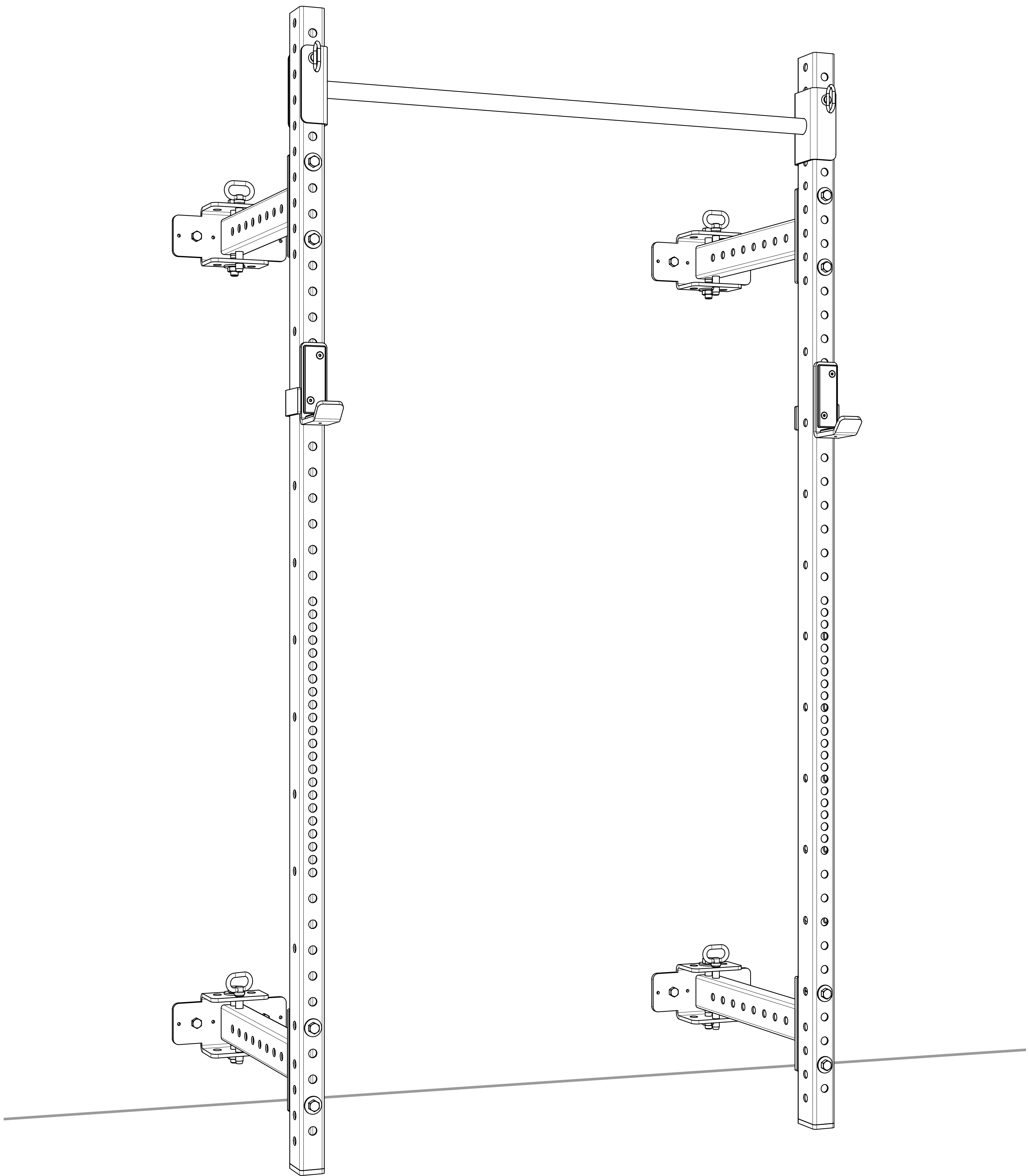


ROGUE®

R-3W FOLD BACK WALL MOUNT RACK



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:

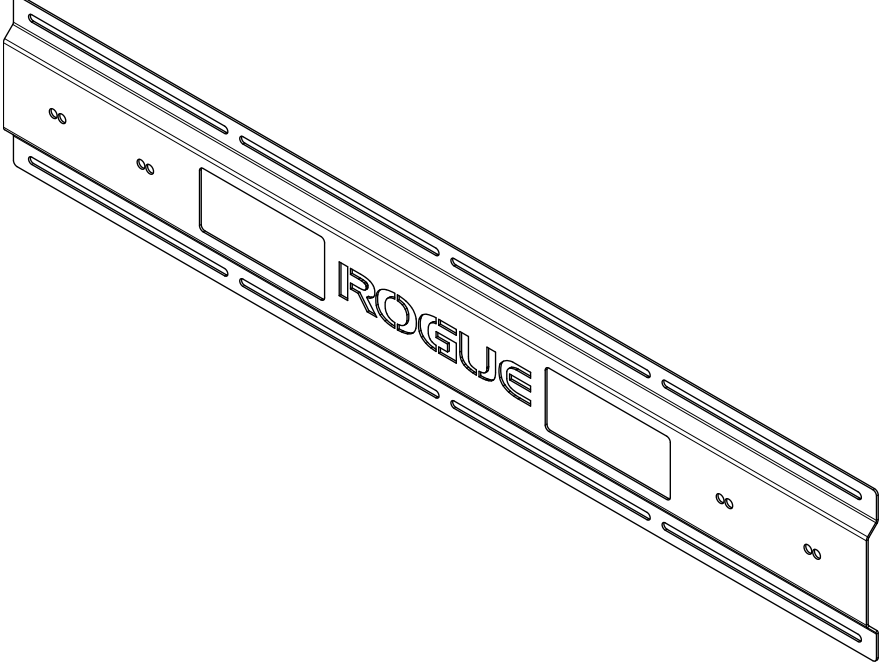
MISUSE OF THIS PRODUCT CAN RESULT IN SEVERE INJURY. Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

