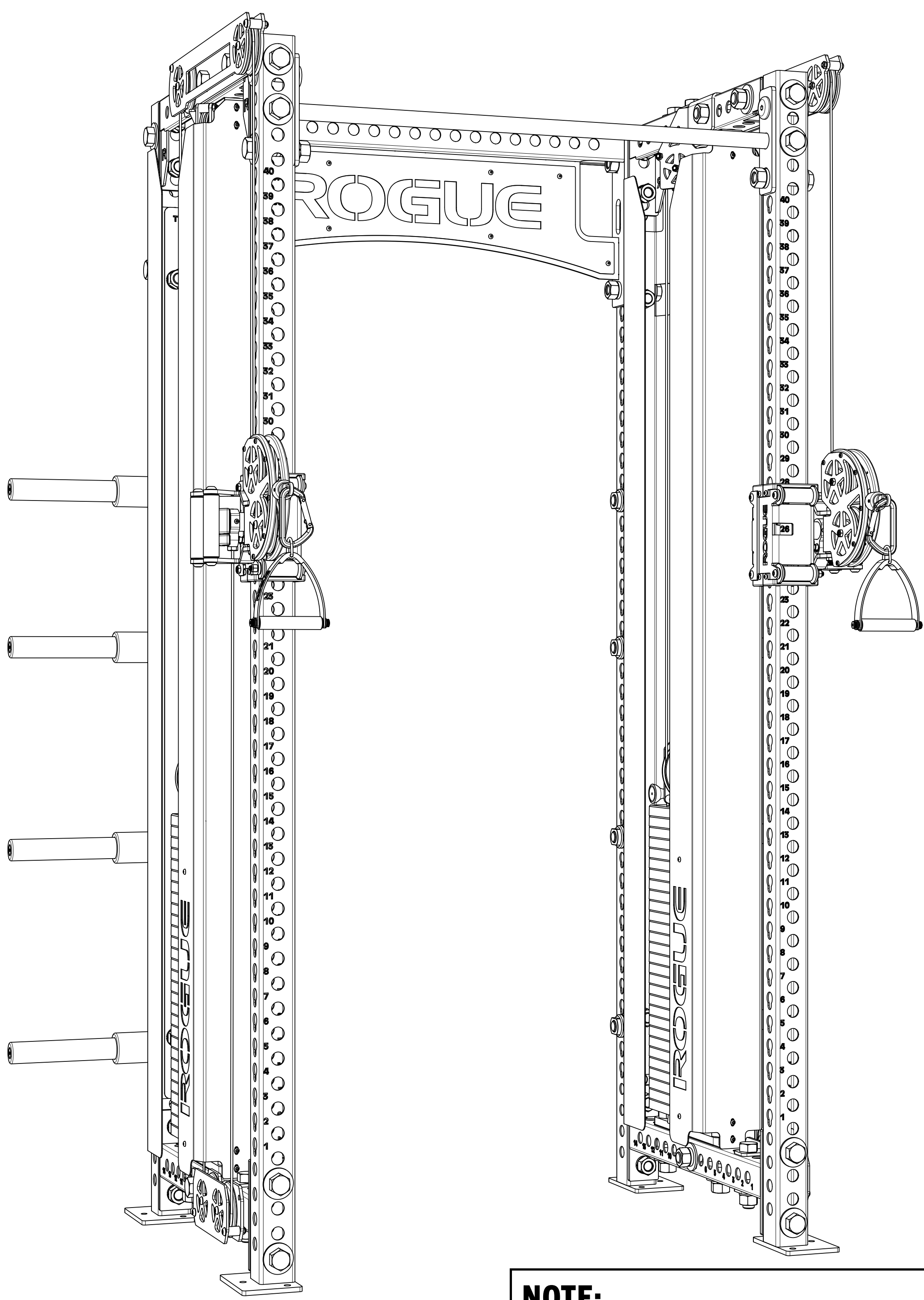


# ROGUE<sup>®</sup>

# FM-3 INDY

# FUNCTIONAL TRAINER



**NOTE:**  
**Instructions show the assembly of the Dual Indy Functional Trainer. If only LH or RH Indy Trainer was purchased, follow the instructions as they pertain to that specific side of the 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.

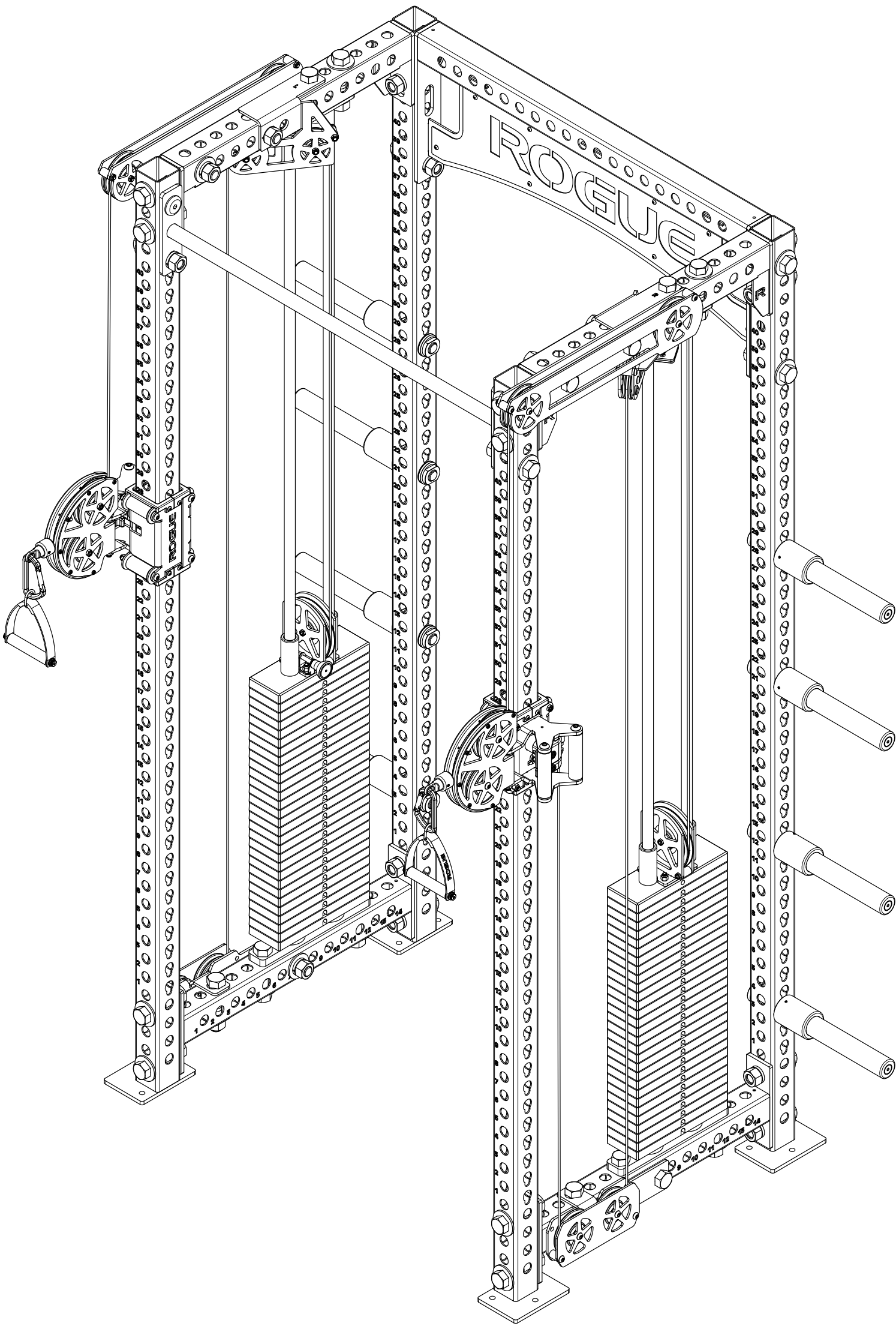
### WARNING:

**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.

# TABLE OF CONTENTS

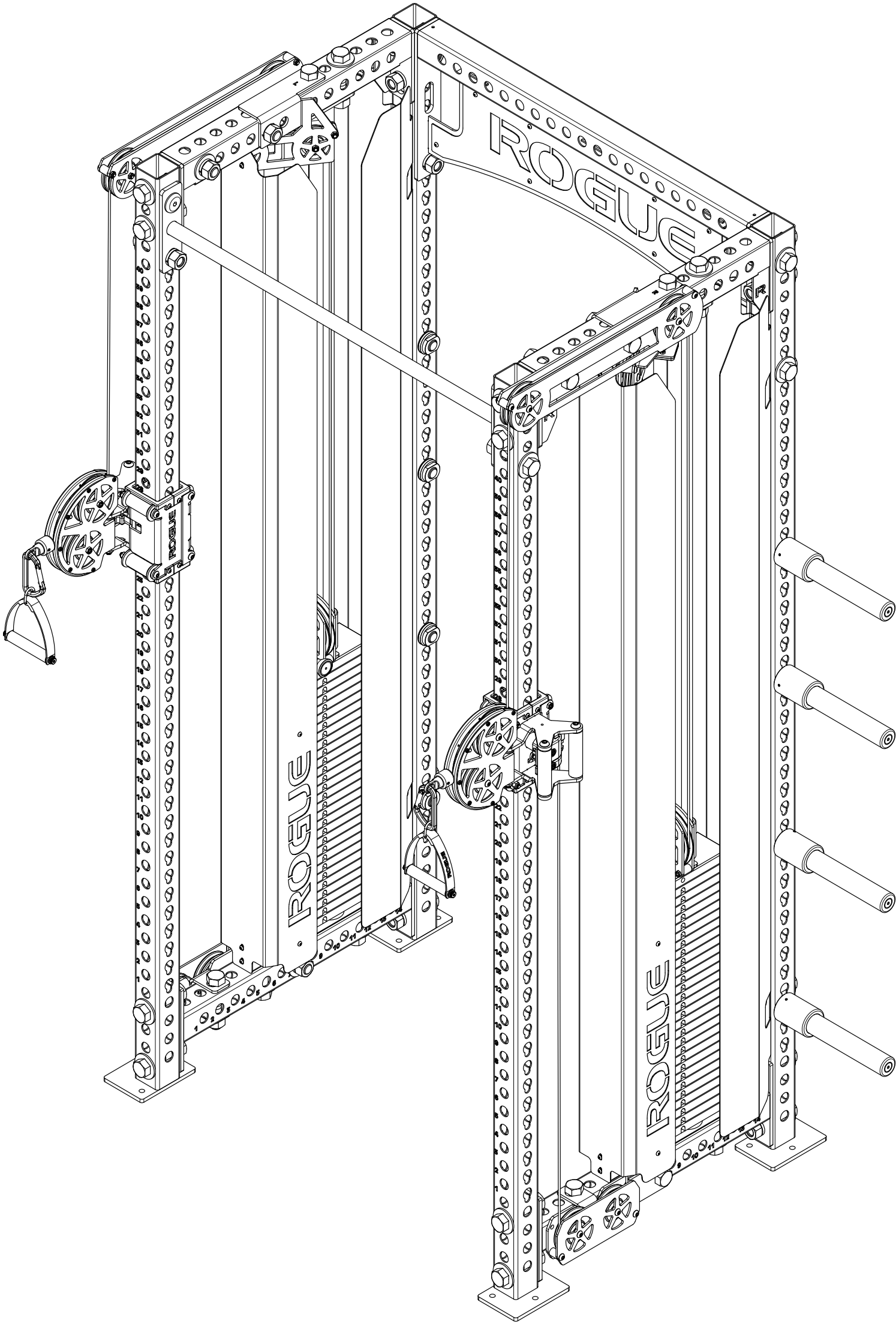
## FM-3 INDY

Included Tools.....	3
Included Parts.....	4
Assembly.....	10



## FM-3 INDY SHROUD KIT

Included Tools.....	3
Included Parts.....	8
Assembly.....	23,32

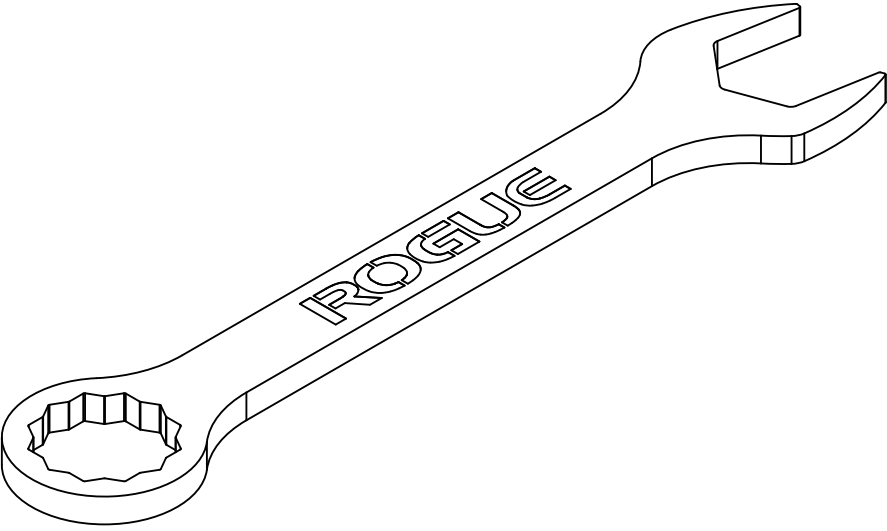


# INCLUDED TOOLS

Note: Images not shown at scale

1

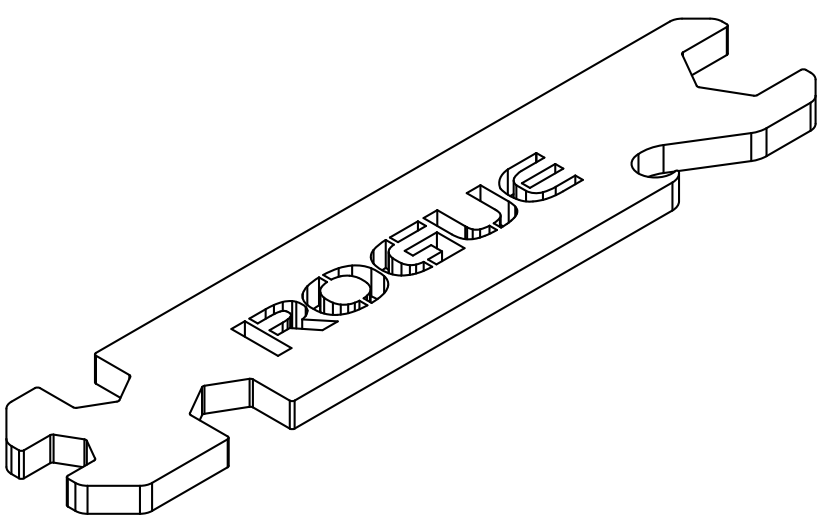
Qty: 2x



1-1/2” Wrench

2

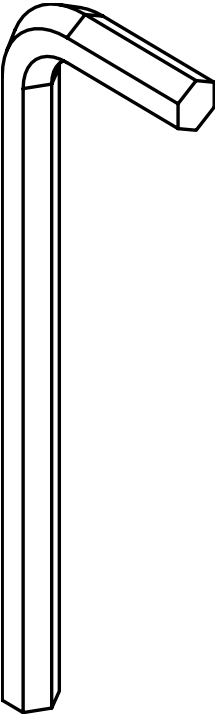
Qty: 1x



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

3

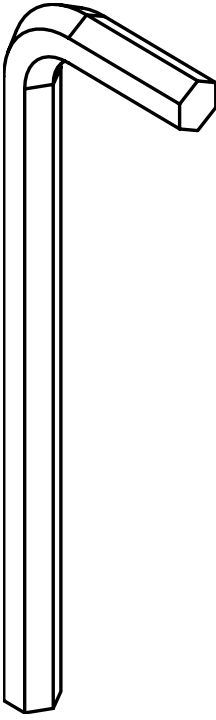
Qty: 1x



3/8” Allen Key

4

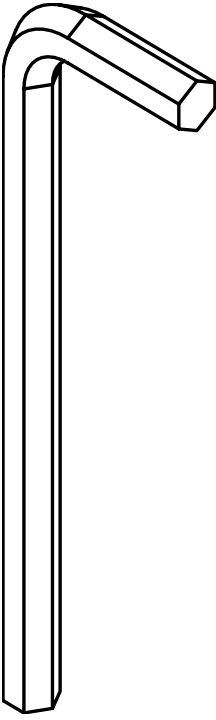
Qty: 1x



7/32” Allen Key

5

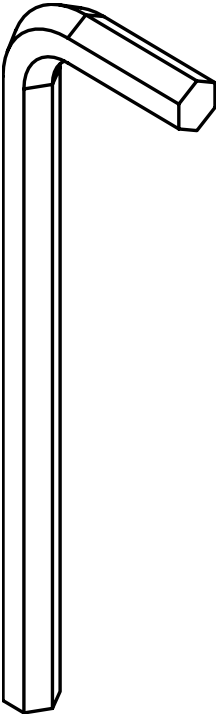
Qty: 1x



5/32” Allen Key

6

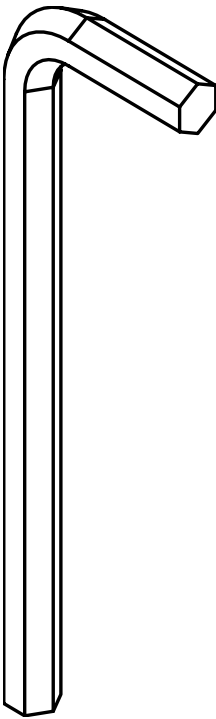
Qty: 1x



1/8” Allen Key

7

Qty: 1x



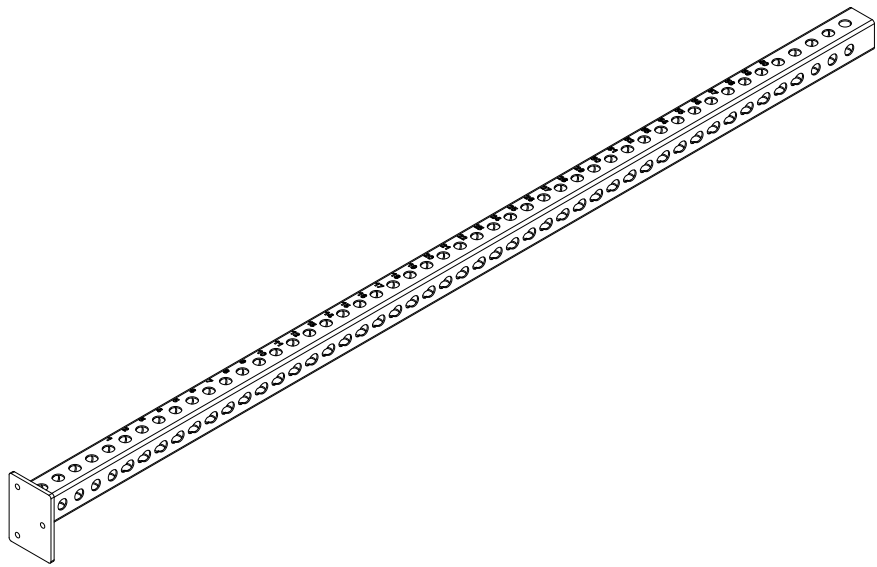
3/32” Allen Key

# INCLUDED PARTS

Note: Images not shown at scale.

1

Qty: 4x

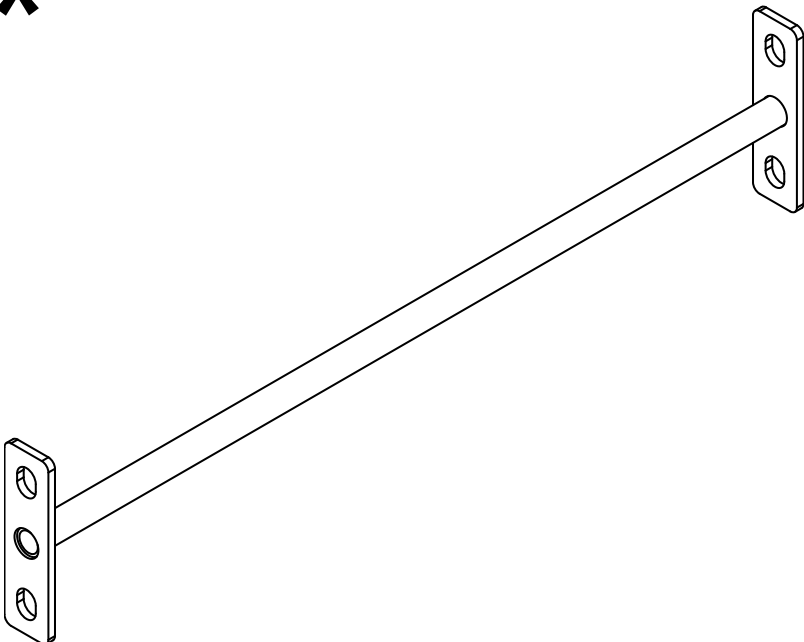


90" or 100" Monster Upright

2

Qty: 1x

\*

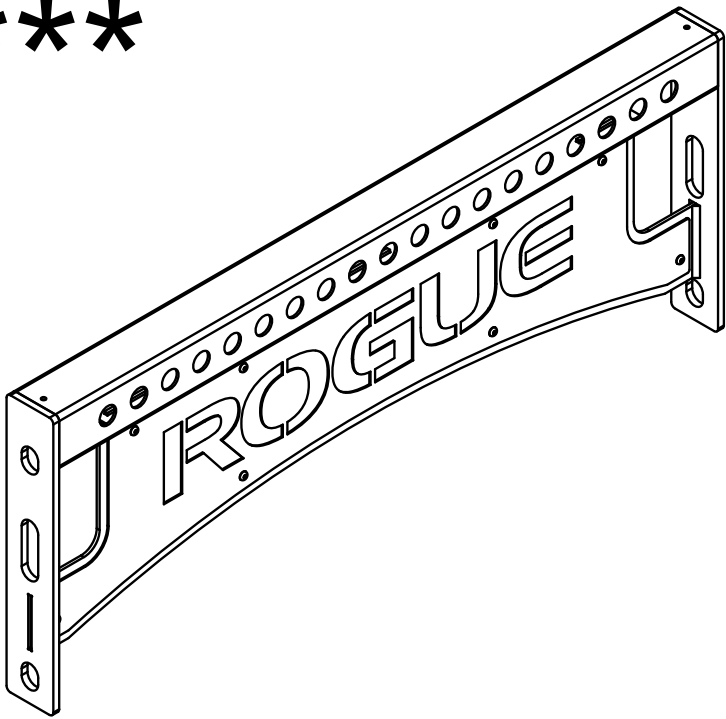


Pull Up Bar

3

Qty: 1x

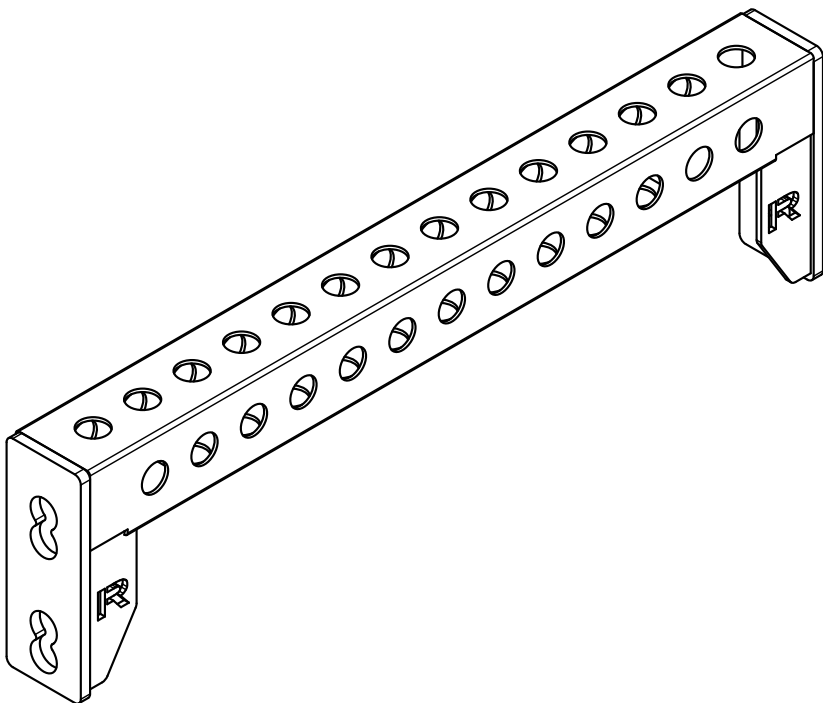
\*\*\*



Nameplate Crossmember

4

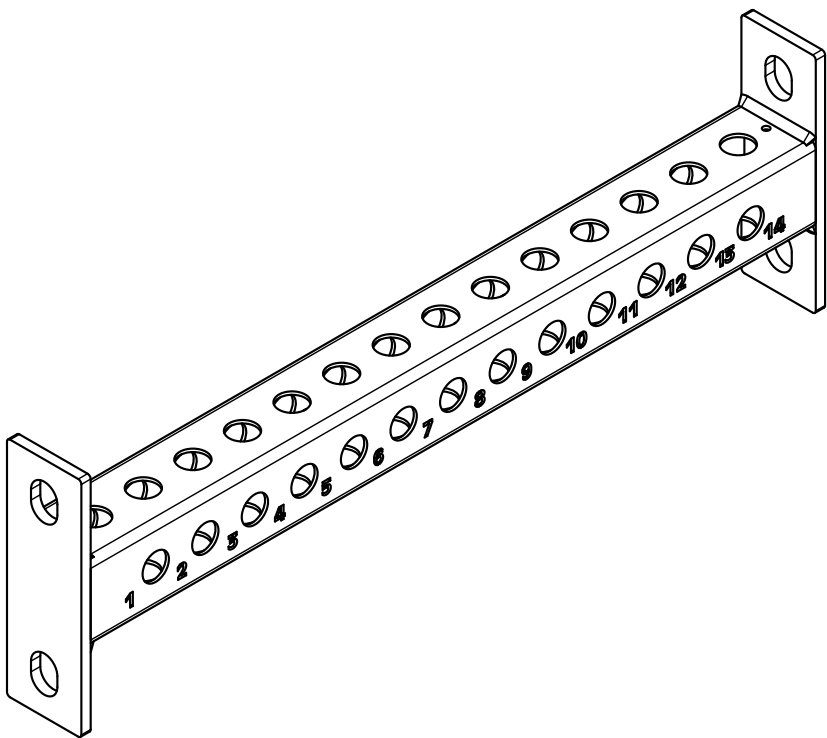
Qty: 2x



30" Top Crossmember

5

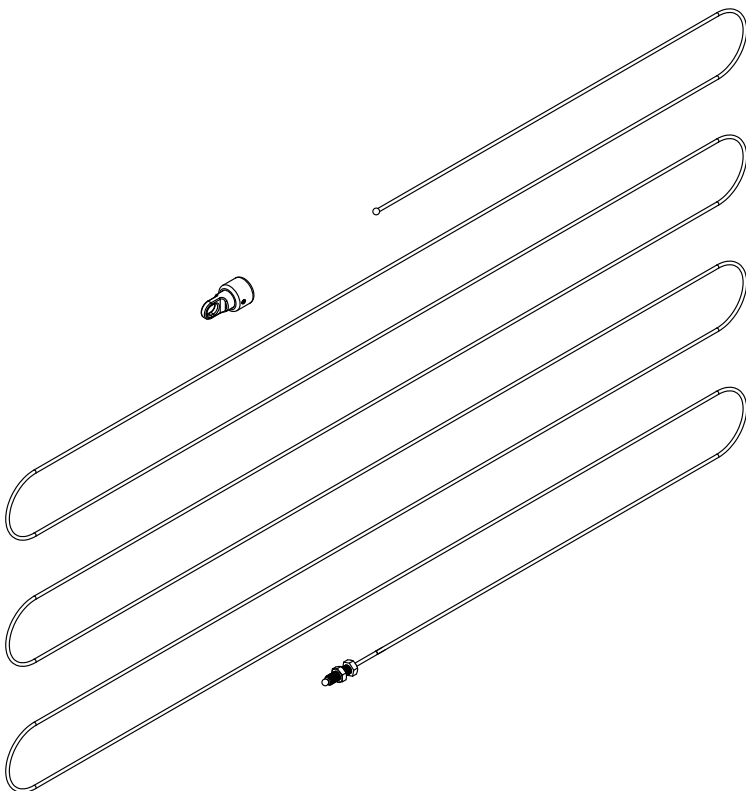
Qty: 2x



30" Low Crossmember

6

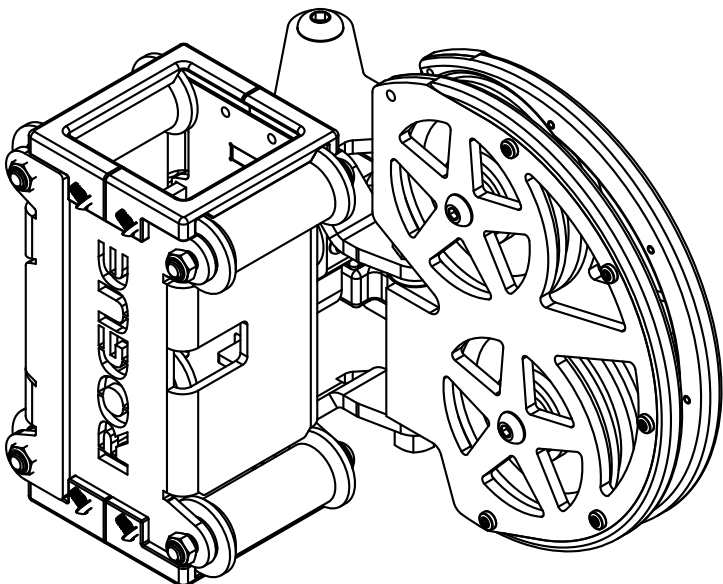
Single: 1x Dual: 2x



Trolley/Trolley Cable (Blue Tag)

7

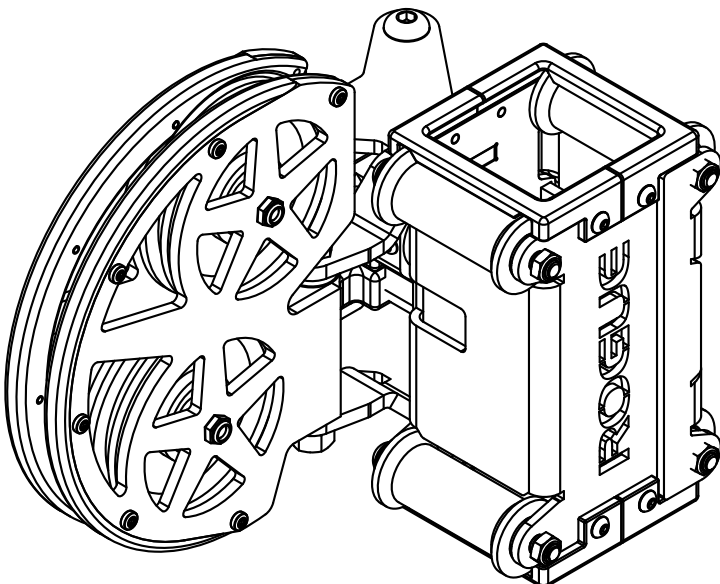
Qty: 1x



Swivel Trolley RH

8

Qty: 1x

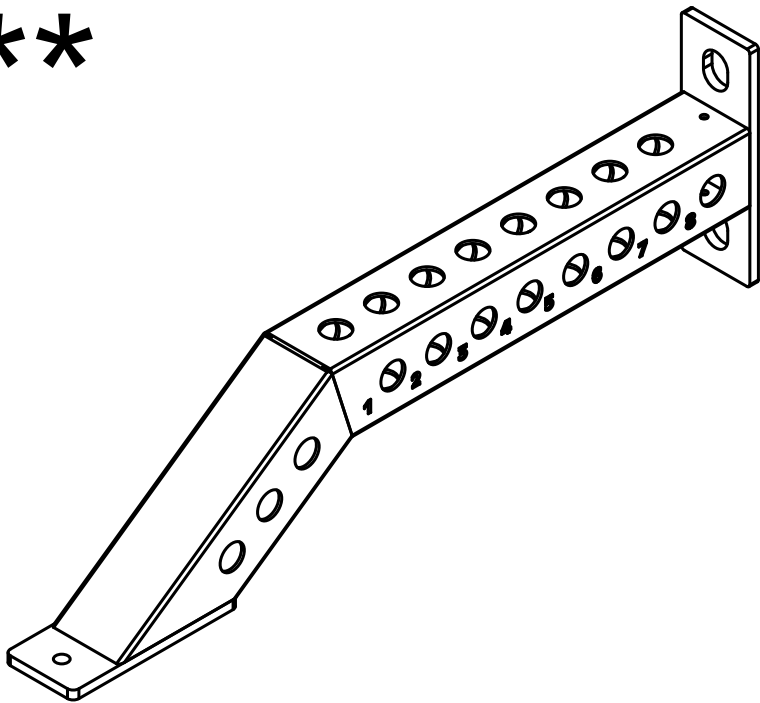


Swivel Trolley LH

9

Qty: 2x

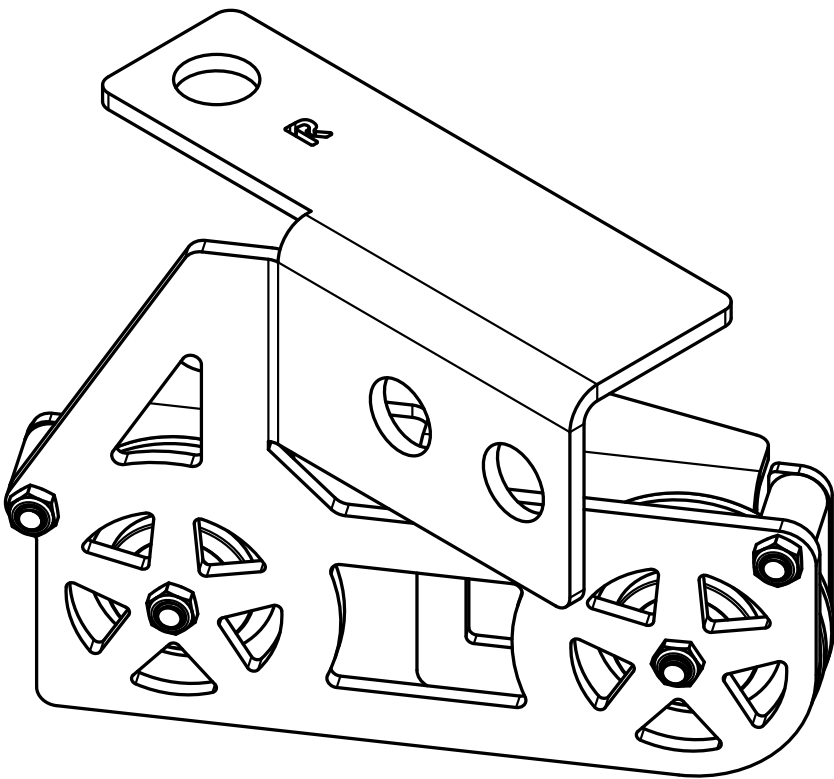
\*\*



Half Rack Foot

10

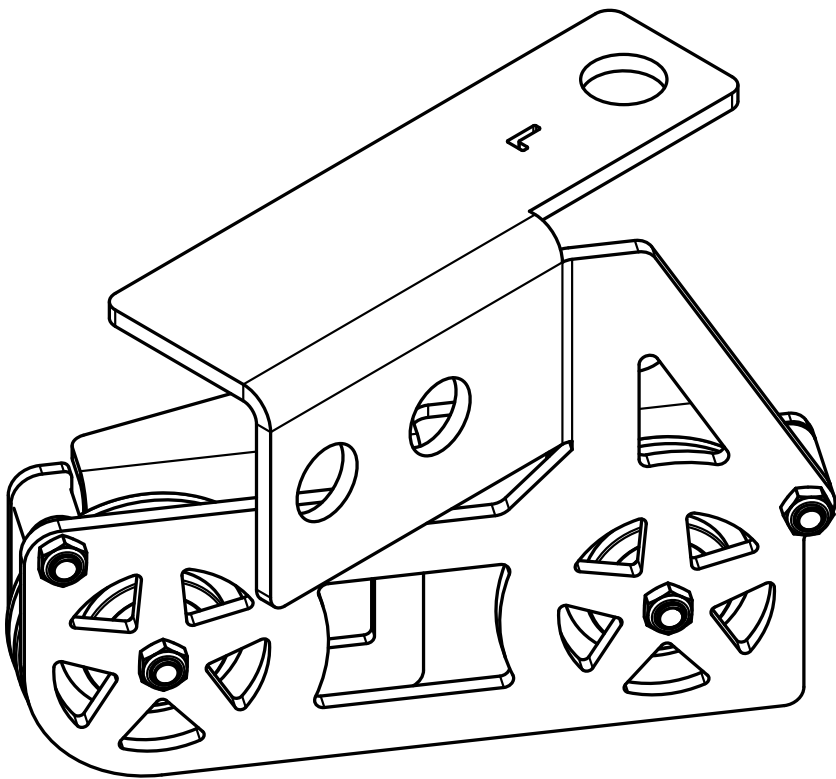
Qty: 1x



Indy Side Pulley Assembly - RH

11

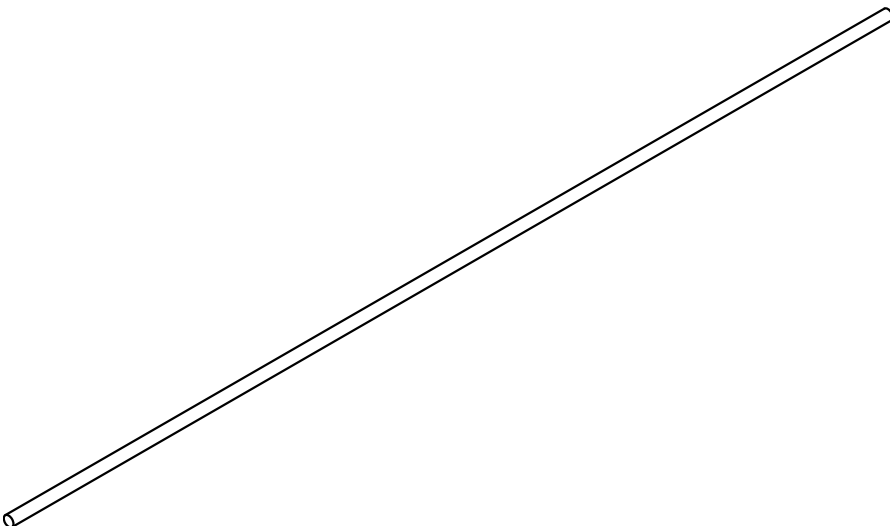
Qty: 1x



Indy Side Pulley Assembly - LH

12

Single: 2x Dual: 4x



Guide Rod

\* Items may look different than drawings shown. Style depends on selection made at checkout.  
\*\* Only included if Half Rack Feet were purchased at checkout.  
\*\*\* May also be 43" 3x3 Crossmember depending on selection made at checkout.

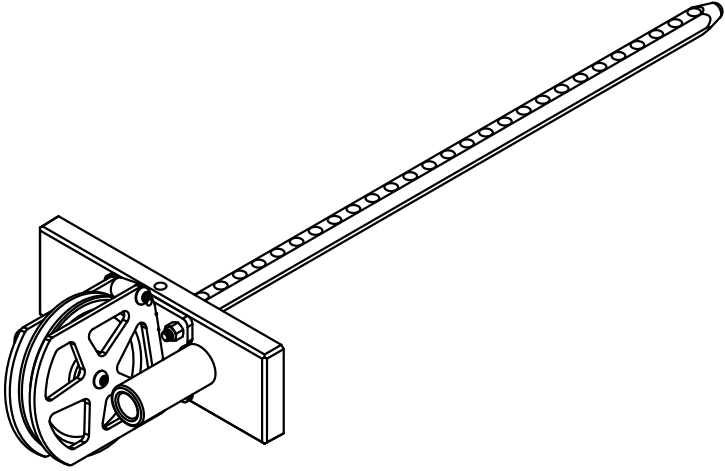


# INCLUDED PARTS

Note: Images not shown at scale.

