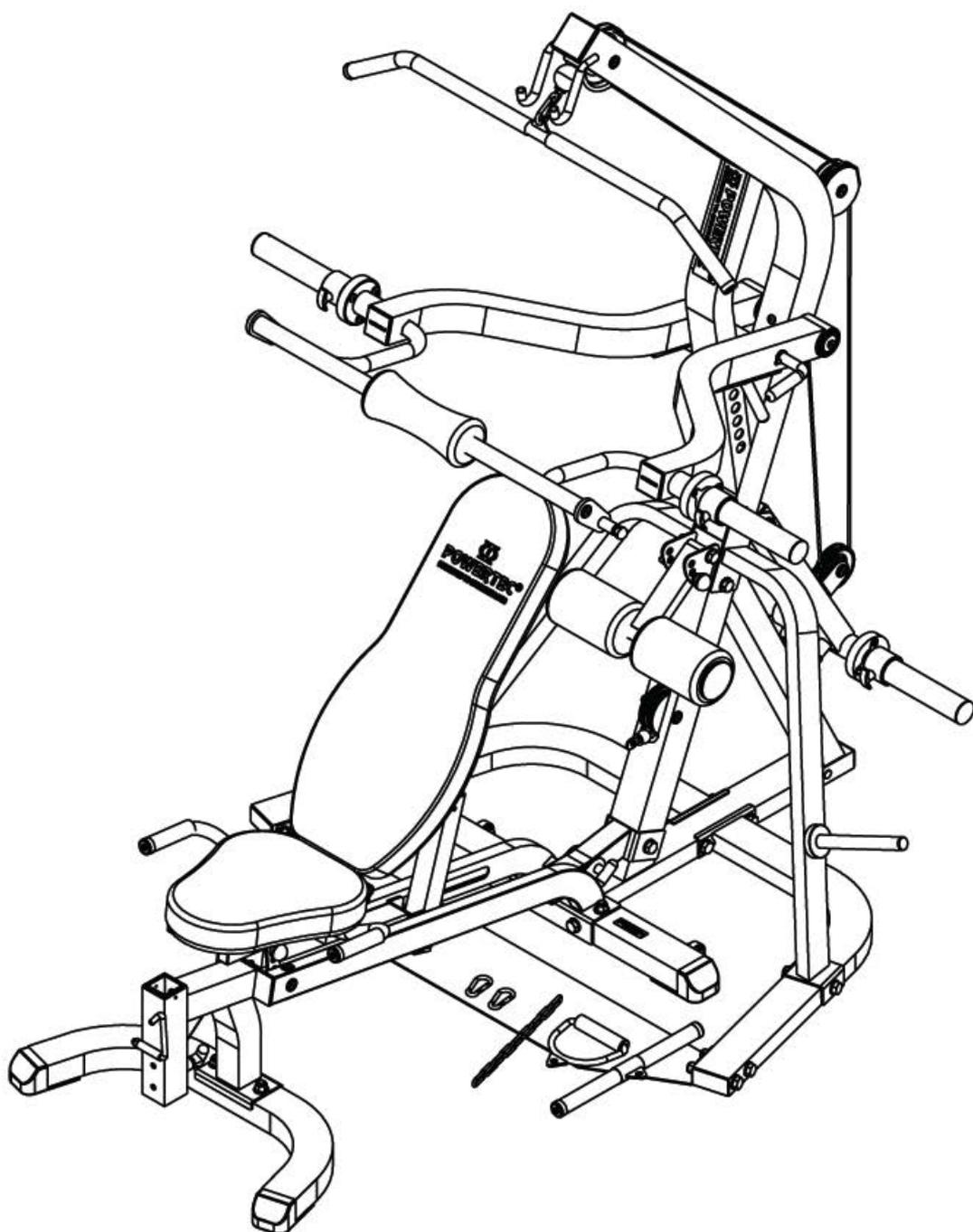


 **POWERTEC®**

WB-LS16

Manual



WORKBENCH LEVERGYM

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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WB-LS16 Workbench LeverGym

Weight Capacities

Lever Press Isolateral Arm: 250 Lbs.
 Lever Bench Press Arms: 500 Lbs.
 Squat Arm: 500 Lbs.

Lat Machine: 300 Lbs.
 Tricep Bar: 300 Lbs.

Featured Exercises

Bench Press	Incline Overhead Row	Seated Overhand Lat Pulldown
Seated Row	Shoulder Press	Overhead Triceps Pushdowns
Incline Bench Press	Shrug	Seated Underhand Lat Pulldown
Triceps Extension	Tricep Press	Incline Bench Rows
Underhand Triceps Pushdowns	Ab Crunch	Incline Shoulder Press
Bent Over Row	Bent Knee Deadlift	Squat
Decline Bench Press	Straight Leg Deadlift	Bicep Curls
High to Low Wood Chop	Close Grip Bench Press	Incline Overhead Tricep Extension
Calf Raise	Lunges	

Recommended Accessories

WB-PFA16	Pec Fly Accessory	WB-CMA16	Curl Machine Accessory
WB-LPA16	Leg Press Accessory	WB-DMA16	Dip Machine Accessory
WB-LLA16	Leg Lift Accessory	WB-ASR16	Accessory Storage Rack
WB-FPA16LS	Footplate Accessory		

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"



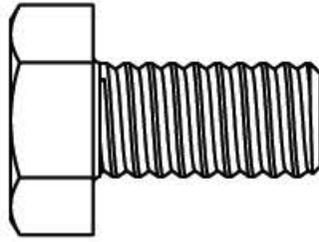
8" Adjustable Wrench

HARDWARE LIST

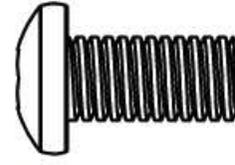
POWERTEC[®]



No. 28 3/8" x 3/4" (GR8)



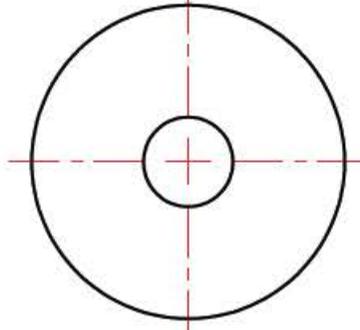
No. 32 1/2" x 1"



No. 29 3/8" x 3/4"



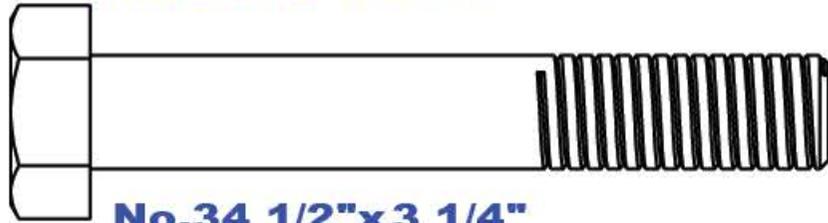
No. 31 3/8" x 2 1/8"



