

Atletica R7 Saber 223 cm

ATLETICA R7 Saber Squat Rack with Multipress 223 cm User Manual

Model: R7 Saber 223 cm

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the ATLETICA R7 Saber Squat Rack with Multipress. Failure to follow these instructions may result in serious injury or equipment damage. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult with a physician to ensure you are in good health.
- **Assembly:** Ensure all components are correctly assembled and all bolts are securely tightened before use. Refer to the assembly instructions provided separately.
- **Weight Limits:** Do not exceed the maximum weight capacities for the J-hooks (1100 kg per pair) and spotter arms (350 kg per pair).
- **Stable Surface:** Always use the equipment on a flat, stable, and non-slip surface. The rubberized feet protect your floor and enhance stability.
- **Clearance:** Maintain adequate clearance around the equipment during use to prevent accidents.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Inspection:** Regularly inspect the rack for any signs of wear, damage, or loose components. Do not use the equipment if any part is damaged.
- **Proper Technique:** Use proper lifting techniques and always use spotter arms when performing heavy lifts, especially when training alone.

2. PRODUCT OVERVIEW

The ATLETICA R7 Saber is a robust squat rack featuring an integrated multipress (Smith machine), J-hooks, spotter arms, and a pull-up bar. Designed for stability and versatility, it accommodates various strength training exercises.



Figure 1: Front view of the ATLETICA R7 Saber Squat Rack. This image shows the main structure of the rack, including the uprights, crossbeams, and a barbell resting on the J-hooks. The pull-up bar is visible at the top.

Key Features:

- **Robust Construction:** Features 70 mm square tubes with a 2.5 mm thickness for high stability and safety.
- **Integrated Multipress:** Allows for guided squats and bench presses.
- **High-Performance J-Hooks:** Rated for up to 1100 kg per pair, with protective hard plastic layers.
- **Heavy-Duty Spotter Arms:** Rated for up to 350 kg per pair, providing essential safety during lifts.
- **Offset Pull-Up Bar:** Positioned forward to allow for pull-ups in front of the rack.
- **Floor Protection:** Rubberized feet prevent damage to your flooring.

- **Modular Design:** Optionally expandable with a deadlift station and two weight plate holders (sold separately).

3. SETUP AND ASSEMBLY

The ATLETICA R7 Saber Squat Rack requires assembly. Please refer to the separate assembly guide included with your purchase for detailed, step-by-step instructions. Ensure all parts are present before beginning assembly.

General Assembly Tips:

- **Unpack Carefully:** Lay out all components on a clean, flat surface.
- **Tools:** Use appropriate tools as specified in the assembly guide.
- **Team Lift:** Due to the weight (164 kg), it is recommended to have at least two people for assembly.
- **Secure Fasteners:** Hand-tighten all bolts initially, then fully tighten them once the entire structure is assembled and aligned.
- **J-Hooks and Spotter Arms:** Install the J-hooks and spotter arms at your desired height using the numbered holes on the uprights. Ensure they are securely locked in place.
- **Pull-Up Bar:** Attach the pull-up bar as per the assembly instructions.
- **Floor Protection:** The rack comes with rubberized feet. Ensure they are properly installed to protect your floor and provide stability.

