

ATLETICA R7 223cm

ATLETICA R7 Squat Rack User Manual

Model: R7 223cm | Brand: ATLETICA

INTRODUCTION

Thank you for choosing the ATLETICA R7 Squat Rack. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. The ATLETICA R7 Squat Rack is designed for robust strength training, featuring a sturdy construction suitable for various exercises including squats, bench presses, and pull-ups. Please read this manual thoroughly before assembly and use to ensure optimal performance and user safety. The R7 Squat Rack is built with 70mm square tubing and 2.5mm thick steel, ensuring high stability and a wobble-free training experience. Its design allows ample space to place a weight bench inside the rack, maximizing your training area. This model is the 223cm height variant, offering full height for diverse training needs.

SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in serious injury or death.

- Always consult with a physician before starting any exercise program.
- Inspect the squat rack for any damaged or worn parts before each use. Do not use if any components are compromised.
- Ensure all bolts, nuts, and fasteners are securely tightened before each workout session.
- Use the Spotter Arms at an appropriate height to prevent injury during heavy lifts.
- Do not exceed the maximum weight capacity of 1100 kg for the J-Hooks and 350 kg per pair for the Spotter Arms.
- Keep children and pets away from the equipment during use.
- Place the squat rack on a flat, stable, and non-slip surface. The rubber feet protect your floor and enhance stability.
- Always use proper lifting techniques and controlled movements.
- Do not modify the equipment in any way. Use only original ATLETICA replacement parts if needed.

PACKAGE CONTENTS

Verify that all components are present and undamaged before beginning assembly. If any parts are missing or damaged, contact ATLETICA customer support.

- Main uprights (2x)
- Base frames (2x)
- Crossbars/Connectors (various)
- Pull-up bar (1x)
- Performance J-Hooks (1 pair)
- Spotter Arms (1 pair)
- Assembly hardware (bolts, washers, nuts)
- Rubber feet (pre-installed or separate)
- Assembly tools (basic wrenches, if included)



Image: Overview of the ATLETICA R7 Squat Rack structure, showing the main uprights, base, and crossbars.

SETUP AND ASSEMBLY

Assembly typically requires two people. Follow these steps carefully. Do not fully tighten bolts until instructed.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Check against the package contents list.
2. **Assemble Base Frames:** Attach the horizontal base frames to the vertical uprights using the provided bolts and washers. Hand-tighten only. Ensure the rubber feet are correctly positioned.
3. **Connect Uprights:** Secure the two upright sections together using the connecting crossbars. These typically go at the top and bottom rear of the rack.
4. **Install Pull-up Bar:** Attach the pull-up bar to the top of the uprights. Ensure it is level and securely fastened.
5. **Install J-Hooks and Spotter Arms:** Insert the J-Hooks and Spotter Arms into the desired height holes on the uprights. The J-Hooks have a 17cm deep recess for secure barbell placement. The Spotter Arms are designed to reliably catch weight if a lift fails.
6. **Final Tightening:** Once all components are in place and the rack is stable and level, systematically tighten all bolts using the appropriate tools. Double-check every connection.



Image: The ATLETICA R7 Squat Rack fully assembled, demonstrating its robust structure. Note: The weight stack attachment shown is an optional accessory and may not be included with the standard rack.

OPERATING INSTRUCTIONS

The ATLETICA R7 Squat Rack is designed for a variety of strength training exercises. Always ensure proper setup and safety precautions before beginning your workout.

Using J-Hooks

The Performance J-Hooks are designed to hold your barbell securely. They feature a hard plastic protective layer on both the top and bottom to prevent damage to your barbell. With a 17cm deep recess, they provide a safe and easy target for

re-racking the barbell.

- Select the appropriate height for your exercise (e.g., shoulder height for squats, chest height for bench press).
- Insert the J-Hooks into the corresponding holes on the uprights, ensuring they are fully seated and stable.
- Carefully place the barbell onto the J-Hooks.

