



OWNER'S MANUAL

January 2016

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1. INTRODUCTION

Thank you and congratulations for choosing *ATLANTIS* fitness equipment for your facility. Beyond striving to provide our clients with the most comfortable, user-friendly and durable equipment available, we strongly believe that providing our clients with the information and support needed to maintain their equipment efficiently is an important part of a long-term winning formula.

This manual will provide you and your staff with valuable information regarding the operation and maintenance of your *ATLANTIS* equipment so that your members enjoy years of safe and exhilarating strength training pleasure.

USING THIS MANUAL

The current *ATLANTIS* product line features over 150 pieces of equipment, many of which have been modified and enhanced repeatedly over 20 years of manufacturing endeavor. In order to ensure accuracy and efficiency in responding to your needs, it is crucial to communicate serial numbers, models numbers, descriptions, and options with as much detail as possible when contacting us for assistance.

All *ATLANTIS* units can be identified by a code that features 1 or 2 letters, and 3 numbers. For example, the code P-140 identifies the Selectorized Seated Chest Press. All weight stack (selectorized) units and most Plate-Loaded units feature instructional placards that have their product codes printed on them as well. All other units may be identified by the product code found in your catalog, by the serial number (silver sticker near the bottom of the frame with 5 numbers) or by describing the unit's function and features to a representative.

NOTE: The information in this manual pertains to models produced January 1st, 2016 and later. Do not apply any recommendation or instruction found in this manual to units produced before the aforementioned date without consulting an *ATLANTIS* representative first.

2. ASSEMBLY INSTRUCTIONS

Required Tools

- Two ratchet wrenches fitted with 9/16" socket
- 9/16" crescent wrench (or adjustable wrench)

The tools listed above will enable you to install weight stacks, remove pads, and disassemble any *ATLANTIS* bolt combination. Bolts need to be removed with two 9/16" ratchets, one for each side. Be sure to re-install all bolt & washer combinations in exactly the same order they are removed. *ATLANTIS* strongly recommends at least 2 people perform the following procedures for safety and comfort.

WARNING! Please note that shipping units (even over very short distances) can loosen the tightest of bolts, it is extremely important that all bolts are carefully tightened before any equipment is used, and on a regular basis thereafter.

Racks, Benches, & Plate Loaded units

These units are typically shipped fully assembled and ready to use. In some instances units will be "compressed" to save space for shipping, and are assembled with shortened beams. It is important to note that although the shortened beams are discarded after shipping, the hardware (bolts) must be re-used. If a pad has been removed for installation purposes, be careful not to over tighten the T-nut bolts when re-installing the pad on the unit. In order to do so, tighten the bolts by hand before using a ratchet.

Weight Stack units

Weight stack units are typically shipped fully assembled with the exception of their weight stacks which are packed in boxes. It is important to follow the diagram labeled on each machine to make sure that the proper plates are installed. Please note that the following units **do not** feature the 5 lb. add-on weights described within the installation instructions: C-113 Total Hip and M-118 Standing Calf.

If disassembly is required upon reception of the unit (due to doorway constraints for example), carefully reassemble the unit in its final location before installing the weight stack. If the disassembly of a unit involves the removal of a belt, be especially careful as incorrect belt installation can easily pose a serious safety hazard. Individuals who have not received training or consultation from *ATLANTIS* should never attempt to disassemble and reassemble *ATLANTIS* equipment. Finally, if a pad has been removed for installation purposes, be careful not to over tighten the T-nut bolts when re-installing the pad on the unit. (See *Racks, Benches and Plate Loaded units*, p.3)

To Install the Weight Stack: (see Image 1, p.16)

1. First remove the black head (G) from the top of the machine. Next, manually slide out the unit's protective shroud (B) from its tracks on the sides of the frame and put it aside.
2. There are 2 silver cylindrical bolts and a black plastic bracket (C) holding the chromed guide rods (D) in place. Loosen and remove both cylindrical bolts and the black plastic bracket. On most stations, you will find special "star" washers and "flat" washers between the cylindrical bolt and the bracket that are very important; they keep the bolts from vibrating loose over time. Securely install the "flat" washer under the plastic bracket and the "star" washer between the cylindrical bolt and the "flat" washer. On other stations, you will find regular nut and bolt assemblies that do not require these washers. Carefully let the guide rods lean to whichever side of the unit is easiest to work on, the rods will lean about 60 degrees and sit safely in place on an angle.
3. Remove the two add-on weights.
4. Grasp the top plate (hanging on either a belt or a cable) and slide it off the top of the guide rods. Let the top plate hang on the belt or cable and place it to one side.
5. Slide all the weight plates onto the guide rods one at a time as per the diagram. Slide the hanging top plate back onto the guide rods to complete the weight stack without **twisting** the belt or cable.
6. Slide back the two add-on weights.

