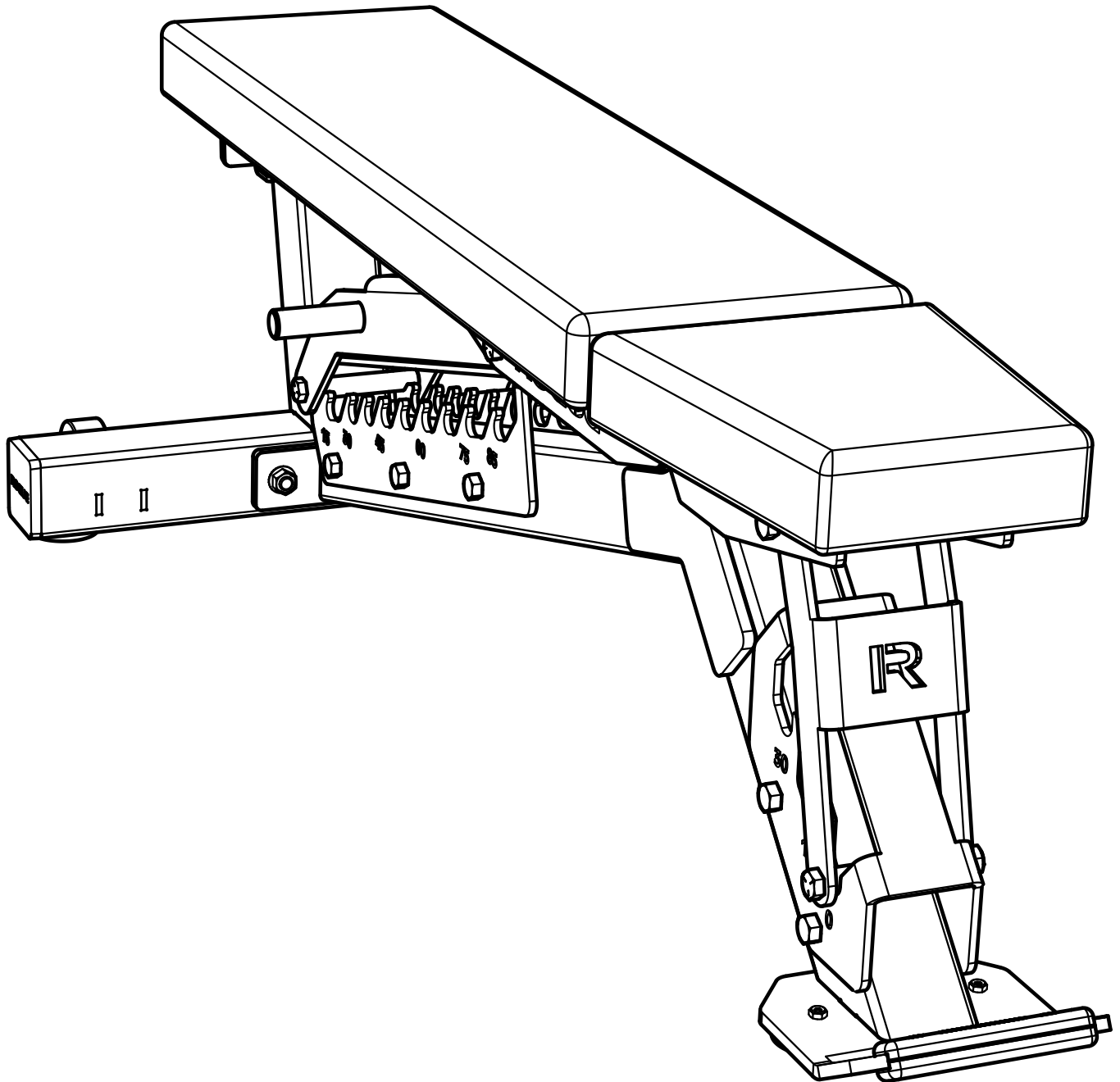


ADJUSTABLE BENCH 3.0



INSTRUCTIONS AND ASSEMBLY

ROGUE[®]

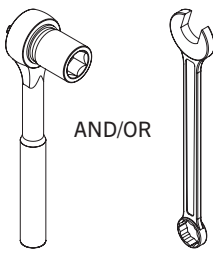
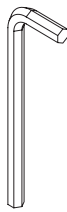
Rogue Fitness • 545 E 5th Ave. Columbus, Ohio 43201 • Customer Service: 614-358-6190 • Team@RogueFitness.com

GENERAL GUIDELINES

- Please read these customer instructions thoroughly prior to assembling.

TOOLS REQUIRED

Note: Images not shown at scale

Qty: 2x	Qty: 1x
 3/4" Socket / Wrench	 7/32" Hex Key



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, to obtain instruction in the proper execution of movements, and understand your limitations. This equipment must only be used by 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:

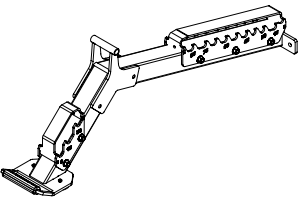
MISUSE OF THIS CAN RESULT IN SEVERE INJURY.

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 to use of equipment.

