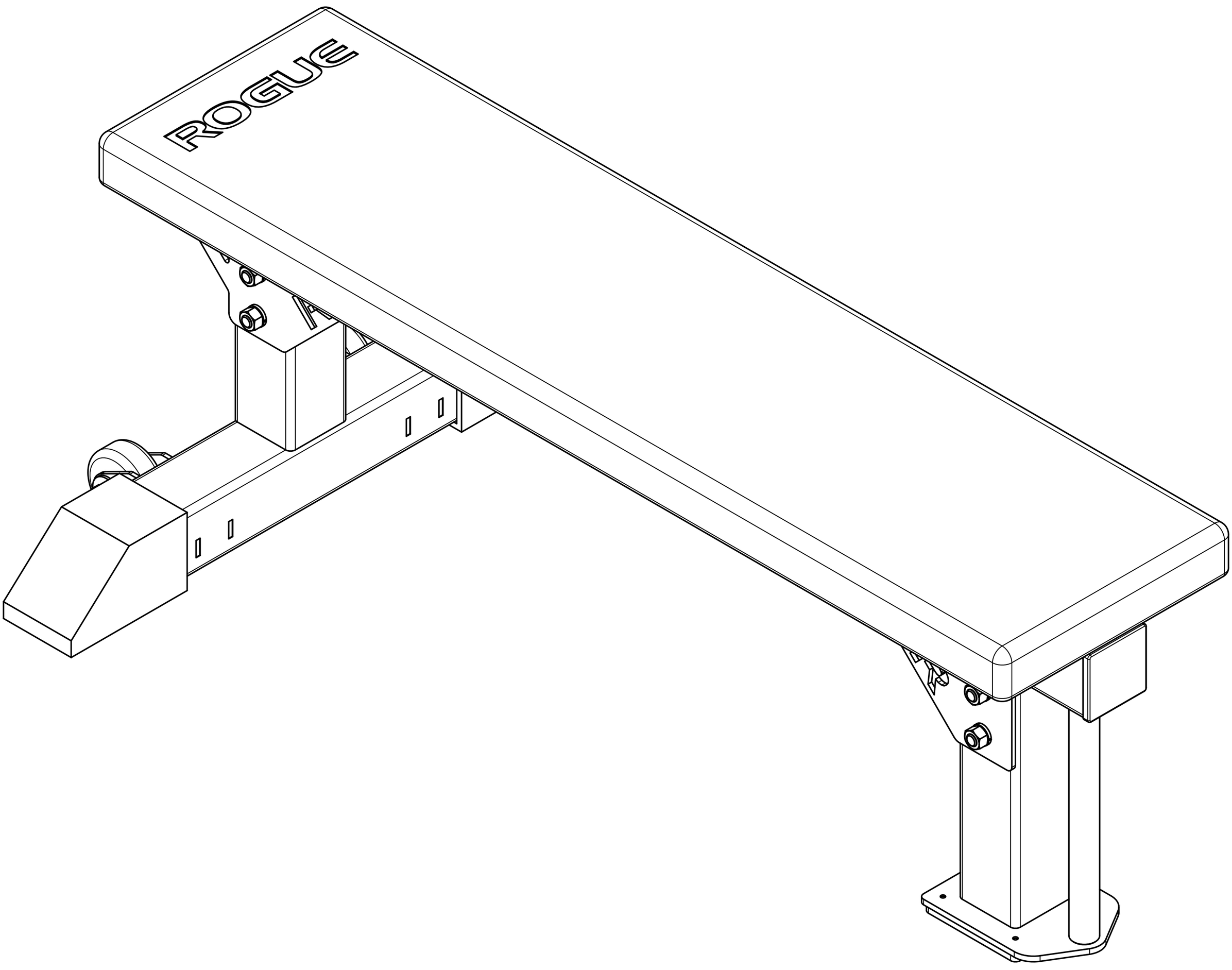
ROGUE®

MONSTER UTILITY BENCH



⚠ 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.

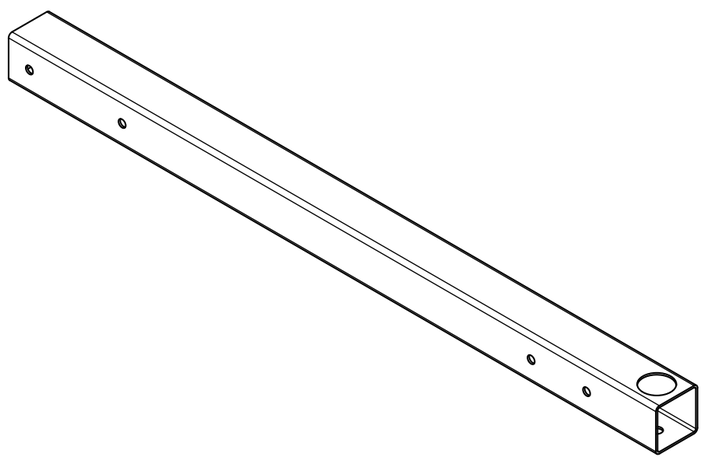
Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