7. Push the rods back into place, place the black plastic bracket into position and secure it to the frame with the cylindrical bolts. Replace "star" and "flat" washer. (See p. 4, #2)

8. Slide each add-on weight up the guide rod and twist it into the stored position on the cylindrical bolt.

9. Put the weight sticker on each plate as per diagram. *Fronts of plates should be wiped with rubbing alcohol before the stickers are applied to remove surface oils and to ensure proper adhesion.*

You have successfully installed your weight stack. Some friction or resistance is normal however perform several repetitions at different weight selections to test the unit before moving on. Follow the preventative maintenance instructions featured in this manual to ensure optimal performance.

3. SAFETY INSTRUCTIONS

Your *ATLANTIS* equipment has been carefully designed with the safety of users in mind under normal operating conditions. However, the practice of educating individuals who come in contact with your equipment and properly inspecting and maintaining units on a regular basis (see PREVENTATIVE MAINTENANCE in this manual) will greatly enhance the safety level of your facility. All persons who come in contact with this equipment must be familiarized with its operation and the potential hazards associated with improper use or maintenance.

1. Read all warnings and obtain instructions before using *ATLANTIS* equipment. Use each unit for its intended exercise(s) only. **DO NOT** modify a unit in any way.

2. Ensure that all users obtain a medical exam and receive proper instructions before using *ATLANTIS* equipment.

3. Users and bystanders must keep all body parts and clothing away from moving parts during use.

4. Follow the suggested inspection schedule found in this manual. **DO NOT** allow anyone to use a unit if it appears to be damaged. **DO NOT** attempt to fix a broken or jammed machine if you are not qualified to do so.

5. Use only the weight selector pin provided by the manufacturer. **DO NOT** improvise. If in doubt, consult an *ATLANTIS* representative prior to any intervention.
6. Use only the incremental weights supplied by *ATLANTIS*. **DO NOT** use dumbbells, weight plates, or any other means to add resistance to weight stack (selectorized) units.
7. **DO NOT** exceed personal strength levels or overload equipment.
8. Keep children away from equipment and supervise teenagers.
9. **DO NOT** remove any labels from *ATLANTIS* equipment. Replace damaged labels immediately.
10. *ATLANTIS* recommends that all equipment be secured to the floor, to a solid, level surface to avoid tipping over or rocking. This must be performed by a licensed contractor.

4. PREVENTATIVE MAINTENANCE & INSPECTIONS

Important: Every attempt is made at the design and production phases of manufacturing to ensure your *ATLANTIS* equipment will operate safely and efficiently under normal conditions in commercial settings for prolonged periods of time. However, as with any machinery with moving parts, your equipment is subject to wear and must be maintained and inspected on a regular basis. Failure to do so will cause unnecessary damage or premature wear on a unit's components, and in turn pose serious safety hazards to users.

Important: Weight stack guide rods and linear bearing guide rods are different. Treat them accordingly by following the specific recommendations provided in this manual. If in doubt, consult an *ATLANTIS* representative prior to any intervention.

ATLANTIS will not be held responsible for any personal injury or damages resulting from improper maintenance, misuse, or negligence.

Maintenance & Inspection Schedule:

Daily

-Clean upholstery with solution of 10% household liquid dish soap and warm water applied using a soft damp cloth (clean, sweat-free upholstery lasts up to 40% longer). For special cleaning problems, try a nonabrasive household cleaner such as Formula 409®, or Fantastik® spray cleaner applied using a soft cloth and then wiped with a damp cloth. For especially persistent stains, apply rubbing alcohol liberally with a soft cloth and dry with another cloth after rinsing area with clean water.

