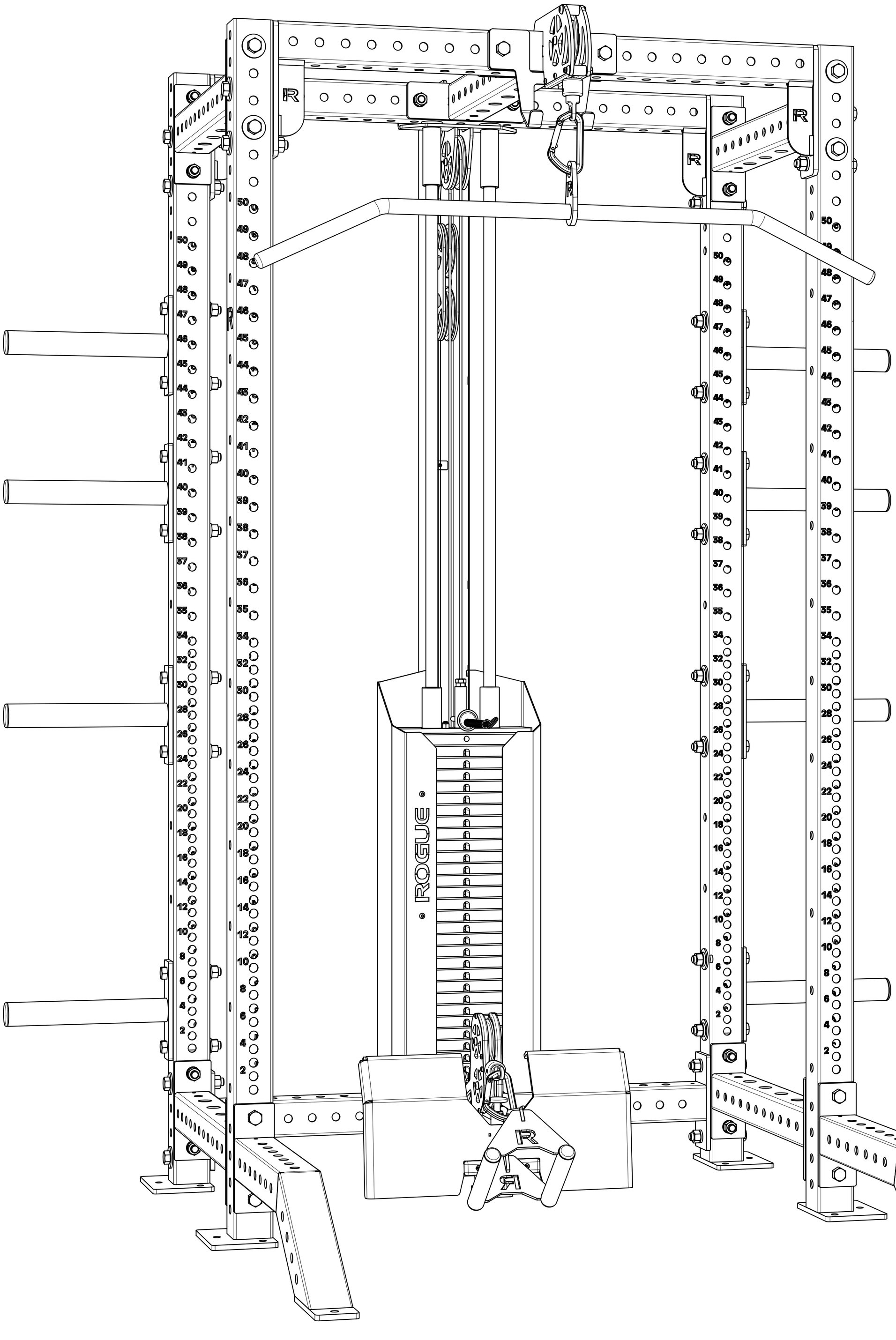
ROGUE®

MONSTER LITE LAT PULLDOWN LOW ROW TRAINER



⚠ 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:

THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE.
MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY.
MISUSE OF THIS RACK 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.

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

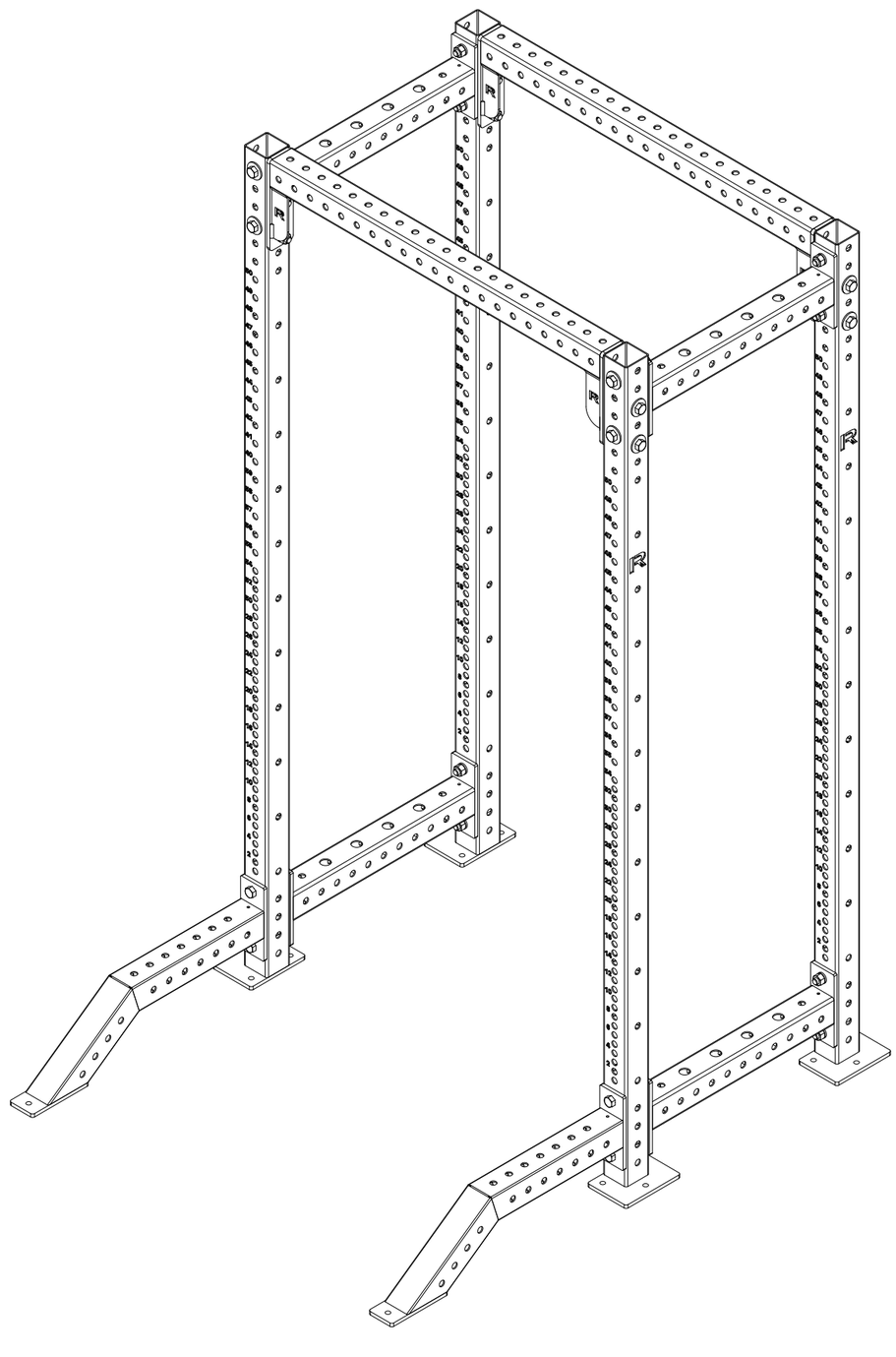
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MONSTER LITE RACK

Included Tools.....3

Included Parts.....4

Assembly.....12

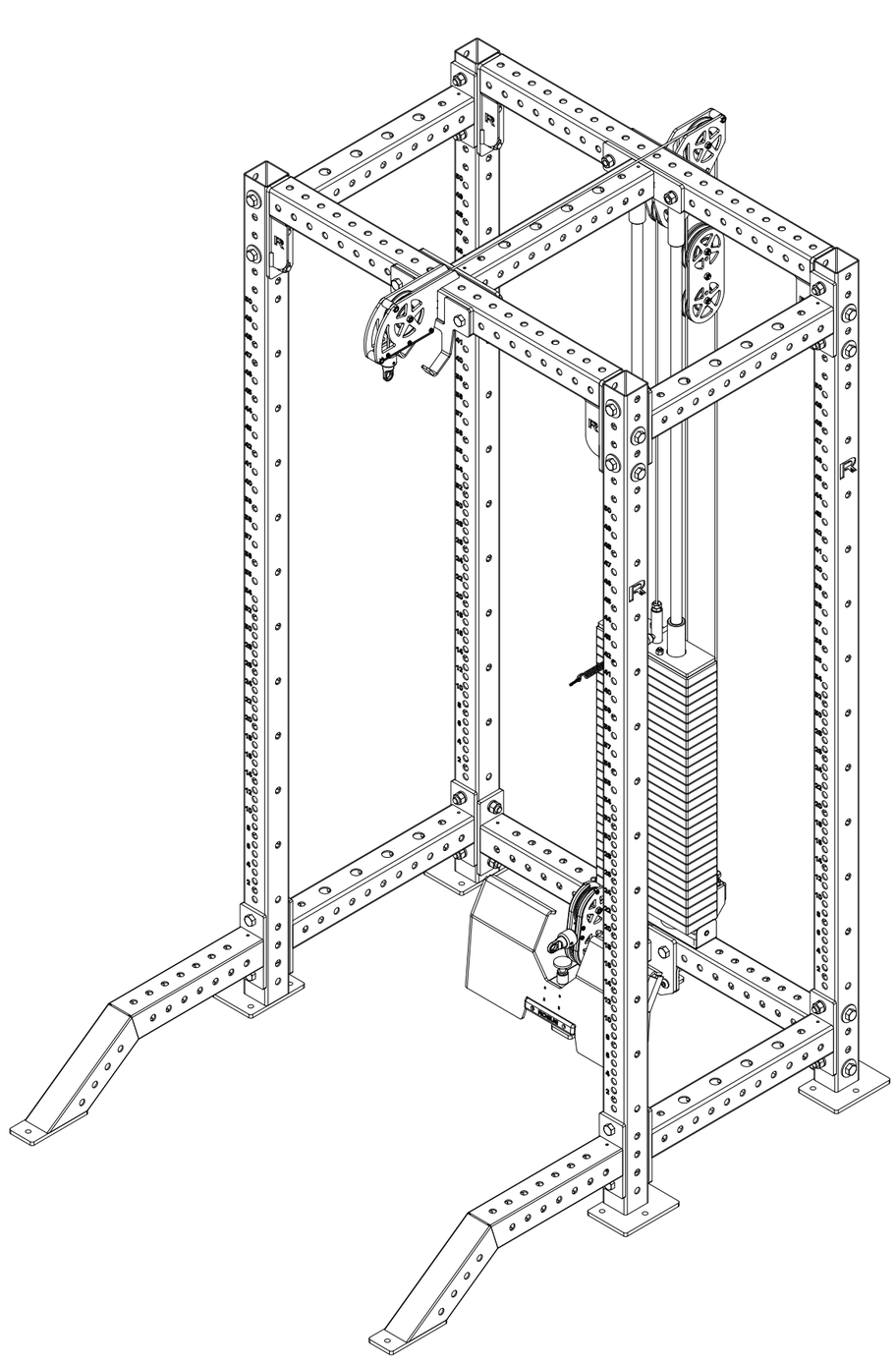


TRAINER ADD-ON KIT

Included Tools.....3

Included Parts.....6

Assembly.....18

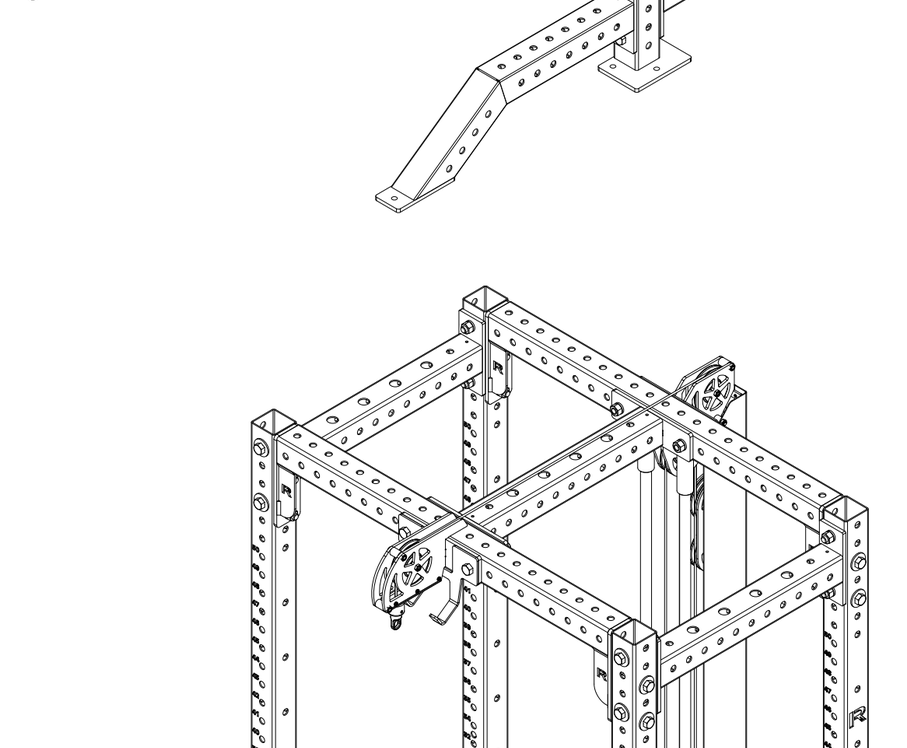


TRAINER SHROUD KIT

Included Tools.....3

Included Parts.....9

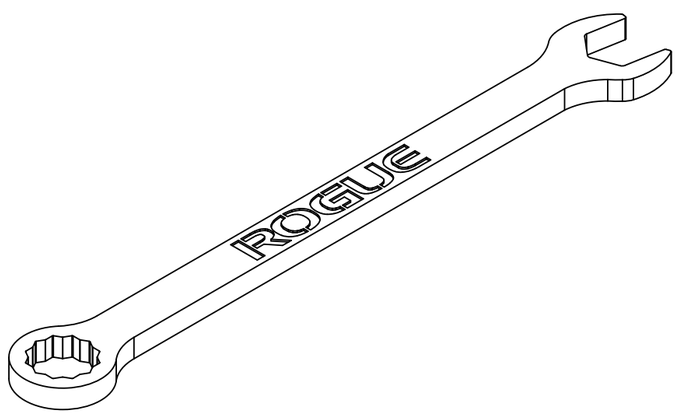
Assembly.....33



INCLUDED TOOLS

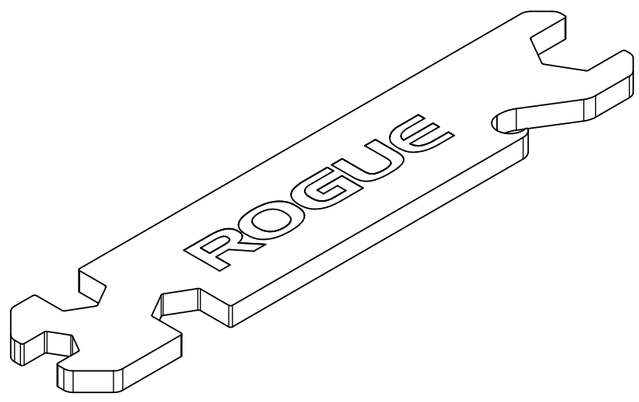
Note: Images not shown at scale

1 Qty: **2x**



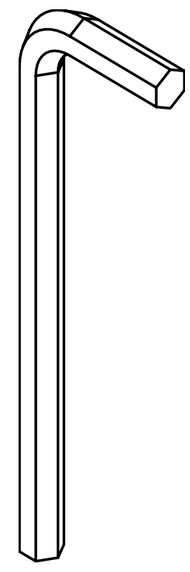
15/16” Wrench

2 Qty: **1x**



Multi Tool (3/4”, 9/16”, 5/8” and 7/16” Wrench)

3 Qty: **1x**



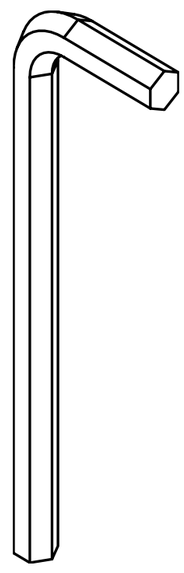
5/16” Allen Key

4 Qty: **1x**



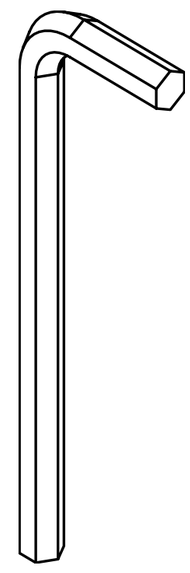
7/32” Allen Key

5 Qty: **1x**



5/32” Allen Key

6 Qty: **1x**

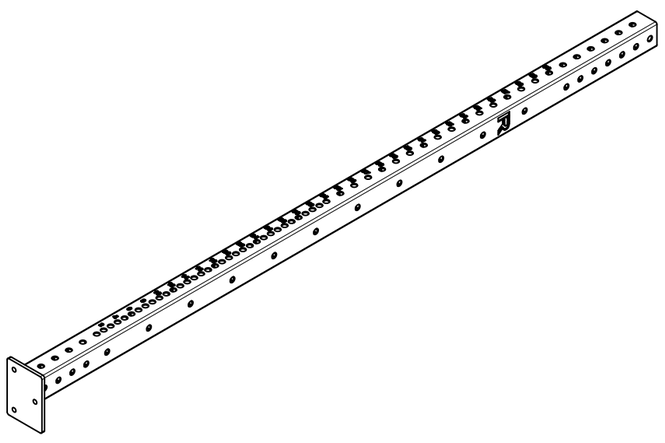


3/32” Allen Key

INCLUDED PARTS: FULL RACK

Note: Images not shown at scale.

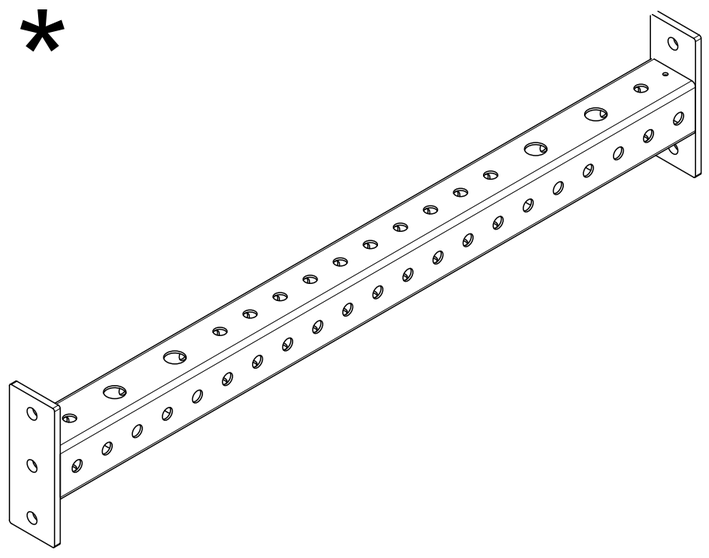
1 RML-3/4: **4x** RML-6: **6x**



90” Monster Lite Upright

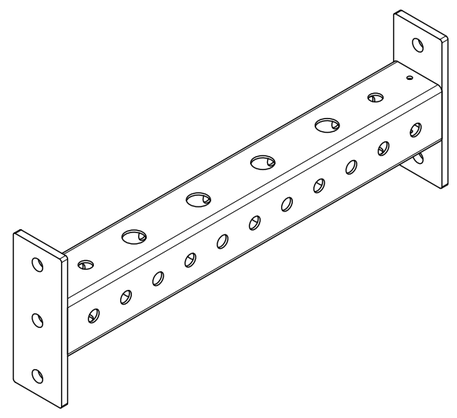
2 RML-3/4: **4x** RML-6: **4x**

*



Front Crossmember

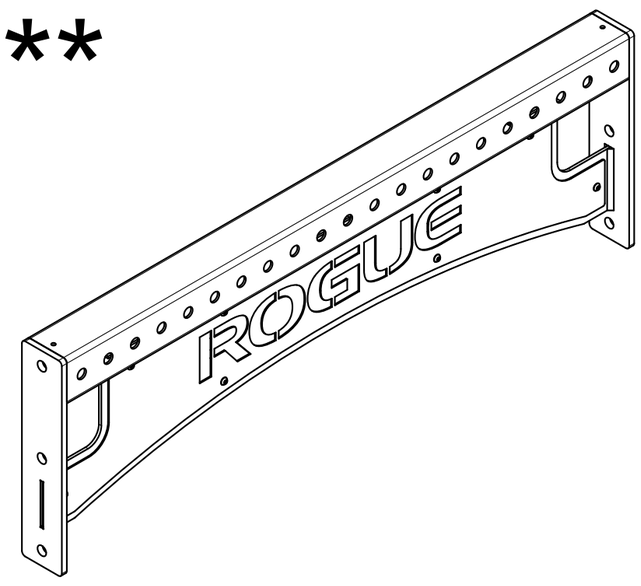
3 RML-6: **4x**



24” Crossmember

4 RML-6: **1x**

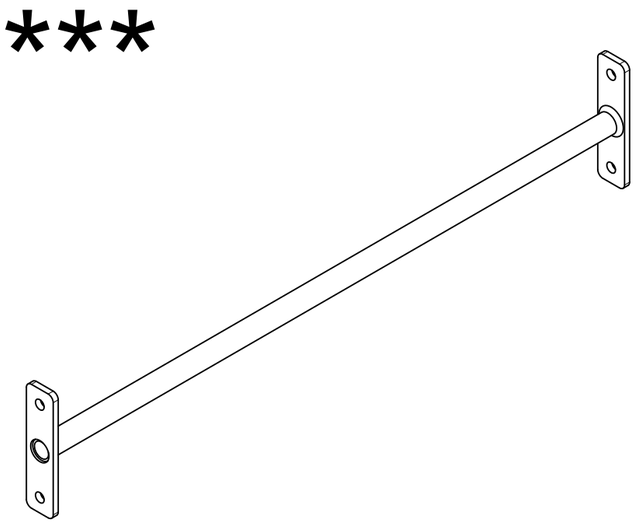
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Nameplate Crossmember

5 RML-6: **1x**

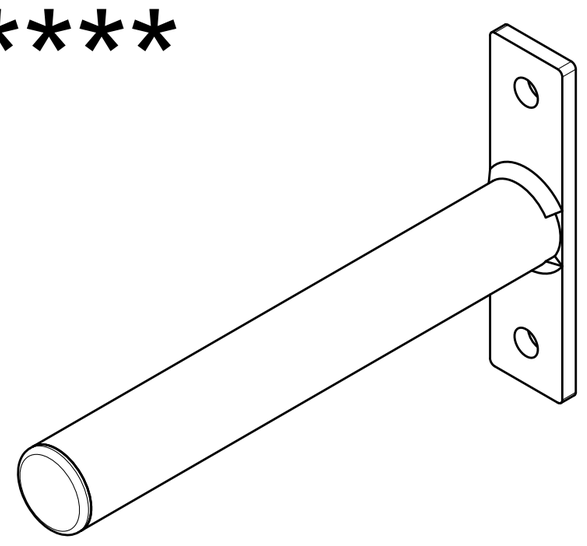
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Pull-up Bar

6 RML-3/4: **8x** RML-6: **8x**

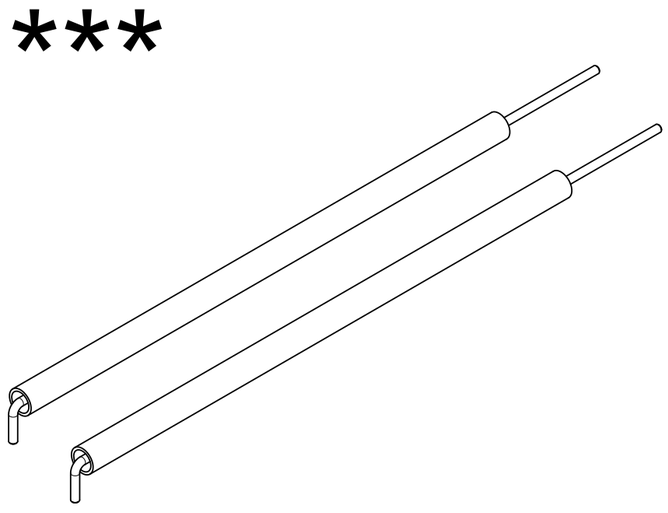
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Monster Lite Plate Storage Pin

7 RML-3/4: **1x** RML-6: **1x**

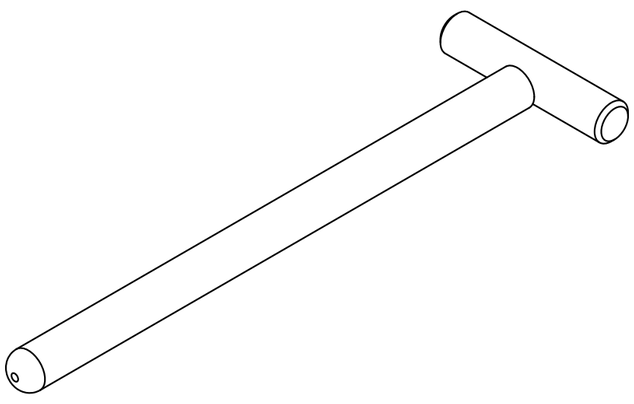
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Pair of Safety Spotter Arms

8 RML-3/4: **4x** RML-6: **4x**

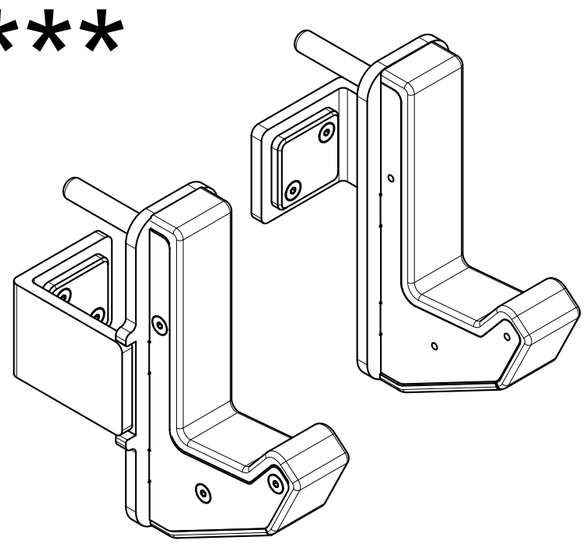
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Band Peg

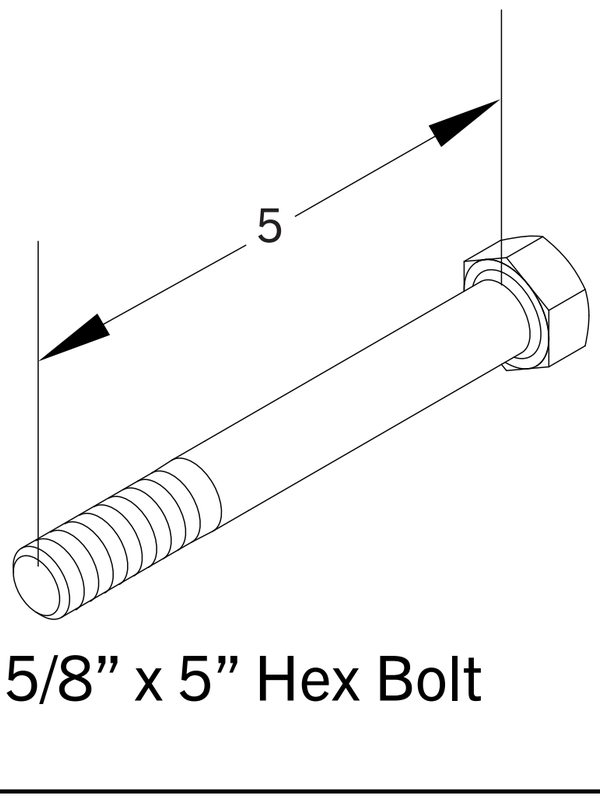
9 RML-3/4: **1x** RML-6: **1x**

***



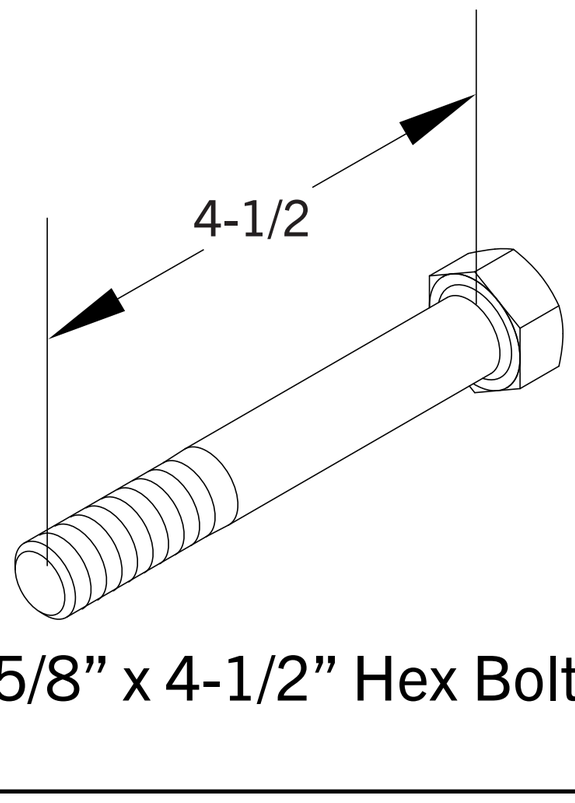
Pair of Monster Lite J-cups

10 RML-6: **8x**



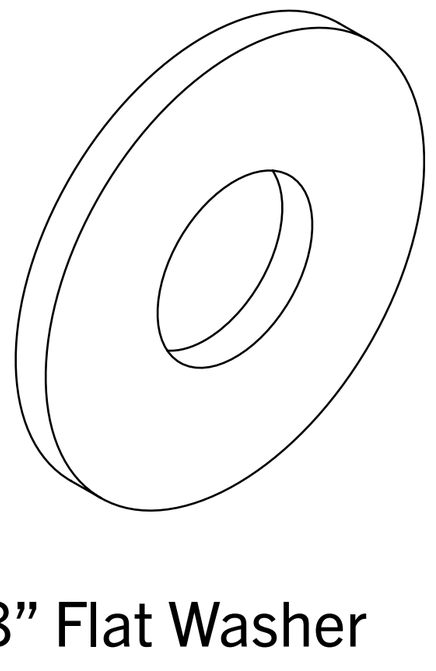
5/8” x 5” Hex Bolt

11 RML-3/4: **36x** RML-6: **40x**



5/8” x 4-1/2” Hex Bolt

12 RML-3/4: **36x** RML-6: **40x**



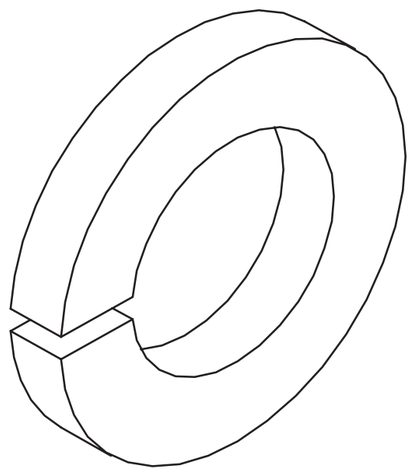
5/8” Flat Washer

* Front Crossmember length depends on Rack Depth and Type selection made at checkout.
** May also be 43” 3x3 Crossmember depending on selection made at checkout.
*** Items may look different than drawings shown. Style depends on selection made at checkout.
**** Only included if Plate Storage Pins were purchased at checkout.

INCLUDED PARTS: FULL RACK

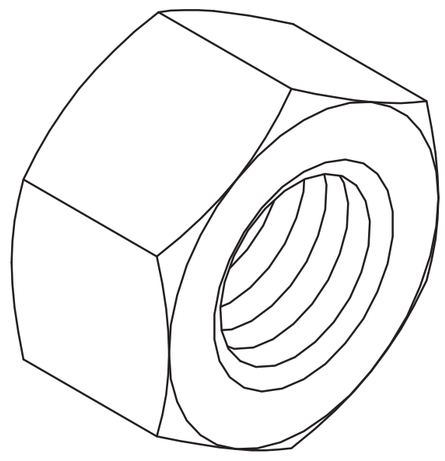
Note: Images not shown at scale.

13 RML-3/4: **36x** RML-6: **48x**



5/8” Lock Washer

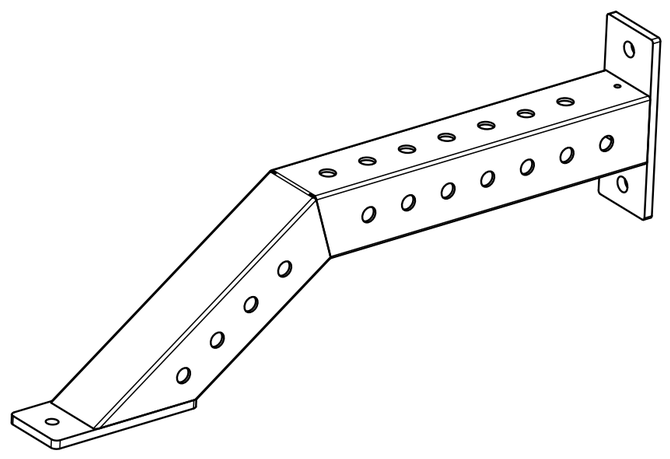
14 RML-3/4: **36x** RML-6: **48x**



5/8” Hex Nut

15 RML-3/4: **2x**

*



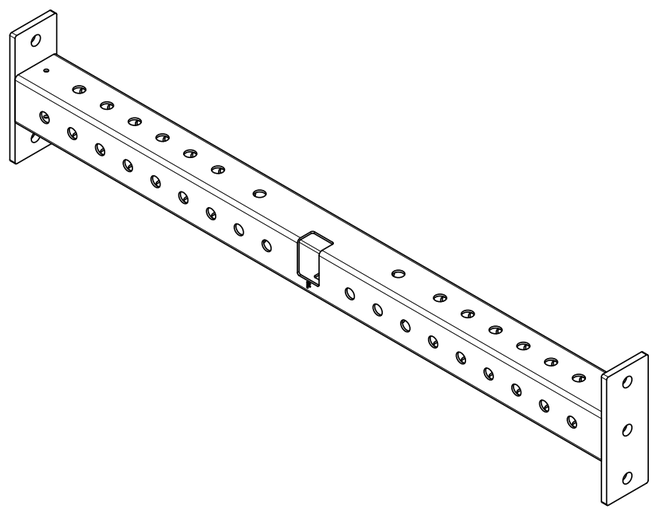
Half Rack Foot

* Only included if purchased at checkout.

INCLUDED PARTS: TRAINER ADD-ON KIT

Note: Images not shown at scale.

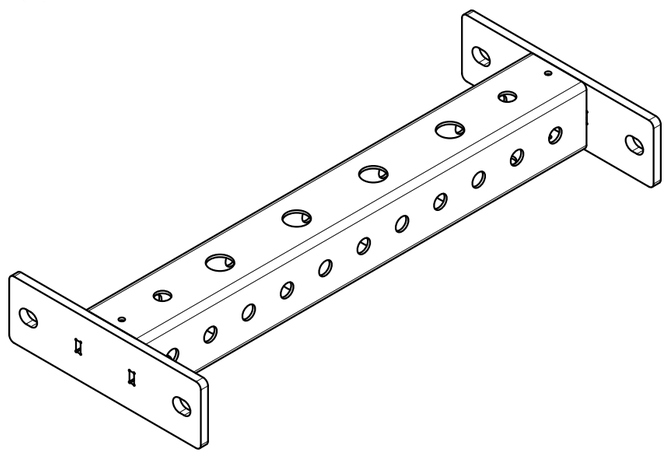
16 Qty: **1x**



Low Row Crossmember

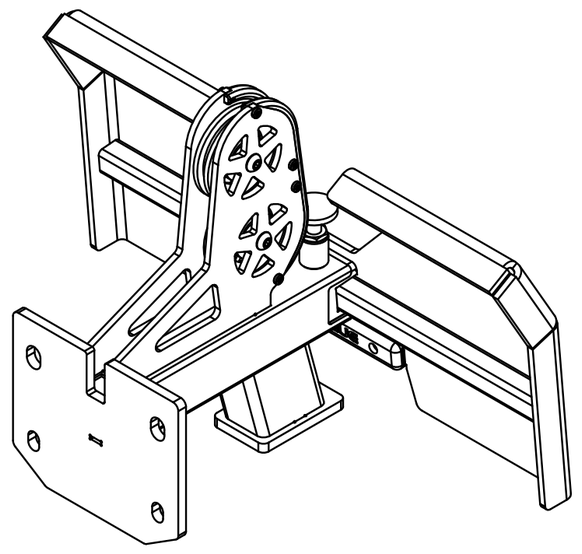
17 Qty: **1x**

*



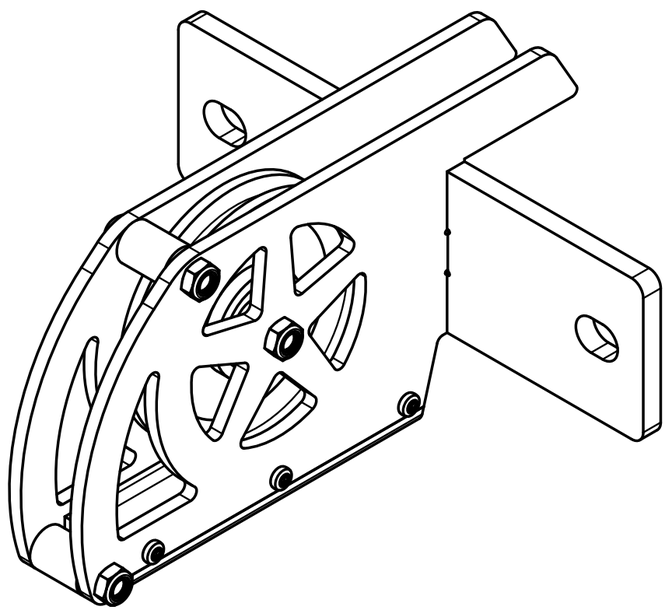
Top Center Crossmember

18 Qty: **1x**



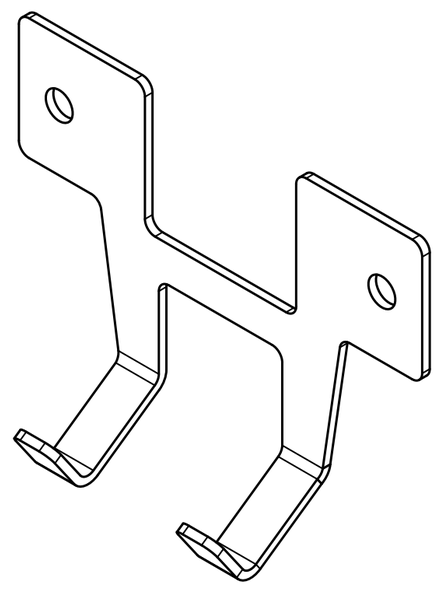
Low Row Footplate Assembly

19 Qty: **1x**



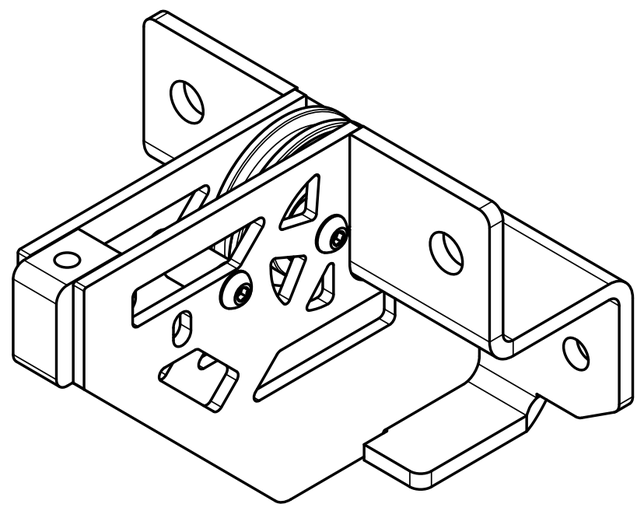
Lat Pulldown Pulley Bracket

20 Qty: **1x**



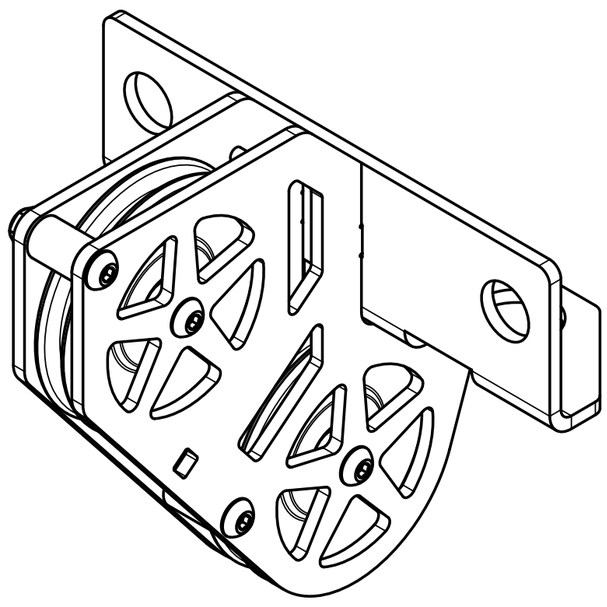
Lat Bar Hanger

21 Qty: **1x**



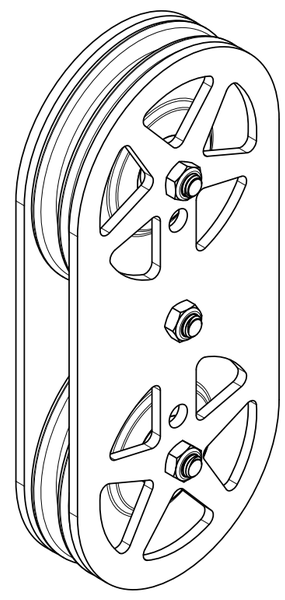
Low Rear Pulley Assembly

22 Qty: **1x**



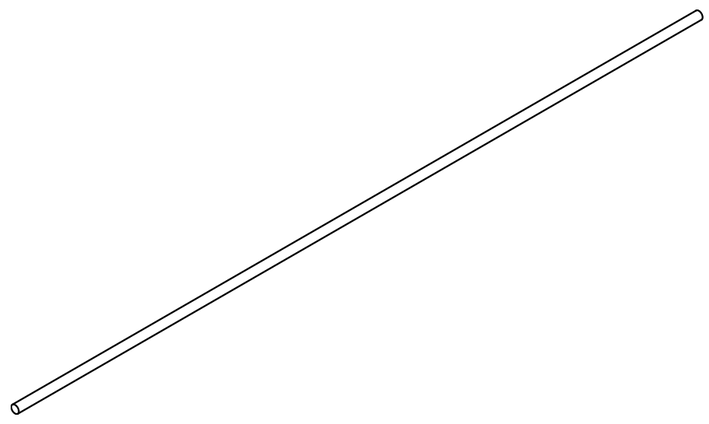
Top Rear Pulley Assembly

23 Qty: **1x**



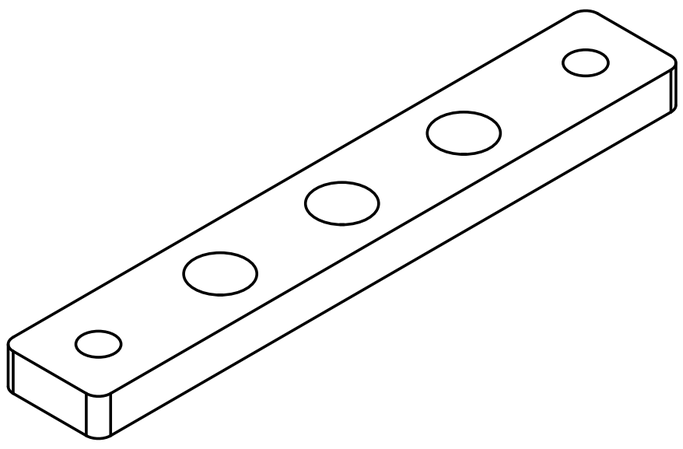
Peanut Pulley

24 Qty: **2x**



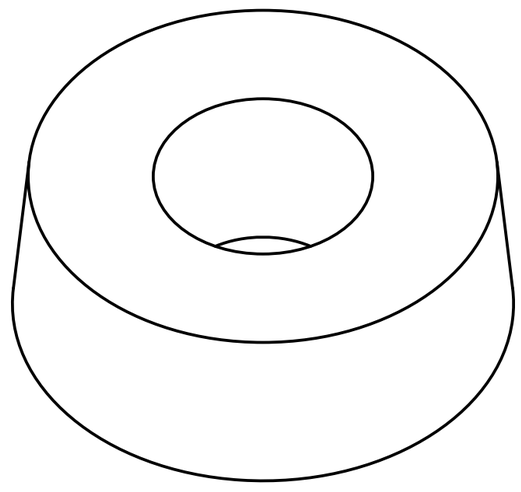
Guide Rod

25 Qty: **1x**



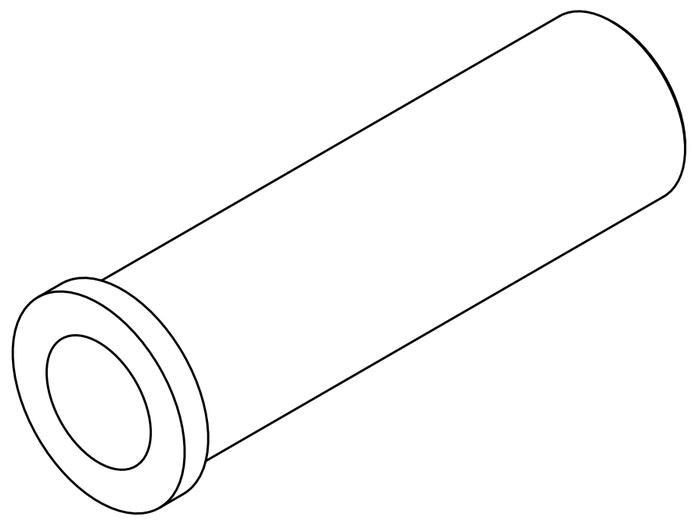
Weight Stack Spacer

26 Qty: **2x**



Weight Stack Bumper

27 Qty: **2x**



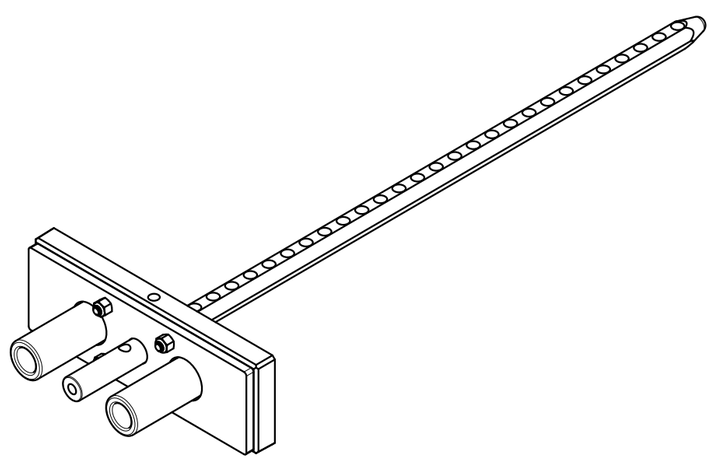
Hard Stop Spacers

* Top Center Crossmember length depends on Rack Depth and Type selection made at checkout.

