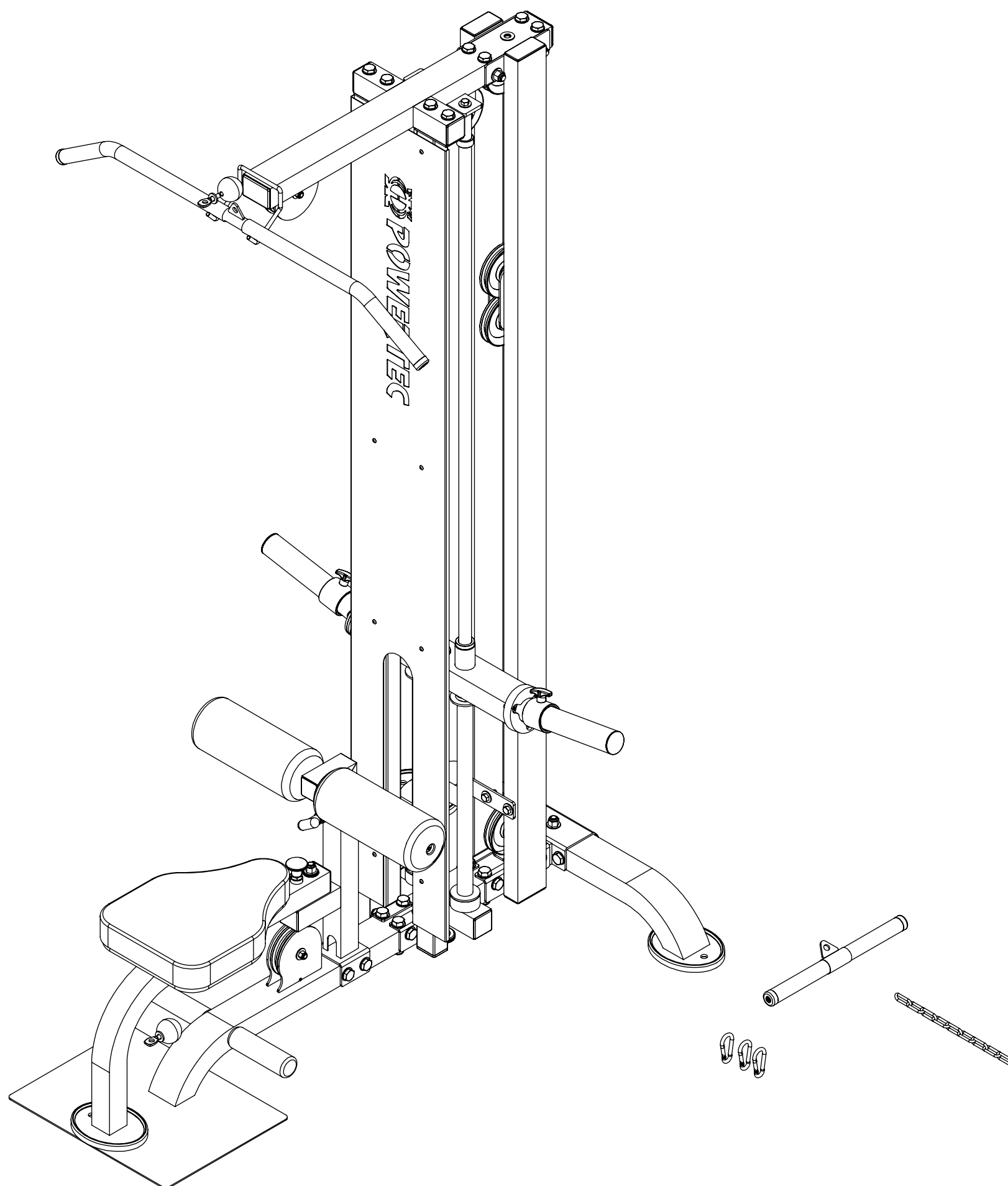


 **POWERTEC®**

P-LM23

Manual



LAT MACHINE

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

Introduction and Weight Capacities	2
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Weight Capacities

500 LBS. Maximum Capacity / Carriage / Cable

Featured Exercises

Close Grip Lat Pull Down	Wide Grip Lat Pull Down	Low Cable Rows
Low Cable Curls	Standing Front Lat Pull Downs	Overhead Triceps Extension
Low Cable Triceps Kick	High To Low Wood Chops	Low To High Wood Chops
Bicep Curls	One Arm Row	

Optional Accessories

OP-255B Olympic Weight Plates WS-190 Weight Stack Option WH-100 1" Weight Horns

Other Recommended Powertec Strength Classic Systems

L-SC	Levergym Squat Calf	L-CDA	Levergym Chin / Dip
P-CLS	Compact Leg Sled	P-HC	Dual Hyperextension Crunch
P-BT	Basic Trainer	P-LP	Powertec Leg Press

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

PARTS LIST



Part#	Description	QTY
1	Seat Support Tube	1
2	Seat Support Adjustment Tube	1
3	Front Base Tube	1
4	Top Tube	1
5	Support Tube for Cover	1
6	Support Tube for Cover	1
7	Foam Roller Adjustment Tube	1
8	Foam Roller Fixed Tube	1
9	Sliding Tube	2
10	Upright	1
11	Upright	1
12	Weight Horn Support Tube	2
13	Weight Horn	1
14	Weight Support Tube	2
15	Rear Base Tube	1
16	Lower Lat Bar	1
17	Top Lat Bar	1
18	Carabiner	3
19	Chain	1
20	Collar	2
21	Back Plate	1
22	Upper Cable	1
23	Lower Cable	1
24	Cable Fixing Plate	1
25	Diamond Plate	1
26	Cover	1
27	Round Outer End Cap	2

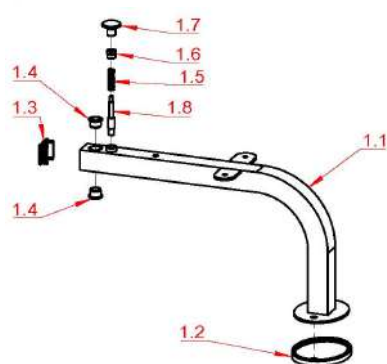
28	Round Inner End Cap	2
29	Foam Roller	2
30	Limit Sleeve	2
31	Seat Pad	1
32	Bolt	4
33	Nut	19
34	Nut	2
35	Rubber Washer	8
36	Rubber Bumper	2
37	Bumper	2
38	Washer	46
39	Washer	5
40	Bolt	9
41	Bolt	8
42	Bolt	1
43	Bolt	8
44	Bolt	5
45	Bolt	2
46	Bolt	6
47	Bolt	1
48	Bolt	4
49	Bolt	4
50	Washer	2
51	Linkage Plate	2
52	Pulley φ114	2
53	Bolt	2
54	Nut	2
55	Bolt	8
56	Nylon Nut	1

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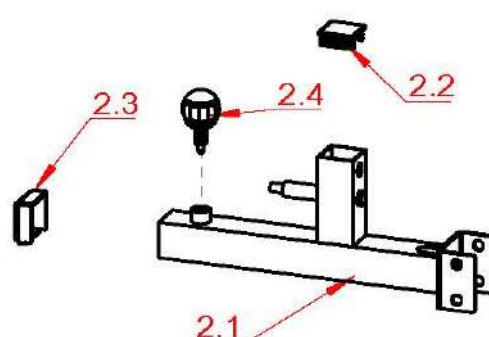
LAT MACHINE

PACKING LIST (BOX 1)

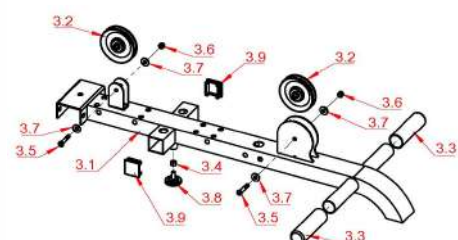
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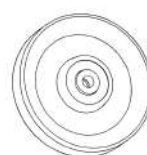
1.Seat Support Tube



