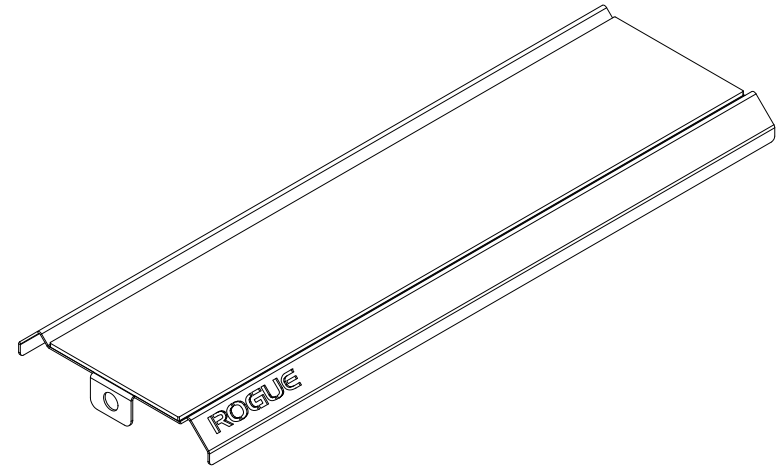


## KETTLEBELL SHELF RUBBER LINER



## 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

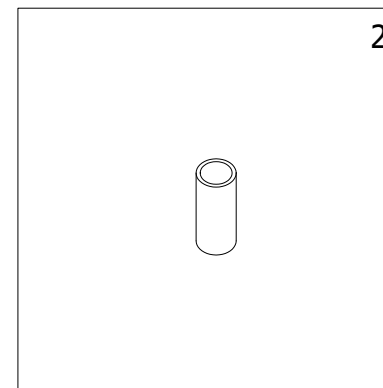
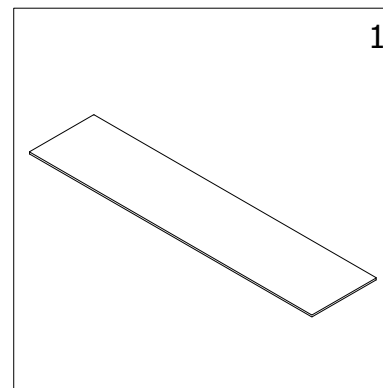
BOTH ROGUE FITNESS AND BUYER DISCLAIM ANY EXPRESS OR IMPLIED WARRANTY, INCLUDING, WITHOUT LIMITATION, WARRANTIES OR MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE WITH RESPECT TO THE EQUIPMENT. BUYER ASSUMES ALL LIABILITY IN USE OF EQUIPMENT.

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

# ROGUE

## KETTLEBELL SHELF RUBBER LINER

| PARTS LIST |     |                      |
|------------|-----|----------------------|
| ITEM       | QTY | PART NUMBER          |
| 1          | 1   | SHELF RUBBER LINER   |
| 2          | 1   | 3" DOUBLE SIDED TAPE |



## 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.



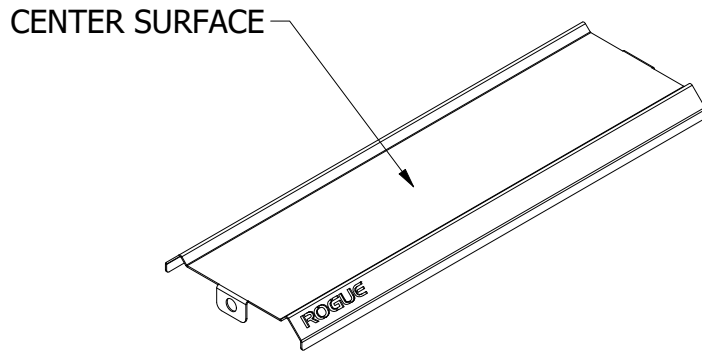
**MISUSE OF THIS CAN RESULT IN SEVERE INJURY**

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

## KETTLEBELL SHELF RUBBER LINER



### **STEP 1:**

CLEAN THE CENTER SURFACE OF THE KETTLEBELL TRAY.

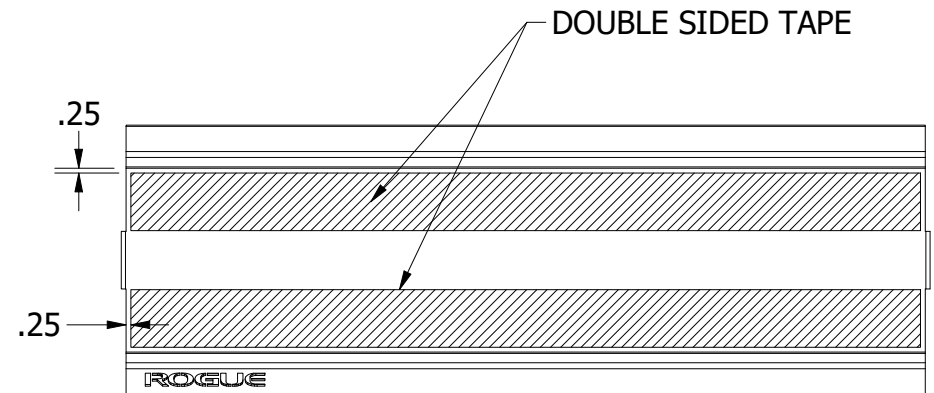
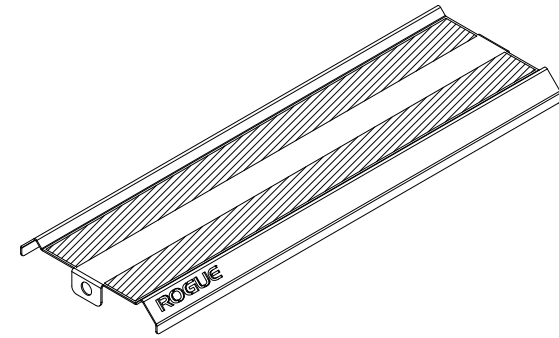
ENSURE THE SURFACE IS FREE FROM DEBRIS OR OILS.

