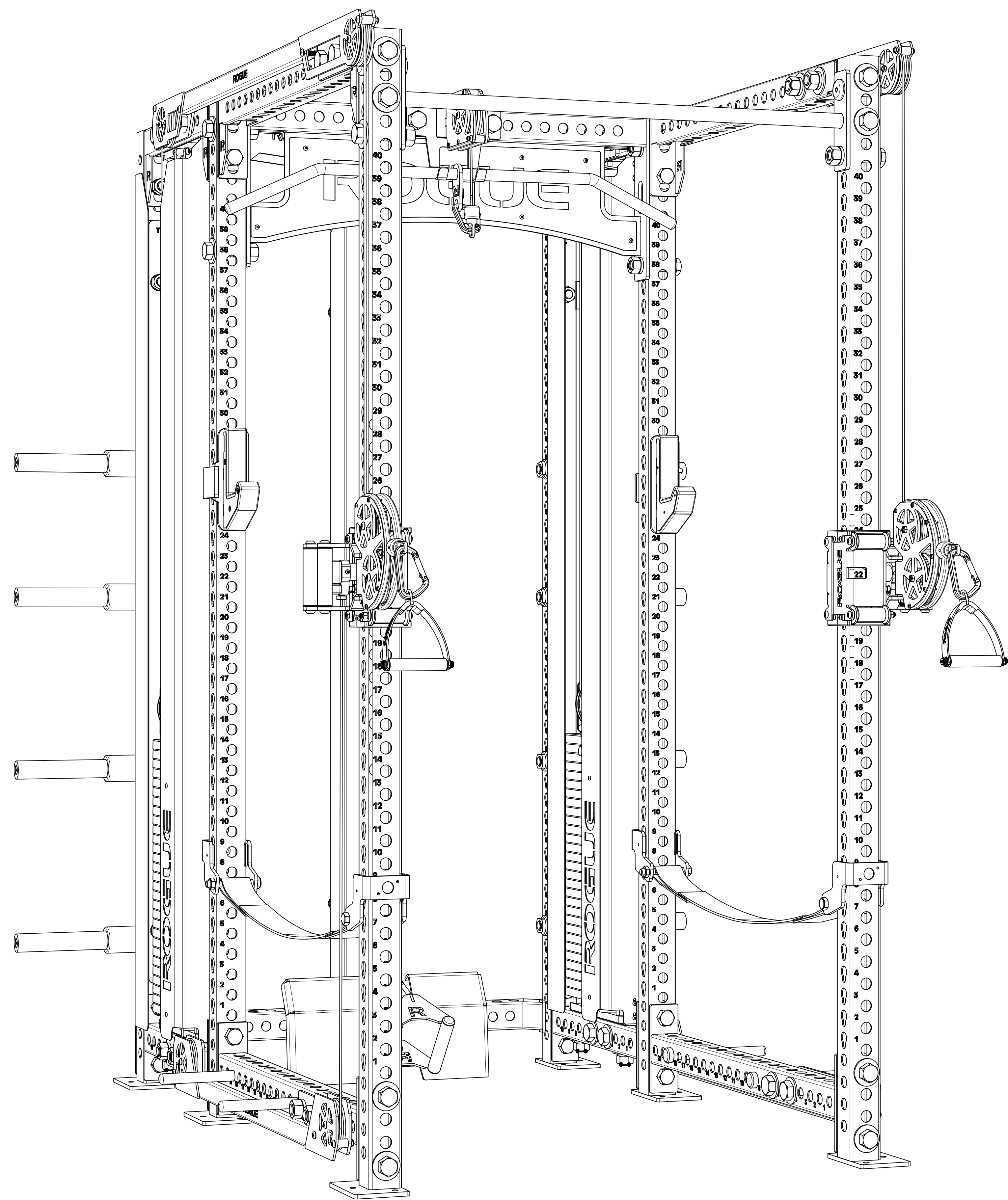


# ROGUE<sup>®</sup>

# FM-6 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:

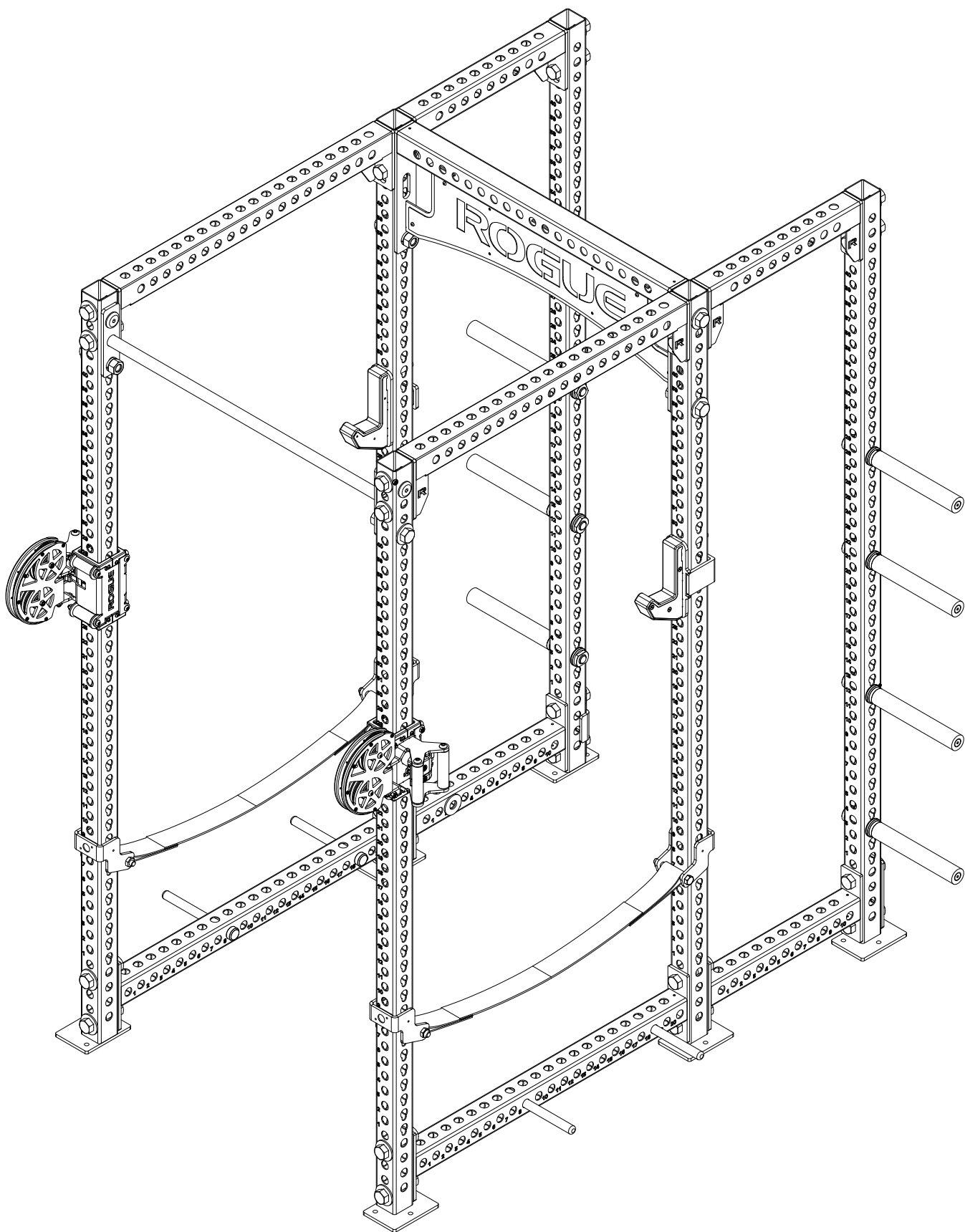
**THIS RACK MUST BE BOLTED TO THE FLOOR BEFORE USE. MINIMUM TWO PEOPLE REQUIRED FOR SAFE ASSEMBLY. MISUSE OF THIS RACK CAN RESULT IN SEVERE INJURY.**

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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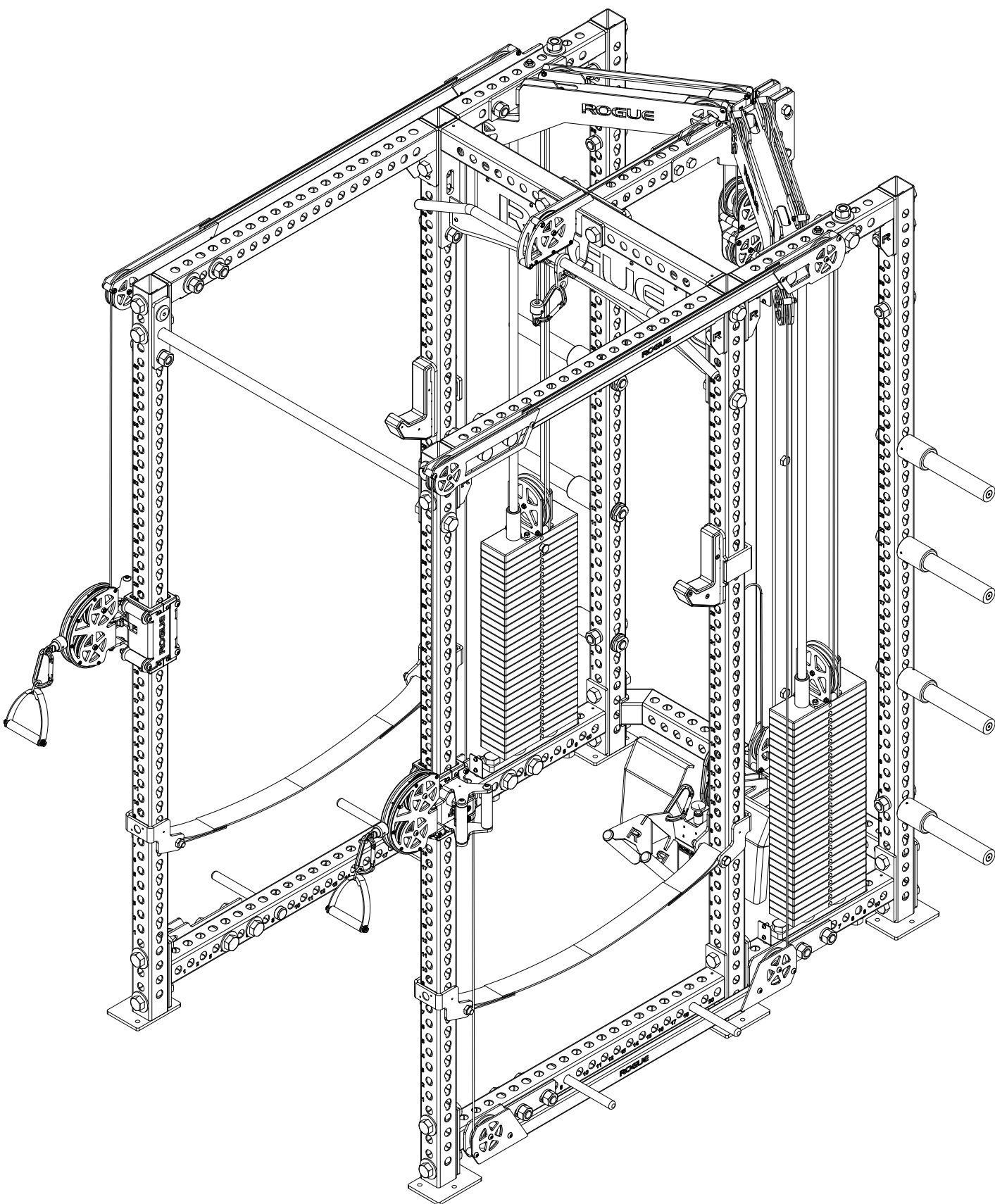
## RM-6 RACK

|                     |    |
|---------------------|----|
| Included Tools..... | 3  |
| Included Parts..... | 4  |
| Assembly.....       | 14 |



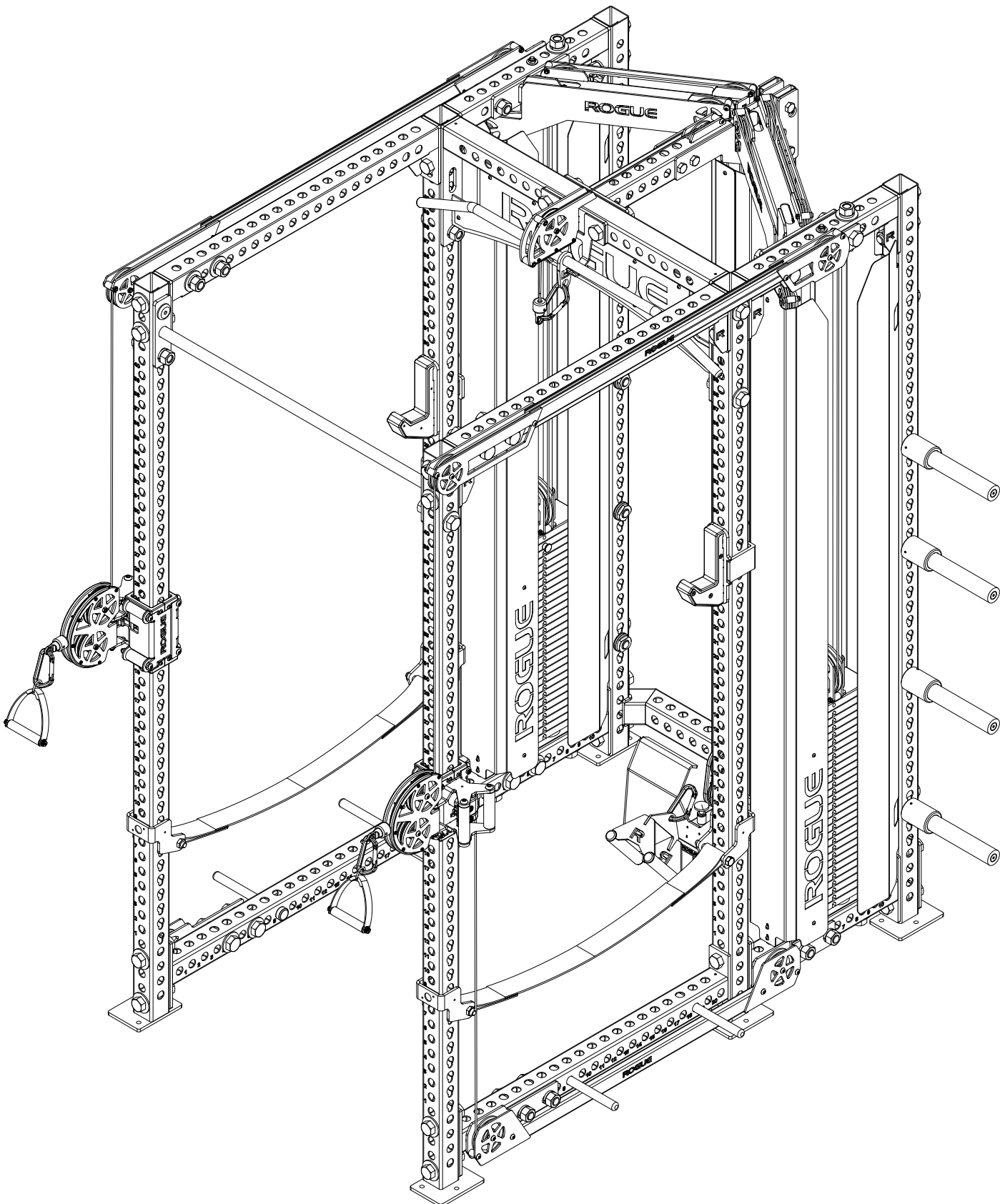
## FM-6 ADD-ON KIT

|                     |    |
|---------------------|----|
| Included Tools..... | 3  |
| Included Parts..... | 6  |
| Assembly.....       | 18 |



## FM-6 SHROUD KIT

|                     |    |
|---------------------|----|
| Included Tools..... | 3  |
| Included Parts..... | 11 |
| Assembly.....       | 46 |



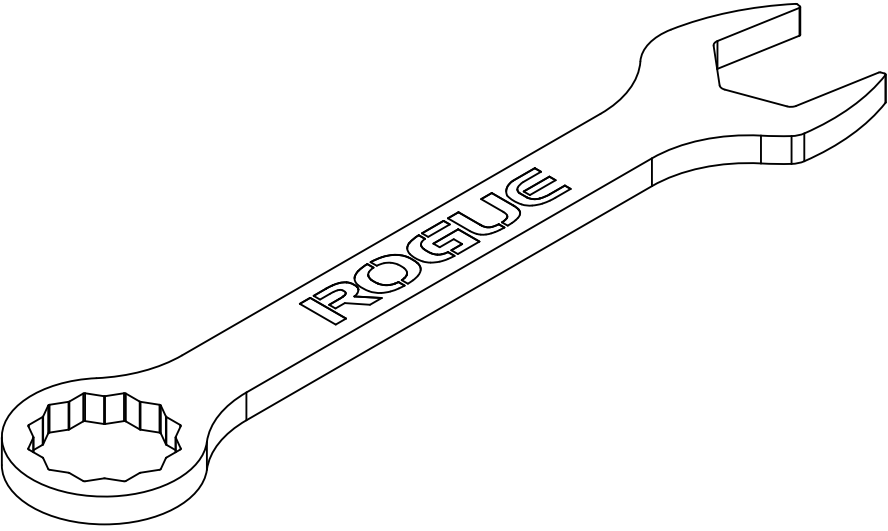


# INCLUDED TOOLS

Note: Images not shown at scale

1

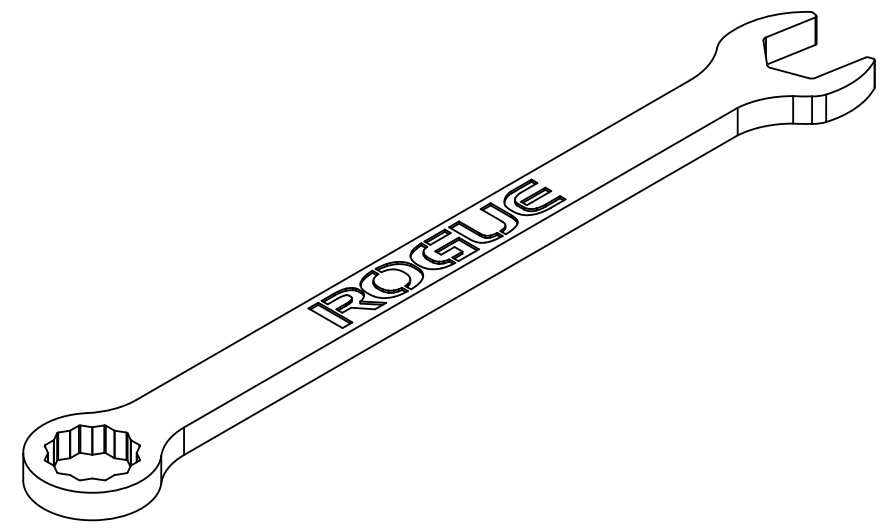
Qty: 2x



1-1/2" Wrench

2

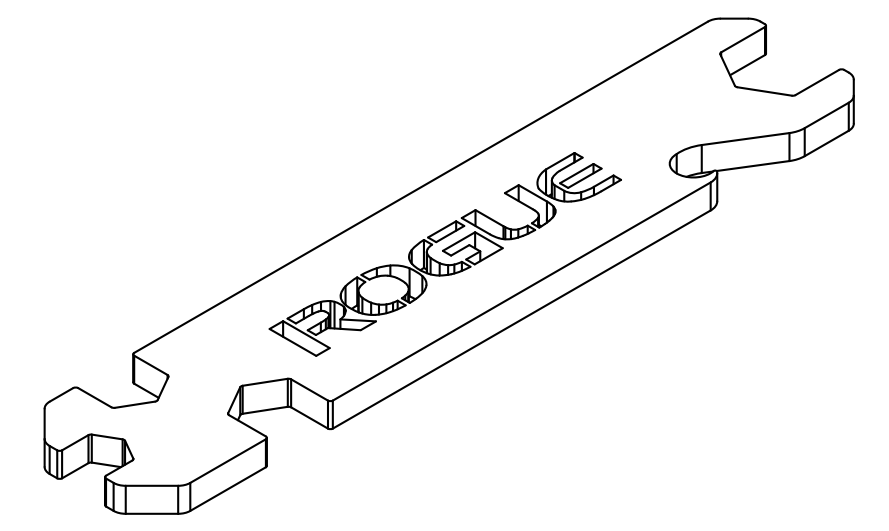
Qty: 2x



15/16" Wrench

3

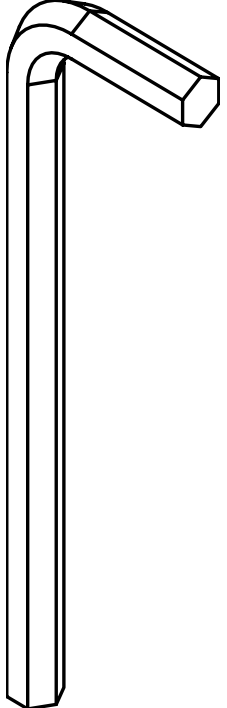
Qty: 1x



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

4

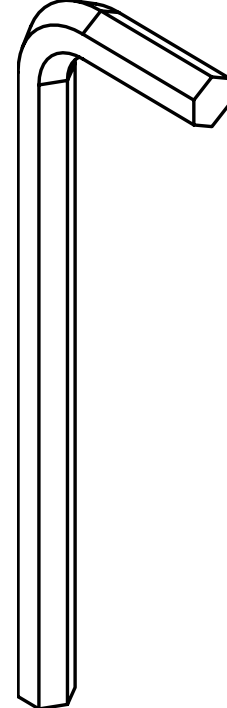
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3/8" Allen Key

5

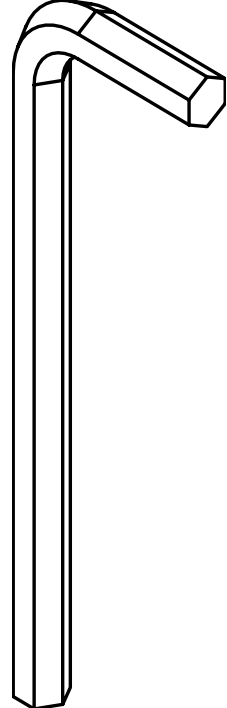
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5/16" Allen Key

6

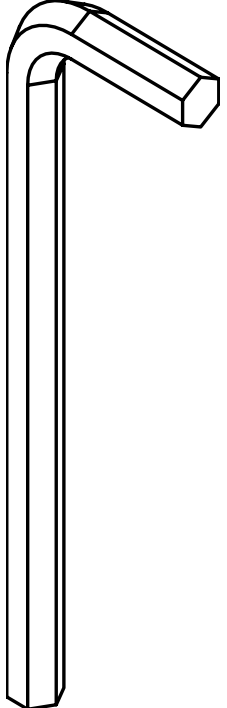
Qty: 1x



7/32" Allen Key

7

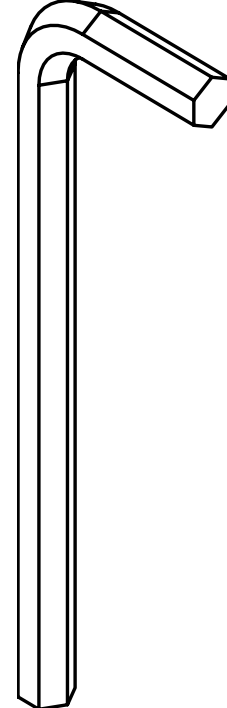
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5/32" Allen Key

8

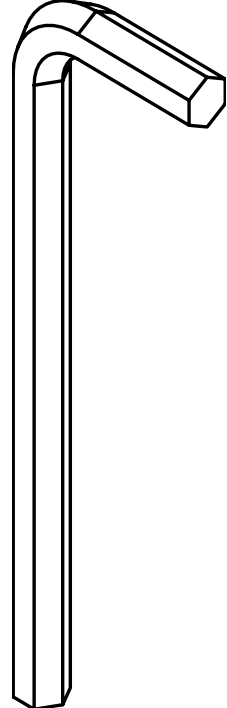
Qty: 1x



1/8" Allen Key

9

Qty: 1x



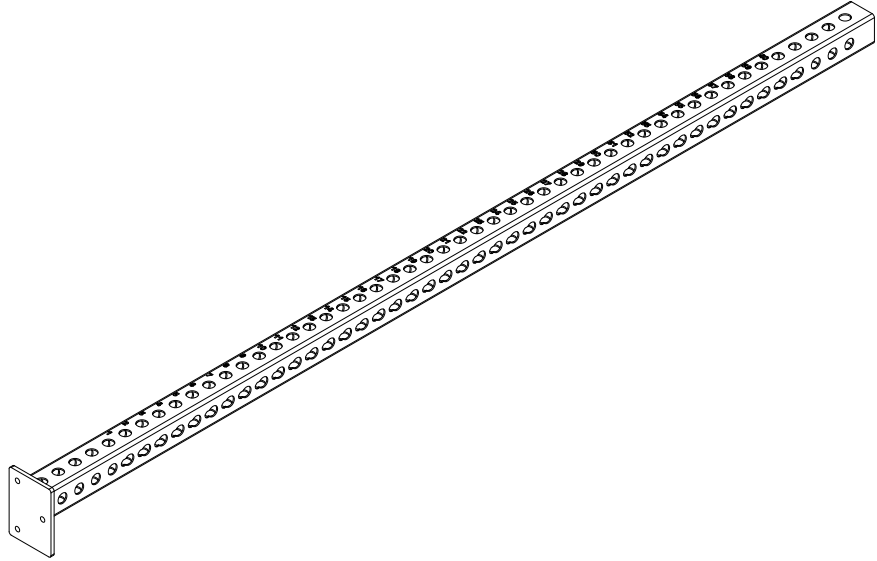
3/32" Allen Key

# INCLUDED PARTS: RM-6 FULL RACK

Note: Images not shown at scale.

1

Qty: 6x

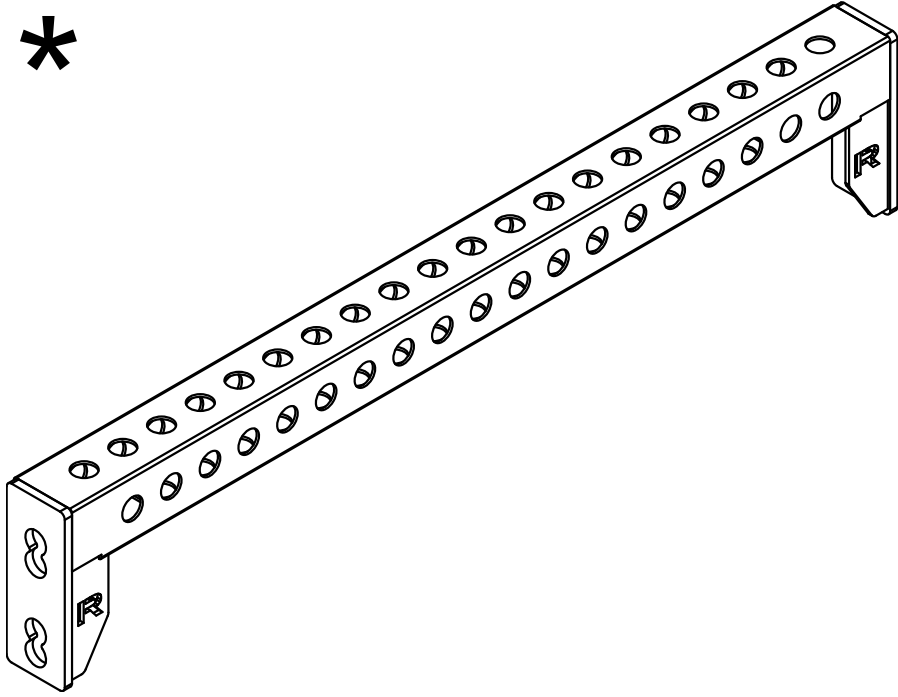


90" or 100" Monster Upright

2

Qty: 2x

\*

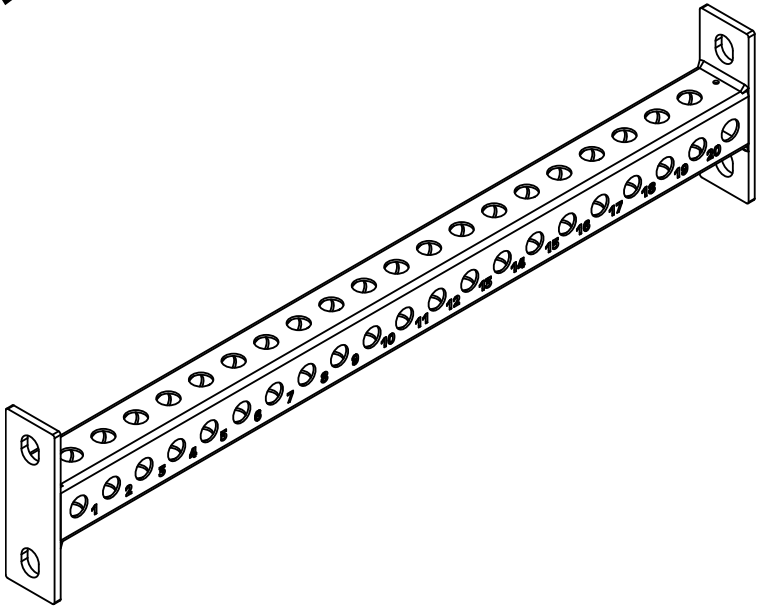


Front Top Crossmember

3

Qty: 2x

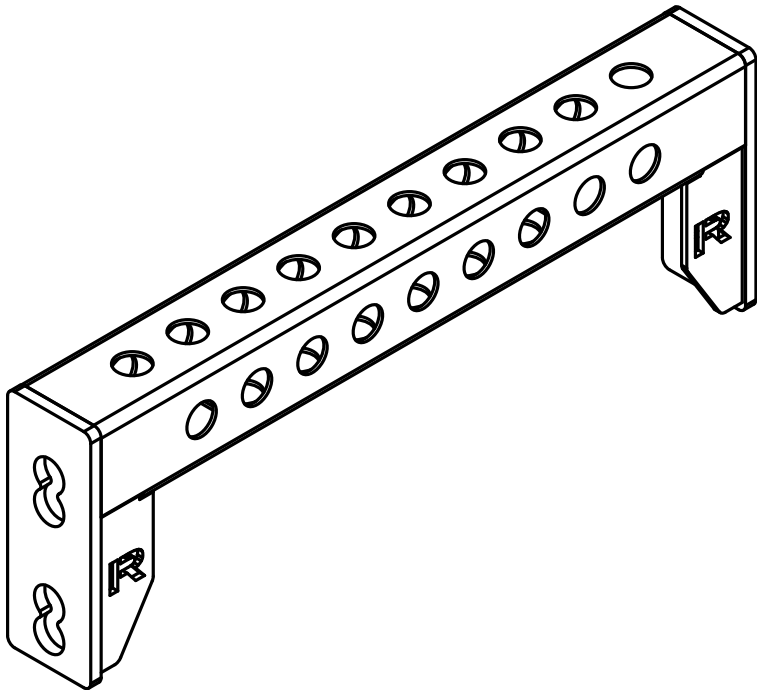
\*



Front Low Crossmember

4

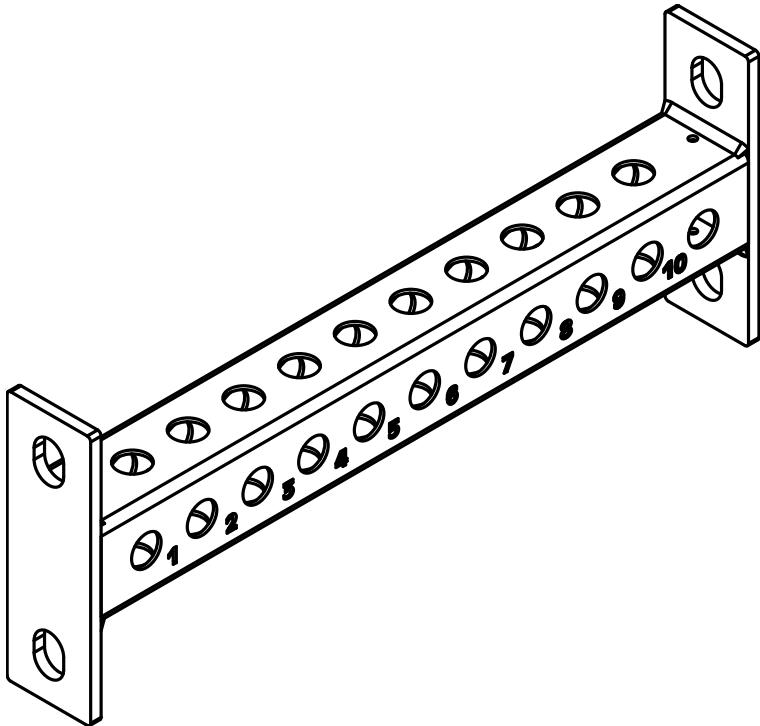
Qty: 2x



24" Rear Top Crossmember

5

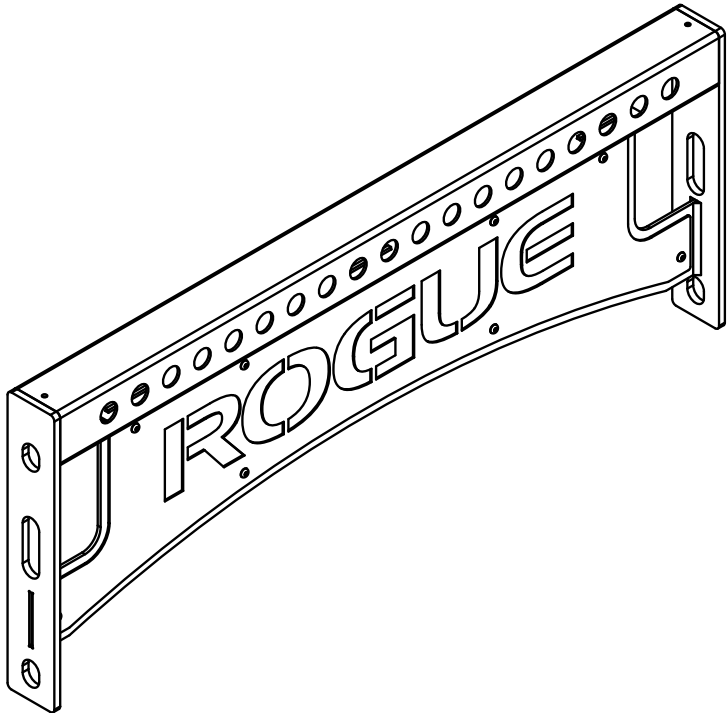
Qty: 2x



24" Rear Low Crossmember

6

Qty: 1x

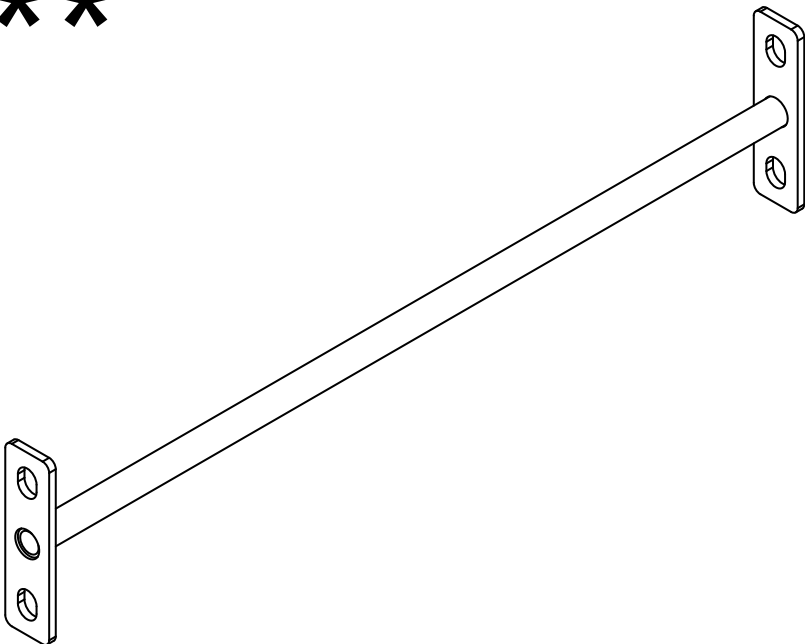


Nameplate Crossmember

7

Qty: 1x

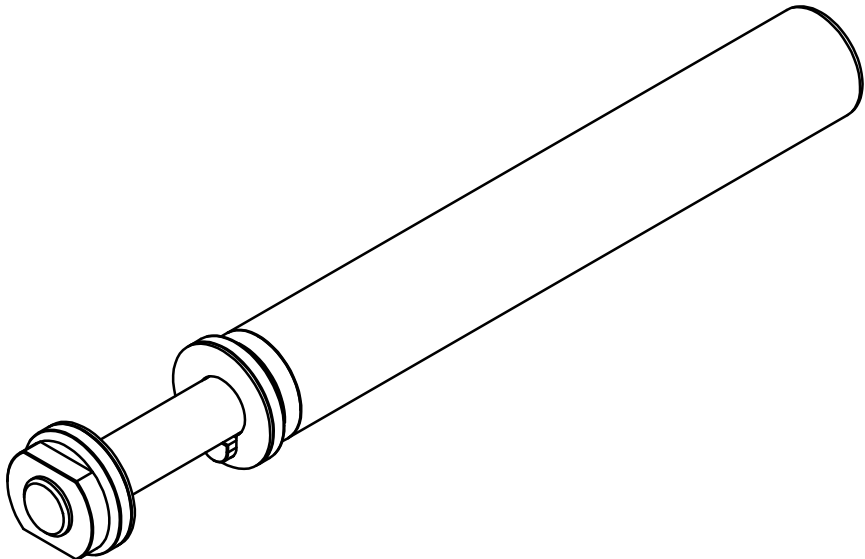
\*\*



Pull-up Bar

8

Qty: 8x

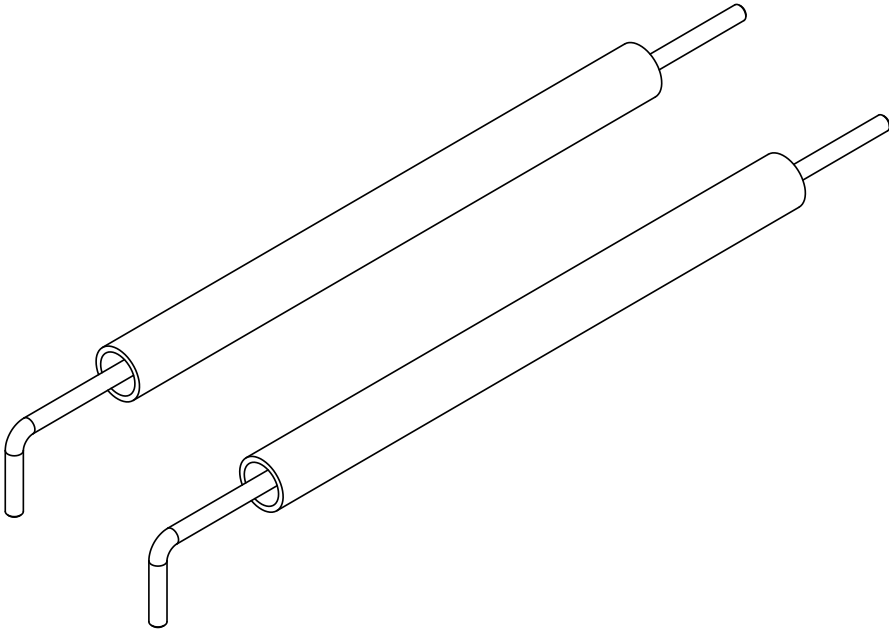


Monster Plate Storage Pin

9

Qty: 1x

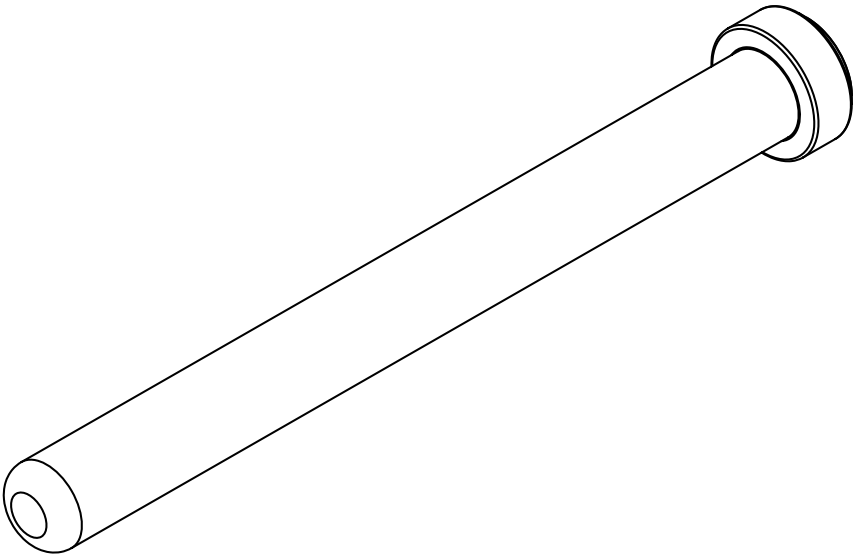
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Pair of Safety Spotter Arms

10

Qty: 4x

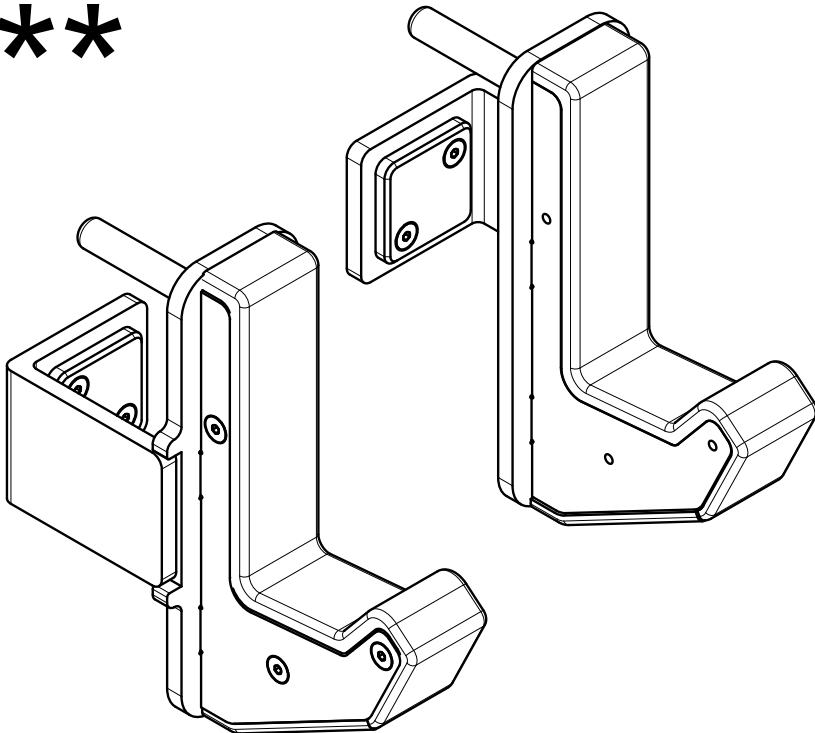


Band Peg

11

Qty: 1x

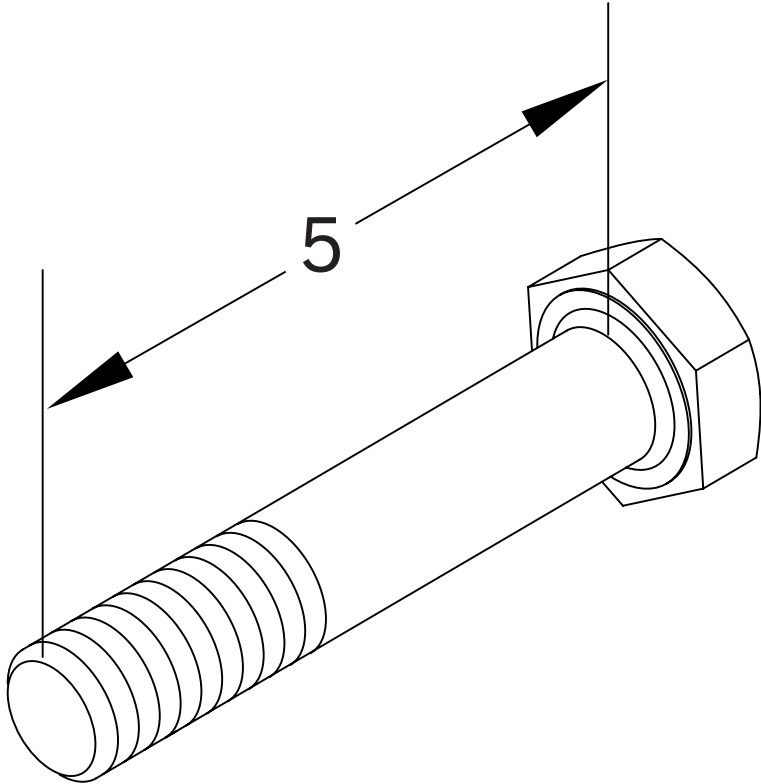
\*\*



Pair of Monster J-cups

12

Qty: 8x



1" x 5" Hex Bolt

\* Front Crossmember length depends on Rack Depth selection made at checkout.  
\*\* Items may look different than drawings shown. Style depends on selection made at checkout.

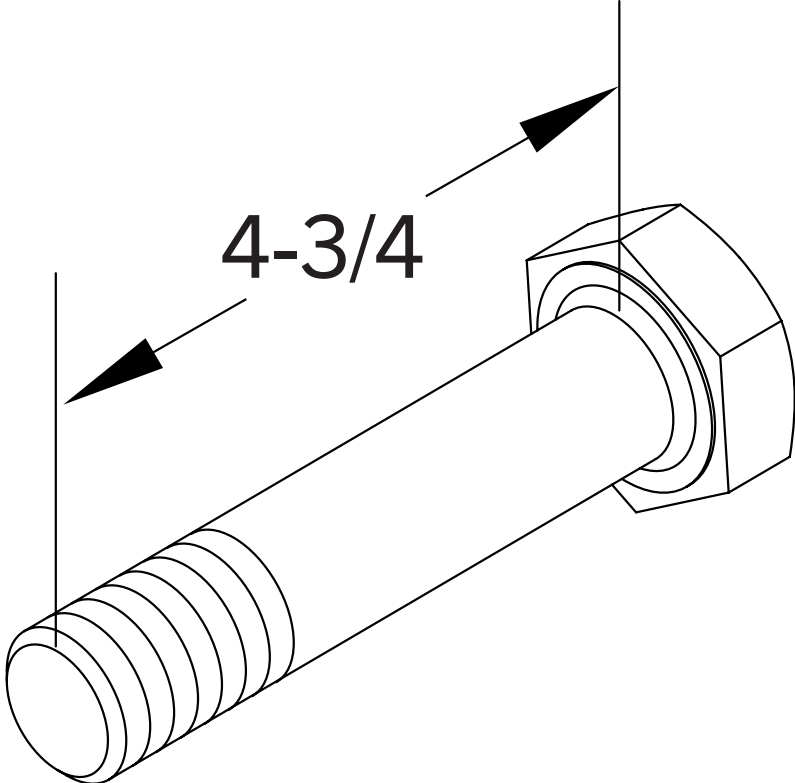


# INCLUDED PARTS: RM-6 FULL RACK

Note: Images not shown at scale.

13

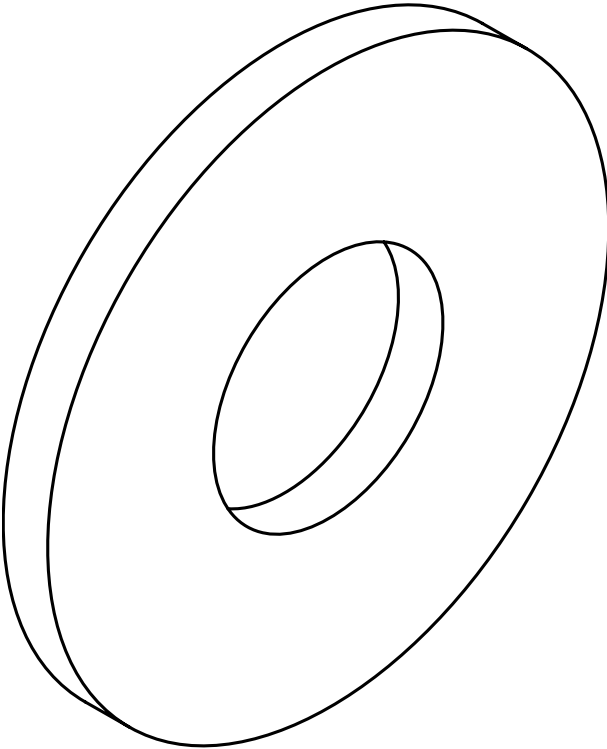
Qty: 24x



1” x 4-3/4” Hex Bolt

14

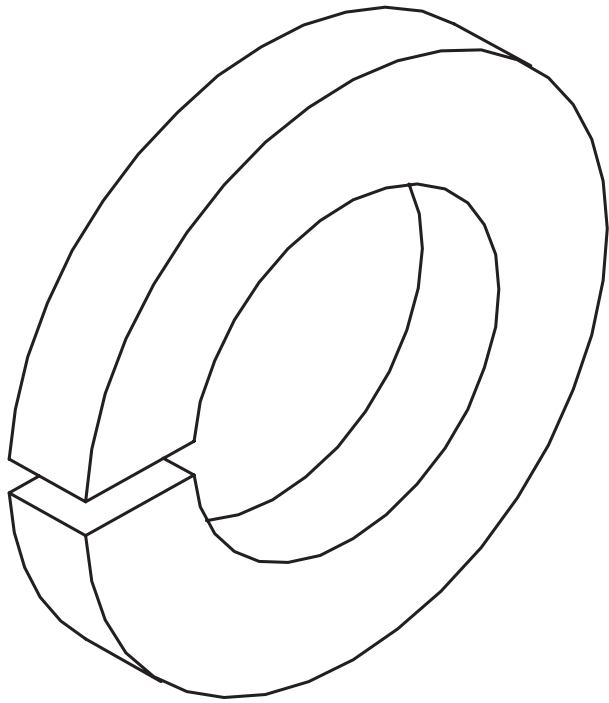
Qty: 24x



1” Flat Washer

15

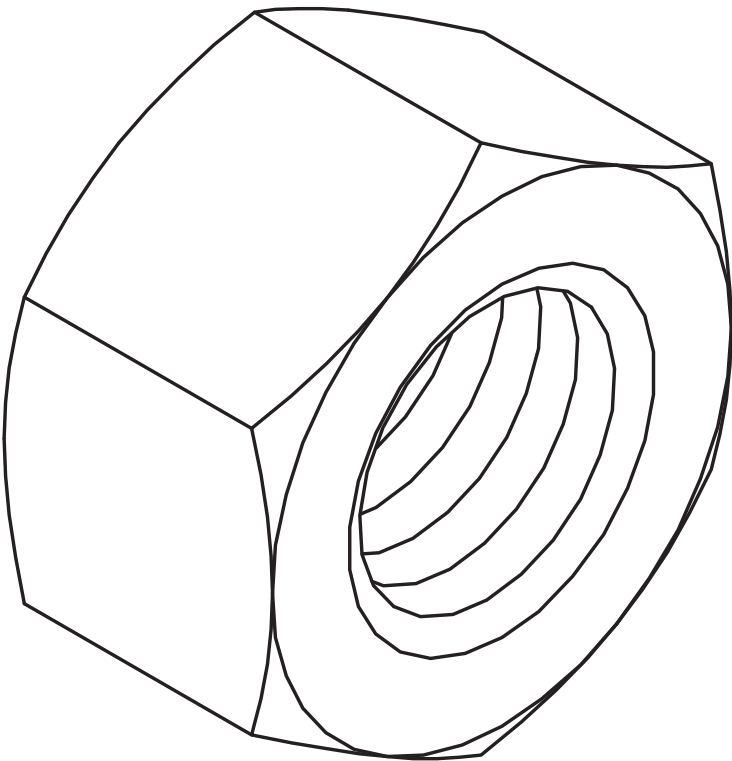
Qty: 32x



1” Lock Washer

16

Qty: 32x



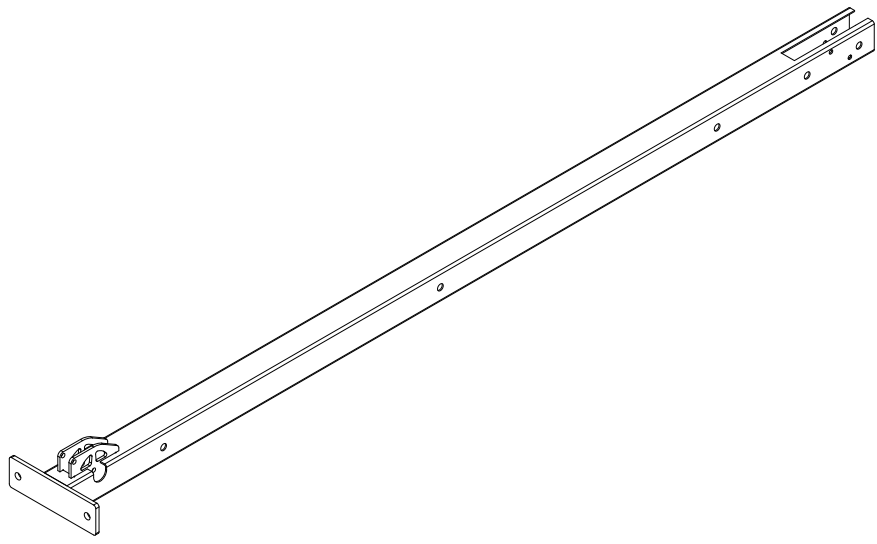
1” Hex Nut

# INCLUDED PARTS: FM-6 ADD-ON KIT

Note: Images not shown at scale.

17

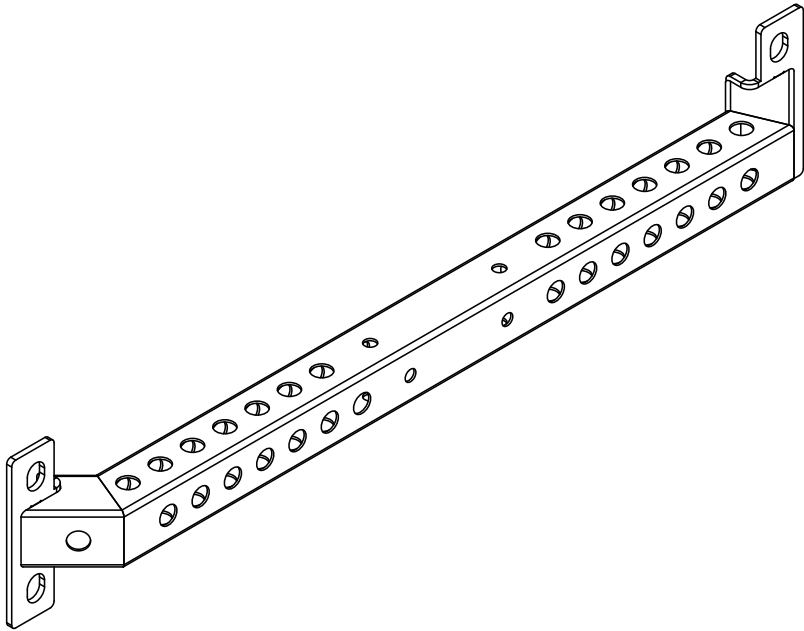
Qty: 1x



90" or 100" Rear 3X3 Upright

18

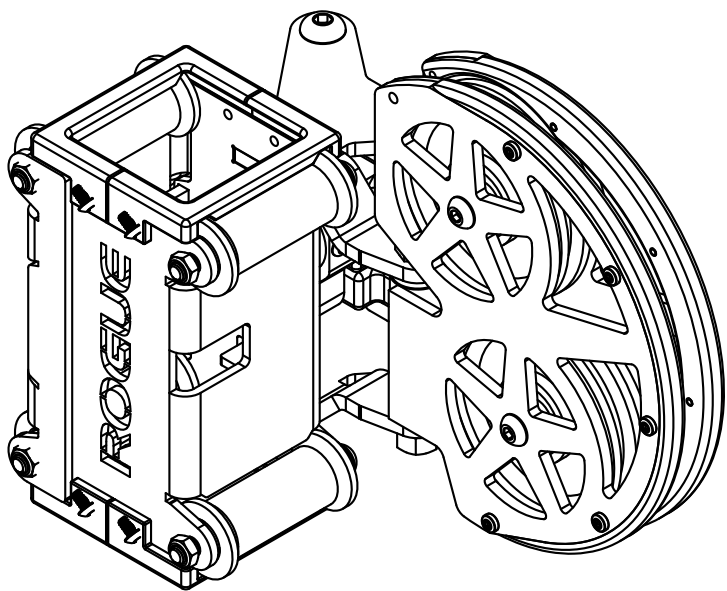
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Low Row Crossmember

19

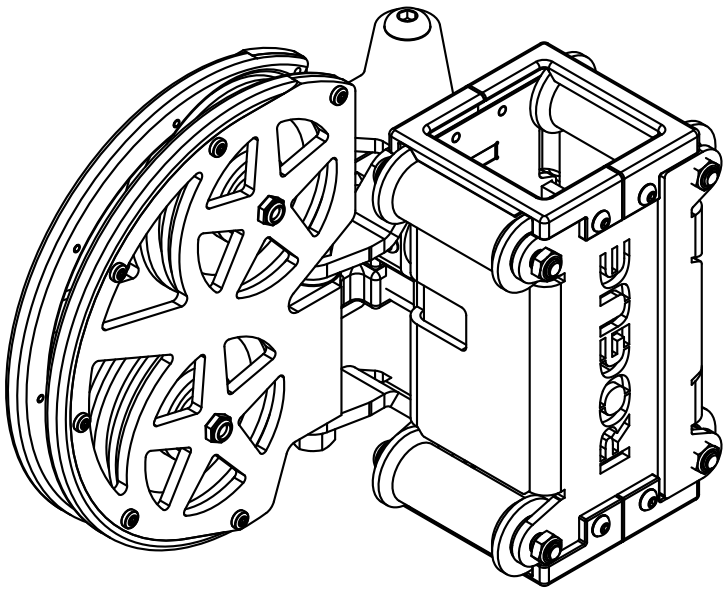
Qty: 1x



Swivel Trolley RH

20

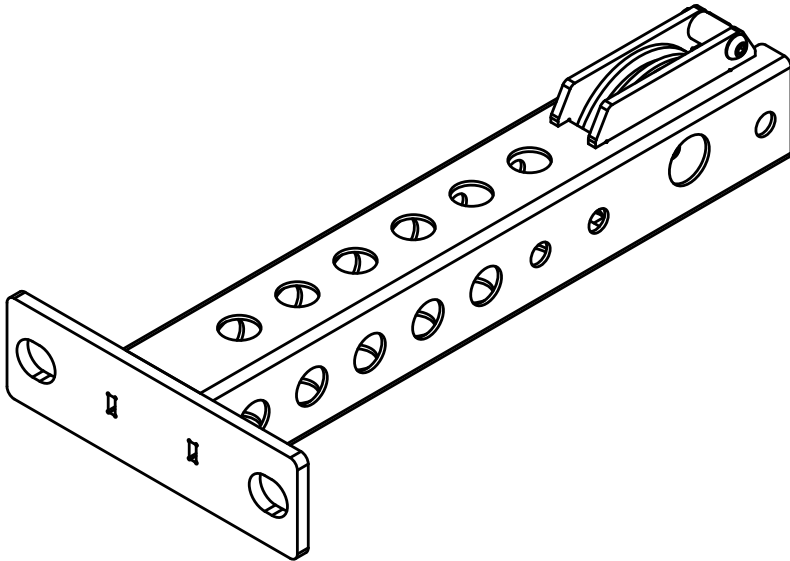
Qty: 1x



Swivel Trolley LH

21

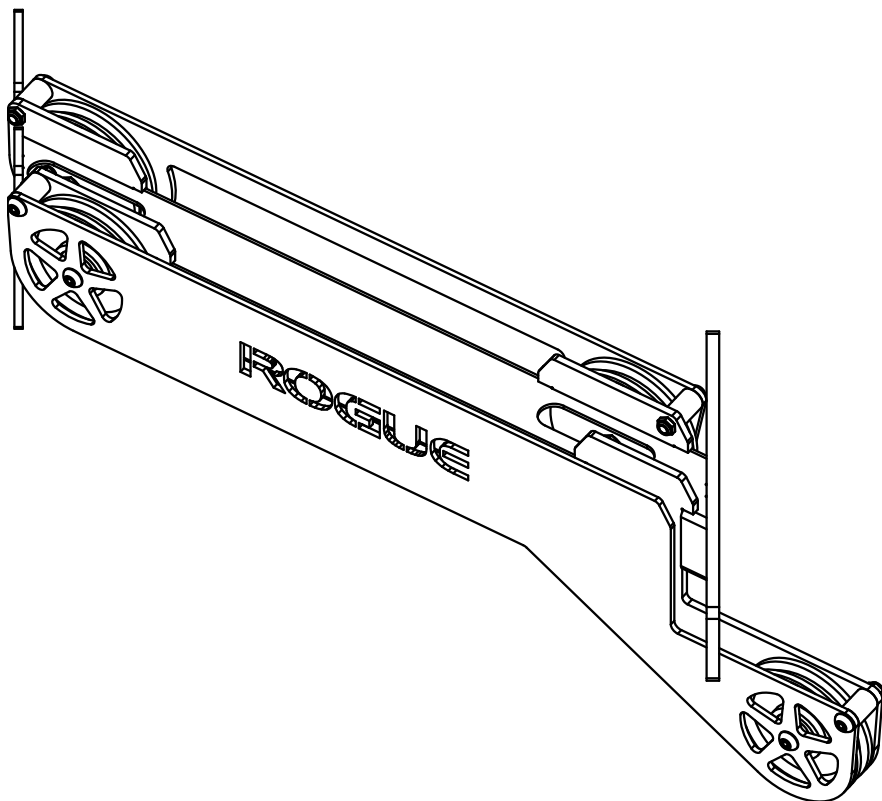
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Top Center Crossmember

22

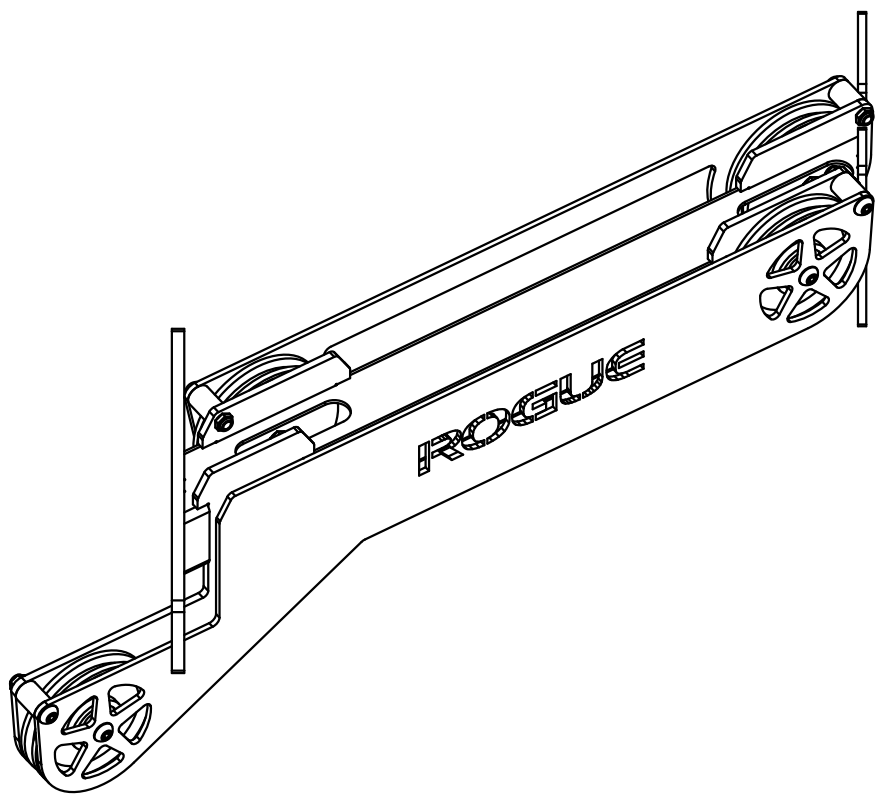
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Top Rear Angle Crossmember - RH

23

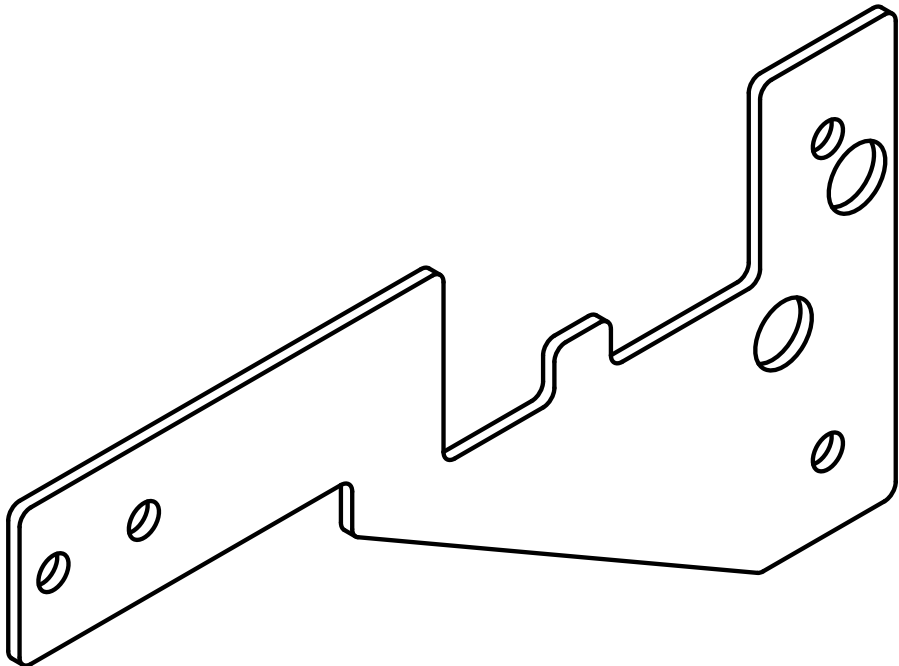
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Top Rear Angle Crossmember - LH

24

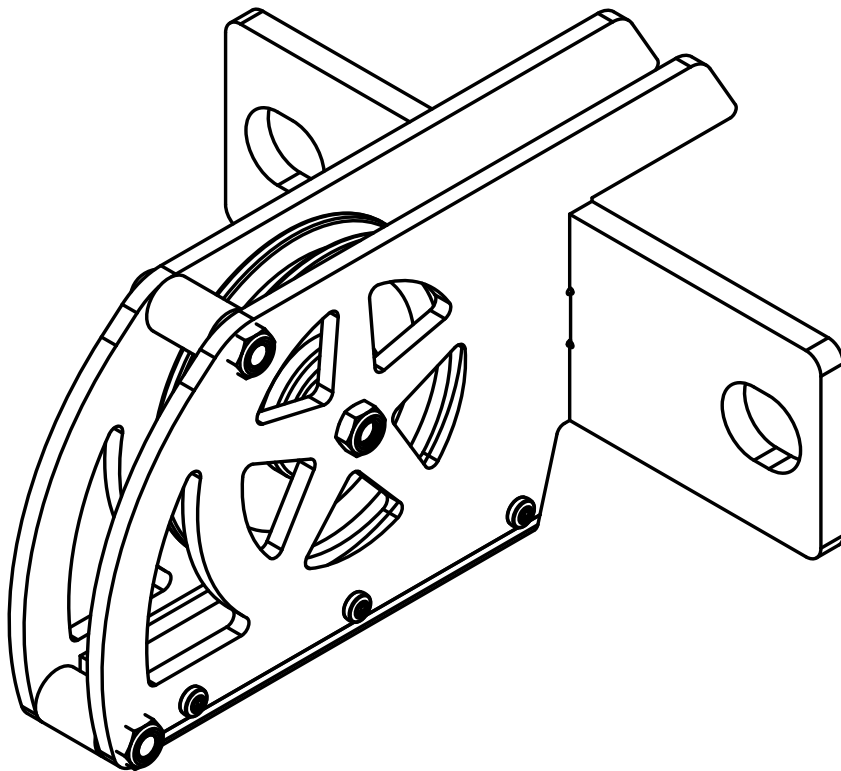
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Connector Plate

25

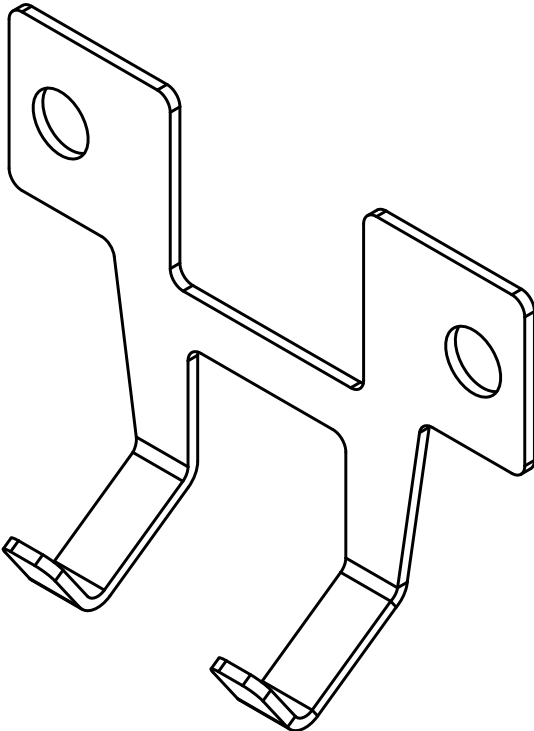
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Lat Pulldown Pulley Bracket

26

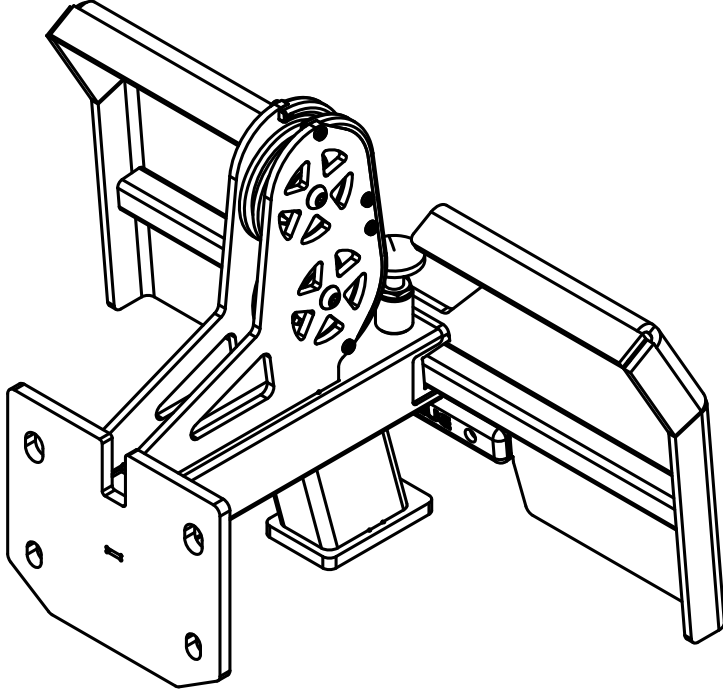
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Lat Bar Hanger

27

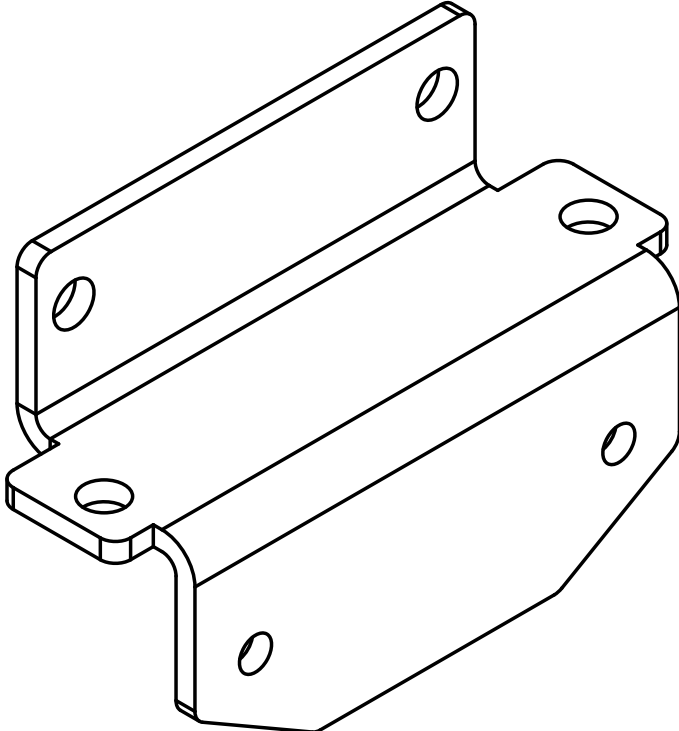
Qty: 1x



Low Row Footplate Assembly

28

Qty: 1x



Low Row Connector Plate

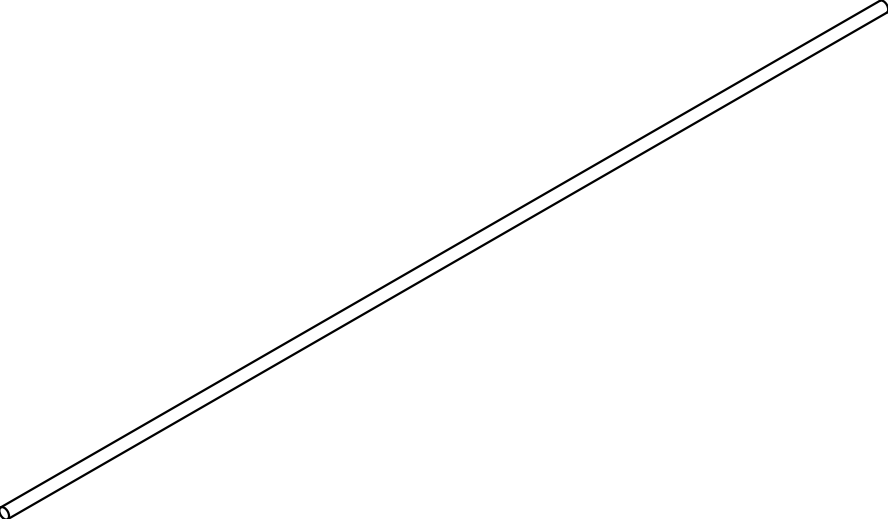


INCLUDED PARTS: FM-6 ADD-ON KIT

Note: Images not shown at scale.