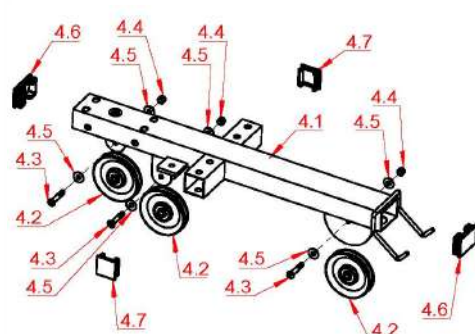
2.Seat Support Adjustment Tube



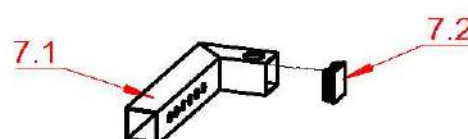
3.Front Base Tube



3.2.Pulley



4.Top Tube



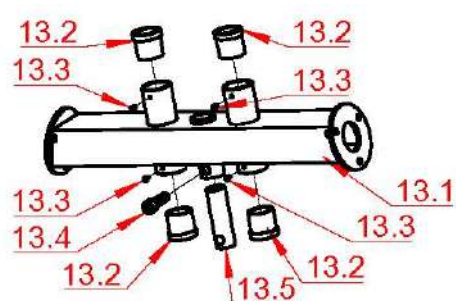
7.Foam Roller Adjustment Tube



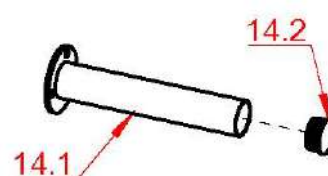
8. Foam Roller Fixed Tube



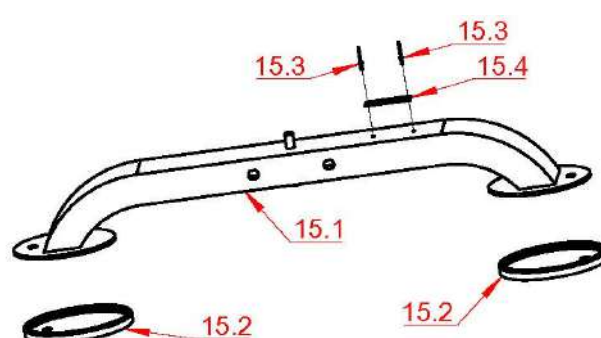
12.Weight Horn Support Tube



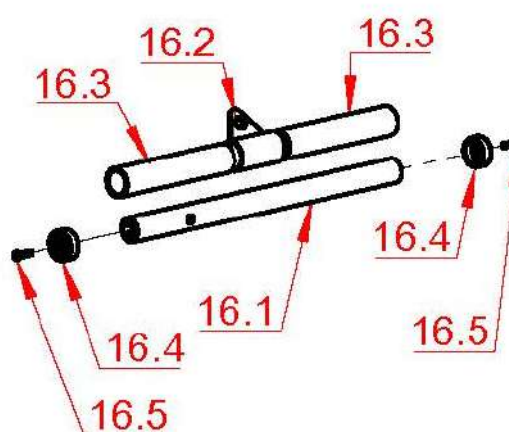
13.Weight Horn



14.Weight Support Tube



15.Rear Base Tube



16.Lower Lat Bar

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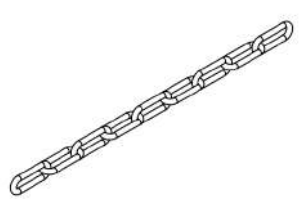
LAT MACHINE

PACKING LIST (BOX 1)

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18.Snap Link



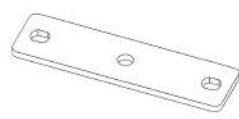
19.Chain



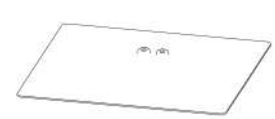
22.Upper Cable



23.Lower Cable



24.Cable Fixing Plate



25.Diamond Plate



27.Round Outer End Cap



28.Round Inner End Cap



29.Foam Roller



31.Seat Pad



35.Rubber Washer



36.Rubber Bumper



37.Bumper



51.Linkage Plate



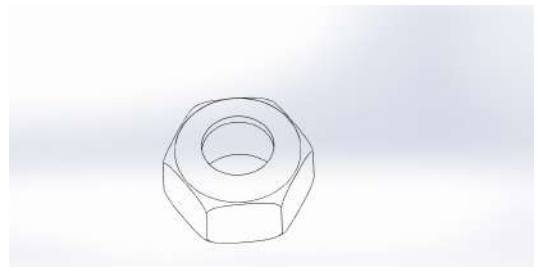
20.Collar



46.Bolt



53.Bolt



54.Nut

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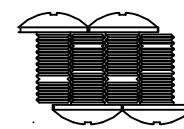
LAT MACHINE

HARDWARE LIST

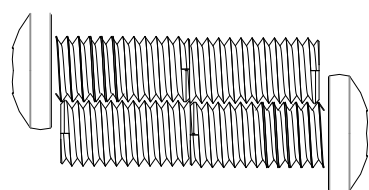
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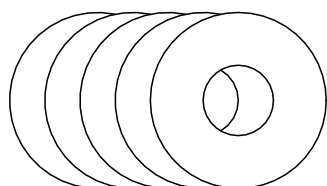
HARDWARE PACK(3-1)



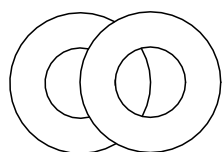
No. 49 Bolt M5×10 (4pcs)



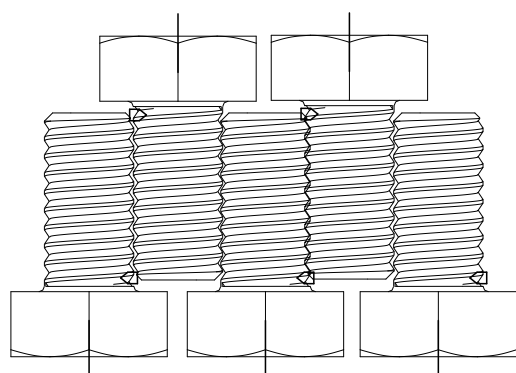
No. 45 Hex Bolt 3/8"×1 1/2" (2pcs)



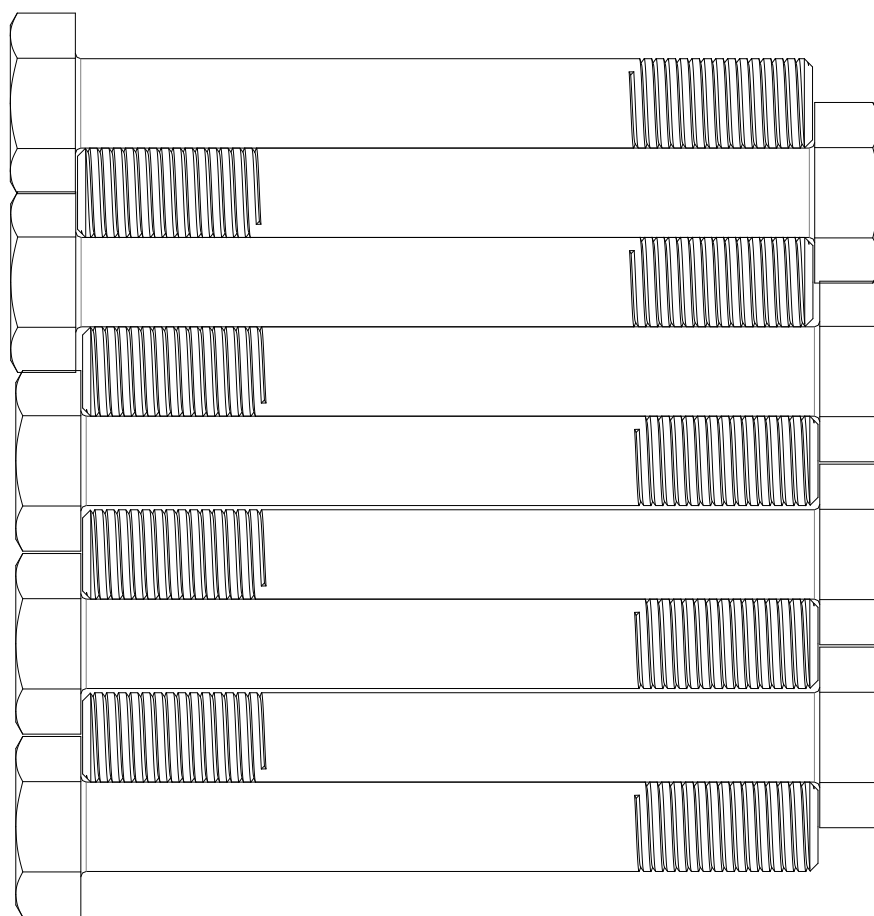
No. 39 Washer, 3/8" (5pcs)



No. 50 Washer Φ11×Φ20×2 (2pcs)



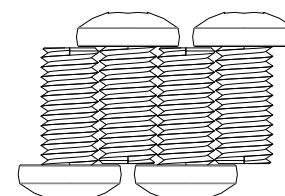
No. 44 Hex Bolt 3/8"×1" (5pcs)



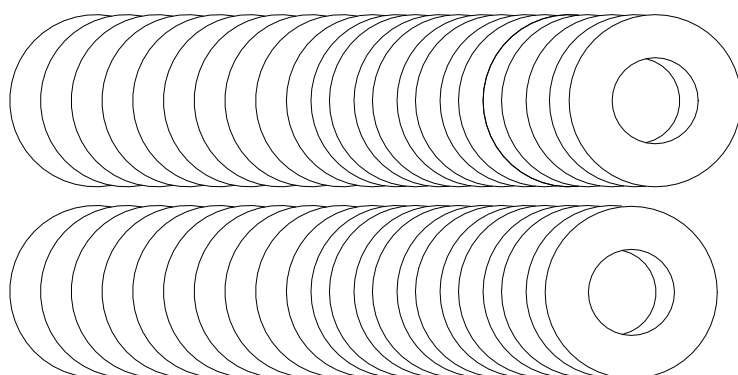
No. 40 Hex Bolt 1/2"×4 1/8" (9pcs)

