

# THUNDER

EXERCISE  
ATLAS



MODEL:  
HEAVY

 [www.sellbest.pl](http://www.sellbest.pl)

## Important safety information

Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment suitable for domestic, home use only.
11. The equipment is not suitable for therapeutic use.

## PARTS LIST

NO	DESCRIPTION	Q'TY
1	Pedal Tube	1
2	Front stabilizer base	1
3	Main base	1
4	Main stabilizer base	1
5	Rear stabilizer tube	1
6	Chrome bars	2
7	Weight Cover Support	2
8	Cylindrical rubber stop	2
9	Weight stack	16
10	Upper weight stack	1
11	Weight selector tube	1
12	Weight socket	1
13	Pin	1
14	Big washer	1
15	Weight covers	2
16	Handle bar	2
17	Vertical support	1
18	Cushion Support Frame	1
19	Sandbag tube	1
20	Upper support	1
21	Upper connect tube	1
22	Horizontal bar support	1
23	Sandbag upper tube	1

NO	DESCRIPTION	Q'TY
32	Pulley support(U style)	2
33	Chest press	1
34	Big foam	2
35	Right arm	1
36	Left arm	1
37	Handle bar of arm	2
38	Bushing ø12X13	4
39	Handle screw for block	1
40	Knob for block lever	1
41	Padded back	1
42	Seat	1
43	Cushion for biceps pad	1
44	Seat adjustment	1
45	Support for biceps pad	1
46	Cushion Holder ( R )	1
47	Cushion Holder ( L )	1
48	Hand back	2
49	Back Cushion Board	1
50	Long cylinder holder shaft	5
51	Upper support of bench	1
52	Lower support of bench	1
53	Pedal tube of bench	1
54	Tube of back	2

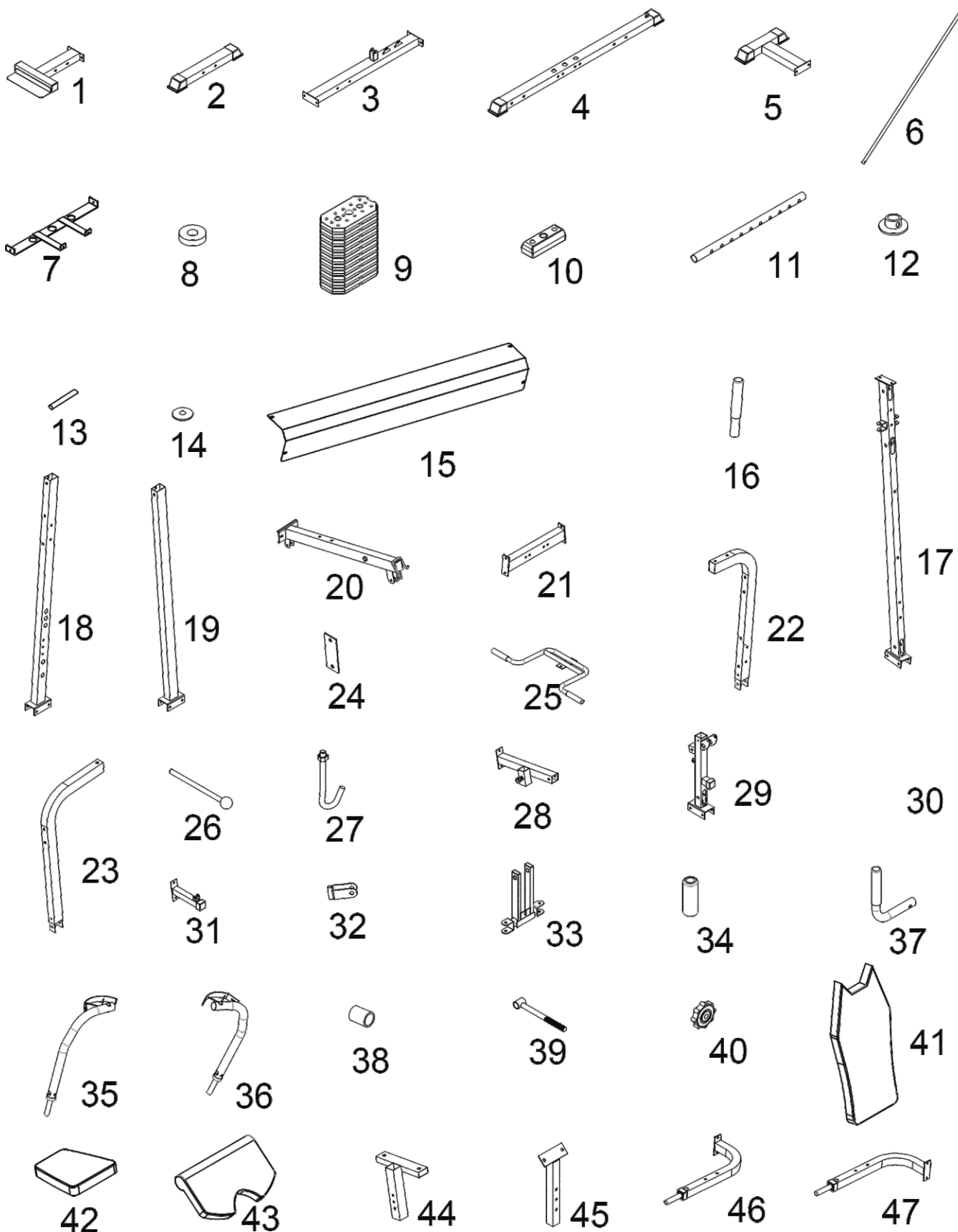
NO	DESCRIPTION	Q'TY
63	Cable (hole+hole)	1
64	Cable (ball+hole)L	1
65	Cable (ball+hole)S	1
66	Chain	2
67	Harness clip	7
68	abdominal muscle cable	1
69	Screw plates for pulleys	4
70	Double crutch for pulley	1
71	Pulley	16
72	03#Metal bushing	10
73	Screw M12X150	1
74	Screw M12X85	2
75	Screw M10X150	1
76	Screw M10X90	16
77	Screw M10X85	10
78	Screw M10X75	3
79	Screw M10X70	1
80	Screw M10X65	12
81	Screw M10X45	11
82	Screw M10X35	2
83A	Screw M10X25	2
83B	Screw M10X25	2
84	Screw M8X85	8

24	Support plate	2
25	Horizontal bar	1
26	Pin ø10X150	1
27	Hooker for sandbag	1
28	Seat tube	1
29	Seat tube support	1
30	Extension lever	1
31	Prop support	1

55	Adjustment tube	1
56	Adjustment (U style)	1
57	Foam cylinders	10
58	Seat	1
59	Back Cushion Board	1
60	Bar for upper pulley	1
61	Tension bar	1
62	Cable (screw+ball)	1

85	Screw M8X65	6
86	Screw M8X60	2
87	Screw M8X45	1
88	Screw M8X40	6
89	Screw M8X15	13
90	Screw M6X12	8
91	Pin ø10X65	2
<b>92</b>	<b>Headrest</b>	<b>1</b>

# PARTS 1



## PARTS 2



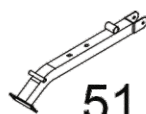
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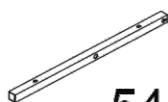
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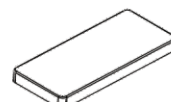
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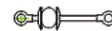
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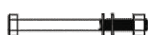
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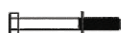
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83A



