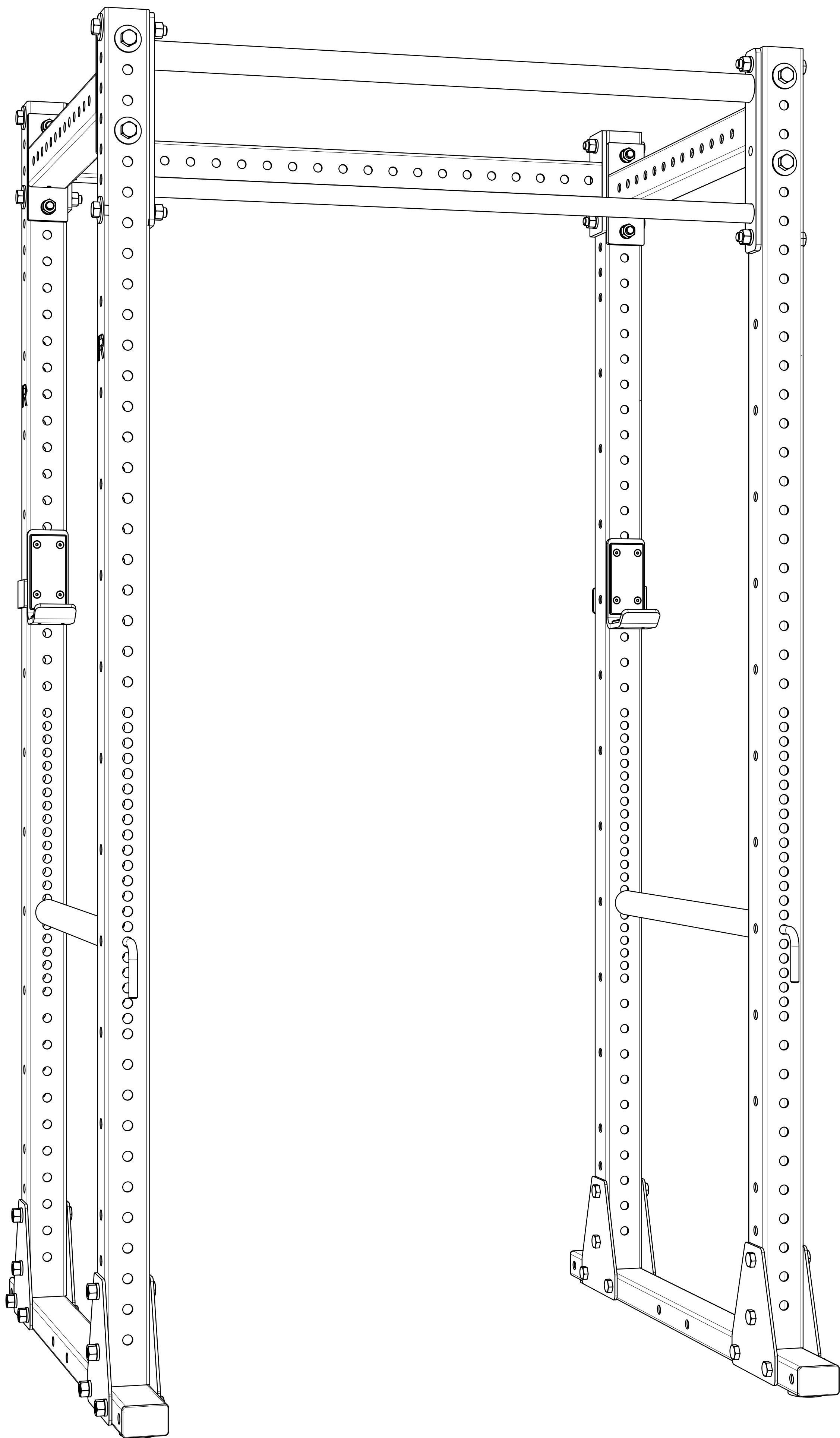


ROGUE®

RML-390F



⚠ IMPORTANT SAFETY INFORMATION

DISCLAIMER:

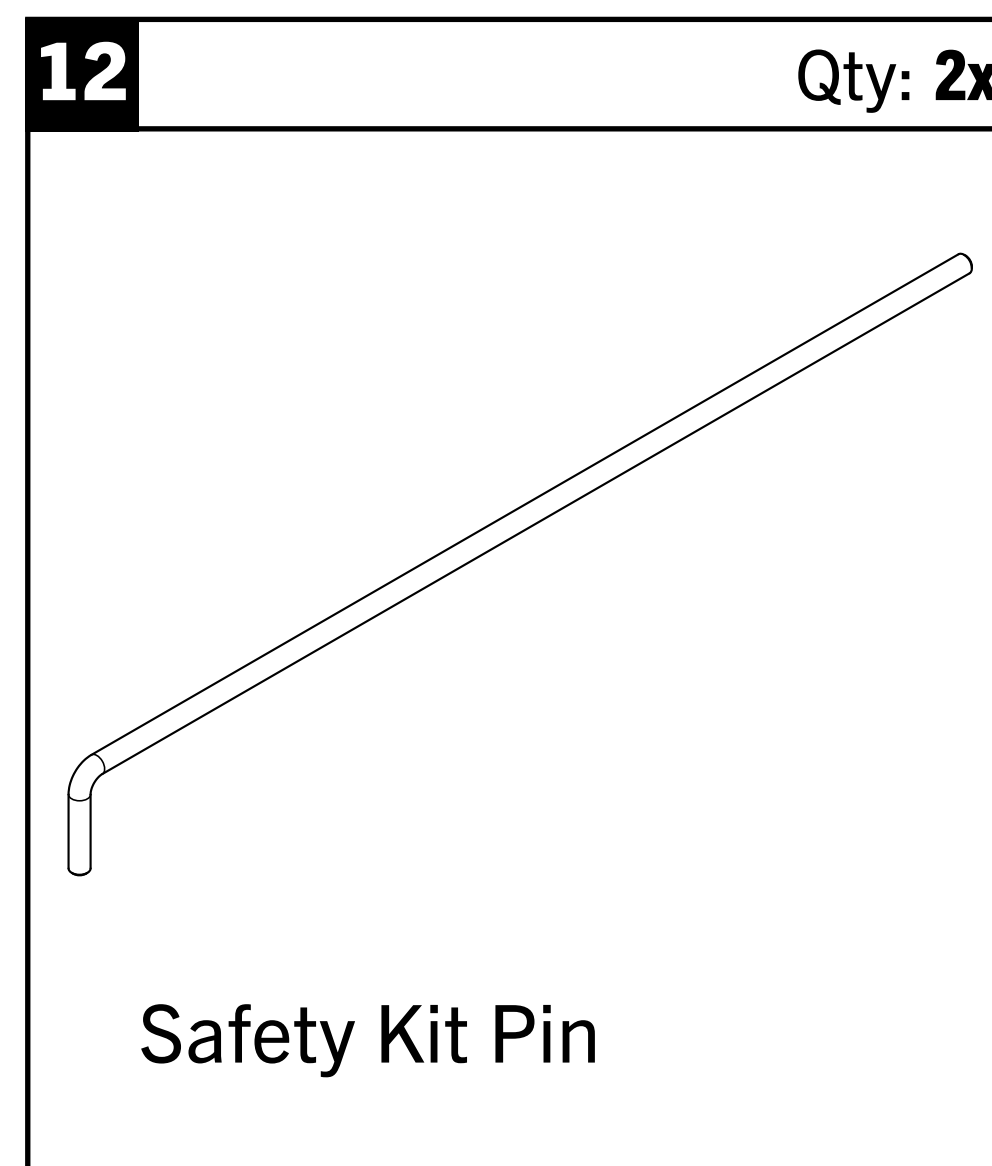
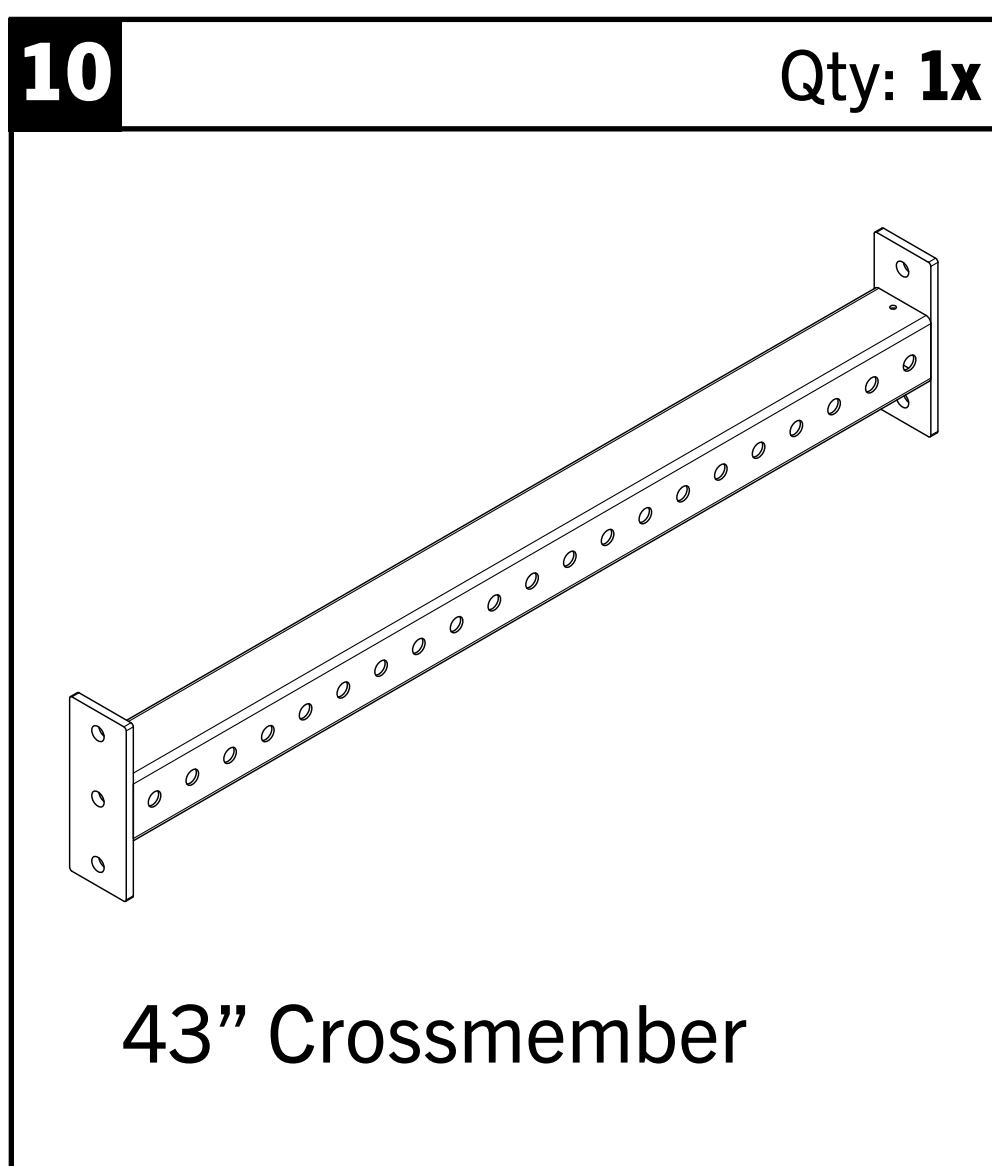
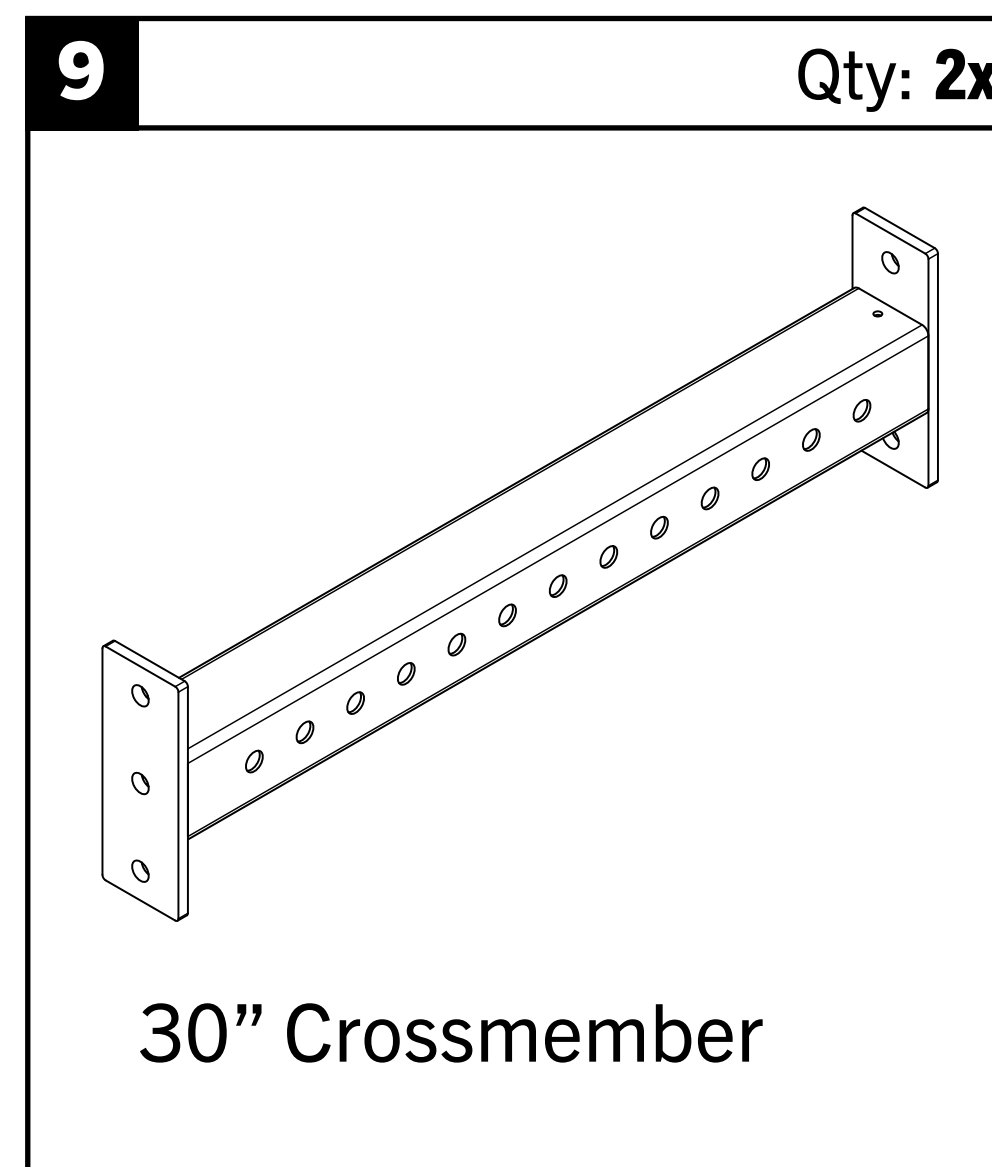
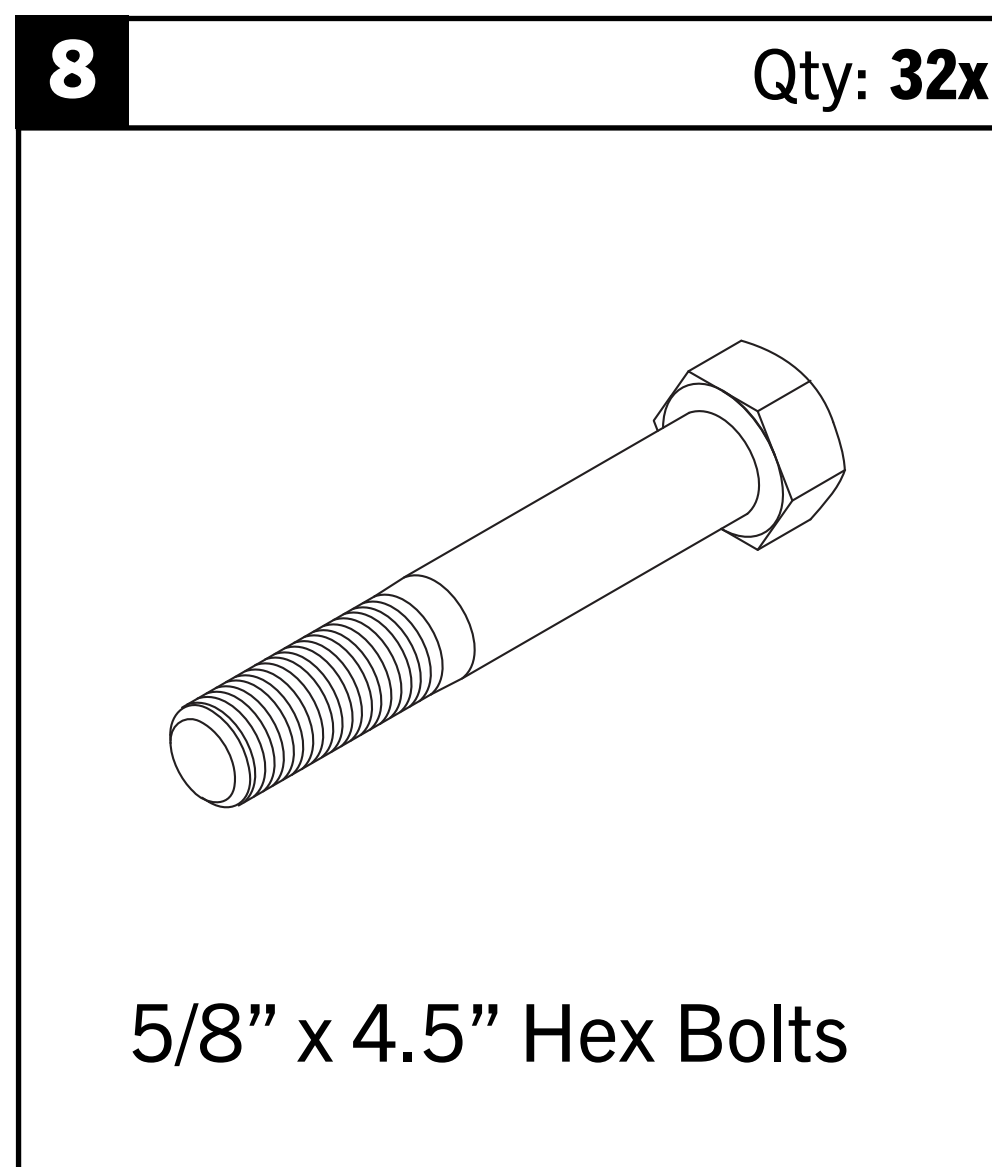
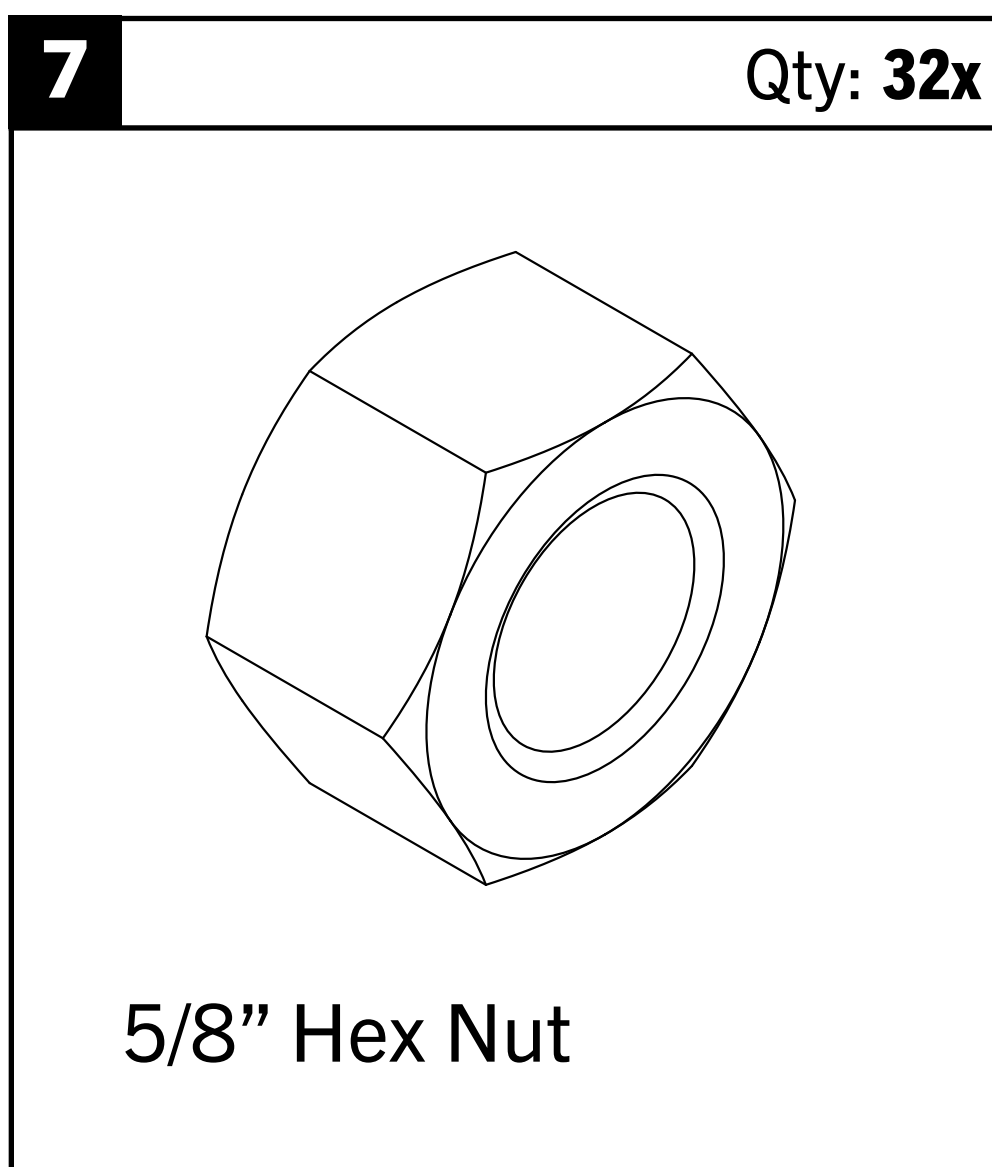
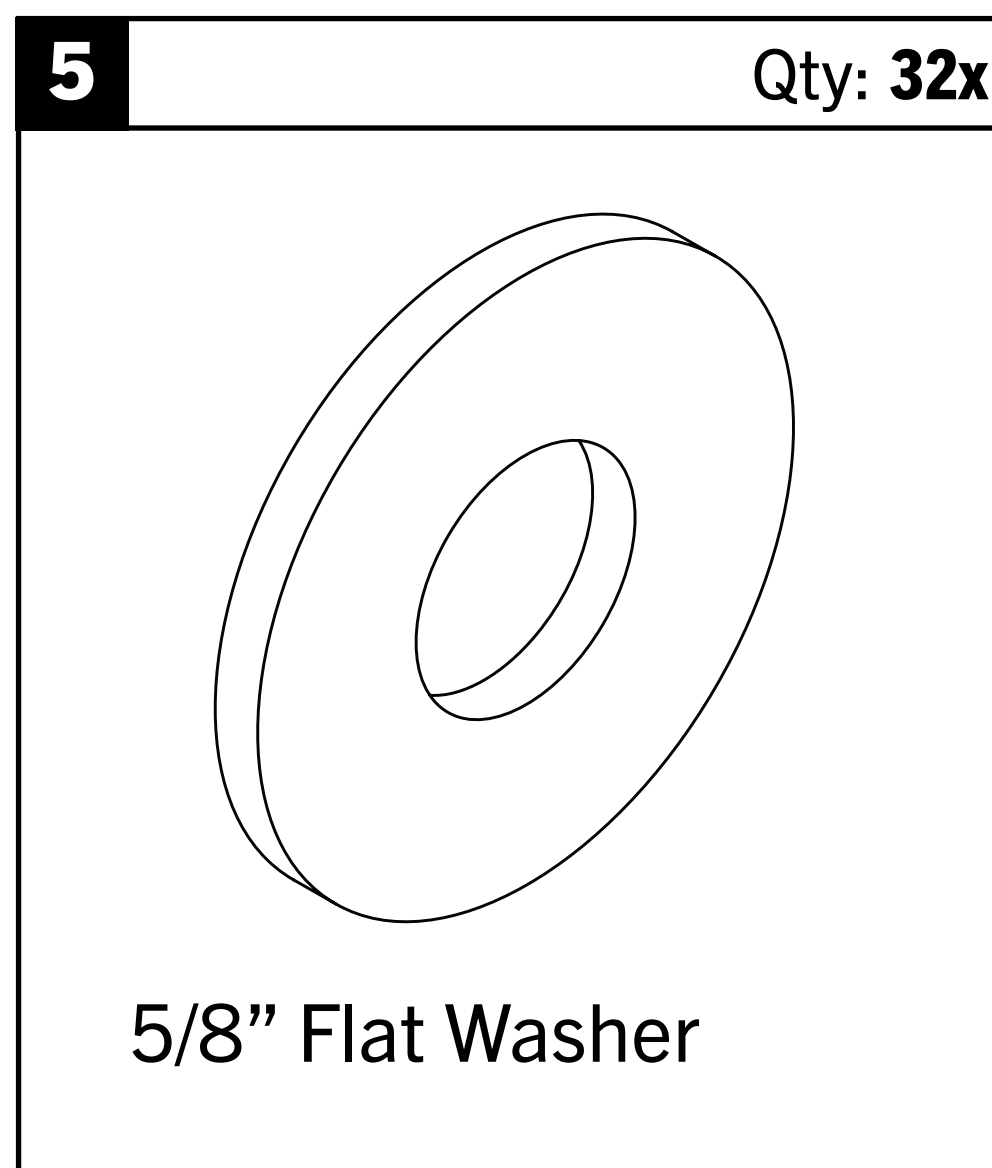