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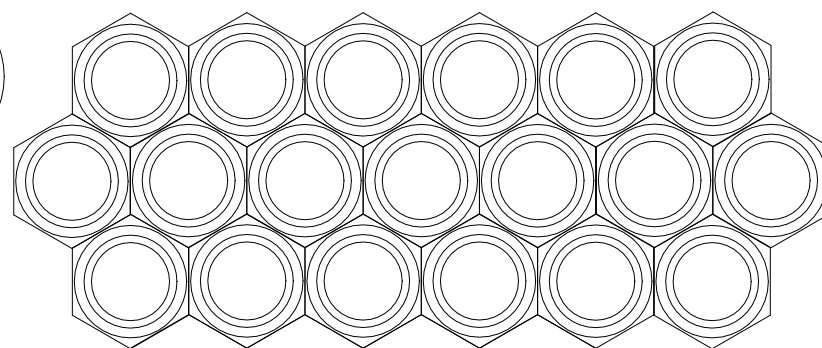
HARDWARE PACK(3-2)



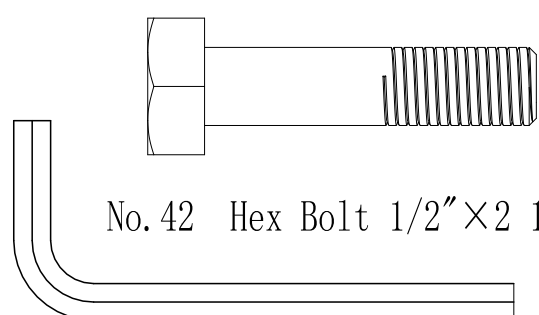
No. 48 Hex Bolt 3/8"×3/4" (4pcs)



No. 38 Washer, 1/2" (45pcs)



No. 33 Nylon Nut 1/2" (19pcs)



No. 42 Hex Bolt 1/2"×2 1/8" (1pc)

No. 34 Nylon Nut 1/2" 8T (2pcs)

No. 56 Nylon Nut 3/8" 11T (1pc)

S=6 Allen Wrench (1pc)

No. 47 Hex Bolt 3/8"×2 1/2" (1pc)

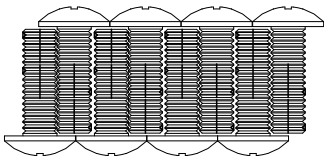
P-LM 23

LAT MACHINE

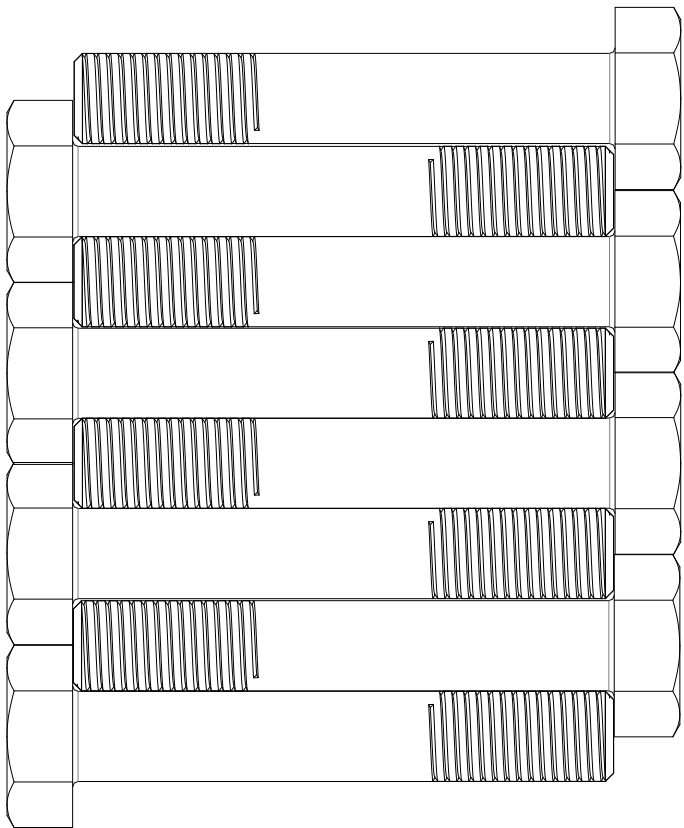
PACKING LIST(BOX 1)

HARDWARE LIST

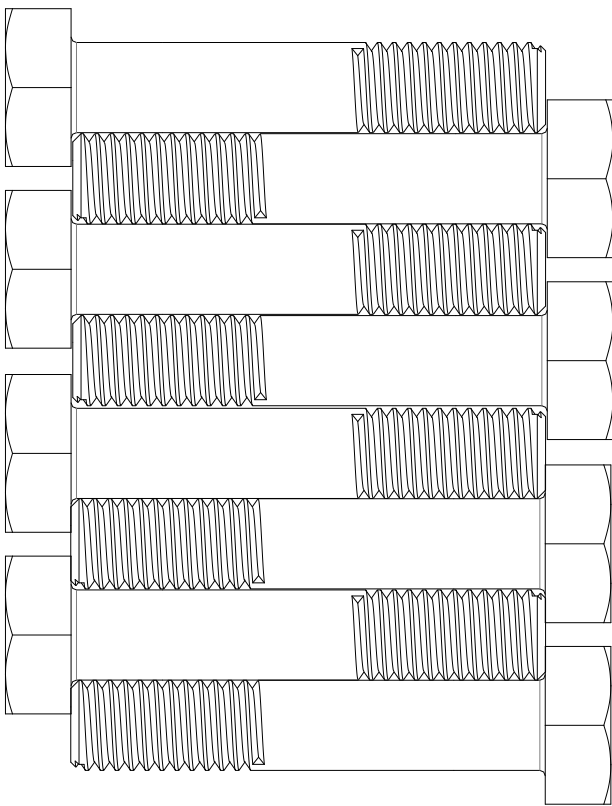
P-LM23
HARDWARE PACK(3-3)



No. 55 Bolt M5×15 (8pcs)



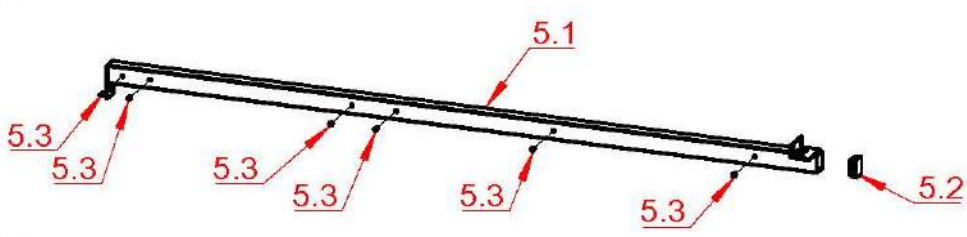
No41. Hex Bolt 1/2"×2 7/8" (8pcs)



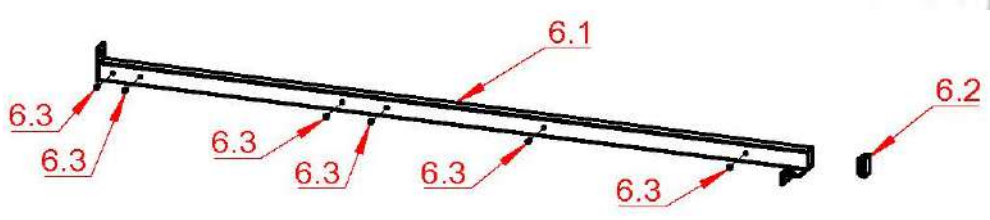
No. 43 Hex Bolt 1/2"×2 5/8" (8pcs)

PACKING LIST (BOX 2)

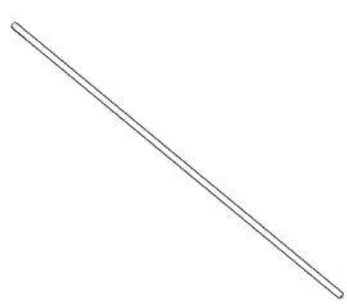
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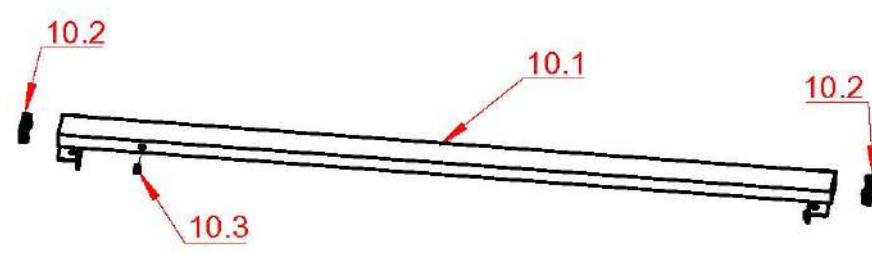
5.Support Tube for Cover