INCLUDED PARTS: TRAINER ADD-ON KIT

Note: Images not shown at scale.

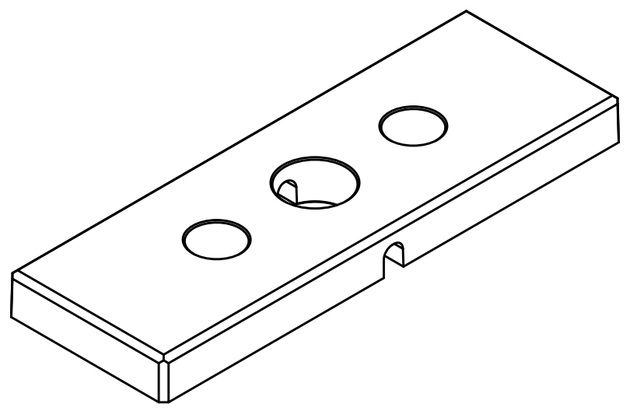
28 Qty: **1x**



Weight Stack Stem

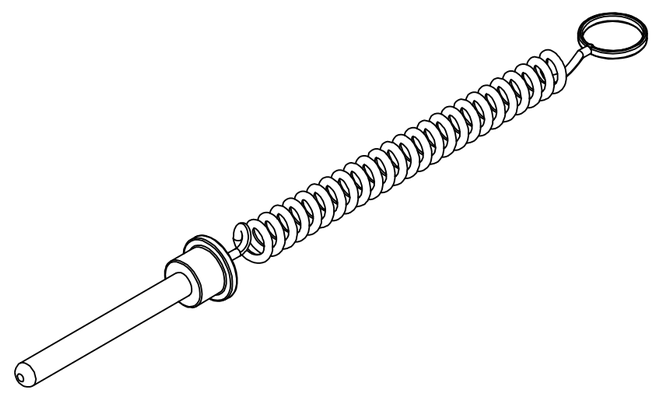
29 Qty: **23x or 28x**

*



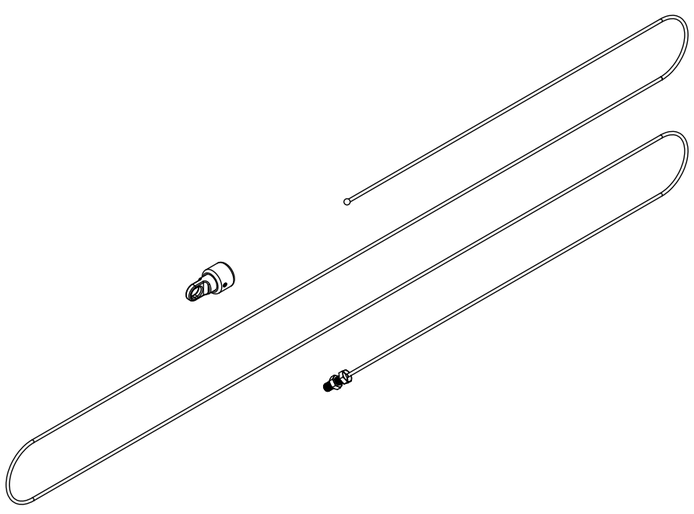
10LB Weight Stack Plate

30 Qty: **1x**



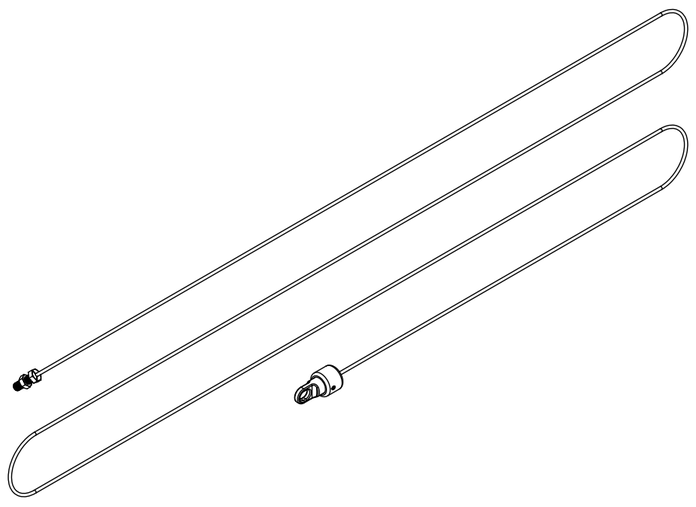
Weight Stack Selector Pin w/ Lanyard

31 Qty: **1x**



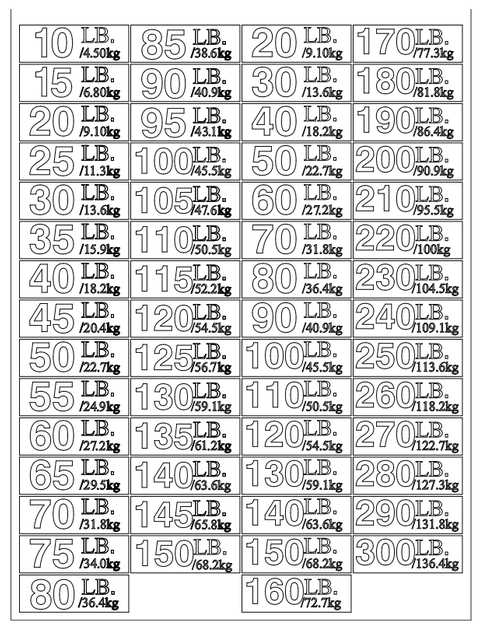
Low Row Cable (Yellow Tag)

32 Qty: **1x**



Lat Pull Cable (Blue Tag)

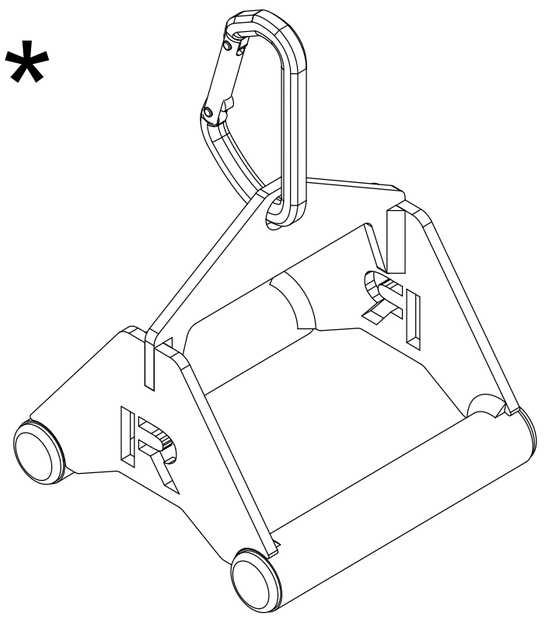
33 Qty: **1x**



Weight Stack Number Label Sheet

34 Qty: **1x**

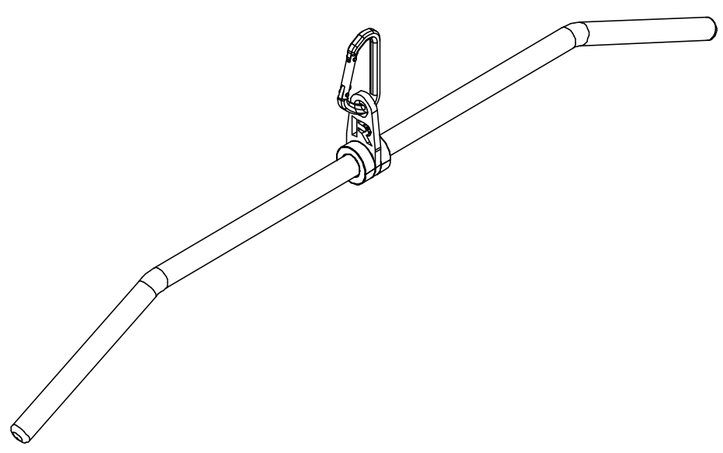
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Standard Grip Triangle

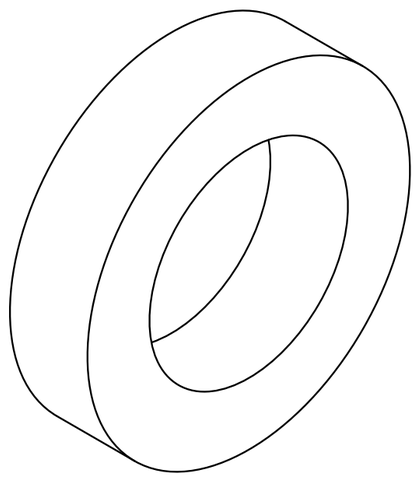
35 Qty: **1x**

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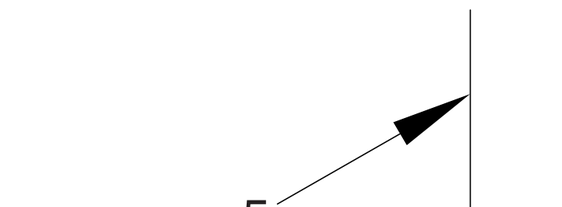
Lat Bar

39 Qty: **2x**



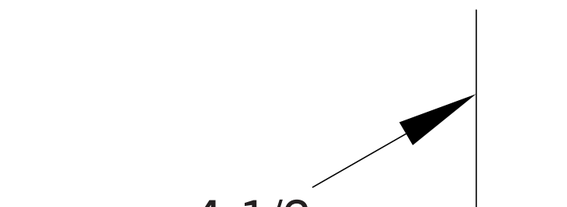
ML Adapter Spacer

40 Qty: **2x**



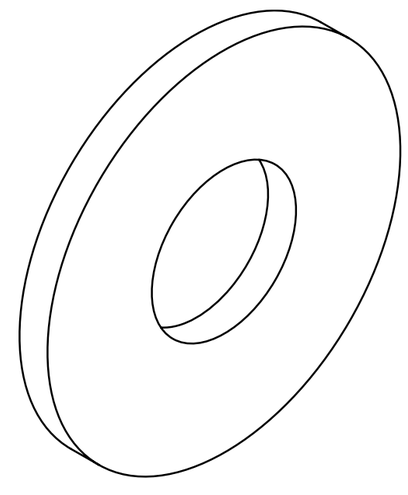
5/8” x 5” Hex Bolt

41 RML-3/4: **10x** RML-6: **14x**



5/8” x 4-1/2” Hex Bolt

42 RML-3/4: **8x** RML-6: **12x**



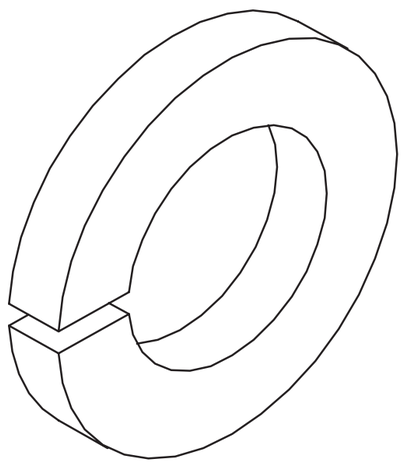
5/8” Flat Washer

* Quantity depends on 250 lb or 300 lb weight stack selected at checkout.
** Items may look different than drawings shown. Style depends on selection made at checkout.

INCLUDED PARTS: TRAINER ADD-ON KIT

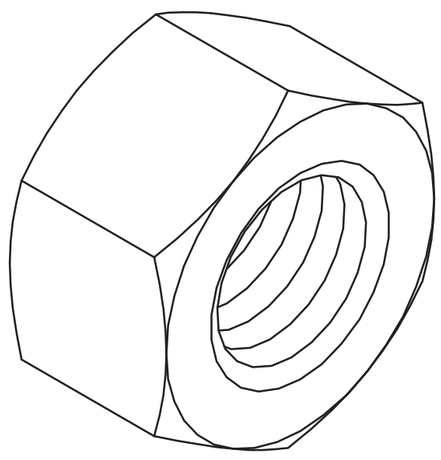
Note: Images not shown at scale.

43 RML-3/4: **12x** RML-6: **16x**



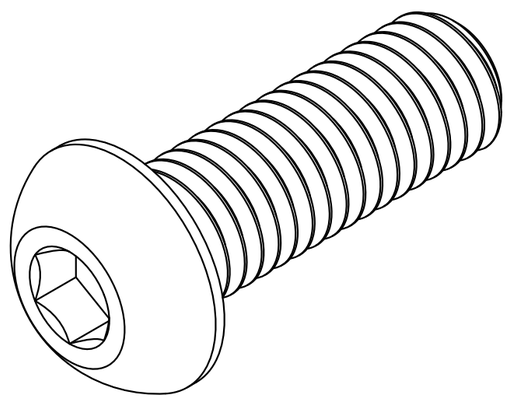
5/8” Lock Washer

44 RML-3/4: **12x** RML-6: **16x**



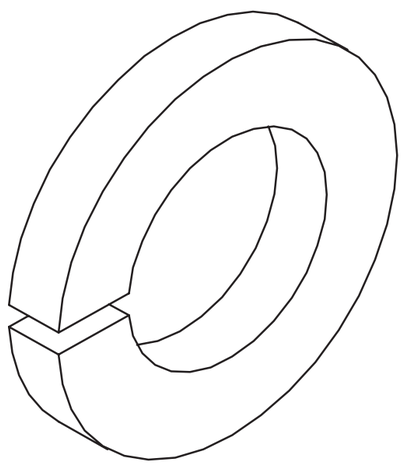
5/8” Hex Nut

45 Qty: **2x**



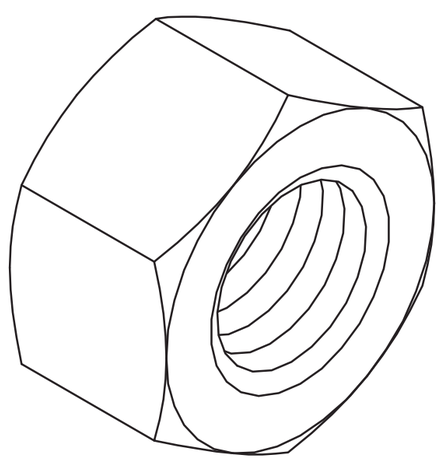
1/2” x 2-3/4” Button Head Screw

46 Qty: **2x**



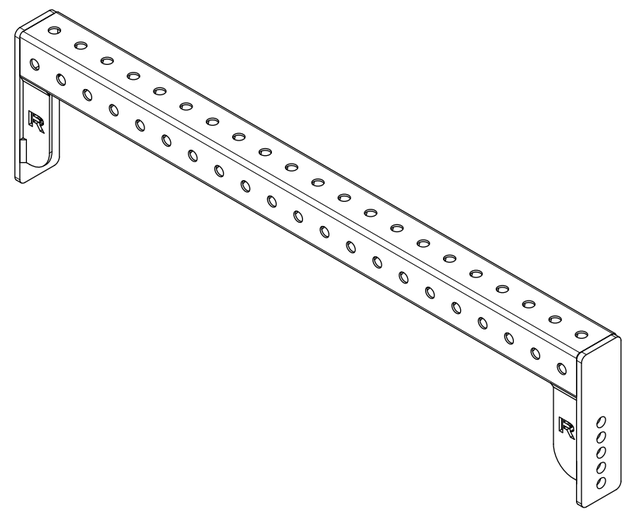
1/2” Lock Washer

47 Qty: **2x**



1/2” Hex Nut

48 RML-3/4: **2x** RML-6: **1x**

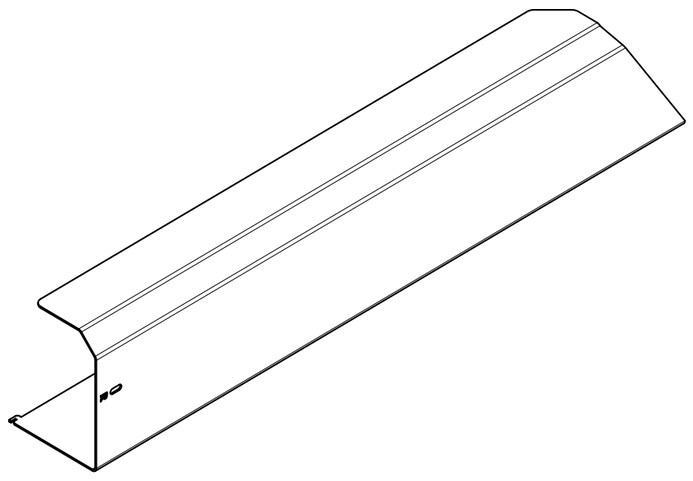


43” Crossmember

INCLUDED PARTS: TRAINER SHROUD KIT (OPTIONAL)

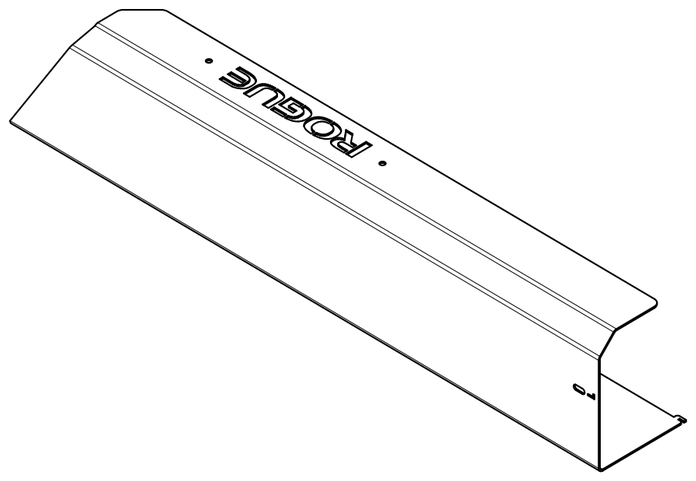
Note: Images not shown at scale.

49 Qty: **1x**



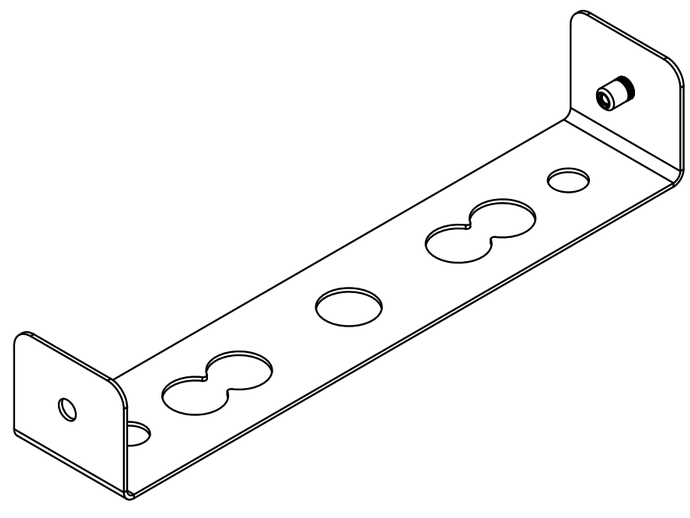
Weight Stack Shroud - RH

50 Qty: **1x**



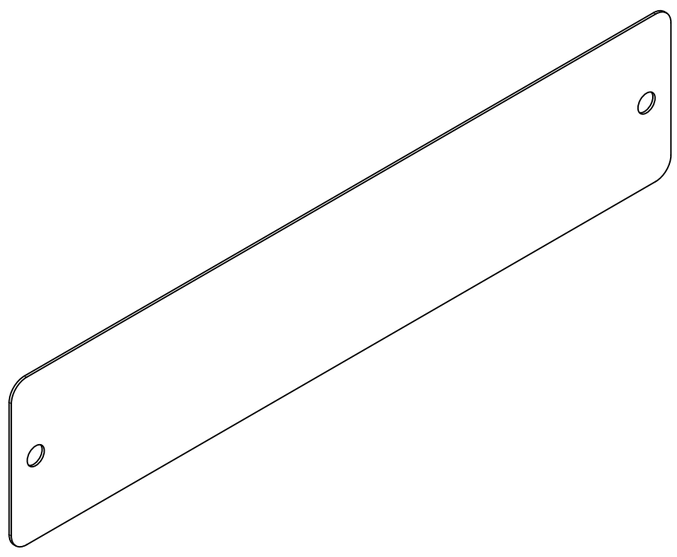
Weight Stack Shroud - LH

51 Qty: **1x**



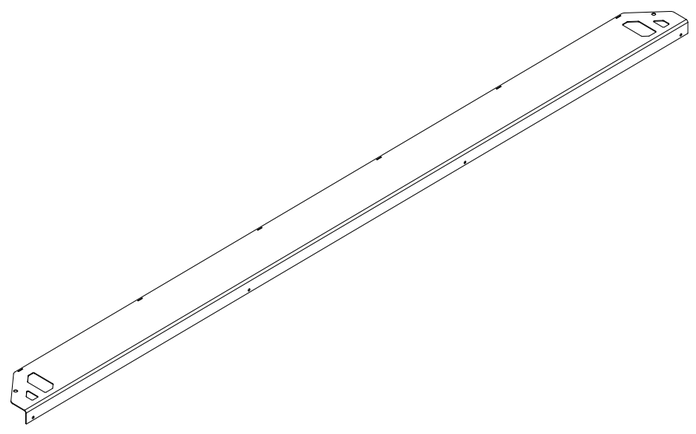
Weight Stack Shroud Bracket

52 Qty: **1x**



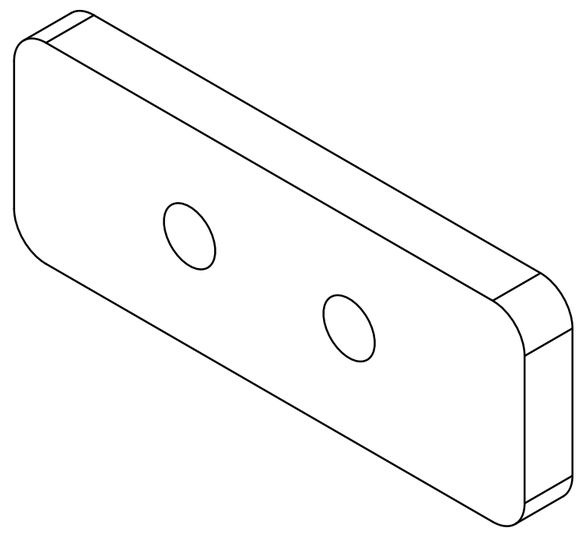
Weight Stack Shroud Backer

53 Qty: **2x**



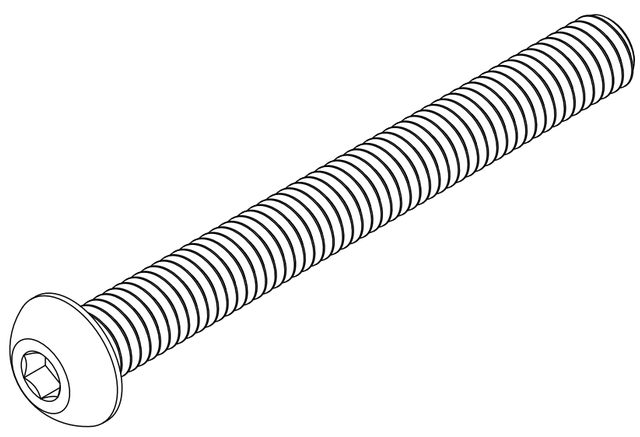
Rear Shroud

54 Qty: **4x**



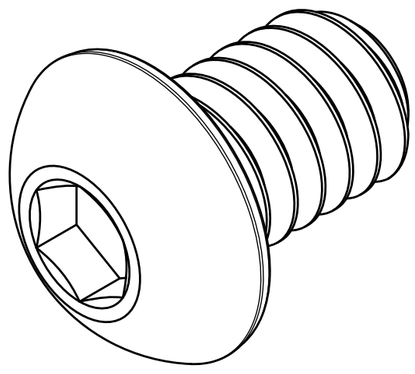
Rear Shroud Plate

55 Qty: **2x**



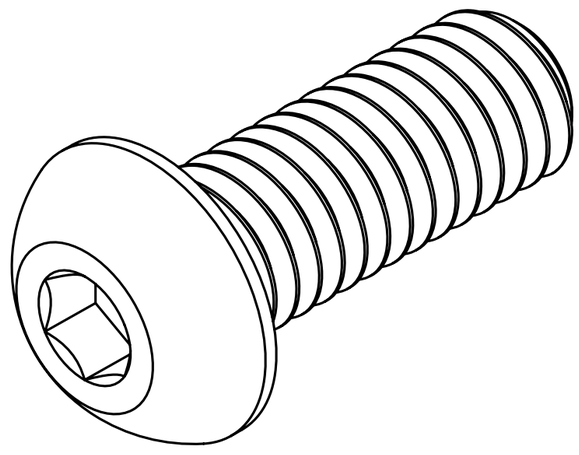
3/8” x 3-1/2” Button Head Screw

56 Qty: **10x**



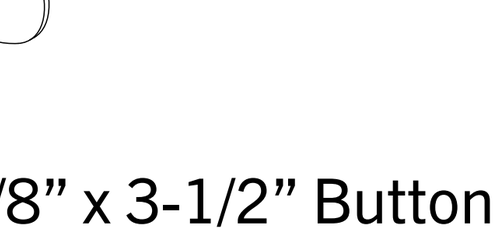
1/4” x 3/8” Button Head Screw

57 Qty: **2x**



1/4” x 5/8” Button Head Screw

58 Qty: **4x**



3/4” Spacer

59 Qty: **2x**



1/4” Thin Nylock Nut

60 Qty: **2x**

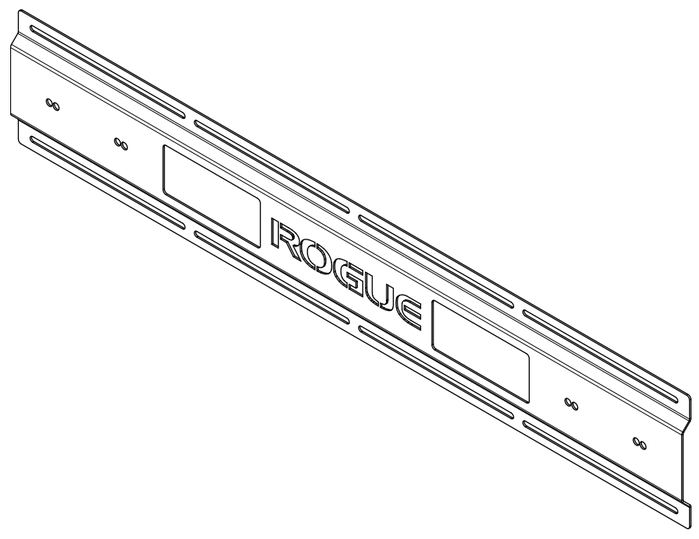


3/8” Thin Nylock Nut

INCLUDED PARTS: WALL MOUNT KIT (OPTIONAL)

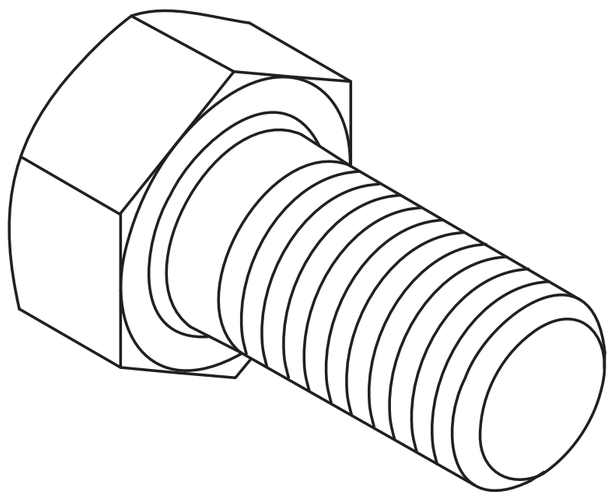
Note: Images not shown at scale.

61 Qty: **2x**



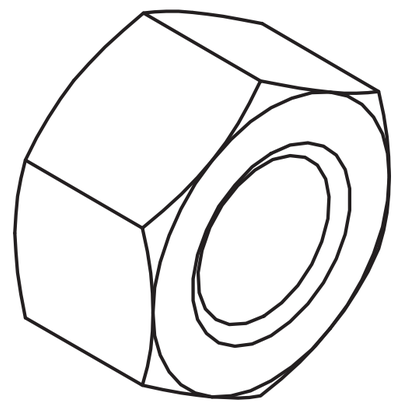
Fold Back Stringer

62 Qty: **8x**



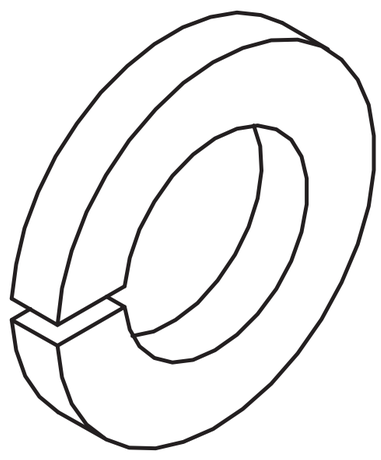
1/2” -13 x 1” Hex Bolt

63 Qty: **8x**



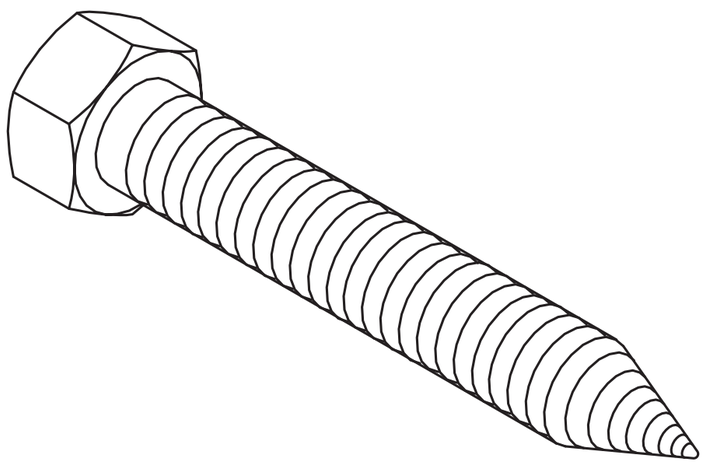
1/2” -13 Hex Nut

64 Qty: **8x**



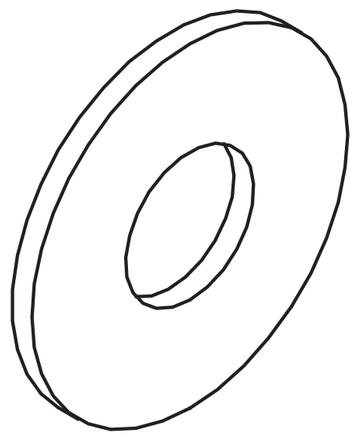
1/2” Lock Washer

65 Qty: **16x**



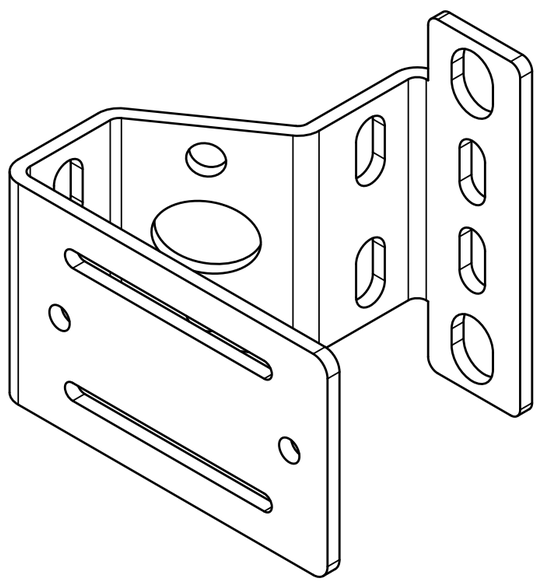
3/8” x 2-1/2” Wood Lag Screws

66 Qty: **16x**



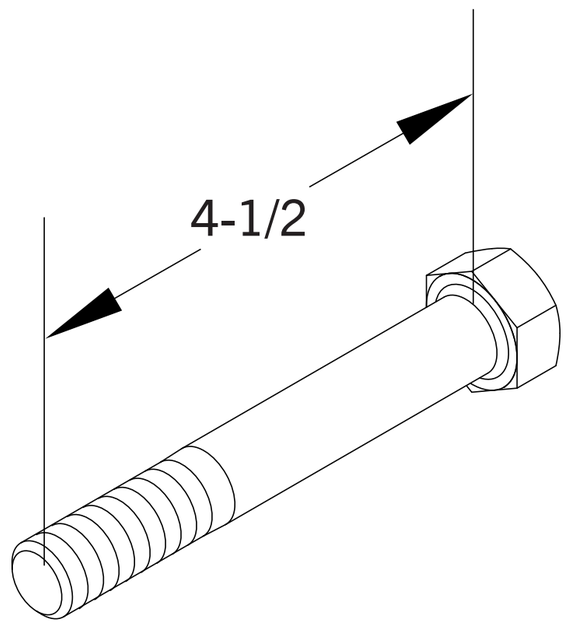
3/8” Flat Washer

67 Qty: **4x**



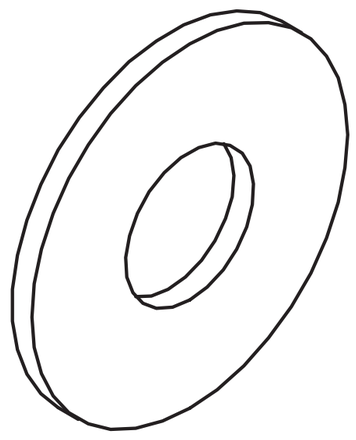
Wall Mount Brackets

68 Qty: **8x**



5/8” x 4-1/2” Hex Bolt

69 Qty: **8x**



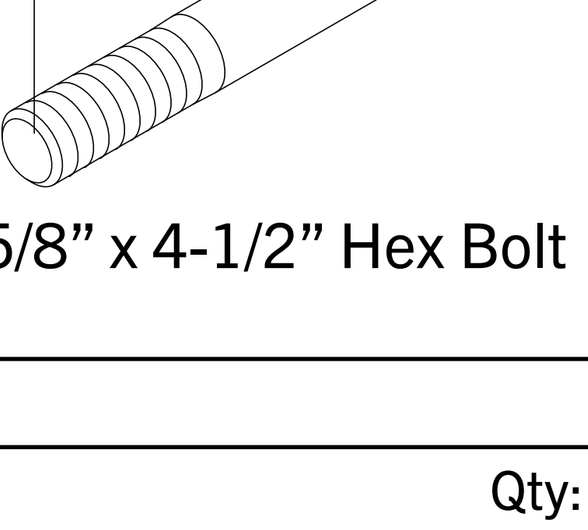
5/8” Flat Washer

70 Qty: **8x**



5/8” Lock Washer

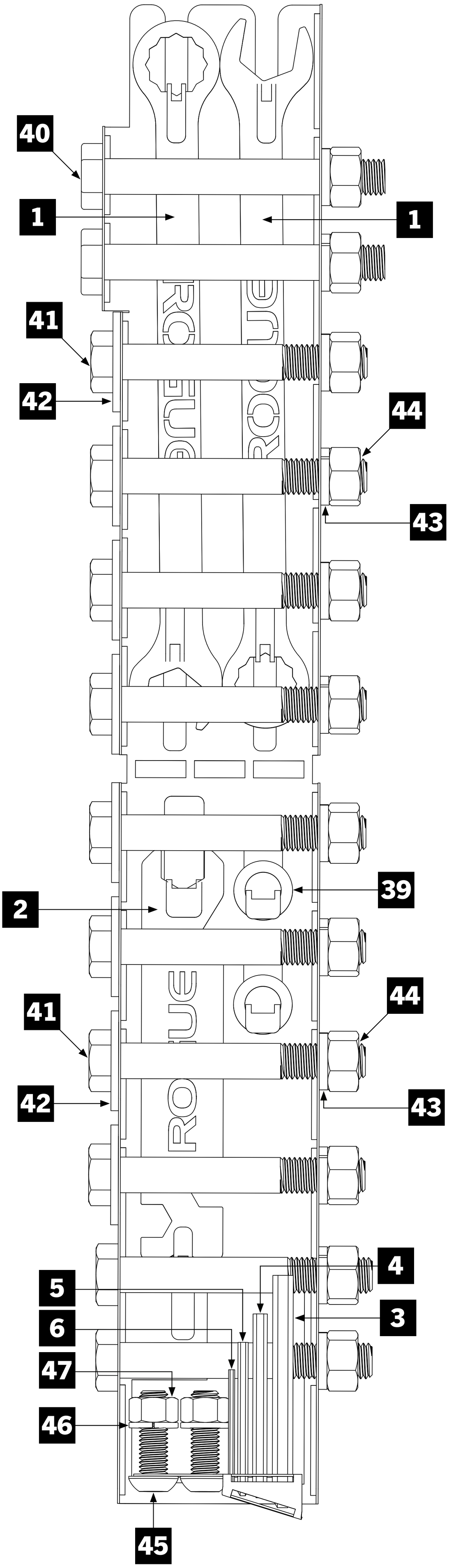
71 Qty: **8x**



5/8” Hex Nut

HARDWARE KIT

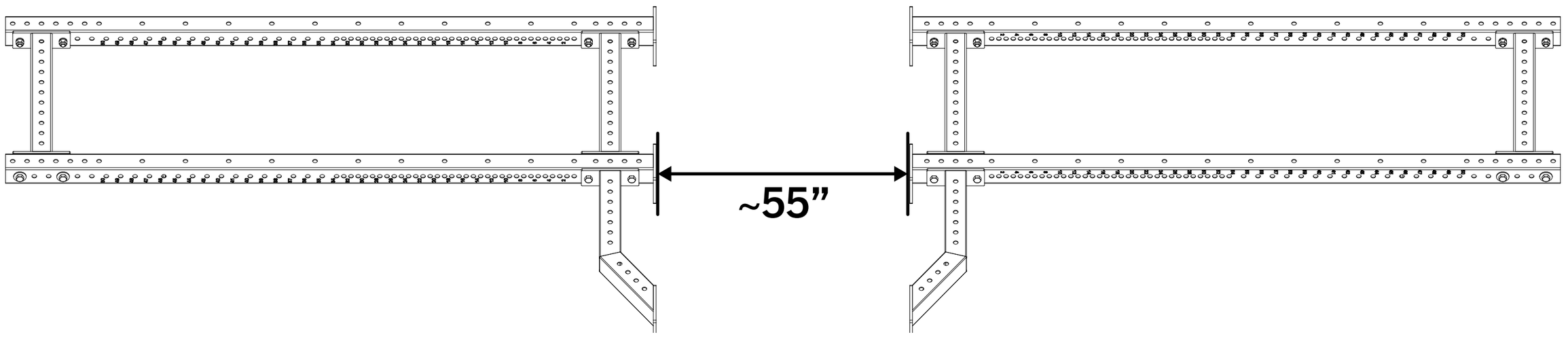
- **Note: Some hardware is not included in the main hardware kits shown below. These items will arrive pre-installed or packaged with specific components.**
- Be sure to check all included parts before beginning installation.



