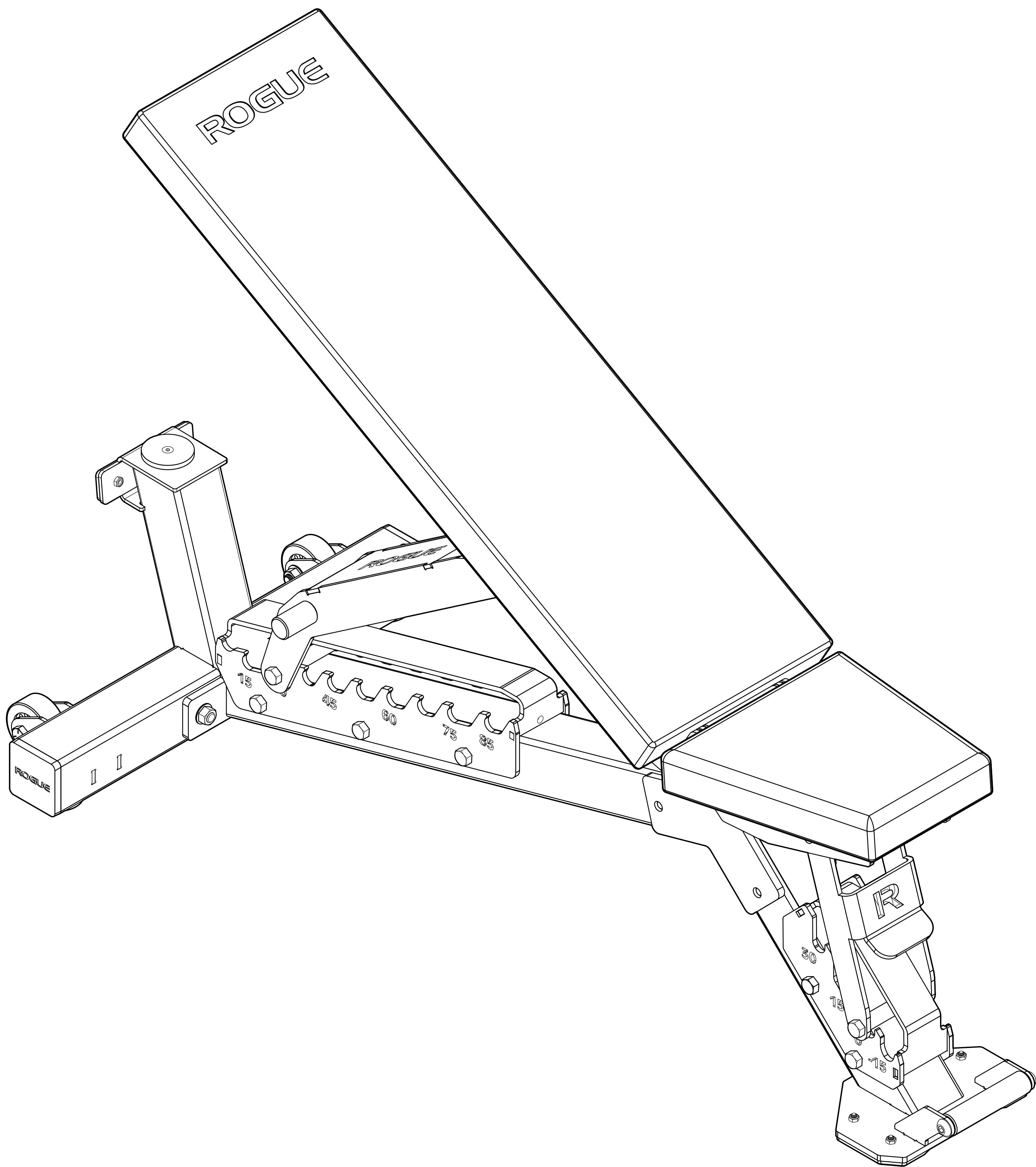


ROGUE[®]

ADJUSTABLE BENCH 4.0



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:

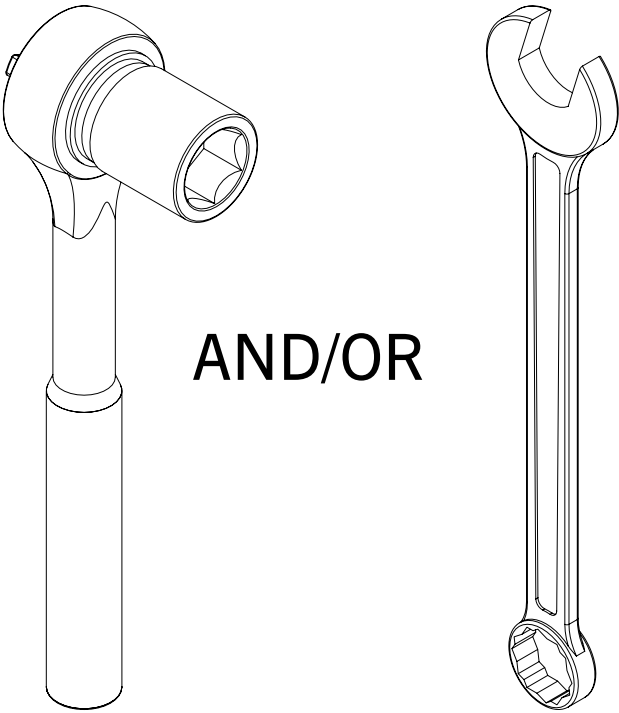
MISUSE OF THIS PRODUCT CAN RESULT IN SEVERE INJURY. Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

