

ROGUE

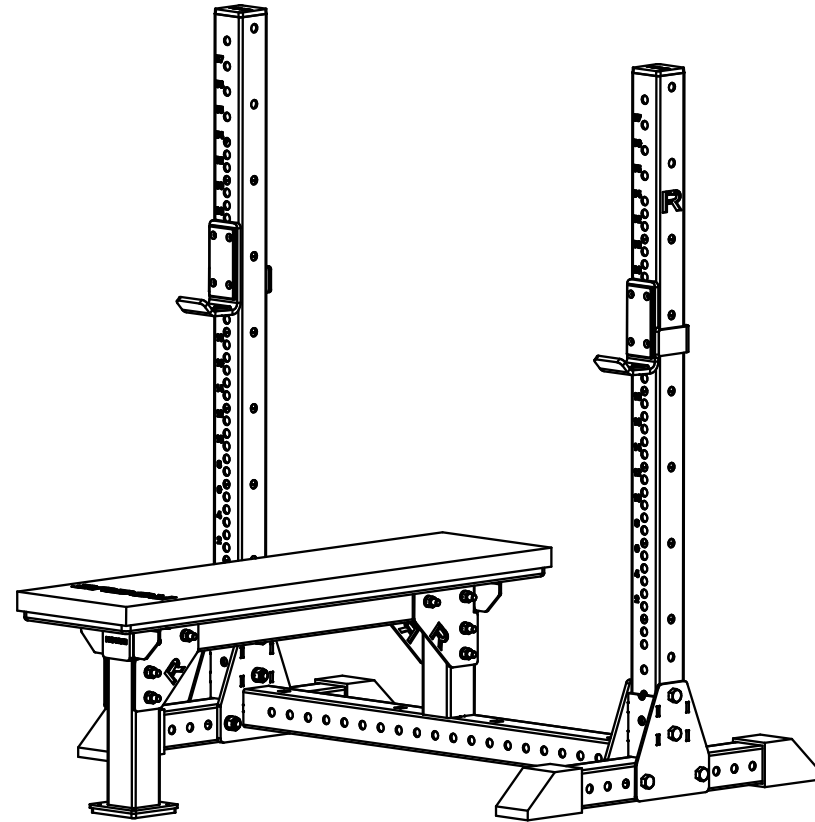
MONSTER LITE COMPETITION BENCH PRESS

GENERAL GUIDELINES:

- PLEASE READ THESE CUSTOMER INSTRUCTIONS THOROUGHLY PRIOR TO ASSEMBLING.

TOOLS REQUIRED:

- 15/16" Wrench/Socket
- 3/4" Wrench/Socket
- 9/16" Wrench/Socket



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.

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



MISUSE OF THIS CAN RESULT IN
SEVERE INJURY

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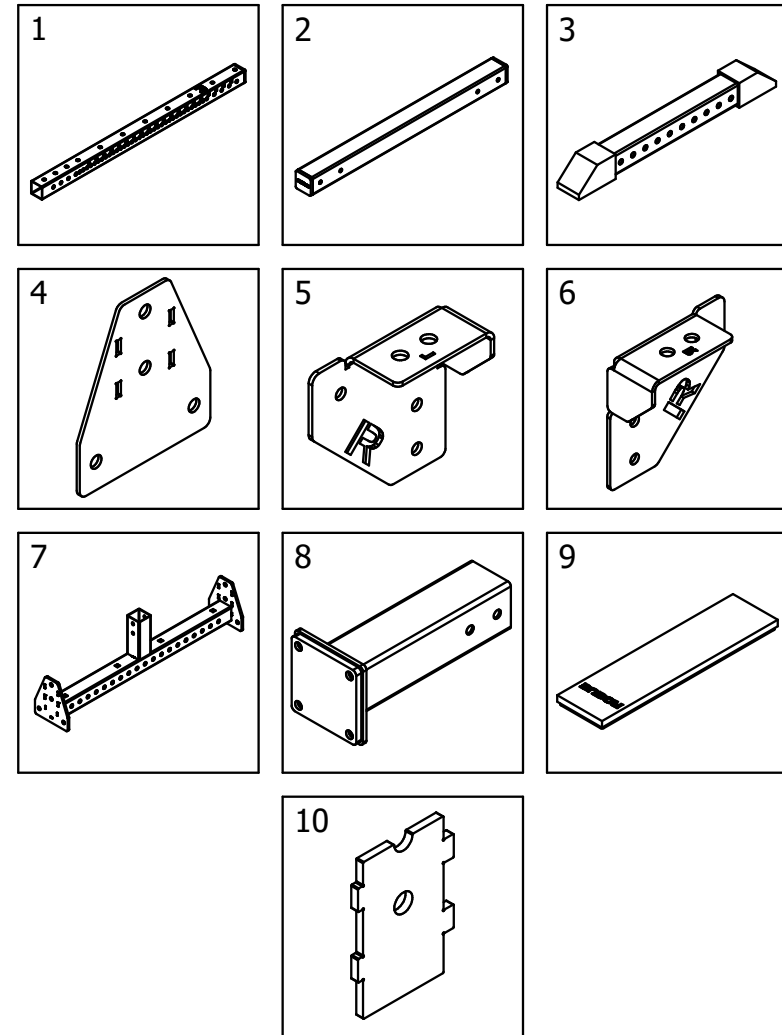
Rogue Fitness
545 E 5th Ave.
Columbus, Ohio 43201
614-358-6190
team@roguefitness.com

