

Atletica X-Pollux

ATLETICA X-Pollux Functional Trainer & Smith Machine

User Manual

1. IMPORTANT SAFETY INFORMATION

Before operating the ATLETICA X-Pollux, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or equipment damage.

- Consult a physician before starting any exercise program.
- Always perform a proper warm-up before exercising.
- Inspect the equipment for loose, worn, or damaged parts before each use. Do not use if any damage is found.
- Ensure all bolts and nuts are securely tightened.
- Maintain proper form during exercises to prevent injury.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum tension level of 180 kg.
- Use only genuine ATLETICA replacement parts if needed.

2. PRODUCT OVERVIEW

The ATLETICA X-Pollux is a versatile home gym system combining a Functional Trainer and a Smith Machine with integrated weight stacks. It is designed for comprehensive strength training in a space-efficient design.



Image: Front view of the ATLETICA X-Pollux, showcasing its dual cable towers, Smith machine bar, and integrated weight stacks.

Key Features:

- Integrated Smith Machine with guided barbell training.
- Dual Functional Trainer with 90 kg weight stacks (2:1 ratio) per side.
- 30 adjustable cable positions for versatile exercises.
- Multi-grip pull-up bar with integrated boulder handles.
- Innovative folding mechanism for space-saving storage.
- Includes 9 essential accessories.

3. SETUP AND ASSEMBLY

The ATLETICA X-Pollux requires assembly. It is recommended to have at least two people for safe and efficient setup. Ensure you have adequate space and all components are present before beginning.

3.1 Unpacking and Component Check

1. Carefully unpack all components from the packaging.

2. Refer to the included assembly diagram (not provided in this manual) to identify all parts.
3. Verify that all parts and hardware are present and undamaged. Contact customer support immediately if any parts are missing or damaged.

3.2 Assembly Steps

Follow the detailed assembly instructions provided in the separate assembly guide (not included in this document). Ensure all connections are secure before proceeding to operation.

3.3 Folding Mechanism for Space-Saving

The X-Pollux features an innovative folding mechanism to save space when not in use. To fold the unit:

1. Unlock the footplates and the pull-up bar.
2. Unlock the Smith Bar.
3. Fold both the footplates and the pull-up bar elements downwards.
4. Fold the power station from the left and right towards the center.
5. Re-secure the pedals to lock the unit in its folded position.

This process allows you to save over 50 cm of training surface.



Image: Top-down view illustrating the folding mechanism of the ATLETICA X-Pollux, showing how the side components can be moved inward for compact storage.

4. OPERATING INSTRUCTIONS

4.1 Smith Machine Operation

The Smith Machine provides guided barbell training with enhanced safety. It uses two integrated 90 kg

weight blocks (2:1 ratio) connected to the barbell, eliminating the need for additional weight plates.

- **Weight Selection:** Adjust the pin on the weight stack to select the desired resistance.
- **Safety Catches:** The Smith bar can be immediately and securely racked at any point during an exercise, providing safety, especially for beginners or when experiencing fatigue.
- **Exercises:** Suitable for squats, bench presses, shoulder presses, and other guided barbell movements.

4.2 Functional Trainer (Cable Crossover) Operation

The dual cable towers offer a wide range of functional and isolation exercises. Each tower has a 90 kg weight stack (2:1 ratio).



Image: Close-up view of the cable adjustment mechanism, showing the multiple height settings for the pulleys on the ATLETICA X-Pollux.

- **Weight Selection:** Adjust the pin on each weight stack independently to select the desired resistance.

- **Cable Height Adjustment:** The cable crossover pulleys can be positioned at 30 different levels. To adjust, pull the pin, slide the pulley to the desired height, and release the pin to lock it in place.
- **Independent and Simultaneous Use:** Both cable towers can be used independently for single-arm exercises or simultaneously for exercises requiring both cables.
- **Double Pull Bar:** For simultaneous use of both weight blocks, attach the double pull bar to connect both cable systems.

4.3 Included Accessories and Usage

The X-Pollux comes with 9 accessories that can be easily attached to the cable systems:



Image: A complete set of 9 accessories for the ATLETICA X-Pollux, including various handles, bars, and straps, laid out for identification.

