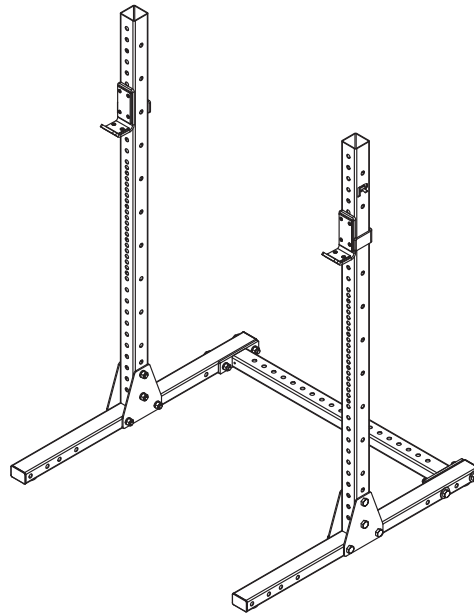
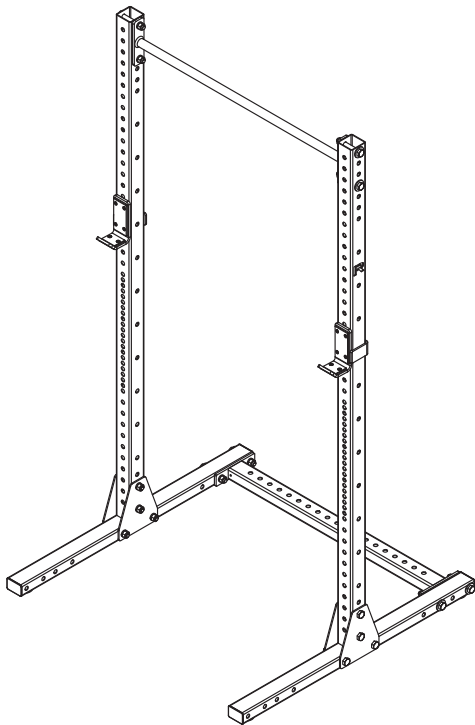


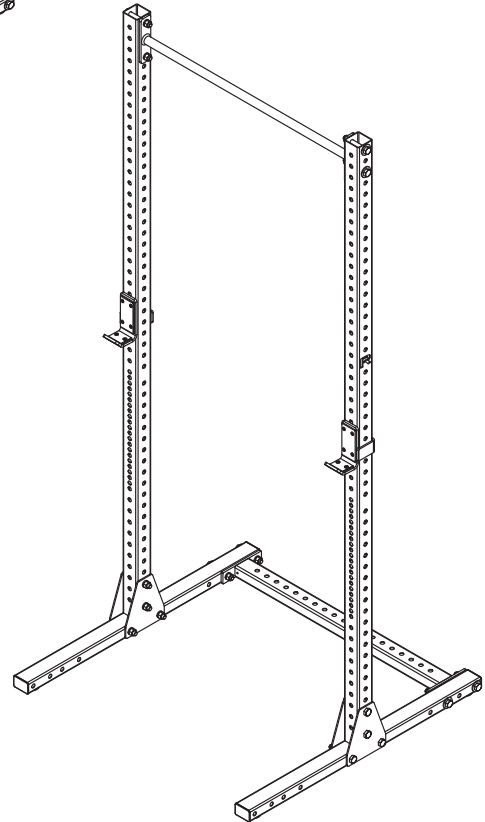
MONSTER LITE SQUAT STAND



SML-1 70"



SML-2 90"



SML-3 108"

INSTRUCTIONS AND ASSEMBLY

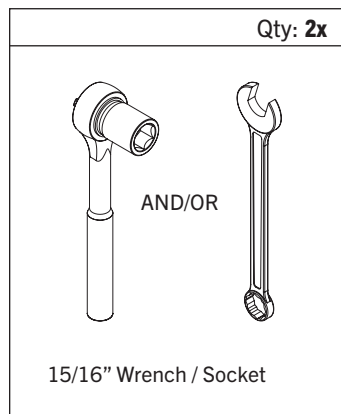
ROGUE®

GENERAL GUIDELINES

- Please read these customer instructions thoroughly prior to assembling.

TOOLS REQUIRED

Note: Images not shown at scale



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, to obtain instruction in the prior execution of movements, and understand your limitations. This equipment must only be used by competent and responsible person. 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 CAN RESULT IN SEVERE INJURY.