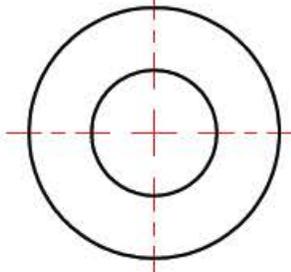
No. 40 3/8" Washer



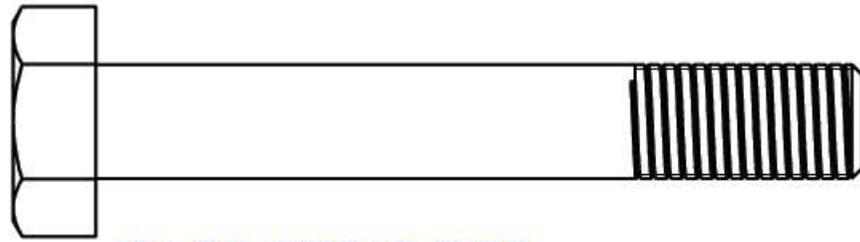
No. 33 1/2" x 3 1/2"



No. 34 1/2" x 3 1/4"



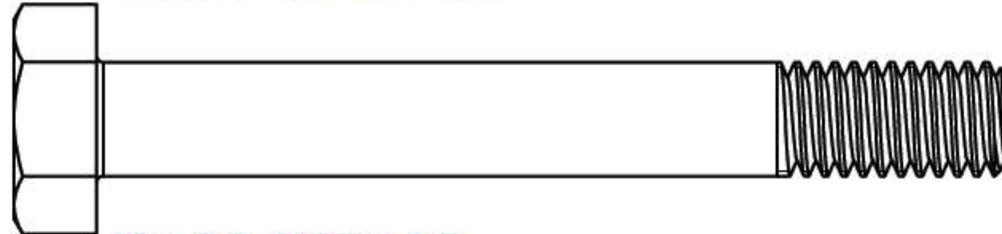
No. 41 1/2" Washer



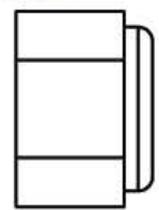
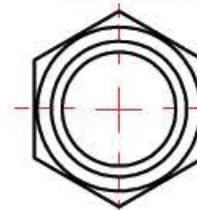
No. 35 1/2" x 3 3/8"



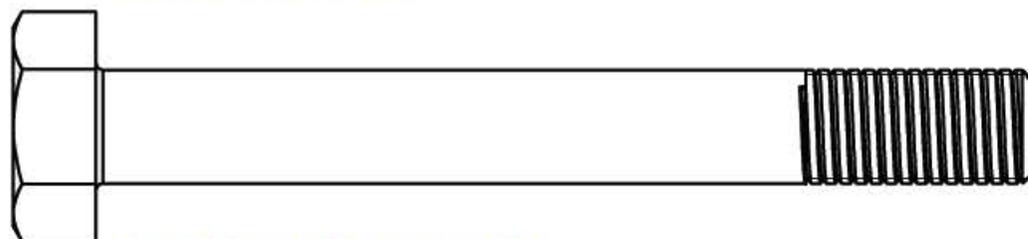
No. 42 3/8" Nut



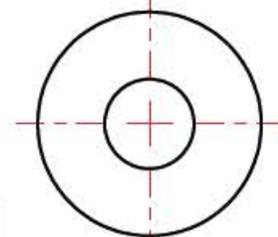
No. 36 1/2" x 4 "



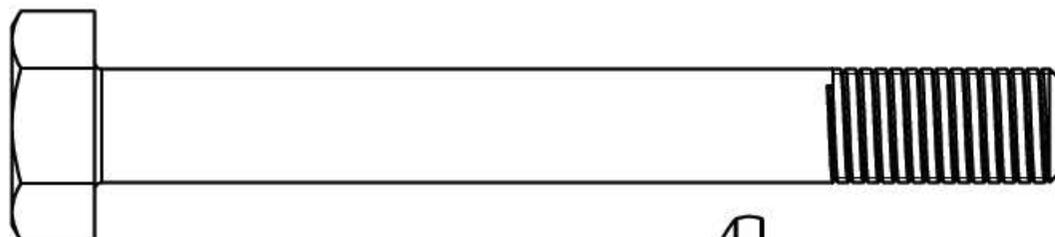
No. 43 1/2" Nut



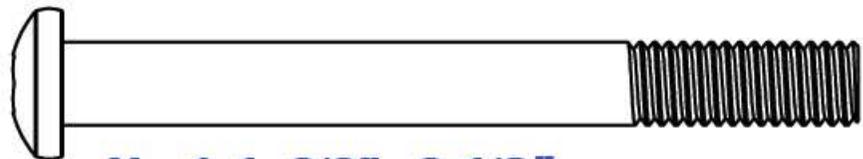
No. 37 1/2" x 4 1/8"



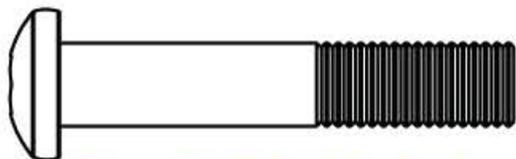
No. 1.5/10.3 3/8" Washer



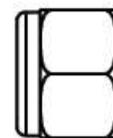
No. 38 1/2" x 4 1/4"



No. 1.4 3/8" x 3 1/2"



No. 10.8 3/8" x 2 "



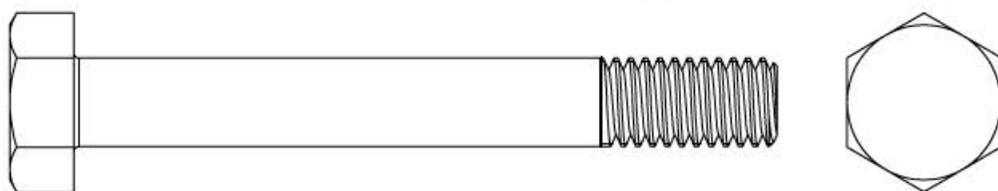
1.6/10.4 3/8" Nut

WB-LS16

WORKBENCH LEVERGYM

HARDWARE LIST (WB-UB16)

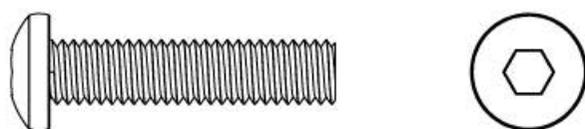

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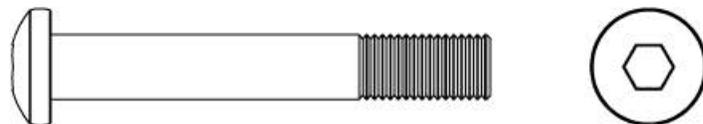
No.18 1/2"x4" 2 PCS



