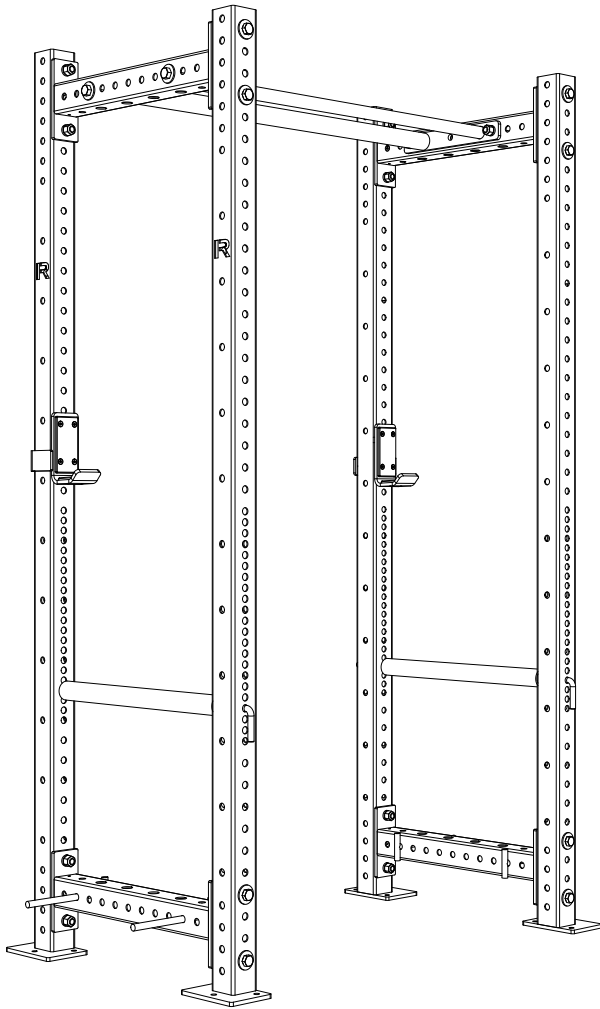
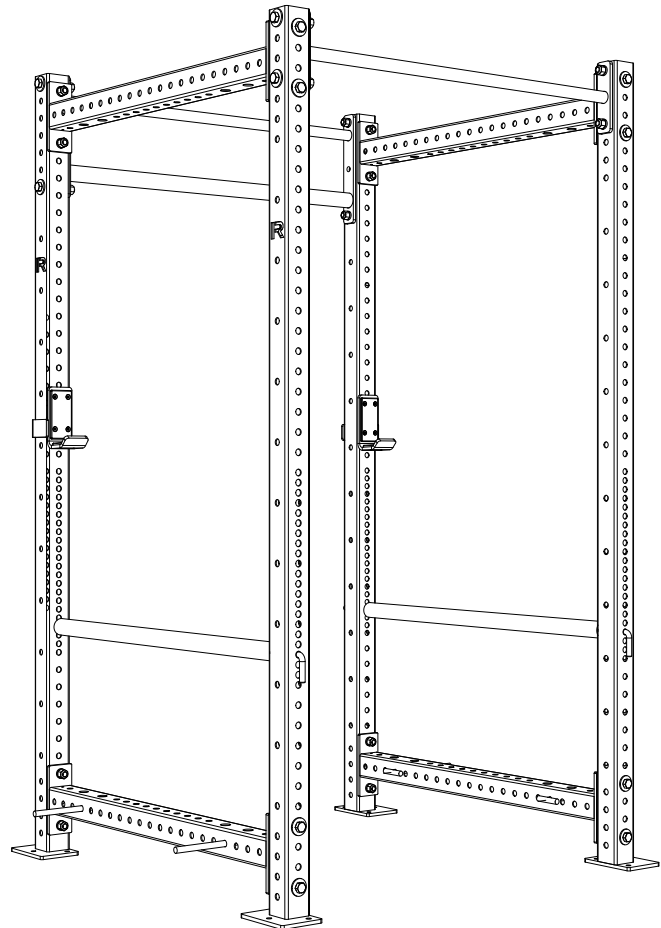