INCLUDED PARTS

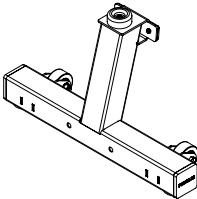
Note: Images not shown at scale

1Qty: 1x



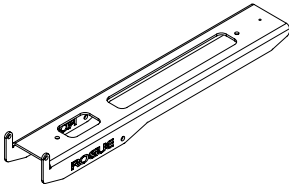
Bench Frame

2Qty: 1x



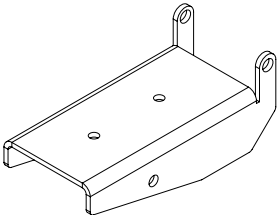
Rear Foot

3Qty: 1x



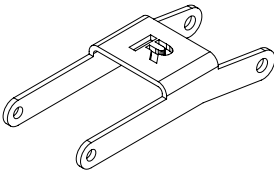
Back Frame

4Qty: 1x



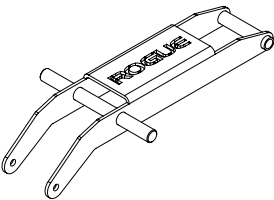
Seat Frame

5Qty: 1x



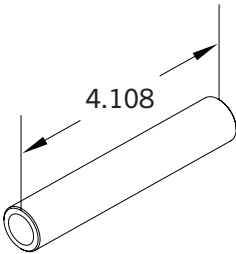
Seat Support Arm

6Qty: 1x



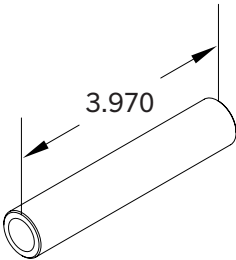
Back Support Arm

7Qty: 1x


4.108

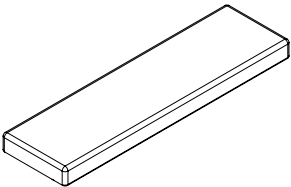
Back Support Rod

8Qty: 1x


3.970

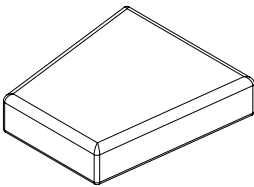
Seat Support Rod

9Qty: 1x



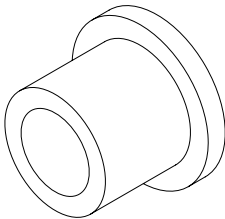
Back Pad

10Qty: 1x



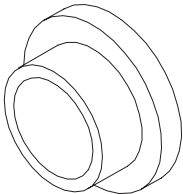
Seat Pad

11Qty: 4x


*

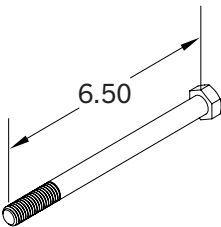
1/2" x 5/8" Bushing

12Qty: 4x


*

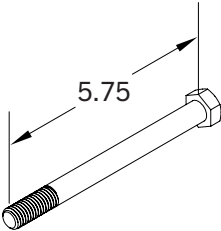
1/2" x 1/4" Bushing

13Qty: 2x


6.50

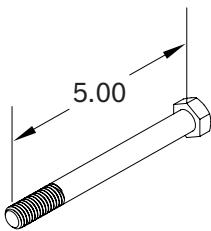
1/2" x 6-1/2" Hex Bolt

14Qty: 1x


5.75

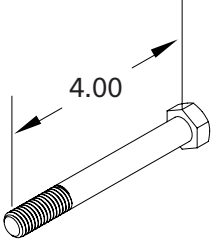
1/2" x 5-3/4" Hex Bolt

15Qty: 2x


5.00

1/2" x 5" Hex Bolt

16Qty: 2x


4.00

1/2" x 4" Hex Bolt

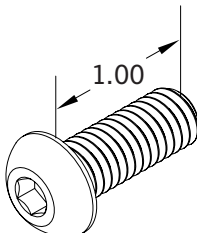
* 11 12 Extra bushings are provided.

INCLUDED PARTS

Note: Images not shown at scale

17

Qty: 4x

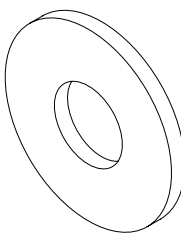


A technical drawing of a button socket screw. It features a hexagonal head with a central hex hole and a threaded shaft. A dimension line indicates the length of the threaded portion is 1.00 inch.

3/8" x 1" Button Socket Screw

18

Qty: 2x

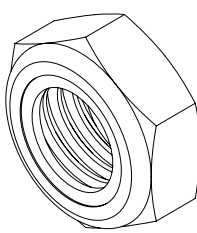


A technical drawing of a flat washer, showing a circular disc with a central hole.

1/2" Flat Washer

19

Qty: 3x

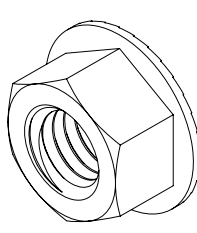


A technical drawing of a nylock nut, which is a hexagonal nut with a nylon insert ring inside the threads.

