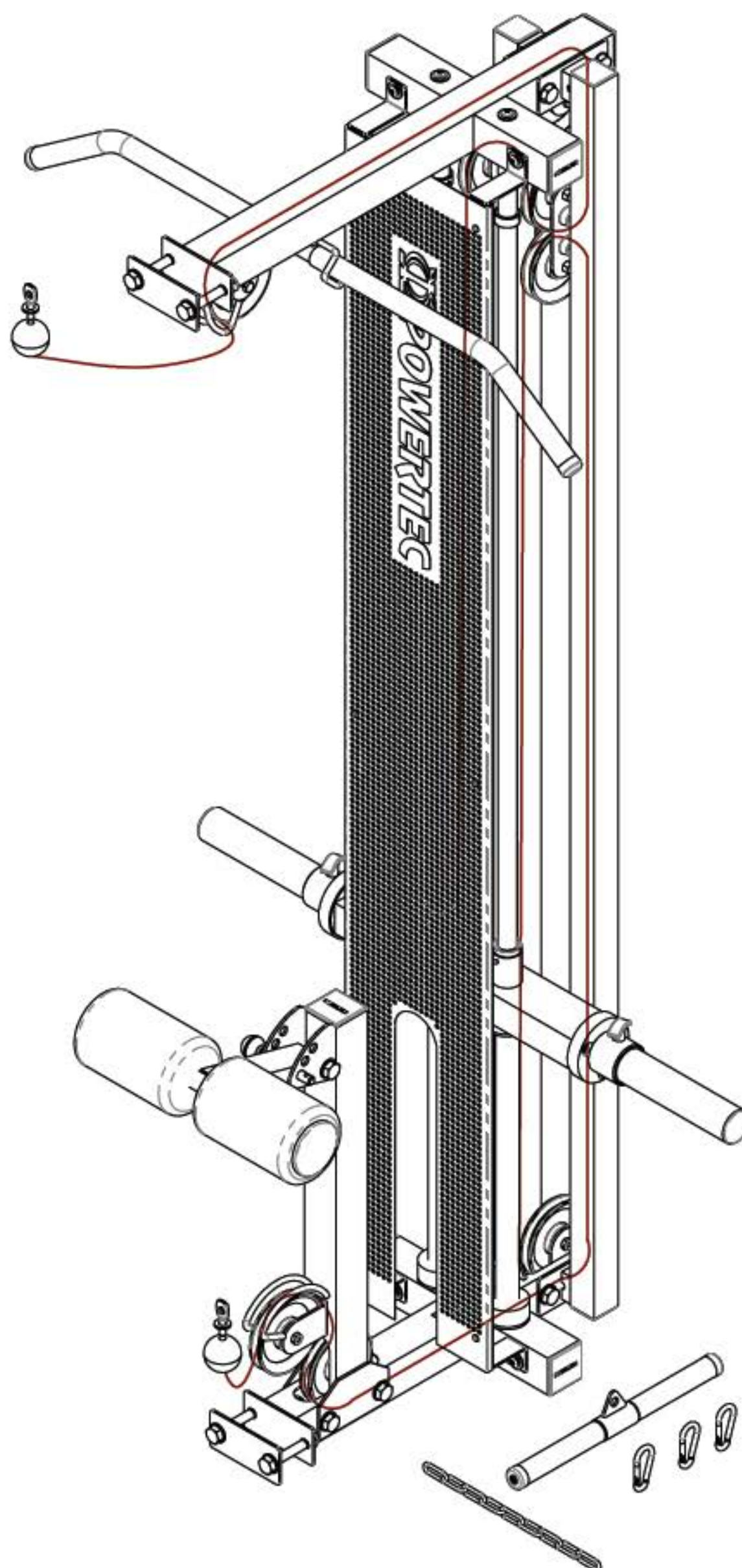


 **POWERTEC®**

WORKBENCH

WB-LT014



WORKBENCH LAT TOWER OPTION

Manual

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-LTO14 LAT TOWER OPTION

Weight Capacity

Weight Carriage / Cable: 500 lbs.

Recommended Systems for the Lat Tower Option

WB-PR14	Power Rack	WB-HR14	Half Rack
WB-BRS13	Roller Smith	WB-UB13	Workbench Utility Bench

Recommended Optional Weight Plates

OB-255B Olympic Plates 255 lbs.

WS-190 Weight Stack Set 190 lbs.

