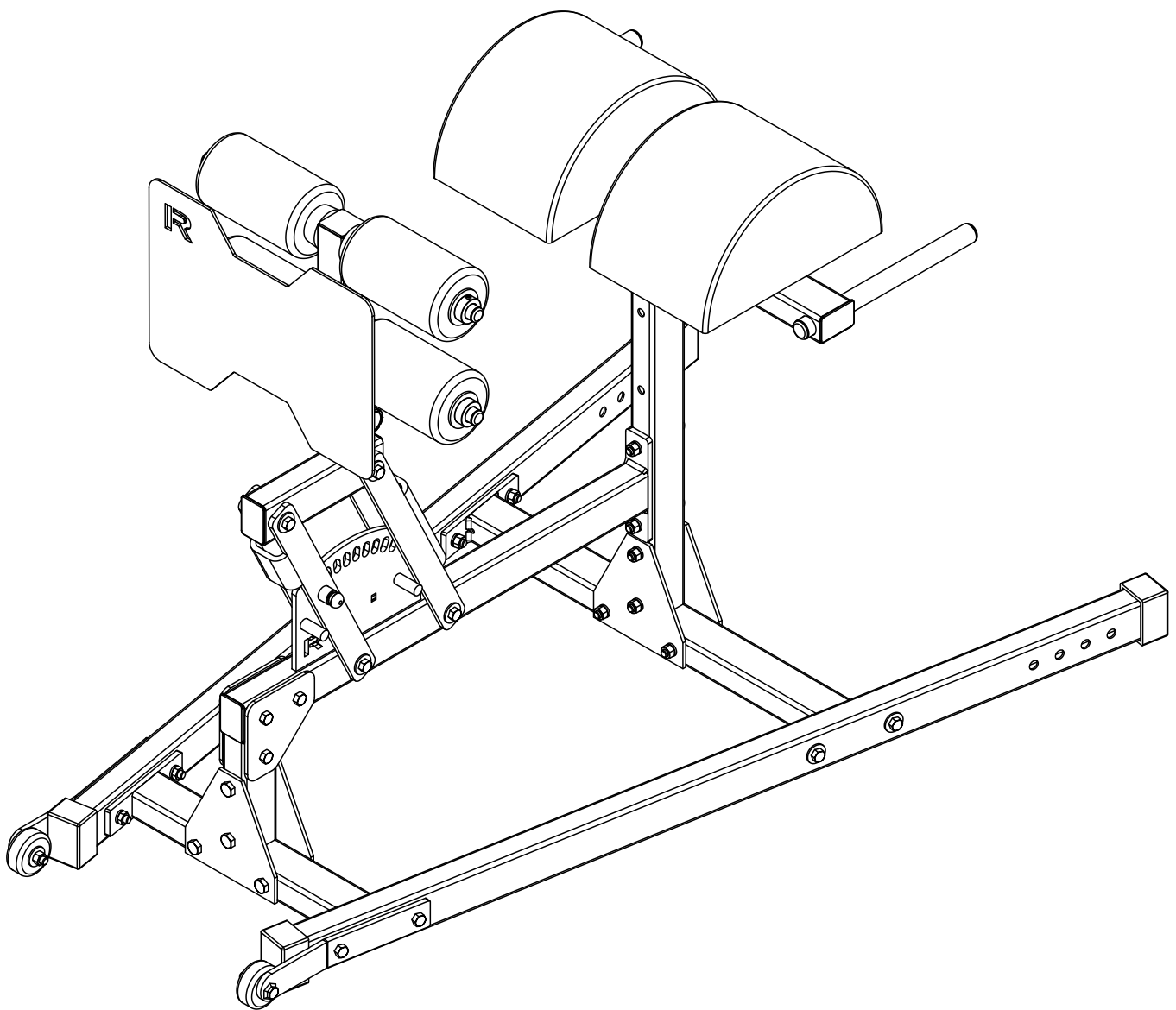


ABRAM GHD 2.0



INSTRUCTIONS AND ASSEMBLY

ROGUE[®]

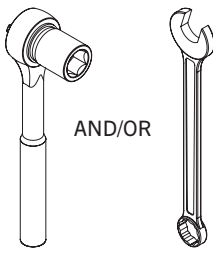
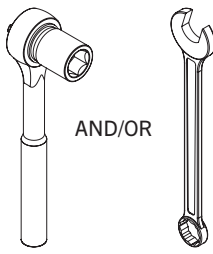
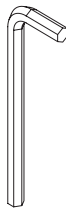
Rogue Fitness • 545 E 5th Ave. Columbus, Ohio 43201 • Customer Service: 614-358-6190 • Team@RogueFitness.com

GENERAL GUIDELINES

- Please read these customer instructions thoroughly prior to assembling.

TOOLS REQUIRED

Note: Images not shown at scale

<p>Qty: 2x</p>  <p>3/4" Socket / Wrench</p>	<p>Qty: 1x</p>  <p>9/16" Socket / Wrench</p>	<p>Qty: 1x</p>  <p>1/8" Hex Key</p>
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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, to obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent and responsible person. 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.