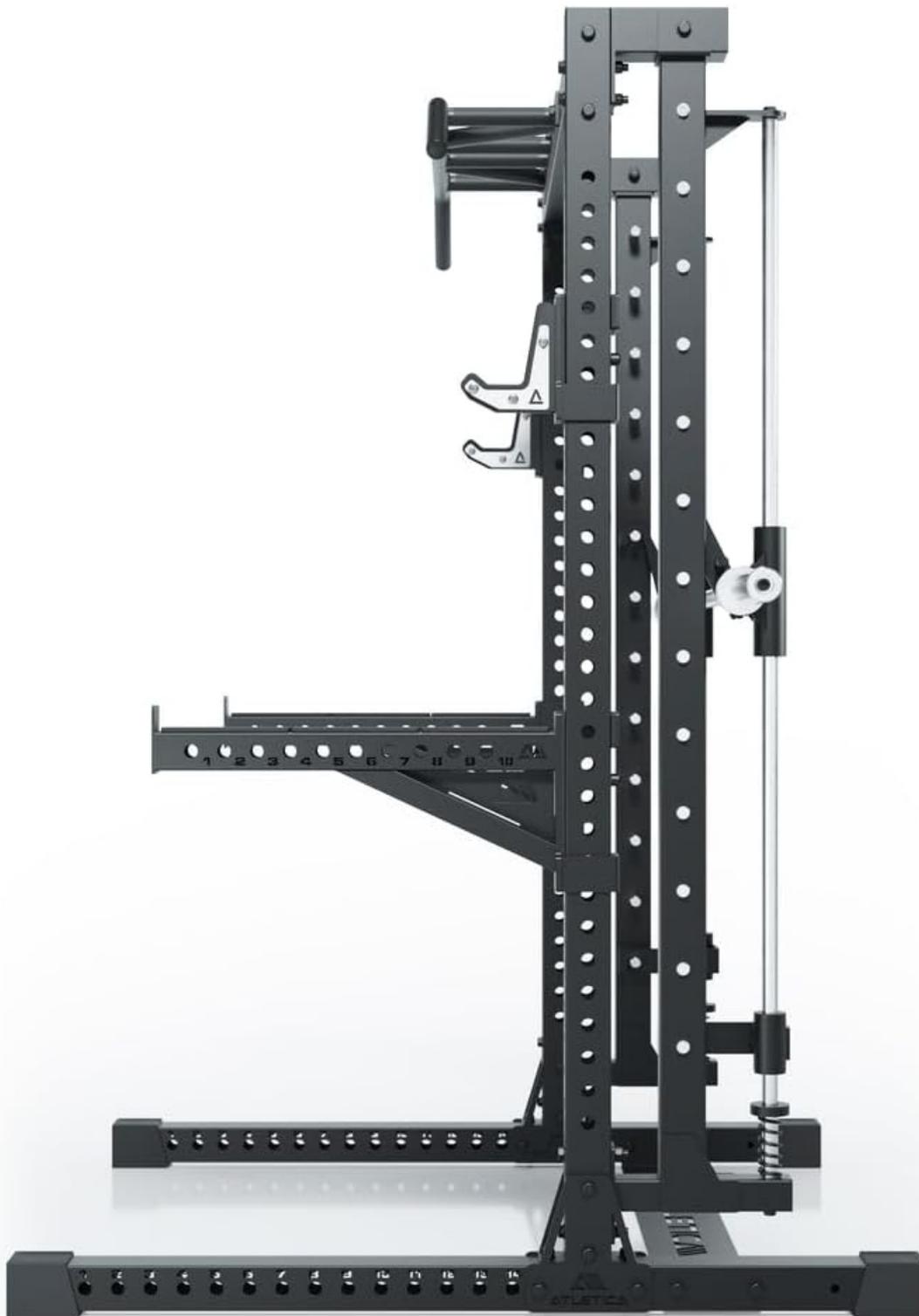


Figure 2: Side view of the ATLETICA R7 Saber Squat Rack. This image illustrates the depth of the rack, the multipress (Smith machine) guide rods, and the adjustable positions for the J-hooks and spotter arms.

4. OPERATING INSTRUCTIONS

The ATLETICA R7 Saber Squat Rack offers multiple training options. Always ensure proper setup and safety precautions before each use.

4.1 Using the Squat Rack (Free Weight Training)

1. **Position J-Hooks:** Adjust the J-hooks to the appropriate height for your exercise (e.g., squat, bench press). Ensure both J-hooks are at the same height and securely inserted.

