

MONSTER WEIGHT STACK SLINGER

TOOLS REQUIRED

- (2) 1-1/2" WRENCH
- (2) 9/16" WRENCH
- (1) 7/32" ALLEN WRENCH

**WARNING:
ANY RACK OR RIG UTILIZING THE
SLINGER ATTACHMENT MUST BE SECURELY
FASTENED TO THE FLOOR FOR USE.**

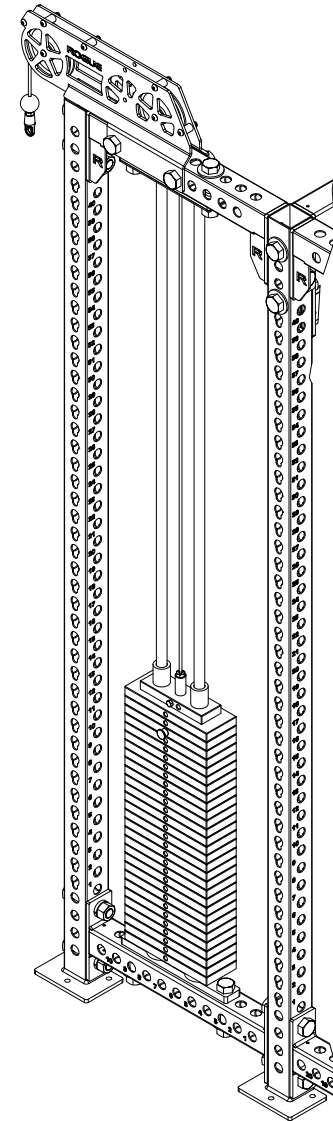
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**MISUSE OF THIS CAN RESULT IN
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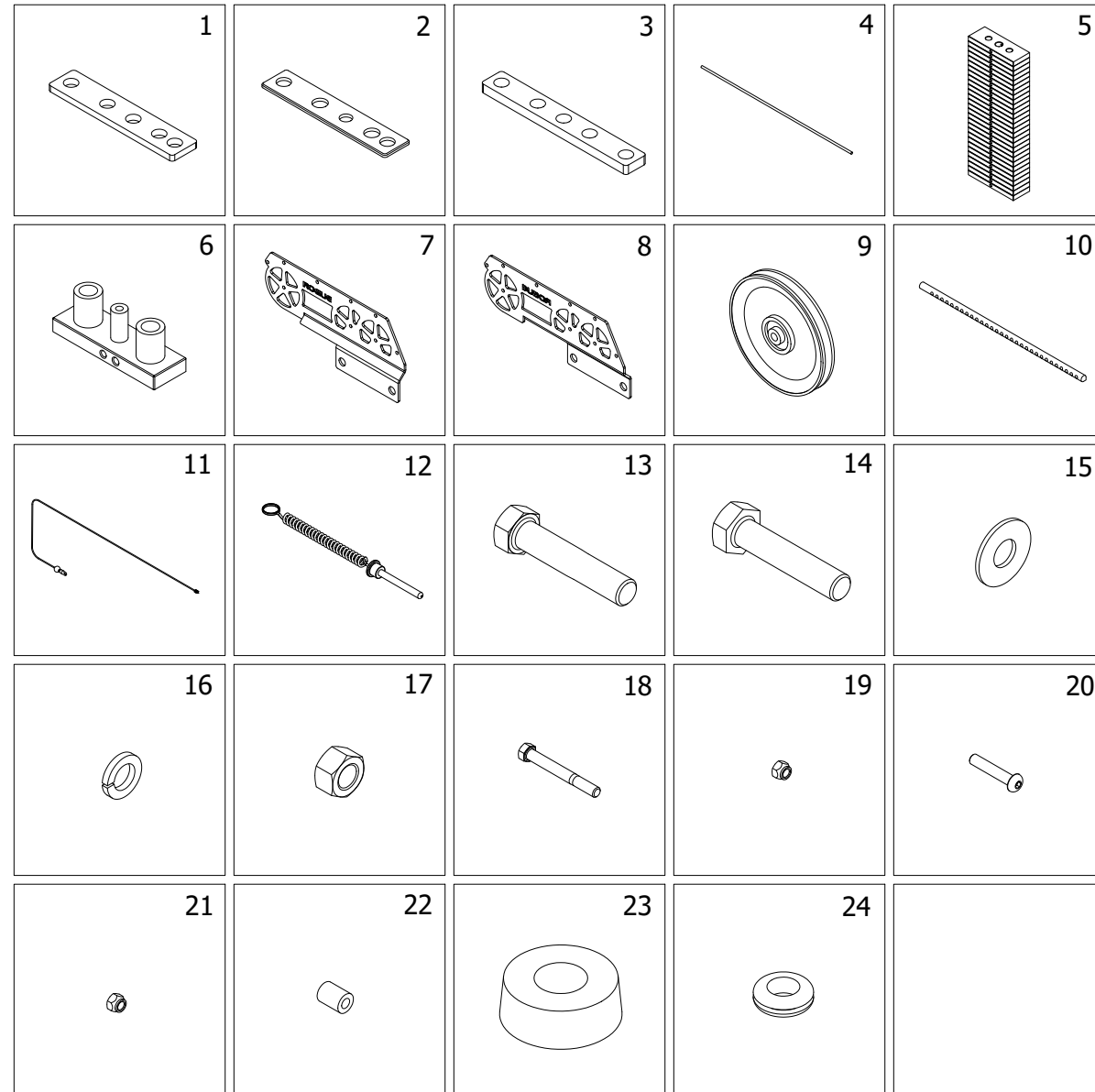