- **Curl and Rowing Bar:** For bicep curls, tricep pushdowns, and seated rows.
- **Triceps Rope:** Ideal for triceps extensions, face pulls, and abdominal crunches.
- **Two Single Handles:** For single-arm exercises like cable flies, lateral raises, and single-arm rows.
- **Pull-up Bar:** (Integrated) For various pull-up grips and calisthenics.
- **Leg and Arm Loop:** For glute kickbacks, leg raises, and specific arm exercises.
- **Stirrup Plate:** For specific cable exercises requiring foot or hand support.
- **Pull Chain:** For extending cable length or connecting multiple attachments.
- **Versatile Double Pull Bar:** Connects both cable towers for exercises requiring dual resistance.

All accessories can be stored on the rear hook system of the unit when not in use.

4.4 Multi-Grip Pull-Up Bar

The integrated multi-grip pull-up bar with boulder handles allows for a variety of pull-up variations, calisthenics, and intense abdominal exercises.

4.5 Example Exercises

The ATLETICA X-Pollux supports a wide range of exercises, including but not limited to:

- Lat Pulldowns, Seated Rowing, Single-Arm Cable Rows
- Bicep Curls, Triceps Extensions
- Cable Flys, Cable Chest Press
- Rotational Overhead Press, Lateral and Front Raises, Rear Delt Flys
- Face Pulls, Glute Kickbacks, Cable Crunches
- Woodchoppers, Kayak Rows, Pallof Press
- Cable Deadlifts, Squats (using Smith Machine or cables)

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your ATLETICA X-Pollux.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Cable and Pulley Inspection:** Regularly check cables and pulleys for signs of wear, fraying, or damage. Replace any worn parts immediately.
- **Lubrication:** Periodically apply a silicone-based lubricant to moving parts, such as guide rods and cable pulleys, to ensure smooth operation.
- **Hardware Check:** Periodically check all nuts, bolts, and fasteners to ensure they are tight. Re-tighten as necessary.
- **Storage:** When not in use for extended periods, store the unit in a clean, dry environment. Utilize the folding mechanism for compact storage.

6. TROUBLESHOOTING

If you encounter any issues with your ATLETICA X-Pollux, refer to the following common troubleshooting tips:

- **Squeaking or Grinding Noises:** Check for loose bolts or components. Lubricate guide rods and pulleys. Ensure cables are properly seated.
- **Rough Cable Movement:** Inspect cables for fraying or damage. Ensure pulleys are clean and lubricated. Check for obstructions in the cable path.
- **Instability:** Verify that the unit is placed on a flat, stable surface. Check all frame bolts and connections for tightness.
- **Weight Stack Not Moving Smoothly:** Ensure the selector pin is fully inserted. Check guide rods for cleanliness and lubrication.

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

7. SPECIFICATIONS

Feature	Specification
Brand	Atletica
Model	X-Pollux
Product Dimensions (L x W x H)	105 x 127 x 220 cm
Item Weight	424 Kilograms
Material	Alloy steel gauge 11
Color	Black
Tension Level (Max Resistance)	180 kg
Handle Type	Steel and rubber
Weight Stacks	2 x 90 kg (2:1 ratio)
Manufacturer Reference	555-1169
ASIN	B0CSKD6LR2

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The ATLETICA X-Pollux comes with a **Lifetime Guarantee**. Please retain your proof of purchase for warranty claims. Specific terms and conditions may apply; refer to your purchase documentation for full details.

8.2 Returns Policy

Returns are accepted within 30 days of receipt. Please contact the seller, ATLETICA ITALIA, for return procedures.

8.3 Customer Support

For any questions, technical assistance, or warranty claims, please contact ATLETICA ITALIA's specialized customer service. Contact details can typically be found on your purchase invoice or the seller's page on Amazon.

9. VIDEO RESOURCES

No official product videos from the seller were found in the provided data. For visual guides on assembly or exercise demonstrations, please refer to the manufacturer's official website or authorized channels.