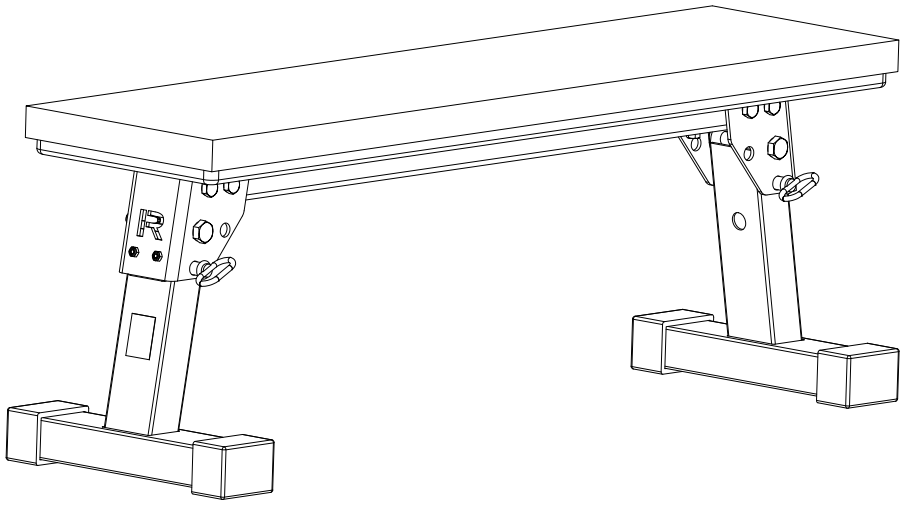
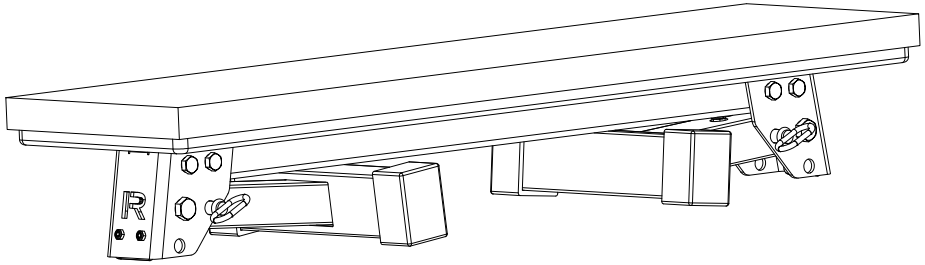
ROGUE
FOLD UP UTILITY BENCH





GENERAL GUIDELINES:
- PLEASE READ THESE CUSTOMER INSTRUCTIONS THOROUGHLY PRIOR TO ASSEMBLING.
- BENCH HANGER MUST BE SECURED TO WOODEN STUDS WHEN ATTACHING TO WALL.

TOOLS REQUIRED:
- 15/16" WRENCH / 15/16" SOCKET
- 5/32" ALLEN WRENCH
- 7/16" WRENCH
- 3/4" WRENCH / 3/4" SOCKET
- 9/16" WRENCH / 9/16" SOCKET