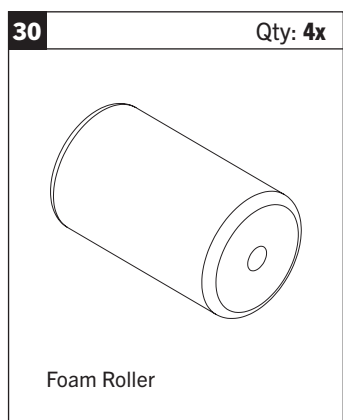
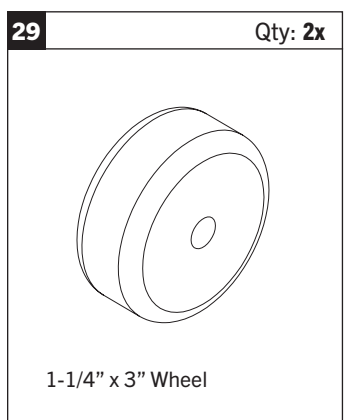
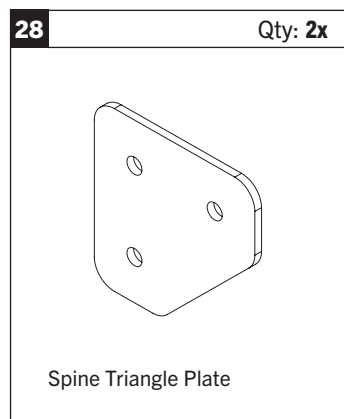
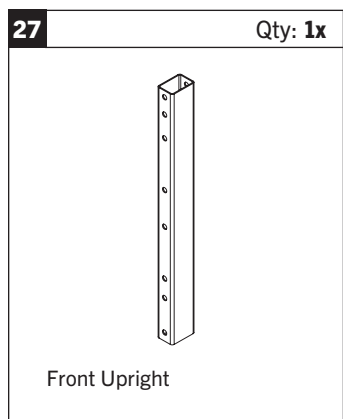
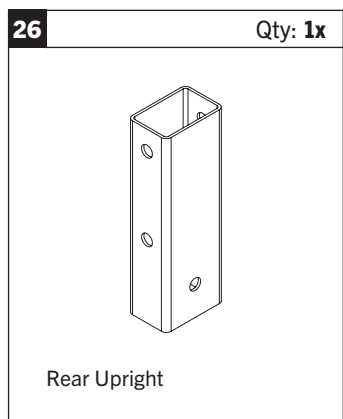
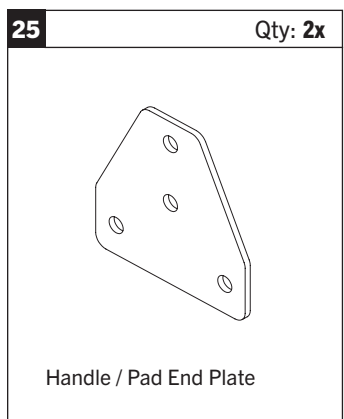
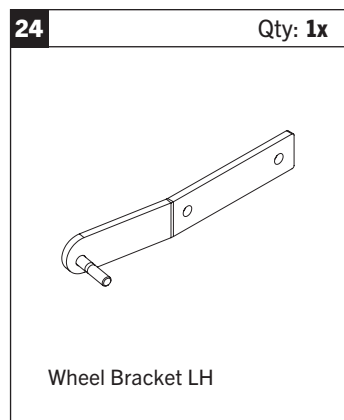
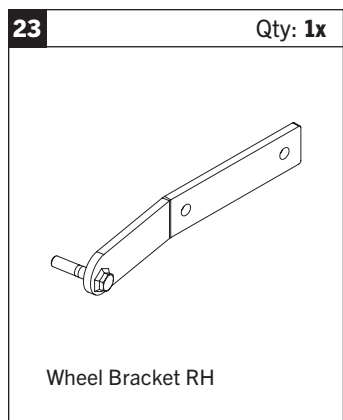
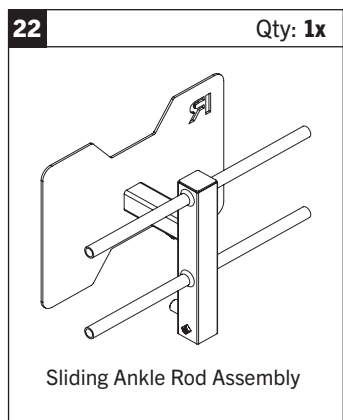
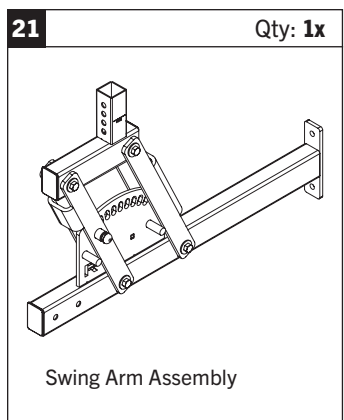
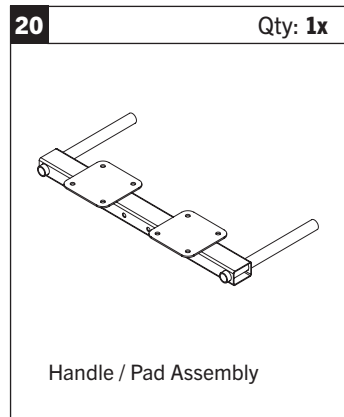
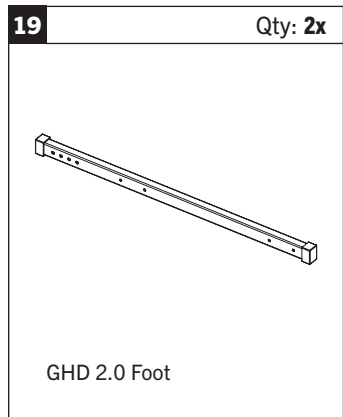
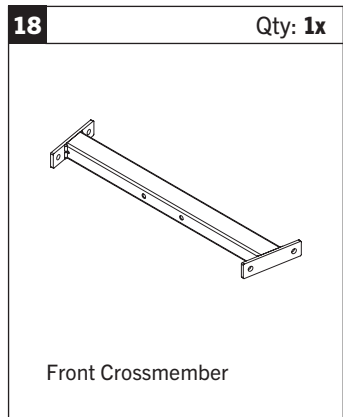
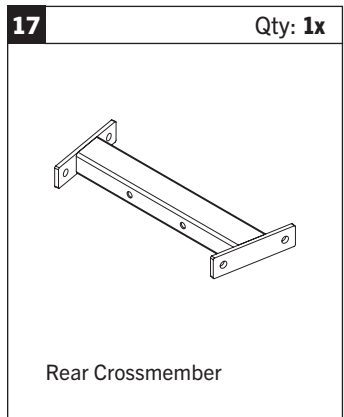
INCLUDED PARTS

Note: Images not shown at scale

<p>1 Qty: 4x</p>  <p>1-1/16" Shaft Collar</p>	<p>2 Qty: 4x</p>  <p>Rubber Spacer</p>	<p>3 Qty: 14x</p>  <p>1/2" x 4-1/4" Hex Bolt</p>	<p>4 Qty: 25x</p>  <p>1/2" Hex Nut</p>
<p>5 Qty: 2x</p>  <p>1/2" Nylock Nut</p>	<p>6 Qty: 4x</p>  <p>1" Flat Washer</p>	<p>7 Qty: 12x</p> <p>*</p>  <p>1/2" Flat Washer</p>	<p>8 Qty: 8x</p>  <p>3/8" Flat Washer</p>
<p>9 Qty: 11x</p> <p>*</p>  <p>1/2" x 3-1/4" Hex Bolt</p>	<p>10 Qty: 4x</p>  <p>1/2" x 3-1/2" Hex Bolt</p>	<p>11 Qty: 8x</p>  <p>3/8" x 1-1/4" Hex Bolt</p>	<p>12 Qty: 25x</p>  <p>1/2" Lock Washer</p>
<p>13 Qty: 8x</p>  <p>3/8" Lock Washer</p>	<p>14 Qty: 2x</p>  <p>Half Round GHD Pad</p>	<p>15 Qty: 1x</p>  <p>3/8" Locking Knob</p>	<p>16 Qty: 4x</p>  <p>Upright Triangle Plate</p>

INCLUDED PARTS

Note: Images not shown at scale



* **7**, **9** An additional 4x provided in the event wheels are not needed. See **STEP 2** for further detail.

