

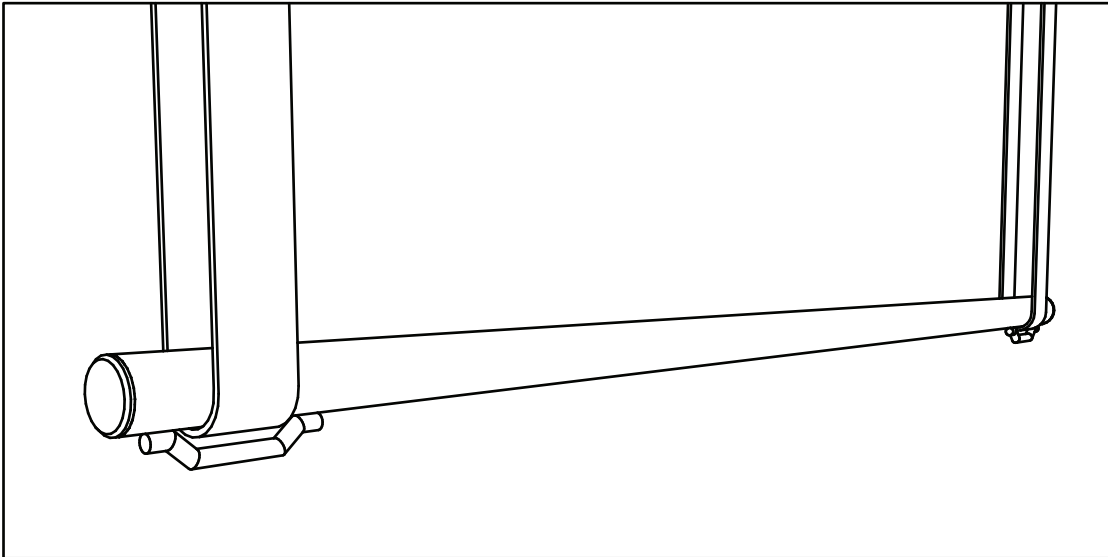
# ROGUE

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INDIVIDUAL PULL-UP SYSTEM CUSTOMER INSTRUCTIONS (SHEET 1)  
SEE SHEET 2 FOR STRAP GUIDELINES AND SAFETY NOTES

## RIGGING INSTRUCTIONS:

- 1) Throw buckle over non-abrasive anchoring point
- 2) Bring non-buckle end of strap under the pull-up bar through the welded tab.  
**\*Note pull-up bar orientation relative to strap in image below\***
- 3) Press cam buckle lever in and bring strap through back of buckle. The excess strap will be going towards anchoring point.
- 4) Press cam buckle lever in and adjust height of rings/ pullup bar. Test that strap is secure prior to performing any movements.
- 5) Slide cam buckle away from rings/pullup bar.
- 6) Fold excess and secure with Velcro.
- 7) Start enjoying pull-ups, muscle-ups, dips, pushups and gymnastics movements.



SEE PAGE 2  
FOR STRAP  
GUIDELINES

**PULLUP BAR SHOULD BE RESTING DIRECTLY ON THE STRAP. THE WELDED TABS ARE DESIGNED TO KEEP THE STRAPS IN PLACE AND SHOULD NOT BE USED TO SUPPORT THE WEIGHT OF THE PULL-UP BAR AND/OR THE USER.**

## DISCLAIMER

Resistance training, gymnastics training, and activities at height are potentially dangerous and may lead to serious 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 person, or under the direct and visual control of a competent and responsible person. Obtaining instructions 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 installation or 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**

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# PRODUCT SAFETY INFORMATION

At Rogue we want to make sure that we deploy the safest products possible and provide our users with the best safety protocols we have available. Gymnastic ring straps are wear and tear items so inspection and disposal are imperative. We would like to offer the following safety protocols:

## PRE RIGGING INSPECTION:

1) All rigging must be checked prior to each use - Not doing these safety checks can lead to serious injury or death



STRAP IS FREE FROM DAMAGE OR WEAR

Check all stitching points for frayed or broken stitching. Look for discolorations, "glazed" sections, or stiff sections. This includes checking for frayed strap material or visible abrasion such as fused fibers or cut strands.



