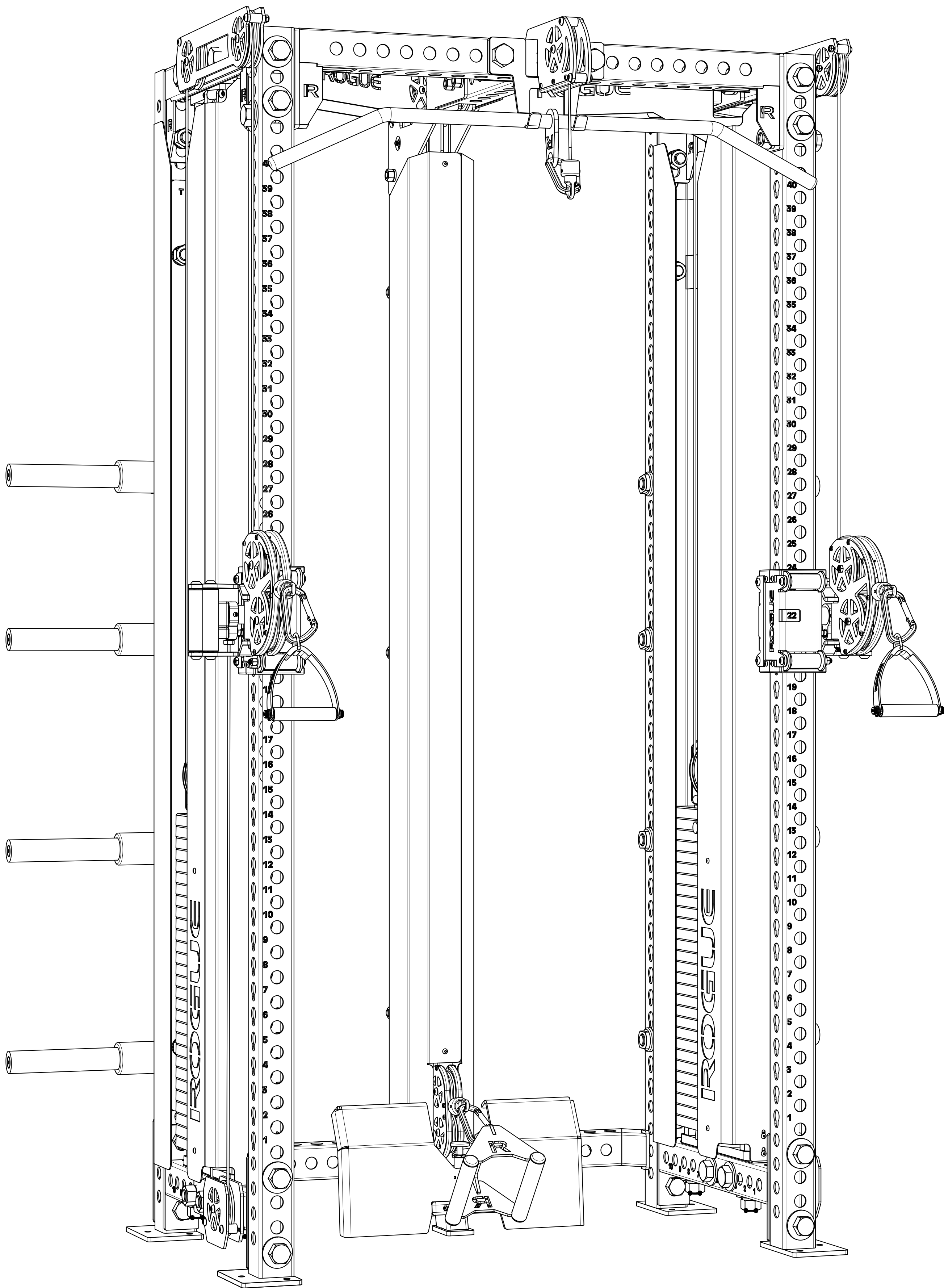


ROGUE[®]

FM-HR FUNCTIONAL TRAINER

TWIN WEIGHT STACK



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:

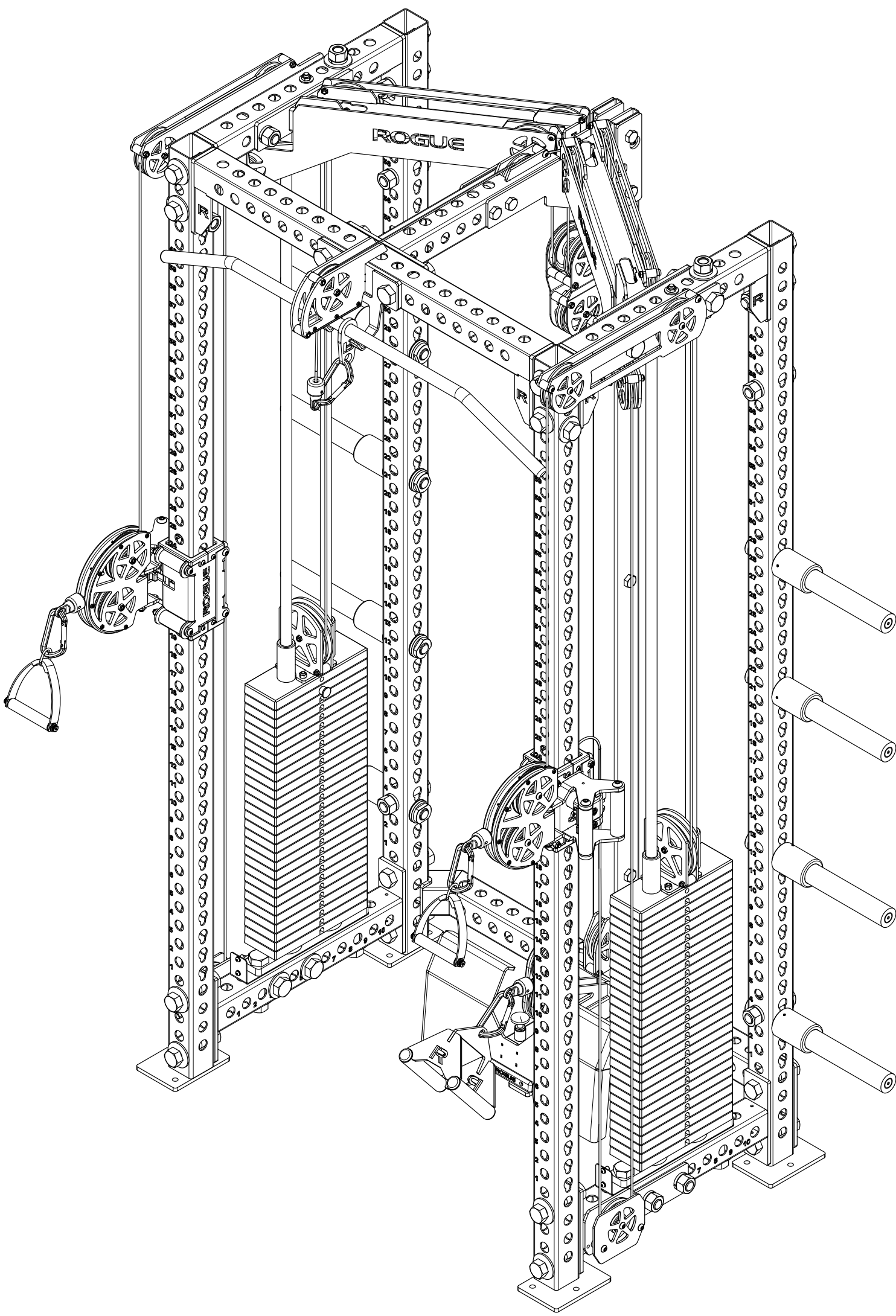
THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE.
MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY.
MISUSE OF THIS RACK CAN RESULT IN SEVERE INJURY.

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.

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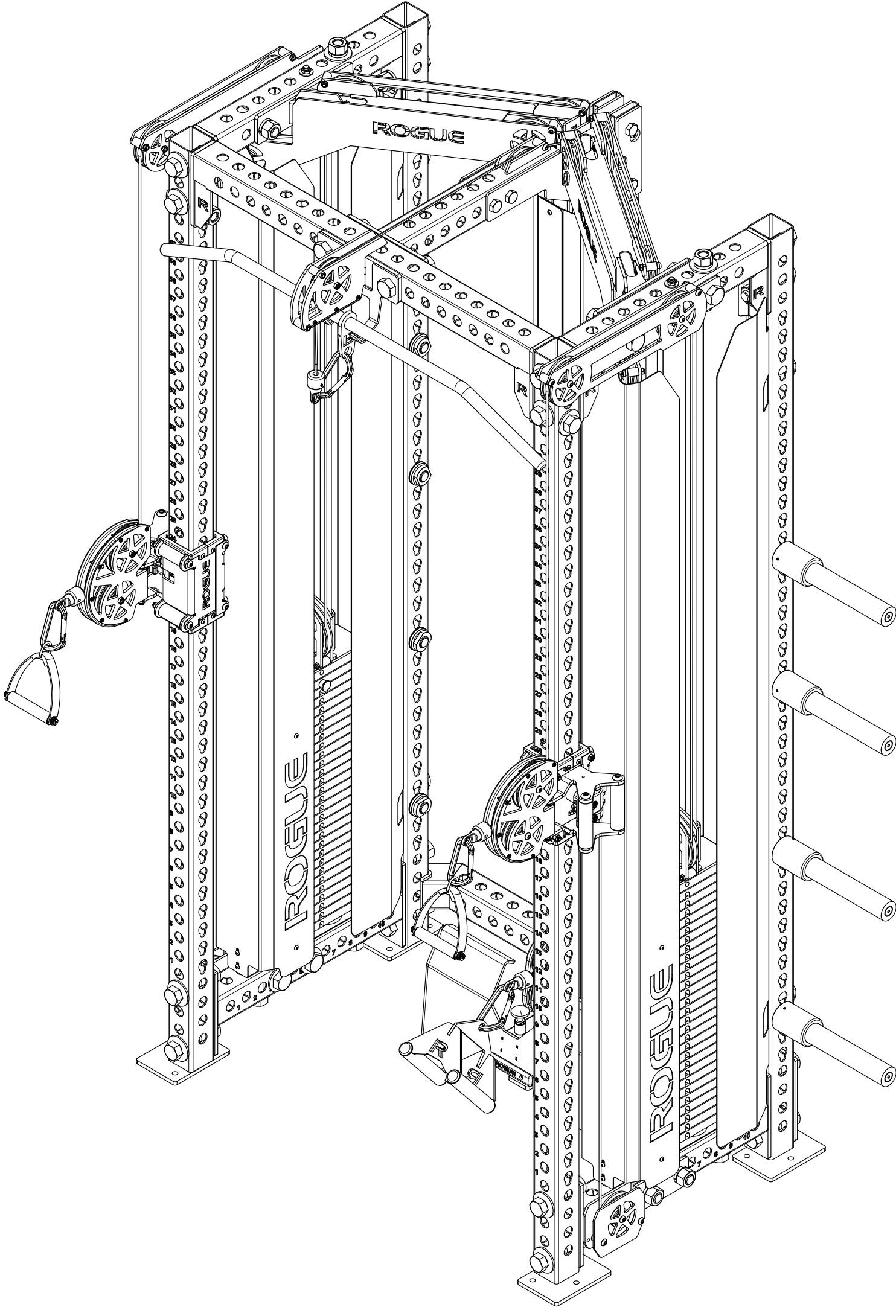
FM-HR TWIN

Included Tools.....	3
Included Parts.....	4
Assembly.....	13



FM-HR SHROUD KIT

Included Tools.....	3
Included Parts.....	10
Assembly.....	27,40

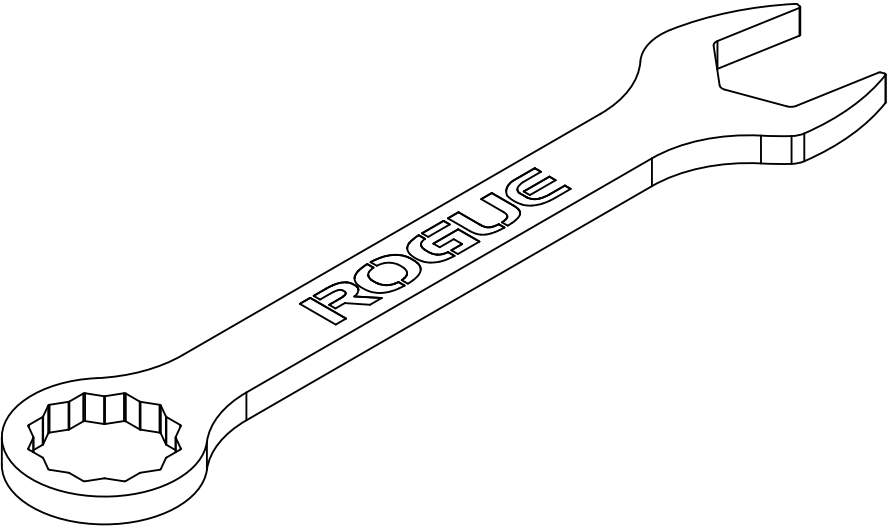


INCLUDED TOOLS

Note: Images not shown at scale

1

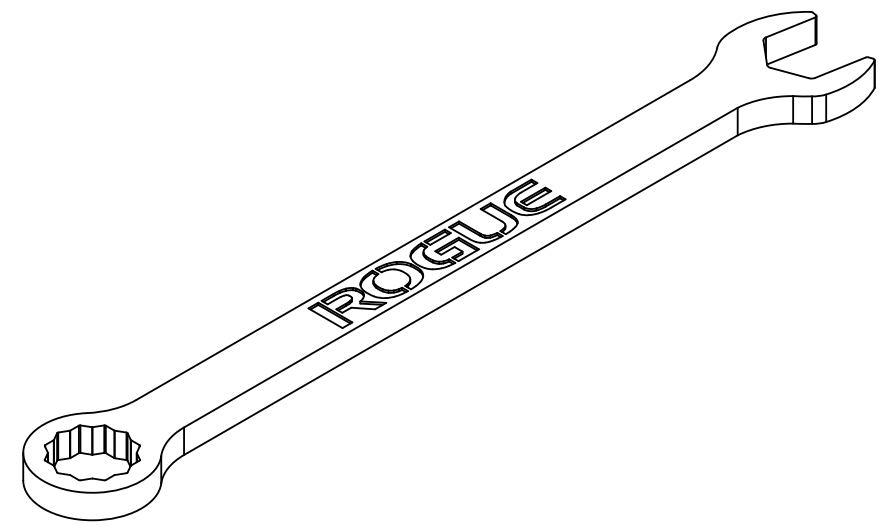
Qty: 2x



1-1/2" Wrench

2

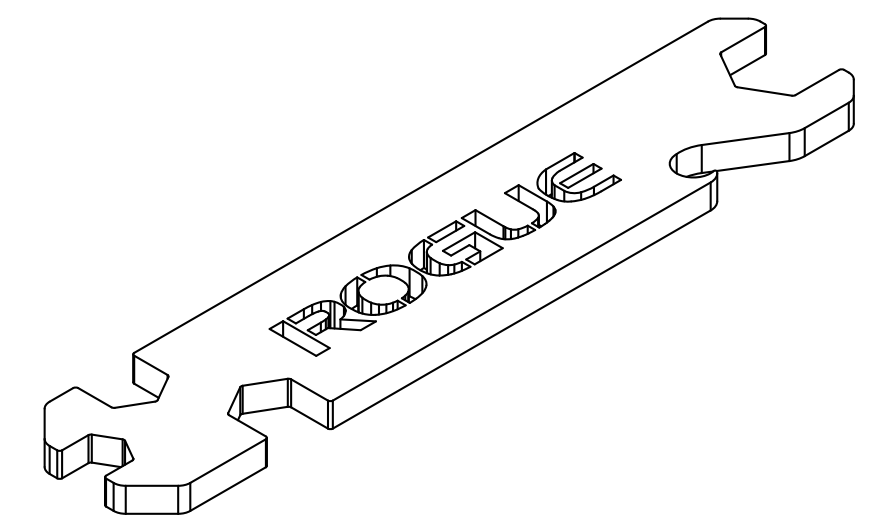
Qty: 2x



15/16" Wrench

3

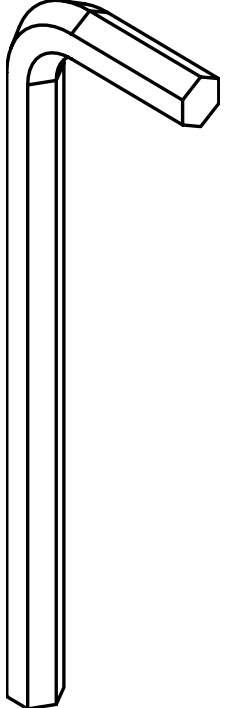
Qty: 1x



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

4

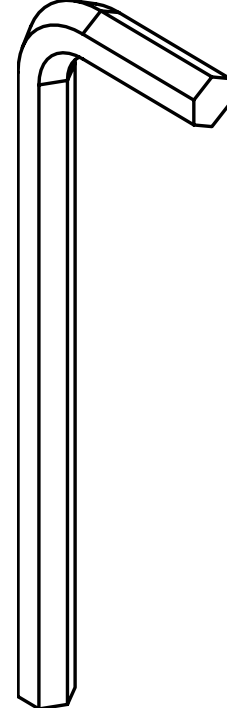
Qty: 1x



3/8" Allen Key

5

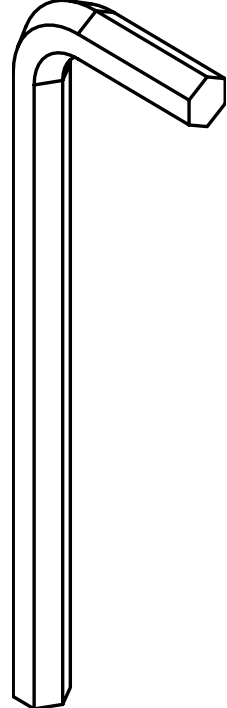
Qty: 1x



5/16" Allen Key

6

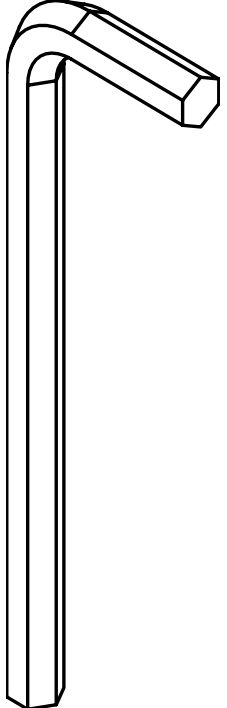
Qty: 1x



7/32" Allen Key

7

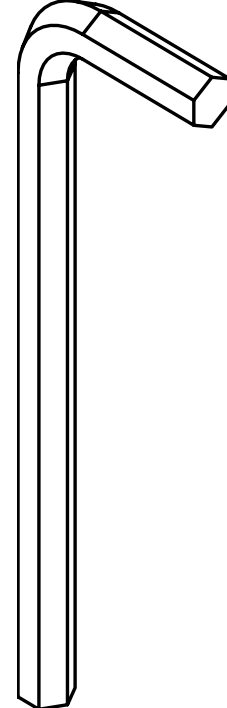
Qty: 1x



5/32" Allen Key

8

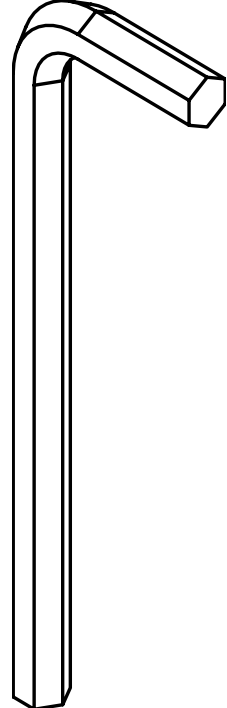
Qty: 1x



1/8" Allen Key

9

Qty: 1x



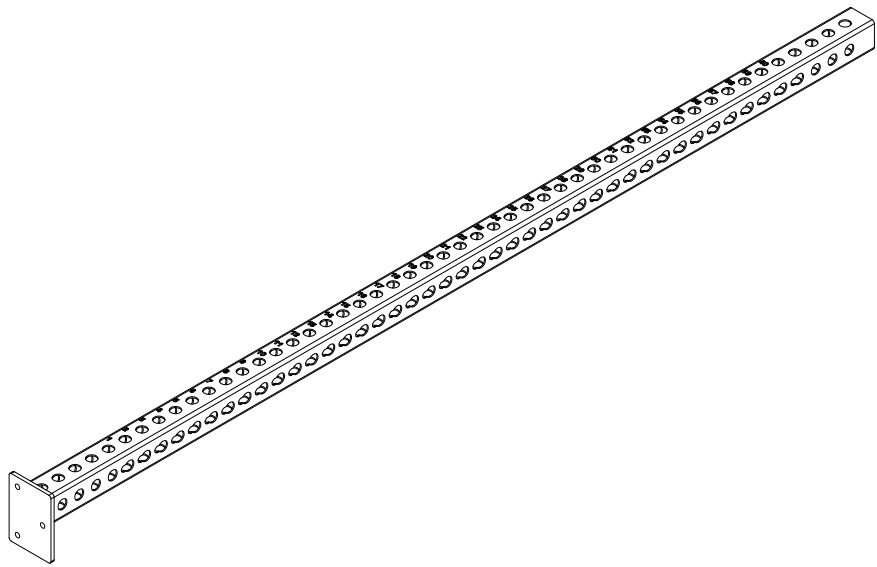
3/32" Allen Key

INCLUDED PARTS: FM-HR TWIN

Note: Images not shown at scale.

1

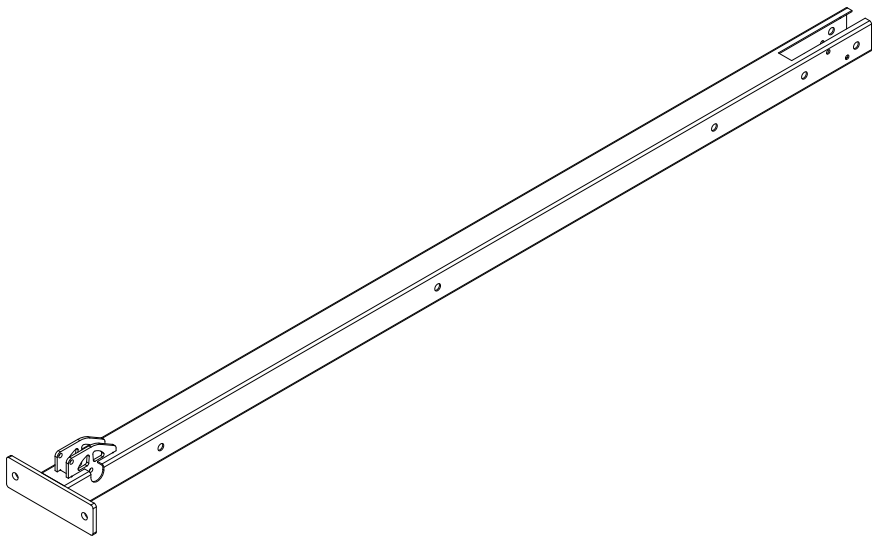
Qty: 4x



90" or 100" Monster Upright

2

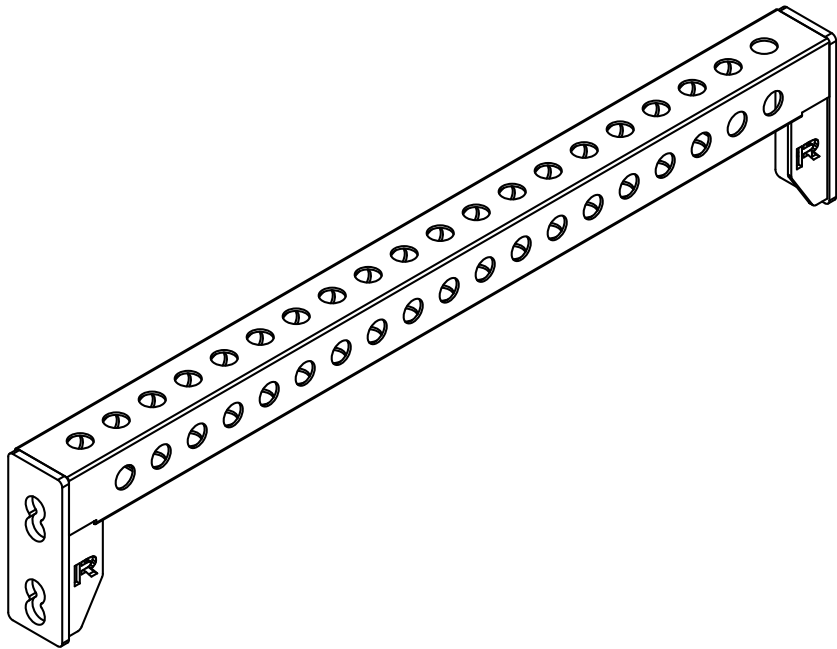
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90" or 100" Rear 3X3 Upright

3

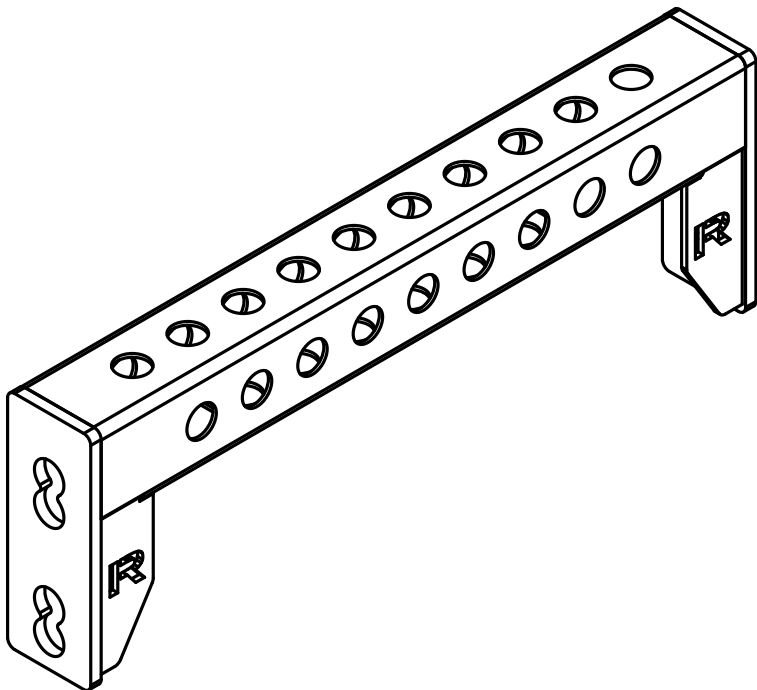
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43" Spanning Crossmember

4

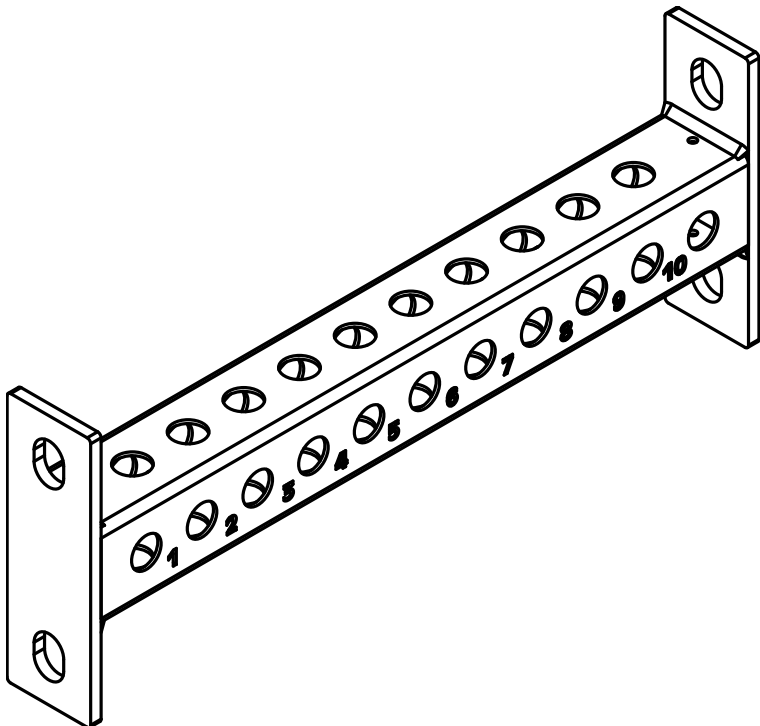
Qty: 2x



24" Top Crossmember

5

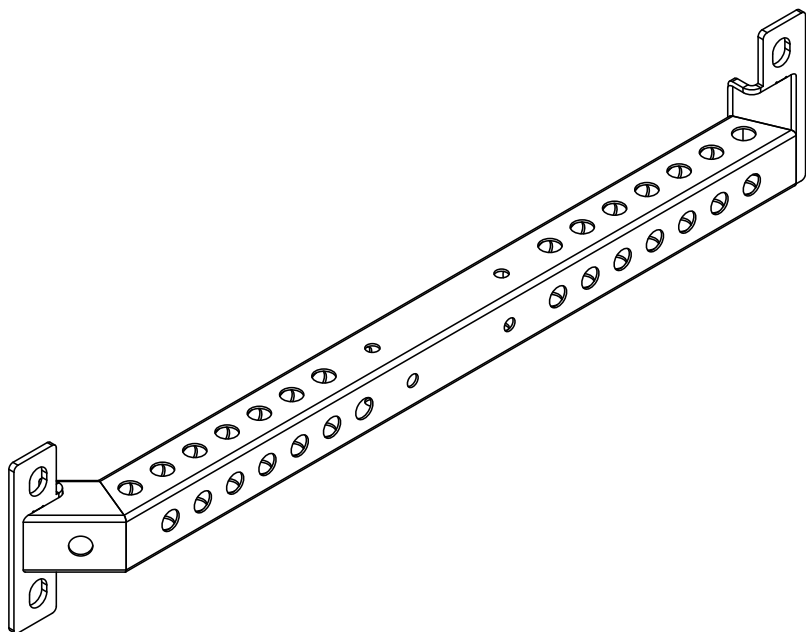
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24" Low Crossmember

6

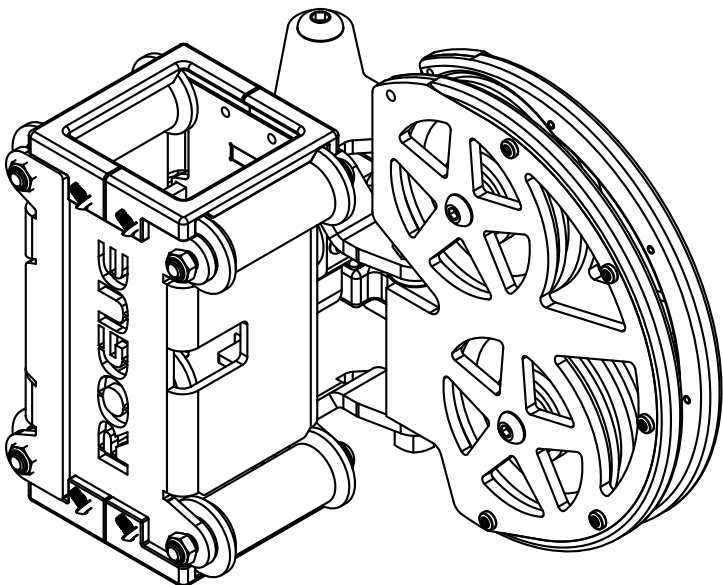
Qty: 1x



Low Row Crossmember

7

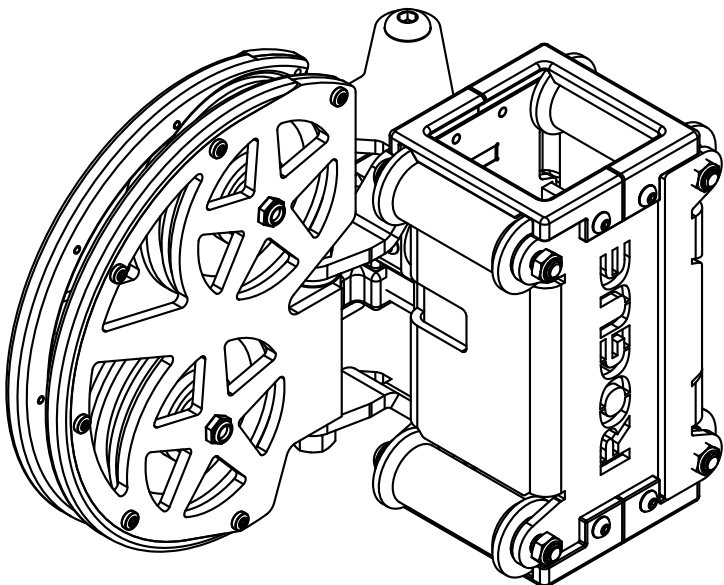
Qty: 1x



Swivel Trolley RH

8

Qty: 1x

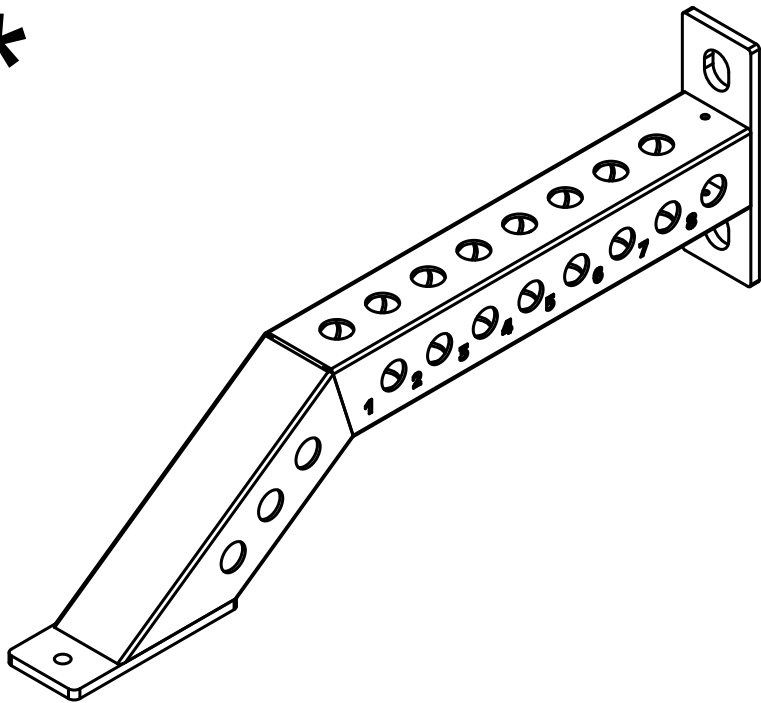


Swivel Trolley LH

9

Qty: 2x

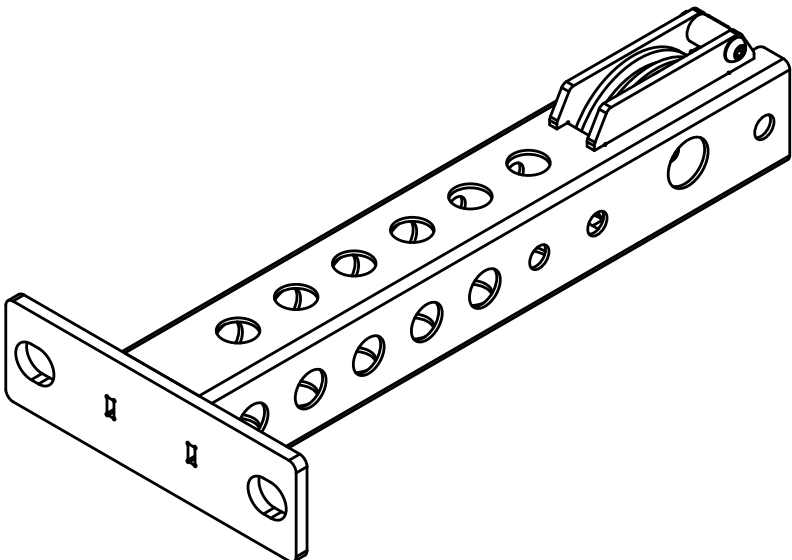
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Half Rack Foot

10

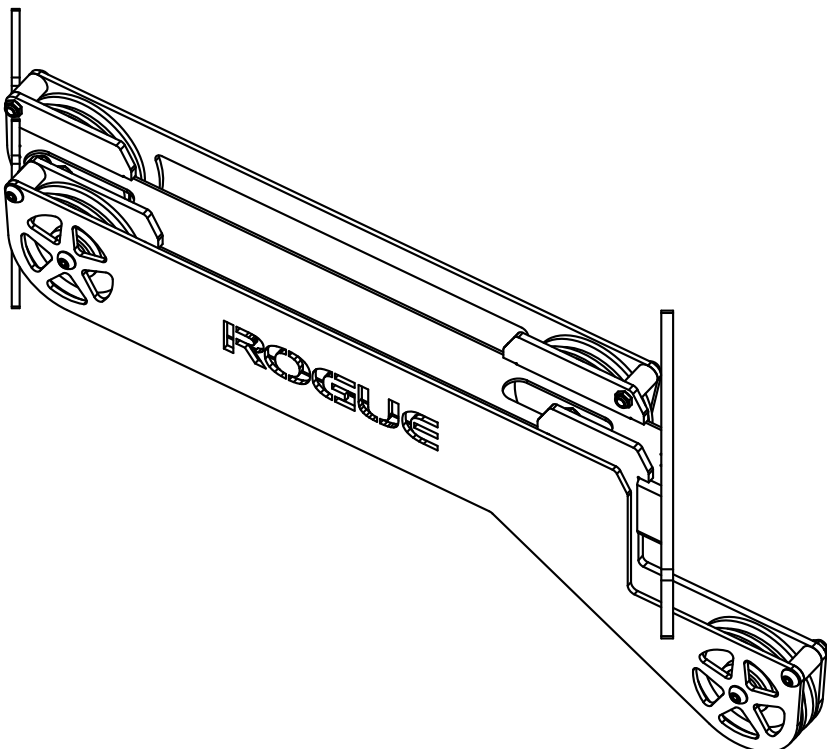
Qty: 1x



Top Center Crossmember

11

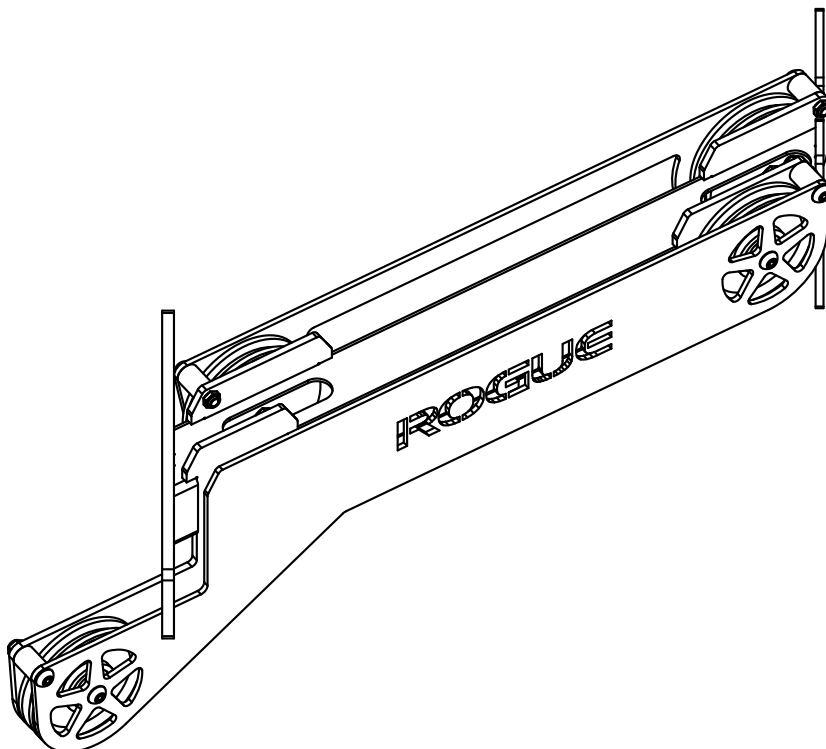
Qty: 1x



Top Rear Angle Crossmember - RH

12

Qty: 1x



Top Rear Angle Crossmember - LH

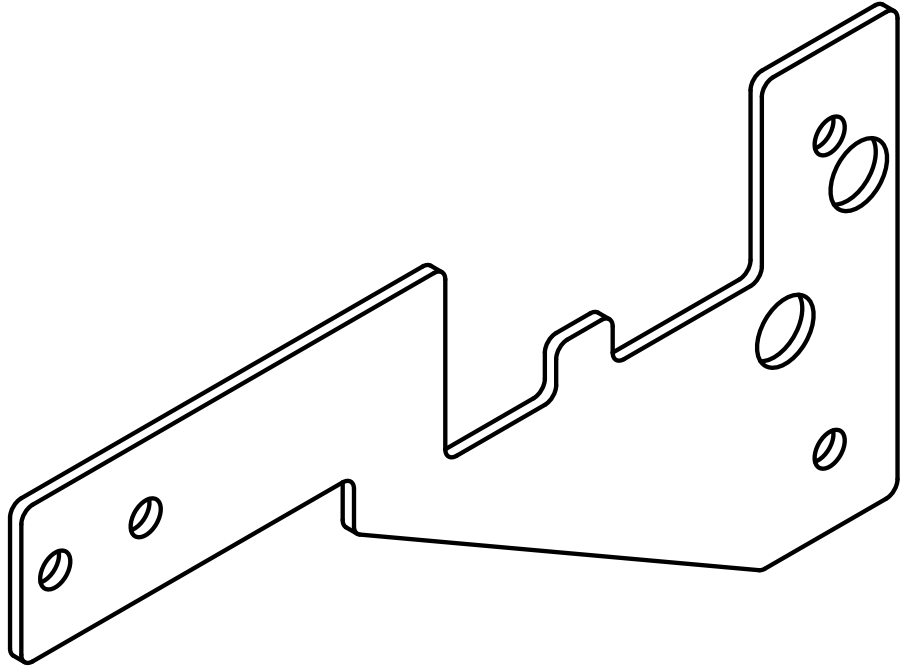
* Only included if Half Rack Feet were purchased at checkout.

INCLUDED PARTS: FM-HR TWIN

Note: Images not shown at scale.

13

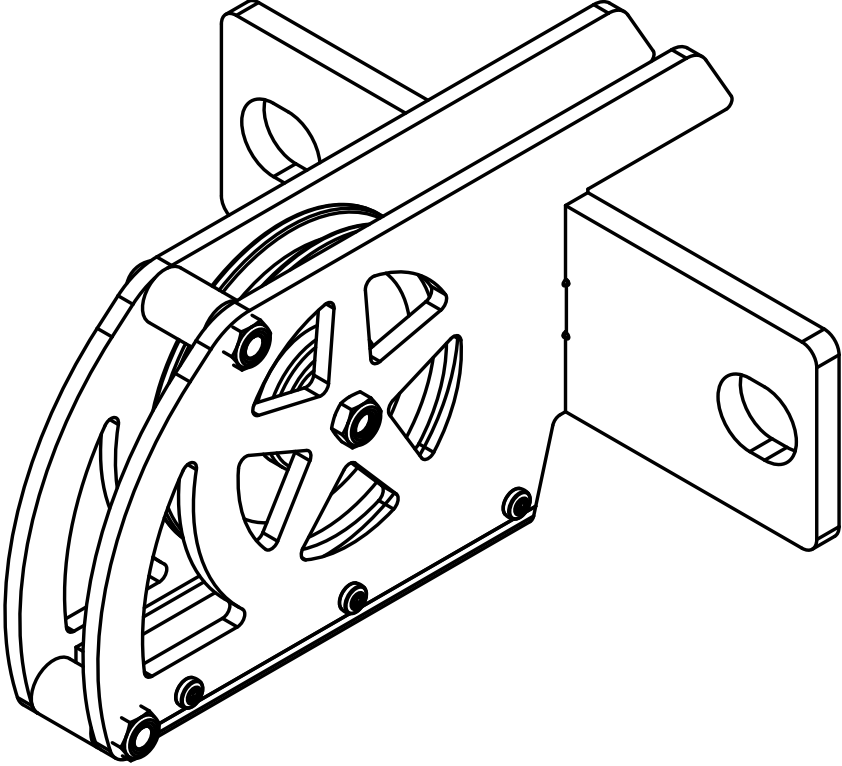
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Connector Plate

14

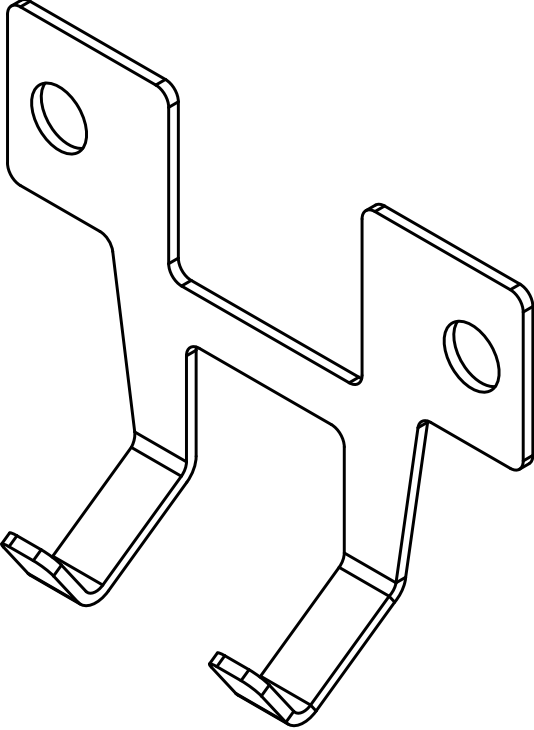
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Lat Pulldown Pulley Bracket

15

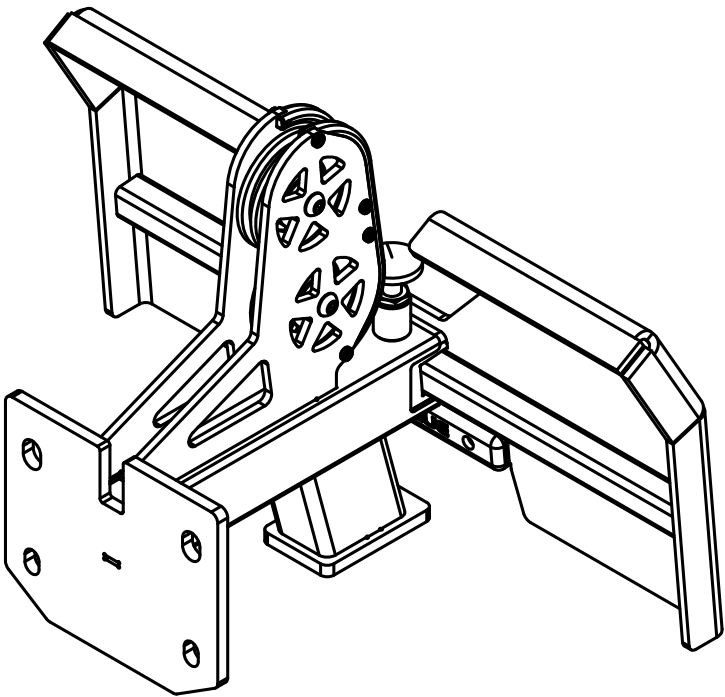
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Lat Bar Hanger

16

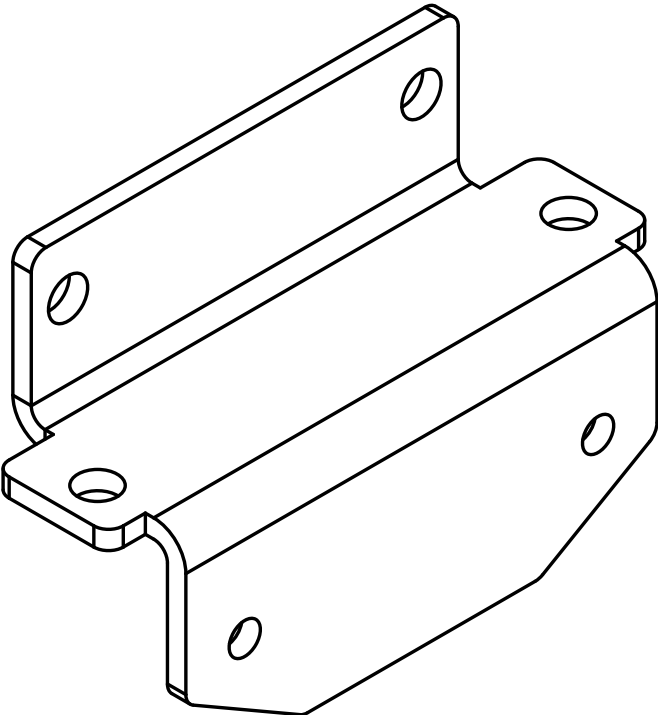
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Low Row Footplate Assembly

17

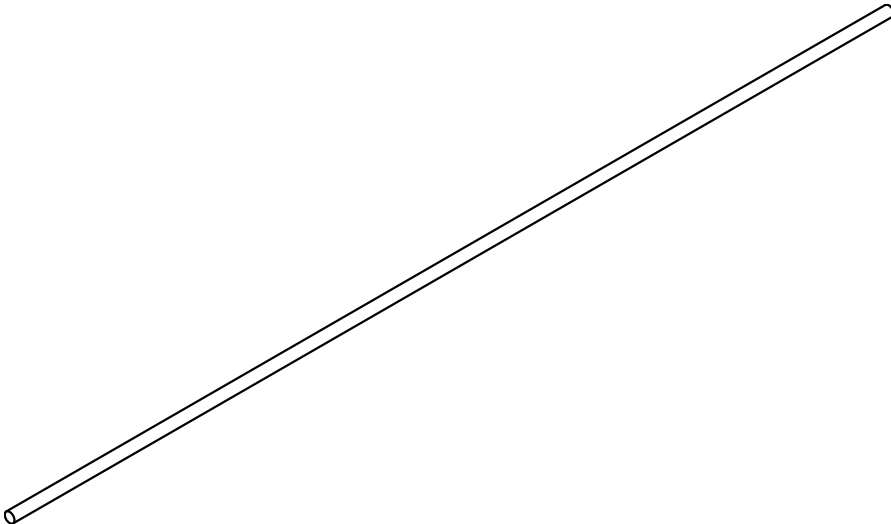
Qty: 1x



Low Row Connector Plate

18

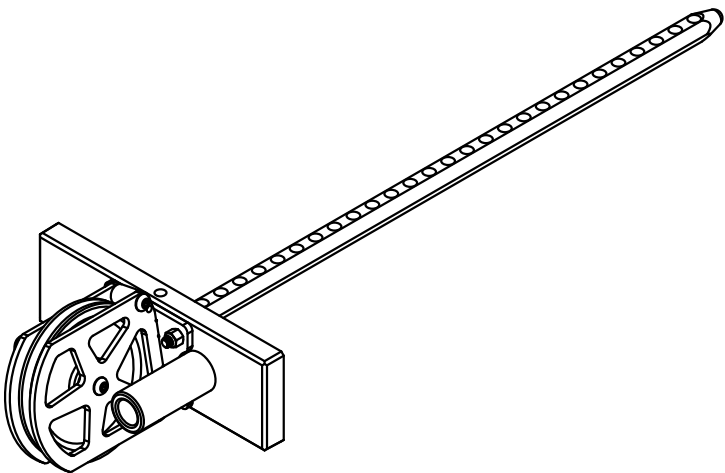
Qty: 4x



Guide Rod

19

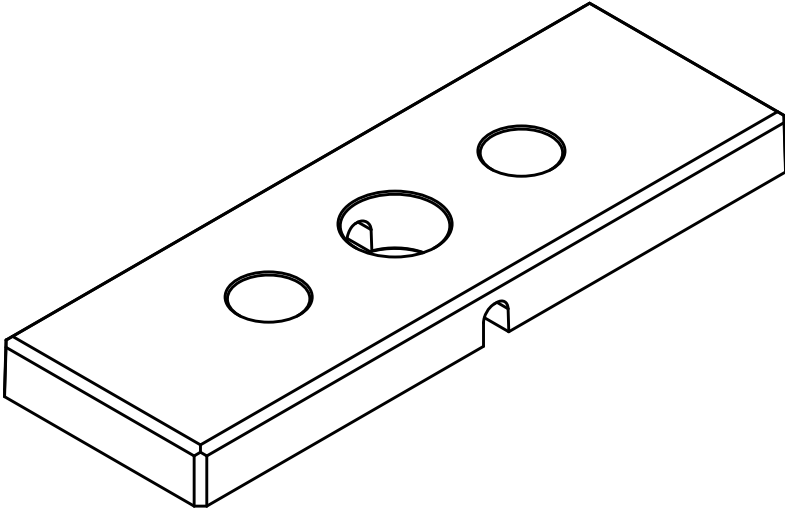
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Weight Stack Stem

20

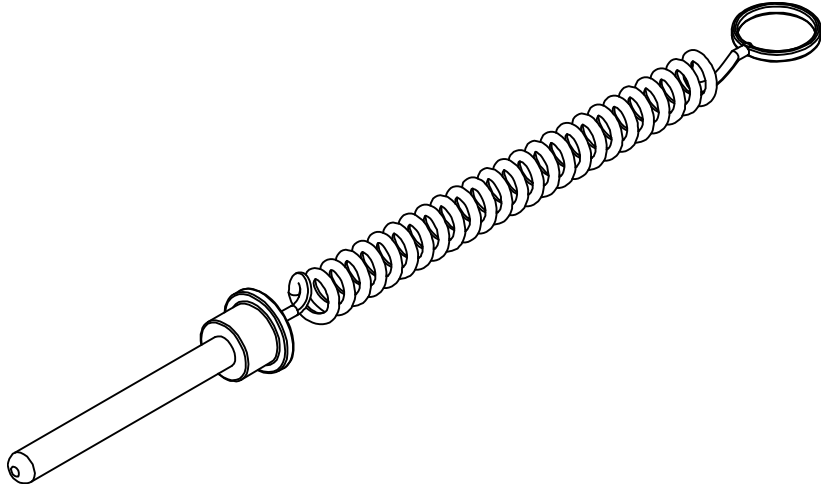
Qty: 56x



10LB Weight Stack Plate

21

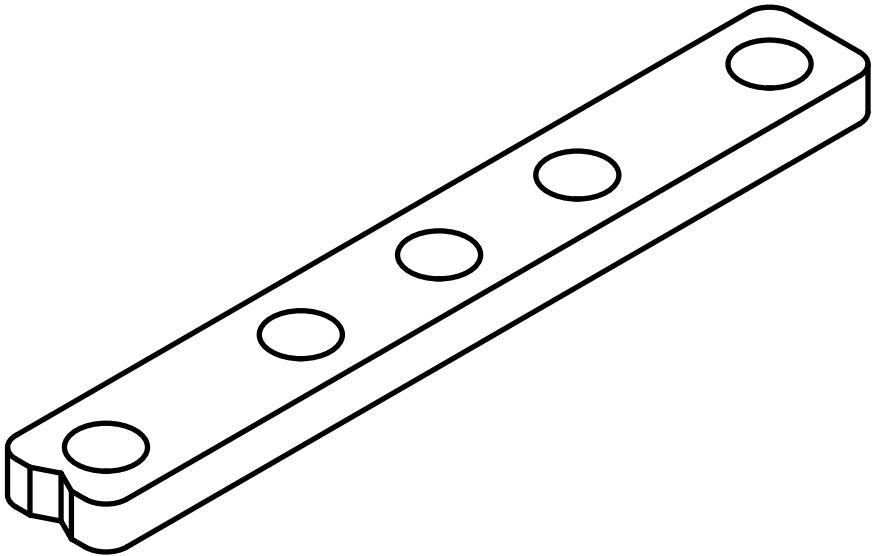
Qty: 2x



Weight Stack Selector Pin w/ Lanyard

22

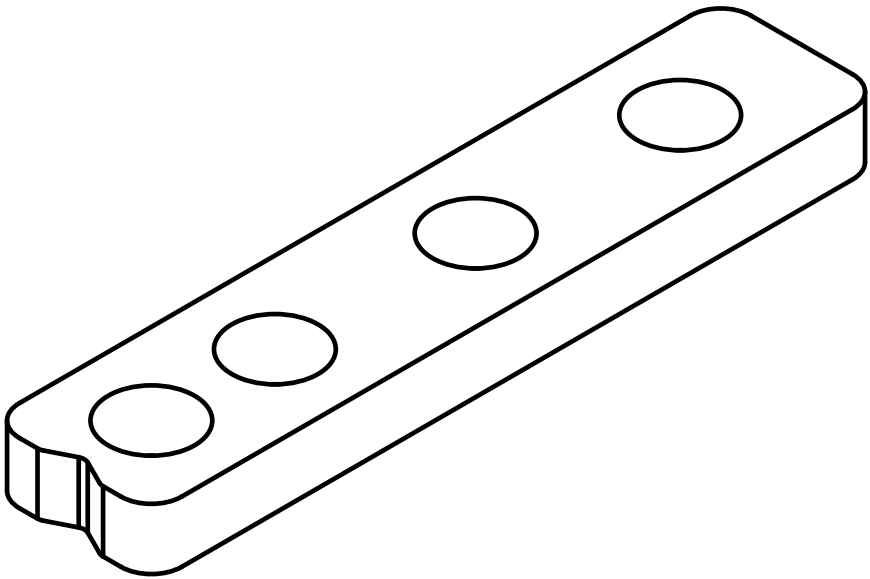
Qty: 2x



Bottom Weight Stack Spacer

23

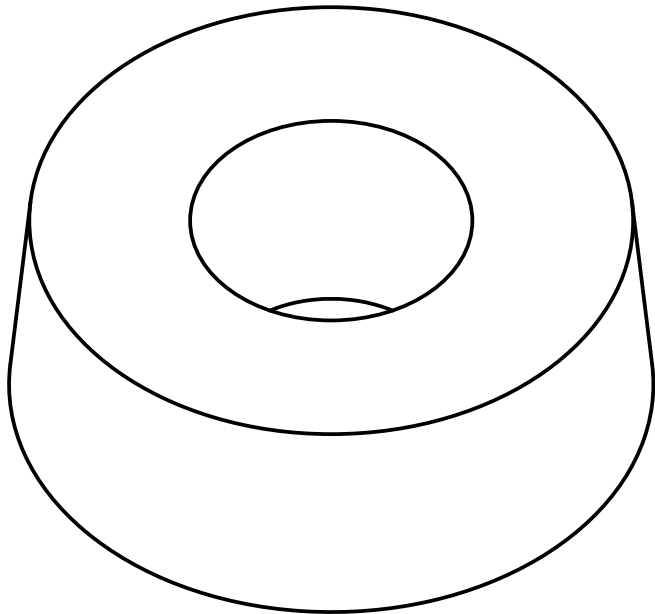
Qty: 2x



Top Weight Stack Spacer

24

Qty: 4x



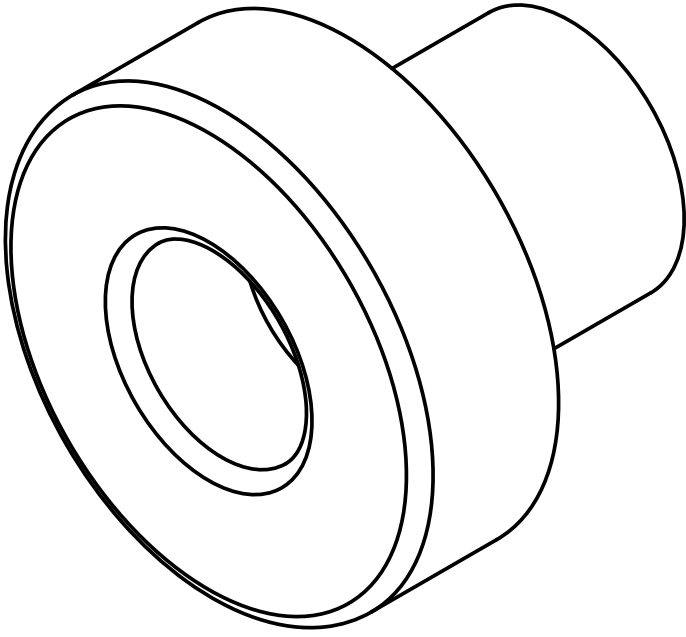
Weight Stack Bottom Bumper

INCLUDED PARTS: FM-HR TWIN

Note: Images not shown at scale.