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INCLUDED PARTS
 *NOTE: IMAGES NOT SHOWN TO SCALE

| PARTS LIST | | |
|------------|-----|-----------------------|
| ITEM | QTY | PART NUMBER |
| 1 | 2 | Upright |
| 2 | 1 | Spine |
| 3 | 2 | Base Tube |
| 4 | 2 | Triangle Plate |
| 5 | 2 | Left Formed Bracket |
| 6 | 2 | Right Formed Bracket |
| 7 | 1 | Crossmember* |
| 8 | 1 | Front Foot* |
| 9 | 1 | Bench Pad* |
| 10 | 4 | Upright Support Plate |



* ITEMS MAY VARY DEPENDING UPON SELECTIONS MADE AT CHECKOUT

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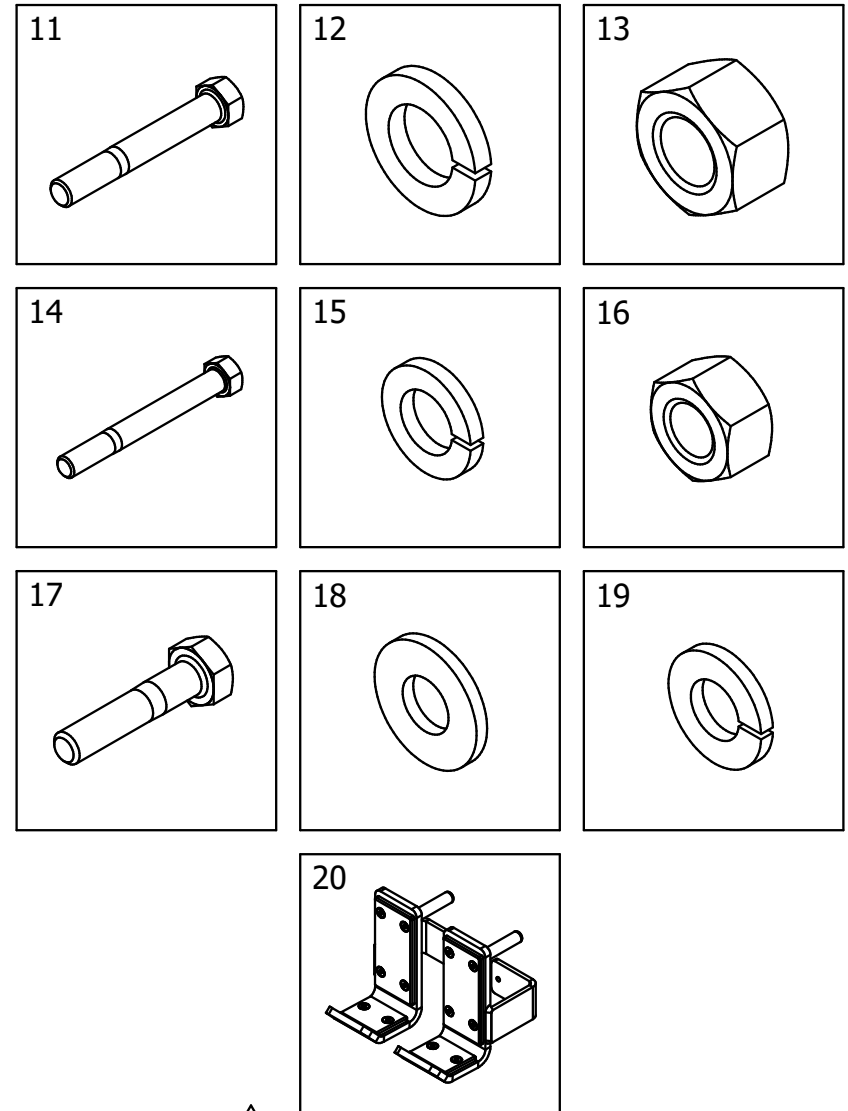
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| PARTS LIST | | |
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| ITEM | QTY | PART NUMBER |
| 11 | 8 | 5/8" x 4-1/2" Hex Bolt |
| 12 | 8 | 5/8" Lock Washer |
| 13 | 8 | 5/8" Hex Nut |
| 14 | 8 | 1/2" x 4-1/4" Hex Bolt |
| 15 | 8 | 1/2" Lock Washer |
| 16 | 8 | 1/2" Hex Nut |
| 17 | 4 | 3/8" x 1-1/4" Hex Bolt |
| 18 | 4 | 3/8" Flat Washer |
| 19 | 4 | 3/8" Lock Washer |
| 20 | 1 | J Cup Pair |