BUCKLE OR CLASP IS FUNCTIONAL

Check to make sure that buckle sets firmly on strap and there is no visible damage to the springs or excessively worn teeth in mechanism.

2) All anchoring points for rigging must not have an abrasive surface or edge - Not doing these safety checks can lead to serious injury or death



CHECK ANCHORING POINT FOR SMOOTH SURFACE

Make sure the surface you are putting the strap over or through is smooth - if the surface is abrasive it will break the straps.

### CHECK ANCHORING POINT TO MAKE SURE THERE IS NO EDGE

Make sure the contact point for the strap is a large surface with radius - avoid shearing surfaces and sharp edges

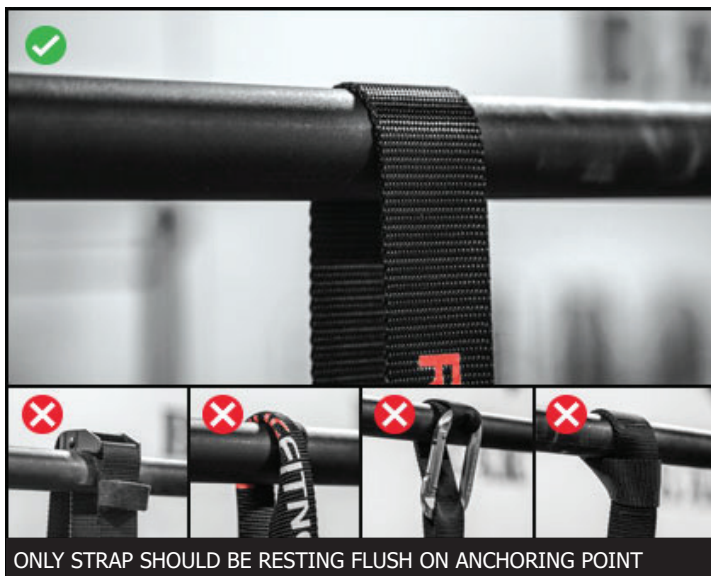
### CHECK STRENGTH OF ANCHORING POINT

Make sure the anchoring point is strong enough to support both static and dynamic loads

### CHECK STRAP FOR DRY ROT OR SUN DETERIORATION

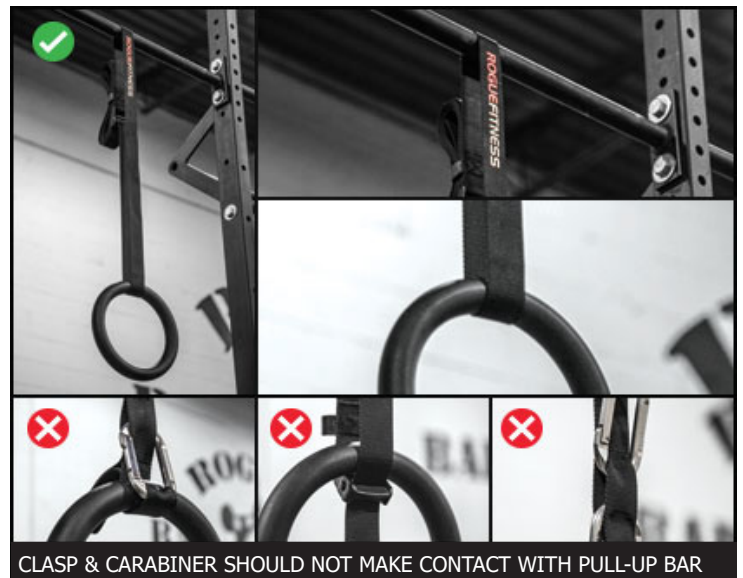
Do not leave straps in direct sunlight, exposed to weather, and always store straps in a clean and dry environment

3) Do not use gymnastic straps or pull-up bar for purposes not intended for. Straps should ONLY be anchored to or through an appropriate anchoring point.



ONLY STRAP SHOULD BE RESTING FLUSH ON ANCHORING POINT

4) Make sure you are rigging the straps per the instructions



CLASP & CARABINER SHOULD NOT MAKE CONTACT WITH PULL-UP BAR