25

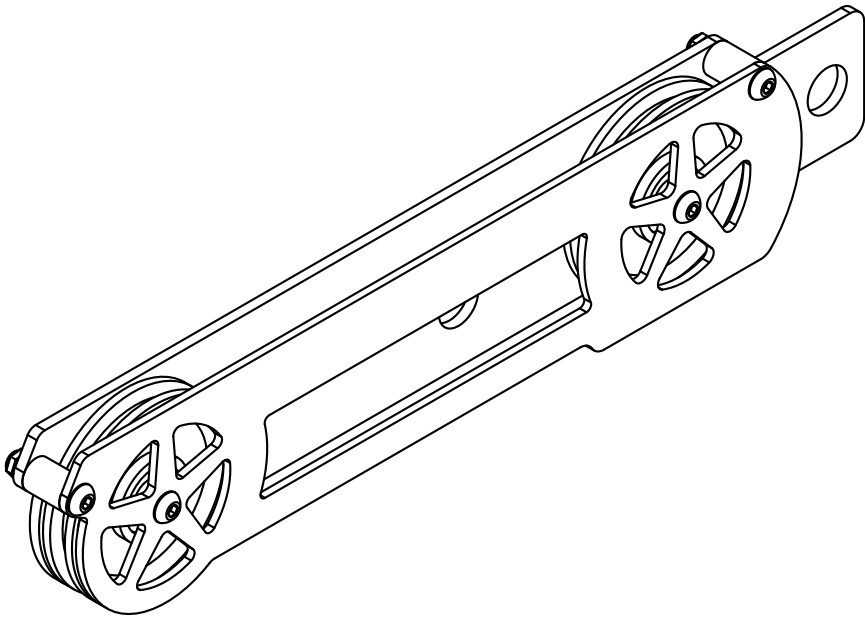
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Weight Stack Pulley Top Bumper

26

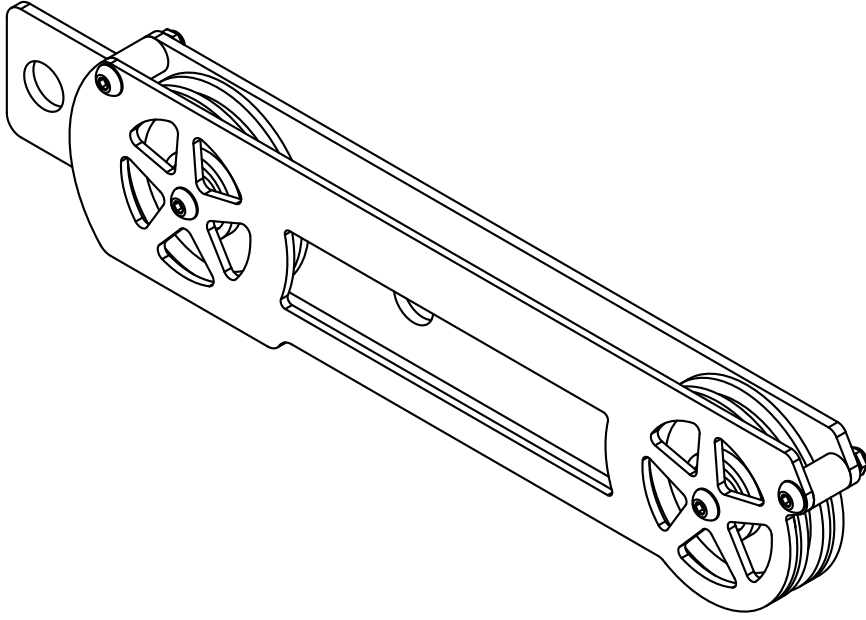
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Top Side Pulley Assembly - RH

27

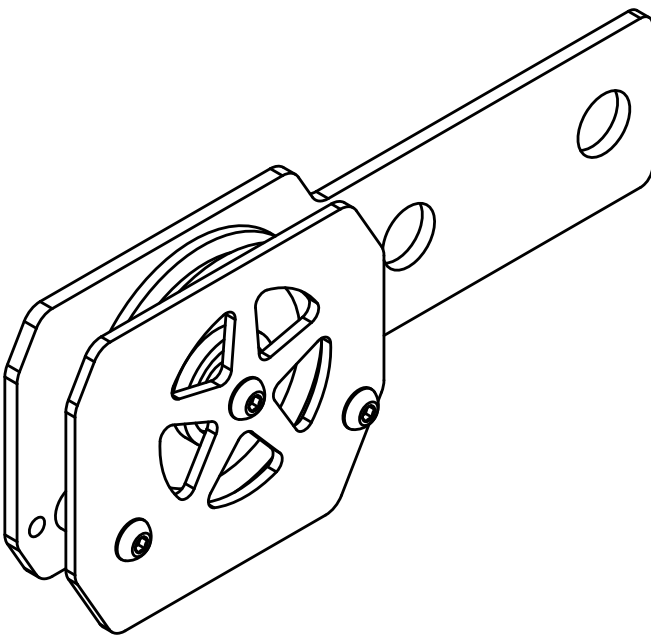
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Top Side Pulley Assembly - LH

28

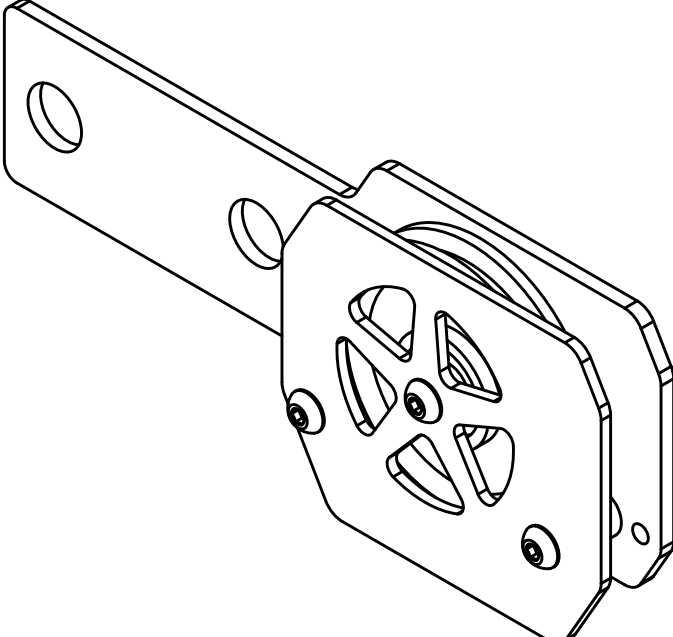
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Bottom Side Pulley Assembly - RH

29

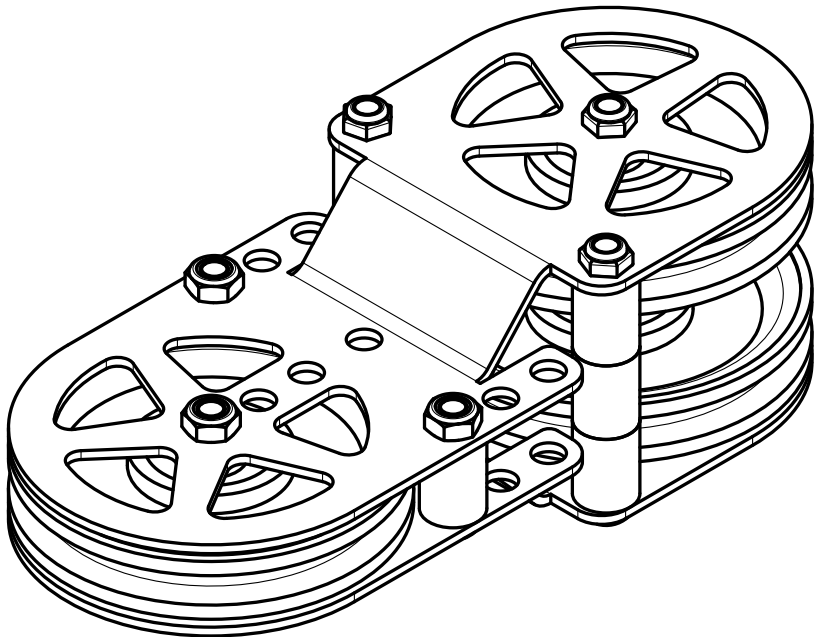
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Bottom Side Pulley Assembly - LH

30

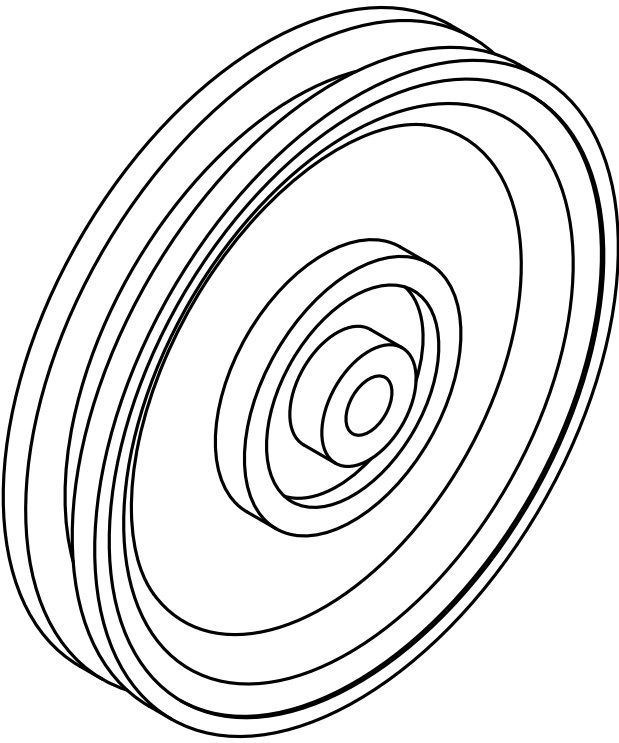
Qty: 1x



Peanut Pulley

31

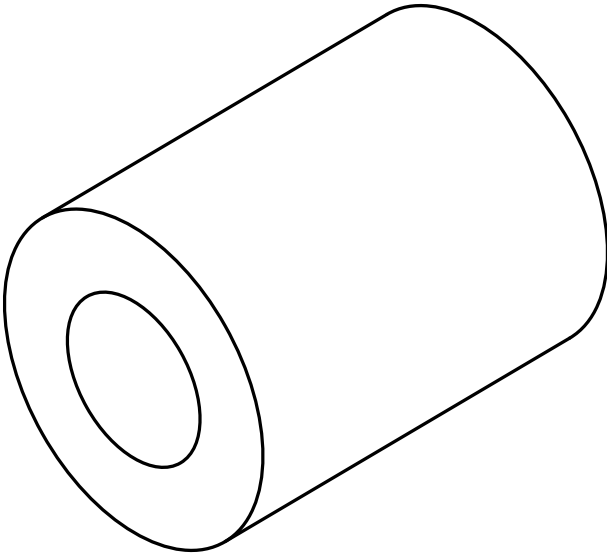
Qty: 1x



4.5” Pulley

32

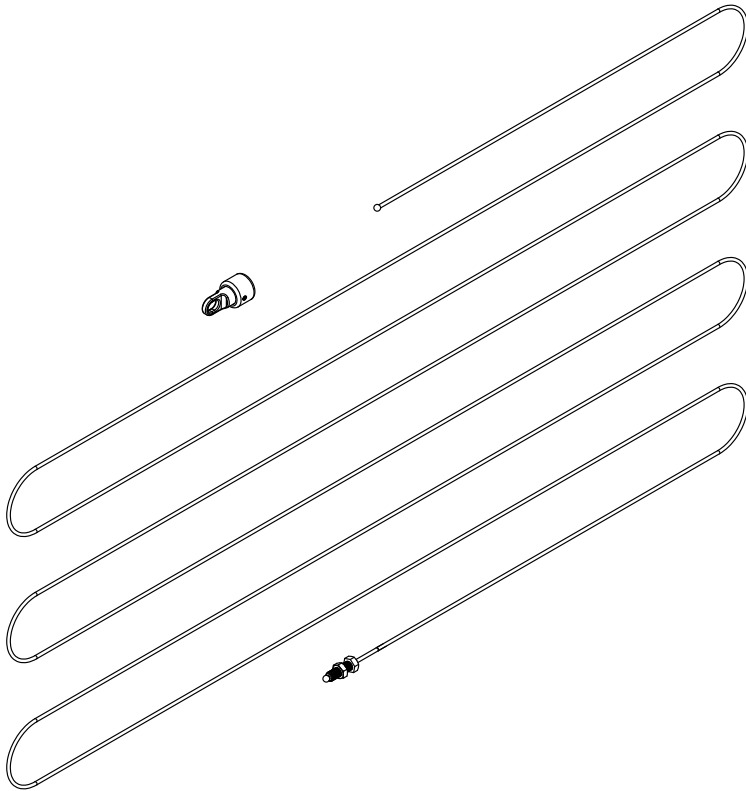
Qty: 1x



3/4” x 1” Cable Retainer

33

Qty: 2x

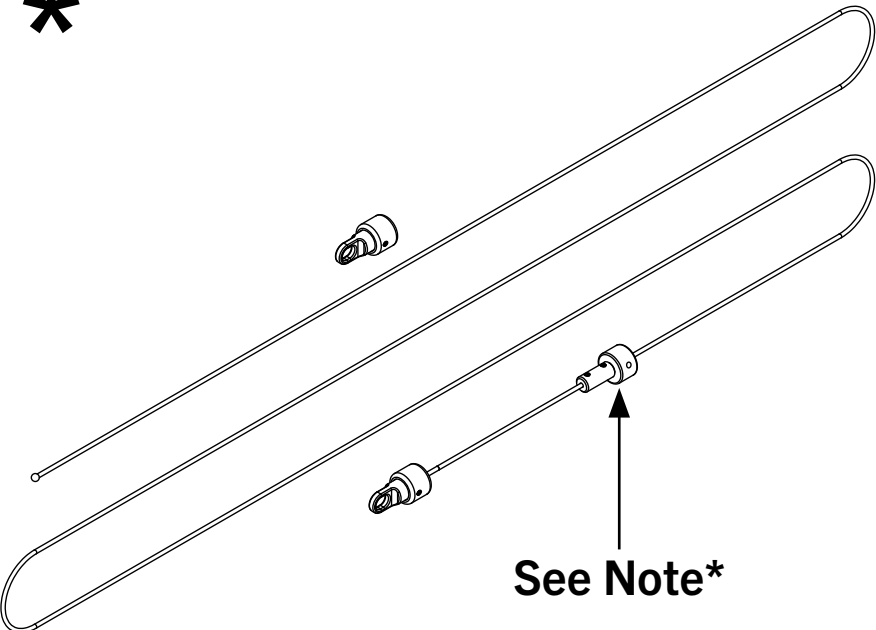


Trolley/Trolley Cable (Blue Tag)

34

Qty: 1x

*



See Note*

Lat Pull/Low Row Cable (Blue Tag)

35

Qty: 2x

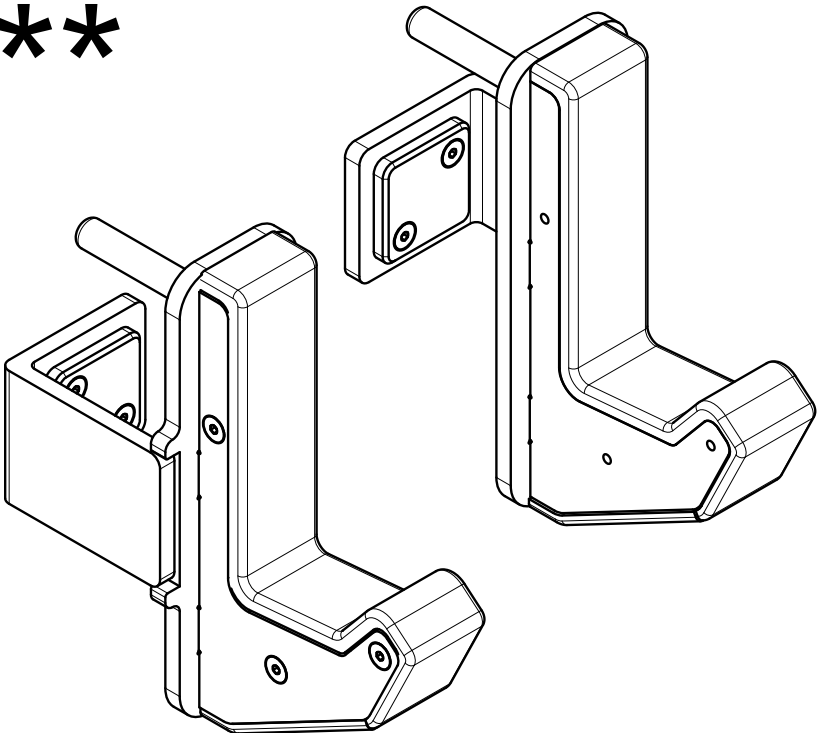
10 LB. 4.50kg	85 LB. 38.6kg	20 LB. 9.10kg	170 LB. 77.3kg
15 LB. 6.80kg	90 LB. 40.9kg	30 LB. 13.6kg	180 LB. 81.8kg
20 LB. 9.10kg	95 LB. 43.1kg	40 LB. 18.2kg	190 LB. 86.4kg
25 LB. 11.3kg	100 LB. 45.5kg	50 LB. 22.7kg	200 LB. 90.9kg
30 LB. 13.6kg	105 LB. 47.6kg	60 LB. 27.2kg	210 LB. 95.5kg
35 LB. 15.9kg	110 LB. 50.3kg	70 LB. 31.8kg	220 LB. 100kg
40 LB. 18.2kg	115 LB. 52.2kg	80 LB. 36.4kg	230 LB. 104.5kg
45 LB. 20.4kg	120 LB. 54.5kg	90 LB. 40.9kg	240 LB. 109.1kg
50 LB. 22.7kg	125 LB. 56.7kg	100 LB. 45.5kg	250 LB. 113.6kg
55 LB. 24.9kg	130 LB. 59.1kg	110 LB. 50.3kg	260 LB. 118.2kg
60 LB. 27.2kg	135 LB. 61.2kg	120 LB. 54.5kg	270 LB. 122.7kg
65 LB. 29.5kg	140 LB. 63.6kg	130 LB. 59.1kg	280 LB. 127.3kg
70 LB. 31.8kg	145 LB. 65.8kg	140 LB. 63.6kg	290 LB. 131.8kg
75 LB. 34.0kg	150 LB. 68.2kg	150 LB. 68.2kg	300 LB. 136.4kg
80 LB. 36.4kg		160 LB. 72.7kg	

Weight Stack Number Label Sheet

36

Qty: 1x

**



Pair of Monster J-cups

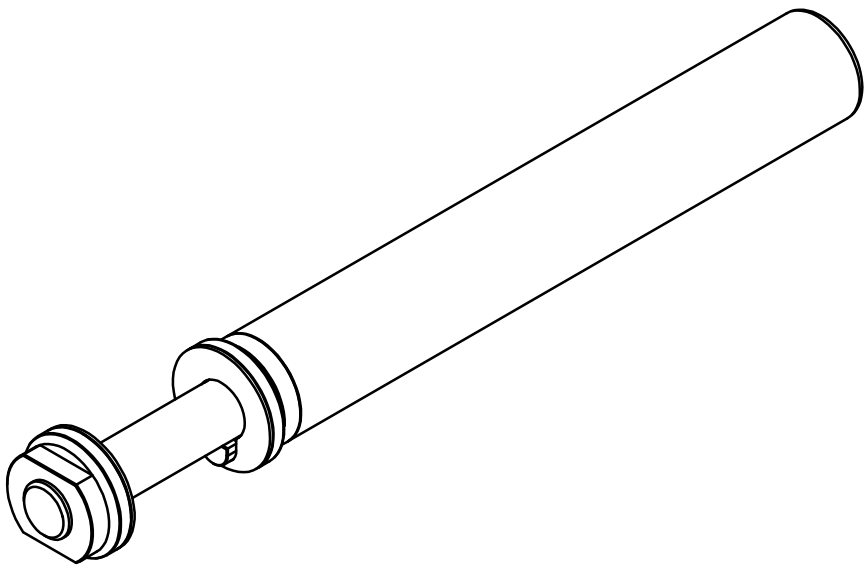
* Extra “retainer” hardware shown is not included on Lat Pull/Low Row Cable for 90” Racks.
** Items may look different than drawings shown. Style depends on selection made at checkout.

INCLUDED PARTS: FM-HR TWIN

Note: Images not shown at scale.

37

Qty: 8x



Monster Plate Storage Pin

38

Qty: 8x

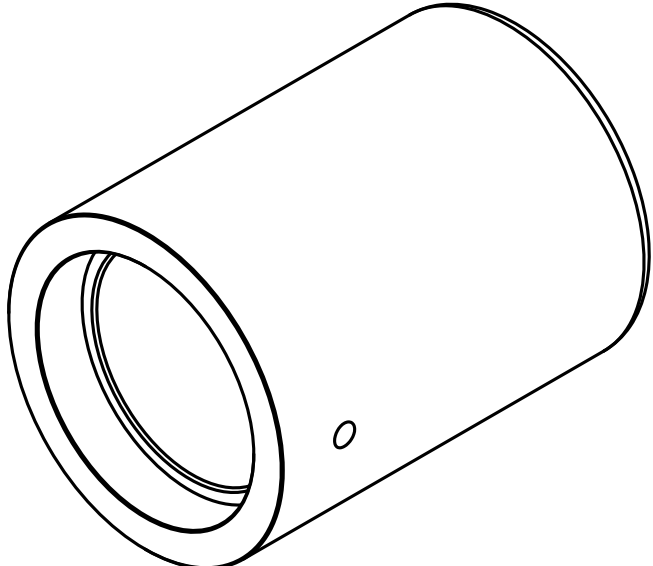
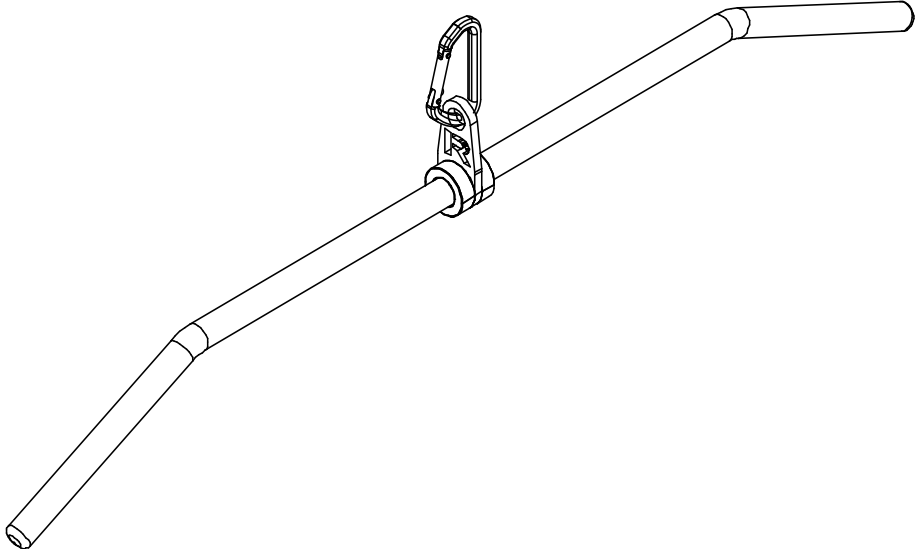


Plate Storage Spacer

39

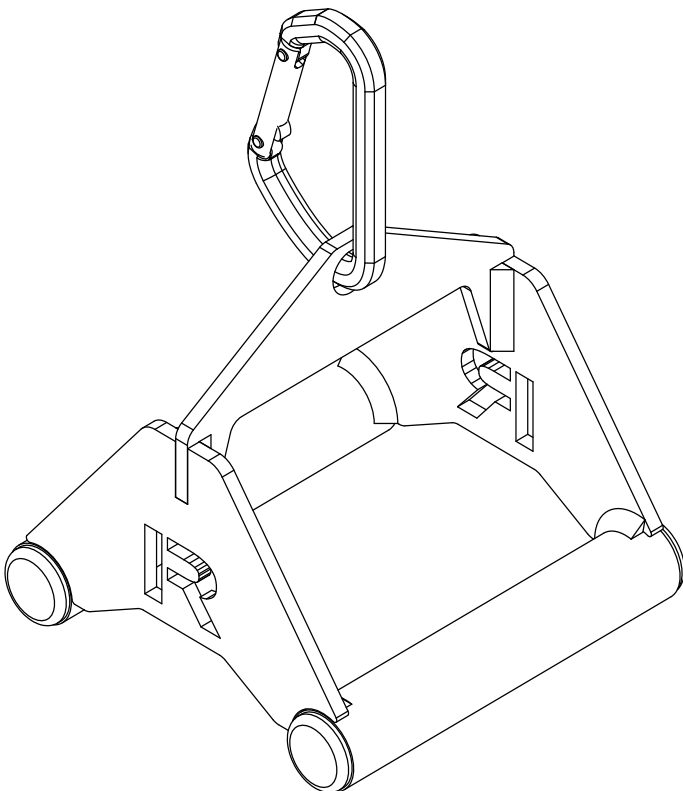
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Stainless Lat Bar

40

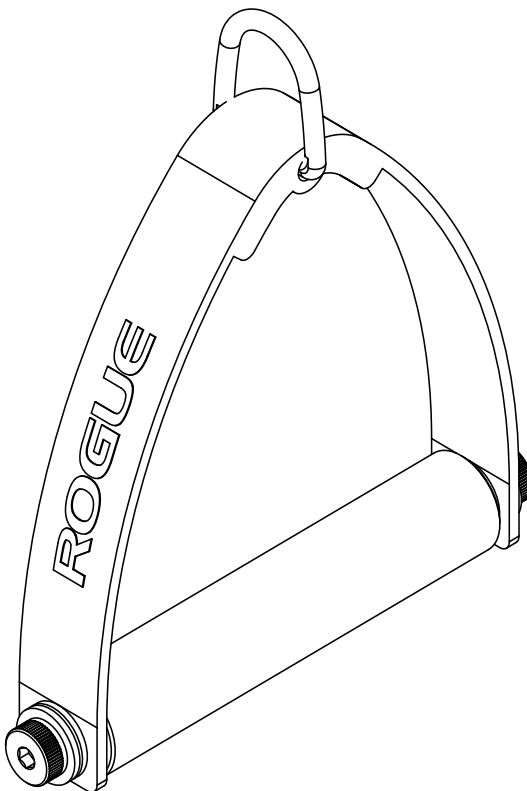
Qty: 1x



Standard Grip Triangle

41

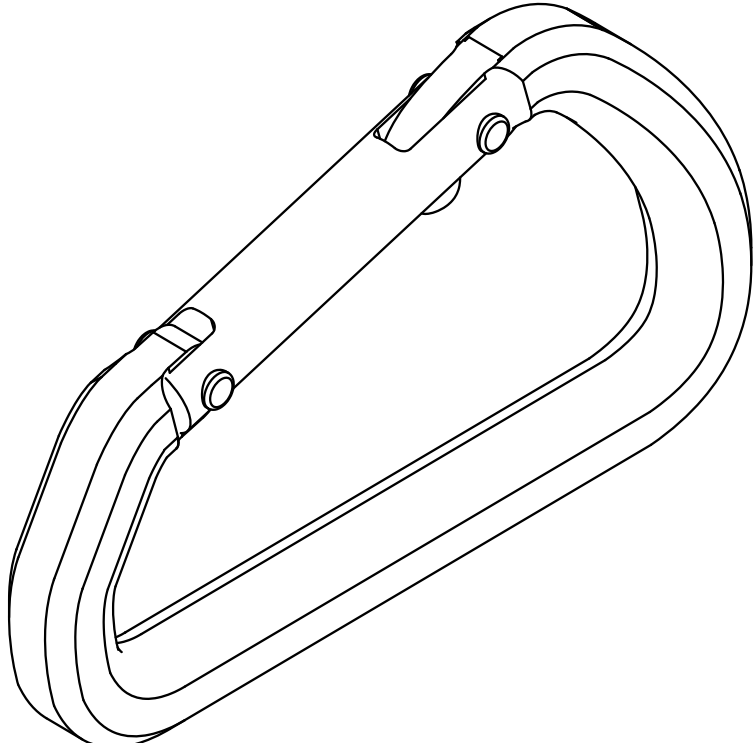
Qty: 2x



Single Handle Cable Attachment

42

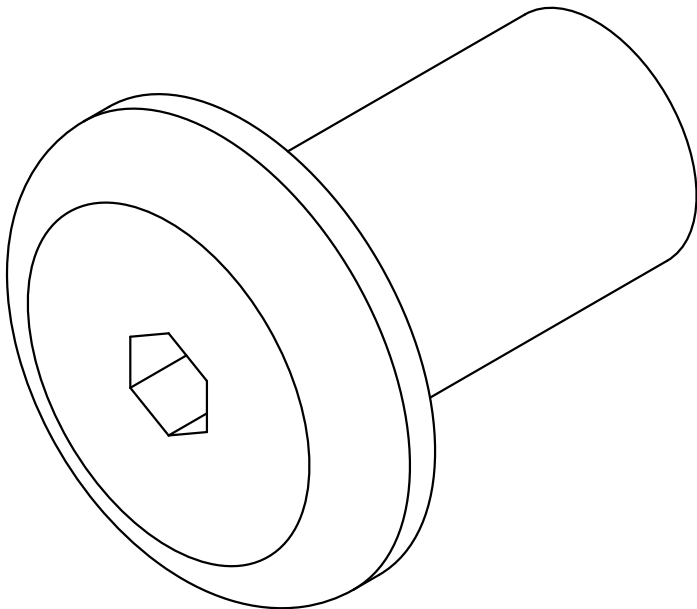
Qty: 2x



D Carabiner

43

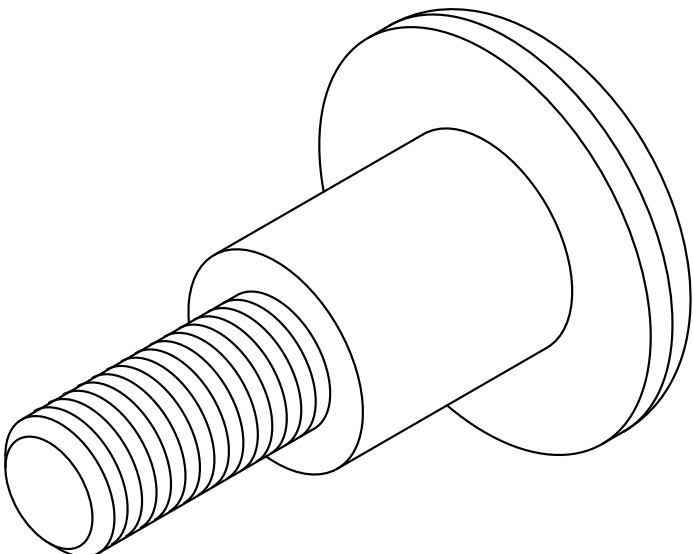
Qty: 2x



1 inch Shoulder Bolt - Female

44

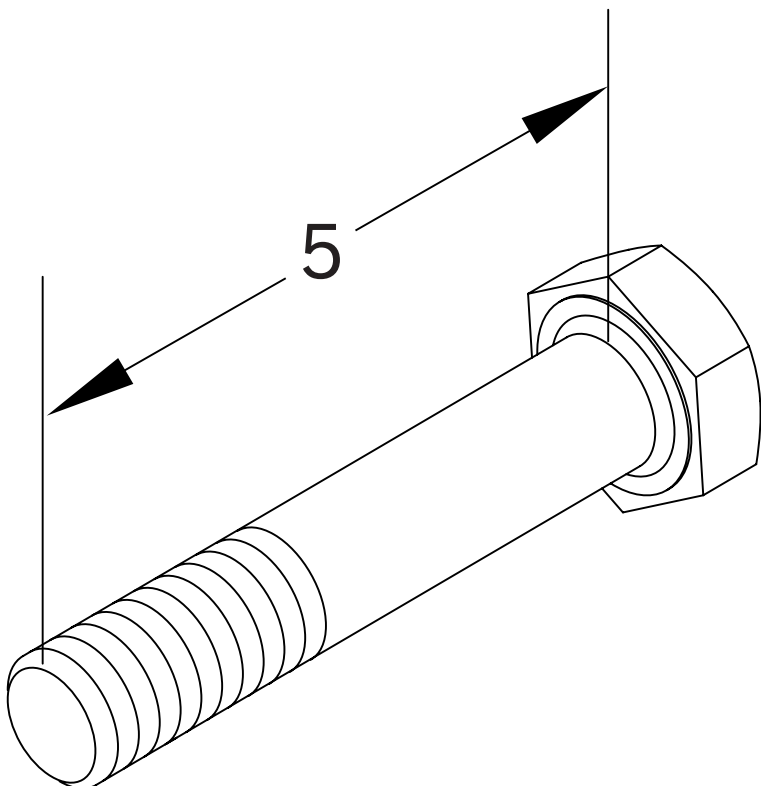
Qty: 2x



1 inch Shoulder Bolt - Male

45

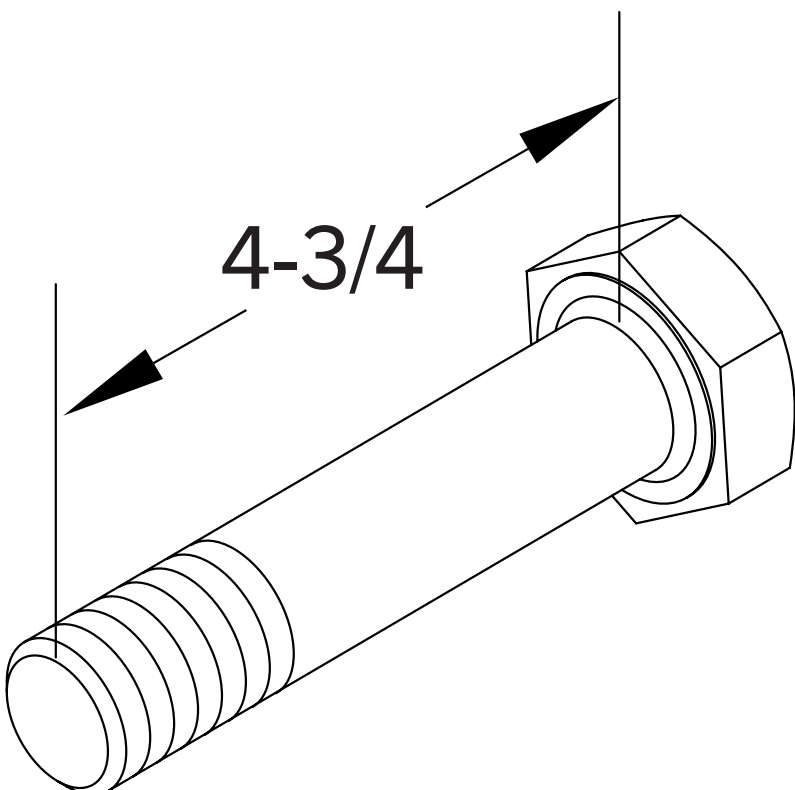
Qty: 12x



1 inch x 5 inch Hex Bolt

46

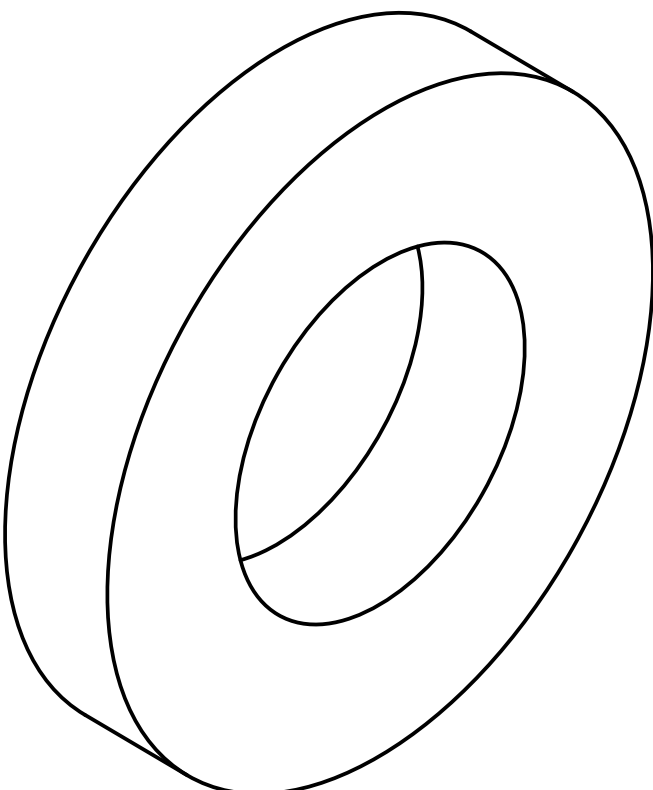
Qty: 18x



1 inch x 4-3/4 inch Hex Bolt

47

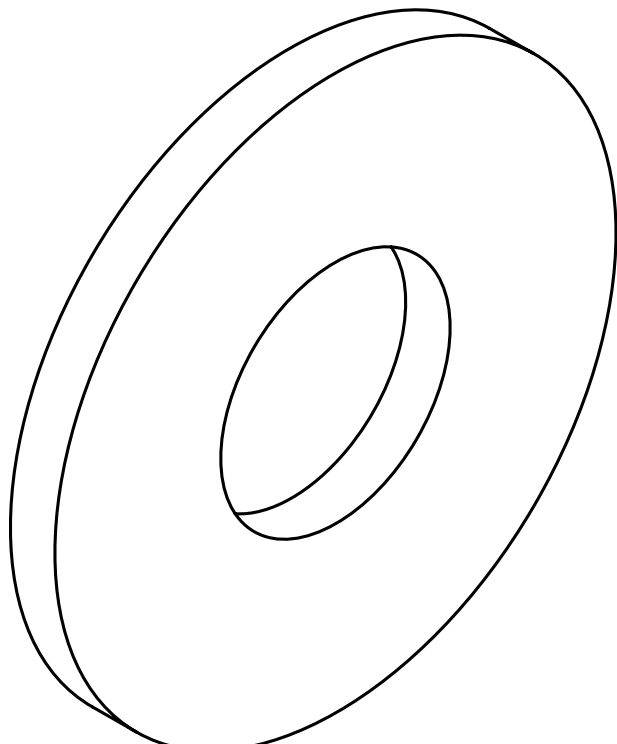
Qty: 8x



1 inch x 3/8 inch Pulley Bracket Spacer

48

Qty: 26x



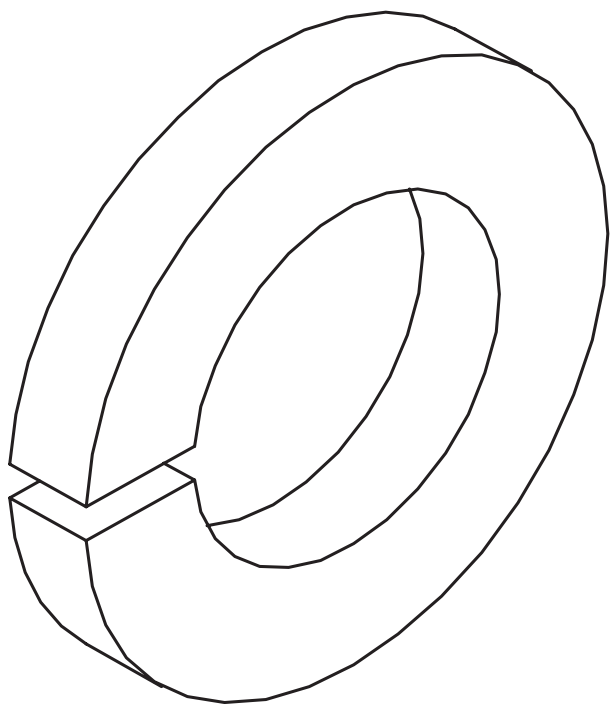
1 inch Flat Washer

INCLUDED PARTS: FM-HR TWIN

Note: Images not shown at scale.

49

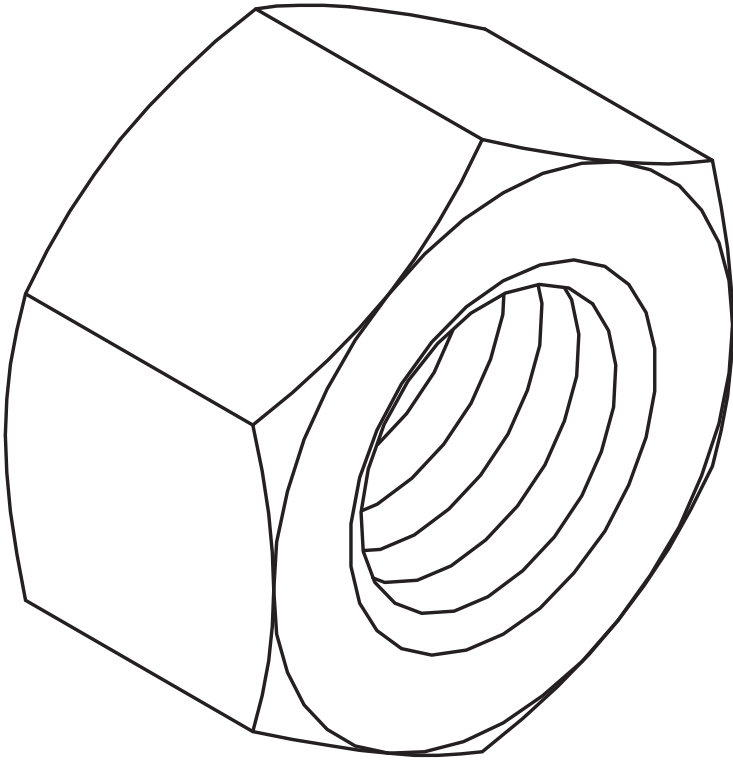
Qty: 30x



1” Lock Washer

50

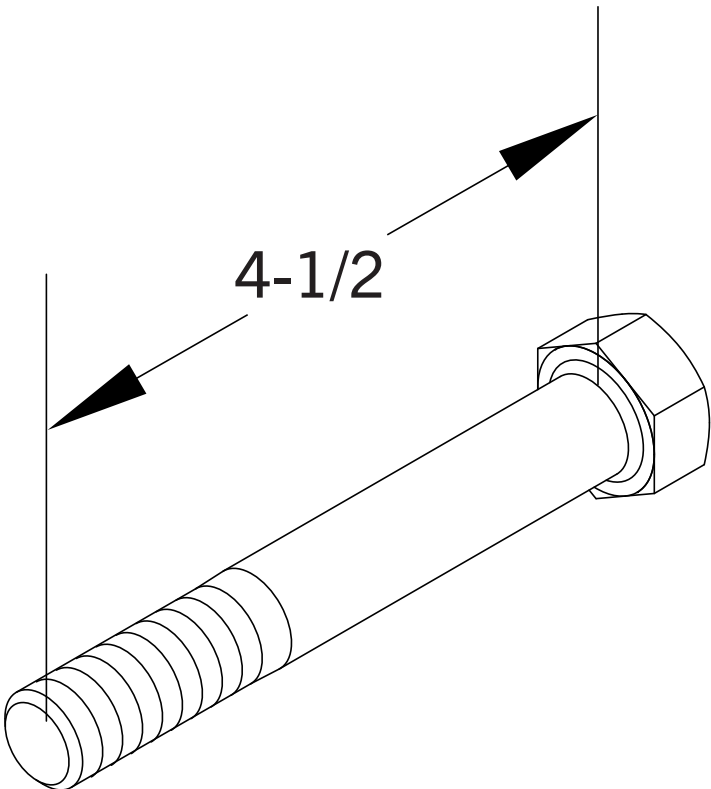
Qty: 30x



1” Hex Nut

51

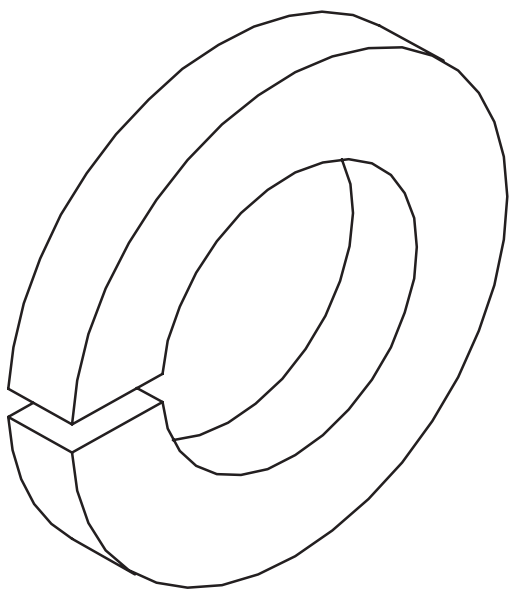
Qty: 8x



5/8” x 4-1/2” Hex Bolt

52

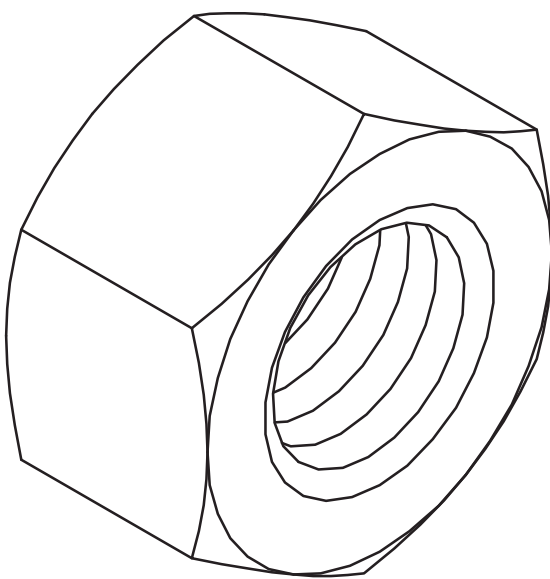
Qty: 8x



5/8” Lock Washer

53

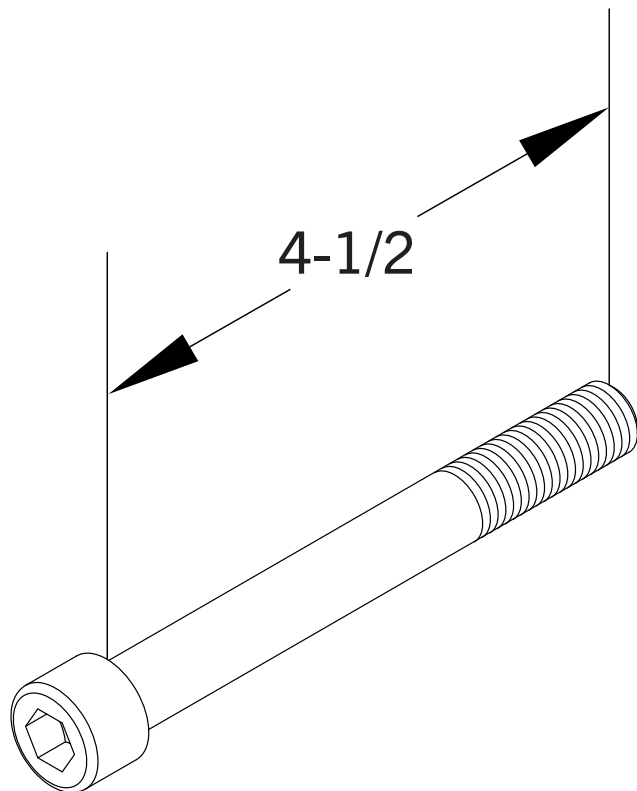
Qty: 8x



5/8” Hex Nut

54

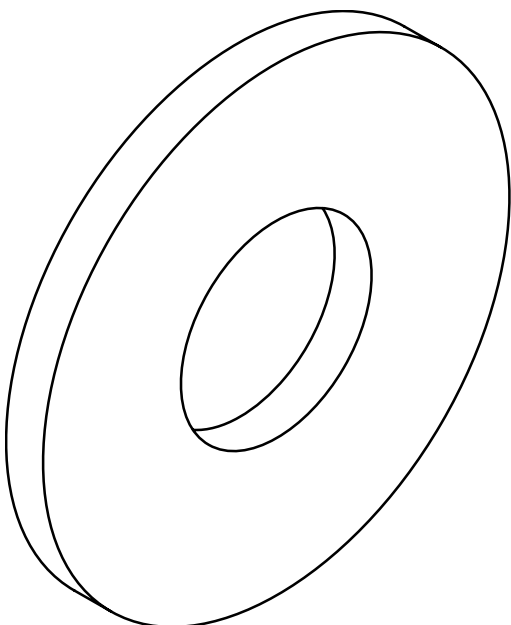
Qty: 2x



1/2” x 4-1/2” Socket Head Screw

55

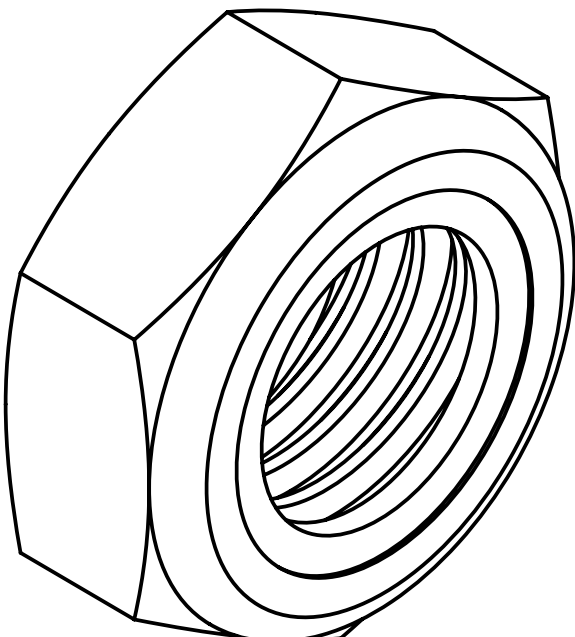
Qty: 2x



1/2” Flat Washer

56

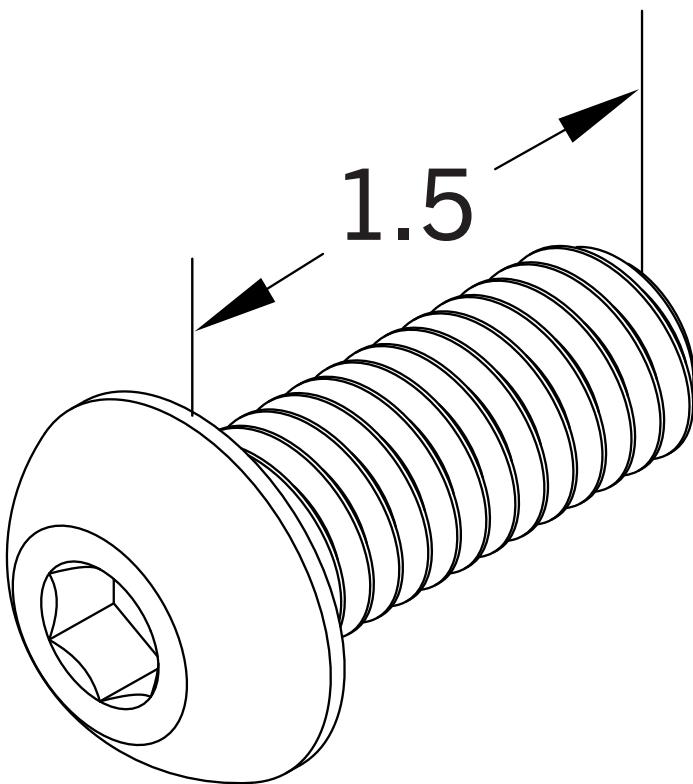
Qty: 2x



1/2” Thin Nylock Nut

57

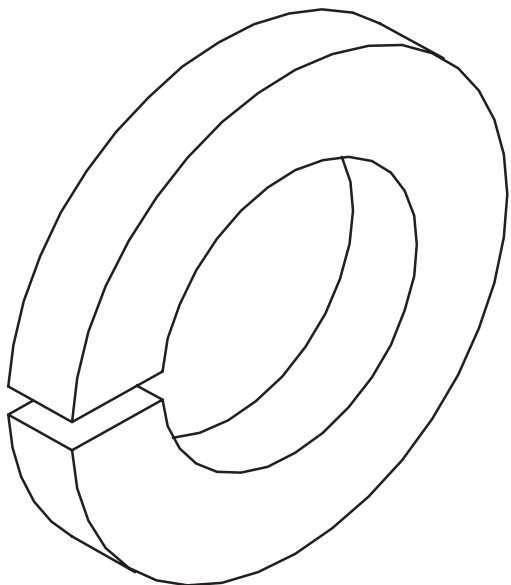
Qty: 2x



1/2” x 1-1/2” Button Head Screw

58

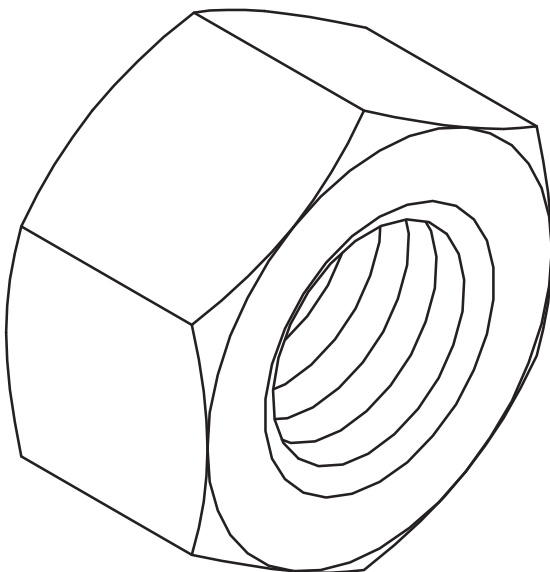
Qty: 2x



1/2” Lock Washer

59

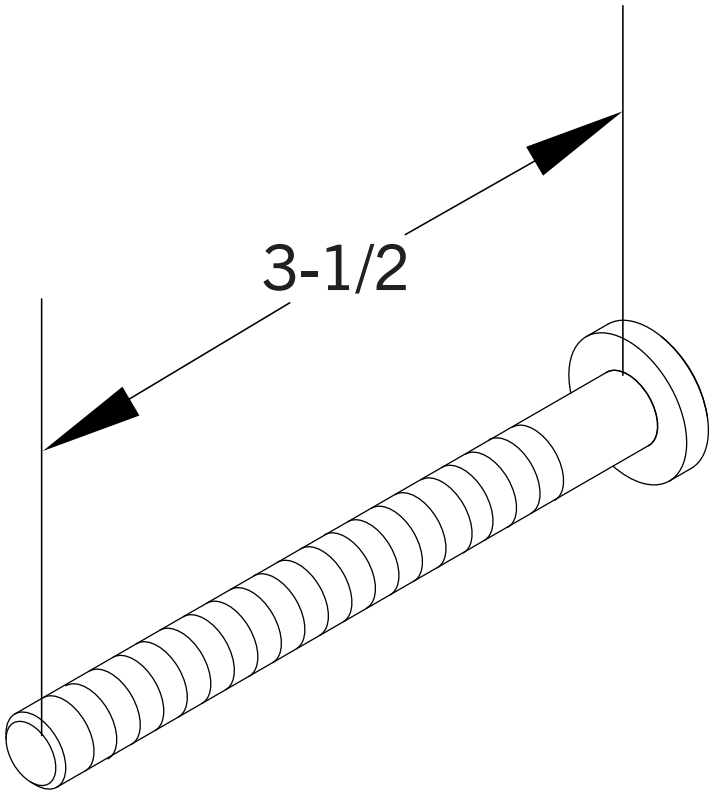
Qty: 2x



1/2” Hex Nut

60

Qty: 2x



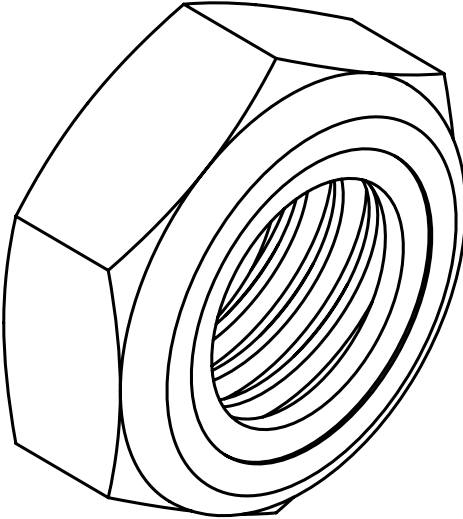
3/8” x 3-1/2” Button Head Screw

INCLUDED PARTS: FM-HR TWIN

Note: Images not shown at scale.

