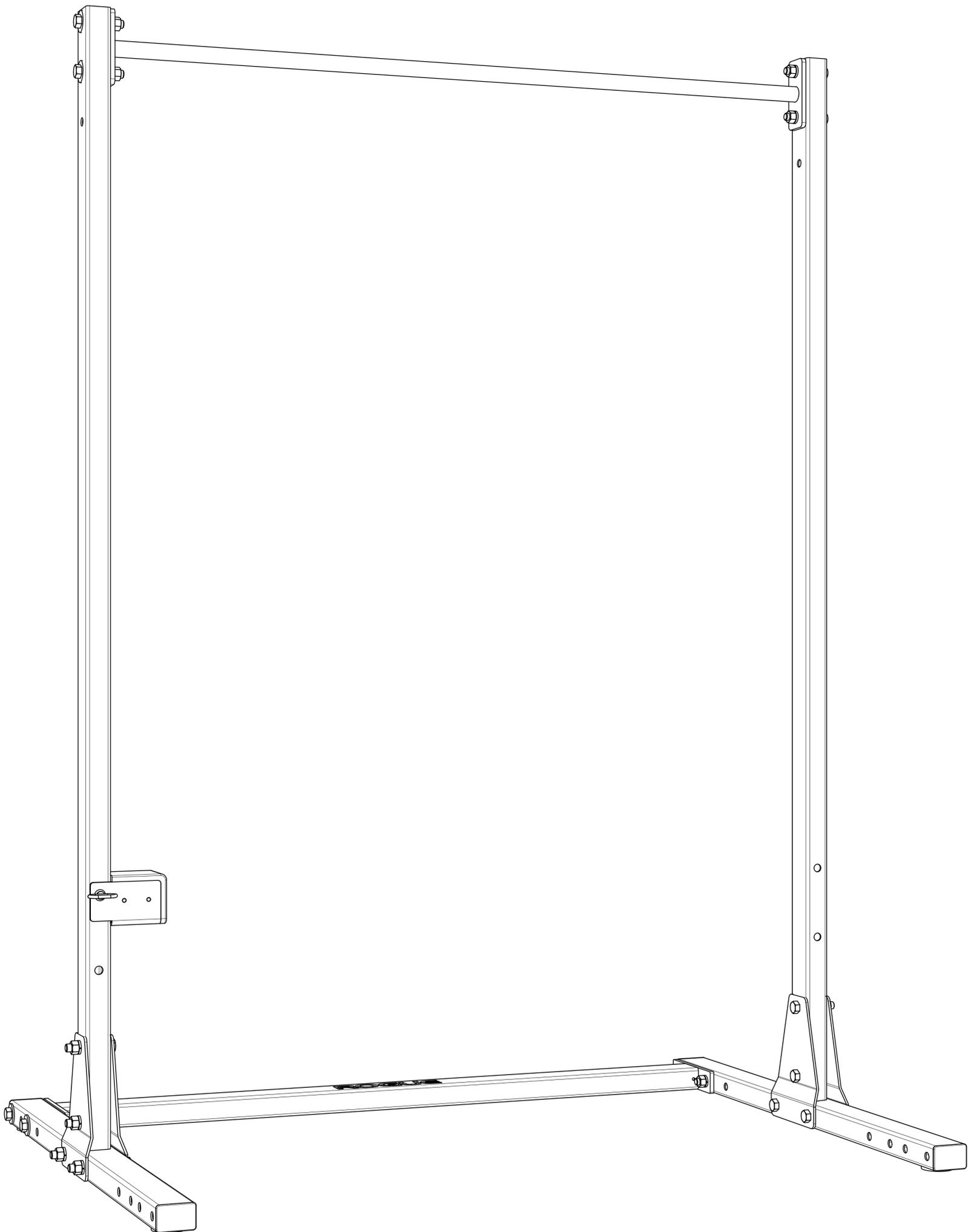


ROGUE®

MIL PULL UP STATION



⚠ 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.