When adding a Power Rack or Half Rack you can build your gym further by adding:

OB-86DC-B	Olympic Deluxe Bar with Collars	OS-300-B	Olympic Weight Set 300 lbs.
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Recommended Accessories

When Adding a Utility Bench, you can build your gym further by adding the following accessories:

WB-PFA13	Pec Fly Accessory	WB-LTA-13	Lat Tower Accessory
WB-LPA13-S1	Leg Press Accessory	WB-DMA13	Dip Machine Accessory
WB-LLA14	Leg Lift Accessory	WB-ASR10	Accessory Storage Rack
WC-CM13	Curl Machine 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



M6 Allen Wrench



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



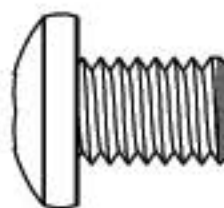
8" Adjustable Wrench

HARDWARE LIST

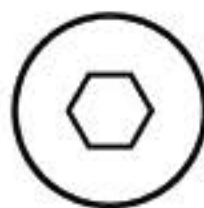
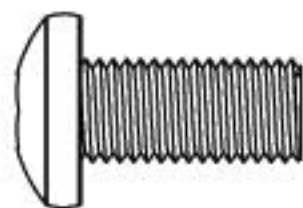
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NO.28 M5X10 6PCS



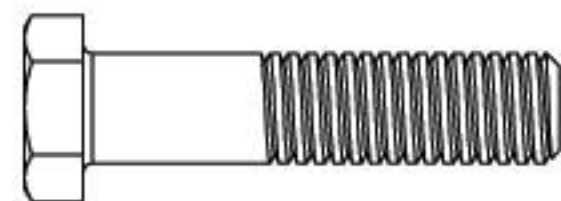
NO.29 3/8"X1/2" 6PCS



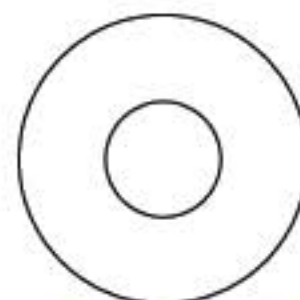
NO.30 3/8"X3/4" 4PCS



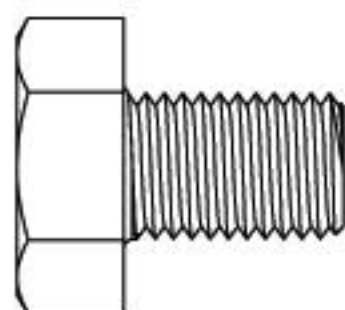
NO.31 3/8"X3 1/8" 2PCS



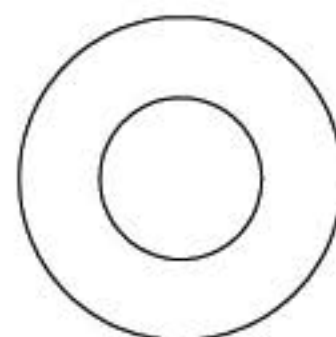
NO.33 3/8"X1 5/8" 2PCS



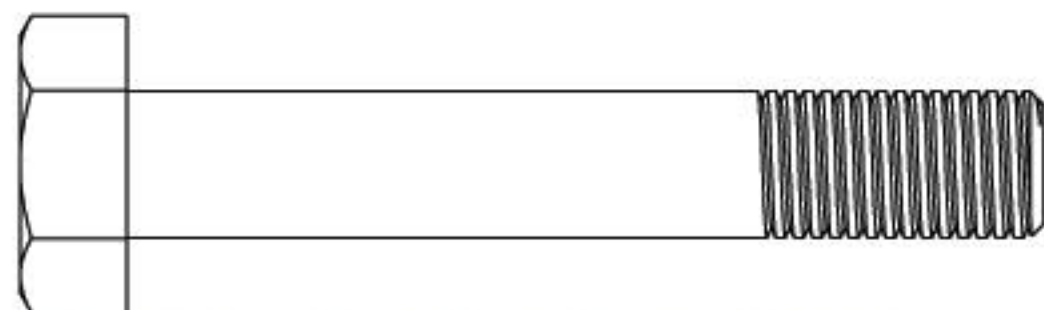
NO.37 3/8" 6PCS



NO.34 1/2"X3/4" 12PCS



NO.38 1/2" 22PCS



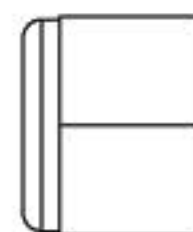
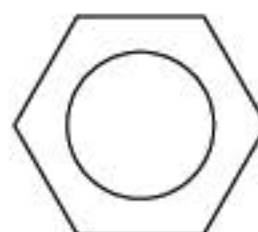
NO.35 1/2"X3 1/8" 1PCS