1/2" Nylock Nut

20

Qty: 4x



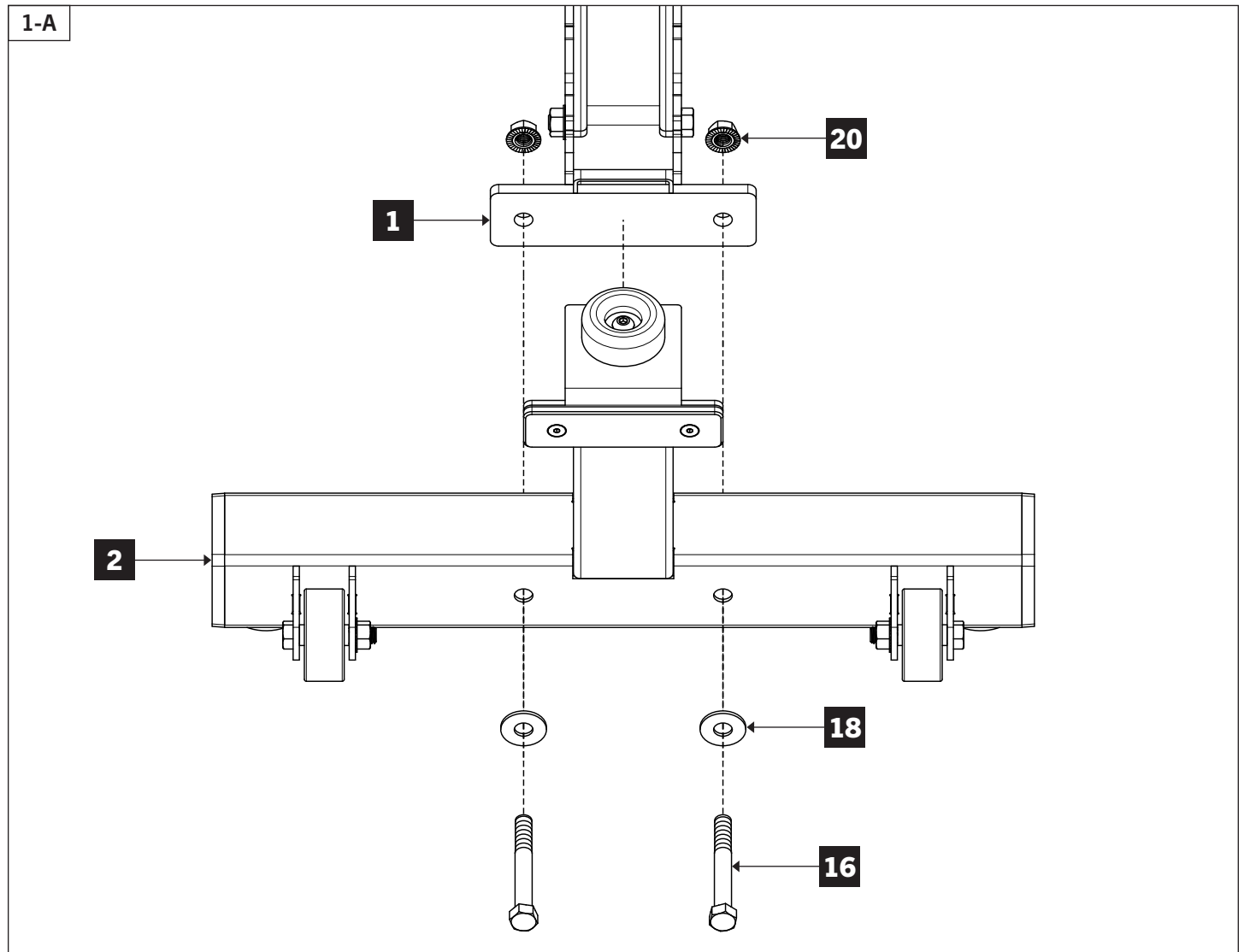
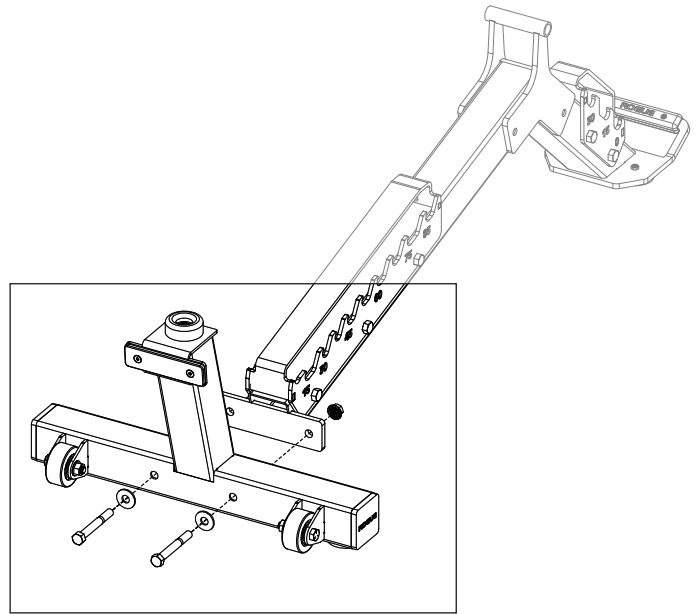
A technical drawing of a serrated flange nut, featuring a hexagonal body with a wide, flat flange and serrated edges on the flange.

1/2" Serrated Flange Nut

STEP 1

Tools Required:

- 3/4" Socket / Wrench