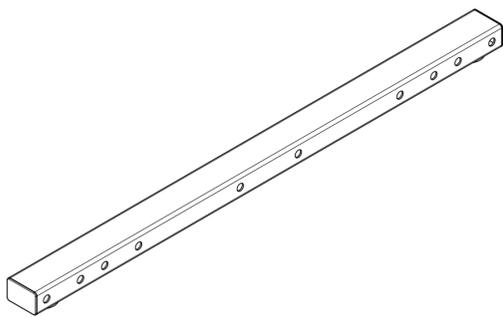
WARNING:

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

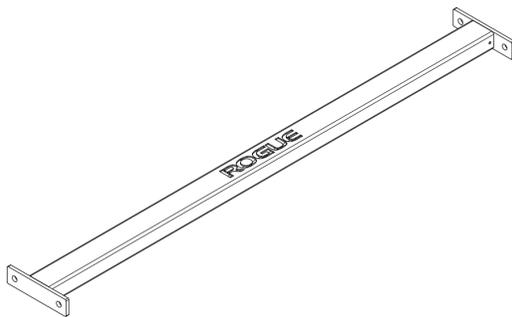
Note: Images not shown at scale

1 Qty: **2x**



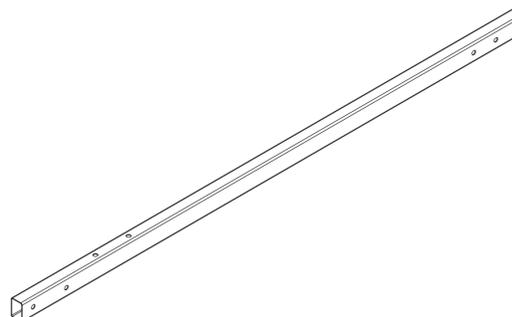
Base Tube

2 Qty: **1x**