61

Qty: 2x

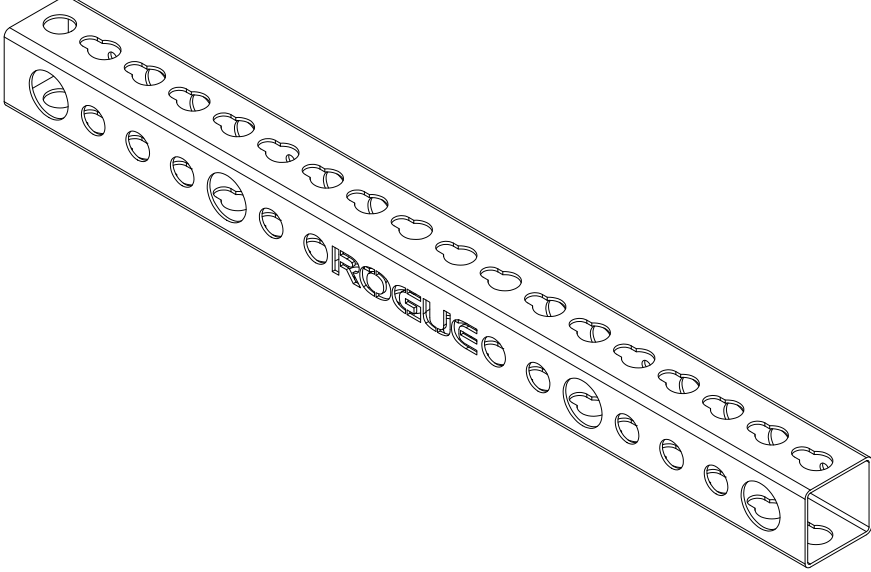


3/8” Nylock Nut

62

Qty: 2x

*



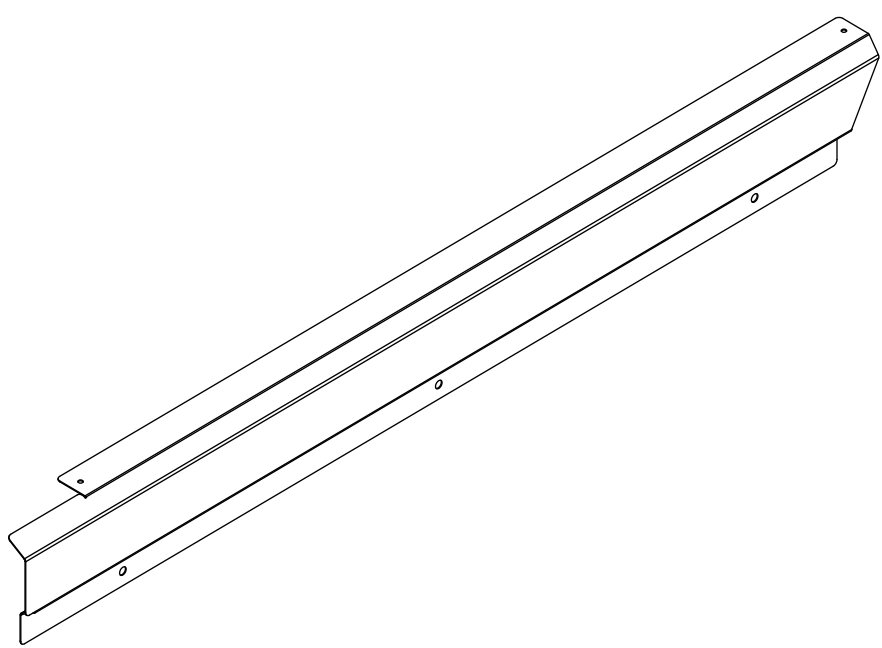
Monster Strip

INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

63

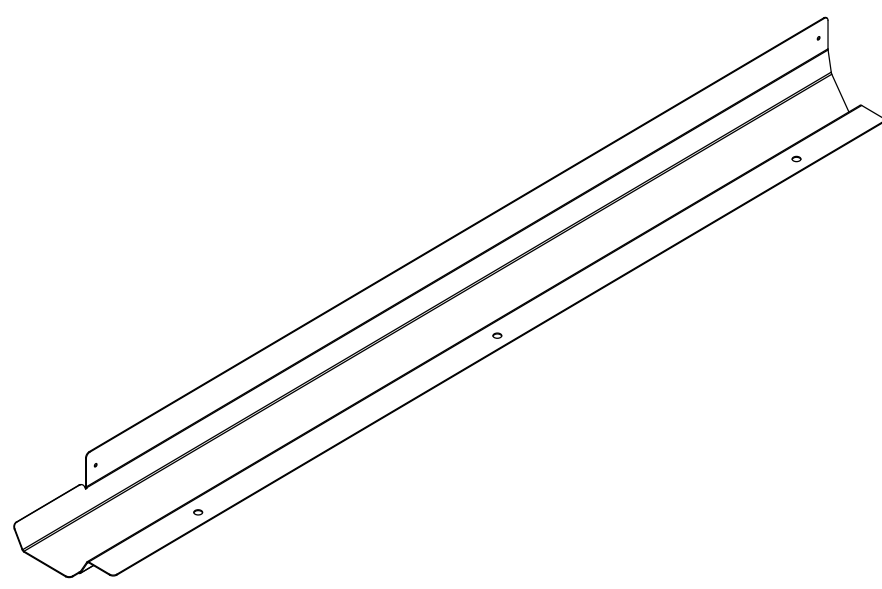
Qty: 1x



Rear Shroud - RH

64

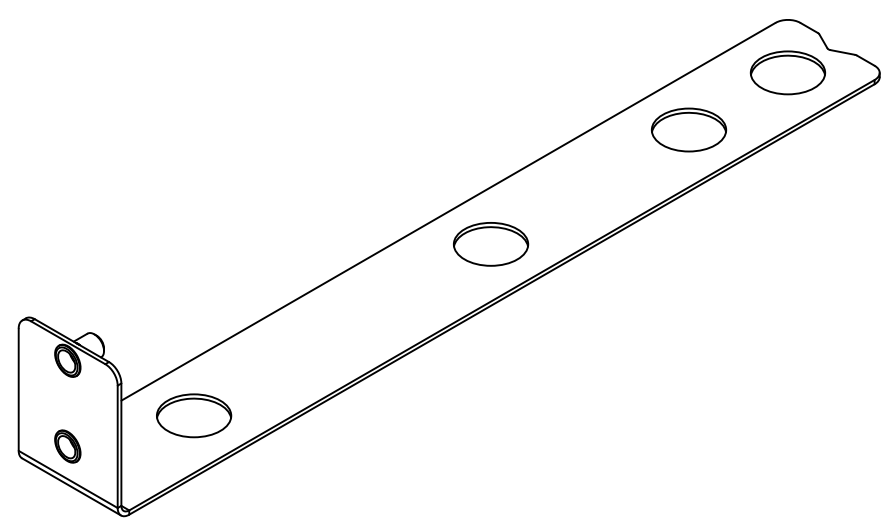
Qty: 1x



Rear Shroud - LH

65

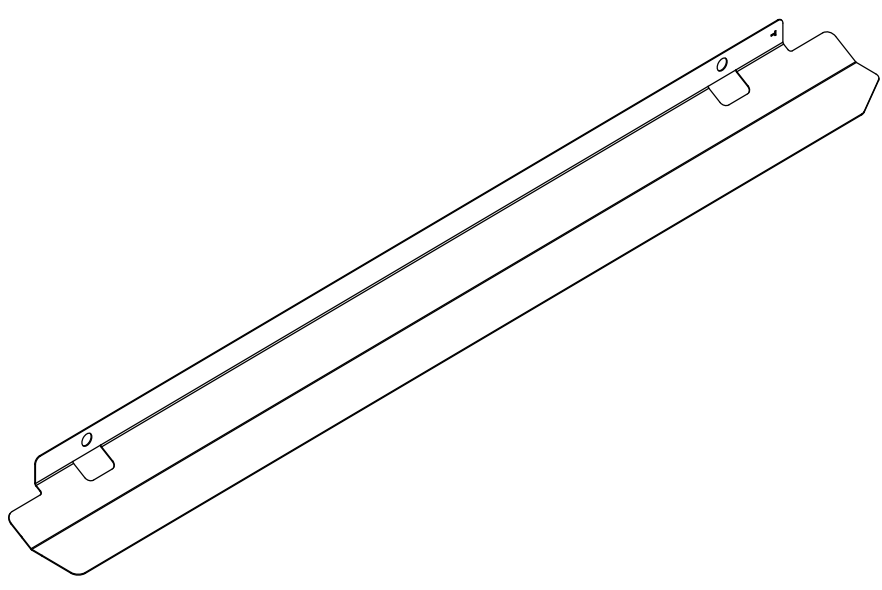
Qty: 4x



Weight Stack Shroud Bracket

66

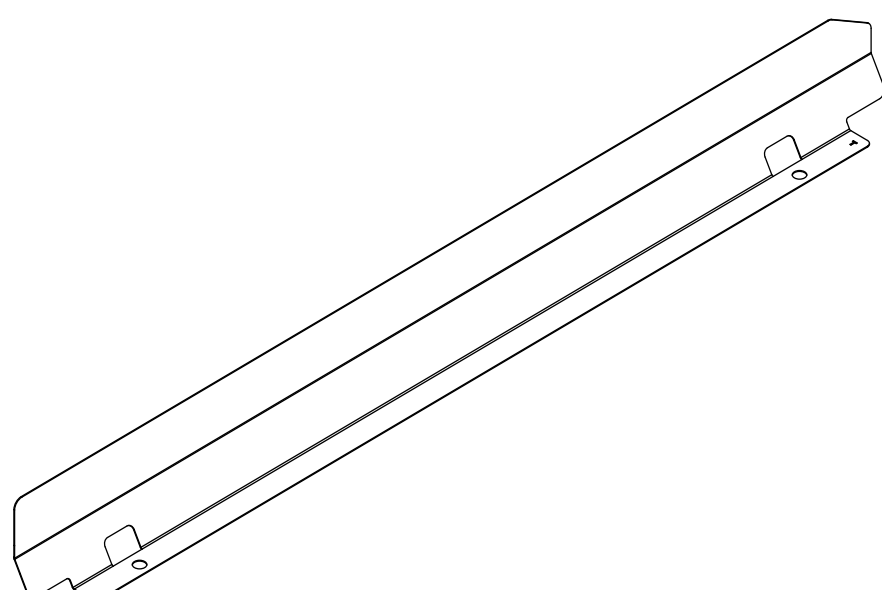
Qty: 2x



Weight Stack Rear Shroud - RH

67

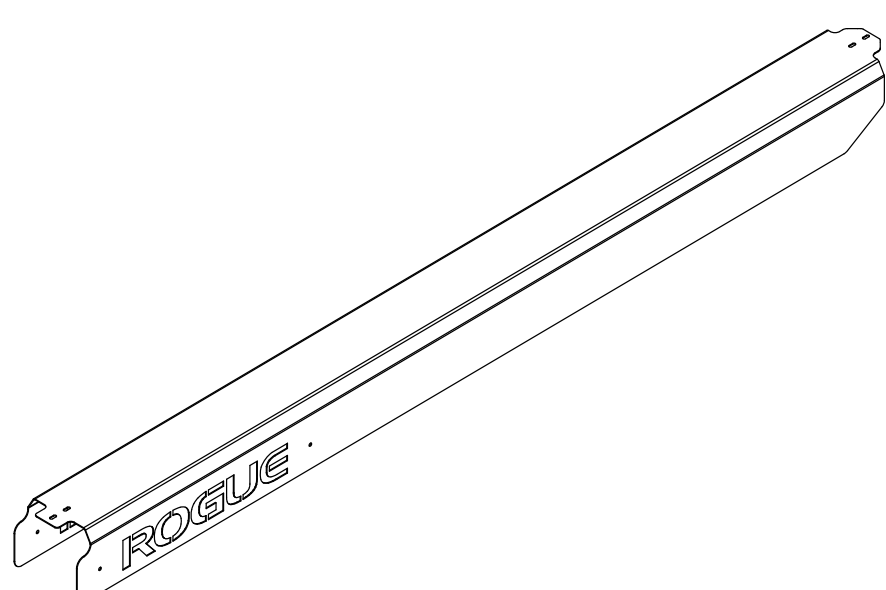
Qty: 2x



Weight Stack Rear Shroud - LH

68

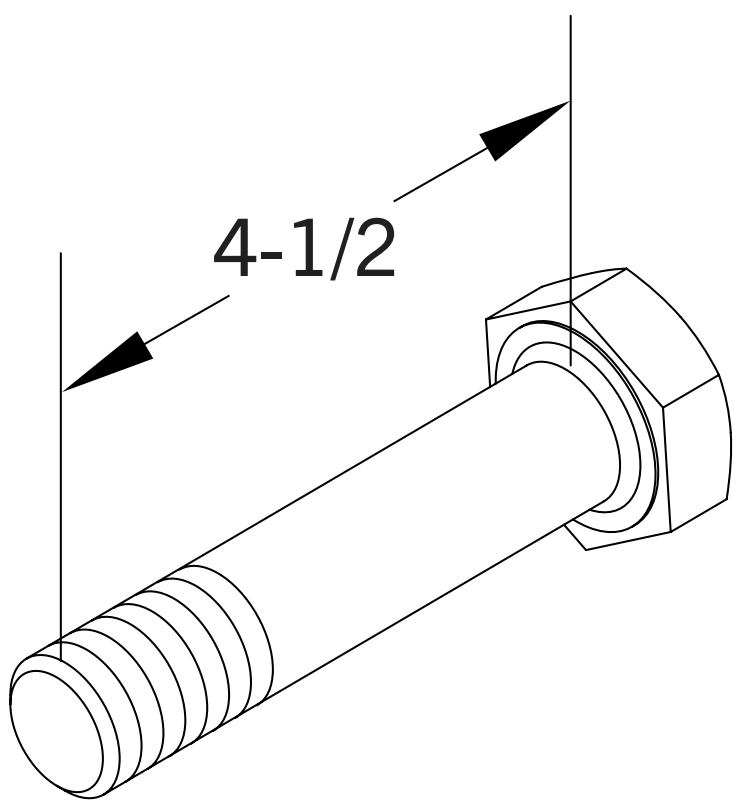
Qty: 2x



Weight Stack Nameplate Shroud

69

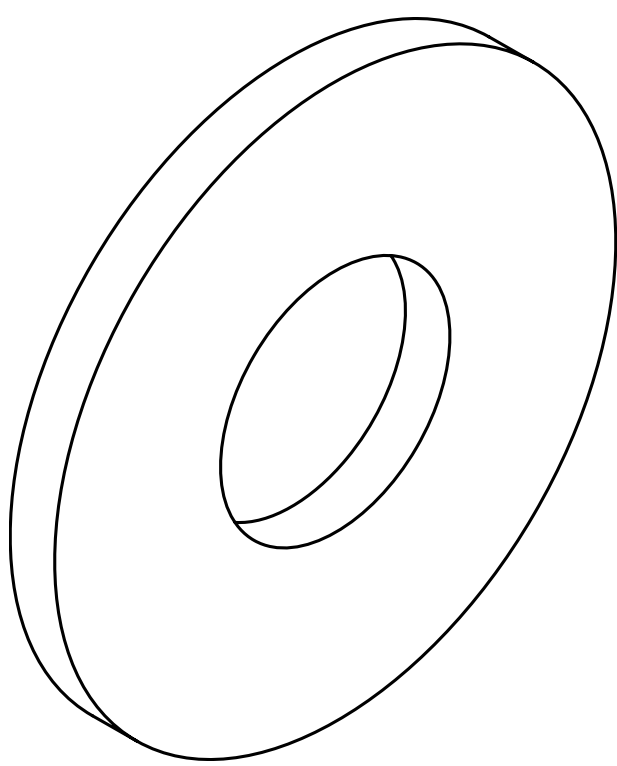
Qty: 4x



1" x 4-3/4" Hex Bolt

70

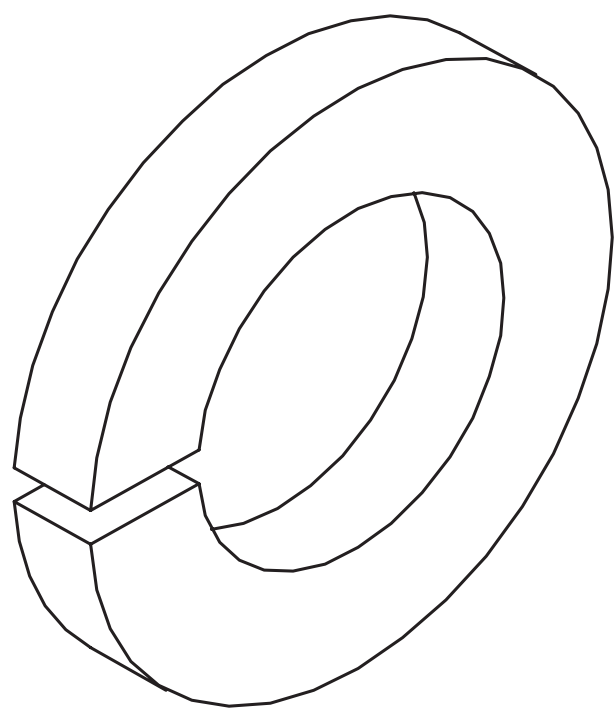
Qty: 4x



1" Flat Washer

71

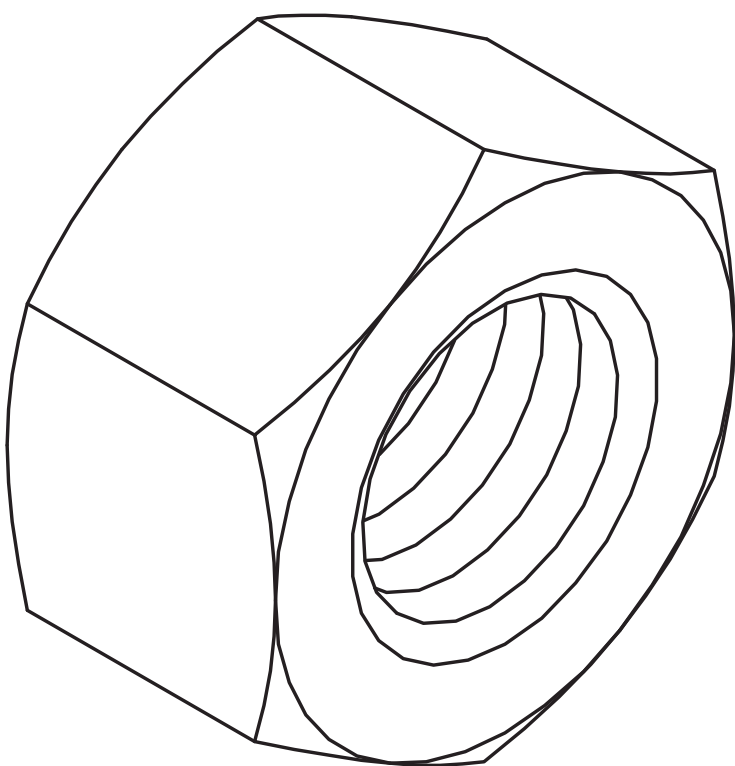
Qty: 4x



1" Lock Washer

72

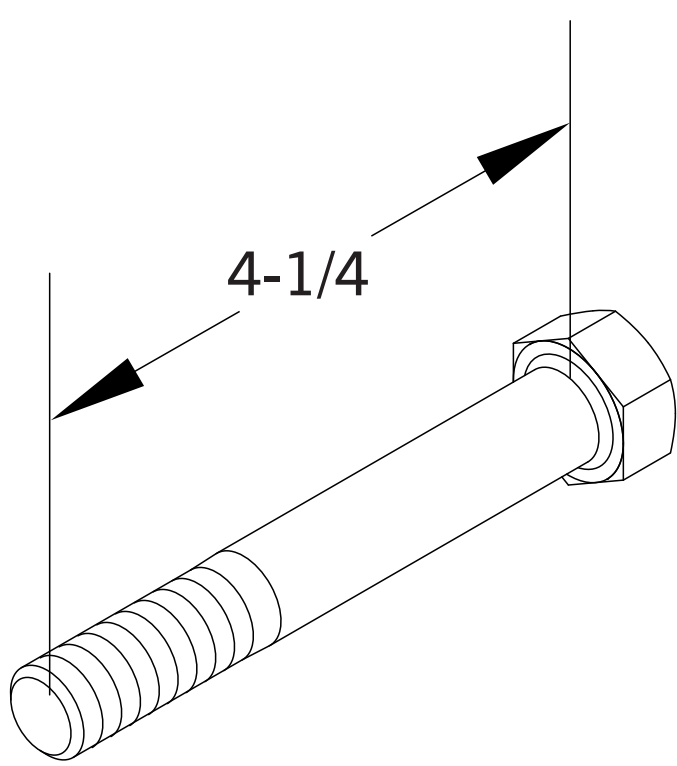
Qty: 4x



1" Hex Nut

73

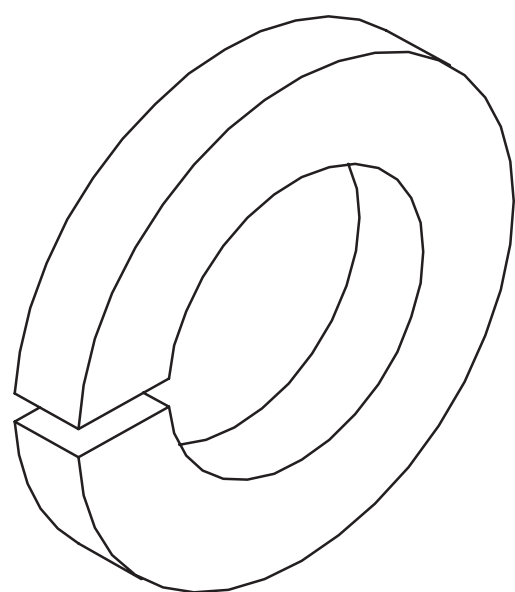
Qty: 3x



5/8" x 4-1/4" Hex Bolt

74

Qty: 3x



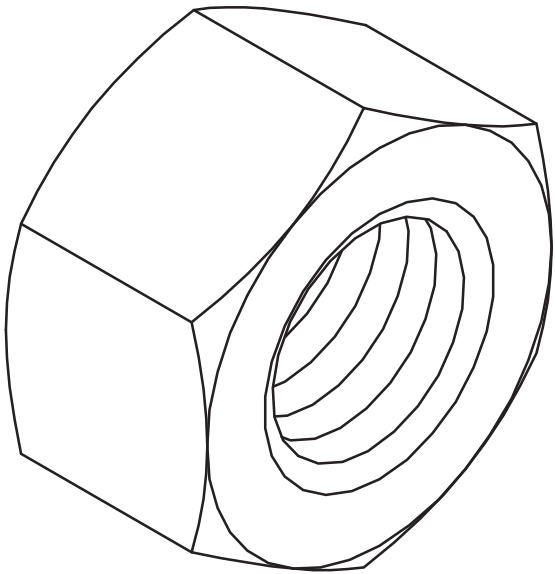
5/8" Lock Washer

INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

75

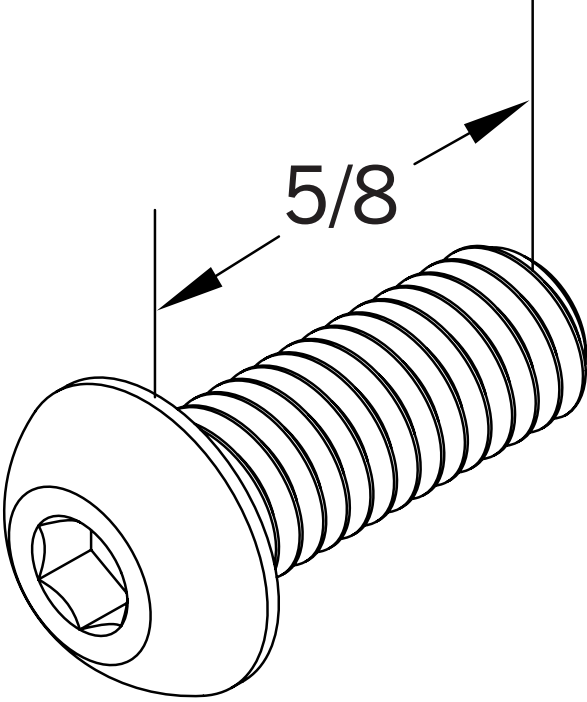
Qty: 3x



5/8" Hex Nut

76

Qty: 10x

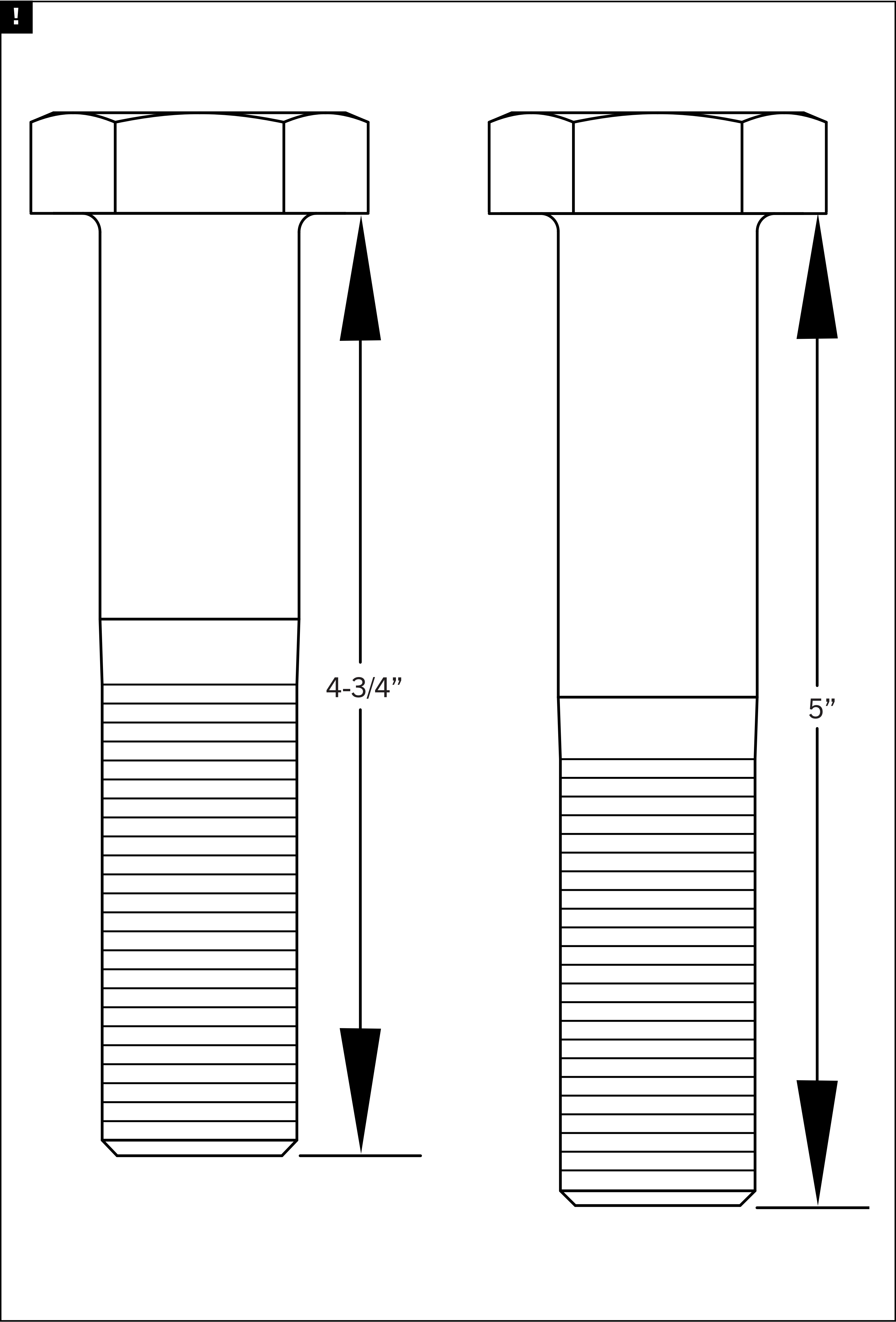


1/4" x 5/8" Button Head Screw

1” HARDWARE LENGTH GUIDE

Note:

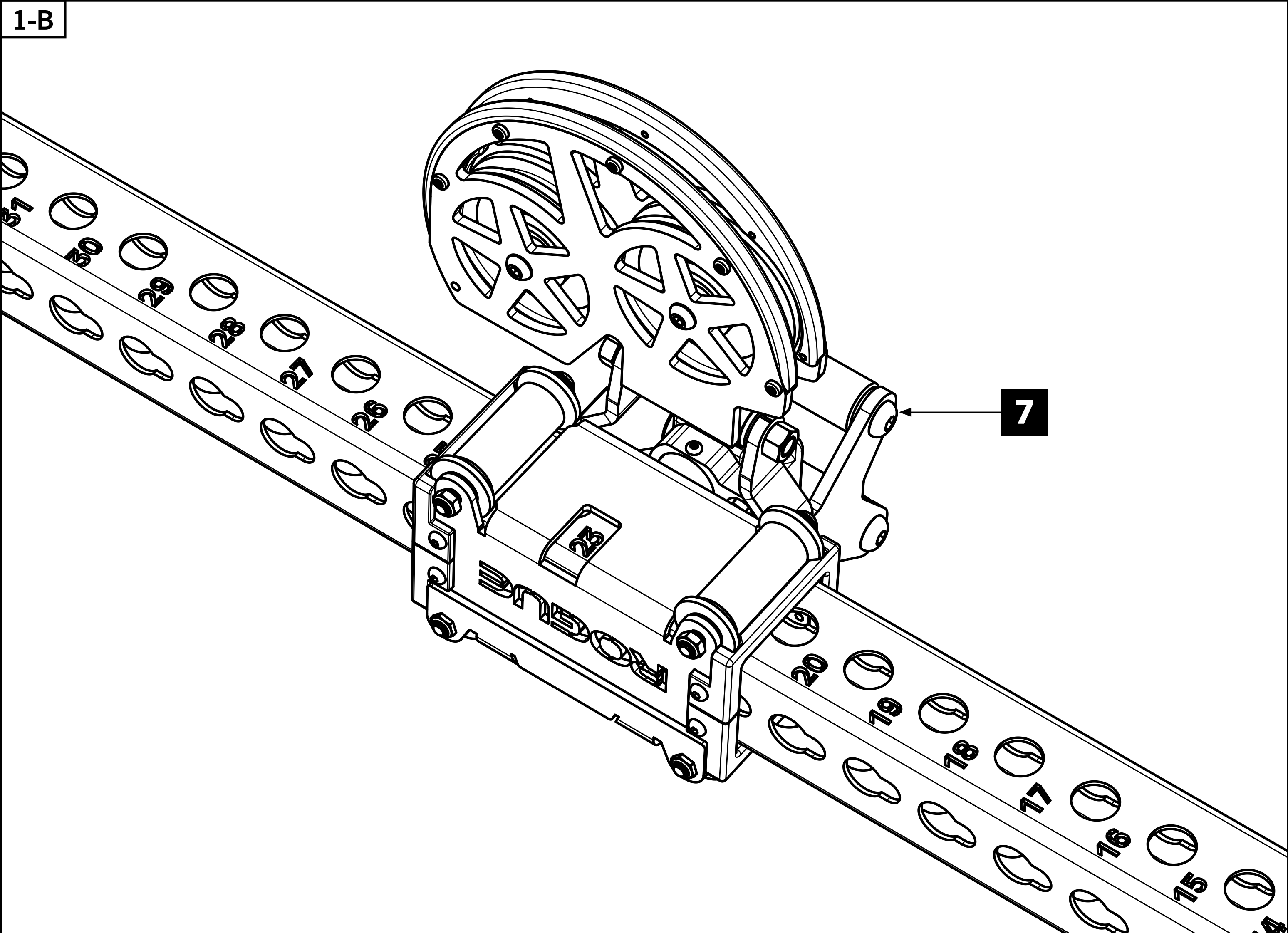
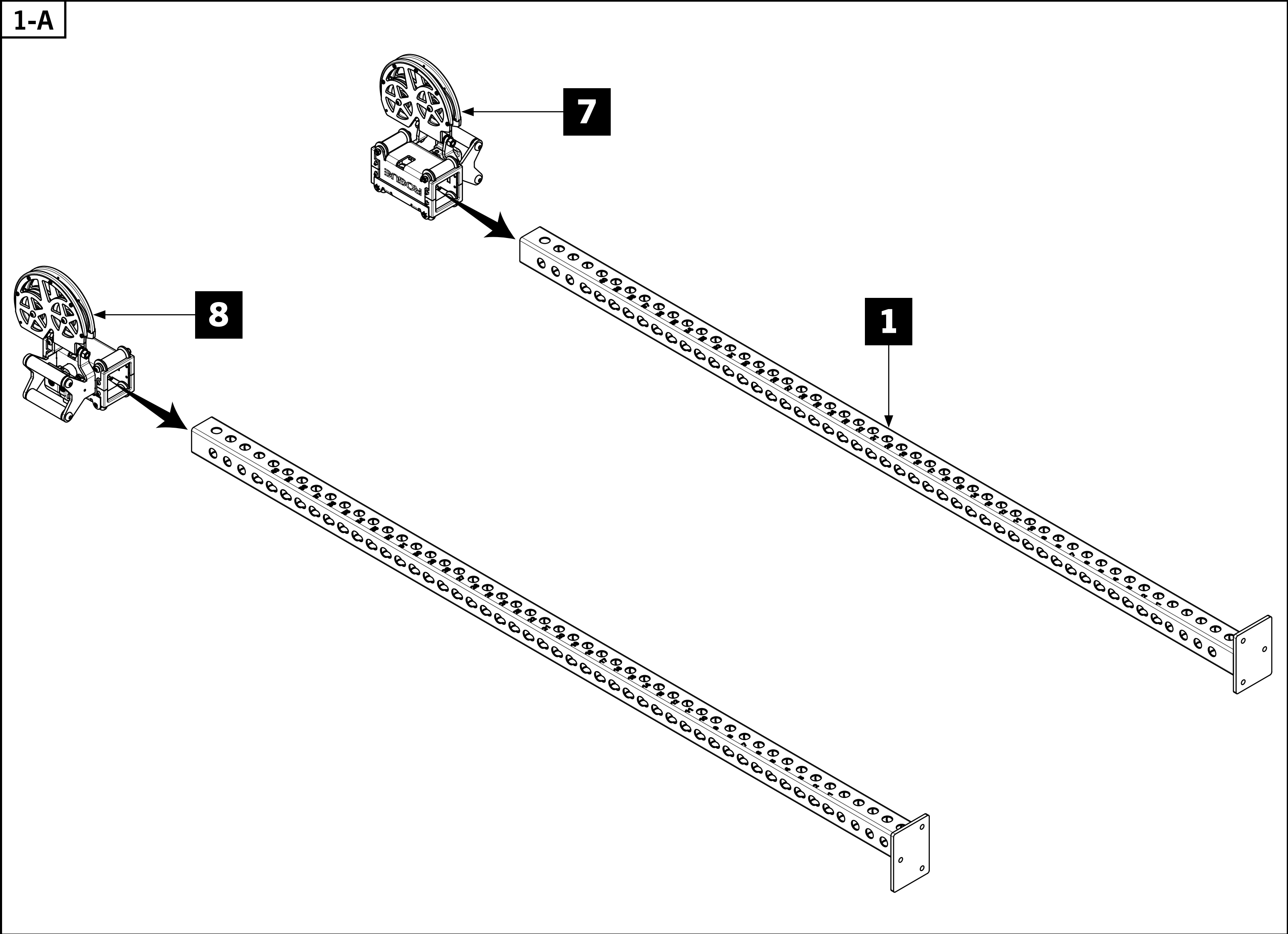
- 1” x 5” [45] and 1” x 4-3/4” [46] Bolts shown to scale below to help differentiate variations in length.



STEP 1

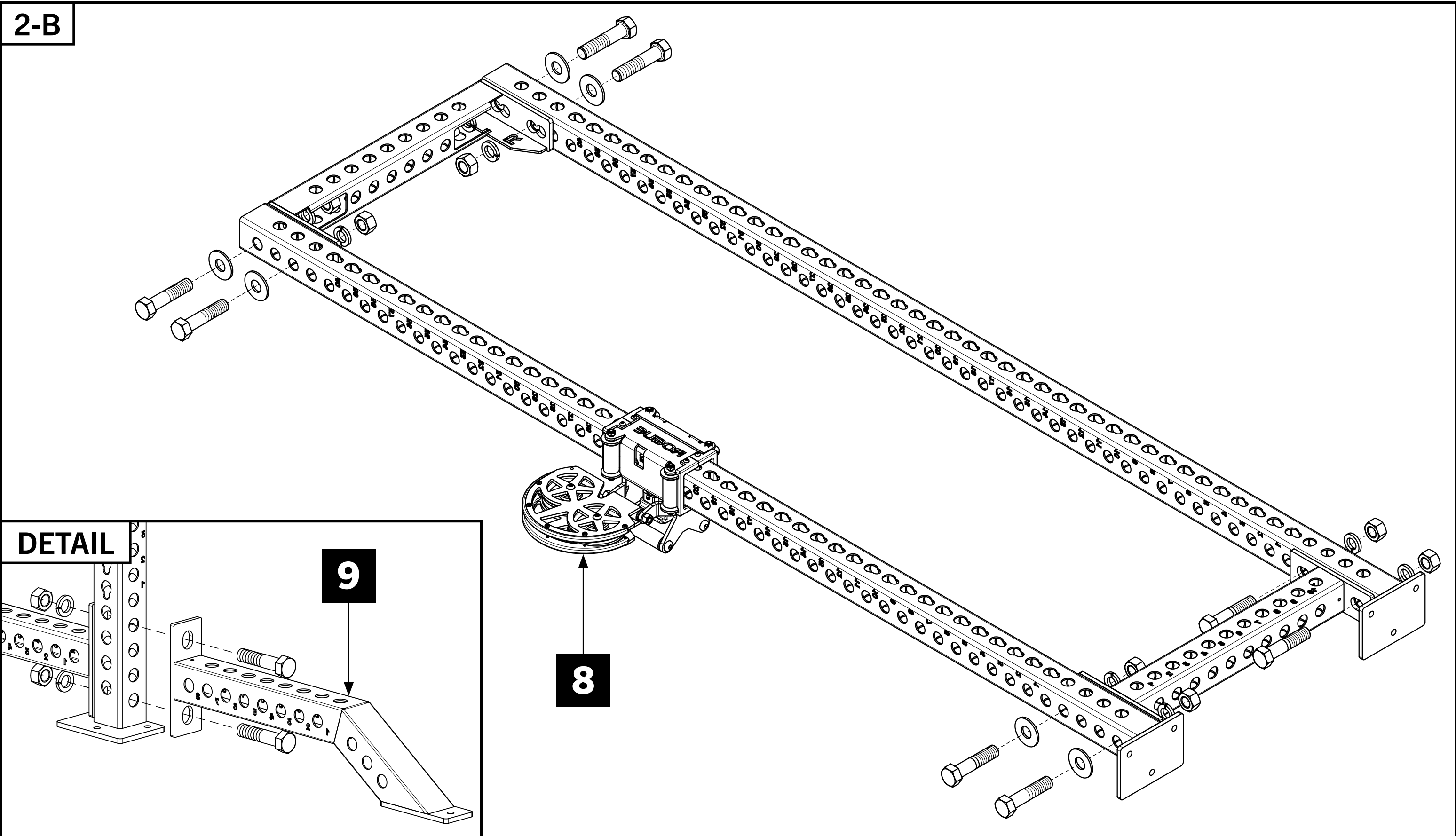
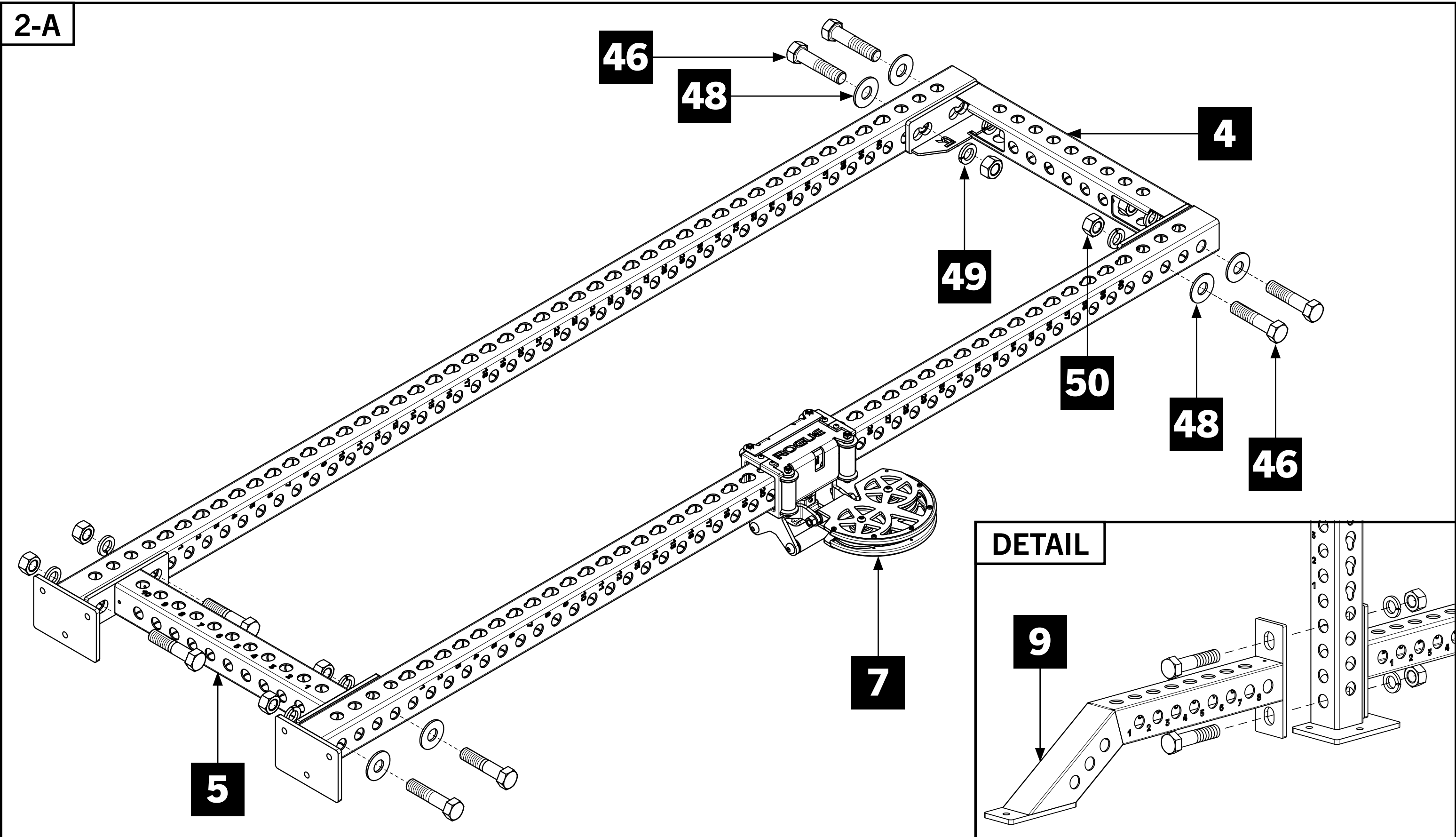
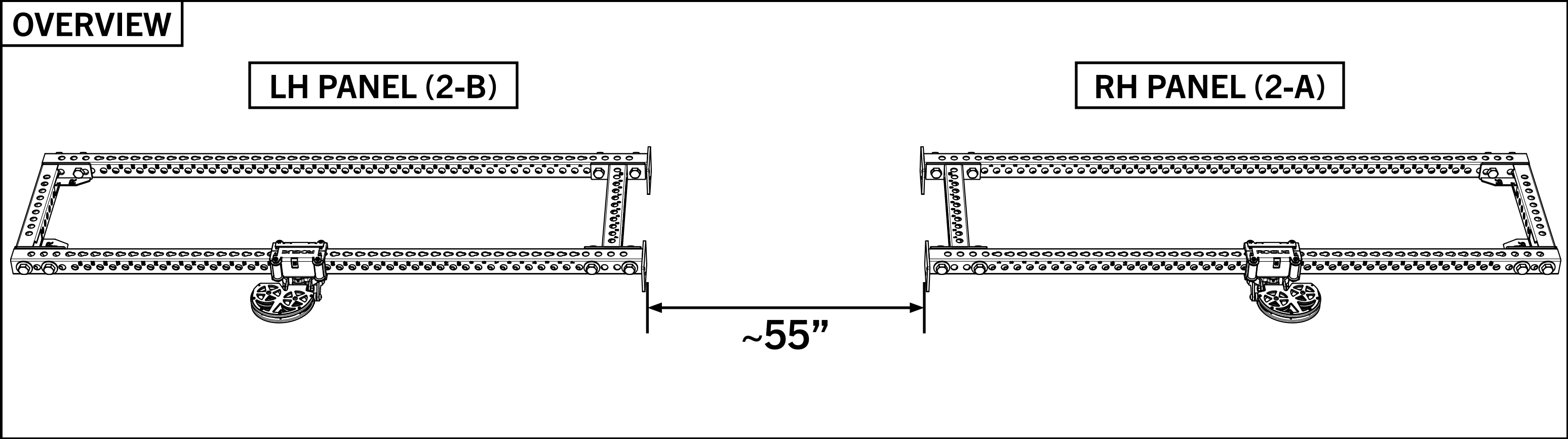
IMPORTANT:

- **DO NOT USE TOOLS TO TIGHTEN THROUGHOUT ASSEMBLY UNLESS OTHERWISE SPECIFIED.**
- While pulling the handle triggers, slide Swivel Trolley RH [19] and Swivel Trolley LH [20] onto two Monster Uprights [1].
- Note the orientation of Swivel Trolleys in relation to the feet at bottom of uprights.
- Slide about halfway down Upright and re-lease triggers to lock pop pins in place when the viewing window is showing number 23.



STEP 2

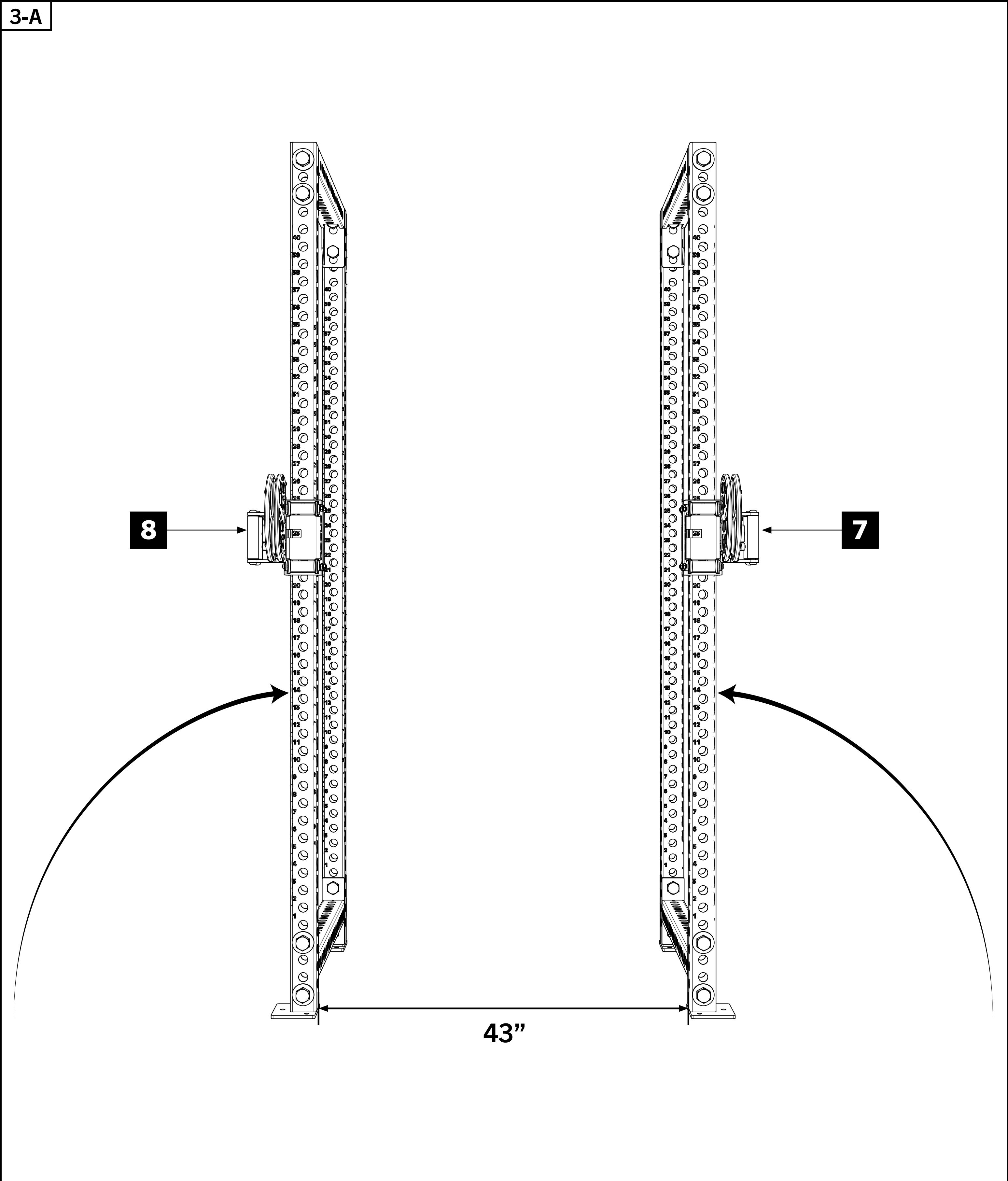
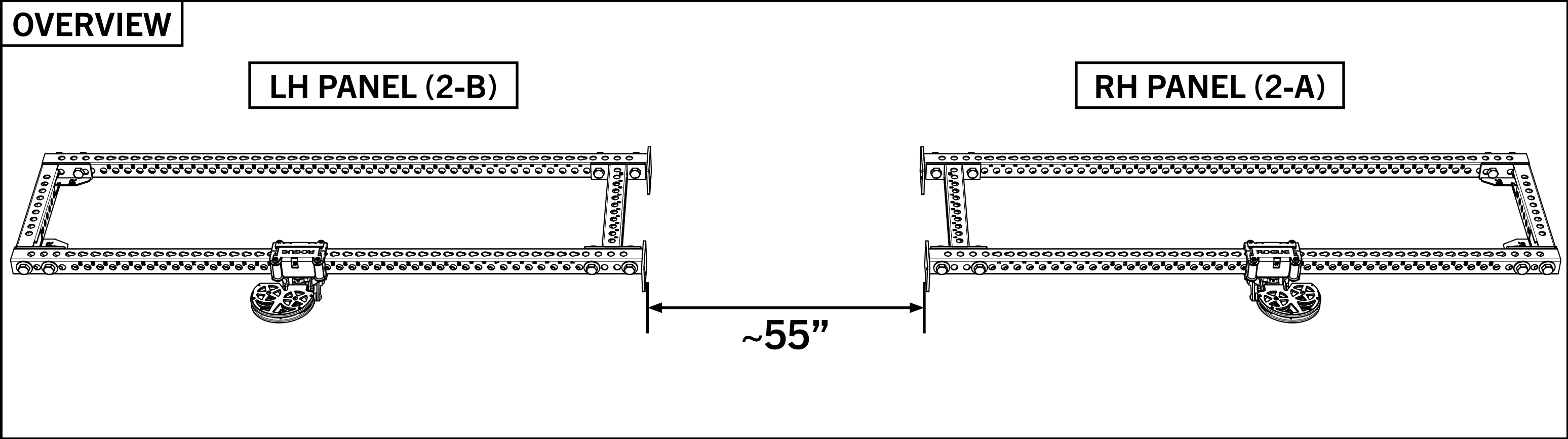
- Refer to overview image to plan assembly and ensure ample floor space is allotted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55” apart.
- Note orientation of Swivel Trolleys and Upright feet in relation to the ground.
- Connect Uprights to Crossmembers using 1” x 4-3/4” Hex Bolts [46], 1” Flat Washers [48], 1” Lock Washers [49], and 1” Hex Nuts [50].
- If Half Rack Feet [9] were purchased, install them in place of Flat Washers on bottom of Uprights as shown in Detail views.
- HAND-TIGHTEN ONLY



STEP 3

IMPORTANT:

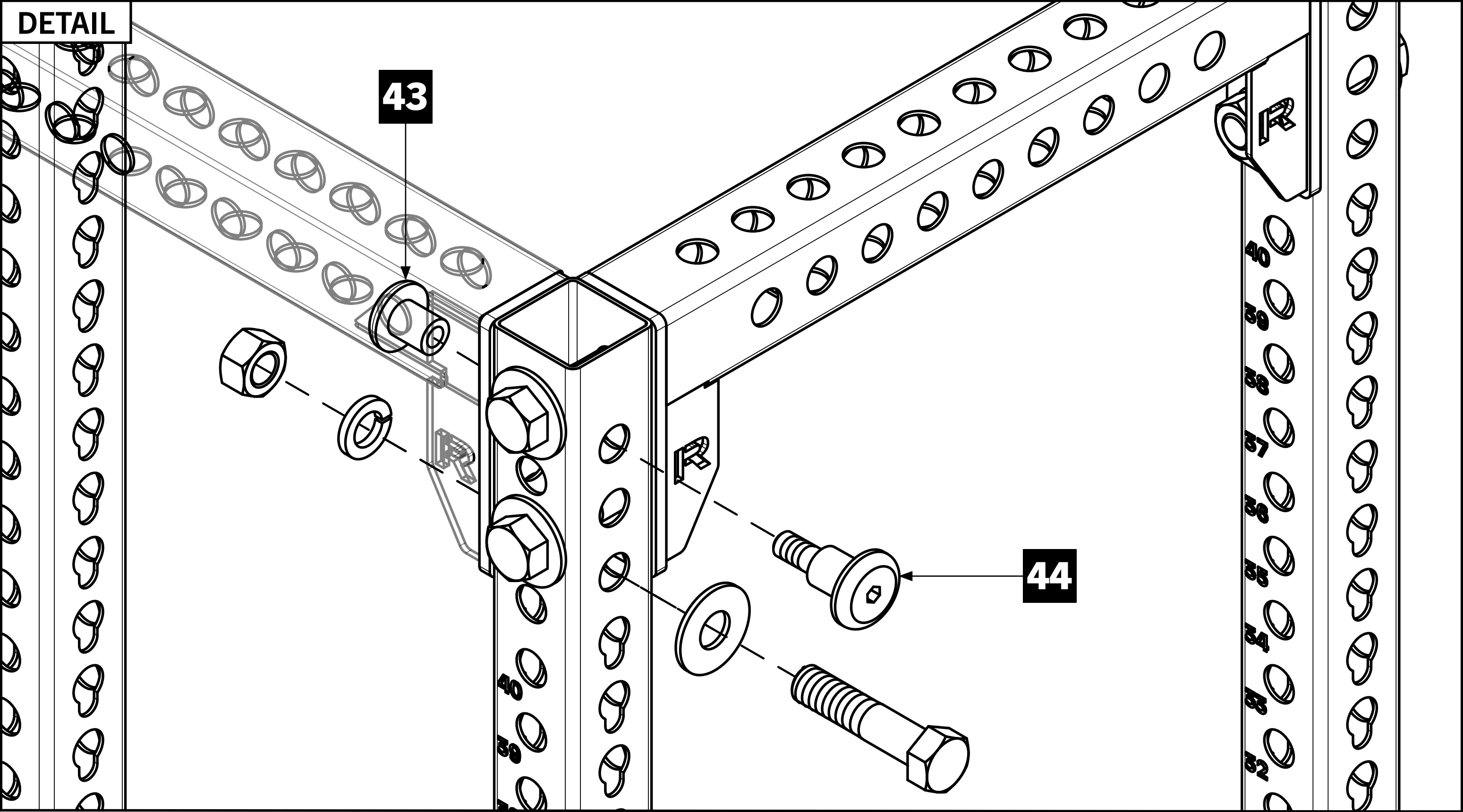
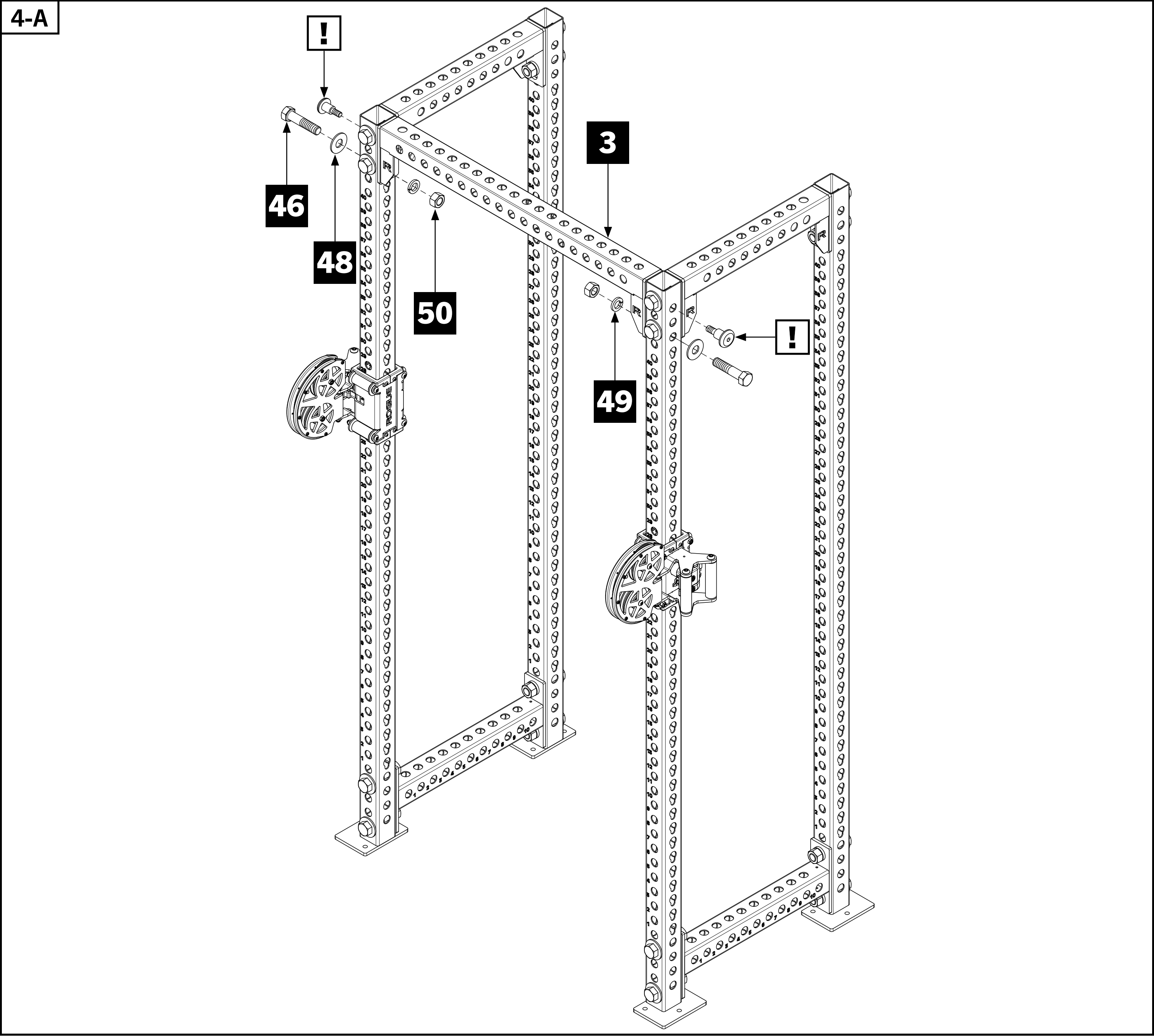
- For safety, we recommend the remainder of these instructions be completed by **2 or 3 people**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.
- One or two people should stabilize both panels, ensuring panels don't fall while another person assembles the spanning Crossmember in **STEP 4**.



STEP 4

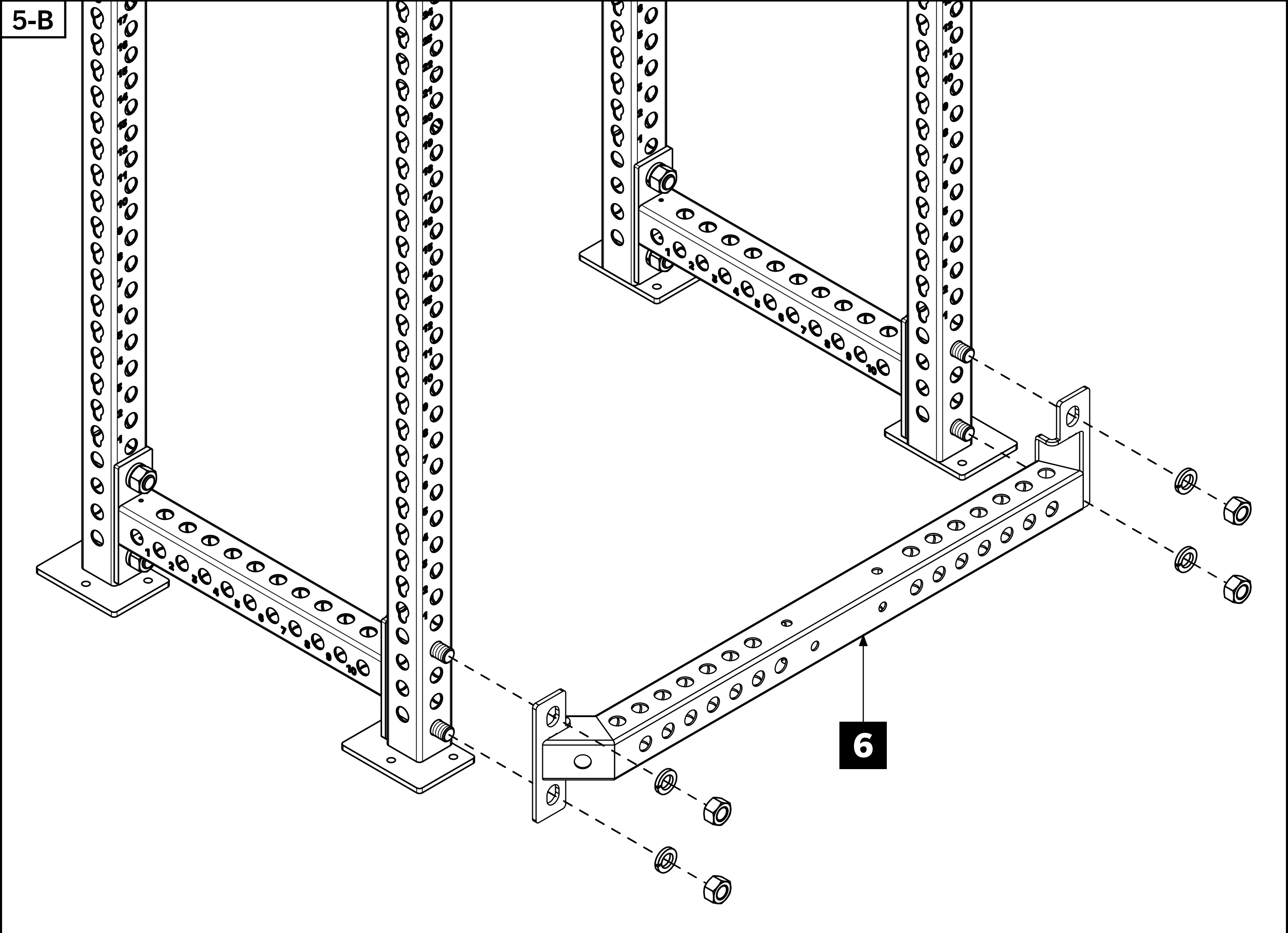
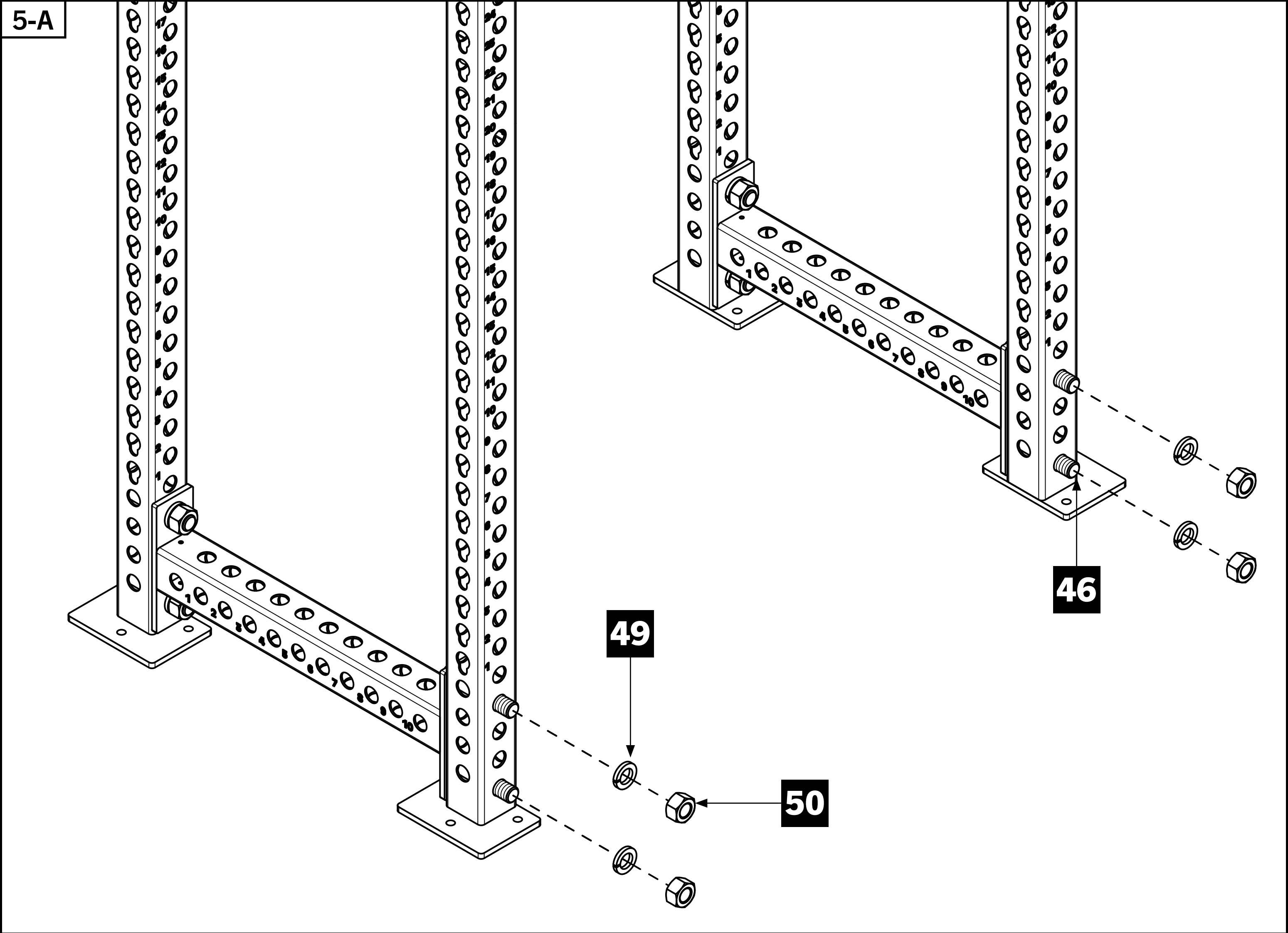
Tools Required:

- 3/8” Allen Key
- Attach 43” Spanning Crossmember [3] to middle Uprights using 1” x 4-3/4” Hex Bolt [46], 1” Flat Washers [48], 1” Lock Washers [49], and 1” Hex Nuts [50].
-  Fully tighten 1” Shoulder Bolts using 3/8” Allen Key. **DO NOT TIGHTEN HEX BOLTS.**



STEP 5

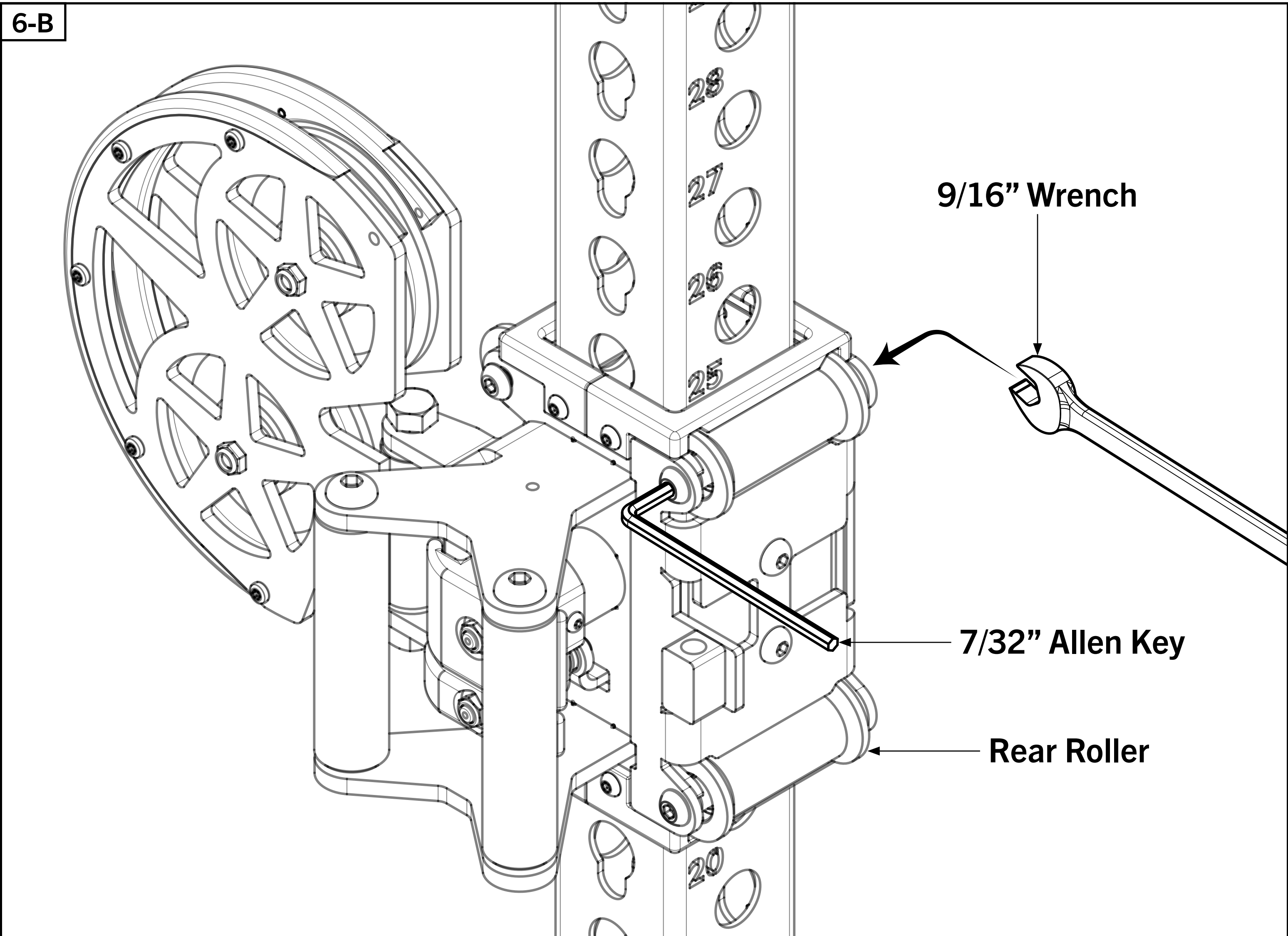
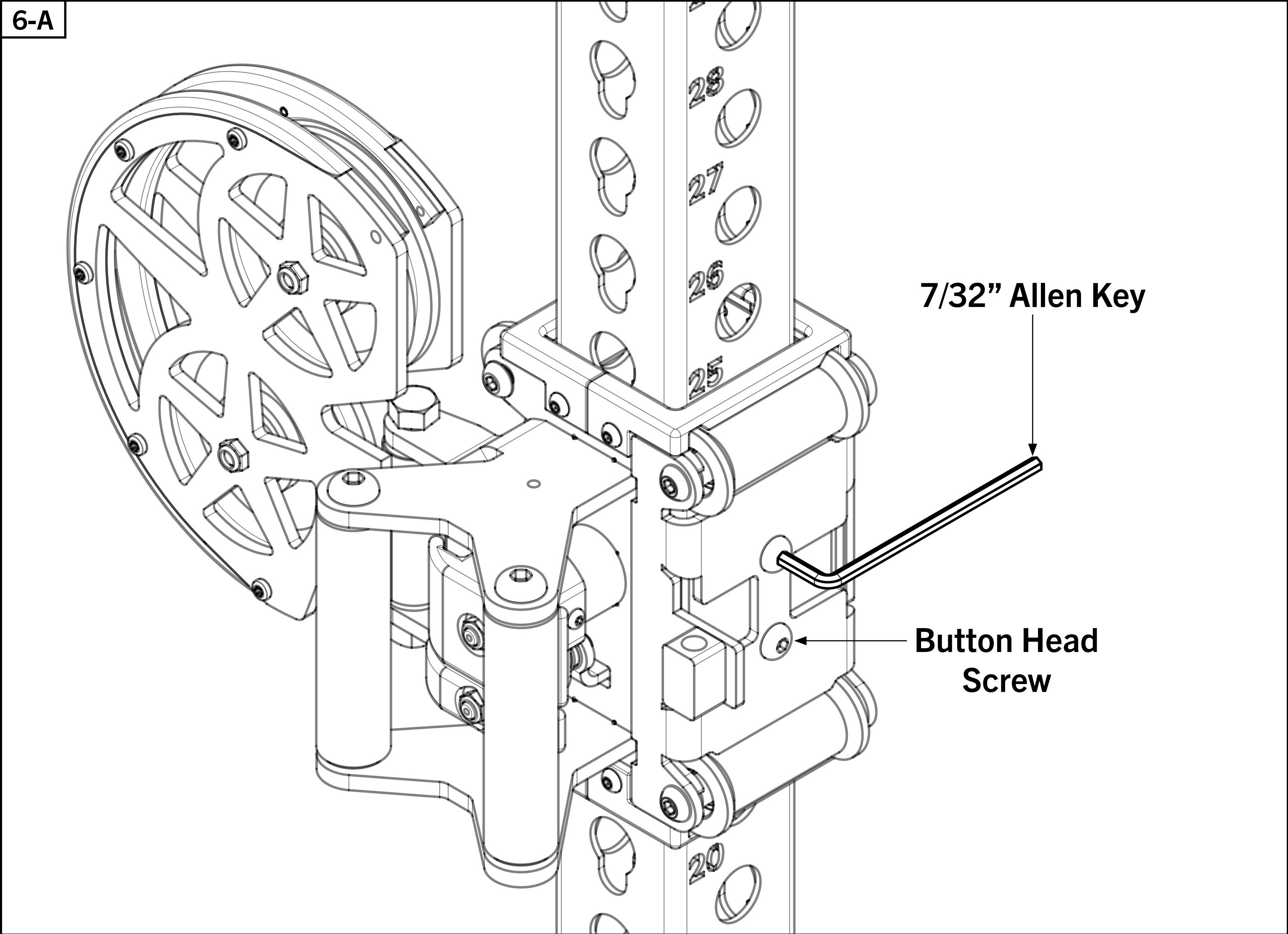
- Leaving 1" x 4-3/4" Hex Bolts in place, remove all four lower Lock Washers and Hex Nuts from rear Uprights as shown in **5-A**.
- Attach Low Row Crossmember [6] and re-assemble the hardware removed above.



