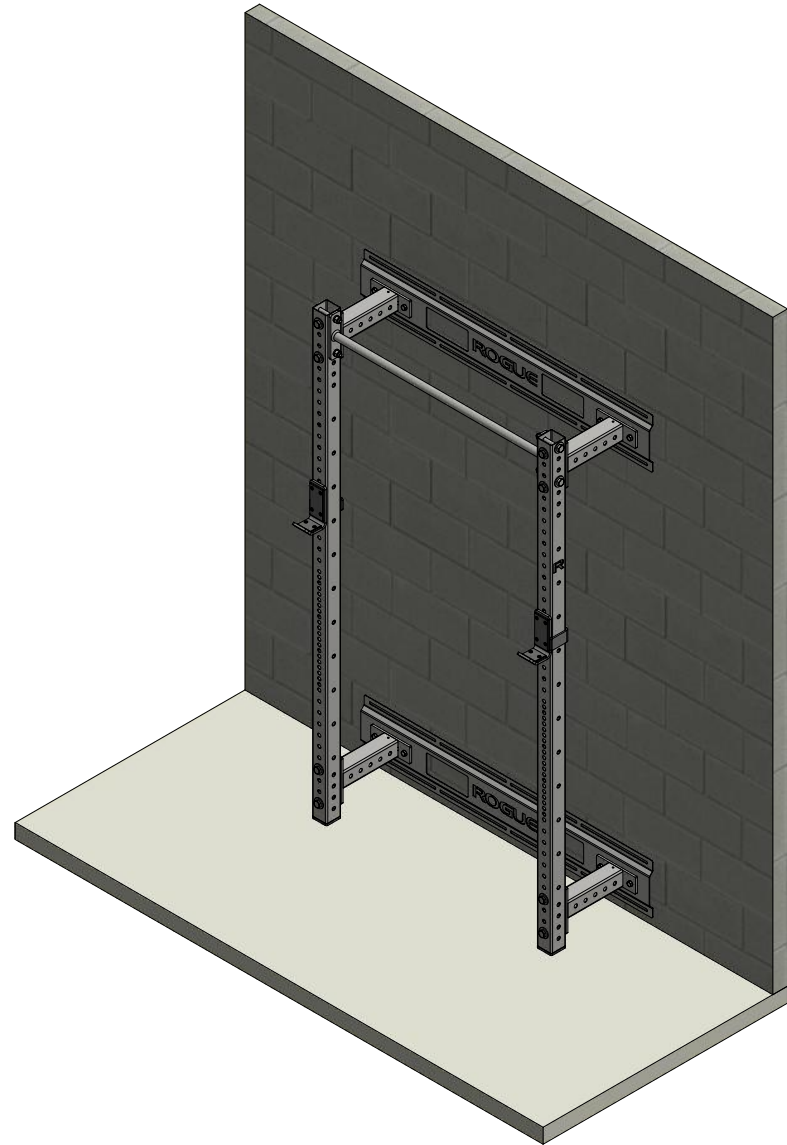


ROGUE

RML-90SLIM RACK (CROSSMEMBER)



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 proper 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.



**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

RML-90SLIM RACK (CROSSMEMBER)

PARTS LIST		
ITEM	QTY	DESCRIPTION
1	2	Monster Lite 90" Stick
2	4	ML Wall Mount Crossmember
3	2	UHMW 3x3 Foot
4	8	5/8" x 4.25" Hex Bolt
5	8 + 4	5/8" Flat Washer + (Pull Up Bar Add-on)
6	8 + 4	5/8" Lock Washer + (Pull Up Bar Add-on)
7	8 + 4	5/8" Hex Nut + (Pull Up Bar Add-on)
8	8	3/8" x 2-1/2" Lag Screw
9	8	3/8" Flat Washer
10	1	Monster Lite J-Cup Pair
11	1	X-431 - 43" Single Pull Up Bar (Add-on)
12	4	5/8" x 4.5" Hex Bolt (Add-on)