INCLUDED PARTS: STRINGER ADD-ON

Note: Images not shown at scale

1

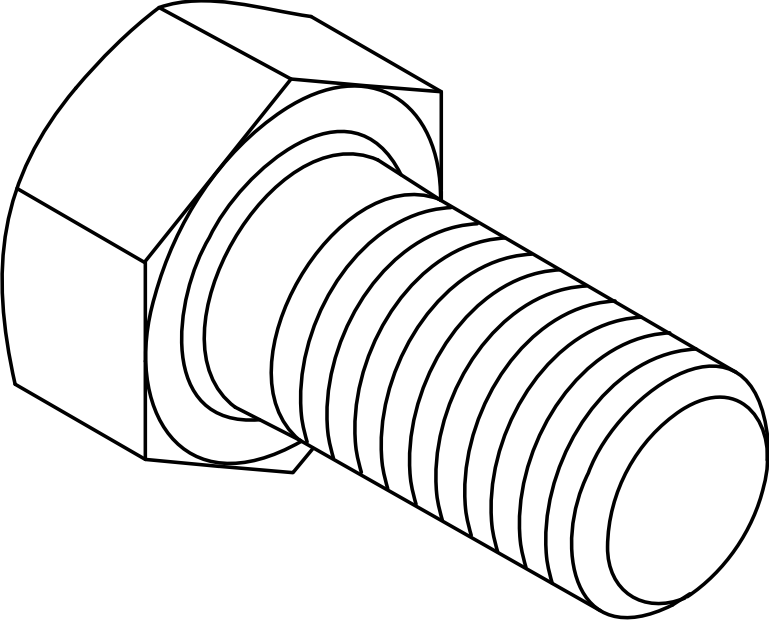
Qty: 2x



Fold Back Stringer

2

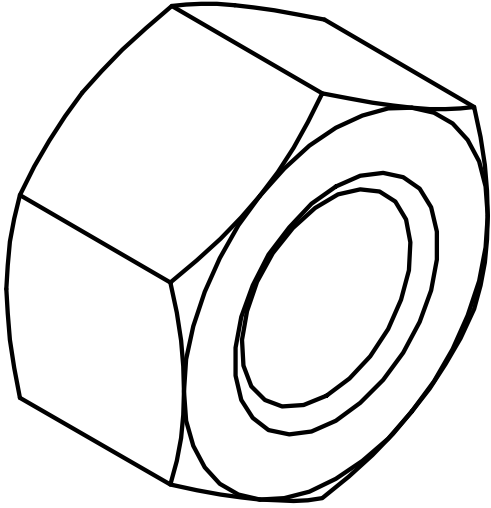
Qty: 8x



1/2" x 1" Hex Bolt

3

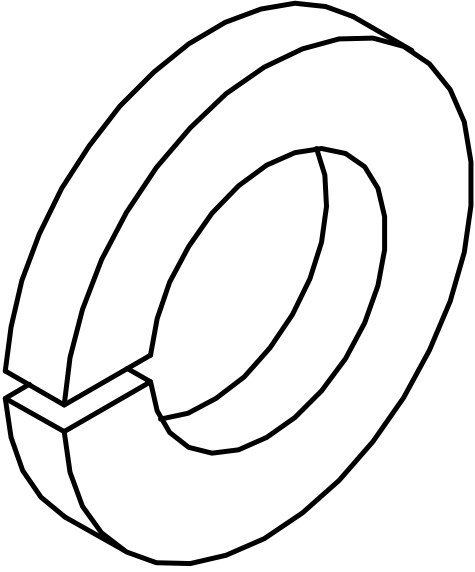
Qty: 8x



1/2" -13 Hex Nut

4

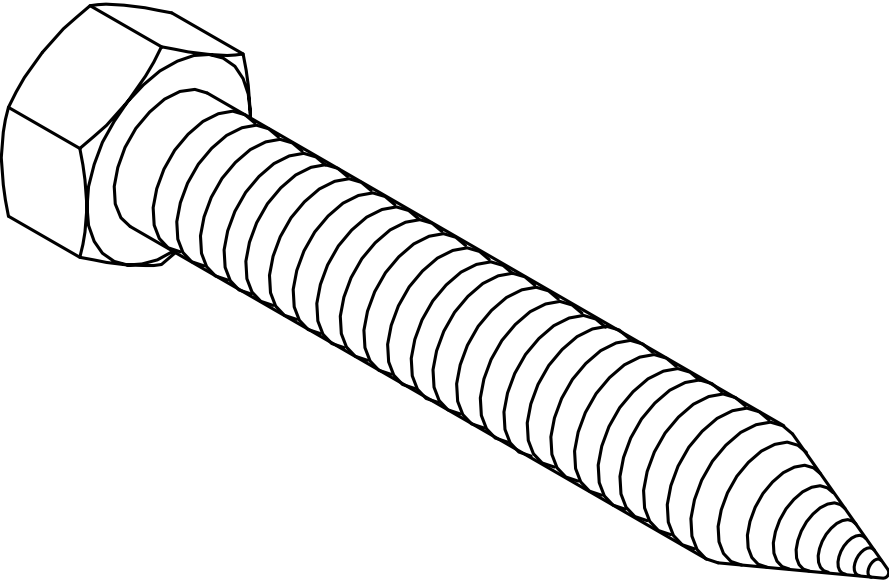
Qty: 8x



1/2" Lock Washer

5

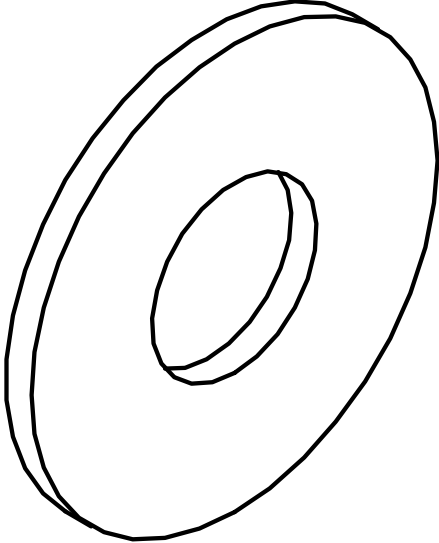
Qty: 16x



3/8" x 2-1/2" Wood Lag Screws

6

Qty: 16x



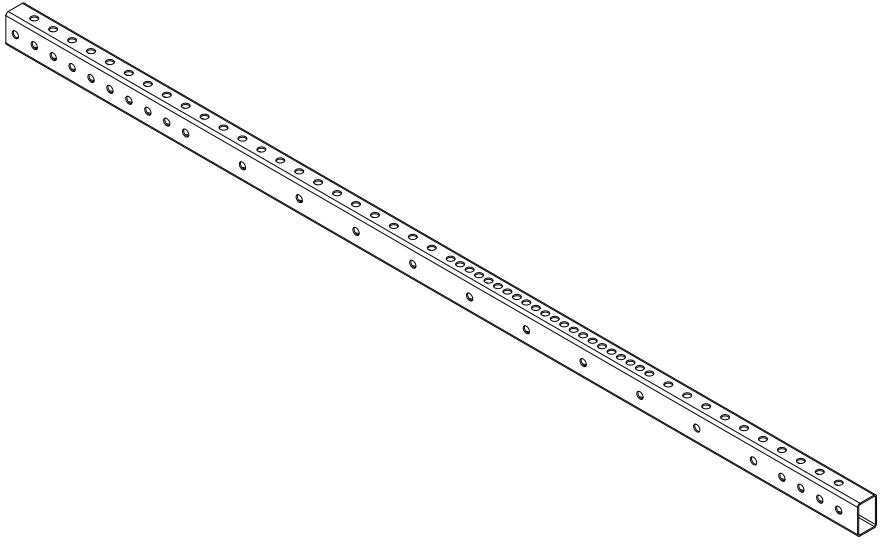
3/8" Flat Washer