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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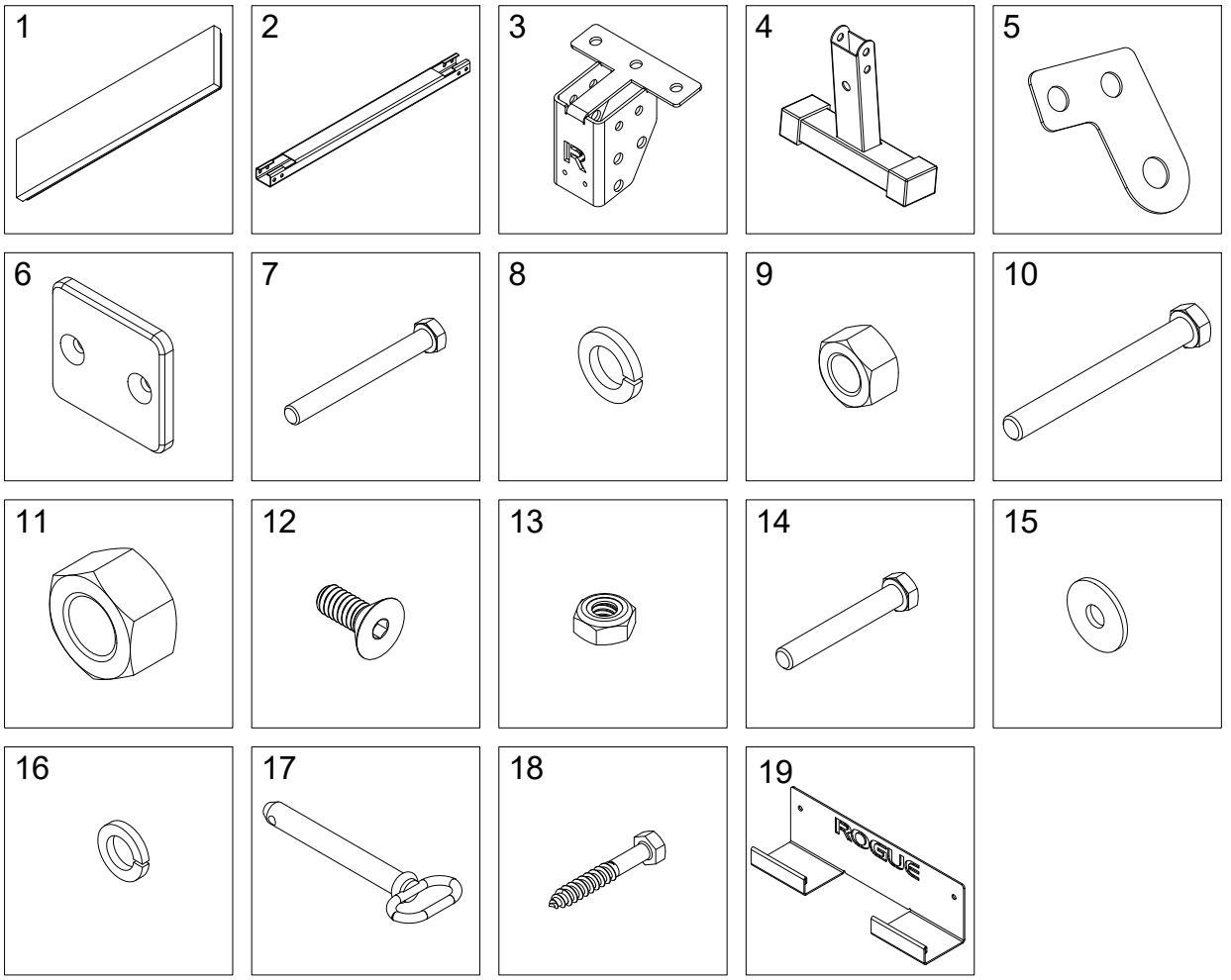
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ROGUE
FOLD UP UTILITY BENCH

PARTS LIST		
ITEM	QTY	DESCRIPTION
1	1	BENCH PAD
2	1	CENTER RAIL
3	2	PIVOT BRACKET
4	2	BENCH LEG
5	4	WASHER PLATE
6	2	PLASTIC STOP PLATE
7	4	1/2" x 4 1/4" HEX BOLT
8	4	1/2" SPLIT LOCK WASHER
9	4	1/2" NUT
10	2	5/8" x 4 1/2" HEX BOLT
11	2	5/8" NYLOCK NUT
12	4	1/4" x 5/8" FLAT HEAD CAP SCREW
13	4	1/4" LOW PROFILE NYLOCK NUT
14	2	3/8" x 2 3/4" HEX BOLT
15	2	3/8" FLAT WASHER
16	2	3/8" SPLIT LOCK WASHER
17	2	5/8" DETENT PIN
18	2	3/8" x 2 1/2" HEX LAG BOLT
19	1	BENCH HANGER