STEP 1

Tools Required:

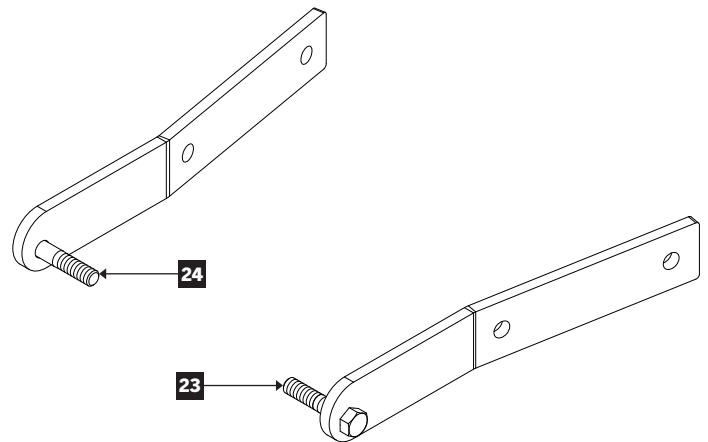
- None, HAND-TIGHTEN ONLY.

- Attach Front Crossmember **18** to GHD 2.0 Foot **19** using 1/2" x 3-1/4" Hex Bolt **9**, 1/2" Flat Washer **7**, 1/2" Lock Washer **12**, and 1/2" Hex Nut **4**.
- Attach Rear Crossmember **17** and Formed Wheel Bracket RH **23** and LH **24** to GHD 2.0 Foot **19** using 1/2" x 3-1/2" Hex Bolt **10**, 1/2" Lock Washer **12**, and 1/2" Hex Nut **4**.
- Attach Wheels **29** to Wheel Brackets using 1/2" Flat Washer **7** and 1/2" Nylock Nut **5**.

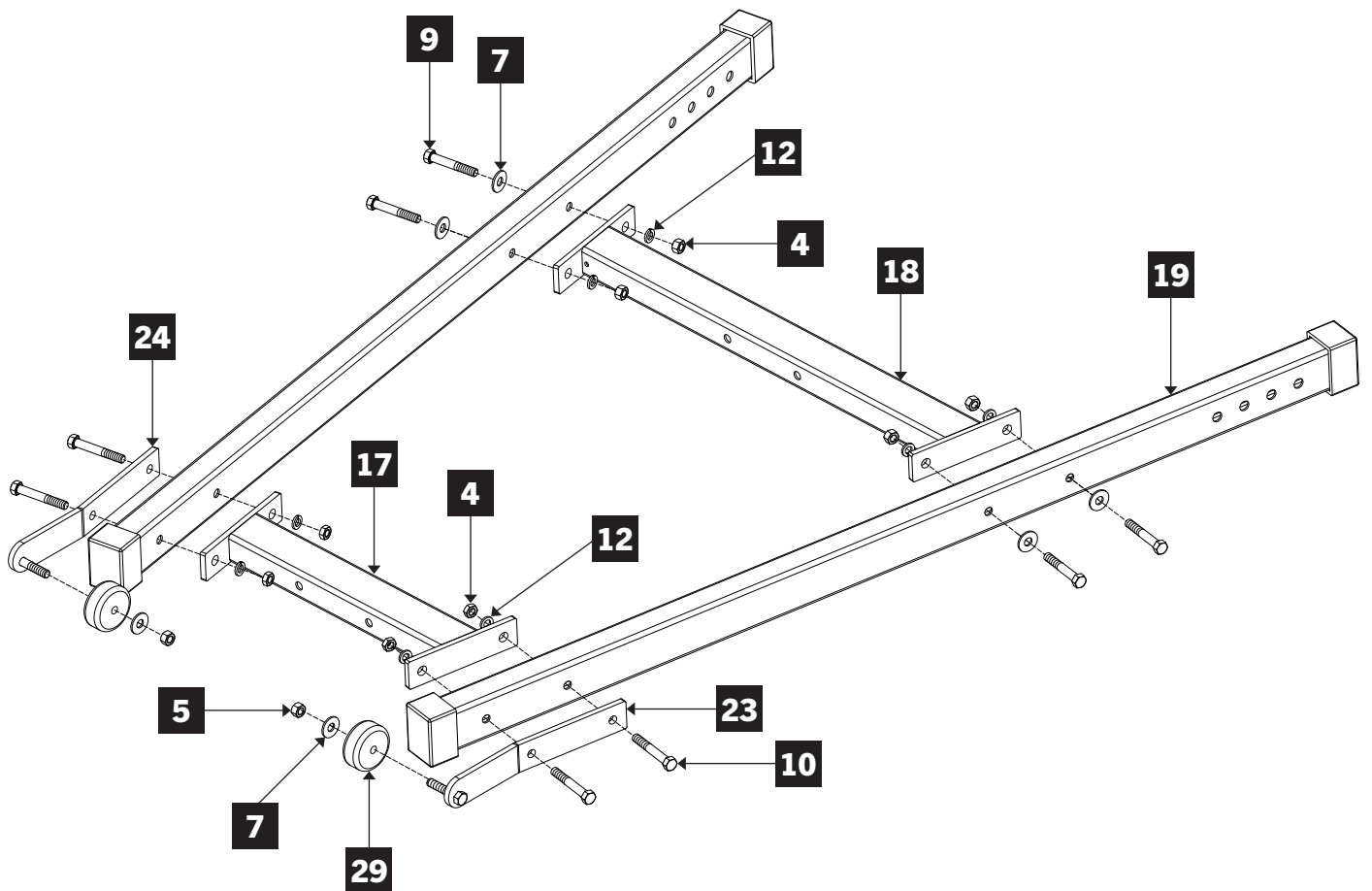
Note:

- Pay attention to RH and LH Wheel Bracket placement as shown in Wheel Bracket Detail (right). Welded bolts must be oriented downward for wheels to slide properly on ground.