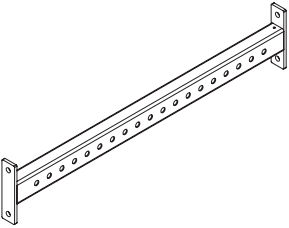
Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

INCLUDED PARTS

Note: Images not shown at scale

1

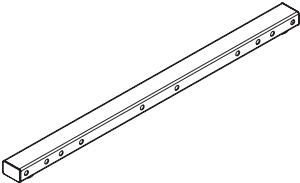
Qty: 1x



43" Crossmember

2

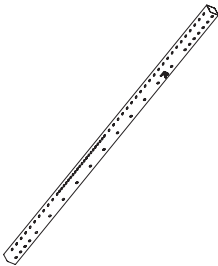
Qty: 2x



48" SML Base Tube

3

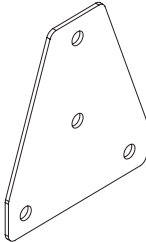
Qty: 2x



3x3 ML Upright

4

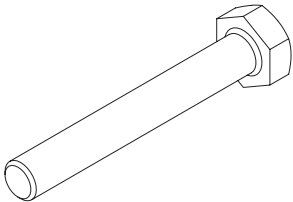
Qty: 4x



ML Triangle Plate

5

Qty: 16x

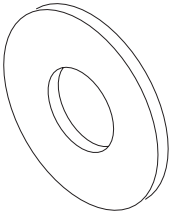


5/8" x 4-1/2" Hex Bolt

**12x

6

Qty: 8x

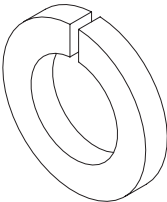


5/8" Flat Washer

**4x

7

Qty: 16x

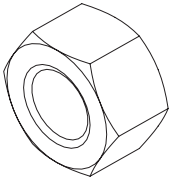


5/8" Lock Washer

**12x

8

Qty: 16x

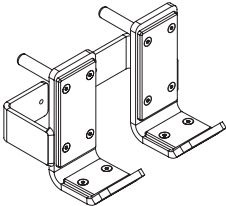


5/8" Hex Nut

**12x

9

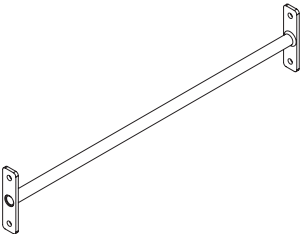
Qty: 1x



Pair of J-Cups (Left and Right)

10

Qty: 1x



43" Single Pull Up Bar

* 3 Height varies based on selections made at checkout.