Rogue Fitness
545 E 5th Ave.
Columbus, Ohio 43201
614-358-6190
team@roguefitness.com

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ITEM	QTY	DESCRIPTION
1	1	MONSTER GUIDE ROD 1/2" TOP PLATE
2	1	MONSTER GUIDE ROD TOP PLASTIC
3	1	MONSTER GUIDE ROD 3/4" LOWER PLATE
4	2	MONSTER SLINGER GUIDE ROD
5	30	10LB WEIGHT STACK PLATES*
6	1	WEIGHT STACK TOP PLATE
7	1	RIGHT MONSTER SLINGER PLATE
8	1	LEFT MONSTER SLINGER PLATE
9	2	6" CABLE PULLEY
10	1	WEIGHT STACK SELECTOR ROD
11	1	WEIGHT STACK CABLE
12	1	WEIGHT STACK SELECTOR PIN
13	4	1" x 5" HEX BOLT
14	2	1" x 4.75" HEX BOLT
15	3	1" FLAT WASHER
16	6	1" LOCK WASHER
17	6	1" HEX NUT
18	1	3/8" x 3.25" HEX BOLT
19	1	3/8" TALL NYLOC NUT
20	7	3/8" x 1.75" BUTTON HEAD SCREW
21	7	3/8" THIN NYLOC NUT
22	5	3/8" X 1" PLASTIC SPACER
23	2	WEIGHT STACK BUMPER
24	1	1" RUBBER GROMMET



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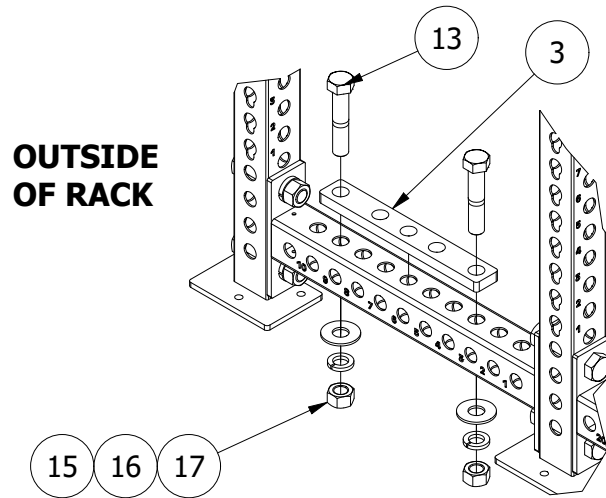
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*** NOTE: ONLY 29 OF THE 30, 10 LB WEIGHT STACK PLATES, WILL BE USED**