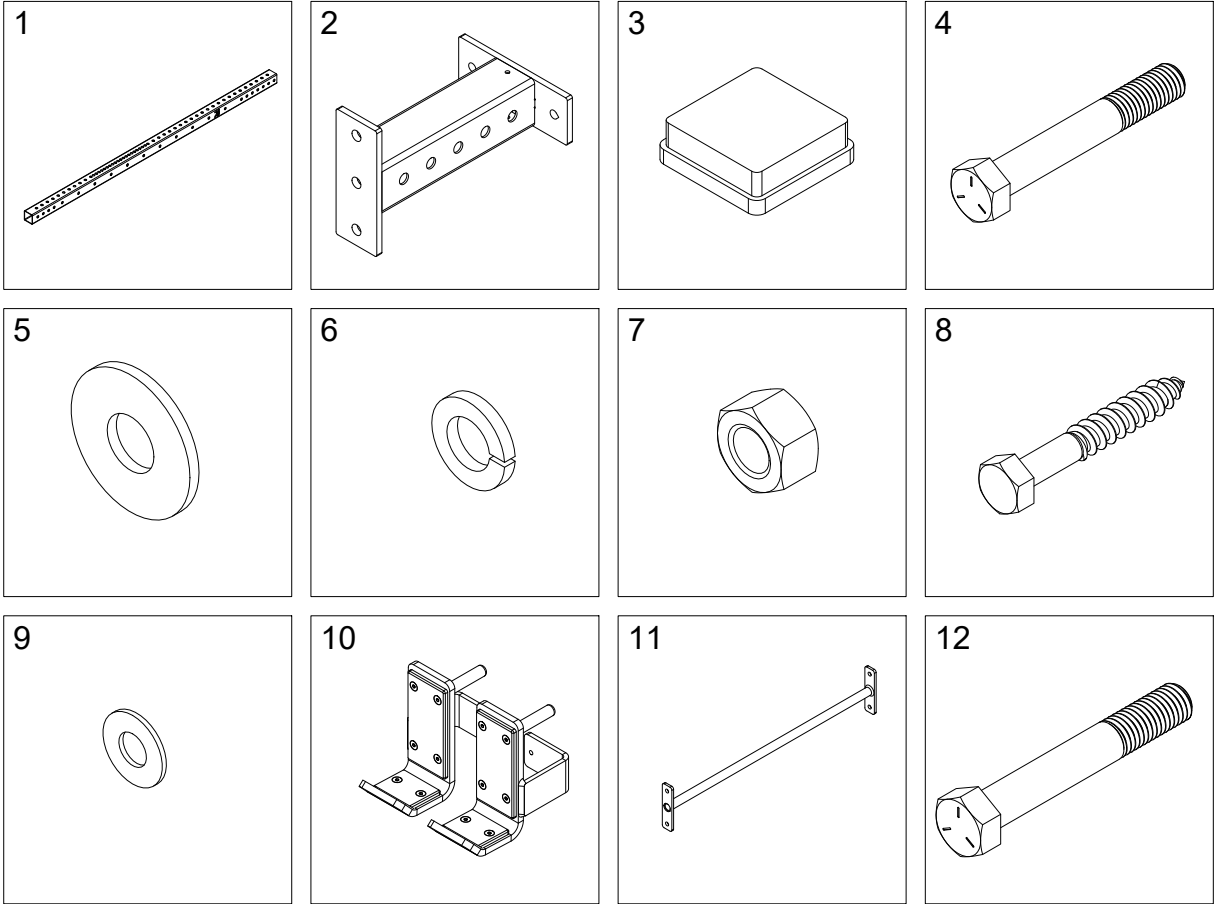
****ATTENTION****

IF USING THIS PRODUCT WITH THE "ROGUE STRINGER PAIR", REFERENCE THE STRINGER INSTRUCTIONS FOR MOUNTING HEIGHTS AND LOCATIONS.

