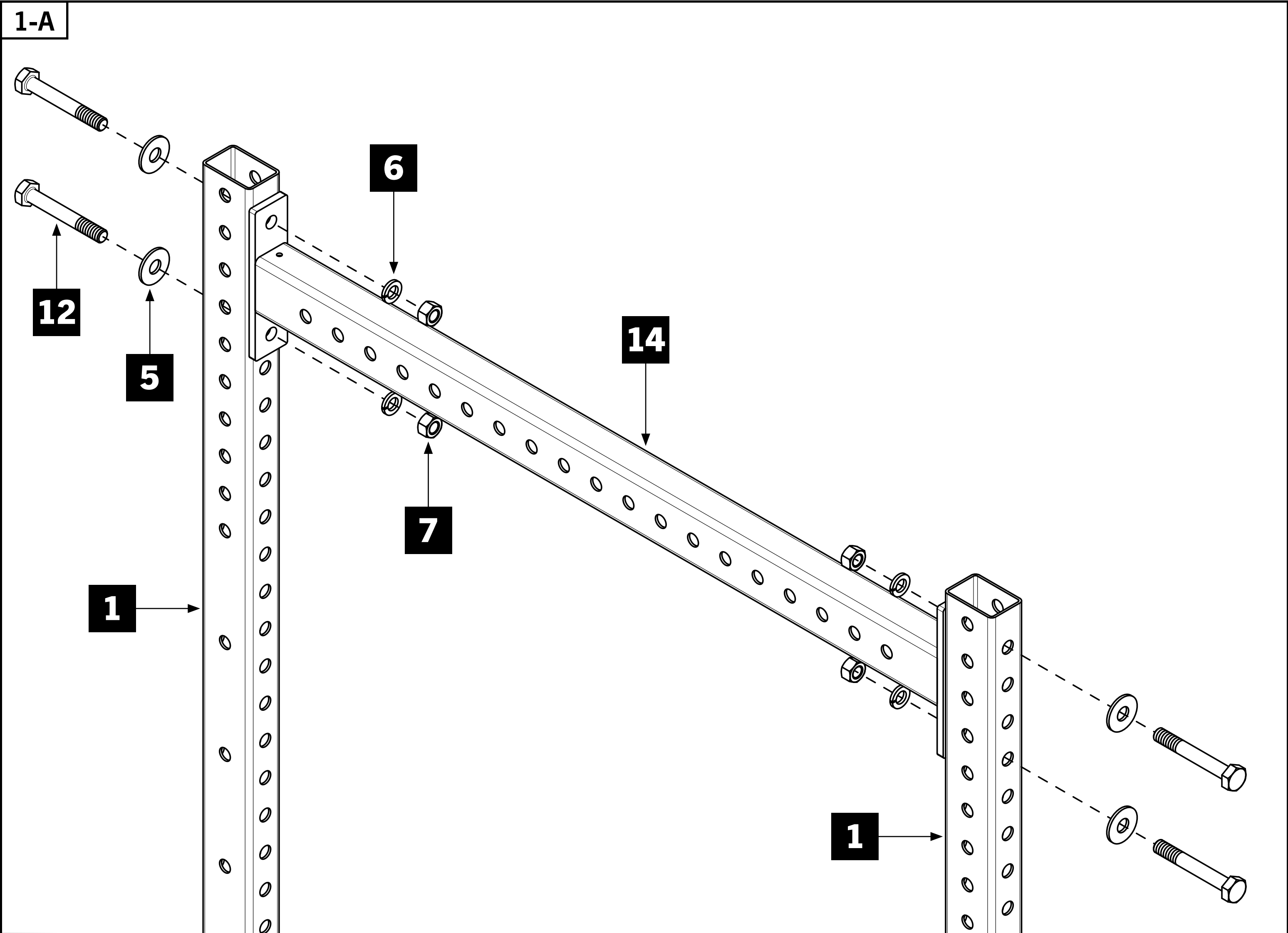
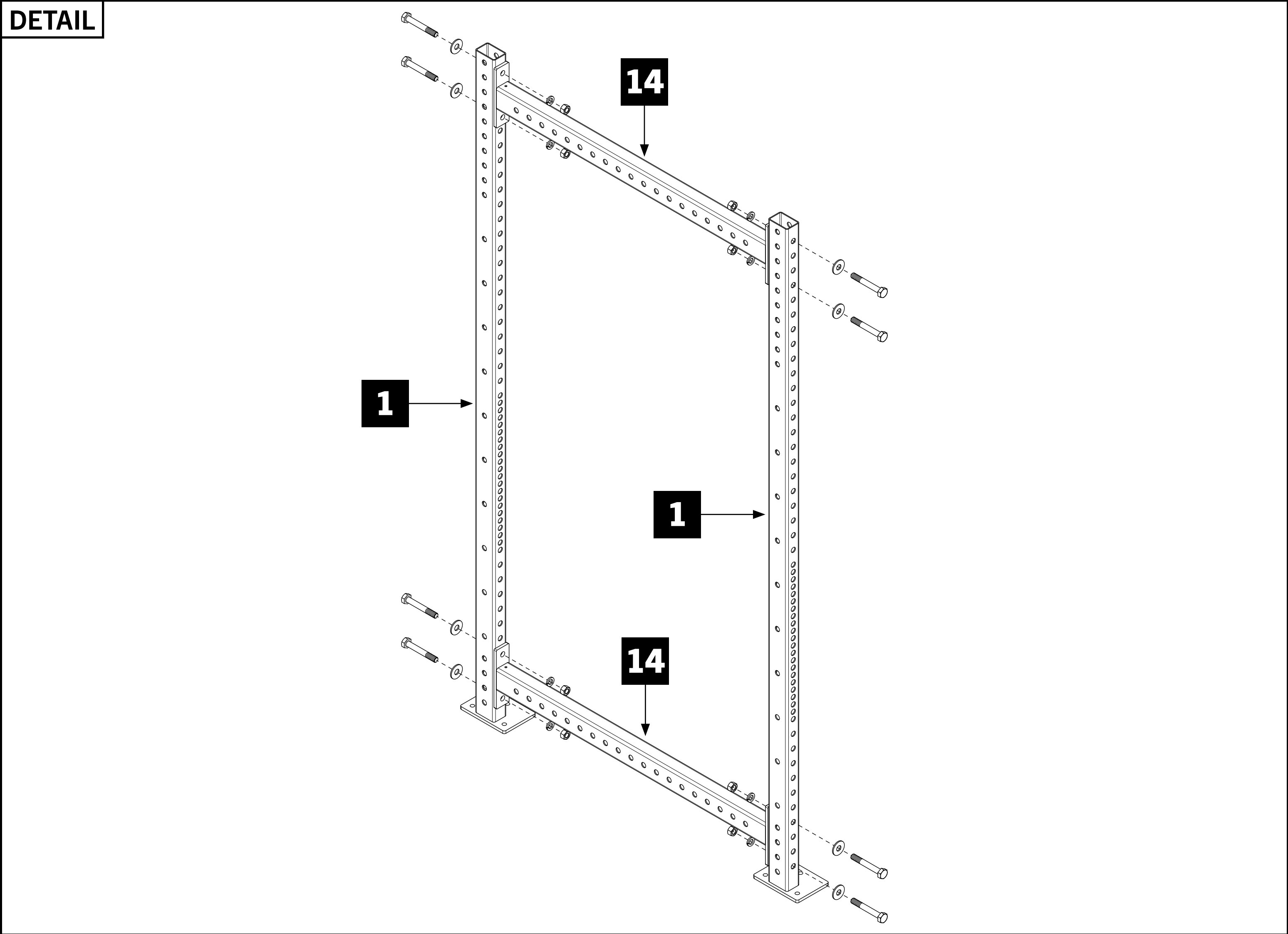
Qty: 4x



43” Crossmember

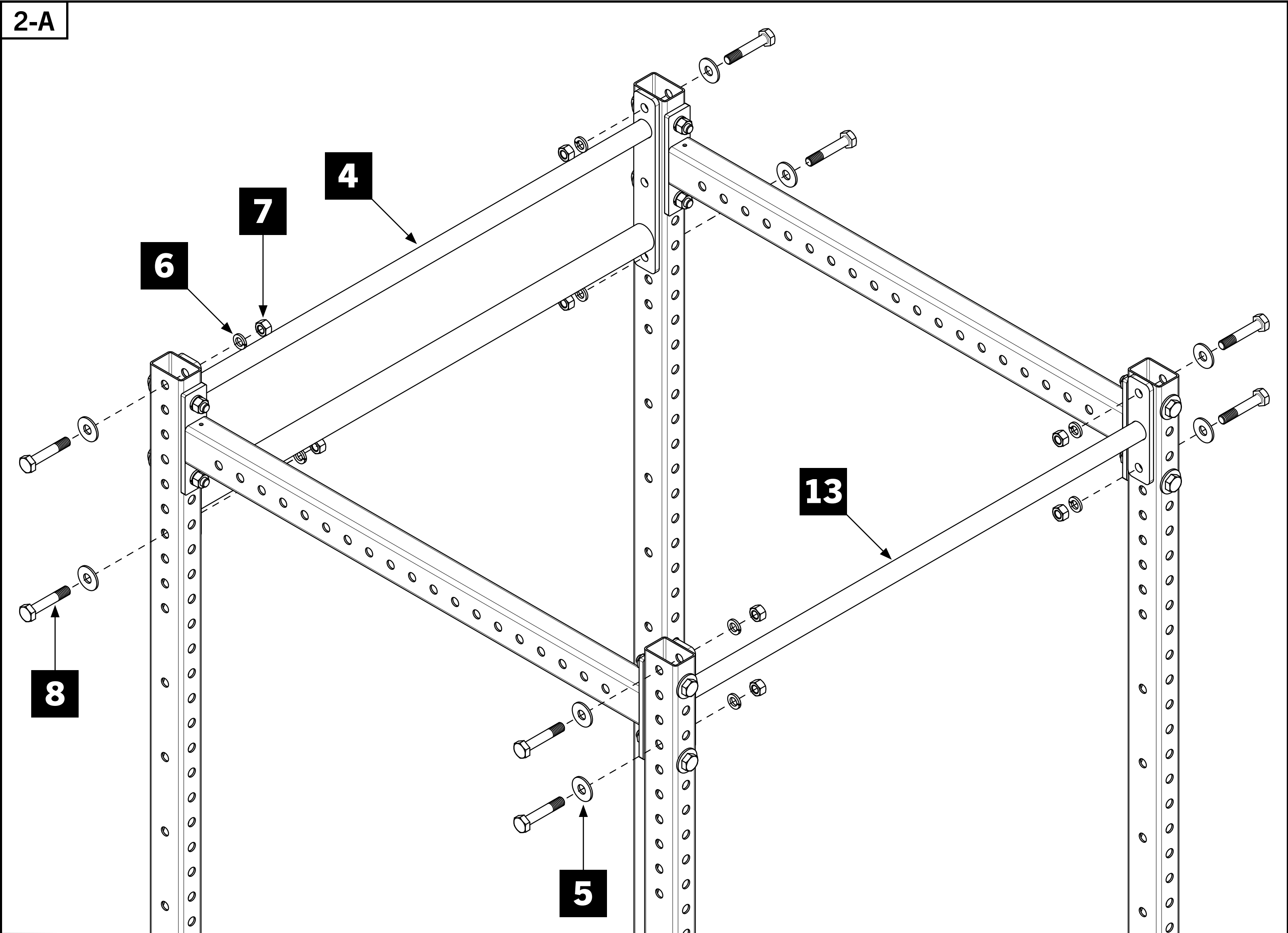