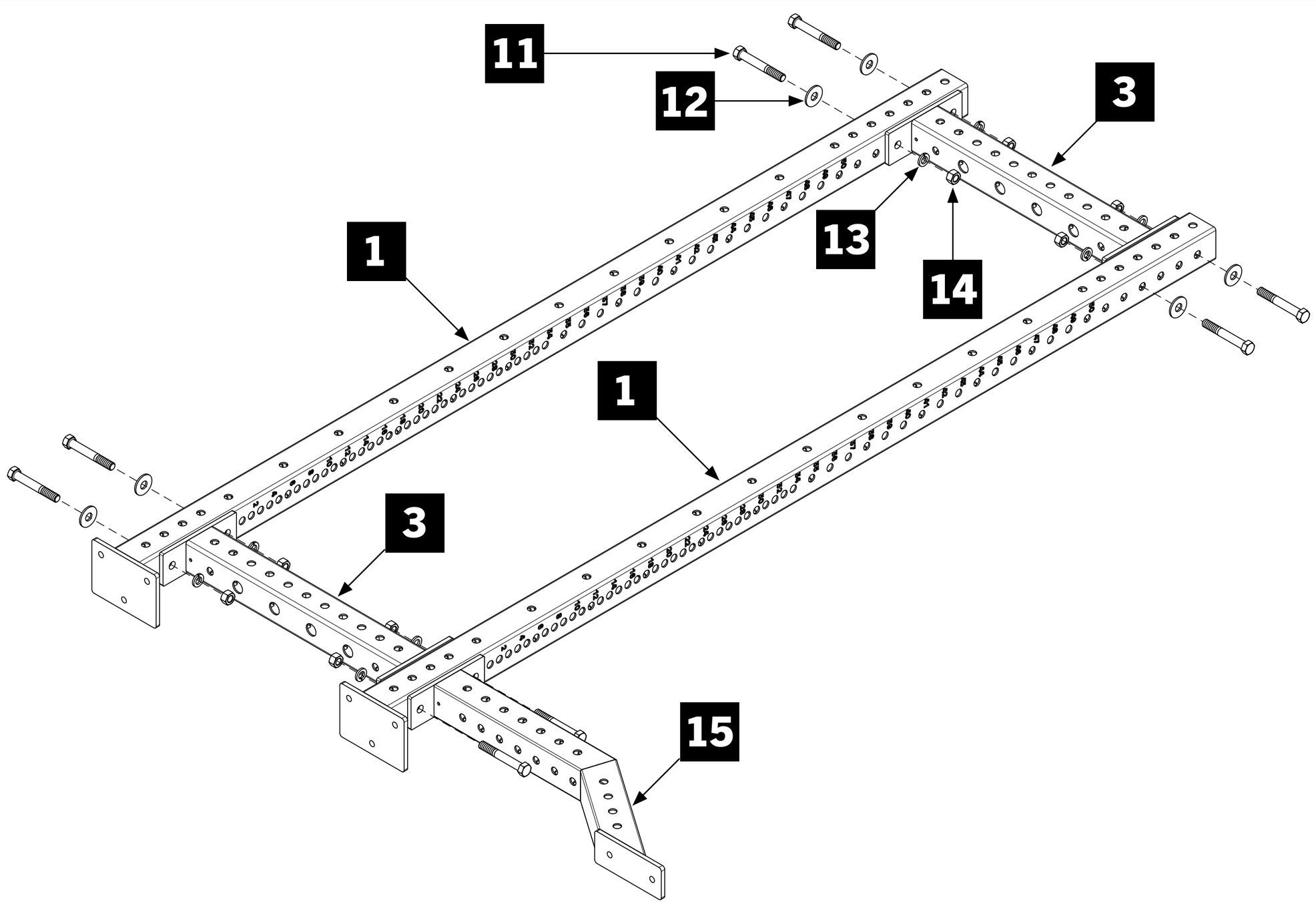
STEP 1 (RML-4)

- Note: Skip to **Step 3** (**Page 14**) when modifying using existing RML-4 Rack.
- For RML-6 Skip to **Step 1** (**Page 15**).
- Refer to overview image to plan assembly and ensure ample floor space is alloted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55” apart.
- Note orientation of Upright [**1**] feet in relation to the ground.
- Connect Uprights [**1**] to Crossmembers using 5/8”x 4.5” Hex Bolts [**11**], 5/8” Flat Washers [**12**], 5/8” Lock Washers [**13**], and 5/8” Hex Nuts [**14**].
- Attach Half Rack Feet [**15**] to front of rack using 5/8”x 4.5” Hex Bolts [**11**], 5/8” Flat Washers [**12**], 5/8” Lock Washers [**13**], and 5/8” Hex Nuts [**14**].
- **HAND TIGHTEN ONLY.**

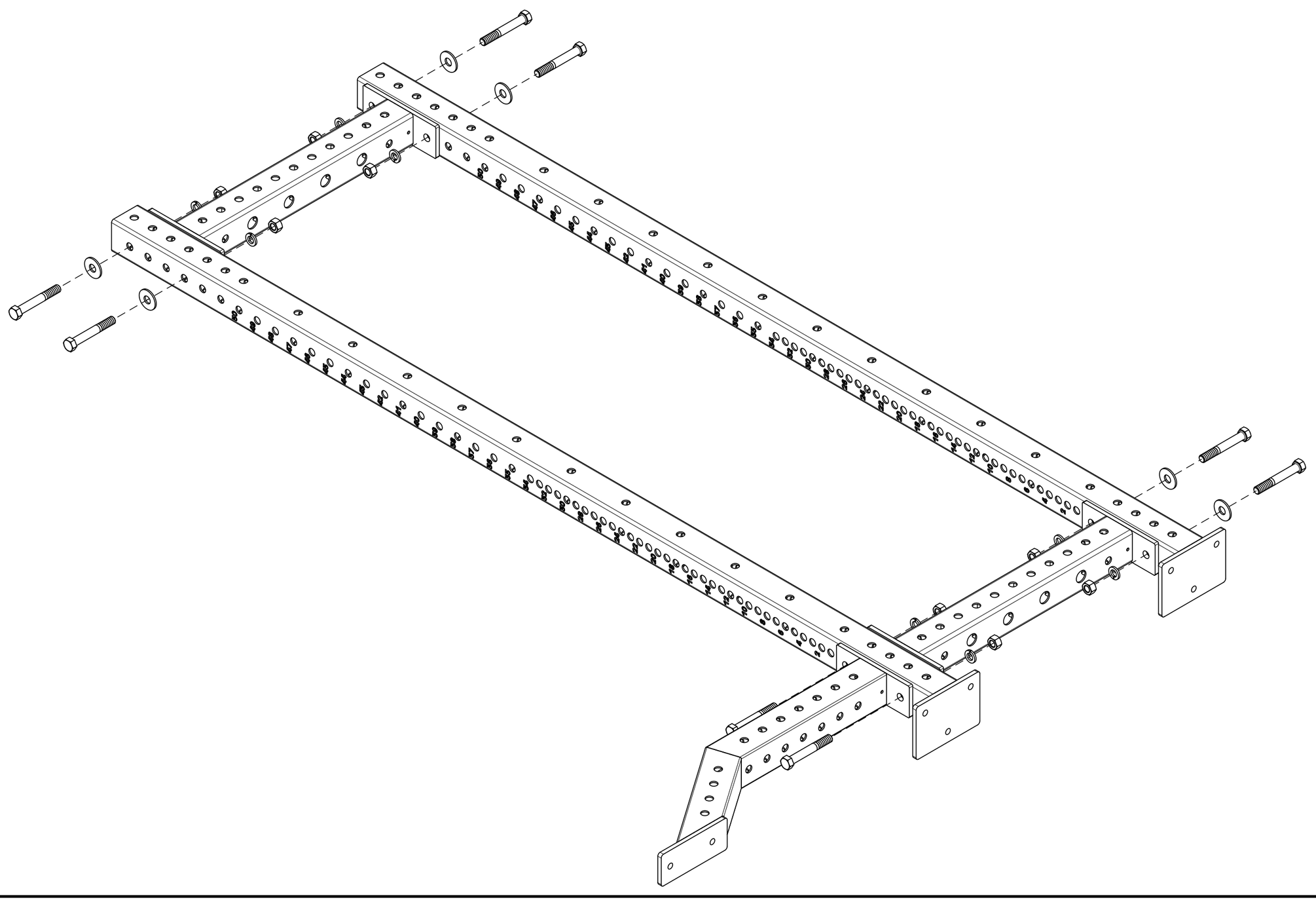
OVERVIEW



1-A



1-B



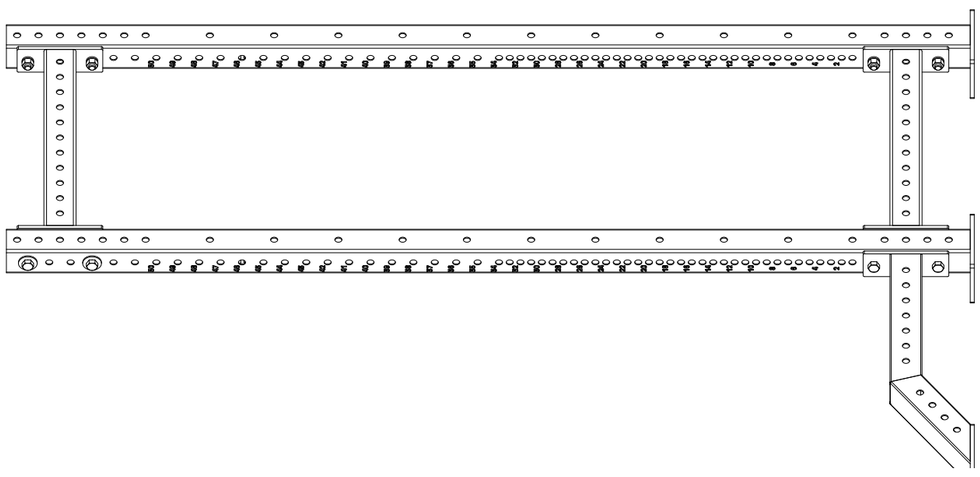
STEP 2 (RML-4)

IMPORTANT:

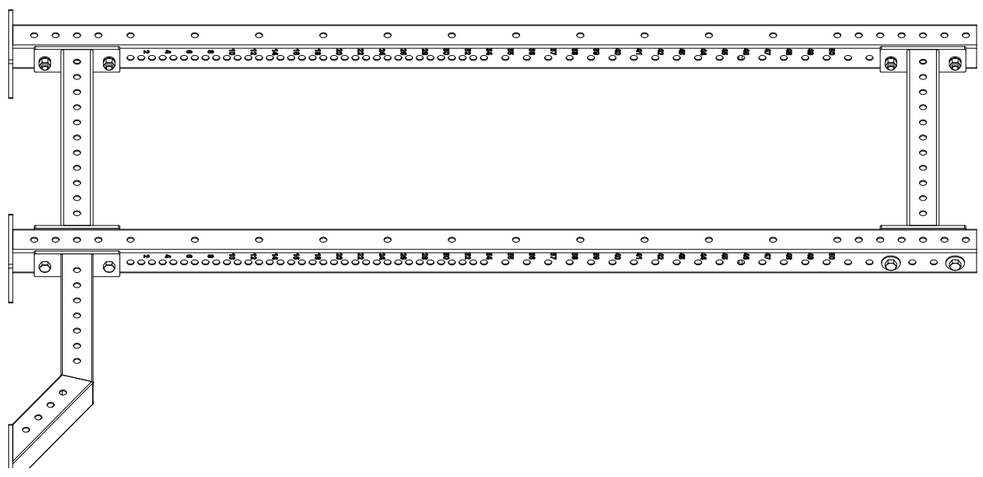
- For safety, we recommend the remainder of these instructions be completed with **2 or 3 people**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.
- One or two people should stabilize both panels, ensuring panels don't fall while another person assembles the spanning Crossmembers in **STEP 3**.

OVERVIEW

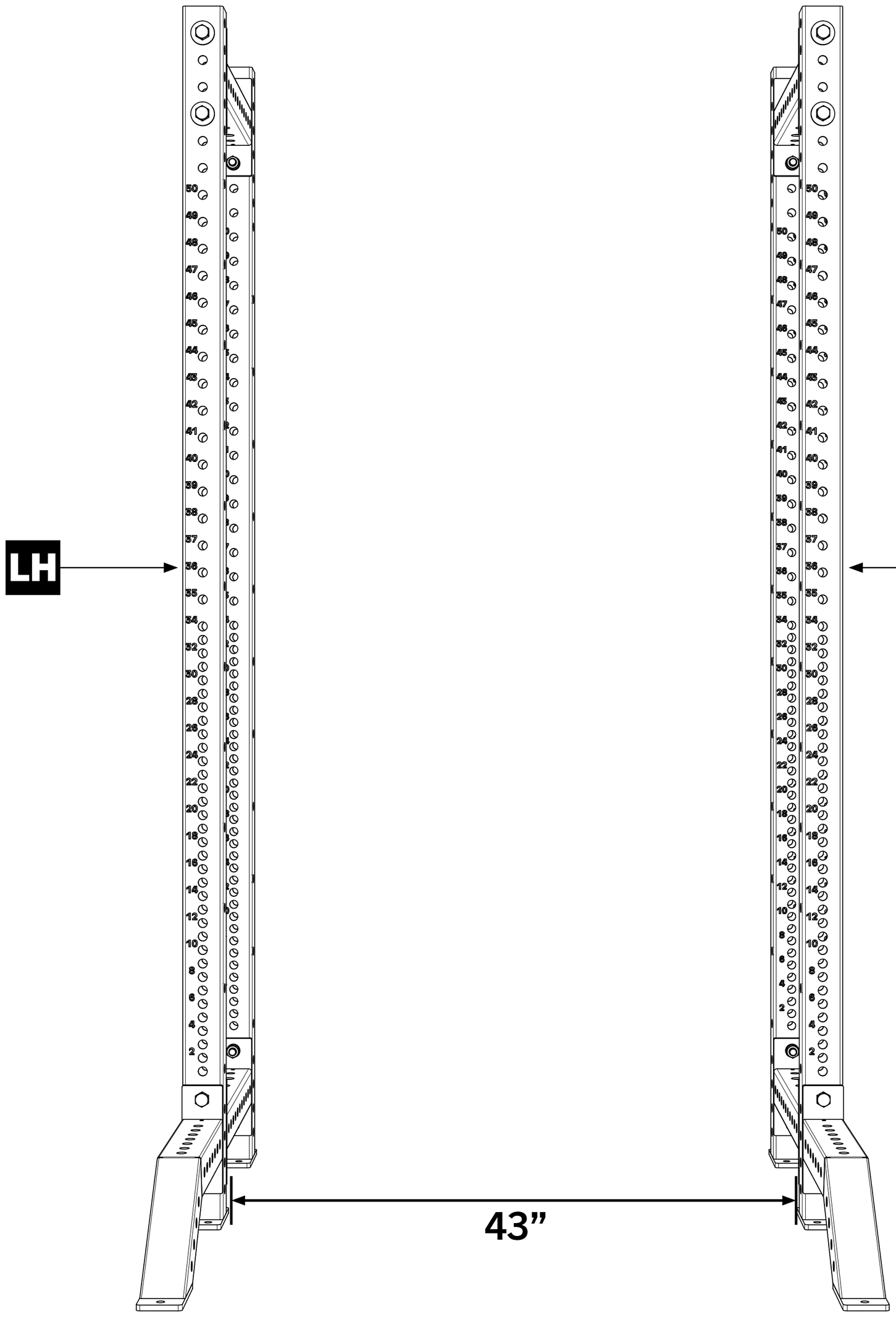
LH PANEL (1-B)



RH PANEL (1-A)



2-A



FRONT OF RACK

STEP 3 (RML-4)

- Attach 43” Crossmembers [**48**] to Uprights using 5/8” x 4-1/2” Hex Bolts [**11**], 5/8” Flat Washers [**12**], 5/8” Lock Washers [**13**], and 5/8” Hex Nuts [**14**].

- FOR STARTING ADD ON KIT: Remove existing Pull Up Bar and replace with either of the following configurations:

1. 43” Crossmembers (Front and Rear)
2. 43” Crossmember (Rear) and Nameplate Crossmember (Front)

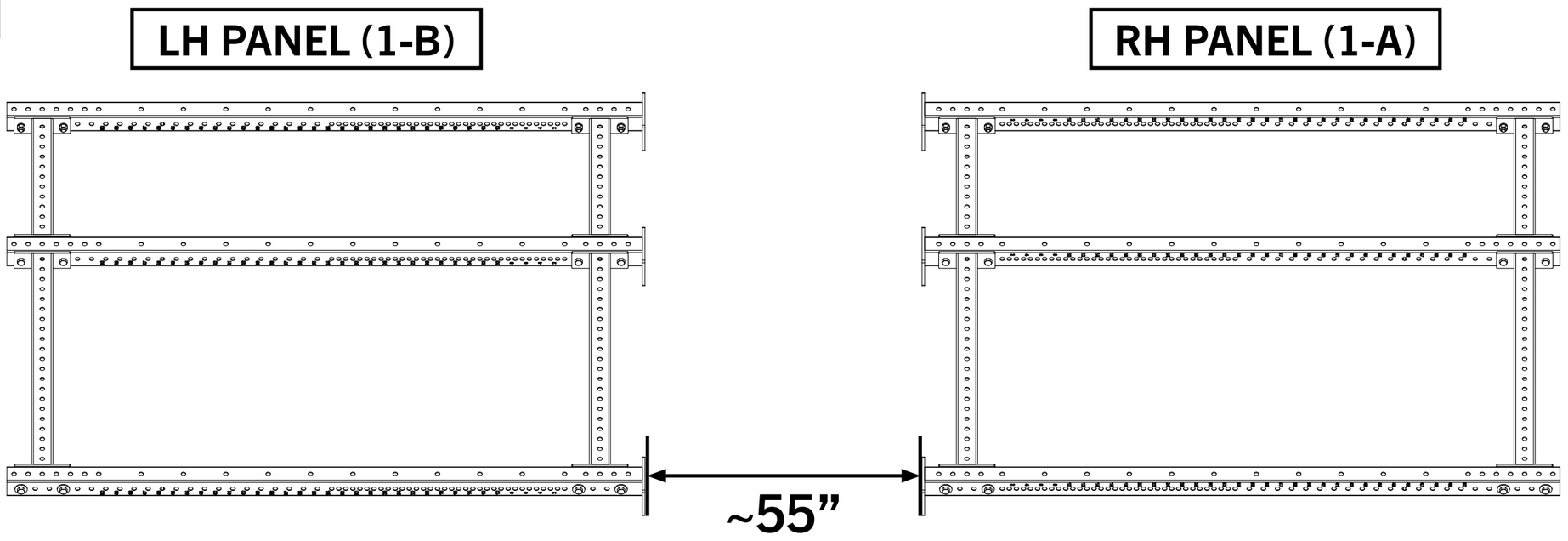
- Secure using 5/8” x 4-1/2” Hex Bolts [**11**], 5/8” Flat Washers [**12**], 5/8” Lock Washers [**13**], and 5/8” Hex Nuts [**14**].

3-A

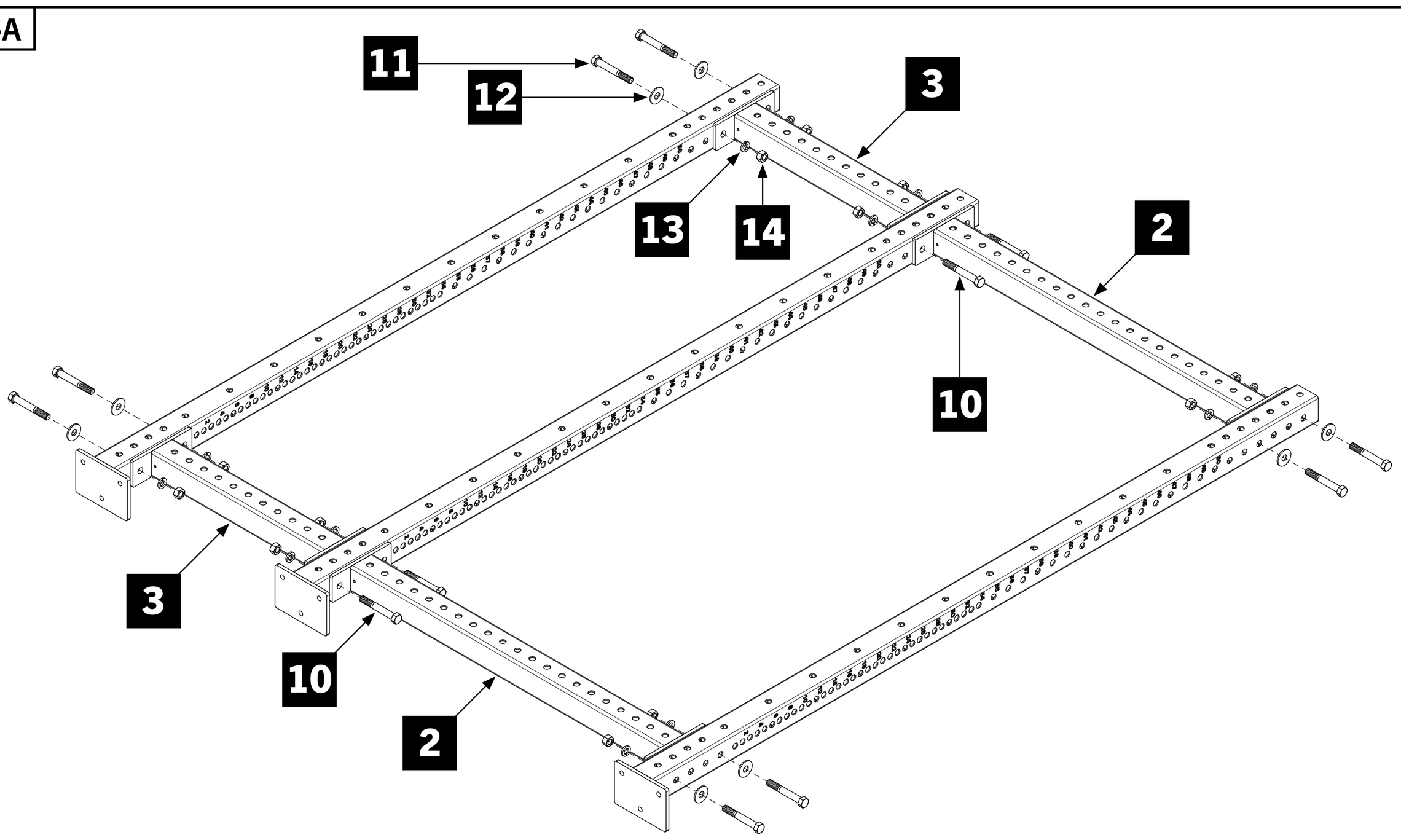
STEP 1(RML-6)

- Note: Skip to **Step 3** (**Page 17**) when modifying using existing RML-6 Rack.
- Refer to overview image to plan assembly and ensure ample floor space is alloted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55” apart.
- Connect Uprights to Crossmembers using 5/8”x 4-1/2” Hex Bolts [**11**], 5/8” x 5” Hex Bolts [**10**], 5/8” Flat Washers [**12**], 5/8” Lock Washers [**13**], and 5/8” Hex Nuts [**14**].
- Ensure to use 5/8” x 5” Hex Bolts [**10**] for central uprights.
- HAND-TIGHTEN ONLY. Do not use tools throughout assembly unless specified.

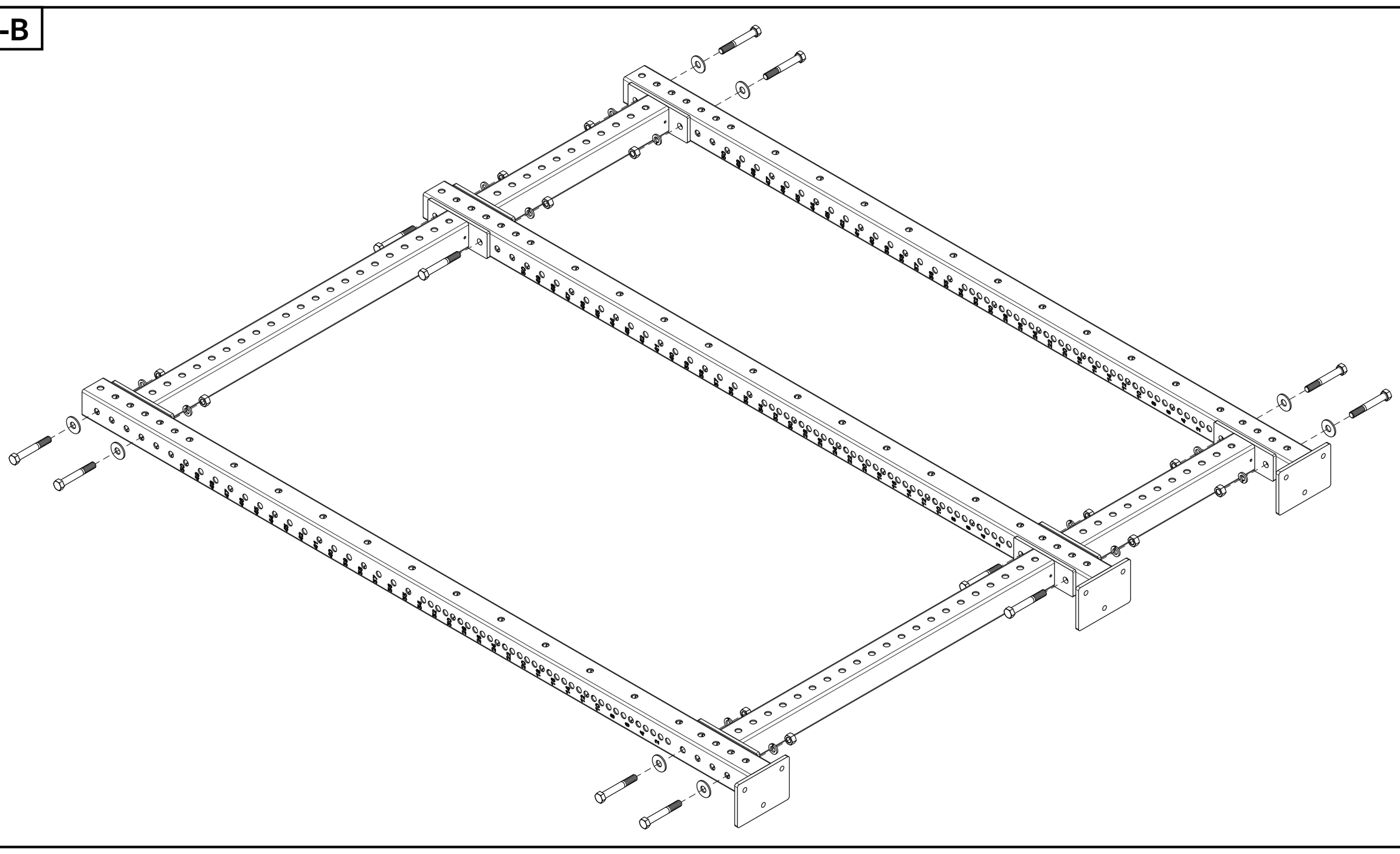
OVERVIEW



1-A



1-B



STEP 2(RML-6)

IMPORTANT:

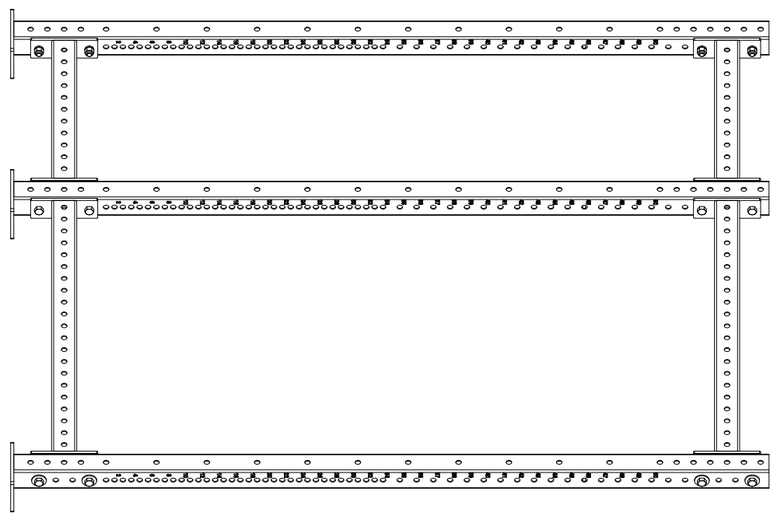
- For safety, we recommend the remainder of these instructions be completed with **2 or 3 people**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.
- One or two people should stabilize both panels, ensuring panels don't fall while another person assembles the spanning Crossmembers in **STEP 3**.

OVERVIEW

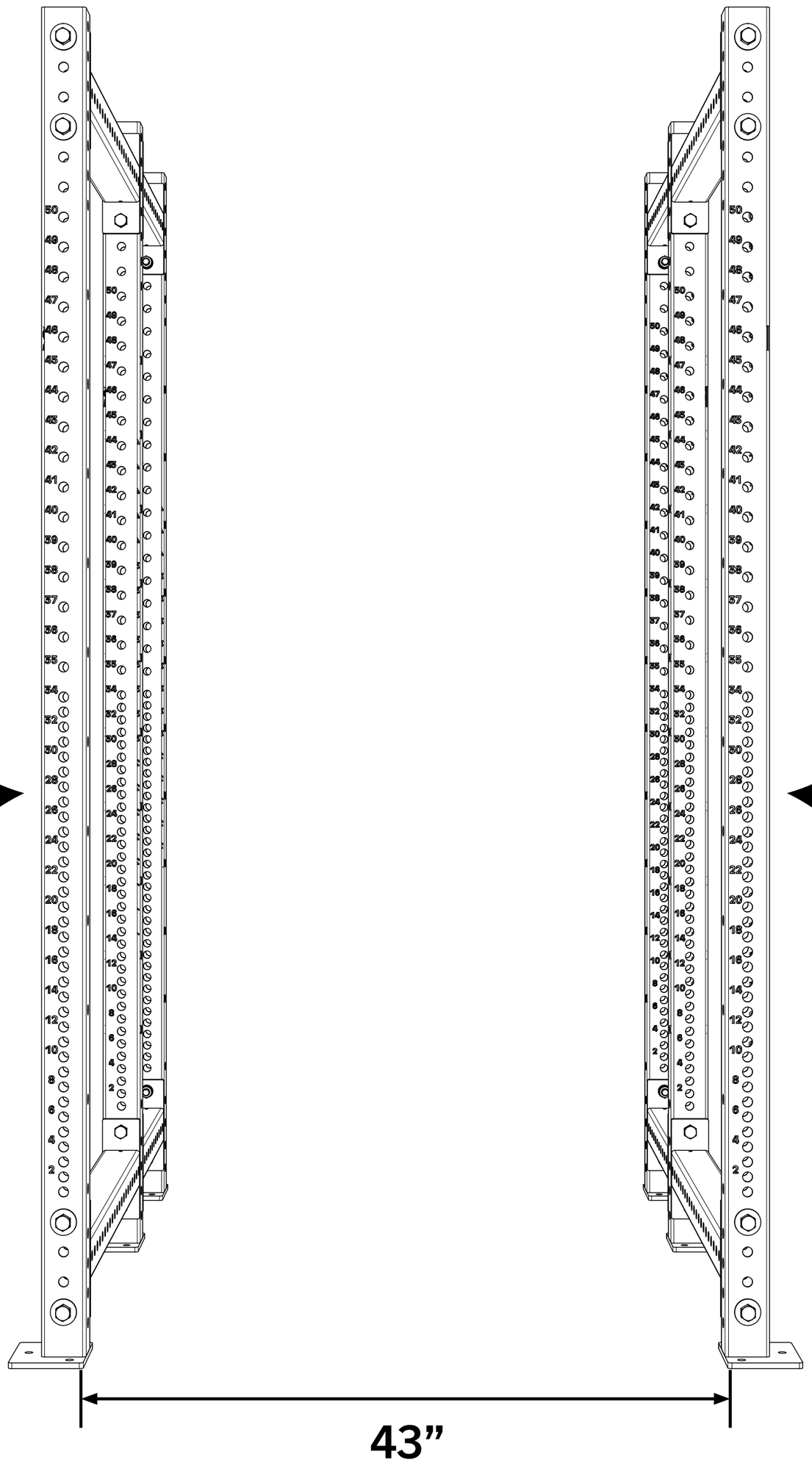
LH PANEL (2-B)

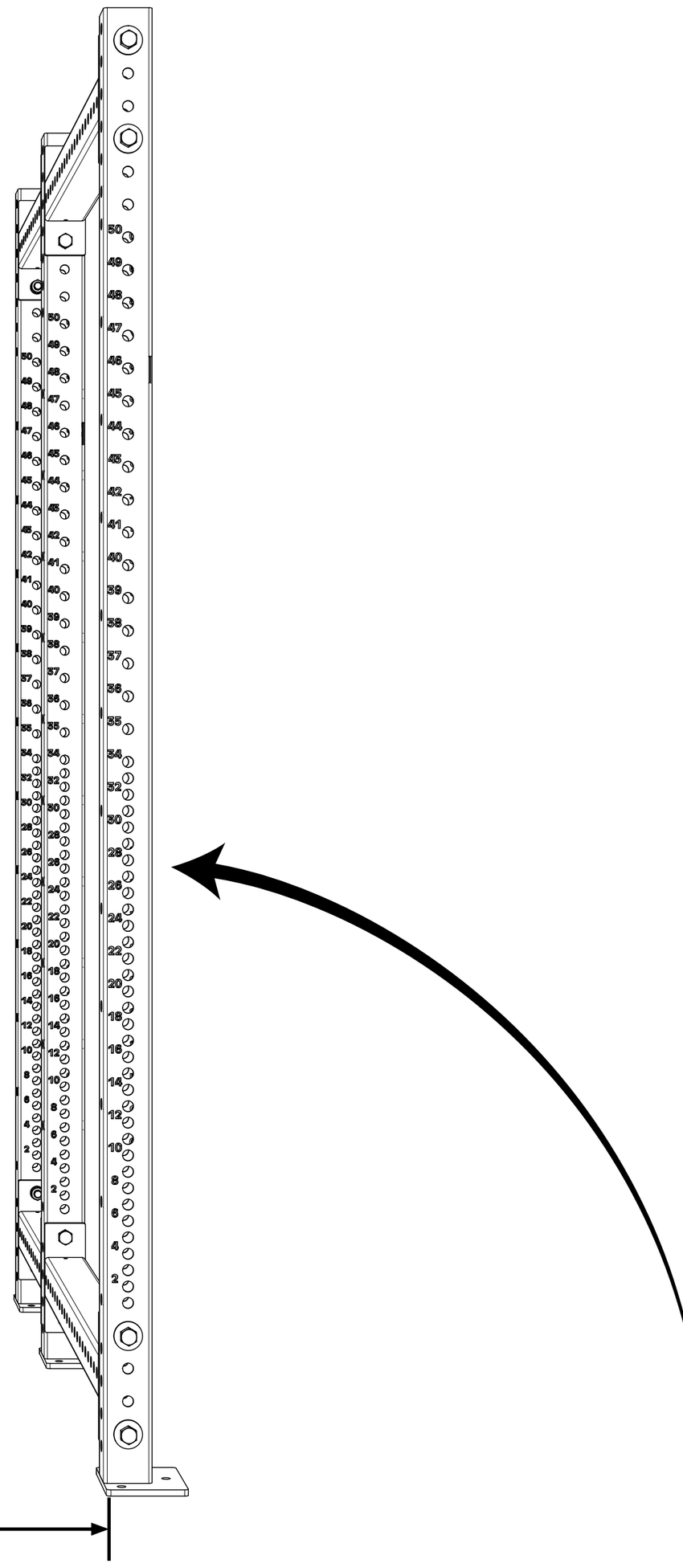


RH PANEL (2-A)



2-A



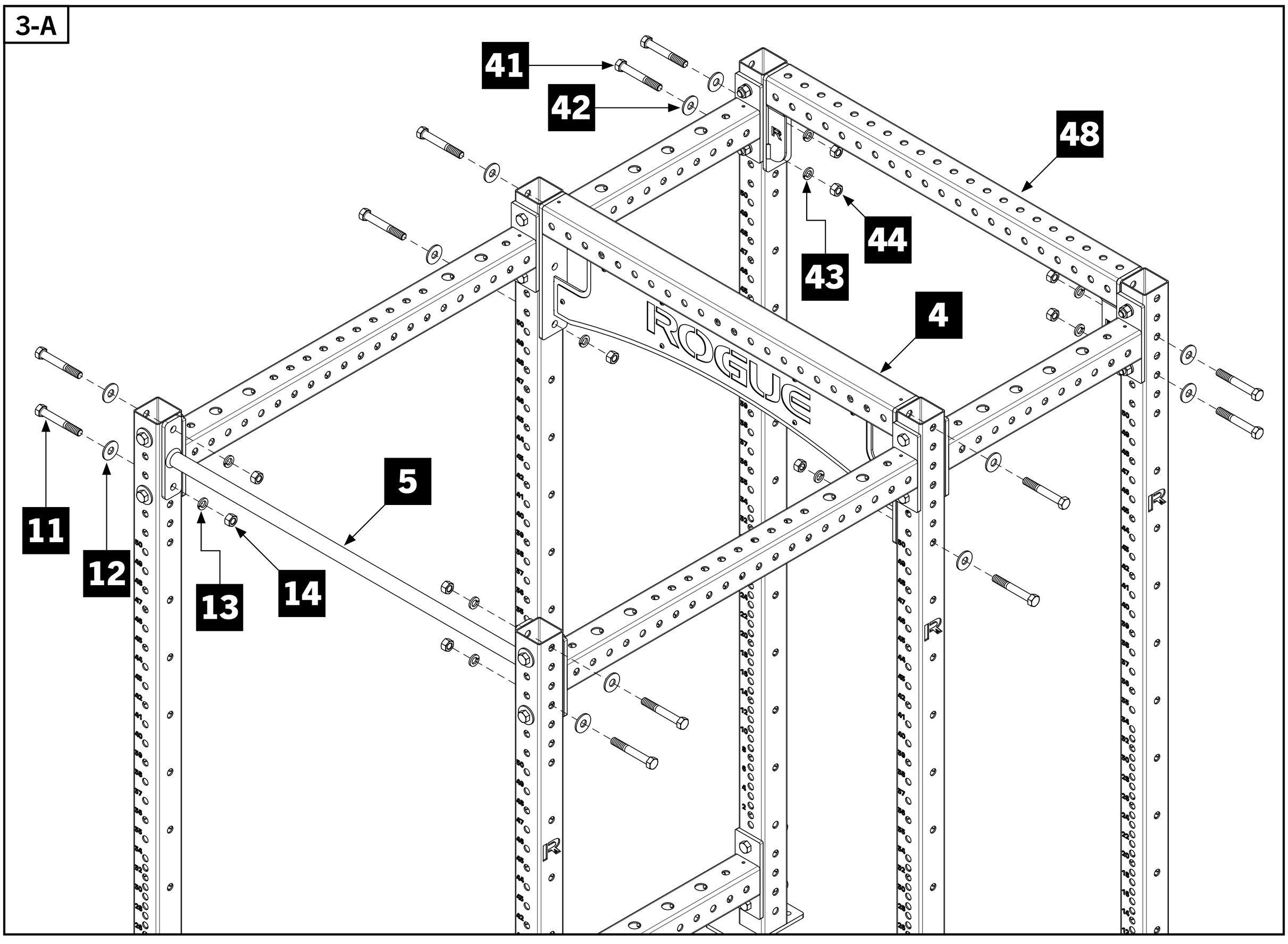


STEP 3(RML-6)

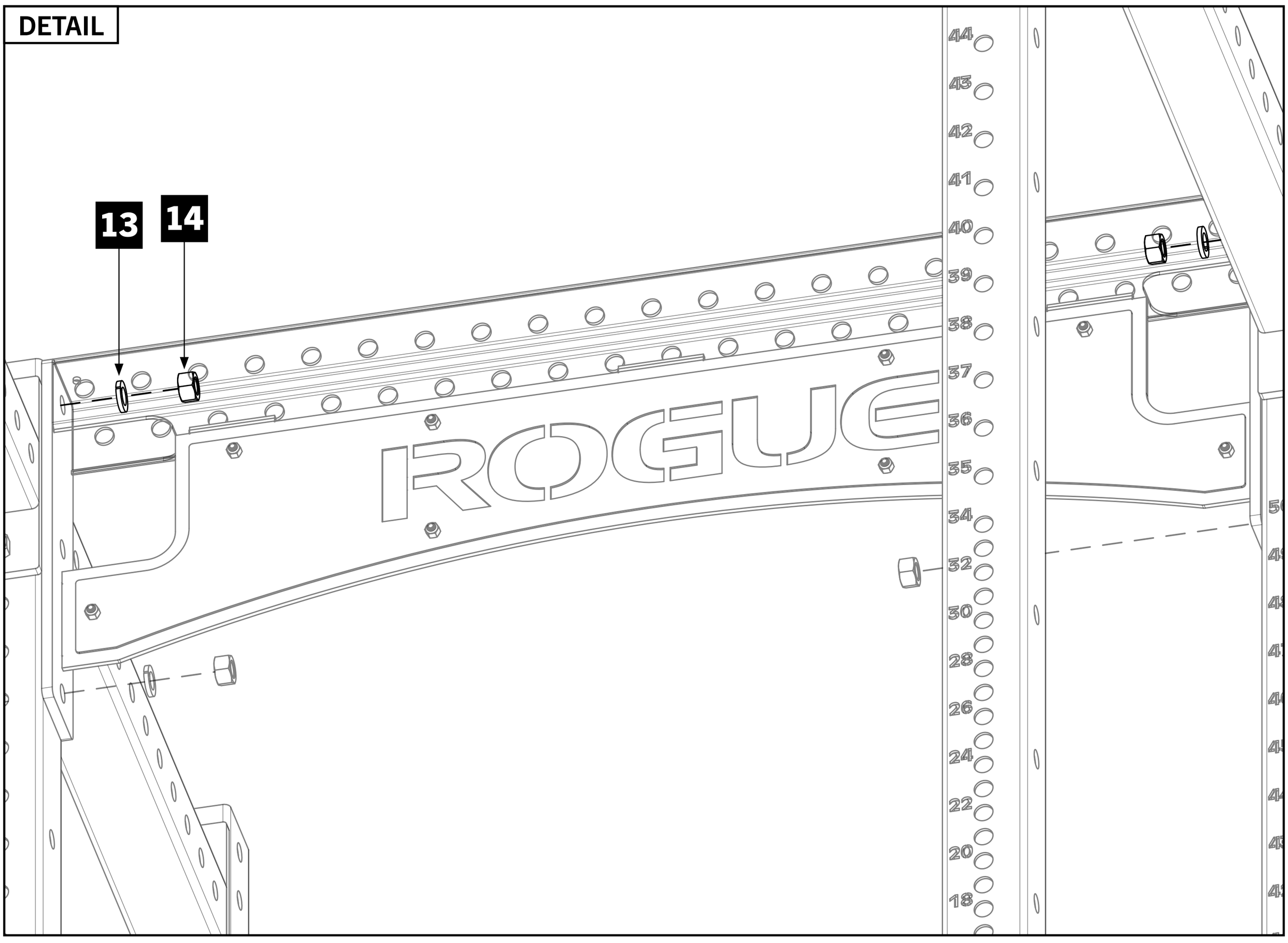
- Attach Nameplate Crossmember [**4**] and Pull-up Bar [**5**] to front and middle Uprights using 5/8” x 4-1/2” Hex Bolt [**11**], 5/8” Flat Washers [**12**], 5/8” Lock Washers [**13**], and 5/8” Hex Nuts [**14**].

- FOR STARTING ADD ON KIT: Attach Rear 43” Crossmember [**48**] using 5/8” x 4.5” Hex Bolts [**41**], 5/8” Flat Washers [**42**], 5/8” Lock Washers [**43**], and 5/8” Hex Nuts [**44**].

3-A

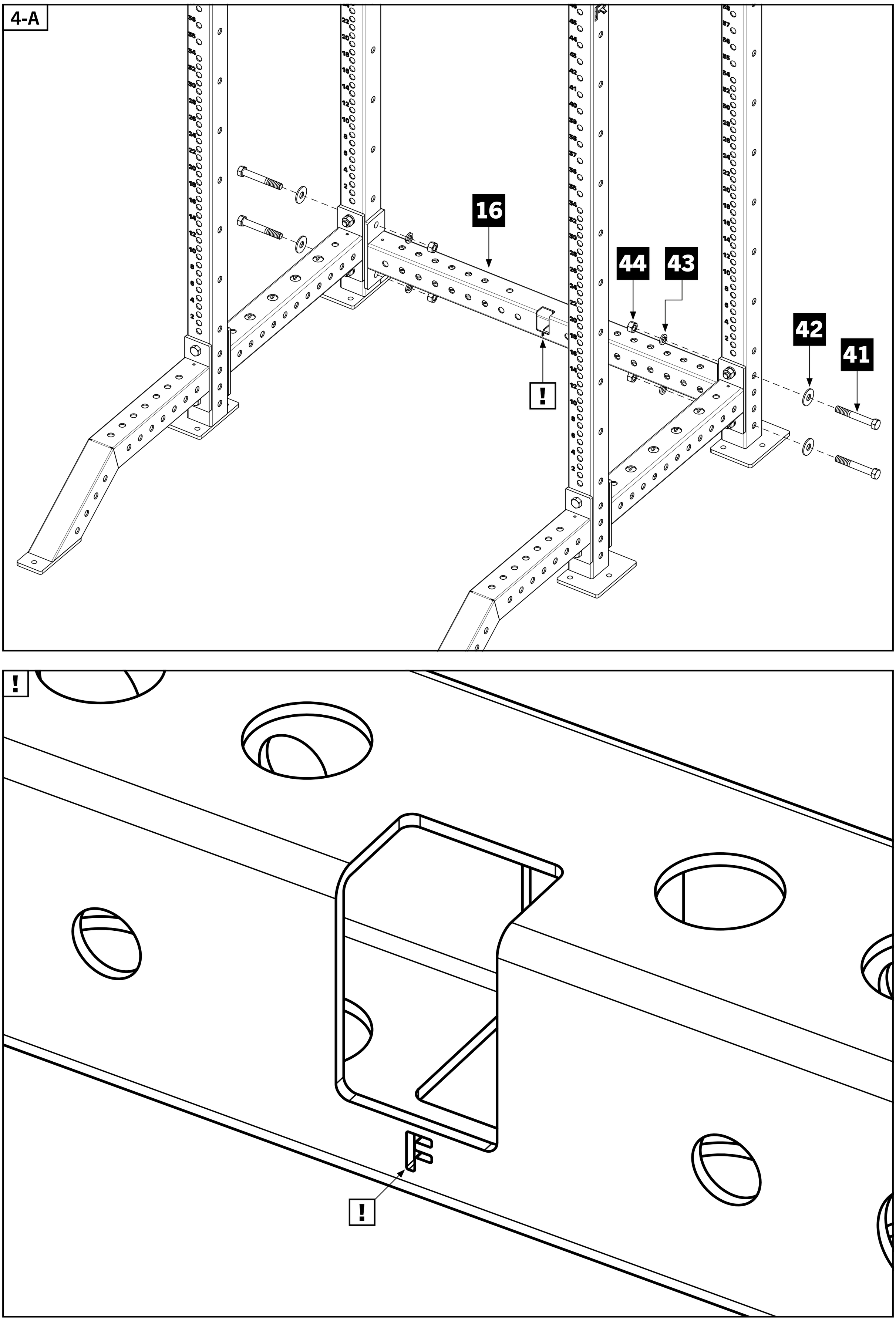


DETAIL



STEP 4

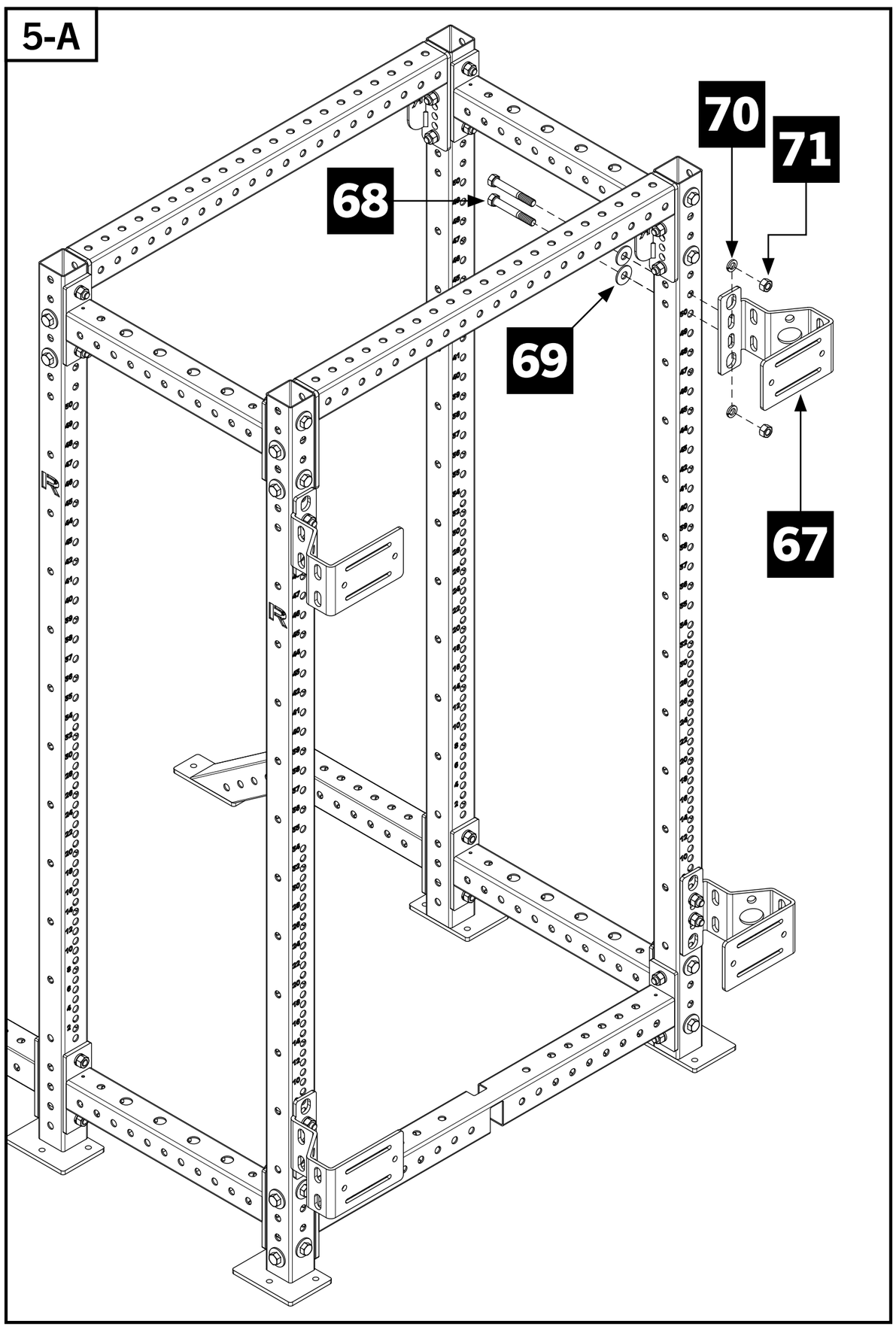
- Remainer of instructions show RML-4, same steps apply for all rack types.
- Attach Low Row Crossmember [**16**] to Rear Uprights using 5/8” x 4-1/2” Hex Bolts [**41**], 5/8” Flat Washers [**42**], 5/8” Lock Washers [**43**], and 5/8” Hex Nuts [**44**].
- [!] Ensure “F” cutout is facing toward the front.



