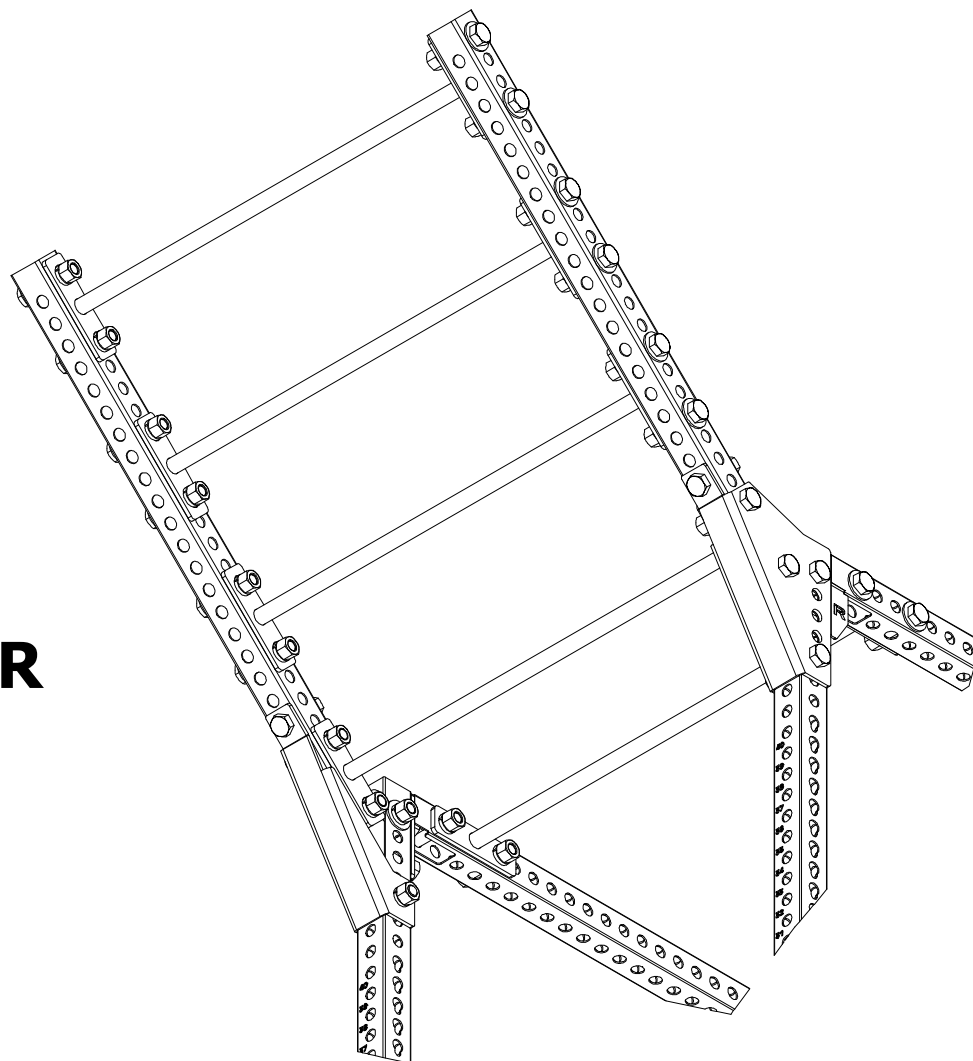


MONSTER FLYING PULL-UP BAR



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 persons, or under the direct and visual control of a 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.