NO.39 3/8" 2PCS



NO.36 1/2"X3 1/2" 4PCS



NO.41 1/2" 5PCS

Hardware as shown is actual size

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WORKBENCH LAT TOWER OPTION

PART LIST

Part#	Description	QTY
1	Rear Base Tube	1
2	Rear Upright	2
3	Slide Rod	2
4	Weight Hold Tube	1
5	Boom	1
6	Weight Support Tube	2
7	Adjustment Tube	1
8	Roller Tube	1
9	Reinforcement Plate	2
10	Linkage Plate	2
11	Lat Bar	1
12	Lower Lat Bar	1
13	Fixed Tube	1
14	Weight Horn	2
15	Cover Fixed Tube	2
16	Cover	1
17	Collar	2
18	Rubber Bumper	2
19	Sleeve	2
20	Screw M6	4
21	Bumper	2
22	Pulley	2
23	Chain	1
24	Ellipse Hook	3
25	Upper Cable	1
26	Lower Cable	1
27	Ball Head Pin	1
28	Bolts M5	6
29	Hex Bolt 3/8" x 1/2"	6
30	Hex Bolt 3/8" x 3/4"	4
31	Hex Bolt 3/8" x 3 1/8"	2
32	Hex Bolt 3/8" x 1"	1
33	Hex Bolt 3/8" x 1 5/8"	2
34	Hex Bolt 1/2" x 3/4"	12
35	Hex Bolt 1/2" x 3 1/8"	1
36	Hex Bolt 1/2" x 3 1/2"	4
37	Washer 3/8"	6
38	Washer 1/2"	22
39	Nylon Nut 3/8" 7T	2
40	Nylon Nut 3/8" 11T	1
41	Nylon Nut 1/2"	5

Rear Base Tube

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Note:
Not Listed are 2 ea. Foam Rollers and Chrome
End Caps for Part No. 8

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WORKBENCH LAT TOWER OPTION

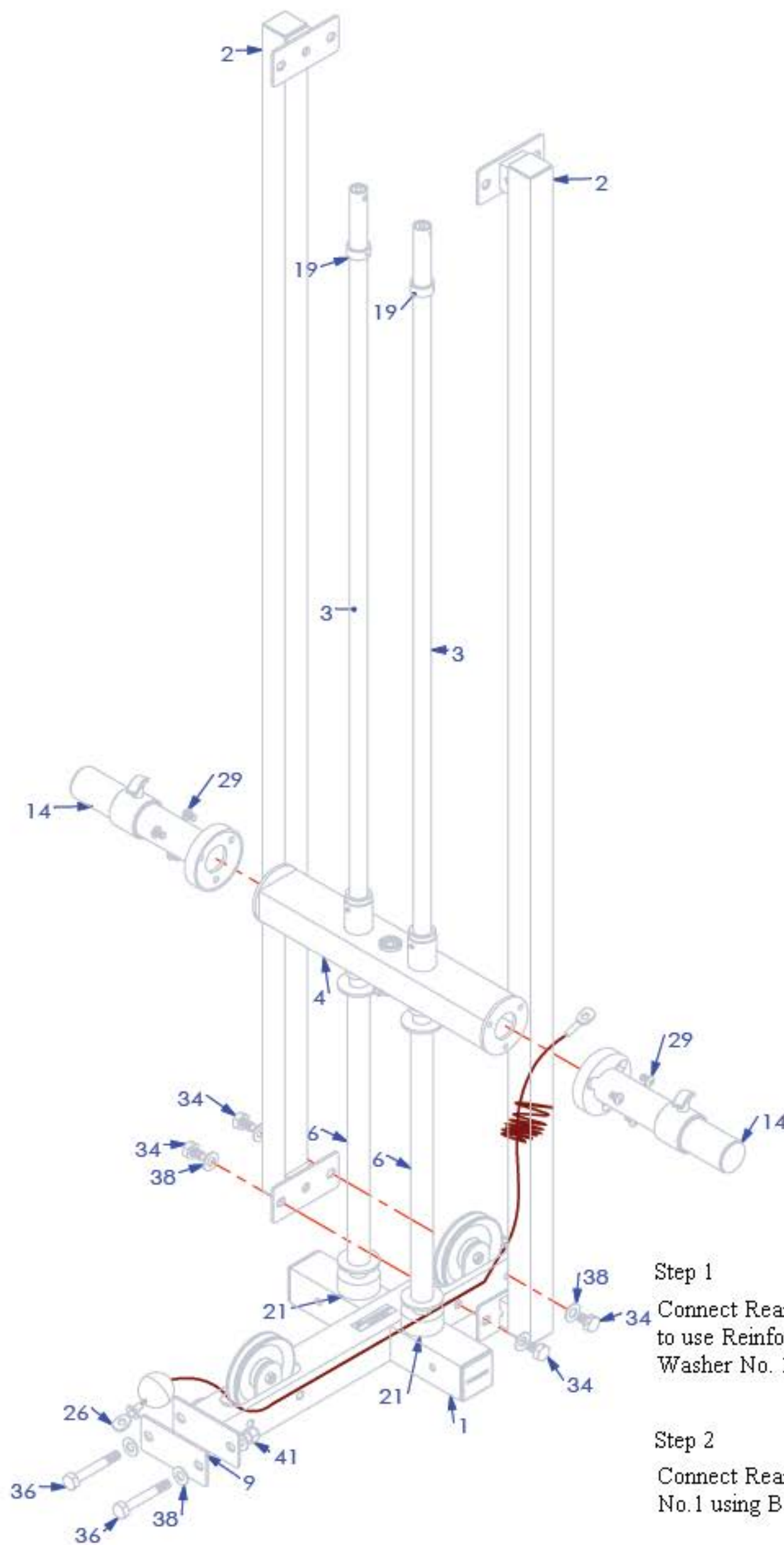
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8

