

# ata

## ataWeighlifting Platform Installation Manual

### Description

Four platform variants are available. Please refer to the corresponding page based on your purchased model and follow the assembly instructions.

### Index

ASSEMBLY CAUTION.....	Page 2
1. dB Lifting Platform SMALL (5391).....	Page 3-8
2. dB Lifting Platform (5392).....	Page 9-14
3. SMALL Platform + Integrated (5391+5393).....	Page 15-20
4. STANDARD Platform + Integrated (5392+5393).	Page 21-26

# ASSEMBLY CAUTION

Assembly requires at least two people.

Do not fully tighten the screws during initial assembly, as adjustments may be required.

Ensure that all parts are included. If anything is missing, please contact us:

[atatreningsutstyr.no/kontakt](http://atatreningsutstyr.no/kontakt)

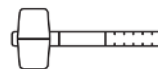
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools are recommended for assembly:

- Adjustable wrenches



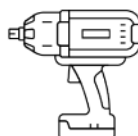
- Rubber hammers



- Socket set



- Electric Wrench



## WARNING



Choking hazard. Small parts-Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.



Heavy object. Use lifting aids and proper lifting techniques when moving

# ata Pro Elite dB Lifting Platform SMALL

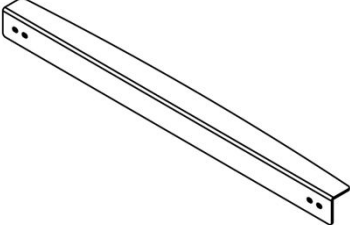
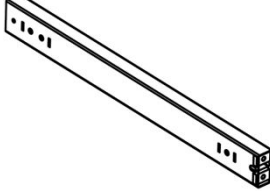
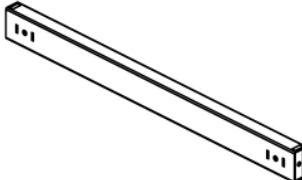

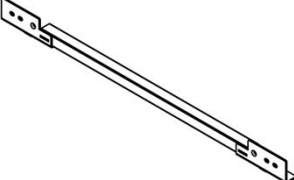


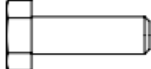

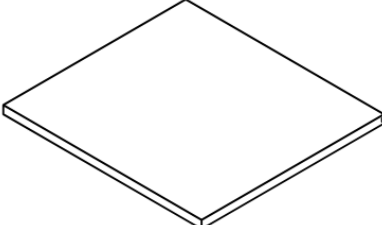
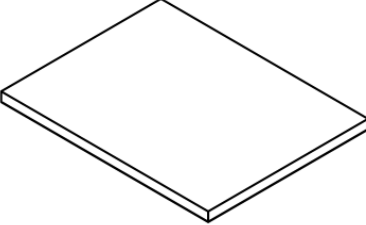
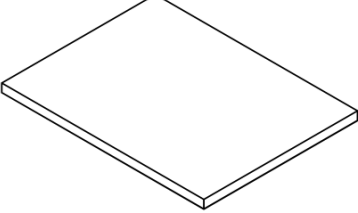

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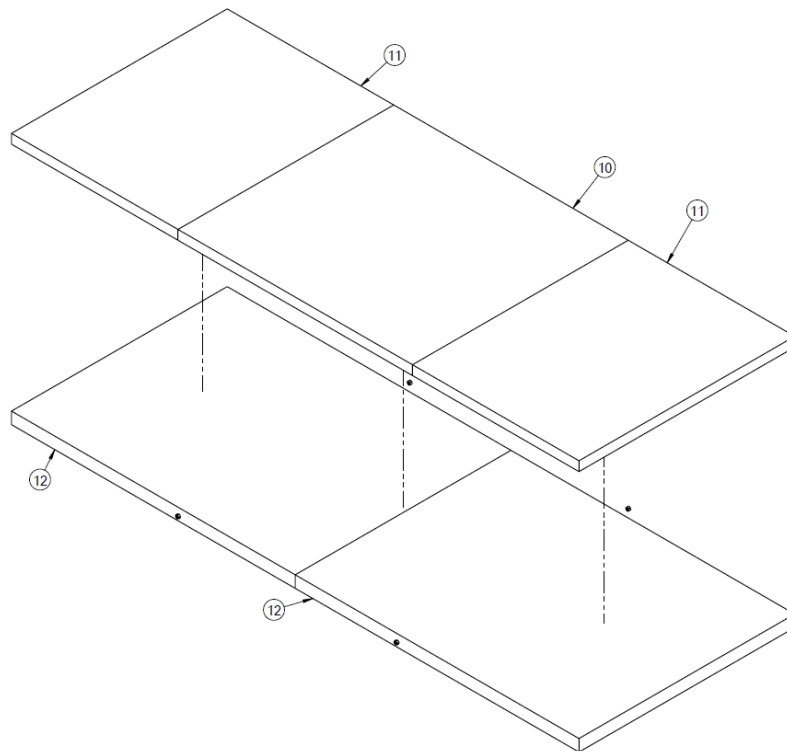
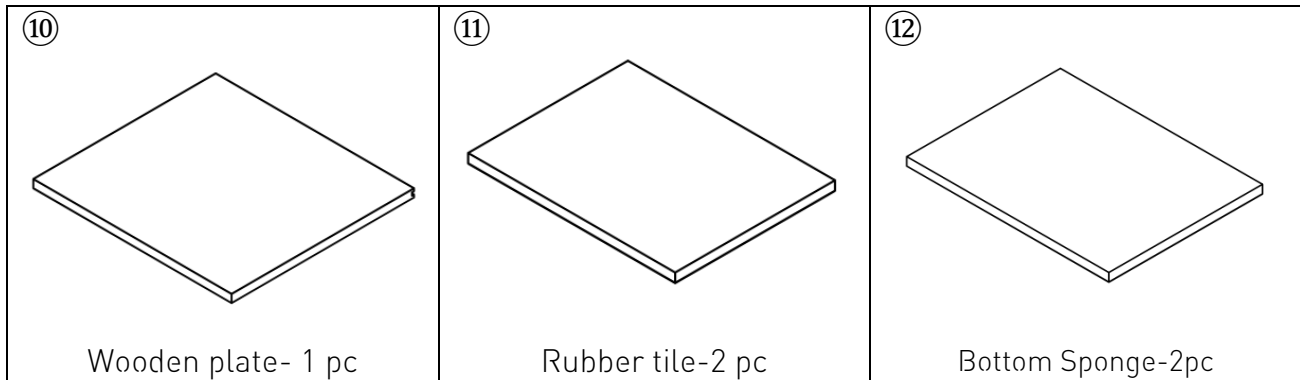
Dimensions 2500\*1000\*90mm

**Attention:** Partial threading (without full tightening) is required for all screws during the preliminary assembly phase. Final torque tightening shall be conducted after all fasteners are positioned to ensure structural stability and assembly precision.

# Parts

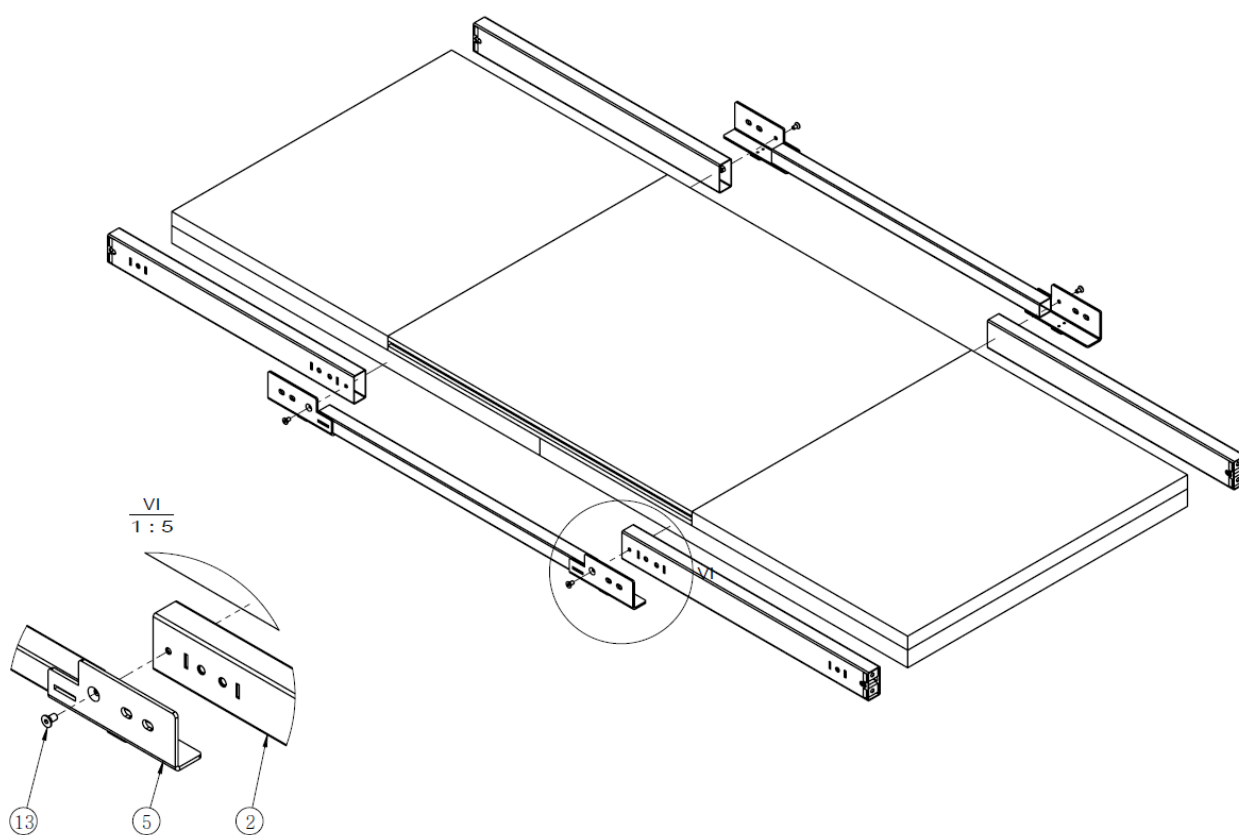
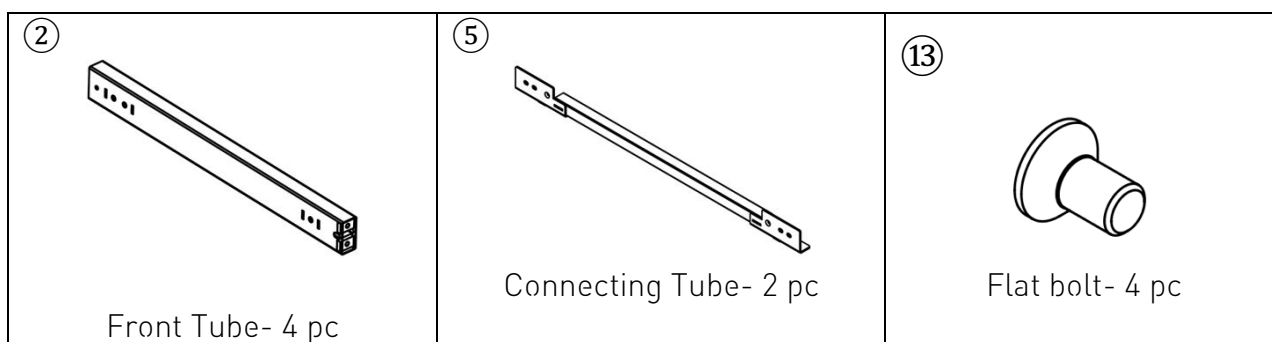
<p>①</p>  <p>Bent Plate - 2 pc</p>	<p>②</p>  <p>Front Tube- 4 pc</p>	<p>③</p>  <p>Side Tube -2 pc</p>
<p>④</p>  <p>Feet- 4 pc</p>	<p>⑤</p>  <p>Connecting Tube- 2 pc</p>	<p>⑥</p>  <p>M10 Washer- 24 pc</p>
<p>⑦</p>  <p>Spring Washer - 24 pc</p>	<p>⑧</p>  <p>Bolt M10*35-20pc</p>	<p>⑨</p>  <p>Bolt M10*80- 4 pc</p>
<p>⑩</p>  <p>Wooden plate- 1 pc</p>	<p>⑪</p>  <p>Rubber tile-2 pc</p>	<p>⑫</p>  <p>Bottom Sponge-2pc</p>
<p>⑬</p>  <p>Flat bolt- 4 pc</p>		

