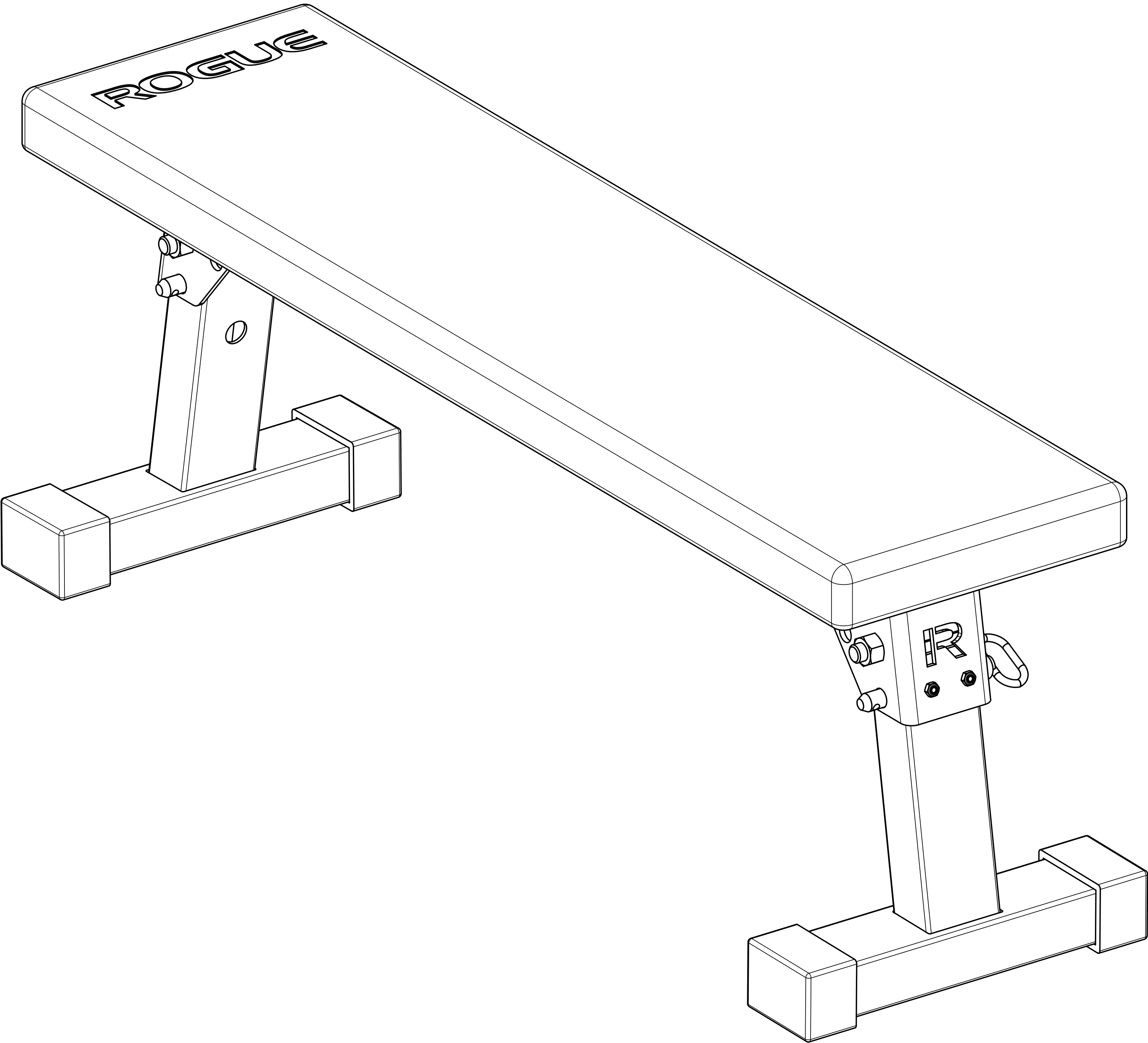


ROGUE®

FOLD UP 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.

INCLUDED PARTS: Slice Sled

Note: Images not shown at scale

1

Qty: 1x



Bench Pad

2

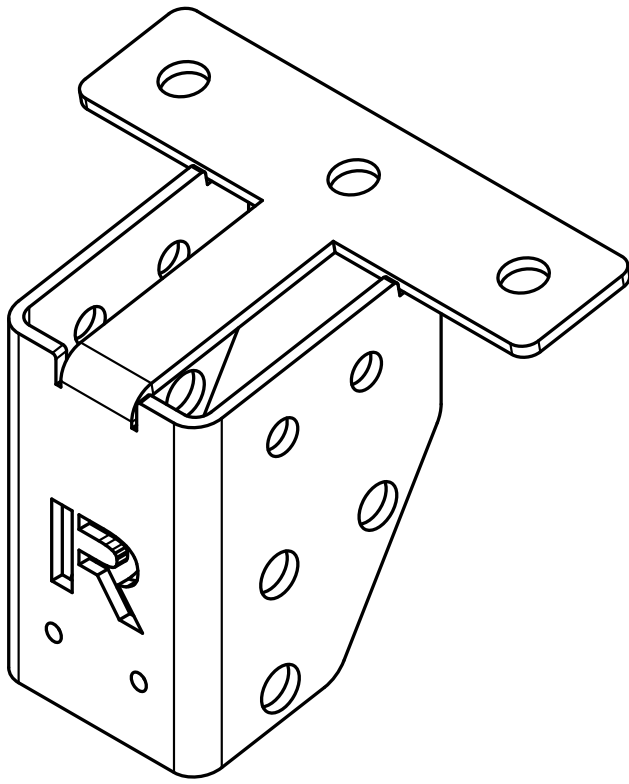
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Center Rail

3

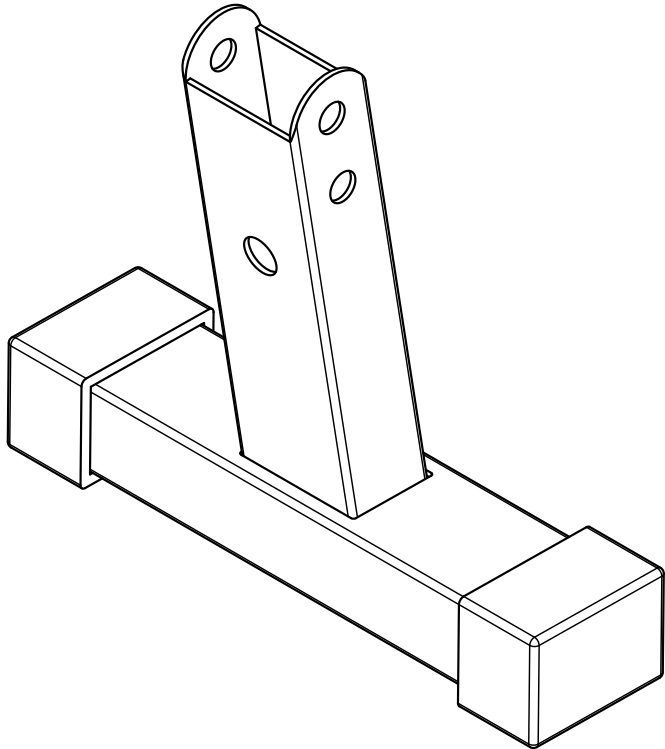
Qty: 2x



Pivot Bracket

4

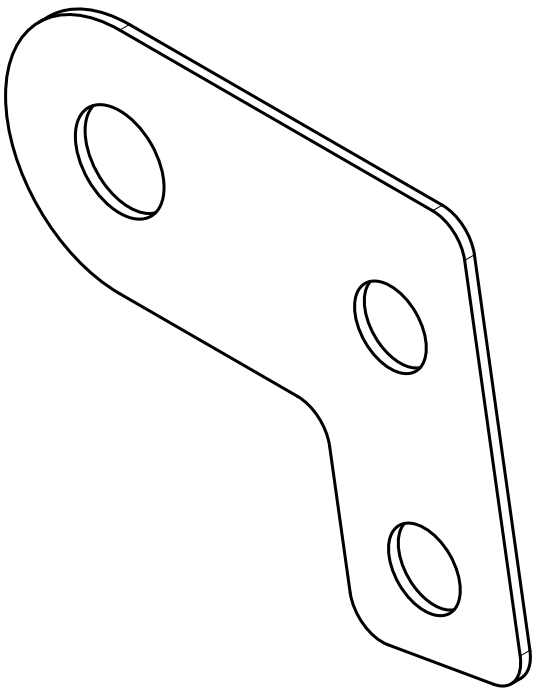
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Bench Leg