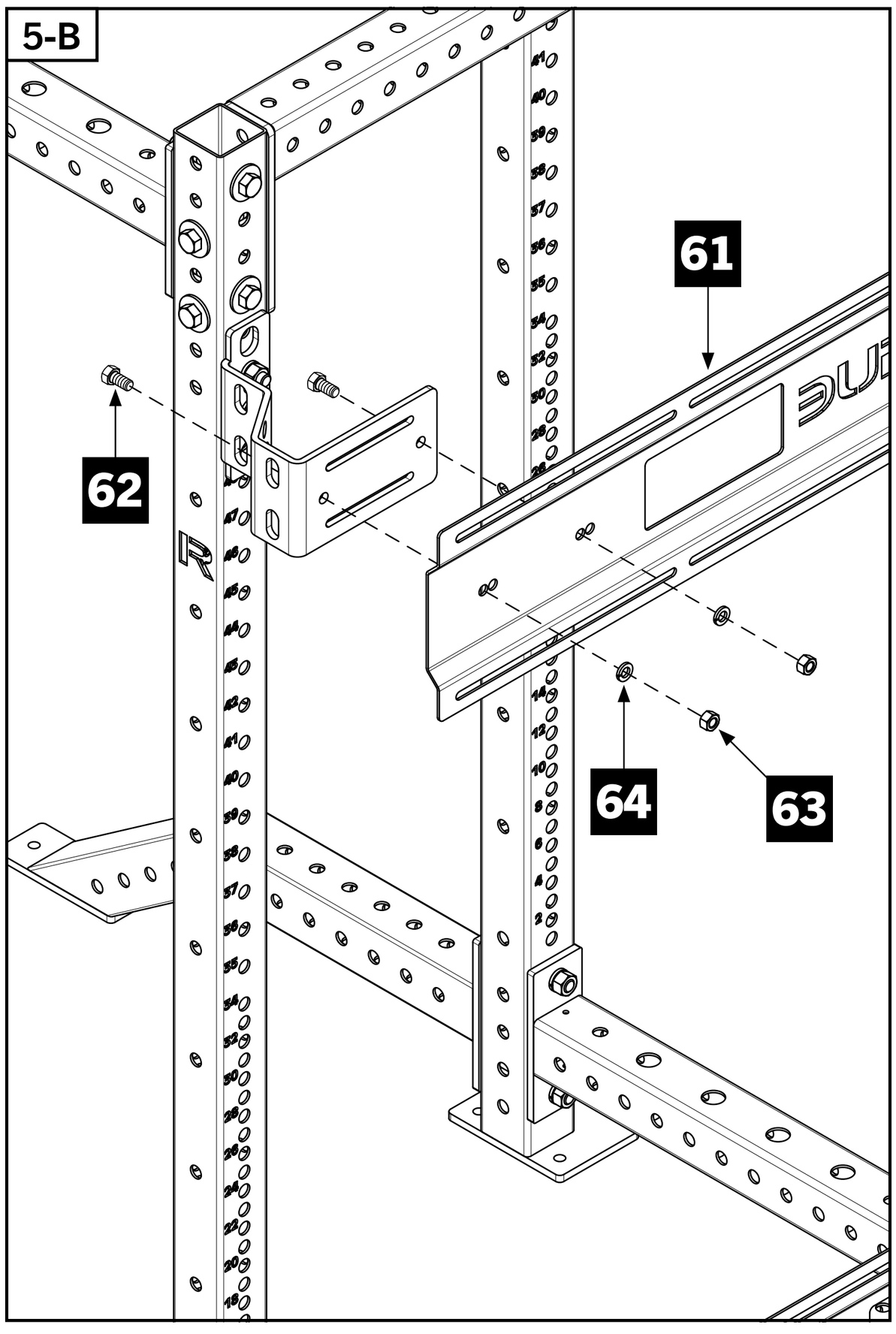
STEP 5 (WALL MOUNT ONLY)

- If Wall Mount Kit not purchased skip to **Page 20**.
- Attach Wall Mount Brackets [**67**] to rear of uprights using 5/8” x 4-1/2” Hex Bolts [**68**], 5/8” Flat Washers [**69**], 5/8” Lock Washers [**70**], and 5/8” Hex Nuts [**71**].
- Attach Fold Back Stringers [**61**] to Wall Mount Brackets [**67**] using 1/2” x 1” Hex Bolts [**62**], 1/2” Lock Washers [**64**], and 1/2” Hex Nuts [**63**]. Use the Outermost holes.
- Slide rack assembly to wall. Mark stud locations and drill 15/64” pilot holes through stringer slots. Attached Stringers to walls using 3/8” Wood Lag Screws [**65**] and 3/8” Flat Washers [**66**]. If attempting to secure stringers to a wall construction other than wood, the buyer is responsible for supplying the appropriate hardware.
- Note: Height of Stringers may be different depending on 2” increment decided by buyer.
- **Note: Wall and Stringers will not be shown for remainder of instructions.**

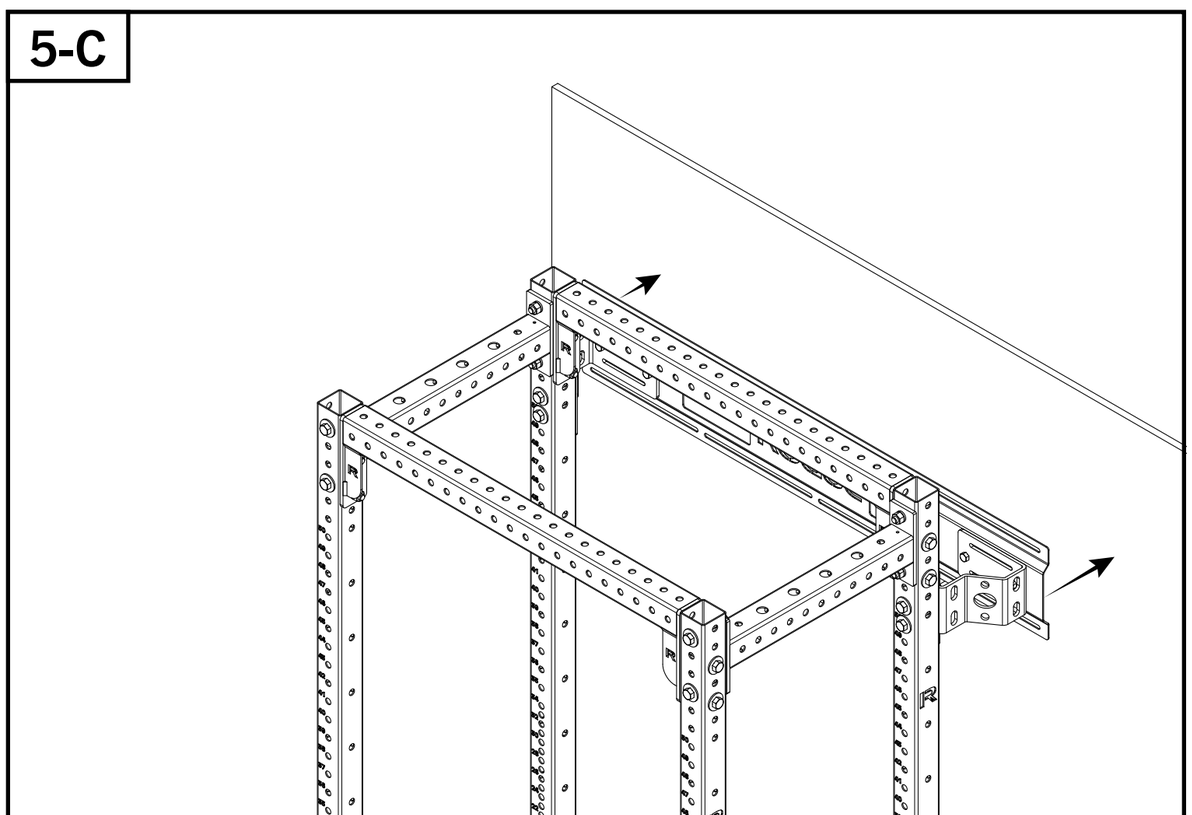
5-A



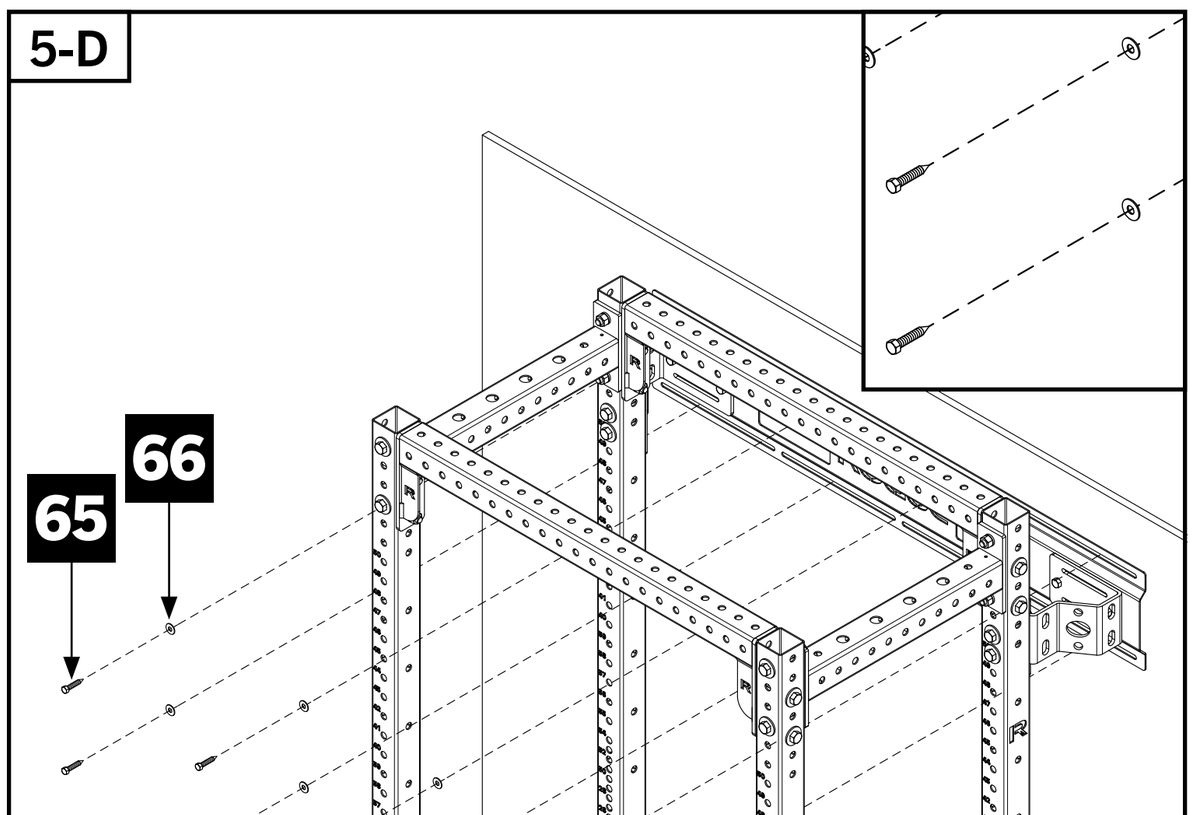
5-B



5-C



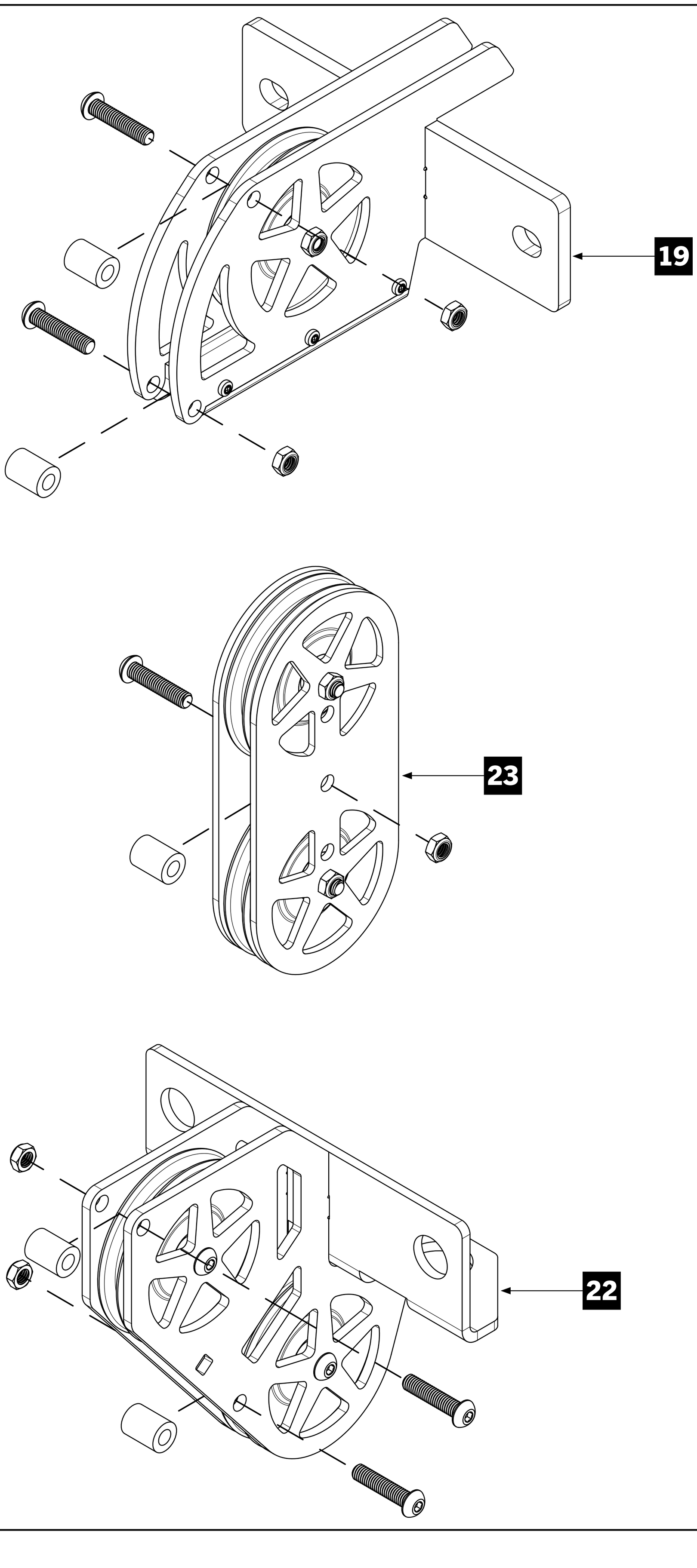
5-D



STEP 6

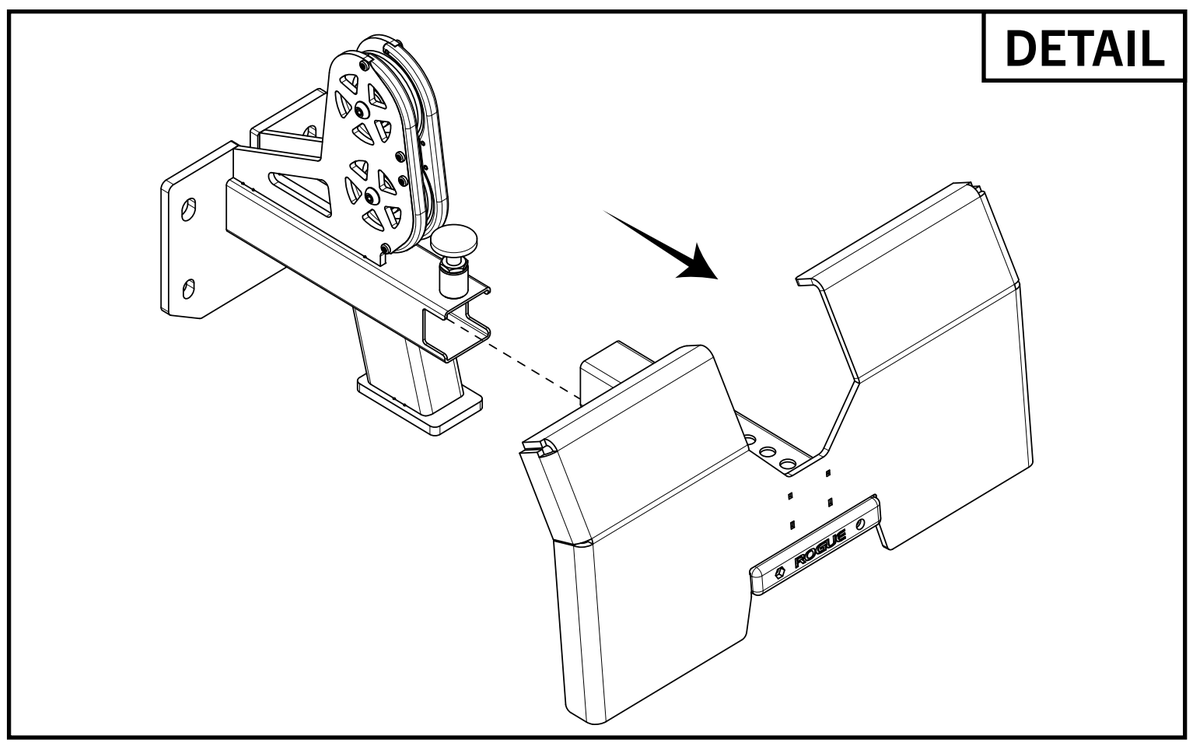
- Remove Cable retainers and hardware in Lat Pulldown Pulley Bracket [**19**], Peanut Pulley [**23**], and Top Rear Pulley Assembly [**22**] (5 total).
- Set all retainers and hardware aside for later use; they will be installed in **STEP 16** after cable routing is complete.
- Note: Pulley hardware may also arrive loose. Keep all hardware loose until **STEP 16.**

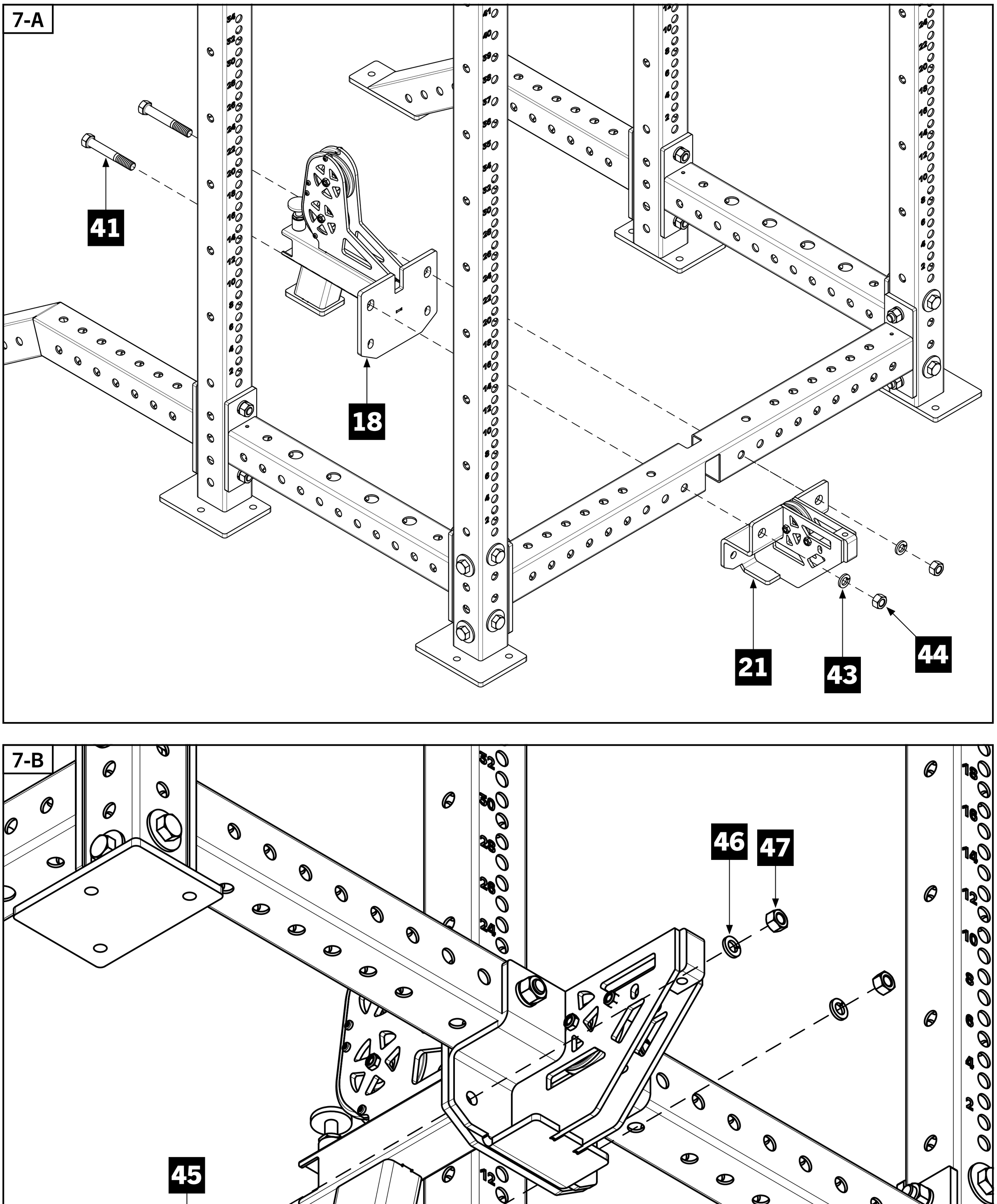
6-A



STEP 7

- For ease of assembly, pull the pop-pin and remove Foot Catch from Low Row Foot Plate Assembly as shown in detail view (right).
- Attach Foot Plate Assembly [**18**] and Low Rear Pulley Assembly [**21**] to Low Row Crossmember [**16**] using indicated 5/8” and 1/2” hardware below.

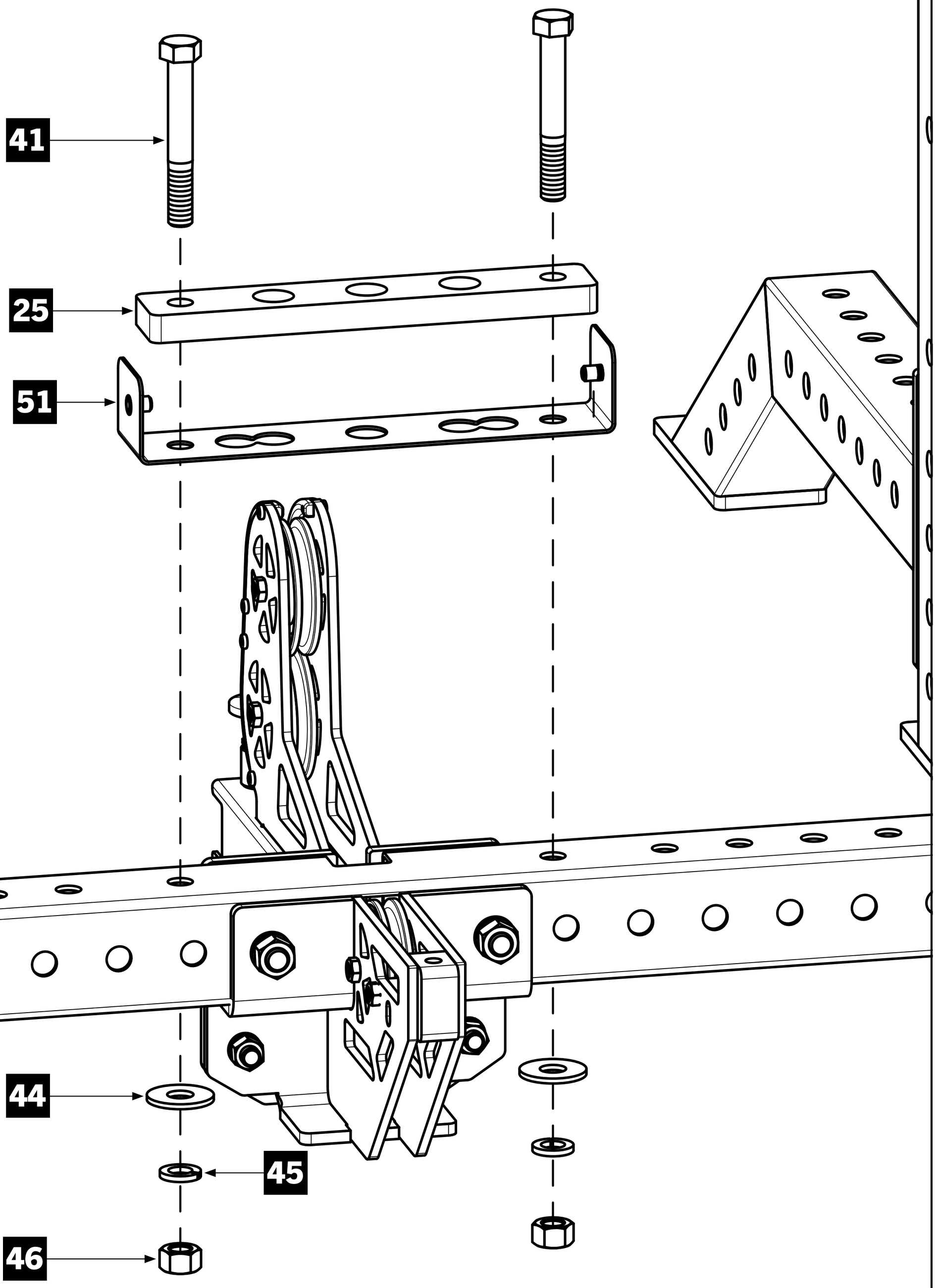




STEP 8

- Attach Weight Stack Spacer [**25**] and Weight Stack Shroud Bracket [**51**] to middle of Low Row Crossmember [**16**] using 5/8” x 4-1/2” Hex Bolts [**41**], 5/8” Flat Washers [**42**], 5/8” Lock Washers [**43**], and 5/8” Hex Nuts [**44**].
- Fully tighten 5/8” vertical hardware in **8-A.**
- Note: Weight Stack Shroud Bracket [**51**] only included if purchased at checkout.

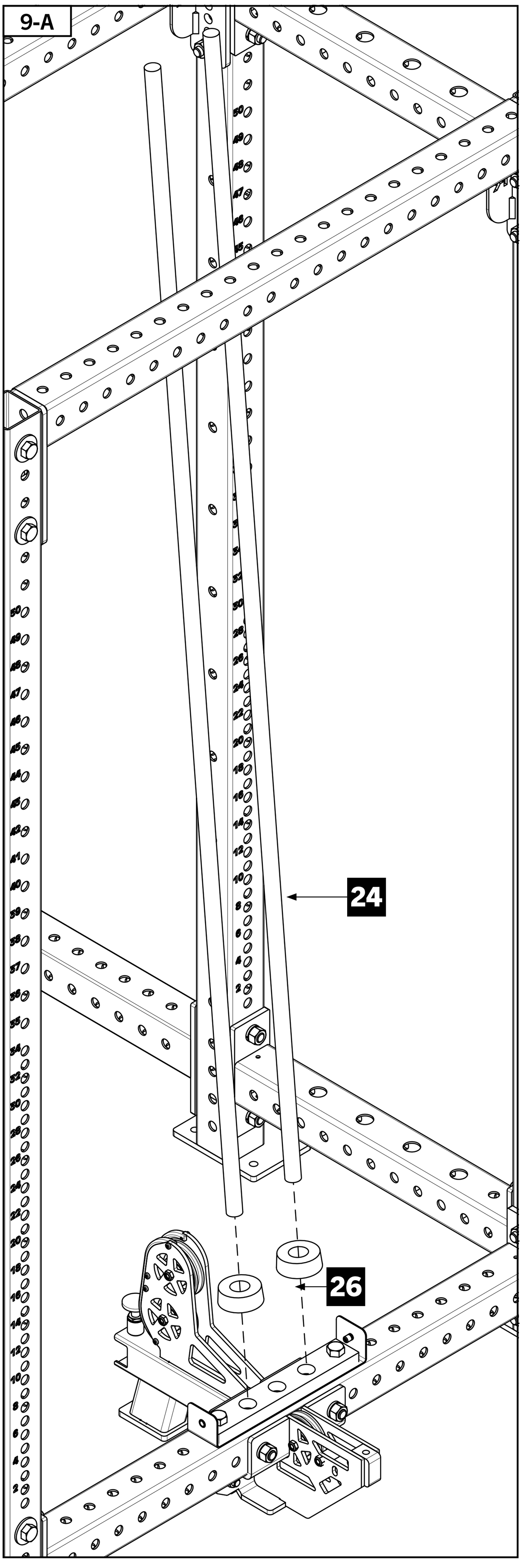
8-A



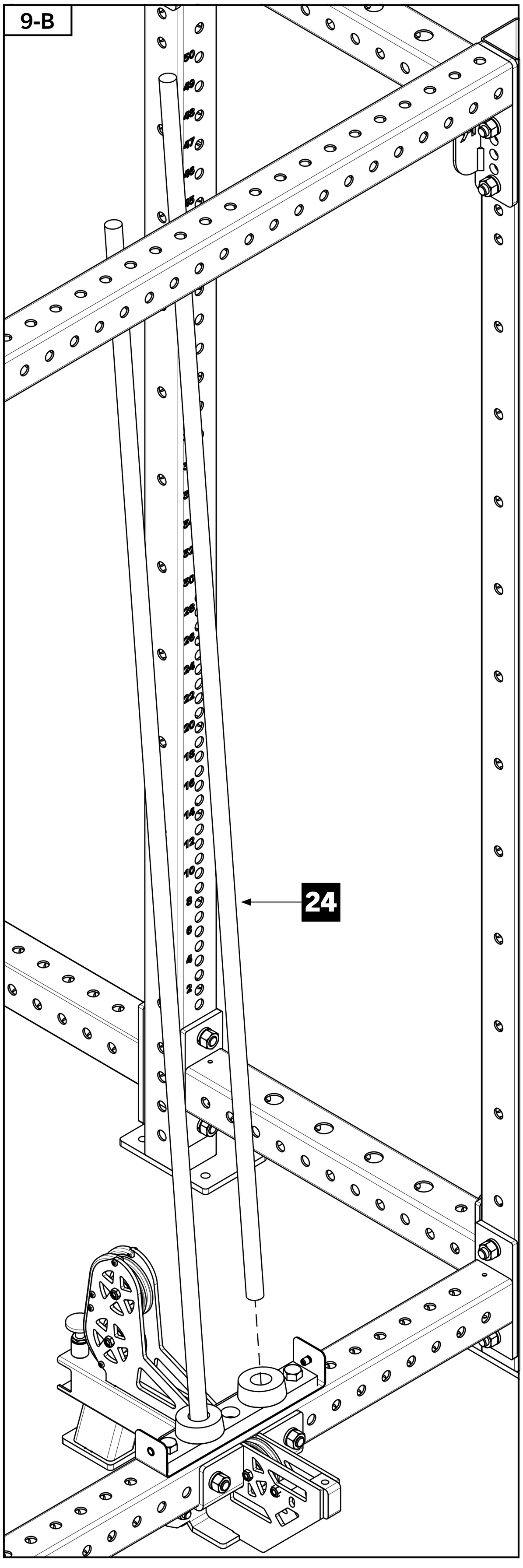
STEP 9

- Place Weight Stack Bumpers [**26**] over outer 1” holes on the Weight Stack Spacer and insert Guide Rods [**24**] until they rest on top of the Low Row Crossmember.

9-A

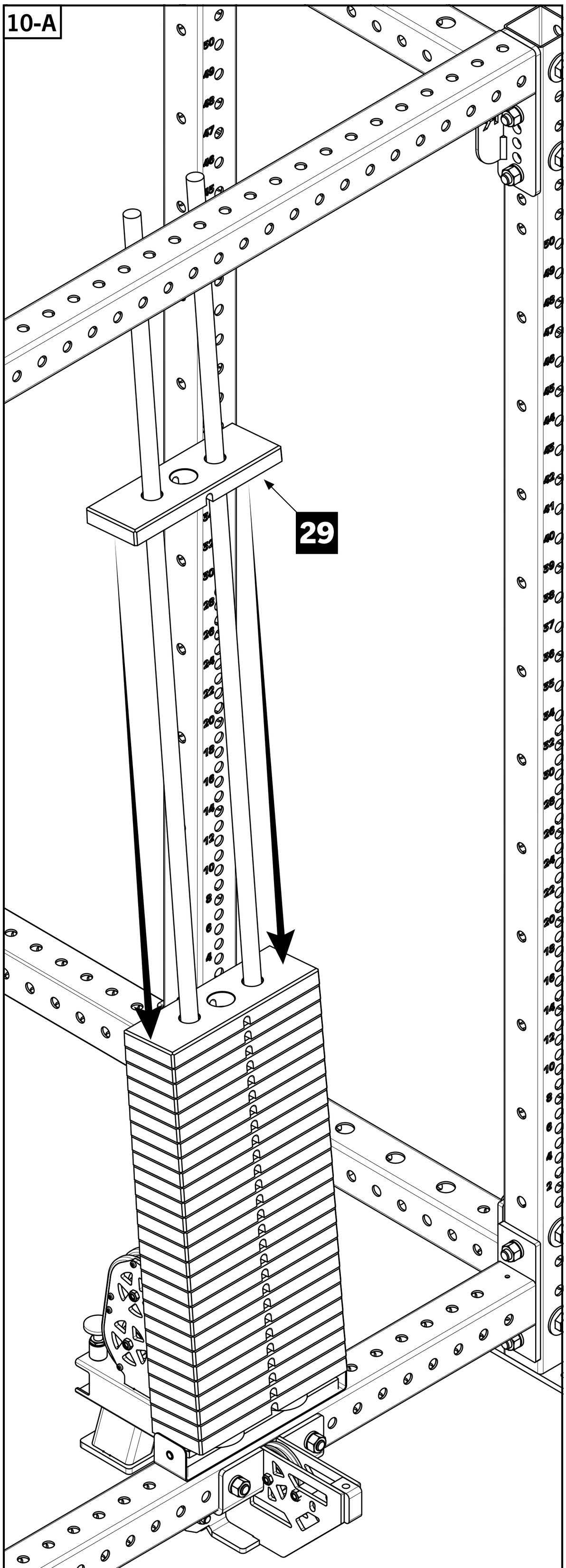


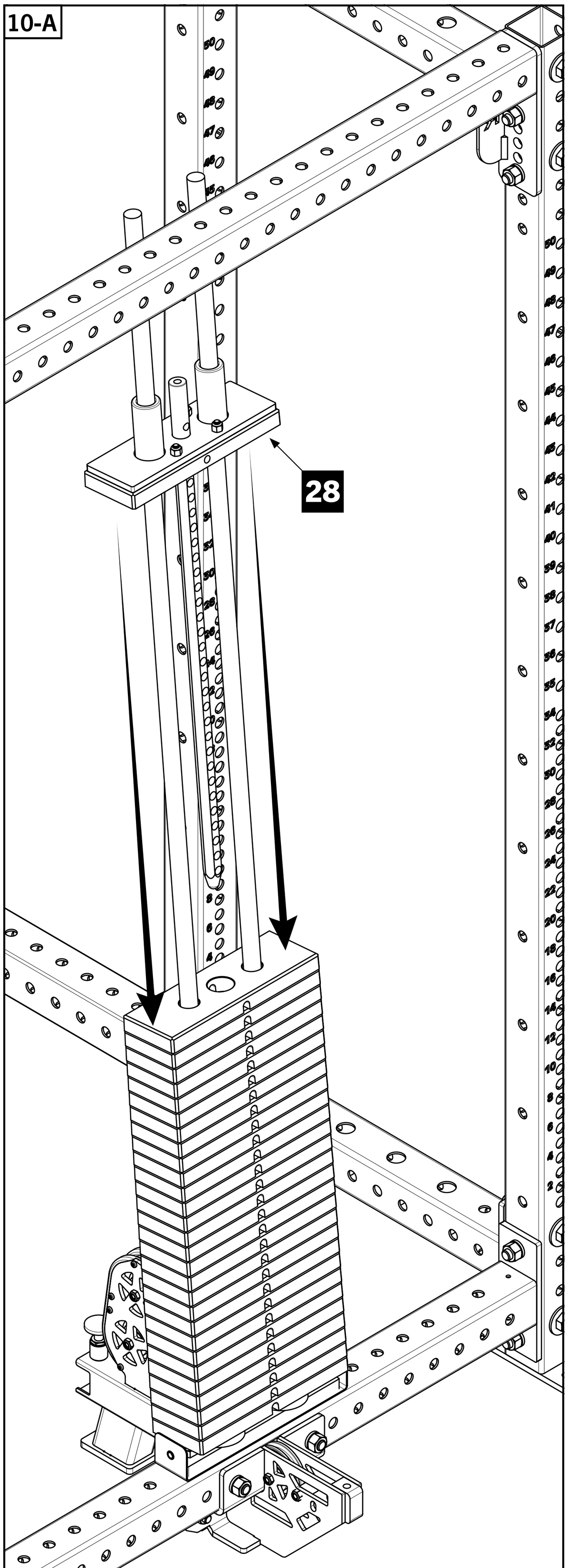
9-B



STEP 10

- Angle the Guide Rods toward the FRONT of the rack.
- One at a time, carefully stack all included 10LB Weight Stack Plates [**29**] down the Guide Rods [**24**], ensuring not to drop them.
- Note: this is best accomplished with two or three people.
- Once all weights are stacked, slide the Weight Stack Stem [**28**] down the Guide Rods until resting on top of weight stack.