WHEEL BRACKET DETAIL



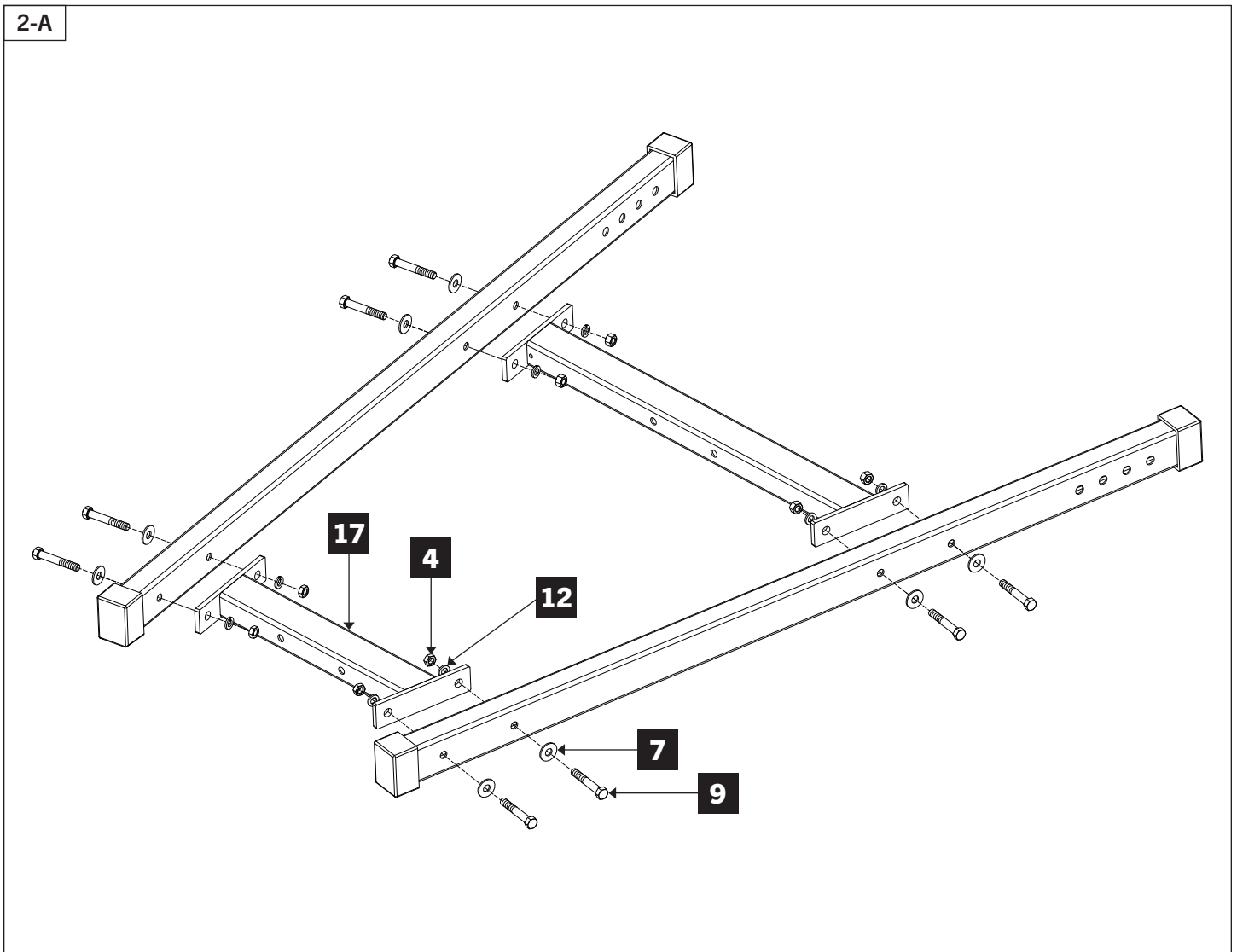
1-A



STEP 2 (OPTIONAL)

Tools Required:

- None, HAND-TIGHTEN ONLY.
- If desired, ABRAM GHD 2.0 can be assembled without wheels by removing the Wheel Brackets and 1/2" x 3-1/2" Hex Bolts installed in **STEP 1**.
- If Brackets are removed, secure the Rear Crossmember **17** using the additional provided 1/2" x 3-1/4" Hex Bolts **9** and 1/2" Flat Washers **7** as shown below.

