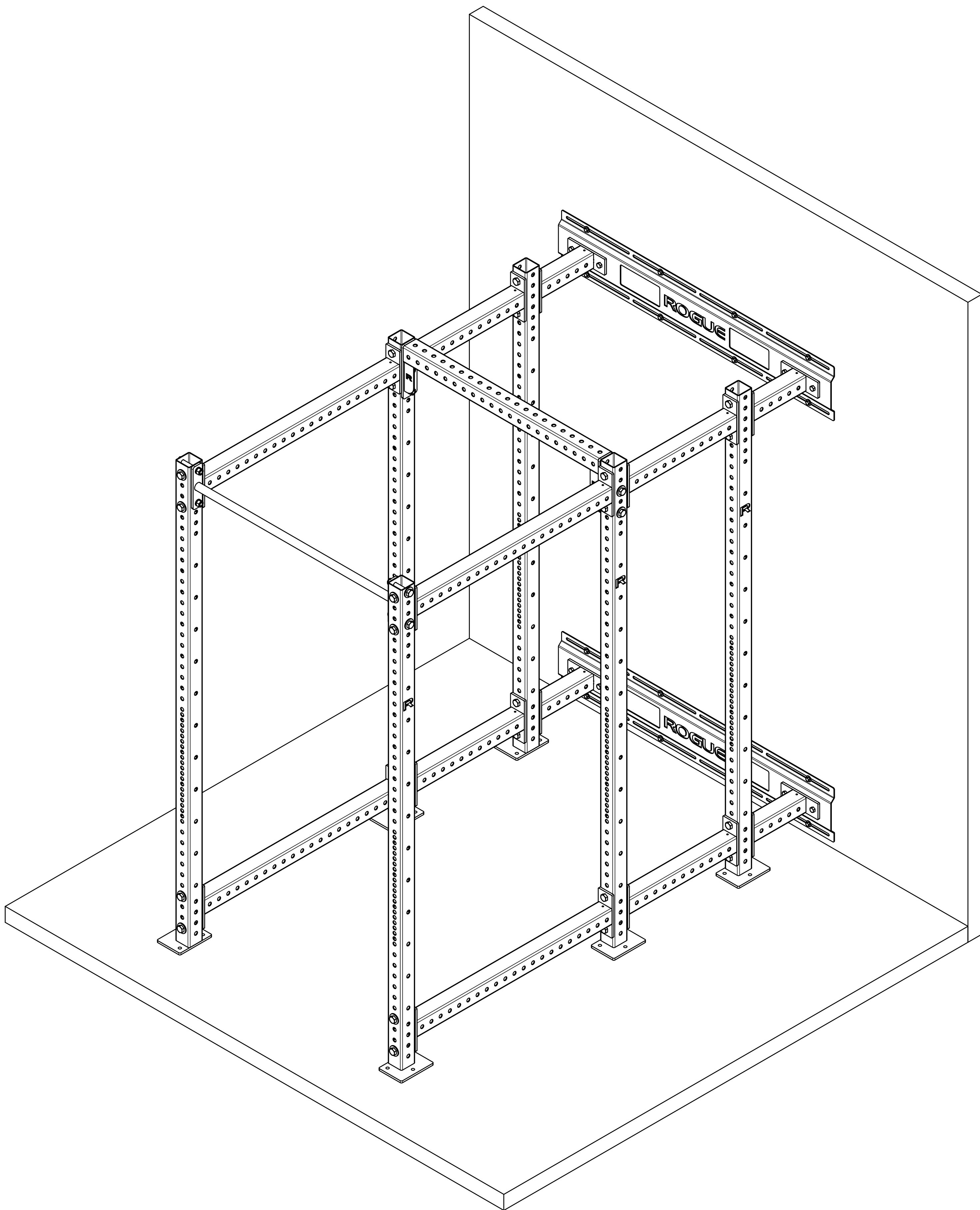


ROGUE®

MONSTER LITE RACK WALL MOUNT KIT



⚠️ 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

Note: Images not shown at scale

1

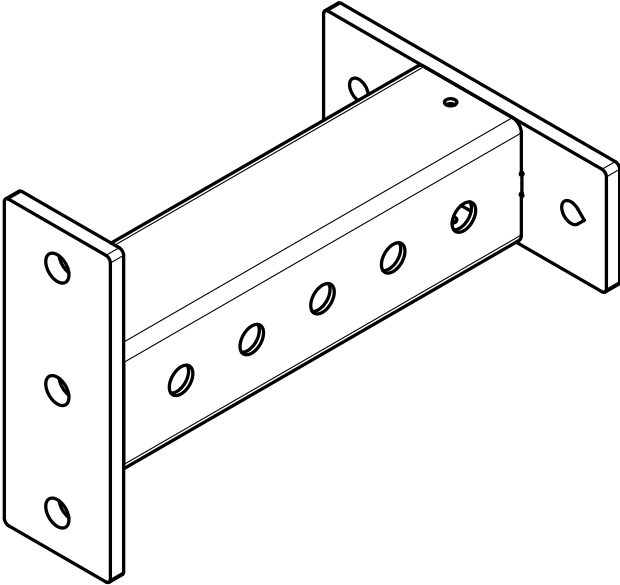
Qty: 2x



Wall Stringer

2

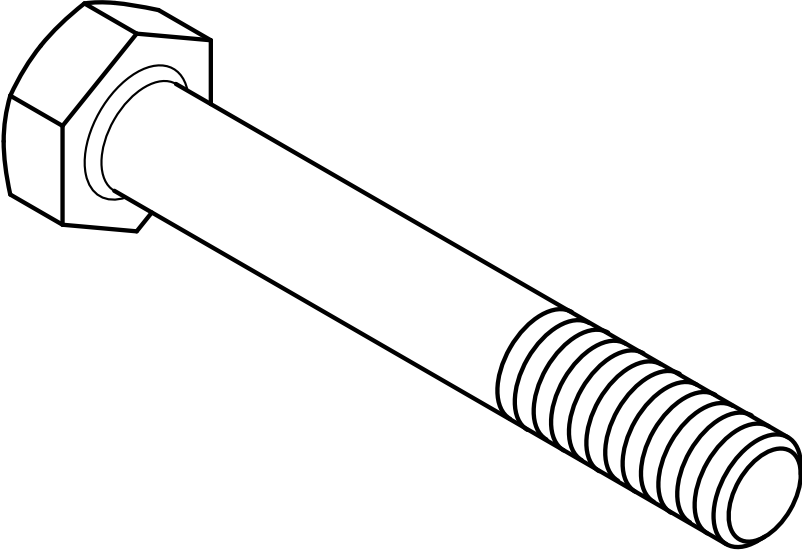
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Monster Lite Wall Mount Crossmember

3

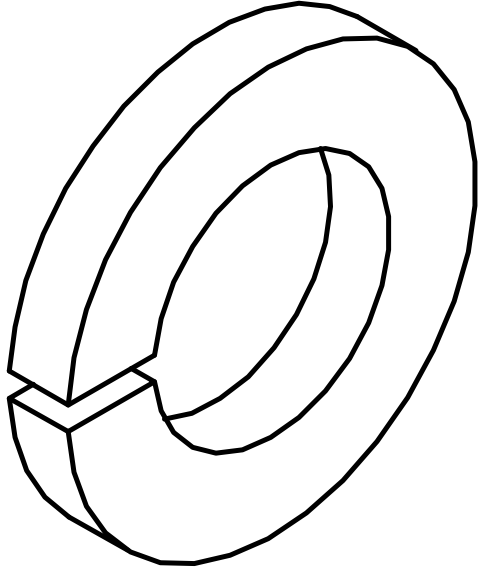