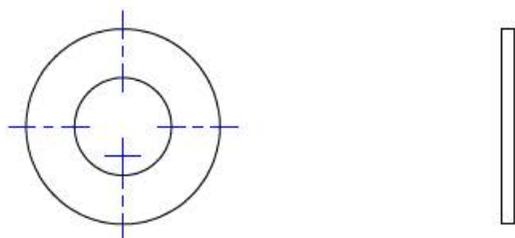
No.20 3/8"x3/4" 4 PCS



No.22 3/8"x1 5/8" 4 PCS



No.23 3/8"x2 1/2" 2 PCS



No.25 1/2" 8 PCS



No.26 1/2" 6 PCS

WB-LS16

WORKBENCH LEVERGYM

PART LIST

Part No.	Description	Qty.
1	Lower Upright Tube	1
2	Base Tube - L	1
3	Base Tube - R	1
4	Support Tube - L	1
5	Support Tube - R	1
6	Upper Upright Tube	1
7	Press Arm - L	1
8	Press Arm - R	1
9	Foam Roller Support Tube	1
10	Weight Rotating Tube	1
11	Utility Workbench Connector	1
12	Close Grip Bar Mounting Plate	1
13	Close Grip Bar - Tube	1
14	Close Grip Bar - Squat Bar	1
15	Lat Bar - Wide Grip	1
16	Safety Spotter Bar	1
17	Lat Bar - Close Grip	1
18	Weight Plate Horns	4
19	Foot Plate	1
20	Press Arms Lock Bar	1
21	D Handle	1
22	Extension Chain	1
23	Snap Chain Links	3
24	Ball Head Lock Pin	1
25	Collar	4
26	Rubber Bumper	4
27	Steel Axis - Press Arms	1
28	Round Head Bolt 3/8" x 3/4"	12
29	Round Head Bolt 3/8" x 3/4"	2
30	Round Head Bolt 3/8" x 3/4"	1
31	Round Head Bolt 3/8" x 2 1/8"	1
32	Hex Bolt 1/2" x 1"	5
33	Hex Bolt 1/2" x 3 1/2"	1
34	Hex Bolt 1/2" x 3 1/4"	1
35	Hex Bolt 1/2" x 3 3/8"	1
36	Hex Bolt 1/2" x 4"	4
37	Hex Bolt 1/2" x 4 1/8"	3
38	Hex Bolt 1/2" x 4 1/4"	2
39	Washer 3/8"	1
40	Washer 3/8"	2
41	Washer 1/2"	28
42	Nut 3/8"	12
43	Nut 1/2"	11
44	WB-UB16 - Utility Workbench	1
45	Cable	1

Part No.	Description	Qty.
44	WB-UB16	1
44.1	Rear Base Tube	1
44.2	Front End Bench Frame	1
44.3	Center Main Bench Frame	1
44.4	Backrest Assembly Lower Tube	1
44.5	Backrest Assembly Adj. Tube	1
44.6	Backrest Pad Support Tube	1
44.7	Adjustble Seat Carriage	1
44.7.2	T - Spring Pin	1
44.8	Front Base Tube	1
44.9	Seat Assembly Tube	2
44.10	Seat Handles	1
44.11	Seat Height Adjustment Tube	1
44.12	Ball Head Lock Pin	1
44.13	Steel Axis - Seat Assembly	1
44.14	Seat Pad	1
44.15	Backrest Pad	1
44.16	Hex Bolt 1/2" x 3 1/2"	1
44.17	Hex Bolt 1/2" x 4 1/8"	1
44.18	Hex Bolt 1/2" x 4"	2
44.19	Hex Bolt 1/2" x 7 1/8"	1
44.20	Round Head Bolt 3/8" x 3/4"	10
44.21	Round Head Bolt 3/8" x 3/4"	2
44.22	Round Head Bolt 3/8" x 1 5/8"	2
44.23	Round Head Bolt 3/8" x 2 1/2"	2
44.24	Washer 3/8"	8
44.25	Washer 1/2"	14
44.26	Nylon Nut 1/2"	9

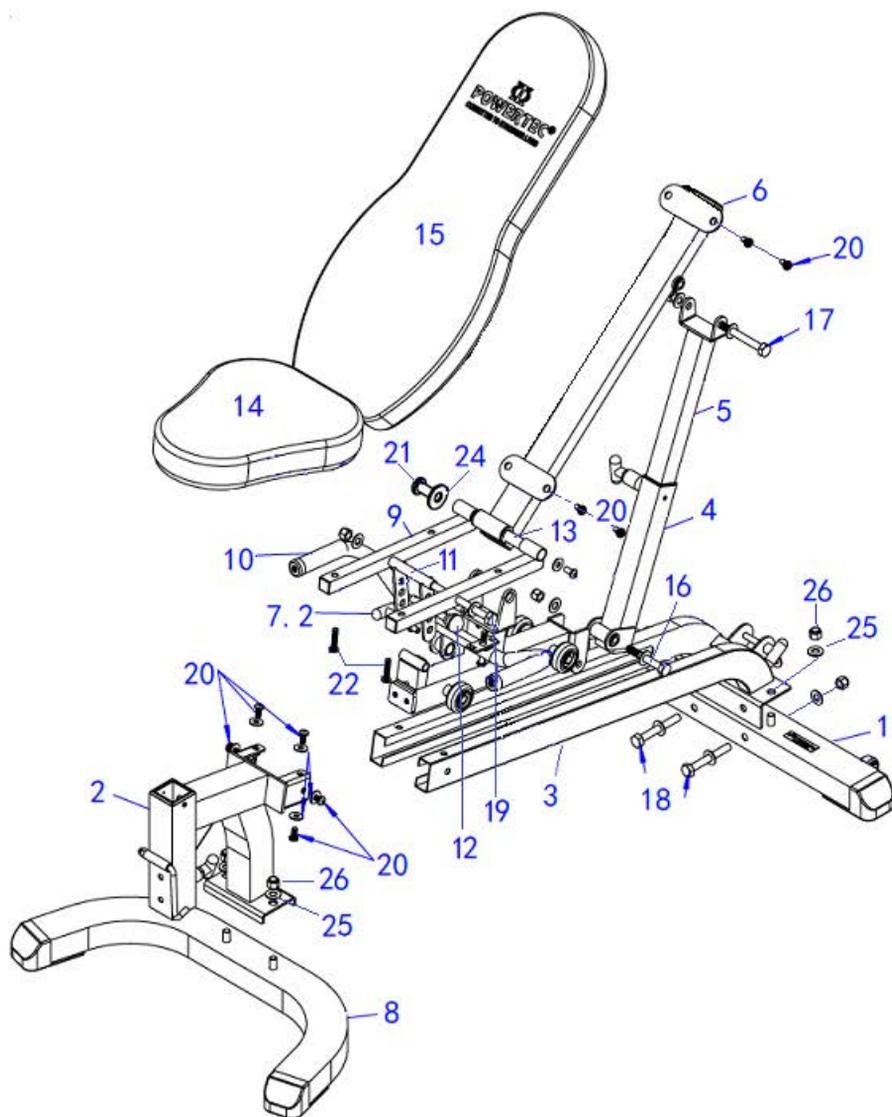
WB-LS16

WORKBENCH LEVERGYM

EXPLODED DIAGRAM - B

Utility Workbench - Part No. 44

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Important Note:

All Parts have a pre-fix part number of 44

All Unmarked Washers and Nuts are 44.25 and 44.26

WB-LS16

WORKBENCH LEVERGYM

ASSEMBLY ONE

POWERTEC[®]

Step 1

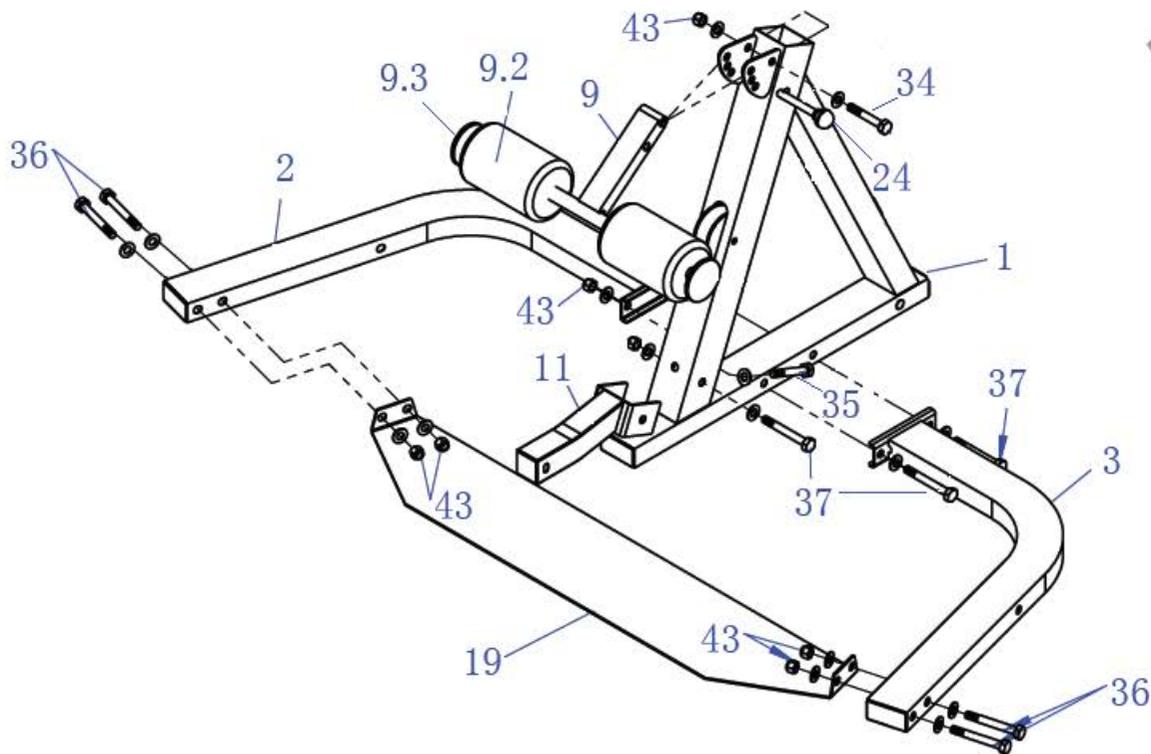
Install Base Tubes No. 2 and No. 3 onto Lower Up-Right Tube No. 1
Use Bolts No. 37, Washers No. 41 and Nuts No. 43

Step 2

Install Foot Plate No. 19 to Base Tubes No. 2 and No. 3
Use Bolts No. 36, Washers No. 41 and Nuts No. 43

Step 3

Install Utility Workbench Connector No. 11 to Lower
Up-Right Tube No. 1 using Bolts No. 35 and 37, Washers
No. 41 and Nuts No. 43



Step 4

Install Foam Roller Support Tube To Lower Up-Right Tube No. 1
Use Bolt No. 34, Washer No. 41 and Nut No. 43
Slide Foam Rollers Onto Roller Tube and secure them with the
Round Chrome End Caps No. 9.3
Use Ball Head Lock Pin No. 24 to adjust position as needed.

Note:

All Unmarked Washers are Part No. 41

WB-LS16

WORKBENCH LEVERGYM

ASSEMBLY TWO

POWERTEC®

Step 1

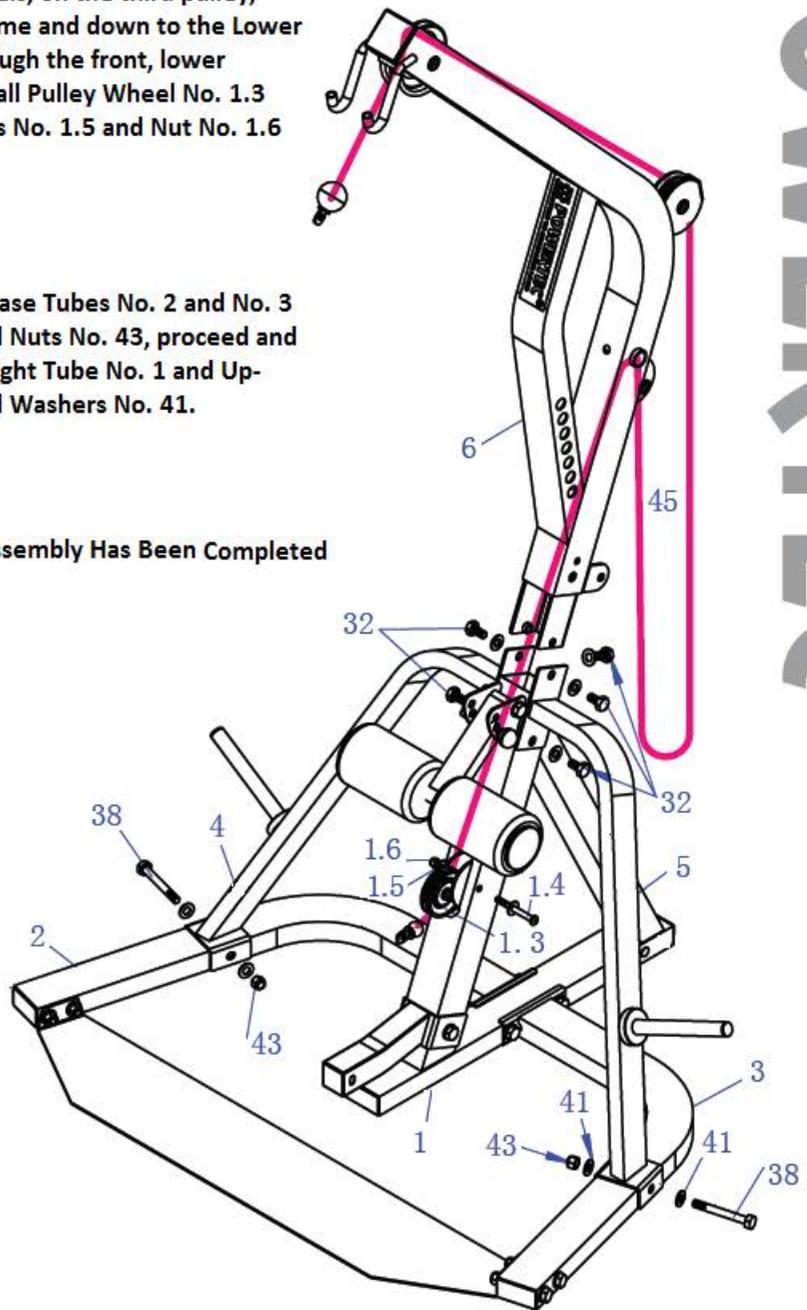
Install Cable No. 45 starting from the front, top of Up-Right tube No. 6 and over the first two pulley wheels, on the third pulley, feed cable towards the inside of the frame and down to the Lower Up-Right Tube No. 1, pull cable out through the front, lower opening of the Lower Up-Right and Install Pulley Wheel No. 1.3 and secure it with Bolt No. 1.4, Washers No. 1.5 and Nut No. 1.6