INCLUDED PARTS: R-3W FOLD BACK WALL MOUNT RACK

Note: Images not shown at scale

7

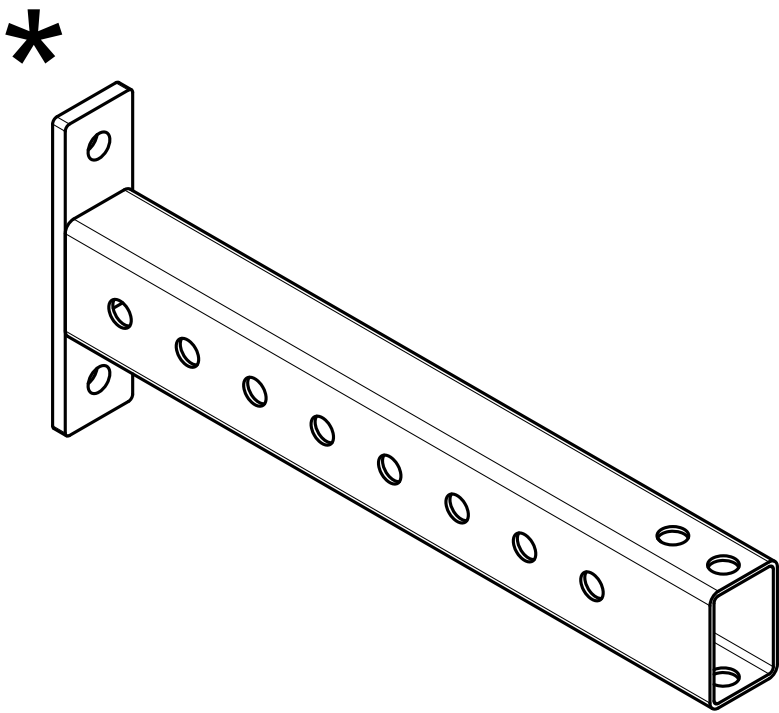
Qty: 2x



Infinity 90" Stick

8

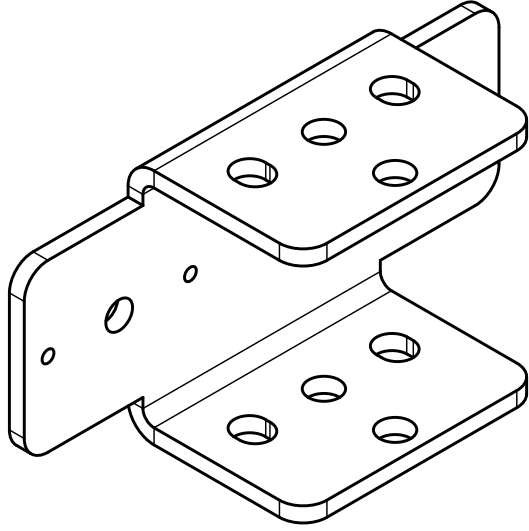
Qty: 4x



Fold Back Rack Crossmember

9

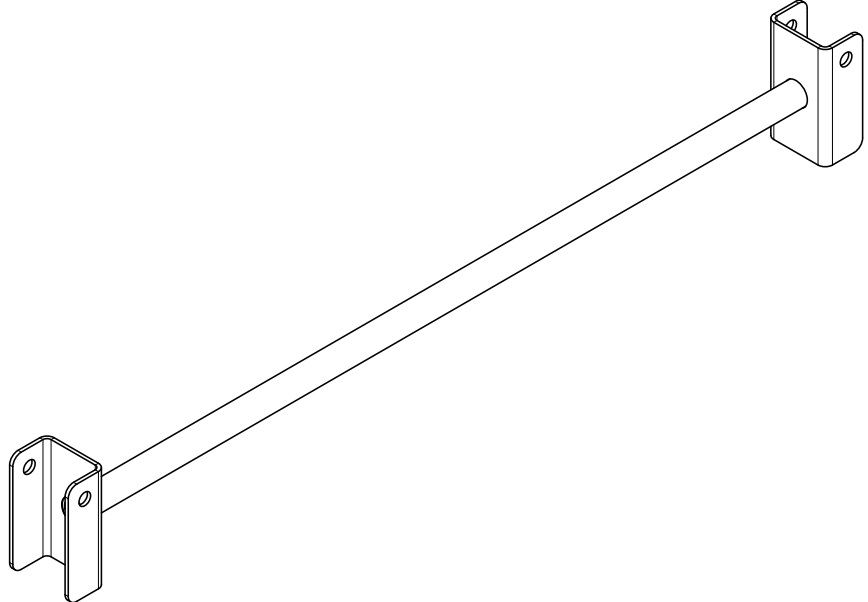
Qty: 4x



Wall Mount Bracket

10

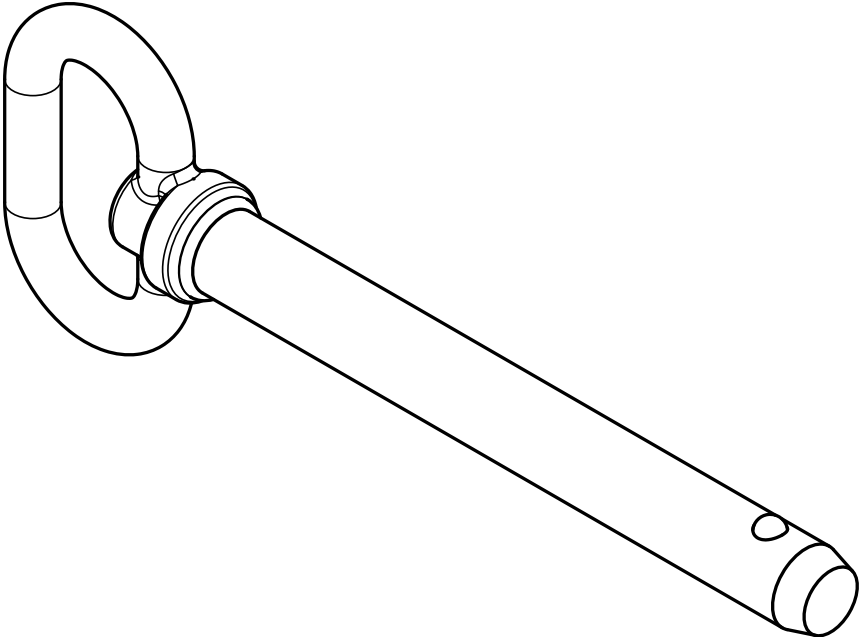
Qty: 1x



Quick Attach Pull-Up Bar

11

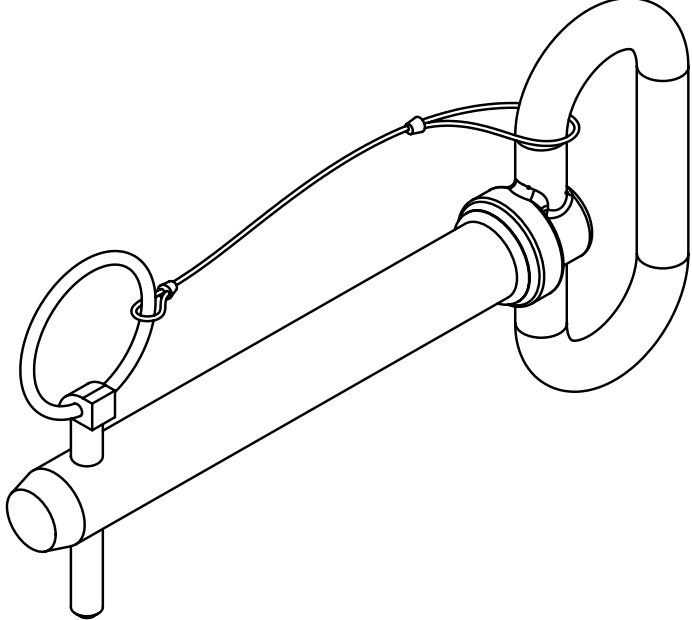
Qty: 4x



5/8" x 5" Hitch Pin

12

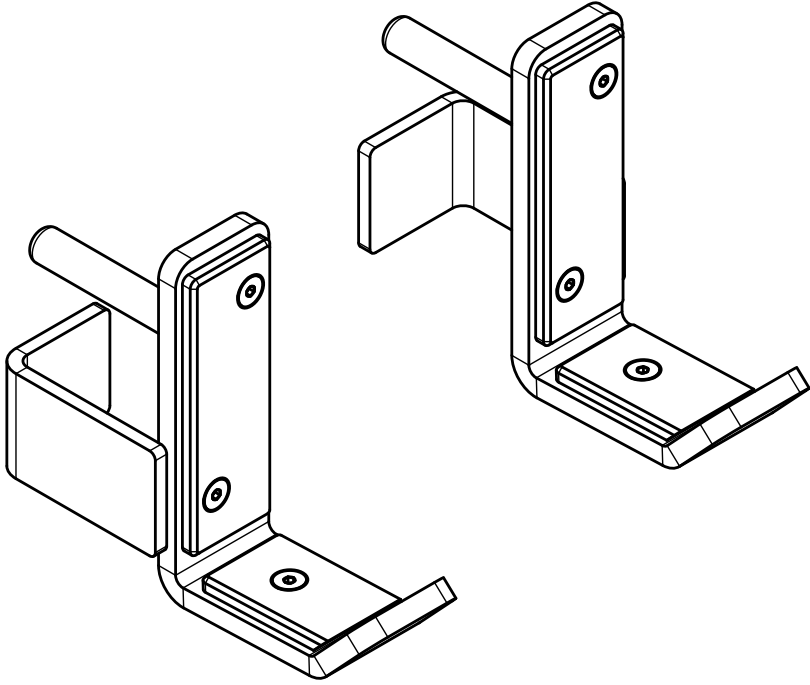
Qty: 2x



5/8" x 4" Hitch pin with Lanyard

