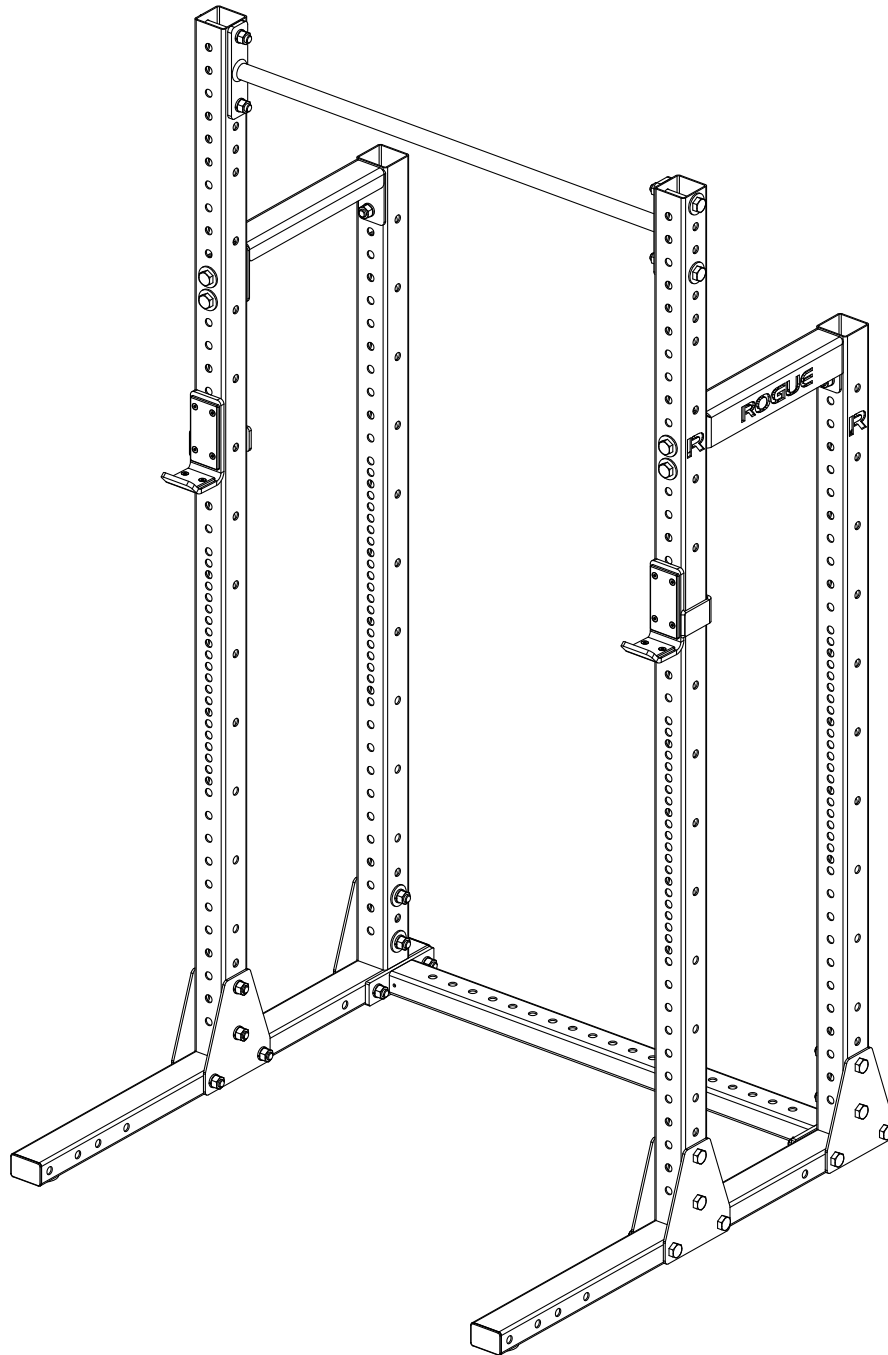


MONSTER LITE HR-2 HALF RACK



INSTRUCTIONS AND ASSEMBLY **ROGUE**[®]

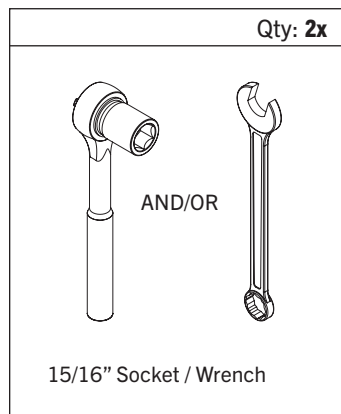
Rogue Fitness • 545 E 5th Ave. Columbus, Ohio 43201 • Customer Service: 614-358-6190 • Team@RogueFitness.com

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.