29

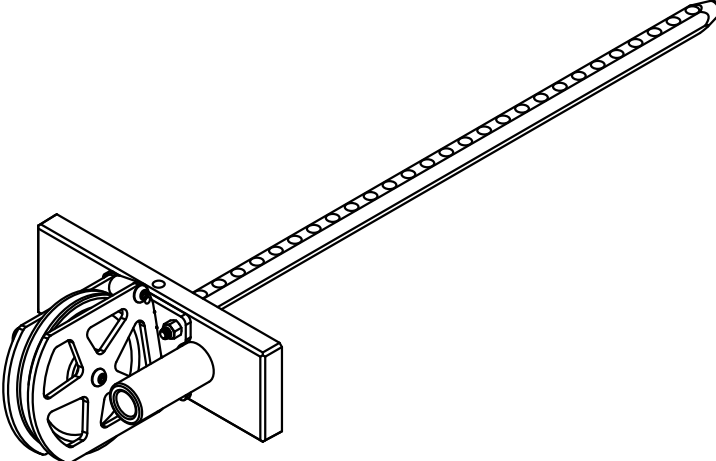
Qty: 4x



Guide Rod

30

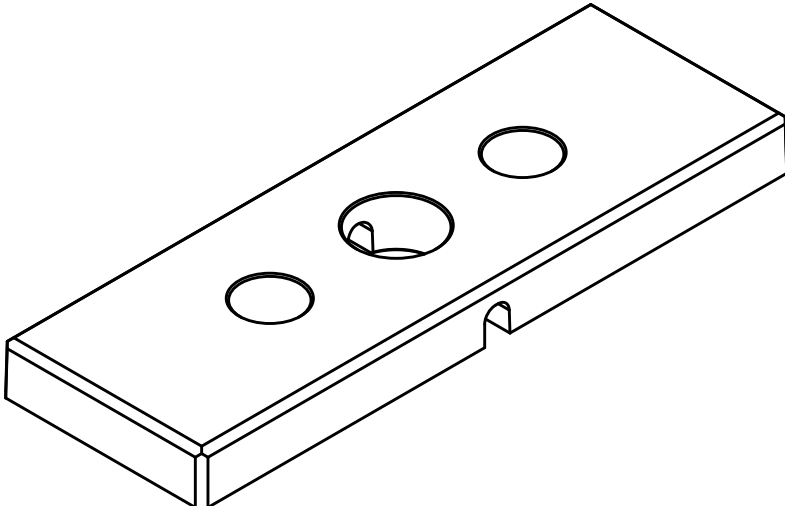
Qty: 2x



Weight Stack Stem

31

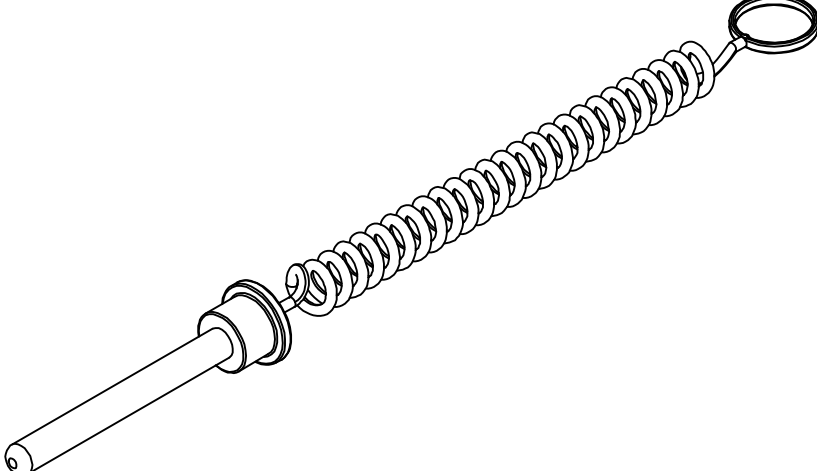
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10LB Weight Stack Plate

32

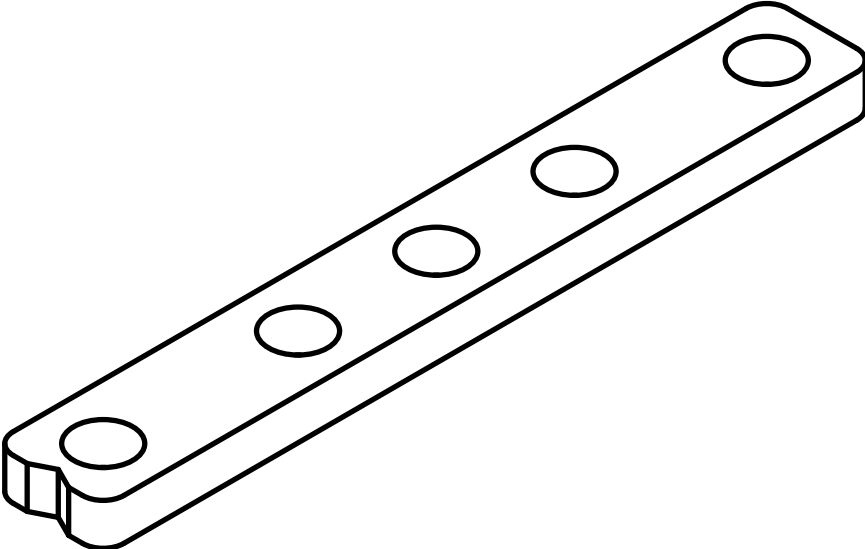
Qty: 2x



Weight Stack Selector Pin w/ Lanyard

33

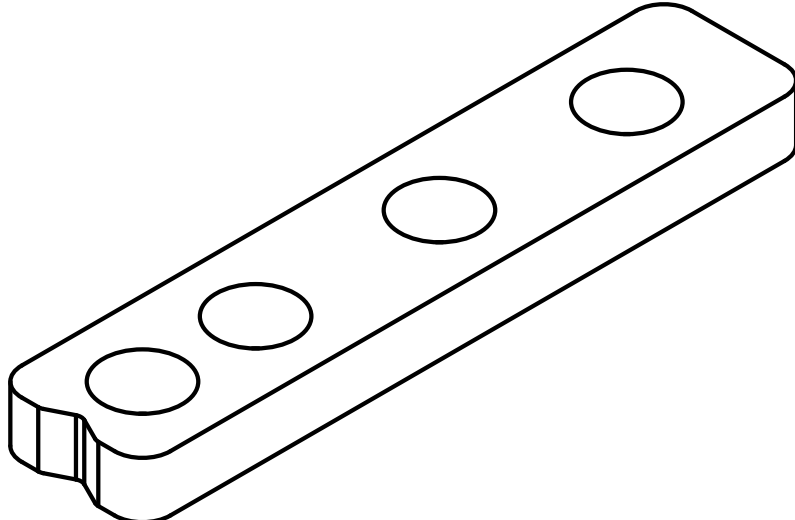
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Bottom Weight Stack Spacer

34

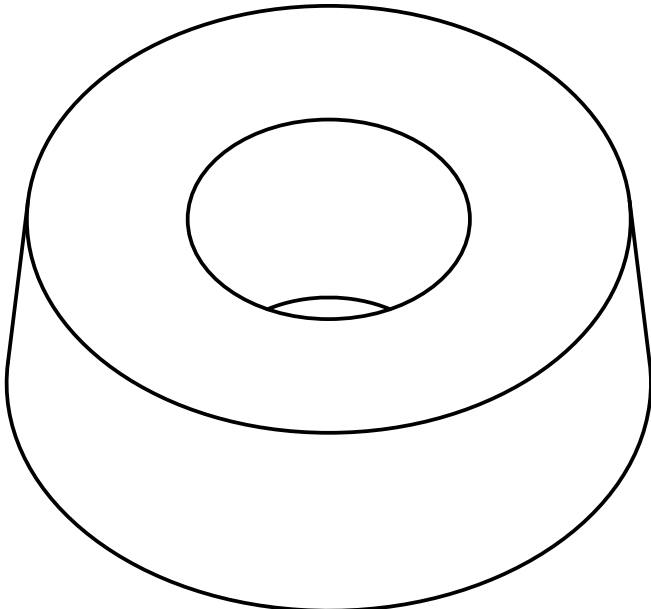
Qty: 2x



Top Weight Stack Spacer

35

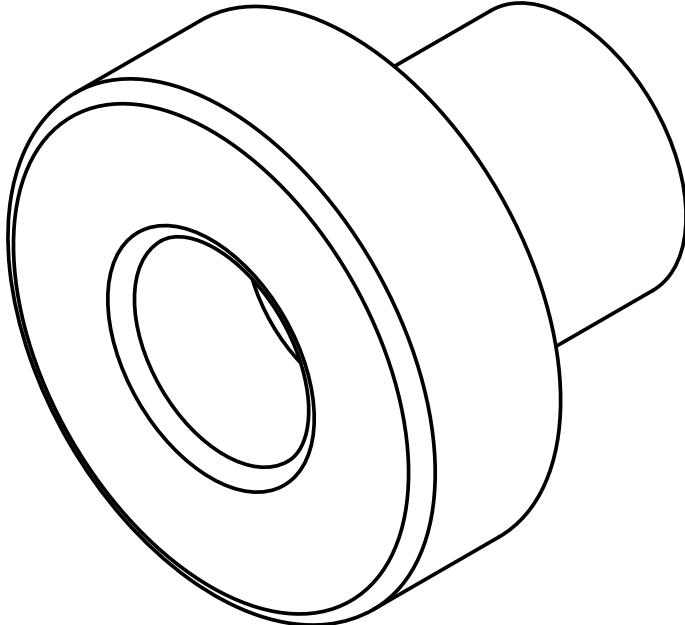
Qty: 4x



Weight Stack Bottom Bumper

36

Qty: 2x

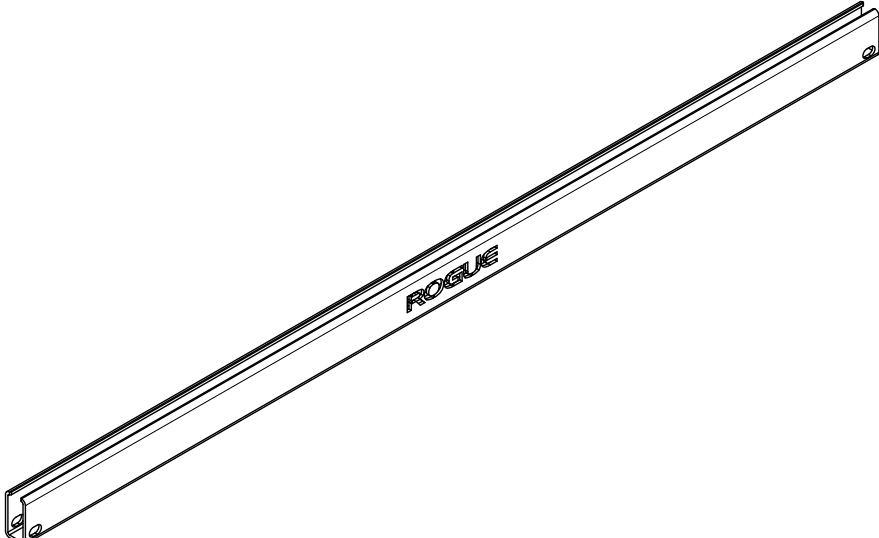


Weight Stack Pulley Top Bumper

37

Qty: 2x

\*

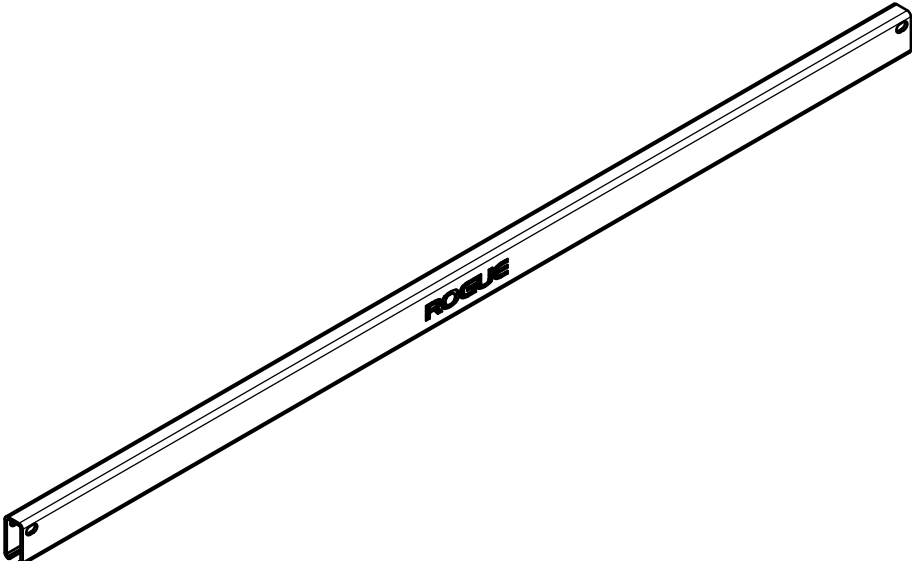


Top Cable Cover Rail (24", 30", or 43")

38

Qty: 2x

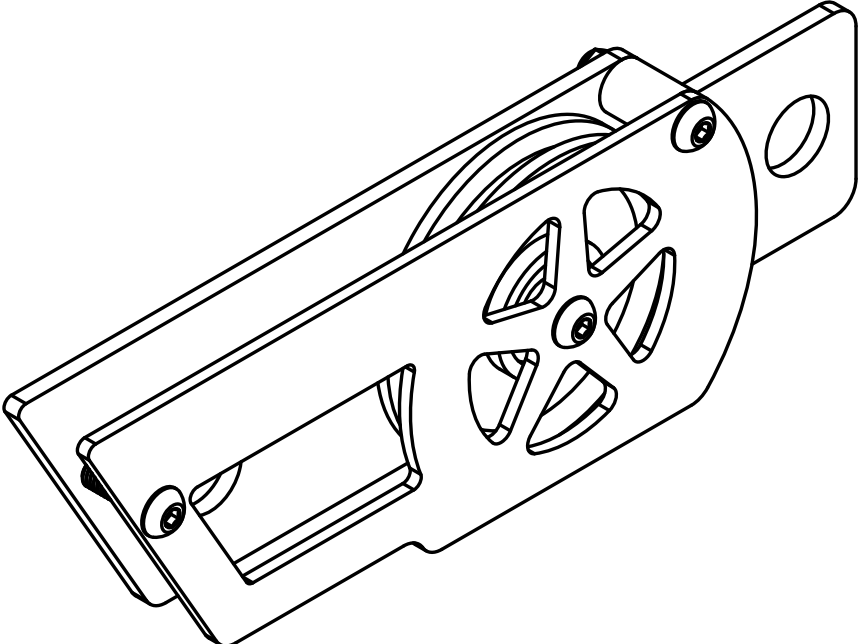
\*



Low Cable Cover Rail (24", 30", or 43")

39

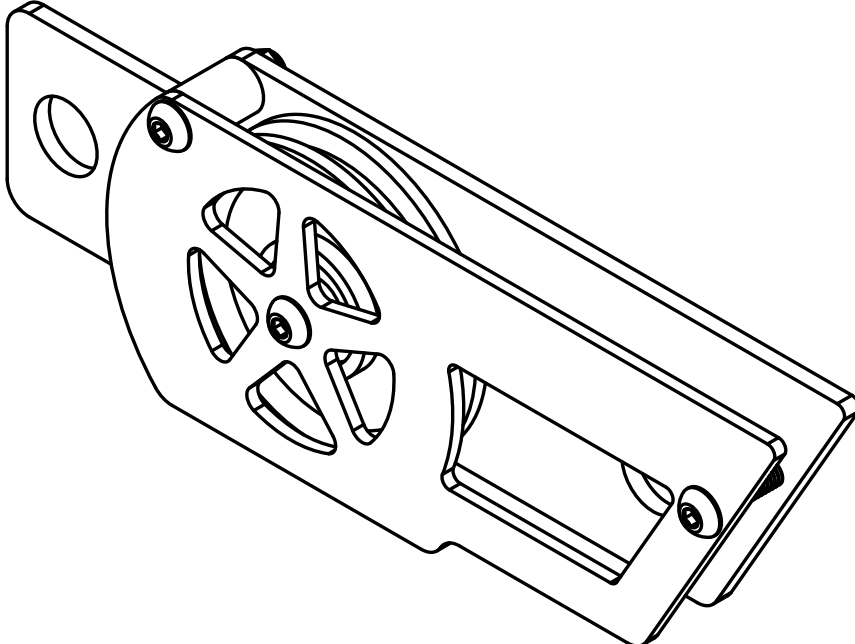
Qty: 1x



Top Rear Side Pulley Assembly - RH

40

Qty: 1x



Top Rear Side Pulley Assembly - LH

\* 24", 30", or 43" length depends on rack depth selection made at checkout.

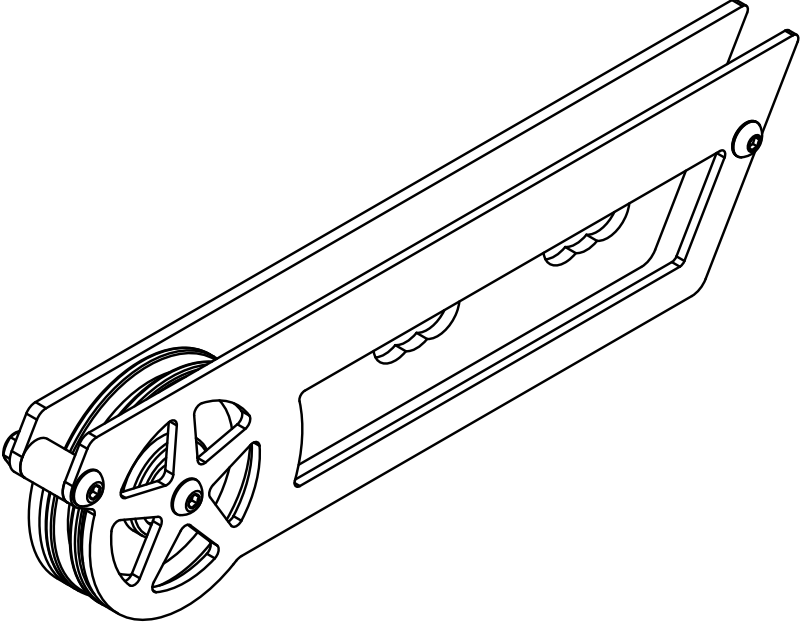


# INCLUDED PARTS: FM-6 ADD-ON KIT

Note: Images not shown at scale.

41

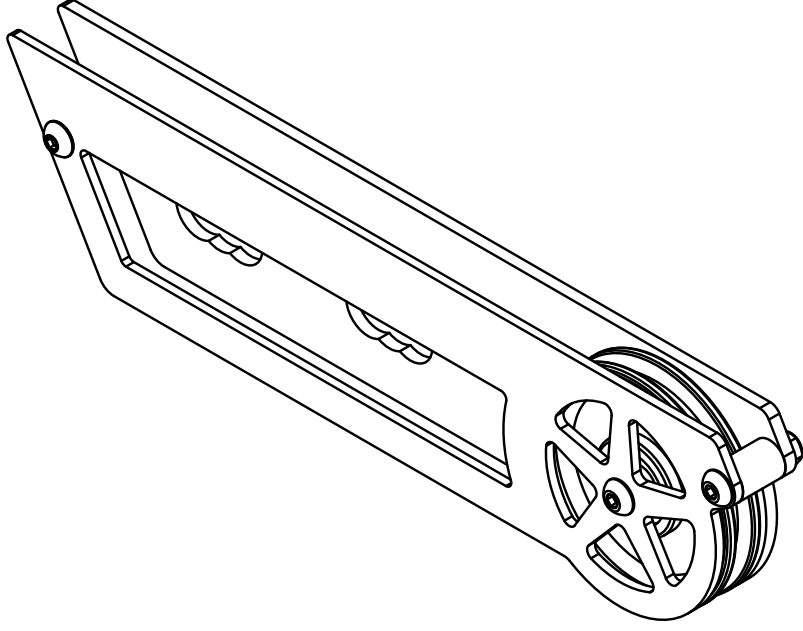
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Top Front Side Pulley Assembly - RH

42

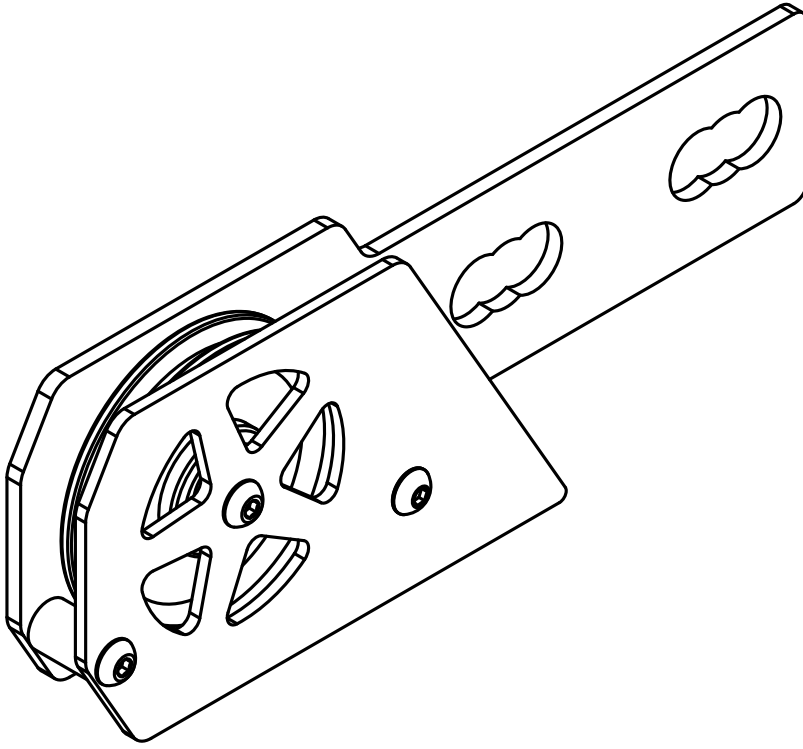
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Top Front Side Pulley Assembly - LH

43

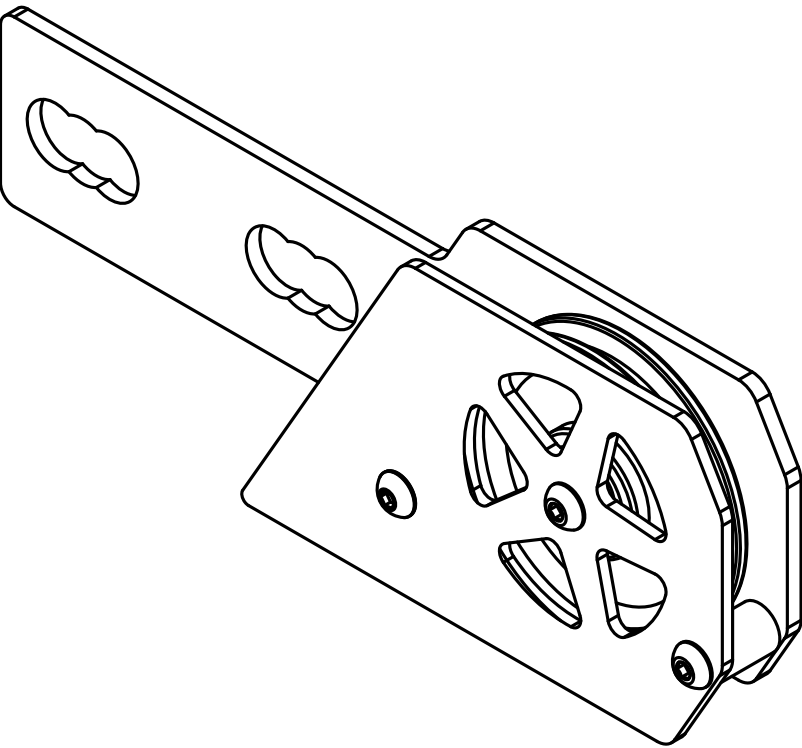
Qty: 1x



Bottom Front Side Pulley Assembly - RH

44

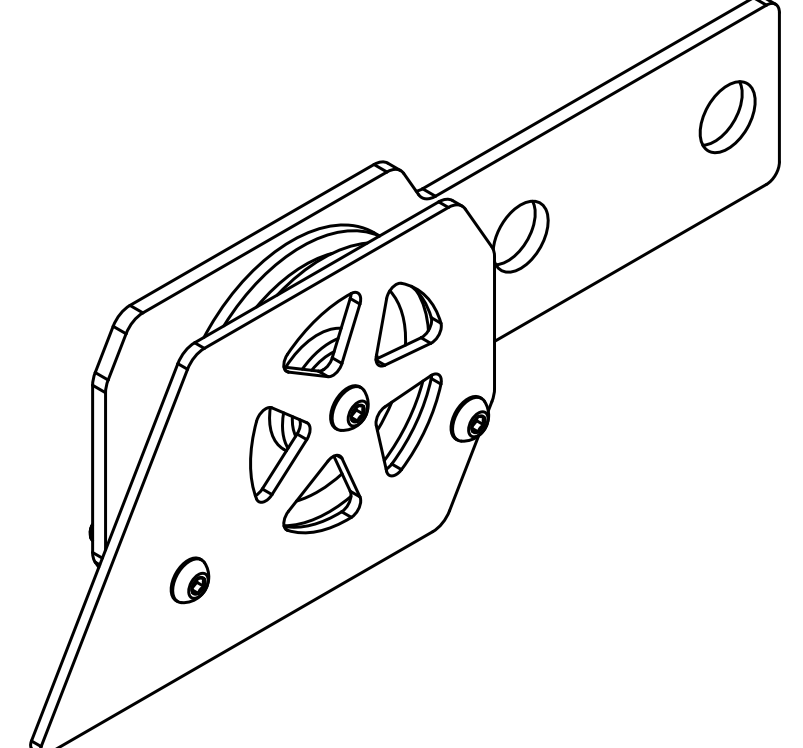
Qty: 1x



Bottom Front Side Pulley Assembly - LH

45

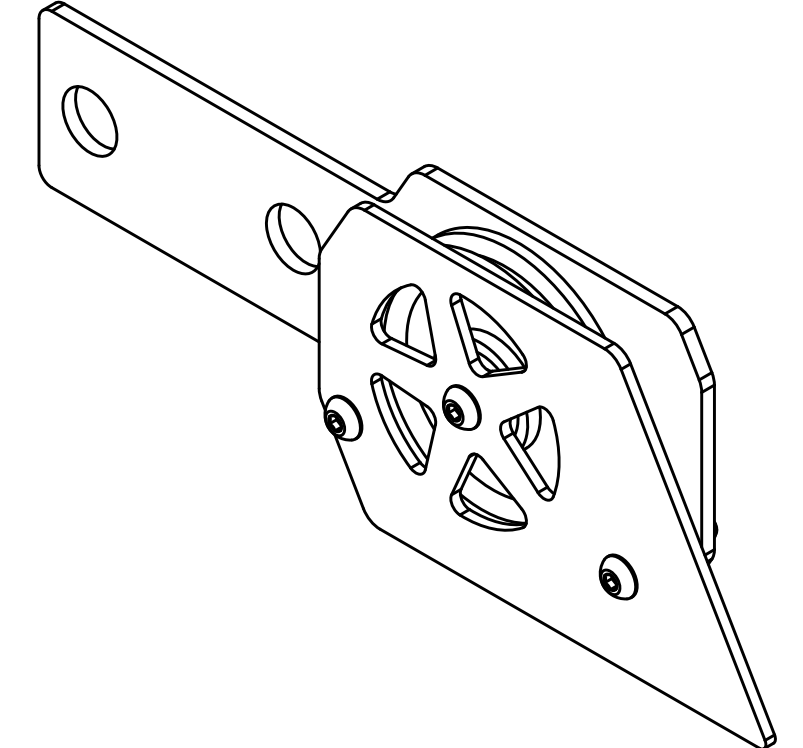
Qty: 1x



Bottom Rear Side Pulley Assembly - RH

46

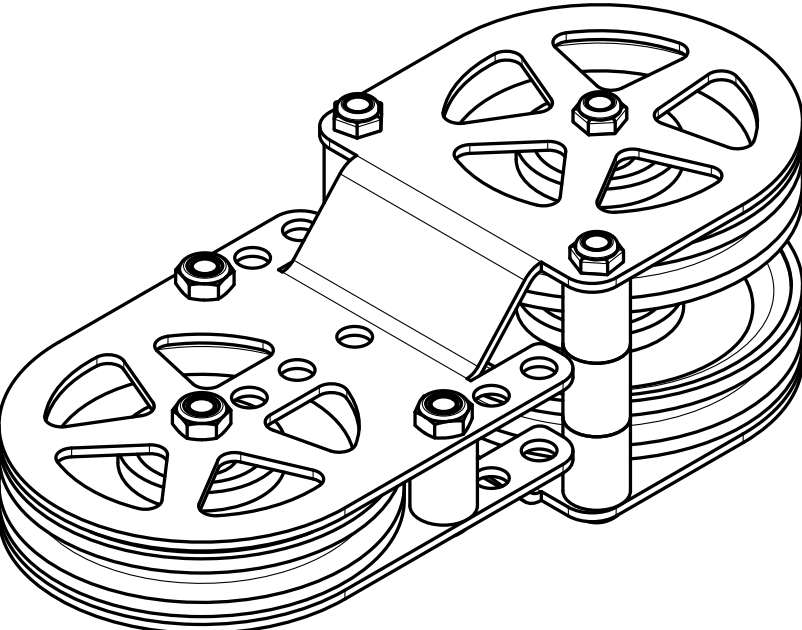
Qty: 1x



Bottom Rear Side Pulley Assembly - LH

47

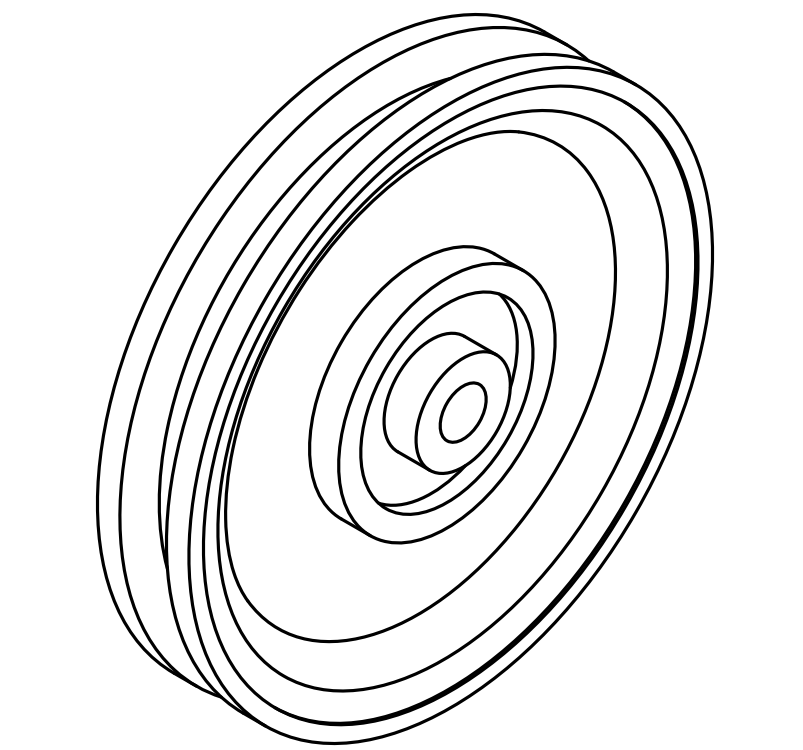
Qty: 1x



Peanut Pulley

48

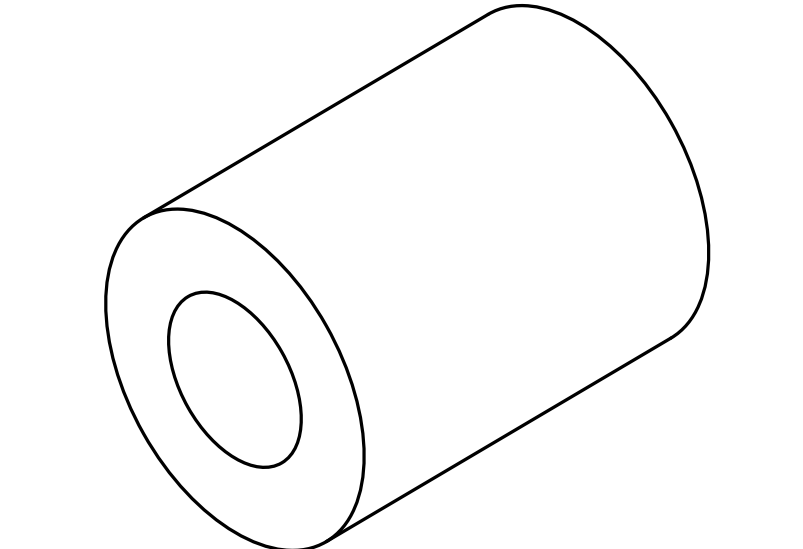
Qty: 1x



4.5” Pulley

49

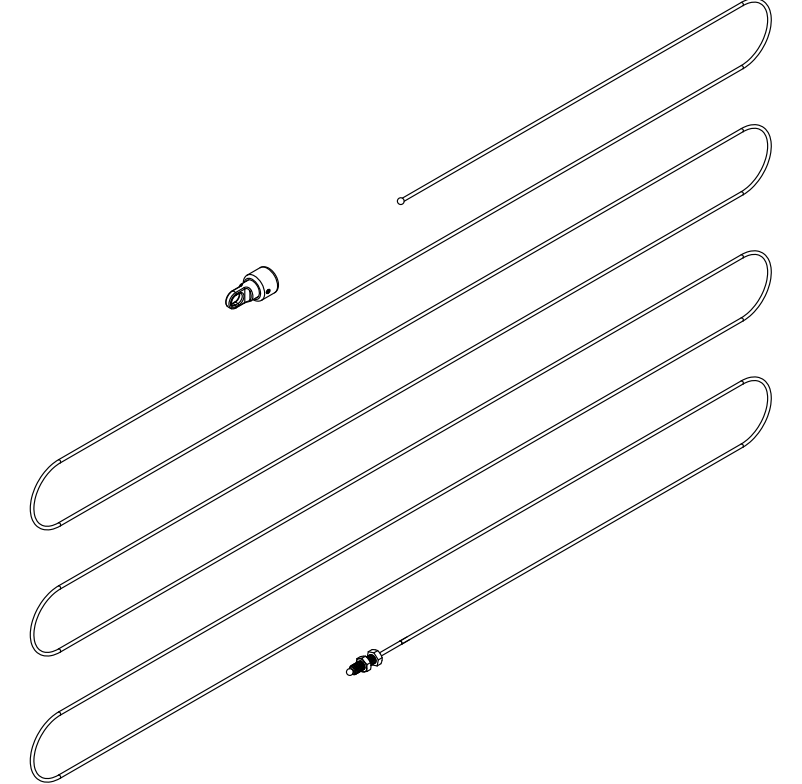
Qty: 1x



3/4” x 1” Cable Retainer

50

Qty: 2x

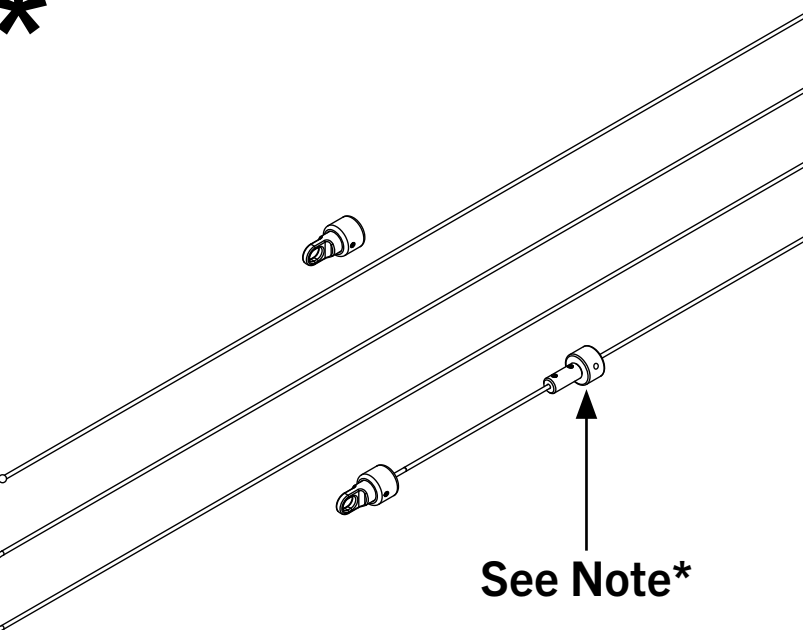


Trolley/Trolley Cable (Blue Tag)

51

Qty: 1x

\*



Lat Pull/Low Row Cable (Yellow Tag)

52

Qty: 2x

|                  |                   |                   |                    |
|------------------|-------------------|-------------------|--------------------|
| 10 LB.<br>4.50kg | 85 LB.<br>38.6kg  | 20 LB.<br>9.10kg  | 170 LB.<br>77.3kg  |
| 15 LB.<br>6.80kg | 90 LB.<br>40.9kg  | 30 LB.<br>13.6kg  | 180 LB.<br>81.8kg  |
| 20 LB.<br>9.10kg | 95 LB.<br>43.1kg  | 40 LB.<br>18.2kg  | 190 LB.<br>86.4kg  |
| 25 LB.<br>11.3kg | 100 LB.<br>45.5kg | 50 LB.<br>22.7kg  | 200 LB.<br>90.9kg  |
| 30 LB.<br>13.6kg | 105 LB.<br>47.6kg | 60 LB.<br>27.2kg  | 210 LB.<br>95.5kg  |
| 35 LB.<br>15.9kg | 110 LB.<br>50.3kg | 70 LB.<br>31.8kg  | 220 LB.<br>100kg   |
| 40 LB.<br>18.2kg | 115 LB.<br>52.2kg | 80 LB.<br>36.4kg  | 230 LB.<br>104.5kg |
| 45 LB.<br>20.4kg | 120 LB.<br>54.5kg | 90 LB.<br>40.9kg  | 240 LB.<br>109.1kg |
| 50 LB.<br>22.7kg | 125 LB.<br>56.7kg | 100 LB.<br>45.5kg | 250 LB.<br>113.6kg |
| 55 LB.<br>24.9kg | 130 LB.<br>59.1kg | 110 LB.<br>50.3kg | 260 LB.<br>118.2kg |
| 60 LB.<br>27.2kg | 135 LB.<br>61.3kg | 120 LB.<br>54.5kg | 270 LB.<br>122.7kg |
| 65 LB.<br>29.3kg | 140 LB.<br>63.6kg | 130 LB.<br>59.1kg | 280 LB.<br>127.3kg |
| 70 LB.<br>31.8kg | 145 LB.<br>65.8kg | 140 LB.<br>63.6kg | 290 LB.<br>131.8kg |
| 75 LB.<br>34.0kg | 150 LB.<br>68.2kg | 150 LB.<br>68.2kg | 300 LB.<br>136.4kg |
| 80 LB.<br>36.4kg |                   | 160 LB.<br>72.7kg |                    |

Weight Stack Number Label Sheet

\* Extra “retainer” hardware shown is not included on Lat Pull/Low Row Cable for 90” Racks.

INCLUDED PARTS: FM-6 ADD-ON KIT

Note: Images not shown at scale.

53

Qty: 8x

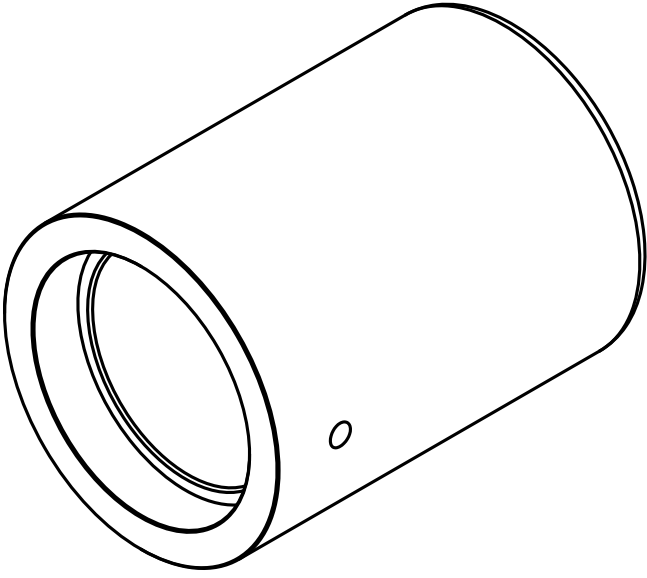
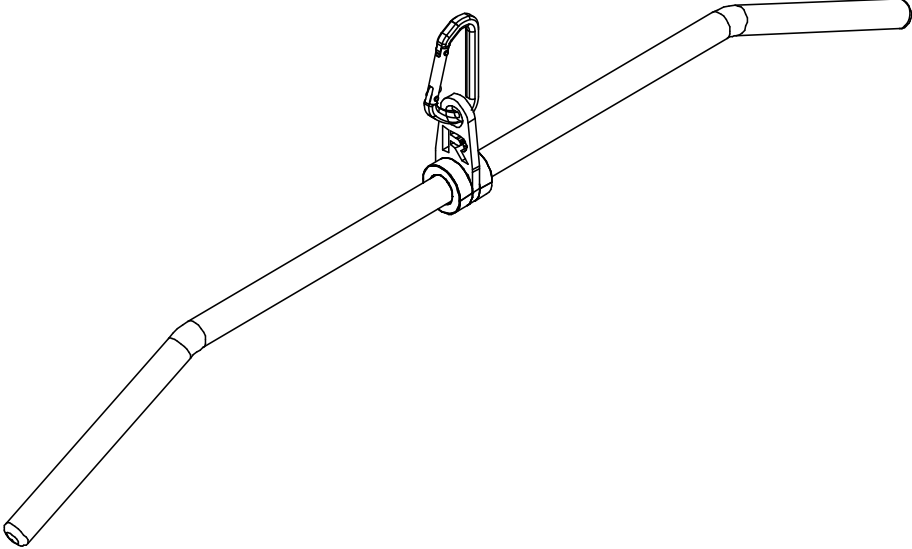


Plate Storage Spacer

54

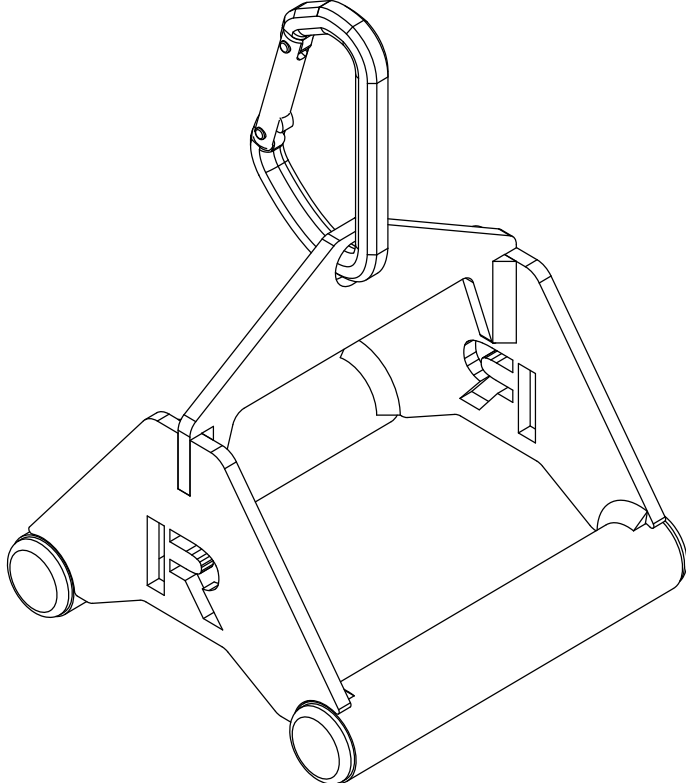
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Stainless Lat Bar

55

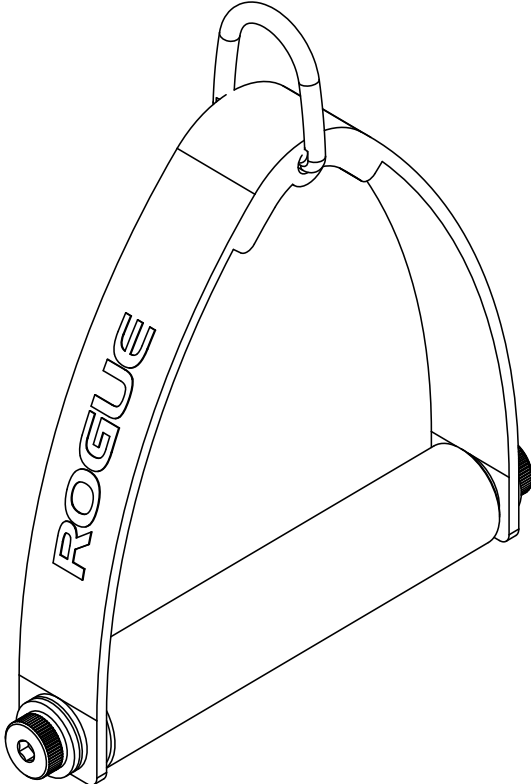
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Standard Grip Triangle

56

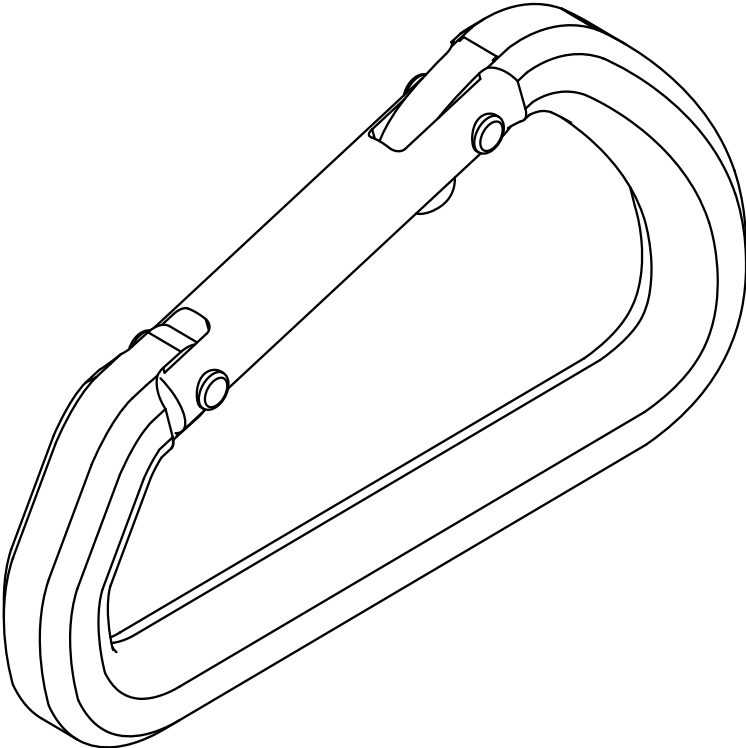
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Single Handle Cable Attachment

57

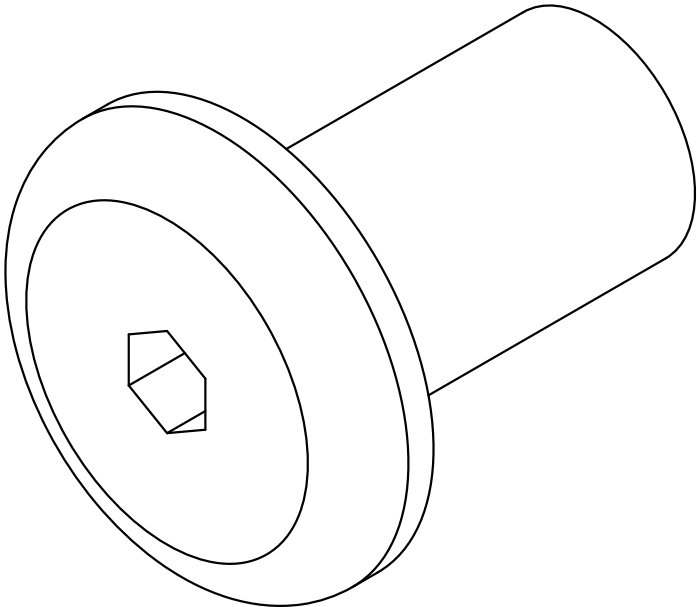
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D Carabiner

58

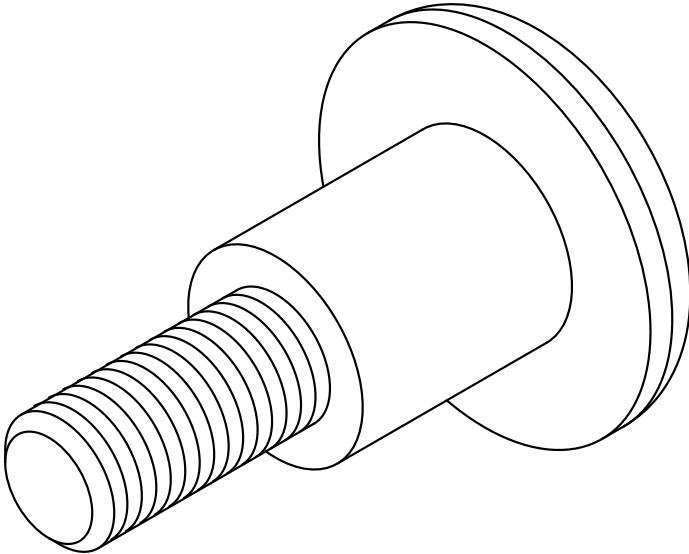
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1" Shoulder Bolt - Female

59

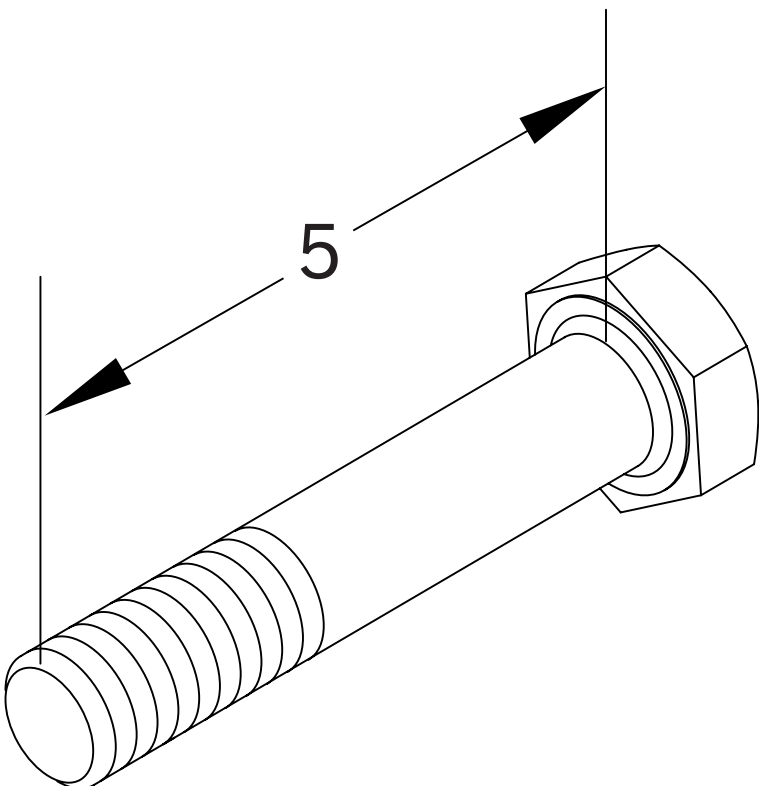
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1" Shoulder Bolt - Male

60

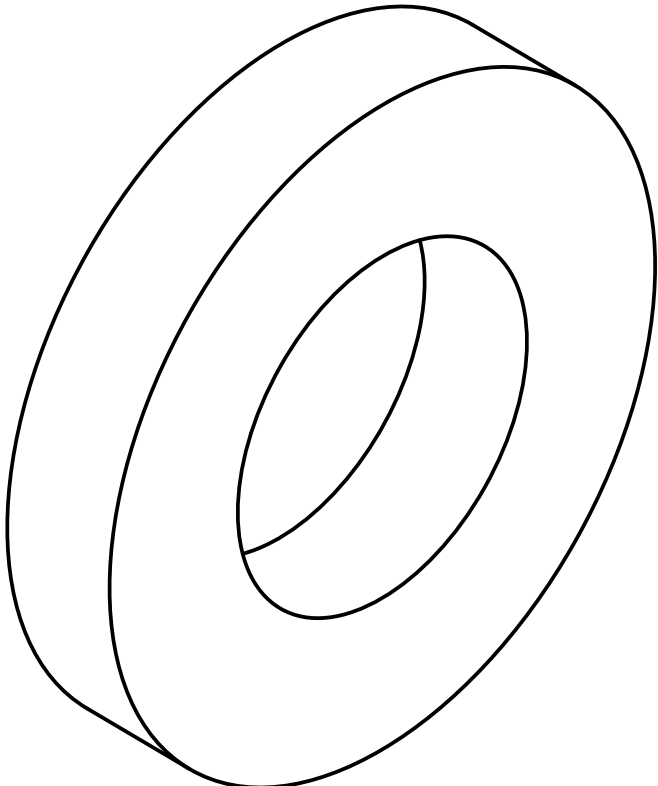
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1" x 5" Hex Bolt

61

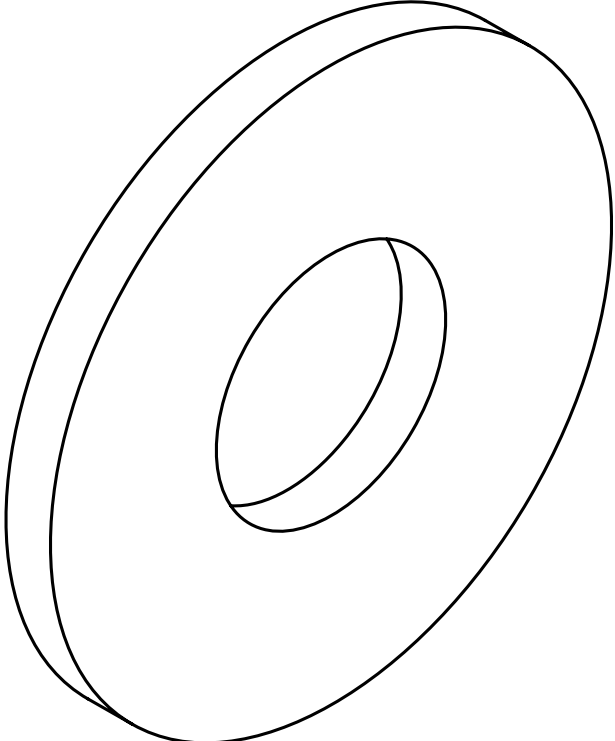
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1" x 3/8" Pulley Bracket Spacer

62

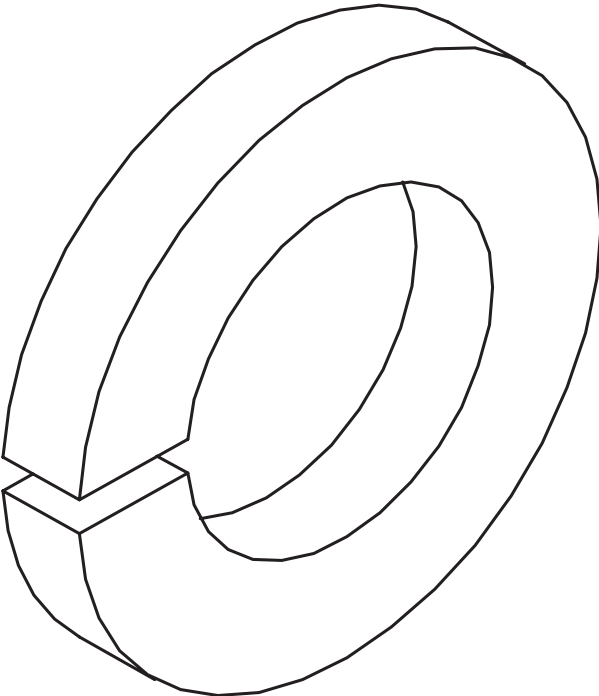
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1" Flat Washer

63

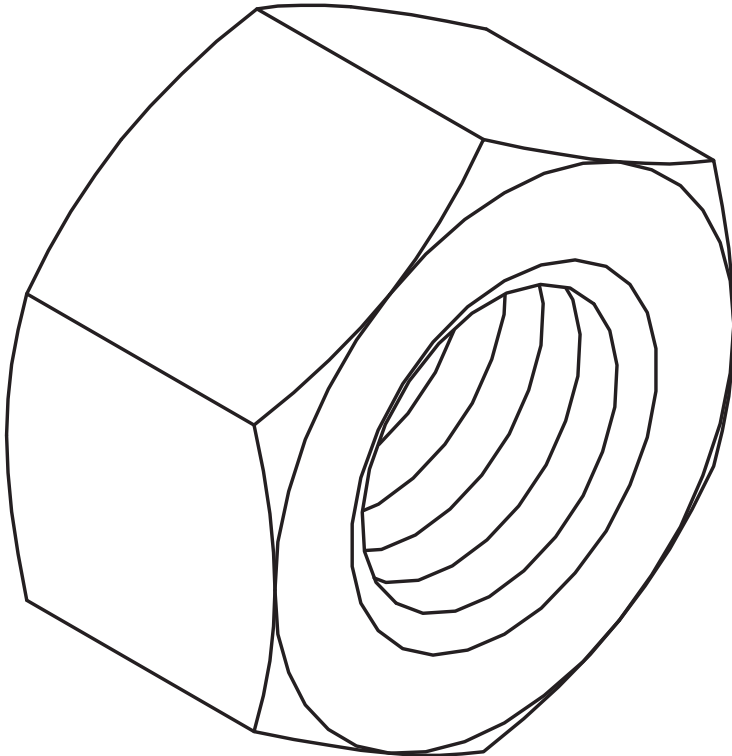
Qty: 22x



1" Lock Washer

64

Qty: 22x



1" Hex Nut

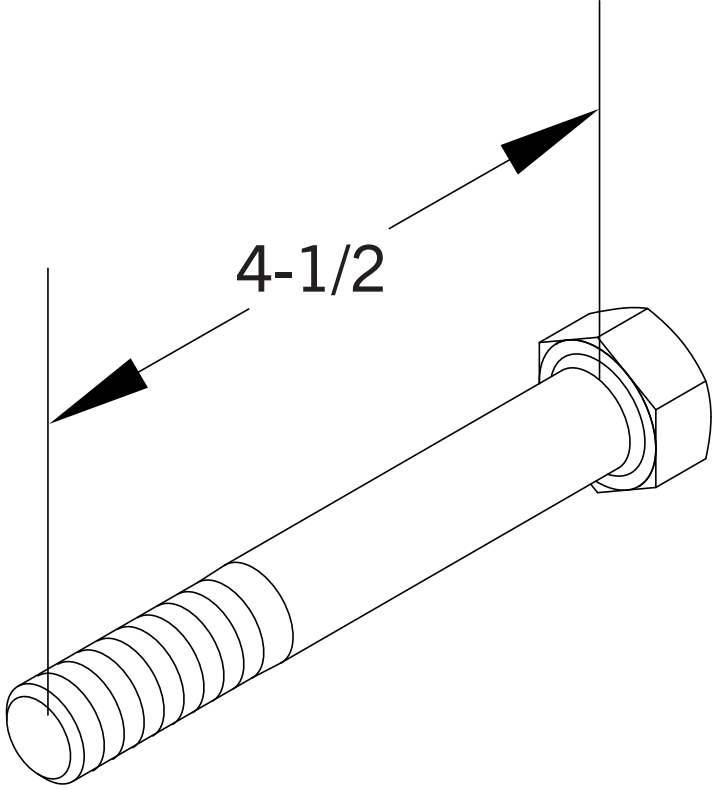


# INCLUDED PARTS: FM-6 ADD-ON KIT

Note: Images not shown at scale.

65

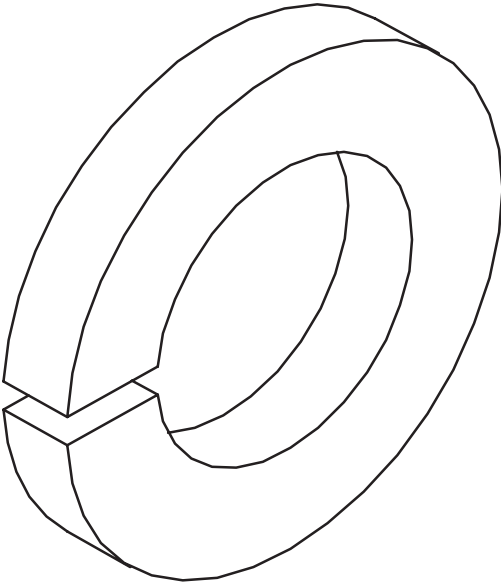
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5/8" x 4-1/2" Hex Bolt

66

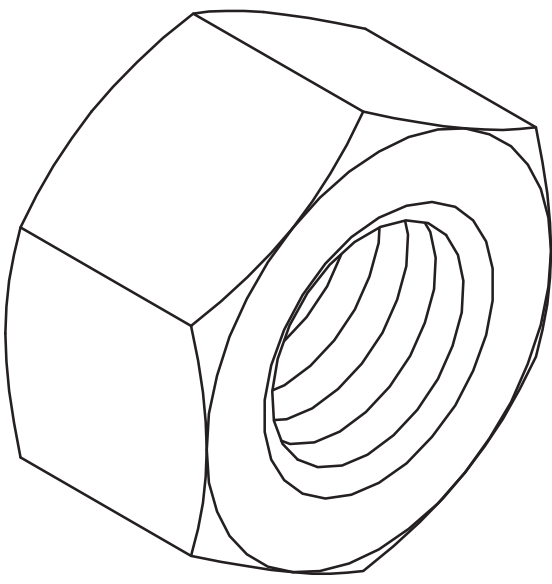
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5/8" Lock Washer

67

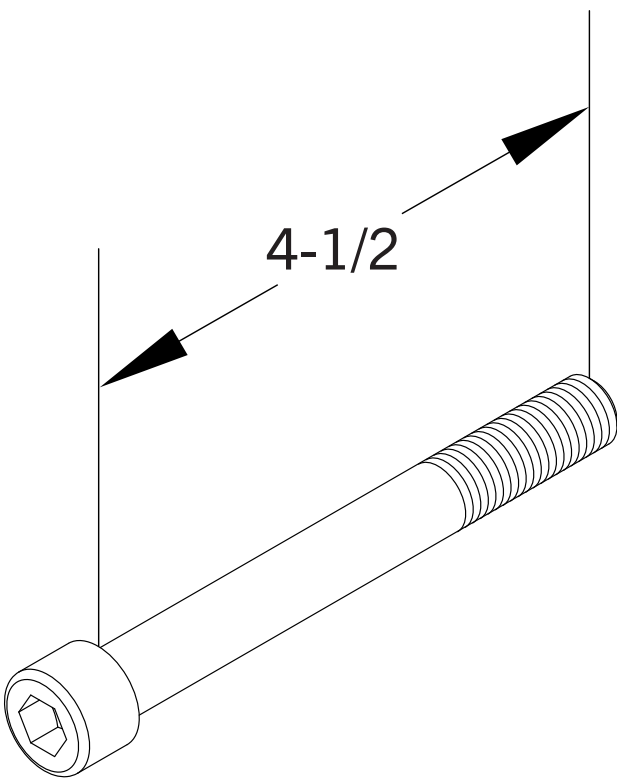
Qty: 8x



5/8" Hex Nut

68

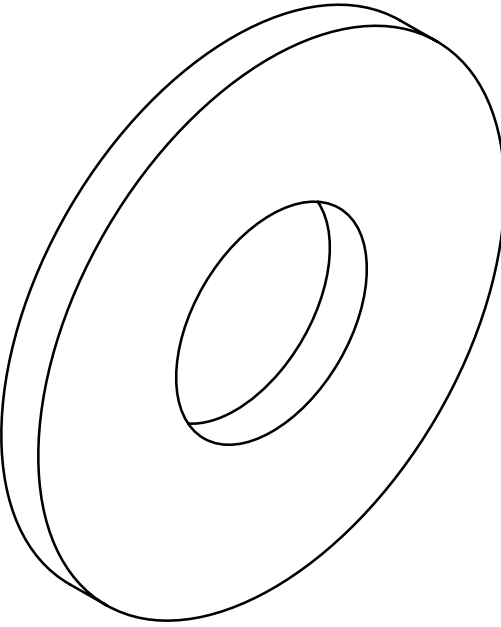
Qty: 2x



1/2" x 4-1/2" Socket Head Screw

69

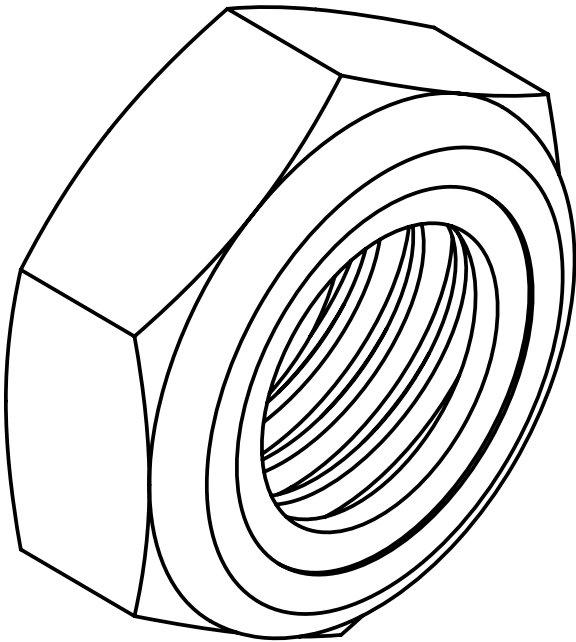
Qty: 2x



1/2" Flat Washer

70

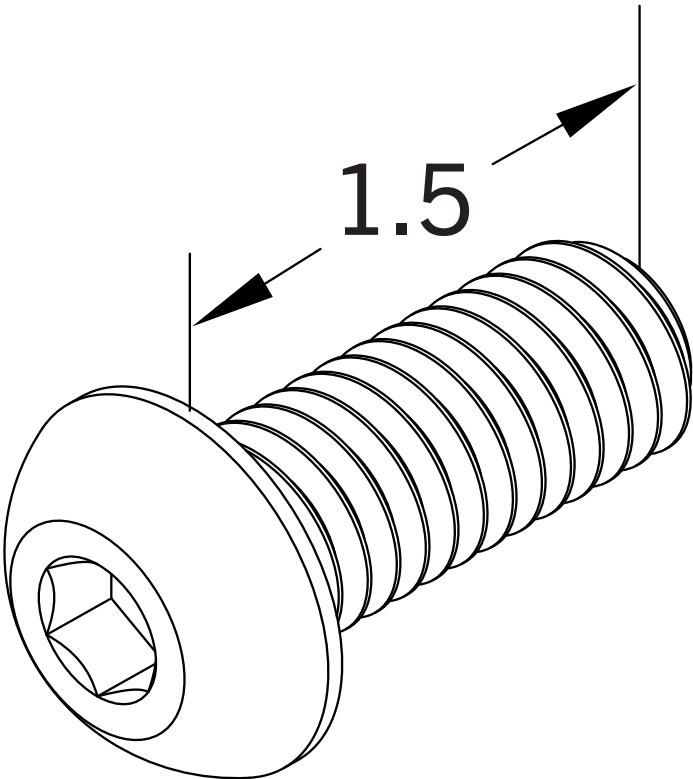
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1/2" Thin Nylock Nut

71

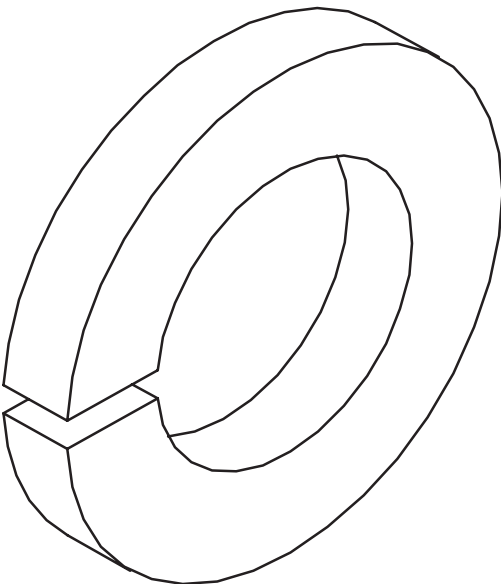
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1/2" x 1-1/2" Button Head Screw

72

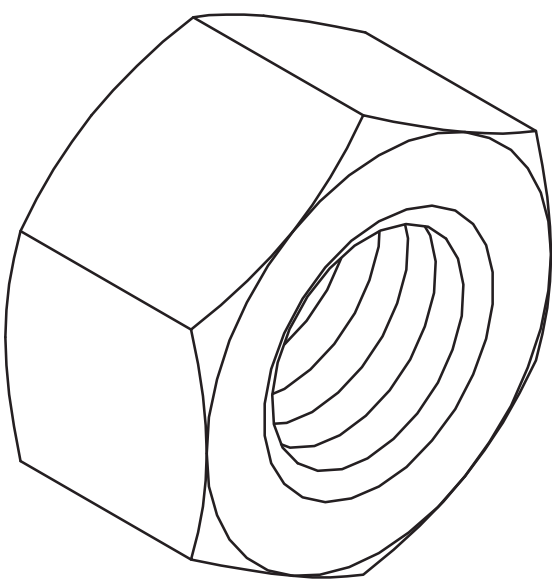
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1/2" Lock Washer

73

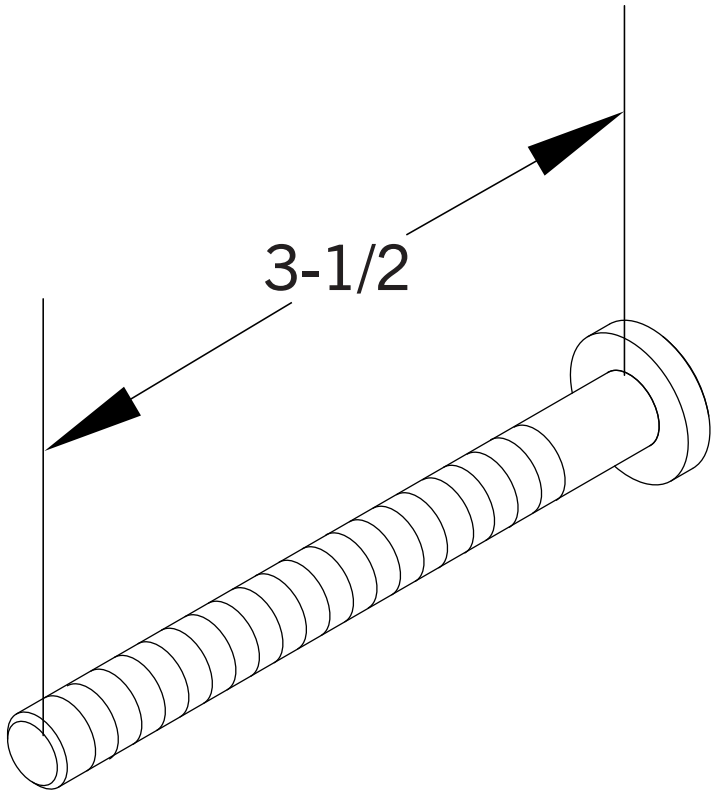
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1/2" Hex Nut