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5/8" x 5" Hex Bolt

4

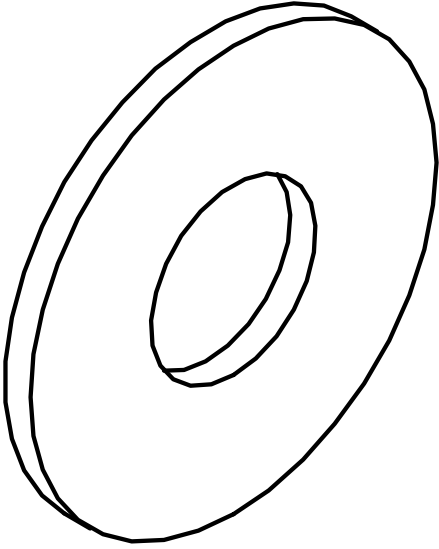
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5/8" Lock Washer

5

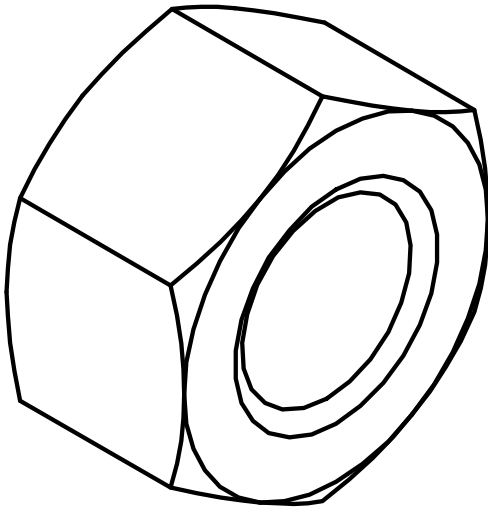
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5/8" Flat Washer

6

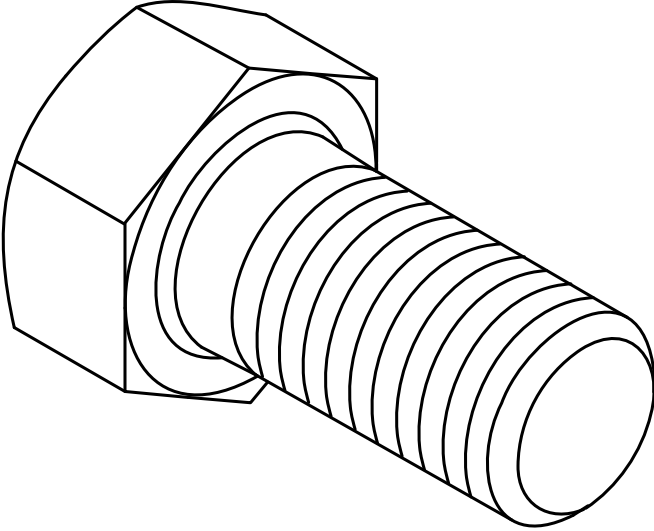
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5/8" Hex Nut

