

## ALTAS STRENGTH 179B

# ALTAS STRENGTH Multiple Function Home Gym 179B

## USER MANUAL

Model: 179B

### 1. Important Safety Information

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Before assembling or operating the ALTAS STRENGTH 179B Home Gym, please read and understand all instructions in this manual. Failure to follow these instructions may result in serious injury or equipment damage. Keep this manual for future reference.

- Consult a physician before beginning any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Use the equipment only on a level, stable surface.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity (if specified, not provided in input).
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- If you experience pain, dizziness, or discomfort, stop exercising immediately.

### 2. Package Contents

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Carefully unpack all components and verify that all parts are present. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

- Main Frame Components
- Weight Stack and Shrouds
- Pulleys and Cables
- Seat and Backrest Pads
- Press Arm Assembly

- Butterfly Arm Assembly
- Leg Developer Assembly
- Leg Press Plate
- Hardware Kit (bolts, washers, nuts)
- Assembly Tools (basic wrenches, Allen keys)

### 3. Assembly Instructions

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Assembly requires two people. Follow the step-by-step instructions provided in the separate assembly guide (not included in this document). Ensure all connections are secure before use.

1. **Unpack and Identify Parts:** Lay out all components and compare them against the parts list.
2. **Assemble Main Frame:** Connect the base and uprights according to the diagrams.
3. **Install Pulleys and Cables:** Route cables through the designated pulleys, ensuring they are not twisted.
4. **Attach Seat and Backrest:** Secure the seat and backrest pads to their respective frames.
5. **Mount Press Arm and Butterfly Arms:** Attach these components, ensuring smooth pivot action.
6. **Install Leg Developer and Leg Press Plate:** Connect these sections, verifying proper movement.
7. **Add Weight Stack:** Carefully insert the weight plates and secure the selector pin mechanism.
8. **Final Inspection:** Double-check all bolts and connections for tightness. Test all moving parts for smooth operation.



Figure 3.1: Fully assembled ALTAS STRENGTH 179B Home Gym, showcasing its various stations.

## 4. Operating Instructions

The ALTAS STRENGTH 179B Home Gym offers a comprehensive range of exercises. Proper adjustment and form are crucial for effective and safe workouts.

### 4.1 Adjustments

- **Backrest and Cushion Adjustment:** The backrest and seat cushion can be adjusted to accommodate different user heights and exercise requirements. Locate the adjustment knob or lever, pull it out, slide the component to the desired position, and release the knob/lever to lock it in place.

