

Atletica 555-1510

Atletica R7 Plate-Loaded Cable System Instruction Manual

Model: 555-1510

1. INTRODUCTION

The Atletica R7 Plate-Loaded Cable System is an innovative attachment designed to expand the exercise variety on your Atletica R7 Power Rack, Half Rack, or Squat Rack. This system allows for various upper body pulling exercises, enhancing your strength training routine. It features a top-mounted cable system and a plate-loaded sled with three guide rollers for smooth operation.

2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the cable system is securely mounted to your R7 rack according to the instructions before each use.
- Inspect all components, including cables, pulleys, and weight pins, for wear or damage before each workout. Do not use if any part is damaged.
- Do not exceed the maximum weight capacity of 250 kg (550 lbs).
- Keep children and pets away from the equipment during use.
- Use proper lifting techniques and control movements to prevent injury.
- Wear appropriate athletic footwear and clothing.
- Perform a warm-up before exercising and cool-down afterward.

3. PACKAGE CONTENTS

The Atletica R7 Plate-Loaded Cable System package includes:

- R7 Plate-Loaded Cable System components (main assembly, cable, weight sled, guide rollers)

- Mounting hardware for R7 Power Racks

Note: Weight plates and handles are sold separately.

4. SETUP INSTRUCTIONS

Follow these steps to properly set up your Atletica R7 Plate-Loaded Cable System on your R7 Power Rack, Half Rack, or Squat Rack.

4.1 Mounting the Top Cable System

1. Identify the top roller assembly. This component attaches to the upper part of your R7 rack.
2. Position the top roller assembly at the desired height on your R7 rack. It is designed to attach easily, similar to a J-hook or spotter arm. Ensure it is securely fastened through the rack's uprights.
3. Verify that the top roller assembly is stable and cannot be dislodged during use.



Figure 1: Top roller assembly securely mounted on the R7 power rack upright.

4.2 Attaching the Weight Sled and Bottom Roller

1. Locate the plate-loaded sled and the bottom roller assembly.
2. Attach the bottom roller assembly to a lower section of your R7 rack, ensuring it is aligned with the top roller. This assembly also attaches like a J-hook or spotter arm.
3. Thread the four-sheathed steel cable through the top roller, down to the weight sled, and then through the bottom roller.
4. The weight sled rests on a highly resistant plug-in bolt. Ensure the sled is properly seated on this bolt.
5. Attach your desired handle or accessory to the end of the cable.

