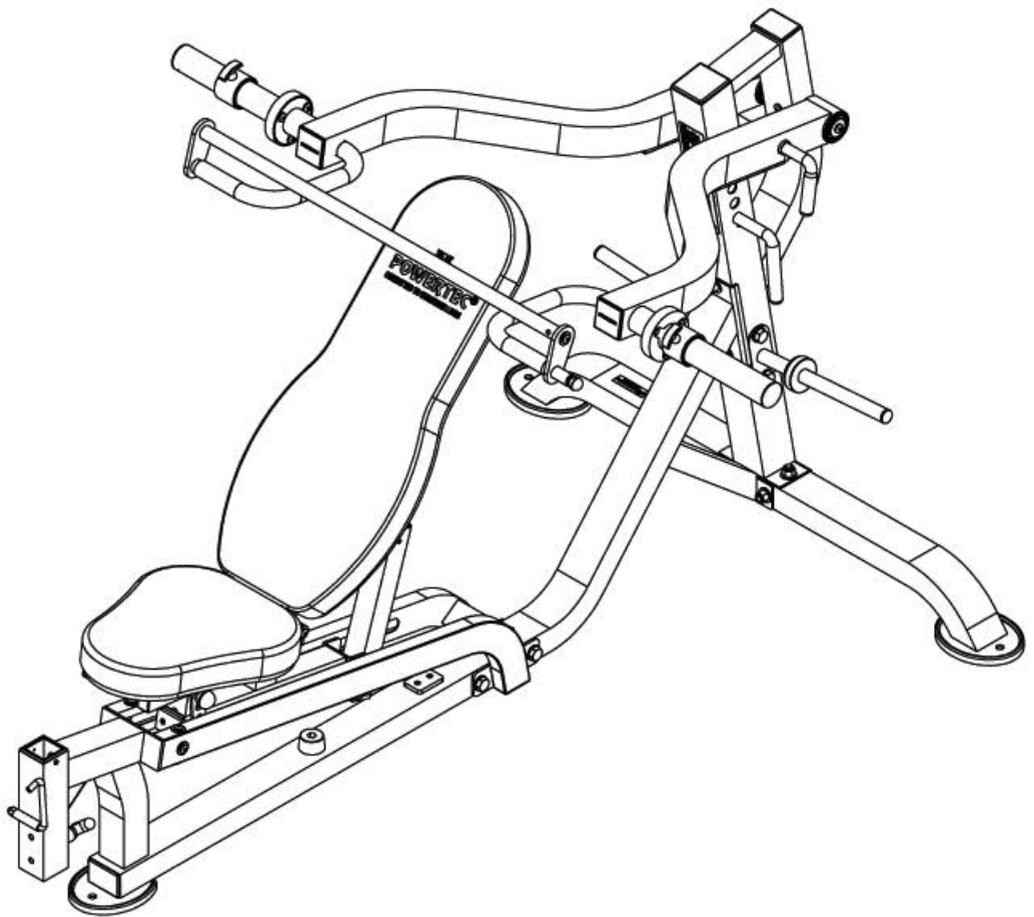


 **POWERTEC®**

**WB-MP16**

**Manual**



**WORKBENCH MULTIPRESS**

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-MP16 WORKBENCH MULTIPRESS

#### Specifications

**Length: 75"**

**Width: 55.6"**

**Height: 41.3"**

#### Weight Capacities

<b>Lever Press Isolateral Arm:</b>	<b>250 lbs.</b>
<b>Lever Bench Press Arms:</b>	<b>500 lbs.</b>
<b>Resistance Body / Weight:</b>	<b>600 lbs.</b>

#### Recommended Accessories

<b>WB-PFA16</b>	<b>Pec Fly Accessory</b>	<b>WB-CMA16</b>	<b>Curl Machine Accessory</b>
<b>WB-LPA16</b>	<b>Leg Press Accessory</b>	<b>WB-DMA16</b>	<b>Dip Machine Accessory</b>
<b>WB-LLA16</b>	<b>Leg Lift Accessory</b>	<b>WB-ASR16</b>	<b>Accessory Storage Rack</b>

