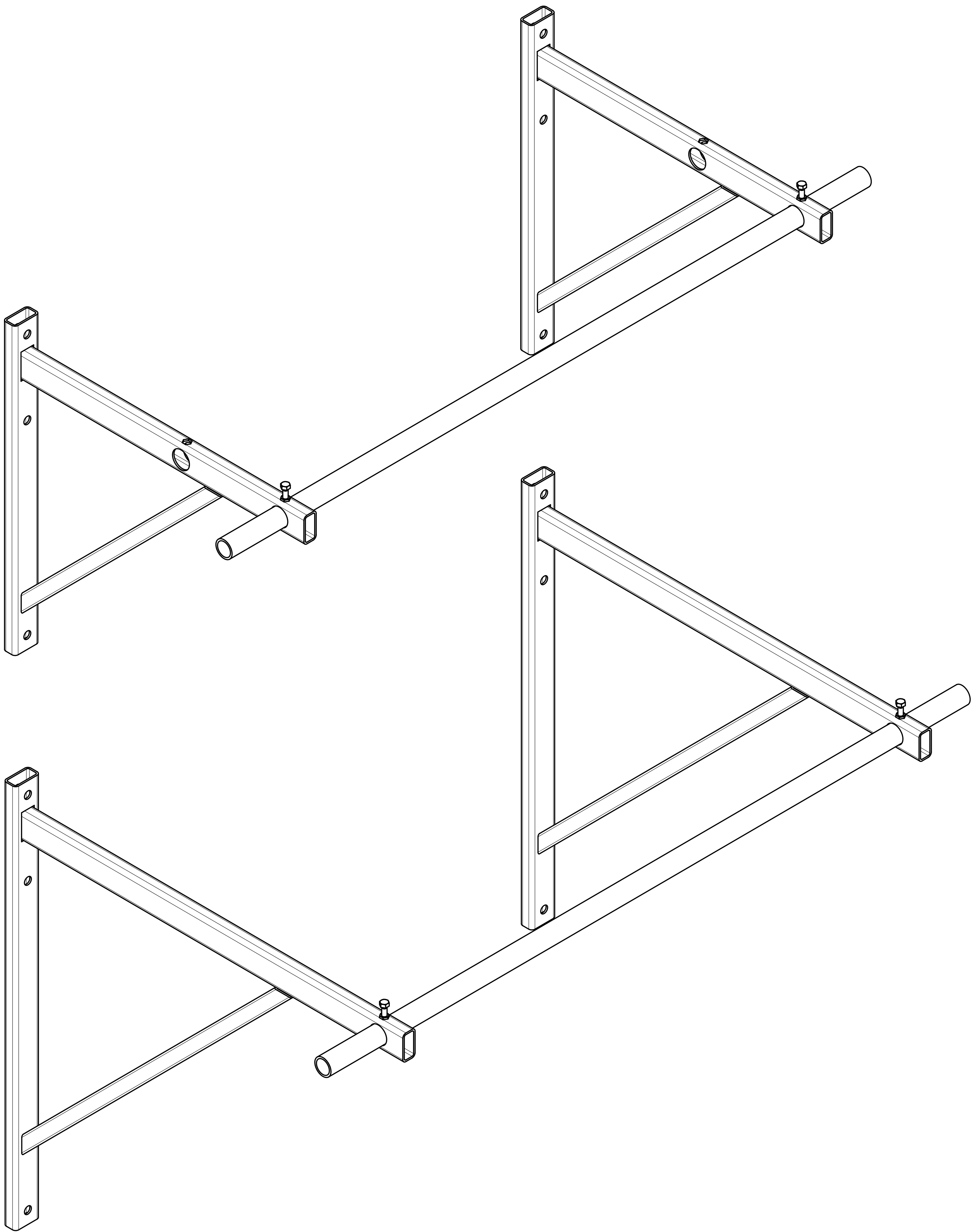


# ROGUE®

# P-3/4 PULL UP BAR



## **⚠ IMPORTANT SAFETY INFORMATION**

### **DISCLAIMER:**