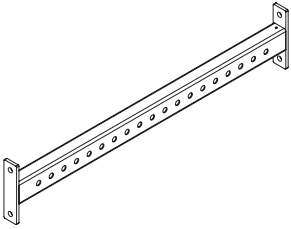
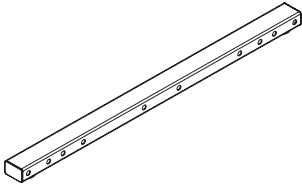
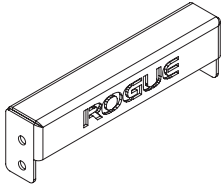
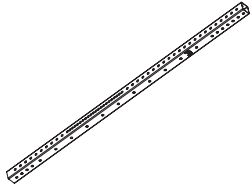
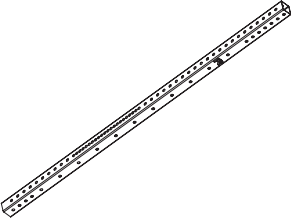
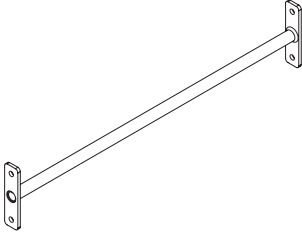
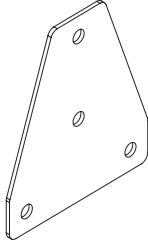
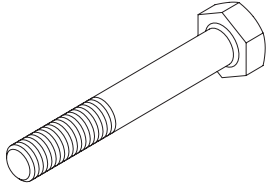
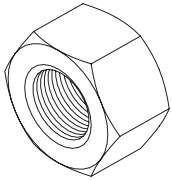
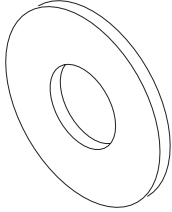
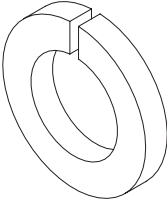
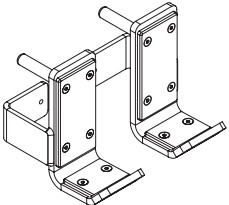
WARNING:

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: 1x  43" Crossmember	2 Qty: 2x  48" SML Base Tube	3 Qty: 2x  17" ML Formed Crossmember	4 Qty: 2x  70" or 90" Rear ML Upright
5 Qty: 2x  90" or 108" Front ML Upright	6 Qty: 1x  43" Single Pull Up Bar	7 Qty: 6x  ML Triangle Plate	8 Qty: 28x  5/8" x 4-1/2" Hex Bolt
9 Qty: 28x  5/8" Hex Nut	10 Qty: 28x  5/8" Flat Washer	11 Qty: 28x  5/8" Lock Washer	12 Qty: 1x  Pair of J-Cups (Left and Right)

* Parts included in HR-2 Half Rack Conversion Kit.