5

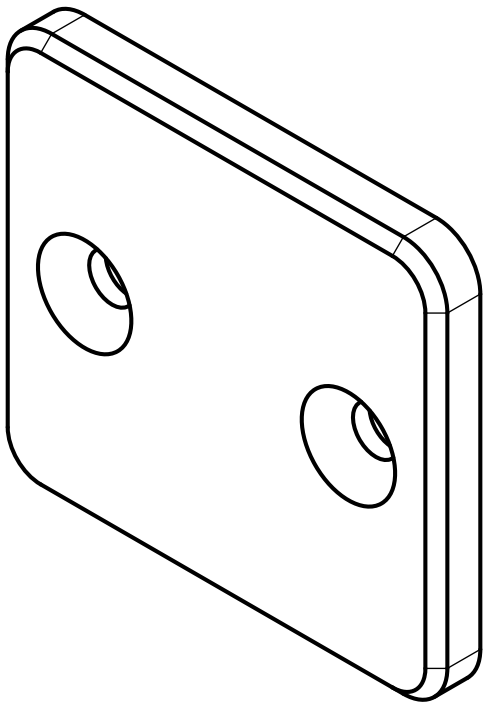
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Washer Plate

6

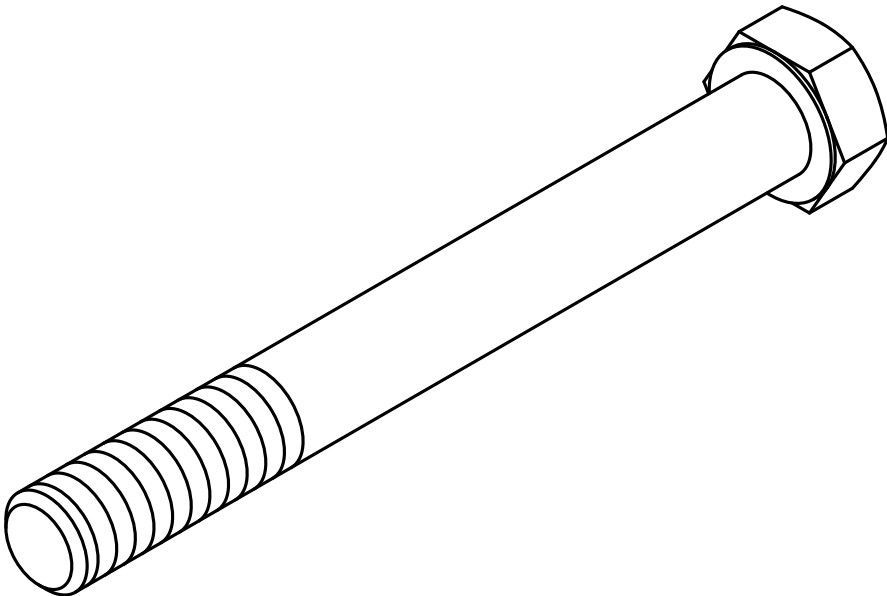
Qty: 2x



Plastic Stop Plate

7

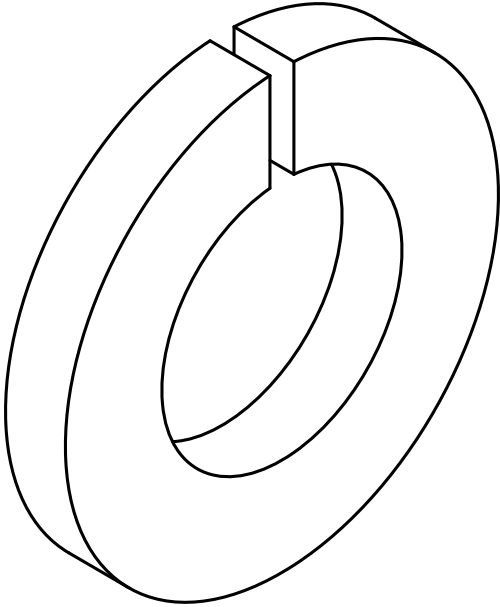
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1/2" x 4 1/4" Hex Bolt

8

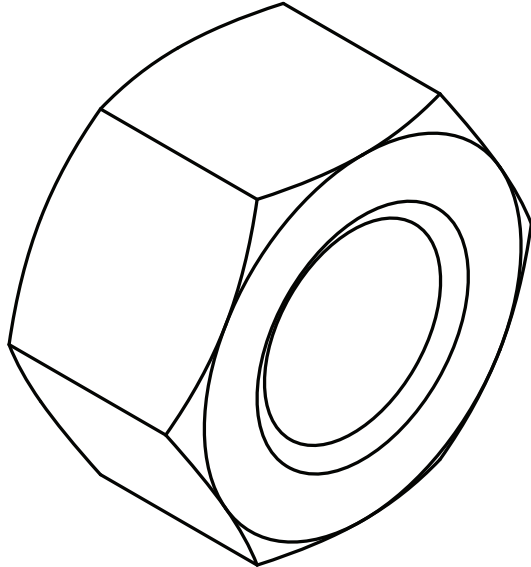
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1/2" Lock Washer

9

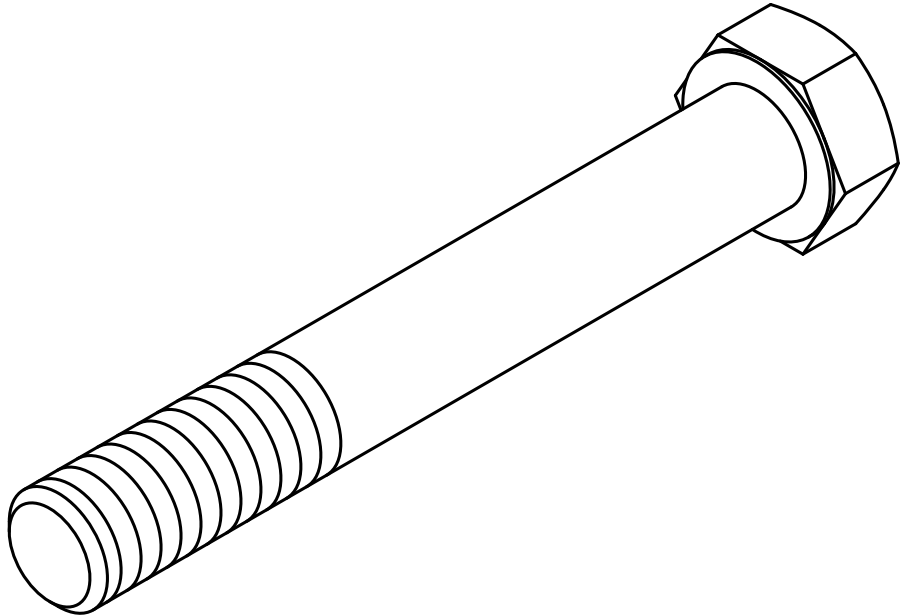
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1/2" Hex Nut