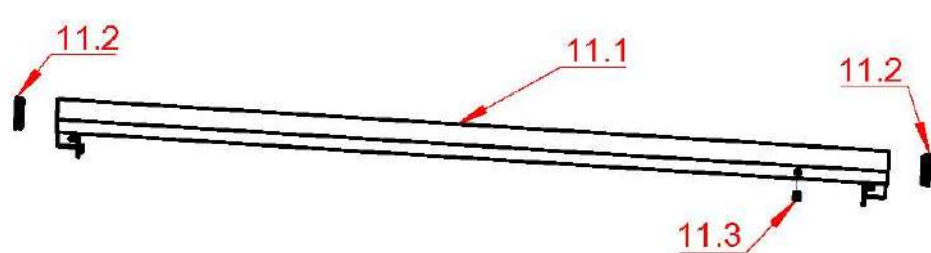
6. Support Tube for Cover



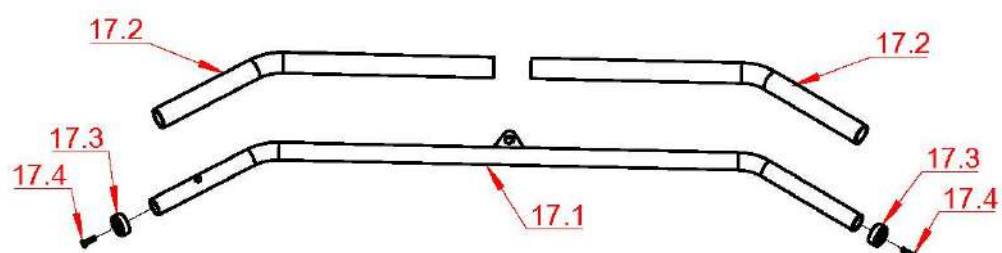
9. Sliding Tube



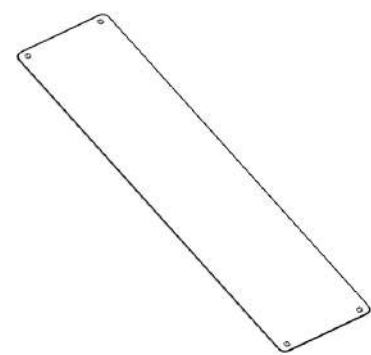
10. Upright



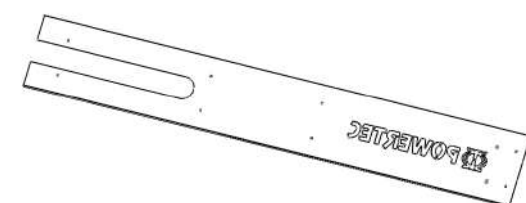
11. Upright



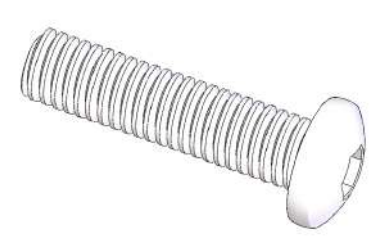
17. Top Lat Bar



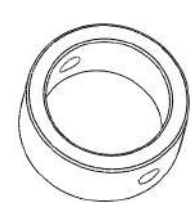
21. Back Plate



26. Cover



32. Bolt



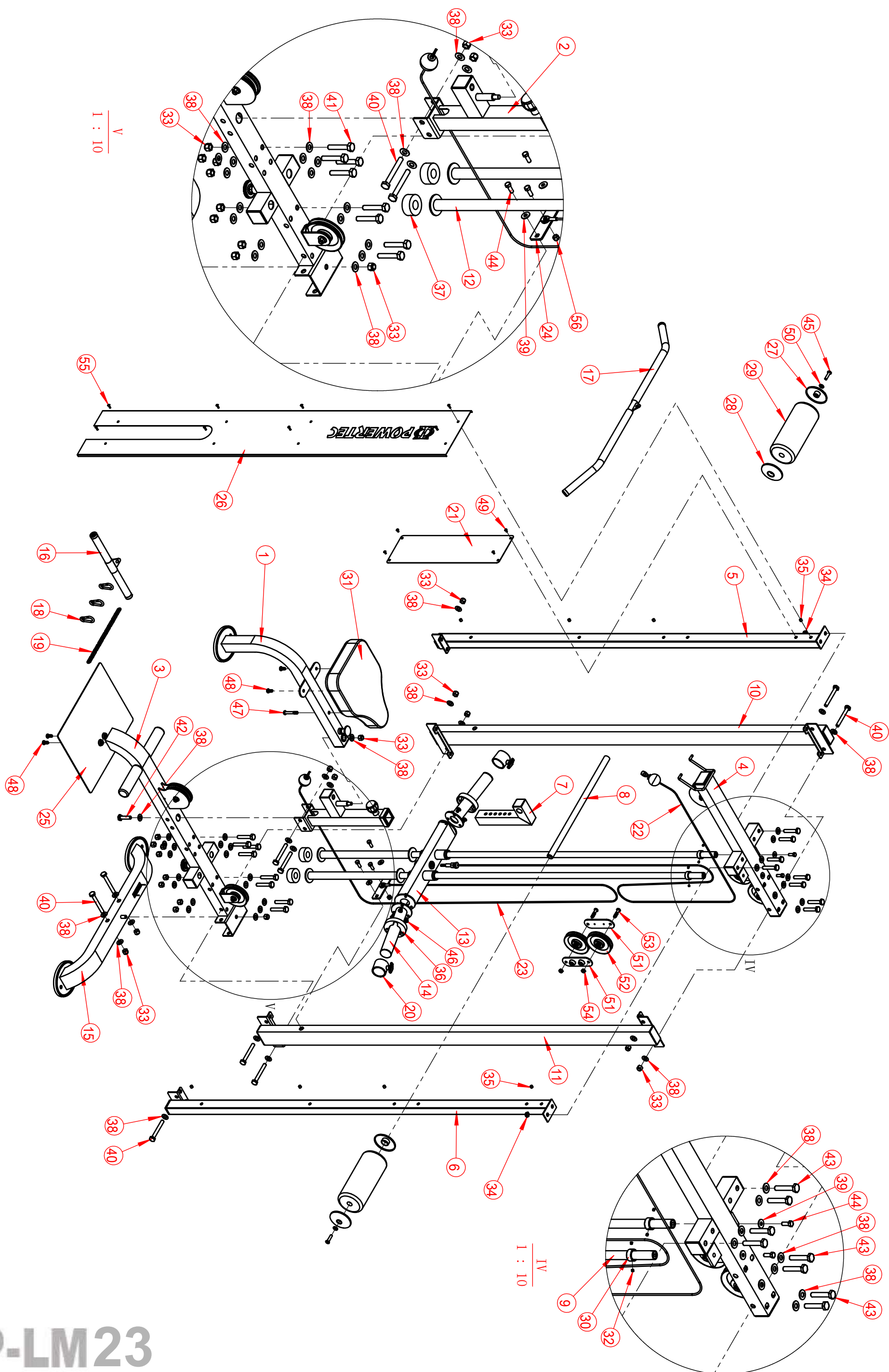
30. Limit Sleeve

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LAT MACHINE

EXPLODED DIAGRAM

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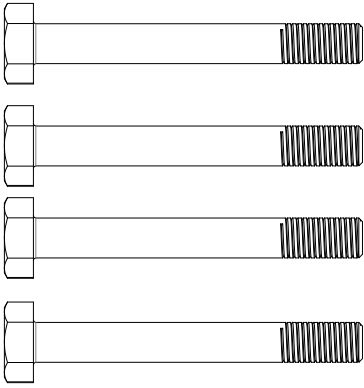
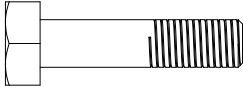
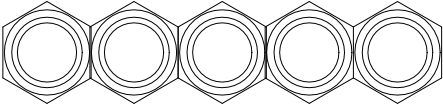
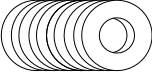
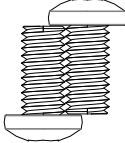


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LAT MACHINE

ASSEMBLY ONE

ASSEMBLY ONE HARDWARE:

 No. 40 Hex Bolt 1/2"×4 1/8" (9pcs)	 No. 42 Hex Bolt 1/2"×2 1/8" (1pc)  No. 33 Nylon Nut 1/2" (19pcs)  No. 38 Washer, 1/2" (45pcs)	 No. 48 Hex Bolt 3/8"×3/4" (4pcs)
---	---	---