INCLUDED PARTS

*NOTE: IMAGES NOT SHOWN TO SCALE

2 OF 5



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 proper 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!



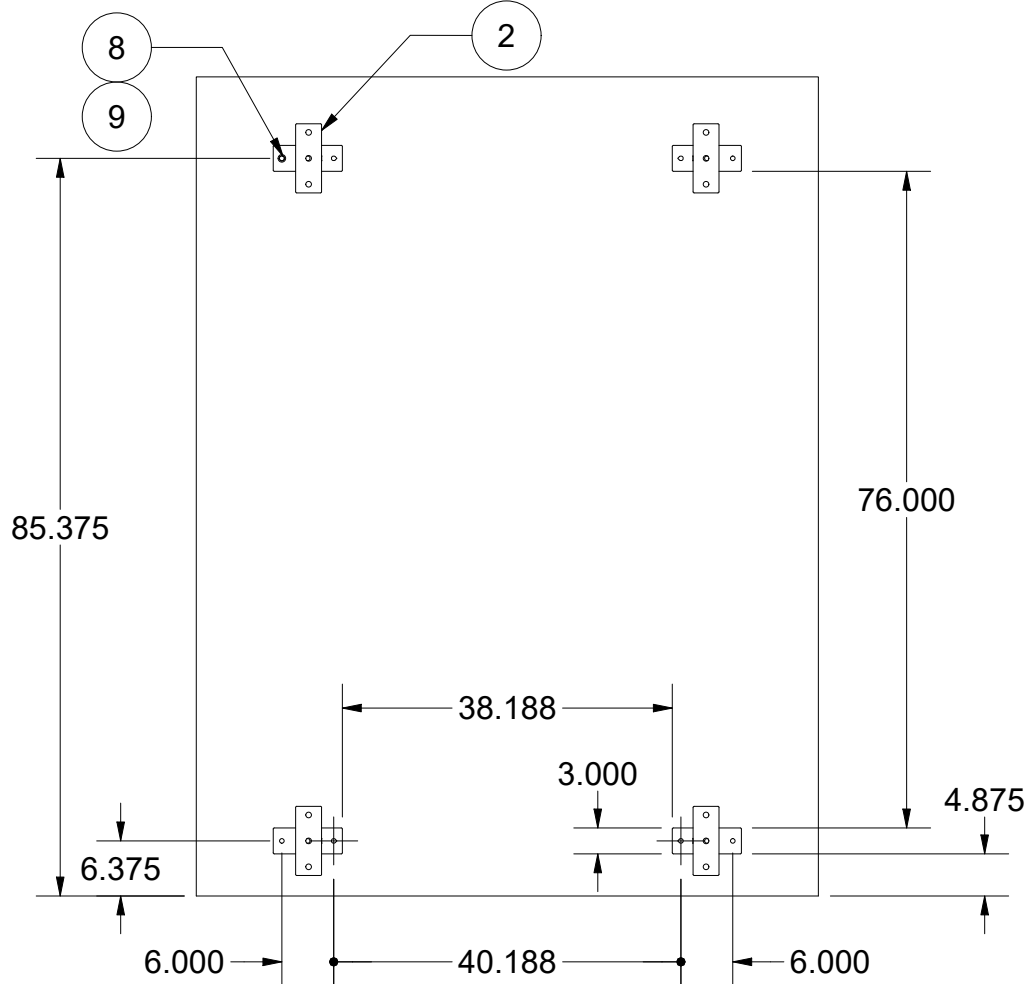
MISUSE OF THIS CAN RESULT IN
SEVERE INJURY

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

RML-90SLIM RACK (CROSSMEMBER)



ATTENTION

IT MAY BE BENEFICIAL TO TEST BUILD UPRIGHTS / CROSSMEMBERS AND MOCK UP SLIM RACK PLACEMENT ON THE WALL PRIOR TO DRILLING HOLES. DIMENSIONS SPECIFIED BELOW ASSUME A PERFECTLY LEVEL FLOOR. ANY VARIATION IN FLOOR SLOPE MAY RESULT IN SLIGHTLY DIFFERENT CROSSMEMBER MOUNTING LOCATIONS.

