



**ATLANTIS<sup>®</sup>**  
Strength Equipment

# **OWNER'S MANUAL**

**January 2006**

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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 models numbers, descriptions, and options with as much detail as possible when calling on a representative 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. All other units may be identified by the product code found in your catalog, or by describing the unit's function and features to a representative.

**NOTE:** The information in this manual pertains to models produced January 1st, 2006 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**

- Ratchet wrench fitted with 9/16" socket
- 9/16" crescent wrench (or adjustable wrench)
- Flat head screwdriver

The tools listed above will enable you to install weight stacks, remove pads, and disassemble any *ATLANTIS* bolt combination. Bolts are typically hidden under black plastic protective caps that need to be carefully removed with a flat head screwdriver. 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.

### **Weight Stack units (other than Adjustable Pulleys)**

### **IMPORTANT!**

The weight stack on any given unit is carefully adjusted to fit the top plate assembly on the same unit. Installing the wrong weight stack on the wrong unit may lead to unwanted friction or resistance. All single station and multi-station units are labeled with a unit code or letter that specifically corresponds to the boxes that contain the correct weight stack plates. Please note that the following units do not feature

(cont.) the 5 lb. add-on weights described within the installation instructions: F-225 or L-225 Seated Leg Press, C-113 Total Hip, M-118 Standing Calf, Pressing Station and Leg Press on S-500 or S-700 Multi-Stations.

Weight stack units are typically shipped fully assembled with the exception of their weight stacks, which are packed in numbered boxes. If disassembly is required upon reception of the unit (to get through a doorway, 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.

To Install the Weight Stack: (see diagram 1)

- 1.The unit's protective shroud (B) snaps into place on the unit's frame without the use of tools. Remove the shroud 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 between the cylindrical bolt and the bracket that are very important; they keep the bolts from vibrating loose over time. 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.Grasp the top plate (hanging on either a belt or a cord) and slide it off the top of the guide rods. Let the top plate hang on the belt or cord and place it to one side.
- 4.Weight plates (F) are packaged in one or more boxes that are identified with their unit's product code or a letter. Slide all the weight plates onto the guide rods one at a time. Make sure you have installed all of the weight plates, and that the values on the labels are in the right order.
- 5.Slide the hanging top plate back onto the guide rods to complete the weight stack without twisting the belt or cord.

6. Each weight stack features a pair of cylindrical 5 lb. add-on weights (A) that are shipped in the same boxes you find your weight plates. Slide 1 weight onto each guide rod, leaving it in the lowered position resting on the top plate.

7. Push the rods back into place, place the black plastic bracket into position and secure it to the frame with the cylindrical bolts. Make sure the "star" washers go back in place between the cylindrical bolts and the black plastic bracket. Tighten the cylindrical bolts so that the star washers dig into the plastic bracket securely.

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

You have successfully installed your weight stack. Perform several repetitions at different weight selections to test the unit before moving on. Some friction or resistance is normal due to the new bushings being broken in; follow the preventative maintenance instructions featured in this manual to ensure optimal performance.

## **Adjustable Pulleys**

### **IMPORTANT!**

The weight stack on any given unit is carefully adjusted to fit the top plate assembly on the same unit. Installing the wrong weight stack on the wrong unit may lead to unwanted friction or resistance. All single station and multi-station units are labeled with a unit code or letter that specifically corresponds to the boxes that contain the correct weight stack plates.

If you are installing a weight stack that features an Adjustable Pulley, you do not need to remove the black plastic bracket, and the procedure is slightly different from the preceding instructions. Refer to diagram 1 to understand the components involved, but notice that the process illustrated does not pertain specifically to the installation of weight stacks on Adjustable Pulley stations. Instead:

1. Located on the horizontal tubing supporting the weight stack (immediately underneath the stack), there are 2 black plastic caps. Carefully pry them off with a flat head screwdriver.

2.The 2 bolts behind the caps hold the guide rods in place. The moment you pull the bolts out the rods will fall to the floor, so hold the rod firmly while removing the bolts, and gently lower it to the floor.

3.Grasp the top plate (hanging on the cord) and slide it off the top of the guide rods. Let the top plate hang on the cord and place it to one side. Have a cloth on hand so the hanging top plate does not scratch the frame.

4.Weight plates (F) are packaged in one or more boxes that are identified with their unit's product code. Slide all the weight plates onto the guide rods one at a time. Make sure you have installed all of the weight plates, and that the values on the labels are in the right order.

5.Slide the hanging top plate back onto the guide rods to complete the weight stack without twisting the cord.