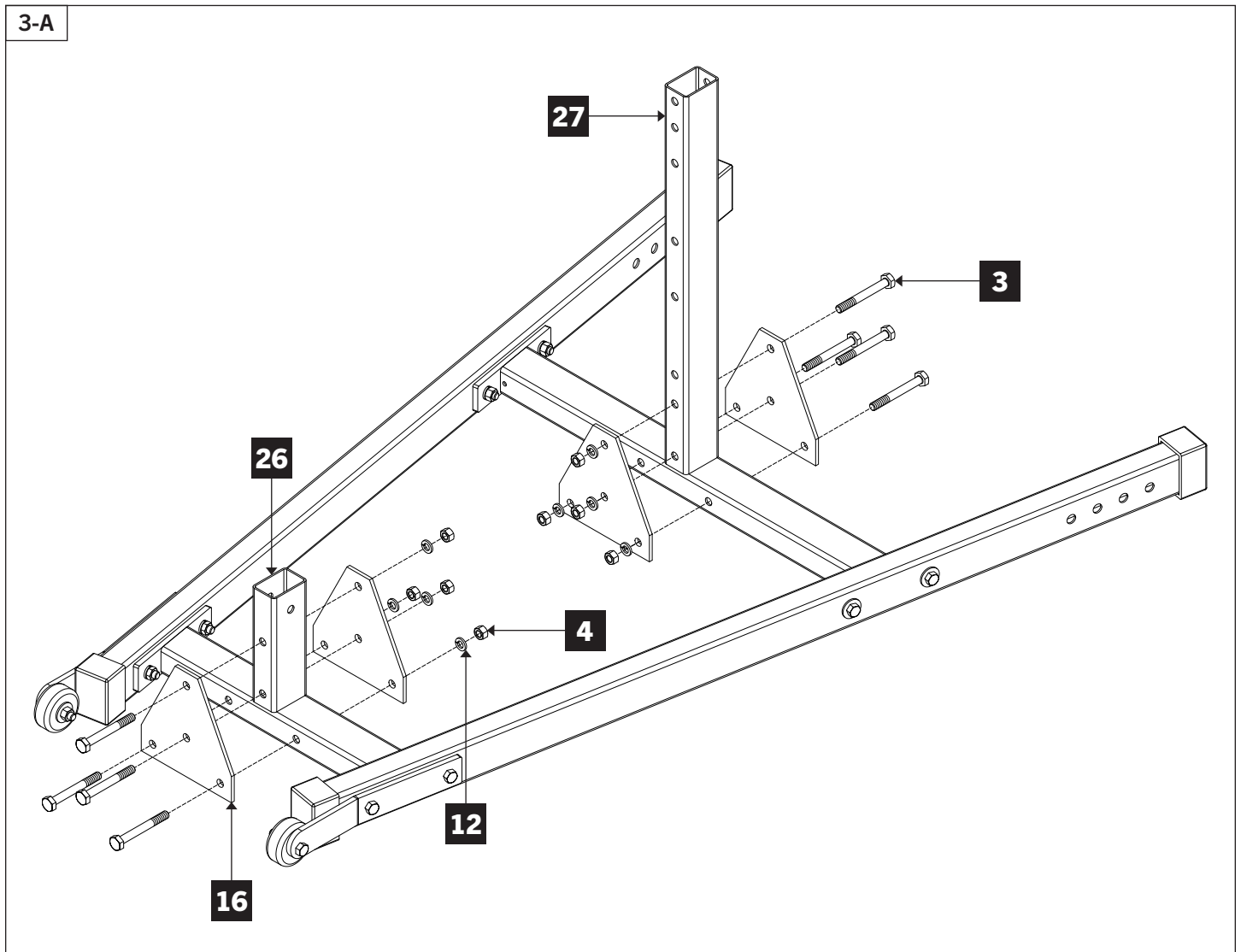


STEP 3

Tools Required:

- None, HAND-TIGHTEN ONLY.

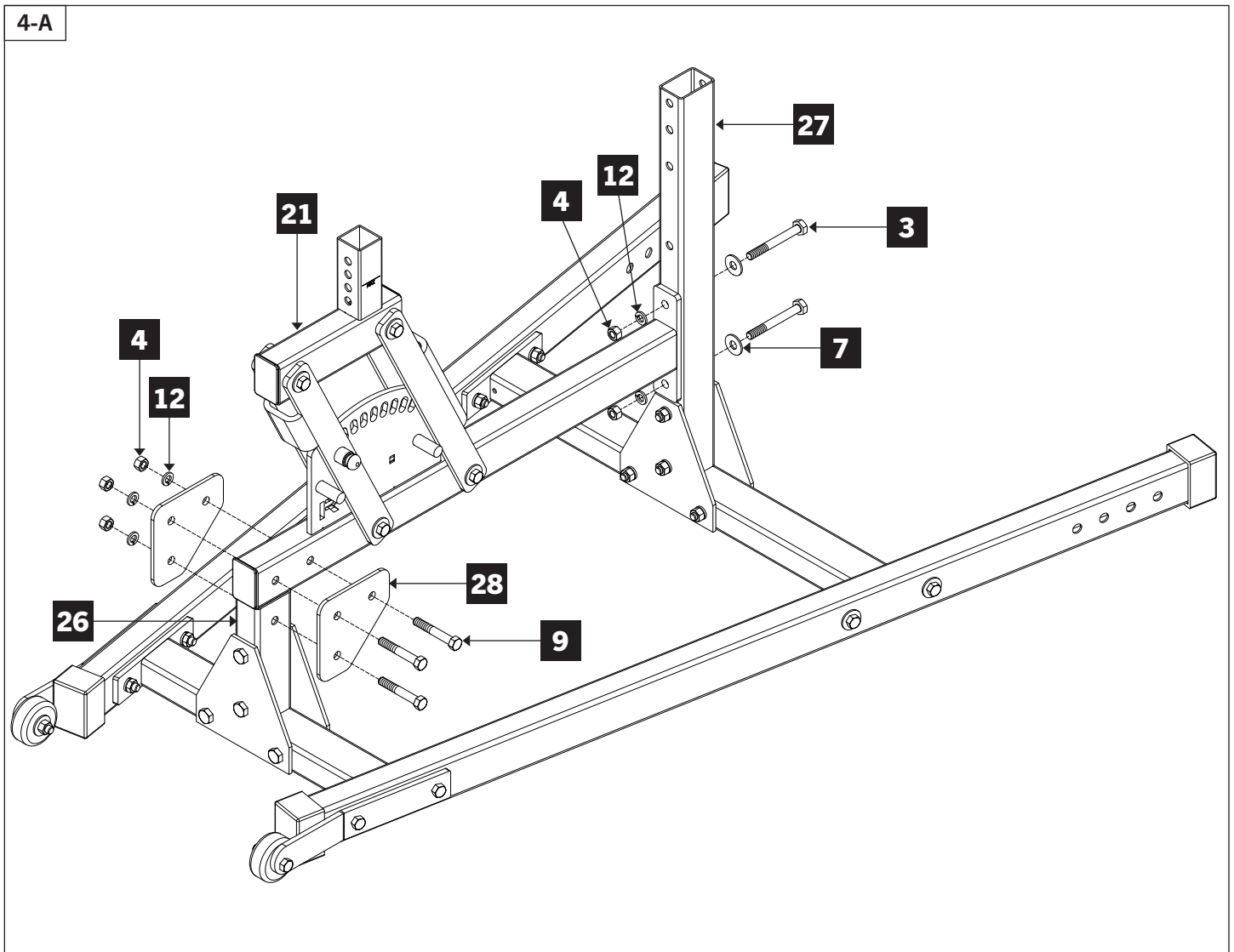
- Attach Front Upright **27** and Rear Upright **26** to Front and Rear Crossmembers using Upright Triangle Plates **16**, 1/2" x 4-1/4" Hex Bolts **3**, 1/2" Lock Washers **12**, and 1/2" Hex Nuts **4** as shown.