10

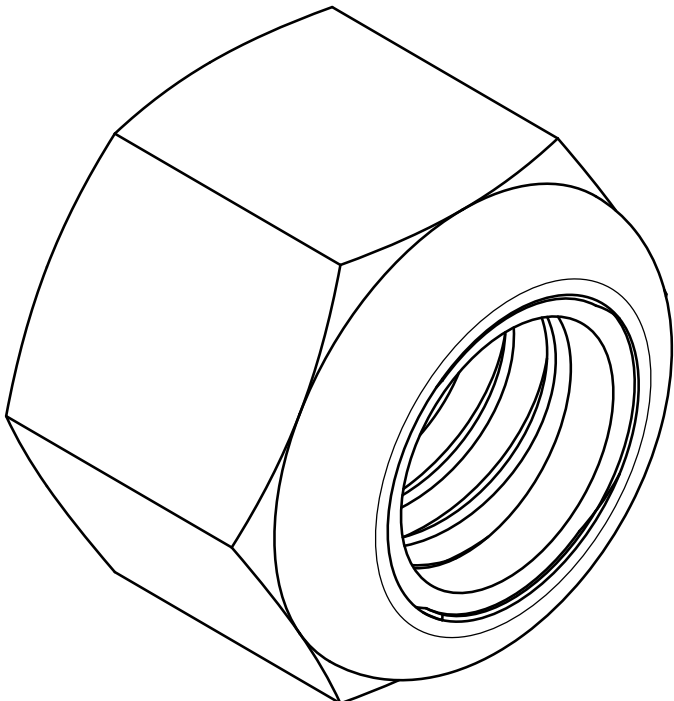
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5/8" x 4 1/2" Hex Nut