## Step1.



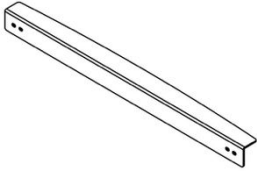


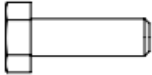
Choose the right location to be placed, laying the soundproof bottom sponge (⑫), keep flatness, neatness, and tightness. Laying the rubber tile (⑪) and wooden board (⑩), keep flatness, neatness, and tightness.

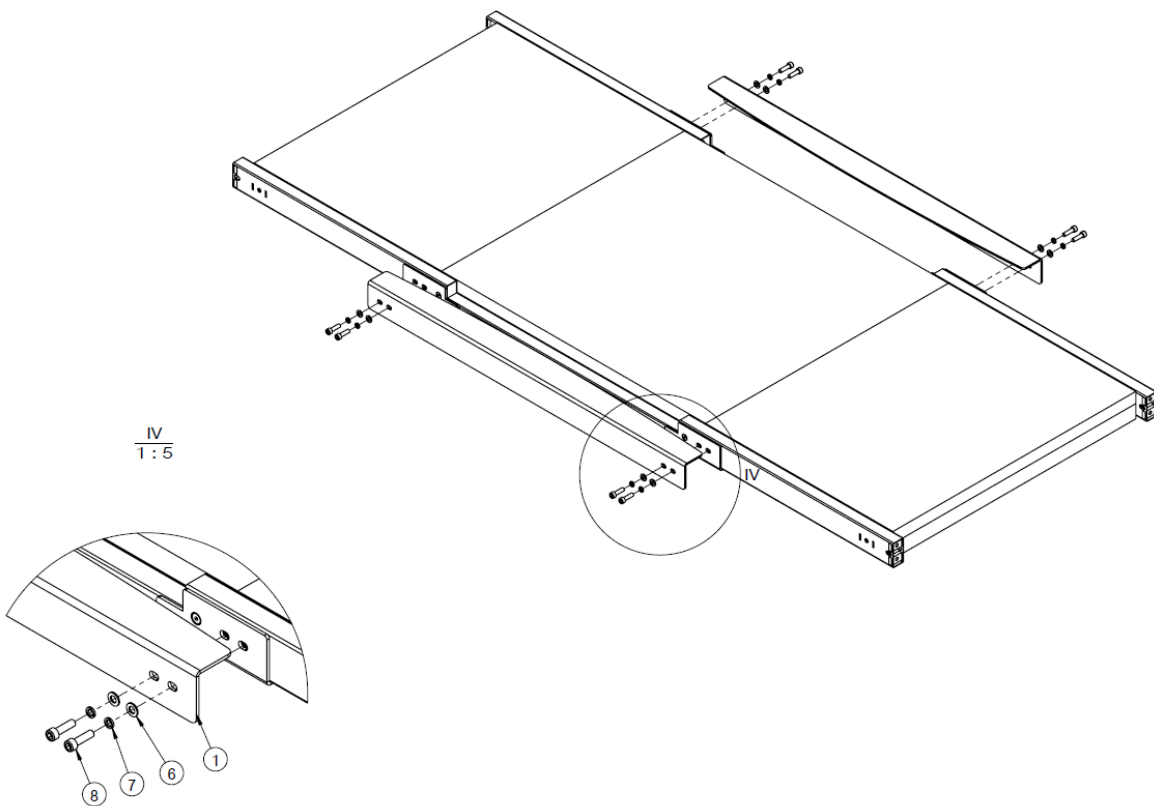
## Step 2.



Assemble the front tubes(②) and fix them with connecting tubes(⑤) through flat bolt (⑬)

### Step 3.

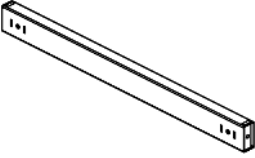



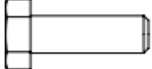
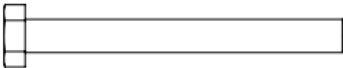
<p>①</p>  <p>Bent Plate - 2 pc</p>	<p>⑥</p>  <p>M10 Washer- 8 pc</p>	<p>⑦</p>  <p>Spring Washer - 8 pc</p>	<p>⑧</p>  <p>Bolt M10*35- 8 pc</p>
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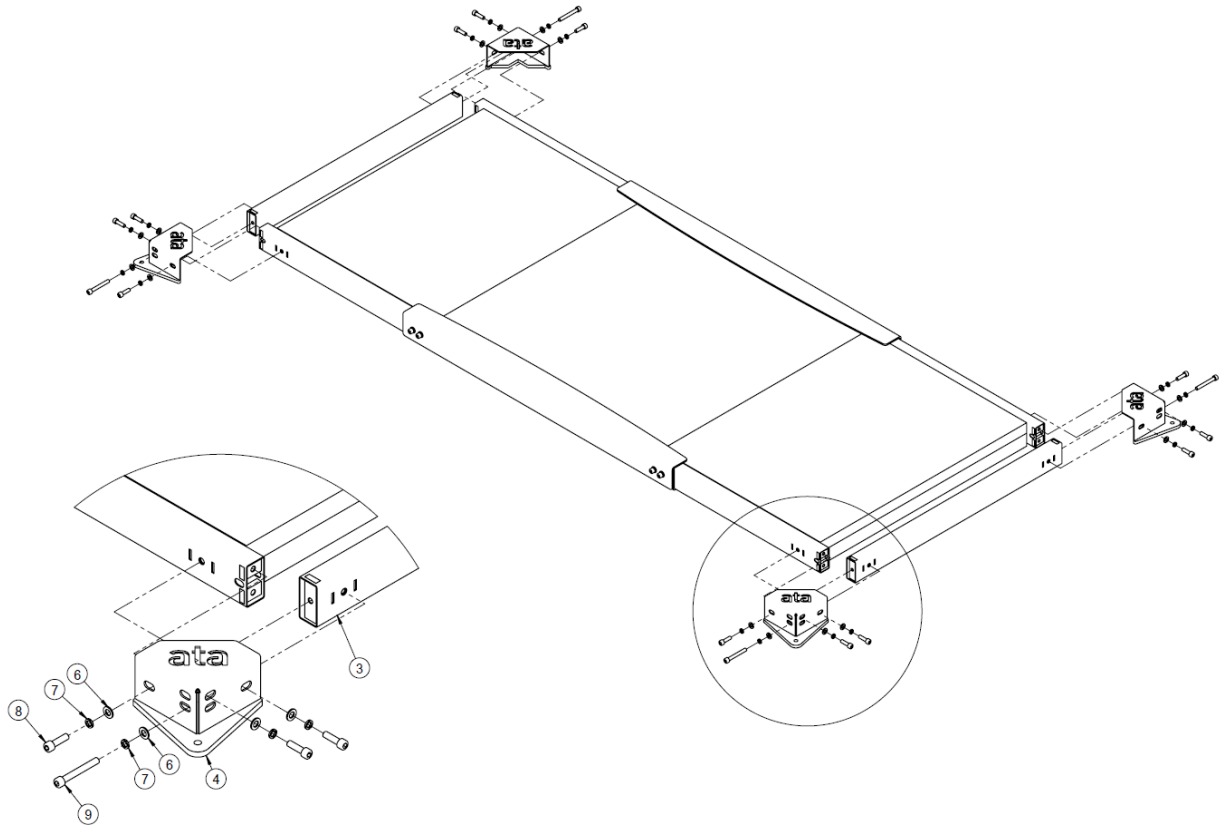


Assemble front and back parts(①) as shown in the picture.