TOOLS REQUIRED

Note: Images not shown at scale

1

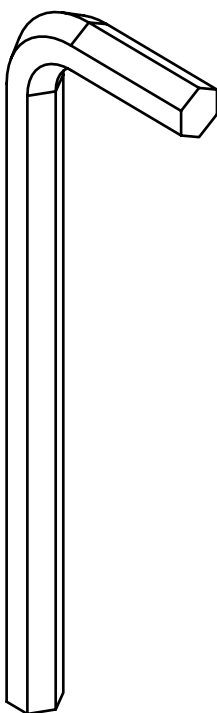
Qty:2x



3/4” Socket / Wrench

2

Qty:1x



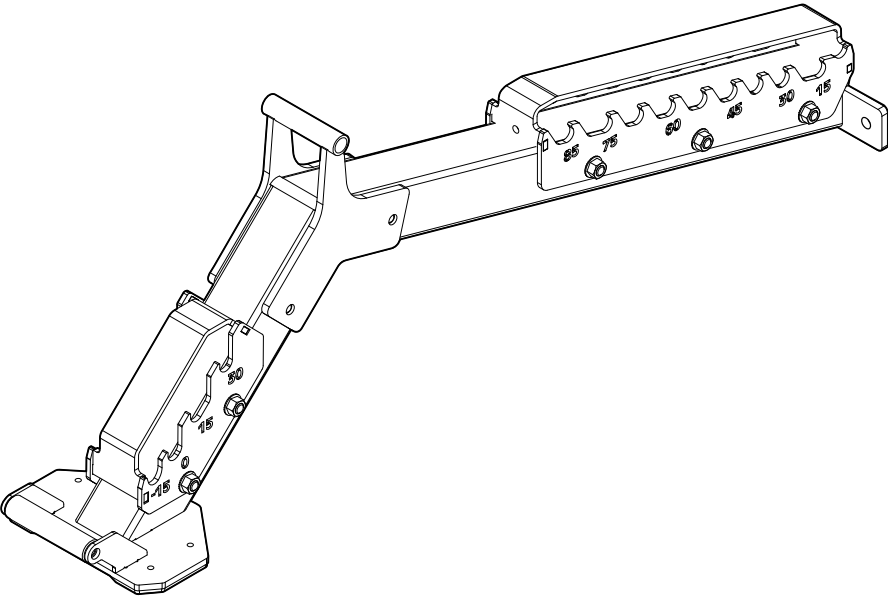
7/32” Allen Key

INCLUDED PARTS

Note: Images not shown at scale

1

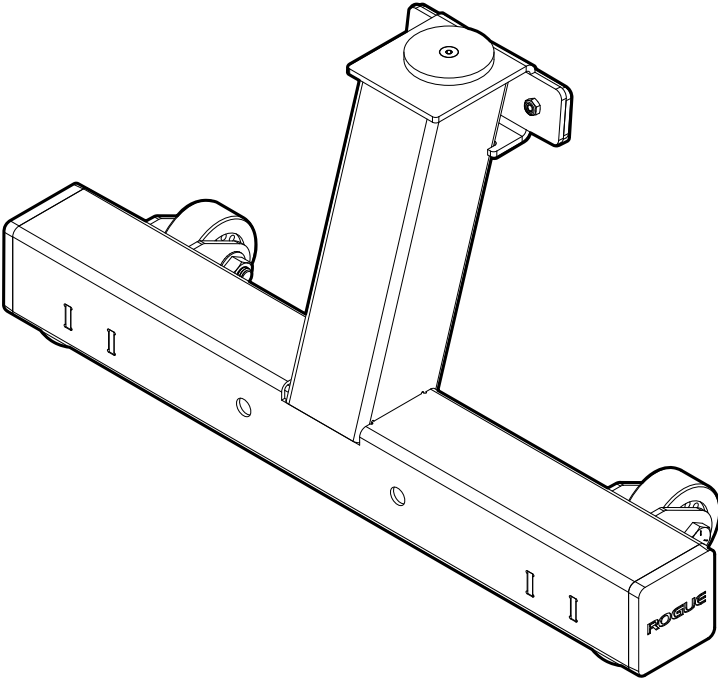
Qty:1x



Bench Frame

2

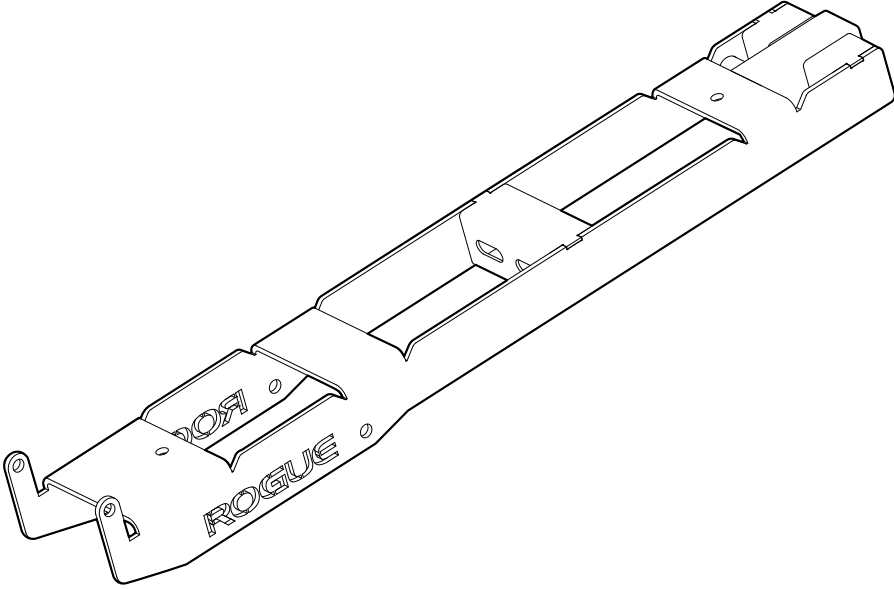
Qty:1x



Rear Foot

3

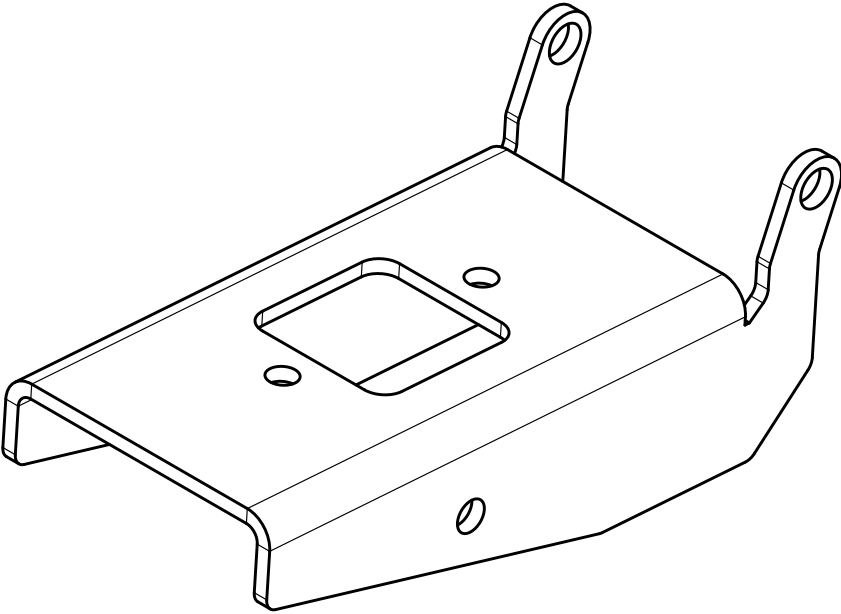
Qty:1x



Back Frame

4

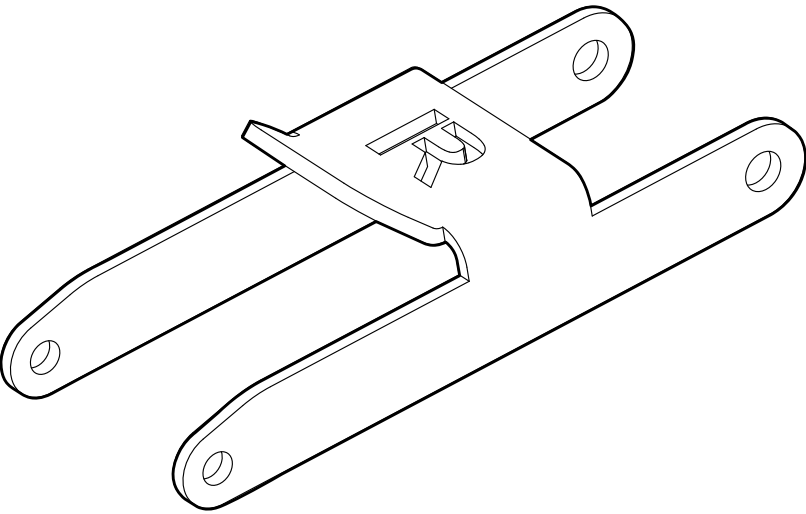
Qty:1x



Seat Frame

5

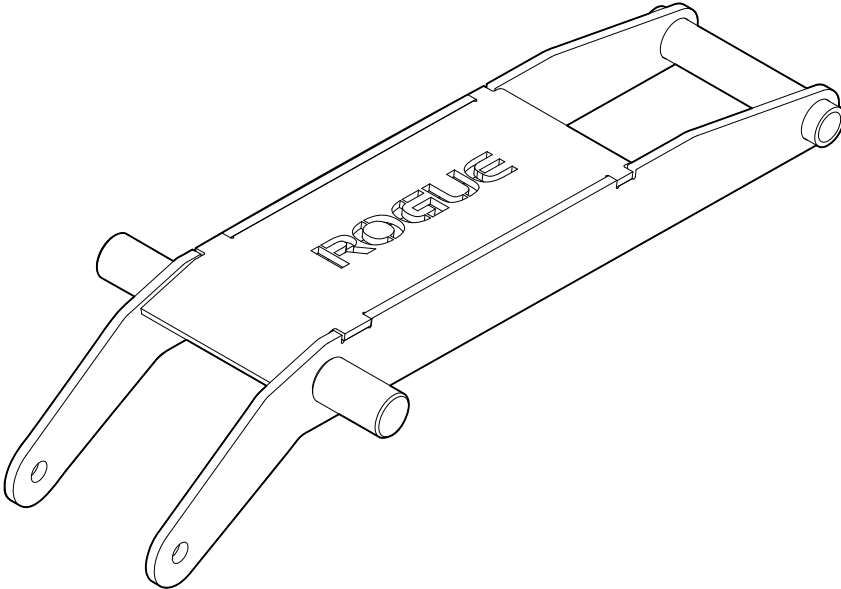
Qty:1x



Seat Support Arm

6

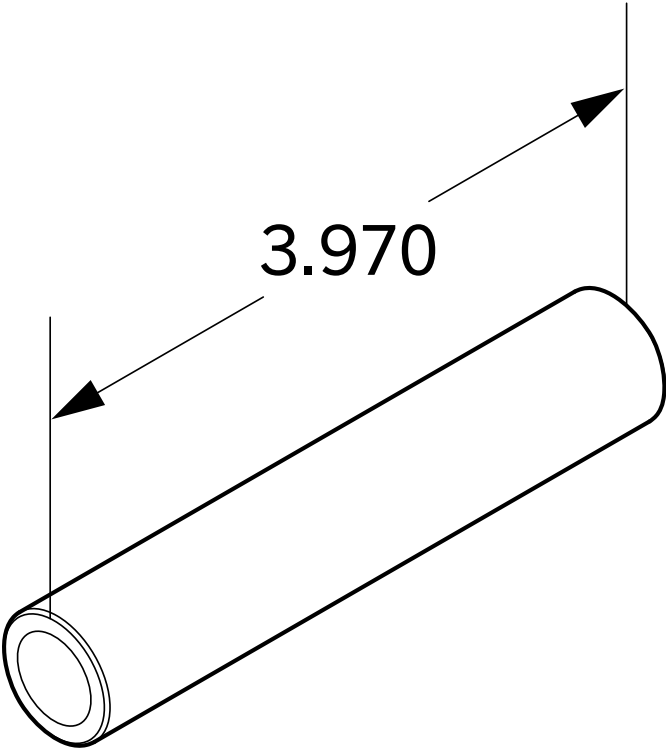
Qty:1x



Back Support Arm

7

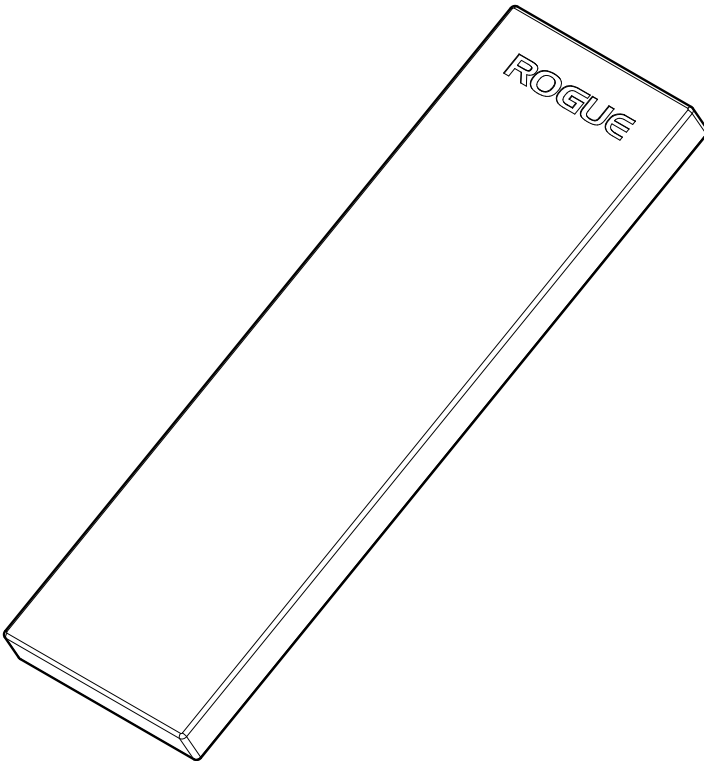
Qty:2x



Support Rod

8

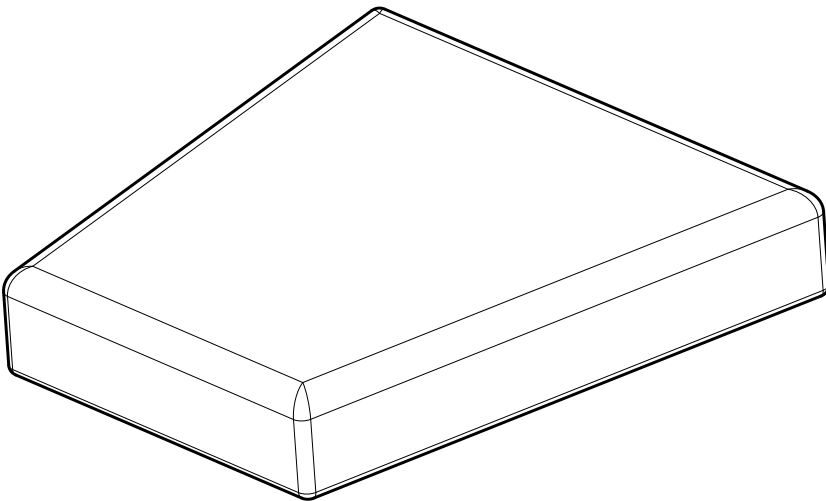
Qty:1x



Back Pad

9

Qty:1x

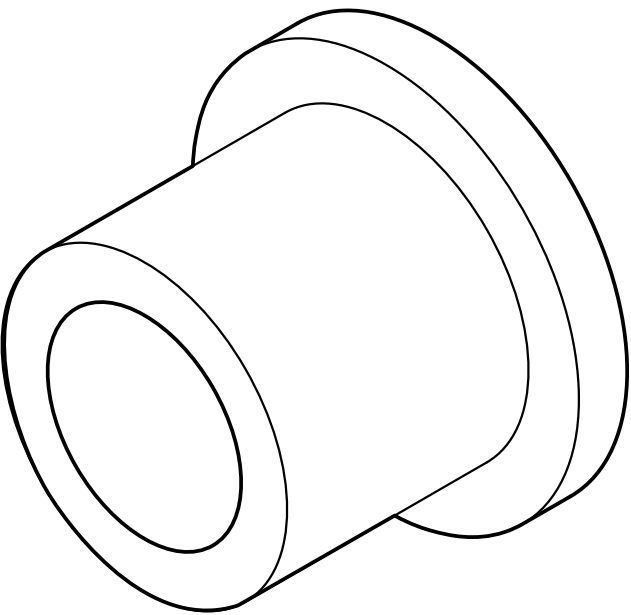


Seat Pad

10

(Extra Provided)