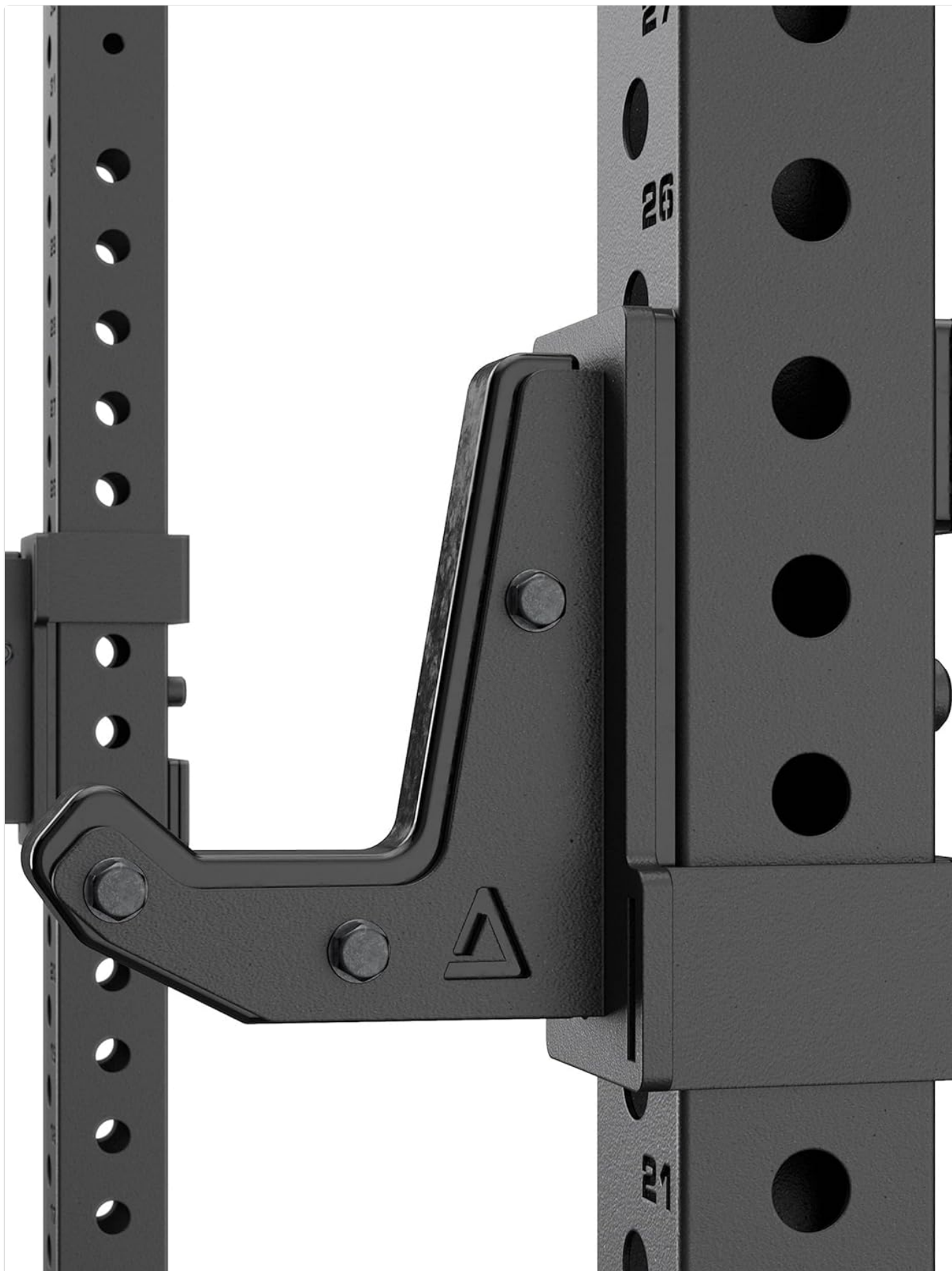


Image: Detailed view of a Performance J-Hook, highlighting its robust construction and protective plastic lining.

Using Spotter Arms

The Spotter Arms are crucial safety components, designed to reliably catch the barbell if you fail a lift. They are also suitable for exercises like Bottom-Up Squats or Rack Pulls.

- Determine the lowest point of your exercise movement (e.g., bottom of a squat or bench press).
- Insert the Spotter Arms into the uprights just below this lowest point, ensuring they are level and fully secured.
- Always test the height with an unloaded barbell before adding weight.

Performing Squats and Presses

The R7 Squat Rack provides ample space for performing squats and presses safely. You can place a weight bench inside the rack for bench press and overhead press exercises.

- Set J-Hooks and Spotter Arms to appropriate heights.
- For bench press, position a weight bench centrally within the rack.
- Ensure sufficient clearance for movement and safe re-racking of the barbell.



Image: A user performing an overhead press with a barbell and bench positioned inside the ATLETICA R7 Squat Rack.



Image: A user performing bent-over rows with a barbell and bench positioned inside the ATLETICA R7 Squat Rack, demonstrating versatility.

Using the Pull-up Bar

The integrated pull-up bar allows for various bodyweight exercises.

- Ensure the pull-up bar is securely fastened before use.
- Maintain a firm grip and controlled movements.



Image: A user performing pull-ups on the integrated pull-up bar of the ATLETICA R7 Squat Rack.





Image: A user performing inverted rows using the pull-up bar and J-Hooks of the ATLETICA R7 Squat Rack.

MAINTENANCE

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

- **Daily Inspection:** Before each use, visually inspect the rack for any loose bolts, cracks, or damage to the frame, J-Hooks, or Spotter Arms.
- **Tighten Fasteners:** Periodically check and tighten all bolts and nuts. Loose fasteners can compromise stability and safety.
- **Cleaning:** Wipe down the frame with a damp cloth to remove sweat and dust. Avoid abrasive cleaners that could damage the powder coating. The double-applied powder coating is designed for long-term protection against rust.
- **Floor Protection:** Ensure the rubber feet are intact and properly positioned to protect your floor and maintain rack stability.

TROUBLESHOOTING

If you encounter any issues with your ATLETICA R7 Squat Rack, refer to the following common solutions:

- **Rack Wobbles:**
 - Ensure the rack is on a completely flat and level surface.
 - Check and tighten all assembly bolts.
- **Parts Not Fitting:**
 - Verify you are using the correct parts for each step as per the assembly instructions.
 - Do not force components. If a part does not fit, re-check the orientation or contact customer support.
- **Damaged Components:**
 - If any part is damaged, cease use immediately and contact ATLETICA customer support for replacement parts.

SPECIFICATIONS

Brand	ATLETICA
Model	R7 Squat Rack
Height	223 cm (also available in 187 cm, 203 cm)
Material	Alloy Steel

Tubing Dimensions	70 mm x 70 mm square tubing
Steel Thickness	2.5 mm
Color	Black
Item Weight	69.5 kg
J-Hook Capacity	Up to 1100 kg per pair
Spotter Arm Capacity	Up to 350 kg per pair
Manufacturer Reference	555-2221

WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact ATLETICA customer service. Refer to your purchase documentation for specific warranty terms and contact details. Always provide your model number (R7 223cm) and manufacturer reference (555-2221) when contacting support to ensure efficient service.