STEP 4

Tools Required:

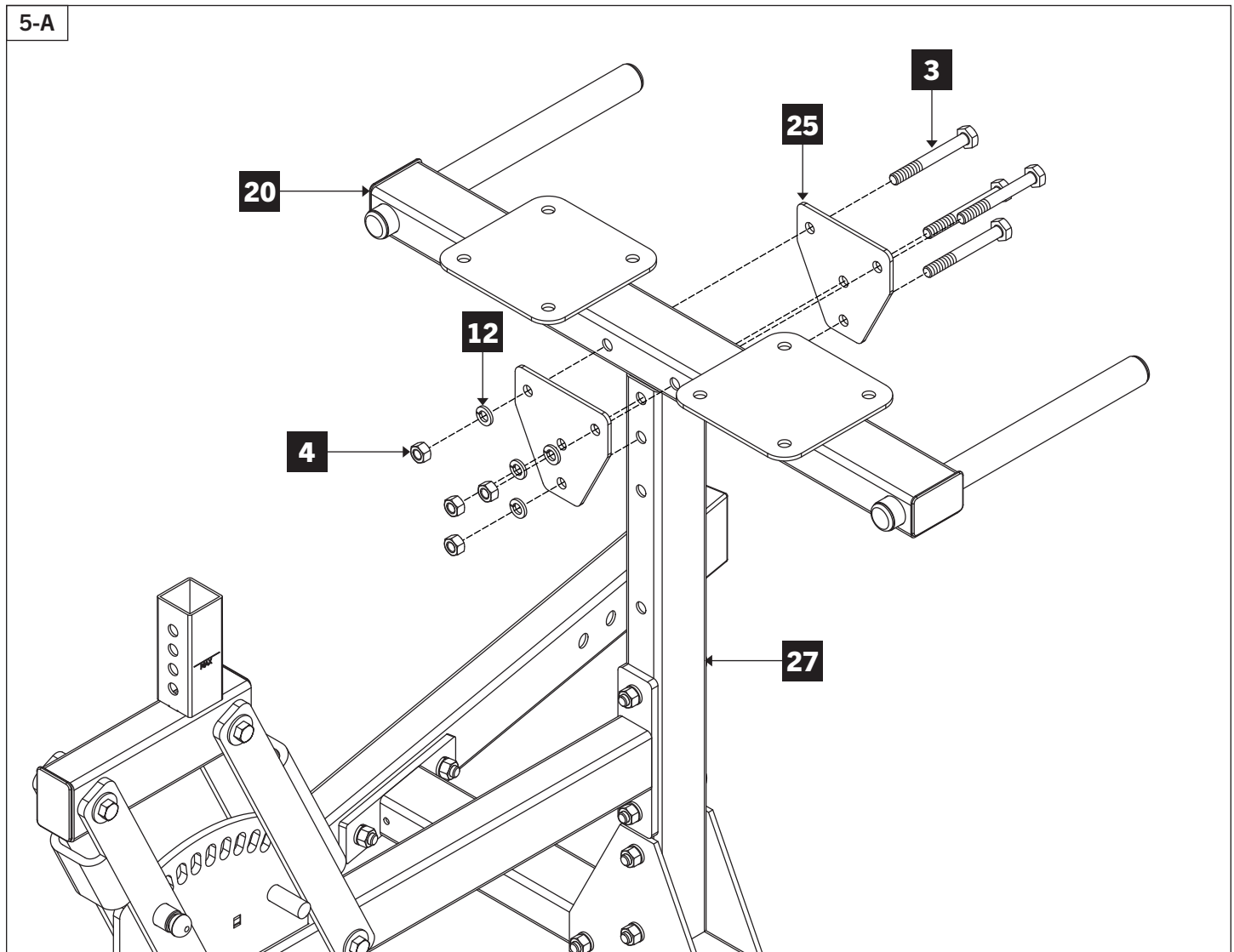
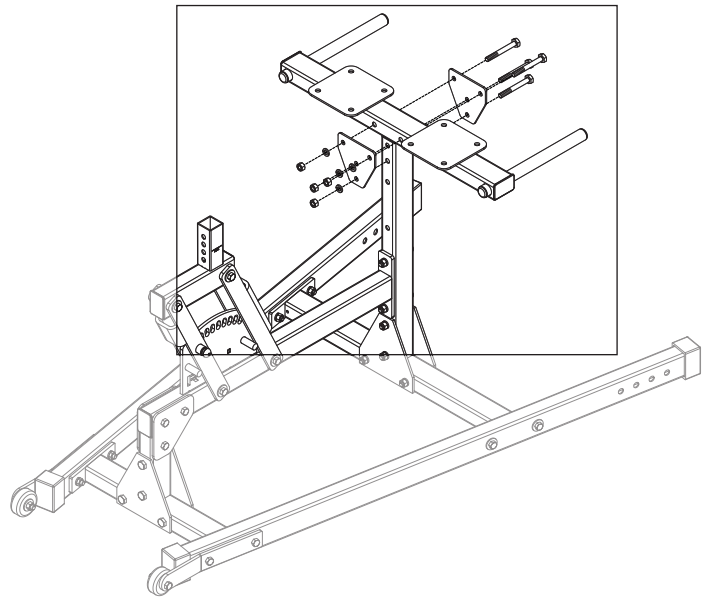
- None, HAND-TIGHTEN ONLY.
- Attach Swing Arm Assembly **21** to Front Upright **27** using 1/2" x 4-1/4" Hex Bolt **3**, 1/2" Flat Washers **7**, 1/2" Lock Washers **12**, and 1/2" Hex Nuts **4**.
- Attach Swing Arm Assembly to Rear Upright **26** using Spine Triangle Plate **28**, 1/2" x 3-1/4" Hex Bolt **9**, 1/2" Lock Washer **12** and 1/2" Hex Nut **4**.



