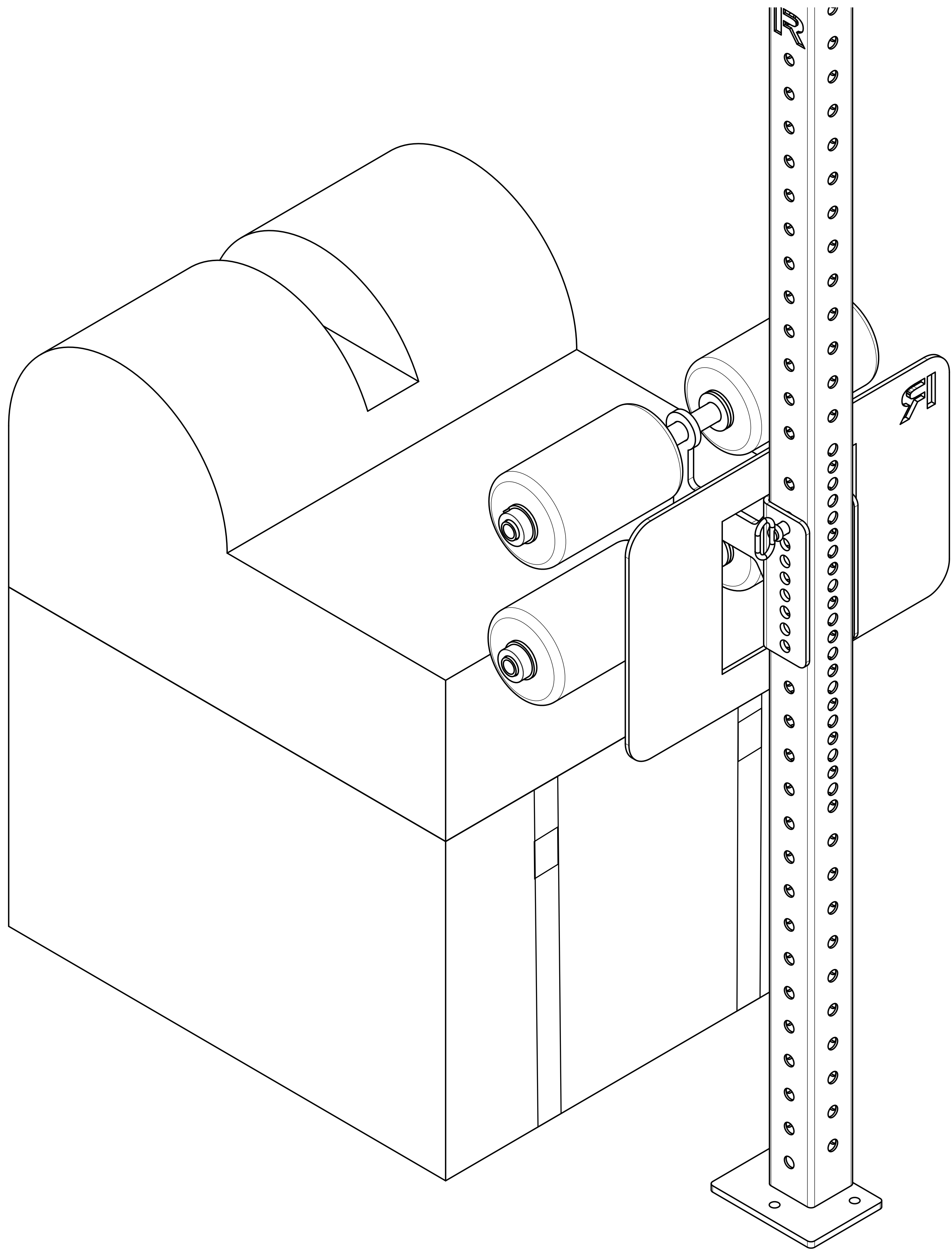


ROGUE®

ML ECHO GHD

FOOT PLATE/ROLLER ASSEMBLY



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:

