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› Altas Strength 3059 Light Commercial Home Gym Smith Machine User Manual

ALTAS STRENGTH 3059

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Model: 3059 | Brand: ALTAS STRENGTH

1. SAFETY INFORMATION

Please read and understand all instructions and warnings before assembling or using this equipment. Failure to follow these instructions can result in serious injury or property damage.

1.1 General Safety Precautions

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure adequate space around the machine for safe operation.
- Inspect the equipment for loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum weight capacity of 1000 pounds.

1.2 Legal Disclaimer

Altas Strength makes no representations about featured products & services specifications, configurations, prices, components, options, availability, results, suitability etc. and are all subject to change without notice. The equipment must be used, and fitness & wellness activities must be performed, under proper fitness expert's guidance. Altas Strength and its associates disclaim all warranties and conditions, either express or implied, including, but not limited to, implied warranties of merchantability, fitness for a particular purpose, title, and non-infringement, with regard to all products developed and marketed by us and mentioned on this site or affiliate sites and the provision of or failure to provide support services. To the maximum extent permitted by applicable law, in no event shall Altas Strength or its associates be liable for any special, incidental, indirect, or consequential damages whatsoever (including, without limitation, damages for loss of business profits, business interruption, loss of business information, or any other pecuniary loss) arising out of the use of or inability to use our products or the provision of or failure to provide support services, even if Altas Strength or its associates have been advised of the possibility of such damages.

2. PRODUCT OVERVIEW

The Altas Strength 3059 Smith Machine is an all-in-one workout station designed for comprehensive strength training. It

features a robust steel construction and versatile components to target various muscle groups.

2.1 Key Features

- **All-in-one workout station:** Combines arm and leg stations for strengthening different muscle groups and executing comprehensive workouts, limiting the need to switch between gym equipment.
- **All-steel construction:** Made with a heavy-duty steel frame reinforced with a durable powder-coated finish. Utilizes sturdy aircraft cable with a tensile strength of 2,000lb.
- **Olympic free-weight rack:** Includes 6 weight plate pegs built into the frame for organizing weights and barbells.
- **Multi-functional press arms:** Dual-action press arms for various arm and chest exercises (biceps, triceps, pectorals).
- **Leg Developer Workouts:** Dual-function leg developer with a pivot point for proper body form and maximum effect on targeted muscle groups.



Figure 2.1: Front view of the Atlas Strength 3059 Smith Machine, showcasing its various components including the Smith bar, pulley system, and weight plate storage.



Figure 2.2: Angled view of the Altas Strength 3059 Smith Machine, highlighting the integrated pulley system and various attachment points.

3. SETUP AND ASSEMBLY

Assembly of the Atlas Strength 3059 Smith Machine requires careful attention to detail and may take several hours. It is recommended to have assistance during assembly.

3.1 Unpacking and Inventory

- Carefully unpack all components and lay them out in an organized manner.
- Verify all parts against the included parts list in your physical manual. Contact customer support immediately if any parts are missing or damaged.

3.2 Assembly Tools

A wrench is highly recommended for tightening bolts securely during assembly.

3.3 Assembly Steps

Refer to the detailed assembly instructions provided in your product packaging. Ensure all bolts are tightened securely to prevent instability during use. Pay close attention to cable routing for the pulley system to ensure smooth operation.

