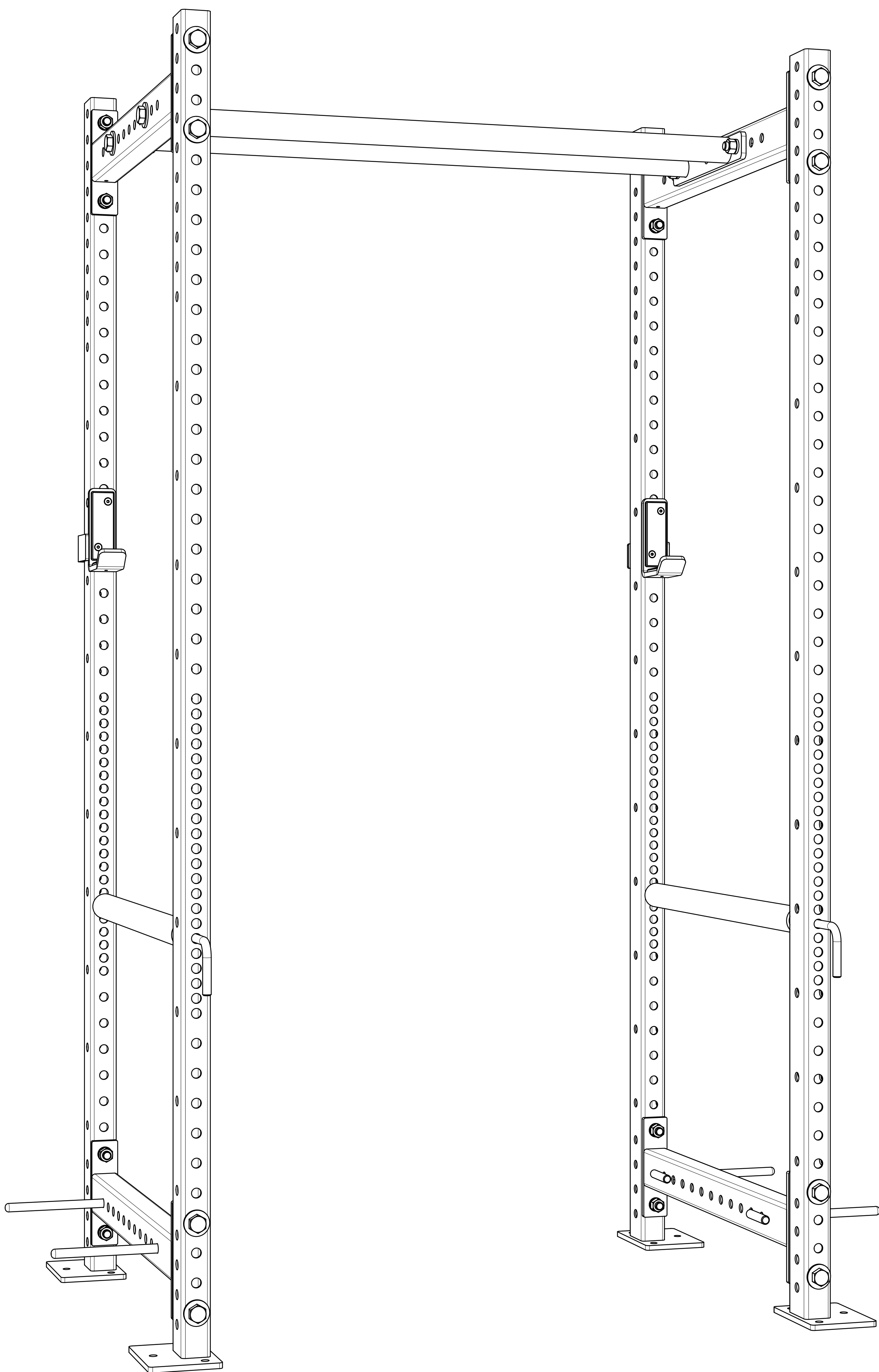


# ROGUE®

# R-3BT POWER RACK



## 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:

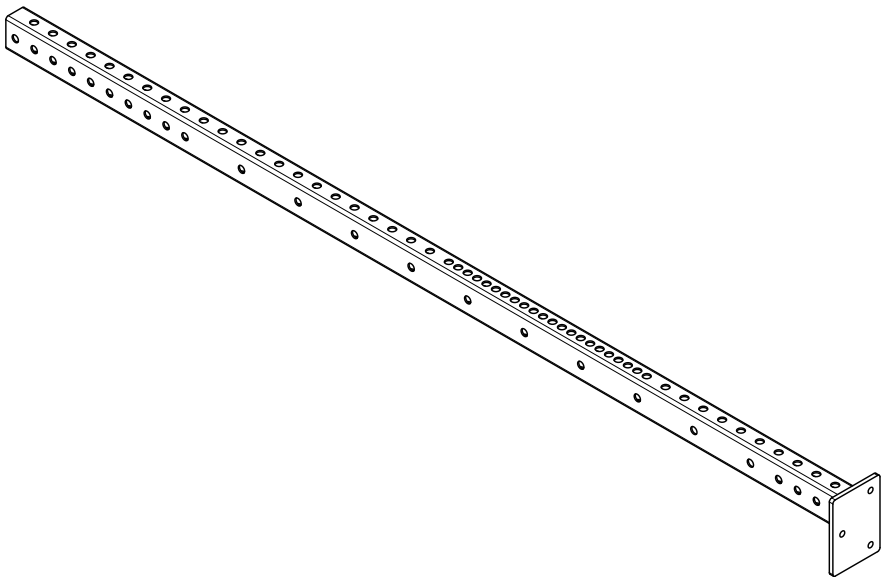
**MISUSE OF THIS PRODUCT CAN RESULT IN SEVERE INJURY.** Both Rogue Fitness and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment. Buyer assumes all liability to use of equipment.