7

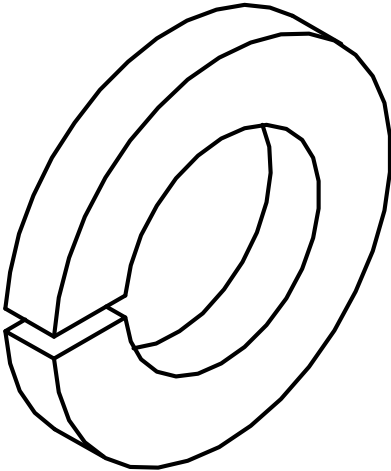
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1/2" x 1" Hex Bolt

8

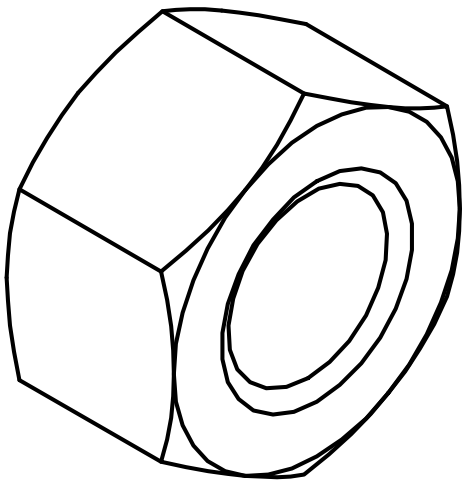
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1/2" Lock Washer

9

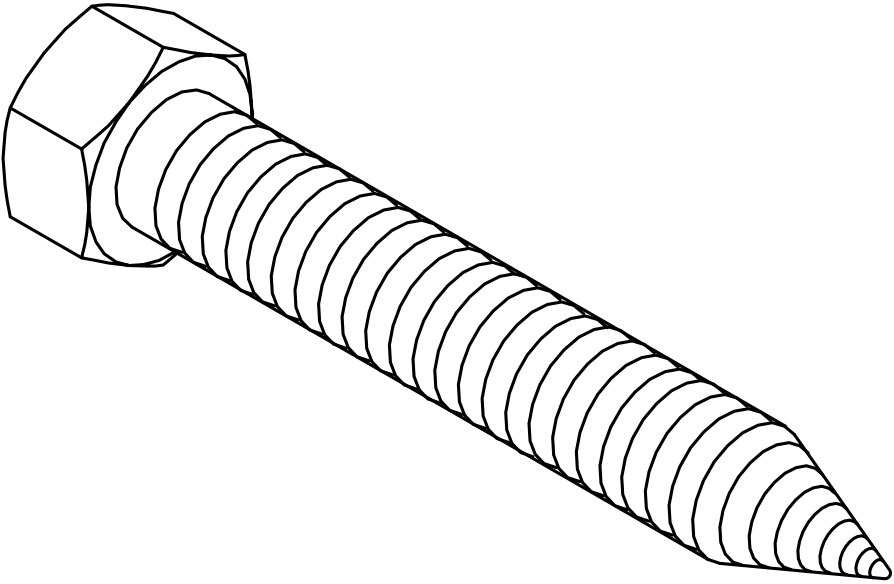
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1/2" Hex Nut