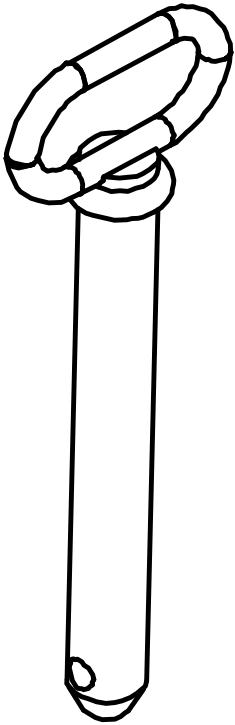
MISUSE OF THIS PRODUCT CAN RESULT IN SEVERE INJURY. Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

INCLUDED PARTS

Note: Images not shown at scale

1

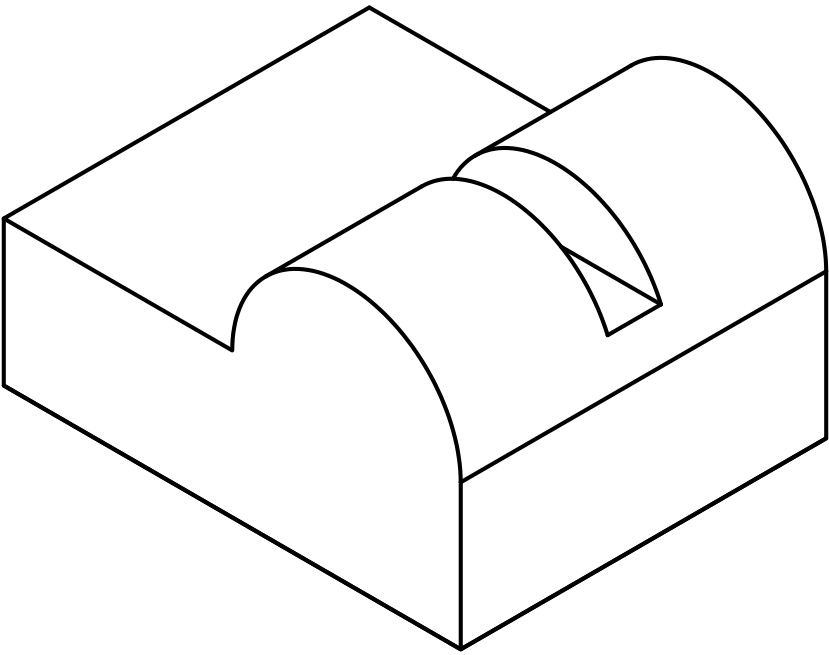
Qty: 1x



5/8" x 4" Detent Pin

2

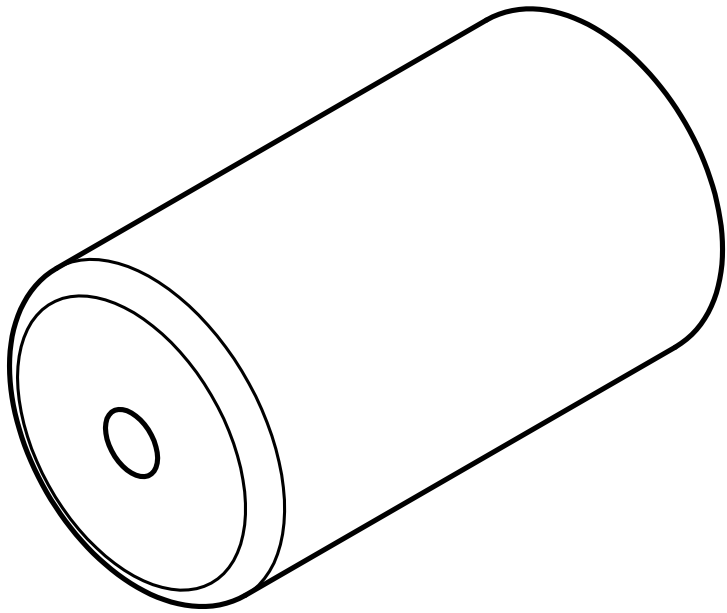
Qty: 1x



Echo GHD Pad

3

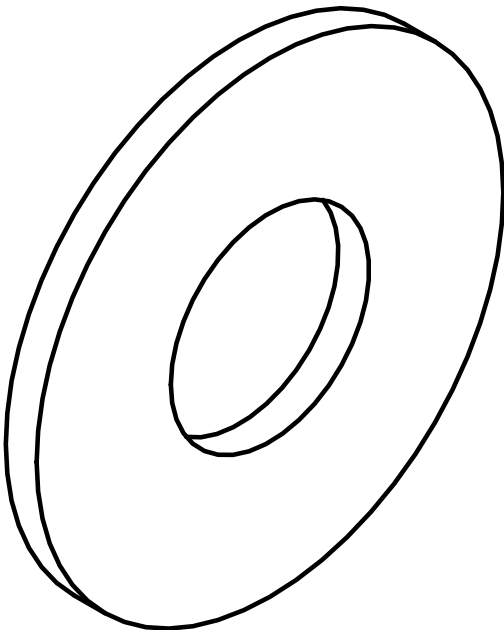
Qty: 4x



