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› [Atletica Fallout PRO All-in-One Multi-Press Weight Station User Manual \(Model 555-2187\)](#)

Atletica 555-2187

Atletica Fallout PRO All-in-One Multi-Press Weight Station

Model: 555-2187

INTRODUCTION

The Atletica Fallout PRO All-in-One Multi-Press Weight Station is designed to provide a comprehensive strength training experience. This studio-quality equipment integrates the functionality of a variable transmission ratio cable cross, the versatility of a power rack, and the safety features of a Smith machine. It is equipped with dual 90 kg stack weights and offers both 1:1 and 1:2 cable ratios to accommodate various exercise types and muscle groups.

SAFETY INFORMATION

Before using this equipment, please read and understand all instructions and warnings. Failure to follow these guidelines may result in serious injury.

- Consult a physician before starting any exercise program.
- Inspect the equipment for damaged, worn, or loose parts before each use. Do not use if any components are compromised.
- Ensure all bolts, nuts, and pins are securely tightened before and during use.
- Use appropriate safety spotters when performing exercises with free weights or the Smith machine.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum weight capacity of the equipment.
- Perform exercises with controlled movements. Avoid sudden jerks or drops.
- Wear appropriate athletic footwear and clothing.

COMPONENTS OVERVIEW

The Atletica Fallout PRO station includes various integrated components for a full-body workout. Familiarize yourself with the main parts of the system.



Image Description: An overview of the weightlifting station, highlighting various components like the squat rack, dumbbell storage, weight plates, and a bench. A person is shown demonstrating a deadlift exercise, illustrating the equipment's use.

SETUP INSTRUCTIONS

This section provides a general guide for setting up your Atletica Fallout PRO station. For detailed assembly, refer to the separate assembly manual included with your product.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the assembly manual are present and undamaged.
2. **Assemble Main Frame:** Begin by assembling the base and uprights of the main frame. Ensure all connections are secure but do not fully tighten bolts until the entire frame is aligned.
3. **Install Multi-Press System:** Attach the linear bearing multi-press (Smith machine) system to the main frame. Ensure the guide rods are properly aligned and the barbell moves smoothly.
4. **Attach Cable Pulleys and Weight Stacks:** Install the cable pulley system, routing the cables as per the assembly diagram. Secure the weight stacks, ensuring the selector pin operates correctly.
5. **Final Tightening:** Once all components are assembled and aligned, systematically tighten all bolts and nuts. Double-check every connection for security.
6. **Stability Check:** Ensure the assembled station is stable and level on the floor. Adjust feet if necessary.



Image Description: A front view of the Atletica Fallout PRO All-in-One Multi-Press Weight Station, showcasing its robust frame, multi-press bar, and cable system.



Image Description: A side view of the Atletica Fallout PRO All-in-One Multi-Press Weight Station, illustrating its depth and the integrated weight stacks.

OPERATING INSTRUCTIONS

The Atletica Fallout PRO offers multiple training modalities. Understand how to safely and effectively use each function.

1. Cable Cross System

The cable cross system features hardened steel guide shafts and ball-bearing aluminum rollers for smooth operation. It offers two distinct weight ratios:

- **1:2 Ratio:** In this mode, half of the selected weight from the stack is applied to the handle. This ratio is ideal for exercises targeting smaller muscle groups, such as bicep curls, triceps presses, and lateral raises, allowing for finer

control and higher repetitions.

- **1:1 Ratio:** This mode applies the full selected weight from the stack to the handle. It is suitable for exercises engaging larger muscle groups and requiring heavier resistance, such as Lat Pulldowns, Low Rows, and cable squats.

To adjust the weight, insert the selector pin into the desired weight plate on the stack. Ensure the pin is fully inserted before beginning your exercise.

