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› Atletica X-Tron Multigym Instruction Manual

Atletica 555-1108

Atletica X-Tron Multigym Instruction Manual

Model: X-Tron (555-1108)

INTRODUCTION

This manual provides essential information for the safe and effective use of your Atletica X-Tron Multigym. Please read all instructions carefully before assembly and operation. Keep this manual for future reference.

The Atletica X-Tron Multigym is a compact, all-in-one strength training station designed for home use, offering numerous exercise possibilities for both upper and lower body workouts. Its space-saving design allows for comprehensive training in a minimal footprint.

SAFETY INFORMATION

WARNING: Before starting any exercise program, consult with your physician. Improper use of this equipment can result in serious injury.

- Ensure all bolts and nuts are securely tightened before each use.
- Inspect the equipment for worn or damaged parts before each workout. Do not use if any parts are damaged.
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.
- Maintain a clear safety zone of at least 0.6 meters (2 feet) around the equipment.
- Do not exceed the maximum user weight or weight capacity of the machine.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly. Refer to the included parts list for a complete inventory.

The Atletica X-Tron Multigym typically includes:

- Main frame components (carbon steel)
- Weight stack and selector pin
- Pulleys and cables
- Seat and backrest cushions
- Various handles and attachments (e.g., lat bar, ankle strap)

- Assembly hardware (bolts, nuts, washers)

SETUP

Assembly requires two people and can be time-consuming. Follow the step-by-step instructions provided in the separate assembly guide. Ensure you have adequate space for assembly and operation.

Key Assembly Considerations:

- **Location:** Choose a flat, stable surface with sufficient clearance around the machine. The multigym dimensions are 191 cm (Length) x 85 cm (Width) x 210 cm (Height). With a height of 210 cm, the X-Tron is suitable for low ceilings while still allowing taller individuals full range of motion during pull exercises.
- **Tools:** Gather all necessary tools before starting.
- **Cable Routing:** Pay close attention to cable routing diagrams to ensure correct installation of pulleys and cables. Incorrect routing can affect machine function and safety.
- **Tightening:** Do not fully tighten all bolts until instructed, as some components may require slight adjustment during assembly.