Step 1

Install Seat Support Adjustment Tube No. 2 to Front Base Tube No.3, using Bolt No. 40, Bolt No. 42, Nut No. 33 and Washer No. 38

Step 2

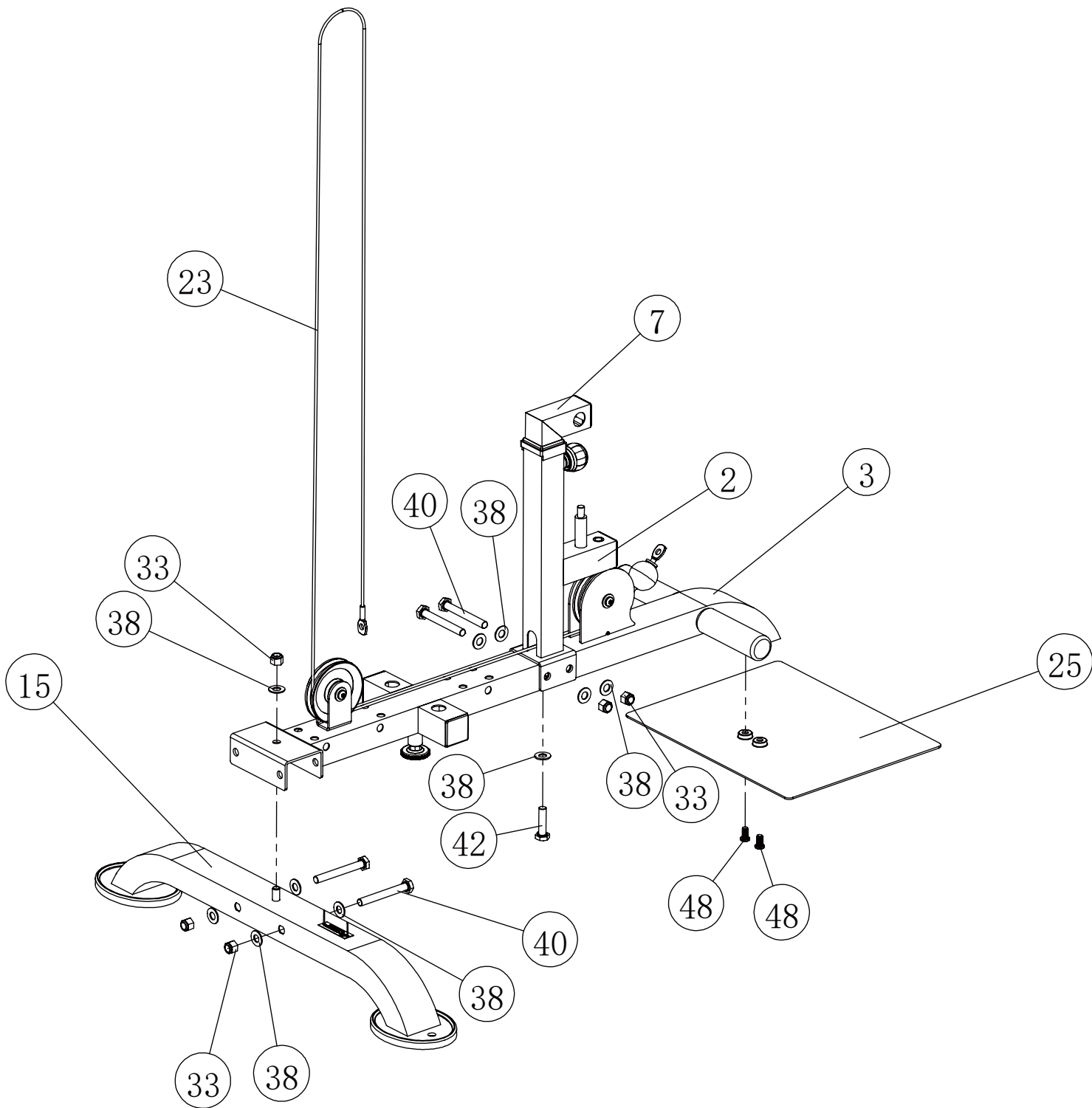
Remove the two pulleys of Front Base Tube No. 3, and install Lower Cable No. 23 through the hole of Seat Support Adjustment Tube No, 2, and then install the two pulleys to Front Base Tube No. 3

Step 3

Install Diamond Plate No. 25 to Front Base Tube No. 3, using Bolt No. 48

Step 4

Install Rear Base Tube No. 15 to Front Base Tube No. 3, using Bolt No. 40, Nut No. 33 and Washer No. 38

