

Atletica R7 Nemesis 555-2226

Atletica R7 Nemesis Stack Weight Rack User Manual

Model: R7 Nemesis 555-2226 (223 cm Height)

Brand: Atletica

1. PRODUCT OVERVIEW

The Atletica R7 Nemesis Stack Weight Rack is a robust and versatile fitness solution designed for comprehensive strength training. This equipment integrates a squat rack, multipress, 125 kg stack weight system, pull-up bar, and a deadlift station, providing a complete workout experience within a compact footprint. Constructed with 70mm square tubes and a 2.5mm thickness, the R7 Nemesis ensures stability and safety during intense workouts.

Key features include:

- **Integrated Multipress and Pull-Up System:** Allows for guided squats, bench presses, and various pull-up exercises.
- **125 kg Stack Weight:** Provides adjustable resistance for cable exercises.
- **Deadlift Station with Safety Straps:** Designed for quiet and safe deadlifts, protecting both equipment and flooring.
- **High-Capacity J-Hooks and Spotter Arms:** Performance J-hooks support up to 1100 kg per pair, and spotter arms support up to 350 kg per pair, featuring hard plastic protection.
- **Space-Efficient Design:** Accommodates a weight bench inside the rack, maximizing your training area.
- **Durable Construction:** Laser-cut, welded, and double powder-coated for enhanced durability and rust protection.



Figure 1: Front view of the Atletica R7 Nemesis Stack Weight Rack, showcasing the integrated multipress and weight stack.

2. SAFETY INFORMATION

Before using the Atletica R7 Nemesis Stack Weight Rack, please read and understand all safety instructions. Failure to follow these instructions may result in serious injury or equipment damage.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Proper Assembly:** Ensure the rack is assembled correctly and all bolts are securely tightened according

to the assembly guide.

- **Stable Surface:** Place the equipment on a flat, stable, and non-slip surface. Rubberized feet protect your floor and enhance stability.
- **Inspect Before Use:** Before each workout, inspect the rack for any loose parts, damaged cables, or worn components. Do not use if any damage is found.
- **Use Spotters:** When performing heavy lifts, especially squats and bench presses, always use the spotter arms and consider having a human spotter.
- **Correct Form:** Maintain proper exercise form to prevent injuries. If unsure, seek guidance from a qualified fitness instructor.
- **Weight Limits:** Do not exceed the maximum weight capacities for J-hooks (1100 kg per pair) and spotter arms (350 kg per pair).
- **Children and Pets:** Keep children and pets away from the equipment during use and when unsupervised.
- **Clearance:** Ensure adequate clearance around the rack for safe movement and exercise.

3. SETUP AND ASSEMBLY

The Atletica R7 Nemesis Stack Weight Rack requires assembly. Refer to the detailed assembly manual included with your purchase for step-by-step instructions. The following provides a general overview:

1. **Unpack Components:** Carefully unpack all parts and verify against the parts list in your assembly manual.
2. **Prepare Area:** Choose a suitable location with sufficient space and a level floor.
3. **Assemble Frame:** Begin by assembling the main uprights and base frame. Ensure all connections are secure but do not fully tighten bolts until the entire frame is assembled.
4. **Install Attachments:** Attach the multipress guide rails, pull-up bar, deadlift station, and weight stack system.
5. **Cable Routing:** Carefully route all cables through the pulleys as instructed in the assembly manual, ensuring they are not twisted or pinched.
6. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts. Double-check every connection for security.
7. **Functionality Check:** Test all moving parts, including the multipress, weight stack, and pulley system, to ensure smooth operation.



Figure 2: Angled view of the R7 Nemesis, illustrating the structural frame and various attachment points for assembly reference.

4. OPERATING INSTRUCTIONS

The R7 Nemesis offers a variety of exercise options. Familiarize yourself with each component before beginning your workout.

4.1 Squat Rack and Free Weight Exercises

- **J-Hooks:** Insert the J-hooks into the desired height holes on the uprights. Ensure both hooks are at the same height and fully seated.
- **Spotter Arms:** For safety, always position the spotter arms below your lowest squat or bench press point. Insert them into the uprights and secure them.
- **Barbell Placement:** Carefully load your barbell onto the J-hooks.

4.2 Multipress (Smith Machine)

- **Engaging the Bar:** The multipress bar moves along guided rails. To unlock, rotate the bar slightly to disengage the safety catches.
- **Safety Catches:** Always re-engage the safety catches by rotating the bar back into the locked position when resting or finishing a set.
- **Adjustable Stops:** Utilize the adjustable safety stops on the multipress rails to prevent the bar from descending too low.

4.3 Weight Stack and Pulley System

- **Weight Selection:** Insert the selector pin into the desired weight plate on the stack. Ensure the pin is fully inserted.
- **Attachments:** Connect various cable attachments (e.g., lat bar, rope handle) to the carabiner on the cable end.
- **Smooth Movement:** Perform exercises with controlled movements to prevent sudden jerks on the cables and pulleys.

4.4 Pull-Up Bar

- The pull-up bar is offset forward, allowing for various grip positions. Ensure a secure grip before performing pull-ups.

4.5 Deadlift Station

- The deadlift station features safety straps. Position your barbell on these straps to absorb impact and reduce noise when lowering the weight.



Figure 3: Front view highlighting the weight stack, multipress bar, and J-hooks for various exercises.



Figure 4: Side view demonstrating the pulley system, cable attachments, and the deadlift station with safety straps.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Athletica R7 Nemesis Stack Weight Rack.

- **Daily Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Weekly Inspection:** Check all bolts, nuts, and fasteners for tightness. Retighten as necessary.
- **Cable and Pulley Check:** Inspect cables for fraying, kinks, or wear. Ensure pulleys move freely and are not obstructed. Replace damaged cables immediately.
- **Lubrication:** Periodically apply a silicone-based lubricant to the multipress guide rods and any moving parts of the weight stack system to ensure smooth operation.
- **Floor Protection:** Ensure the rubberized feet are intact and continue to protect your flooring.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your R7 Nemesis Stack Weight Rack.

- **Squeaking Noises:** Check for loose bolts and lubricate moving parts, especially the multipress guide rods and pulley axles.
- **Rough Cable Movement:** Inspect cables for damage or improper routing. Ensure pulleys are clean and lubricated.
- **Wobbling Rack:** Verify that the rack is on a level surface. Check and tighten all frame bolts.
- **Weight Stack Pin Sticking:** Ensure the pin is not bent. Clean any debris from the weight plate holes and lubricate the pin if necessary.

If you encounter issues not listed here or if problems persist, please contact Atletica customer support for assistance.

7. SPECIFICATIONS

Feature	Specification
Brand	Atletica
Model Number	555-2226
Height	223 cm
Weight	344.5 kg
Frame Material	70mm Square Steel Tubes, 2.5mm Thickness
J-Hook Capacity	Up to 1100 kg per pair
Spotter Arm Capacity	Up to 350 kg per pair
Weight Stack	125 kg
Color	Black

8. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card or documentation included with your Atletica R7 Nemesis Stack Weight Rack purchase. This document outlines the terms and conditions of your product's warranty.

For technical support, replacement parts, or any inquiries regarding your equipment, please contact Atletica customer service. Contact details can typically be found on the manufacturer's website or in your purchase documentation.

