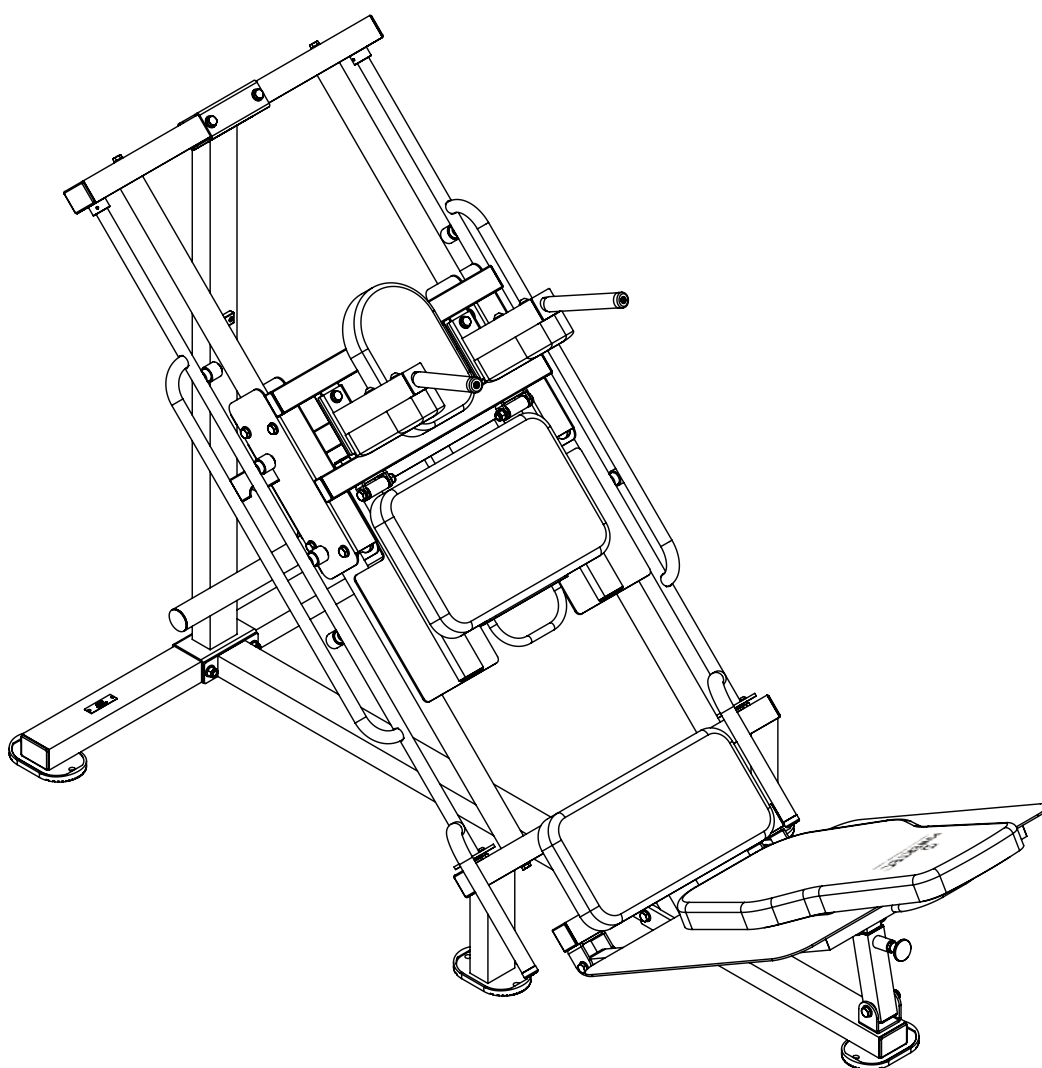




HPA203

Manual



LEG PRESS/HACK SQUAT

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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HPA203