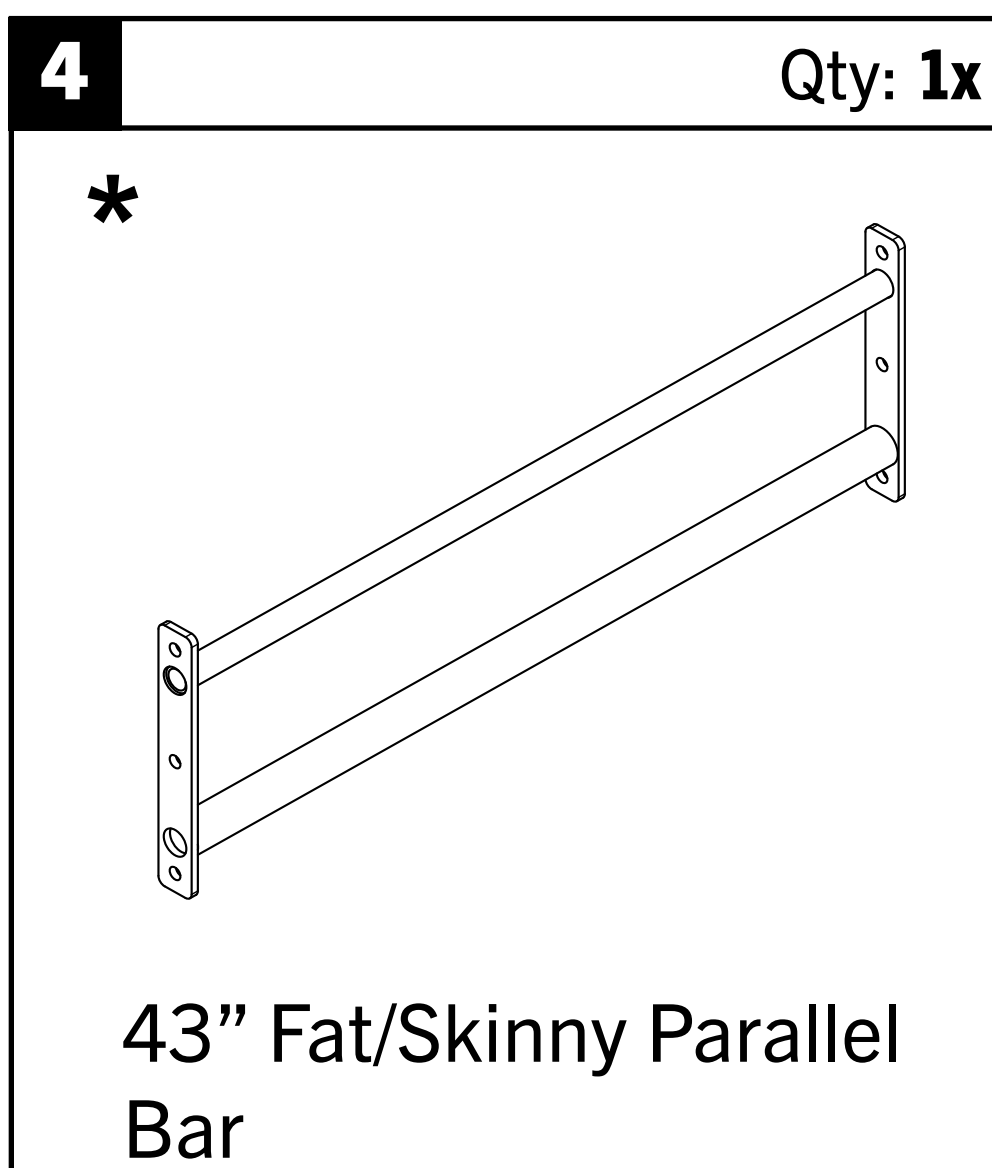
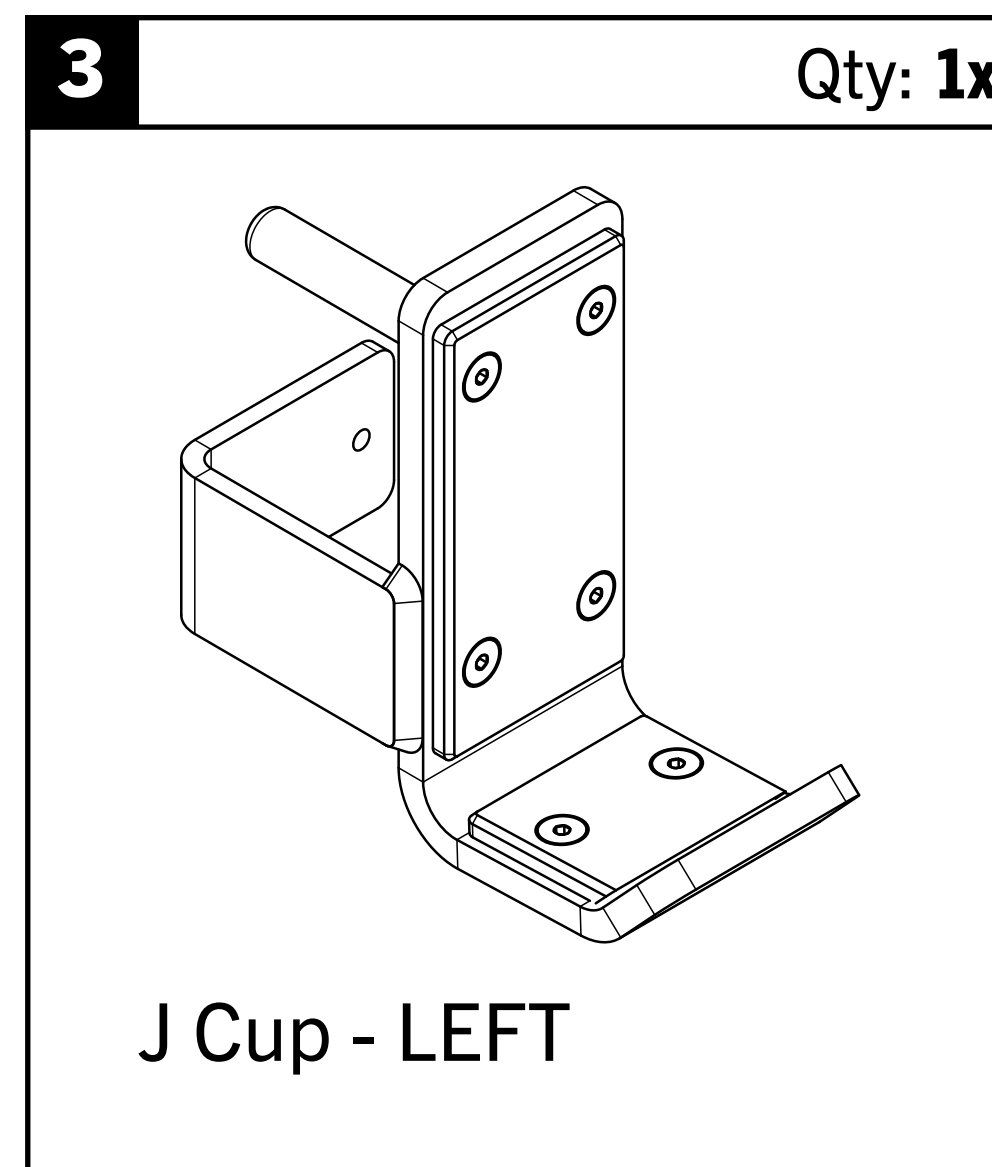
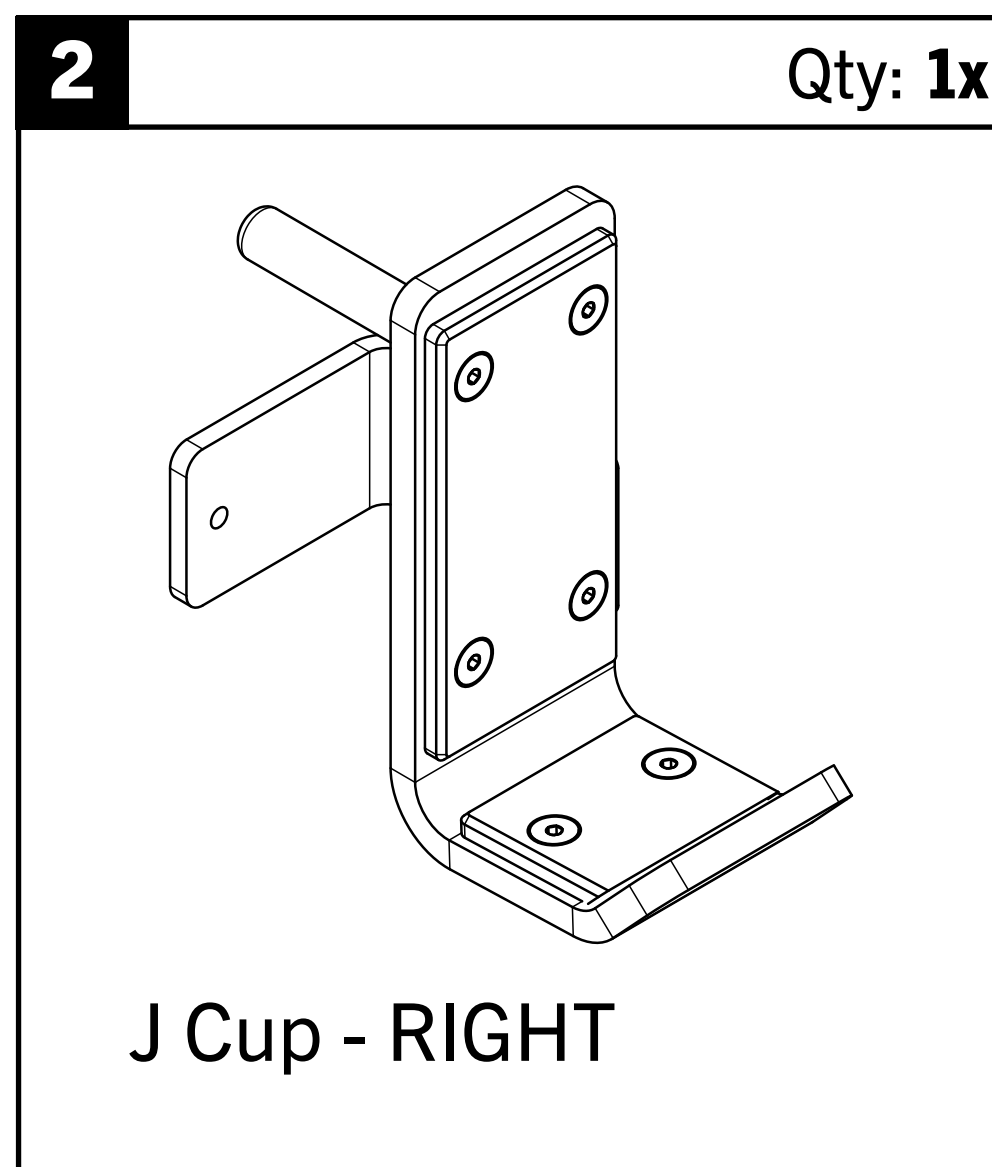
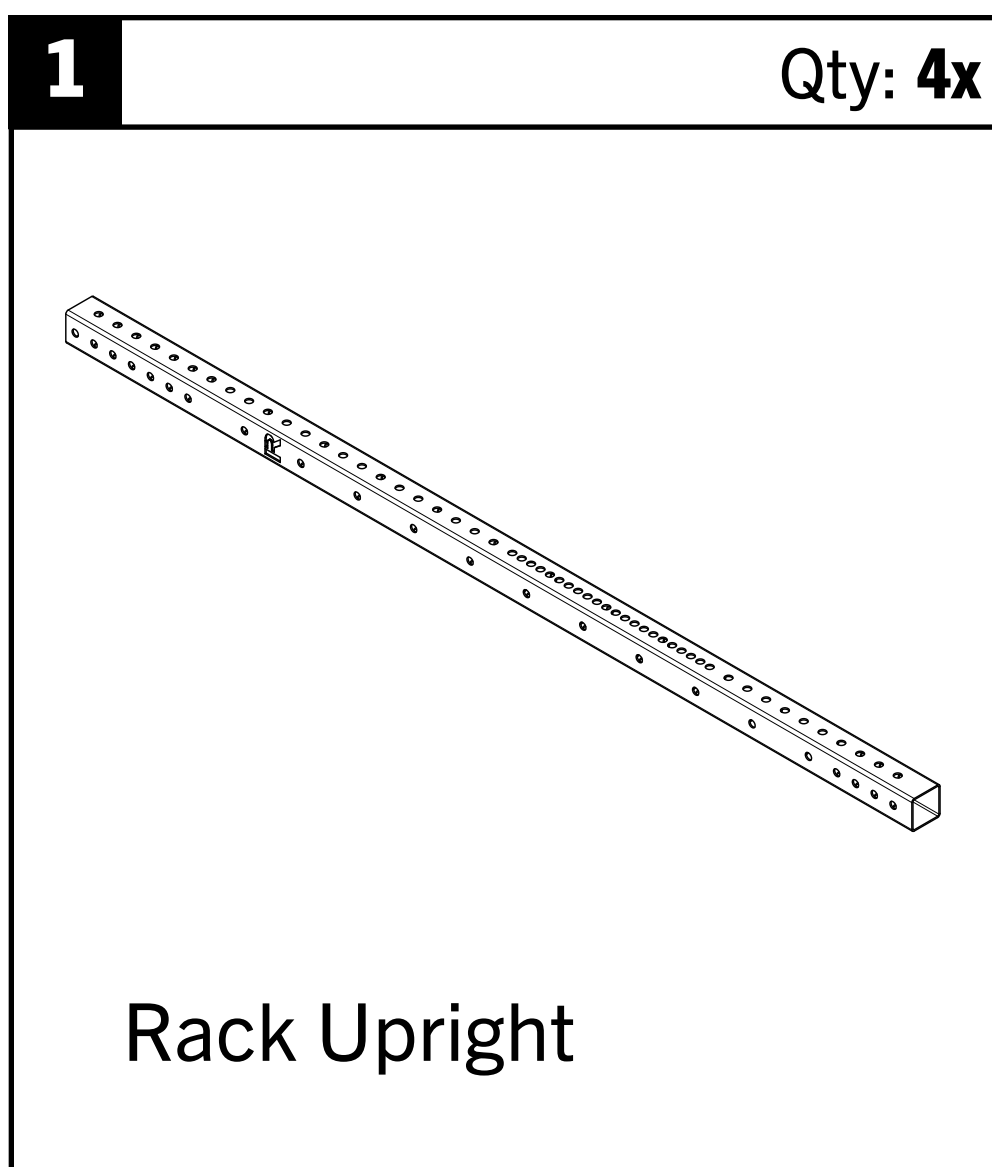
Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to severe injury or even death. Use common sense when training, obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent 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 PRODUCT 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