Qty:4x

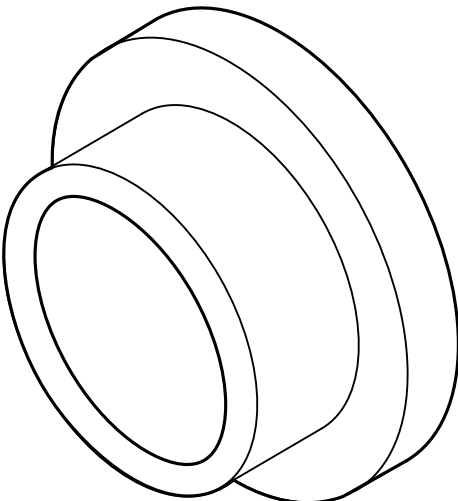


1/2" x 5/8" Bushing

11

(Extra Provided)

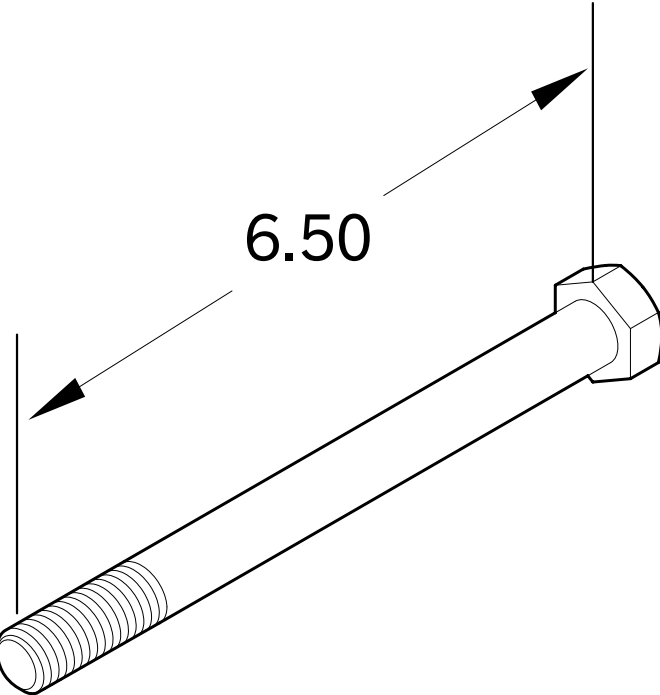
Qty:4x



1/2" x 1/4" Bushing

12

Qty:2x

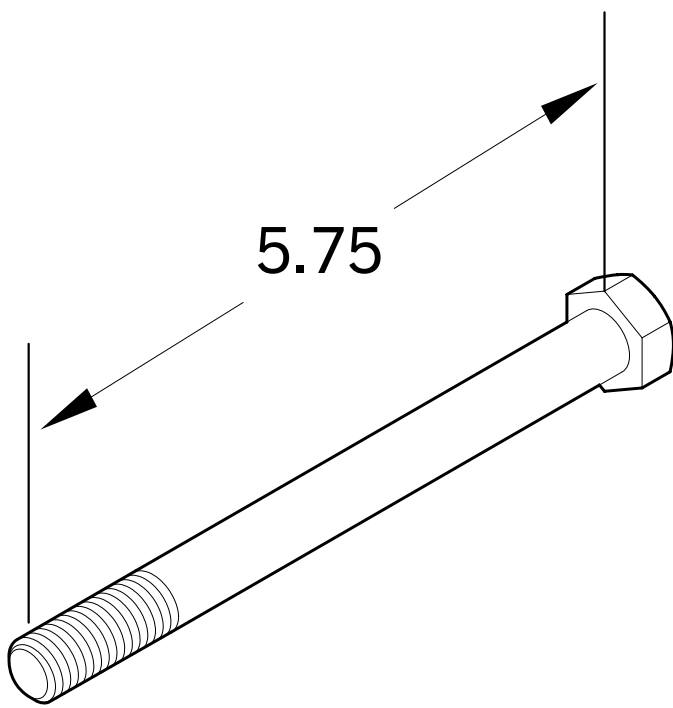


1/2" x 6-1/2" Hex Bolt

INCLUDED PARTS

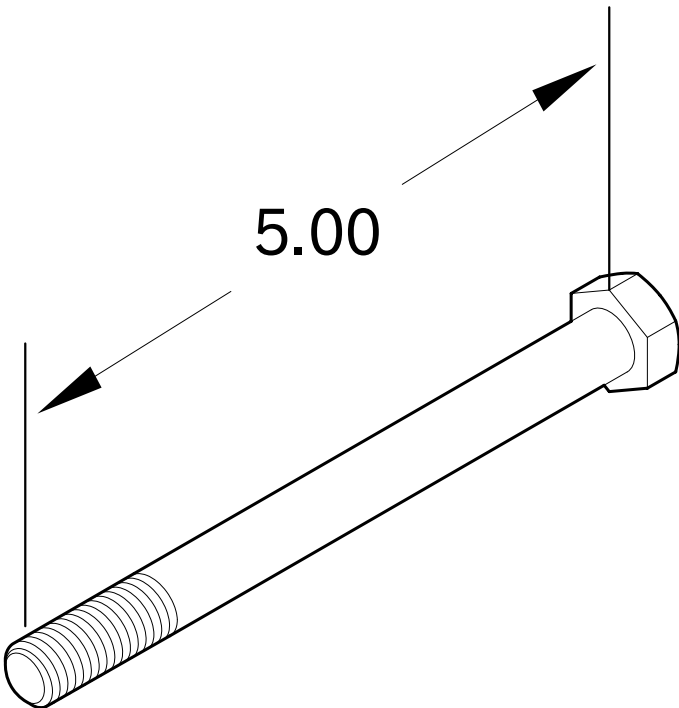
Note: Images not shown at scale

13 Qty:1x



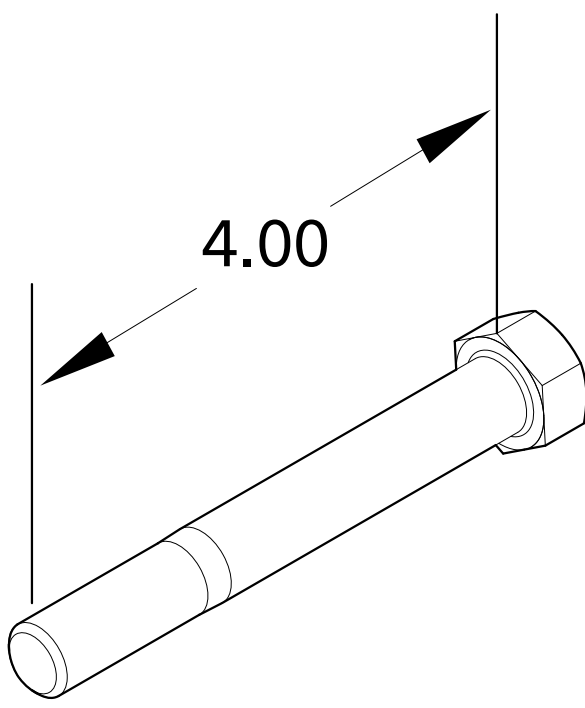
1/2” x 5-3/4” Hex Bolt

14 Qty:2x



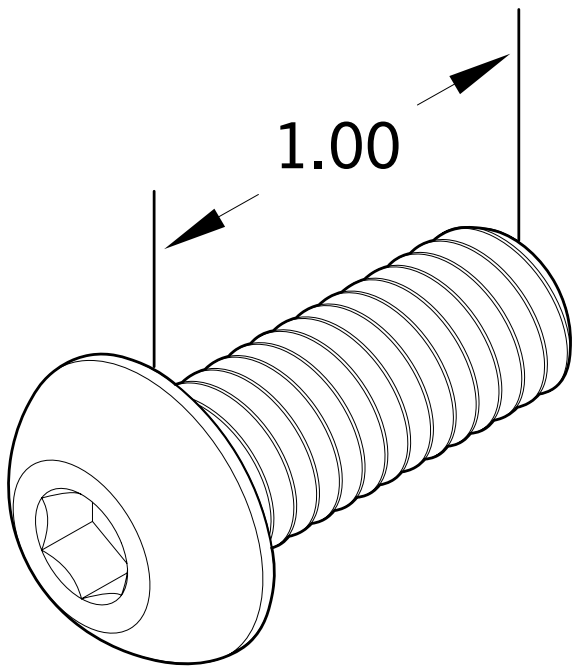
