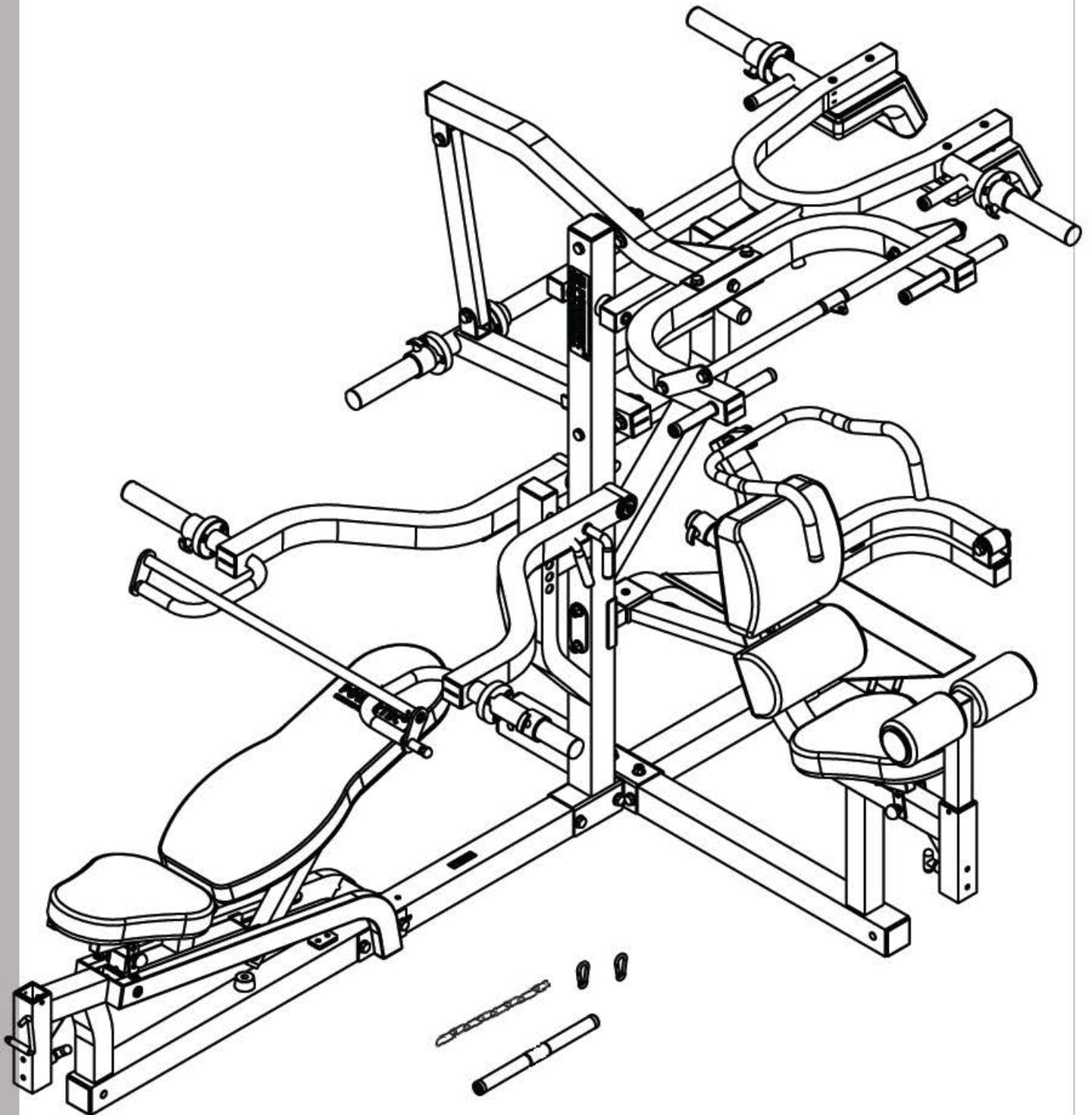


 **POWERTEC®**

WB-MS16

Manual



WORKBENCH MULTI SYSTEM



**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.

Table of Contents

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WB-MS16

Workbench Multi -System

Weight Capacities

Lever Press Isolateral Arm: 250 Lbs.	Lat Lever Arm: 400 Lbs.
Lever Bench Press Arms: 500 Lbs.	Tricep Bar: 200 Lbs.
Squat Arm: 500 Lbs.	Ab Crunch: 100 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
Close Grip Bench Press	Incline Overhead Tricep Extension	
Calf Raise	Lunges	

Recommended Accessories

WB-PFA16	Pec Fly Accessory	WB-LTA 16	Lat Tower Accessory
WB-LPA16	Leg Press Accessory	WB-DMA16	Dip Machine Accessory
WB-LLA16	Leg Lift Accessory	WB-ASR16	Accessory Storage Rack
WB-FPA33-16	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.


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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

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M6 Allen Wrench

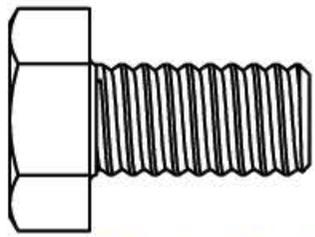


Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"

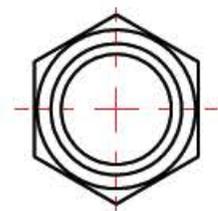
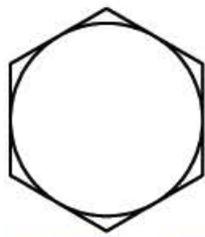


8" Adjustable Wrench

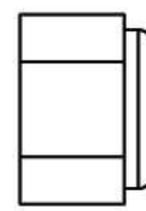
HARDWARE LIST



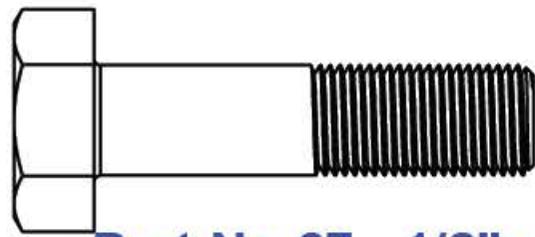
Part No.66 1/2" x 1"