74

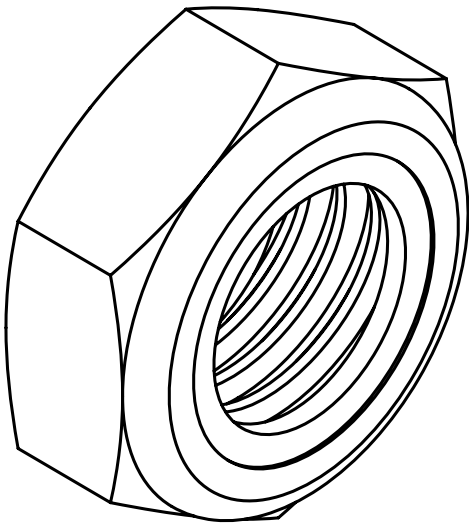
Qty: 2x



3/8" x 3-1/2" Button Head Screw

75

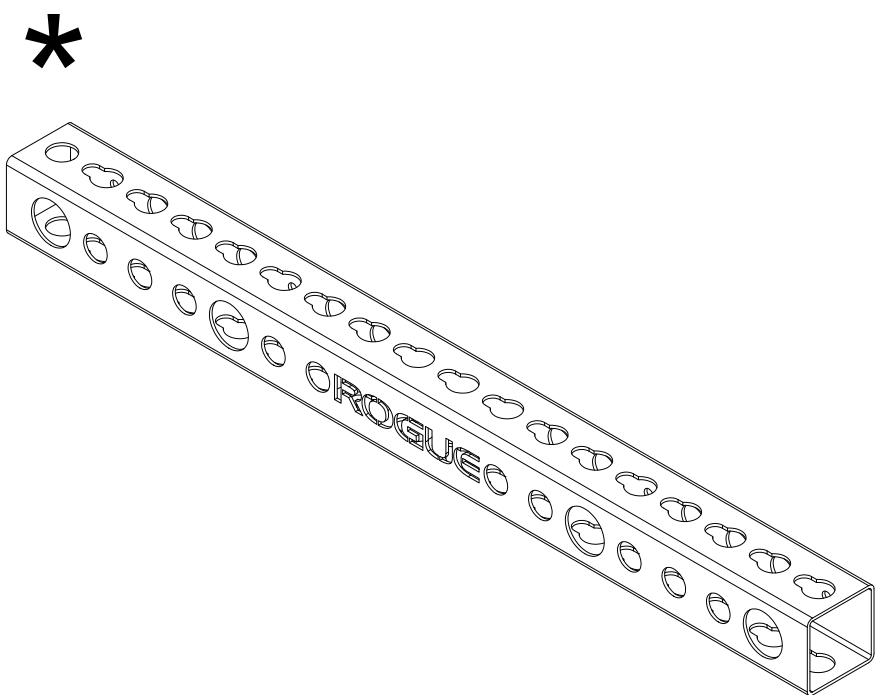
Qty: 2x



3/8" Thin Nylock Nut

76

Qty: 2x



Monster Strip

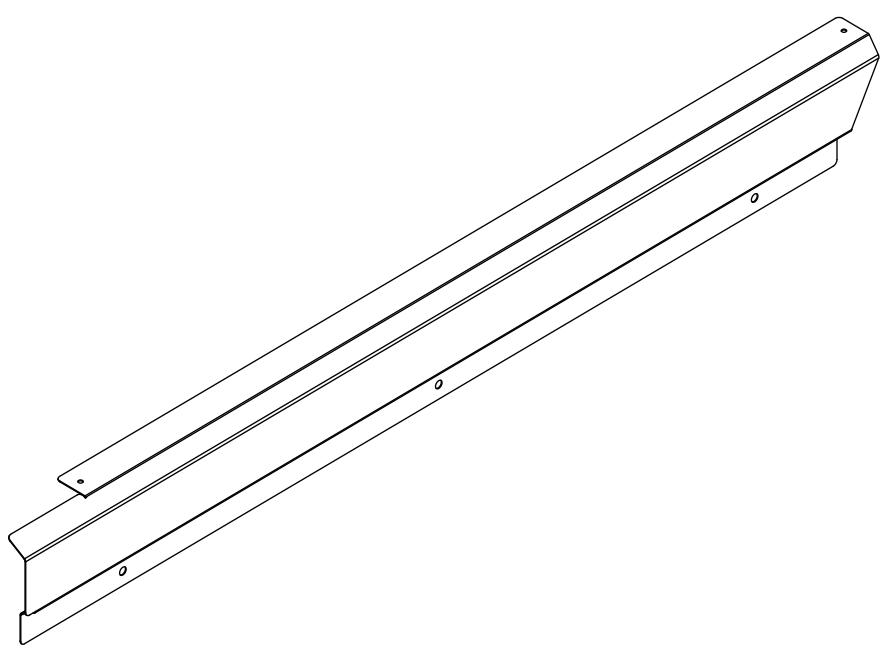


# INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

77

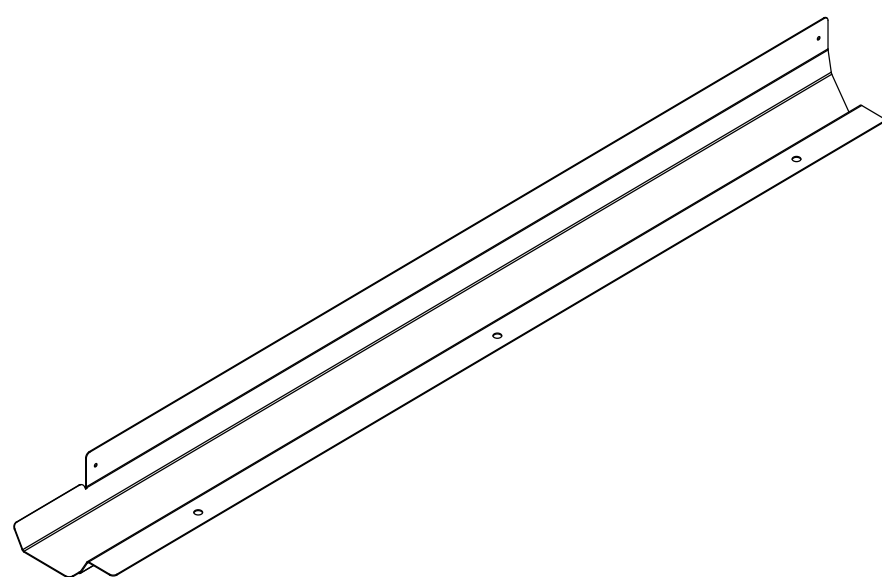
Qty: 1x



Rear Shroud - RH

78

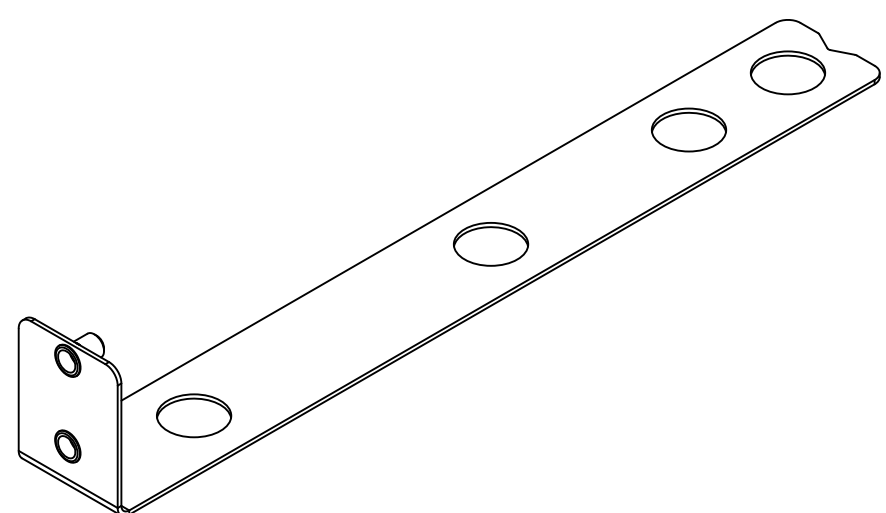
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Rear Shroud - LH

79

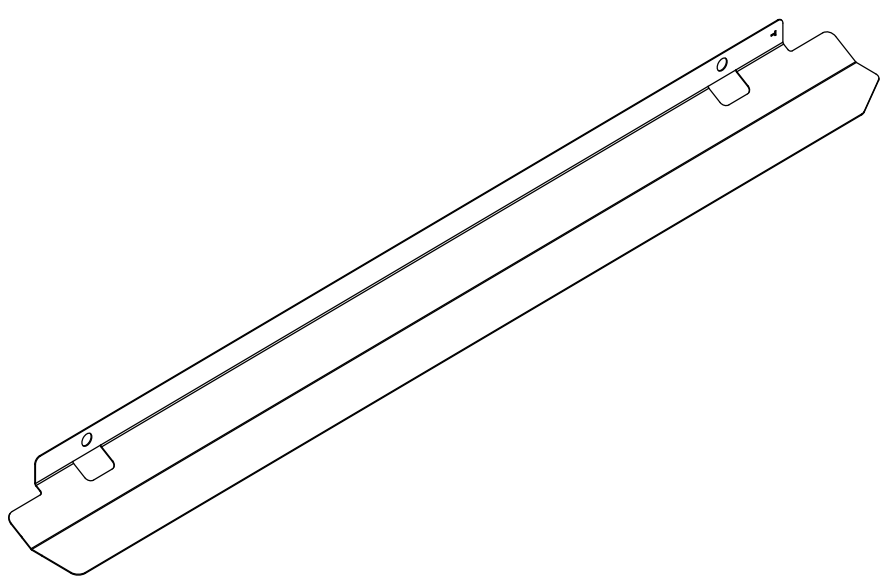
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Weight Stack Shroud Bracket

80

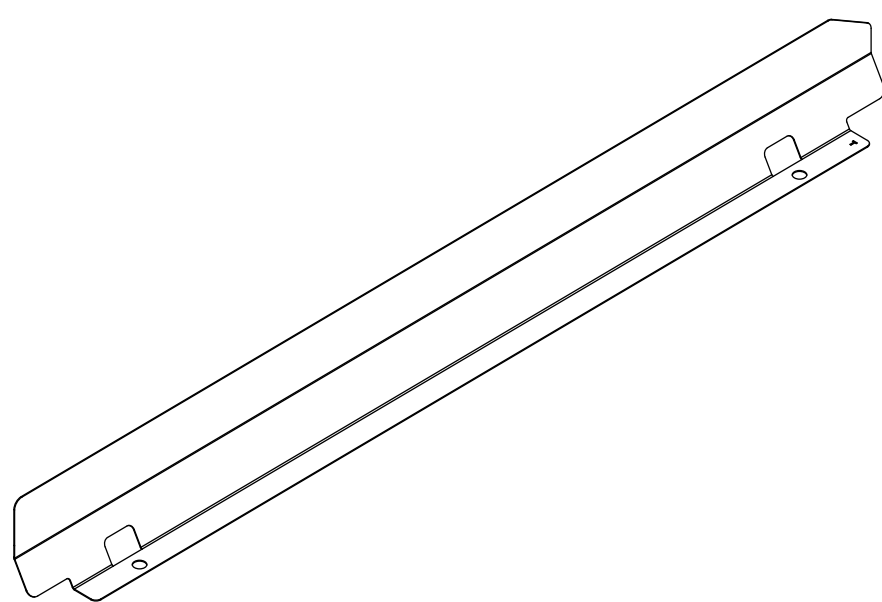
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Weight Stack Rear Shroud - RH

81

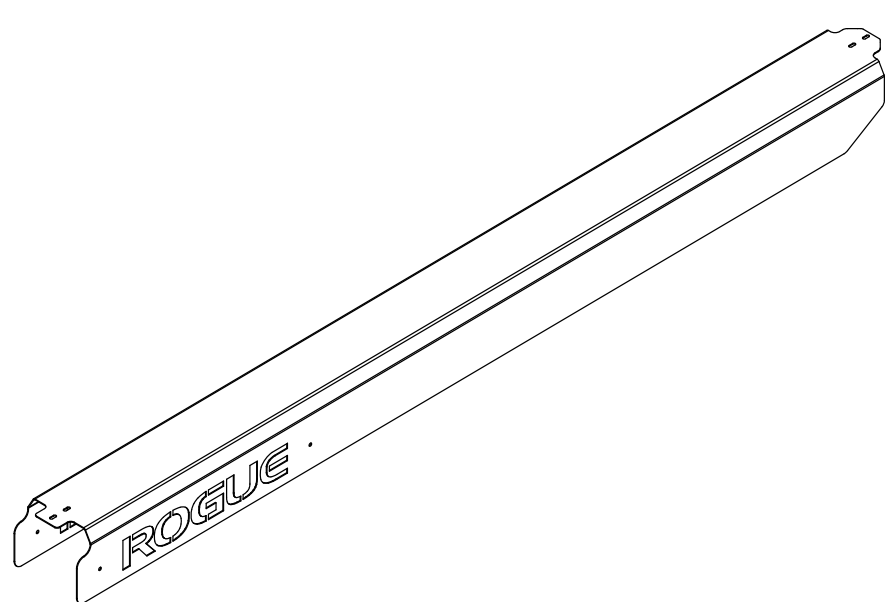
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Weight Stack Rear Shroud - LH

82

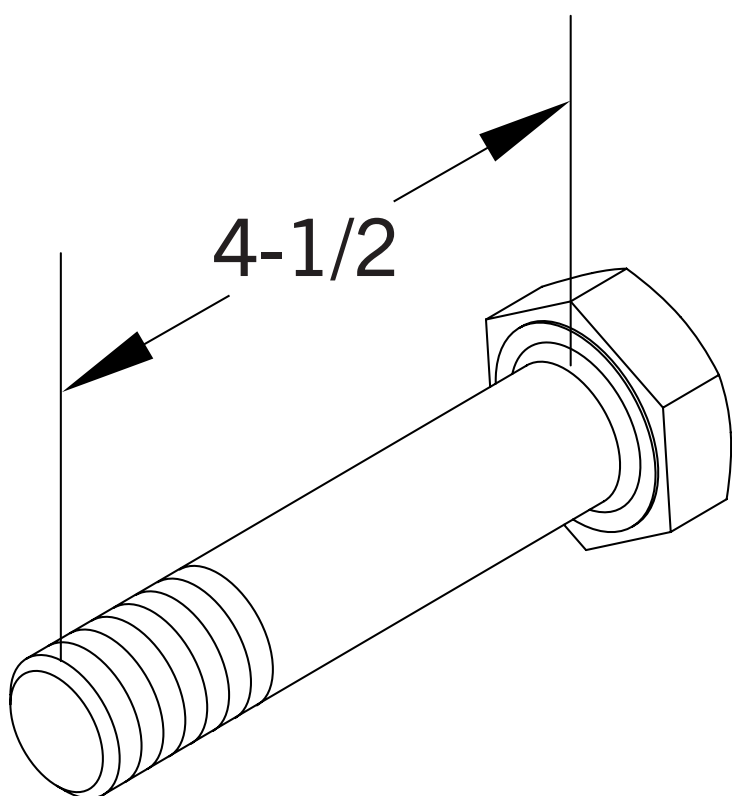
Qty: 2x



Weight Stack Nameplate Shroud

83

Qty: 4x

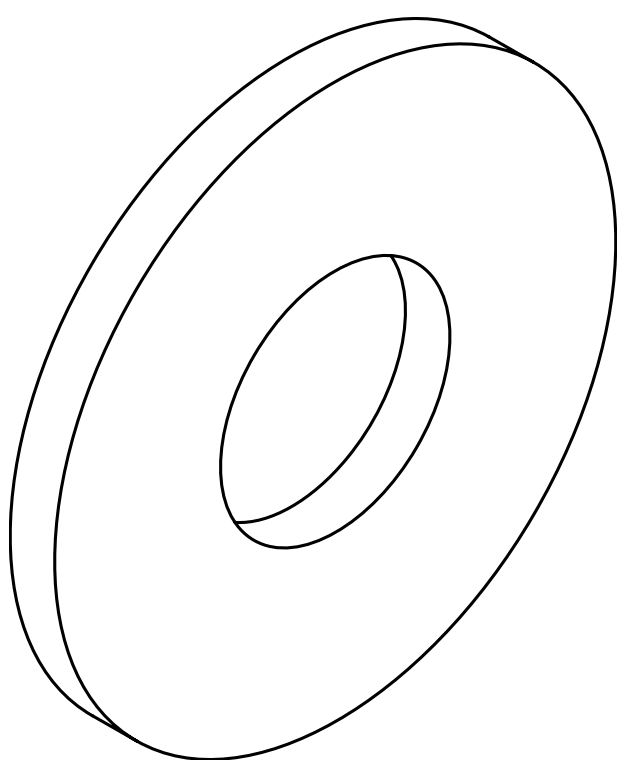


4-1/2

1" x 4-3/4" Hex Bolt

84

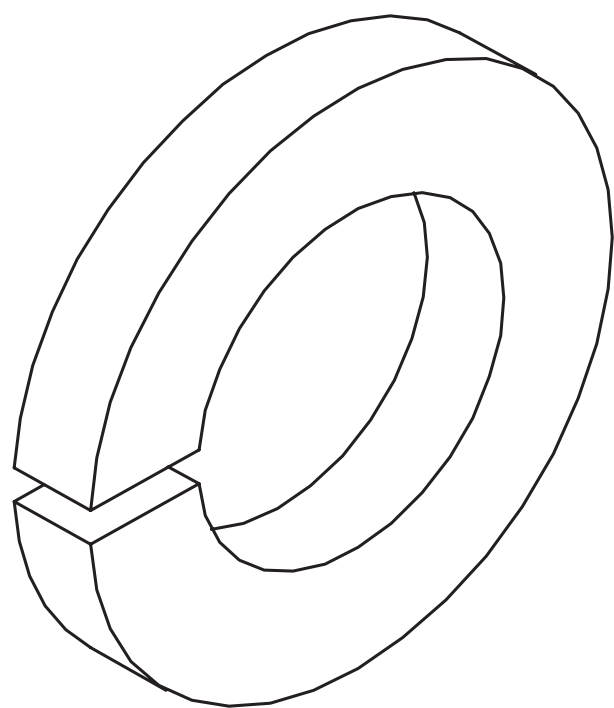
Qty: 4x



1" Flat Washer

85

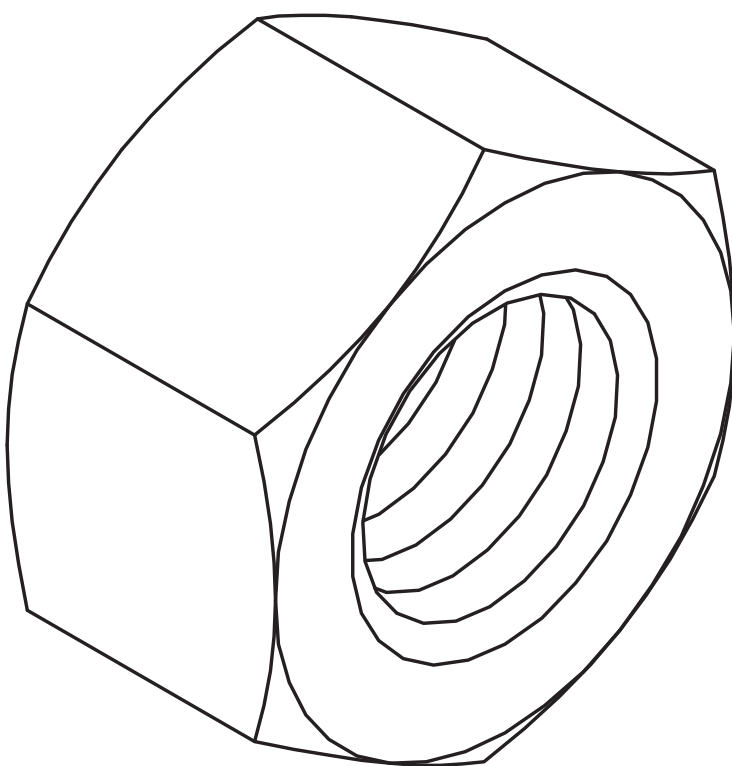
Qty: 4x



1" Lock Washer

86

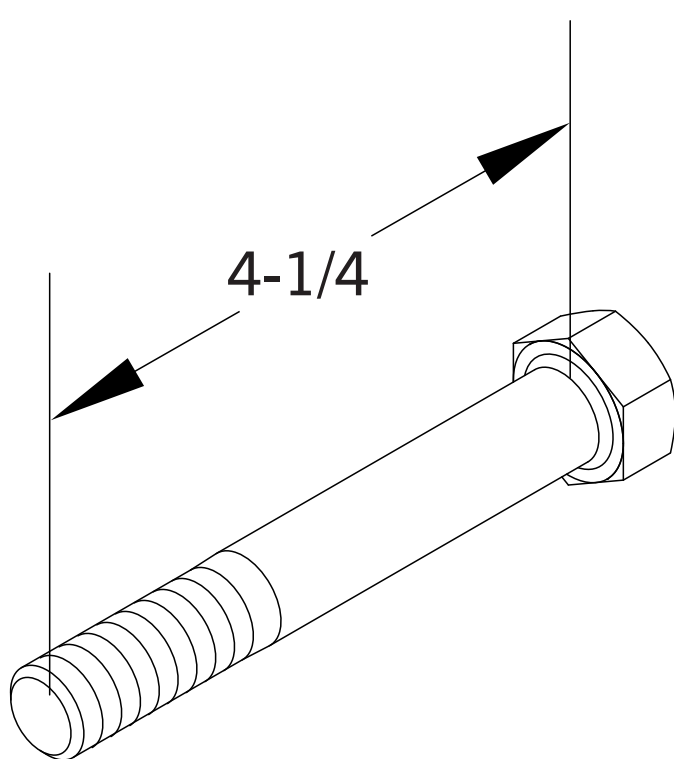
Qty: 4x



1" Hex Nut

87

Qty: 3x

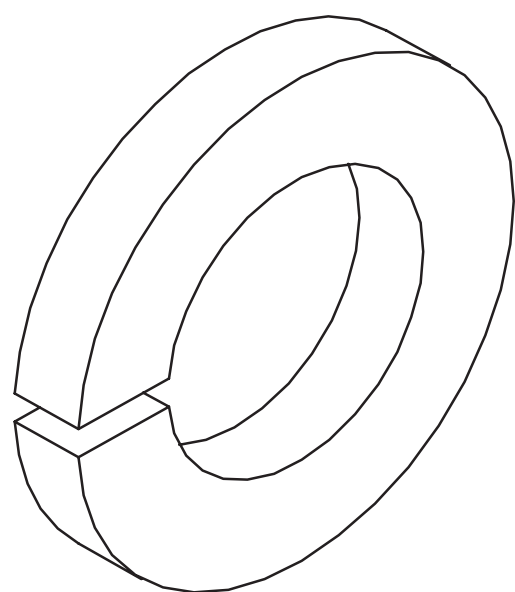


4-1/4

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

88

Qty: 3x



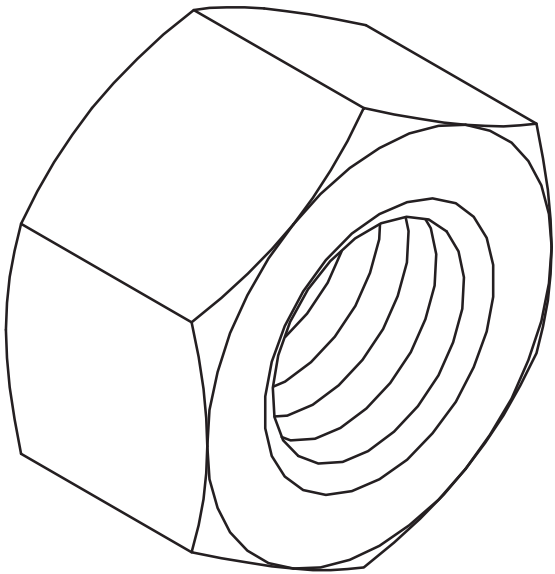
5/8" Lock Washer

# INCLUDED PARTS: SHROUD KIT

Note: Images not shown at scale.

89

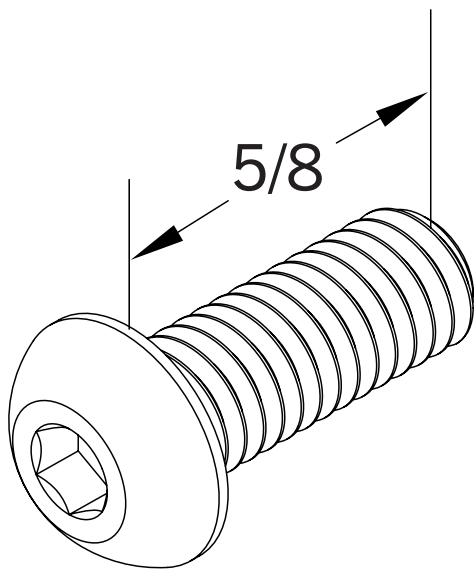
Qty: 3x



5/8" Hex Nut

90

Qty: 10x



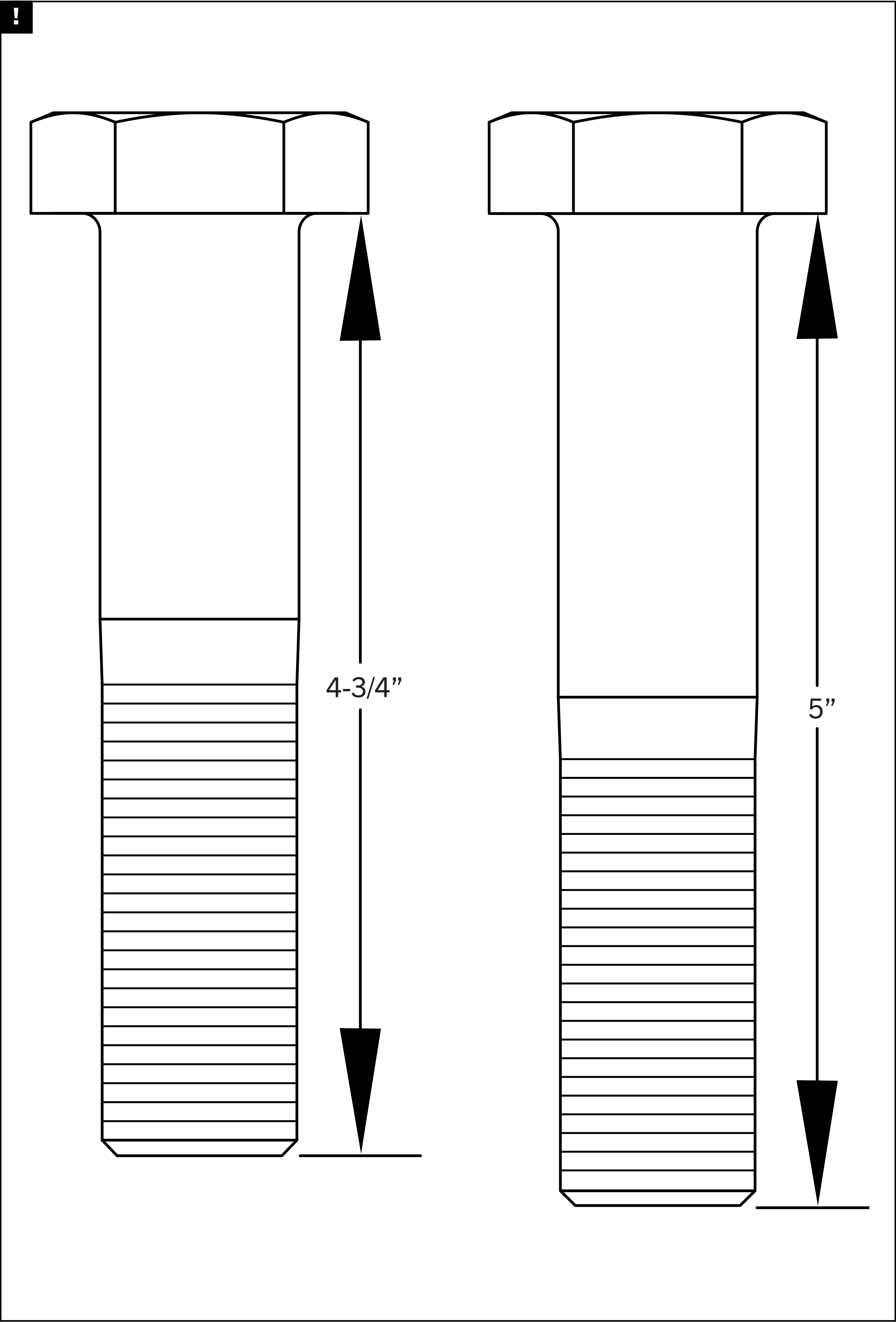
1/4" x 5/8" Button Head Screw



# 1” HARDWARE LENGTH GUIDE

**Note:**

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

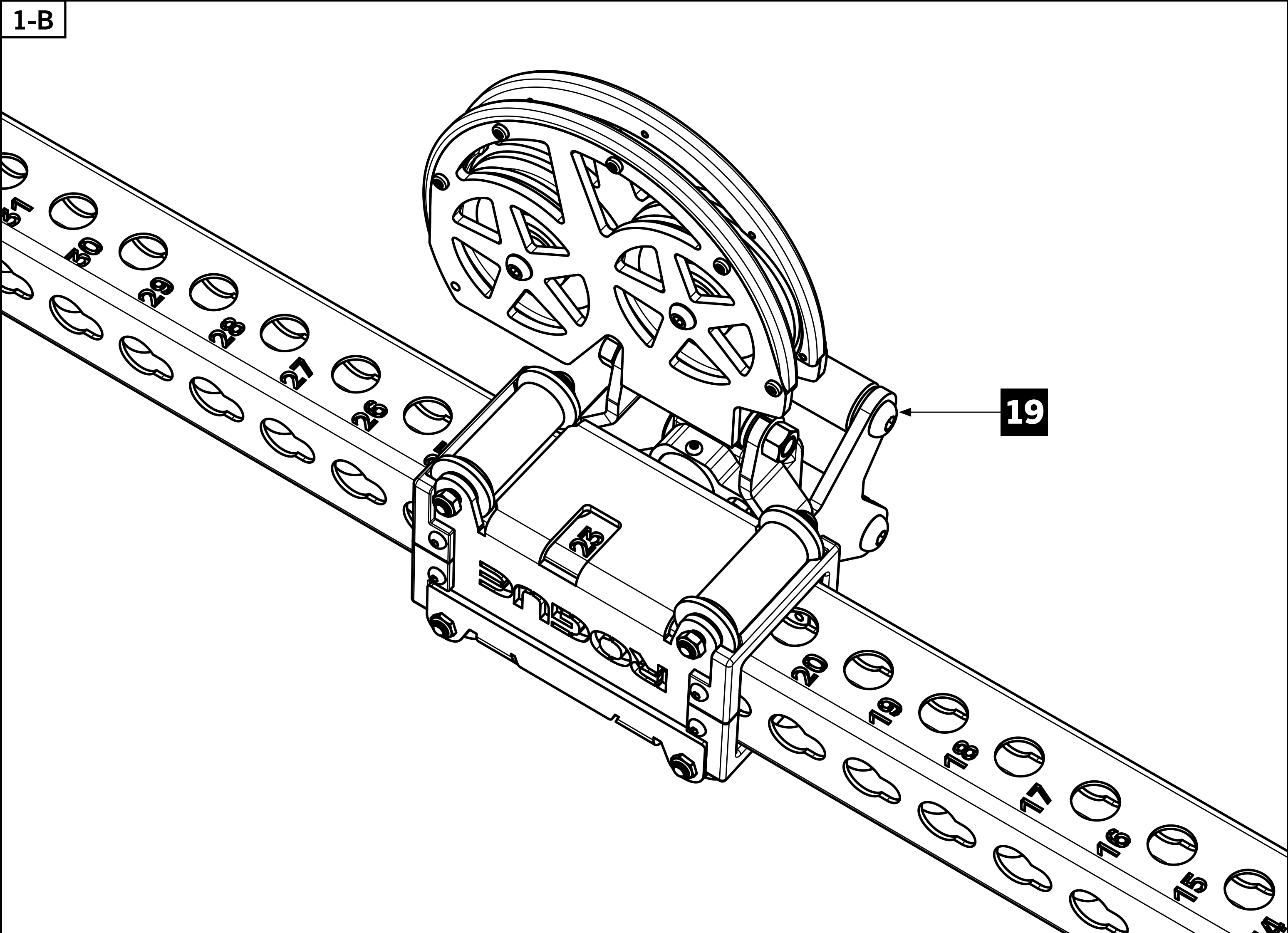
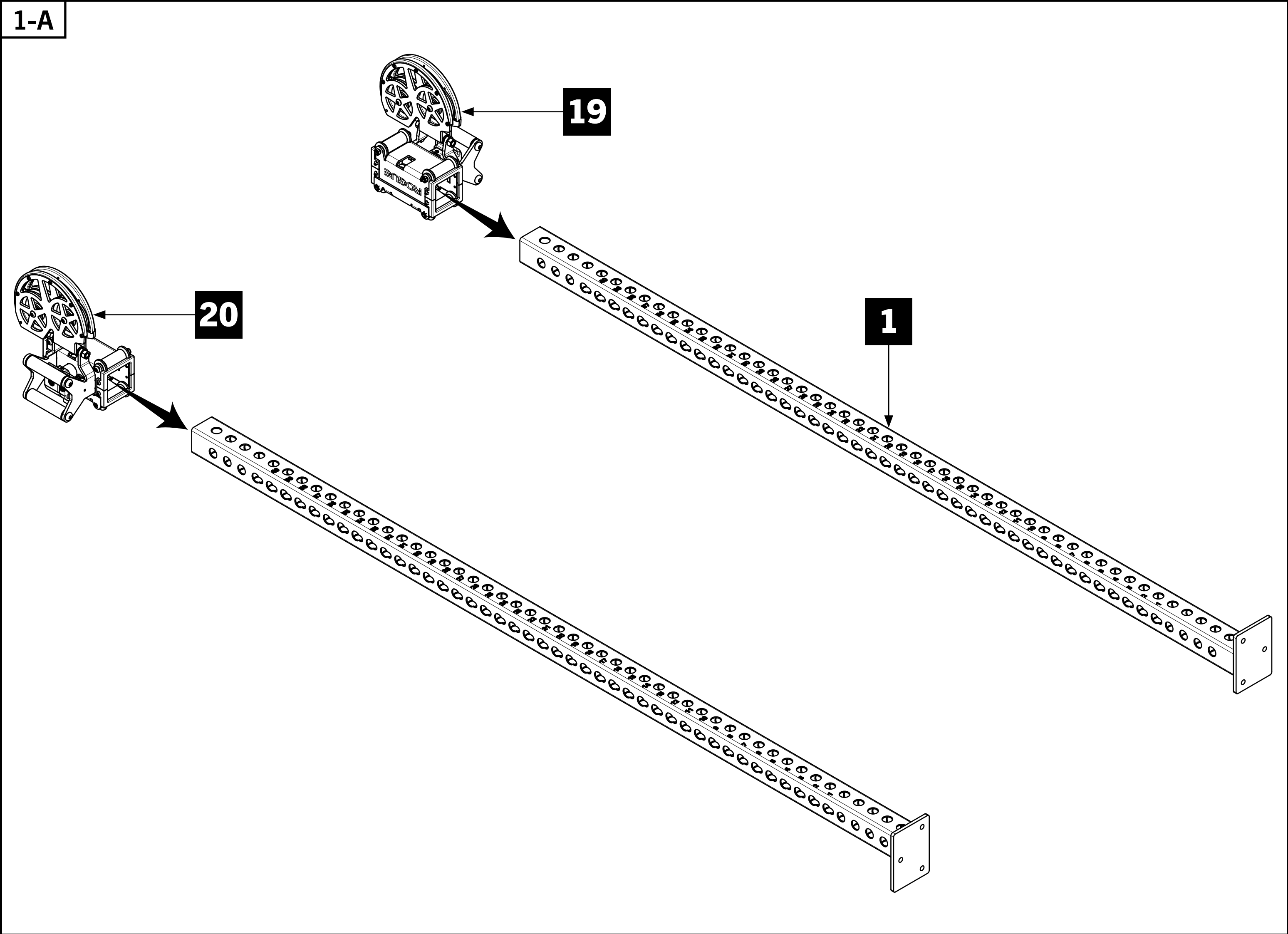




# STEP 1

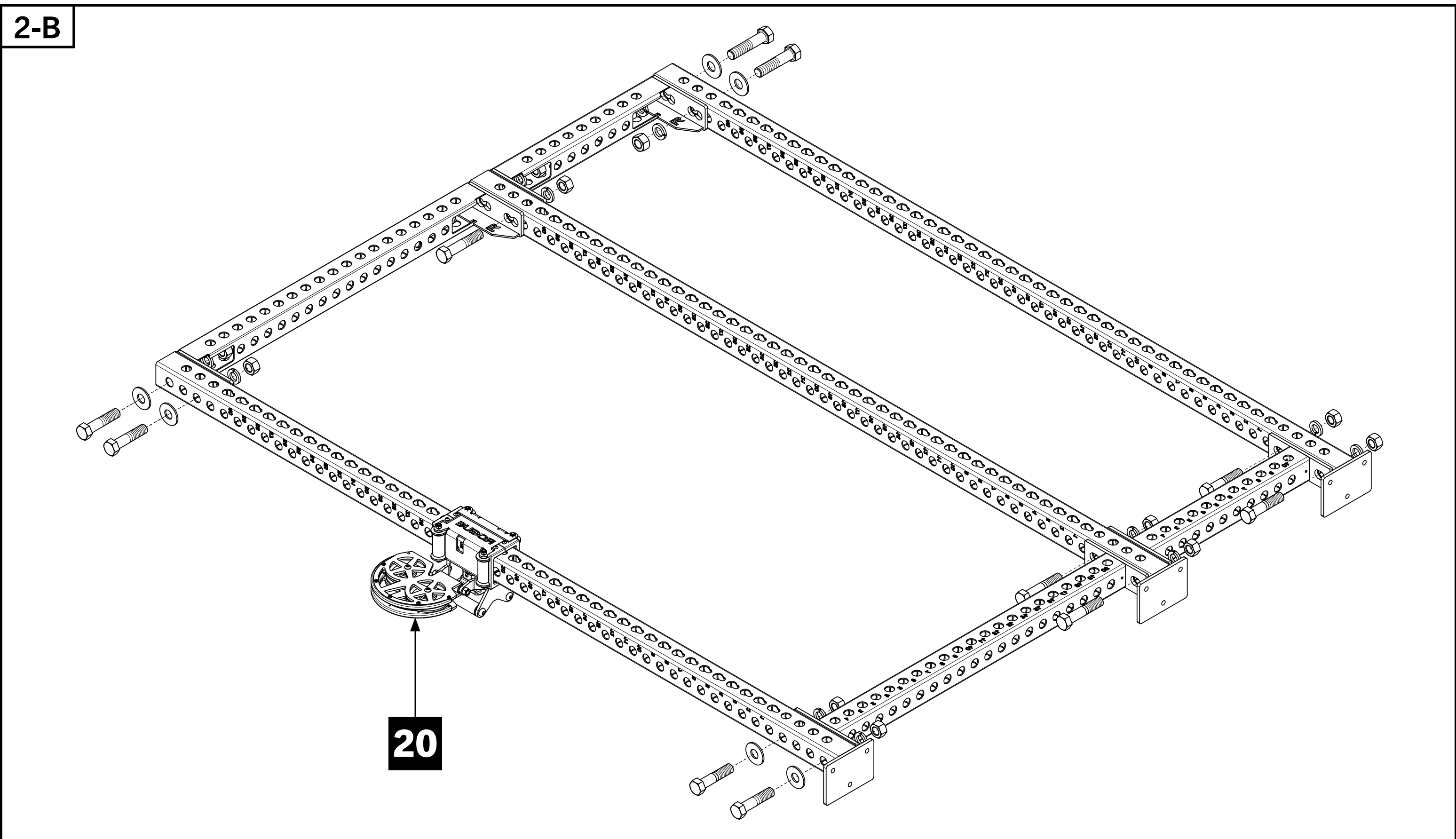
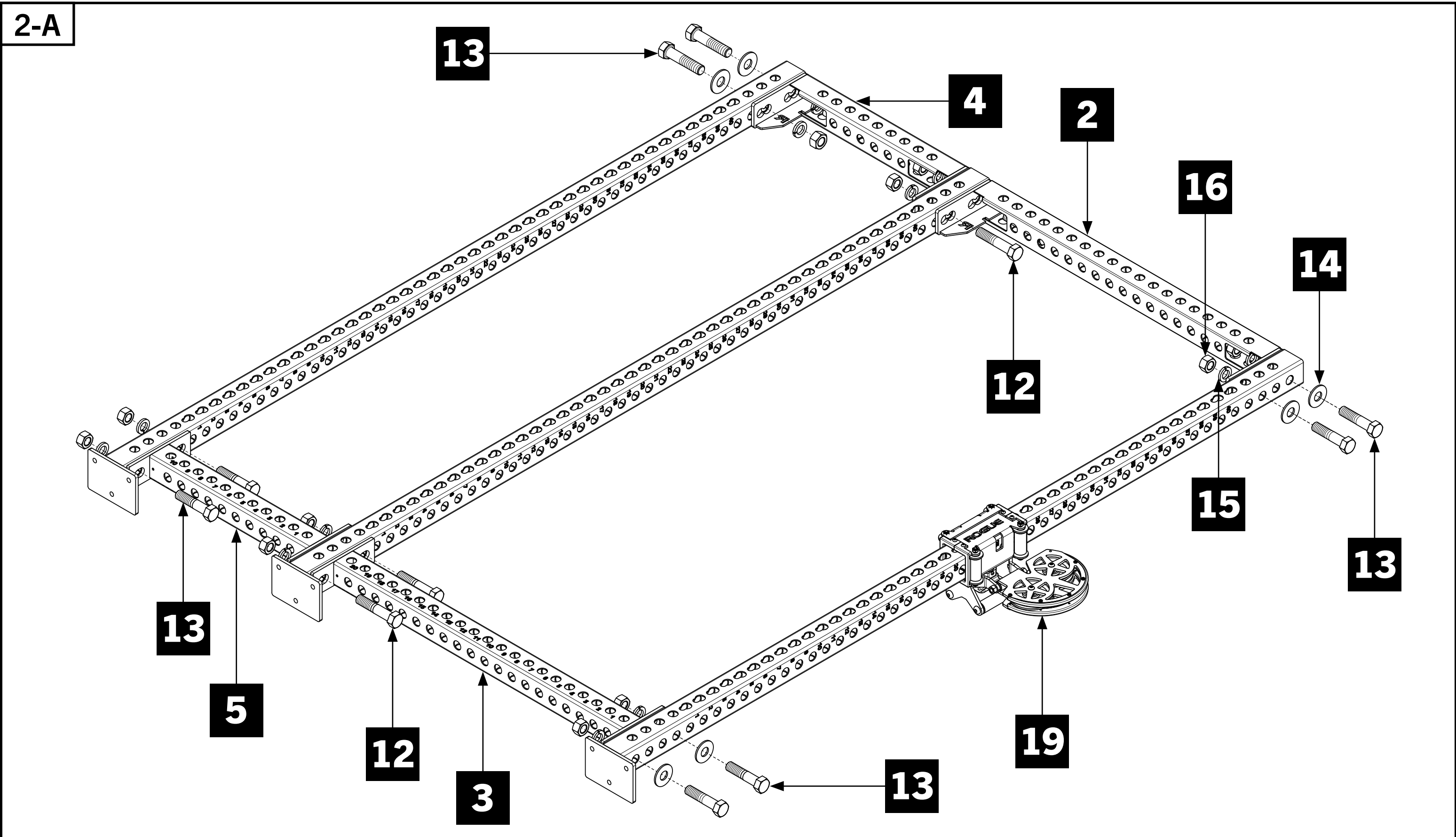
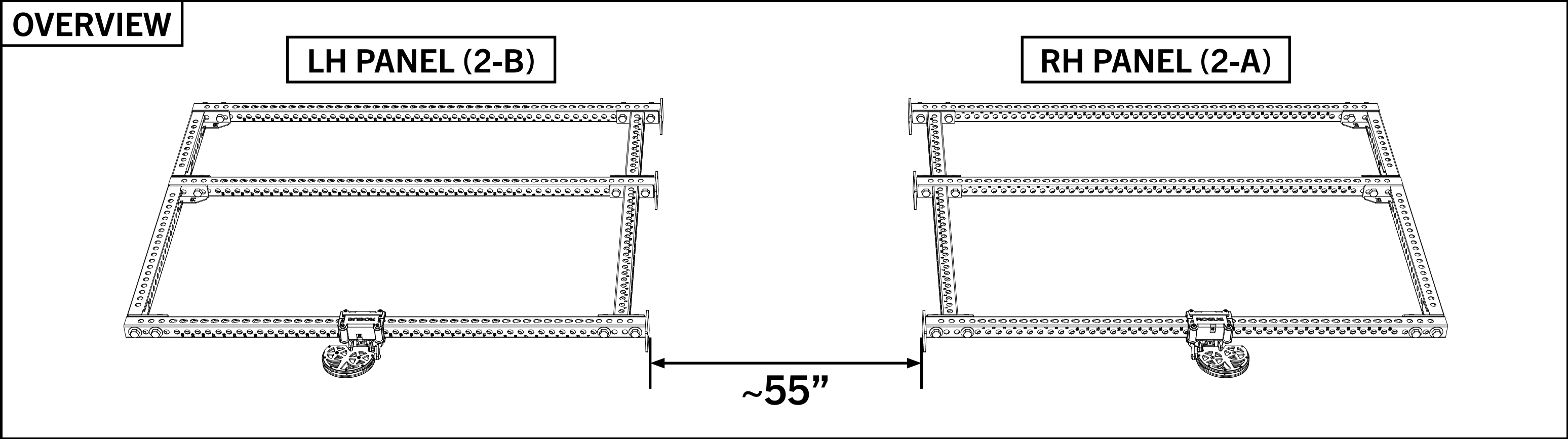
**IMPORTANT:**

- **DO NOT USE TOOLS TO TIGHTEN THROUGHOUT ASSEMBLY UNLESS OTHERWISE SPECIFIED.**
- If modifying existing rack with Add-on Kit, skip Steps 1-4 and proceed to **STEP 5**.
- 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 release 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”x4-3/4” Hex Bolts [13], 1” x 5” Hex Bolts [12], 1” Flat Washers [14], 1” Lock Washers [15], and 1” Hex Nuts [16].
- Ensure to use 1” x 5” Hex Bolts [12] for central uprights.
- HAND-TIGHTEN ONLY. Do not use tools throughout assembly unless specified.

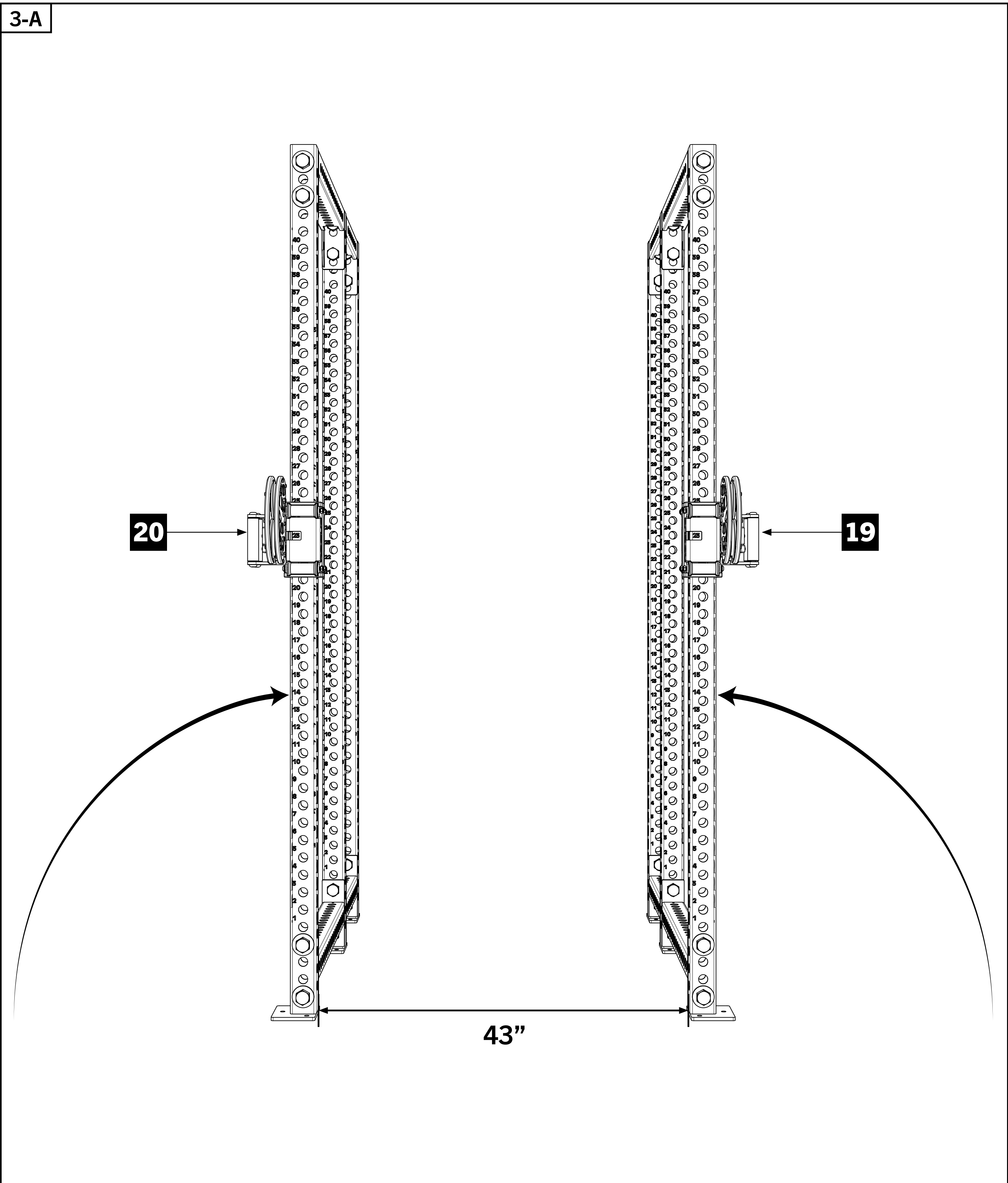
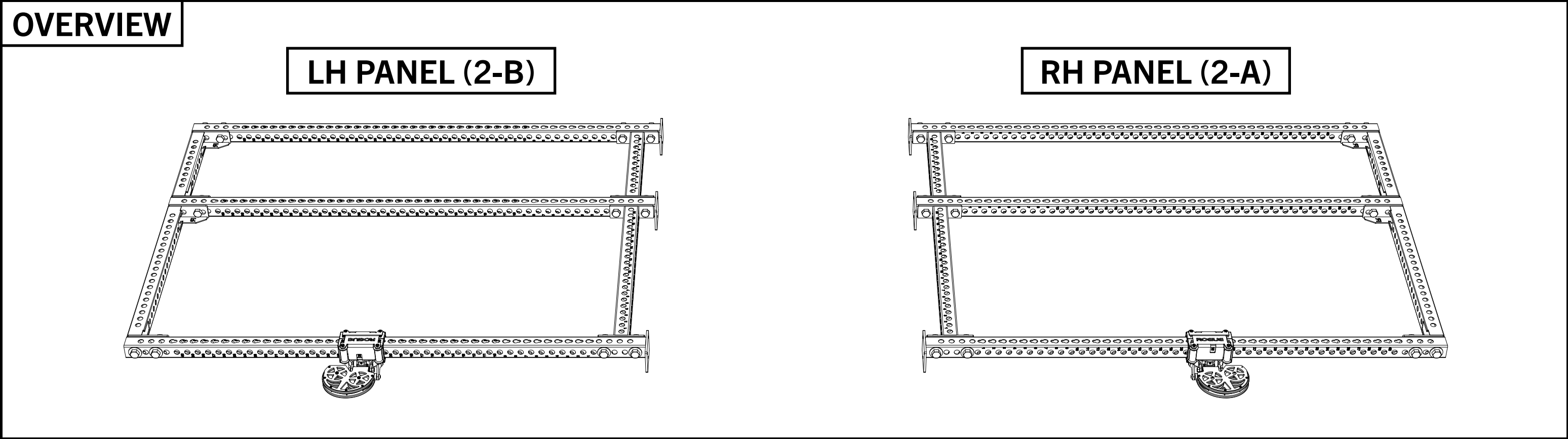




# STEP 3

## IMPORTANT:

- For safety, we recommend the remainder of these instructions be completed by a **minimum of two 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 Crossmembers in **STEP 4**.

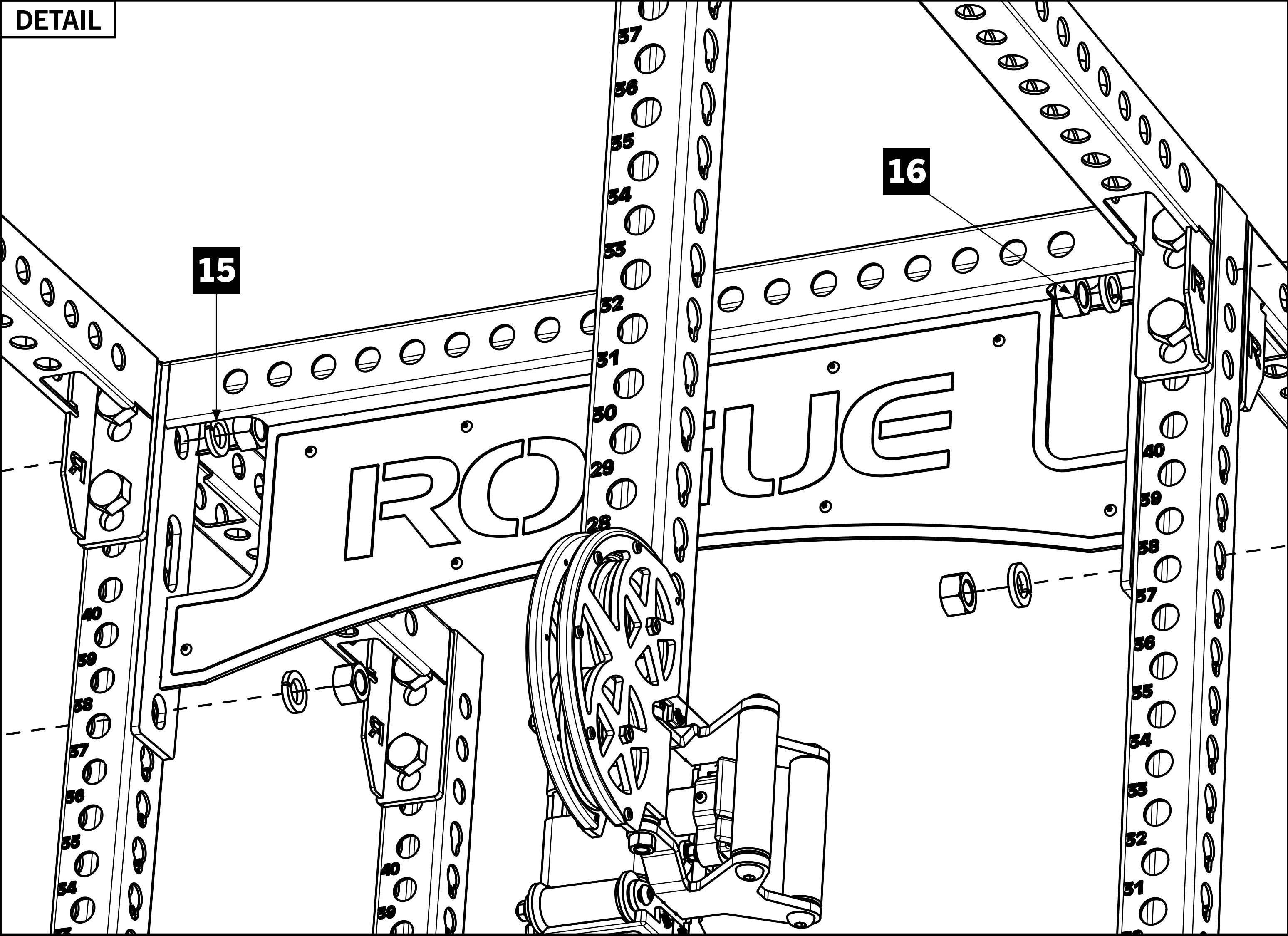
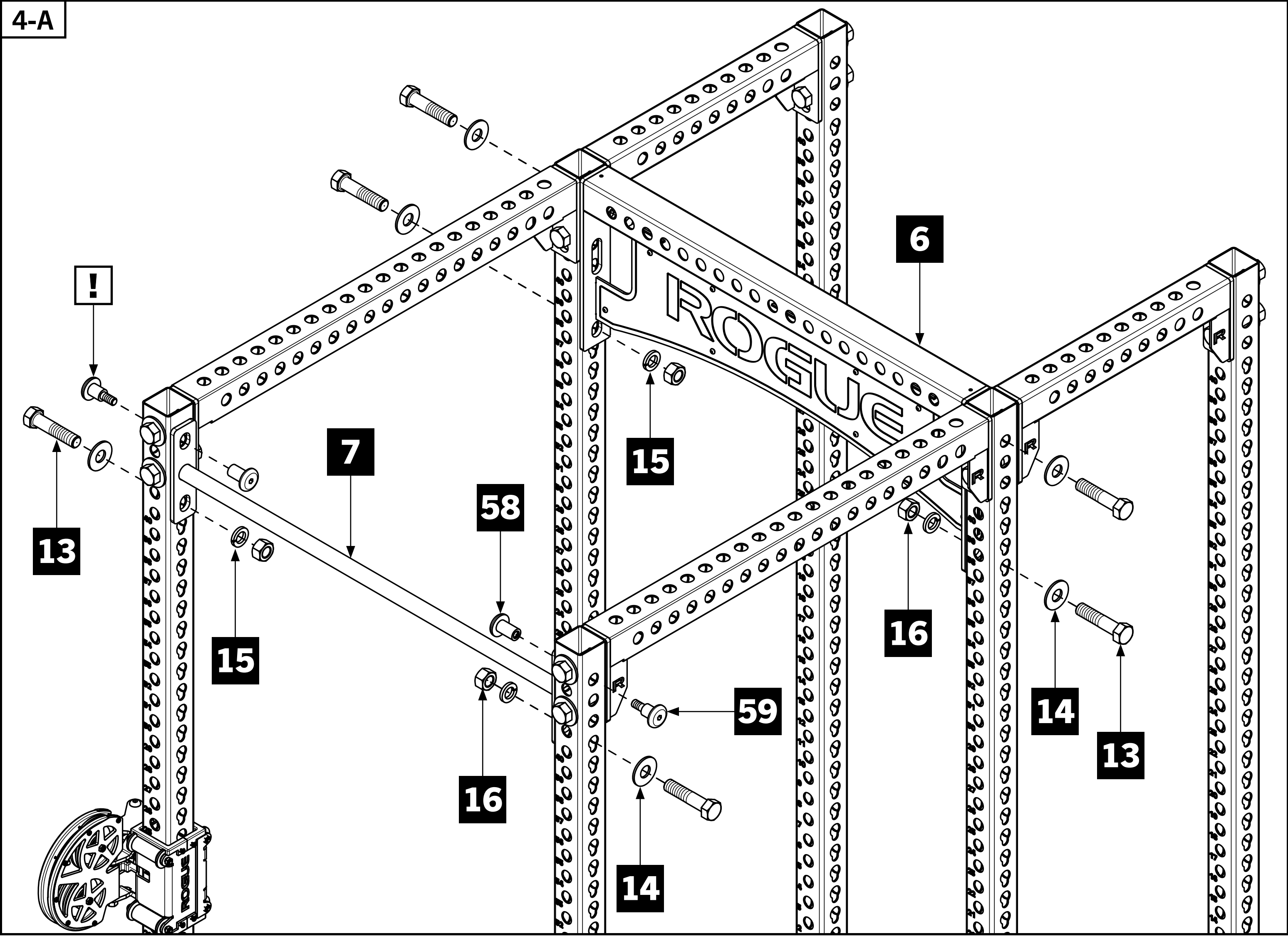




# STEP 4

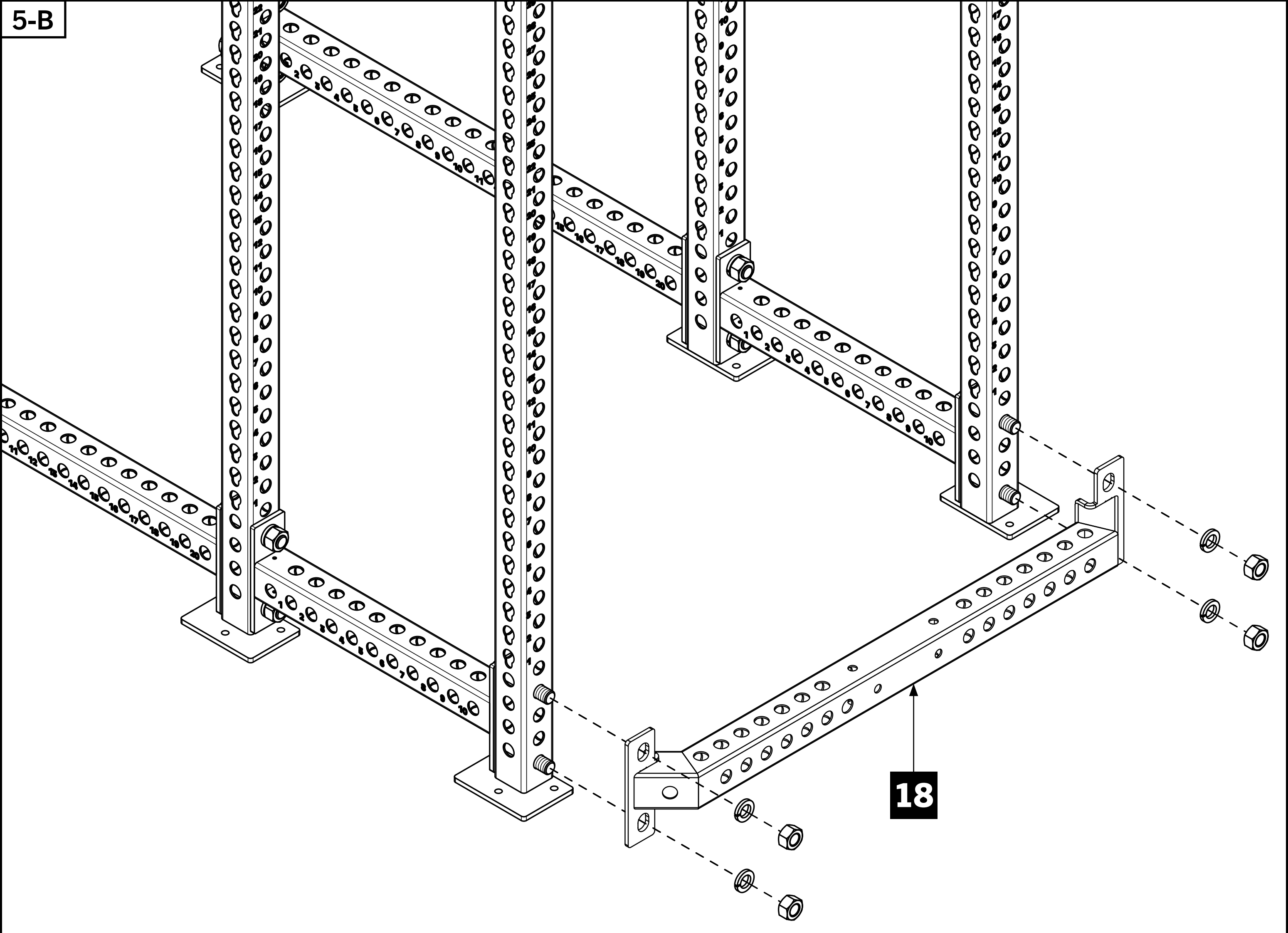
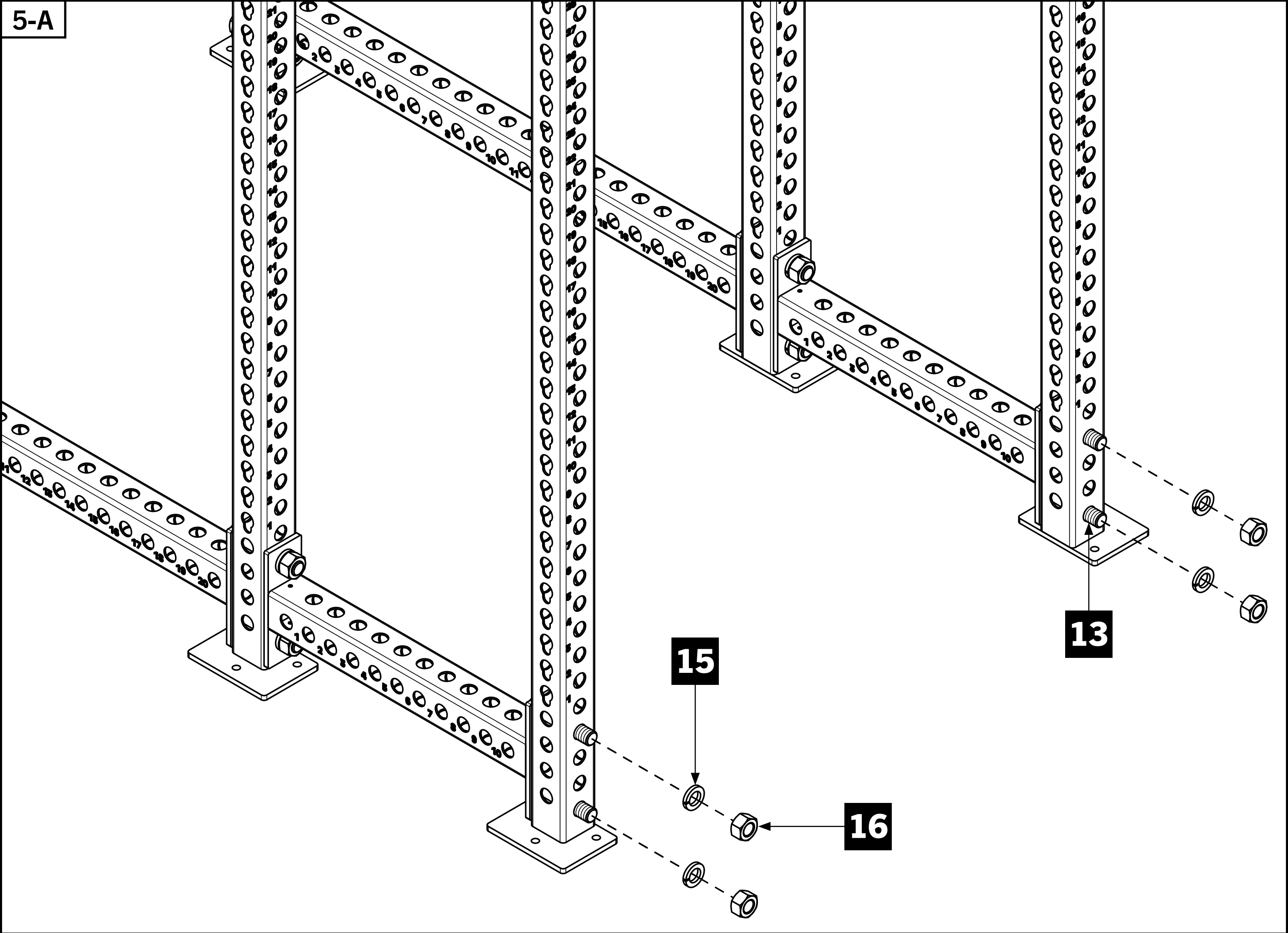
**Tools Required:**

- 3/8” Allen Key
- Attach Nameplate Crossmember [6] to middle Uprights using 1” x 4-3/4” Hex Bolt [13], 1” Flat Washers [14], 1” Lock Washers [15], and 1” Hex Nuts [16].
- Attach Pull-up Bar [7] to front Uprights using 1” Shoulder Bolts [58,59], 1” x 4-1/2” Hex Bolts, 1” Flat Washers, 1” Lock Washers, and 1” Hex Nuts.
-  Fully tighten 1” Shoulder Bolts using 3/8” Allen Key. DO NOT TIGHTEN HEX BOLTS.



# STEP 5 (BEGIN ADD-ON KIT ASSEMBLY)

- If modifying existing RM rack with add-on kit, begin following assembly instructions.
- 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 **[18]** and re-assemble the hardware removed above.





# STEP 6 (ADD-ON KIT ONLY)

IMPORTANT:

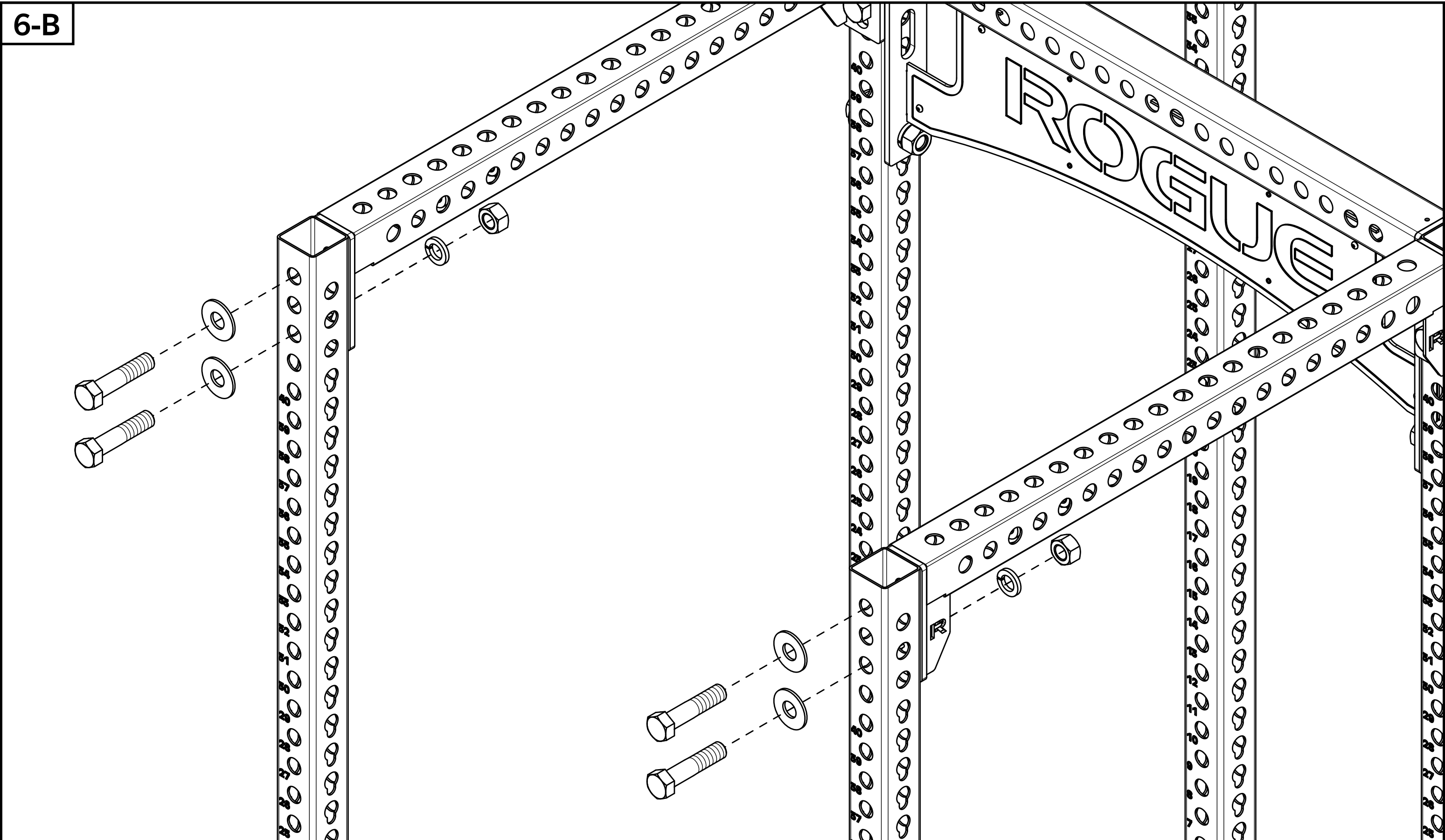
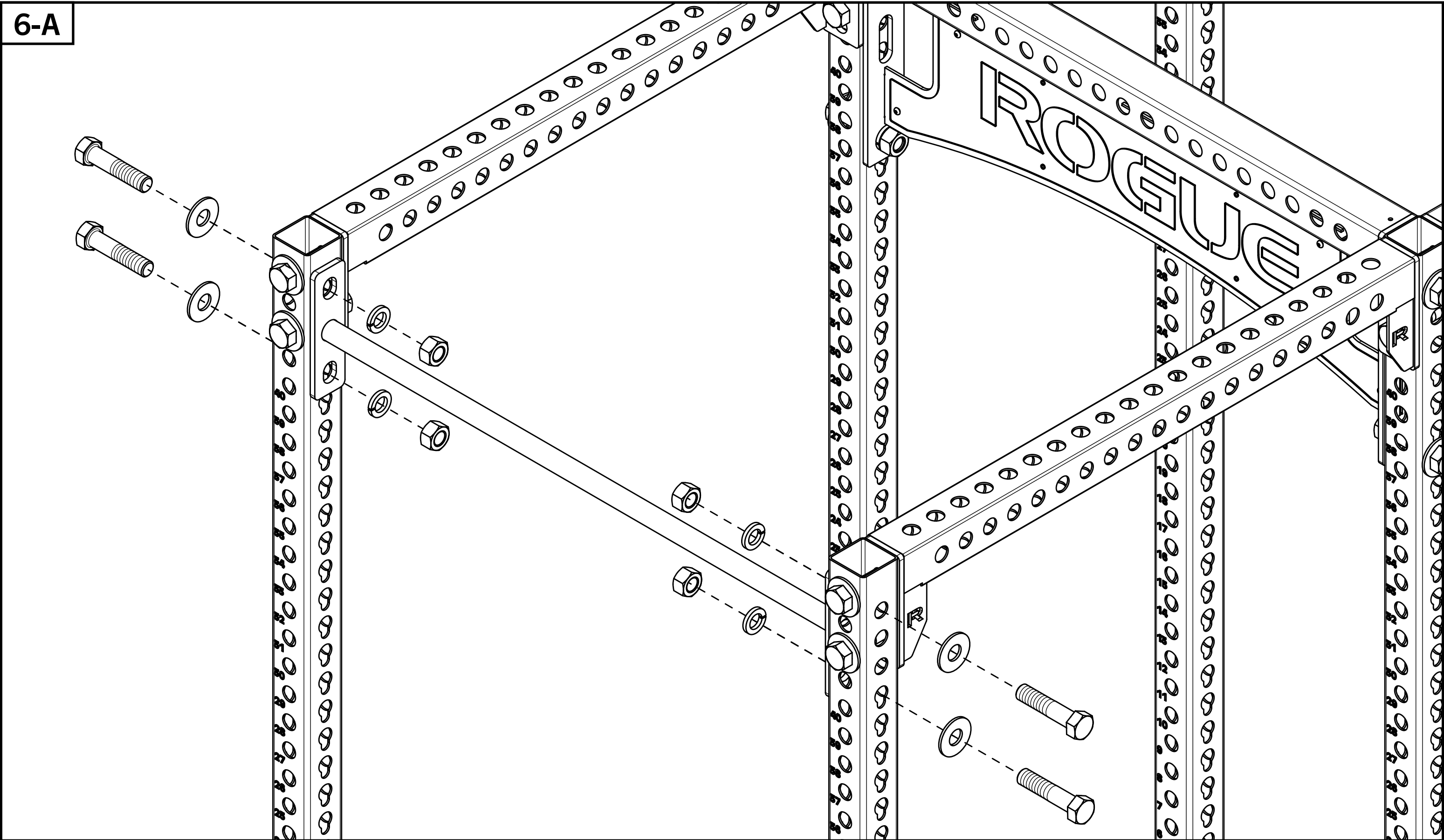
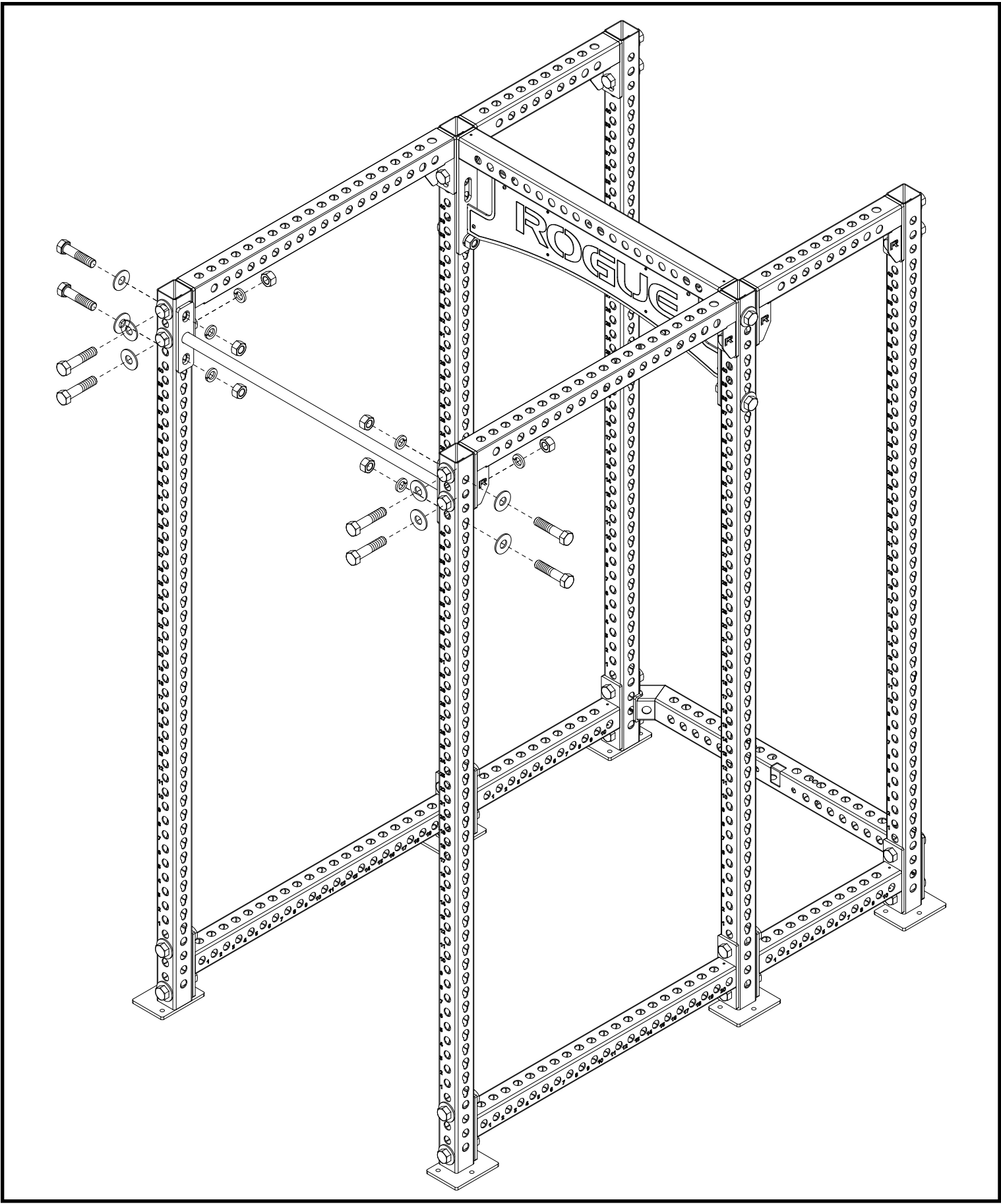
- **LOOSEN BUT DO NOT REMOVE ALL 1” HARDWARE ON ENTIRE RACK.**

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 **6-B** so that the tops of the front uprights are completely free to move.

