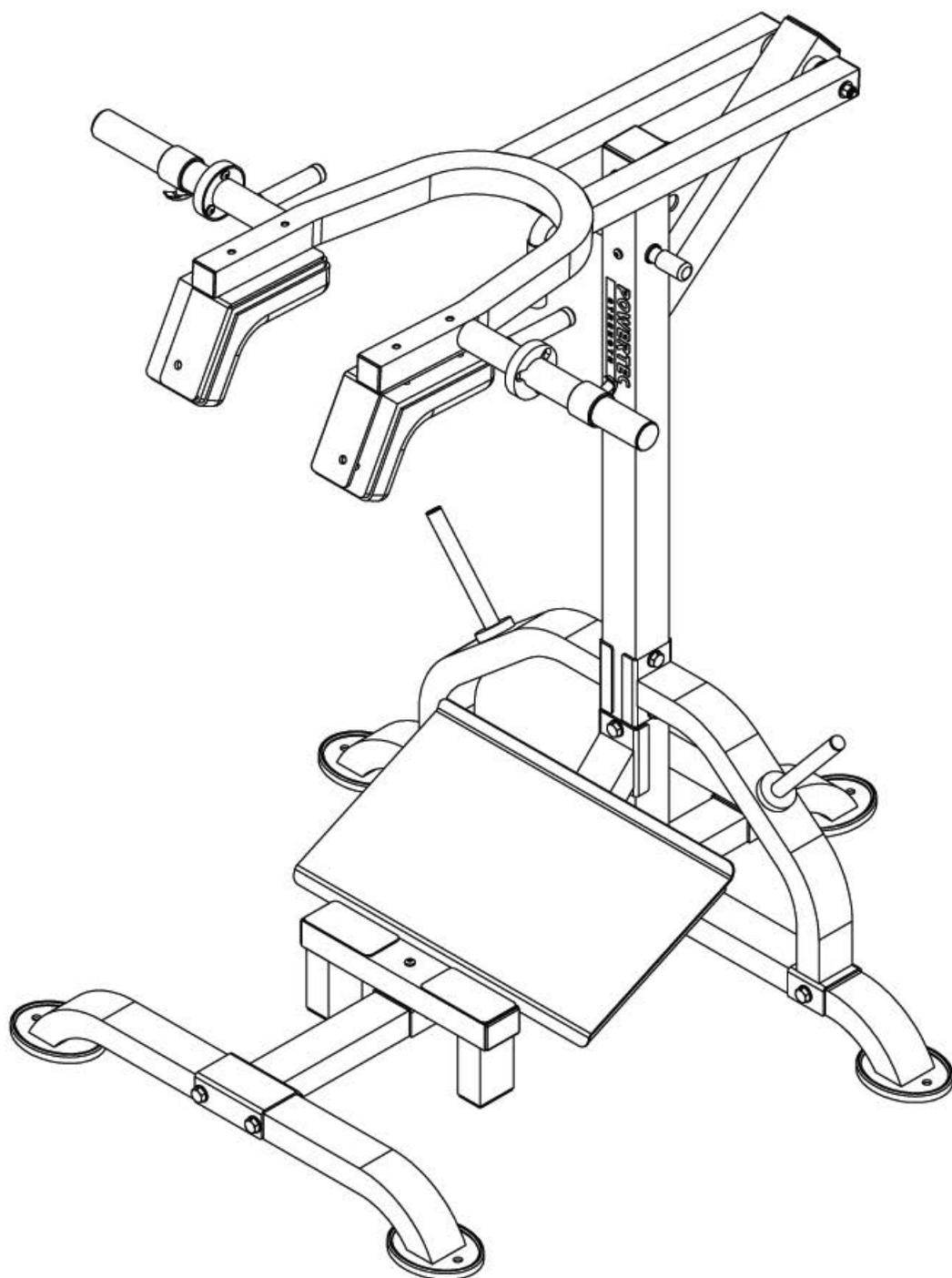


 **POWERTEC®**

L-SC16

Manual



LEVERGYM SQUAT CALF



Thank you for purchasing your new Powertec equipment.
To maximize the use of this equipment, please take a moment to study, understand and familiarize with the assembly instructions and follow the sequence of steps as provided in the manual.

Because of our products unique features, this manual was created to provide you with information on how to assemble and properly maintain your equipment.

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L-SC16 Levergym Squat Calf

Weight Capacities

Squat Lever Arms: 500 Lbs.