# INCLUDED PARTS

Note: Images not shown at scale

1

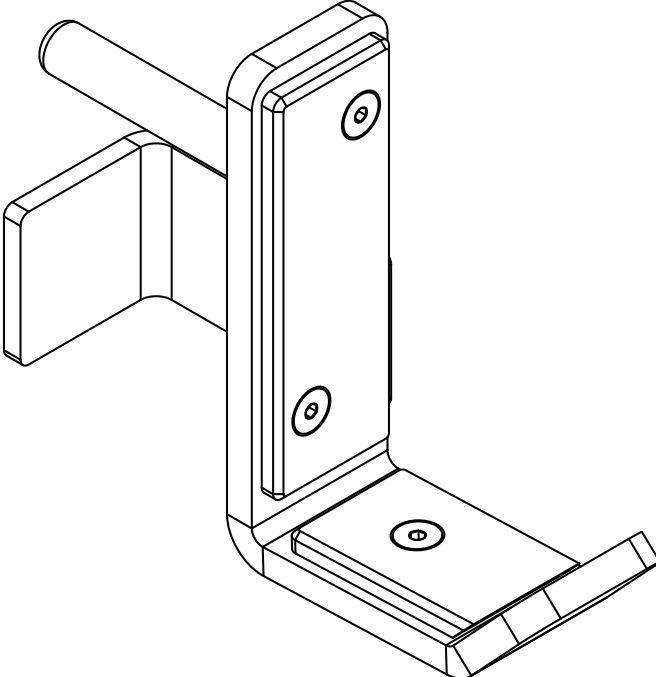
Qty: 4x



Rack Upright

2

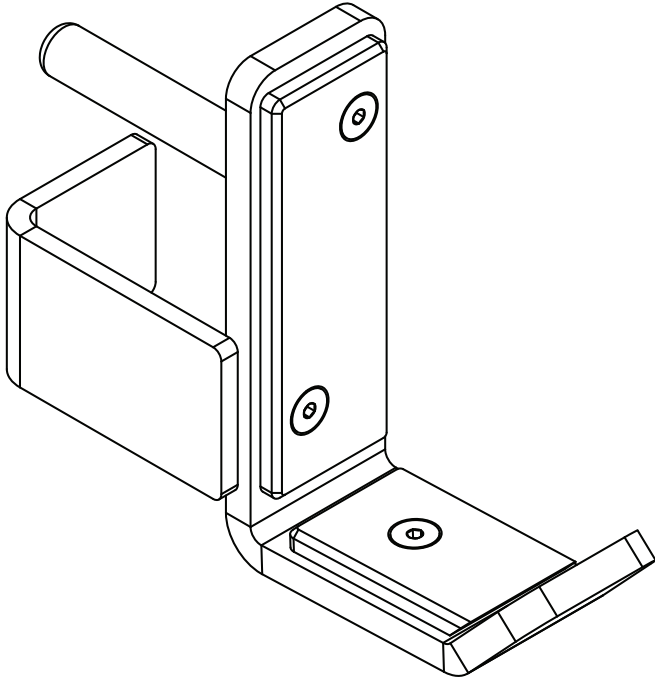
Qty: 1x



J Cup - RIGHT

3

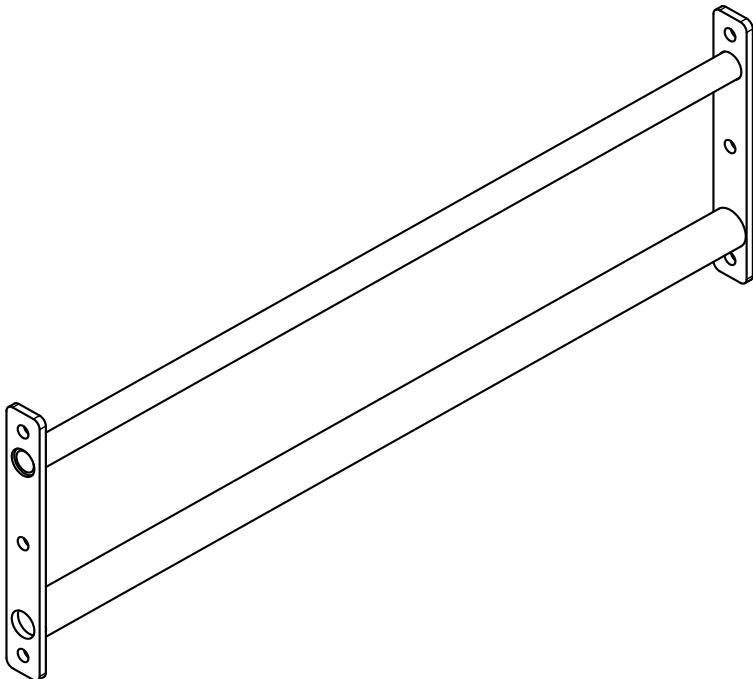
Qty: 1x



J Cup - LEFT

4