Note:

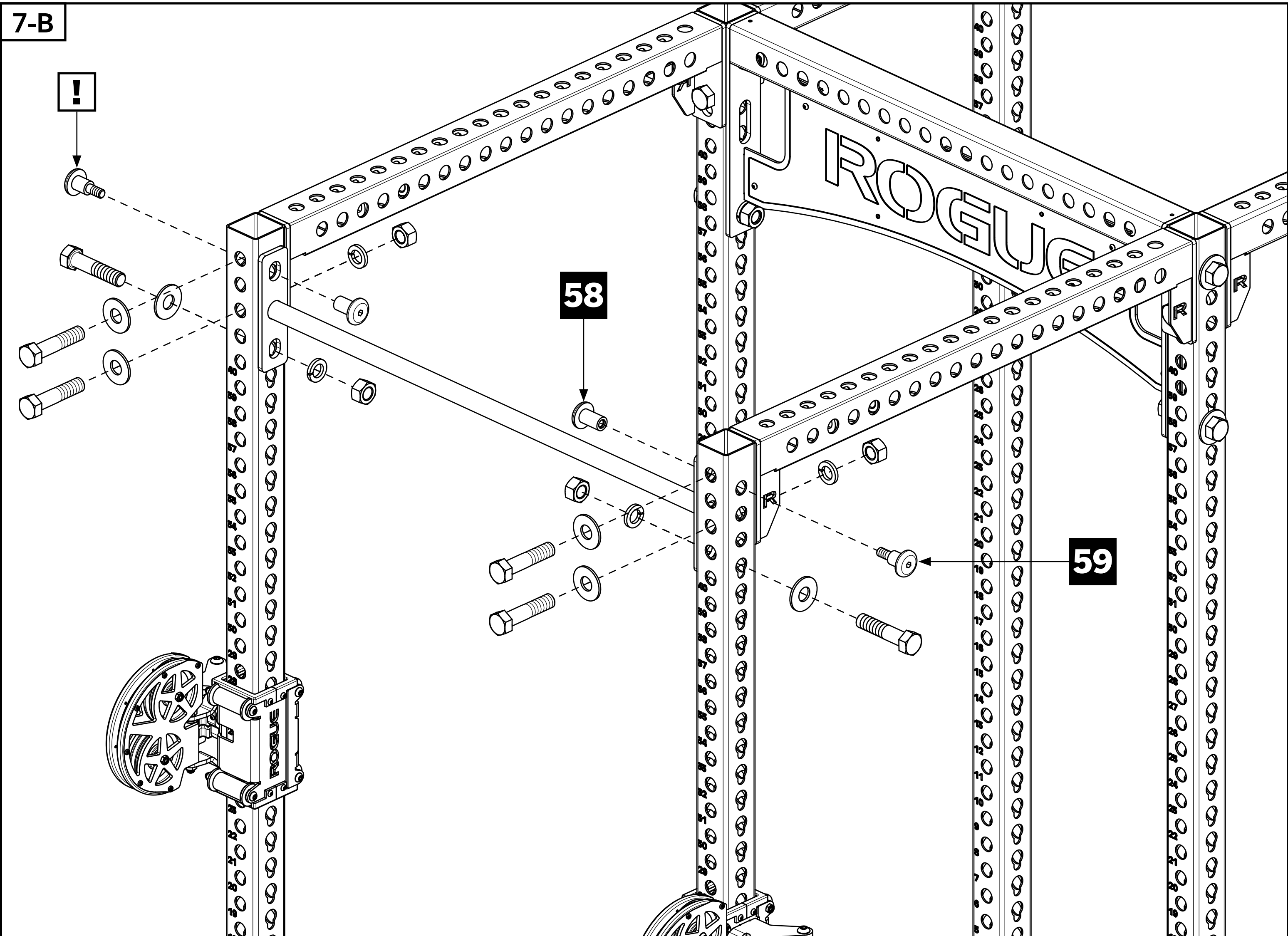
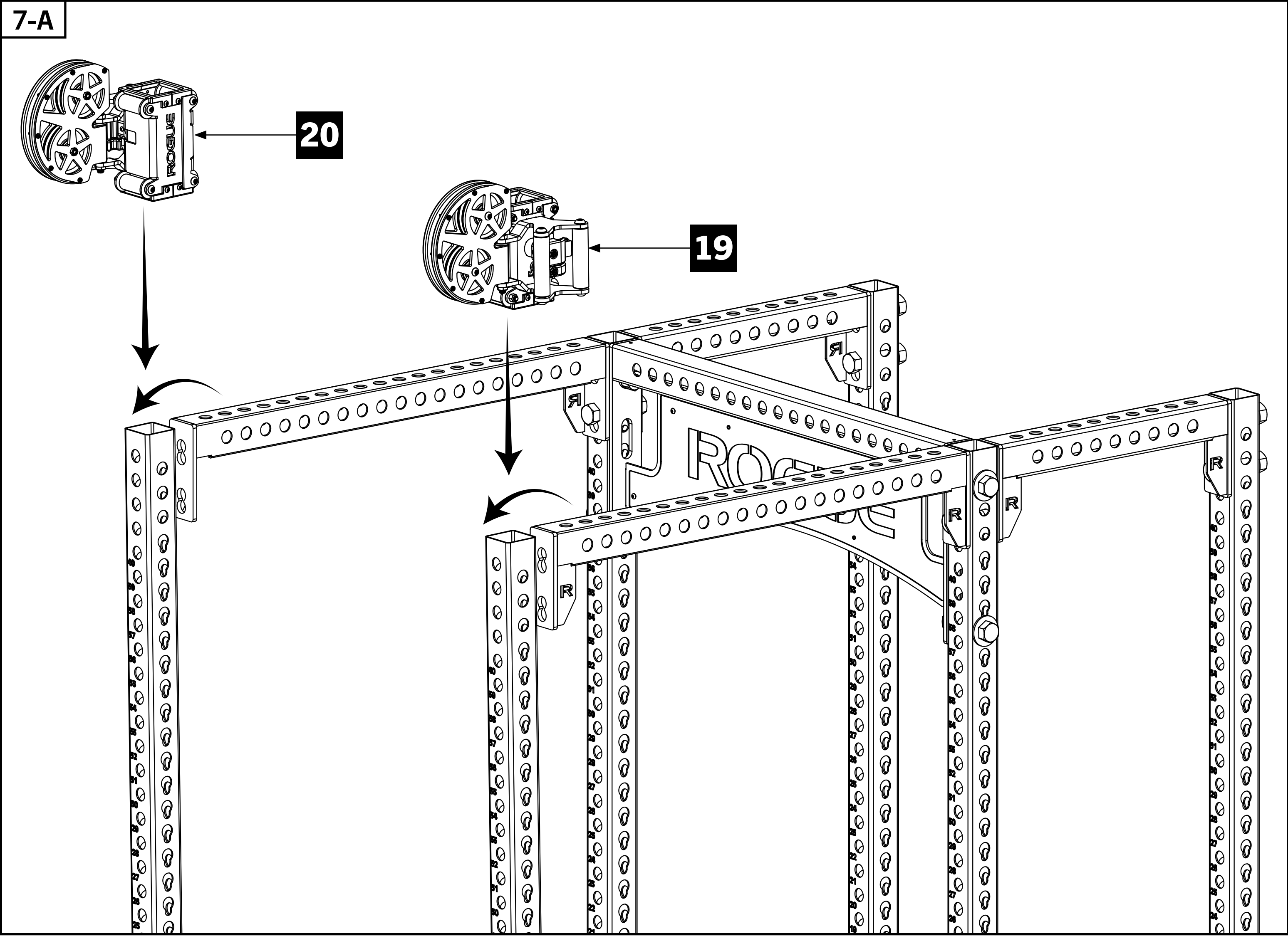
- The tops of the front uprights will need ample slack to complete **STEP 7**. Continue to loosen hardware on bottom of Front Uprights as needed.





# STEP 7 (ADD-ON KIT ONLY)

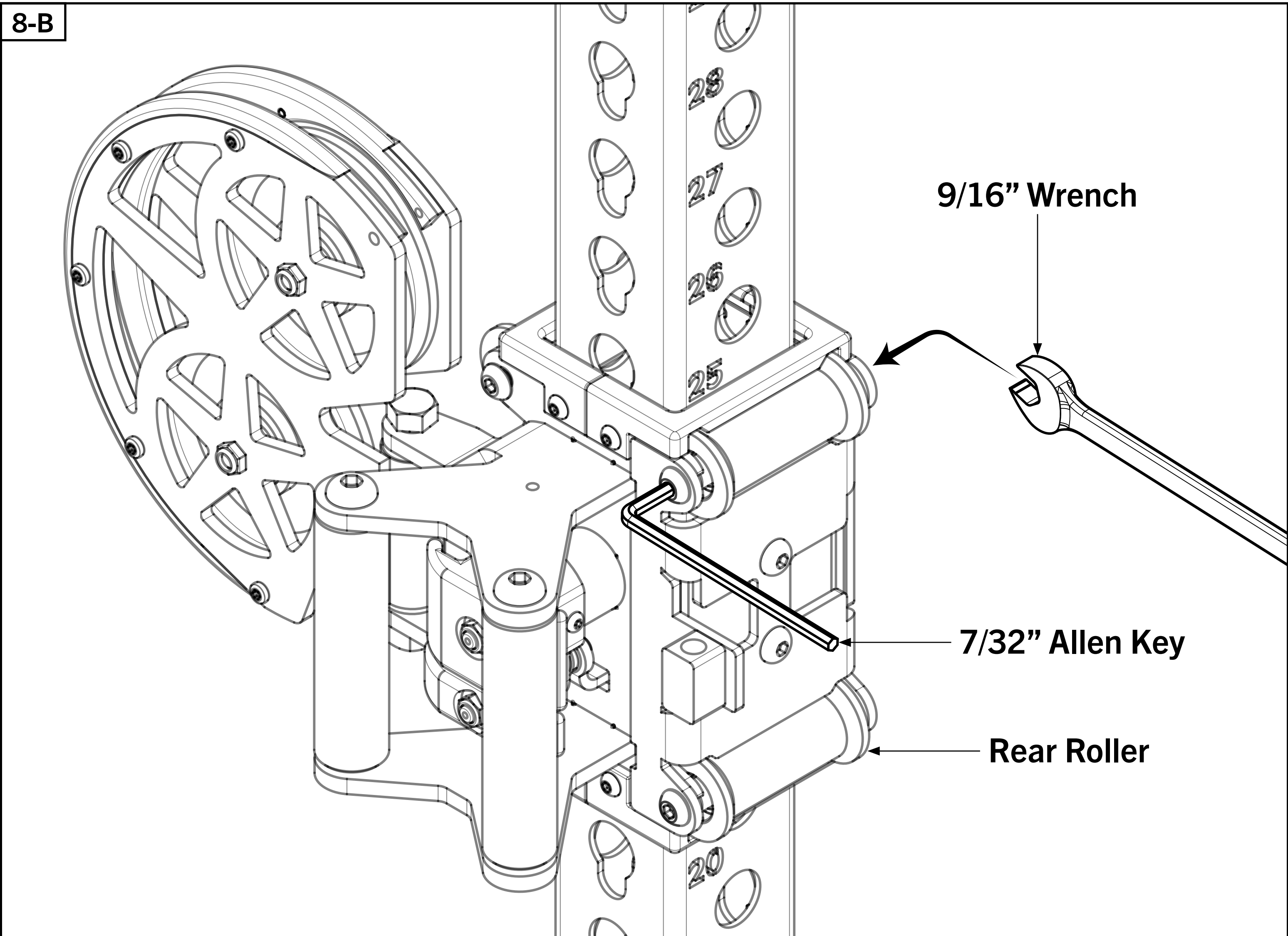
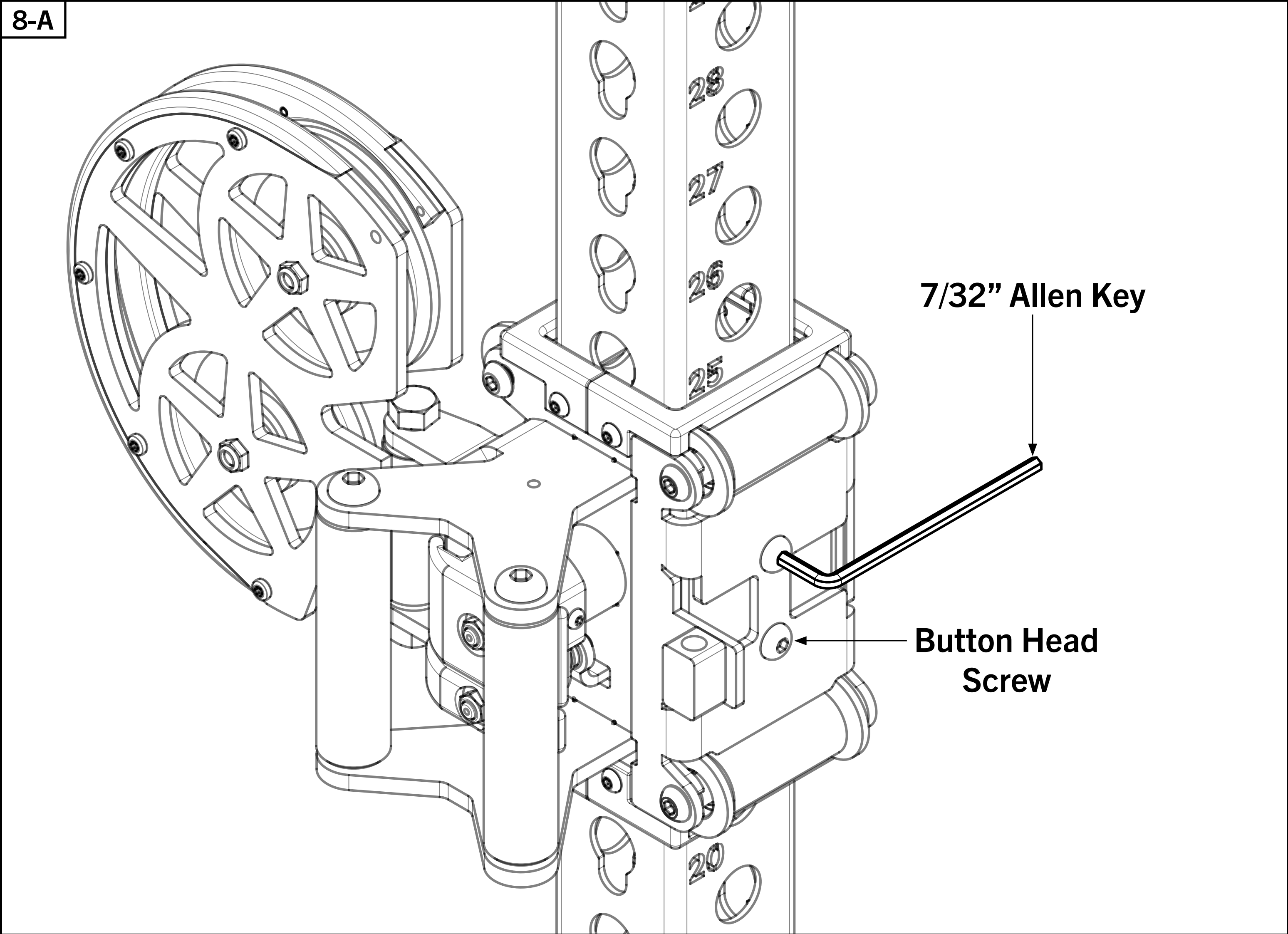
- While tilting Upright forward, pull the handle triggers and slide LH Swivel Trolley [20] down the front left Upright.
- Repeat this process to assemble RH Swivel Trolley [19] on front right Upright.
- Slide down the Uprights and release triggers when the viewing window is showing the number 23 (refer to **STEP 1-B**).
- Assemble hardware removed in **STEP 6**, replacing the indicated top outer bolts with 1" Shoulder Bolts. **!** Fully tighten **ONLY** the 1" Shoulder Bolts using two 3/8" Allen Keys.



# STEP 8

**Tools Required:**

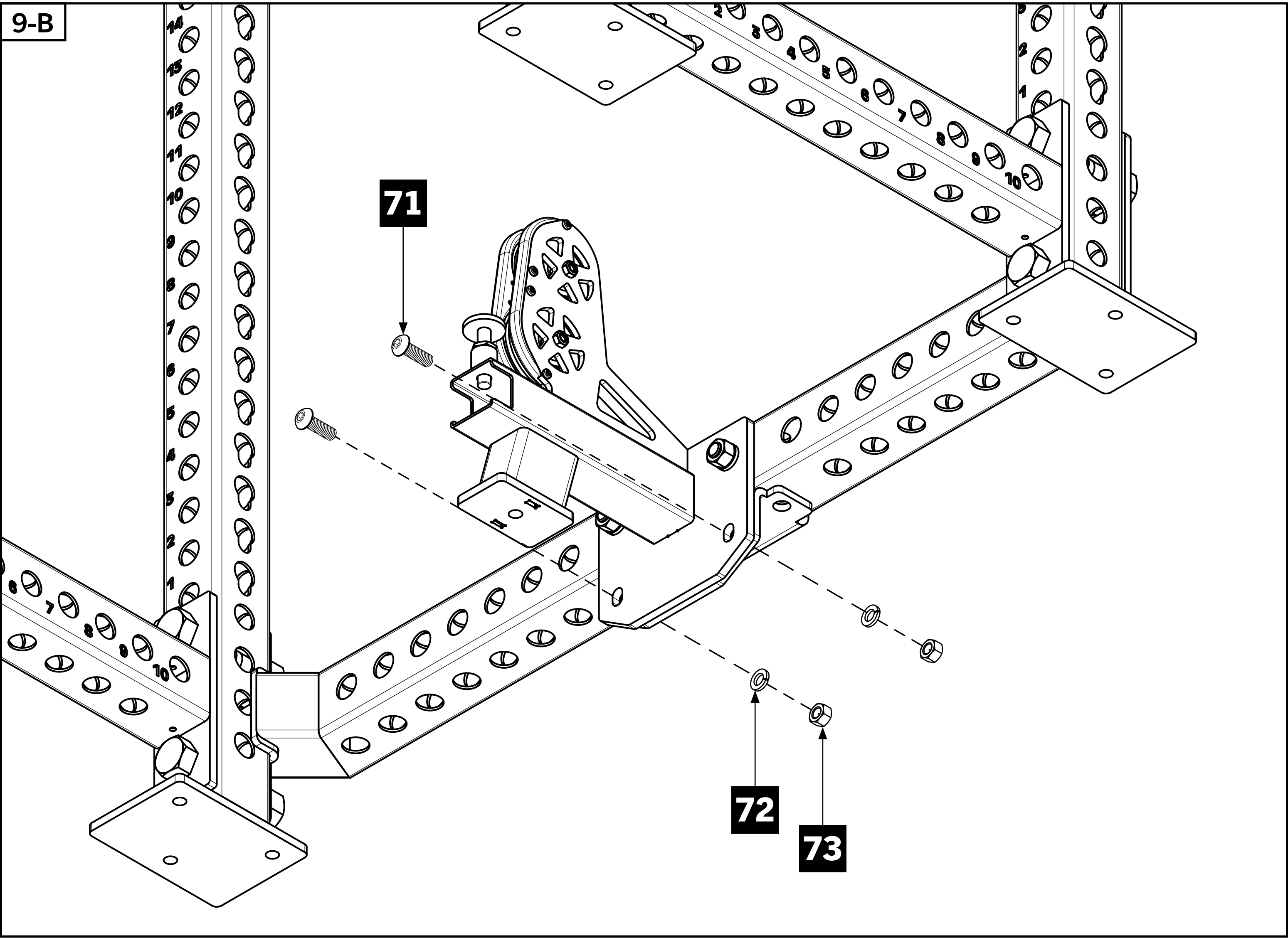
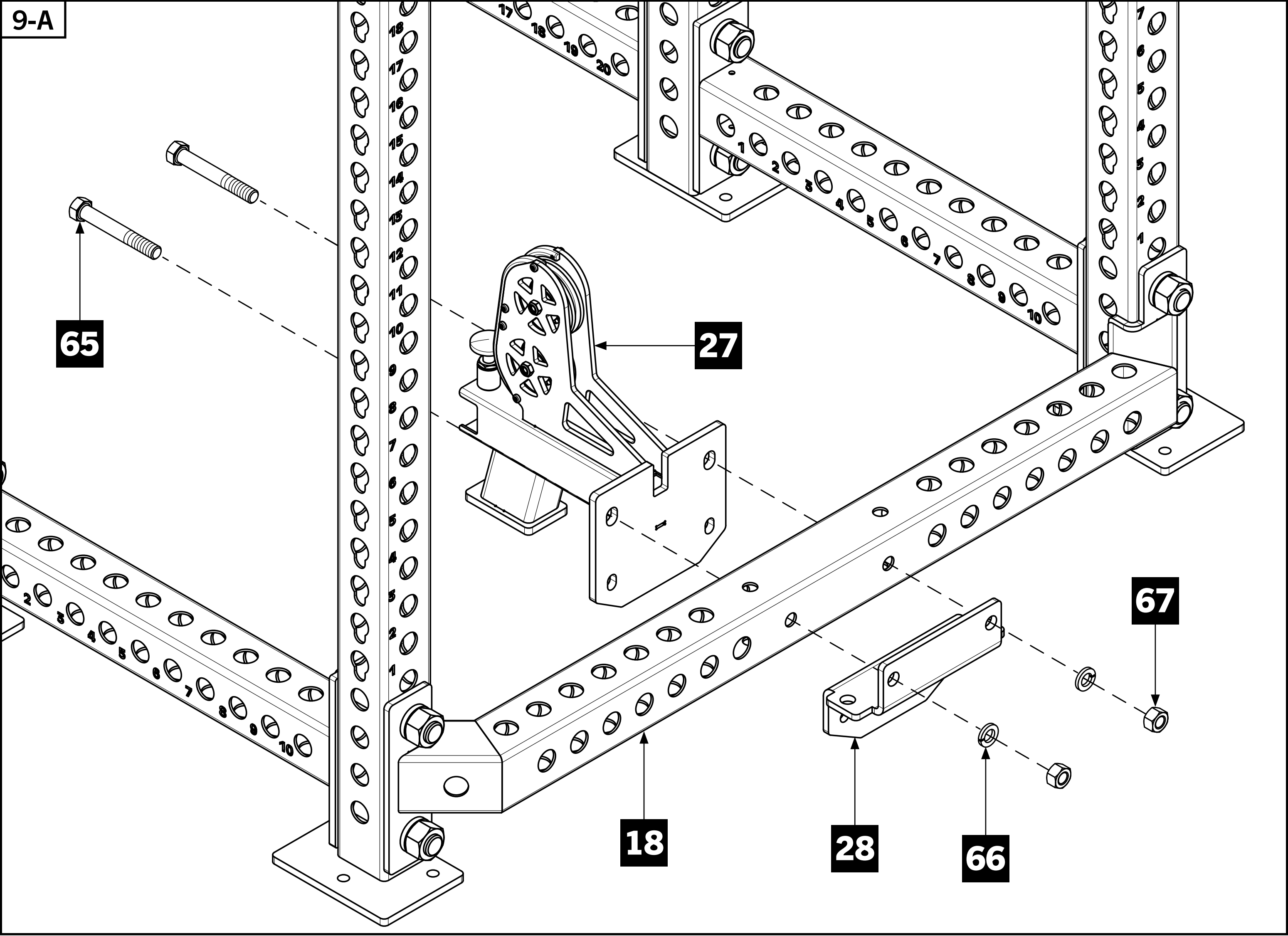
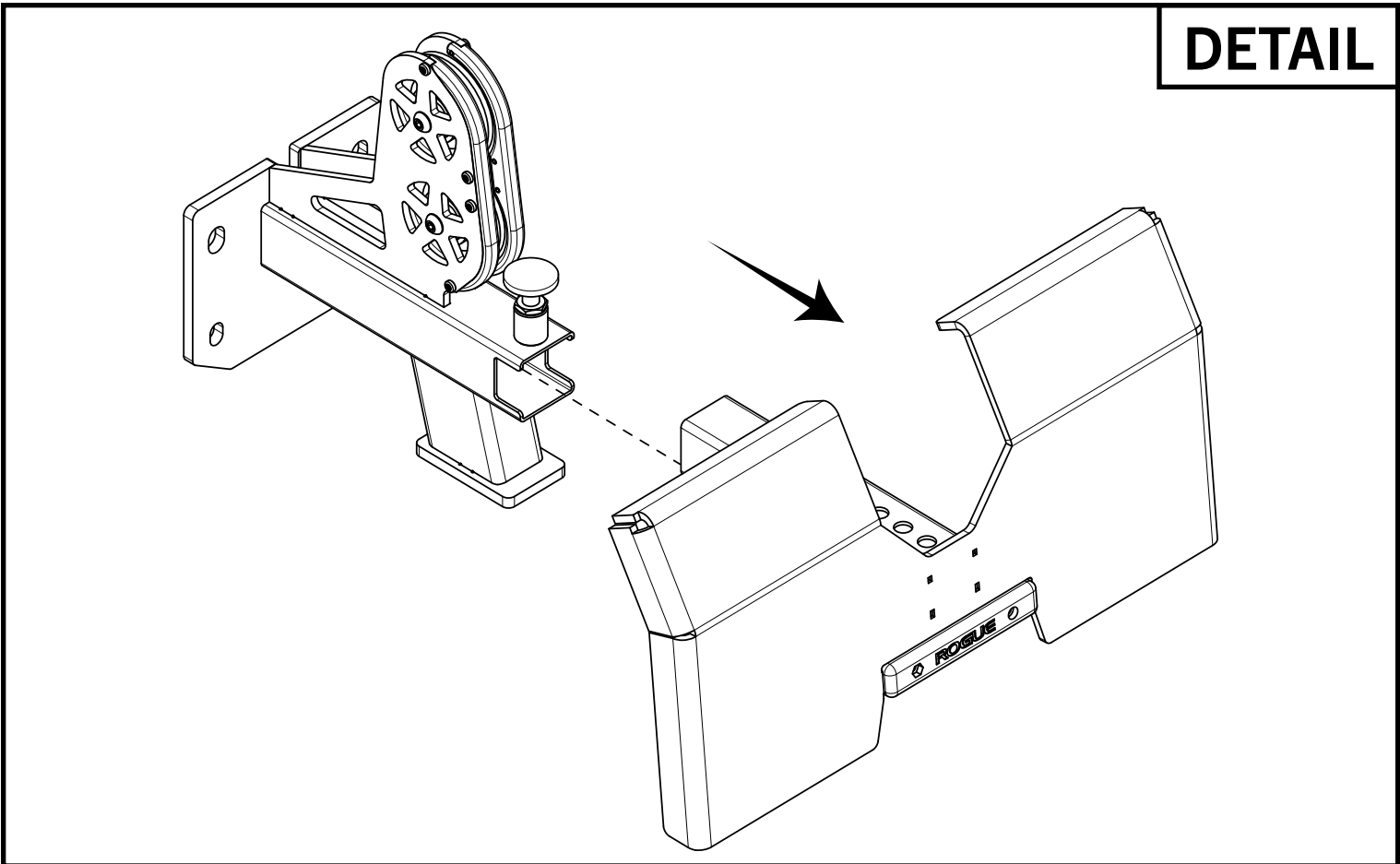
- 7/32” Allen Key, 9/16” Wrench
- Swivel Trolleys [19,20] need to be calibrated for your specific rack.
- Keeping the Swivel Trolleys locked in place, tighten the Button Head Screws shown in **8-A** using 7/32” Allen Key until looseness or “wobble” is gone.
- Unlock pop pins and roll Trolleys up and down Upright several inches to feel tightness. If wobble persists, tighten the Screws in **8-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 9

- 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 [27] and Low Row Connector Plate [28] to Low Row Crossmember [18] using indicated 5/8" and 1/2" hardware below.





# STEP 10

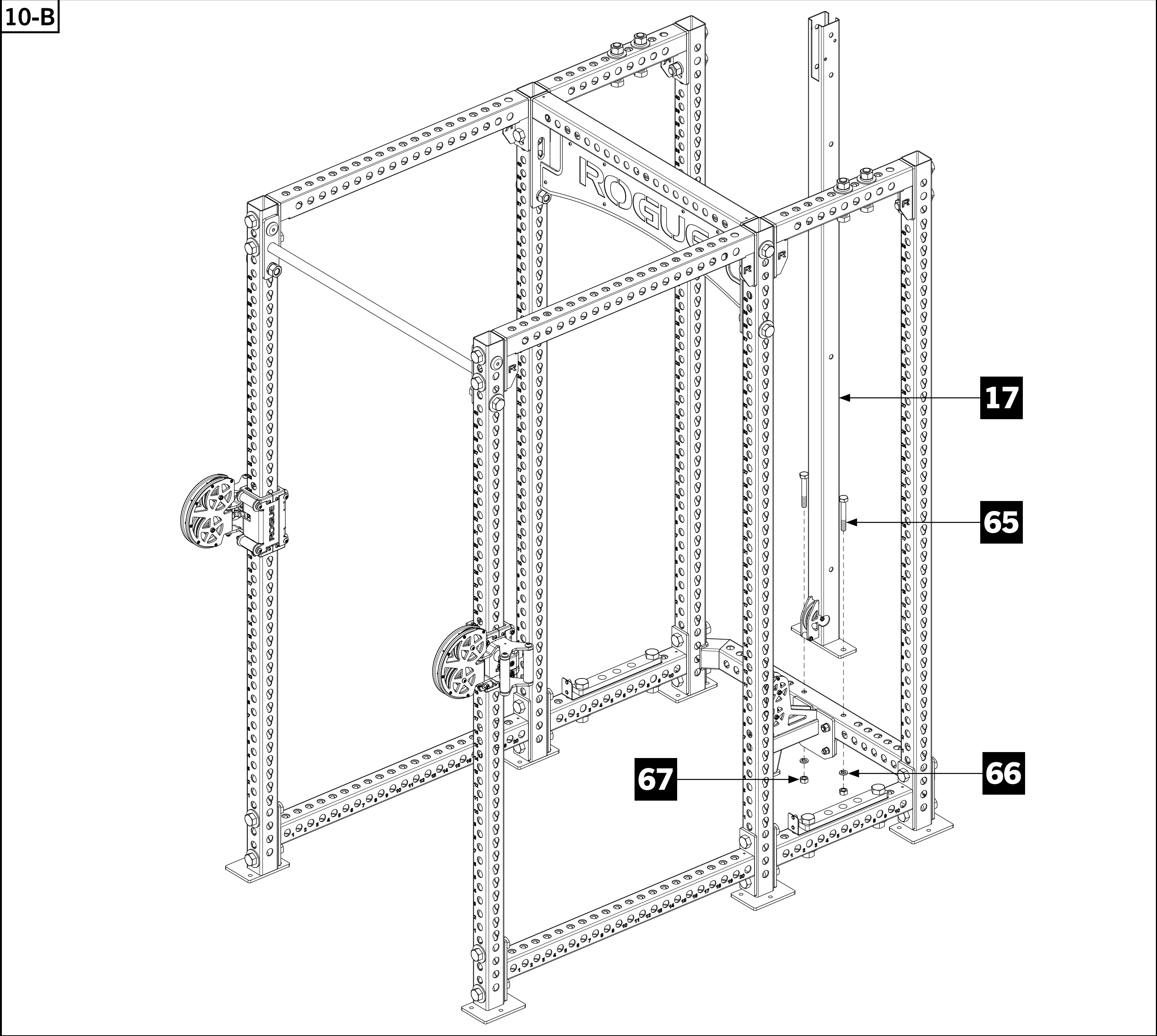
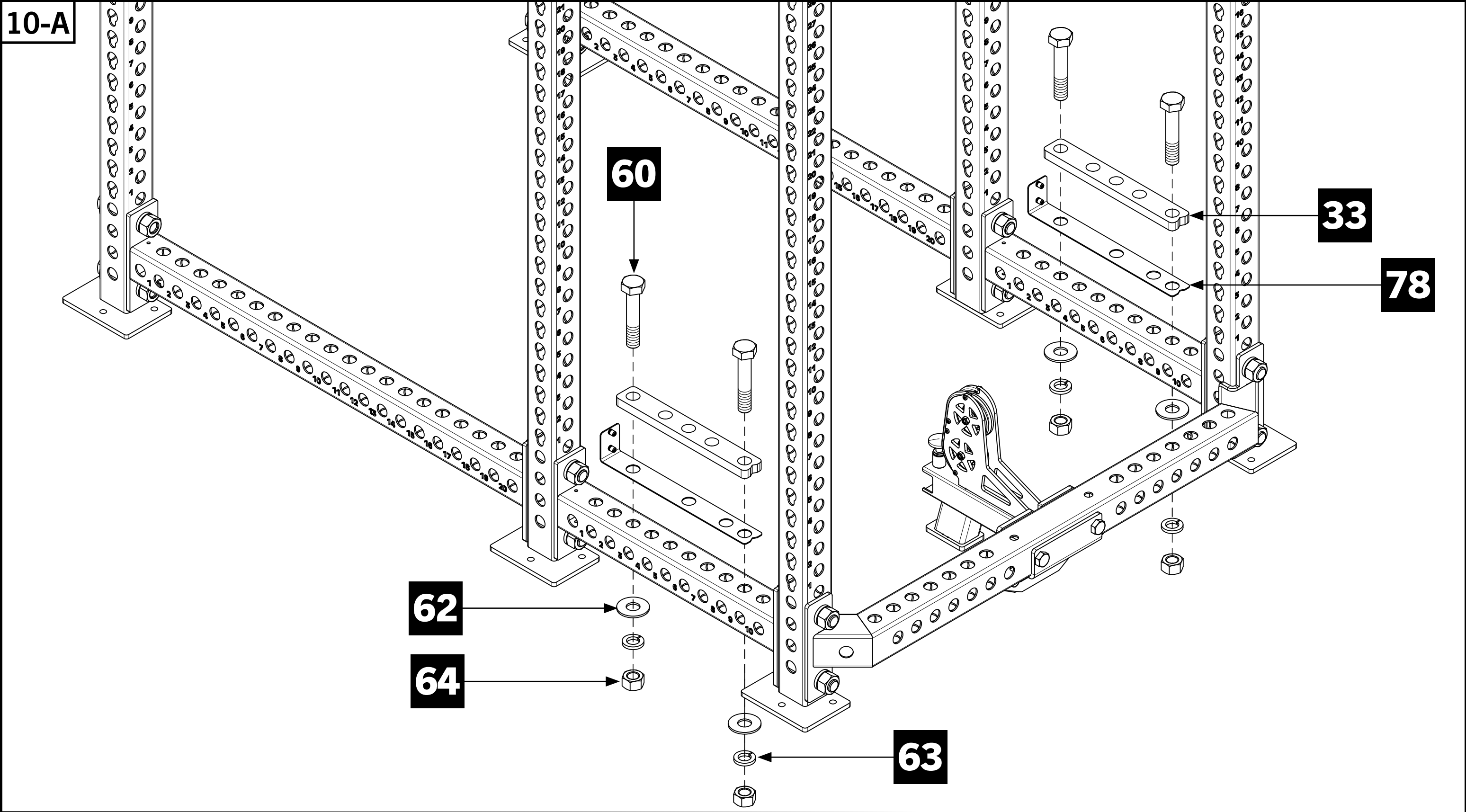
**Tools Required:**

- 1-1/2” Wrench
- Attach Weight Stack Shroud Brackets [78] and Bottom Weight Stack Spacers [33] to Rear Low Crossmembers [5] by using 1” x 5” Hex Bolts [60], 1” Flat Washers [62], 1” Lock Washers [63], and 1” Hex Nuts [64].
- Fully tighten 1” vertical hardware in 10-A.

- Secure Rear 3X3 Upright [17] to Low Row Crossmember by attaching 5/8” x 4-1/2” Hex Bolts [65], 5/8” Lock Washers [66], and 5/8” Hex Nuts [67].

**Note:**

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

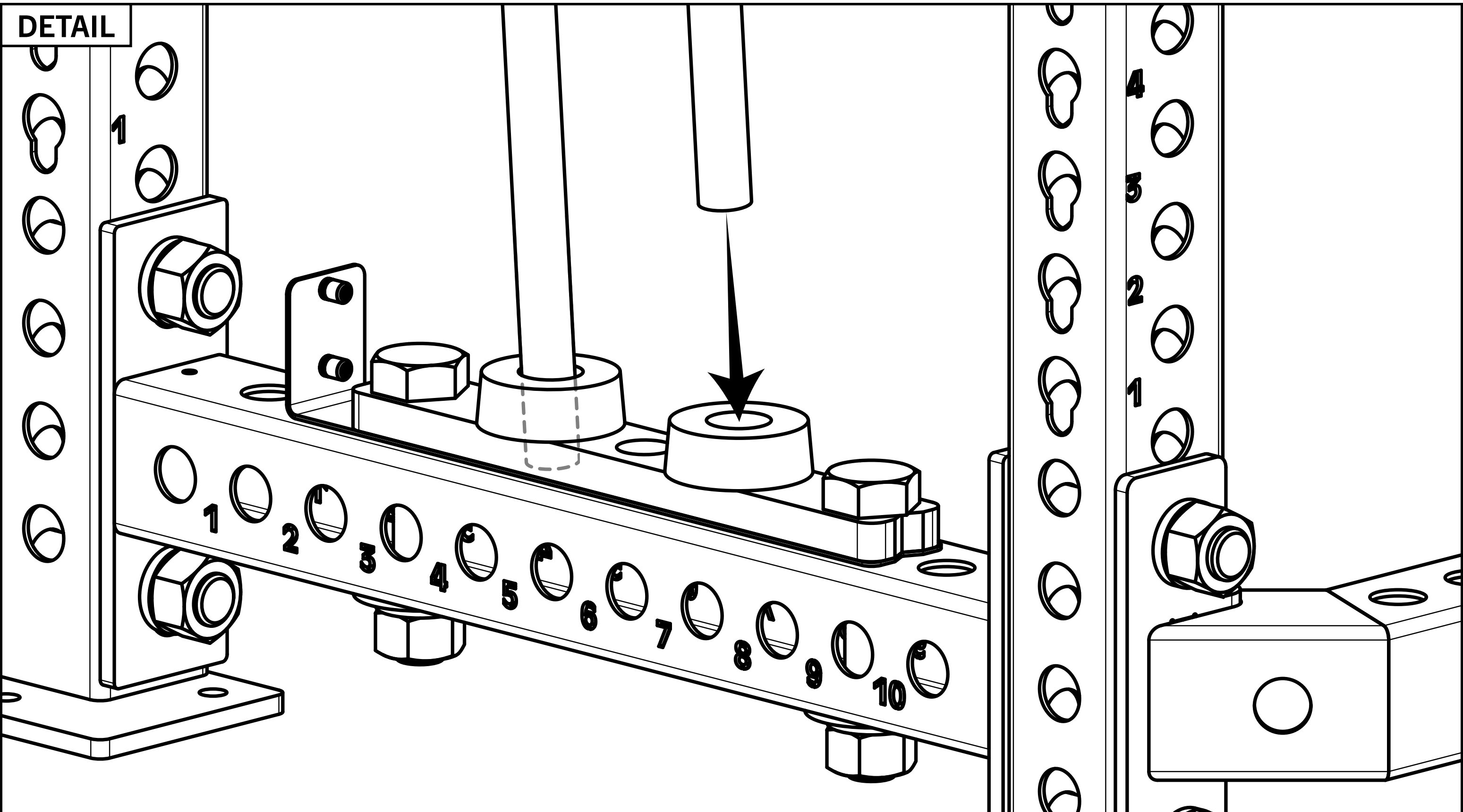
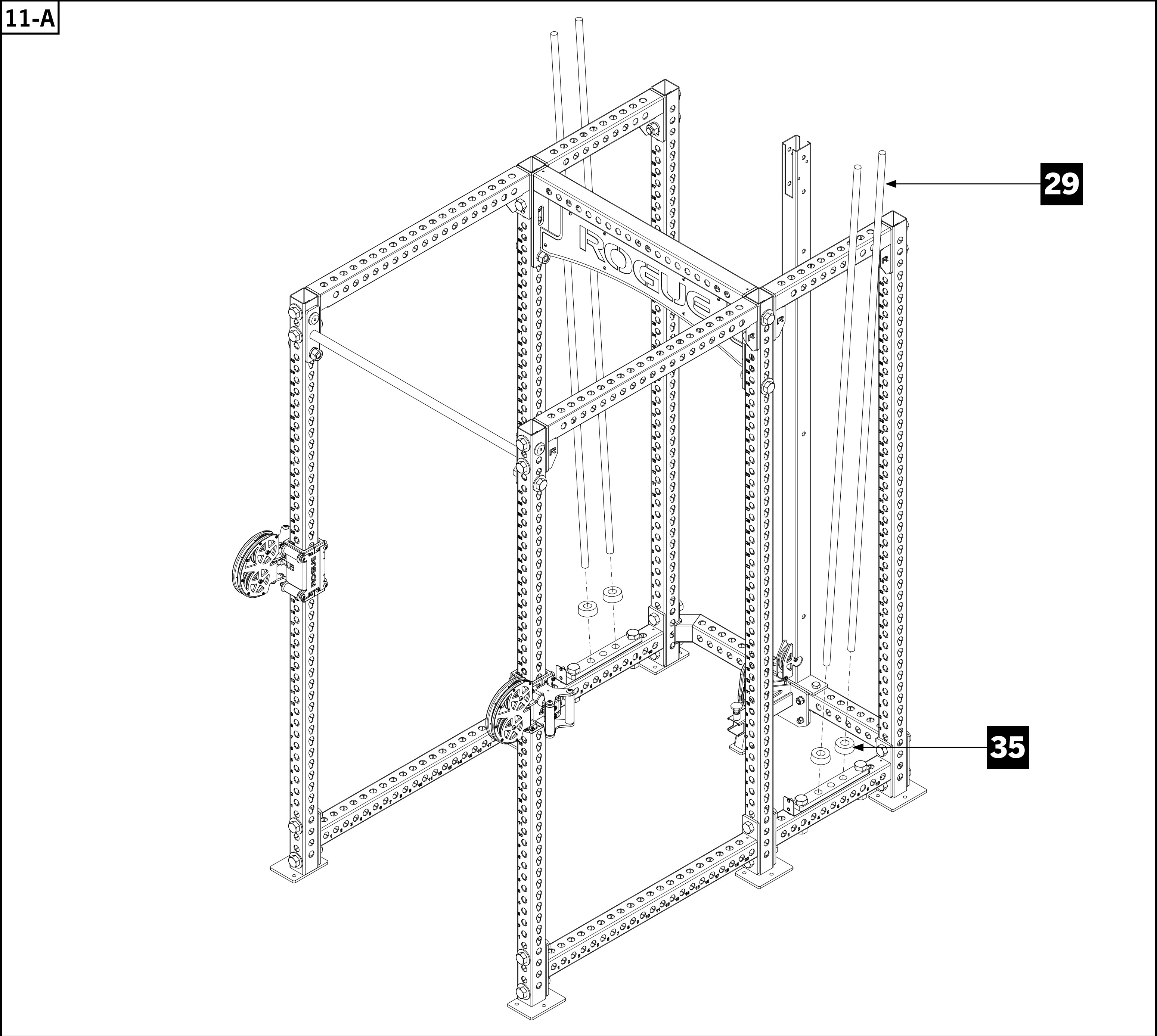


# STEP 11

- Place Weight Stack Bumpers [35] over outer 1” holes on the Weight Stack Spacer and insert Guide Rods [29] 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.



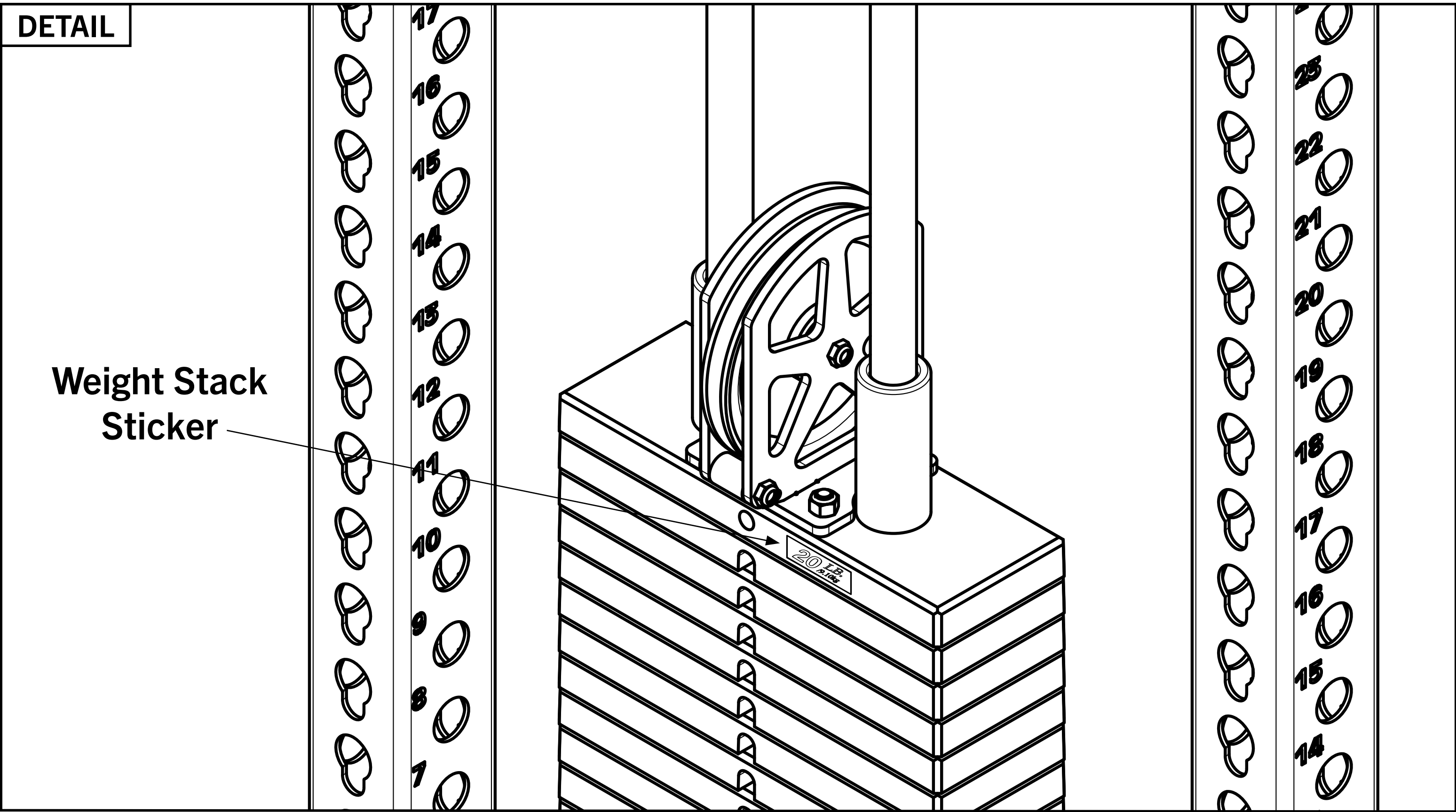
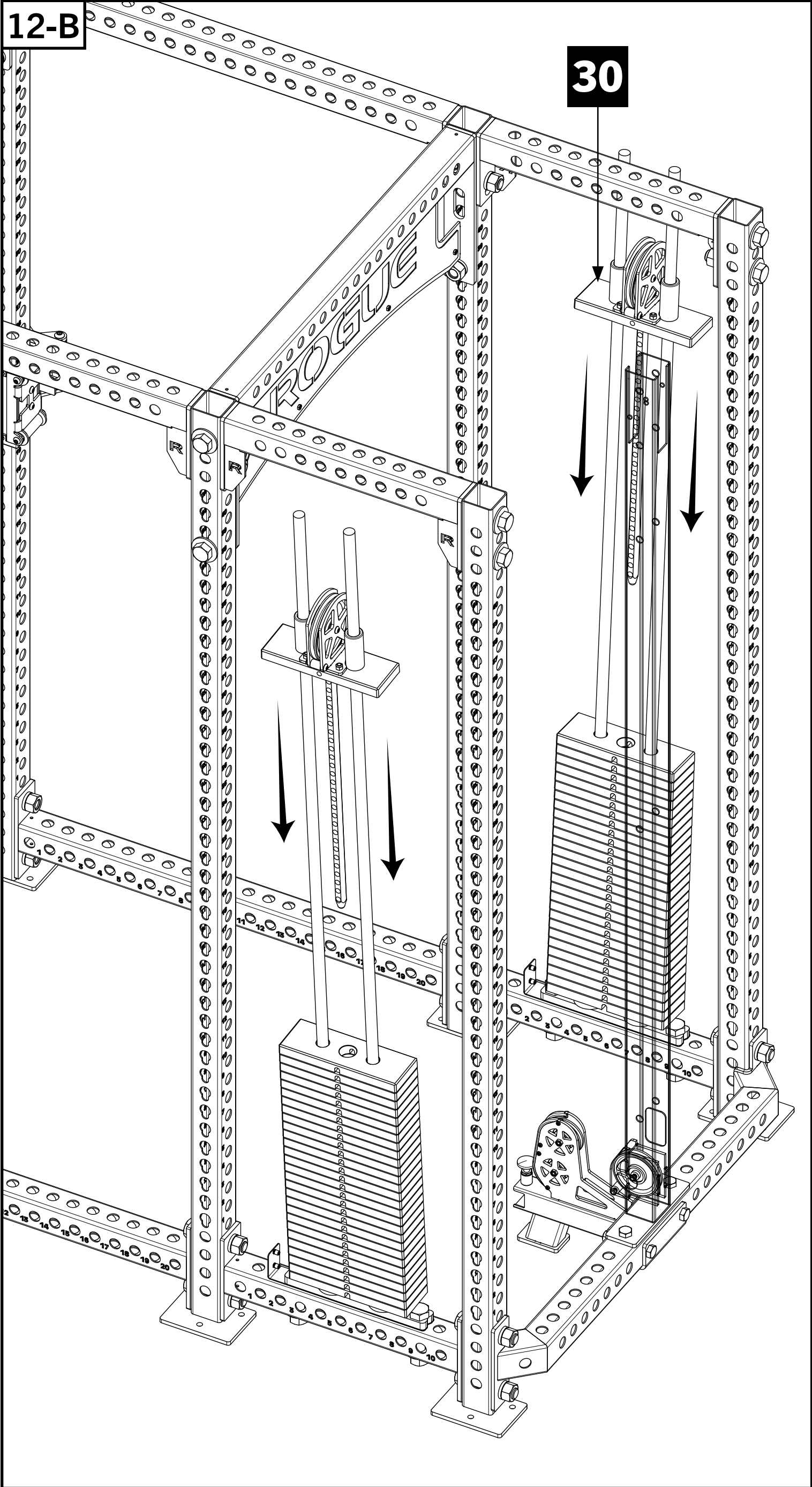
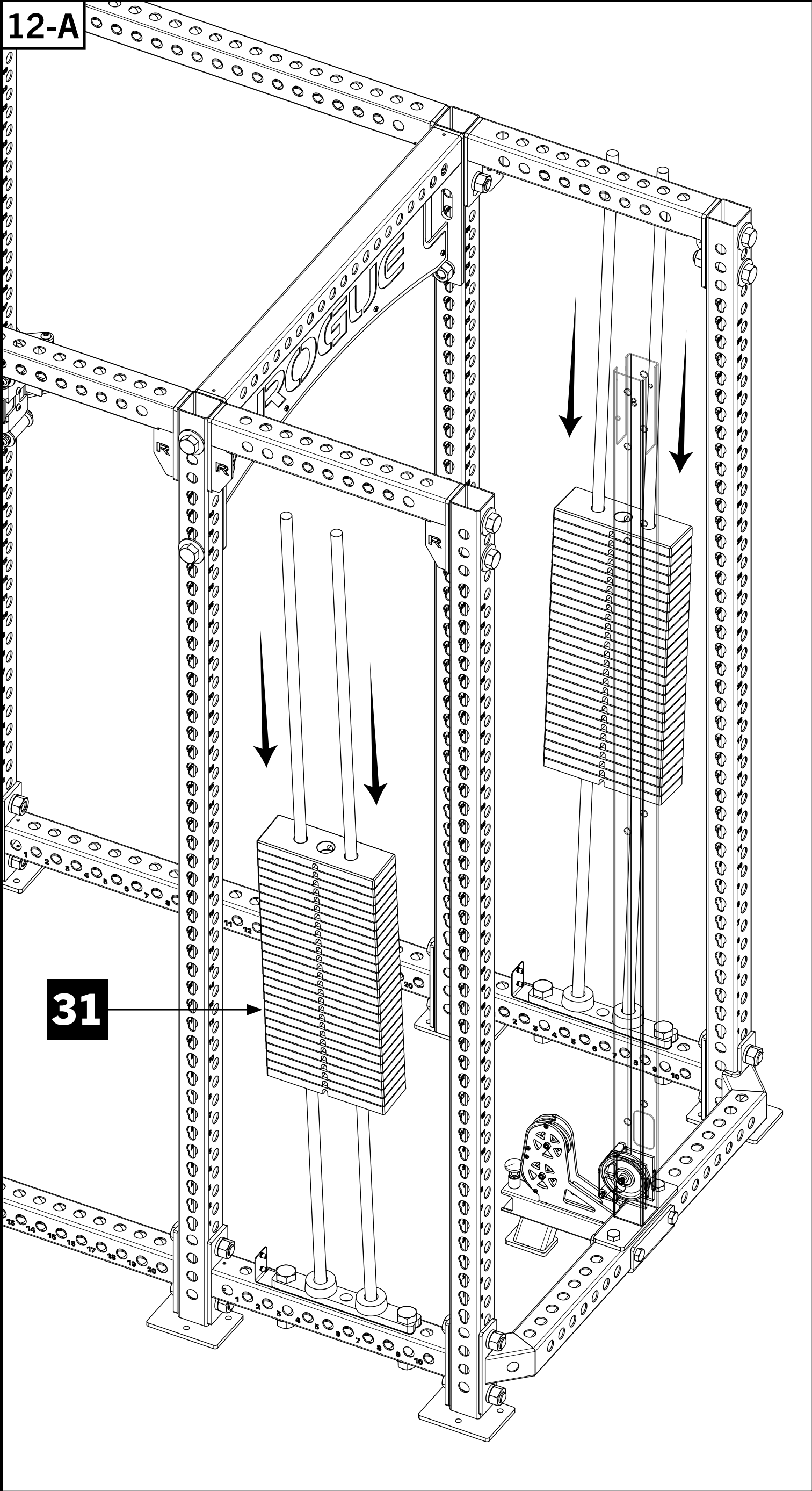


# STEP 12

**Note:**

- This step is best accomplished with two or three people.
- One at a time, carefully stack all included 10LB Weight Stack Plates [31] down the Guide Rods [29], ensuring not to drop them.

- Once 28 weights are stacked on each side, slide the Weight Stack Stem [30] 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.

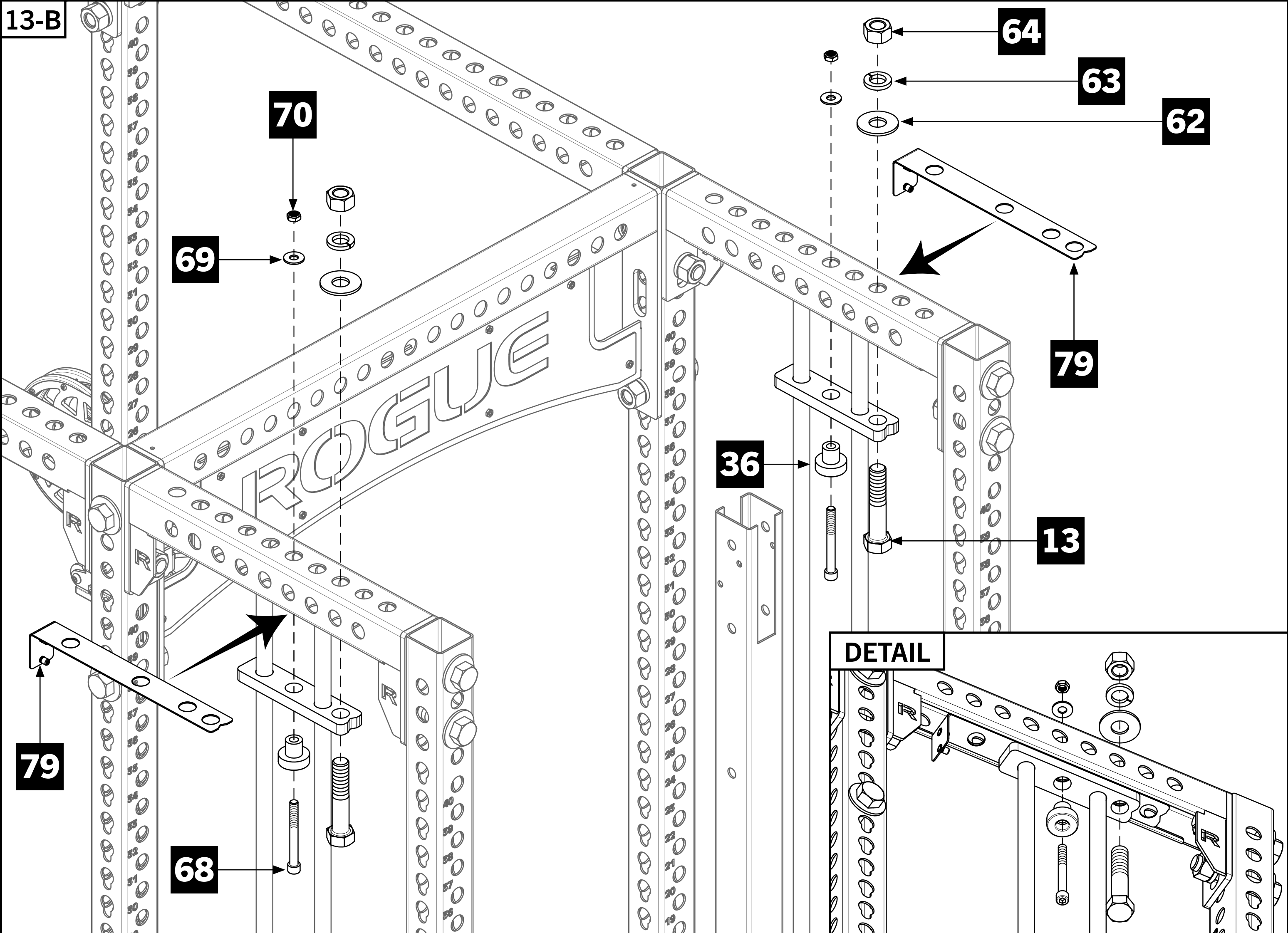
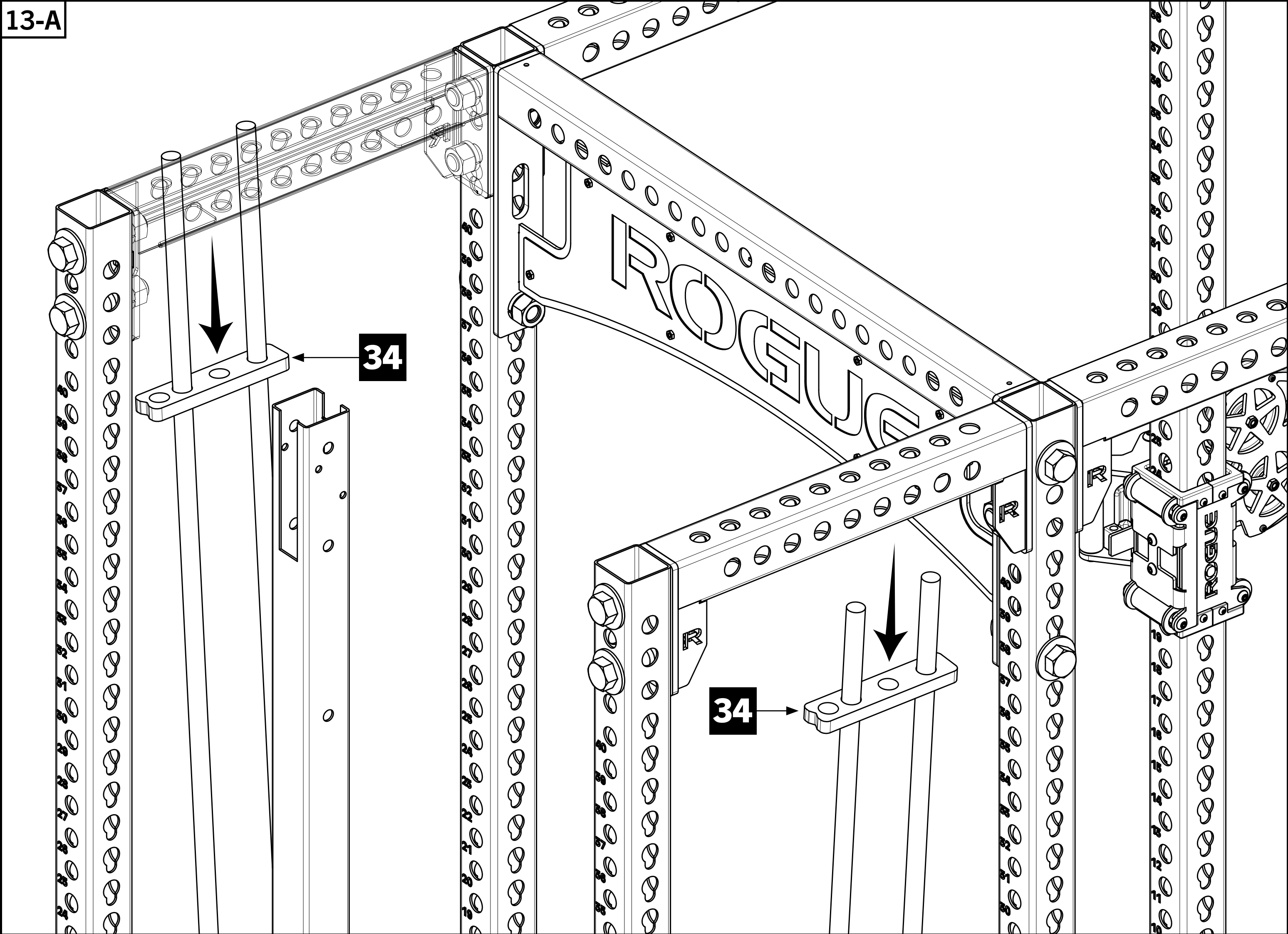




# STEP 13

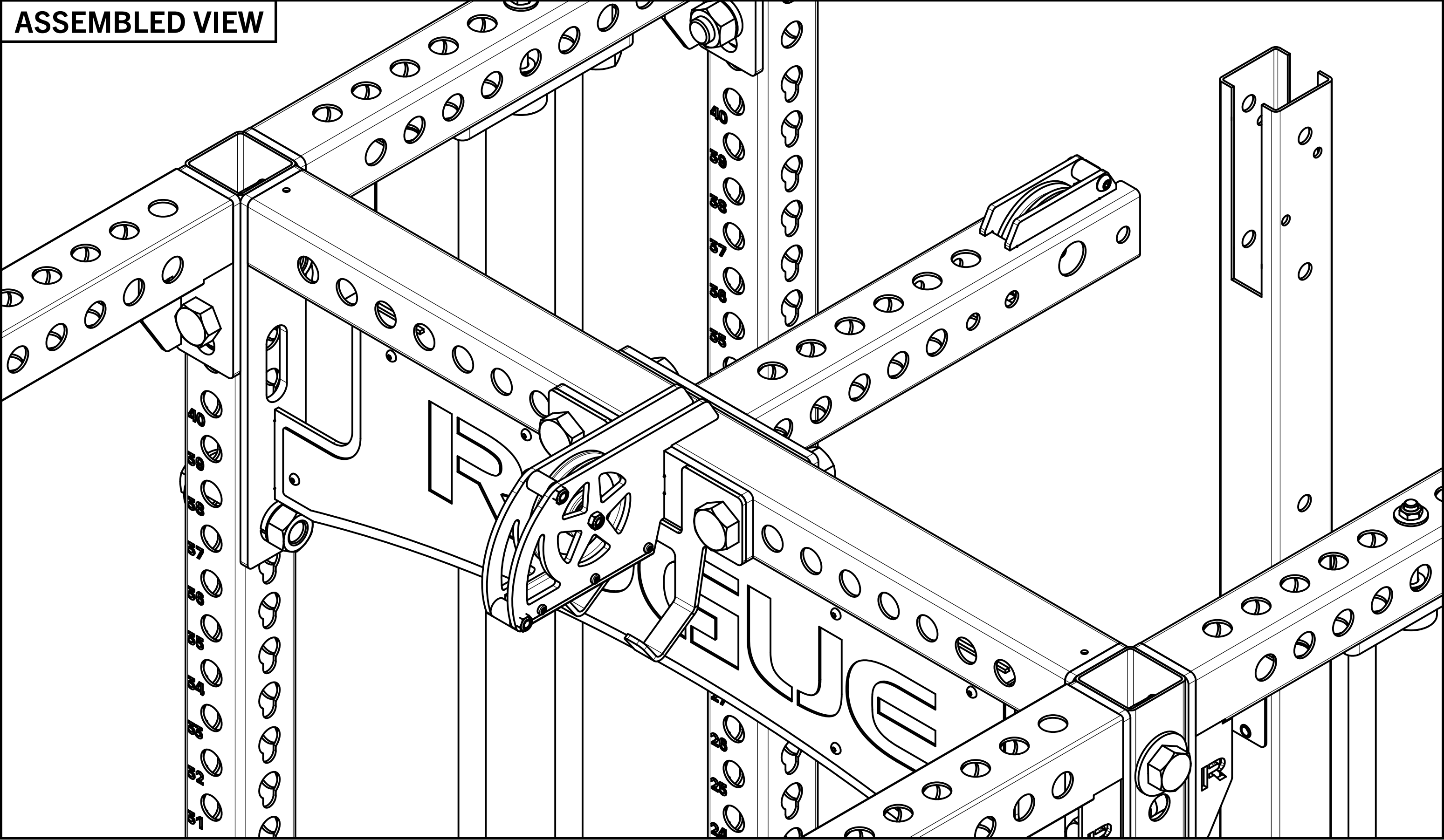
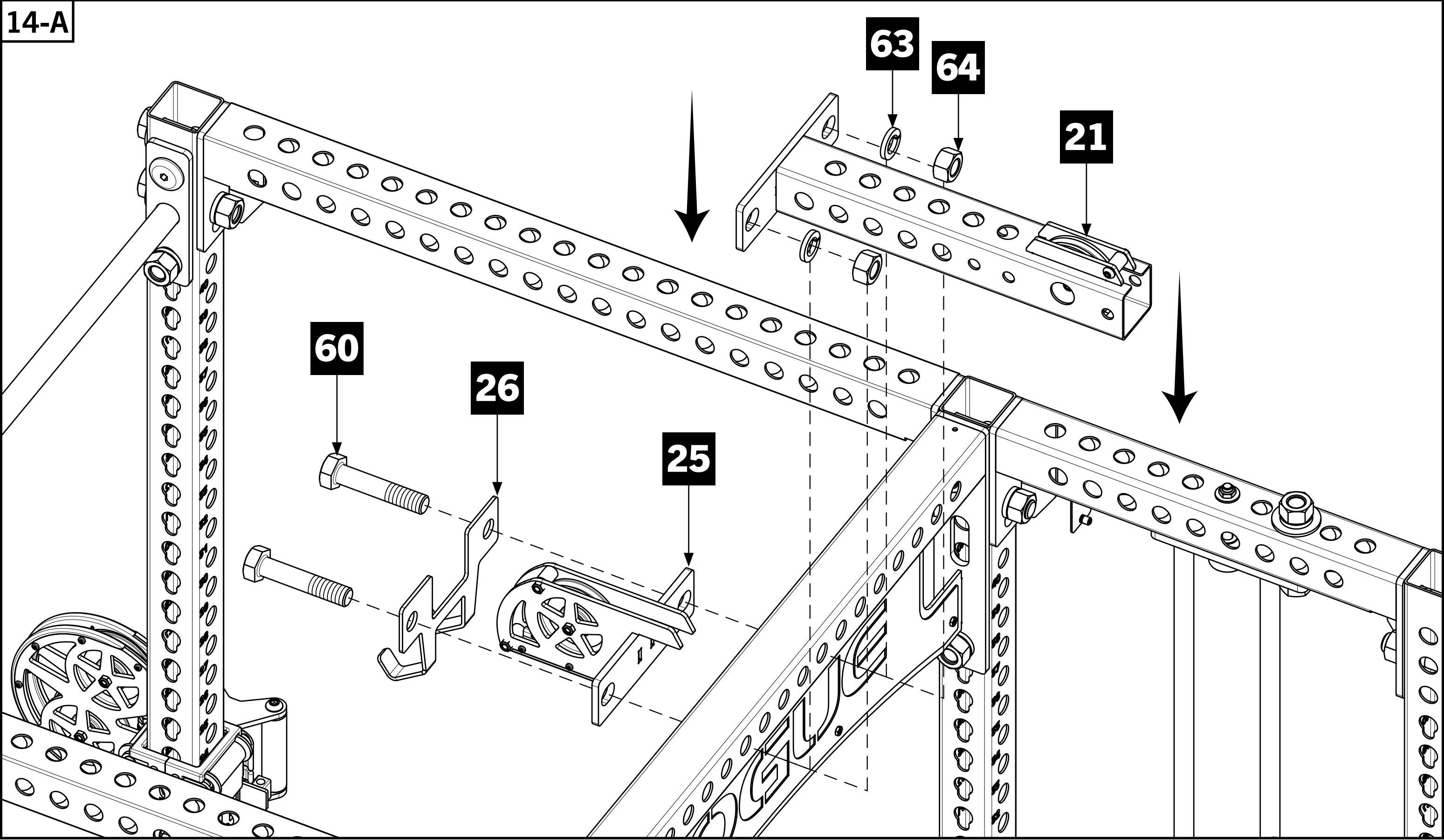
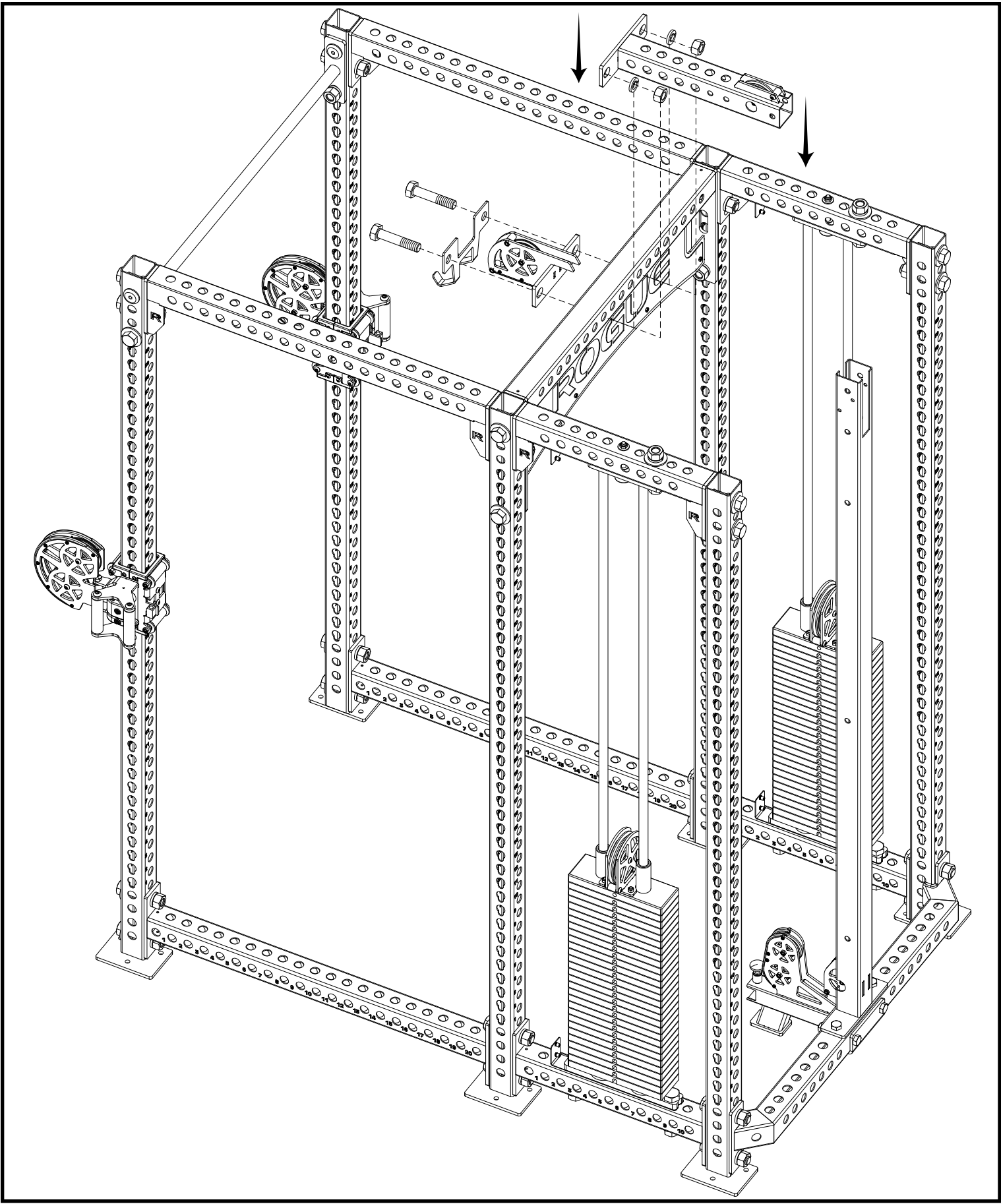
- Slide Top Weight Stack Spacers [34] on top of guide rods with notches oriented towards the rear of rack.
- Position Guide Rods vertically. Slide in the Weight stack Shroud Brackets above the Guide Rods. Attach components to Rear Top Crossmembers using 1" x 4-3/4" Hex Bolts, 1" Flat Washers, Lock Washers, 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 [78] only included if shroud kit was purchased.