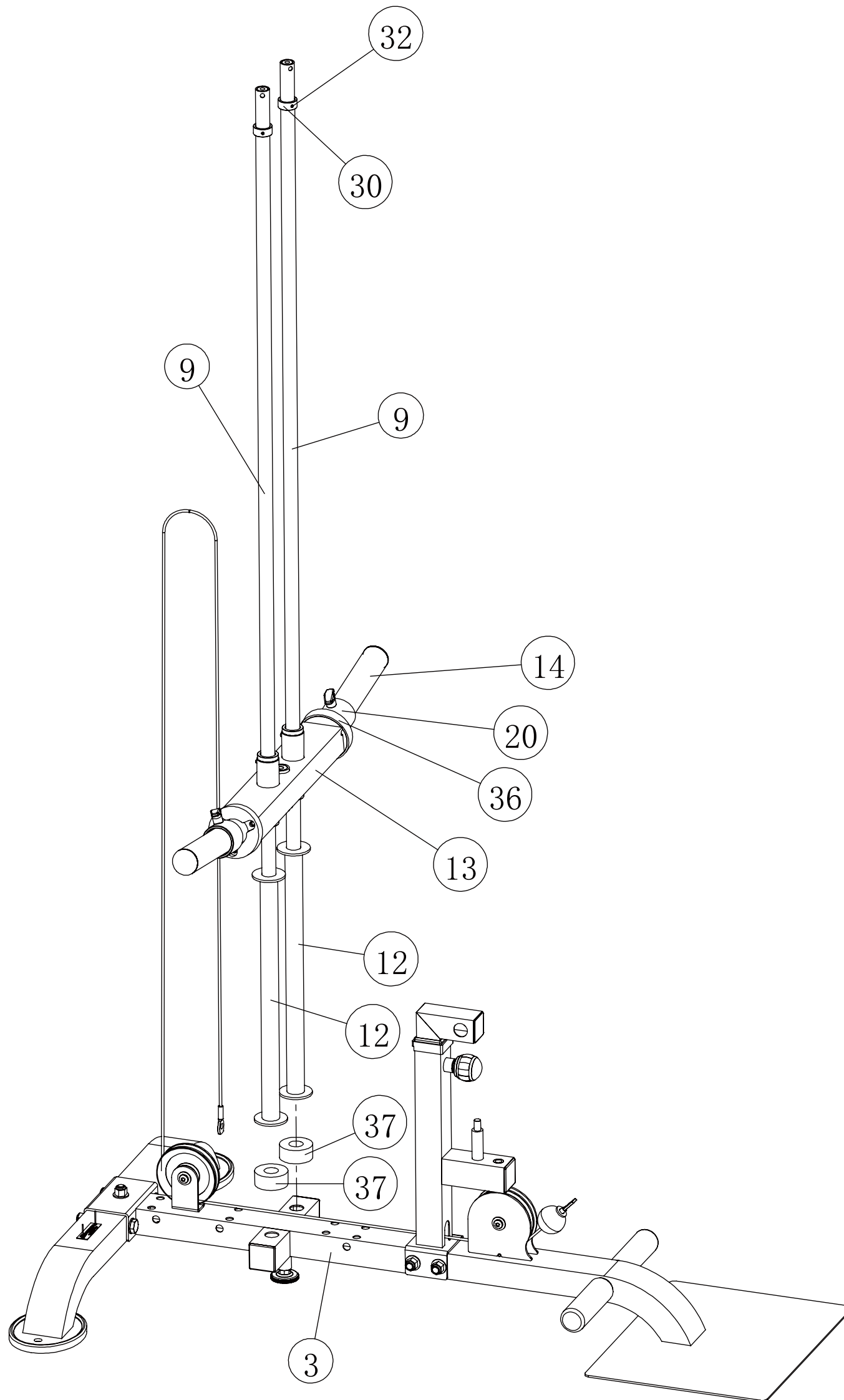


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LAT MACHINE

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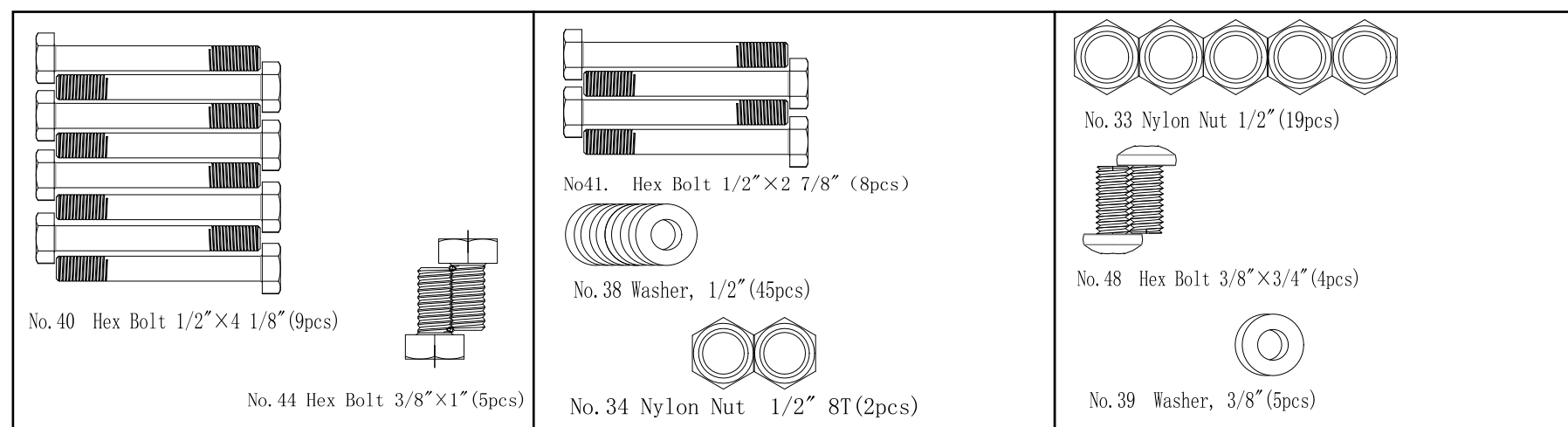
Install Sliding Tube No. 9 through Weight Horn No. 13, Weight Horn Support Tube No. 12 and Bumper No. 37, and then install Sliding Tube No. 9 into the hole of Front Base Tube No. 3



LAT MACHINE

ASSEMBLY THREE

ASSEMBLY THREE HARDWARE:



Step 1

Install Upright No. 10, Upright No. 11 to Front Base Tube No 3, using Bolt No. 40, Bolt No. 41, Washer No. 38 and Nut No. 33

Step 2

Install Support Tube for Cover No. 5, Support Tube for Cover No.6 and Front Base Tube No. 3 together, using Bolt No. 40, Bolt No. 41, Washer No. 38, and Nut No. 33.

Step 3

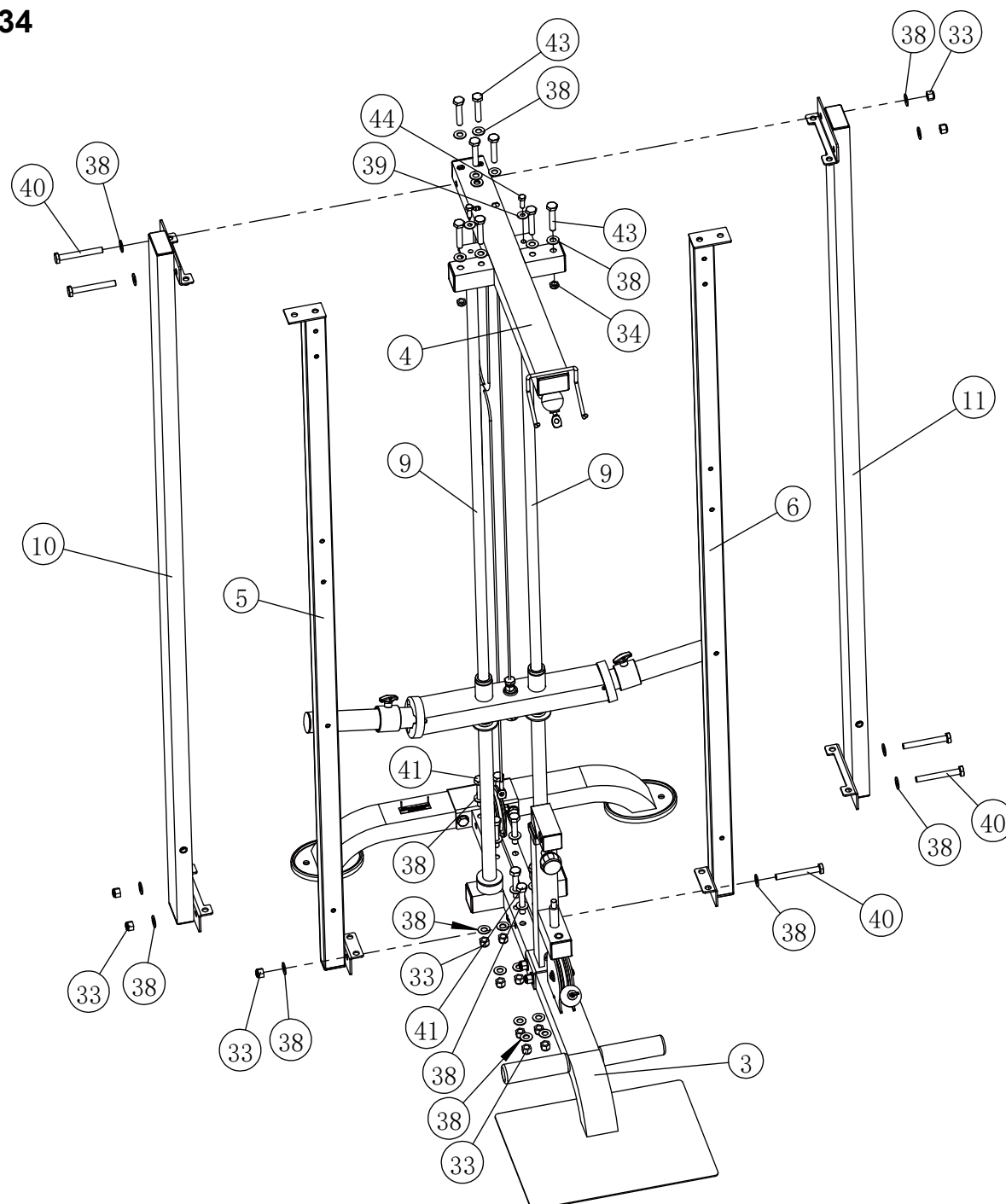
Install Sliding Tube No. 9 to Top Tube No.4, using Bolt No. 44, and Washer No. 39

Step 4

Install Upright No. 10, Upright No. 11 and Top Tube No. 4 together, using Bolt No. 43, and Washer No. 38

Step 5

Install Support Tube for Cover No. 5, Support Tube for Cover No.6 and Top Tube No. 4 together, using Bolt No. 43 and Washer No. 38 and Nut No. 34

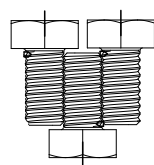


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LAT MACHINE

ASSEMBLY FOUR

ASSEMBLY FOUR HARDWARE:



No. 44 Hex Bolt 3/8"×1" (5pcs)



No. 39 Washer, 3/8" (5pcs)



No. 56 Nylon Nut 3/8"11T(1pc)

Step 1

Install the bolts of Upper Cable No.22 to Weight Horn No. 13

Step 2

Remove Bolt No. 53 and Nut No. 54 and Pulley $\phi 114$ No. 52, hang the unremoved pulley onto Upper Cable No. 22.

