

Atletica R7 Rider (555-2227)

ATLETICA R7 Rider Squat Rack with Integrated Cable System

Model: R7 Rider (555-2227) | Brand: Atletica

INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, and maintenance of your ATLETICA R7 Rider Squat Rack with Integrated Cable System. Please read this manual thoroughly before assembly and use to ensure proper function and to prevent injury. Keep this manual for future reference.

SAFETY INFORMATION

WARNING: Serious injury or death can occur if this equipment is not assembled and used correctly. Follow all instructions and warnings carefully.

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly inspect for wear and tear.
- Do not exceed the maximum weight capacities for J-hooks (1100 kg per pair) and spotter arms (350 kg per pair).
- Keep children and pets away from the equipment during use.
- Place the rack on a level, stable surface. The rubberized feet protect the floor and enhance stability.
- Always use spotter arms when performing heavy lifts, especially squats and bench presses.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

PRODUCT COMPONENTS

The ATLETICA R7 Rider Squat Rack includes the following main components:

- Main uprights (70mm square tubes, 2.5mm thick)
- Base frames with rubberized feet
- Integrated cable pulley system
- Performance J-hooks (1 pair)
- Spotter arms (1 pair)
- Pull-up bar

- Assembly hardware (bolts, nuts, washers)
- Optional: Deadlift station, 125 kg plug-in weights, barbell plate holders (if purchased)



Figure 1: Front view of the ATLETICA R7 Rider Squat Rack, showing the main structure and integrated cable system.

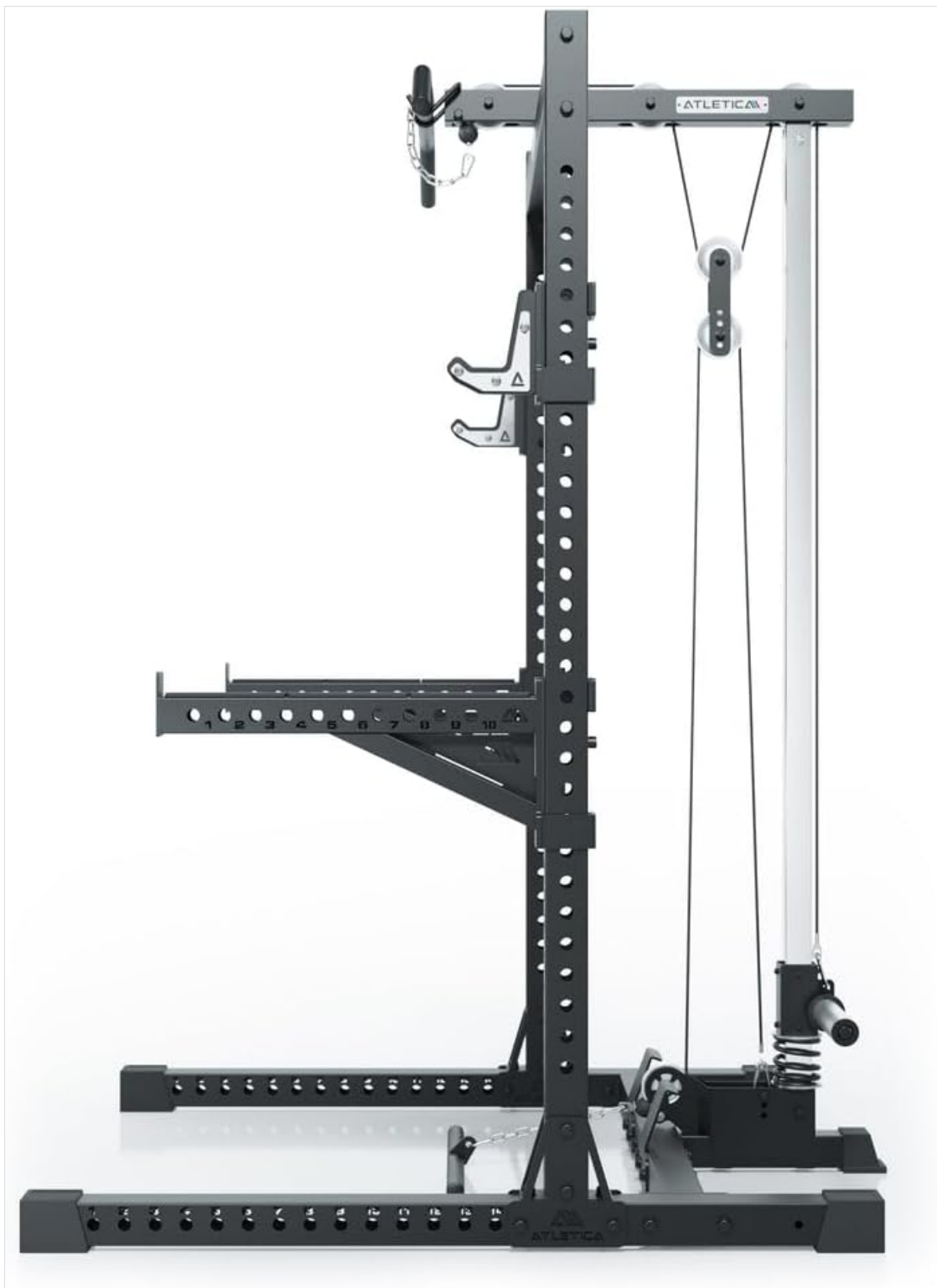


Figure 2: Side view of the ATLETICA R7 Rider Squat Rack, illustrating the adjustable J-hooks and spotter arms, and the cable pulley mechanism.

