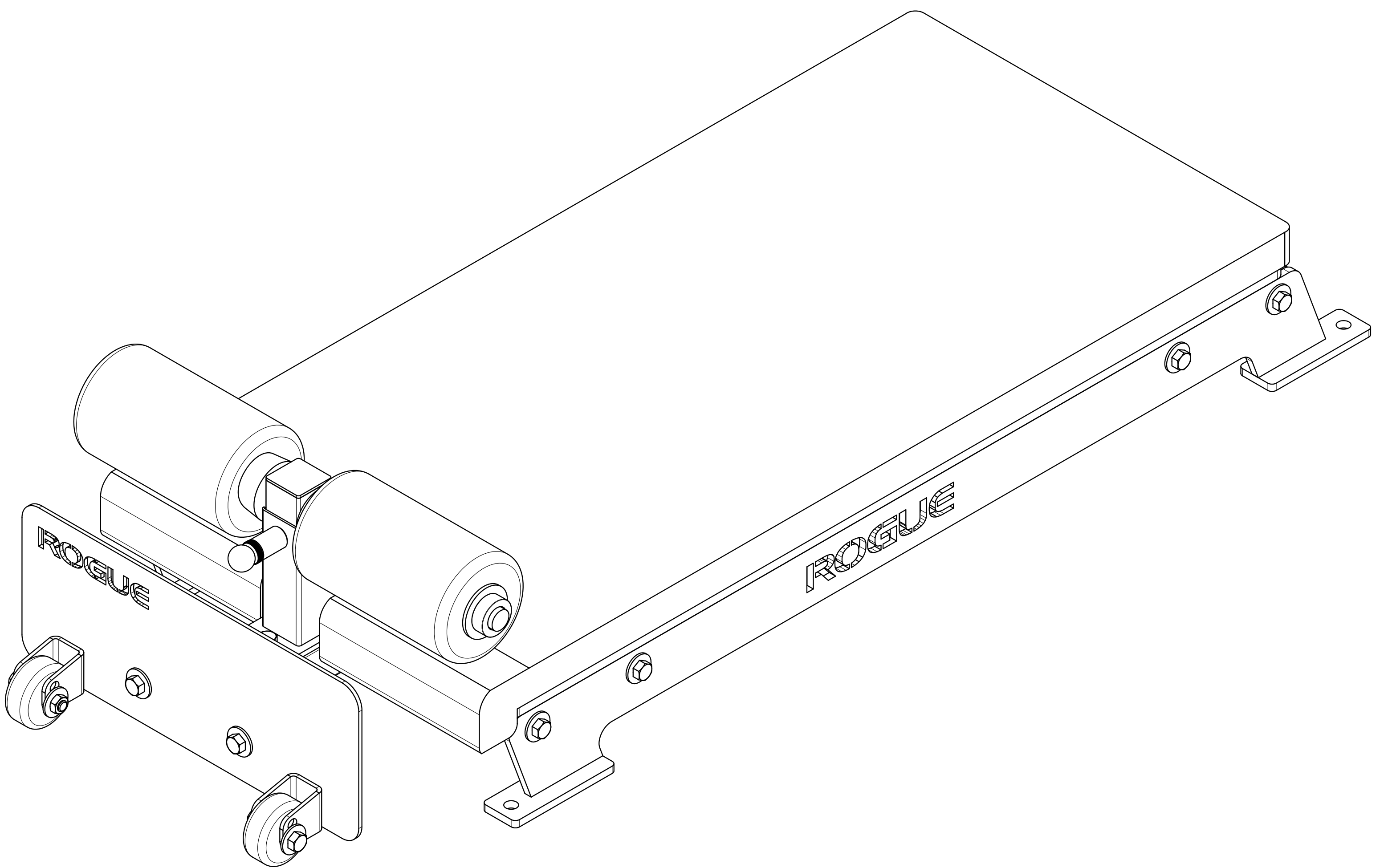


# ROGUE®

# FLOOR GLUTE



## **⚠ 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.

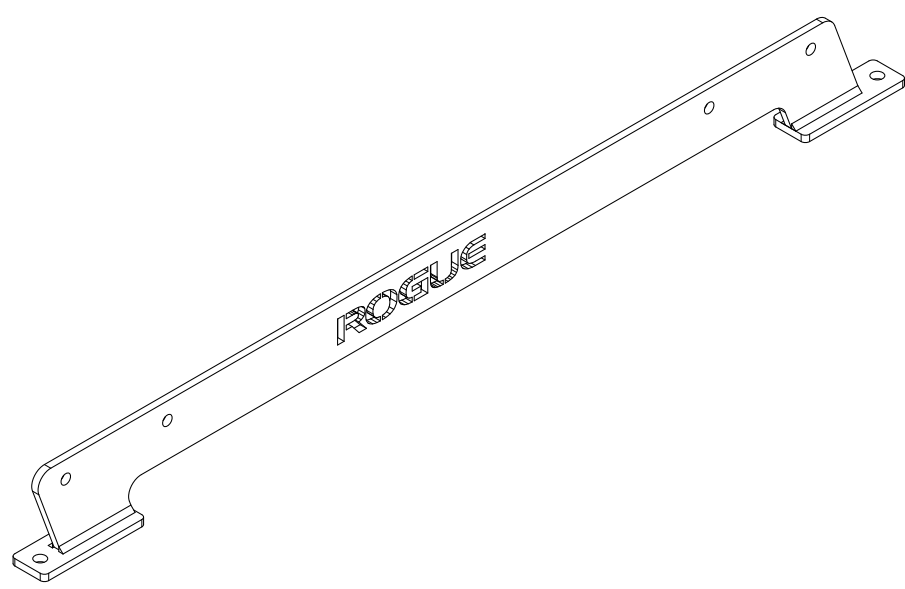
### **WARNING:**

**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

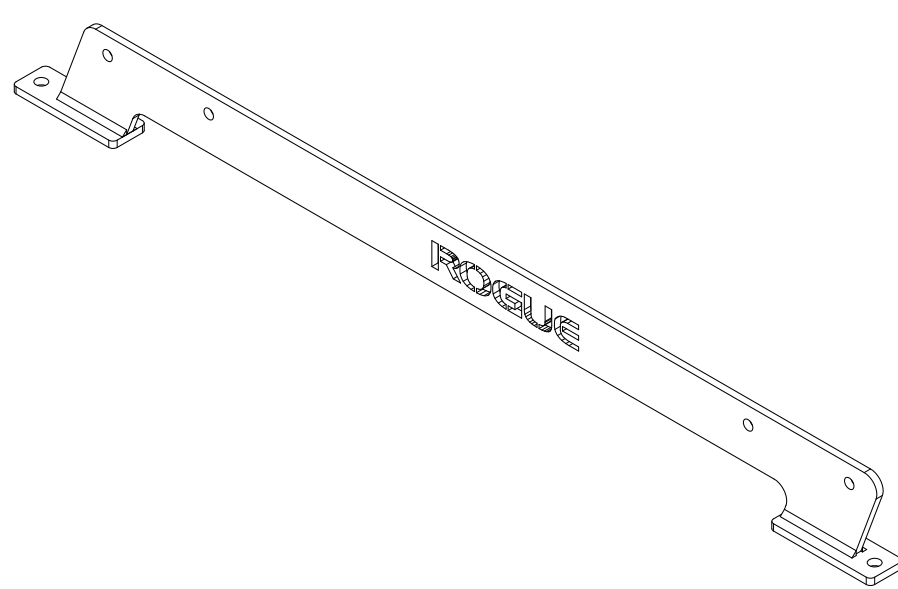
Note: Images not shown at scale

**1** Qty: 1x



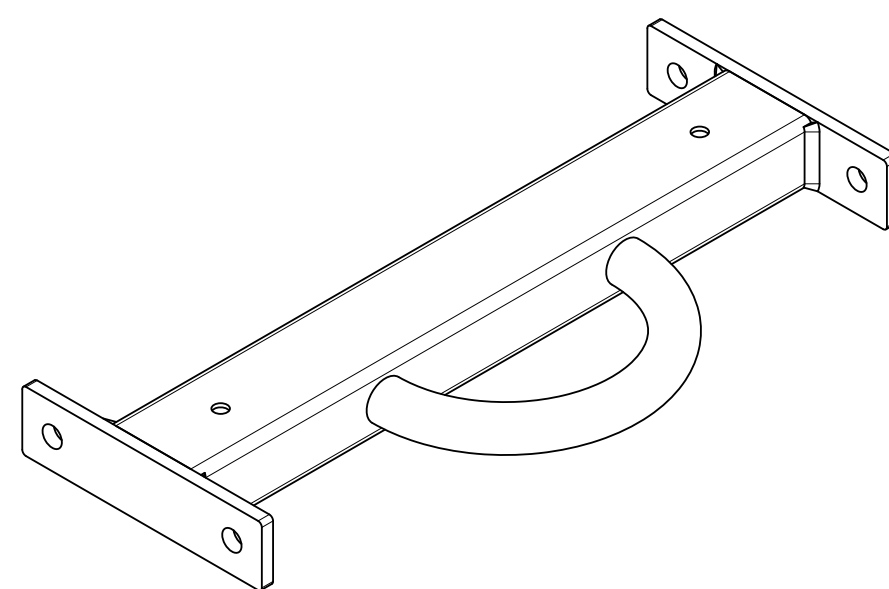
Floor Glute Side - RH

**2** Qty: 1x



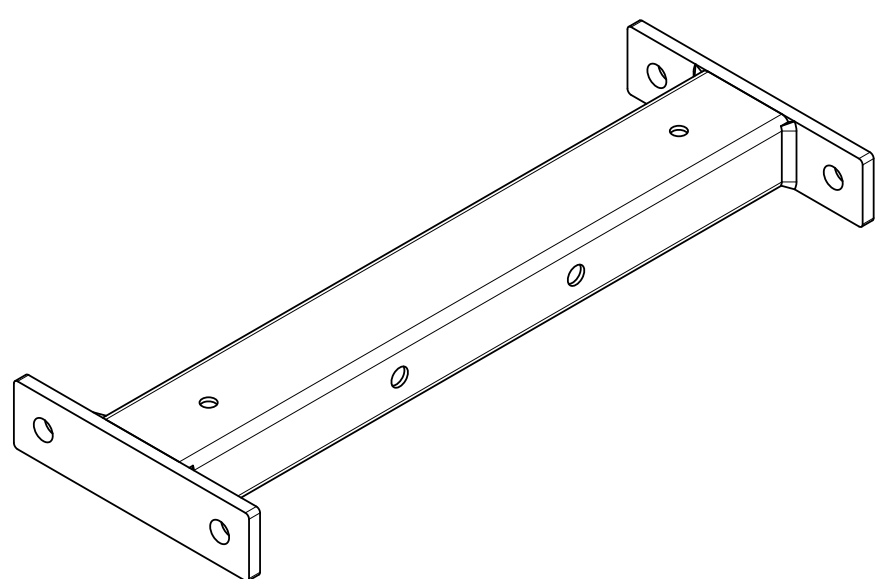
Floor Glute Side - LH