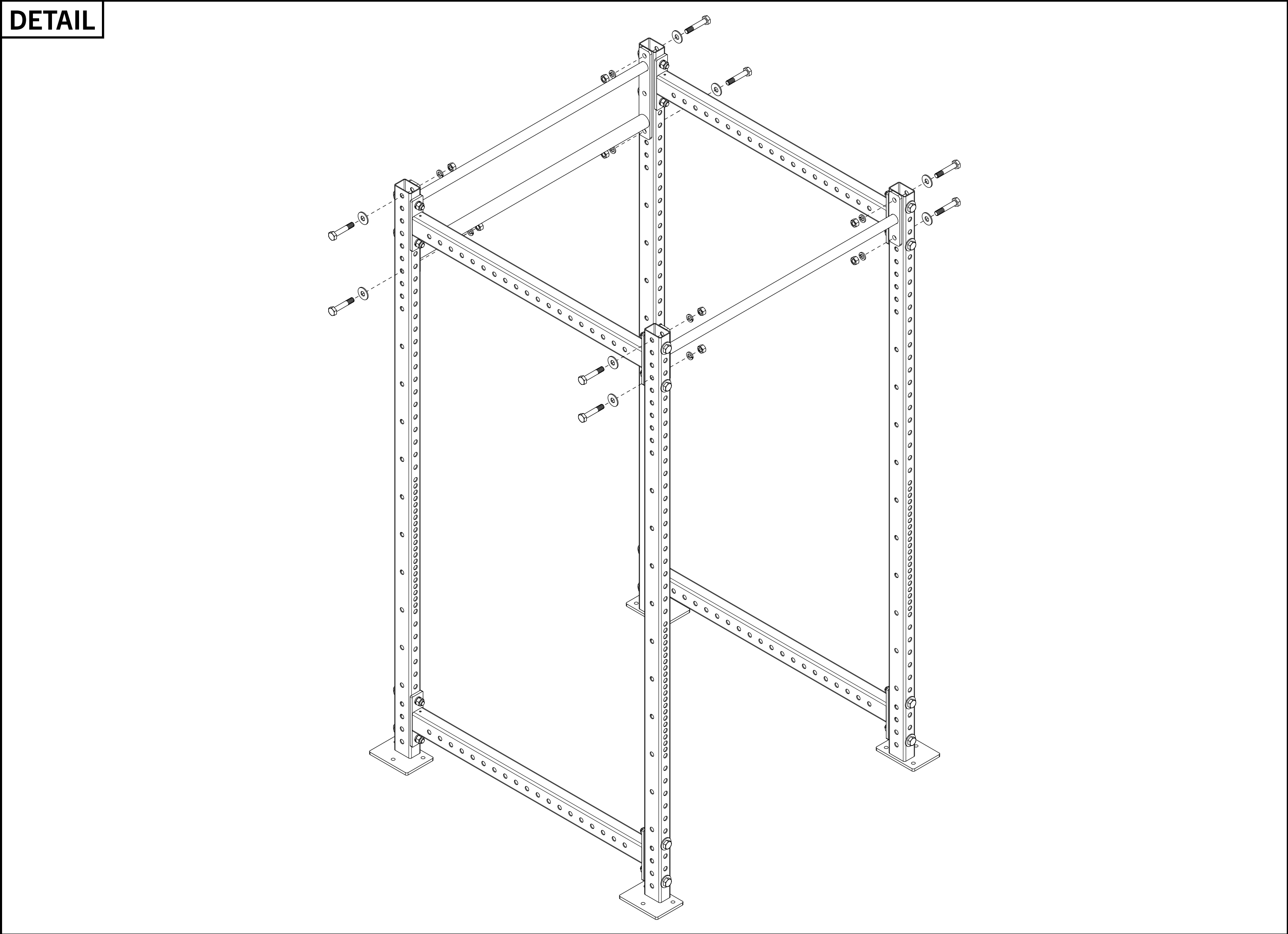
STEP 1

- Attach the 43” Crossmembers [14] to the top and bottom of the Rack Uprights [1] using 5/8” x 4.5” Hex Screws [12], 5/8” Flat Washer [5], 5/8” Lock Washers [6], and 5/8” Hex Nut [7].
- Repeat for both sides of the rack.
- Do not fully tighten hardware until the entire rack is assembled. This will ensure that the rack sits level to the floor.
- Do not bolt rack to the floor until it is fully assembled and all hardware is tightened.