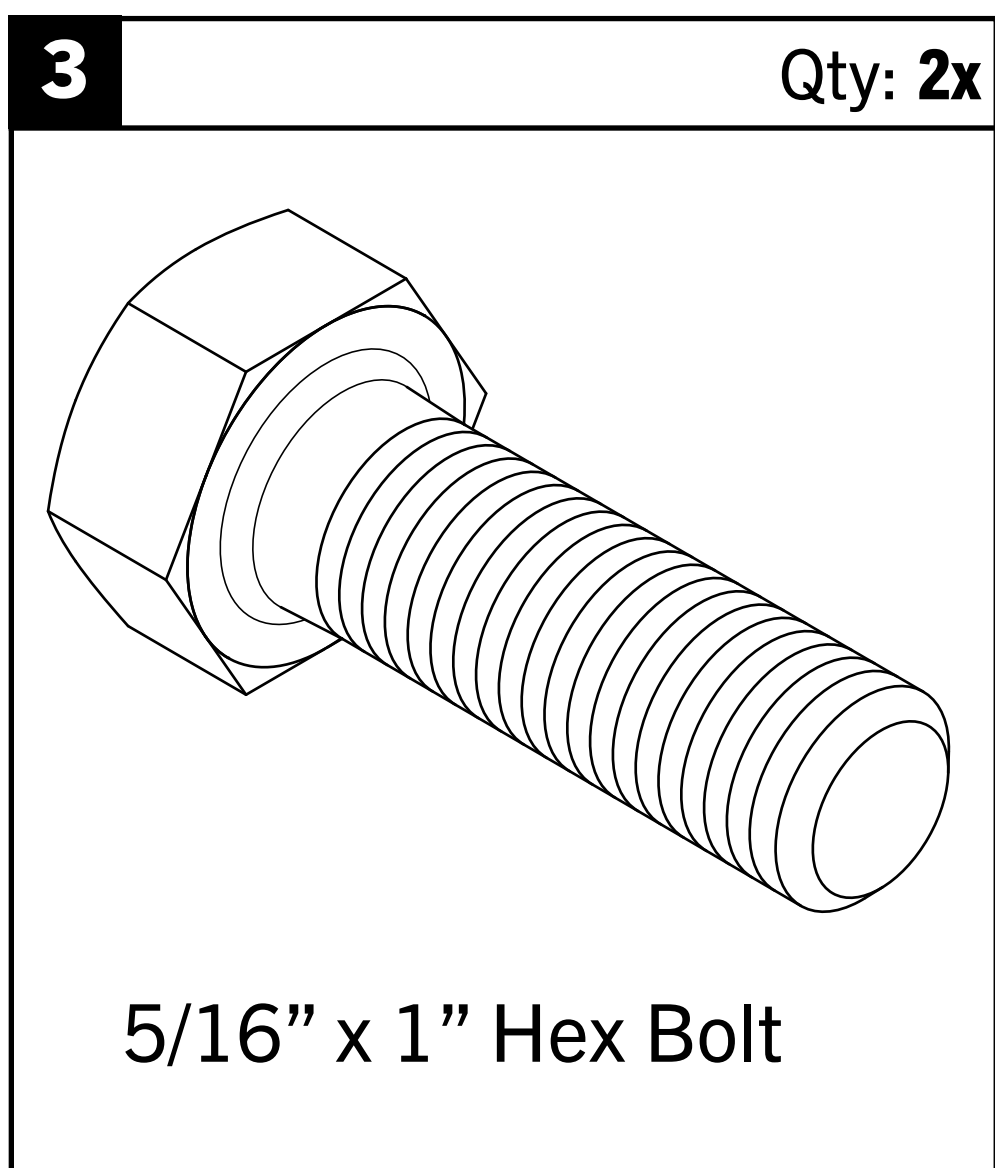
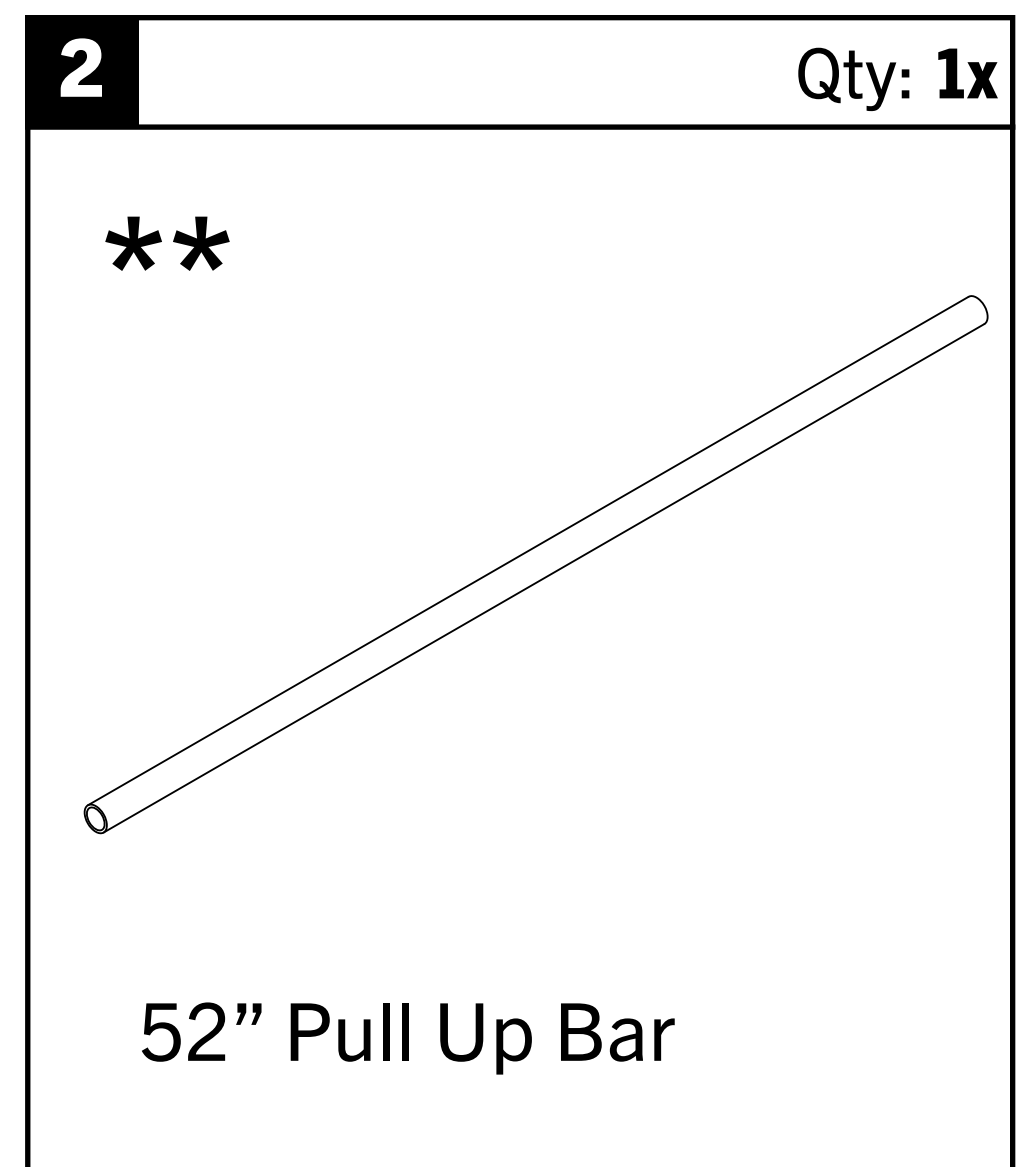
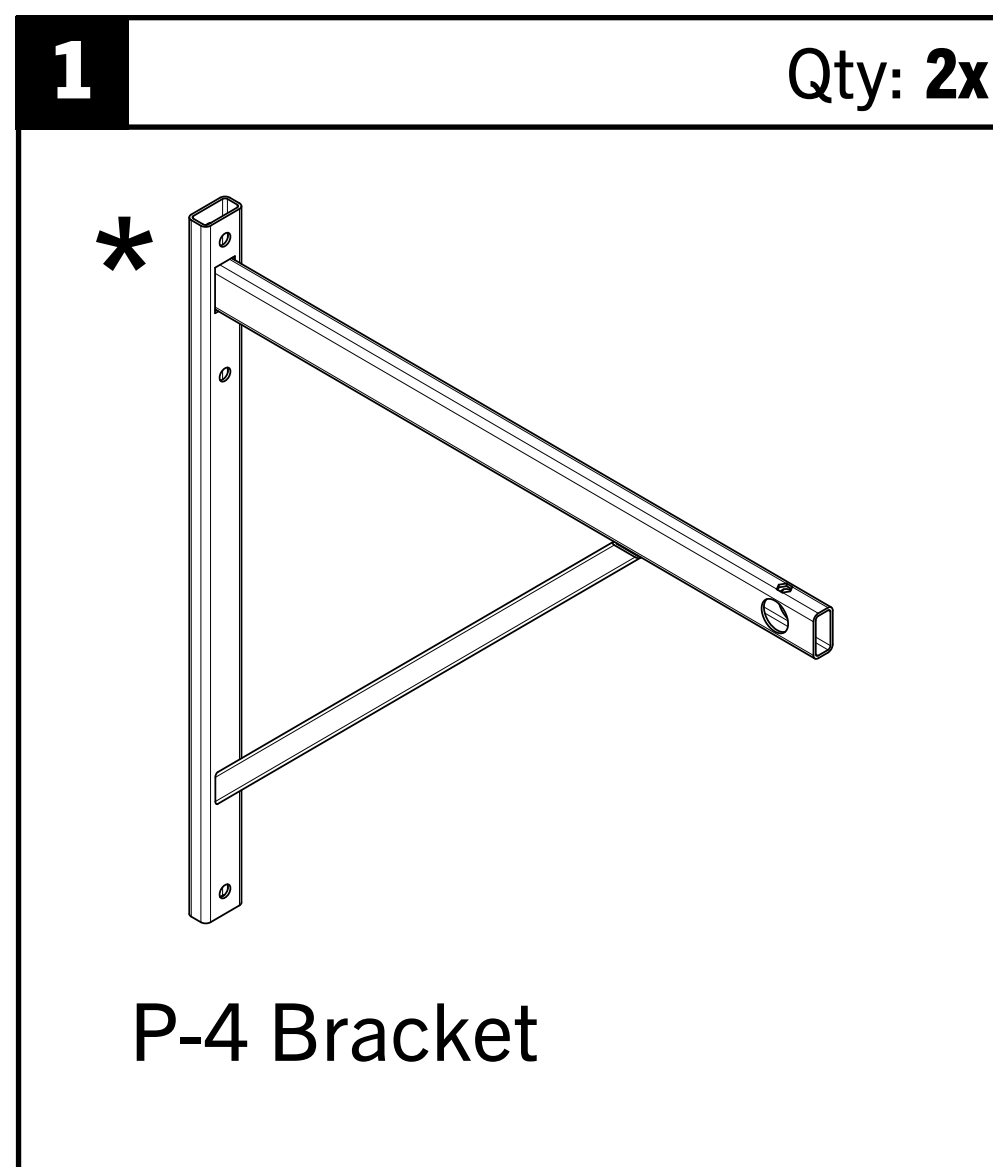