83B



84



85



86



87



88



89



90

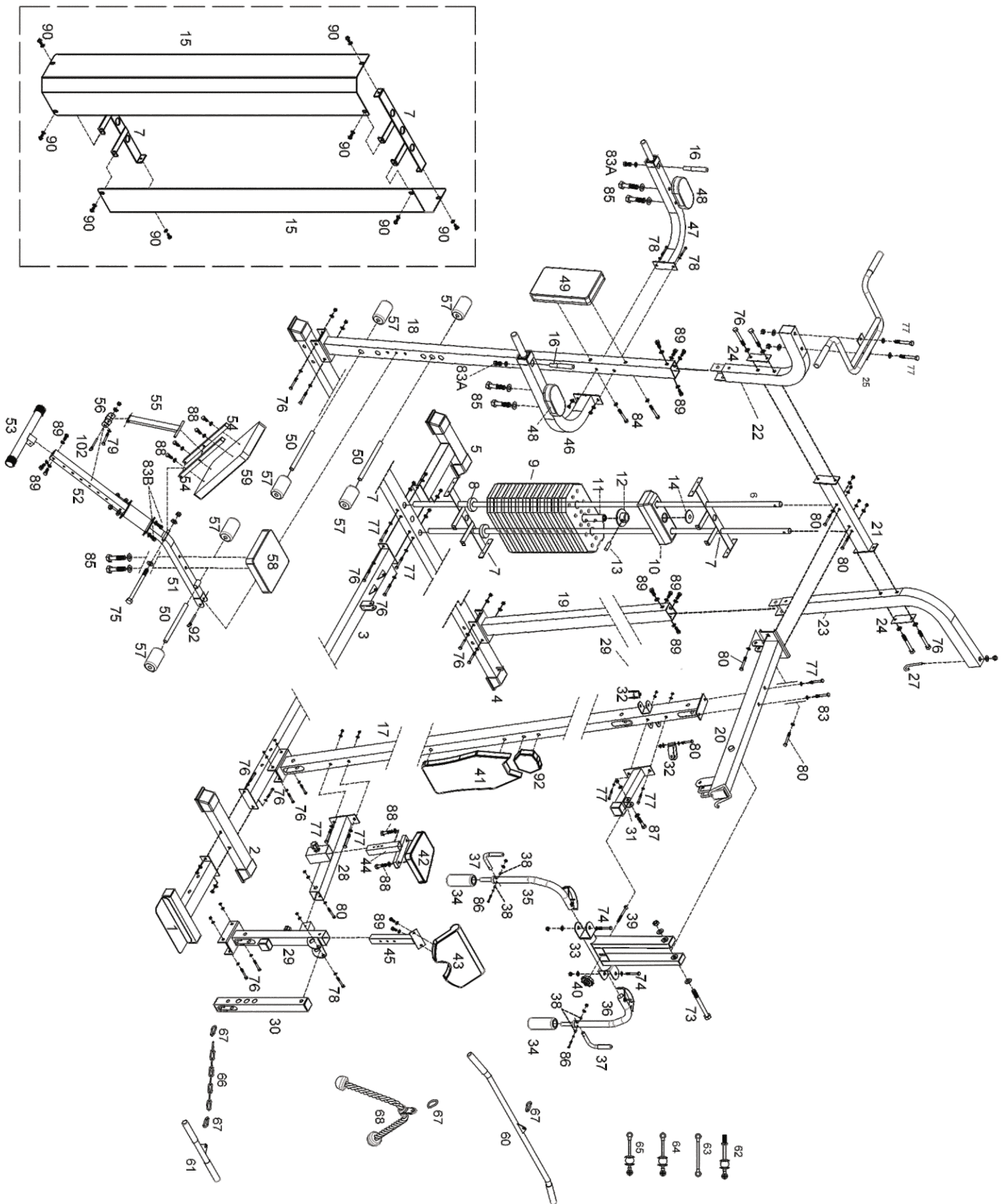


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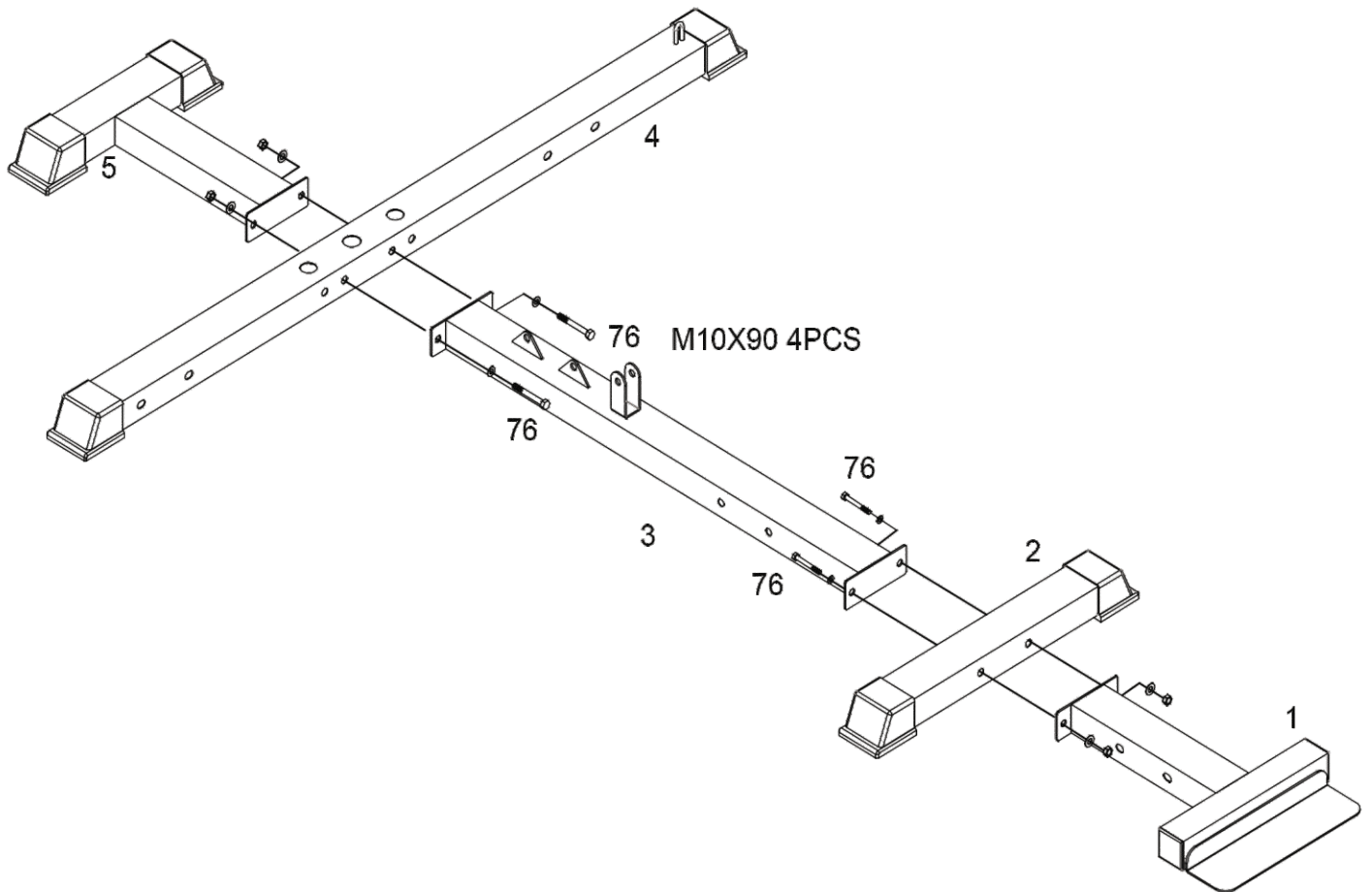