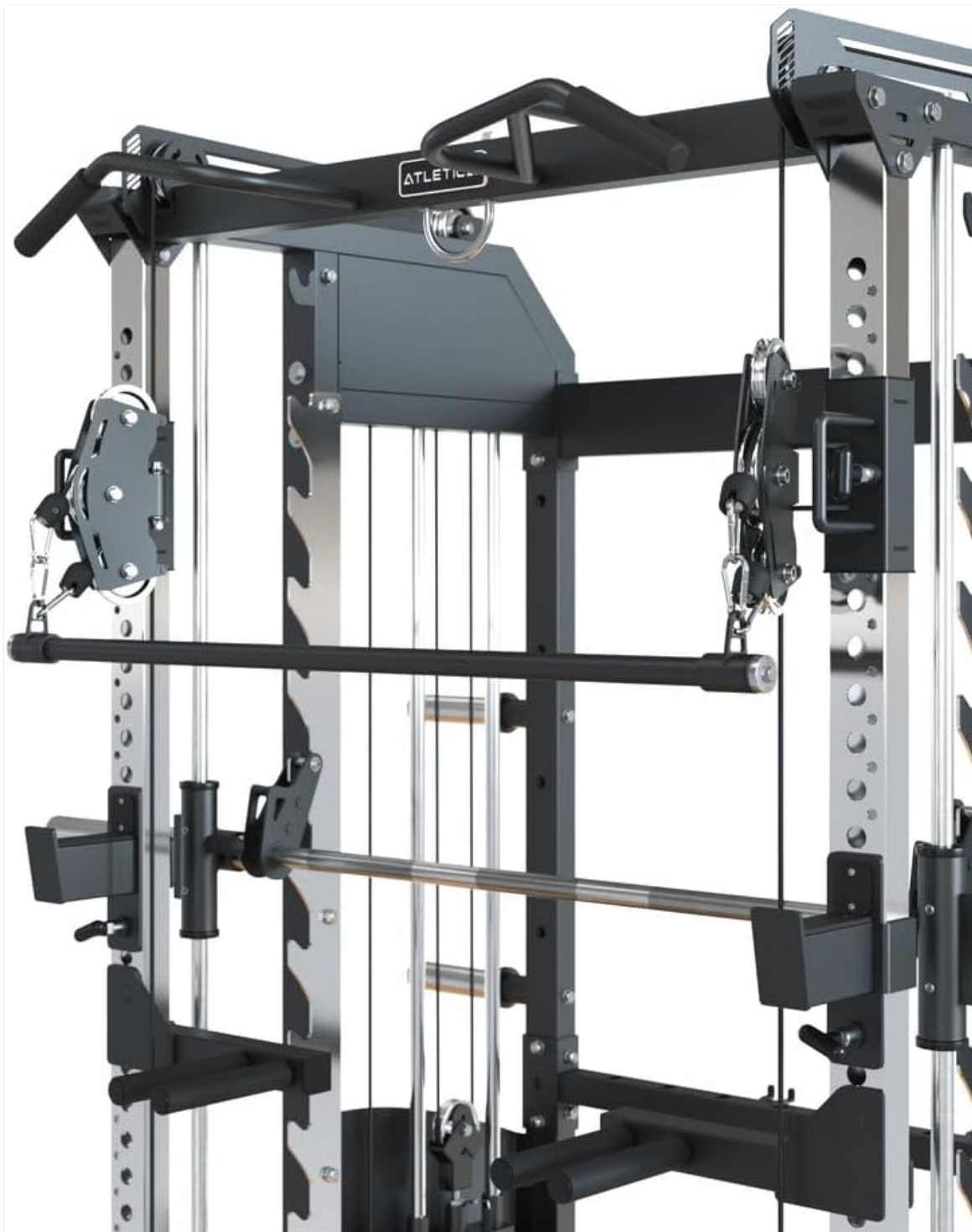


Image Description: A detailed view of the upper section of the Atletica Fallout PRO, showing the cable pulley system, attachments, and the multi-grip pull-up bar.

2. Multi-Press (Smith Machine)

The multi-press system features a barbell made of stainless steel with linear bearings for smooth vertical movement. It includes removable adapter sleeves, making it compatible with both 30mm and 50mm diameter weight plates.