STEP 6

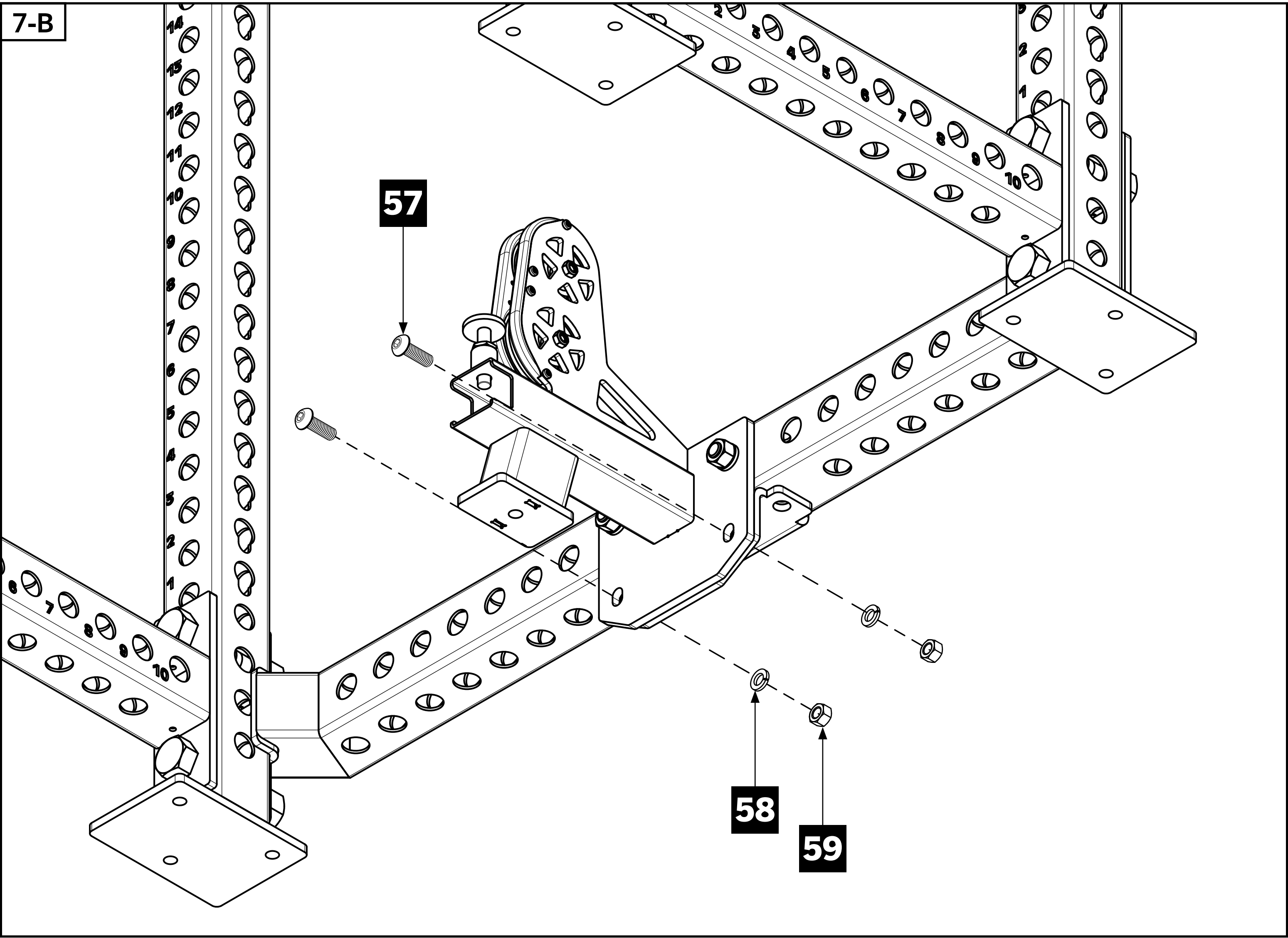
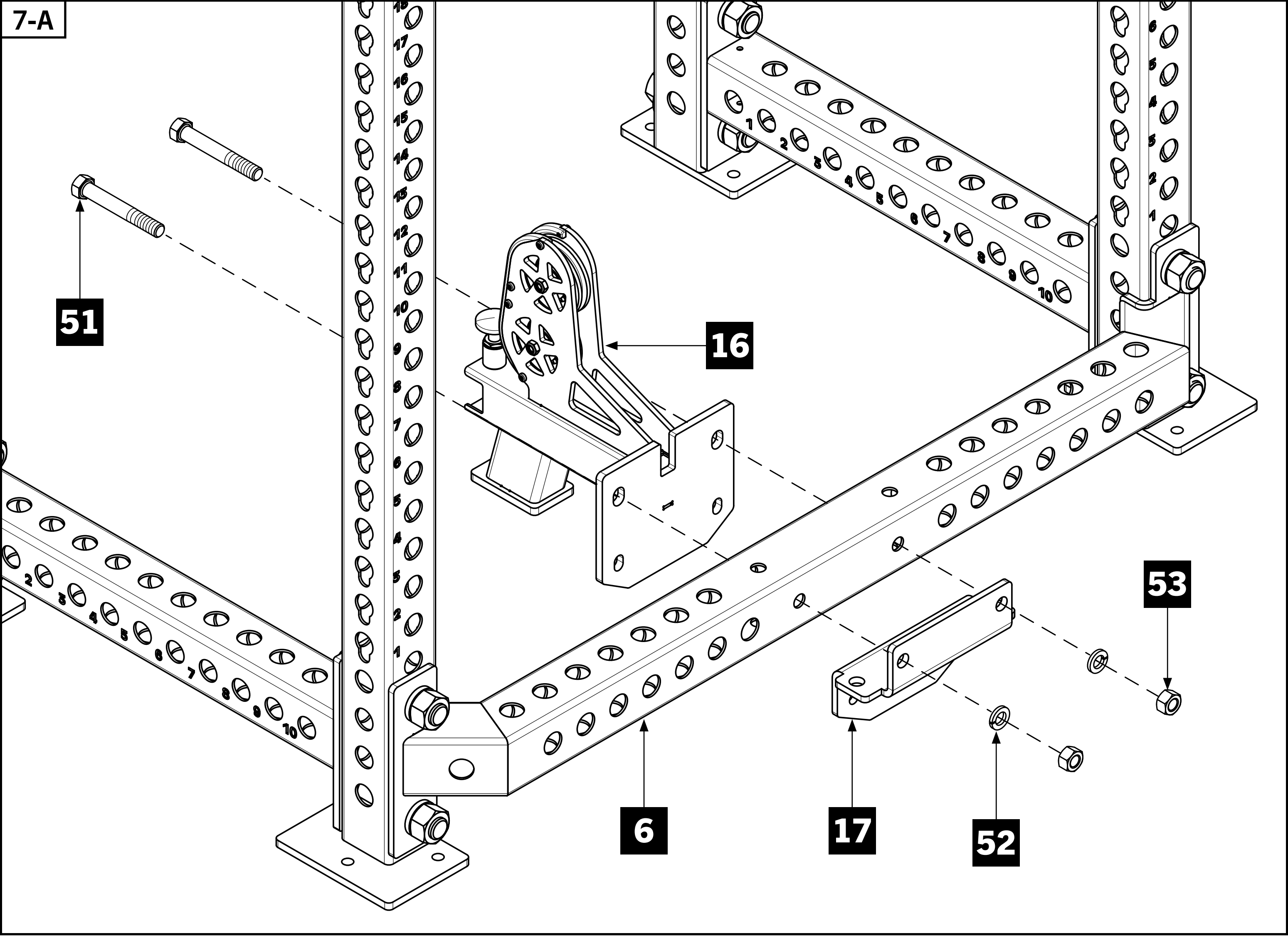
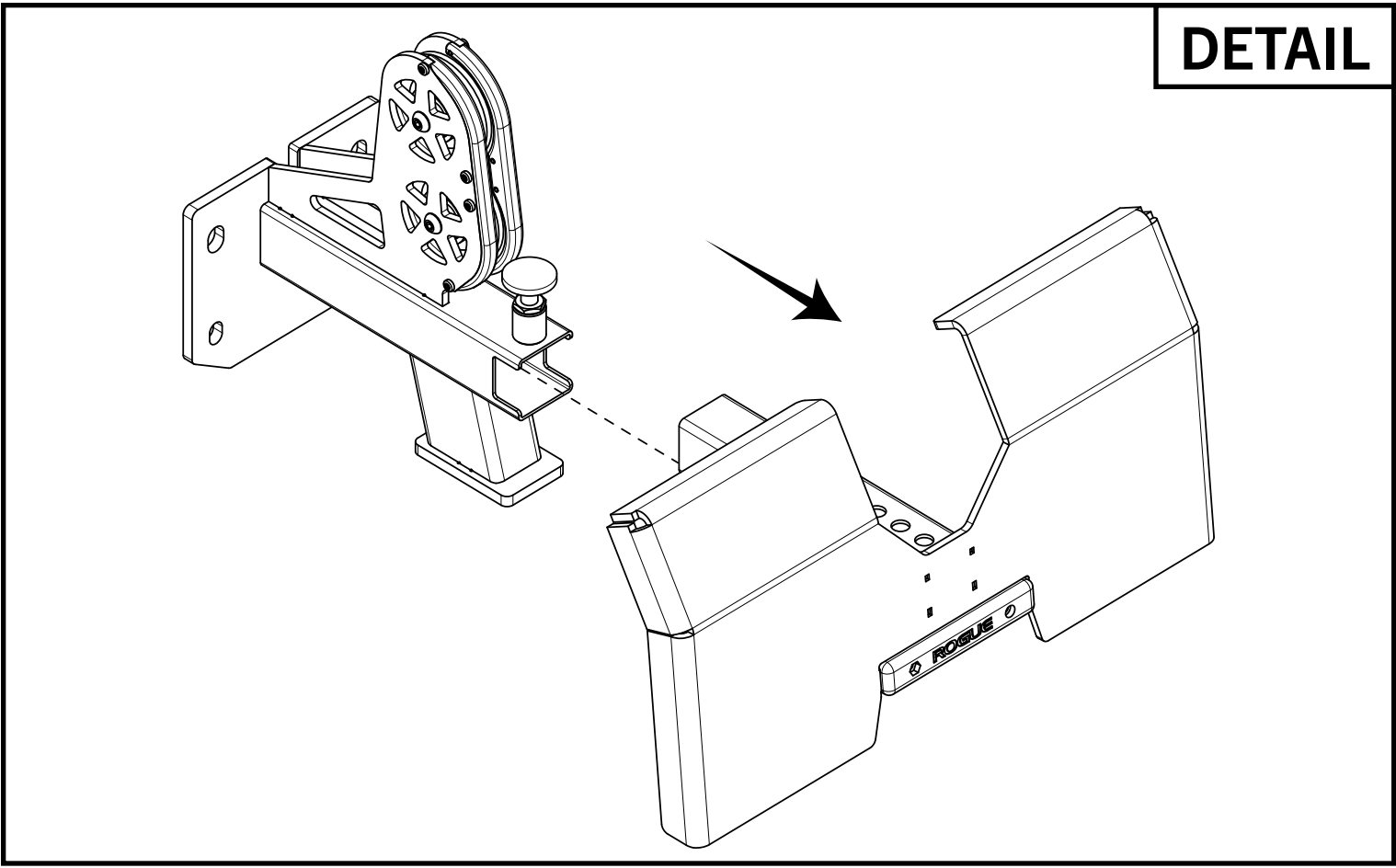
Tools Required:

- 7/32” Allen Key, 9/16” Wrench
- Swivel Trolleys [7,8] need to be calibrated for your specific rack.
- Keeping the Swivel Trolleys locked in place, tighten the Button Head Screws shown in **6-A** using 7/32” Allen Key until looseness or “wobble” is gone.
- Unlock pop pins and roll Trolleys up and down Upright several inches to feel tightness. If wobble persists, tighten the Screws in **6-A** again. If any friction is felt, Trolleys are too tight and Screws should be loosened a quarter turn.
- Once calibrated, tighten both rollers on rear of Trolleys using Allen Key and Wrench.



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 [16] and Low Row Connector Plate [17] to Low Row Crossmember [6] using indicated 5/8" and 1/2" hardware below.



STEP 8

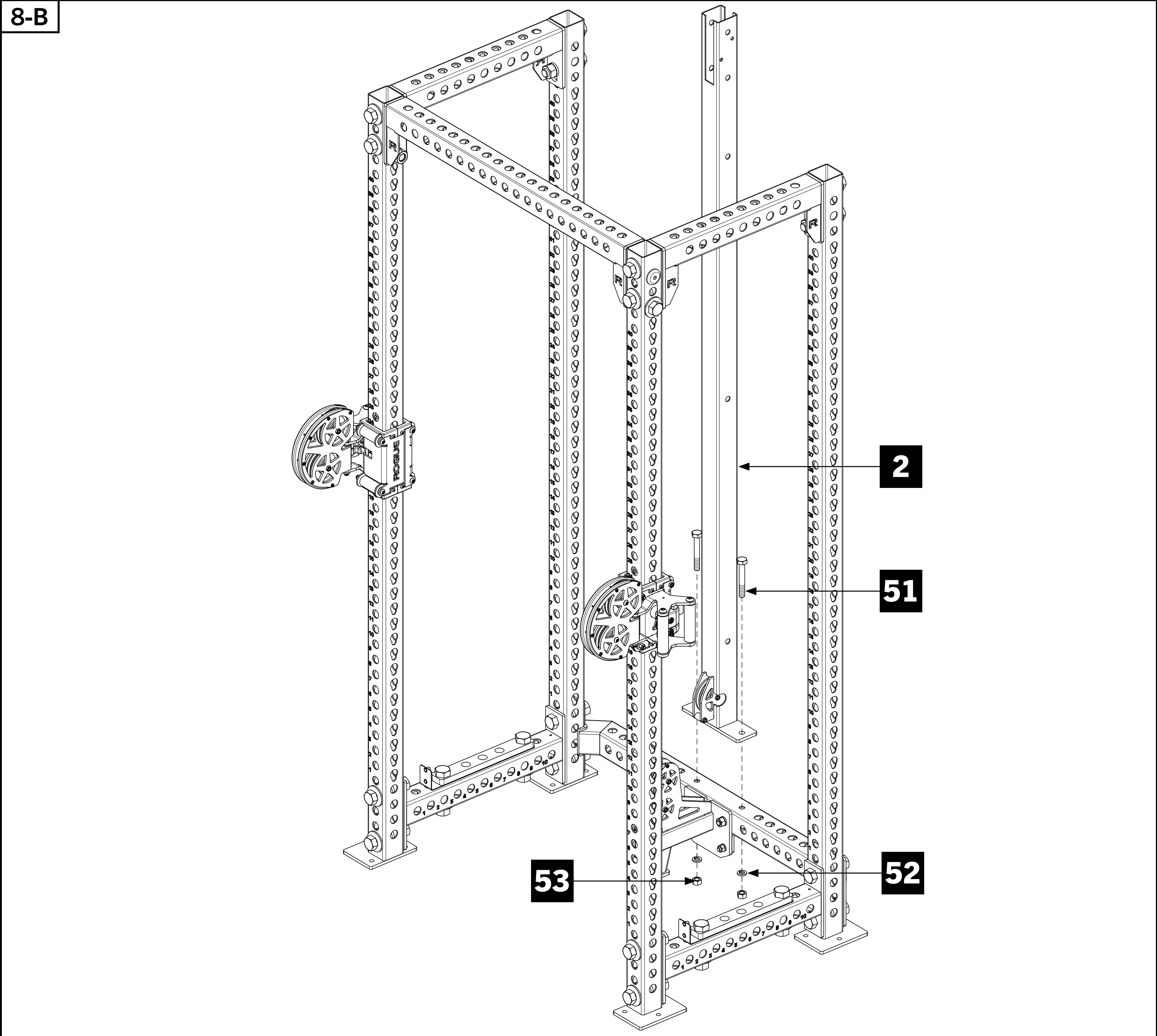
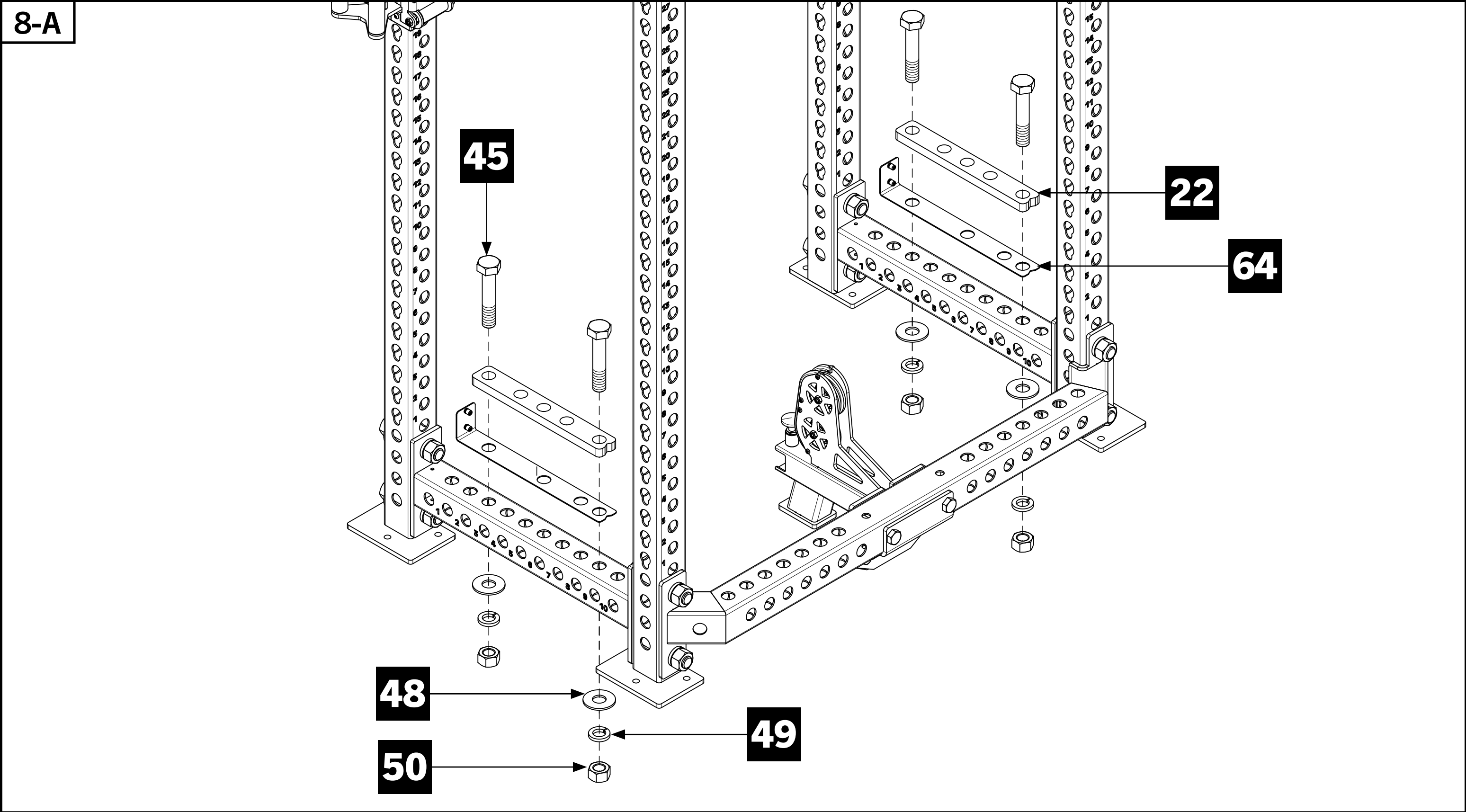
Tools Required:

- 1-1/2” Wrench
- Attach Weight Stack Shroud Brackets [64] and Bottom Weight Stack Spacers [22] to Rear Low Crossmembers [5] by using 1” x 5” Hex Bolts [45], 1” Flat Washers [48], 1” Lock Washers [49], and 1” Hex Nuts [50].
- Fully tighten 1” vertical hardware in 8-A.

- Secure Rear 3X3 Upright [2] to Low Row Crossmember by attaching 5/8” x 4-1/2” Hex Bolts [51], 5/8” Lock Washers [52], and 5/8” Hex Nuts [53].

Note:

- Ensure notches on Bottom Weight Stack Spacers are oriented towards the back of rack.

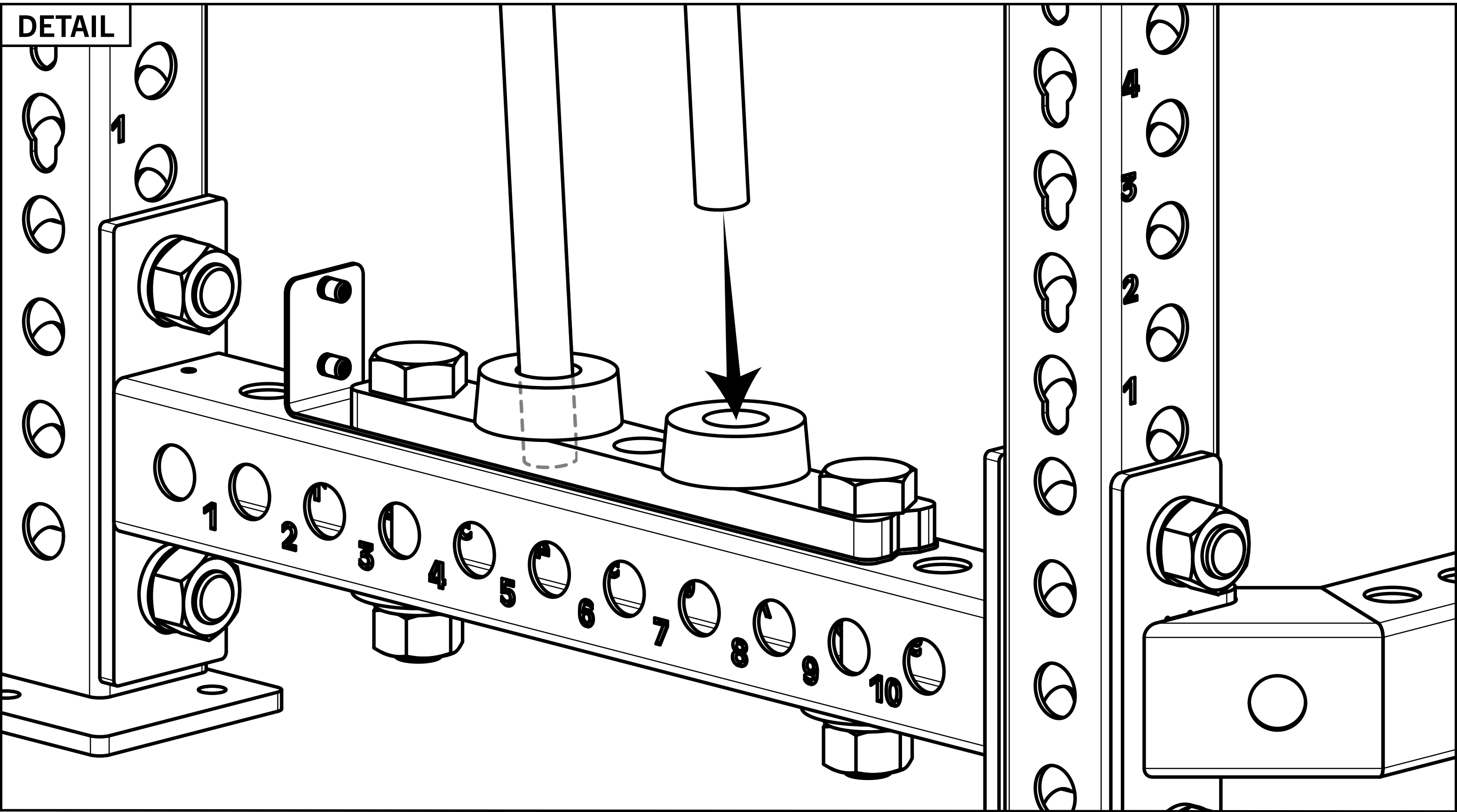
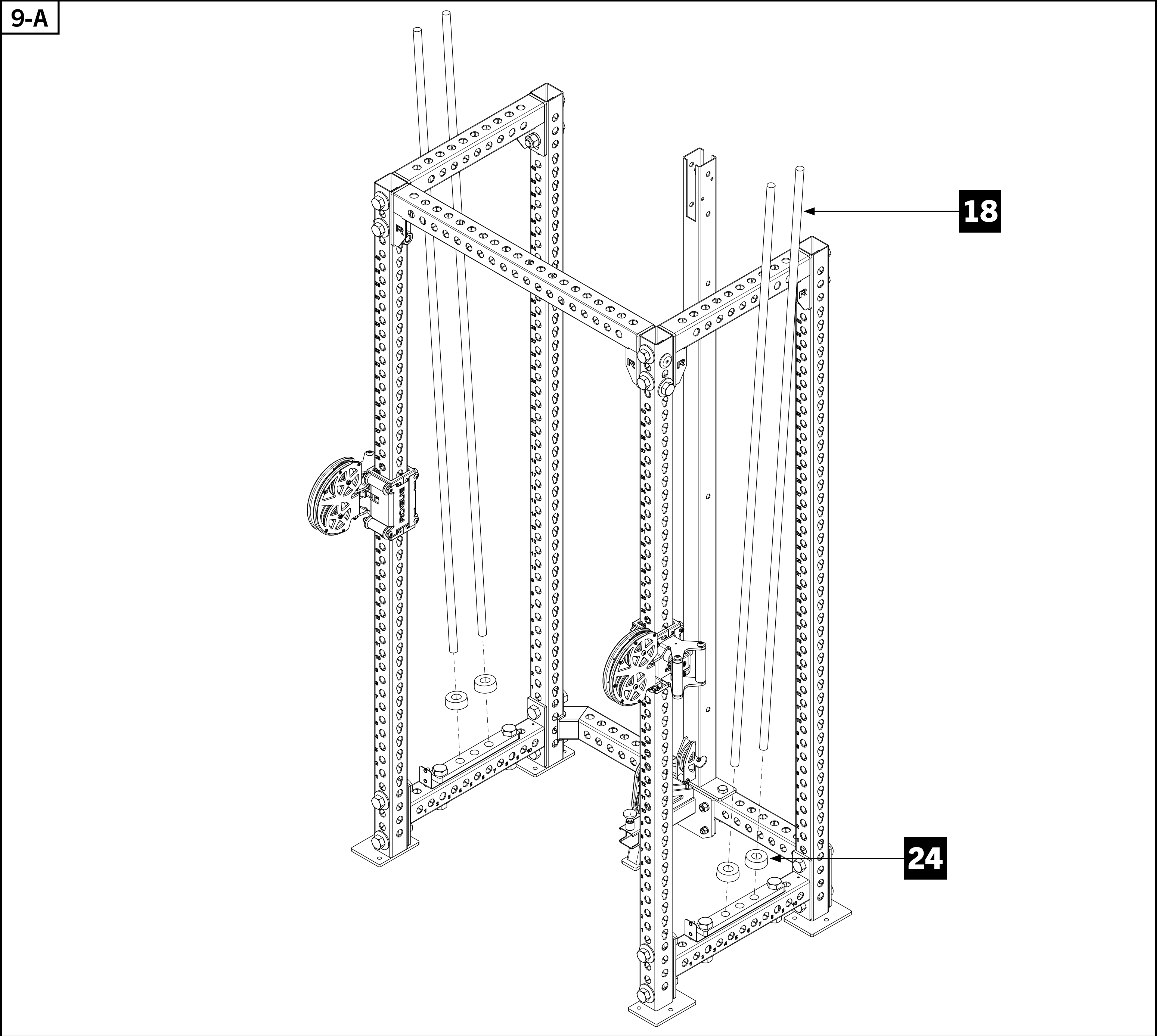


STEP 9

- Place Weight Stack Bumpers [24] over outer 1” holes on the Weight Stack Spacer and insert Guide Rods [18] until they rest on top of the Rear Low Crossmember.

Note:

- Allow guide rods to angle outward while completing weight stack assembly on the following steps.

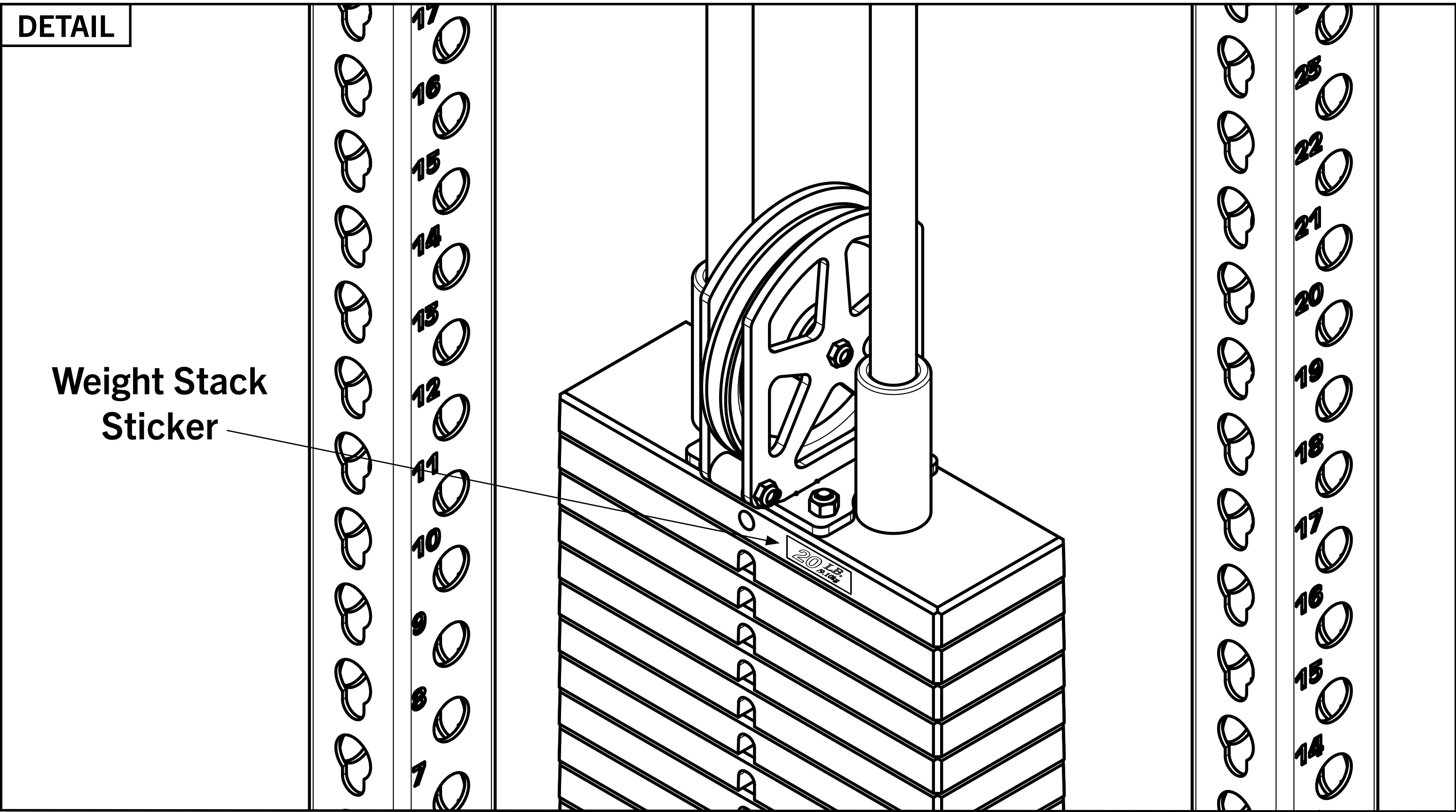
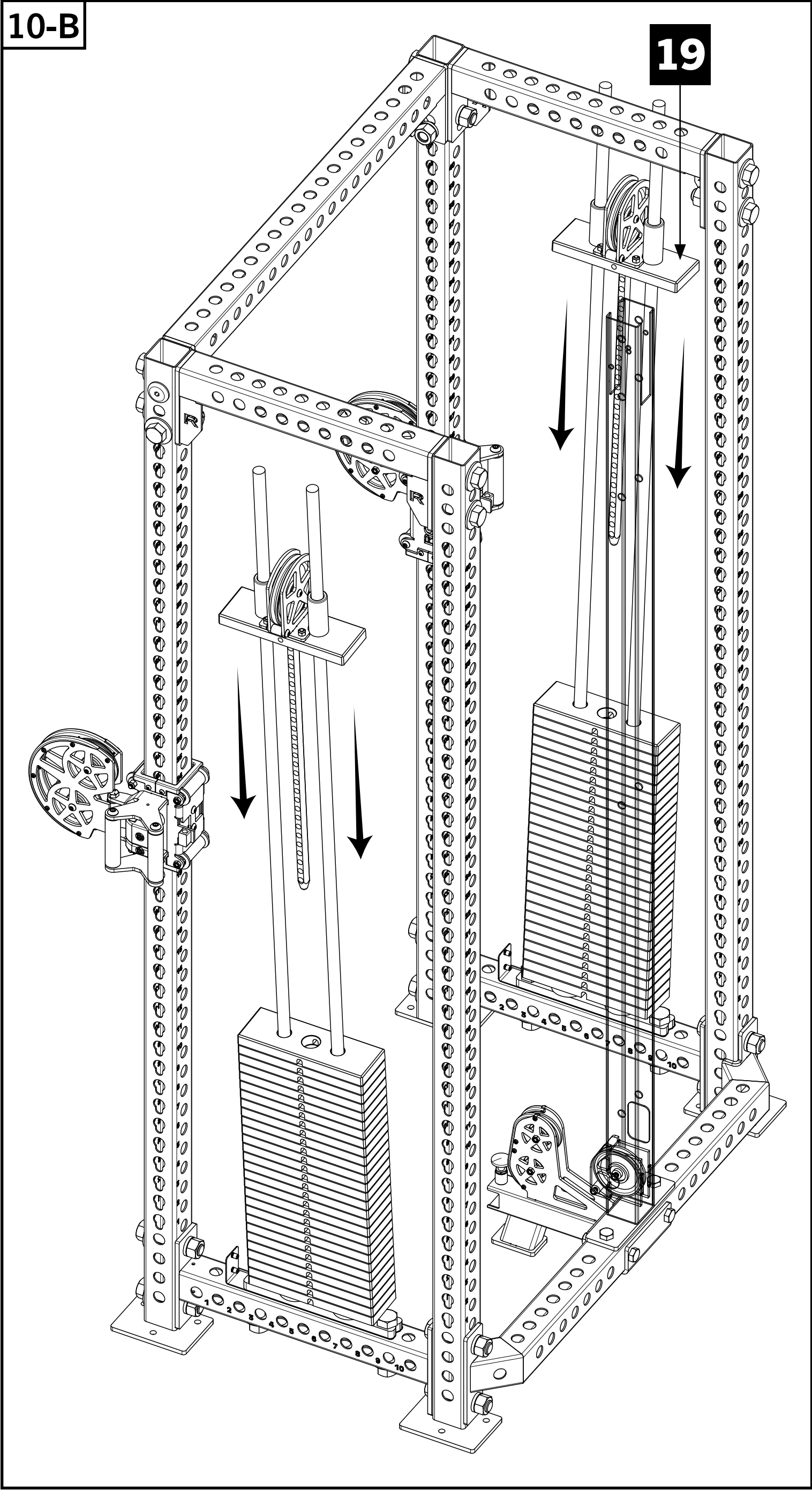
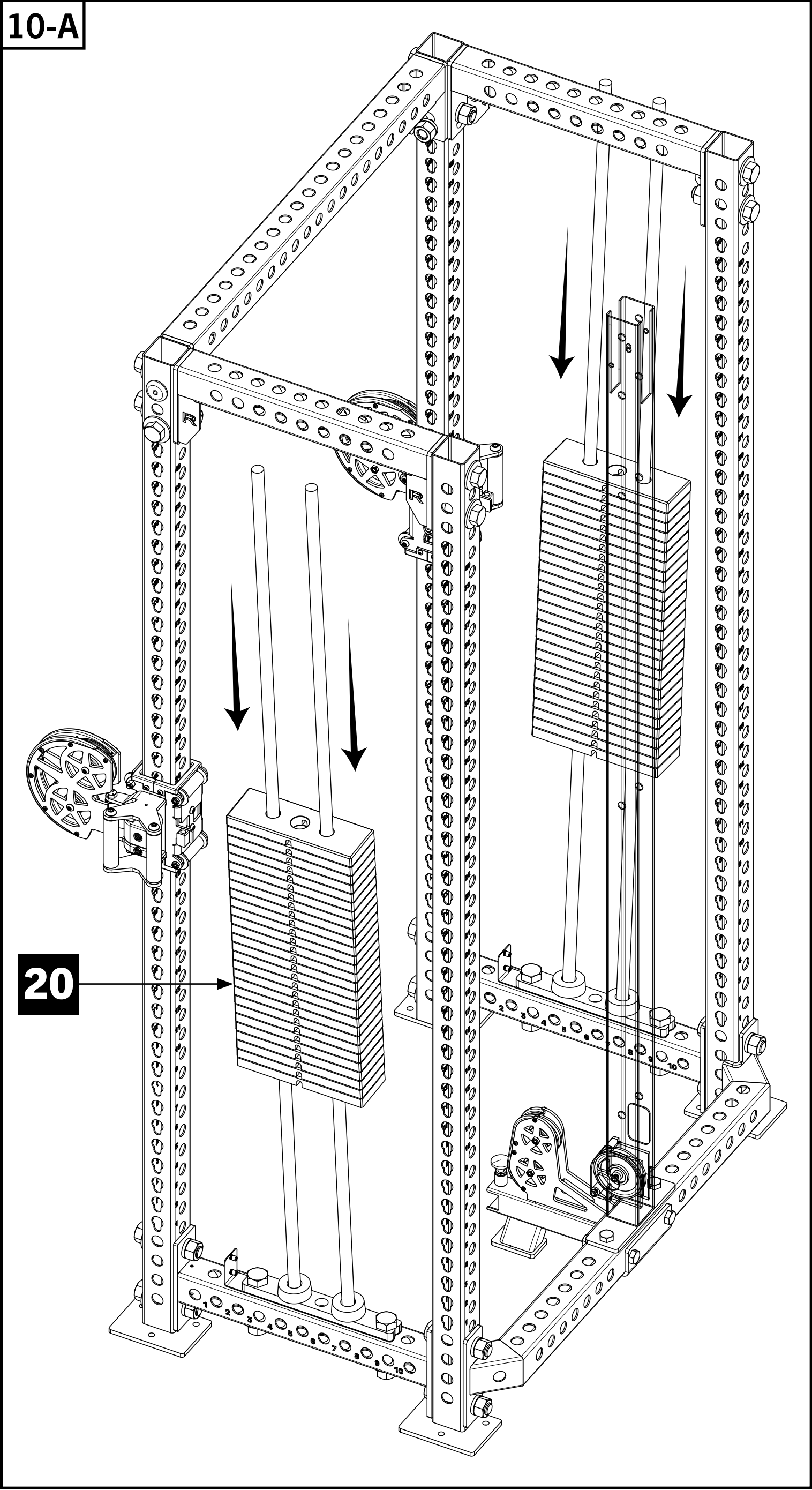


STEP 10

Note:

- This step is best accomplished with two or three people.
- One at a time, carefully stack all included 10LB Weight Stack Plates [20] down the Guide Rods [18], ensuring not to drop them.

- Once 28 weights are stacked on each side, slide the Weight Stack Stem [19] down the Guide Rods until resting on top of weight stack.
- Ensure ‘20LB’ Weight Stack Stickers on the top plate of Weight Stack Stems are both facing inward towards the middle of the rack.

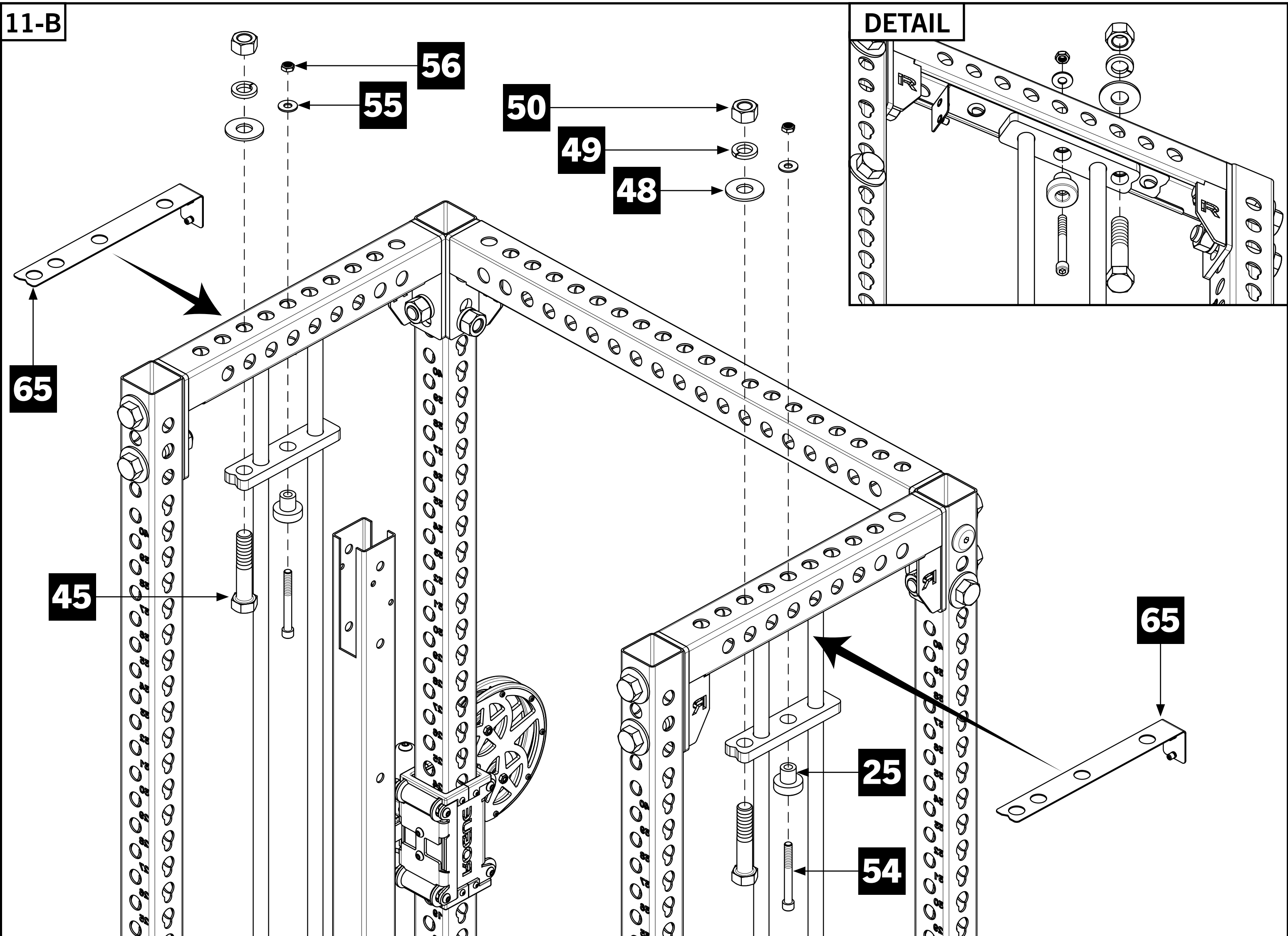
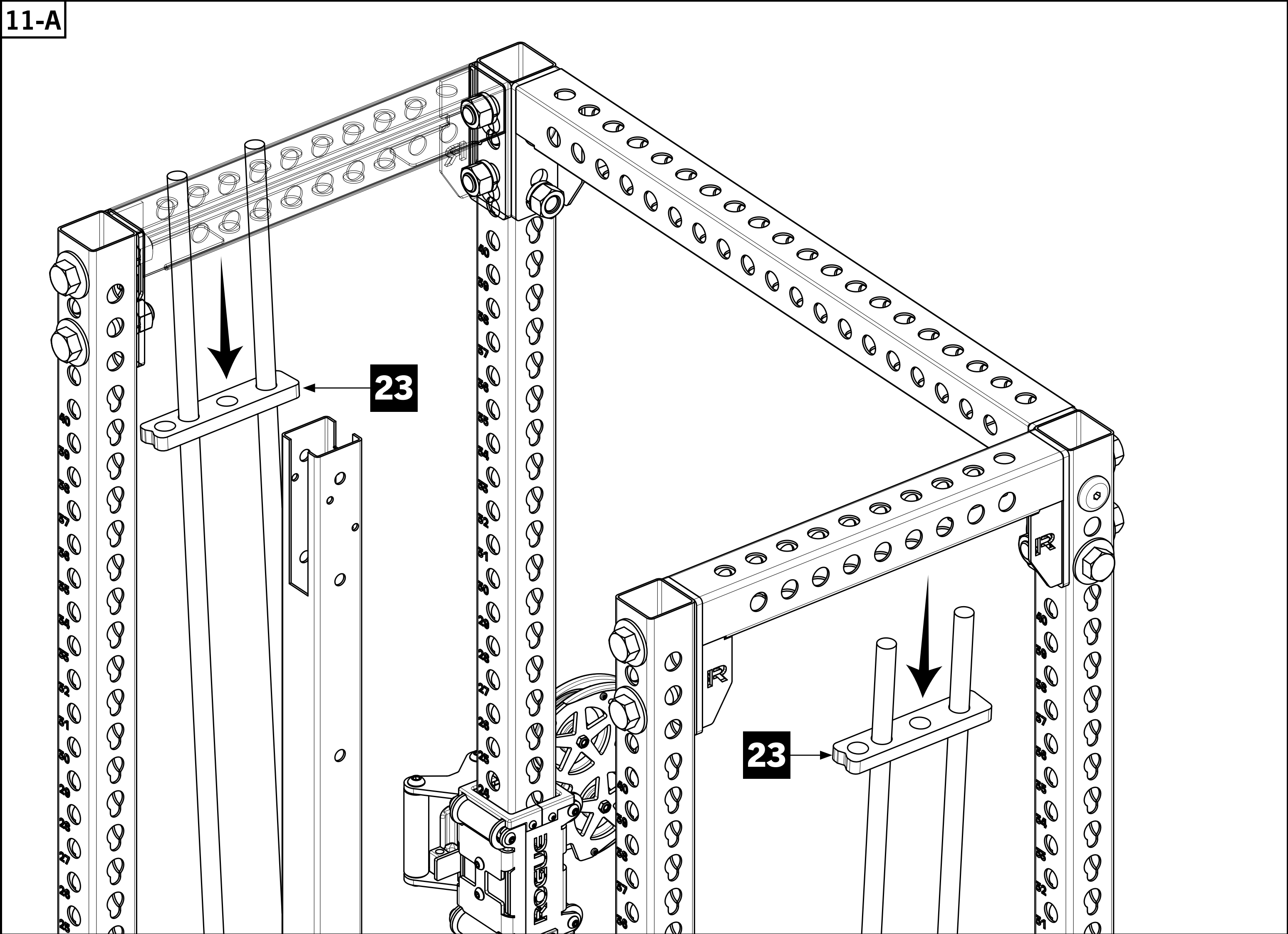


STEP 11

- Slide Top Weight Stack Spacers [23] on top of guide rods with notches oriented towards the rear of rack.
- Position Guide Rods vertically. Slide in the Weight stack Shroud Brackets above the Guide Rods. Attach components to Rear Top Crossmembers using 1" x 5" Hex Bolts, 1" Flat Washers, Lock Washers, and Nuts.
- Attach Weight Stack Pulley Top Bumpers through center holes on Top Weight Stack Spacers using 1/2" x 4-1/2" Socket Head Screws, 1/2" Flat Washers, and 1/2" Thin Nylock Nuts.

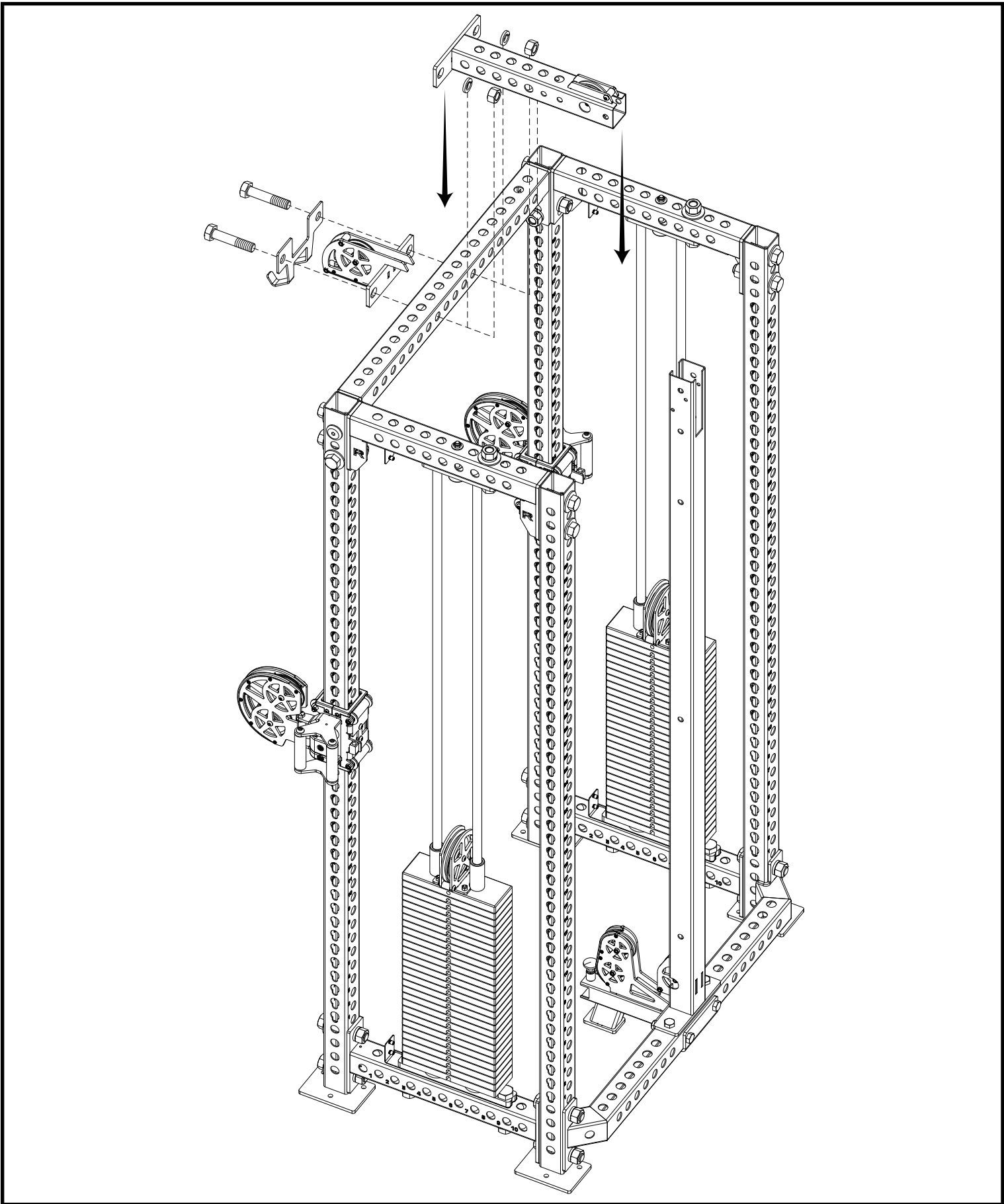
Note:

- Shroud Bracket [64] only included if shroud kit was purchased.

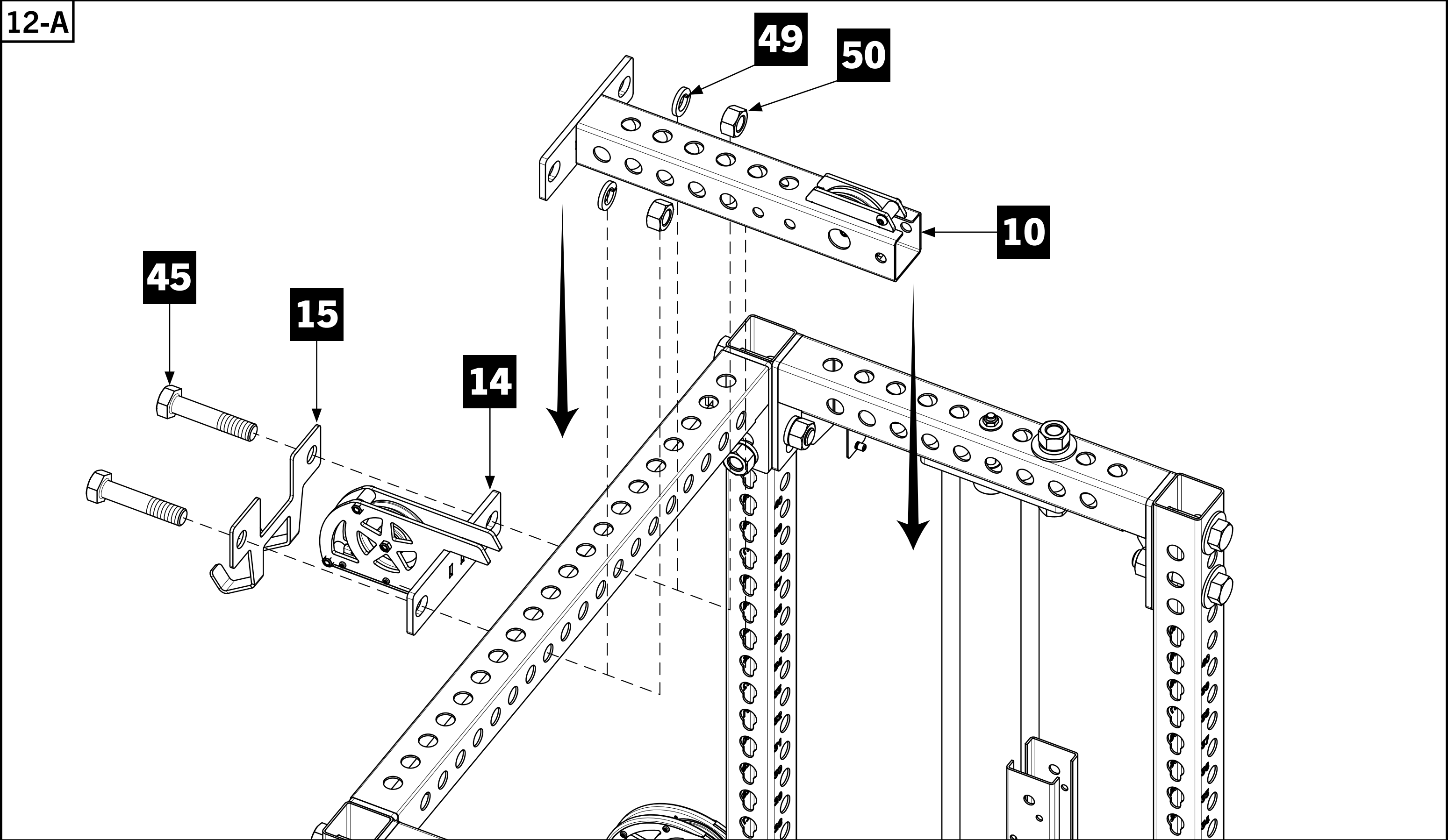


STEP 12

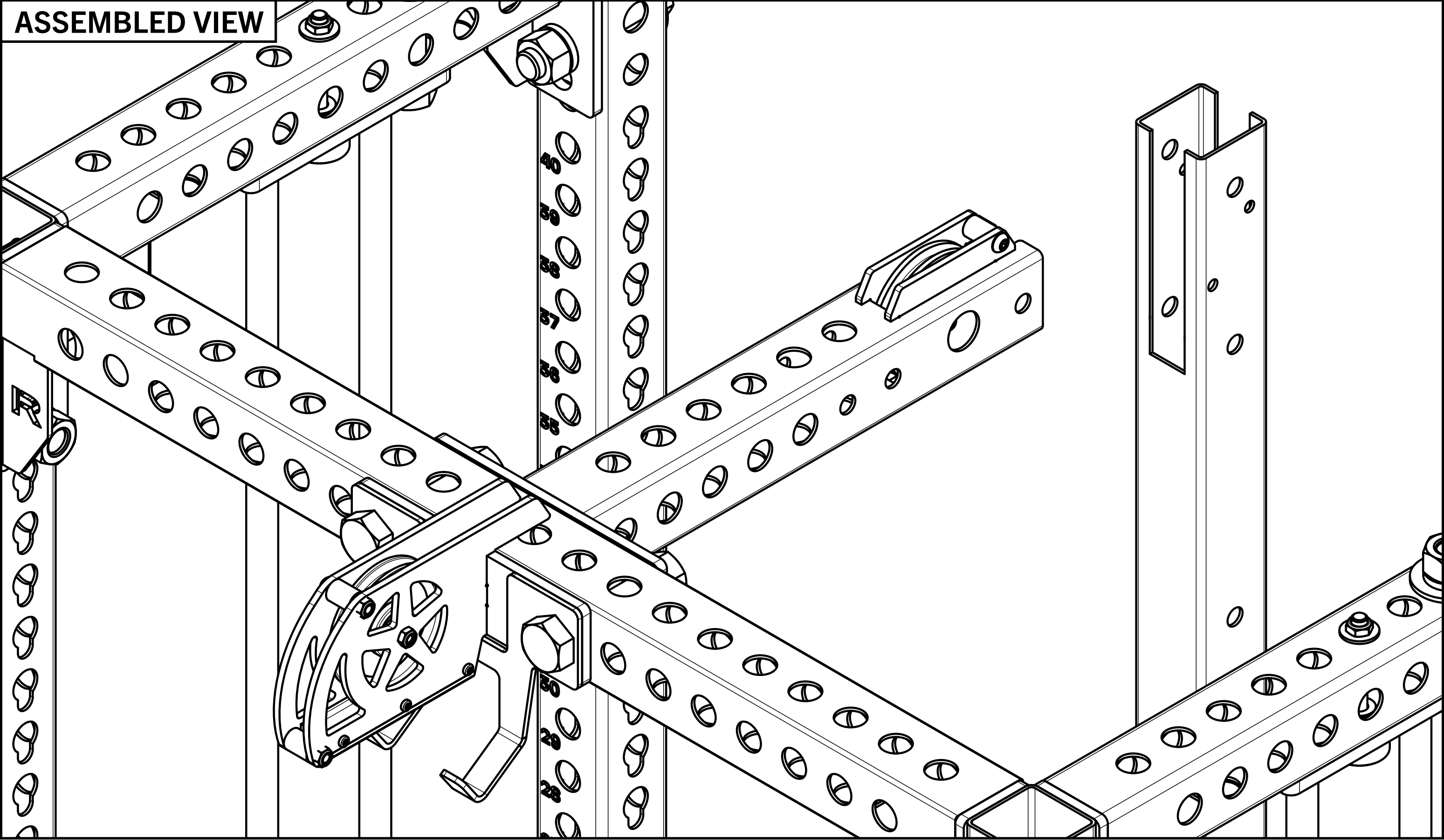
- Bolt Lat Bar Hanger [15], Lat Pulldown Pulley Bracket [14], and Top Center Cross-member [10] to Spanning Crossmember using 1" x 5" Hex Bolts [45], 1" Lock Washers [49], and 1" Hex Nuts [50] as shown in 12-A.