**Note:** Do not fully tighten the screws during initial assembly, as adjustments may be required.

## Step 4.

<p>③</p>  <p>Side Tube -2 pc</p>	<p>④</p>  <p>Feet- 4 pc</p>	<p>⑥</p>  <p>M10 Washer- 16 pc</p>
<p>⑦</p>  <p>Spring Washer - 16 pc</p>	<p>⑧</p>  <p>Bolt M10*35-12pc</p>	<p>⑨</p>  <p>Bolt M10*80- 4 pc</p>

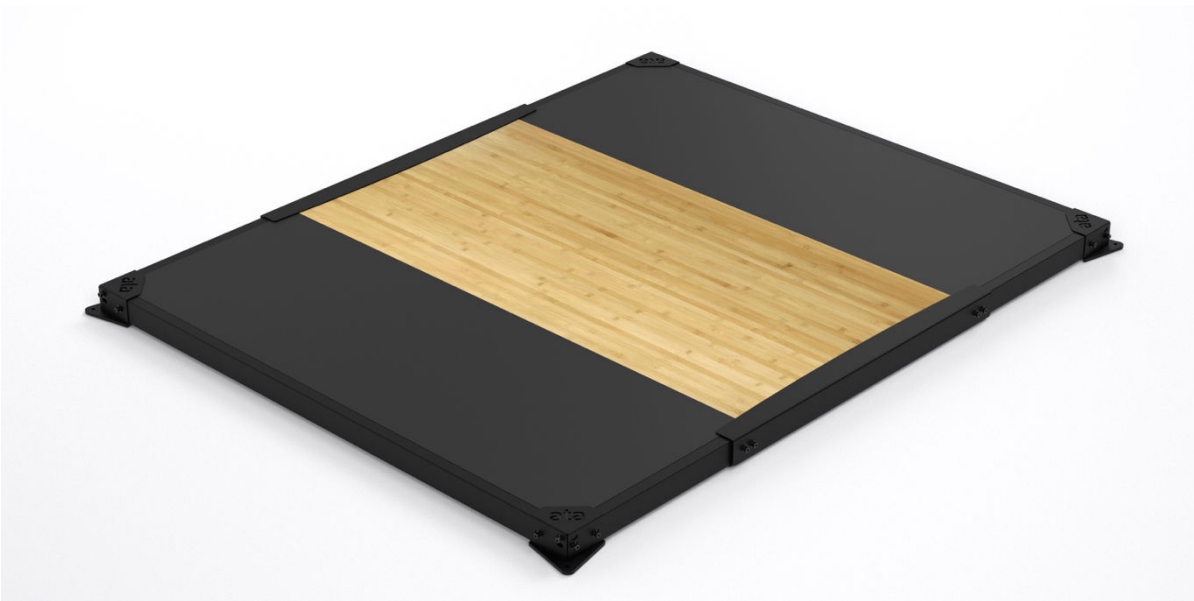


Assemble the sides tubes(③) and Feet(④).

Tighten the screws.

# ata Pro Elite dB Lifting Platform

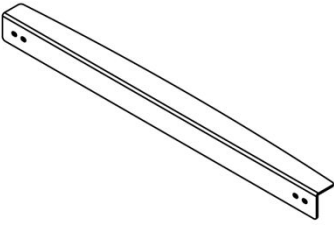
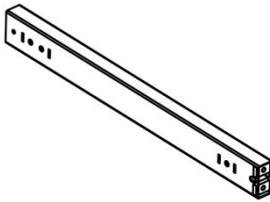
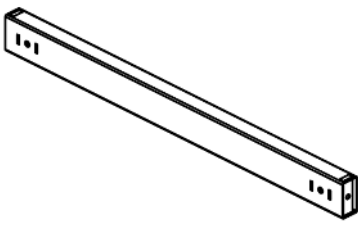

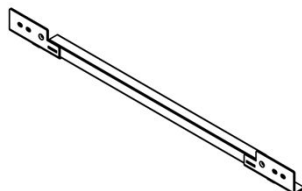


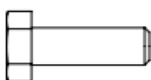
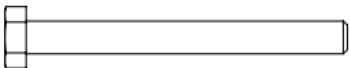
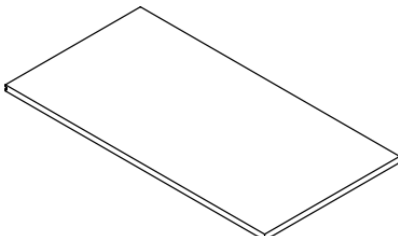
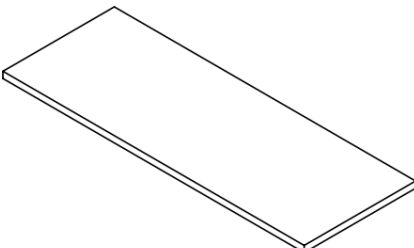
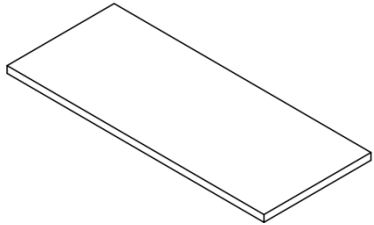

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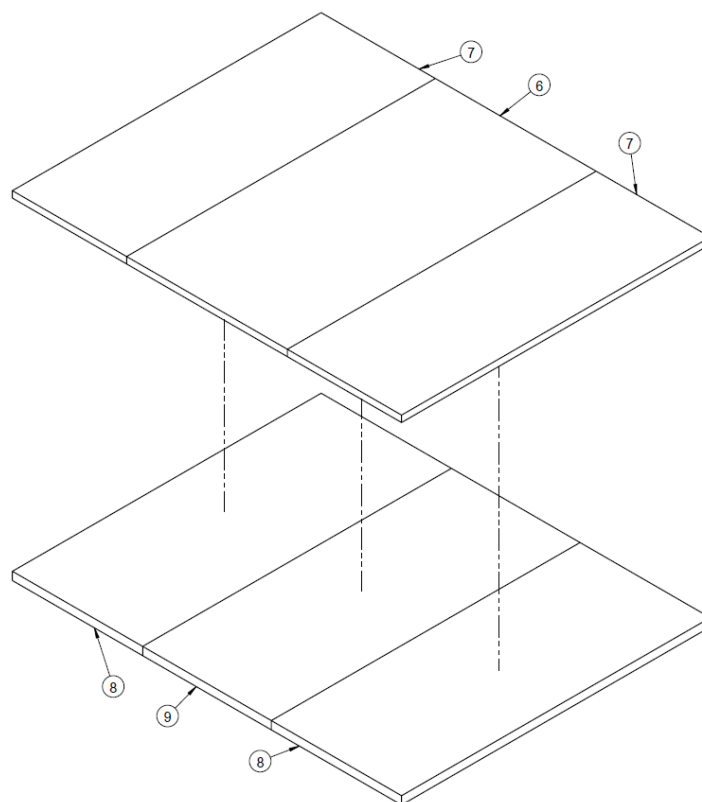
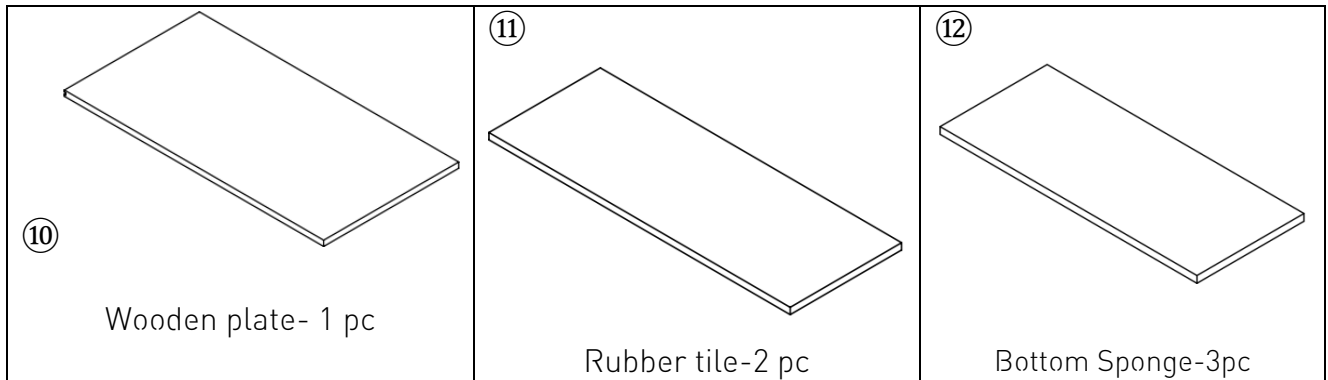
Dimensions 2500\*2000\*90mm

**Attention:** Partial threading (without full tightening) is required for all screws during the preliminary assembly phase. Final torque tightening shall be conducted after all fasteners are positioned to ensure structural stability and assembly precision.