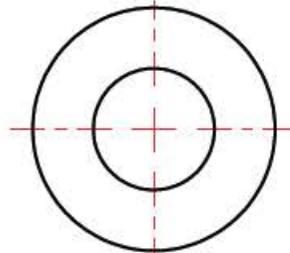
Part No.80



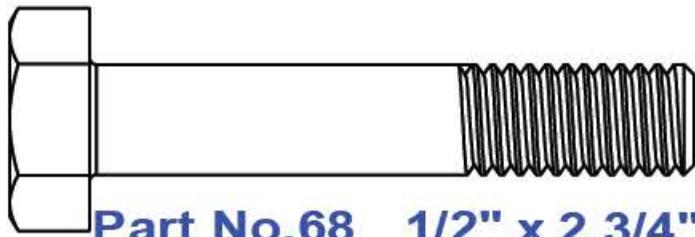
Nut 1/2"



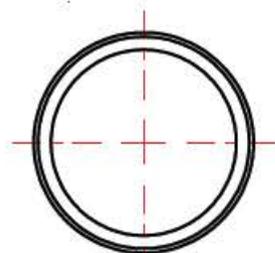
Part No.67 1/2" x 2"



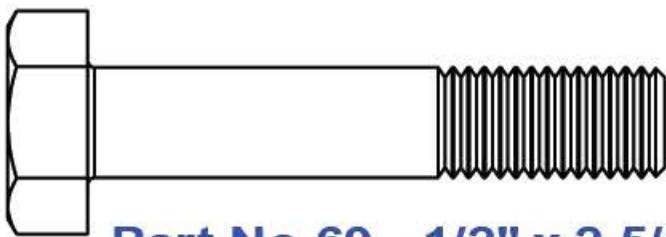
Part No.79 Washer 1/2"



Part No.68 1/2" x 2 3/4"



Part No.26 Bushing



Part No.69 1/2" x 2 5/8"



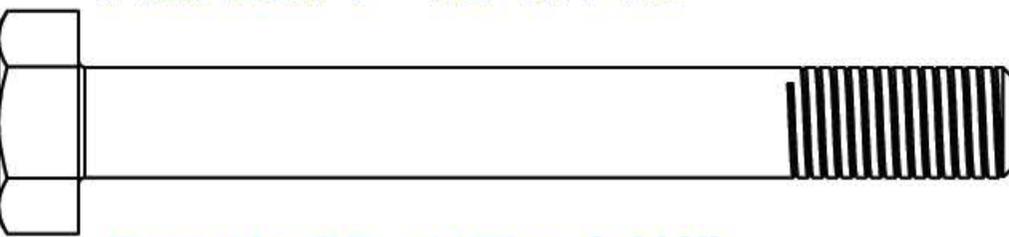
Part No.71 1/2" x 3"



Part No.72 1/2" x 3 1/2"



Part No.74 1/2" x 4 1/8"



Part No.75 1/2" x 4 1/4"

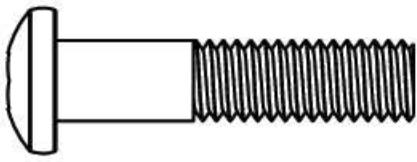
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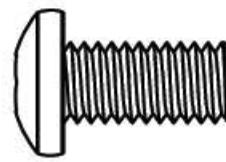
WORKBENCH MULTI SYSTEM

HARDWARE LIST

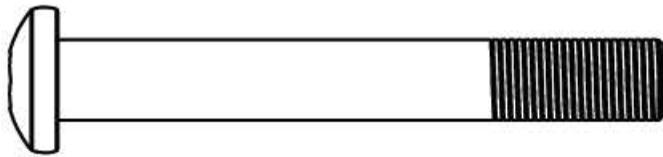
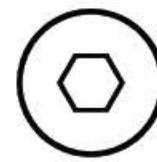
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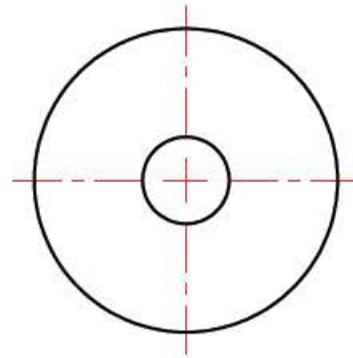
Part No.63 3/8"x1 5/8"



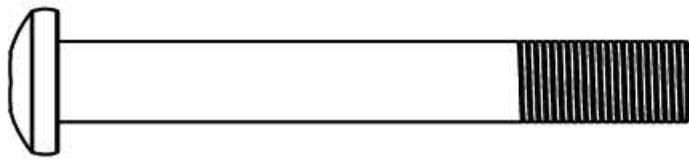
Part No.60 3/8" x 3/4"



Part No.64 3/8"x 2 3/4"



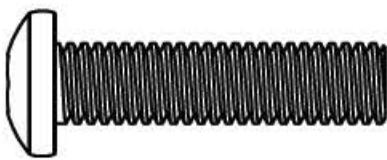
Part No.78 Large Washer 3/8"



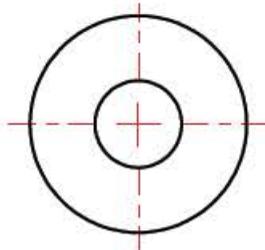
Part No.65 3/8" x 2 7/8"



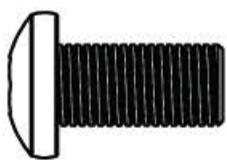
Part No.81 Nut 3/8"



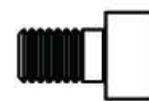
Part No.62 3/8" x 1 1/2"



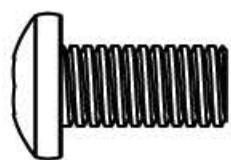
Part No.77 3/8" Washer



Part No.61 3/8 "x 3/4" (GR8)



Part No.25.3 M6



Part No.59 3/8" x 3/4"