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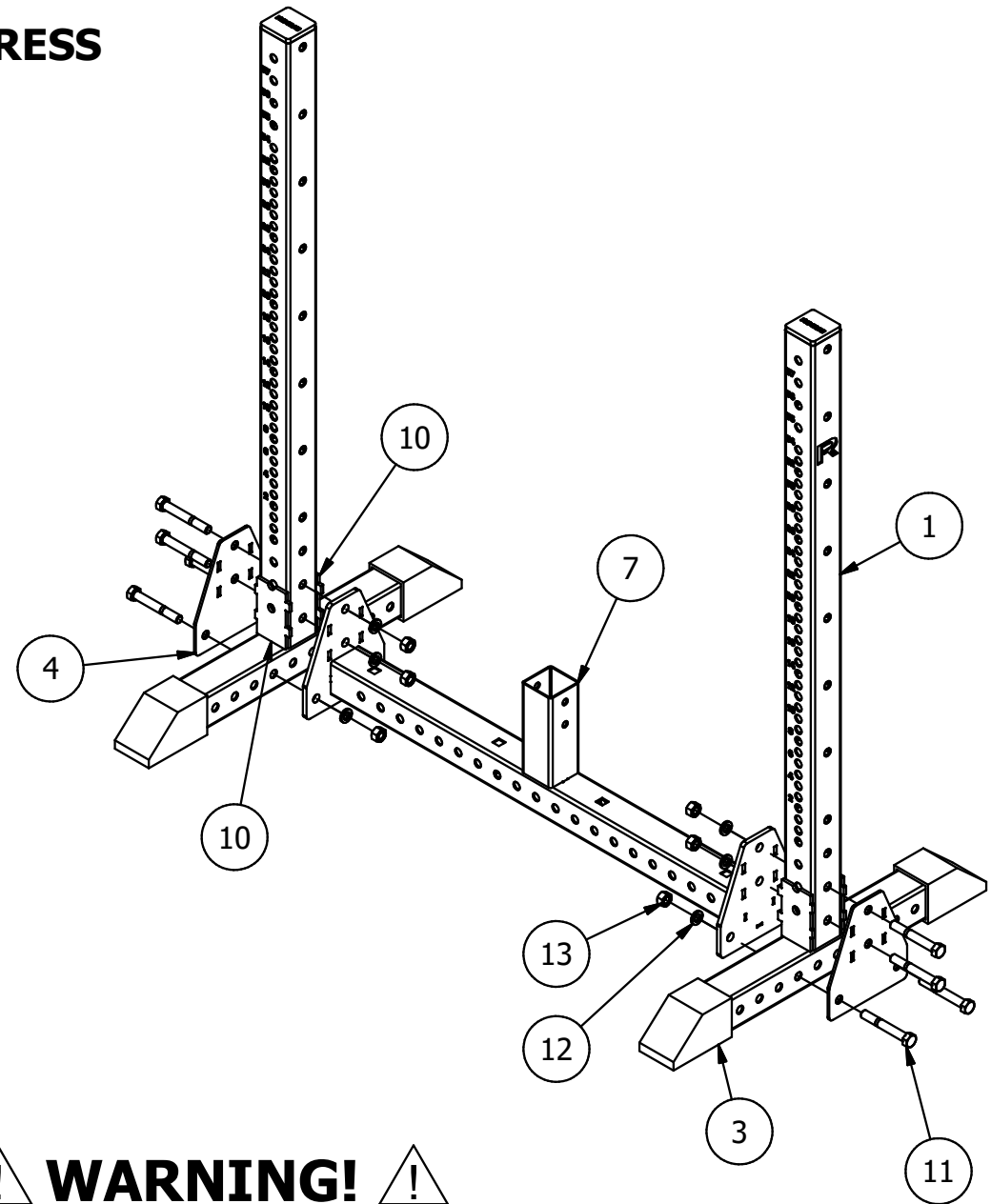
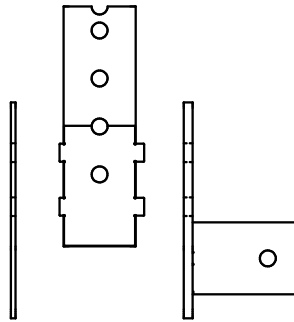
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STEP 1: Connect the Uprights, Base Tubes, and Crossmember, using the Triangle Plates, Upright Support Plates, 5/8" x 4-1/2" Hex Bolts, 5/8" Lock Washers, and 5/8" Hex Nuts.
(Loosely Hand Tighten Hardware)

