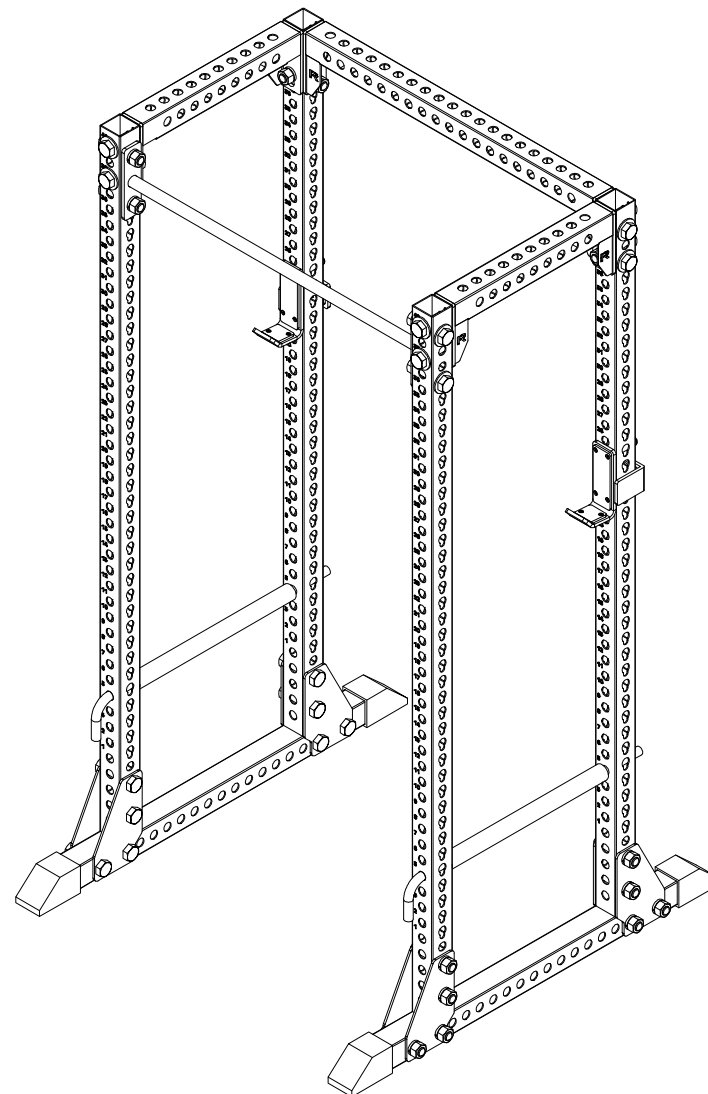


## RM-3F MONSTER 2.0



### 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 proper execution of movements, and understand your limitations. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a 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.