*Item #5 -18 included in hardware bag

INCLUDED PARTS
*NOTE: IMAGES NOT SHOWN TO SCALE



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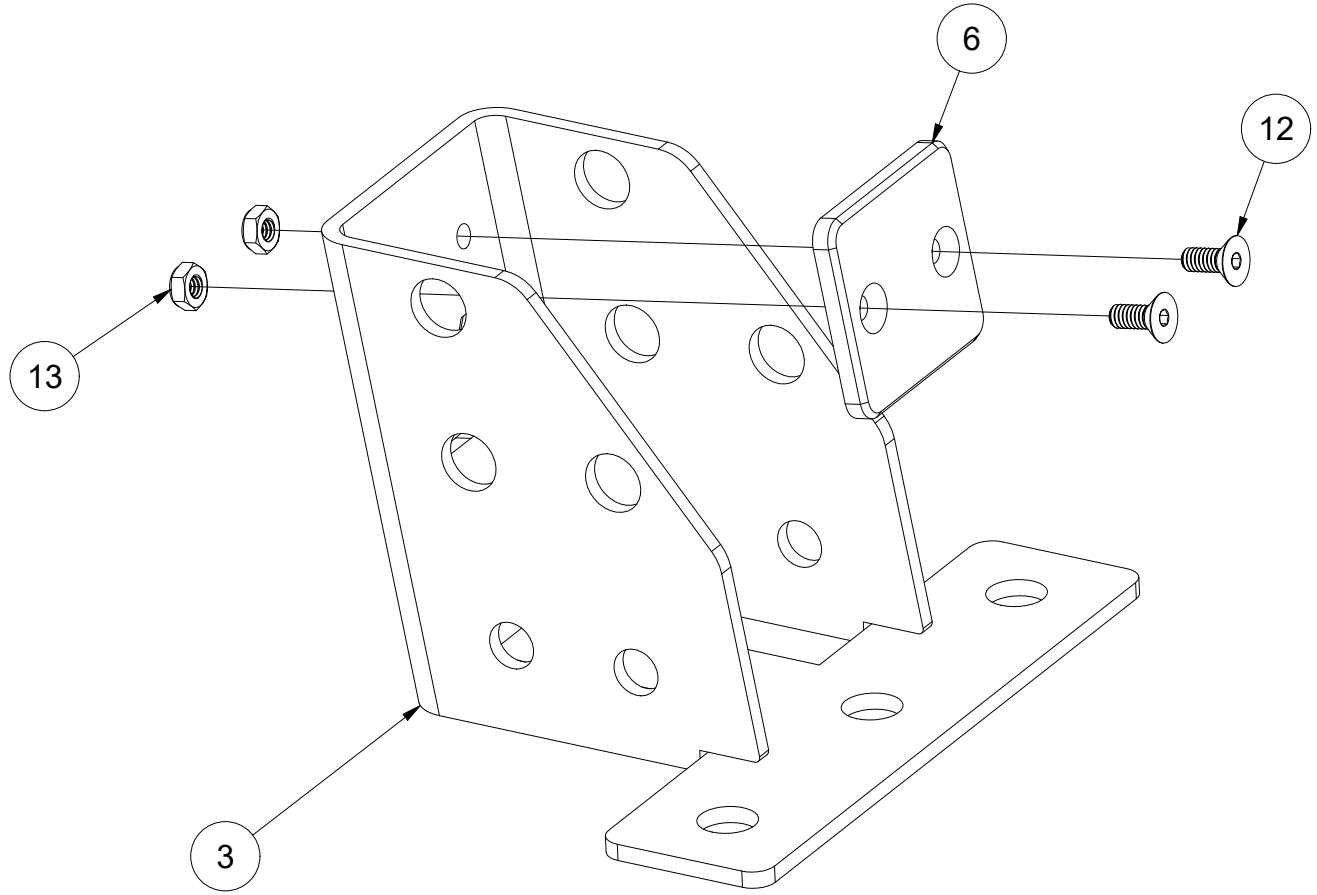
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- ATTACH THE **PLASTIC STOP PLATE (ITEM 6)** TO THE INSIDE FACE OF THE **PIVOT BRACKET (ITEM 3)** WITH TWO **1/4" X 5/8" FLAT HEAD CAP SCREWS (ITEM 12)** AND TWO **1/4" LOW PROFILE NYLOCK NUTS (ITEM 13)**. TIGHTEN WITH 5/32" ALLEN WRENCH AND 7/16" WRENCH/SOCKET.