## 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**

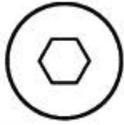
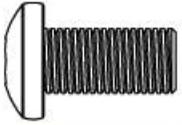


**Wrenches**  
13 mm = 1/2"  
19 mm = 3/4"  
21 mm = 13/16"

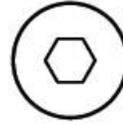
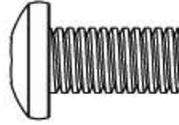


**8" Adjustable Wrench**

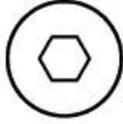
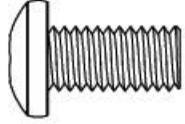
# HARDWARE LIST



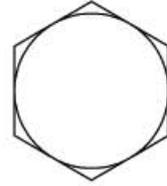
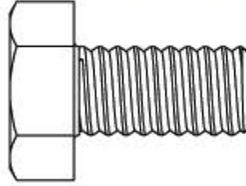
No.27 3/8"x3/4" GR8 6PCS



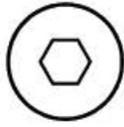
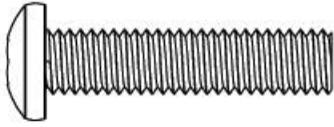
No.28 3/8" x 3/4" 2PCS



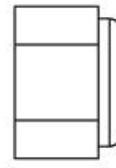
No.29 3/8" x 3/4" 4PCS



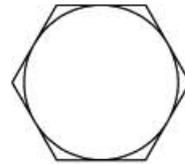
No.34 1/2" x 3/4" 1PCS



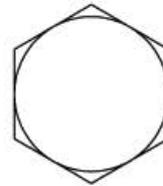
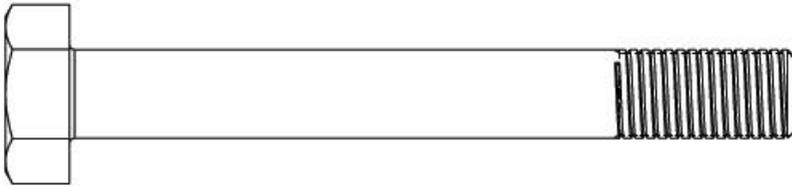
No.31 3/8" x 1 5/8" 4PCS