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## EXPLOSION



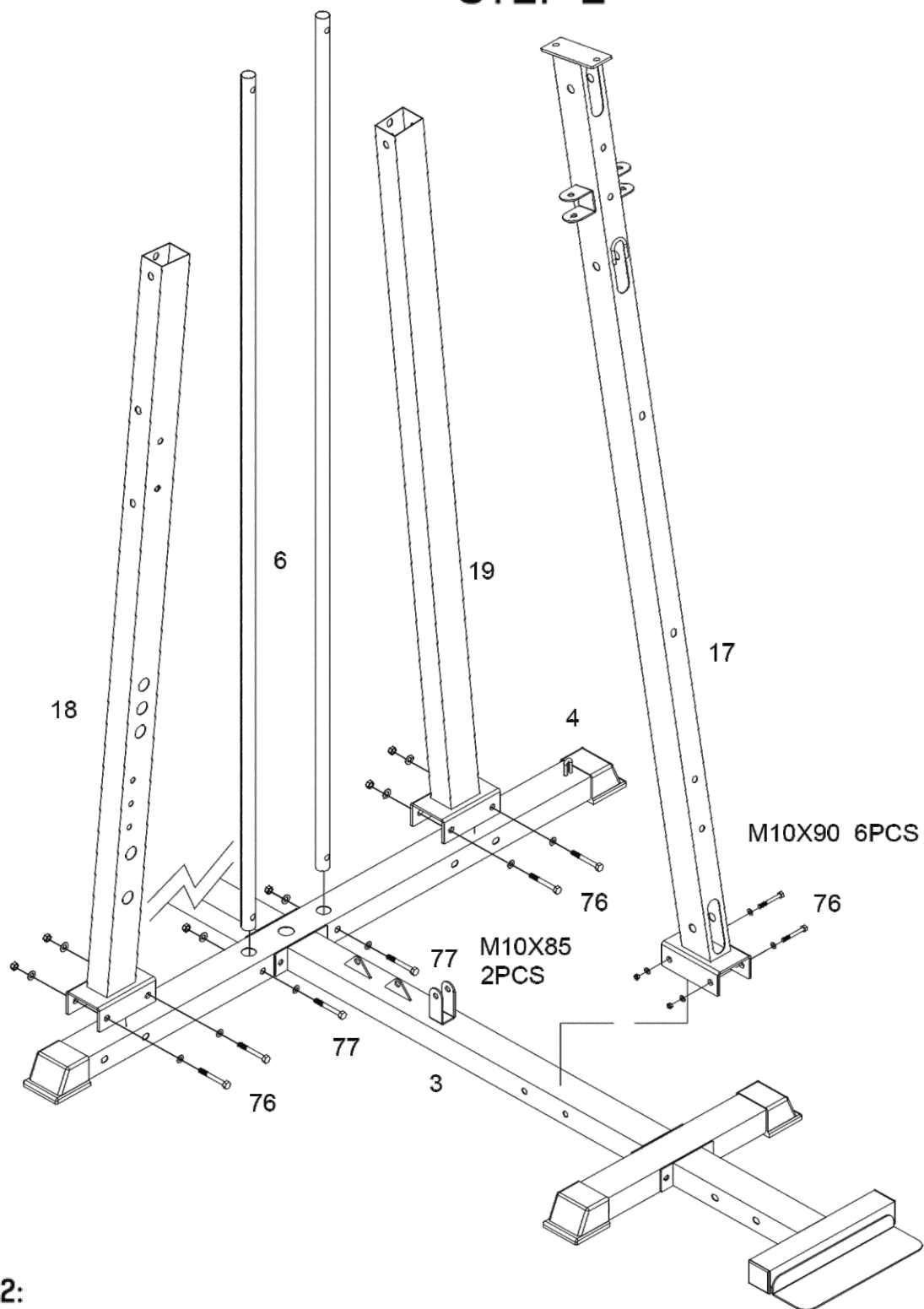
# STEP 1



## Step 1:

1. Connect Pedal tube(1), Front stabilizer base(2) & Main base(3) use screw(76) M10X90
2. Connect Rear stabilizer tube(5), Main stabilizer base(4) & Main base(3) use screw(76) M10X90

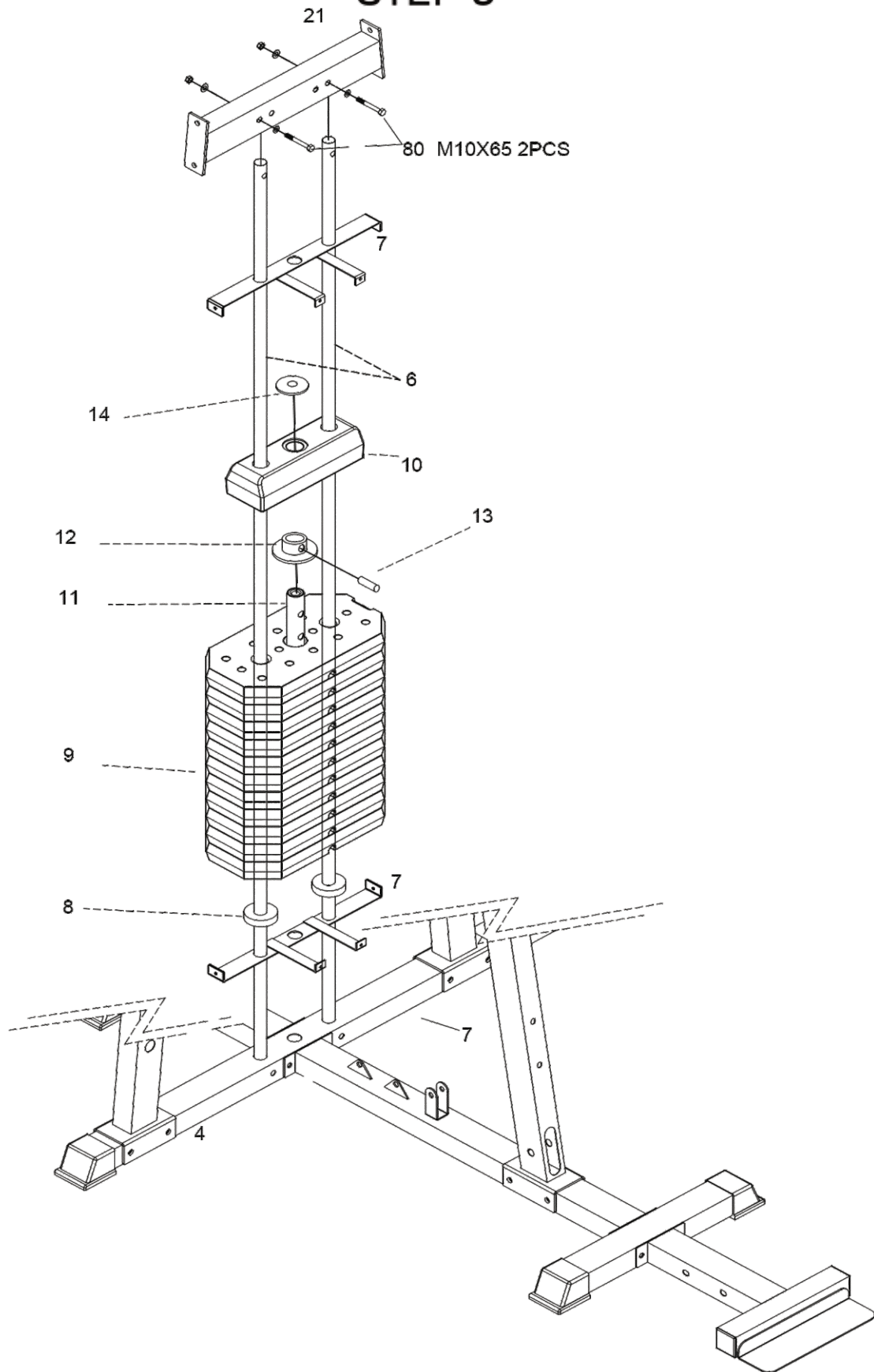
## STEP 2



### Step 2:

1. Attach Vertical support(17) to Main base(3) use screw(76) M10X90
2. Insert Chrome bars(6) to Main stabilizer base(4) use screw(84) M10X85
3. Attach Cushion Support Frame(18) to Main stabilizer base(4) use screw(76) M10X90
4. Attach Sandbag tube(19) to Main stabilizer base(4) use screw(76) M10X90