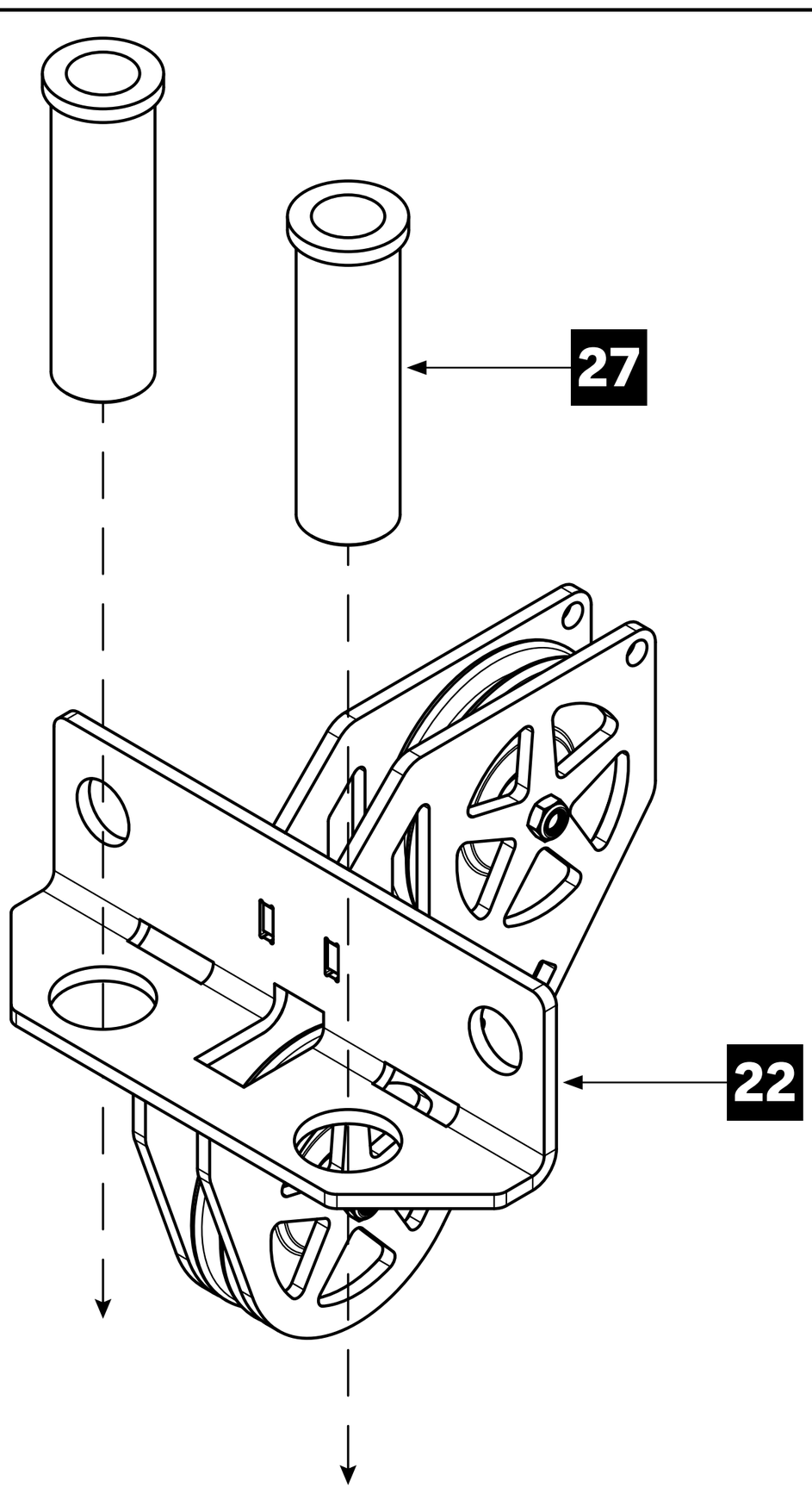




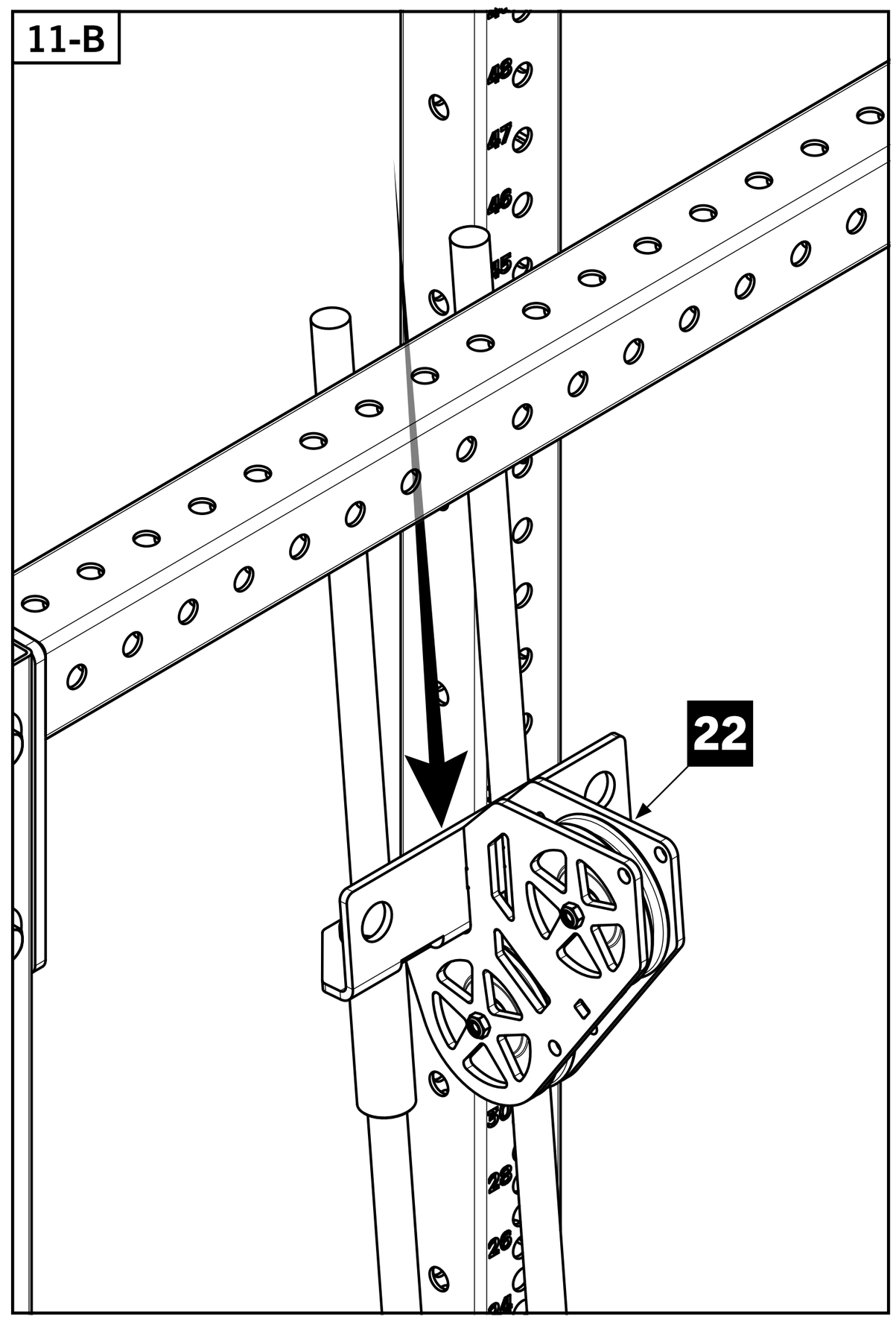
STEP 11

- Install Hard Stop Spacers [**27**] into Top Rear Pulley Assembly [**22**].
- Slide Top Rear Pulley Assembly [**22**] onto Guide Rods [**24**].
- Slide Top Rear Pulley Assembly [**22**] up and install onto Rear 43” Crossmember [**48**] using 5/8” x 4.5” Hex Bolts [**41**], ML Adapter Spacer [**39**], 5/8” Lock Washers [**43**], and 5/8” Hex Nuts [**44**].
- **DO NOT FULLY TIGHTEN.**

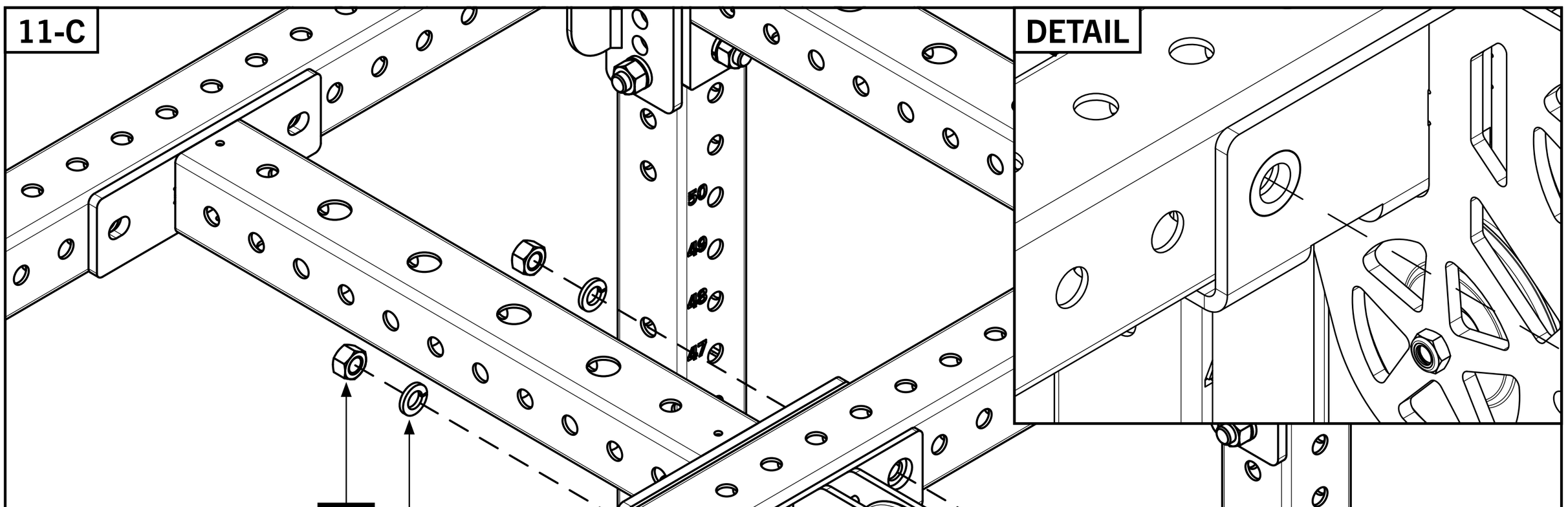
11-A



11-B



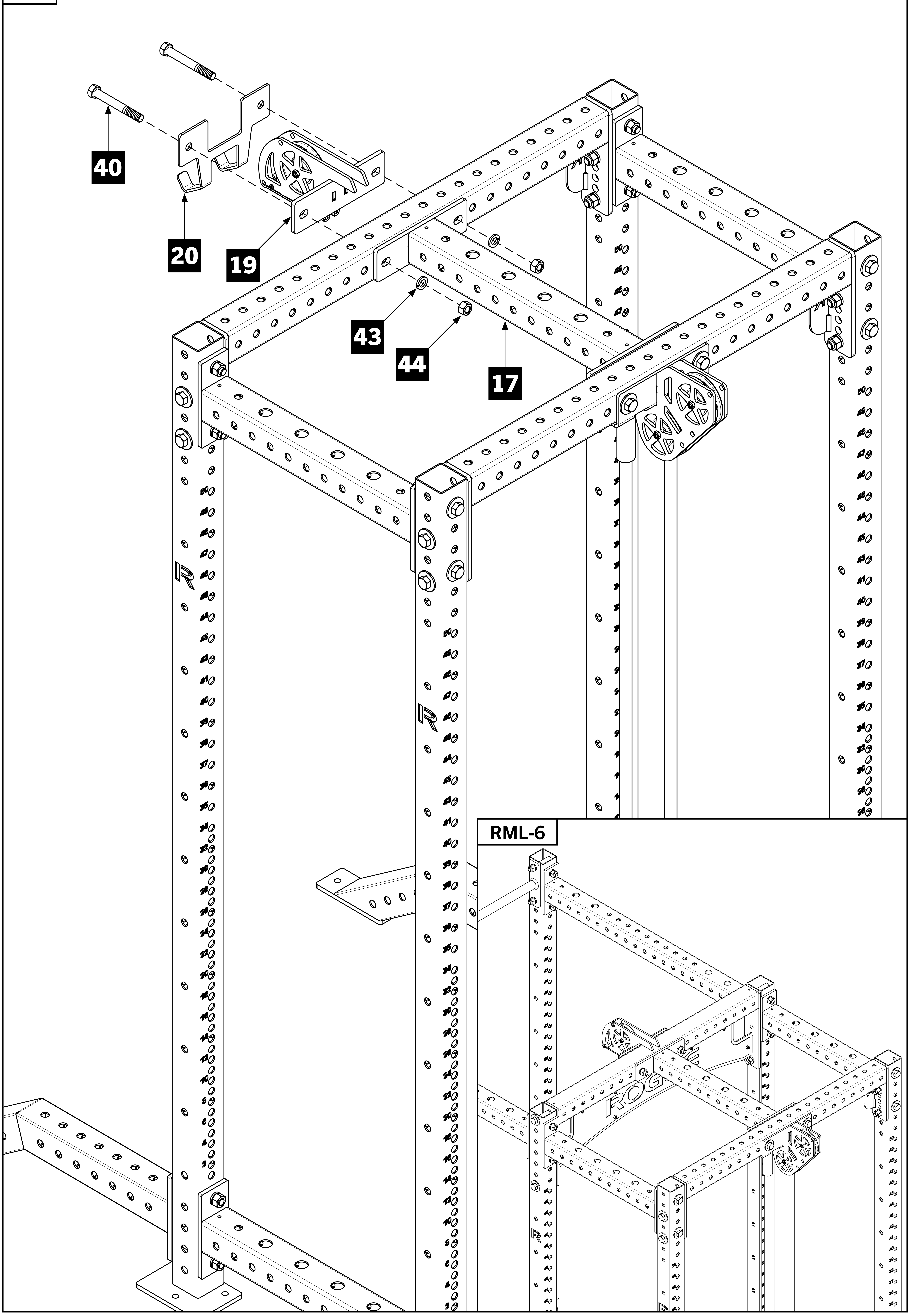
11-C



STEP 12

- Bolt Lat Bar Hanger [**20**], Lat Pulldown Pulley Bracket [**19**] and Top Center Crossmember [**17**] through the front 43" Crossmember [**48**] using 5/8" x 5" Hex Bolts [**40**], 5/8" Lock Washers [**43**], and 5/8" Hex Nuts [**44**].
- Hand Tight Only
- Note: RML-6 will use Nameplate Crossmember in place of front 43" Crossmember.

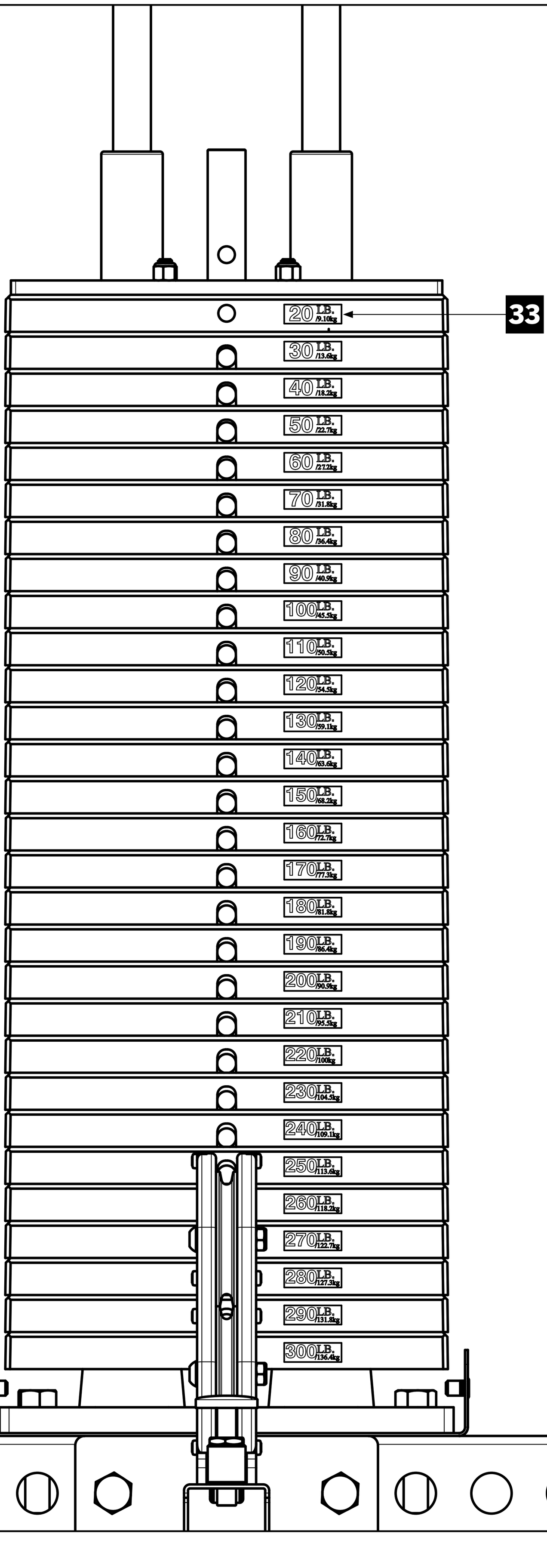
12-A



STEP 13

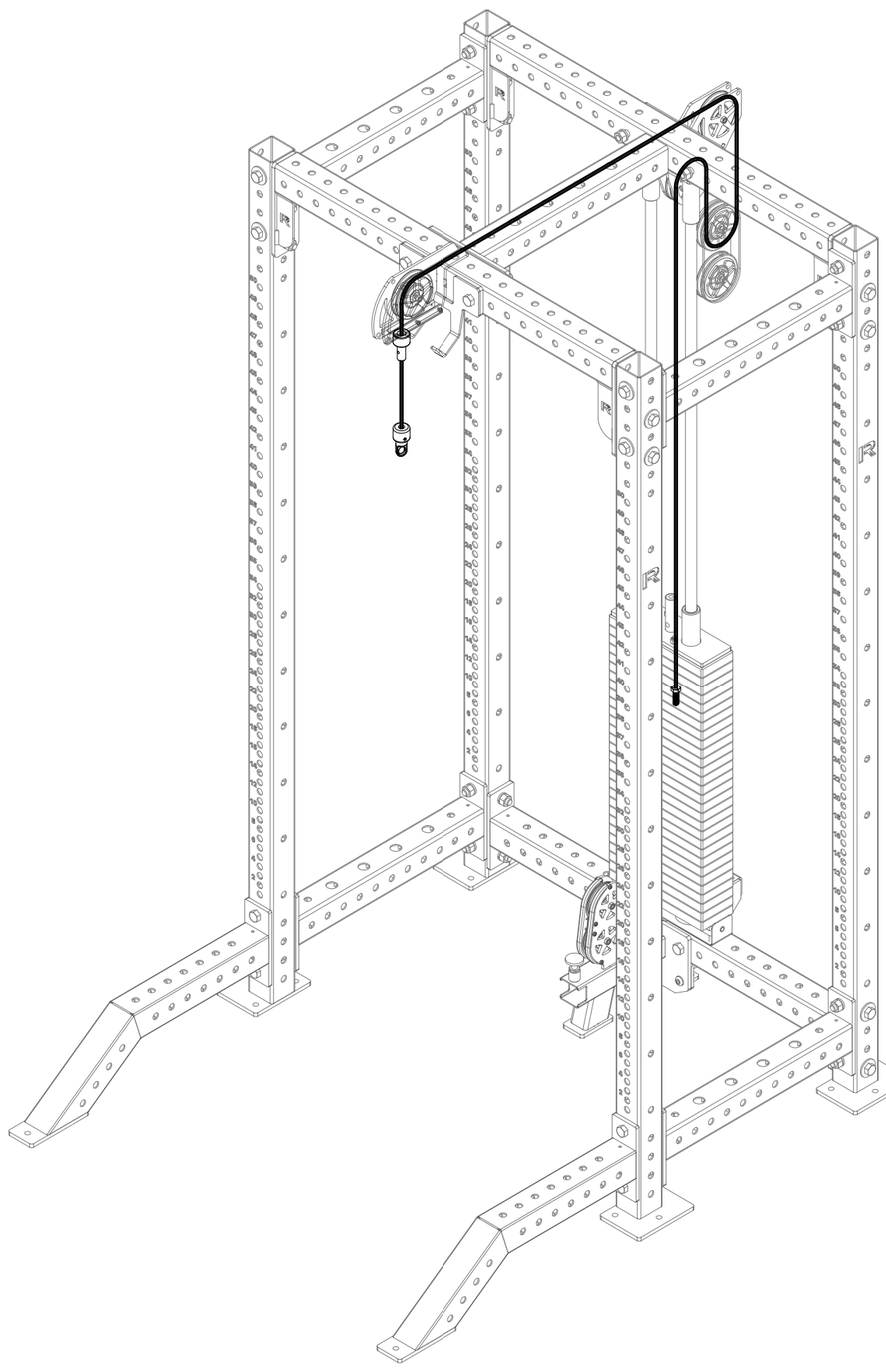
- Apply the Actual Weight Stack Number Labels [**33**] on the front of the Weight Stack Plates, approximately 3.5” from the edge of plate, starting with 20lb.

13-A

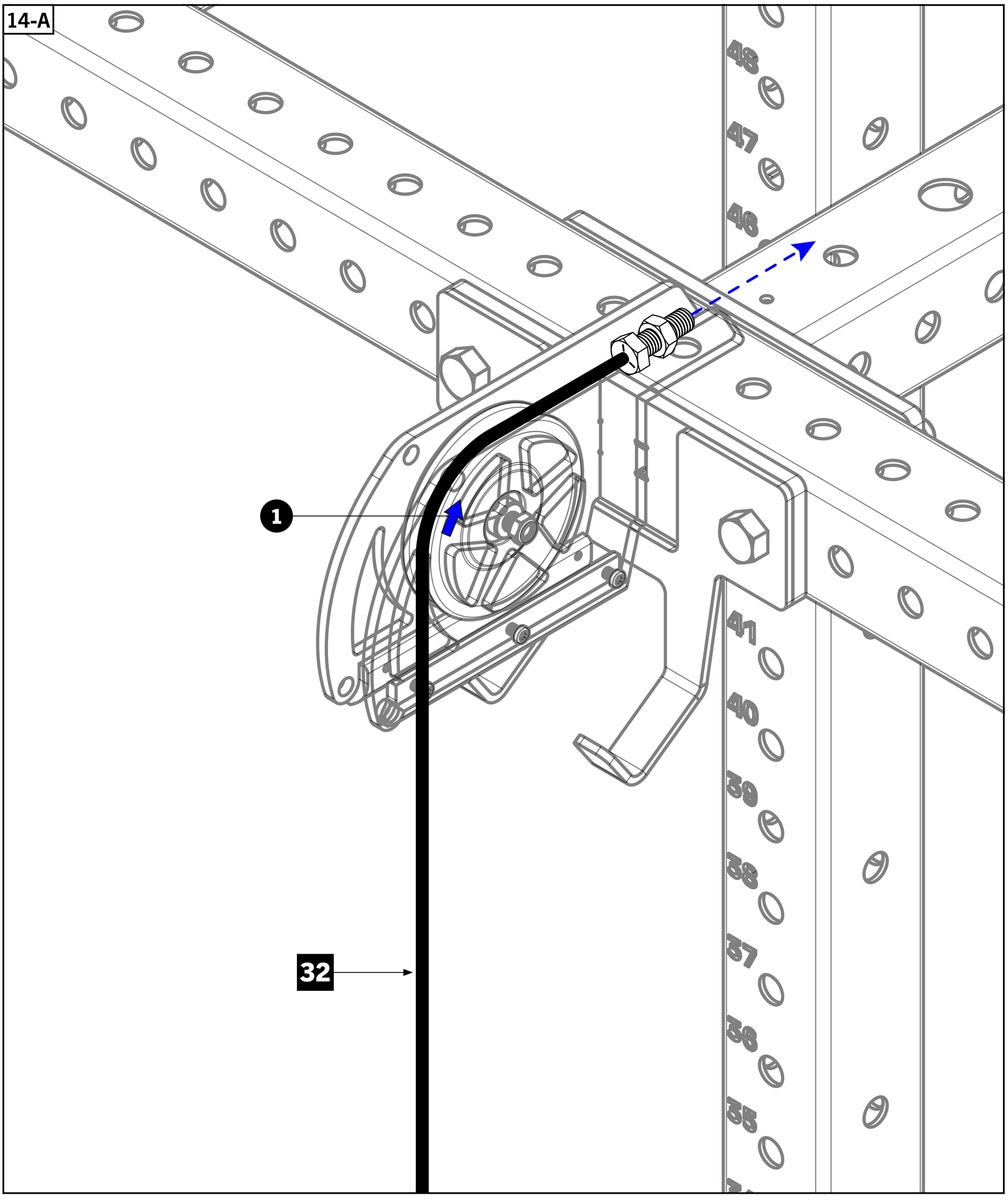


STEP 14

- NOTE: Bolt-end of cable will be routed (not clevis-end, as clevis will be pre-installed).
- Completely unwind and straighten out the Lat Pull Cable (Blue Tag) [**32**] (**Clevis comes preinstalled**) to remove any twists/kinks prior to installation.
- Start at lat pull bracket (Arrow 1 Blue), over center crossmember toward back.



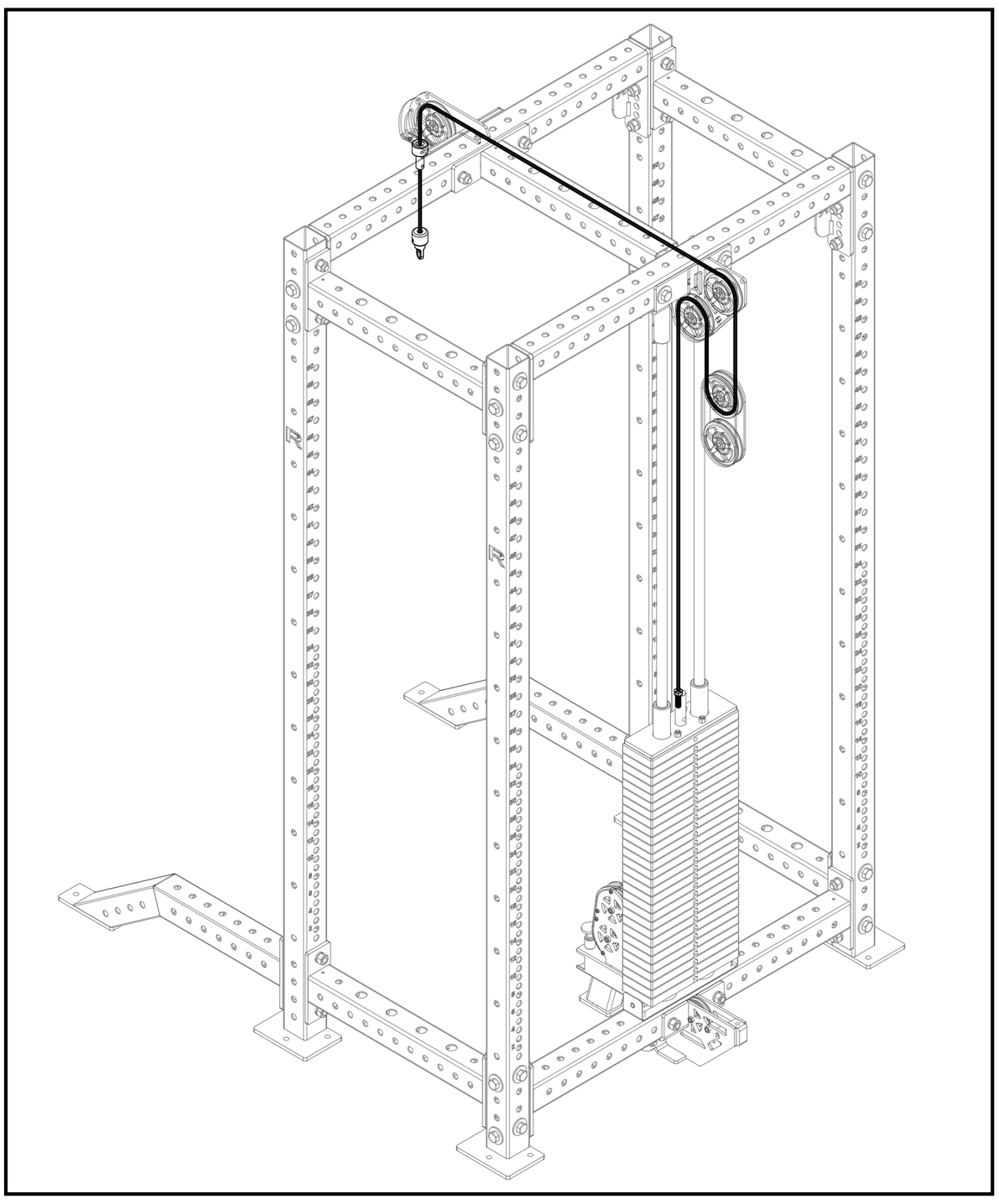
14-A



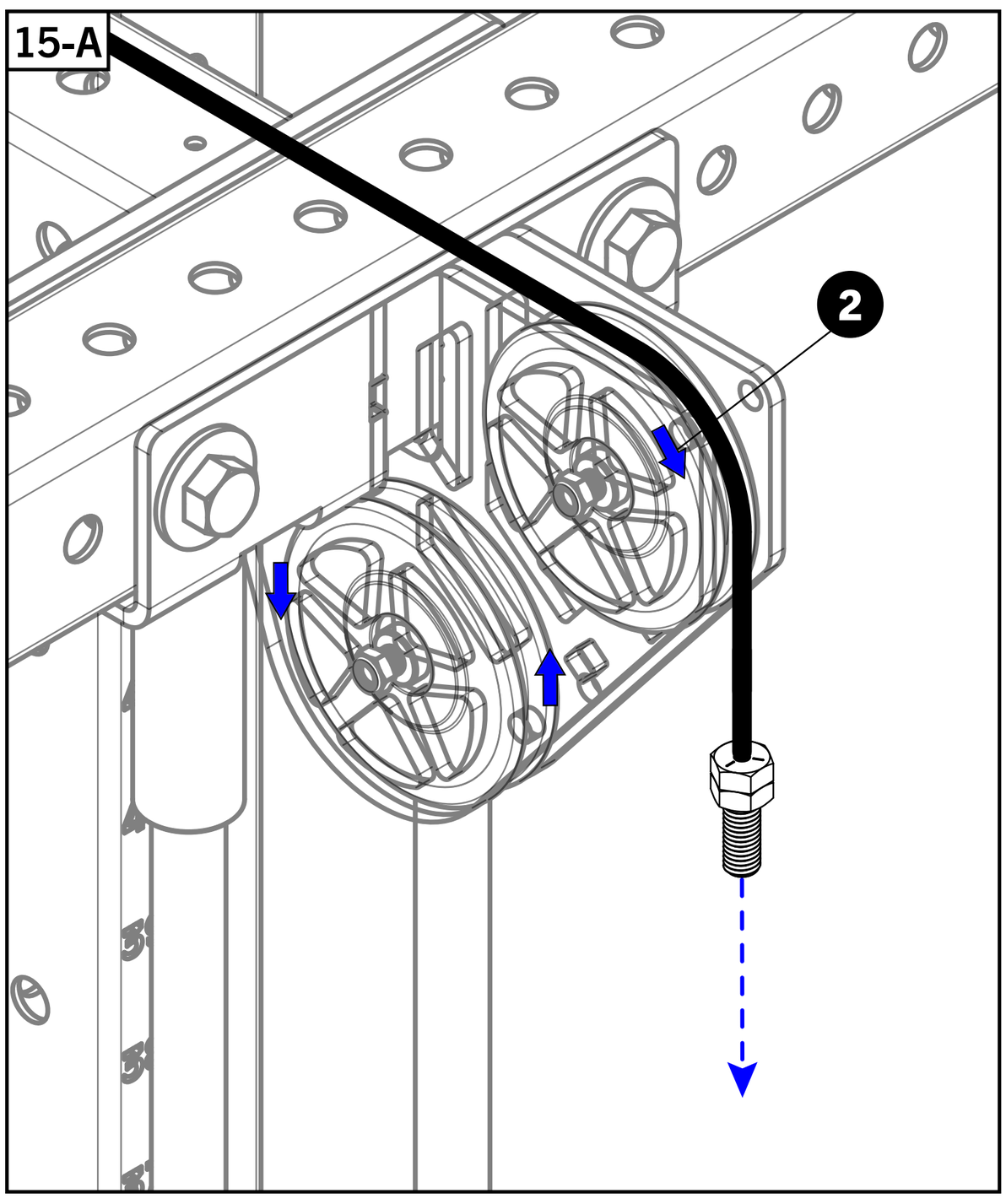
32

STEP 15

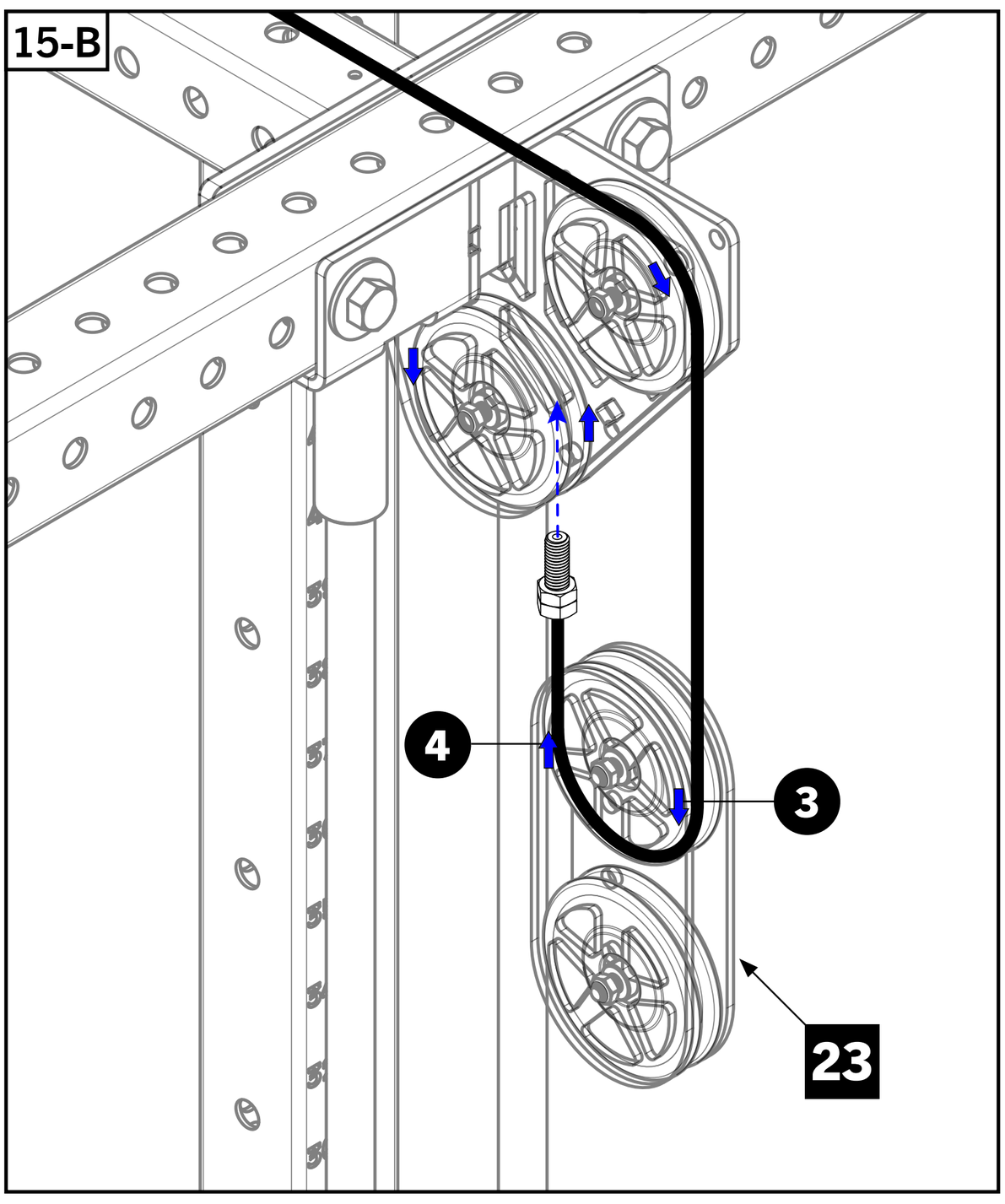
- Feed cable around the pulley at the top of the Top Rear Pulley Assembly [**22**] as shown.
- Hold the Peanut Pulley [**23**] underneath cable, ensuring the arrow stickers correspond to diagram **15-B.**
- Feed cable around the upper pulley in the Peanut Pulley and back up toward the Top Rear Pulley Bracket.
- Feed cable around the lower pulley in the Top Rear Pulley Bracket and down towards the ground.
- Route the bolt-end through the keyring of the Weight Stack Selector Pin [**30**] and thread bolt-end into the Weight Stack Stem [**28**]. There should be no gap between the jam nut and the pulley bolt head.



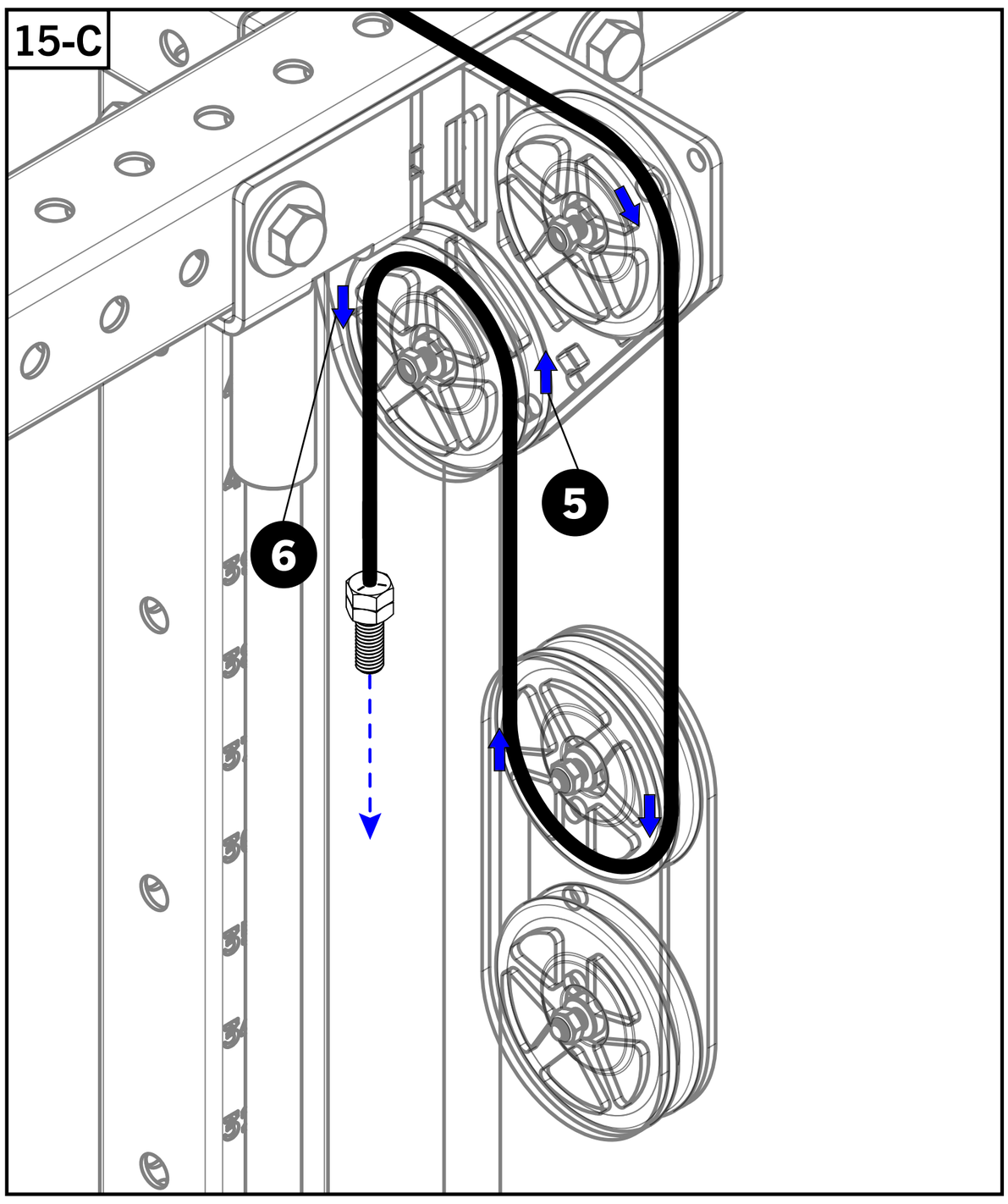
15-A



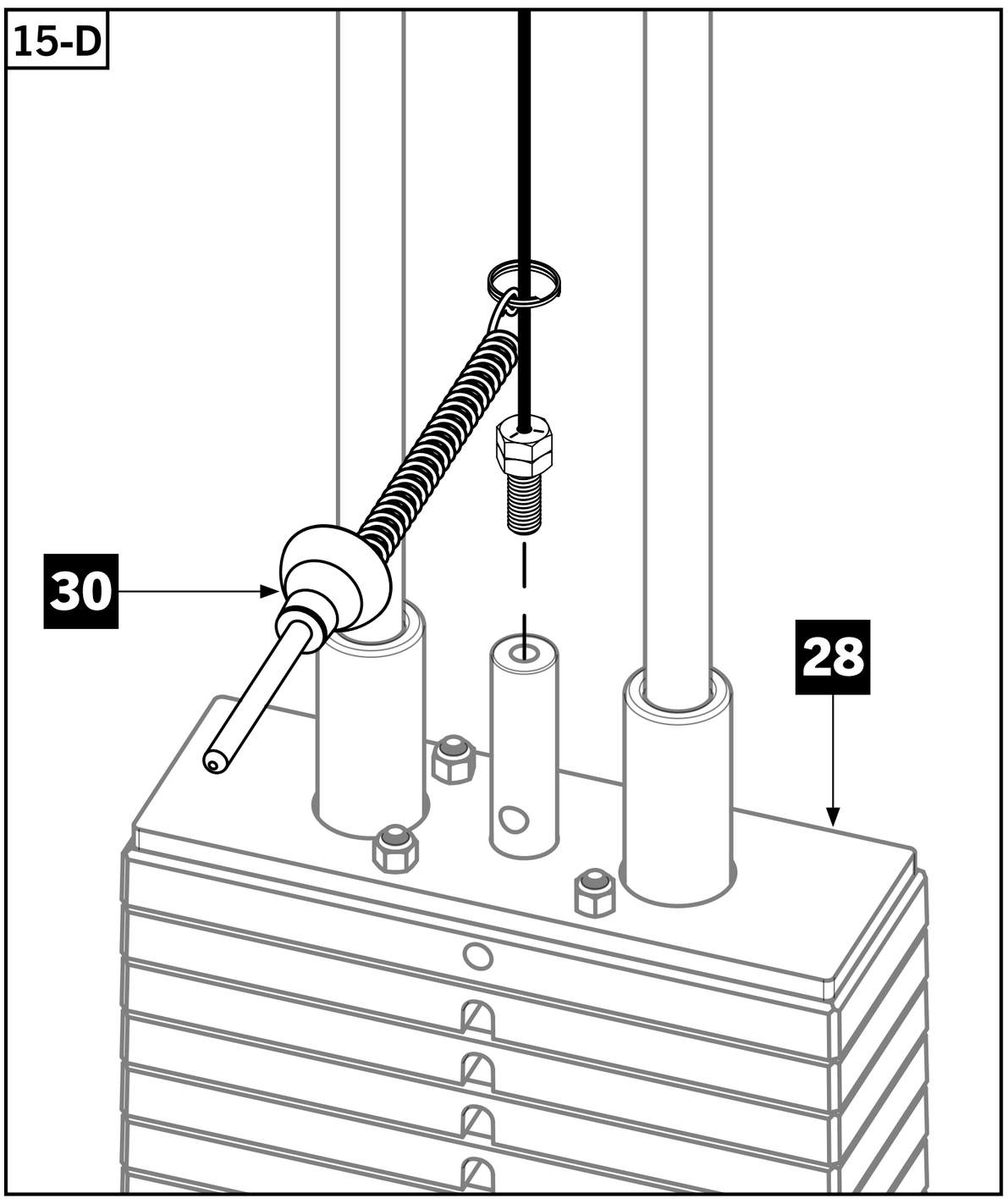
15-B



15-C



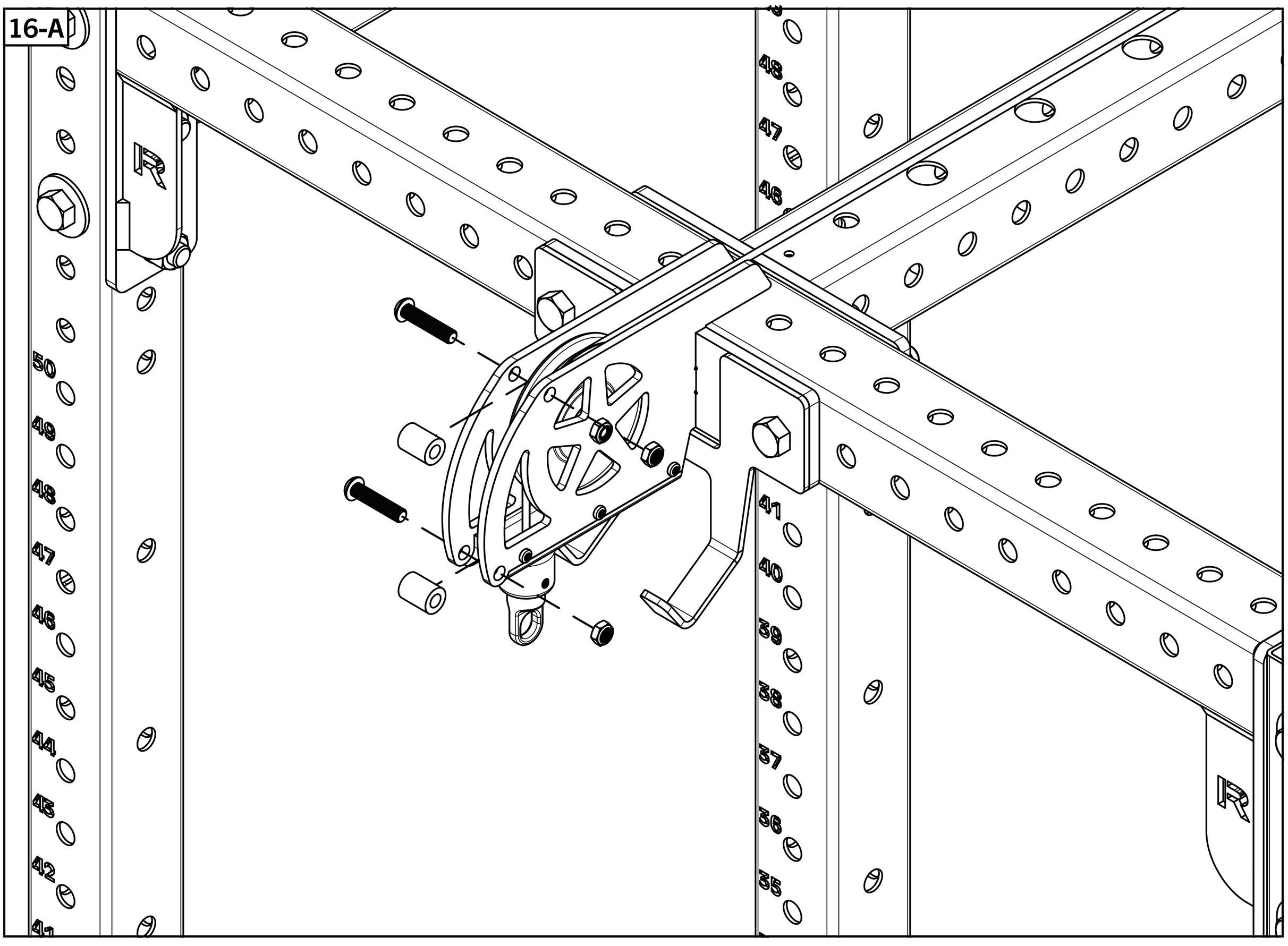
15-D



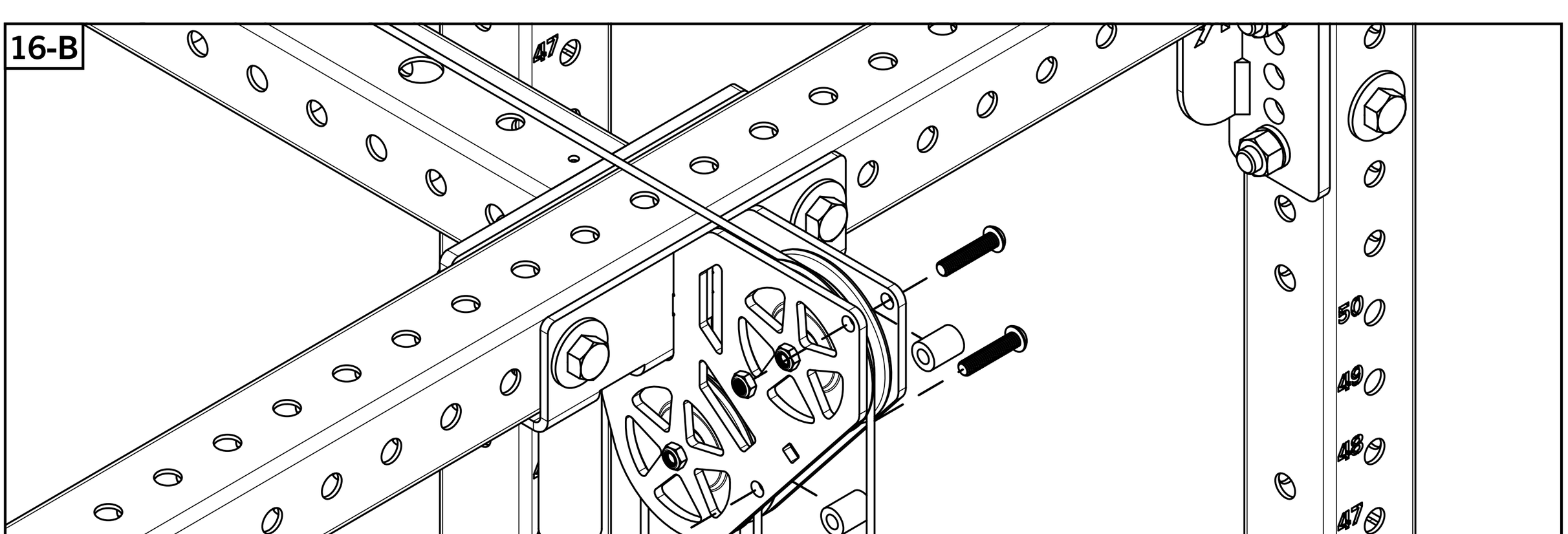
STEP 16

- Re-install cable retainers and fully tighten all cable retainer bolts **AND PULLEY BOLTS** (as they will have shipped loose/hand-tight).
- Do not re-install cable retainers in Peanut Pulley.