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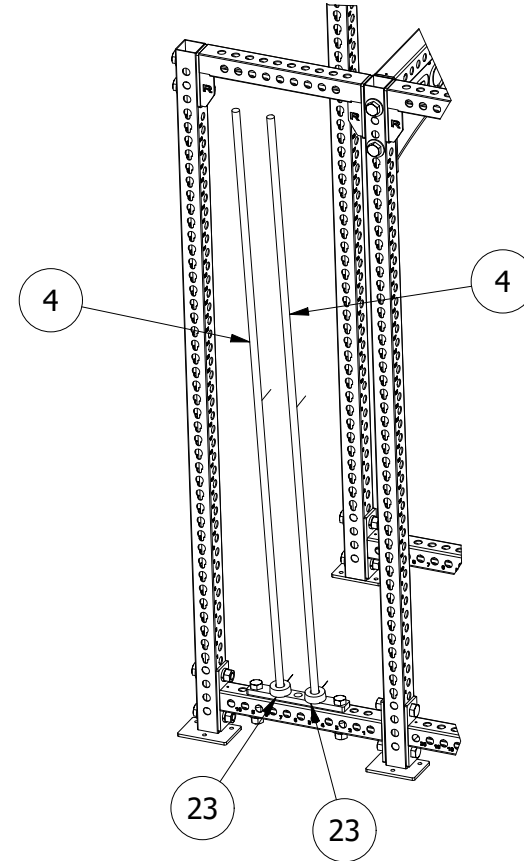
STEP 1:

ATTACH THE 3/4" THICK GUIDE ROD LOWER PLATE TO THE LOWER CROSSMEMBER OF YOUR RACK.

ATTACH THROUGH THE SECOND CROSSMEMBER HOLE FROM THE OUTSIDE OF THE RACK.

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STEP 2:

PLACE THE RUBBER BUMPERS ON THE 3/4" THICK LOWER PLATE AND INSERT THE GUIDE RODS THROUGH THE BUMPERS AND THE LOWER MOUNTING PLATE.

MAKE SURE THE GUIDE ROD IS THROUGH THE MOUNTING PLATE 1" HOLE AND RESTING ON THE CROSSMEMBER TUBE.



WARNING!

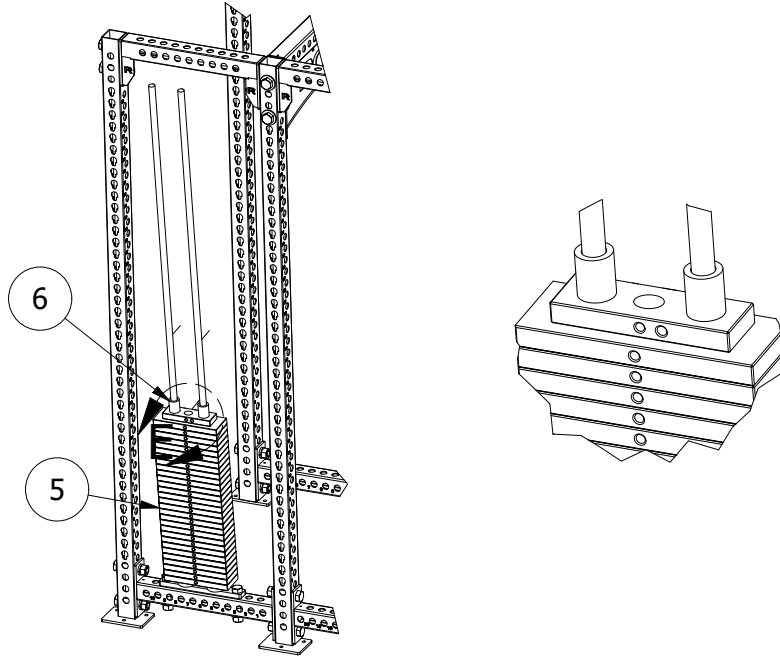
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STEP 3:
ANGLE THE GUIDE RODS OUTWARD.