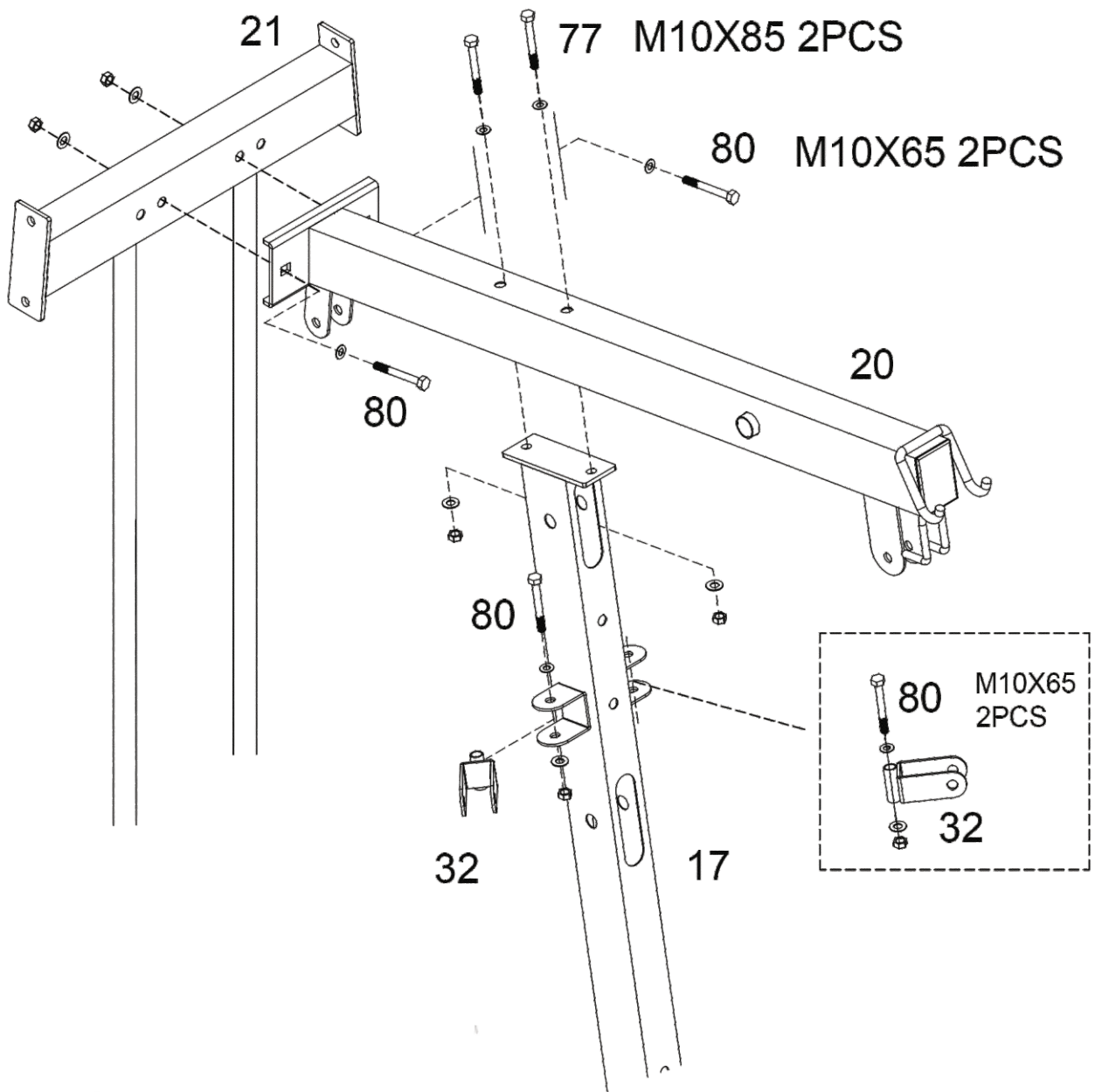
## STEP 3



### Step 3:

1. Attach part no.8,no.9,no.11,no.12,no.13,no.13,no.10,no.14 to Chrome bars ( 6 ) as photo
2. Attach Weight cover support(7) to Connect bue(21) use screw(90) M6X12
3. Attach Upper connect tube(21) to chrome bars(6) use screw(80)M10x65

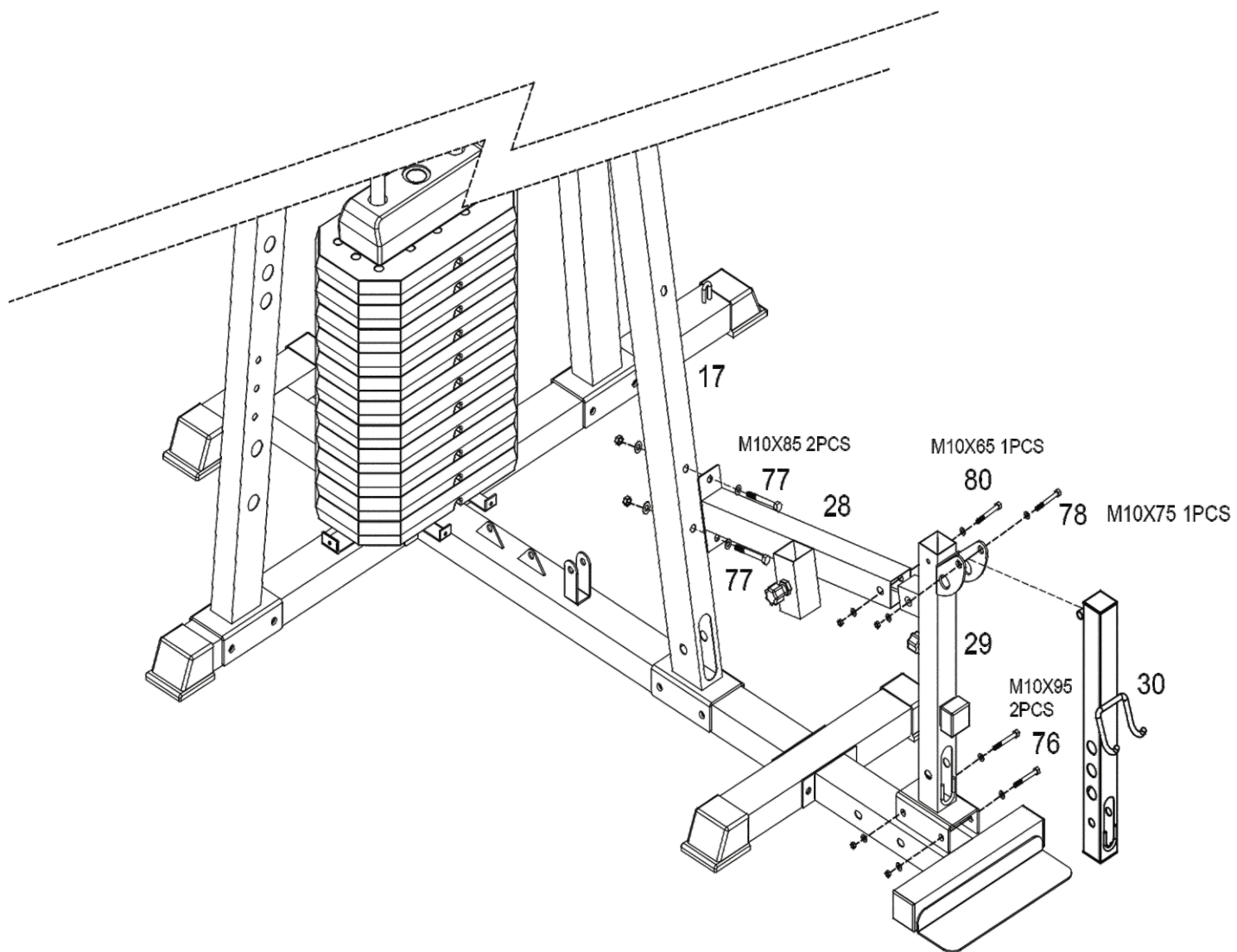
## STEP 4



### Step 4:

1. Attach Upper support(20) to Vertical support(17) use screw(77)M10x85
2. Connect Upper support(20) to Upper connect tube(21) use screw(80)M10x65
3. Attach Pulley support(32) to Vertical support(17) use screw(80)M10x65