Weekly

-Carefully inspect pull pins, snap locks, weight stack selector pins and all pivoting connecting parts. Replace at first sign of wear.

-Inspect cables thoroughly over their entire length and at each insertion point and replace immediately if damaged. When changing a cable, note the replacement date for your records and see REPLACING PARTS in this manual.

-Inspect belts thoroughly over their entire length and at each insertion point. If a belt shows signs of delaminating, cracking, or wear that has reduced its original width or thickness, it should be replaced immediately. All insertion point hardware should also be carefully inspected for signs of wear. When changing a belt, note the replacement date for your records and see REPLACING PARTS in this manual.

-Clean weight stack guide rods with dry towel and lubricate with TFL- 50 wet lube. **Do not use silicone or any other type of lubricant.** Wipe guide rods clean and apply lubricant from the top down, allowing slight excess to run down guide rods and into the weight stack. If using a spray can or bottle, be sure to shield the rest of the unit from over spray as product can stain. Occasionally, have an assistant lift the weight stack at different weight values (exercise extreme caution when performing this maneuver), and apply lubricant to the portions of the guide rods that are usually hidden by the weight stack if they seem dry. Weight stack guide rods should be clean and have a light layer of lubricant on them for optimal performance. Failing to wipe guide rods clean first will lead to unwanted resistance and premature wear on bushings.

-Clean linear bearing guide rods on Smith Machines with a dry towel and lubricate with multipurpose grease. Do not use silicone or any other type of lubricant. *ATLANTIS* recommends the spray can format of Super Lube[®], an excellent multipurpose Teflon based lubricant.

-Lightly grease stainless steel seat shafts and backrests, accessory bars, and pivoting handles with multipurpose grease or Super Lube[®]. NEVER lubricate the piston shaft of a hydraulic or gas spring shock.

-Inspect all labels. Replace any damaged or missing labels.

-Tighten all nuts and bolts.

Monthly

-Check belts for correct tension. Make sure that when testing for belt tension, the hand-held selector pin is fully inserted in a weight stack plate for an accurate measurement. If the belt is sagging noticeably and lever arms do not engage the weight stack immediately, the belt should be tightened in order to avoid it coming off a pulley and becoming prematurely worn or damaged. Loosen the bolts, collect the slack in the belt and carefully re-tighten the bolts (see diagram 2f, p. 18). You should be able to easily insert the hand-held selector pin into any weight plate with the lever arm(s) in the resting position. If you cannot insert the selector pin easily, it is because the belt has been over tightened.

-Clean frames and inside of weight stack shrouds with solution of 10% household dish soap and warm water. Dirt and dust is your machine's worst enemy! Keeping units clean is an important part of their performance and durability.

Yearly

-Clean frames as indicated above and polish with automotive grade wax to protect finish from surface rust and corrosion. This recommendation is especially pertinent for facilities located in high-humidity regions.

Ordering Recommended Lubricants:

-To order TFL-50 in Canada, contact *ATLANTIS* from 8:30am-4:30pm Eastern Standard Time at 1-877-454-2285, ext. 239.

-To order TFL-50 in the United States or internationally, contact DISTEC (TFL International) from 8am-4pm Eastern Standard Time at 1-800-643-6735.

-To order Super Lube in Canada, contact *ATLANTIS* from 8:30am-4:30pm Eastern Standard Time at 1-877-454-2285, ext. 239.

5. REPLACING PARTS

Belts

There are 2 types of belts used on *ATLANTIS* units (Kevlar and polyamide). Kevlar belt can be easily distinguished from polyamide belt by the repeating notches found on one side of the belting.

** Using the wrong belt on the wrong unit may cause serious bodily harm. If you have any questions regarding the correct use of a belt on an *ATLANTIS* unit, contact a customer service representative.

To order either type of belt, provide the unit model number (e.g. P-140) or serial number (5 numbers) to your representative. When replacing a belt, be sure to re-install all hardware exactly as it was (see diagram 2f, p.18); incorrect installation of a belt may cause serious bodily harm.