- Bolt Rear Foot **2** to Bench Frame **1** using 1/2" x 4" Hex Bolts **16**, 1/2" Flat Washer **18**, and 1/2" Serrated Flange Nut **20** as shown.
- Ensure bench is on a level surface and fully tighten bolts.

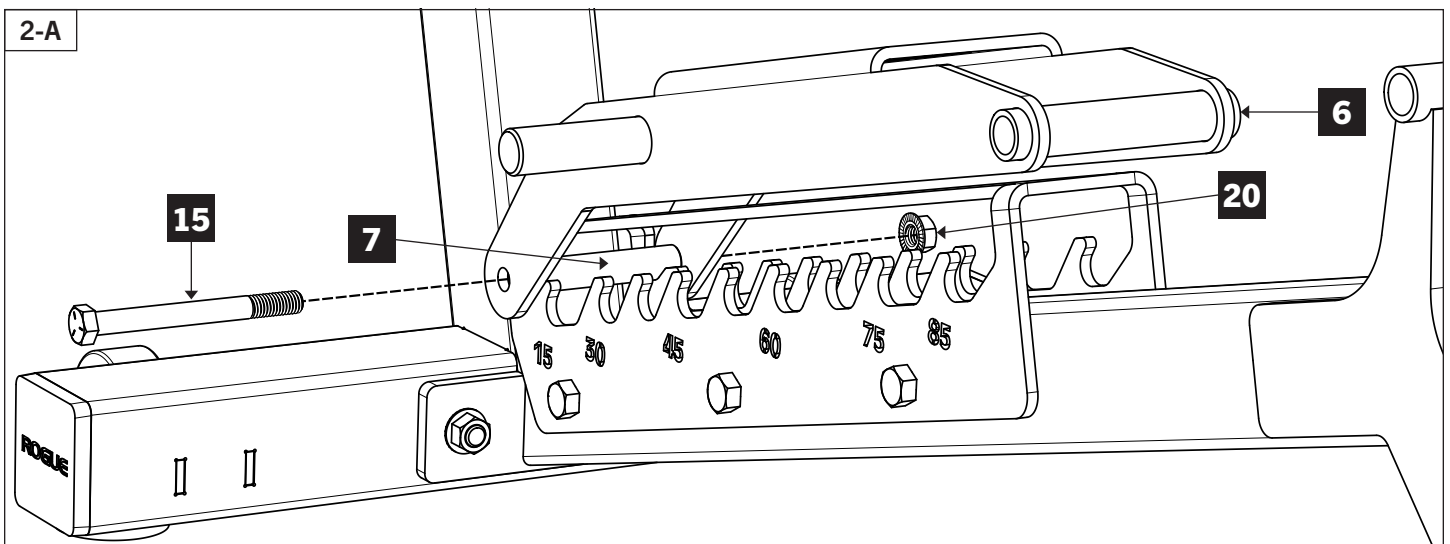
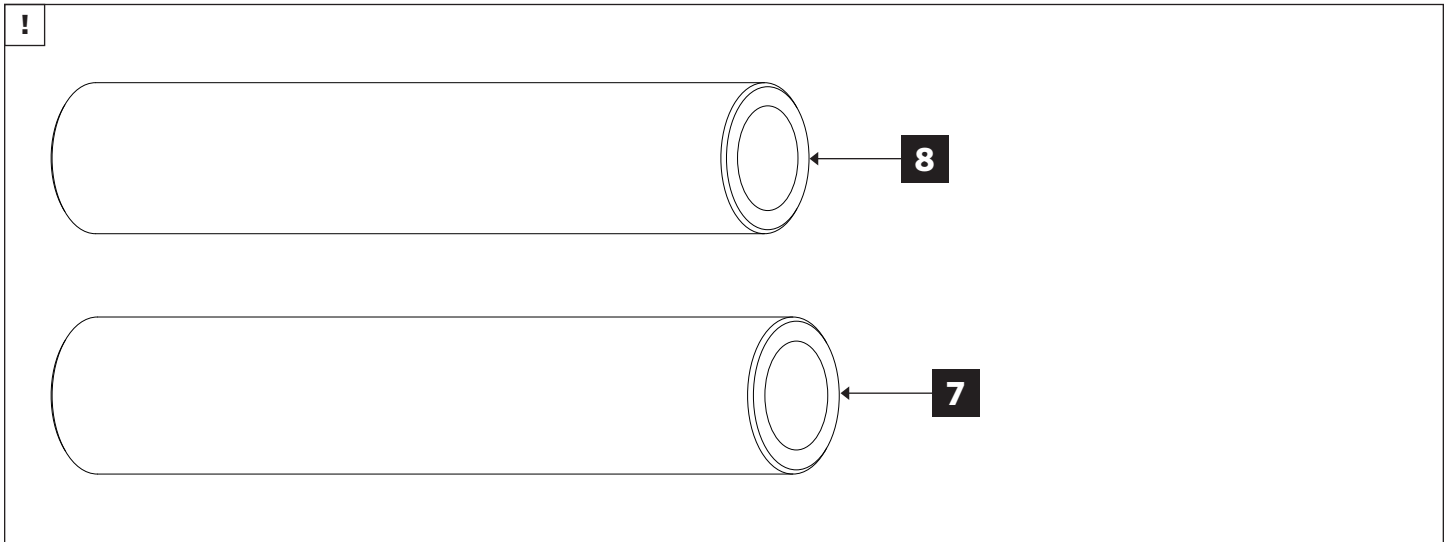
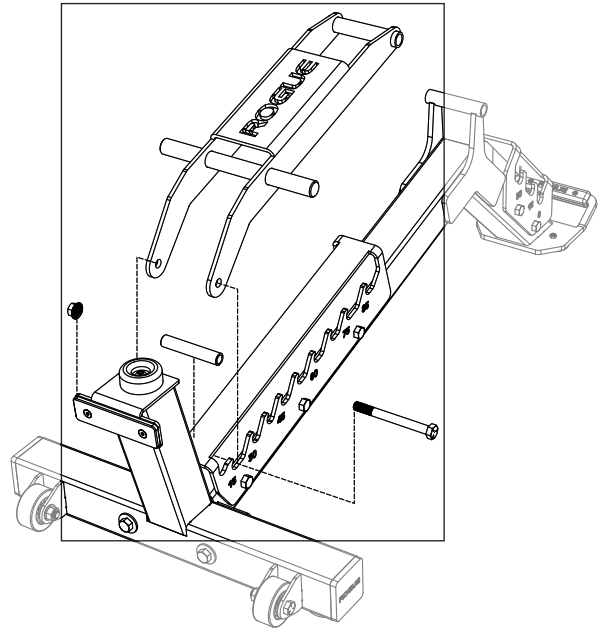


