



GHOST ROLLER J-CUP 2.0 PLASTIC CALIBRATION KIT

Written By: Rogue Product Development

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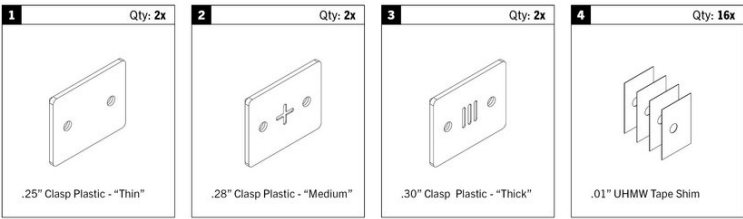
INCLUDED TOOLS

Note: Images not shown at scale



INCLUDED PARTS

Note: Images not shown at scale



INSTRUCTIONS AND ASSEMBLY



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INTRODUCTION

This guide explains step-by-step how to change the plastic on your Ghost Roller J-Cup 2.0 to achieve the optimal fit on your rack.

Step 1 — Ghost Roller J-Cup 2.0 Plastic Calibration Kit

GHOST ROLLER J-CUP 2.0 PLASTIC CALIBRATION KIT

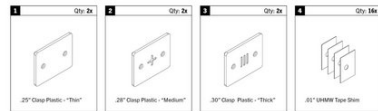
INCLUDED TOOLS

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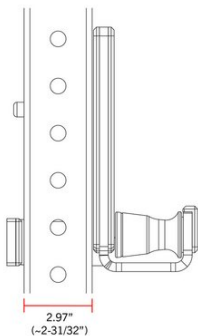
INSTRUCTIONS AND ASSEMBLY

ROGUE

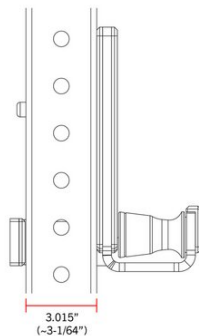
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- The tubes that make up your rack uprights can vary by .03" (~1/32") above or below 3". If you have racks from other manufacturers, particularly those made from metric tube, they can be .06" (~1/16") or more below 3".
- Athlete preference for fit also varies.
- As shipped, the Ghost Roller J-Cup is designed to fit on the most common tube size which is around 3.015" (3-1/64").
- If you received the calibration kit that means that the fit is either tighter or looser than you desire.

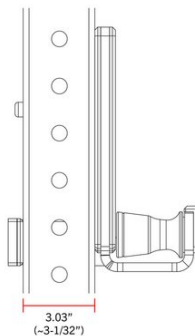
J-CUP TOO LOOSE



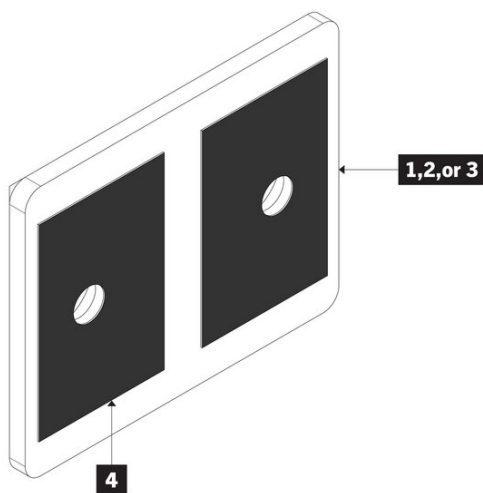
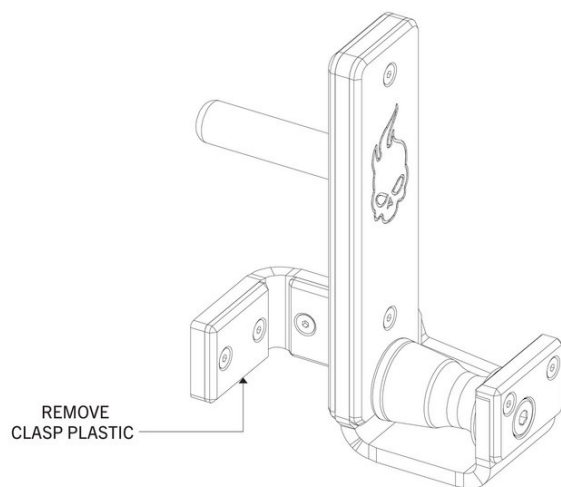
IDEAL RACK DEPTH