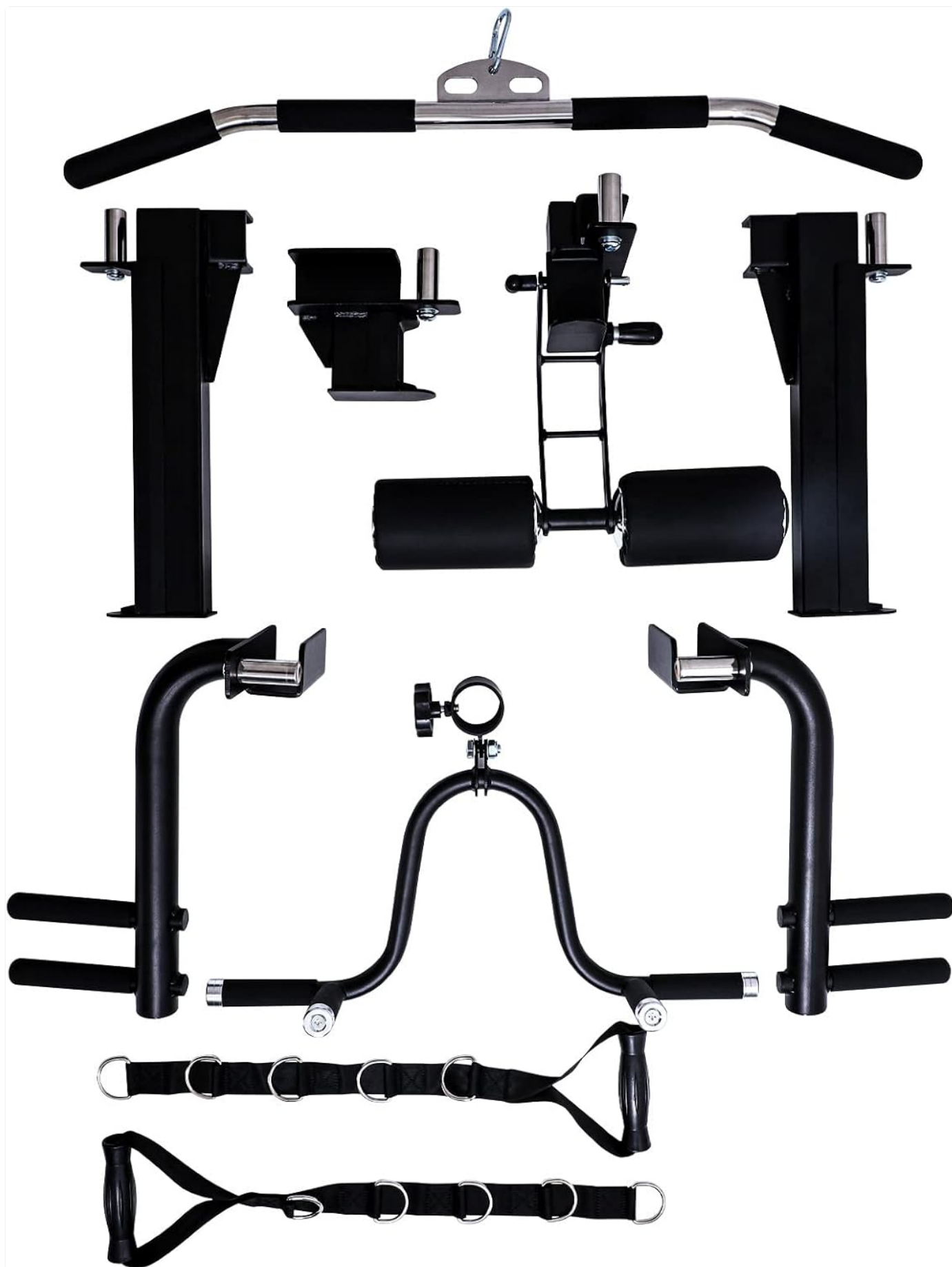


Figure 3.1: Included accessories and attachments for the Atlas Strength 3059 Smith Machine.

4. OPERATING INSTRUCTIONS

The Altas Strength 3059 offers a variety of exercises. Always start with light weights to familiarize yourself with the movements and ensure proper form.

4.1 Smith Machine Bar Operation

- To unlock the bar, rotate it slightly to disengage from the safety catches.
- To re-engage safety catches, rotate the bar back into position at any desired height.
- Always use the adjustable safety spotter arms when performing exercises like squats or bench presses, especially when lifting heavy.