STEP 1:

SECURE THE WALL MOUNT CROSSMEMBERS (ITEM 2) TO THE WALL AS SHOWN USING 3/8" X 2.5" LAG SCREWS (ITEM 8) AND 3/8" FLAT WASHERS (ITEM 9). USE 15/64" DIA PILOT HOLES. (SEE PAGE 4 FOR CROSSMEMBER ORIENTATION)

IT IS **NEVER** RECOMMENDED TO INSTALL THE SLIM RACK ON A DRYWALL, WOOD OR METAL STUD WALL WITHOUT A STRINGER OR ADDITIONAL SUPPORT.

IMPORTANT:

THE HEIGHT DIMENSIONS CAN BE ADJUSTED IN 2" INCREMENTS IF YOU PREFER THE CROSSMEMBERS HIGHER OR LOWER.

THE UPRIGHT MUST BE FULLY SUPPORTED BY THE FLOOR WHEN THE UNIT IS INSTALLED.

NOTES:

1) 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 SLIM RACK IN A LOCATION AND WITH HARDWARE CAPABLE OF SUPPORTING THE AGGREGATE WEIGHT OF THE RACK AND ALL GEAR MOUNTED OR STORED ON IT, AND ANY PERSON USING IT.

2) **TEST UNIT FOR STABILITY BEFORE EACH USE.**

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 proper 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