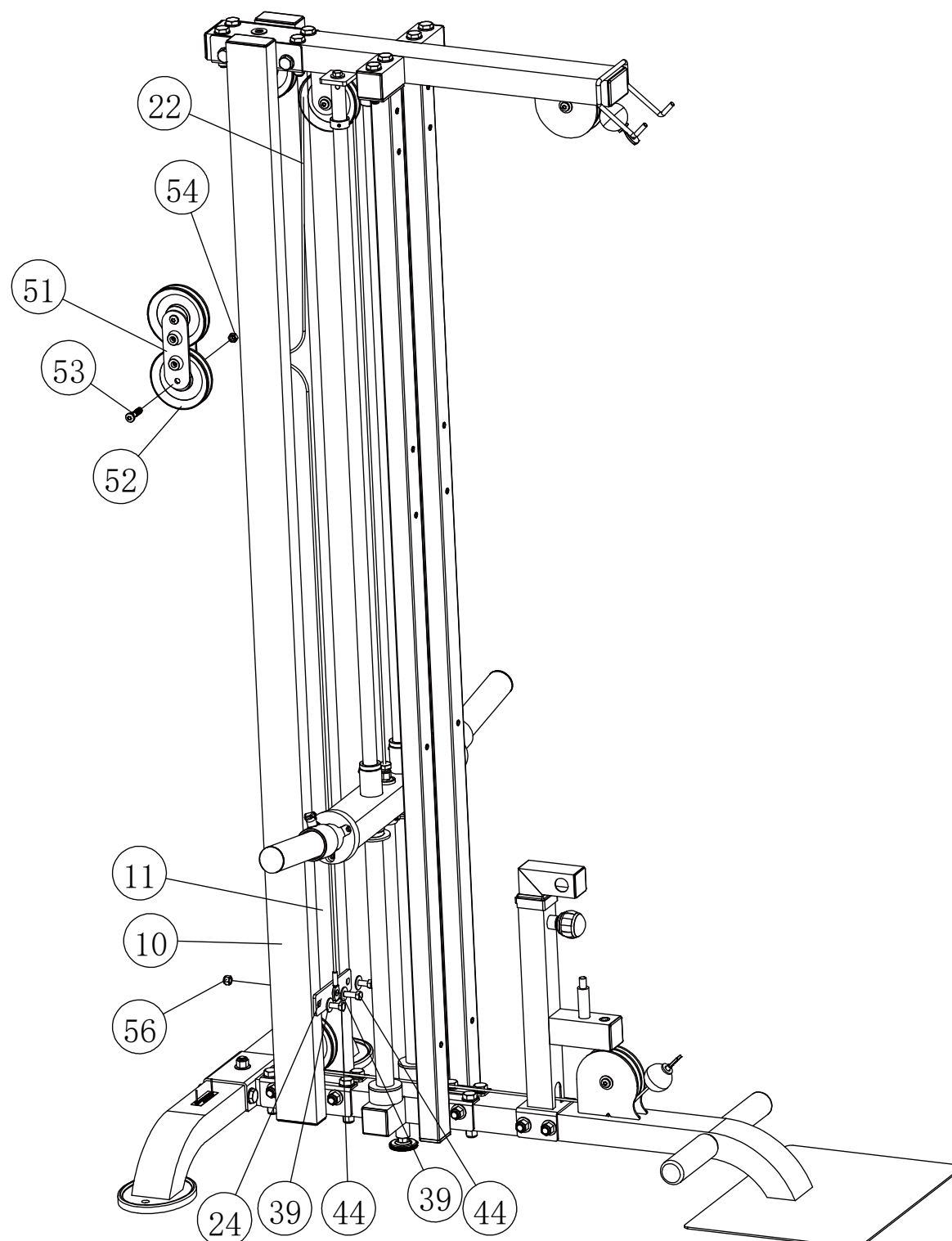
Then install Lower Cable No. 23 through the middle of the two pulleys, and then put the pulley back in place.

Step 3

Install Cable Fixing Plate No. 24 to Upright No.10 and Upright No. 11, using Bolt No. 44 and Washer No. 39

Step 4

Install the large join of Lower Cable No. 23 to Cable Fixing Plate No.24, using Bolt No. 44, Washer No. 39 and Washer No. 56



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LAT MACHINE

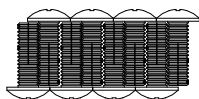
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ASSEMBLY FIVE

ASSEMBLY FIVE HARDWARE:



No. 49 Bolt M5×10 (4pcs)



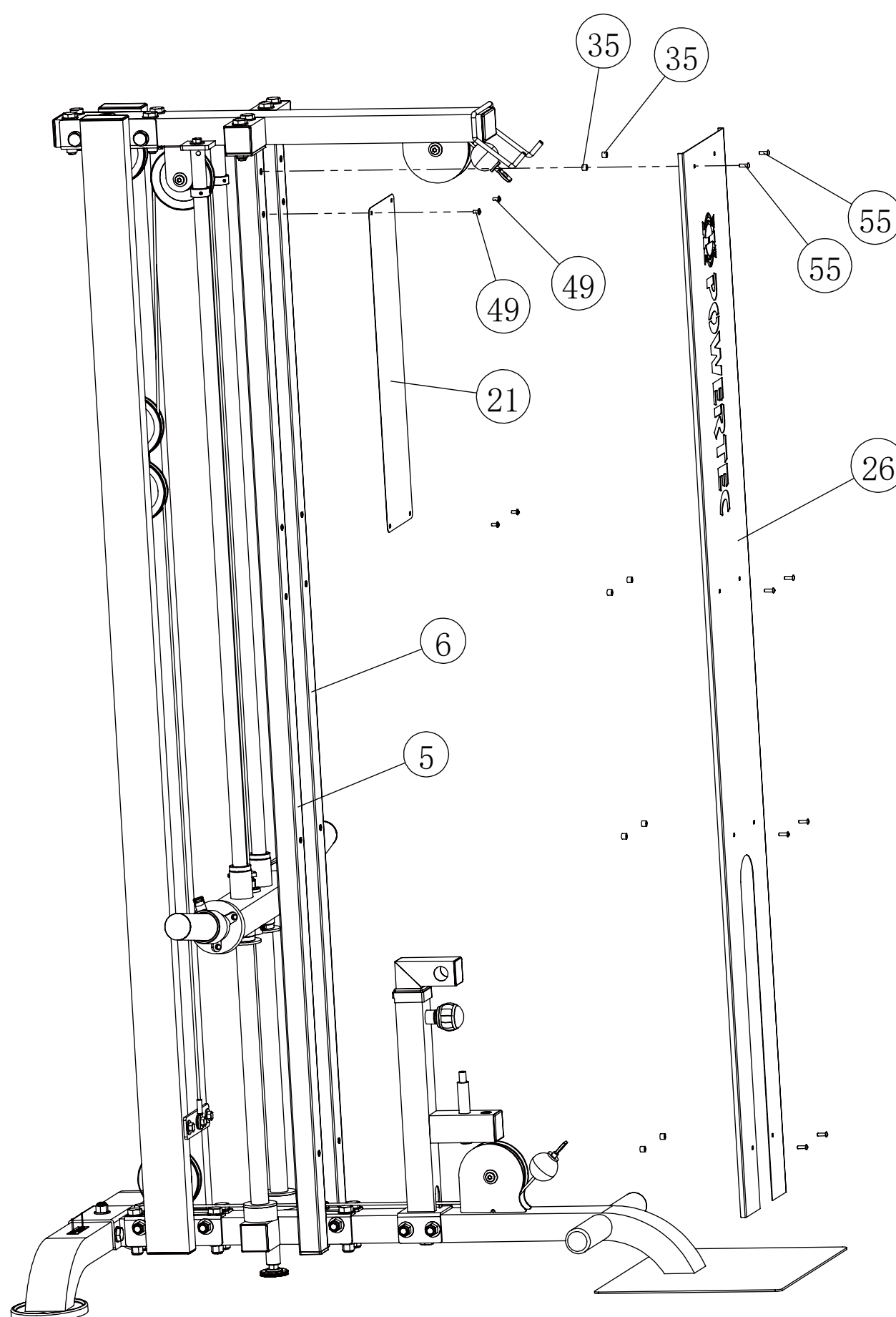
No. 55 Bolt M5×15 (8pcs)

Step 1

Install Back Plate No. 21 to Support Tube for Cover No. 5 and Support Tube for Cover No. 6, using Bolt No. 49

Step 2

Install Cover No. 26 to Cover No. 5 and Support Tube for Cover No. 6, using Bolt No. 55 and Rubber Washer No.35



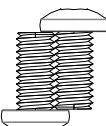
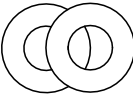
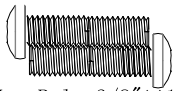
P-LM23

LAT MACHINE

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ASSEMBLY SIX

ASSEMBLY SIX HARDWARE:

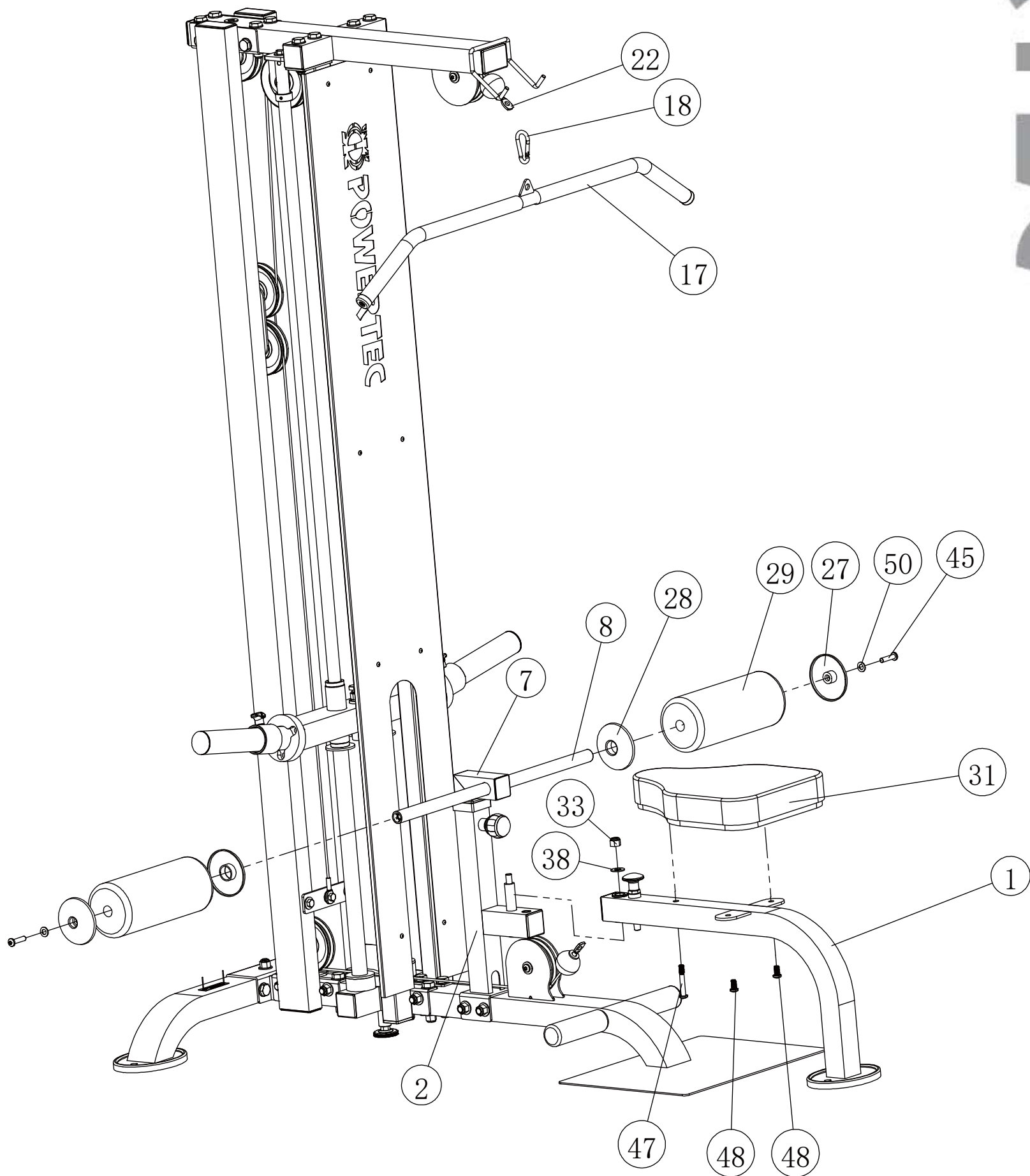
 No. 33 Nylon Nut 1/2" (19pcs)	 No. 48 Hex Bolt 3/8"×3/4" (4pcs)
 No. 38 Washer, 1/2" (45pcs)	 No. 50 Washer Φ11×Φ20×2 (2pcs)
 No. 45 Hex Bolt 3/8"×1 1/2" (2pcs)	 No. 47 Hex Bolt 3/8"×2 1/2" (1pc)

Step 1

Install Back Plate No. 21 to Support Tube for Cover No. 5 and Support Tube for Cover No. 6, using Bolt No. 49

Step 2

Install Cover No. 26 to Cover No. 5 and Support Tube for Cover No. 6, using Bolt No. 55 and Rubber Washer No.35



P-LM23

LAT MACHINE

POWERTEC®

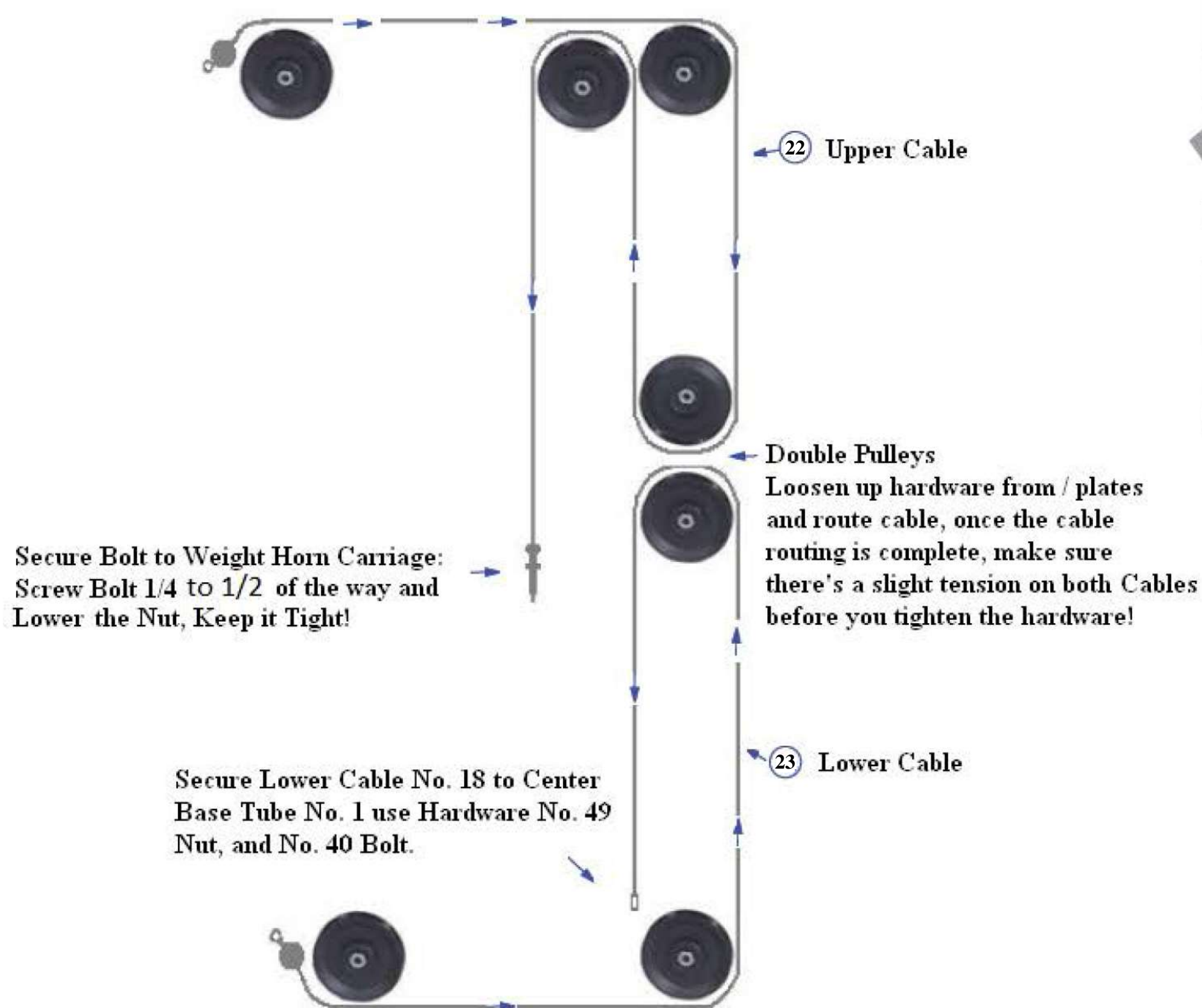
CABLE ROUTING

Step 1

To Install Cables, Pulley Wheels must be removed from the system.

Feed Upper Cable No. 22 from the Upper - Front towards the Back.

Feed Lower Cable No. 23 from Lower - Front towards the Back of the system.



POWERTEC

P-LM23

LAT MACHINE

P-LM23 Lat Machine

Featured Exercises



Low Cable Curls

Facing the machine with our feet shoulders width apart, and your knees slightly bent. Grasp the bar using an underhand grip, arms at your side, elbows in tight towards side of your body.

Bring your arms in an upward motion by bending at the elbows, towards your shoulders, keep your motion fluid and smooth.

Stop a couple of inches before touching your shoulders. Pause briefly before returning to the starting position.



Overhead Tricep Extension

Stand with your feet shoulder width apart and body facing away from the machine. Bend at the waist until you are about parallel with the floor, bend your knees slightly and move your feet to balance yourself accordingly.

Bring your arm forward bending only at the elbow. Bring the cable forward as is comfortable, Do Not Over Extend.

Pause briefly before slowly returning to the starting position.



Lat Pull Down

Grab the Lat Bar while facing the machine and sit with your feet flat on the floor, knees at a 90° Degree angle and your back straight. Lock your knees using the adjustable roller pads to keep you in place.

Bring the bar in towards your chest, but do not touch your chest.

Pause briefly before slowly returning to your 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
6301 Alondra Blvd.,
Paramount, CA 90723– USA

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

Powertec Europe
2 rue d'Aquitaine
68390 Sausheim – France

Phone: + 33(0) 6 43 592 803
E-mail: contact@powertec-europe.fr

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



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



POWERTEC INC.
6301 Alondra Blvd.,
Paramount, CA 90723
USA
Phone:(800)250-6665

service@powertecfitness.com
www.powertecfitness.com

POWERTEC EUROPE
2 rue d'Aquitaine
68390 Sausheim – France

Phone: +33 (0)6 43 592 803
E-Mail: contact@Powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:



Place Stamp Here