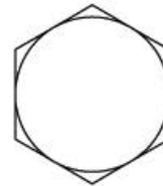
No.39 1/2" x 16T 8PCS



No.32 1/2" x 3 1/2" 1PCS



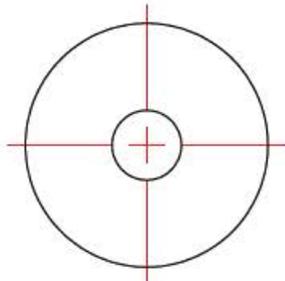
No.33 1/2" x 4 1/8" 2PCS



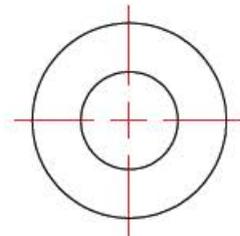
No.36 1/2" x 4" 4PCS



No.37 3/8" x 7T 6PCS



No.41 3/8" 2PCS



No.42 1/2" 15PCS

## WB-MP16

## WORKBENCH MULTI PRESS

# PARTS LIST



**POWERTEC**<sup>®</sup>

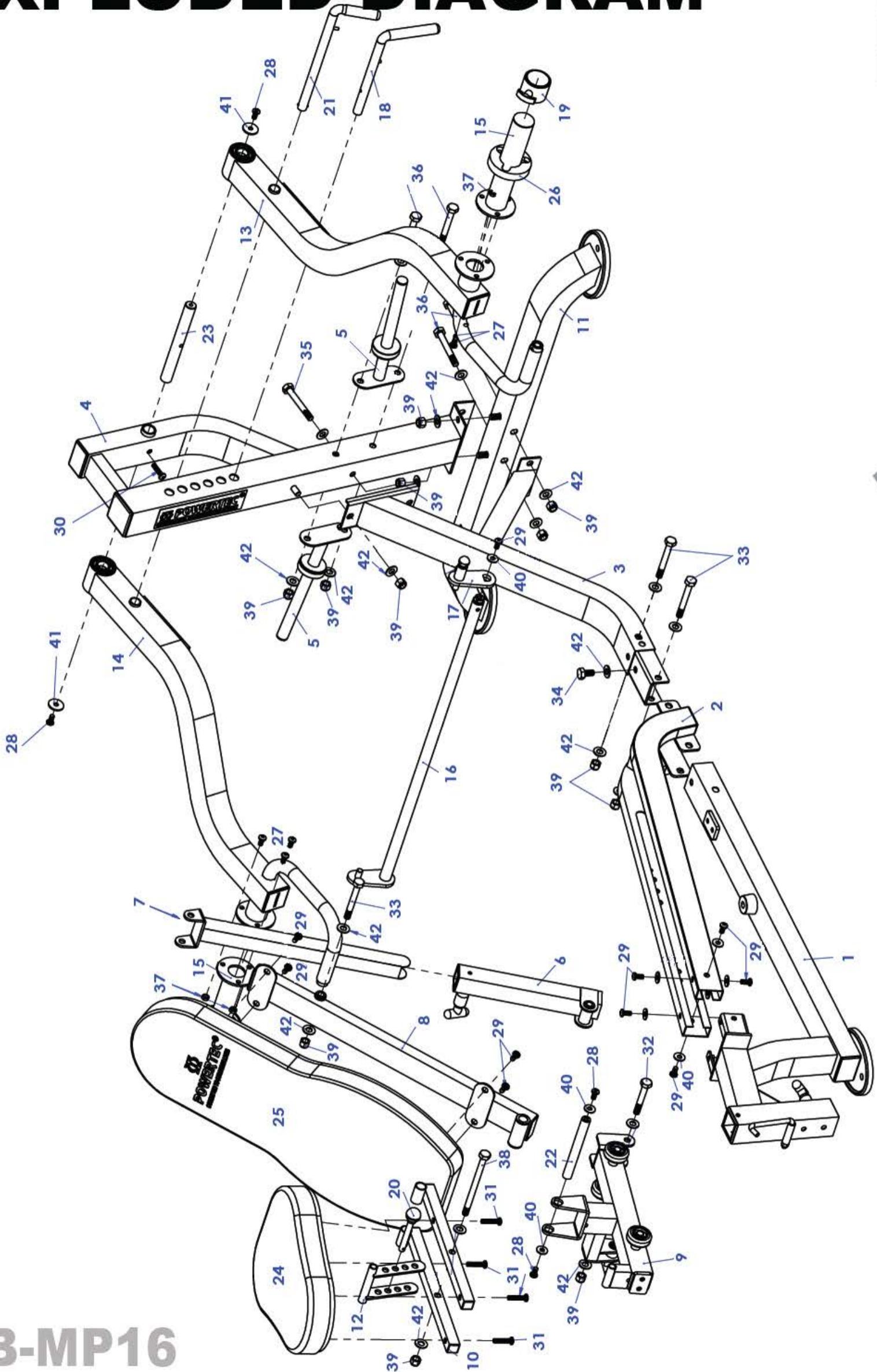
Part No.	Description:	QTY.
1	Front Base Tube	1
2	Center Bench Frame	1
3	Frame Support Tube	1
4	Upright Tube	1
5	Weight Storage Horn	2
6	Backrest Adjustment	1
7	Backrest Adjustment Tube	1
8	Backrest Tube	1
9	Sliding Tube	1
10	Seat Pad Tubes	2
11	Rear Base Tube	1
12	Seat Height Adjustment Tube	1