6.Each weight stack features a pair of cylindrical 5 lb. add-on weights (A). Slide 1 weight onto each guide rod, leaving it in the lowered position resting on the top plate.

7.Carefully lift and guide each rod through the weight stack back into its original position seated in the black plastic bracket attached to the frame. Reinsert and tighten each bolt on the horizontal tubing underneath the weight stack and replace the black protective caps.

8.Slide each add-on weight up the guide rod and twist it into the stored position on the silver cylindrical bolts holding the black plastic bracket in place.

You have successfully installed your weight stack. Perform several repetitions at different weight selections to test the unit before moving on. Some friction or resistance is normal due to the new bushings being broken in; 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 its improper use or maintenance.

Please note the following:

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.

## 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.

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

**Important:** Weight stack guide rods and linear bearing guide rods are different. Treat them accordingly by following the specific recommendations below.

### Maintenance & Inspection Schedule:

#### Daily

-**Clean upholstery** with solution of 10% household liquid dish soap with warm water applied with 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 with water and a soft 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** (karabiner-like eyelets that you hook accessories to), **and weight stack selector pins**. Replace at first sign of wear.

-**Inspect cords** on Crossover / Pulley stations at their insertion points and in between for irregularities, and replace immediately if damaged or frayed. When changing a cord, note the replacement date for your records and see REPLACING PARTS in this manual.

-**Inspect belts** thoroughly over their entire lengths 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

(cont.) immediately. All insertion point hardware should also be carefully inspected for the tightness of bolts and signs of wear. When changing a belt, note the replacement date for your records and see REPLACING PARTS in this manual. \*Polyamide belts (see REPLACING PARTS) are designed to withstand a width reduction of up to 15% before requiring replacement.

**-Inspect all pivoting connecting parts** on weight stack units such as Lat Pull Downs, Low Rows, or any other unit that features a belt that inserts into a hook assembly that accessories are attached to, and replace them immediately if worn.

**-Clean weight stack guide rods** with dry towel and lubricate with TFL 50 or light duty transmission fluid. 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 products can stain. Occasionally, have an assistant lift 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 (lubricant may not be reaching lower weight plates). 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 at an insertion point and collect the extra slack in the belt, and carefully re-tighten the insertion point bolts (see diagram 2). 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 9am-5pm 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 9am-5pm Eastern Standard Time at 1-877-454-2285, ext. 239.

-To order Super Lube in the United States or internationally, contact Loctite USA from 9am-5pm Eastern Standard Time at 1-800 842-0041 for a dealer in your area.

## 5.REPLACING PARTS

### Cords

Special cords are used on all Adjustable, Fixed High/Low, and Direct Triceps Pulley stations found on various Crossover and Multi-Station units, and on certain user-defined single station units (D-223 Unilateral Pull Down and D-224 Unilateral Row for example). When ordering replacement cords, you will be asked to identify the unit's product code and specify which station you are ordering for.

To Install New Cord: (see diagram 2)

**\*IMPORTANT:** Use only genuine *ATLANTIS* cord (not cable) for this assembly. The use of other materials may lead to injury. Consult an Atlantis representative if you have any questions concerning this assembly or its applications.

Tools Required: Set of Allen keys, 9/16" wrench, lighter, scissors.

- 1.Carefully burn end of cord with a lighter to melt the loose strands of fibers together.
- 2.Feed cord through cylindrical steel housing and tie a tight single knot. The melted end of the cord should clearly stick out from the finished knot.
- 4.Slide cylindrical steel housing down over the knot as far as possible and bolt snap-lock into place.
- 5.Install plastic stopper / ball on cord by resting its pieces on top of the cylindrical housing and bolting both pieces together so as to clamp the cord securely.

To complete installation on Adjustable and Direct Triceps pulley stations, simply feed loose end of cord through pulleys and through cylindrical sleeve at opposite end. Tie a tight single knot and burn end of cord with a lighter to melt the loose strands of fibers together. The melted end of the cord should clearly stick out from the finished knot. For Fixed High/Low pulleys, simply repeat steps 1 through 5 at opposite end of cord.

## **Belts**

There are 2 types of belts used on *ATLANTIS* units. 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, simply communicate the unit's code (consists of 1 or 2 letters followed by 3 numbers e.g. P-140), and its weight stack value to your representative. When replacing a belt, be sure to re-install all hardware exactly as it was (see diagram 2). Incorrect installation of a belt may cause serious bodily harm.

