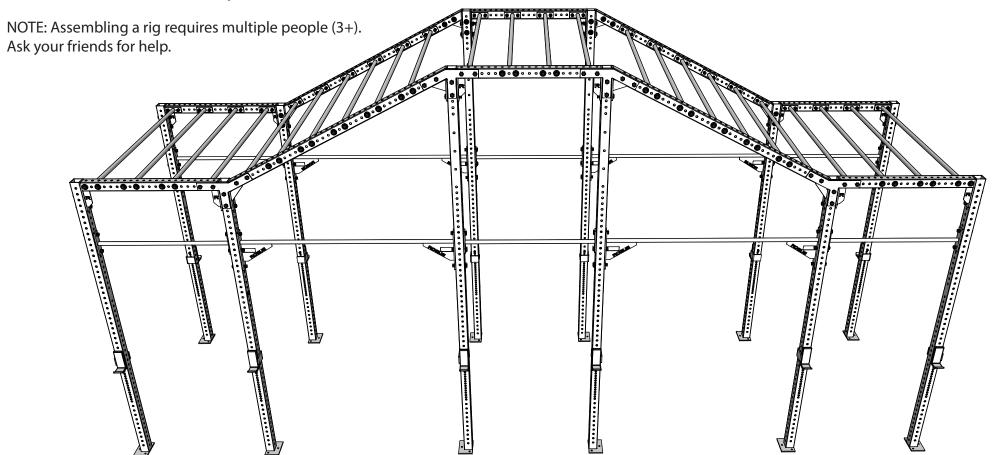


MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 1)

SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES



#### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



### MISUSE OF THIS 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 IN USE OF EQUIPMENT



MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 2)

<u>ITEM</u>	QTY.	<u>DESCRIPTION</u>
1	4	Monster Lite 144" Upright
2	8	Monster Lite 108" Upright
3	6	43" Beam with Gusset
4	4	70" Single Pull-up Bar
5	2	Angled Crossmember Left
6	2	Angled Crossmember Right
7	24	70" Single Monkey Pull-up Bar
8	4	Upper Joint Plate
9	4	Lower Joint Plate
10	6	43" Single Pull-up Bar
11	120	5/8" x 4.25" Hex Bolt
12	56	5/8" x 4.5" Hex Bolt
13	120	5/8" Flat Washer
14	176	5/8" Lock Washer
15	176	5/8" Nut
16	6	Monster Lite J-Cup Pair

#### NOTES:

- 1) IT IS HIGHLY RECOMMENDED THAT ALL RIGS ARE SECURELY ANCHORED TO THE FLOOR.
- 2) DO NOT BOLT THE RIG TO THE FLOOR UNTIL IT IS FULLY ASSEMBLED AND ALL HARDWARE IS TIGHT-ENED.
- 3) ANCHOR UNIT TO THE FLOOR THROUGH HOLES IN FEET.
- 4) ANCHOR TO A WOOD OR SOLID CONCRETE FLOOR AS FOLLOWS:
  - a) WOOD: 3/8" x 3.5" WOOD LAG BOLTS.
  - b) SOLID CONCRETE: 3/8" x 3.5" CONCRETE WEDGE ANCHORS.
  - c) ANCHORING/MOUNTING HARDWARE NOT INCLUDED.

#### **DISCLAIMER**

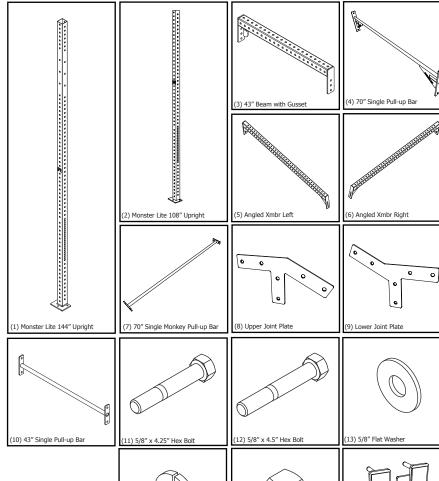
Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious injury or even death. Use common sense when training, to obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent and responsible person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