11

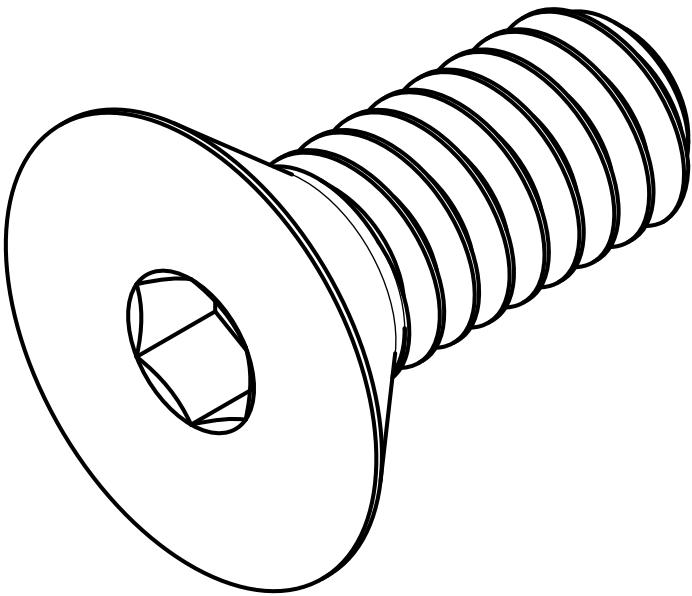
Qty: 2x



5/8" Nylock Nut

12

Qty: 4x



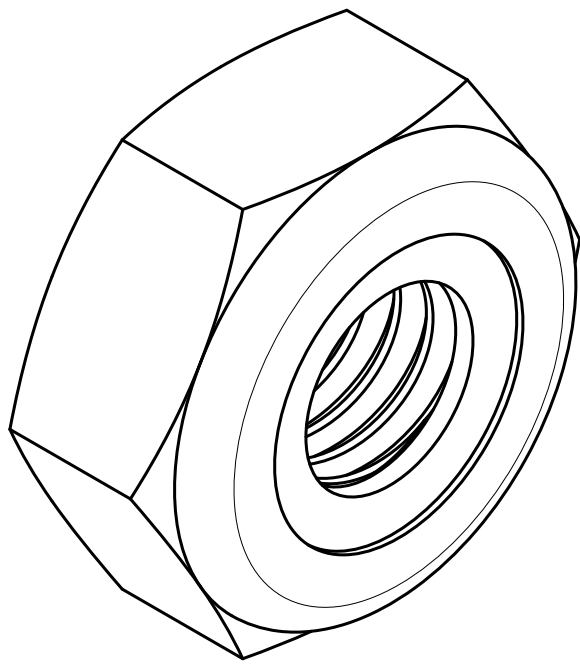
1/4" x 5/8" Flat Head Screw

INCLUDED PARTS: Slice Sled

Note: Images not shown at scale

13

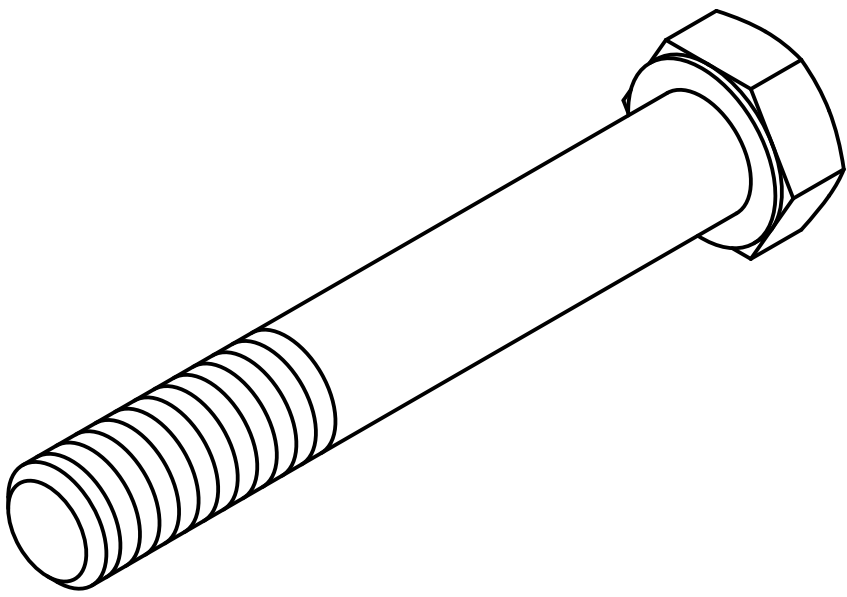
Qty: 4x



1/4" Low Profile Nylock Nut

14

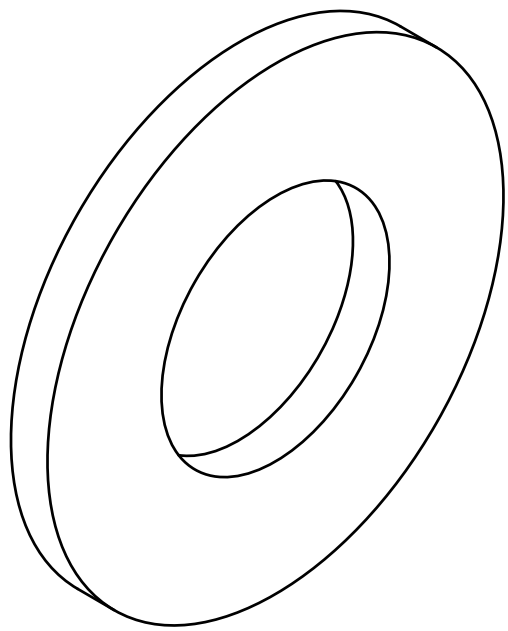
Qty: 2x



3/8" x 2 3/4" Hex Bolt

15