13	Press Arm - Left	1
14	Press Arm - Right	1
15	Weight Horns	2
16	Close Grip Bar	1
17	Reinforcement Mounting Plate	1
18	Safety Bar	1
19	Collars	2
20	Ball Head Lock Pin	1
21	Lock Bar for Press Arms	1
22	Steel Axis - Seat Assembly	1
23	Steel Axis - Press Arms	1
24	Seat Pad	1
25	Backrest Pad	1
26	Rubber Bumper	2
27	Round Head Bolt GR8 3/8" x 3/4"	6
28	Round Head Bolt 3/8" x 3/4"	4
29	Round Head Bolt 3/8" x 3/4"	11
30	Round Head Bolt 3/8" x 1 1/2"	1
31	Round Head Bolt 3/8" x 1 5/8"	4
32	Hex Bolt 1/2" x 3 1/2"	1
33	Hex Bolt 1/2" x 4 1/8"	3
34	Hex Bolt 1/2" x 1"	1
35	Hex Bolt 1/2" x 3 7/8"	1
36	Hex Bolt 1/2" x 4"	4
37	Nut 3/8"	6
38	Hex Bolt 1/2" x 7 1/8"	1
39	Nut 1/2"	13
40	Washer 3/8"	9
41	Washer 3/8"	2
42	Washer 1/2"	24

