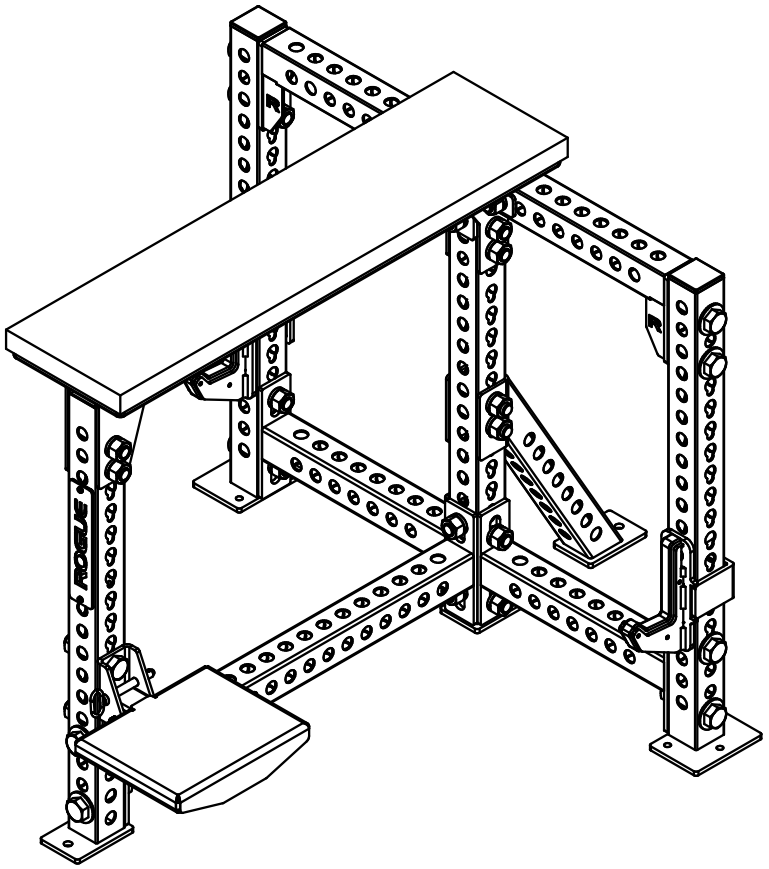
ROGUE
SEAL ROW BENCH



GENERAL GUIDELINES:
- PLEASE READ THESE CUSTOMER INSTRUCTIONS THOROUGHLY PRIOR TO ASSEMBLING.

TOOLS REQUIRED:
- 1-1/2" Wrench/Socket
- 15/16" Wrench/Socket
- 3/4" Wrench/Socket
- 7/16" Wrench/Socket
- 5/32" Hex Key

* SEE SHEET 2/3 FOR ITEM DESCRIPTIONS AND QUANTITIES *

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

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 IN USE OF EQUIPMENT.

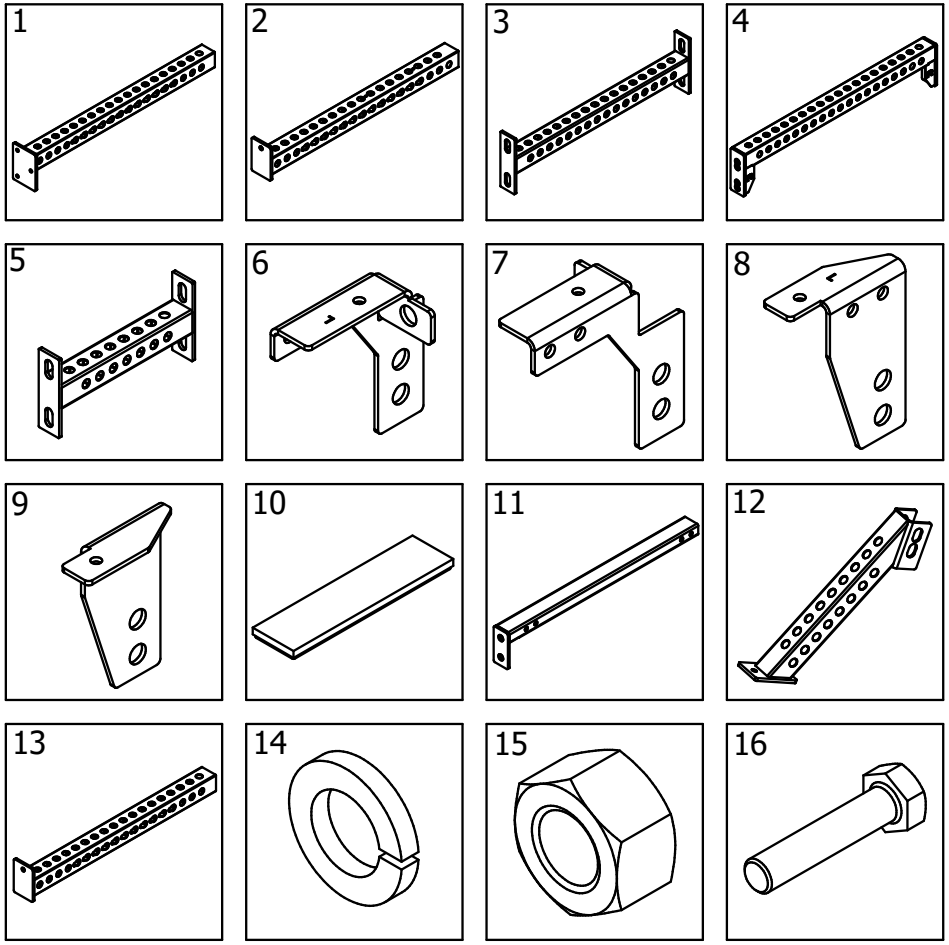
Rogue Fitness
545 E 5th Ave.
Columbus, Ohio 43201
614-358-6190
team@roguefitness.com