13

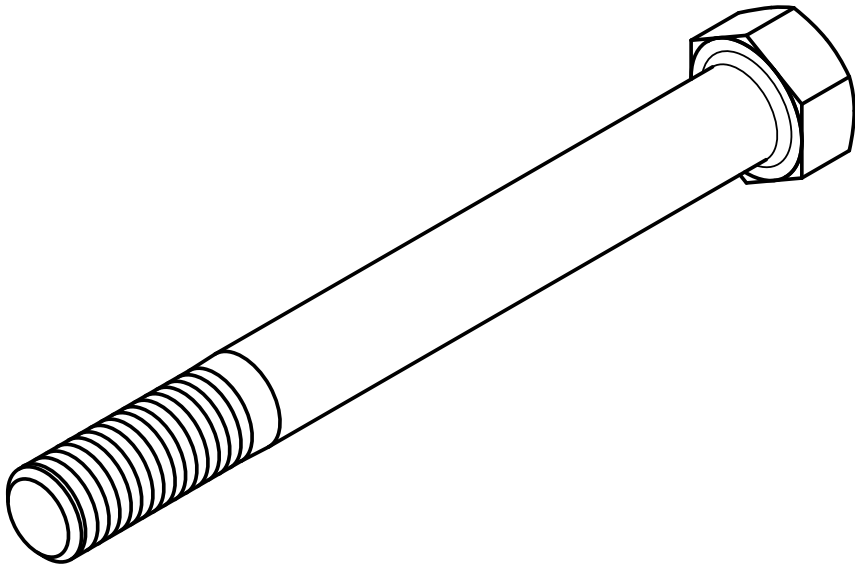
Qty: 1x



Infinity Jcup Pair

14

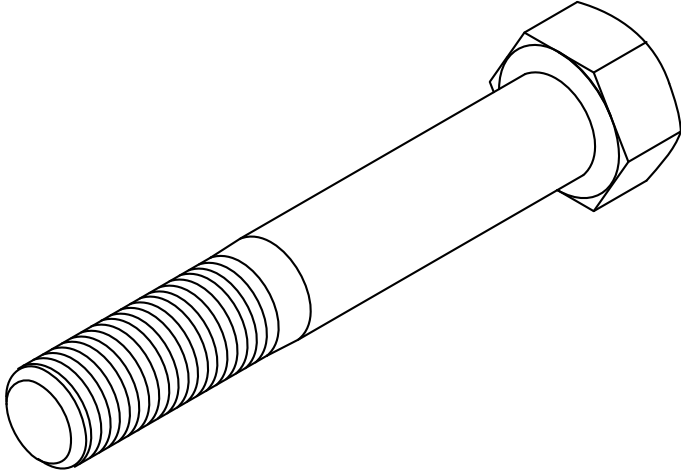
Qty: 4x



5/8" X 6" Hex Bolt

15

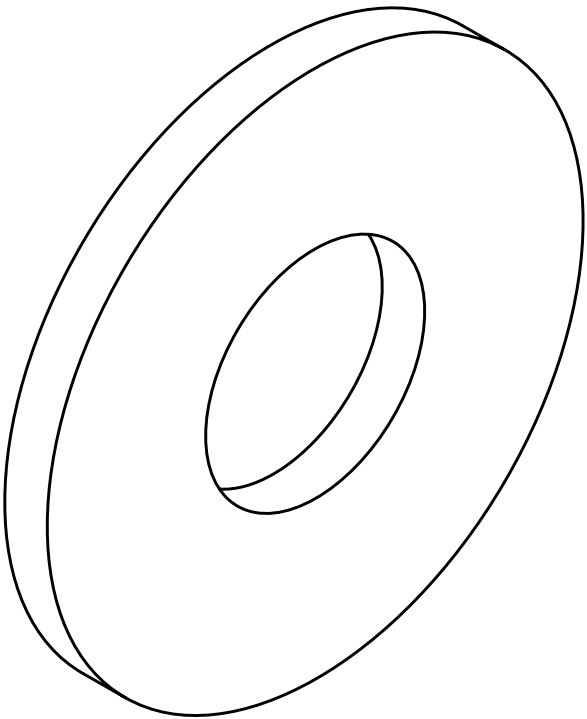
Qty: 8x



5/8" x 4.5" Hex Bolt

16

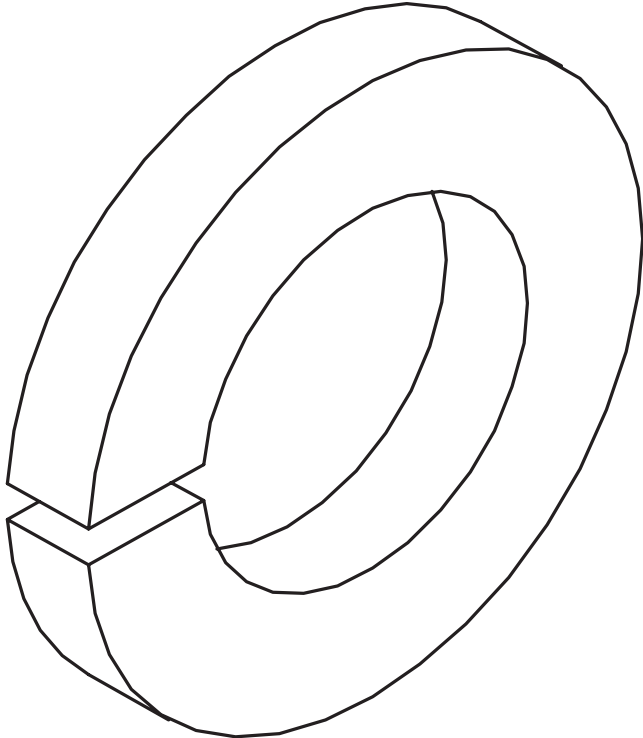
Qty: 20x



5/8" Flat Washer

17

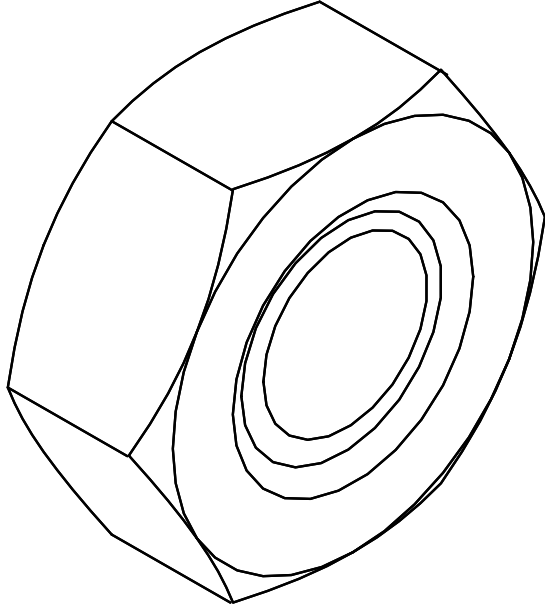
Qty: 8x



5/8" Lock Washer

18

Qty: 4x



5/8" Low Profile Lock Nut

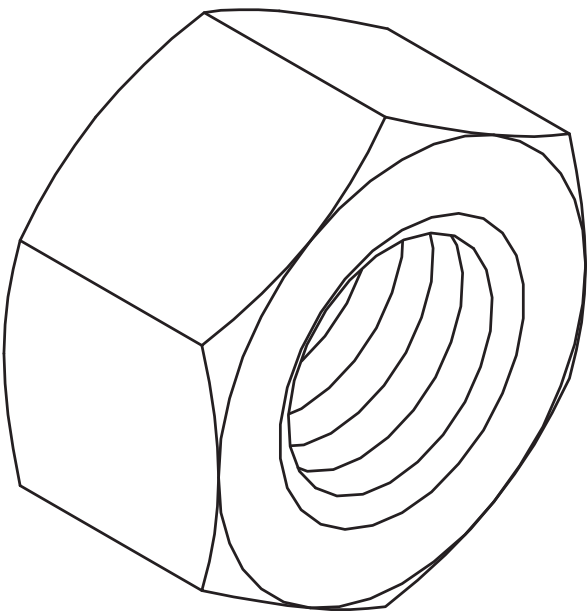
* Length depends on rack depth selection made at checkout.