# Parts

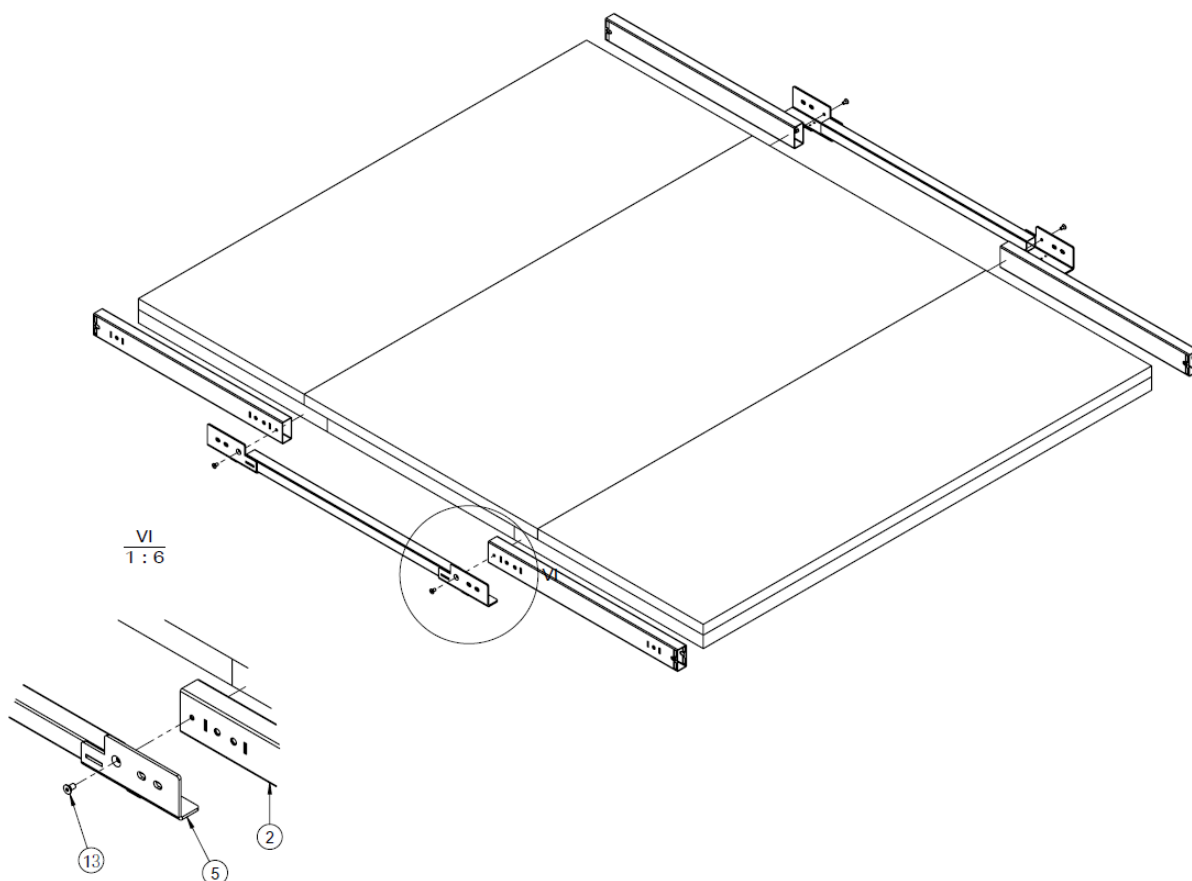
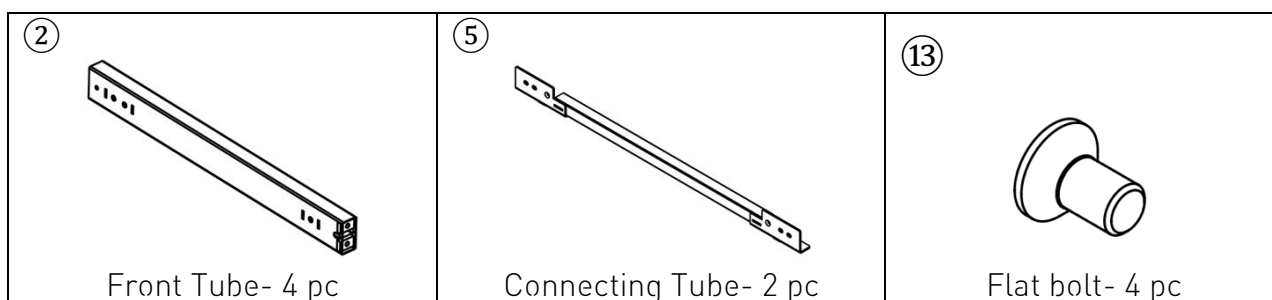
<p>①</p>  <p>Bent Plate - 2 pc</p>	<p>②</p>  <p>Front Tube- 4 pc</p>	<p>③</p>  <p>Side Tube -2 pc</p>
<p>④</p>  <p>Feet- 4 pc</p>	<p>⑤</p>  <p>Connecting Tube- 2 pc</p>	<p>⑥</p>  <p>M10 Washer- 24 pc</p>
<p>⑦</p>  <p>Spring Washer - 24 pc</p>	<p>⑧</p>  <p>Bolt M10*35-20pc</p>	<p>⑨</p>  <p>Bolt M10*80- 4 pc</p>
<p>⑩</p>  <p>Wooden plate- 1 pc</p>	<p>⑪</p>  <p>Rubber tile-2 pc</p>	<p>⑫</p>  <p>Bottom Sponge-3pc</p>
<p>⑬</p>  <p>Flat bolt- 4 pc</p>		

## Step1.



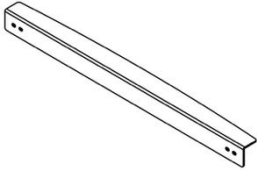
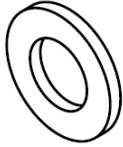


Choose the right location to be placed, laying the soundproof bottom sponge (⑫), keep flatness, neatness, and tightness. Laying the rubber tile (⑪) and wooden board (⑩), keep flatness, neatness, and tightness.

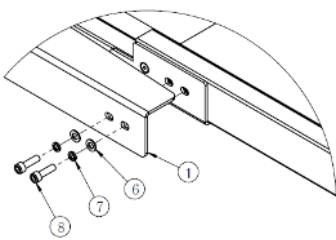
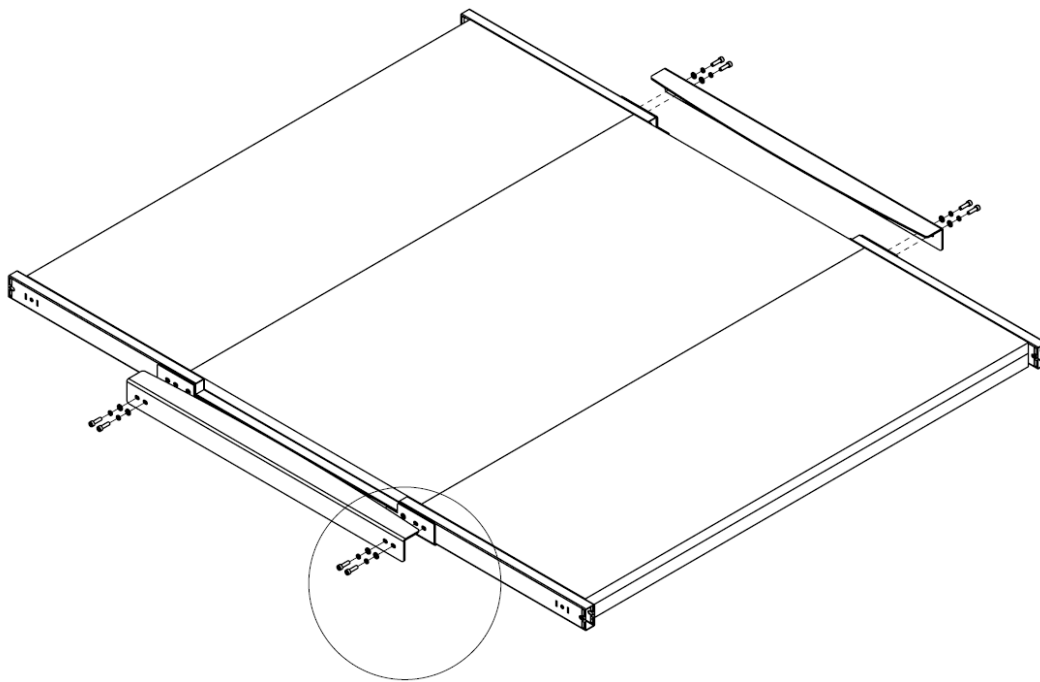
## Step 2.



Assemble the front tubes(②) and fix them with connecting tubes(⑤) through flat bolt (⑬)

### Step 3.

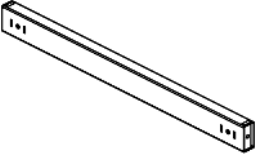



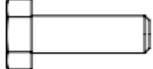
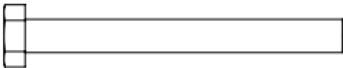
<p>①</p>  <p>Bent Plate - 2 pc</p>	<p>⑥</p>  <p>M10 Washer- 8 pc</p>	<p>⑦</p>  <p>Spring Washer - 8 pc</p>	<p>⑧</p>  <p>Bolt M10*35- 8 pc</p>
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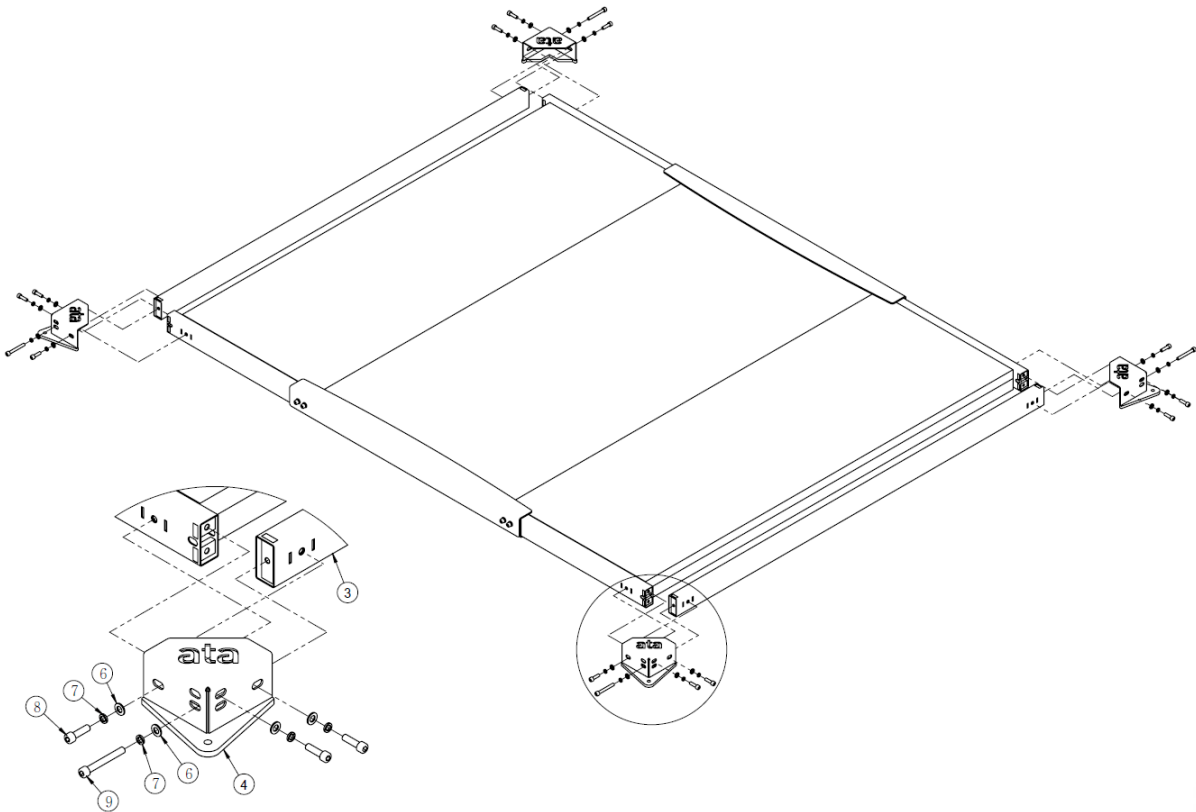


Assemble front and back parts(①) as shown in the picture.

**Note:** Do not full tighten the screws during initial assembly, the components can be adjusted freely.

## Step 4.

<p>③</p>  <p>Side Tube -2 pc</p>	<p>④</p>  <p>Feet- 4 pc</p>	<p>⑥</p>  <p>M10 Washer- 16 pc</p>
<p>⑦</p>  <p>Spring Washer - 16 pc</p>	<p>⑧</p>  <p>Bolt M10*35-12pc</p>	<p>⑨</p>  <p>Bolt M10*80- 4 pc</p>



Assemble the sides tubes(③) and Feet(④).