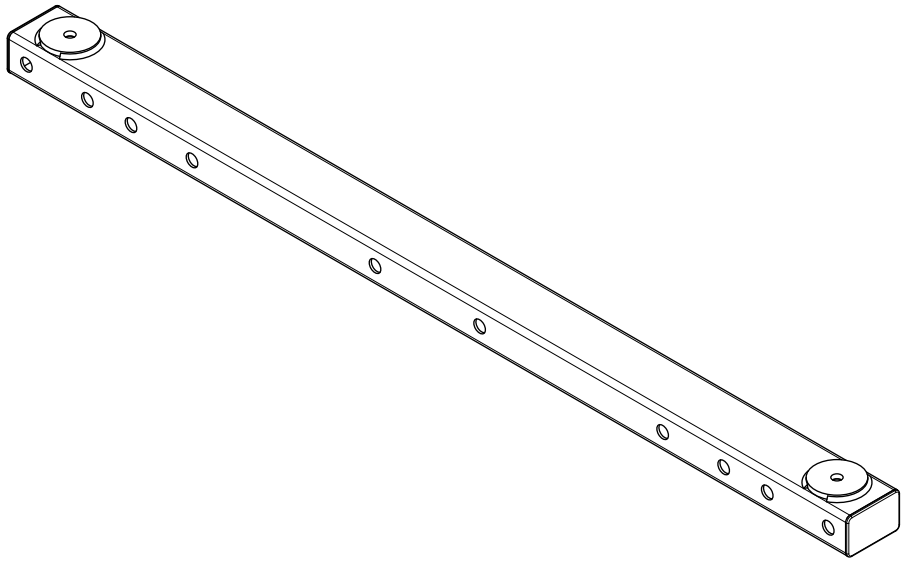
* Selection made at checkout.

