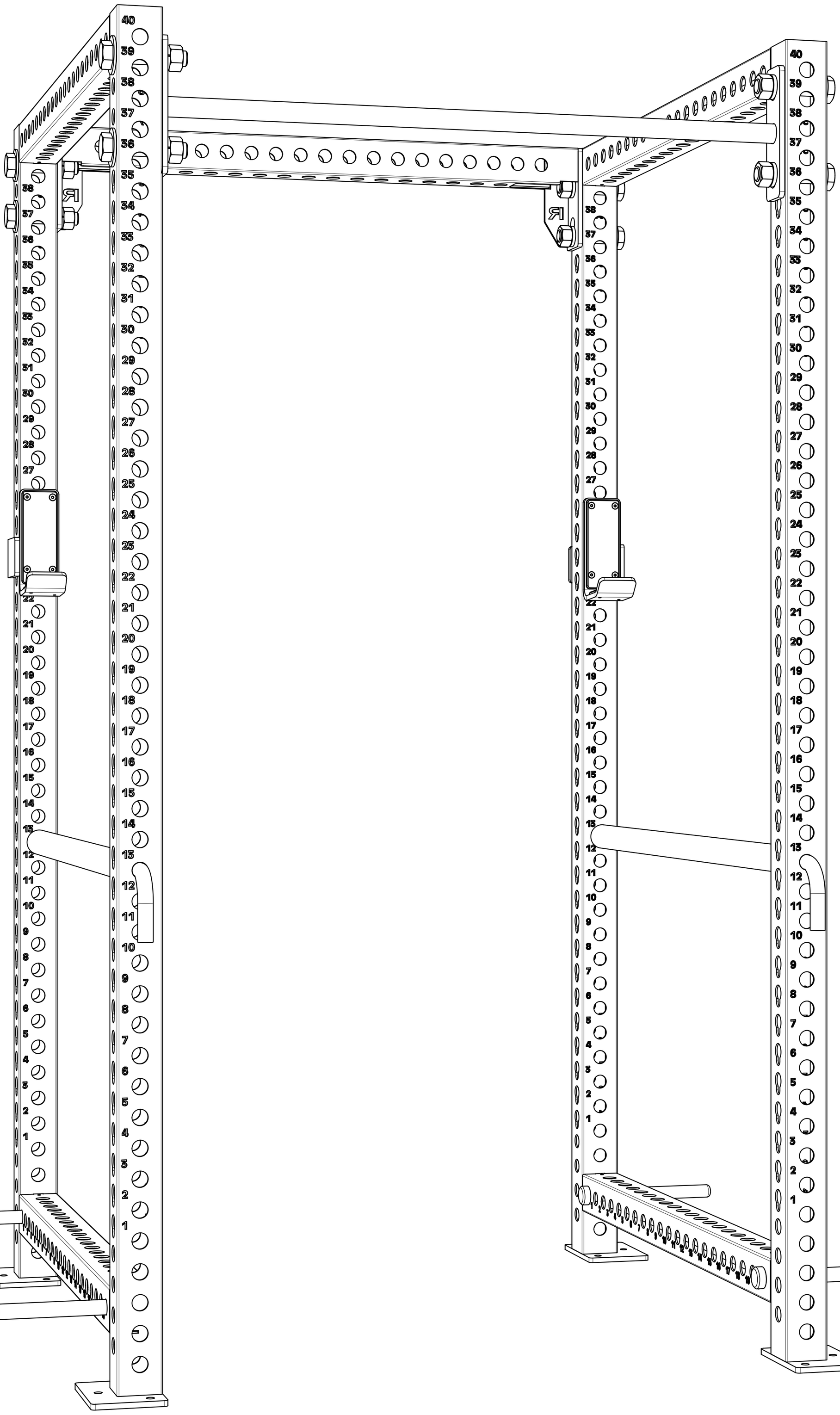
ROGUE®

RM-4 FORTIS 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:

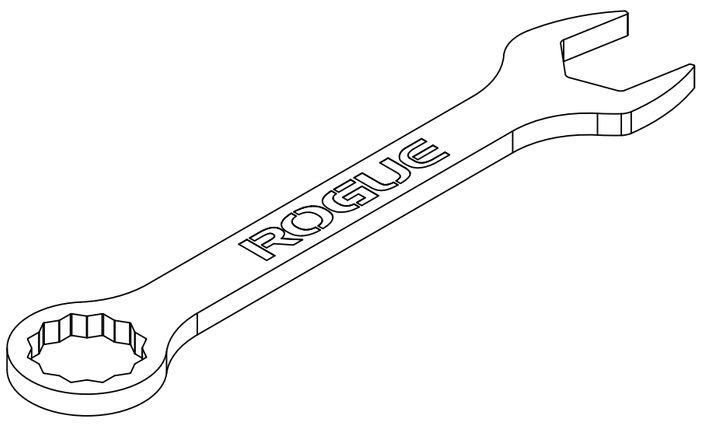
MISUSE OF THIS PRODUCT CAN RESULT IN SEVERE INJURY.