NOTE:

Ensure orientation of Upright Support Plates is correct. Larger tabs should go on Crossmember side, shorter tabs on Triangle Plate side.



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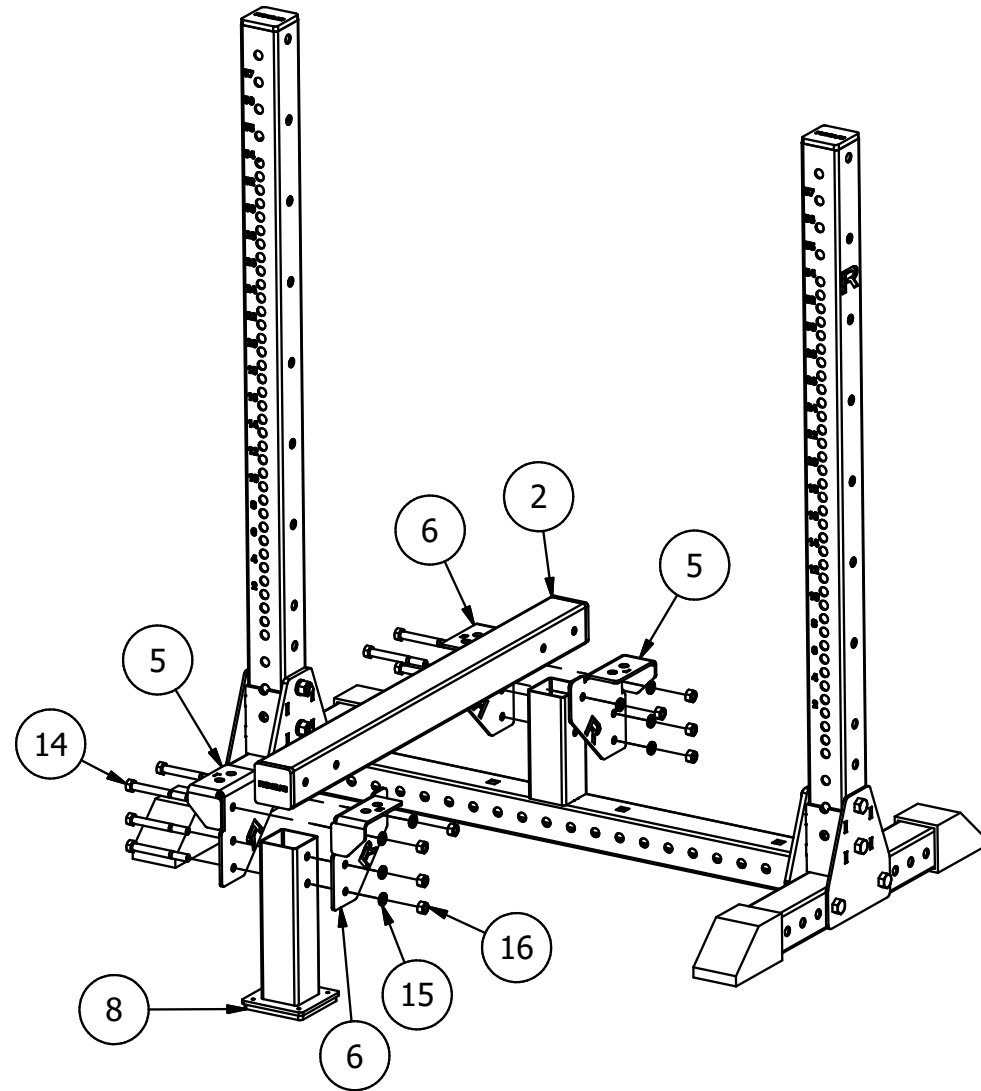
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STEP 2: Connect the Spine to the Crossmember and Front Foot using the Left and Right Formed Brackets, 1/2" x 4-1/4" Hex Bolts, 1/2" Lock Washers, and 1/2" Hex Nuts.
(Loosely Hand Tighten Hardware)