1/2” x 5” Hex Bolt

15 Qty:2x



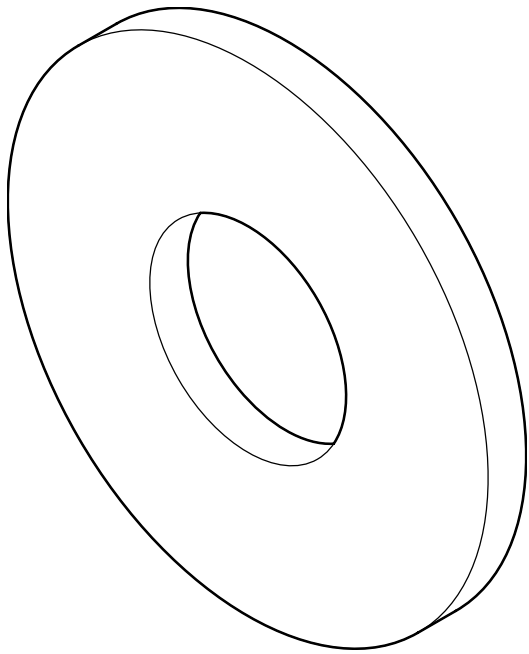
1/2” x 4” Hex Bolt

16 Qty:4x



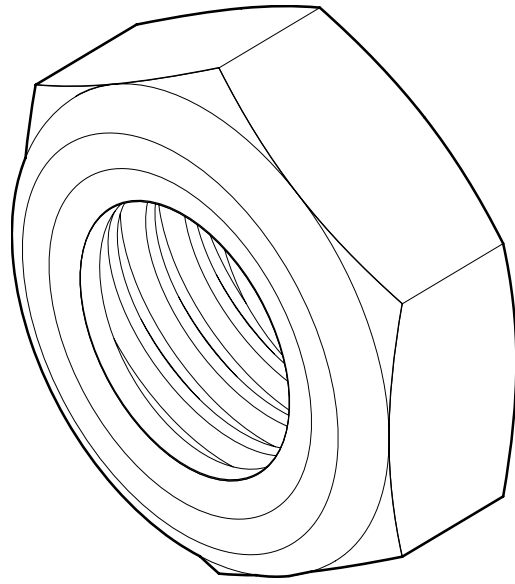
3/8” x 1” Button
Socket Screw

17 Qty:2x



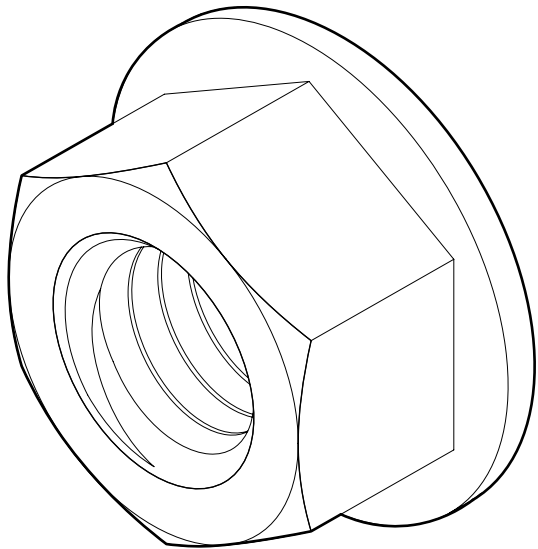
1/2” Flat Washer

18 Qty:3x



1/2” Nyloc Nut

19 Qty:4x



1/2” Serrated Flange
Nut

STEP 1

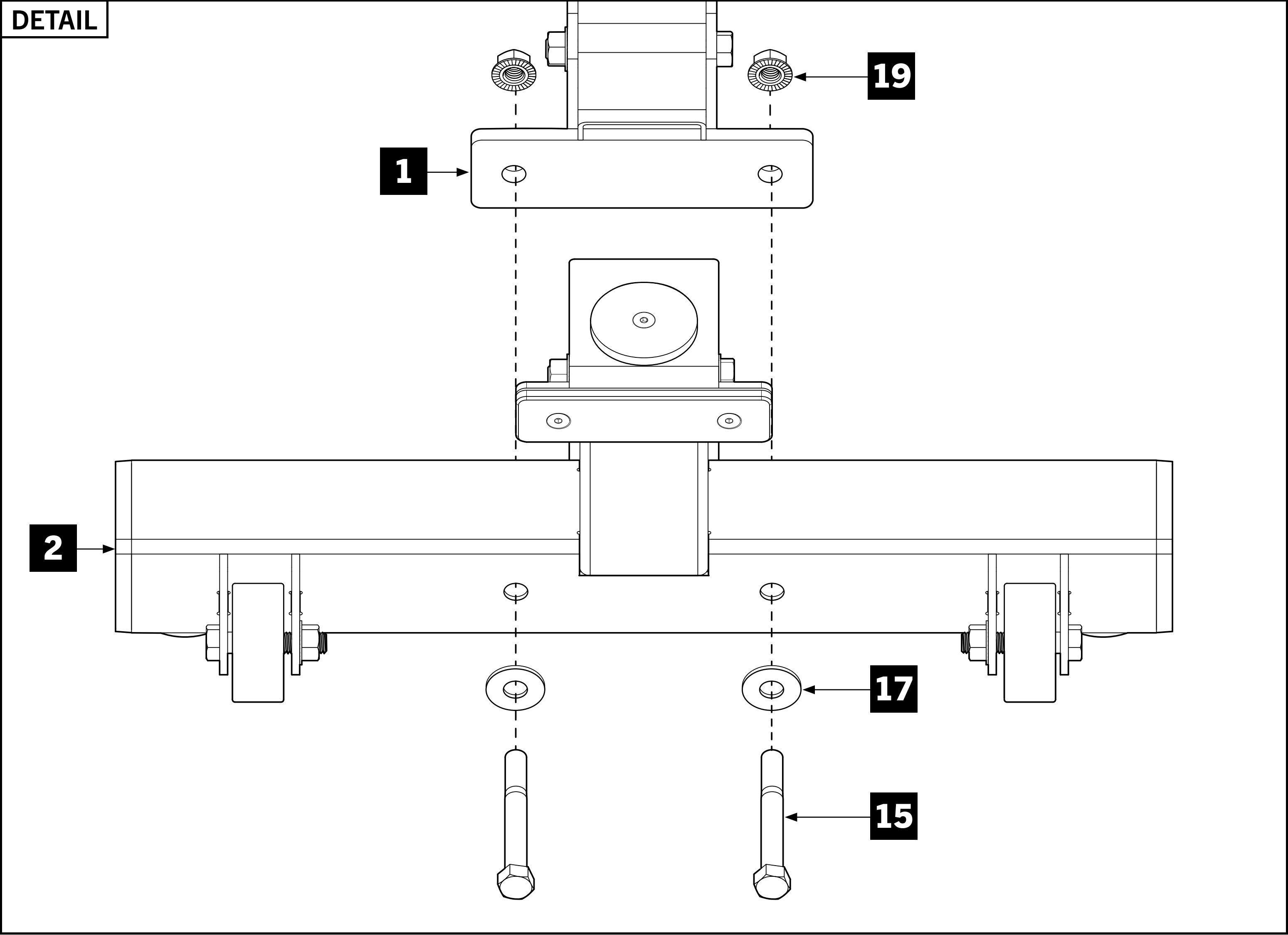
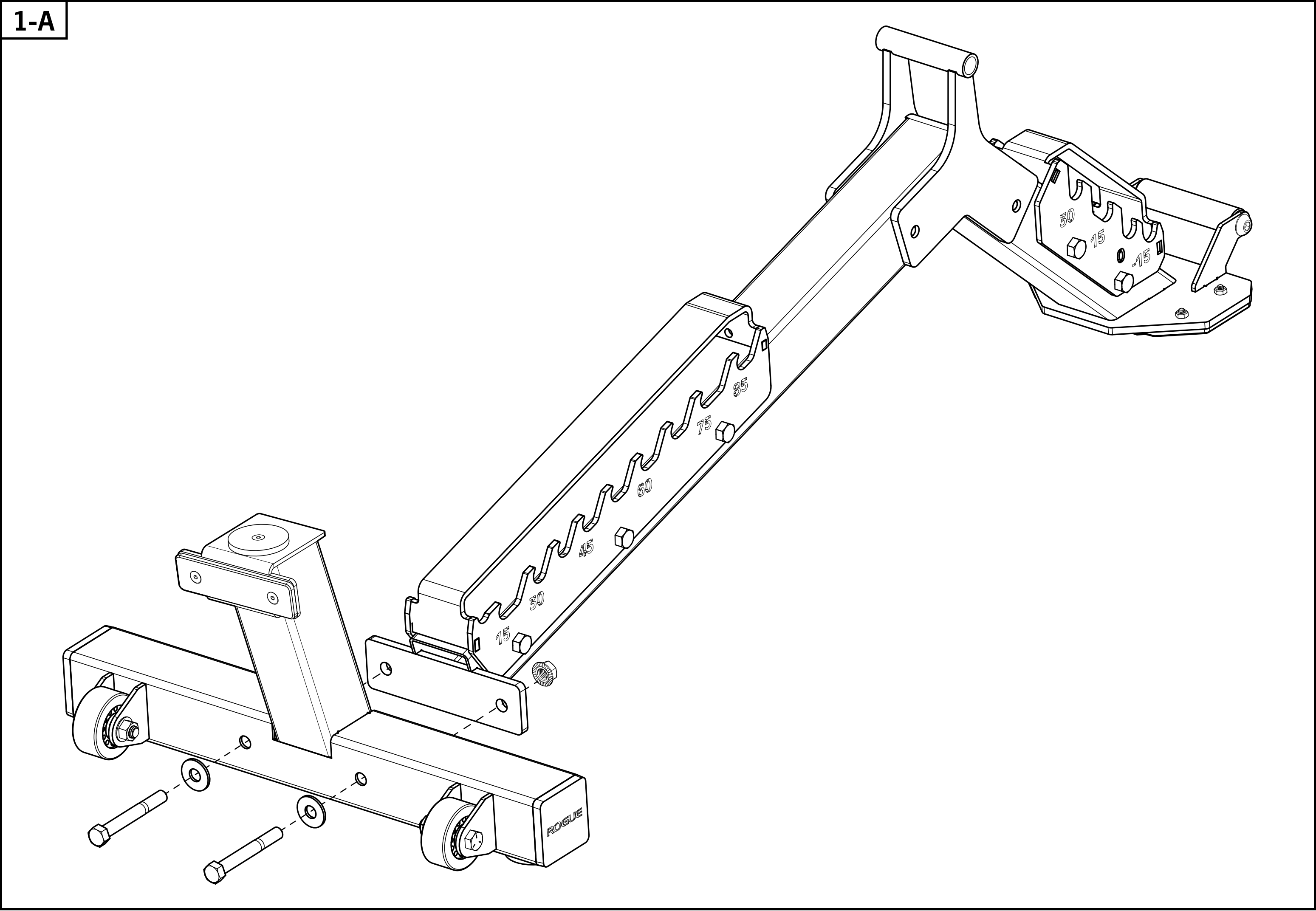
Note: Images not shown at scale.