MONSTER LITE

RML 390/490



RML 390



RML 490

INSTRUCTIONS AND ASSEMBLY

ROGUE®

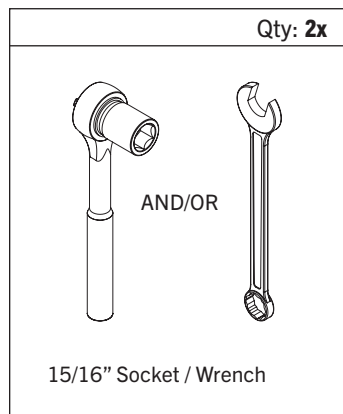
Rogue Fitness • 545 E 5th Ave. Columbus, Ohio 43201 • Customer Service: 614-358-6190 • Team@RogueFitness.com

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, 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.

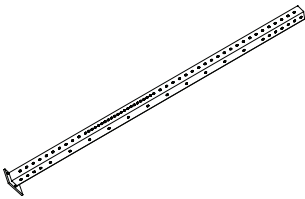
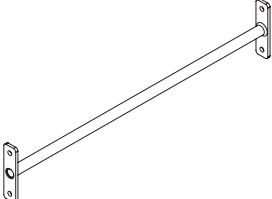
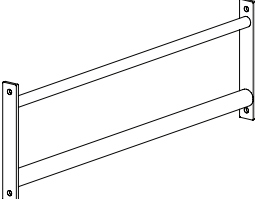
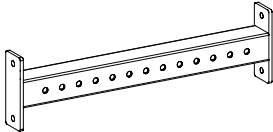
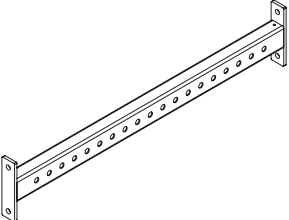
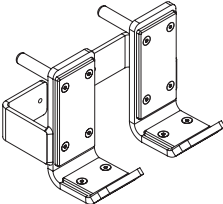
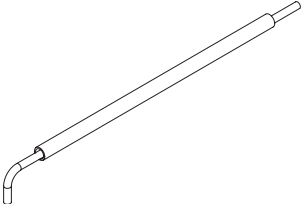
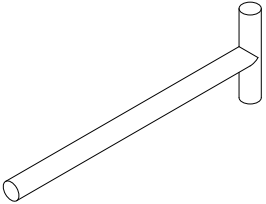
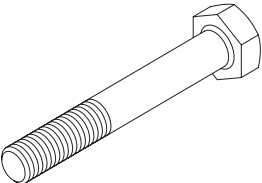
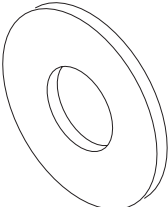
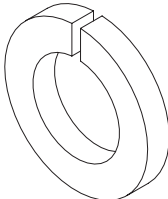
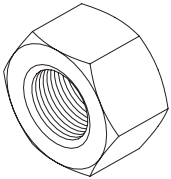
WARNING:

MISUSE OF THIS 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  Monster Lite 90" Upright	2 Qty: 1x  43" Single Pull-up Bar	3 Qty: 1x  43" Fat / Skinny Pull-up Bar	4 Qty: 4x  24" or 30" Crossmember
5 Qty: 4x  43" Crossmember	6 Qty: 1x  Monster Lite Jcup Pair	7 Qty: 2x  Pin/Pipe Safety	8 Qty: 4x  Band Peg
9 Qty: 20x ***24x  5/8" x 4-1/2" Hex Bolt	10 Qty: 20x ***24x  5/8" Flat Washer	11 Qty: 20x ***24x  5/8" Lock Washer	12 Qty: 20x ***24x  5/8" Hex Nut

* Only included with RML-490 rack

** Only included with RML-390 rack, length depends on selection made at checkout

*** RML-490 ships with 4x more hardware assemblies than RML-390

STEP 1

Tools Required:

- None, HAND-TIGHTEN ONLY.

Note:

- This step is best done with all parts laying on the ground on a non-abrasive surface such as cardboard, carpet, etc.

