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GORUCK Rucker 4.0 20L

GORUCK Rucker 4.0 20L Black Instruction Manual

Model: Rucker 4.0 20L | Brand: GORUCK

INTRODUCTION

The GORUCK Rucker 4.0 20L is a purpose-built rucking backpack designed for military weight training and fitness. This manual provides essential information for setting up, using, and maintaining your Rucker to ensure optimal performance and longevity.

PRODUCT OVERVIEW

The Rucker 4.0 is engineered for durability and comfort during weighted exercises. Key design elements focus on secure weight placement, ergonomic support, and robust construction.



Figure 1: Front view of the GORUCK Rucker 4.0 20L Black backpack.

Key Features

Ruck Plate Pocket

The Rucker features an elevated internal pocket specifically designed to securely hold Ruck Plates high on your back. This placement ensures stability and even weight distribution, which is crucial for proper rucking form and injury prevention. The pocket accommodates Ruck Plates up to 75 lbs.



Figure 2: Interior view of the Rucker 4.0, illustrating the dedicated pockets for ruck plates.



Figure 3: Close-up of the elevated ruck plate pocket, ensuring secure and stable weight placement.

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Video 1: Demonstration of correctly loading ruck plates into the GORUCK Rucker 4.0 backpack's dedicated pockets.

Extra Padded Straps

The shoulder straps are wide, reinforced, and extra padded to prevent discomfort and cutting into the shoulders, even under heavy loads. They are constructed from two layers of high-density polyethylene foam for cushioning and durability.

RUCK PLATES IN RUCKER 20L / 25L

LONG POCKET



*Best fit - all plates fit in long pocket

SHORT POCKET



Figure 4: The Rucker 4.0 features extra padded straps for enhanced comfort during rucking.

Ergonomic Back Support

Raised padding along the bottom of the Rucker provides ergonomic lumbar support, protecting the spine and aiding core bracing. The back panel uses 210D Cordura fabric for a smooth feel against clothing, and closed-cell foam repels moisture. A built-in frame sheet enhances structural integrity.