Figure 4.1: Detail of the Smith machine bar's safety catch mechanism.

4.2 Pulley System Usage

The integrated pulley system allows for a wide range of cable exercises. Attach desired handles or bars to the high or low

pulleys.



Figure 4.2: Close-up view of the pulley system, showing the cable and pulley wheel.

4.3 Leg Developer and Press Arms

Utilize the leg developer for exercises targeting quadriceps and hamstrings. The multi-functional press arms can be adjusted for various chest and arm movements.

4.4 Example Exercises

The following images illustrate some of the exercises possible with the Atlas Strength 3059 Smith Machine. For detailed instructions on specific exercises, consult a certified fitness professional or exercise guide.



Figure 4.3: Examples of exercises using the Atlas Strength Smith Machine, demonstrating its versatility.



Figure 4.4: Additional exercise examples showcasing the machine's capabilities for a full-body workout.

4.5 Instructional Videos

The following videos demonstrate various exercises that can be performed on Atlas Strength Smith Machines. While specific models may vary, the principles and movements shown are applicable to the 3059 model.

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Video 4.1: Demonstrations of seated rows and front raises on an Atlas Strength Home Gym Smith Machine (Model 3087B).

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Video 4.2: Demonstration of lat pull-downs on an Atlas Strength Smith Machine (Model 3136).

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Video 4.3: Demonstration of squats on an Atlas Strength Smith Machine (Model 3058G).

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Video 4.4: Demonstration of straight arm pull-downs and barbell squats on an Atlas Strength Smith Machine (Model 3073).

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Video 4.5: Demonstration of chest press and bicep curls on an Atlas Strength Smith Machine (Model 3000Y).

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Video 4.6: Demonstration of cable exercises on an Atlas Strength Smith Machine (Model 3101).

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Video 4.7: Demonstration of barbell squats on an Atlas Strength Smith Machine (Model M810).

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Atlas Strength 3059 Smith Machine.

5.1 Routine Checks

- **Monthly:** Inspect all bolts, nuts, and fasteners. Re-tighten any that have become loose. Consider using thread locker (e.g., Loctite) on hard-to-reach bolts during assembly or re-tightening.
- **Quarterly:** Check cables for fraying or wear. Ensure pulleys move freely and are not obstructed. Lubricate moving parts as recommended in your detailed product manual.
- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your Smith Machine.

6.1 Cable Slack

If the cable system feels slack, check the tensioning mechanism. There is typically a 10-link metal chain or similar adjustment point designed to tighten the cables. Refer to your assembly manual for specific instructions on adjusting cable tension.

6.2 Squeaking Noises

Squeaking can often be resolved by lubricating moving parts, especially the linear bearings of the Smith bar and pulley wheels. Ensure all connections are tight.

6.3 Instability

If the machine feels unstable, re-check all assembly bolts and ensure they are securely tightened. Verify the machine is placed on a flat, level surface.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	200.66 x 172.72 x 223.52 cm (79 x 68 x 88 inches)
Item Dimensions (D x W x H)	1.78D x 2.01W x 2.26H Meters
Weight	240.4 kg (530 lbs)
Material	Alloy Steel
Color	Black, Gray, White
Maximum Weight Recommendation	1000 Pounds
Tension Level	2
Tension Supported	2
Handle Type	Fixed Handle
Strap Type	Cable/Pulley straps
Included Components	Included Accessories

8. WARRANTY AND SUPPORT

8.1 Warranty Information

For detailed warranty information, please refer to the documentation included with your product or contact Altas Strength directly. Warranty terms typically cover manufacturing defects and may vary by component.

8.2 Customer Support

If you have questions regarding assembly, operation, maintenance, or require replacement parts, please contact Altas Strength customer support. Contact information can usually be found on the product packaging, the official Altas Strength website, or your purchase receipt.

Manufacturer Contact Information: Markham ON Canada L3R 8T8

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