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 TOOLS

Note: Images not shown at scale

1 Qty: **2x**

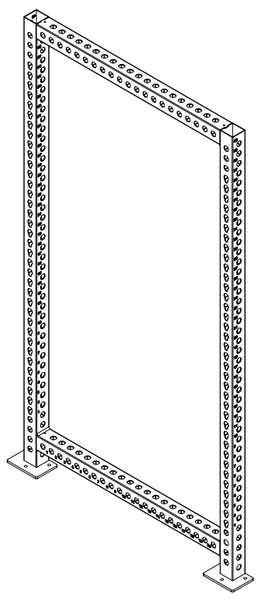


Monster 1-1/2” Wrench

INCLUDED PARTS

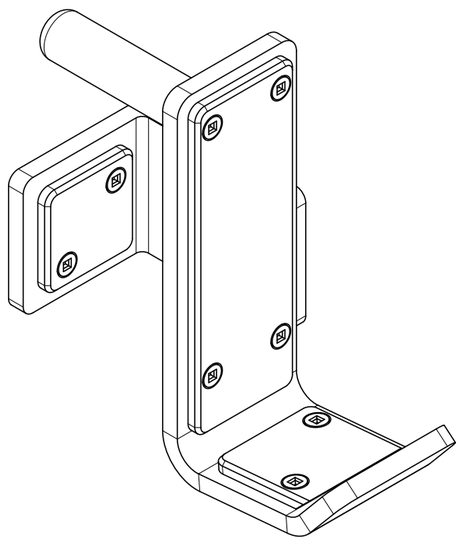
Note: Images not shown at scale

1 Qty: **2x**



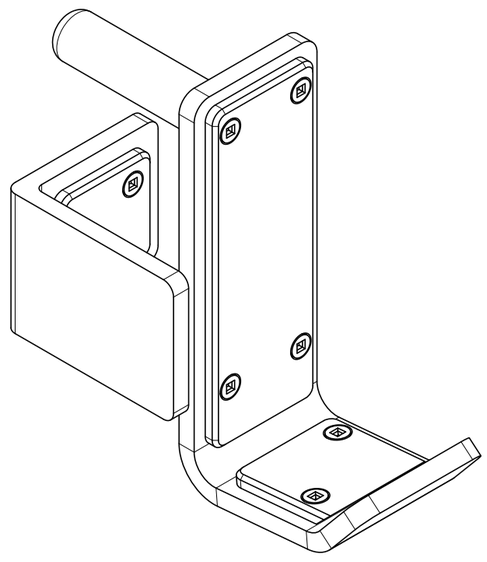
Rack Panel

2 Qty: **1x**