10

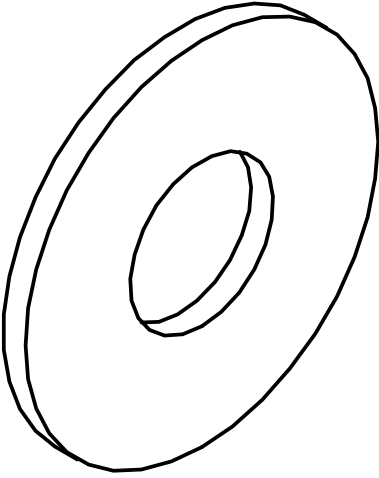
Qty: 16x



3/8" x 2-1/2" Lag Screw

11

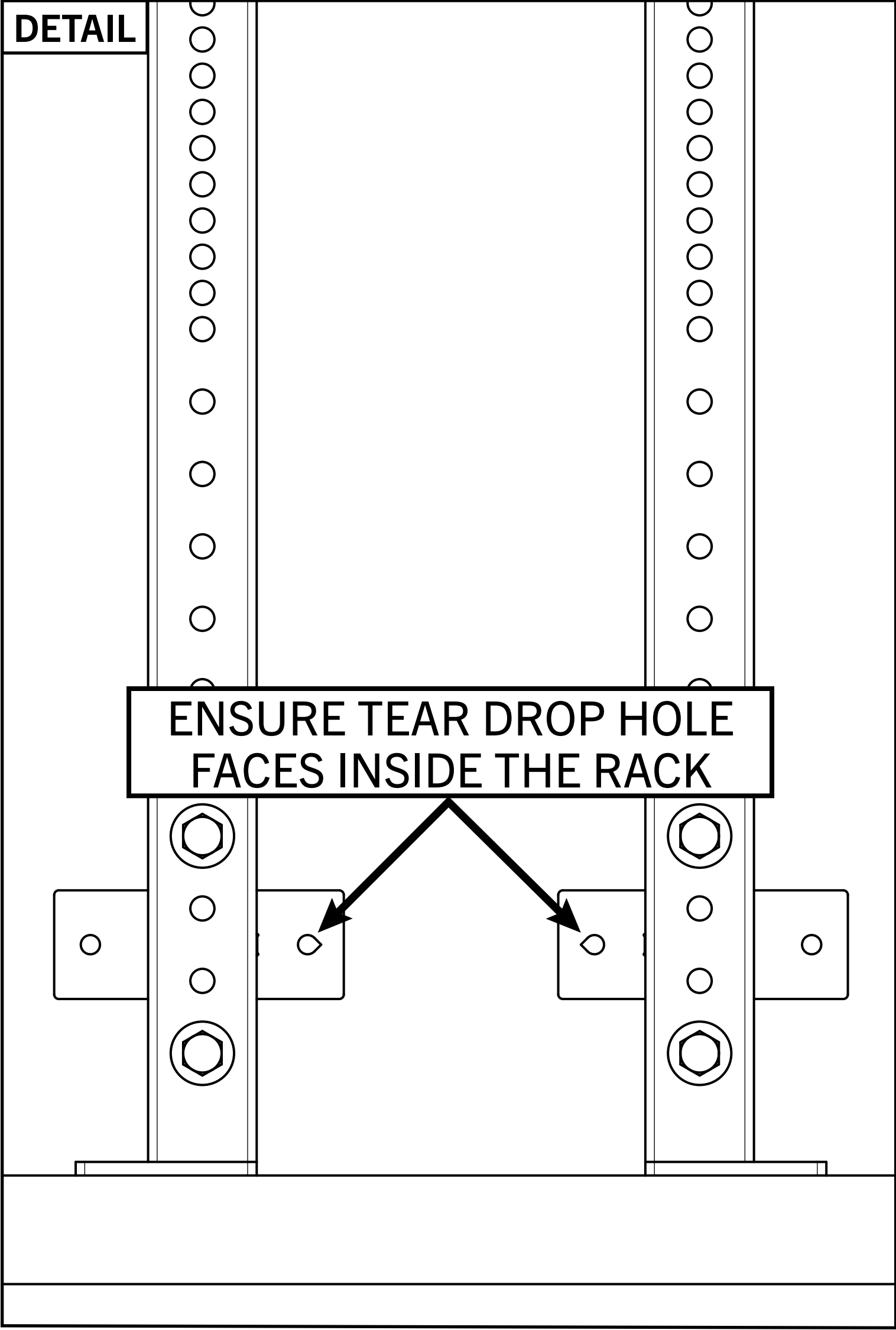