Featured Exercises

Machine Squats Calf Raises

Recommended Strength Classic Systems

L-CDA+16	Levergym Chin/Dip Assist	P-LM16	Powertec Lat Machine
P-BT16	Basic Trainer	P-LP16	Powertec Leg Press
P-CLS16	Compact Leg Sled	OP-255N	Olympic Plates 255 Lbs. Set

SAFETY INSTRUCTIONS, WARNINGS AND CAUTIONS



It is recommended that users of this equipment receive a thorough medical exam before commencing any exercise program. This is especially important if you have never Exercised and or are over the age of 35, are pregnant or suffer from any health issues.

Read All Warnings and Cautions on this Manual and on the Product

This product should only be used after a thorough review of the Owner's Manual.

Keep children away from the product when in use.

Set up and operate the product on a solid level surface.

Do not set up the product on loose rugs or uneven surfaces.

Make sure adequate space is available to exercise and move around the product.

Inspect product before and after each use, inspect for worn out or loose parts, repair or replace as needed.

This equipment meets industry safety standards for stability when used for the intended exercise. Do not allow straps, resistance bands or other means to be attached to the framework of this equipment to perform stretching or body weight exercises as it can result to equipment instability and lead to serious injuries.

Always choose a workout that best fits your needs, physical strength and flexibility Levels, know your limits and your product limits and train within them.

Always wear proper footwear with nonskid rubber soles such, running, walking or Cross training shoes that fit well and provide support.

Do not exercise bare foot or in socks.

Always use common sense when exercising.



MAINTENANCE



The safety and performance of this product can be maintained only if it is examined regularly for damage and normal wear. Examine the equipment before each use for damage and wear. Replace damaged and worn components immediately or put the equipment out of use until repaired.

Inspect Daily / Before Each Use!

Inspect system. Make sure it is in good condition and operates smoothly. If you find damage, **DO NOT USE**. Contact your authorized Powertec dealer or Powertec Customer Service Center for assistance.

Inspect Daily / After Each Use!

Clean system with a clean, dry cloth. Use a mild detergent or spray on upholstery. Do Not use cleansers containing enzymes.

Inspect Weekly!

Clean your system fully with a clean and ammonia based cleaner. Touch up any scratches with touch-up paint to prevent rust, if necessary.

Inspect Monthly!

Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact Powertec Customer Service Immediately. If you have any questions on the correct use or maintenance of this equipment, call your authorized distributor or Powertec Customer Service at 800-250-6665

Our Customer Service Mission:

“Committed to Stronger Lives”

By providing friendly and understanding service.

Tools Required for Assembly

 POWERTEC®



M6 Allen Wrench

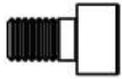


Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"