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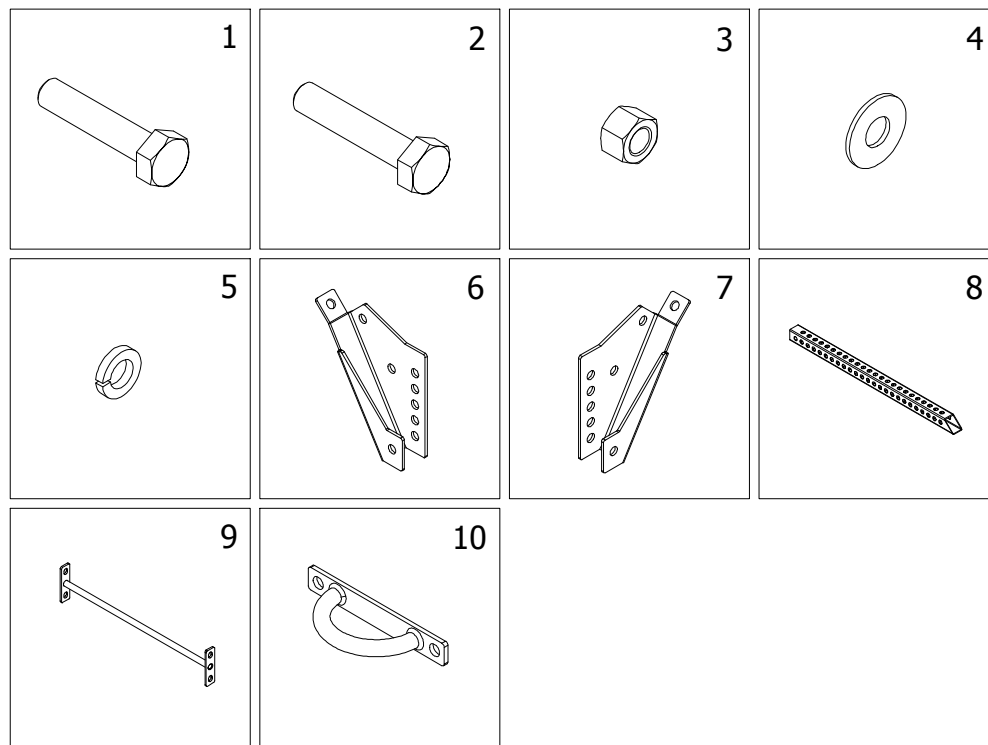
ROGUE FITNESS

MONSTER FLYING PULL-UP BAR

INCLUDED PARTS

*NOTE: IMAGES NOT SHOWN TO SCALE

PARTS LIST		
ITEM	QTY	DESCRIPTION
1	16	1"x4.75" HEX BOLT
2	6	1"x5" HEX BOLT
3	22	1" HEX NUT
4	16	1" FLAT WASHER
5	22	1" LOCK WASHER
6	1	LEFT BRACKET - MONSTER FLYING
7	1	RIGHT BRACKET - MONSTER FLYING
8	2	MONSTER ANGLED TUBE
9	4	43" SKINNY PULL-UP BAR
10	2	HALF RING ATTACHMENT *



*HALF RING ATTACHMENT IS OPTIONAL

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WARNING!