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WORKBENCH MULTI SYSTEM

PART LIST



Item#	Description	Qty	Item#	Description	Qty
1	Base Frame Tube - LP	1	43	Safety, Spotter Bar - SQ	1
2	Up-Right Frame Tube	1	44	Upper Backrest Pad - LP	1
3	Foot Plate Support Frame Tube - SQ	1	45	Lower Backrest Pad - LP	1
4	Backrest Support Frame Tube - LP	1	46	Backrest Pad - BP	1
5	ABS Lower Frame Tube - LP	1	47	Seat Pad - BP, LP	2
6	ABS Upper Frame Tube - LP	1	48	Shoulder Pad - Left - SQ	1
7	Backrest Weight Support Tube - LP	1	49	Shoulder Pad - Right - SQ	1
8	Base Frame Tube - SQ	1	50	Ball Head Lock Pin - BP, LP	2
9	Foot Plate - SQ	1	51	Small Ball Head Lock Pin - LP	1
10	Lever Squat Arm - SQ	1	52	Collars	6
11	Weight Horns Support Tube - LP	1	53	Rubber Bumpers	6
12	Linkage Tube - LP	1	54	Chain	1
13	Lever Lat Pull Down Arm - LP	1	55	Snap Links	2
14	U Shape Arm - LP	1	56	Rubber Bumper - SQ	2
15	Lever Press Arm - Right - BP	1	57	Foam Rollers - LP	2
16	Lever Press Arm - Left - BP	1	58	Chrome, Round End Caps	2
17	Close Grip Bar - BP	1	59	Round Head Bolt 3/8" x 3/4"	4
18	ABS Bar - LP	1	60	Round Head Bolt 3/8" x 3/4"	16
19	Close Grip Bar Mounting Bracket - BP	1	61	Round Head Bolt 3/8" x 3/4"	21
20	Seat Pad Tubes - LP	1	62	Round Head Bolt 3/8" x 3/4"	10
21	Weight Horns - BP, SQ, LP	6	63	Round Head Bolt 3/8" x 1 5/8"	4
22	Up-Right, Knee Support Tube - LP	1	64	Round Head Bolt 3/8" x 2 3/4"	1
23	Rollers Support Tube - LP	1	65	Round Head Bolt 3/8" x 2 7/8"	4
24	Safety Spotter Bar - BP	1	66	Hex Bolt 1/2" x 1"	1
25	Safety Bar - SQ	1	67	Hex Bolt 1/2" x 2"	1
26	Metal Bushings	2	68	Hex Bolt 1/2" x 2 3/4"	2
27	Short, Close Grip Bar	1	69	Hex Bolt 1/2" x 2 5/8"	2
28	Bench Frame Front Base Tube - BP	1	70	Hex Bolt 1/2" x 3 1/8"	2
29	Bench Frame Rear Base Tube - BP	1	71	Hex Bolt 1/2" x 3"	3
30	Bench Frame Center Tube - BP	1	72	Hex Bolt 1/2" x 3 1/2"	3
31	Bench Frame Seat Carriage - BP	1	73	Hex Bolt 1/2" x 3 3/8"	1
32	Backrest Adjustment Bracket - BP	1	74	Hex Bolt 1/2" x 4 1/8"	9
33	Backrest Adjustment Tube - BP	1	75	Hex Bolt 1/2" x 4 1/4"	4
34	Backrest Pad Support Tube - BP	1	76	Hex Bolt 1/2" x 7 1/8"	1
35	Seat Pad Tubes - BP	2	77	Washer 3/8"	11
36	Seat Height Adjustment Bracket	1	78	Washer 3/8"	2
37	ABS Bar Metal Bushing	1	79	Washer 1/2"	58
38	Weight Horn, ABS Station - LP	1	80	Nut 1/2"	29
39	Press Arms Lock Bar	1	81	Nut 3/8"	21
40	Steel Axis - SQ	1			
41	Steel Axis, Seat Assembly - BP	1			
42	Steel Axis - BP	1			

Key:

BP= Bench Press Station

SQ= Squat Calf Station

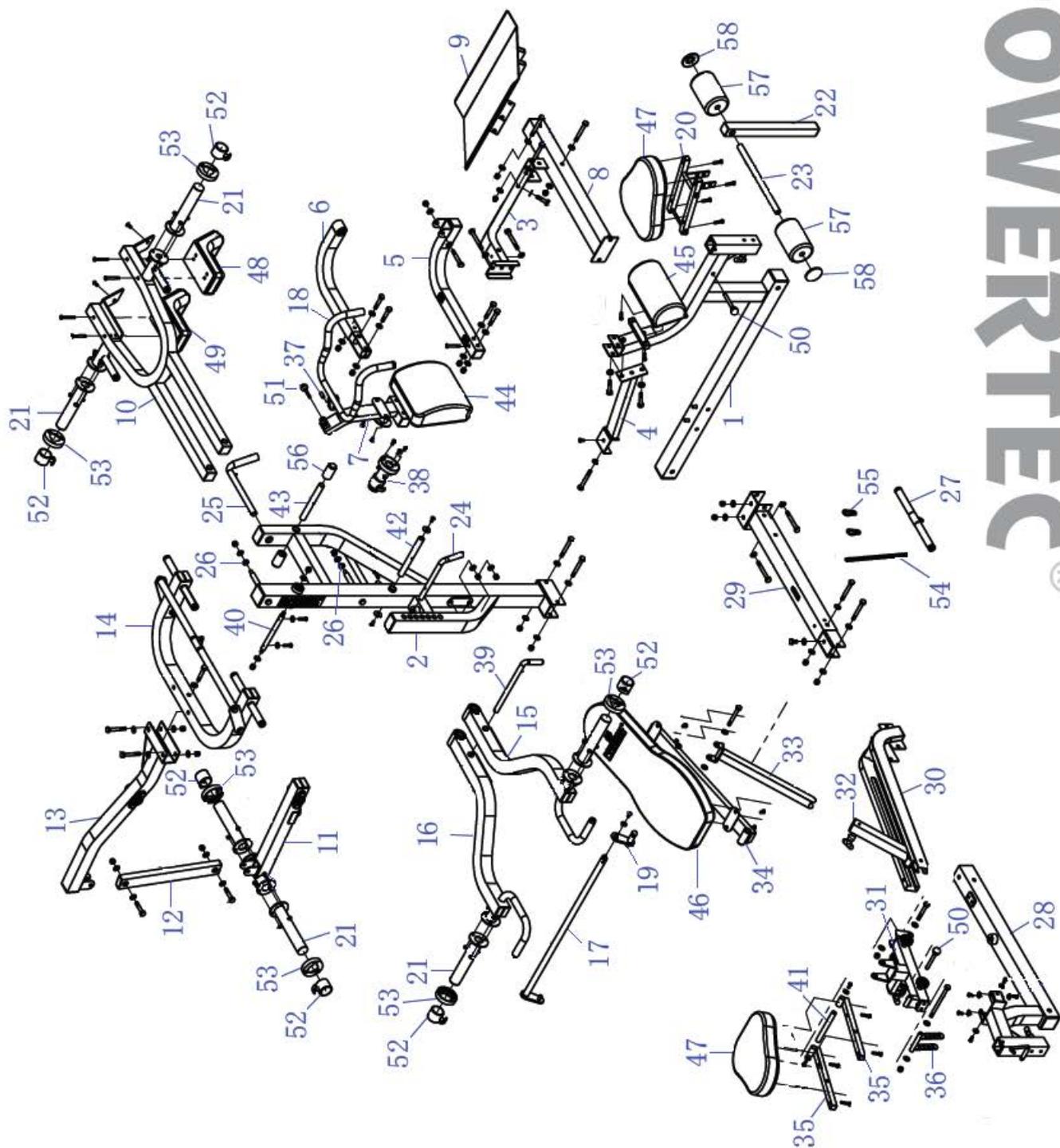
LP= Lat Pull Down Station

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WORKBENCH MULTI SYSTEM

EXPLODED DIAGRAM


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WORKBENCH MULTI SYSTEM

ASSEMBLY TWO

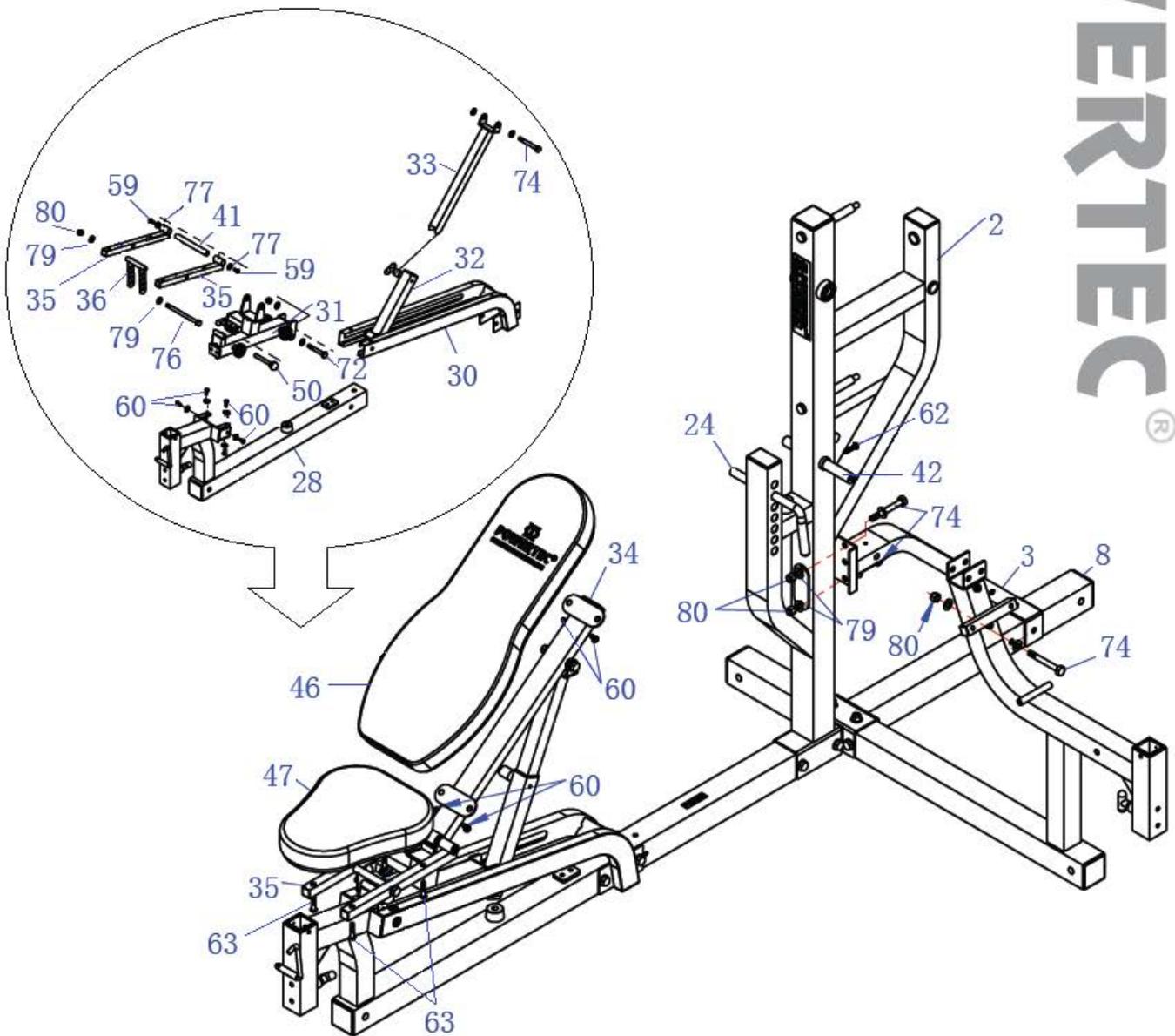
POWERTEC[®]

Step 1

Using Steel Axis No. 41, Install both Seat Pad Tubes No. 35 and Backrest Adjustment Bracket No. 32, use Washers No. 77 and Bolts No. 59, proceed and install Seat Height Adjustment Bracket No. 36 onto Seat Pad Tubes No. 35, Use Bolt No. 76, Washers No. 79 and Nut No. 80.

Step 2

Install Seat Pad No. 47 on to Seat Pad Tubes No. 35 use Bolts No. 63 Proceed and Install Backrest Pad No. 46 on to Backrest Support Bar No. 34, use Bolts No. 60 to secure pad to support tube.