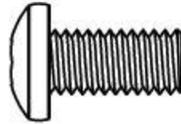


8" Adjustable Wrench

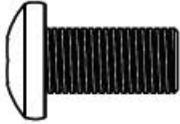
HARDWARE LIST



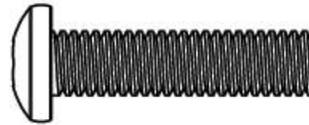
NO.11.3 M6 X10 1PC



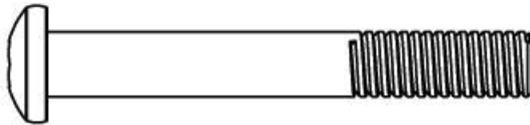
NO.22 3/8" X 3/4" 2PCS



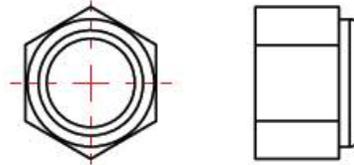
NO.23 3/8" X 3/4" (GR8) 6PCS



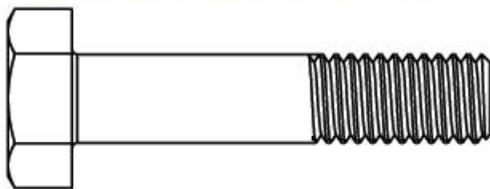
NO.21 3/8" X 1 1/2" 3PCS



NO.20 3/8" X 2 7/8" 5PCS



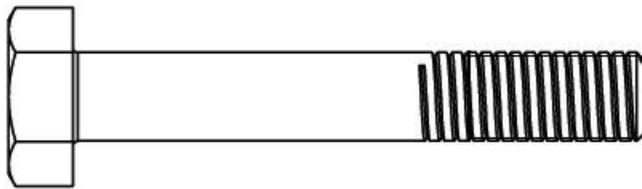
NO.27 Nut 1/2" X16T 17PCS



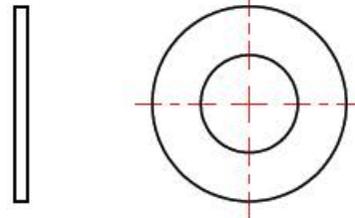
NO.24 1/2" X 2 3/8" 1PC



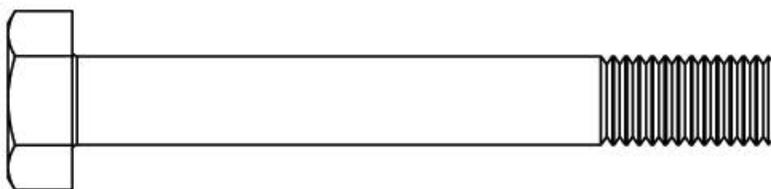
NO.28 Nut 3/8" X7T 6PCS



NO.25 1/2" X 3 1/4" 2PCS



NO.29 Washer 1/2" 33PCS



NO.26 1/2" X 4" 13PCS

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PARTS LIST