ASSEMBLY ONE

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Step 1

Connect Rear Base Tube No. 1 to Rack make sure to use Reinforcement Plate No. 9 Hex Bolt No. 36 Washer No. 38 and Nylon Nut No. 41

Step 2

Connect Rear Upright No. 2 to Rear Base Tube No.1 using Bolts No. 34 and Washer No. 38.

Step 3

Insert Slide Rods No. 3 into Weight Hold Tube No.4 Then Weight Support Tubes No. 6 and Bumpers No. 21 into Slide Rods No.3 and Place on Rear Base Tube No. 1

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WORKBENCH LAT TOWER OPTION

ASSEMBLY TWO

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Step 1

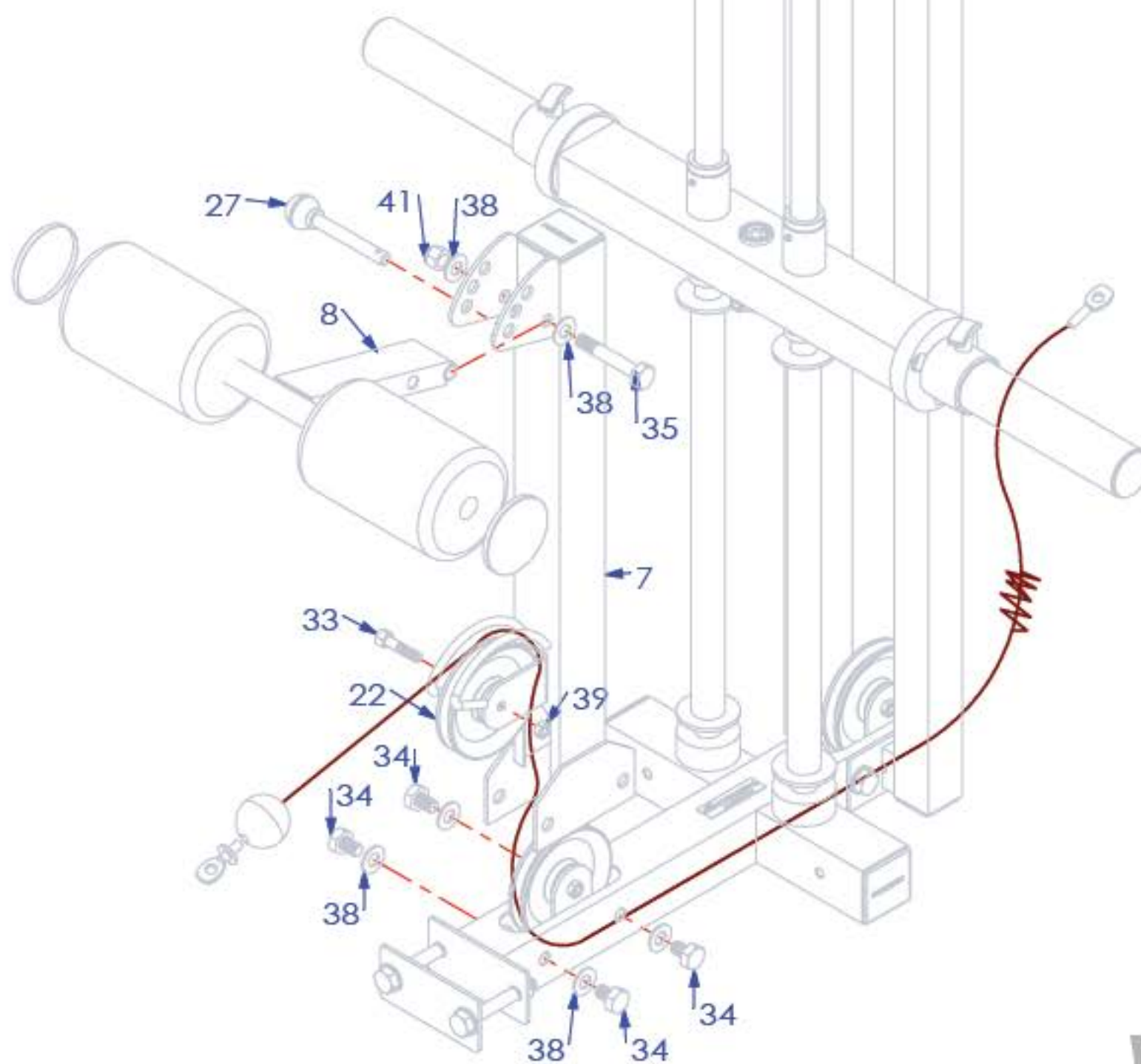
Install Adjustment Tube No. 7 to Rear Base Tube No. 1 using Bolt No. 34 and Washer No. 38.