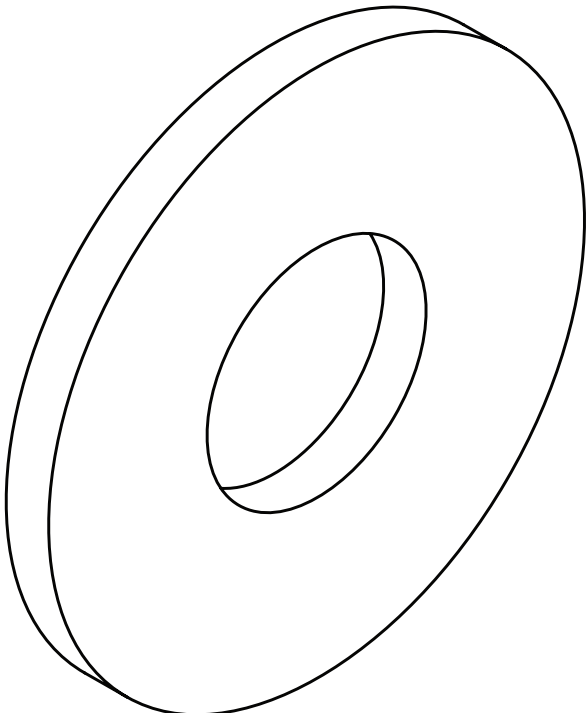
Qty: 1x



43" Fat/Skinny Parallel Bar

5

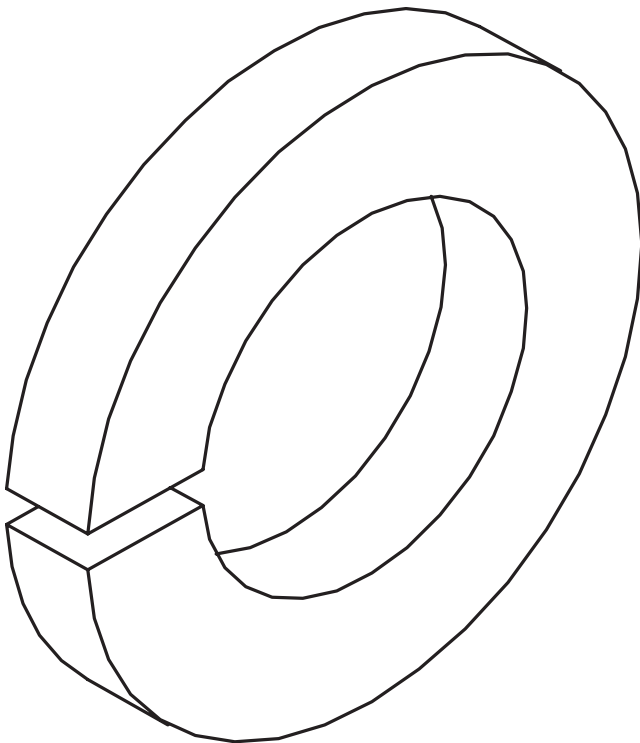
Qty: 4x



5/8" Flat Washer

6

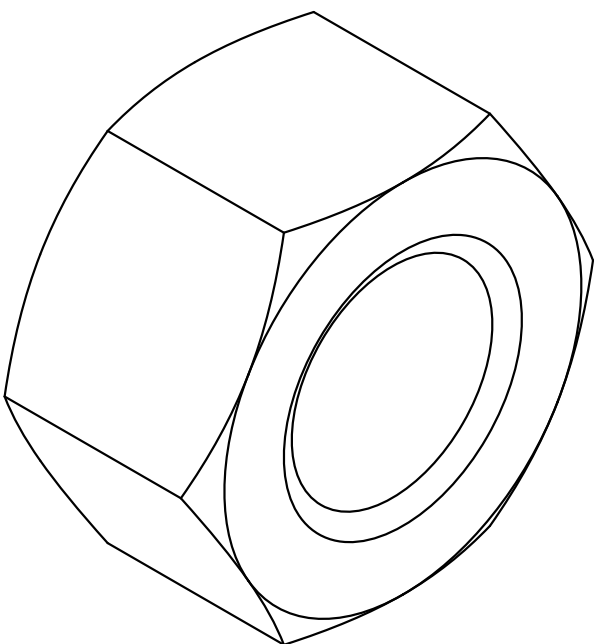
Qty: 4x



5/8" Lock Washer

7

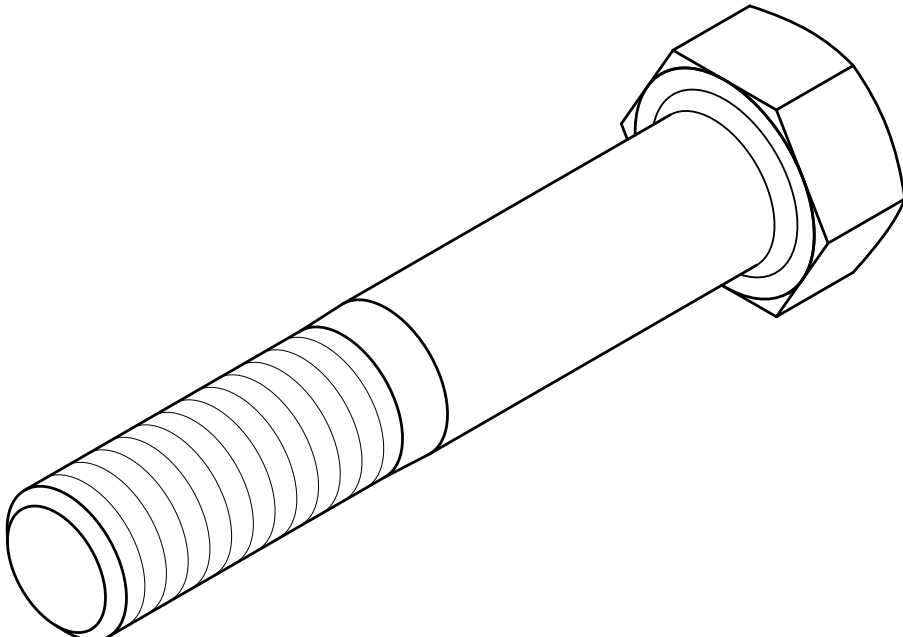
Qty: 4x