**3** Qty: 1x



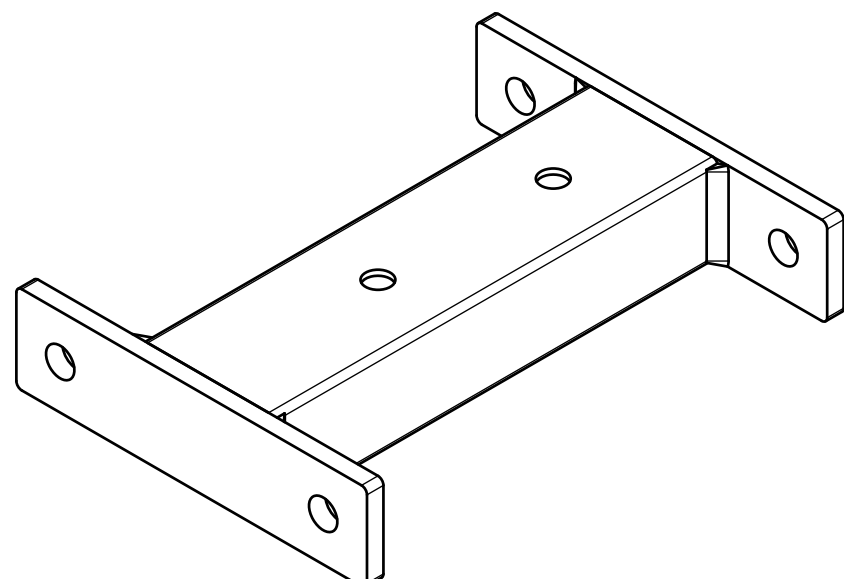
Floor Flute Rear Crossmember

**4** Qty: 1x



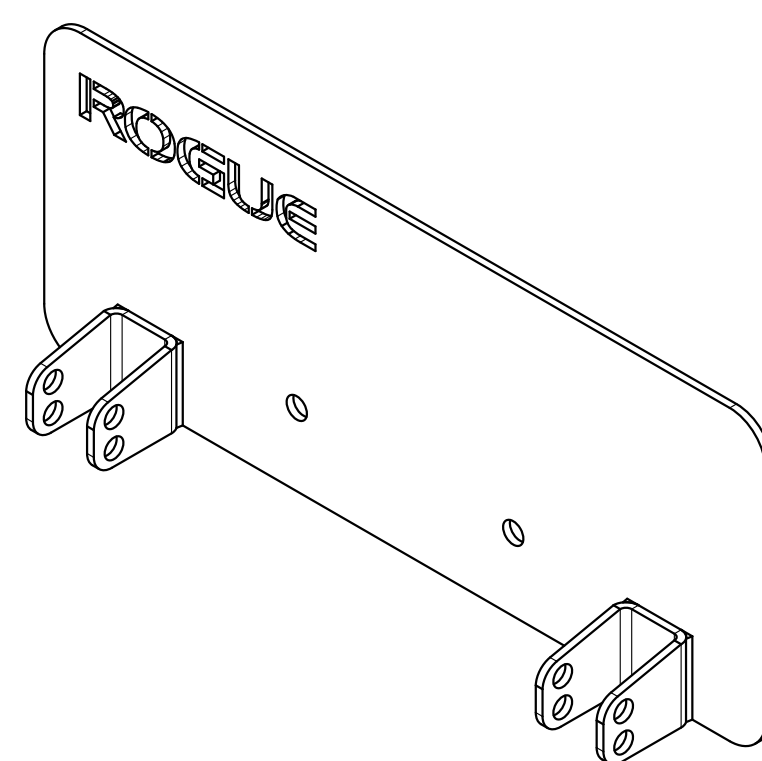
Floor Glute Front Crossmember

**5** Qty: 1x



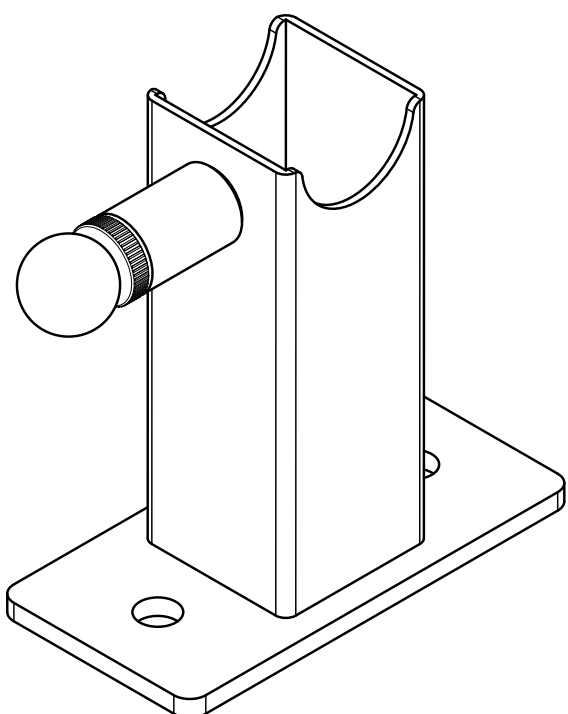
Foot Plate Crossmember

**6** Qty: 1x



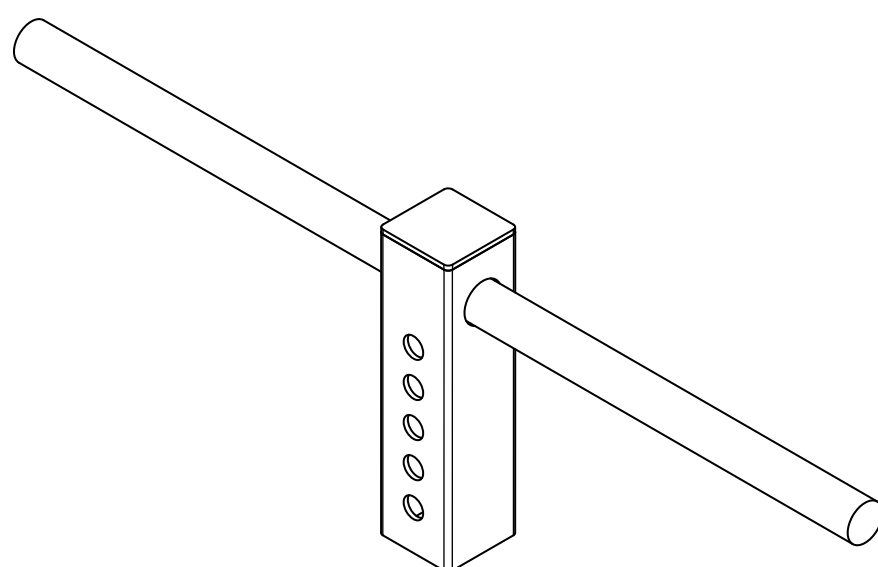
Foot Plate

**7** Qty: 1x



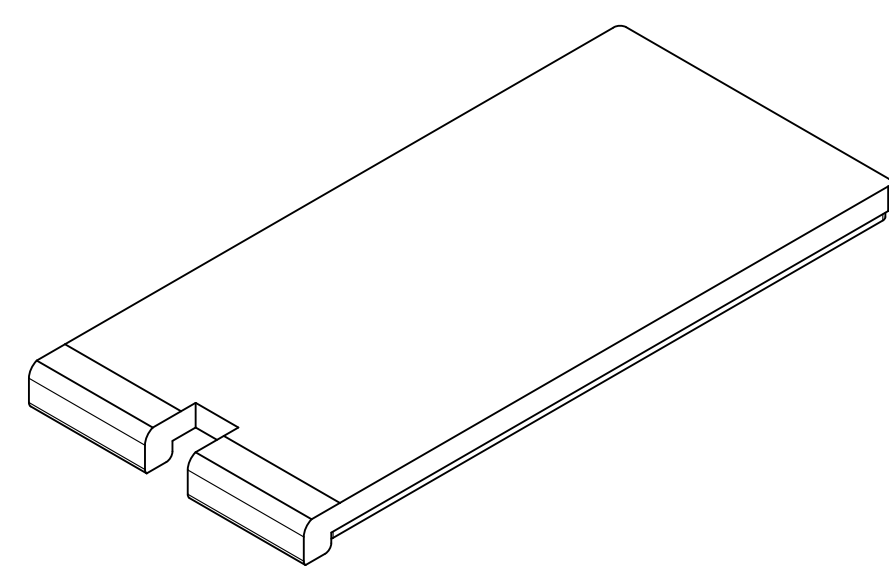
Outer Slide Tube

**8** Qty: 1x



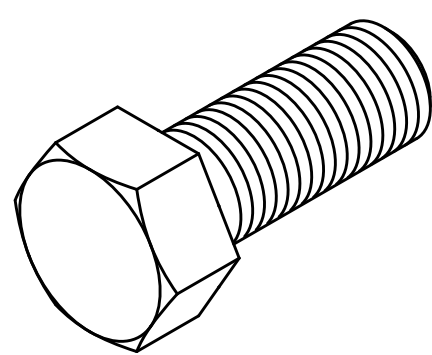