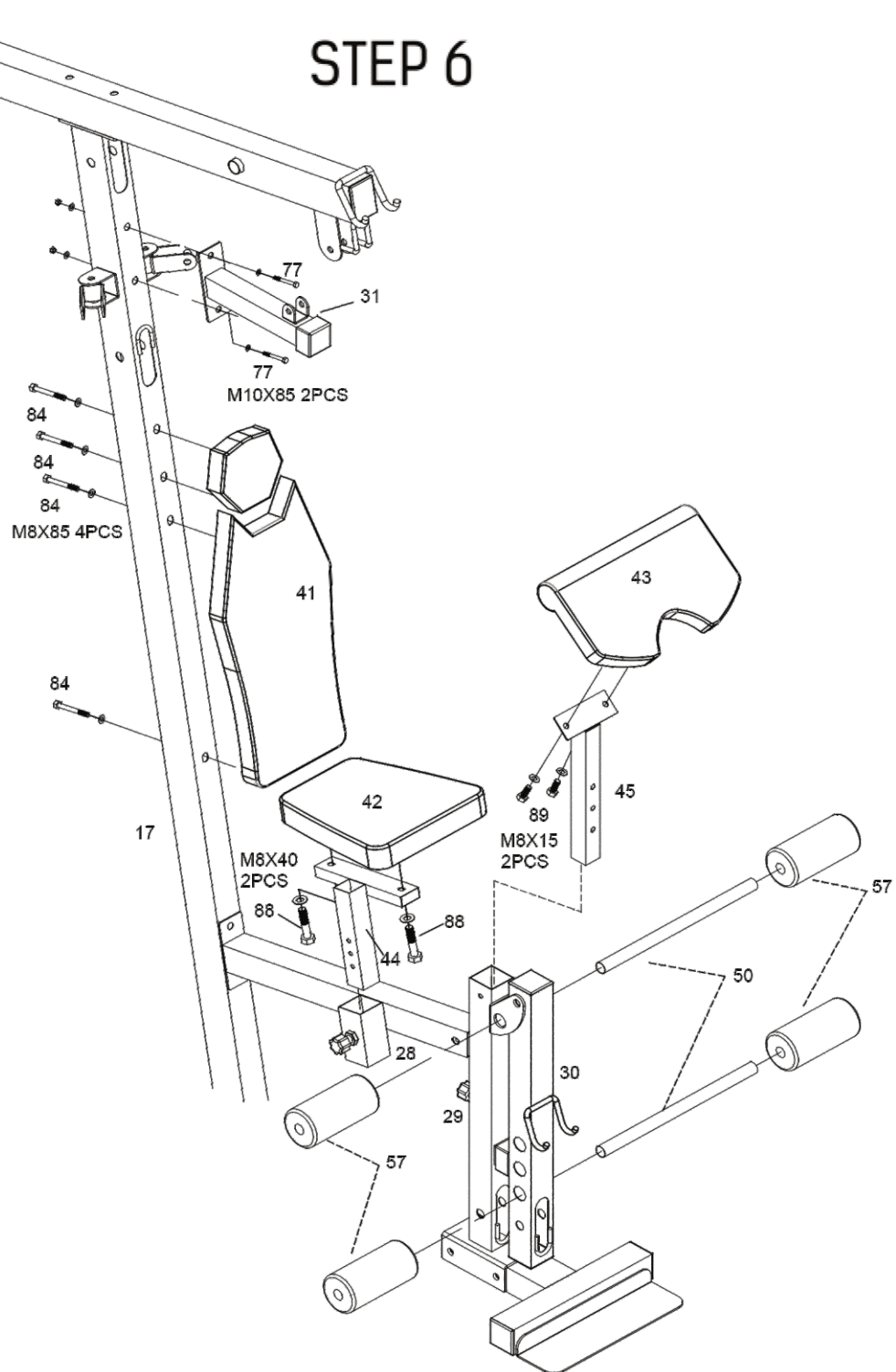
## STEP 5



### Step 5:

1. Attach Seat tube support(29) to Seat tube(28) use screw(80)M10x65
2. Attach Seat tube(28) to Vertical support(17) use screw(77)M10x85
3. Attach Seat tube support(29) to Pedal Tube(1) use screw(76)M10x90
4. Attach Extension lever(30) to Seat tube support(29) use screw(78)M10x75

## STEP 6



### Step 6:

1. Attach Prop support(31) to Vertical support(17) use screw(77)M10x85
2. Attach Seat(42) to Seat adjustment(44) use screw(88)M8x40
3. Attach Cushion(43) to Support for biceps pad(45) use screw(89)M8x15
4. Attach Padded back(41) to Vertical support(17) use screw(84)M8x85
5. Insert Long cylinder holder shaft(50) to Seat tube support(29) & Extension lever(30),then attach Foam(57)

20

73  
M12X150 1PCS

M8X45  
1PCS  
87

31

39

74

M12X85 2PCS

36

37

38

86

34

35

38

86 M8X60 2PCS

34

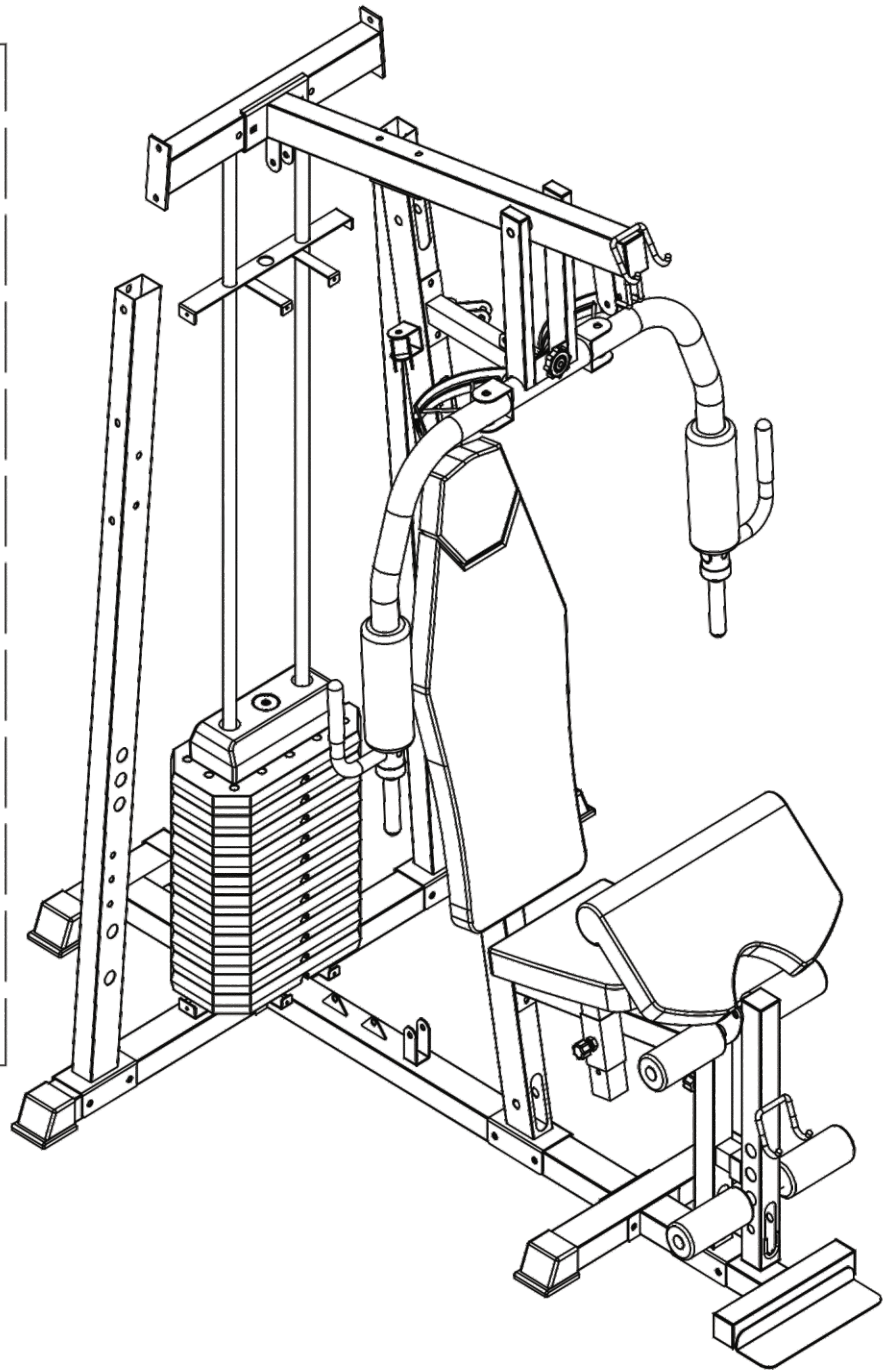
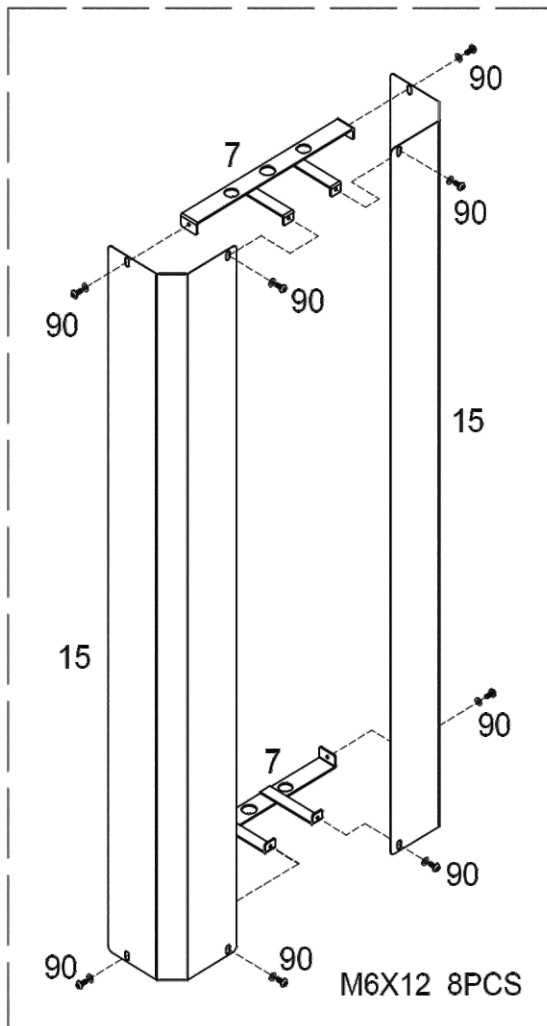
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33