INCLUDED PARTS: R-3W FOLD BACK WALL MOUNT RACK

Note: Images not shown at scale

19

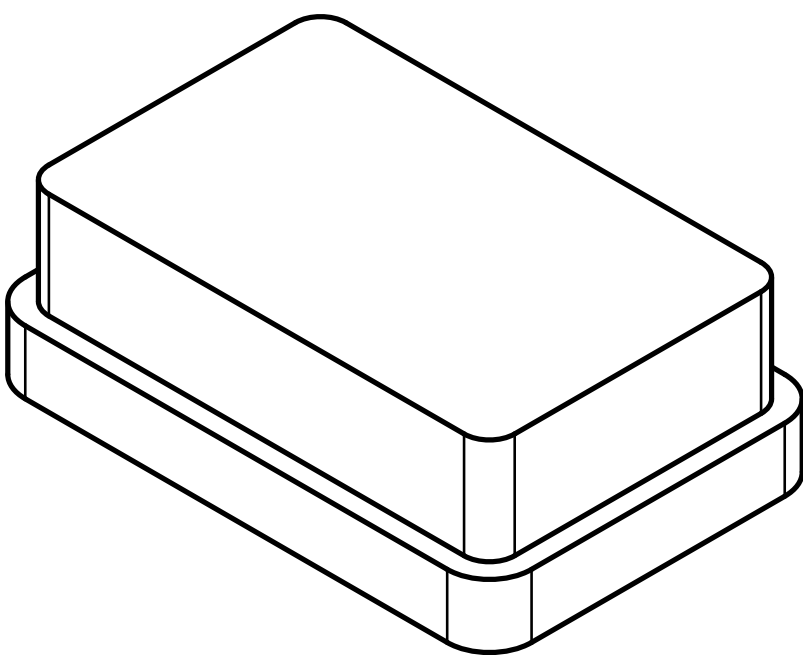
Qty: 8x



5/8” Lock Nut

20

Qty: 2x

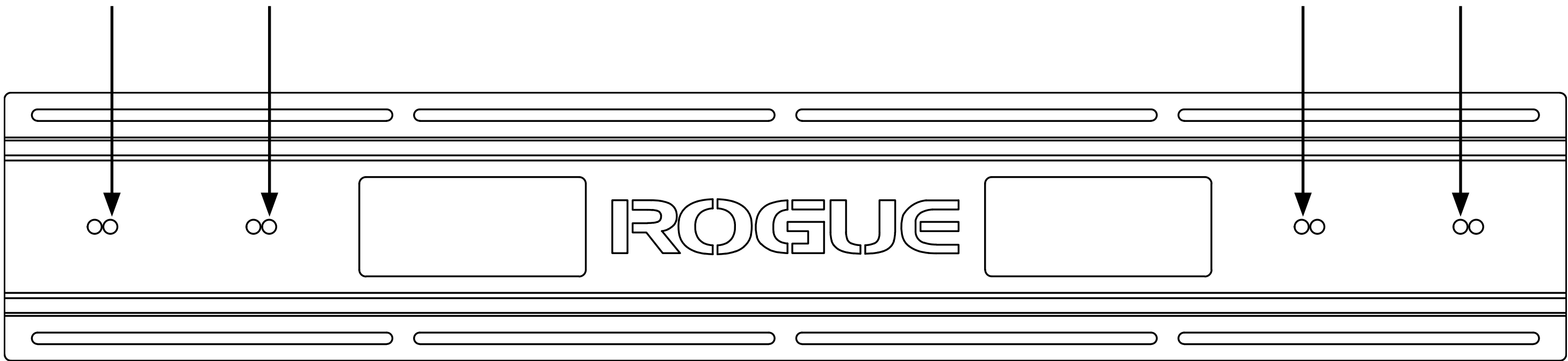


UHMW 2x3 Foot

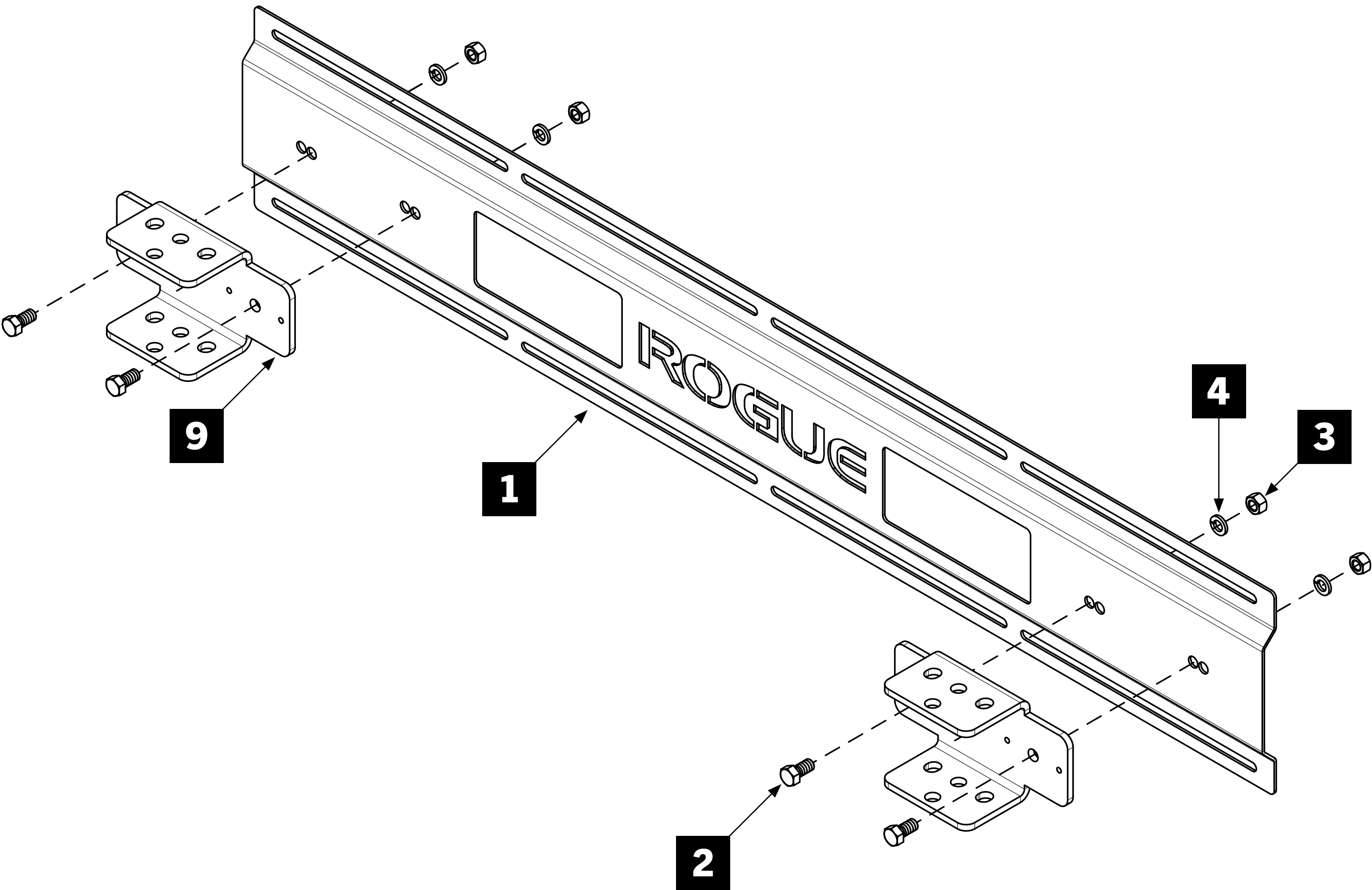
STEP 1 (STRINGER ADD-ON ONLY)

- If Fold Back Rack Stringers [1] are not being used, proceed directly to **STEP 3**.
- Attach Wall Mount Brackets [9] to both Fold Back Rack Stringers [1] in correct location shown below using 1/2” x 1” Hex Bolts [2], 1/2” Lock Washers [4], 1/2” Hex Nuts [3].
- Use inner holes to mount Brackets on Fold Back Rack Stringer [1] as shown in **DETAIL**.
- REPEAT FOR BOTH STRINGERS.

DETAIL



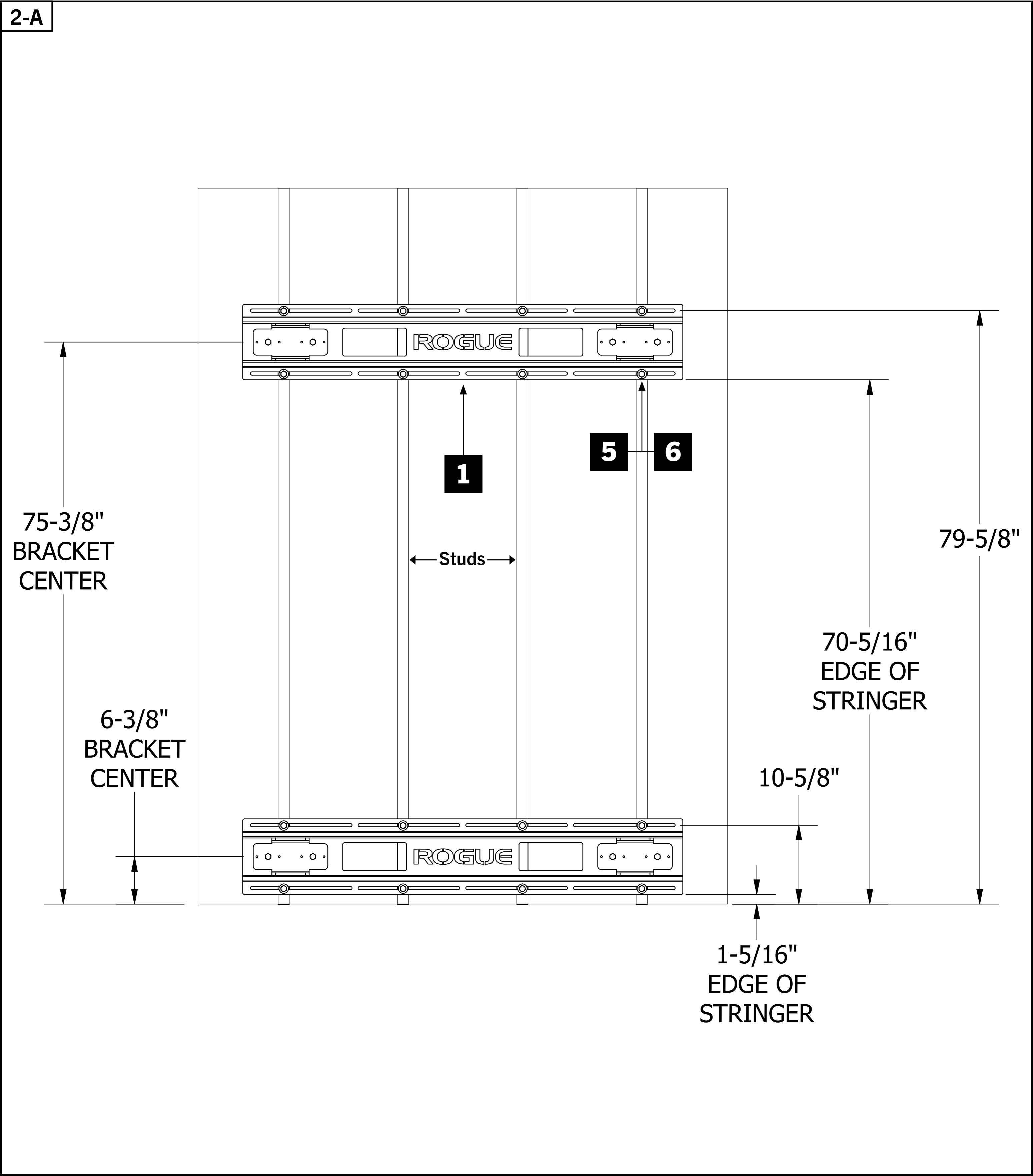
1-A



STEP 2

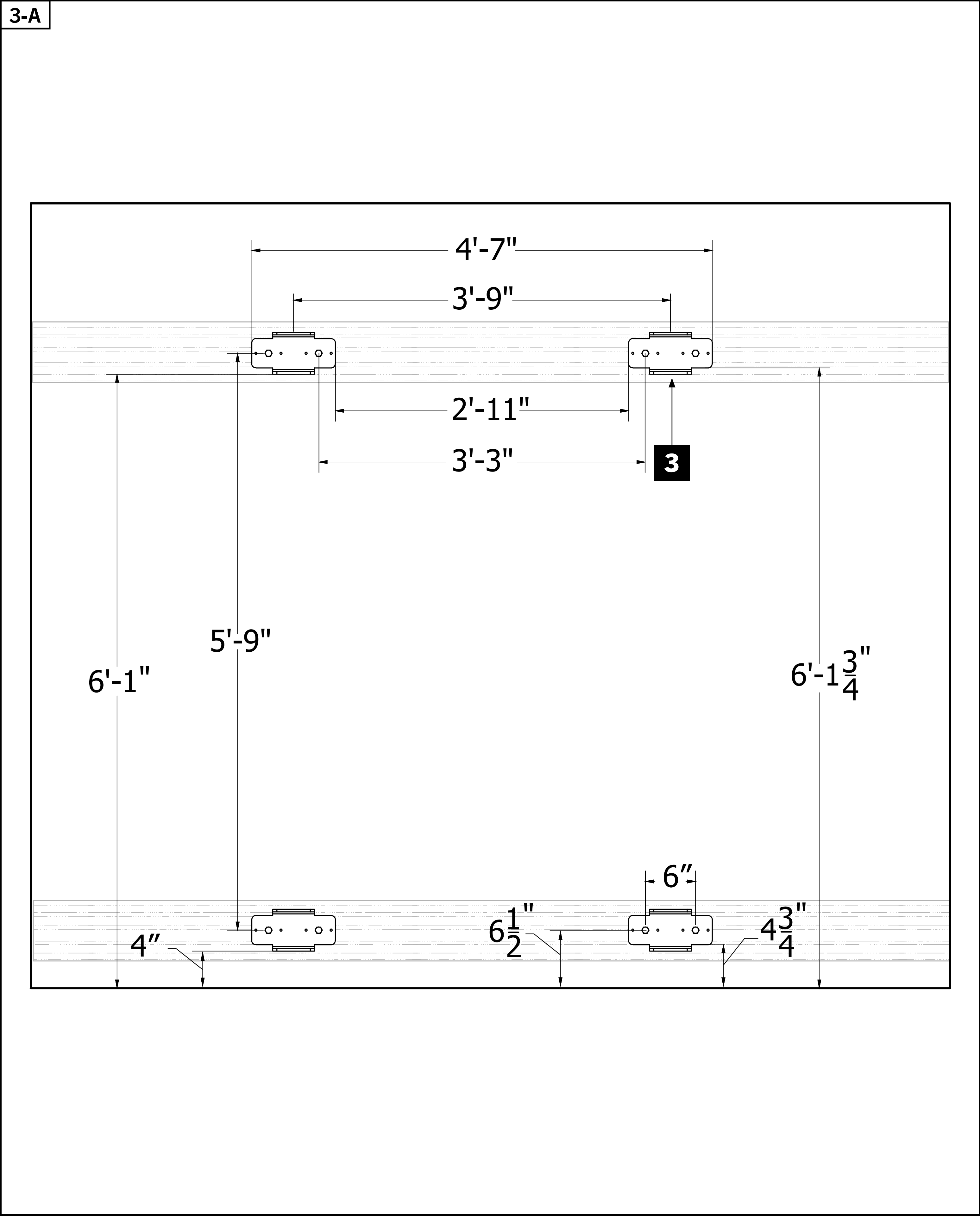
- If Fold Back Rack Stringers [1] are not being used, proceed directly to **STEP 3**.
- Secure Stringers to wall in the location shown using Wood Lag Screws [5] and 3/8 Flat Washers [6]. Stringer must be level and secured to 4 Studs.
- Wood Lag Screws [5] provided, use 15/65” DIA. pilot holes.
- If attempting to secure stringers to a wall construction other than wood, the buyer is responsible for using the appropriate hardware.
- Note: Height can be adjusted in 2” increments if you prefer the crossmemeber arms higher or lower. The top arm also plays a role in where the pull-up bar can be mounted.
- The Upright must be fully supported by the floor when the unit is extended.