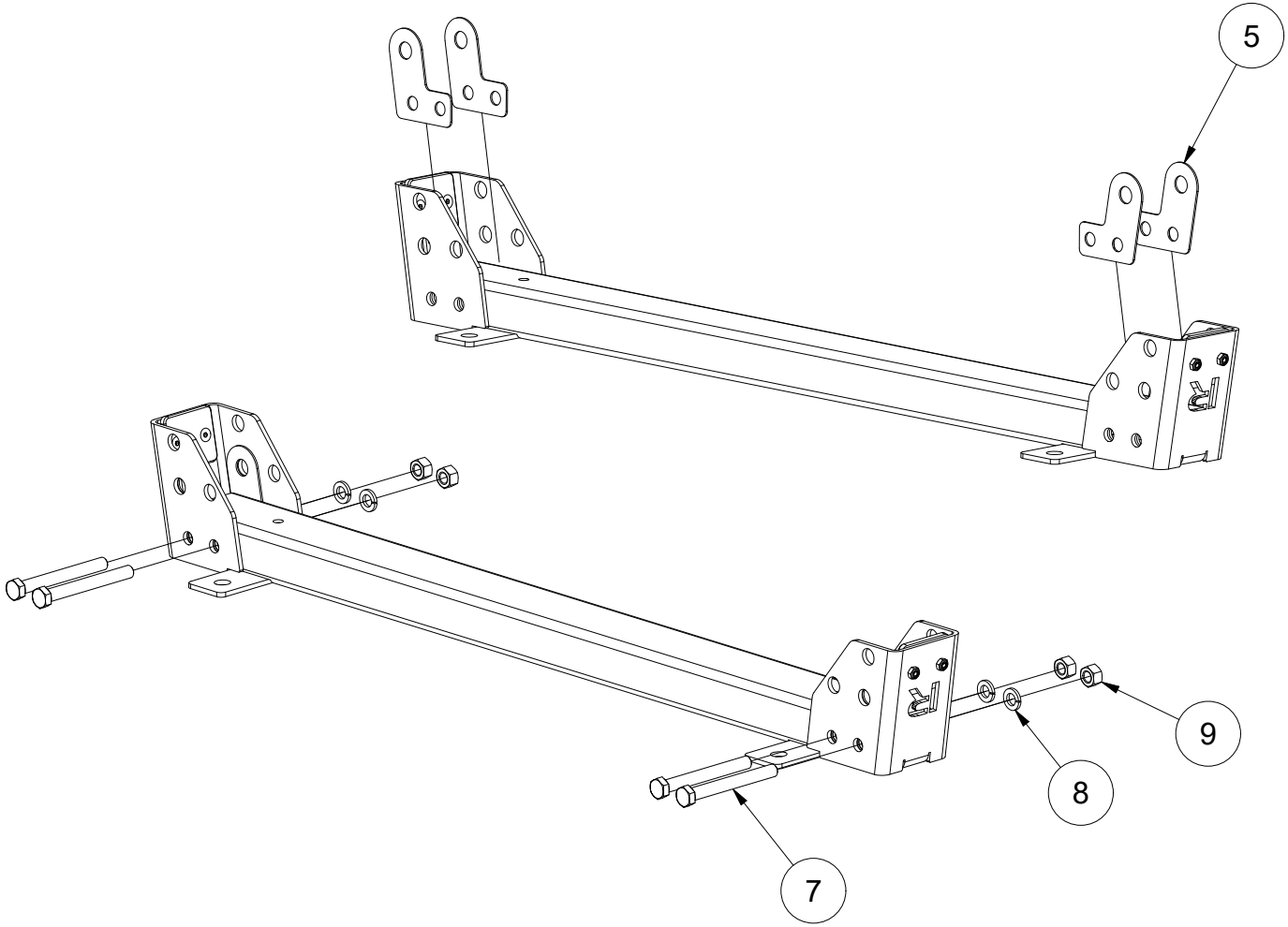
- REPEAT FOR OTHER PIVOT BRACKET AND PLASTIC.



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- PLACE THE **TWO PIVOT BRACKETS (ITEM 3)** UNDER BOTH ENDS OF THE **CENTER RAIL (ITEM 2).**
- SLIDE A **WASHER PLATE (ITEM 5)** INTO THE GAPS ON BOTH SIDES OF THE CENTER RAIL. MAKE SURE THAT THE 3 HOLES LINE UP
- USE THE **1/2" X 4 1/4" HEX BOLTS (ITEM 7)**, **1/2" SPLIT LOCK WASHERS (ITEM 8)**, AND **1/2" NUTS (ITEM 9)** TO ATTACH THE PIVOT BRACKETS TO THE CENTER RAIL. **HAND TIGHTEN ONLY.**