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INCLUDED PARTS

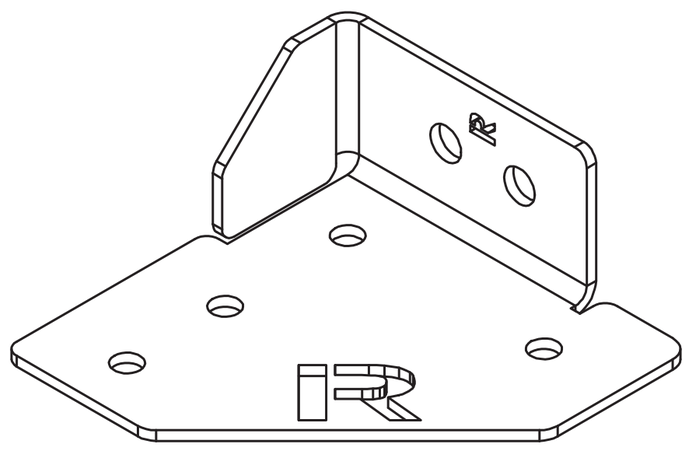
Note: Images not shown at scale

1 Qty: **1x**



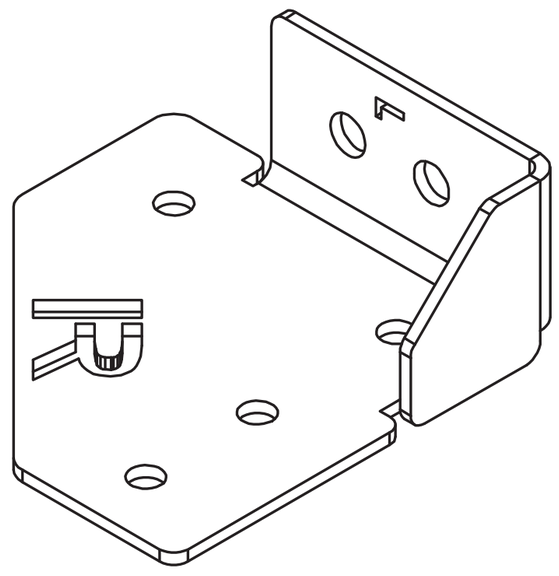
Bench Spine Tube

2 Qty: **1x**



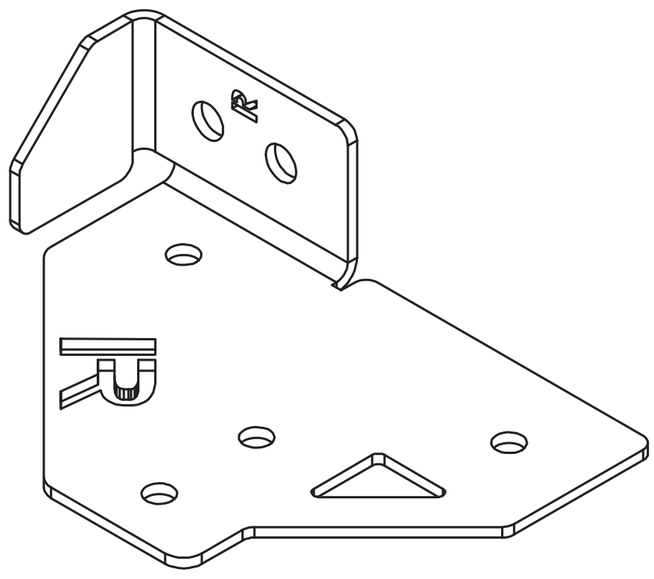
Front RH Bracket

3 Qty: **1x**



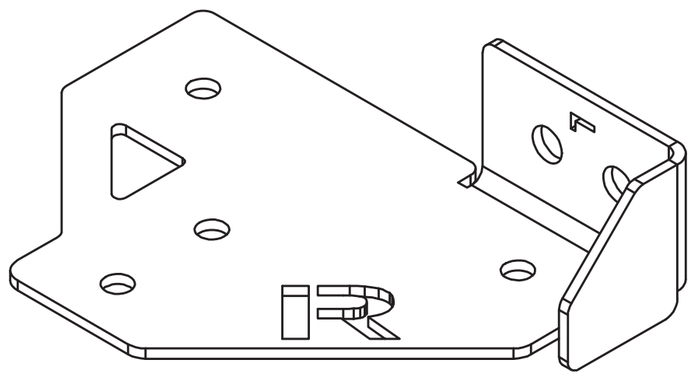
Front LH Bracket

4 Qty: **1x**



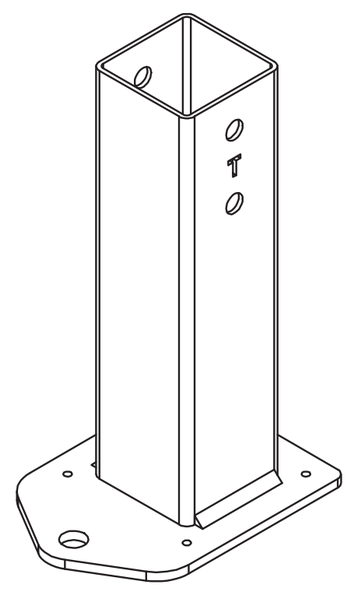
Rear RH Bracket

5 Qty: **1x**



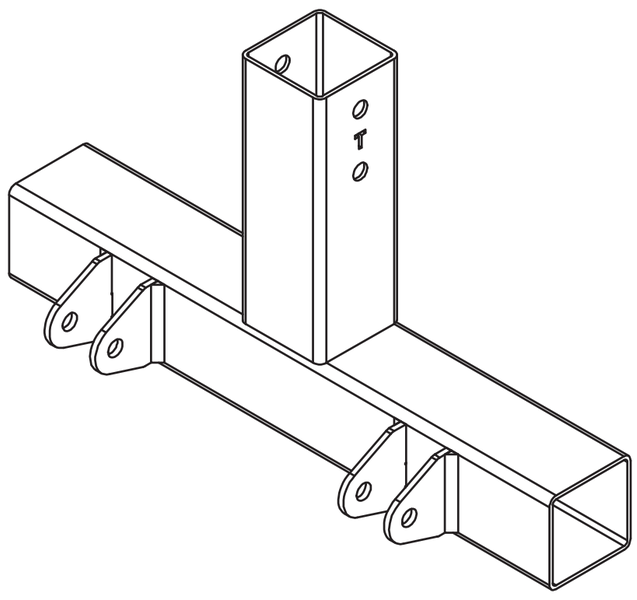
Rear LH Bracket

6 Qty: **1x**



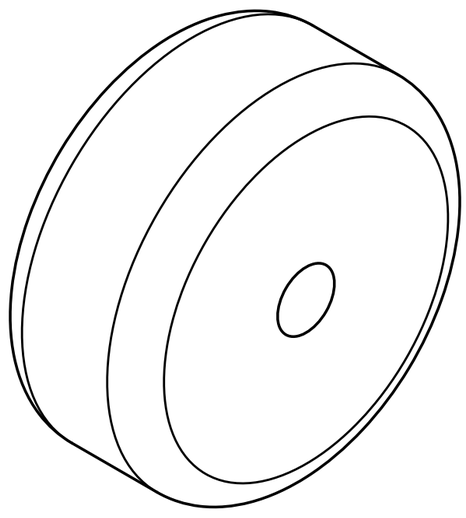
Front Bench Leg

7 Qty: **1x**



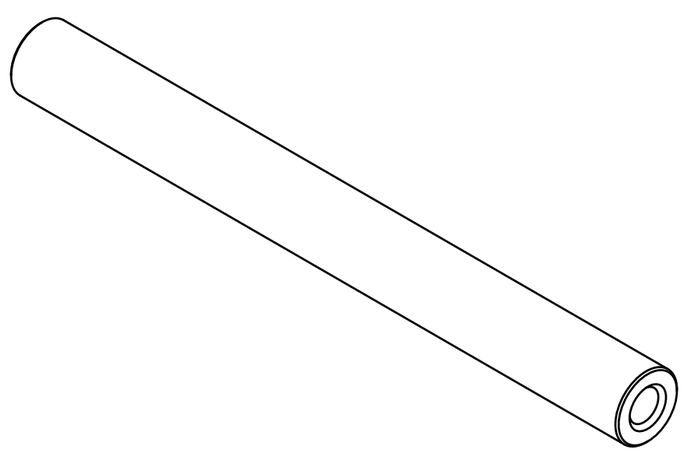
Rear Bench Leg

8 Qty: **2x**



Bench Wheel