13

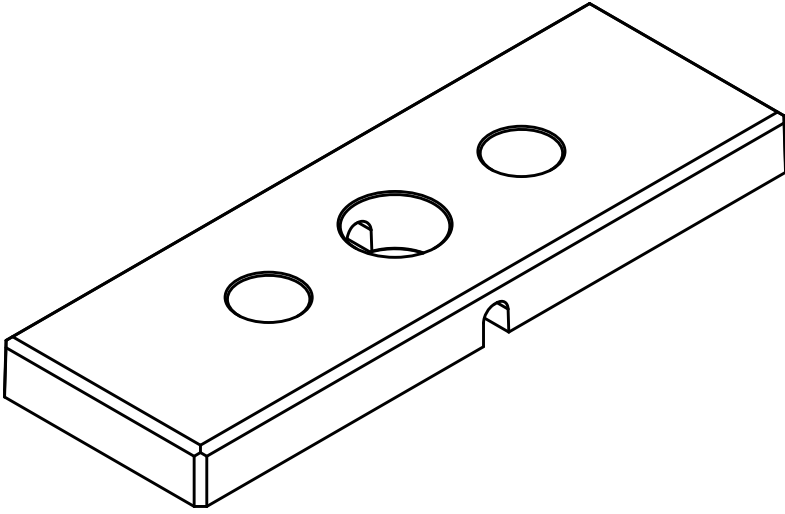
Single: **1x** Dual: **2x**



Weight Stack Stem

14

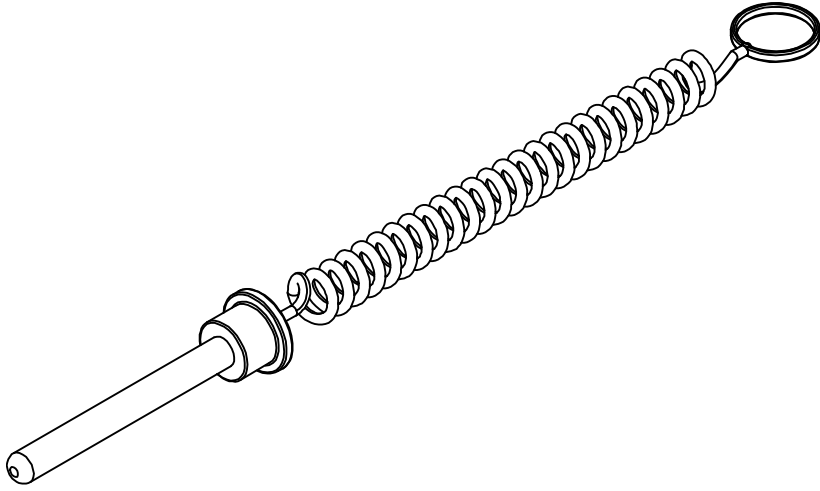
Single: **28x** Dual: **56x**



10LB Weight Stack Plate

15

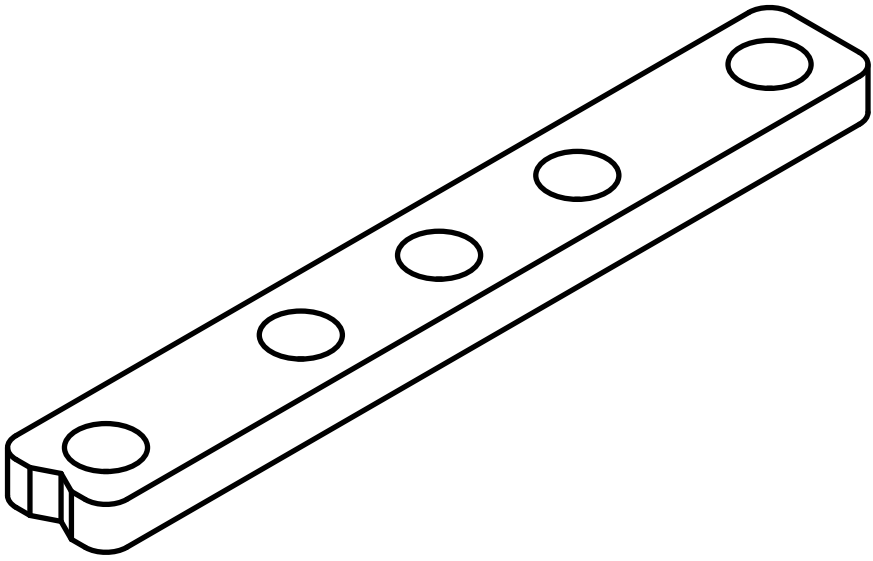
Single: **1x** Dual: **2x**



Weight Stack Selector Pin w/ Lanyard

16

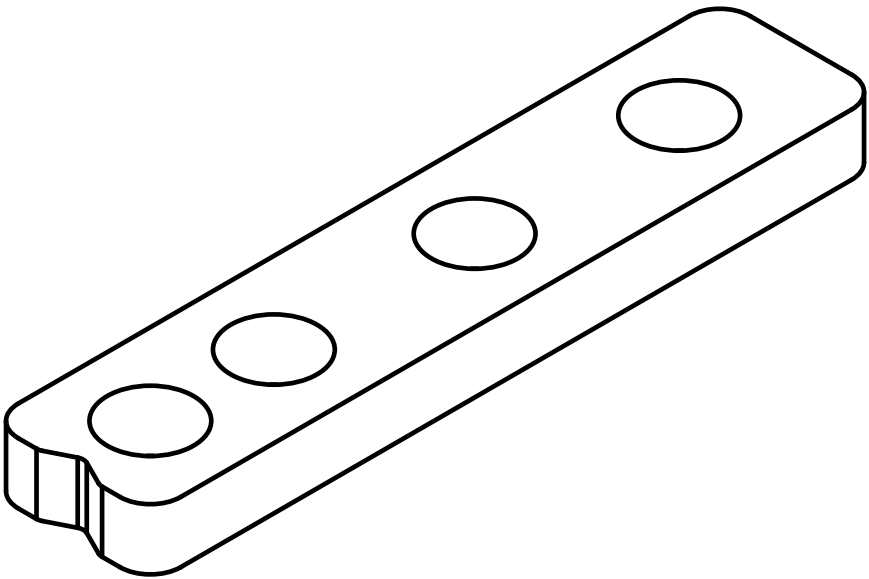
Single: **1x** Dual: **2x**



Bottom Weight Stack Spacer

17

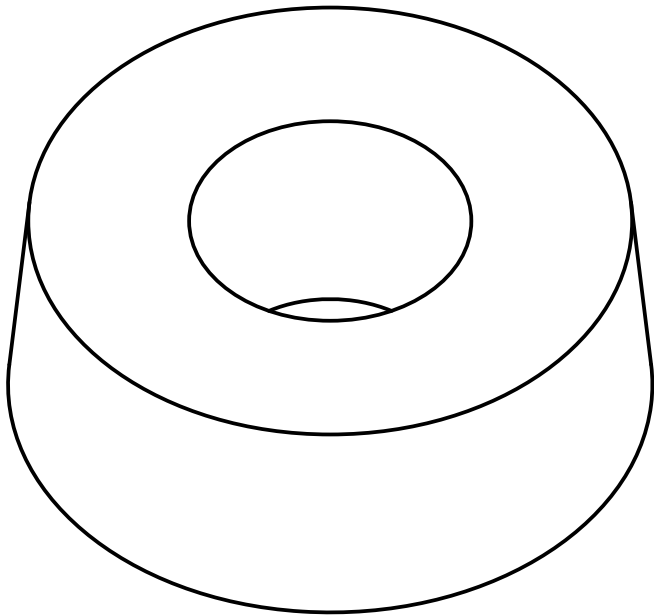
Single: **1x** Dual: **2x**



Top Weight Stack Spacer

18

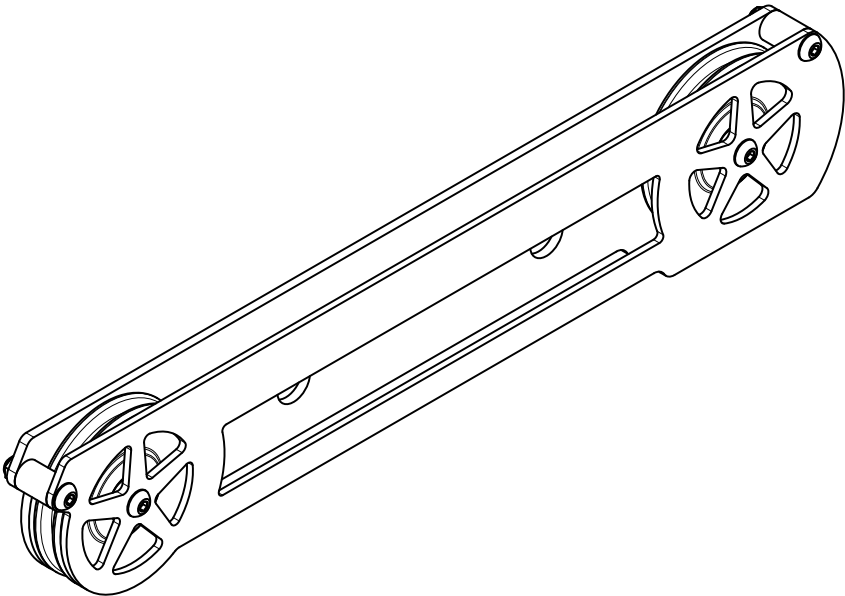
Single: **2x** Dual: **4x**



Weight Stack Bottom Bumper

19

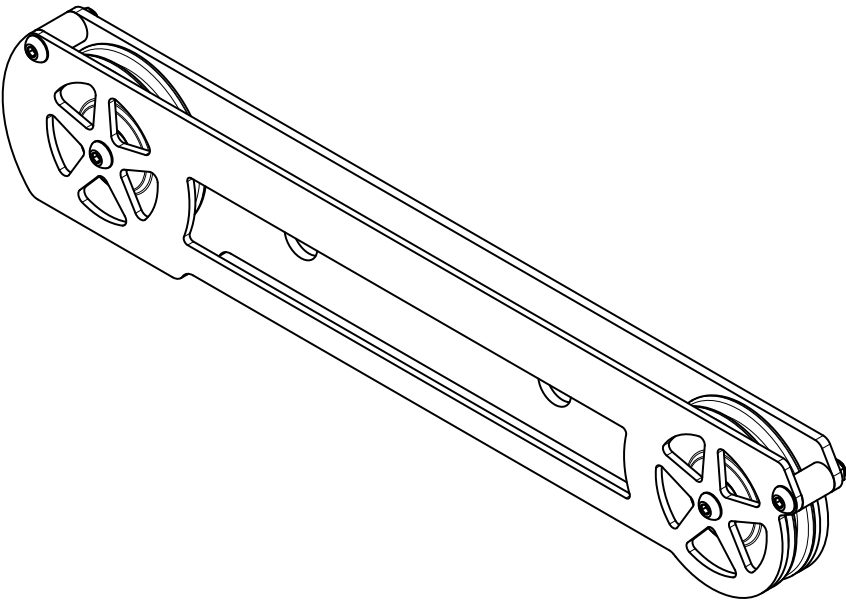
Qty: **1x**



Top Side Pulley Assembly - RH

20

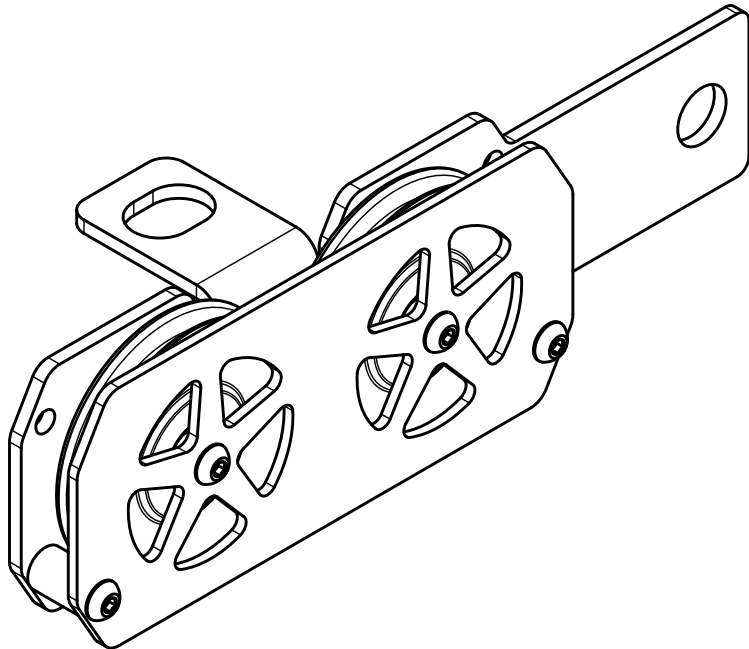
Qty: **1x**



Top Side Pulley Assembly - LH

21

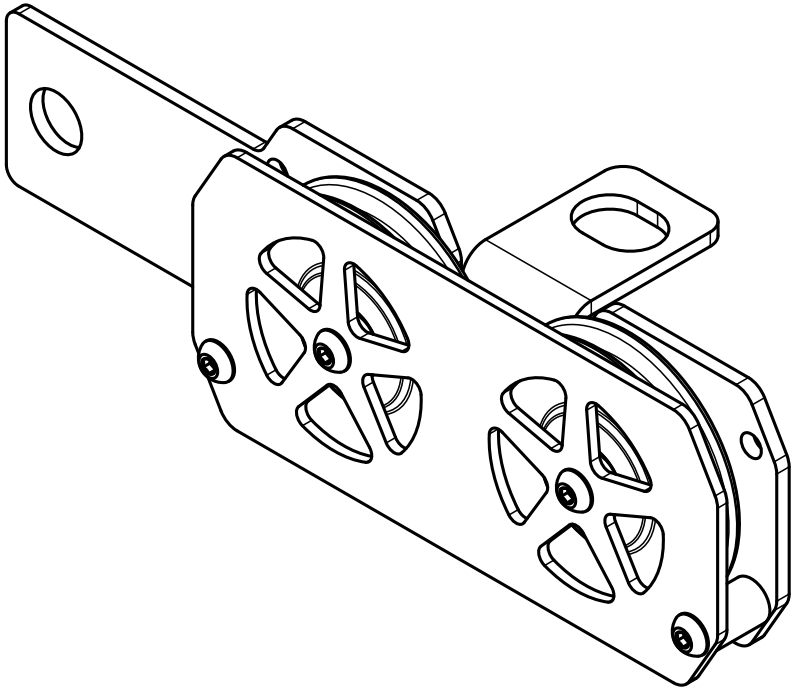
Qty: **1x**



Bottom Side Pulley Assembly - RH

22

Qty: **1x**



Bottom Side Pulley Assembly - LH

23

Single: **1x** Dual: **2x**

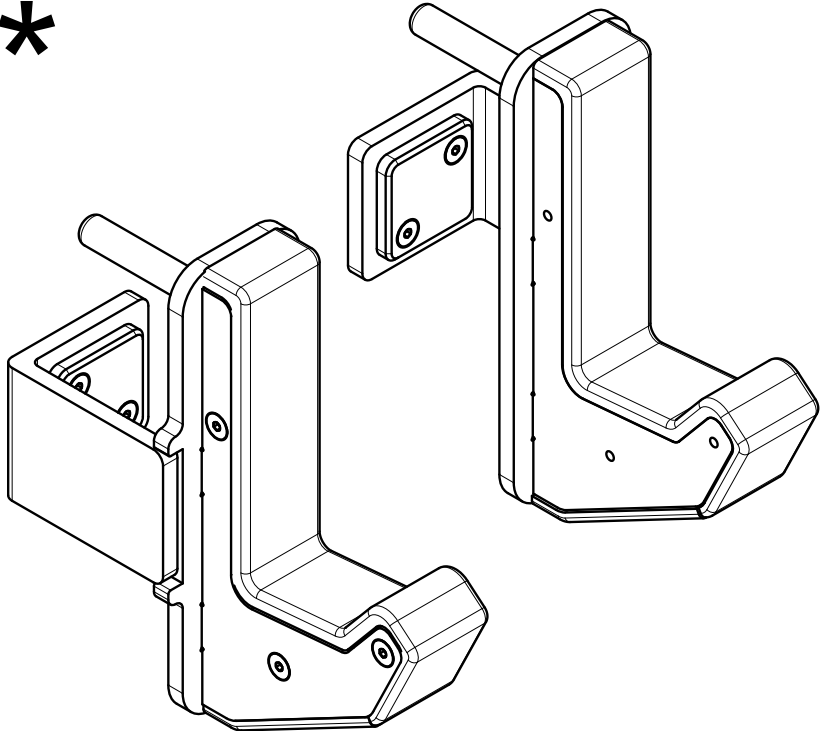
10 LB. 4.50kg	85 LB. 38.6kg	20 LB. 9.10kg	170LB. 77.3kg
15 LB. 6.80kg	90 LB. 40.9kg	30 LB. 13.6kg	180LB. 81.8kg
20 LB. 9.10kg	95 LB. 43.1kg	40 LB. 18.2kg	190LB. 86.4kg
25 LB. 11.3kg	100LB. 45.5kg	50 LB. 22.7kg	200LB. 90.9kg
30 LB. 13.6kg	105LB. 47.6kg	60 LB. 27.2kg	210LB. 95.5kg
35 LB. 15.9kg	110LB. 50.5kg	70 LB. 31.8kg	220LB. 100kg
40 LB. 18.2kg	115LB. 52.2kg	80 LB. 36.4kg	230LB. 104.5kg
45 LB. 20.4kg	120LB. 54.5kg	90 LB. 40.9kg	240LB. 109.1kg
50 LB. 22.7kg	125LB. 56.7kg	100LB. 45.5kg	250LB. 113.6kg
55 LB. 24.9kg	130LB. 59.1kg	110LB. 50.5kg	260LB. 118.2kg
60 LB. 27.2kg	135LB. 61.2kg	120LB. 54.5kg	270LB. 122.7kg
65 LB. 29.5kg	140LB. 63.6kg	130LB. 59.1kg	280LB. 127.3kg
70 LB. 31.8kg	145LB. 65.8kg	140LB. 63.6kg	290LB. 131.8kg
75 LB. 34.0kg	150LB. 68.2kg	150LB. 68.2kg	300LB. 136.4kg
80 LB. 36.4kg		160LB. 72.7kg	

Weight Stack Number Label Sheet

24

Qty: **1x**

\*



Pair of Monster J-cups

\* Items may look different than drawings shown. Style depends on selection made at checkout.

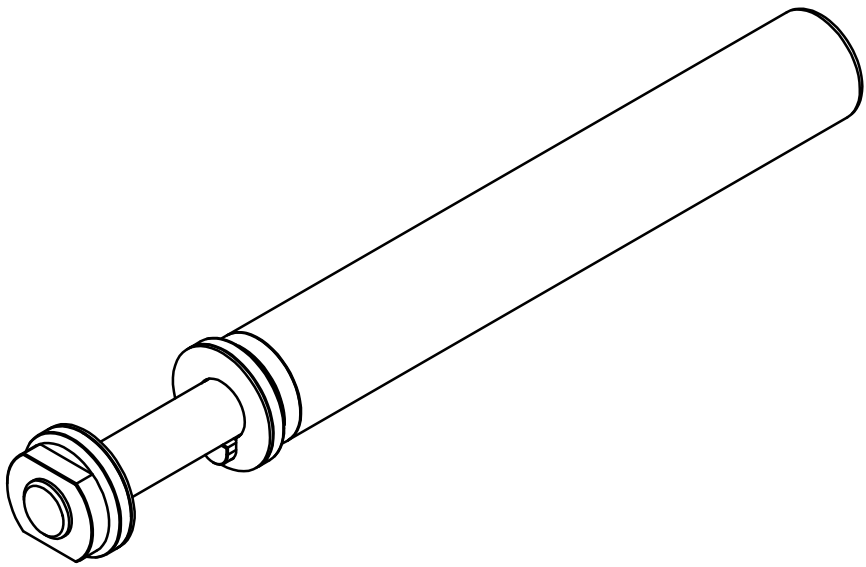
# INCLUDED PARTS

Note: Images not shown at scale.

25

Qty: 8x

\*



Monster Plate Storage Pin

26

Qty: 8x

\*

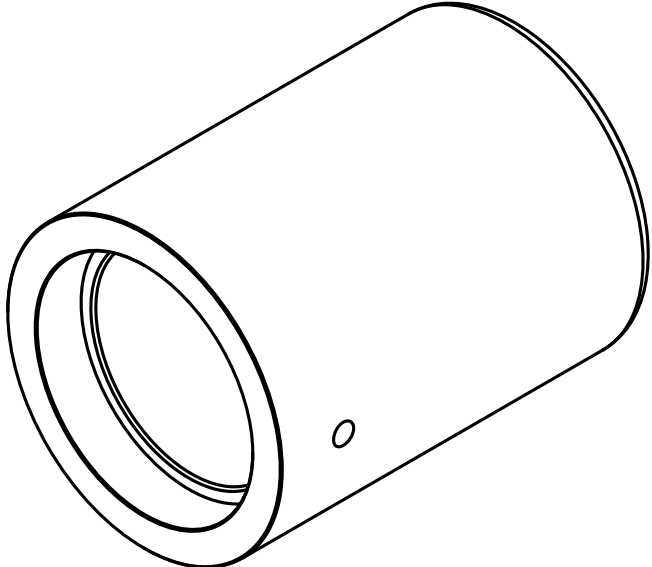
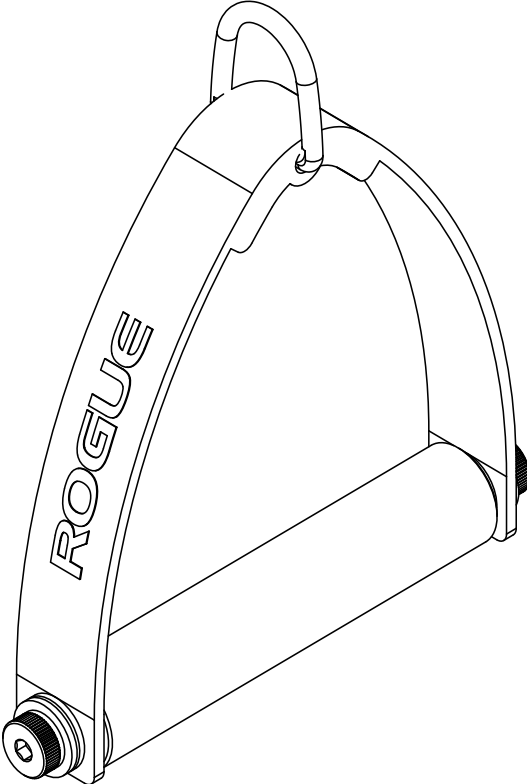


Plate Storage Spacer

27

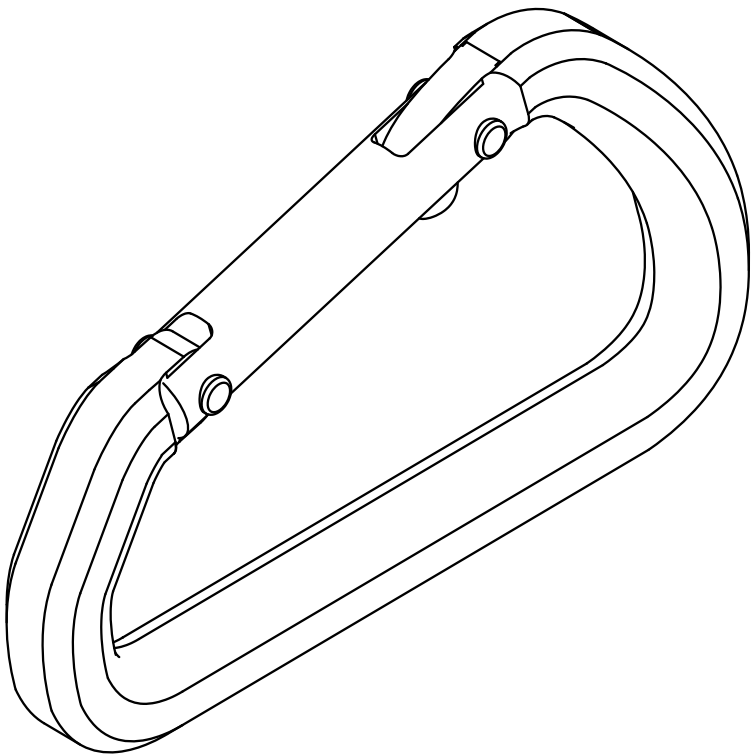
Single: 1x Dual: 2x



Single Handle Cable Attachment

28

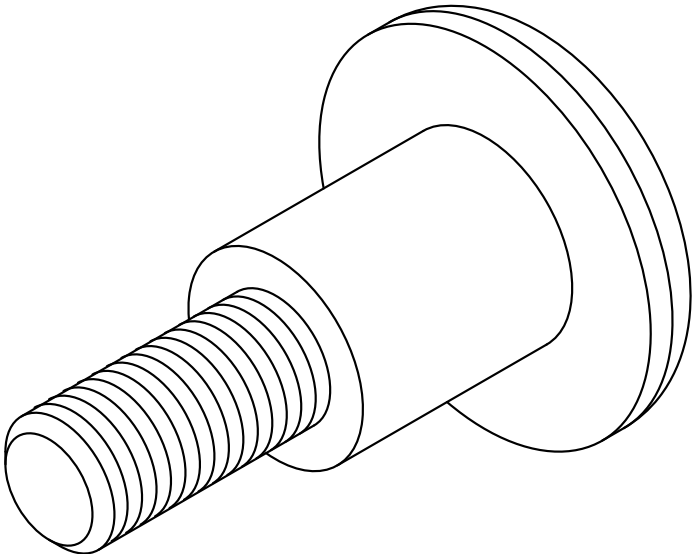
Single: 1x Dual: 2x



D Carabiner

29

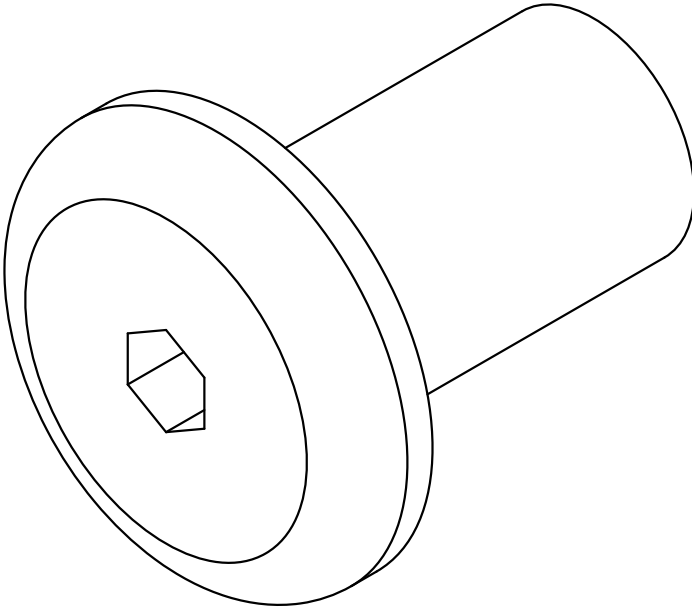
Single: 1x Dual: 2x



1" Shoulder Bolt - Male

30

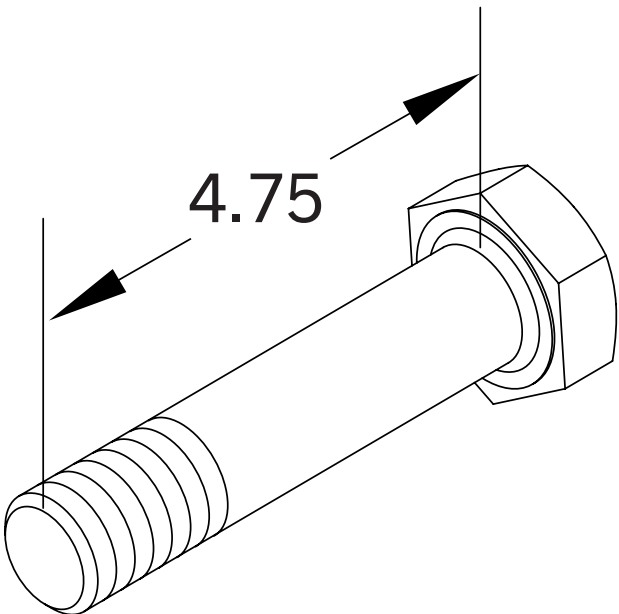
Single: 1x Dual: 2x



1" Shoulder Bolt - Female

31

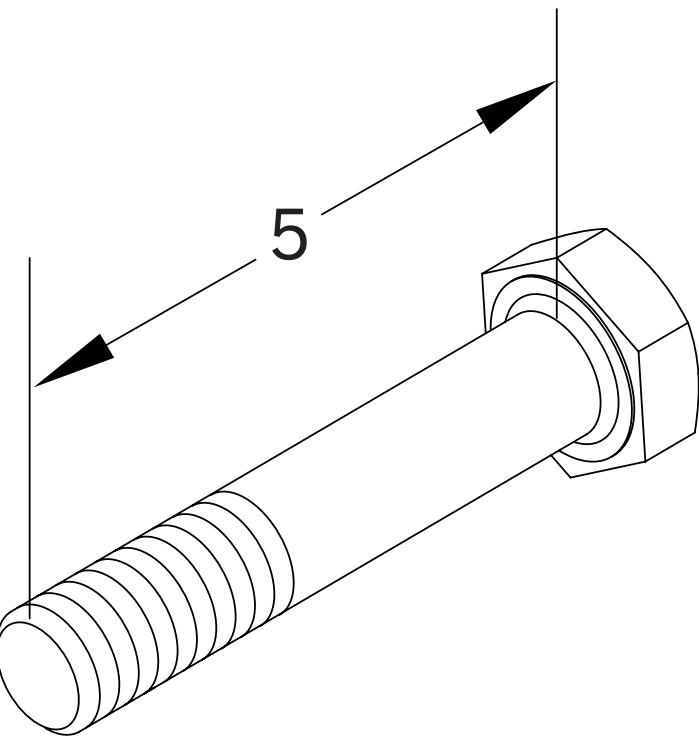
Qty: 24x



1" x 4.75" Hex Bolt

32

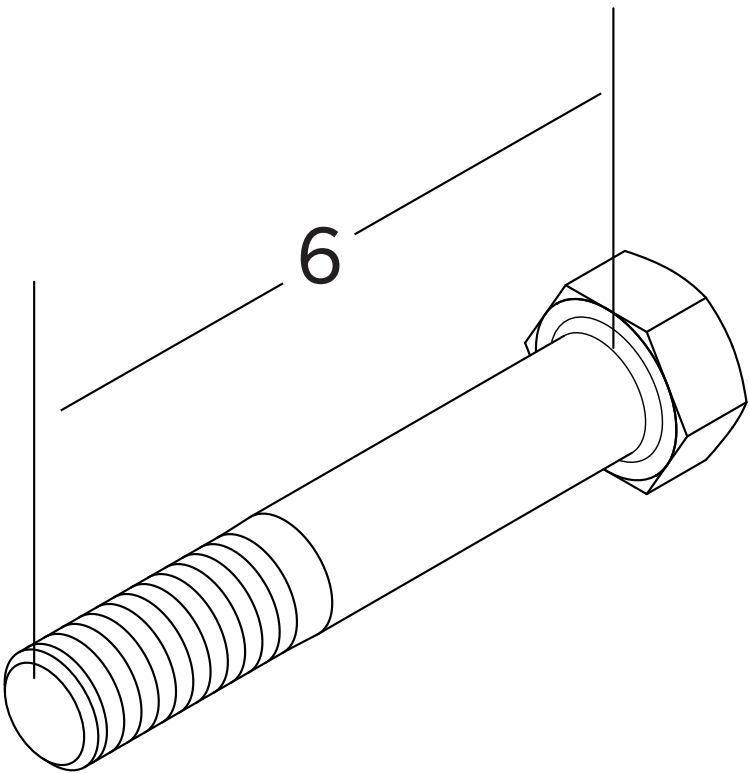
Single: 6x Dual: 12x



1" x 5" Hex Bolt

33

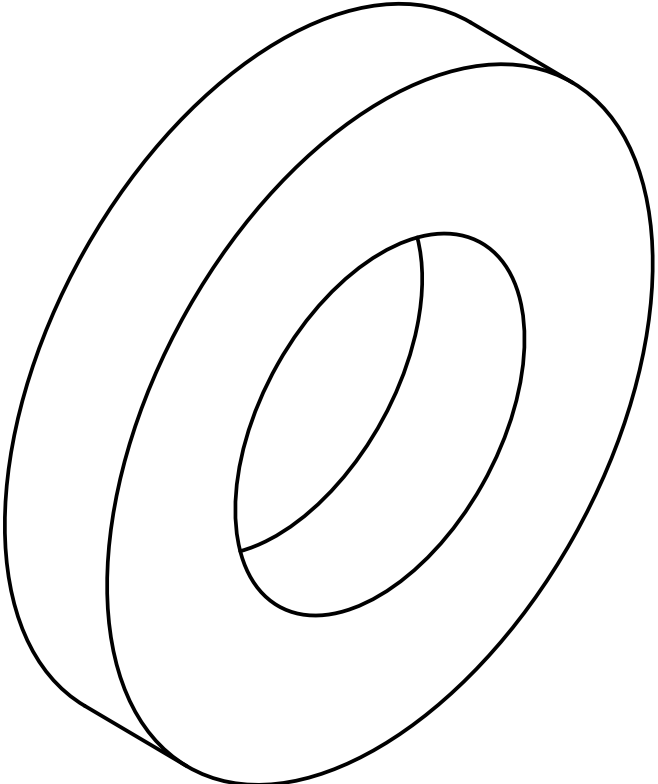
Single: 1x Dual: 2x



1" x 6" Hex Bolt

34

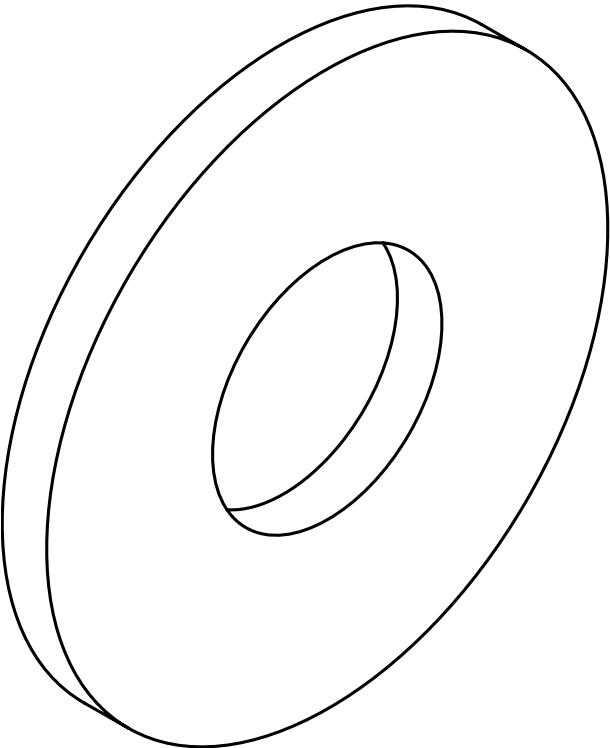
Single: 3x Dual: 6x



1" x 3/8" Pulley Bracket Spacer

35

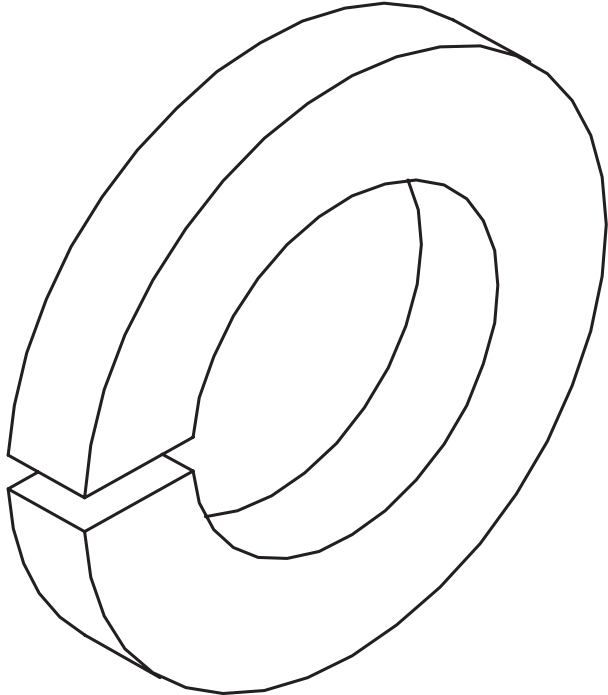
Single: 27x Dual: 32x



1" Flat Washer

36

Single: 31x Dual: 38x



1" Lock Washer

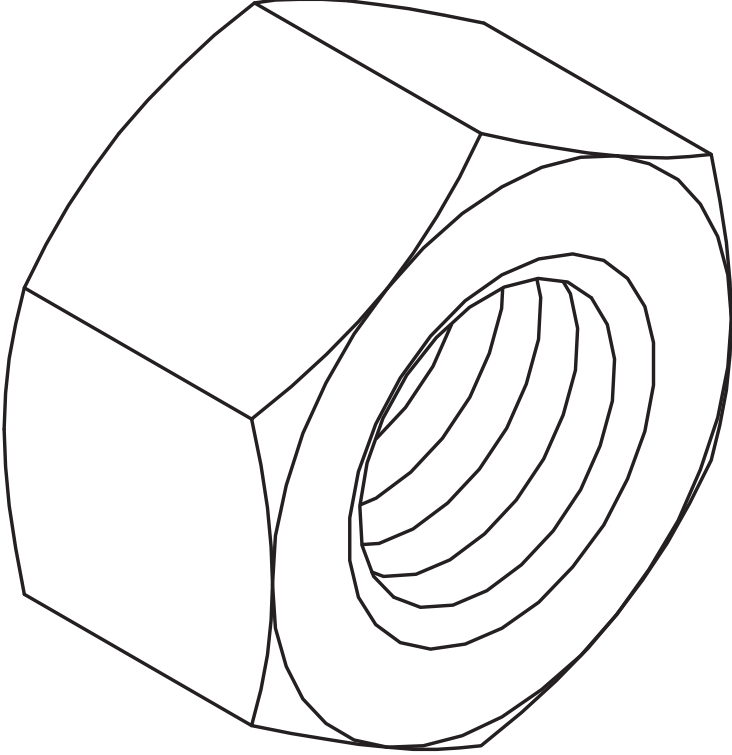
\* Only included if Plate Storage Pins were purchased at checkout.

# INCLUDED PARTS

Note: Images not shown at scale.

37

Single: **31x** Dual: **38x**

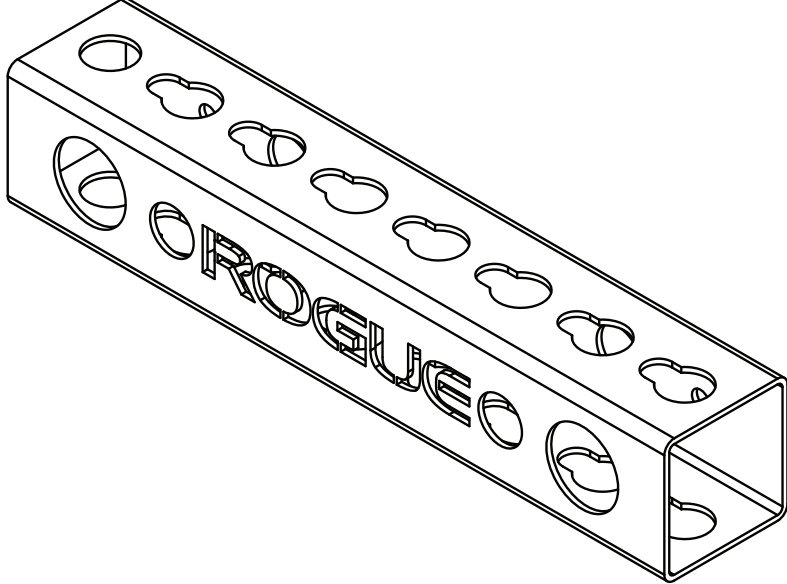


1” Hex Nut

38

Single: **1x** Dual: **2x**

\*



Monster Half Strip

\* Complimentary Monster Half Strips included with Swivel Trolley. See page 33 for Monster Strip assembly.

