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Atletica 555-2297

Atletica Mantis Butterfly & Reverse Combo Plate Loaded Machine User Manual

Model: 555-2297

1. Introduction

Thank you for choosing the **Atletica Mantis Butterfly & Reverse Combo Plate Loaded Machine**. This versatile 2-in-1 fitness equipment is designed for comprehensive training of your chest, rear shoulders, and upper back muscles. Its robust construction and adjustable features ensure an effective and comfortable workout experience. Please read this manual thoroughly before assembly and operation to ensure safe and optimal use of your machine.

Figure 1: Full view of the Atletica Mantis Butterfly & Reverse Combo machine, showcasing its black frame, padded seat and backrest, and the cable and pulley system. The machine appears sturdy and designed for plate loading.

2. Safety Information

Your safety is paramount. Please adhere to the following guidelines:

- Consult a physician before starting any exercise program.
- Read all instructions in this manual before using the equipment.
- Keep children and pets away from the machine during operation.

- Place the machine on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose parts, wear, or damage before each use. Do not use if damaged.
- Ensure all pop pins and adjustment mechanisms are securely engaged before starting an exercise.
- Do not exceed the maximum weight capacity of the guide sliders (200 kg).
- Wear appropriate exercise attire and footwear.
- Perform exercises with controlled movements; avoid sudden jerks or excessive momentum.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

3. Setup and Adjustments

The Atletica Mantis machine is designed for individual adaptability to ensure optimal training posture and full range of motion.

3.1. Initial Placement

Position the machine on a level, solid floor. Ensure sufficient space around the machine for safe operation and movement.

3.2. Loading Weight Plates

The machine is plate-loaded. Load standard 30mm or 50mm diameter weight plates onto the storage bars and the main weight pins. Ensure plates are securely seated and balanced.

3.3. Seat and Backrest Adjustment

The seat and backrest cushions are multi-level adjustable. Use the adjustment pins or levers (refer to specific mechanism on your machine) to set them to a comfortable height and depth that aligns your body correctly with the exercise arms. This ensures proper muscle engagement and reduces strain.

3.4. Lever Arm Adjustment (Starting Angle)

The freely oscillating lever arms can be individually adjusted to suit your body size and arm length. Use the chrome pop pins to select the desired starting angle:

- **Butterfly Exercise:** Offers 7 possible starting angles for varied chest muscle targeting.
- **Reverse Butterfly Exercise:** Provides 2 possible starting angles for effective rear shoulder and upper back training.

Ensure the pop pins are fully engaged in the desired hole before beginning your workout.

4. Operating Instructions

The Atletica Mantis offers dual functionality for comprehensive upper body training.

4.1. Butterfly Exercise (Chest)

1. Adjust the seat and backrest for proper alignment.
2. Set the lever arms to one of the 7 forward-facing starting angles using the pop pins.
3. Sit on the machine with your back firmly against the backrest.
4. Grasp the horizontal or vertical handles with a comfortable, non-slip grip.

5. Slowly bring the handles together in front of your chest, squeezing your pectoral muscles.
6. Control the movement as you return the handles to the starting position.

Figure 2: The Atletica Mantis machine configured for the butterfly exercise, with the lever arms extended forward, ready for chest fly movements. The adjustable seat and backrest are visible.

4.2. Reverse Butterfly Exercise (Rear Shoulders & Upper Back)

1. Adjust the seat and backrest for proper alignment.
2. Set the lever arms to one of the 2 rear-facing starting angles using the pop pins.
3. Sit on the machine, facing the backrest, with your chest against the pad.
4. Grasp the horizontal or vertical handles.

5. Pull the handles backward, squeezing your rear deltoids and upper back muscles.
6. Control the movement as you return the handles to the starting position.

Figure 3: The Atletica Mantis machine configured for the reverse butterfly exercise, with the lever arms positioned to the rear, suitable for rear deltoid and upper back training. The pop pins for adjustment are highlighted.

4.3. Handle Positions

The machine features horizontal and vertical handles with comfortable knurling for a non-slip grip. Experiment with both positions to find what feels most natural and effective for your chosen exercise.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your Atletica Mantis machine.

- **Cleaning:** Wipe down the machine, especially the handles and upholstery, with a damp cloth after each use to remove sweat and dirt. Use a mild, non-abrasive cleaner if necessary.
- **Inspection:** Periodically check all nuts, bolts, and connections to ensure they are tight. Inspect cables, pulleys, and moving parts for any signs of wear, fraying, or damage.
- **Lubrication:** The ball-bearing pulleys provide friction-free movement. If any moving parts feel stiff or noisy, apply a small amount of silicone-based lubricant as recommended by the manufacturer. Avoid oil-based lubricants that can attract dust.
- **Storage:** Store the machine in a dry, temperate environment away from direct sunlight or extreme temperatures.

6. Troubleshooting

If you encounter any issues with your Atletica Mantis machine, refer to the following common solutions:

- **Stiff or Noisy Movement:** Check for any obstructions in the cable or pulley path. Ensure all bolts are tightened. Apply lubricant to moving parts as per maintenance instructions.
- **Loose Components:** Regularly inspect and tighten all nuts and bolts. If a part is consistently loosening, consider using thread locker (e.g., Loctite) on the threads.
- **Pop Pins Not Engaging:** Ensure the adjustment holes are clear of debris. Check if the pin mechanism is bent or damaged. Do not force the pin; contact support if it cannot be engaged properly.
- **Unstable Machine:** Verify the machine is on a flat, level surface. Adjust any leveling feet if present. Ensure all frame connections are secure.

For issues not covered here, please contact Atletica customer support.

7. Specifications

Feature	Detail
Brand	Atletica
Model Number	555-2297
Item Weight	75 Kilograms
Manufacturer	ATLETICA
ASIN	B0DQ6554HZ
Color	Black
Tension Level (Nominal)	6 kg (Note: Plate-loaded resistance varies with plates used)
Number of Units	1.0 Total
Cable/Pulley Type	Cable/Pulley
Frame Material	Robust Oval Steel (50 x 100 mm, 2 mm thickness)

Feature	Detail
Max Load Capacity (Guide Sliders)	200 kg
Weight Plate Compatibility	30mm and 50mm diameter

8. Warranty and Support

Atletica products are manufactured to high-quality standards. For warranty information, please refer to the documentation provided at the time of purchase or visit the official Atletica website. If you require assistance with assembly, operation, maintenance, or troubleshooting, please contact Atletica customer support through their official channels.

For further support, please visit: www.atletica.com/support (example link, please replace with actual support link if available).

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