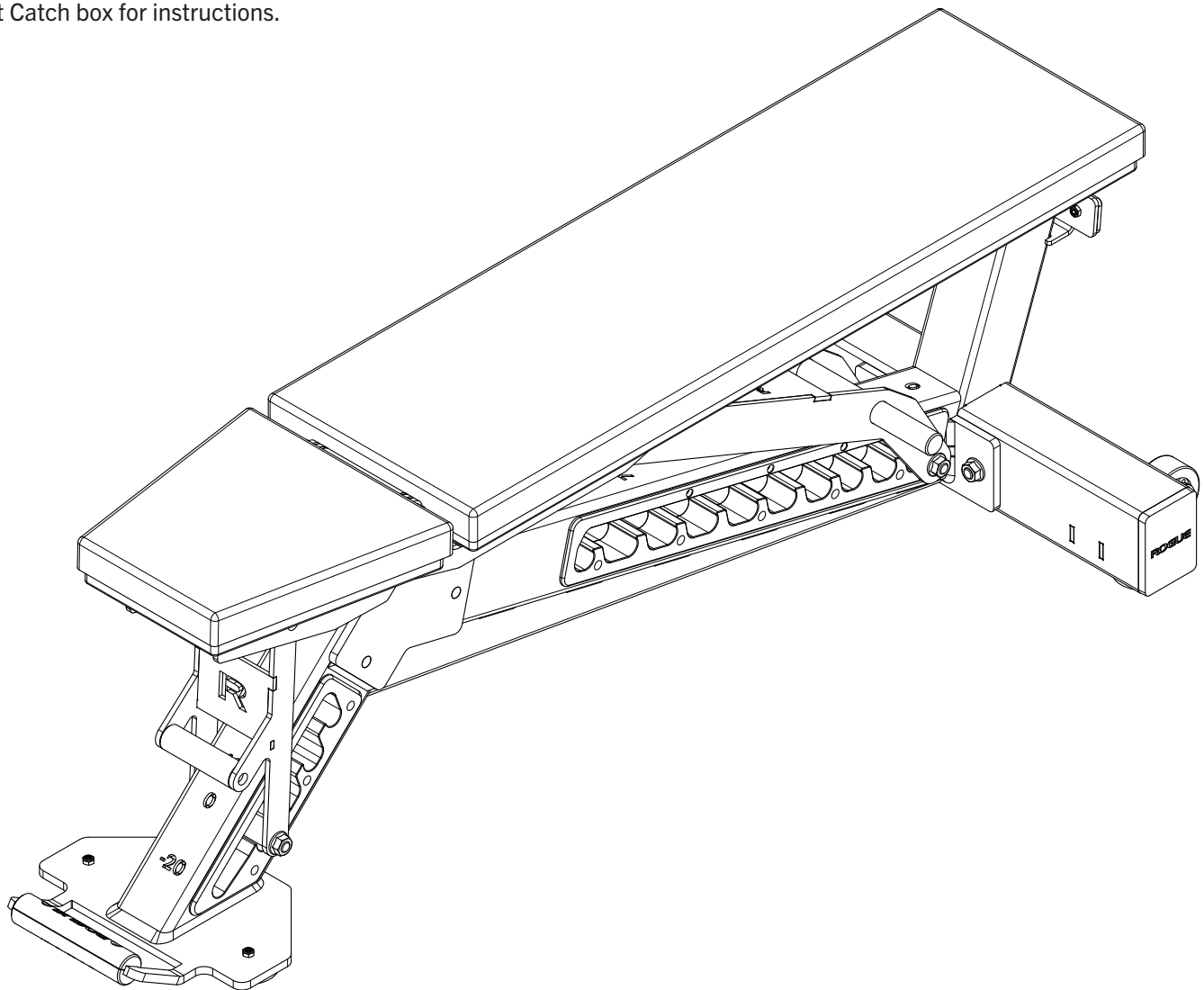


MANTA RAY ADJUSTABLE BENCH

Note:

- Foot Catch not included with Manta Ray
- If optional Foot Catch was purchased at checkout, refer to Foot Catch box for instructions.



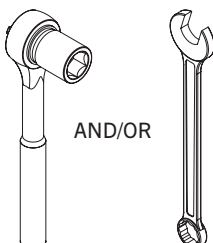
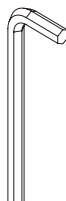
INSTRUCTIONS AND ASSEMBLY
ROGUE®

GENERAL GUIDELINES

- Please read these customer instructions thoroughly prior to assembling.
- 2 people recommended for safe and proper assembly

TOOLS REQUIRED

Note: Images not shown at scale

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



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.