### MISUSE OF THIS 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 IN USE OF EQUIPMENT

### INCLUDED PARTS \*NOTE: IMAGES NOT SHOWN TO SCALE



(14) 5/8" Lock Washer



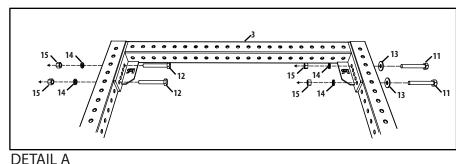


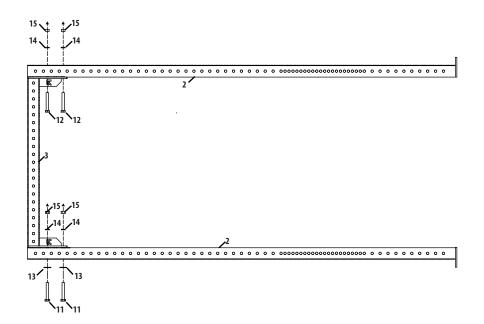


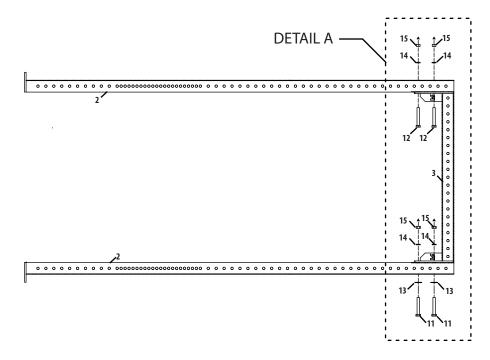
## ROGLIE

MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 3) SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES

STEP 1: Assemble 2 walls on the ground using (2) 108" Uprights and (1) 43" Beam with Gussets as shown in the graphic below. Hand tighten hardware. Note the orientation of the footplate on each upright. Also note gusset orientation on 43" Beam as seen in Detail A.







#### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



#### MISUSE OF THIS CAN RESULT IN SEVERE INJURY

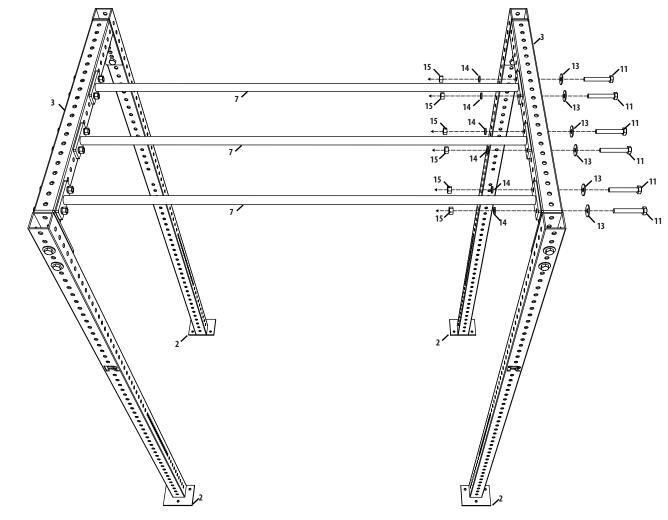
BOTH ROGUE FITNESS AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRAN-TIES OR MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USE OF EQUIPMENT

MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 4)

SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES

STEP 2: Stand up the two walls from STEP 1 and connect using (3) 70" Single Monkey Pull-up Bar as seen in the graphic on the right.

\*NOTE: DO NOT FULLY TIGHTEN HARDWARE UNTIL ENTIRE RIG IS ASSEMBLED.



### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



### MISUSE OF THIS CAN RESULT IN SEVERE INJURY

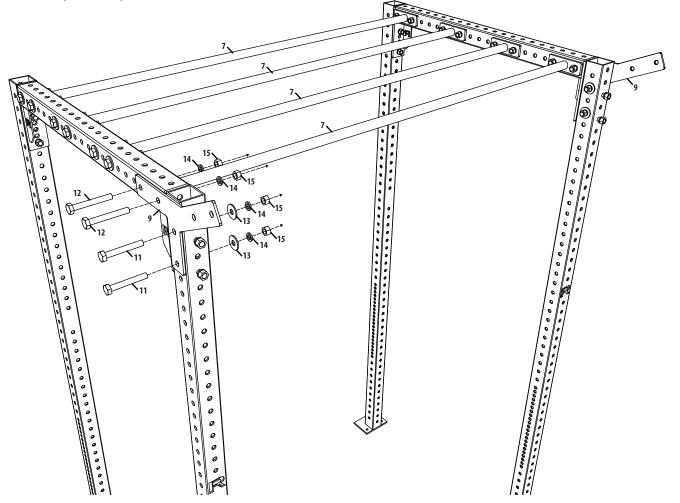
BOTH ROGUE FITNESS AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRANTIES OR MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USE OF EQUIPMENT

MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 5)

SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES

STEP 3: Connect 4th 70" Single Monkey Bar and Lower Joint Plate to the walls from STEP 2 as seen in the graphic on the right. Bolt a Lower Joint Plate to each wall.

\*NOTE: DO NOT FULLY TIGHTEN HARDWARE UNTIL ENTIRE RIG IS ASSEMBLED.



#### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.

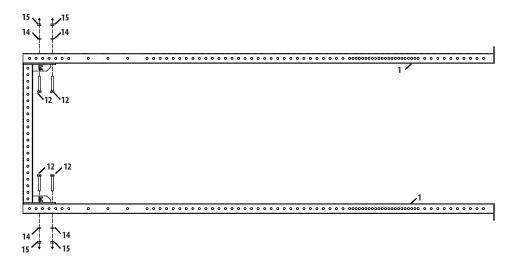


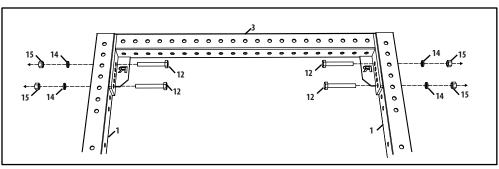
MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT

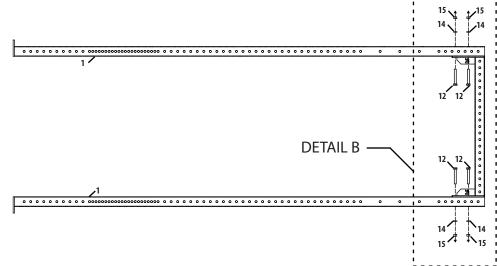
MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 6) SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES

STEP 4: Similar to STEP 1, assemble (2) walls using (2) 144" Uprights and (1) 43" Beam with Gusset. Hand tighten the hardware. Note footplate orientation. Also note direct of bolt head as seen in DETAIL B.





**DETAIL B** 



### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



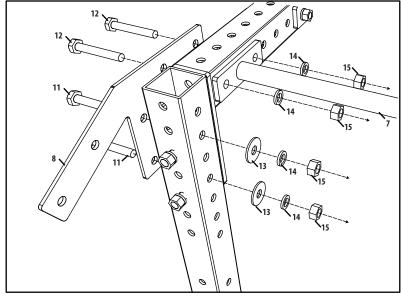
### MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT

MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 7)

SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES

STEP 5: Similar to STEP 2, stand up the two walls built in STEP 4 and connect them using 70" Single Monkey Pull-up Bars. Note that the outer Monkey Bars will also need to secure the upper joint plates as seen in DETAIL C. The Joint Plate acts as the flat washer on the outside of the tube.