5/8" Hex Nut

8

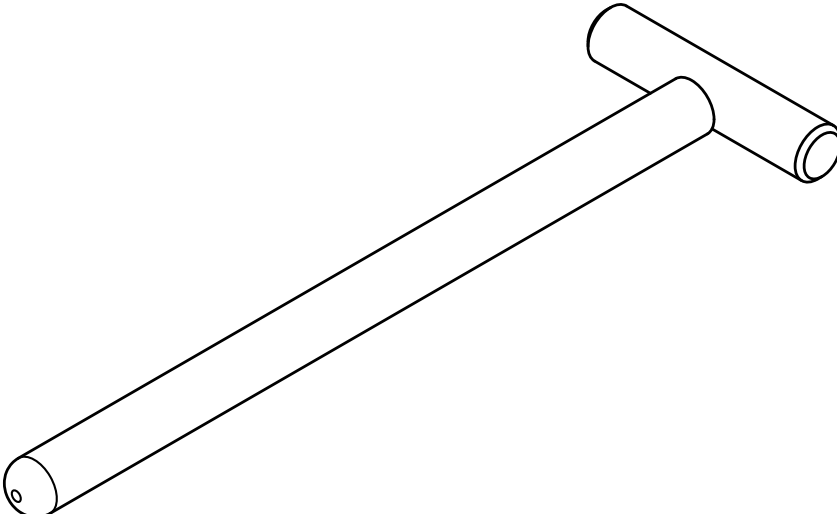
Qty: 4x



5/8" x 3.5" Hex Screw

9

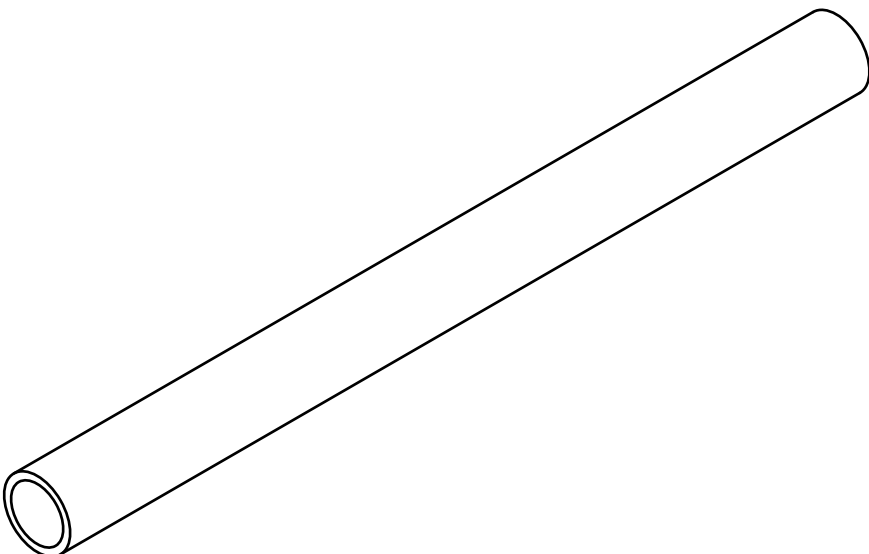
Qty: 4x



Rack Band Peg

10

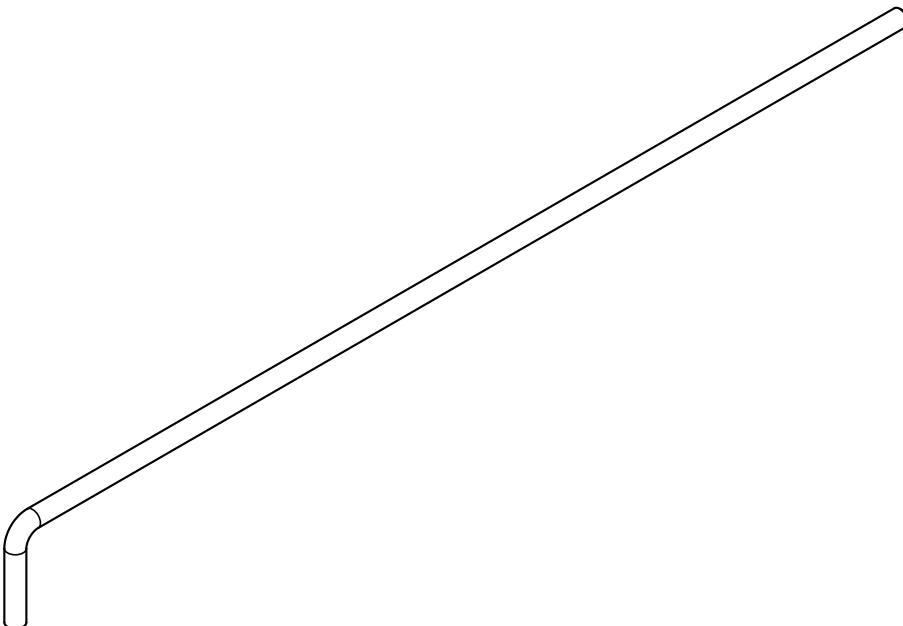
Qty: 2x



Safety Kit Pipe

11

Qty: 2x