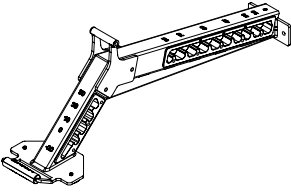
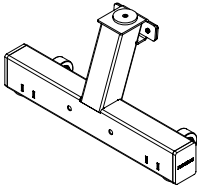
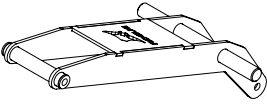
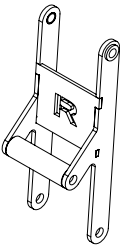
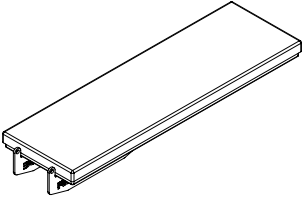
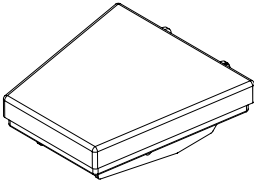
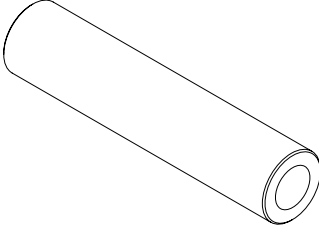
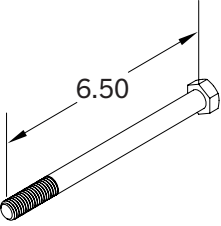
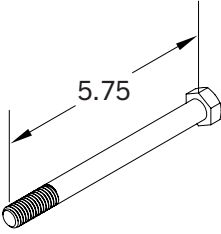
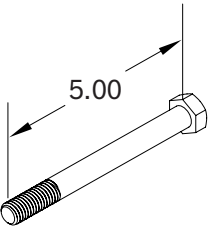
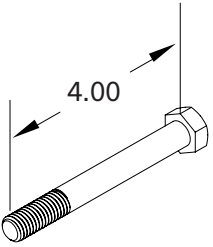
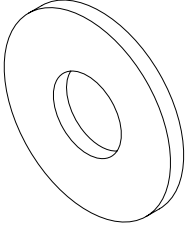
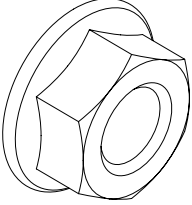
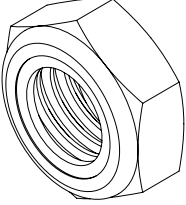
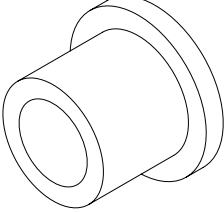
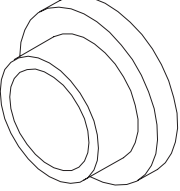
WARNING:

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

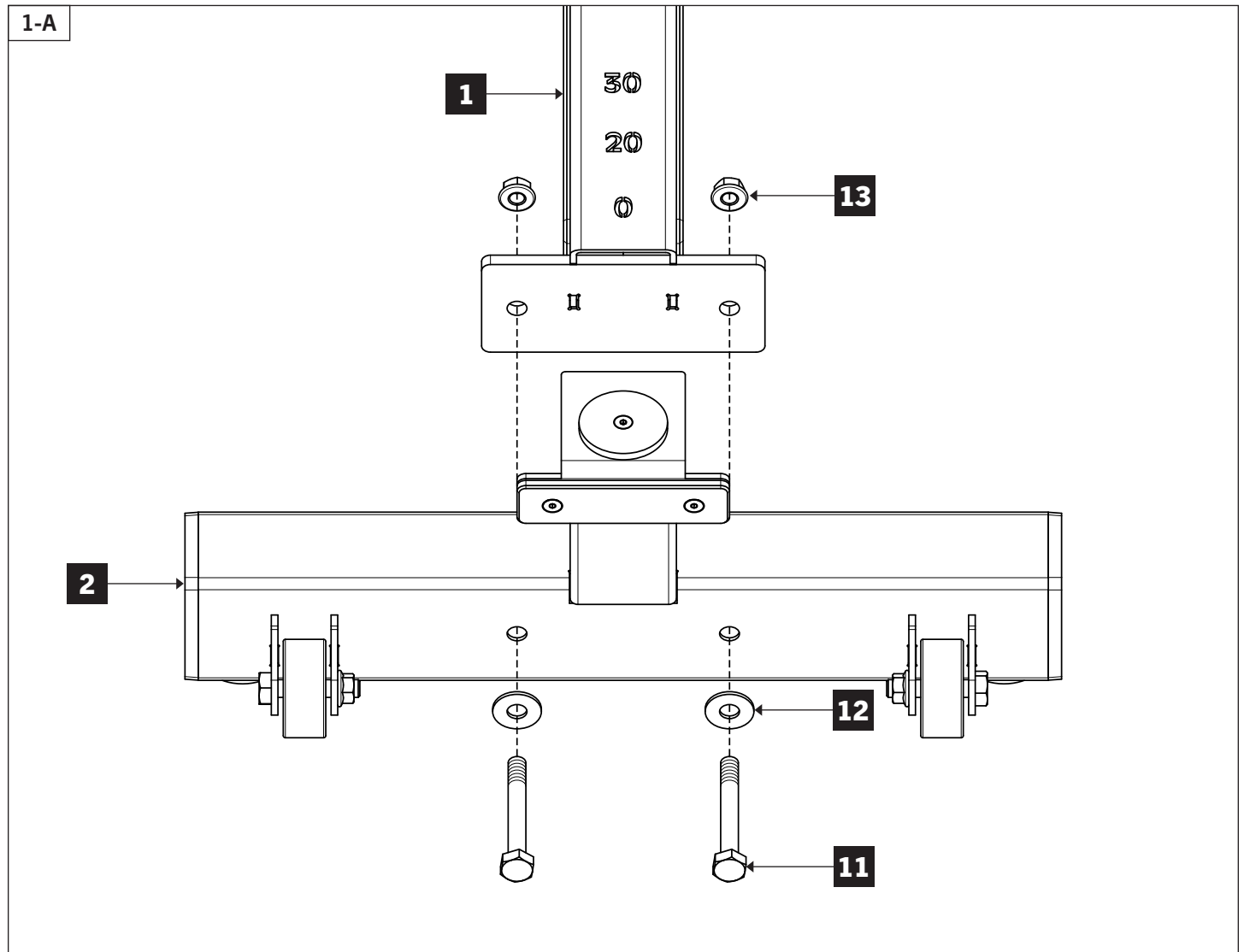
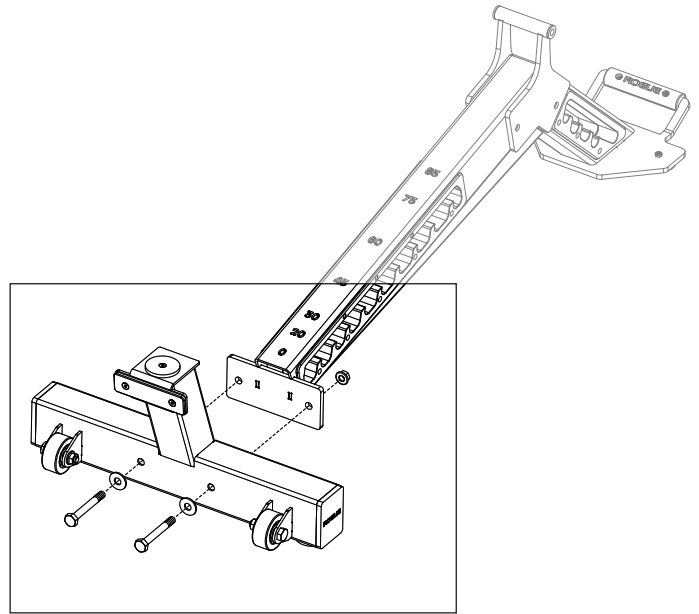
Note: Images not shown at scale. All hardware is pre-installed.

