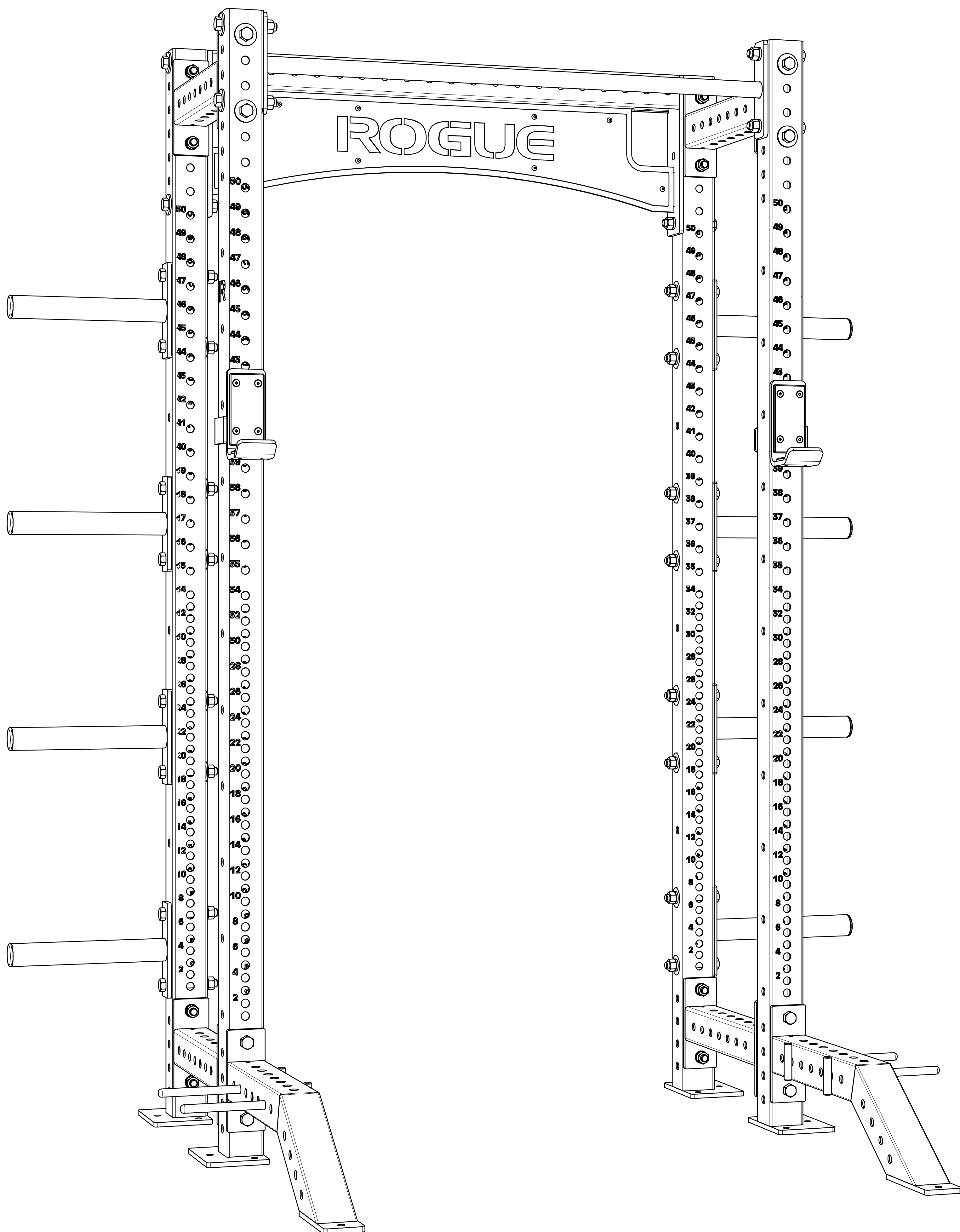


# ROGUE®

# ML HALF RACK



## **⚠ 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.

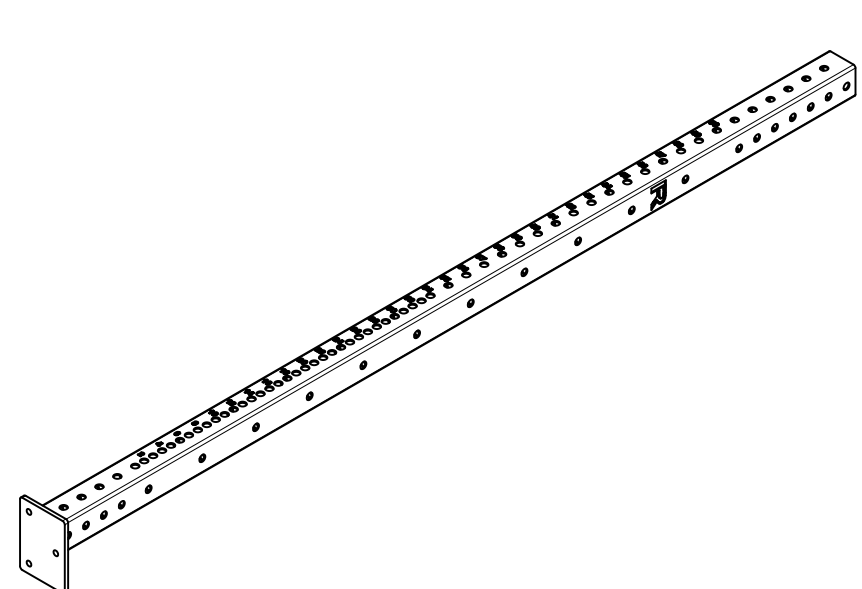
### **WARNING:**

**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: RML-HR FULL RACK

Note: Images not shown at scale.