74

1. Attach Chest press(33) to Upper support(20) use screw(73)M12x150
2. Attach Right arm(35) & Left arm(36) to Chest press(33) use screw(74)M12x85, and attach Big foam(34) to arm, then insert Handle bar(37) to arm use screw(86)M8x60 & Bushing(38)
3. Attach Handle screw(39) to Prop support(31) use screw(87)M8x45, then attach Knob(40) to Handle screw(39)

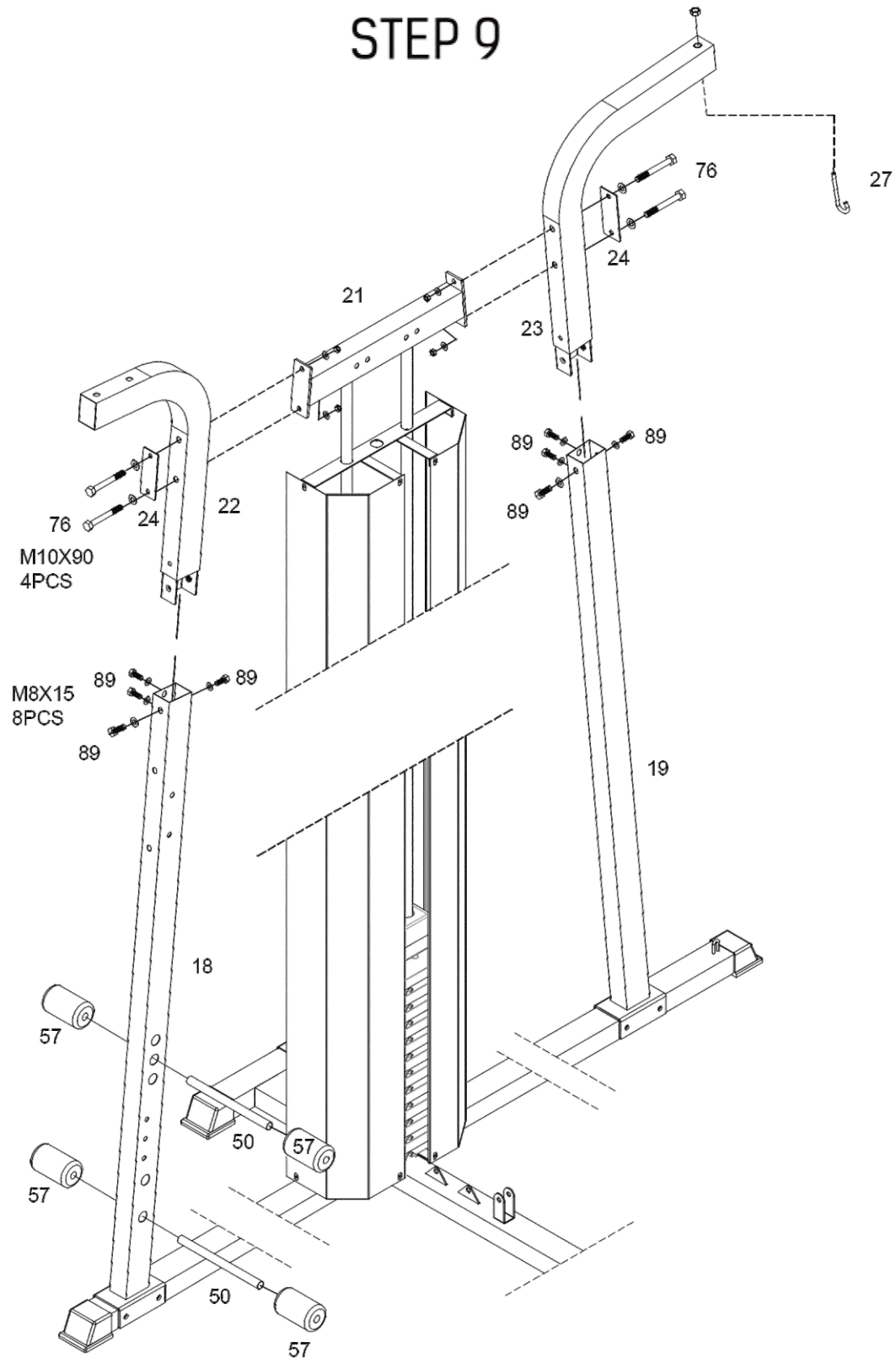
## STEP 8



### Step 8:

1. Attach Weight covers(15) to Weight cover support(7) as photo

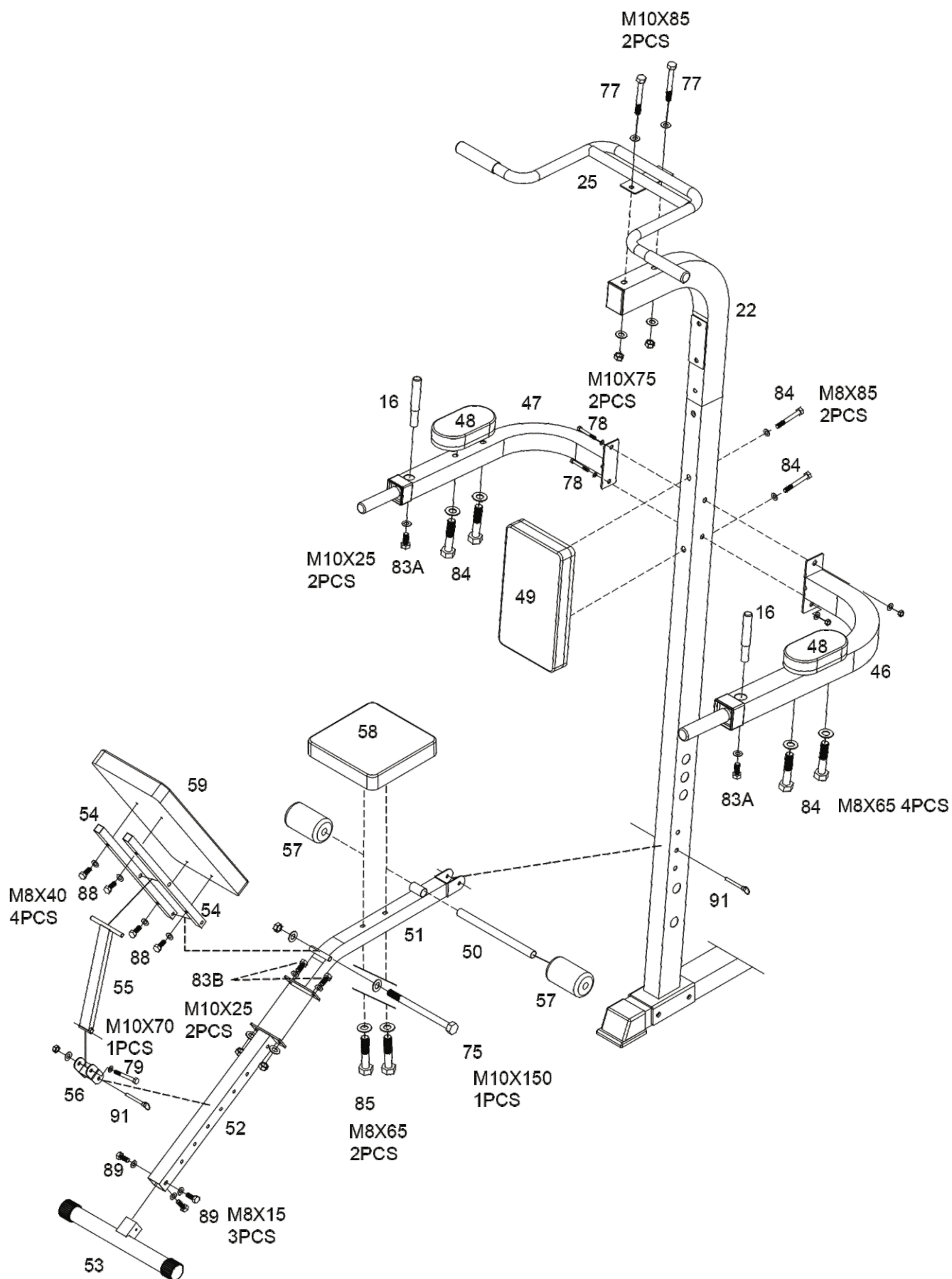
## STEP 9



### Step 9:

1. Attach Horizontal bar support(22) to Cushion Support Frame(18) use Screw(89)M8x15,then connect Horizontal bar support(22) to Upper connect tube(21) use Screw(76)M10x90 & Support plate(24)
2. Attach Sandbag upper tube(23) to Sandbag tube(19) use Screw(89)M8x15,then connect Sandbag upper tube(23) to Upper connect tube(21) use Screw(76)M10x90 & Support plate(24)
3. Insert Long cylinder holder shaft(50) to Cushion Support Frame(18) & attach Foam(57)
4. Attach Hooker(27) to Sandbag upper tube(23)

# STEP 10



## Step 10:

1. Attach Cushion holder(46 & 47) to Cushion Support Frame(18) use Screw(78)M10x75
2. Attach Horizontal bar(25) to Horizontal bar support(23) use Screw(77)M10x85
3. Attach Back Cushion Board(49) to Cushion Support Frame(18) use Screw(84)M8x85
4. Attach Hand back(48) to Cushion Holder (46 & 47) use Screw(84)M8x65,then attach Handle bar(16)to Cushion Holder (46 & 47) use Screw(83A)M10x25
5. Connect Upper support of bench(51) to Lower support of bench(52) use Screw(83B) M10x25
6. Attach Pedal tube(53) to Lower support of bench(52) use Screw(89)M8x15
7. Connect Adjustment tube(55) to Tube of back(54) & attach to Back Cushion Board(59) use Screw(88)M8x40,then connect Tube of back(54) to Upper support of bench (51) use Screw(75)M10x150
8. Connect Adjustment (U style)(56) to Adjustment tube(55) use Screw(79)M10x70,then attach to Lower support of bench(52) use Pin(91)
9. Attach Seat(58) to Upper support of bench(51) use Screw(85)M8x65
10. Insert Long cylinder holder shaft(50) to Upper support of bench(51) & attach Foam(57)
11. Attach Upper support of bench(51) to Cushion Support Frame(18) use Pin(91)