Run Lower Cable No. 26 through Adjustment Tube No. 7 and place Pulley No. 22 using Bolt No. 35, Washer No. 38 and Nylon Nut No. 39.

Step 2

Install Roller Tube No. 8 to Adjustment tube No. 7 using Bolt No. 35, Washer No. 38 and Nylon Nut No. 41.

Ball Head Pin No. 27 is used to adjust setting as needed.

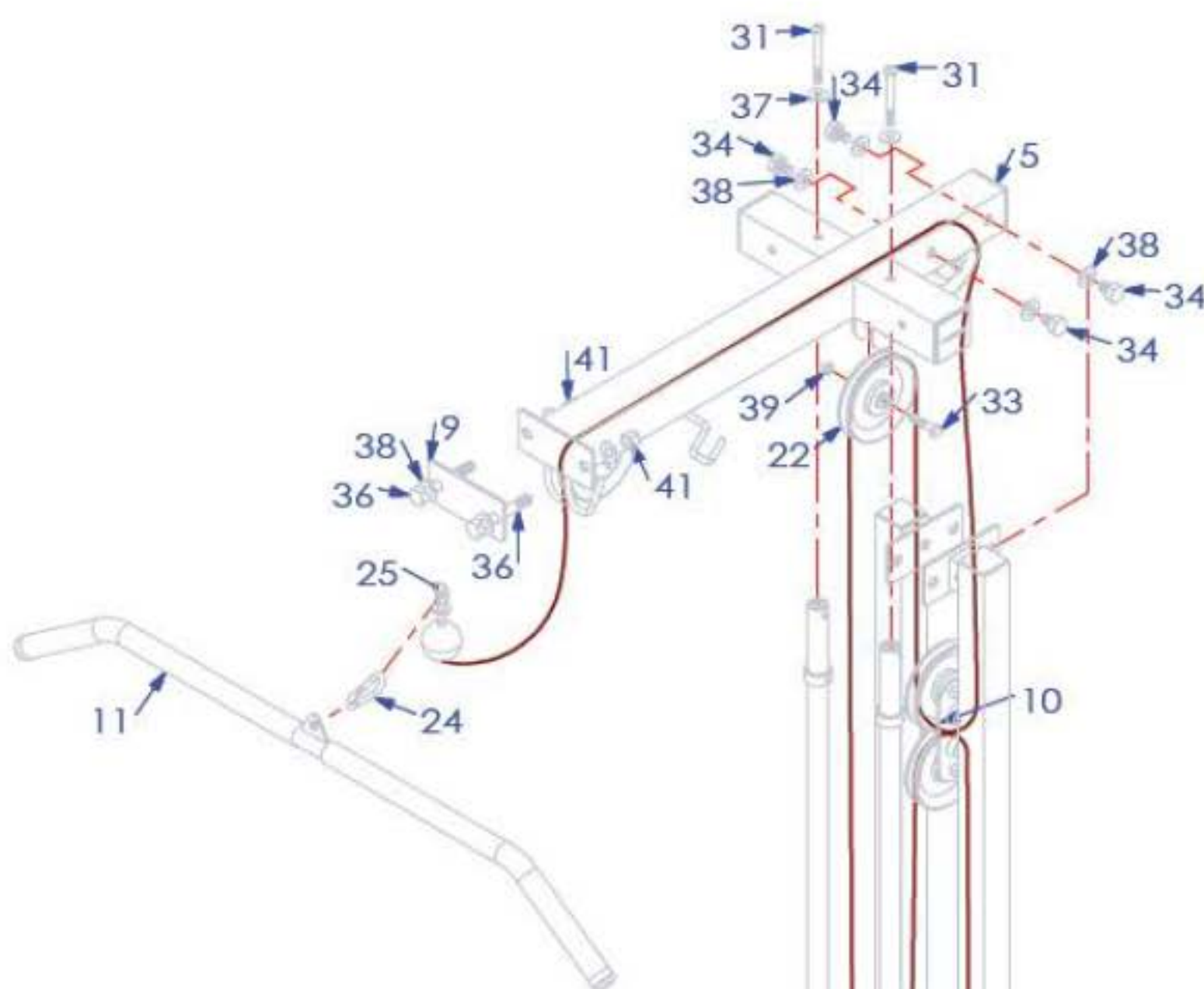