INCLUDED PARTS

Note: Images not shown at scale

13

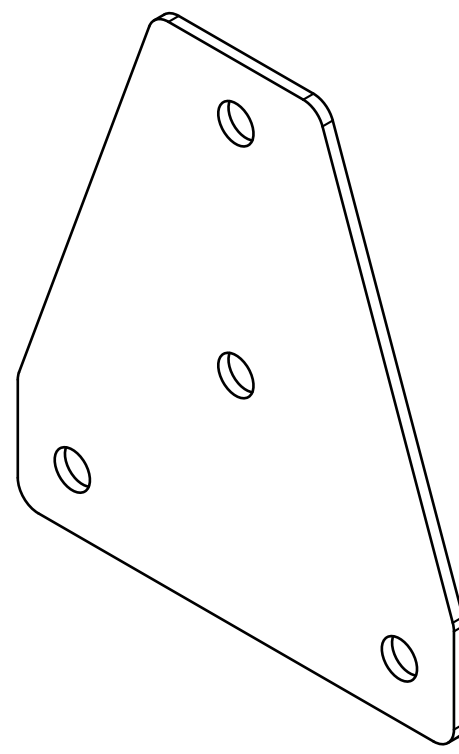
Qty: **2x**



Base Feet

14

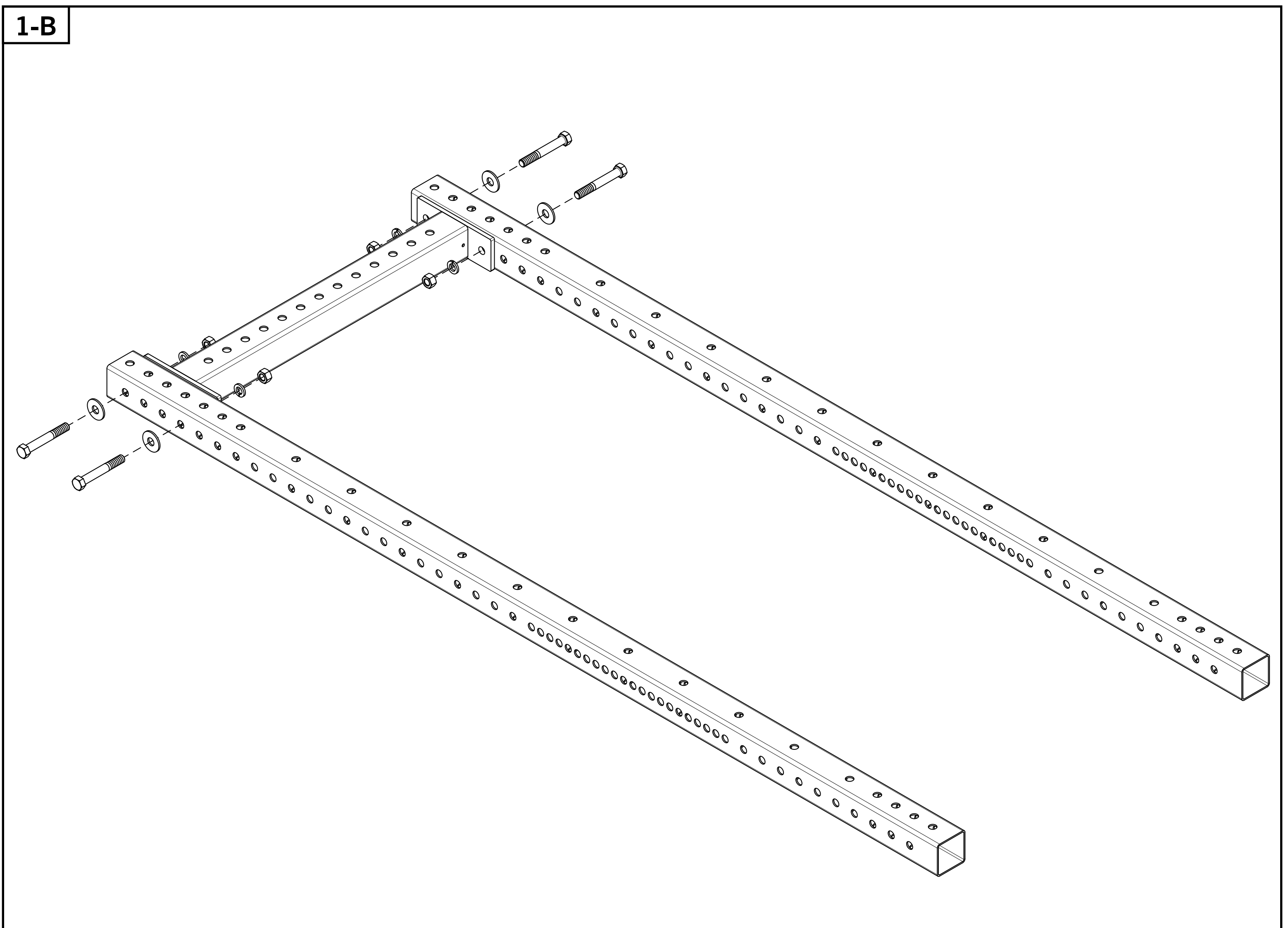
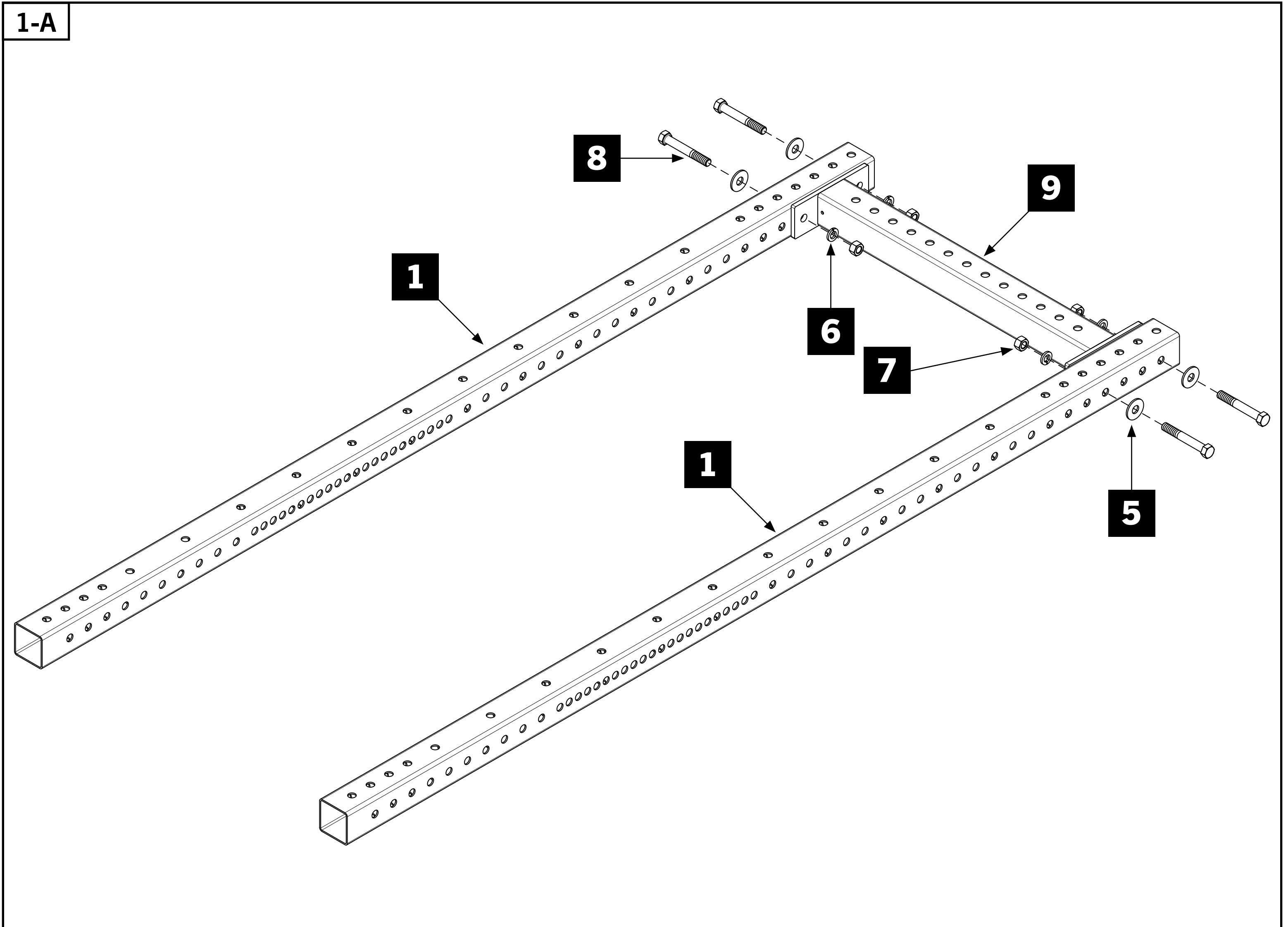
Qty: **8x**