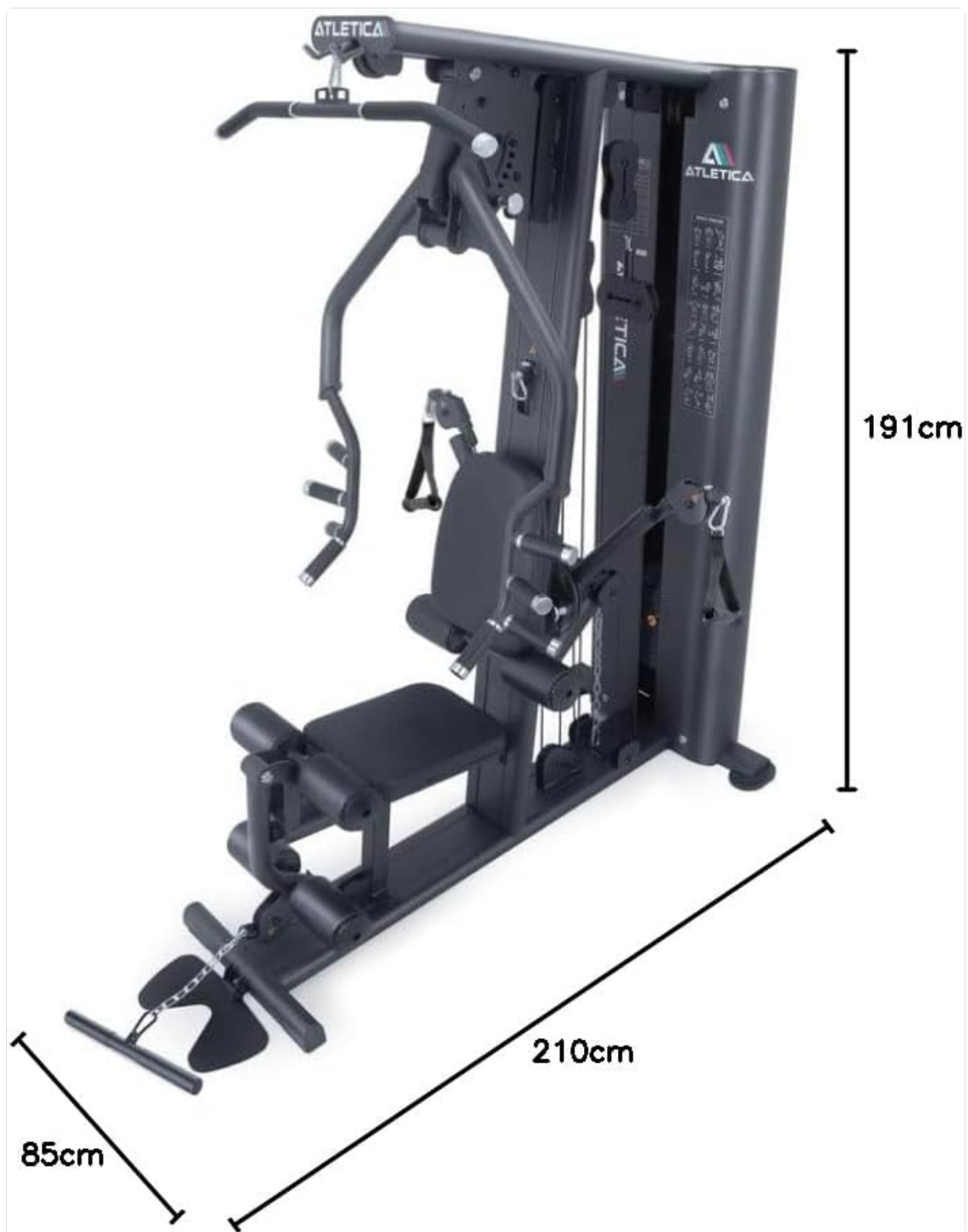


Image: Atletica X-Tron Multigym dimensions. The machine measures 191 cm in length, 85 cm in width, and 210 cm in height, indicating its compact footprint.



Image: Assembled Atletica X-Tron Multigym, side view. This image displays the overall structure, including the seat, leg extension, and upper pulley system.

OPERATING INSTRUCTIONS

The Atletica X-Tron Multigym is designed for a full-body workout, ensuring physiologically correct and joint-friendly exercise execution. This results in minimized injury risk with maximum muscle activation. It supports exercises for the upper body (neck, shoulders, chest, back, arms, abdomen) and lower body (legs, glutes).

Weight Selection

Adjust the weight stack by inserting the selector pin into the desired weight plate. Ensure the pin is fully inserted before beginning your exercise.

Adjustments

The multigym features various adjustment points for different exercises and user heights. These include seat height, backrest angle, and lever arm positions. Refer to the specific exercise guides for proper adjustment settings.



Image: Adjustment dial. This dial allows for precise positioning of certain components, numbered 1 through 7 for easy reference.



Image: Lever arm adjustment. This mechanism uses a pin to lock the lever arm into different positions, enabling a range of exercises and motion paths.

Cable System Usage

The multigym utilizes a cable and pulley system for smooth resistance. Attach the desired handle or accessory to the carabiner at the end of the cable. Ensure the carabiner is securely closed before use.



Image: Pulley system detail. This shows the arrangement of pulleys and cables, which are crucial for the smooth operation of the resistance system.