J Cup - RIGHT

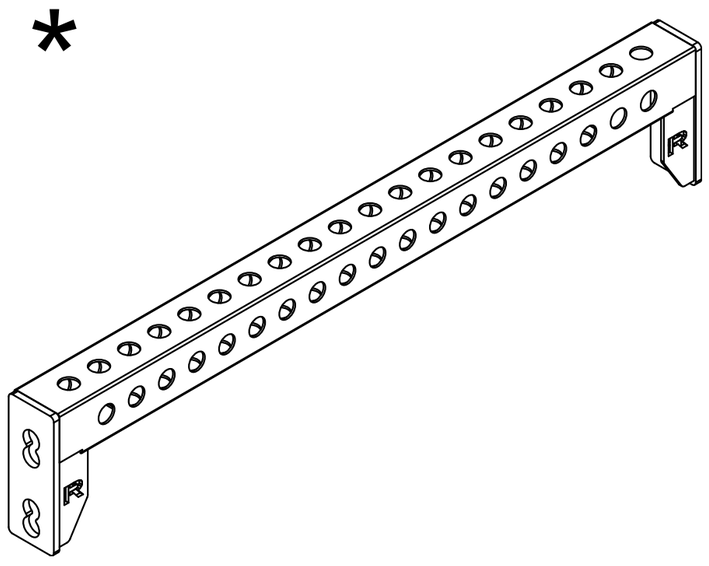
3 Qty: **1x**



J Cup - LEFT

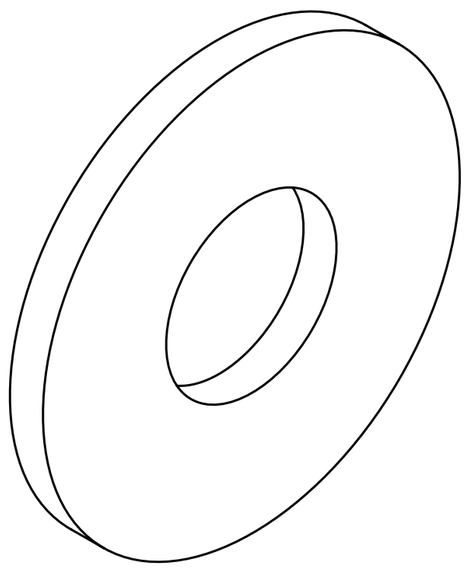
4 Qty: **1x**

*



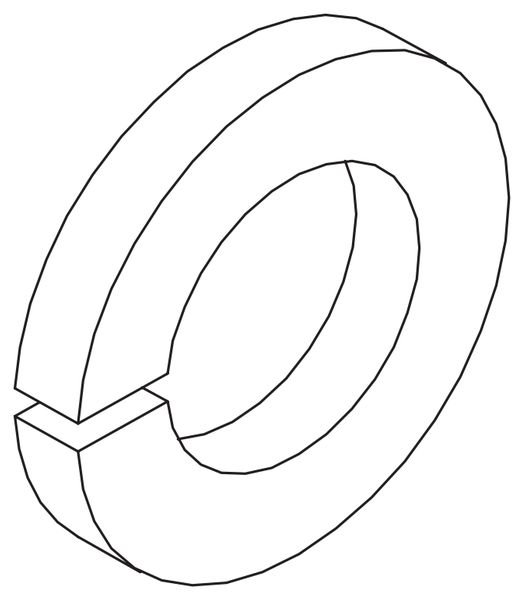
43” Top Crossmember

5 Qty: **4x**



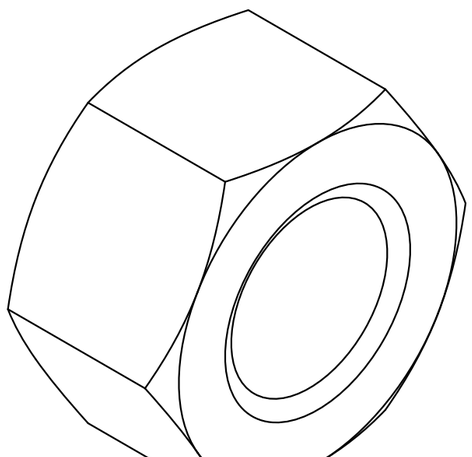
1” Flat Washer

6 Qty: **4x**



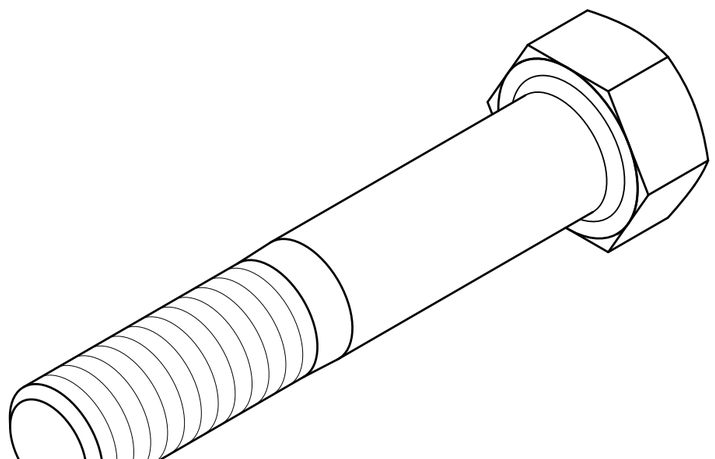
1” Lock Washer