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WORKBENCH LAT TOWER OPTION

ASSEMBLY THREE

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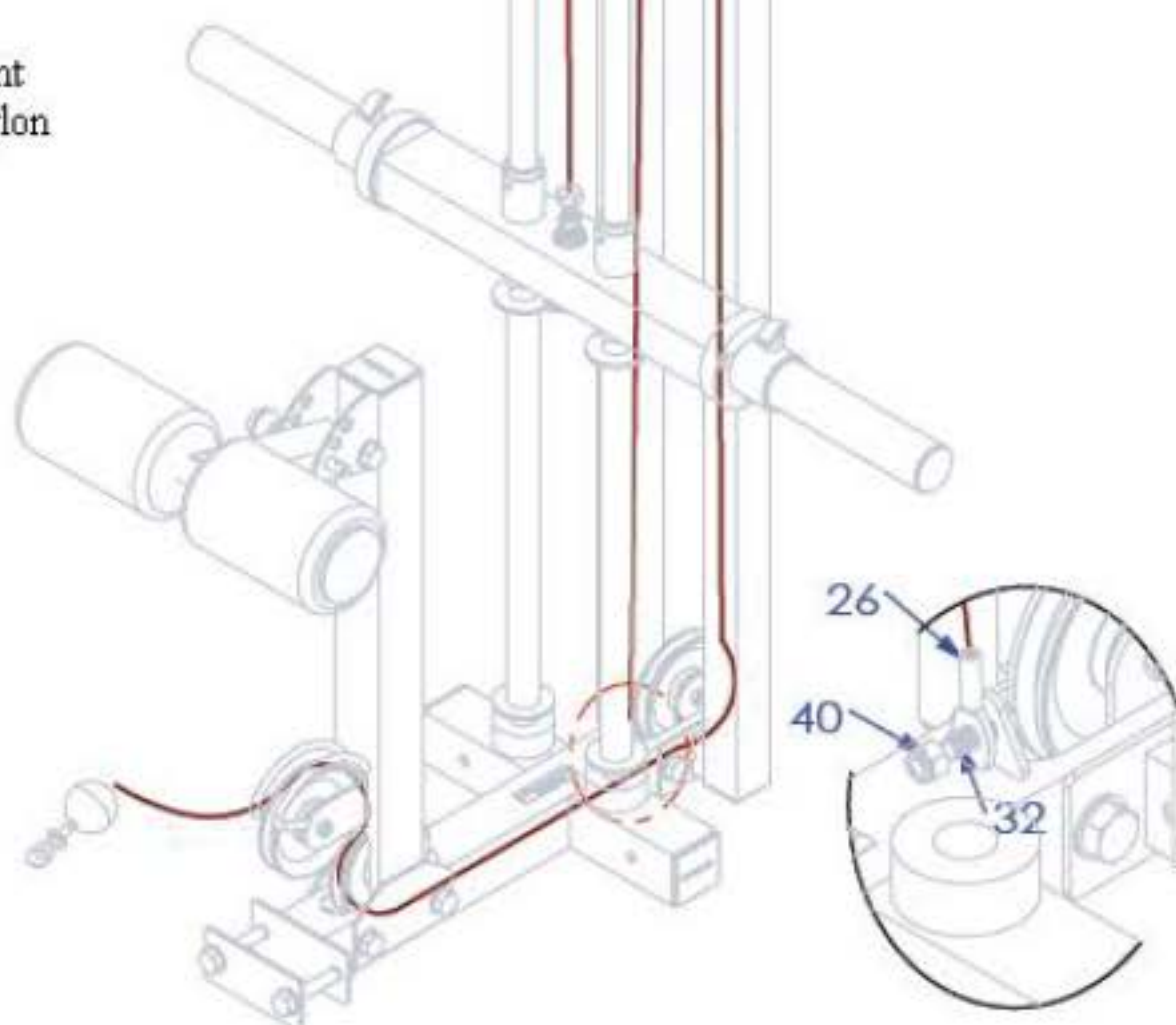
Step 1

Install Boom No. 5 to Rear Upright No. 2 using Bolt No. 34 and Washer No. 38. proceed and secure Slide Rods No. 3 to Boom No. 5 using Bolts No. 31 and Washers No. 37.