MISUSE OF THIS CAN RESULT IN  
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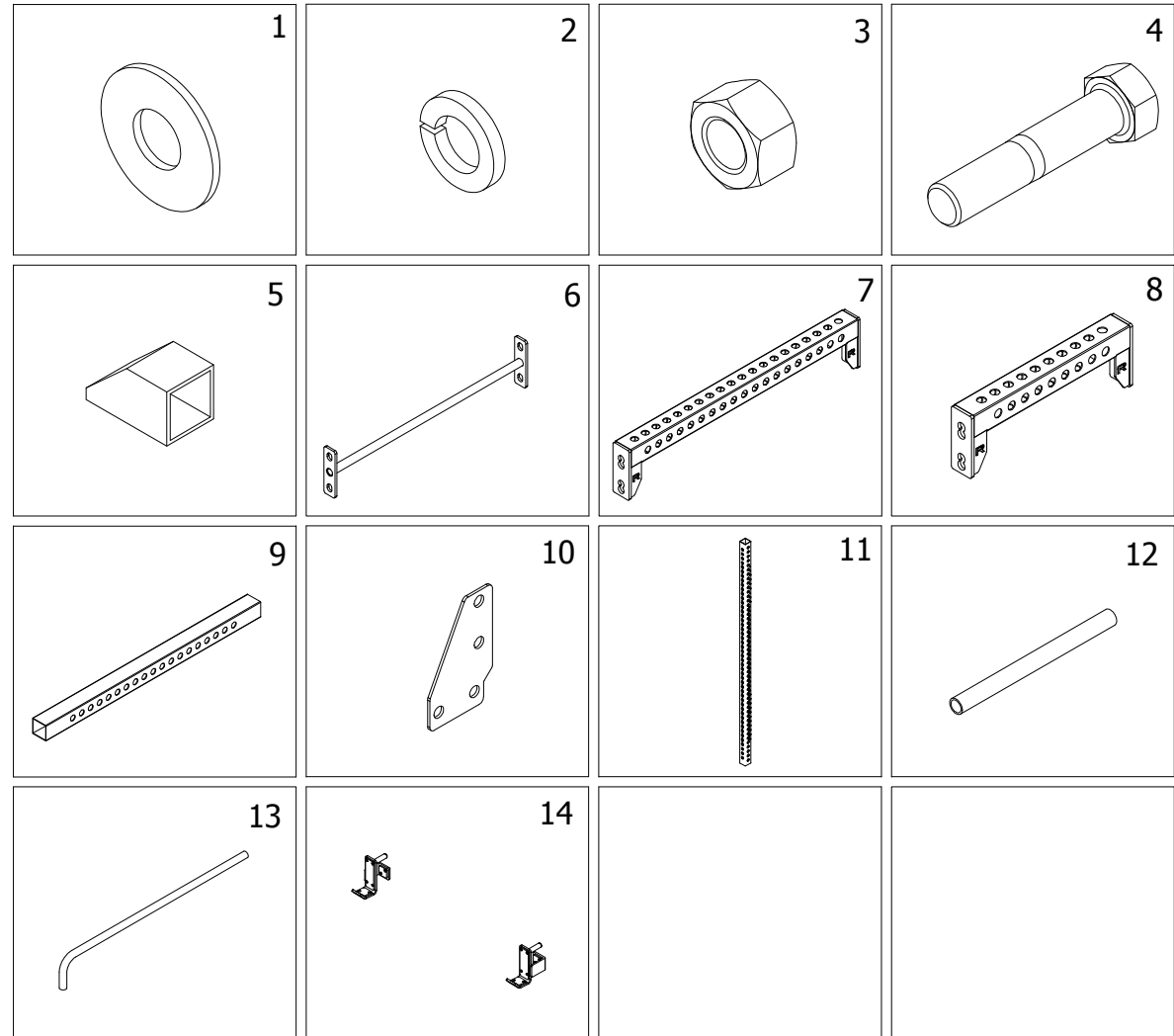
**Rogue Fitness**  
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TEAM@Roguefitness.com

# ROGUE FITNESS

## RM-3F MONSTER 2.0

INCLUDED PARTS  
\*NOTE: IMAGES NOT SHOWN TO SCALE

PARTS LIST		
ITEM	QTY	DESCRIPTION
1	16	1" FLAT WASHER
2	32	1" LOCK WASHER
3	32	1"-8 HEX NUT
4	32	1"-8 x 4.75" HEX HEAD BOLT
5	4	3" x 3" MONSTER RUBBER FOOT
6	1	43" SKINNY PULL-UP BAR
7	1	MONSTER 2.0 43" CROSSMEMBER
8	2	MONSTER 2.0 24" TOP CROSSMEMBER
9	2	MONSTER 48" BASE TUBE
10	8	OFFSET SIDE PLATES
11	4	MONSTER 2.0 90" UPRIGHT
12	2	RACK PIPE 23"
13	2	1" MONSTER SAFETY PIN
14	1	V2 MONSTER J-CUP PAIR