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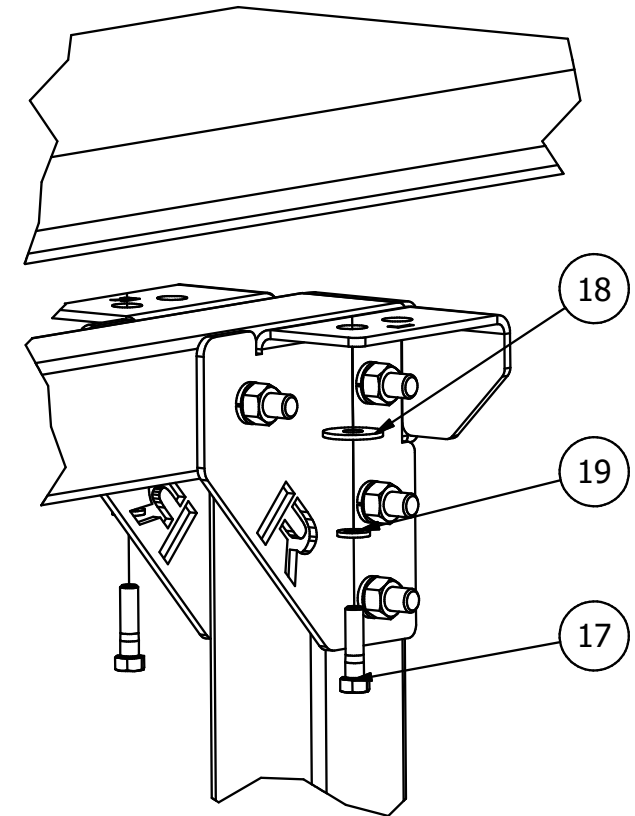
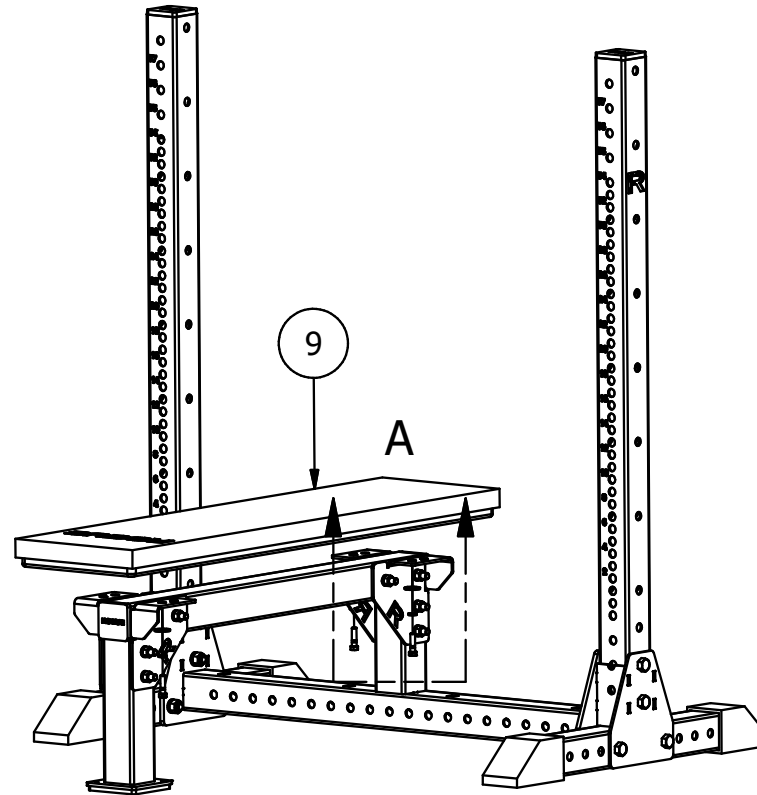
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STEP 3: Attach the Bench Pad to the Left and Right Formed Brackets using 3/8" x 1-1/4" Hex Bolts, 3/8" Lock Washers, and 3/8" Flat Washers.

Ensure Bench Press is in its final location of use and fully tighten all hardware.



DETAIL A

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