Inner Slide Tube

**9** Qty: 1x



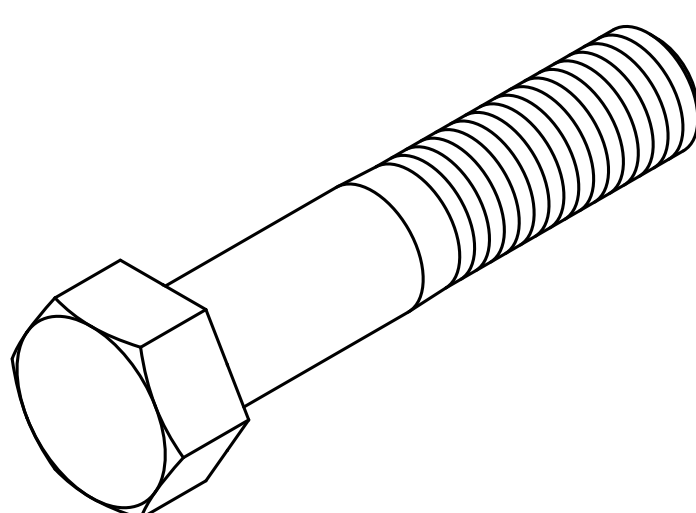
Floor Glute Pad

**10** Qty: 10x



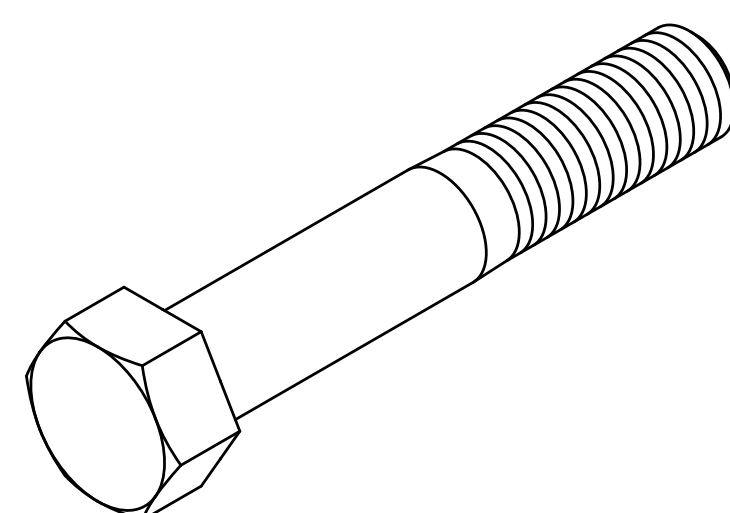
1/2" x 1.5" Hex Bolt

**11** Qty: 2x



1/2" x 2.5" Hex Bolt

**12** Qty: 2x

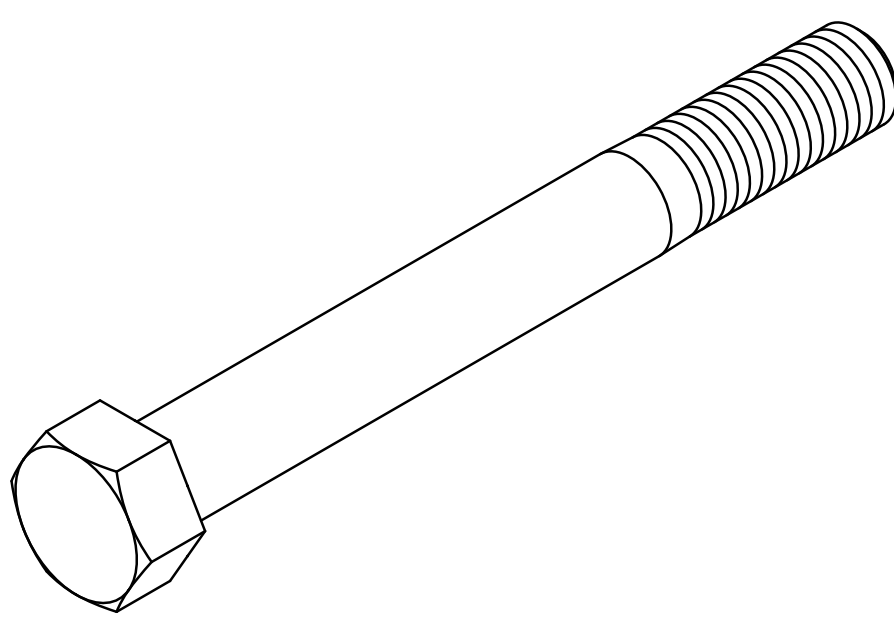


1/2" x 3" Hex Bolt

# INCLUDED PARTS

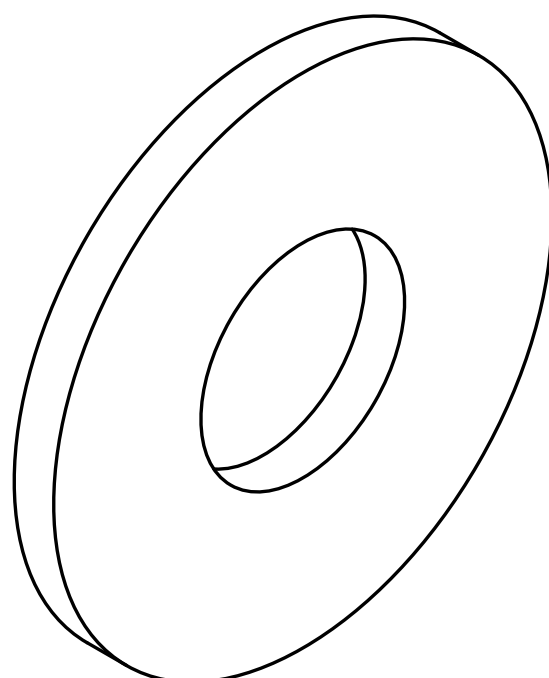
Note: Images not shown at scale

**13** Qty: **2x**



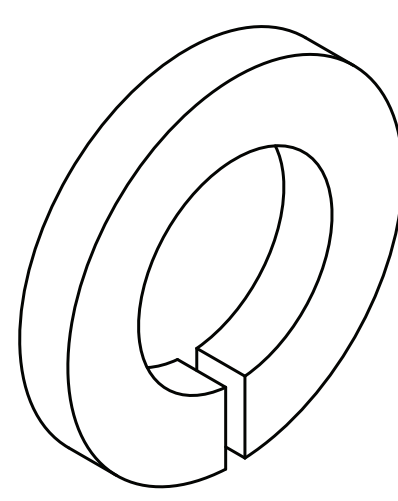
1/2" x 4.25" Hex Bolt