- If you are not confident in your mechanical skills, please seek help of a professional to preform the installation. It is the buyers responsibility to install the Fold Back Rack and Stringer in a location and with hardware capable of supporting the aggregate weight of the rack and all the gear mounted or stored on it, and any person using it.
- **TEST UNIT FOR STABILITY BEFORE EACH USE.**
- **CAUTION: PRIOR TO PERFORMING DYNAMIC MOVEMENTS SUCH AS KIPPING PULL-UPS, ENSURE THAT THERE IS SUFFICIENT CLEARANCE BETWEEN THE PULL-UP BAR AND THE MOUNTING WALL. USE CAUTION AND DETERMINE IF YOUR ARTICULAR SET UP, BODY TYPE, AND MOVEMENT PATTERN ALLOW SUFFICIENT CLEARANCE. FAILURE TO DO SO COULD RESULT IN INJURY.**



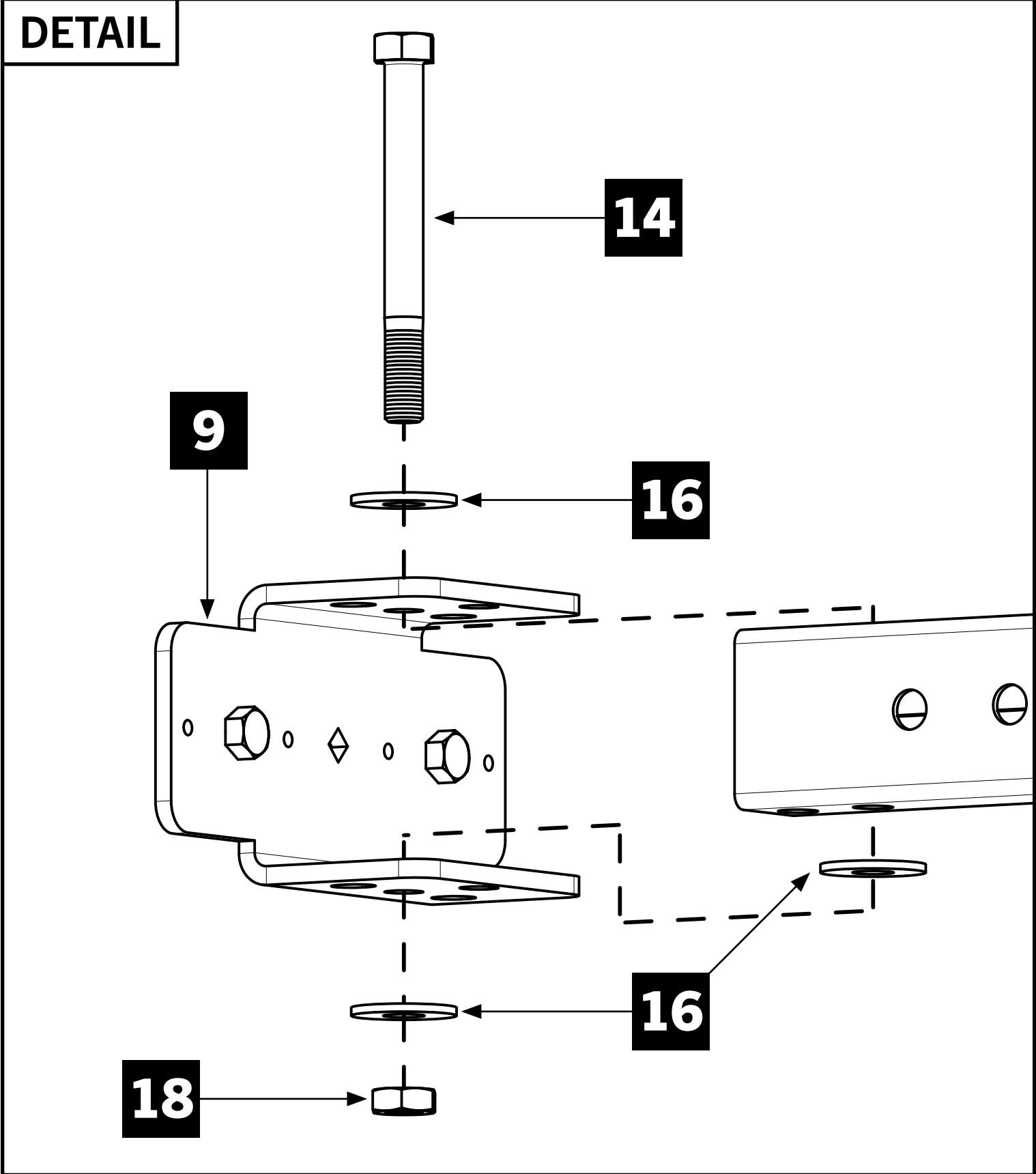
STEP 3

- Note: Fold Back Rack Stringer not pictured in remaining instructions.
- Secure Wall Mount Brackets [3] to the wall as seen in **STEP 3-A. MOUNTING HARDWARE NOT INCLUDED!**
- Note: The height dimensions can be adjusted in 2” increments if you prefer the crossmemembr arms higher or lower. The top arm also plays a role where the pull up bar can be mounted.
- The upright must be fully supported by the floor when the unit is extended.
- Note: If you are not confident in your mechanical skills, please seek the help of a professional to perform the installation.
- It is the buyers responsibility to install the Fold Back Rack in a location and with hardware capable of supporting the aggregate weight of the rack and all gear mounted or stored on it, and any person using it.
- It is **NEVER** recommended to instal the Fold Back Rack on a drywall, wood, or metal studd wall without a Stringer or additional support.
- **TEST UNIT FOR STABILITY BEFORE EACH USE.**