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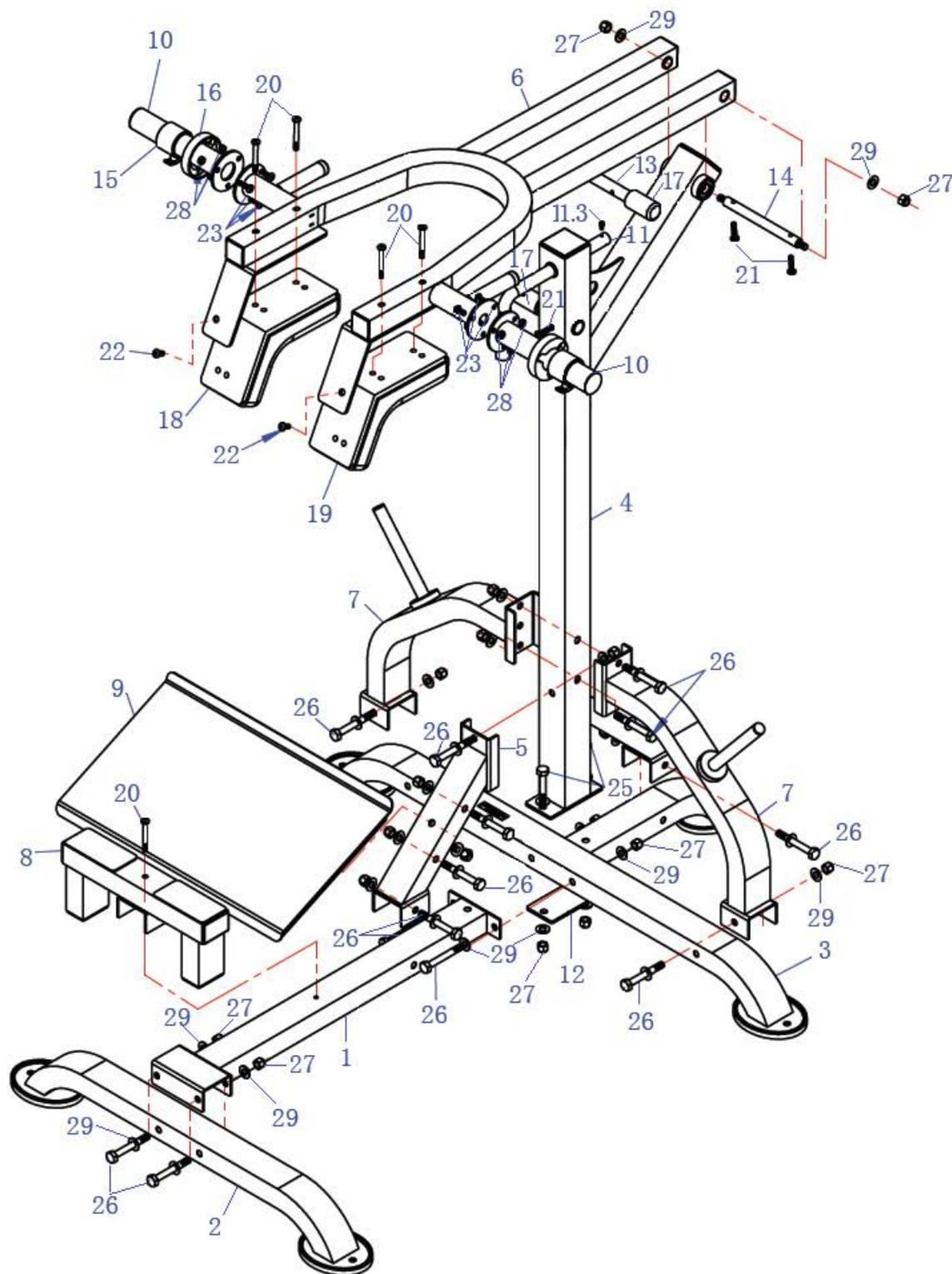
Item No.	Description:	Qty.
1	Center Base Frame	1
2	Front Base Frame	1
3	Rear Base Frame	1
4	Up-Right Frame	1
5	Front Support Tube	1
6	U Shape Squat Arm	1
7	Side Support Tubes	2
8	Foot Support Tube	1
9	Foot Plate	1
10	Weight Horns	2
11	Safety Bar	1
12	Reinforcement Plate	1
13	Safety Spotter Bar	1
14	Steel Axis	1
15	Collar	2
16	Rubber Bumper	2
17	Rubber Bumper	2
18	Shoulder Pad - Left	1
19	Shoulder Pad - Right	1
20	Round Head Bolt 3/8" x 2 7/8"	5
21	Round Head Bolt 3/8" x 1 1/2"	3
22	Round Head Bolt 3/8" x 3/4"	2
23	Round Head Bolt 3/8" x 3/4"	6
24	Hex Bolt 1/2" x 2 3/8"	1
25	Hex Bolt 1/2" x 3 1/4"	2
26	Hex Bolt 1/2" x 4"	13
27	Nut 1/2"	17
28	Nut 3/8"	6
29	Washer 1/2"	33

