

# ROGUE®

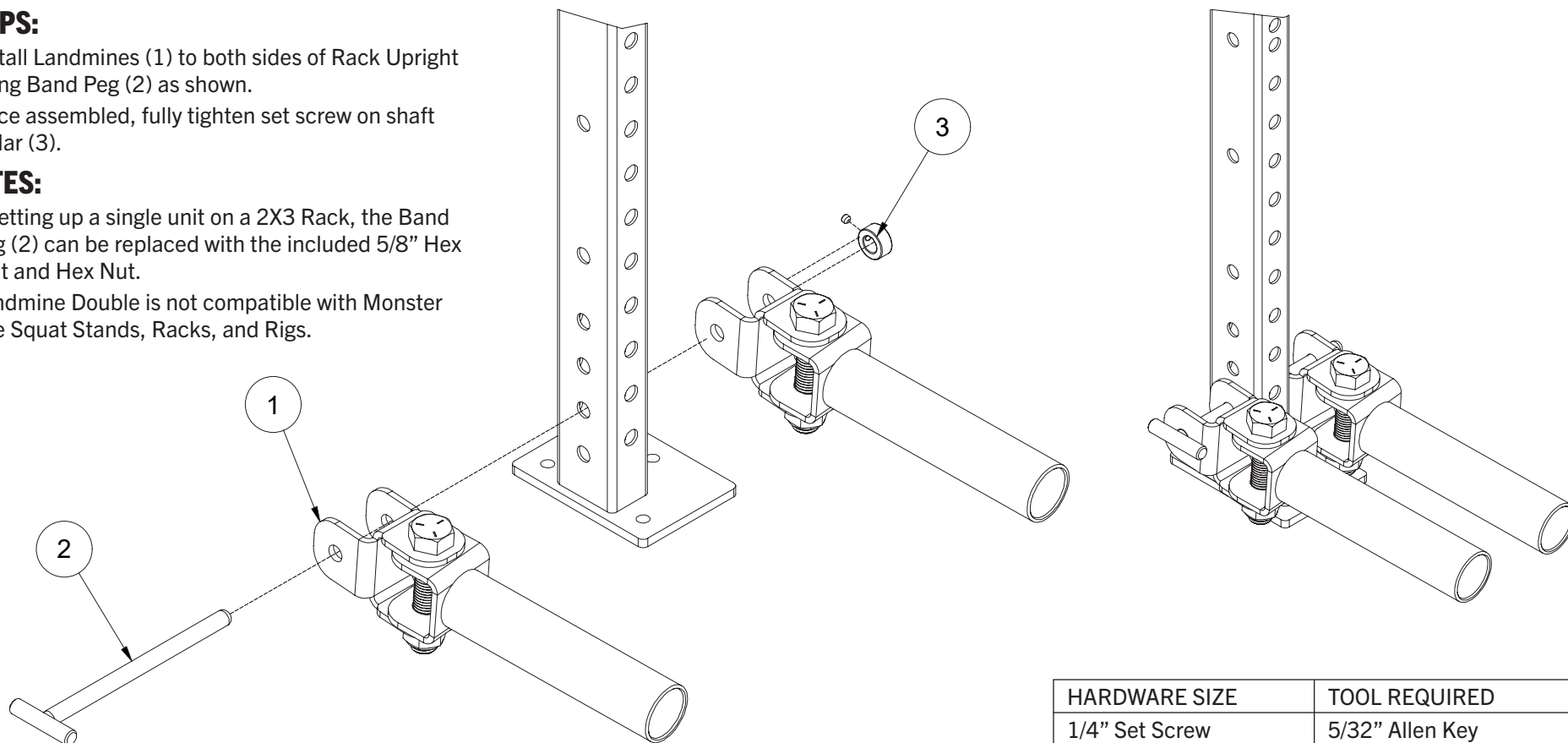
# LANDMINE DOUBLE

## STEPS:

- Install Landmines (1) to both sides of Rack Upright using Band Peg (2) as shown.
- Once assembled, fully tighten set screw on shaft collar (3).

## NOTES:

- If setting up a single unit on a 2X3 Rack, the Band Peg (2) can be replaced with the included 5/8" Hex Bolt and Hex Nut.
- Landmine Double is not compatible with Monster Lite Squat Stands, Racks, and Rigs.



HARDWARE SIZE	TOOL REQUIRED
1/4" Set Screw	5/32" Allen Key



## IMPORTANT SAFETY INFORMATION

### DISCLAIMER:

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to severe injury or 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.