9 Qty: **1x**



Monster Bench Handle

10 Qty: **1x**

5/8" x 1" Button Head Screw

11 Qty: **8x**

1/2" x 4" Hex Bolt

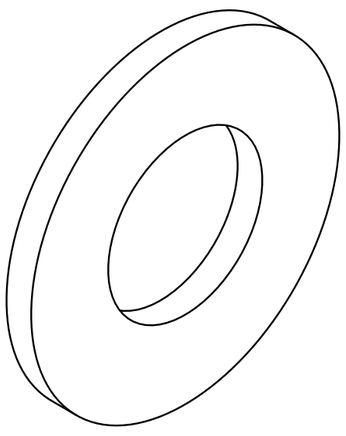
12 Qty: **2x**

1/2" x 2.5" Hex Bolt

INCLUDED PARTS

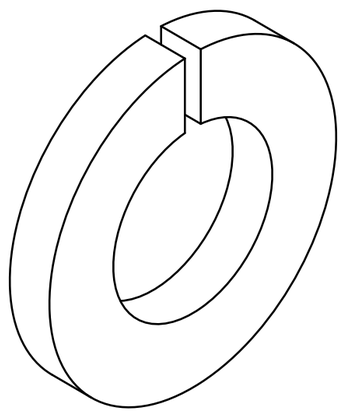
Note: Images not shown at scale

13 Qty: **4x**



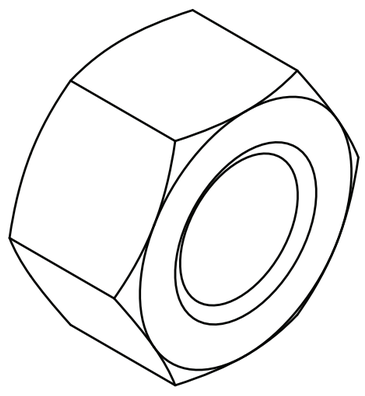
1/2" Flat Washer

14 Qty: **8x**



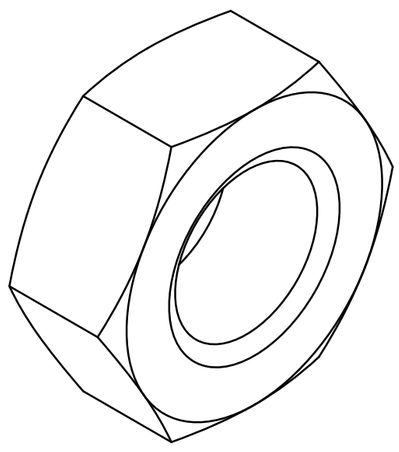
1/2" Lock Washer

15 Qty: **8x**



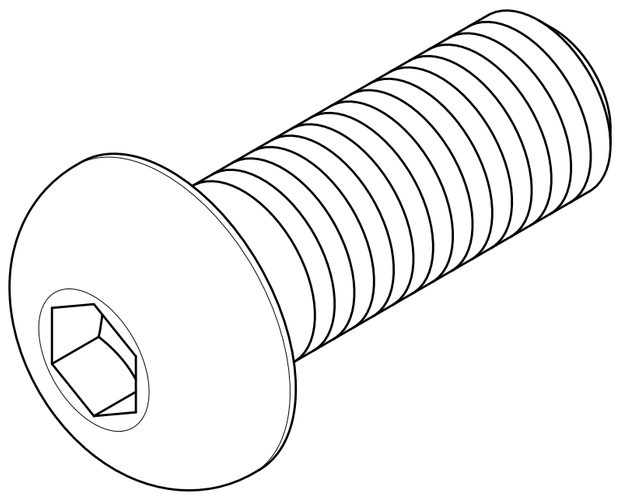
1/2” Hex Nut

16 Qty: **2x**



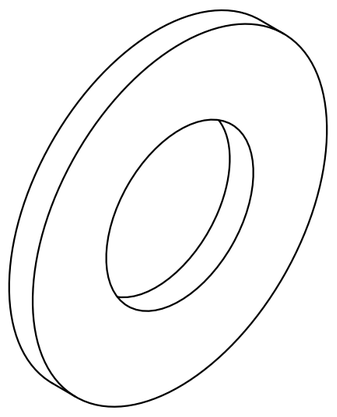
1/2” Thin Nylock Nut

17 Qty: **4x**



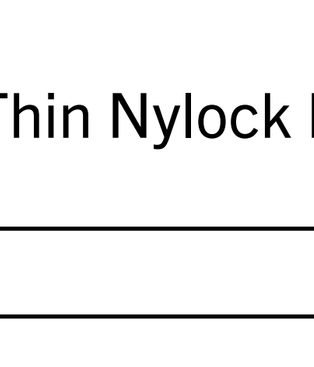
3/8" x 1" Button Head Screw

18 Qty: **4x**