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LEVERGYM SQUAT CALF

EXPLODED DIAGRAM


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Note:

Unmarked hardware: Washers No. 29 and Nuts No. 27

LEVERGYM SQUAT CALF

ASSEMBLY ONE


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Step 1

Install Center Base Frame No. 1 to Front Base Frame No. and Rear Base Frame No. 3. Use No. 26 Bolts, No. 29 Washers and No. 27 Nuts.

Step 2

Install Up-Right No. 4 to Rear Base Frame and Center Base Frame No. 1 and No. 3 using Reinforcement Plate No. 12, Bolts No. 25, Washers No. 29 and Nuts No. 27

Step 3

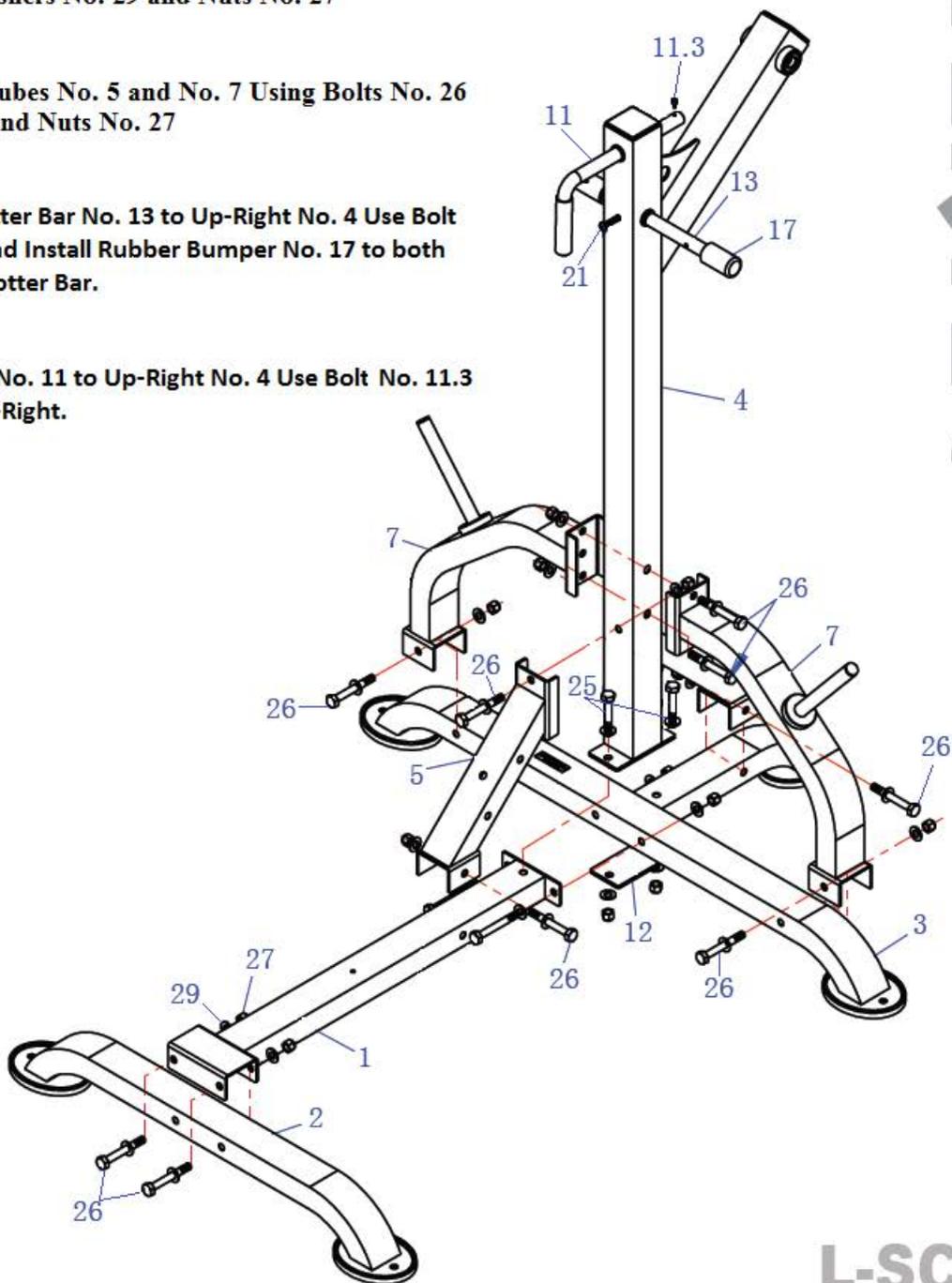
Install Support Tubes No. 5 and No. 7 Using Bolts No. 26 Washers No. 29 and Nuts No. 27

Step 4

Install Safety Spotter Bar No. 13 to Up-Right No. 4 Use Bolt No. 21 Proceed and Install Rubber Bumper No. 17 to both ends of Safety Spotter Bar.

Step 5

Install Safety Bar No. 11 to Up-Right No. 4 Use Bolt No. 11.3 to secure it to Up-Right.