Step 2

Install Support Tubes No. 4 and No. 5 Base Tubes No. 2 and No. 3 Using Bolts No. 38, Washers No. 41 and Nuts No. 43, proceed and Install to Support Tubes to Lower Up-Right Tube No. 1 and Up-Right Tube No. 6 using Bolts No. 32 and Washers No. 41.

Note:

Do Not Fully Tighten Hardware Until Assembly Has Been Completed



WB-LS16

WORKBENCH LEVERGYM

ASSEMBLY THREE

 POWERTEC®

Step 1

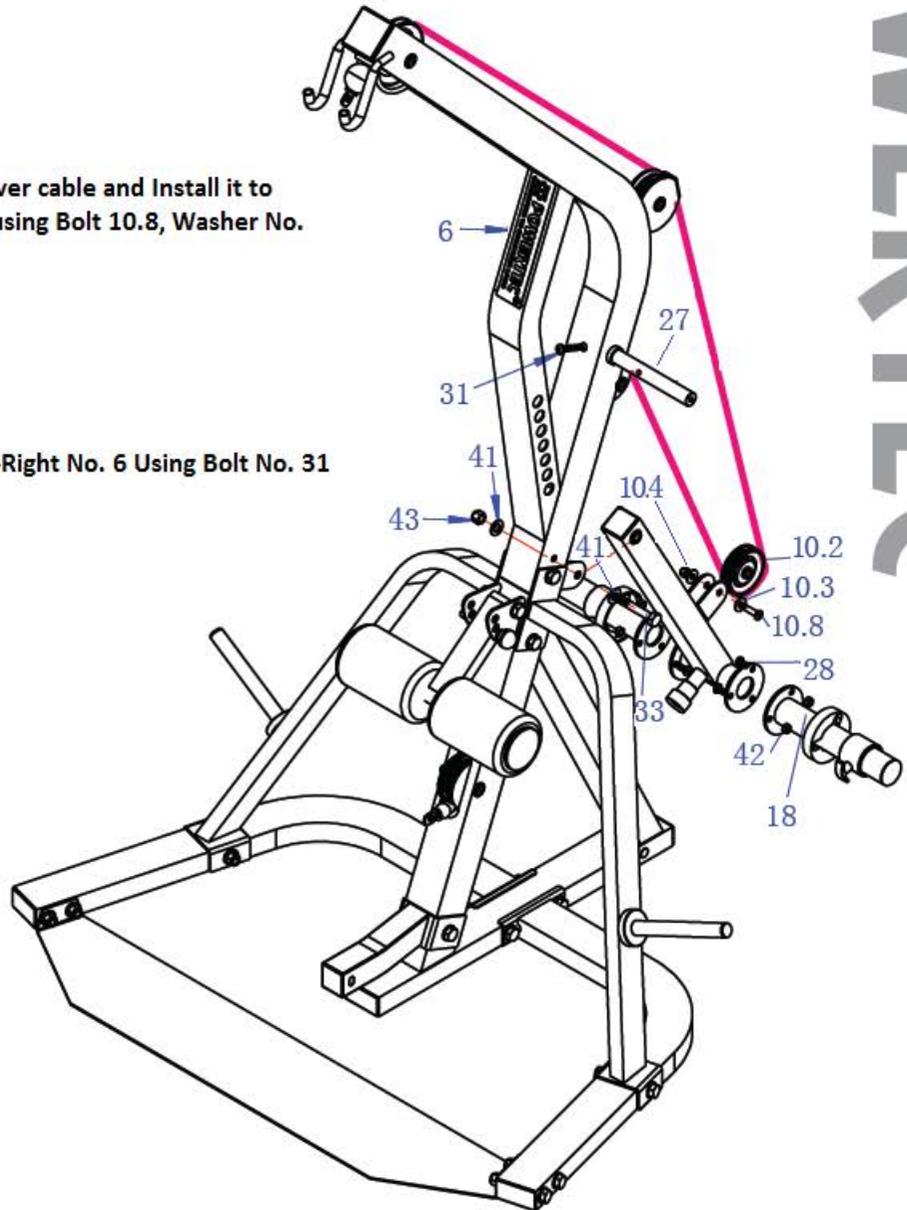
Install Weight Rotating Tube No. 10 to Up-Right Tube No. 6 using Bolts No. 33 Washers No. 41 and Nut No. 43
Install Weight Horns No. 18 to Weight Rotating Tube No. 10 using Bolts No. 28 and Nuts No. 42

Step 2

Place Pulley Wheel No. 10.2 over cable and install it to Weight Rotating Tube No. 10 using Bolt 10.8, Washer No. 10.3 and Nut No. 10.4

Step 3

Install Steel Axis No. 27 to Up-Right No. 6 Using Bolt No. 31



Note:

Do Not Fully Tighten Hardware Until Assembly Has Been Completed.