Cables

Cables come in two different sizes: 1/8" (0.31cm) and 3/16" (0.47cm). The 1/8" cable is more flexible and is recommended for units with a total weight stack of up to 300 lbs, the 3/16" cable is less malleable and recommended for units with a 300 lbs + weight stack.

** If unsure of the cable size to use, please contact a customer service representative.

Cable assembly instructions (see diagram 2E p.17, 2f p.18).

Pull Pins

If the spring inside the pull pin mechanism is not working properly or other parts are missing, the entire pin needs to be changed.

It is important to note that the thread size of the pull-pin's insert changed sometime in early 2004. As a result, replacement pull-pins are shipped with 2 thread size nuts to accommodate all equipment models. Once the correct size has been identified, it is extremely important that the pull-pin head (red) be glued using a threadlocker (Loctite–strong).

Pads

In an ongoing attempt to improve padding durability, comfort, and ergonomics, Atlantis has undertaken multiple padding upgrades over the years that have affected both the bolting configurations and outer dimensions of many pads. In addition to these changes, the high cost and unit downtime associated with the factory replacement of pads (as opposed to re-upholstering) has made local re-upholstering of pads more desirable and cost efficient due in large part to the recuperation of each pad's original structure and foam.

If you do not have access to such services in your area or have pads that require new foam and or base structures, you will need to order complete new pads. You may do so by filling out the form attached with this manual (p. 20); the information required for replacement pads to be accurately supplied may vary from unit to unit. For the best service possible, please contact our service department with as much information as possible relating to the units in question such as date of purchase, model number, serial number and location of pad(s) on unit to be replaced so that we may assist you as expeditiously as possible.

Other Parts

In the event that you need to replace a part that has not been listed in this manual, simply communicate the unit's product code and/or serial number and an explicit description of the part you need to your representative. You may be required to provide additional information in order to help establish exactly which version of a part is required such as pictures of the unit and of the part(s) in question.

6. TROUBLE SHOOTING

Hydraulic Seat Adjustment

The hydraulic cylinders used to adjust seats on many of our selectorized units are tested for 350,000 cycles and are extremely durable. Their resistance level is pre-set at the factory and cannot be adjusted in the field. The seat adjustment may respond more slowly during initial use as the seat shaft gets broken in during initial use. See PREVENTATIVE MAINTENANCE in this manual for lubrication instructions regarding the stainless steel seat shafts (NOT the cylinder shaft). If poor performance persists over a prolonged period of time, inspect the shock for signs of leakage and contact a customer service representative.

Gas spring shock (various applications)

Gas spring shocks are used on pre-stretch pedals and in various other applications (either hidden or exposed) to assist users when adjusting heavy parts.

Pre-stretch pedal does not return to starting position automatically / Shock has lost its resistance: Begin by lubricating the shaft (and NOT the shock). If the shock is leaking, or does not retract automatically, it may need to be replaced. Communicate the unit's model number and serial number as well as the exact position of the shock in question to your customer service representative. Gas spring shocks are sensitive to the position in which they are installed. A replacement shock must be re-installed exactly as the original shock was installed (not upside down), or the new shock will quickly dry out and fail.

Friction / Unusual Resistance

Light friction on new units is normal however it is especially important to keep units well lubricated during the first month of operation for optimal performance and to accelerate the reduction of friction caused by new components.

Inspect all pivoting connecting parts and replace them immediately if worn.

IMPORTANT!

If unusual friction persists beyond a reasonable period of regular use, verify the following:

1. Make sure all belts / cables are properly seated in their pulleys. If a belt or cable has come out of a pulley it may be due to incorrect tension. If there is excessive slack in a belt or cable, loosen the bolts at an insertion point, shorten the belt or cable and carefully re-tighten the bolts. The hand held selector pin must be fully inserted into a weight stack plate for an accurate tension test.
2. Verify guide rods are well lubricated (see PREVENTATIVE MAINTENANCE).
3. Inspect weight stack plates for foreign objects (especially between plates). If the unit in question features a protective shroud, carefully remove it so you can see both sides of the weight stack. Even very small pieces of debris trapped between plates can hinder the normal operation of a weight stack unit.
4. Each weight stack plate is fitted with two flanged bushings. Inspect each plate's bushings for irregularities and a flush fit.

If the instructions above fail to rectify friction or unusual resistance, note the product code of the unit and contact your representative.