**Bolt quantity varies based on selections made at checkout. SML-1 ships with 4x less bolt assemblies vs SML-2/3

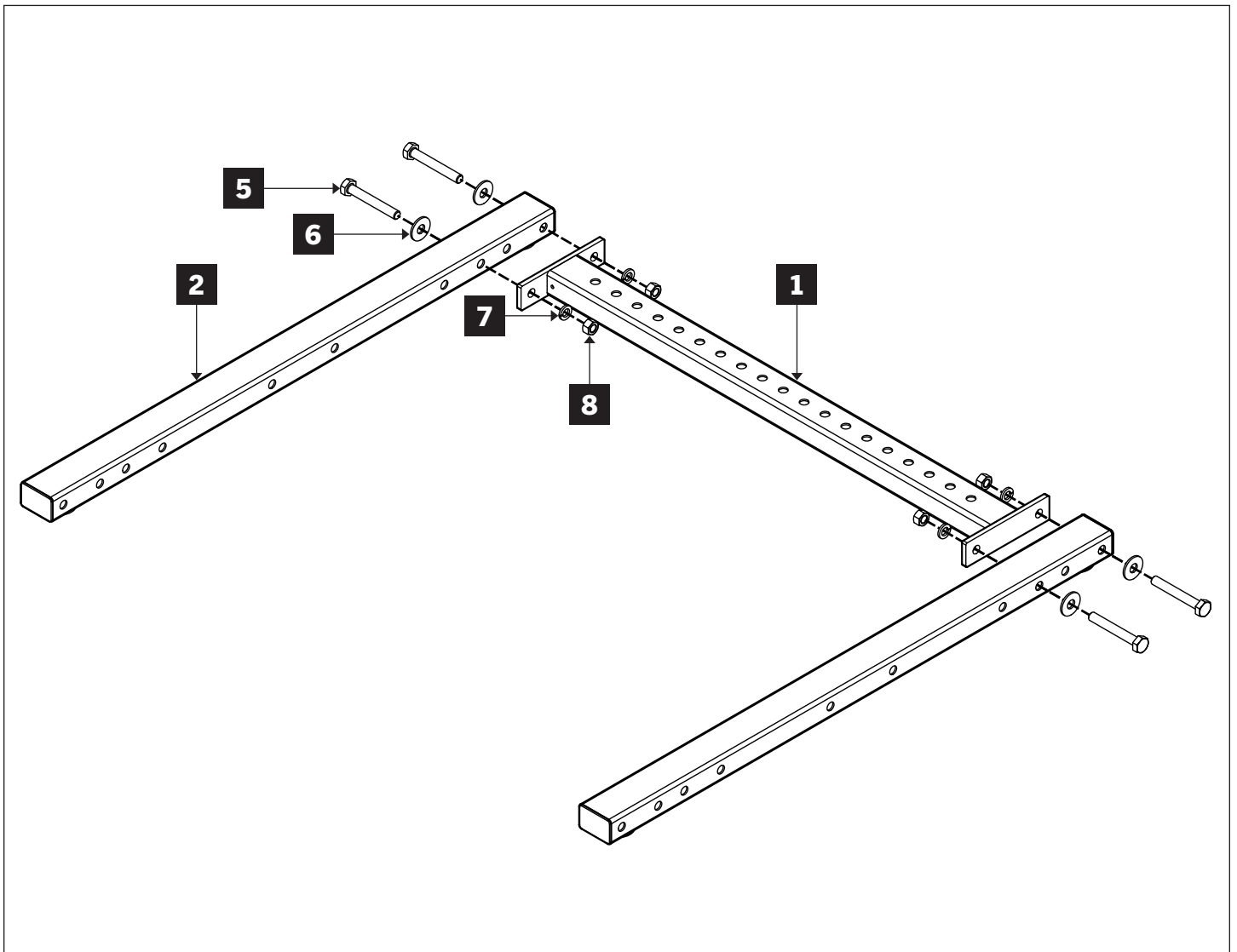
*** 10 Not included with SML-1 Squat Rack.

STEP 1

Tools Required:

- None, HAND-TIGHTEN ONLY.

- Bolt 48" SML Base Tubes **2** to 43" Crossmember **1** using the 5/8" x 4-1/2" Hex Bolt **5**, 5/8" Flat Washer **6**, 5/8" Lock Washer **7**, and 5/8" Hex Nut **8** as shown.