STEP 2

Tools Required:

- 3/4" Socket / Wrench

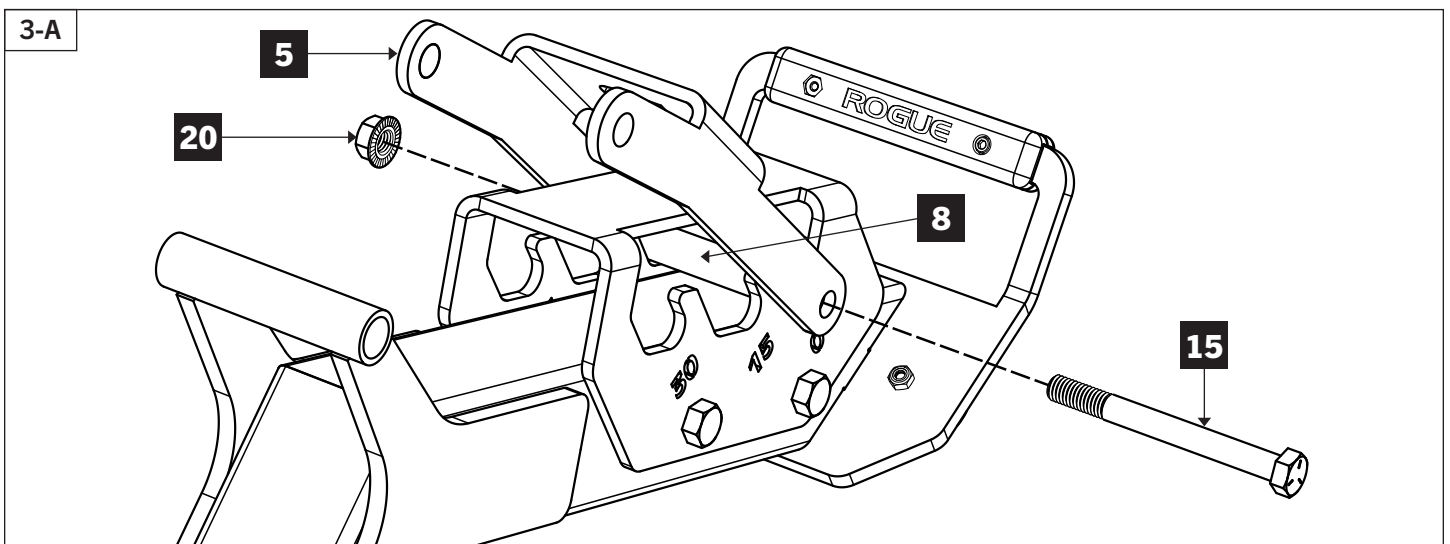
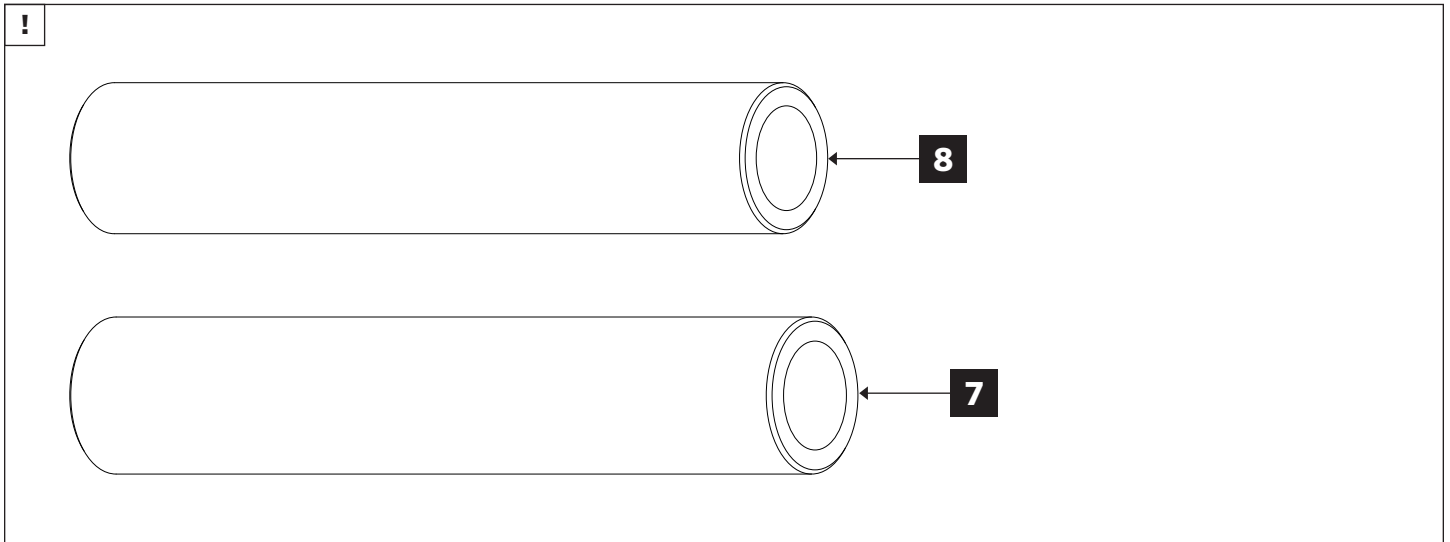
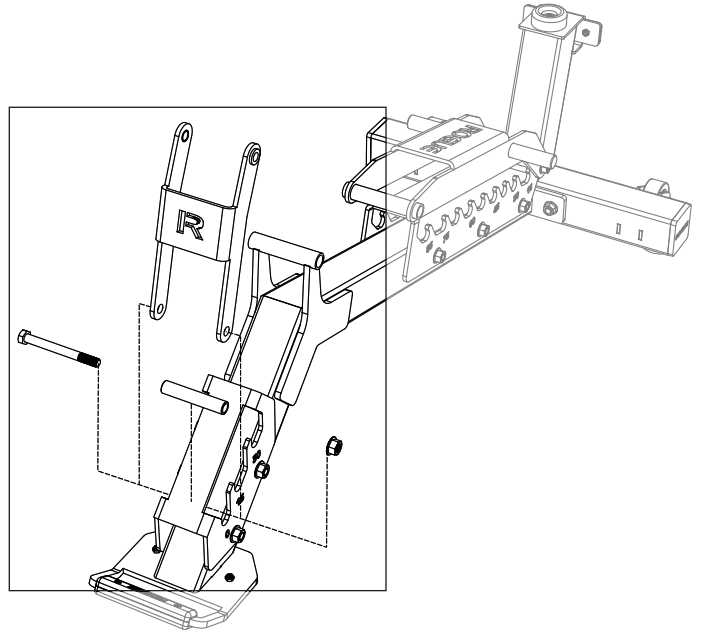
- **!** Ensure that Back Support Rod **7** is used in this step. Seat Support Rod **8** will be used in **STEP 3**. Note that Back Support Rod is slightly longer than Seat Support Rod.
- **2-A** Place Back Support Rod **7** on the Bench Spine adjustment hooks and align the Back Support Arm **6** with the Back Support Rod. Bolt the Back Support Arm to the Back Support Rod using 1/2" x 5" Hex Bolt **15** and 1/2" Serrated Flange Nut **20** as shown.
- Tighten firmly but **DO NOT OVER-TIGHTEN**.



STEP 3

Tools Required:

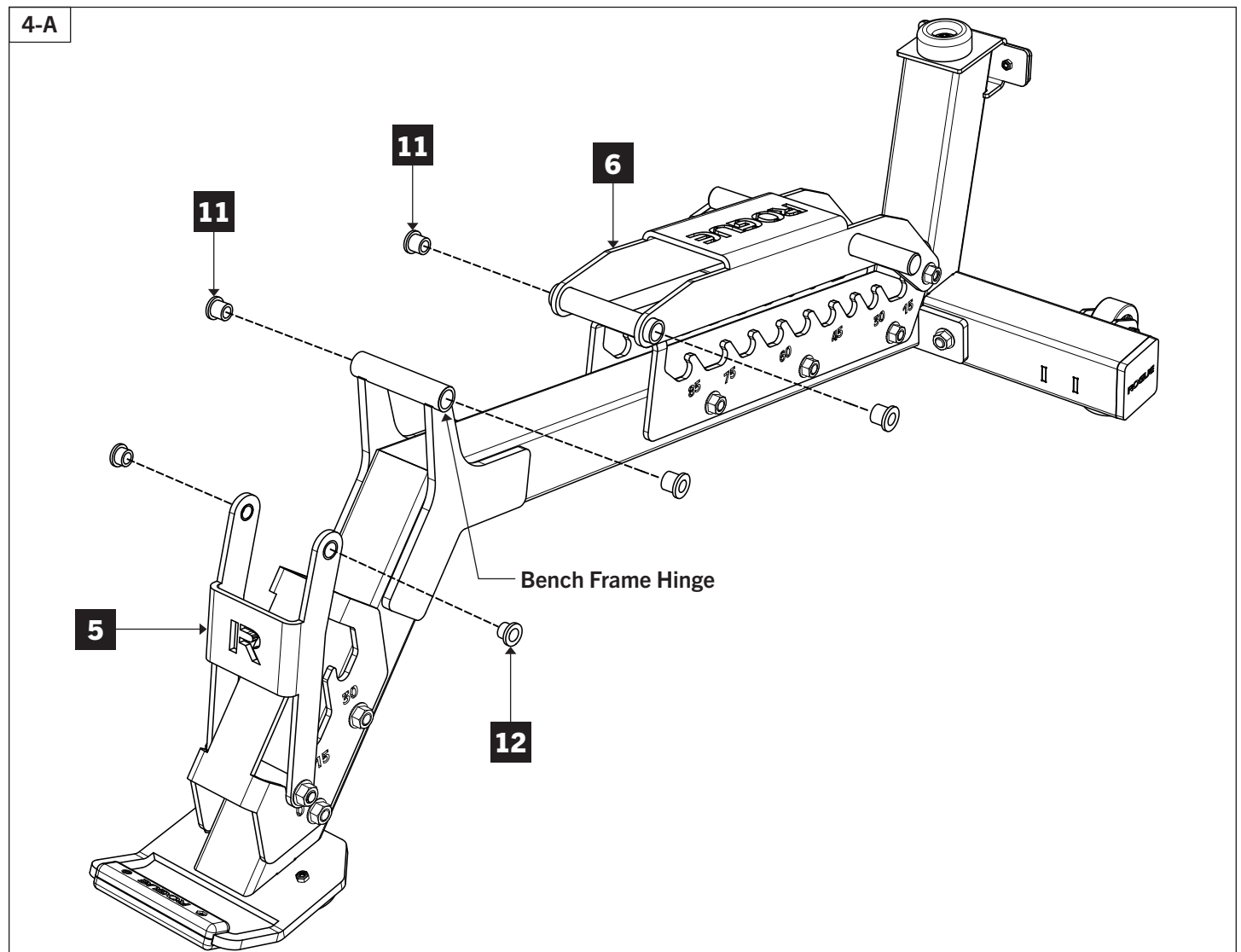
- 3/4" Socket / Wrench
- **!** Ensure that Seat Support Rod **8** is used in this step.
- **3-A** Place Seat Support Rod **8** on the Front Foot adjustment hooks and align the Seat Support Arm **5** with the Seat Support Rod. Bolt the Seat Support Arm to the Seat Support Rod using 1/2" x 5" Hex Bolt **15** and 1/2" Serrated Flange Nut **20** as shown.
- Tighten firmly but DO NOT OVER-TIGHTEN.