# STEP 14

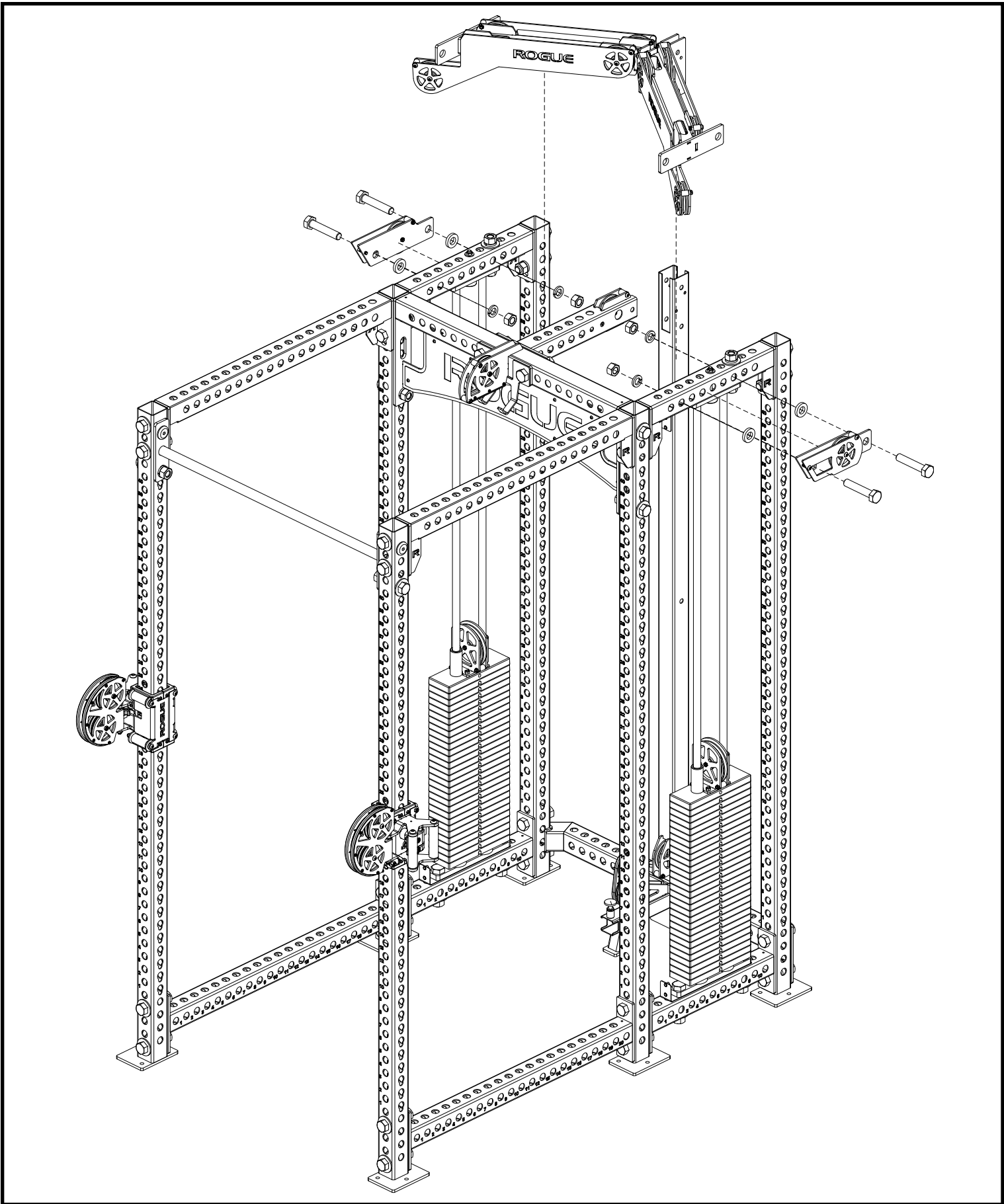
- Bolt Lat Bar Hanger [26], Lat Pulldown Pulley Bracket [25], and Top Center Cross-member [21] to Nameplate Crossmember using 1" x 5" Hex Bolts [60], 1" Lock Washers [63], and 1" Hex Nuts [64] as shown in **14-A**.



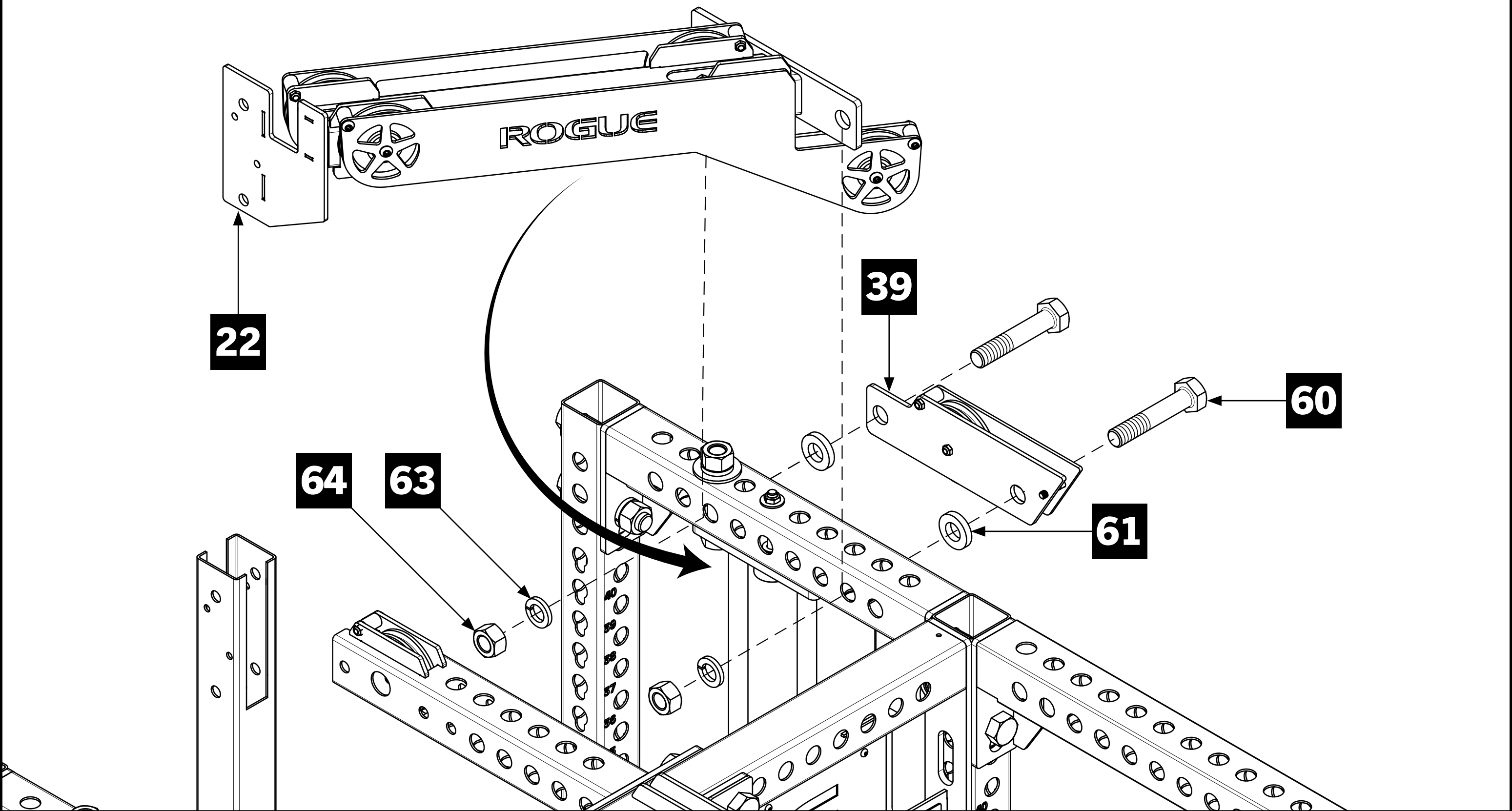


# STEP 15

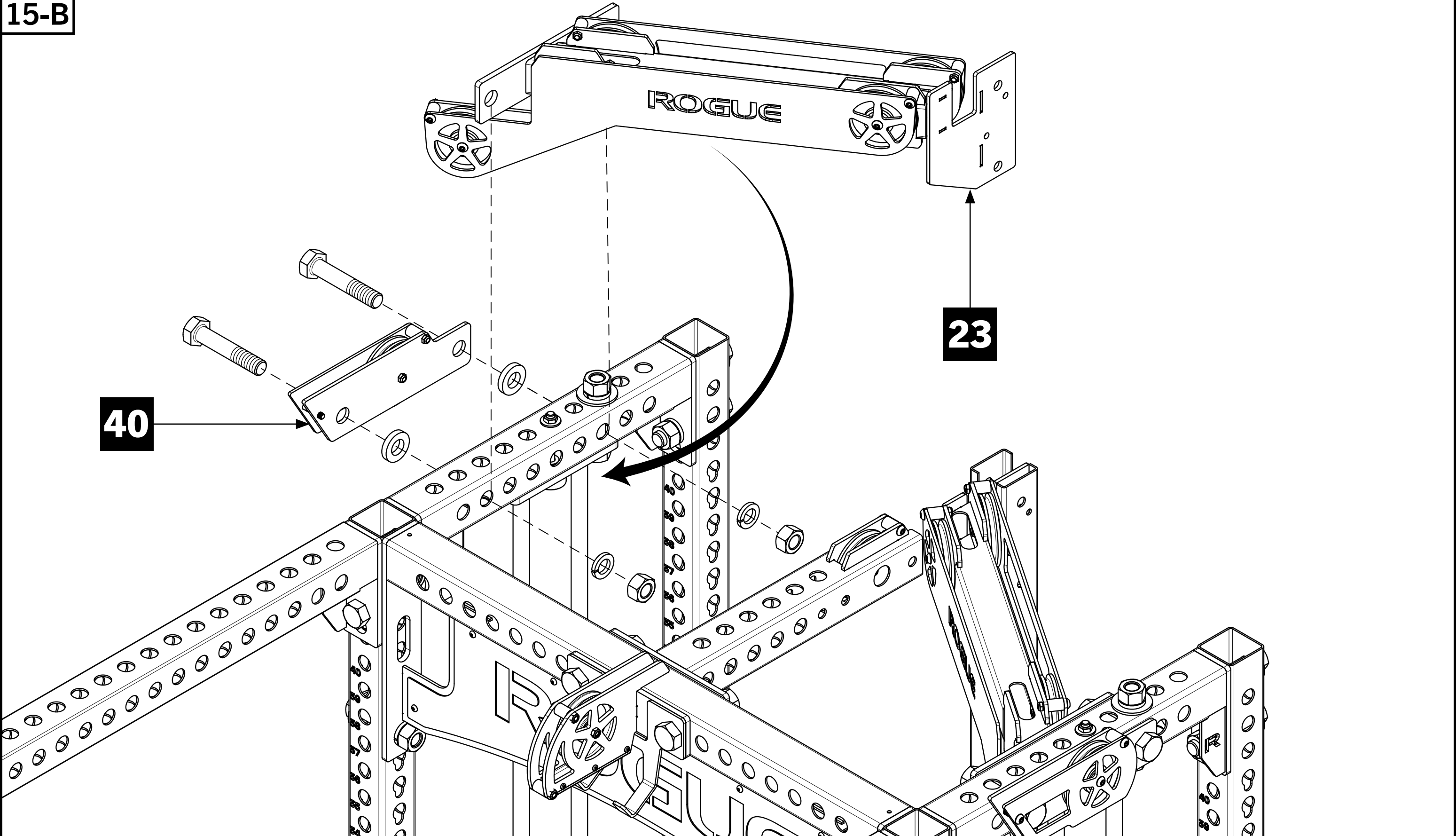
- Attach Top Rear Angle Crossmember - RH and Top Rear Side Pulley Assembly - RH in position shown using 1" x 5" Hex Bolts, 1" x 3/8" Pulley Bracket Spacers, 1" Lock Washers, and 1" Hex Nuts.
- Attach Top Rear Angle Crossmember - LH and Top Rear Side Pulley Assembly - LH in position shown using 1" x 5" Hex Bolts, 1" x 3/8" Pulley Bracket Spacers, 1" Lock Washers, and 1" Hex Nuts.



15-A



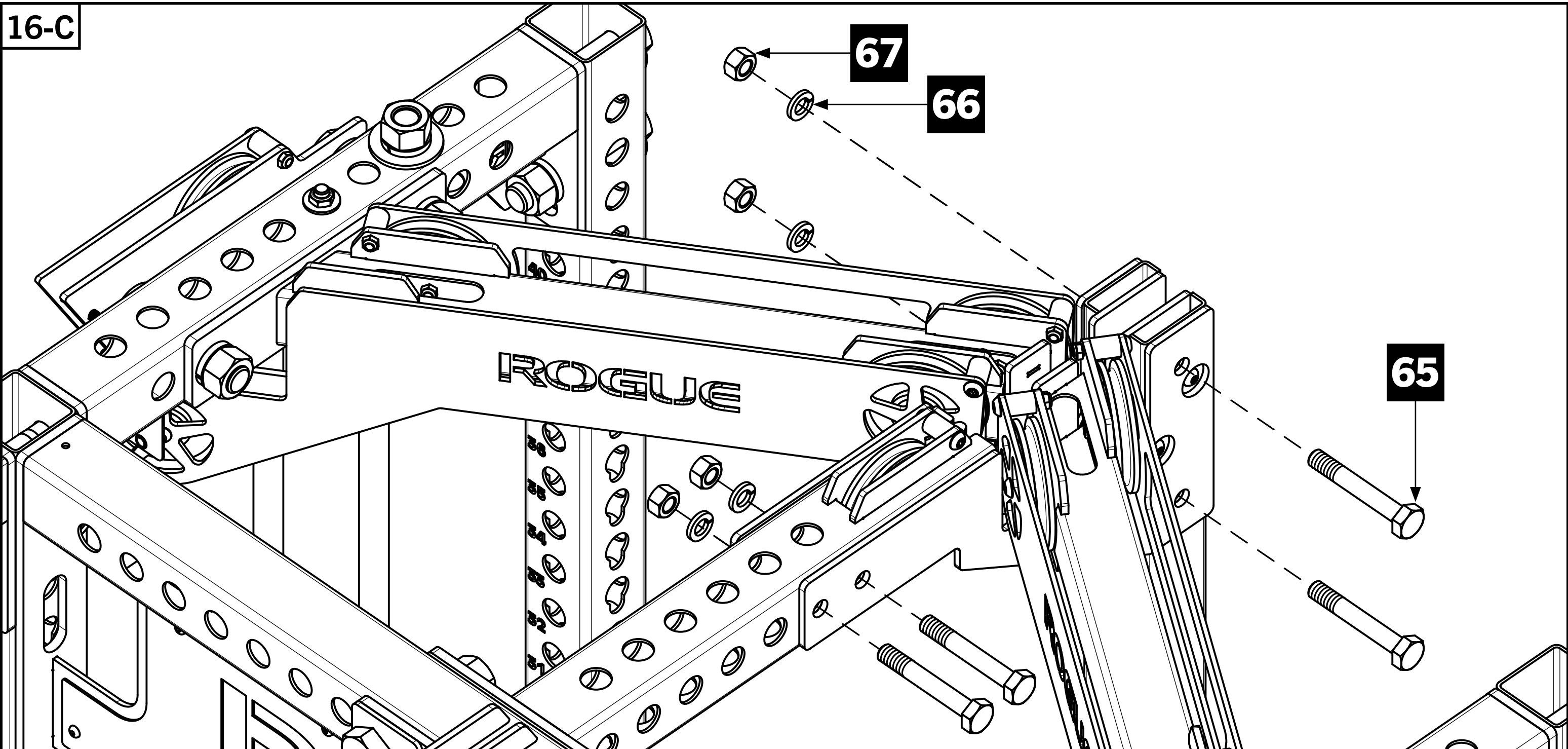
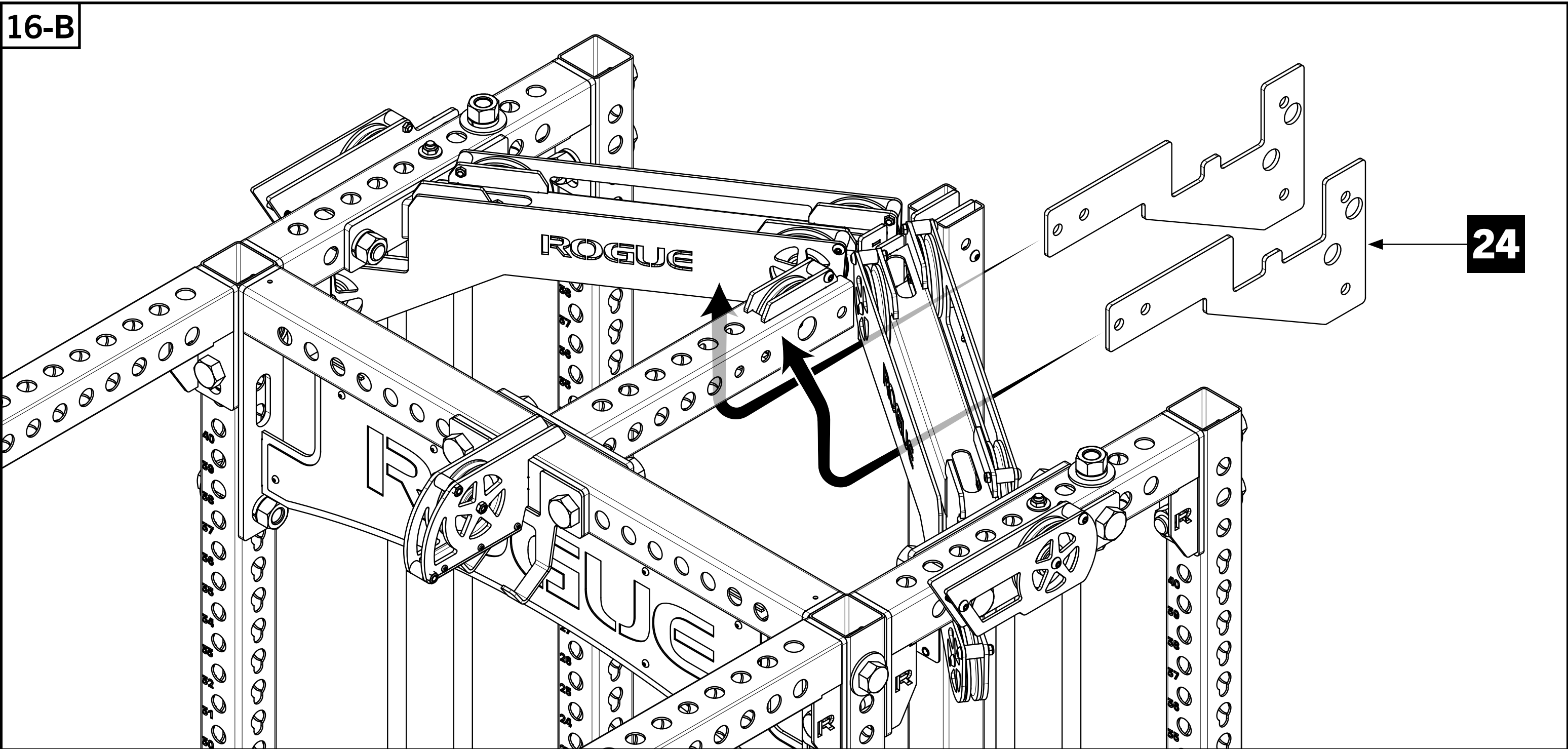
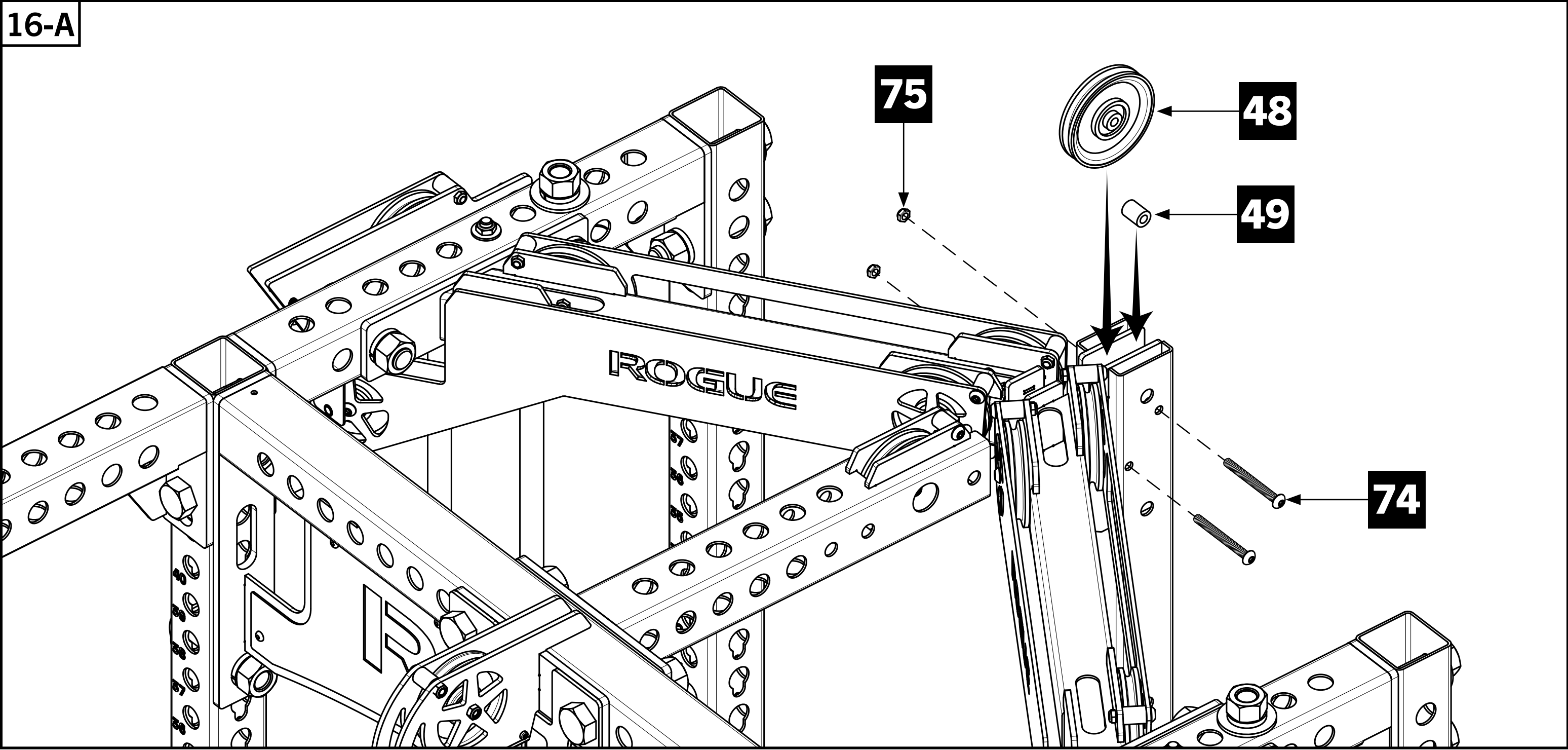
15-B





# STEP 16

- Secure 4.5” Pulley [48] and 3/4” x 1” Cable Retainer [49] inside Rear 3X3 Upright using 3 /8” x 3-1/2” Button Head Screws [74] and 3/8” Thin Nylock Nuts [75] through the indicated holes.
- Bolt Connector Plates [24] to Top Center Crossmember [21] and Rear 3X3 Upright using 5/8” x 4-1/2” Hex Bolts [65], 5/8” Lock Washers [66], and 5/8” Hex Nuts [67].

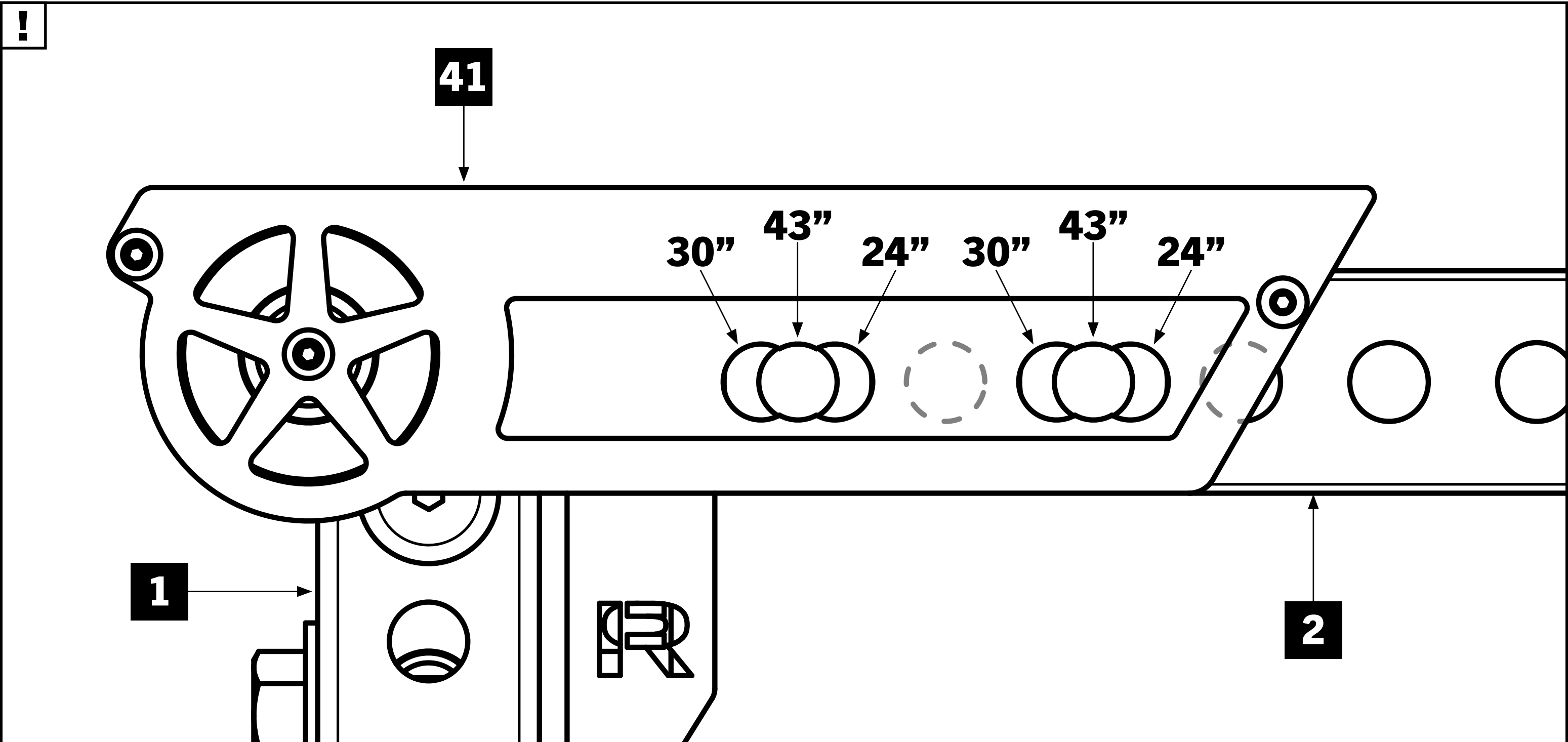
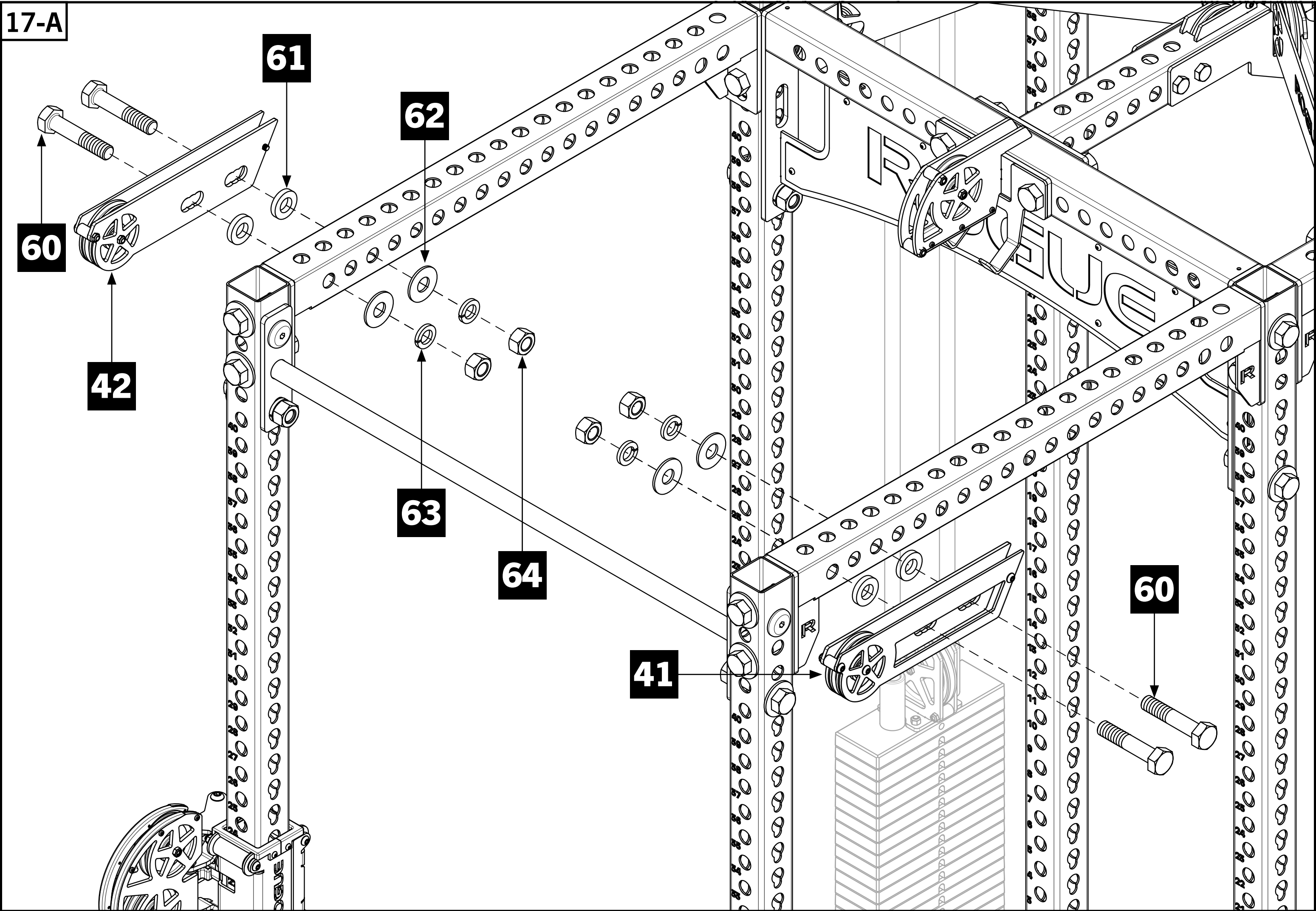
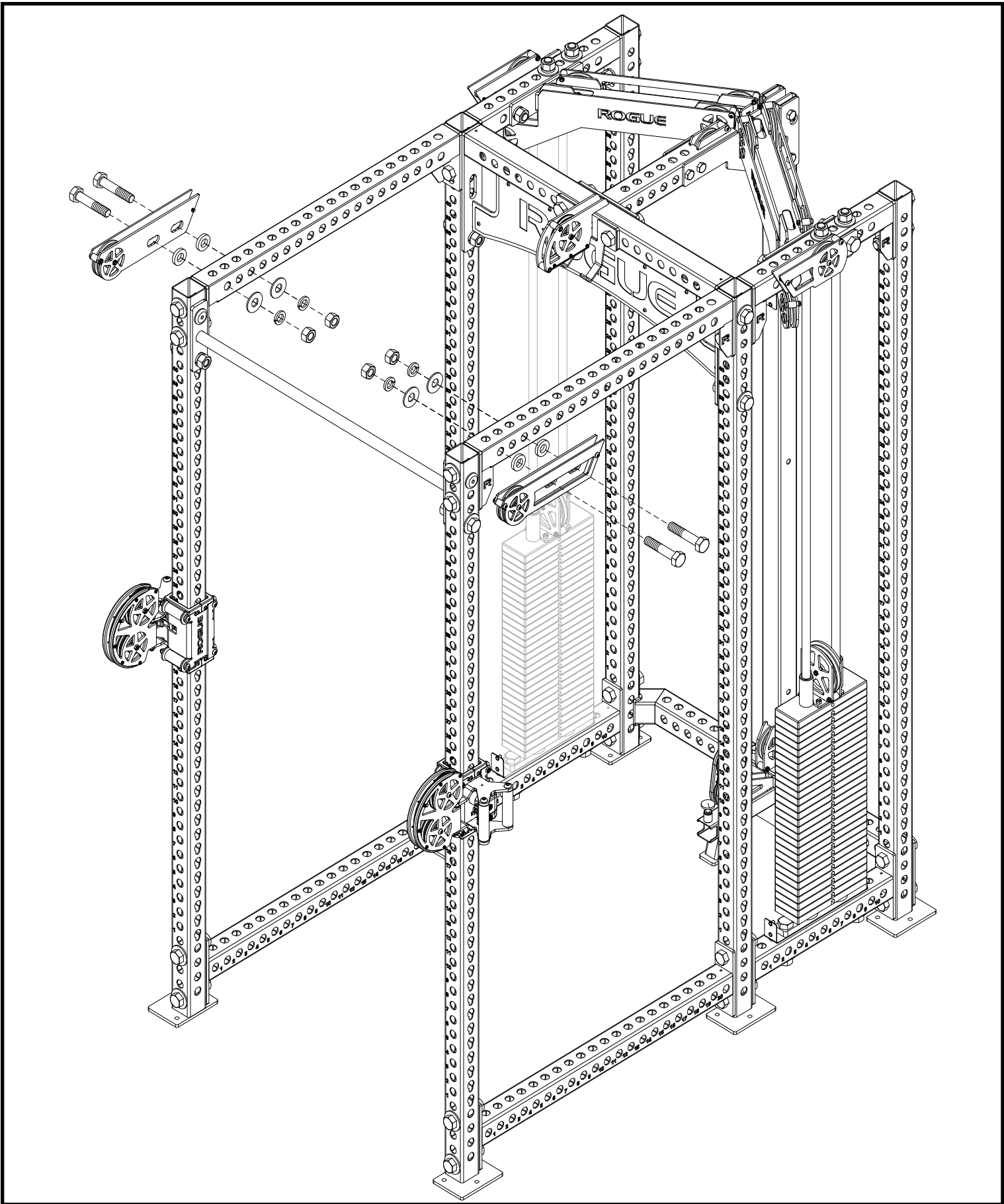


STEP 17

- Bolt Top Front Side Pulley Assembly - RH [41] and -LH [42} to the Front Top Crossmembers using 1” x 5” Hex Bolts [60], 1” x 3/8” Pulley Bracket Spacers [61], 1” Flat Washers [62], 1” Lock Washers [63], and 1” Hex Nuts [64] as shown.
-  43” Front Top Crossmember is shown. The Top Front Side Pulley Assembly holes utilized will depend on length of your Front Crossmembers. Use the diagram below to determine which holes to use.

Note:

- Bolt hardware through the first and third holes on your Front Top Crossmembers [2] regardless of crossmember length.



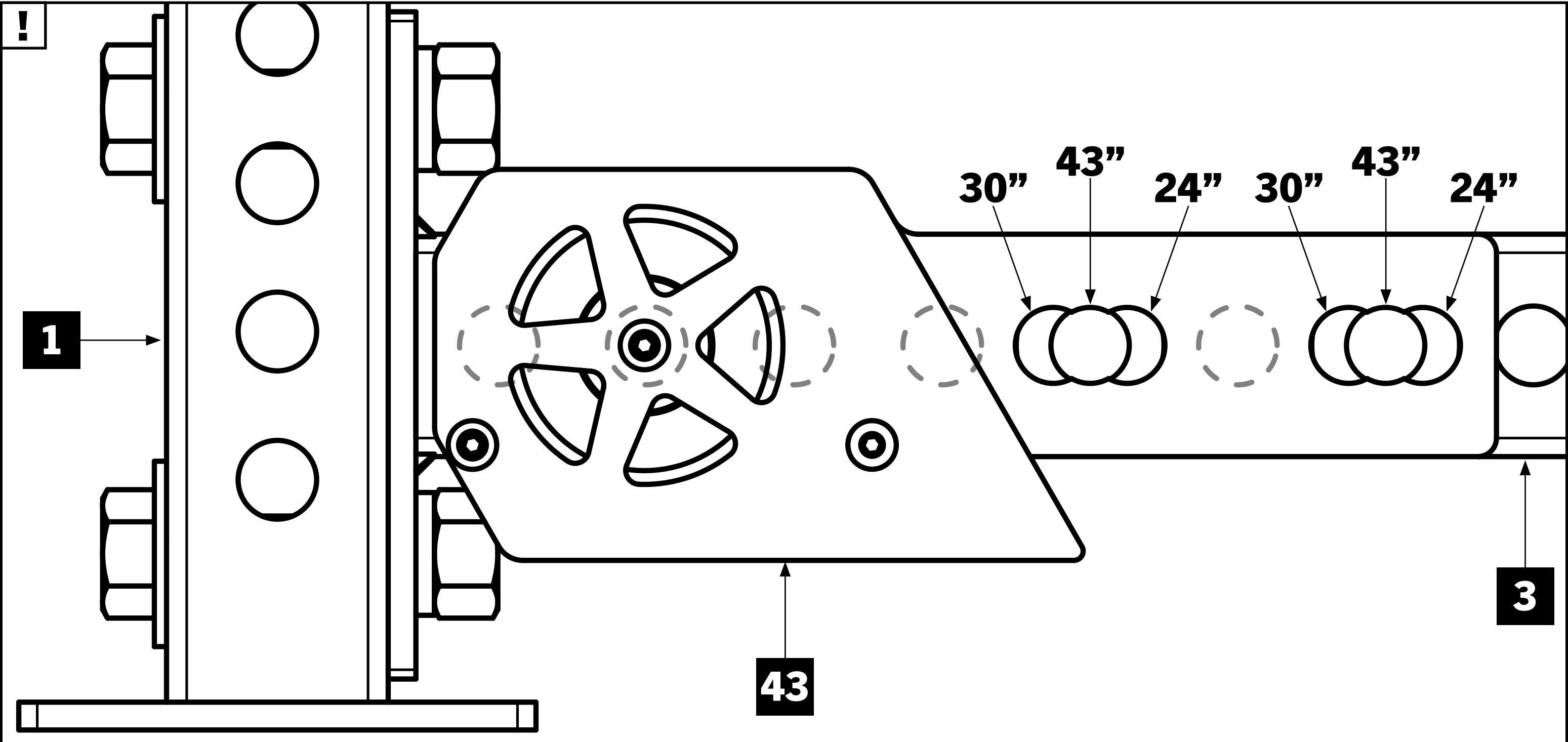
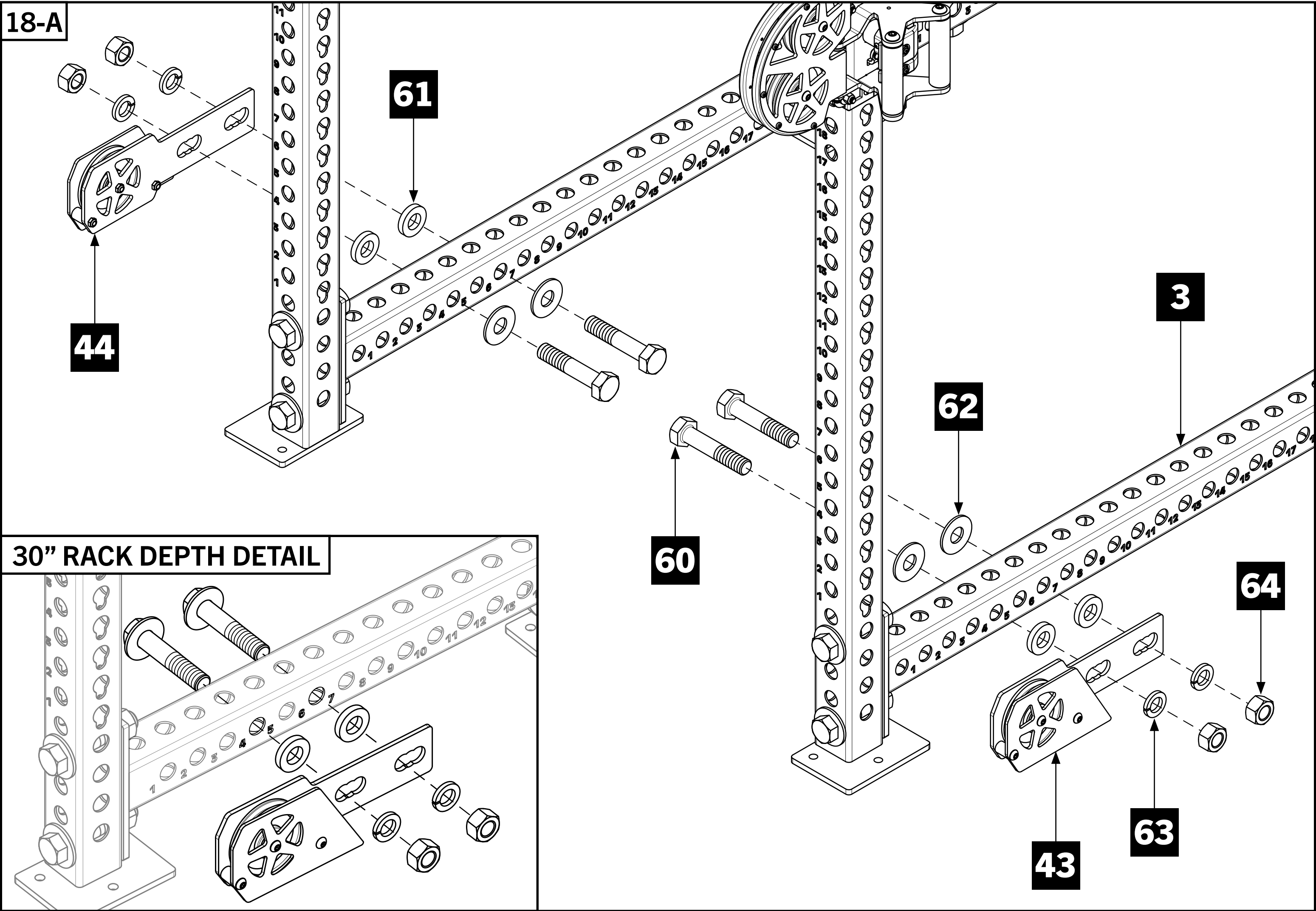
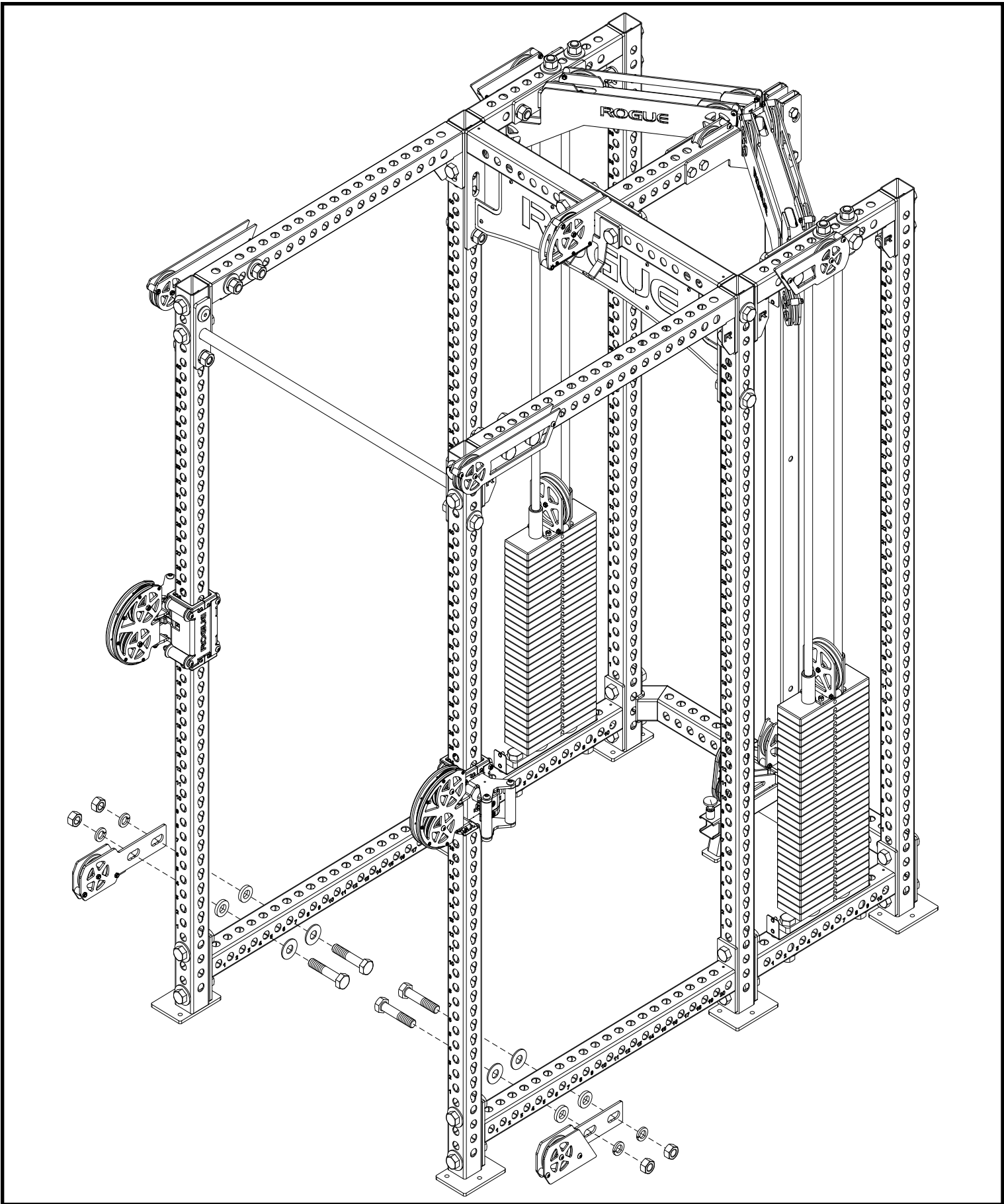


STEP 18

- Bolt Bottom Front Side Pulley Assembly - RH [43] and -LH [44] to the Front Low Crossmembers using 1" x 5" Hex Bolts [60], 1" x 3/8" Pulley Bracket Spacers [61], 1" Flat Washers [62], 1" Lock Washers [63], and 1" Hex Nuts [64] as shown.
-  43" Front Low Crossmember is shown. The Bottom Front Side Pulley Assembly holes utilized will depend on length of your Front Crossmembers. Use the diagram below to determine which holes to use.

Note:

- Bolt hardware through the holes between number cutouts '4' & '5' and '6' & '7' on your Front Low Crossmembers [3].
- Bolt heads should be oriented on the inside of rack as shown.



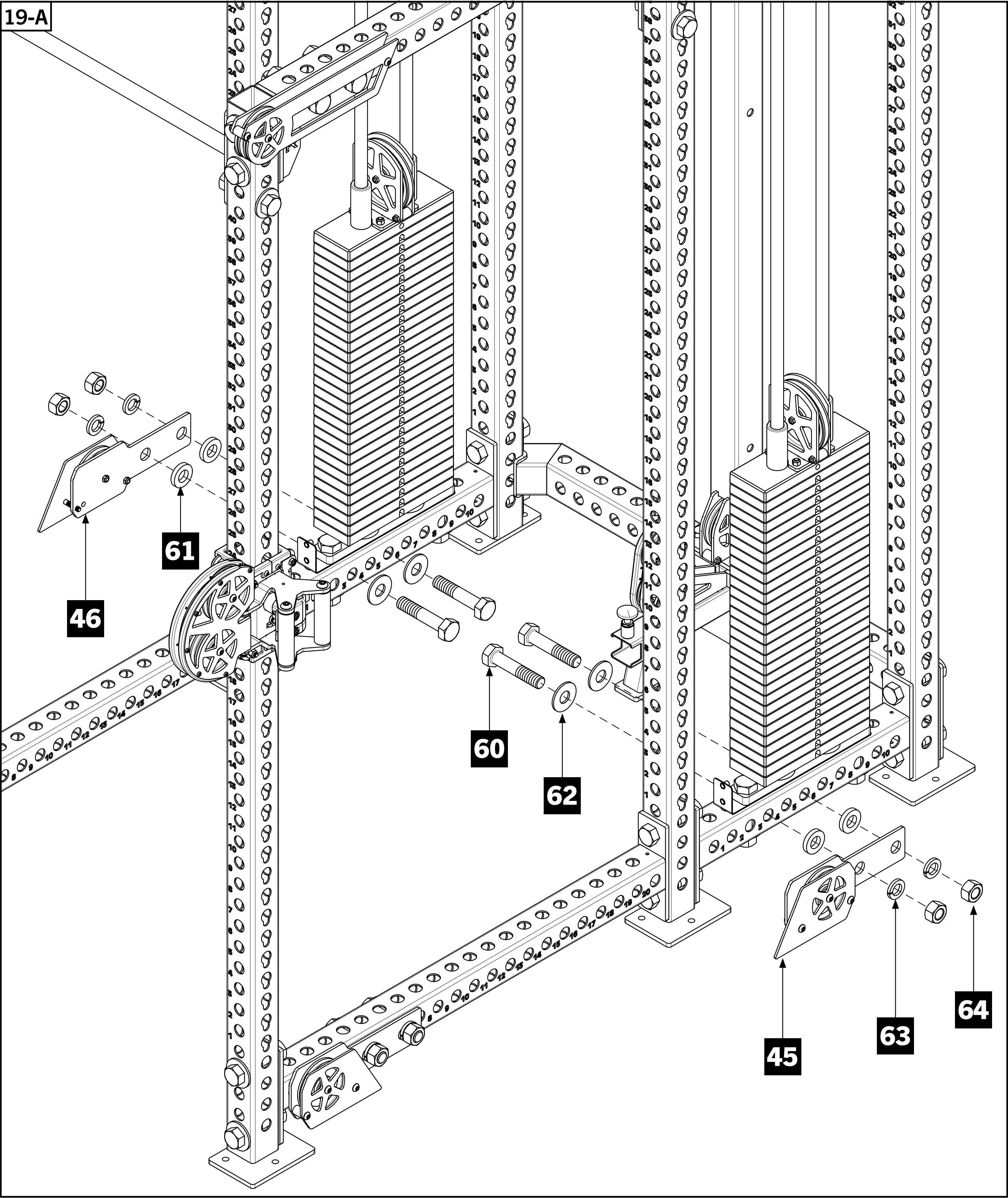
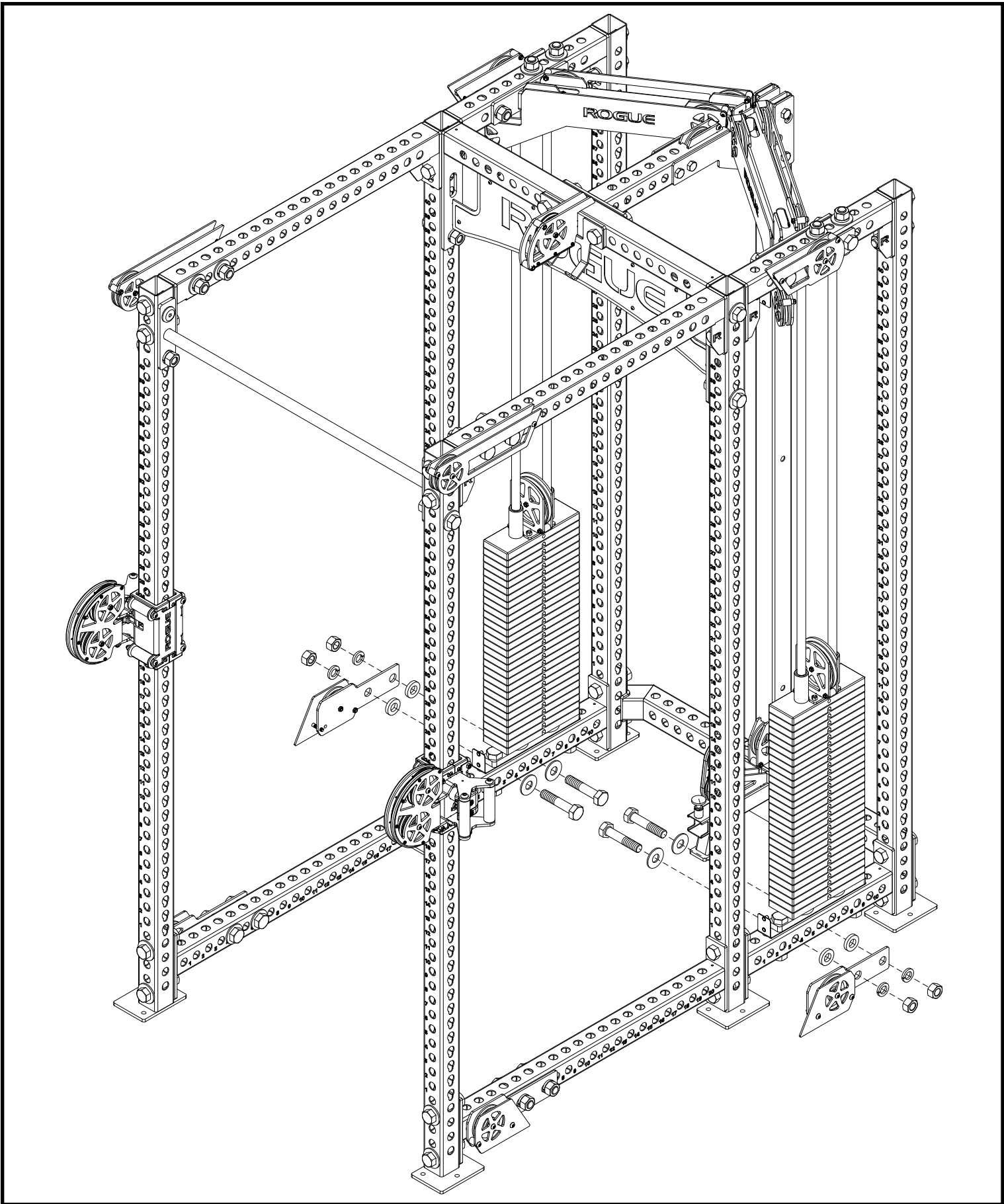


# STEP 19

- Bolt Bottom Rear Side Pulley Assembly - RH [45] and -LH [46] to the 24" Rear Low Crossmembers using 1" x 5" Hex Bolts [60], 1" x 3/8" Pulley Bracket Spacers [61], 1" Flat Washers [62], 1" Lock Washers [63], and 1" Hex Nuts [64] as shown.

**Note:**

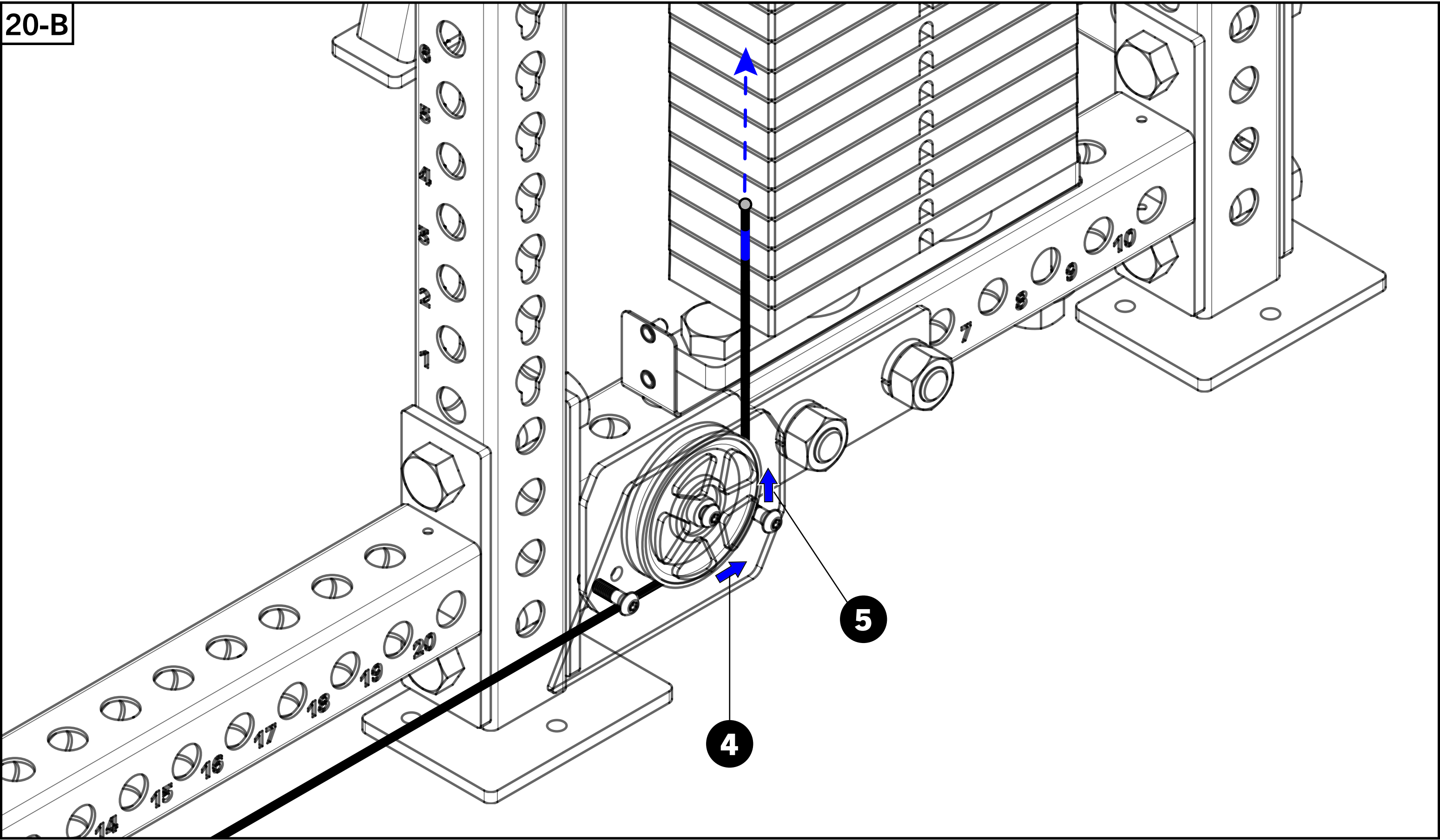
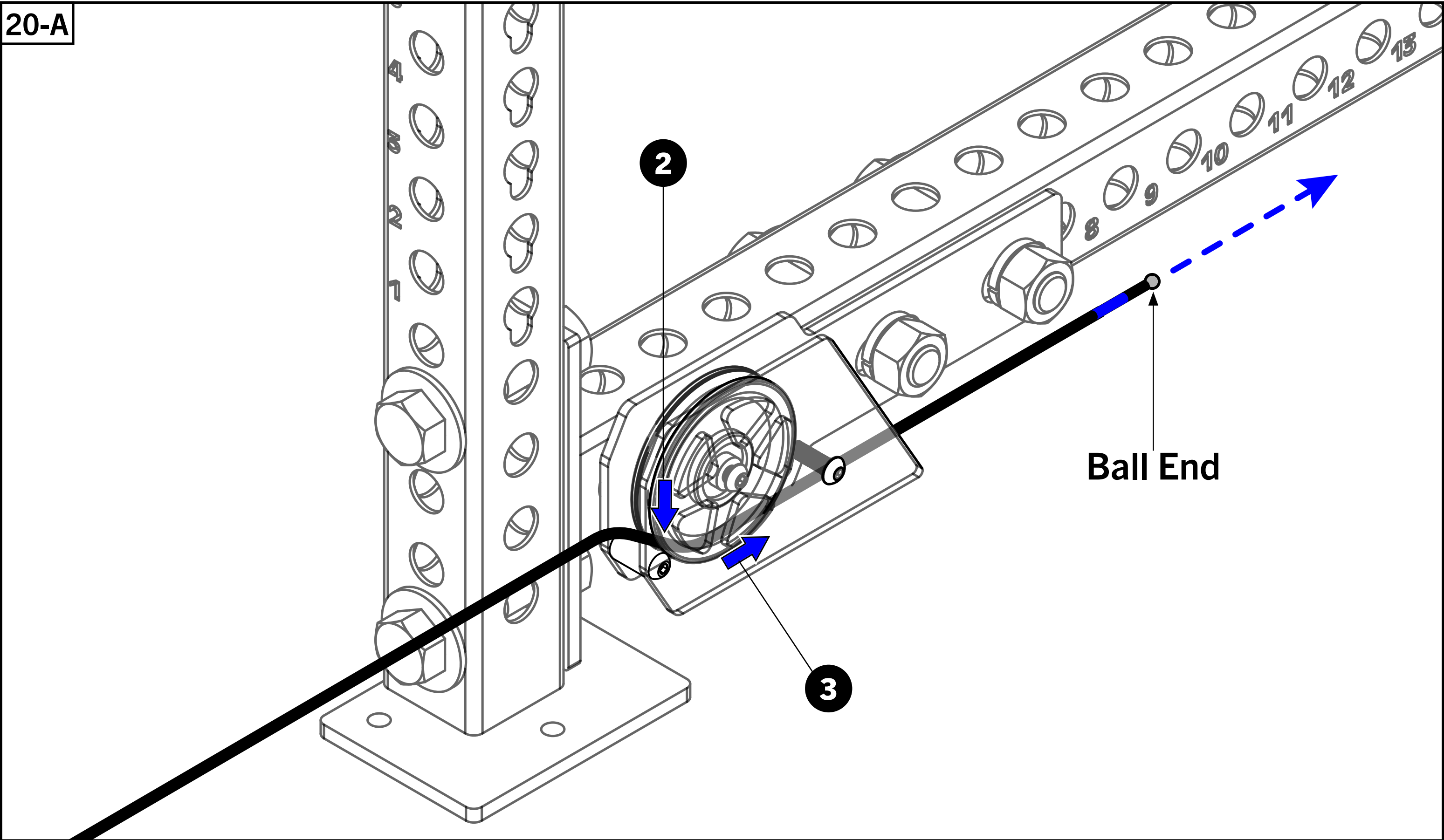
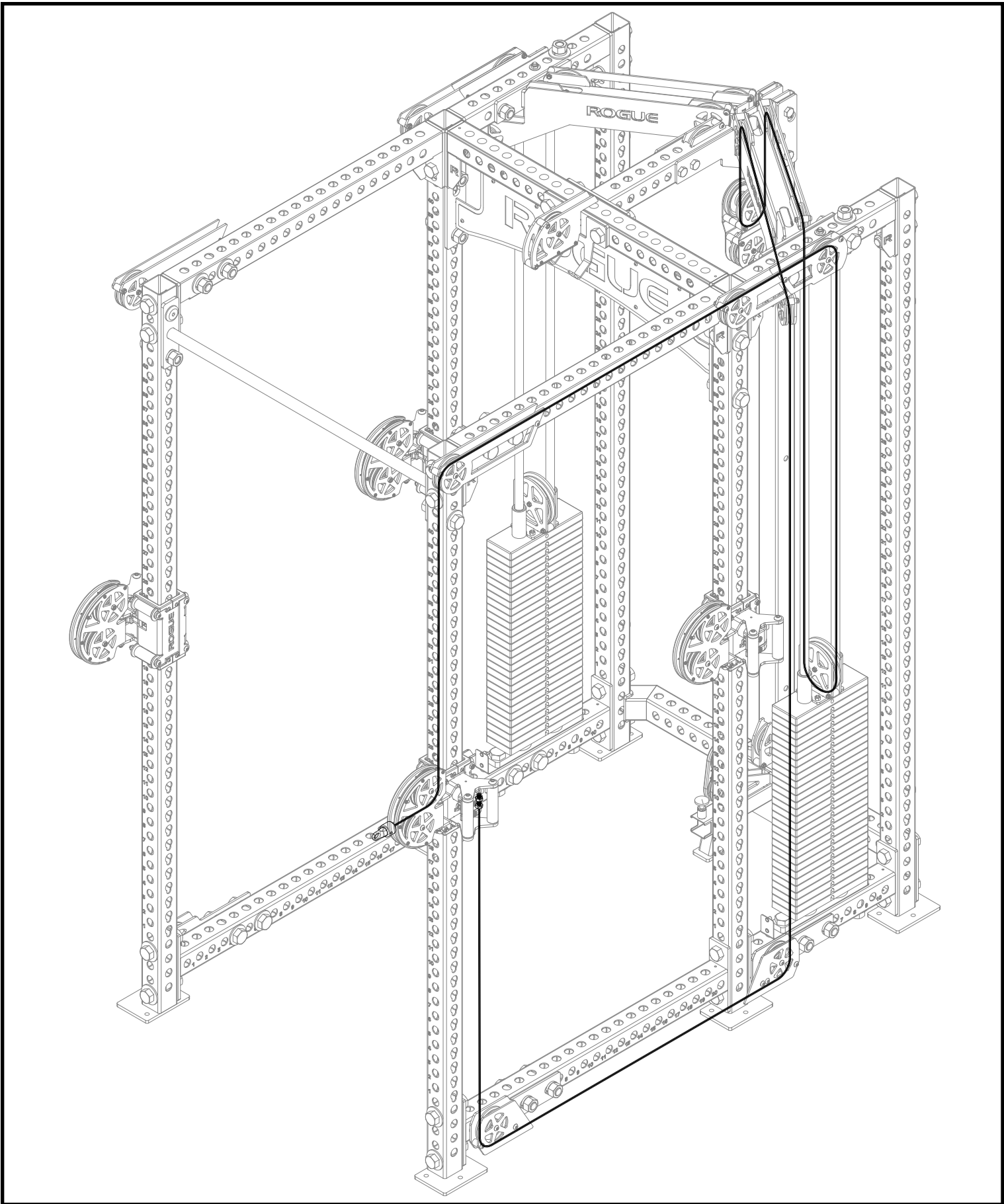
- Hardware is assembled through the 4th and 6th holes on 24" Rear Low Crossmembers [5] with the bolt heads oriented inside of rack as shown.