ROGUE
SEAL ROW BENCH

PARTS LIST		
ITEM	QTY	PART NUMBER
1	2	Upright
2	1	Front Foot
3	1	Bottom Spine
4	1	Top Crossmember
5	2	Bottom Crossmember
6	1	Back Left Formed Plate
7	1	Back Right Formed Plate
8	1	Front Left Formed Plate
9	1	Front Right Formed Plate
10	1	Bench Pad
11	1	Spine
12	1	Back Foot
13	1	Center Foot
14	26	1" Spring Lock Washer
15	26	1" Hex Nut
16	22	1" x 4-3/4" Hex Bolt

INCLUDED PARTS

*NOTE: IMAGES NOT SHOWN TO SCALE



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

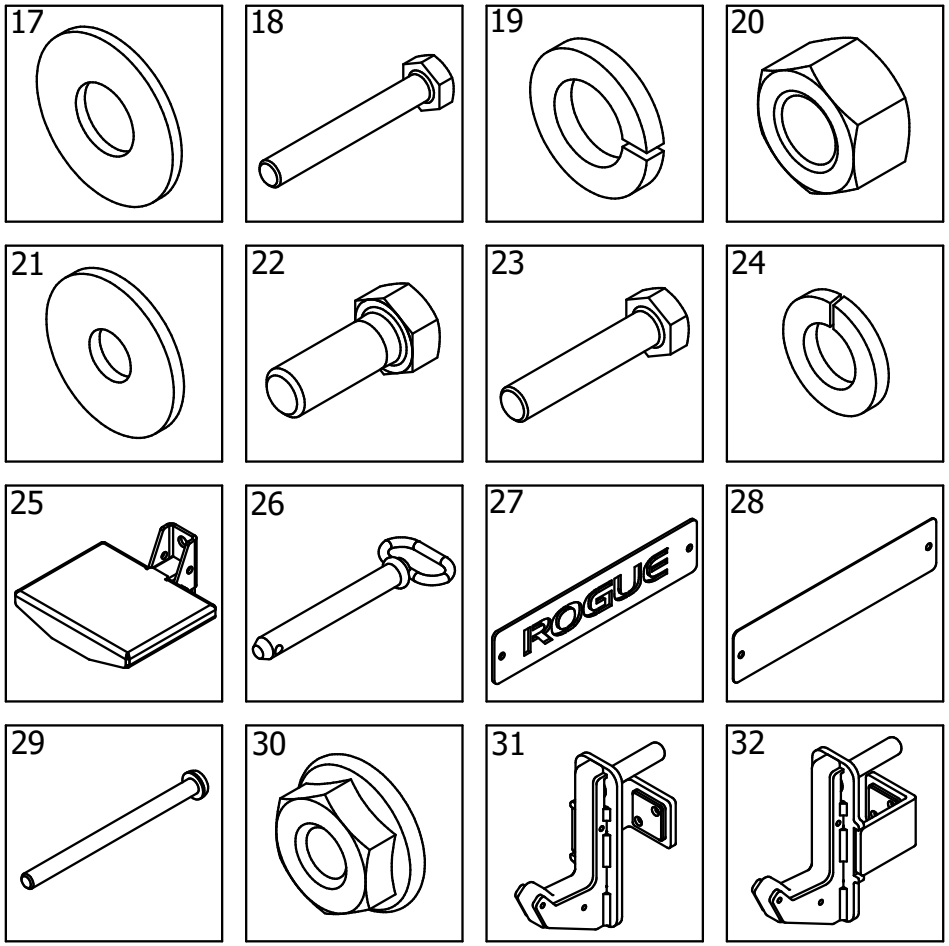
BOTH ROGUE FITNESS AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRANTIES OR MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USE OF EQUIPMENT.

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

ROGUE
SEAL BENCH ROW

PARTS LIST		
ITEM	QTY	PART NUMBER
17	16	1" Flat Washer
18	4	5/8" x 4-1/2" Hex Bolt
19	4	5/8" Spring Lock Washer
20	4	5/8" Hex Nut
21	4	3/8" Flat Washer
22	4	3/8" x 1" Hex Bolt
23	4	1" x 5" Hex Bolt
24	4	3/8" Spring Lock Washers
25	1	Fold Up Step
26	1	5/8" Detent Pin
27	1	Rogue Nameplate
28	1	Stainless Steel Backer
29	2	1/4" x 3-1/2" Button Head Screw
30	2	1/4" Flange Locknut
31	1	1" Sandwich J-Cup (Left)
32	1	1" Sandwich J-Cup (Right)

INCLUDED PARTS
*NOTE: IMAGES NOT SHOWN TO SCALE



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.

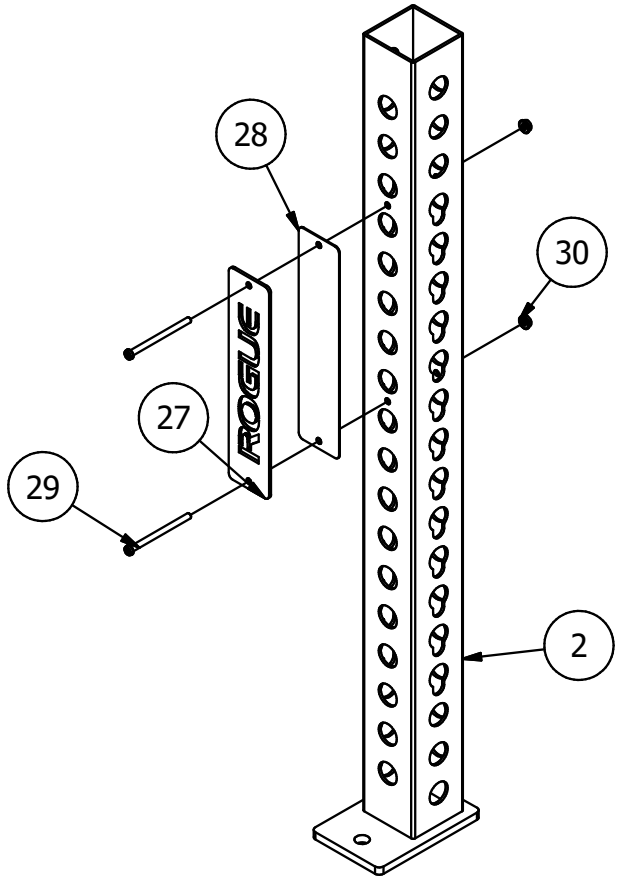
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