**WB-MP16**

**WORKBENCH MULTI PRESS**

# EXPLODED DIAGRAM

**POWERTEC**<sup>®</sup>



**WB-MP16**

**WORKBENCH MULTI PRESS**

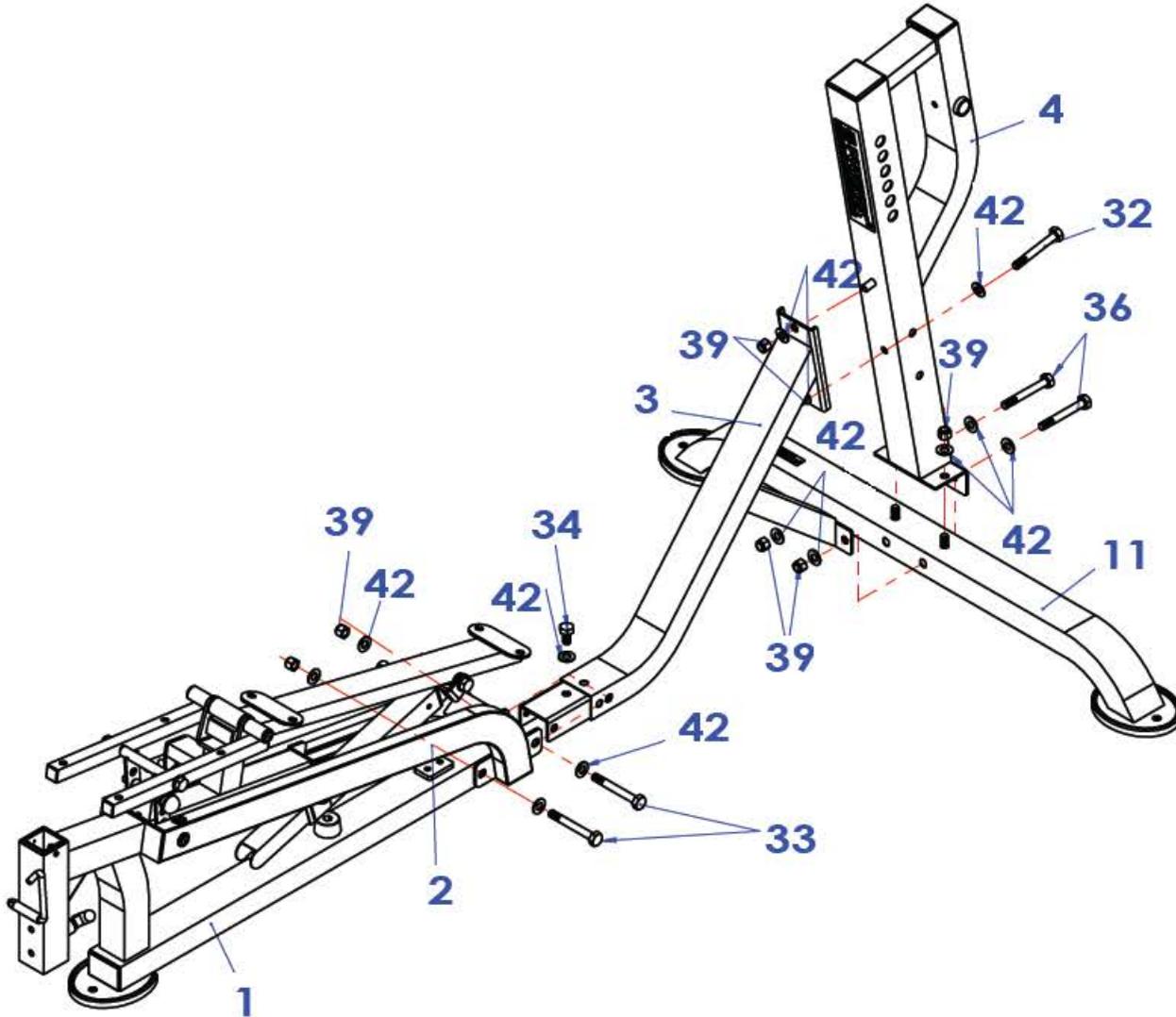
# ASSEMBLY ONE

## Step 1

Attach Main Bench Frame assembly Part No. 2 to Frame Support Tube No. 3  
Use Bolts No. 33 and No. 34, Washers No. 42 and Nuts No. 39

## Step 2

Attach Rear Up-Right Tube No. 4 onto Rear Base Tube No. 11 and to Support  
Tube No. 3 Use Bolts No. 35 and No. 36, Washers No. 42 and Nuts No. 39



**Important Note:**

Do Not Fully Tighten Until Assembly Has Been Finished.