# STEP 20

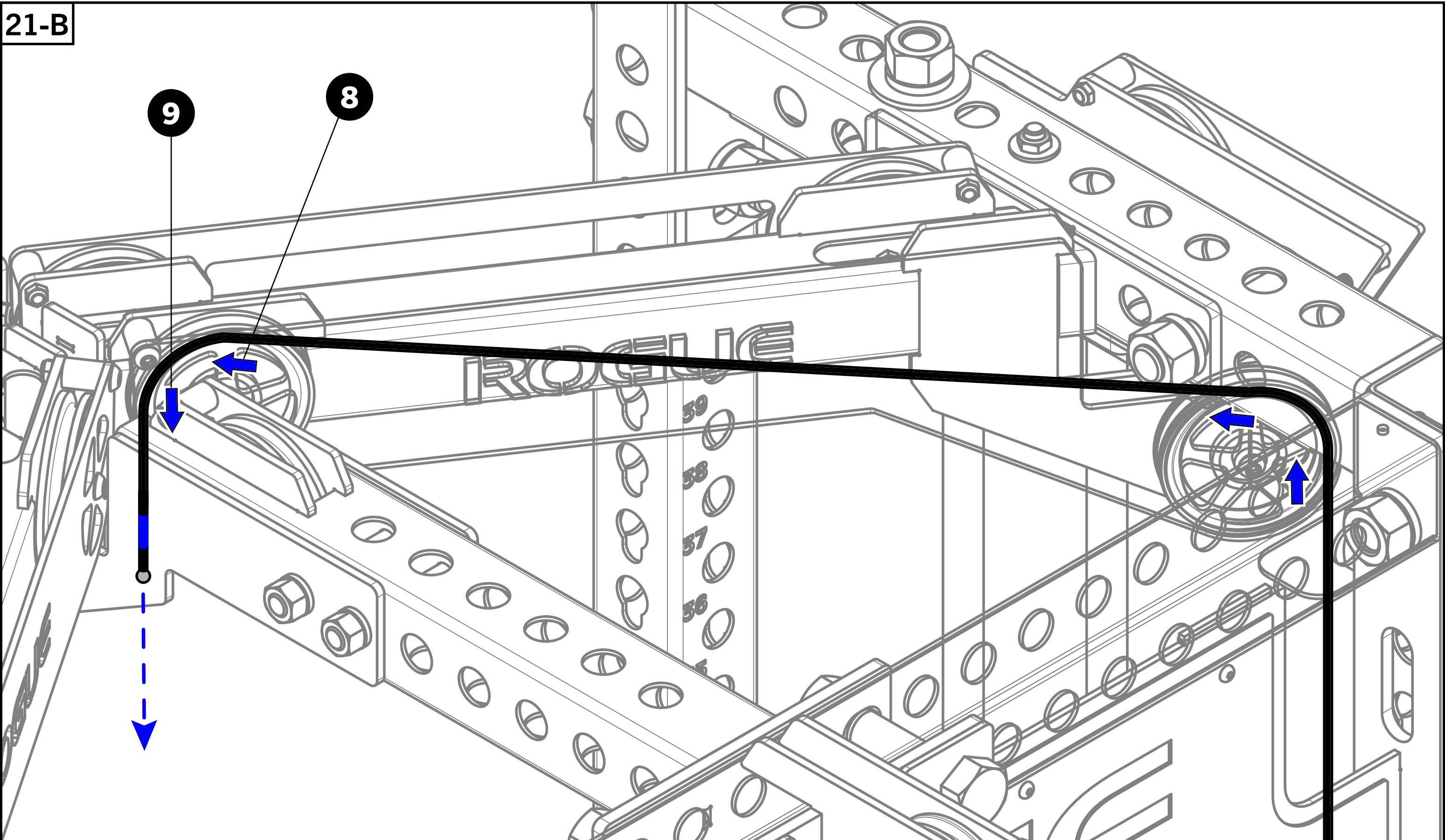
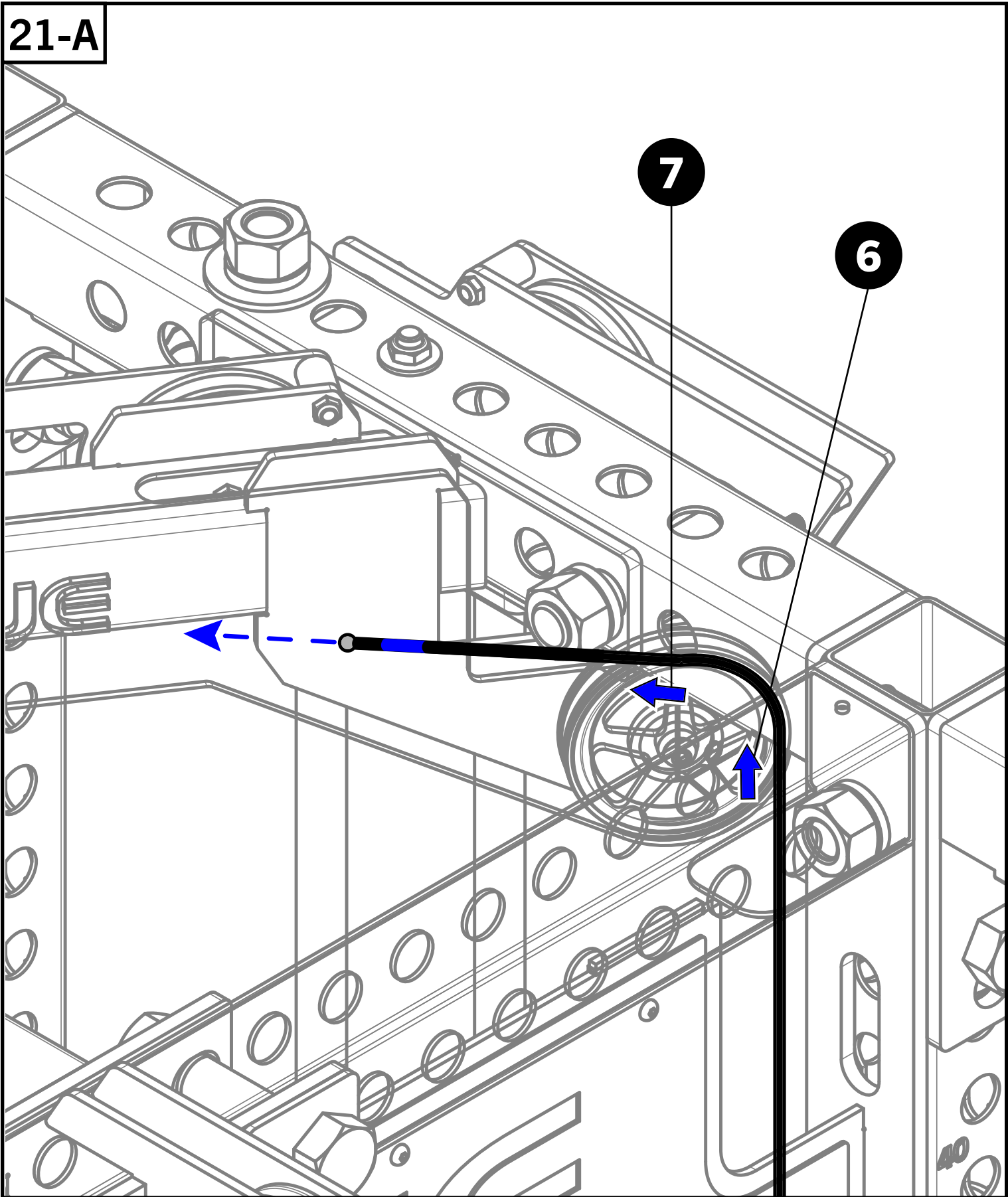
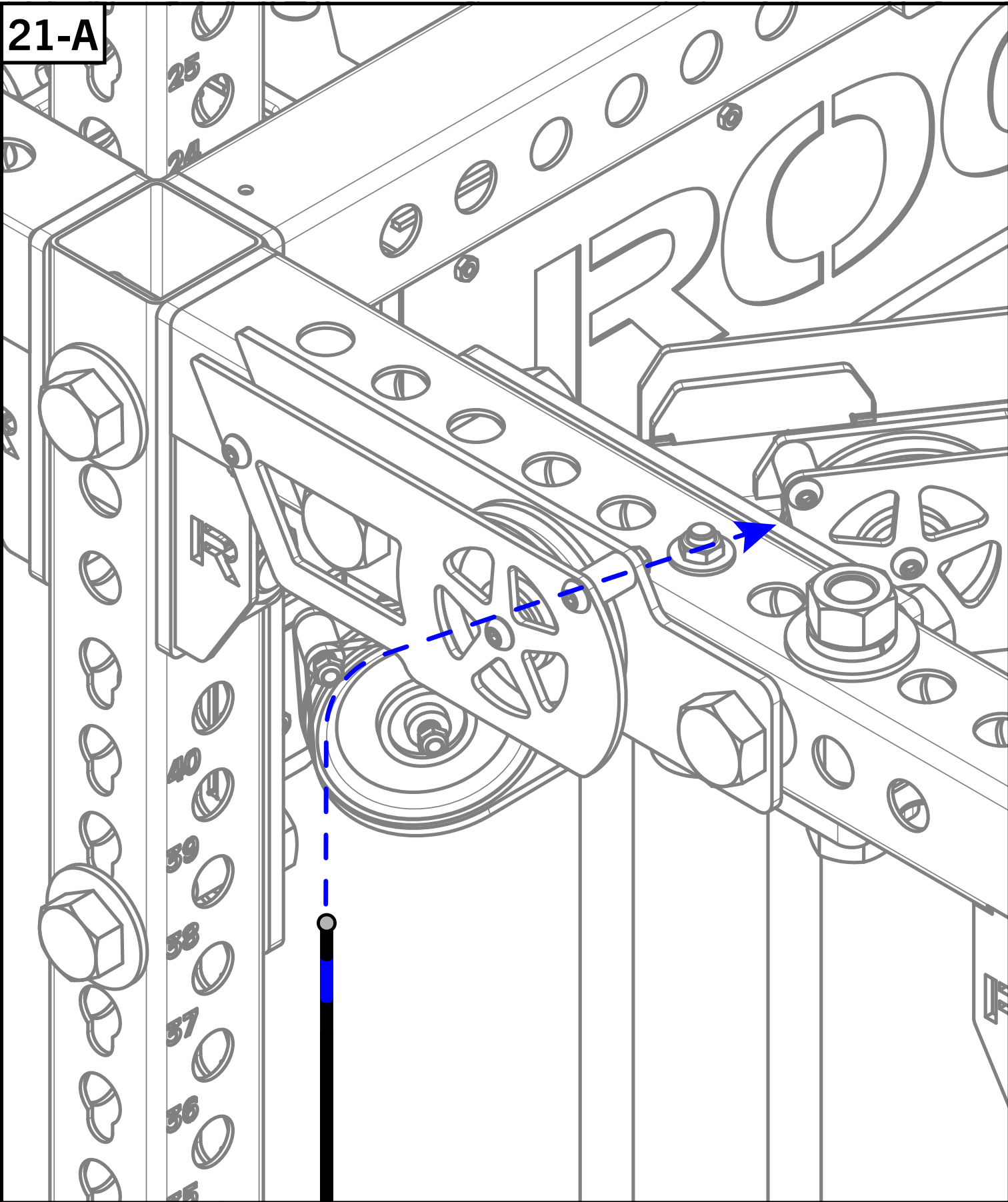
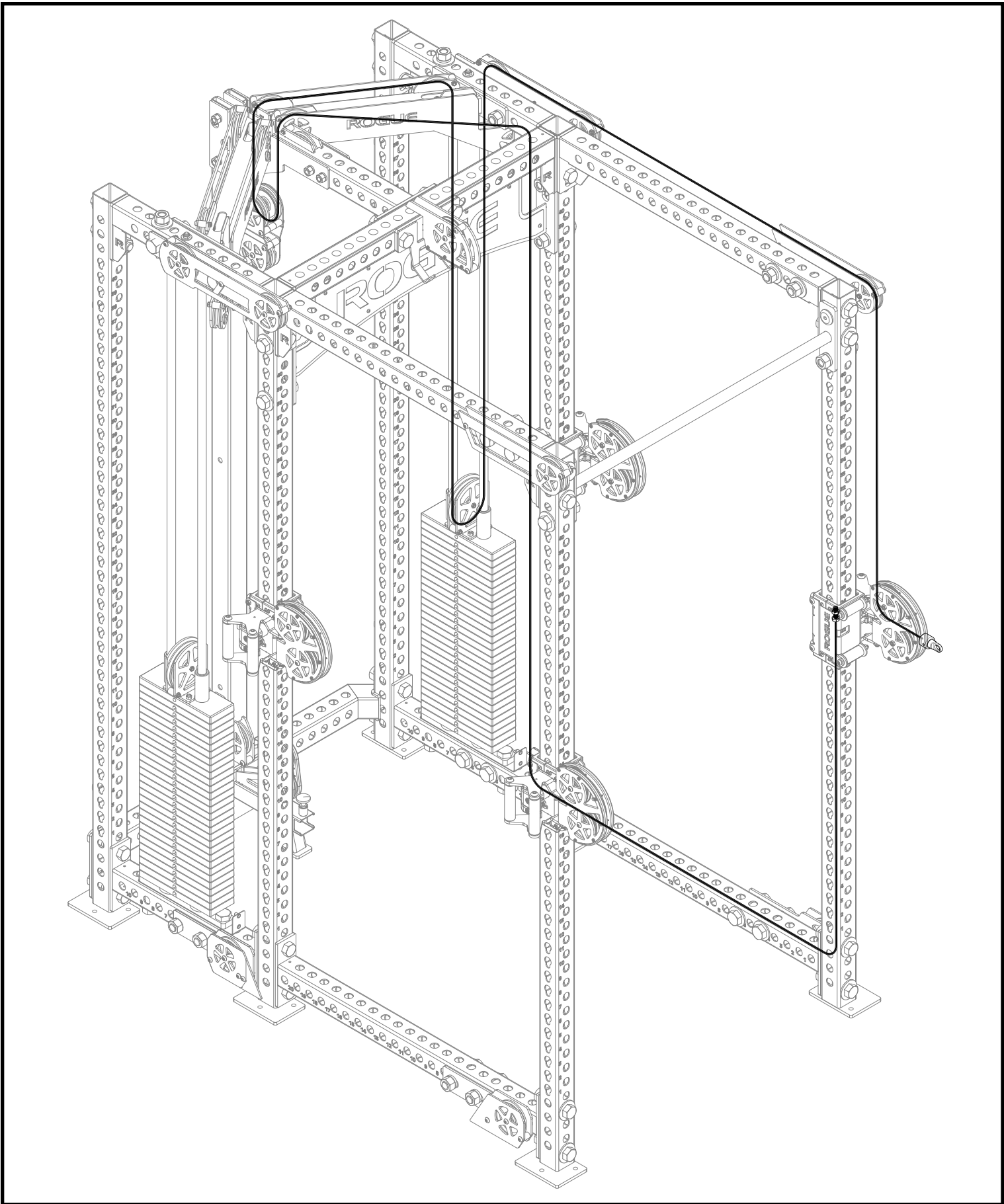
- Unwind cable to remove twists/kinks.
- Feed the Ball End of Trolley Cable [50] around the pulley on Bottom Front Pulley Assembly (arrows 2 & 3) and continue feeding towards the back of rack. Continue feeding around the Bottom Rear Side Pulley shown in **20-B**.





# STEP 21

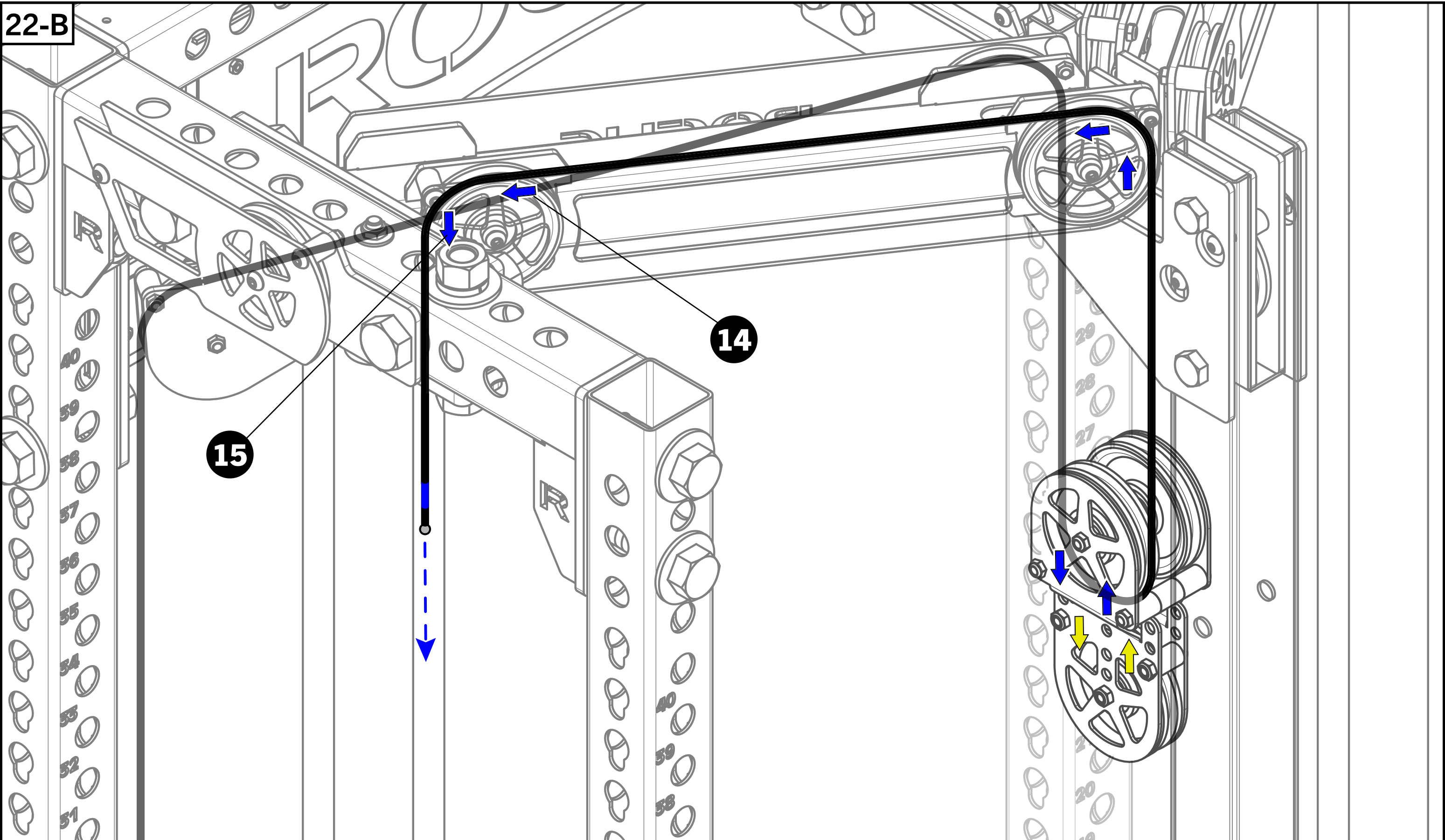
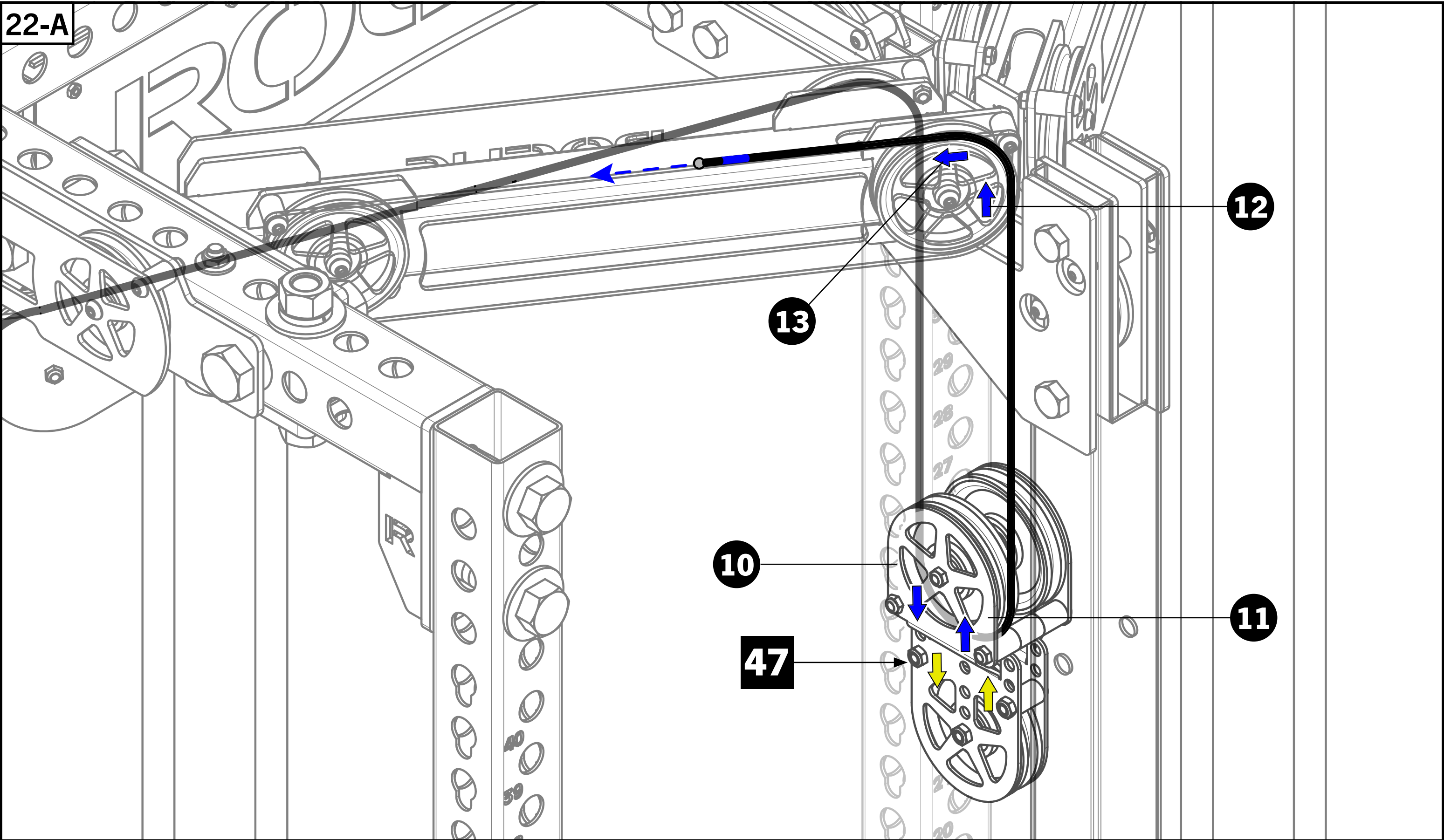
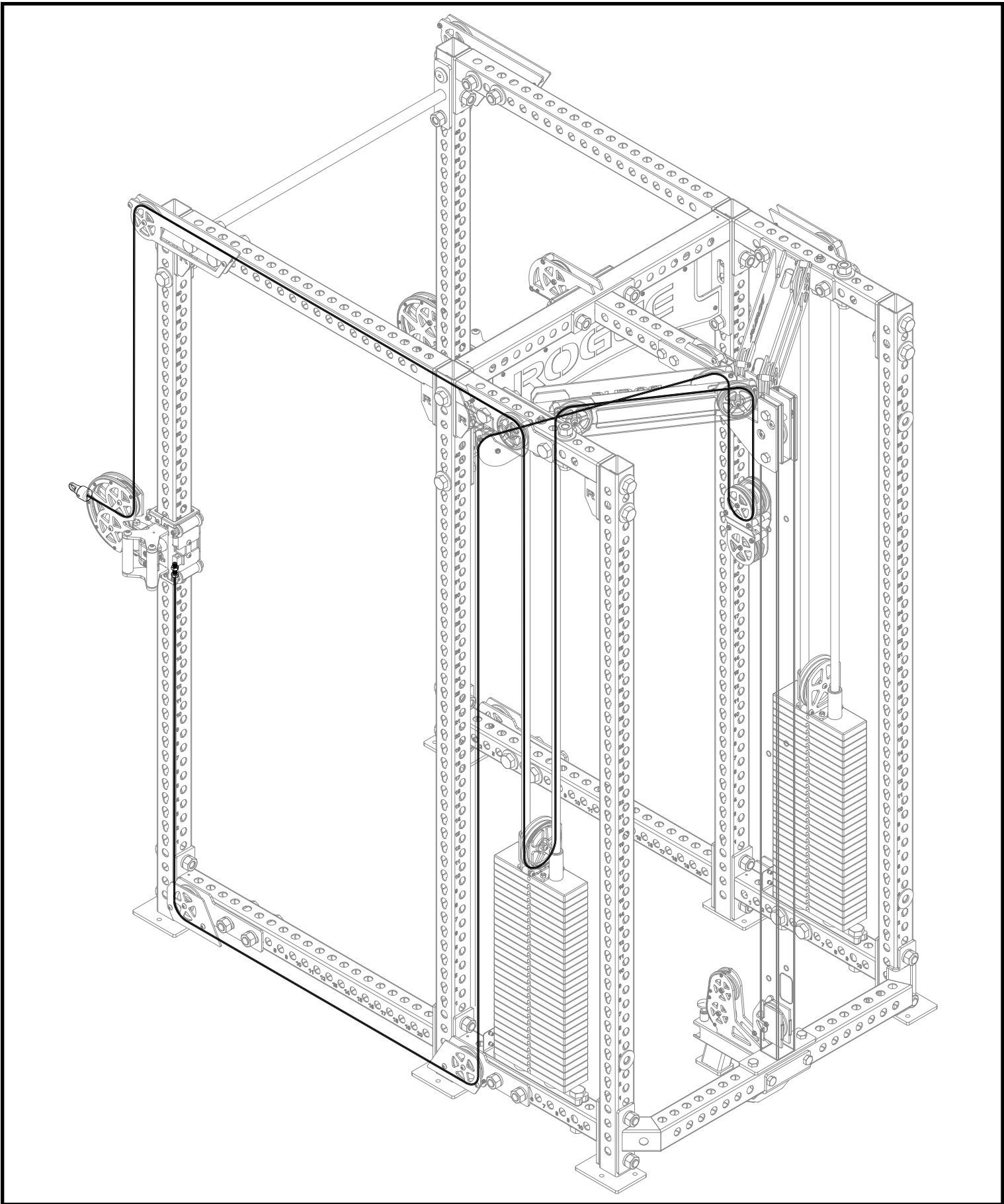
- Continue feeding around the first pulley on Top Rear Angle Crossmember - RH following the arrow indicator directions towards the back of the rack.
- Feed cable around the next angled pulley at the back of the Top Rear Angle Crossmember - RH and downward.





# STEP 22

- Hold the Peanut Pulley [47] in the air, ensuring the arrow stickers correspond to diagram **22-A**.
- Feed the cable down and around the upper pulley of Peanut Pulley and then back up towards the Top Rear Angle Crossmember - RH [22].
- Feed cable around the angled pulley shown in **22-B** and down towards the RH weight stack.



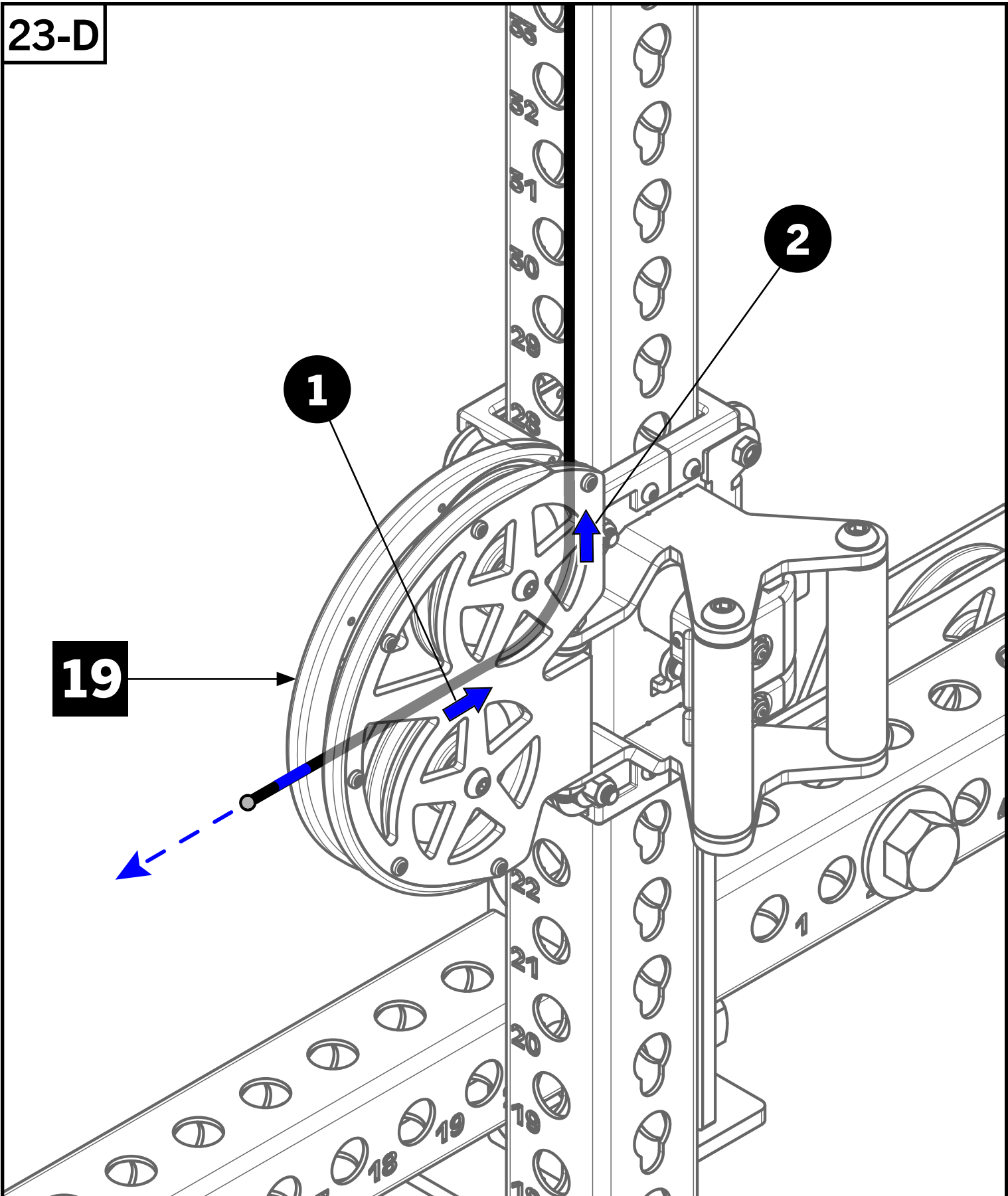
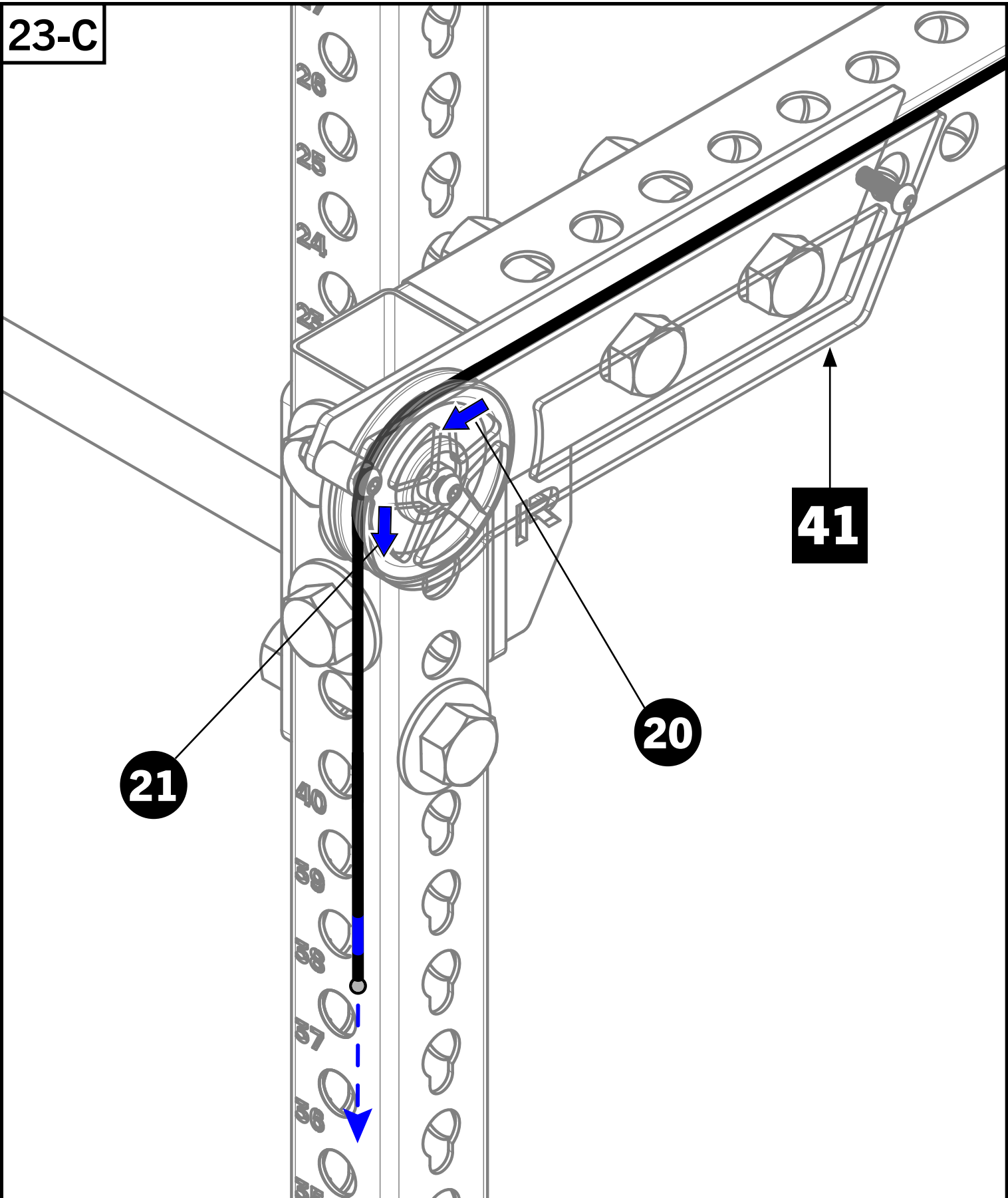
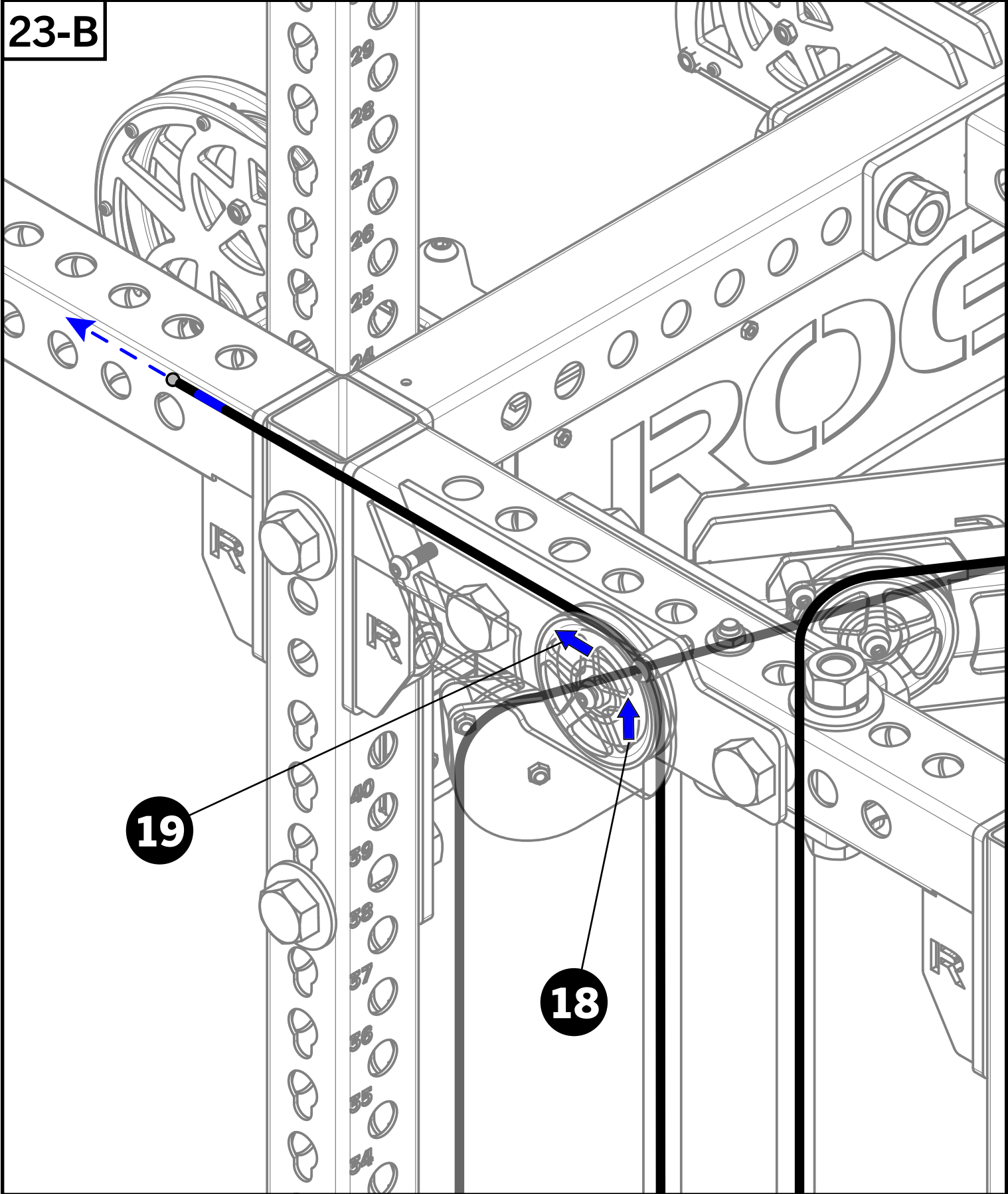
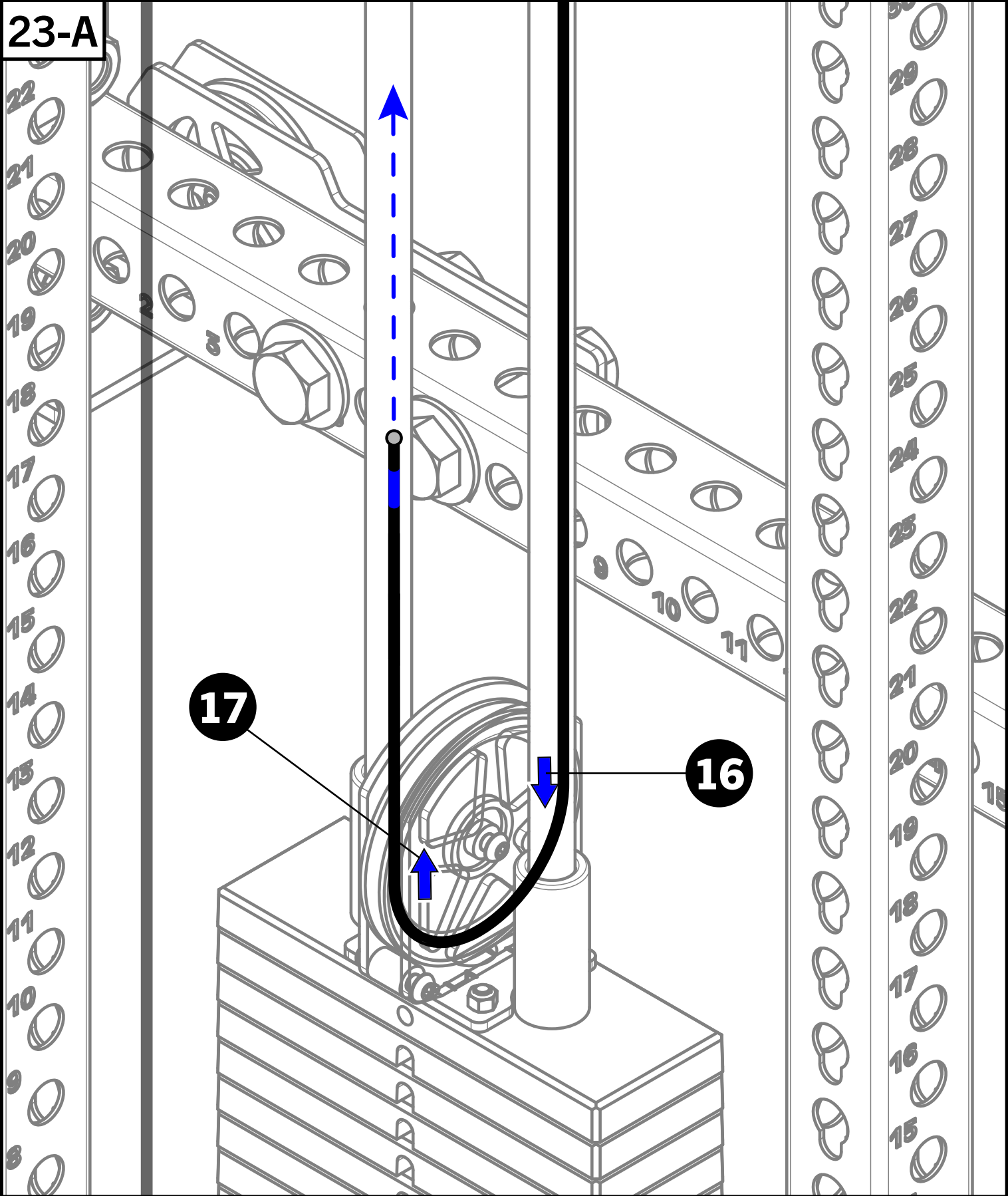
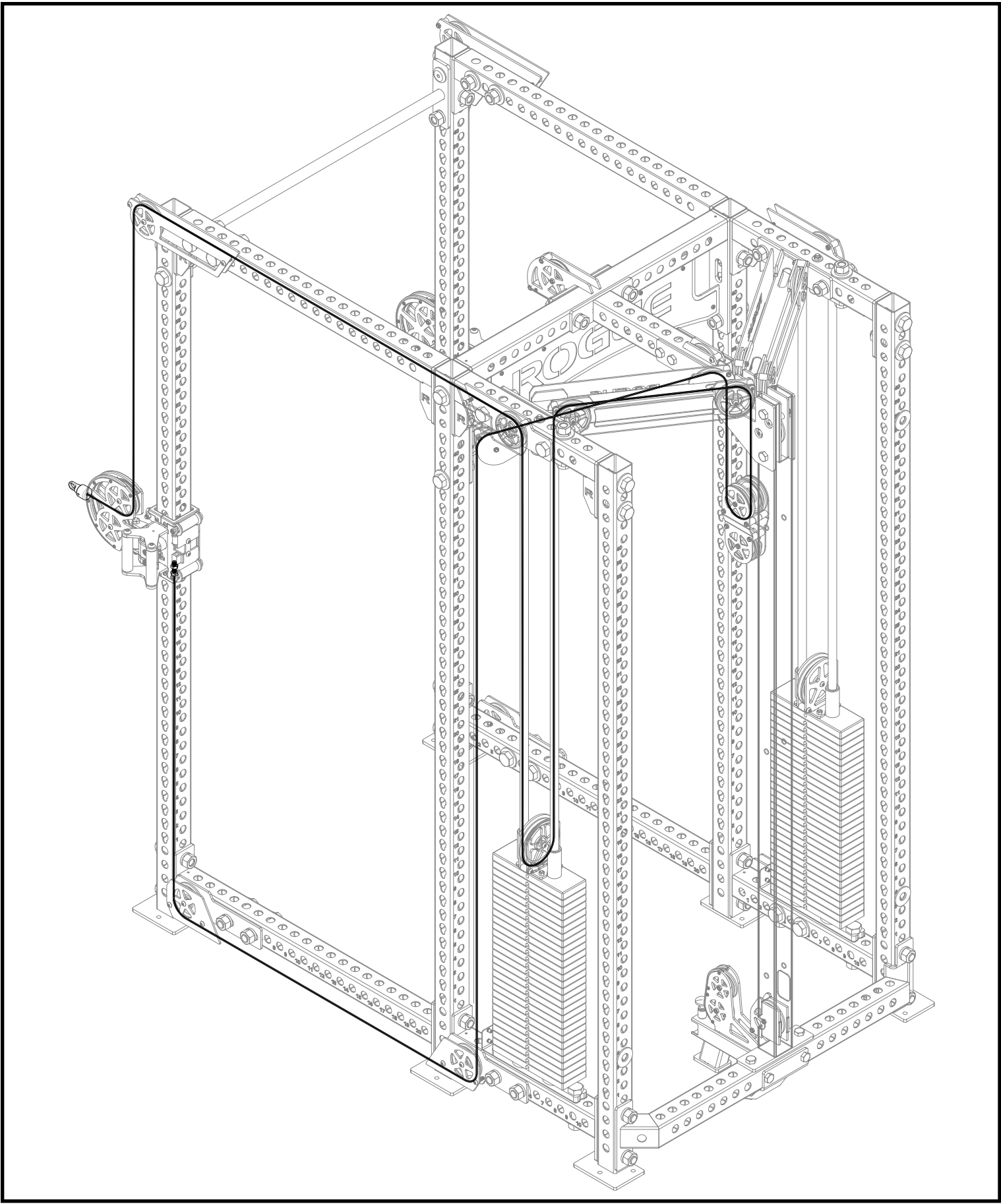


# STEP 23

- 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 **23-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 [19].

**Note:**

- Arrow directions and numbers on parts shown in **23-D** do not correspond to numbering sequence. (Will be represented by 1 and 2).



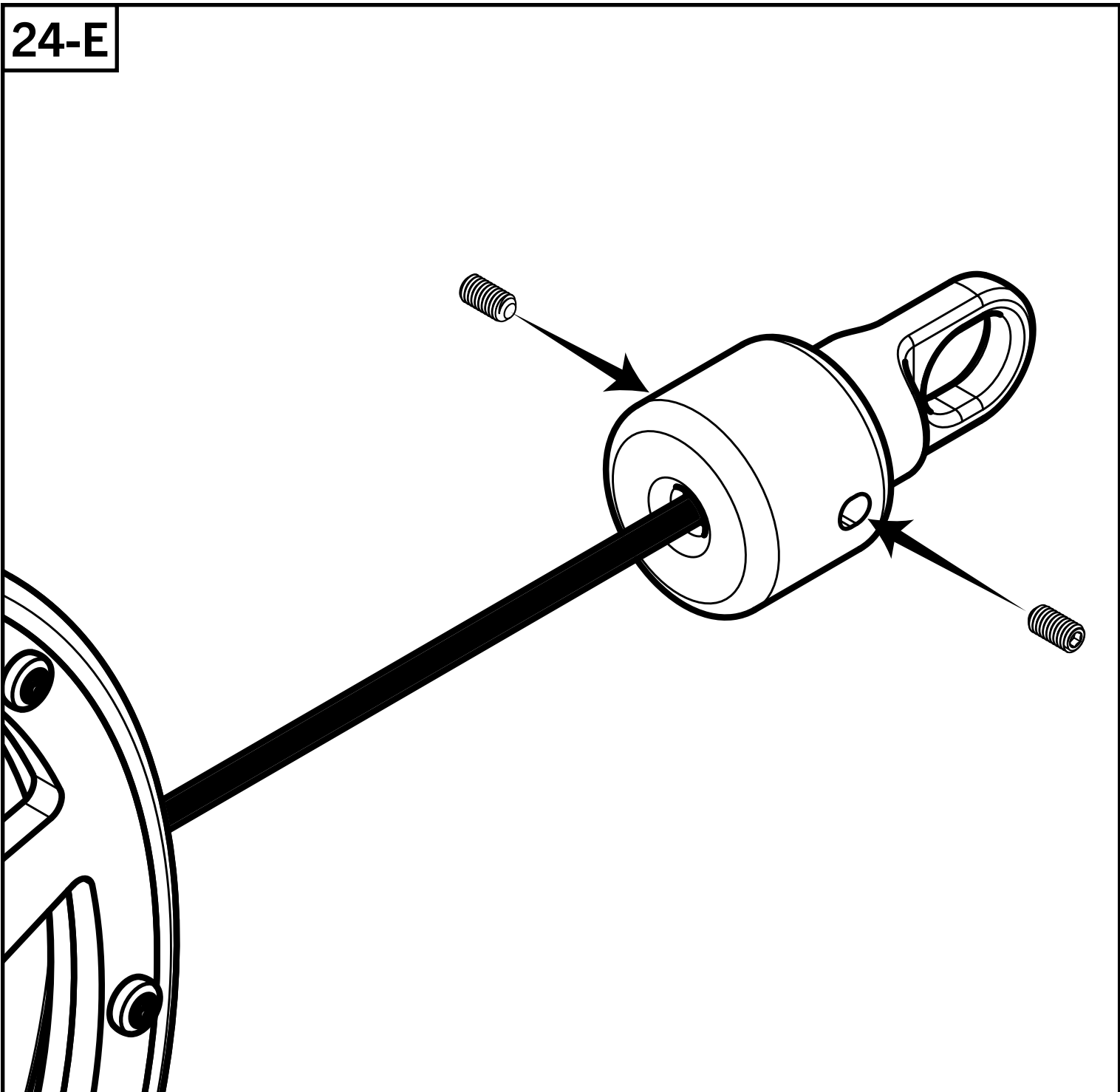
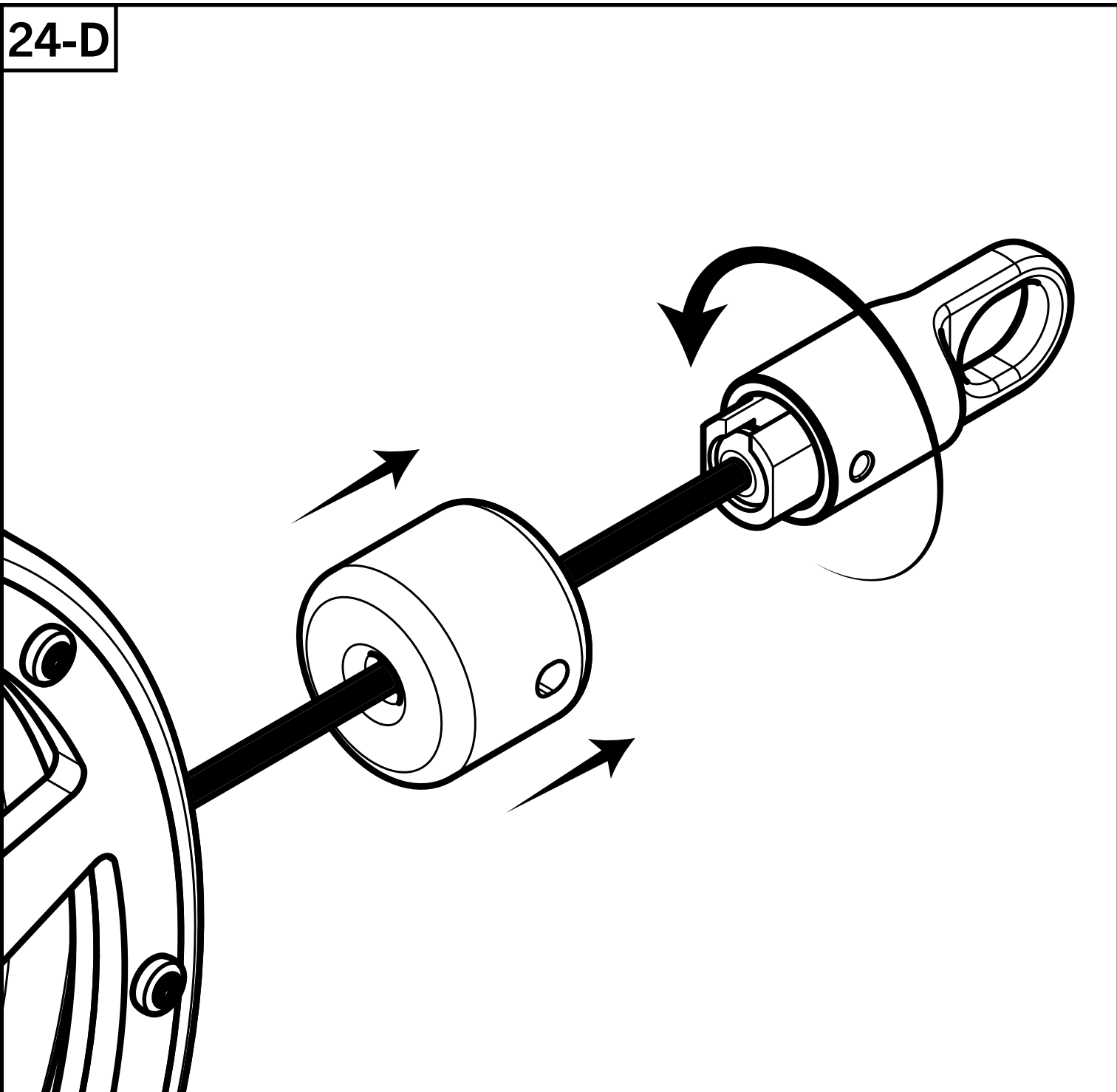
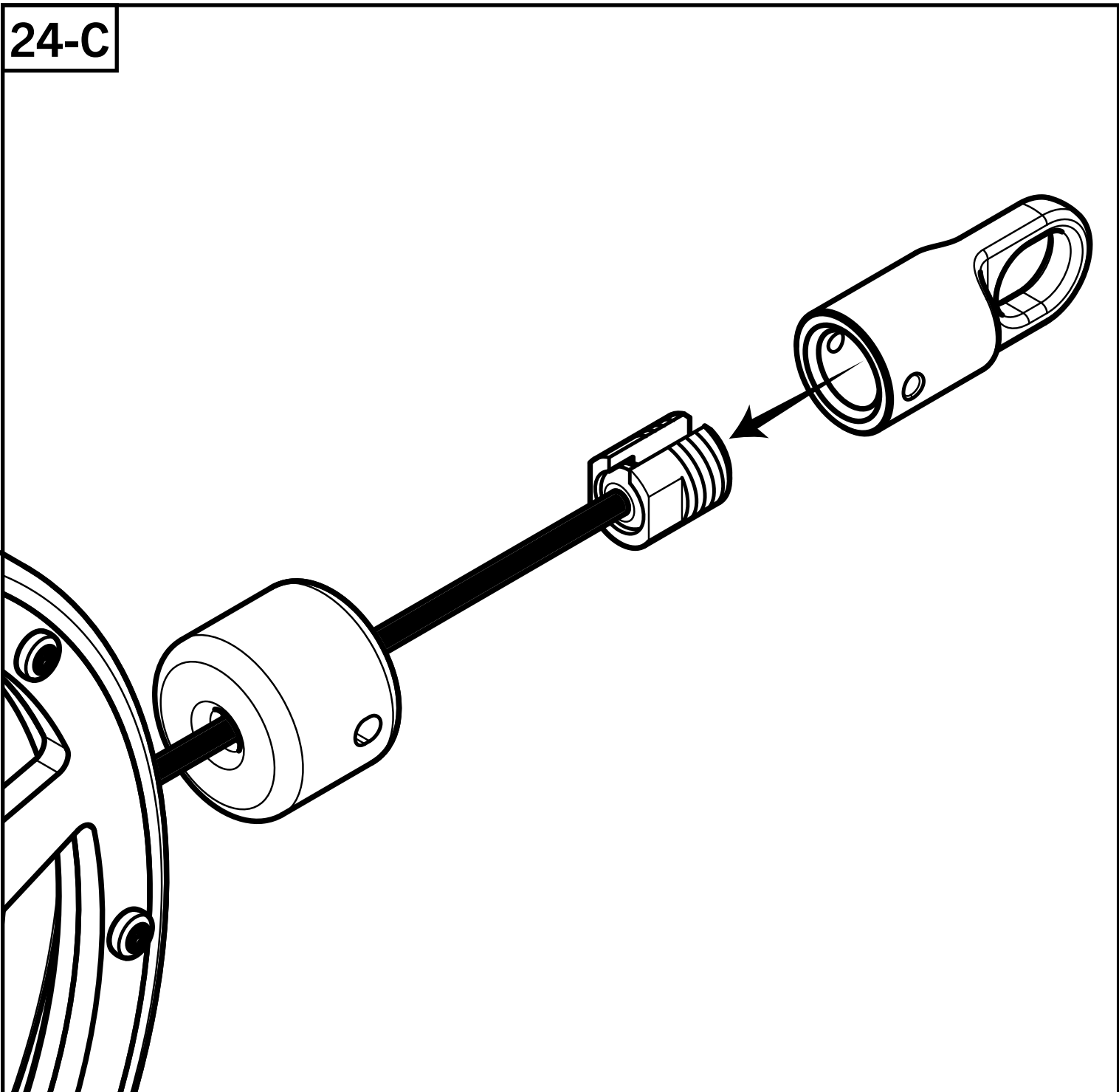
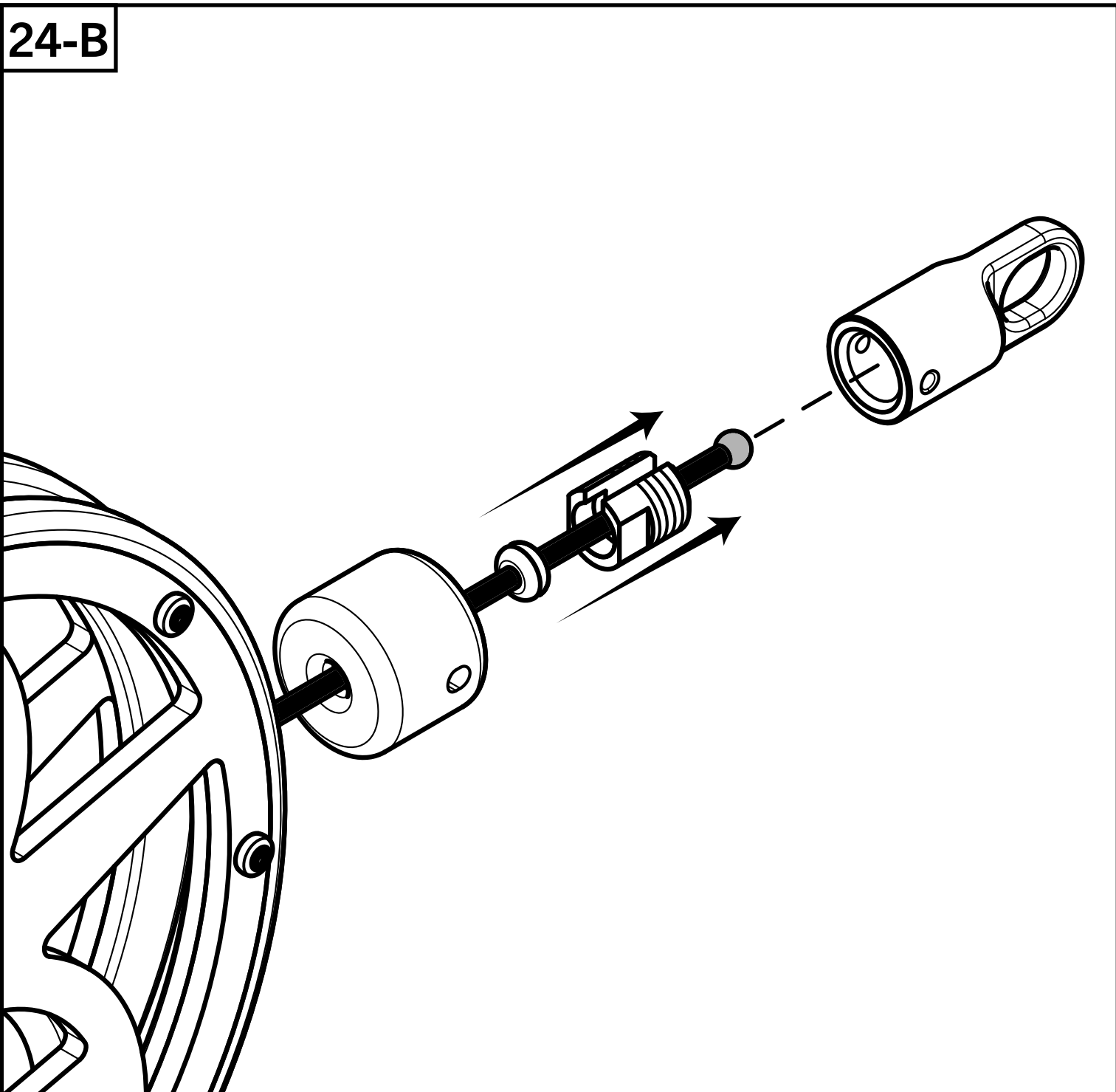
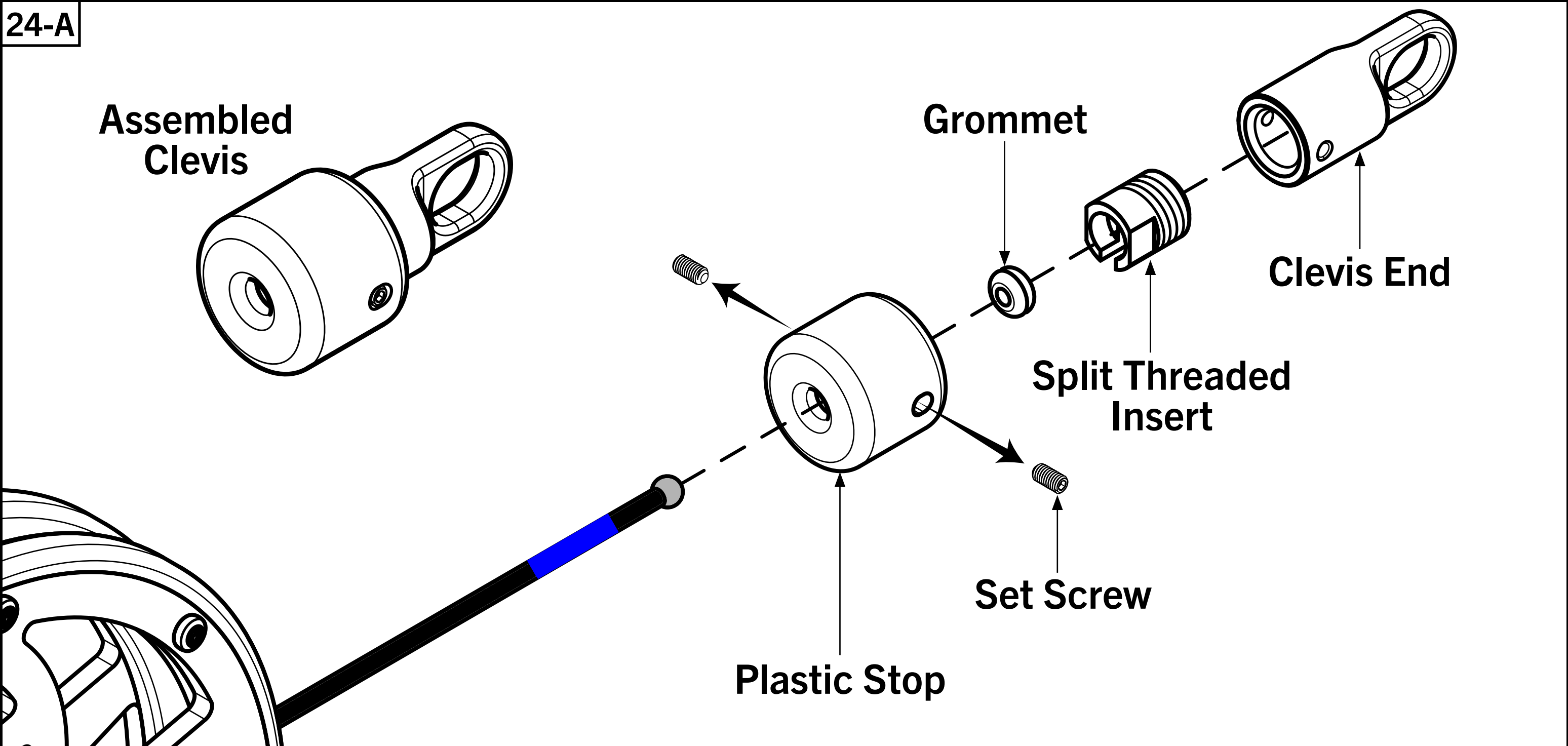


# STEP 24

**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 **26-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.

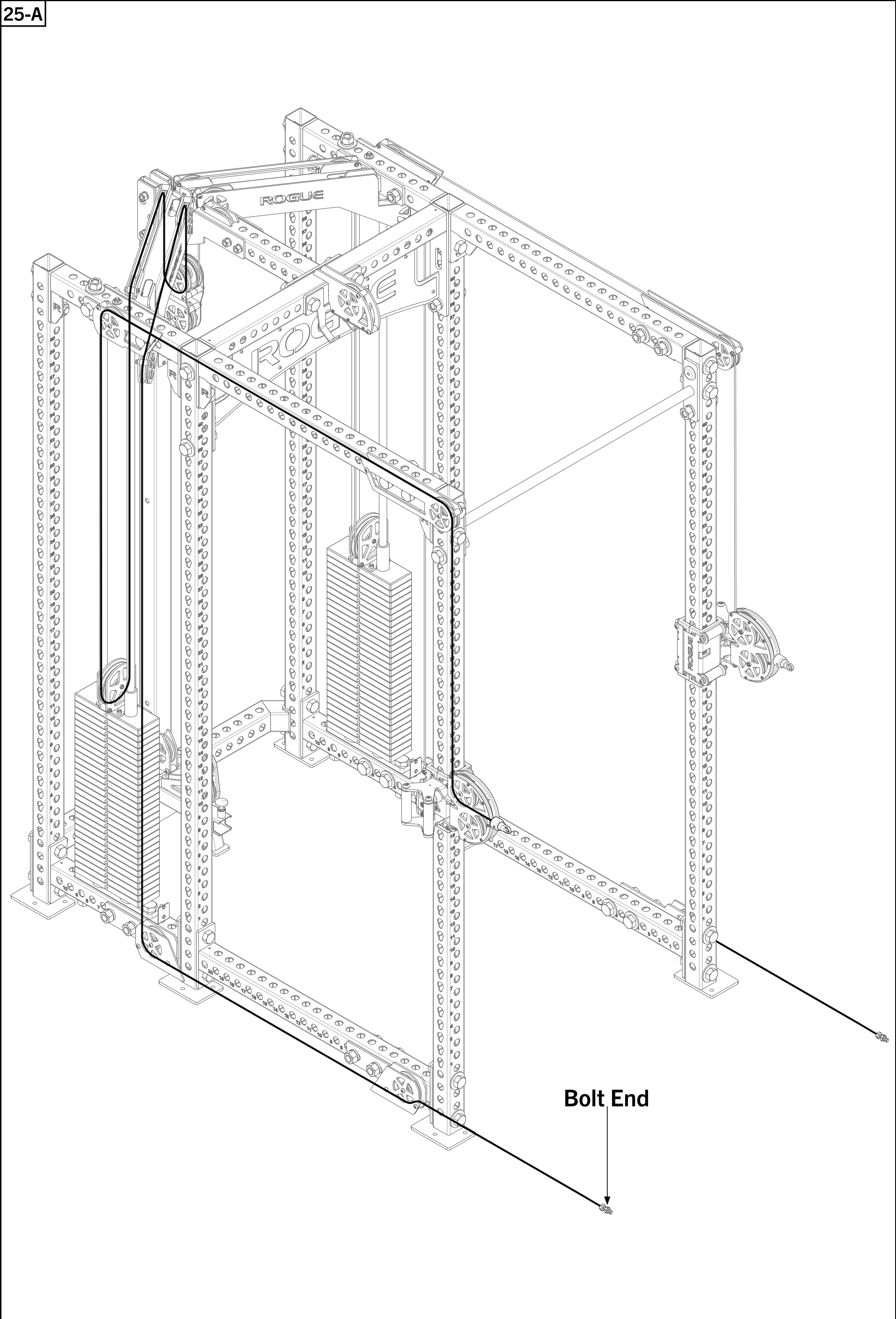




# STEP 25

Tools Required:

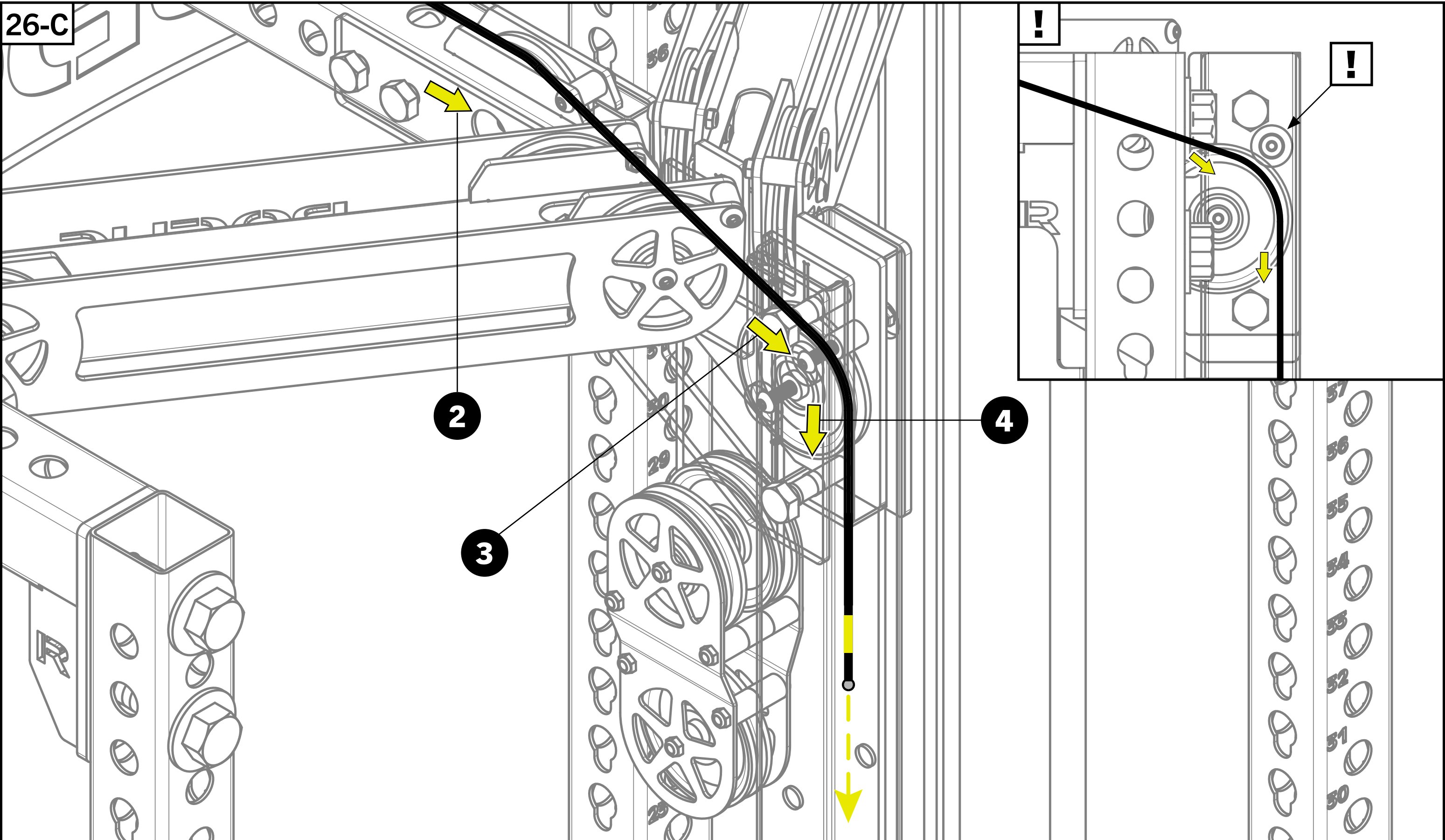
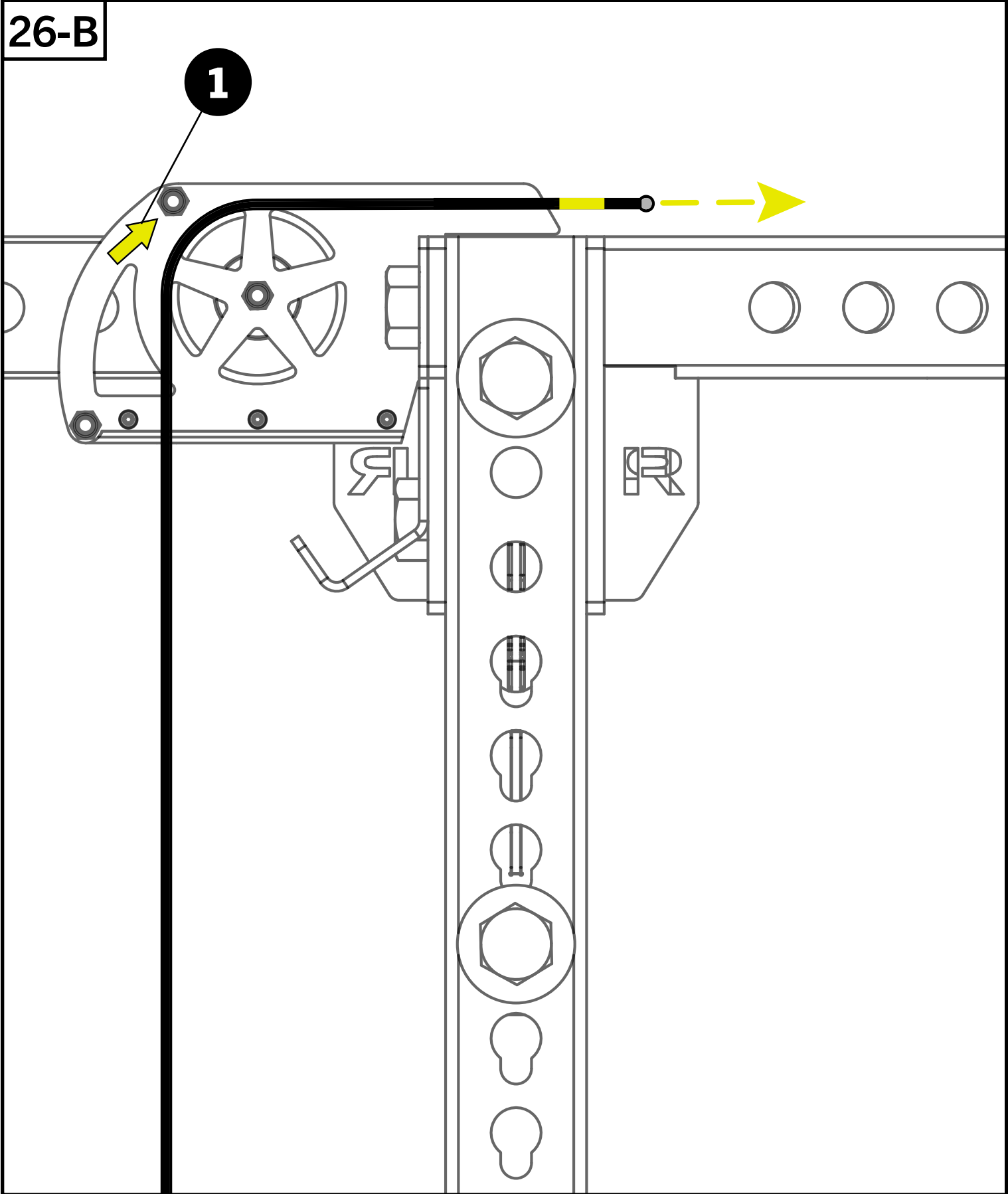
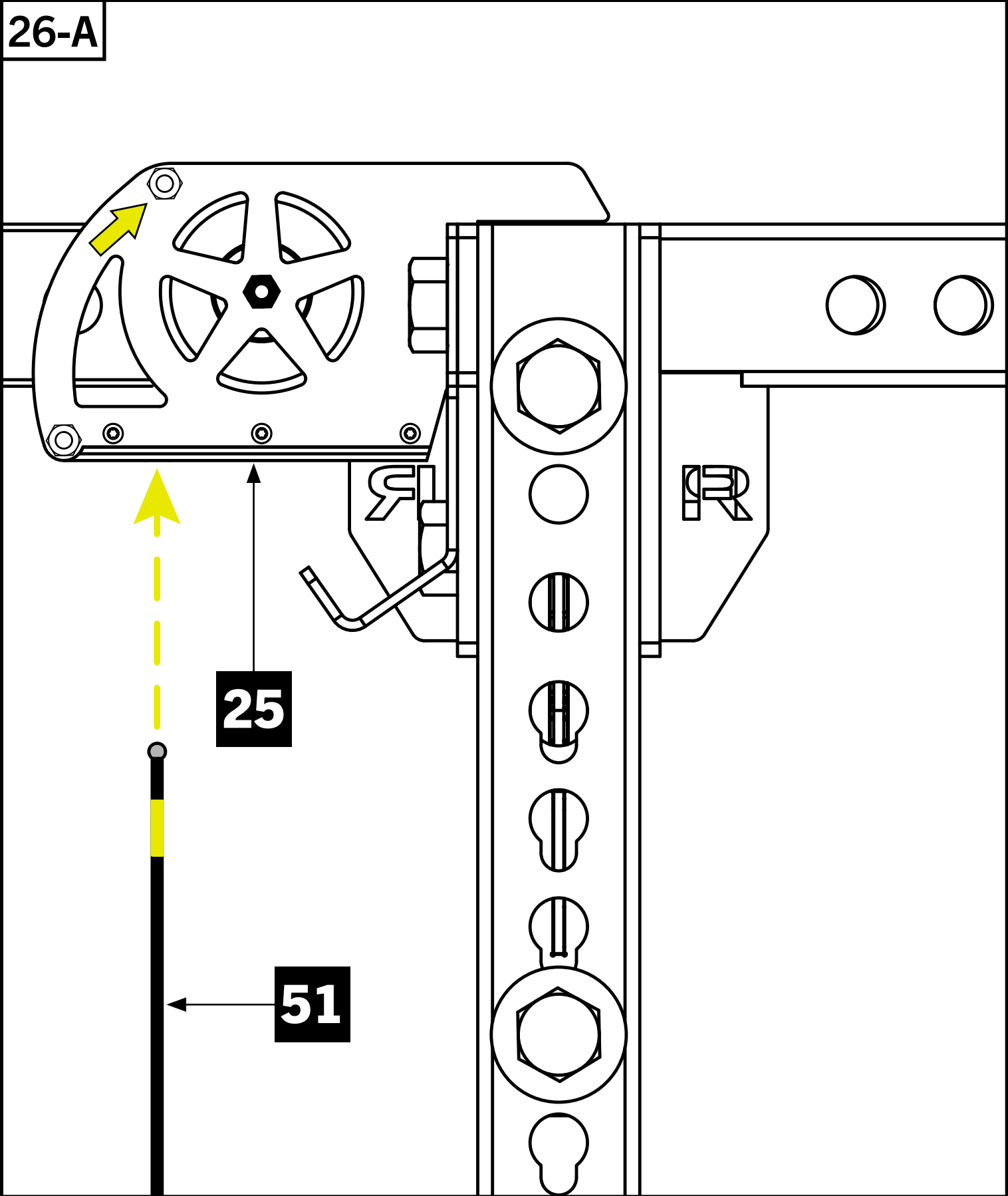
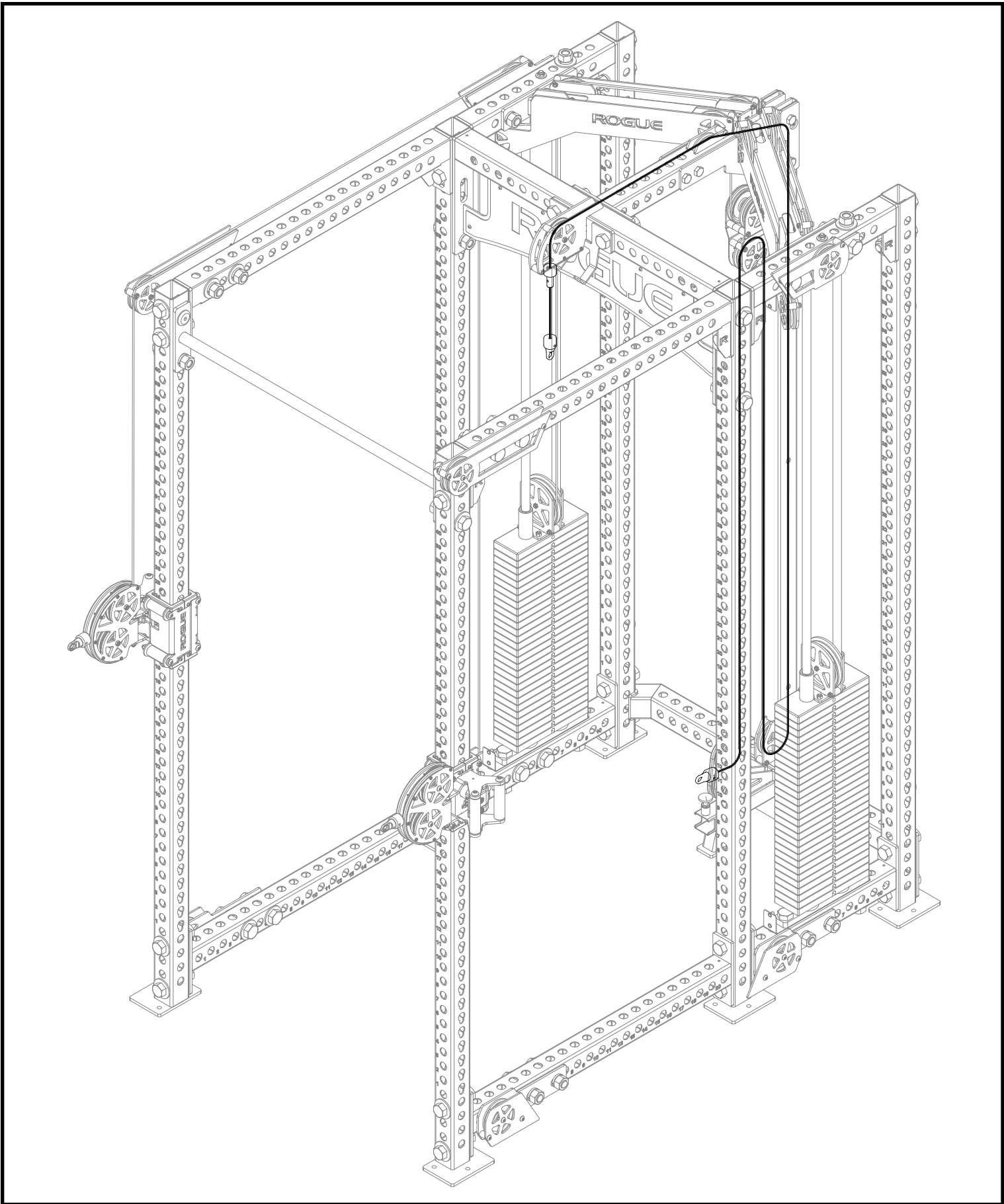
- 3/32” Allen Key, and 5/8” Wrench
- Follow **STEPS 20–24** again to assemble the remaining Trolley Cable (blue tag) on the **Left Hand side of rack.**
- Bolt Ends of Cables will be installed on **STEP 28.**



# STEP 26

**Note:**

- Completely unwind and straighten out Lat Pull Cable [51] 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 26–27**.
- Feed the Ball End of Lat Pull Cable [51] up and over the pulley in Lat Pulldown Pulley Bracket [25] and then towards the back of the rack.
- Feed around the pulley in the top of Rear 3X3 Upright [17] 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.