7 Qty: **4x**



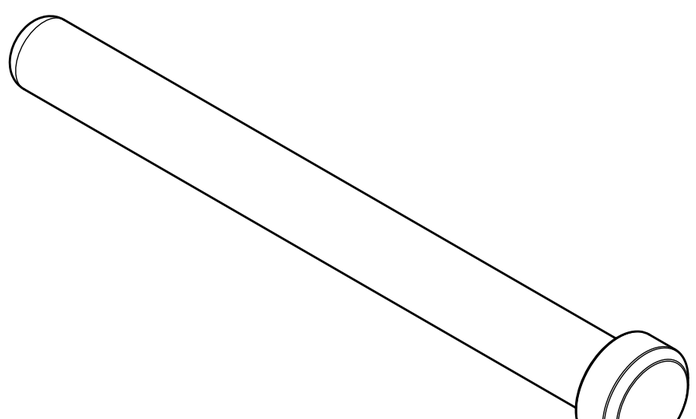
1” Hex Nut

8 Qty: **4x**



1” x 4-3/4” Hex Screw

9 Qty: **4x**



Rack Band Peg

10 Qty: **2x**

Safety Kit Pipe

11 Qty: **2x**

Safety Kit Pin

12 Qty: **1x**

*

43” Single Pull Up Bar

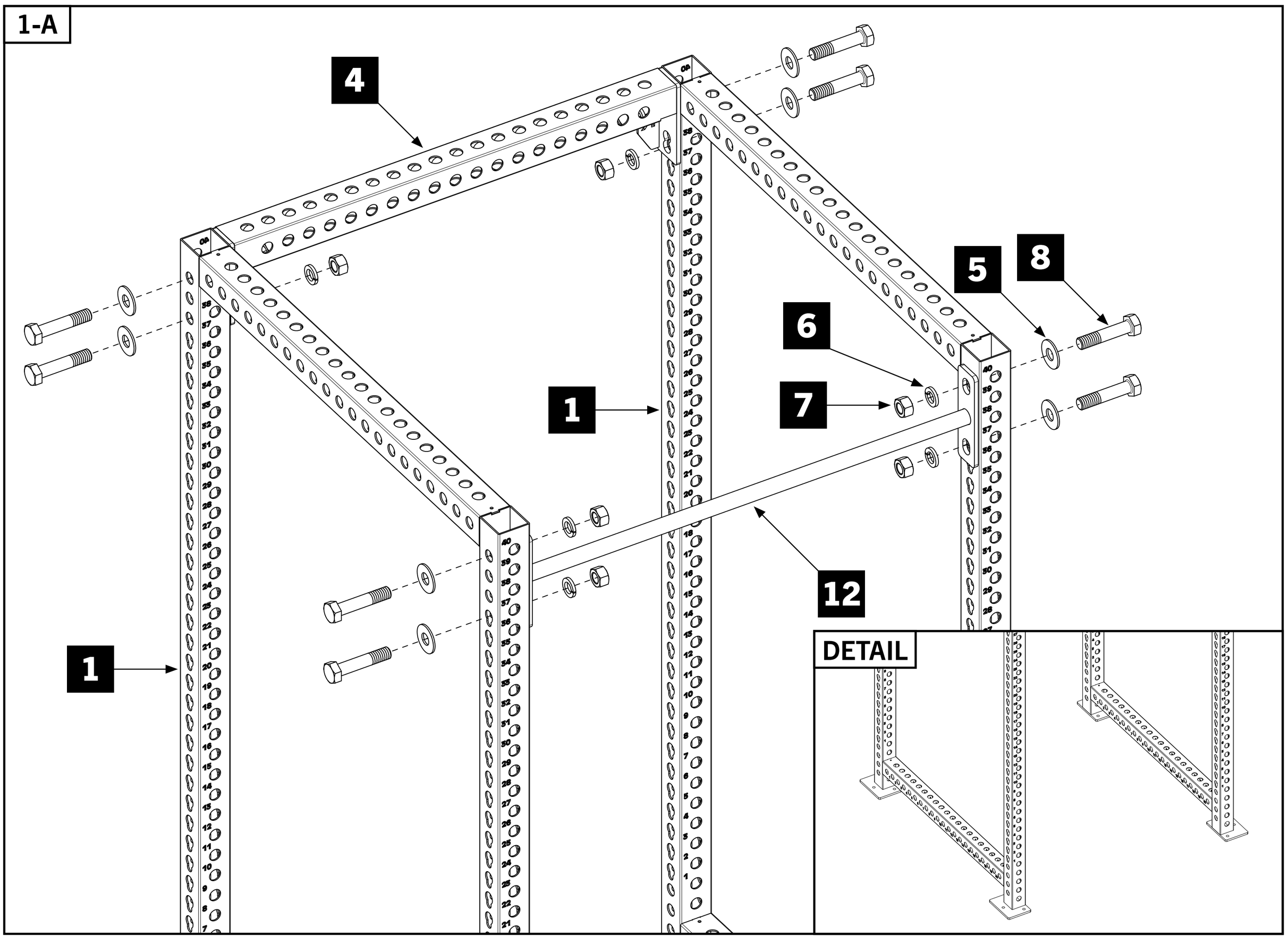
* Replaced with Fat/Skinny Pull Up Bar if selected at checkout.