Loose Cable

If a cable gets loose around its pulley, use the cable adjustment screw attached to the top part of the frame. The cable will tighten as the screw goes down. (See Diagram 3, p.19)

7. WARRANTY

Warranty Policy

All products manufactured by *ATLANTIS* Inc. are warranted **to the original purchaser** to be free from defects in workmanship and / or materials under normal use or service as follows:

10 years: Structural frame and structural moving parts, welds & weight stack plates

*Labor costs related to these warranty items will be covered by Atlantis for 1 year following the delivery date provided that the equipment is located within Atlantis` or its distributors` service zones. Please refer to your sales invoice for any specifications regarding this warranty.

5 Years: Pulleys, bearings, bronze bushings and guide rods

1 Year: Plastic bushings, rubber handgrips, belts, cables, weight stack pins, seat hydraulics and any other parts not specified within the itemized parts

1 year: Atlantis accessory bars/handles

180 days: Upholstery

90 Days: Accessory Bars & Handles

Olympic platforms

1 year: Manufacturing defects on metal frame, wood and rubber components.

180 days: Logo

If at any time a component part is defective, *ATLANTIS* Inc. shall repair or replace it (at *ATLANTIS* Inc.'s discretion) within a reasonable period of time.

This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect, or normal wear and tear.

ATLANTIS Inc.'s sole responsibility shall be to repair or replace the component within the terms stated above. *ATLANTIS* Inc. shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

ATLANTIS Inc. is not responsible for the repair or replacement of any parts that *ATLANTIS* determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

Damage in Shipping: All *ATLANTIS* equipment is carefully inspected and warranted against defects in manufacturing. Responsibility for the safe and timely delivery of equipment rests solely with the transport carrier. It is the responsibility of the **CONSIGNEE** to note any damaged or missing goods on the bill of lading prior to signing off, and all claims must be submitted to *ATLANTIS* within 48 hrs of arrival at delivery site. Failure to comply will invalidate your right to any claim. Damage that is not apparent and discovered after delivery of the equipment must be brought to the attention of *ATLANTIS* both verbally and written within 14 days of delivery. Any delays in making such a claim will invalidate your right to any future claim. Please note that pictures and equipment serial numbers as well as invoicing information are required for claim purposes.

Warranty Claims

A claim should include model number, serial number, proof of purchase, date of installation and all pertinent information supporting the existence of the alleged defect. All claims should be submitted via your point of purchase representative or with customer service, both verbally and written. Please refer to "Warranty Policy" above before submitting a claim.

8. CONTACT INFORMATION

ATLANTIS Inc.