**Polyamide belts:** Used only for following belt driven *ATLANTIS* units:

D-123 / MS-6 Lat Pull Down  
F-123 / S-500 & S-700 Lat Pull Down  
D-124 / MS-7 Low Row  
D-132 / MS-8 Incline Row  
D-138 / D-238 Lat Pull Down / Low Row Combo  
T-161 / MS-5 Overhead Triceps Extension  
B-158 / MS-4 Horizontal Biceps Curl  
T-215 Incline Triceps Press Down

Please note that most of the units listed here are featured as single stations and on various Multi-Stations and Combo units under different codes.

When replacing a polyamide belt, be sure to carefully inspect the snap lock assembly that the accessory clips on to. If the assembly looks worn, bent, or loose, replace it immediately. When replacing a snap lock assembly, be sure to re-install all hardware exactly as it was (see diagram 2). Incorrect installation of the snap lock assembly may cause serious bodily harm.

**Kevlar belts:** Used for all other belt driven units with the important exception of the units listed under "Polyamide belts" above. Kevlar belts can be easily distinguished from Polyamide belts by the repeating notches found on one side of the belting.

## **Pull Pins**

**Replacing handle only:** If only the handle has cracked or come off, but the pull pin mechanism itself is working properly, you need only change the handle itself. If the original handle's brass insert is still on the pin, you must first remove it to make way for the new knob. Use 2 sets of "vice grip" pliers to remove the brass insert, one to immobilize the pin's shaft, the other to grasp and unscrew the insert on the end. Once the threads of the pin are exposed, simply screw the new handle onto the pin's shaft.

**Replacing entire mechanism:** If the spring inside the pull pin mechanism is not working properly or other parts are missing, the entire pin needs to be changed. To remove the pin, use vice-grip pliers to grasp the pin at its silver or black base / collar, where the frame color of the unit meets the assembly. Once you have removed the original pin, simply screw in the new pin after applying several drops of Lock Tight ® to its threads. **It is important to note** that the thread size of the pull-pin's insert changed sometime in January of 2004. As a result, it is extremely important that you have the correct insert on the pull-pin you attempt to install; trying to install the wrong insert may permanently damage the female threads on your machine! If you encounter any difficulty trying to screw in a new assembly or are in doubt, contact our service department.

## **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 effective 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. 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, number and location on unit of pad(s) to be replaced so that we may assist you as expeditiously as possible.

## **Other Parts**

In the event you need to replace a part that has not been listed in this manual, simply communicate the product code of the unit and an explicit description of the part you require to your representative. You may be required to provide additional information in order to help establish exactly which version of a part is required.

## **6.TROUBLE SHOOTING**

### **Hydraulic Seat Adjustment**

The hydraulic cylinders used to adjust seat pads on many 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 itself). 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:** If the shock is leaking, or does not retract automatically, it may need to be replaced.

Communicate the unit's model number and 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, as bushings get “broken in” and belts soften etc. Keeping new units well lubricated (see PREVENTATIVE MAINTENANCE) on a more frequent basis during the first month of operation is advisable for optimal performance, and to accelerate the reduction of friction caused by new components.

### **IMPORTANT!**

The weight stack on any given unit is carefully adjusted to fit the top plate assembly on the same unit. Installing the wrong weight stack on the wrong unit may lead to unwanted friction or resistance. All single station and multi-station units are labeled with a unit code or letter that specifically corresponds to the boxes that contain the correct weight stack plates.

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 has come out of a pulley it may be due to incorrect tension. If there is excessive slack in a belt, loosen the bolts at an insertion point, shorten the belt and carefully re-tighten the bolts. The hand held selector pin must be fully inserted into a weight stack plate for an accurate belt 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 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.

## **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:

**Lifetime:** Welds & Weight Stack Plates

**3 Years:** Pulleys & Bearings

**1 Year:** All other parts not listed

**90 Days:** Grips, Upholstery & Accessory Bars & Handles

If at any time a component part is defective, *ATLANTIS* Inc. shall repair or replace it (at *ATLANTIS* Inc.'s option) 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.

#### **What is not covered by this warranty:**

*ATLANTIS* Inc.'s sole obligation under this warranty is limited to either repair or replacement or parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

**No Consequential Damages:** *ATLANTIS* Inc. is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

**Alteration, Neglect, Abuse, Misuse, Normal Wear & Tear, Accident, Damage during transit or installation, Fire, Flood, Acts of God:**

*ATLANTIS* Inc. is not responsible for the repair or

(cont.) 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.

**Transportation Costs:** *ATLANTIS* Inc. will accept parts covered under this warranty freight collect, provided that shipment has prior approval from an *ATLANTIS* representative. *ATLANTIS* will ship parts covered under this warranty by ground service via the courier of its choice at no charge to the client.