STEP 1

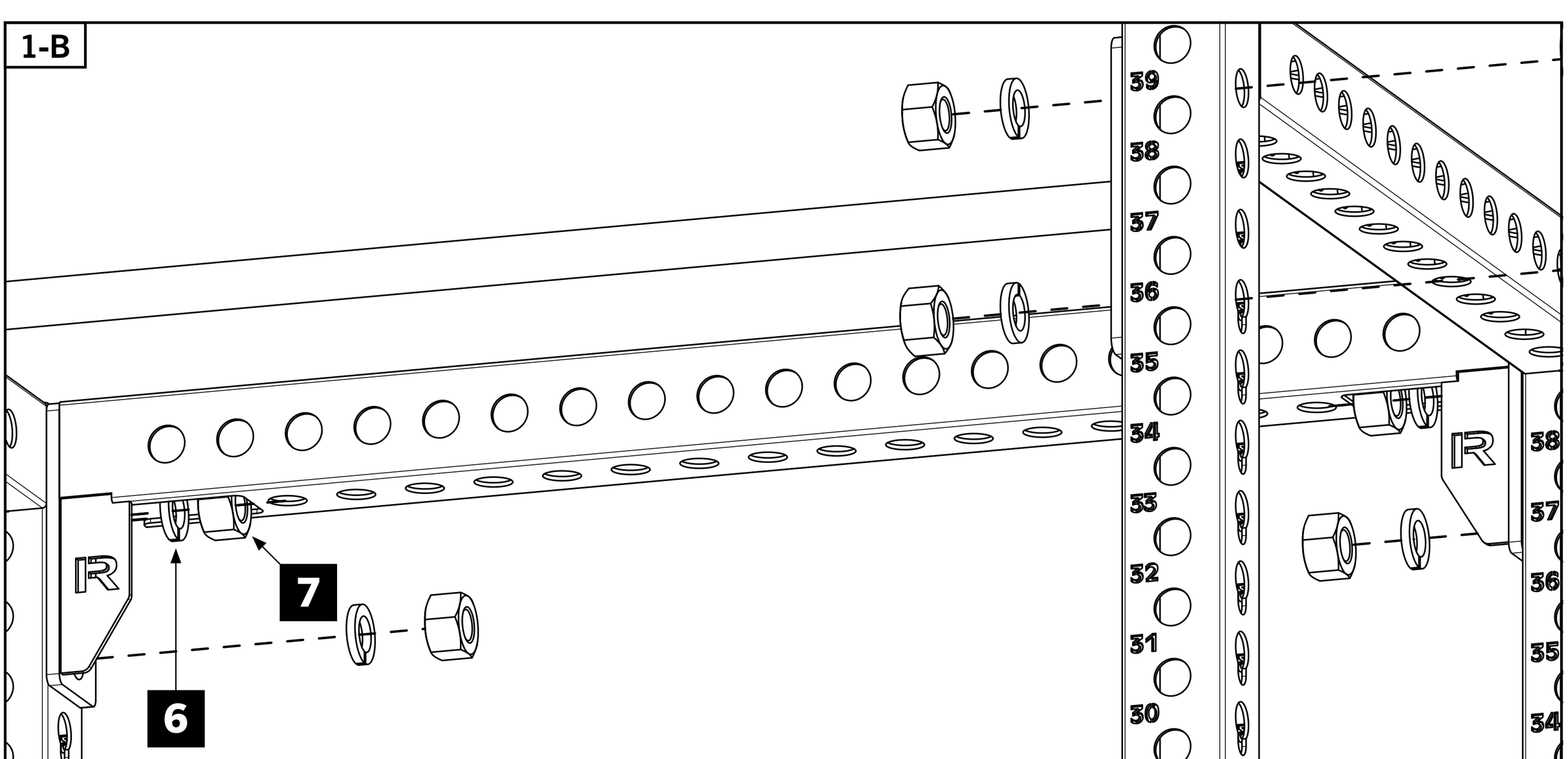
IMPORTANT:

- For safety, we recommend the remainder of these instructions be completed by **2 or 3 people**.
- Bolt the 43” Single Pull Up Bar [**12**] and 43” Top Crossmember [**4**] to the Rack Panels [**1**] using 1” x 4-3/4” Hex Screw [**8**], 1” Flat Washers [**5**], 1” Lock Washers [**6**], and 1” Hex Nuts [**7**].
- Ensure rack feet point out as shown in **DETAIL**.
- **Do not fully tighten hardware until the entire rack is assembled. This will ensure that the rack sits level to the floor.**
- Do not bolt rack to the floor until it is fully assembled and all hardware is tightened.