# STEP 11

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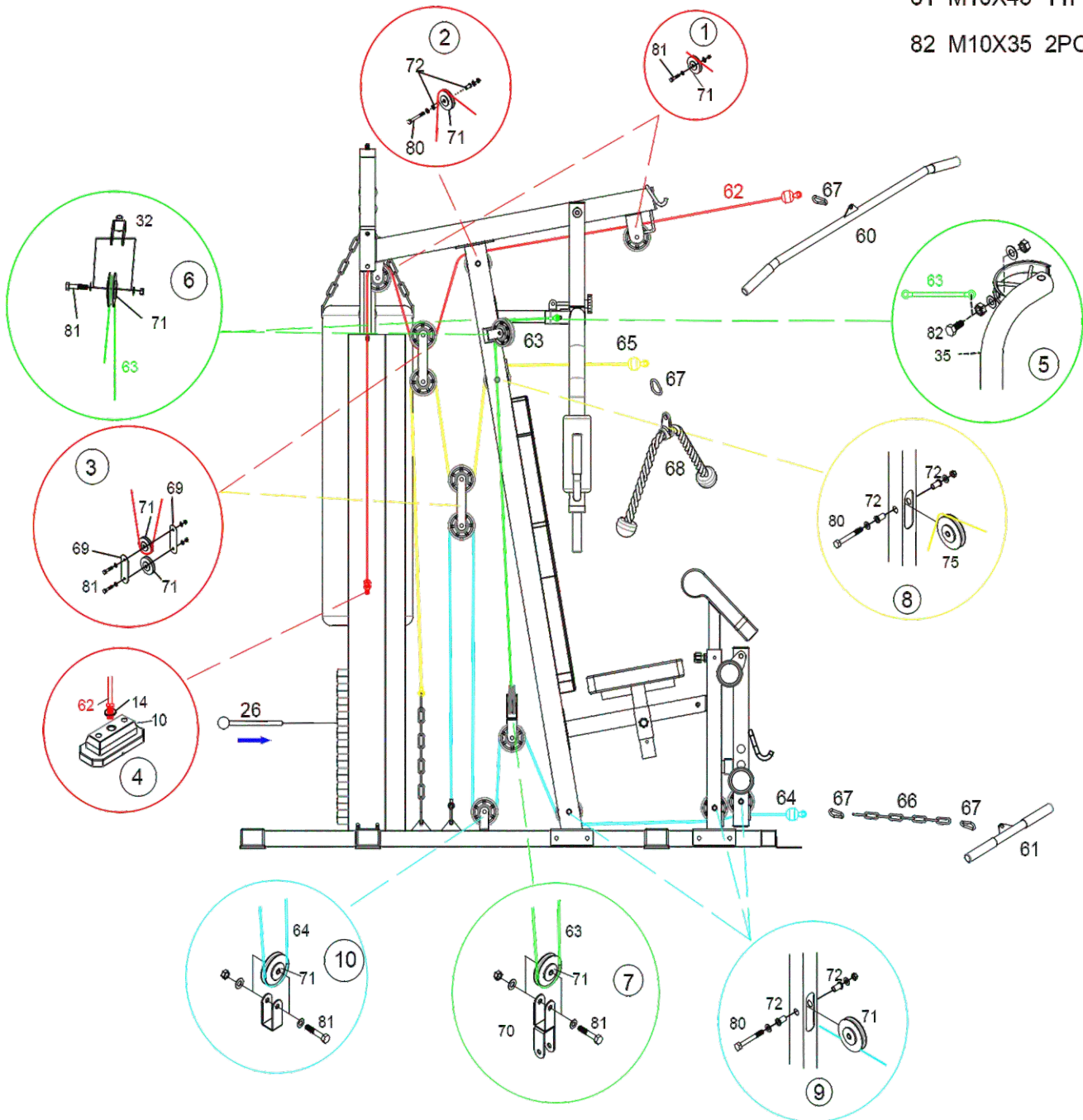
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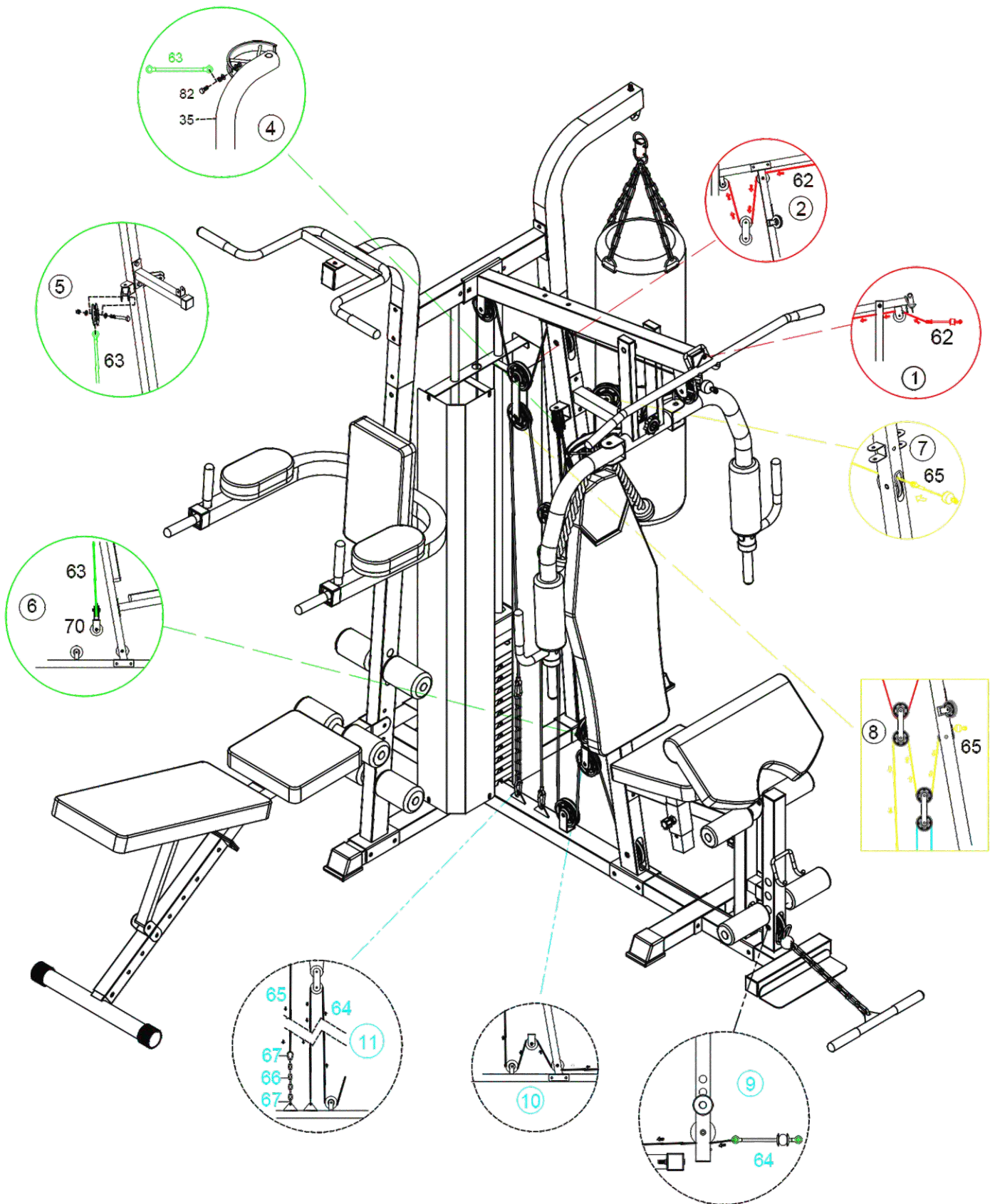
80 M10X65 5PCS

81 M10X45 11PCS

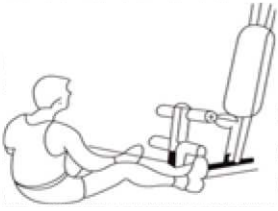











82 M10X35 2PCS



# STEP 12



## EXERCISE INSTRUCTION

<p>1</p>  <p><b>Rowing while sitting facing bottom lift</b> The exercise mainly involves the muscle widest back muscle, obturator ani greater muscle, posterior part of the shoulder muscle, biceps shoulder, and in the case of shoulder blade retraction also parallelogram and quadriceps</p>	<p>2</p>  <p><b>Leg raise with bent knee joint Knee bent, lying down, using the hoist lower lift</b> The exercise mainly involves the lower parts of the abdominal muscles. Lifting your legs gently raise the legs to the sides to engage the lateral side muscles.</p>	<p>3</p>  <p><b>Flexion of the forearms while standing, using the bottom lift</b> The exercise engages the biceps arm. Moving slightly away from the of the machine will increase the range of motion and thus increase the effectiveness of the exercise.</p>
<p>4</p>  <p><b>Flexion of the forearms while seated, with using a prayer bar and a bottom lift (pull-up)</b> The exercise engages the biceps muscle of the upper arm. The practitioner allows you to isolate the muscle and engage it to a maximum involvement.</p>	<p>5</p>  <p><b>Bending forearms seated, using a prayer bar and bottom lift (overhead grip)</b> The exercise involves the biceps muscle of the arm muscles and the muscles of the wrists and forearms (grip strengthening). The prayer bar helps to isolate the biceps biceps muscle and engage it to the maximum extent. maximum involvement.</p>	<p>6</p>  <p><b>Wrist flexion with bottom lift</b> The exercise engages the muscles of the wrists and forearms (grip strengthening)</p>