Tool Required:

- 3/4” Socket / Wrench

- **Note:** Ensure the bench is on a level surface.

- Bolt the Rear Foot [2] to the Bench Frame [1] using the 1/2” x 4” Hex Bolts [15], 1/2” Flat Washers [17], and 1/2” Serrated Flange Nuts [19] (See **DETAIL**).

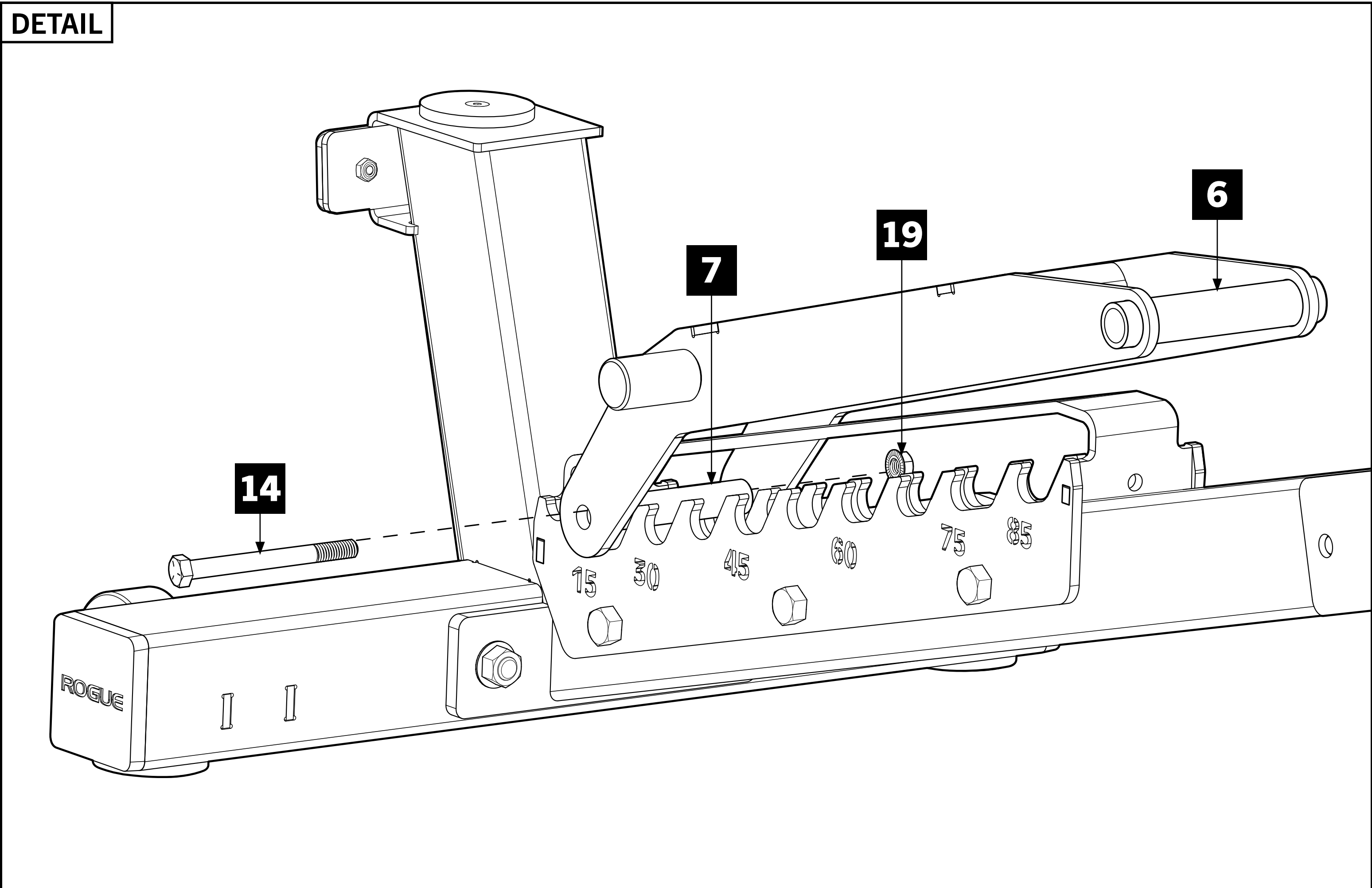
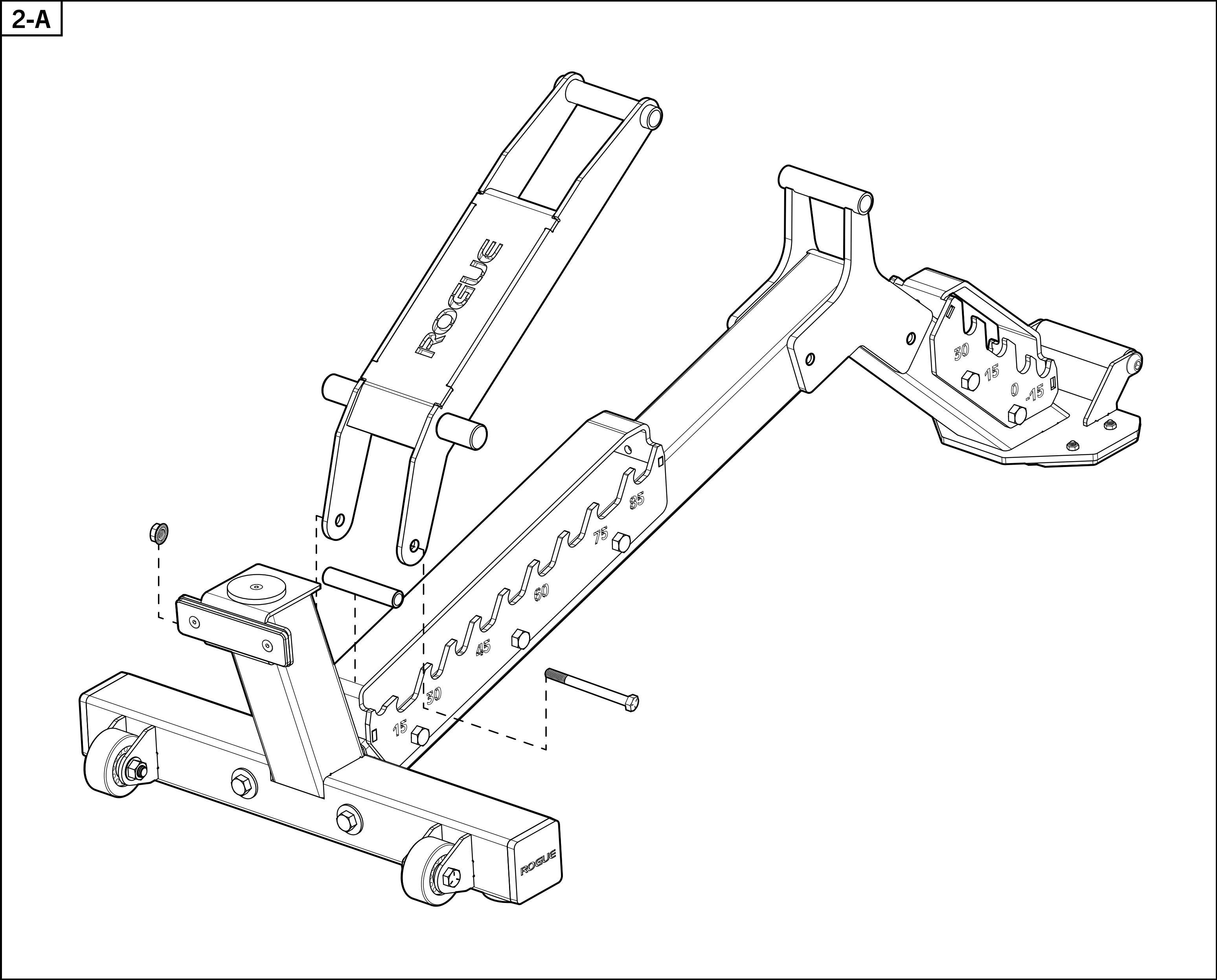


STEP 2

Tool Required:

- 3/4” Socket / Wrench
- Place a Support Rod [7] on the Bench Spine adjustment hooks and align the Back Support Arm [6] with the Support Rod, as shown in **2-A**.

- Bolt the Back Support Arm to the Support Rod using a 1/2” x 5” Hex Bolt [14] and a 1/2” Serrated Flange Nut [19], as shown in **DETAIL**.
- **Note:** Tighten firmly but DO NOT OVER-TIGHTEN.