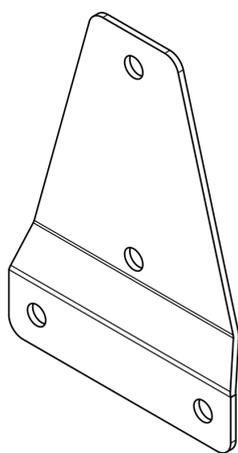
Base Crossmember

3 Qty: **2x**



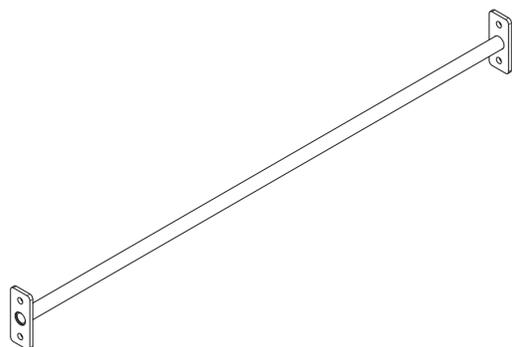
Upright Tube

4 Qty: **4x**



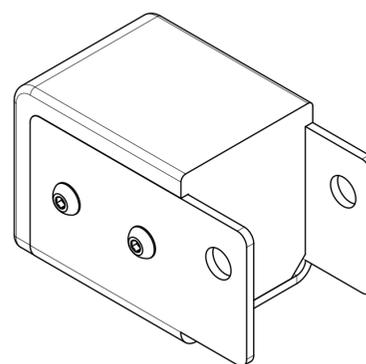
Triangle Plate

5 Qty: **1x**



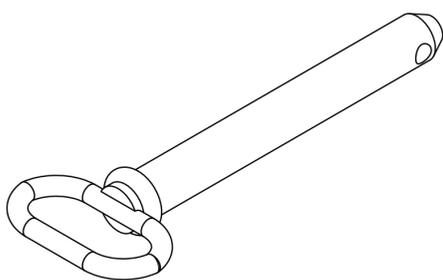
Pull Up Bar