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LEVERGYM SQUAT CALF

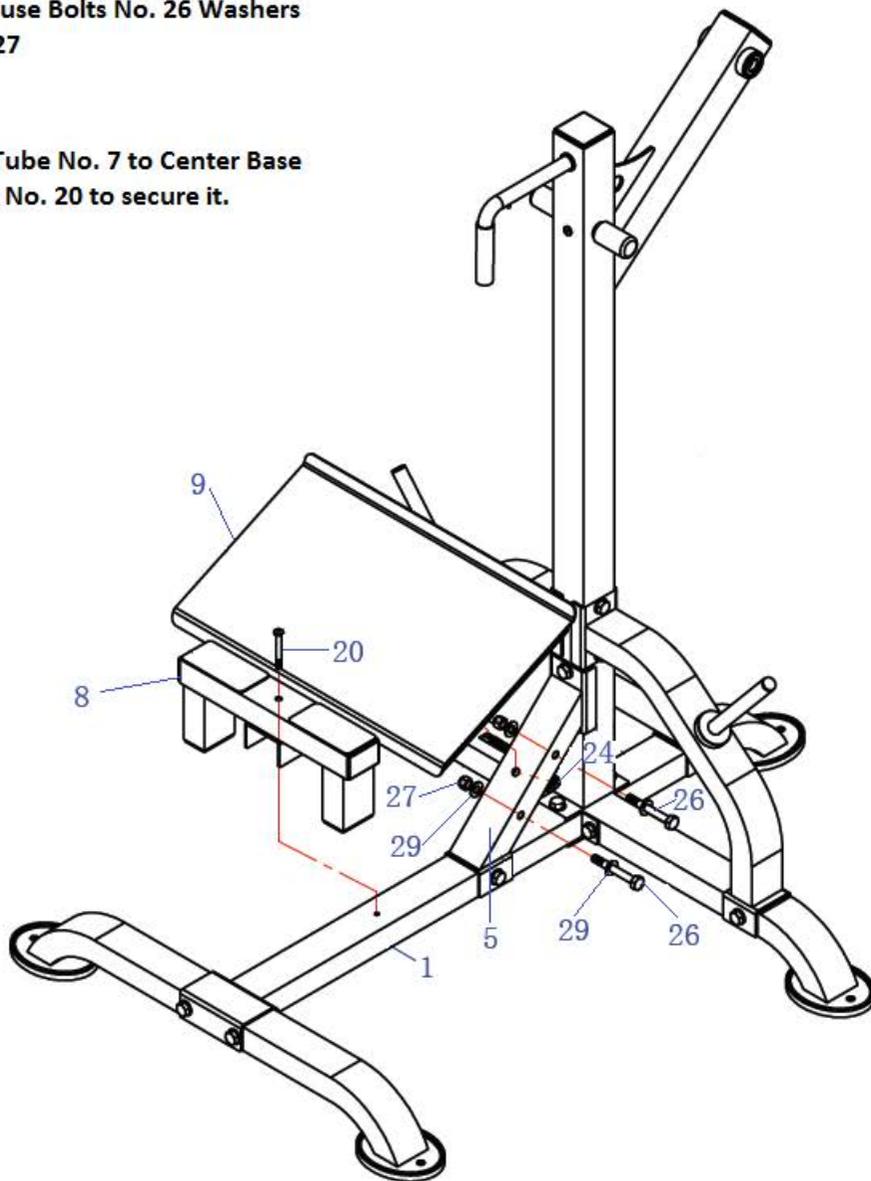
ASSEMBLY TWO

Step 1

Install Foot Plate No. 9 to support Tube No. 5 use Washer No. 29 and Bolt No. 24 on the back of plate, on the sides use