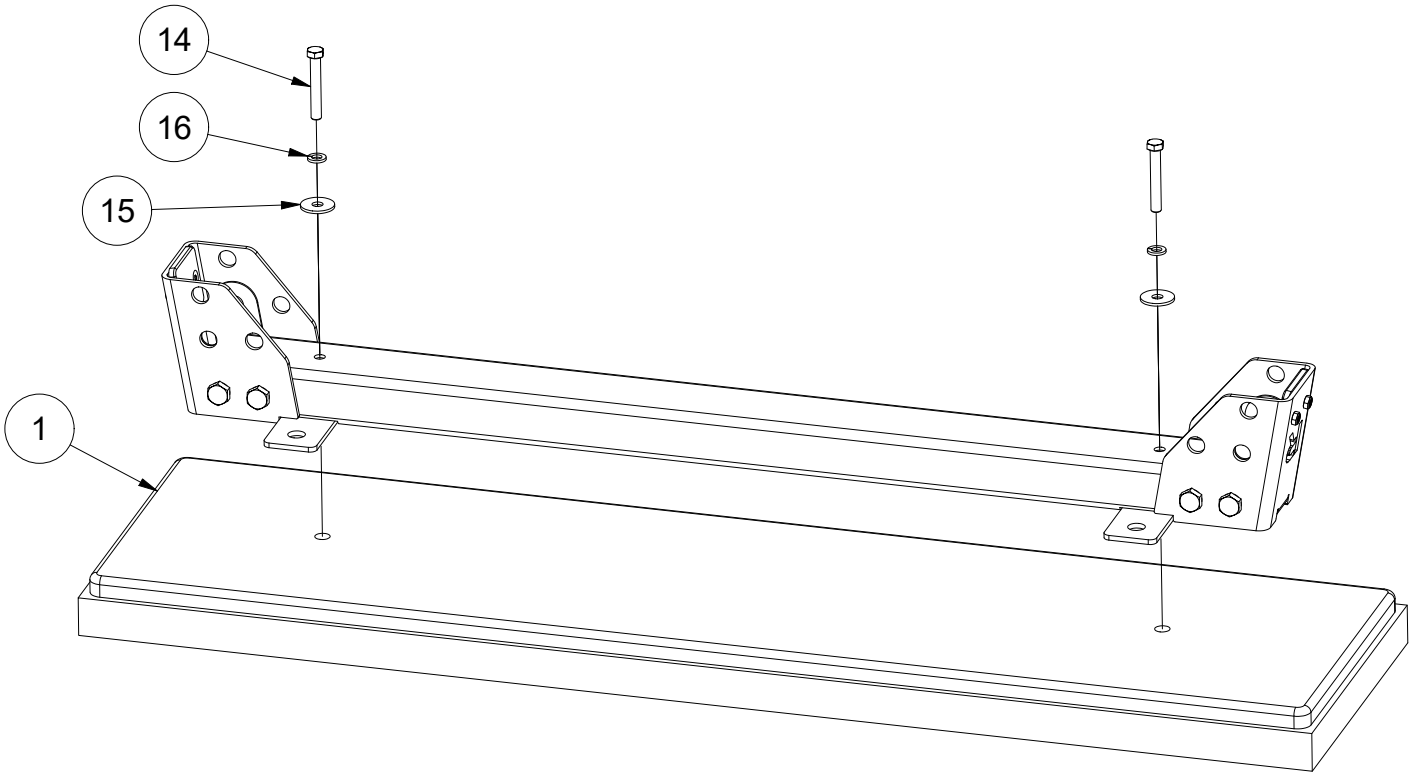


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- ASSEMBLE CENTER RAIL AND PIVOT BRACKETS TO THE **BENCH PAD (ITEM 1)** WITH THE **3/8" X 2 3/4" HEX BOLTS (ITEM 14)**, **3/8" SPLIT LOCK WASHERS (ITEM 16)**, AND **3/8" FLAT WASHERS (ITEM 15)**.