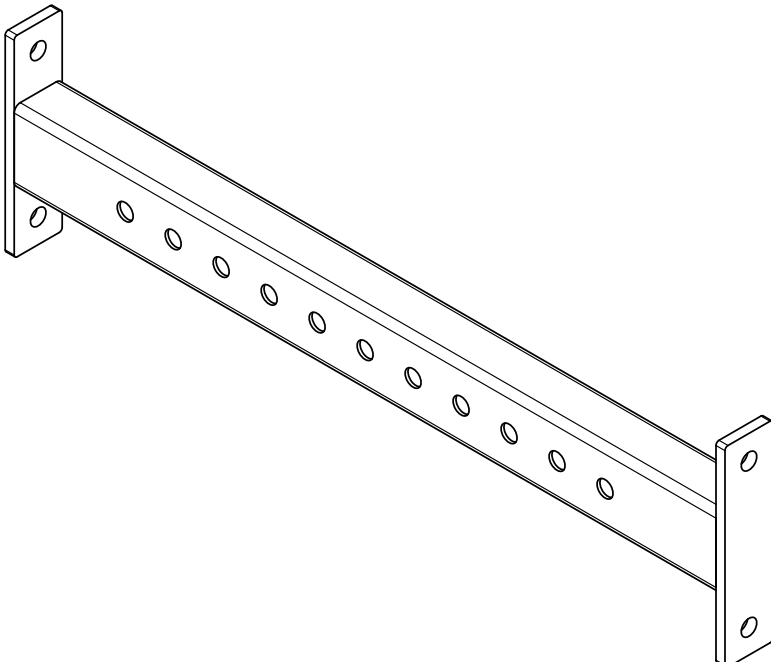


Safety Kit Pin

12

Qty: 4x

\*



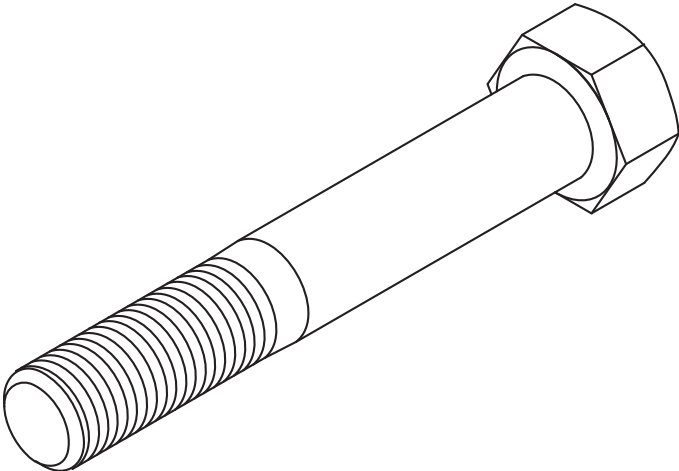
Crossmember

\* Length depends on rack depth selected at checkout.



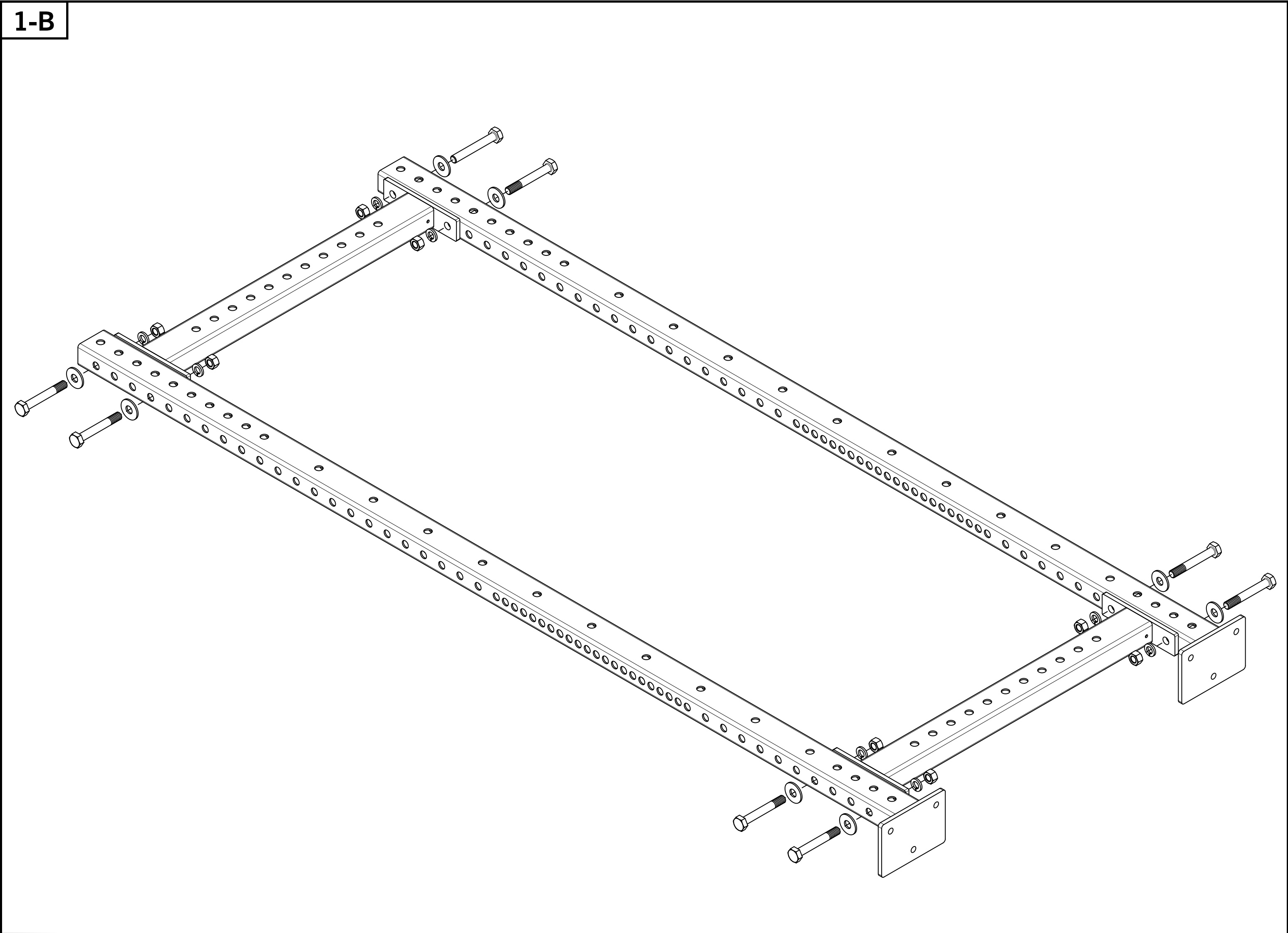
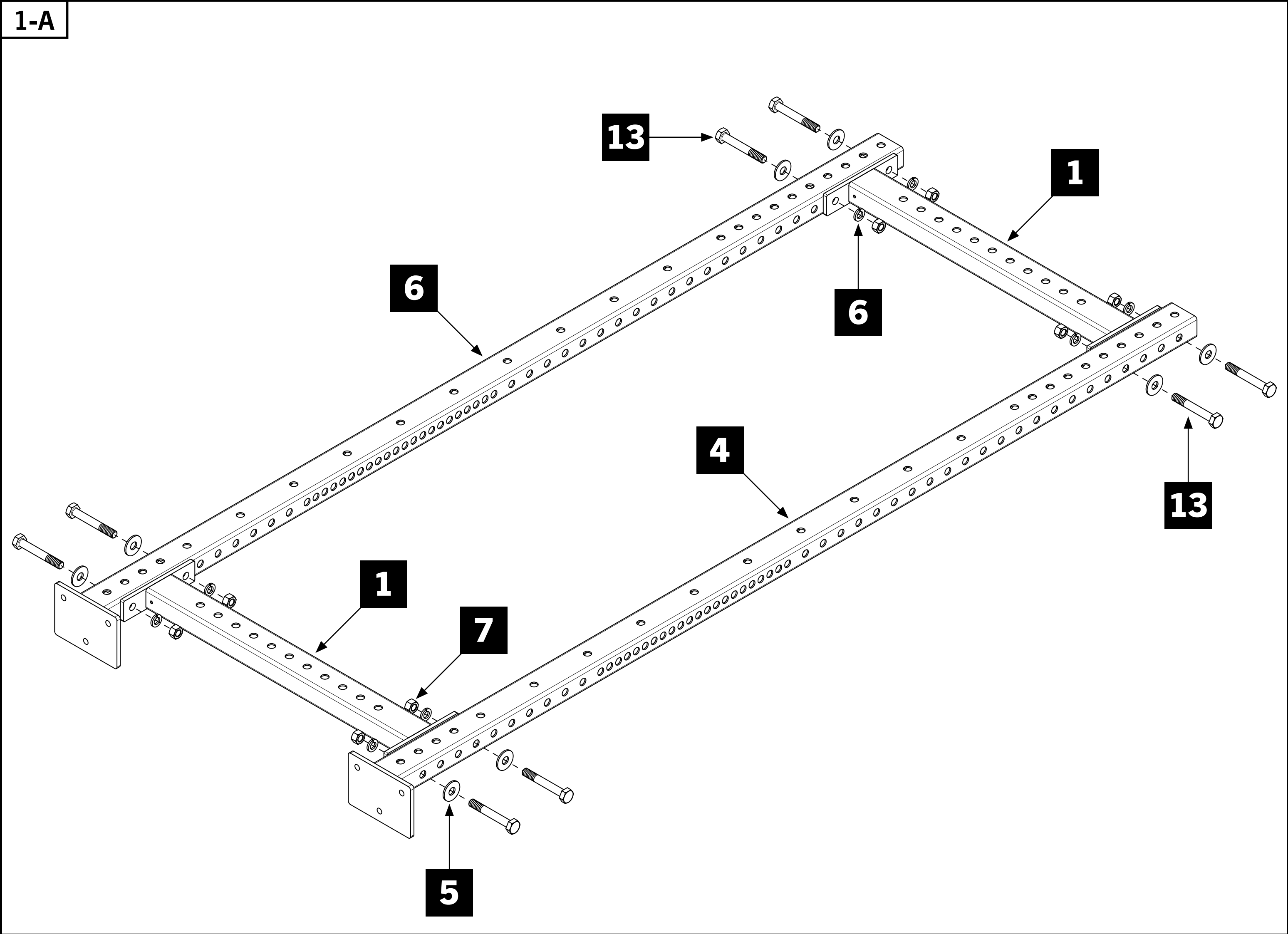
# INCLUDED PARTS