- **Loading Weight Plates:** Slide desired weight plates onto the barbell sleeves. Ensure plates are evenly distributed

and secured with collars (not included).

- **Engaging Safety Catches:** The multi-press bar has safety catches that can be rotated to lock the bar at various heights. Always engage these catches when racking the bar or between sets.
- **Starting Position:** Unrack the bar by rotating it slightly to disengage the safety catches, then lift.
- **Racking the Bar:** After completing your set, guide the bar back to the desired height and rotate it to engage the safety catches.

3. Power Rack

The integrated power rack allows for free weight exercises with enhanced safety. It includes adjustable J-hooks and safety spotter arms.

- **Adjusting J-Hooks:** Insert the J-hooks into the desired height positions on the uprights. Ensure both hooks are at the same height and fully seated.
- **Adjusting Safety Spotter Arms:** Position the safety spotter arms at a height that will catch the barbell if you fail a lift, typically just below your lowest point in the exercise. Ensure both arms are at the same height and securely locked.
- **Using a Barbell:** Place your barbell onto the J-hooks. Always use safety spotter arms when lifting heavy weights, especially when training alone.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Atletica Fallout PRO station.

- **Daily Cleaning:** Wipe down the frame and handles with a damp cloth after each use to remove sweat and dust. Use a mild, non-abrasive cleaner if necessary.
- **Weekly Inspection:** Check all bolts, nuts, and connection points for tightness. Retighten any loose fasteners.
- **Monthly Lubrication:** Apply a silicone-based lubricant to the multi-press guide rods and cable pulleys to ensure smooth movement. Avoid oil-based lubricants that can attract dust.
- **Cable Inspection:** Regularly inspect cables for fraying, kinks, or wear. If any damage is observed, discontinue use immediately and replace the cable.
- **Weight Stack Pins:** Ensure the weight stack selector pin moves freely and engages fully into the weight plates.

TROUBLESHOOTING

This section addresses common issues you might encounter with your Atletica Fallout PRO station.

Problem	Possible Cause	Solution
Cable movement is not smooth or feels sticky.	Lack of lubrication; debris in pulleys; frayed cable.	Clean pulleys and guide shafts. Apply silicone lubricant. Inspect cable for damage and replace if necessary.
Multi-press bar is difficult to move or jams.	Guide rods are dirty or lack lubrication; misaligned frame.	Clean guide rods thoroughly. Apply silicone lubricant. Check frame alignment and tighten all bolts.
Equipment feels unstable or wobbles.	Loose bolts; uneven floor surface.	Check and tighten all assembly bolts. Adjust leveling feet on the base to stabilize the unit.
Weight stack pin does not fully engage.	Bent pin; obstruction in weight plate holes.	Inspect the pin for damage and replace if bent. Clear any debris from the weight plate holes.

SPECIFICATIONS

- **Model Number:** 555-2187
- **Brand:** Atletica
- **Manufacturer:** ATLETICA
- **Item Weight:** 399 Kilograms
- **Material:** Stainless steel, hardened steel
- **Color:** Black
- **Maximum Load Capacity (Tension Level):** At least 399 kg
- **Handle Type:** Bar
- **Strap/Cable Type:** Cord/Pulley
- **Weight Stacks:** 2 x 90 kg (integrated)
- **Cable Ratios:** 1:1 and 1:2



Image Description: A top-down view of the Atletica Fallout PRO All-in-One Multi-Press Weight Station, showing the overall footprint and structural design.

WARRANTY AND SUPPORT

Your Atletica Fallout PRO All-in-One Multi-Press Weight Station comes with the following:

- **Return Policy:** 30-day return policy.
- **Main Frame Warranty:** Lifetime warranty on the main frame.

For detailed warranty terms, claims, or technical support, please refer to the official Atletica website or contact Atletica customer service directly. Keep your proof of purchase for warranty validation.