Leg Press/Hack Squat

Weight Capacity

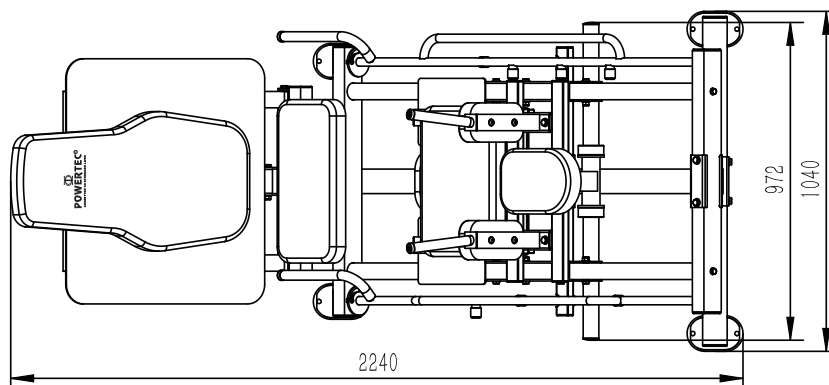
1000 Lbs

Featured Exercise

Leg Press/Hack Squat

Recommended Strength Classic Systems

L-SCI9	Levergym Squat Calf	L-CDA+20	Levergym Chin/Dip Assist
P-HC20	Dual Hyperextension Crumch	P-BT16	Basic Trainer
P-LM20	Powertec Lat Machine		



Top-Down View (the unit is millimeter)

SAFETY INSTRUCTIONS, WARNINGS AND CAUTIONS



Medical Precaution

Before beginning any exercise program with this equipment, it is strongly recommended to consult a healthcare professional, especially if:

- You are new to exercising.
- You are over the age of 35.
- You are pregnant.
- You have existing health conditions or concerns.

General Safety Guidelines

Read and Follow All Warnings and instructions

- Carefully review this manual and all product labels before use.

Keep the Area Safe

- Ensure the product is set up and operated on a solid, level surface.
- Avoid placing the equipment on loose rugs, uneven floors, or other unstable surfaces.
- Allow adequate space around the equipment for safe movement and exercise.
- Keep children and pets away from the equipment during use.

Inspect Equipment Regularly

- Before and after each use, check the equipment for:
 - Loose, worn, or damaged parts.
 - Signs of instability or improper operation.
- If any issues are found, stop using the equipment immediately and repair or replace damaged components.

Usage Guidelines

Stability and Functionality

- This equipment is designed to meet industry standards for safe, stable performance during exercise.
- The equipment must be positioned on a secure, level surface to ensure safe operation during exercise.

Personal preparation

- Choose a workout plan that matches your fitness level, physical strength, and flexibility.
- Understand your limits and the limitations of the equipment to prevent overexertion or improper use.

Footwear and Attire

- Wear appropriate footwear with non-slip rubber soles, such as running, walking, or cross-training shoes, to ensure proper support and grip.
- Do not exercise barefoot or in socks.

For Assistance

If you have any questions or concerns about using or maintaining this equipment, contact Powertec Customer Service at **800-250-6665** or consult your authorized dealer

By following these precautions, you can ensure a safe and effective workout experience.

Maintenance Guidelines for Optimal Performance

To ensure the safety and longevity of this equipment, regular inspection and maintenance are essential. Follow the steps below to identify and address any signs of damage or wear promptly.

Daily inspection (Before Each Use)

- **Visual check:** Examine the system thoroughly for signs of wear, damage, or loose components.
- **Operational check:** Confirm that all parts are in good working condition and the equipment operates smoothly.
- **Immediate Action:** If any damage or irregularities are found, **do not use the equipment**. Set it aside until repairs are made or damaged components are replaced. Contact your authorized Powertec dealer or the Powertec Customer Service Center for support.