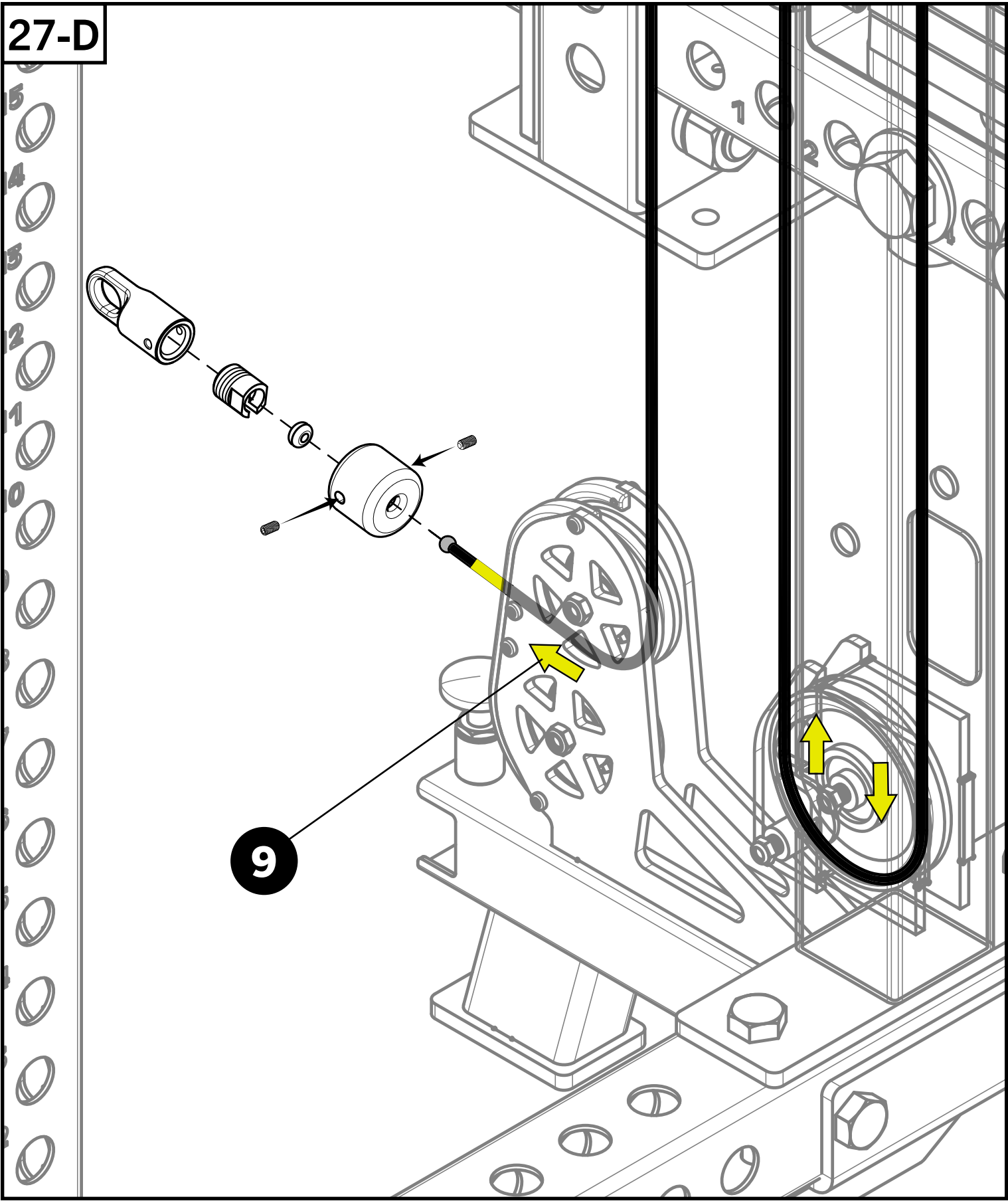
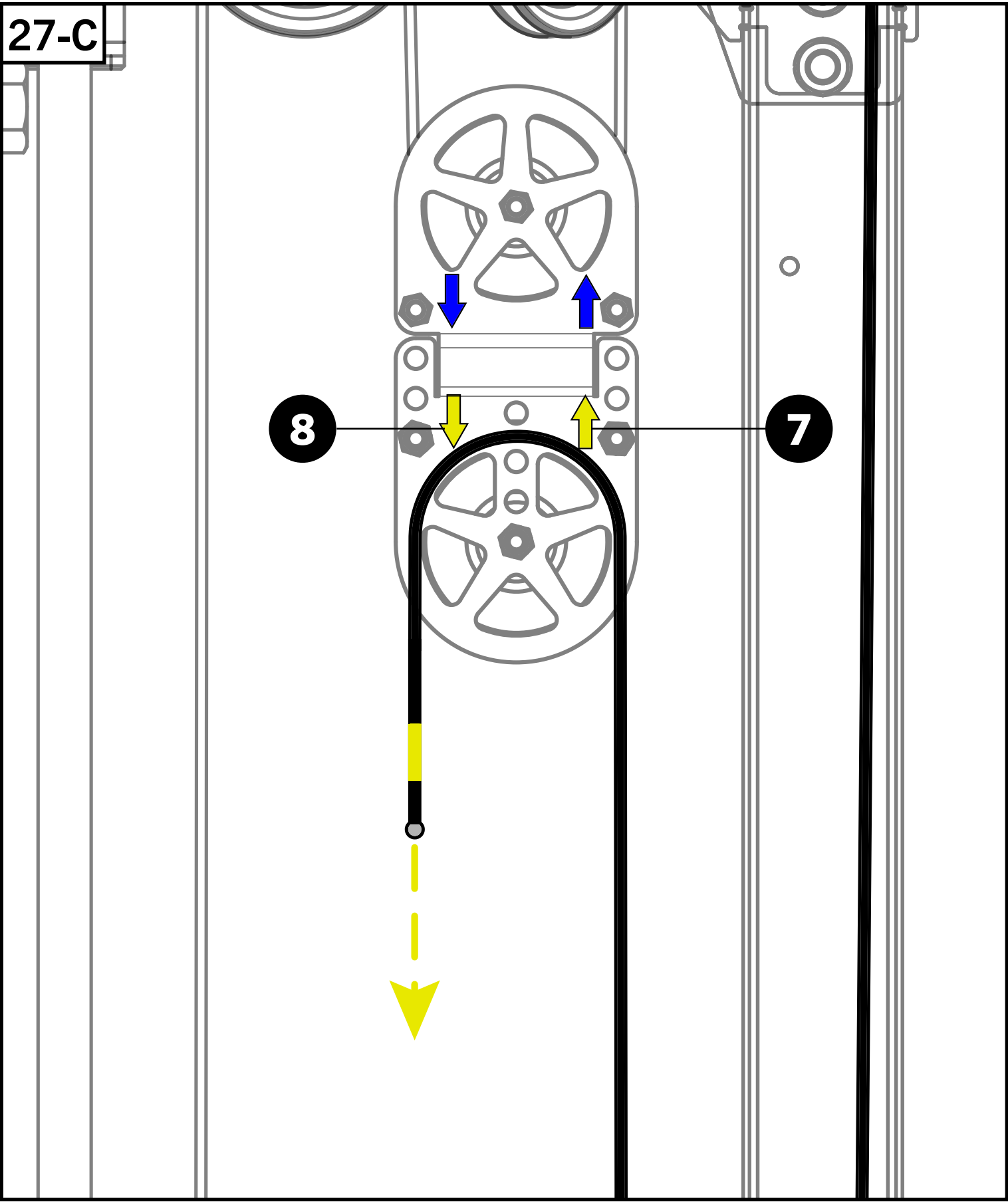
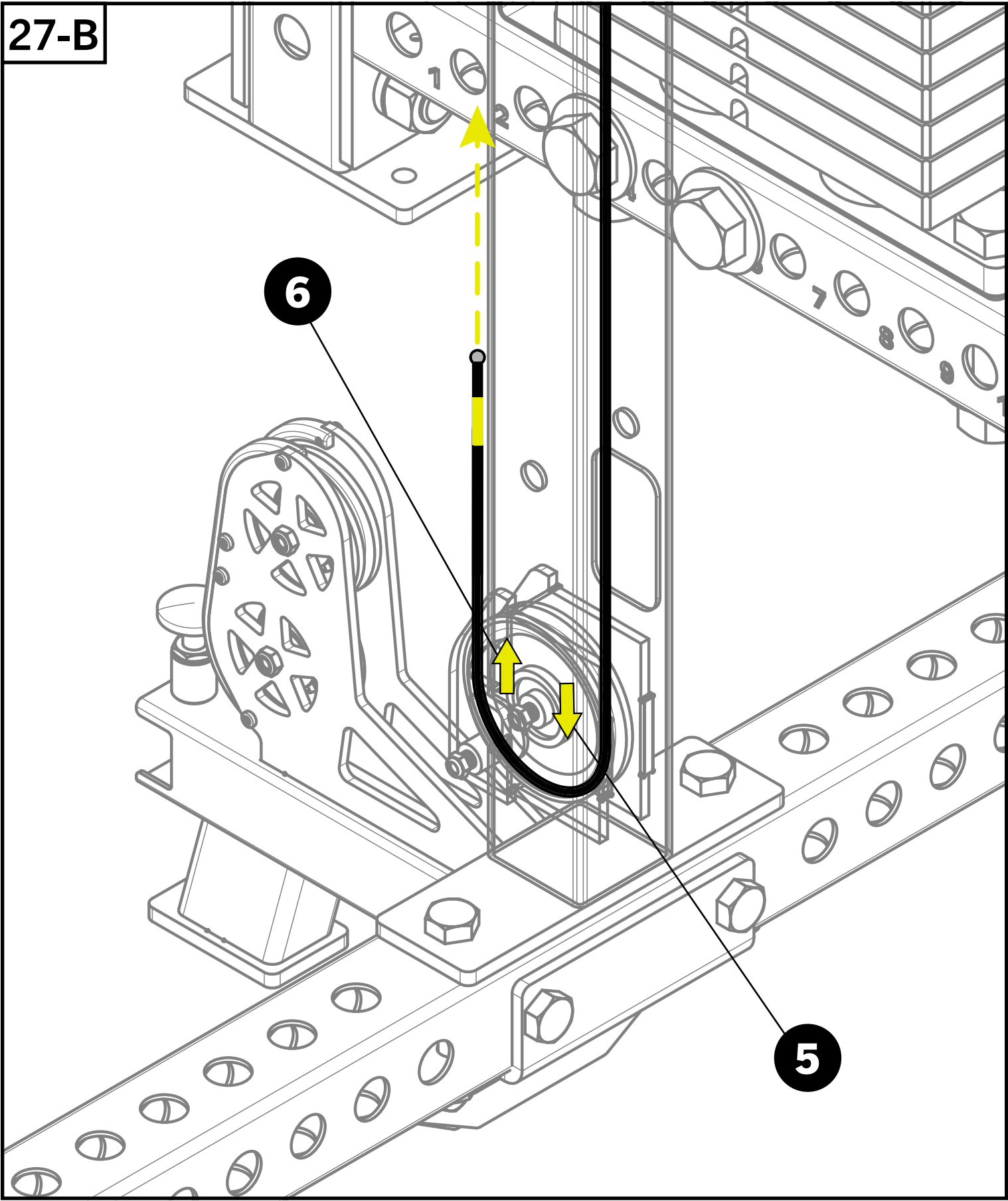
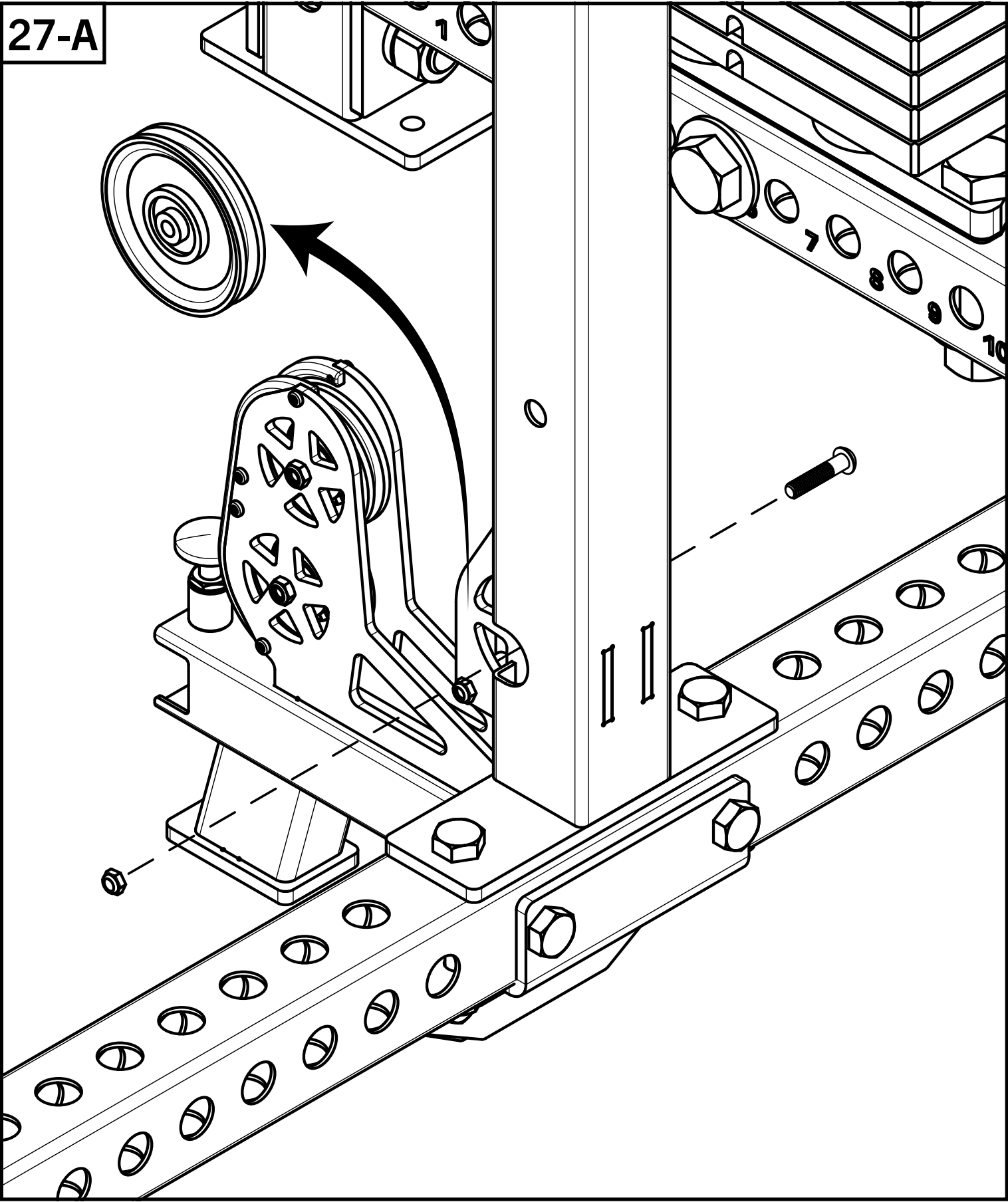
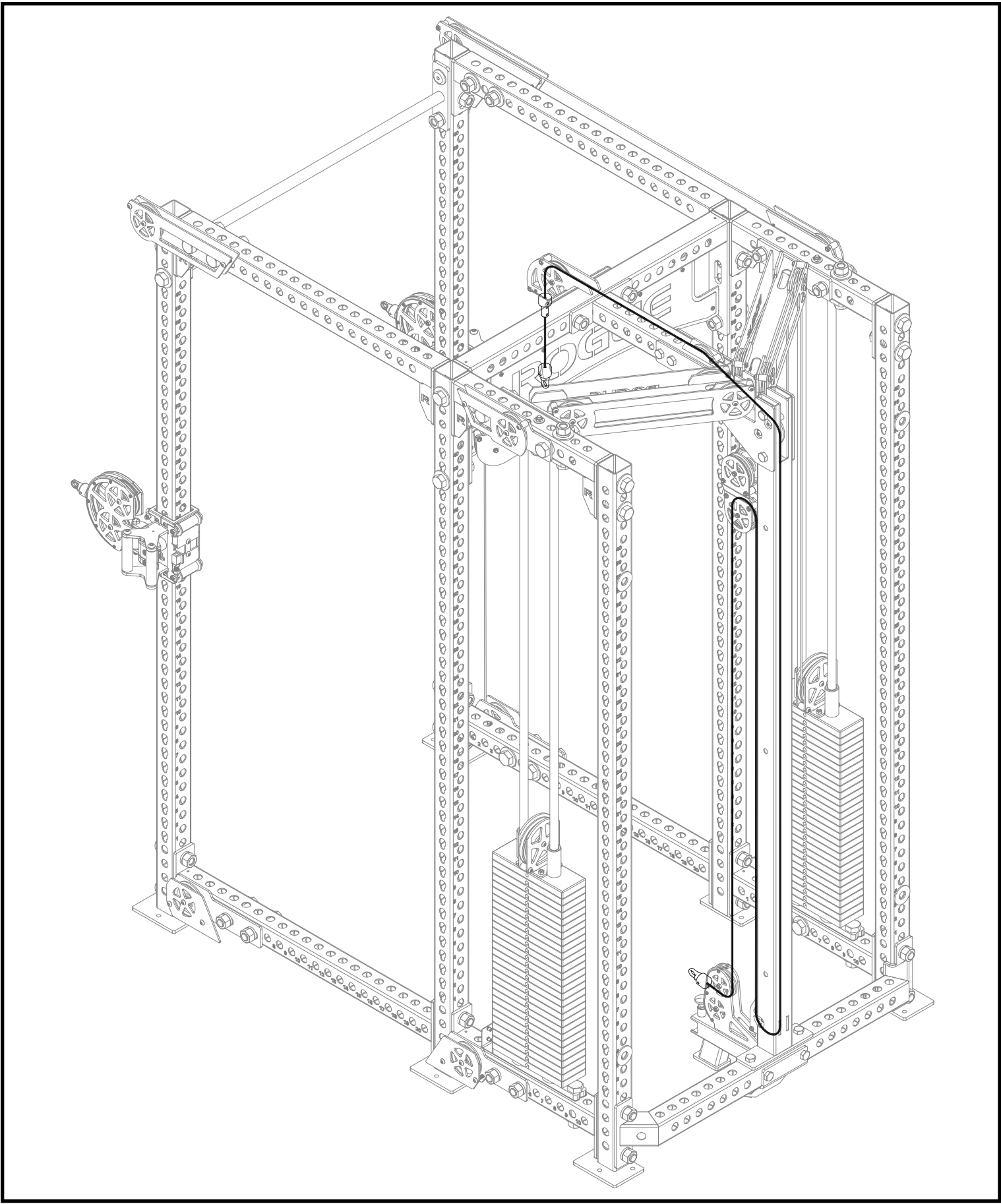




# STEP 27

## 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 [47] and then back down again.
- Feed cable out through the front of the Low Row Footplate Assembly [27] and assemble Clevis onto Ball End of cable.

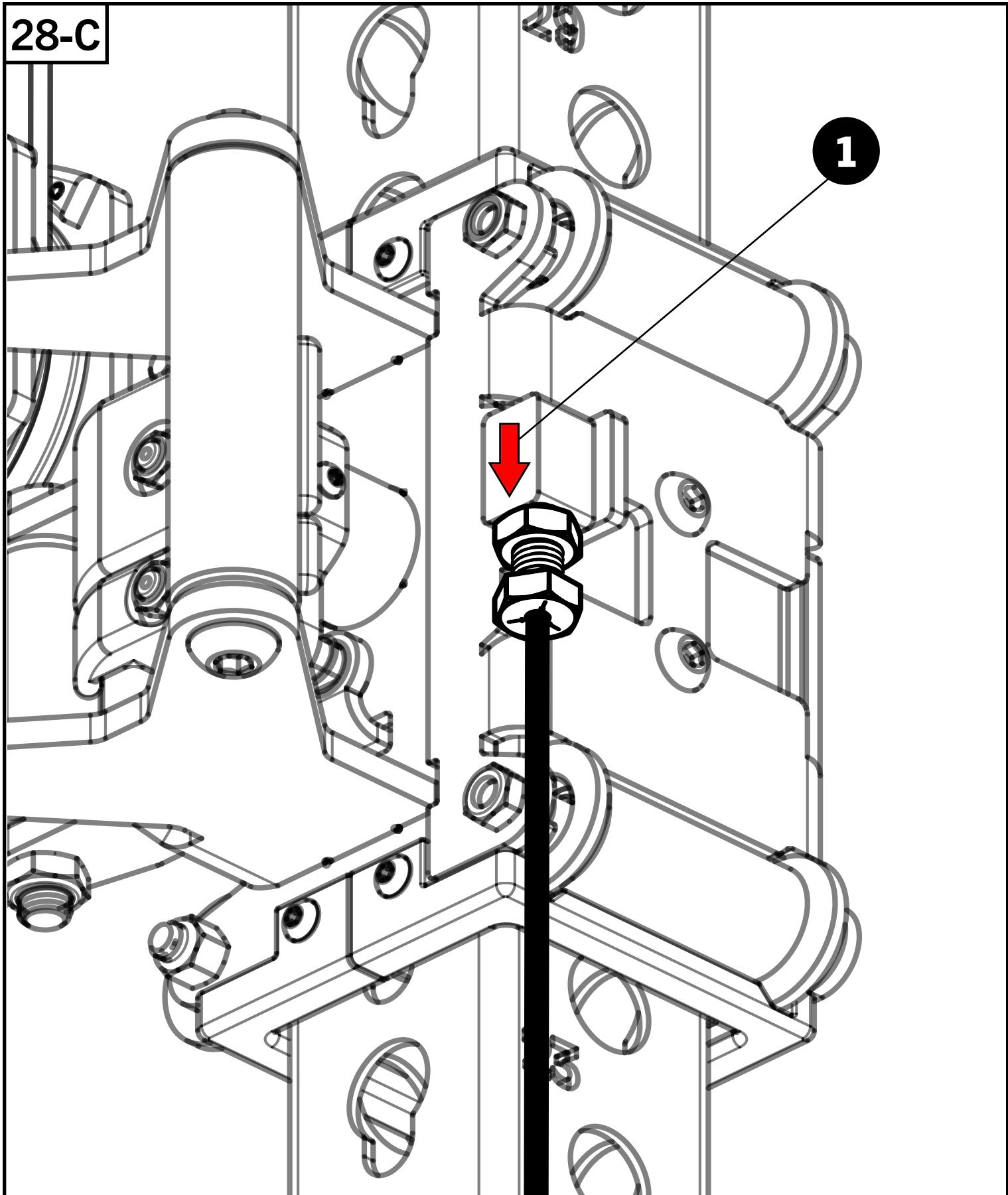
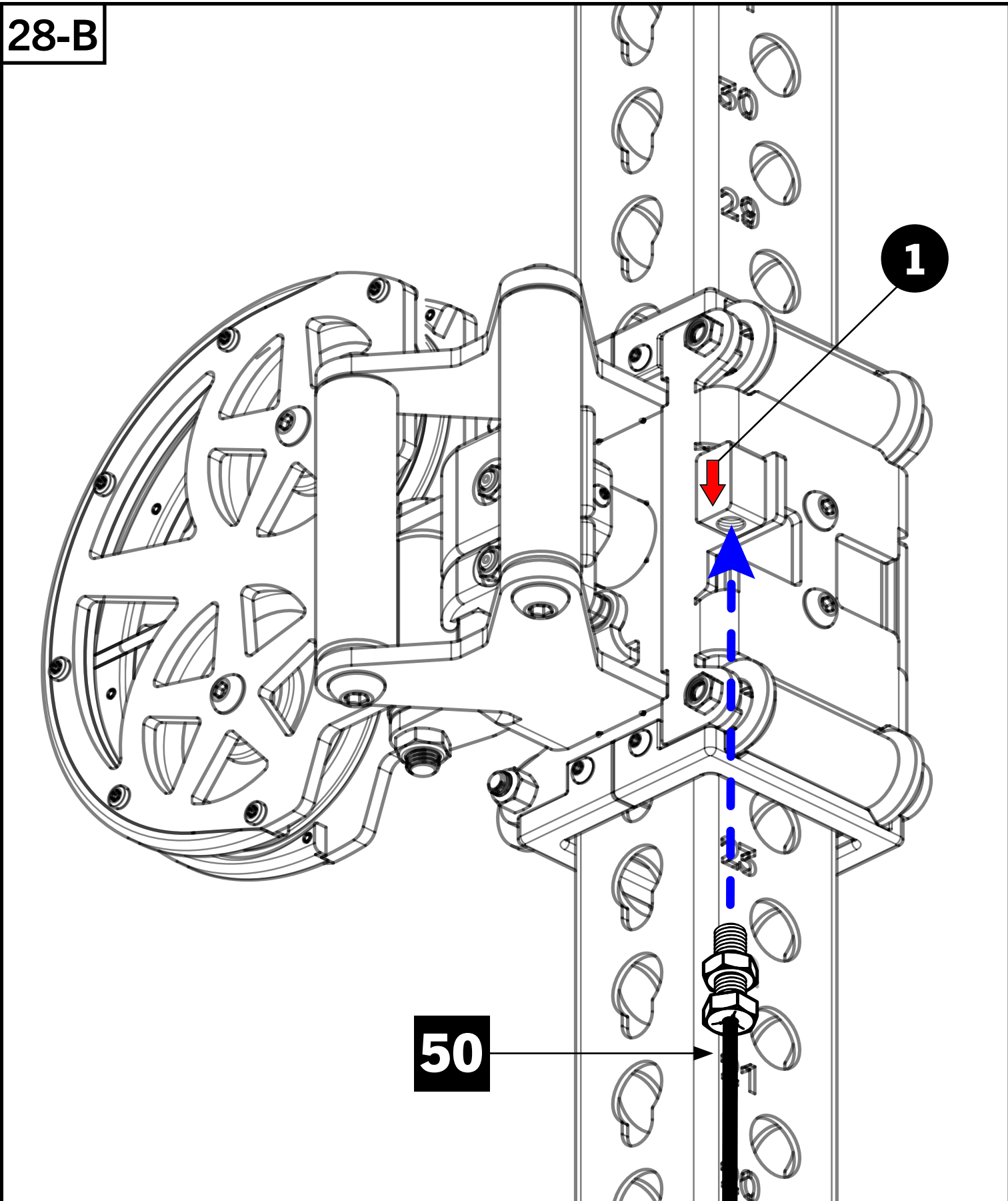
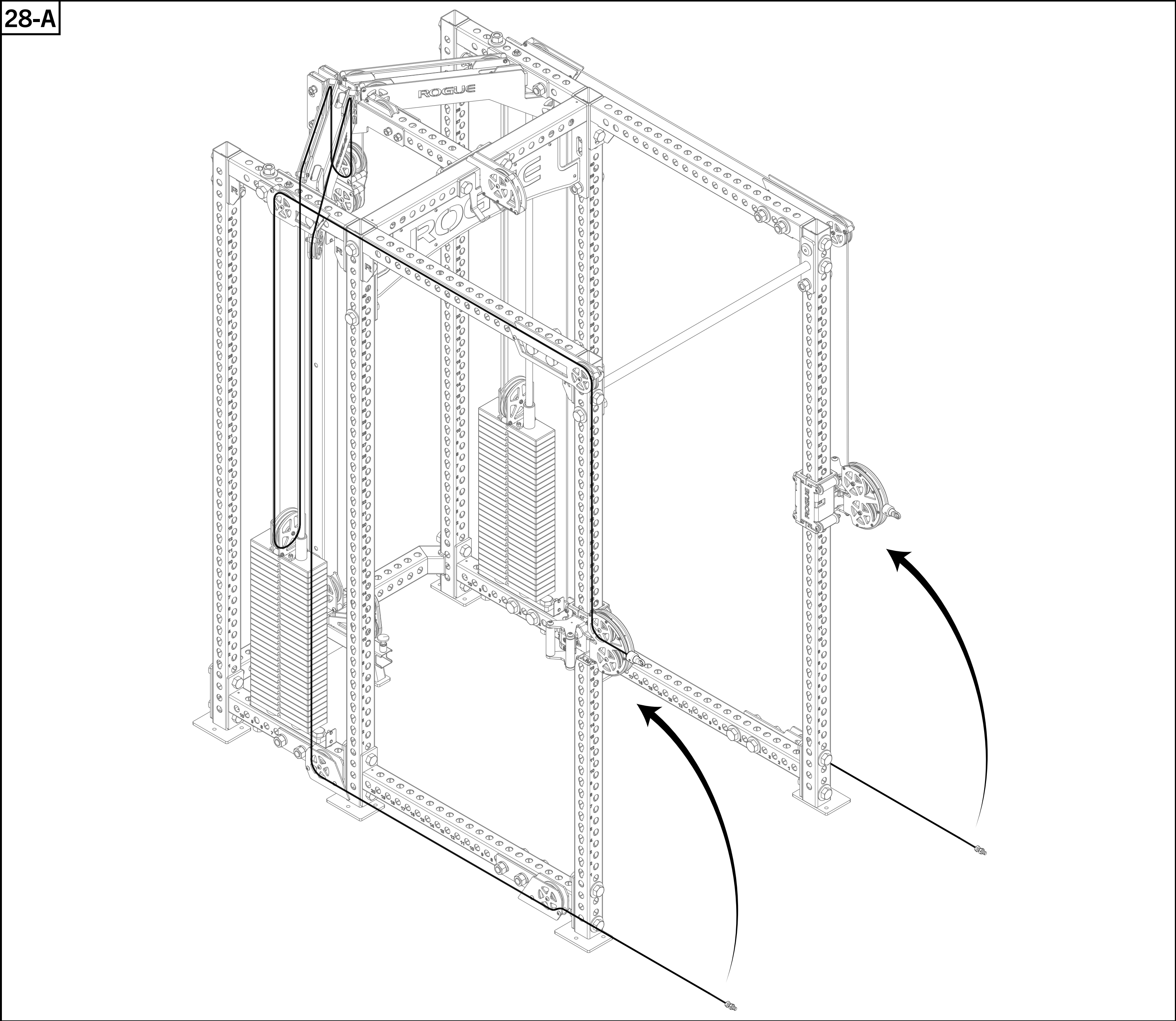




# STEP 28

**Tools Required:**

- 3/4” Wrench
- Screw bolt ends of Trolley Cables [50] into stop block on back of Trolleys [19,20].
- 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.

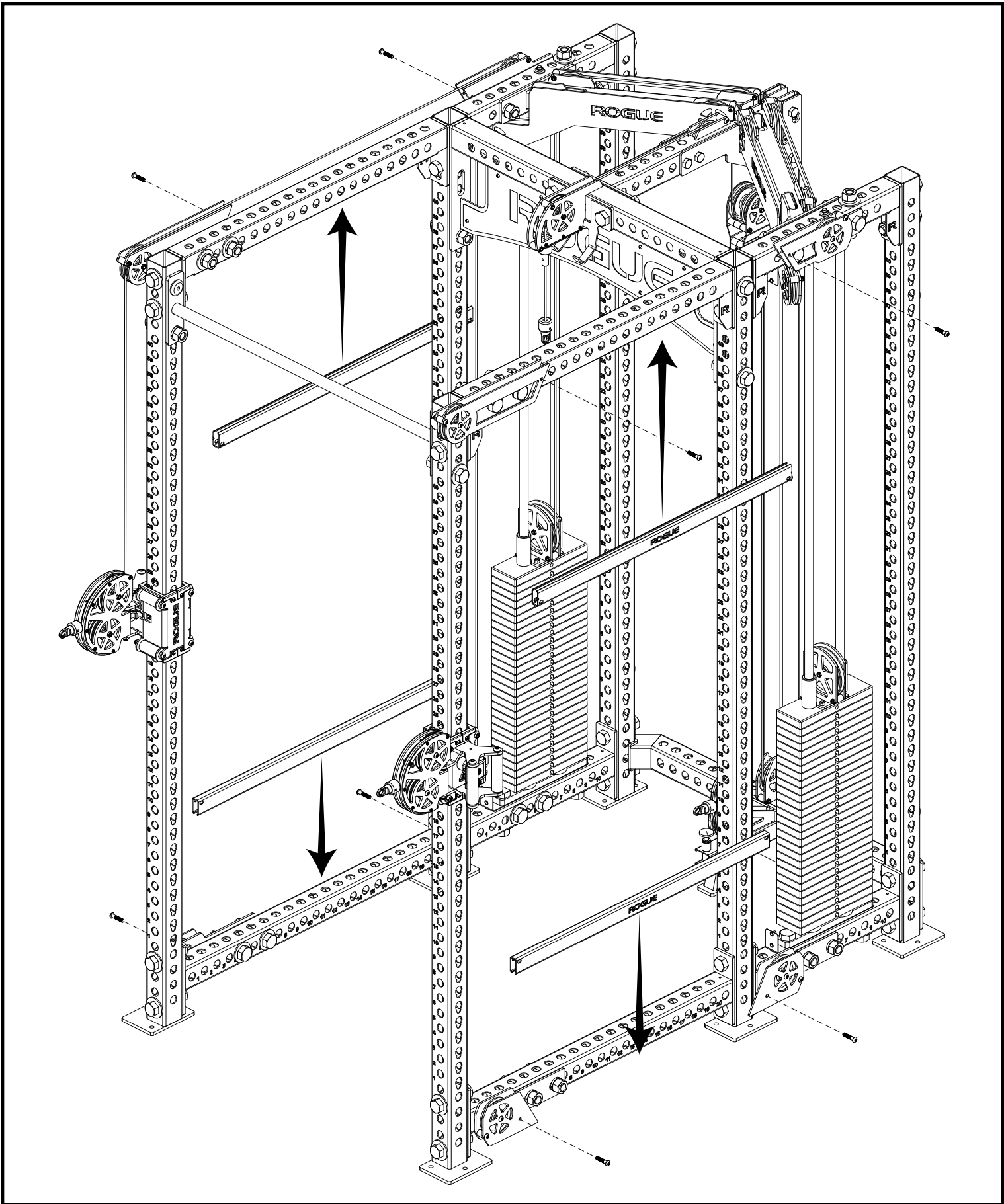




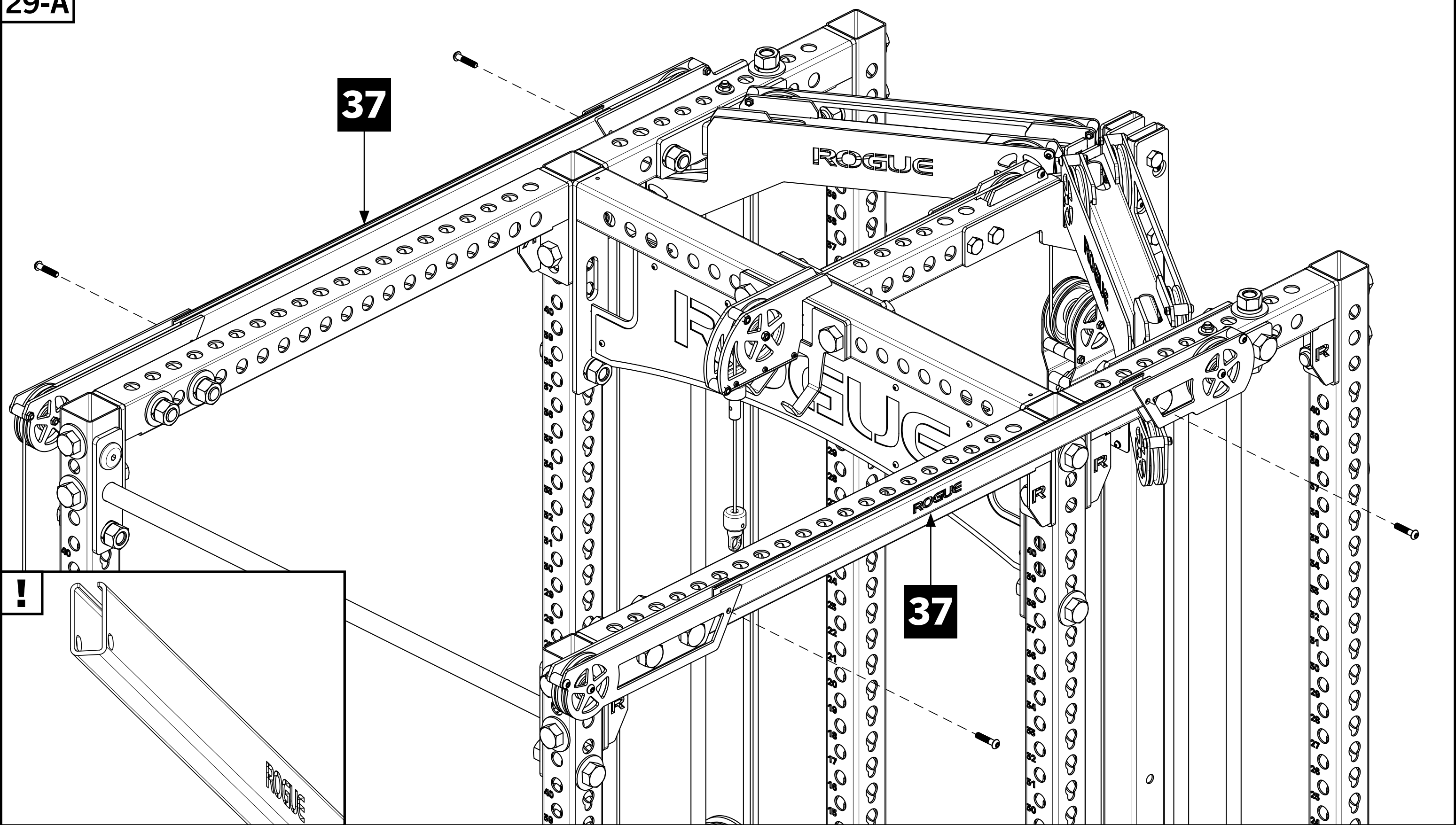
# STEP 29

## Tools Required:

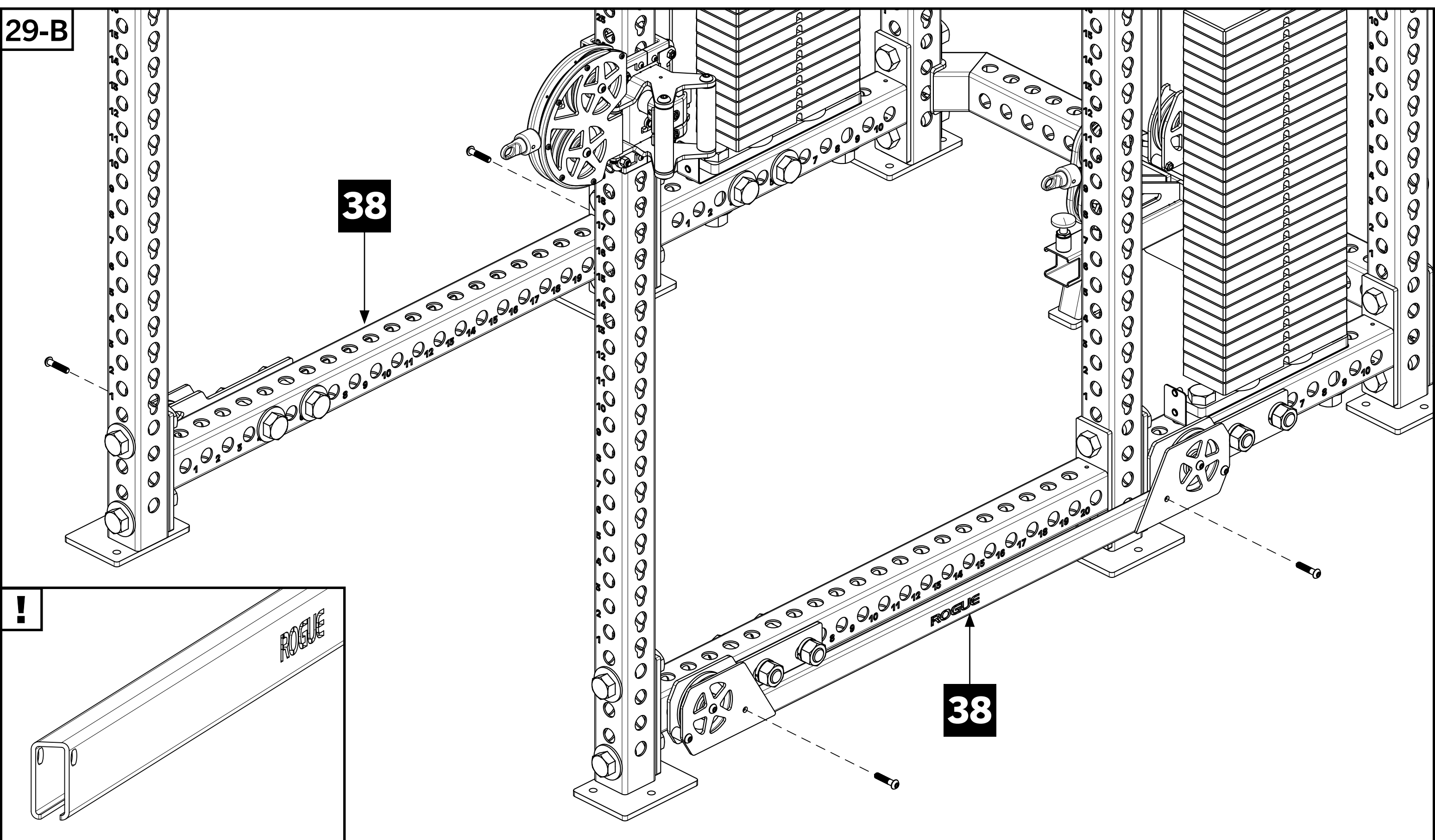
- 7/32” Allen Key
- Remove eight 3/8” Button Head Screws located on the rear of the Front Side Pulley Assemblies and the front of the Rear Side Pulley Assemblies.
- Fasten the Top Cable Cover Rails [37] between the Front and Rear Top Side Pulley Assemblies by aligning holes and reinstalling the 3/8” Button Head Screws.
- Repeat this process on the bottom of your rack to install the Low Cable Cover Rails [38].
- **!** Note the orientation of the Rogue logos in relation to the rack. Ensure the cable opening is facing upward on the Top Cable Covers and downward on the Low Covers.



29-A



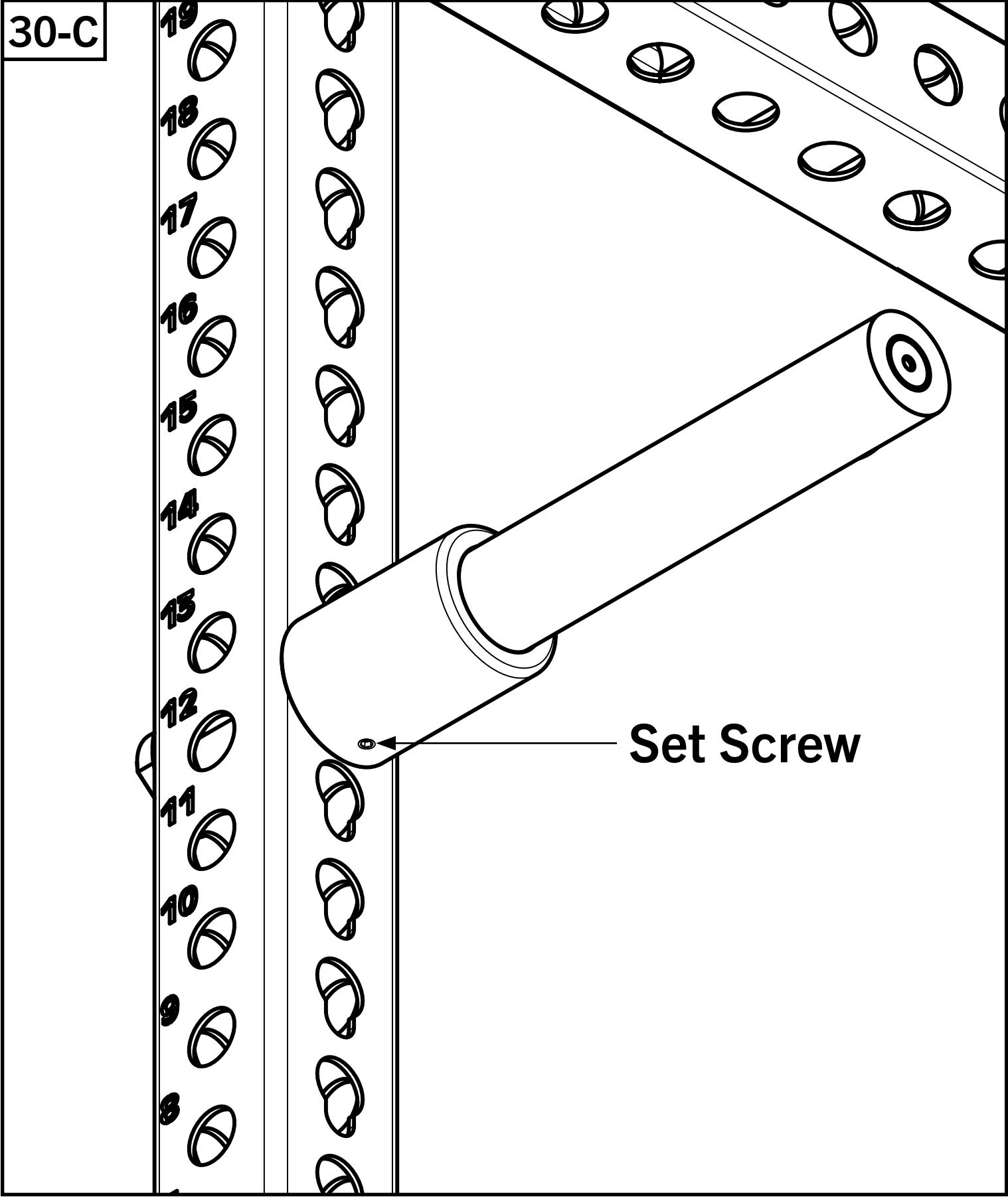
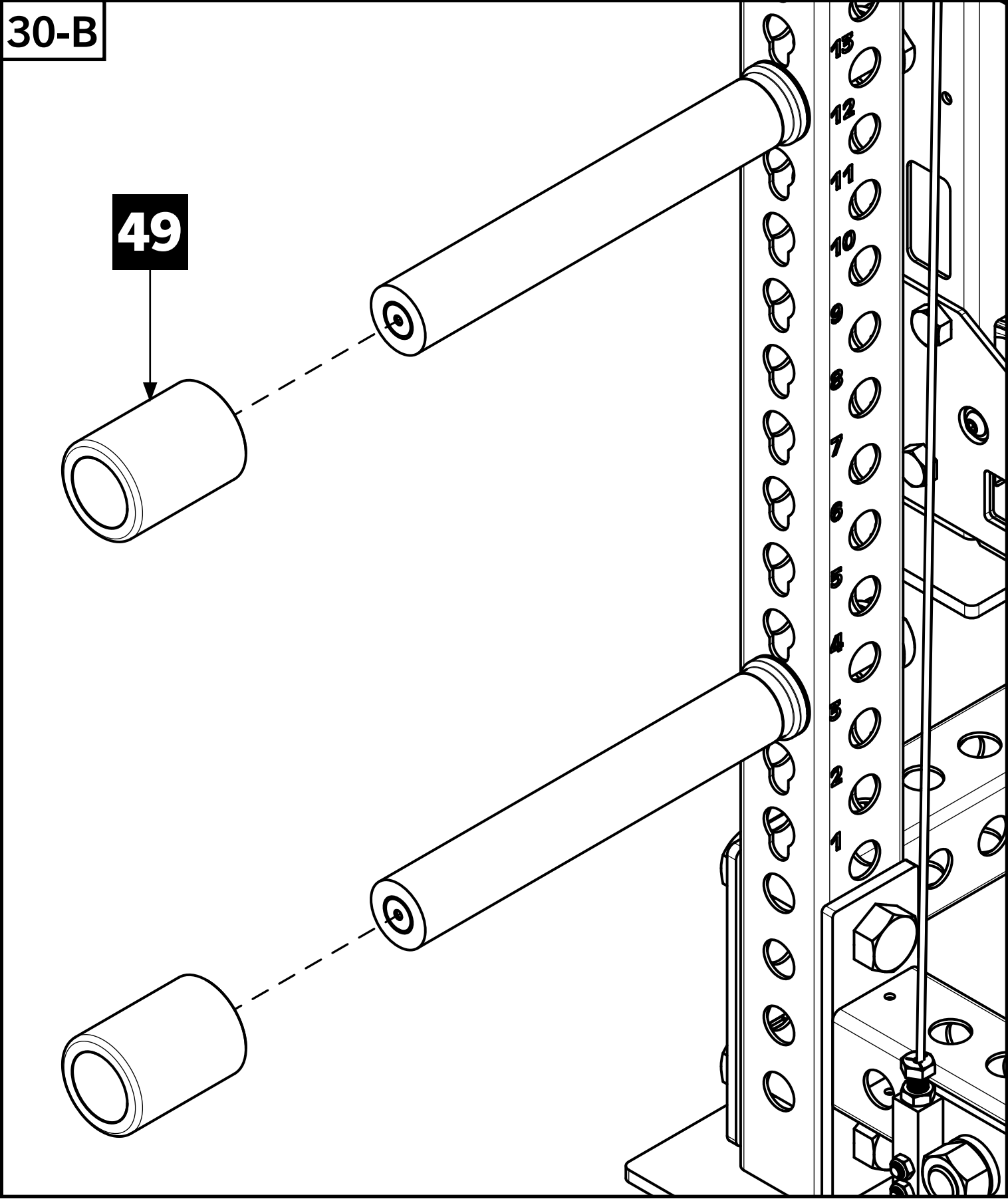
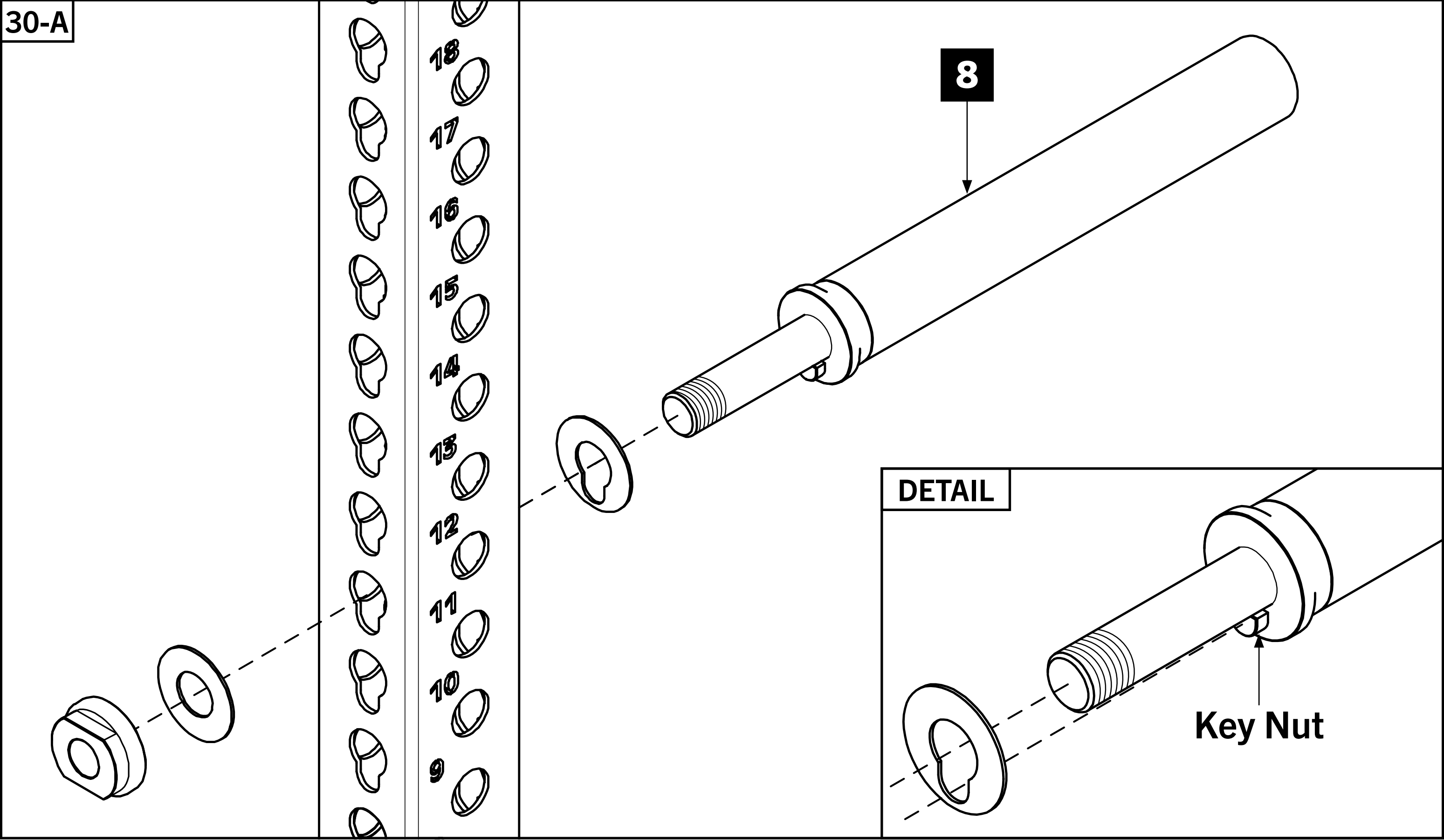
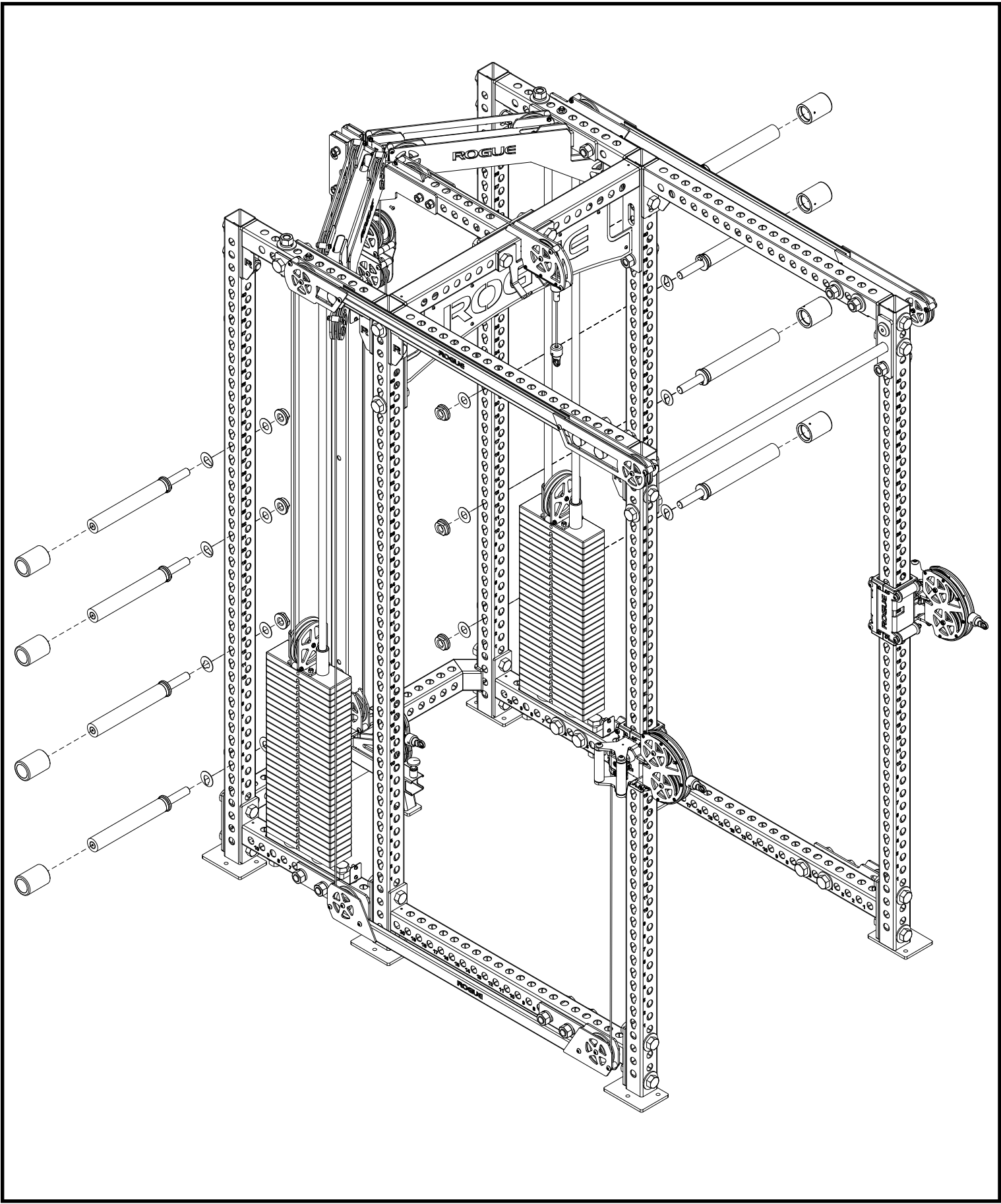
29-B



# STEP 30

## Tools Required:

- 1-1/2” Wrench, 1/8” Allen Key
- If modifying existing rack with add-on kit, skip to **30-B**.
- Place Key Washer over the Key Nut on the Plate Storage Post shown in **Detail** view.
- Assemble Plate Storage Pins [8] on rear Monster Uprights at desired hole heights.
- Slide Plate Storage Spacers [49] all the way down Plate Storage Pins with the set screws oriented on the bottom of Spacers as shown in **30-C**.
- Fully tighten set screws using 1/8” Allen Key.





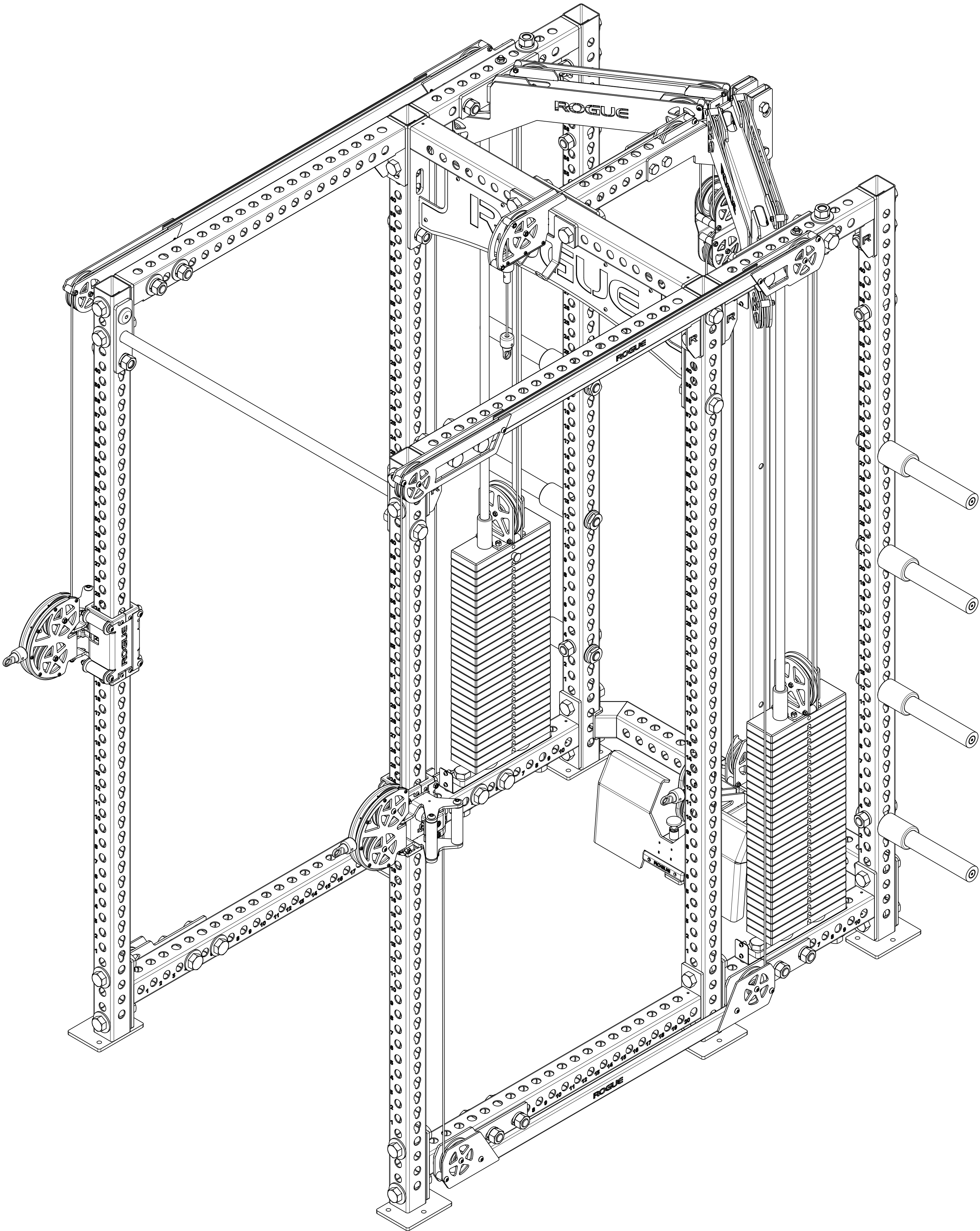
# STEP 31

**Tools Required:**

- All
- Tighten ALL loose hardware on the entire rack.
- Starting with no weight selected on the Weight Stack, check cables by pulling on each clevis.