Triangle Plate

STEP 1

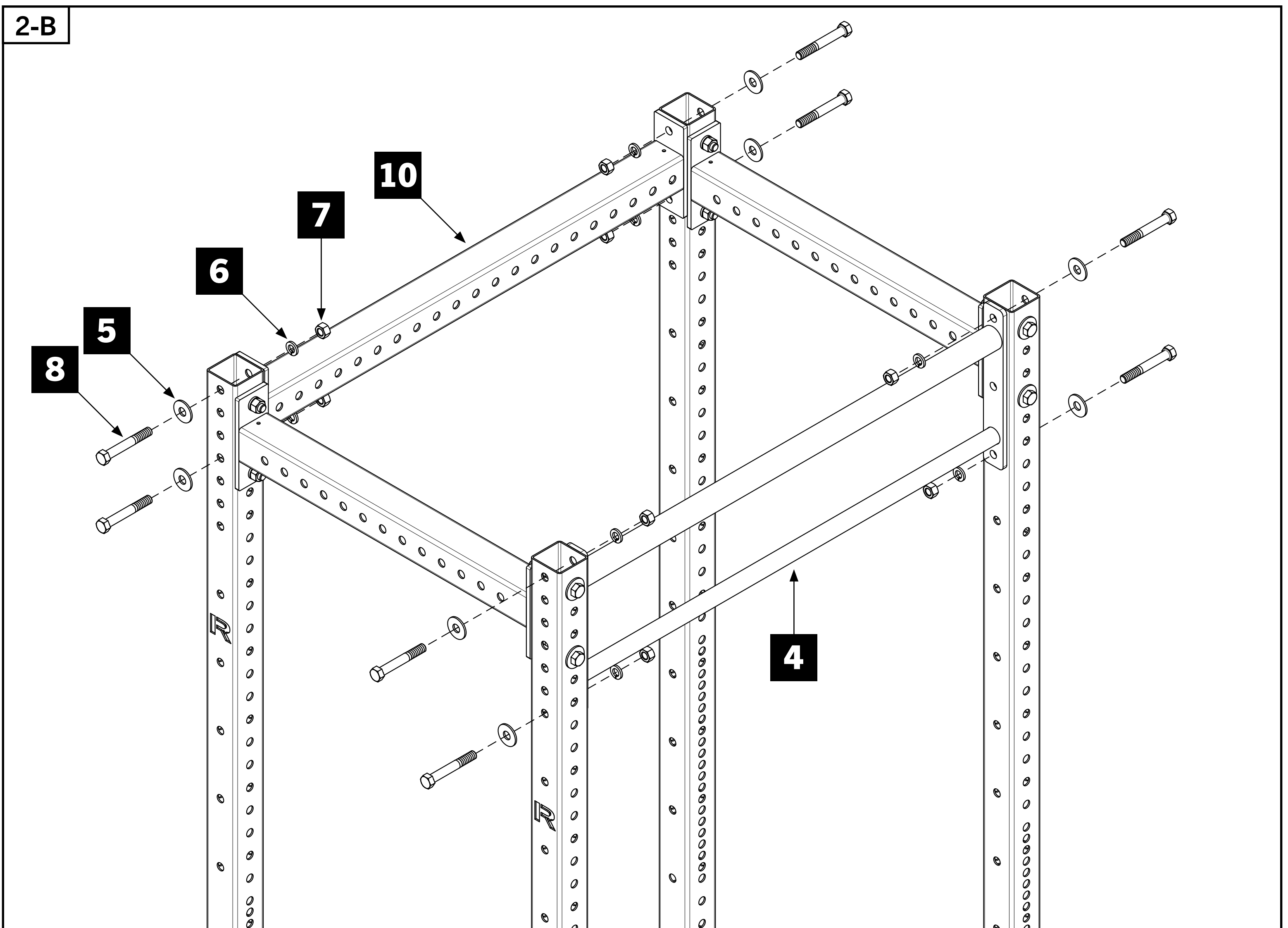
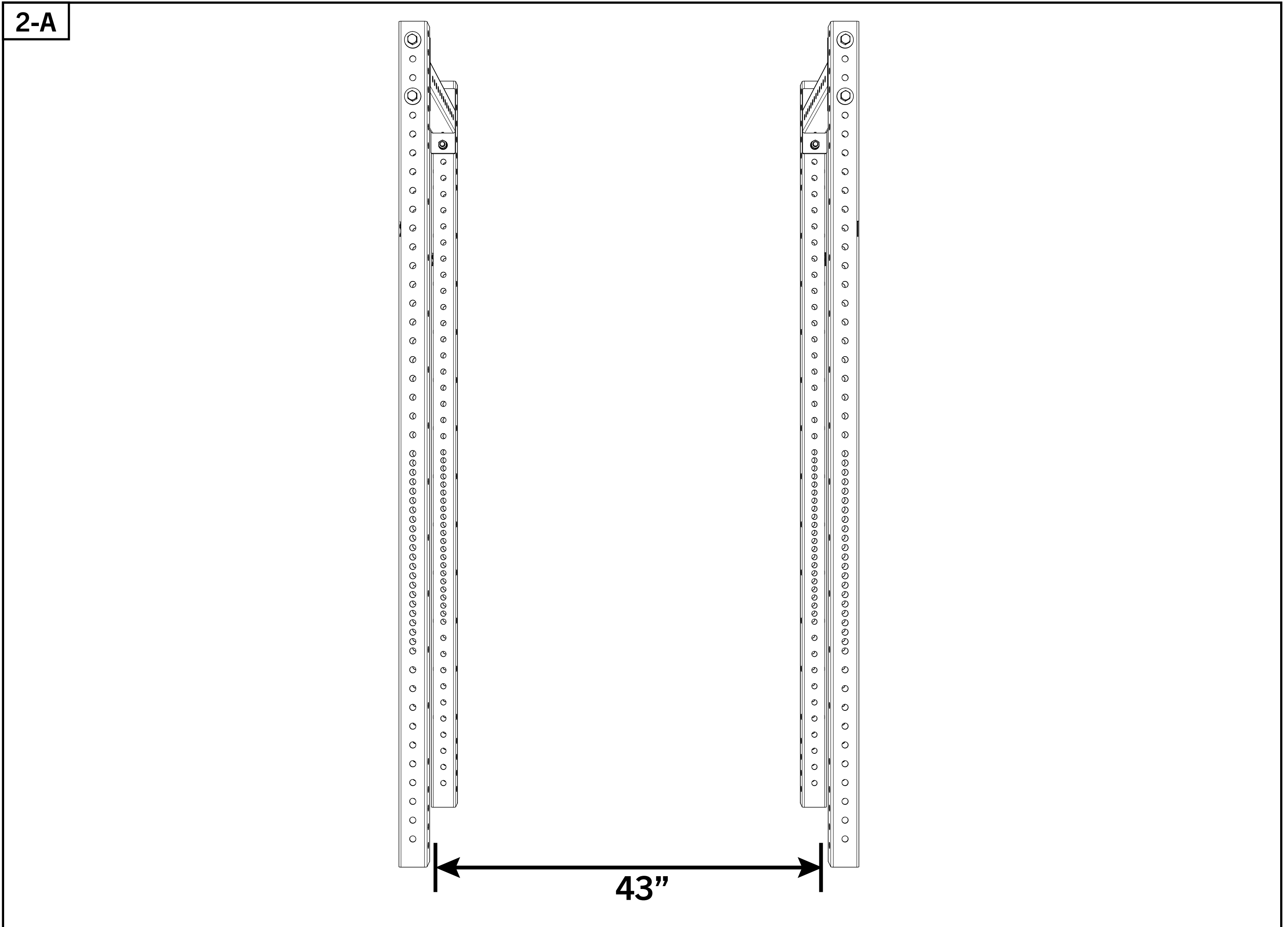
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Bolt Uprights [1] to 30" Crossmembers [9] using 5/8" x 4.5" Hex Bolts [8], 5/8" Flat Washers [5], 5/8" Lock Washers [6], and 5/8" Hex Nuts [7].
- **HAND TIGHTEN ONLY.**