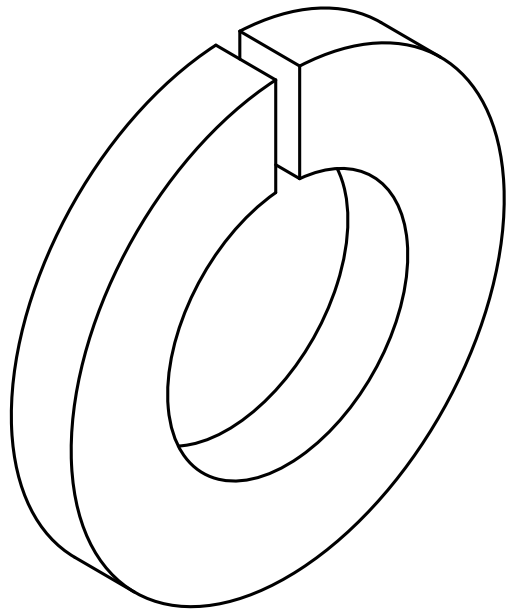
Qty: 2x



3/8" Flat Washer

16

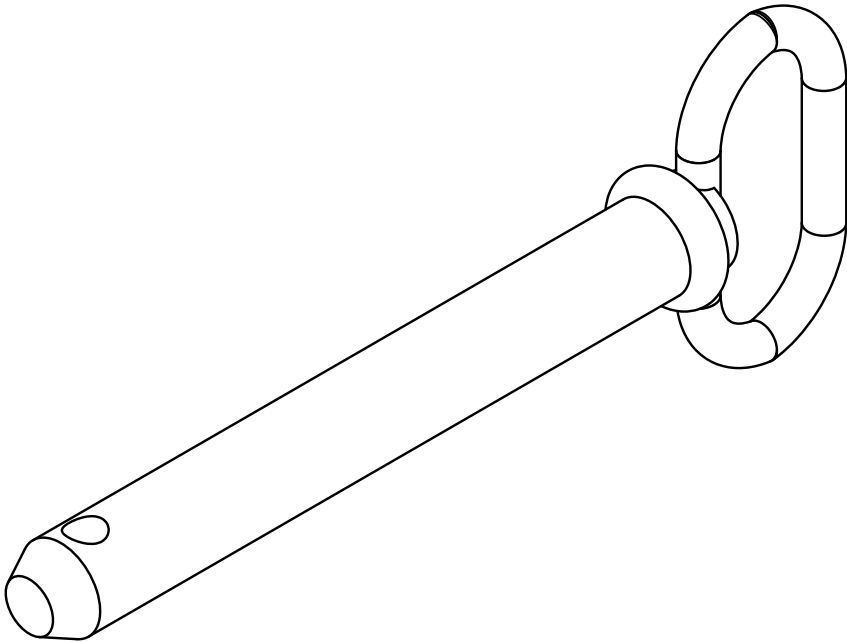
Qty: 2x



3/8" Lock Washer

17

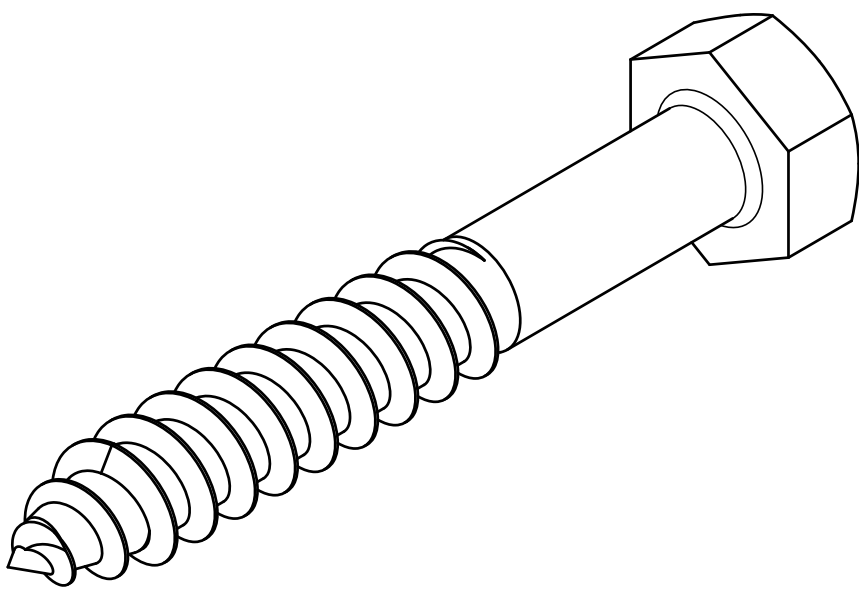
Qty: 2x



5/8" Detent Pin

18

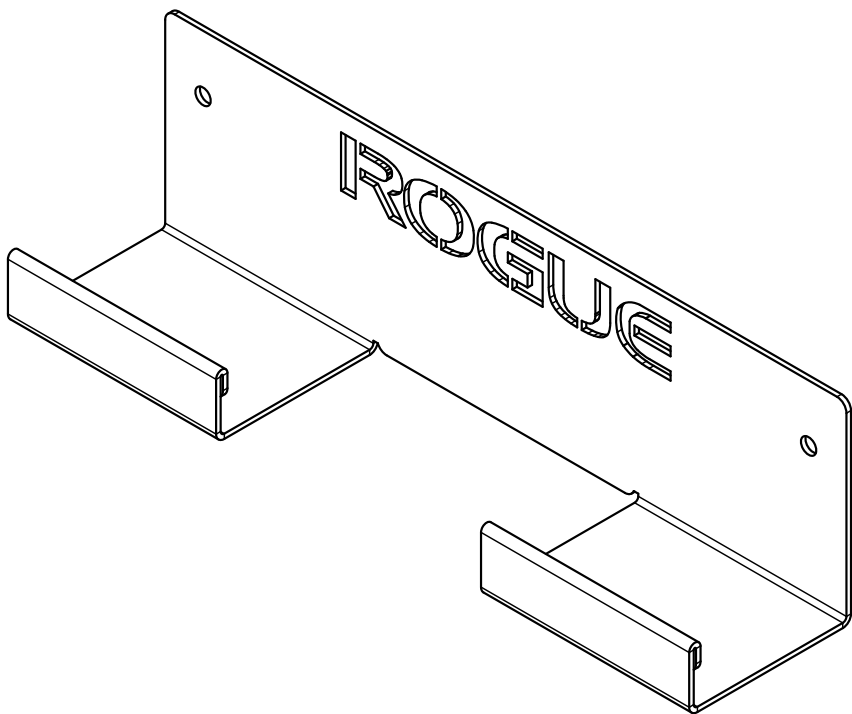
Qty: 2x



3/8" x 2 1/2" Hex Lag Bolt

19

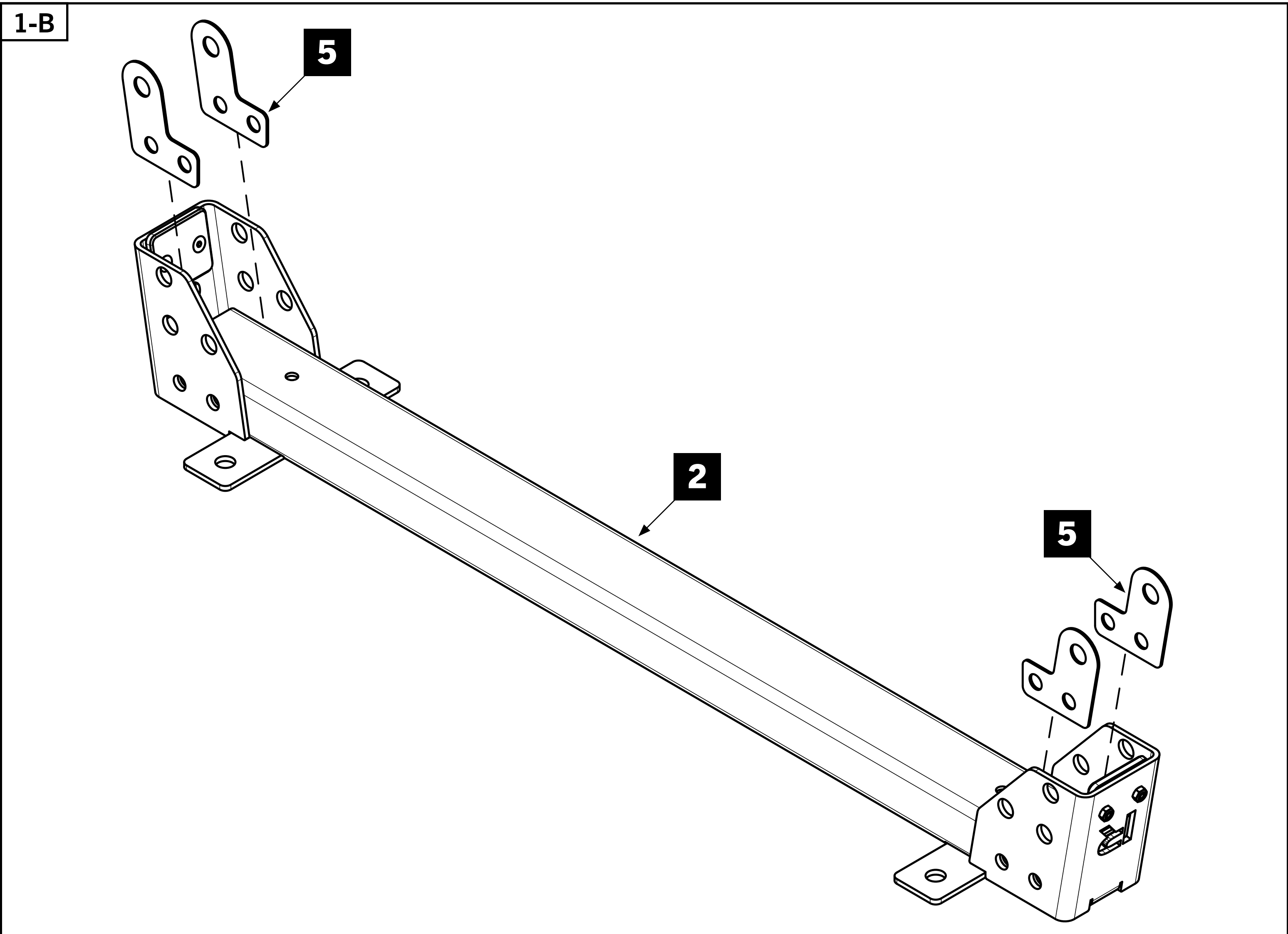
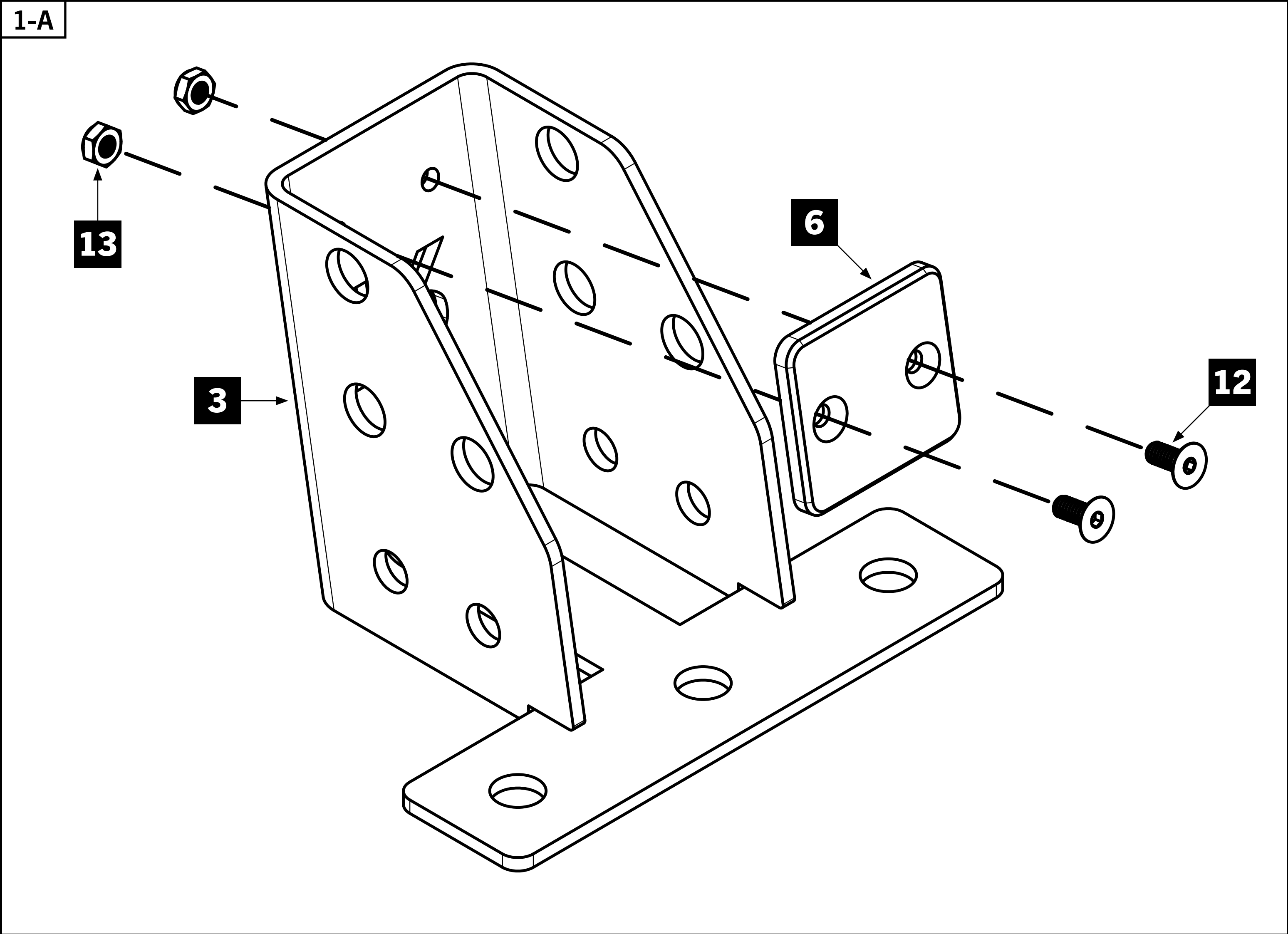
Qty: 1x