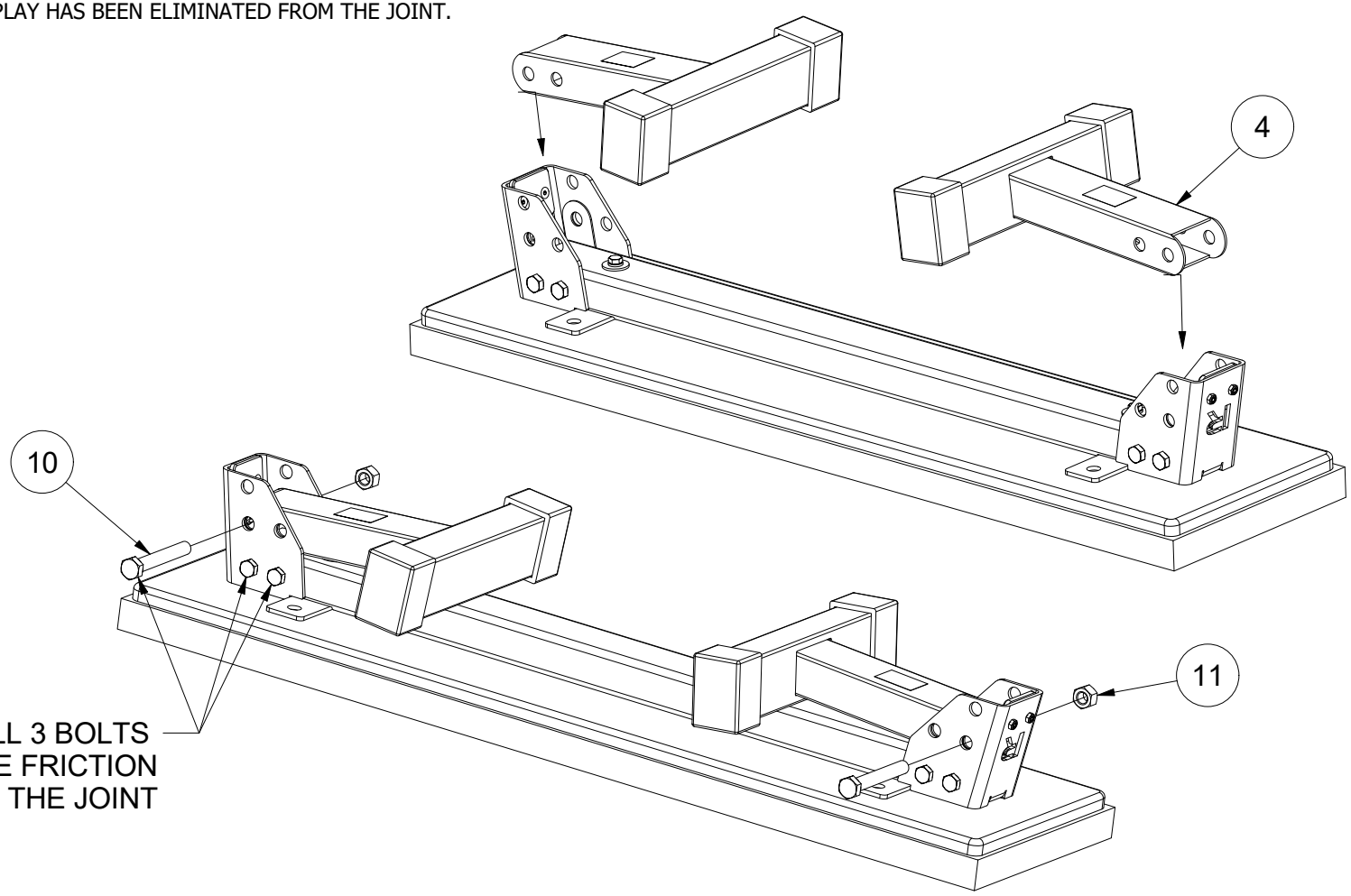
- TIGHTEN BOTH HEX BOLTS WITH A 9/16" SOCKET WRENCH. **DO NOT OVERTIGHTEN!** BOLT SHOULD BE TIGHTENED ENOUGH TO COMPRESS LOCK WASHER BUT NOT BEYOND THAT.



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- PLACE THE **BENCH LEGS (ITEM 4)** BETWEEN THE WASHER PLATES IN THE PIVOT BRACKETS. THE WARNING STICKER SHOULD BE FACING UP.
- SECURE THE BENCH LEGS TO THE PIVOT BRACKETS WITH THE **5/8" X 4 1/2" HEX BOLTS (ITEM 10)** AND **5/8" NYLOCK NUTS (ITEM 11)**. HAND TIGHTEN
- RETURN TO THE FOUR **1/2" HEX BOLTS AND NUTS** (FROM PAGE 4) AND TIGHTEN FULLY WITH A 3/4" WRENCH AND SOCKET.
- RETURN TO THE TWO **5/8" BOLTS AND NUTS** AND TIGHTEN WITH 15/16" WRENCH/SOCKET TO INTRODUCE A FAIR AMOUNT OF FRICTION INTO THE JOINT, BUT STILL ALLOW THE LEGS TO FOLD/UNFOLD.
- IF NECESSARY, ALTERNATE BETWEEN TIGHTENING THE 1/2" AND 5/8" BOLTS UNTIL ALL SIDE-TO-SIDE PLAY HAS BEEN ELIMINATED FROM THE JOINT.