STEP 4

Tools Required:

- None
- Slide 1/2" x 5/8" Bushings **11** into Back Support Arm **6** and Bench Frame Hinge tubes as shown.
- Slide the smaller 1/2" x 1/4" Bushings **12** into Seat Support Arm **5** as shown.

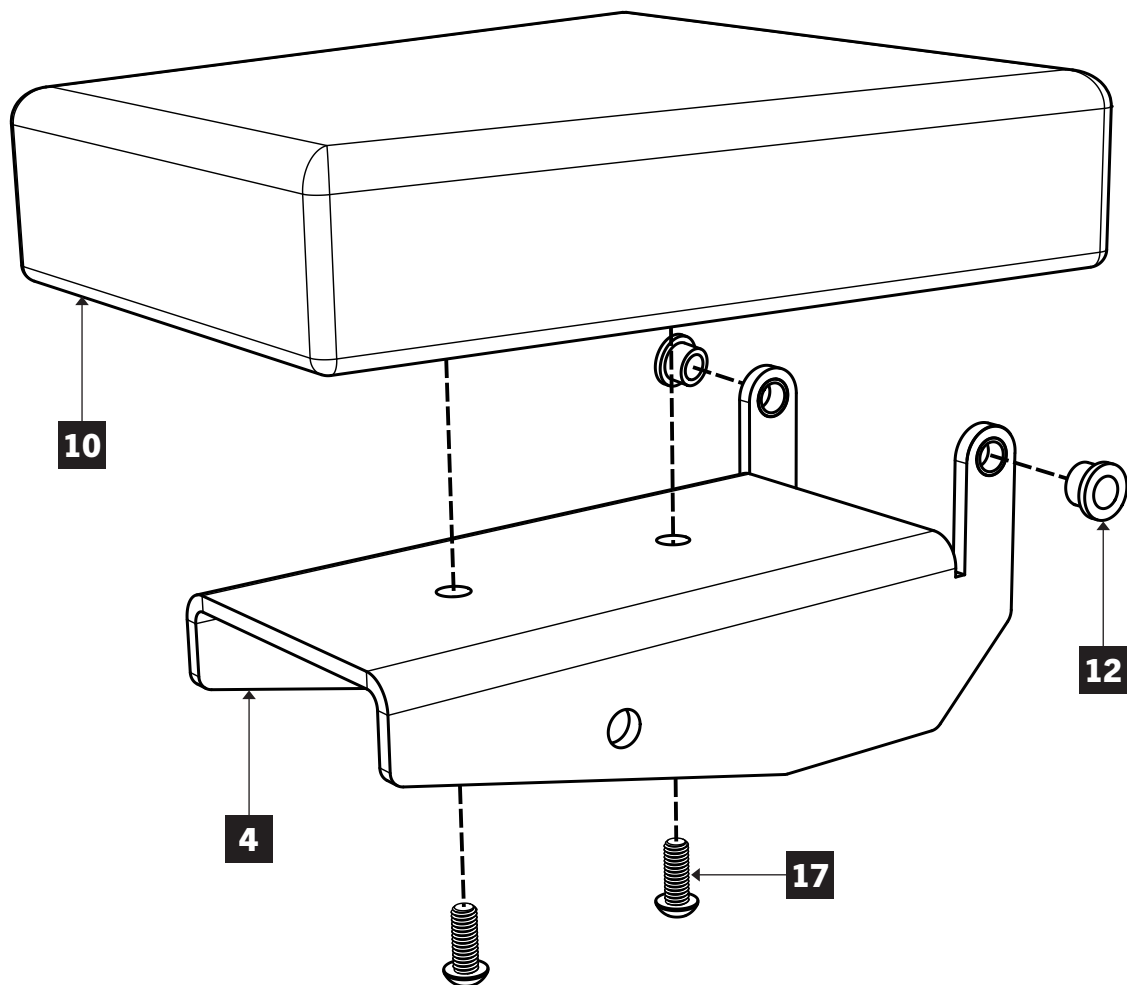


STEP 5

Tools Required:

- 7/32" Hex Key
- Slide 1/2" x 1/4" Bushings **12** into Seat Frame **4** as shown.
- Install Seat Pad **10** to the Seat Frame **4** using 3/8" x 1" Button Socket Screws **17**. Fully tighten.