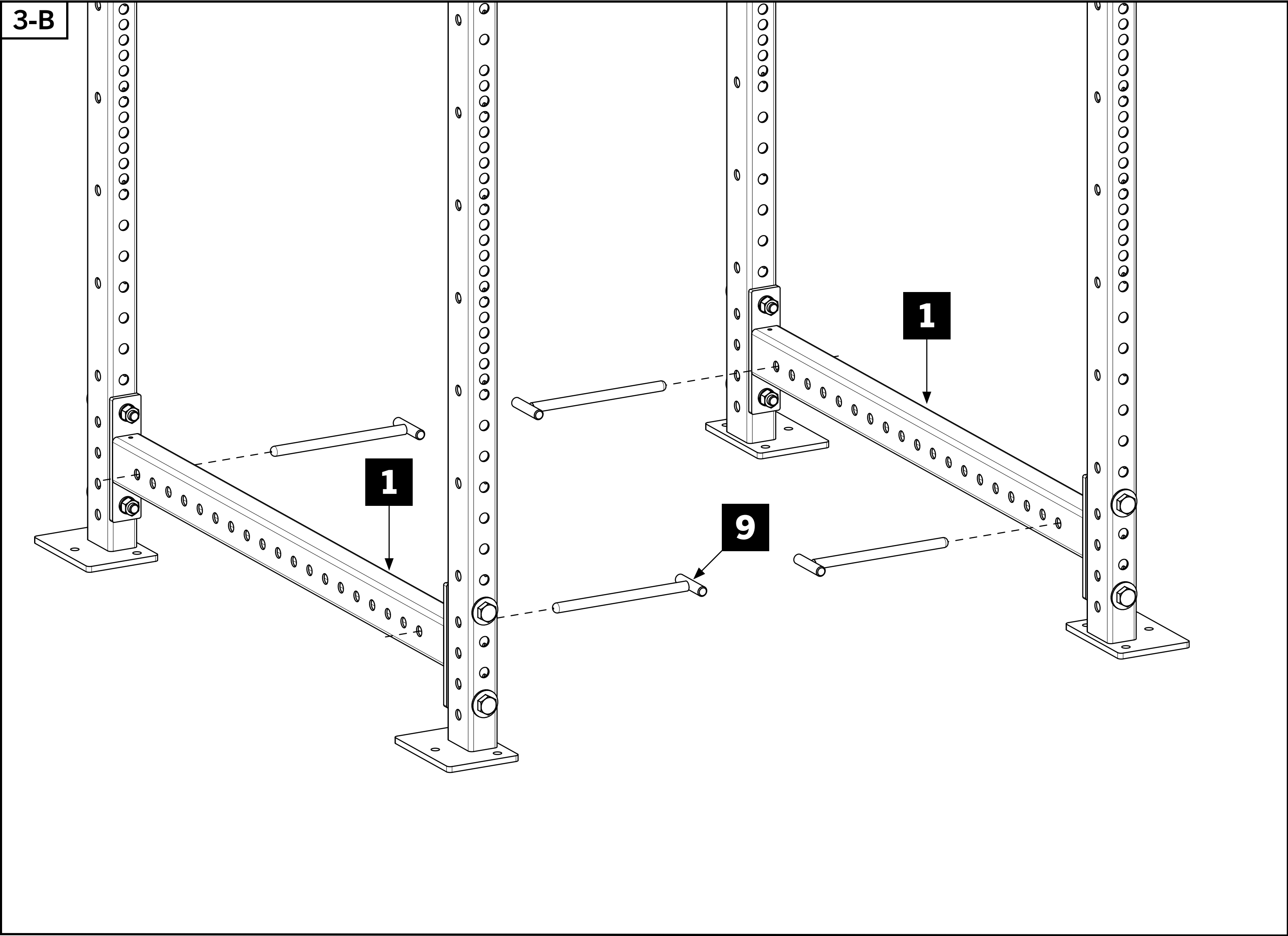
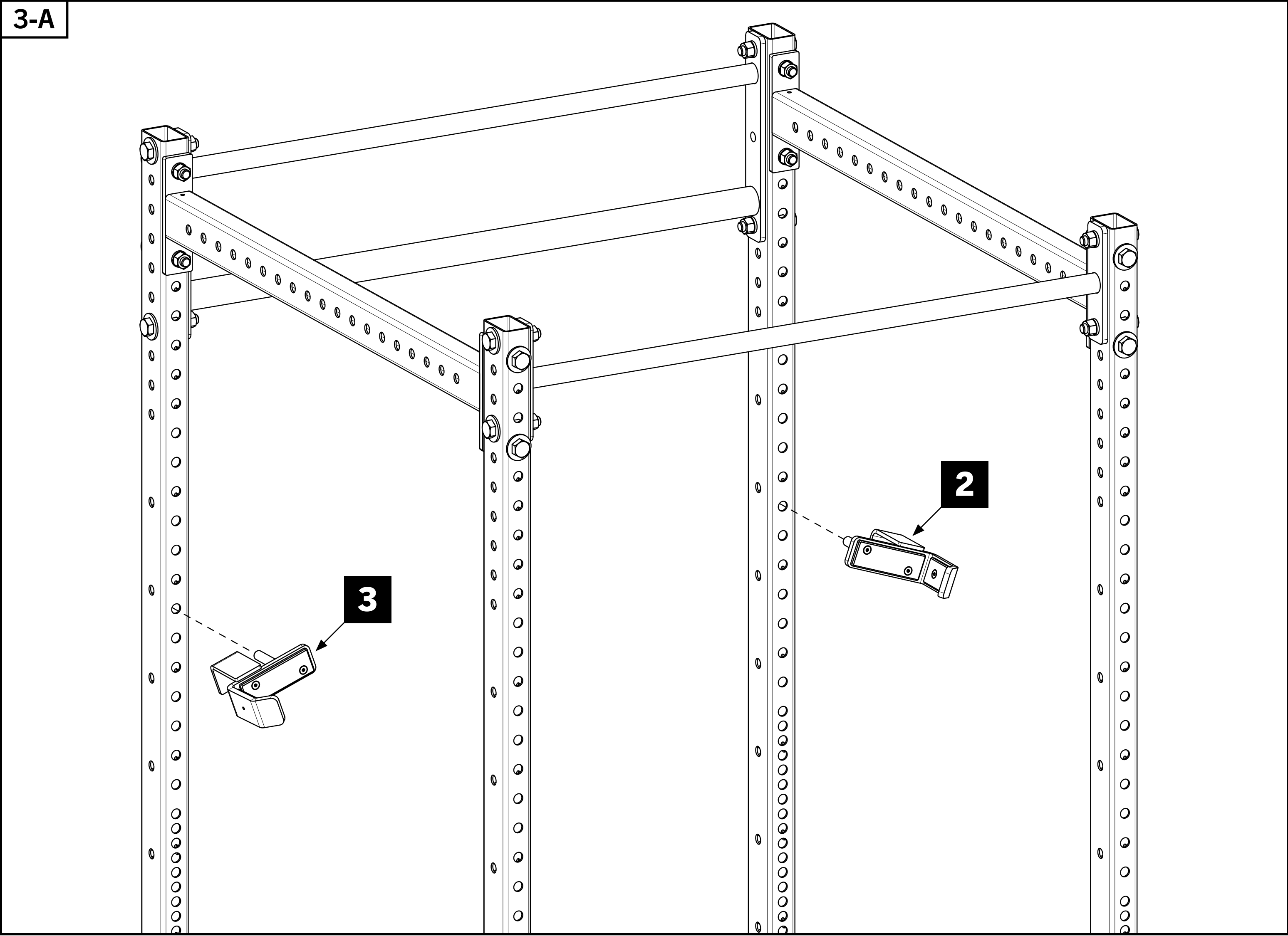
STEP 2

- For safety, we recommend that **STEP 2** be completed with 2 or 3 people.
- Two people should start by standing up the assembled panels and holding them to prevent them from falling.
- Once the panels are secure, another person can begin to attach the Pull Up Bars as follows.
- Ensure rack feet point out as shown in **DETAIL**.
- Secure the 43” Fat/Skinny Parallel Bar [4] and 43” Single Pull Up Bar [13] to the Rack Uprights [1] using 5/8” x 3.5” Hex Screws [8], 5/8” Flat Washers [5], 5/8” Lock Washers [6], and 5/8” Hex Nuts [7].