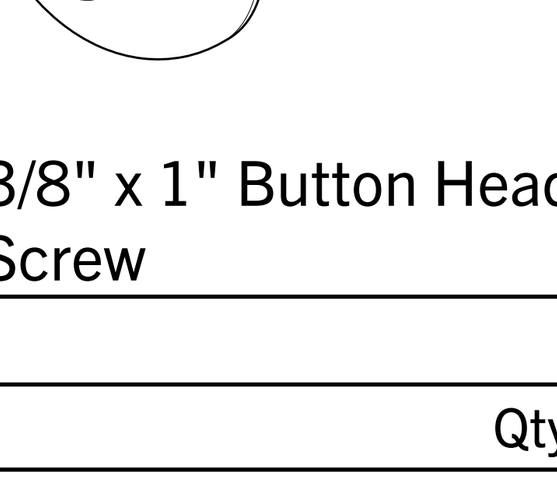
3/8" Flat Washer

19 Qty: **4x**



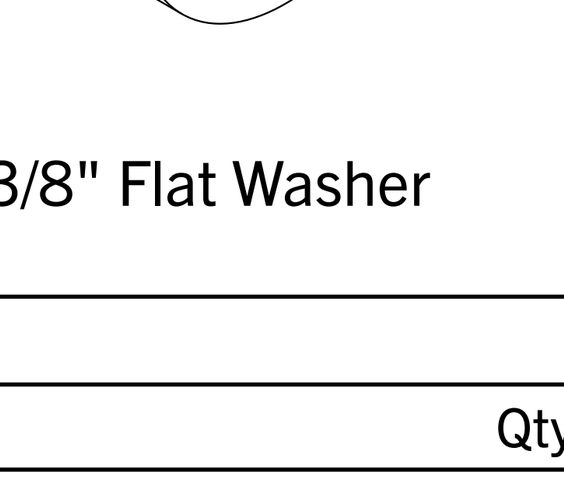
3/8" Lock Washer

20 Qty: **4x**



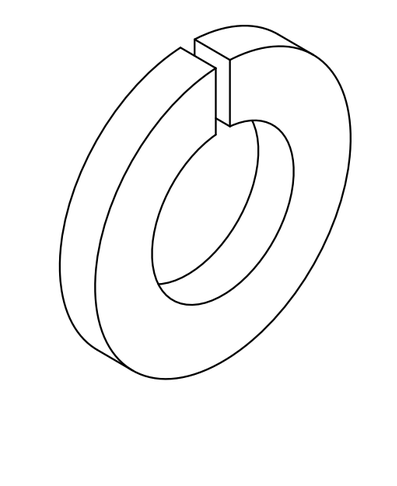
1/4" x 3/8" Button Head Scew

21 Qty: **1x**



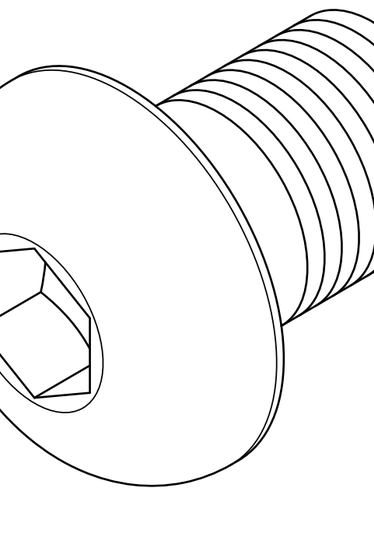
5/8" x 1" Hex Bolt

22 Qty: **1x**



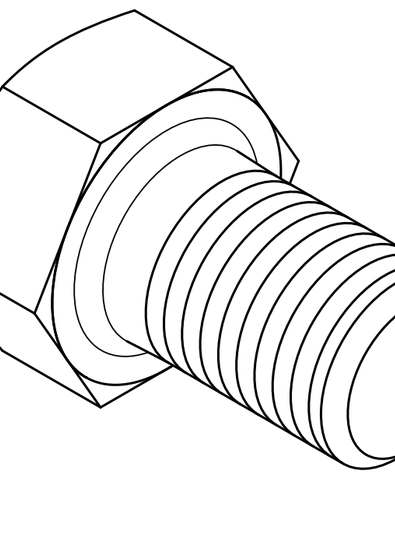
5/8" Lock Washer

23 Qty: **1x**



Front Cap

24 Qty: **1x**

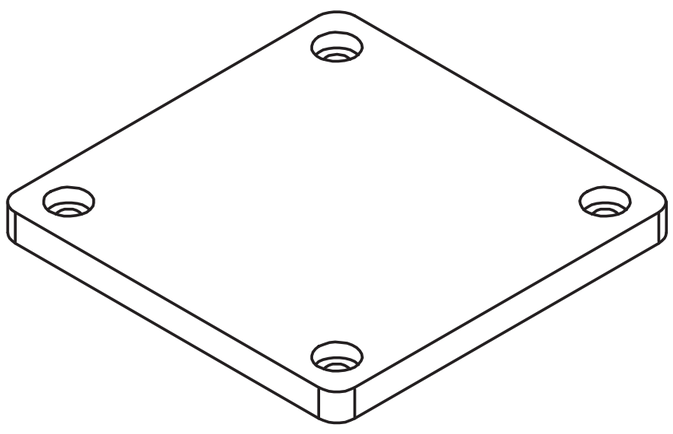


Rear Cap

INCLUDED PARTS

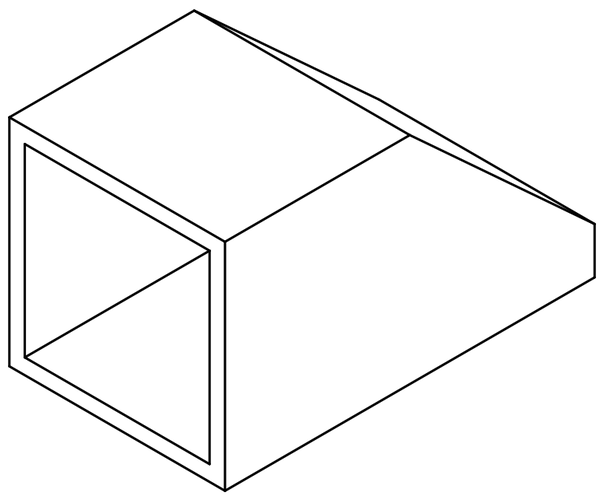
Note: Images not shown at scale

25 Qty: **1x**



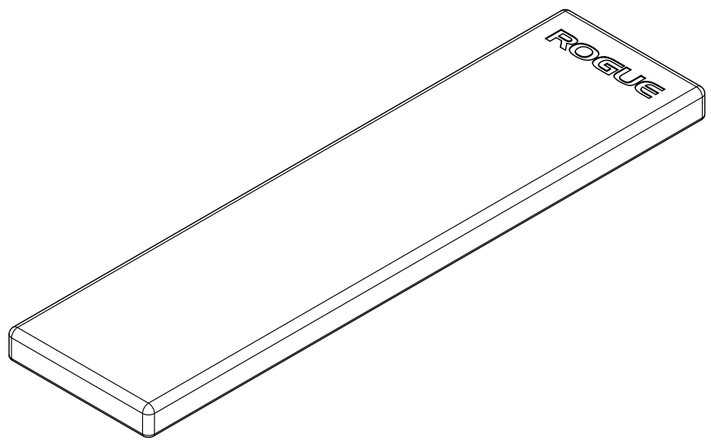
Front Rubber Foot

26 Qty: **2x**



Rear Rubber Foot

27 Qty: **1x**