Foam Roller

4

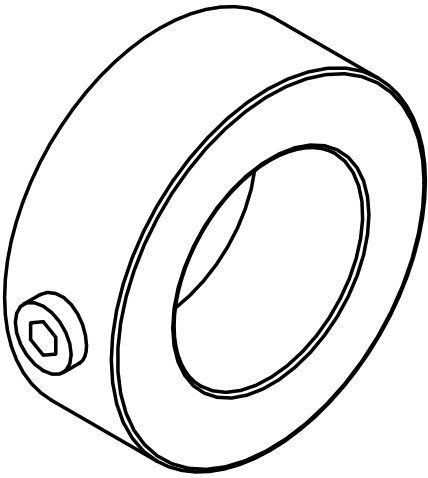
Qty: 8x



1" Flat Washer

5

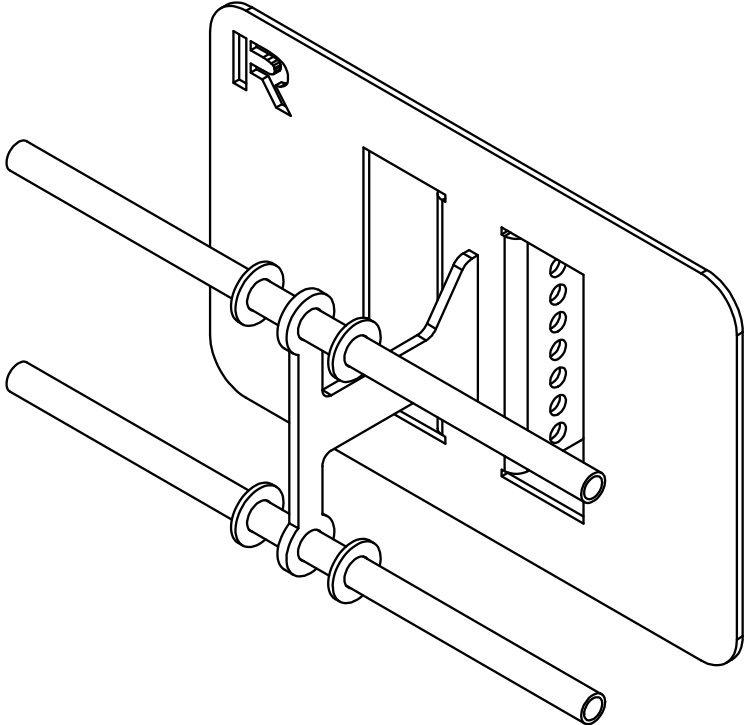
Qty: 4x



1 1/16" Shaft Collar

6

Qty: 1x

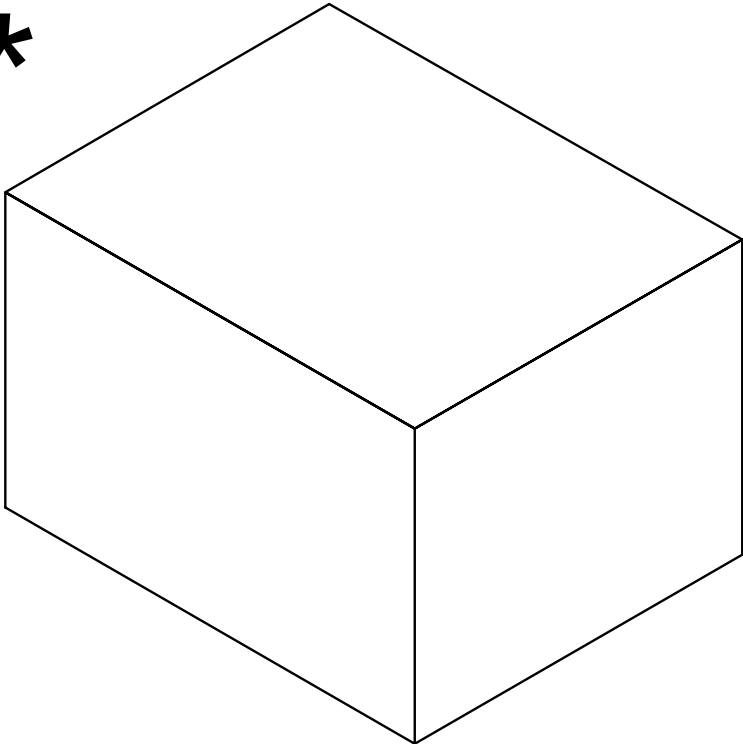