  
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**WB-MP16**

**WORKBENCH MULTI PRESS**

# ASSEMBLY TWO

## Step 1

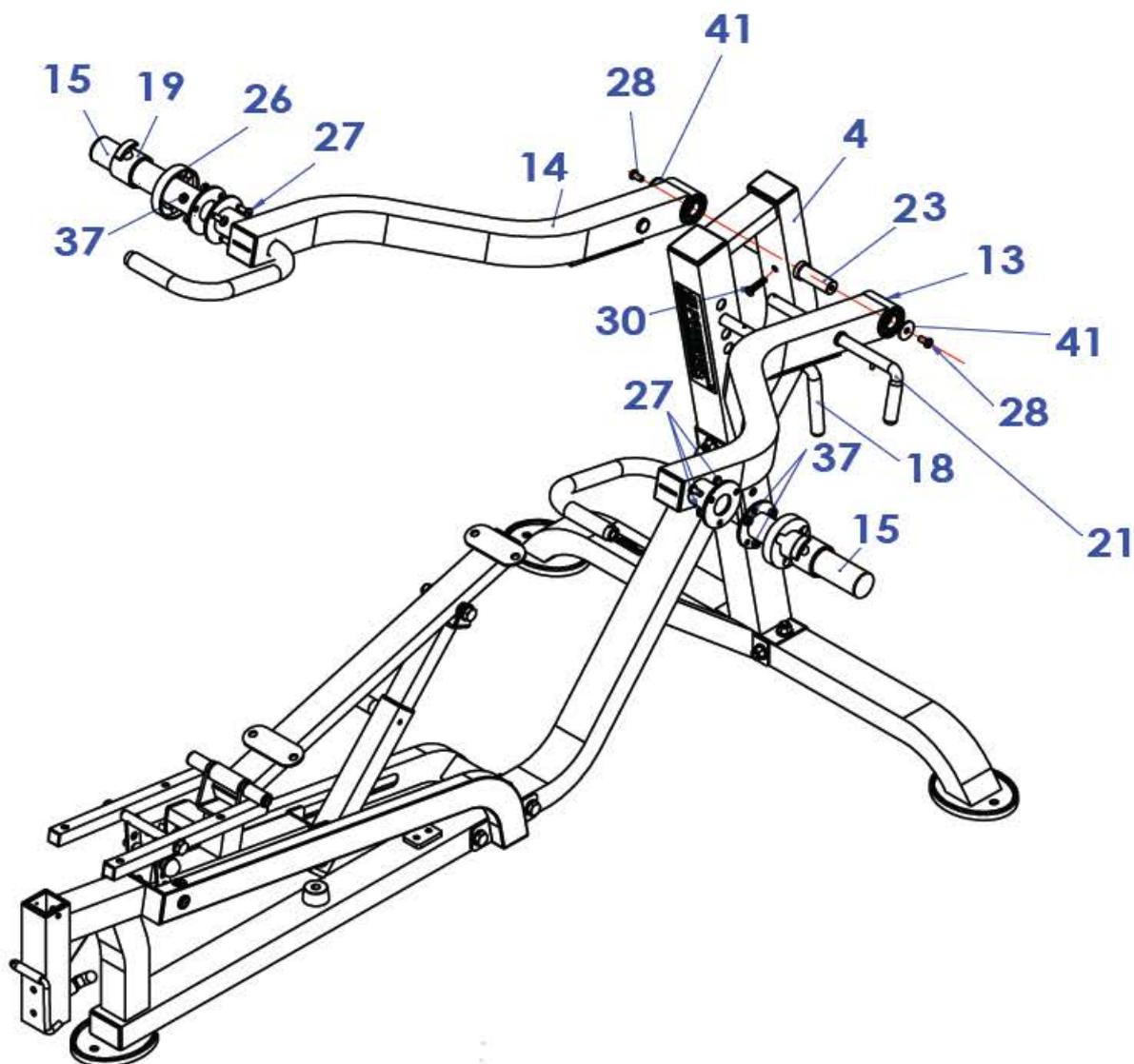
Attach Steel Axis No. 23 onto Up-Right Tube No. 4, Secure Steel Axis with Bolt No. 30

## Step 2

Install Press Arms No. 13 and No. 14 onto Steel Axis No. 23 Secure Press Arms with Bolts No. 28 and Washers No. 41

## Step 3

Attach Weight Horns No. 15 to Press Arms No. 13 and No. 14 Secure them with Bolts No. 27 and Nuts No. 37 - Proceed and Install Rubber Bumpers No. 26 and Collars No. 19



### Important Note:

Safety Bar No. 18 is your Safety Spotter Bar, Select the Starting Point for your Press Arms and Insert Safety Bar, The Safety Bar may be adjusted to different settings depending on the selected exercise routine.

Lock Bar for Press Arms No. 21 can be used to Lock Both Press Arms and use the system as a conventional Press Arms, or the Lock Bar can be removed to be used as Isolateral Arms - Individual Press Arms.