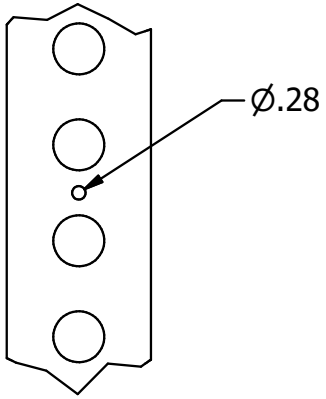
Rogue Fitness
545 E 5th Ave.
Columbus, Ohio 43201
614-358-6190
team@roguefitness.com

ROGUE
SEAL ROW BENCH



Step 1: Attach the Rogue Nameplate and Stainless Steel Backer to the Front Foot using 1/4" x 3-1/2" Button Head Screws and 1/4" Flange Locknuts.

NOTE: The Front Foot has 0.28" holes for the Rogue Nameplate to be attached. Use these to differentiate betweeen the Front Foot and Center Foot, as they are very similar.



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.

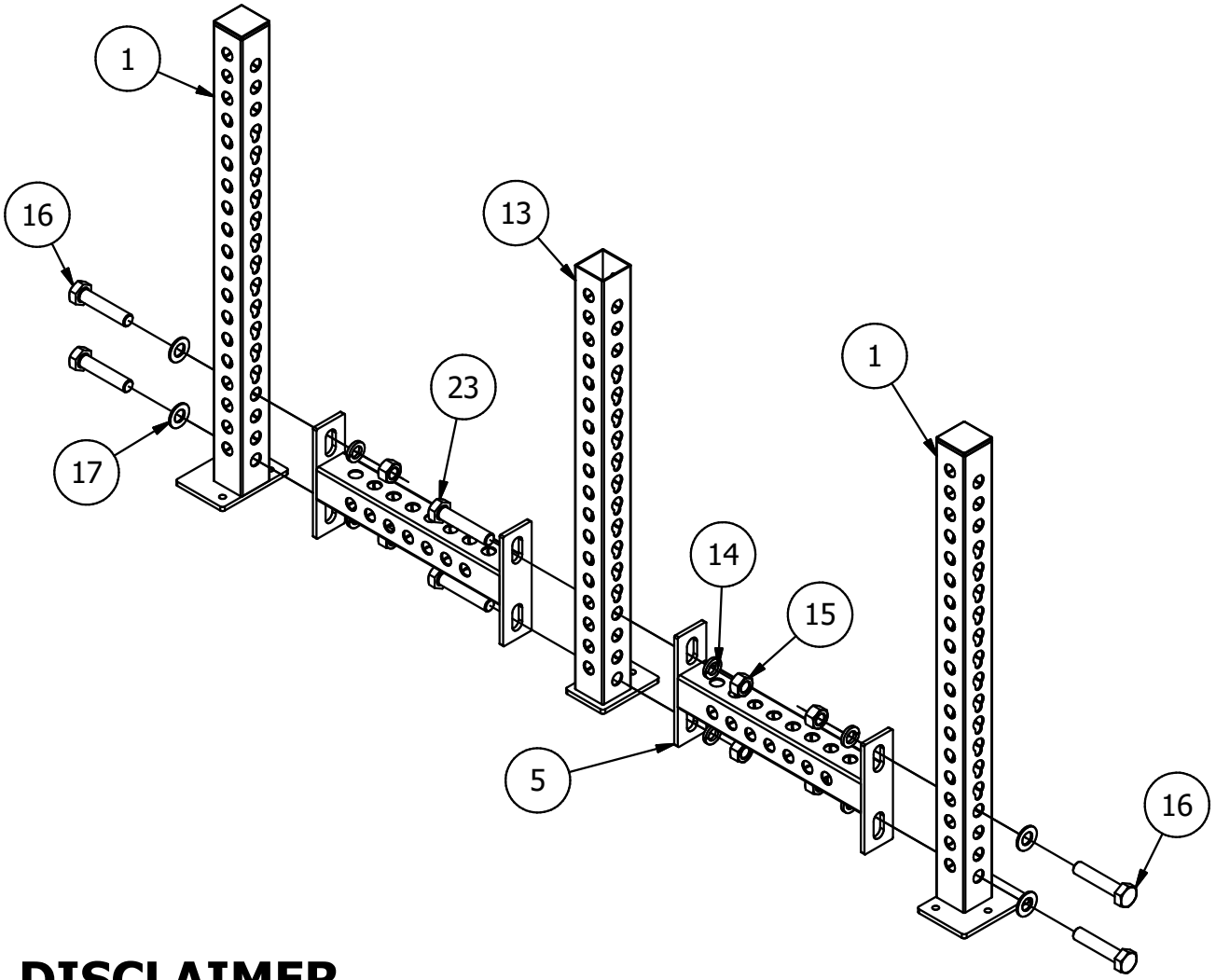
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

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

ROGUE
SEAL BENCH ROW



Step 2: Attach the Center Foot to the Bottom Crossmembers using 1" x 5" Hex Bolts, 1" Spring Lock Washers, and 1" Hex Nuts.
(Loosely hand tighten only)

Step 3: Attach Uprights to Bottom Crossmembers using 1" x 4-3/4" Hex Bolts, 1" Flat Washers, 1" Spring Lock Washers, and 1" Hex Nuts.
(Loosely hand tighten only)

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.