Post-Use Cleaning and inspection

- **Cleaning:** Wipe down the system using a clean, dry cloth. If needed, use a mild detergent or spray cleaner for the upholstery. Avoid cleansers containing enzymes, as they may damage the surface.

Weekly Maintenance

- **Thorough Cleaning:** Use an ammonia-based cleaner to sanitize and maintain the system.
- **Rust Prevention:** Inspect the frame for scratches or paint wear. Use touch-up paint on any exposed metal to prevent rust.

Monthly Structural Check

- **Frame Examination:** Look for signs of structural issues, such as cracks, permanent bends, or other abnormalities in the frame.
- **Action Required:** If any structural damage is identified, **immediately discontinue use** and contact Powertec Customer Service at **800-250-6665** for assistance.

General Maintenance Tips

- Always use the equipment as intended and follow proper operation.
- Store the equipment in a clean, dry environment to prevent unnecessary wear and tear.

Need Help? Contact Us!

For any questions regarding the maintenance or correct use of this equipment, please reach out to your authorized distributor or the Powertec Customer Service team at **800-250-6665**.

Our Commitment to You:

"Committed to Stronger Lives"

Tools Required for Assembly



• M6 Allen Wrench



• 8" Adjustable wrench



• Wrenches

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

Helpful Tips for Assembly

1. Complete the Warranty

- Scan and email the **Limited Warranty Card** to service@powertec.com.

2. Choose a Stable Setup Location

- Assemble the unit on a **solid, flat surface** to ensure stability and proper leveling.

3. Allow Ample Space

- Ensure there is enough open space around the equipment for safe access and use.

4. Insert Bolts Uniformly

- For a polished look, insert all bolts in the **same direction** unless otherwise instructed in the manual.

5. Leave Room for Adjustments

- Tighten bolts, nuts, and screws to keep the unit stable but leave them slightly loose for final adjustments.

6. Organize Parts Before Starting

- Lay out all components and hardware in a well-lit, organized workspace. Check that all parts are accounted for before starting assembly.

7. Protect Floors and Surfaces

- Place a protective mat or cardboard underneath the equipment during assembly to prevent floor damage and protect parts.