# WB-MP16

# WORKBENCH MULTI PRESS

  
**POWERTEC**<sup>®</sup>

# ASSEMBLY THREE

## Step 1

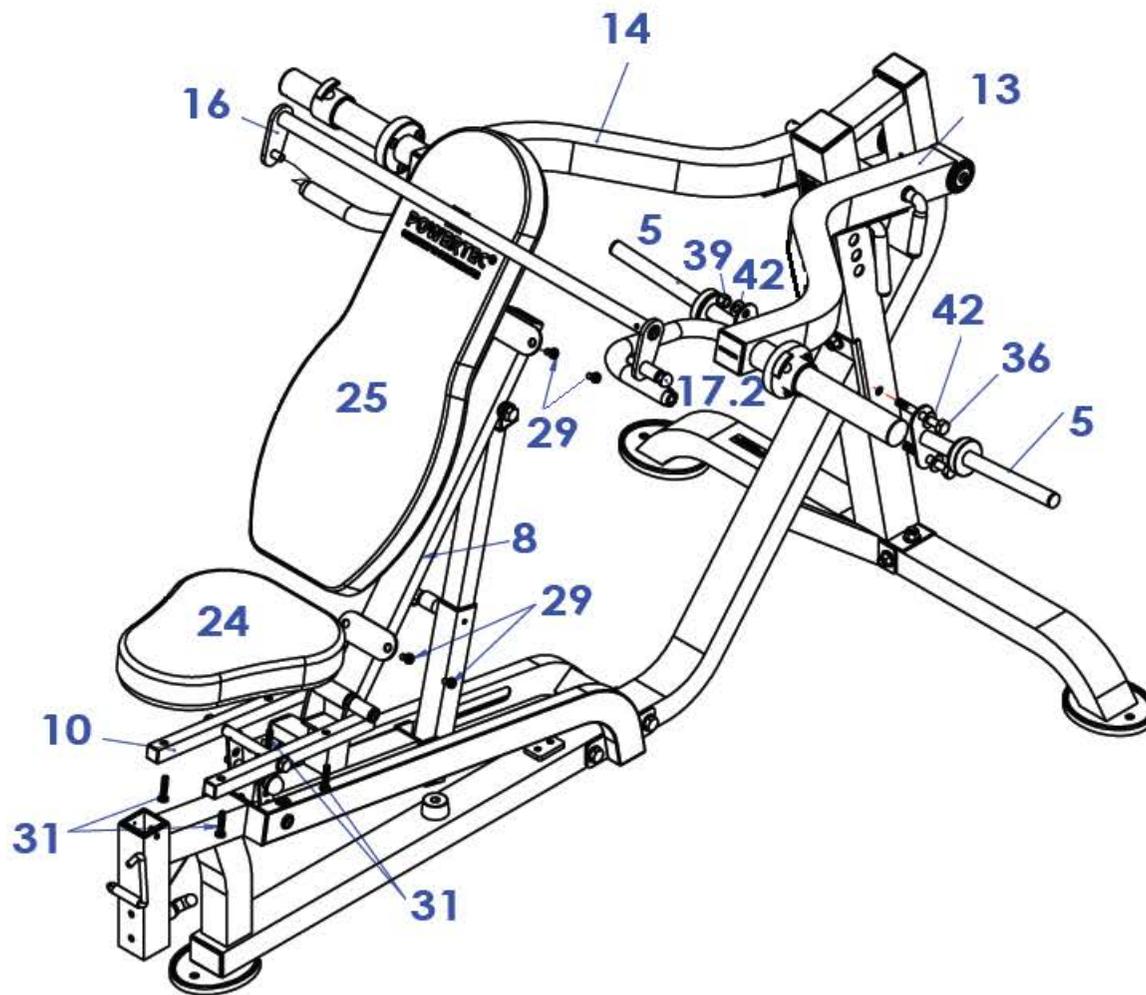
Install Both Weight Storage Horns No. 5 to Rear Up-Right No. 4  
Use Bolts No. 36, Washers No. 42 and Nuts No. 39

## Step 2

Install Seat Pad to Seat Support Tubes No. 10 using Bolts No. 29  
Install Backrest Pad to Backrest Pad Tube No. 8 using Bolts No. 29

## Step 3

Install Close Grip Bar No. 16 to Press Arms No. 13 and No. 14 use  
Spring Loaded Pin No. 17.2 to Secure Close Grip Bar to Press Arms.