1-A



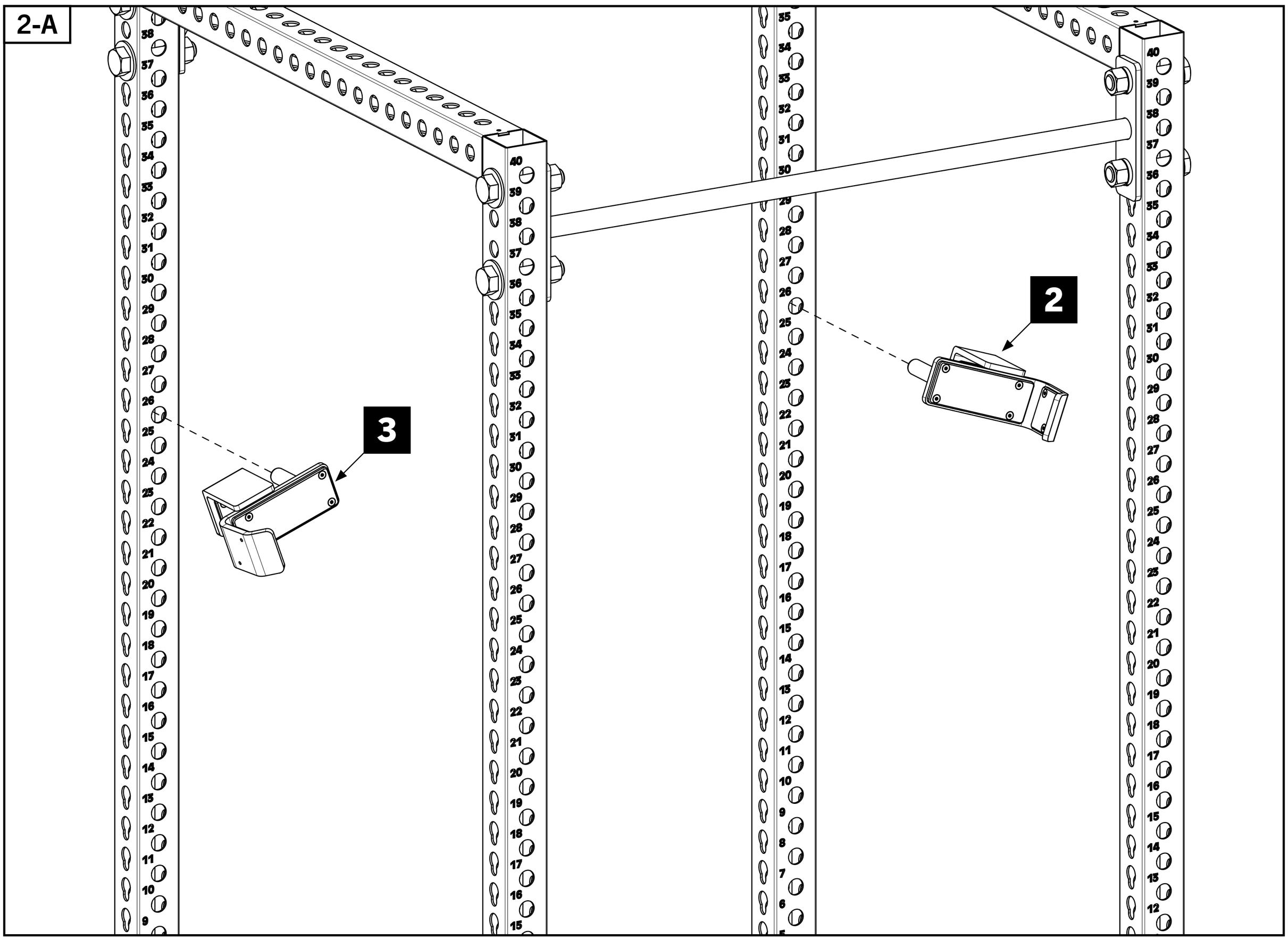
1-B



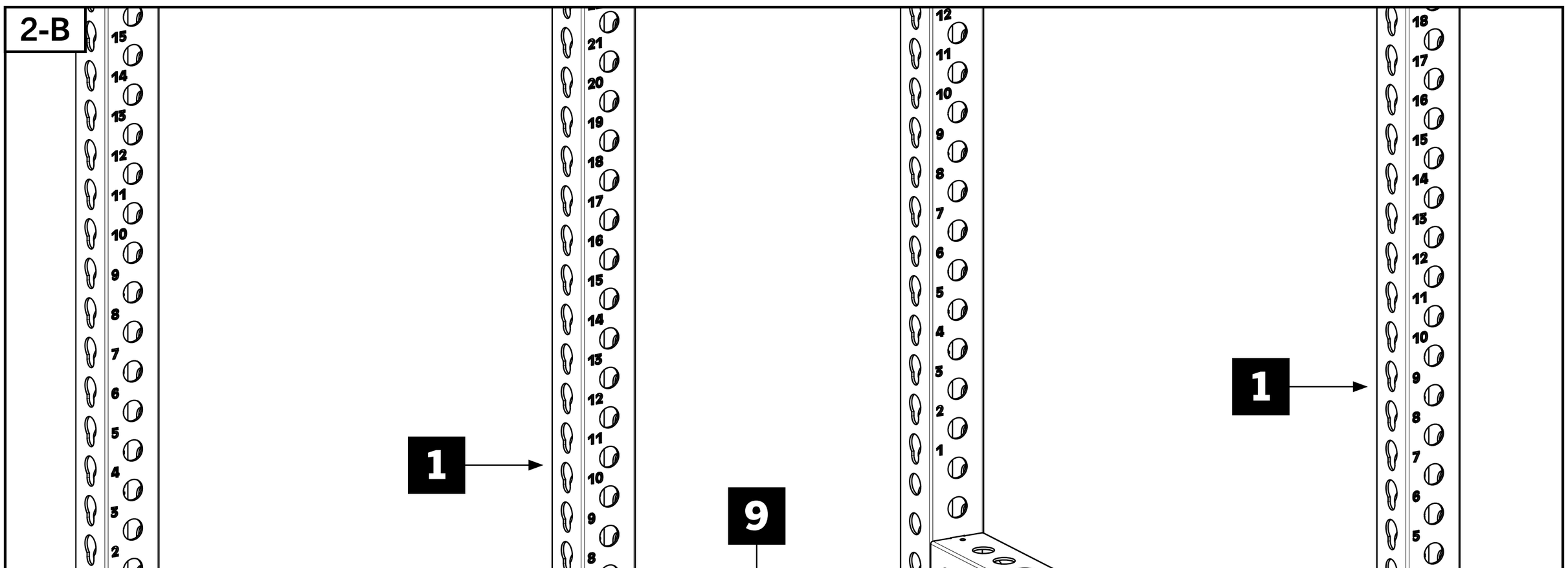
STEP 2

- Attach J Cup - LEFT and RIGHT [**2,3**] to Each Rack Panel [**1**] as shown in **2-A**.
- Ensure each J Cup [**2,3**] is securely attached before use.
- Insert Band Peg [**9**] into lower side of each Rack Panel [**1**] as shown in **2-B**.

2-A



2-B



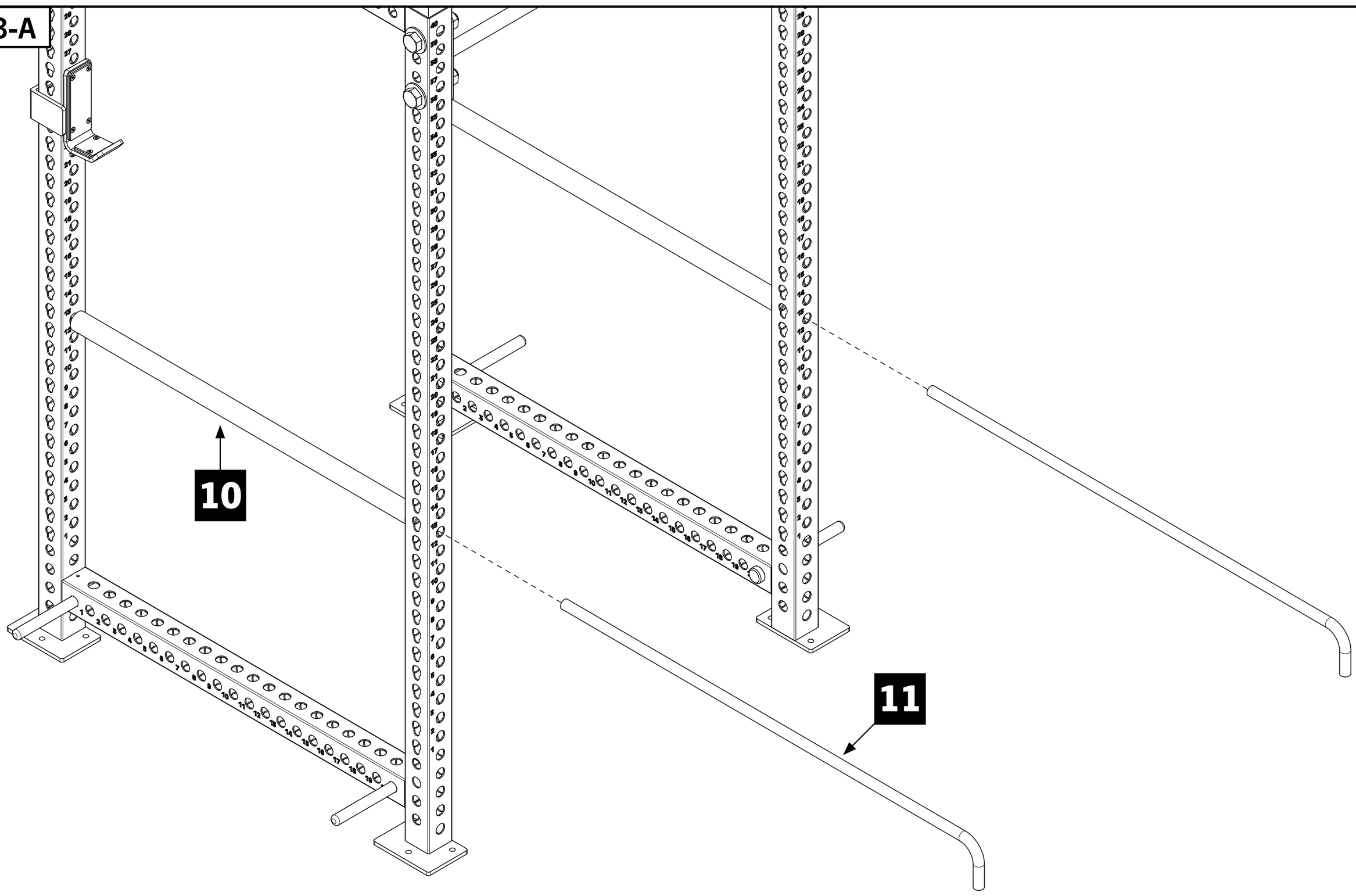
STEP 3

- Attach the Safety Kit Pipe [**10**] to each Rack Panel [**1**] by inserting the Safety Kit Pin [**11**] through both the Safety Kit Pipe [**10**] and the Rack, securing it in place.
- **FULLY TIGHTEN ALL HARDWARE.**
- Securely anchor the unit to the floor using the holes in the feet of the Rack Panels [**1**].
- If using rubber flooring, it is highly recommended to cut out a section so the feet anchor directly to the floor.