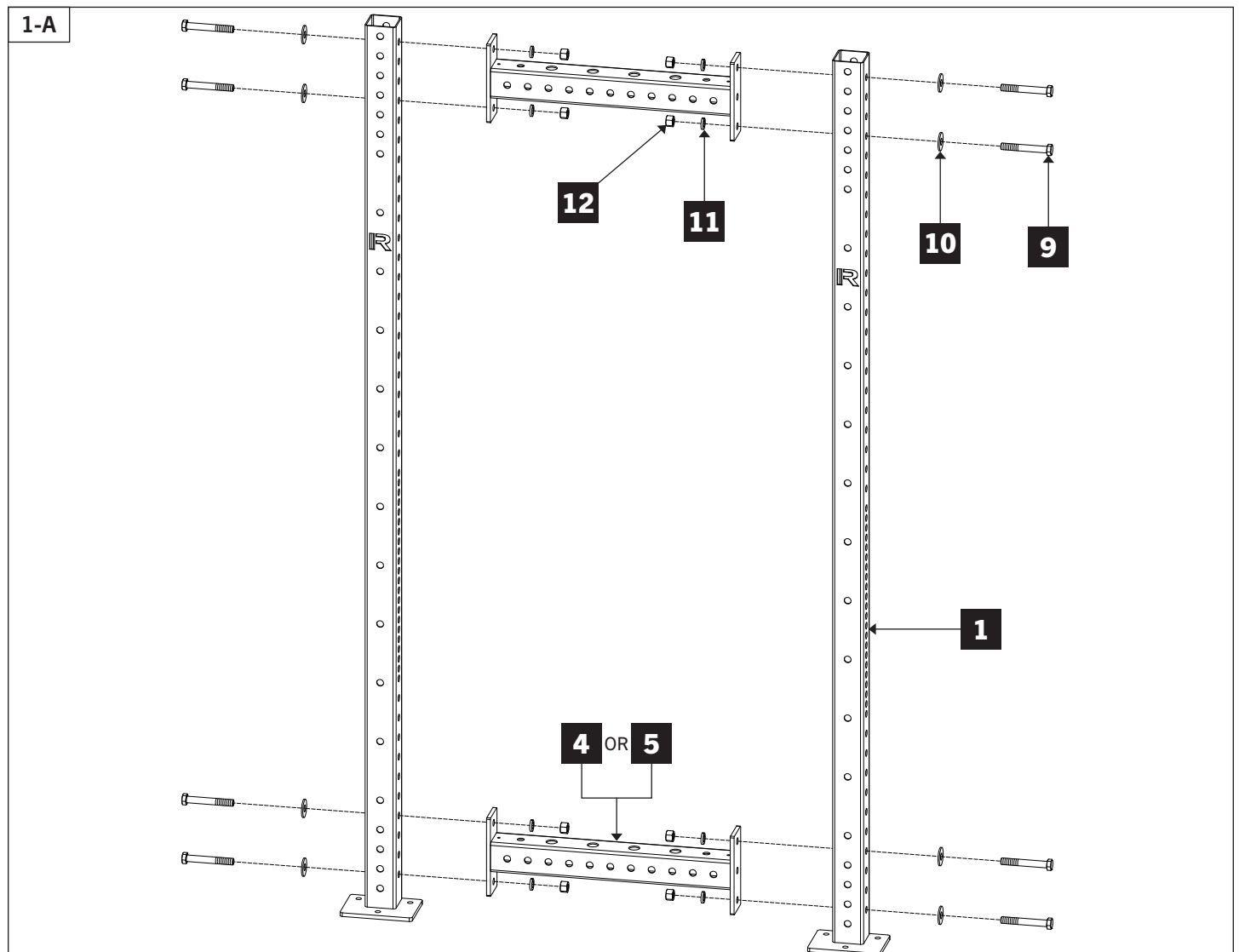
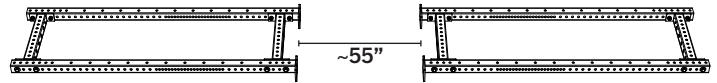
RML-390:

- Bolt two 24" or 30" Crossmembers **4** between two Monster Lite 90" Uprights **1** using 5/8" x 4-1/2" Hex Bolts **9**, 5/8" Flat Washers **10**, 5/8" Lock Washers **11**, and 5/8" Hex Nuts **12**.