WB-LS16

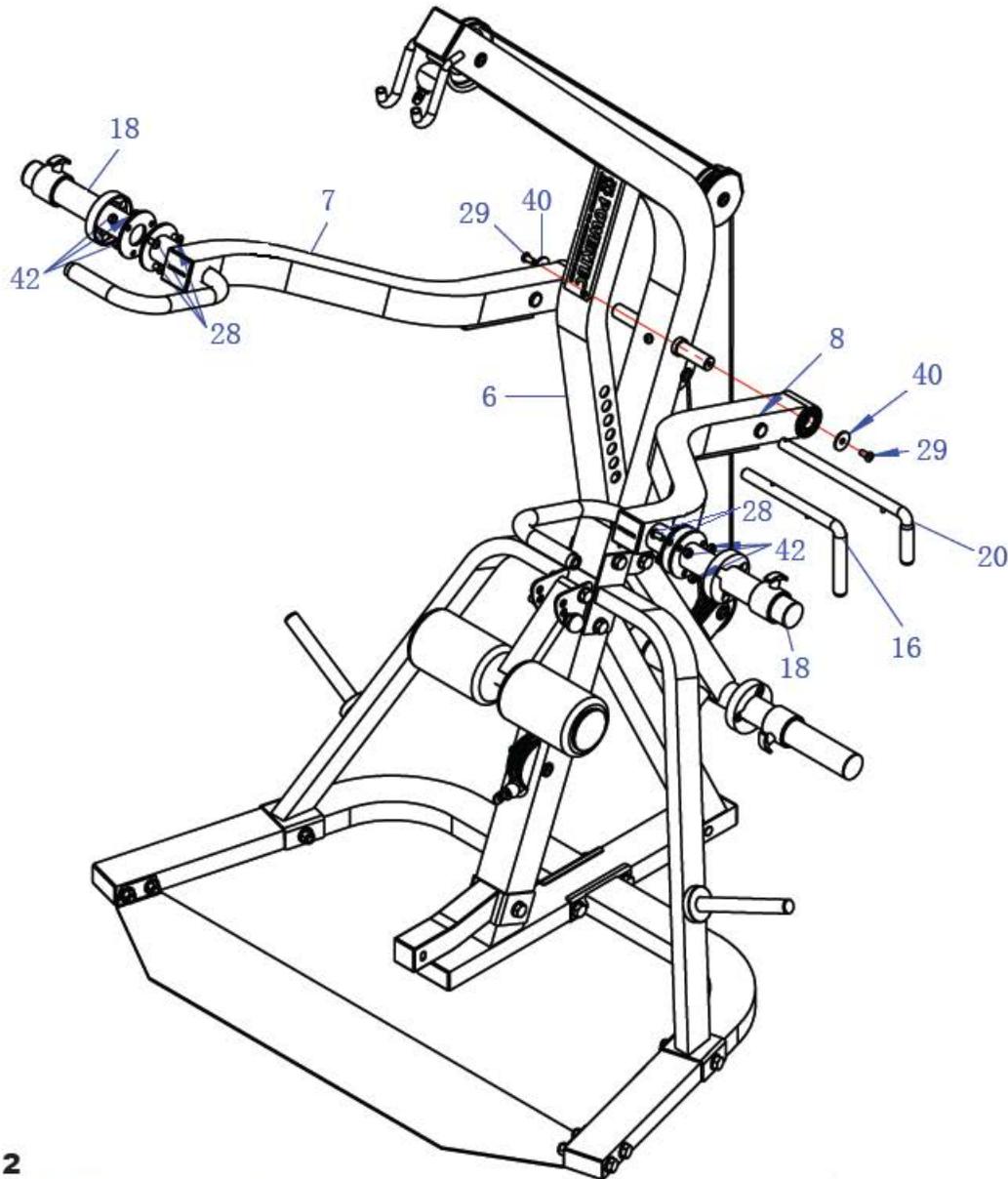
WORKBENCH LEVERGYM

ASSEMBLY FOUR


POWERTEC[®]

Step 1

Install Safety Spotter Bar No. 16 onto Up-Right No. 6
Install Press Arms No. 7 and No. 8 onto Steel Axis No.
27 Secure Press Arms to Steel Axis using Washers No.
40 and Bolts No. 29



Step 2

Install Weight Horns No. 18 to Press Arms No. and No. 8
Use Bolts No. 28 and Washers No. 42 to secure them.

Note:

Use Press Arms Lock Bar No. 20 to use the Press Arms
as Conventional Press Arms or remove the Lock Bar to
use as Independent Press Arms - Isolateral.

WB-LS16

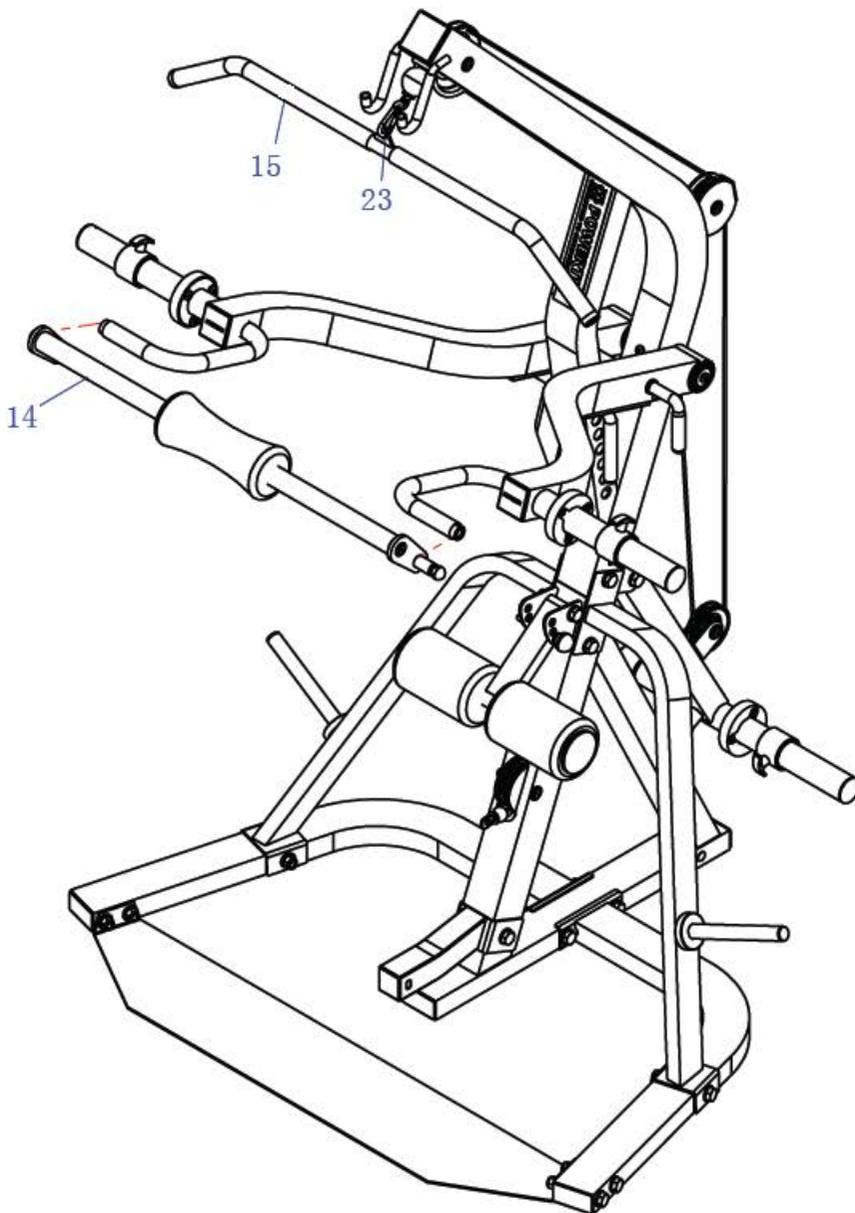
WORKBENCH LEVERGYM

ASSEMBLY FIVE

 POWERTEC®

Step 1

Install Lat Bar No. 15 to the Upper Up-Right / Cable No. 45 using Snap Link No. 23
Install Close Grip Bar - Squat bar No. 14 to Press Arms No. 7 and No. 8 secure bar to press arms by Pulling on the Spring Loaded Pin and slide the bar on, release spring pin to lock into place.