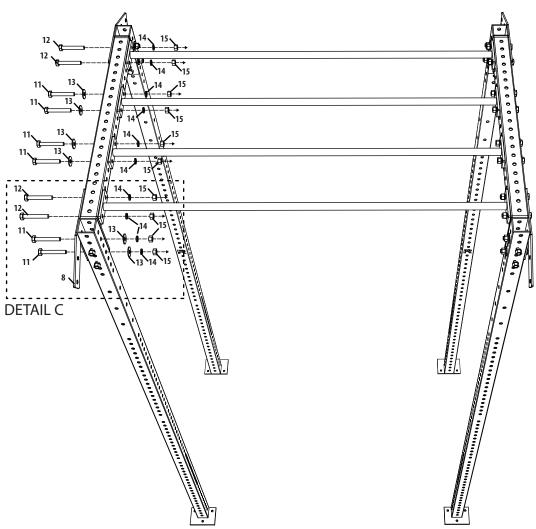


DETAIL C



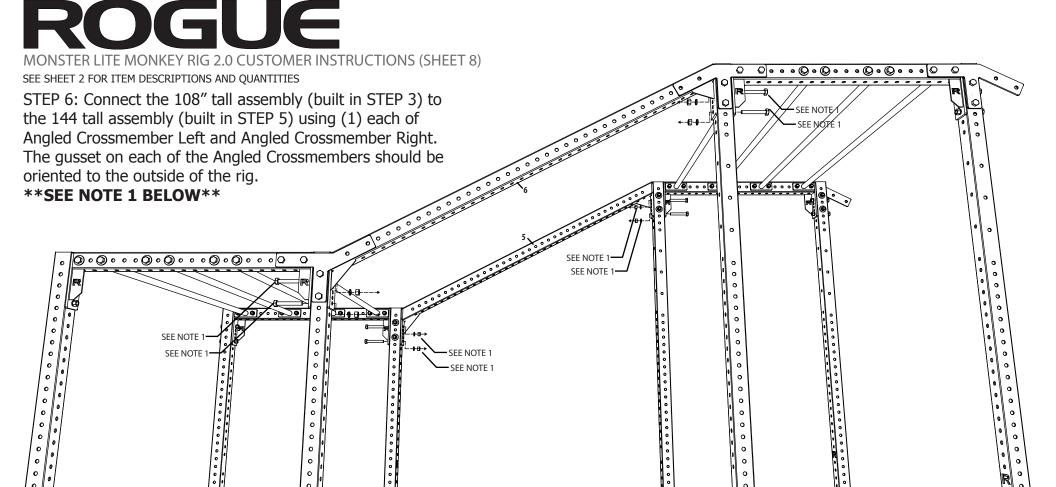
## tand your limitations. This equipment must only competent and responsible person, or under the visual control of a competent and responsible taining instructions in appropriate techniques and

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 IN USE OF EQUIPMENT



Rogue Fitness 1080 Steelwood Rd. Columbus, Ohio 43212 614-358-6190 TEAM@Roguefitness.com

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



\*\*NOTE 1\*\*Hardware in this connection was previously installed in STEPS 1 & 4. No additional hardware is needed to secure the Angled Crossmembers

#### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



### MISUSE OF THIS 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 IN USE OF EQUIPMENT

MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 9)

SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES

STEP 7: Connect Lower and Upper Joint Plates and 70" Single Monkey Pull-up Bars to the Right and Left Angled Crossmembers.

14 15 <del>↑ ₹ †</del> 15 14 14 15 15 14

### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.