RML-490:

- Bolt two 43" Crossmembers **5** between two Monster Lite 90" Uprights **1** using 5/8" x 4-1/2" Hex Bolts **9**, 5/8" Flat Washers **10**, 5/8" Lock Washers **11**, and 5/8" Hex Nuts **12**.
- Repeat this process with the remaining set of 90" Uprights and Crossmembers. Refer to **Assembled View** (right) to see how panels should look once assembled on ground.

ASSEMBLED VIEW



STEP 2 (RML 390)

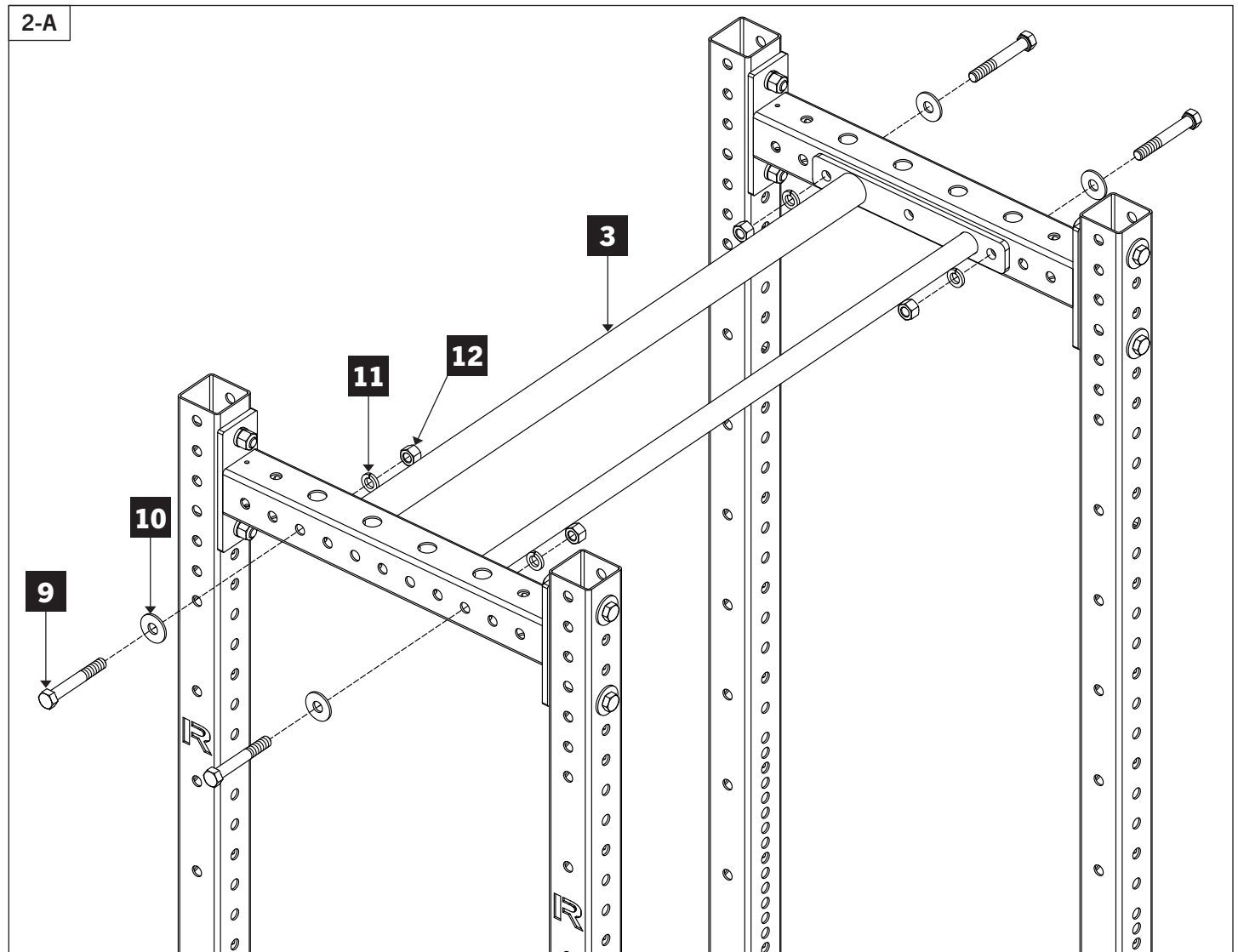
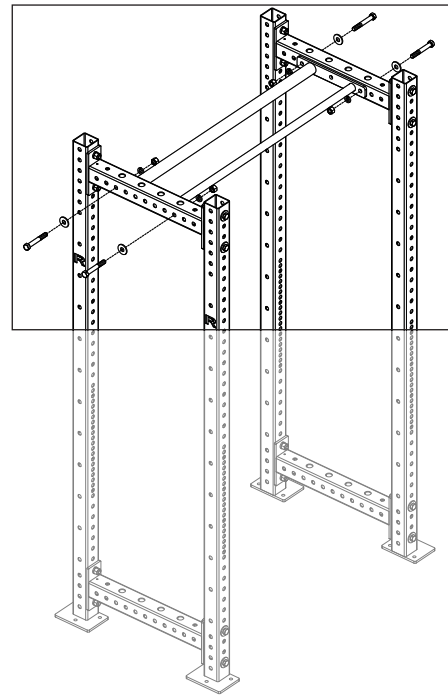
Proceed to **STEP 3** for RML 490