** HR-2 Half Rack Conversion Kit ships with 4x less ML Triangle Plates than standard HR-2 Half Rack.

*** HR-2 Half Rack Conversion Kit ships with 16x less hardware assemblies than Standard HR-2 Half Rack.

STEP 1

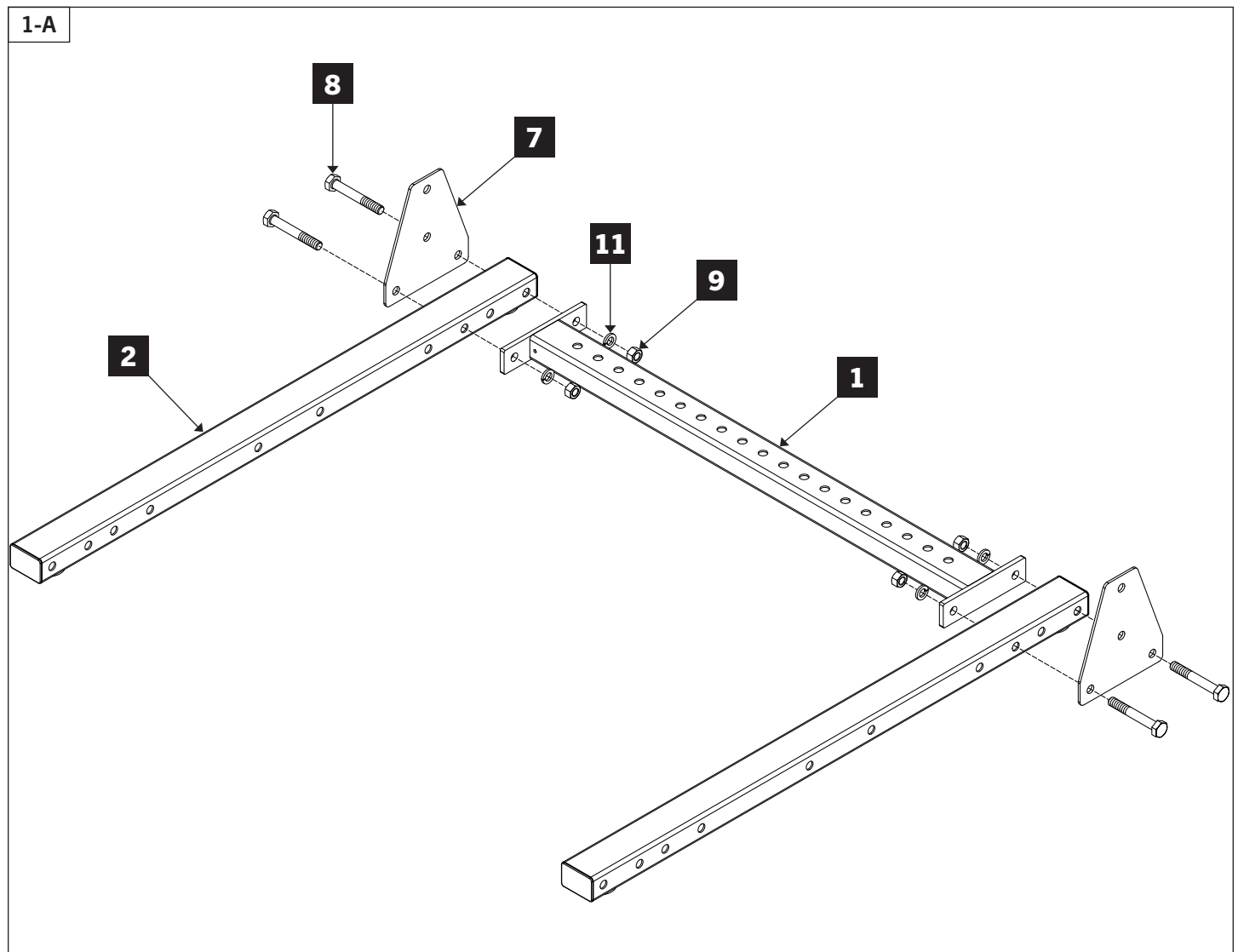
Tools Required:

- None, HAND-TIGHTEN ONLY.

- Bolt 48" SML Base Tubes **2** to 43" Crossmember **1** using the 5/8" x 4-1/2" Hex Bolt **8**, ML Triangle Plate **7**, 5/8" Lock Washer **11**, and 5/8" Hex Nut **9** as shown.

HR-2 CONVERSION:

- If converting existing SML Squat Stand to HR-2 Half Rack, unscrew existing 5/8" bolt assembly and discard or set aside 5/8" Flat Washers.
- Add ML Triangle Plate to assembly as shown below.
- Re-tighten hardware and skip to **STEP 4**.