Step 2

Connect Boom No. 5 to Rack using Reinforcement Plate No. 9 Bolts No. 36 Washers No. 38 and Nylon Nuts No. 41.

Refer to Page 13 for Cable Routing Diagram

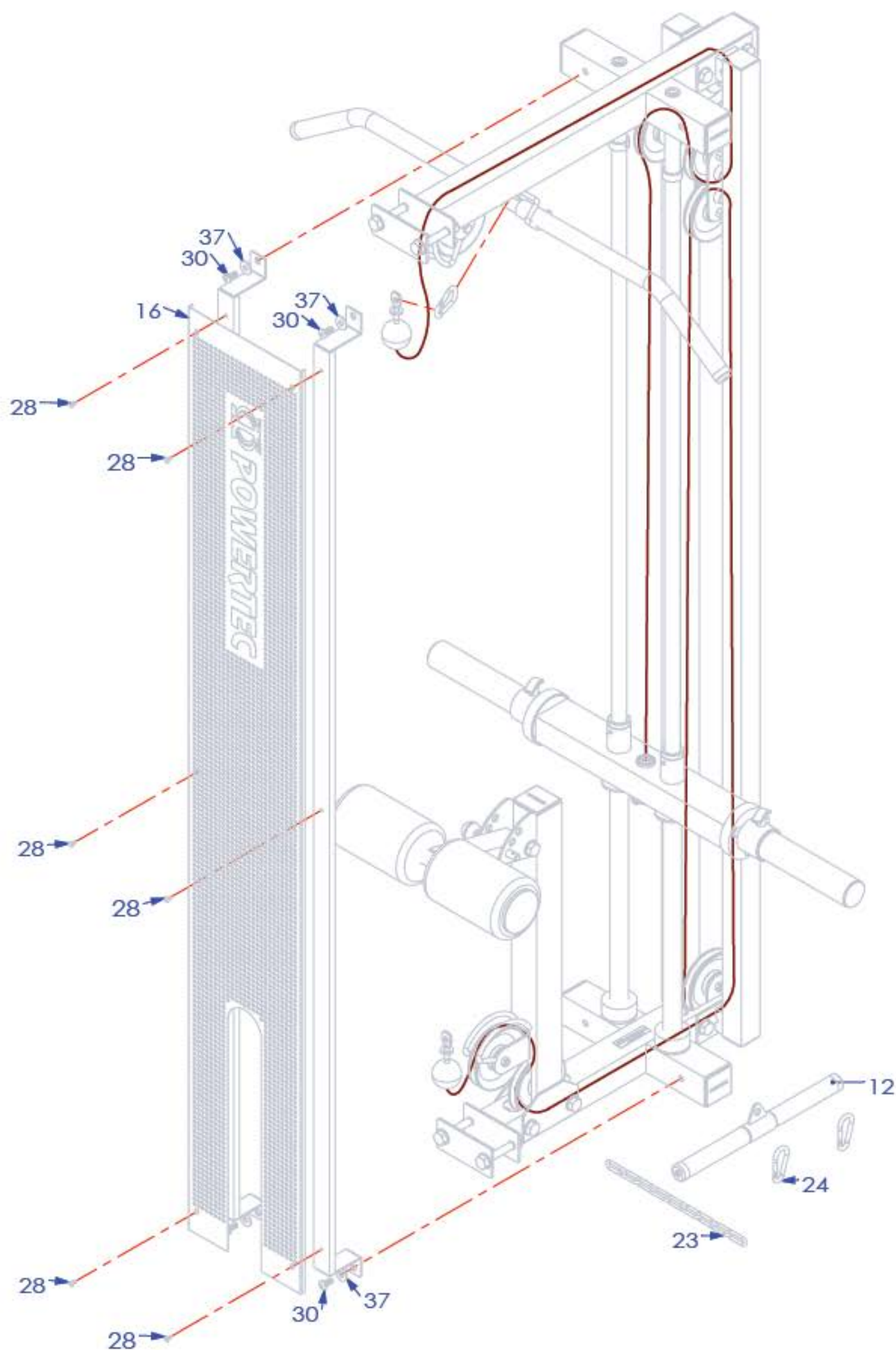


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WORKBENCH LAT TOWER OPTION

ASSEMBLY FOUR

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Step 1

Install Cover Fixed Tube Bracket No. 15 to Rear Base Tube No. 1 and Boom No. 5 using Bolts No. 30 and Washers No. 37