page 7 of 34

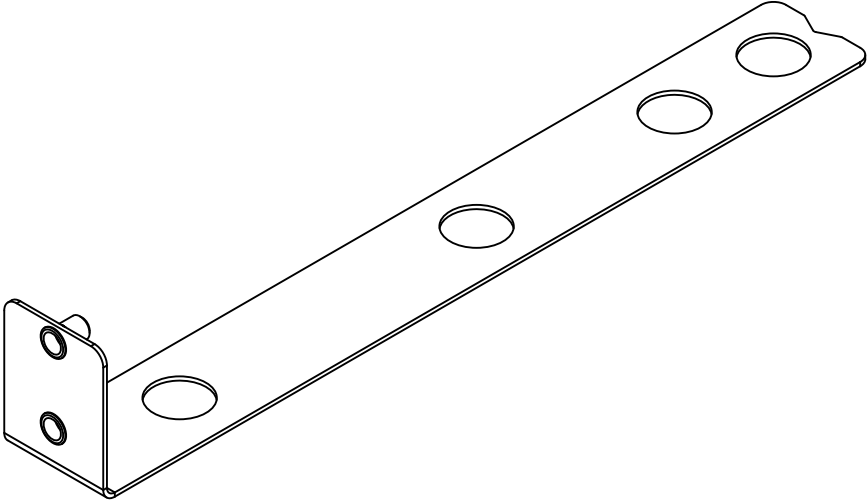


# INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

39

Single: **2x** Dual: **4x**



Weight Stack Shroud Bracket

40

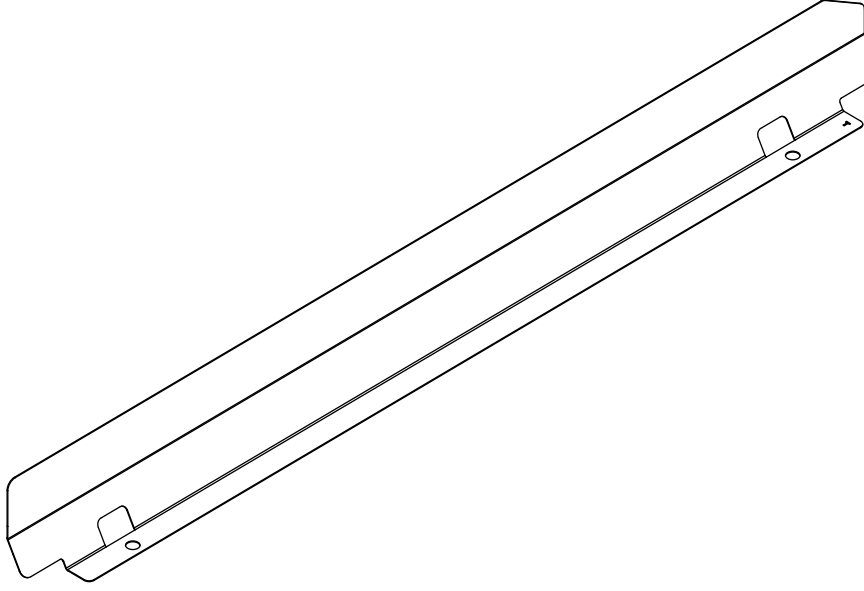
Single: **1x** Dual: **2x**



Weight Stack Rear Shroud - RH

41

Single: **1x** Dual: **2x**



Weight Stack Rear Shroud - LH

42

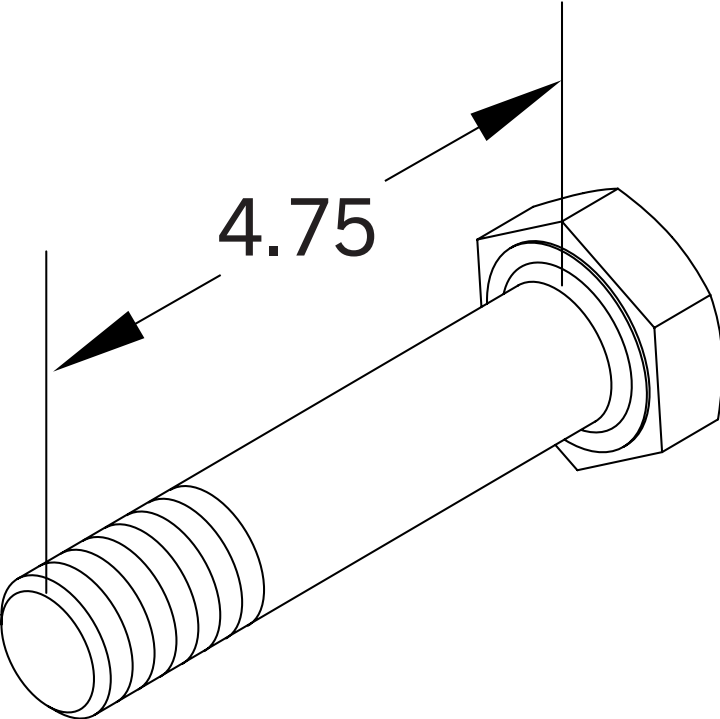
Single: **1x** Dual: **2x**



Weight Stack Nameplate Shroud

43

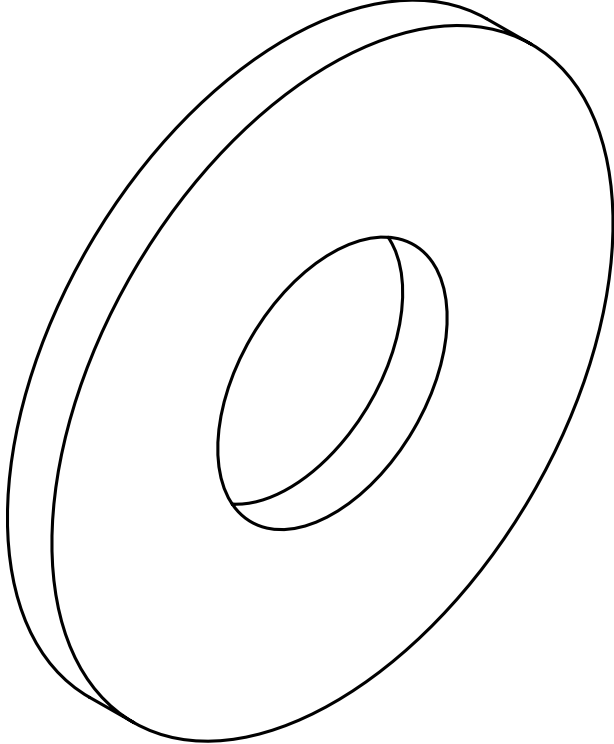
Single: **2x** Dual: **4x**



1" x 4.75" Hex Bolt

44

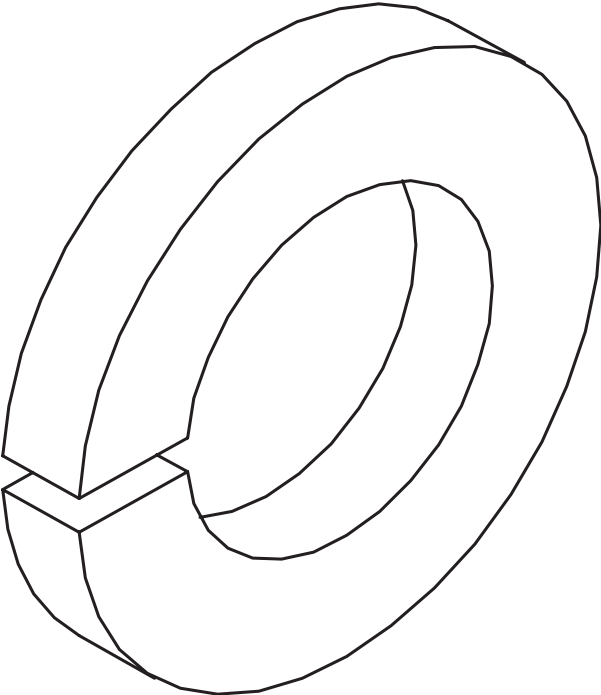
Single: **2x** Dual: **4x**



1" Flat Washer

45

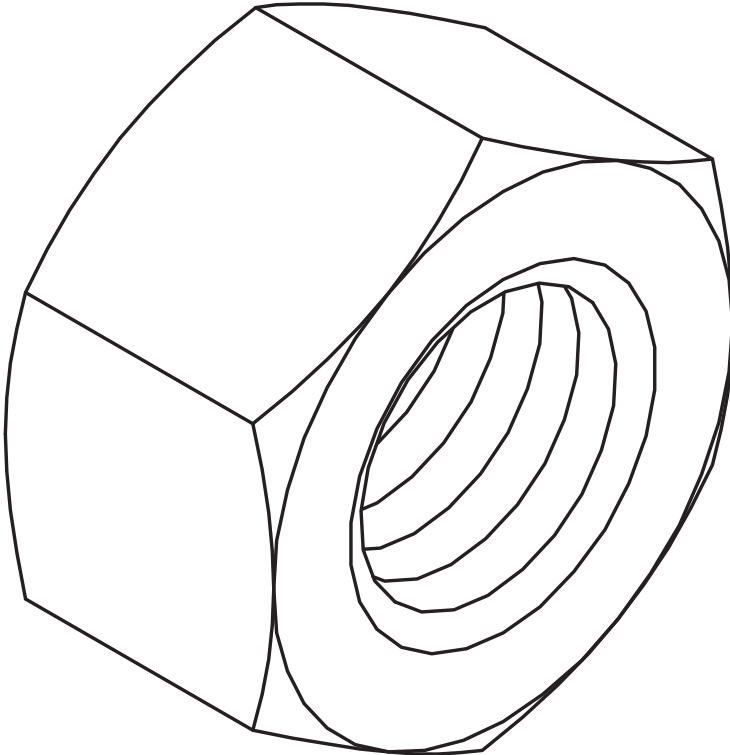
Single: **2x** Dual: **4x**



1" Lock Washer

46

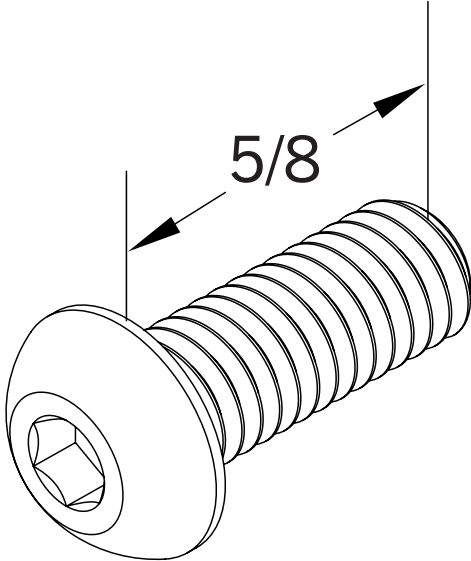
Single: **2x** Dual: **4x**



1" Hex Nut

47

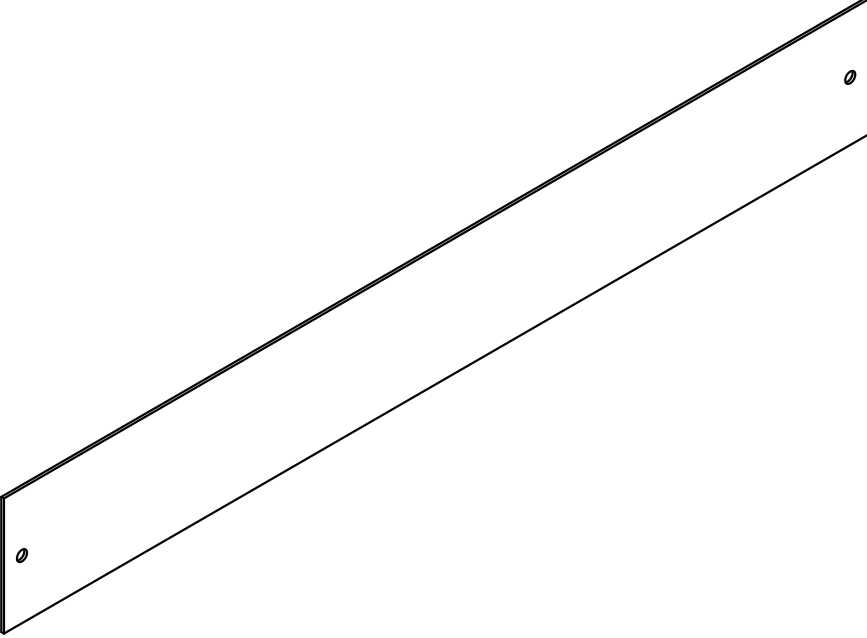
Single: **4x** Dual: **8x**



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

48

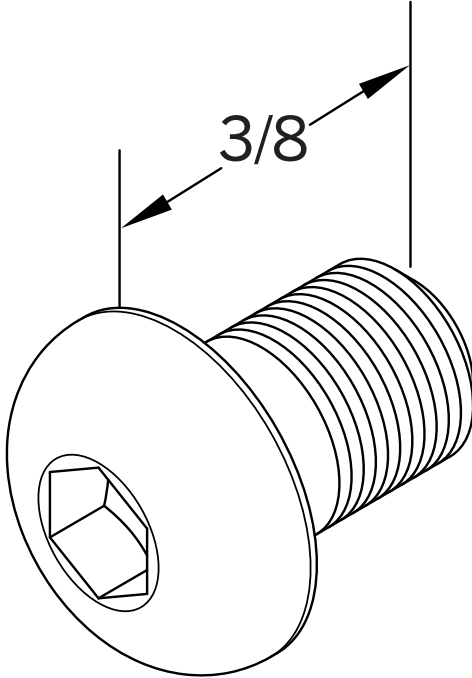
Single: **2x** Dual: **4x**



Backer Plate

49

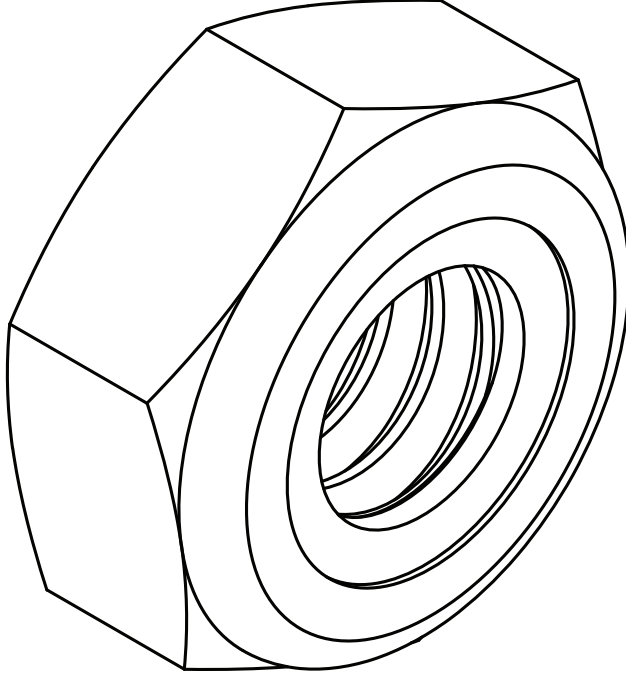
Single: **4x** Dual: **8x**



1/4" x 3/8" Button Head Screw

50

Single: **4x** Dual: **8x**



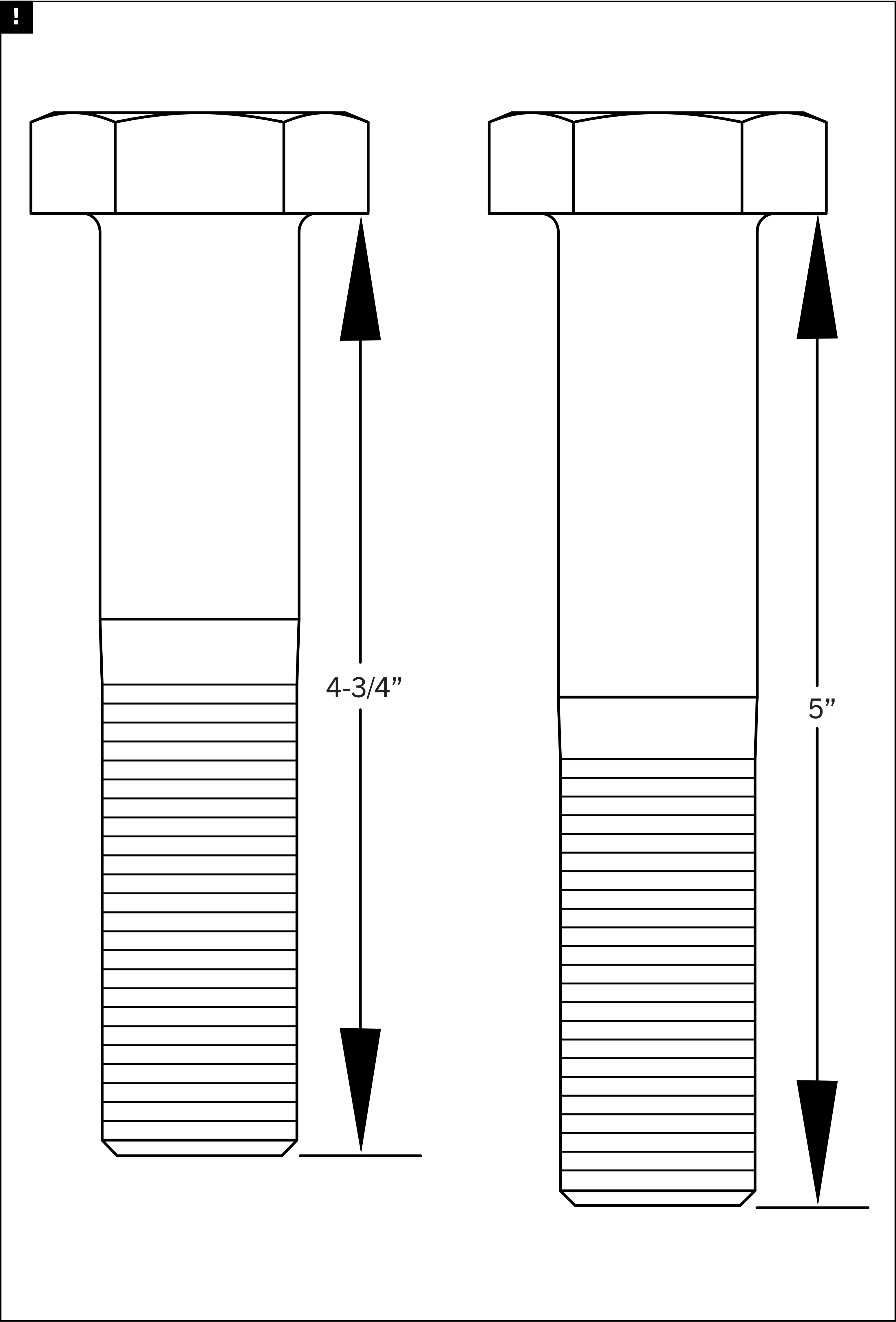
1/4" Nylock Nut



# 1” HARDWARE LENGTH GUIDE

**Note:**

- 1” x 5” [32] and 1” x 4-3/4” [31] Bolts shown to scale below to help differentiate variations in length.

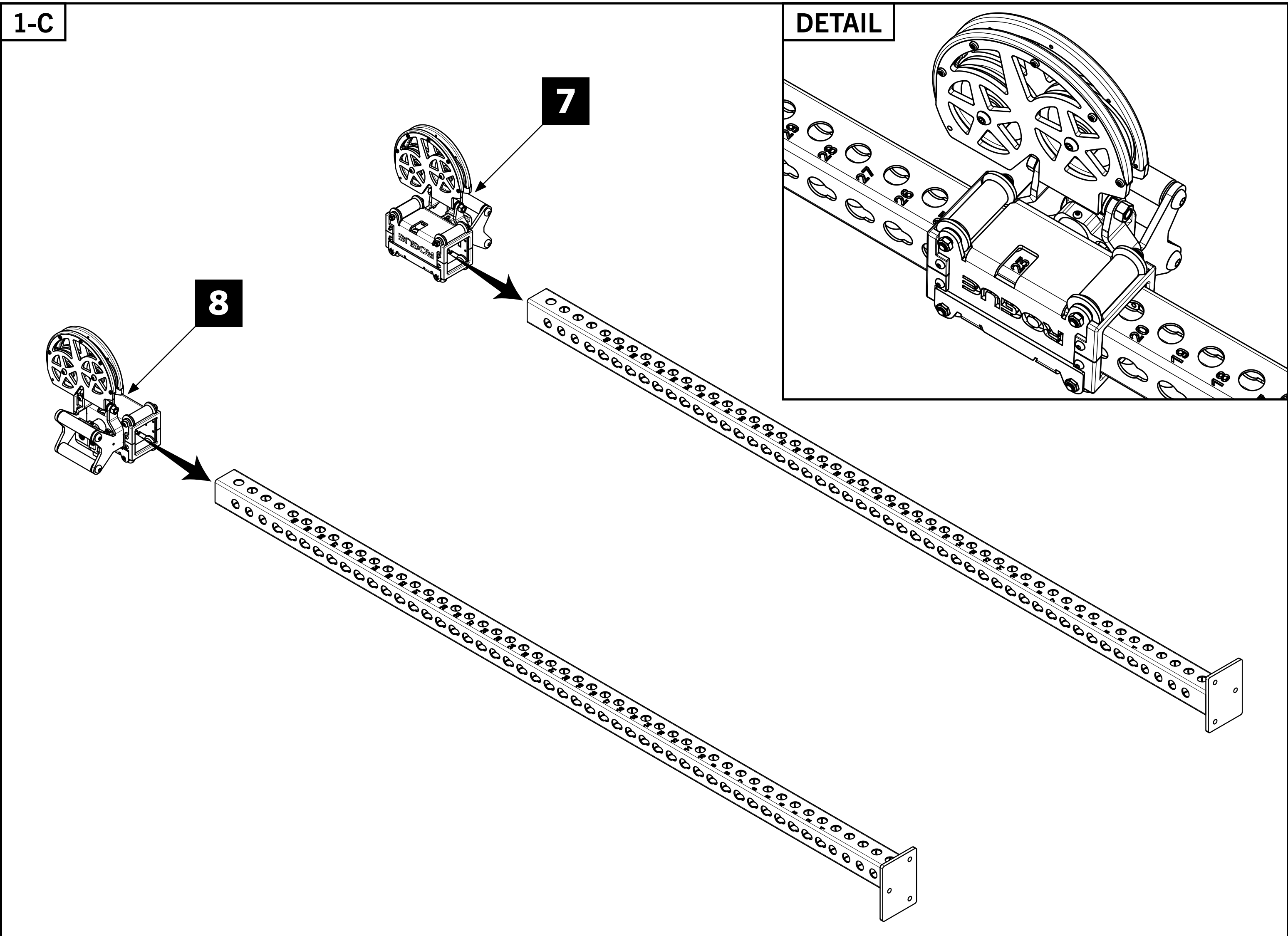
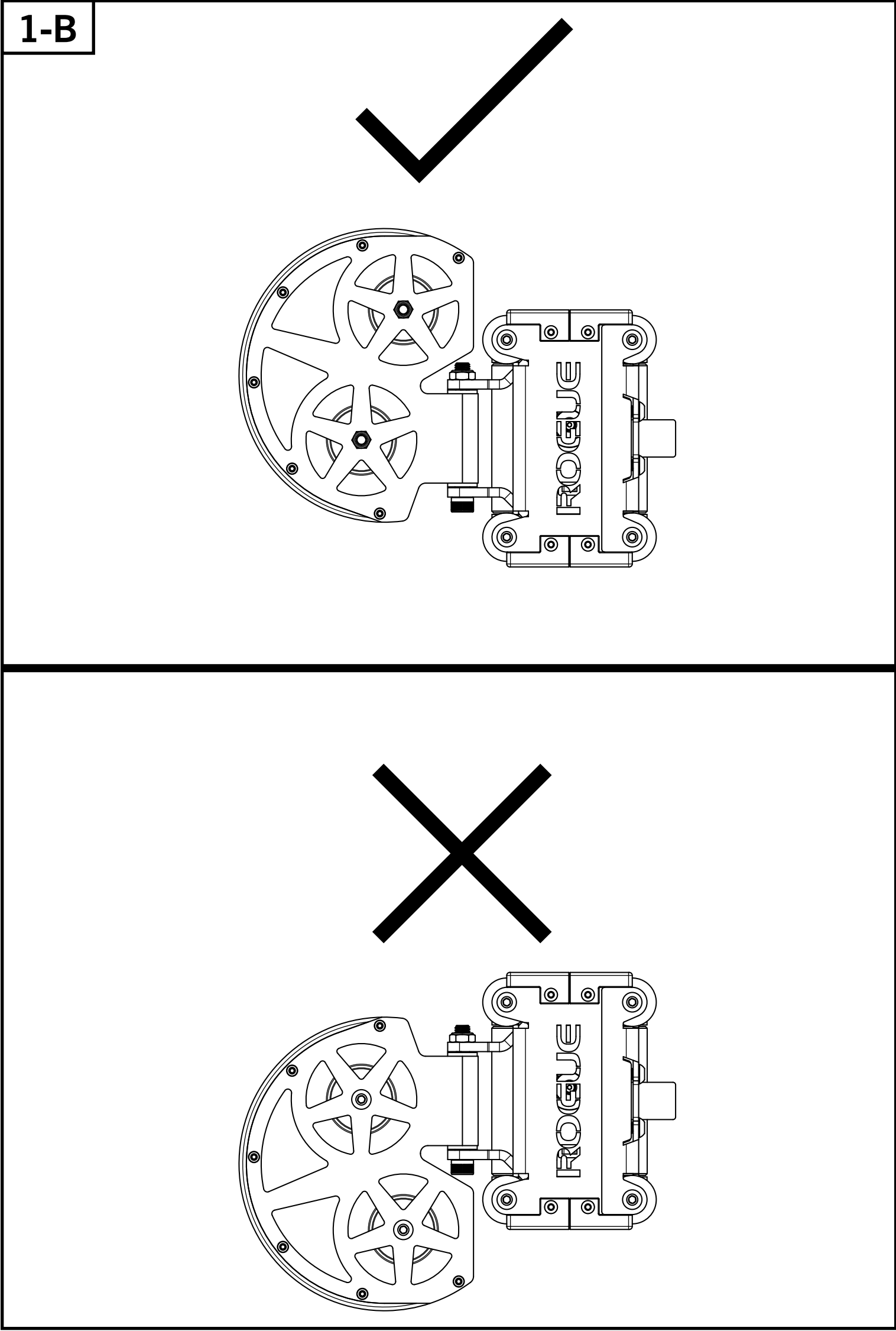
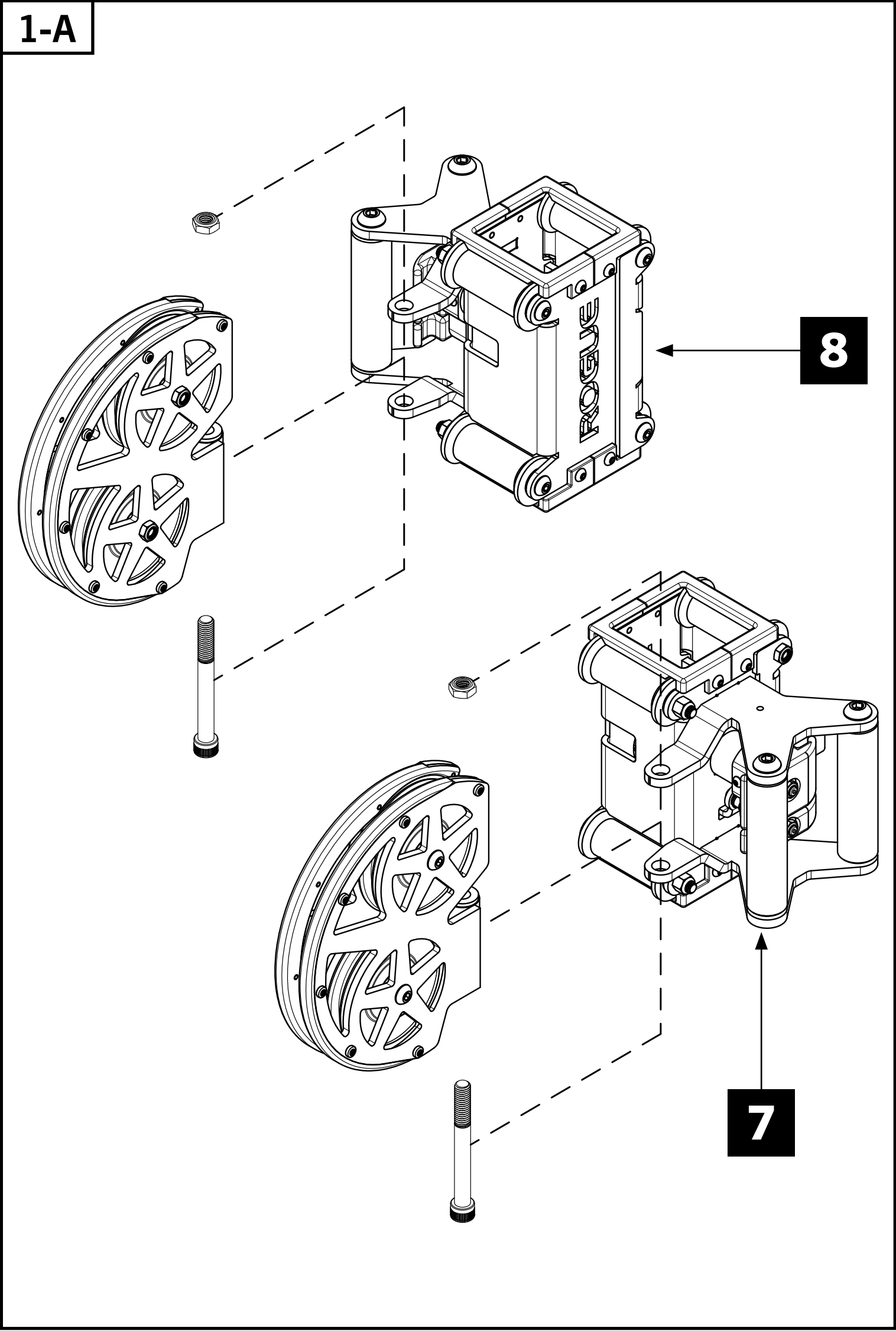


# STEP 1

## Tools Required:

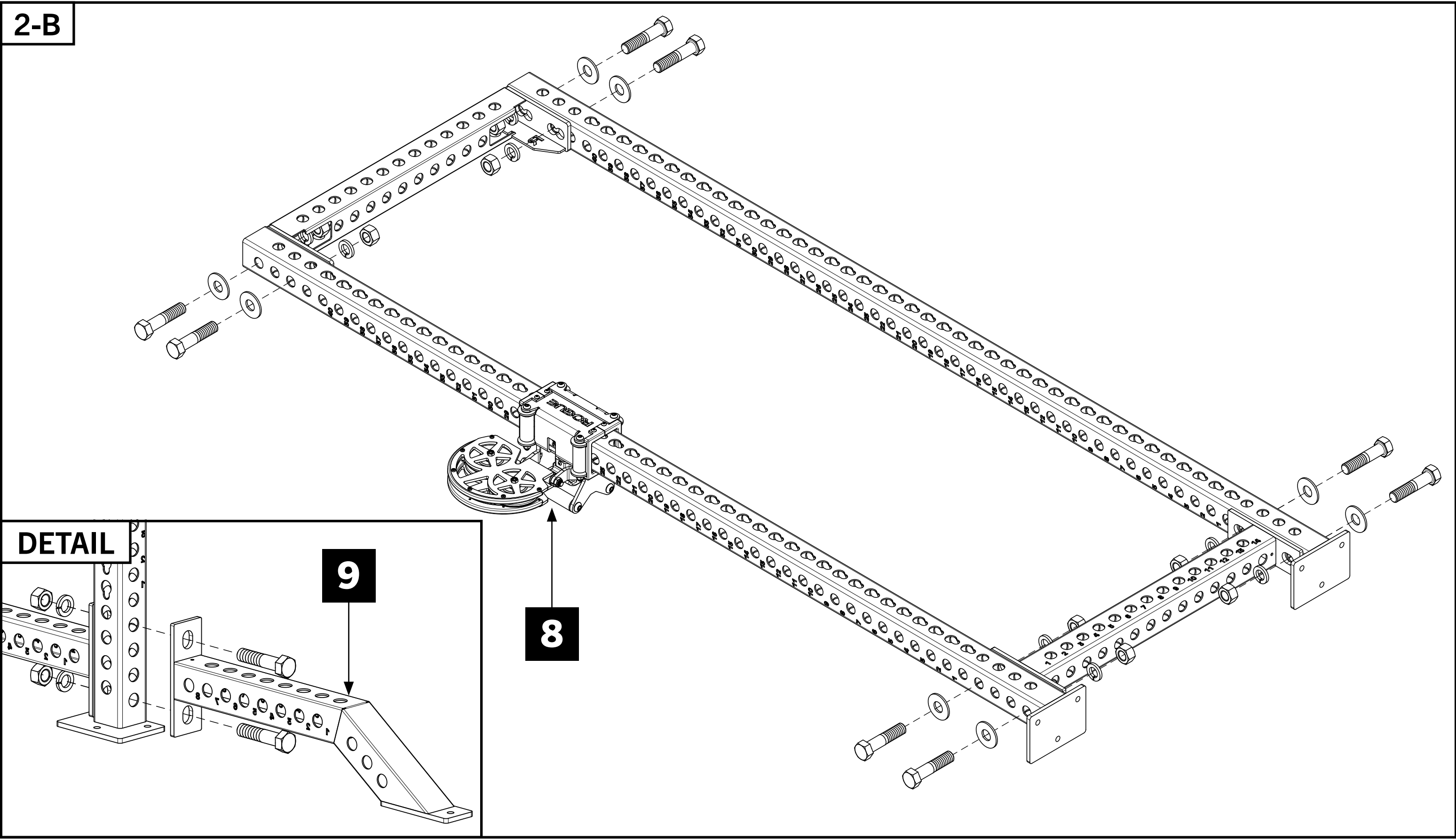
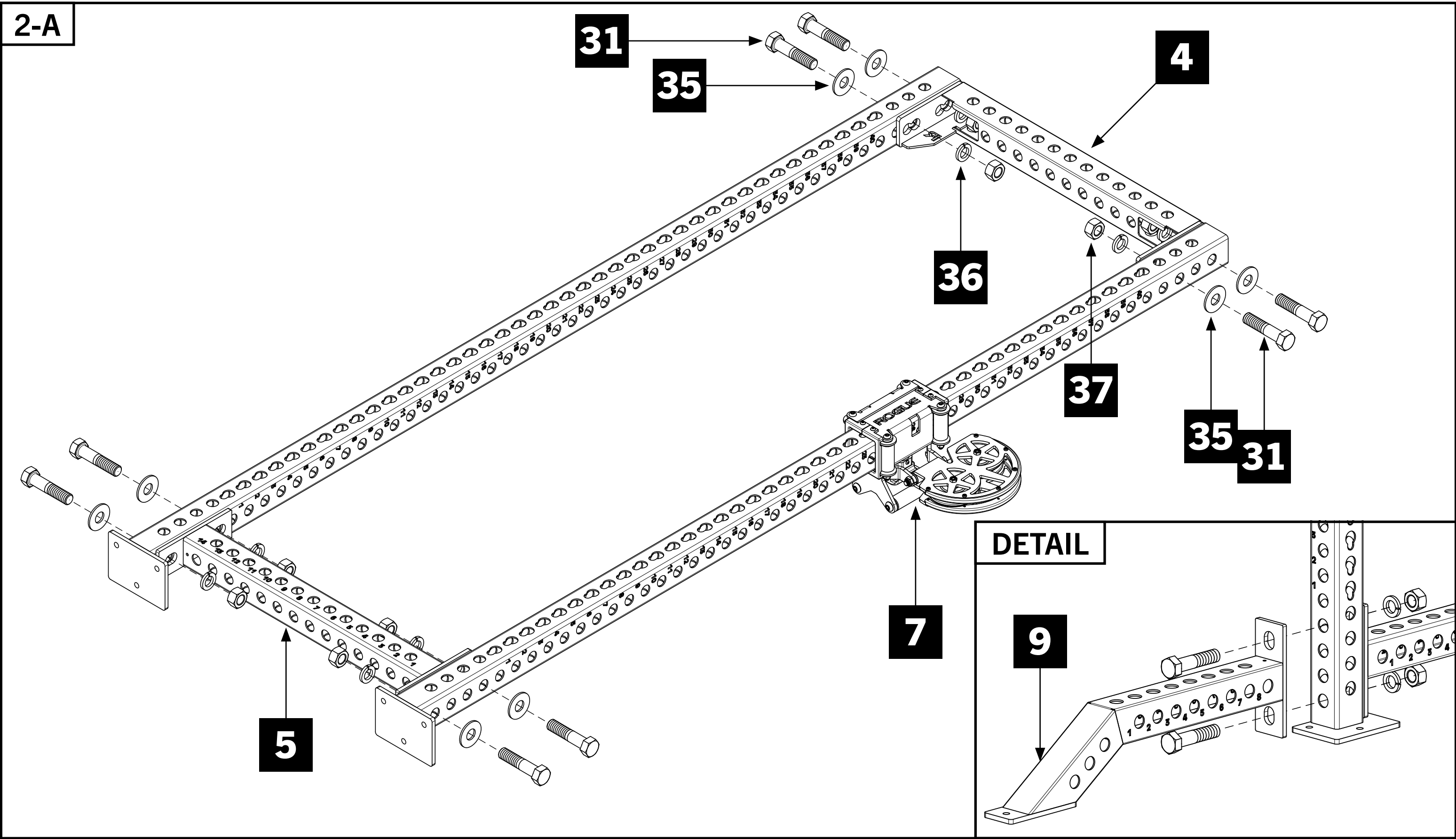
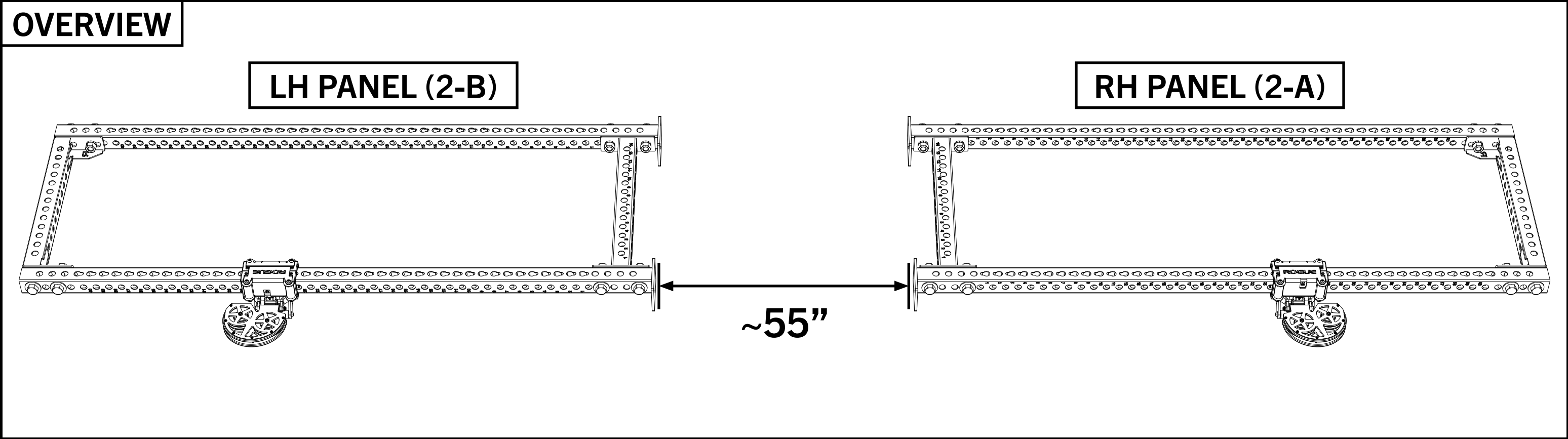
- 3/8” Allen Key
- Multi Tool
- Secure the Pulley Swivel to the Trolley using the preinstalled hardware included with the Pulley Swivel.
- Tighten until there is light friction in the joint, while still allowing the Pulley Swivel to hinge freely.

- Ensure Pulley Swivel is oriented as shown in the correct image.
- 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

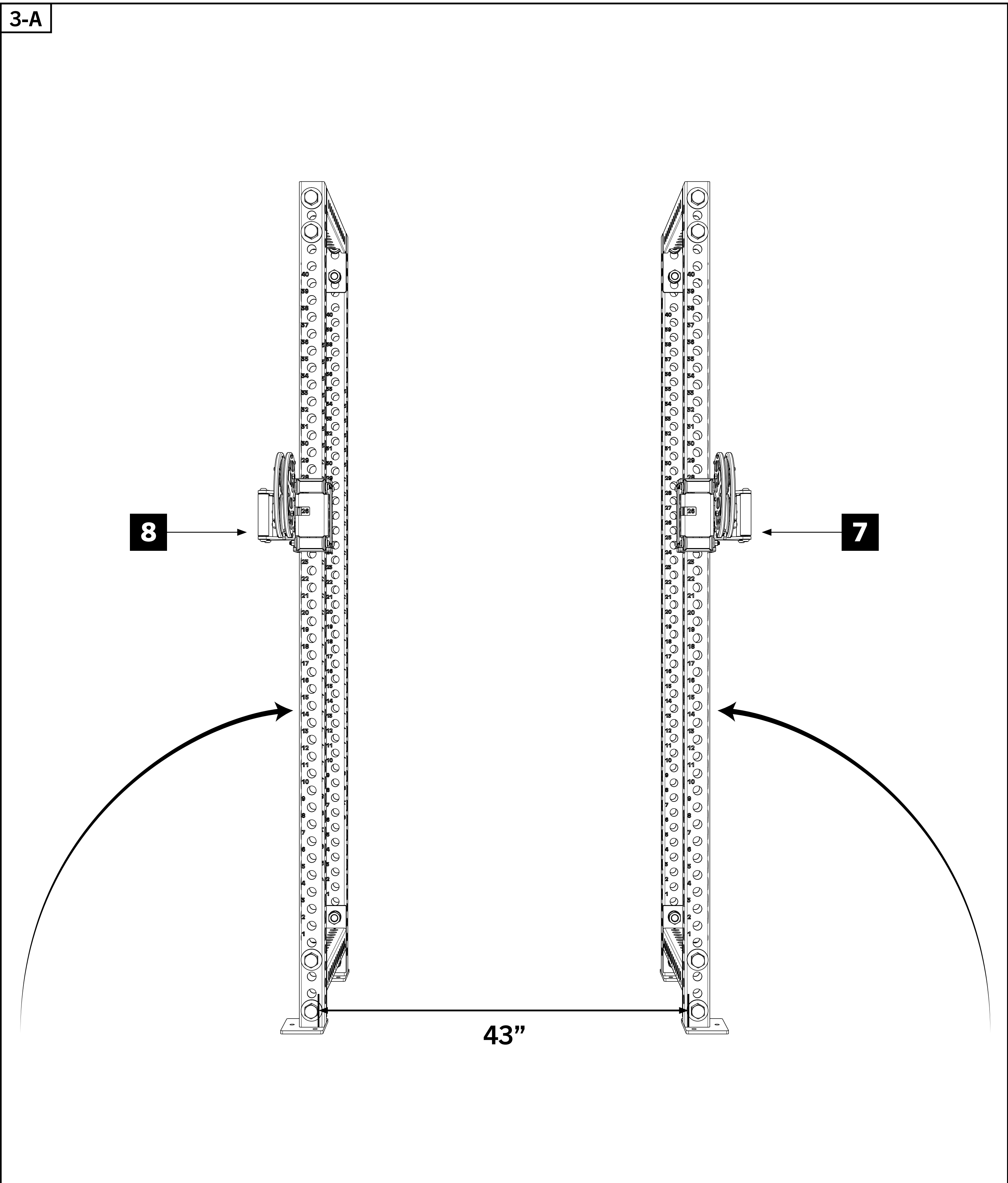
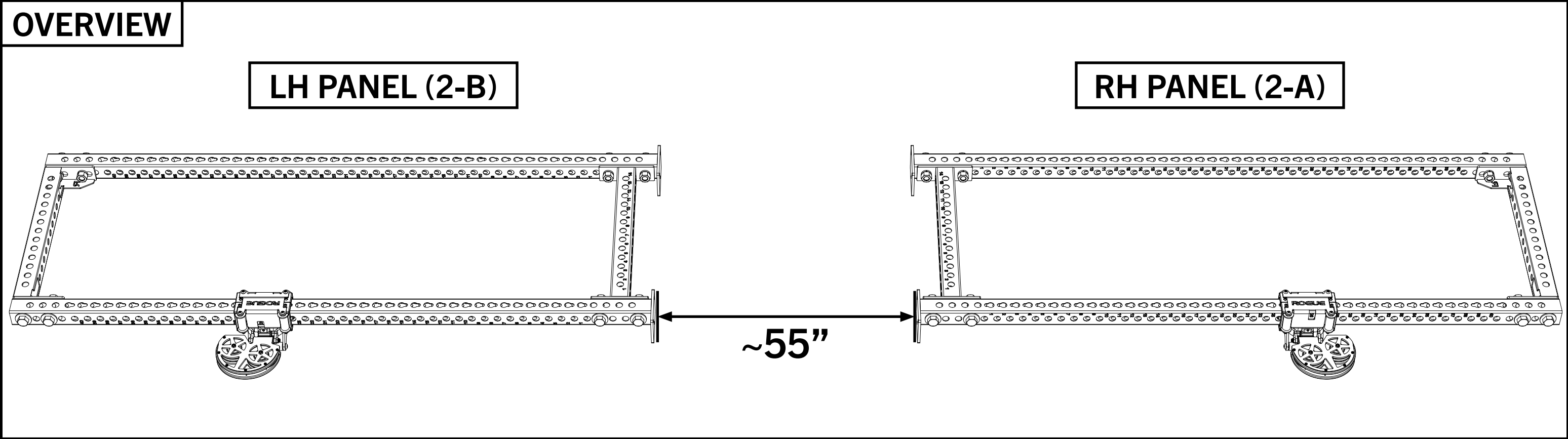
- If modifying existing rack with Add-On Kit, skip Steps 2-4 and proceed to STEP 5.
- Refer to overview image to plan assembly and ensure ample floor space is allotted.
- Lay down all parts on a non-abrasive surface in the orientation shown below.
- Position the footplates of uprights approximately 55” 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 [31], 1” Flat Washers [35], 1” Lock Washers [36], and 1” Hex Nuts [37].
- If Half Rack Feet [9] were purchased, install them in place of Flat Washers on bottom of Uprights as shown in Detail views.
- **DO NOT FULLY TIGHTEN.** Rack hardware should remain loose during the remainder of the install.



# STEP 3


## IMPORTANT:

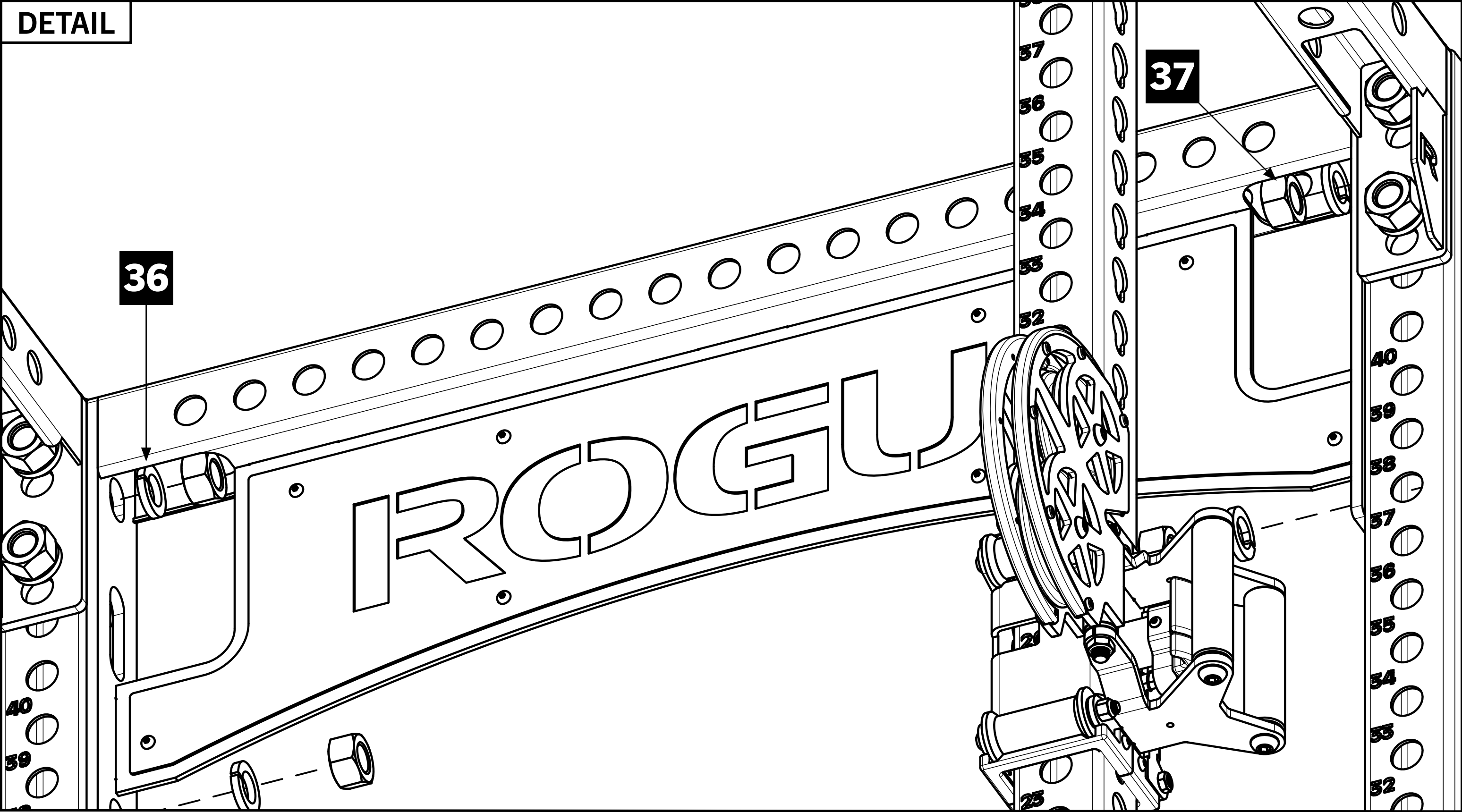
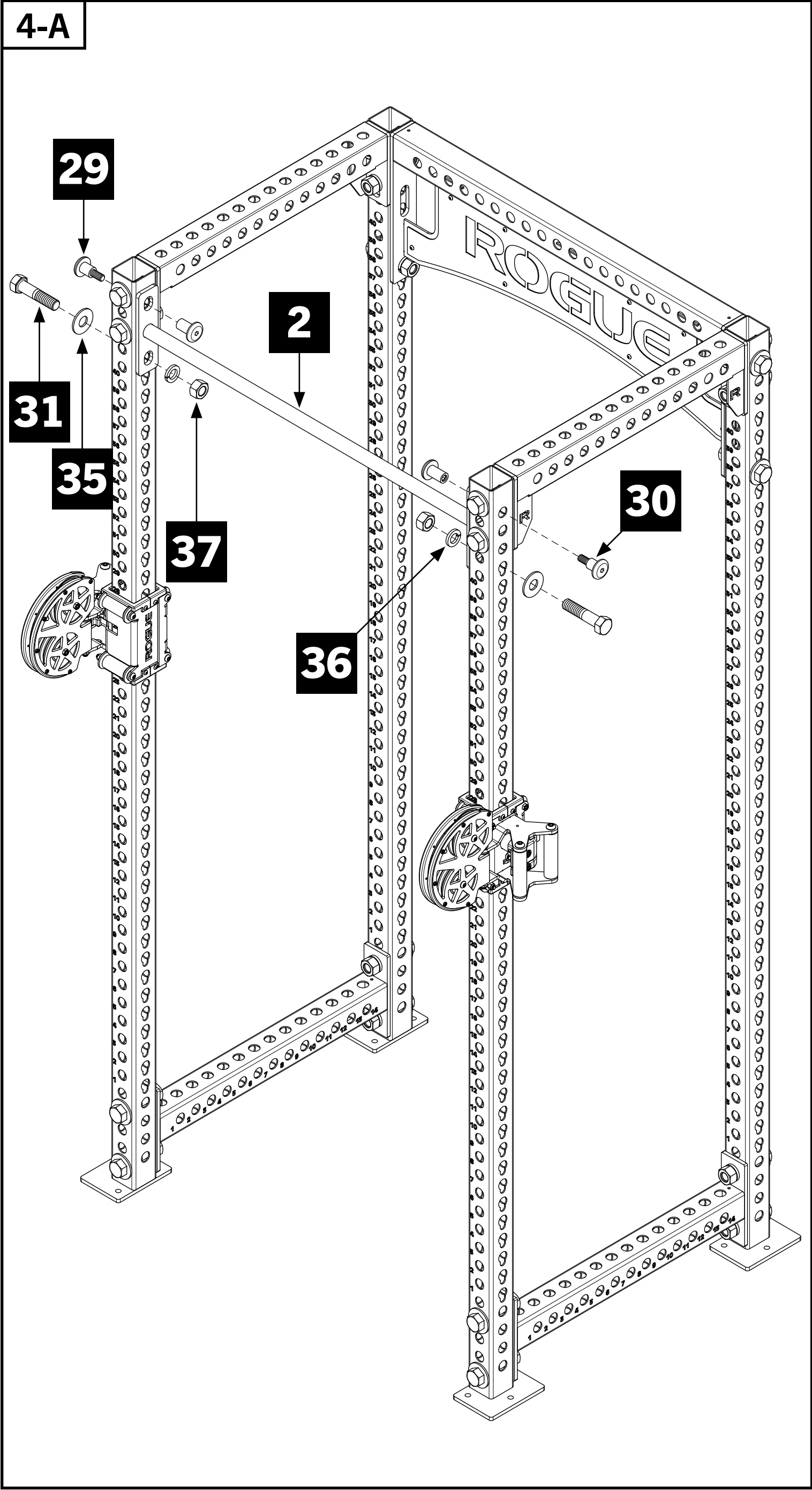
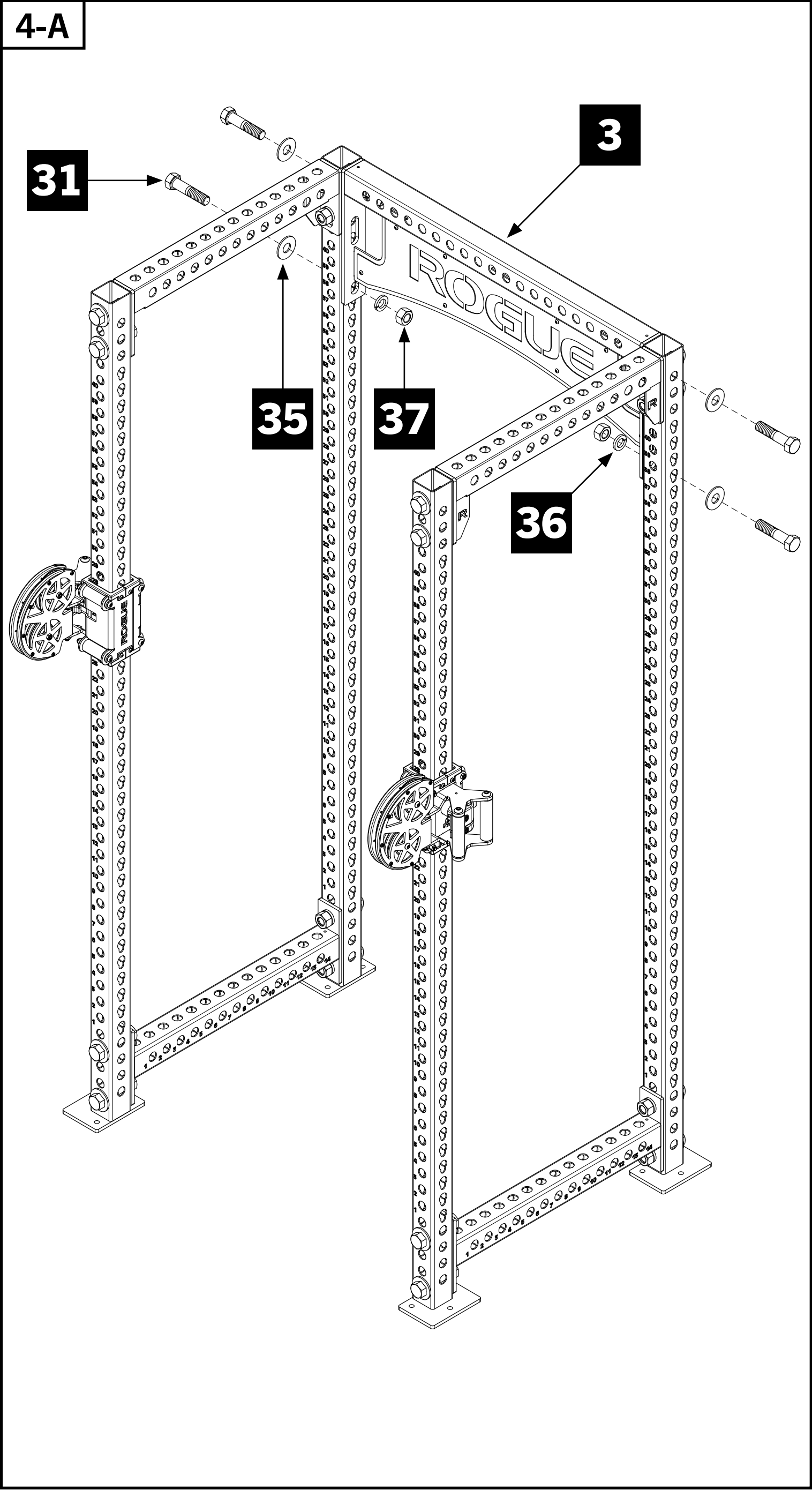
- For safety, we recommend the remainder of these instructions be completed by **2 or 3 people**.
- Have two people stand one assembled panel up first.
- One person stabilizes the first panel while the other stands up the second panel.
- One or two people should stabilize both panels, ensuring panels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