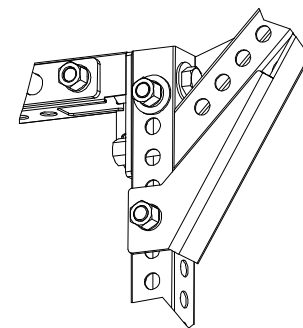
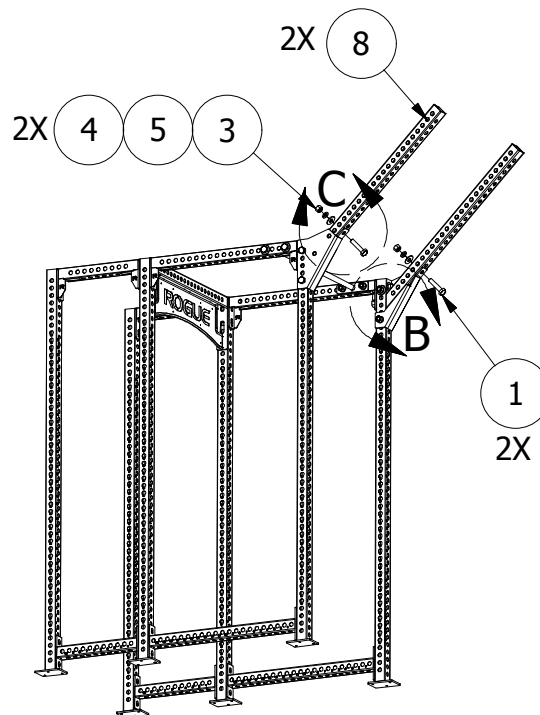
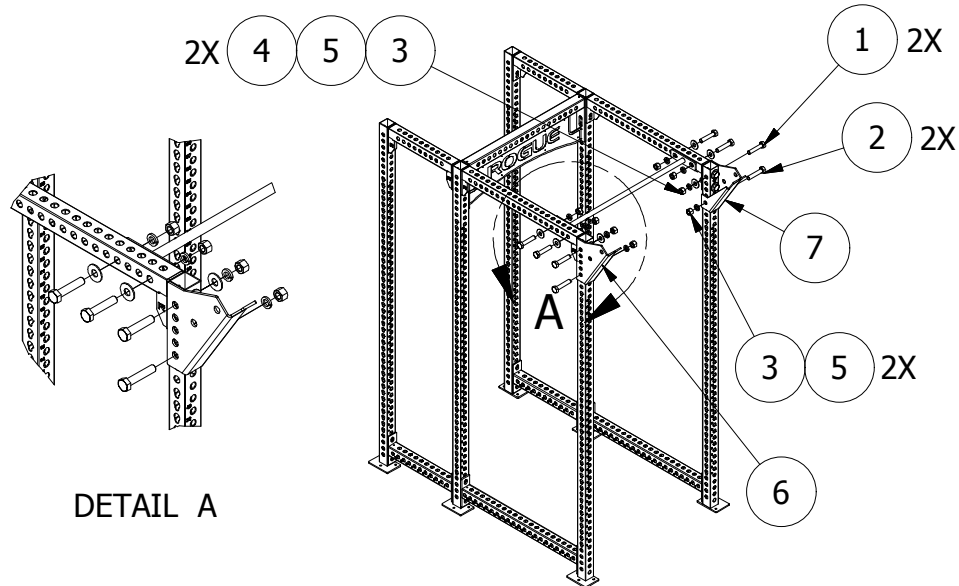
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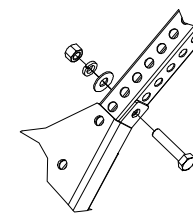


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ROGUE FITNESS MONSTER FLYING PULL-UP BAR



DETAIL B



DETAIL C

STEP 1:
MOVE FRONT PULL-UP BAR TO THE TOP CROSSMEMBER AS SHOWN. ATTACH BRACKETS, ITEM # 6 & 7 TO THE FRONT UPRIGHT. SECURE USING 1"x4.75" HEX BOLTS, 1"x5" HEX BOLTS, 1" FLAT WASHERS, 1" LOCK WASHERS, AND 1" HEX NUTS.

*DO NOT FULLY TIGHTEN HARDWARE

STEP 2:
ATTACHED ANGLED TUBES, ITEM # 8. SECURE USING 1"x4.75" HEX BOLTS, 1" FLAT WASHERS, 1" LOCK WASHERS AND 1" HEX NUTS.

*END OF TUBE WILL COVER BOTTOM BOLT AND FLAT WASHER AS SHOWN IN DETAIL B.

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WARNING!