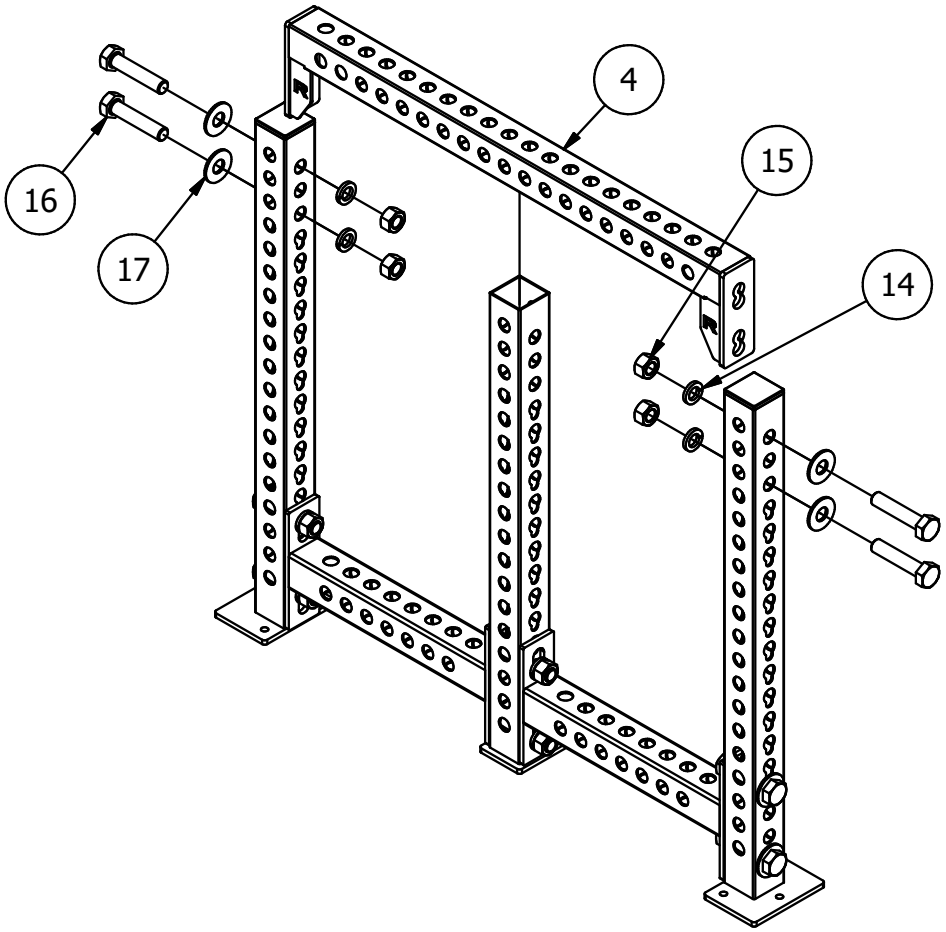
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

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

ROGUE
SEAL BENCH ROW



Step 4: Attach the Top Crossmember to the Uprights using 1" x 4-3/4" Hex Bolts, 1" Flat Washers, 1" Spring Lock Washers, and 1" Hex Nuts. The Top Crossmember should also rest on the Center Foot.
(Loosely hand tighten only)

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.

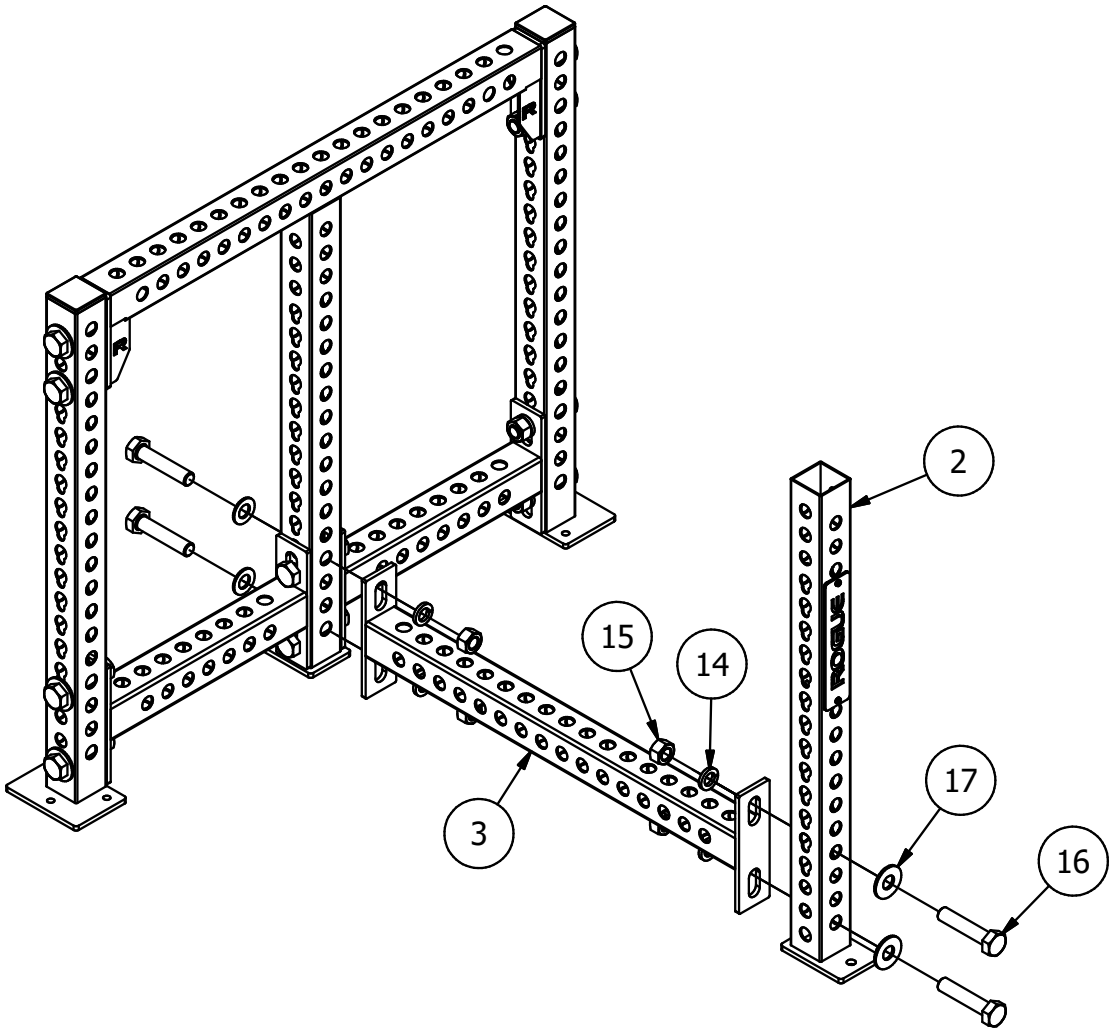
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