# STEP 4

- Attach Nameplate Crossmember [3] to rear Uprights using 1" x 4-3/4" Hex Bolt [31], 1" Flat Washers [35], 1" Lock Washers [36], and 1" Hex Nuts [37].
- Attach Pull Up Bar [2] to front Uprights using 1" x 4-3/4" Hex Bolt [31], 1" Shoulder Bolts [29,30], 1" Flat Washers [35], 1" Lock Washers [36], and 1" Hex Nuts [37].
-  Fully tighten 1" Shoulder Bolts using 3/8" Allen Key. **DO NOT TIGHTEN HEX BOLTS.**



# STEP 5 (ADD-ON KIT)

IMPORTANT:

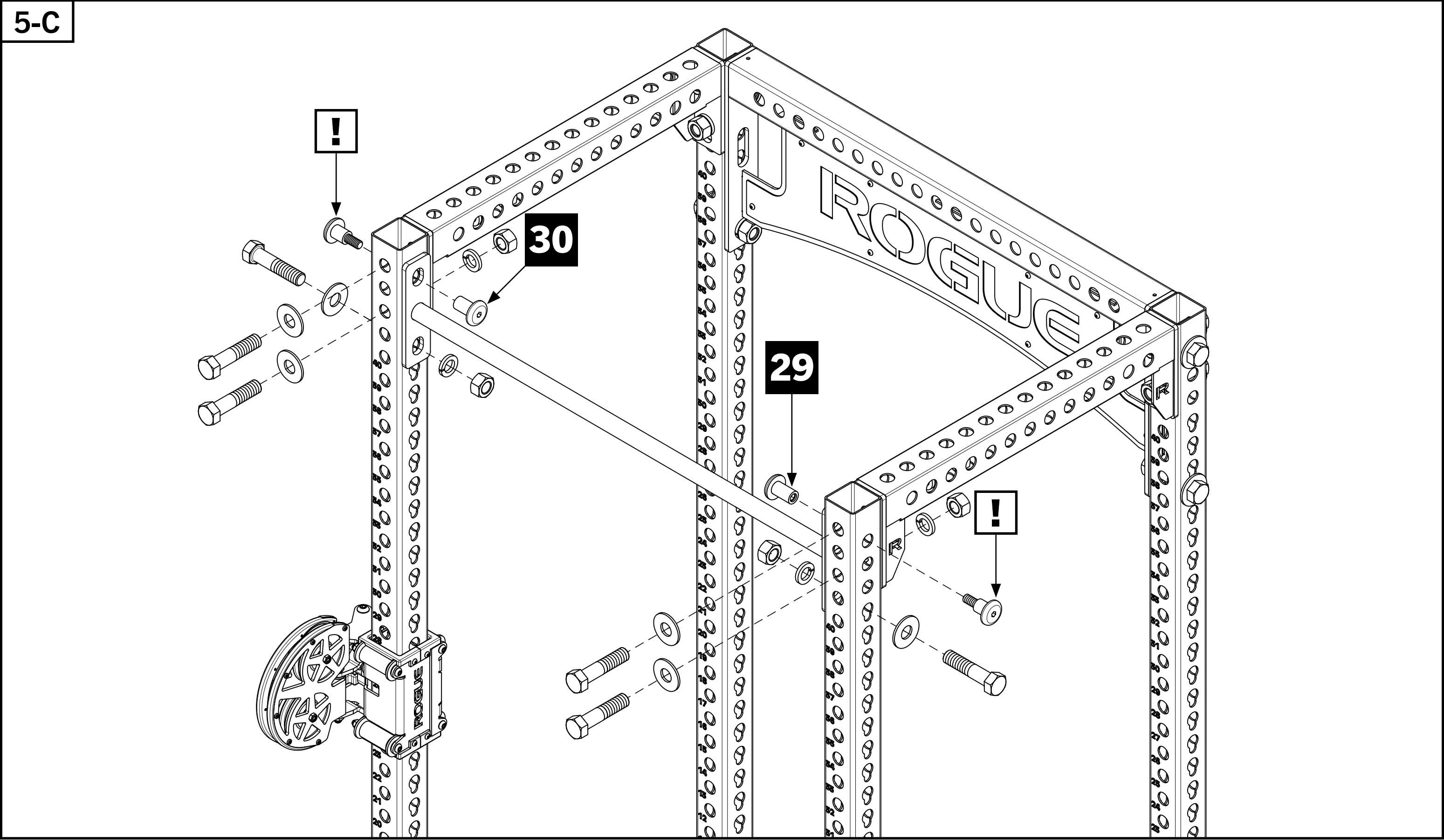
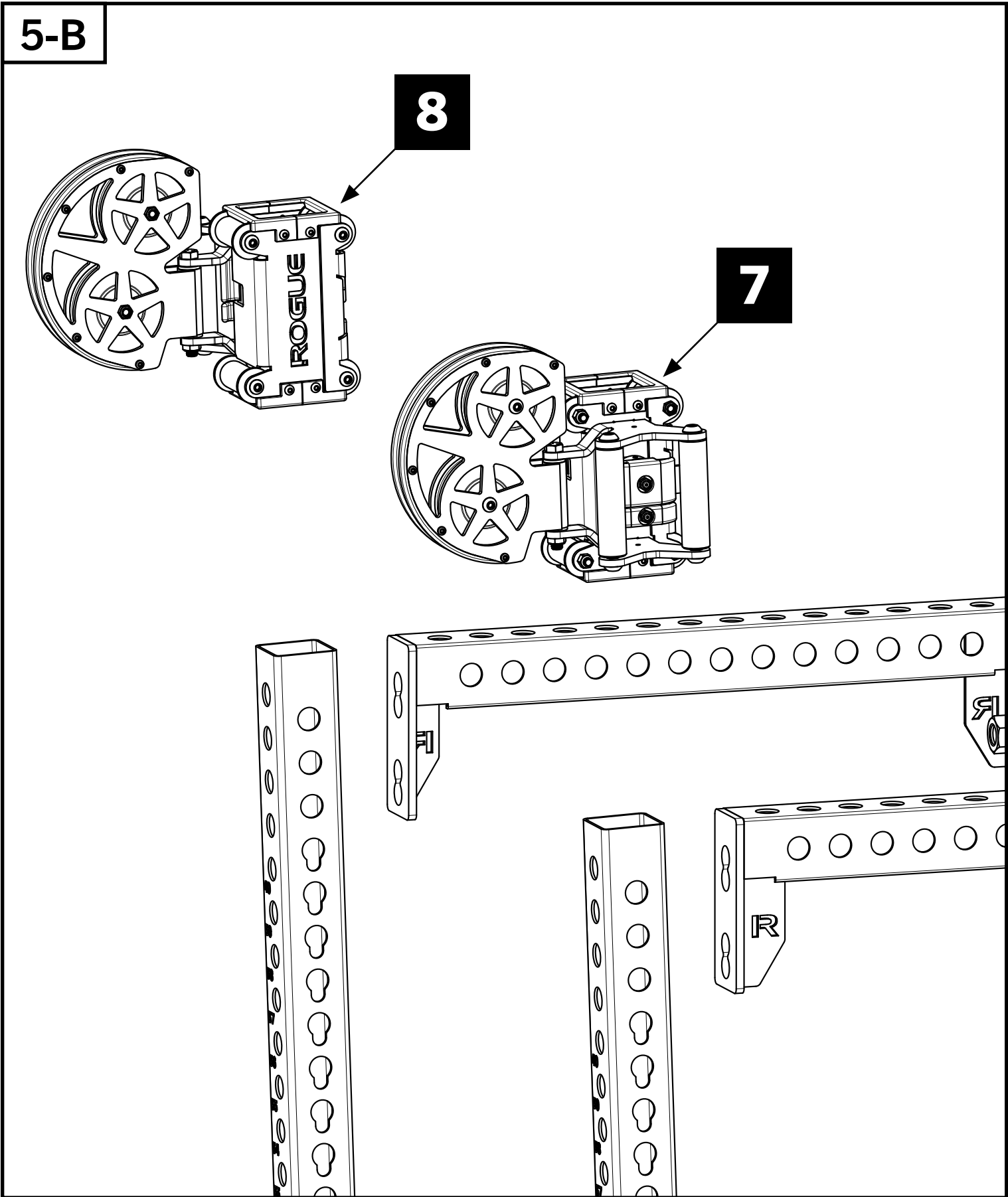
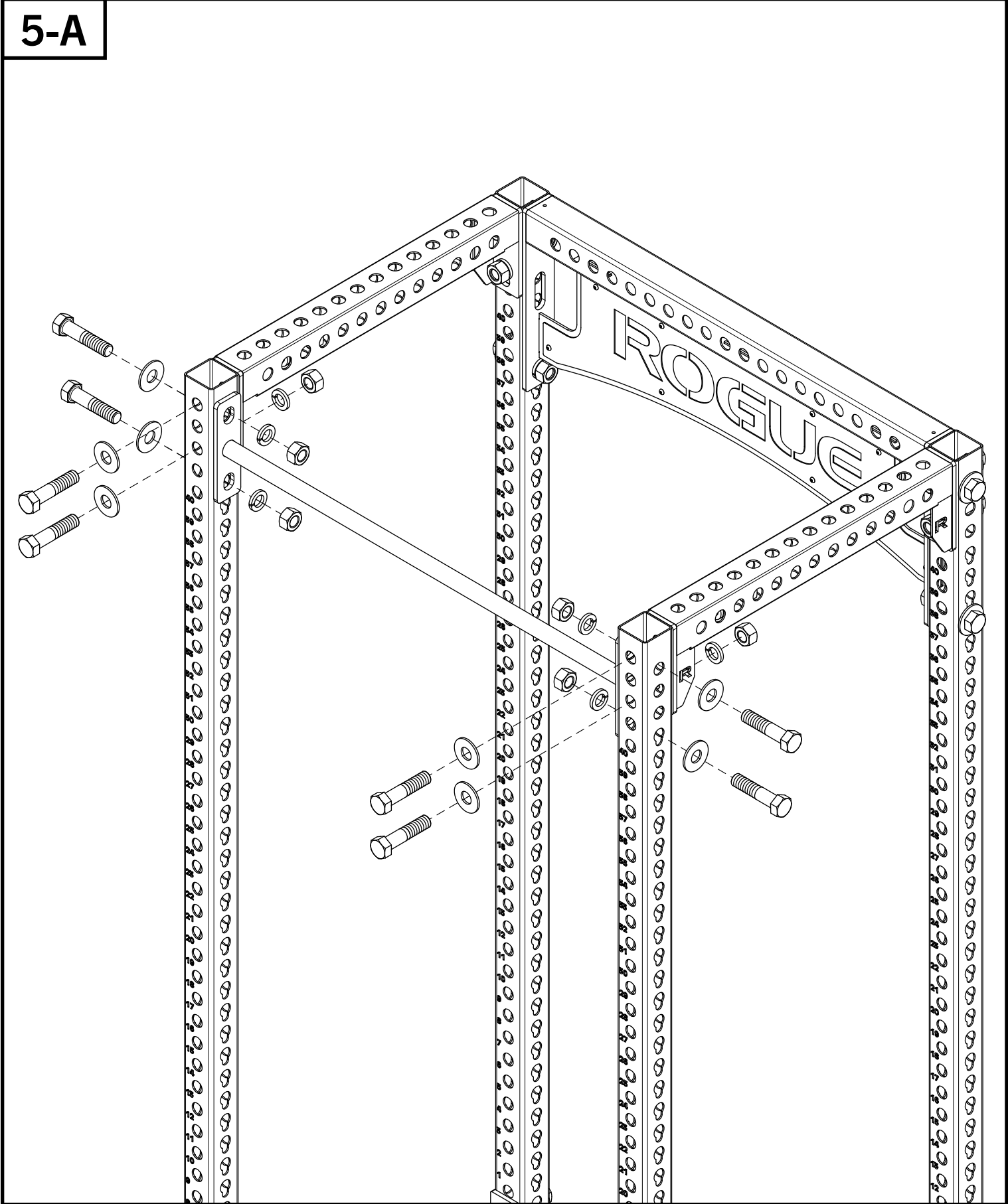
- **LOOSEN BUT DO NOT REMOVE ALL 1” HARDWARE ON ENTIRE RACK.**

Tools Required:

- 1-1/2” Wrench
- Remove Pull-up Bar and hardware from front of rack and set parts aside.
- Remove additional 1” crossmember hardware shown in **5-A** so that the tops of the front uprights are completely free to move.

Note:

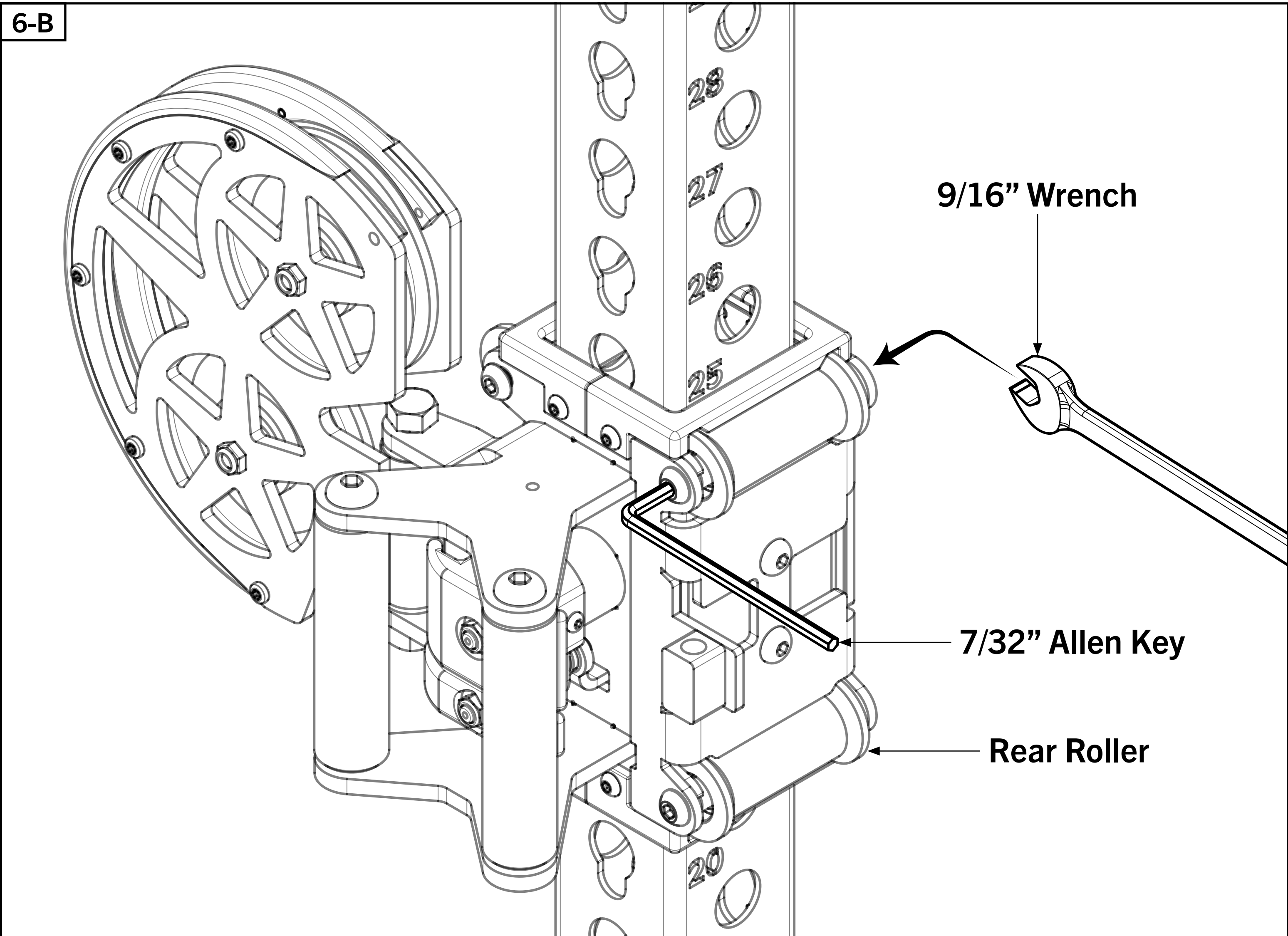
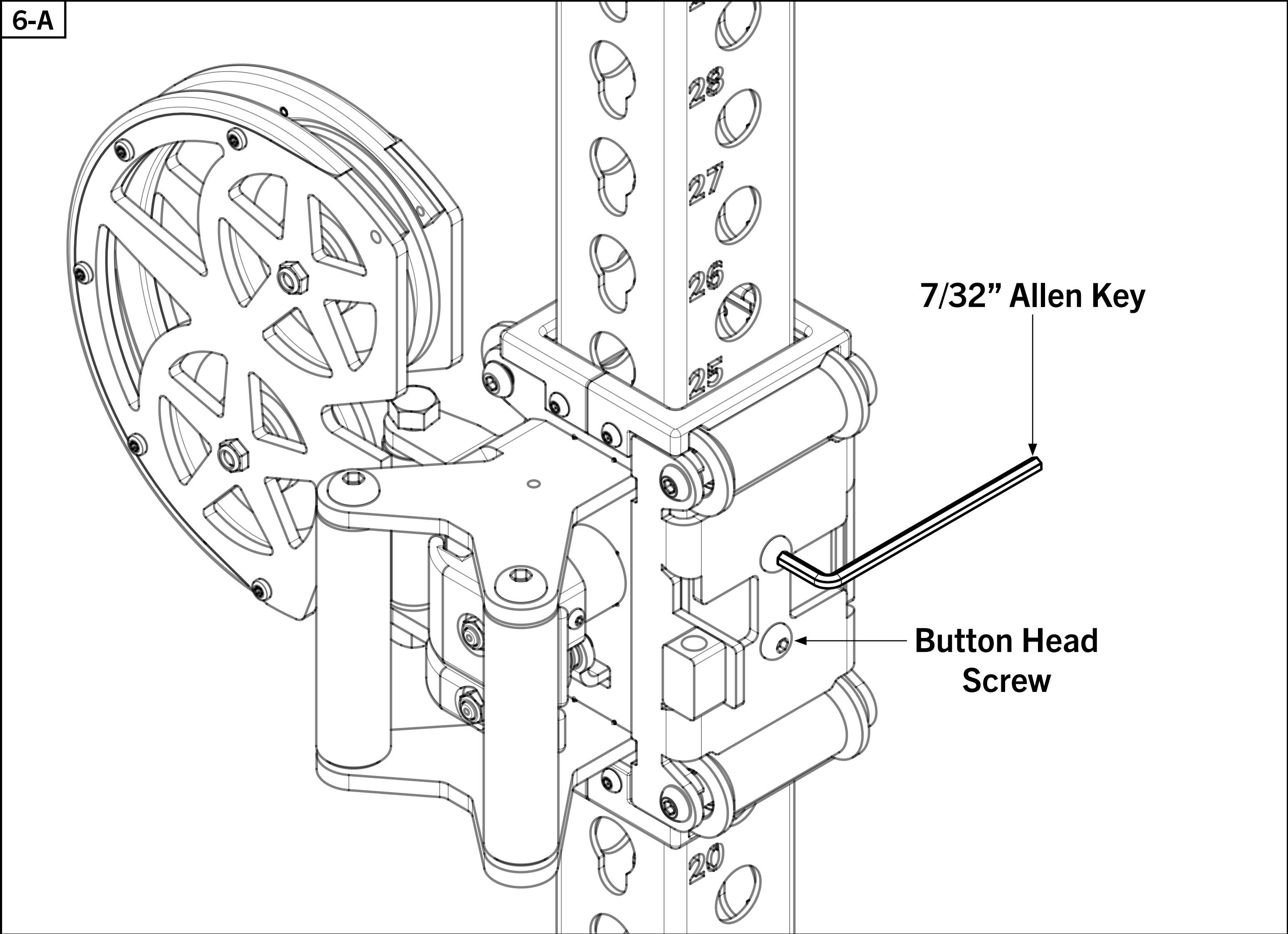
- The tops of the front uprights will need ample slack to complete **5-B**. Continue to loosen hardware on bottom of Front Uprights as needed.
- While tilting Upright forward, pull the handle triggers and slide LH Swivel Trolley [8] down the front left Upright.
- Repeat this process to assemble RH Swivel Trolley [7] on front right Upright.
- Slide down the Uprights and release triggers when the viewing window is showing the number 23 (refer to **STEP 1-C**).
- Assemble hardware removed in **5-A**, replacing the indicated top outer bolts with 1” Shoulder Bolts [29,30].
- **!** Fully tighten **ONLY** the 1” Shoulder Bolts using two 3/8” Allen Keys.



# 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.





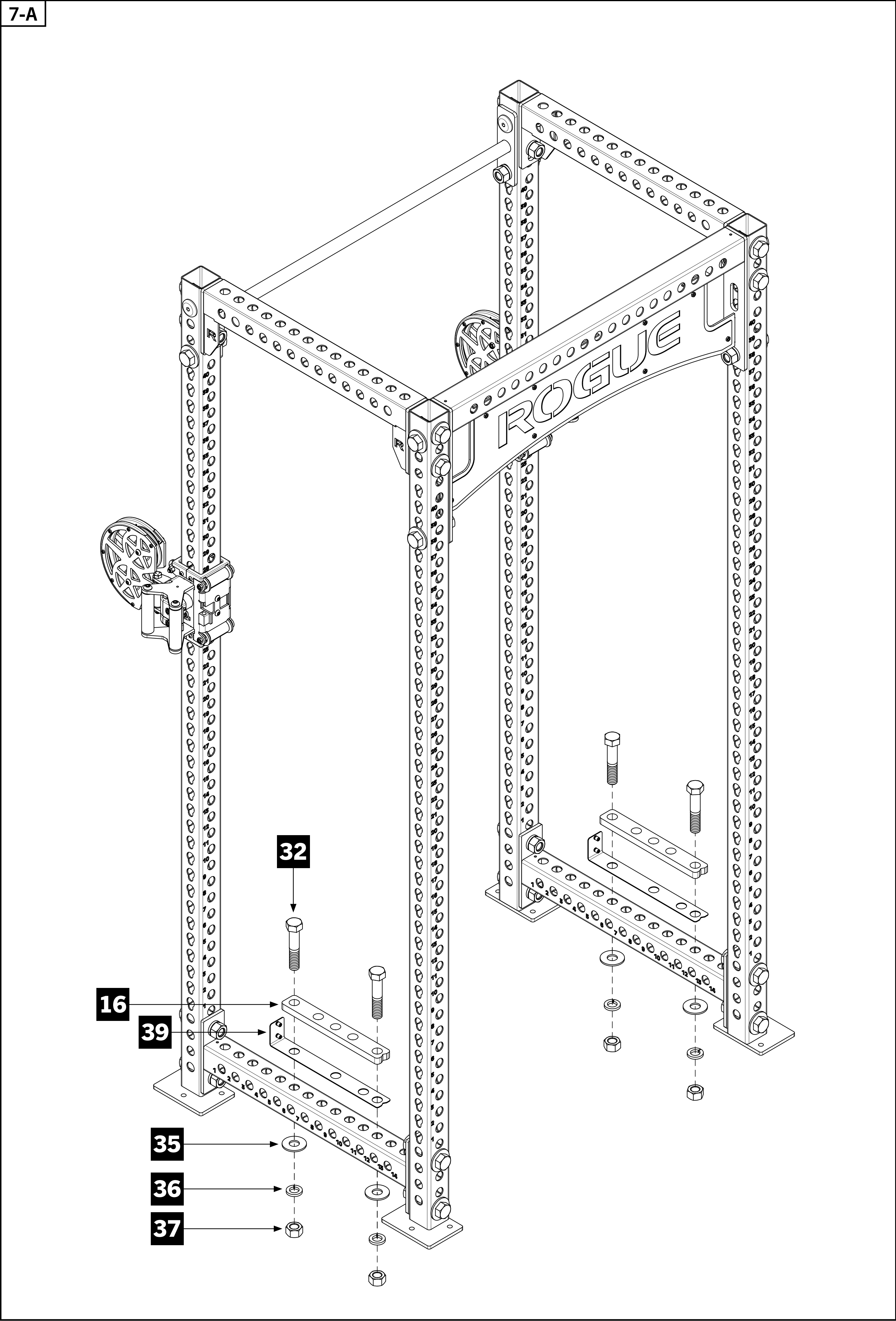
# STEP 7

**Tools Required:**

- 1-1/2” Wrench
- Attach Weight Stack Shroud Brackets [39] and Bottom Weight Stack Spacers [16] to 30” Low Crossmembers [5] by using 1” x 5” Hex Bolts [32], 1” Flat Washers [35], 1” Lock Washers [36], and 1” Hex Nuts [37].
- **Fully tighten 1” vertical hardware 7-A.**

**Note:**

- Ensure notches on Bottom Weight Stack Spacers are oriented towards the back of rack.
- Shroud Bracket [39] only included if shroud kit was purchased.



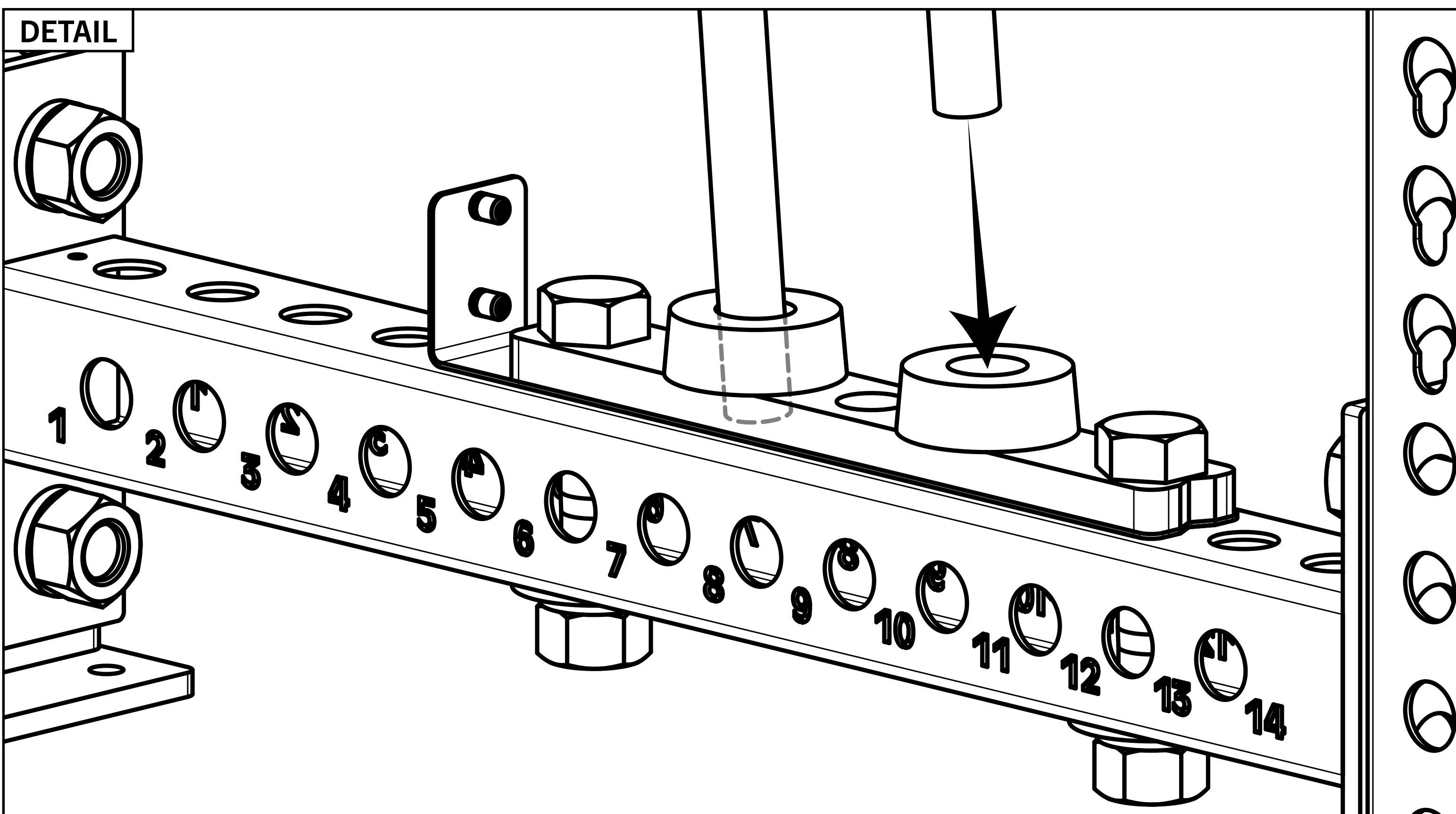
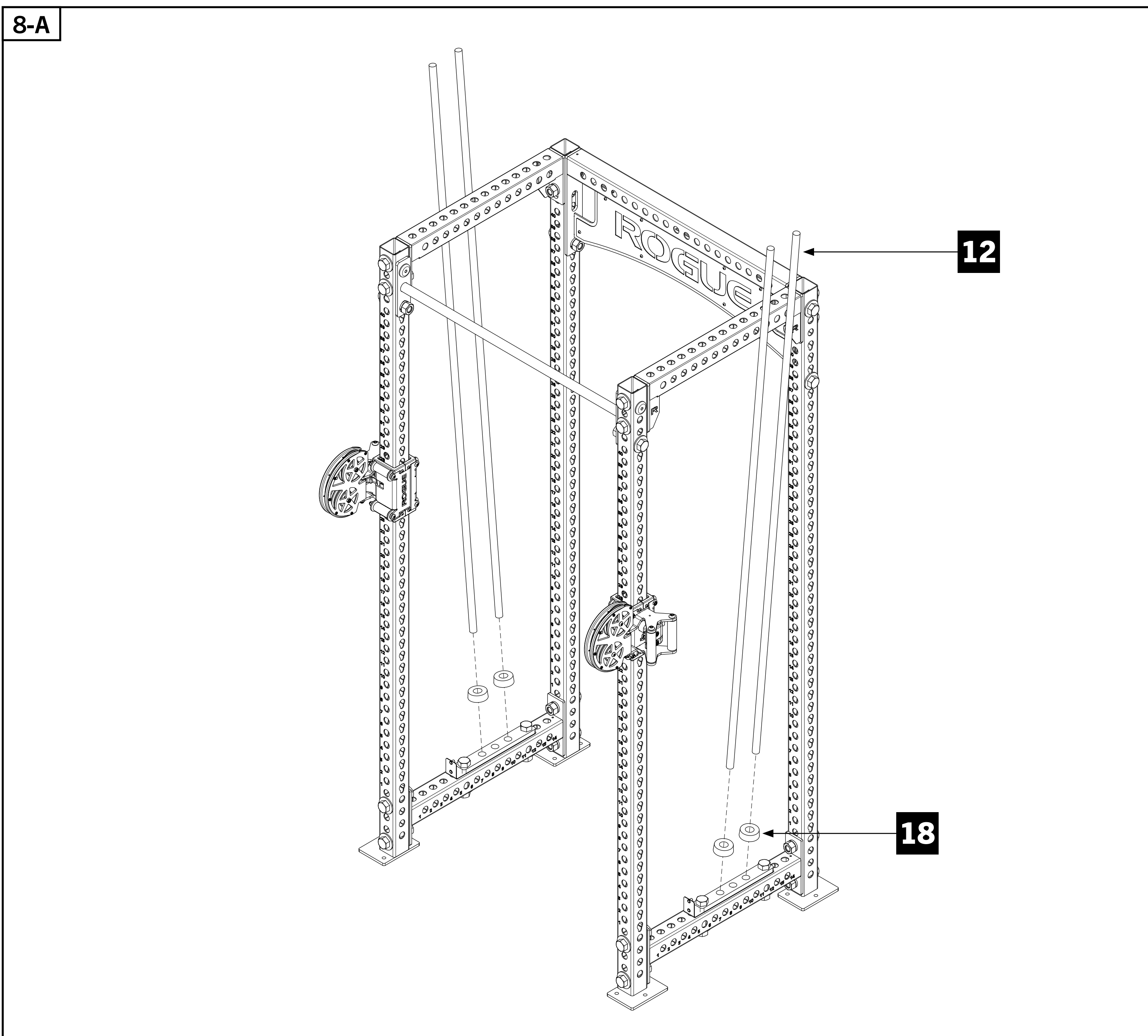


## STEP 8

- Place Weight Stack Bumpers **[18]** over outer 1" holes on the Weight Stack Spacer and insert Guide Rods **[12]** until they rest on top of the 30" Low Crossmember.

### Note:

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

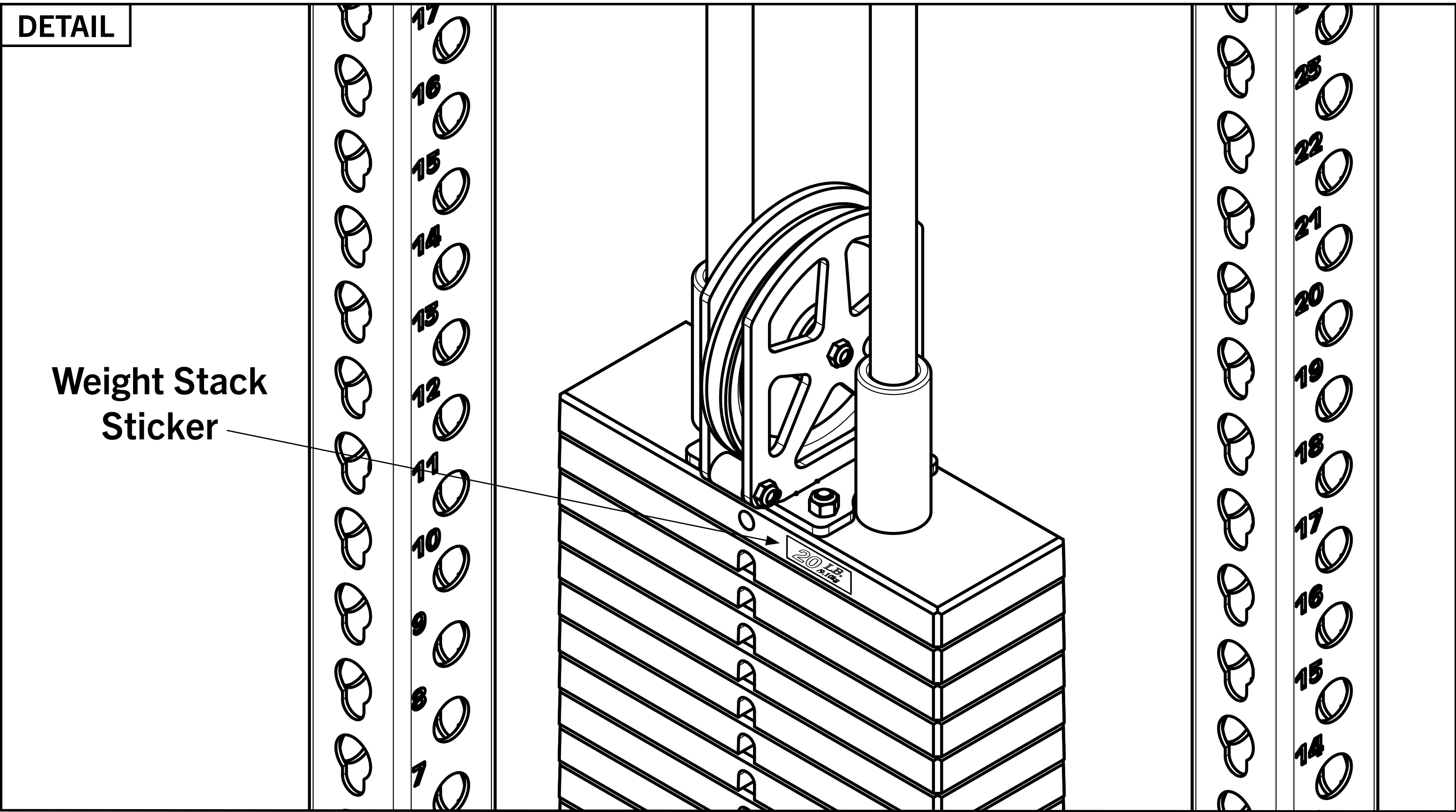
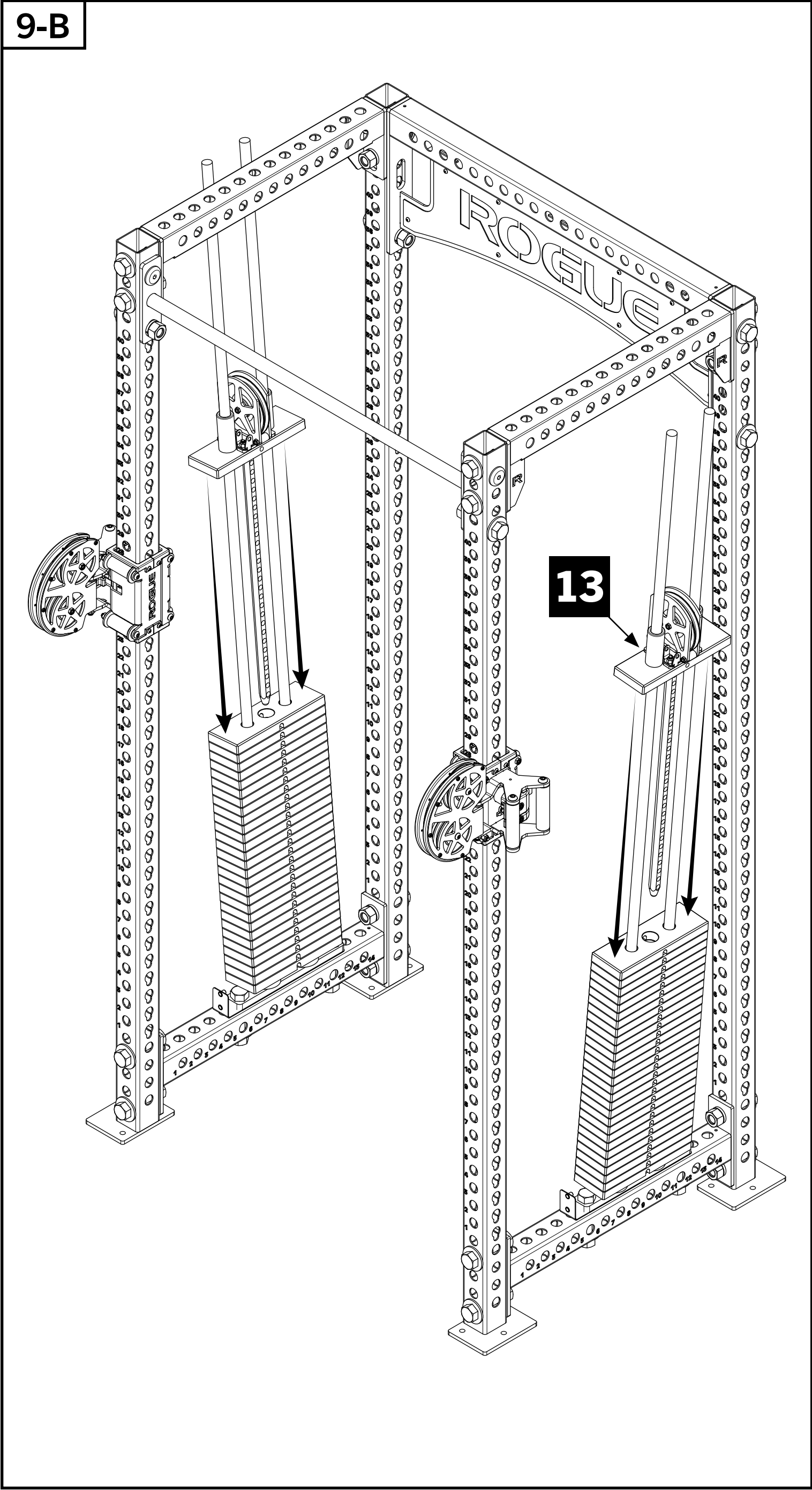
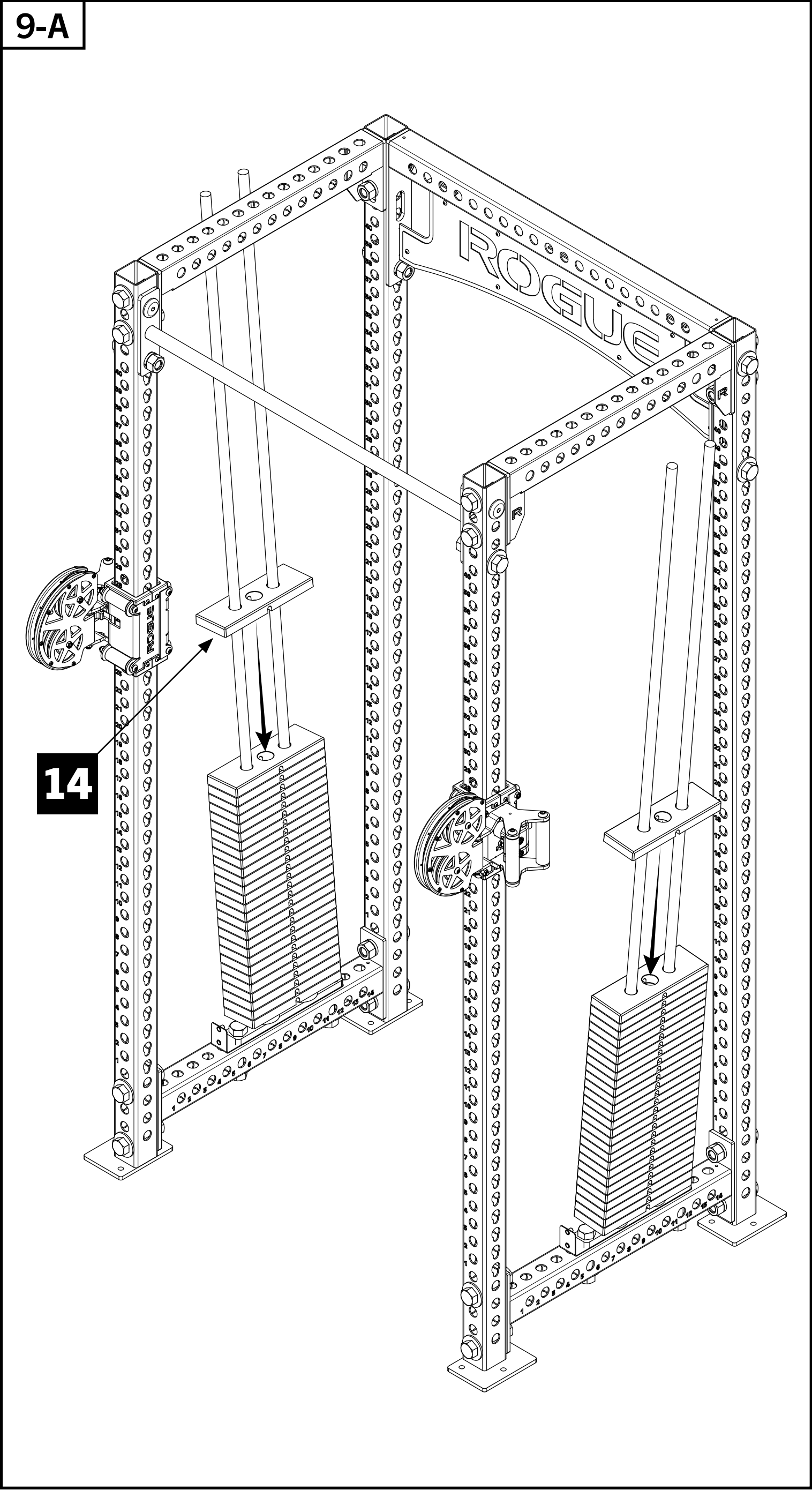


# STEP 9

**Note:**

- This step is best accomplished with two or three people.
- One at a time, carefully stack all included 10LB Weight Stack Plates [14] down the Guide Rods [12], ensuring not to drop them.

- Once 28 weights are stacked on each side, slide the Weight Stack Stem [13] 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.

