

Atletica R7

Atletica Jammer Arms R7 Instruction Manual

Model: R7 (555-1217)

1. INTRODUCTION

Thank you for choosing the Atletica Jammer Arms R7. This product is designed to enhance your strength training by providing guided movement exercises within your power rack. The Jammer Arms R7 are space-saving, functional, and built for durability, supporting a maximum load of 650 kg. This manual provides essential information for the safe and effective setup, operation, and maintenance of your new equipment. Please read it thoroughly before use.

2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the Jammer Arms are securely attached to your power rack before each use.
- Do not exceed the maximum weight capacity of **650 kg**.
- Inspect the equipment for any signs of wear, damage, or loose parts before each workout. Do not use if damaged.
- Keep children and pets away from the equipment during use.
- Use proper lifting techniques and controlled movements to prevent injury.
- Ensure adequate space around the equipment for safe operation.
- The plastic protectors on the lower part of the Jammer Arms are designed to prevent damage to both the rack and the arms by avoiding metal-on-metal contact. Ensure they are in place.

3. PACKAGE CONTENTS

Please verify that all components are present and undamaged:

- 2 x Atletica Jammer Arms R7
- Mounting pins and safety pins
- Plastic protectors (pre-installed on lower part)

4. SETUP INSTRUCTIONS

The Atletica Jammer Arms R7 are designed for easy attachment and adjustment on compatible power racks, utilizing the 33 available holes for fixation.

1. **Preparation:** Ensure your power rack is stable and compatible with the Jammer Arms' attachment mechanism.
2. **Initial Attachment:** Position the Jammer Arms at the desired height on your power rack. The arms are designed to be easily mounted without needing to be fully removed from the rack for height adjustments.
3. **Secure Mounting:** Insert the mounting pins through the designated holes on the Jammer Arms and your power rack. Secure them with the safety pins. Ensure both arms are at the same height and securely fastened.
4. **Check Protectors:** Verify that the hard plastic protectors on the lower section of the Jammer Arms are correctly positioned to prevent metal-on-metal contact with your rack.



Figure 4.1: Front view of the Atletica Jammer Arms R7, showing their attachment to a power rack.

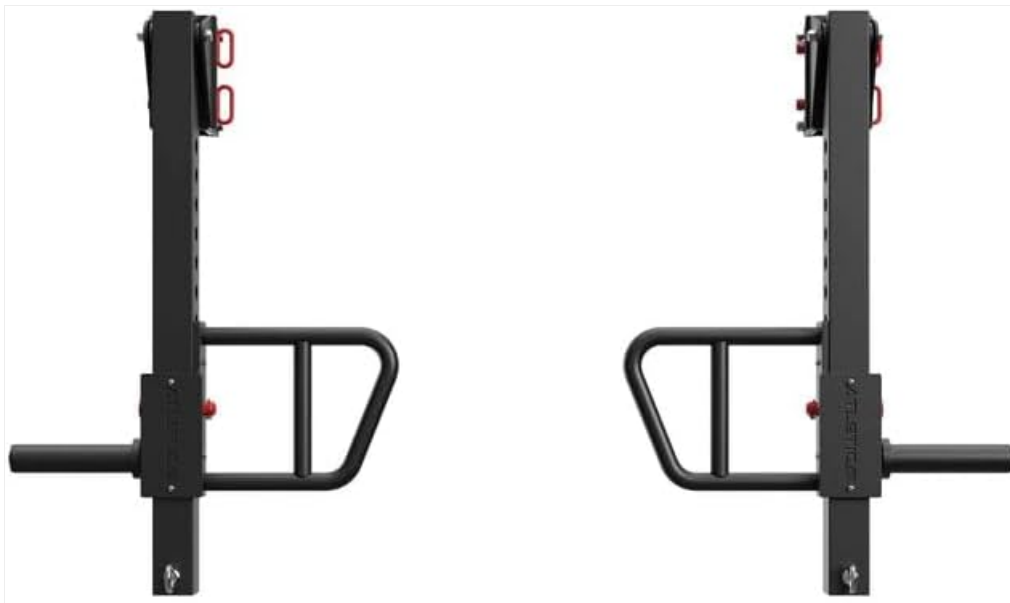


Figure 4.2: Side view illustrating the attachment points and the multiple adjustment holes on the Jammer Arms.

5. OPERATING INSTRUCTIONS

The Jammer Arms R7 offer versatile training options with guided movements, similar to machine training, but with the flexibility of free weights.

5.1. Height Adjustment

To adjust the height of the Jammer Arms:

1. Remove the safety pins securing the Jammer Arms to the power rack.
2. Using the integrated handle, simply push or pull the arm to the desired height. The design allows for easy adjustment without full removal.
3. Once at the new height, re-insert the safety pins through the appropriate holes to secure the arms firmly.
4. Ensure both arms are adjusted to the same height for balanced exercises.



Figure 5.1: Detail of the Jammer Arm showing the adjustment mechanism and handle for height changes.



Figure 5.2: Close-up view of the safety pin mechanism used to secure the Jammer Arms at the desired height.

5.2. Exercise Examples

The Jammer Arms R7 allow for a wide range of exercises. Here are a few examples:

- **Deadlifts:** Position the arms low on the rack.
- **Bent-Over Rows:** Adjust arms to a suitable height for rowing movements.
- **Floor Presses:** Set arms at a low height for pressing from the floor.
- **Squats:** Adjust arms to shoulder height for guided squat movements.
- **Seated Rows:** Use a bench and adjust arms for seated rowing.
- **Military Press:** Set arms at shoulder height for overhead pressing.
- **Chest Press:** Adjust arms to chest height for various pressing angles.

Always ensure proper form and control during exercises. The guided movement provides stability, allowing you to focus on muscle engagement.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Atletica Jammer Arms R7.

- **Cleaning:** Wipe down the Jammer Arms with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, pins, and attachment points for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** If any moving parts (e.g., adjustment mechanism) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** Store the Jammer Arms in a dry environment to prevent rust.

7. TROUBLESHOOTING

If you encounter any issues with your Jammer Arms R7, refer to the following common problems and solutions:

- **Difficulty Adjusting Height:**
 - Ensure safety pins are fully disengaged.
 - Check for any obstructions in the adjustment holes.
 - Apply lubricant if movement is stiff.
- **Unstable or Wobbly Arms:**
 - Verify that all mounting pins and safety pins are fully inserted and secured.
 - Ensure the Jammer Arms are correctly seated in the power rack's uprights.
 - Check if your power rack itself is stable and properly assembled.
- **Unusual Noises During Use:**
 - Inspect for any loose bolts or connections and tighten them.
 - Ensure plastic protectors are in place to prevent metal-on-metal friction.

If the problem persists, please contact Atletica customer support.

8. SPECIFICATIONS

Model Number	555-1217
Brand	Atletica
Maximum Load Capacity	650 kg
Item Weight	42 kg
Color	Black
Height	102 cm
Compatibility	Designed for R7 series power racks (33 adjustment holes)

9. WARRANTY AND SUPPORT

Atletica stands behind the quality of its products.

- **Return Policy:** This product is eligible for a 30-day return period.
- **Warranty:** The main frame of the Atletica Jammer Arms R7 is covered by a lifetime warranty. Please refer to Atletica's official warranty terms for full details.
- **Customer Support:** For any questions, assistance, or warranty claims, please contact Atletica's specialized customer support. Contact information can typically be found on the official Atletica website or through your purchase platform.