12-A

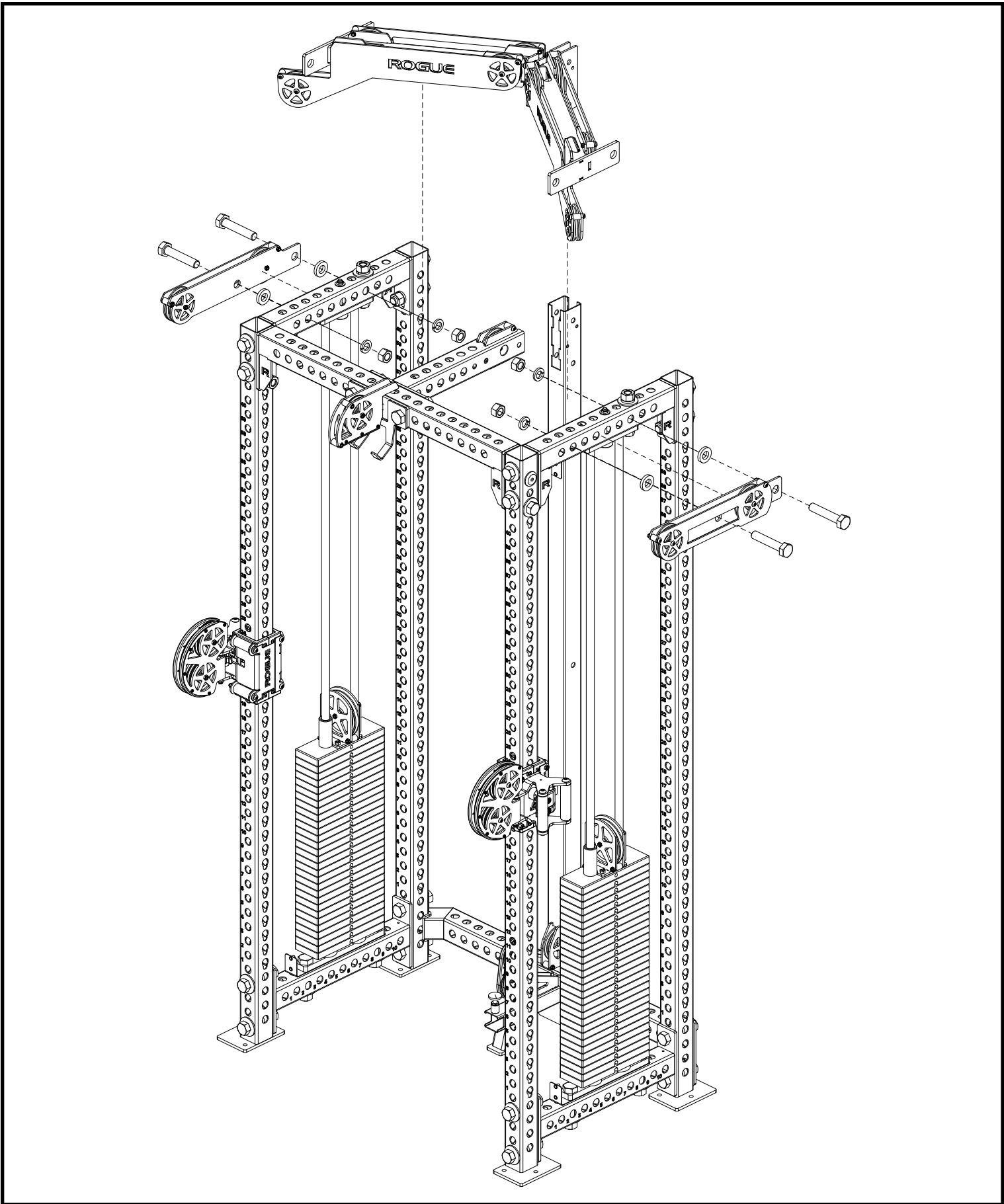


ASSEMBLED VIEW

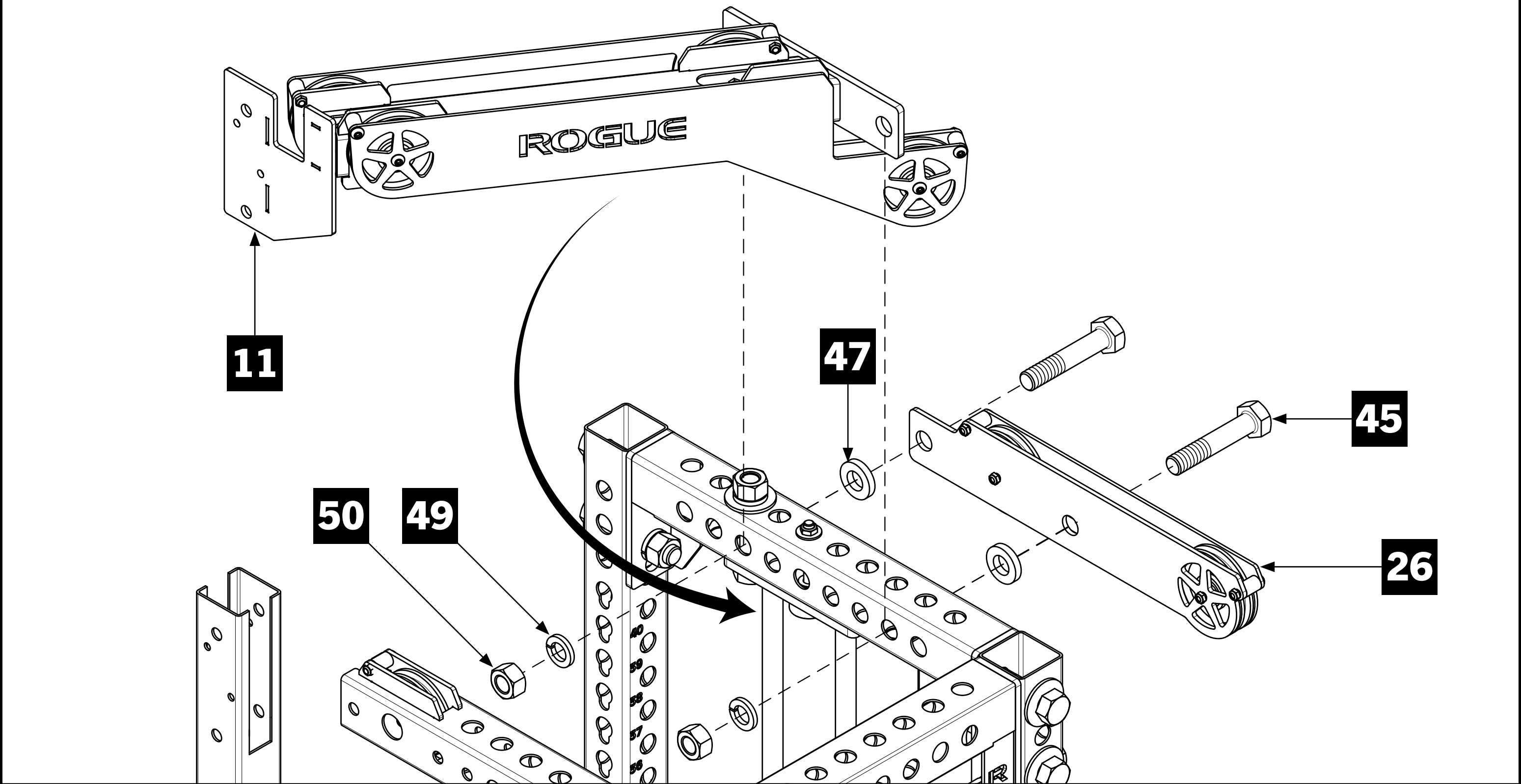


STEP 13

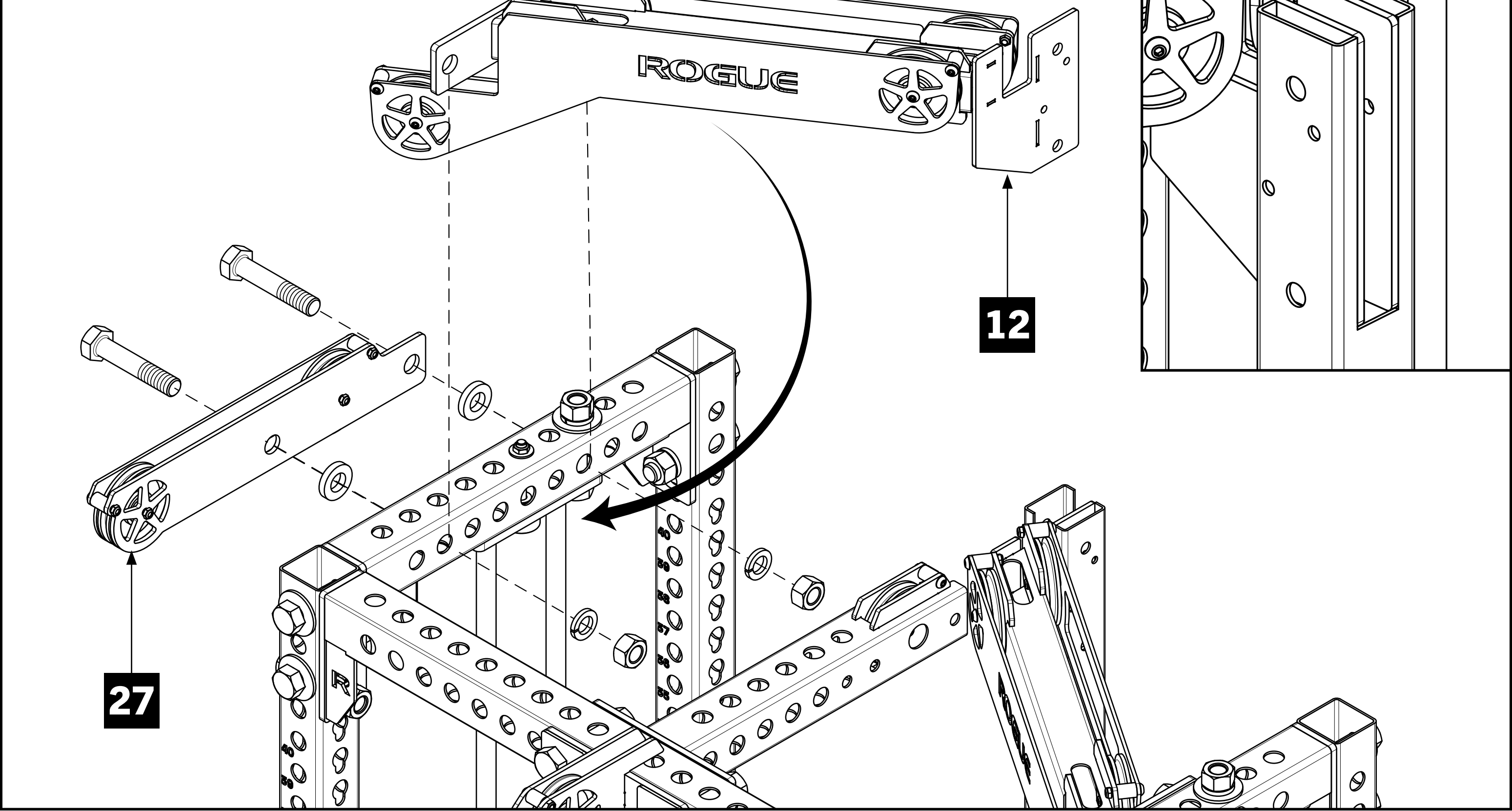
- Attach Top Rear Angle Crossmember - RH and Top Side Pulley Assembly - RH in position shown using 1" x 5" Hex Bolts, 1" x 3/8" Pulley Bracket Spacers, 1" Lock Washers, and 1" Hex Nuts.
- Attach Top Rear Angle Crossmember - LH and Top Side Pulley Assembly - LH in position shown using 1" x 5" Hex Bolts, 1" x 3/8" Pulley Bracket Spacers, 1" Lock Washers, and 1" Hex Nuts.
- Ensure rear plates of Top Rear Angle Crossmembers are placed inside of slot of the Rear Upright as shown in **DETAIL**.



13-A

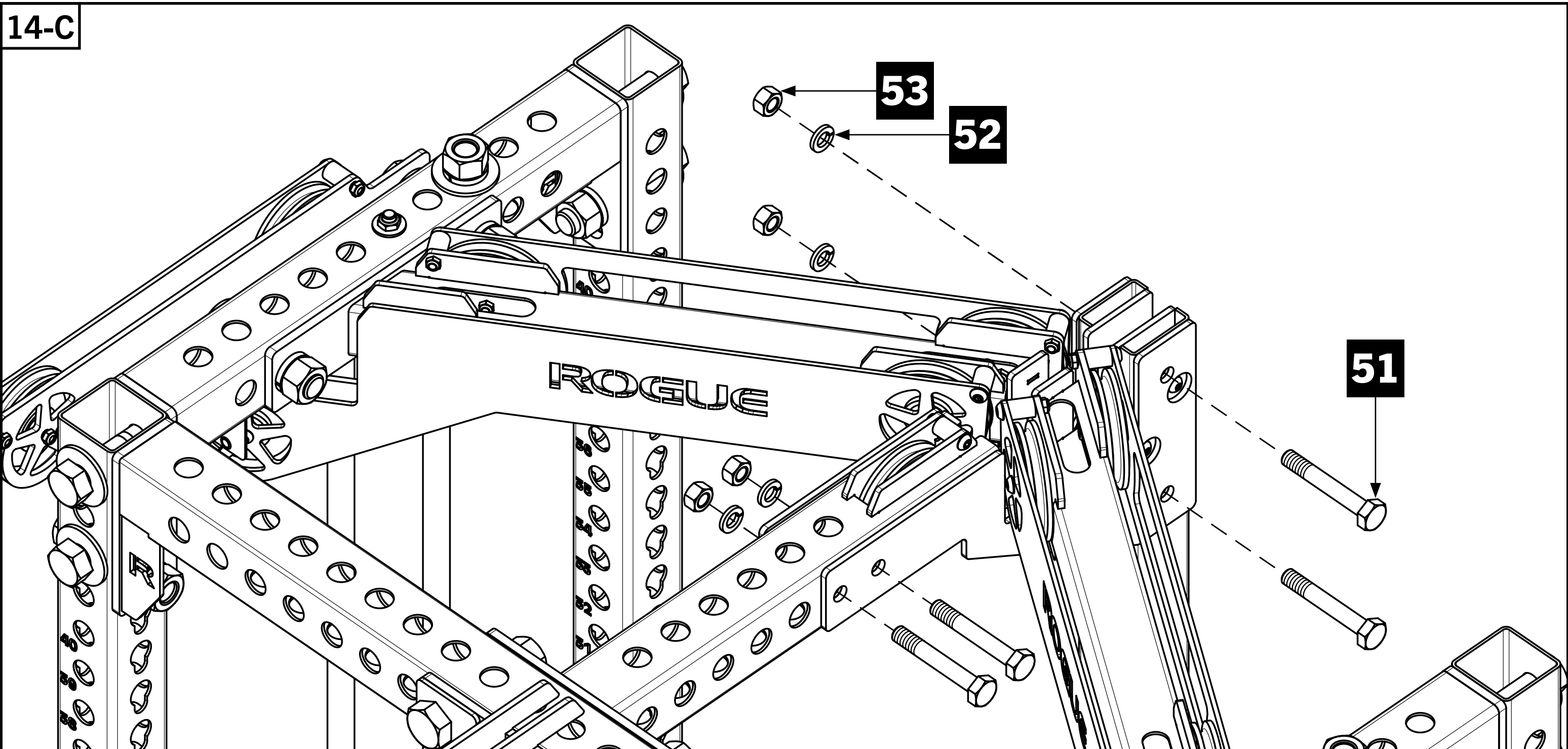
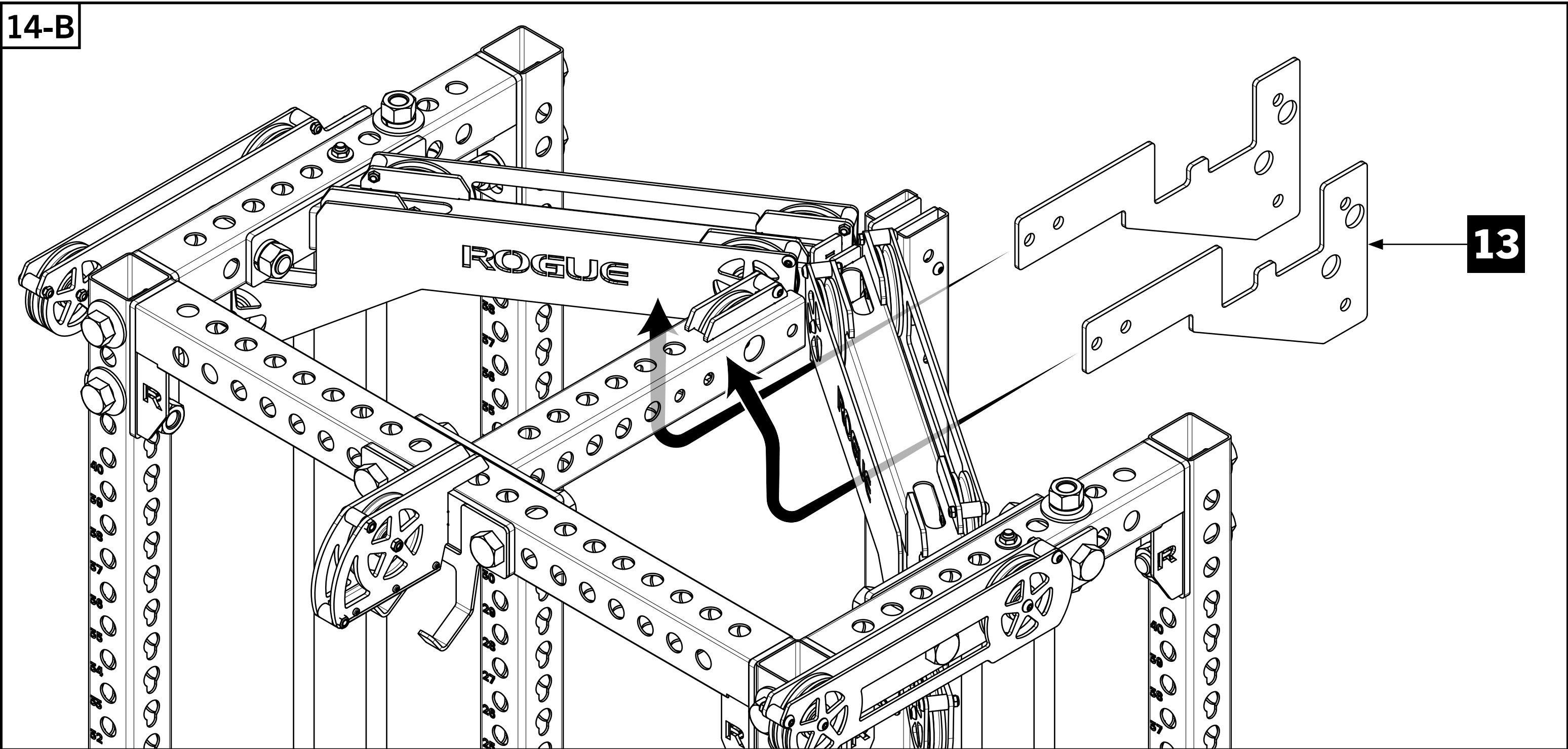
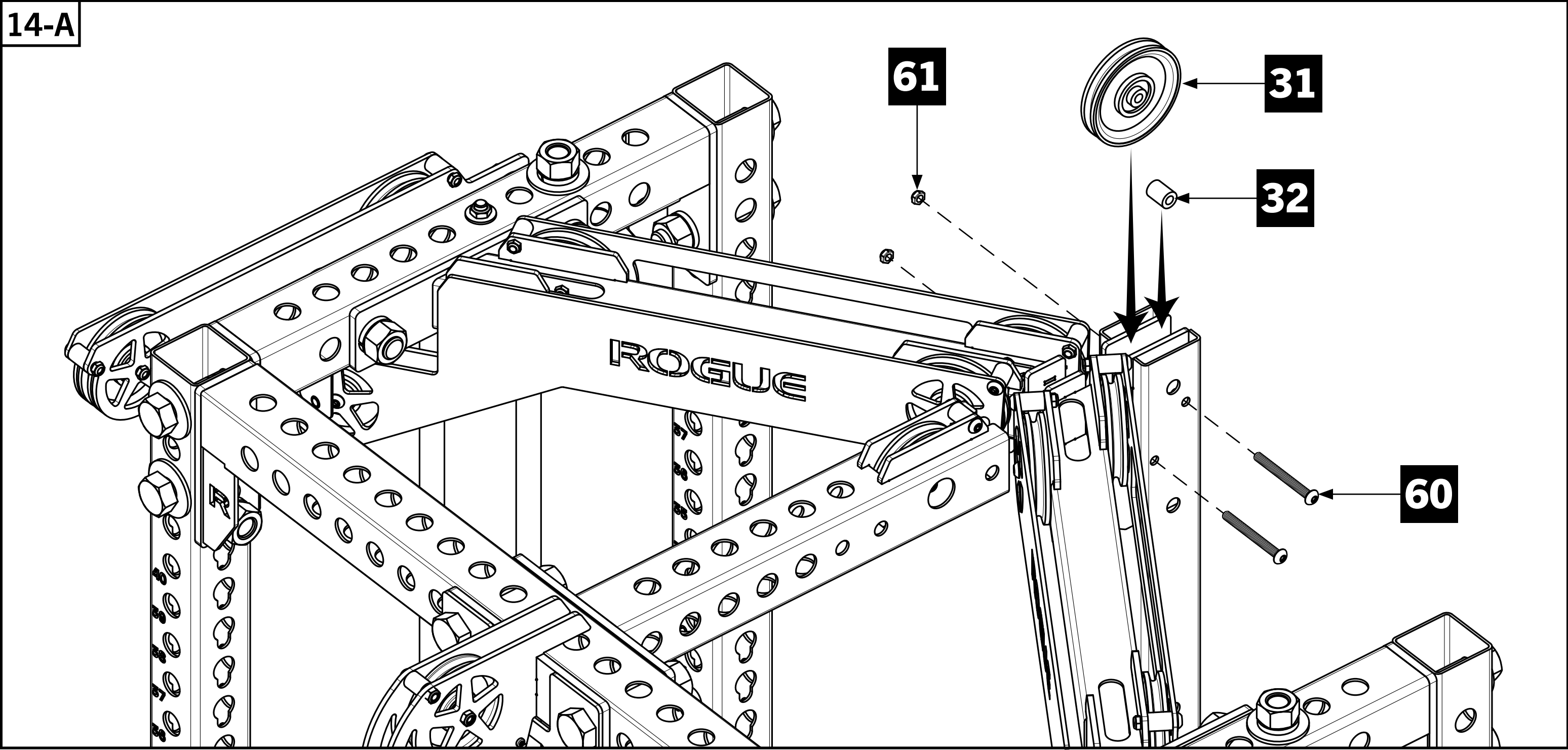


13-B



STEP 14

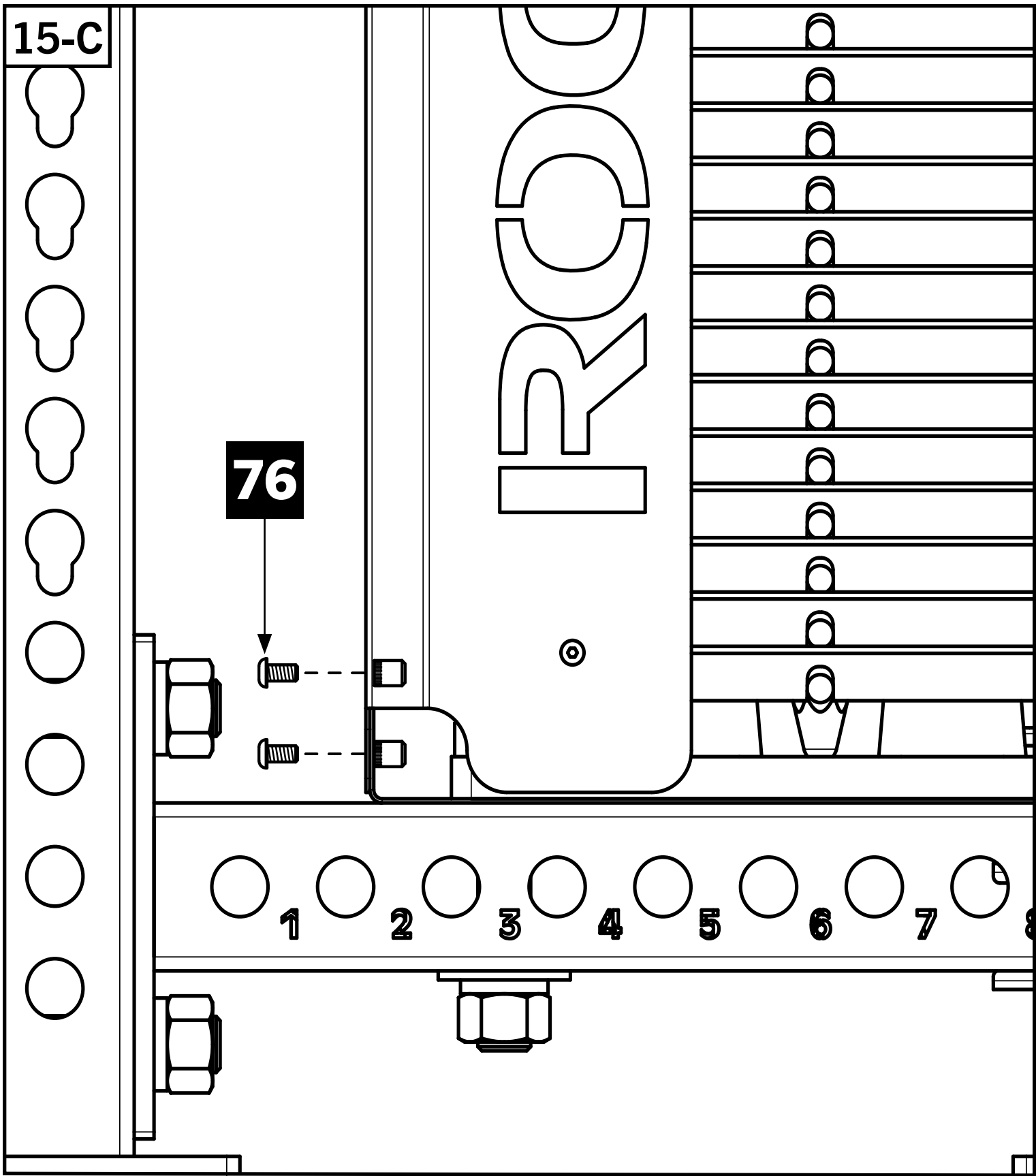
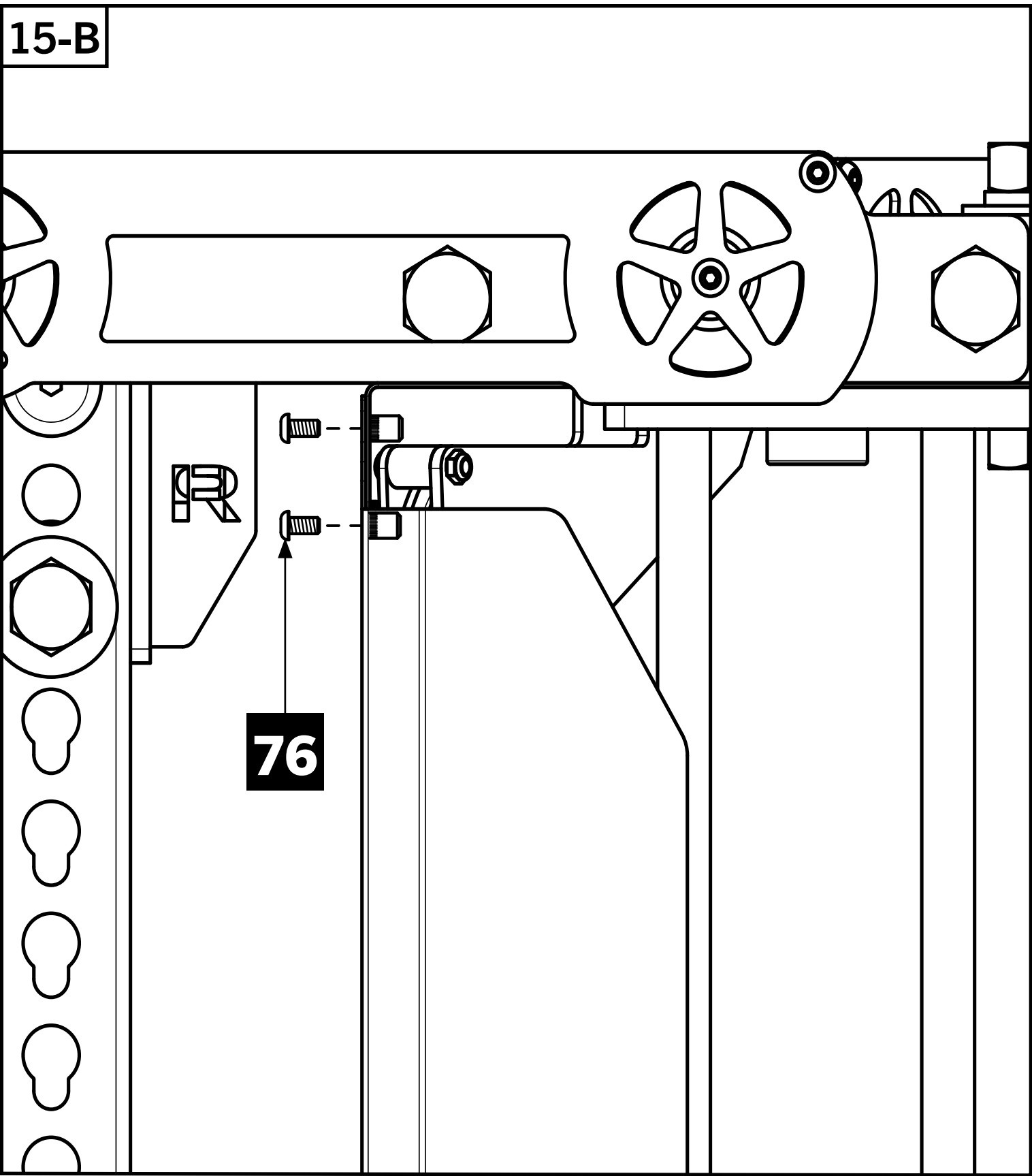
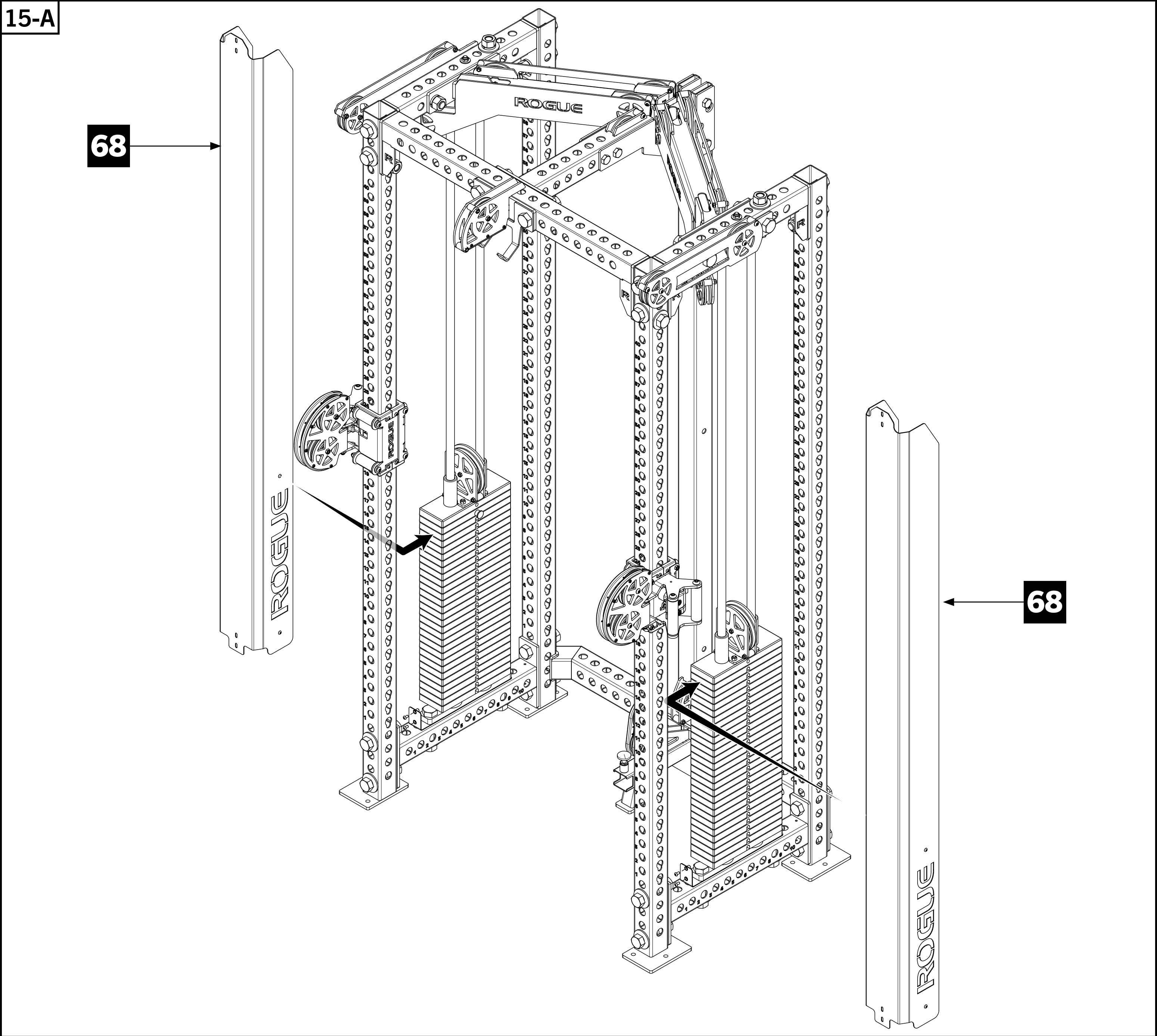
- Secure 4.5” Pulley [31] and 3/4” x 1” Cable Retainer [32] inside Rear 3X3 Upright using 3 /8” x 3-1/2” Button Head Screws [60] and 3/8” Thin Nylock Nuts [61] through the indicated holes.
- Bolt Connector Plates [13] to Top Center Crossmember [10] and Rear 3X3 Upright [2] using 5/8” x 4-1/2” Hex Bolts [51], 5/8” Lock Washers [52], and 5/8” Hex Nuts [53].



STEP 15 (SHROUD KIT ONLY)

Tools Required:

- 5/32” Allen Key
- If Shroud Kit was not purchased, proceed to **STEP 16**.
- Attach Weight Stack Nameplate Shrouds [68] to Weight Stack Shroud Brackets [65] using 1/4” x 5/8” Button Head Screws [76] and fully tighten.

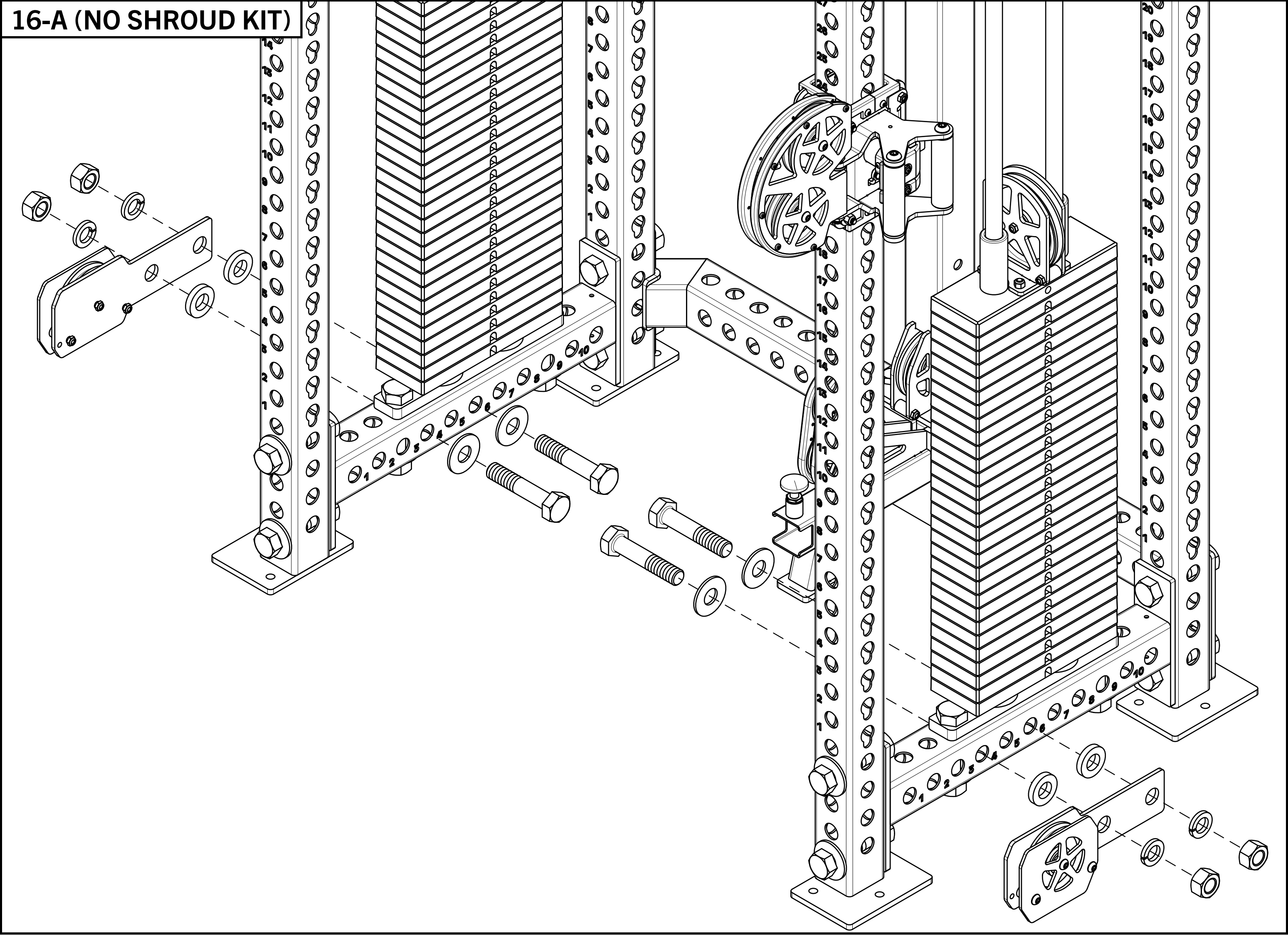
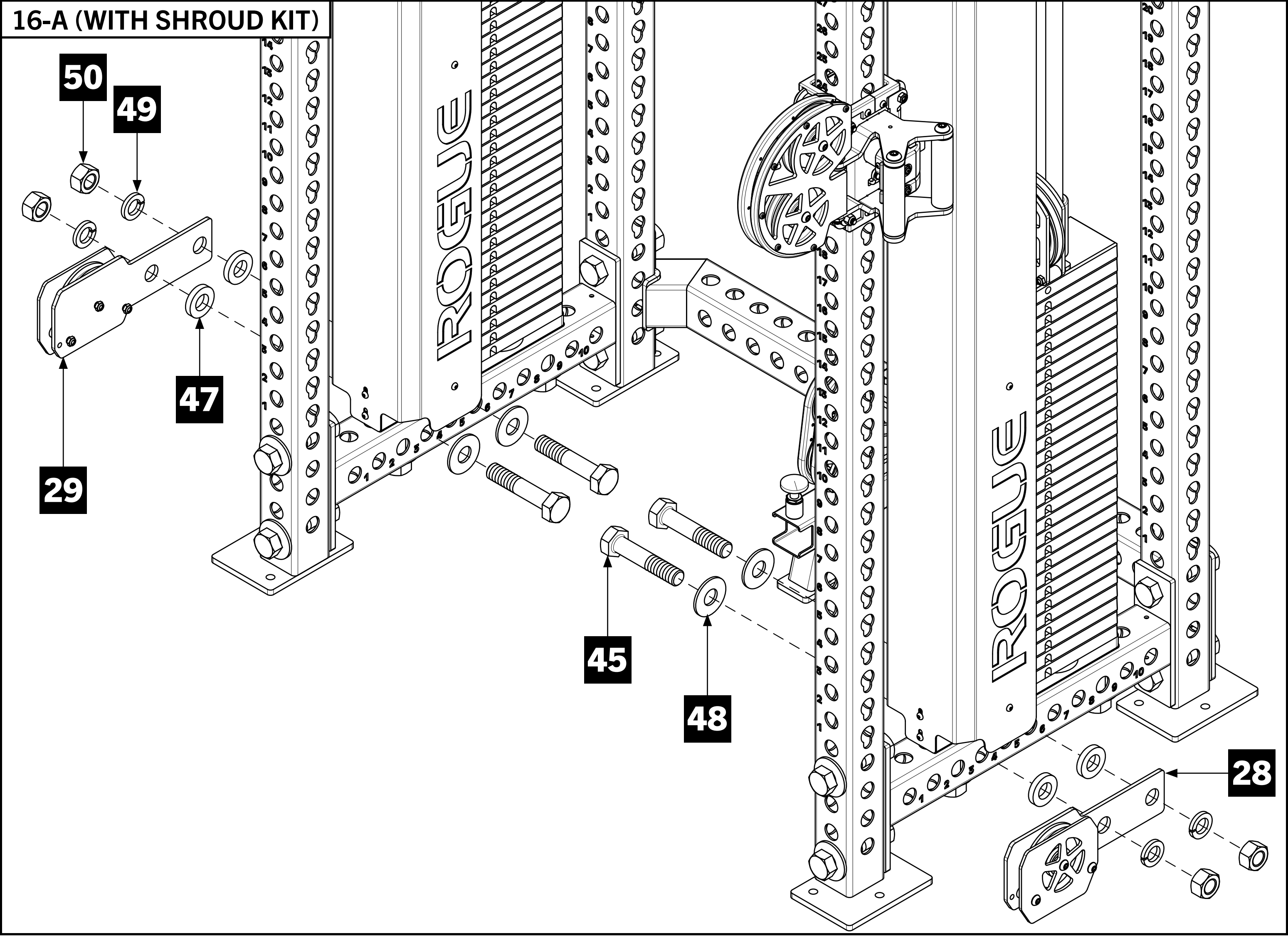


STEP 16

- Bolt Bottom Side Pulley Assembly - RH [28] and -LH [29] to the 24" Rear Low Crossmembers using 1" x 5" Hex Bolts [45], 1" x 3/8" Pulley Bracket Spacers [47], 1" Flat Washers [48], 1" Lock Washers [49], and 1" Hex Nuts [50] as shown.

Note:

- Hardware is assembled through the 4th and 6th holes on 24" Rear Low Crossmembers [5] with the bolt heads oriented inside of rack as shown.

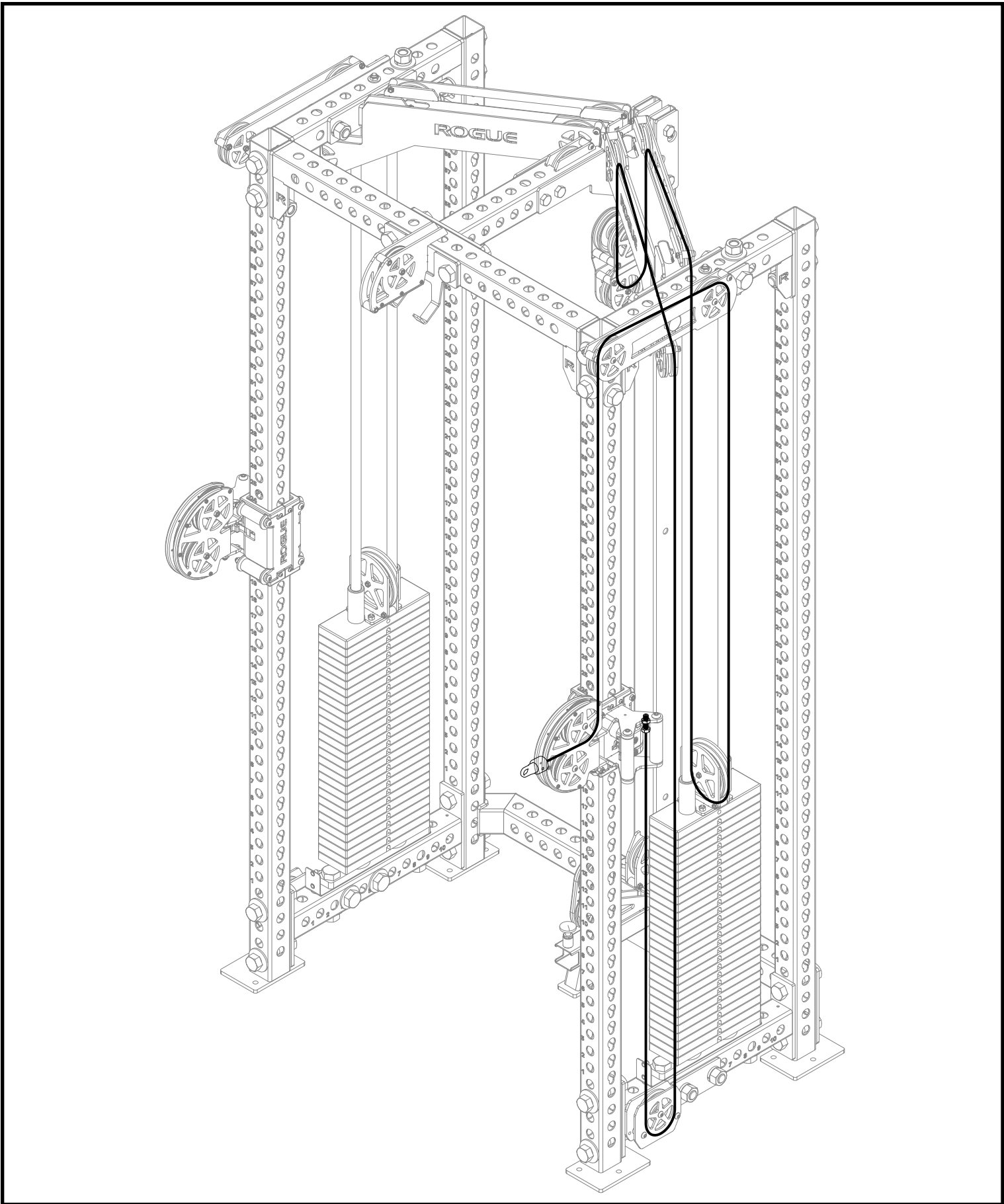


STEP 17

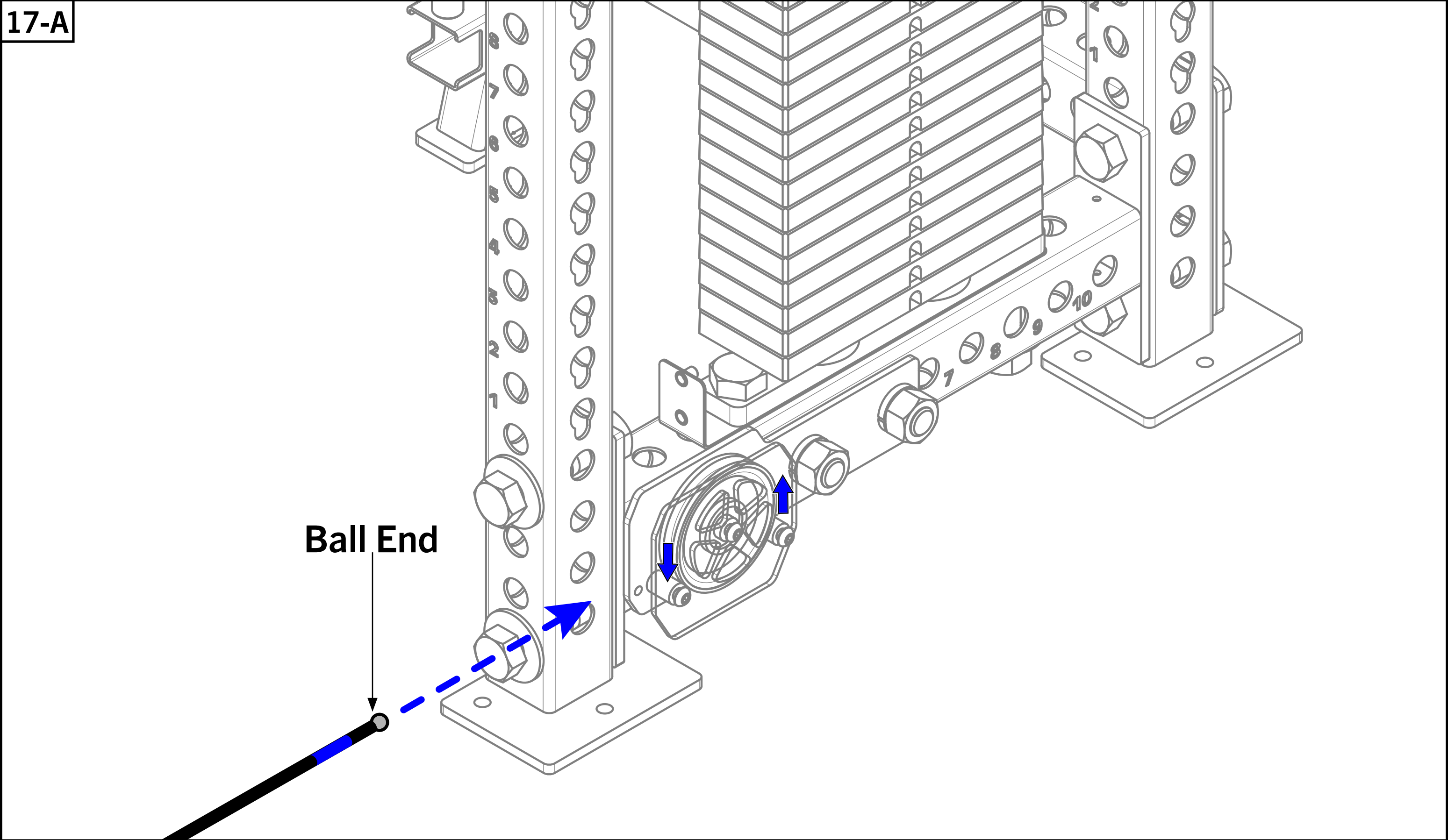
- Unwind cable to remove twists/kinks.
- Feed the Ball End of Trolley Cable [33] around the pulley on Bottom Front Pulley Assembly (arrows 2 & 3) and continue feeding towards the back of rack. Continue feeding around the Bottom Rear Side Pulley shown in **17-B**.

Note:

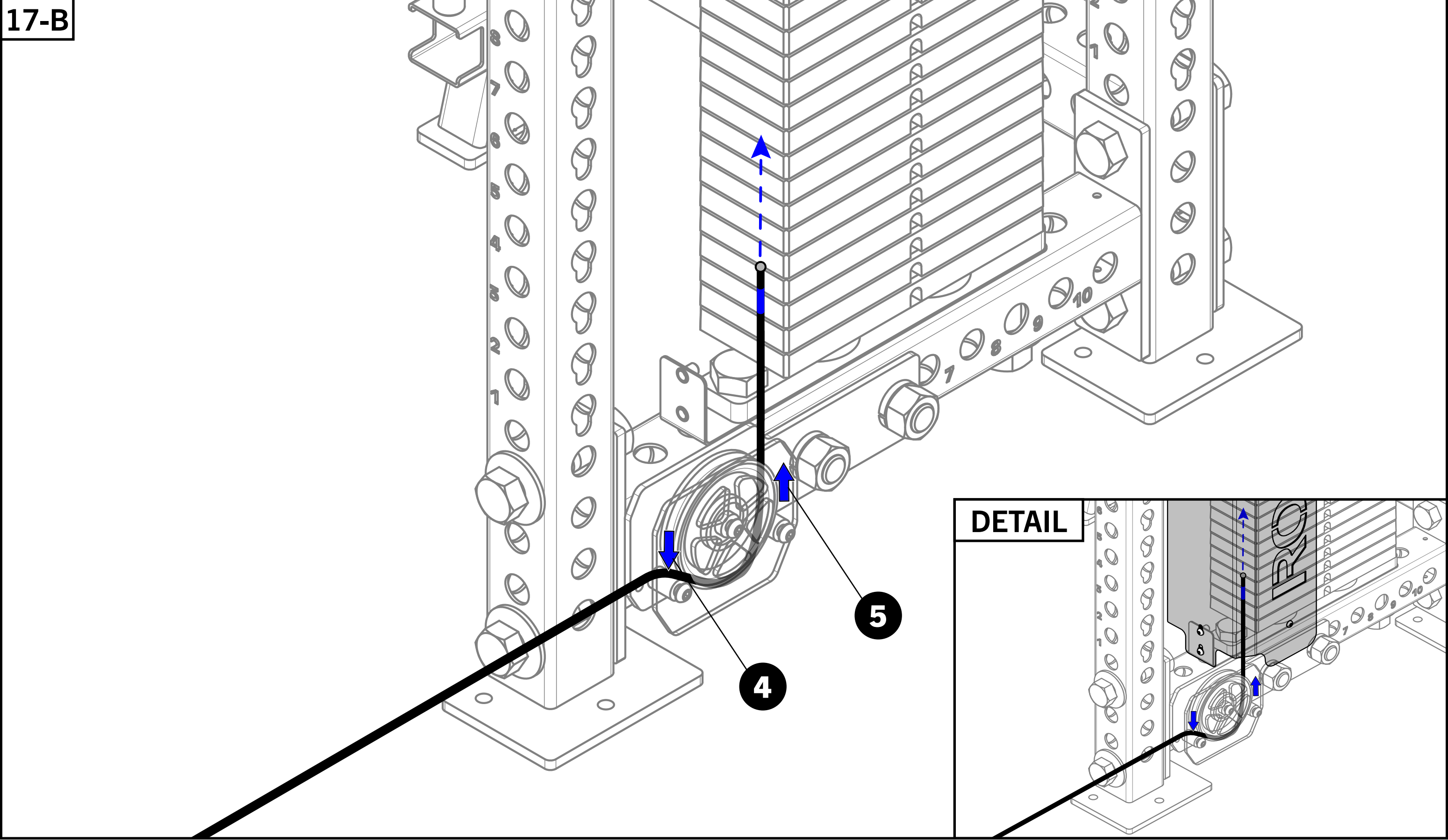
- If Shroud Kit was purchased, ensure cable is routed on the inside of Nameplate Shroud assembled in **STEP 15** as shown in Detail View.



17-A

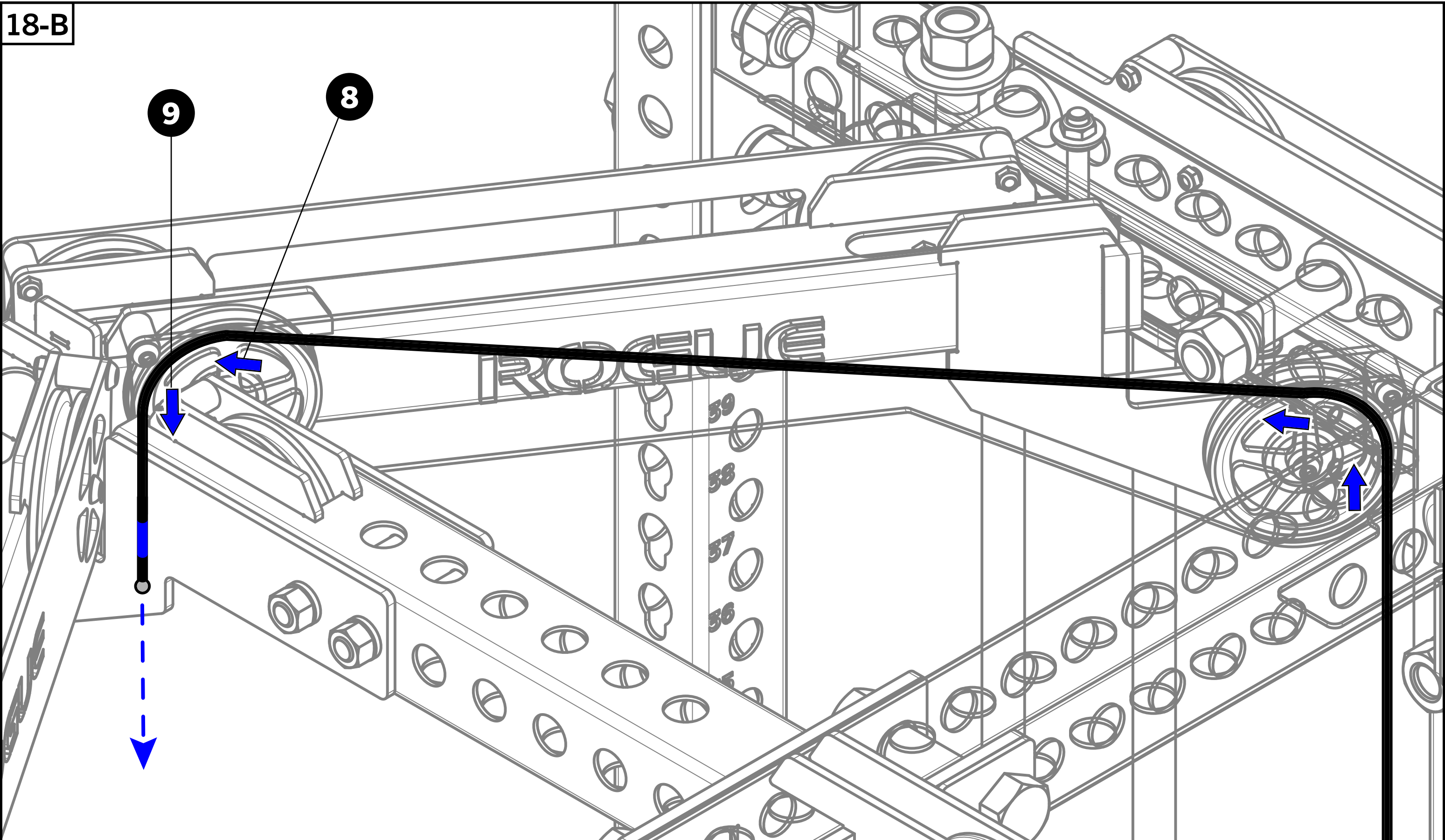
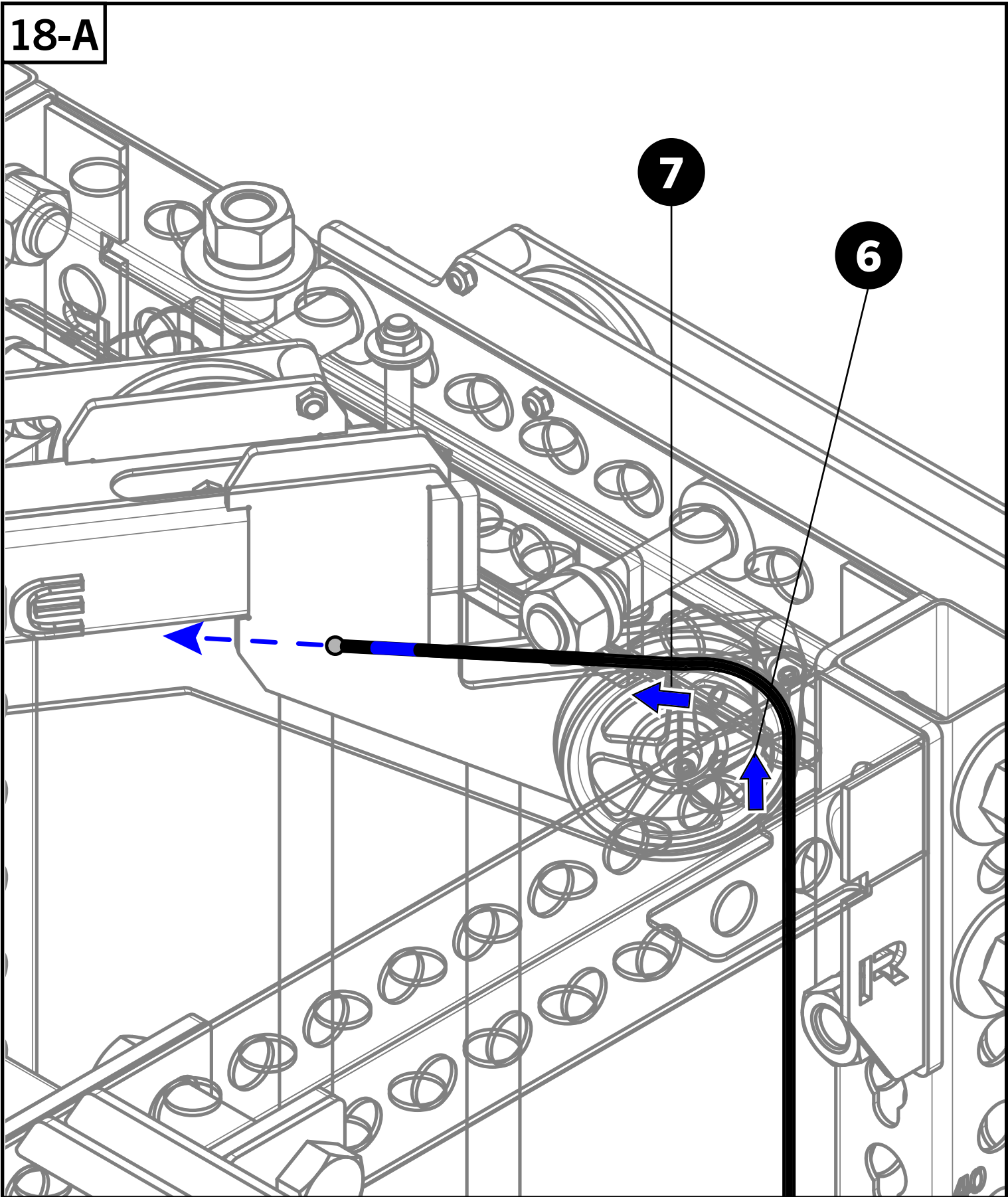
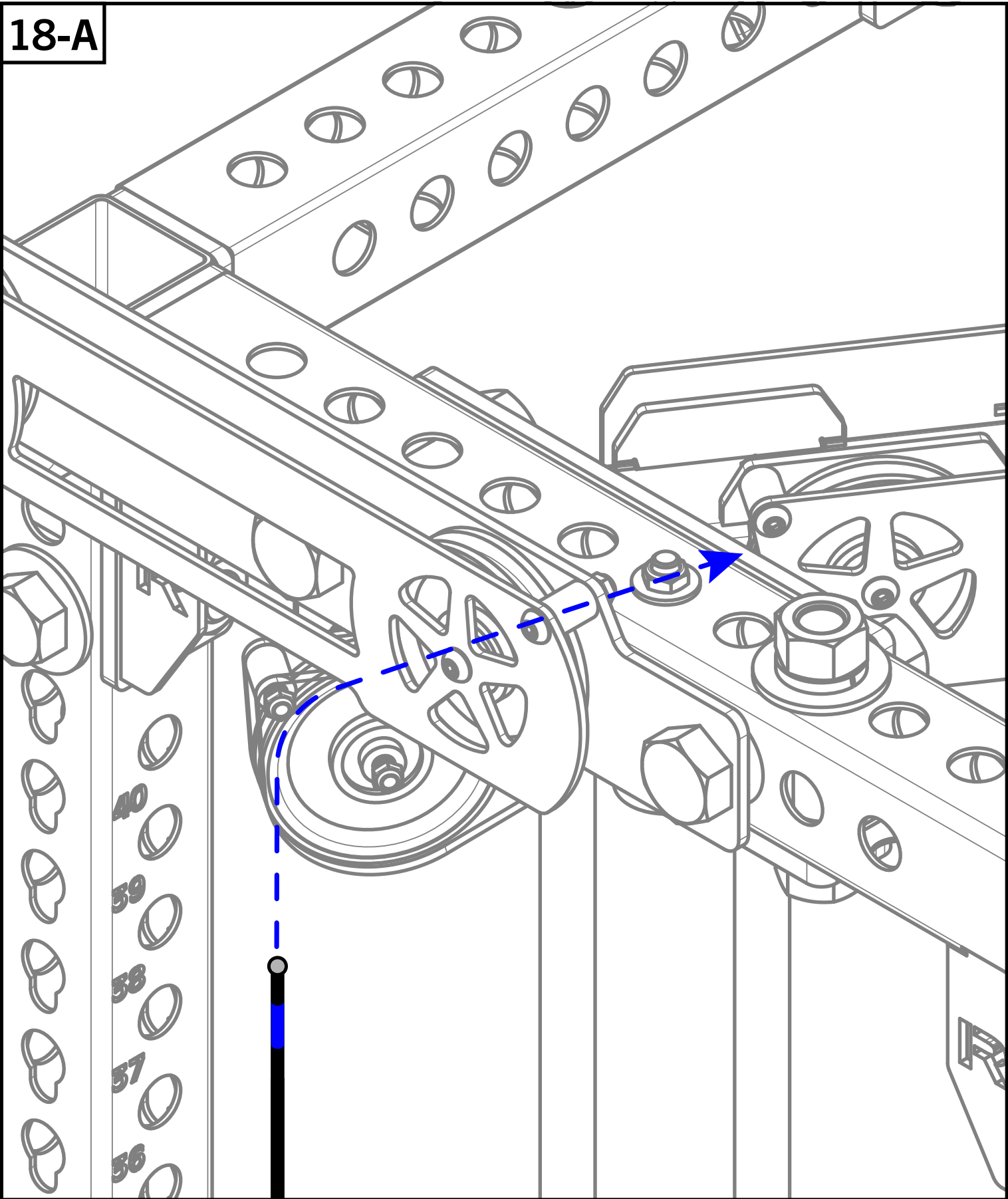
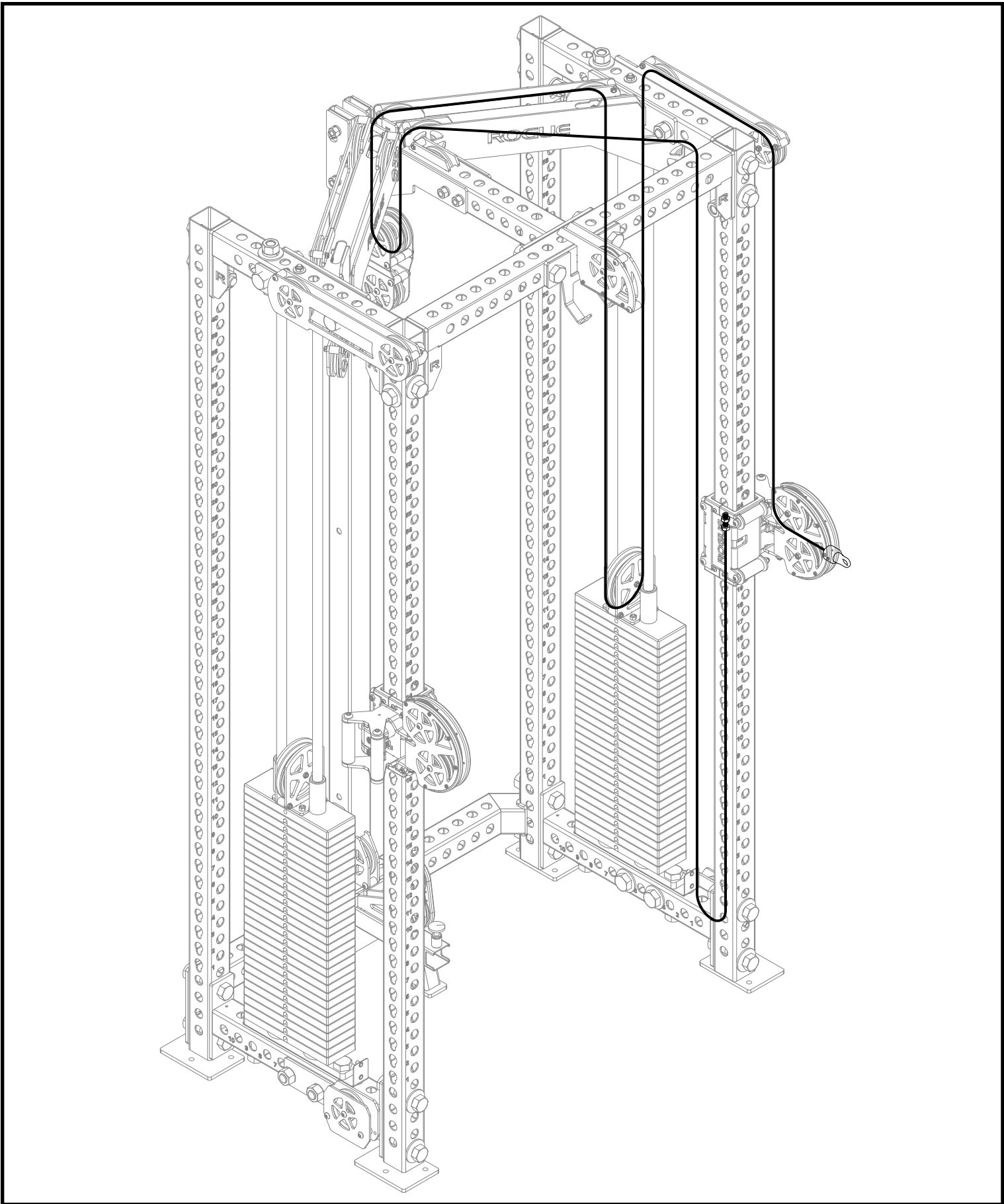