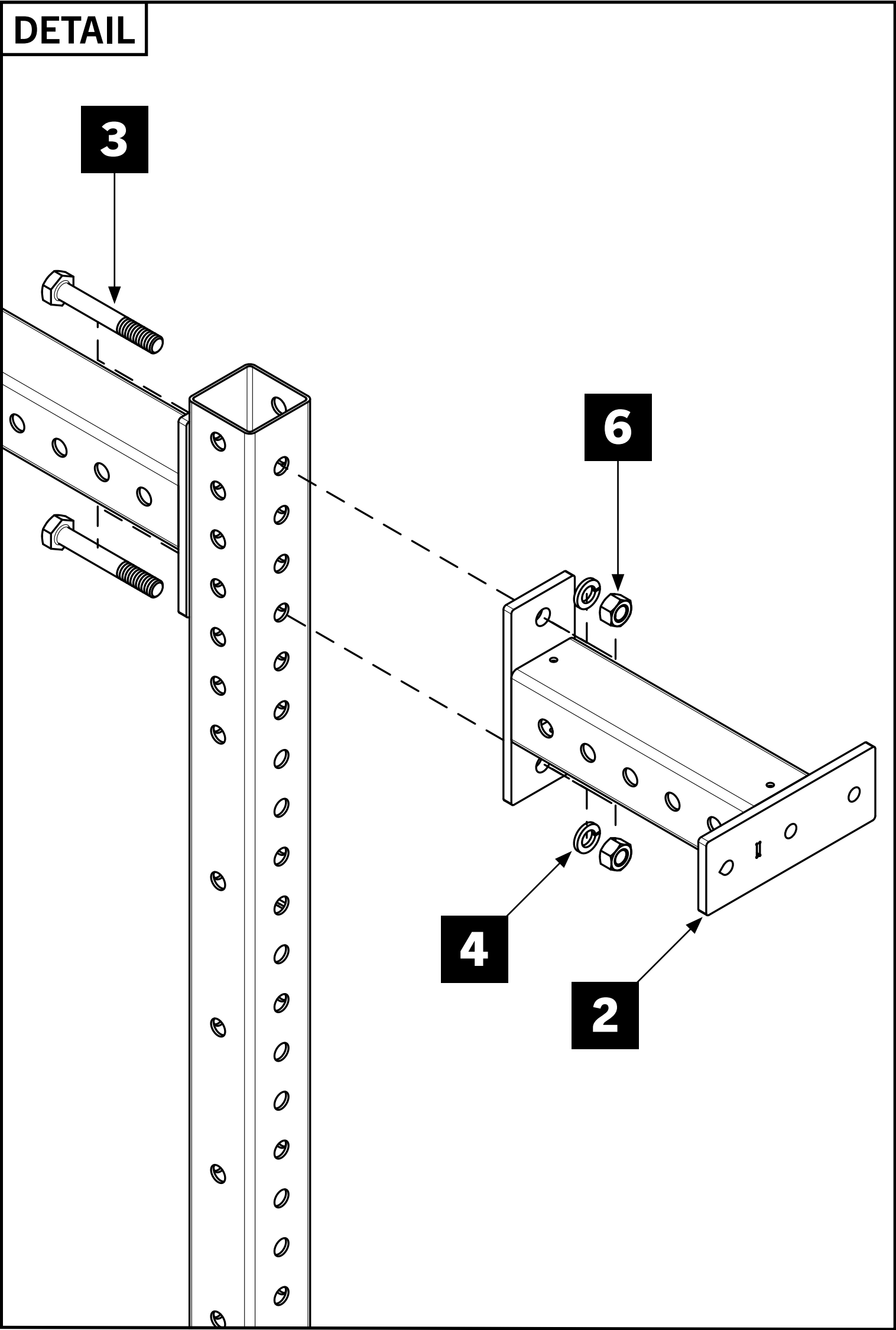
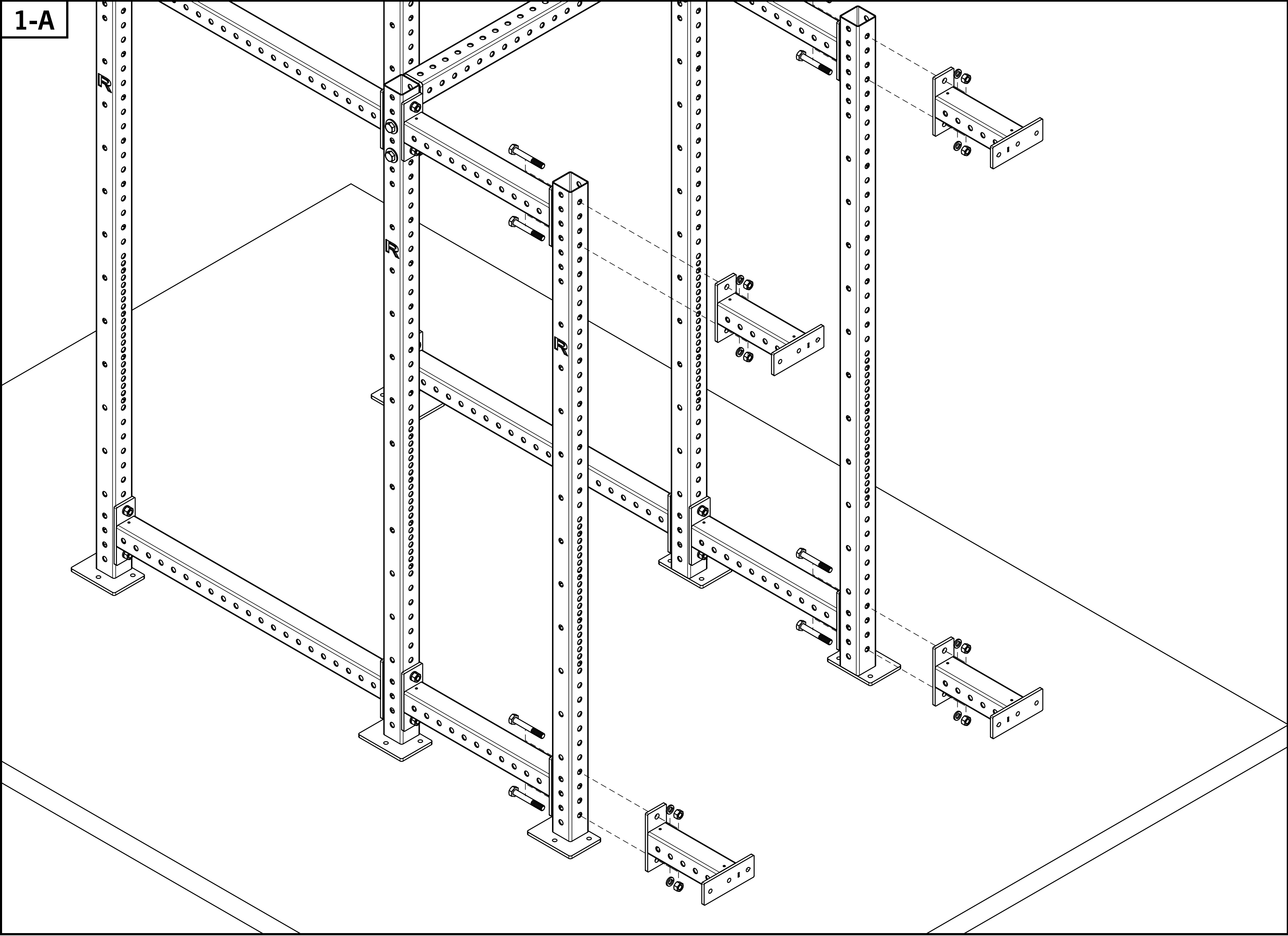
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3/8" Flat Washer

