ALTAS STRENGTH 179B

Altas Strength 179B Home Gym Instruction Manual

Model: 179B | Brand: ALTAS STRENGTH

1. Introduction and Overview

The Altas Strength 179B Home Gym is a robust, multi-functional strength training system designed for comprehensive workouts in a home environment. This unit integrates multiple exercise stations into a single footprint, making it an efficient solution for various fitness goals. It comes equipped with a 90KG weight stack, eliminating the need for separate weight plate purchases.
Key features include a heavy-duty steel frame, a 6-position adjustable butterfly station, and ergonomically designed adjustable backrests and cushions to support proper exercise form.



Figure 1: Angled view of the Altas Strength 179B Home Gym.

2. Safety Information

Before operating the Altas Strength 179B Home Gym, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Read Instructions:** Ensure you have read and fully understood this manual and any accompanying assembly instructions before using the equipment.
- **Supervision:** Keep children and pets away from the equipment at all times. This machine is not a toy.
- **Clearance:** Maintain a minimum clearance of 0.6 meters (2 feet) around the equipment during use. The machine requires a ceiling clearance of 83.86 inches (213 cm) and a footprint of 83.86 inches x 59.06 inches (213 cm x 150 cm).
- **Inspection:** Before each use, inspect the equipment for loose parts, worn cables, or any signs of damage. Do not use the machine if any components are compromised.
- **Proper Form:** Use proper exercise form to prevent injury. If you experience pain or discomfort, stop exercising immediately.
- **Stable Surface:** Place the equipment on a flat, stable, and non-slip surface.

- **Weight Capacity:** Adhere to any specified maximum user weight (not provided in product data, use caution).

3. Package Contents

The Altas Strength 179B Home Gym is delivered in reinforced wooden crates to ensure safe transport. Upon receipt, carefully unpack all components and verify against the packing list (typically included with the assembly guide). The package includes:

- Main frame components (heavy-duty steel construction)
- Integrated 90KG weight stack
- Adjustable backrests and seat cushions
- 6-position butterfly station components
- Leg press station components
- Various cable attachments (e.g., lat pulldown bar, rowing handle, single handles)
- Assembly hardware (bolts, nuts, washers)
- User manual (this document) and separate assembly guide

4. Setup

Due to the substantial weight (approximately 697 lbs or 317 kg) and size of the Altas Strength 179B Home Gym, assembly and placement require careful planning and assistance. It is recommended that at least two adults are present for assembly.

4.1 Site Preparation

- **Location:** Choose a permanent location with sufficient space. The machine requires a minimum footprint of 83.86 inches (213 cm) in length and 59.06 inches (150 cm) in width, plus additional clearance for safe operation.
- **Ceiling Height:** Ensure your ceiling height is at least 83.86 inches (213 cm).
- **Surface:** The floor must be level and capable of supporting the machine's weight and dynamic loads during exercise. Consider using a protective mat.

4.2 Assembly

Refer to the separate, detailed assembly guide provided with your product for step-by-step instructions. General steps include:

1. Unpack all components and lay them out in an organized manner.
2. Identify all parts and hardware using the provided parts list.
3. Assemble the main frame structure according to the diagrams.
4. Install the weight stack, ensuring all cables and pulleys are correctly routed and secured.
5. Attach all exercise stations, including the butterfly, leg press, and seat components.
6. Perform a final inspection to ensure all bolts are tightened and all moving parts operate smoothly.



Figure 2: Side view showing the cable routing and pulley system.

5. Operating Instructions

The Altas Strength 179B Home Gym offers a variety of exercises. Always ensure proper adjustment and form before beginning any exercise.

5.1 Weight Stack Adjustment

To adjust the resistance, insert the selector pin into the desired weight plate on the 90KG weight stack. Ensure the pin is fully inserted through the plate to prevent it from dislodging during exercise.