Bench Hanger

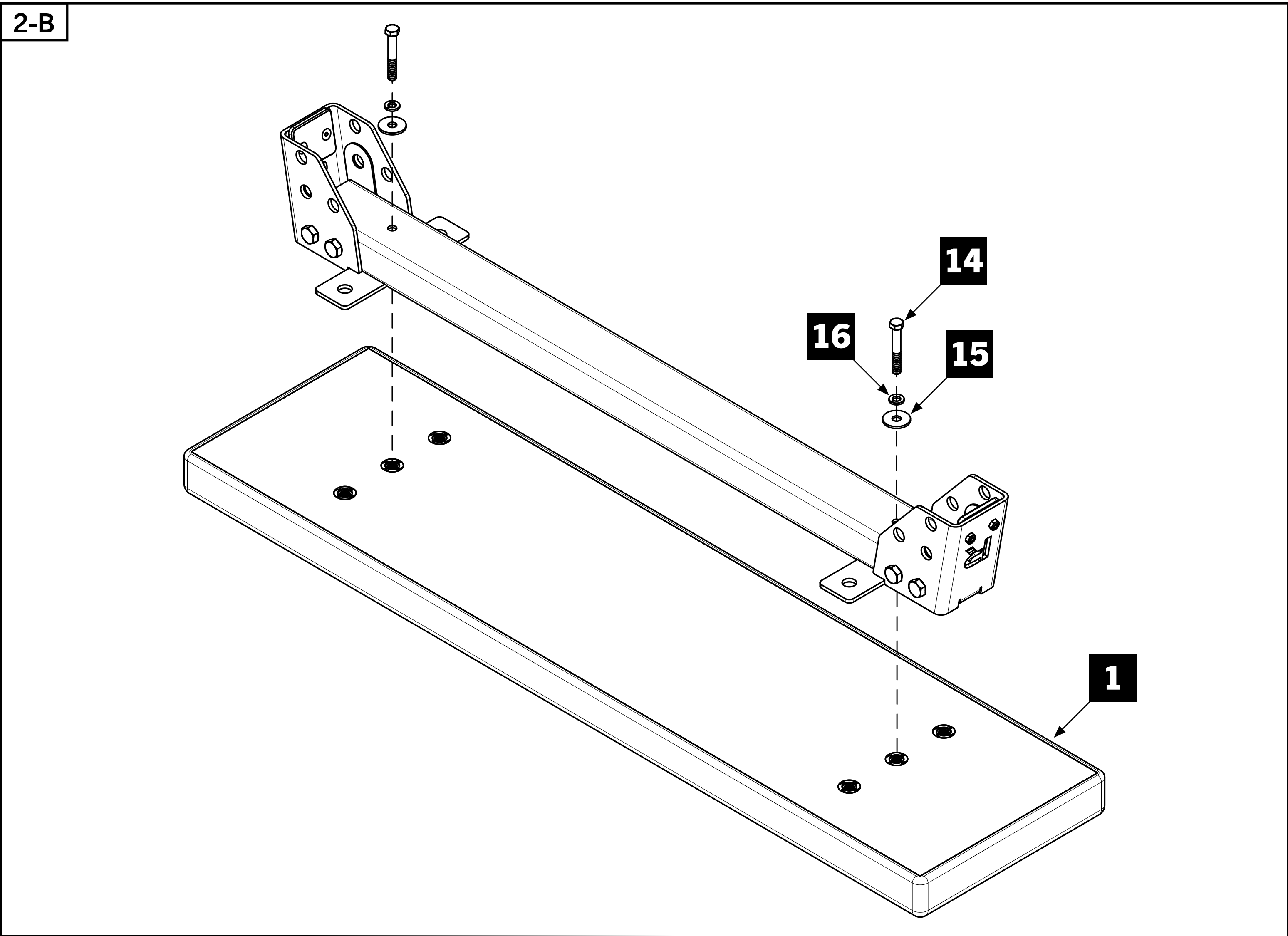
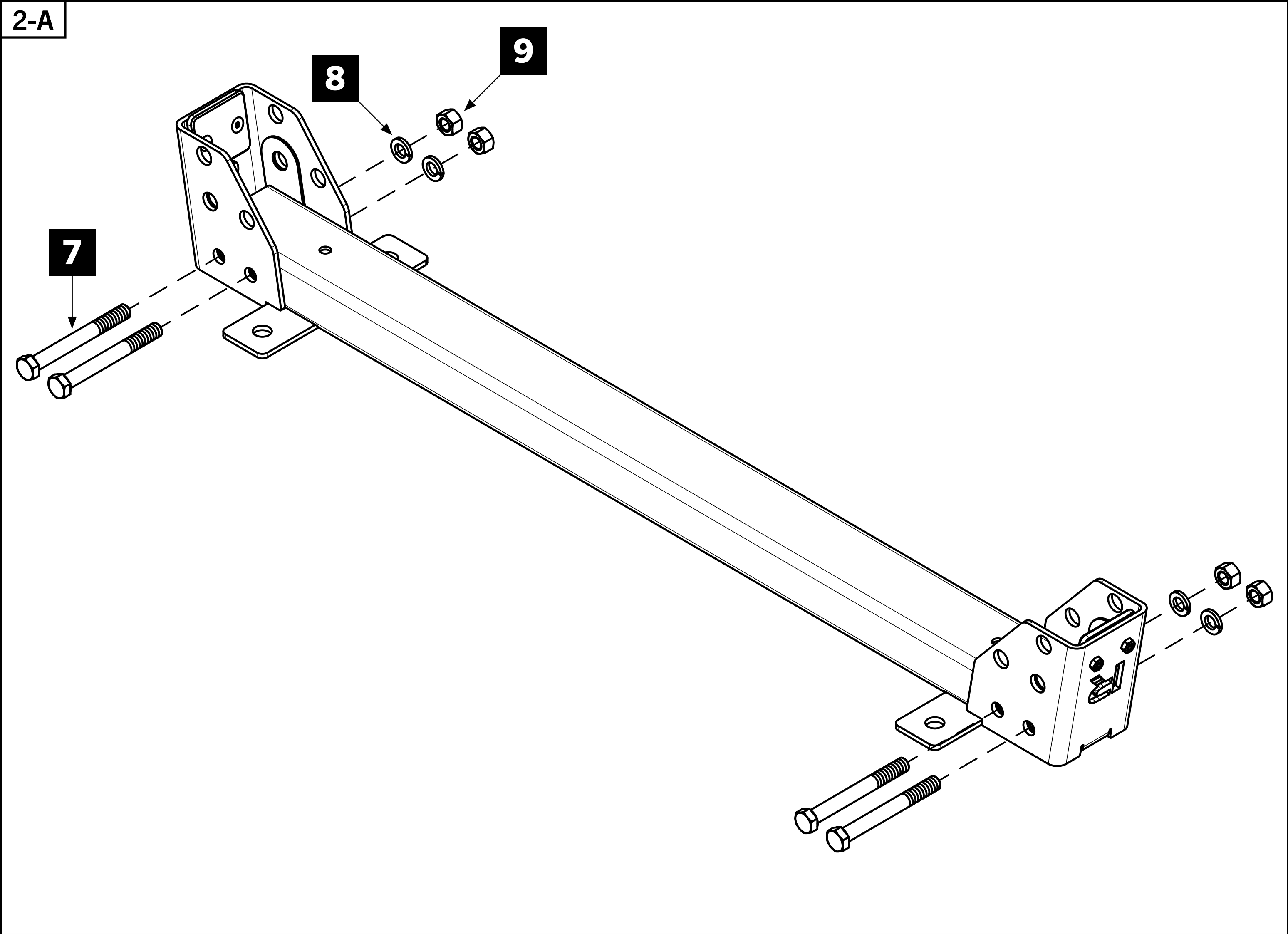
STEP 1

- Attach the Plastic Stop Plate [6] to the inside face of the Pivot Bracket [3] using 1/4" x 5/8" Flat Head Cap Screws [12] and 1/4" Low Profile Nylock Nuts [13]. Tighten with 5/32" Allen Wrench and 7/16" Wrench Socket.
- Repeat for other Pivot Bracket [3] and Plastic [6].
- Place the Two Pivot Brackets [3] under both ends of the Center Rail [2].
- Slide a Washer Plate [5] into the gaps on both sides of the Center Rail [2]. Make sure that the 3 holes line up.