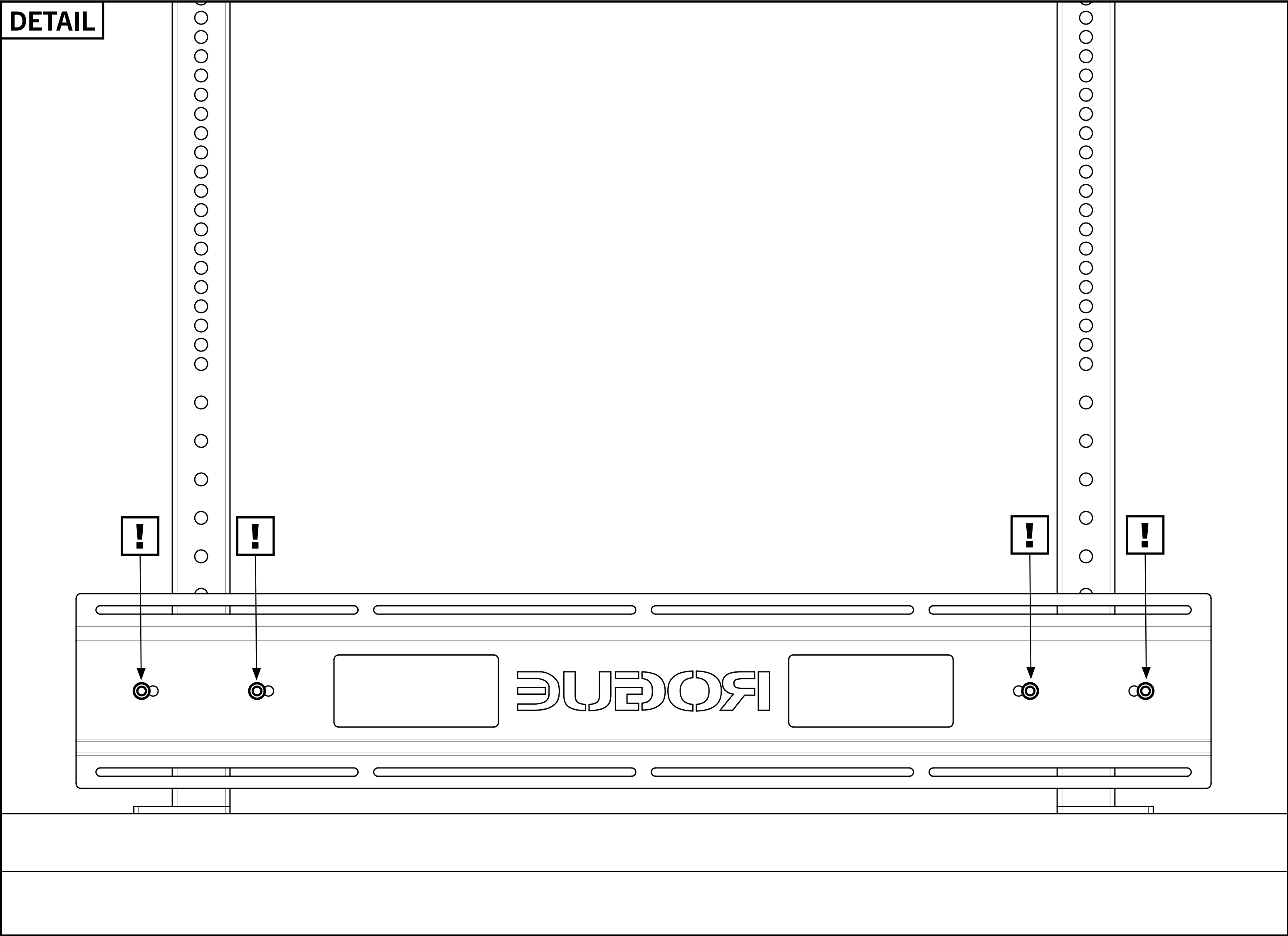
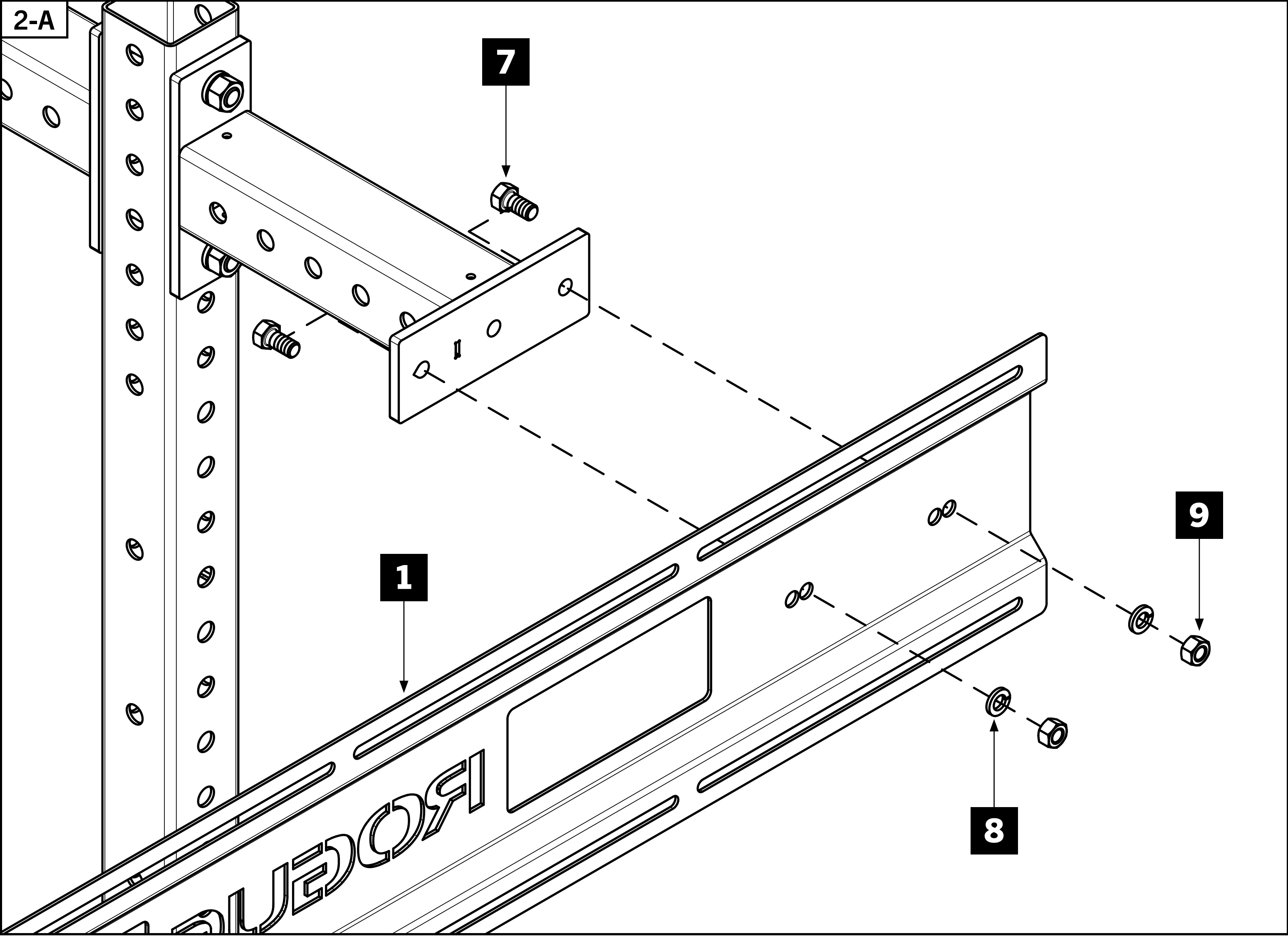
STEP 1