Step 2

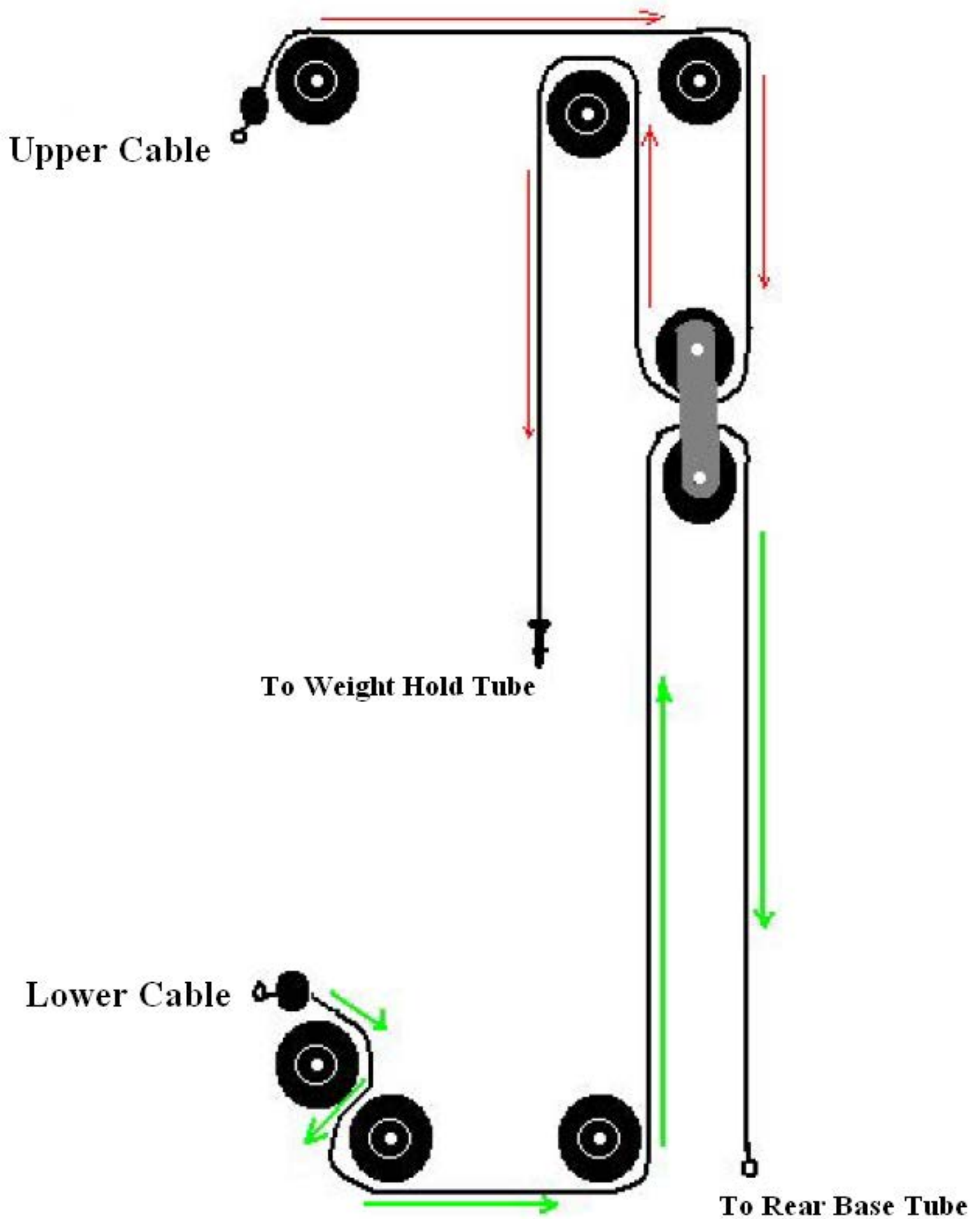
Install Cover No. 16 to Cover Fixed Tube Bracket No. 15 using Bolts No. 28

WB-LT014

WORKBENCH LAT TOWER OPTION

WB-LTO14

Lat Tower Cable Routing



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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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