<div>1</div> <div>Qty: 1x</div> <div></div> <div>Spine Assembly</div>	<div>2</div> <div>Qty: 1x</div> <div></div> <div>Rear Foot</div>	<div>3</div> <div>Qty: 1x</div> <div></div> <div>Back Pad Support Arm</div>	<div>4</div> <div>Qty: 1x</div> <div></div> <div>Seat Support Arm</div>
<div>5</div> <div>Qty: 1x</div> <div></div> <div>Back Pad Assembly</div>	<div>6</div> <div>Qty: 1x</div> <div></div> <div>Seat Pad Assembly</div>	<div>7</div> <div>Qty: 2x</div> <div></div> <div>Support Rod</div>	<div>8</div> <div>Qty: 2x</div> <div><div>6.50</div></div> <div>1/2" x 6-1/2" Hex Bolt</div>
<div>9</div> <div>Qty: 1x</div> <div><div>5.75</div></div> <div>1/2" x 5-3/4" Hex Bolt</div>	<div>10</div> <div>Qty: 2x</div> <div><div>5.00</div></div> <div>1/2" x 5" Hex Bolt</div>	<div>11</div> <div>Qty: 2x</div> <div><div>4.00</div></div> <div>1/2" x 4" Hex Bolt</div>	<div>12</div> <div>Qty: 2x</div> <div></div> <div>1/2" Flat Washer</div>
<div>13</div> <div>Qty: 4x</div> <div></div> <div>1/2" Flange Nut</div>	<div>14</div> <div>Qty: 3x</div> <div></div> <div>1/2" Nylock Nut</div>	<div>15</div> <div>Qty: 4x</div> <div></div> <div>1/2" x 5/8" Bushing</div>	<div>16</div> <div>Qty: 4x</div> <div></div> <div>1/2" x 1/4" Bushing</div>

STEP 1

Tools Required:

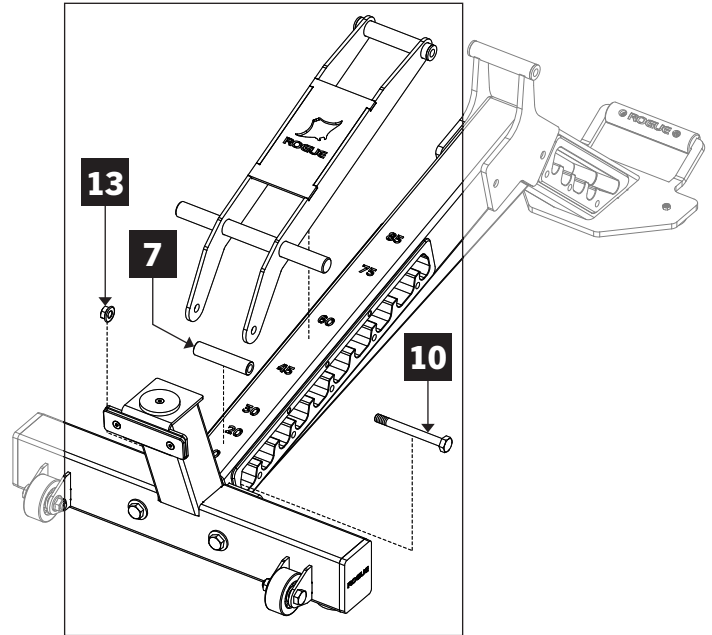
- 3/4" Socket / Wrench
- Discard black plastic washers shipped with Rear Foot **2** assembly.
- Bolt Rear Foot **2** to Spine Assembly **1** using 1/2" x 4" Hex Bolts **11**, 1/2" Flat Washer **12**, and 1/2" Flange Nut **13** as shown.
- Ensure bench is on a level surface and fully tighten bolts.