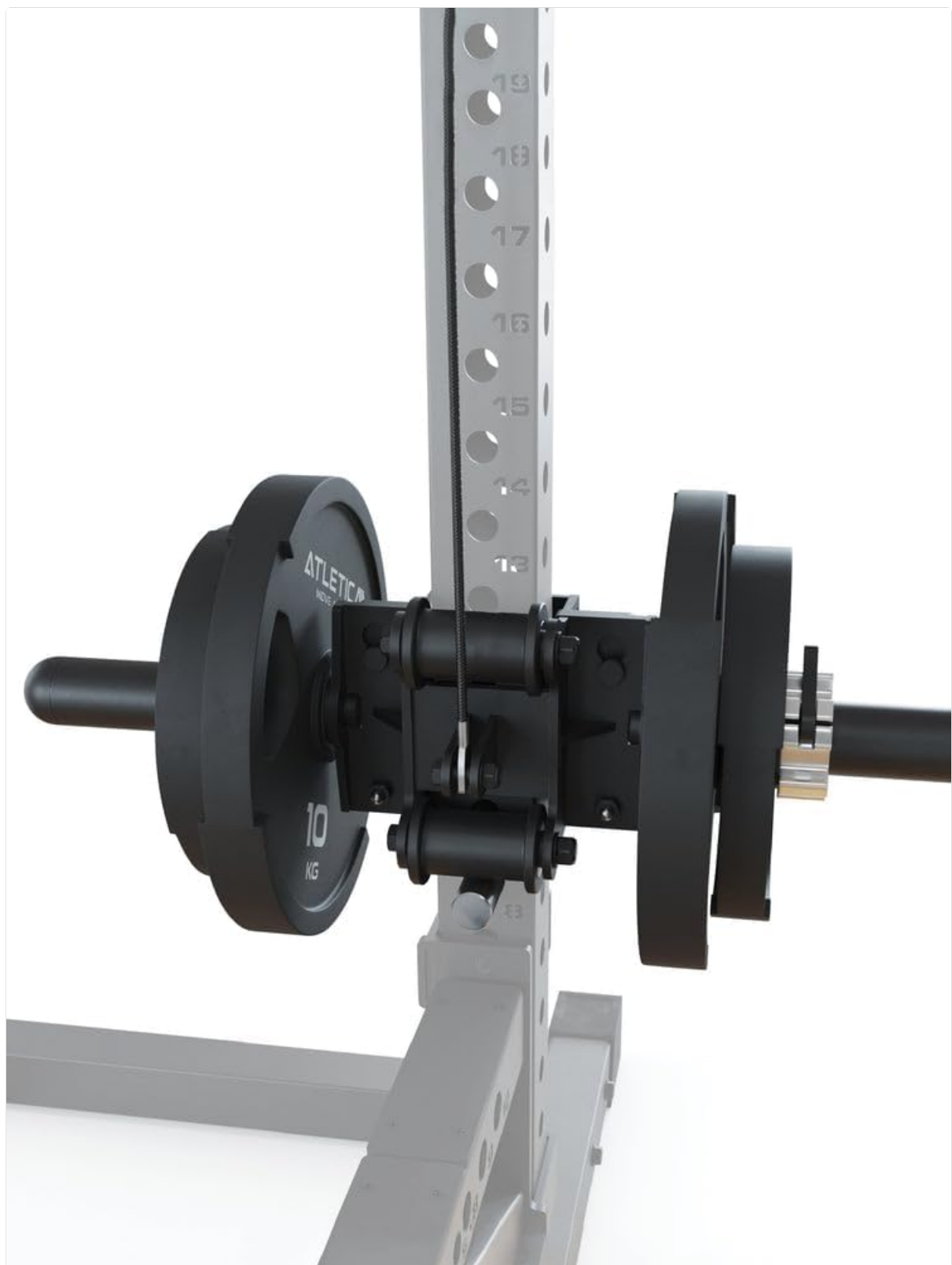


Figure 2: The complete cable system setup with weight plates and handle attachment.



Figure 3: Detailed view of the plate-loaded sled, showing the weight plate holders and cable attachment point.



Figure 4: The weight sled with a single weight plate, illustrating how plates are loaded onto the two 50mm weight posts.



Figure 5: Side profile of the cable system, highlighting the smooth path of the cable through the guide rollers.



Figure 6: Overhead view of the weight sled, demonstrating the capacity for multiple 50mm weight plates.



Figure 7: The weight sled without plates, clearly showing the two 50mm diameter weight posts for loading.



Figure 8: The cable system fully assembled with a weight plate and a handle, illustrating a ready-to-use configuration.

4.3 Loading Weight Plates

The weight sled features two lateral weight posts designed for 50mm diameter Olympic weight plates. Load plates evenly on both sides to maintain balance and smooth operation. The maximum load capacity is 250 kg.

5. OPERATING INSTRUCTIONS

The Atletica R7 Plate-Loaded Cable System offers a wide range of exercises for various muscle groups. The three ball-bearing guide rollers ensure a smooth and quiet gliding motion of the sled.

5.1 Exercise Possibilities

- **Lat Pulldowns:** Target your broad back muscles (latissimus dorsi).
- **Single-Arm Pulldowns:** Intensify the pull movement and specifically target the latissimus.
- **Face Pulls:** Engage posterior shoulder muscles, trapezius, and rhomboids.

- **Triceps Variations:** Perform various triceps extensions using different handles.
- **Unilateral Cable Chest Exercises:** Isolate and work individual pectoral muscles.
- **Core Exercises:** Perform cable crunches or wood choppers for core strength.

5.2 Using Various Handles and Accessories

The four-sheathed steel cable allows for the attachment of a variety of single-arm and two-arm handles and accessories (sold separately) to diversify your workouts.

5.3 Advanced Usage: Unilateral Smith Machine Functionality

The plate-loaded sled can also function as a unilateral Smith machine. To achieve an ergonomic grip diameter, simply remove the steel shaft sleeve from the inner weight post.

5.4 Dual Cable System Configuration

If you equip both uprights of your R7 Power Rack, Half Rack, or Squat Rack with two Atletica R7 Plate-Loaded Cable Systems, you can create a dual cable setup. This expands your exercise options further to include movements like Pec Flys, Reverse Flys, Dual Cable Curls, and more.

6. MAINTENANCE

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and connections to ensure they are tight. Tighten as necessary.
- **Cable and Pulley Check:** Periodically inspect the steel cable for fraying or wear. Check the guide rollers for smooth operation and ensure they are free of debris.
- **Lubrication:** The ball-bearing guide rollers are designed for smooth operation. If any squeaking or resistance occurs, consult Atletica support for recommended lubrication.
- **Storage:** Store the equipment in a dry, clean environment away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

- **Sled movement is not smooth:**
 - Check if the cable is properly threaded through all rollers.
 - Ensure weight plates are loaded evenly on the sled.
 - Inspect rollers for any debris or damage. Clean or replace if necessary.
- **Unusual noises during operation:**
 - Verify all mounting bolts are securely tightened.
 - Check for any rubbing parts or loose components.
 - Inspect the cable and pulleys for wear.
- **Difficulty attaching to R7 rack:**
 - Ensure you are using an Atletica R7 Power Rack, Half Rack, or Squat Rack.
 - Confirm correct orientation of the mounting brackets.
 - Refer to the setup instructions and images carefully.

If you encounter issues not listed here or if troubleshooting steps do not resolve the problem, please contact Atletica

customer support.

8. SPECIFICATIONS

Model Number	555-1510
Material	Alloy Steel
Maximum Load Capacity	250 kg (550 lbs)
Compatible Weight Plates	50 mm diameter (Olympic standard)
Product Dimensions (Packaged)	74 x 33 x 23 cm (29.1 x 13 x 9.1 inches)
Product Weight (Packaged)	20 kg (44 lbs)
Color	Black

9. WARRANTY INFORMATION

Atletica products are manufactured to high-quality standards. For specific warranty details regarding your R7 Plate-Loaded Cable System, please refer to the warranty card included with your purchase or visit the official Atletica website. Keep your proof of purchase for warranty claims.

10. CUSTOMER SUPPORT

If you have any questions, require assistance with setup, or need to report a problem, please contact Atletica customer support:

- **Website:** [www.atletica.com](#) (Note: This is a placeholder URL. Please refer to your product packaging or official Atletica documentation for the correct support contact information.)
- **Email:** support@atletica.com (Placeholder)
- **Phone:** +1-XXX-XXX-XXXX (Placeholder)

When contacting support, please have your model number (555-1510) and purchase date available.

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

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