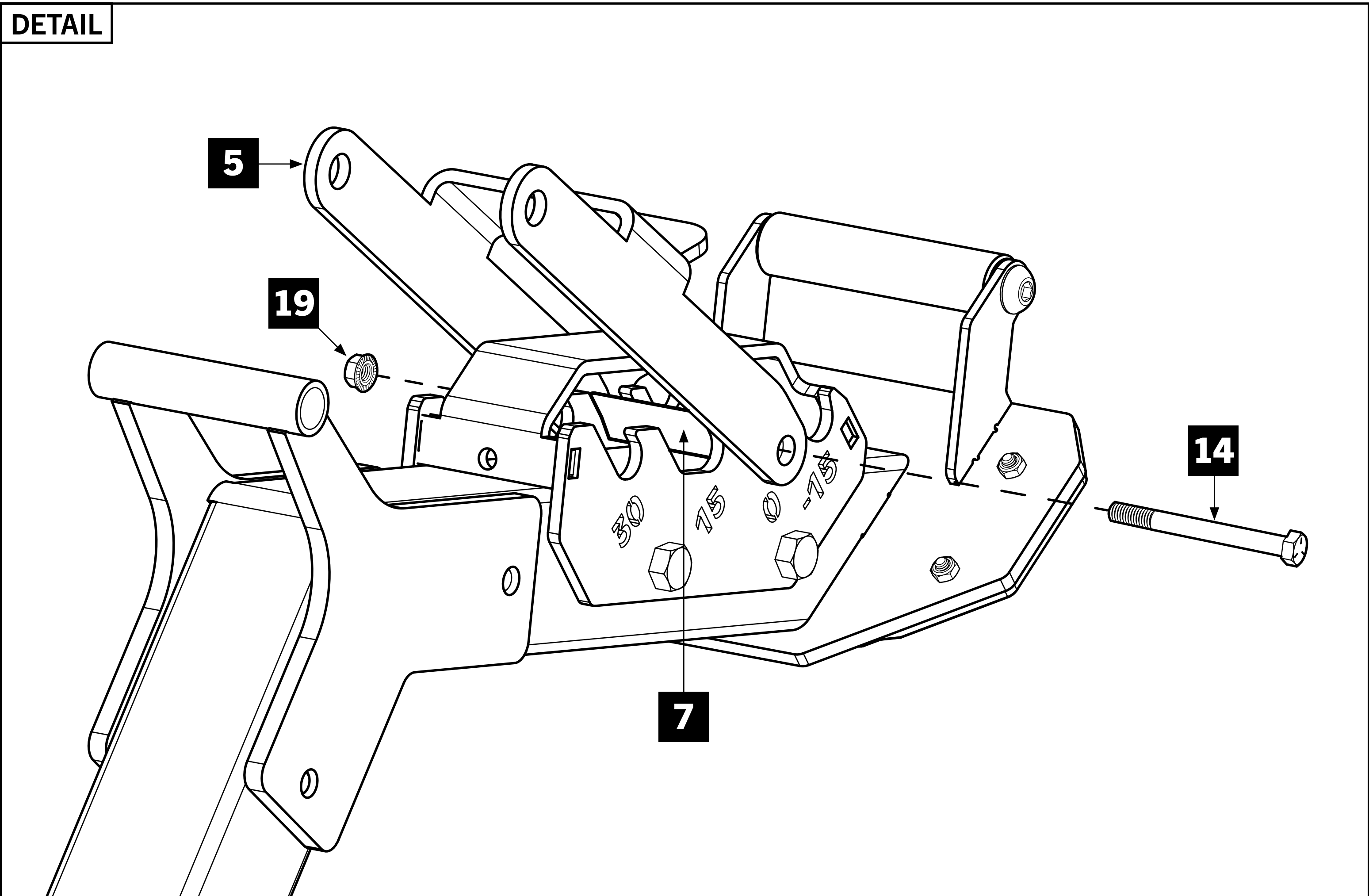
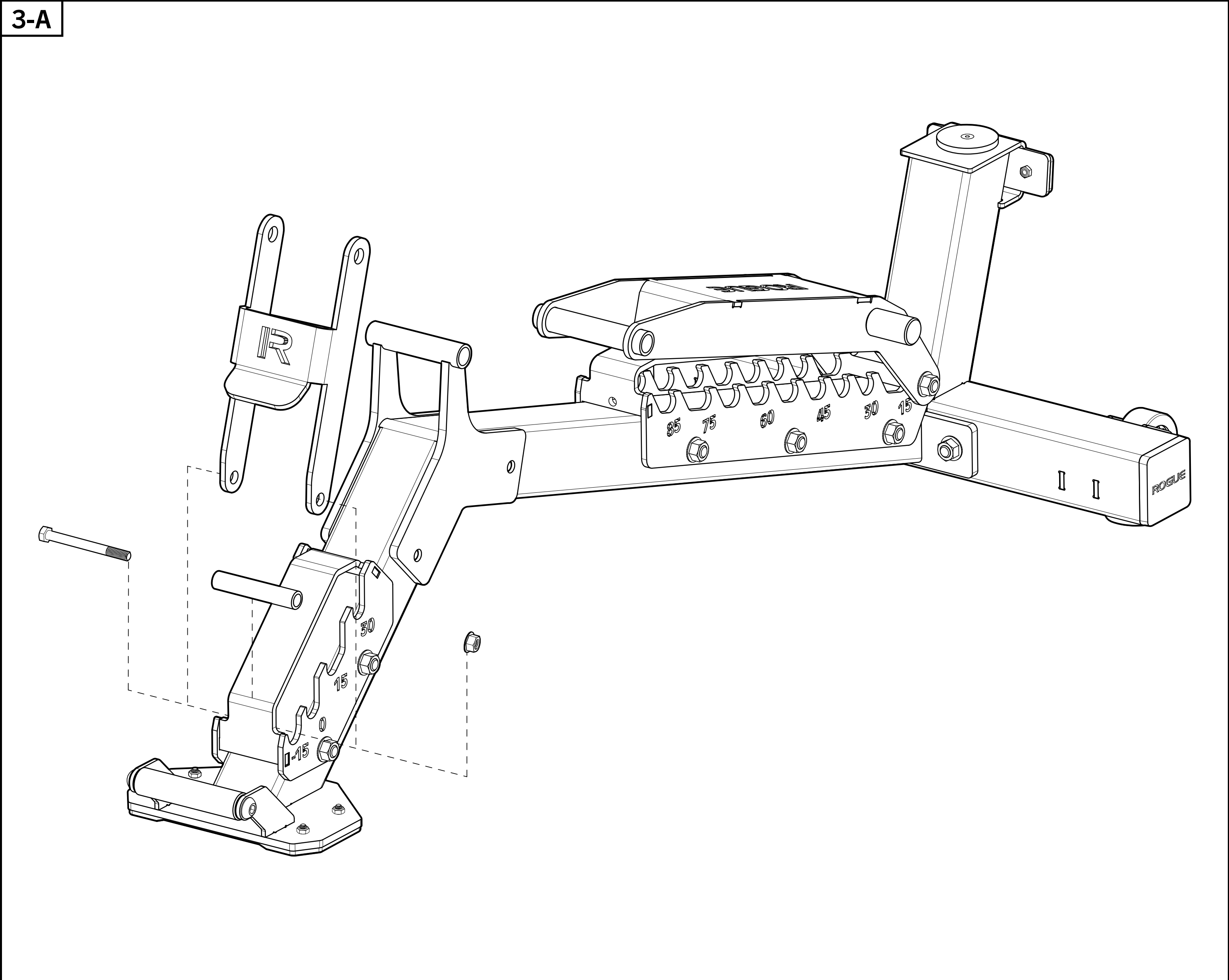


STEP 3

Tool Required:

- 3/4” Socket / Wrench
- Place the remaining Support Rod [7] on the Front Foot adjustment hooks and align the Seat Support Arm [5] with the Support Rod, as shown in **3-A**.

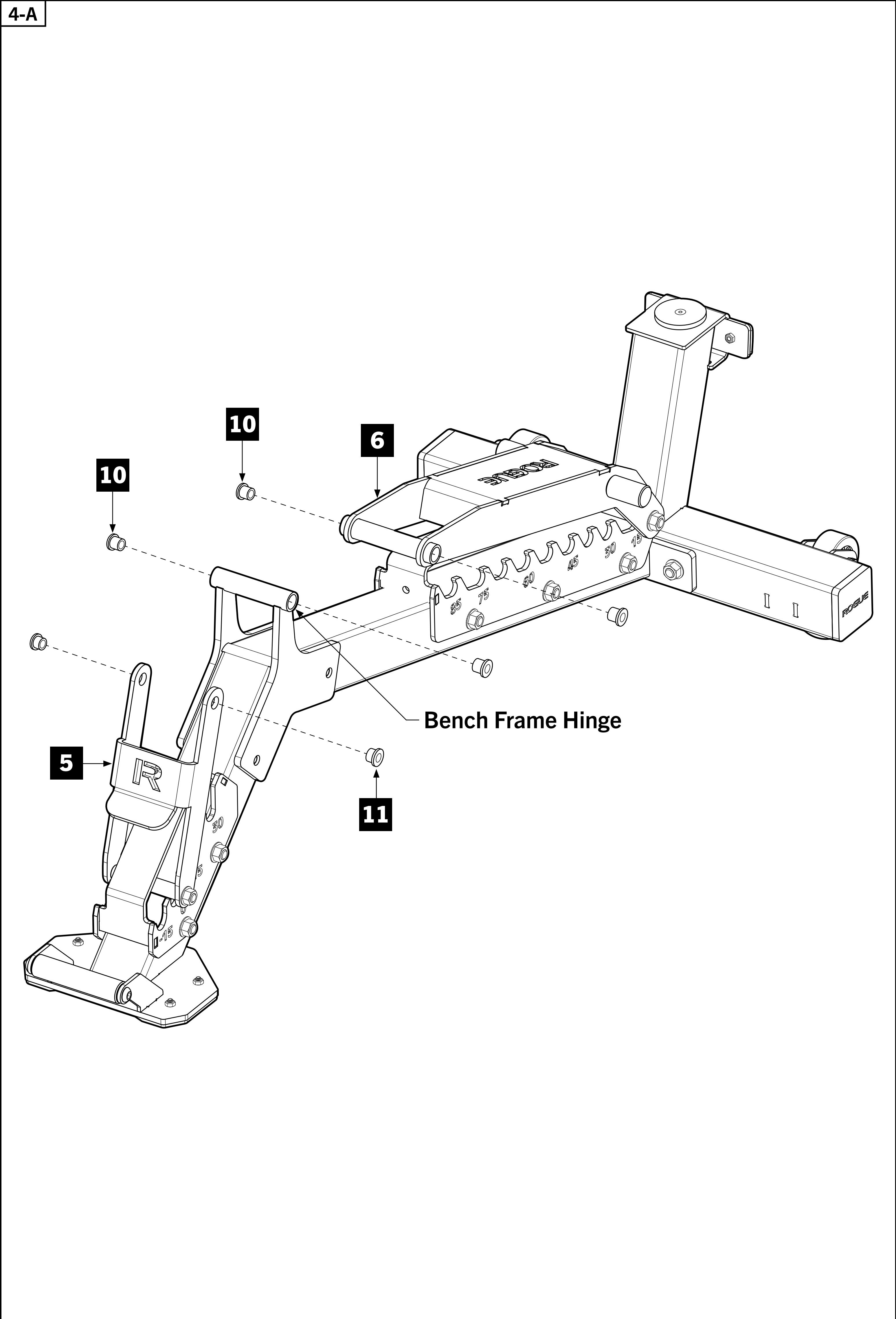
- Bolt the Seat Support Arm to the Support Rod using a 1/2” x 5” Hex Bolt [14] and a 1/2” Serrated Flange Nut [19], as shown in **DETAIL**.
- **Note:** Tighten firmly but DO NOT OVER-TIGHTEN.