STEP 5

Tools Required:

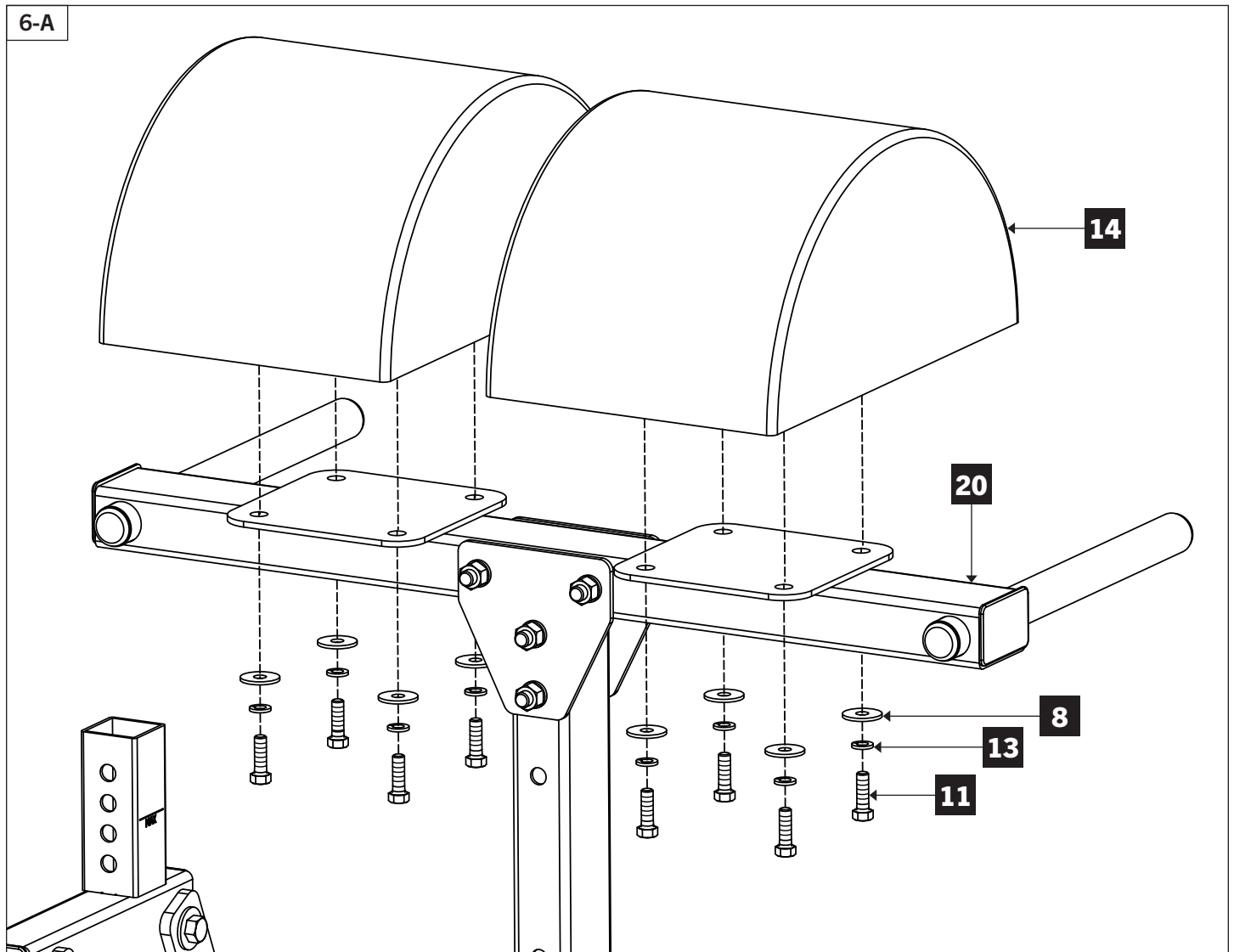
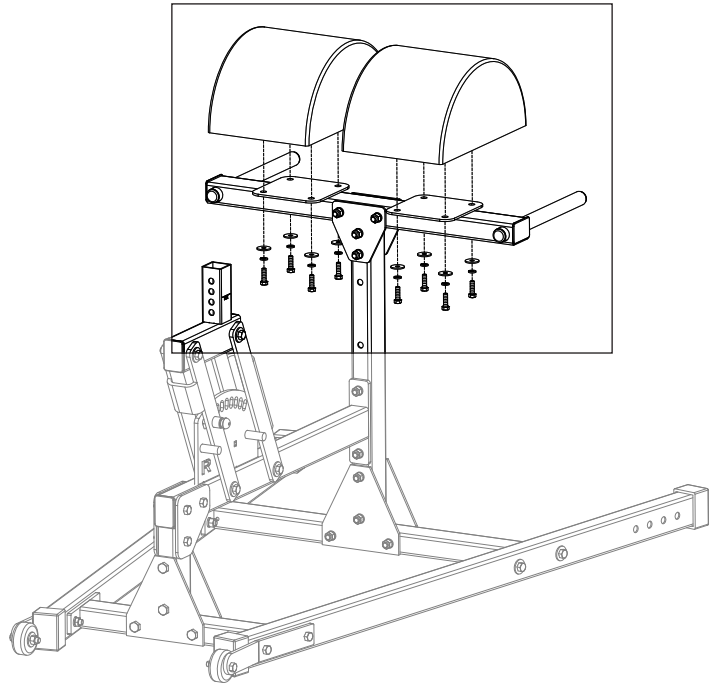
- 3/4" Socket / Wrench
- Attach Handle / Pad Assembly **20** to Front Upright **27** using Handle / Pad End Plates **25**, 1/2" x 4-1/4" Hex Bolts **3**, 1/2" Lock Washers **12**, and 1/2" Hex Nuts **4**.
- Fully tighten all hardware from **STEPS 1-5**.



STEP 6

Tools Required:

- 9/16" Socket / Wrench
- Attach Half Round GHD Pads **14** to Handle / Pad Assembly **20** using 3/8" x 1-1/4" Hex Bolts **11**, 3/8" Lock Washers **13**, and 3/8" Flat Washers **8**.
- Tighten firmly but DO NOT OVER-TIGHTEN.