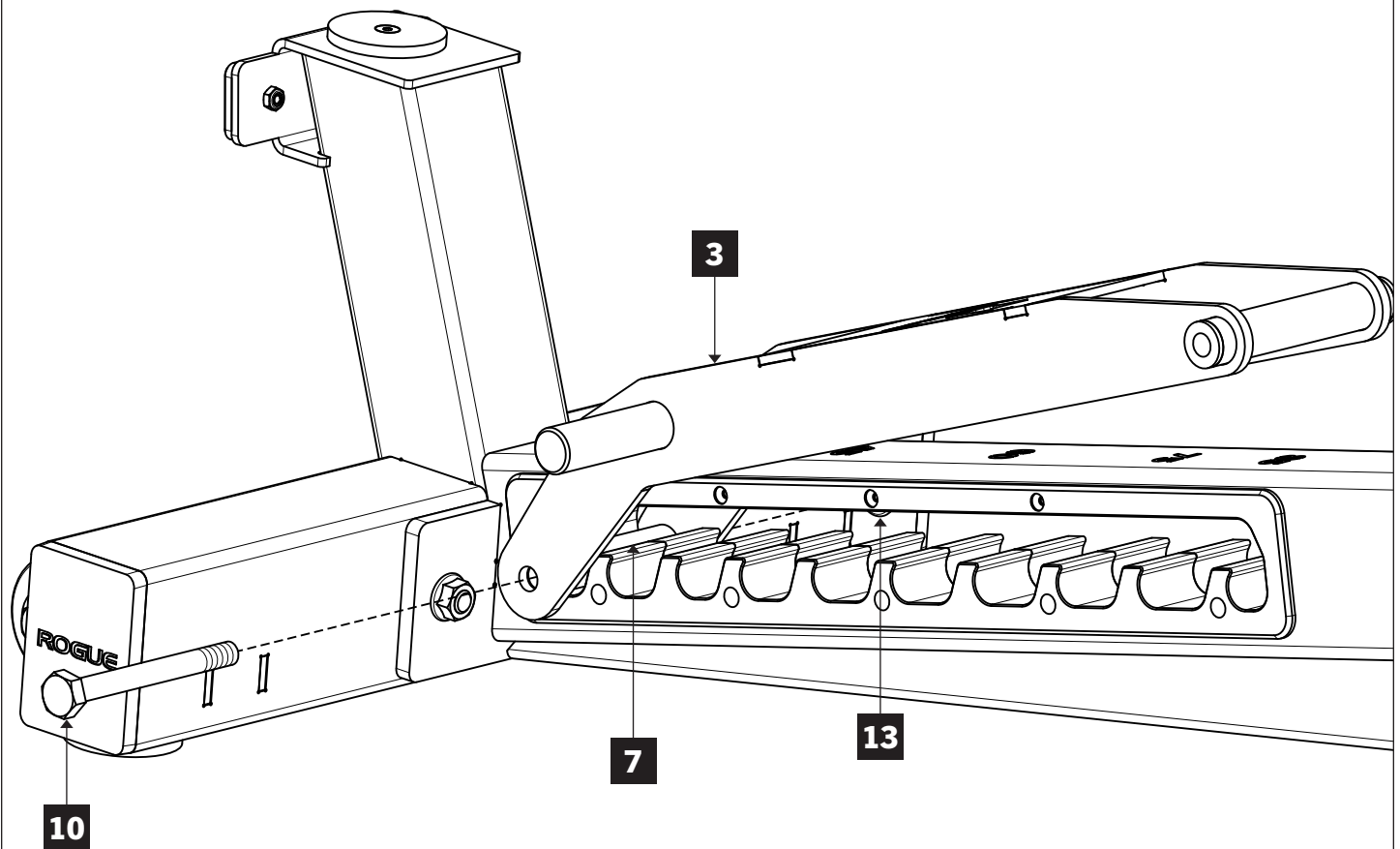
STEP 2

Tools Required:

- 3/4" Socket / Wrench
- Discard black plastic washers shipped with Back Pad Support Arm **3**.
- Place Support Rod **7** on the Bench Spine adjustment hooks and align the Back Pad Support Arm **3** with the Support Rod. Bolt the Support Rod to the Back Pad Support Arm using 1/2" x 5" Hex Bolt **10** and 1/2" Flange Nut **13** as shown.
- Tighten firmly but DO NOT OVER-TIGHTEN.