6 Qty: **1x**



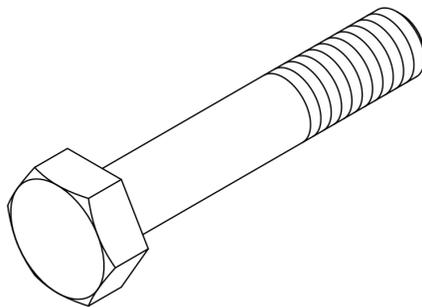
Pull Up Step

7 Qty: **1x**



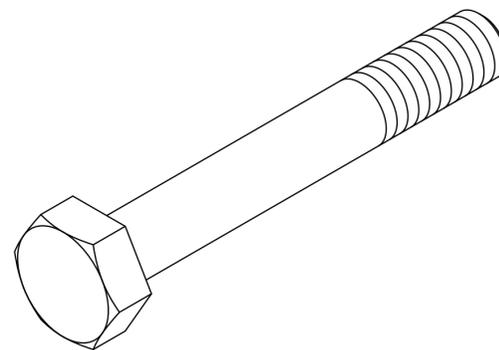
5/8" Detent Pin

8 Qty: **8x**



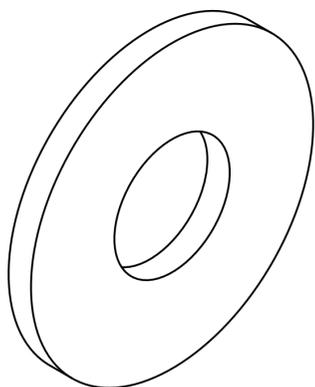
5/8" x 3.5" Hex Bolt

9 Qty: **8x**



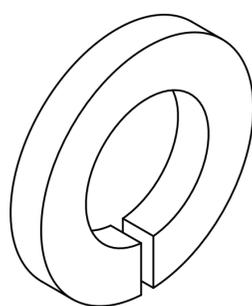