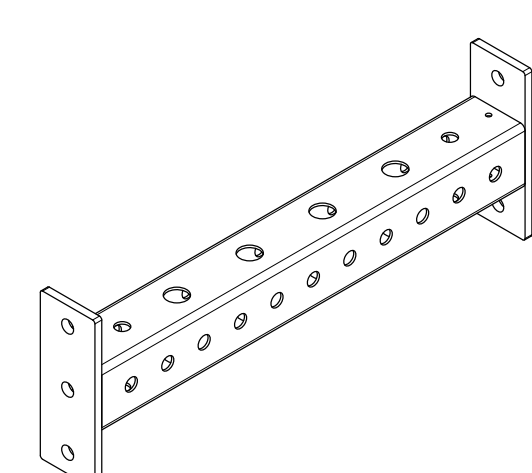
**1** Qty: **4x**



90" or Monster Lite Up-right

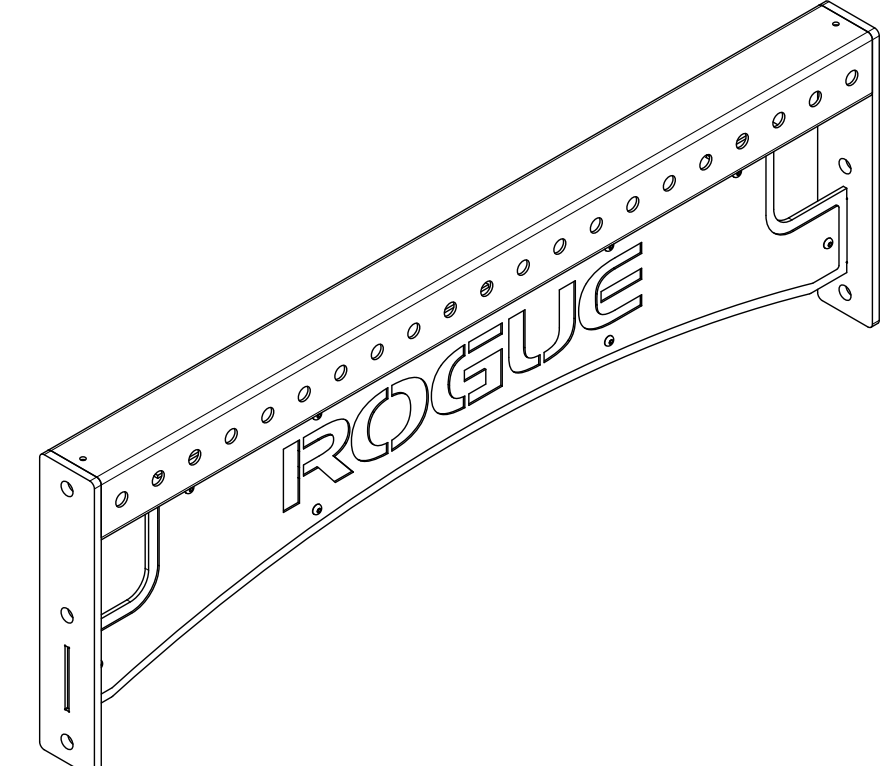
**2** Qty: **4x**

\*



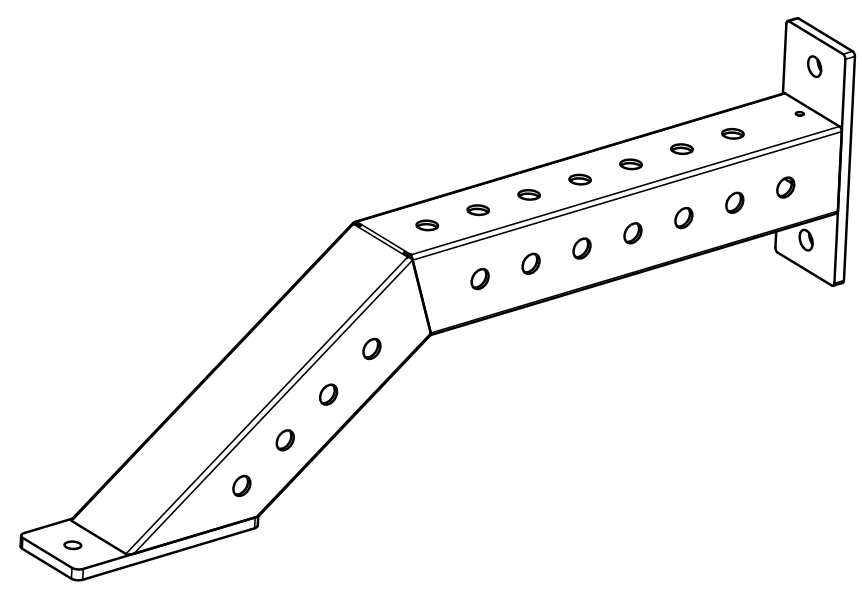
Crossmember

**3** Qty: **1x**



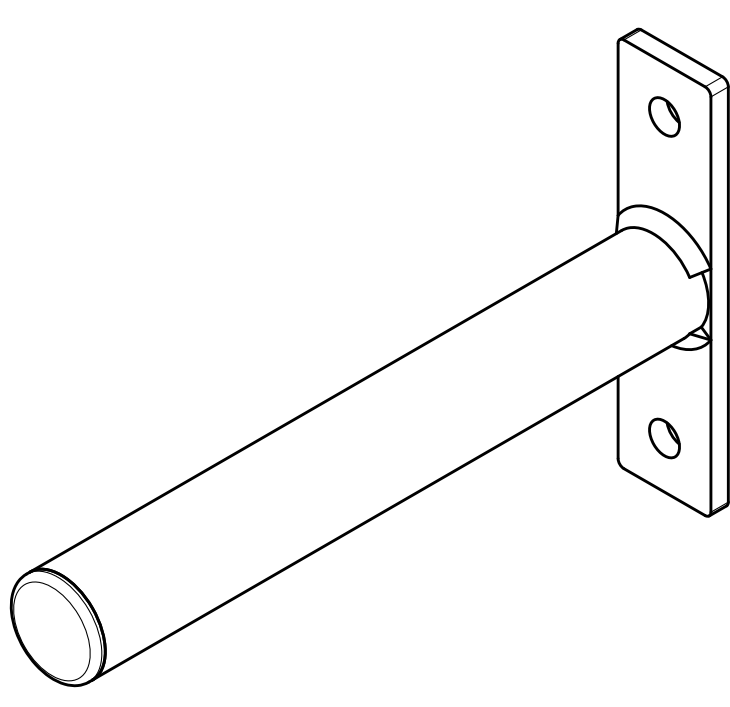