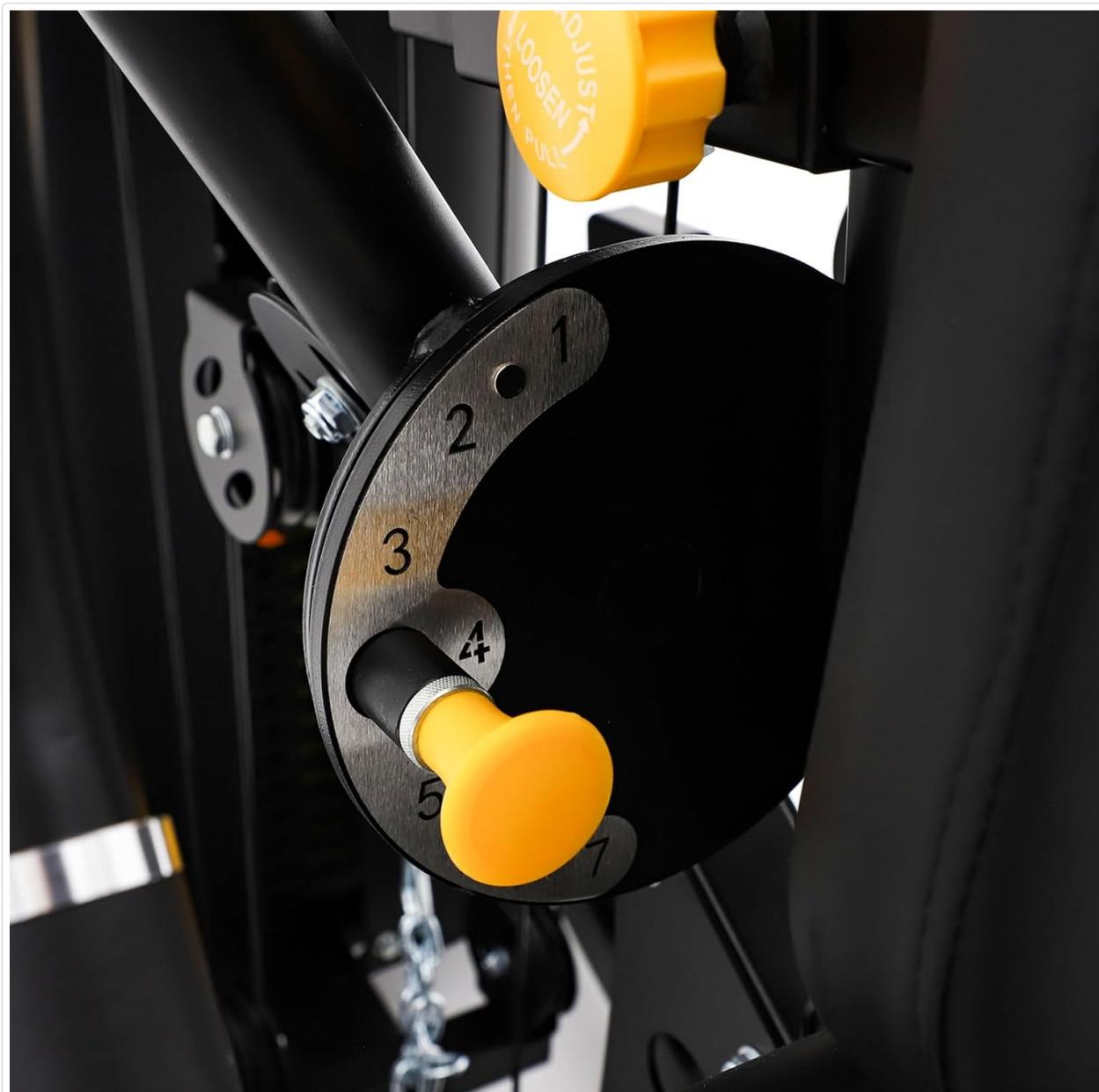


Figure 4.1: Detail of the adjustment knob for the seat or backrest, allowing users to customize their position.

- **Butterfly Workout Settings:** The butterfly arms feature six adjustable settings for varied cable fly exercises. Adjust the arm position by pulling the yellow knob, rotating the arm to the desired numbered setting, and releasing the knob to secure it.



Figure 4.2: The butterfly arm adjustment mechanism, showing numbered settings for different exercise angles.

## 4.2 Exercises

This home gym supports a variety of exercises targeting different muscle groups:

- **Lat Pulldown:** Sit facing the machine, grasp the lat bar with an overhand grip, and pull the bar down to your upper chest, squeezing your shoulder blades.
- **Low Bar Pull-up:** Utilize the lower bar attachment for inverted rows or assisted pull-ups, engaging back and bicep muscles.
- **Leg Press:** Position your feet on the leg press plate, extend your legs to push the plate away, then slowly return.



Figure 4.3: The textured leg press plate, designed for secure foot placement during leg press exercises.

- **Chest Press:** Sit on the seat, grasp the press handles, and push forward to engage your chest muscles.
- **Cable Fly:** Using the butterfly arms, perform chest fly movements to target the pectoral muscles.
- **Rowing:** Attach a handle to the lower pulley and perform seated rows, pulling towards your torso to work your back muscles.
- **One-Arm Barbell Deadlift:** While not a traditional barbell deadlift, the cable system can be adapted for single-arm pulling movements to simulate aspects of this exercise, focusing on core and back stability.
- **Leg Developer:** Use the padded leg developer for leg extensions and leg curls.