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

ROGUE
SEAL BENCH ROW



Step 5: Attach the Bottom Spine to the Center Foot using 1" x 4-3/4" Hex Bolts, 1" Flat Washers, 1" Spring Lock Washers, and 1" Hex Nuts.
(Loosely hand tighten only)

Step 6: Attach the Front Foot to the Bottom Spine using 1" x 4-3/4" Hex Bolts, 1" Flat Washers, 1" Spring Lock Washers, and 1" Hex Nuts.
(Loosely hand tighten only)

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.

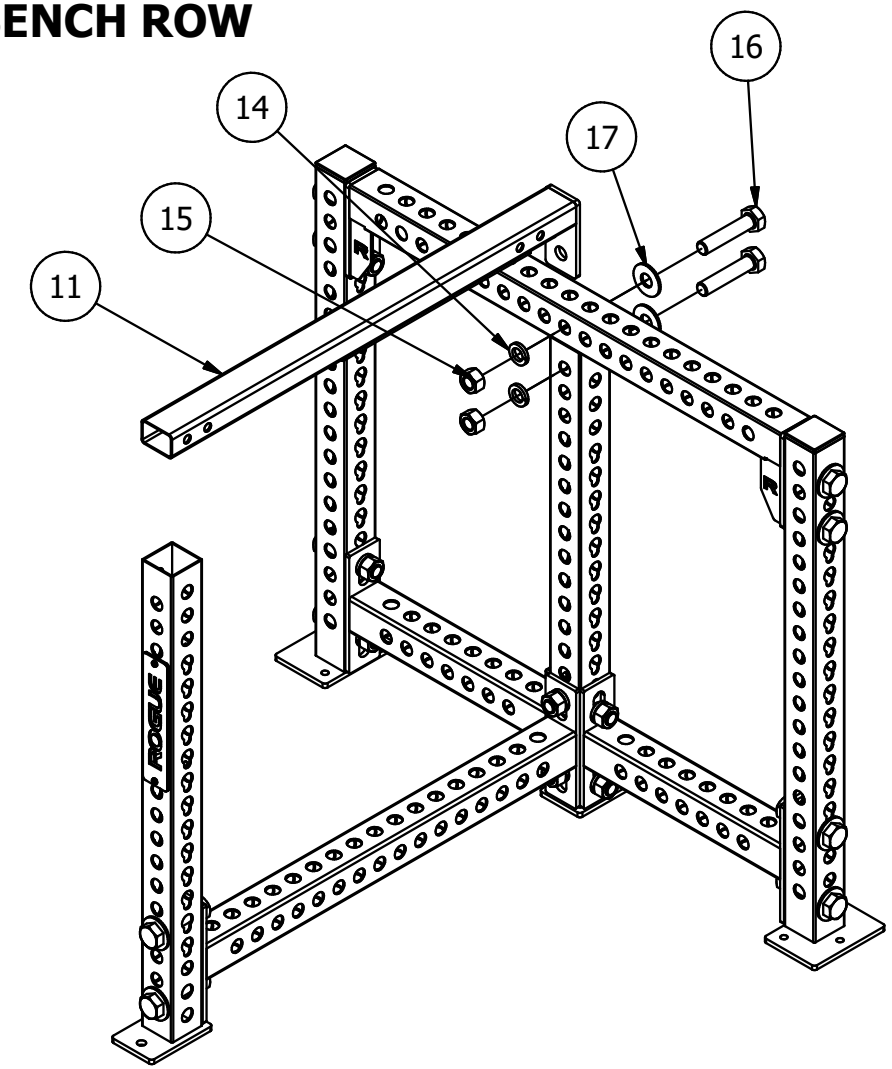
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

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

ROGUE
SEAL BENCH ROW



Step 7: Attach the Spine to the Top Crossmember using 1" x 4-3/4" Hex Bolts, 1" Flat Washers, 1" Spring Lock Washers, and 1" Hex Nuts. One end of the Spine will rest on the Front Foot.
(Loosely hand tighten only)

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.