Nameplate Crossmember

**4** Qty: **2x**



Half Rack Foot

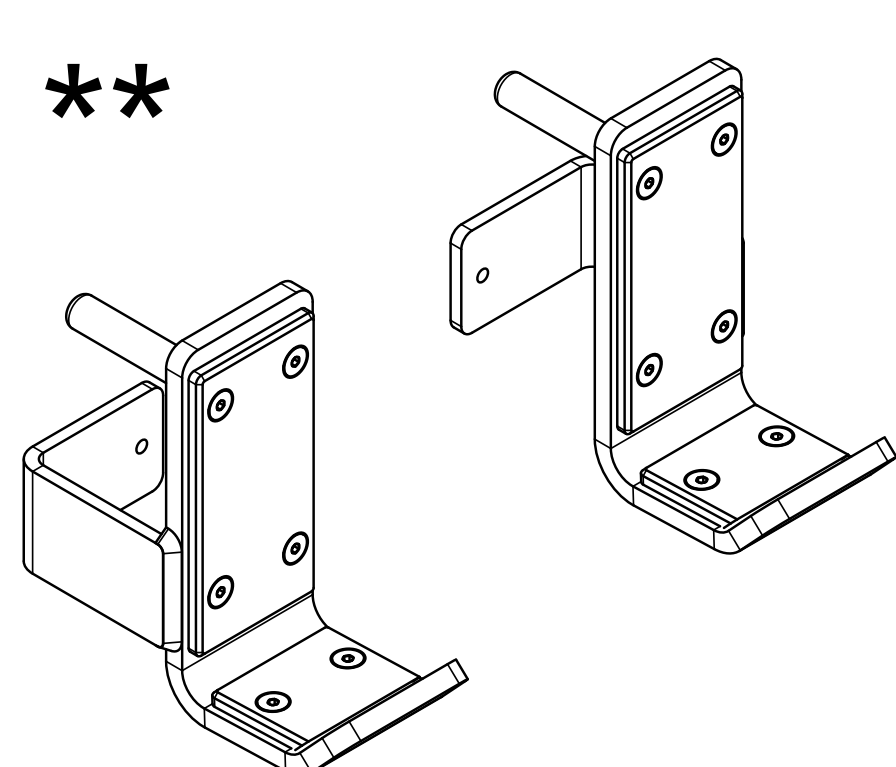
**5** Qty: **8x**



Monster Lite Plate Storage Pin

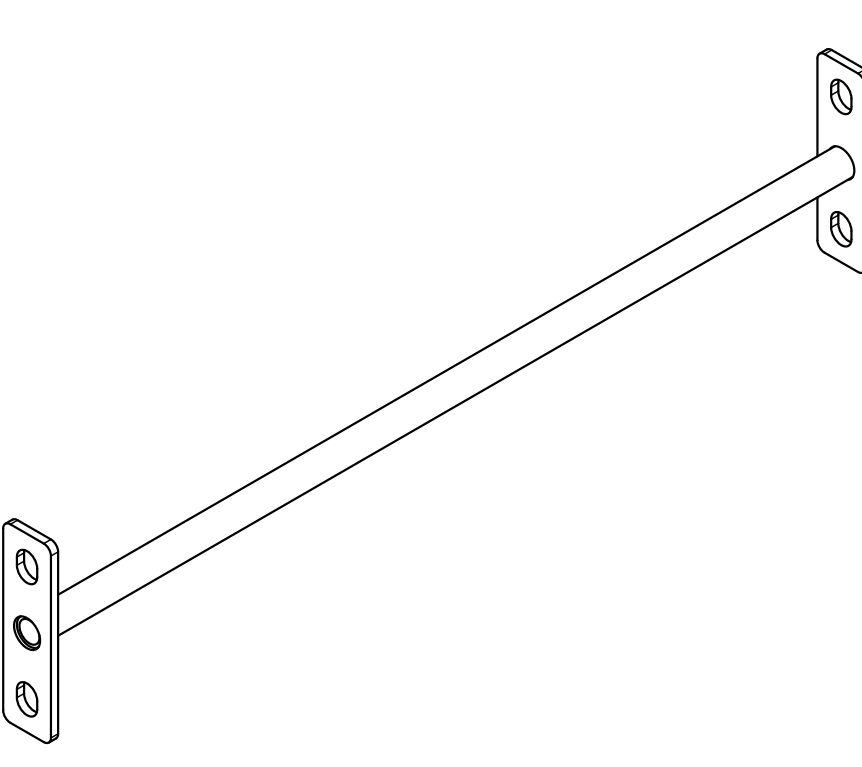
**6** Qty: **1x**

\*\*