Figure 4.4: The padded rollers of the leg developer, used for comfortable leg extension and curl exercises.

## 5. Maintenance

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Regular maintenance ensures the longevity and safe operation of your home gym.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all cables and pulleys for signs of wear, fraying, or damage. Ensure all bolts and nuts are tight.
- **Monthly:** Lubricate moving parts, such as guide rods for the weight stack, with a silicone-based lubricant to ensure smooth operation. Check upholstery for tears or excessive wear.
- **Annually:** Have a thorough inspection of the entire machine, including frame integrity and cable tension. Replace any worn parts immediately.

## 6. Troubleshooting

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Address common issues with your home gym using the following guidelines:

- **Squeaking Noises:** Identify the source of the squeak. Often, it can be resolved by lubricating pivot points, guide rods, or checking for loose bolts.
- **Rough Cable Movement:** Inspect cables for fraying or damage. Ensure pulleys are clean and rotate freely. Lubricate guide rods if the weight stack is sticking.
- **Loose Components:** Periodically check and tighten all bolts and nuts. Do not overtighten, as this can strip threads or damage components.
- **Weight Stack Sticking:** Clean the guide rods and apply a thin layer of silicone lubricant. Ensure the selector pin is fully inserted.

If you encounter issues that cannot be resolved with these steps, contact ALTAS STRENGTH customer support.

## 7. Specifications

Feature	Detail
Model	179B
Brand	ALTAS STRENGTH
Type	Multiple Function Home Gym
Package Dimensions	76 x 38 x 34 inches
Package Weight	698.87 Pounds
Adjustable Settings	6 for Butterfly Workout, Adjustable Backrest/Cushion
Usage	Home and Light Commercial

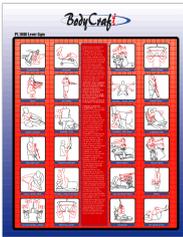
## 8. Warranty and Support

For warranty information, product support, or to order replacement parts, please contact ALTAS STRENGTH customer service. Refer to your purchase documentation for specific warranty terms and contact details.

Manufacturer: ALTAS STRENGTH

For further assistance, visit the official ALTAS STRENGTH website or contact their customer support line.

### Related Documents - 179B



[BodyCraft PL1000 Lever Gym: Exercise Guide and Workout Chart](#)

Comprehensive guide to performing exercises on the BodyCraft PL1000 Lever Gym, featuring detailed descriptions of each movement and general fitness advice for safe and effective workouts.



[Precor Discovery Series Selectorized Line Owner's Manual](#)

Comprehensive guide for Precor Discovery Series Selectorized Line commercial strength equipment, covering safety, usage, maintenance, and warranty.



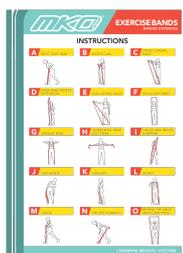
[Adjustable Bench Workout Guide: US-009 Exercise Routines](#)

Comprehensive guide to exercises using an adjustable bench, featuring dumbbell routines and full-body workouts. Includes detailed instructions for model US-009.



[LINODI Weight Bench Workout Guide: Beginner Fitness Routines](#)

A comprehensive guide for beginners using the LINODI adjustable weight bench. Features detailed instructions for chest, shoulder, arm, abs, back, leg, and glute workouts, including bench press technique and training programs.



[MKC Exercise Bands Instruction Manual](#)

Comprehensive instructions for using MKC exercise bands, covering various exercises for strength, cardio, and rehabilitation, along with safety precautions and care instructions.



[Tunturi Platinum Incline Chest Press User Manual & Assembly Guide](#)

Comprehensive user manual and assembly guide for the Tunturi Platinum Incline Chest Press, including safety instructions, parts list, usage tips, maintenance, and warranty information.