Tighten all the screws.

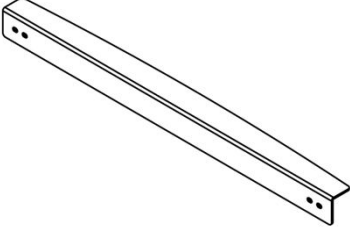
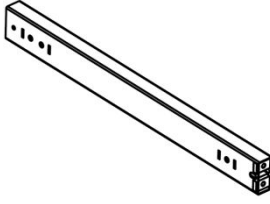
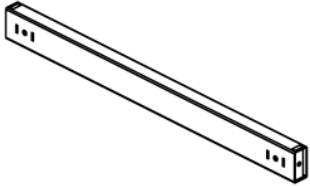

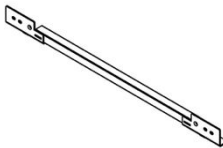


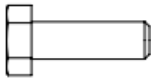
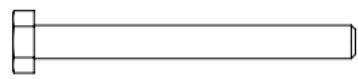
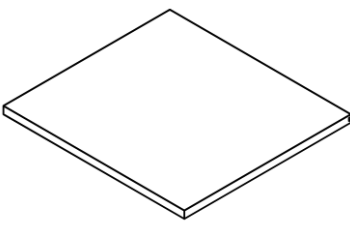
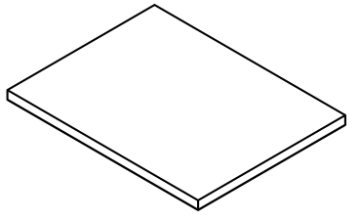
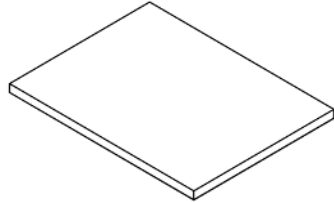

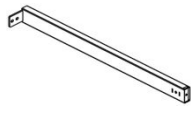

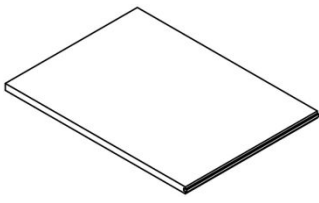
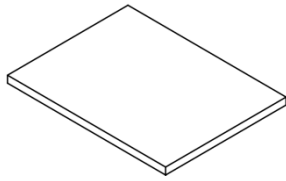
ata Pro Elite dB Lifting Platform SMALL + ata  
Pro Elite dB Lifting Platform Integrated Add-on  
ID: 5391 + 5393



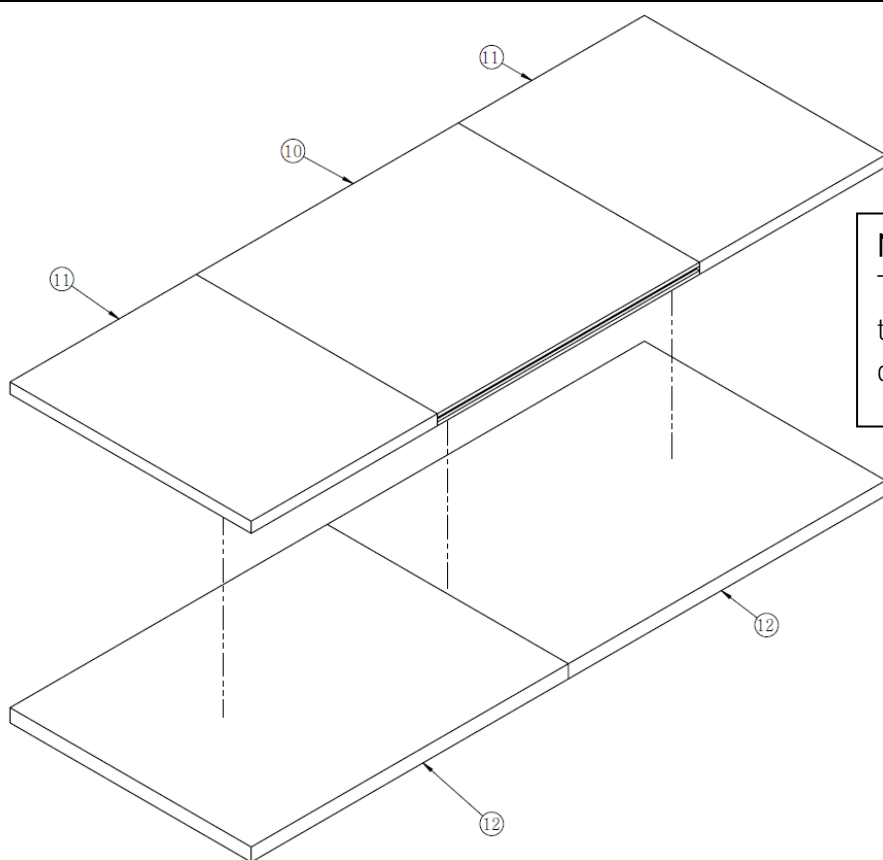
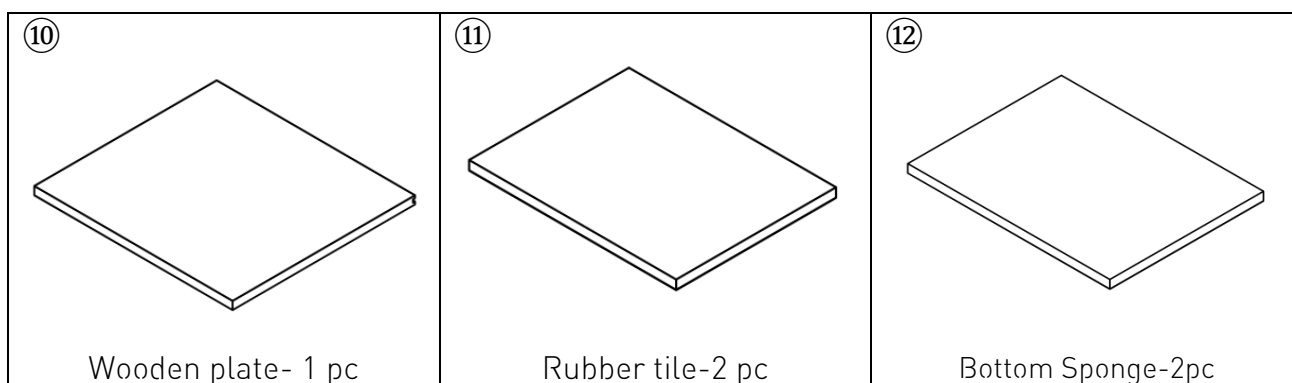
Dimensions: 2500\*1000\*90mm with 1200\*960mm\*90mm add on

**Attention:** Partial threading (without full tightening) is required for all screws during the preliminary assembly phase. Final torque tightening shall be conducted after all fasteners are positioned to ensure structural stability and assembly precision.

# Parts

<p>①</p>  <p>Bent Plate - 1 pc</p>	<p>②</p>  <p>Front Tube- 2 pc</p>	<p>③</p>  <p>Side Tube -2 pc</p>
<p>④</p>  <p>Feet- 6 pc</p>	<p>⑤</p>  <p>Connecting Tube- 2 pc</p>	<p>⑥</p>  <p>M10 Washer- 32 pc</p>
<p>⑦</p>  <p>Spring Washer - 32 pc</p>	<p>⑧</p>  <p>Bolt M10*35-26pc</p>	<p>⑨</p>  <p>Bolt M10*80- 6 pc</p>
<p>⑩</p>  <p>Wooden plate- 1 pc</p>	<p>⑪</p>  <p>Rubber tile-2 pc</p>	<p>⑫</p>  <p>Bottom Sponge-2pc</p>
<p>⑬</p>  <p>Flat bolt- 4 pc</p>	<p>⑭</p>  <p>Integrated side tube-2 pc</p>	<p>⑮</p>  <p>Integrated front tube- 1 pc</p>
<p>⑯</p>  <p>Integrated wooden plate - 1 pc</p>	<p>⑰</p>  <p>Integrated bottom sponge - 1 pc</p>	

## Step1.

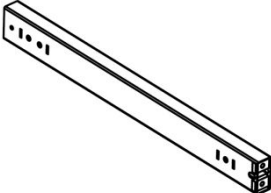
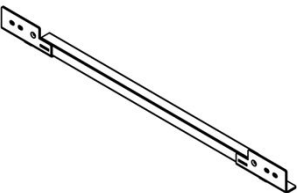

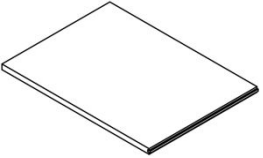
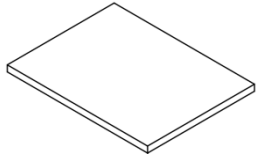


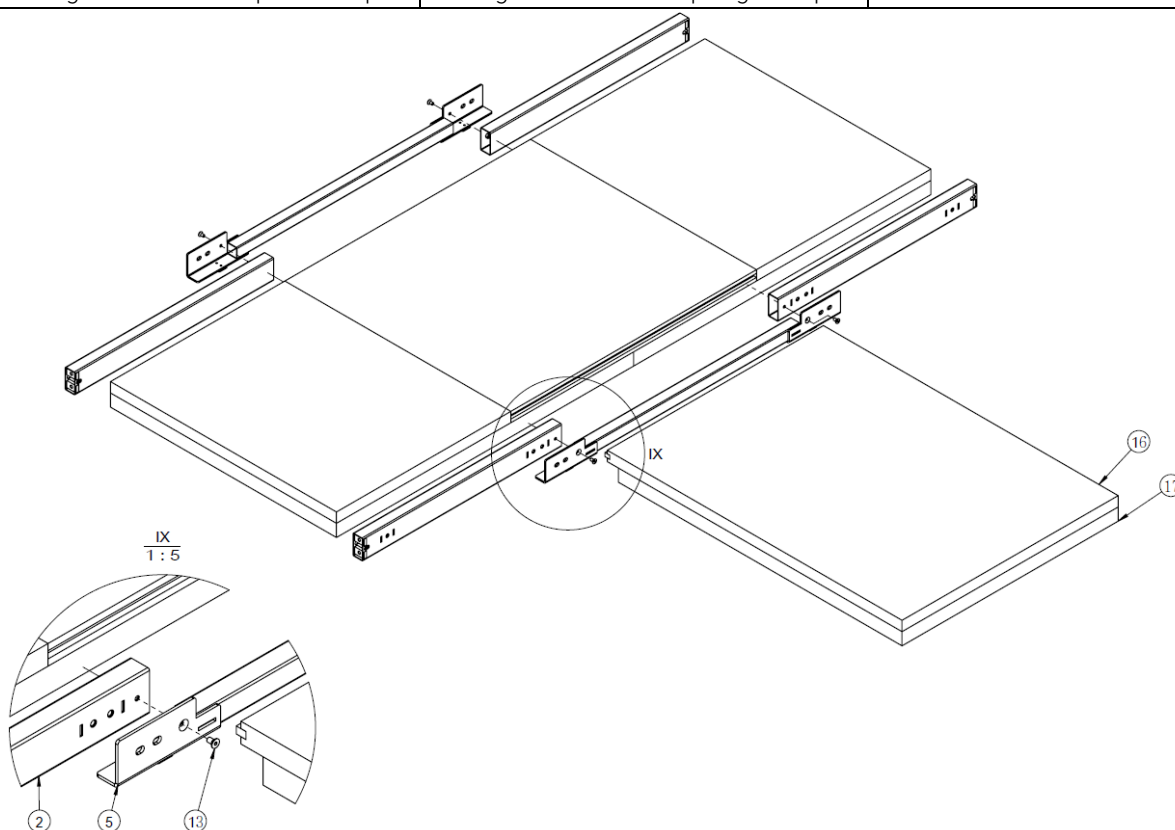
**Note:**

The wooden groove needs to face towards the integrated platform direction.