**14** Qty: **16x**



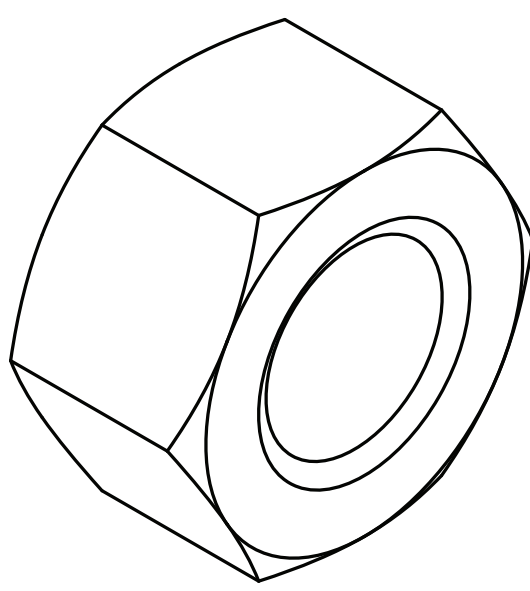
1/2" Flat Washer

**15** Qty: **14x**



1/2" Lock Washer

**16** Qty: **14x**



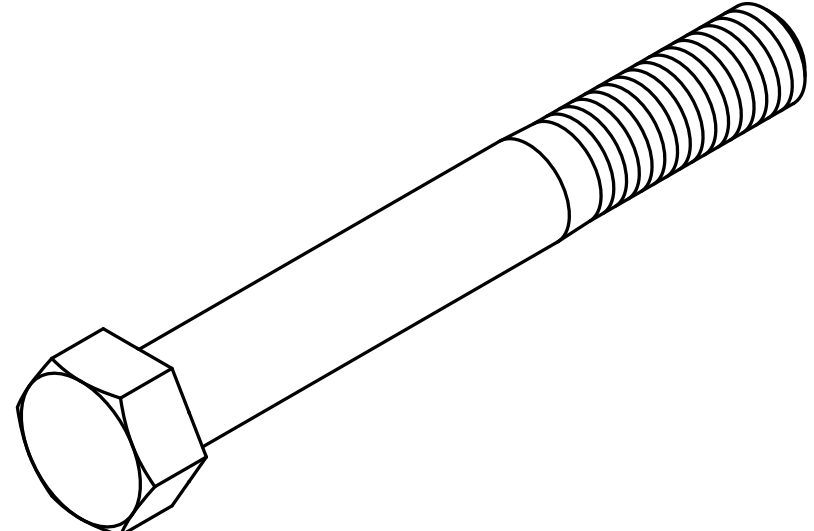
1/2" Hex Nut

**17** Qty: **2x**



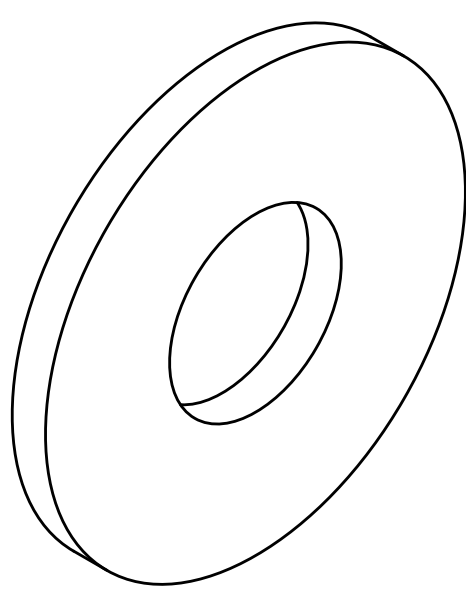
1/2" Nyloc Nut

**18** Qty: **4x**



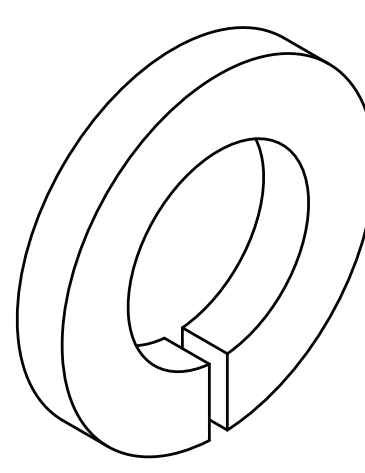
3/8" x 3.25" Hex Bolt

**19** Qty: **4x**



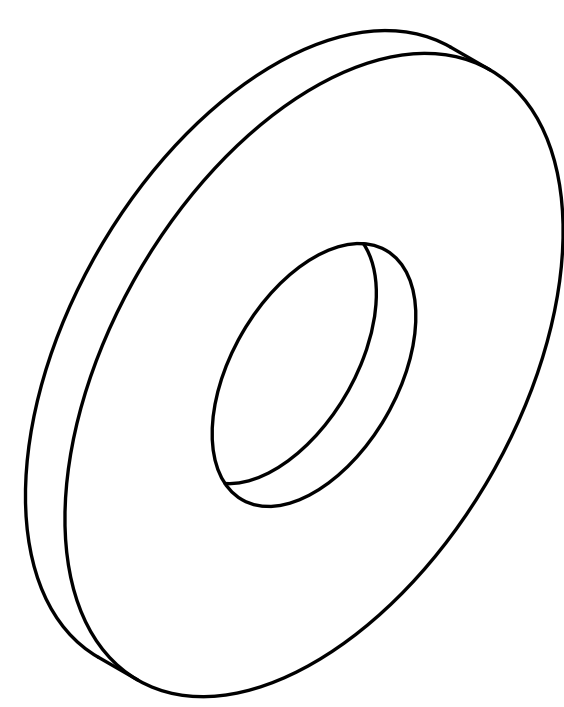
3/8" Flat Washer

**20** Qty: **4x**



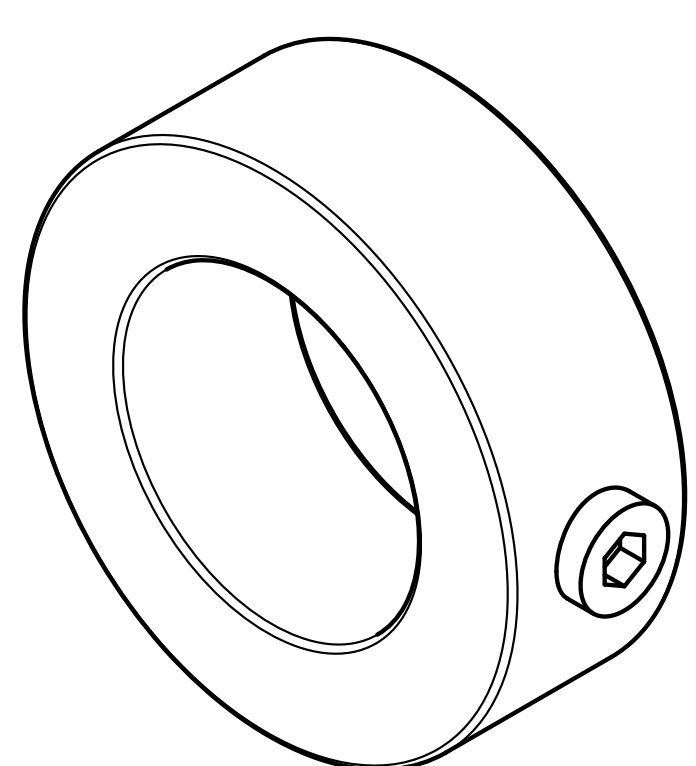
