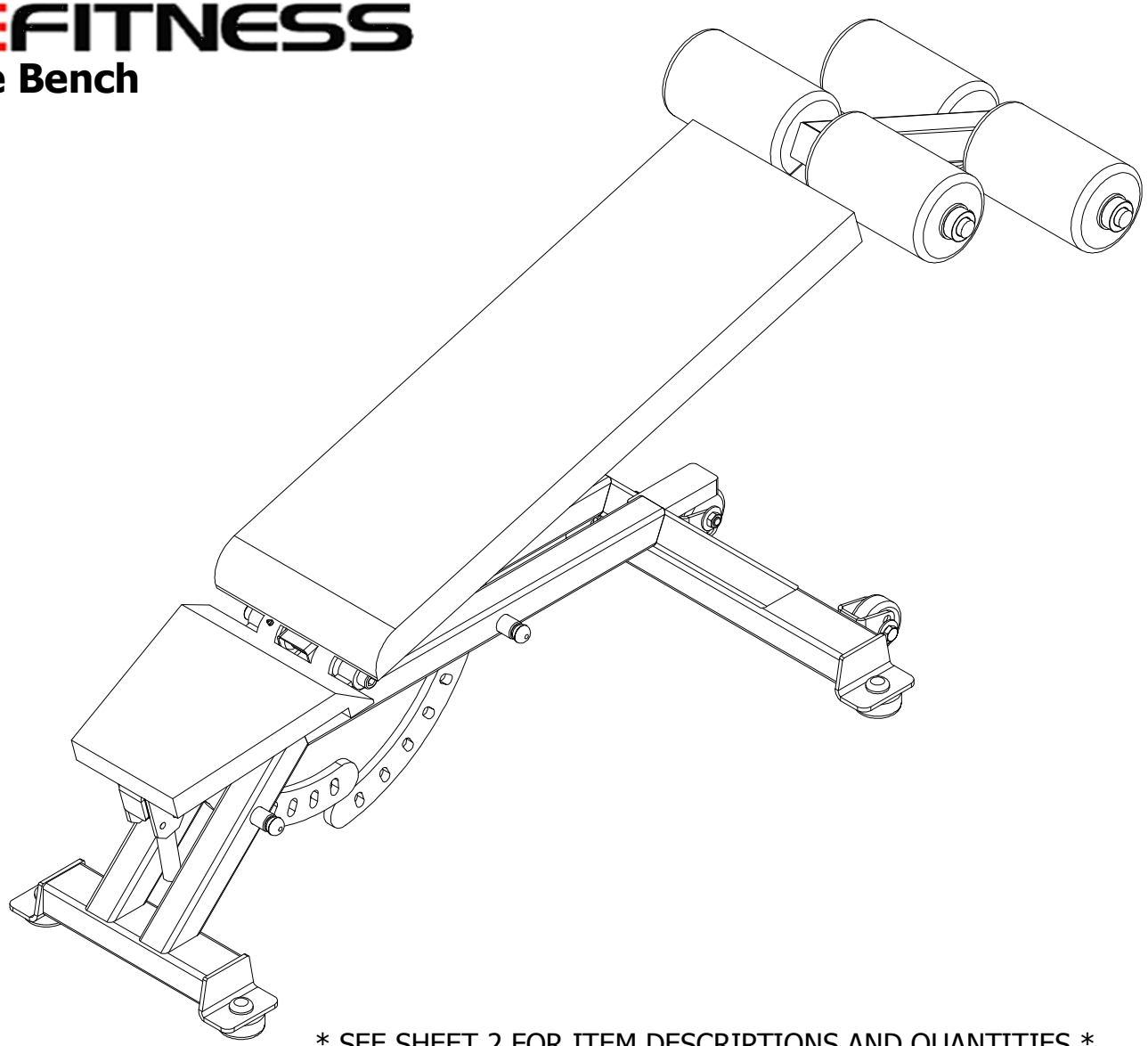
ROGUEFITNESS

AB-3 Adjustable Bench



* SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES *

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 prioper 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.

⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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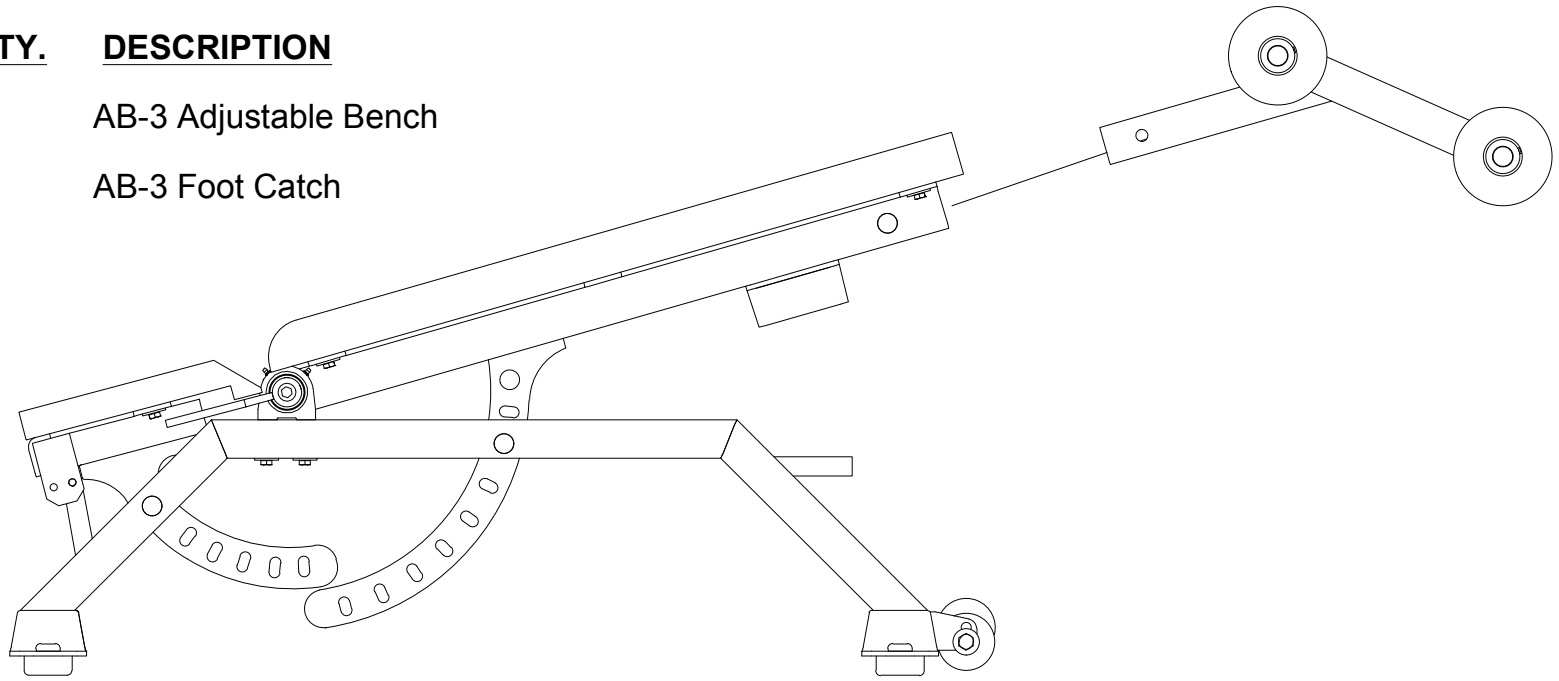
Rogue Fitness
1080 Steelwood Rd.
Columbus, Ohio 43212
614-358-6190
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ROGUEFITNESS

AB-3 Adjustable Bench

INCLUDED PARTS
*NOTE: IMAGES NOT SHOWN TO SCALE

ITEM	QTY.	DESCRIPTION
1	1	AB-3 Adjustable Bench
2	1	AB-3 Foot Catch



To install foot catch, pull pop pin and slide foot catch into tube. Always ensure that foot catch is secured by pop pin before using.

WARNING: TO AVOID RISK OF TIPPING, NEVER SIT ON FOOT CATCH.

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