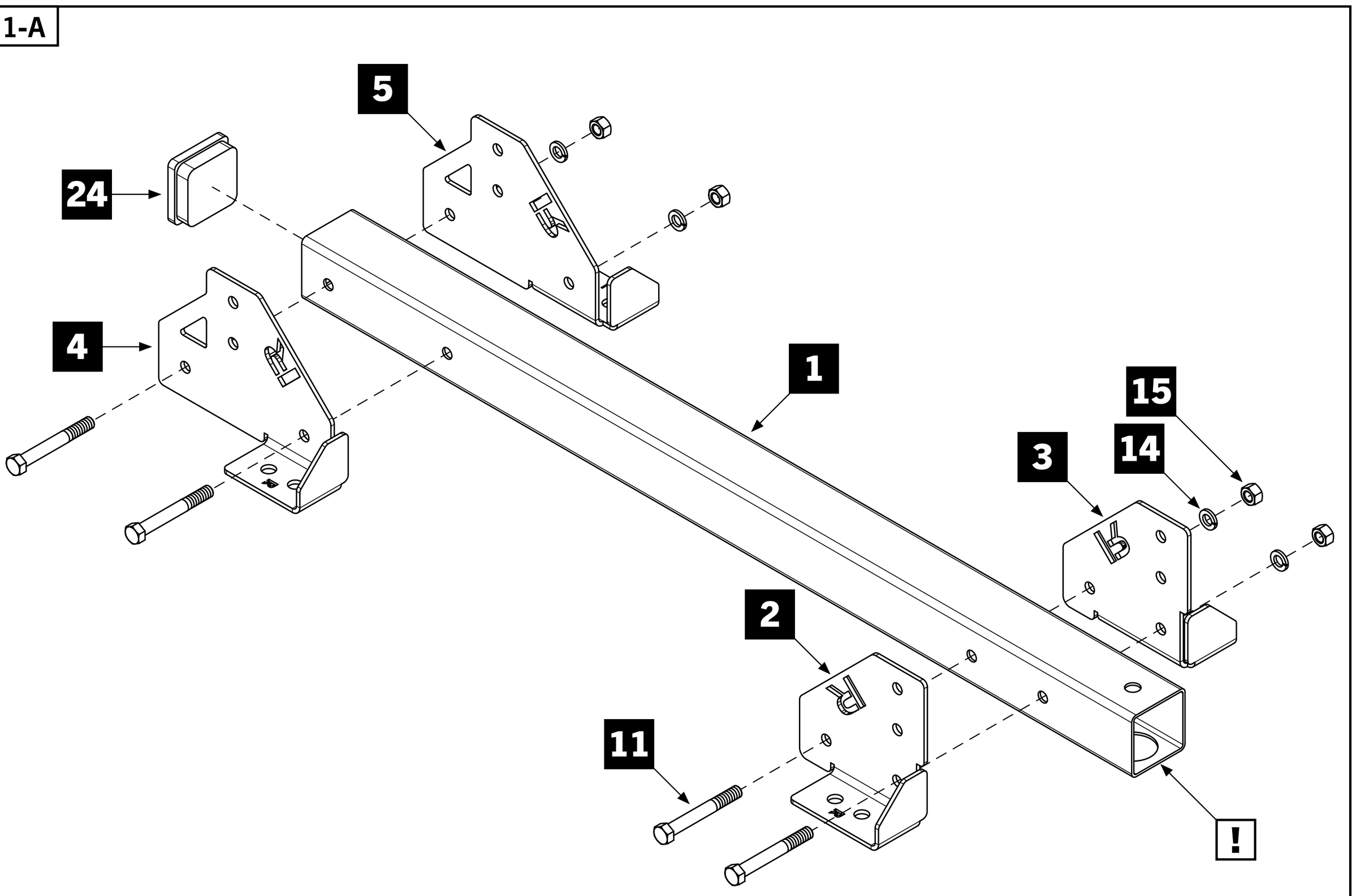


Bench Pad

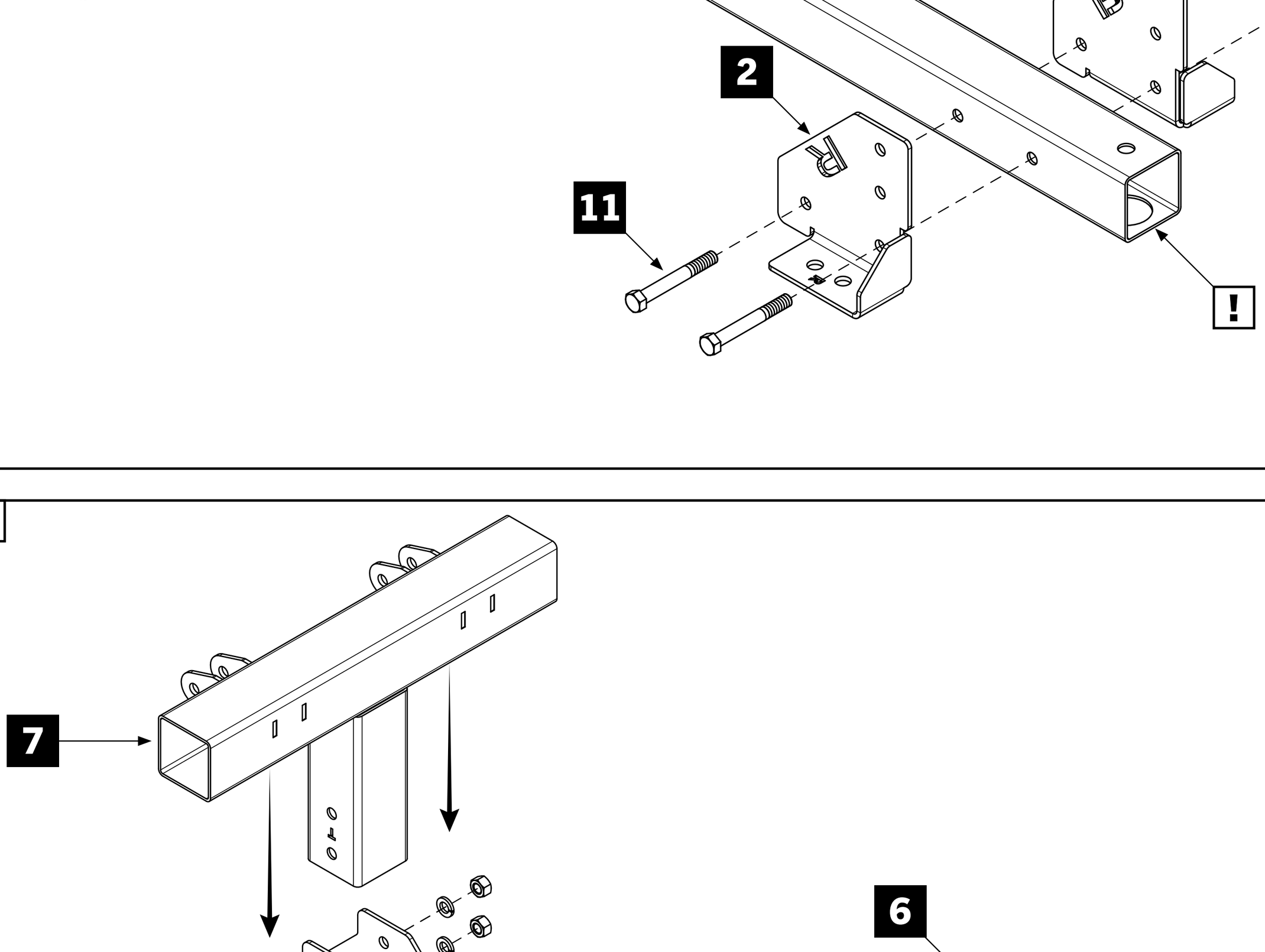
STEP 1

- Attach the Leg Brackets [**2,3,4,5**] to the Spine Tube [**1**] using 1/2" x 4" Hex Bolts [**11**], 1/2" Lock Washers [**14**], and 1/2" Hex Nuts [**15**].
- The best method is to perform this with the Spine Tube [**1**] positioned upside down as shown below.
- **Do not fully tighten hardware.**
- Insert the Rear Cap [**24**] into the rear of the Spine Tube [**1**].
- [**!**] Ensure bigger hole on the Spine Tube [**1**] is facing downward and is toward the front.
- Attach the Front and Rear Bench Legs [**6,7**] to the Leg Brackets [**2,3,4,5**].
- **Do not fully tighten hardware.**