- **BOLTS HAND TIGHT ONLY.**



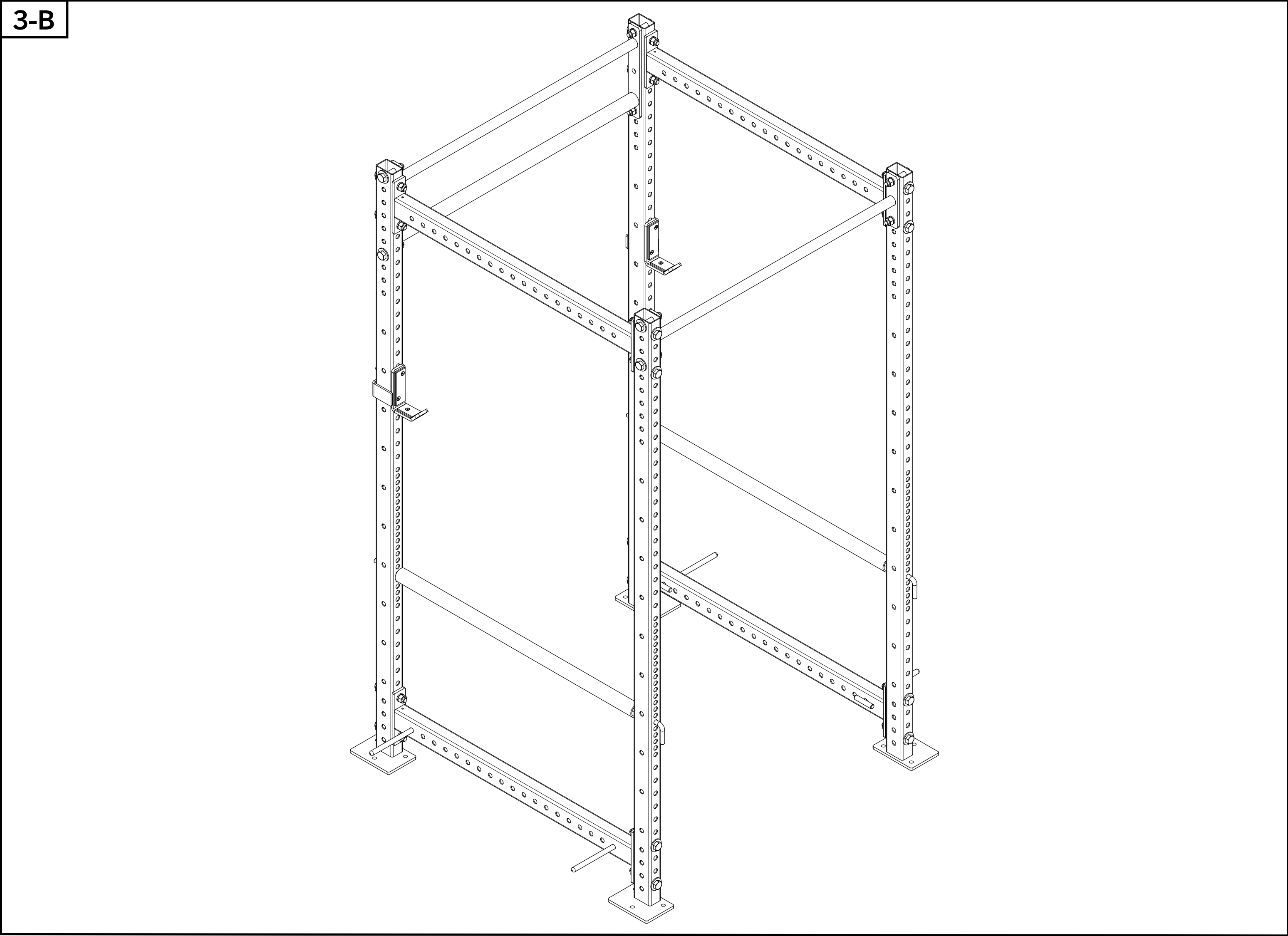
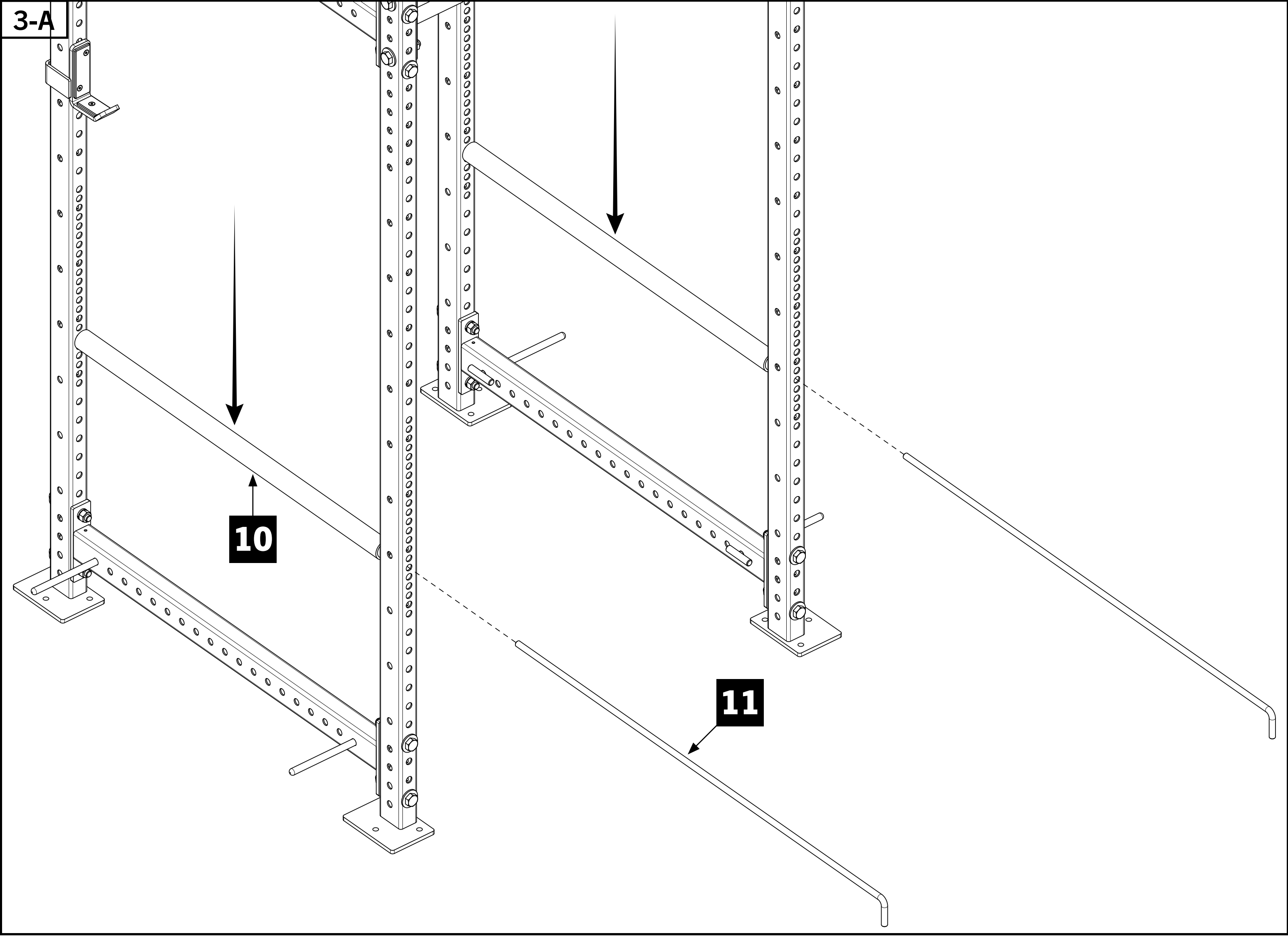
STEP 3

- Attach J Cup - LEFT and RIGHT [2,3] to rear Rack Uprights [1] as shown in 3-A.
- Ensure each J Cup [2,3] is securely attached before use.
- Insert Band Peg [9] into lower 43” Crossmembers [1] as shown in 3-B.
- Do not fully tighten hardware until the entire rack is assembled. This will ensure that the rack sits level to the floor.
- Do not bolt rack to the floor until it is fully assembled and all hardware is tightened.



STEP 3

- Attach the Safety Kit Pipe [10] to each Rack Upright [1] by inserting the Safety Kit Pin [11] through both the Safety Kit Pipe [10] and the Rack, securing it in place.
 - **FULLY TIGHTEN ALL HARDWARE.**
 - Securely anchor the unit to the floor using the holes in the feet of the Rack Uprights [1].
 - If using rubber flooring, it is highly recommended to cut out a section so the feet anchor directly to the floor.
- Anchor to wood or solid concrete floor:**
- Wood: 3/8 x 3.5 Wood Lag Bolts
 - Solid Concrete: 3/8” x 3.5” Concrete Wedge Anchors
 - **Anchoring hardware not included.**



ROGUE



**SCAN FOR
INSTRUCTIONS**



**IRON GAME
PROGRAMMING**

ER00527-1