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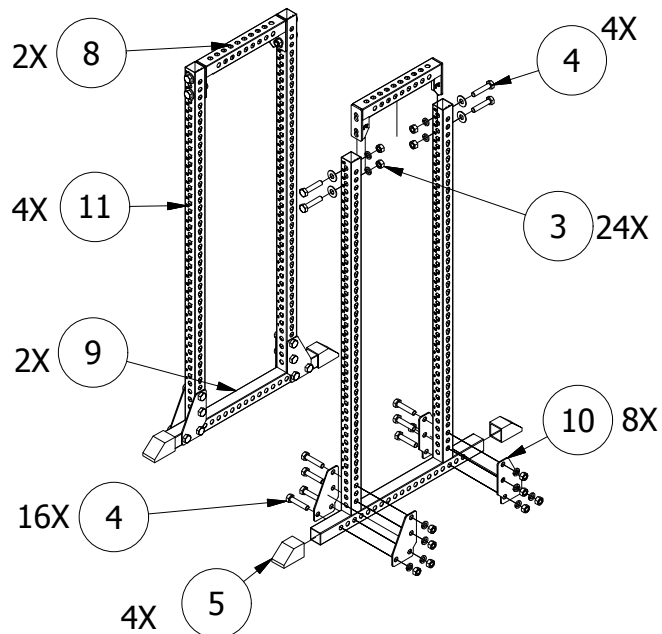
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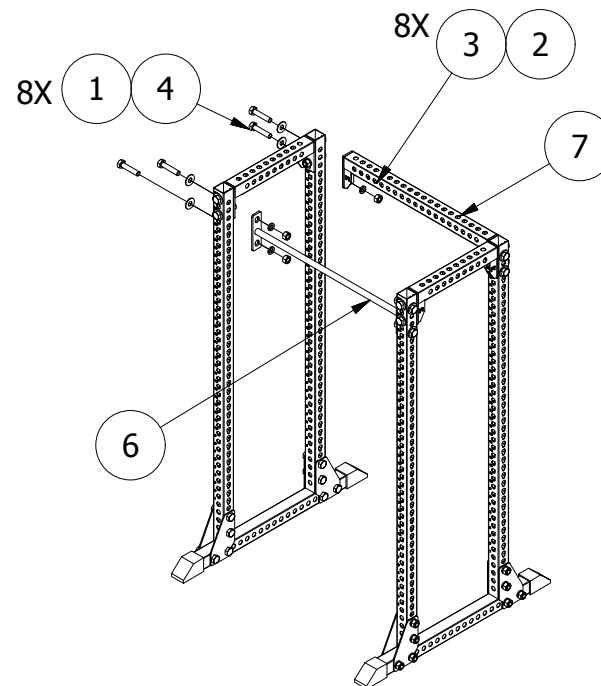
# ROGUE FITNESS

## RM-3F MONSTER 2.0



STEP 1: ASSEMBLE SIDE FRAMES FROM ITEM # 8, 9, 10, & 11.  
SECURE USING 1" x 4.75" HEX BOLTS,  
1" FLAT WASHERS, 1" LOCK WASHERS, AND 1" HEX NUTS.

ATTACH RUBBER FEET TO ENDS OF BASE TUBES



STEP 2: ATTACH PULL-UP BAR & CROSSMEMBER TO SIDE FRAMES.  
SECURE USING 1" x 4.75" HEX BOLTS, 1" FLAT WASHERS,  
1" LOCK WASHERS, AND 1" HEX NUTS.

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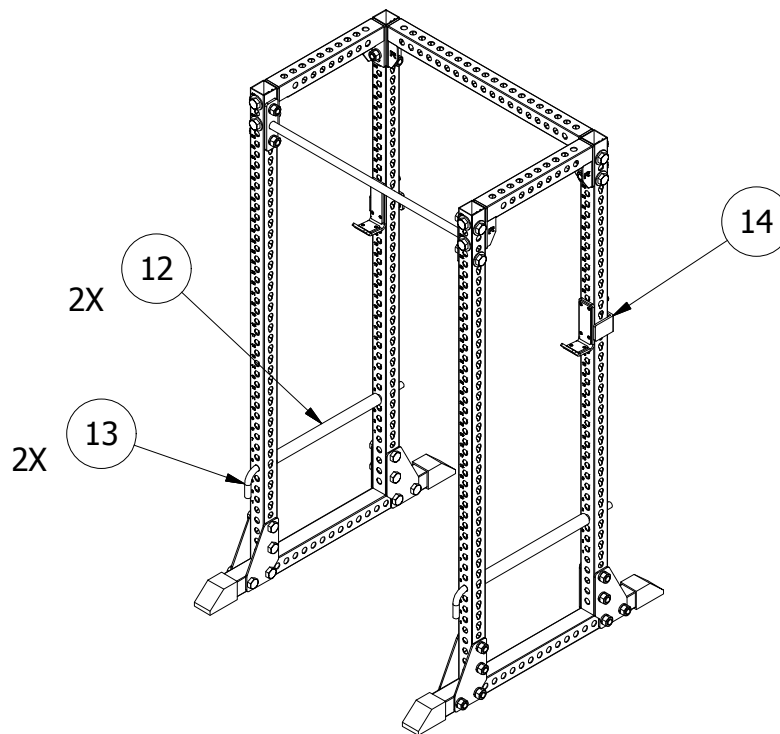


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# ROGUE FITNESS

## RM-3F MONSTER 2.0

STEP 3: ATTACH J-CUPS AND SAFETY PIN & PIPE,  
AT DESIRED LOCATION



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