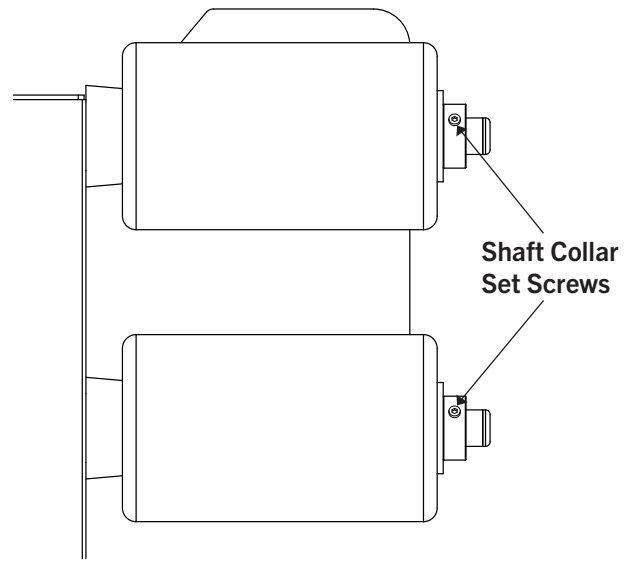


STEP 7

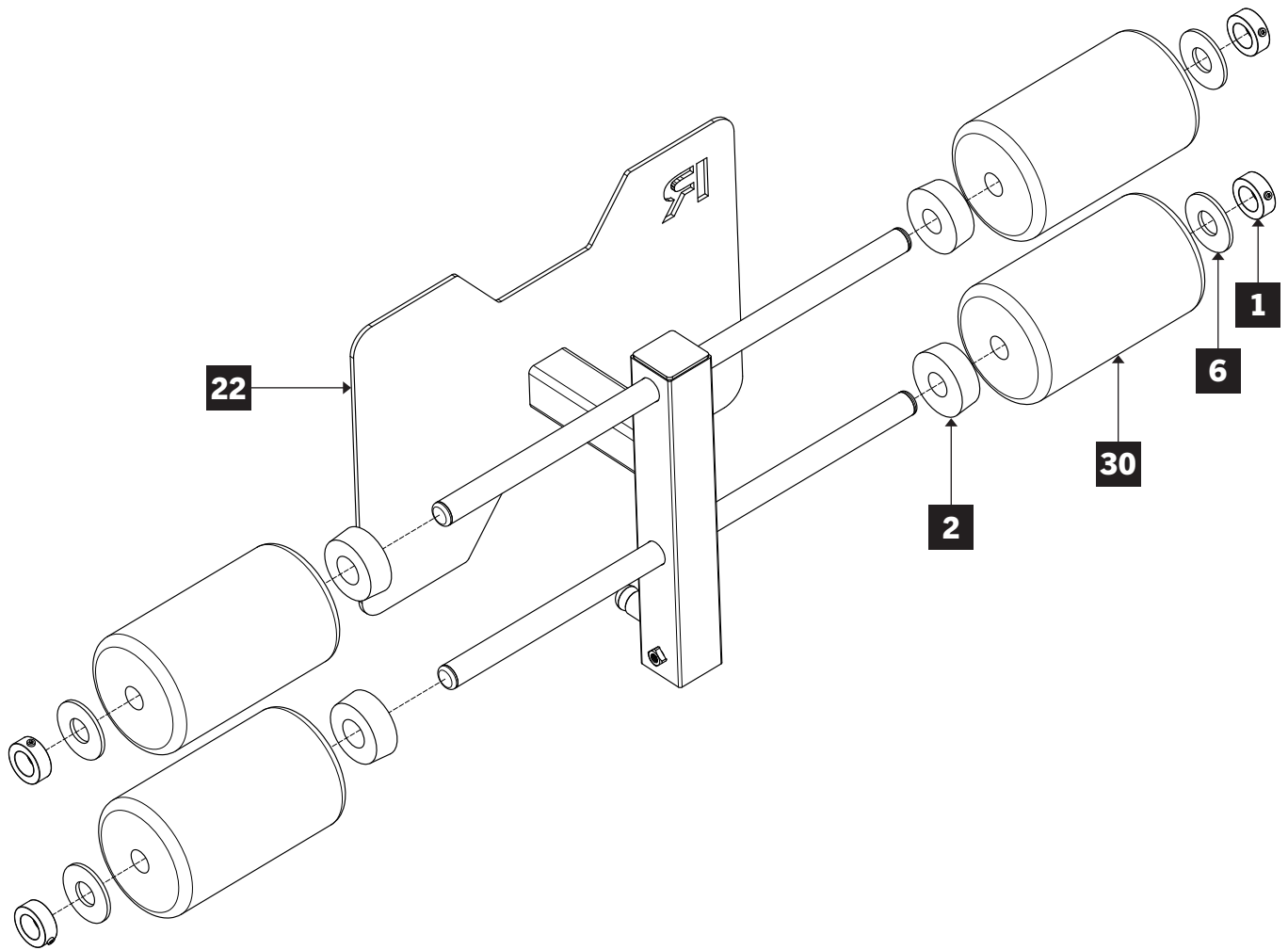
Tools Required:

- 1/8" Hex Key
- Secure Foam Rollers **30** to Sliding Ankle Rod Assembly **22** using Rubber Spacers **2**, 1" Flat Washers **6**, and 1-1/16" Shaft Collars **1** in the orientation shown below .
- Slide all components down the Sliding Ankle Rods and secure in place by fully tightening the 1" Shaft Collar Set Screws as shown in Shaft Collar Detail (right).

SHAFT COLLAR DETAIL



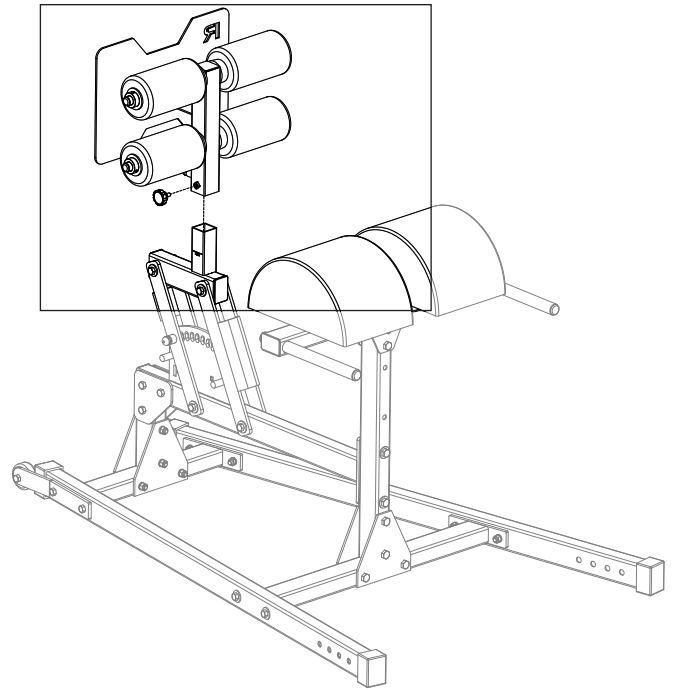
7-A



STEP 8

Tools Required:

- None
- Secure Sliding Ankle Rod Assembly **22** onto post of Swing Arm Assembly **21** and secure using Locking Knob **15**.
- Ensure all hardware is tight. Assembly is complete.



8-A