**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 customer 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 sight. Failure to do so 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 15 days of delivery. Any delays in making such a claim will invalidate your right to any future claim.

## **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, both verbally and written. Please refer to "Warranty Policy" above before submitting a claim.

## **8.CONTACT INFORMATION**

*ATLANTIS* Inc.

4745 ave. des Industries,

Laval, Quebec, Canada,

H7C 1A1

Tel.:(450) 664-2285

Fax:(450) 664-4900

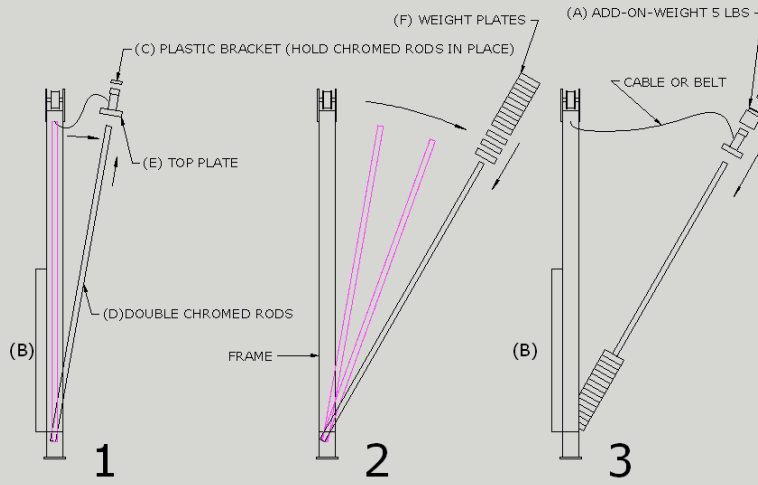
Toll free: 1-877-454-2285

E-Mail: [info@atlantis-fit.com](mailto:info@atlantis-fit.com)

Website: [www.atlantis-fit.com](http://www.atlantis-fit.com)

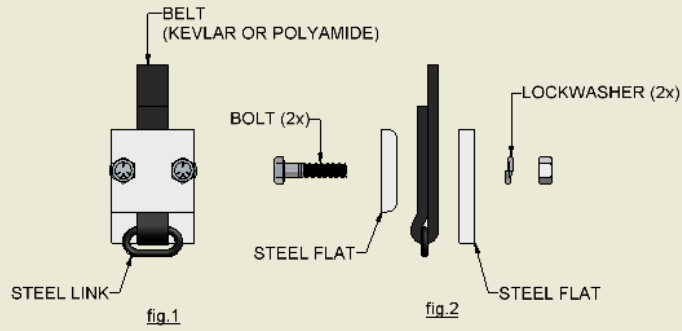
Office Hours: 9-5 Eastern Standard Time, Monday through Friday.

# DIAGRAM 1 / WEIGHT STACK INSTALLATION

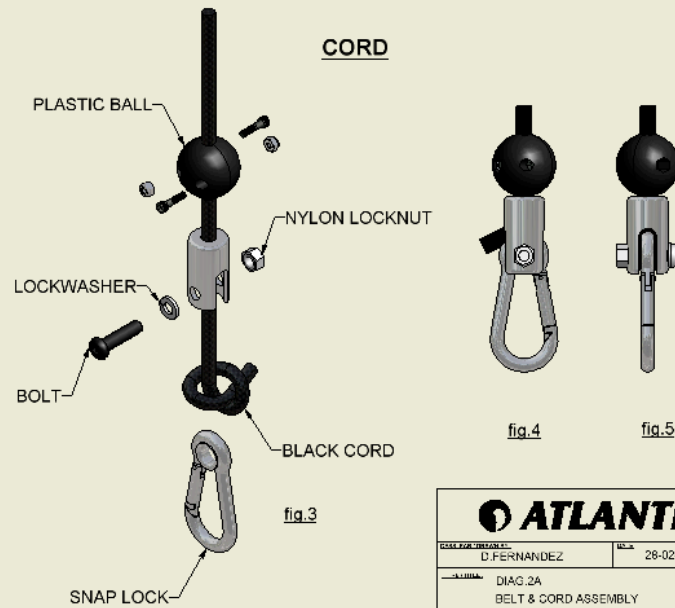


## DIAGRAM 2 - BELT & CORD ASSEMBLY

### BELT



### CORD



**ATLANTIS®**

DESIGNER: D. FERNANDEZ

DATE: 28-02-05

DIAG. 2A  
BELT & CORD ASSEMBLY