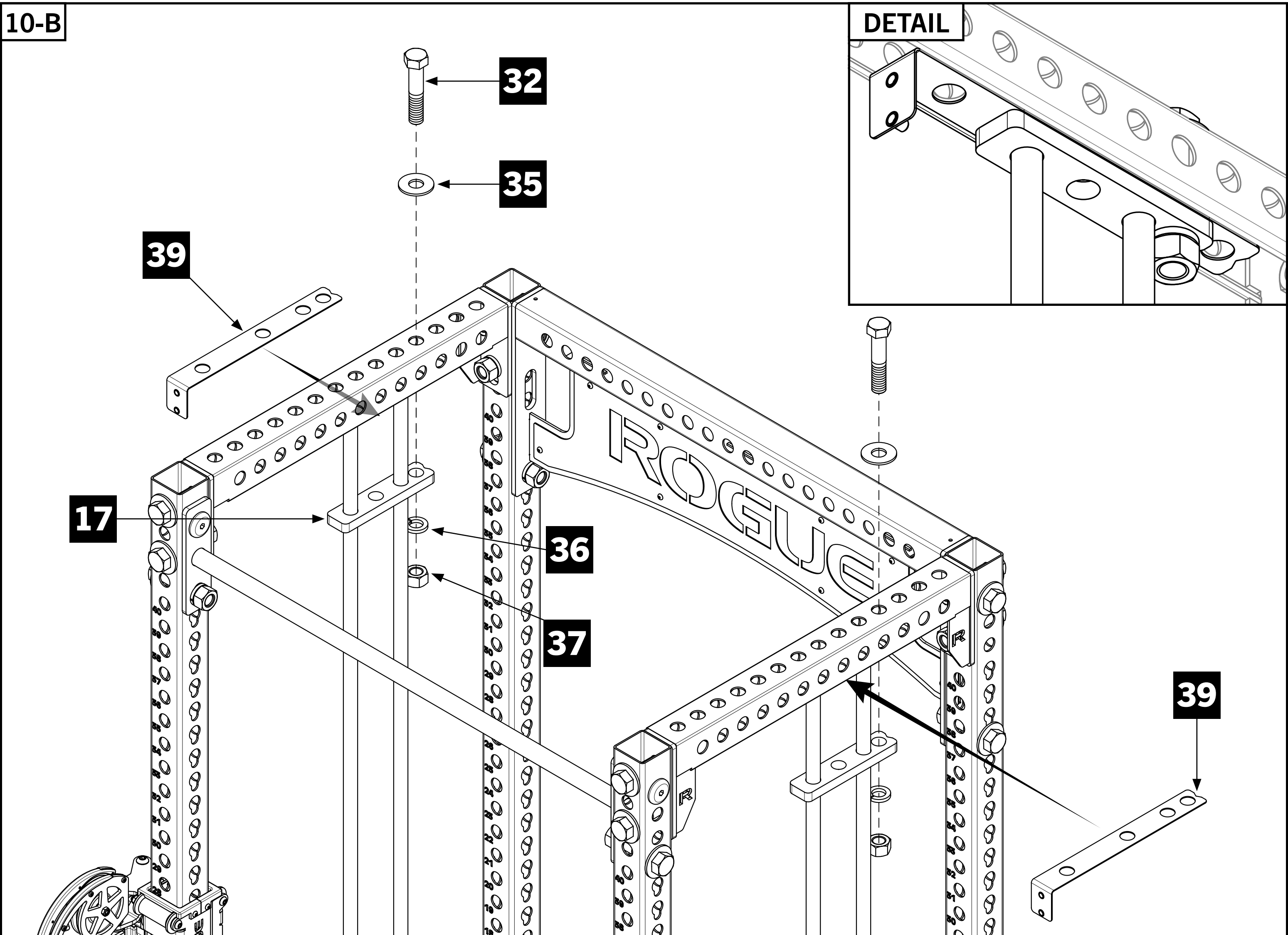
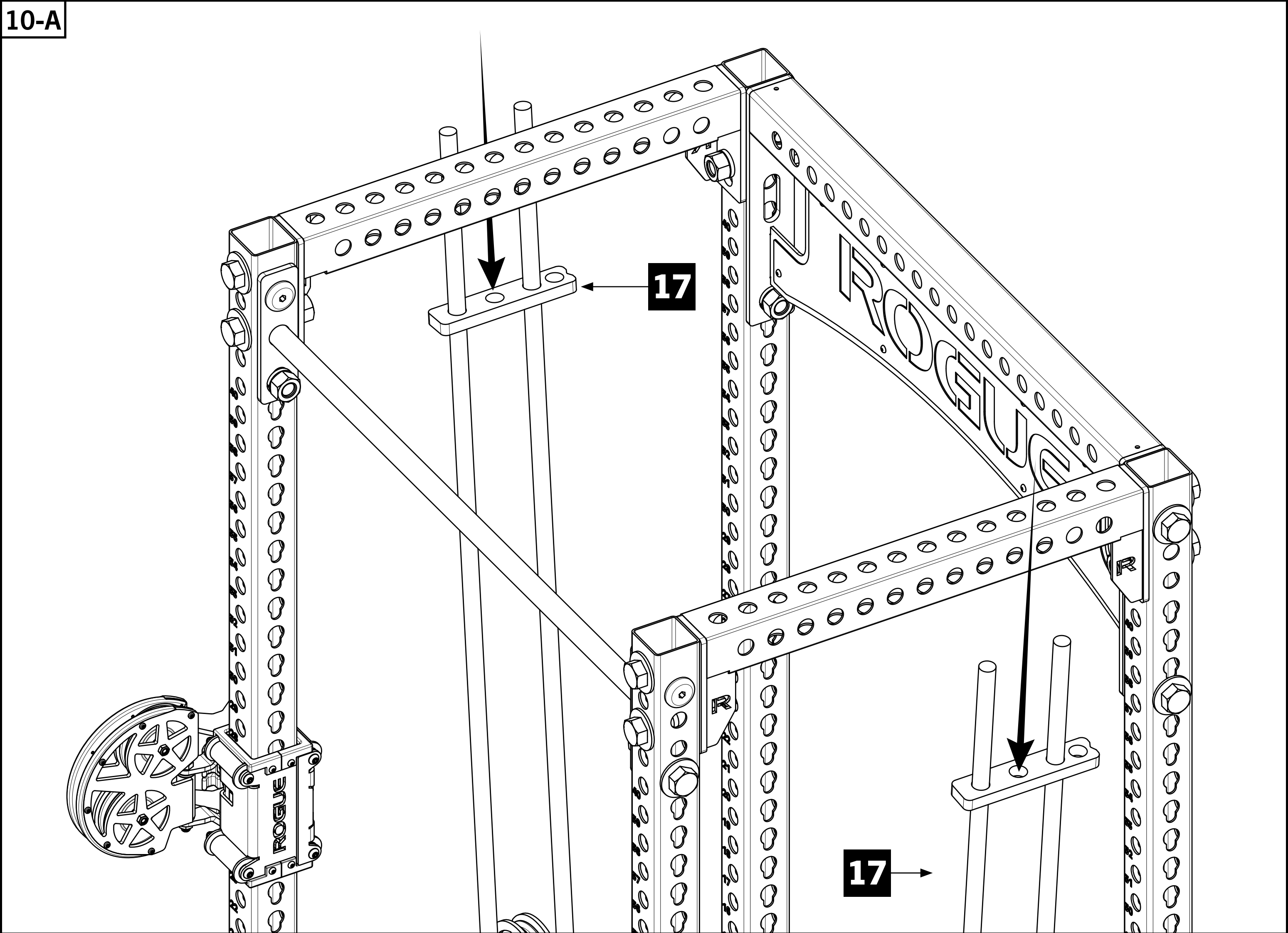


# STEP 10

- Slide Top Weight Stack Spacers [17] on top of guide rods with notches oriented towards the rear of rack.
- Position Guide Rods vertically. Slide in the Weight stack Shroud Brackets [39] above the Guide Rods. Attach components to 30” Top Crossmembers using 1” x 5” Hex Bolts [32], 1” Flat Washers [35], 1” Lock Washers [36], and 1” Nuts [37].

**Note:**

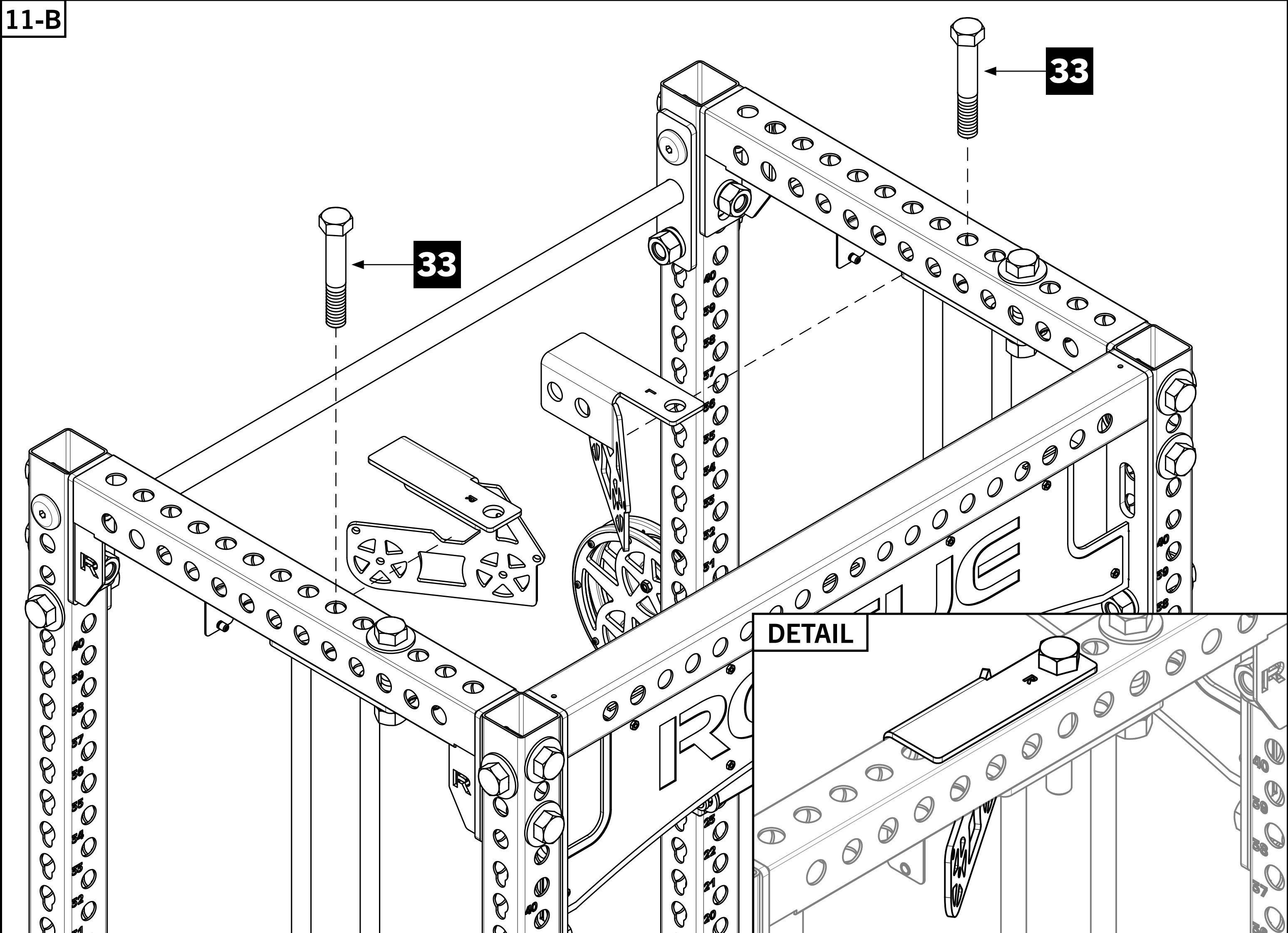
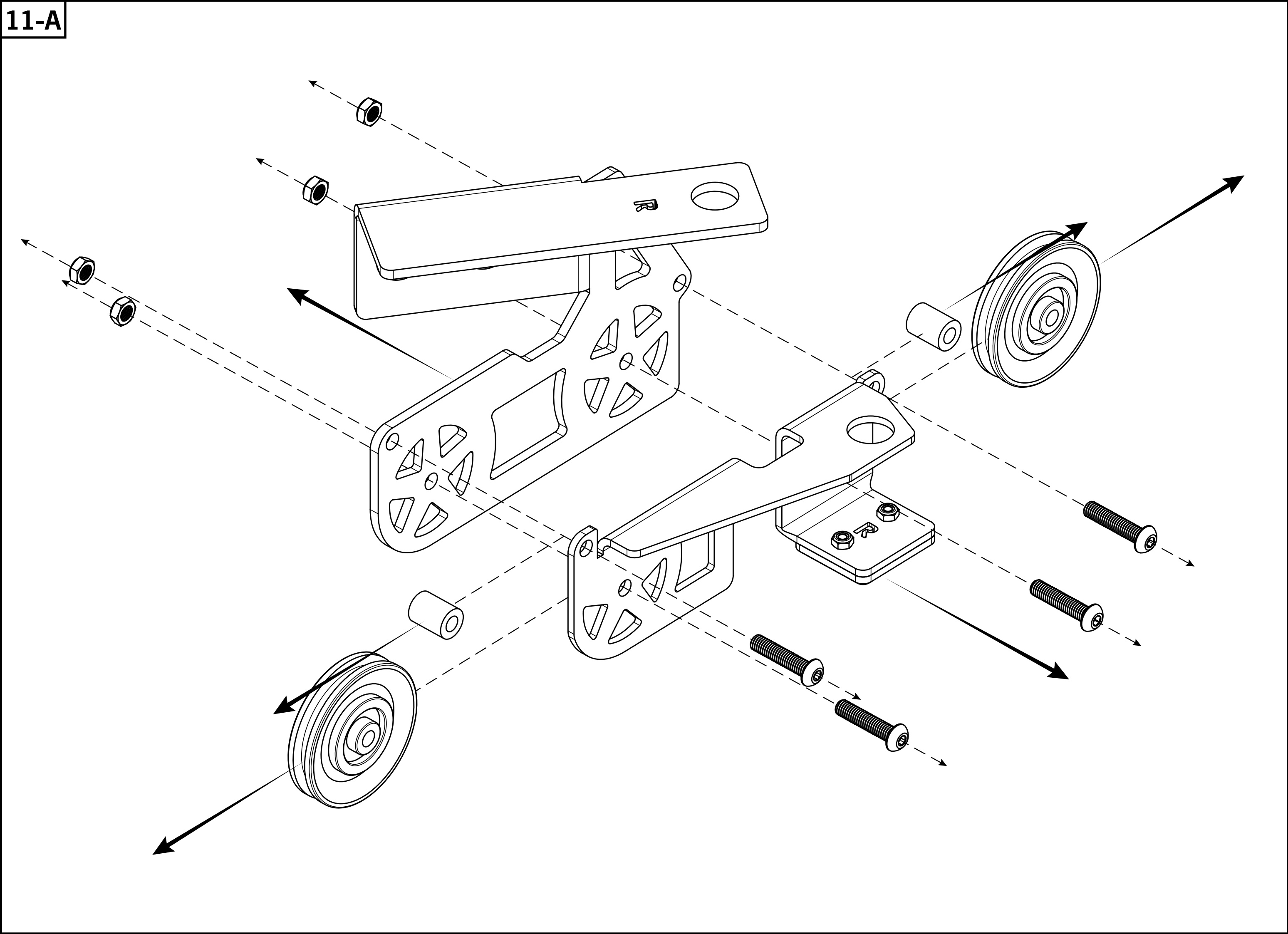
- Shroud Bracket [39] only included if shroud kit was purchased.





# STEP 11

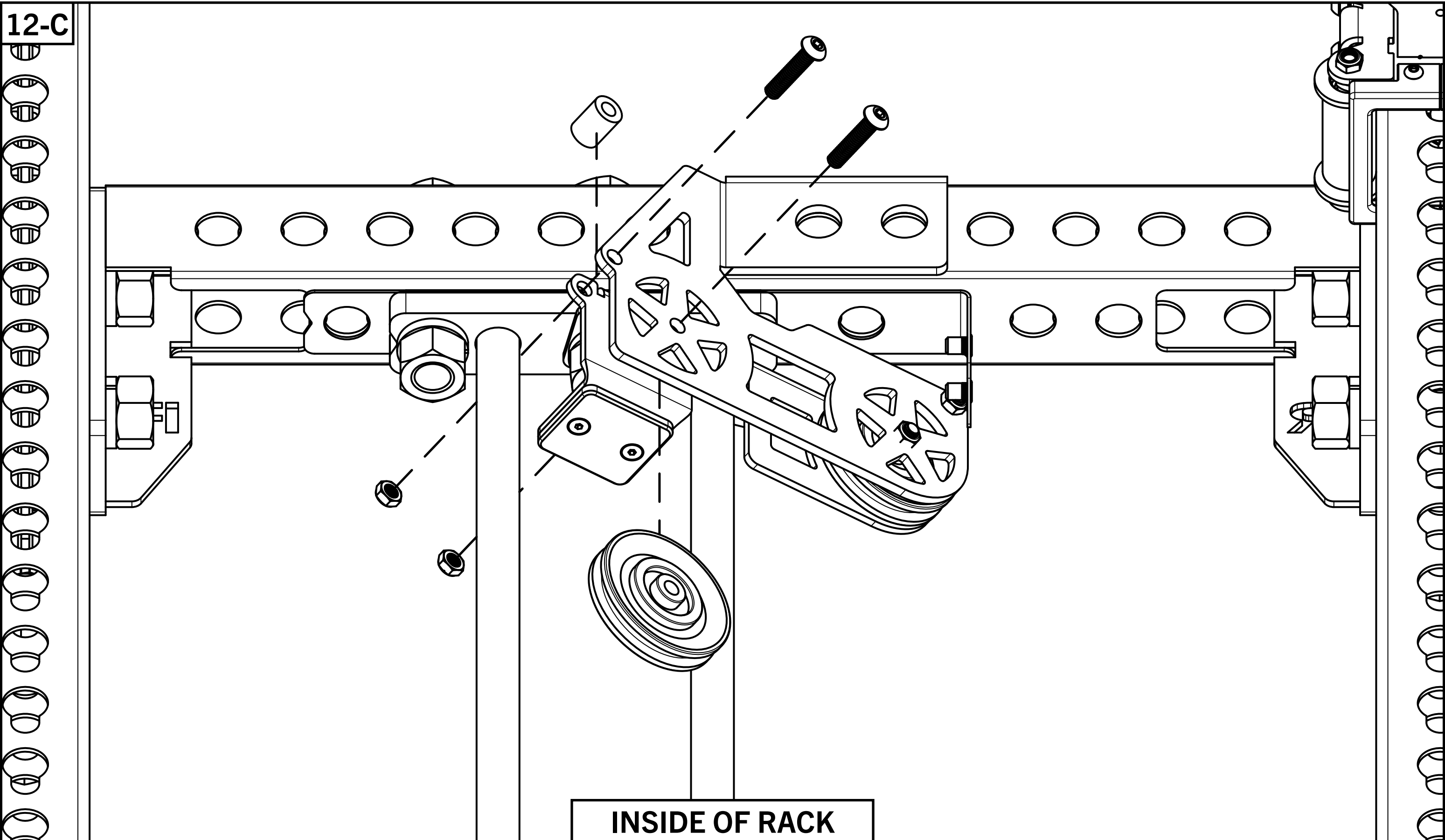
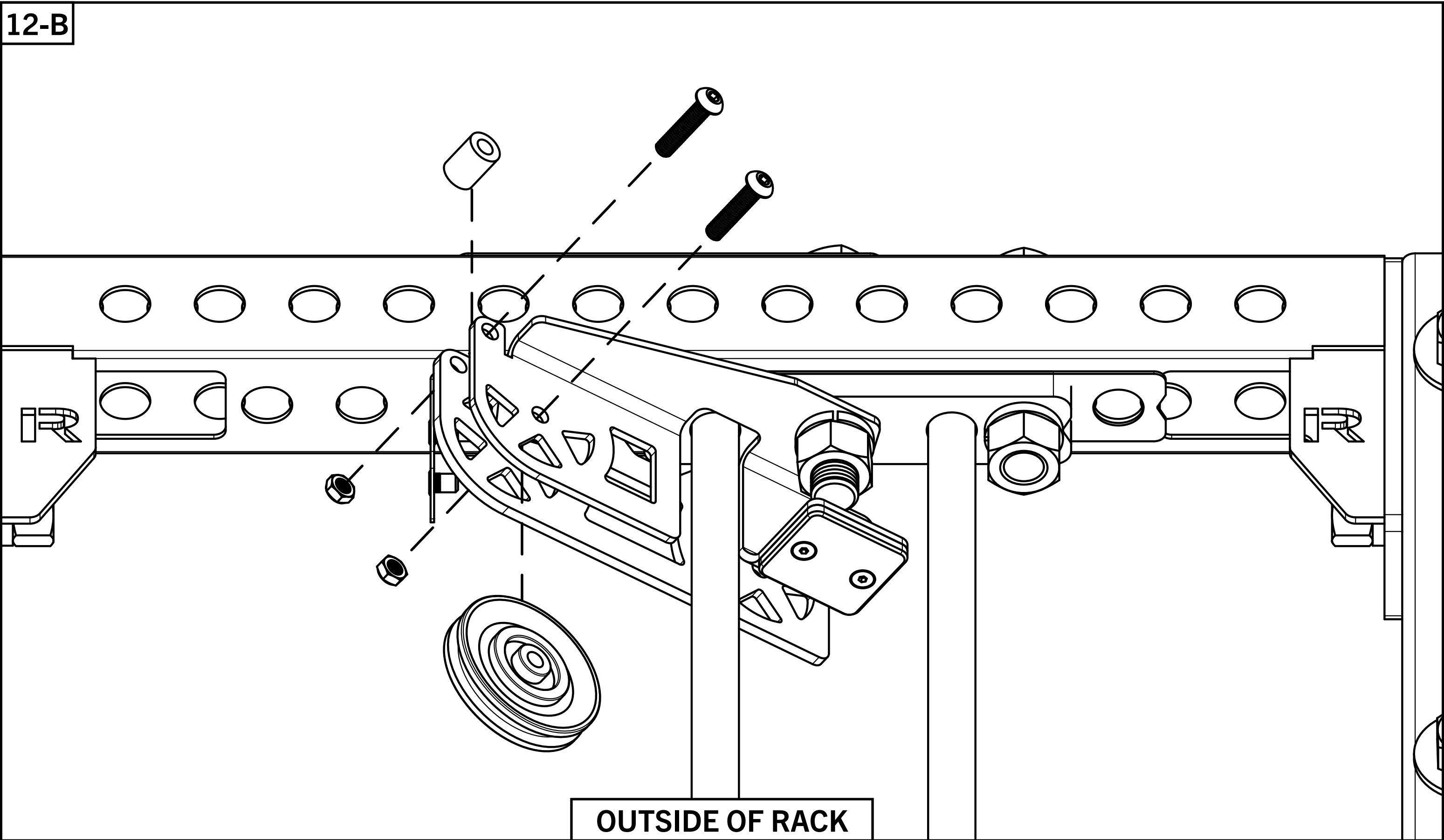
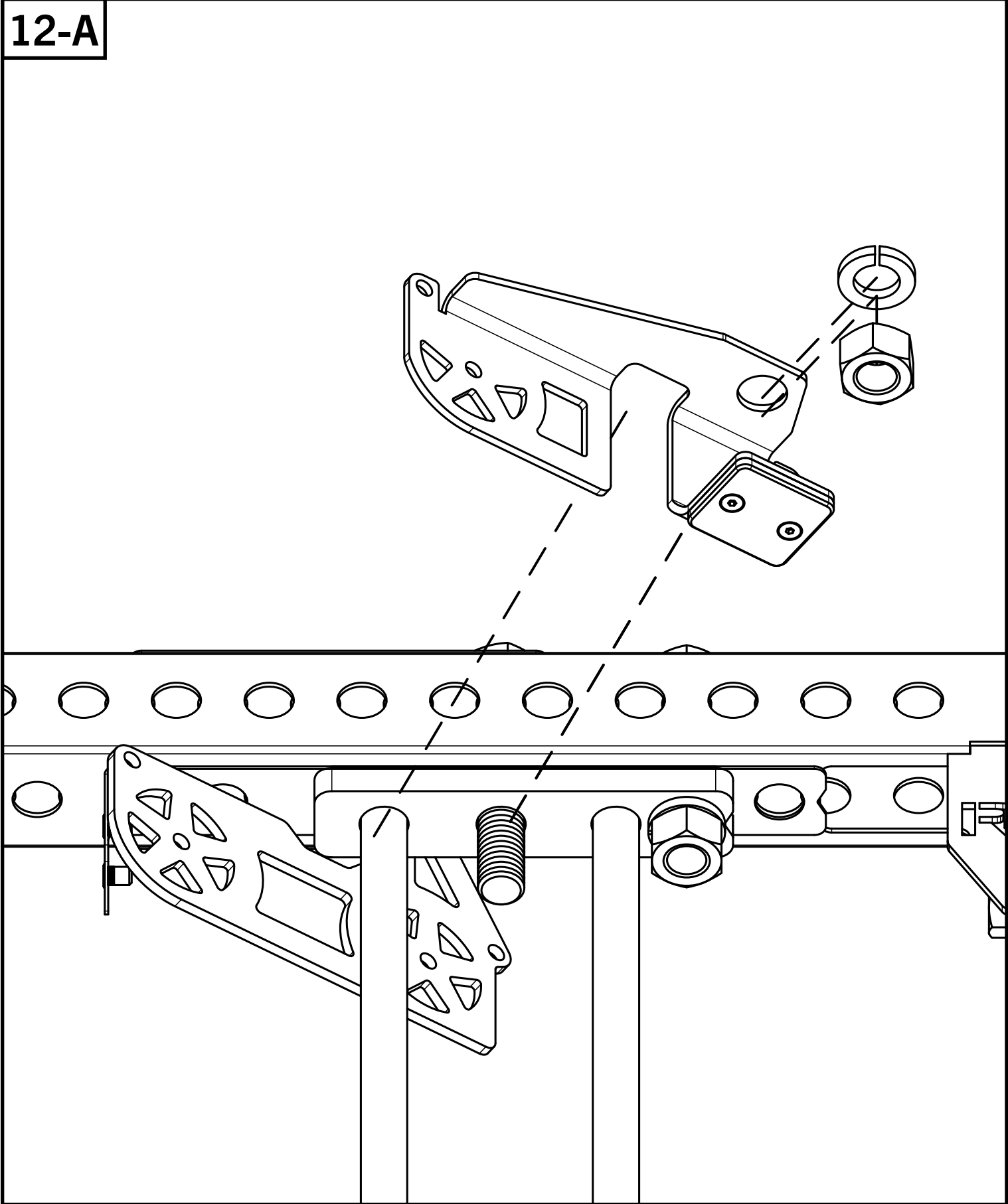
- Completely disassemble both of the Indy Top Pulley Brackets [10,11] as shown in 11-A.
- **Note:** Only RH Bracket shown, repeat same steps on LH bracket.
- Position the Indy Inside Bracket Plates (RH and LH) onto the top of the crossmember.
- Insert the 1" x 6" Hex Bolt [33] through the designated hole to temporarily hold the bracket in place. Final securing of the bracket will occur in **STEP 12**.





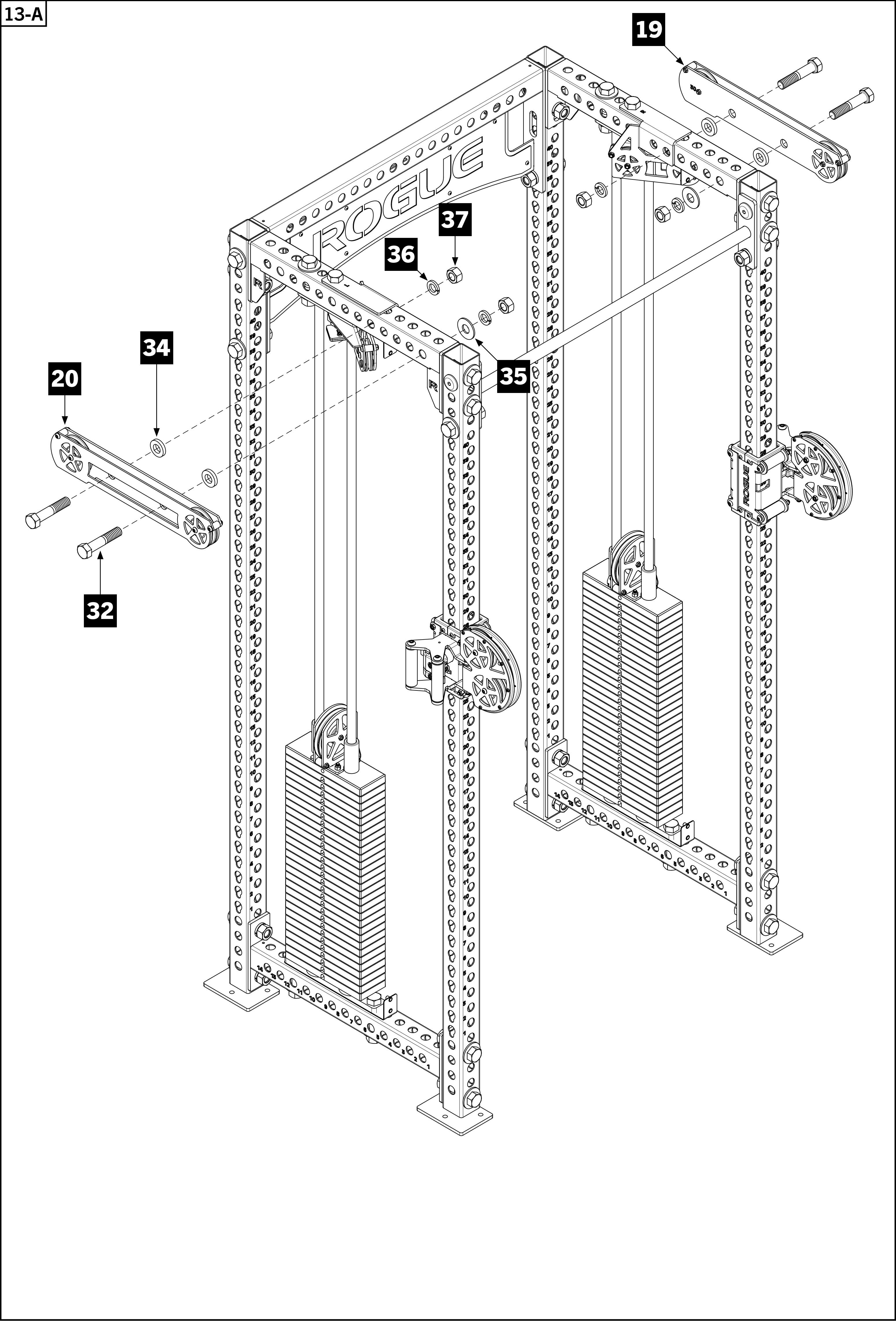
# STEP 12

- Attach Indy Outside Bracket Plates by inserting bolt from **STEP 11-B** into designated hole and secure using 1” Lock Washer and 1” Hex Nut. **HAND TIGHT ONLY.**
- Reinstall Pulleys and Cable Retainers in both Indy Top Pulley Brackets using hardware removed in **11-A**.
- Note: RH shown. Repeat for both Indy Top Pulley Brackets - RH and LH.
- Ensure brackets are assembled on the correct side indicated by the “R” and “L” on each Bracket Plate.
- Fully tighten the 3/8” Pulley and Cable Retainer hardware.



# STEP 13

- Bolt Top Side Pulley Assembly - RH [19] and -LH [20] to the 30" Top Crossmembers using 1" x 5" Hex Bolts [32], 1" x 3/8" Pulley Bracket Spacers [34], 1" Flat Washers [35], 1" Lock Washers [36], and 1" Hex Nuts [37] as shown.

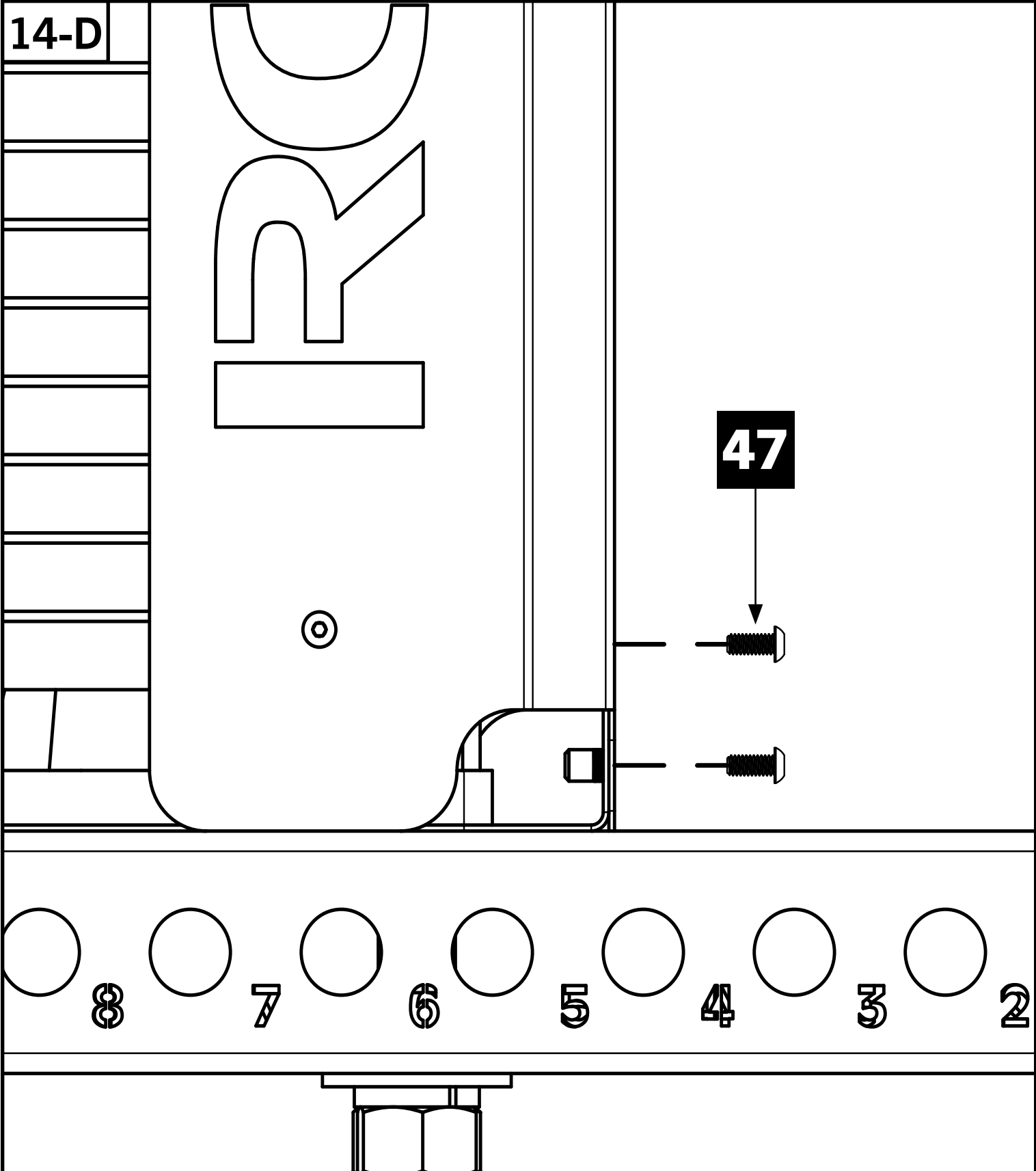
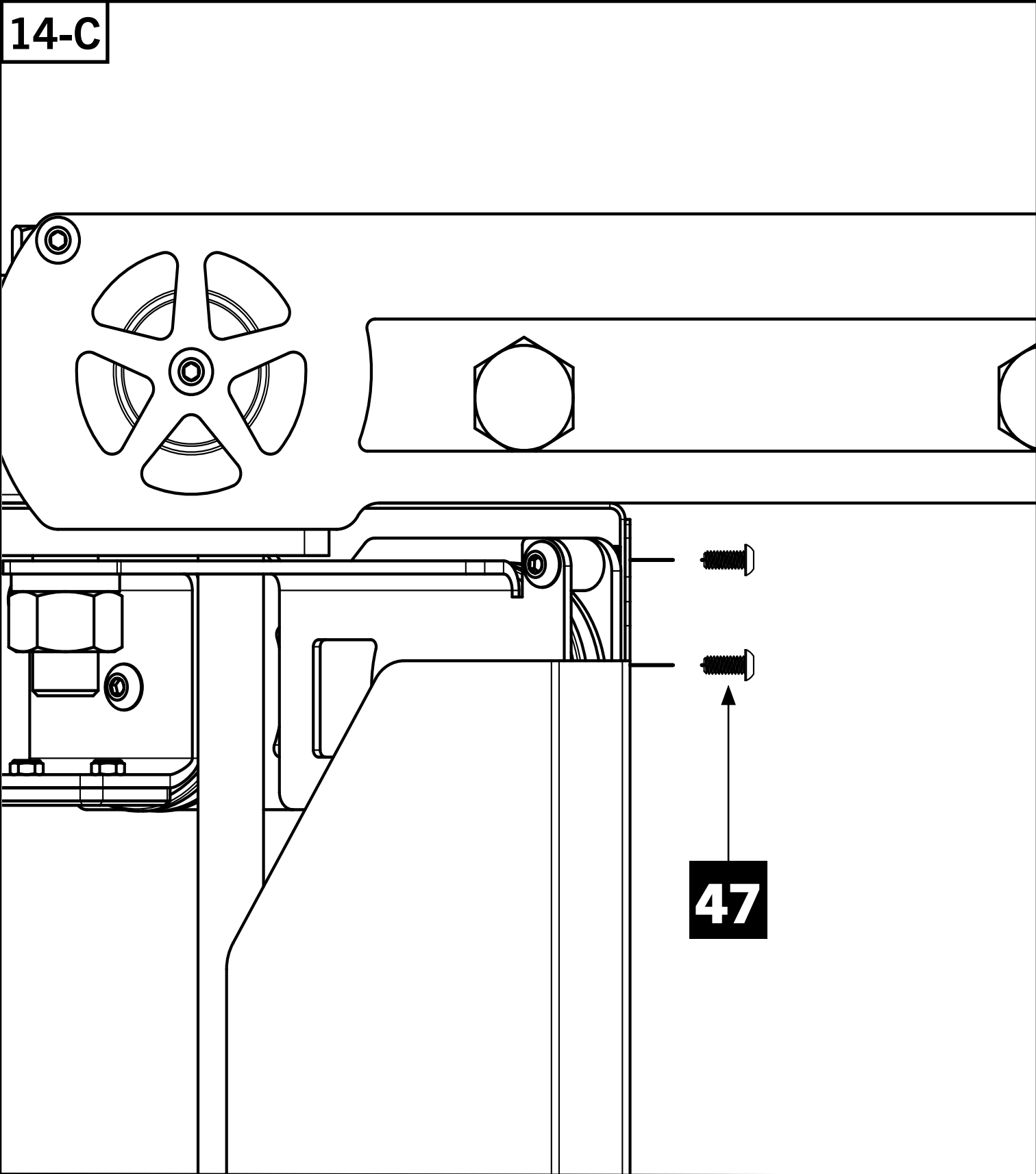
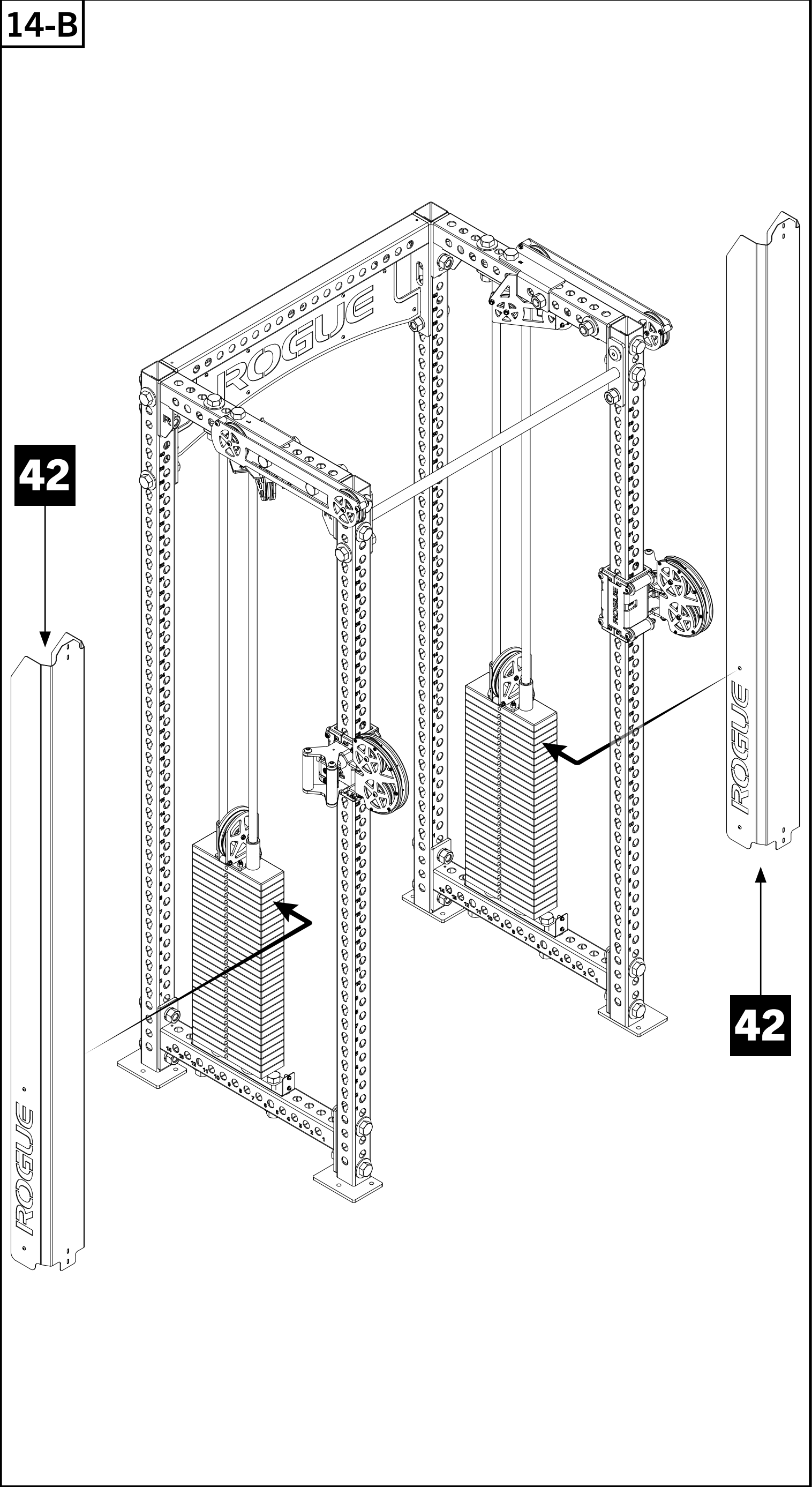
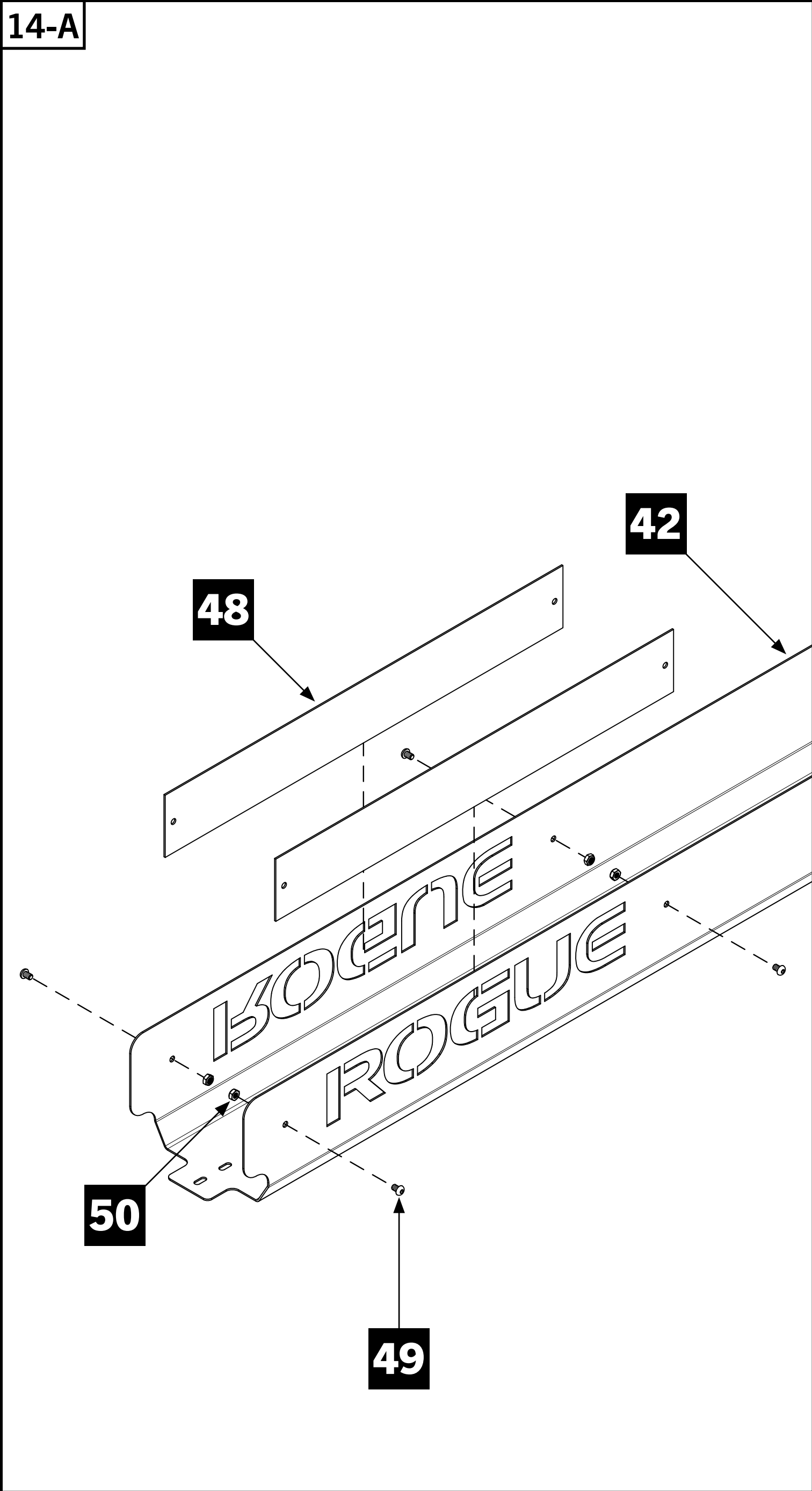


# STEP 14 (SHROUD KIT ONLY)

**Tools Required:**

- 5/32” Allen Key
- If Shroud Kit was not purchased, proceed to **STEP 15**.
- Attach Backing Plate [48] to Weight Stack Nameplate Shrouds [42] using 1/4” x 3/8” Button Head Screws [49] and 1/4” Nylock Nuts [50].