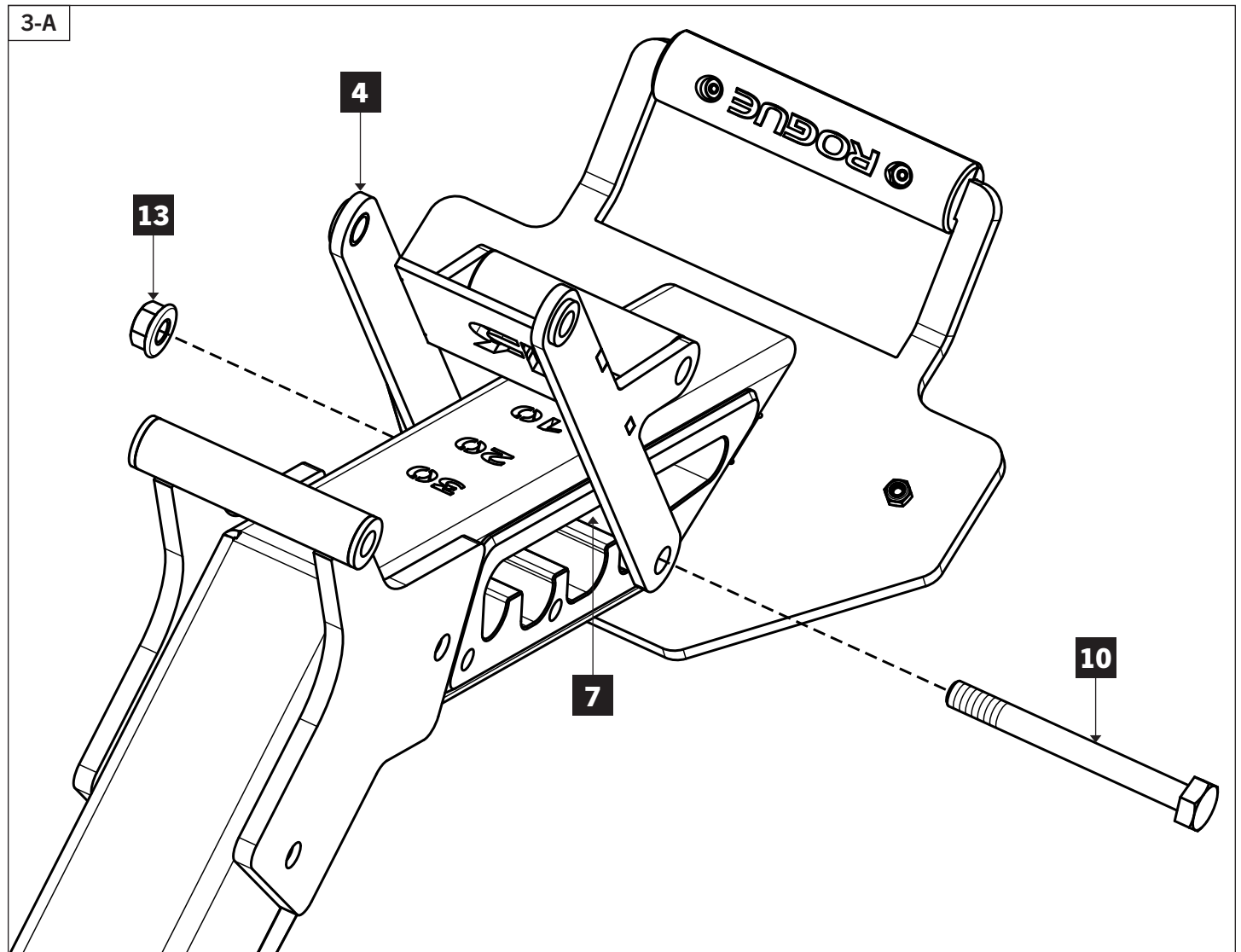
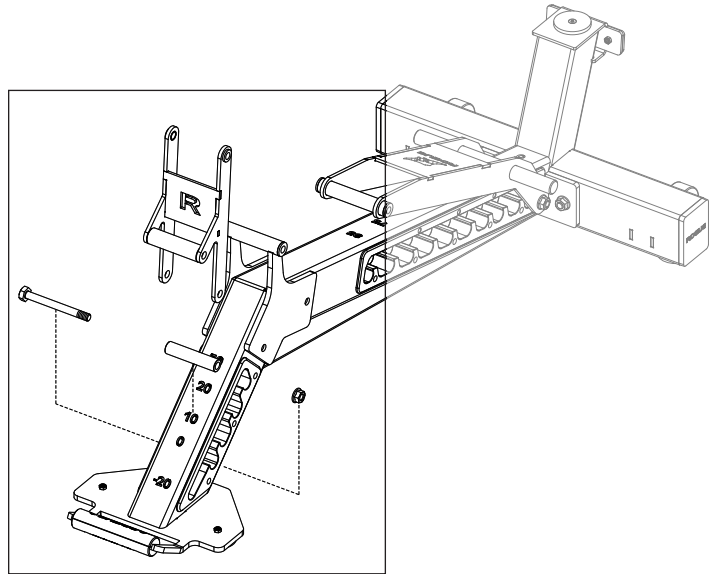
2-A



STEP 3

Tools Required:

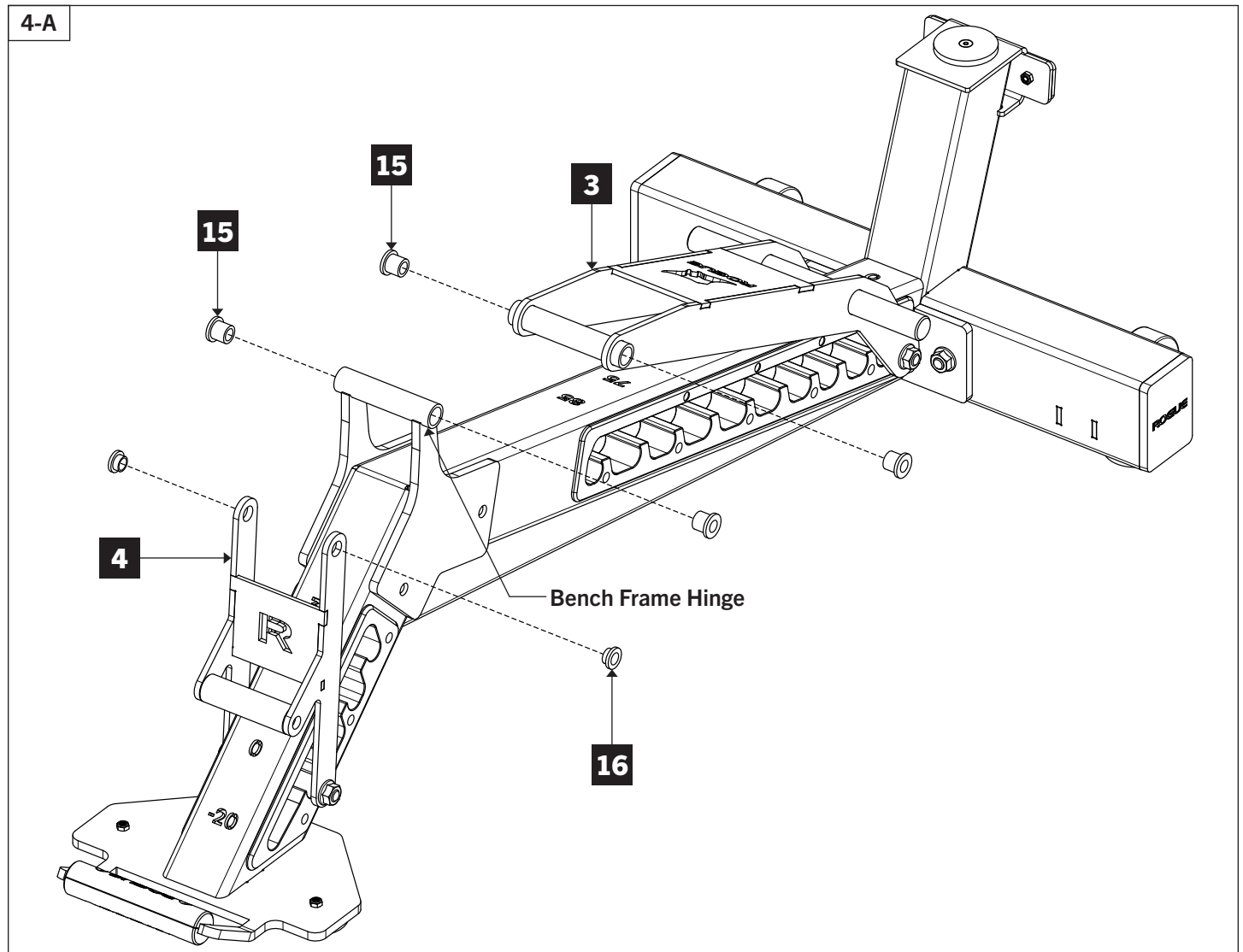
- 3/4" Socket / Wrench
- Discard black plastic washers shipped with Seat Support Arm **4**.
- Place Support Rod **7** on the Front Foot adjustment hooks and align the Seat Support Arm **4** with the Support Rod. Bolt the Support Rod to the Seat Support Arm using 1/2" x 5" Hex Bolt **10** and 1/2" Flange Nut **13** as shown.
- Tighten firmly but DO NOT OVER-TIGHTEN.