Step 3

Install Foot Plate Support Tube No. 3 on to Up-Right Frame No. 2 and Base Frame No. 8 Use Bolts No. 74, Washers No. 79 and Nuts No. 80

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WORKBENCH MULTI SYSTEM

ASSEMBLY THREE

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Step 1

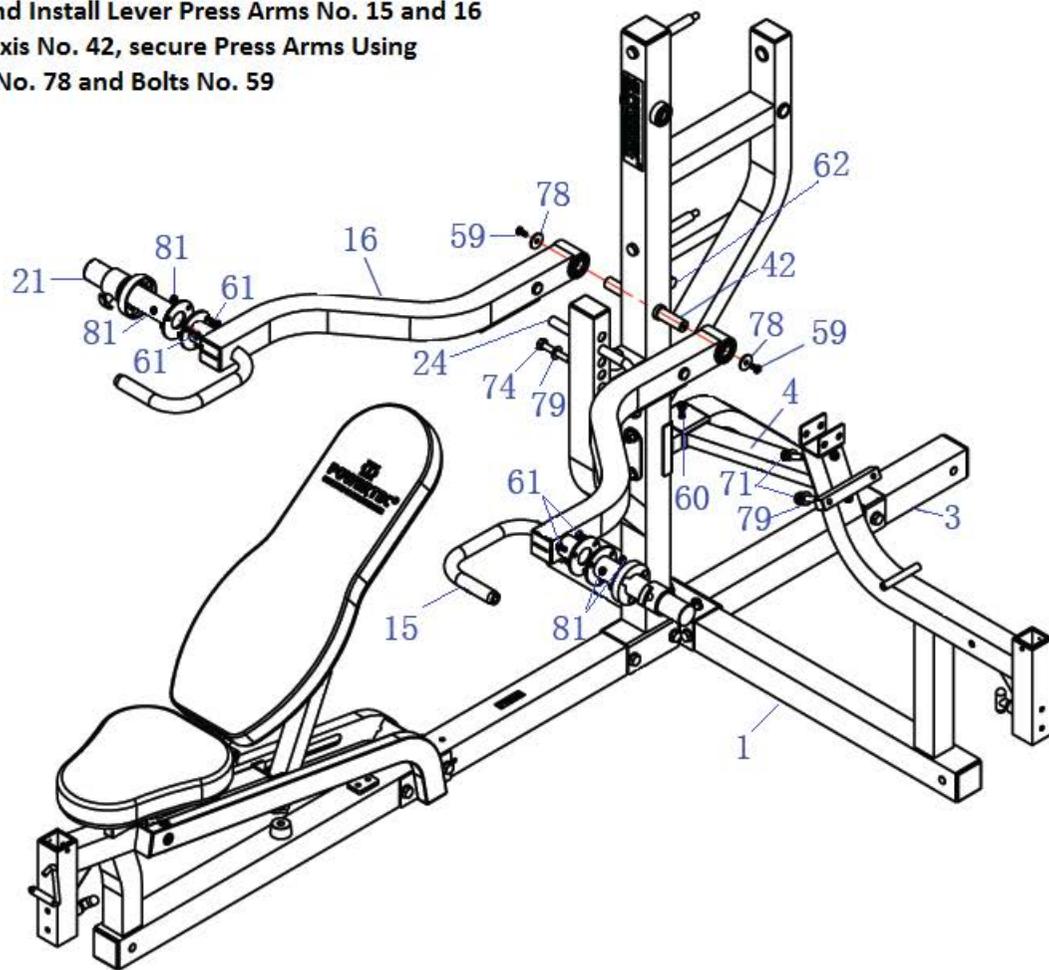
Install Steel Axis No. 42 to Up-Right Frame No. 2
Secure with Bolt No. 62

Step 2

Install Backrest Support Frame Tube No. 4 to Up-Right Frame No. 2 and to Base Frame No.1 use Bolts, No. 74, 60 and Washers No. 79

Step 3

Install Safety Spotter Bar No. 24 to Up-Right No. 2
Proceed and Install Lever Press Arms No. 15 and 16 to Steel Axis No. 42, secure Press Arms Using Washers No. 78 and Bolts No. 59



Step 4

Install Weight Horns No. 21 on to Press Arms No. 15
and No. 16 Use Bolts No. 59 and Washers No. 78

Step 5

Install Rubber Bumpers No. 53 and Collars No. 52
on to Press Arms / Weight Horns.

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WORKBENCH MULTI SYSTEM

ASSEMBLY FOUR


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Step 1

Install Safety Spotter Bar No. 43 on to Up-Right Frame No. 2 Use Bolt No. 62 to secure it and install both No. 56 Rubber Bumpers.