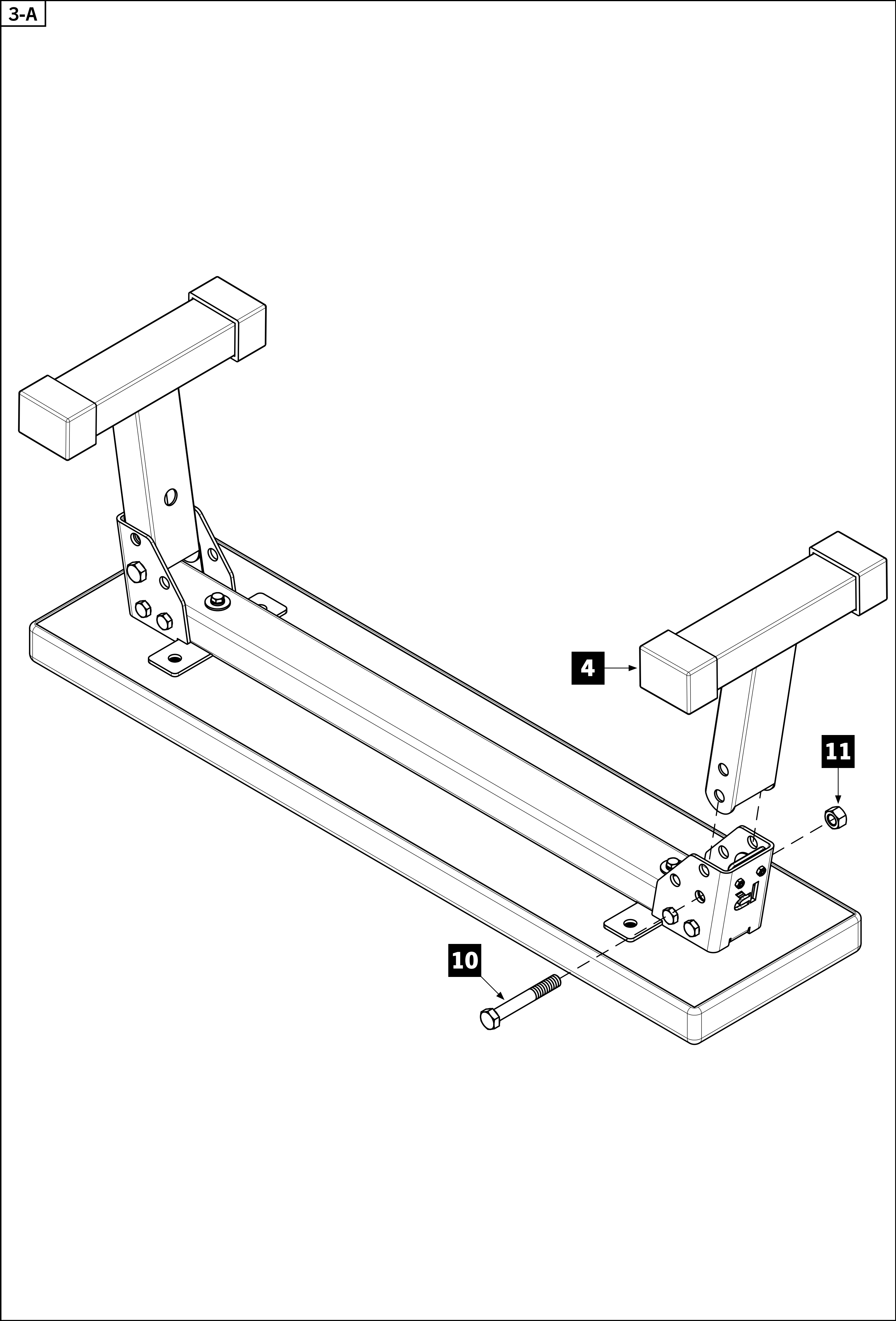
STEP 2

- Use the 1/2" x 4 1/4" Hex Bolts [7], 1/2" Lock Washers [8], and 1/2" Hex Nuts [9] to attach the Pivot Brackets [3] to the Center Rail [2].
- **Hand Tighten Only**
- Assemble Center Rail [2] and Pivot Brackets [3] to the Bench Pad [1] with the 3/8" x 2 3/4" Hex Bolts [14], 3/8" Lock Washers [16], and 3/8" Flat Washers [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.



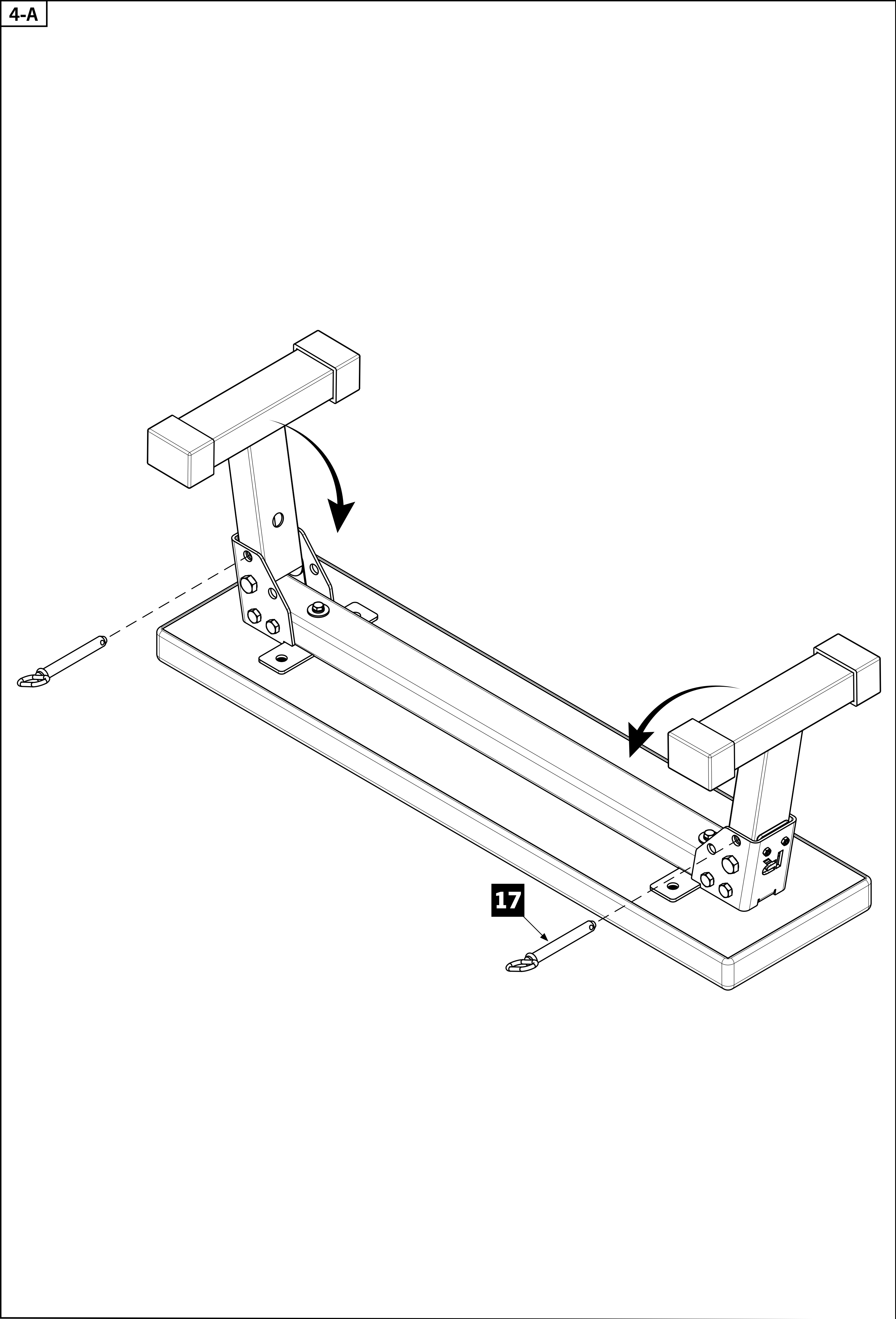
STEP 3

- Place the Bench Legs [4] between the Washer Plates [5] in the Pivot Brackets [3]. The holes should face towards the inside.
- Secure the Bench Legs [4] to the Pivot Brackets [3] with the 5/8" x 4 1/2" Hex Bolts [10] and 5/8" Nylock Nuts [11].
- Return to the four 1/2" Hex 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.