5.2 6-Position Butterfly Adjustment

The butterfly station features a 6-position adjustment mechanism, allowing you to customize the starting position and range of motion for chest, shoulder, and lat exercises. Locate the adjustment knob (often yellow) and pull it out, then rotate the butterfly

arms to the desired position (numbered 1-6 or similar) and release the knob to lock it in place.



Figure 3: Close-up of the butterfly adjustment dial.



Figure 4: Butterfly station with adjustable arms and seat.

5.3 Ergonomic Adjustments (Backrest and Cushions)

The backrests and cushions are freely adjustable to accommodate various user heights and exercise requirements, promoting strict and proper lifting form. Locate the adjustment pins or levers, pull them out, slide the component to the desired position, and ensure the pin/lever locks securely into place.



Figure 5: Example of an adjustment knob for seat or leg pad positioning.

5.4 Example Exercises

The 179B Home Gym allows for a wide range of exercises, effectively replacing multiple individual machines. Examples include:

- **Lat Pulldowns:** Use the top pulley with a lat bar attachment.
- **Leg Presses:** Utilize the dedicated leg press station.
- **Seated Rows:** Use the lower pulley with a rowing handle attachment.
- **Chest Presses:** Use the chest press handles or butterfly station.
- **Cable Flies:** Adjust the butterfly arms for various chest and shoulder angles.
- **Leg Curls/Extensions:** Use the leg curl/extension pads on the leg station.



Figure 6: Leg press footplate and leg curl pads.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your Altas Strength 179B Home Gym.

- **Daily:** Wipe down upholstery and handles with a damp cloth after each use to remove sweat and grime.
- **Weekly:** Inspect all cables and pulleys for signs of fraying, wear, or damage. Ensure all bolts and nuts are securely tightened.
- **Monthly:** Check the smooth operation of all moving parts. If any squeaking or stiffness occurs, apply a light lubricant (e.g., silicone spray) to pivot points and guide rods, avoiding contact with cables.
- **Annual:** Consider a more thorough inspection of the entire machine, including the frame integrity and all connection points.

If any component shows significant wear or damage, discontinue use immediately and contact customer support for replacement parts.

7. Troubleshooting

This section addresses common issues you might encounter with your home gym.

- **Noisy Operation:**
  - Check for loose bolts or connections and tighten as necessary.
  - Inspect pulleys for debris or misalignment.
  - Apply lubricant to pivot points if squeaking persists.
- **Sticky or Rough Cable Movement:**
  - Ensure cables are properly routed through all pulleys and are not twisted.
  - Check pulleys for smooth rotation and clear any obstructions.
  - Inspect cables for fraying; replace if damaged.
- **Weight Stack Not Moving Smoothly:**
  - Ensure the selector pin is fully inserted and not bent.
  - Check guide rods for dirt or damage; clean and apply a light lubricant if needed.

For issues not covered here, or if troubleshooting steps do not resolve the problem, please contact Altas Strength customer support.

8. Specifications

Feature	Specification
Model	179B
Brand	ALTAS STRENGTH
Weight Stack	90 KG (Included)
Machine Weight	Approximately 317 kg (697 lbs)
Footprint Dimensions (L x W)	83.86 in x 59.06 in (213 cm x 150 cm)
Minimum Ceiling Clearance	83.86 in (213 cm)
Material	Alloy Steel, Rubber
Color	Black and Yellow
Handle Type	Fixed Handle
Tension Supported	Medium
Country of Origin	China

9. Warranty

The Altas Strength 179B Home Gym comes with a **one-year parts warranty**. This warranty covers manufacturing defects in materials and workmanship for a period of one year from the date of purchase. It does not cover normal wear and tear, misuse, or damage caused by improper assembly or maintenance. Please retain your proof of purchase for warranty claims.

10. Support

For technical assistance, parts inquiries, or warranty claims, please contact Altas Strength Inc. customer support. You can typically find contact information on the Altas Strength official website or through your original point of purchase.
For more information about Altas Strength products, visit the official store: Altas Strength Store

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question