- Assemble rack per instructions provided.
- Attach Monster Lite Wall Mount Crossmembers [2] to rack in the desired location on the rear upright.
- Note that the desired mounting height of the stringers impact the mounting location of the wall mount crossmembers to rack. Each mount location is unique.
- Secure with hardware arrangement shown. Replace the rack crossmember Hex Bolts with the 5/8" x 5" Hex Bolts [3] if installing at the same level as the rack crossmember.
- If not installing the wall mount crossmembers at the same height as the rack crossmembers, ensure to use 5/8" Flat Washer [5] on the bolt side.



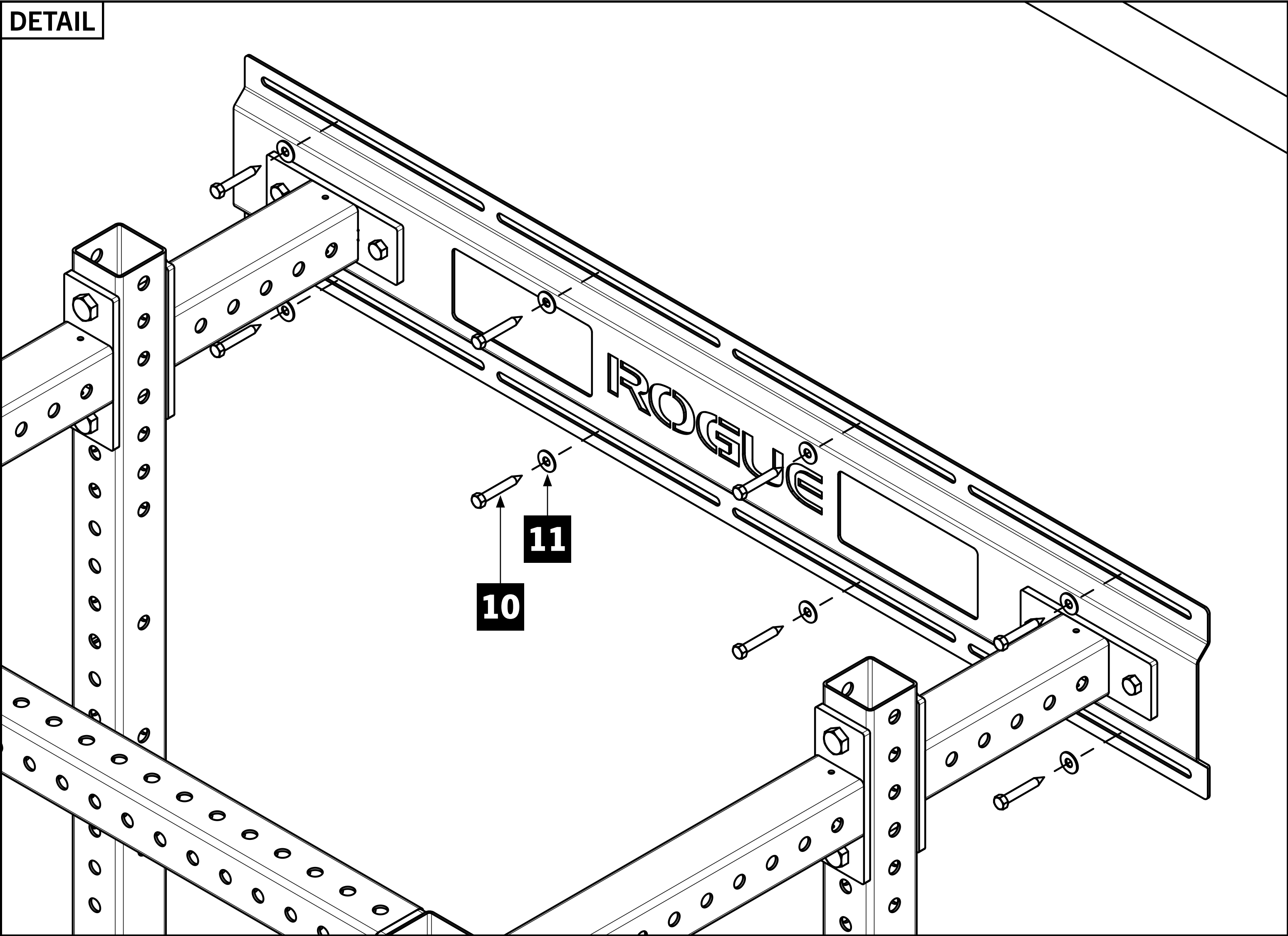
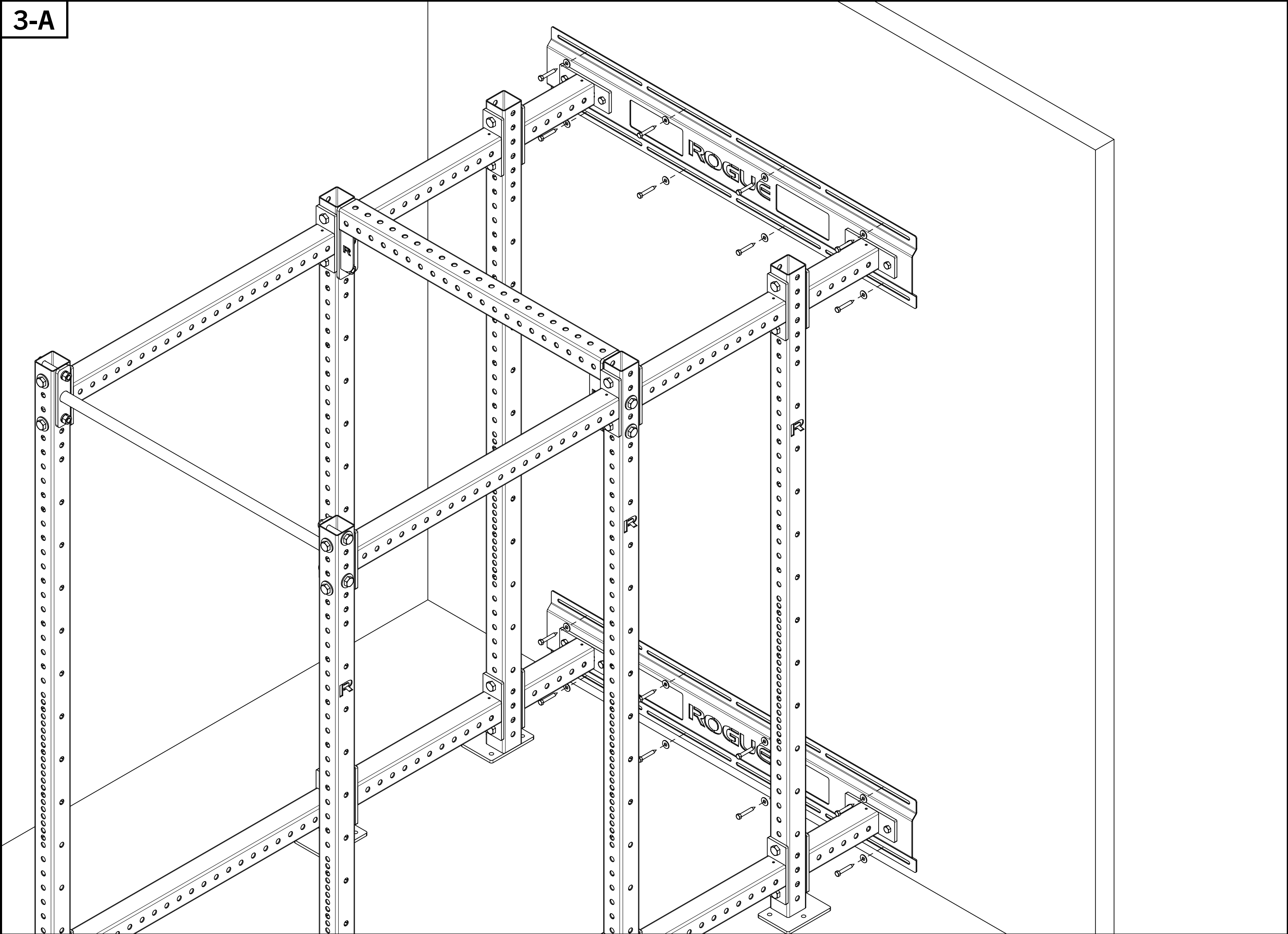
STEP 2

- Attach Wall Stringers [1] to Rack Mount Crossmembers [2].
- Use the outside set of mounting holes on the stringer shown and secure using 1/2" Hardware.
-  Use outside set of mounting holes on stringer.



STEP 3

- Slide the assembled rack to the wall in the final desired location. Ensure the Wall Stringer will secure to four studs.
- Wood Lag Screws [10] provided, use 15/64” DIA. pilot holes.
- If attempting to secure stringers to wall construction other than wood buyer is responsible for using correct hardware.
- If you are not confident in your mechanical skills, please seek the help of a professional to preform the installation. It is the buyers responsibility to install the Monster Lite Rack and Stringer 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.
- Test unit for stability before each use.



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INSTRUCTIONS**



**IRON GAME
PROGRAMMING**