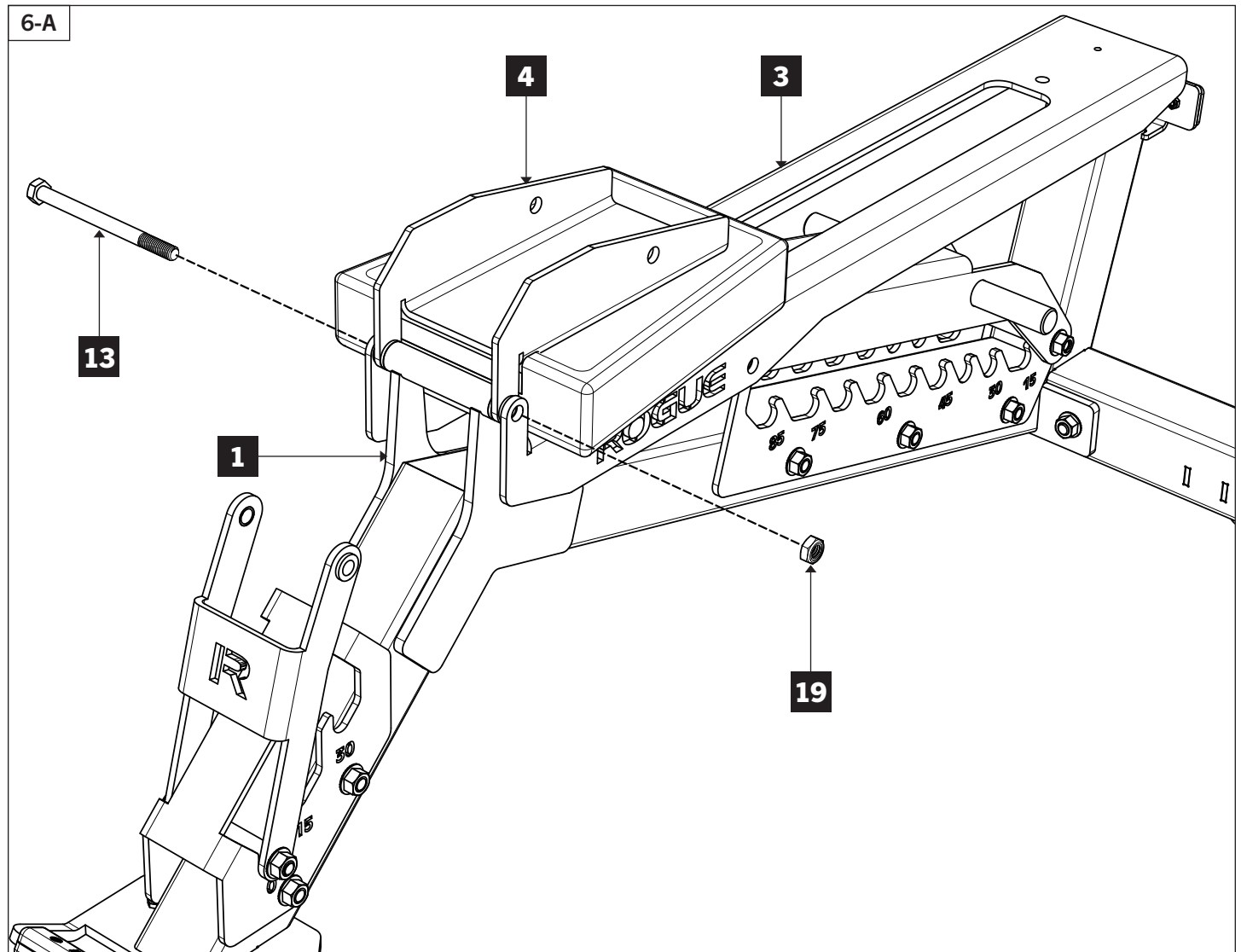
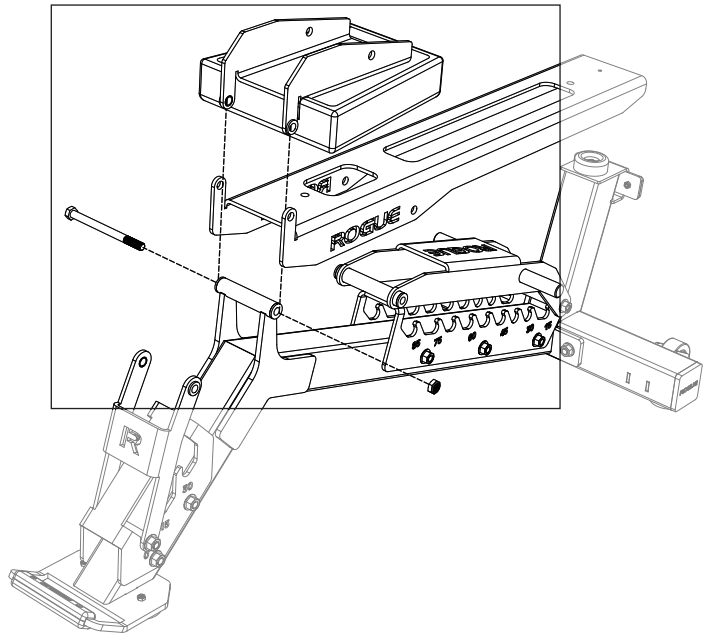
5-A



STEP 6

Tools Required:

- None, HAND-TIGHTEN ONLY.
- Ensure the bench is on a flat and level surface.
- Align Seat Frame **4** and Back Frame **3** holes with Bench Frame **1** tube as shown.
- Bolt the Seat Frame and Back Frame to the Bench Hinge using 1/2" x 6.5" Hex Bolt **13** and 1/2" Nylock Nut **19** as shown.