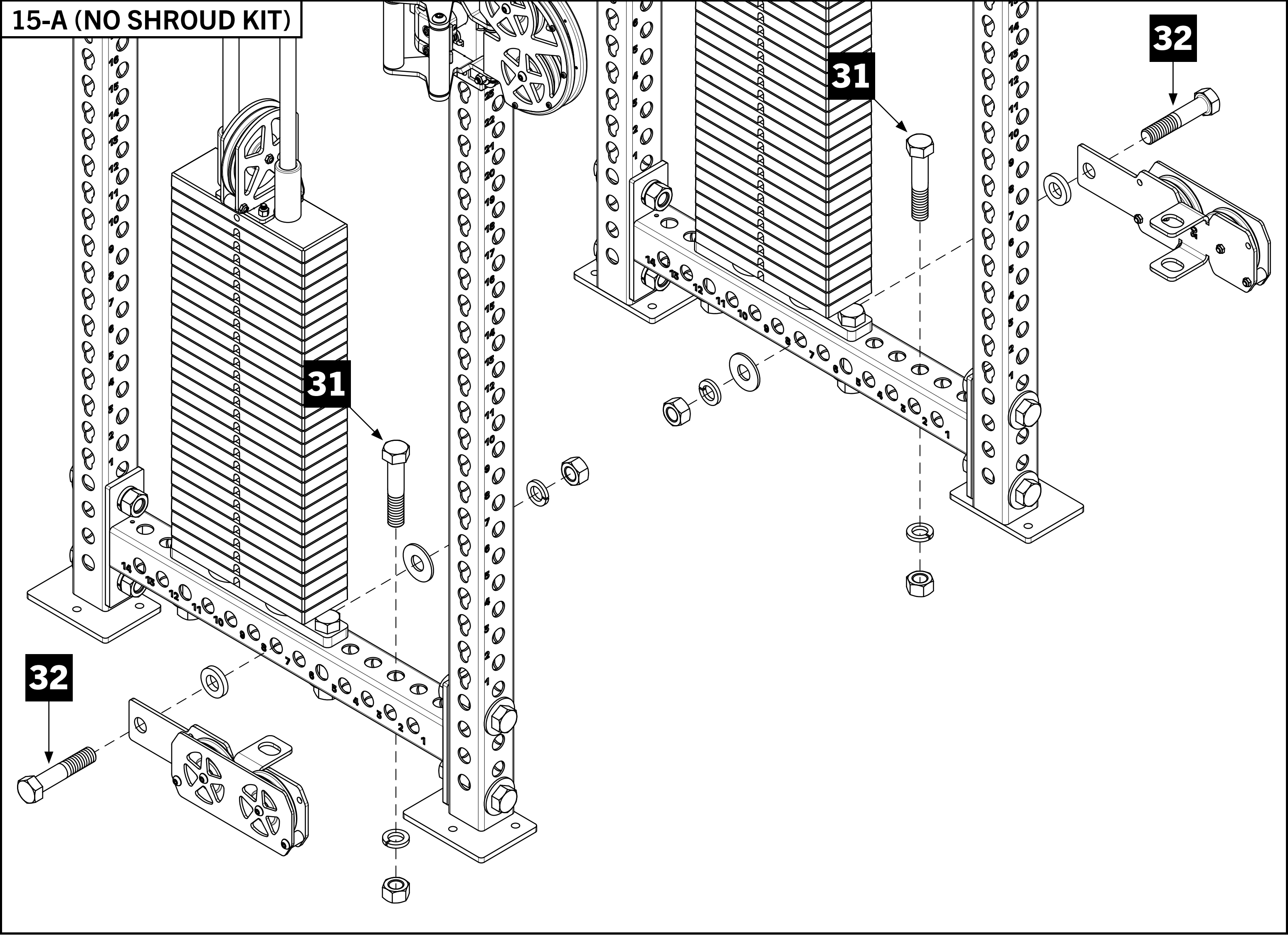
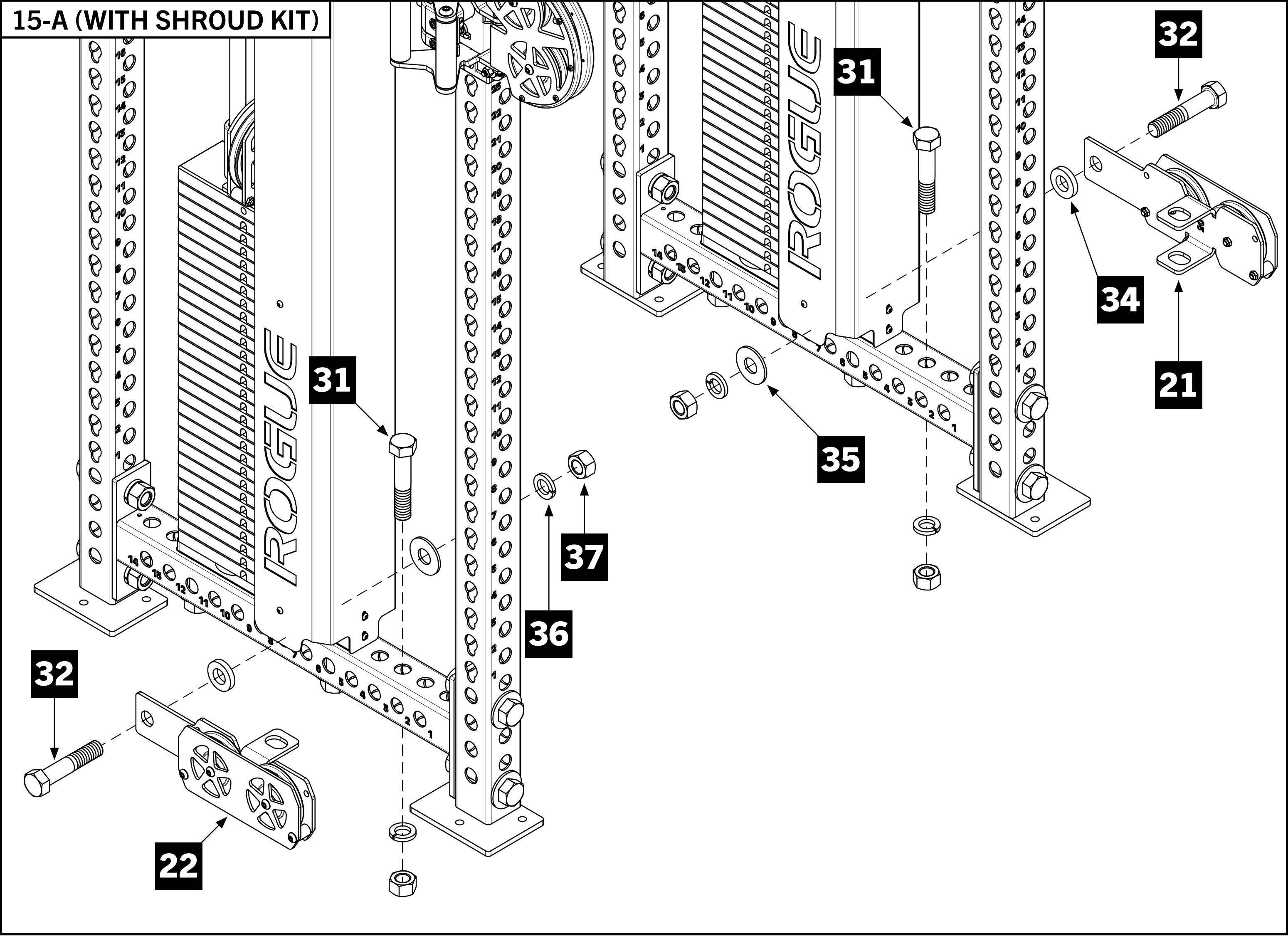
- Attach Weight Stack Nameplate Shrouds [42] to Weight Stack Shroud Brackets [39] using 1/4” x 5/8” Button Head Screws [47] and fully tighten.





# STEP 15

- Bolt Bottom Side Pulley Assembly - RH [21] and -LH [22] to the 30" Low Crossmembers using 1" x 4 3/4" Hex Bolts [31], 1" x 5" Hex Bolts [32], 1" x 3/8" Pulley Bracket Spacers [34], 1" Flat Washers [35], 1" Lock Washers [36], and 1" Hex Nuts [37] as shown.

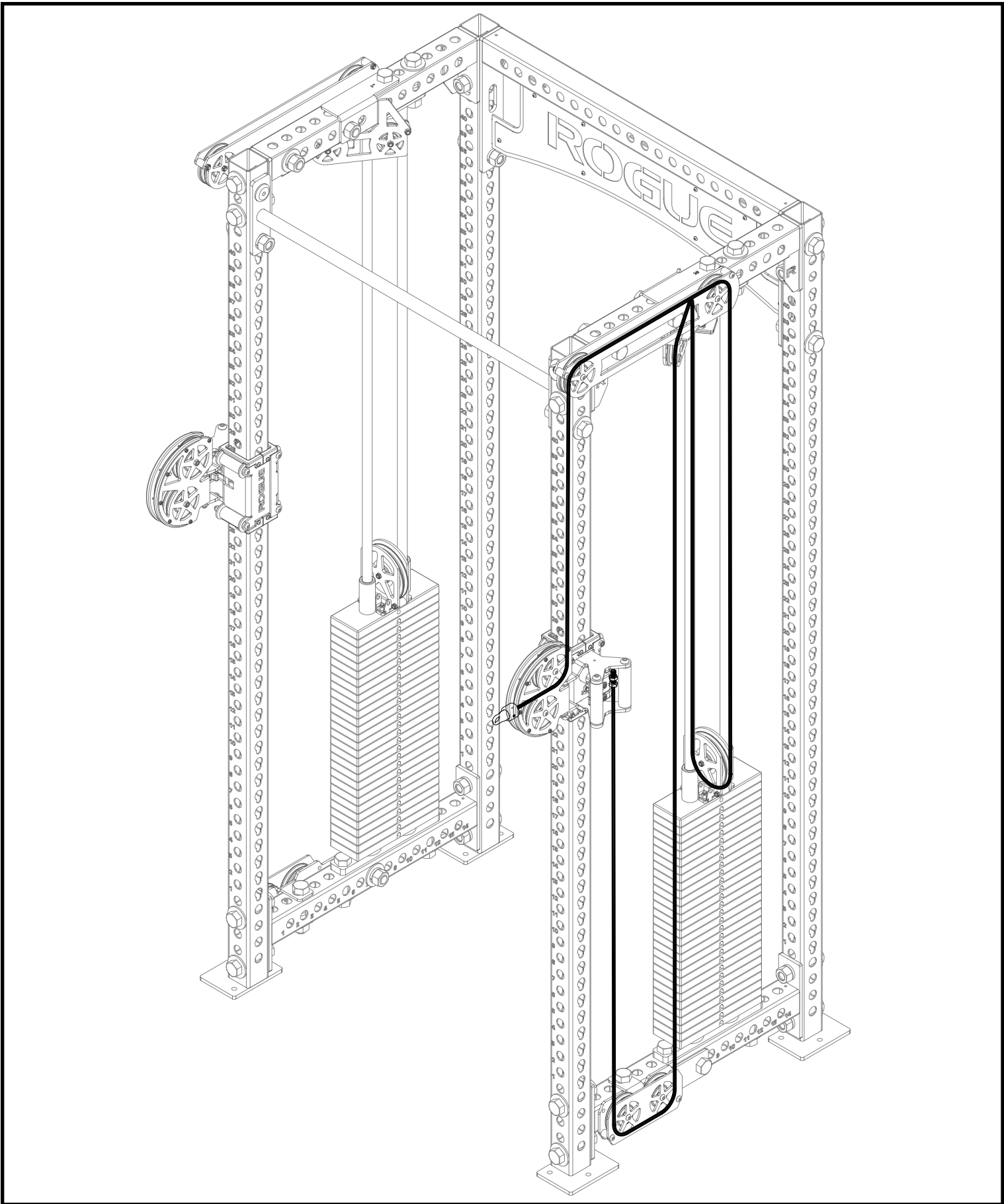


# STEP 16

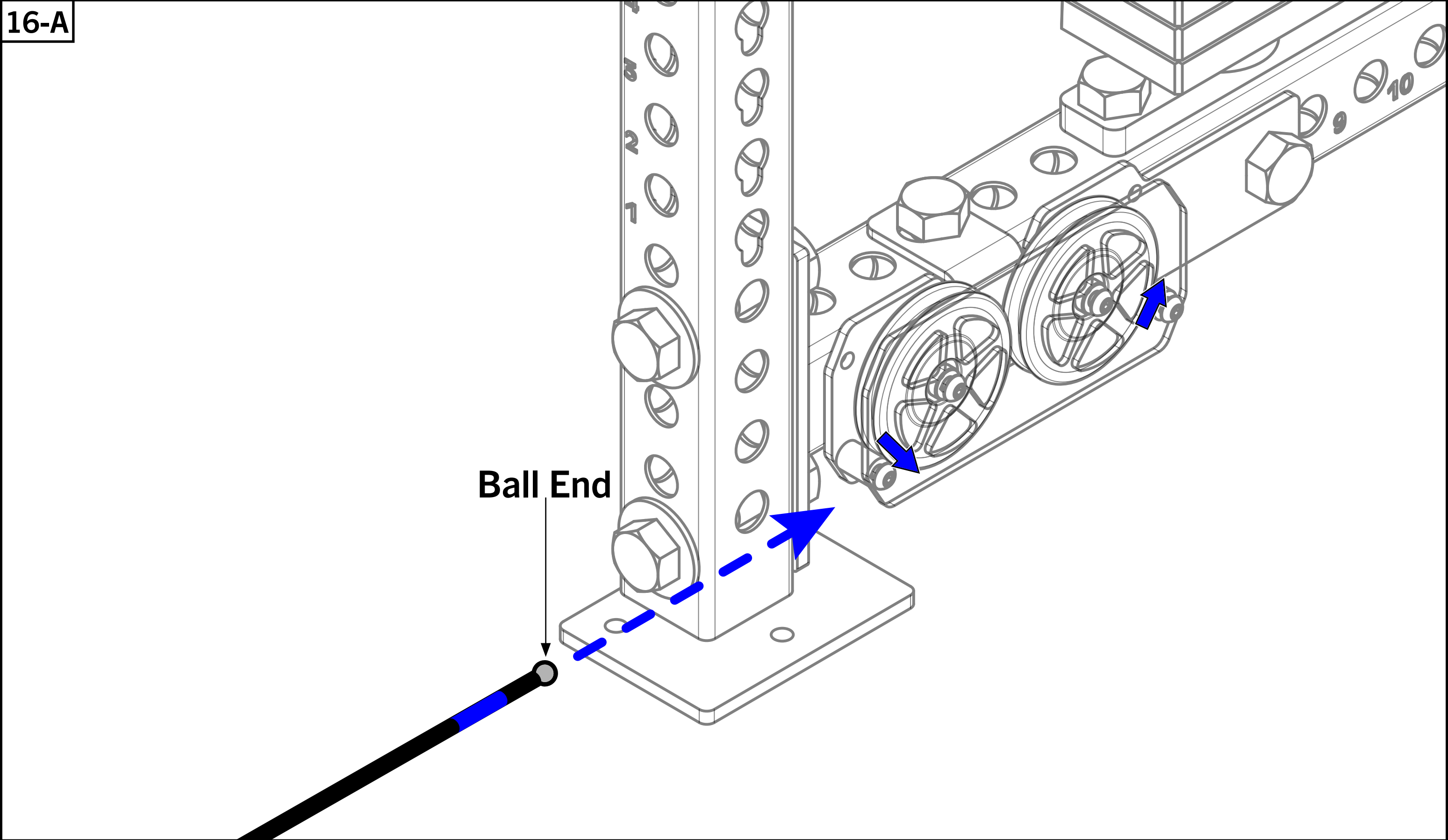
- Unwind cable to remove twists/kinks.
- Feed the Ball End of Trolley Cable [6] around the pulleys on Bottom Front Pulley Assembly (arrows 1 & 2) and continue upward towards the Indy Top Pulley Bracket.

**Note:**

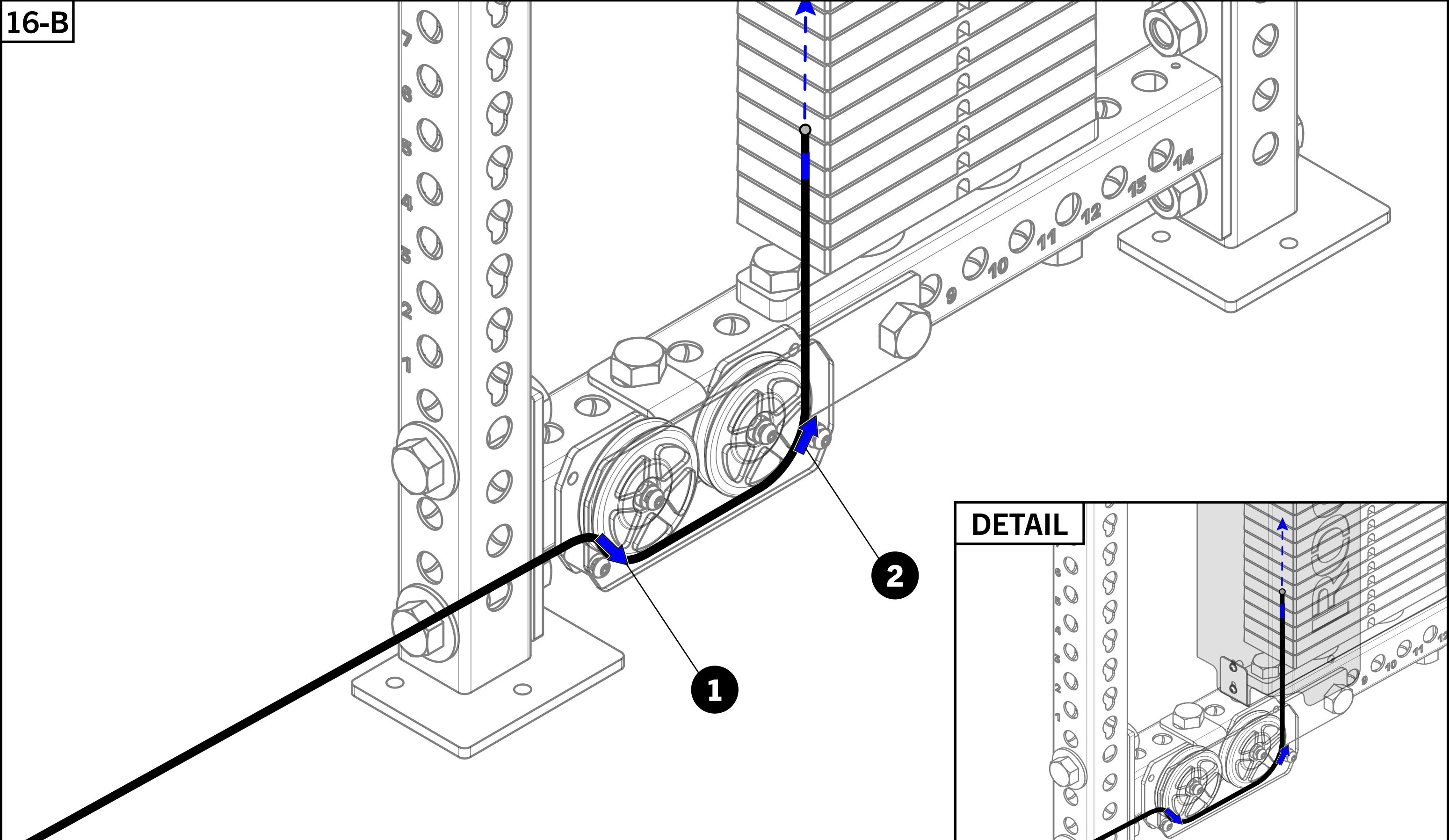
- If Shroud Kit was purchased, ensure cable is routed on the inside of Nameplate Shroud assembled in **STEP 14** as shown in Detail View.



16-A



16-B



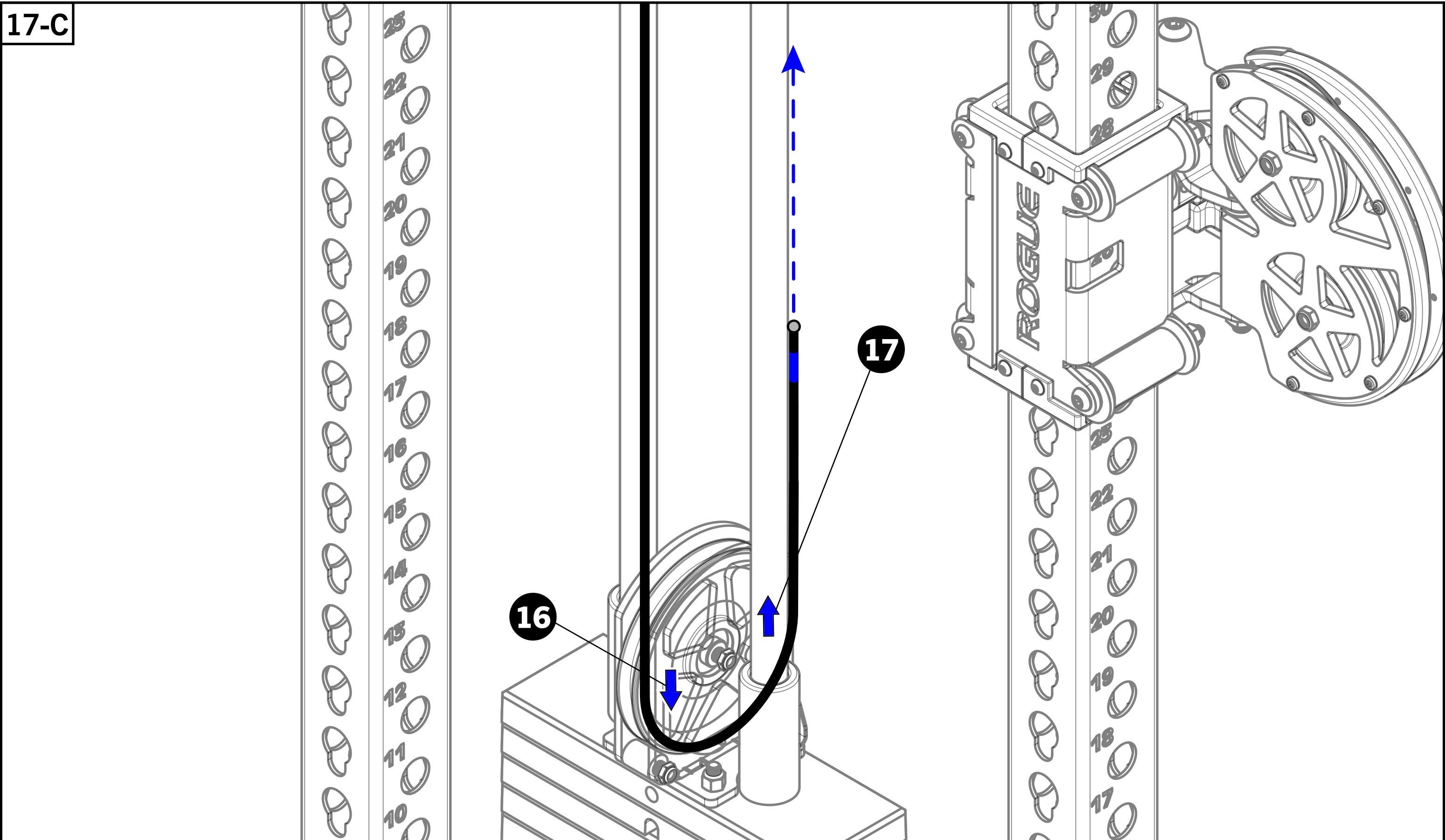
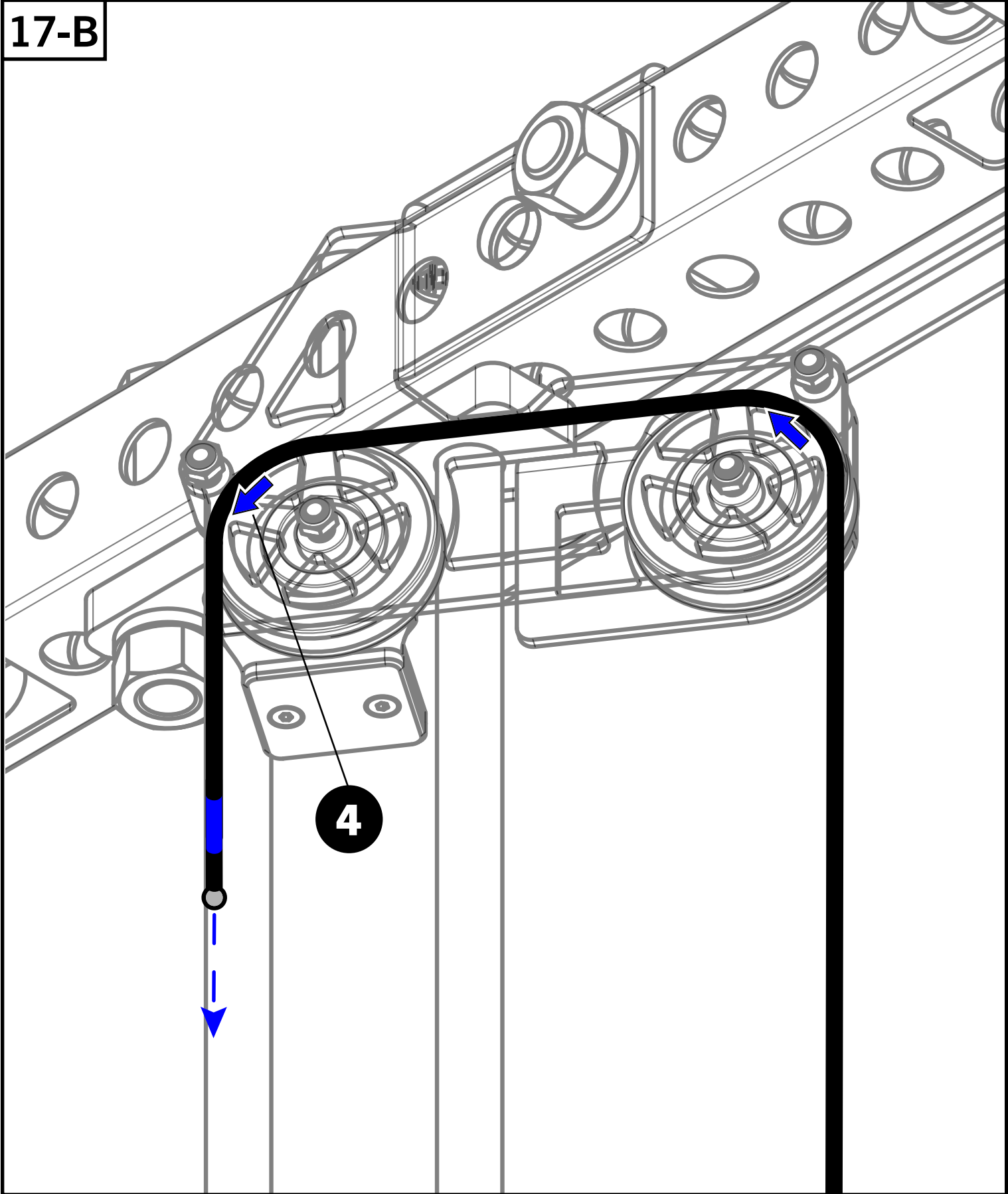
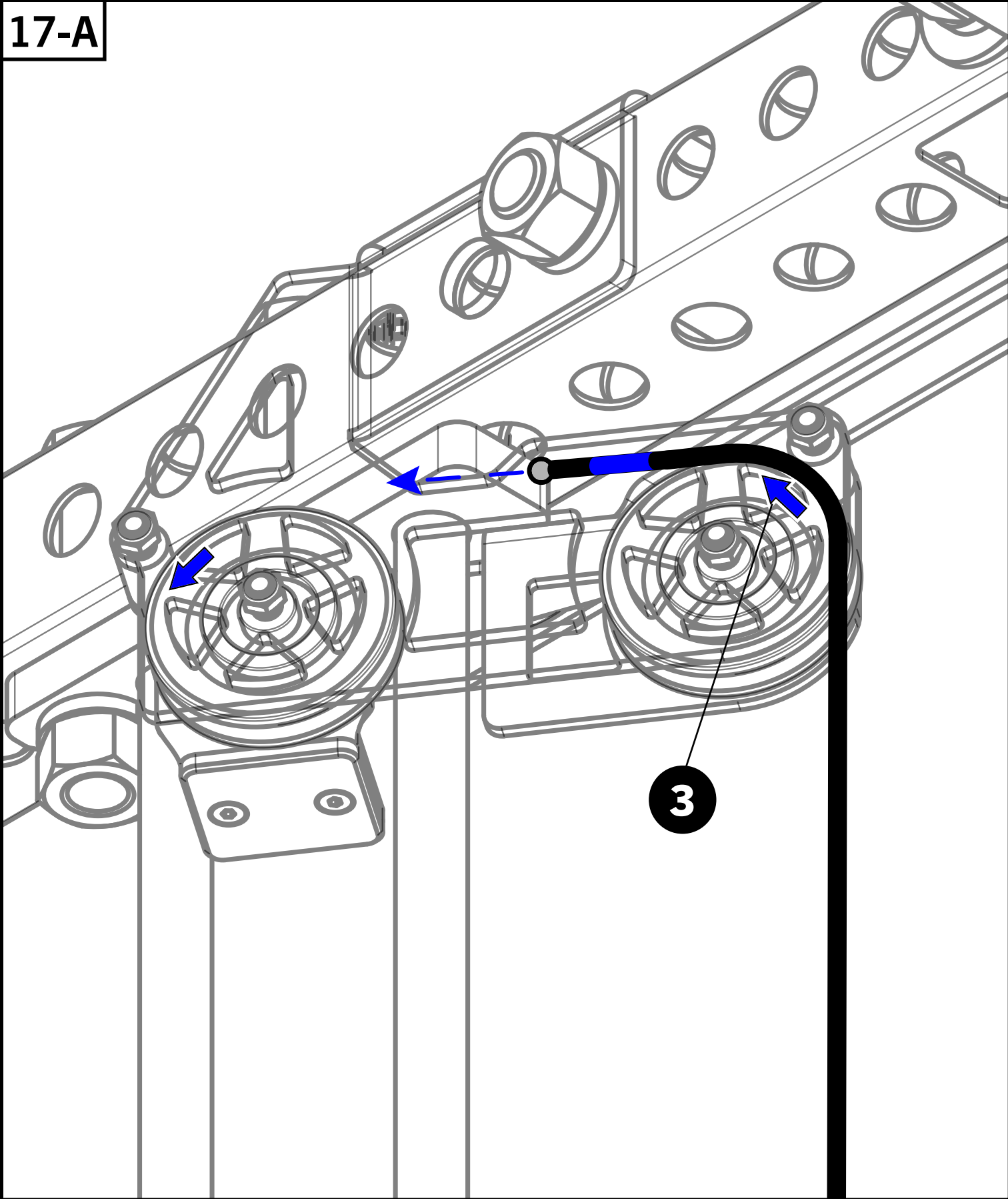
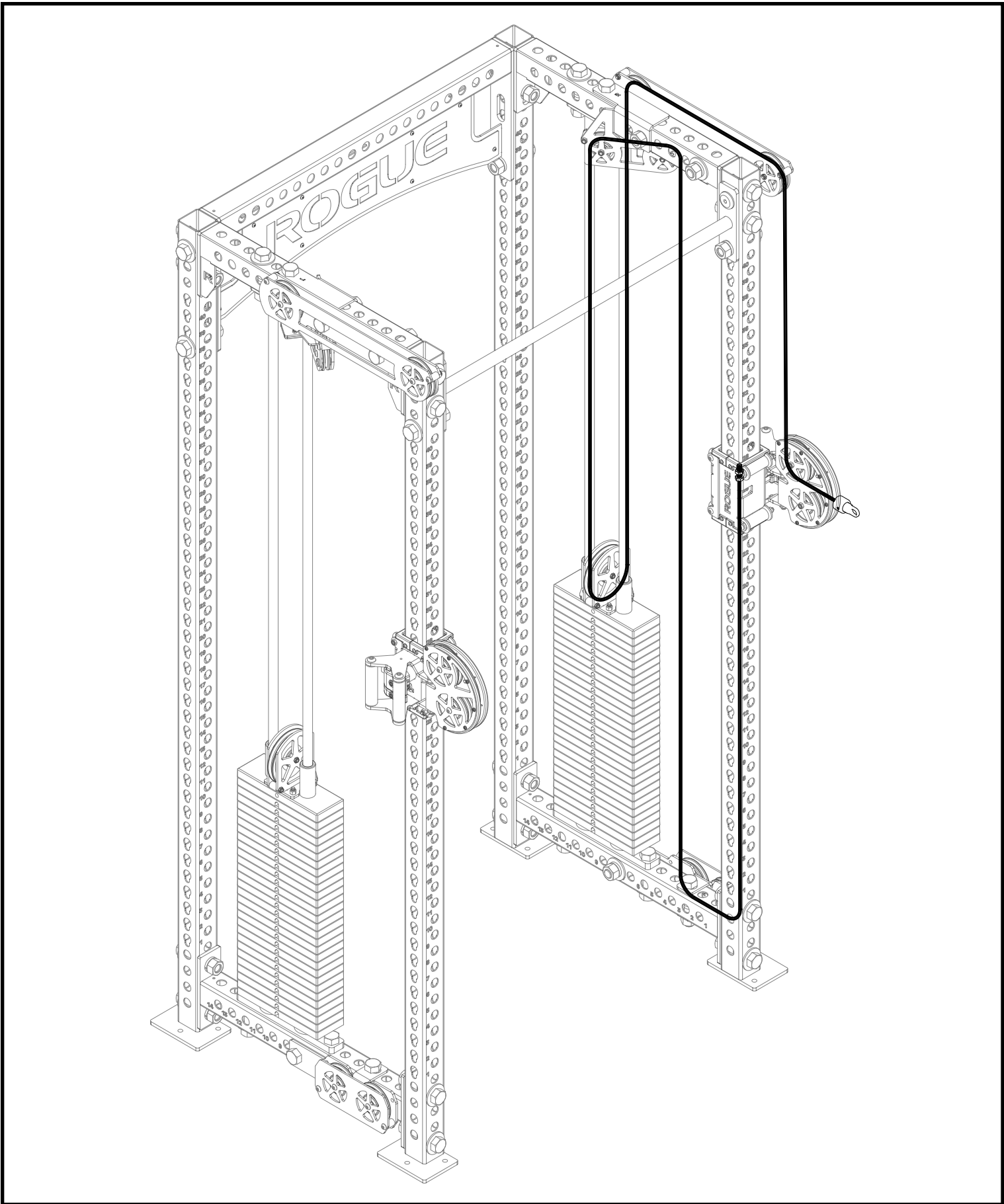


# STEP 17

- Continue feeding around the first pulley on Indy Top Pulley Bracket following the arrow indicator directions towards the back of the rack.
- Feed cable around the next angled pulley at the back of the Indy Top Pulley Bracket and downward towards the Weight Stack Stem.
- Feed cable around the pulley on the Weight Stack Stem and follow the arrows upward to the Top Side Pulley Assembly.

**Note:**

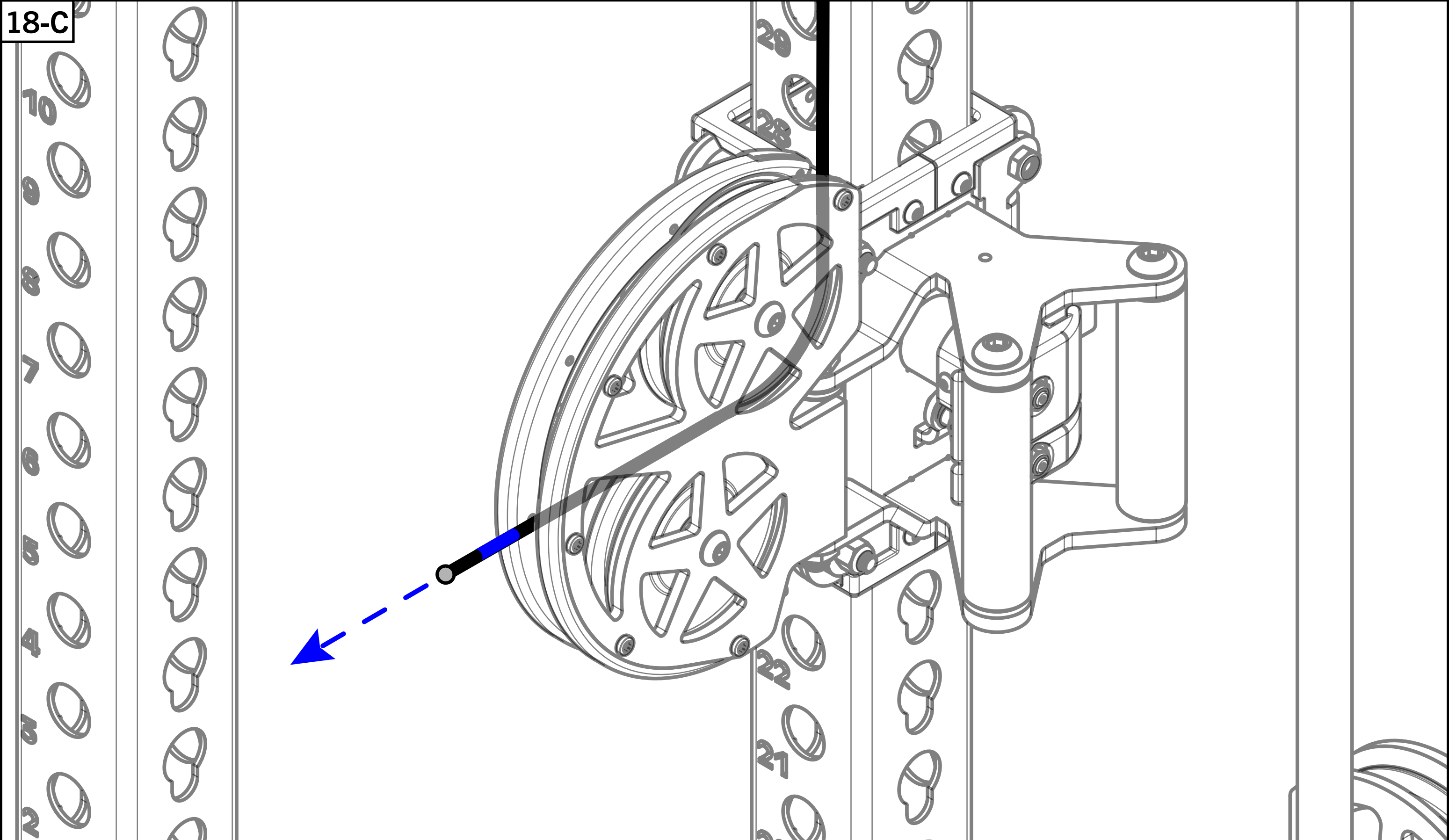
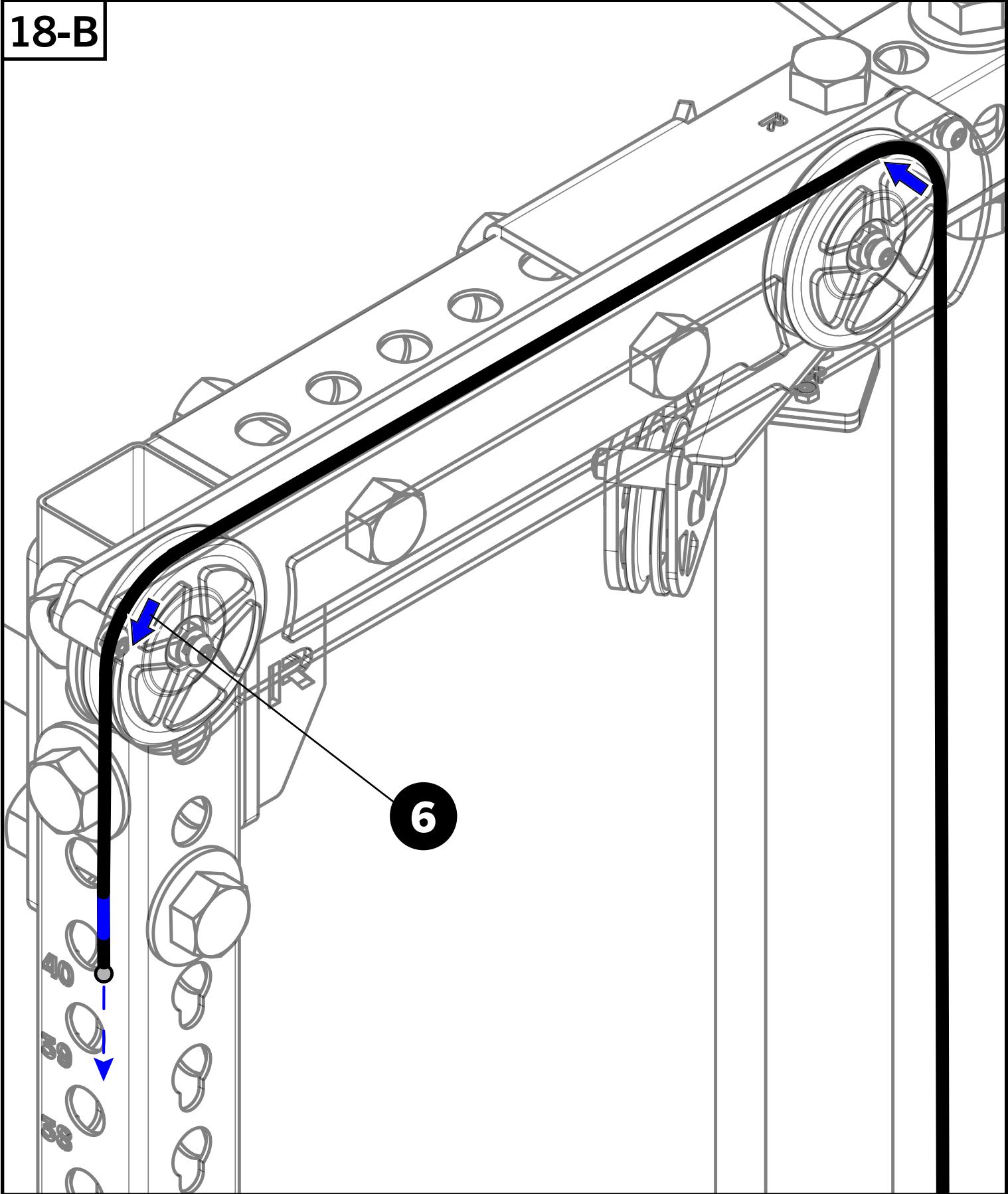
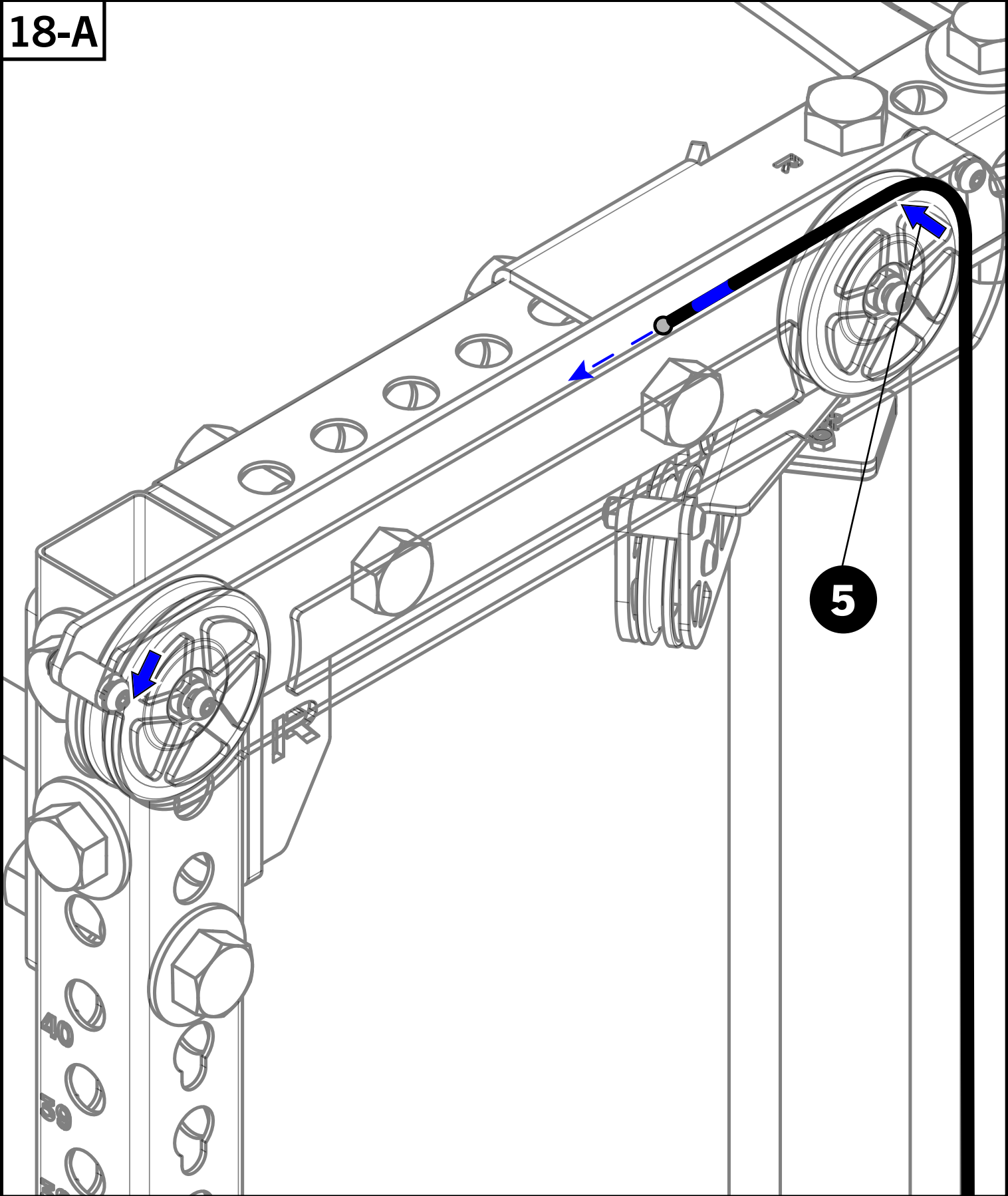
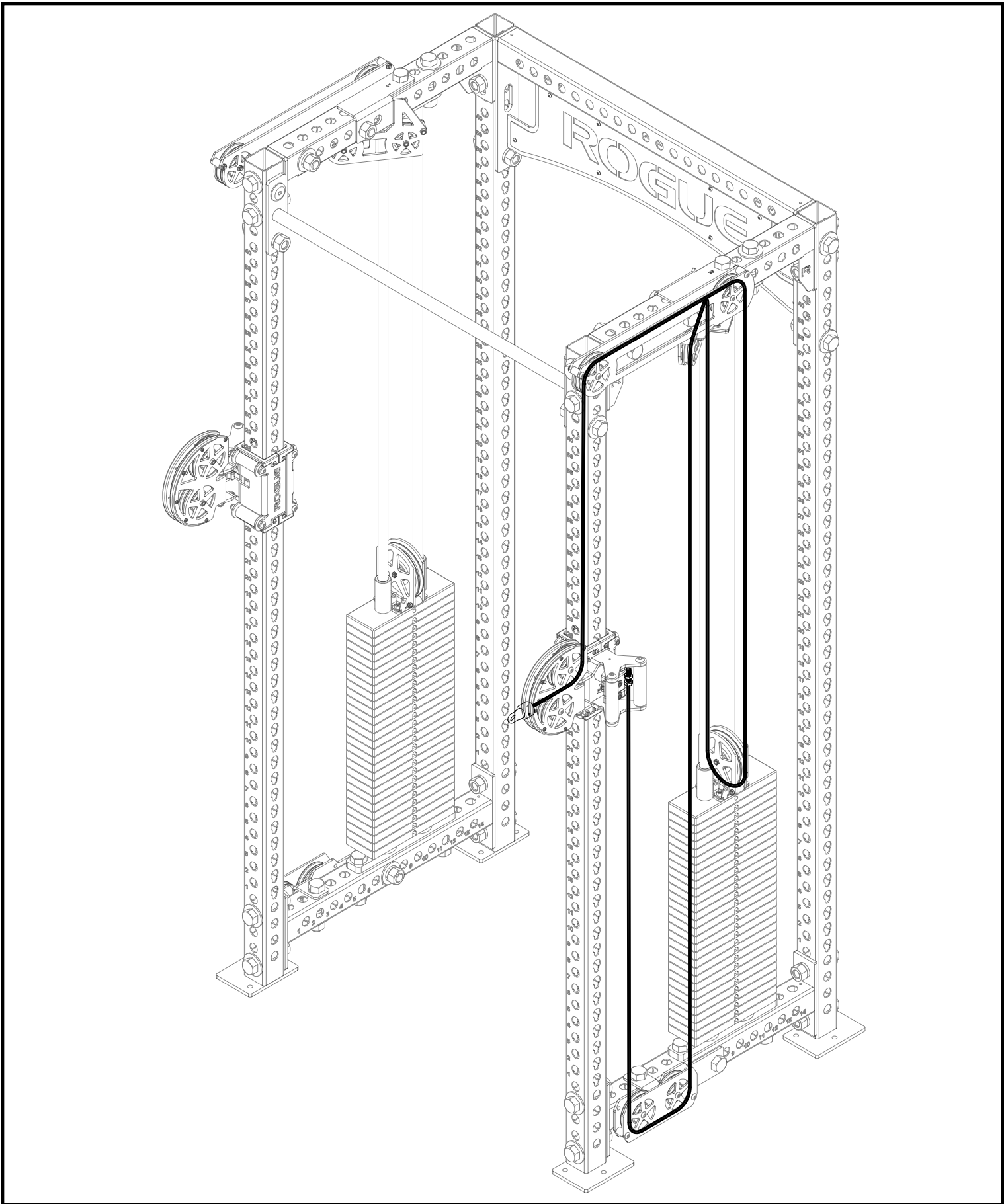
- Arrow numbers on parts shown in **17-C** do not correspond to numbering sequence. (Will be represented by 16 and 17).