STEP 2

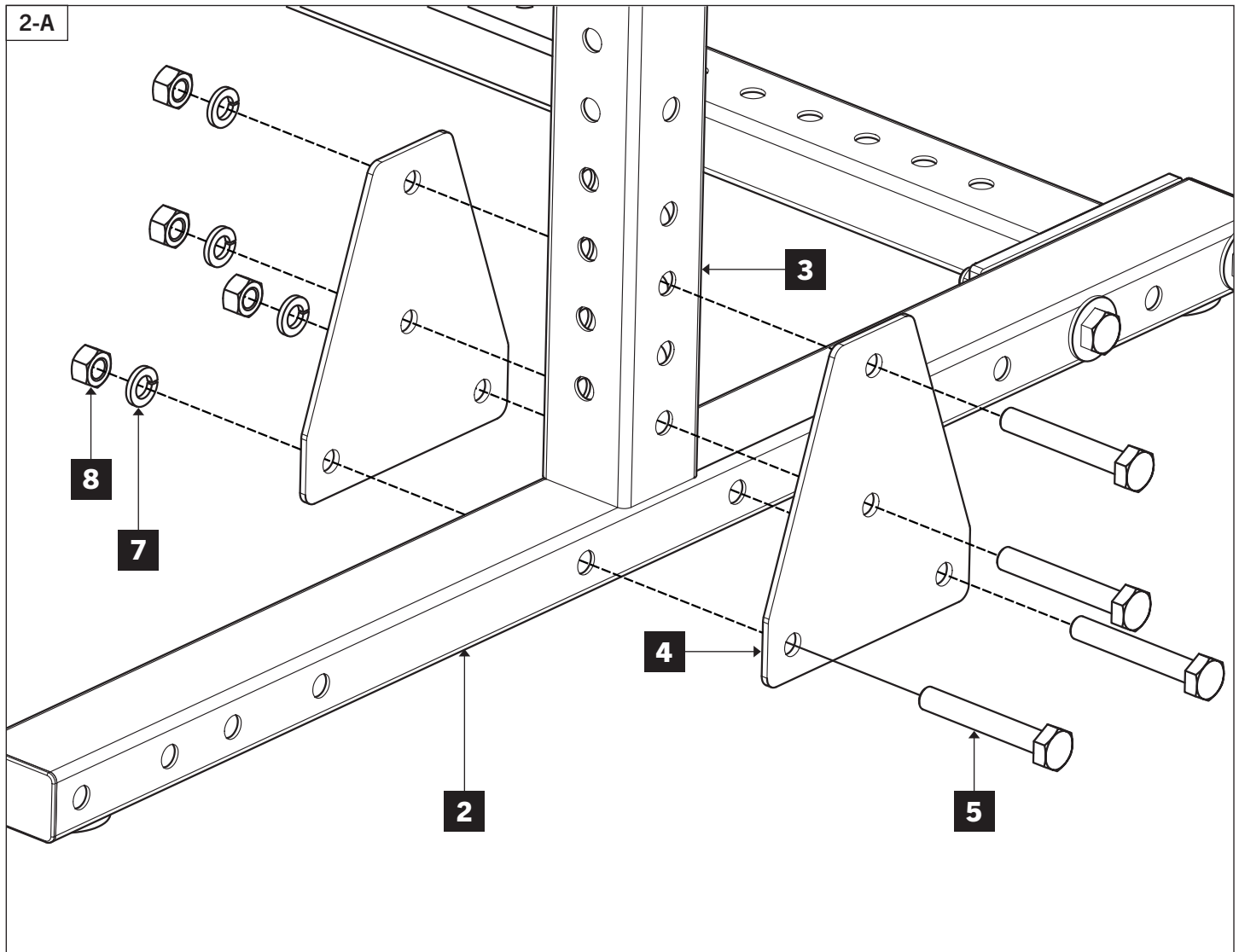
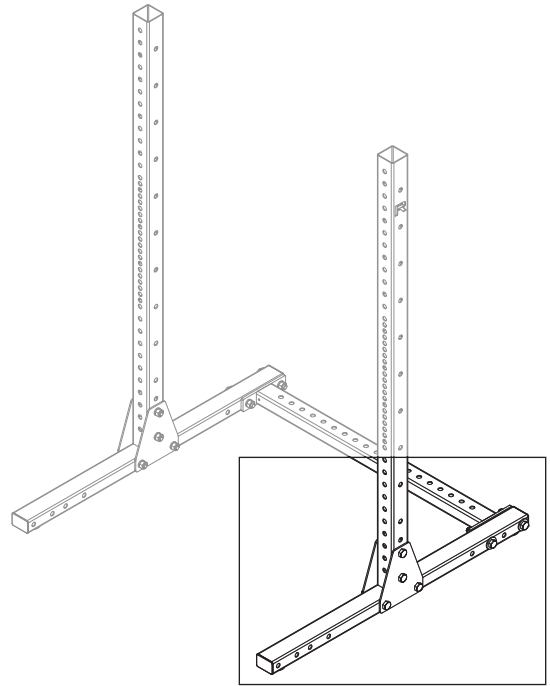
Tools Required:

- 15/16" Wrench / Socket

- Bolt 3x3 ML Uprights **3** to the base assembled in Step 1 using the ML Triangle Plates **4**, 5/8" x 4.5" Hex Bolts **5**, 5/8" Lock Washer **7**, and 5/8" Hex Nut **8** as shown.

Note:

- If building SML-2 or SML-3, tighten hardware HAND-TIGHT ONLY AND CONTINUE TO **STEP 3**.
- If building SML-1, ensure rack is in the location that you plan to use it and fully tighten ALL hardware. Assembly is complete.



STEP 3

Tools Required:

- 15/16" Wrench / Socket
- Bolt the 43" Single Pull Up Bar **10** between the uprights at the desired height using the 5/8" x 4.5" Hex Bolt **5**, 5/8" Flat Washer **6**, 5/8" Lock Washer **7**, and 5/8" Hex Nut **8** as shown.
- Ensure rack is in the location that you plan to use it and fully tighten ALL hardware. Assembly is complete.