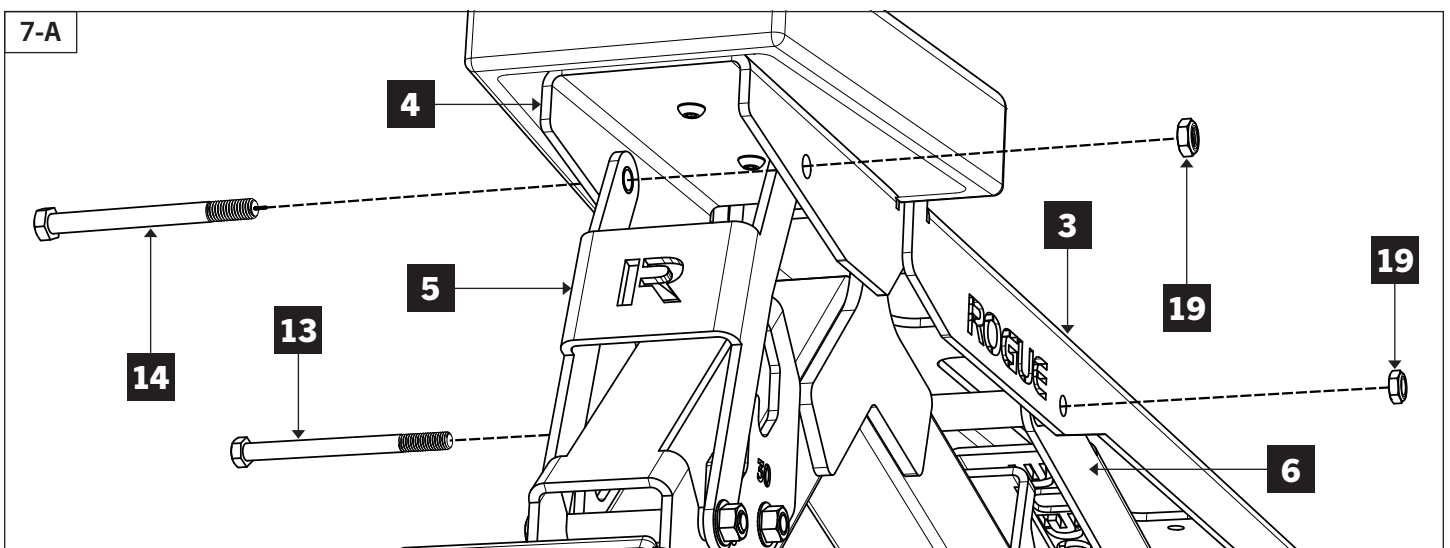
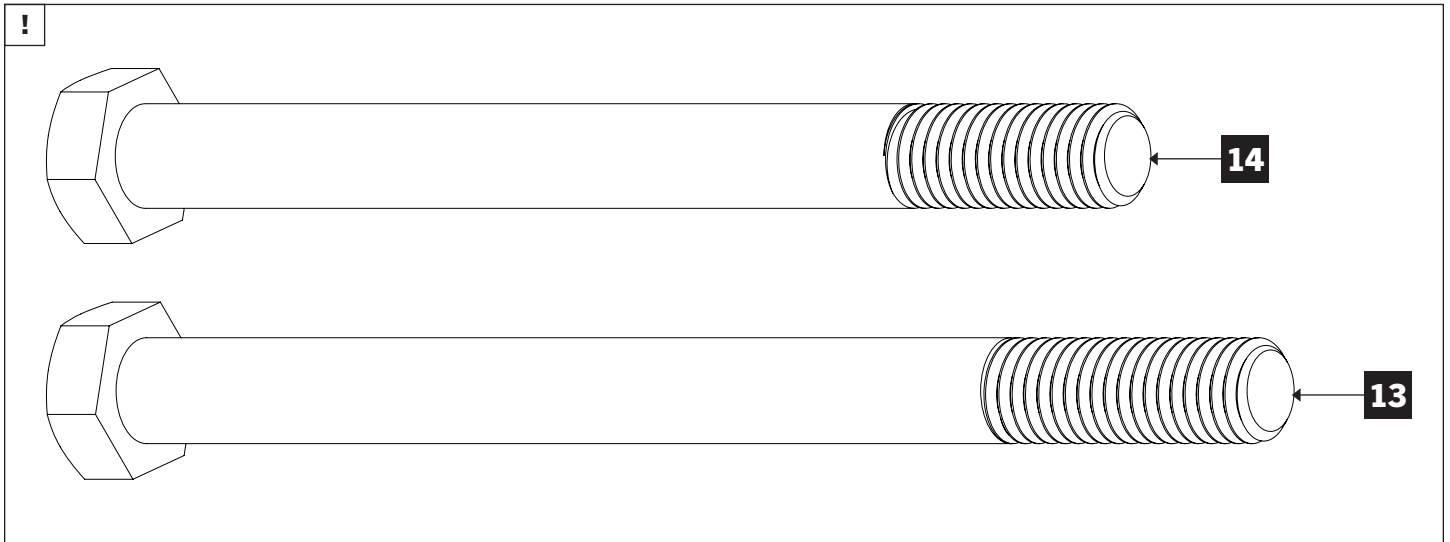
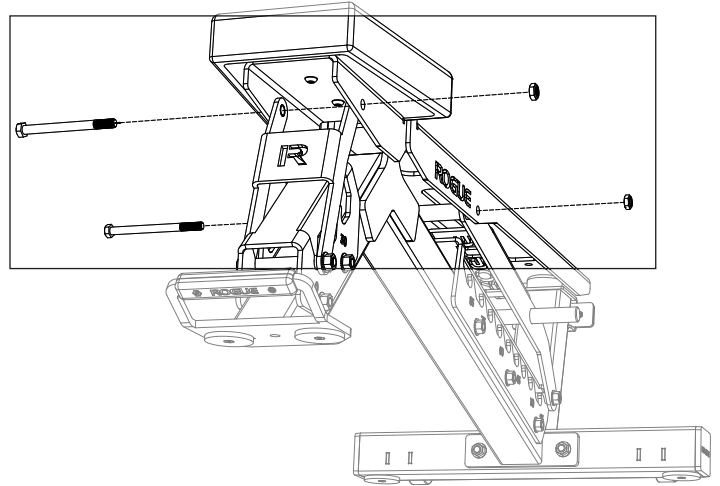


STEP 7

Tools Required:

- 3/4" Socket / Wrench

- Bolt assembled Seat Frame **4** to the Seat Support Arm **5** using 1/2" x 5.75" Hex Bolt **14** and 1/2" Nylock Nut **19** as shown.
- Bolt the Back Frame **3** to the Back Support Arm **6** using 1/2" x 6.5" Hex Bolt **13** and 1/2" Nylock Nut as shown.
- Begin fully tightening all hardware. Ensure that all moving parts are still able to move freely. Test the range of motion of the Back Frame and make sure the Back Support Arm travels in a straight line.
- If Support Arm does not travel in a straight line, loosen the two Hex Bolts **13** and **14** and adjust the frame until Support Arm travels straight. Re-tighten.



STEP 8

Tools Required:

- 7/32" Hex Key
- Lift and lock Back Support Arm **6** to access under-side of Back Frame **3**.
- Position the Back Pad by aligning holes to the Back Frame.
- Install Back Pad **9** to Back Frame using 3/8" x 1" Button Socket Screws **17**.
- Once complete, ensure ALL bolts are tight and bench is able to move freely through all positions.
- Assembly is complete.

8-A