2. **Set Spotter Arms:** Position the spotter arms just below your lowest intended range of motion for safety. Ensure both spotter arms are at the same height and securely inserted.
3. **Load Barbell:** Carefully load your barbell with desired weights.
4. **Perform Exercise:** Begin your exercise, ensuring you stay within the rack's frame. The spotter arms will catch the barbell if you fail a lift.

4.2 Using the Multipress (Smith Machine)

The integrated multipress provides a guided bar path for exercises like squats and bench presses, offering increased stability and control.

1. **Engage Bar:** The multipress bar is attached to guide rods. To start, unrack the bar by rotating it slightly to disengage the safety catches.
2. **Set Safety Stops:** Adjust the movable safety stops to prevent the bar from descending below a safe point.
3. **Perform Exercise:** Perform your exercise with the guided bar. To re-rack, rotate the bar to engage the safety catches at any desired height.

4.3 Using the Pull-Up Bar

The offset pull-up bar allows for various grip positions. Ensure the rack is stable before performing pull-ups. Do not swing excessively.



Figure 3: Top-down view of the ATLETICA R7 Saber Squat Rack. This perspective highlights the design of the pull-up bar and the robust frame construction from above.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your ATLETICA R7 Saber Squat Rack.

- **Daily Inspection:** Before each use, quickly check for any loose bolts, damaged parts, or unusual noises.
- **Tighten Bolts:** Periodically check and tighten all bolts and fasteners. Over time, vibrations from use can cause them to loosen.
- **Clean Equipment:** Wipe down the frame with a damp cloth after use to remove sweat and dust. Avoid abrasive cleaners. The double powder coating protects against rust.
- **J-Hook and Spotter Arm Protection:** Inspect the hard plastic protective layers on the J-hooks and spotter arms for wear. These protect your barbell and the rack.
- **Multipress Guides:** Keep the multipress guide rods clean and free of debris. Lightly lubricate if necessary, following manufacturer recommendations for lubricants.
- **Storage:** Store the rack in a dry environment to prevent corrosion.

6. TROUBLESHOOTING

If you encounter issues with your ATLETICA R7 Saber Squat Rack, refer to the following common troubleshooting tips:

- **Rack Instability:**
 - Ensure all assembly bolts are fully tightened.
 - Verify the rack is on a flat and level surface. Adjust if necessary.
 - Check that the rubberized feet are properly installed and intact.
- **Multipress Bar Sticking/Rough Movement:**
 - Clean the guide rods thoroughly to remove any dust or debris.
 - Apply a small amount of silicone-based lubricant to the guide rods. Avoid oil-based lubricants that can attract dust.
 - Inspect the bearings or bushings on the multipress bar for damage or wear.
- **J-Hooks/Spotter Arms Not Securing:**
 - Ensure the pins are fully inserted through both sides of the upright and the accessory.
 - Check for any obstructions in the adjustment holes.
- **Unusual Noises:**
 - Identify the source of the noise. It often indicates loose bolts or friction between components.
 - Tighten all bolts and check for any metal-on-metal contact that might require a small amount of lubricant or adjustment.

If problems persist, contact ATLETICA customer support for assistance.

7. SPECIFICATIONS

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| Brand | Atletica |
| Model | R7 Saber |
| Height | 223 cm |

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| Tube Dimensions | 70 mm x 70 mm square, 2.5 mm thickness |
| Product Weight | 164 kg |
| J-Hook Capacity | Up to 1100 kg per pair |
| Spotter Arm Capacity | Up to 350 kg per pair |
| Color | Black |
| Model Number | 555-2222 |
| ASIN | B0DDL BDS33 |

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation provided with your purchase or contact the retailer/manufacturer directly. Specific warranty terms may vary.

If you require technical support, have questions about assembly, or need replacement parts, please contact ATLETICA customer service. For purchases made through Amazon, you may also contact the seller, ATLETICA BELGIUM, for assistance.