3/8" Lock Washer

**21** Qty: **2x**



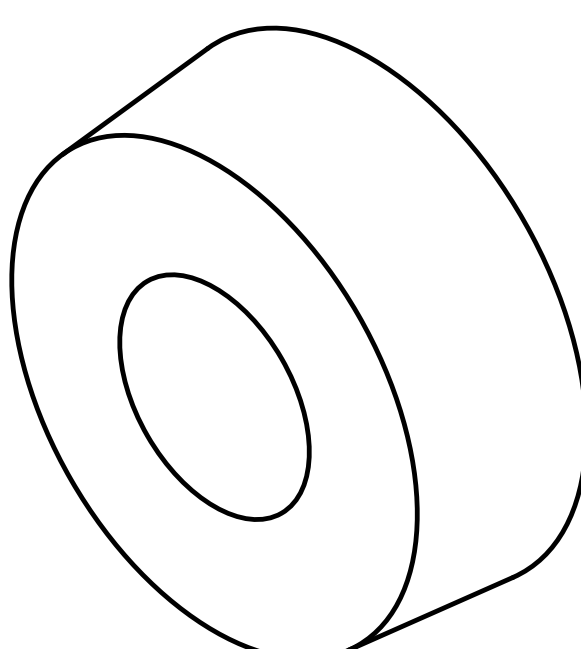
1" Flat Washer

**22** Qty: **2x**



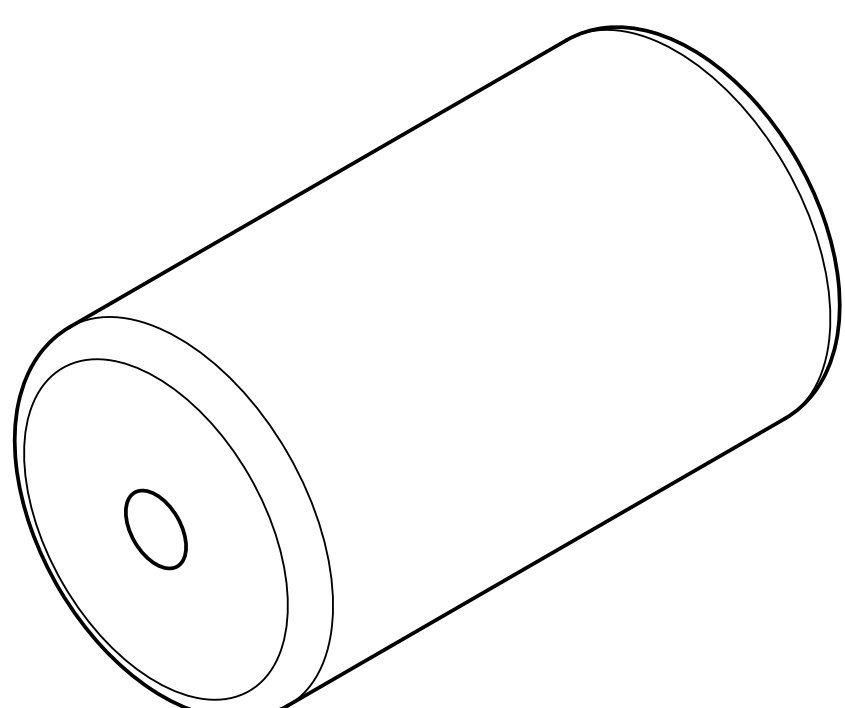
Shaft Collar

**23** Qty: **2x**



Rubber Spacer

**24** Qty: **2x**



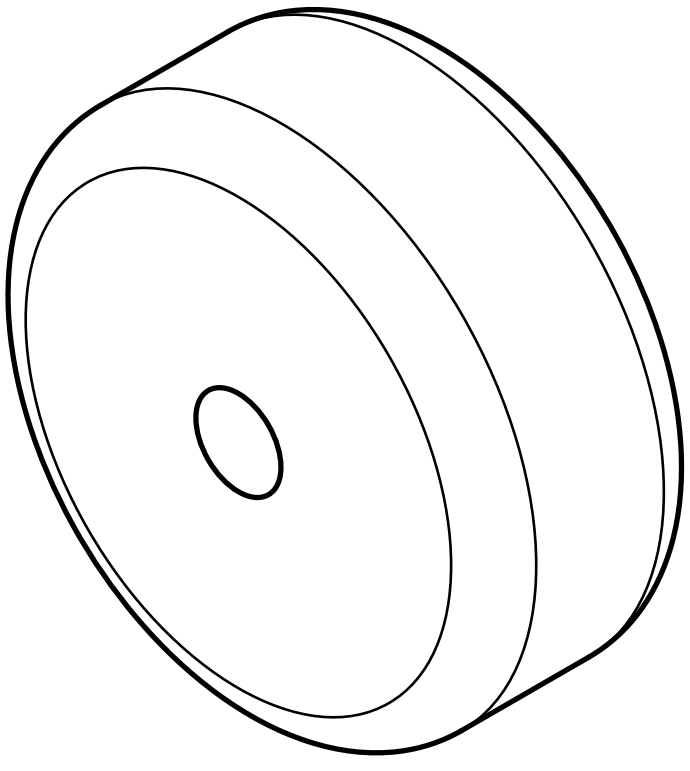
Foam Roller

# INCLUDED PARTS

Note: Images not shown at scale

**25**

Qty: **2x**



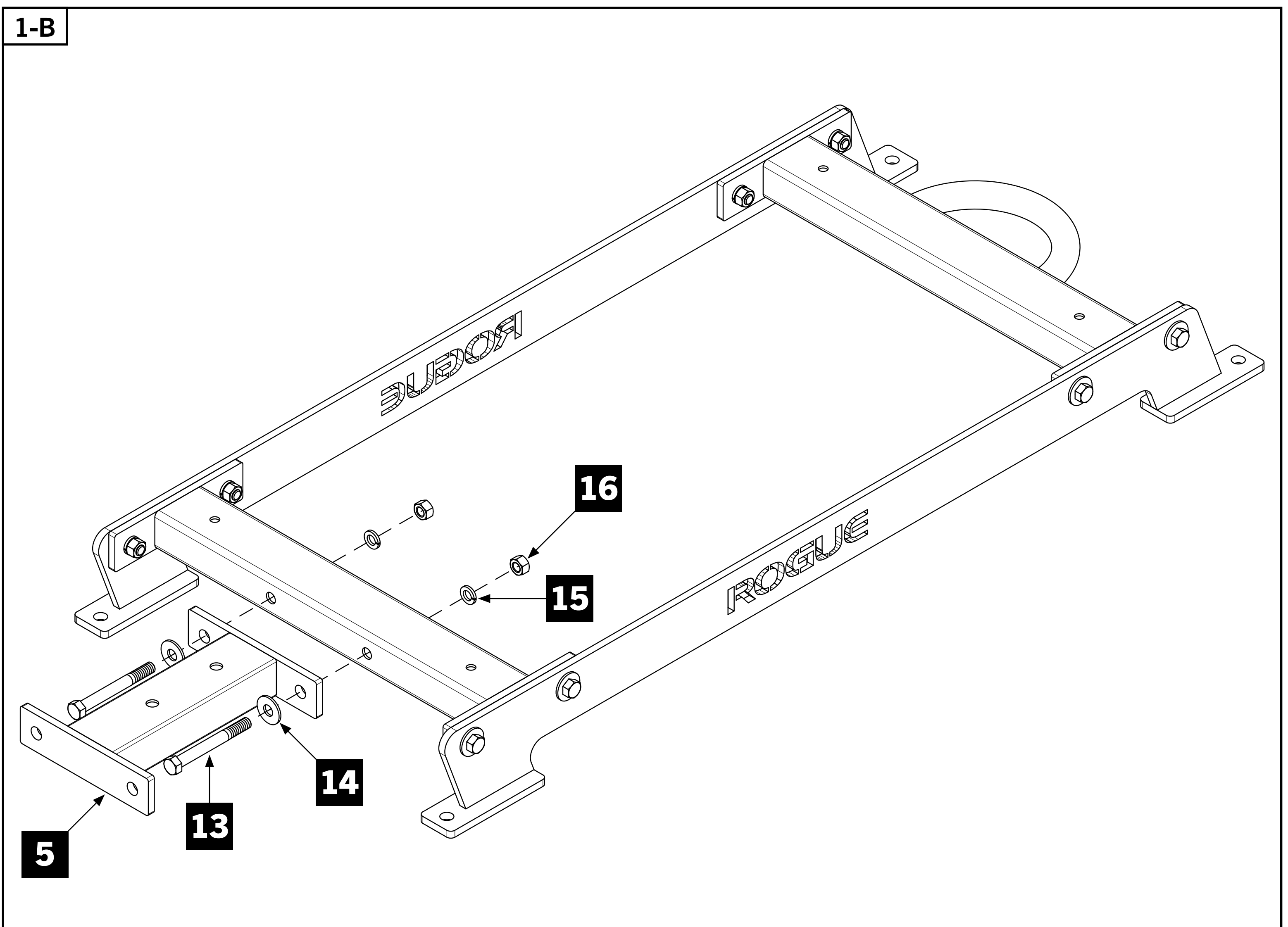
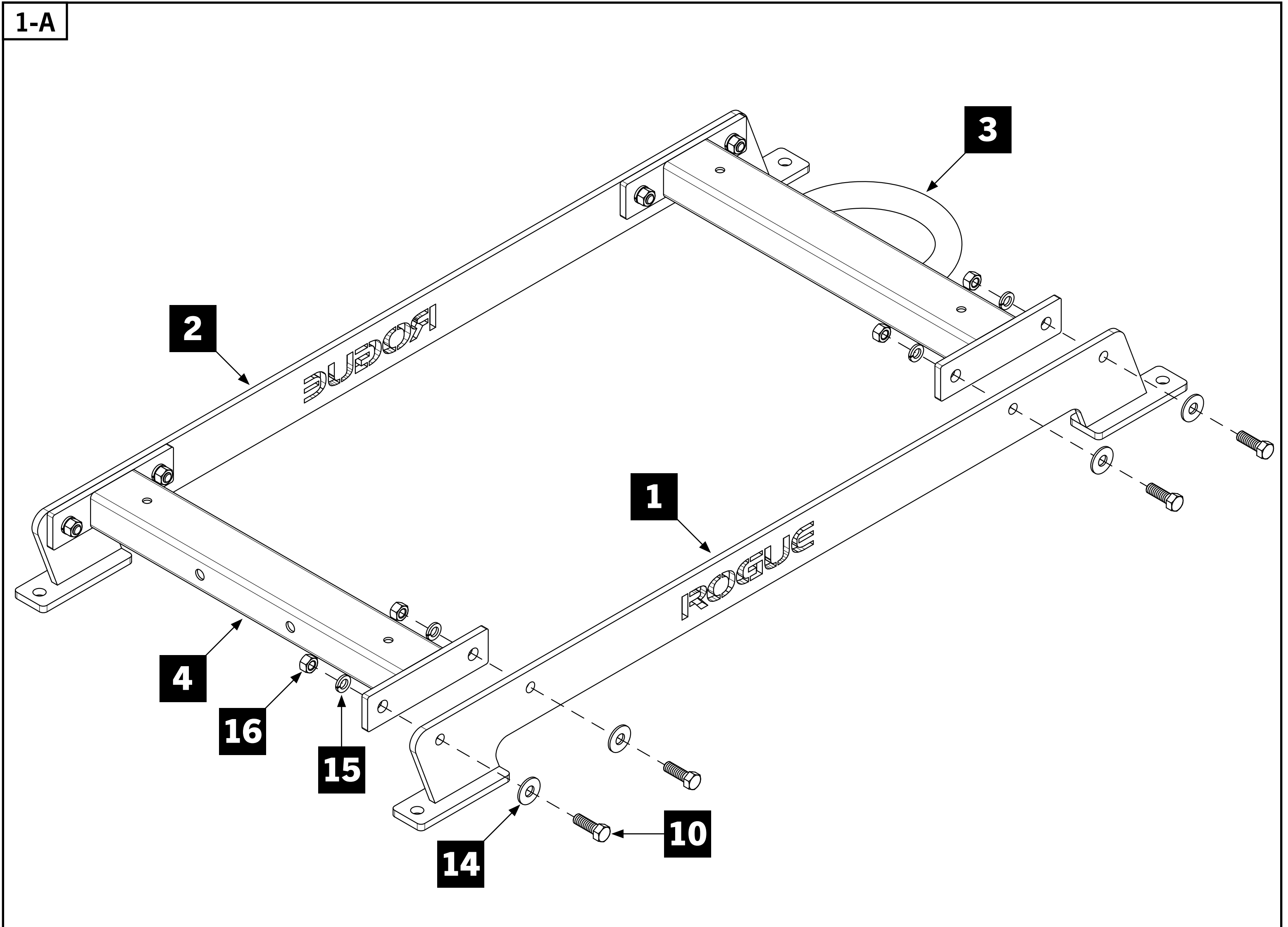
Wheel