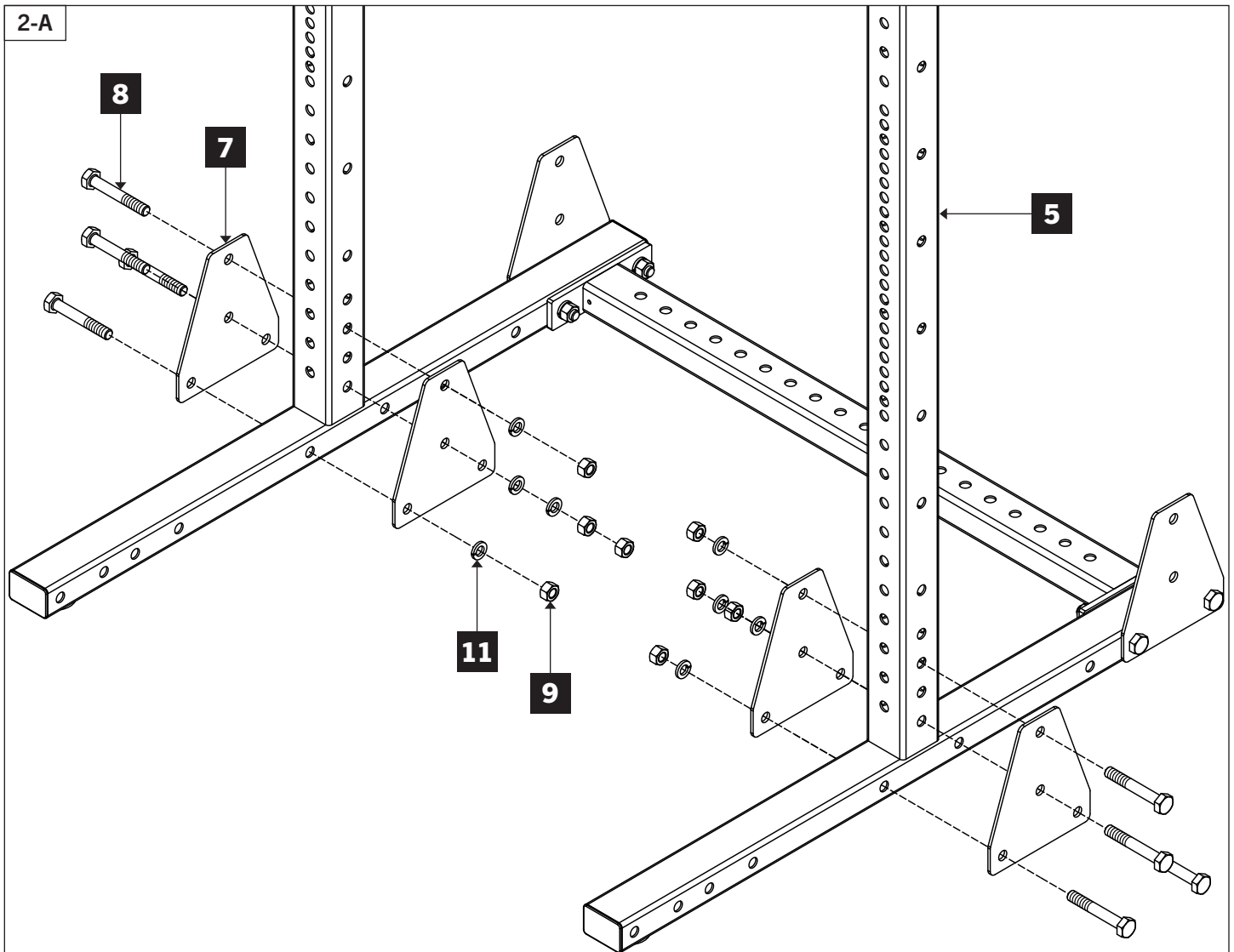
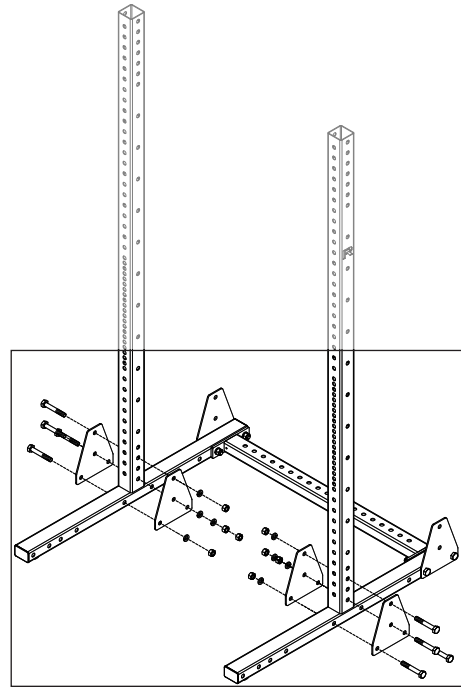