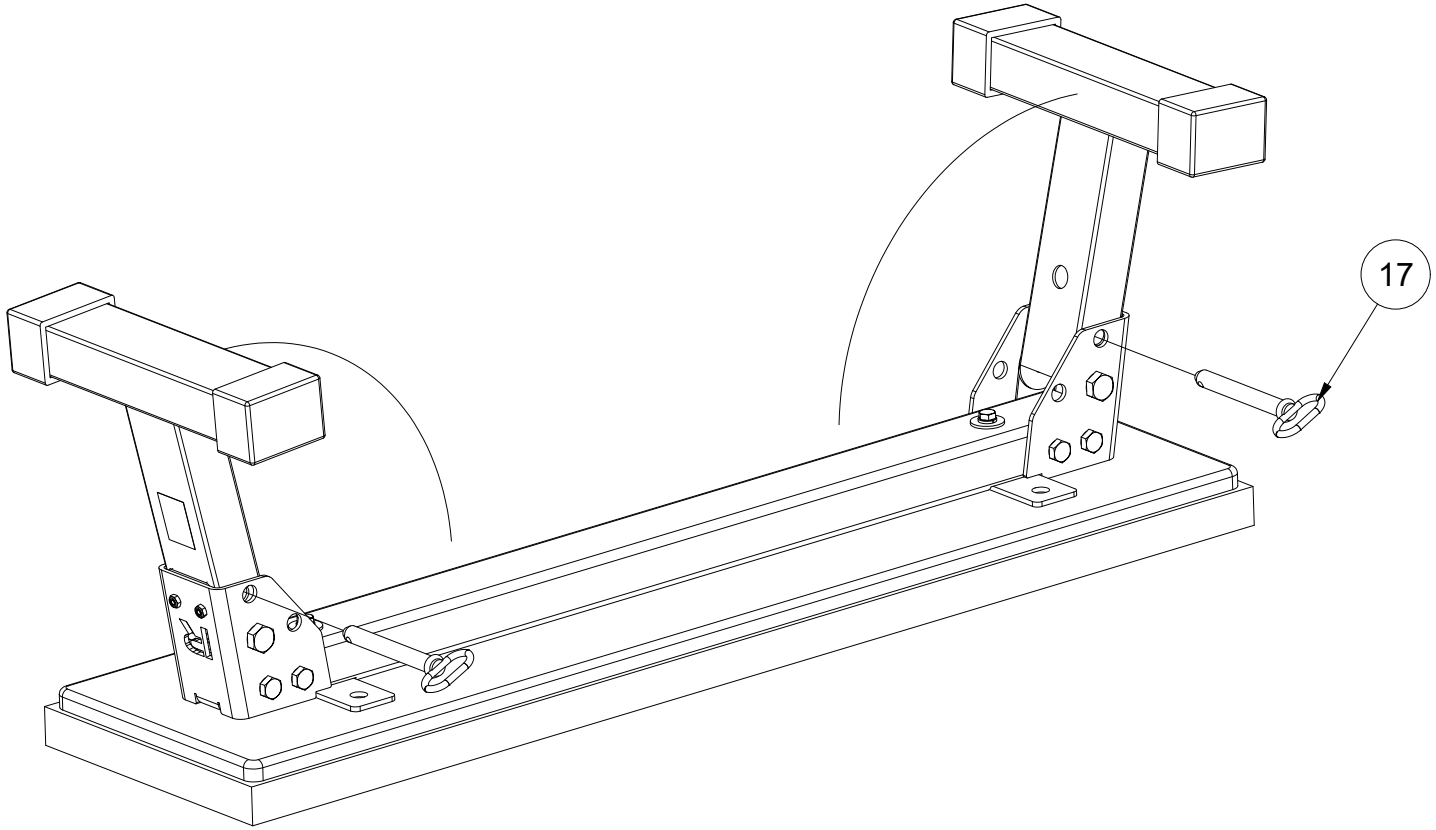


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ROGUE
FOLD UP UTILITY BENCH

- TO UNFOLD THE BENCH, PIVOT THE LEGS UNTIL THEY ARE IN THEIR UPRIGHT POSITION
- INSERT THE **5/8" DETENT PINS (ITEM 17)** INTO THE HOLES TO SECURE THE LEGS IN PLACE.
- FLIP BENCH OVER
- TO FOLD UP THE BENCH, PERFORM THE ABOVE STEPS IN THE OPPOSITE ORDER. **EXERCISE CAUTION** WHILE FOLDING DOWN THE LEGS.