### **NOTE**

THE RUBBER CAN BE APPLIED WITH THE KETTLEBELL TRAY INSTALLED IN THE SHELF OR REMOVED.

## **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.



### **STEP 2:**

APPLY TWO STRIPS OF THE DOUBLE SIDED TAPE TO THE FLAT FACE OF THE KETTLEBELL TRAY WITHIN 1/4" FROM THE EDGES AS SHOWN.

TRIM TAPE AS NEEDED, EXTRA TAPE IS INCLUDED.

AFTER APPLIED REMOVE THE BLUE BACKING FROM THE DOUBLE SIDED TAPE.



## **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

## KETTLEBELL SHELF RUBBER LINER

### STEP 3:

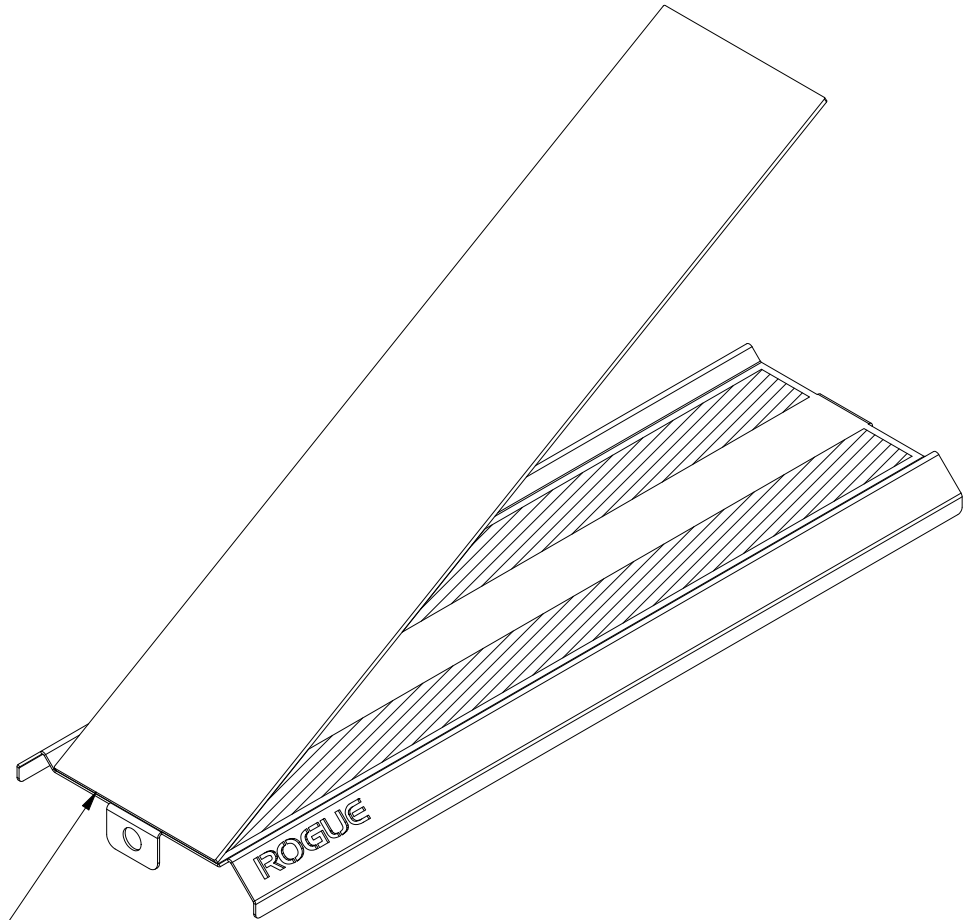
HOLD THE RUBBER LINER WAY FROM THE TRAY AT AN ANGLE.

ALIGN ONE SIDE OF THE RUBBER LINER TO THE EDGE OF THE KETTLEBELL TRAY AND CENTER.

WORKING FROM THE ALIGNED EDGE, SLOWLY APPLY THE RUBBER LINER TO THE TRAY ENSURING THE RUBBER LAYS STRAIGHT AS YOU GO.

AFTER INSTALLED PRESS RUBBER TO SET.

ALIGN RUBBER EDGE TO  
KETTLEBELL TRAY EDGE



## 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