Choose the right location to be placed, laying the soundproof bottom sponge (⑫), keep flatness, neatness, and tightness. Laying the rubber tile (⑪) and wooden board (⑩), keep flatness, neatness, and tightness.

## Step 2.

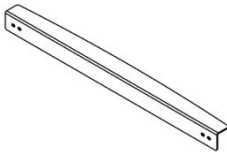
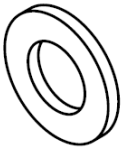

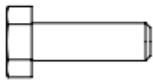
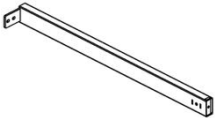
<p>②</p>  <p>Front Tube- 4 pc</p>	<p>⑤</p>  <p>Connecting Tube- 2 pc</p>	<p>⑬</p>  <p>Flat bolt- 4 pc</p>
<p>⑯</p>  <p>Integrated wooden plate - 1 pc</p>	<p>⑰</p>  <p>Integrated bottom sponge - 1 pc</p>	

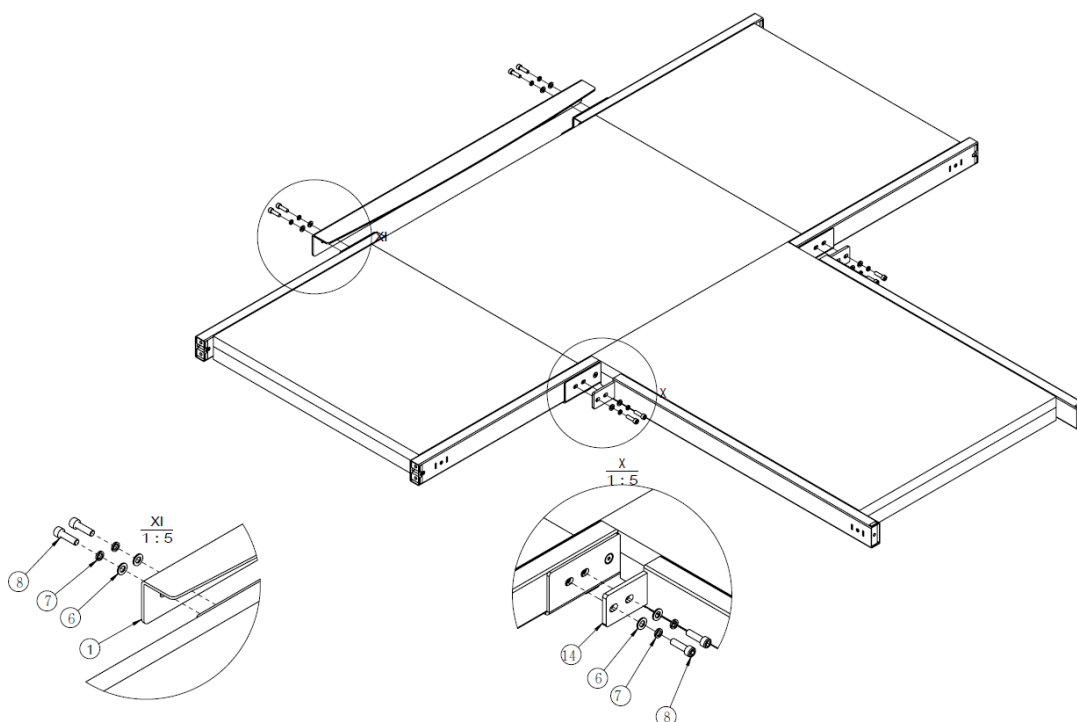


Assemble the front tubes(②) and fix them with connecting tubes(⑤) through flat bolt (⑬)

Layer the Integrated bottom sponge(⑰) in the middle of front tube, assemble the wooden plate(⑯).

### Step 3.

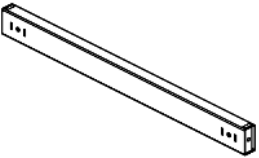



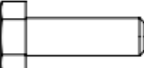

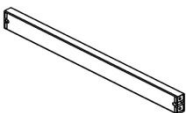
<p>①</p>  <p>Bent Plate - 1 pc</p>	<p>⑥</p>  <p>M10 Washer- 8 pc</p>	<p>⑦</p>  <p>Spring Washer - 8 pc</p>
<p>⑧</p>  <p>Bolt M10*35- 8 pc</p>	<p>⑭</p>  <p>Integrated side tube -2 pc</p>	

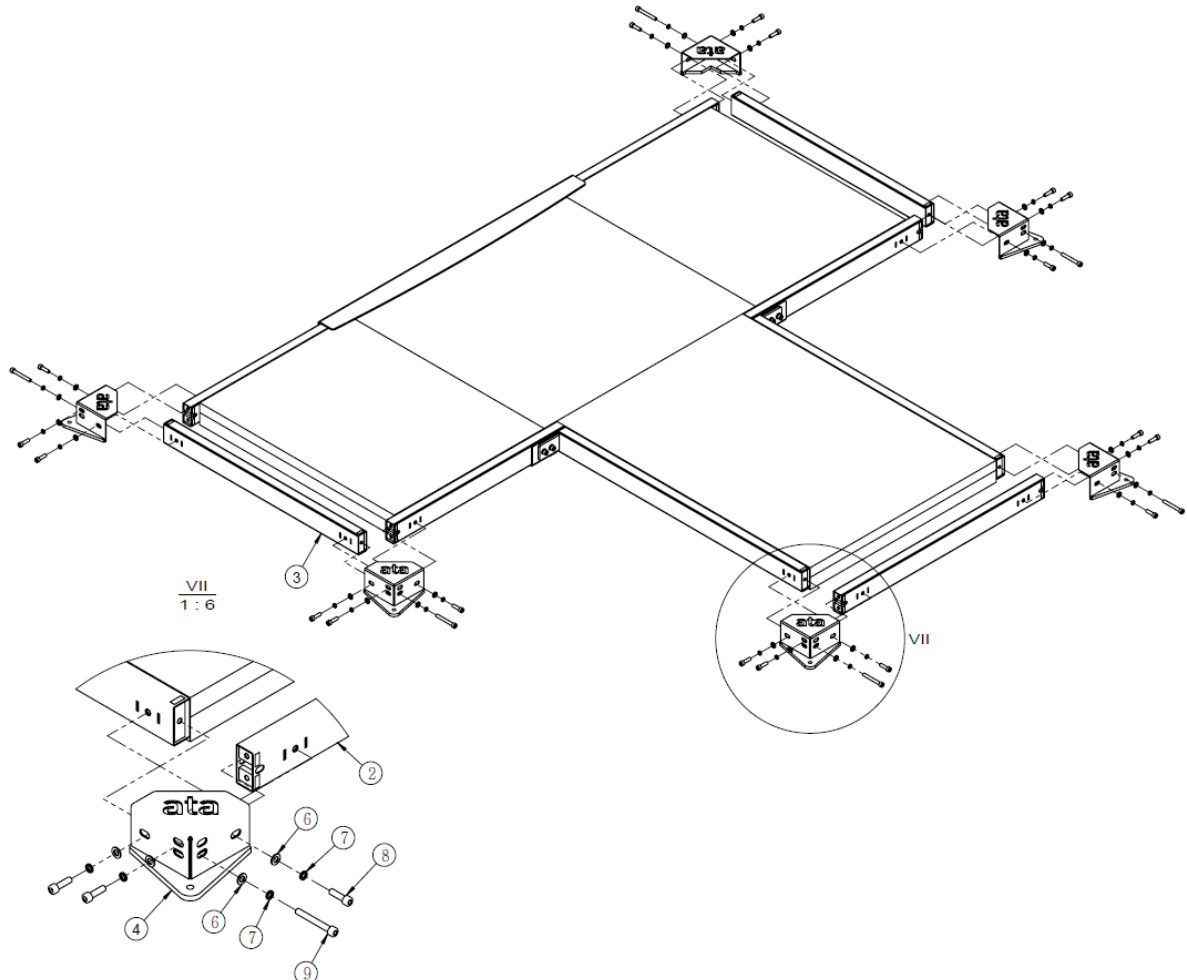


Assemble front parts(①) and integrated side tube(⑭) as shown in the picture.

**Note:** Do not full tighten the screws during initial assembly, the components can be adjusted freely.

## Step 4.

<p>③</p>  <p>Side Tube -2 pc</p>	<p>④</p>  <p>Feet- 6 pc</p>	<p>⑥</p>  <p>M10 Washer- 24 pc</p>	<p>⑦</p>  <p>Spring Washer - 24 pc</p>
<p>⑧</p>  <p>Bolt M10*35-24pc</p>	<p>⑨</p>  <p>Bolt M10*80- 6 pc</p>	<p>⑮</p>  <p>Integrated front tube- 1 pc</p>	



Assemble the sides tubes(③) and Feet(④).

Tighten all the screws.