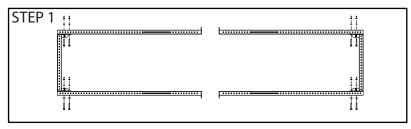


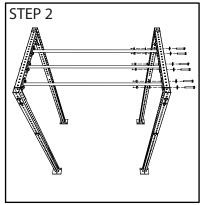
### MISUSE OF THIS CAN RESULT IN SEVERE INJURY

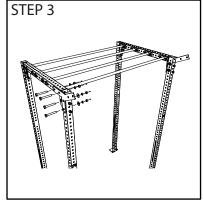
BOTH ROGUE FITNESS AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRANTIES OR MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USE OF EQUIPMENT

MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 10) SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES

STEP 8: Repeat STEPS 1-3 to build another 108" height cube to be connected to the structure already built. Completed cube should match the graphic shown on the right.







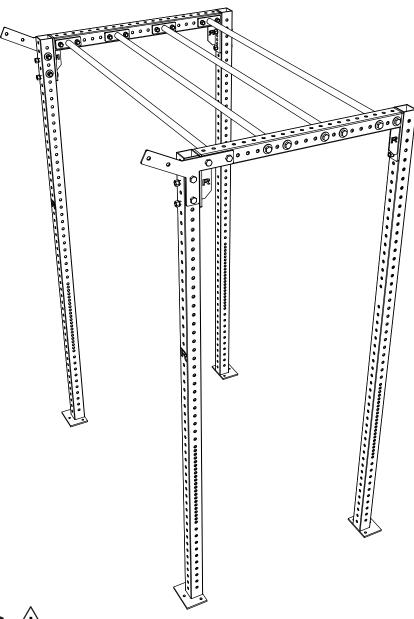


Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious injury or even death. Use common sense when training, to obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by competent and responsible person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



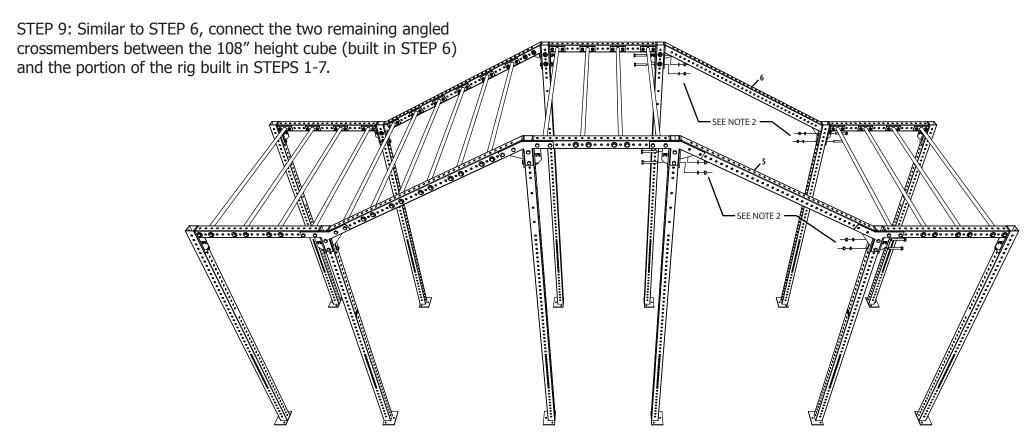
### MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT



MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 11)

SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES



\*\*NOTE 2\*\*Hardware in this connection was previously installed in STEPS 4 & 8.

No additional hardware is needed to secure the Angled Crossmembers

#### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



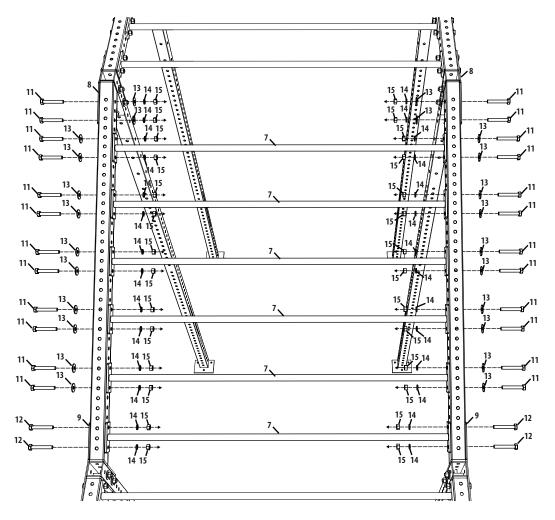
## MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT

MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 12)

SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES

STEP 10: Repeat STEP 7 and connect Lower and Upper Joint Plates and 70" Single Monkey Pull-up Bars to the Right and Left Angled Crossmembers that were just installed in STEP 9.



### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.

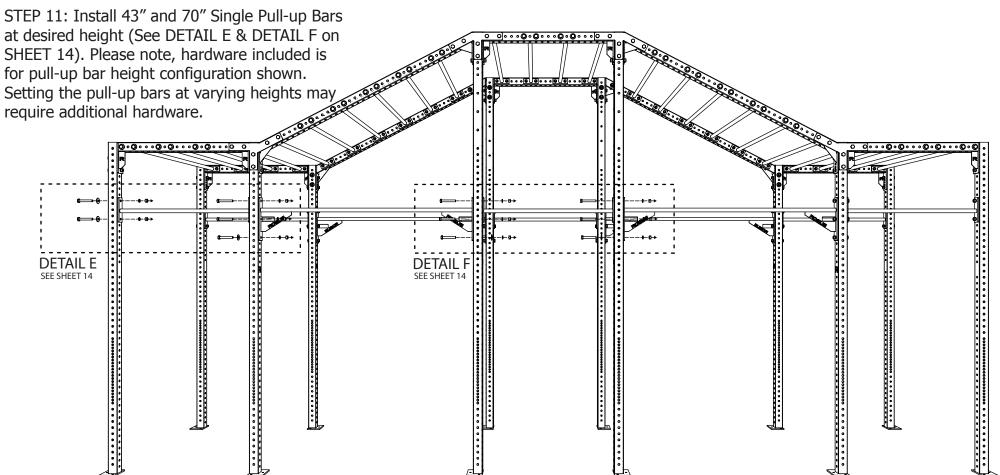


## MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT

MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 13)

SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES



### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



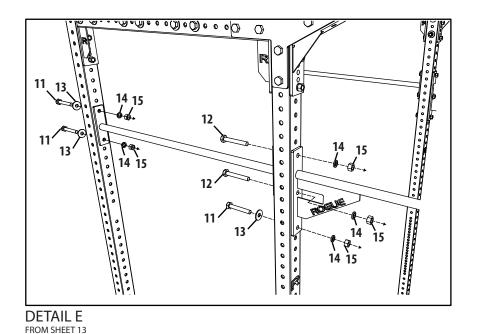
### MISUSE OF THIS CAN RESULT IN SEVERE INJURY

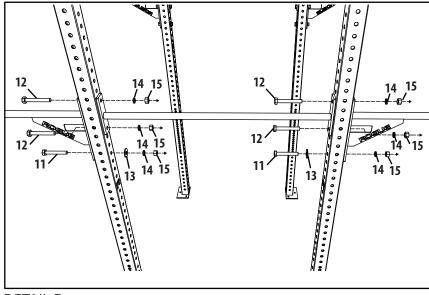
BOTH ROGUE FITNESS AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRANTIES OR MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USE OF EQUIPMENT



MONSTER LITE MONKEY RIG 2.0 CUSTOMER INSTRUCTIONS (SHEET 14)

SEE SHEET 2 FOR ITEM DESCRIPTIONS AND QUANTITIES





DETAIL F FROM SHEET 13

STEP 12: Once Pull-up Bars are installed, tighten all hardware ensuring that the rig remains square throughout tightening. Please Note, it is always recommended that any Roque Rig is securely fastened to the floor.

#### **DISCLAIMER**

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions in appropriate techniques and methos 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 installation or use of this equipment in any matter whatsoever. Rogue Fitness bears no liability beyond the replacement value of the equipment in question.



### MISUSE OF THIS 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 IN USE OF EQUIPMENT