



General Technical Instructions

1. All ATLETAS training machines use the same universal scales on the side of the seat. Once adjusted on one machine the user may use the same adjustment figure on every ATLETAS machine.
2. All ATLETAS training machines with seat adjustment are equipped with adjustment systems, which allow easy adjusting on all seats:
3. Most ATLETAS machines can be adjusted from users position. Although it is very comfortable to stay in machine during sets, always leave machine after exercise is finished immediately in order to relax and to recover completely. This is medically recommended.
4. ATLETAS training machines use pre-stretching range of motion in al lot of exercises where pre-stretching is recommended to perform such as butterfly machine, pullover machine, calf machine, leg-press machine etc. Try to use and adapt to this pre-stretching range of motion.
5. Optionally some ATLETAS machines are equipped with range limiters to select starting and finishing point of movement in 10° increments. These machines are: leg curl, seated leg curl, leg extension and lower back machine. With this device starting and finishing point of movement range can be changed in 10° steps.