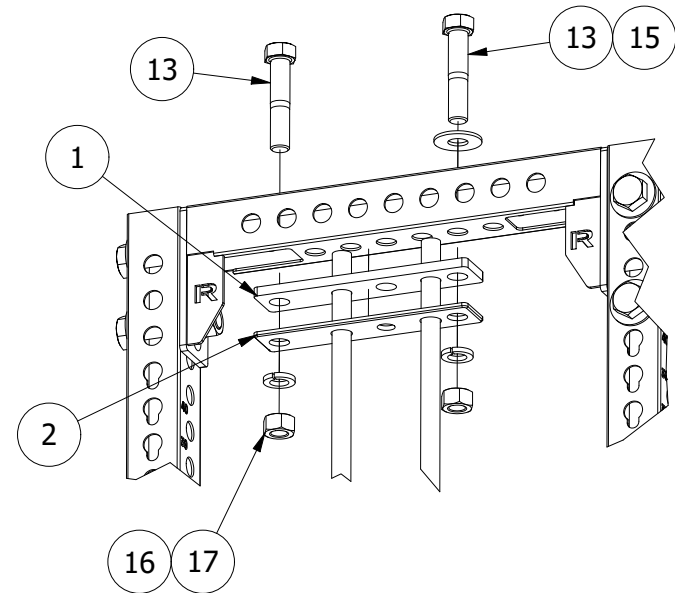
CAREFULLY STACK EACH WEIGHT STACK PLATE INTO THE GUIDE RODS.

*****ONLY LOAD 29 OF THE 30 WEIGHT STACK PLATES*****

LOAD THE WEIGHT STACK TOP PLATE ON LAST, ENSURE THE TWO HOLE SIDE OF THE TOP PLATE IS FACING THE OUTSIDE OF THE RACK.

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STEP 4:
ONCE ALL WEIGHT STACK PLATES ARE INSTALLED SLIDE OVER THE MONSTER GUIDE ROD TOP PLASTIC PLATE, THEN THE MONSTER GUIDE ROD 1/2" TOP PLATE.

FULLY TIGHTEN 1" HARDWARE.



WARNING!



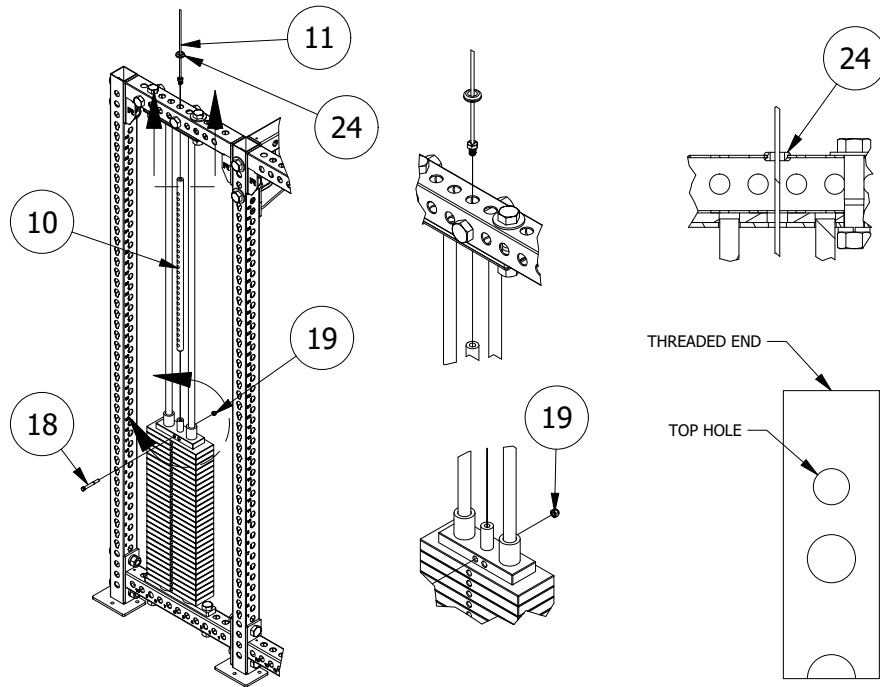
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STEP 5:

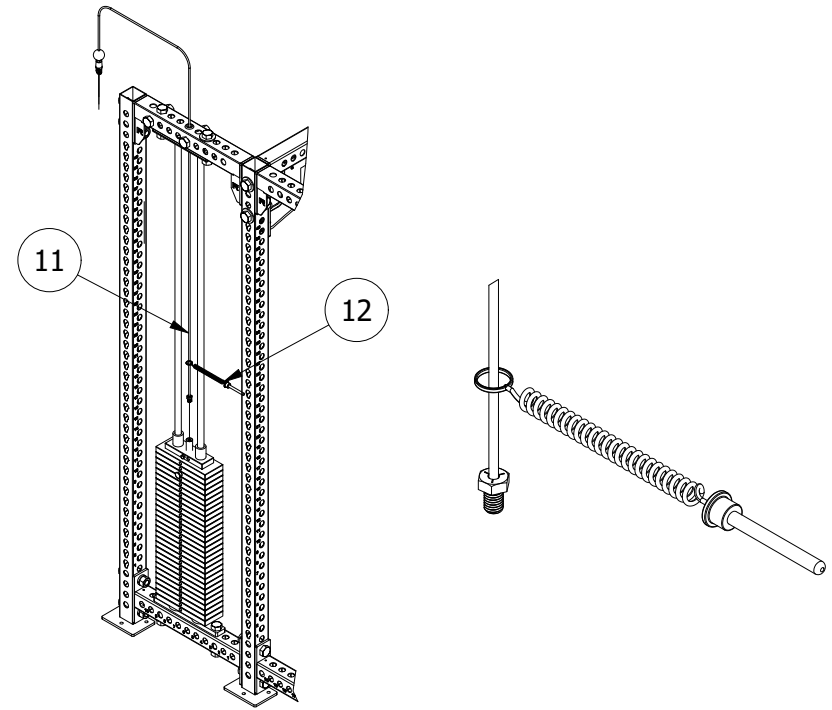
SLIDE THE 1" SELECTION ROD INTO THE WEIGHT STACK TOP PLATE AND SECURE THROUGH THE TOP SELECTOR ROD HOLE WITH 3/8" HARDWARE SHOWN. (ITEM 18 & 19)

PASS THE BOLT END OF THE CABLE THROUGH THE RUBBER GROMMET. THEN PASS THE CABLE THROUGH THE TUBE VIA CENTER 1" CROSSMEMBER HOLE.

SECURE THE GROMMET INTO THE TOP SIDE OF THE CROSSMEMBER.

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STEP 6:

PASS THE BOLT END OF THE CABLE THROUGH THE RING OF THE SELECTOR PIN.

FINALLY THREAD AND TIGHTEN THE CABLE BOLT END TO THE 1" SELECTOR ROD IN THE WEIGHT STACK.



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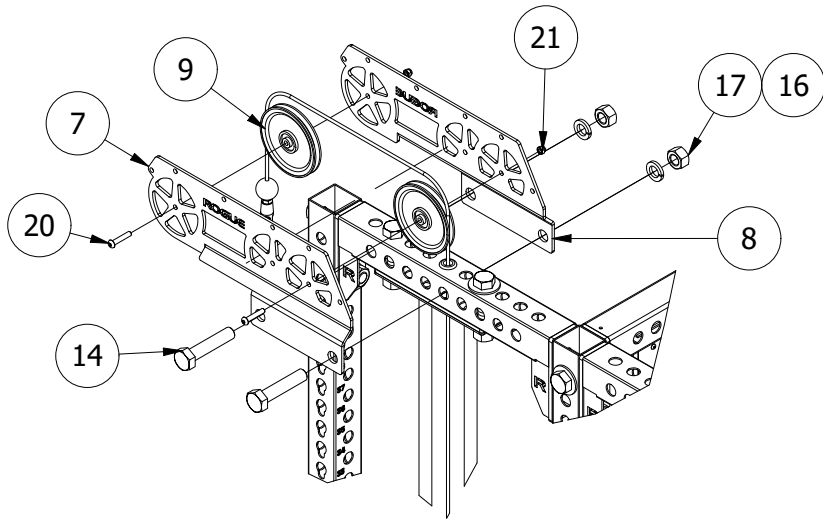
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STEP 7:

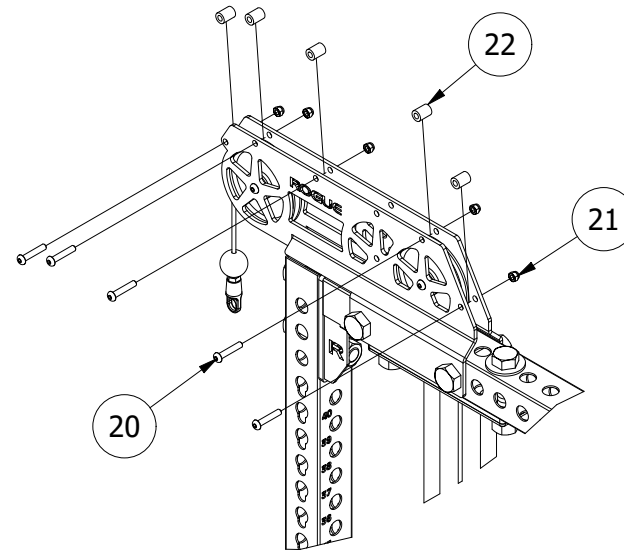
ASSEMBLE THE SIDE SLINGER PLATES TO THE 6" CABLE PULLEYS FIRST. **DO NOT FULLY TIGHTEN HARDWARE.**

SLIDE THE ASSEMBLY ONTO THE RACK AND MOUNT WITH THE 1" HARDWARE AS SHOWN.

ENSURE THE CABLE RUNS ON TOP OF THE PULLEYS IN THE PULLEY GROOVE.

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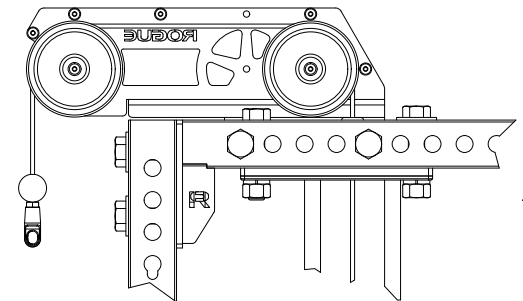


STEP 8:

INSERT ALL OF THE 3/8" SPACERS INTO THE SIDE PLATES.

ENSURE THE CABLE RUNS ON TOP OF THE PULLEYS BUT BELOW ALL OF THE SPACERS.

SECURE ALL 3/8" HARDWARE THEN ALL 1" HARDWARE.



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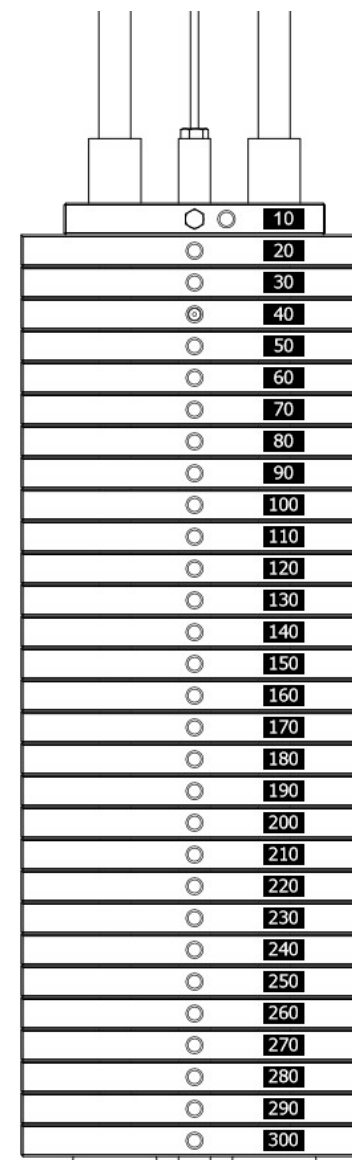
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STEP 9:

APPLY THE WEIGHT INDICATOR STICKERS ON THE WEIGHT STACK IN THE LOCATION SHOWN.

TIP:

RUN A PIECE OF MASKING TAPE DOWN THE WEIGHT STACK ENSURING IT IS THE SAME DISTANCE FROM THE EDGE ON THE BOTTOM AND TOP PLATES. THEN ALIGN THE STICKERS W/ THE EDGE OF THE TAPE.



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