Note: Images not shown at scale

|                                                                                                                               |          |
|-------------------------------------------------------------------------------------------------------------------------------|----------|
| 13                                                                                                                            | Qty: 24x |
| <div></div> <div>5/8" x 4.5" Hex Screw</div> |          |

# STEP 1

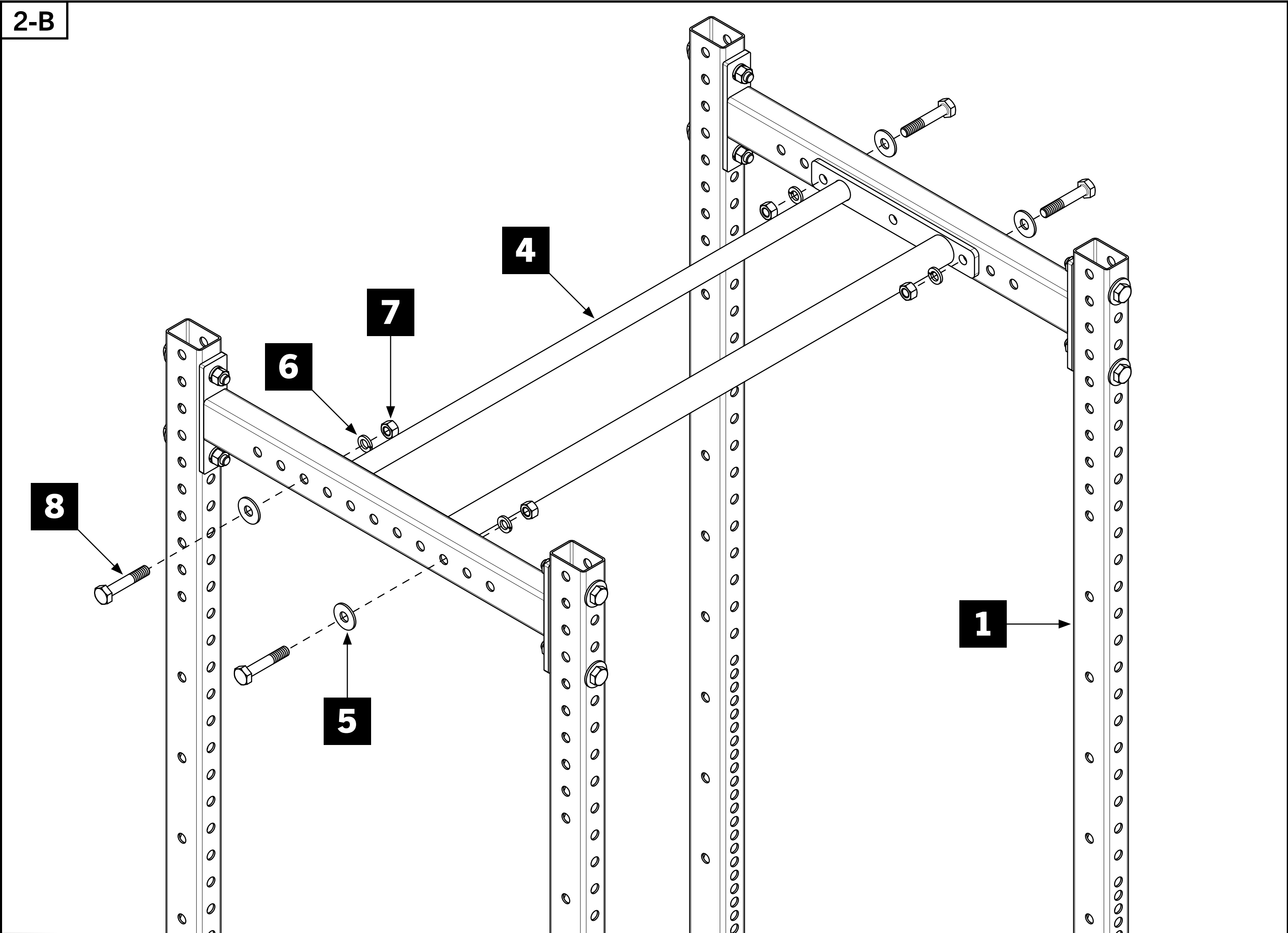
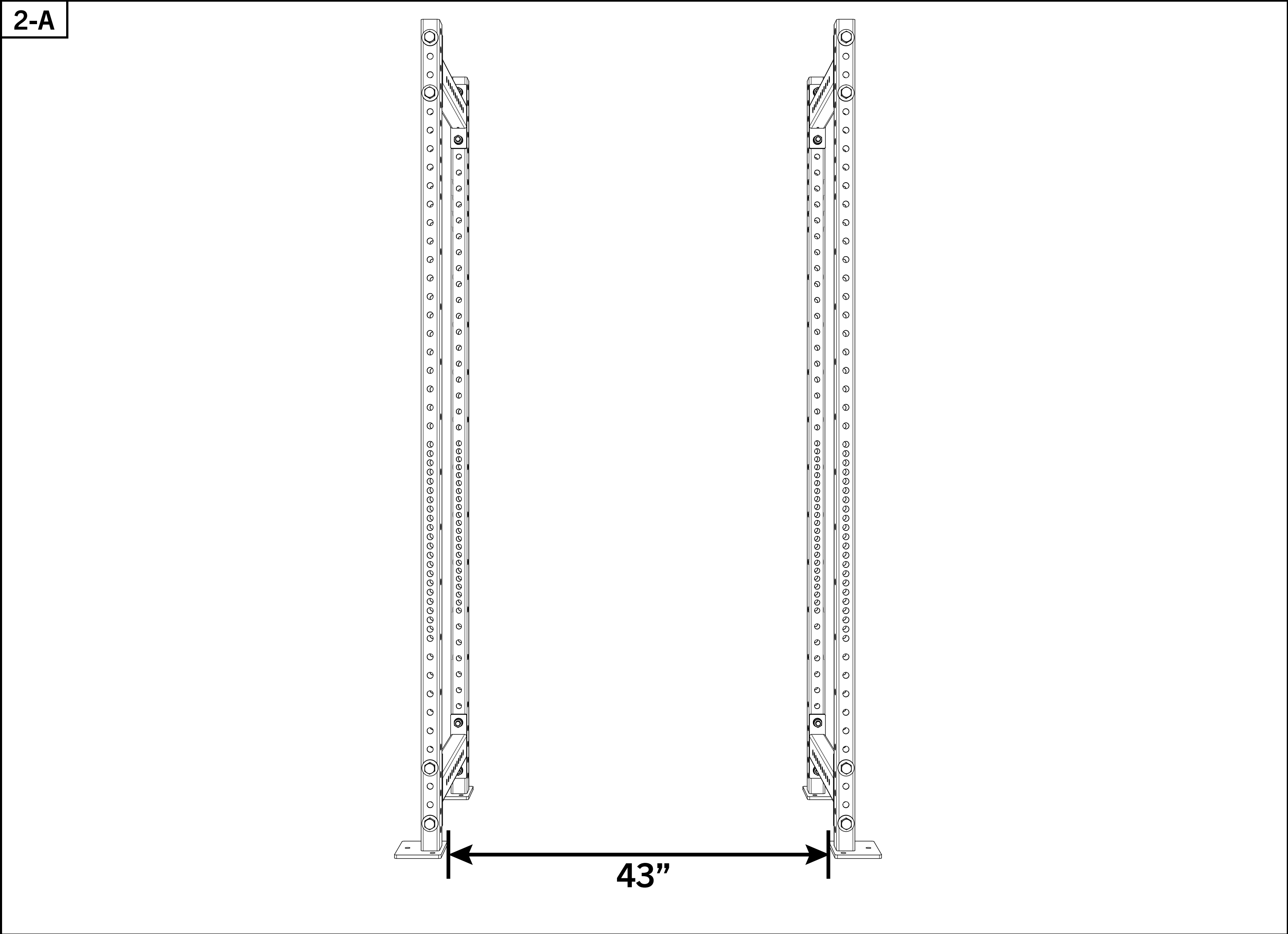
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55” apart.
- Note orientation of Upright [1] feet in relation to the ground.
- Connect Uprights [1] to Crossmembers [12] using 5/8”x 4.5” Hex Bolts [13], 5/8” Flat Washers [5], 5/8” Lock Washers [6], and 5/8” Hex Nuts [7].
- **HAND TIGHTEN ONLY.**