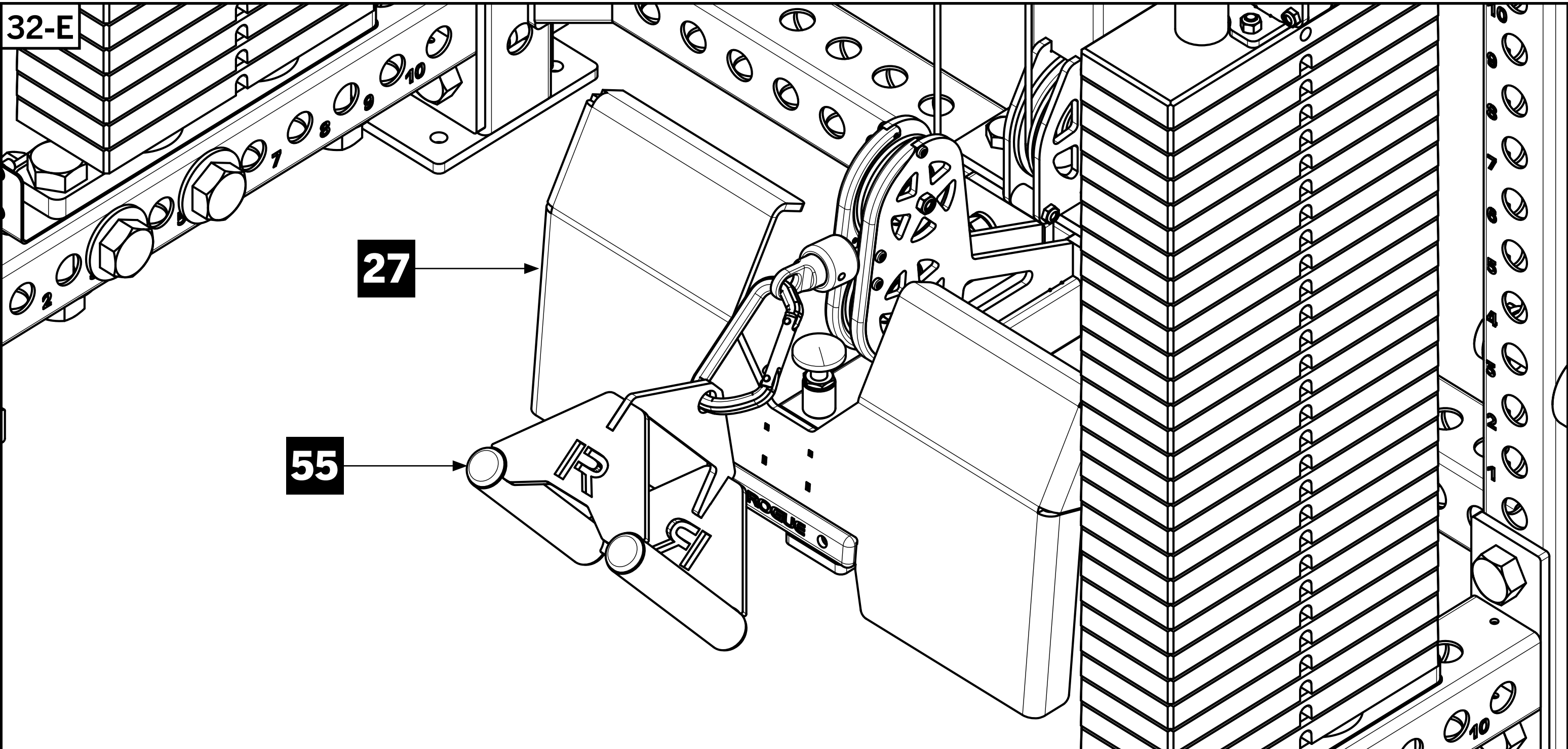
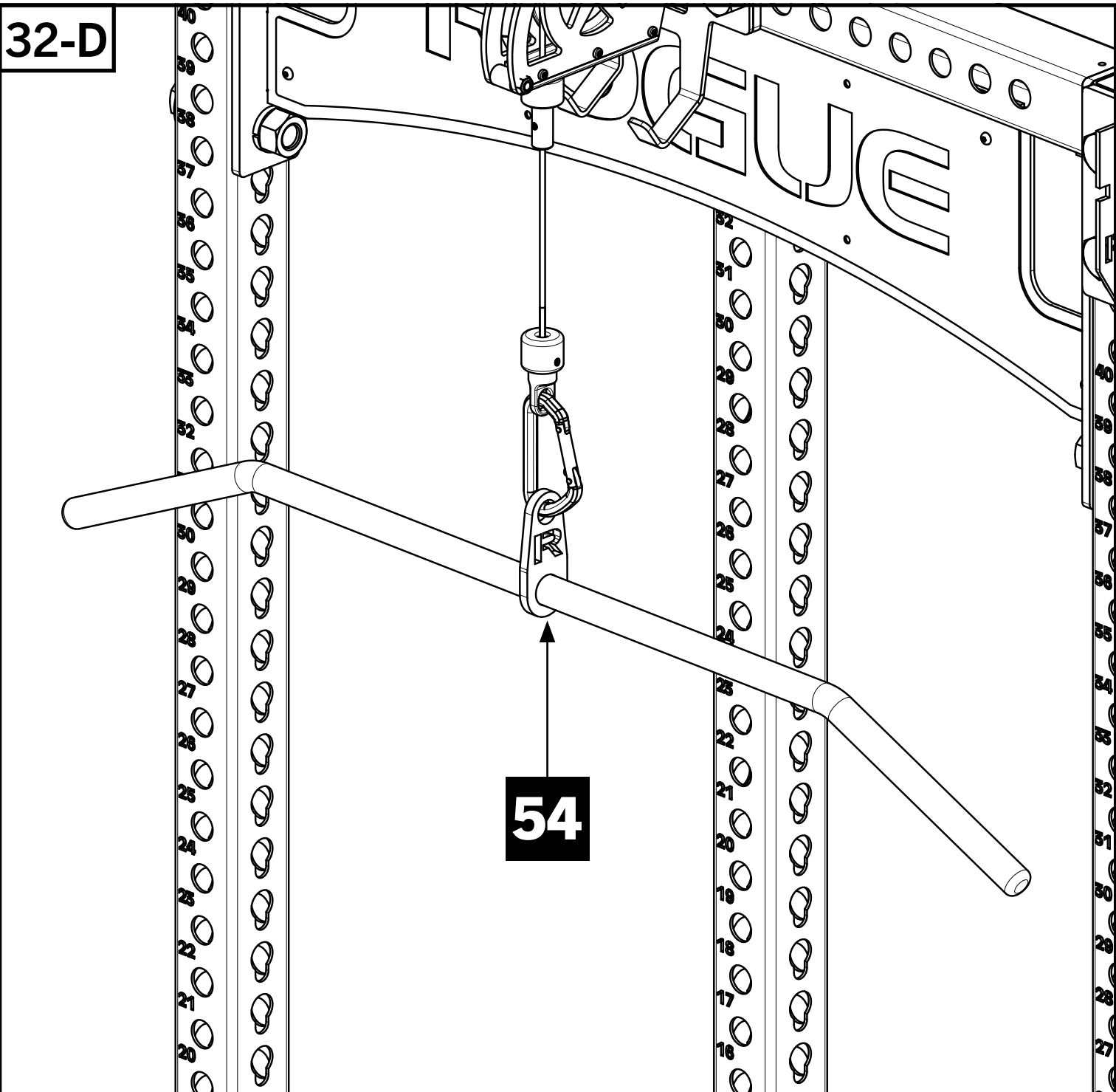
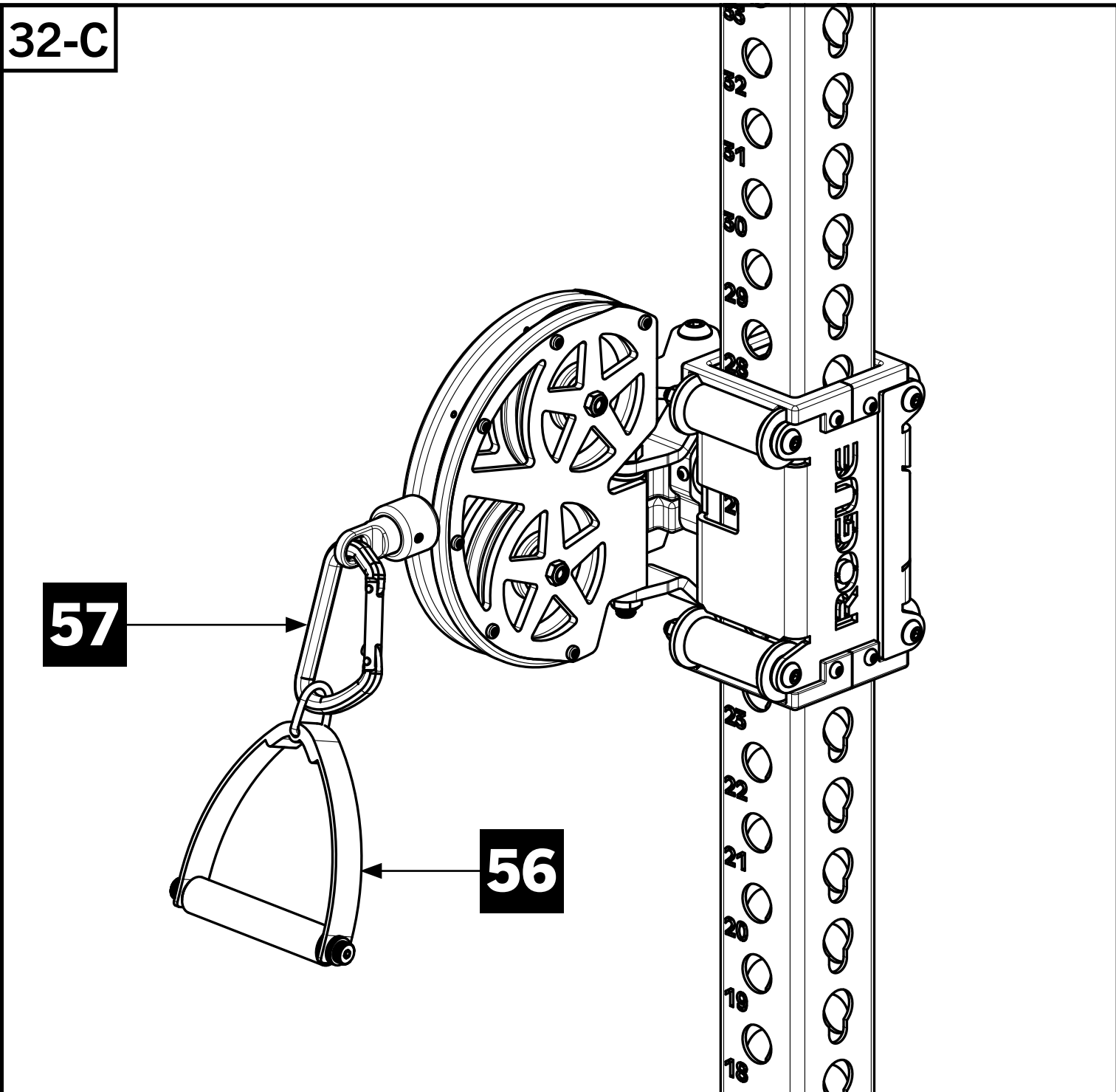
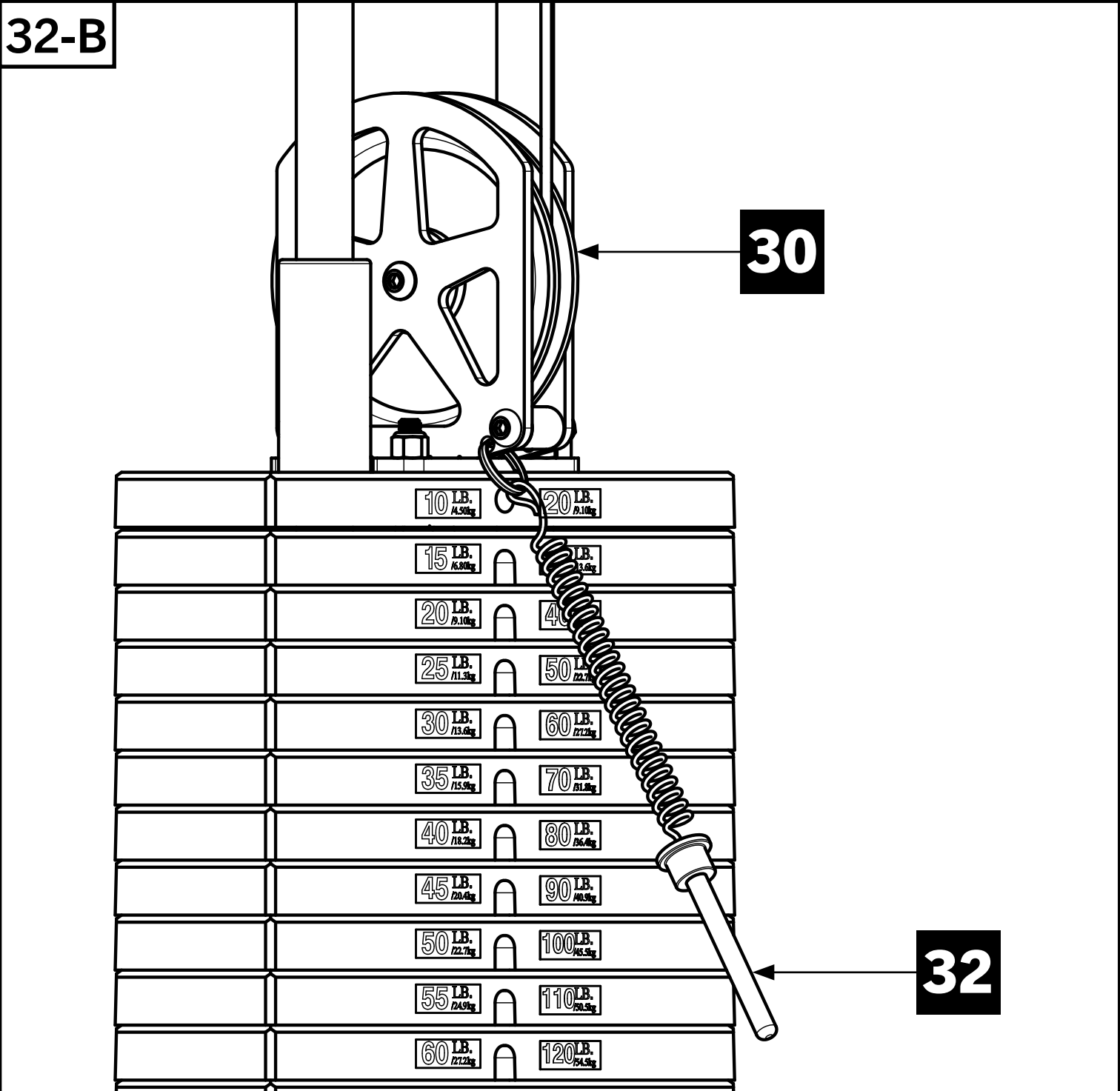
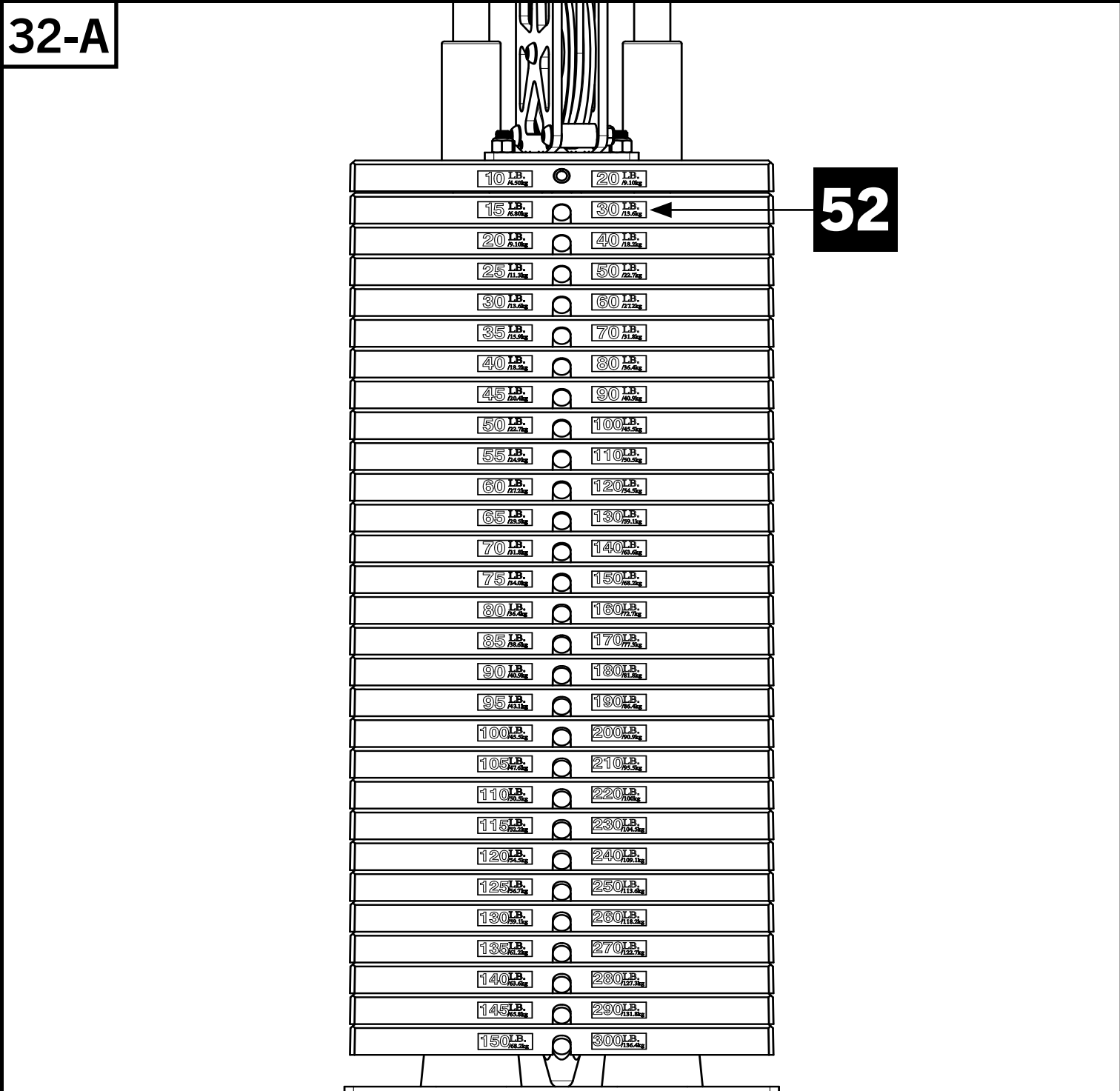
- If cables are too tight or loose, adjust accordingly by loosening or tightening the lower 1/2” Jam Nuts on back side of the Trolleys [19,20].

31-A



# STEP 32

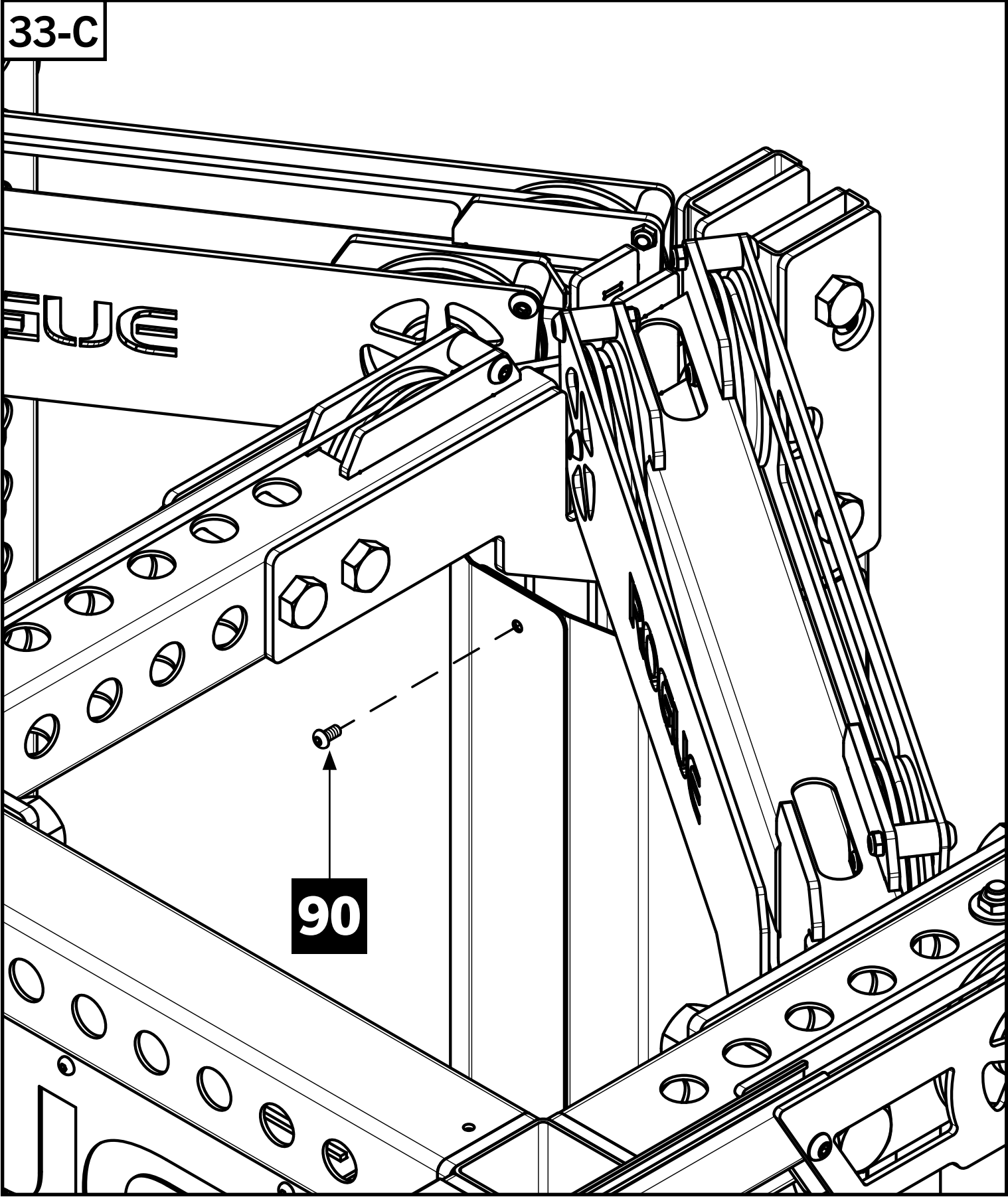
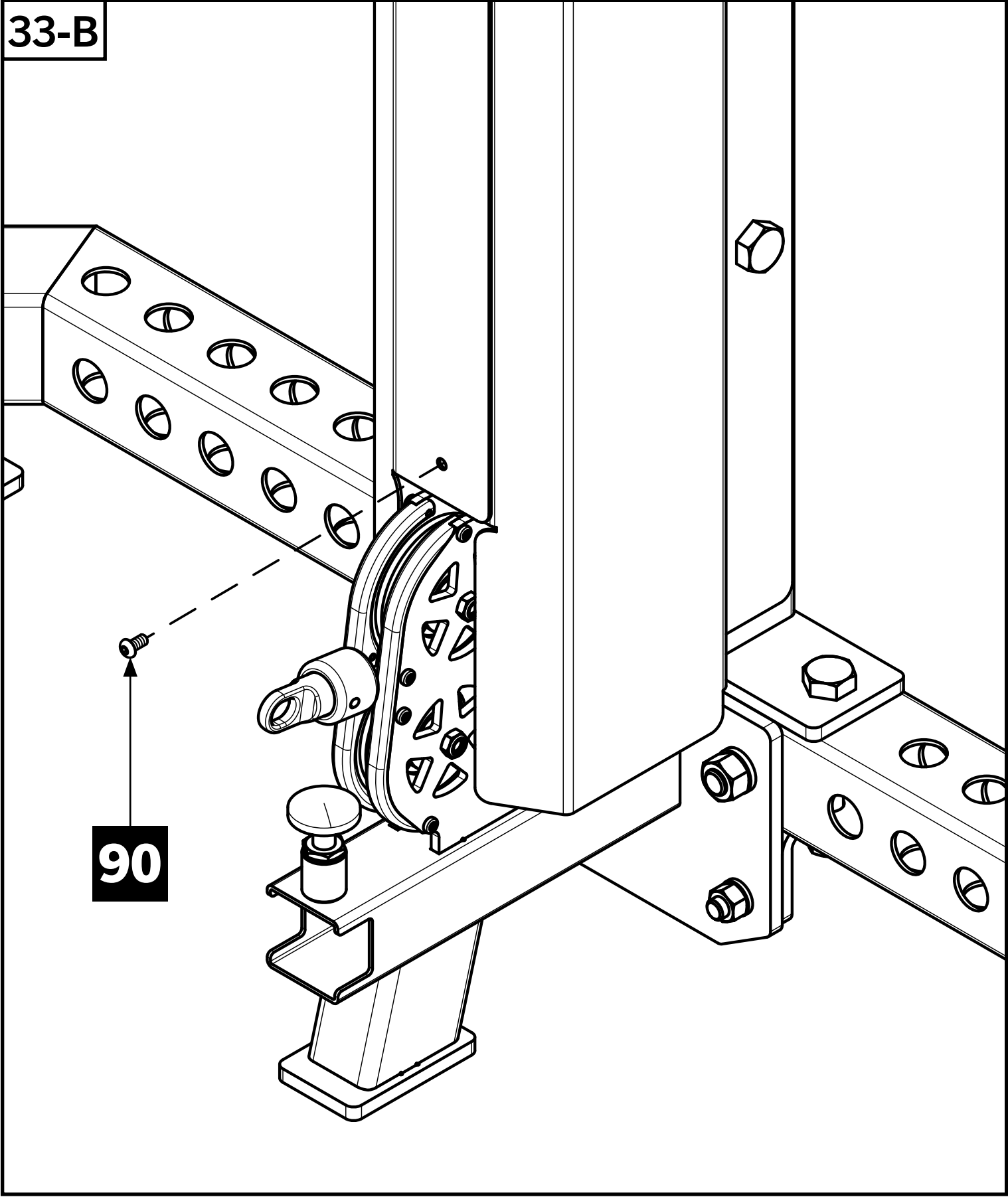
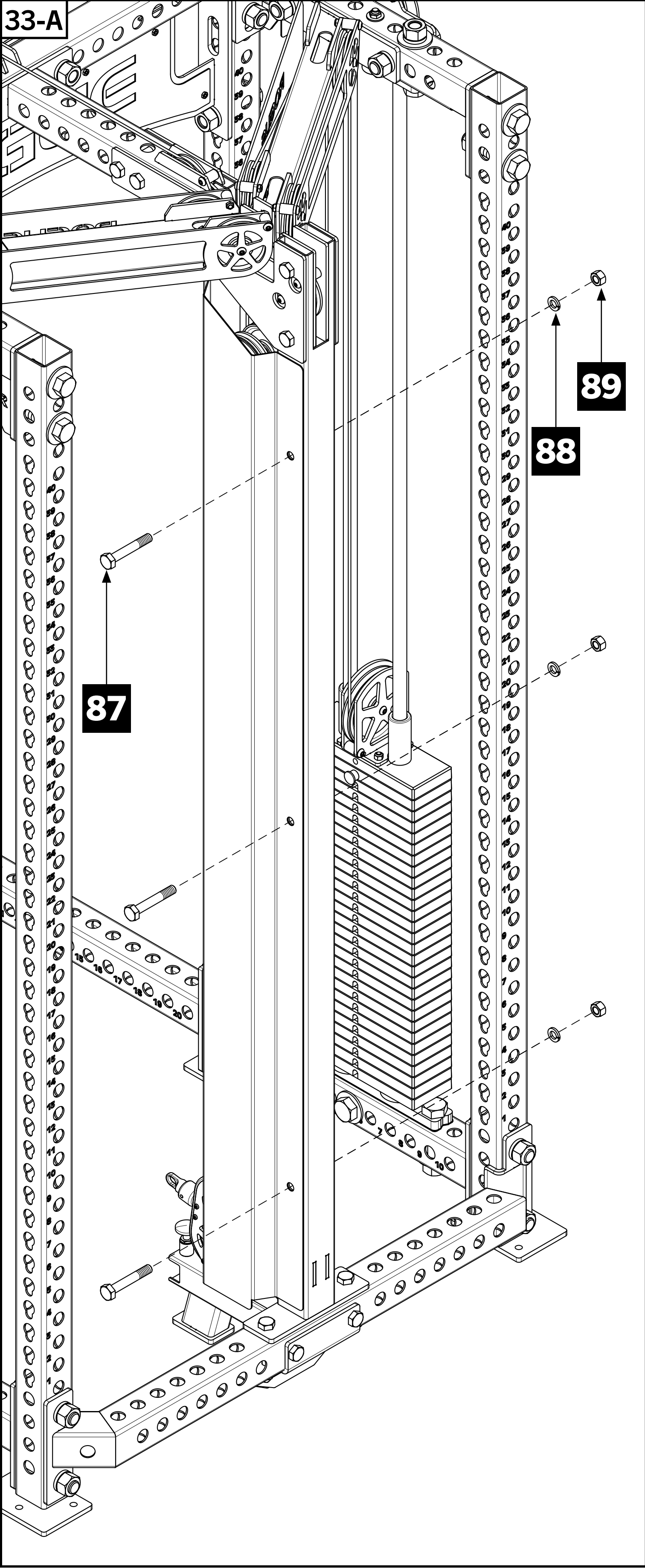
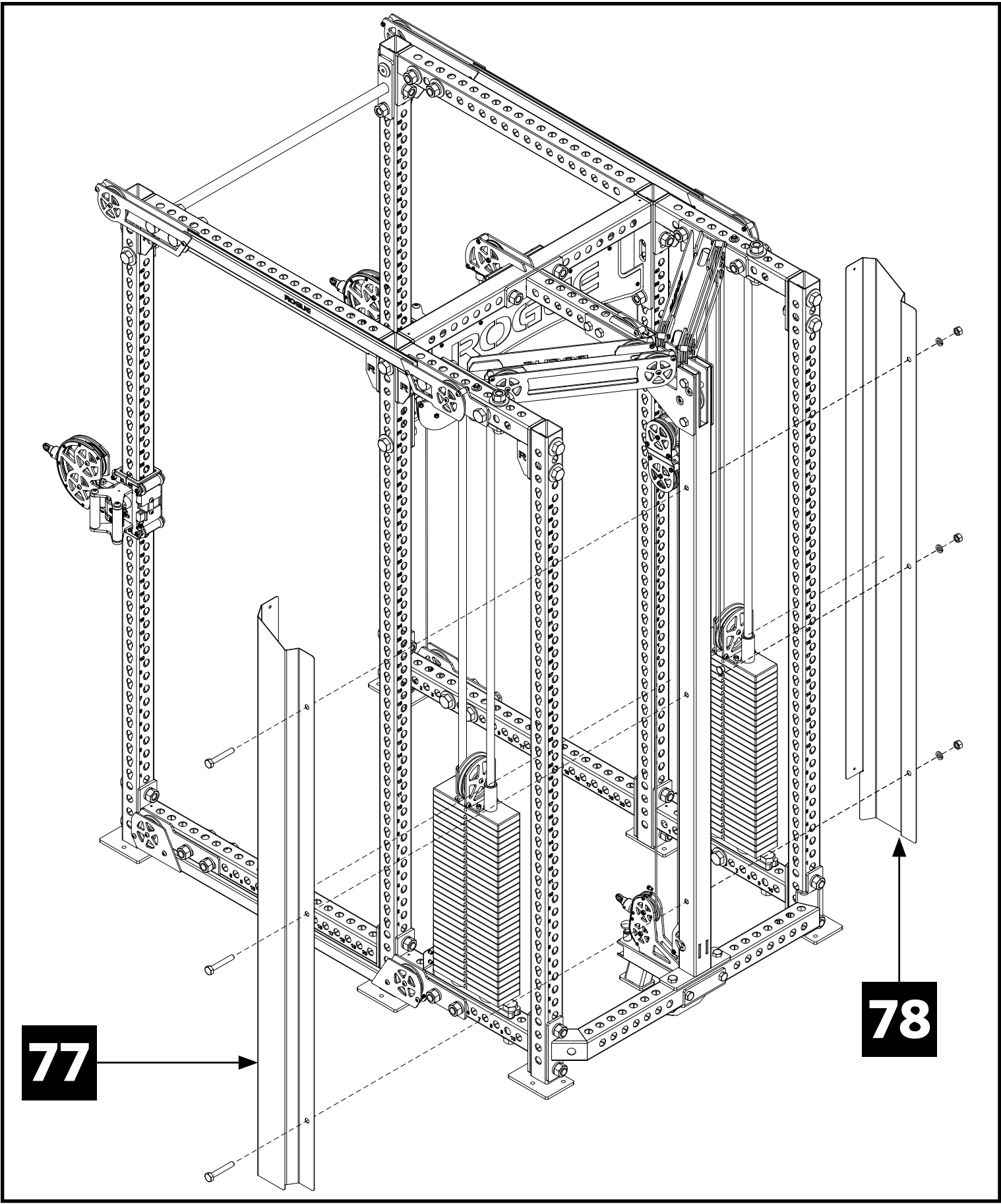
- Apply the Weight Stack Number Labels [52] on the front of the Weight Stack Plates, approximately 3.5” from the edge of plate.
- Attach key ring on Selector Pin Lanyard [32] to front hole on pulley plate of the Weight Stack Stem [30].
- Attach Single Handle Attachments [56] to Swivel Trolleys using included Carabiners.
- Attach Lat Bar [54] to Lat Pull down clevis attachment point.
- Re-insert the Footplate into Low Row Footplate Assembly [27] and attach Standard Grip Triangle [55] to clevis.





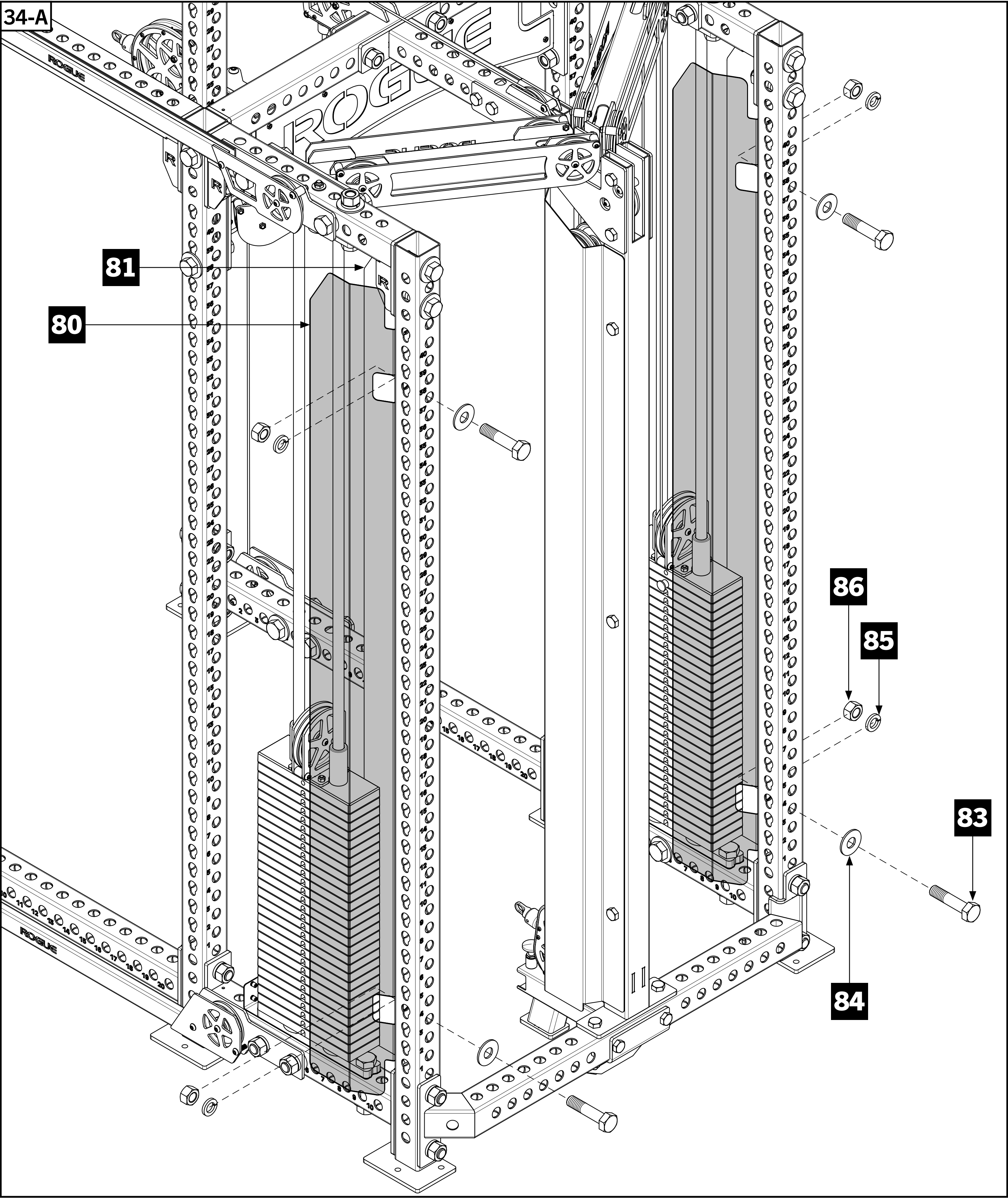
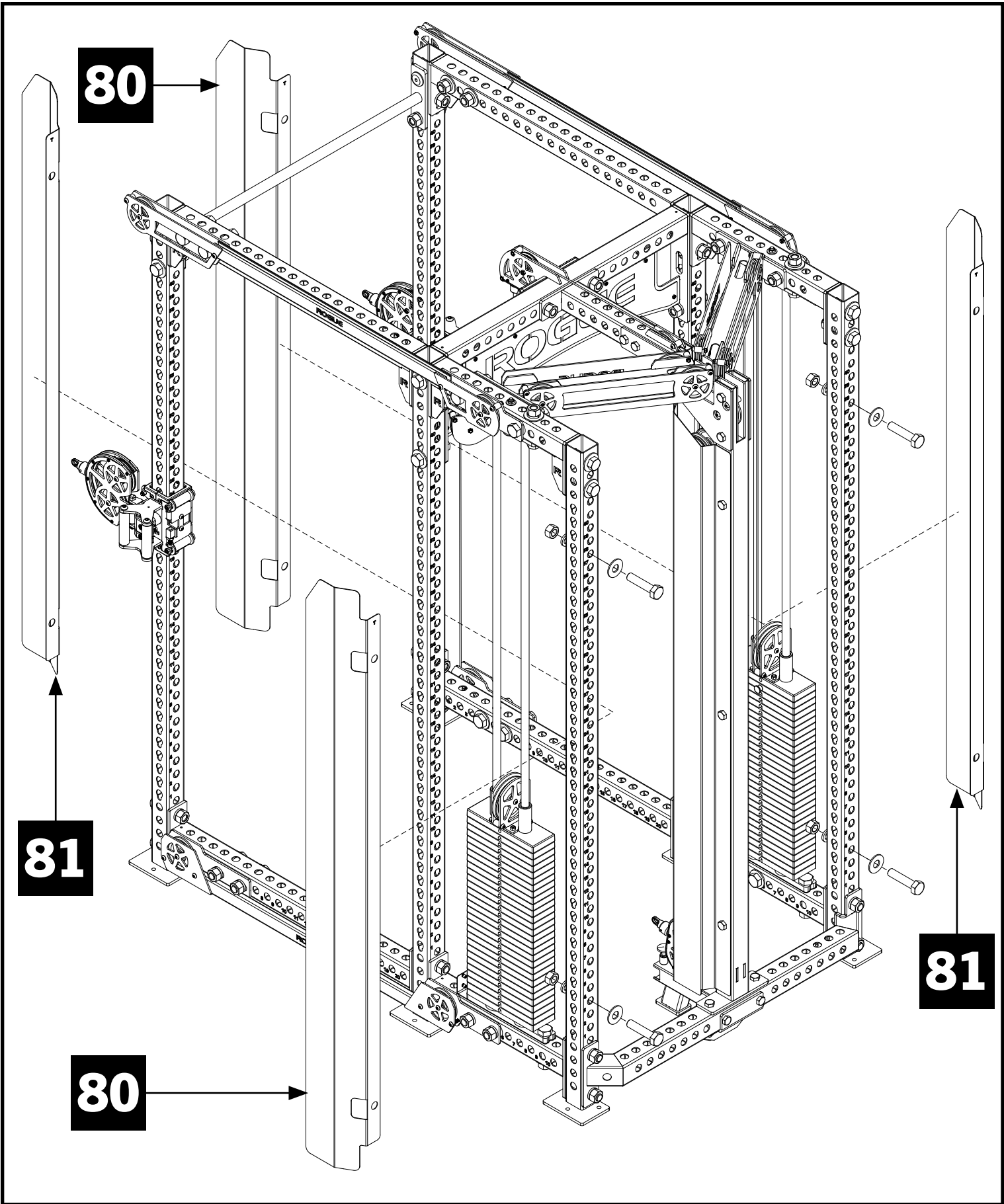
# STEP 33 (SHROUD ASSEMBLY)

- Align Rear Shroud - RH [77] and Rear Shroud - LH [78] with corresponding holes on Rear 3X3 Upright [17] and bolt Shrouds to Upright using 5/8" x 4-1/4" Hex Bolts [87], 5/8" Lock Washers [88] and 5/8" Hex Nuts [89].
- Align top and bottom 1/4" holes on Shrouds and bolt together using 1/4" x 5/8" Button Head Screws [90].



# STEP 34 (SHROUD ASSEMBLY)

- Attach Weight Stack Rear Shroud - RH [80] and Weight Stack Rear Shroud - LH [81] on rear uprights by placing 1" Lock Washers [85] and 1" Hex Nuts [86] through window cutouts on shrouds and secure using 1" Flat Washers [84] and 1" x 4-3/4" Hex Bolts [83].

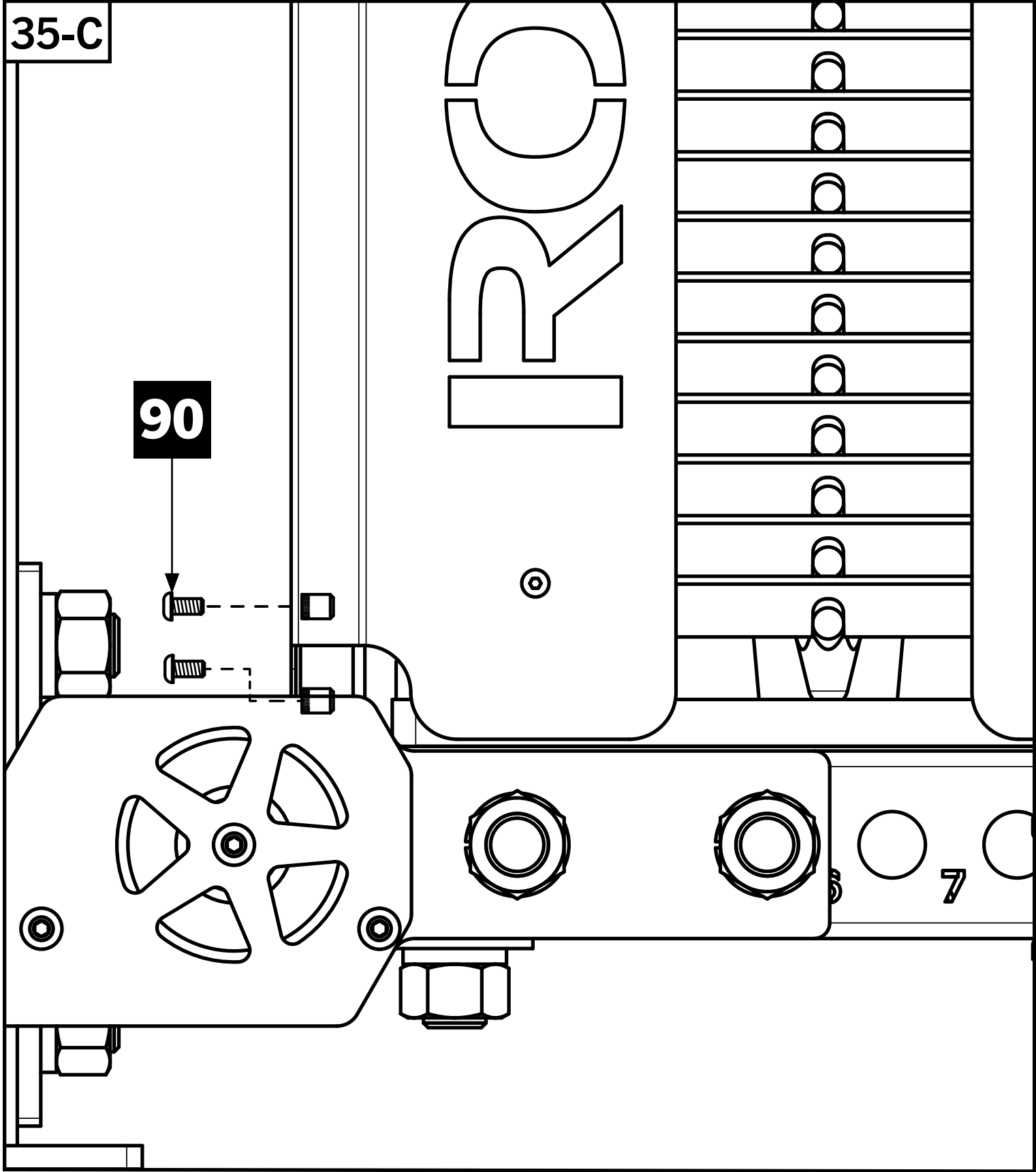
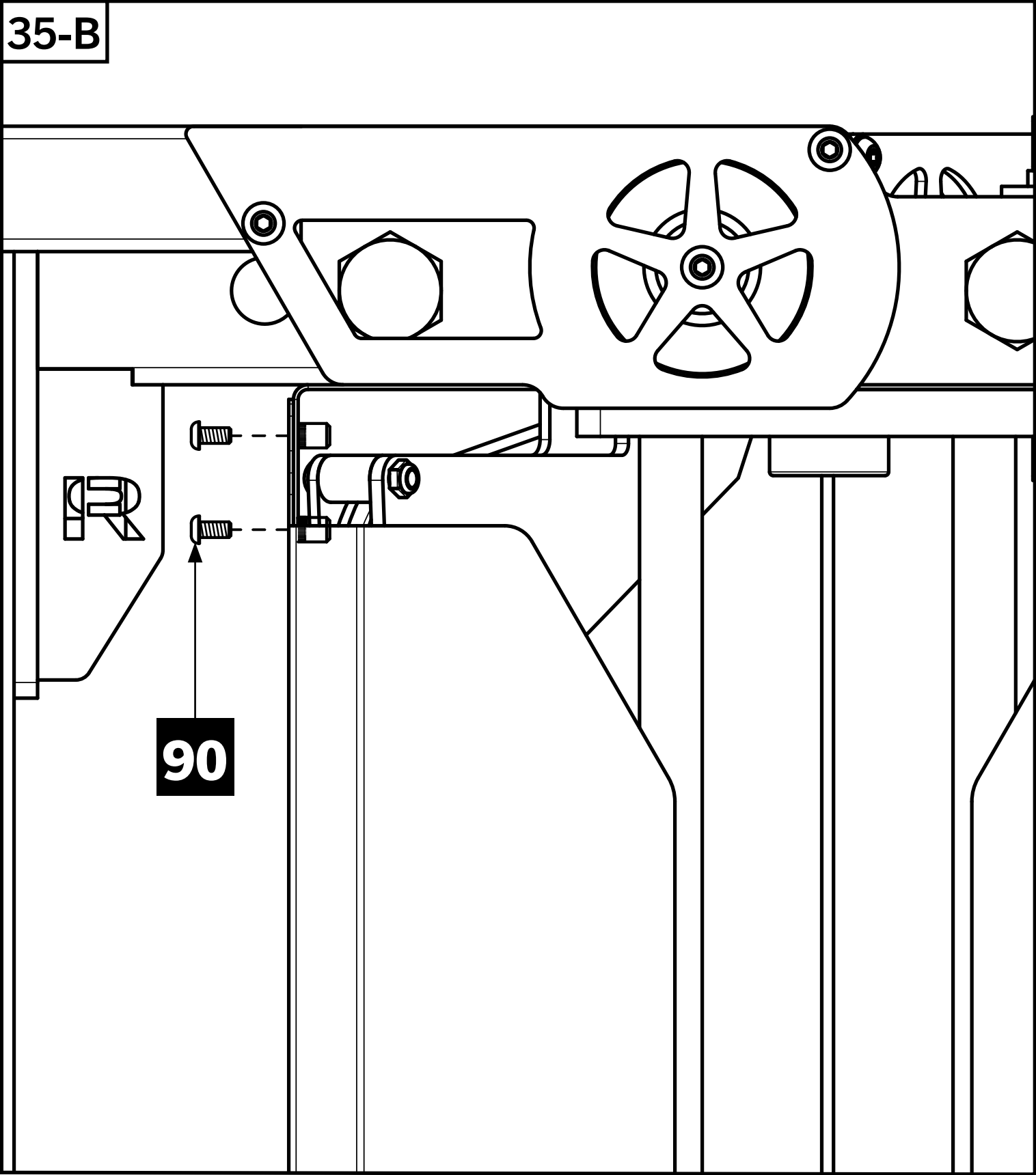
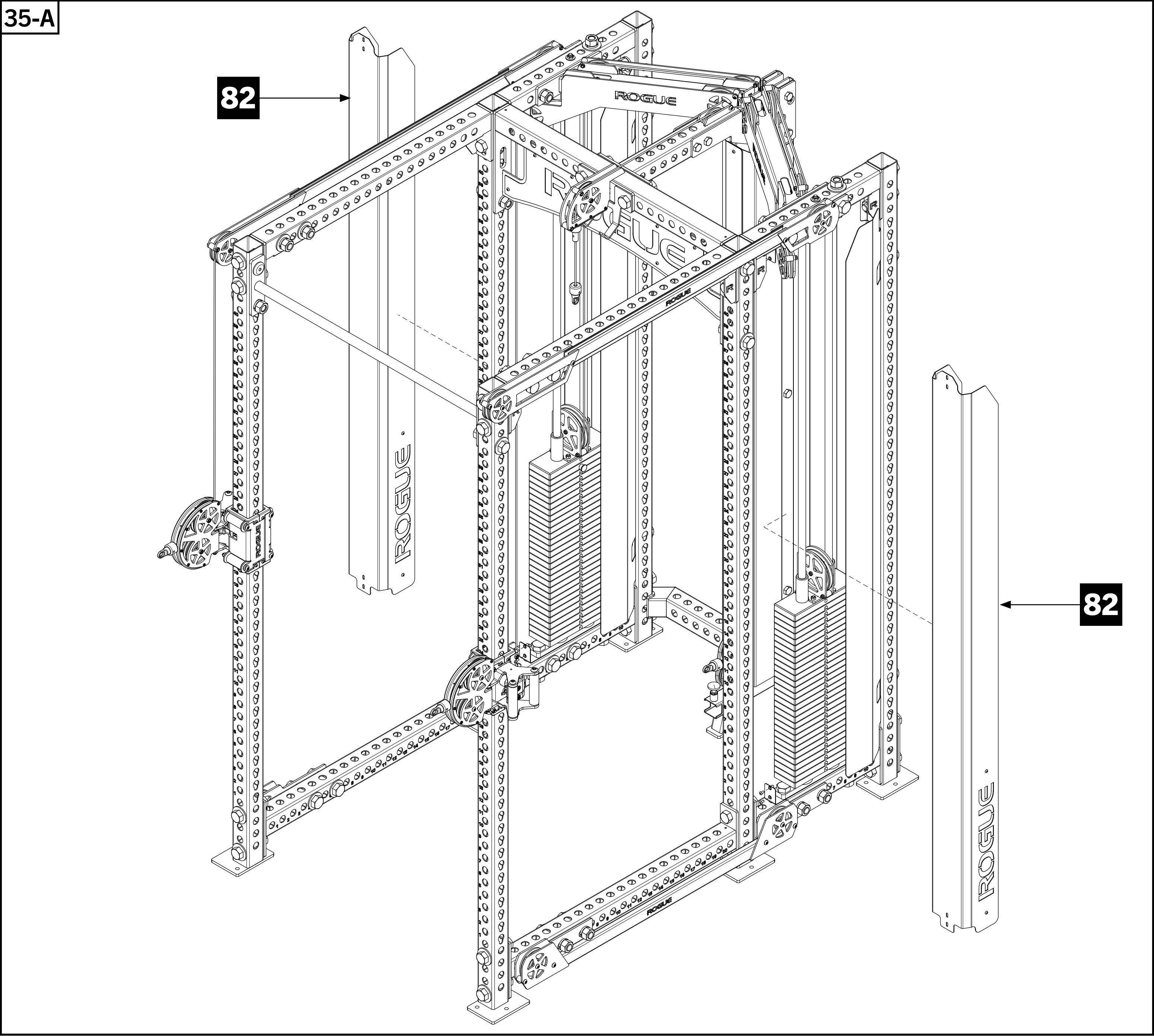




# STEP 35 (SHROUD ASSEMBLY)

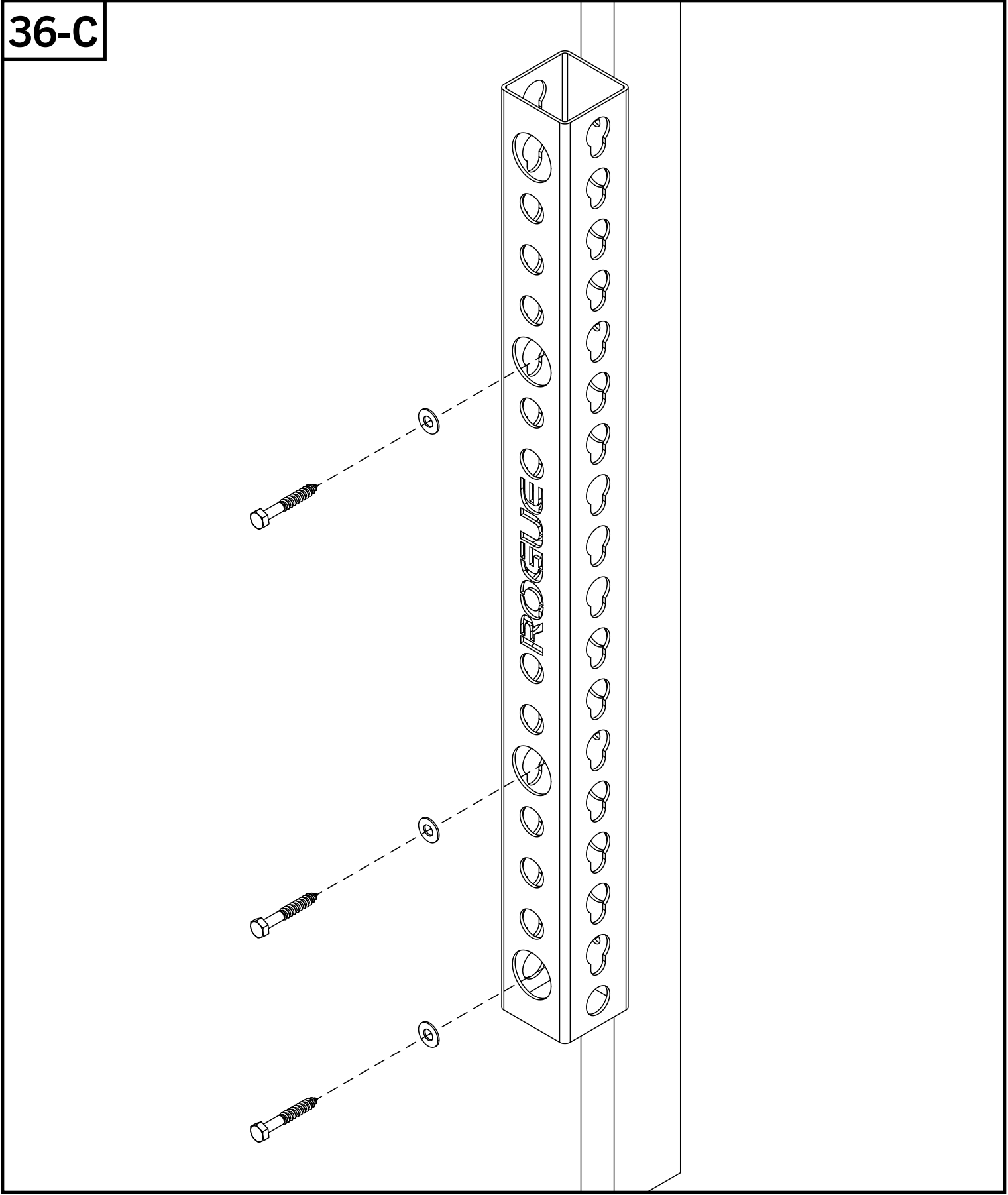
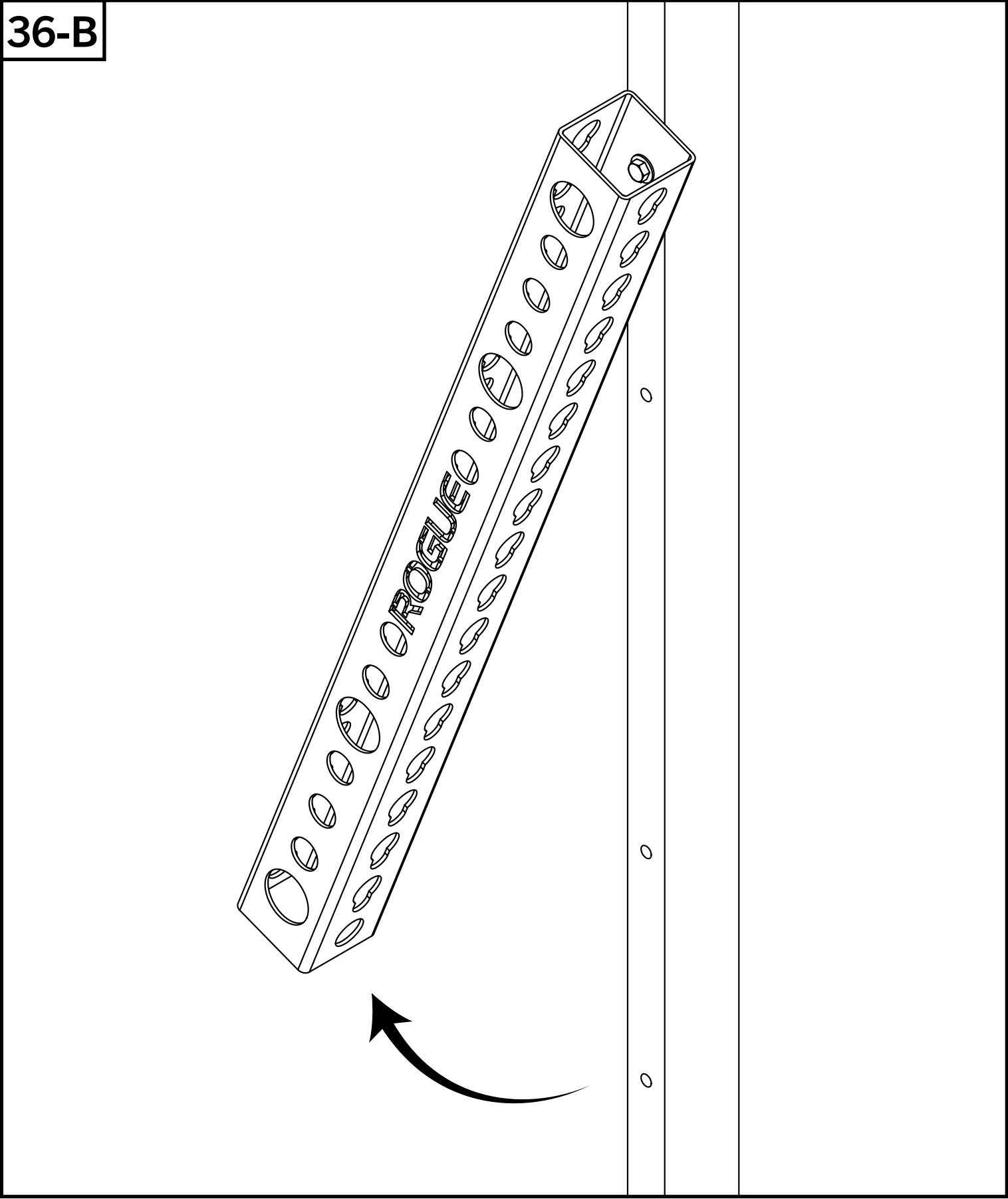
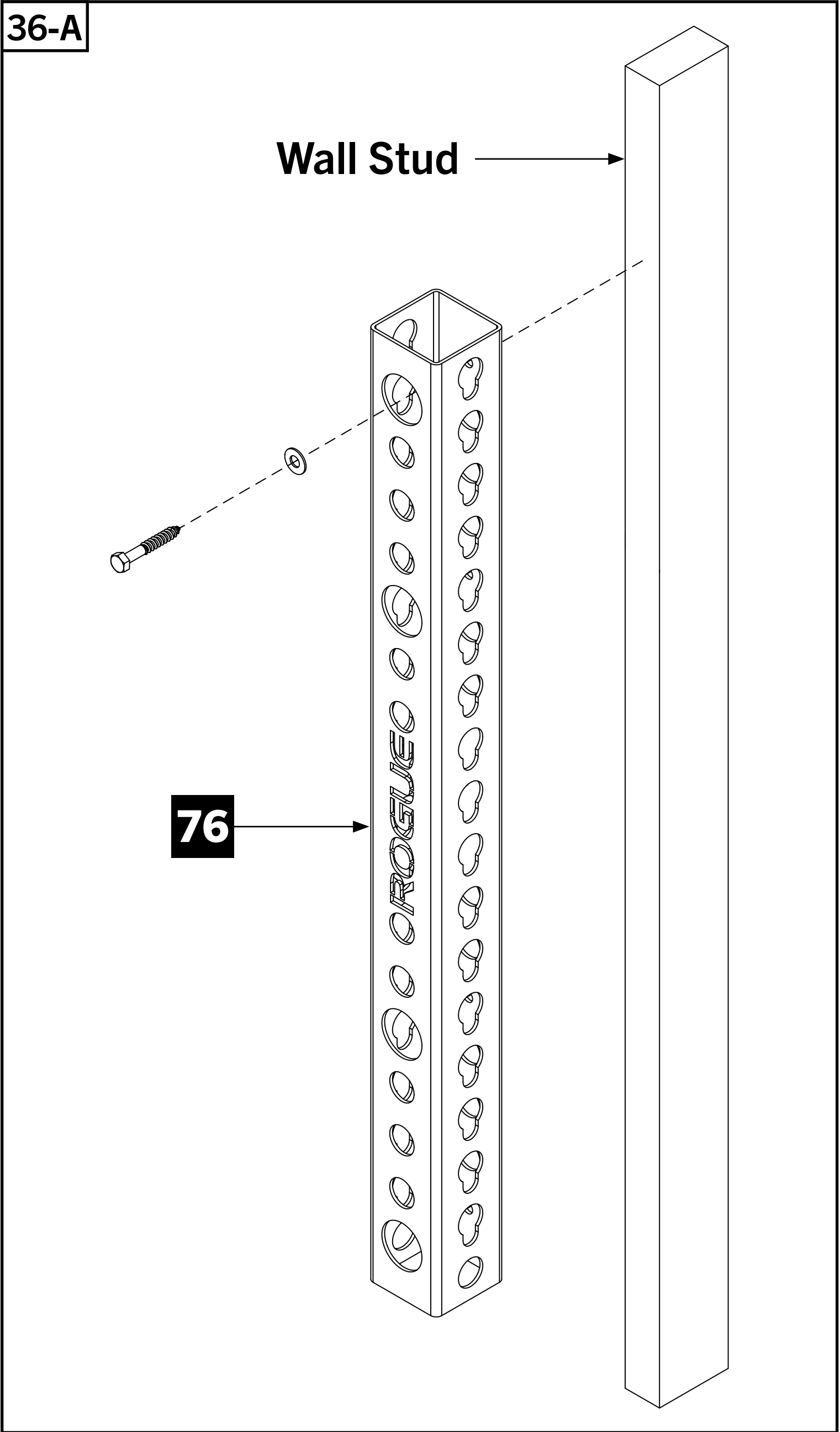
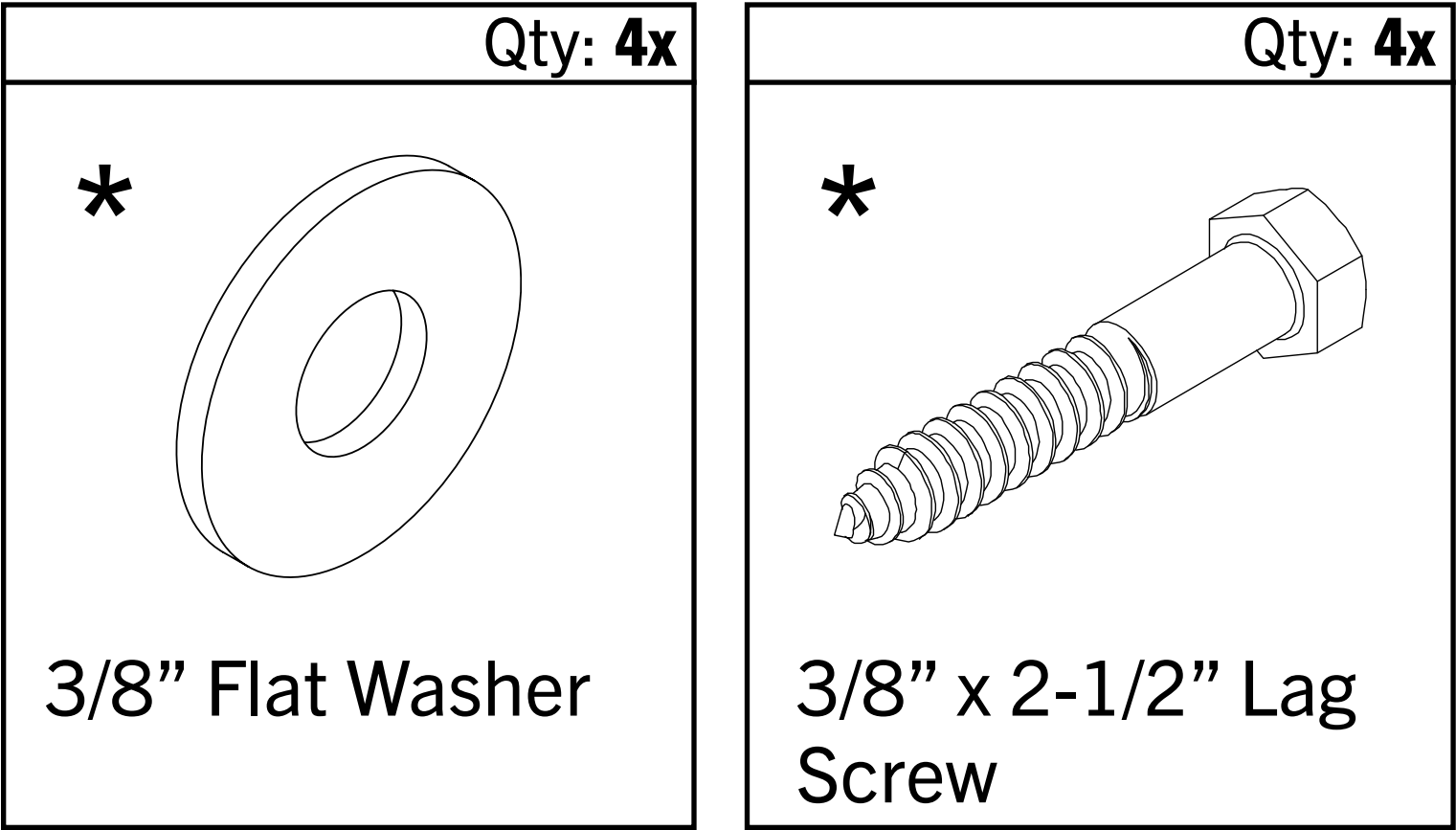
**Tools Required:**

- 1-1/2” Wrench, 5/32” Allen Key, 7/16” Wrench
- Attach Weight Stack Nameplate Shrouds [82] to Weight Stack Shroud Brackets [79] using 1/4” x 5/8” Button Head Screws [90].
- Fully tighten all Shroud Kit hardware.



# INCLUDED MONSTER STRIP

- \*Hardware and tools not included for installing Monster Strips [76].
- (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.





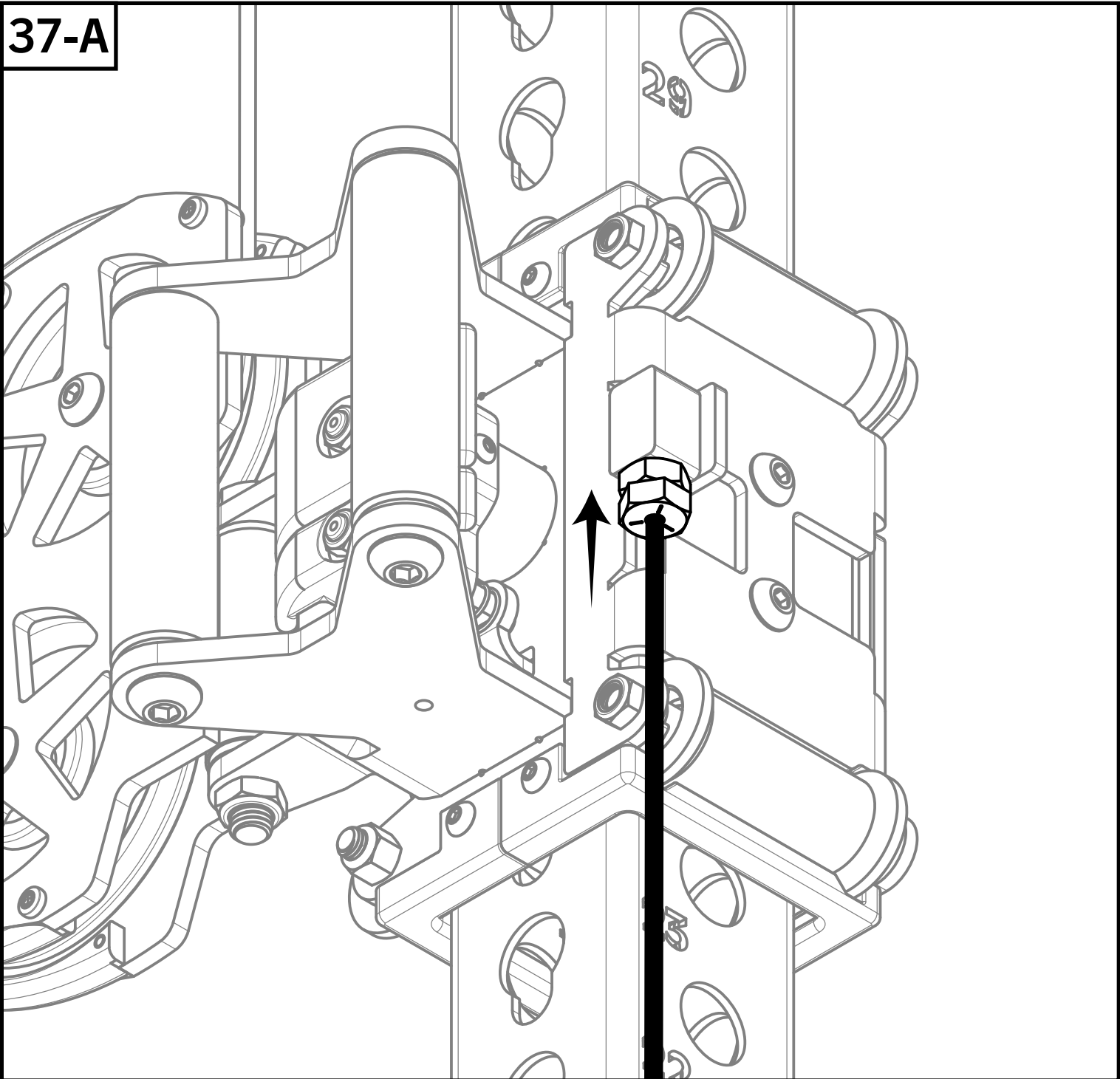
# CABLE MAINTENANCE

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**.

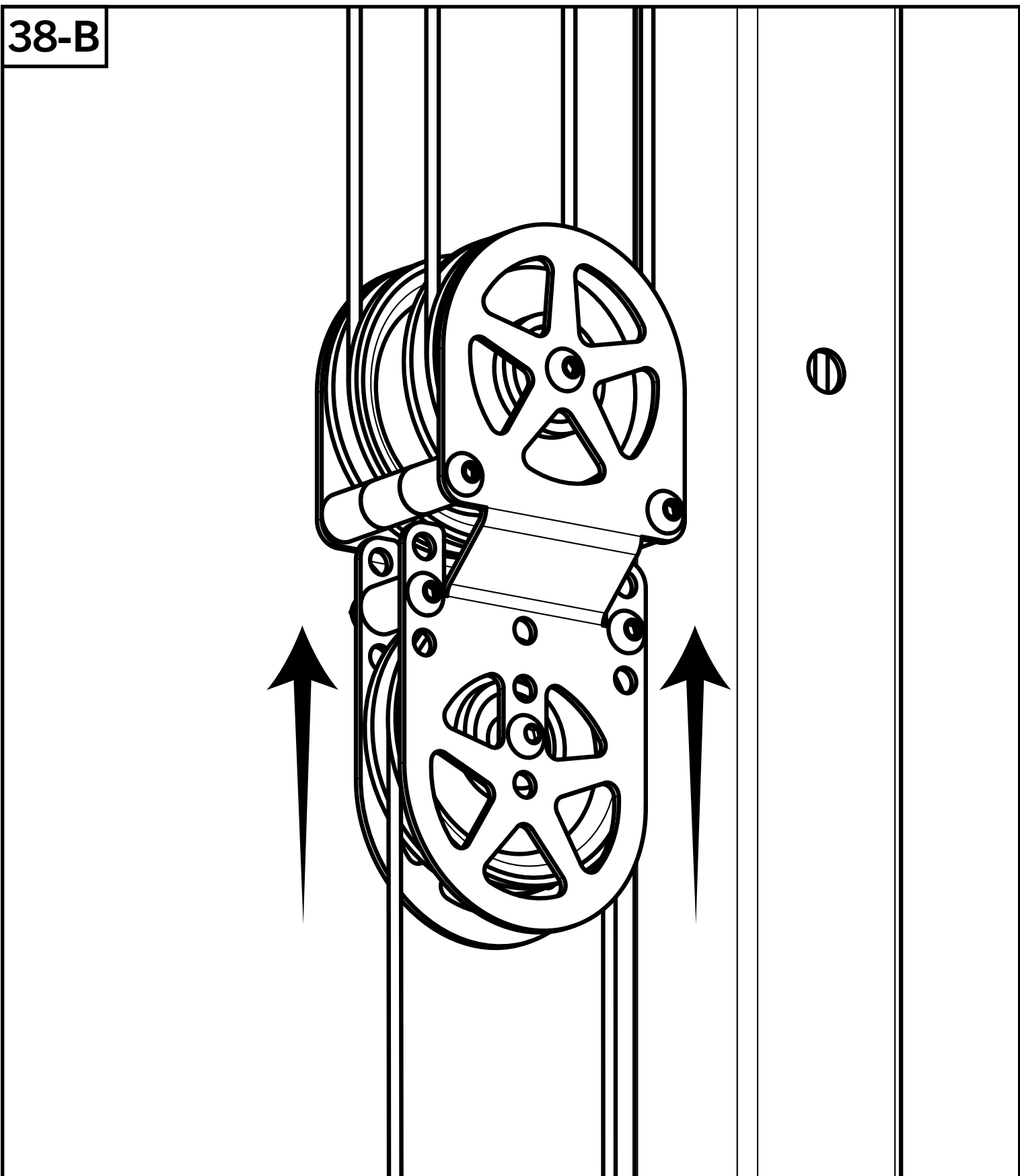
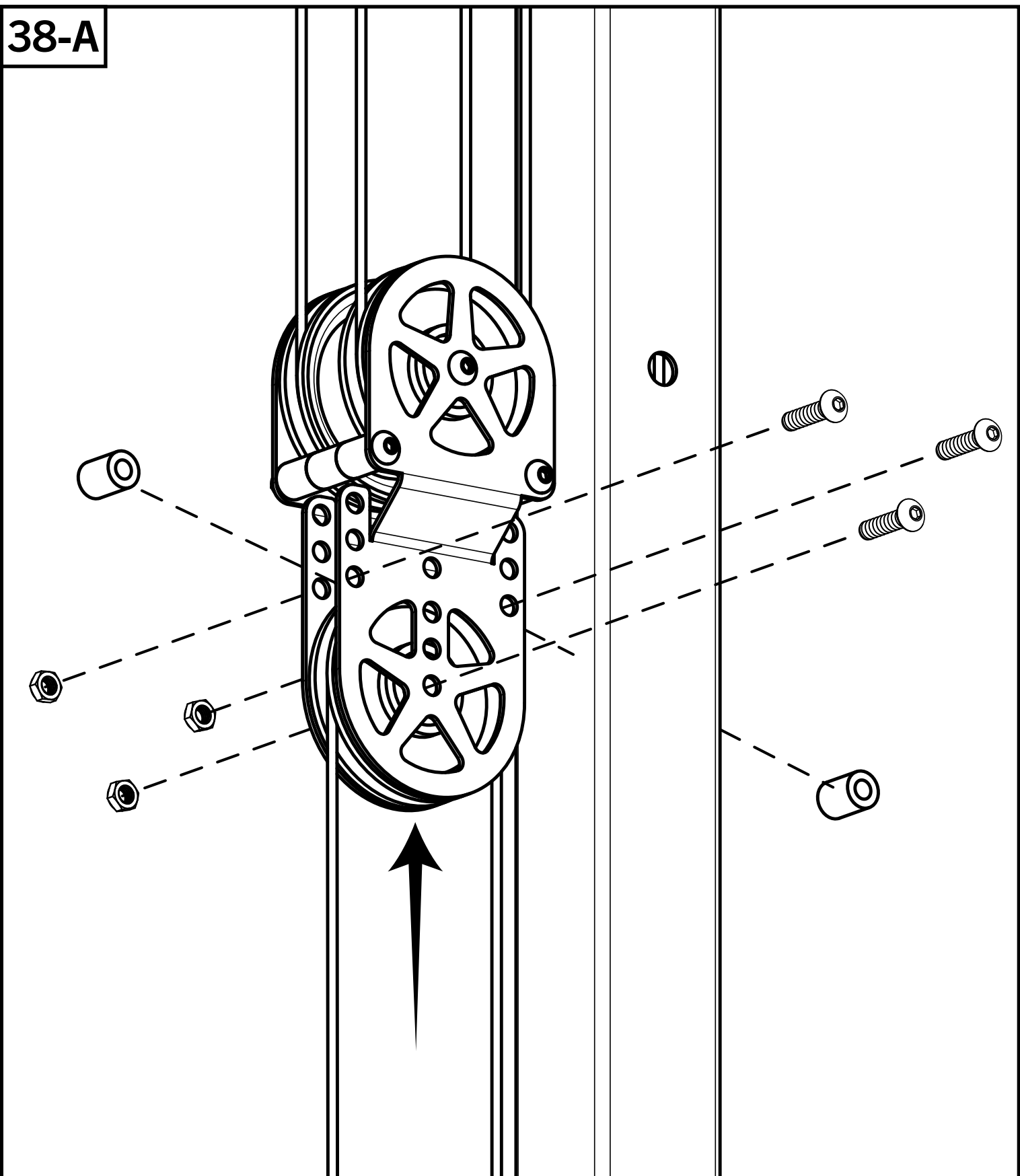


## STEP 2

**Tools Required:**

- Multi Tool, 7/32” Allen Key
- Remove the Rear Center Shrouds.
- Remove Cable Retainers and hardware shown in **38-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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