SETUP AND ASSEMBLY

Assembly typically requires two people. Ensure you have adequate space and all components before beginning. While a detailed step-by-step guide is usually included with the product, here are general guidelines:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components are present against the packing list.
2. **Assemble Base:** Connect the base frames using the provided crossmembers and hardware. Ensure the rubberized feet are correctly positioned.

3. **Attach Uprights:** Secure the main uprights to the base frames. Ensure they are vertical and stable before proceeding.
4. **Install Pull-up Bar:** Attach the pull-up bar to the top of the uprights.
5. **Install Cable System:** Follow the specific instructions for routing the cable and attaching the pulleys and weight stack (if applicable). Ensure the cable moves freely without obstruction.
6. **Attach J-hooks and Spotter Arms:** Insert the J-hooks and spotter arms into the desired height positions. Ensure they are securely locked in place. The J-hooks feature a 17 cm deep cradle and protective plastic layers.
7. **Final Inspection:** Double-check all bolts and nuts for tightness. Ensure the rack is stable and does not wobble.



Figure 3: Angled view of the ATLETICA R7 Rider Squat Rack, demonstrating the potential for modular expansion with a deadlift station.

OPERATING INSTRUCTIONS

The ATLETICA R7 Rider is a versatile piece of equipment designed for various strength training exercises. Always prioritize proper form and safety.

Using the Squat Rack:

- **Adjust J-hooks:** Position the J-hooks at a height that allows you to unrack and re-rack the barbell comfortably for squats or bench presses.
- **Set Spotter Arms:** Place the spotter arms just below your lowest safe point in the exercise. This provides a safety net in case of failure.
- **Barbell Placement:** Ensure the barbell is centered and securely seated in the J-hooks before lifting. The protective plastic on the J-hooks prevents damage to your barbell.
- The rack is designed to accommodate a weight bench inside, maximizing your training space.

Using the Integrated Cable System:

- **Attach Accessories:** Connect desired cable attachments (e.g., lat bar, rope, single handle) to the carabiner on the cable.
- **Select Weight:** Adjust the weight stack (if applicable) or load plates onto the plate-loaded carriage.
- **Smooth Movement:** Ensure the cable moves smoothly through the pulleys. The system allows for exercises like lat pulldowns and rows.

Optional Deadlift Station:

- If equipped, the deadlift station provides a dedicated area for deadlifts, designed to allow for quiet and controlled barbell placement.

MAINTENANCE

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

- **Daily:** Wipe down the frame and contact points with a clean, damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Tighten any loose fasteners.
- **Monthly:** Check the cable system for any signs of fraying, wear, or damage. Ensure pulleys rotate freely. Lubricate moving parts of the cable system if recommended by the manufacturer (refer to specific cable system instructions if separate).
- **Annual:** Perform a thorough inspection of the entire rack for any structural damage, rust, or excessive wear on components. The double powder coating helps protect against rust.
- Do not use abrasive cleaners or solvents, as these can damage the finish.

TROUBLESHOOTING

If you encounter issues with your ATLETICA R7 Rider, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Rack wobbles or feels unstable	Loose fasteners; uneven floor	Ensure all bolts and nuts are tightened. Move the rack to a level surface or use shims under the rubberized feet.
Cable system is not smooth	Cable fraying; misaligned pulleys; lack of lubrication	Inspect the cable for damage and replace if necessary. Check pulley alignment. Apply appropriate lubricant to pulley axles if needed.

Problem	Possible Cause	Solution
J-hooks or spotter arms difficult to adjust	Holes obstructed; pins bent	Ensure holes are clear of debris. Check pins for damage and replace if bent.

If the problem persists, please contact Atletica Customer Support.

SPECIFICATIONS

- **Model:** R7 Rider (555-2227)
- **Brand:** Atletica
- **Material:** Steel (70mm square tubes, 2.5mm thickness)
- **Finish:** Double Powder Coated (Black)
- **Available Heights:** 203 cm or 223 cm
- **Item Weight:** Approximately 106 kg (for 203 cm model, without optional weights)
- **J-hook Capacity:** Up to 1100 kg per pair
- **Spotter Arm Capacity:** Up to 350 kg per pair
- **Integrated Features:** Cable Pulley System, Pull-up Bar
- **Optional Add-ons:** Deadlift Station, 125 kg Plug-in Weights, Barbell Plate Holders

WARRANTY INFORMATION

Atletica products are manufactured to high-quality standards. This product comes with legal guarantees as per consumer protection laws. Additionally, Atletica offers a 30-day return policy. For specific warranty details and terms, please refer to the documentation included with your purchase or contact Atletica Customer Support.

CUSTOMER SUPPORT

For assistance with assembly, operation, troubleshooting, or warranty claims, please contact Atletica Specialized Customer Support. Refer to your purchase documentation for contact details or visit the official Atletica website.

Manufacturer: ATLETICA

Model Reference: 555-2227

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