17-B



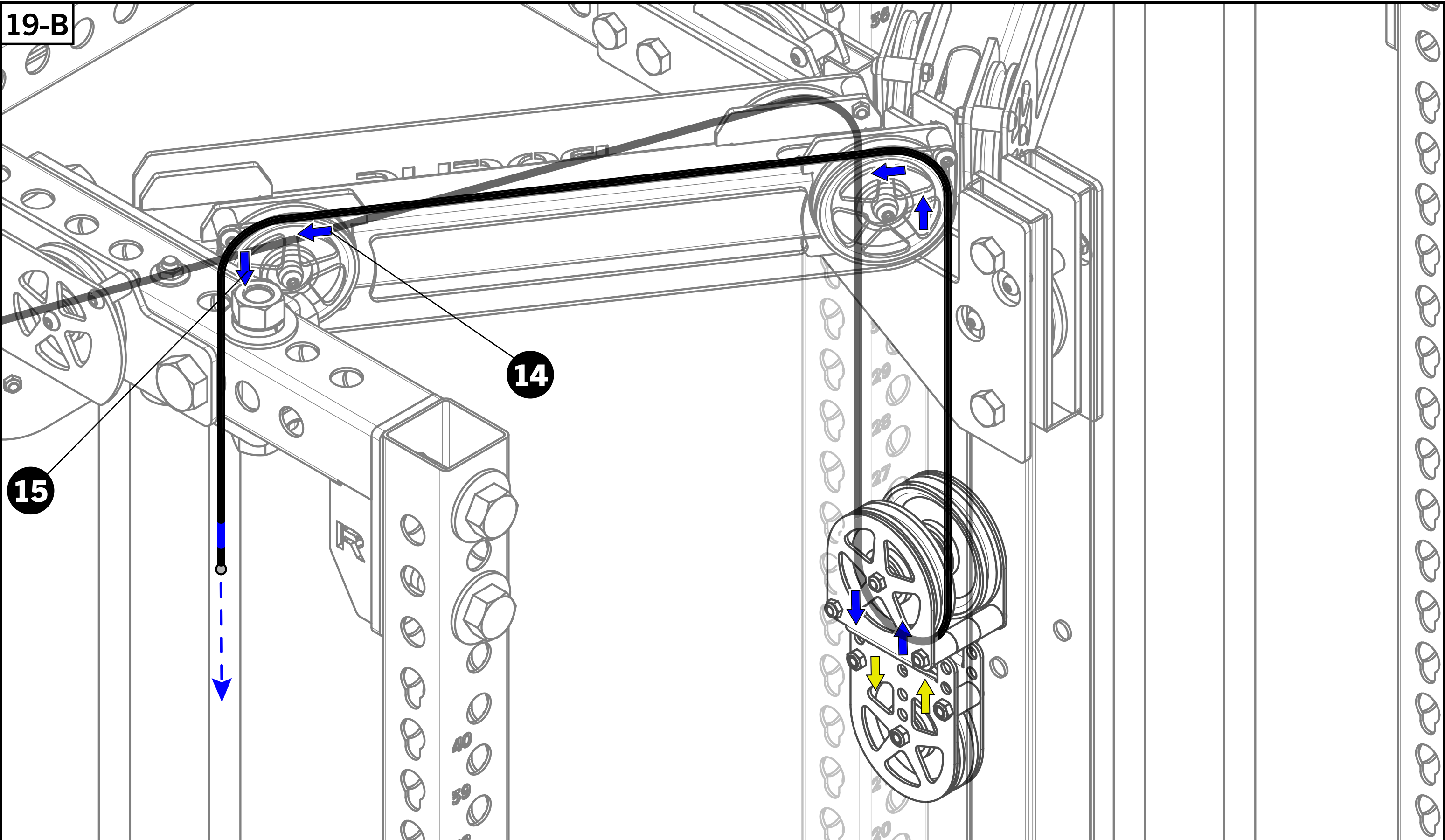
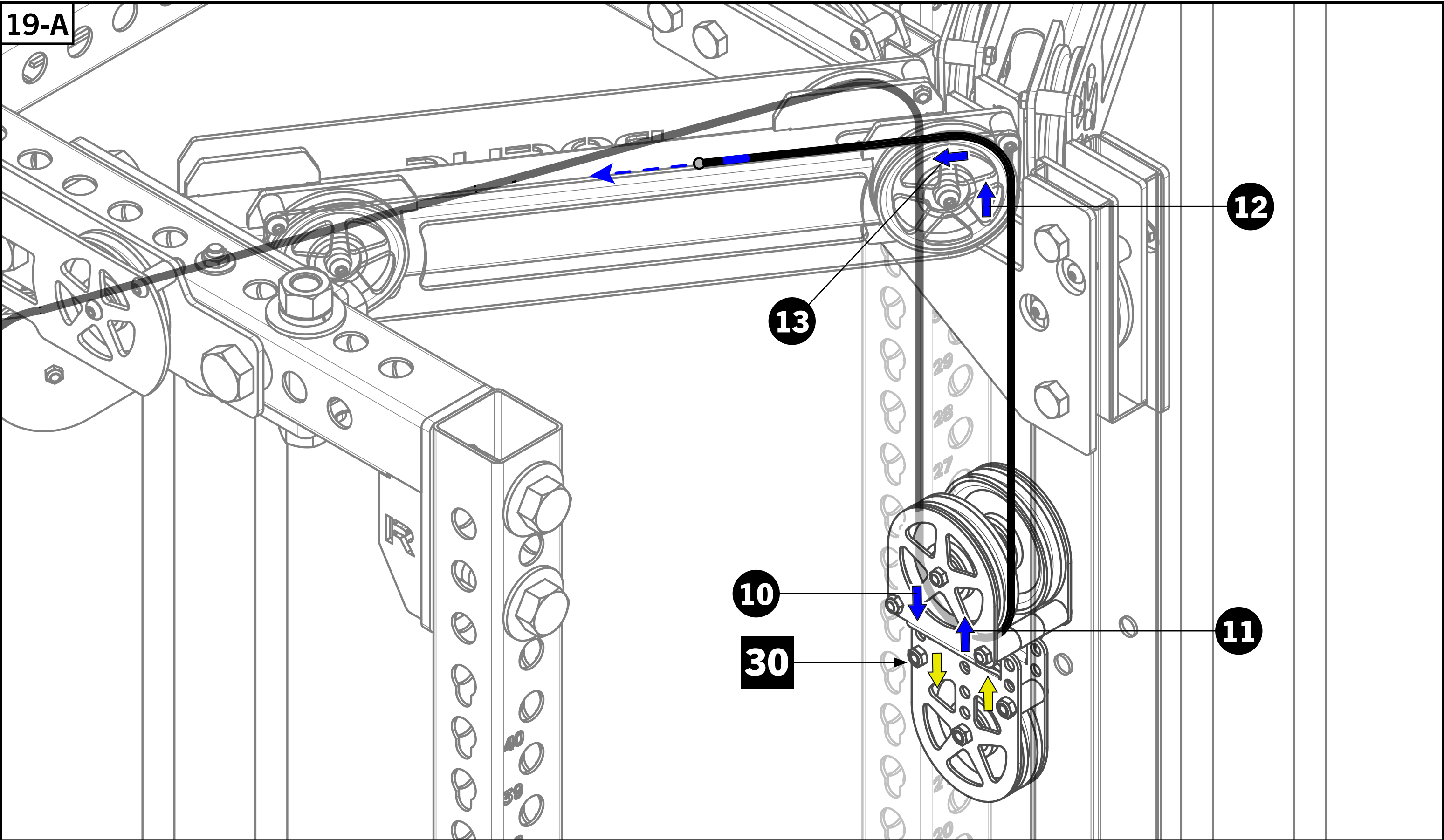
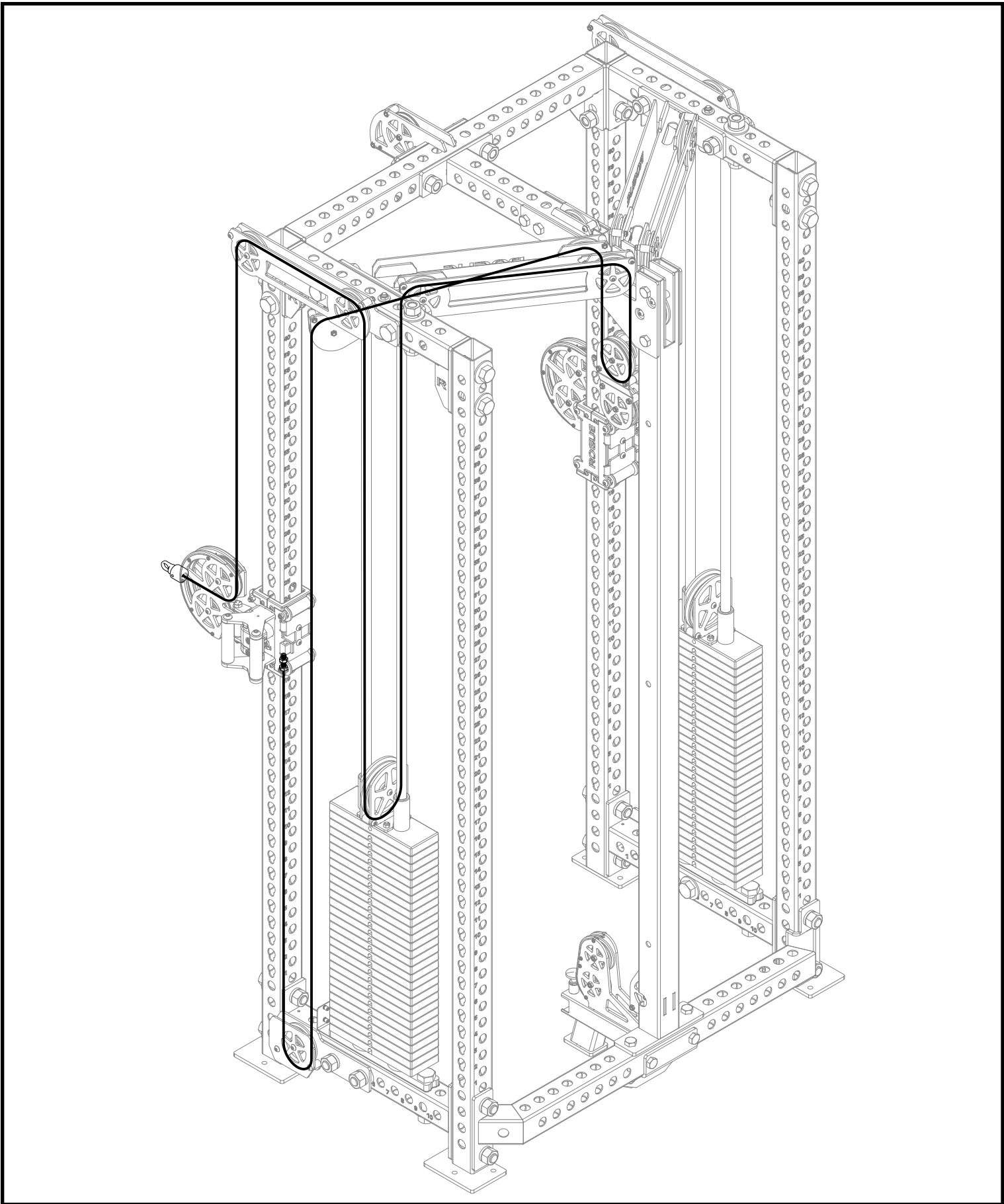
STEP 18

- Continue feeding around the first pulley on Top Rear Angle Crossmember - RH following the arrow indicator directions towards the back of the rack.
- Feed cable around the next angled pulley at the back of the Top Rear Angle Crossmember - RH and downward.



STEP 19

- Hold the Peanut Pulley [30] in the air, ensuring the arrow stickers correspond to diagram **19-A**.
- Feed the cable down and around the upper pulley of Peanut Pulley and then back up towards the Top Rear Angle Crossmember - RH [11].
- Feed cable around the angled pulley shown in **19-B** and down towards the RH weight stack.

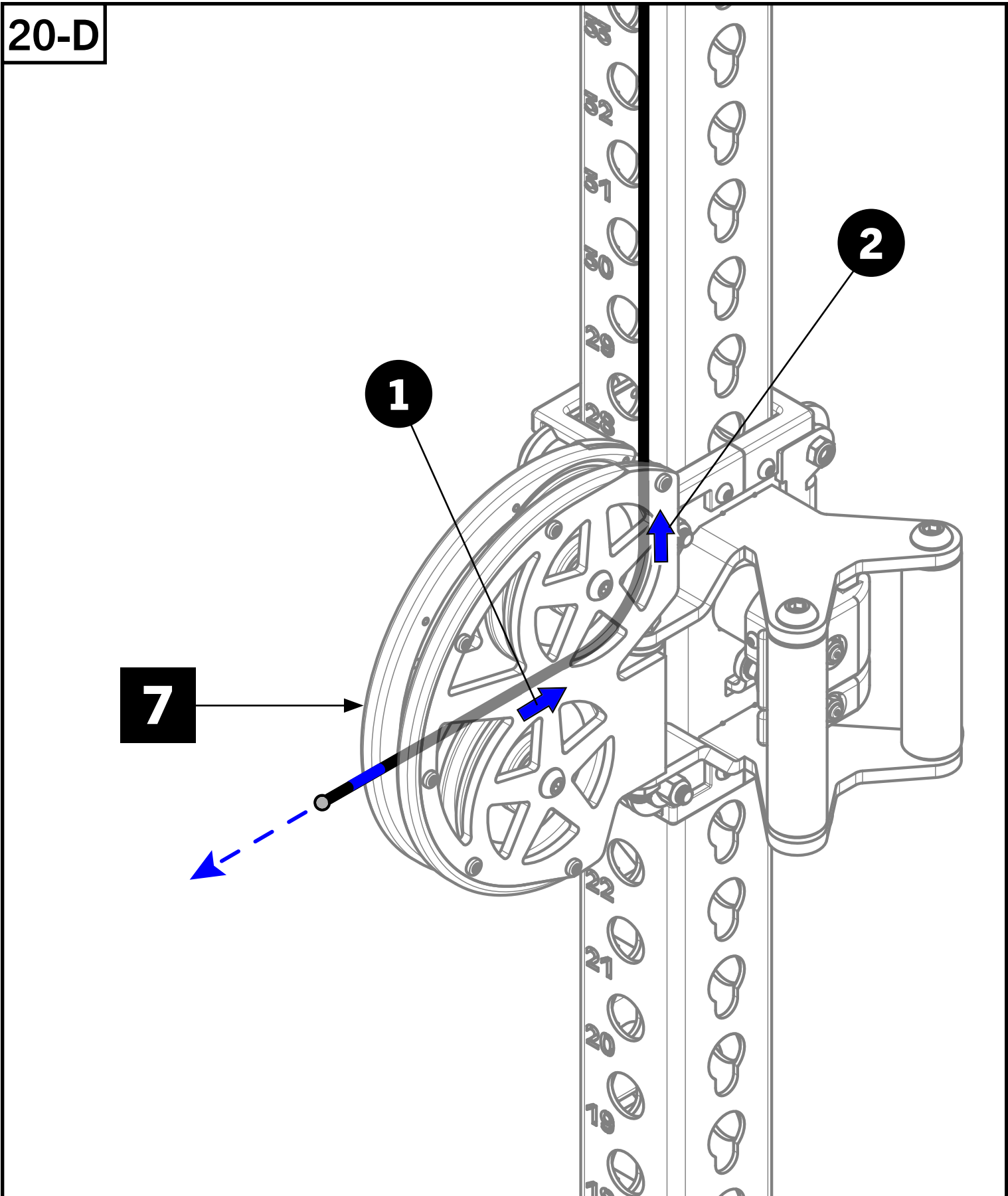
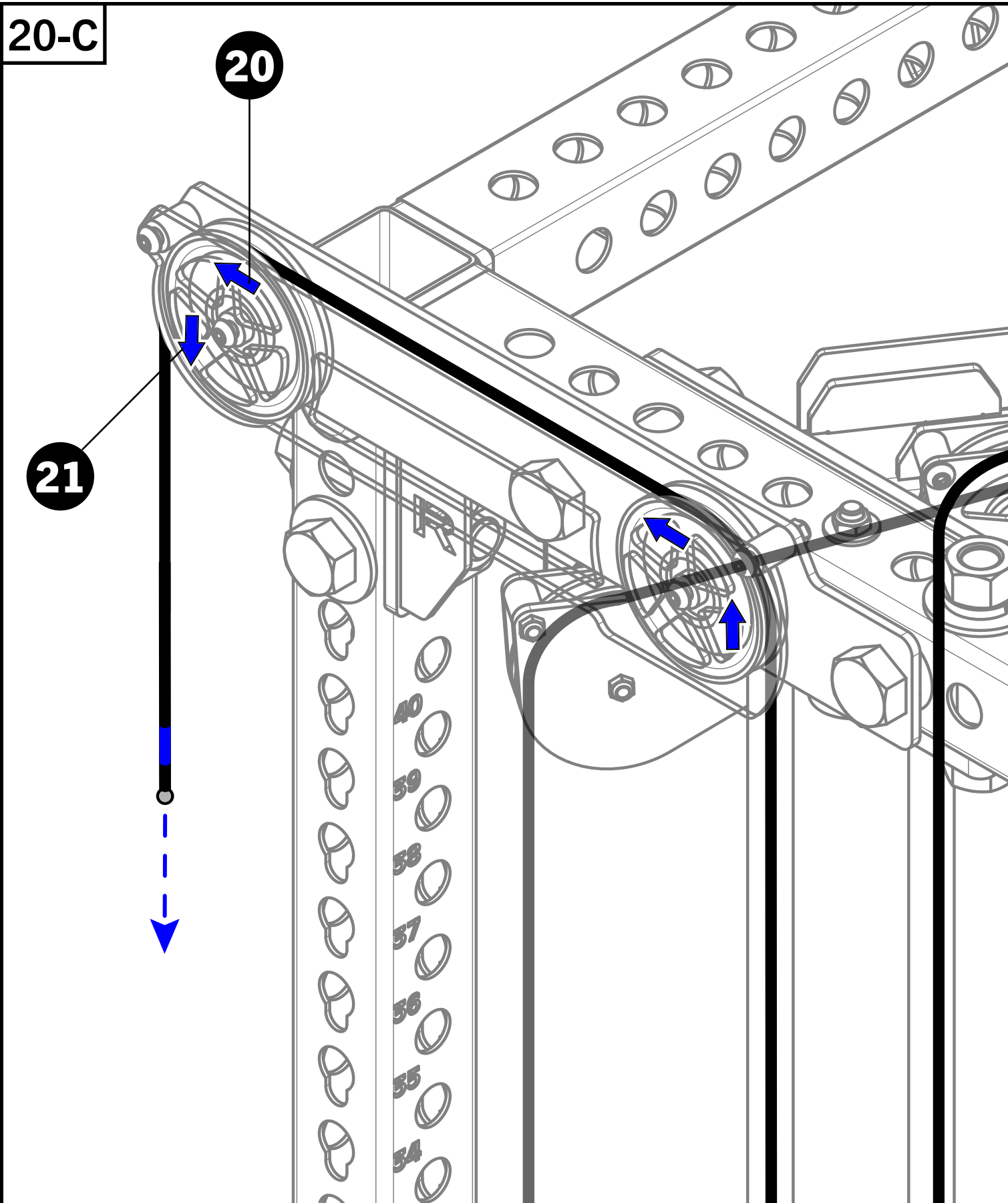
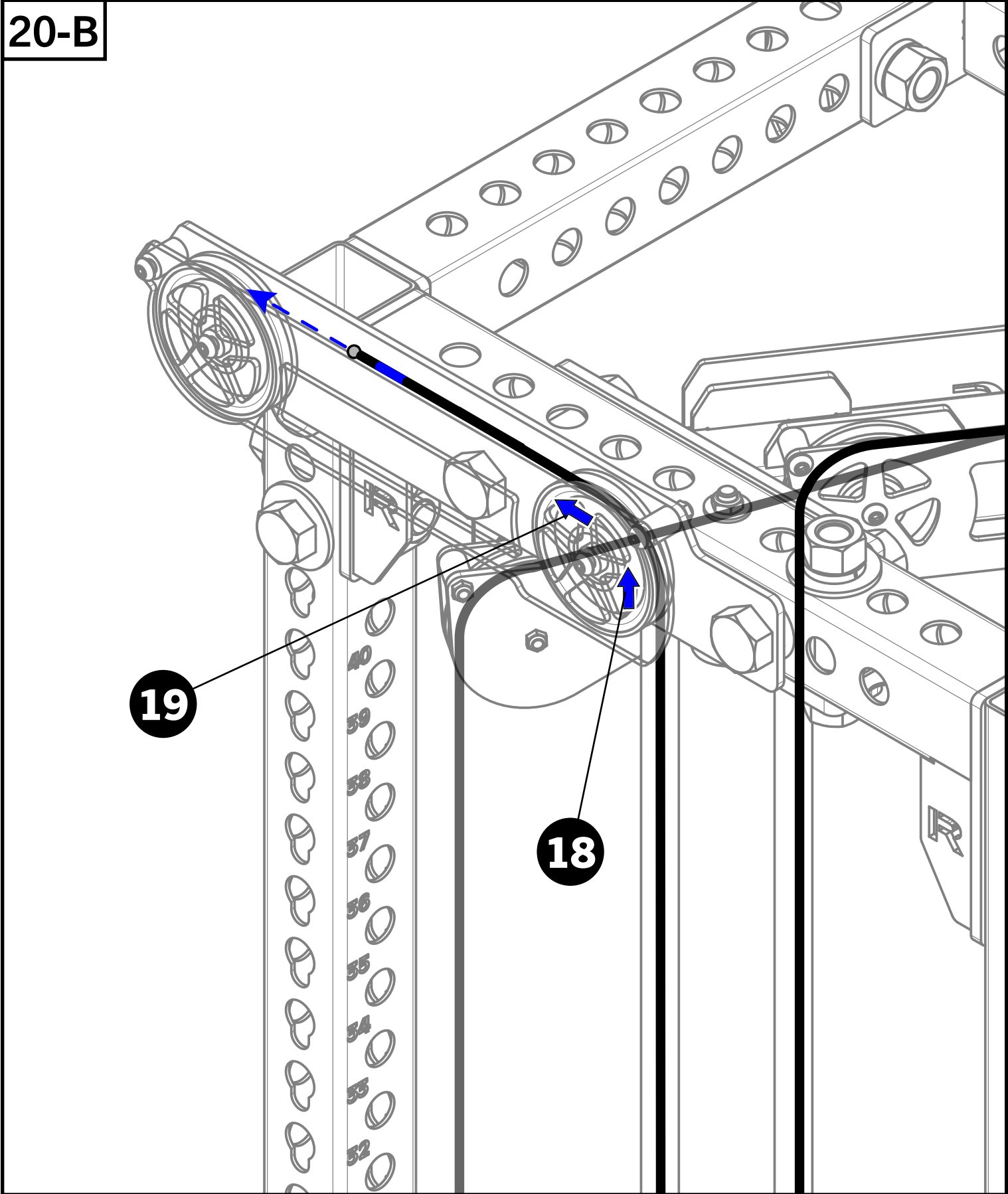
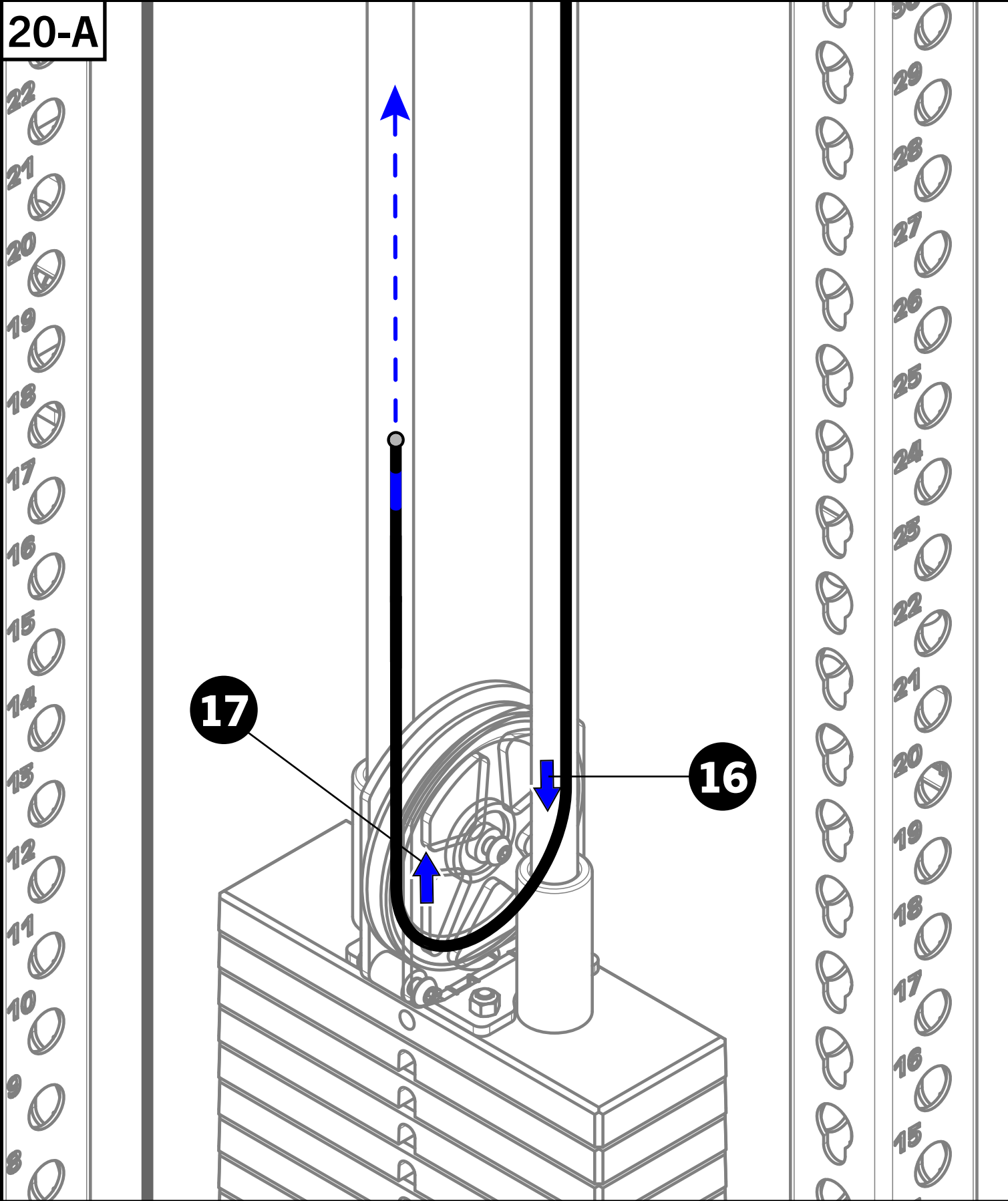
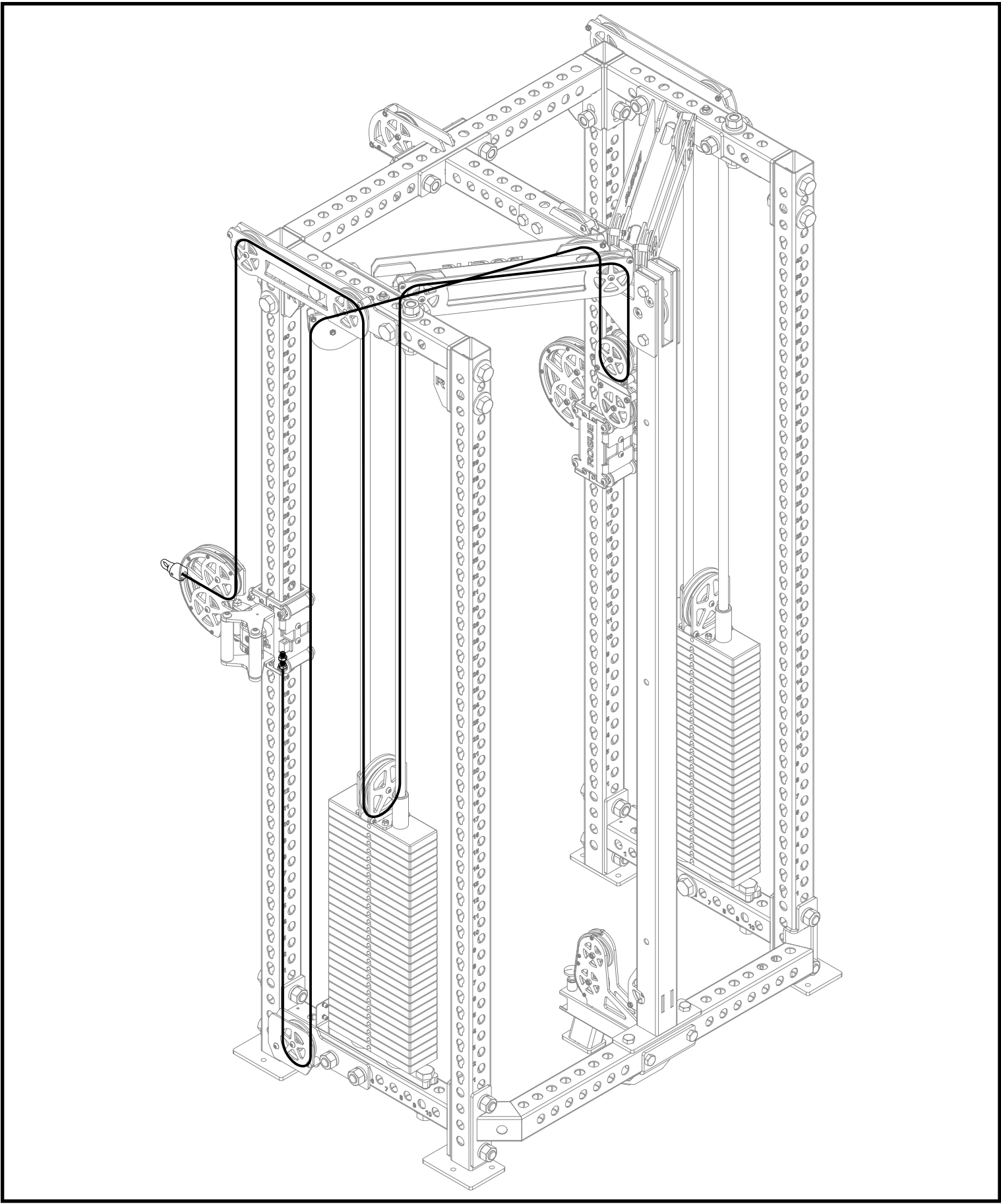


STEP 20

- Continuing down towards the Weight Stack, feed cable around the large 6” Pulley located on top of the Weight Stack Stem.
- Tip:** a flathead screwdriver may be used to help guide cable through turn 17.
- Feed cable back up to the Top Rear Side Pulley Assembly - RH, feeding around the pulley shown in **20-B** and then immediately towards the front of the rack.
- Continue around the Top Front Side Pulley Assembly - RH and then down and out through the Swivel Trolley - RH [7].

Note:

- Arrow directions and numbers on parts shown in **20-D** do not correspond to numbering sequence. (Will be represented by 1 and 2).

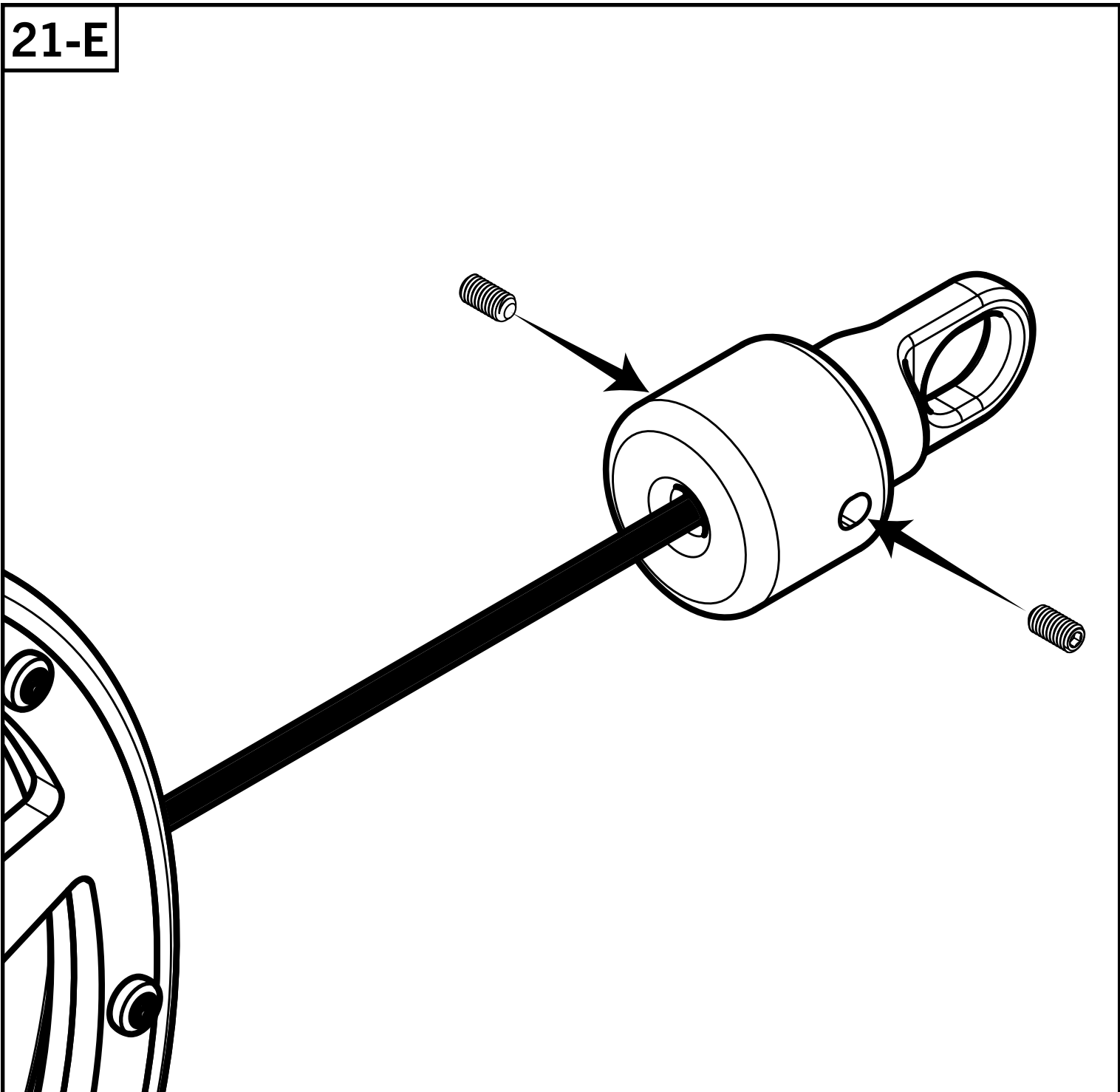
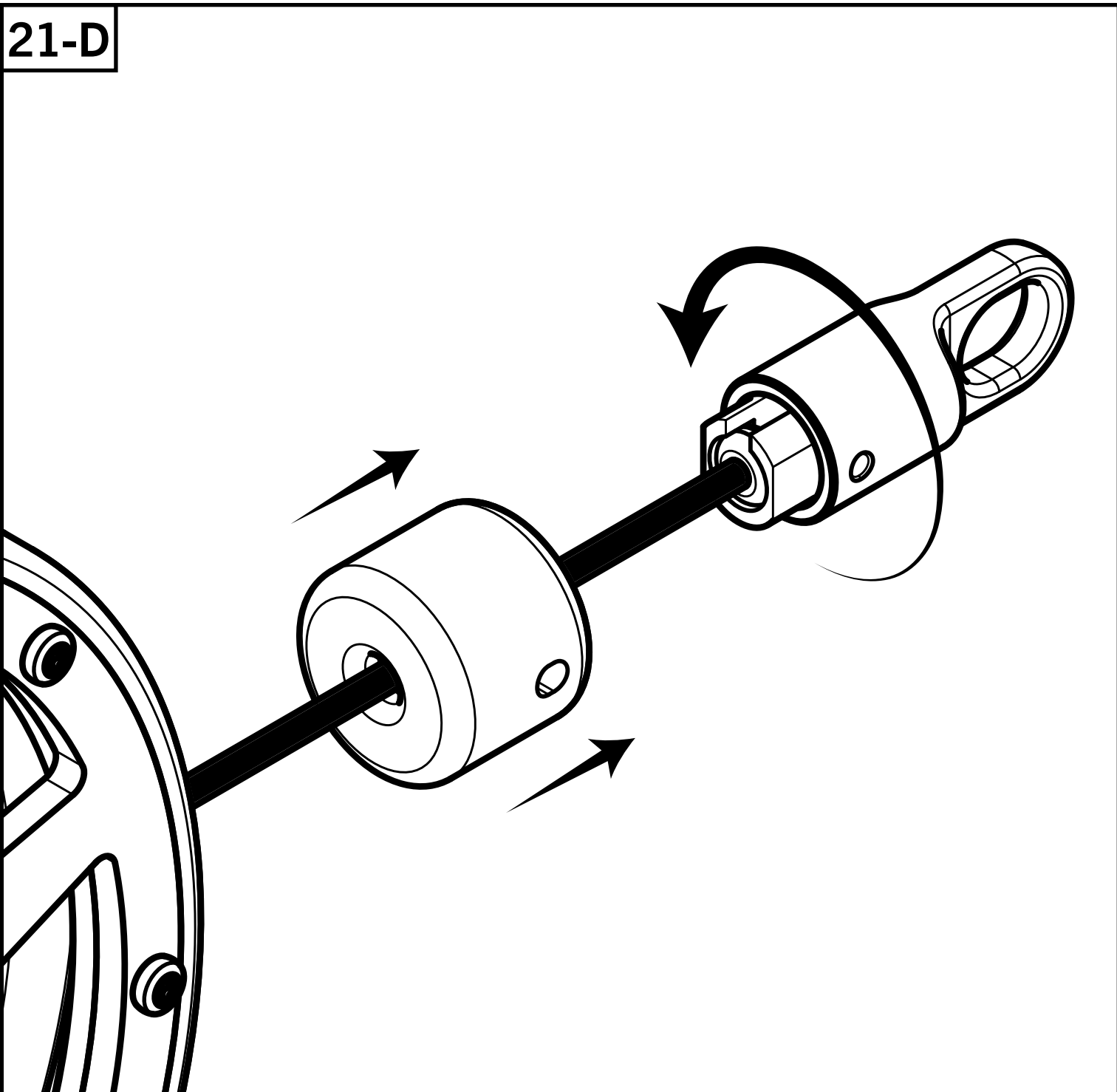
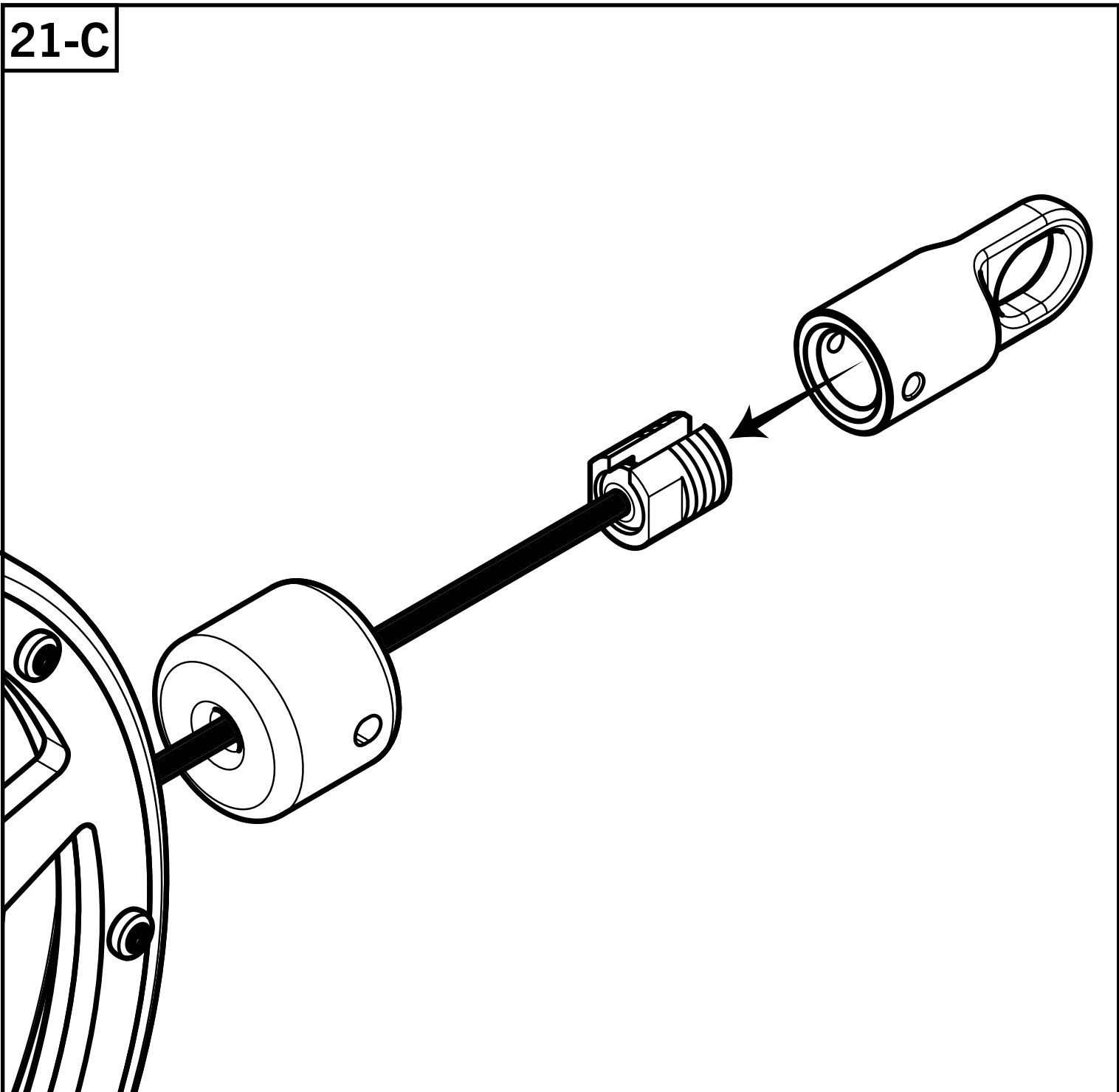
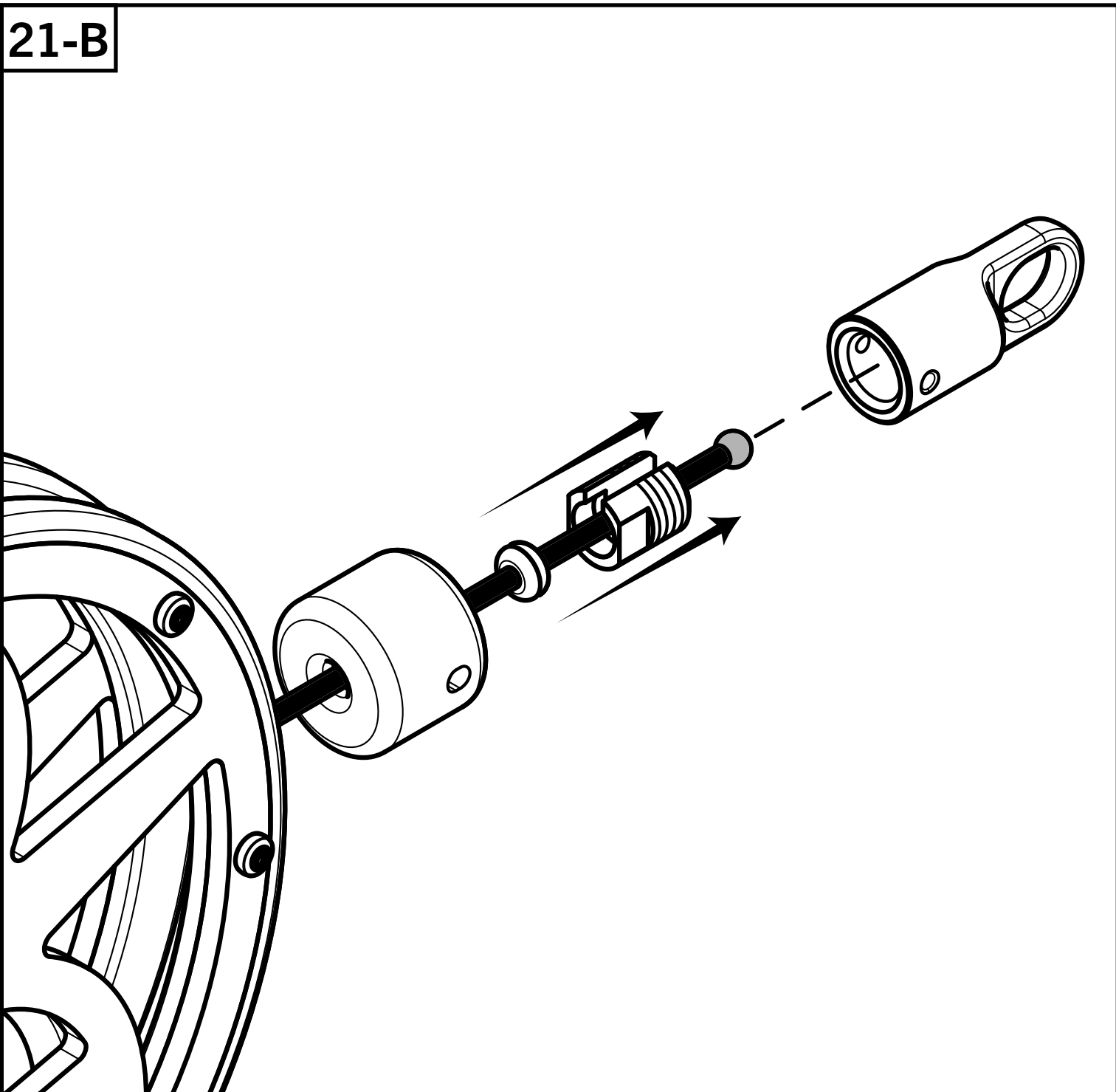
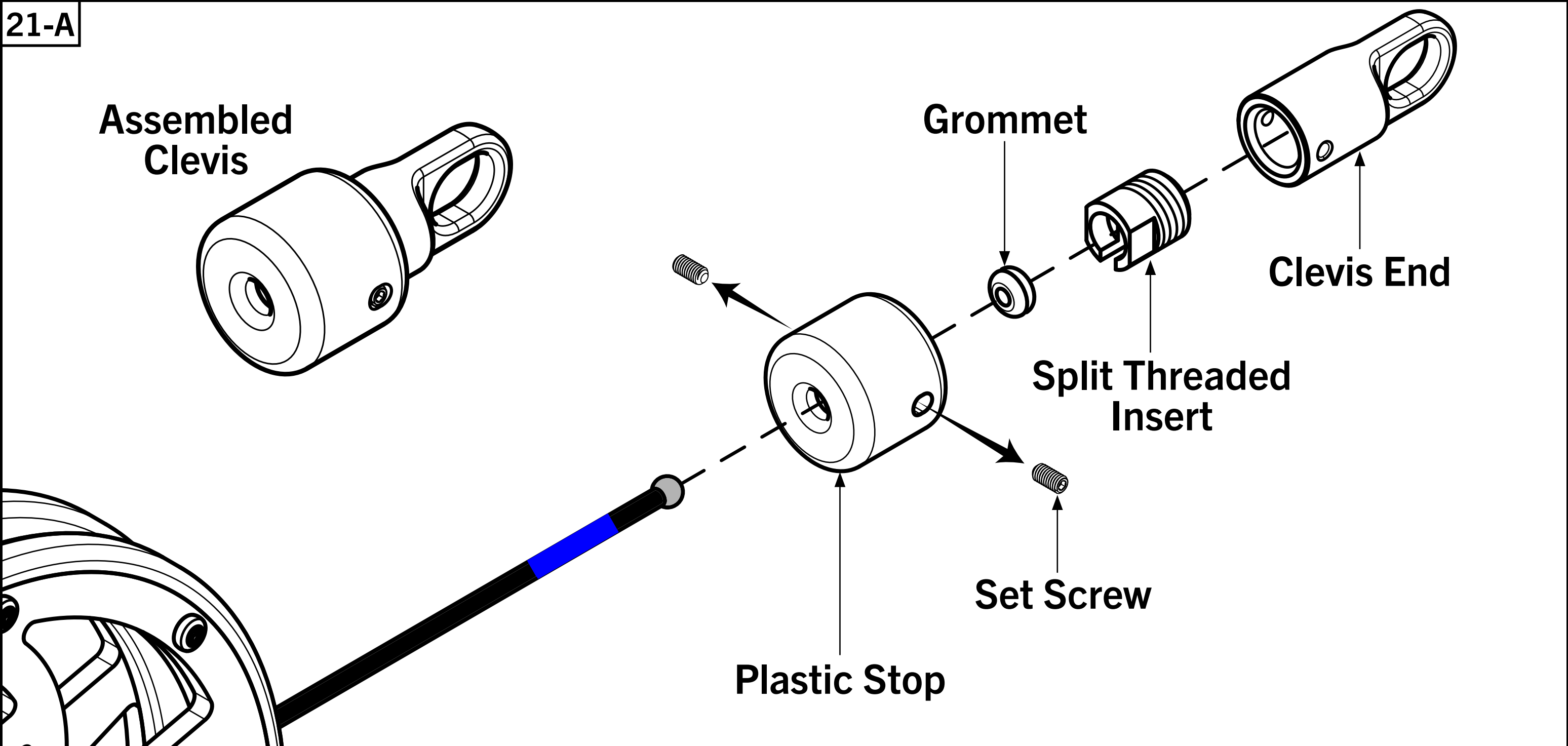


STEP 21

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 **21-B**.

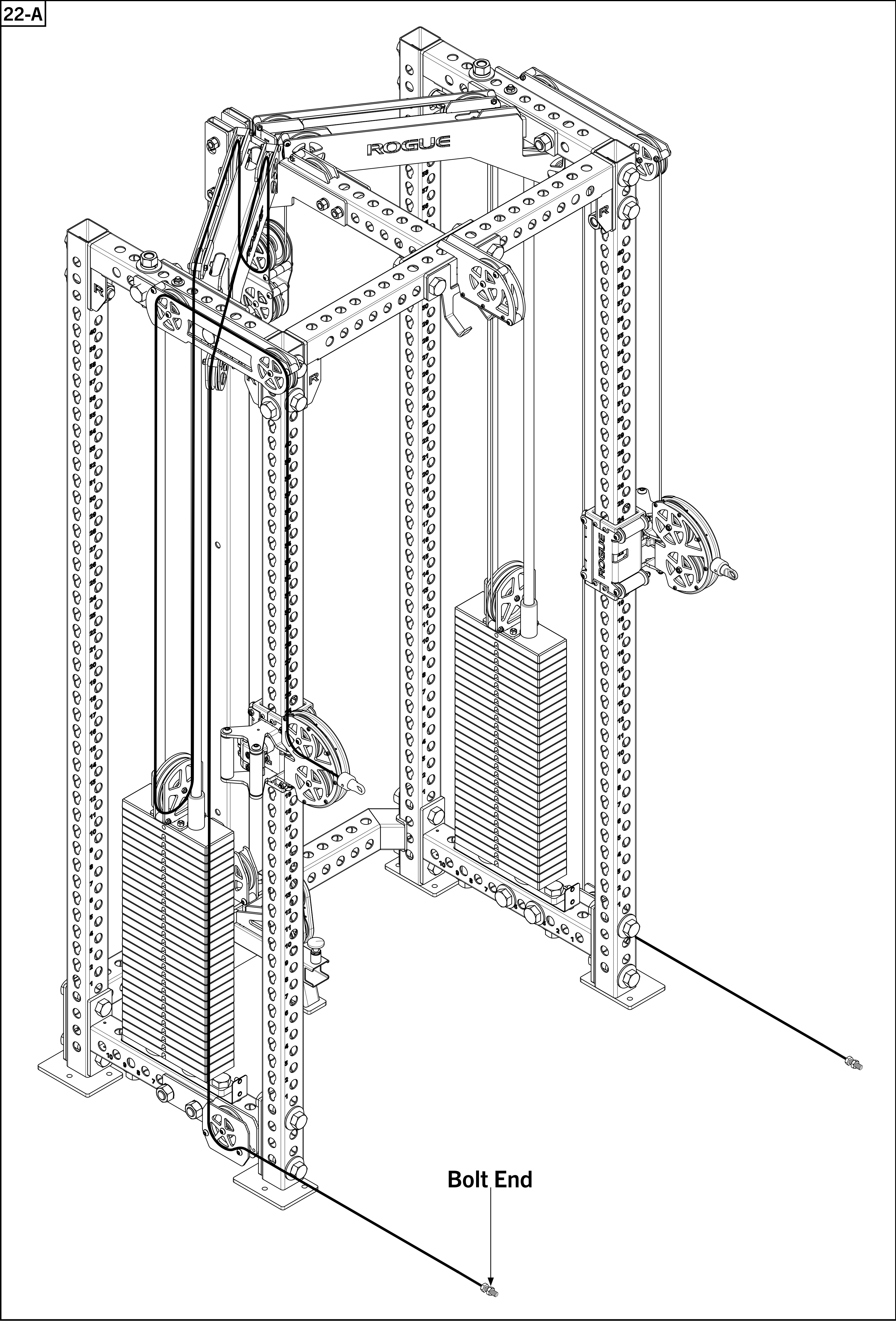
- Insert Grommet into non-threaded side of Split Threaded Insert and screw Clevis End on threaded side using 5/8” Wrench.
- Slide Plastic Stop forward and align outer holes with threaded holes on Clevis End and re-insert Set Screws. Fully tighten Set Screws.