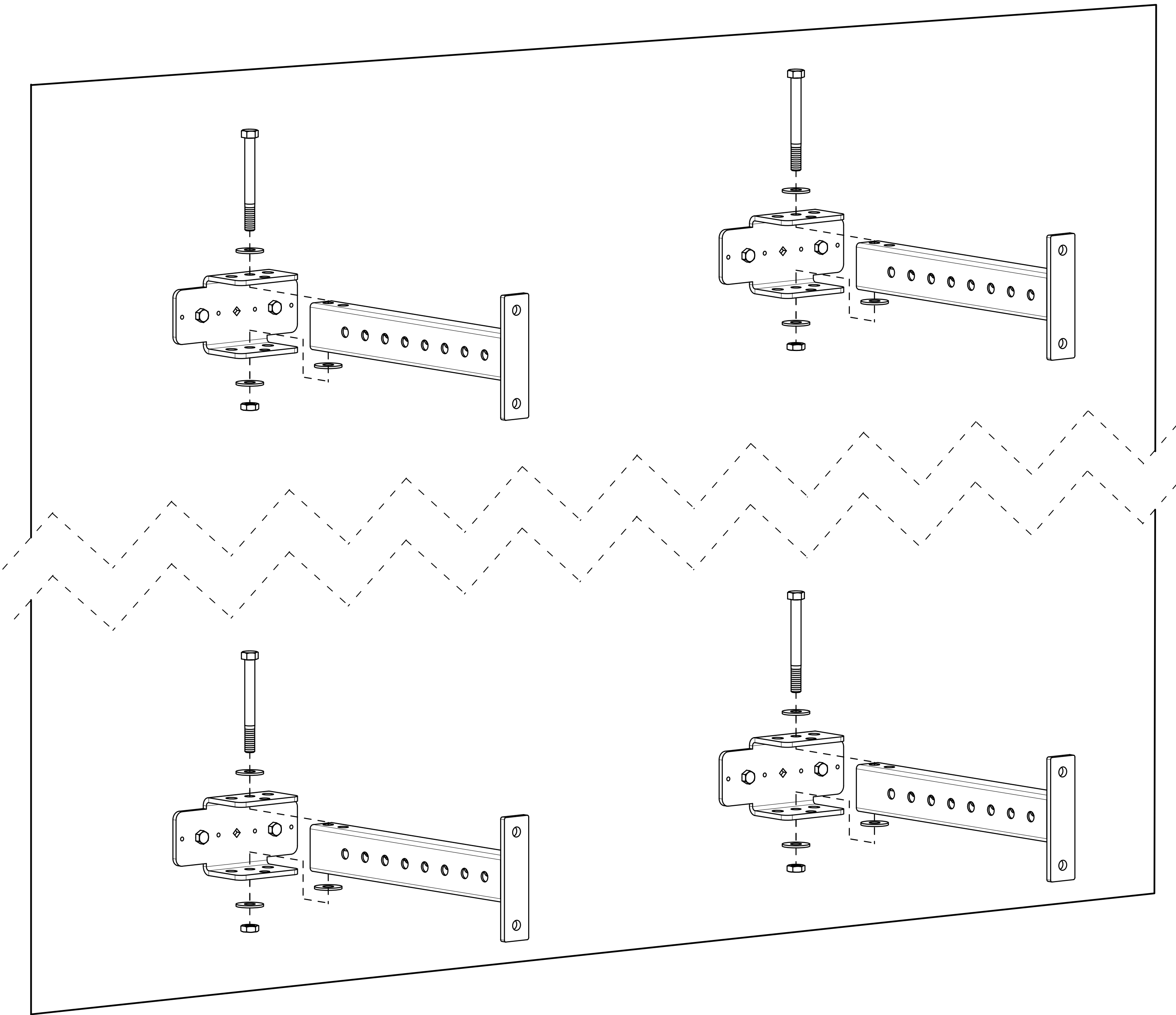


STEP 4

- Note: 20.5” Fold Back Rack Crossmember shown for remainder of instructions. Same assembly applies to 40.5” crossmember.
- Fasten the Fold Back Rack Crossmember [8] to the secure Wall Mount Brackets [9] using 5/8” x 6” Hex Bolt [14], 5/8’ Flat Washer [16], and 5/8” Low Profile Lock Nut [18].
- **DO NOT OVERTIGHTEN.**
- Note: Ensure that pinch point stickers face out on each Rack Crossmember.
- Note: Wall not shown to scale.