<p>7</p>  <p><b>Knee joint flexion standing, in lowering the trunk</b> The exercise engages the biceps biceps femoris muscle, auxiliary muscle working semitendinosus and semimembranosus muscles, gastrocnemius muscle and popliteus muscle. semitendinosus, gastrocnemius and popliteus muscles.</p>	<p>8</p>  <p><b>Knee joint extension sitting, with using the bottom lift</b> The exercise engages the quadriceps muscle thigh. The movement should be performed slowly in its maximum range.</p>	<p>9</p>  <p><b>Sit-ups/trunk bends using the overhead lift</b> Hands hold the bar behind your head with the rope overhead lift. Slow bends and Slow bends and extensions cause the abdominal muscles. The exercise engages mainly the rectus abdominis muscle.</p>
<p>10</p>  <p><b>Sit-ups/trunk bends using the overhead lift</b> Hands hold the bar behind your head with the rope overhead lift. Slow bends and Slow bends and extensions cause the abdominal muscles. The exercise engages mainly the rectus abdominis muscle.</p>	<p>11</p>  <p><b>Stretches/Butterfly</b> This exercise engages the pectoralis major muscle Greater muscle and the anterior shoulder muscle. Maintain the widest possible range of motion range of motion while trying not to relax the muscles in the final phase of the exercise</p>	<p>12</p>  <p><b>Sit-up chest press</b> This exercise engages the pectoralis major muscle, auxiliary triceps brachii and forearms. front. Maintain the widest possible range of motion The exercise should be performed with as wide a range of motion as possible. the final phase of the exercise</p>

## **WARNINGS**

Implementing a training plan usually involves undertaking increased physical activity. It is advisable to consult a trainer who will help you to tailor a training plan that is to suit your length of training, physical abilities and health state of health. Physical disabilities and chronic illnesses, including obesity, hypertension or cardiovascular problems are factors are factors that require particular care when use of the machine