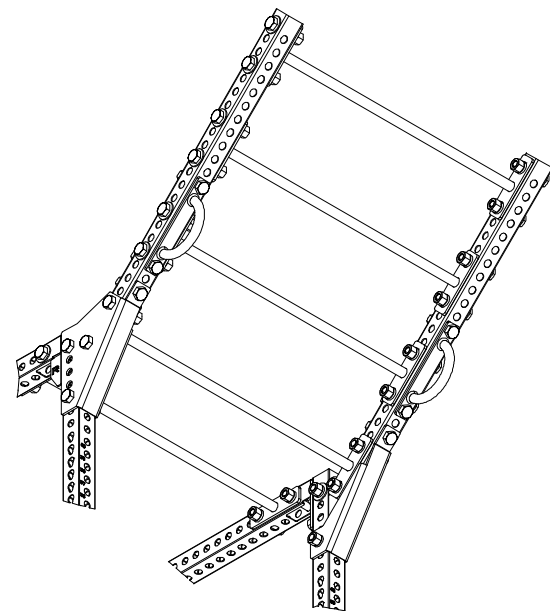
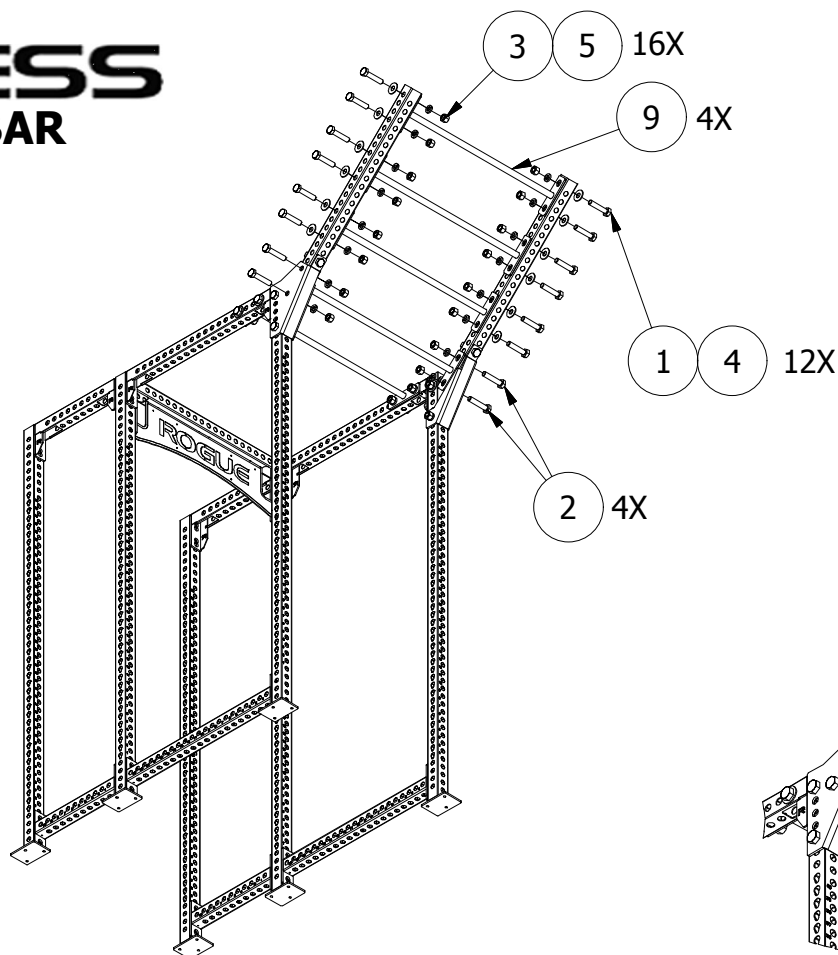
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STEP 3:
ATTACH PULL-UP BARS, ITEM # 9. SECURE USING 1"x5" HEX BOLTS,
1"x4.75" HEX BOLTS, 1" LOCK WASHERS AND 1" HEX NUTS.

*IF PURCHASED HALF RING ATTACHMENT SECURE TO TUBE AT DESIRED
LOCATION FOLLOWING INSTRUCTIONS INCLUDED.

*FULLY TIGHTEN ALL HARDWARE

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