1-A



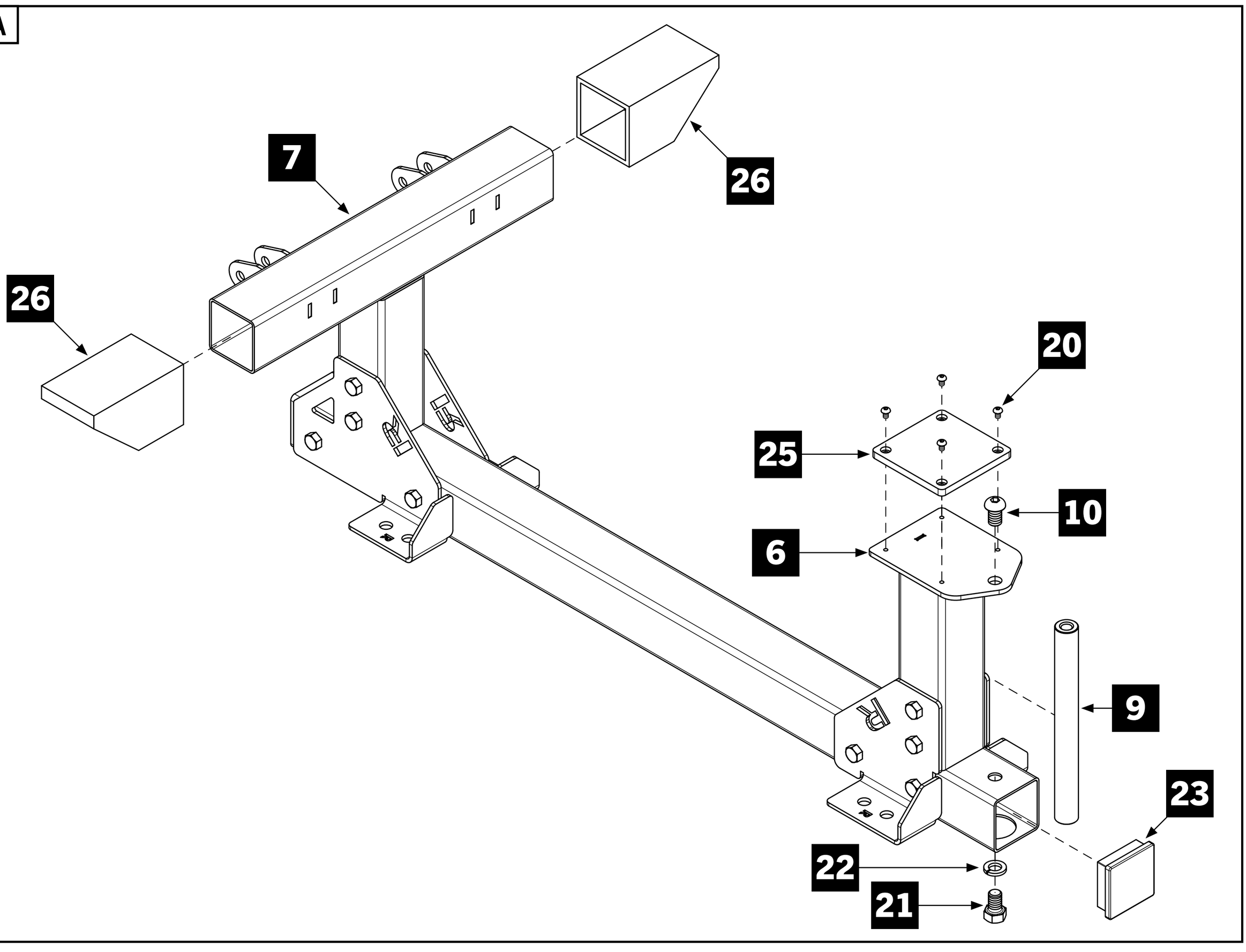
1-B



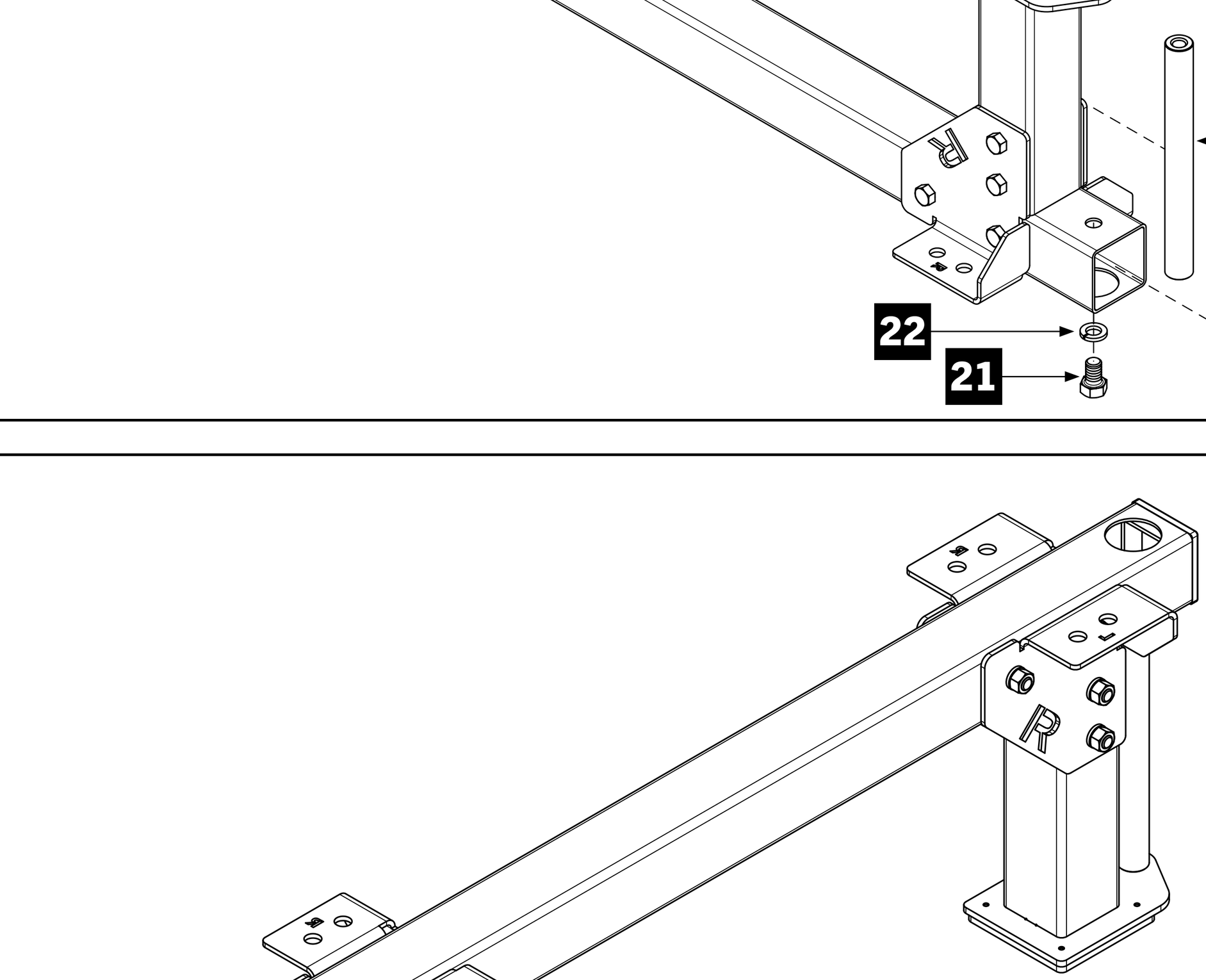
STEP 2

- Install the Rear Rubber Feet [**26**] by sliding them onto the Rear Bench Leg [**7**].
- Install the Front Rubber Foot [**25**] onto the Front Bench Leg [**6**] using 1/4" x 3/8" Button Head Screw [**20**]. **Fully tighten**.
- Install the Monster Bench Handle [**9**]. Do not fully tighten 5/8" hardware.
- Install Front Cap [**23**] on front of Spine Tube [**1**].
- Flip the bench frame to its feet.
- Install the Bench Wheels [**8**] into the wheel forks on the Rear Bench Leg [**7**] using 1/2" x 2.5" Hex Bolts [**12**], 1/2" Flat Washers [**13**], and 1/2" Thin Nyloc Hex Nut [**16**].
- With the bench on a flat smooth surface, tighten all the loose hardware.