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WORKBENCH LEVERGYM

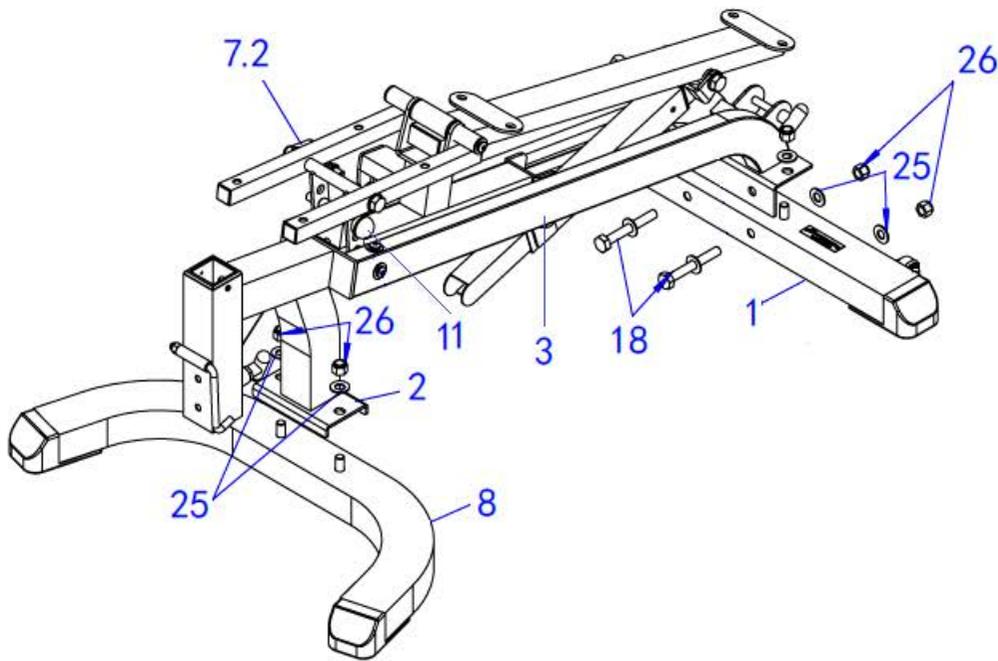
ASSEMBLY SIX

Utility Workbench - Part No. 44

All parts mentioned on this assembly have a pre-fix Part No. 44

Step 1

Install T Handle Spring Pin Part No. 7.2 to Center Main Frame Part No. 3



Step 2

Install Center Main Bench Frame No. 3 to Rear Base Tube No. 1 and to Front Base Tube No. 8 Use Bolts No. 18, Washers No. 25 and Nuts No. 26

Important Note:

Some Parts and Components may come pre-assembled by the factory, make sure to go over them before finishing assembly.


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WORKBENCH LEVERGYM

ASSEMBLY SEVEN

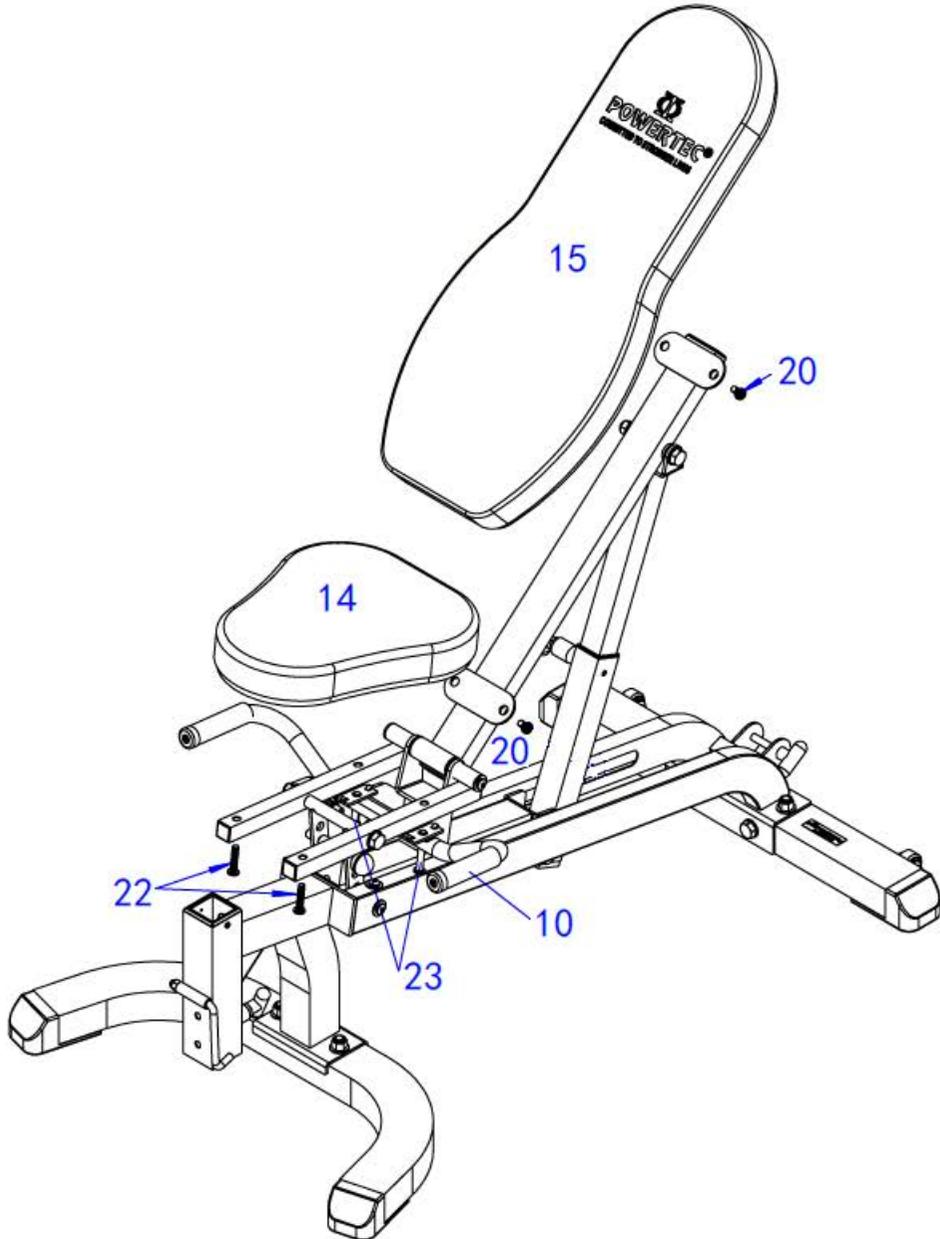

POWERTEC[®]

Step 1

Install Backrest Pad No. 15 onto Backrest Pad Tube No. 6
Secure pad using Bolts No. 20

Step 2

Install Seat Pad No. 14 onto Seat Pad Tubes No. 9 and to
Seat Handles No. 10, Use Bolts No. 22 in the front area of
the seat and No. 23 Bolts on the rear area of the seat.