16-A

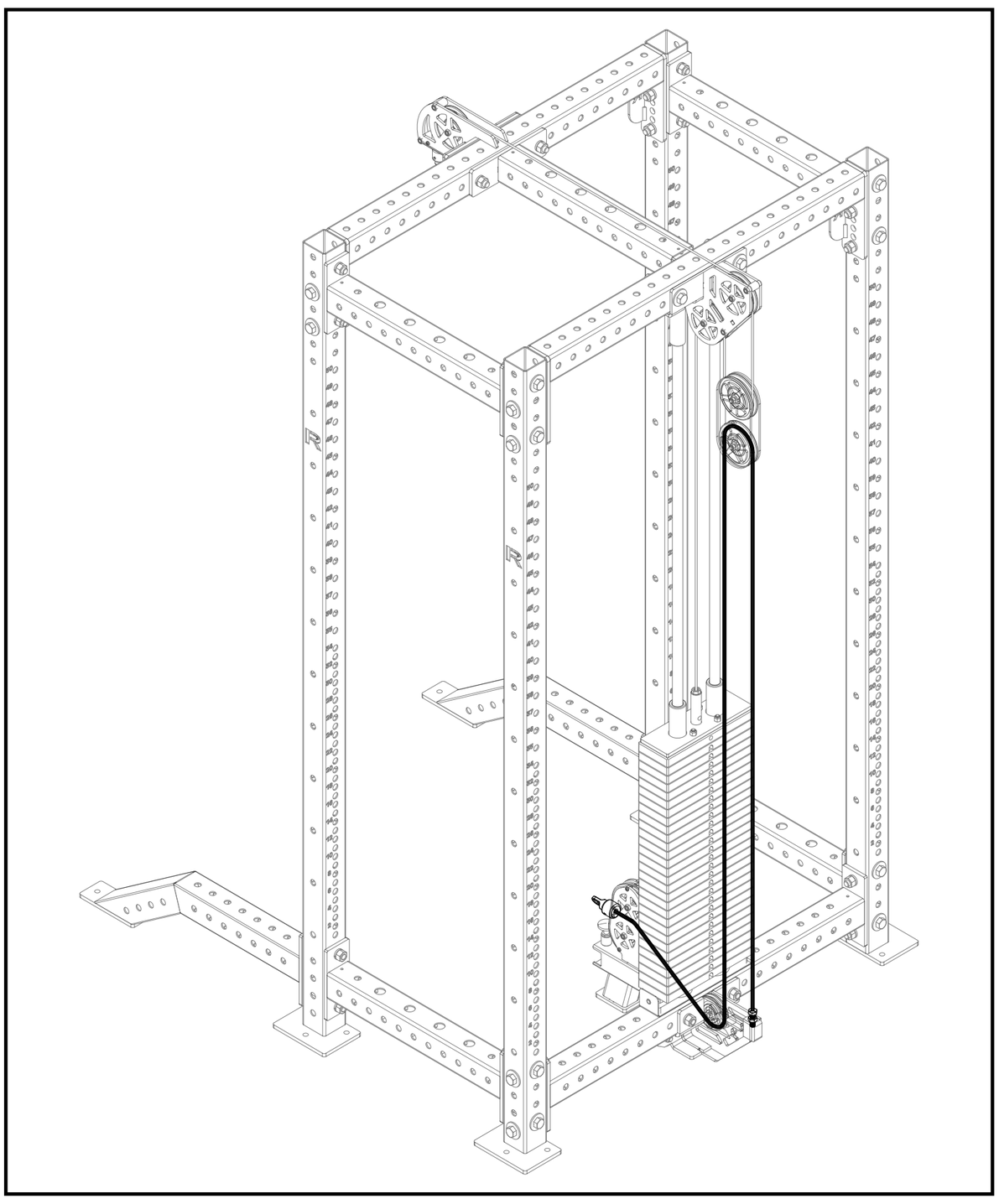


16-B

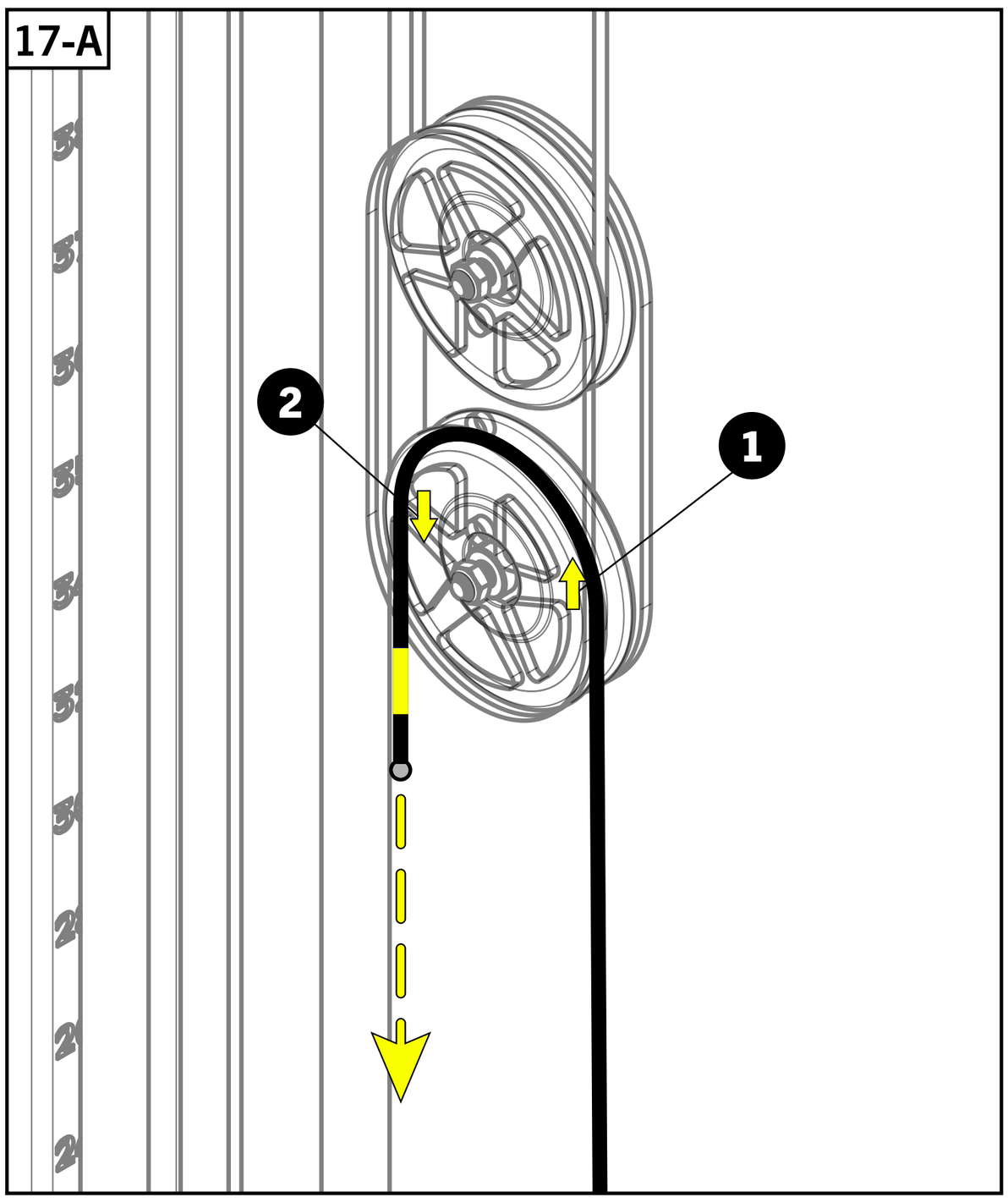


STEP 17

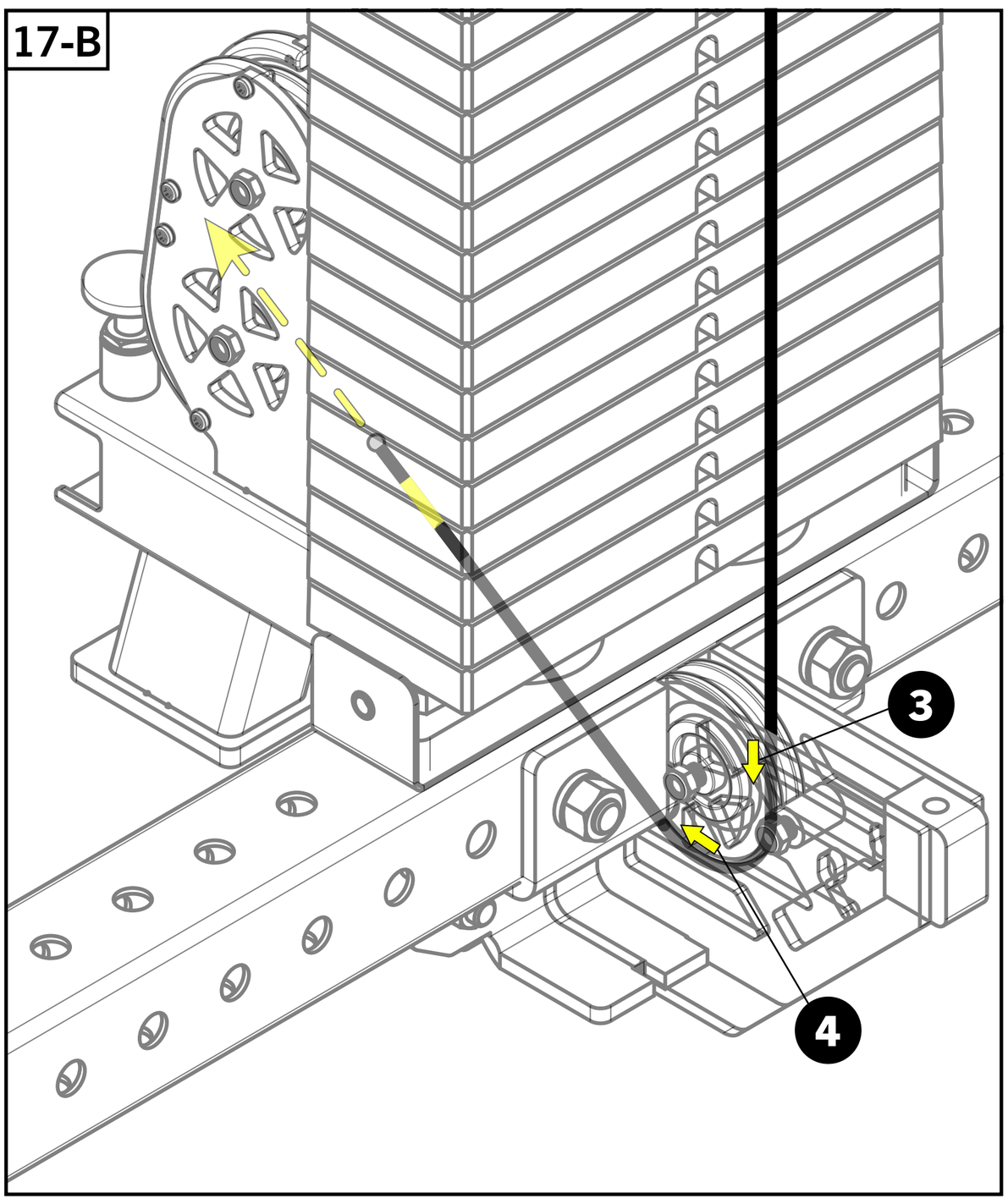
- Completely unwind and straighten out the Low Row Cable (Yellow Tag) [**31**] (**Clevis does not come preinstalled**) to remove any twists/kinks prior to installation.
- Feed ball end of cable around the lower pulley in the Peanut Pulley [**23**] following the arrows as shown in **17-A.**
- Continue down to the bottom of the rack, routing the cable around the pulley in the Low Rear Pulley Assembly and then through the Low Row Crossmember.
- Pull cable through pulleys on Low Row Footplate Assembly following arrow 9.
- Install clevis on ball end of cable following **STEP 18.**



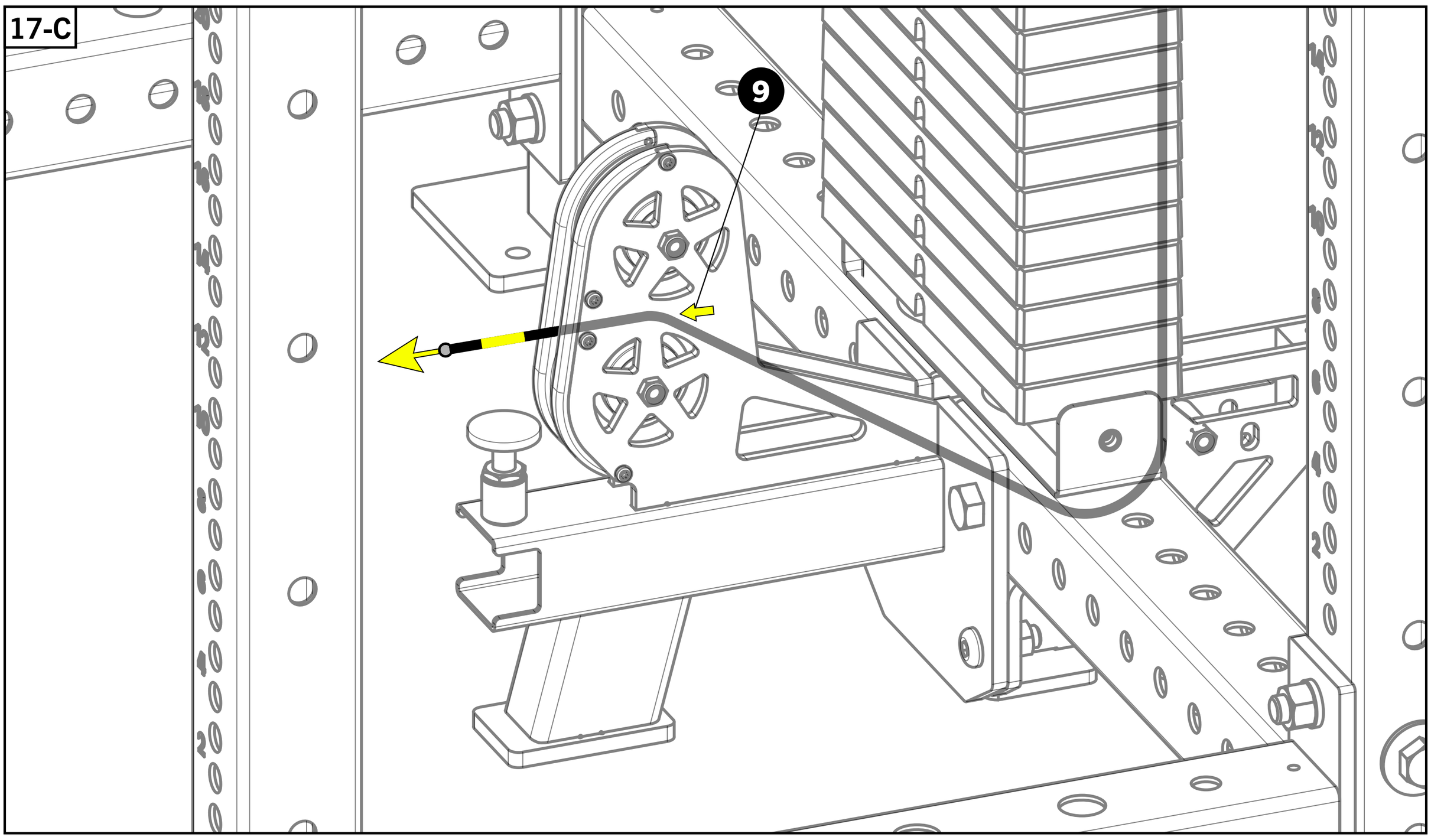
17-A



17-B



17-C

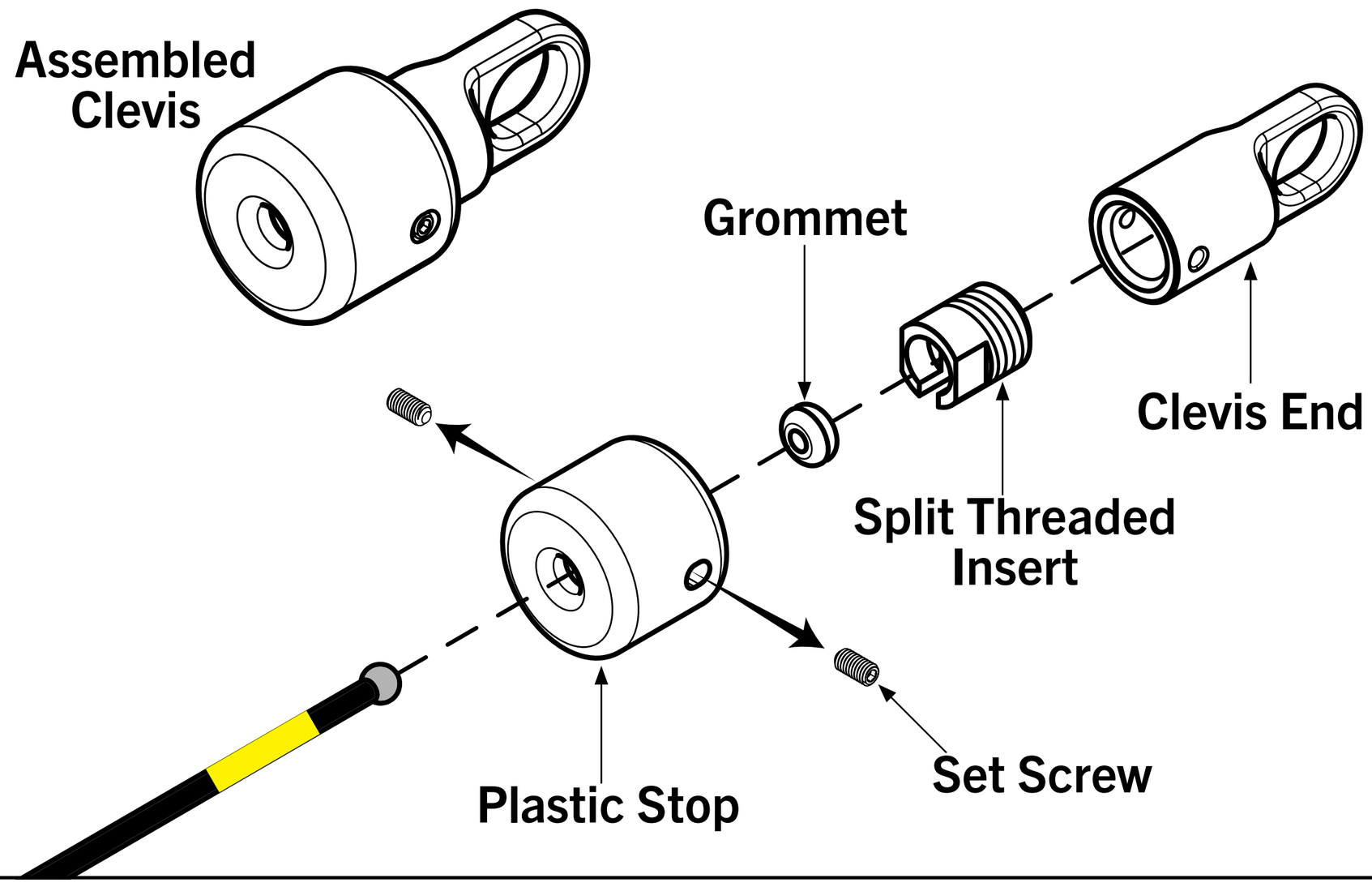


STEP 18

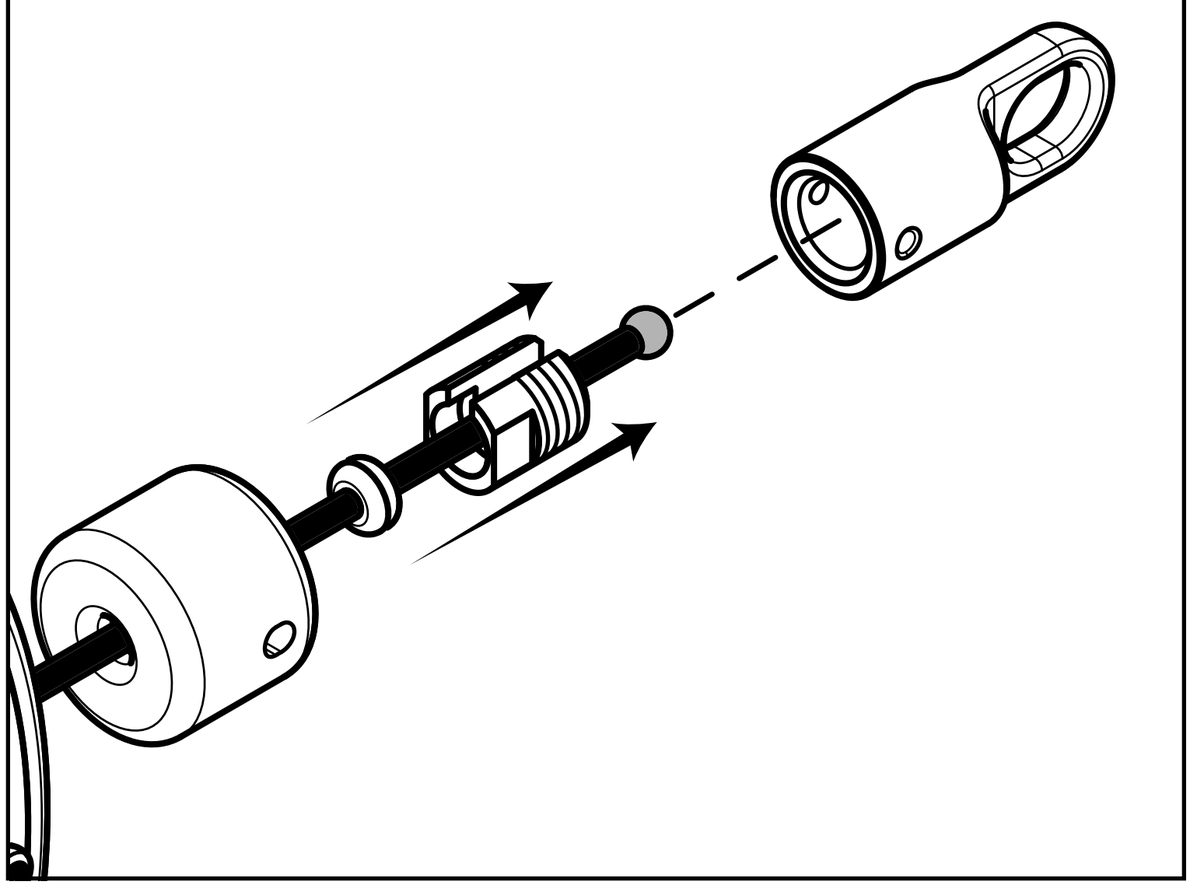
Tools Required:

- 3/32” Allen Key & 5/8” Wrench
- Completely disassemble the loose Clevis included with cable by unscrewing set screws and Split Threaded Insert, and remove blue tag on end of cable.
- Slide parts over the ball on cable as shown on **18-B.**
- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded side using 5/8” Wrench.
- Slide Plastic Stop forward and align outer holes with threaded holes on Clevis End and re-insert Set Screws. Fully tighten Set Screws.

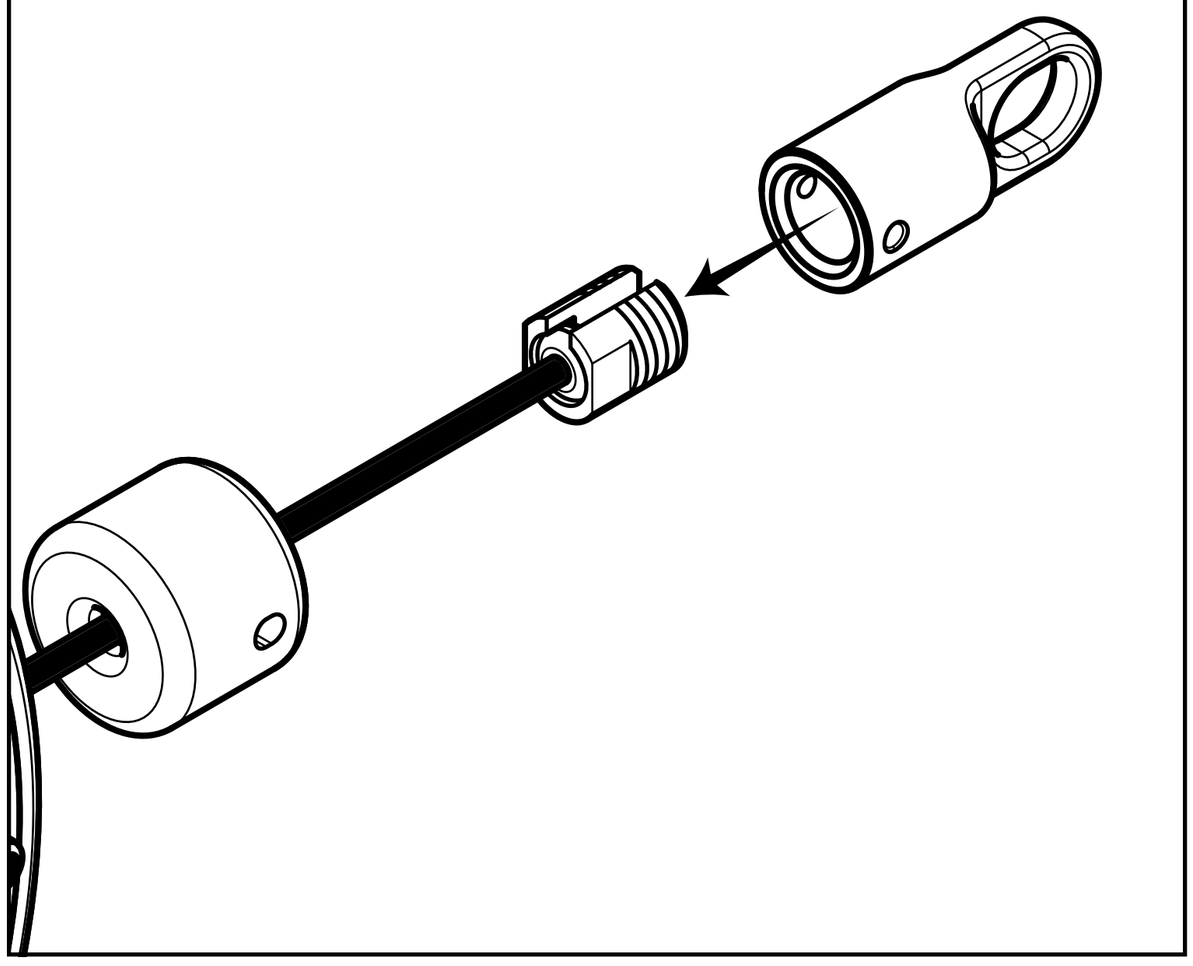
18-A



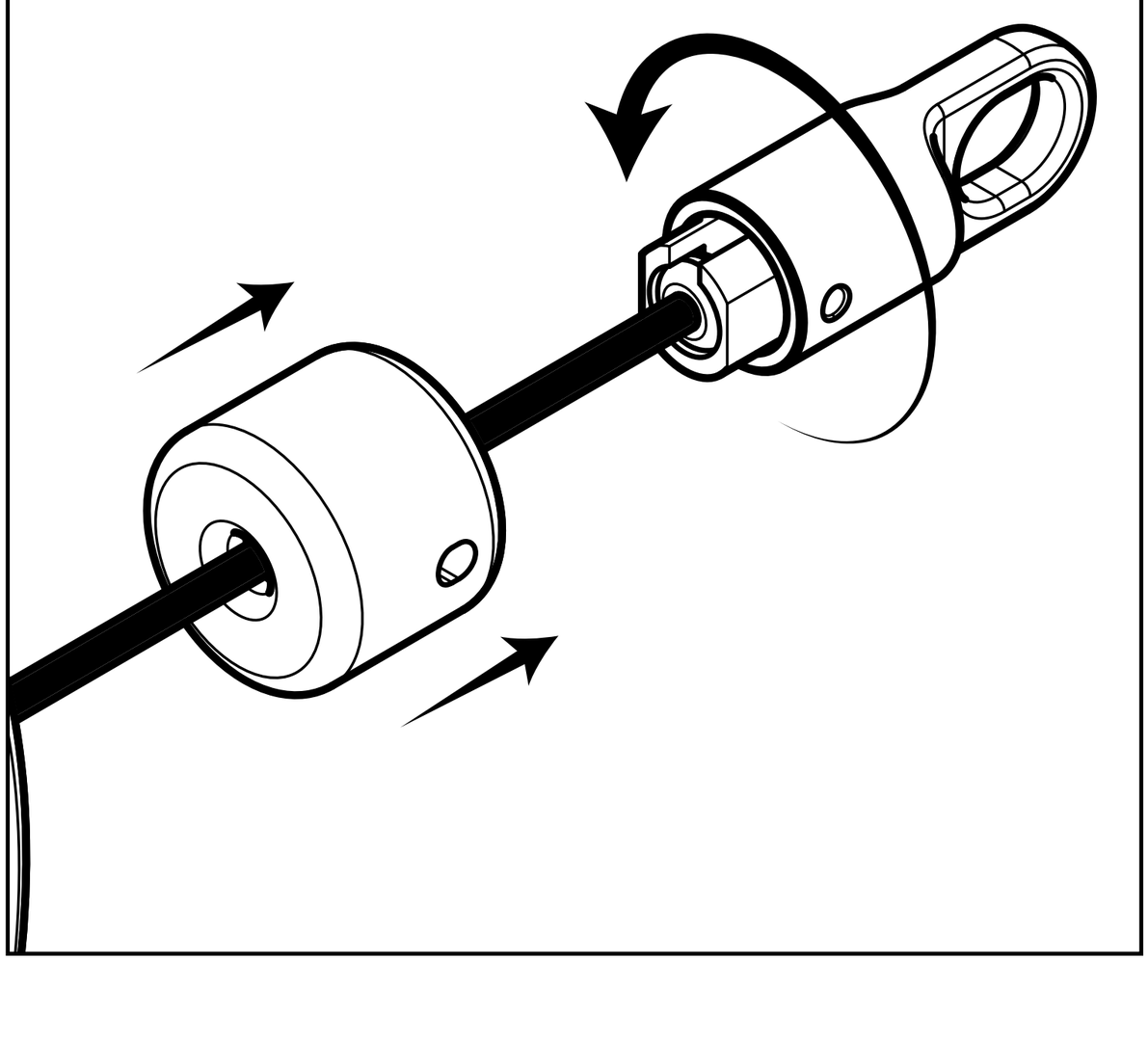
18-B



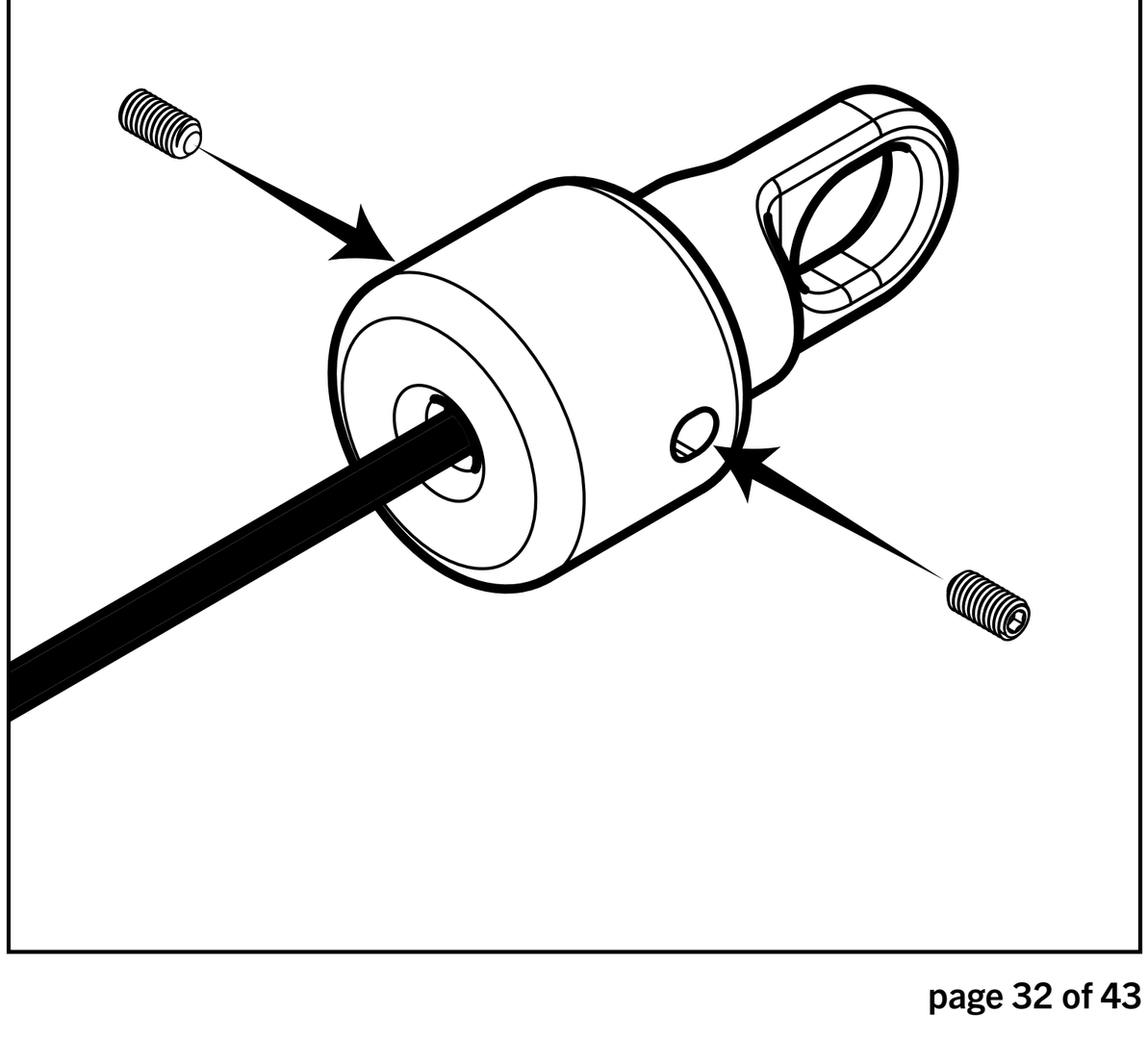
18-C



18-D

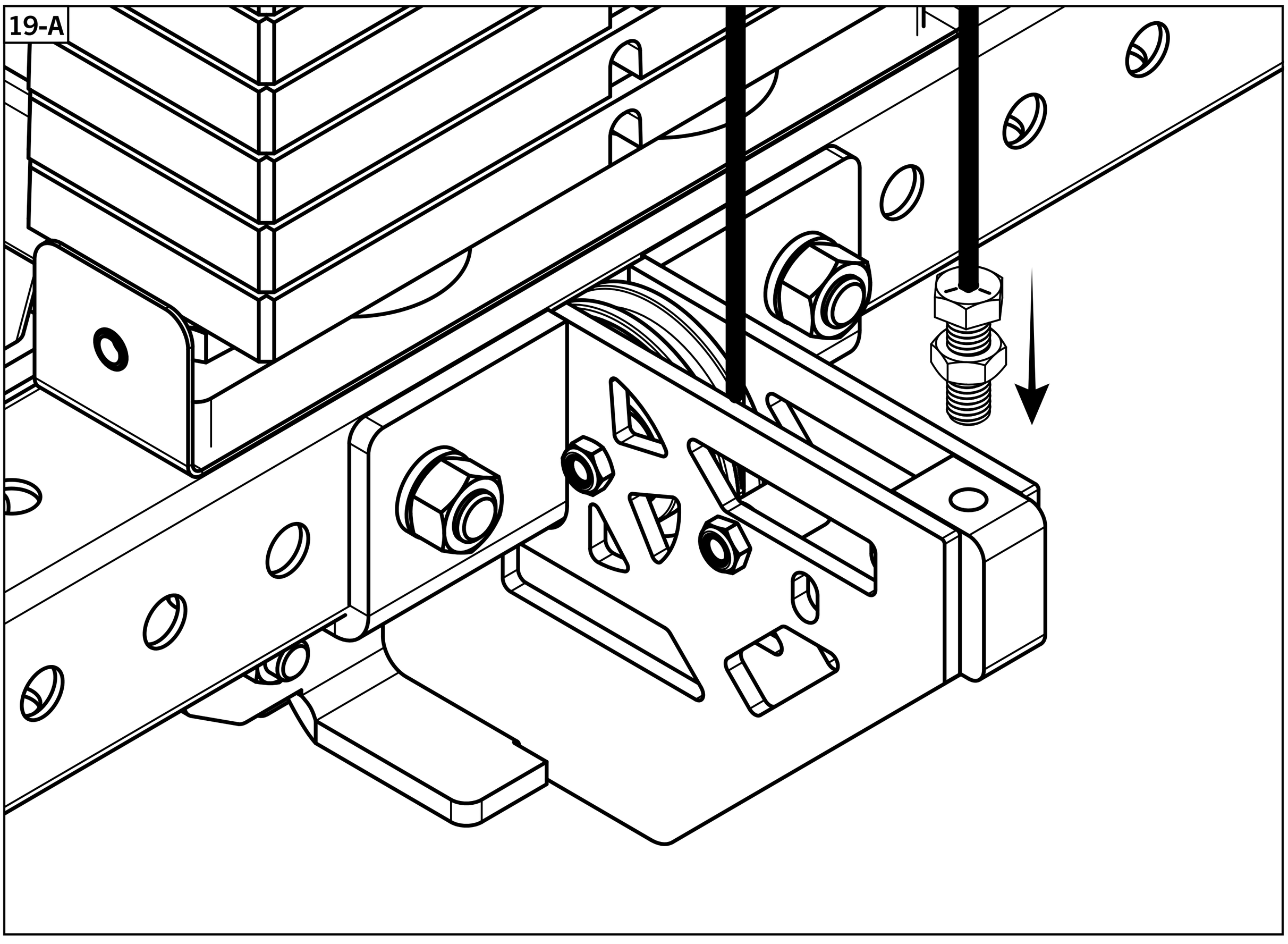


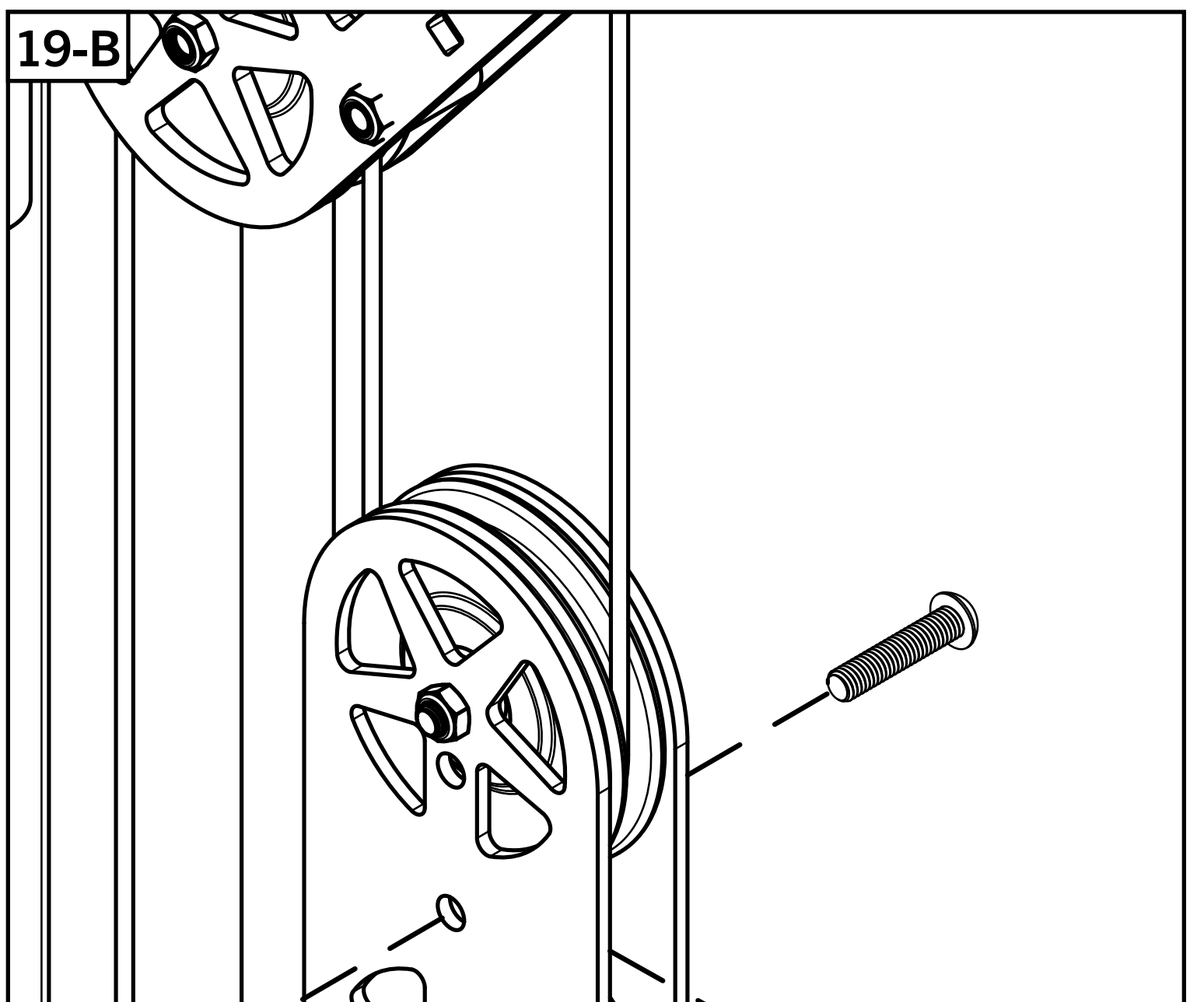
18-E

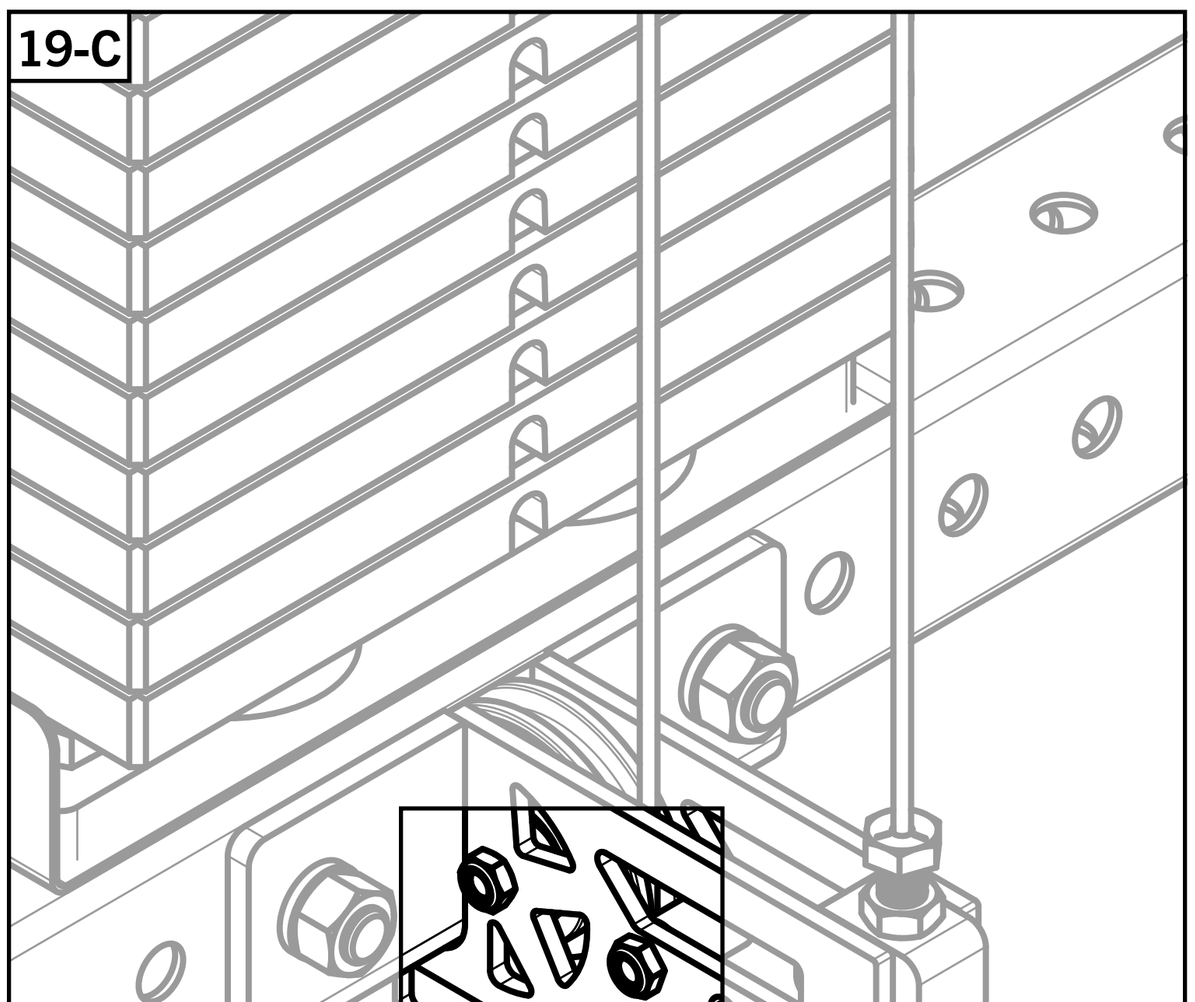


STEP 19

- Fully tighten bolt end of Low Row Cable [**31**] into stop block on Low Rear Pulley Assemly [**21**] until all cables are tensioned and top plate of the weight stack begins to rise. Snug the jam nut against the stop block. Do not overtighten jam nut.
- Re-install cable retainers in Peanut Pulley [**23**] and fully tighten all cable retainer bolts **AND PULLEY BOLTS** (as they will have shipped loose/hand-tight).
- Ensure pulley hardware in Low Rear Pulley Assembly [**21**] are tightened.