STEP 4

Note:

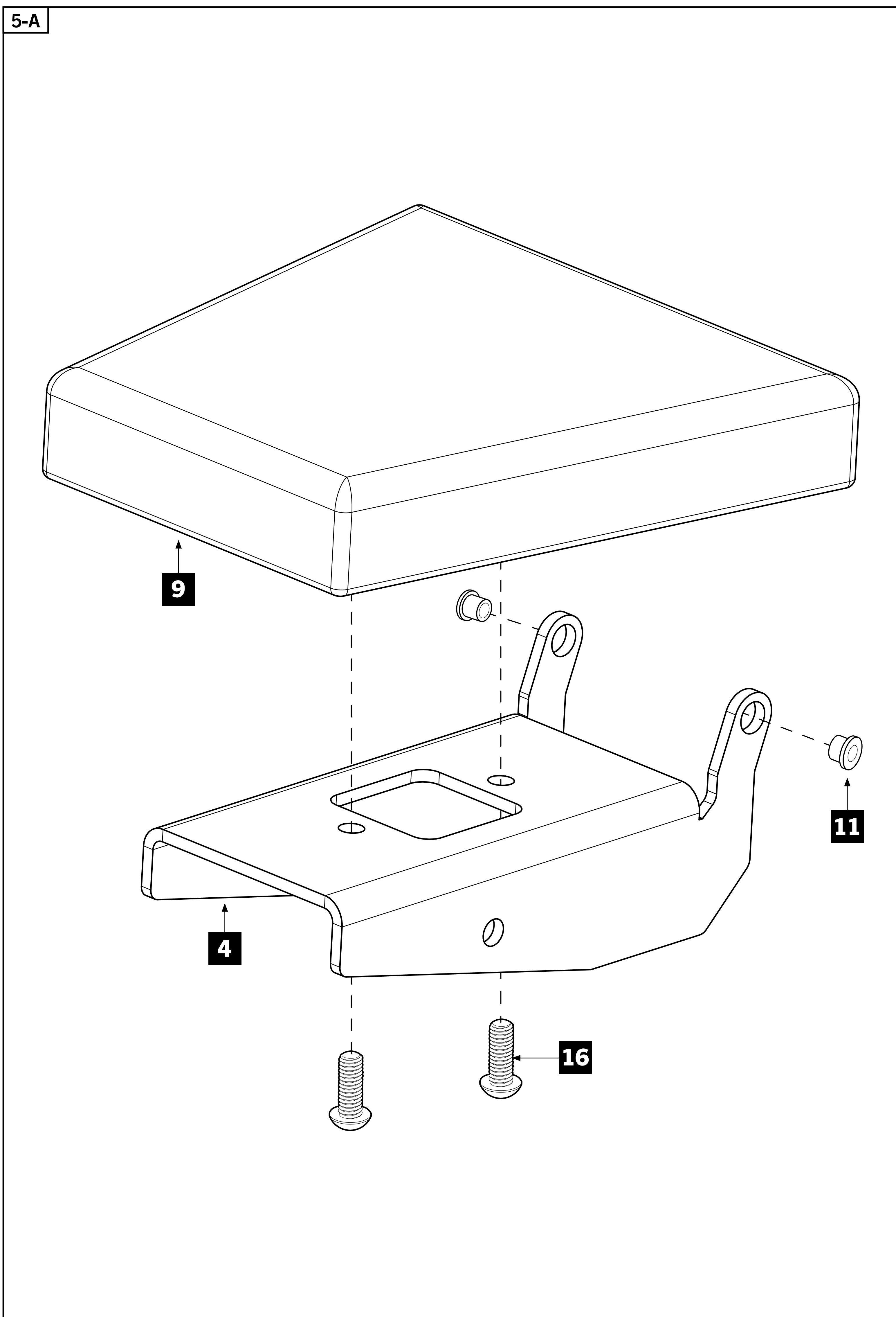
- Ensure the 1/2” x 5/8” Bushings [10] are in the Back Support Arm [6] and the Bench Frame Hinge tubes (see 4-A).
- Ensure the 1/2” x 1/4” Bushings [11] are in the Seat Support Arm [5] (see 4-A).



STEP 5

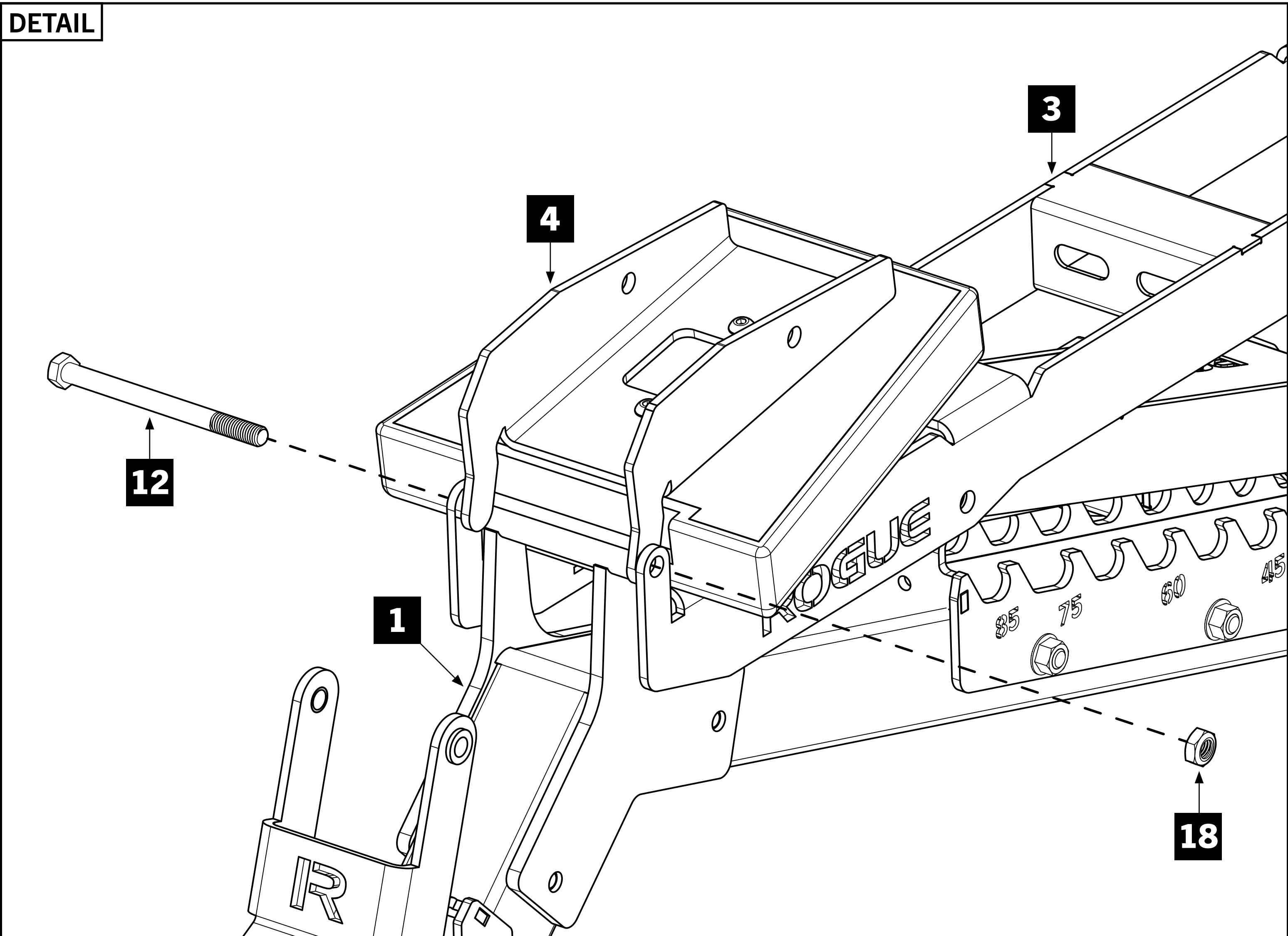
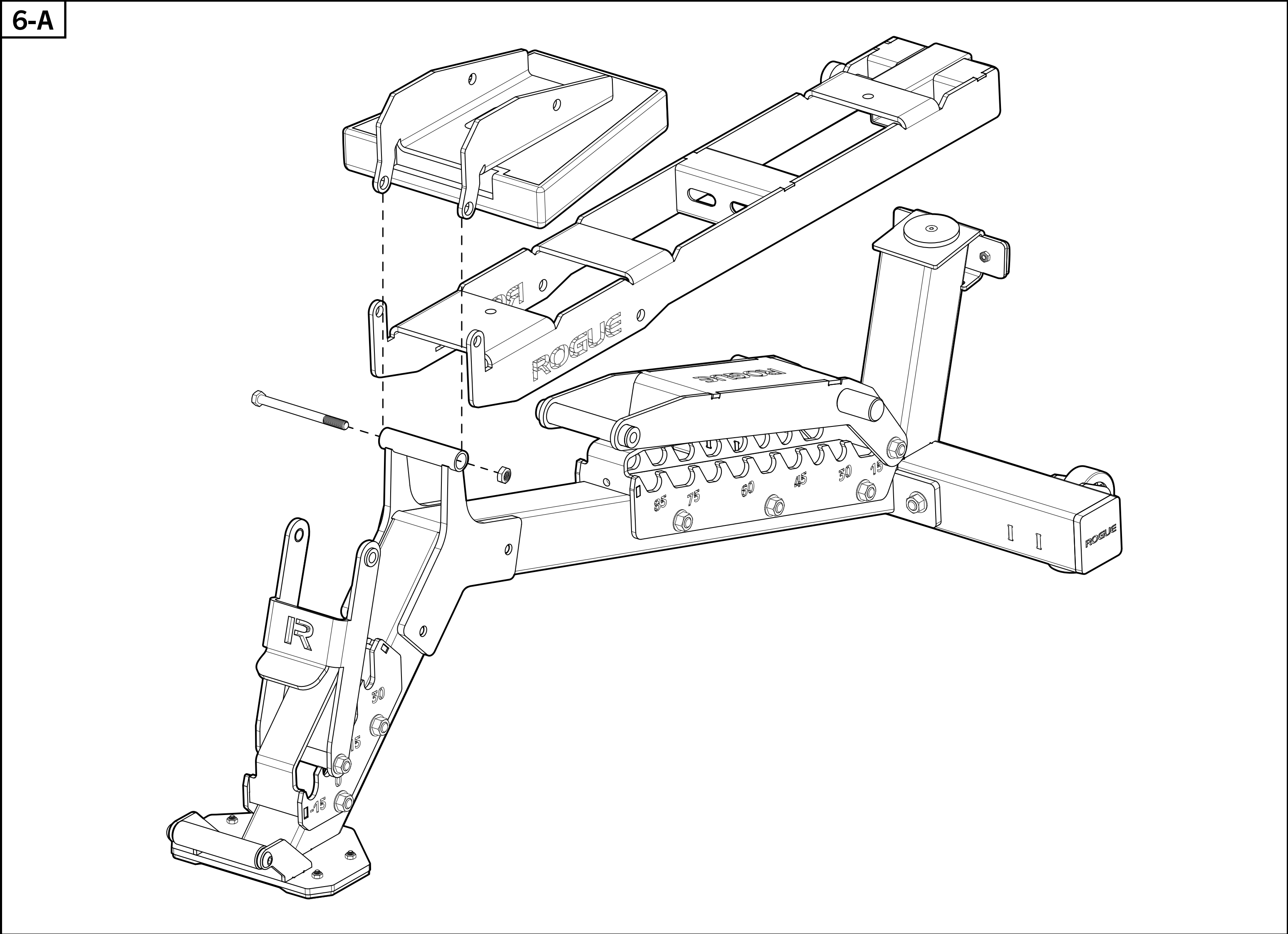
Tool Required:

- 7/32" Allen Key [11] are in the Seat Frame [4], as shown in 5-A.
- Install the Seat Pad [9] to the Seat Frame [4] using the 3/8" x 1" Button Socket Screws [16] (see 5-A).
- Fully tighten.