5/8" x 4.5" Hex Bolt

10 Qty: **8x**



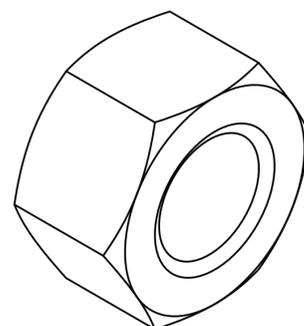
5/8" Flat Washer

11 Qty: **16x**



5/8" Lock Washer

12 Qty: **16x**



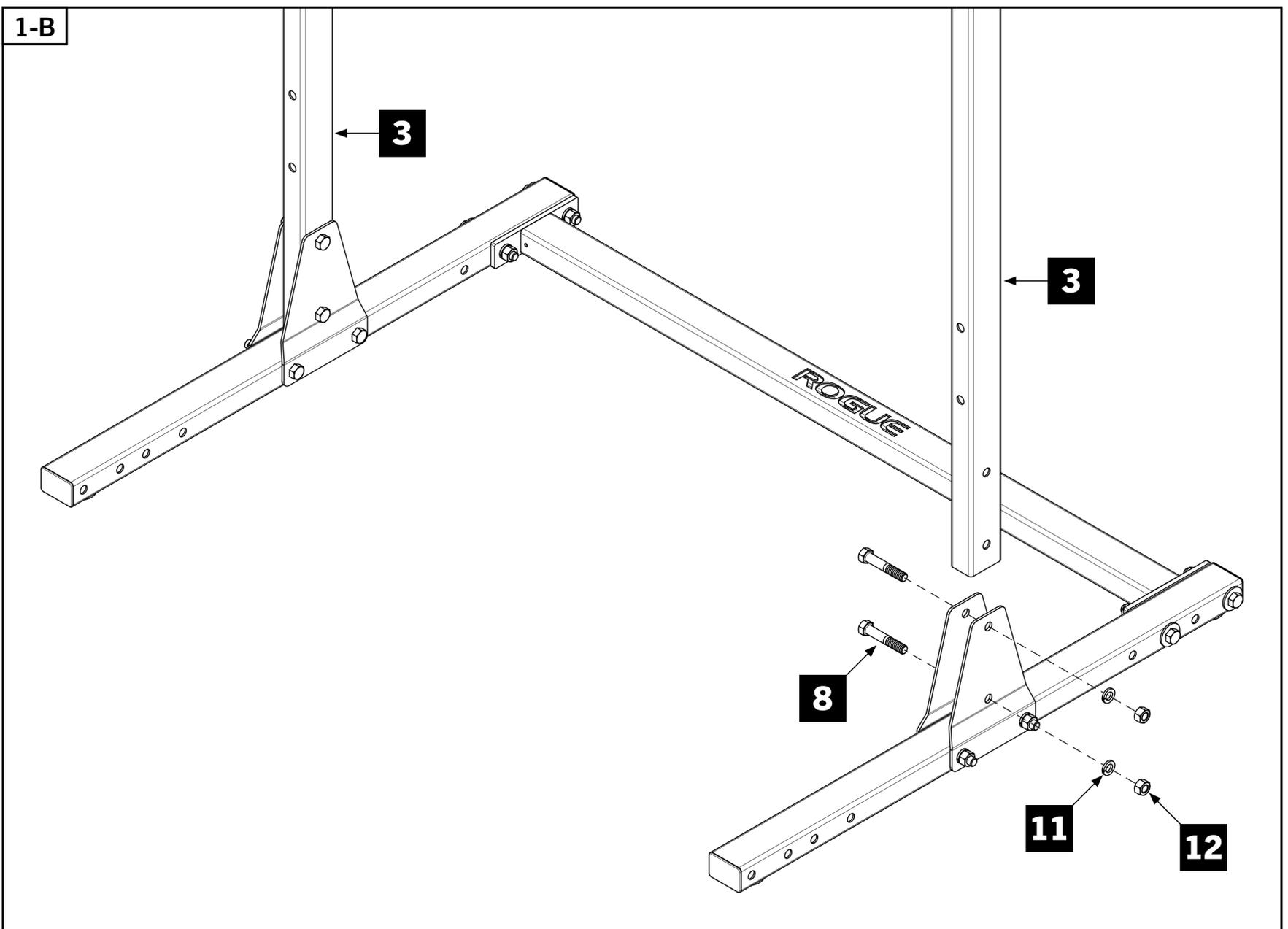
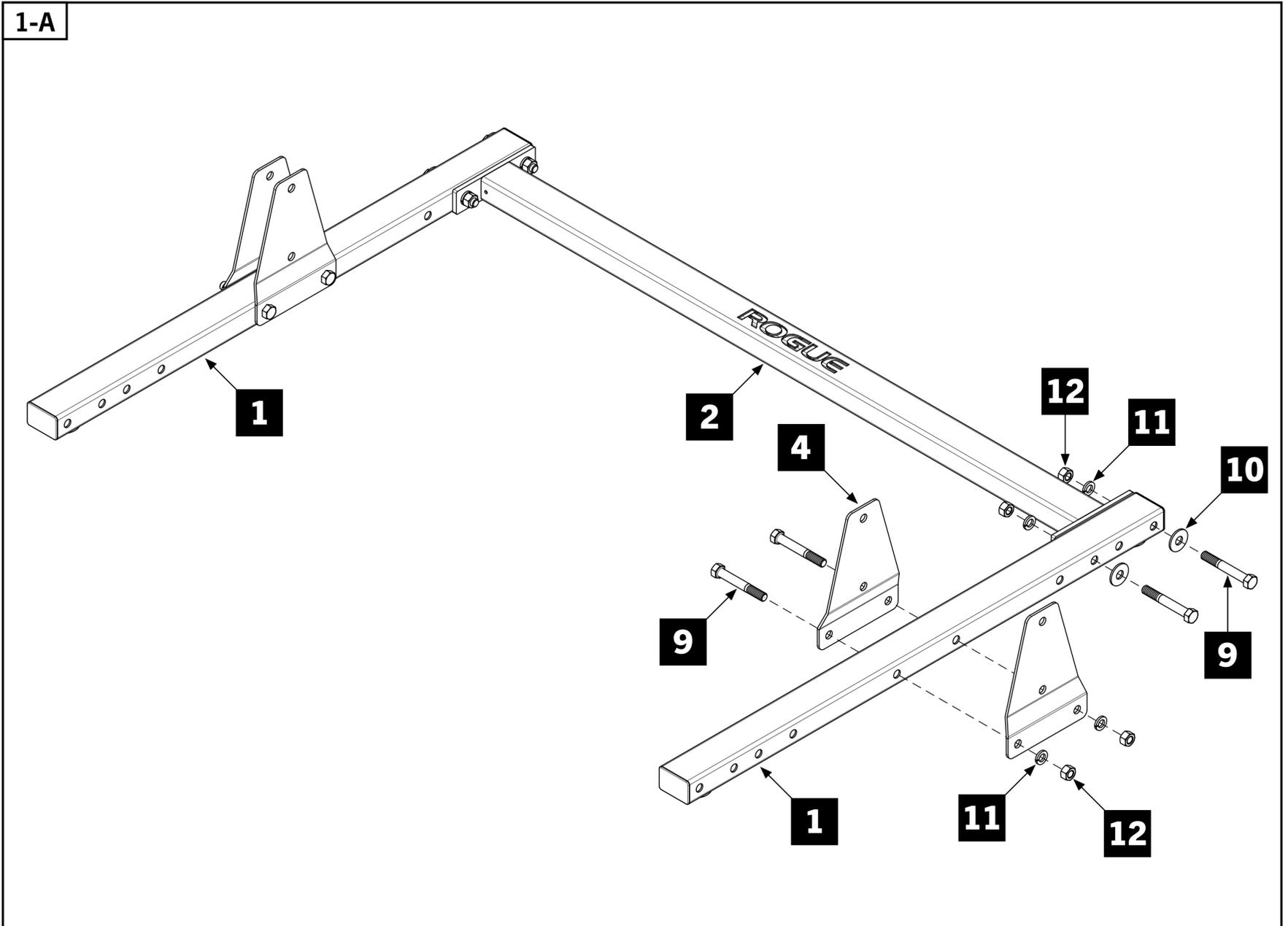
5/8" Hex Nut