Bolts No. 26 Washers No. 29 and Nuts No. 27

Step 2

Install Foot Support Tube No. 7 to Center Base Frame No. 1 Use Bolt No. 20 to secure it.



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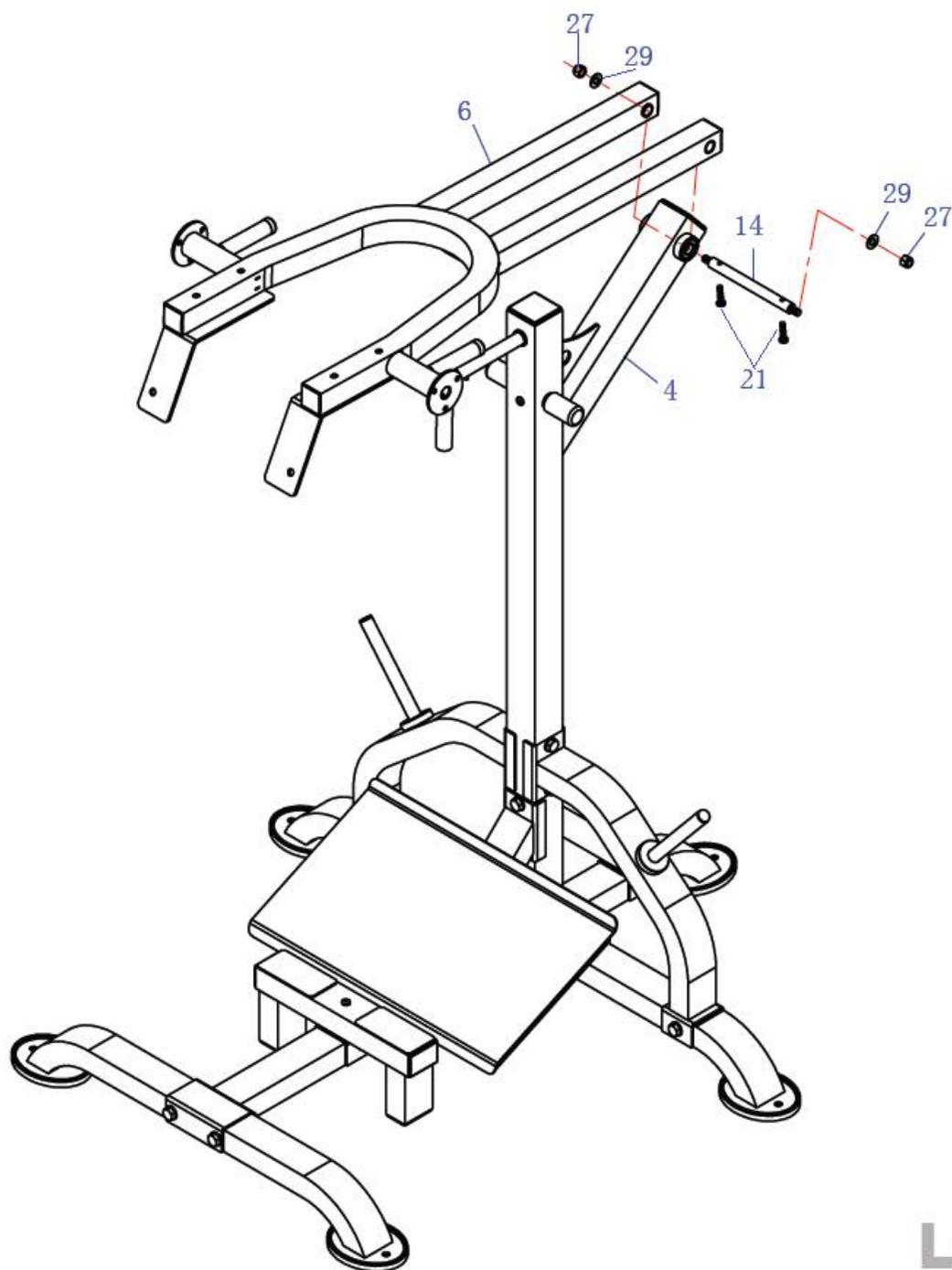
LEVERGYM SQUAT CALF