Tools Required:

- 15/16" Socket / Wrench
- Using a partner, stand up assembled uprights from **STEP 1** and connect 43" Fat/Skinny Pull-up Bar **3** between panels using 5/8" x 4-1/2" Hex Bolts **9**, 5/8" Flat Washers **10**, 5/8" Lock Washers **11**, and 5/8" Hex Nuts **12** as shown.
- Fully tighten ALL hardware once assembled.

Note:

- Ensure footplate on each upright is facing outward as shown in overview (right).
- It is highly recommended that this unit is anchored for use. Hardware to bolt the rack to the floor is not included. Every application is unique and mounting hardware should be appropriately matched to the users application.



STEP 3 (RML 490)

Tools Required:

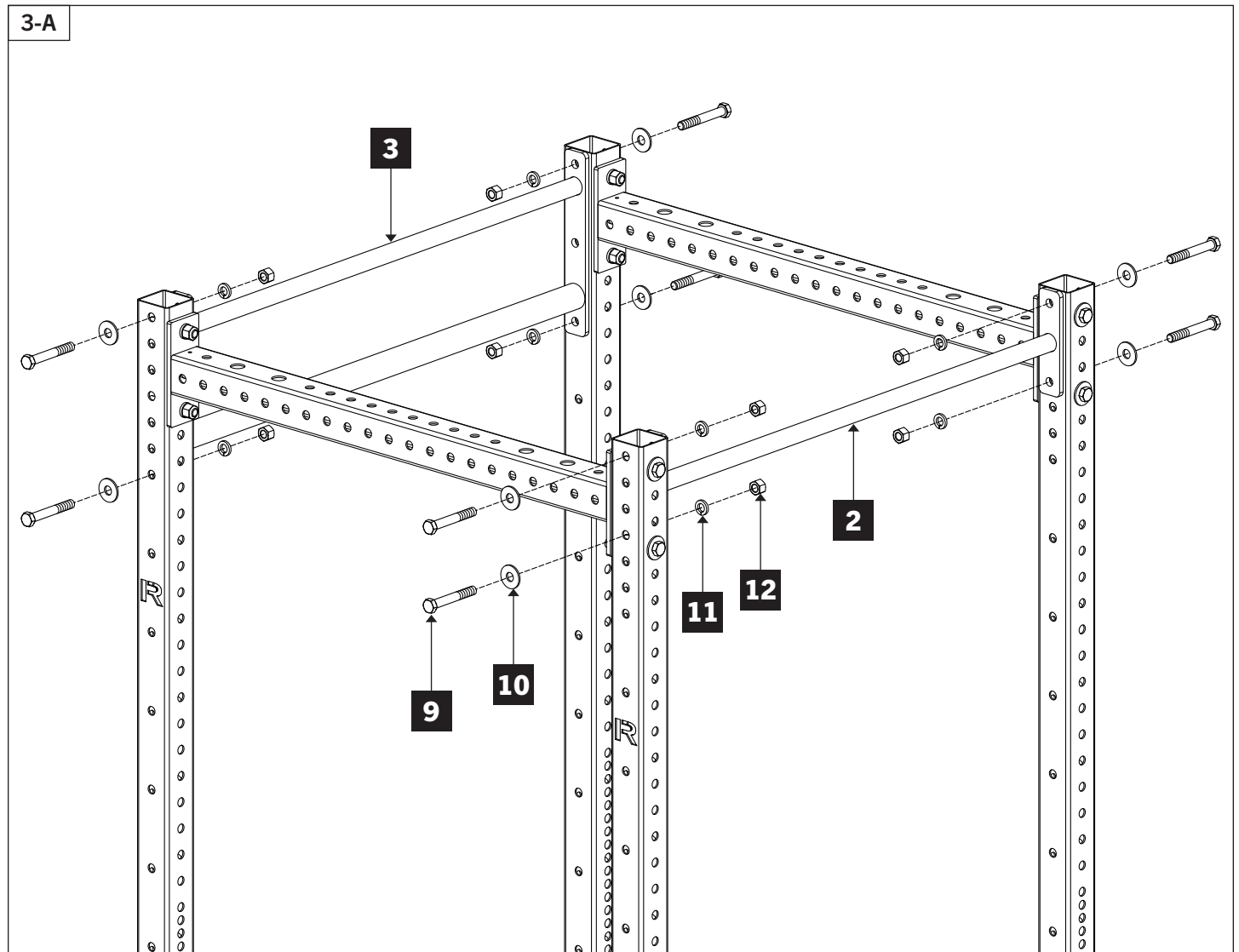
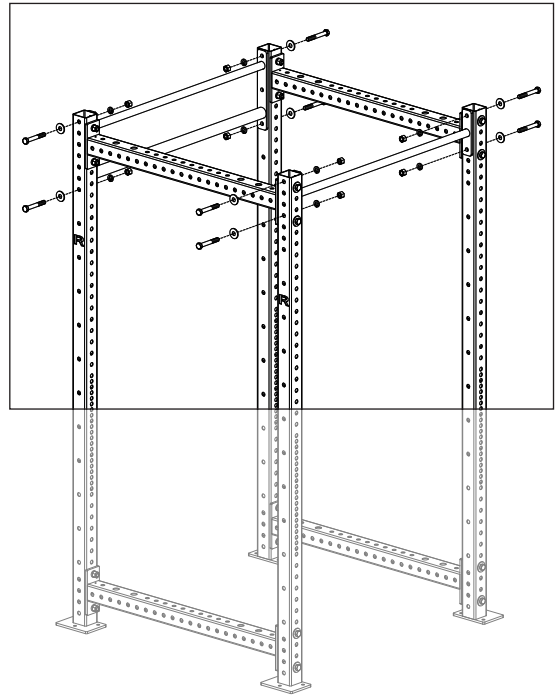
- 15/16" Socket / Wrench

- Using a partner, stand up assembled panels from **STEP 1** and connect 43" Fat / Skinny Pull-up Bar **3** and 43" Single Pull-up Bar **2** between panels using 5/8" Hex Bolts **9**, 5/8" Flat Washers **10**, 5/8" Lock Washers **11**, and 5/8" Hex Nuts **12** as shown.

- Fully tighten ALL hardware once assembled.

Note:

- Ensure footplate on each upright is facing outward as shown in overview (right).



STEP 4

Tools Required:

- None.
- Install Monster Lite Jcup pair **6**, Monster Lite Pin/Pipe Safeties **7**, and Band Pegs **8** to rack as desired.
- **4-A** RML 390 Shown
- **4-B** RML 490 Shown