STEP 1

- Attach Base Tubes [1] to Base Crossmember [2] using 5/8" x 4.5" Hex Bolts [9], 5/8" Flat Washers [10], 5/8" Lock Washers [11], and 5/8" Hex Nuts [12].

- Attach bottom of Triangle Plates [4] to Base Tubes [1] using 5/8" x 4.5" Hex Bolts [9], 5/8" Lock Washers [11], and 5/8" Hex Nuts [12].

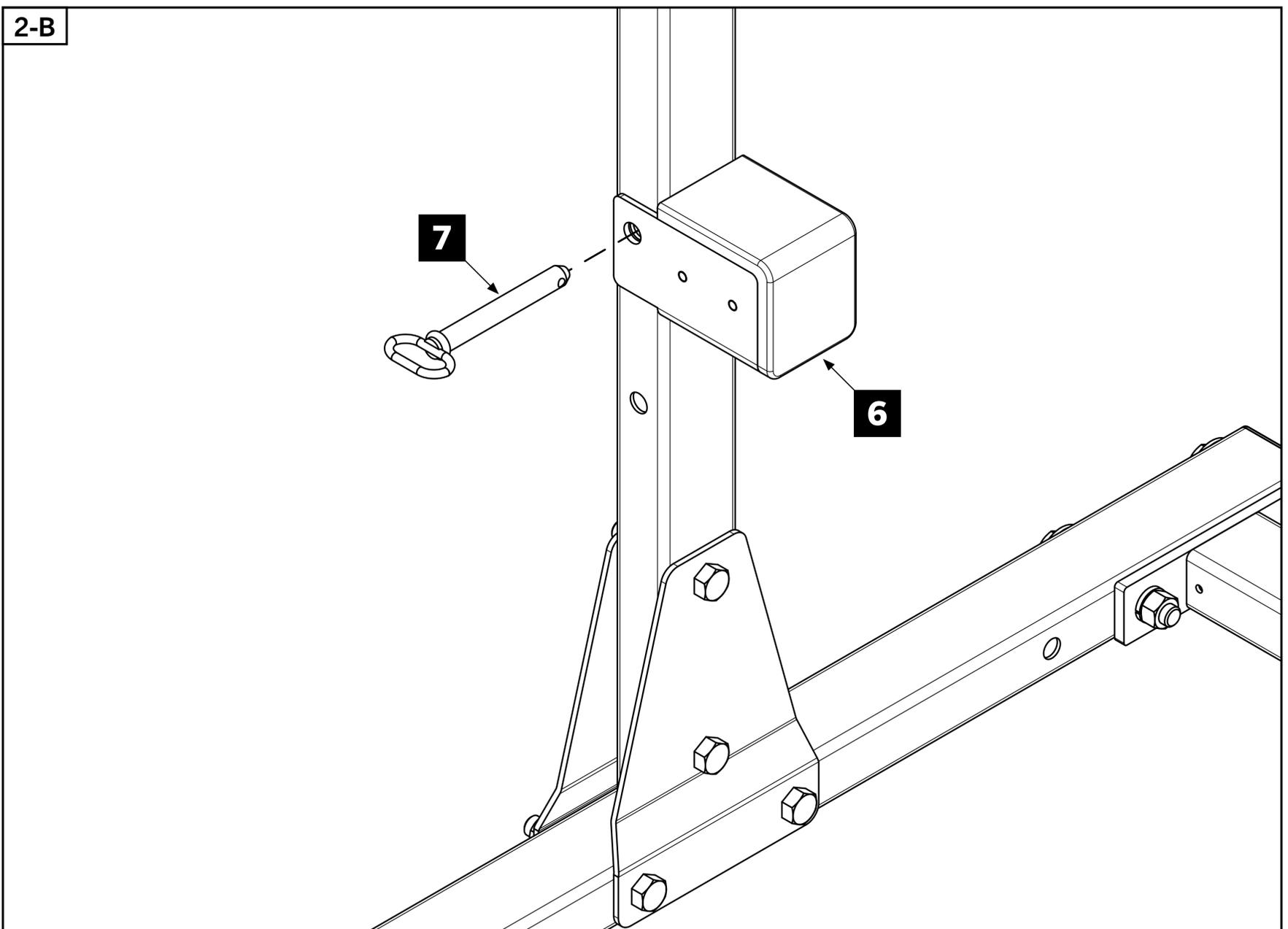
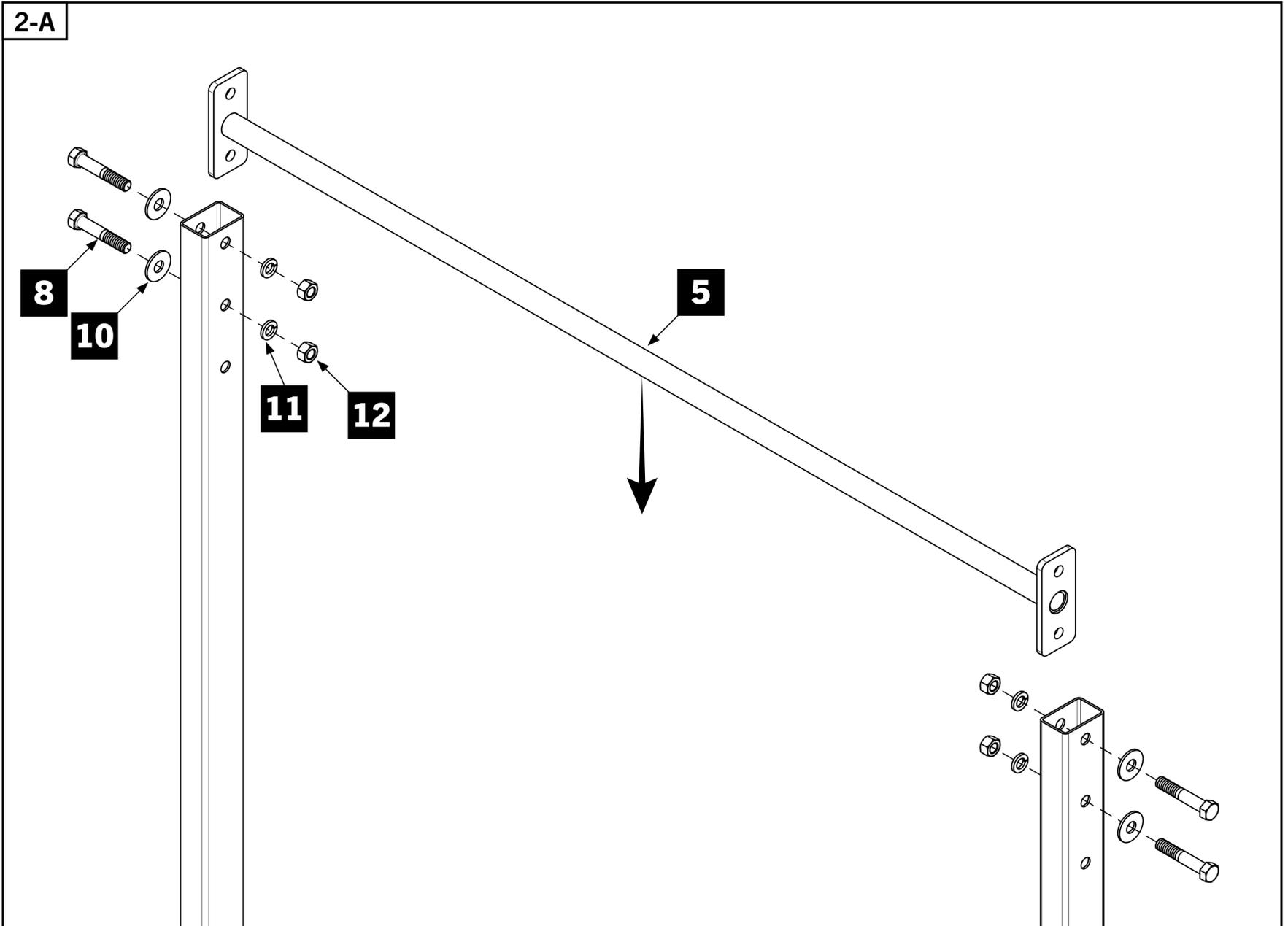
- Insert Upright Tubes [3] into Triangle Plates [4] and secure using 5/8" x 3.5" Hex Bolts [8], 5/8" Lock Washers [11], and 5/8" Hex Nuts [12].



STEP 2

- Install the Pull Up Bar [5] on the Upright Tubes [3] at the desired height using 5/8" x 3.5" Hex Bolts [8], 5/8" Flat Washers [10], 5/8" Lock Washers [11], and 5/8" Hex Nuts [12].
- The highest mounting location will put the Pull Up Bar [5] center at 90" and the lower at 86" from the floor.
- Tighten all hardware.

- Install the Pull Up Step [6] on the desired Upright Tube [3] and at the desired height using the Detent Pin [7].
- The top mounting hole will put the top of the Pull Up Step [6] 24" off the floor and the lower mounting hole at 18".
- **Note: Always ensure the Detent Pin is fully seated before each use.**



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**SCAN FOR
INSTRUCTIONS**



**IRON GAME
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