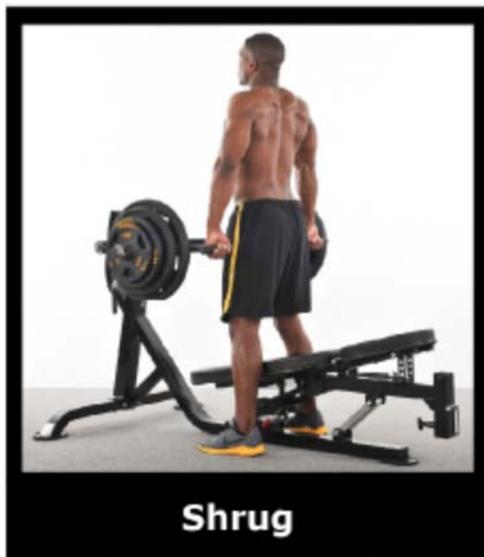


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**WB-MP16**

**WORKBENCH MULTI PRESS**

**WORKBENCH MULTIPRESS**



**Shrugs**

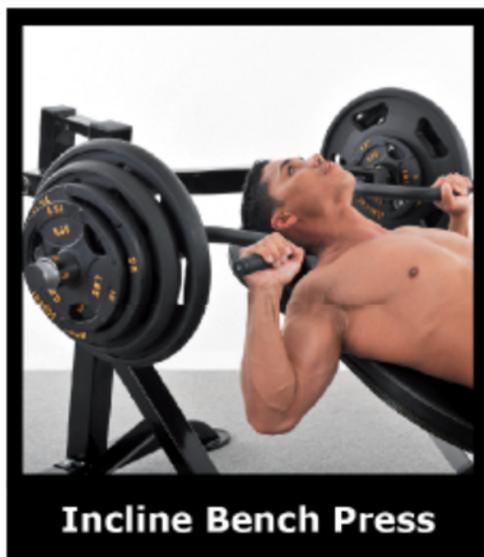
**Starting Position:**

Stand straight with the workbench between your legs and grab the press arms handles with the back of your hands facing forward and your hands positioned at shoulders width.

Keep your back straight as you raise your shoulders as high as possible.

Keep your back straight and do not lock your knees.

Pause briefly and slowly lower to the starting position.



**Incline Bench Press**

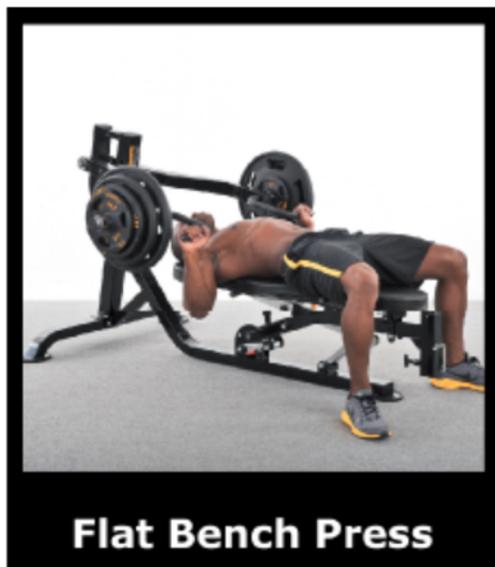
**Starting Position:**

Adjust the workbench to an incline position.

Lay back on the workbench and grip the press arm handles. Do not flatten your chest or roll your shoulders forward.

Extend your arms, pushing up the weight until your elbows are straight, but not locked.

Pause briefly and slowly lower your arms back to the starting position.



**Flat Bench Press**

**Starting Position:**

Adjust the workbench to the flat position.

Lay down with your feet on the floor. Do not allow your chest to go flat or for your shoulders to roll forward.

Grip the press arms handles comfortably with an overhand grip and shoulders width apart.

Extend your arms, pushing up the weight until your elbows are straight, but not locked. Do not arch your back, keep your feet flat on the floor.

Pause briefly and slowly lower your arms back 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](mailto:service@powertecfitness.com)**

**Phone: + 33 (0) 3 89 62 56 30**  
**E-mail: [contact@powertec-europe.fr](mailto: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<sup>®</sup>

**POWERTEC INC.**  
2100 East Artesia Boulevard  
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Fax: (714) 908-0493  
service@powertecfitness.com  
www.powertecfitness.com

**POWERTEC EUROPE**  
6, Rue de l'Europe  
68500 BERGHOLTZ - France

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:



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Place  
Stamp  
Here



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