Echo GHD Foot Plate

7

Qty: 1x

*

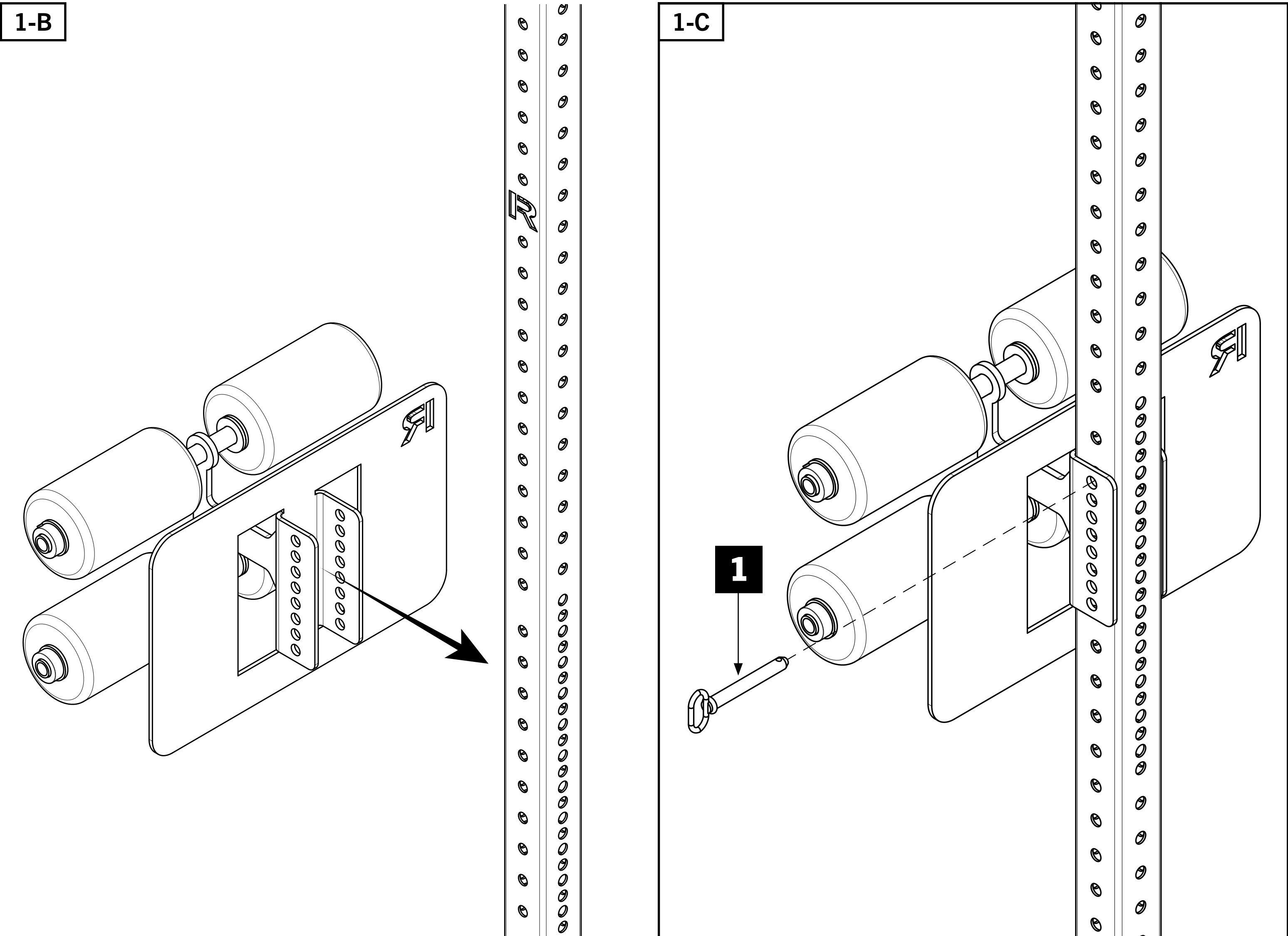
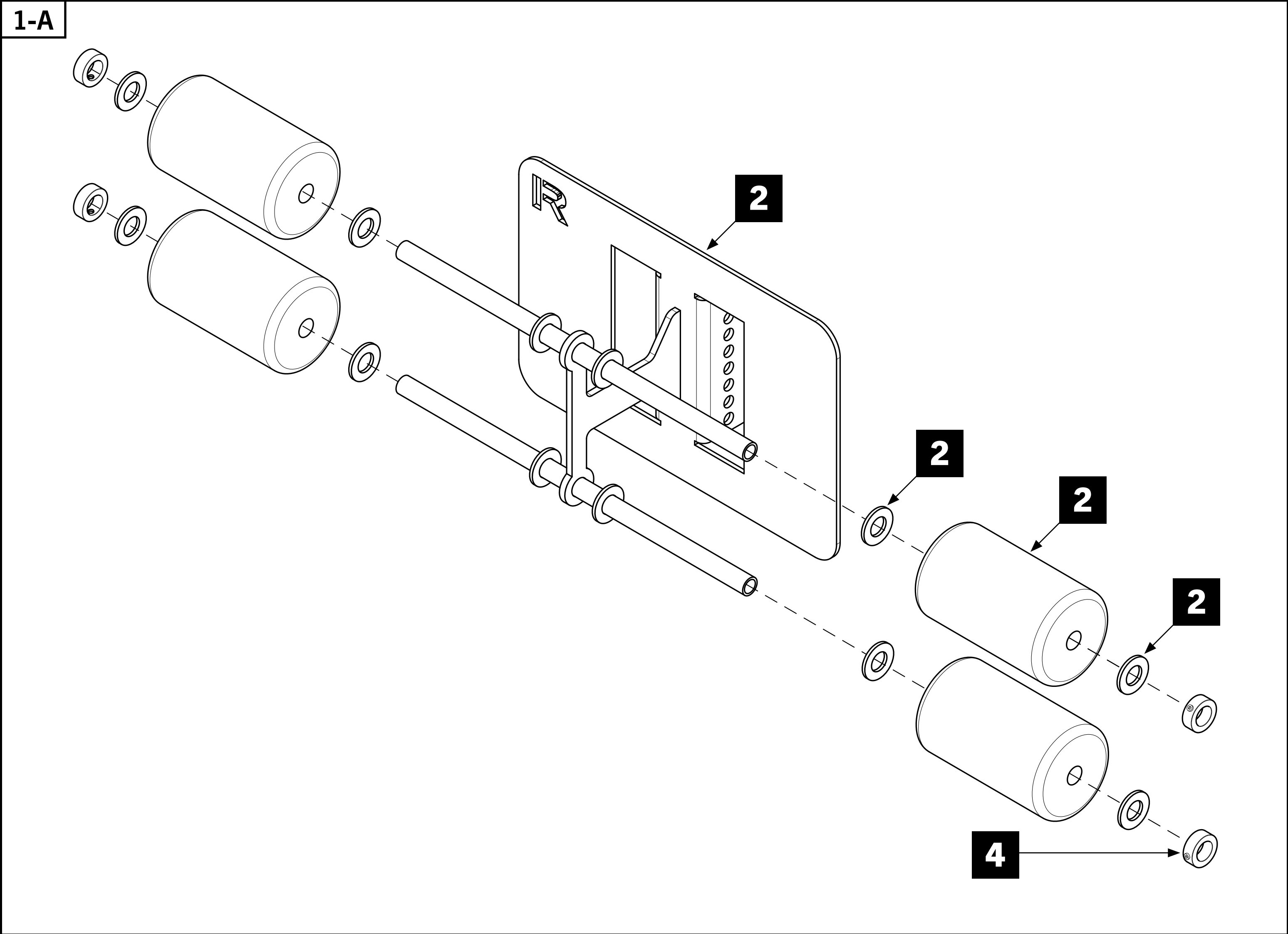


Games Box

* Only included with plastic options selected at checkout.