STEP 4

Tools Required:

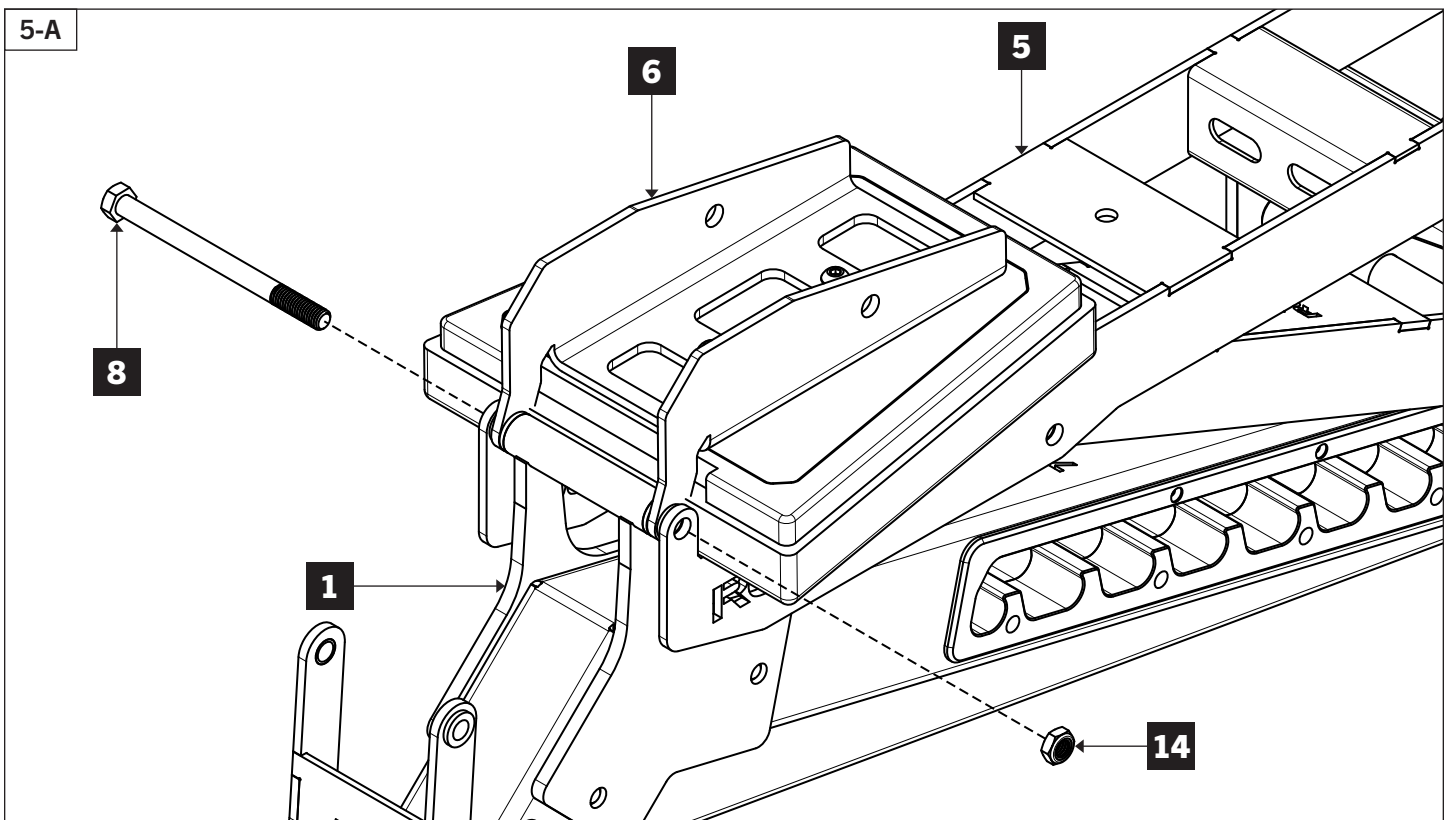
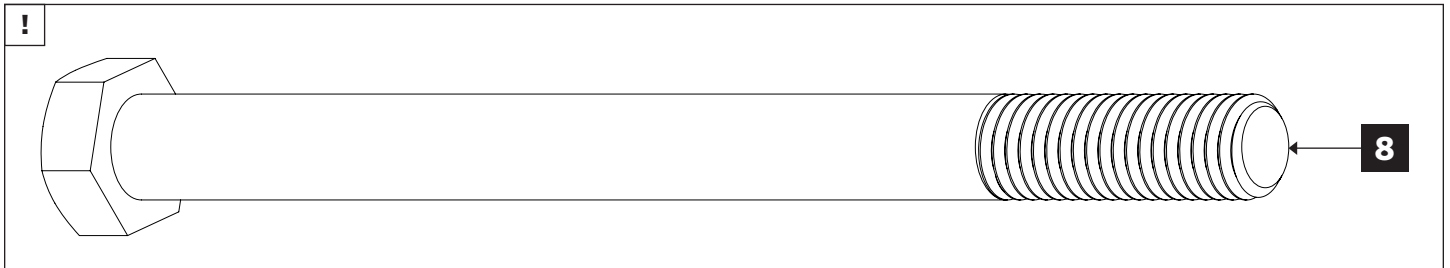
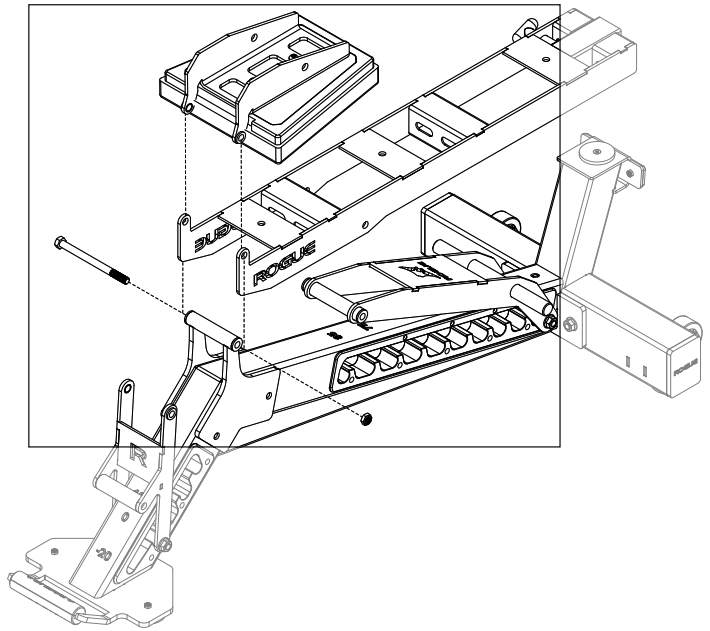
- 3/4" Socket / Wrench
- Remove zip tie from Bench Frame Hinge and leave bushings **15** in place.
- Remove pre-installed bolts from items **3** and **4**, and ensure to leave bushings **15** and **16** in place or slide them back in place if they fall out while removing bolts.
- **(Not Shown)** Also remove bolt from Seat Pad Assembly **6** and leave bushings in place.



