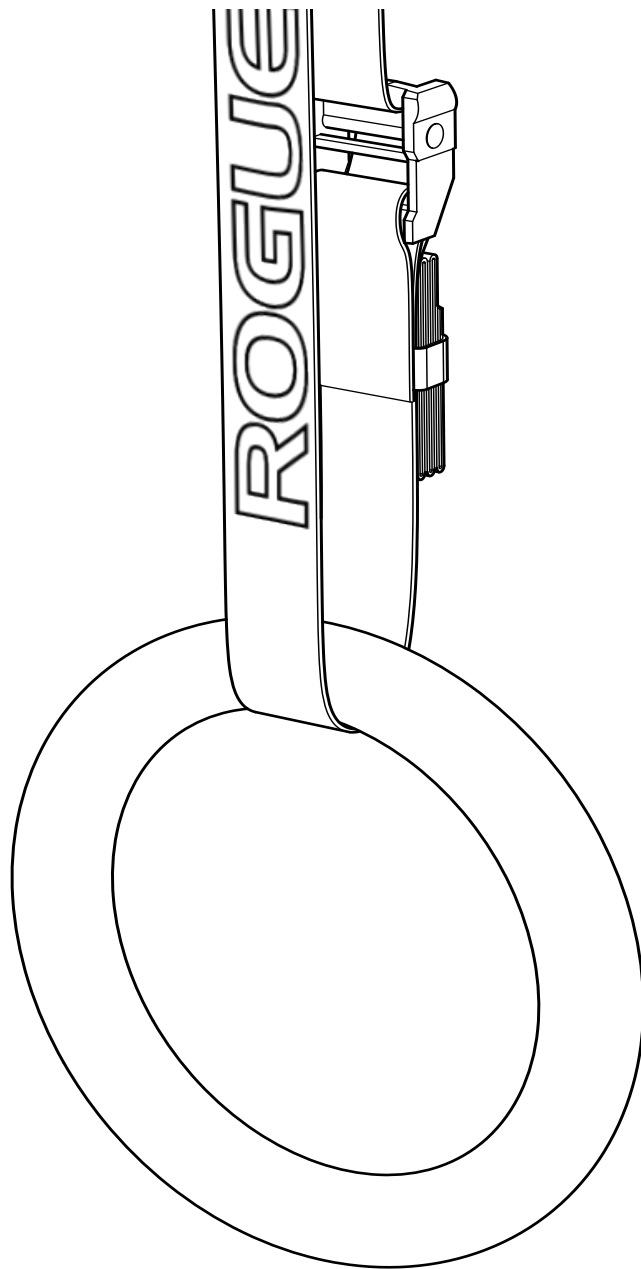


ROGUE®

GYMNASTIC RINGS



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.

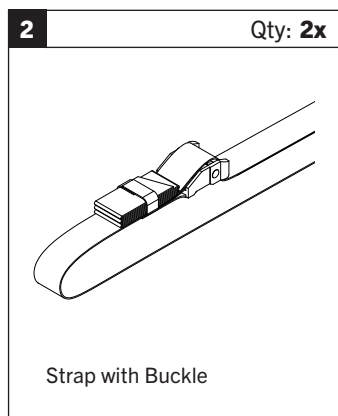
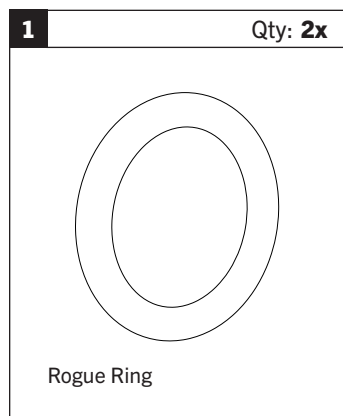
WARNING:

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.

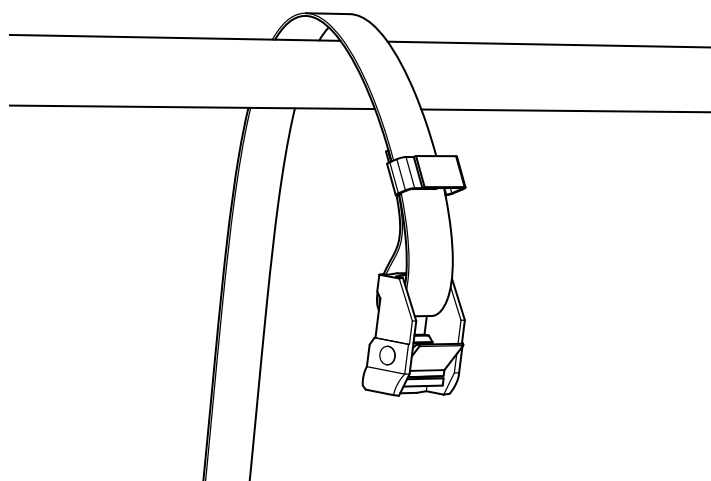
INCLUDED PARTS

Note: Images not shown at scale



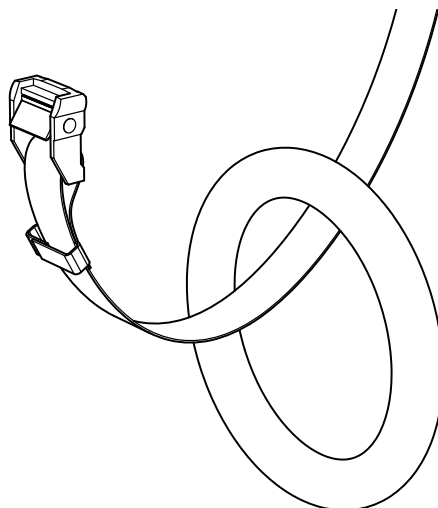
STEP 1

- Throw the buckle end of the Strap **2** over desired anchoring point (E.G. tree branch, pull-up bar, truss).



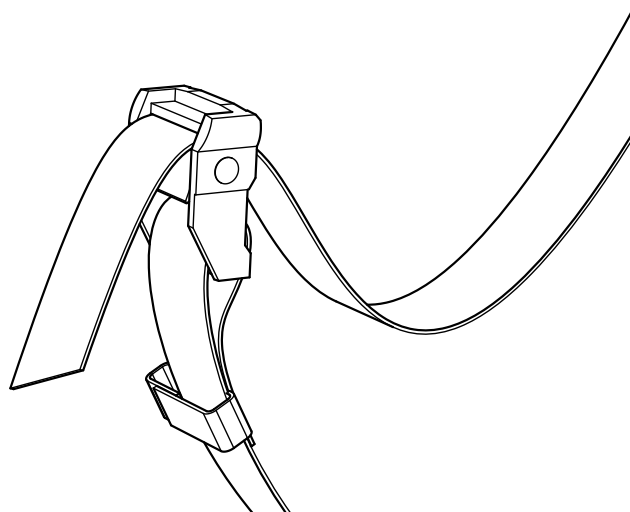
STEP 2

- Bring the buckle end of Strap through the Rogue Ring **1** with buckle lever facing outward.



STEP 3

- While pressing buckle lever in, bring loose end of Strap through the back side of buckle as shown and adjust to desired height.



STEP 4

- Fold and velcro excess Strap as shown and position the buckle so it is not touching the Rogue Ring or anchoring point.