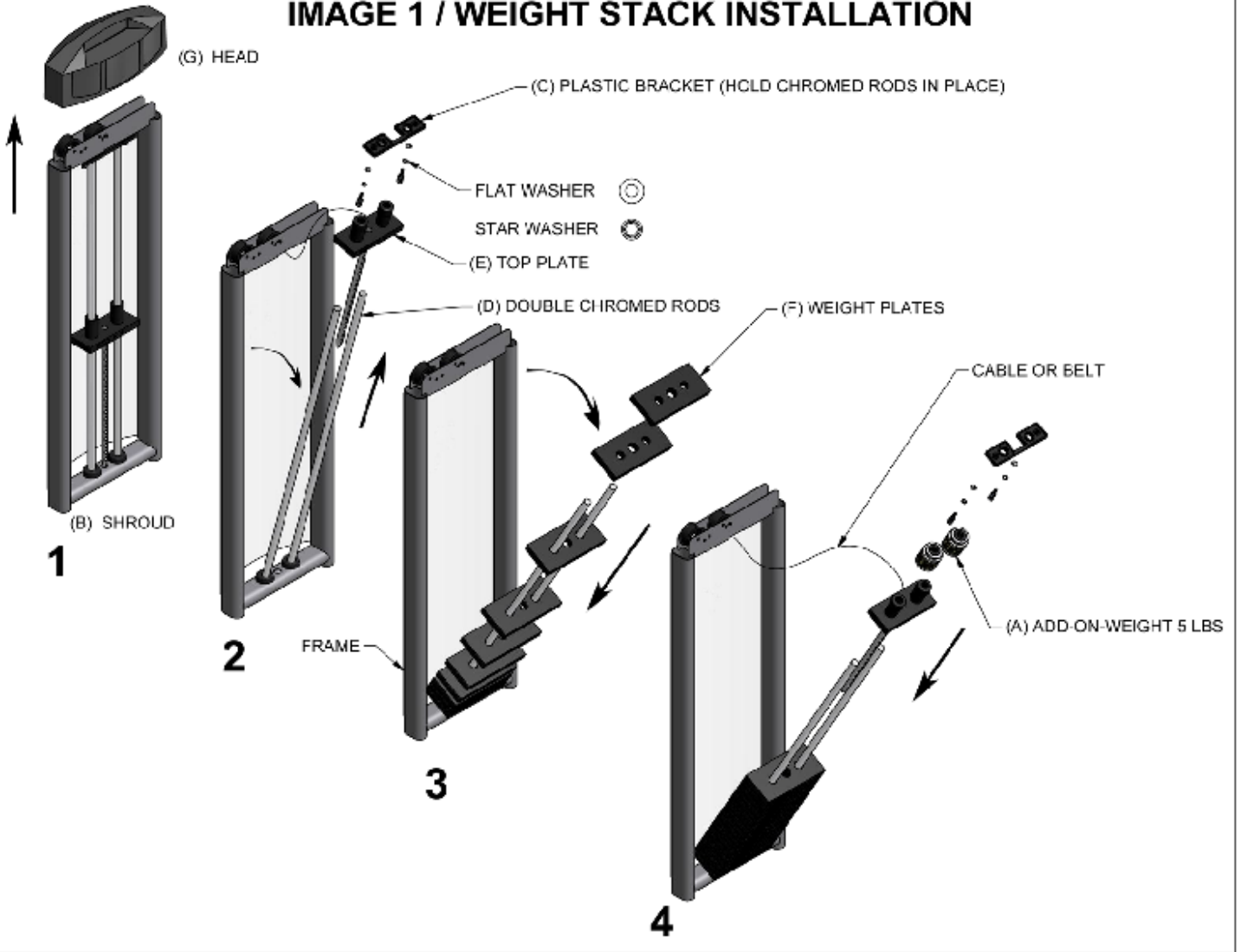
4745 avenue des Industries, Laval, Quebec, Canada, H7C 1A1