# STEP 1

- Attach RH and LH Floor Glute Sides [1,2] to Floor Glute Front Crossmember [4] and Floor Glute Rear Crossmember [3] using 1/2" x 1.5" Hex Bolts [10], 1/2" Flat Washers [14], 1/2" Lock Washers [15], and 1/2" Hex Nuts [16].

- Attach Footplate Crossmember [5] to the Floor Glute Front Crossmember [4] using 1/2" x 4.25" Hex Bolts [13], 1/2" Flat Washers [14].

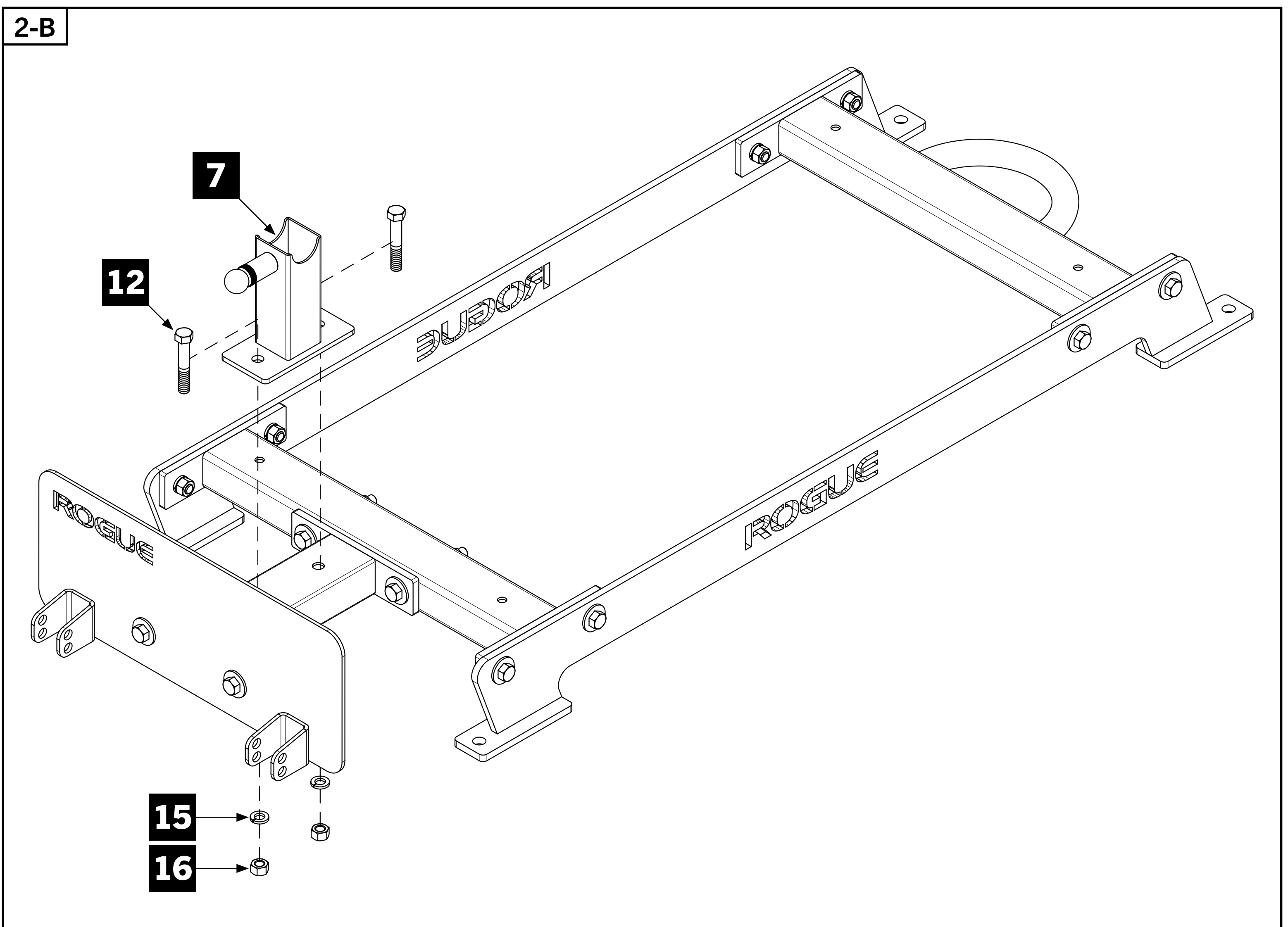
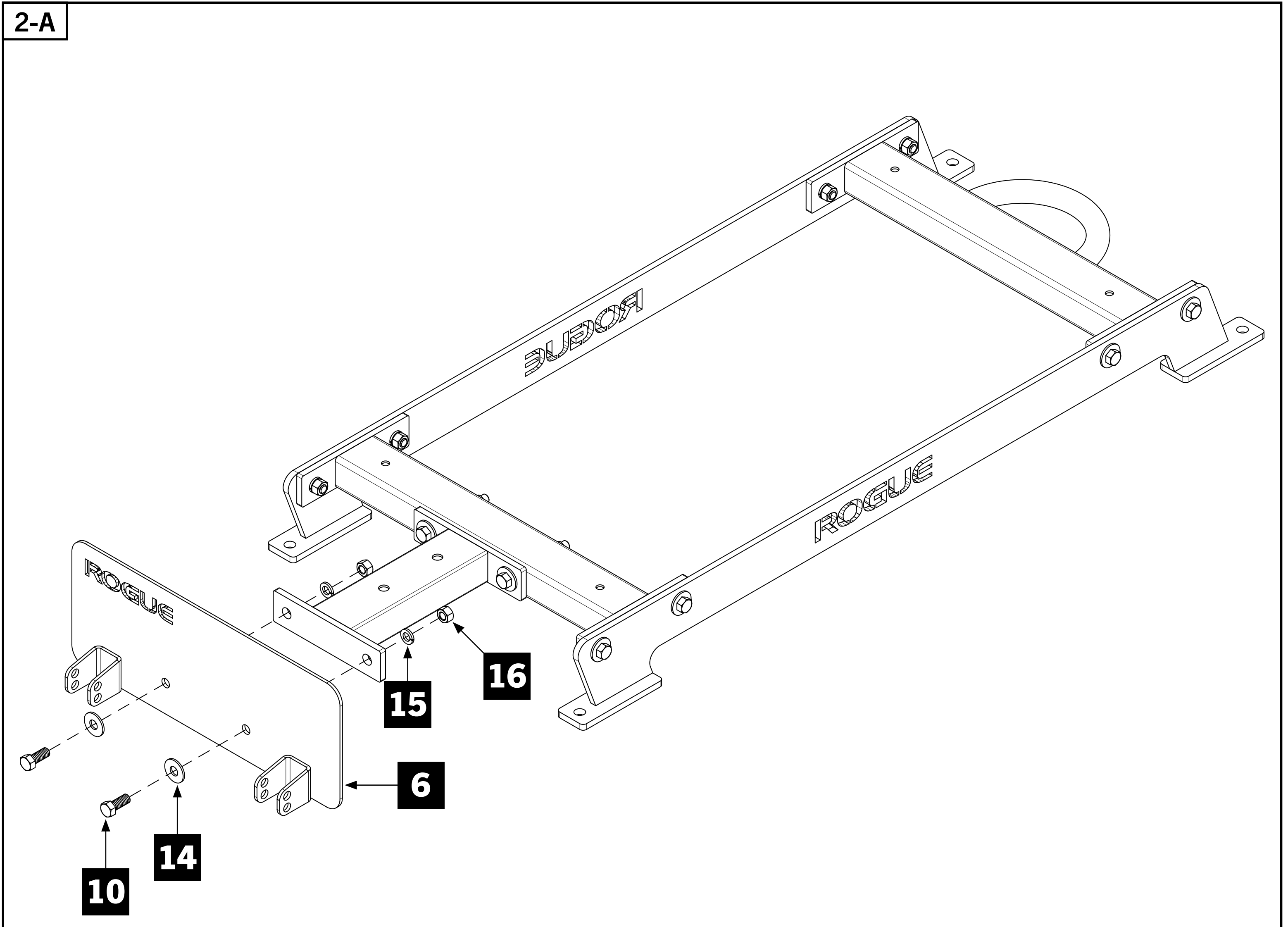
- Note: Ensure Foot Plate Crossmember [5] is orientated shown below where top holes are closer to Floor Glute Front Crossmember [4].