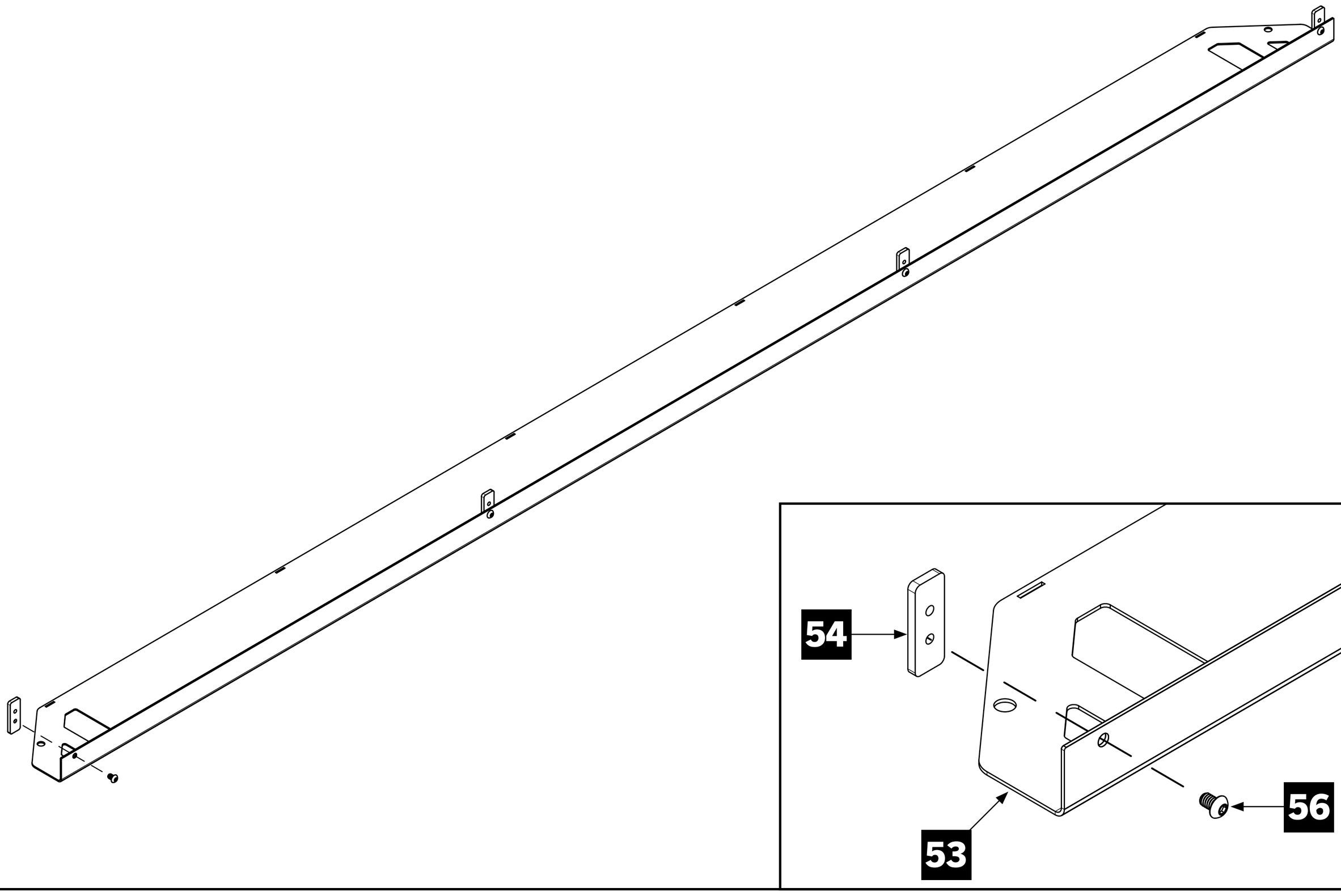




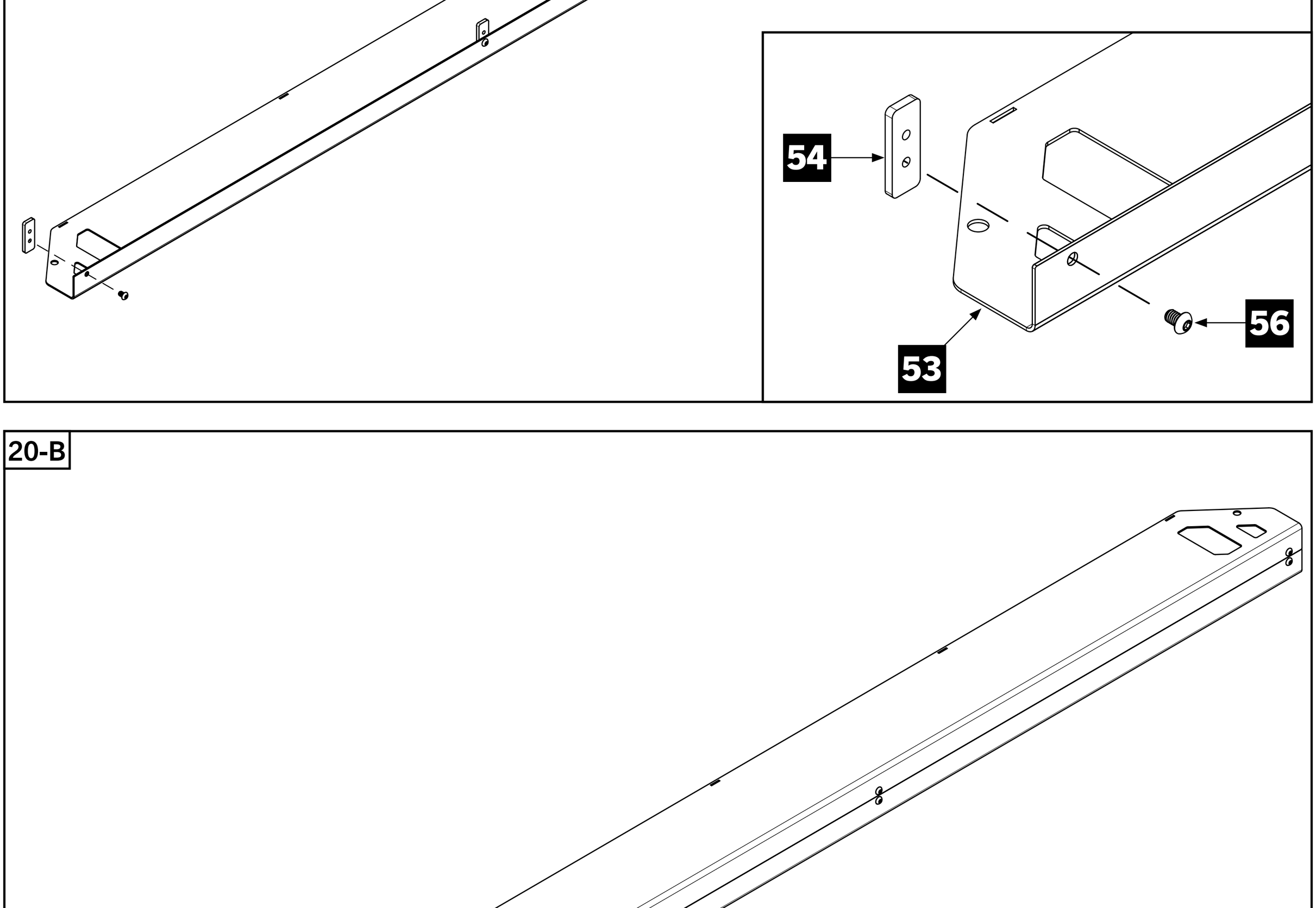
STEP 20

- If Wall Mount Kit purchased skip to **STEP 23**.
- Attach Rear Shroud Tie Plates [**54**] to one Rear Shroud [**53**] using 1/4” x 3/8” Button Head Screw [**56**].
- Attach second Rear Shroud [**53**] to Rear Shroud Tie Plates [**54**] using 1/4” x 3/8” Button Head Screw [**56**].

20-A

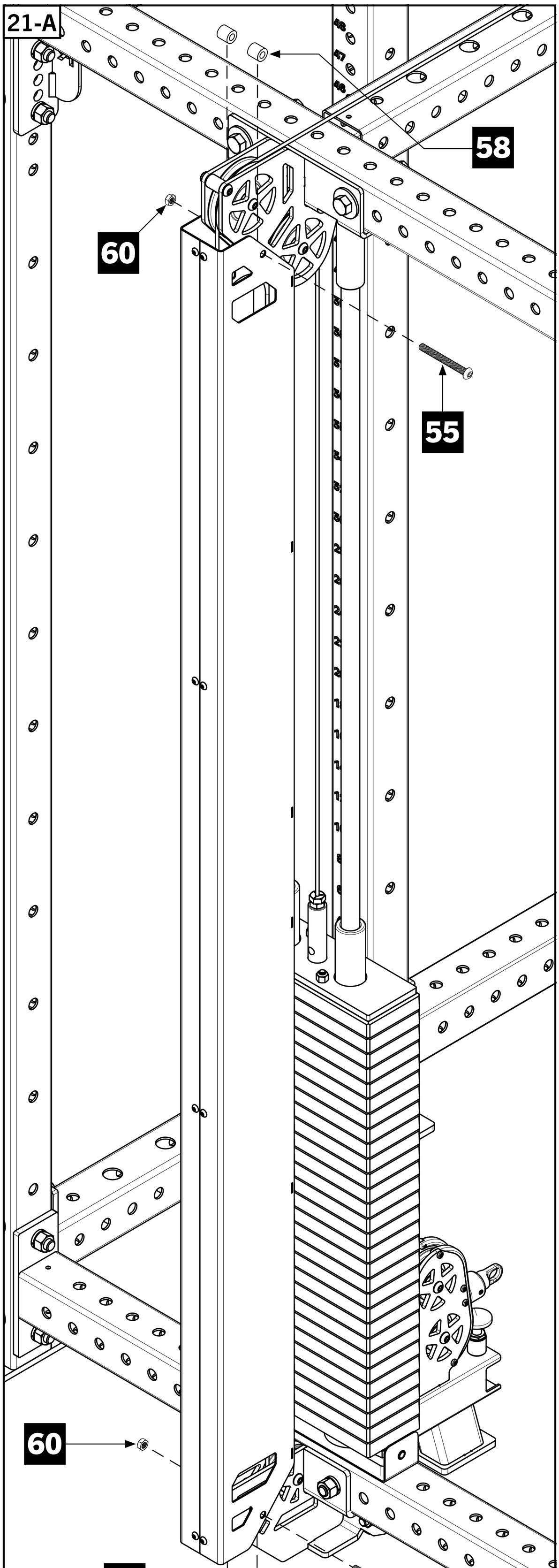


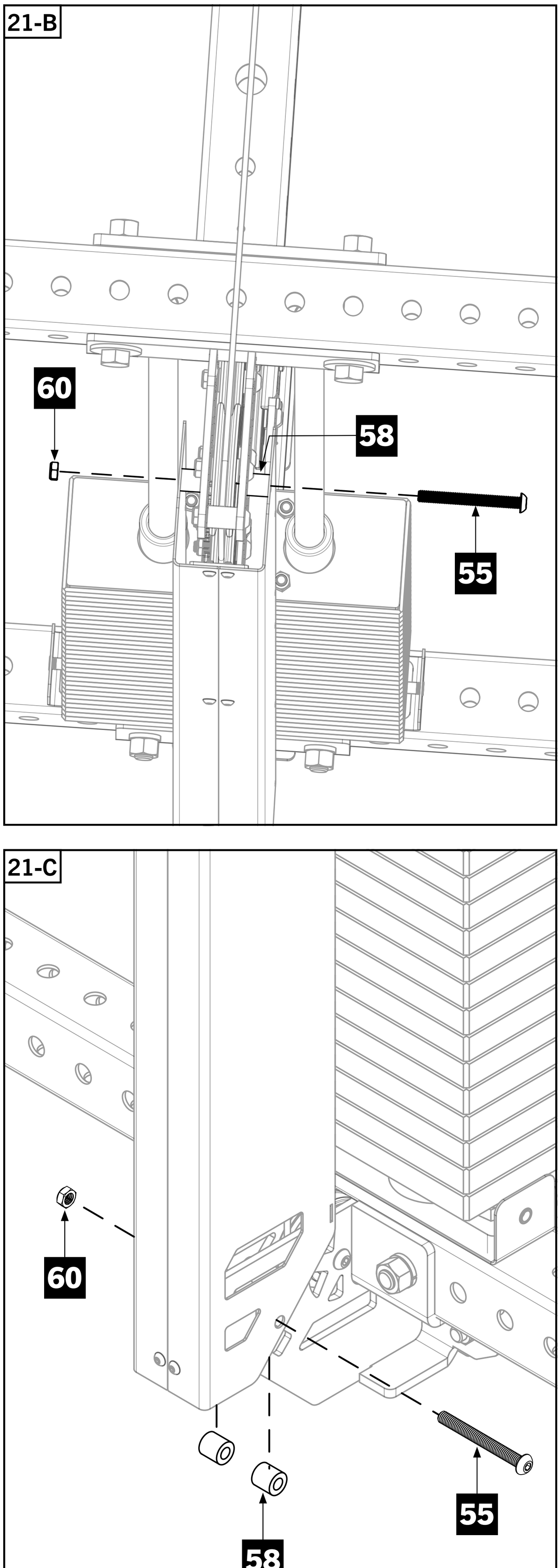
20-B



STEP 21

- Install the Rear Shrouds [**53**] onto the Pulley Assemblies [**21,22**] using 3/8” x 3.5” Button Head Bolts [**55**] and 3/8” Nyloc Nuts [**60**], placing 3/4” Spacers [**58**] between the inside faces of the shrouds and the brackets.

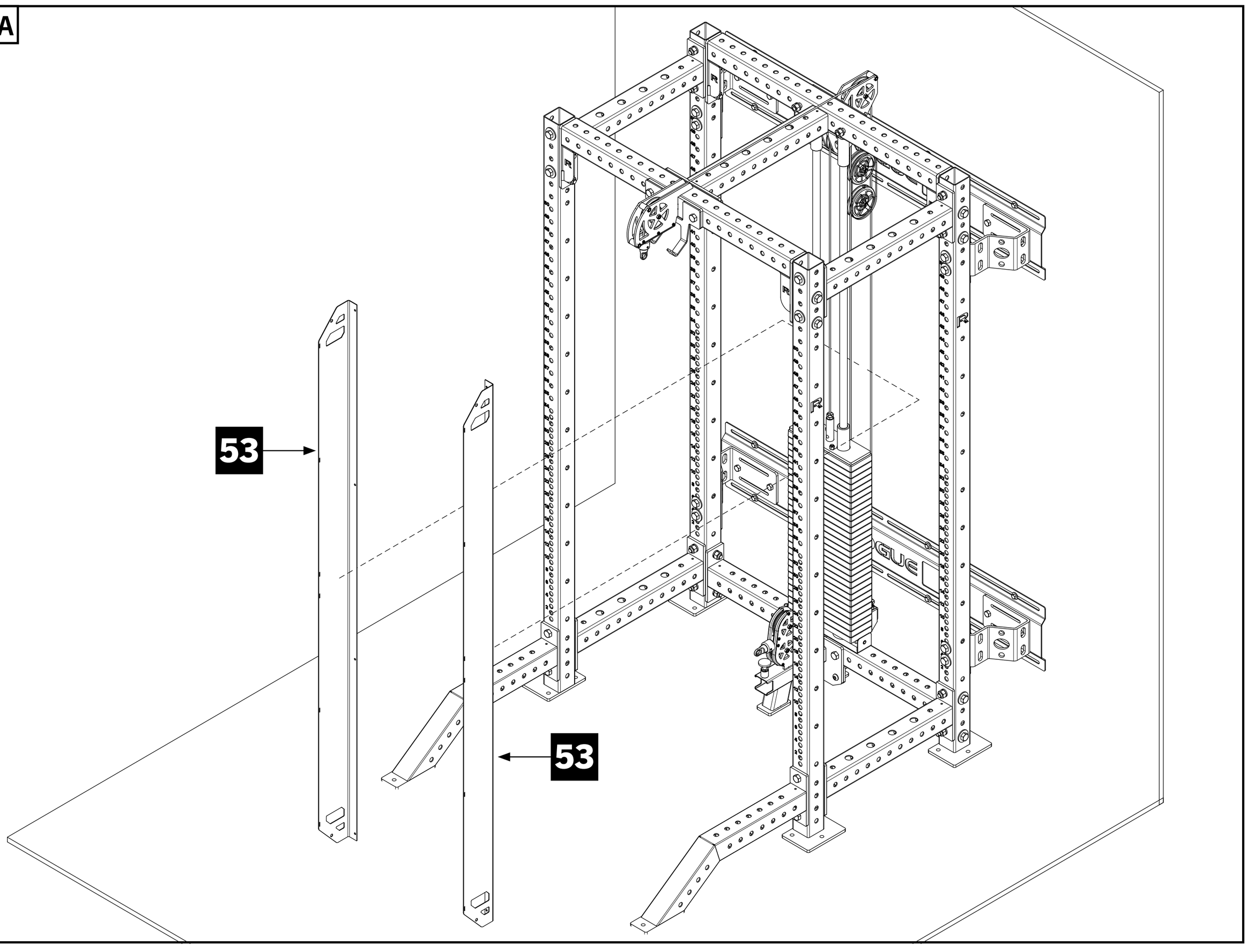




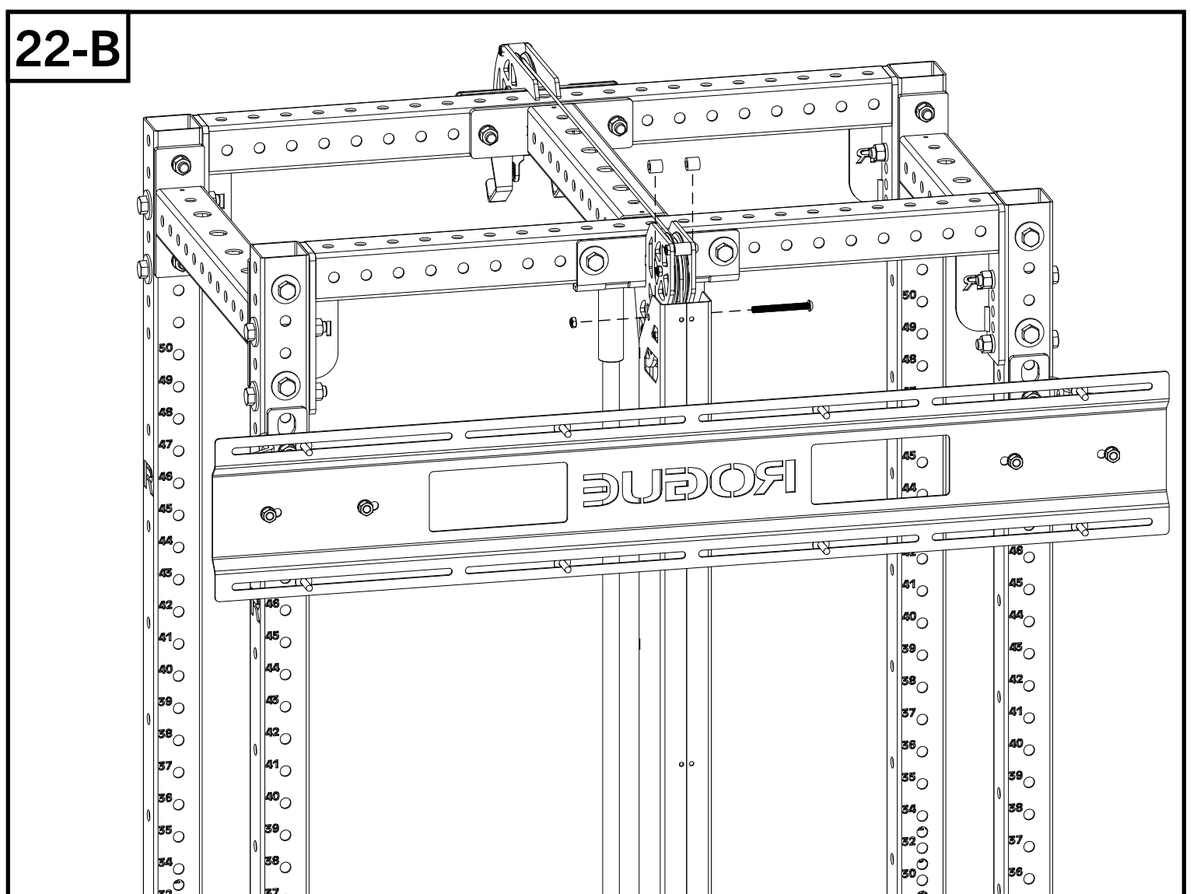
STEP 22 (WALL MOUNT KIT ONLY)

- To install Rear Shrouds [**53**] on Wall Mount Rack insert from front of rack as shown in **22-A**.
- Note: Wall not shown on **22-B** through **22-D**.
- Install the Rear Shrouds [**53**] onto the Pulley Brackets [**21,22**] using 3/8” x 3.5” Button Head Bolts [**55**] and 3/8” Nylock Nuts [**60**], placing 3/4” Spacers [**58**] between the inside faces of the shrouds and the brackets.
- Note: Rear Shroud Tie Plates [**54**] and 1/4” x 3/8” Button Head Screws [**56**] will not be used.

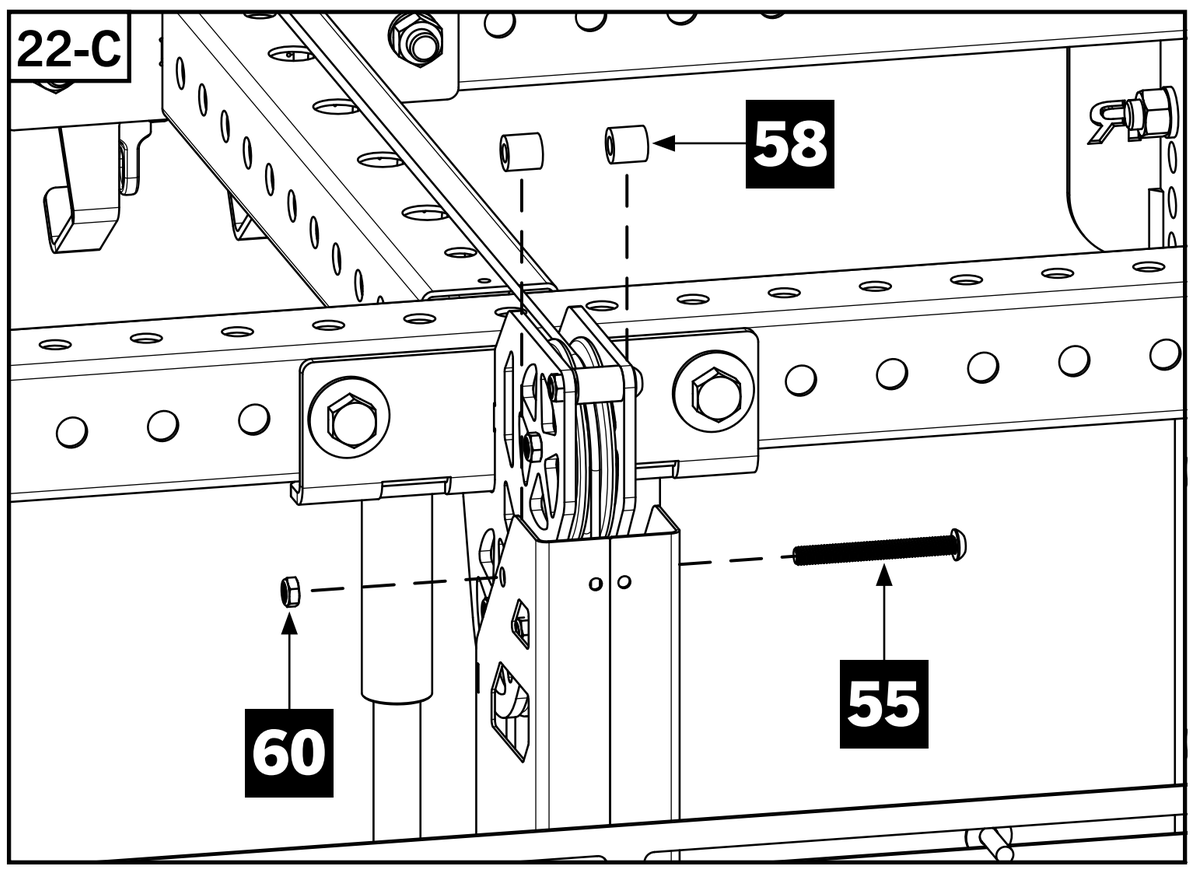
22-A



22-B



22-C



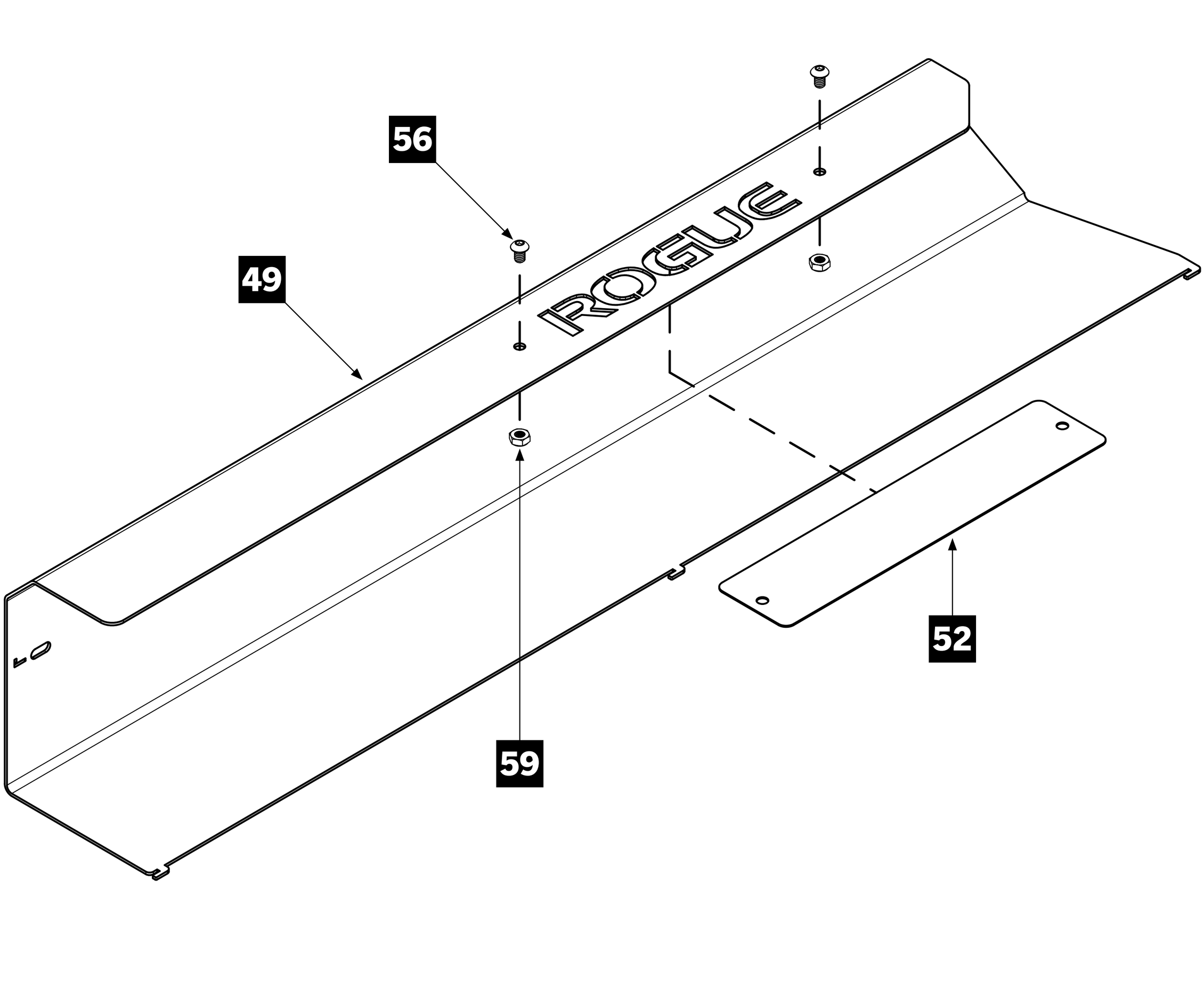
22-D

STEP 23

Tools Required:

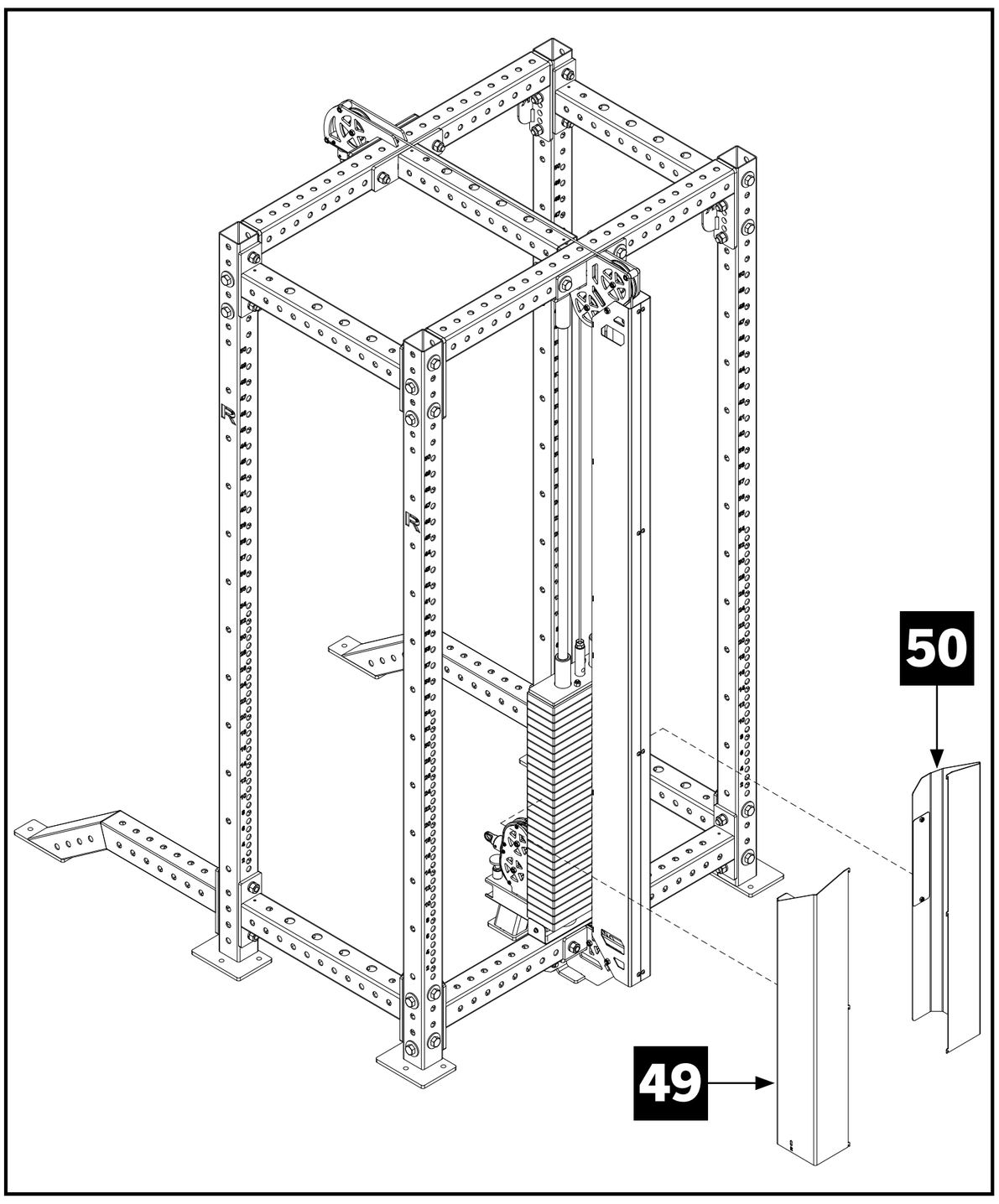
- 5/32” Allen Key and Multi-Wrench
- Attach Weight Stack Shroud Backer [**52**] to Weight Stack Shroud - LH [**50**] using 1/4” x 3/8” Button Head Screws [**56**] and 1/4” Nylock Nuts [**59**].

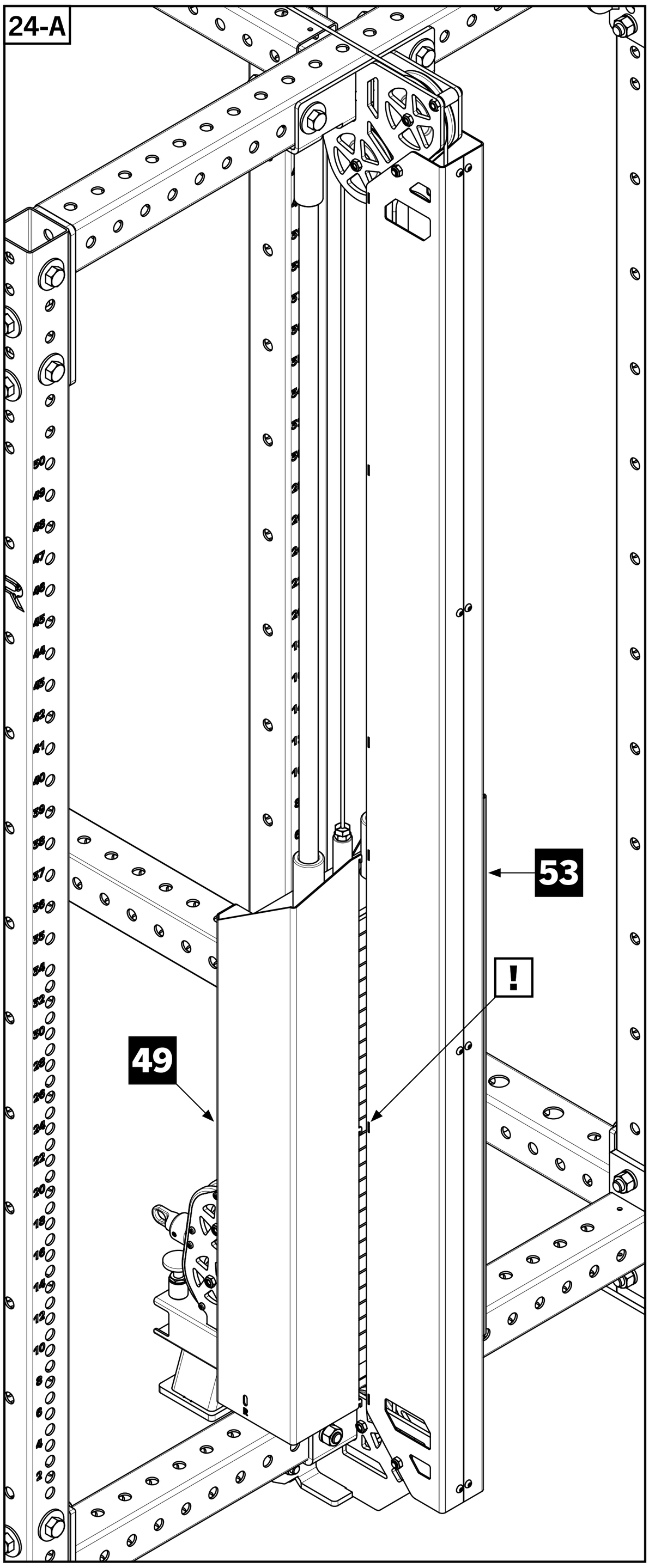
23-A

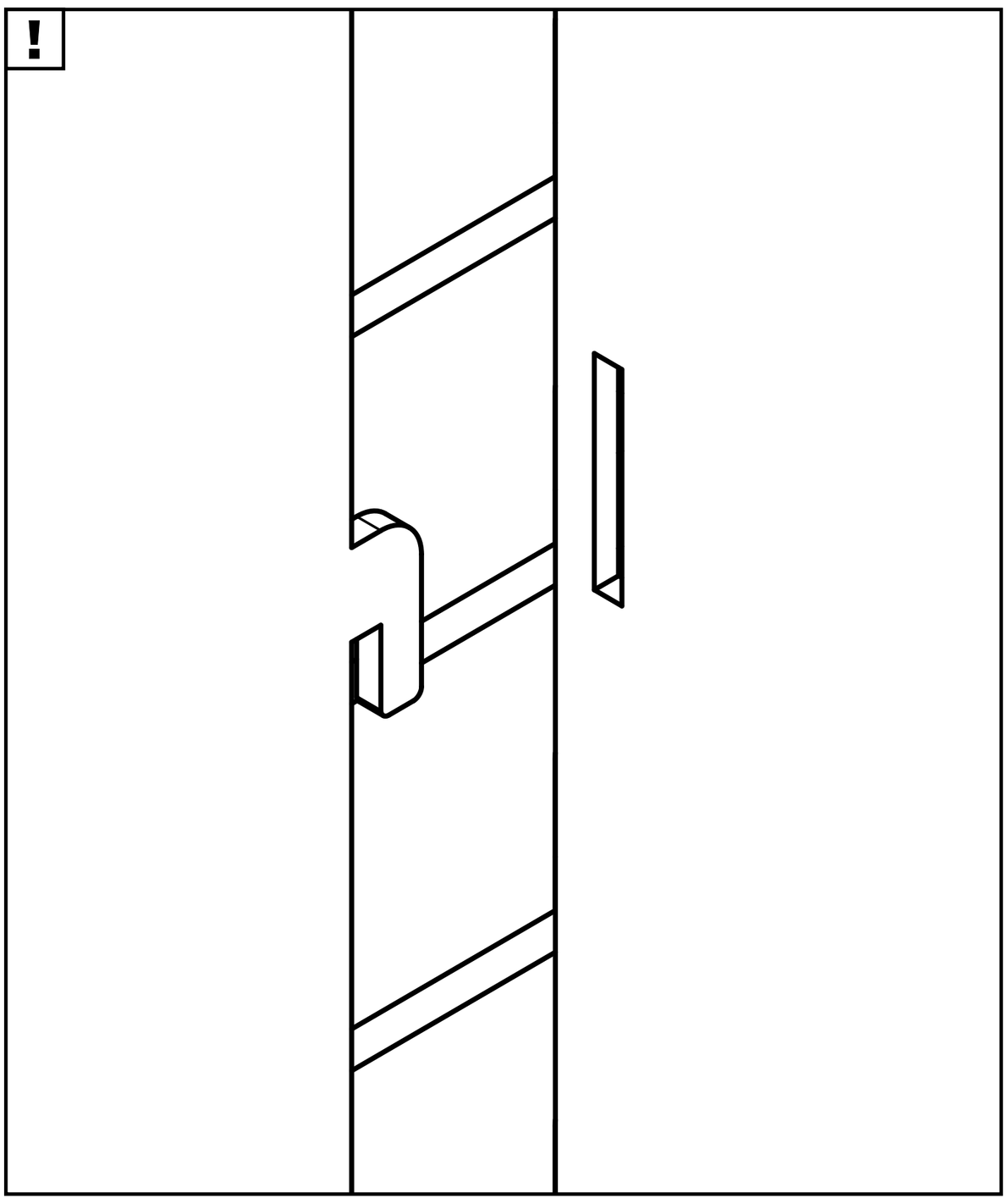


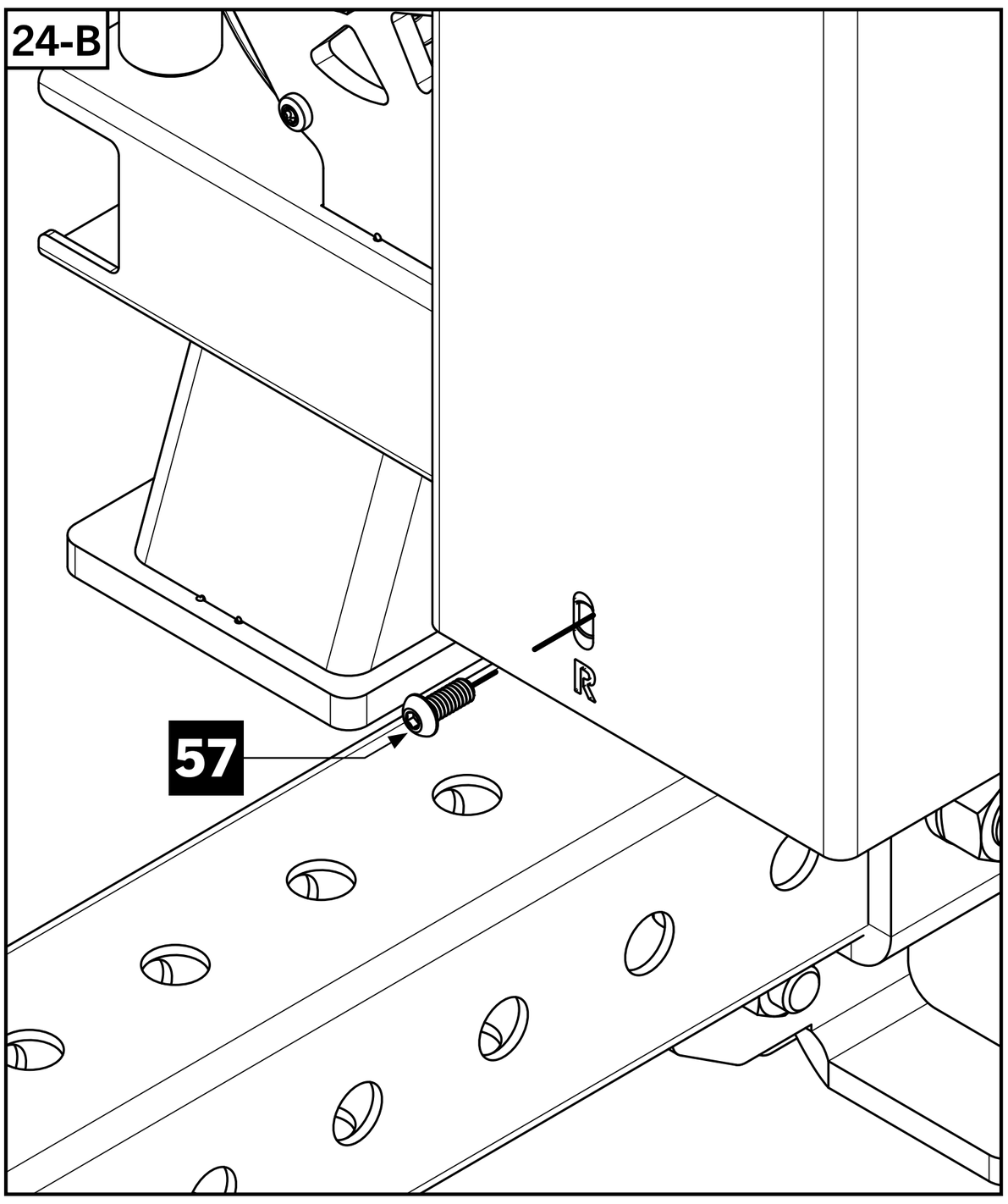
STEP 24

- Align the hooks on the Weight Stack Shroud RH [**49**] and Weight Stack Shroud LH [**50**] with the corresponding holes on the Rear Shrouds [**53**], then slide down until they lock in place.
- [!] **Ensure hooks are fully seated.**
- Align and bolt the bottom holes on Weight Stack Shrouds to the corresponding holes on Weight Stack Shroud Bracket [**51**] using 1/4” x 5/8” Button Head Screws [**57**].