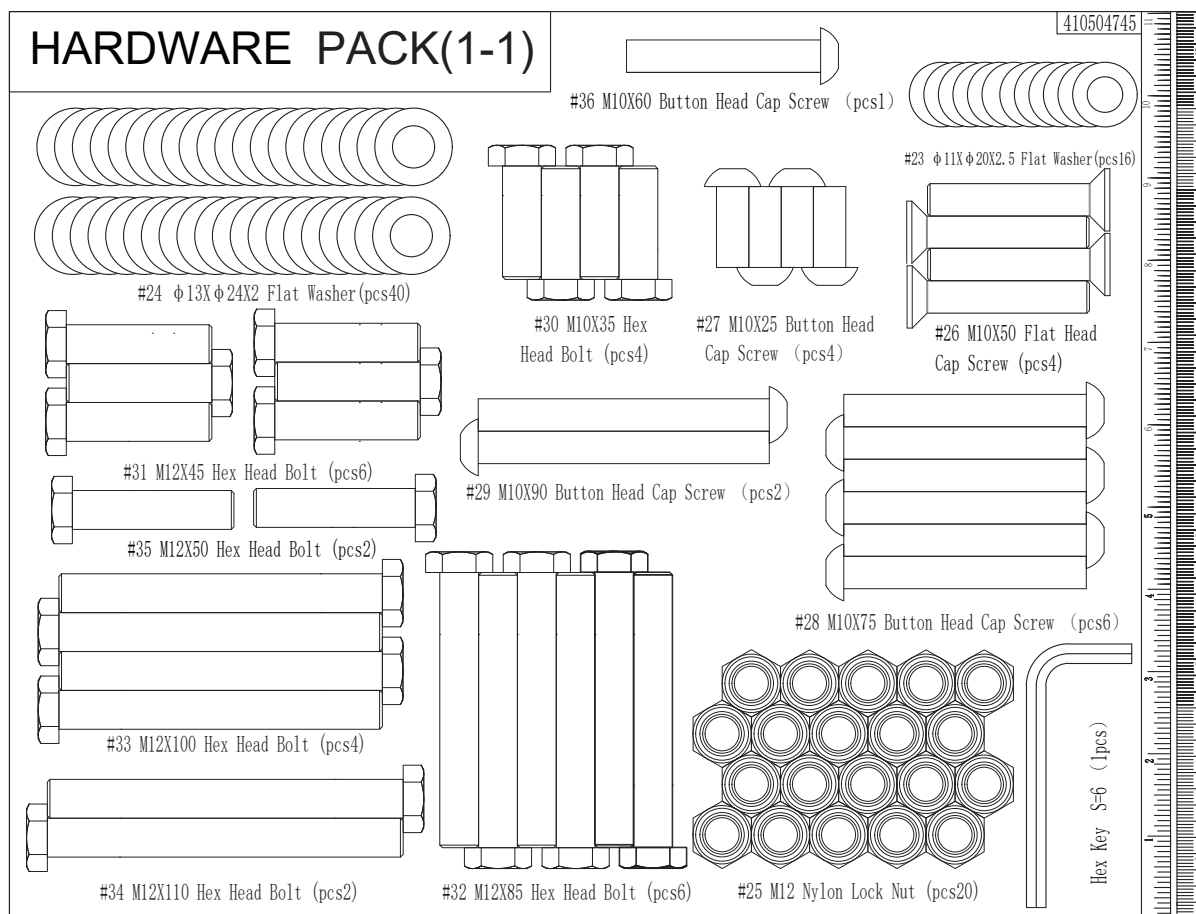
8. Have a Partner Assist

- For heavy or large components, have a second person assist to avoid injury and ensure proper alignment.

9. Double-Check After Assembly

- After assembly is complete, verify that all bolts and screws are fully tightened and that the equipment is stable and level before use.