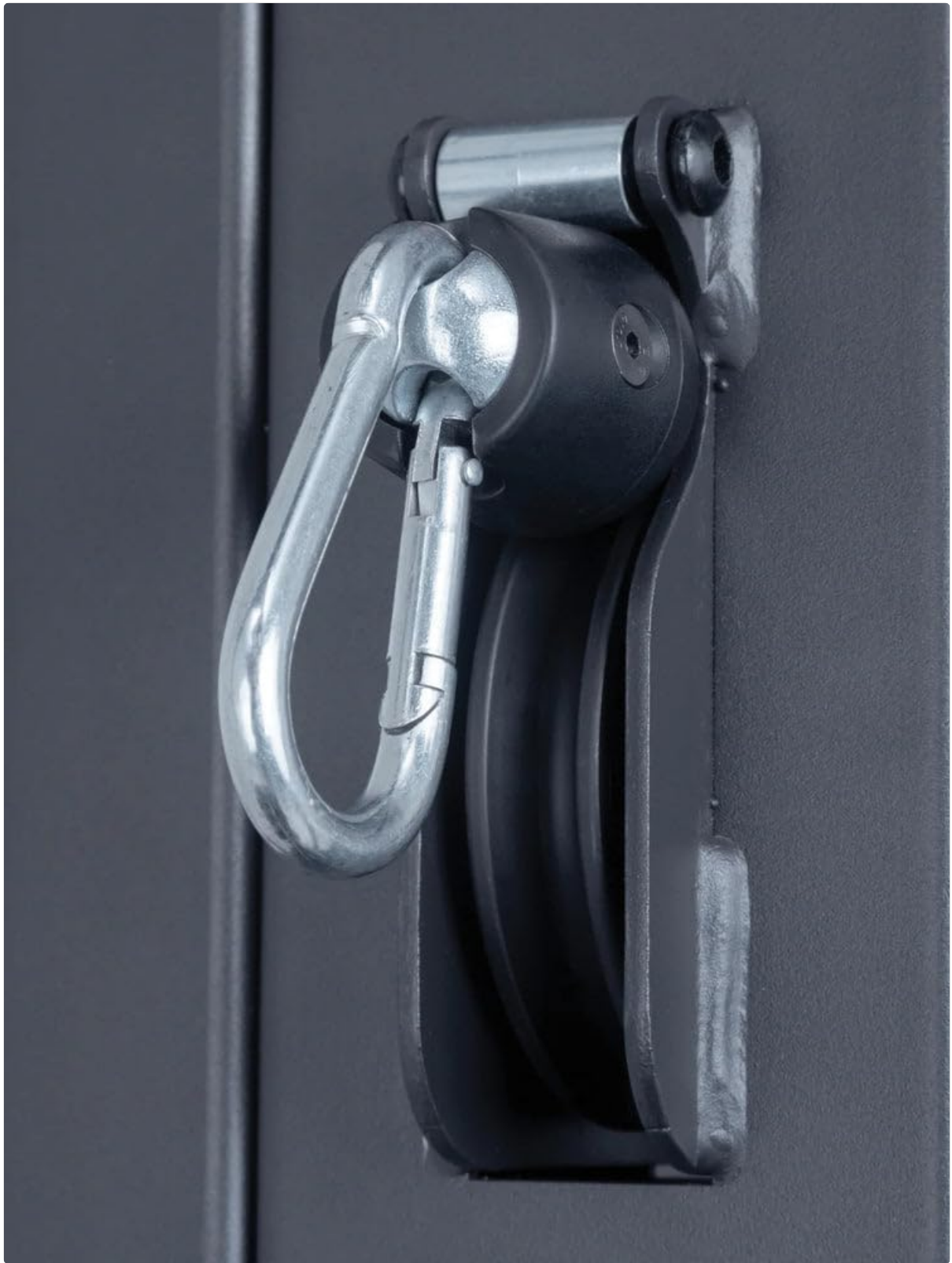


Image: Carabiner attachment point. This detail shows how accessories are connected to the cable system for various exercises.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Atletica X-Tron Multigym.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the guide rods of the weight stack to ensure smooth movement.
- **Cable Inspection:** Regularly check cables for fraying, kinks, or wear. Replace damaged cables immediately.

- **Bolt Tightness:** Periodically check and tighten all bolts, nuts, and fasteners.
- **Pulley Inspection:** Ensure all pulleys rotate freely and are not obstructed.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Weight stack movement is not smooth or gets stuck.	Guide rods are dry or dirty; selector pin is bent or obstructed.	Clean and lubricate guide rods. Inspect selector pin for damage and ensure it's fully inserted.
Cables are noisy or feel rough.	Cables are dry, frayed, or improperly routed; pulleys are stiff or dirty.	Lubricate cables and pulleys. Check cable routing. Replace frayed cables.
Equipment feels unstable or wobbly.	Loose bolts or nuts; uneven floor surface.	Check and tighten all fasteners. Move equipment to a level surface or use leveling feet if available.
Difficulty adjusting seat or lever arms.	Adjustment pins are stuck or misaligned; mechanism is dirty.	Clean adjustment mechanisms. Ensure pins are aligned correctly. Apply light lubricant if necessary.

SPECIFICATIONS

- Brand:** Atletica
- Model:** X-Tron (555-1108)
- Material:** Carbon Steel
- Dimensions (L x W x H):** 191 cm x 85 cm x 210 cm
- Item Weight:** 278 Kilograms
- Maximum Tension Level:** 268 kg
- Handle Type:** Cable Handle
- Strap Type:** Cable/Pulley

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or visit the official Atletica website. For technical support, replacement parts, or further assistance, please contact Atletica customer service.

Contact Information:

- **Website:** www.atletica.com
- **Email:** support@atletica.com
- **Phone:** +1-XXX-XXX-XXXX

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