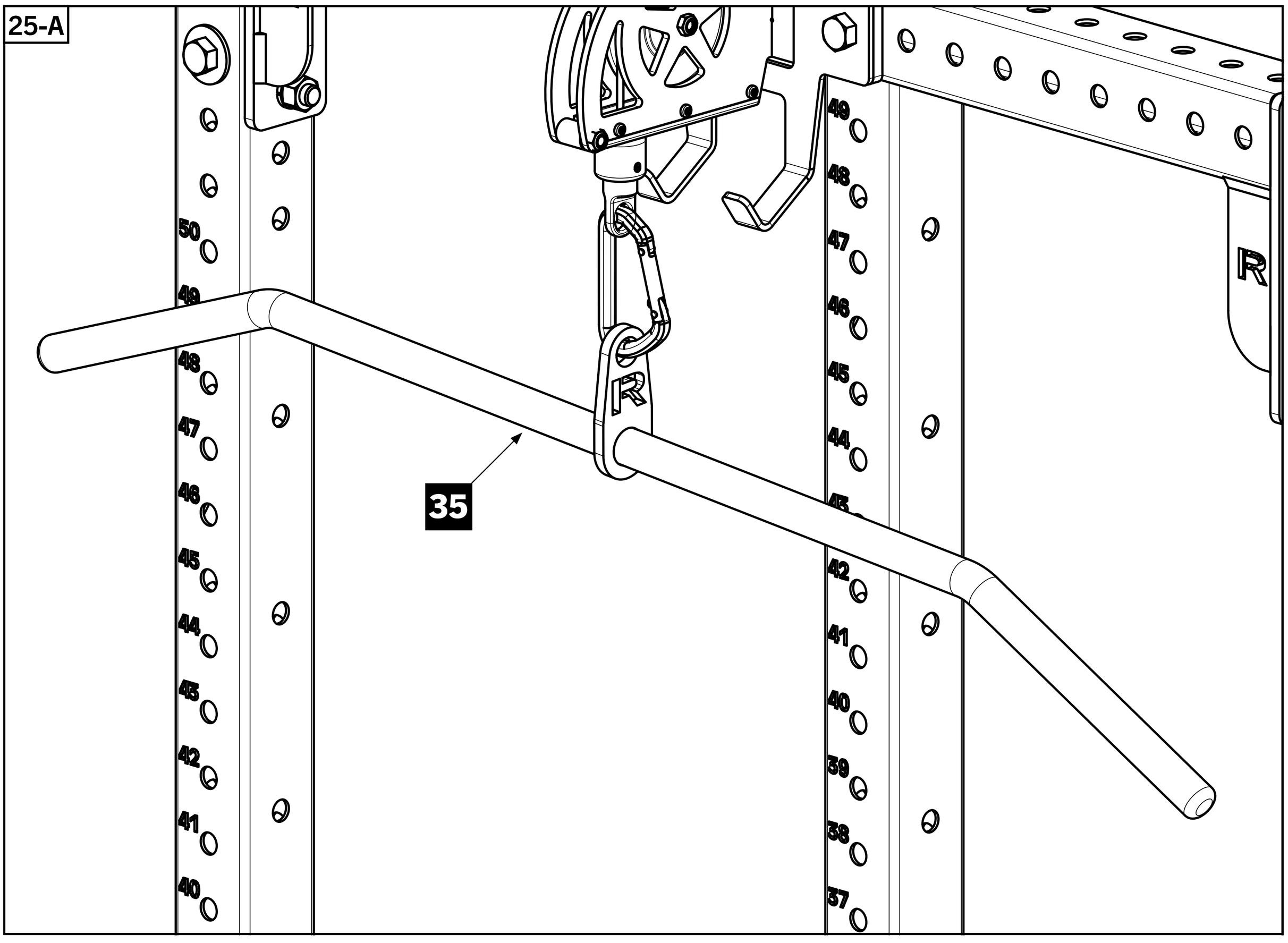




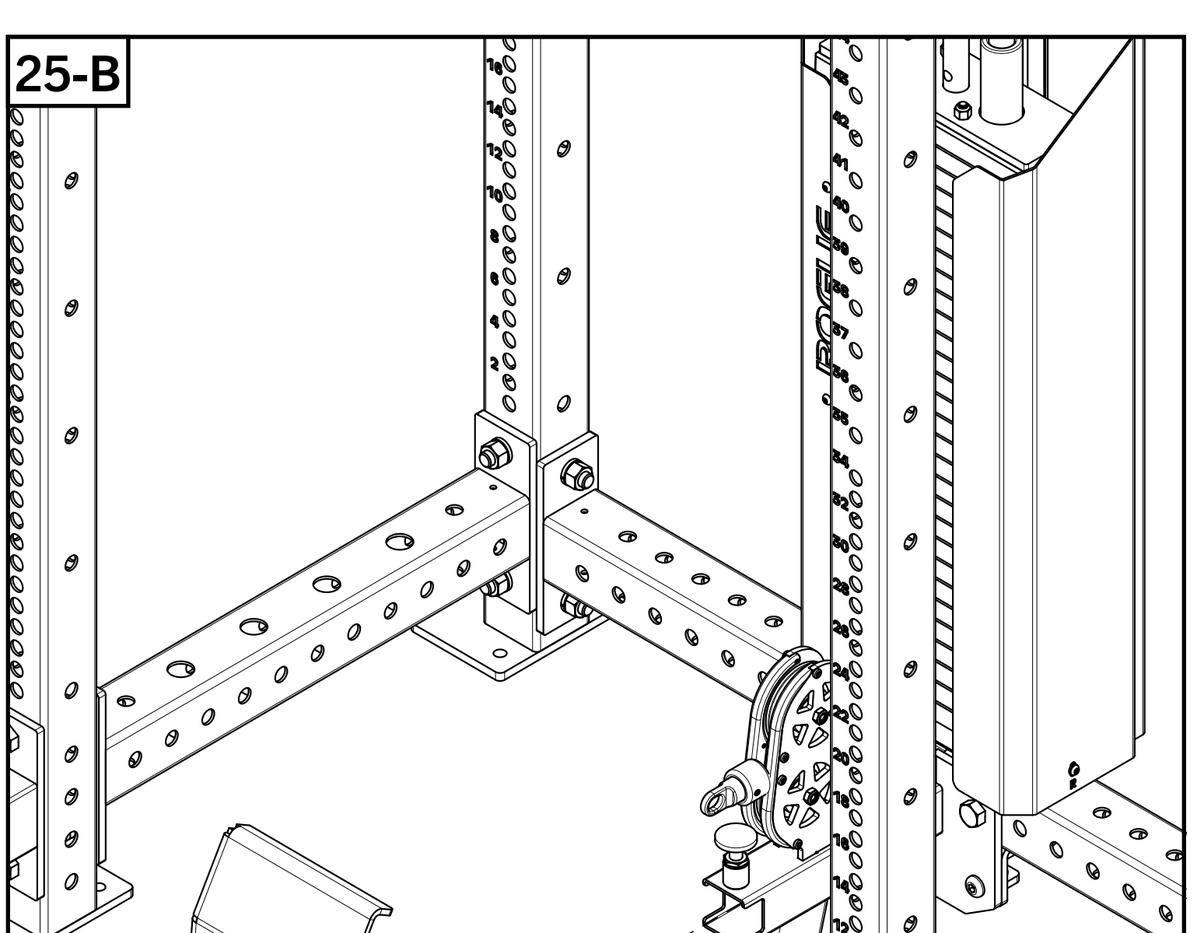
STEP 25

- Attach Lat Bar [**35**] to Lat Pull down clevis attachment point.
- Re-insert the Footplate into Low Row Footplate Assembly [**18**].
- Attach Standard Grip Triangle [**34**] to clevis.

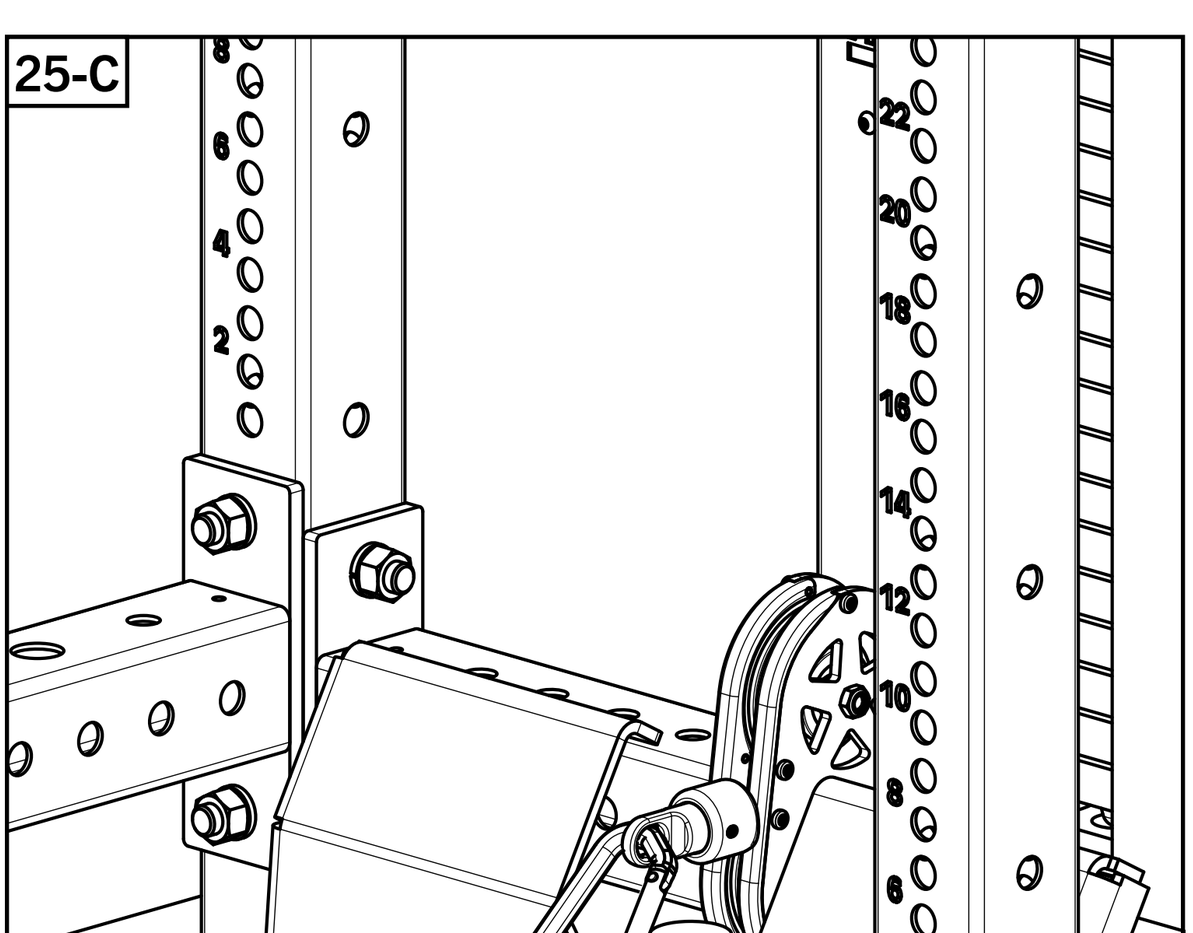
25-A



25-B



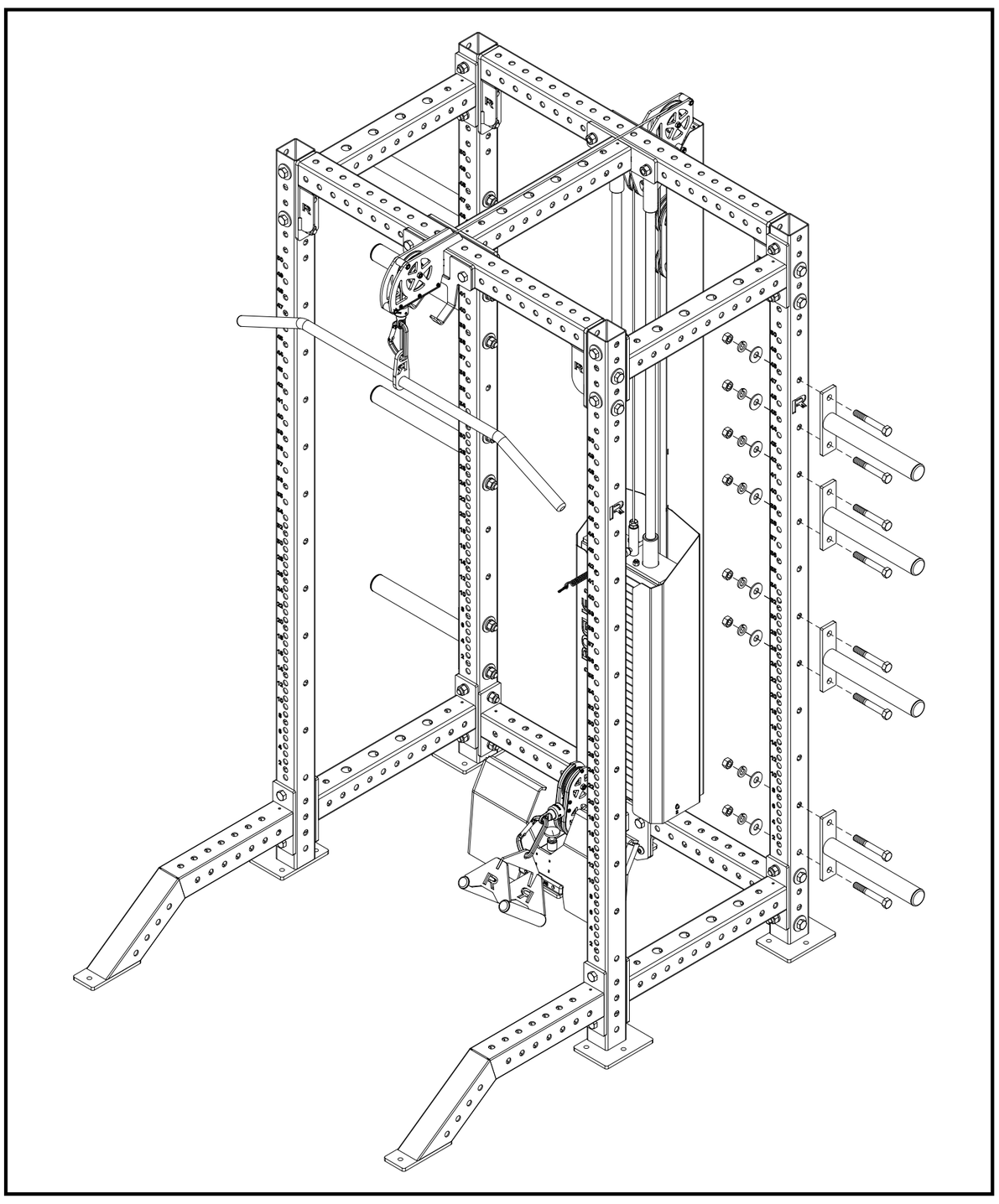
25-C



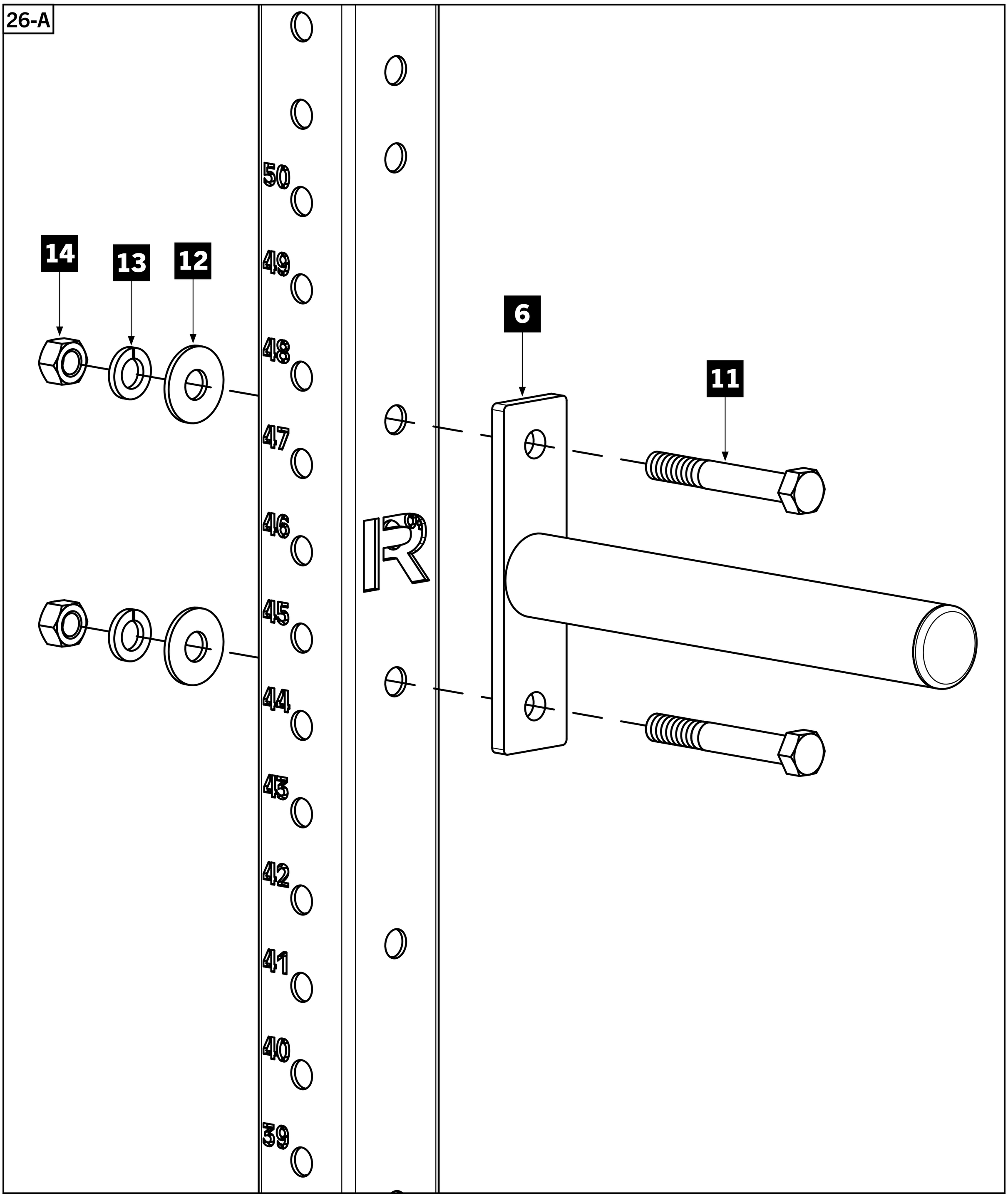
STEP 26

Tools Required:

- 15/16” Wrenches
- Assemble Plate Storage Pins [**6**] on rear Uprights at desired hole heights using 5/8” x 4-1/2” Hex Bolts [**11**], 5/8” Flat Washers [**12**], 5/8” Lock Washers [**13**], and 5/8” Hex Nuts [**14**].



26-A

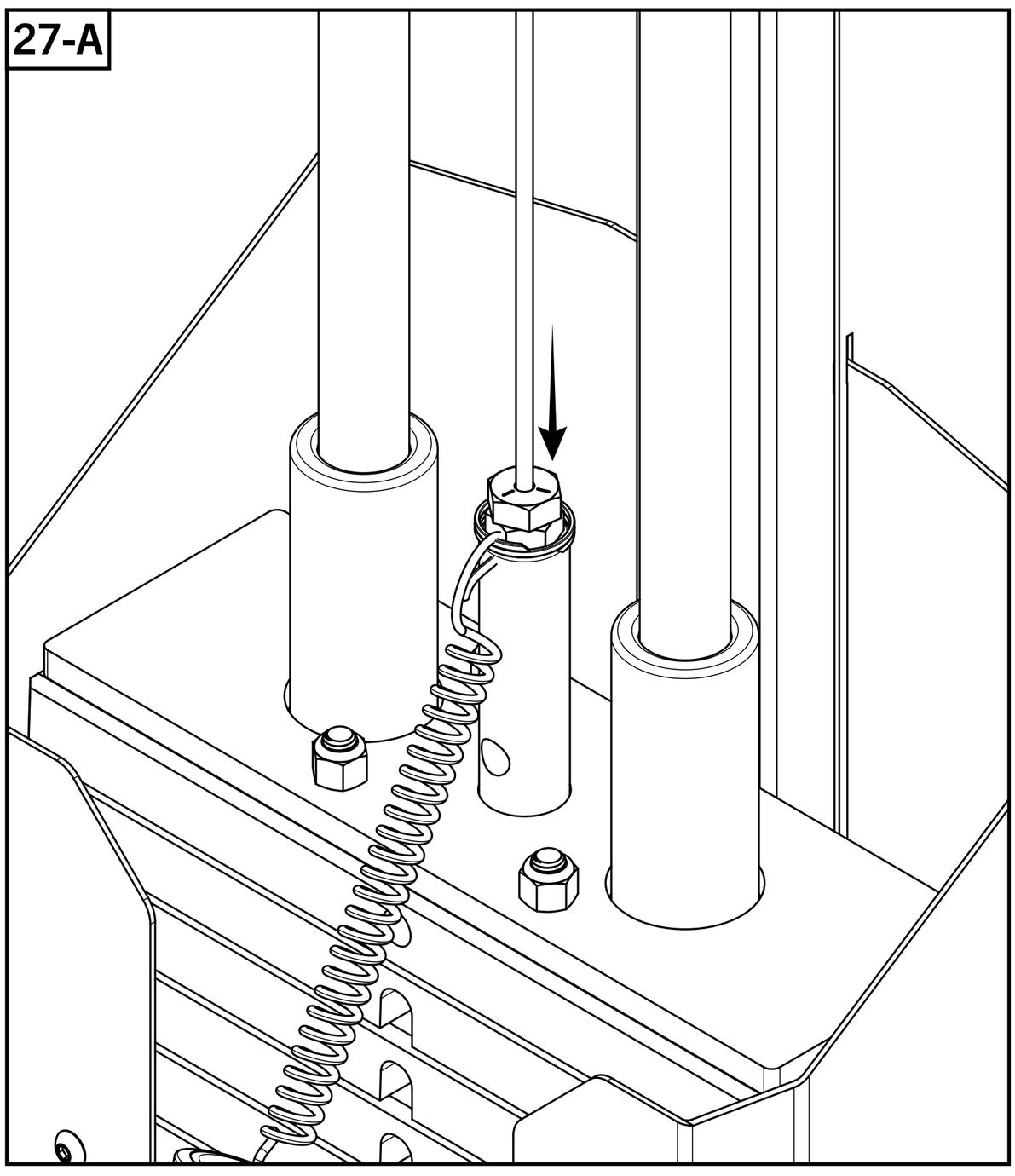


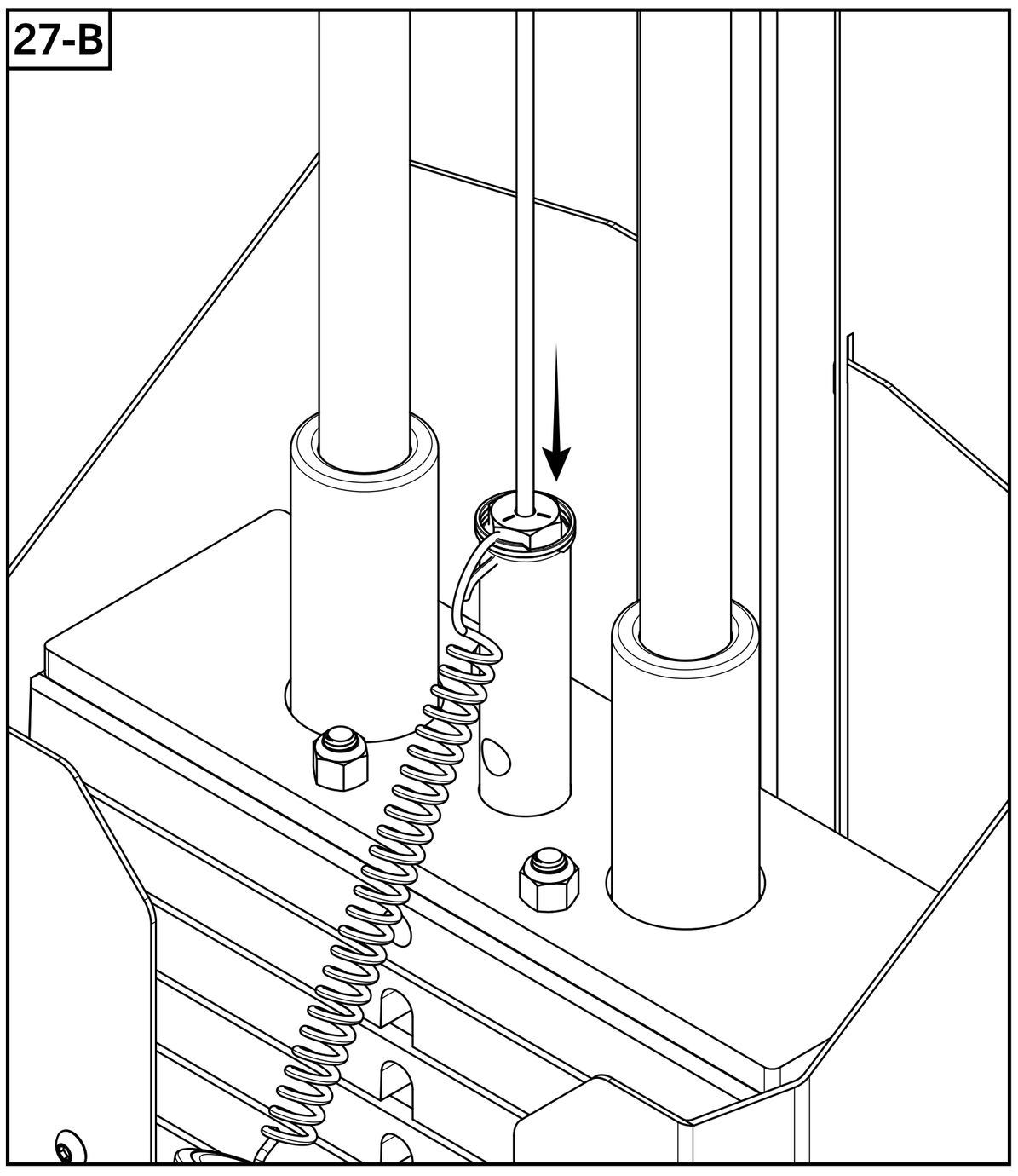
CABLE MAINTENANCE

Over time, the cables within the system may experience some normal inelastic stretching. Follow the below instructions to re-tighten the cables.

STEP 1

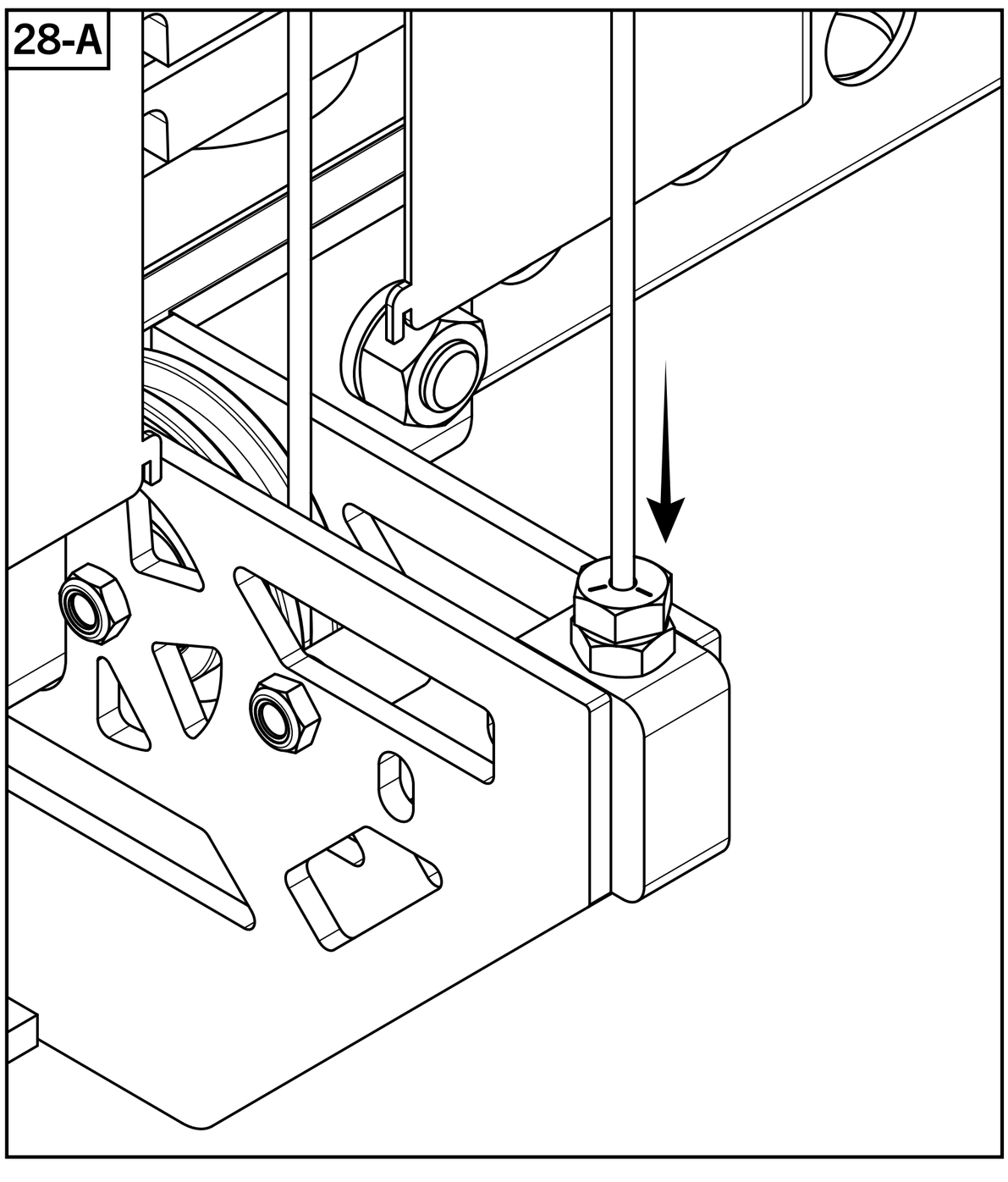
- Tighten the Lat Pull Cable Bolt and Nut until the cable system is taut, ensuring it does not lift the weight stack, as shown in **27-A**.
- If slack is still present, proceed to **27-B.**
- Remove hex jam nut and fully tighten bolt into stop block on Weight Stack Stem.
- The whole cable system should be taut but not pulling up the weight stack.
- If slack is still present, proceed to **STEP 2.**

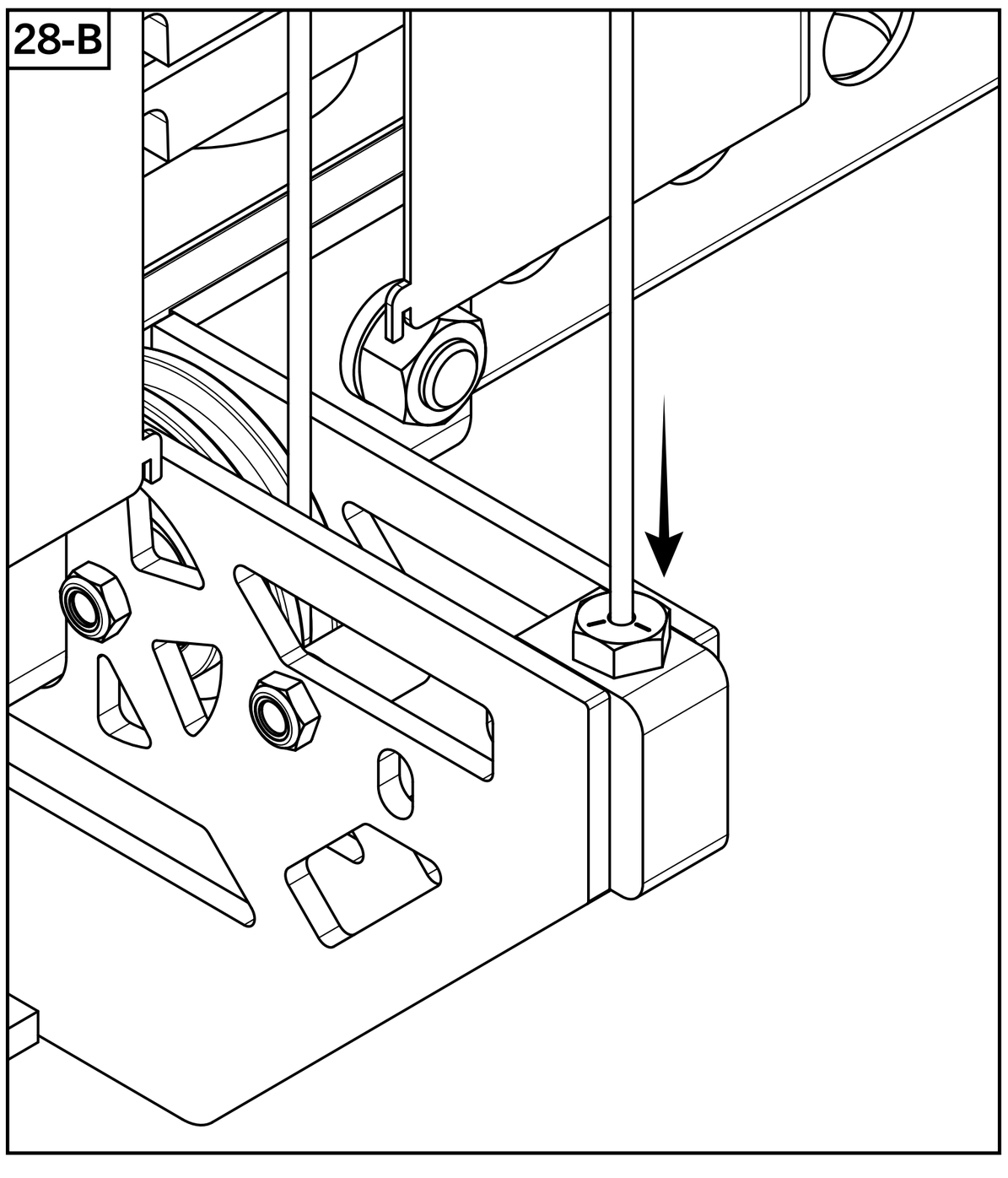




STEP 2

- Tighten the Low Row Cable Bolt and Nut until the cable system is taut, ensuring it does not lift the weight stack, as shown in **28-A**.
- If slack is still present, proceed to **28-B.**
- Remove hex jam nut and fully tighten bolt into stop block on Low Rear Pulley Assembly.
- The whole cable system should be taut but not pulling up the weight stack.
- If slack is still present, proceed to **STEP 3**

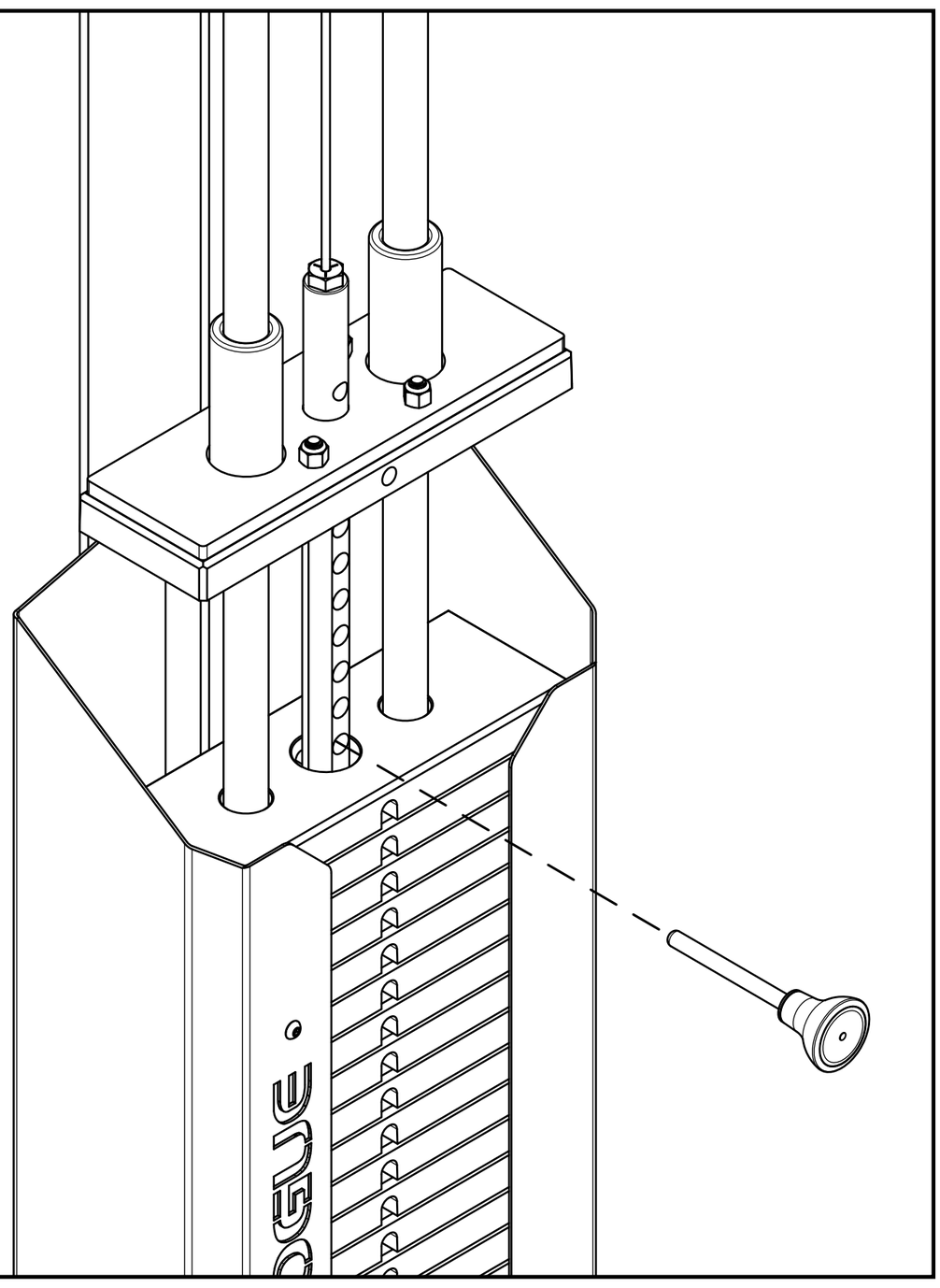




STEP 3

- Remove the Rear Shrouds for easier access to the Peanut Pulley.
- Lift the Weight Stack Stem 6”-8” and pin the stem to introduce slack to the system.
- Remove hardware shown in **29-B** on Peanut Assembly and move Pulley up by one hole.
- Note: Omit the spacer if adjustments are made to the Peanut Pulley.

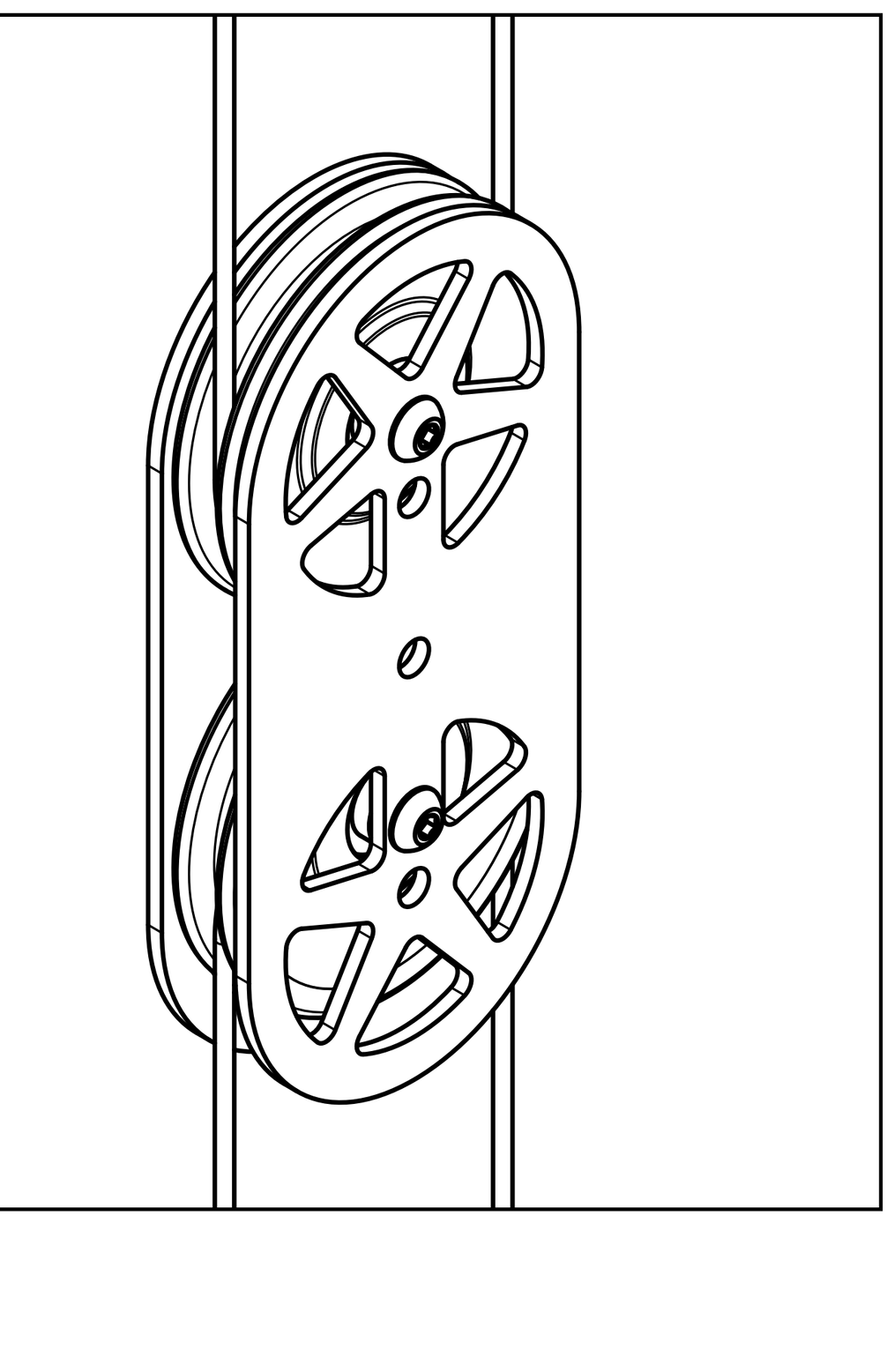
29-A



29-B

- Reinstall Pulley and Hardware in top hole as shown in **29-C**.
- The whole cable system should be taut but not pulling up the weight stack.
- Reinstall Rear Shrouds.

29-C



ROGUE

SCAN FOR INSTRUCTIONS

IRON GAME PROGRAMMING

IS0640-3