## STEP 2

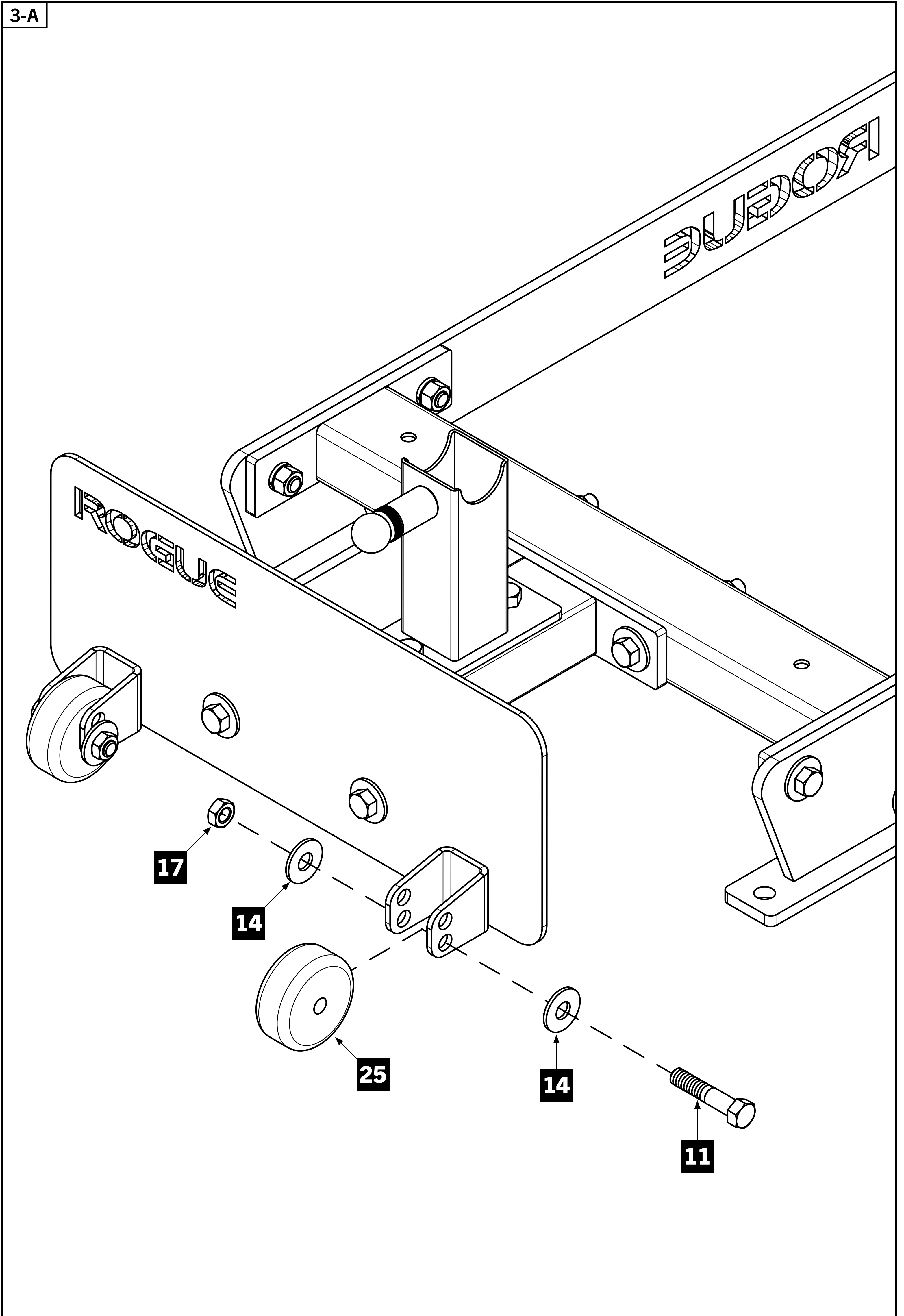
- Attach Footplate [6] to Footplate Crossmember [5] using 1/2" x 1.5" Hex Bolts [10], 1/2" Flat Washers [14], 1/2" Lock Washers [15], and 1/2" Hex Nuts [16].

- Attach Outer Slide Tube [7] to Footplate Crossmember [5] using 1/2" x 3" Hex Bolts [12], 1/2" Lock Washers [15], 1/2" Hex Nuts [16].