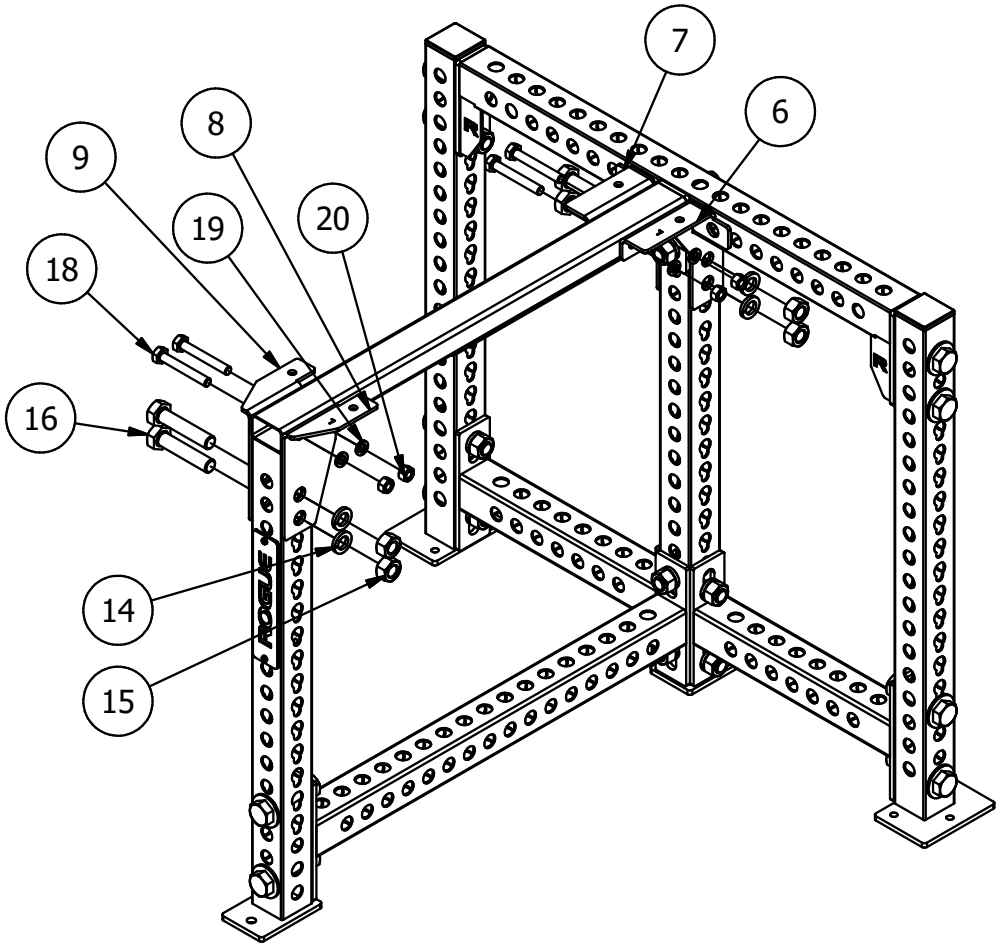
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

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

ROGUE
SEAL BENCH ROW



Step 8: Attach the Front Formed Plates to the Spine using 5/8" x 4-1/2" Hex Bolts, 5/8" Spring Lock Washers, and 5/8" Hex Nuts.
(Loosely hand tighten only)

Step 9: Attach the Front Formed Plates to the Front Foot using 1" x 4-3/4" Hex Bolts, 1" Spring Lock Washers, and 1" Hex Nuts.
(Loosely hand tighten only)

Step 10: Attach the Back Formed Plates to the Spine using 5/8" x 4-1/2" Hex Bolts, 5/8" Spring Lock Washers, and 5/8" Hex Nuts.
(Loosely hand tighten only)

Step 11: Attach the Back Formed Plates to the Center Foot using 1" x 4-3/4" Hex Bolts, 1" Spring Lock Washers, and 1" Hex Nuts.
(Loosely hand tighten only)

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.

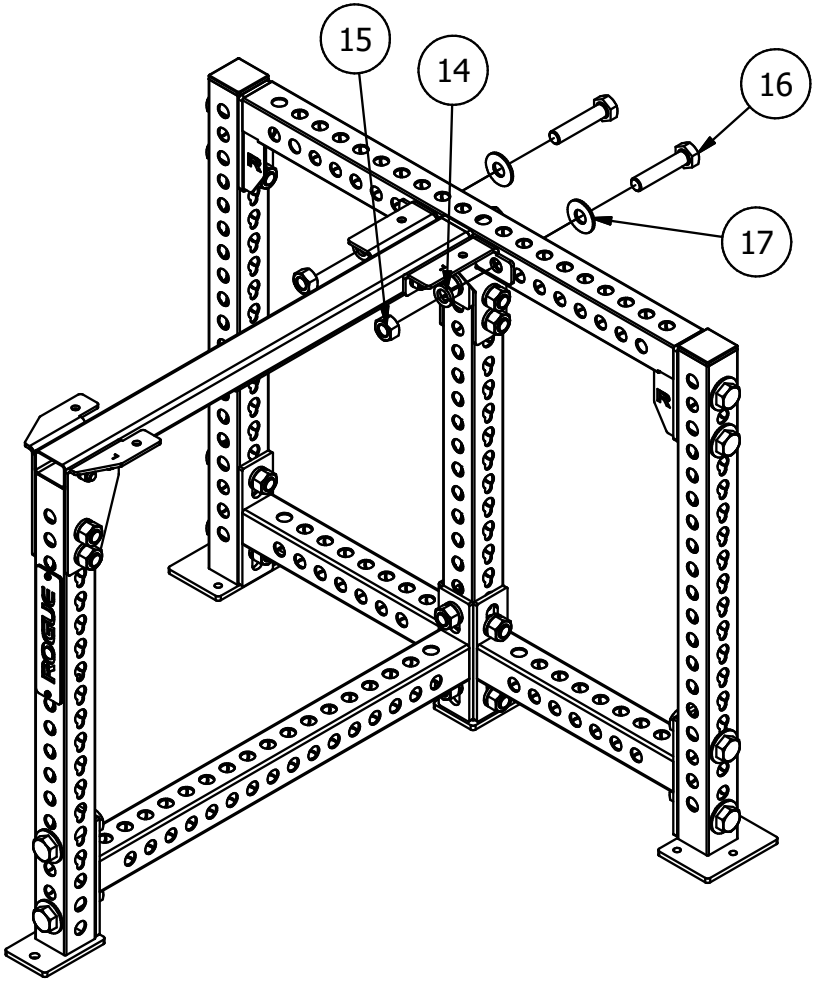
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

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

ROGUE
SEAL BENCH ROW



Step 12: Attach the Back Formed Plates to the Top Crossmember using 1" x 4-3/4" Hex Bolts, 1" Flat Washers, 1" Spring Lock Washers, and 1" Hex Nuts. (Loosely hand tighten only)

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.