ASSEMBLY THREE


POWERTEC[®]

Step 1

Install U Shape Squat Arm No. 6 to Up-Right No. 4 using Steel Axis No. 14, Washers No. 29 and Nuts No. 27. Use Bolts No. 21 to secure Steel Axis to Press Arms.



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ASSEMBLY FOUR

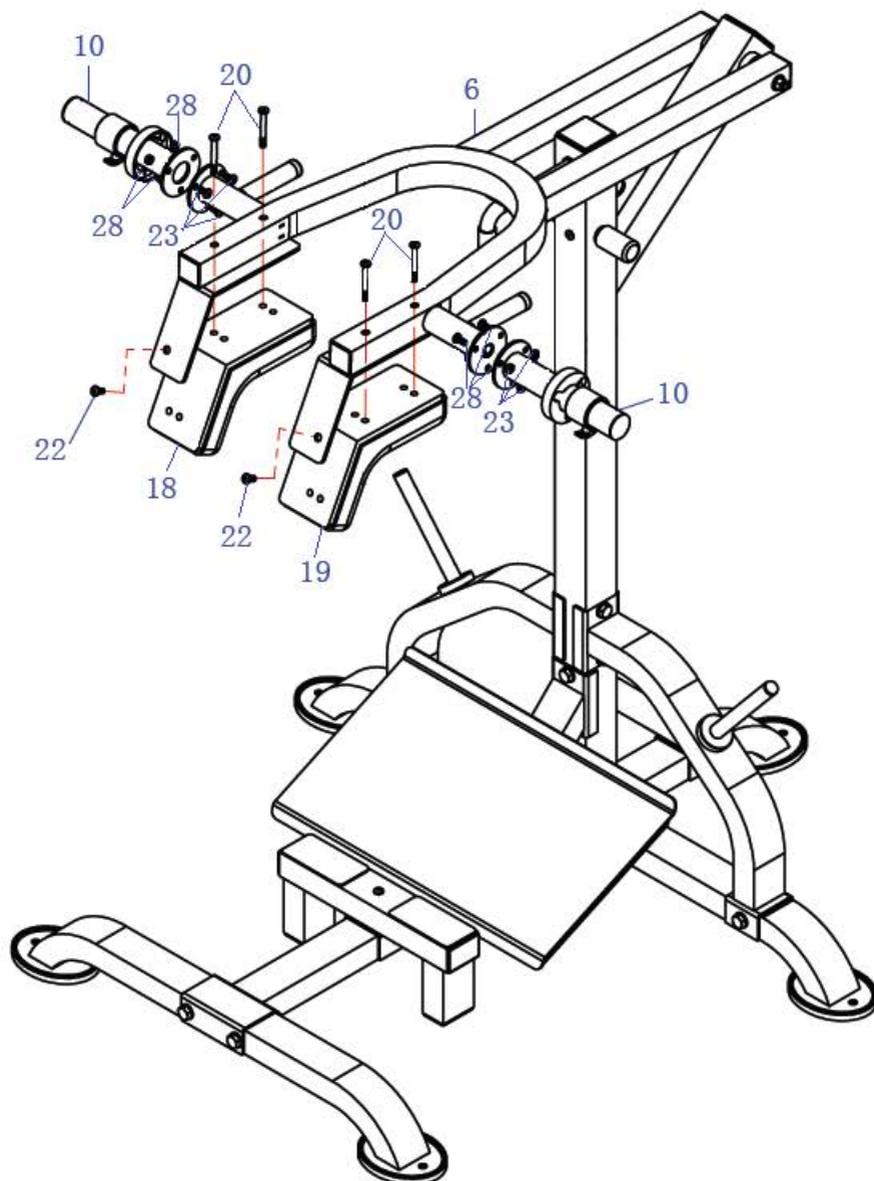
 POWERTEC®

Step 1

Install Weight Horns No. 10 to U shape Squat Arm using Bolts No. 23 and Nuts No. 28 proceed and install Rubber Bumpers No. 16 and Collars No. 15

Step 2

Install Shoulder Pads No. 18 and No. 19 using Bolts No. 22 and No. 20



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LEVERGYM SQUAT CALF

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Levergym® Squat / Calf



Calf Raise

Starting Position:

Facing the machine, position yourself so that the pads are resting comfortably on your shoulders.

Grip the handle bars with your palms facing each other.

Raise your heels by slowly rising on to the balls of your feet, until your ankles are fully extended. Keep your back and knees straight, do not allow your feet to rotate or roll

Pause briefly before returning to the starting position.



Machine Squats

Starting Position:

Facing the machine, position yourself so that the pads are resting comfortably on your shoulders.

Grip the handle bars with your palms facing each other.

Your feet should be firmly planted on the platform, shoulder width apart.

Bend your knees until they are in line with your toes, Do not extend past your toes.

Pause briefly before returning to the starting position.

WARRANTY

Serial No.

Thank you for purchasing one of Powertec's products.

Powertec warrants that the Product you have purchased is free from defects in materials and workmanship.

Powertec offers a Lifetime Warranty on Structural Frame.(Excludes Surface Finish).
5 year warranty on Moving Frames (Press Arms and other unspecified moving components).
Two year warranty on Components (Bearings, Locking Pins, Pulleys, Cables, Slide Rods).
One year warranty on Pads, Grips and other unspecified parts.

- All parts are shipped free of charge for first 90 days of date of purchase.
- Warranty is to original purchaser only (excluding dealer). Warranty is not Transferable in the event you sell the product.
- Warranty claims are subject to inspection and are voided if equipment shows Signs of abuse or alterations made other than the ones recommended by Powertec.
- Missing parts must be reported within 30 days from receipt of unit(s).
- Proof of purchase is required; your sales receipt must show date of purchase.
- For more information on the warranty or to obtain warranty service, please contact The appropriate Powertec Customer Service Department in the USA or Europe.

Powertec Inc. USA
2100 E. Artesia Boulevard
Long Beach, CA. 90805 – USA

Powertec Europe
6, Rue de l'Europe
68500 Bergholtz - France

Phone: (800) 250-6665
E-mail: service@powertecfitness.com

Phone: + 33 (0) 3 89 62 56 30
E-mail: contact@powertec-europe.fr

Thank you for giving us the opportunity to fulfill your strength and fitness needs.

POWERTEC® Customer Warranty Information Sheet

Last Name: _____ First Name: _____

Company: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Daytime Telephone No: _____ Alternate Telephone No. _____

E-Mail: _____ Date of Purchase: _____ Purchase Price: _____

Dealer Name and Address: _____

Model Name & Code: _____ Optional: Male / Female: _____ Age: _____ Occupation: _____

POWERTEC IS NOT LIABLE IF THE TRAINER SHOULD INJURE THEMSELVES WHILE USING POWERTEC EQUIPMENT OR WHILE PERFORMING THE TRAINING ROUTINE



COMMITTED TO STRONGER LIVES[®]

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Fax: + 33 (0) 3 89 625 631
E-mail: contact@powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here