STEP 22

Tools Required:

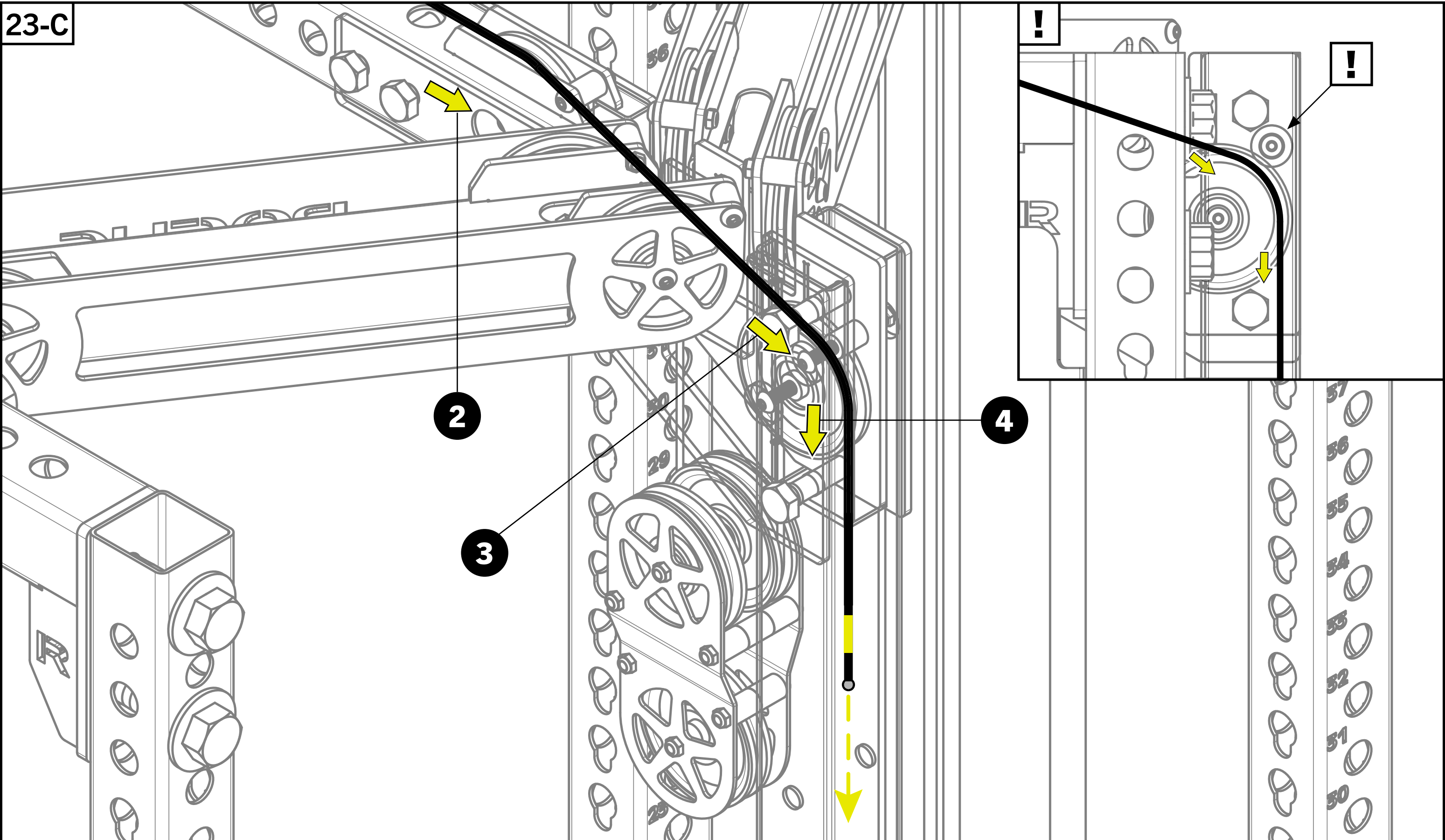
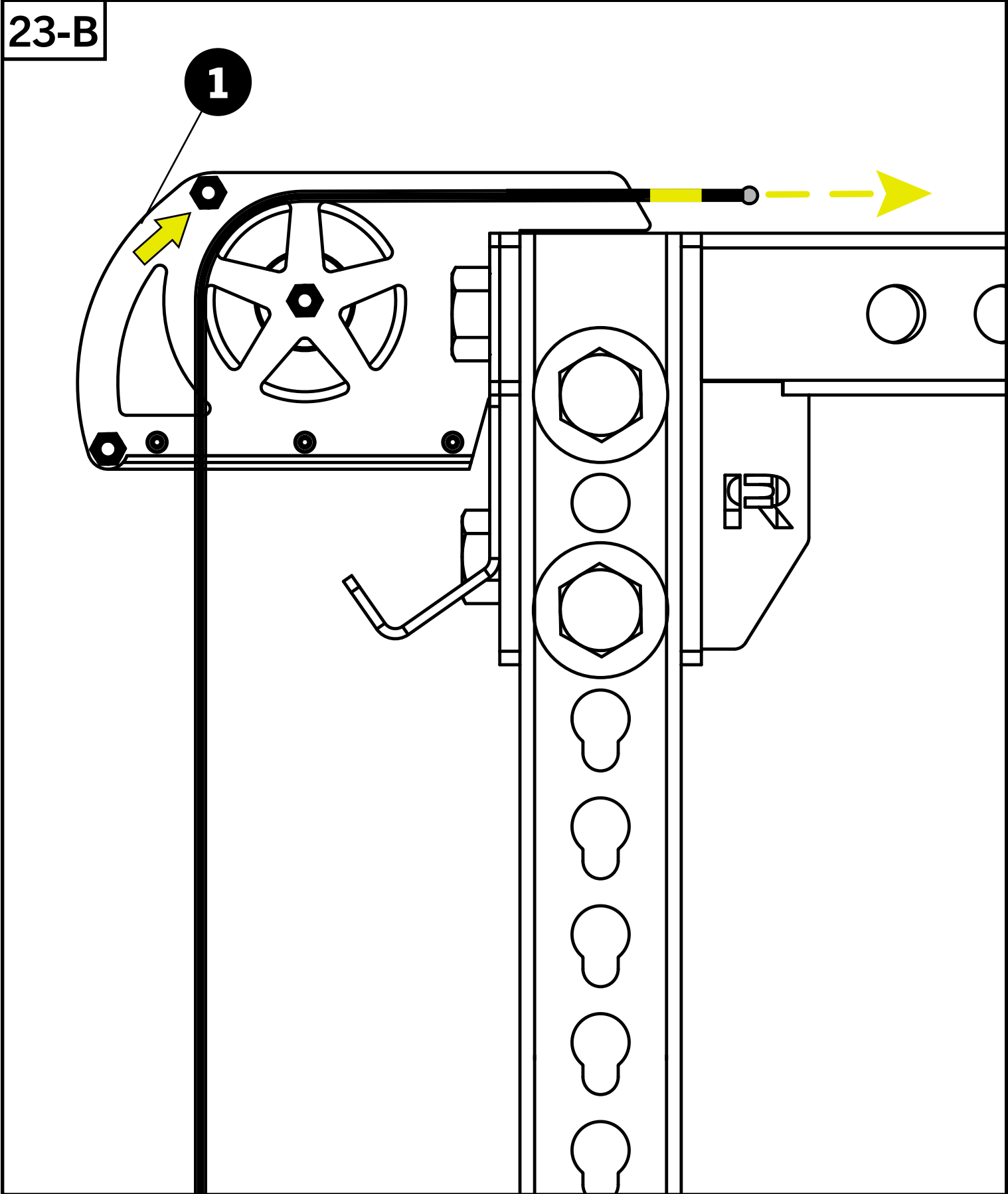
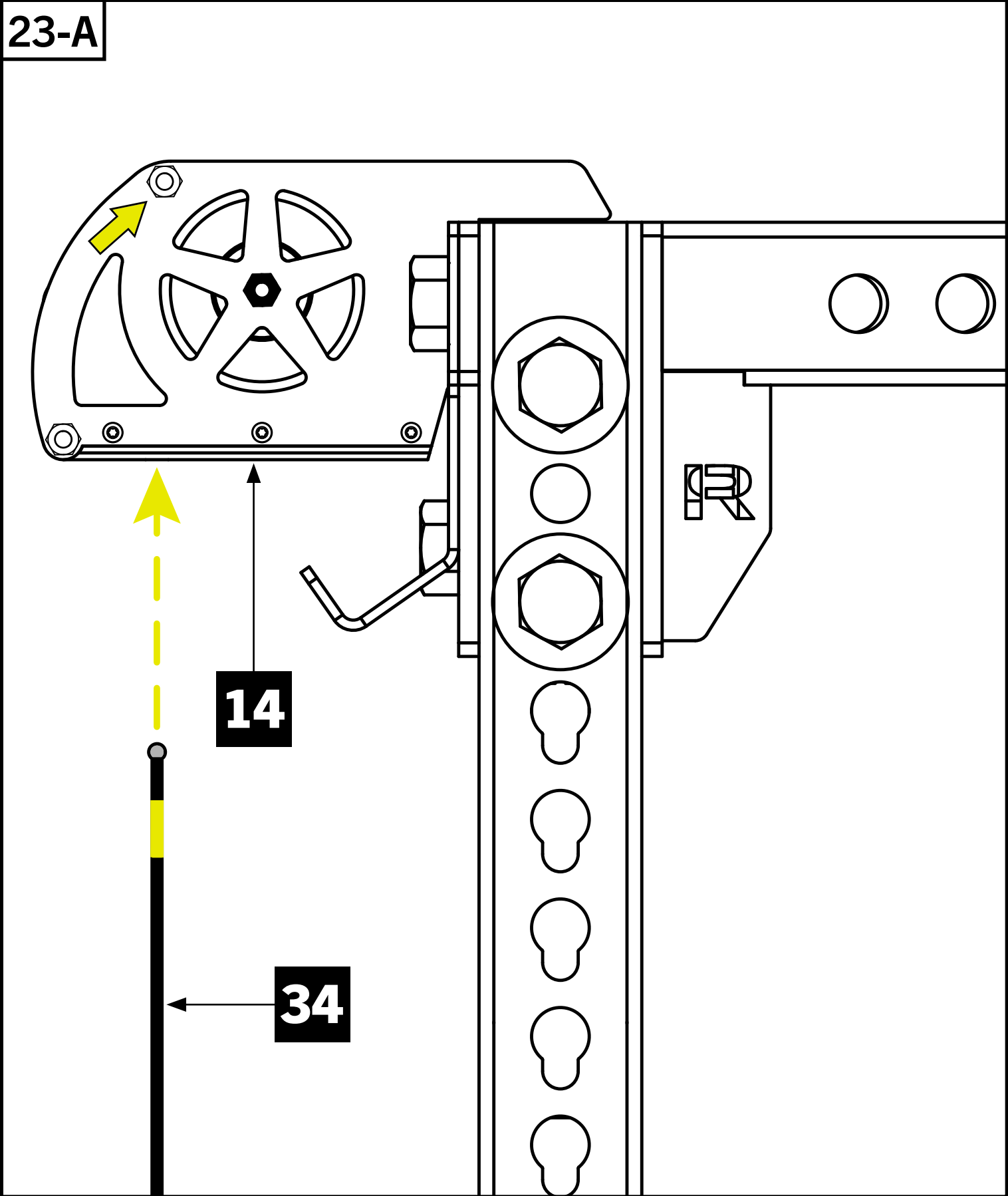
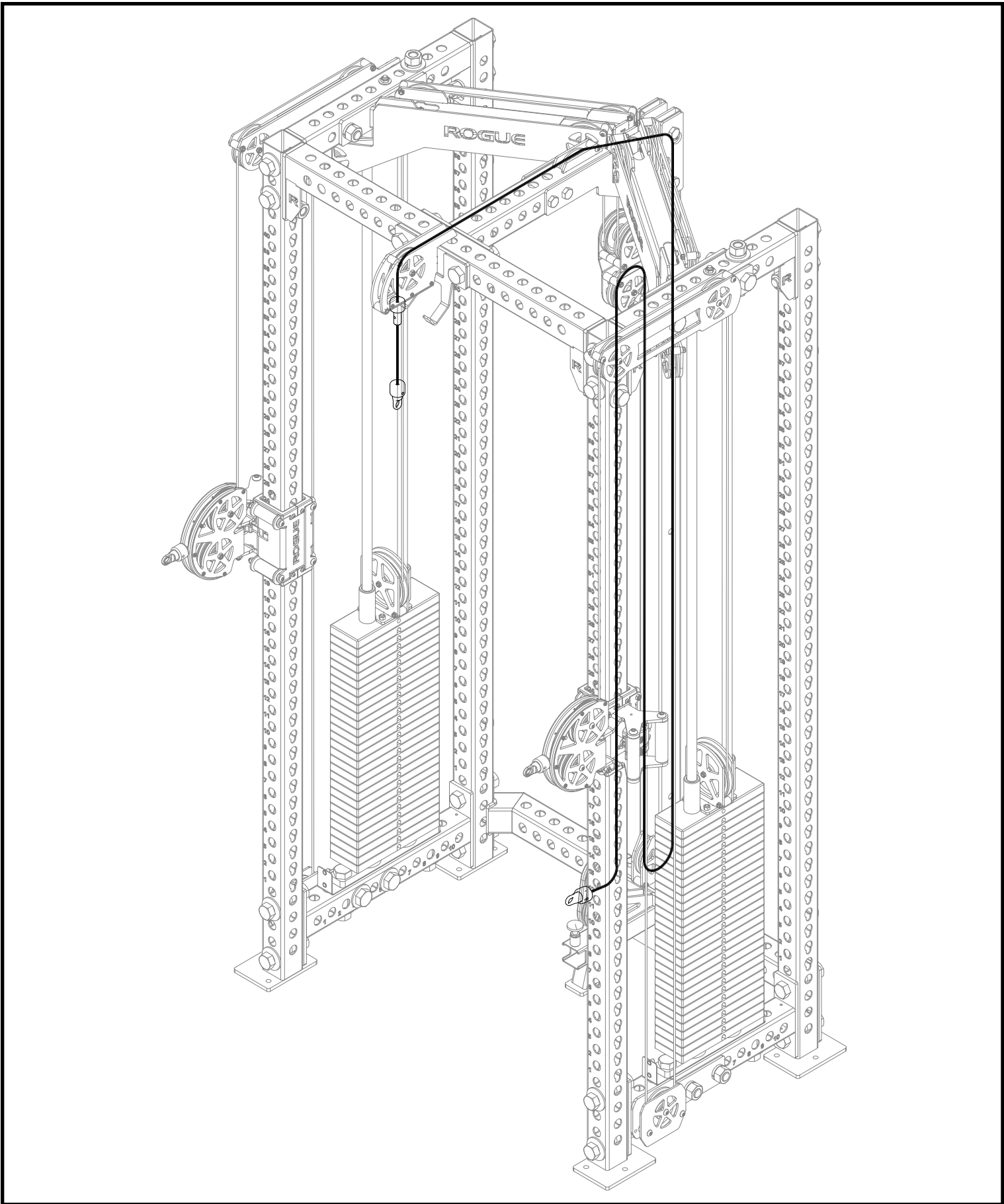
- 3/32” Allen Key, and 5/8” Wrench
- Follow **STEPS 17–21** again to assemble the remaining Trolley Cable (blue tag) on the **Left Hand side of rack.**
- Bolt Ends of Cables will be installed on **STEP 25.**



STEP 23

Note:

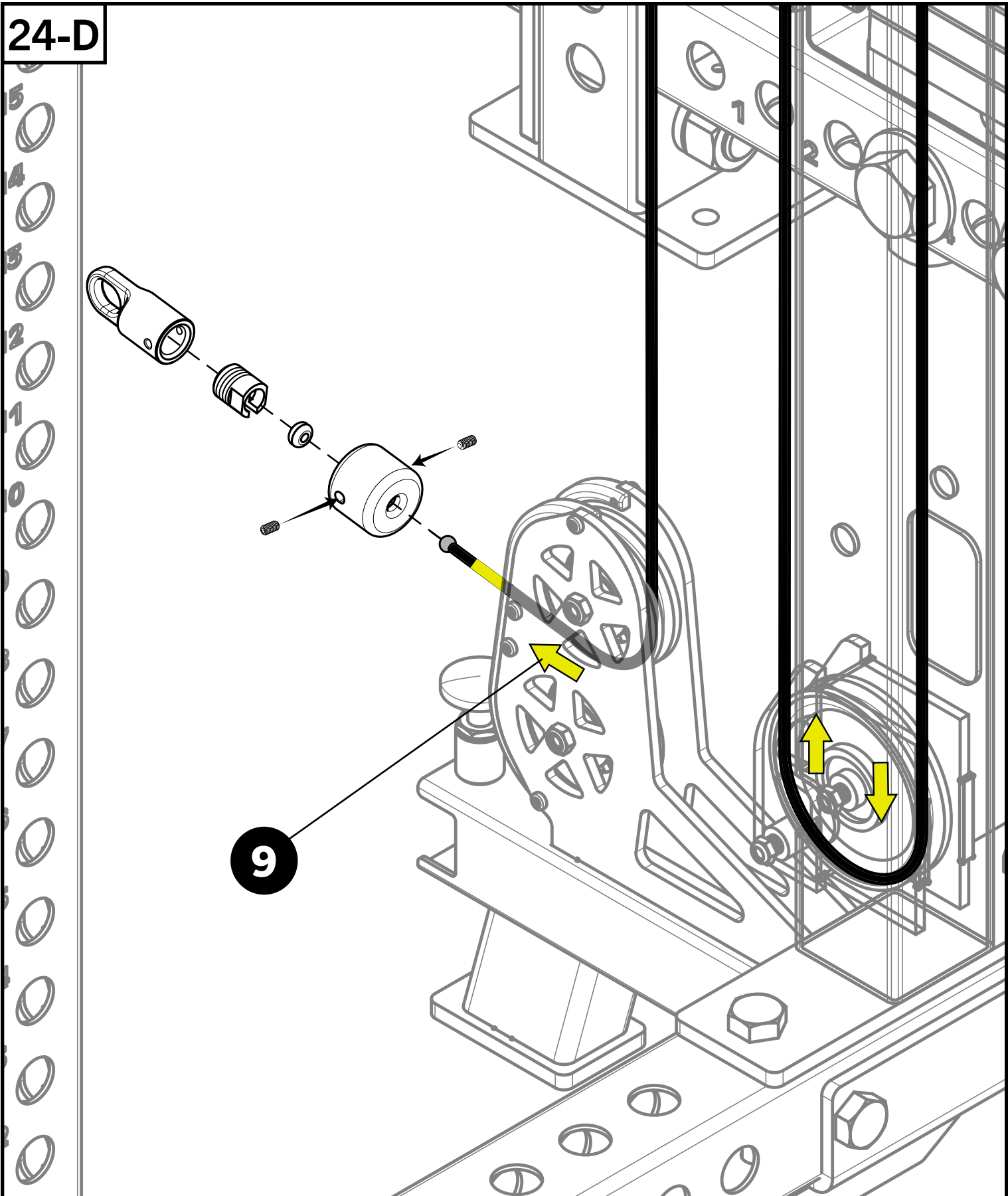
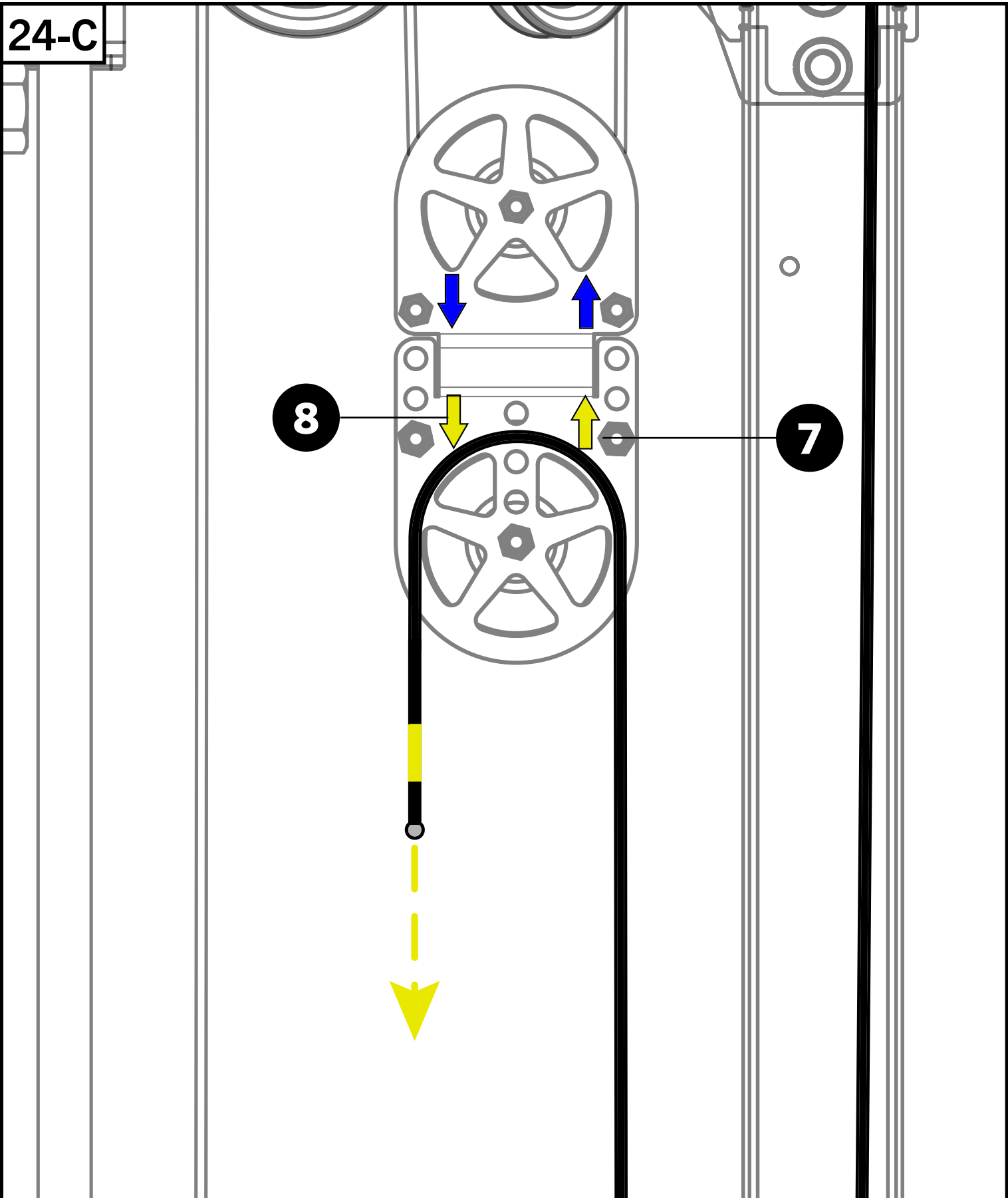
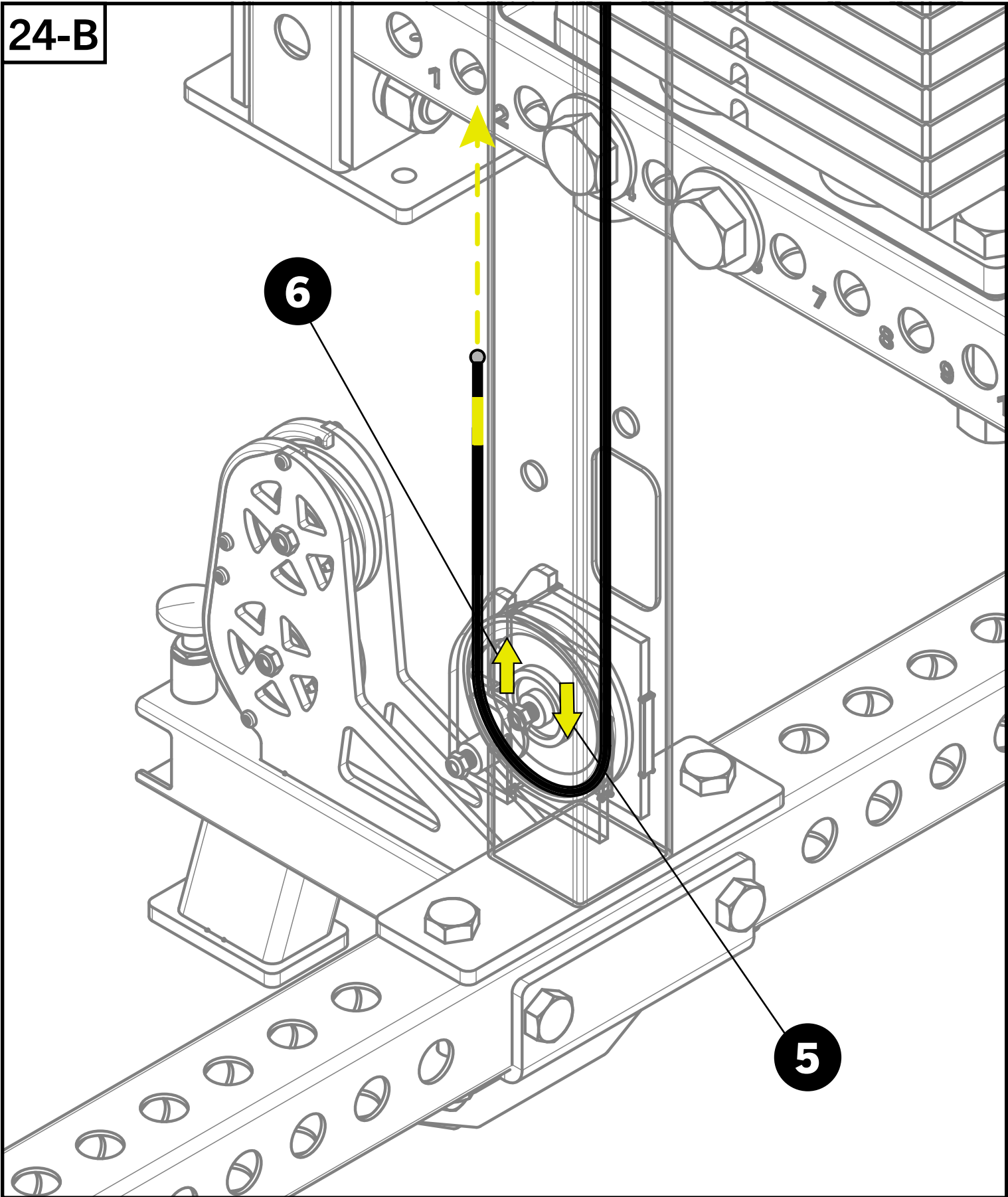
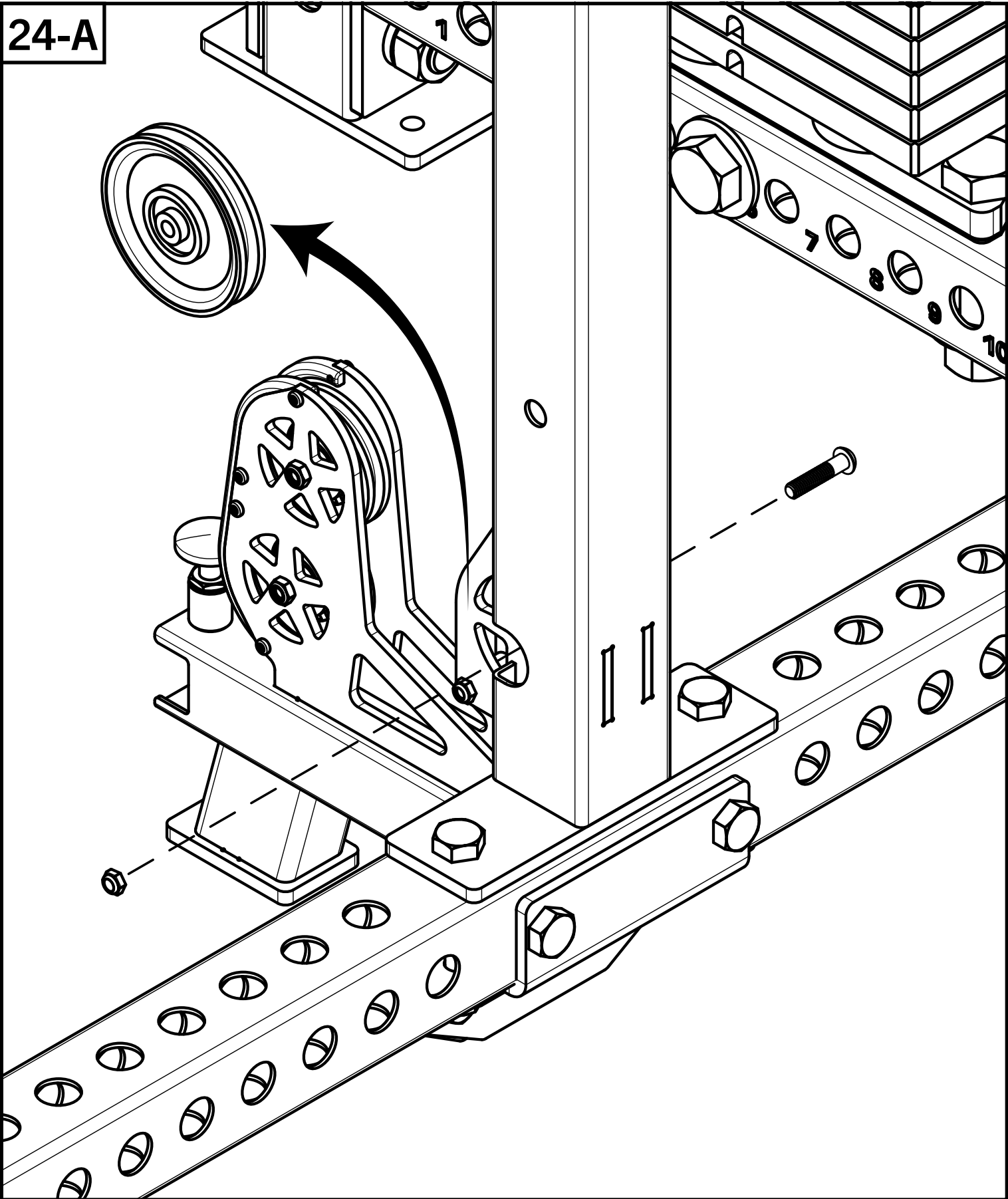
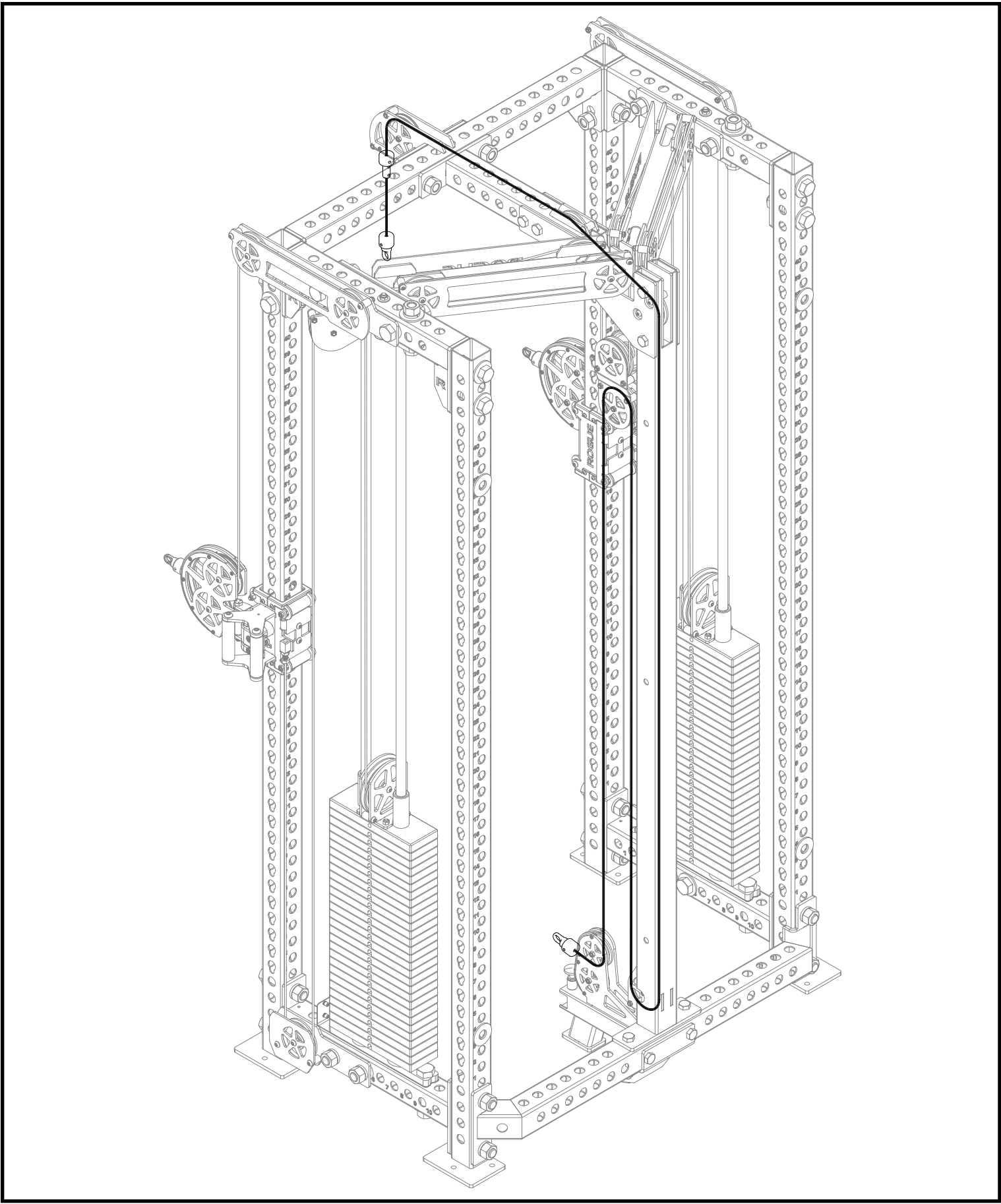
- Completely unwind and straighten out Lat Pull Cable [34] to remove any twists/kinks prior to installation.
- Next assemble the Lat Pull/Low Row cable indicated by the yellow indicator on Ball End of cable and corresponding yellow arrows shown in **STEPS 23–24**.
- Feed the Ball End of Lat Pull Cable [34] up and over the pulley in Lat Pulldown Pulley Bracket [14] and then towards the back of the rack.
- Feed around the pulley in the top of Rear 3X3 Upright [2] and then all the way down, ensuring cable runs **INSIDE THE UPRIGHT**.
- **!** Ensure cable sits in groove of pulley and runs beneath the spacer as shown.



STEP 24

Tools Required:

- 7/32” Allen Key & 9/16” Wrench
- Disassemble pulley located at the bottom of Rear 3X3 upright and feed cable around pulley.
- Reassemble pulley while pulling cable up toward Peanut Pulley.
- Feed cable around bottom pulley in the Peanut Pulley [30] and then back down again.
- Feed cable out through the front of the Low Row Footplate Assembly [16] and assemble Clevis onto Ball End of cable.

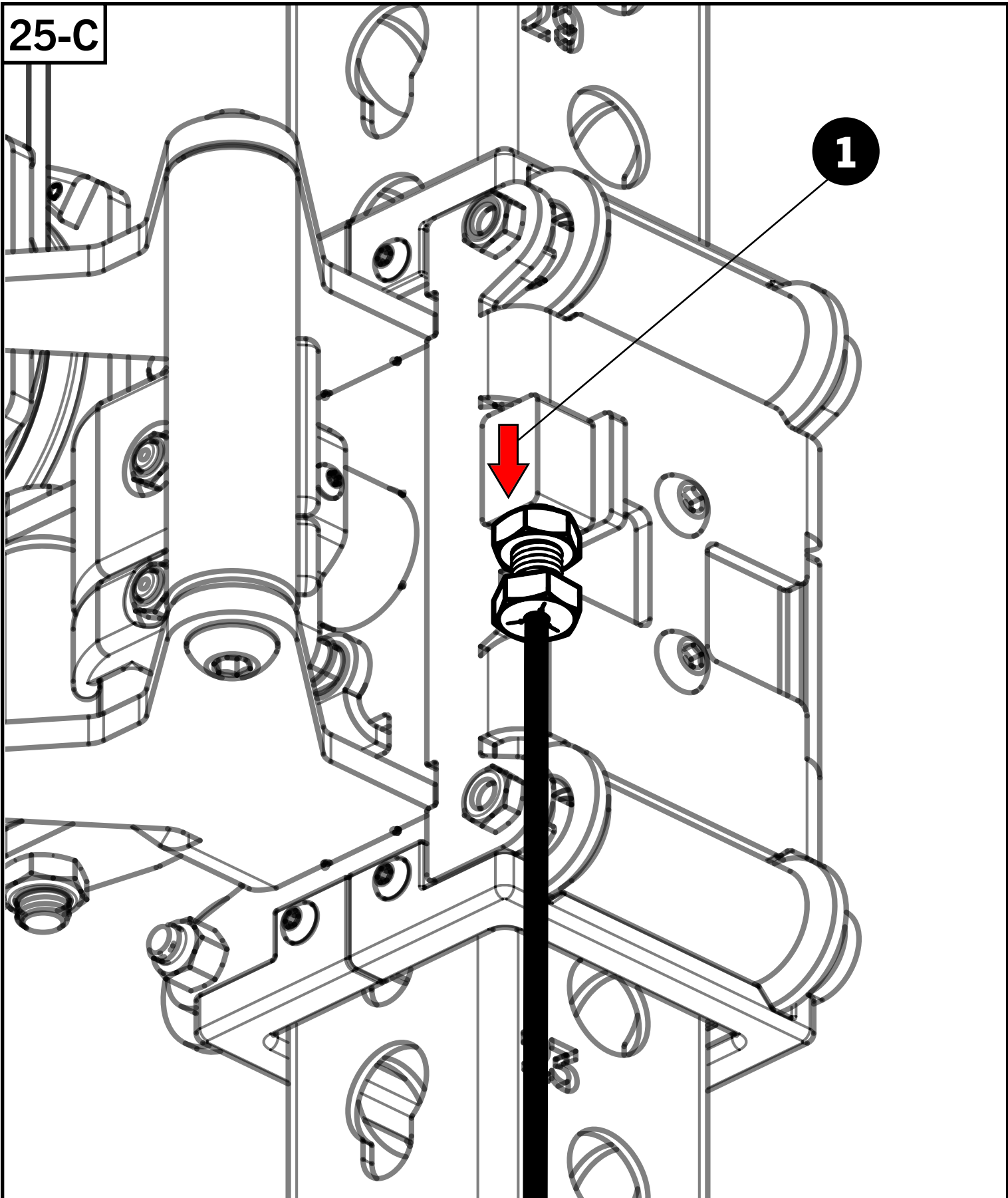
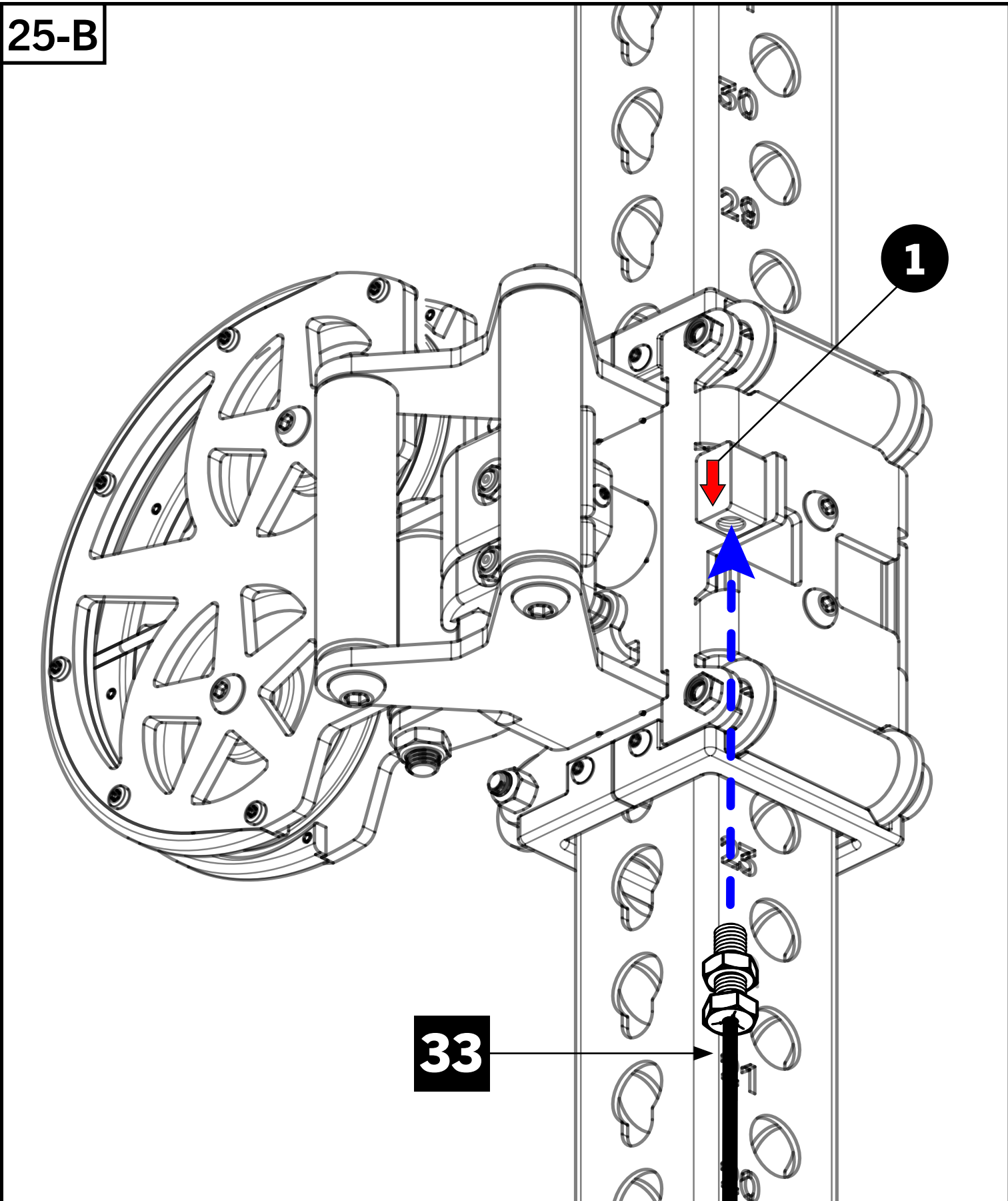
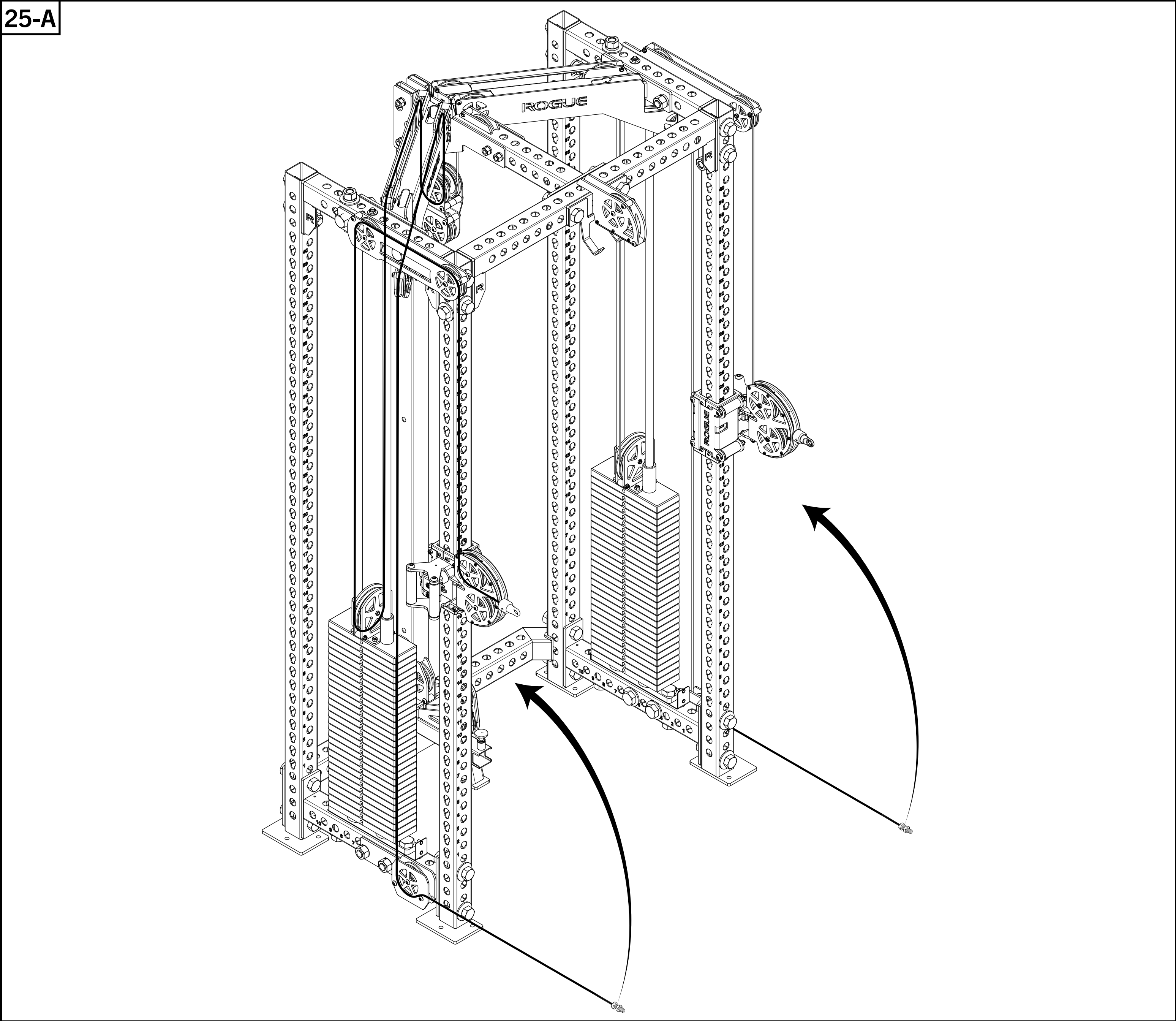


STEP 25

Tools Required:

- All
- Screw bolt ends of Trolley Cables [33] into stop block on back of Trolleys [7,8].
- Loosen the hex nut if needed to ensure approximately 1/2” of threads are showing between the bolt head and nut.
- Fully tighten the bottom bolt head.

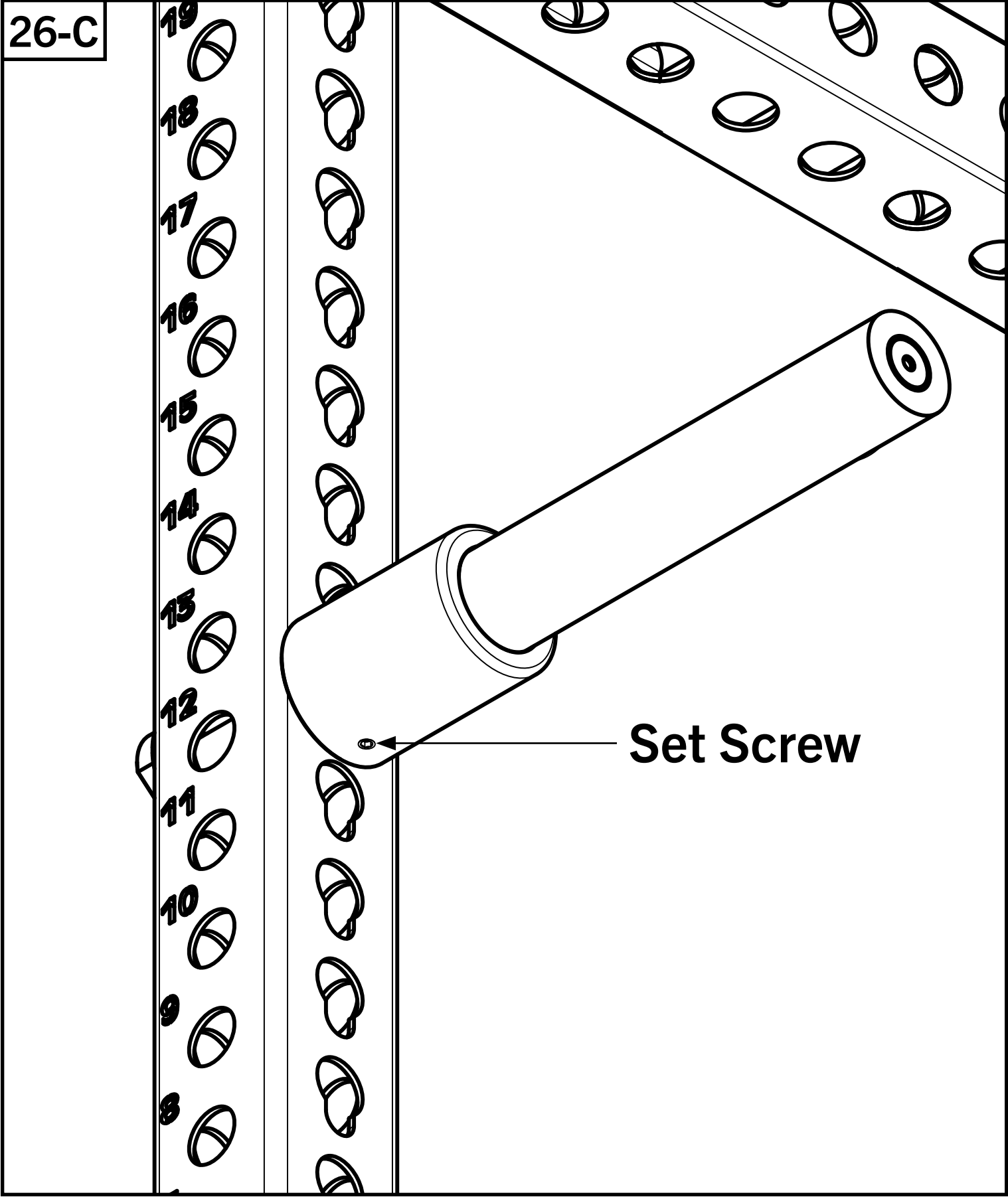
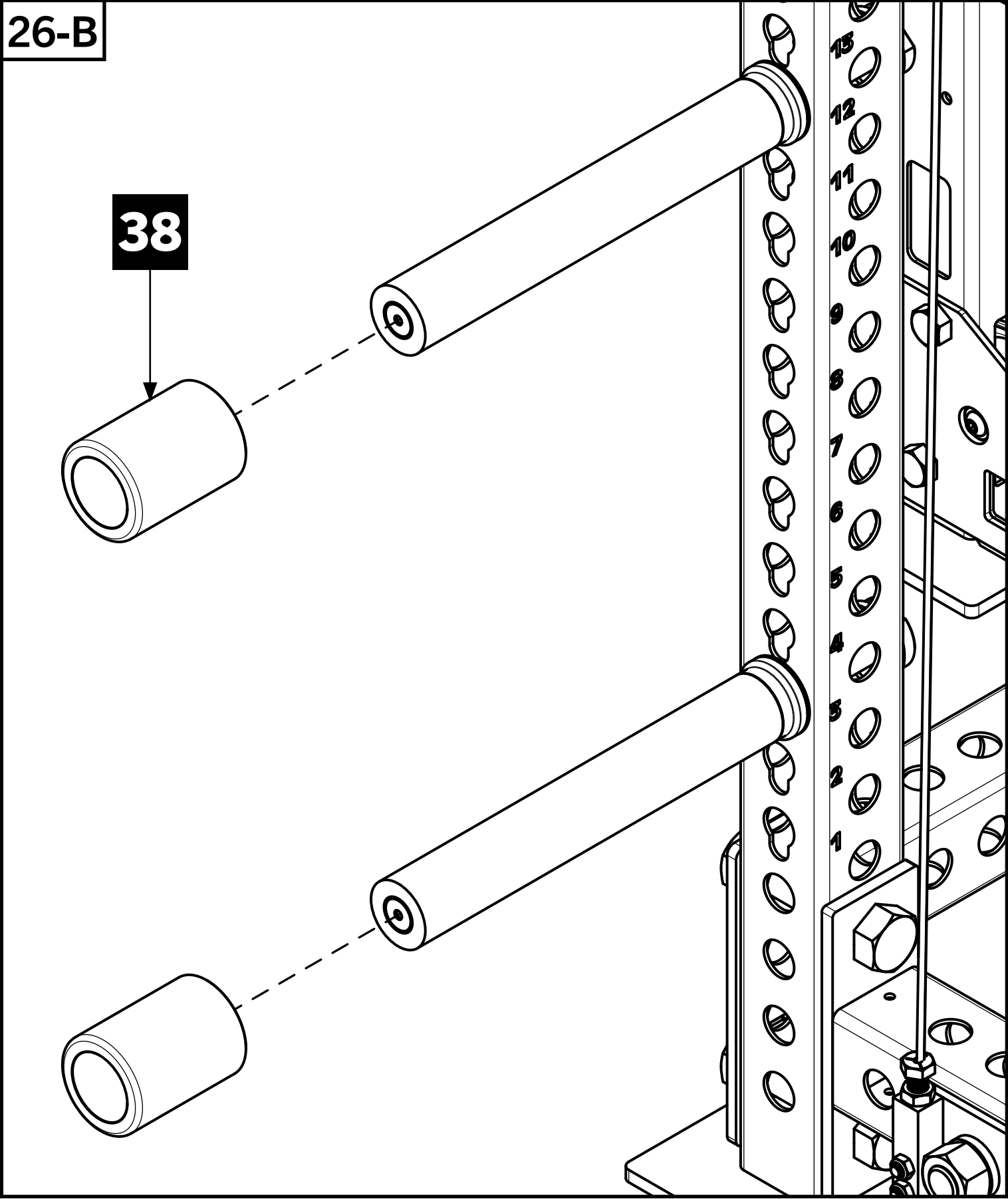
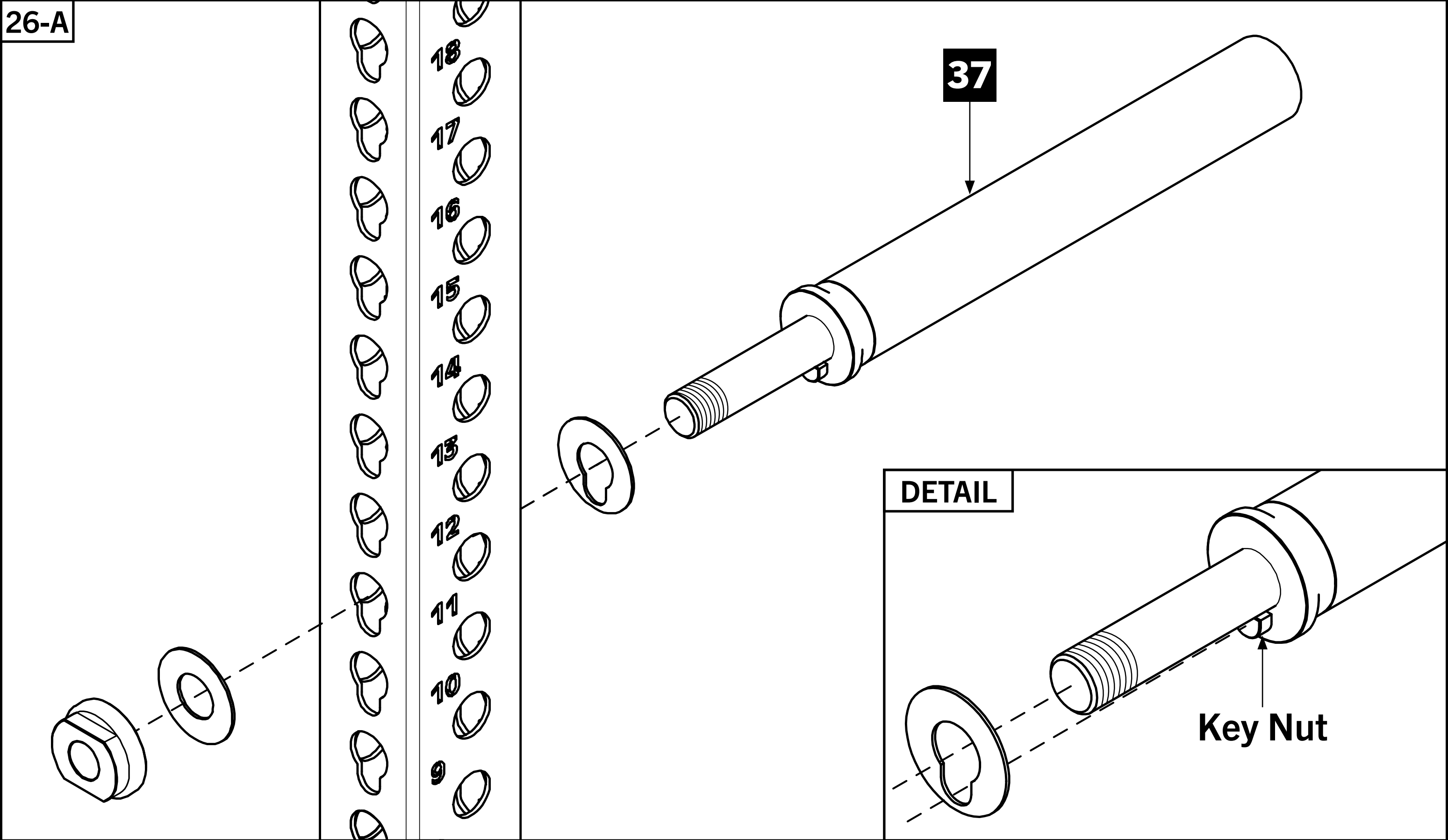
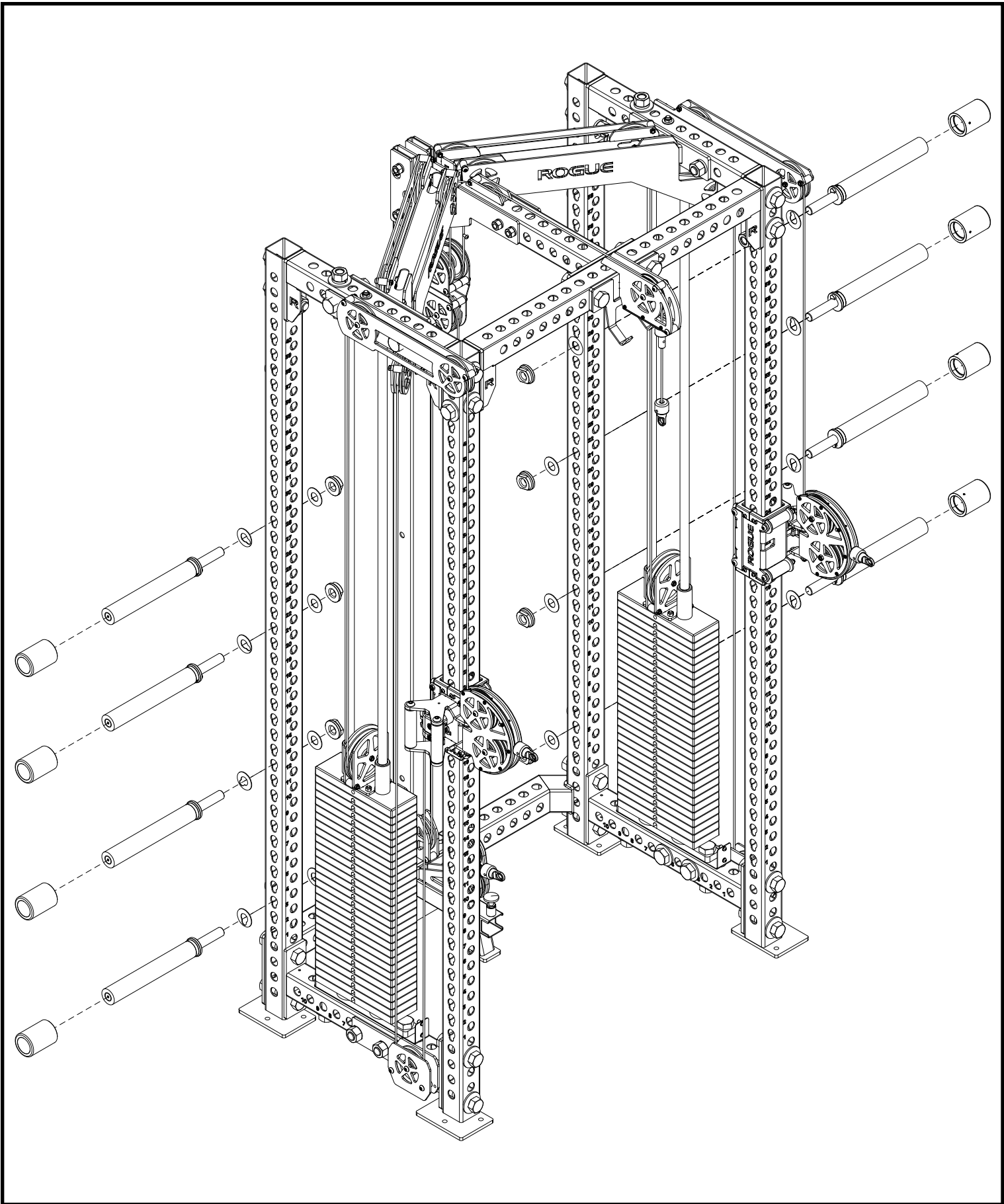
- Tighten ALL remaining loose hardware.
- Starting with no weight selected on the Weight Stack, check cables by pulling on each clevis.
- If cables are too tight or loose, adjust accordingly by loosening or tightening the lower 1/2” Jam Nuts on back side of the Trolleys [7,8].