Step 2

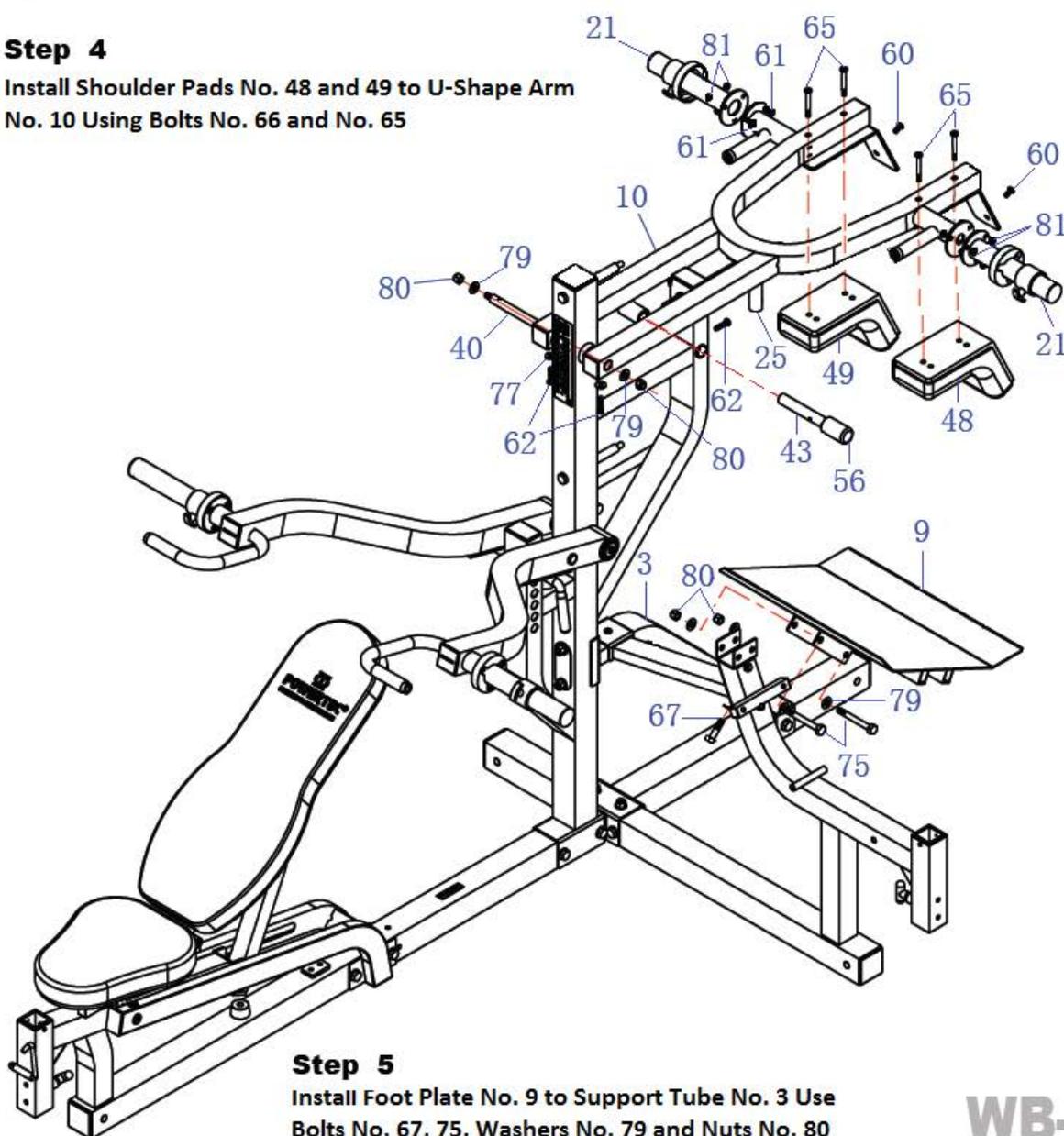
Install U Shape Arm No. 10 on to Up-Right Frame No. 2 Use Steel Axis No. 40, No. 79 Washers, No. 80 Nuts and No. 62 Bolts Under each Extended Arm of U Shape Arm No. 10

Step 3

Install Weight Horns No. 21 on to U-Shape Arm No. 10 use No. 81 Bolts and Nuts No. 61, install Rubber Bumpers No. 53 and Collars No. 52

Step 4

Install Shoulder Pads No. 48 and 49 to U-Shape Arm No. 10 Using Bolts No. 66 and No. 65



Step 5

Install Foot Plate No. 9 to Support Tube No. 3 Use Bolts No. 67, 75, Washers No. 79 and Nuts No. 80

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WORKBENCH MULTI SYSTEM

ASSEMBLY FIVE

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Step 1

Install Seat Assembly to LP Station by installing Seat Pad Tubes No. 20 to Base Frame Tube No. 1 using 3/8" x 7" Bolts along with Seat Height Adjustment Bracket (Seat assembly should be pre-assembled by the factory).

Step 2

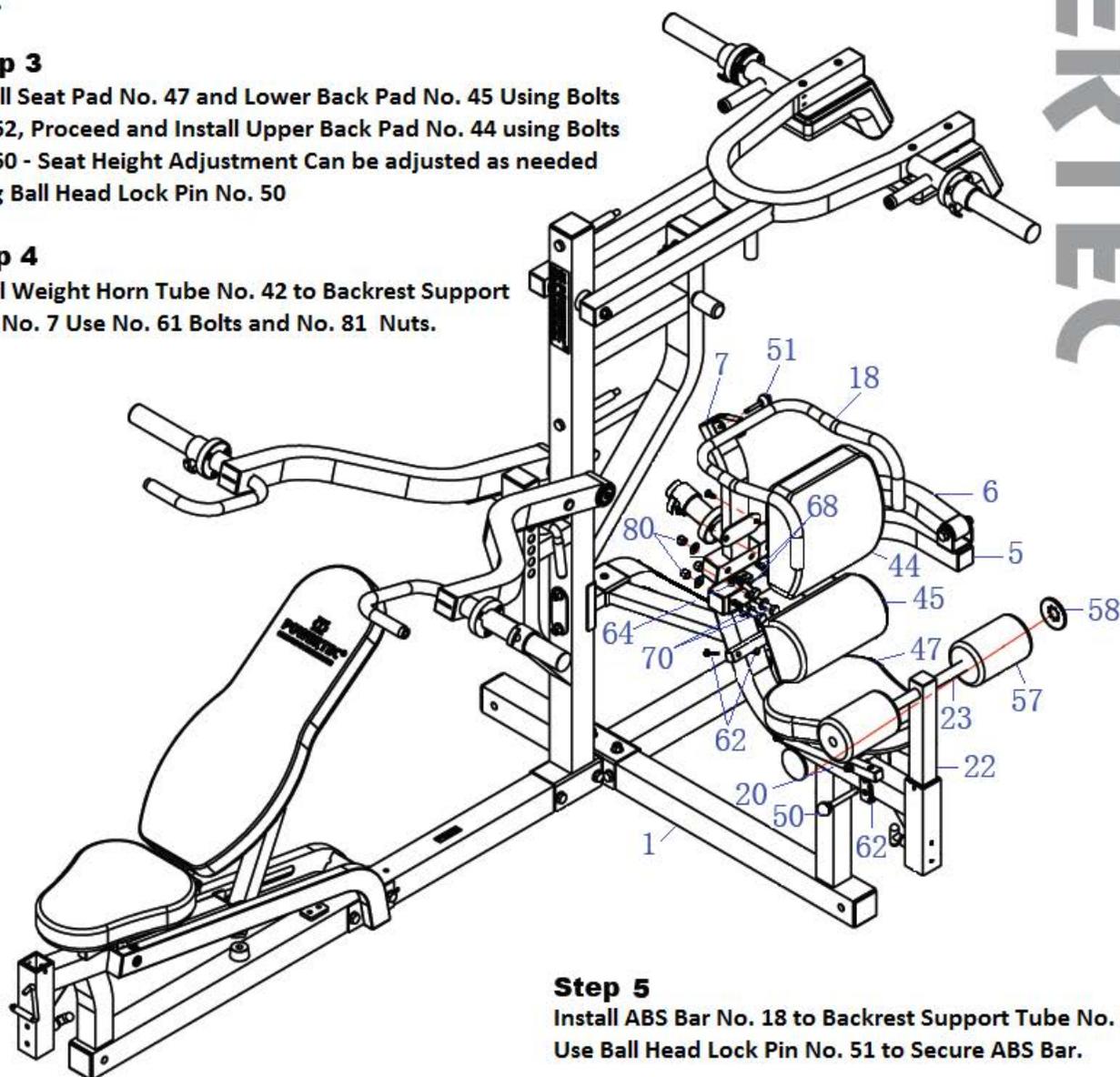
Install ABS Lower Frame Tube No. 5 to Base Frame Tube No. 1 Use Bolts No. 70 and No. 64 with Washers No. 79 and Nuts No. 80 Attached Backrest Weight Support Tube No. 7 and ABS Upper Frame Tube No. 6 using No. 68 Bolts, No. 79 Washers and No. 80 Nuts.