HARDWARE LIST



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PART LIST



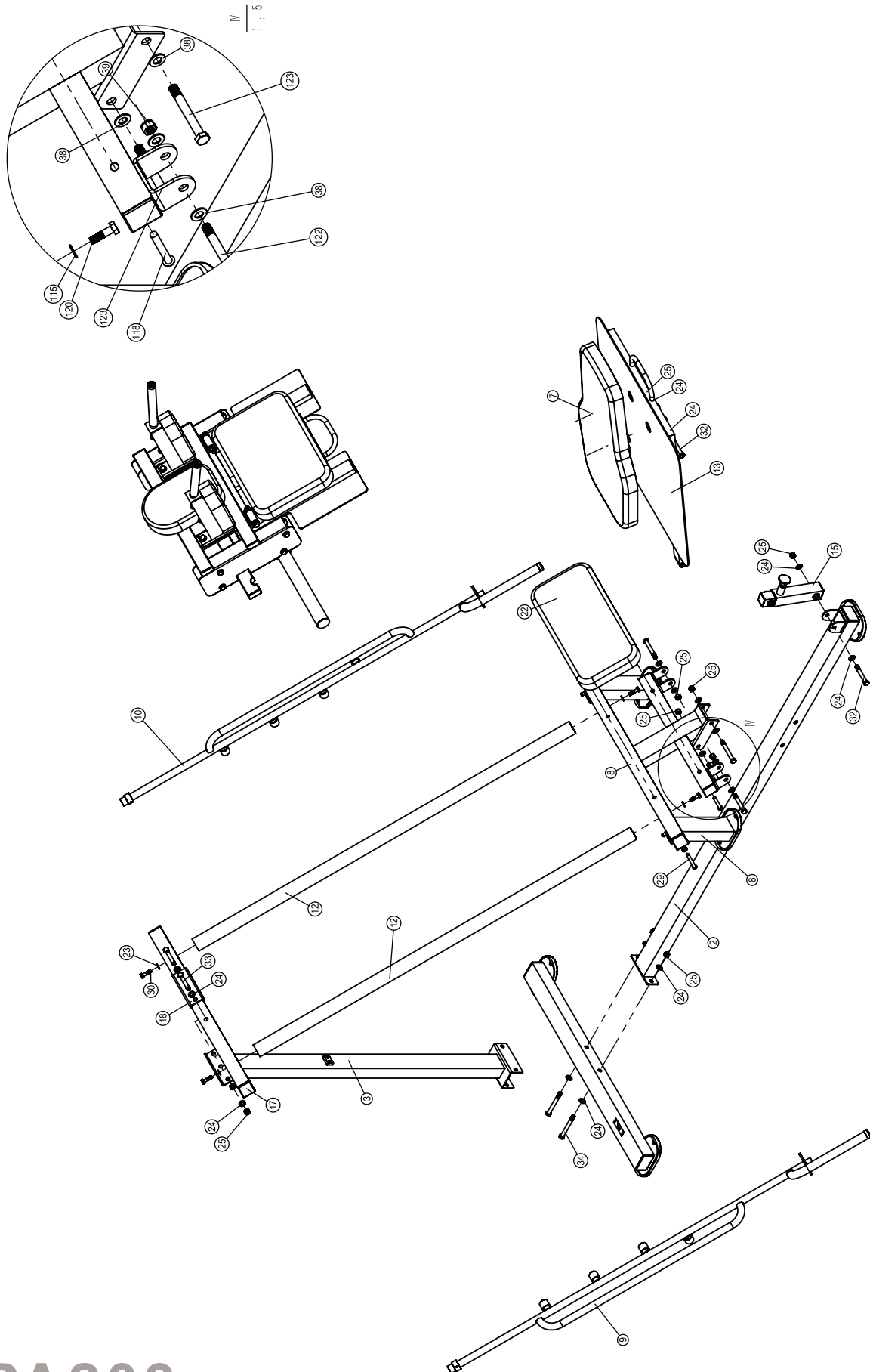
Part#	Description	Qty
1	Rear bottom bracket assembly	1
2	Underframe connection	1
3	Rear support frame assembly	1
4	Left shoulder pad assembly	1
5	Right shoulder pad assembly	1
6	Sliding frame assembly	1
7	Back pad fixed frame assembly	1
8	Lower cross brace assembly	1
9	Left safety frame assembly	1
10	Right safety frame assembly	1
11	Bell plate frame assembly	1
12	Guide tube assembly welding	2
13	Lower back pad frame	1
14	Bar support frame	1
15	Back pad adjustment assembly	1
16	Footrest assembly	1
17	Upper cross brace assembly	1
18	N type connecting plate W52 52×15×160×4	1
19	Shoulder pad 230×120×55	2
20	Head pad 300×200×55	1
21	Back pad 460×320×55	1
22	Lower seat cushion 500×250×55	1
23	Flat Washers Φ11×Φ20×2	16
24	Flat washers Φ13×Φ24×2	40
25	Nylon Cap M12	20
26	Hexagon socket countersunk M10×50	4
27	Hexagon socket umbrella head M10×25	5
28	Hexagon socket umbrella head M10×75	6
29	Hexagon socket umbrella head M10×90	2
30	Hexagon bolts M10×35	4
31	Hexagon bolts M12×45	8
32	Hexagon bolts M12×85	6
33	Hexagon bolts M12×100	4
34	Hexagon bolts M12×110	2