STEP 4

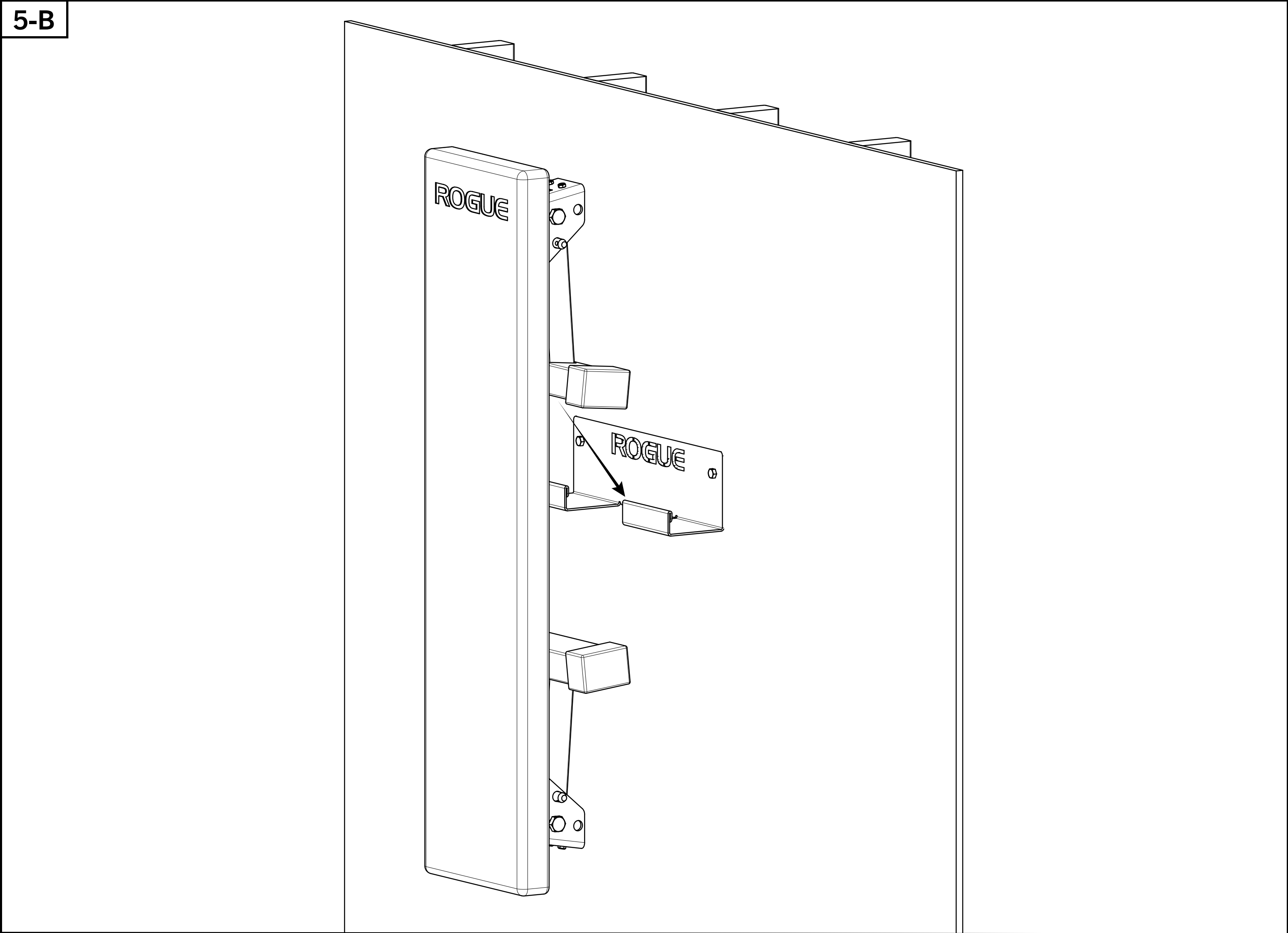
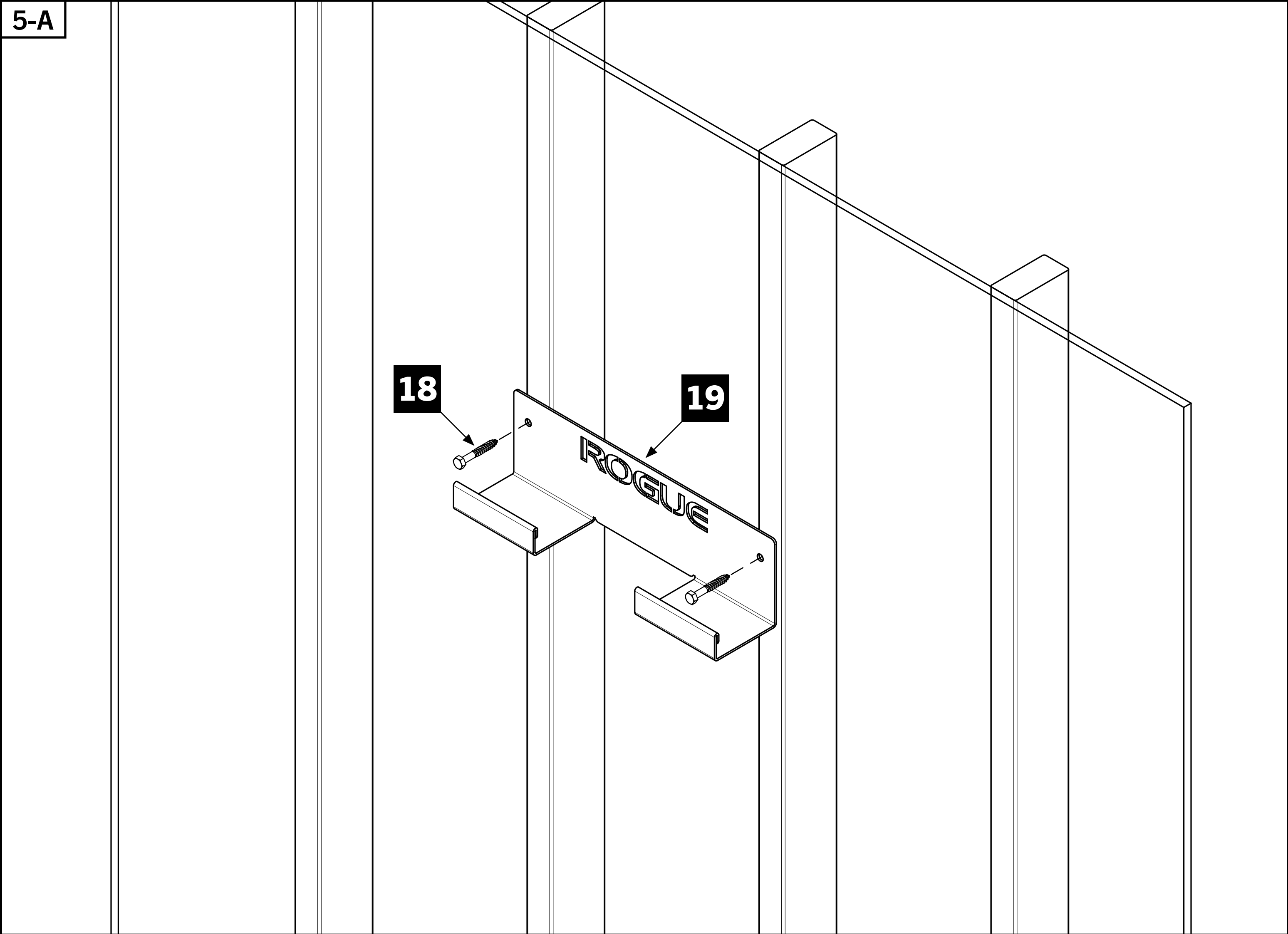
- To fold the Bench, pivot the Legs [4] until they are resing against the Center Rail [2].
- Insert the 5/8" Detent Pins [17] into the holes to secure the legs in place.
- To unfold the Bench, perform the above steps in the opposite order. **Exercise caution** when folding and unfolding the legs.
- **ALWAYS** place the Detent Pins [17] in the securing holes when legs are in folded or upright position.



STEP 5

• **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. It is 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 [**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. recommended height: 48" from the ground.
- Fasten the Bench Hanger through the wall into the studs using two 3/8" x 2 1/2" Hex Lag Bolts [**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 infor folded position prior to hanging.



ROGUE



**SCAN FOR
INSTRUCTIONS**



**IRON GAME
PROGRAMMING**