STEP 26

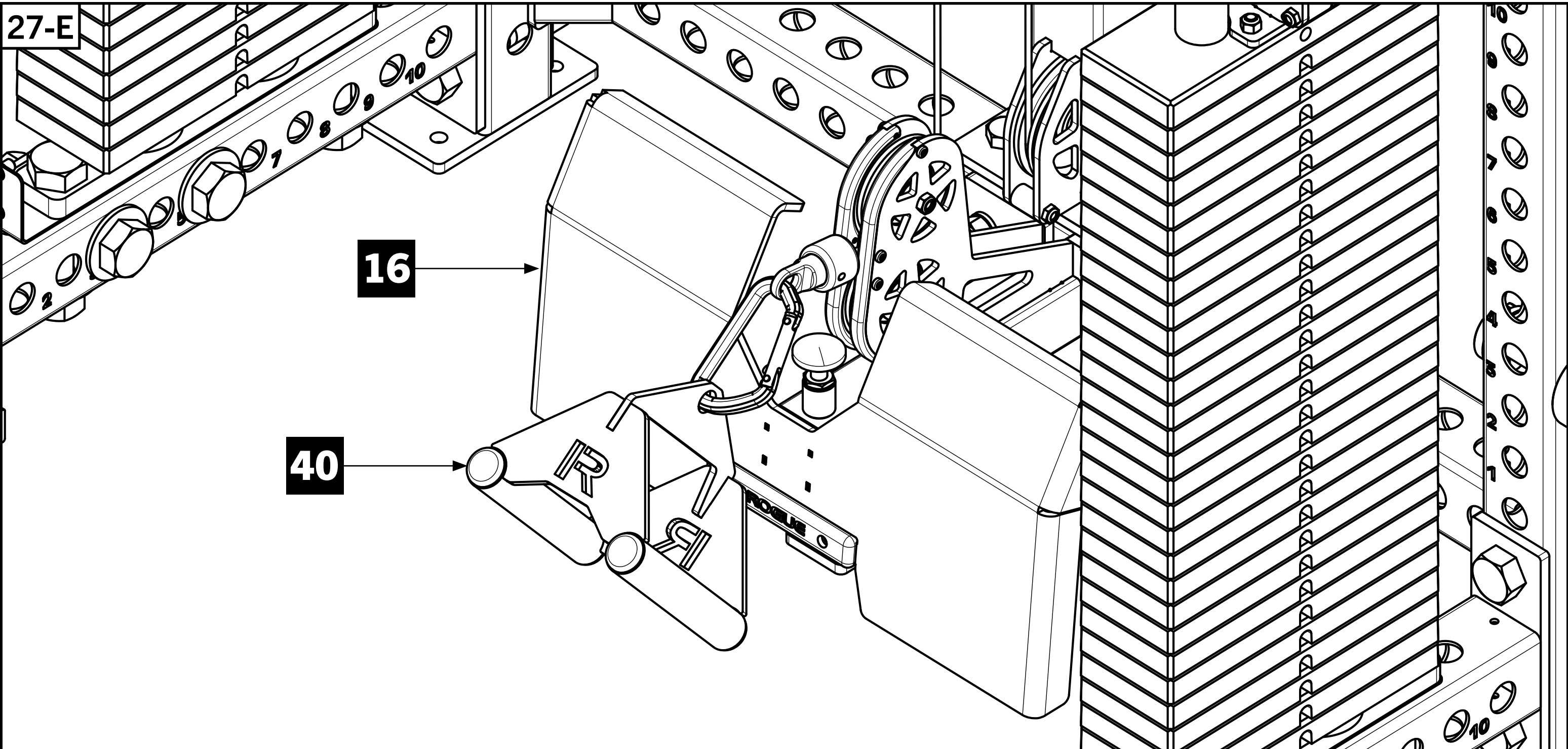
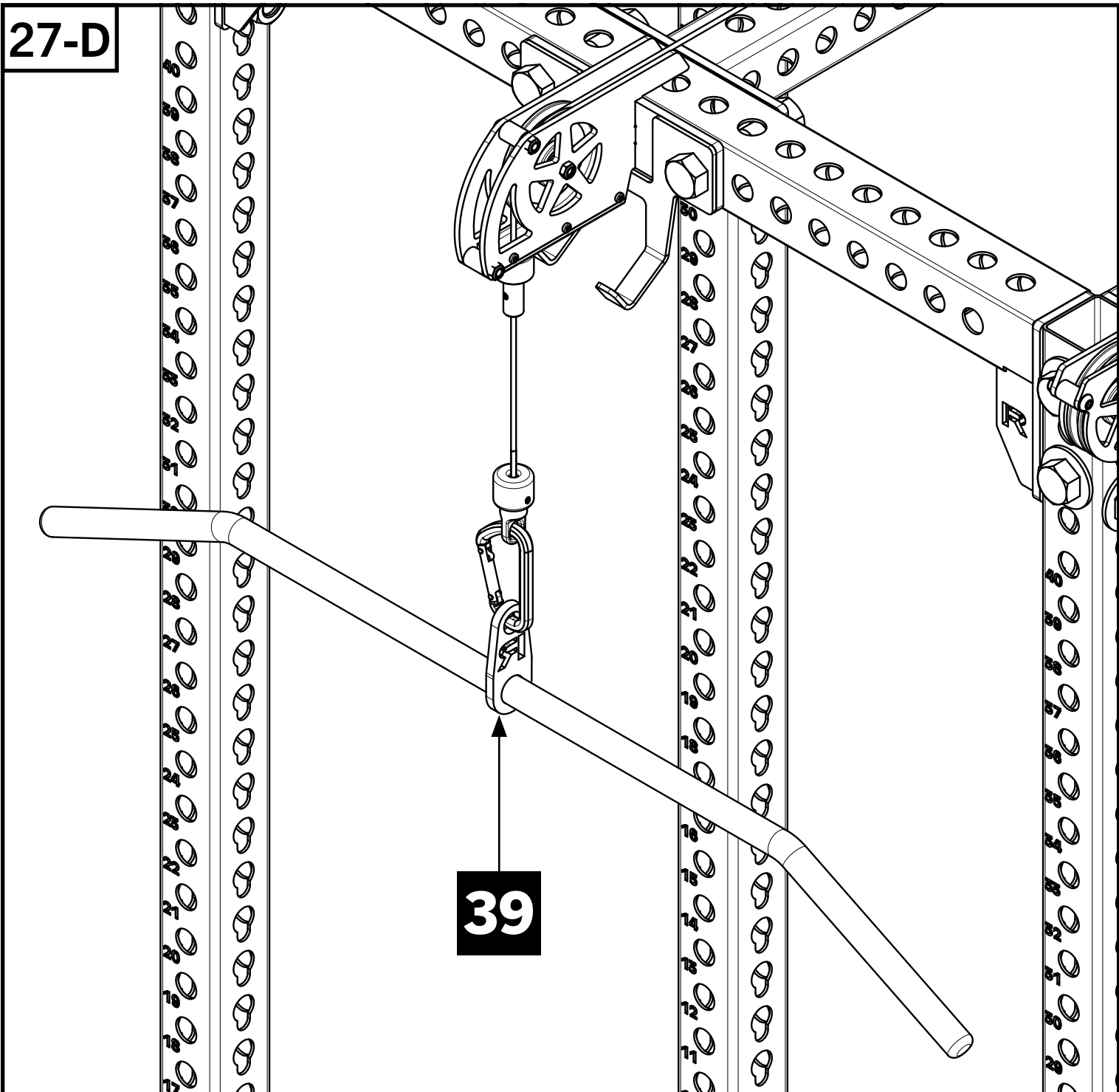
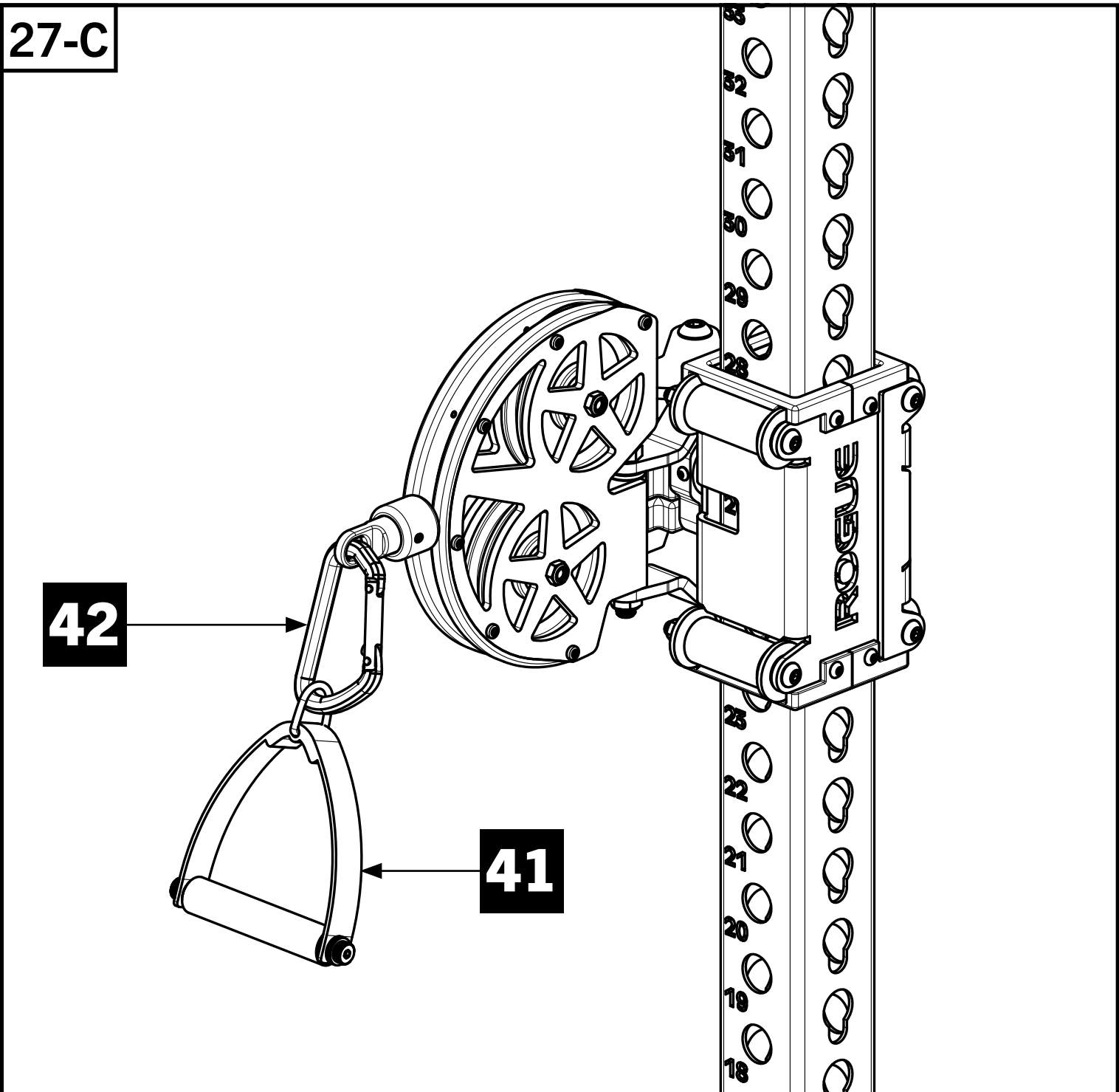
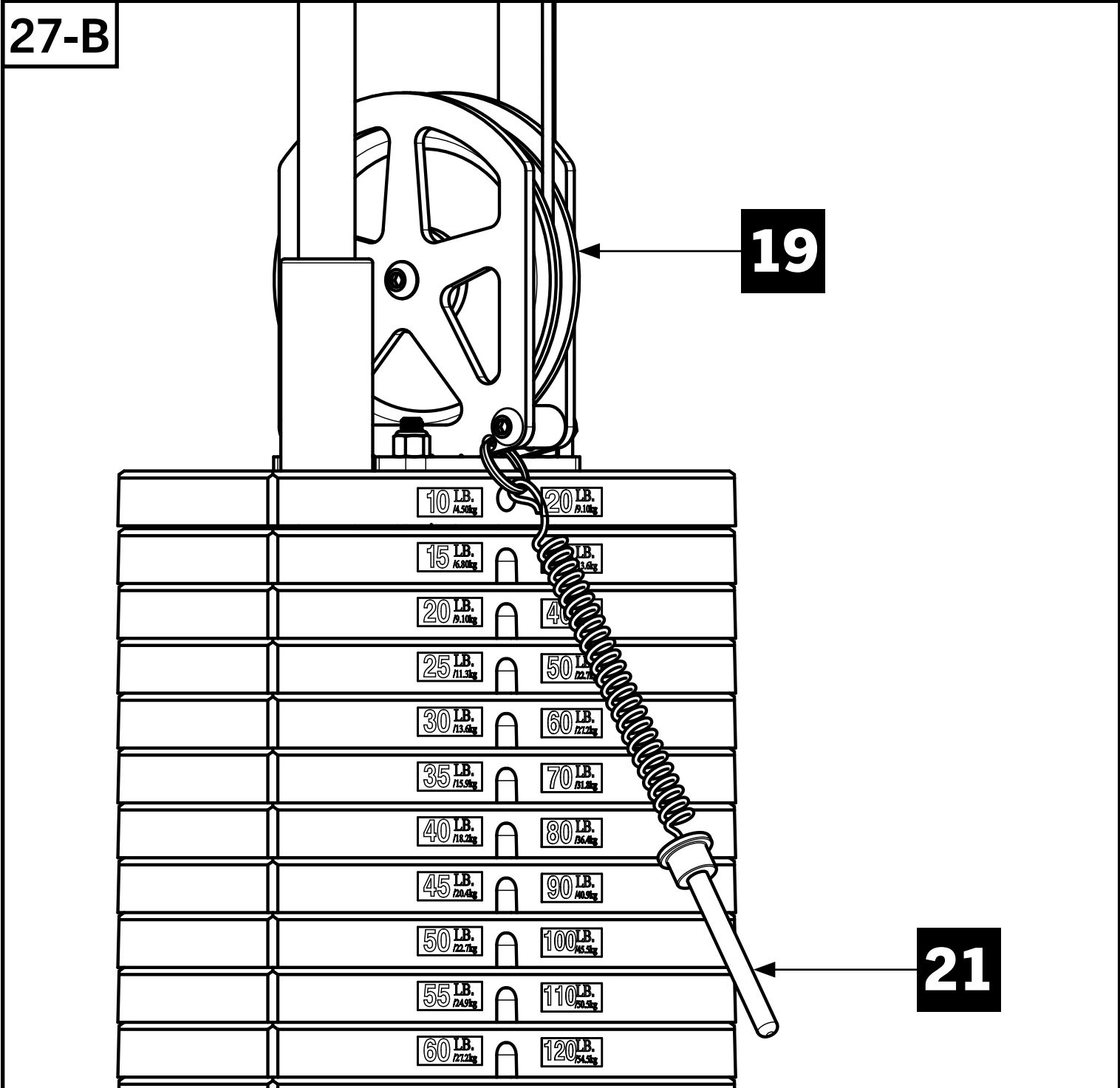
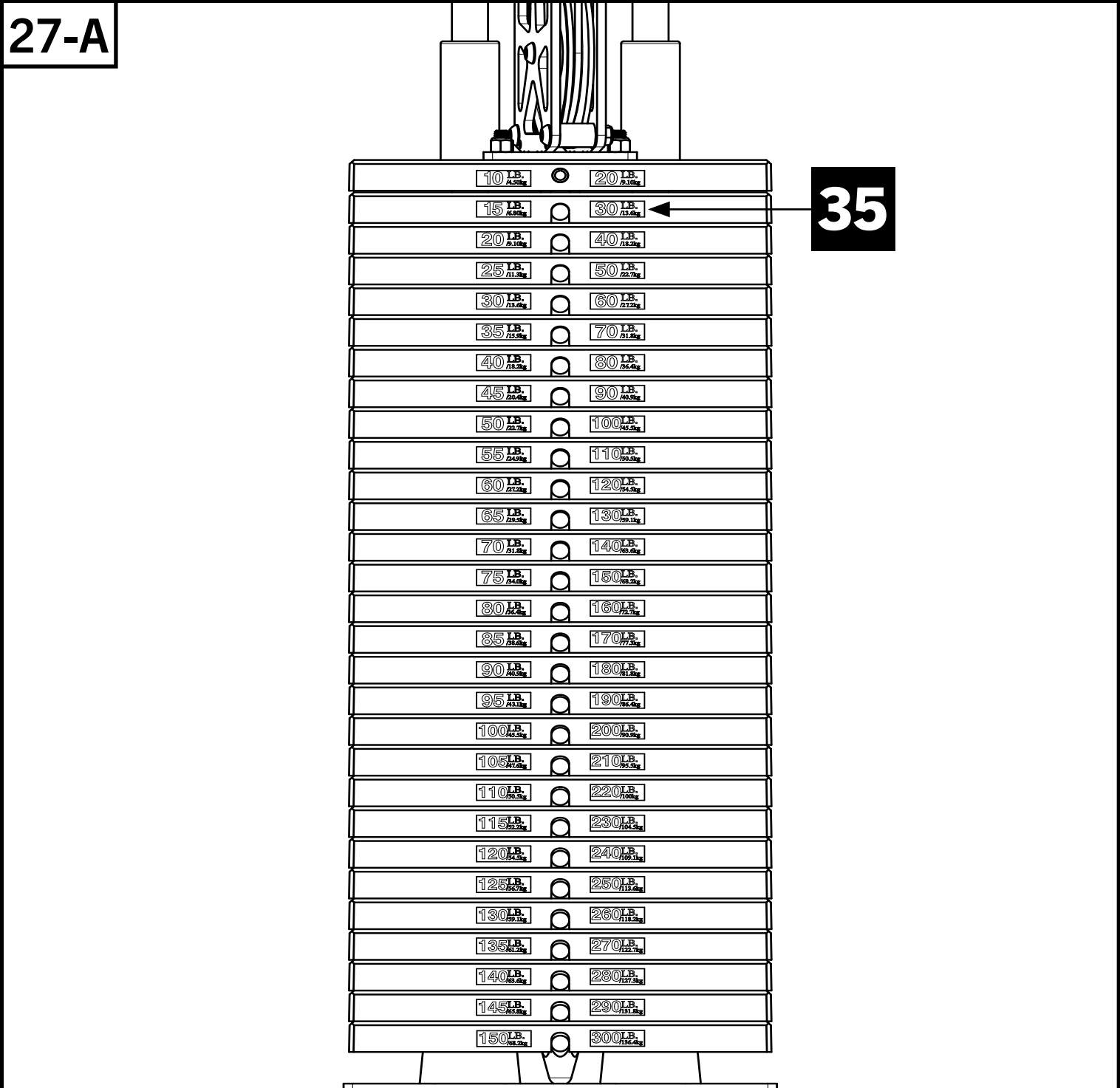
Tools Required:

- 1-1/2” Wrench, 1/8” Allen Key
- If modifying existing rack with add-on kit, skip to **26-B**.
- Place Key Washer over the Key Nut on the Plate Storage Post shown in **Detail** view.
- Assemble Plate Storage Pins [37] on rear Monster Uprights at desired hole heights.
- Slide Plate Storage Spacers [38] all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in **26-C**.
- Fully tighten set screws using 1/8” Allen Key.



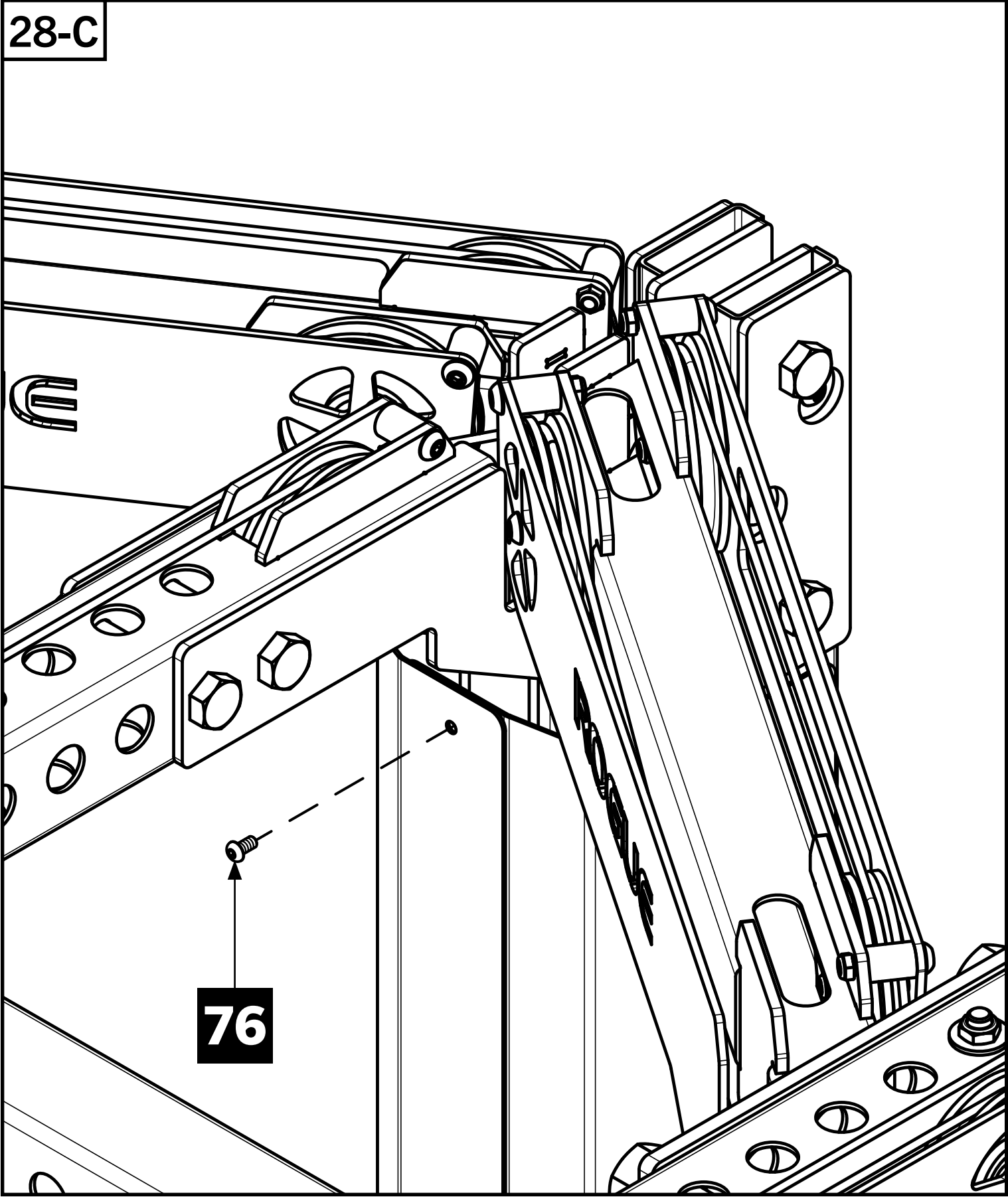
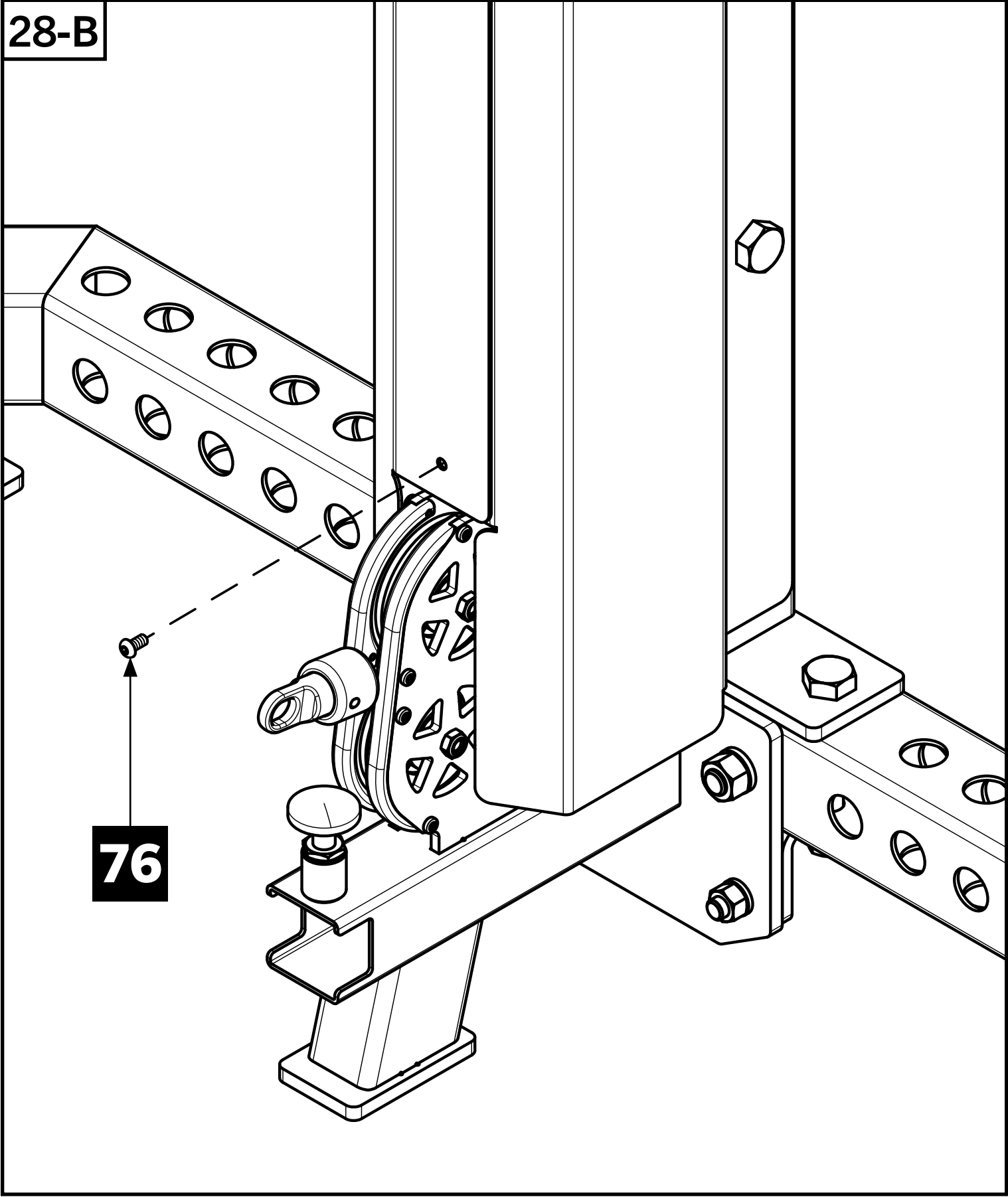
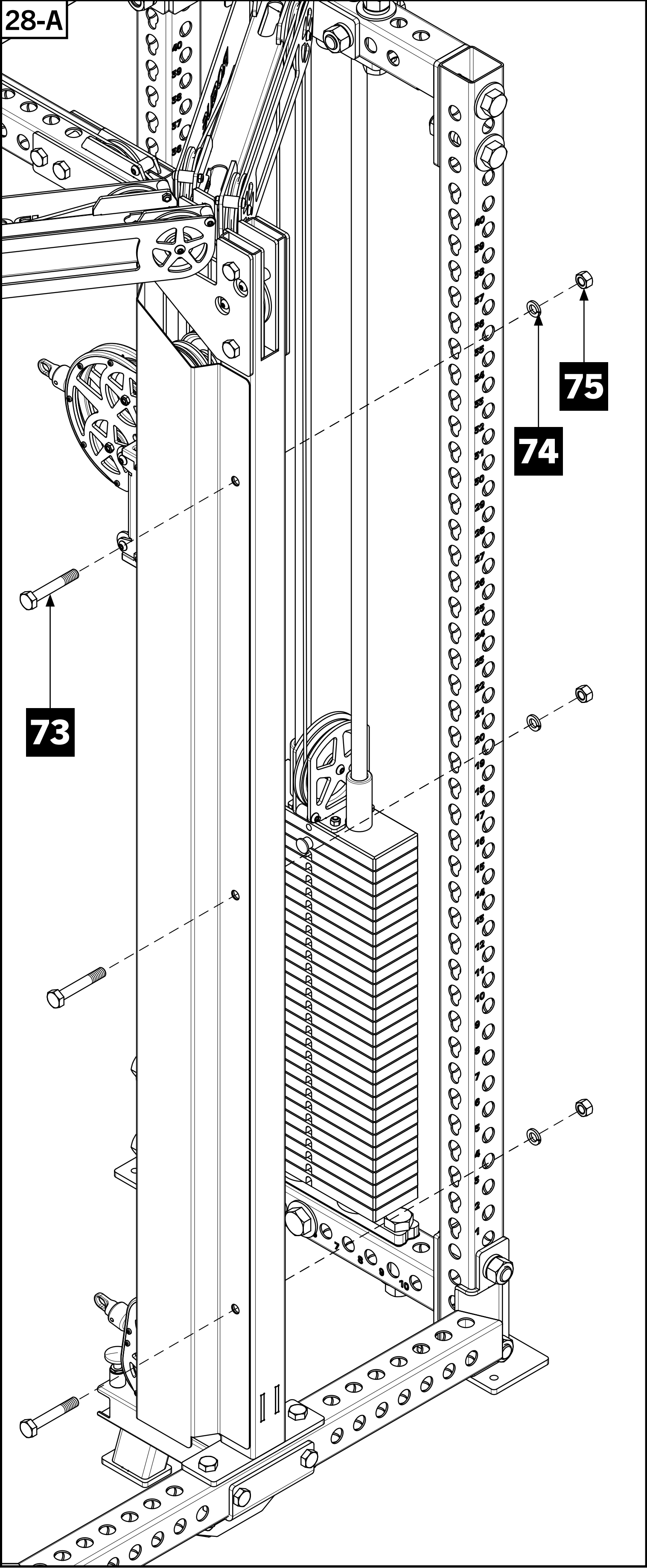
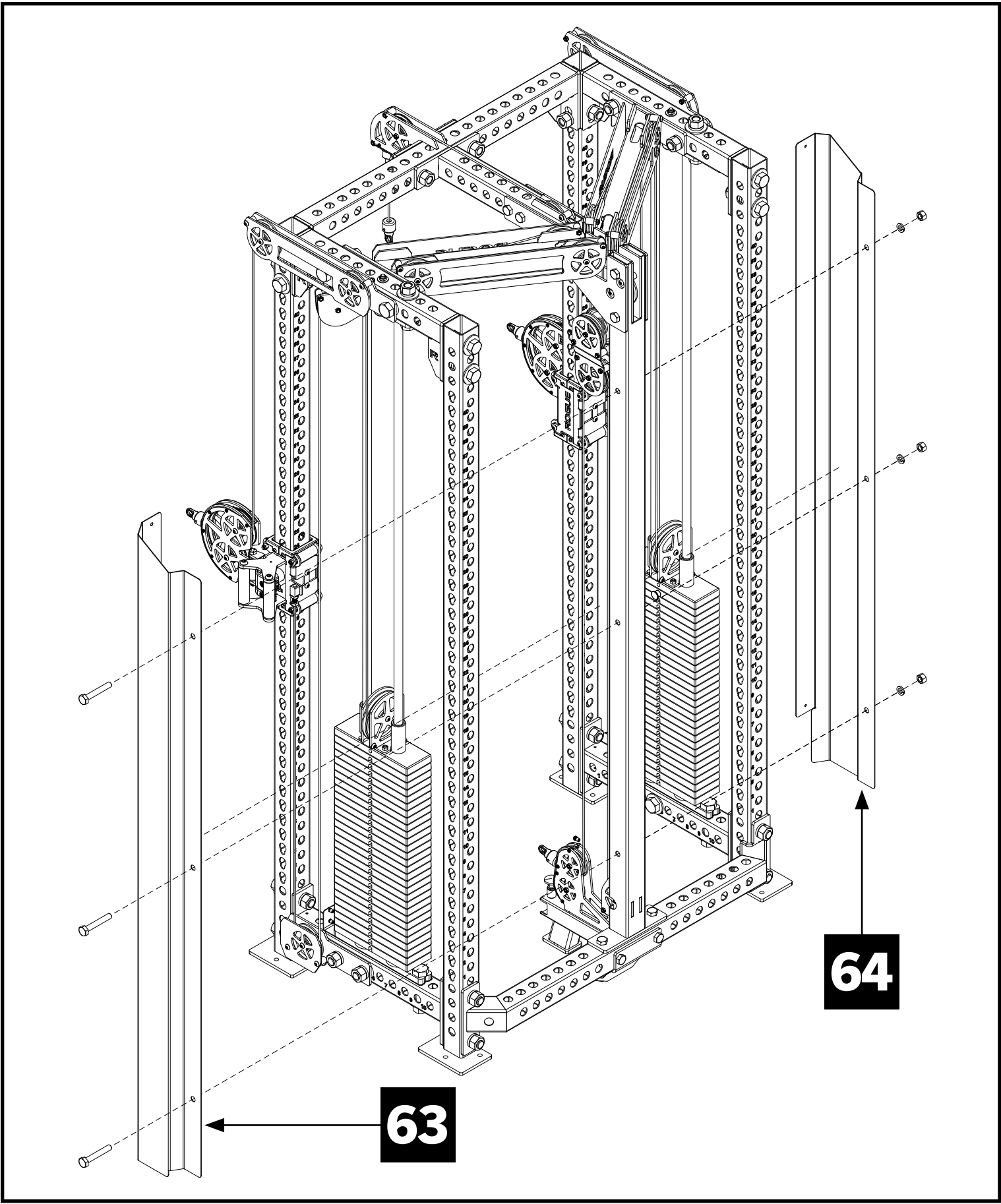
STEP 27

- Apply the Weight Stack Number Labels [35] on the front of the Weight Stack Plates, approximately 3.5” from the edge of plate.
- Attach key ring on Selector Pin Lanyard [21] to front hole on pulley plate of the Weight Stack Stem [19].
- Attach Single Handle Attachments [41] to Swivel Trolleys using included Carabiners.
- Attach Lat Bar [39] to Lat Pull down clevis attachment point.
- Re-insert the Footplate into Low Row Footplate Assembly [16] and attach Standard Grip Triangle [40] to clevis.



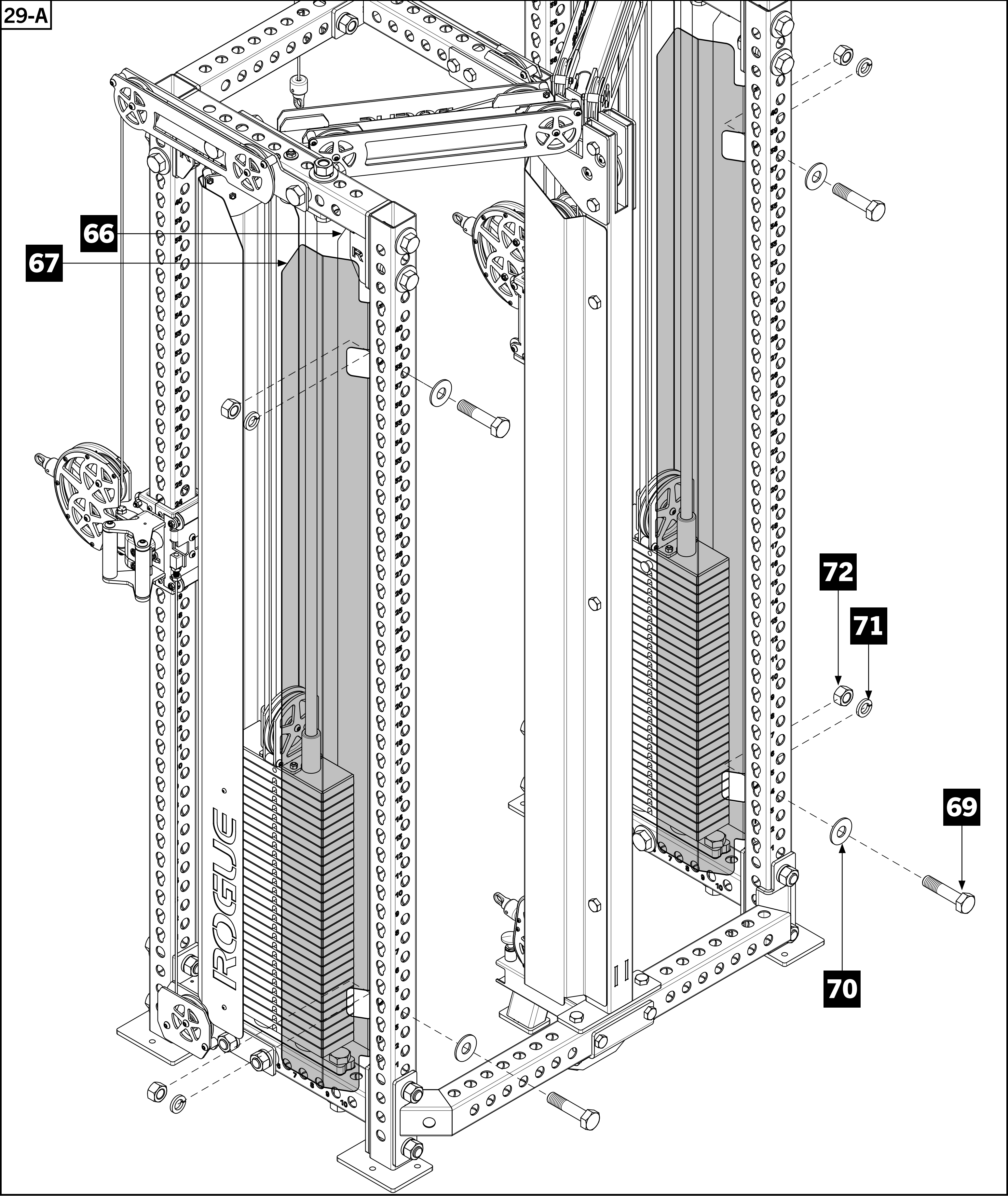
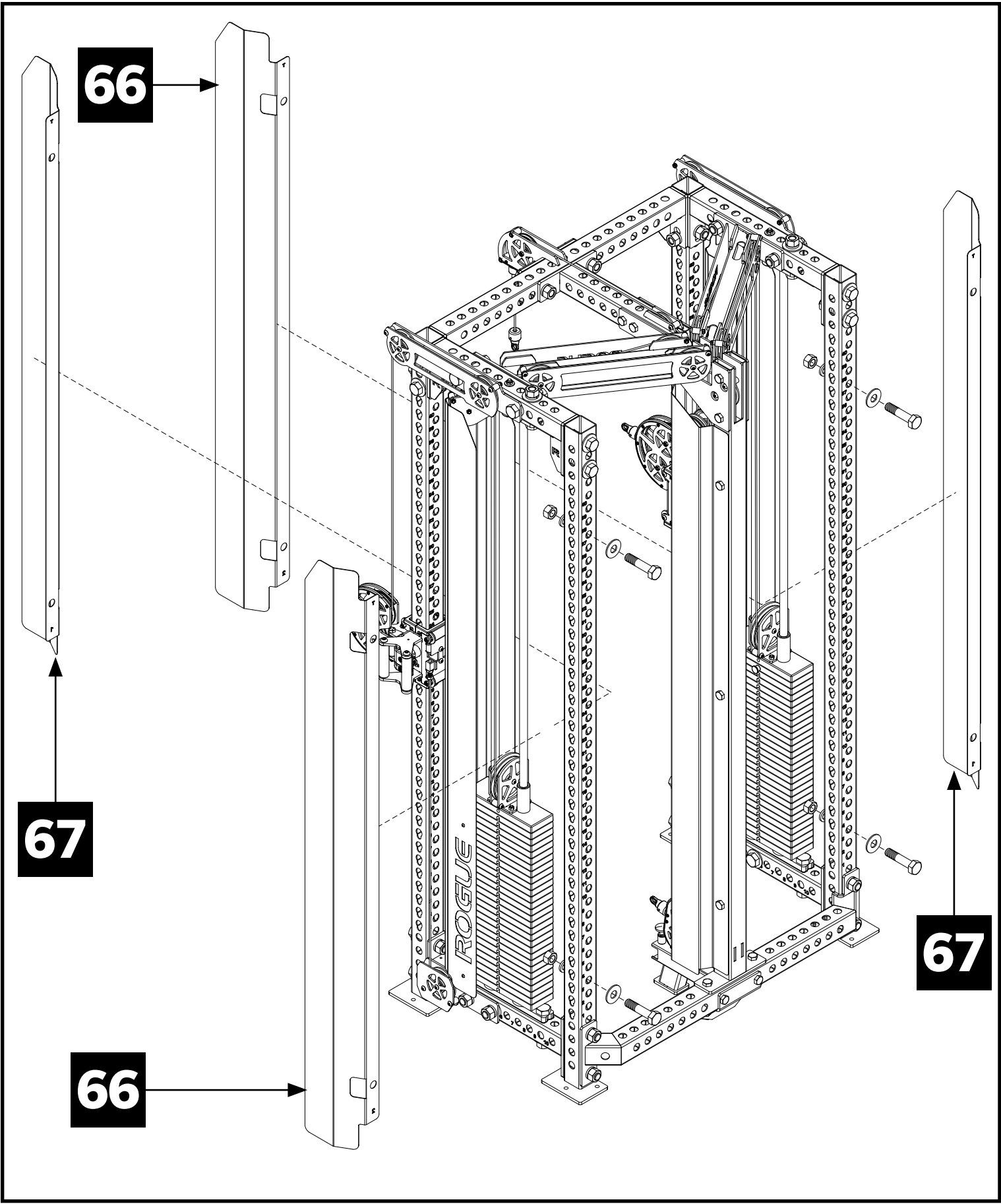
STEP 28 (SHROUD ASSEMBLY)

- Align Rear Shroud - RH [63] and Rear Shroud - LH [64] with corresponding holes on Rear 3X3 Upright [2] and bolt Shrouds to Upright using 5/8" x 4-1/4" Hex Bolts [73], 5/8" Lock Washers [74] and 5/8" Hex Nuts [75].
- Align top and bottom 1/4" holes on Shrouds and bolt together using 1/4" x 5/8" Button Head Screws [76].



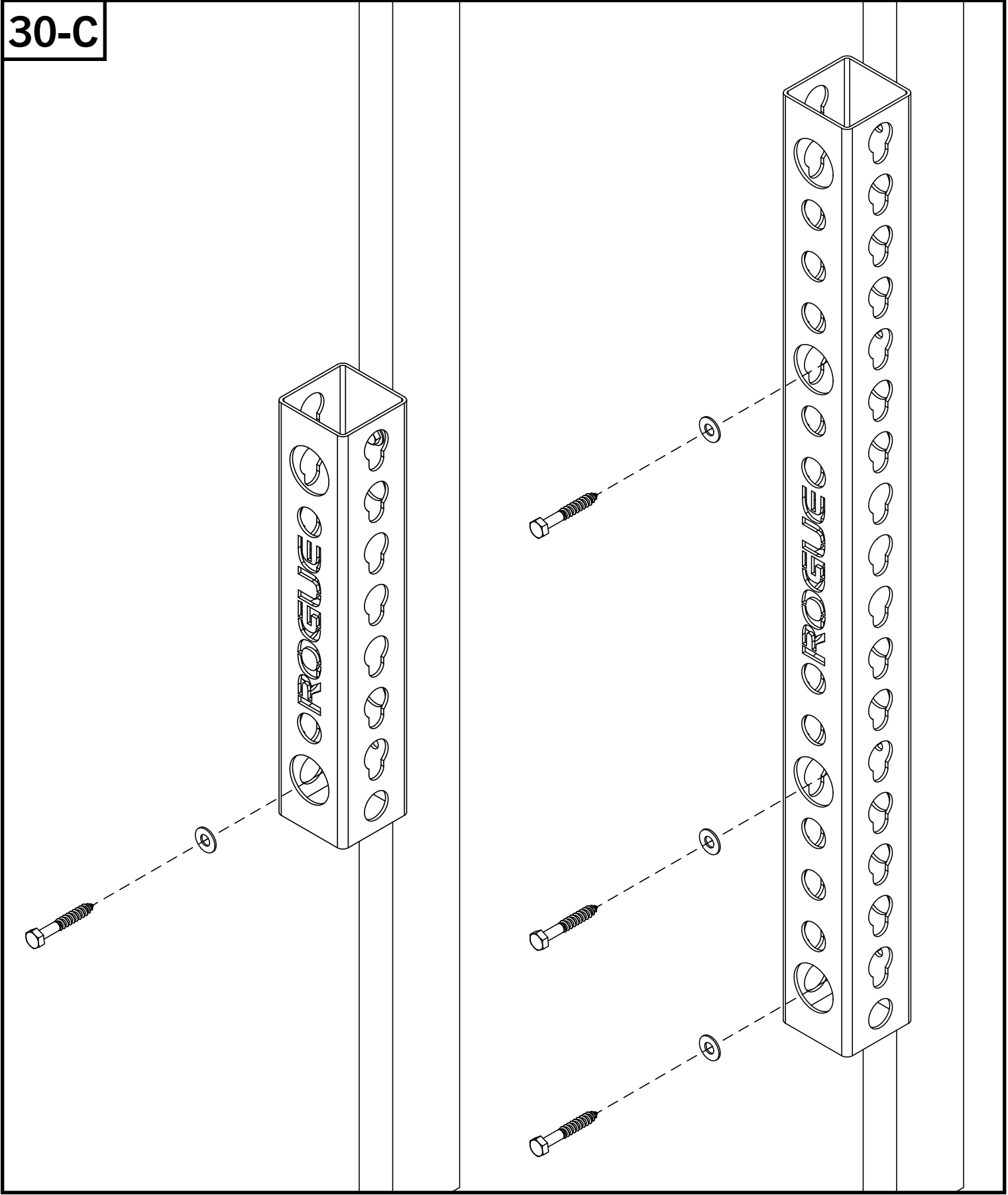
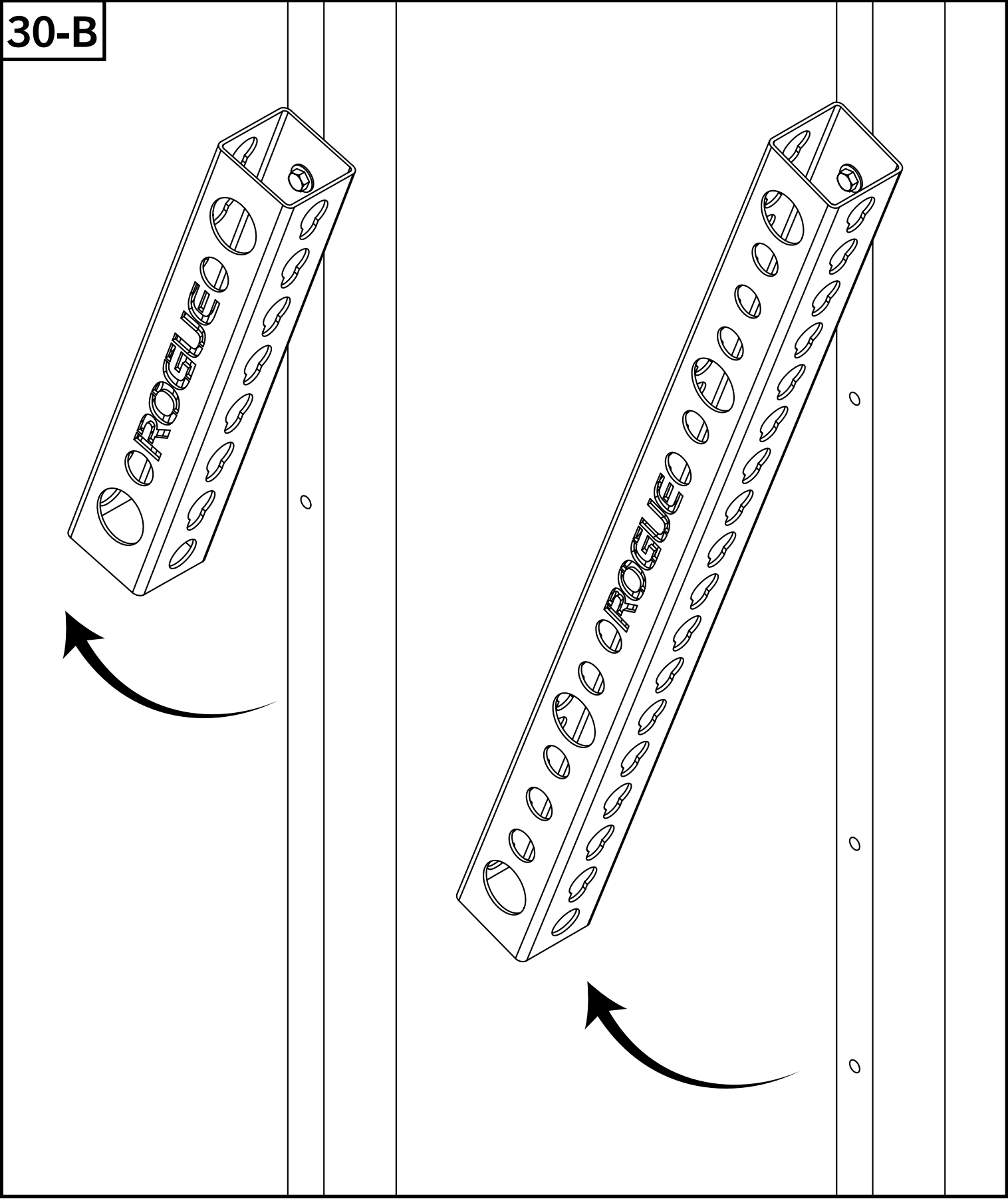
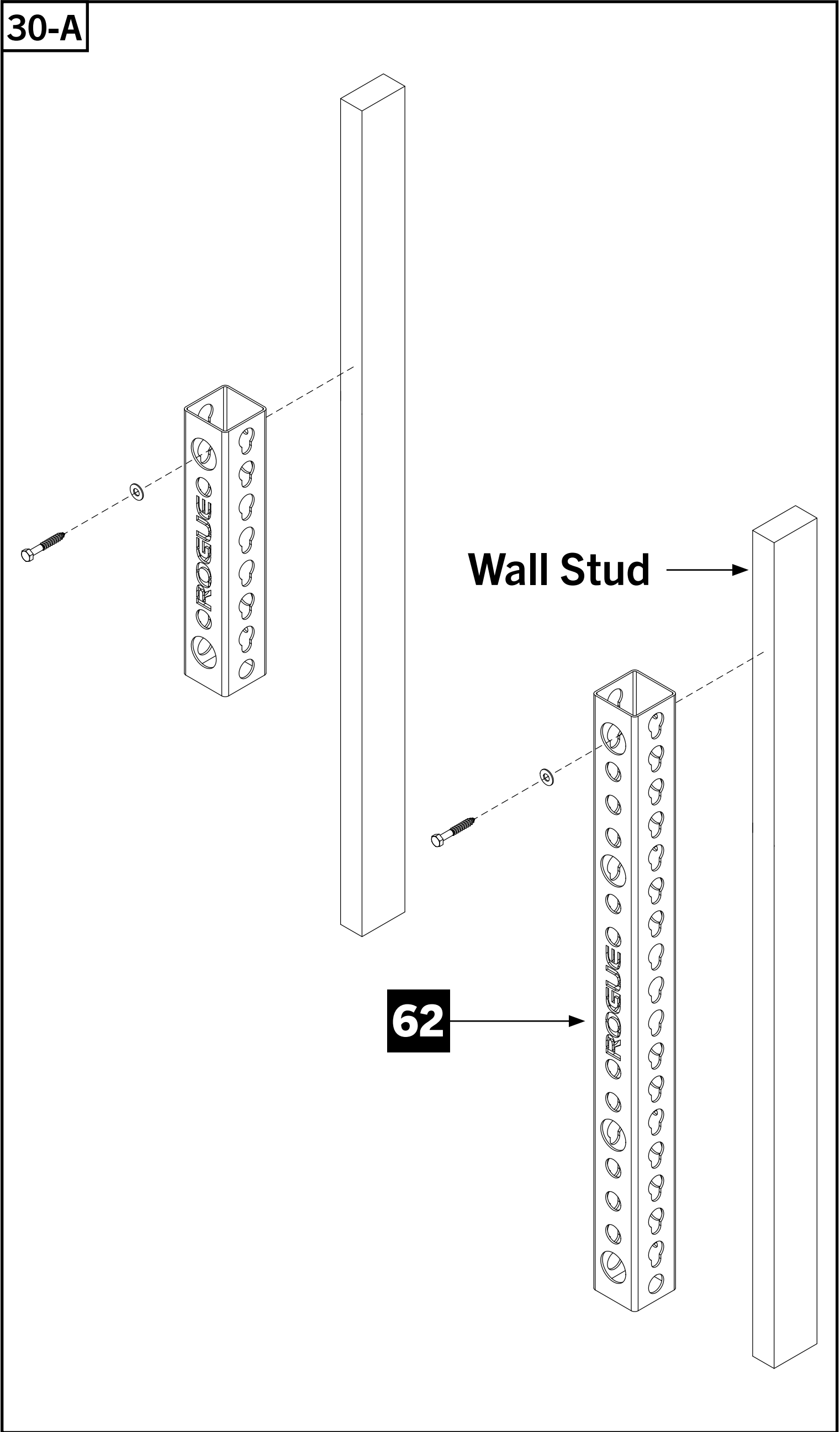
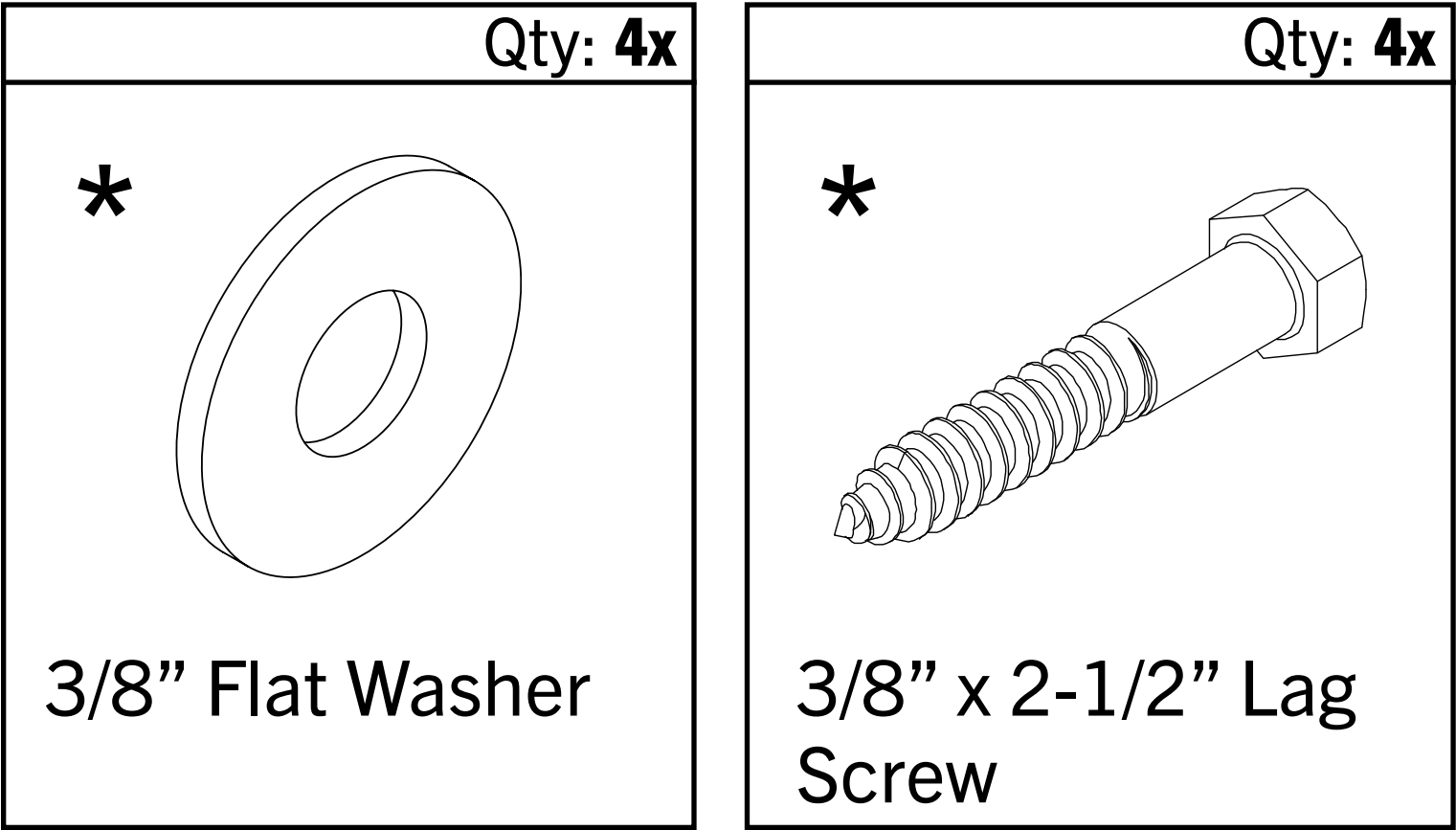
STEP 29 (SHROUD ASSEMBLY)

- Attach Weight Stack Rear Shroud - RH [66] and Weight Stack Rear Shroud - LH [67] on rear uprights by placing 1" Lock Washers [71] and 1" Hex Nuts [72] through window cutouts on shrouds and secure using 1" Flat Washers [70] and 1" x 4-3/4" Hex Bolts [69].



INCLUDED MONSTER STRIP

- *Hardware and tools not included for installing Monster Strips [62].
- (4X) 3/8” x 2-1/2” Wood Lag Screws and (4X) 3/8” Flat Washers (not included) are recommended if mounting Strip to wall or wood stud.
- 15/64” Diameter drill bit recommended if using 3/8” Lag Screws.
- Identify stud in wall and mark desired height of top hole. Drill pilot hole in marked location.
- Put thread-side of screw through washer then screw through top hole at the back of the Strip into wall until wood but do not fully tighten.
- Let strip hang and ensure it is square using a level then mark locations of the 3 remaining holes.
- Hold strip to the side as shown in 32-B and drill pilot holes in the 3 marked locations.
- Put thread side of screw through the washer then screw through bottom 3/8” hole in back of Strip into the wall loosely.
- Screw in the remaining two Lag Screws and fully tighten all screws.
- If attempting to secure Strip to concrete or other material, the buyer is responsible for using correct hardware.
- It is the buyer’s responsibility to install strip in a location and with hardware capable of supporting the aggregate weight of strip, all gear mounted or stored, and any person using it.
- If you are not confident in your mechanical skills, please seek the help of a professional to perform the installation.



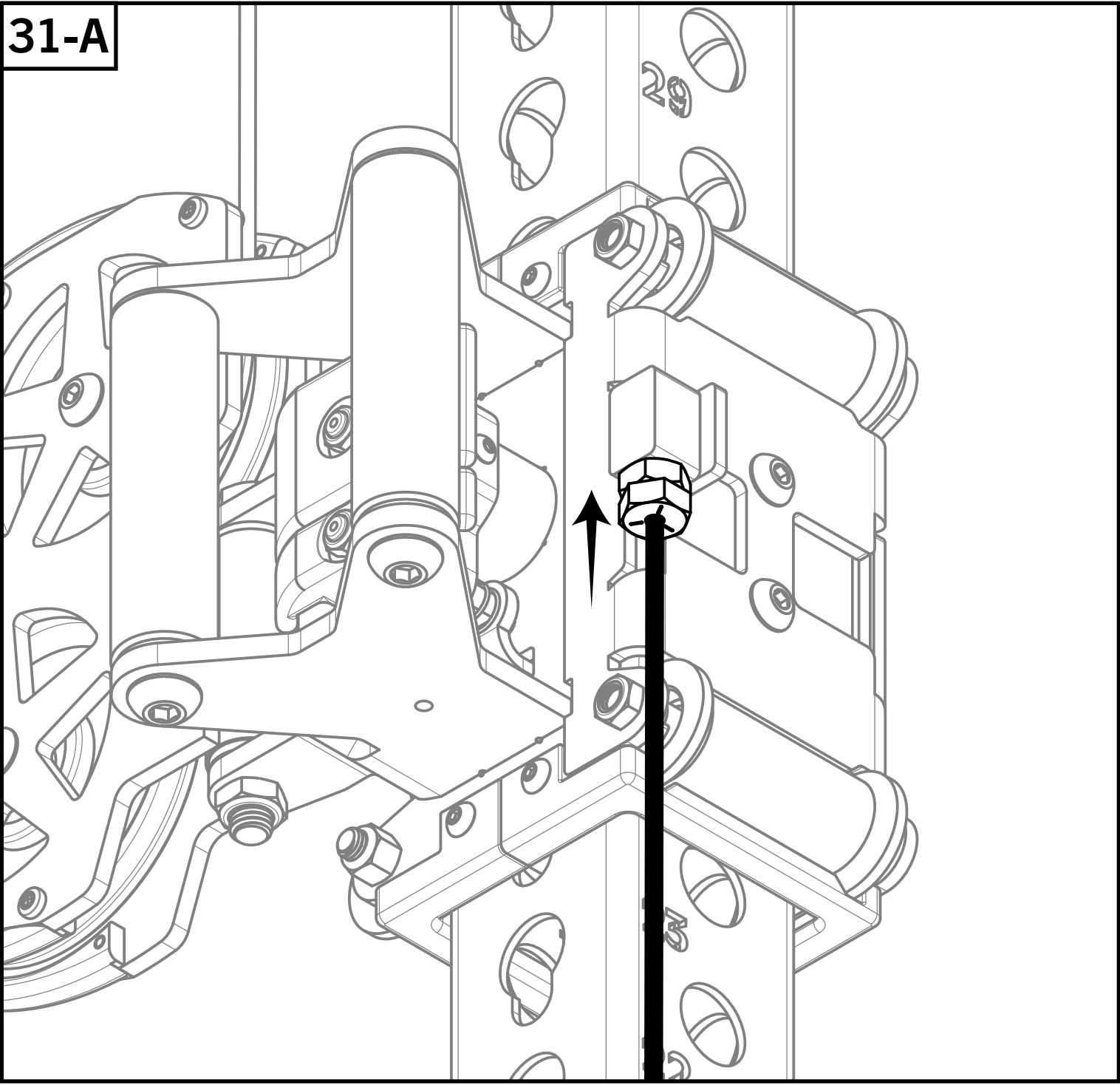
CABLE MAINTENANCE

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

STEP 1

Tools Required:

- Multi Tool
- Tighten both Trolley Cable bolt heads up towards the stop blocks on Swivel Trolleys.
- If cable system is tight, no further calibration is needed. If cables still have slack, proceed to **STEP 2**.

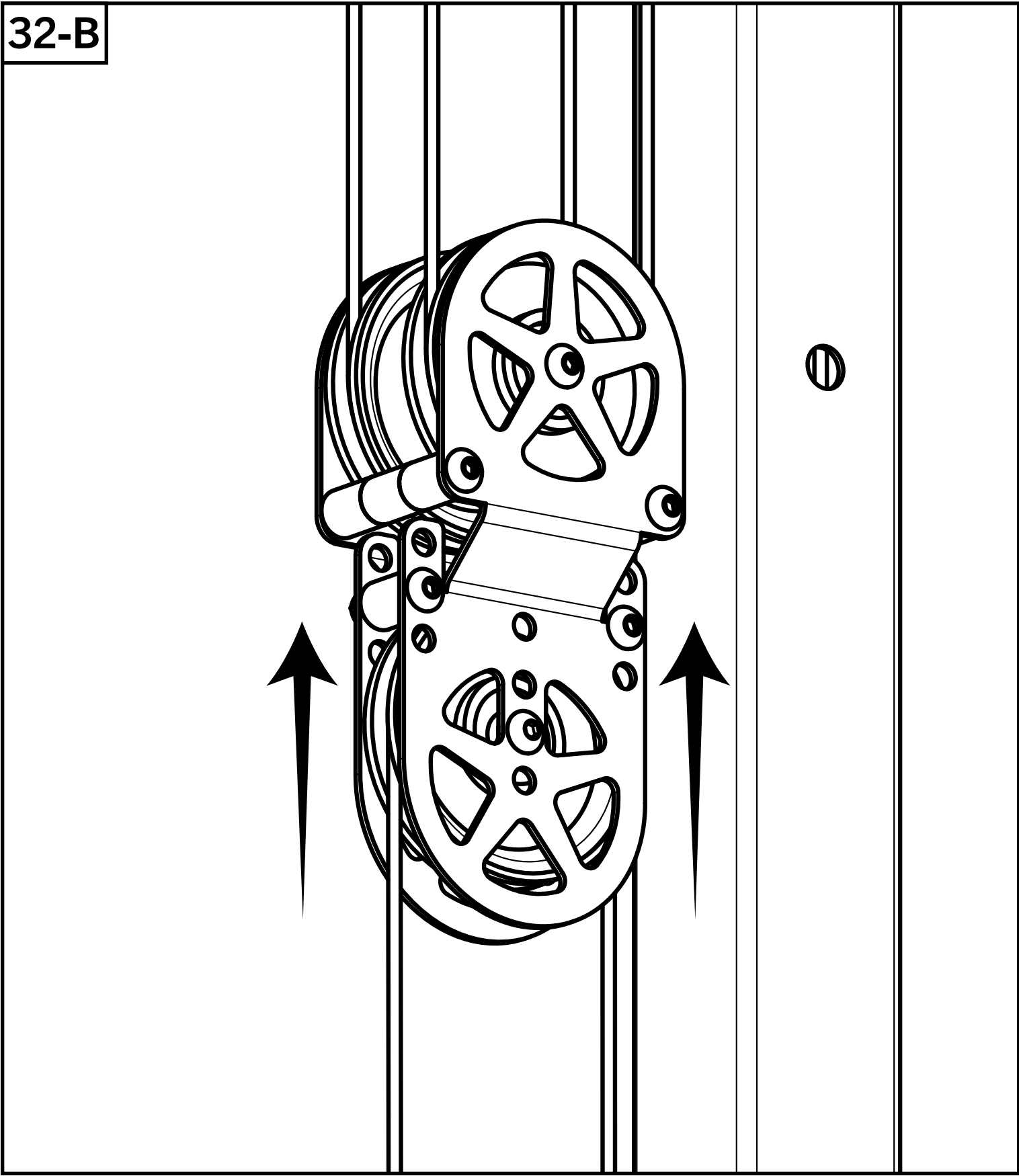
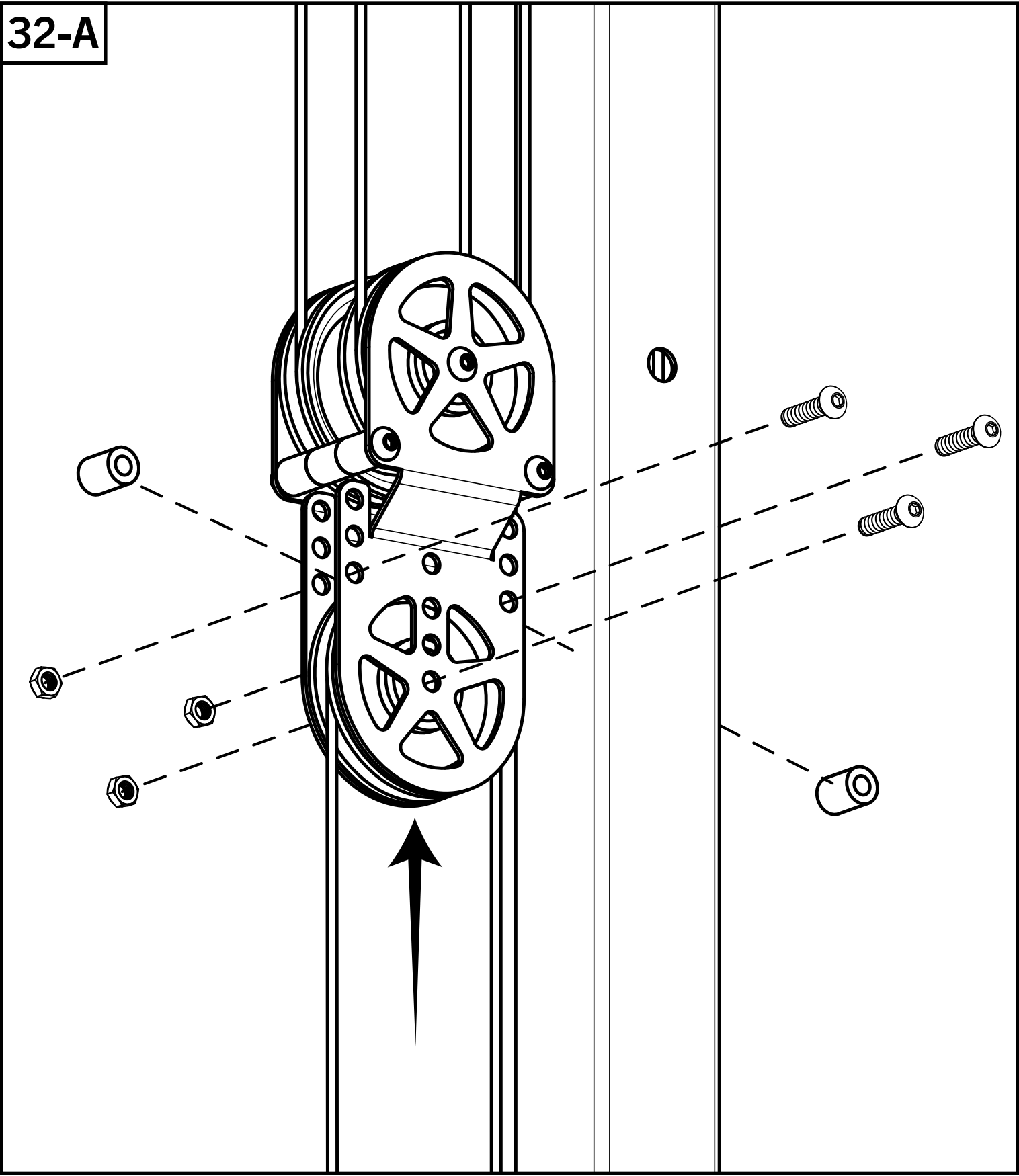


STEP 2

Tools Required:

- Multi Tool, 7/32” Allen Key
- Remove the Rear Center Shrouds.
- Remove Cable Retainers and hardware shown in **32-A** on Rear Pulley Assembly and move Pulley up by one hole.
- Re-adjust the height of the Trolley Cable Bolts to calibrate the cable tightness.

- If slack persists, continue moving Retainers and Pulley up by one hole and testing until cables are taught but not pulling up the weight stacks.
- Note:**
- If installing pulley on the uppermost hole of Rear Pulley Assembly, the lower Cable Retainers are not needed.



ROGUE



**SCAN FOR
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IS0606-9