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Atletica Hackenschmidt Combo 2-1 (Model 555-1152)

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Model: Hackenschmidt Combo 2-1 (555-1152)

Brand: Atletica

1. IMPORTANT SAFETY INFORMATION

Before operating the Atletica Hackenschmidt Combo 2-1 machine, please read and understand all safety instructions. Failure to follow these instructions may result in serious injury.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Assembly:** Ensure the machine is correctly assembled according to the instructions. Verify all bolts and nuts are securely tightened before use.
- **Inspection:** Before each use, inspect the machine for any signs of wear, damage, or loose components. Do not use the machine if it is damaged.
- **Weight Capacity:** Do not exceed the maximum weight capacity of 550 kg (1212 lbs).
- **Proper Form:** Use proper exercise form to prevent injury. If you are unsure, seek guidance from a qualified fitness professional.
- **Safety Catches:** Always engage the safety catches when starting or finishing an exercise, or when resting between repetitions.
- **Clearance:** Maintain adequate clear space around the machine during operation.
- **Children and Pets:** Keep children and pets away from the machine during operation.
- **Stable Surface:** Place the machine on a flat, stable, and non-slip surface.

2. SETUP AND ASSEMBLY

The Atletica Hackenschmidt Combo 2-1 is designed for quick conversion between Leg Press and Hack Squat

modes. Initial assembly involves securing the main frame components and ensuring all moving parts function smoothly.

2.1 Initial Assembly

1. Unpack all components and verify against the parts list (not provided in this document, refer to packaging).
2. Assemble the main frame structure using the provided hardware. Ensure all bolts are finger-tightened initially.
3. Attach the sled rails and footplate mechanism.
4. Install the seat/backrest padding and shoulder pads.
5. Once all components are in place, securely tighten all bolts and nuts. Double-check for stability.

2.2 Converting Between Leg Press and Hack Squat

The machine features a rapid conversion system. This involves adjusting the backrest/seat and footplate positions.



Image: Removing the seat/backrest pad for conversion. This step is crucial for switching between exercise modes.



Image: Demonstrating the removal of the seat/backrest pad. The pad is designed for easy detachment and reattachment.

1. **For Leg Press Mode:** Position the backrest to support your back and the footplate for leg pressing. Ensure the safety pins are engaged in the appropriate slots for the leg press sled.
2. **For Hack Squat Mode:** Remove the backrest/seat pad. Adjust the footplate to the lower position and the shoulder pads to comfortably rest on your shoulders. Engage the safety pins for the hack squat sled.
3. Always ensure all locking pins and adjustment mechanisms are fully engaged and secure before beginning an exercise.

3. OPERATING INSTRUCTIONS

This section details how to use your Atletica Hackenschmidt Combo 2-1 for effective leg training.

3.1 Loading Weights

The machine is equipped with double weight pins to accommodate standard Olympic weight plates.

- Slide desired weight plates onto the weight pins located on the sled.
- Ensure weights are evenly distributed on both sides of the sled to maintain balance and prevent uneven loading.
- Secure plates with collars (not included) if necessary, especially when performing dynamic movements.

3.2 Leg Press Exercise



Image: User performing a leg press. Note the back support and footplate position.



Image: Side view of leg press in action. Observe the sled's movement and user's posture.

1. Ensure the machine is in Leg Press mode.
2. Sit comfortably on the seat with your back firmly against the backrest. Adjust the backrest to one of the 8 available positions for optimal comfort and range of motion.
3. Place your feet shoulder-width apart on the footplate.
4. Disengage the safety catches by pushing the sled up slightly and rotating the handles.
5. Slowly lower the sled by bending your knees until your thighs are parallel to the footplate or as far as comfortable without lifting your hips.
6. Push the sled back up to the starting position, extending your legs but without locking your knees.
7. Upon completion, engage the safety catches before exiting the machine.

3.3 Hack Squat Exercise



Image: User performing a Hack Squat. The shoulder pads support the weight.



Image: Side view of Hack Squat in progress. Note the deep squat and sled position.

1. Ensure the machine is in Hack Squat mode (backrest removed, footplate adjusted).
2. Position yourself with your shoulders under the pads and your feet shoulder-width apart on the footplate.
3. Disengage the safety catches.

4. Slowly lower your body by bending your knees, keeping your back straight and shoulders pressed against the pads. Descend until your thighs are parallel to the footplate or as far as comfortable.
5. Push back up to the starting position, extending your legs without locking your knees.
6. Upon completion, engage the safety catches before exiting the machine.



Image: Detail of the footplate and safety handles. These handles are used to engage and disengage the safety catches.



Image: Detail of the shoulder pads and safety handles in Hack Squat configuration. The handles provide additional grip and

control.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Atletica Hackenschmidt Combo 2-1 machine.

- **Cleaning:** Wipe down the machine, especially the pads and handles, with a damp cloth after each use to remove sweat and dirt. Use a mild cleaner if necessary. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the sled rails to ensure smooth movement. Do not over-lubricate.
- **Hardware Check:** Every month, check all bolts, nuts, and pins for tightness. Retighten as needed.
- **Wear and Tear:** Inspect cables, pulleys (if any), and padding for signs of wear, fraying, or damage. Replace worn parts immediately.
- **Storage:** Store the machine in a dry, clean environment away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

If you encounter issues with your Atletica Hackenschmidt Combo 2-1, refer to the following common problems and solutions.

- **Sled Movement is Not Smooth:**
 - Check if the rails are clean and free of debris. Clean if necessary.
 - Apply a silicone-based lubricant to the rails.
 - Ensure no components are obstructing the sled's path.
- **Machine Feels Unstable:**
 - Verify all assembly bolts and nuts are securely tightened.
 - Ensure the machine is placed on a flat, level surface.
- **Safety Catches Not Engaging/Disengaging Properly:**
 - Inspect the safety pin mechanism for any obstructions or damage.
 - Ensure the sled is positioned correctly for the catches to engage.

If the problem persists, contact Atletica customer support for assistance.

6. SPECIFICATIONS

Feature	Specification
Model Name	Hackenschmidt Combo 2-1
Manufacturer Reference	555-1152
Brand	Atletica
Product Weight	160 kg (352 lbs)

Maximum Load Capacity	550 kg (1212 lbs)
Material	Alloy Steel
Color	Black
Adjustable Positions	8 (for backrest/sled)

7. WARRANTY AND SUPPORT

Atletica is committed to providing high-quality fitness equipment. For specific warranty details, please refer to the warranty card included with your product or visit the official Atletica website.

For technical support, replacement parts, or any inquiries regarding your Atletica Hackenschmidt Combo 2-1 machine, please contact Atletica customer service:

- **Website:** www.atletica.com (Example link, please refer to actual product documentation for correct contact information)
- **Email:** support@atletica.com (Example email)
- **Phone:** +1-XXX-XXX-XXXX (Example phone number)

Please have your model number (555-1152) and purchase date ready when contacting support.