Step 3

Install Seat Pad No. 47 and Lower Back Pad No. 45 Using Bolts No. 62, Proceed and Install Upper Back Pad No. 44 using Bolts No. 60 - Seat Height Adjustment Can be adjusted as needed using Ball Head Lock Pin No. 50

Step 4

Install Weight Horn Tube No. 42 to Backrest Support Tube No. 7 Use No. 61 Bolts and No. 81 Nuts.



Step 5

Install ABS Bar No. 18 to Backrest Support Tube No. 7 Use Ball Head Lock Pin No. 51 to Secure ABS Bar.

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WORKBENCH MULTI SYSTEM

ASSEMBLY SIX

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Step 1

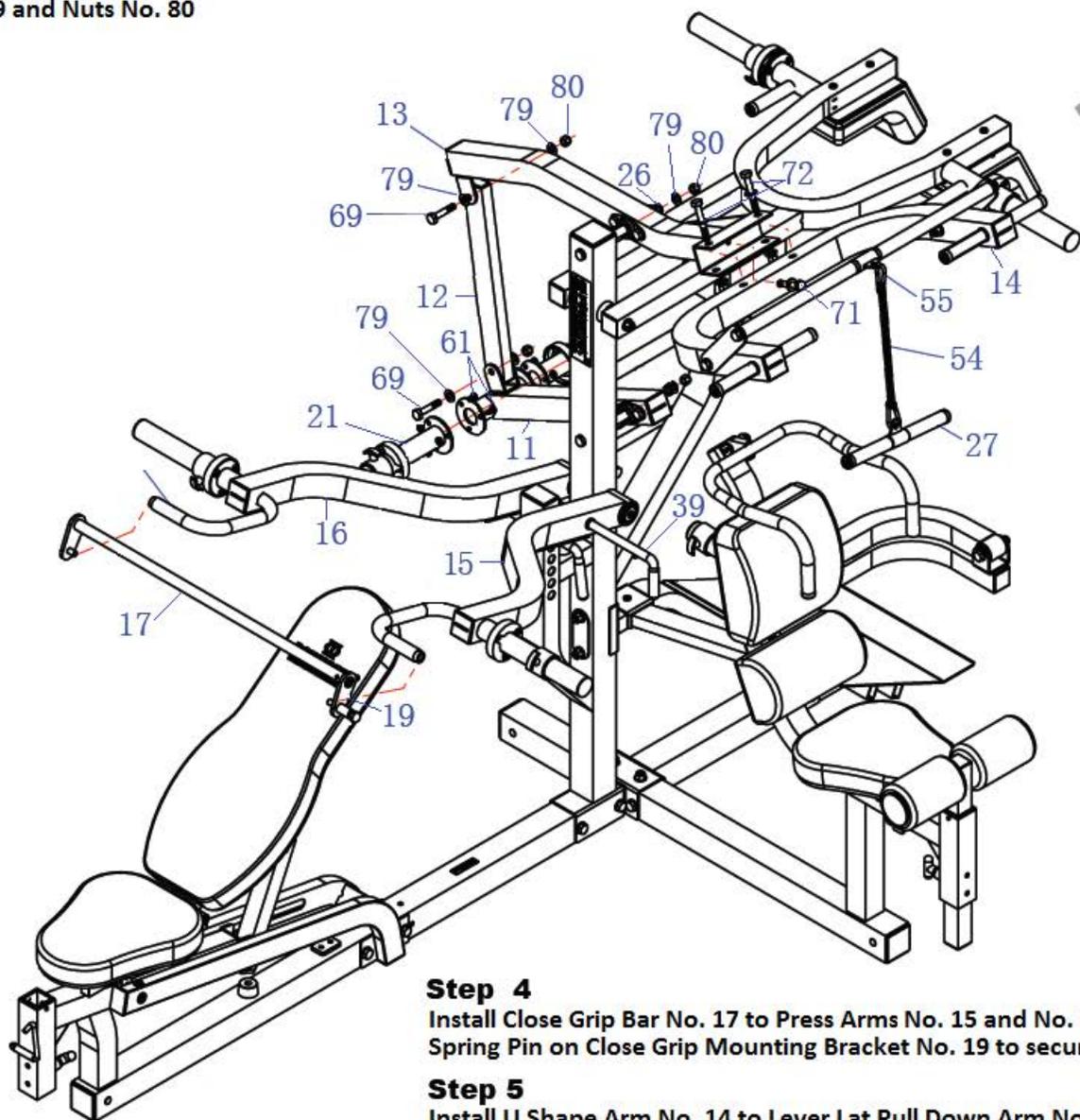
Install Weight Horns Support Tube No. 11 and Lever Lat Pull Down Arm to the fixed Bolts on the Up-Right Frame No. 2, Use Bushings No. 26, Washers No. 79 and Nuts No. 80

Step 2

Install Weight Horn No. 21 to each side of Weight Horn Support Tube No. 11, use Bolts No. 61 and Nuts No. 81

Step 3

Install Linkage Tube LP No. 12 to Lat Pull Down Arm No. 13 and Weight Support Tube No. 11 Use Bolts No. 69, Washers No. 79 and Nuts No. 80



Step 4

Install Close Grip Bar No. 17 to Press Arms No. 15 and No. 16 use Spring Pin on Close Grip Mounting Bracket No. 19 to secure Bar.