STEP 5

Tools Required:

- 7/32" Hex Key, 3/4" Socket / Wrench
- Ensure the bench is on a flat and level surface.
- **(Not Shown)** Remove Pad from Back Pad Assembly using a 7/32" Hex Key and set aside Pad and Button Screws (Pad will be re-assembled in Step 7).
- Align Seat Pad Assembly **6** and Back Pad Frame **5** holes with Spine Assembly **1** as shown.
- Bolt the Seat Pad Assembly and Back Pad Frame to the Bench Hinge using 1/2" x 6.5" Hex Bolt **8** and 1/2" Nylock Nut **14** as shown.
- Tighten bolt precisely to the point that the bench is stabilized but the Seat Pad Assembly and Back Pad Frame are still able to move freely.

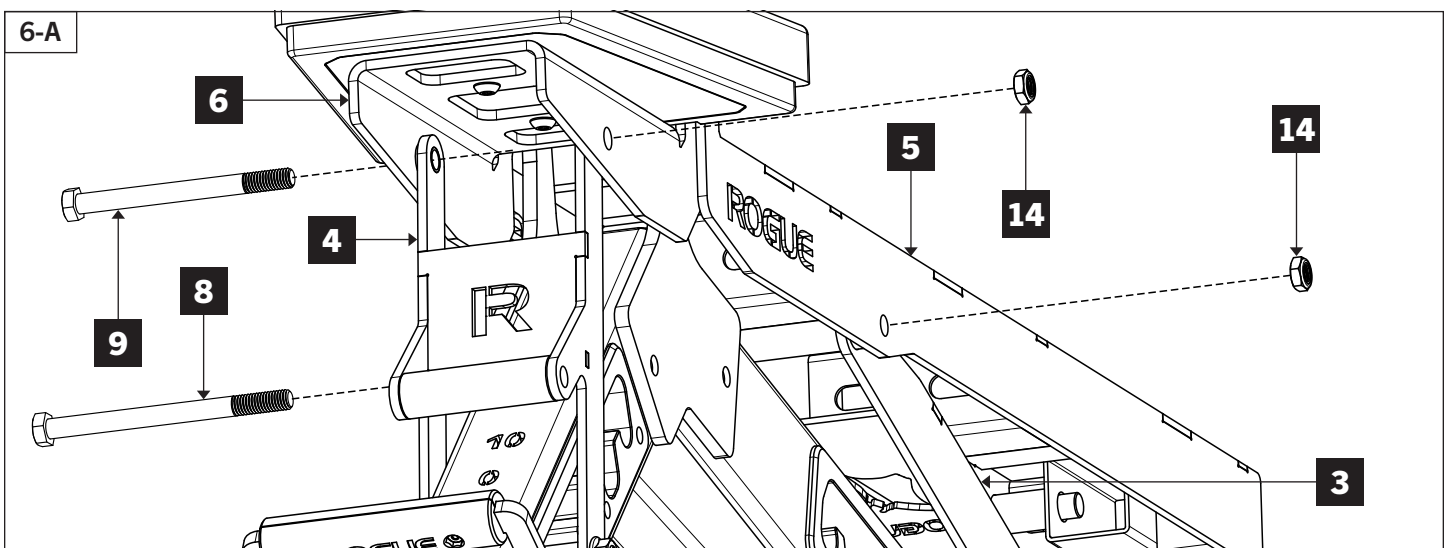
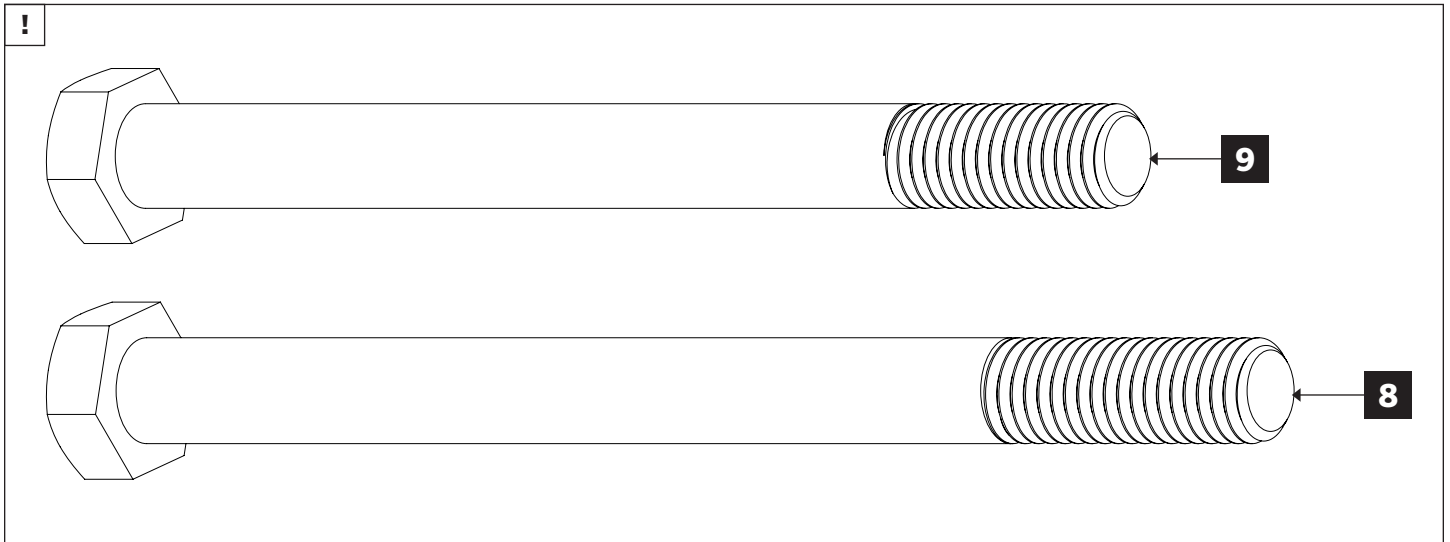
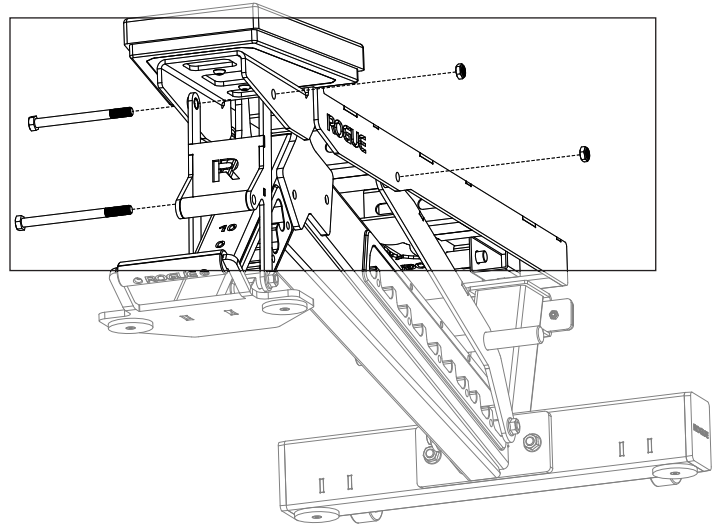


STEP 6

Tools Required:

- 3/4" Socket / Wrench

- Bolt Seat Pad Assembly **6** to the Seat Support Arm **4** using 1/2" x 5.75" Hex Bolt **9** and 1/2" Nylock Nut **14** as shown.
- Bolt the Back Pad Frame **5** to the Back Support Arm **3** using 1/2" x 6.5" Hex Bolt **8** 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 Pad Support Arm travels in a straight line.
- If Support Arm does not travel in a straight line, loosen the two Hex Bolts **8** and **9** and adjust the frame until Support Arm travels straight. Re-tighten.



STEP 7

Tools Required:

- 7/32" Hex Key
- Lift and lock Back Pad Support Arm **3** to access under-side of Back Pad Frame **5**.
- Position the Back Pad by aligning holes to the Back Frame.
- Install Back Pad to Back Frame using 3/8" x 1" Button Screws (Pad and Screws were set aside during Step 5).
- Once complete, ensure ALL bolts are tight and bench is able to move freely through all positions.
- Assembly is complete.

7-A