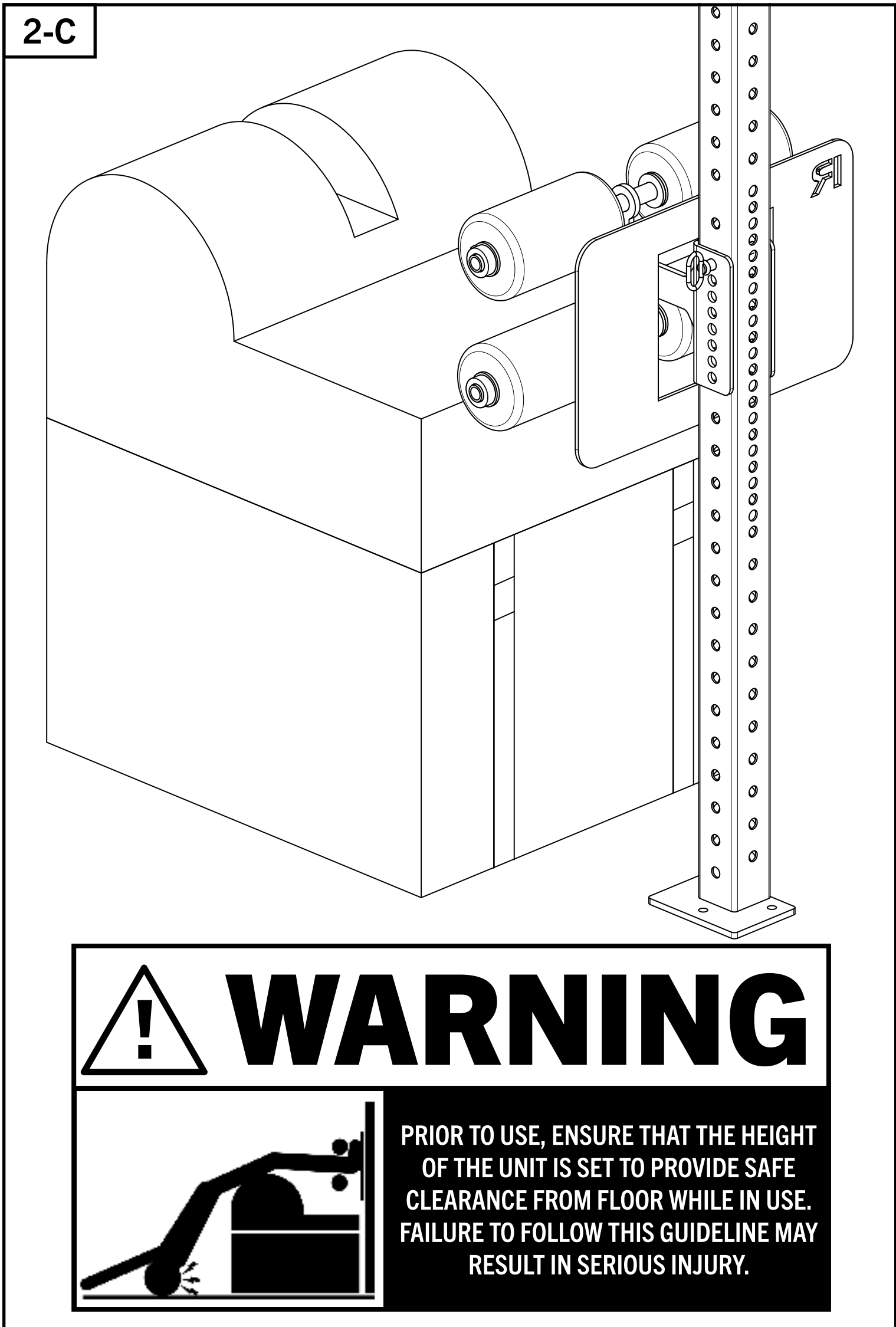
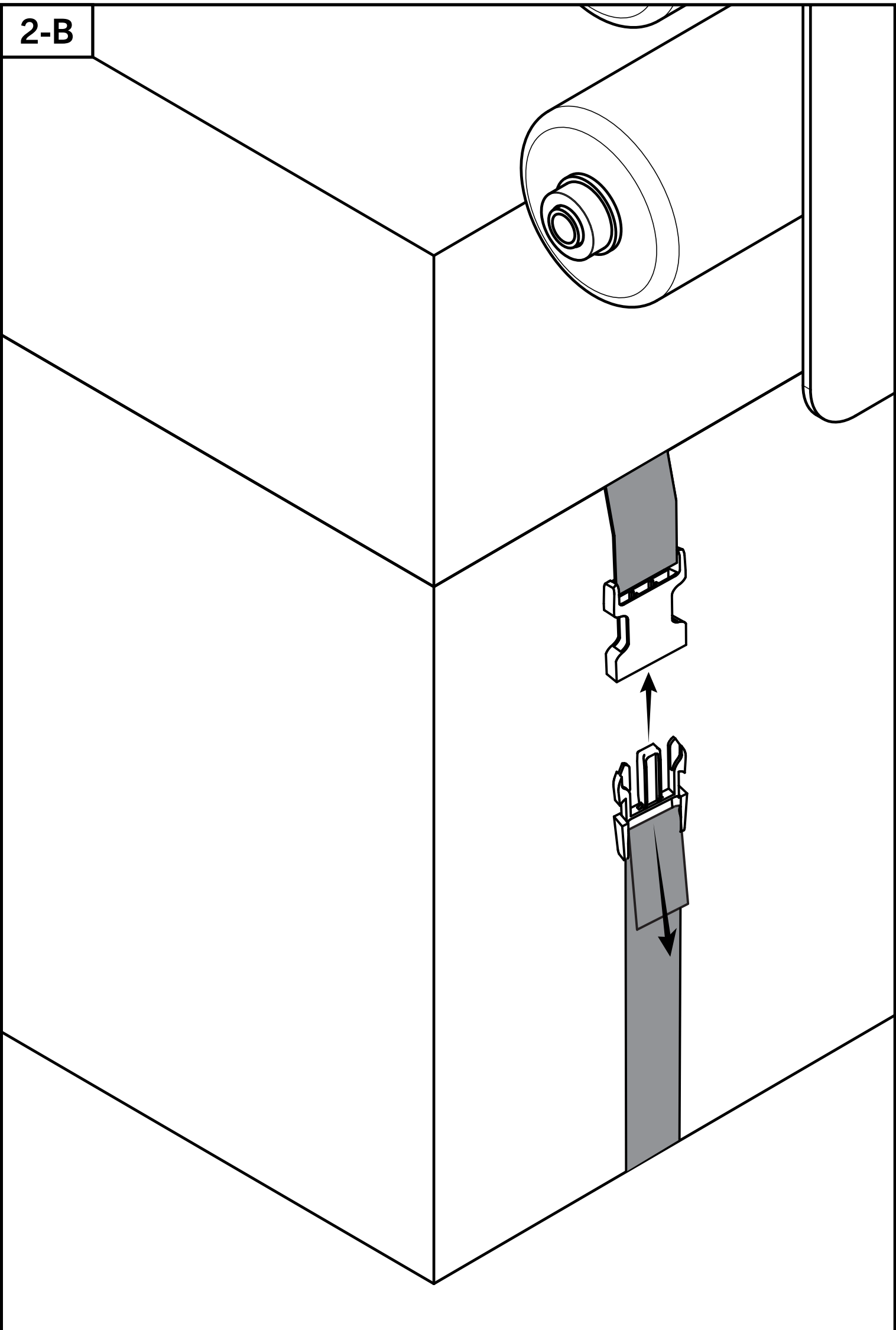
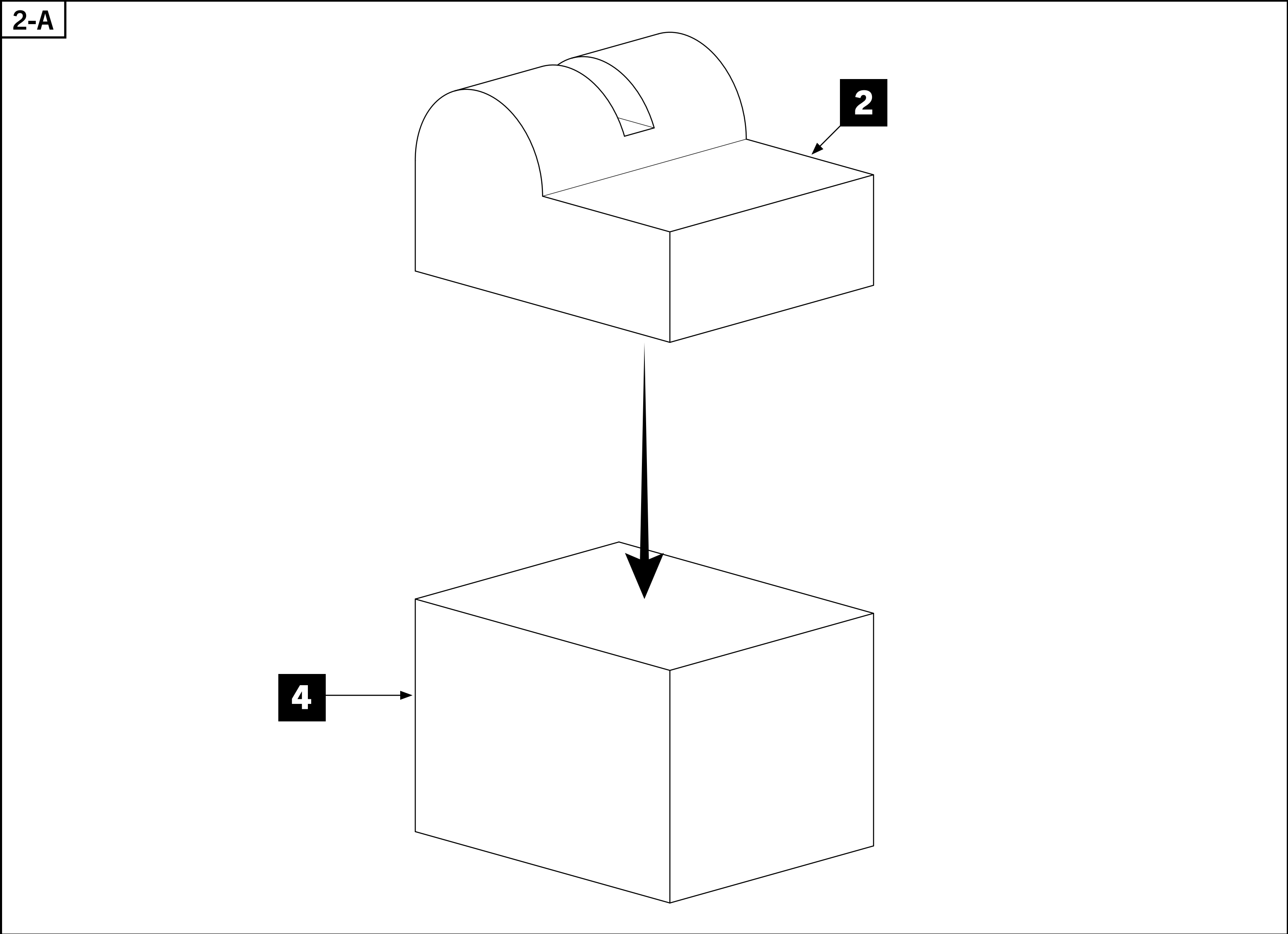
STEP 1

- Install 1” Flat Washers [4] and Foam Rollers [3] onto Echo GHD Footplate [6], fastening them into place using the Shaft Collar [5].
- Using the provided Detent Pin [1], secure the Echo GHD Foot Plate [6] to an existing Monster Lite upright or The Strip at the desired height.
- Note: Ensure that any upright/Strip that the Echo GHD Foot Plate is mounted to is securely fastened to the floor and/or wall.



STEP 2

- Place Echo GHD Pad on Game Box.
- Buckle the Echo GHD Pad onto Game Box and pull the straps tight.
- Note: Unit must be setup on a non-slip surface. It is not recommend to setup the Echo GHD on a slick surface such as bare concrete.
- **TEST UNIT FOR STABILITY BEFORE EACH USE.**



ROGUE



**SCAN FOR
INSTRUCTIONS**



**IRON GAME
PROGRAMMING**