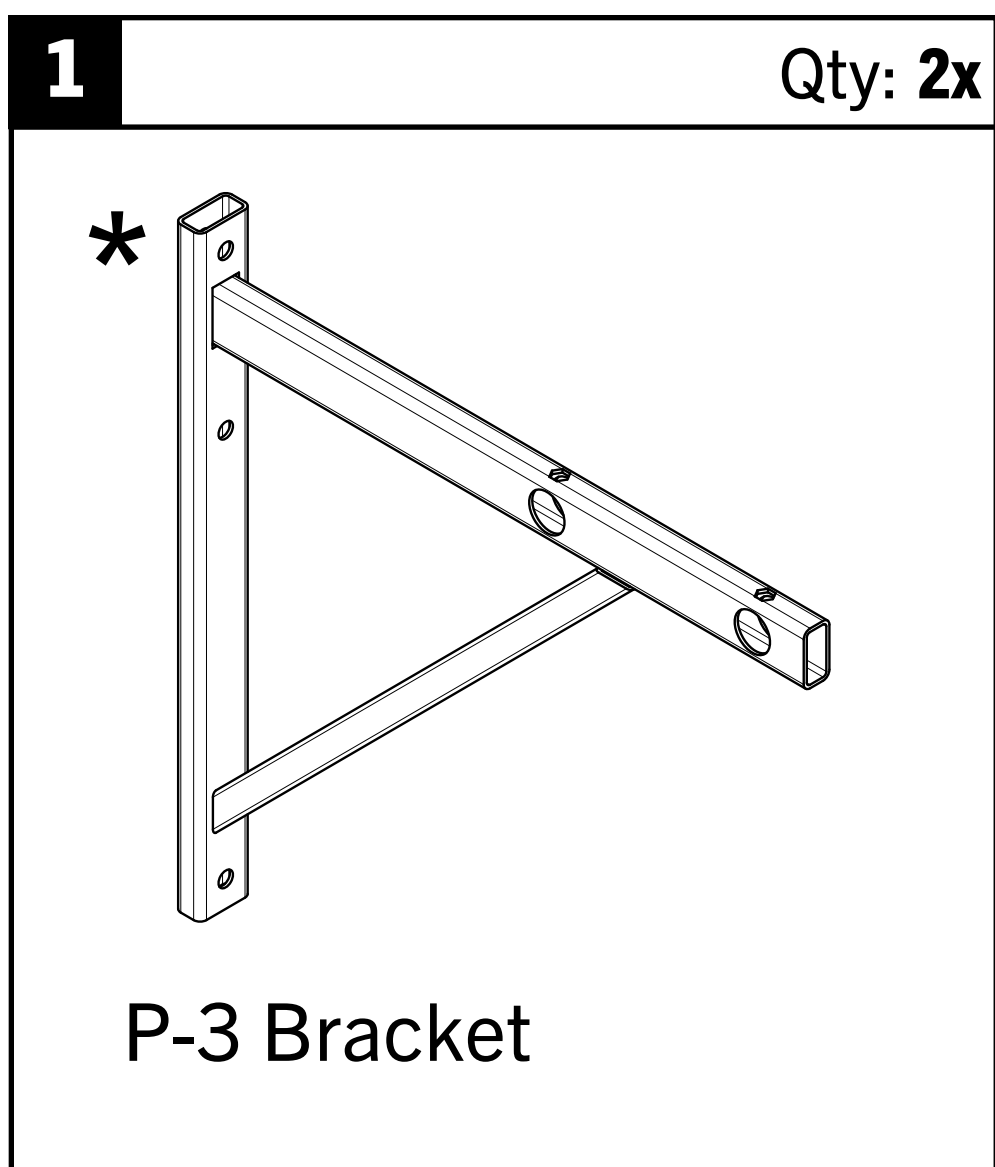
Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to severe injury or even death. Use common sense when training, obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent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