STEP 2

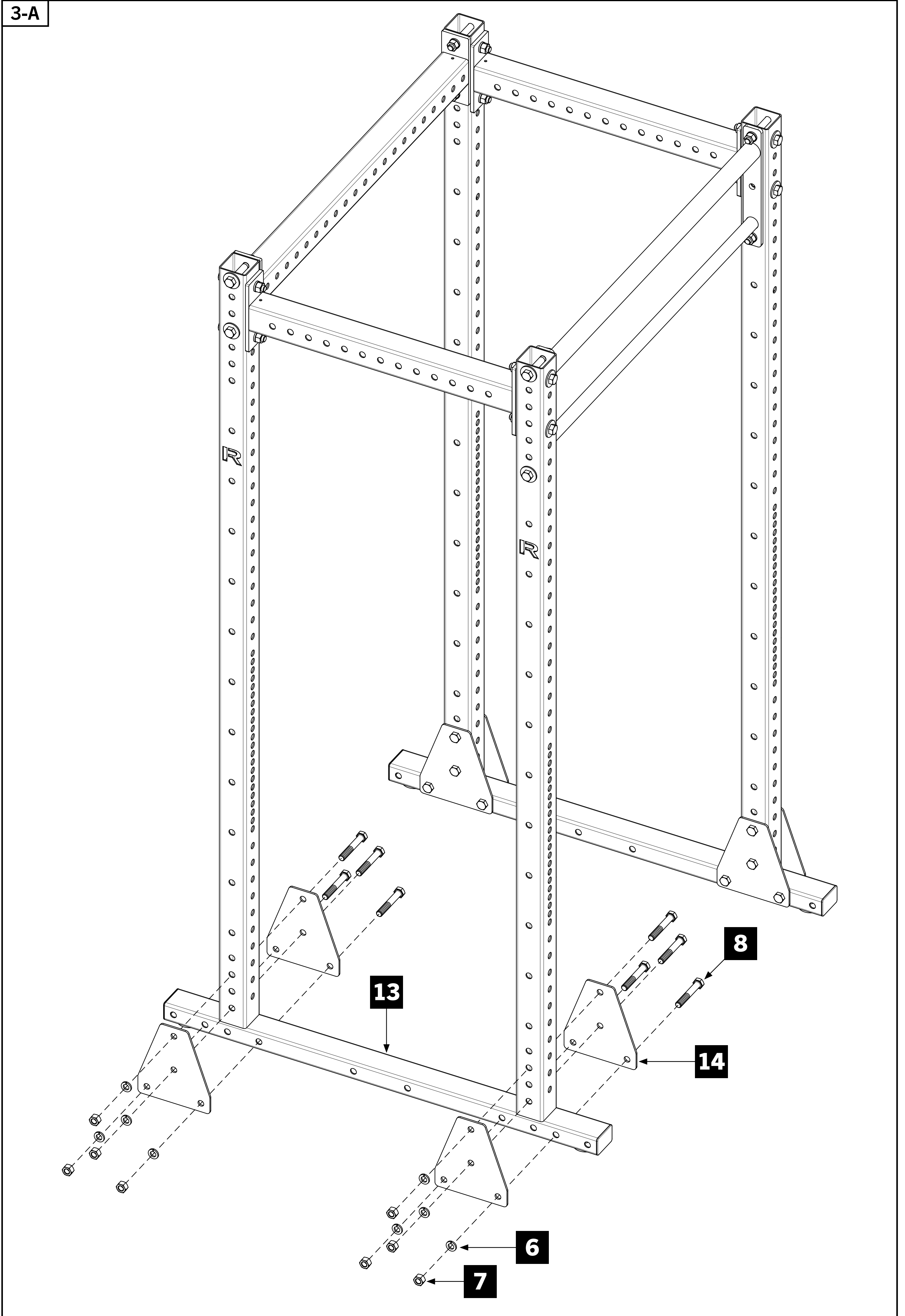
- One or two people should stabilize both panels, ensuring panels don't fall while another person assembles the spanning Crossmembers in **2-B**.
- For ease of assembly, ensure rack panels are 43" apart as shown in **2-A**.

- Bolt the 43" Fat/Skinny Parallel Bar [4] and the 43" Crossmember [10] to Uprights [1] using 5/8" x 4.5" Hex Bolts [8], 5/8" Flat Washers [5], 5/8" Lock Washers [6], and 5/8" Hex Nuts [7].
- **Bolts Hand Tight Only.**



STEP 3

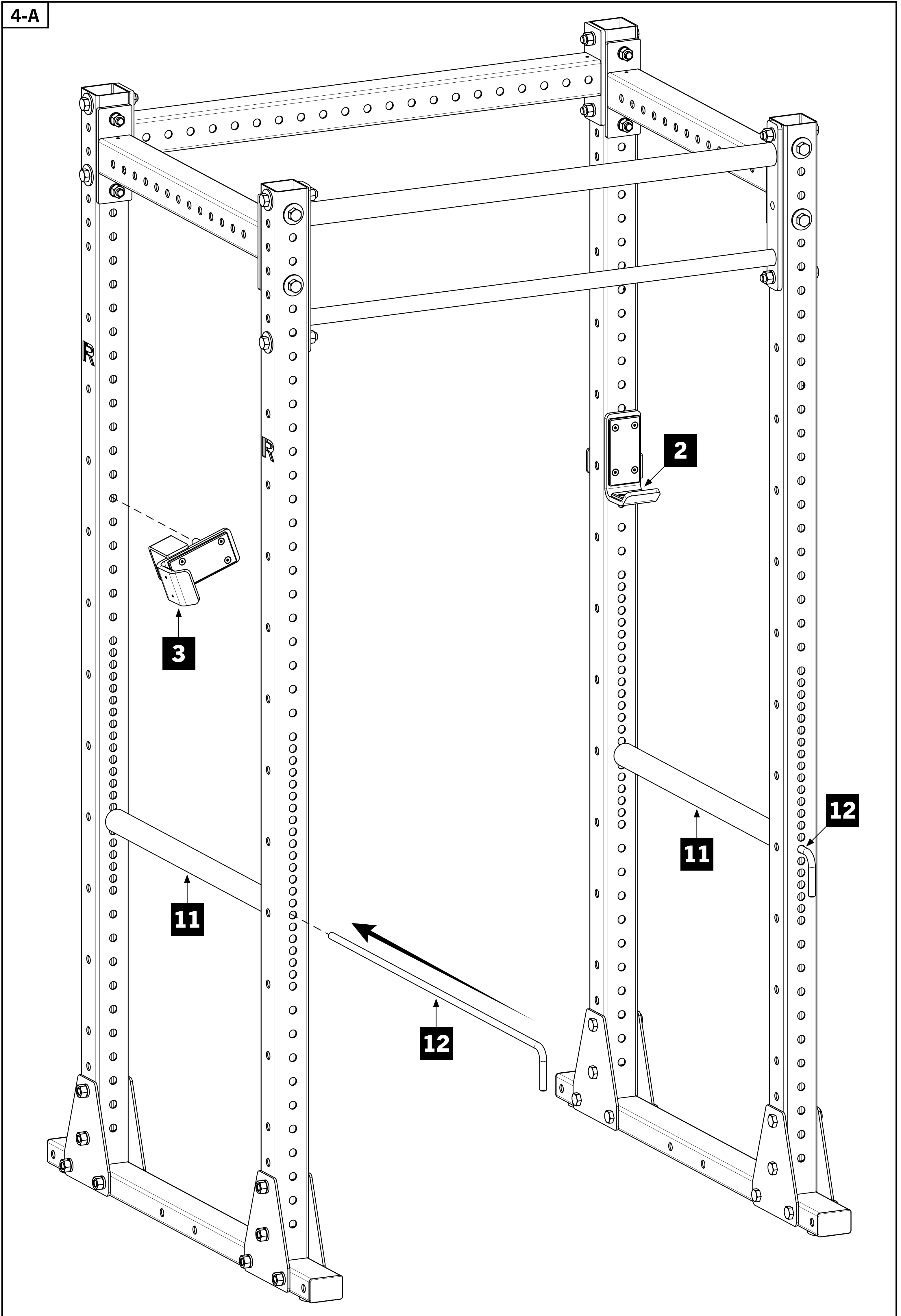
- Attach Base Feet [13] to Uprights using Triangle Plates [14] with 5/8" x 4.5" Hex Bolts [8], 5/8" Lock Washers [6], and 5/8" Hex Nuts [7].
- Ensure head of Hex Bolts are positioned inside of Rack as shown.



STEP 4

- Attach the Safety Kit Pipe [11] to each side of the Rack by inserting the Safety Kit Pin [12] through both the Safety Kit Pipe [11] and the Rack, securing it in place.
- Attach J Cup - LEFT and RIGHT [2,3] to rear Rack Uprights [1] as shown.
- Ensure each J Cup [2,3] is securely attached before use.

- **FULLY TIGHTEN ALL HARDWARE.**
- **Warning: Band Pegs and Safety Spotter Arms should NOT be used with this Flat Foot Rack.**



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