Pair of Monster Lite J-cups

**7** Qty: **1x**



43" Single Pull Up Bar

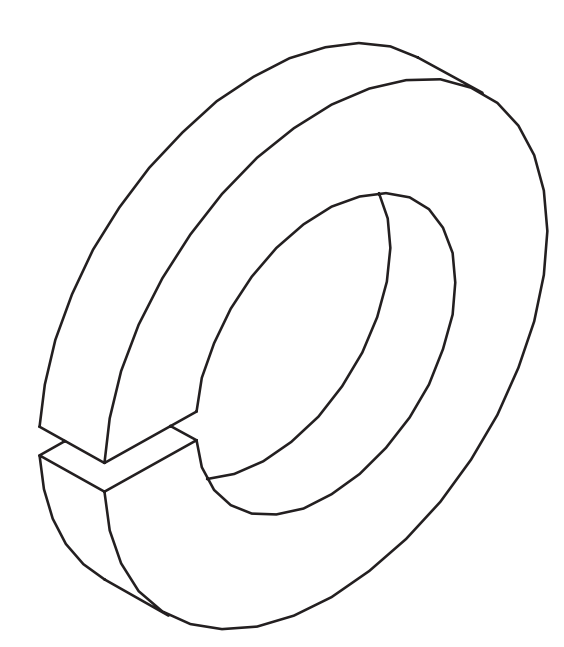
**8** Qty: **36x**

\*\*\*



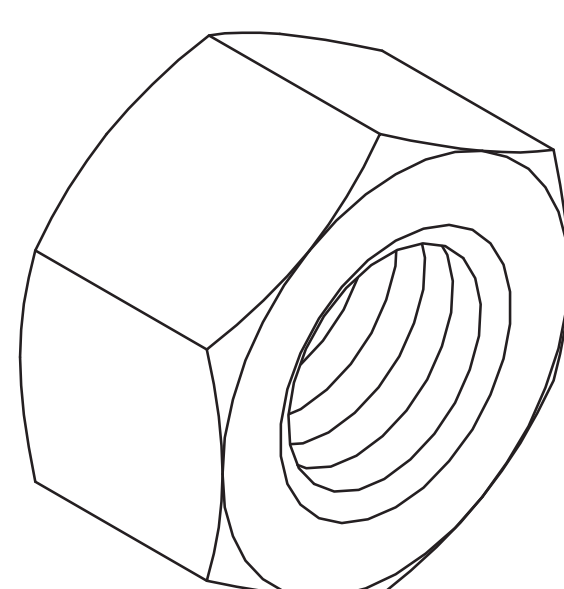
5/8" Flat Washer

**9** Qty: **40x**



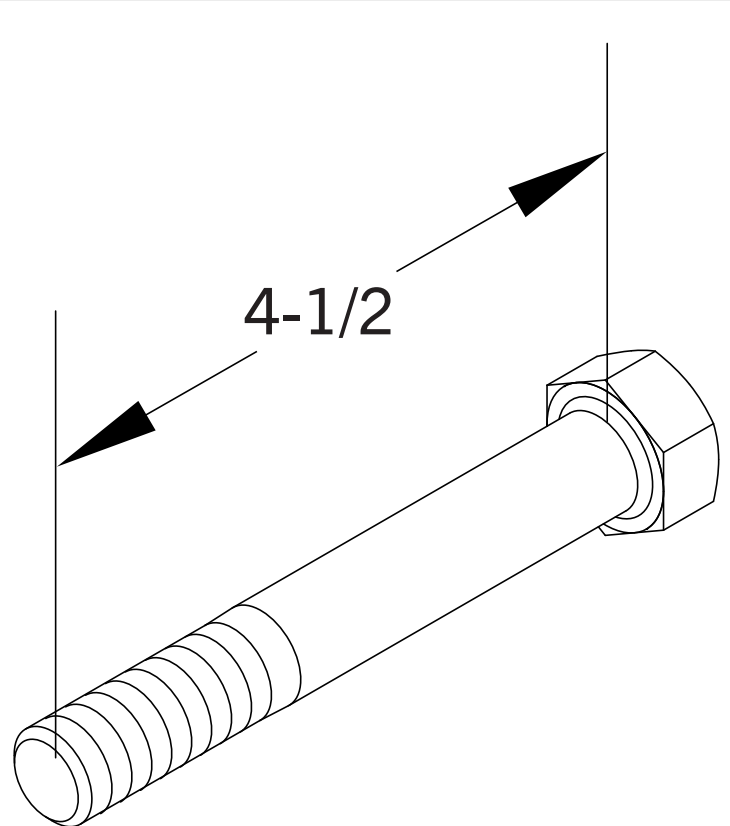