# ata Pro Elite dB Lifting Platform + ata Pro Elite dB Lifting Platform Integrated Add-on

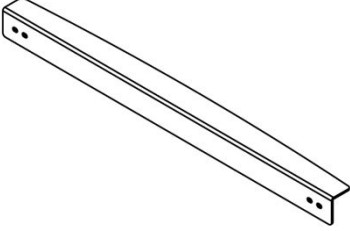
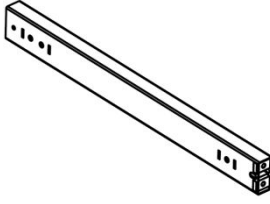
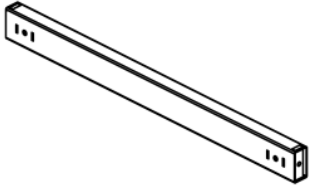

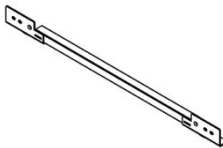

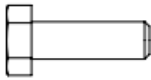
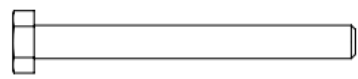
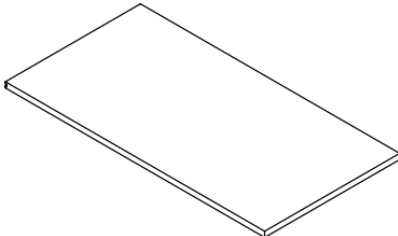
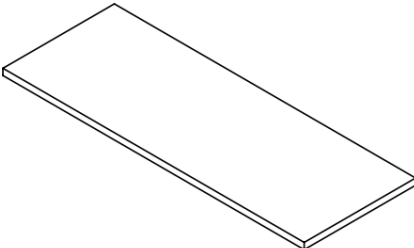
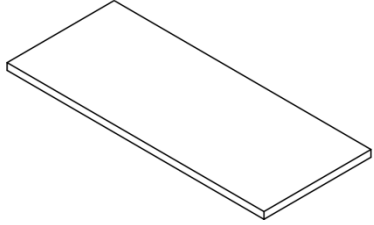



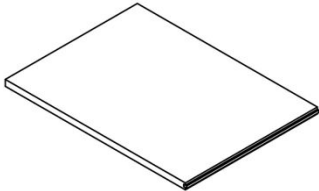
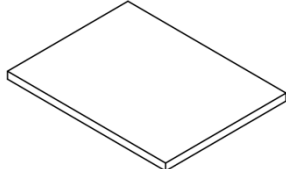
ID: 5392 + 5393



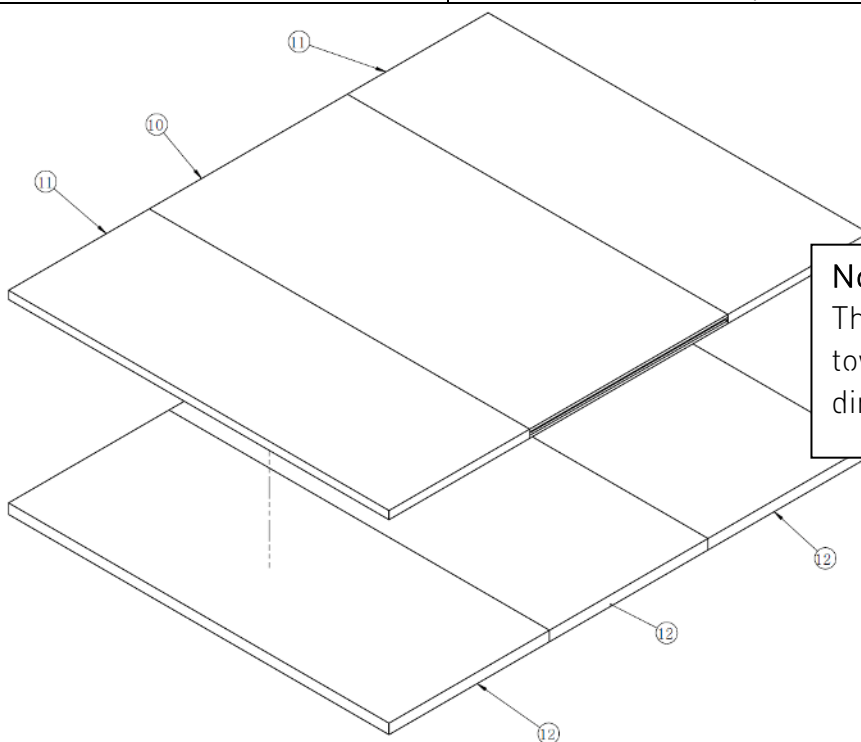
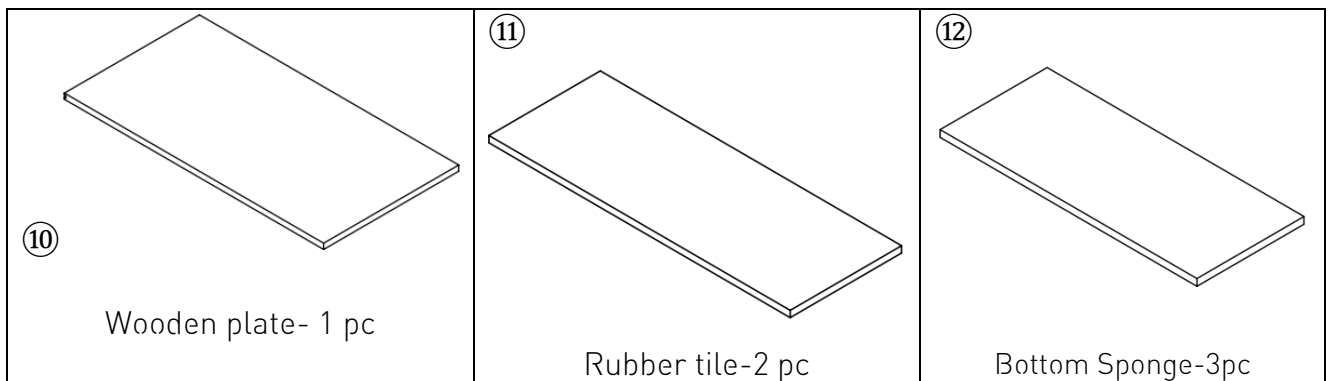
Dimensions: 2500\*2000\*90mm with 1200\*960mm\*90mm add on

**Attention:** Partial threading (without full tightening) is required for all screws during the preliminary assembly phase. Final torque tightening shall be conducted after all fasteners are positioned to ensure structural stability and assembly precision.

# Parts

<p>①</p>  <p>Bent Plate - 1 pc</p>	<p>②</p>  <p>Front Tube- 2 pc</p>	<p>③</p>  <p>Side Tube -2 pc</p>
<p>④</p>  <p>Feet- 6 pc</p>	<p>⑤</p>  <p>Connecting Tube- 2 pc</p>	<p>⑥</p>  <p>M10 Washer- 32 pc</p>
<p>⑦</p>  <p>Spring Washer - 32 pc</p>	<p>⑧</p>  <p>Bolt M10*35-26pc</p>	<p>⑨</p>  <p>Bolt M10*80- 6 pc</p>
<p>⑩</p>  <p>Wooden plate- 1 pc</p>	<p>⑪</p>  <p>Rubber tile-2 pc</p>	<p>⑫</p>  <p>Bottom Sponge-3pc</p>
<p>⑬</p>  <p>Flat bolt- 4 pc</p>	<p>⑭</p>  <p>Integrated side tube-2 pc</p>	<p>⑮</p>  <p>Integrated front tube- 1 pc</p>
<p>⑯</p>  <p>Integrated wooden plate - 1 pc</p>	<p>⑰</p>  <p>Integrated bottom sponge - 1 pc</p>	

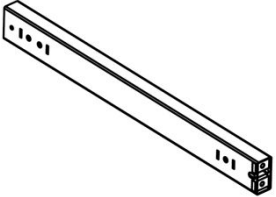
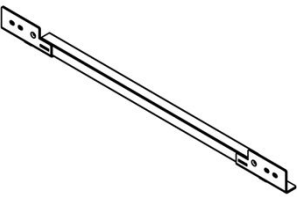

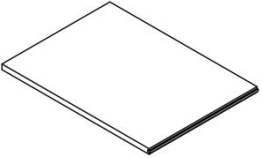
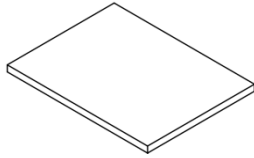
## Step1.

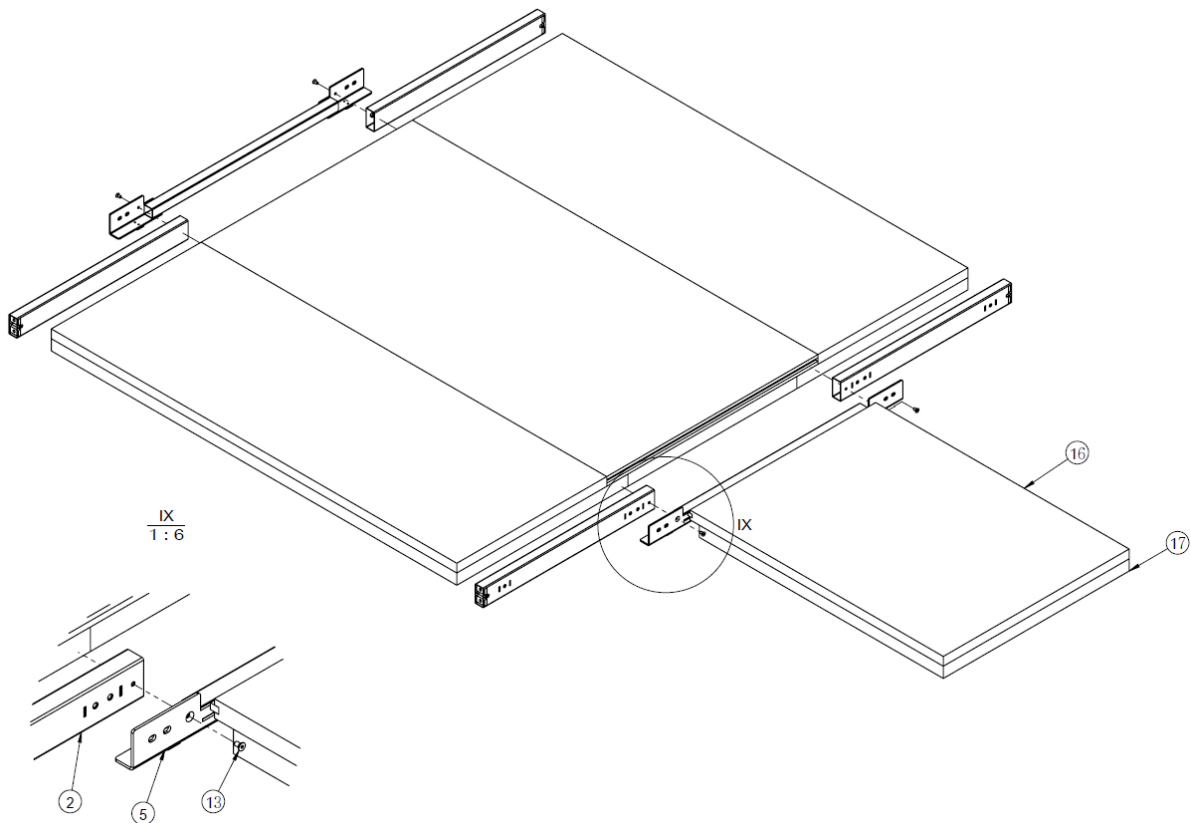


**Note:**  
The wooden groove needs to face towards the integrated platform direction.

Choose the right location to be placed, laying the soundproof bottom sponge (⑫), keep flatness, neatness, and tightness. Laying the rubber tile (⑪) and wooden board (⑩), keep flatness, neatness, and tightness.