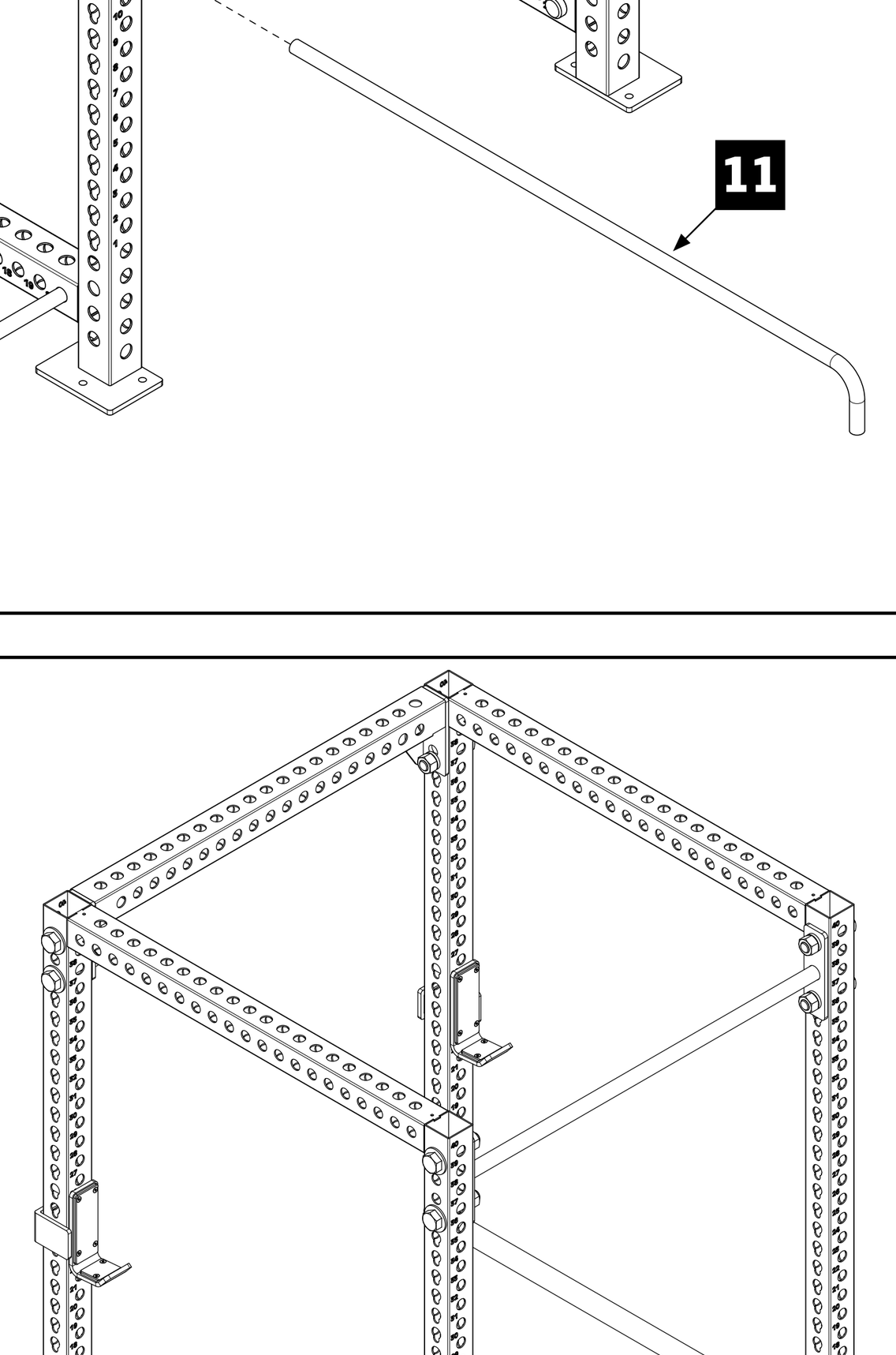
Anchor to wood or solid concrete floor:

- Wood: 3/8 x 3.5 Wood Lag Bolts
- Solid Concrete: 3/8” x 3.5” Concrete Anchors
- **Anchoring hardware not included.**

3-A



3-B



ROGUE

SCAN FOR INSTRUCTIONS

IRON GAME PROGRAMMING

ER00533-1