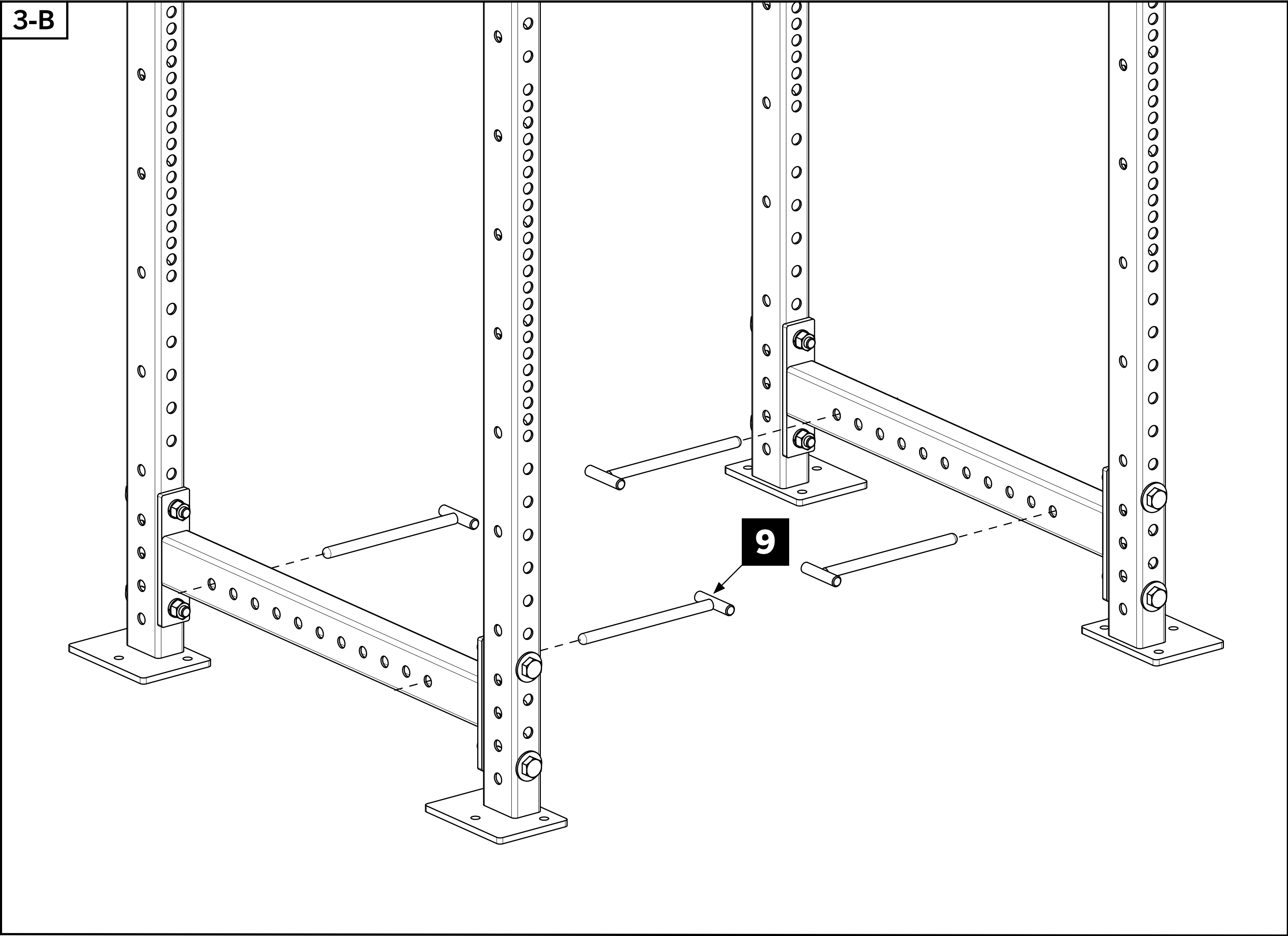
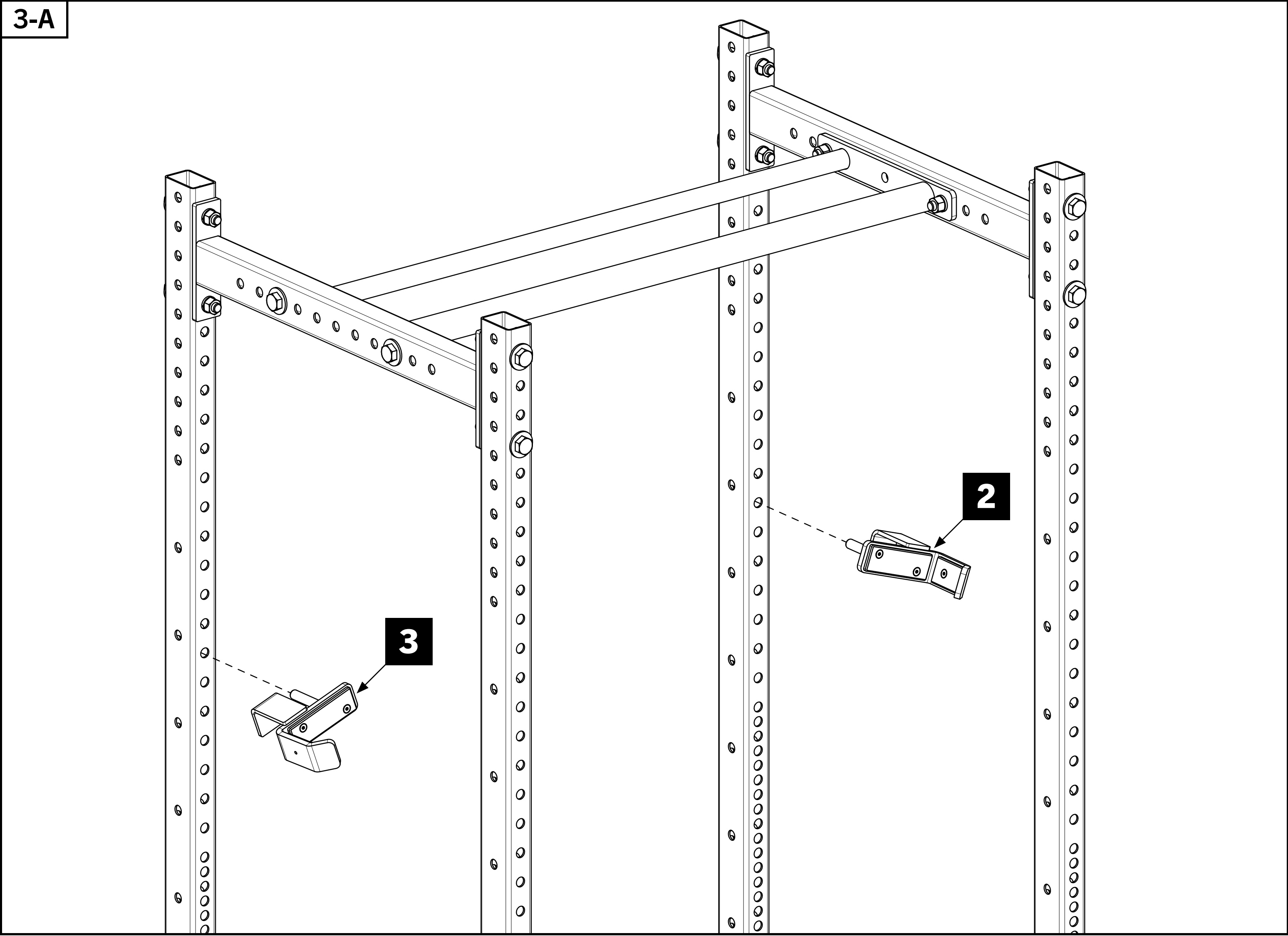
# STEP 2

- One or two people should stabilize both panels, ensuring panels don't fall while another person assembles the spanning Crossmembers in **2-B**.
- For ease of assembly, ensure rack panels are 43" apart as shown in **2-A**.
- Ensure rack feet point out as shown in **2-A**.
- Bolt the 43" Fat/Skinny Parallel Bar **[4]** to the top Crossmembers **[12]** using 5/8" x 3.5" Hex Screw **[8]**, 5/8" Flat Washer **[5]**, 5/8" Lock Washer **[6]**, and 5/8" Hex Nut **[7]**.
- **Bolts Hand Tight Only.**