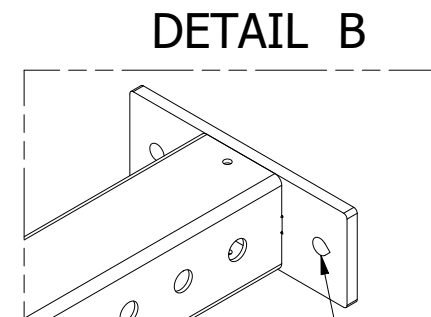
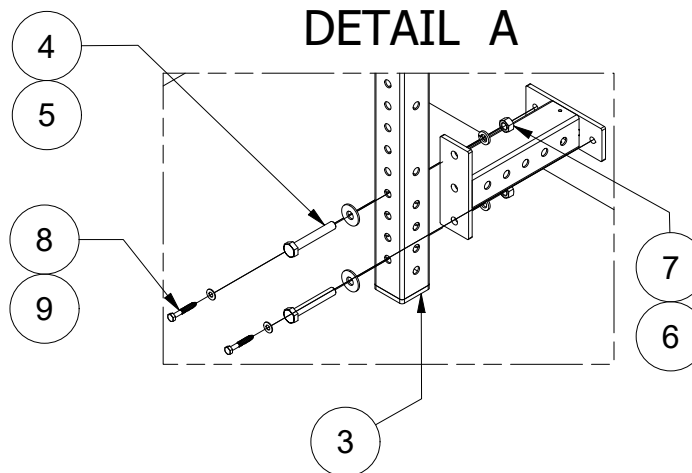
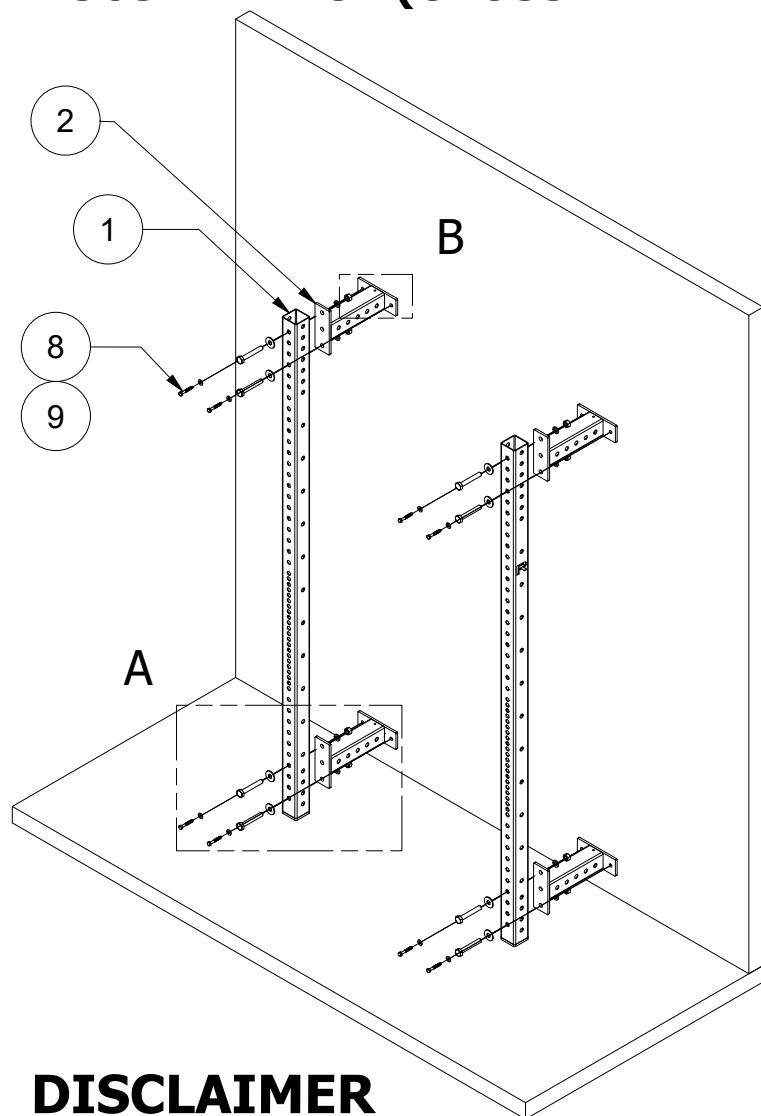
BOTH ROGUE FITNESS AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRANTIES OR MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USE OF EQUIPMENT.

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

ROGUE

RML-90SLIM RACK (CROSSMEMBER)

4 OF 5



****TEAR DROP HOLE NEEDS TO FACE THE INSIDE OF THE RACK ON BOTH SIDES****

STEP 2:

INSERT THE UHMW 3X3 FOOT (ITEM 3) INTO THE BOTTOM OF EACH MONSTER LITE 90" STICK (ITEM 1). **SEE DETAIL A.**

ATTACH THE MONSTER LITE 90" STICKS TO THE WALL MOUNT CROSSMEMBERS (ITEM 2) USING 2 OF THE FOLLOWING FOR EACH BRACKET: 5/8" X 4.25" HEX BOLTS (ITEM 4), 5/8" FLAT WASHER (ITEM 5), 5/8" LOCK WASHER (ITEM 6), AND 5/8" HEX NUT (ITEM 7)

NOTES:

1) ENSURE THAT THE MONSTER LITE 90" STICKS ARE SUPPORTED BY THE FLOOR BEFORE USE.

2) ENSURE THAT THE MONSTER LITE 90" STICKS ARE LEVEL FRONT-TO-BACK AND SIDE-TO-SIDE

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 proper 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