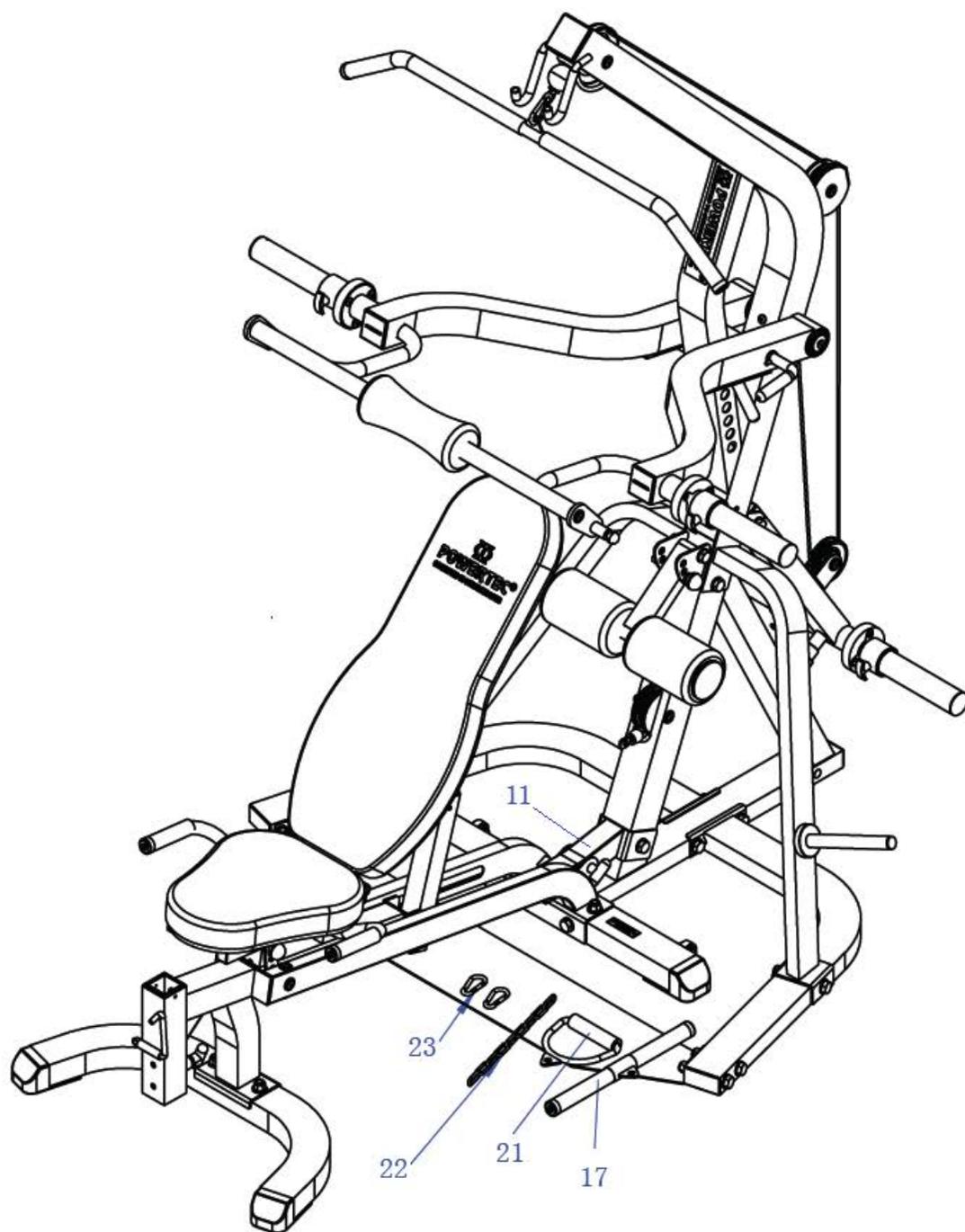


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WORKBENCH LEVERGYM

ASSEMBLY EIGHT

 POWERTEC®



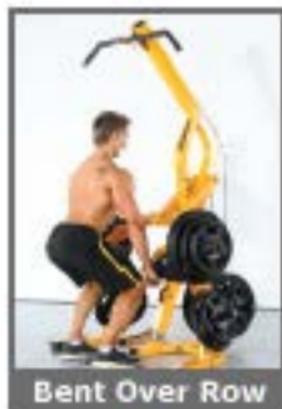
Helpful Hints:

To Connect Utility Workbench to the Lever Gym, Slide workbench towards the Linkage Tube No. 11 and secure it by using the T Handle Pin.

Chain Extension No. 22 can be used on the Upper End or the Lower End of the cable, use Snap Links No. 23 to install the chain or D Handle No. 21 or Close Grip Lat Bar No. 17

WB-LS16

WORKBENCH LEVERGYM



Bent Over Row

Exercises

Bent Over Row

Tricep Press

Shoulder Press

Bench Press

Arm Curl

Squat

Lat Pulldown

Ab Crunch

Wide Grip Row

Bicep Curl

Front Lateral
Raise

Calf raise

Shrug

Stiff Leg Deadlift

Pec Fly

Lat Pulldown



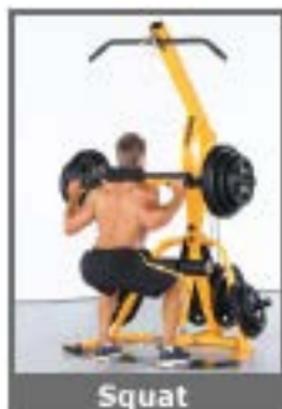
Bicep Curl



Upright Row



Lat Pulldown



Squat



Wide Grip Row



Bench Press



Front Lateral
Raise

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: (714) 908-0493
service@powertecfitness.com
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Phone: + 33 (0) 3 89 625 630
Fax: + 33 (0) 3 89 625 631
E-mail: contact@powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here