5/8" Lock Washer

**10** Qty: **40x**



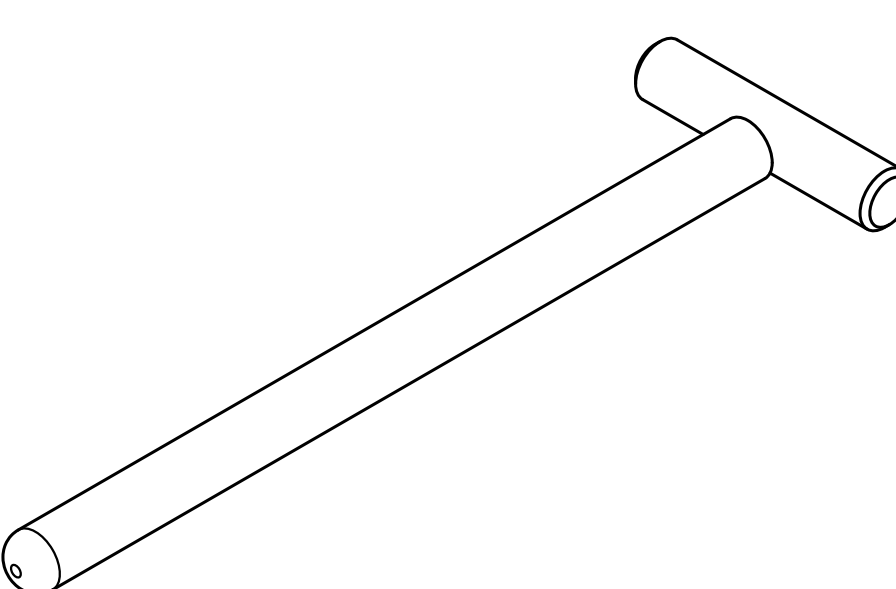
5/8" Hex Nut

**11** Qty: **40x**



5/8" x 4-1/2" Hex Bolt

**12** Qty: **4x**



Monster Lite Band Peg

\* Length depends on selection made at checkout.