****ALWAYS** PLACE THE DETENT PINS IN THE SECURING HOLES WHEN LEGS ARE IN FOLDED OR UPRIGHT POSITION.

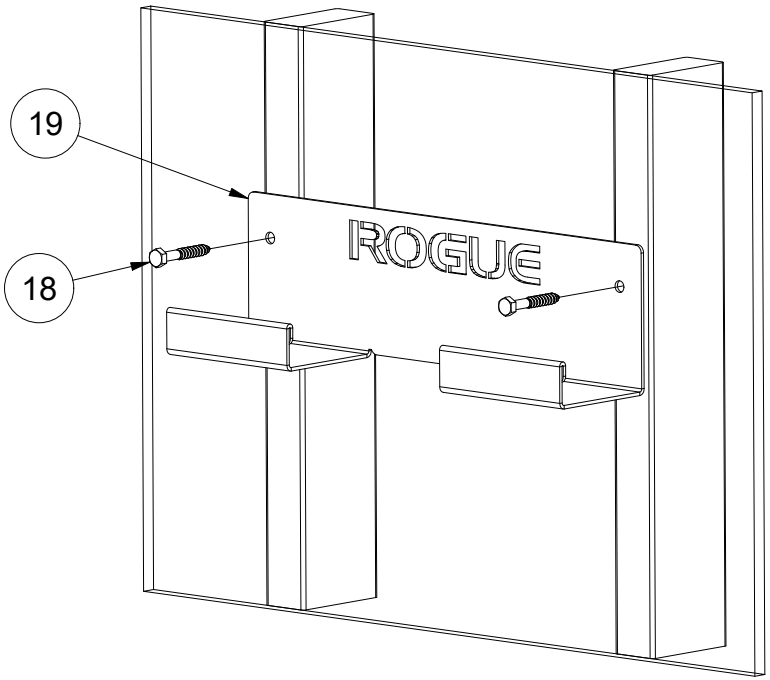


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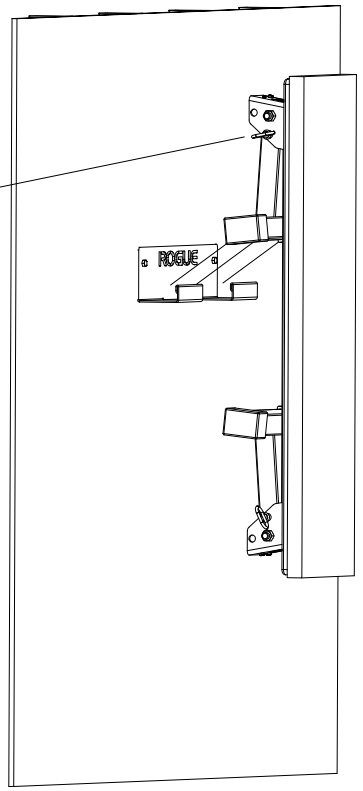
ROGUE
FOLD UP UTILITY BENCH HANGER

****NOTE PRIOR TO INSTALLING BENCH HANGER:**
IF YOU ARE NOT CONFIDENT IN YOUR MECHANICAL SKILLS, PLEASE SEEK THE HELP OF A PROFESSIONAL TO PERFORM THE INSTALLATION. ITIS THE BUYERS RESPONSIBILITY TO INSTALL THE BENCH HANGER IN A LOCATION AND WITH HARDWARE CAPABLE OF SUPPORTING THE AGGREGATE WEIGHT OF THE BENCH HANGER AND THE BENCH STORED ON IT. A STRINGER OR ADDITIONAL SUPPORT MAY BE REQUIRED.

- TO INSTALL THE **BENCH HANGER (ITEM 19)**, USE A STUD FINDER TO LOCATE TWO WOODEN STUDS 16" APART.
- DRILL TWO LEVEL PILOT HOLES USING A 3/8" DRILL BIT INTO THE STUDS. RECOMENDED HEIGHT: 48" FROM THE GROUND.
- FASTEN THE BENCH HANGER TROUGH THE WALL INTO THE STUDS USING TWO **3/8" X 2 1/2" HEX LAG BOLTS (ITEM 18)**. TIGHTEN WITH 9/16" SOCKET WRENCH.
- WHEN NOT IN USE, HANG THE FOLDED BENCH ON THE HANGER BY EITHER BENCH LEG. ENSURE DETENT PIN IS LOCKING LEGS INTO FOLDED POSITION PRIOR TO HANGING.



**NOTE:
DETENT PIN MUST BE INSERTED
INTO THE FOLDED BENCH LEG
PRIOR TO PLACING ON THE HANGER



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