# STEP 3

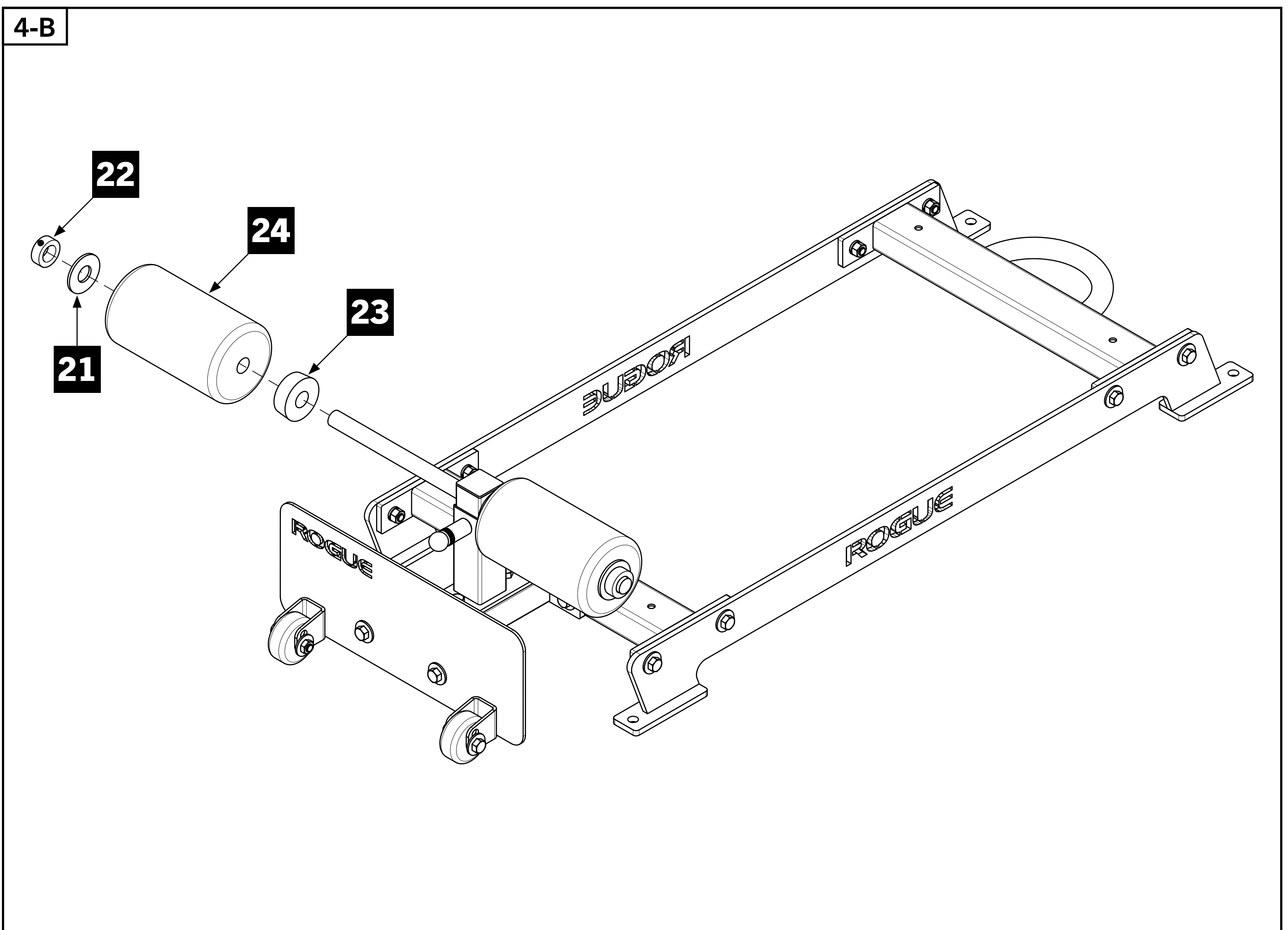
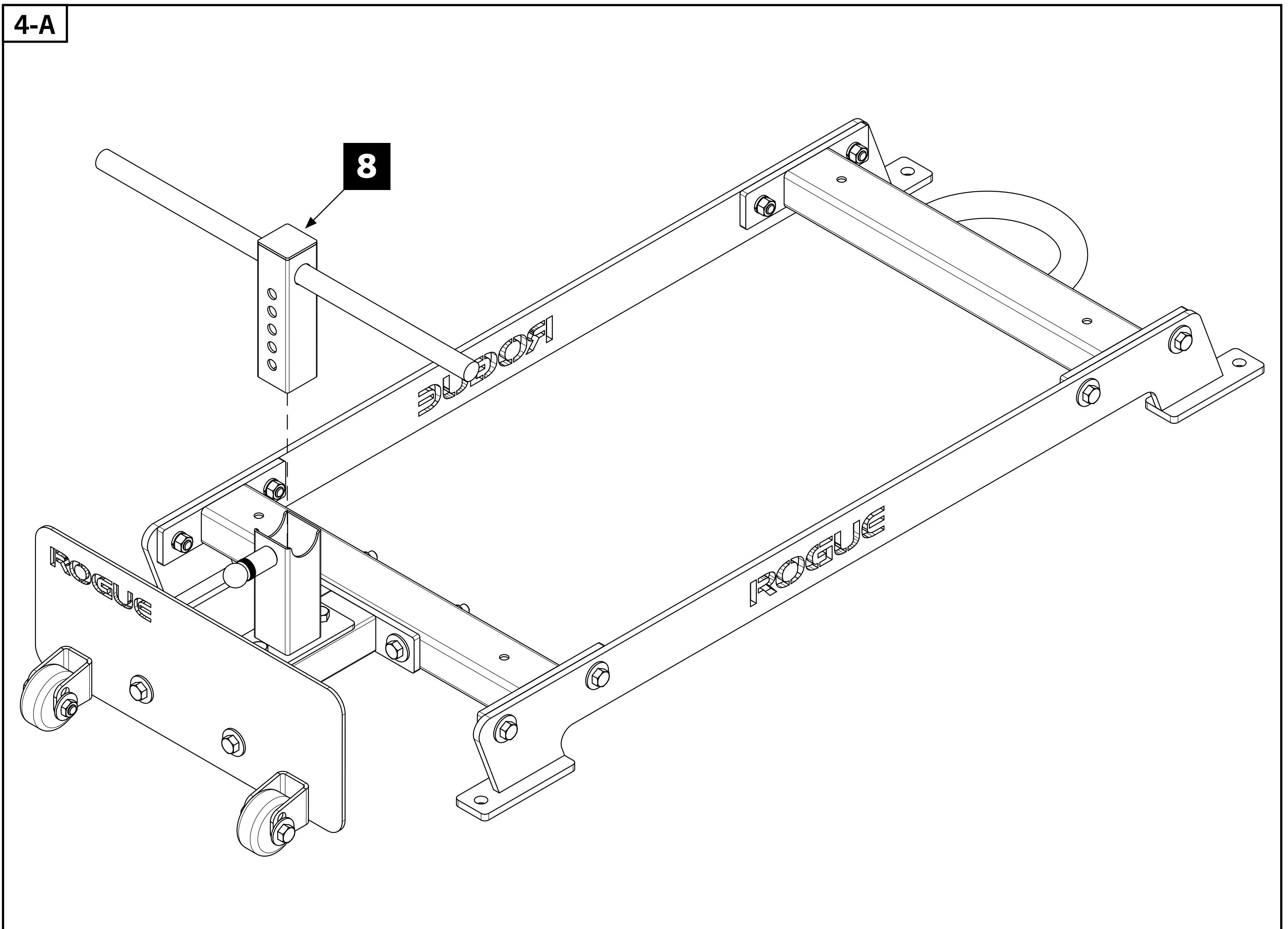
- Install Wheels [25] into Footplate [6] using 1/2" x 2.5" Hex Bolts [11], 1/2" Flat Washers [14], and 1/2" Nylock Nuts [17].



## STEP 4

- Insert Inner Slide Tube [8] into Outer Slide Tube [7].

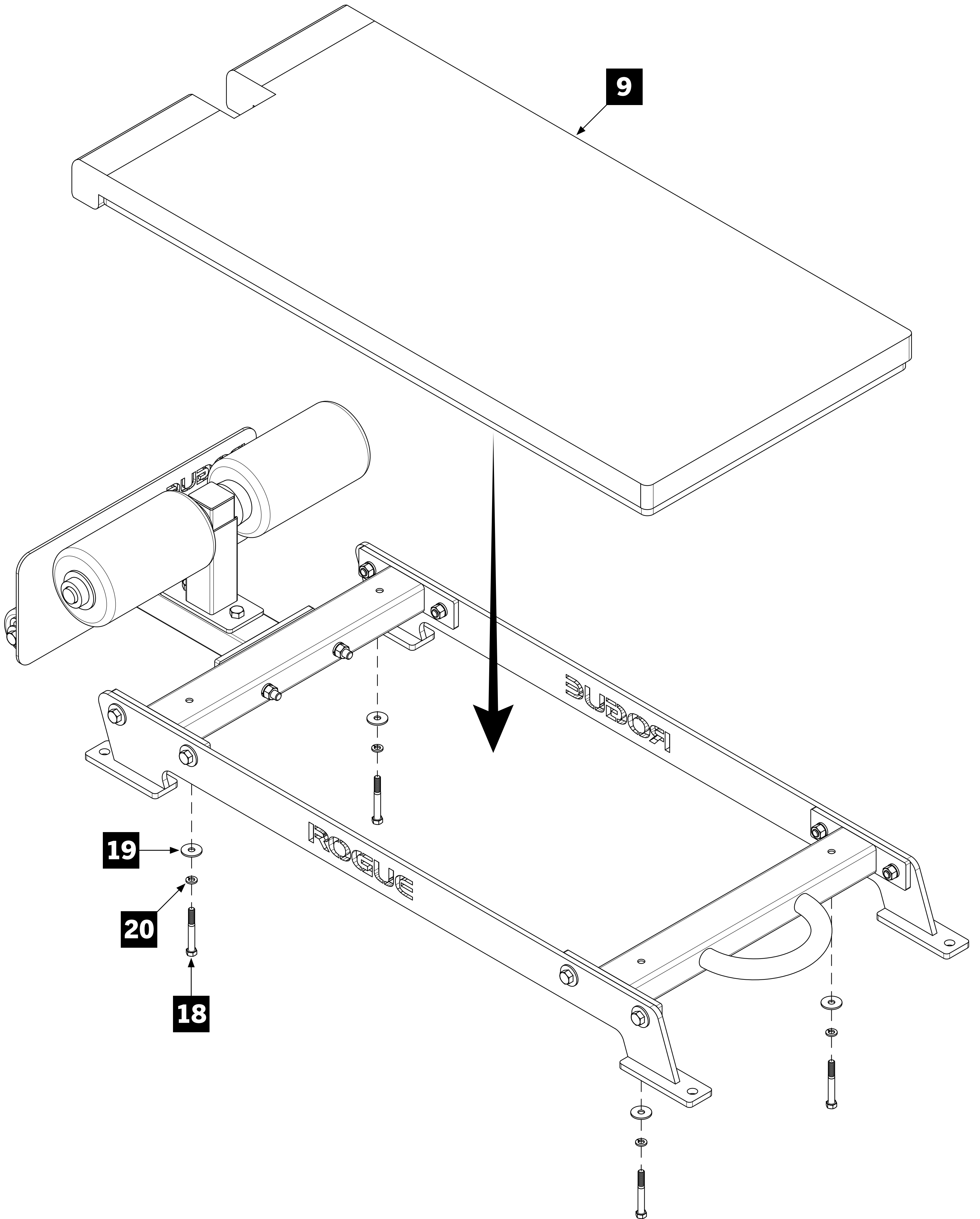
- Install Rubber Spacers [23], Foam Rollers [24], 1" Flat Washers [21], and Shaft Collars [22].



# STEP 5

- Install Floor Glute Pad [9] to Floor Glute Crossmembers using 3/8" x 3.25" Hex Bolts [18], 3/8" Lock Washers [20], and 3/8" Flat Washers [19].

5-A



**ROGUE**



**SCAN FOR  
INSTRUCTIONS**



**IRON GAME  
PROGRAMMING**