\*\* Items may look different than drawings shown. Style depends on selection made at checkout.

\*\*\* Extra hardware will be left over.

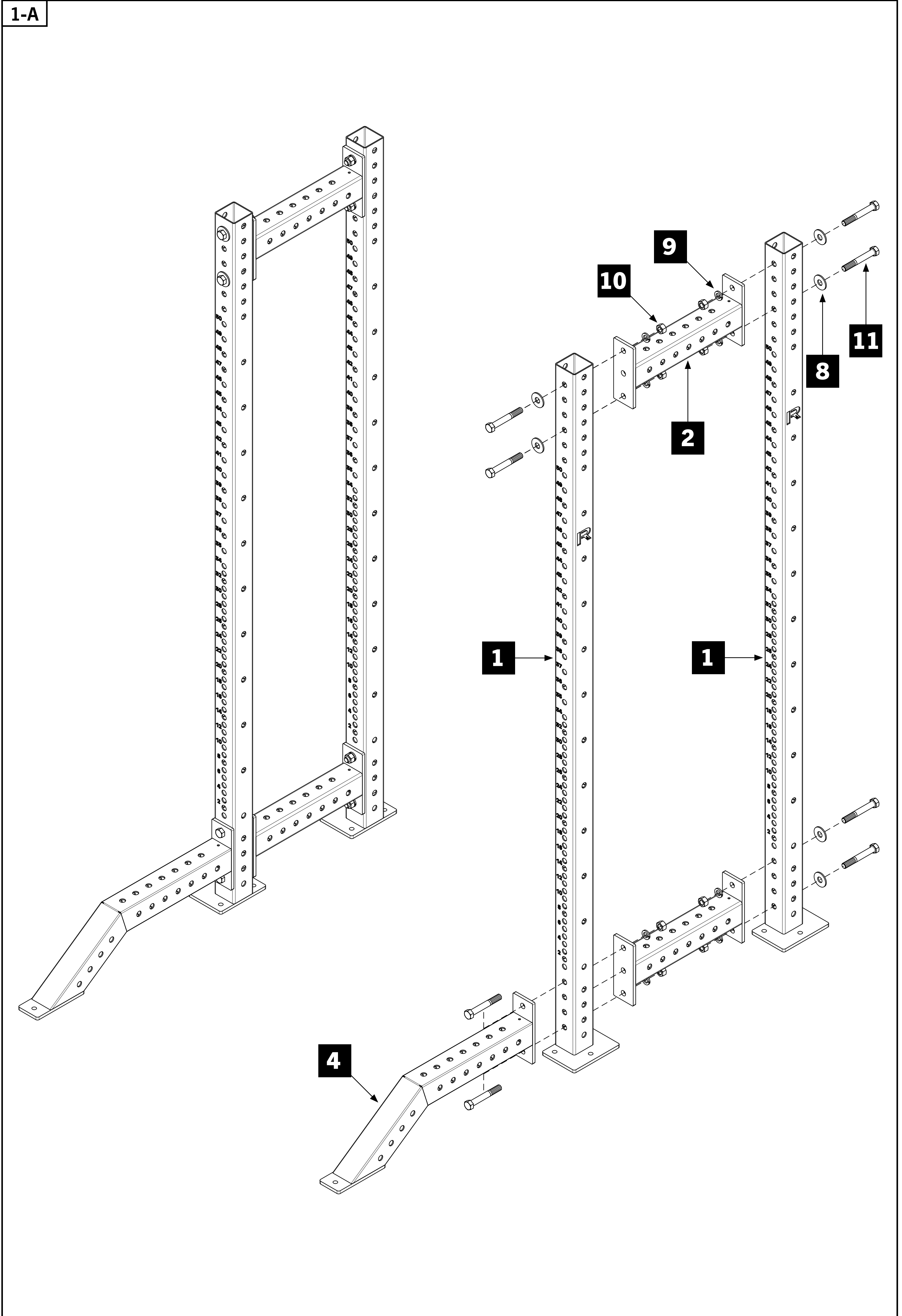
# STEP 1

- Attach Angled Front Foot [4] and the Crossmembers [2] to the Monster Lite Uprights [1] using 5/8" x 4-1/2" Hex Bolts [11], 5/8" Flat Washers [8], 5/8" Lock Washers [9], and 5/8" Hex Nuts [10].