2-A



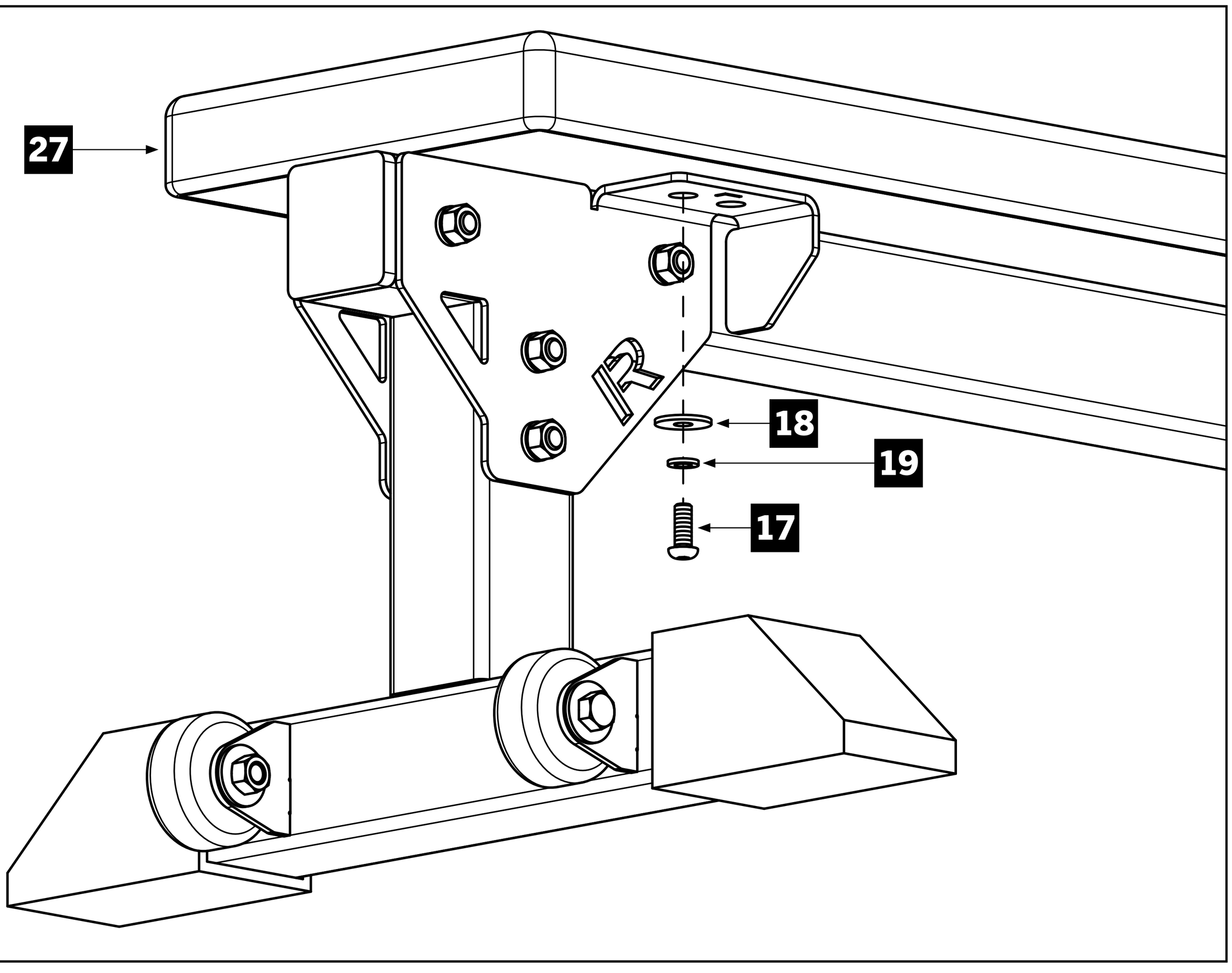
2-B



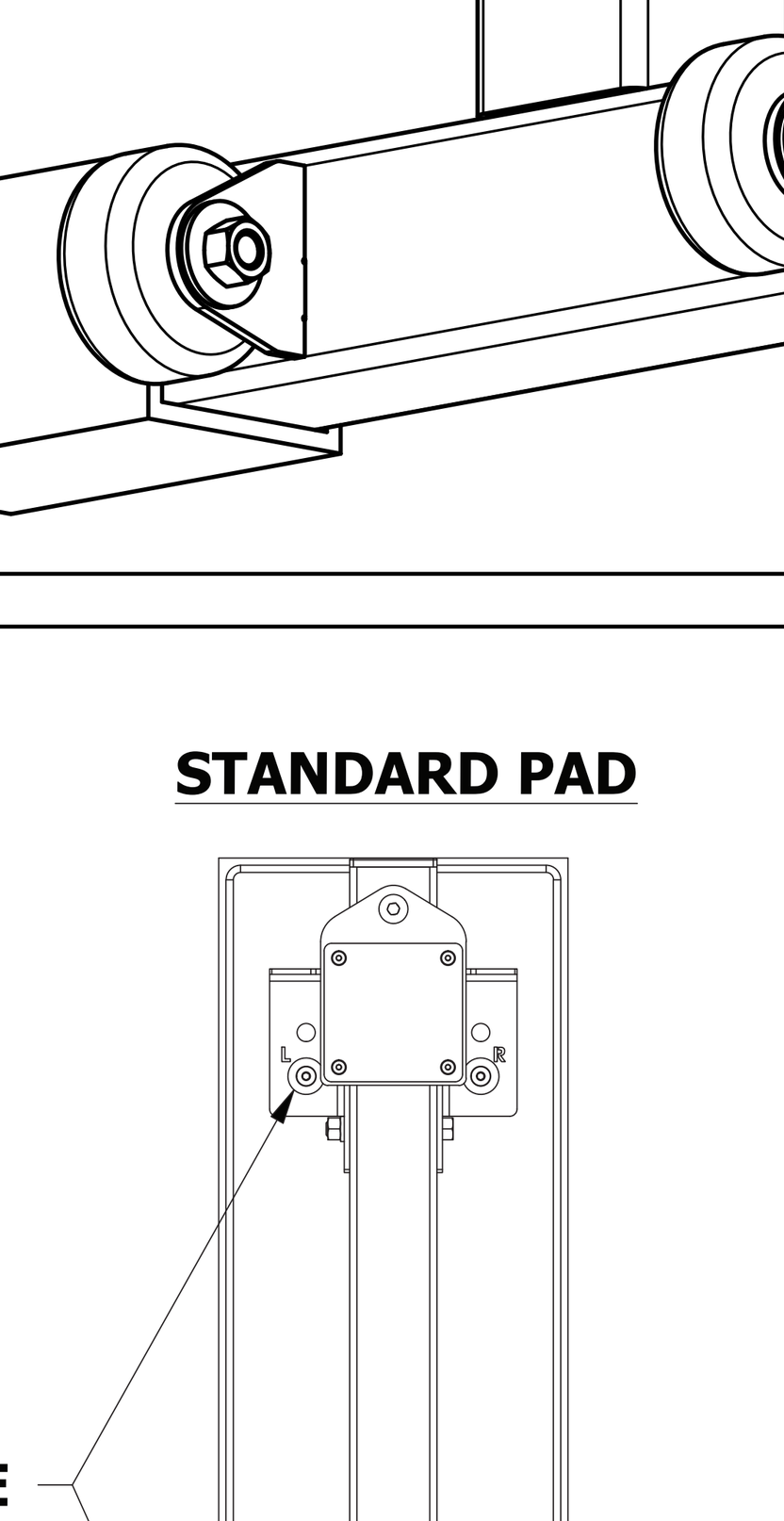
STEP 3

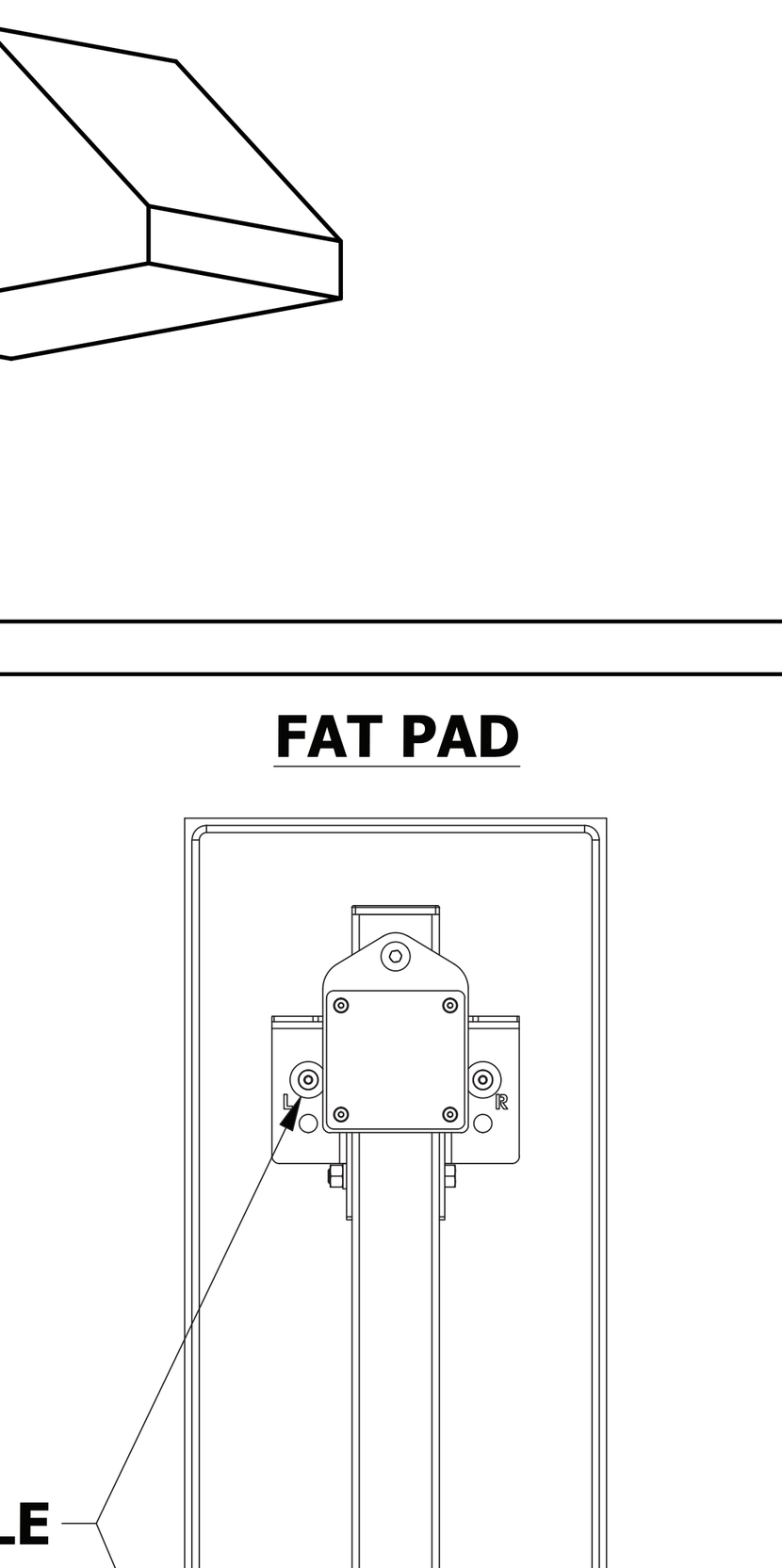
- Attach the purchased Bench Pad [**27**] to the assembled Bench frame using 3/8" x 1" Button Head Screws [**17**], 3/8" Lock Washers [**19**], and 3/8" Flat Washers [**18**].
- Secure the Standard Pad in the Rear Hole Pattern and the Fat Pad in the front hole pattern of the frame bracket as shown.

3-A



3-B





ROGUE

SCAN FOR INSTRUCTIONS

IRON GAME PROGRAMMING

ER00557-1