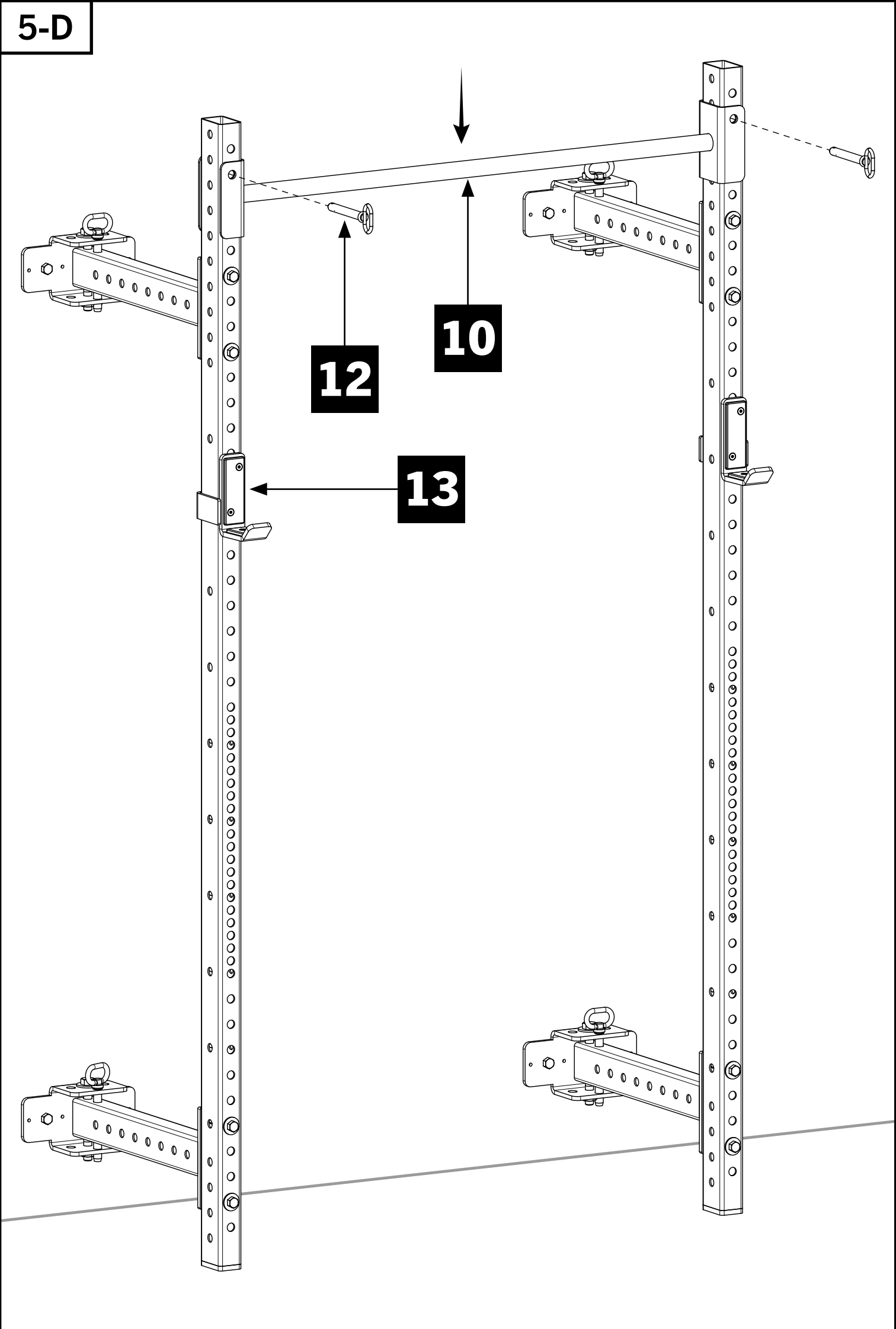
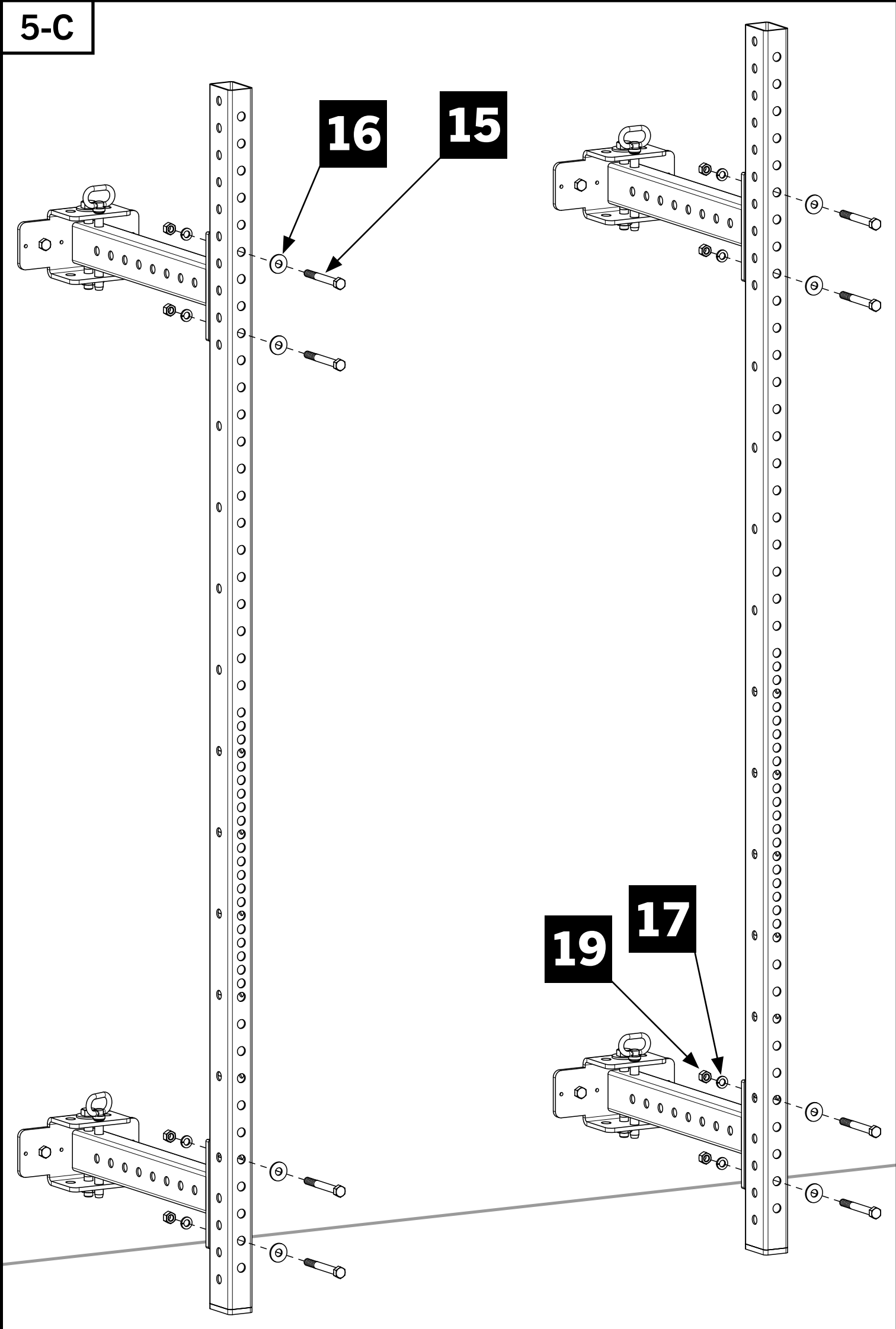
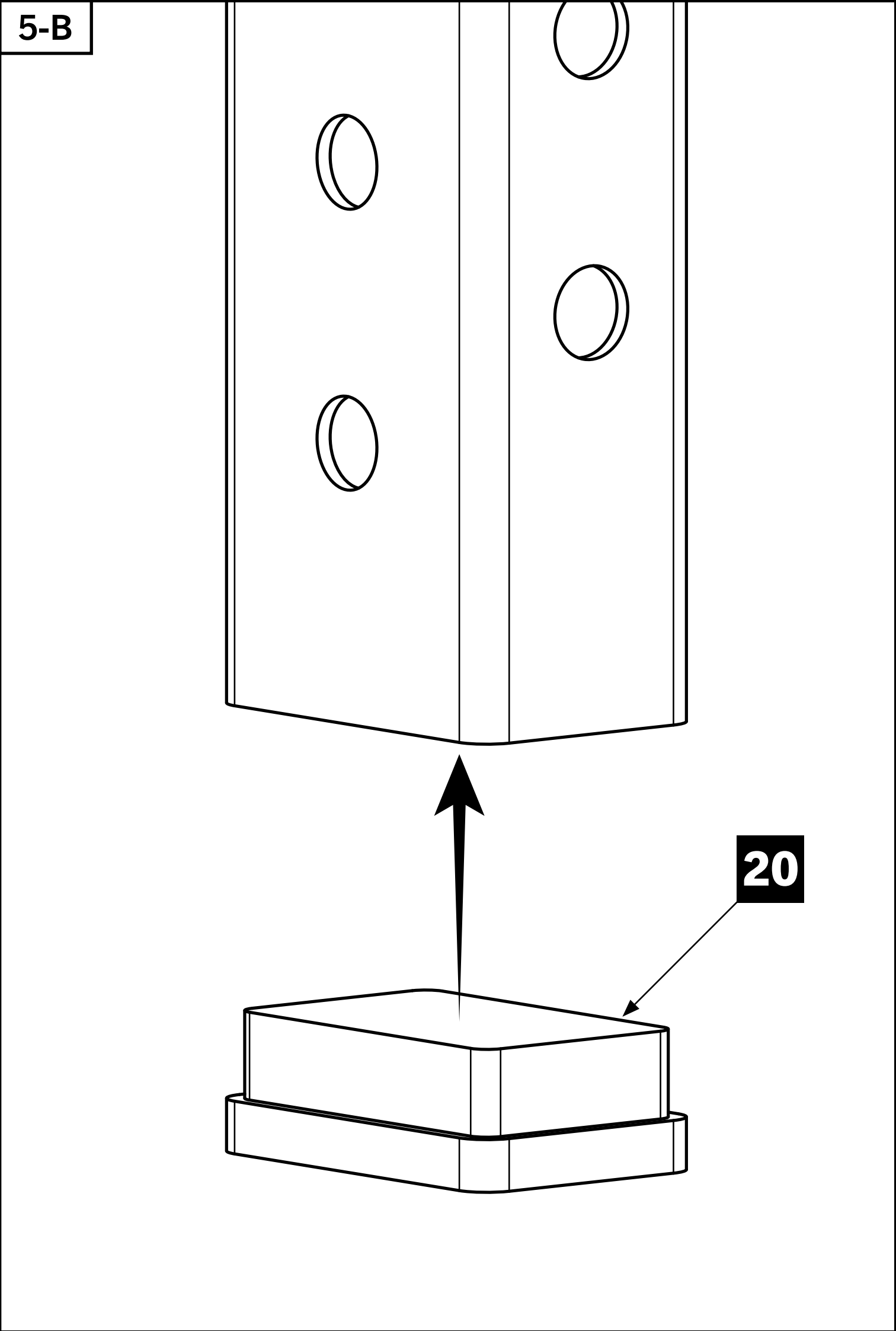
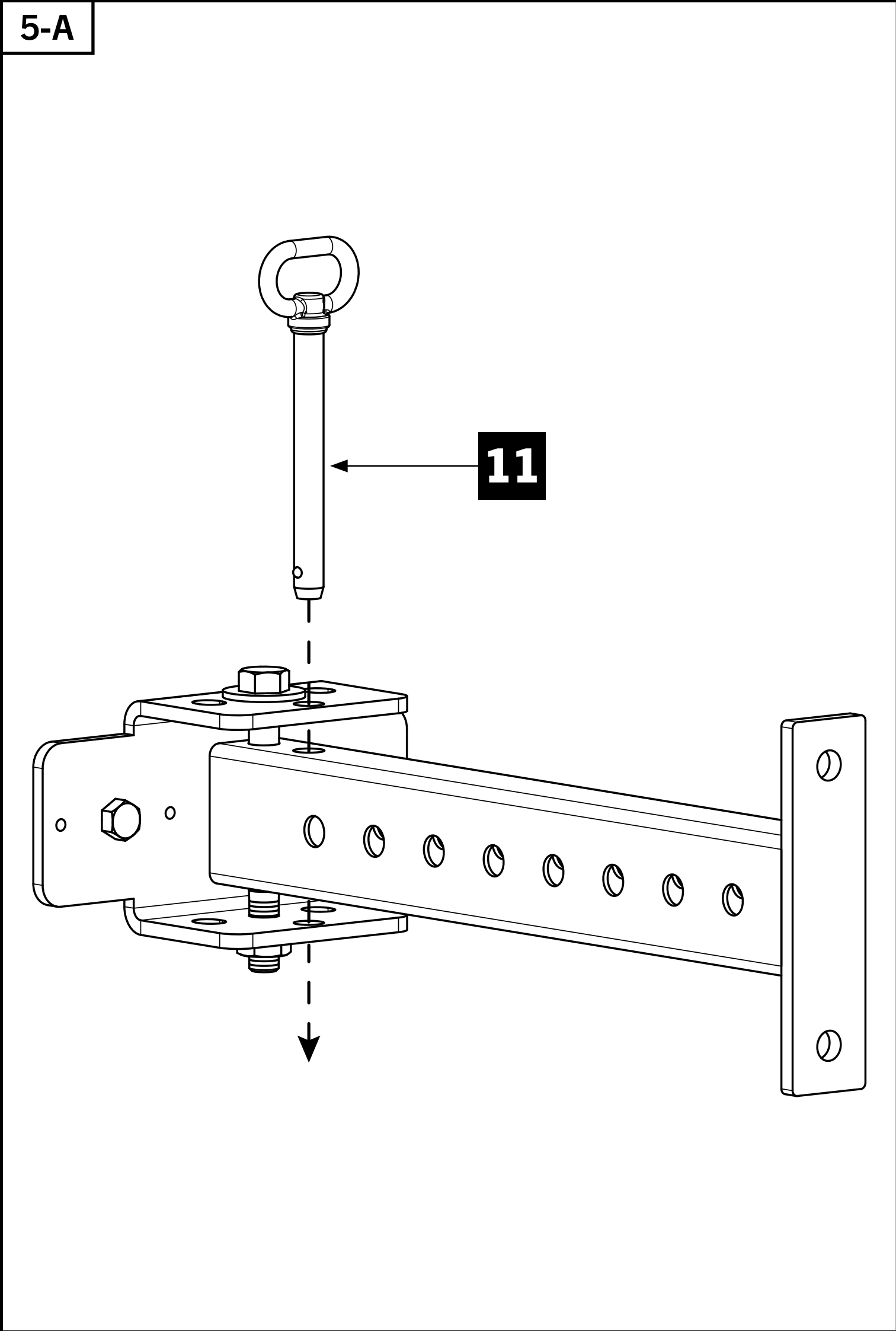
4-A



STEP 5

- Lock Fold Back Rack Crossmember [8] perpendicular to the wall using the 5/8” x 5” Hitch Pins [11] as seen in **STEP 5-A**.
- Insert UHMW 2x3 Foot [20] into bottom of each upright as shown in **STEP 5-B**.
- Connect Infinity 90” Sticks [7] to crossmembers using 5/8” x 4.5” Hex Bolt [15], 5/8” Flat Washers [16], 5/8” Lock Washer [17], and 5/8” Lock Nut [19].

- **Note:** The hardware and hole locations may differ from those shown in **STEP 5-C** due to the chosen bracket mounting position.
- Attach Quick Adjust Pull-up Bar [10] to the uprights using 5/8” x 4” Hitchpin with Lanyard [12] as seen in **STEP 5-D**. Ensure that lynchpin is fastened prior to use.
- Attach Infinity Jcup Pair [13] to uprights at desired heights.



ROGUE



**SCAN FOR
INSTRUCTIONS**



**IRON GAME
PROGRAMMING**