\* You will receive the P-3 or P-4 bracket based on your selection at checkout.

\*\* The 52" Pull-Up Bar is included only with the full Garage Pull Up System and is not included with Bracket Pair or Sets.

# STEP 1

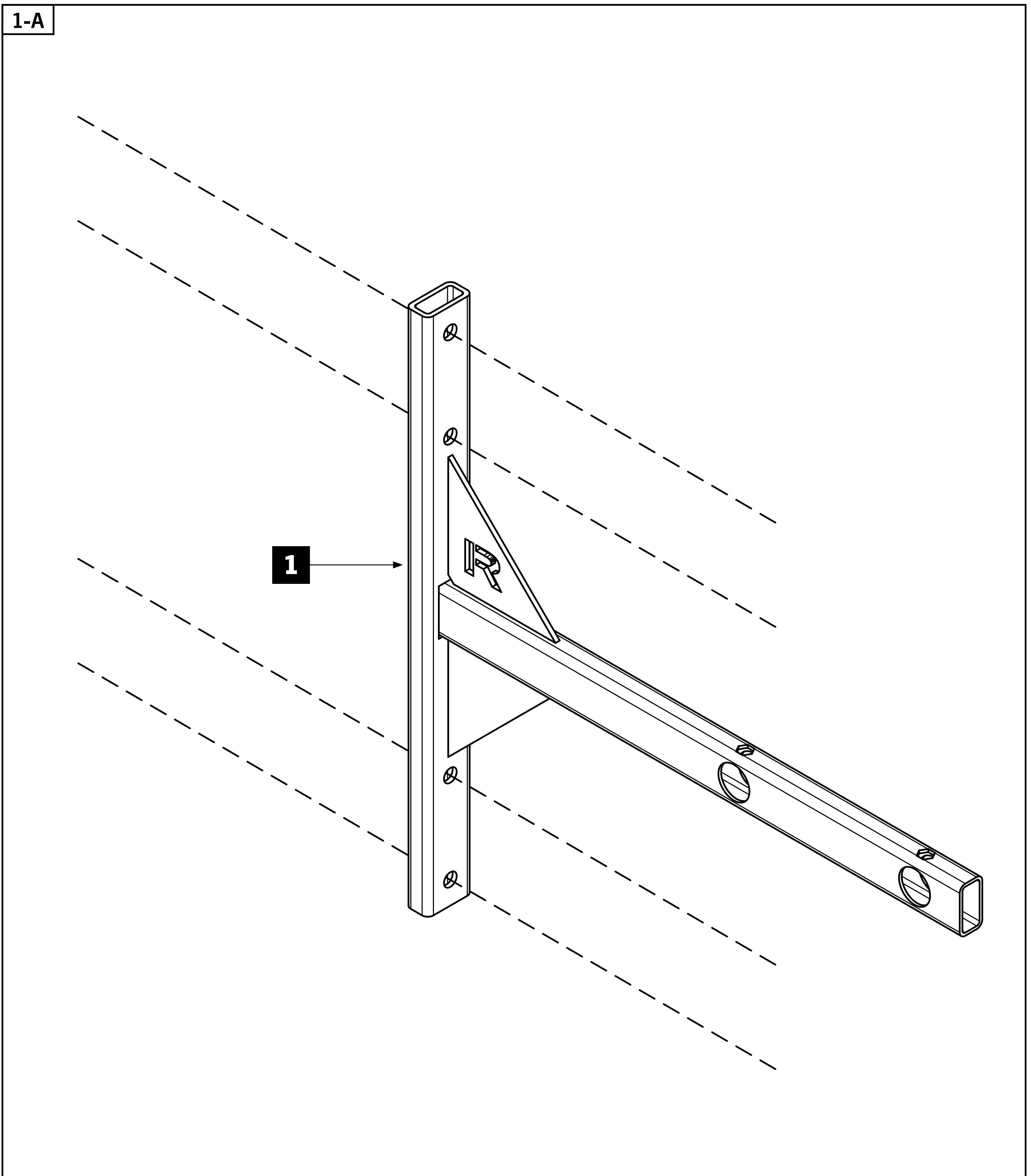
- Note: P-3 Brackets shown. Same instructions apply for P-4.
- Mount Brackets [1] to wall / ceiling at desired location.
- Drill pilot hole in concrete/wood for the top center hole in bracket (shown in figure). Tighten down lag screw/concrete anchor. **DO NOT OVERTIGHTEN.**
- Bracket mounting hole size is 9/16" dia.