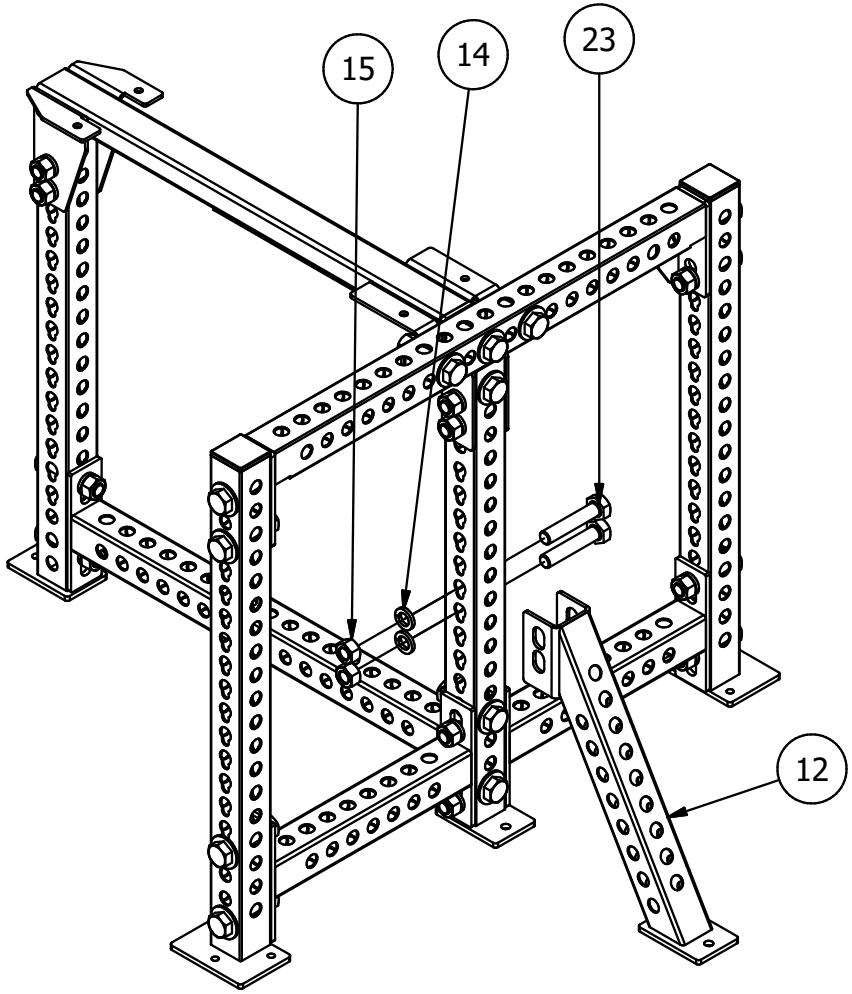
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

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

ROGUE
SEAL BENCH ROW



Step 13: Attach the Back Foot to the Center Foot using 1" x 5" Hex Bolts, 1" Spring Lock Washers, and 1" Hex Nuts.
(Loosely hand tighten only)

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.

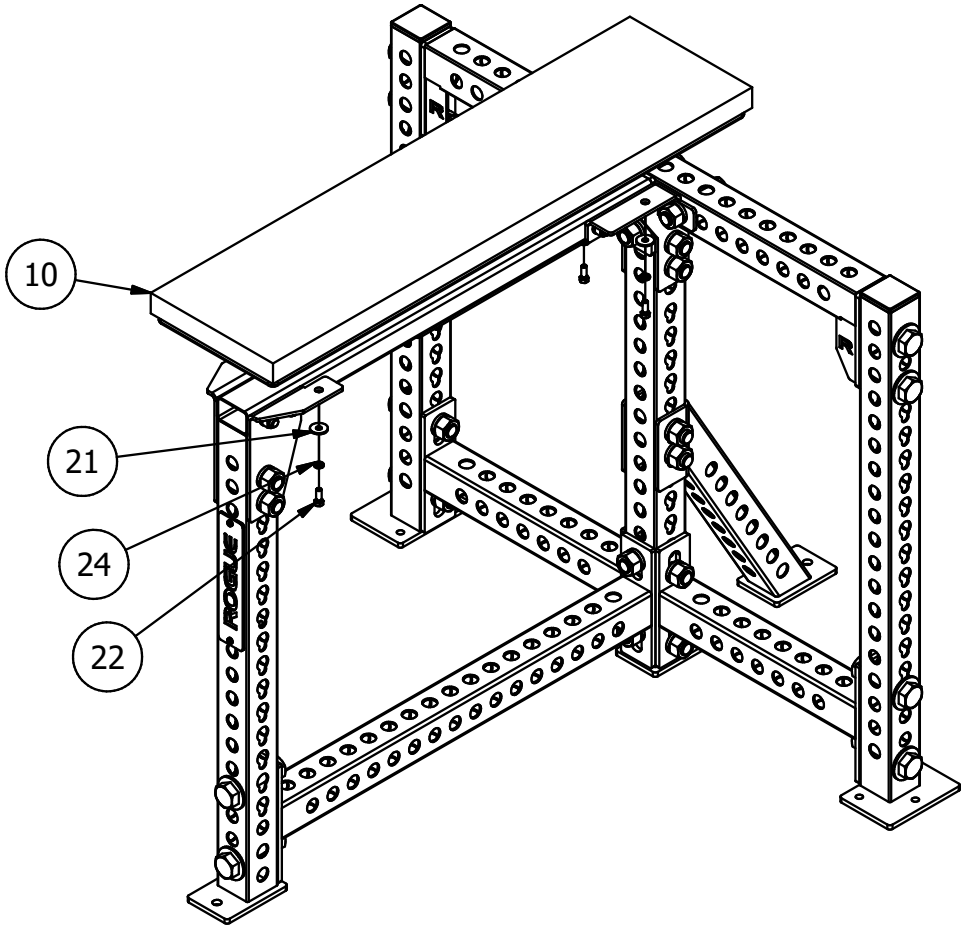
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

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

ROGUE
SEAL BENCH ROW



Step 14: Attach the Bench Pad to the Formed Plates using 3/8" x 1" Hex Bolts, 1" Split Lock Washers, and 1" Flat Washers.