# STEP 18

- Feed cable around the rear pulley in the Top Side Pulley Assembly and continue to the front of the rack.
- Feed the cable around the front pulley in the Top Side Pulley Assembly and down and out through the Swivel Trolley.



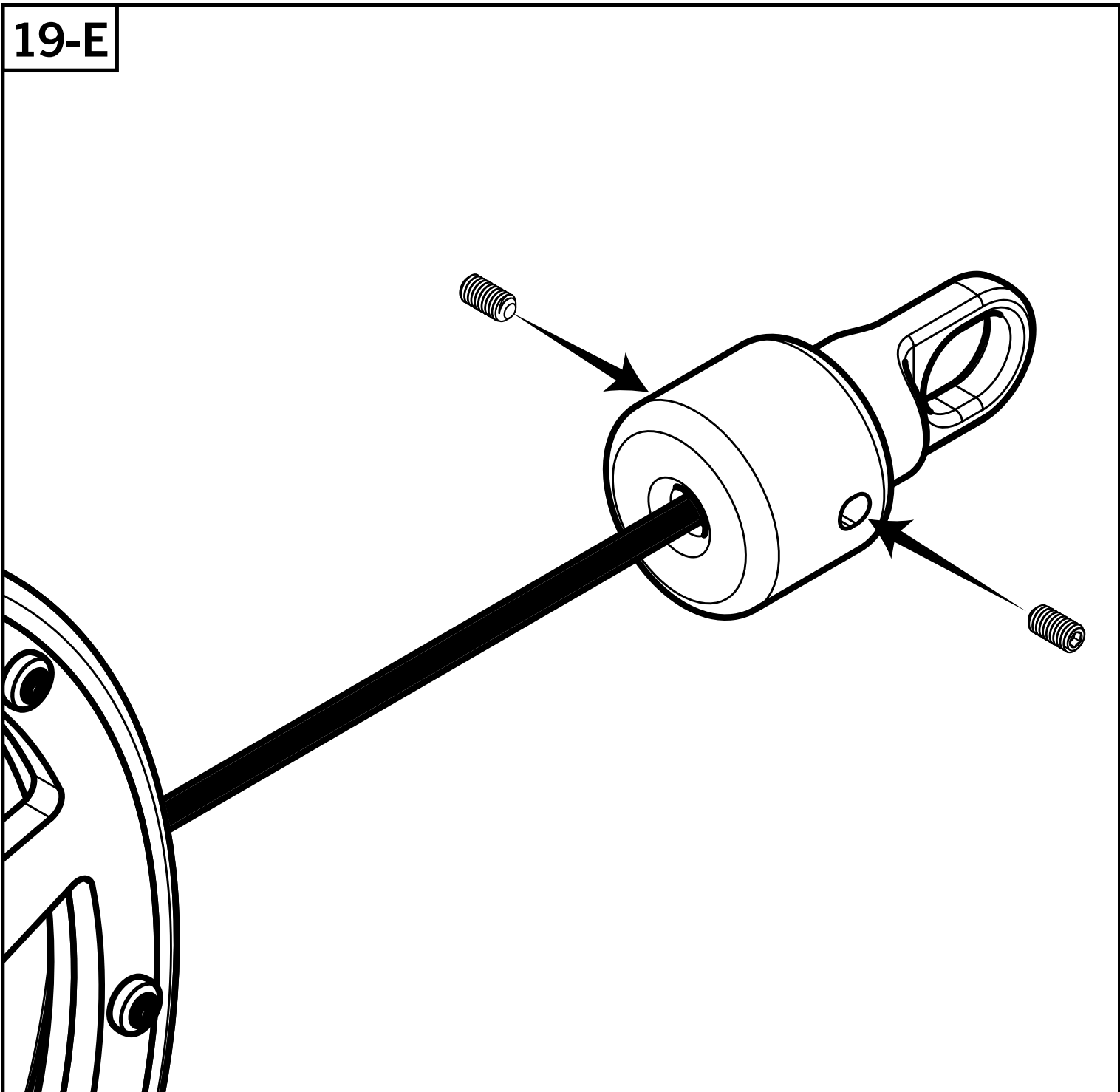
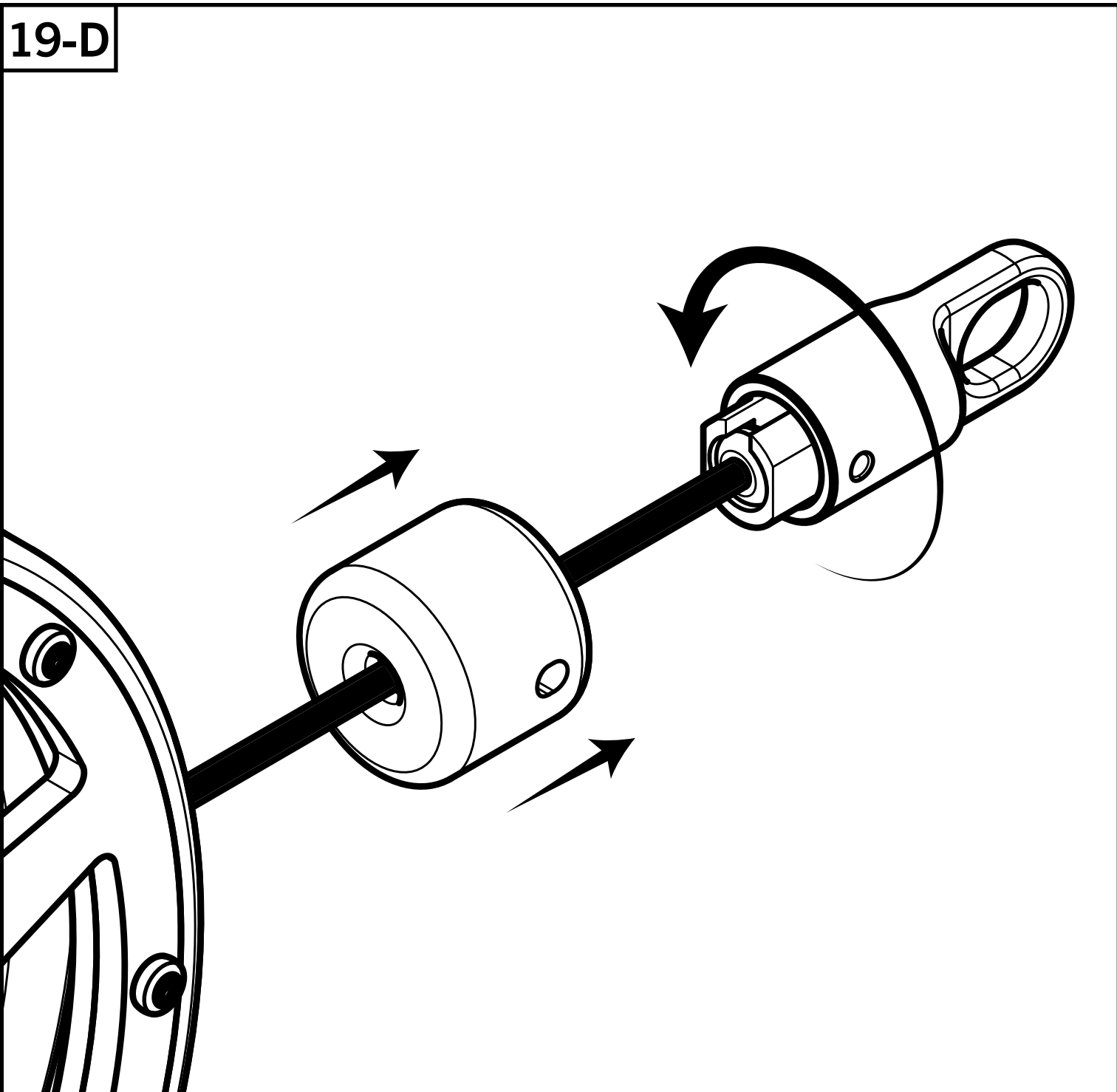
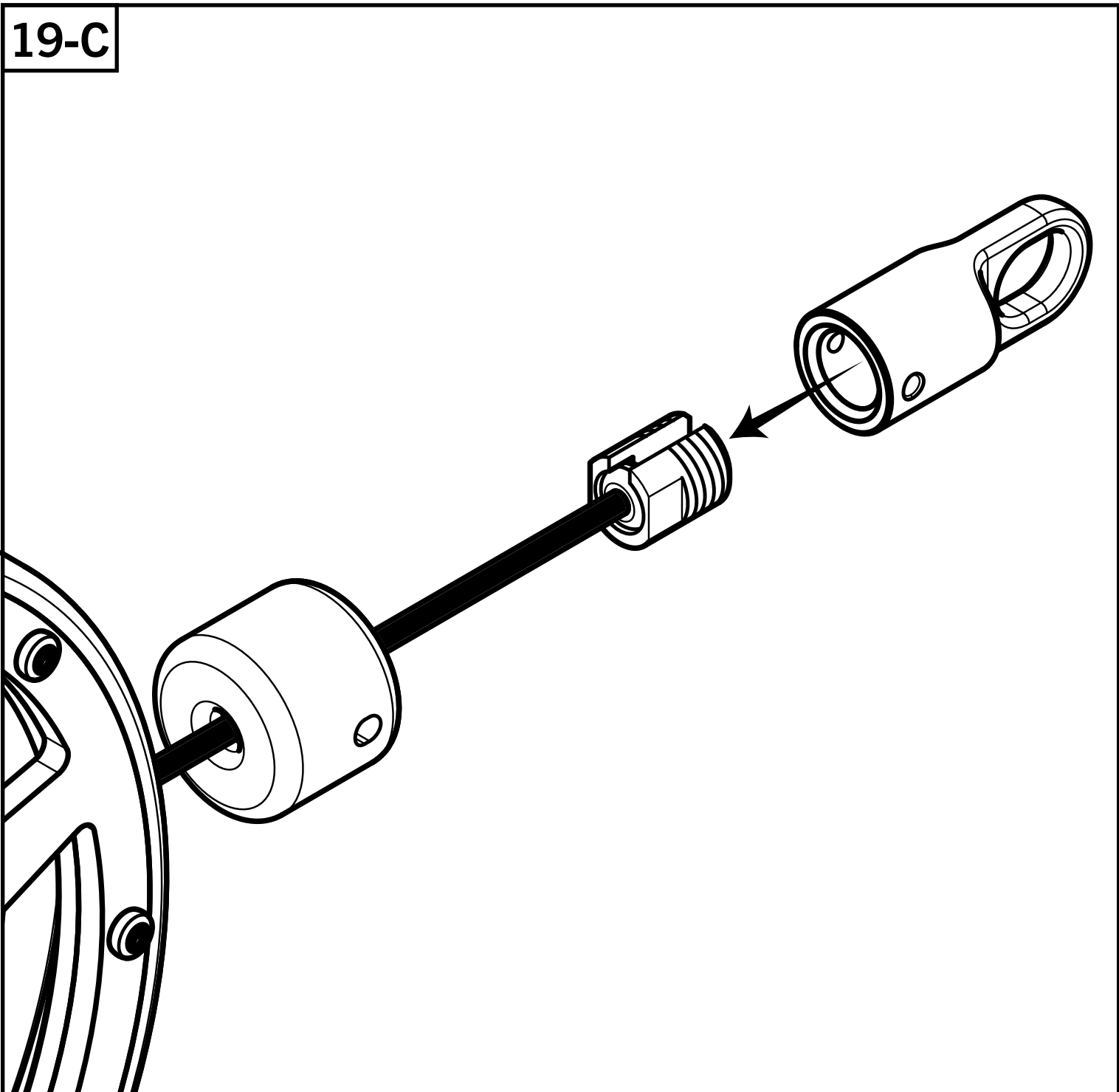
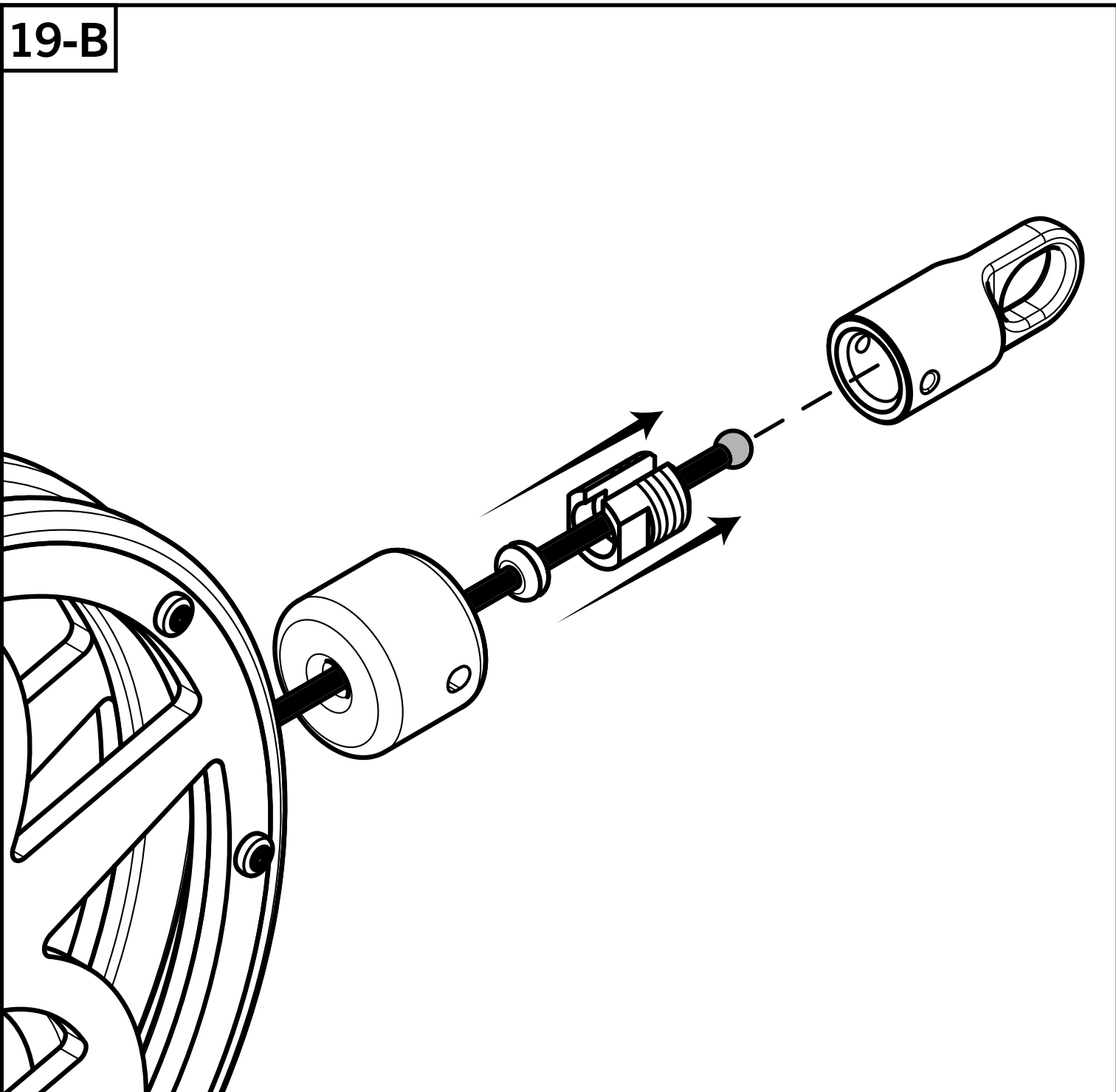
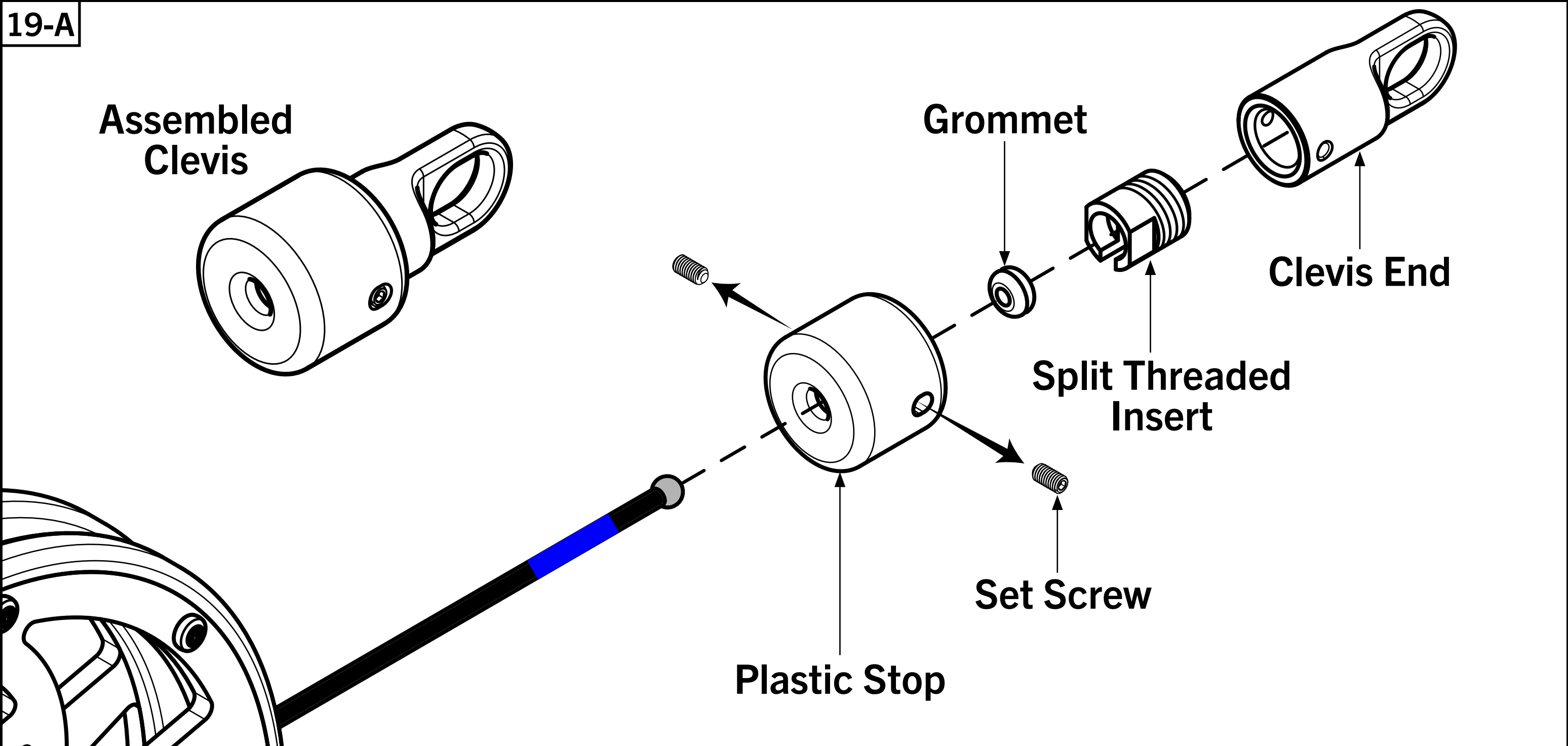


# STEP 19

## 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 **19-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.





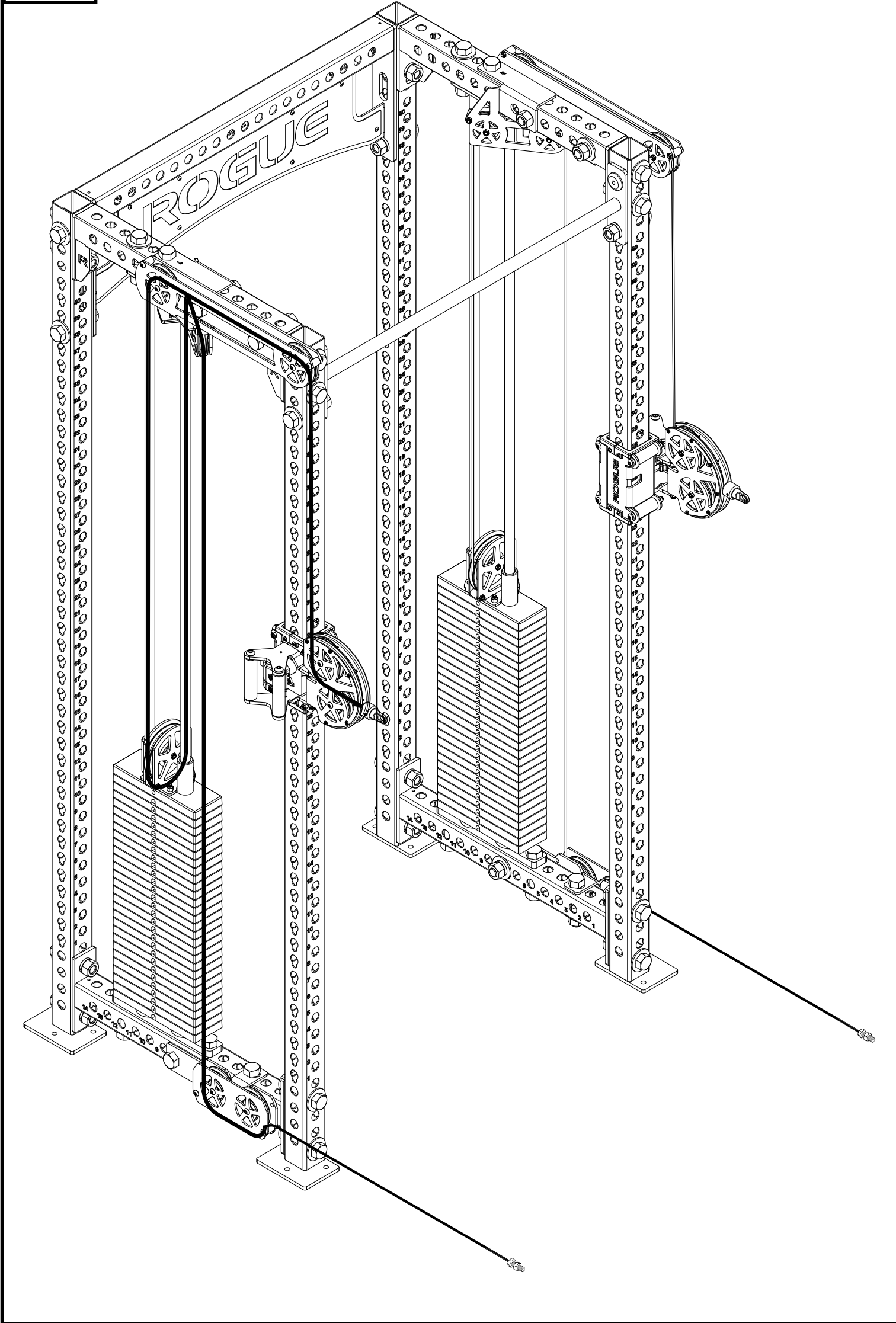
# STEP 20

Tools Required:

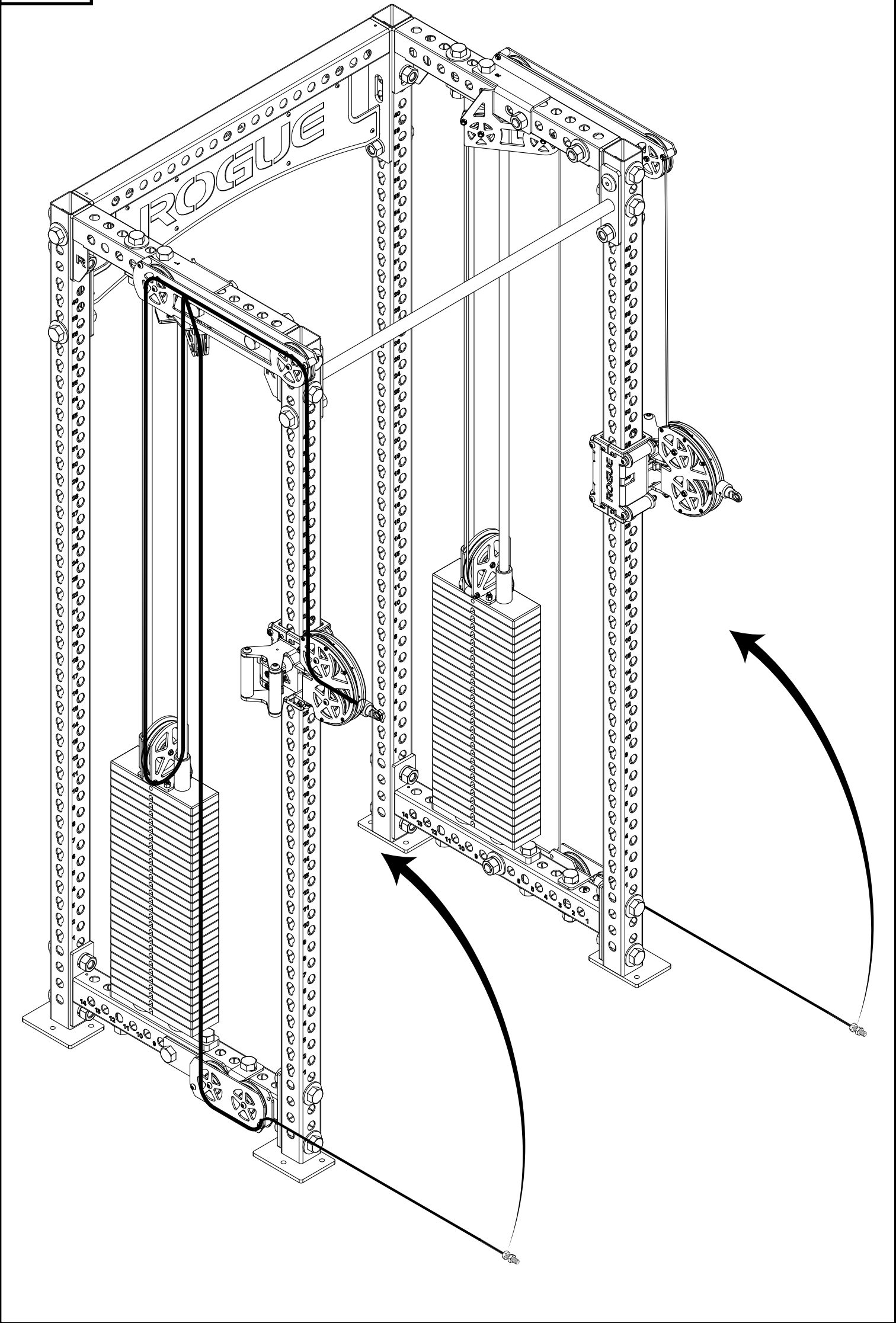
- All
- Follow **STEPS 16–19** again to assemble the remaining Trolley Cable (blue tag) on the **Left Hand side of rack**.
- Screw bolt ends of Trolley Cables [6] into stop block on back of Trolleys [7,8].
- Loosen the hex nut if needed to ensure approximately 1/2” of threads are showing between the bolt head and nut.
- Fully tighten the bottom bolt head.

- Tighten ALL loose hardware on the entire rack.
- 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].

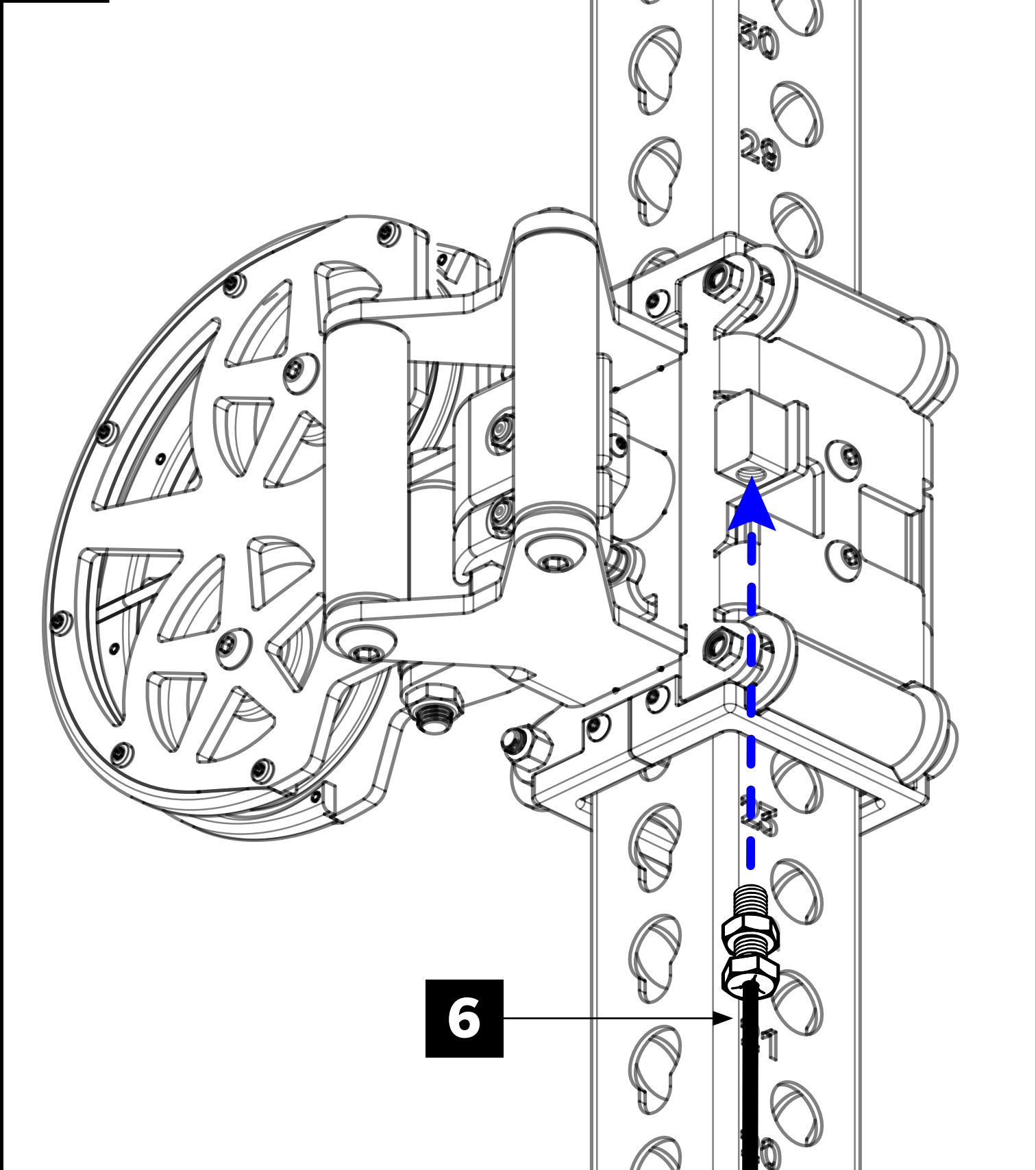
20-A



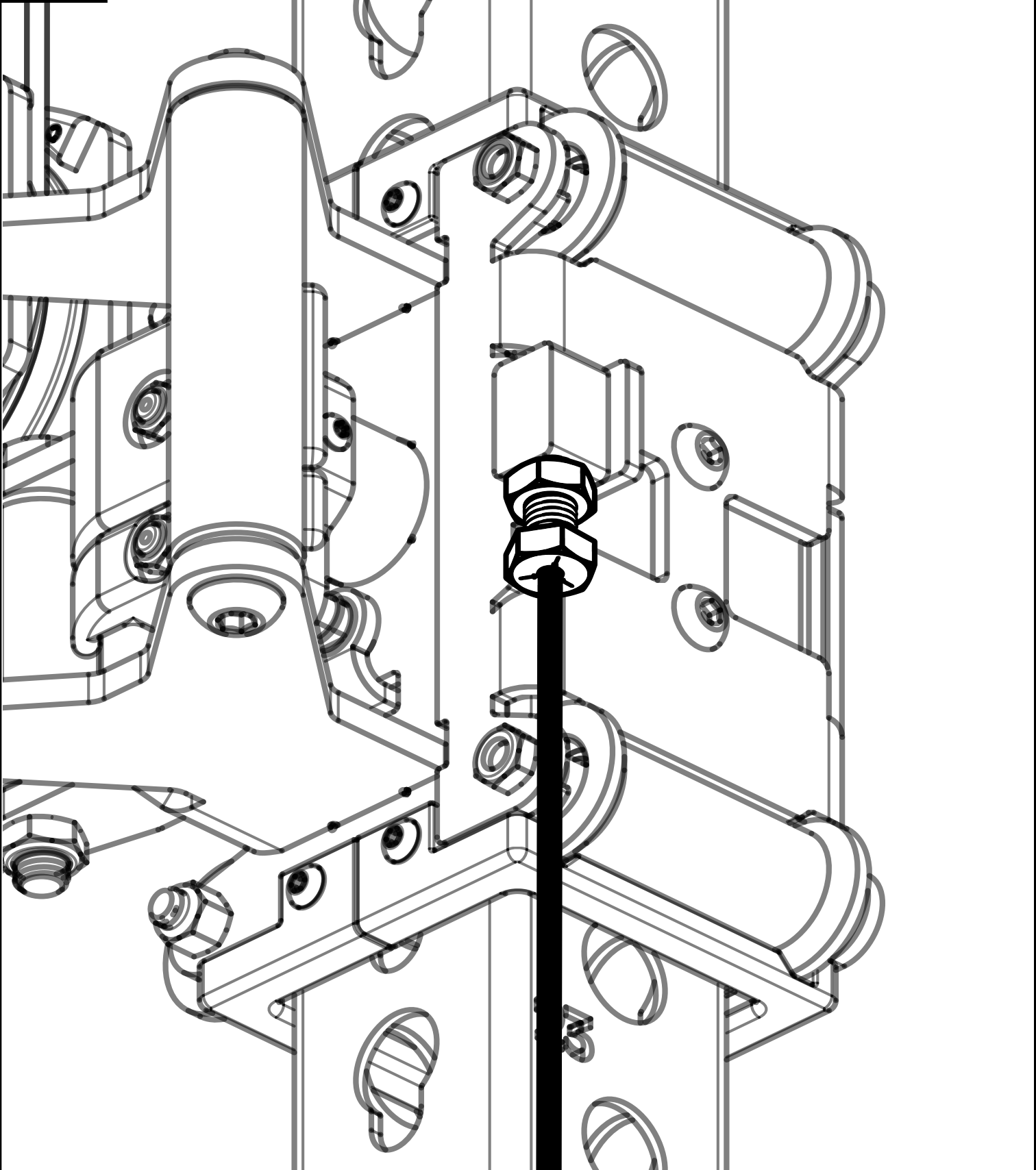
20-B



20-C



20-D

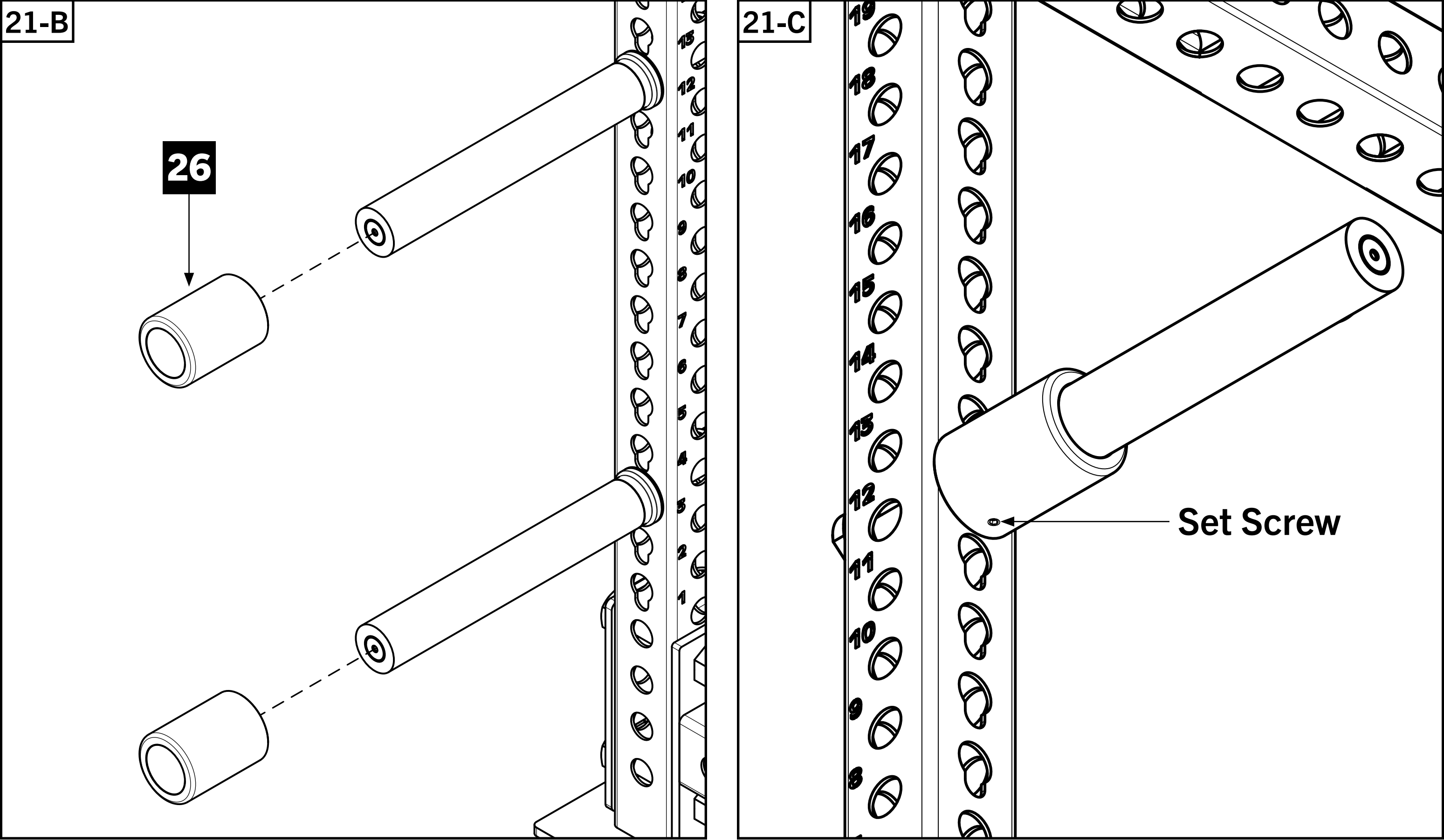
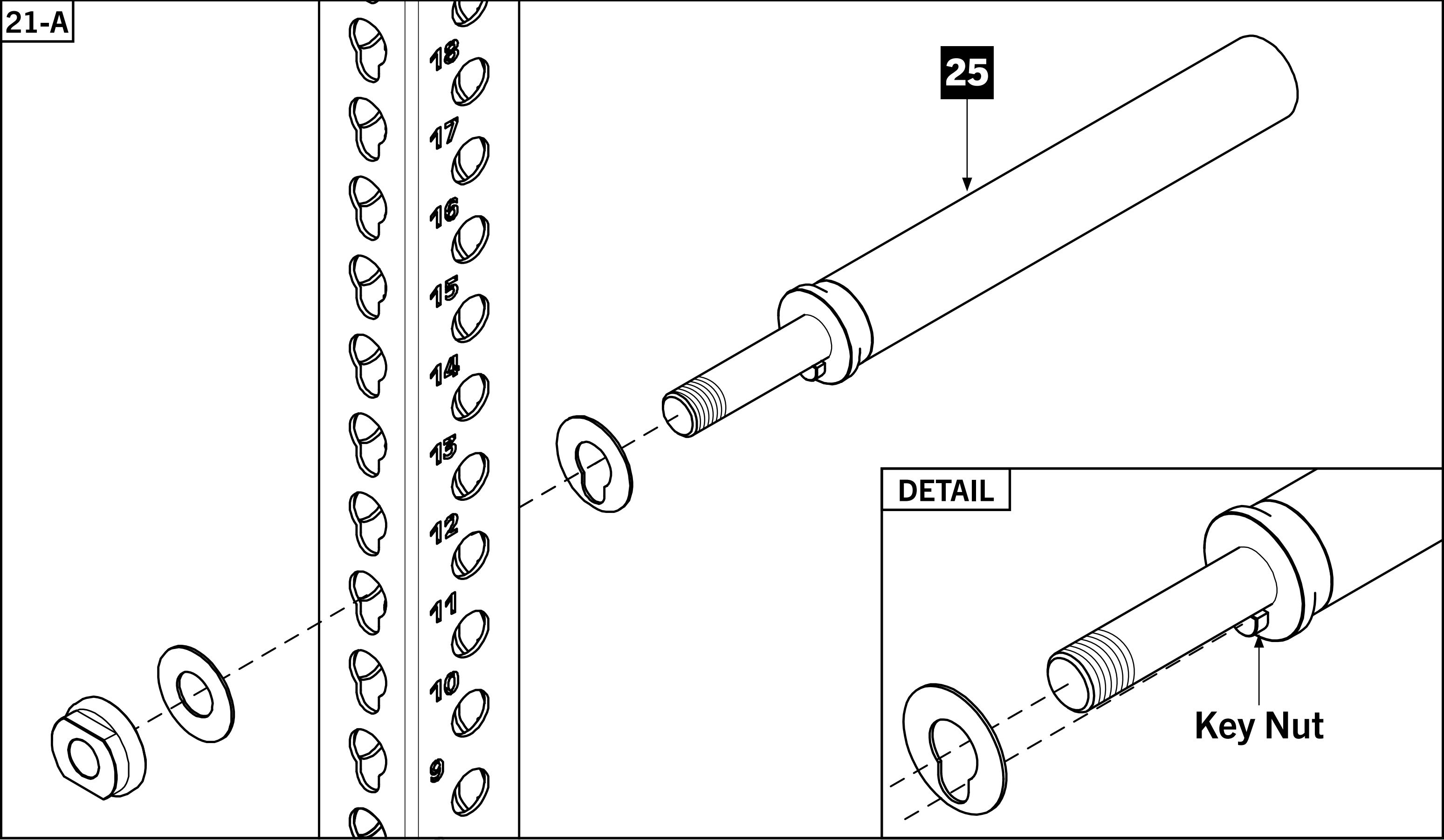
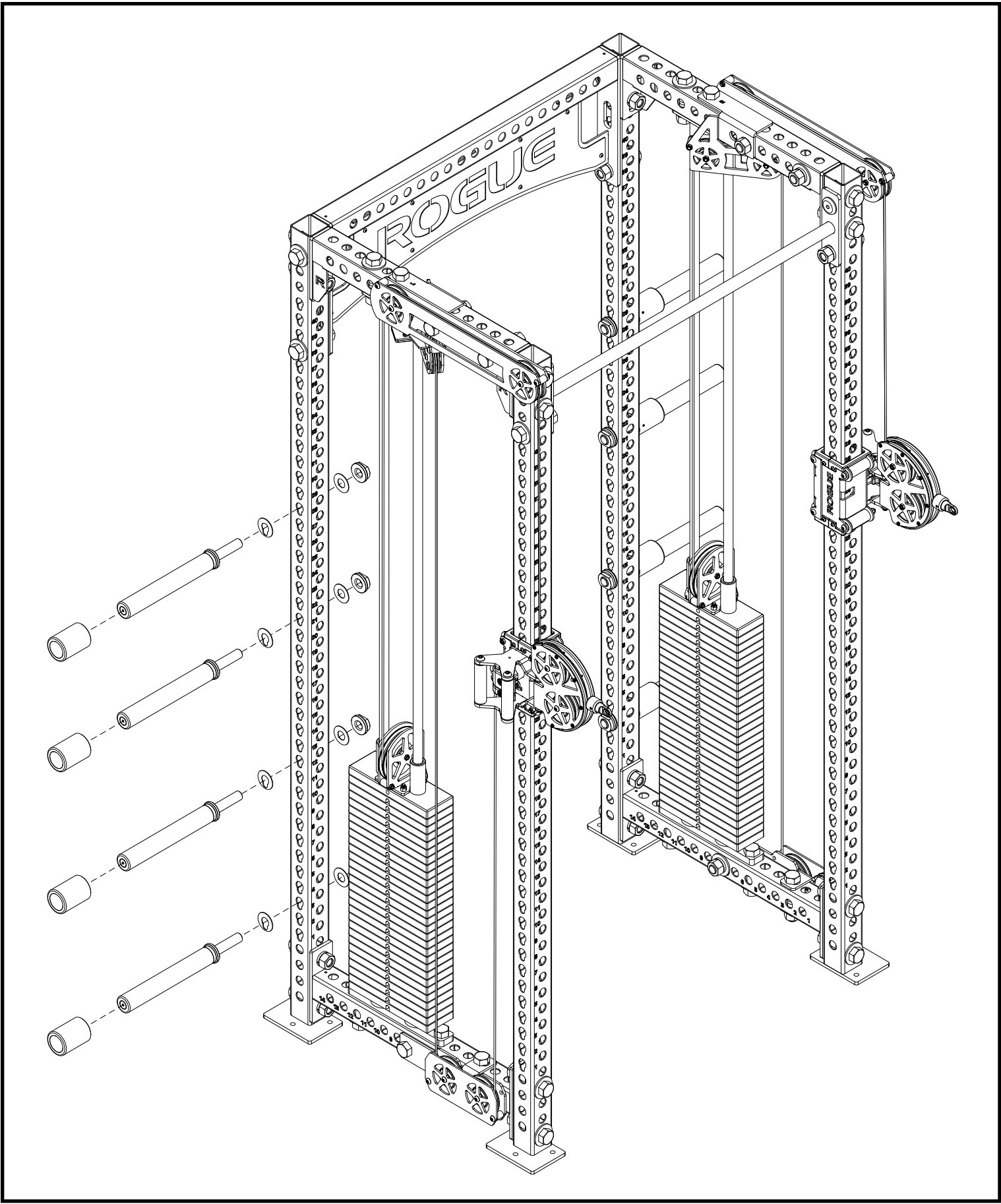