# STEP 3

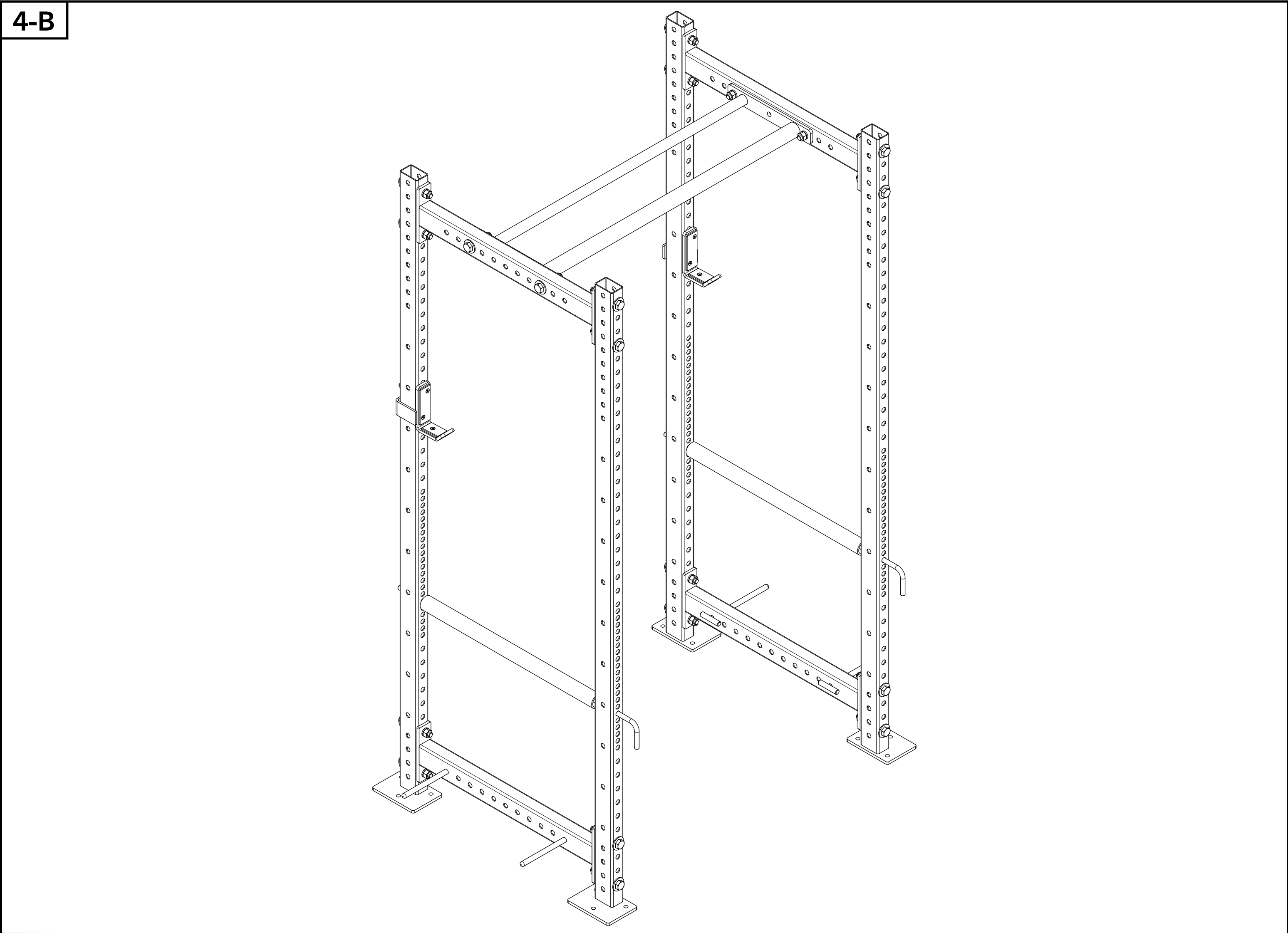
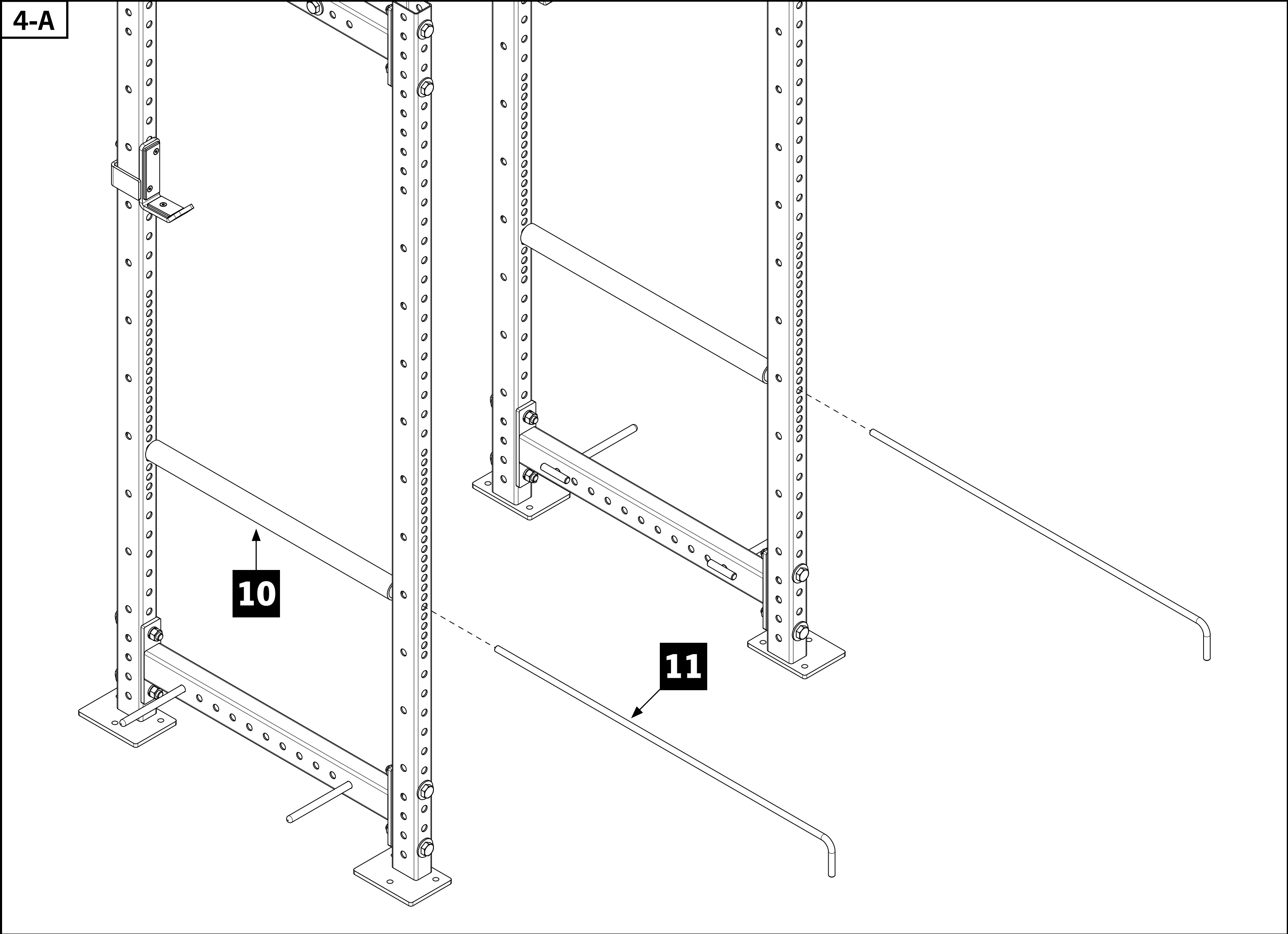
- Attach J Cup - LEFT and RIGHT [2,3] to rear Rack Uprights [1] as shown in 3-A.
- Ensure each J Cup [2,3] is securely attached before use.
- Insert Band Peg [9] into lower Crossmembers [1] as shown in 3-B.





# STEP 4

- Attach the Safety Kit Pipe [10] to each Rack Panel [1] by inserting the Safety Kit Pin [11] through both the Safety Kit Pipe [10] and the Rack, securing it in place.
  - **FULLY TIGHTEN ALL HARDWARE.**
  - Securely anchor the unit to the floor using the holes in the feet of the Rack Panels [1].
  - If using rubber flooring, it is highly recommended to cut out a section so the feet anchor directly to the floor.
- Anchor to wood or solid concrete floor:**
- Wood: 3/8 x 3.5 Wood Lag Bolts
  - Solid Concrete: 3/8” x 3.5” Concrete Wedge Anchors
  - **Anchoring hardware not included.**



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INSTRUCTIONS**



**IRON GAME  
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