Step 15: All hardware can now be fully tightened.

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.

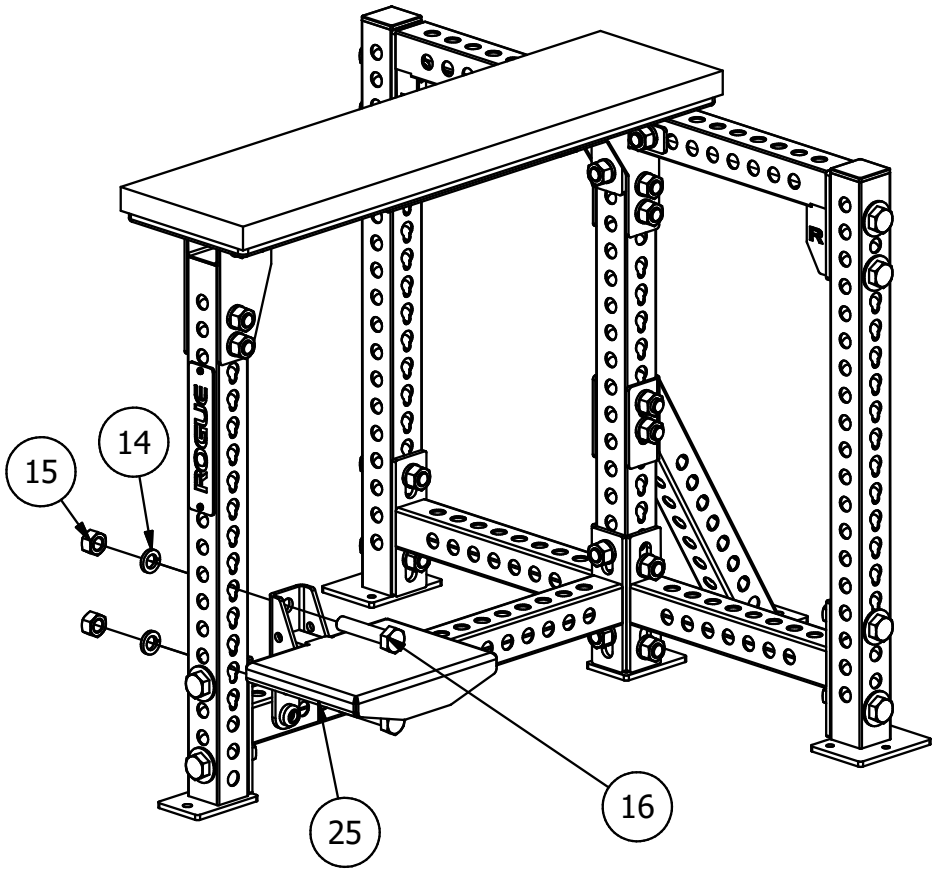
⚠ WARNING! ⚠

MISUSE OF THIS CAN RESULT IN SEVERE INJURY

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 IN USE OF EQUIPMENT.

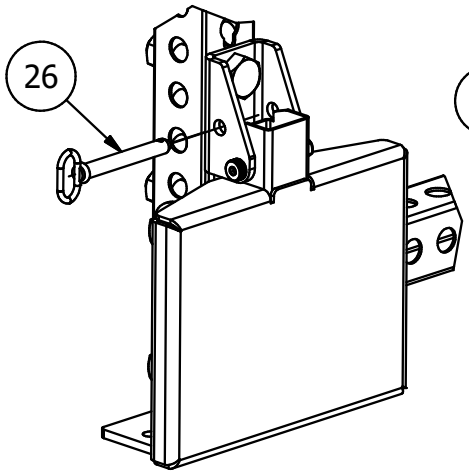
Rogue Fitness
545 E 5th Ave.
Columbus, Ohio 43201
614-358-6190
team@roguefitness.com

ROGUE
SEAL ROW BENCH

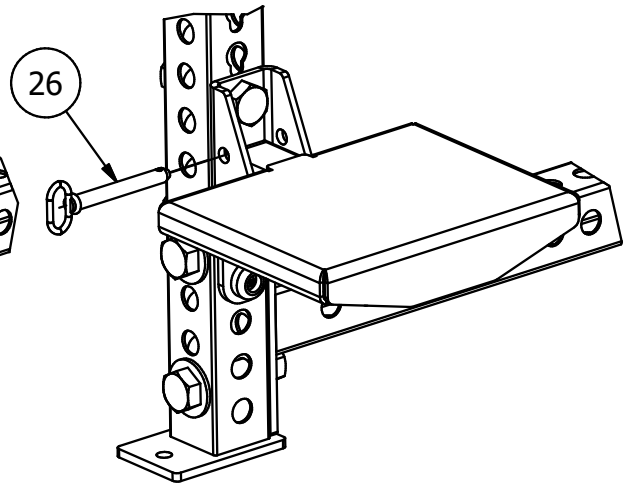


Step 16: Attach the Fold Up Step to the Front Foot at the desired height using 1" x 4-3/4" Hex Bolts, 1" Spring Lock Washers, and 1" Flat Washers.

Step 17: Using the 5/8" Detent Pin, secure the Fold Up Step in either the up or down position.



DOWN



UP

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

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 IN USE OF EQUIPMENT.

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