- The side frames can be built laying flat on the ground.

- Space the side frames approximately 43 inches apart.

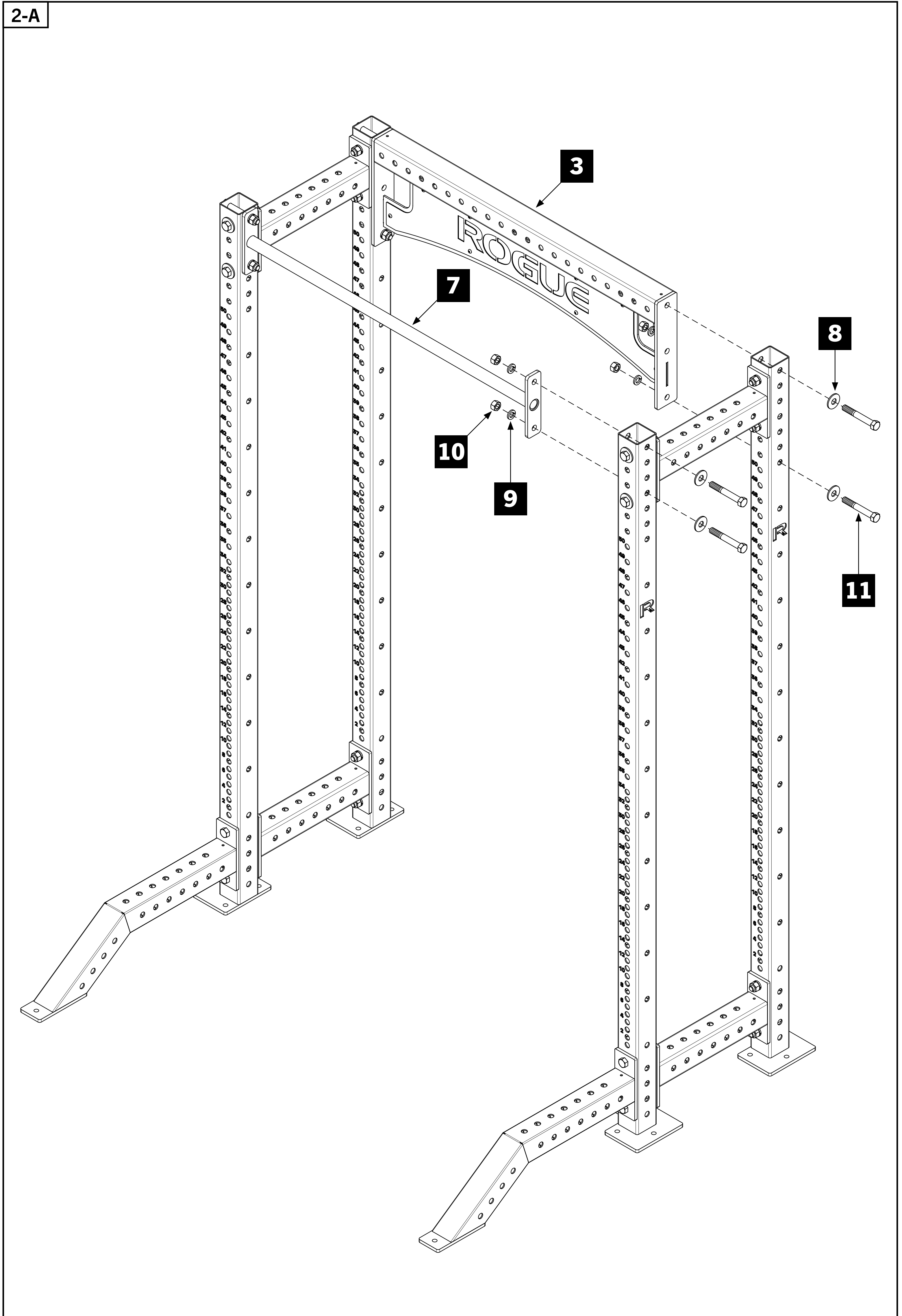
- Note the foot plate orientation on the uprights. Foot plates need to face outward.
- Do not fully tighten hardware.



## STEP 2

- With the help of 2-3 people, stand the Side Frames upright and attach the Nameplate Crossmember [3] and Pull-Up Bar [7] using 5/8" x 4-1/2" Hex Bolts [11], 5/8" Flat Washers [8], 5/8" Lock Washers [9], and 5/8" Hex Nuts [10].