# STEP 21

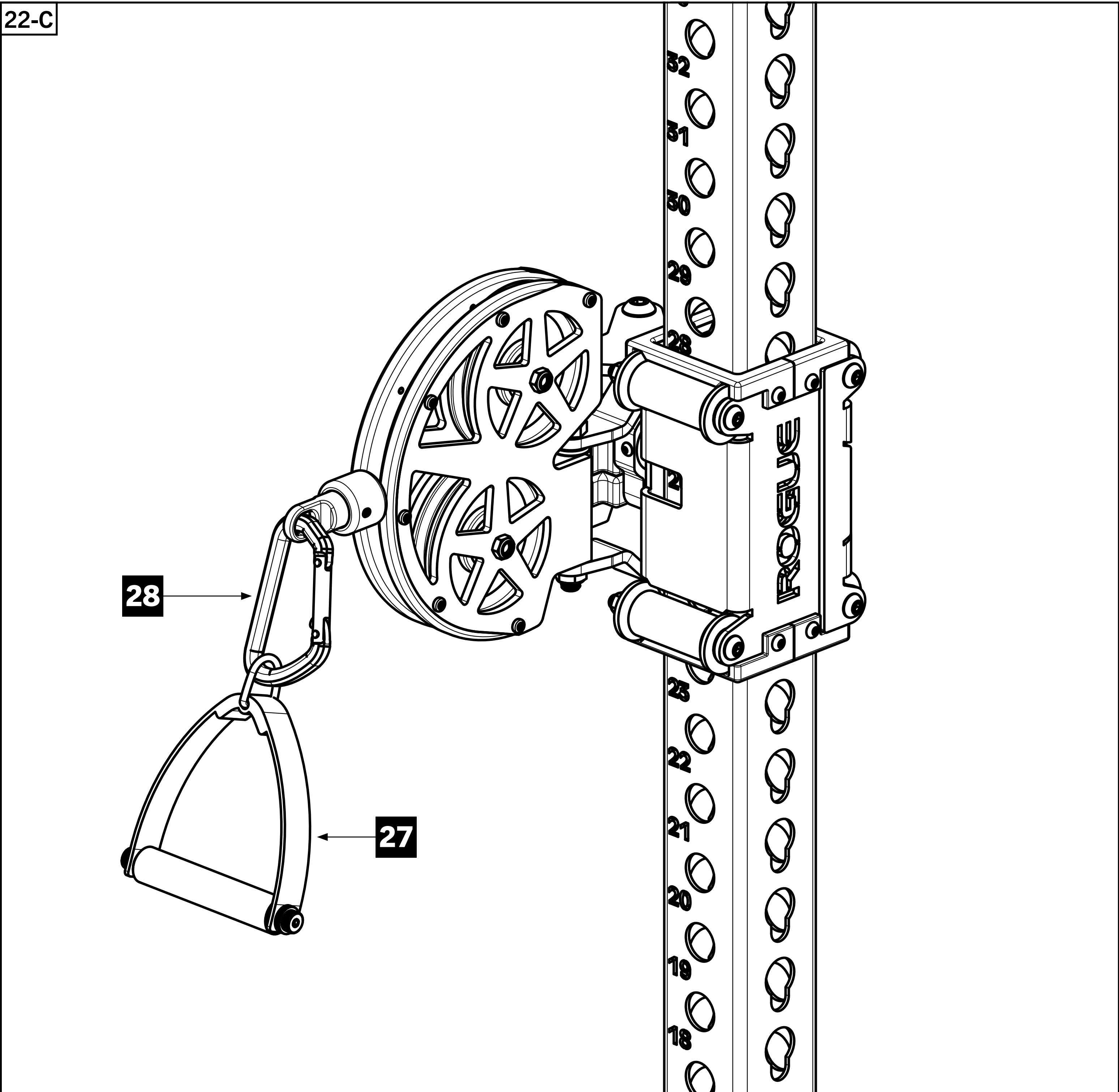
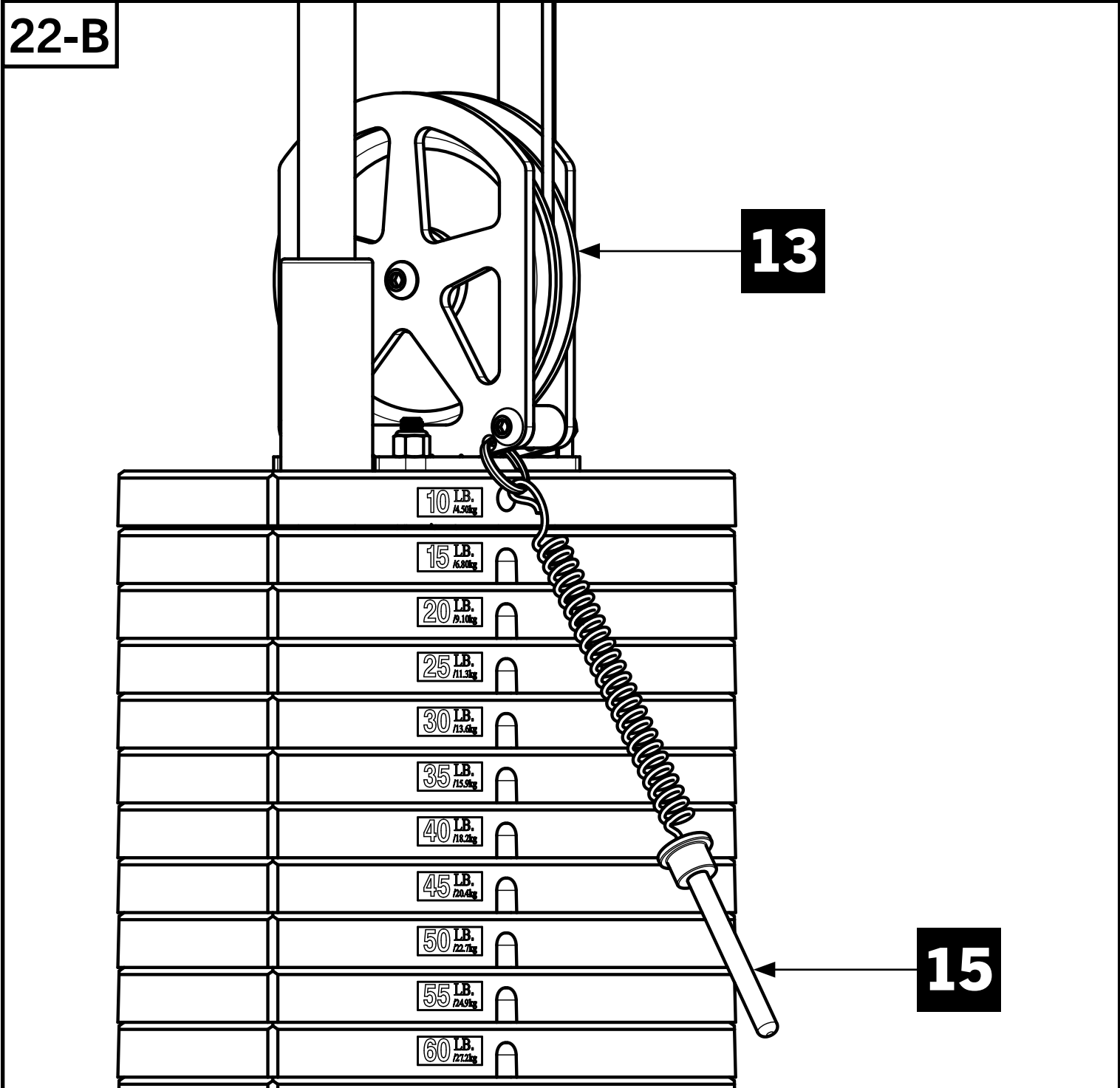
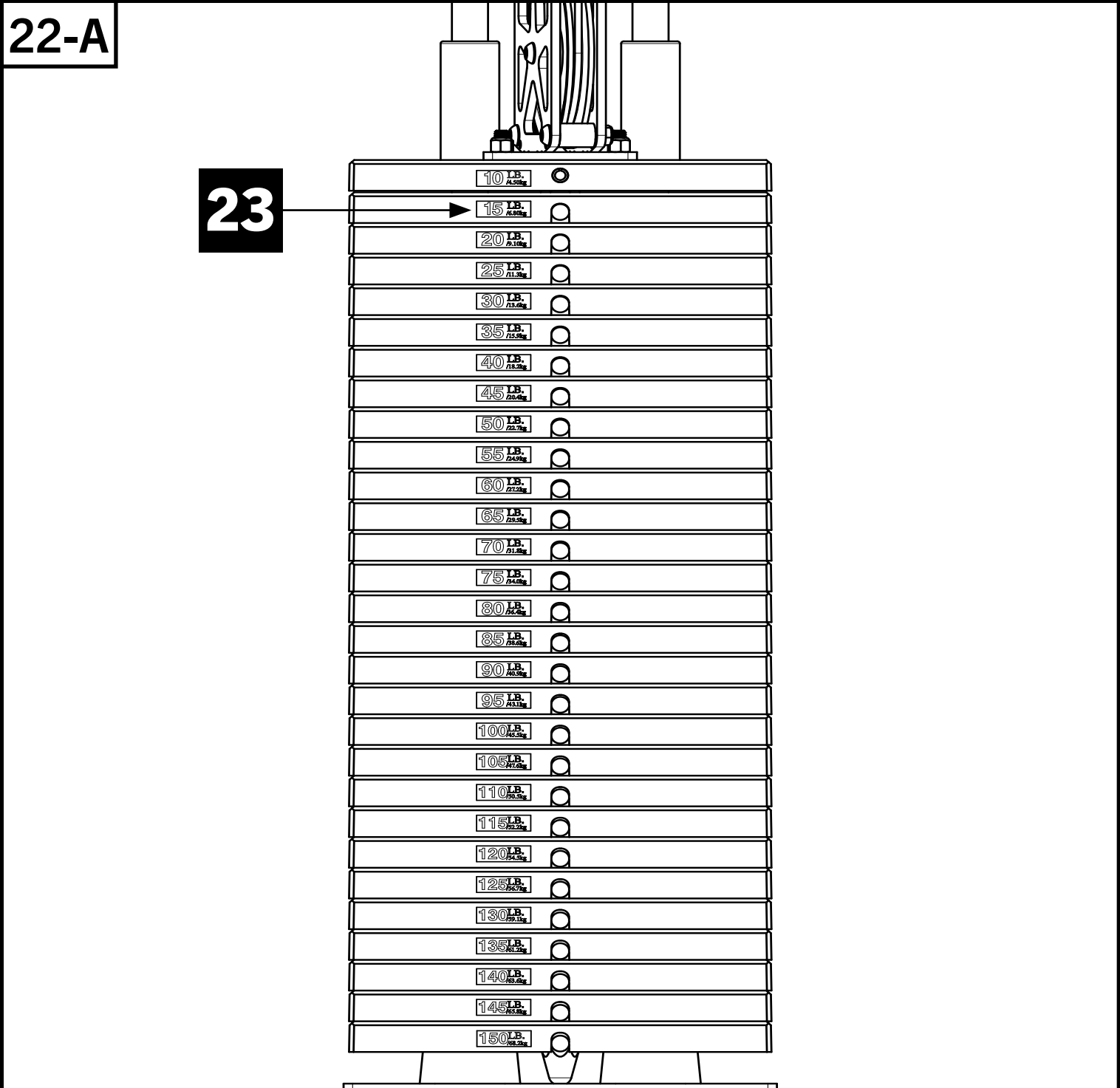
## Tools Required:

- 1-1/2” Wrench, 1/8” Allen Key
- If modifying existing rack with add-on kit, skip to **21-B**.
- Place Key Washer over the Key Nut on the Plate Storage Post shown in **Detail** view.
- Assemble Plate Storage Pins [25] on rear Monster Uprights at desired hole heights.
- Slide Plate Storage Spacers [26] all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in **21-C**.
- Fully tighten set screws using 1/8” Allen Key.



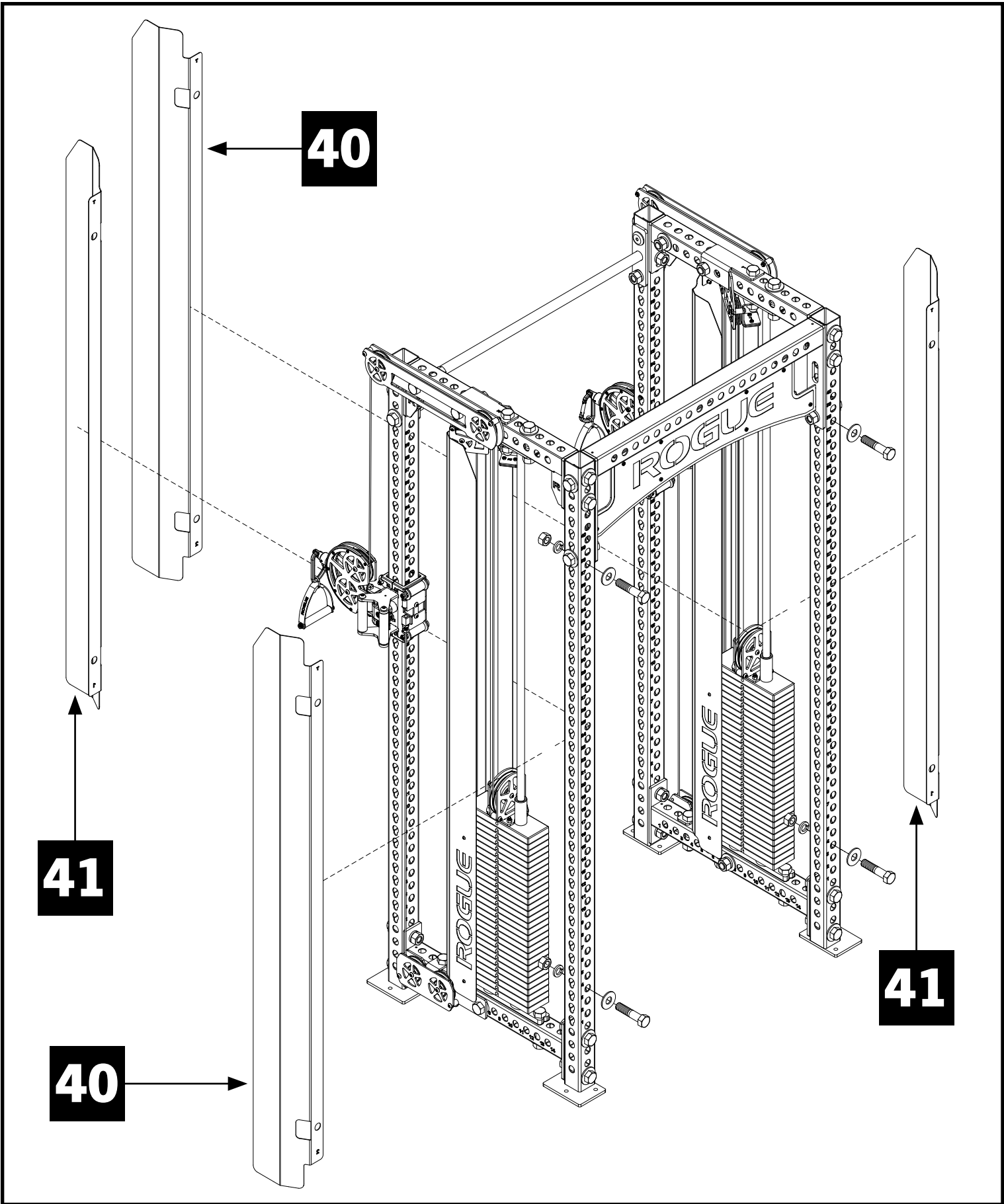
# STEP 22

- Apply the “Effective Weight” Number Labels on the front of the Weight Stack Plates, approximately 3.5” from the edge of plate.
- The existing 20lb label on the top plate should be replaced with the 10lb.
- Attach key ring on Selector Pin Lanyard [15] to front hole on pulley plate of the Weight Stack Stem [13].
- Attach Single Handle Attachments [27] to Swivel Trolleys using included Carabiners.

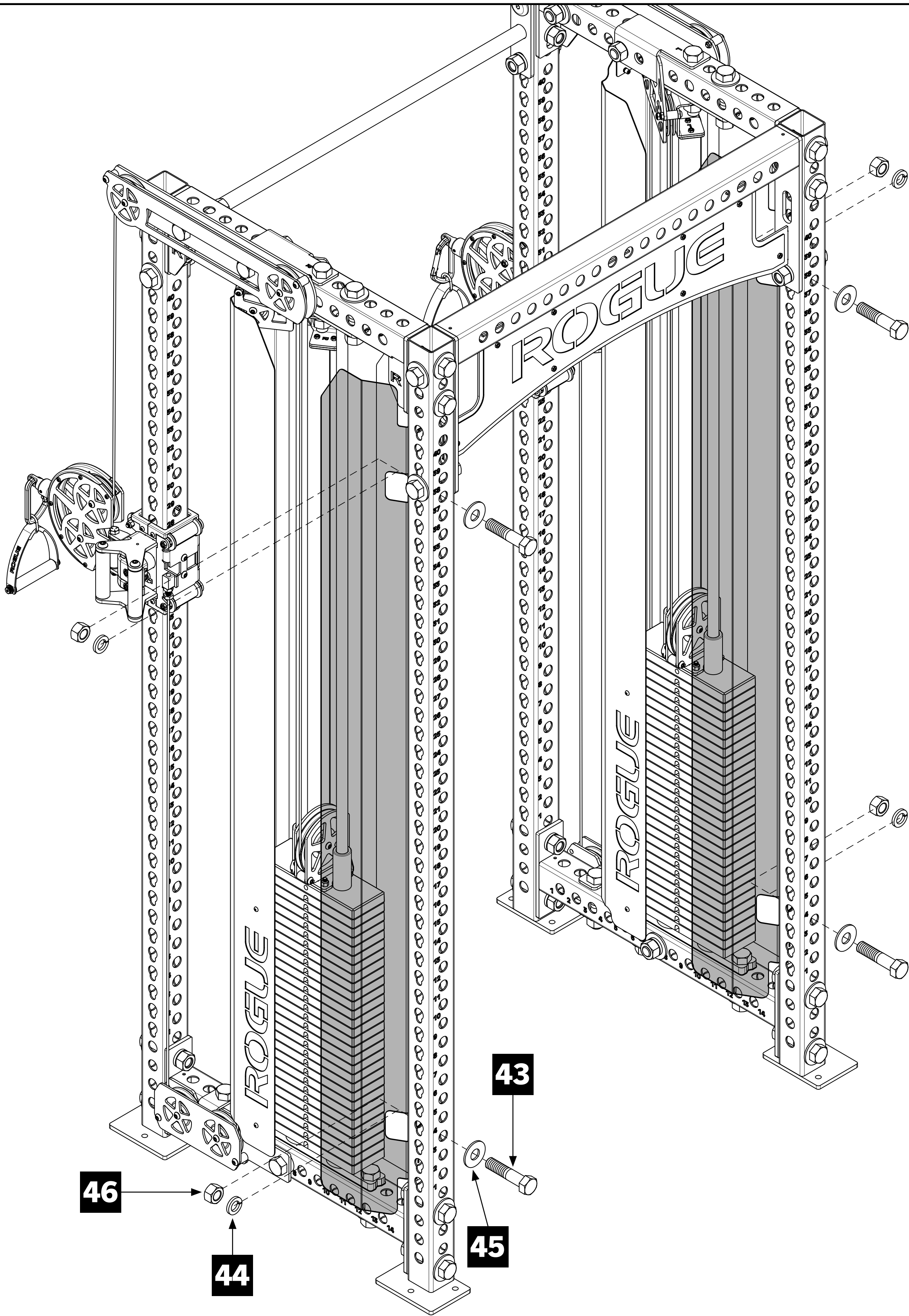


# STEP 23 (SHROUD ASSEMBLY)

- Attach Weight Stack Rear Shroud - RH [40] and Weight Stack Rear Shroud - LH [41] on rear uprights by placing 1" Lock Washers [45] and 1" Hex Nuts [46] through window cutouts on shrouds and secure using 1" Flat Washers [44] and 1" x 4-3/4" Hex Bolts [43].



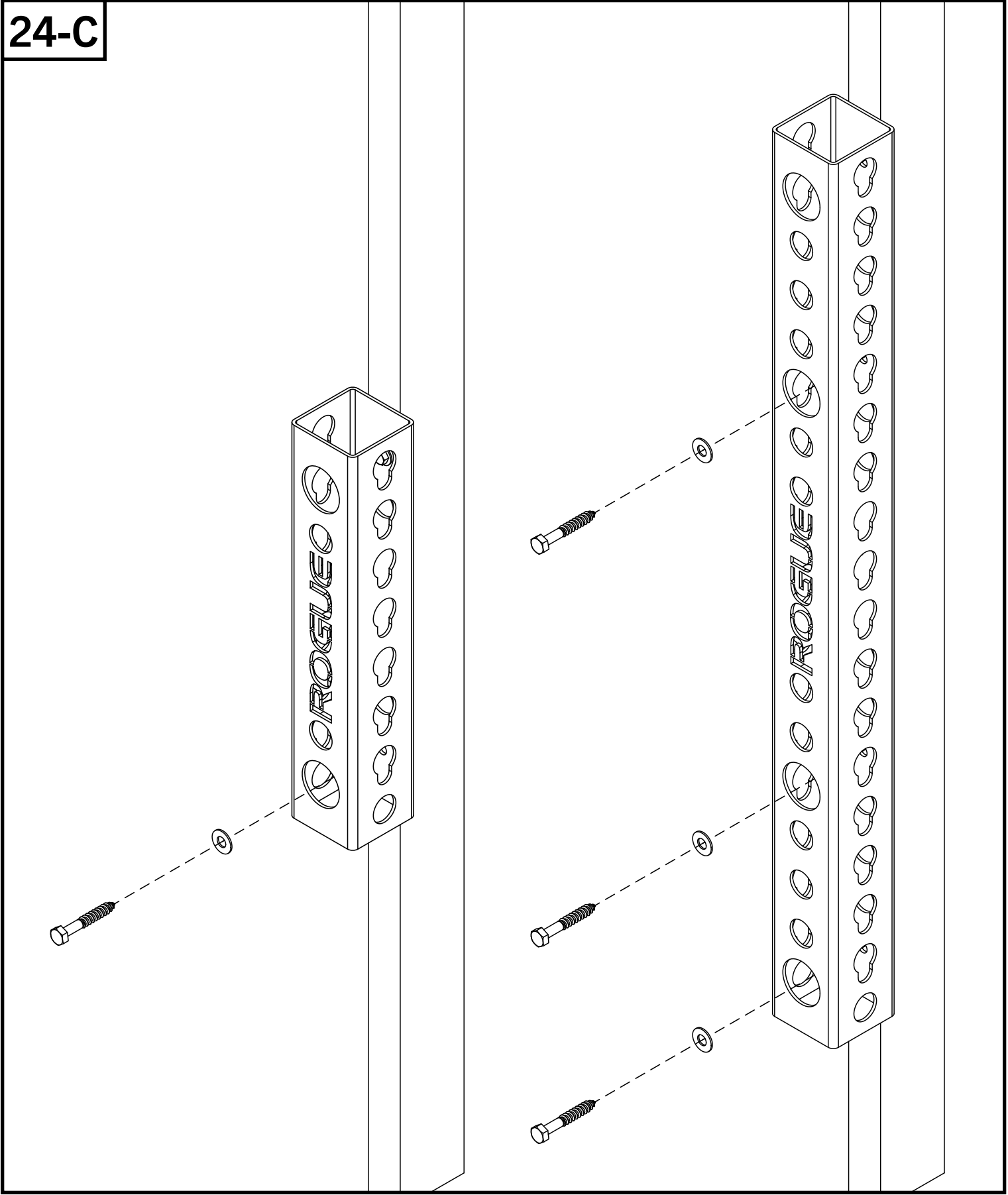
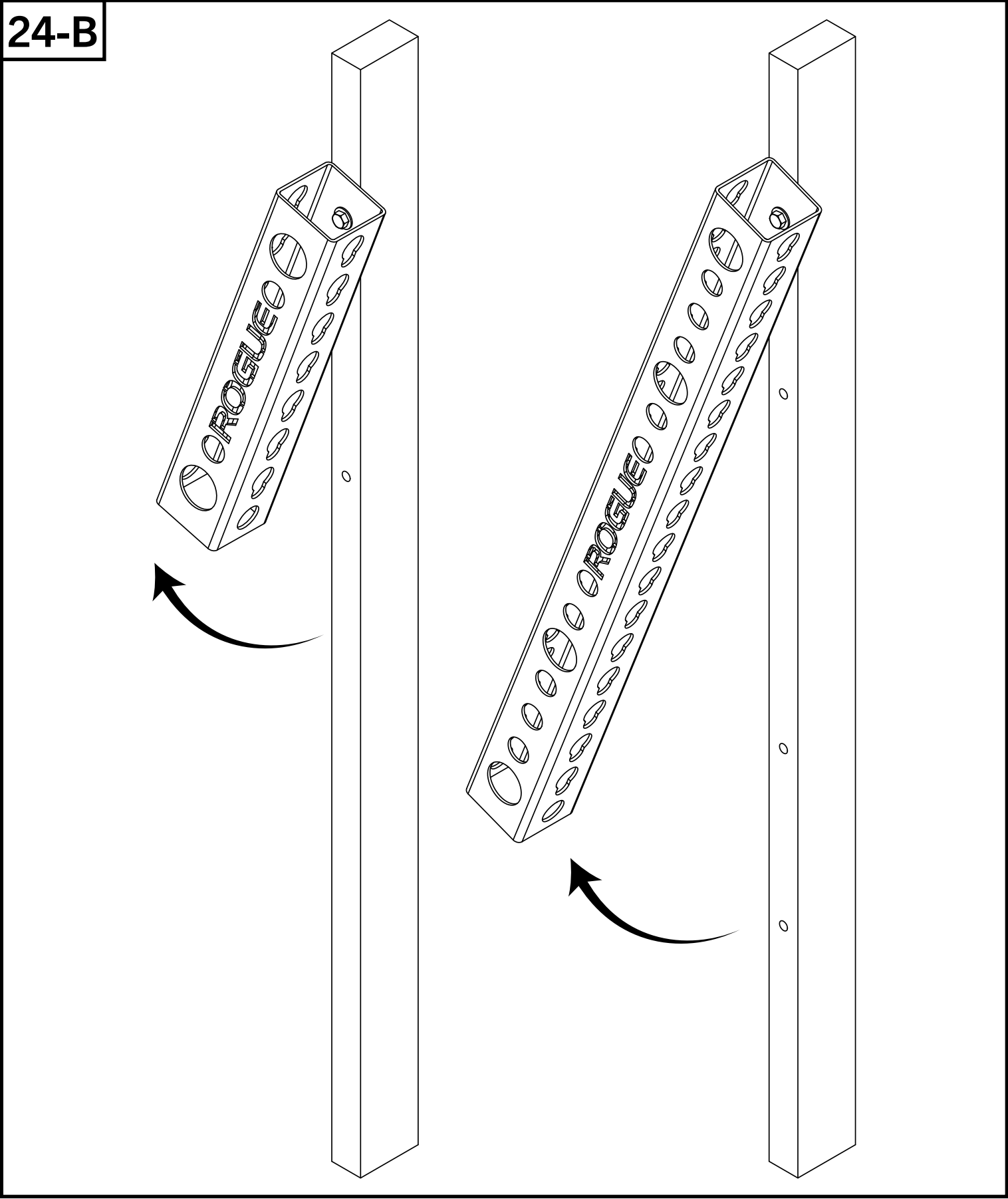
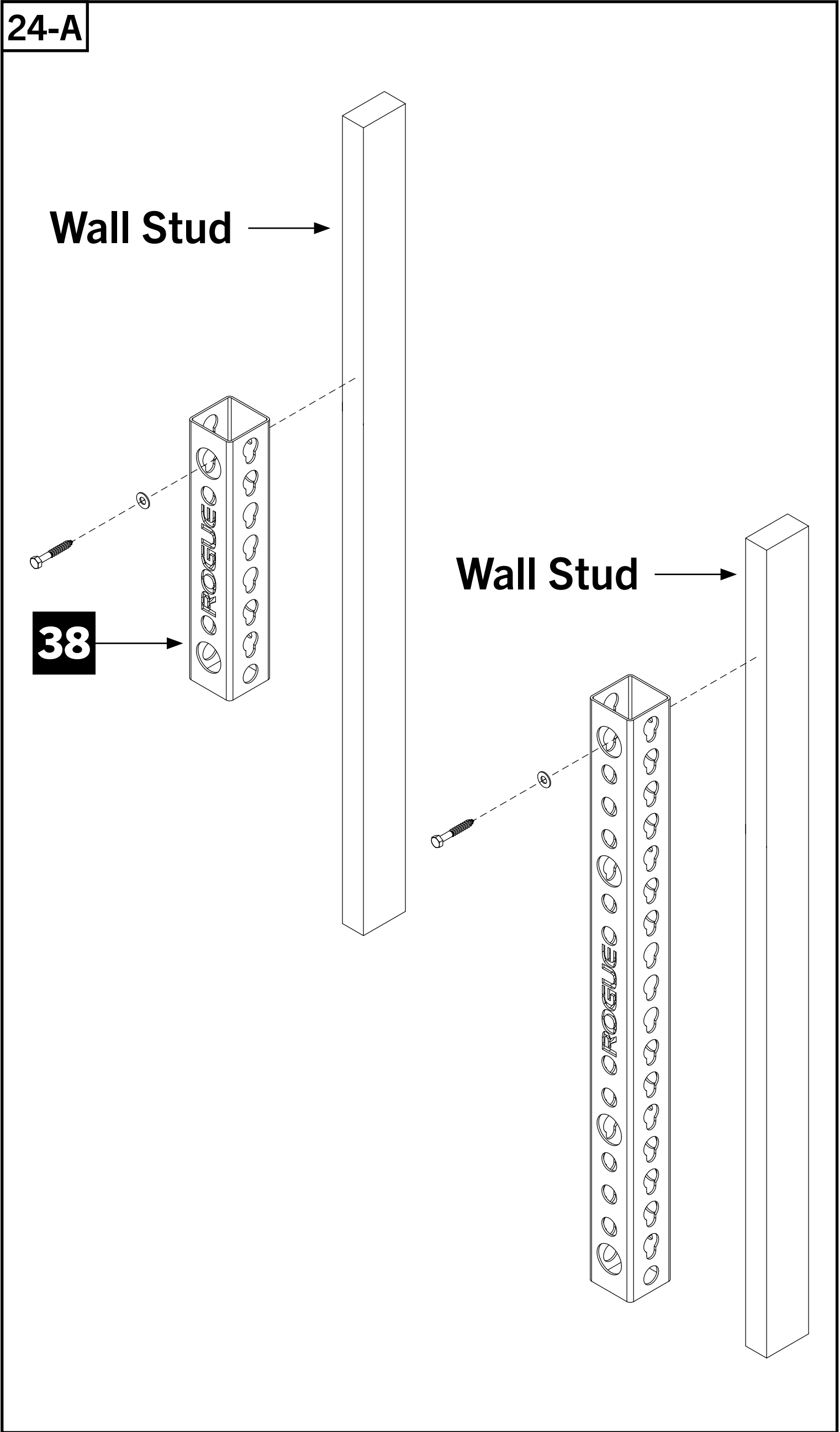
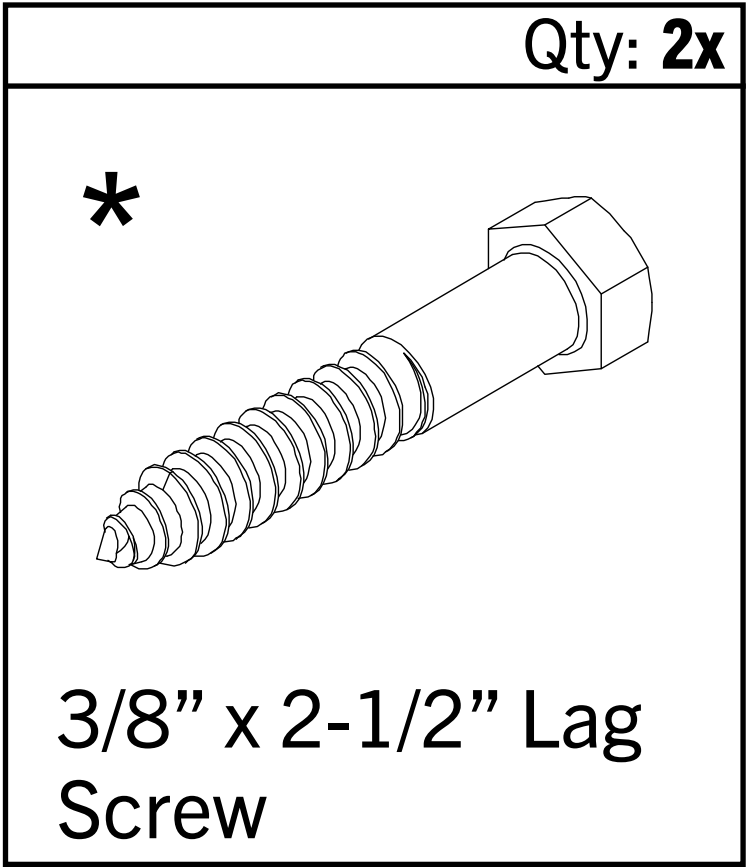
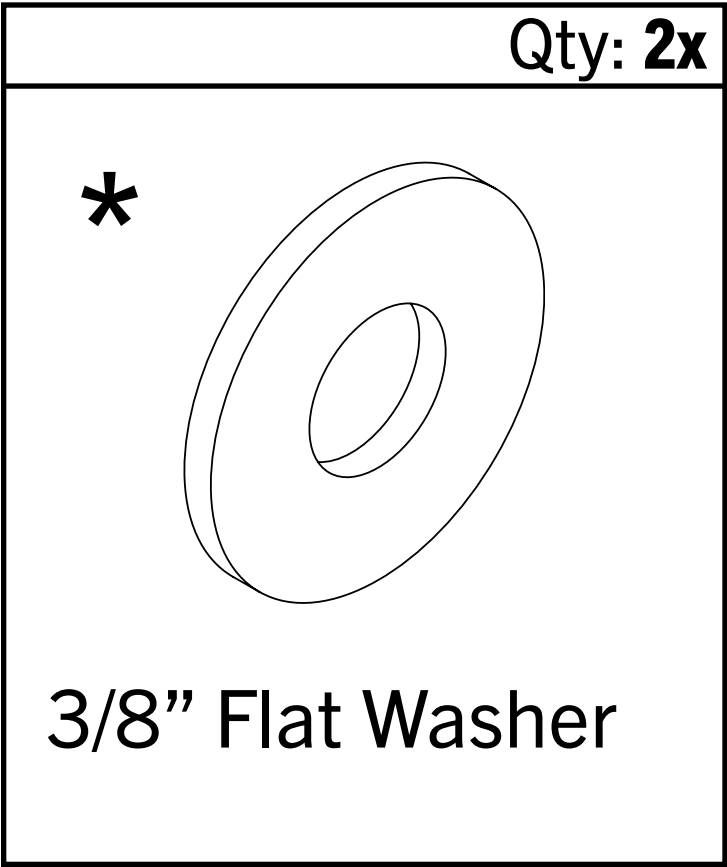
23-A





# INCLUDED MONSTER STRIP

- \*Hardware and tools not included for installing Monster Strips [38].
- 3/8” x 2-1/2” Wood Lag Screws and 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 remaining holes.
- Hold strip to the side as shown in **24-B** and drill pilot holes in the 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.



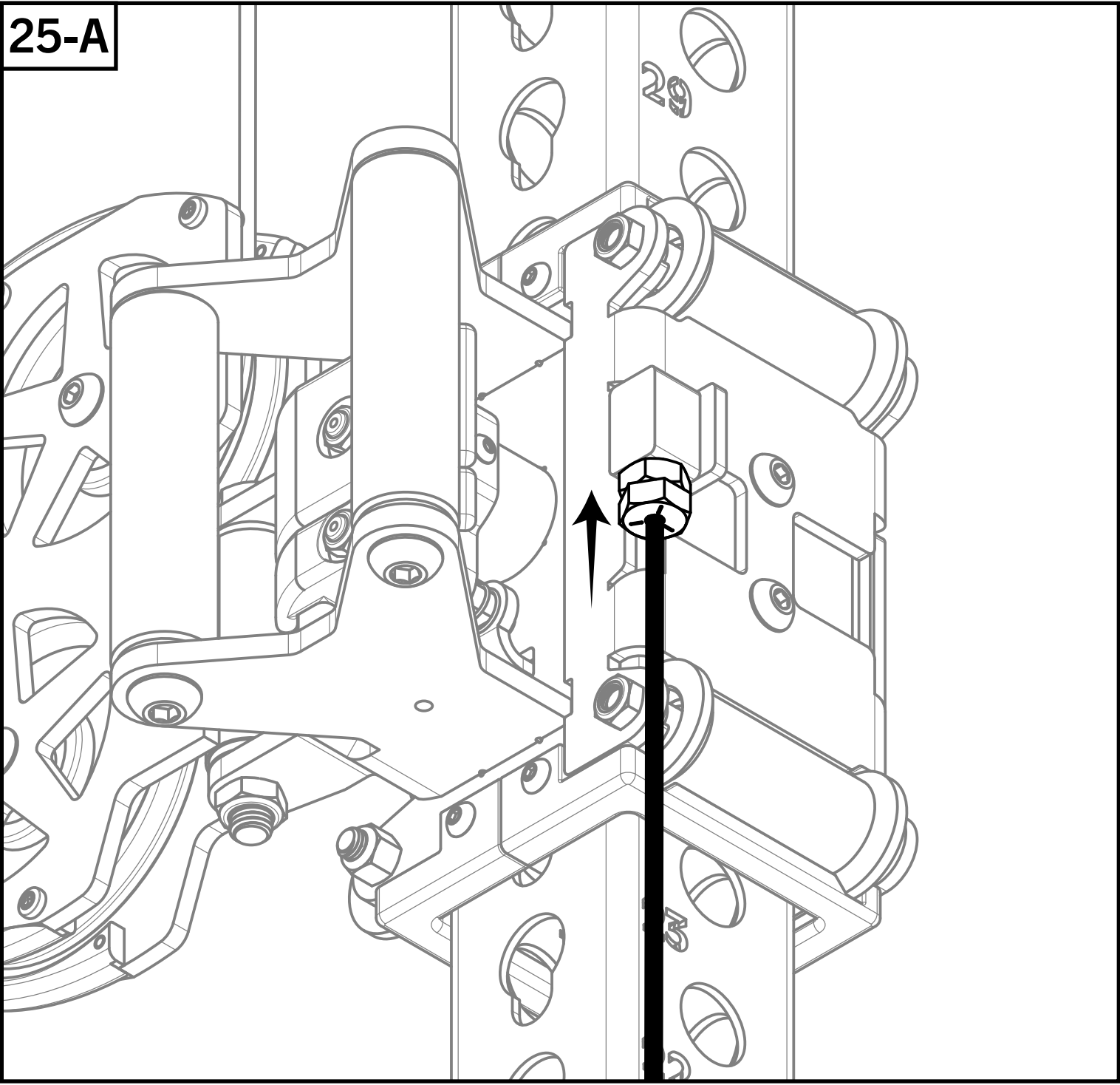
# CABLE MAINTENANCE

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.







**ROGUE**



**SCAN FOR  
INSTRUCTIONS**



**IRON GAME  
PROGRAMMING**

**IS0622-4**