Step 5

Install U Shape Arm No. 14 to Lever Lat Pull Down Arm No. 13 use Bolts No. 71 and No. 72, Washers No. 79 and Nuts No. 80 Use Snap Links No. 55 to Install Chain No. 54 / Short Lat Bar No. 27

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WORKBENCH MULTI SYSTEM

WB-MS16
Featured Exercises



Seated Shoulder Press

Starting Position:

Seat height should place your shoulders level with the handles and your back firmly supported by the inclined bench.

Your palms should be facing away from you with your wrists in line with your forearms and your elbows in line with the midline of your trunk.

Place your feet on the floor firmly to help your back and abdominal muscles.

While exhaling, slowly begin the lift by straightening your elbows (never lock your elbows). Maintain the alignment of your wrists and forearms and your head and spine. Keep your back straight. Pause for a moment when your elbows are fully extended (not locked).

Use your back muscles to slowly bend your elbows to return to starting position.

Tip: While extended, your shoulders are more vulnerable. Use your back muscles to help stabilize your shoulders.



Squat

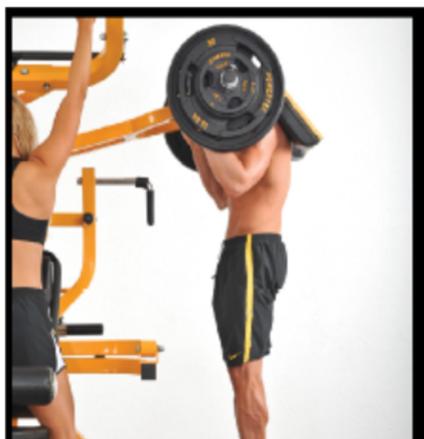
Starting Position:

Position yourself with shoulder pads comfortably resting on your shoulders and your feet shoulder width apart. Grip the bar comfortably and make sure the weight is evenly distributed.

Inhale as you squat (same motion as sitting into a chair). Lowering yourself until your thighs are parallel with the floor.

Do not allow your knees to go forward further than your toes.

Pauses briefly then exhale as you straighten returning to your starting position.



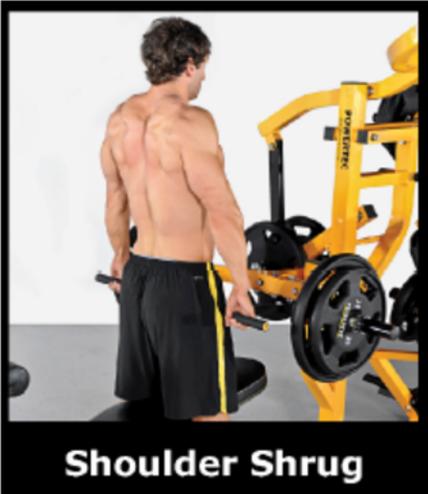
Calf Press

Starting Position:

Position yourself with shoulder pads comfortably resting on your shoulders and your hands gripping the bar. Your feet should be hip width apart with balls of your feet firmly on the platform and your knees slightly bent. Your heels should be off of the platform with your toes pointed slightly upward.

As you begin, press down on the balls of your feet to lift yourself slightly until your ankle is fully flexed.

Pause briefly before slowly lowering yourself back your starting position.

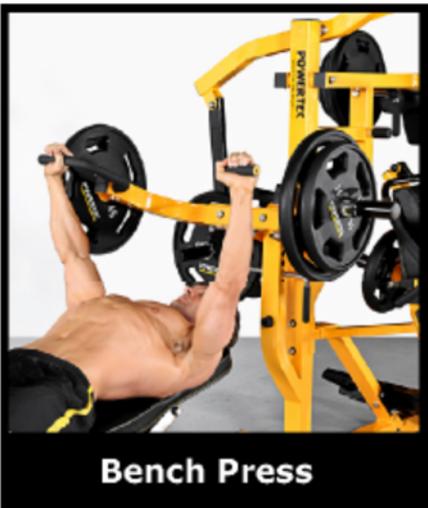


Starting Position:

Stand flat with your feet slightly wider than shoulders width apart and your toes facing forward. Grip the bar with your hands shoulder width apart, keeping your back straight, shoulder blades pulled down and back, your arms at your sides.

While exhaling, slowly shrug your shoulders upward while keeping your elbows and wrists straight. Do not arch your back or allow any rotation in your shoulders.

Pause Briefly before inhaling as you slowly return to your position.

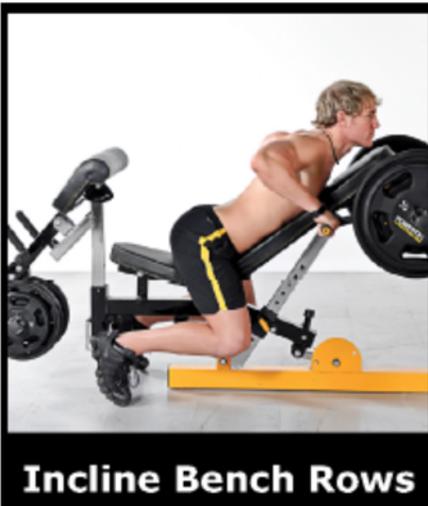


Starting Position:

Lay down on the workbench with your feet on the floor. Do not allow your chest to go flat or your shoulders to roll forward. Grip the handles comfortably with an overhand grip, shoulder width apart (do not use a thumb less grip).

Slowly lower the bar down to mid chest level. Pause briefly before extending your arms to push the bar up, stopping when your elbows are straight, but before locking your elbows.

Tip: Do not arch your back and keep your feet flat on the floor.



Starting Position:

Incline the bench to the desired angle and lay on the bench in the prone position (on your stomach).

Keep your head up and look forward as you slowly raise the weight toward your chest as far as possible.

Pause briefly then slowly return to the starting position

Important Note:

The above exercises are just part of the many exercises that can be performed in this system. Additional information can be accessed at: www.powertecfitness.com under Magazine.

*Always consult with a physician prior to starting any exercise program

* To avoid injury, consult a certified personal trainer regarding proper technique, body movement and weight capacity before starting any exercise program.

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[®]

POWERTEC INC.
2100 East Artesia Boulevard
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