J-CUP TOO TIGHT

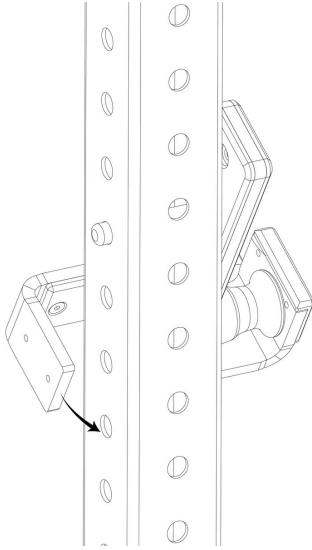


Step 2



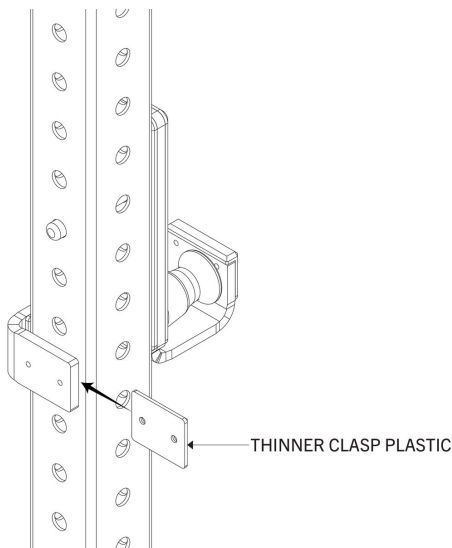
- Determine if your Ghost J-Cup 2.0 is too loose or too tight for your preference.
- Remove the Clasp Plastic using the provided Hex Key and take note of what type of plastic was installed on your J-Cup by referring to the included parts list.
- Note that your Clasp Plastic may have UHMW Tape Shims [4] installed on the back of it. See attached drawing for reference. If your J-Cup is slightly too tight, try removing this tape and checking the fit again. If still too tight, proceed to the next step.

Step 3



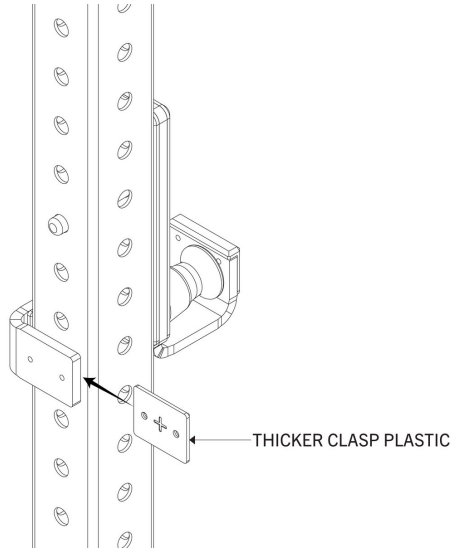
- With Clasp Plastic removed, slide J-Cup back onto Upright for testing process.
- Note: In the next steps you may be using various thicknesses of plastic and tape to check the fit of your J-Cup. In most cases, you can check the fit without having to install/remove the plastic each time by simply sliding a plastic or tape piece into the gap while J-cup is on the rack.
- If your J-Cup is too tight, proceed to Step 4.
- If your J-Cup is too loose, proceed to Step 5.

Step 4



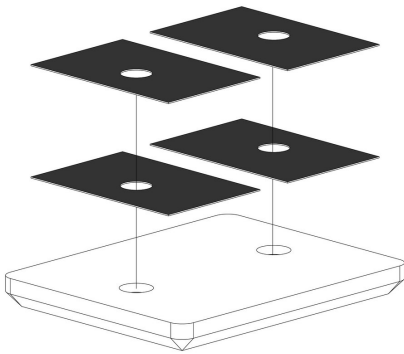
- If still too tight after removing tape, try a thinner Clasp Plastic- [1] if you started with [2], or [2] if you started with [3].
- Use one hand to stabilize the J-Cup while the other hand slides the plastic in place as shown.
- If too loose with a thinner plastic, try sliding in the 0.1" UHMW Tape Shims keeping the adhesive backer in place while testing fit.
- Note: you may need 2 pieces of 0.1" UHMW tape stacked on top of each other.

Step 5



- If your J-Cup 2.0 is too loose, try adding a thicker plastic; [2] if you started with [1] or [3] if you started with [2].
- If J-Cup becomes too tight with a thicker plastic, try adding a .01" UHMW Tape Shim to a thinner Clasp Plastic. Refer back to Step 4 to see depiction of adding UHMW Tape.

Step 6



- If adding UHMW Tape Shims to make the fit tighter, remove the adhesive backing and stick to left and right side of plastic. Press down firmly
- Ensure the holes on tape align with screw holes on plastic.
- Note: You were provided with many more UHMW Tape Shims than you will likely need.

Step 7

- Once you find a desirable fit, re-install plastic using original screws and included Hex Key. Tighten screws all the way down until the Hex Key becomes difficult to turn.
- Test the fit again to ensure proper fit. If still not a desirable fit after completing this process, you can tweak the fit in small increments by continuing to stack or remove UHMW Tape as needed.