STEP 2

Tools Required:

- None, HAND-TIGHTEN ONLY.

- Bolt Front ML Uprights **5** to base assembled in **STEP 1** using ML Triangle Plates **7**, 5/8" x 4-1/2" Hex Bolts **8**, 5/8" Lock Washers **11**, and 5/8" Hex Nuts **9** as shown.

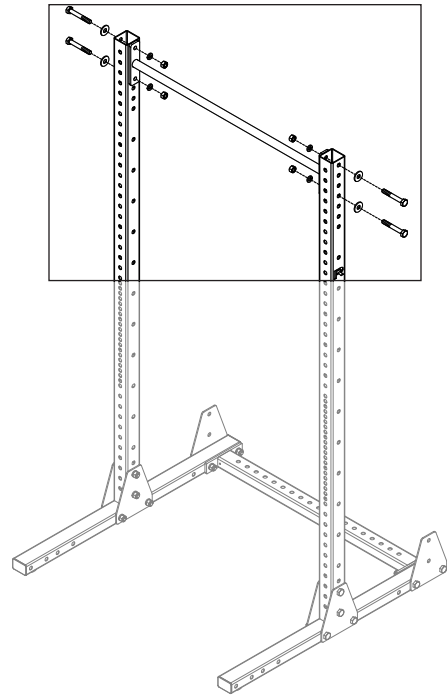


STEP 3

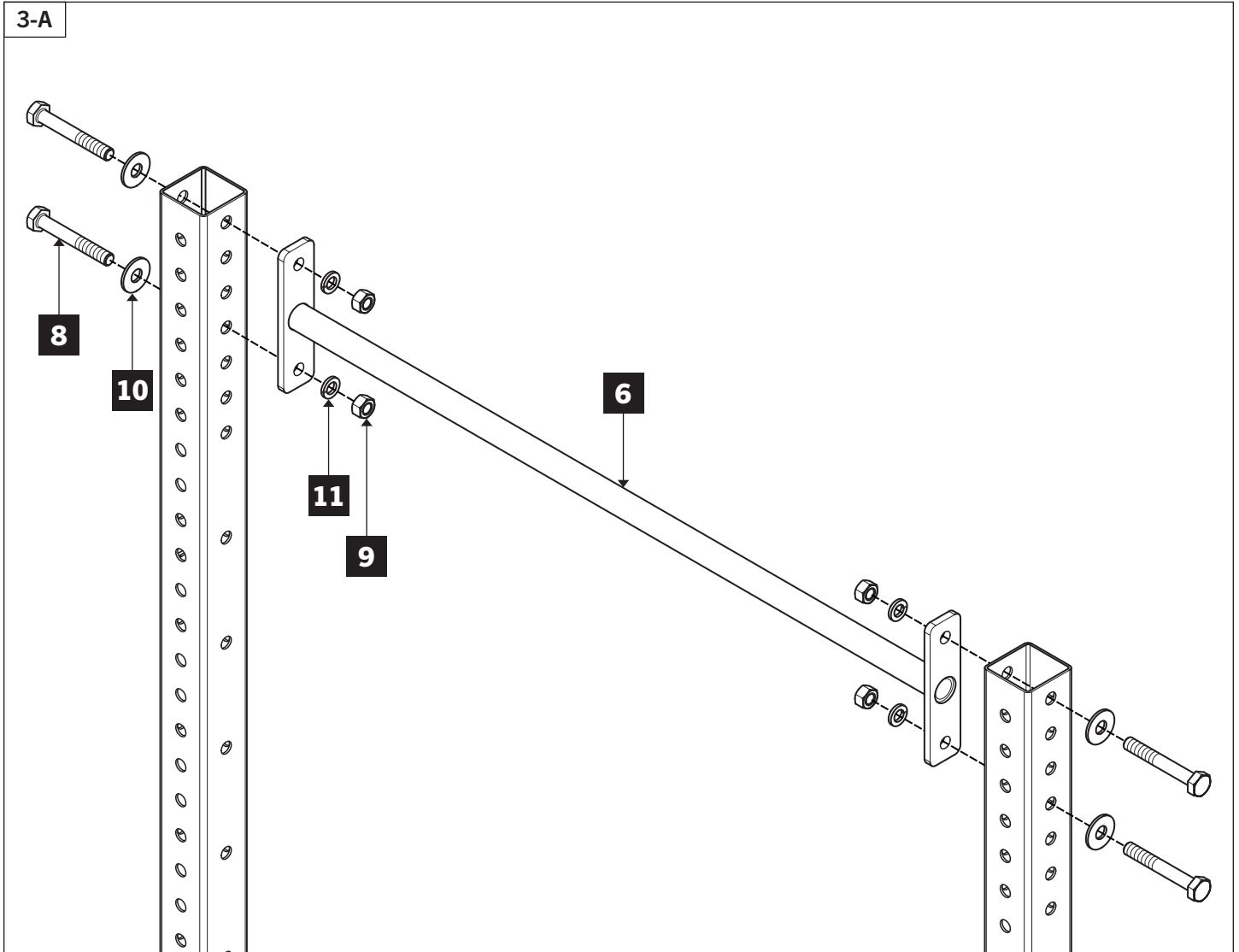
Tools Required:

- None, HAND-TIGHTEN ONLY.

- Bolt 43" Single Pull Up Bar **6** between ML Uprights at desired height using 5/8" x 4-1/2" Hex Bolts **8**, 5/8" Flat Washers **10**, 5/8" Lock Washers **11**, and 5/8" Hex Nuts **9**.



3-A



STEP 4

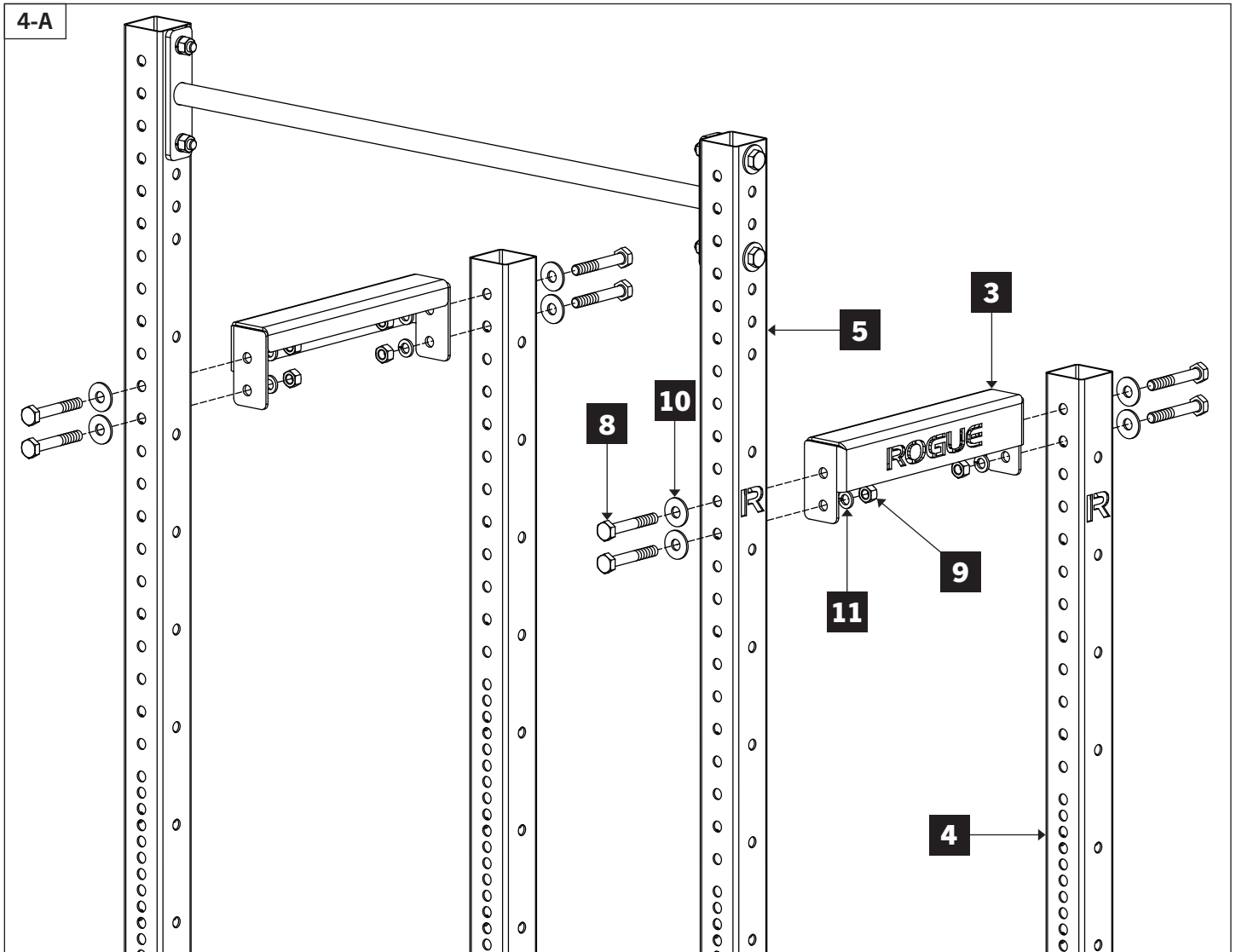
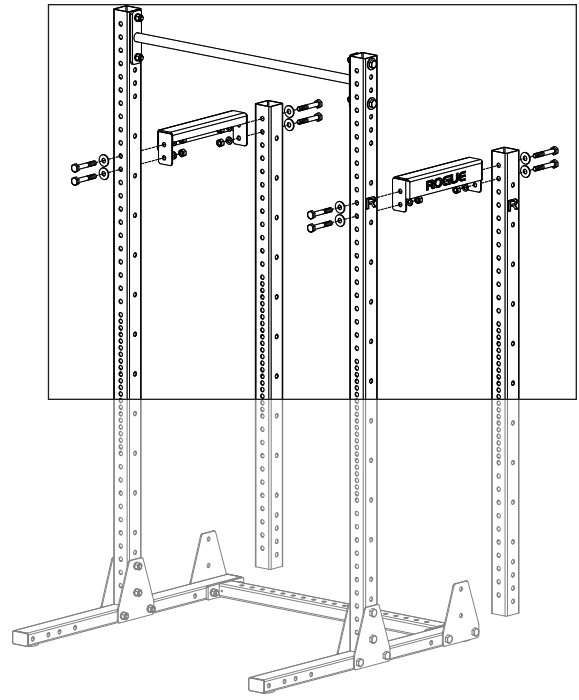
Tools Required:

- None, HAND-TIGHTEN ONLY.

- Bolt 17" ML Formed Crossmembers **3** to both ML Uprights **4** and **5** using 5/8" x 4-1/2" Hex Bolts **8**, 5/8" Flat Washers **10**, 5/8" Lock Washers **11**, and 5/8" Hex Nuts **9** as shown.

Note:

- Ensure Rear ML Uprights sit flush on 48" SML Base Tubes when bolting ML Formed Crossmembers.



STEP 5

Tools Required:

- 15/16" Socket / Wrench
- Bolt Rear ML Uprights **4** to ML Triangle Plates **7** using 5/8" x 4-1/2" Hex Bolts **8**, 5/8" Flat Washers **10**, 5/8" Lock Washers **11**, and 5/8" Hex Nuts **9** as shown.
- Fully tighten ALL hardware from **STEPS 1-5**. Assembly is complete.