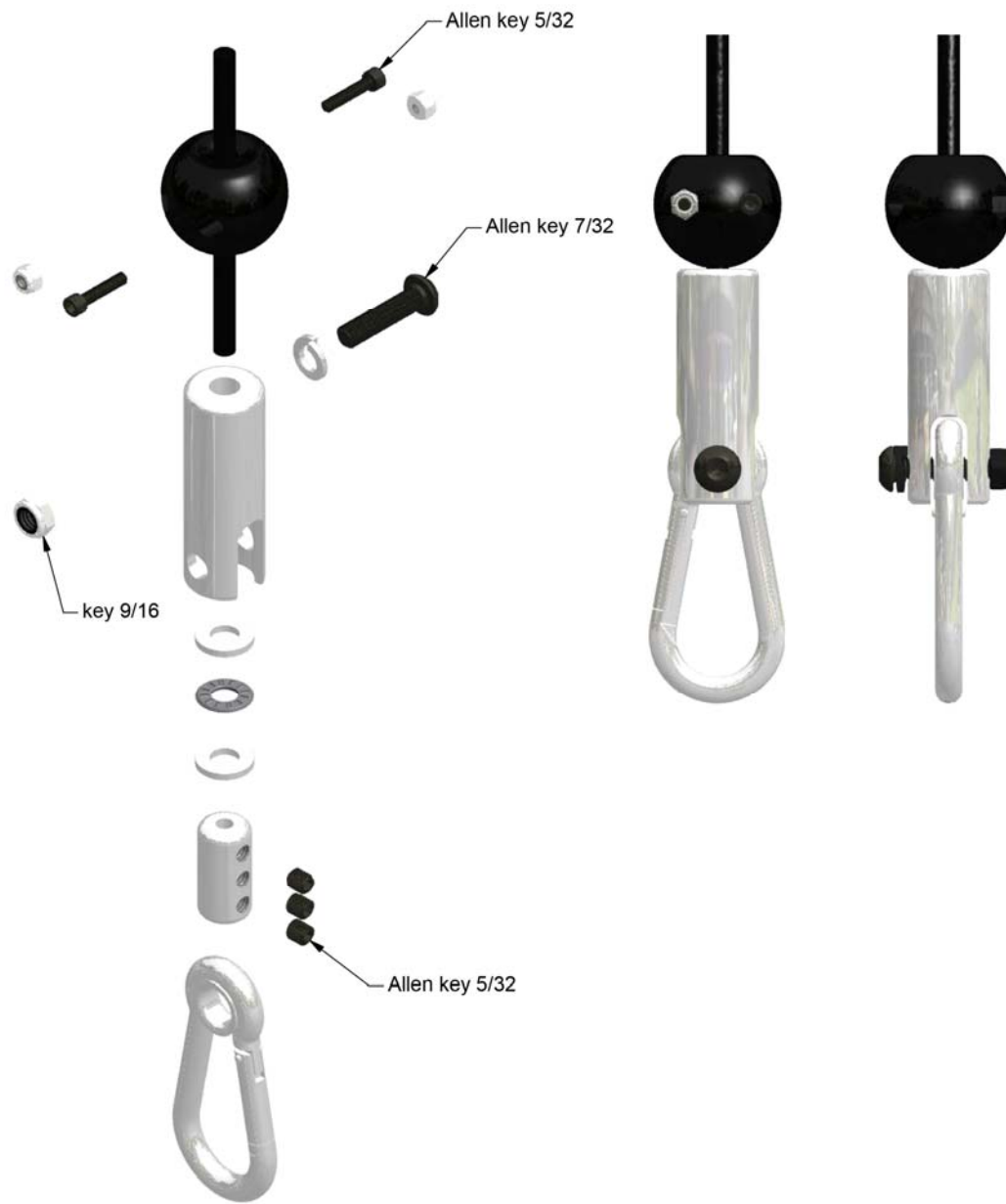
Tel.: 450-664-2285, Fax: 450-664-4900, Toll free: 1-877-454-2285

Website: www.atlantisstrength.com

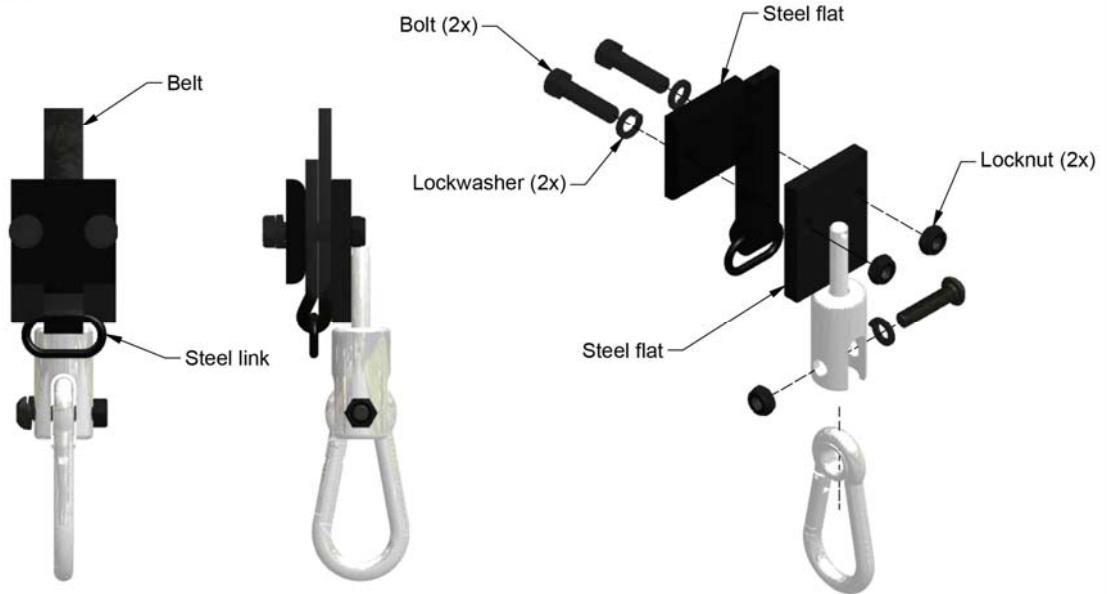
Email: service@atlantisstrength.com

IMAGE 1 / WEIGHT STACK INSTALLATION





Belt:



Cable on top plate:

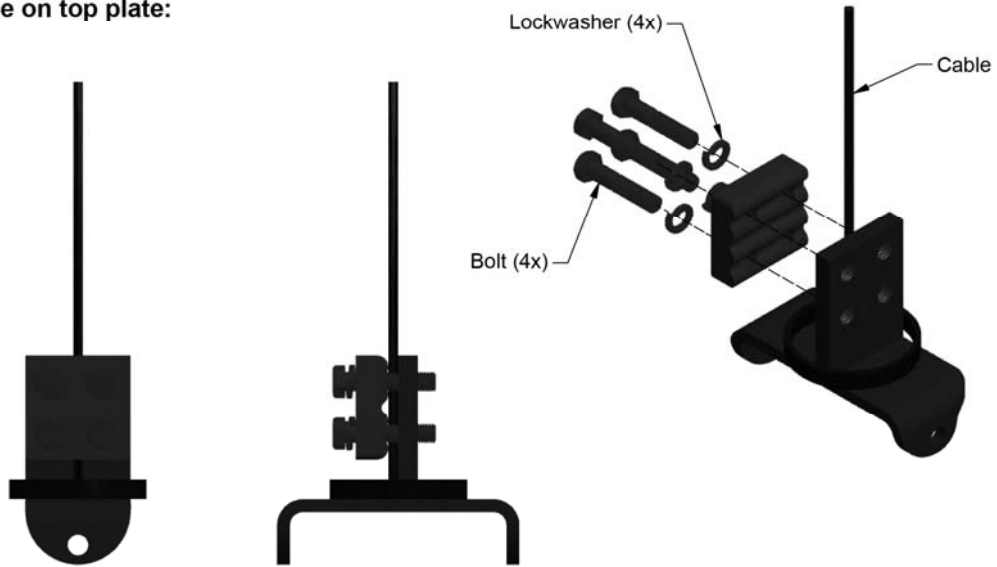


DIAGRAM3

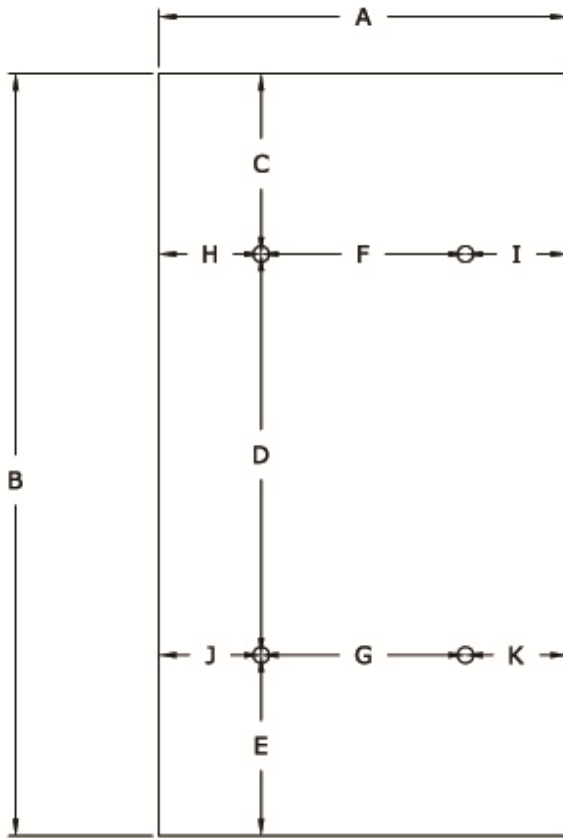


1 – Loose Cable



2 – Cable Adjustment Screw (Downward to tighten)

ATLANTIS[®] PAD ORDER FORM



	INCHES
A =	"
B =	"
C =	"
D =	"
E =	"
F =	"
G =	"
H =	"
I =	"
J =	"
K =	"