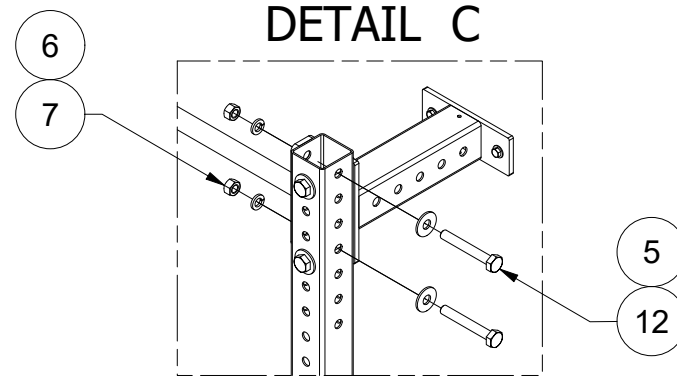
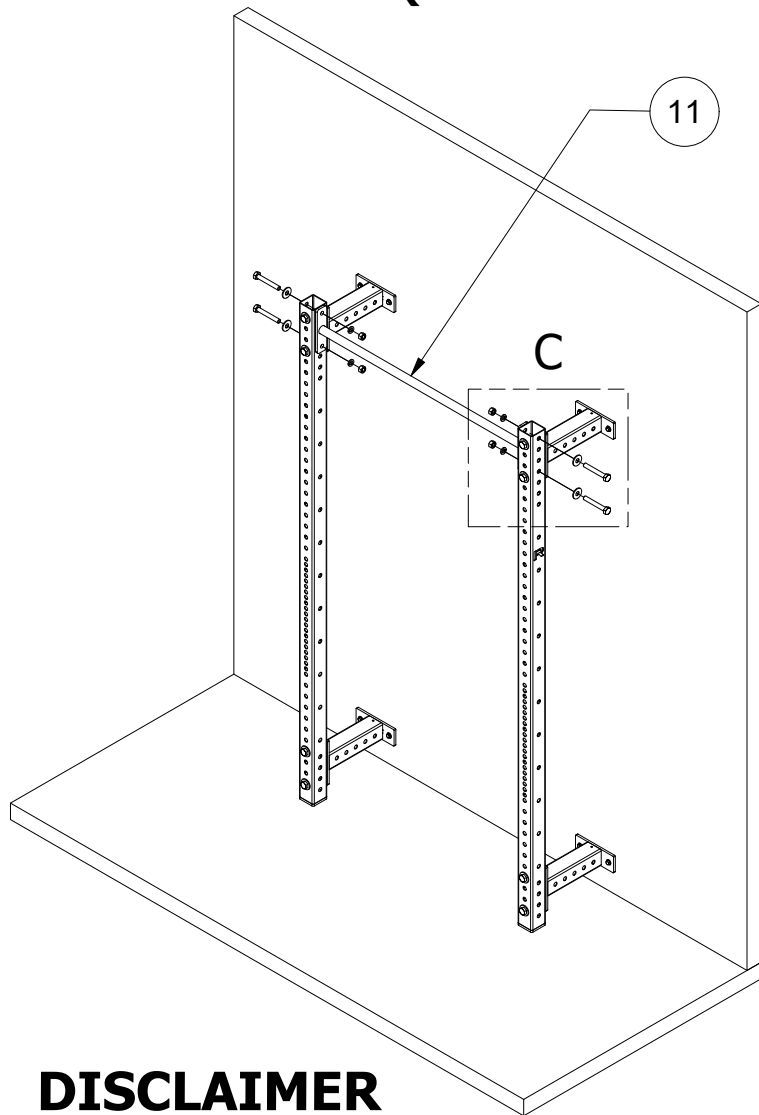
BOTH ROGUE FITNESS AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRANTIES OR MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USE OF EQUIPMENT.

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

ROGUE

RML-90SLIM RACK (CROSSMEMBER)

5 OF 5



STEP 3: (ADD-ON)

ATTACH 43" PULL UP BAR (ITEM 11) AT DESIRED HEIGHT USING 5/8" X 4.5" HEX BOLT (ITEM 12), 5/8" FLAT WASHER (ITEM 5), 5/8" LOCK WASHER (ITEM 6), AND 5/8" HEX NUT (ITEM 7). **SEE DETAIL C.**

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 proper 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