STEP 6

- Align the Seat Frame [4] and the Back Frame [3] holes with the Bench Frame [1] tube, as shown in **6-A**.
 - Bolt the Seat Frame and the Back Frame to the Bench Hinge using a 1/2" x 6-1/2" Hex Bolt [12] and a 1/2" Nyloc Nut [18], as shown in **DETAIL**.
- Note:** Ensure the bench is on a flat and level surface.



STEP 7

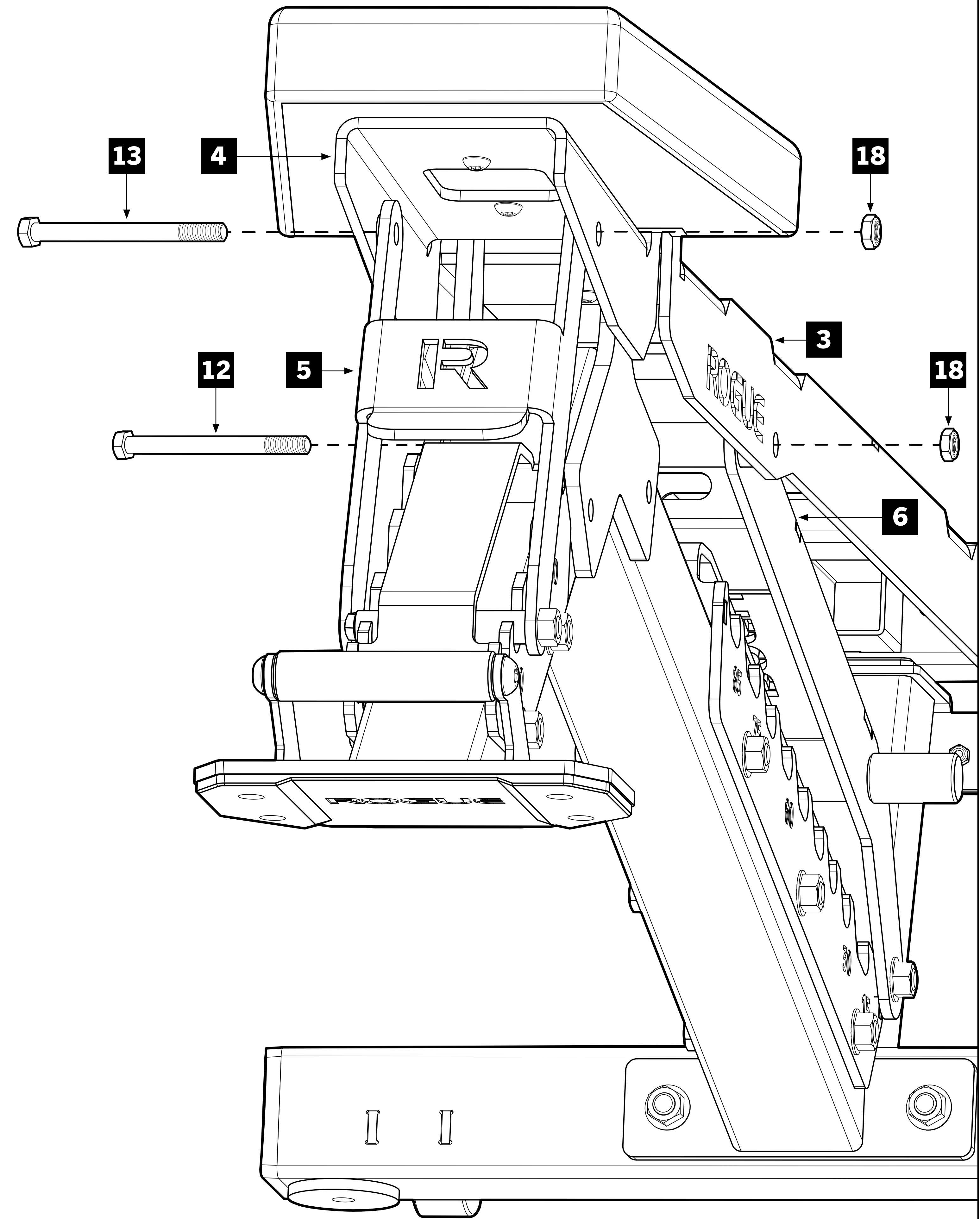
Tool Required:

- 3/4” Socket / Wrench

- Bolt the assembled Seat Frame [4] to the Seat Support Arm [5] using a 1/2” x 5-3/4” Hex Bolt [13] and a 1/2” Nyloc Nut [18] as shown in 7-A.
- Bolt the Back Frame [3] to the Back Support Arm [6] using a 1/2” x 6-1/2” Hex Bolt [12] and a 1/2” Nyloc Nut, as shown.

- Begin fully tightening all hardware.
- Note:**
- 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 the Support Arm does not travel in a straight line, loosen the two Hex Bolts [12, 13] and adjust the frame until the Support Arm travels straight. Re-tighten.

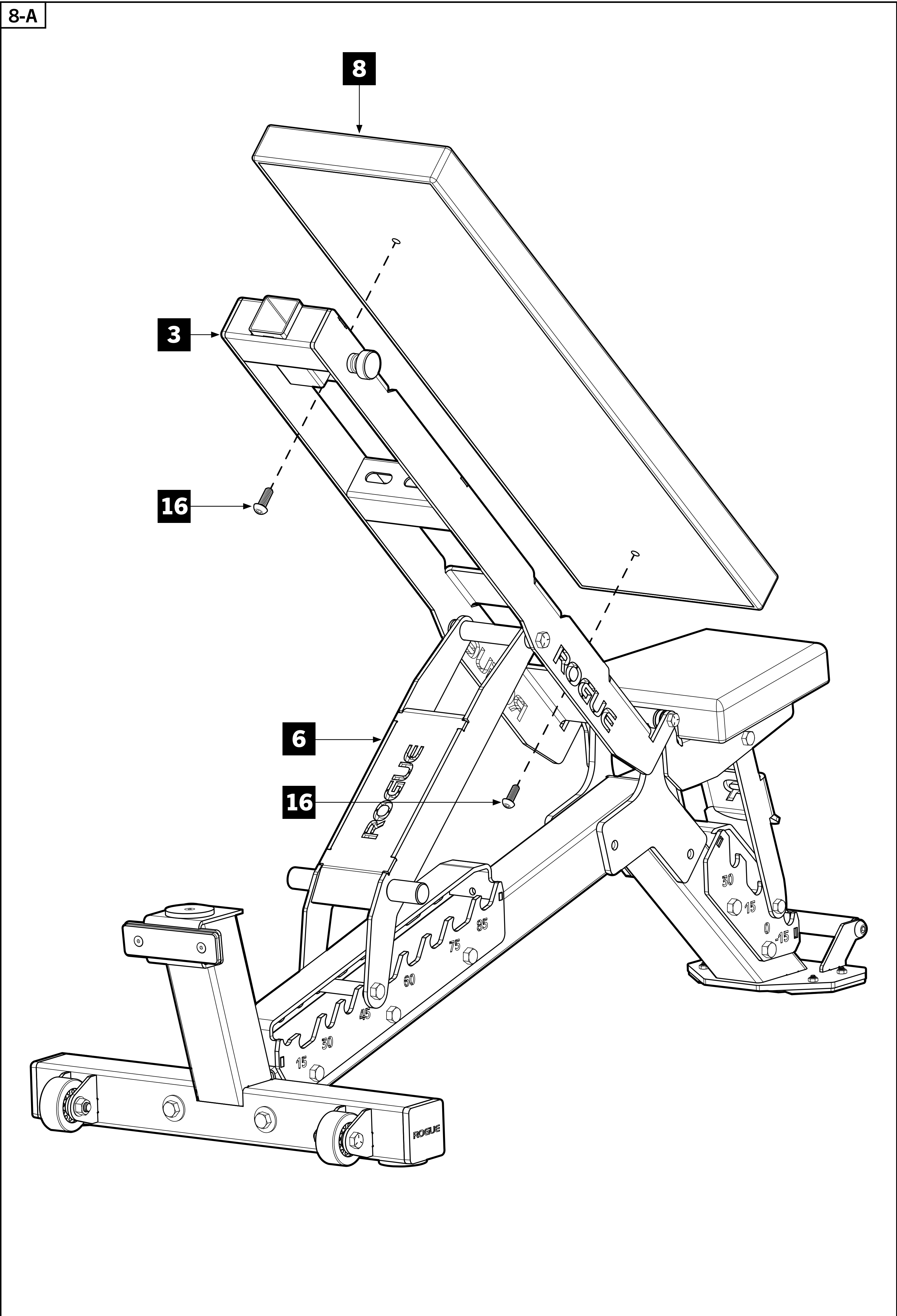
7-A



STEP 8

Tool Required:

- 7/32” Allen Key
- Lift and lock the Back Support Arm [6] to access the under-side of the Back Frame [3].
- Position the Back Pad by aligning the holes to the Back Frame.
- Install the Back Pad [8] to the Back Frame using the 3/8” x 1” Button Socket Screws [16], as shown in 8-A.
- Once complete, ensure ALL the bolts are tight and the bench is able to move freely through all positions.



ROGUE



**SCAN FOR
INSTRUCTIONS**



**IRON GAME
PROGRAMMING**

IS0663-1