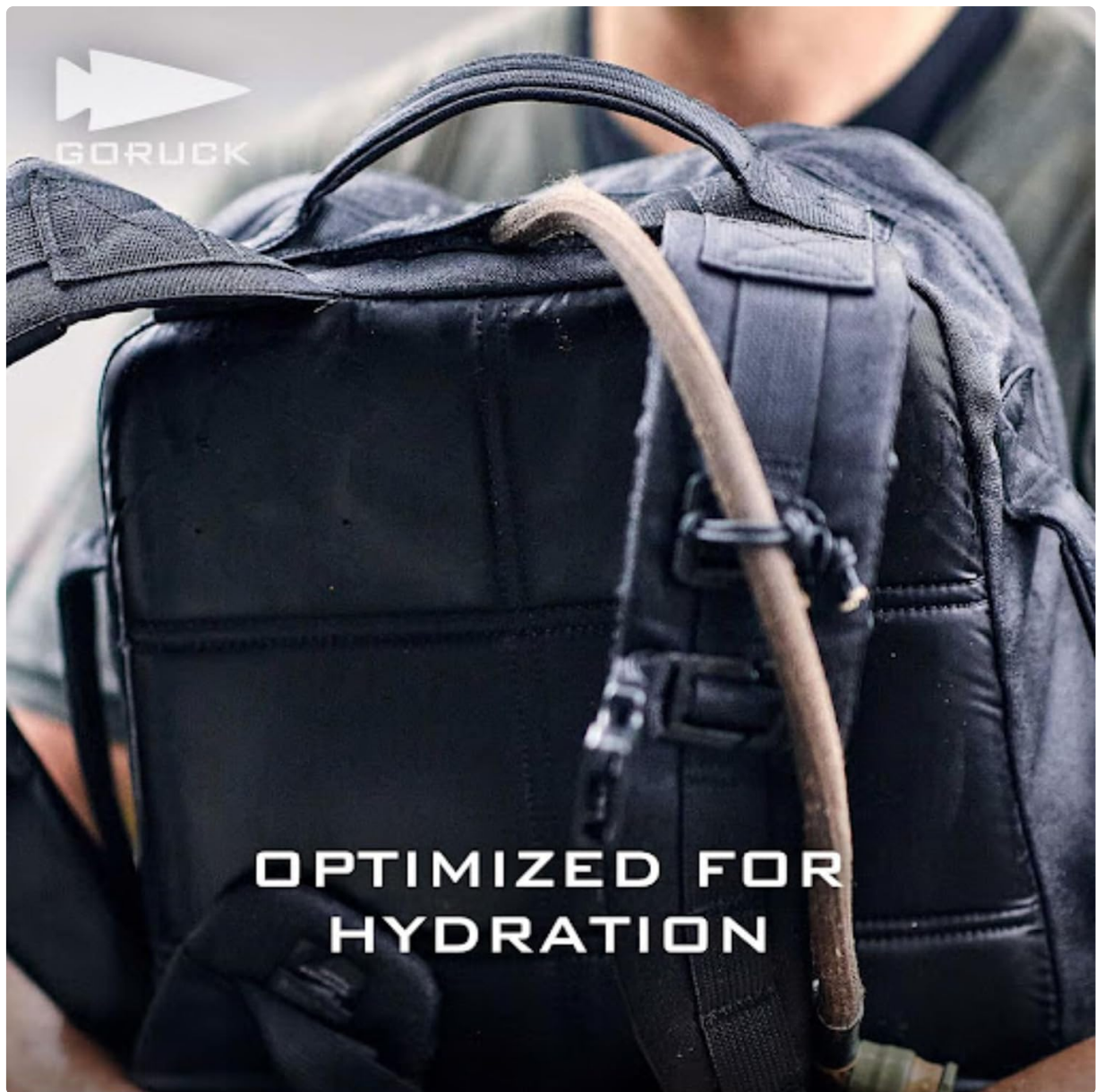


Figure 5: Ergonomic lumbar support on the back panel of the Rucker 4.0 for comfort and stability.

Hydration Compatibility

The Rucker is optimized for hydration systems, featuring a dedicated compartment and routing for a hydration bladder tube.



Figure 6: The Rucker 4.0 is designed with hydration system compatibility, including tube routing.

Versatile Capacity

With a 20L capacity, the Rucker is compact yet spacious enough for essential gear, making it suitable for both fitness and daily use.

SETUP AND USE

Ruck Plate Installation

1. Open the main compartment of the Rucker.
2. Locate the elevated Ruck Plate pocket inside the main compartment.
3. Insert your chosen GORUCK Ruck Plate (10lb, 20lb, 30lb, 45lb, etc.) into the designated pocket. Ensure it sits high and snug.
4. Secure the Ruck Plate using the internal hook-and-loop closure.

Note: For optimal stability, ensure the plate is tightly secured and does not shift during movement.

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Video 2: Demonstration of correctly loading ruck plates into the GORUCK Rucker 4.0 backpack's dedicated pockets.

Adjusting the Fit

1. Place the loaded Rucker backpack on your shoulders.
2. Adjust the shoulder straps to ensure the backpack sits high and tight on your back. The top of the backpack should be level with your shoulders.
3. Cinch down the straps until the backpack feels stable and secure, minimizing any bouncing or shifting.
4. (Optional) If using a compatible hip belt (sold separately), attach and adjust it to distribute weight from your shoulders to your hips.



Figure 7: The Rucker 4.0 is compatible with an optional hip belt for additional weight distribution.

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Video 3: Guide to properly sizing and adjusting the GORUCK Rucker 4.0 backpack for a secure and comfortable fit.

Hydration System Use

1. Fill your hydration bladder (not included) and place it in the dedicated hydration compartment.
2. Route the hydration tube through the designated port at the top of the backpack and down one of the shoulder straps.
3. Secure the tube to the shoulder strap using the integrated elastic loops or clips for easy access

during activity.

CARE AND MAINTENANCE

The GORUCK Rucker 4.0 is built with durable materials designed for rigorous use. To maintain its condition:

- **Cleaning:** Hand wash with mild soap and water. Do not machine wash or tumble dry.
- **Drying:** Air dry completely before storage. Avoid direct sunlight for prolonged periods.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Regularly inspect zippers, seams, and straps for any signs of wear or damage.

TROUBLESHOOTING

Discomfort or Shifting Weight

If you experience discomfort or the backpack shifts during activity, re-evaluate the fit. Ensure ruck plates are securely seated in their pockets and all straps (shoulder, sternum, optional hip belt) are properly adjusted to keep the weight high and tight against your back. Reduce the weight if necessary.

SPECIFICATIONS

Feature	Detail
Product Dimensions	5 x 11.5 x 18 inches
Item Weight	3.79 pounds (1.72 Kilograms)
Capacity Total	20 Liters
Manufacturer	GORUCK
Material	Ripstop Robic Nylon, Ballistic Nylon
Model Number	c9693391-cc55-4757-a411-f34795c097bc
Department	unisex-adult
Age Range Description	Adult

WARRANTY AND SUPPORT

GORUCK stands by the durability of its products with a lifetime guarantee. If your Rucker 4.0 experiences any issues due to manufacturing defects or normal wear and tear, GORUCK will repair or replace it.



Figure 8: GORUCK's commitment to durability is backed by a lifetime guarantee.

For warranty claims or support, please visit the official GORUCK website or contact their customer service.