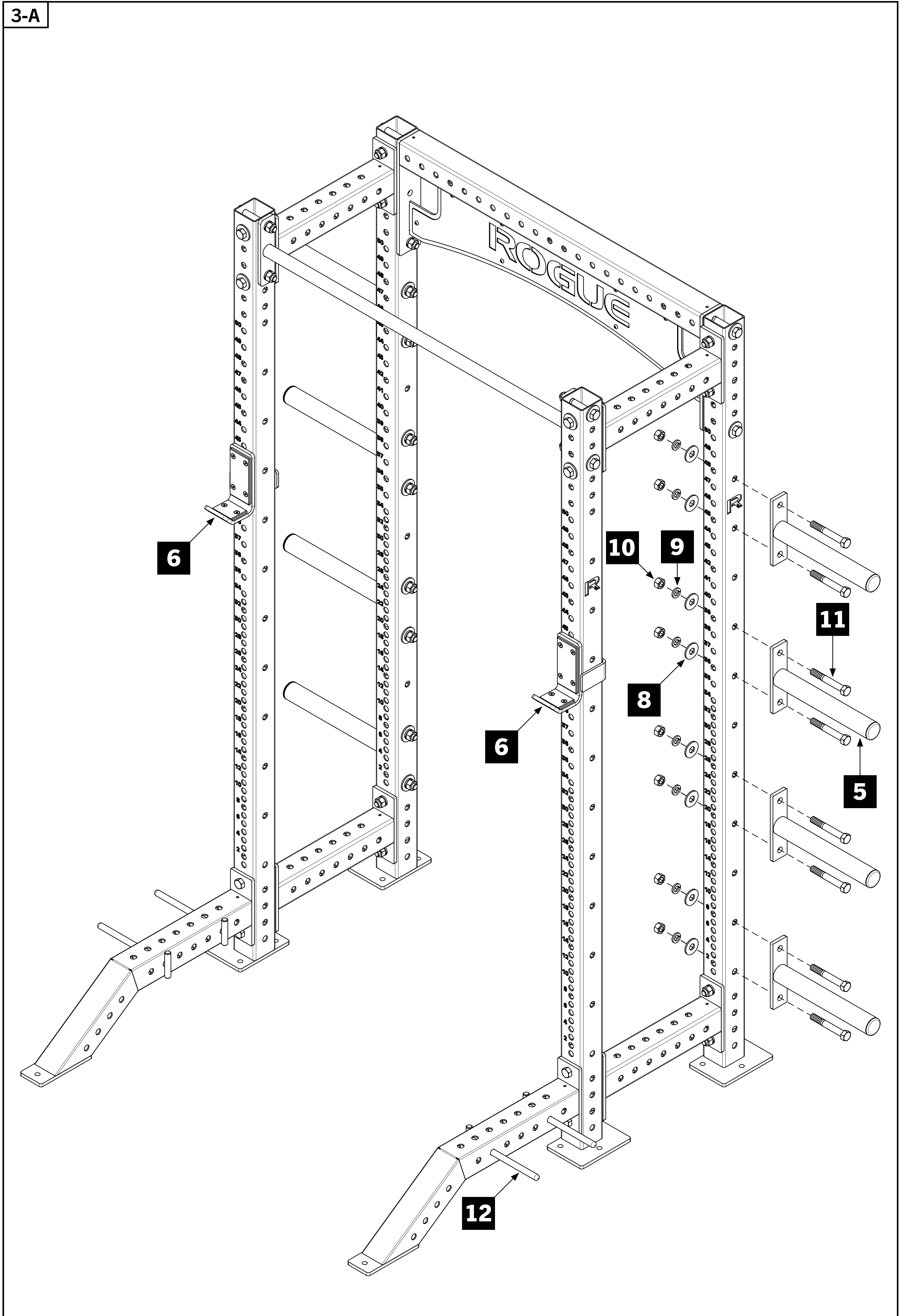
- After rack is fully assembled and in its final location, fully tighten all 5/8" Hardware.



# STEP 3

- Attach the Long Plate Storage Posts [5] to the rear Uprights [1] using 5/8" x 4-1/2" Hex Bolts [11], 5/8" Flat Washers [8], 5/8" Lock Washers [9], and 5/8" Hex Nuts [10].
- **FULLY TIGHTEN HARDWARE.**

- Install the J-Cups [6] and Band Pegs [12] in desired location.
- **Warning: Do not use Band Pegs [12] without the rack bolted to the floor.**



**ROGUE**



**SCAN FOR  
INSTRUCTIONS**



**IRON GAME  
PROGRAMMING**