## SUGGESTED HARDWARE:

- Wood Stud Wall: 3/8" or 1/2" x 4.5" Wood Lag
- Solid Concrete Wall: 3/8" or 1/2" x 4.5" Concrete Anchor
- Repeat process for remaining three holes ensuring the unit is vertical as you put in the second anchor point.

## NOTES:

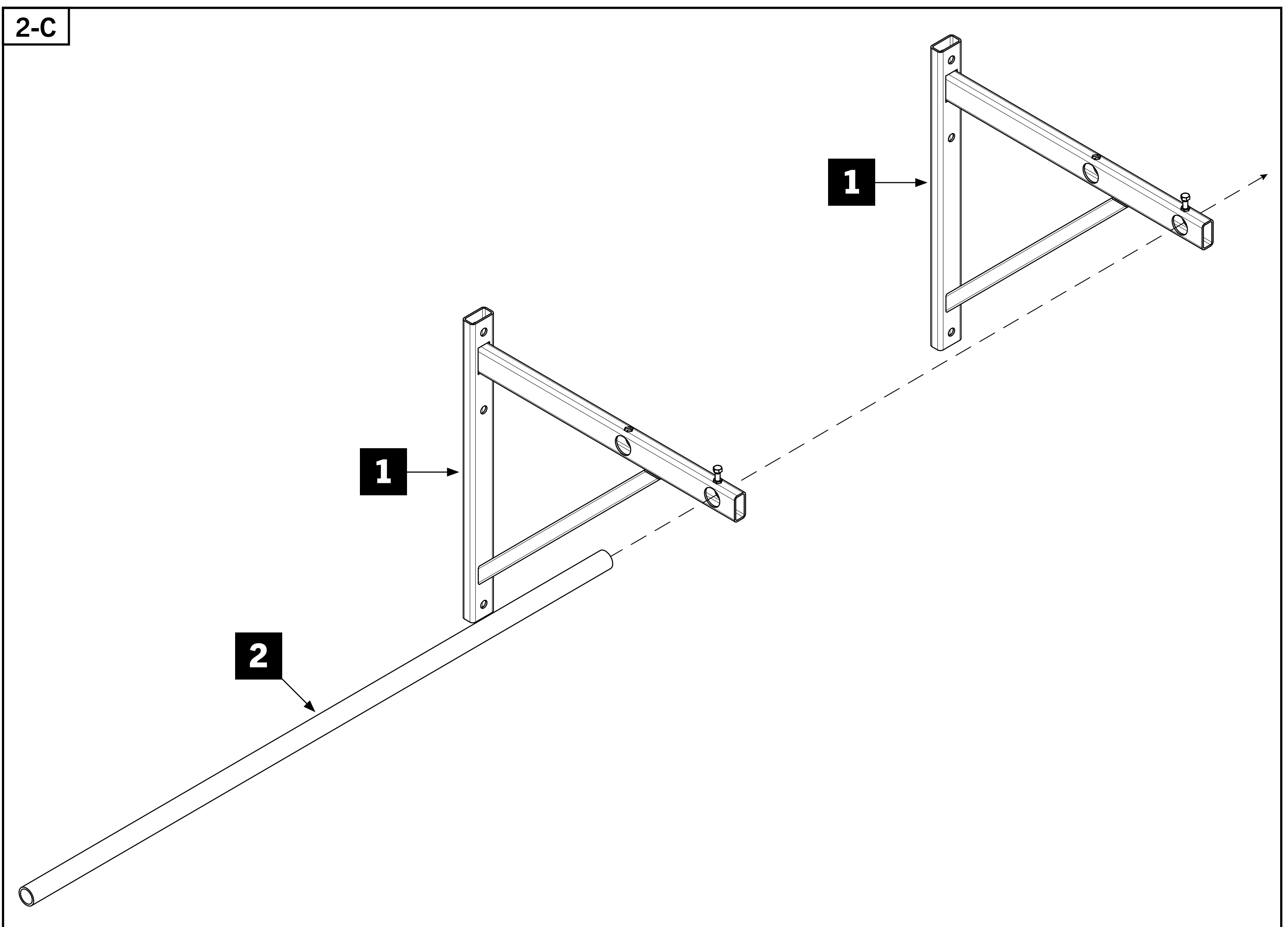
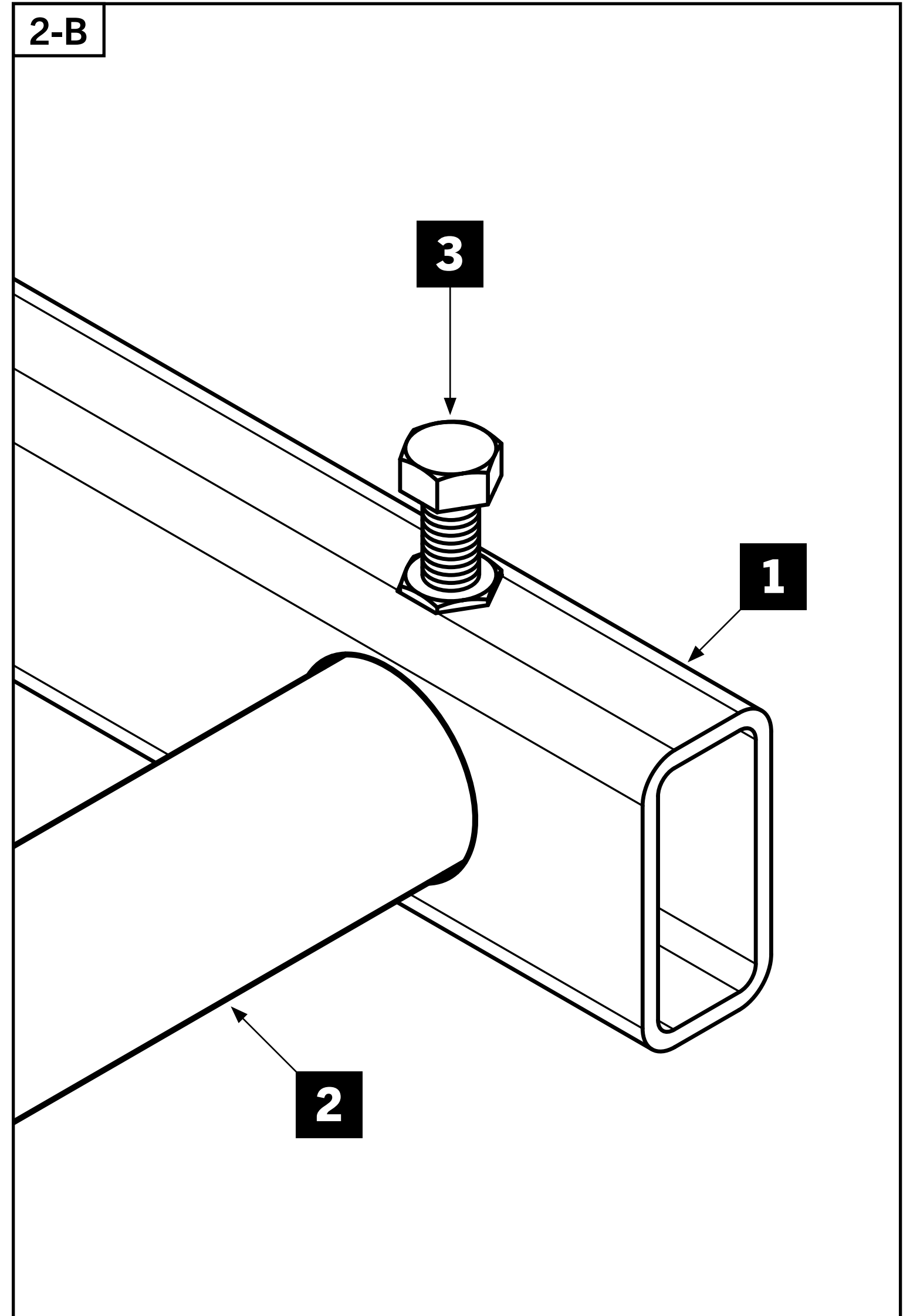
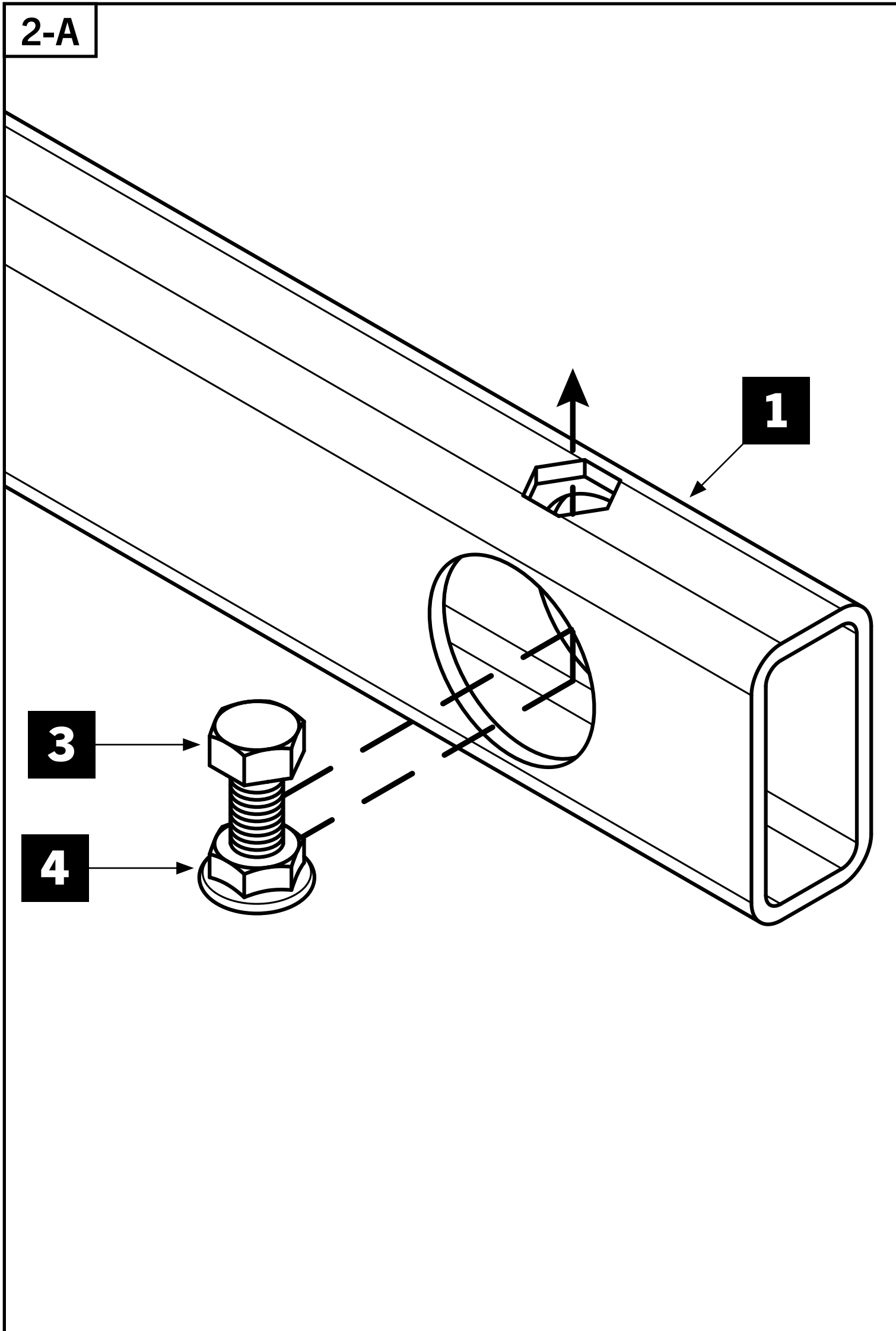
- 1) If you are not confident in your mechanical skills, please seek the help of a professional to preform the installation. It is the buyers responsibility to install the pull-up bracket in a location and with hardware capable of supporting the aggregate weight of the p-series system and any person using it.
- 2) Test unit for stability before each use.



## STEP 2

- Assemble 5/16" x 1" Hex Bolt [3] and 5/16" Flange Nut [4] as shown below.
- Ensure head of 5/16" Flange Nut [4] is oriented towards head of 5/16" x 1" Hex Bolt [3].

- Insert hardware assembly into top slots of Bracket [1] as the 52" Pull Up Bar [2] is being inserted. Perform this one bracket at a time.
- Tighten 5/16" x 1" Hex Bolt [3] to lock 52" Pull Up Bar [2] in place.
- **DO NOT OVERTIGHTEN.**



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**SCAN FOR  
INSTRUCTIONS**



**IRON GAME  
PROGRAMMING**