## Step 2.

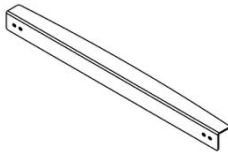
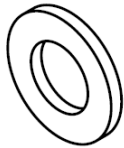

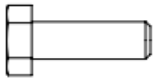
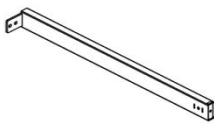
<p>②</p>  <p>Front Tube- 4 pc</p>	<p>⑤</p>  <p>Connecting Tube- 2 pc</p>	<p>⑬</p>  <p>Flat bolt- 4 pc</p>
<p>⑯</p>  <p>Integrated wooden plate - 1 pc</p>	<p>⑰</p>  <p>Integrated bottom sponge - 1 pc</p>	

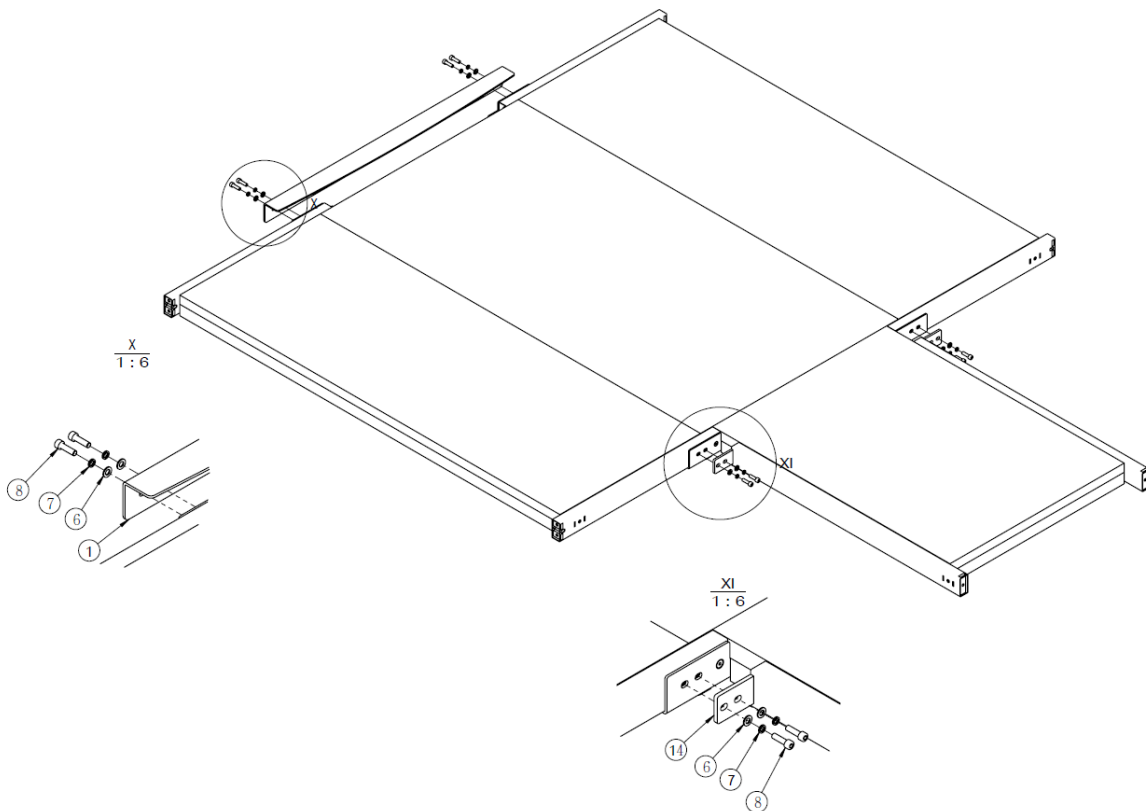


Assemble the front tubes(②) and fix them with connecting tubes(⑤) through flat bolt (⑬)

Layer the Integrated bottom sponge(⑰) in the middle of front tube, assemble the wooden plate(⑯).

### Step 3.

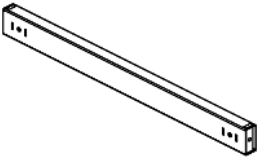



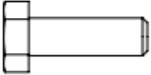
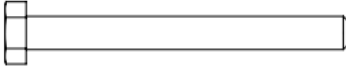

<p>①</p>  <p>Bent Plate - 1 pc</p>	<p>⑥</p>  <p>M10 Washer- 8 pc</p>	<p>⑦</p>  <p>Spring Washer - 8 pc</p>
<p>⑧</p>  <p>Bolt M10*35- 8 pc</p>	<p>⑭</p>  <p>Integrated side tube -2 pc</p>	

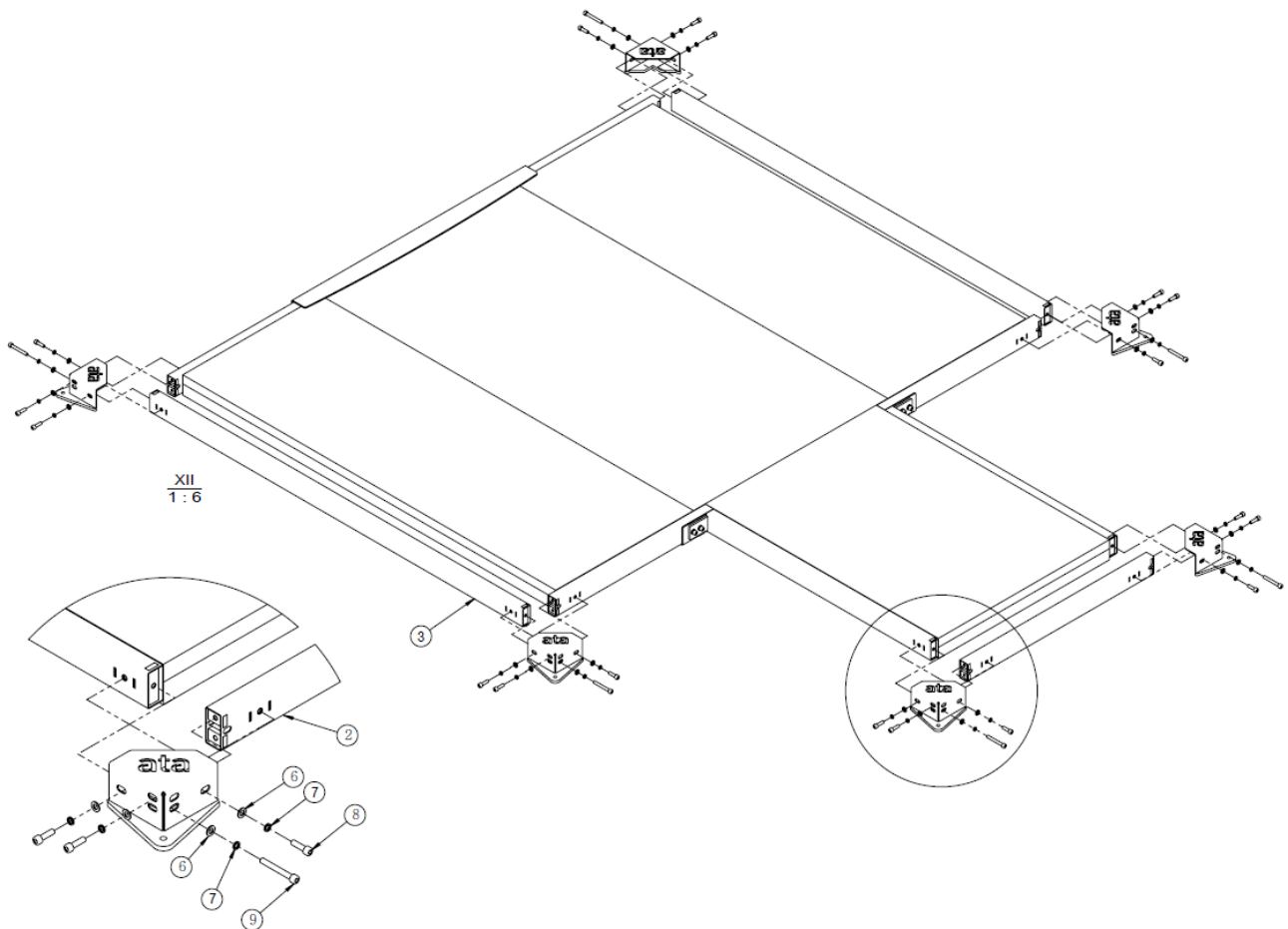


Assemble front parts(①) and integrated side tube(⑭) as shown in the picture.

**Note:** Do not full tighten the screws during initial assembly, the components can be adjusted freely.

## Step 4.

<p>③</p>  <p>Side Tube -2 pc</p>	<p>④</p>  <p>Feet- 6 pc</p>	<p>⑥</p>  <p>M10 Washer- 24 pc</p>	<p>⑦</p>  <p>Spring Washer - 24 pc</p>
<p>⑧</p>  <p>Bolt M10*35-24pc</p>	<p>⑨</p>  <p>Bolt M10*80- 6 pc</p>	<p>⑮</p>  <p>Integrated front tube- 1 pc</p>	



Assemble the sides tubes(③) and Feet(④).

Tighten all the screws.