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LEG PRESS/HACK SQUAT

EXPLODED DIAGRAM

POWERTEC®

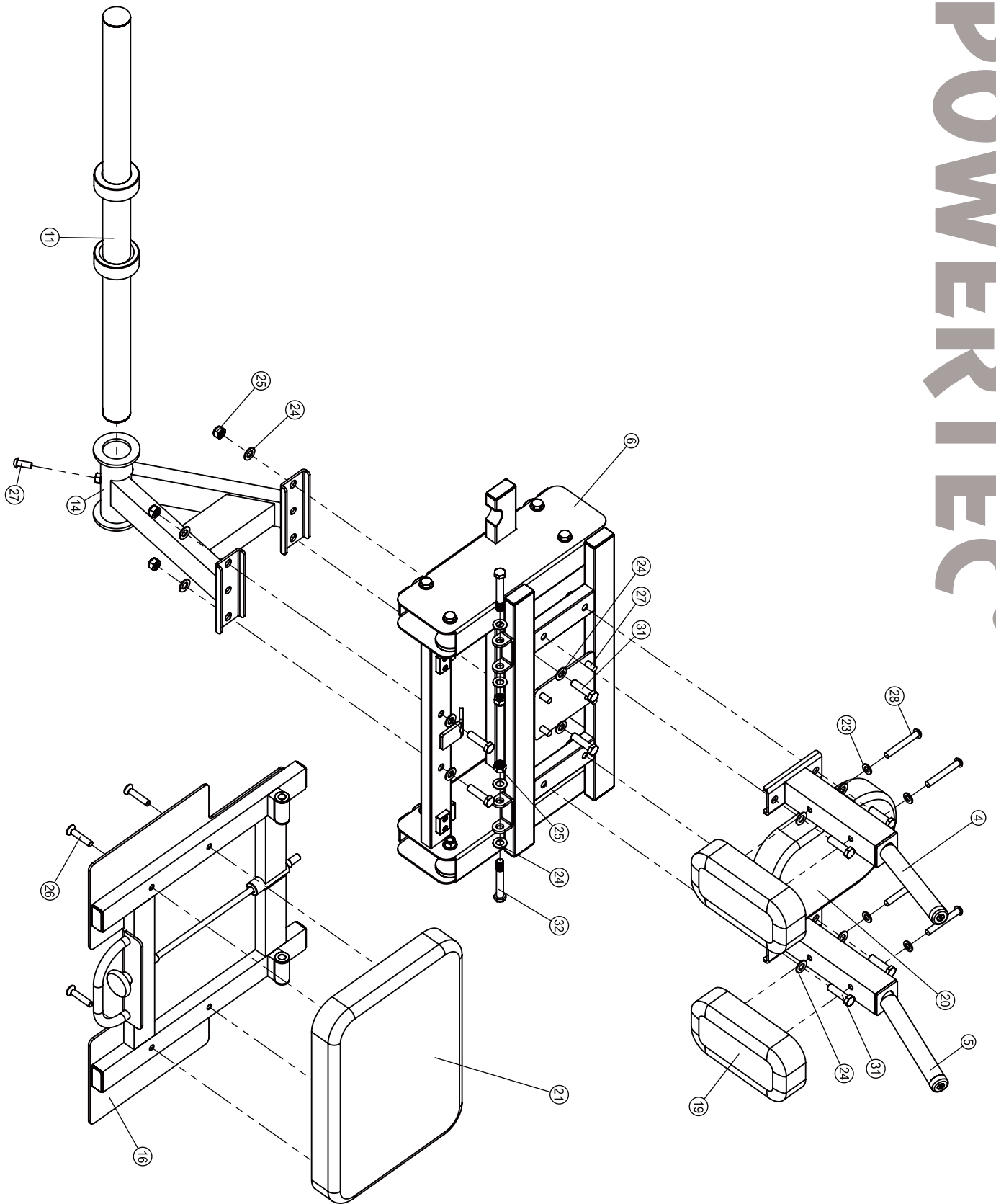


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LEG PRESS/HACK SQUAT

EXPLODED DIAGRAM

POWERTEC®



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LEG PRESS/HACK SQUAT

ASSEMBLY ONE

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Step 1

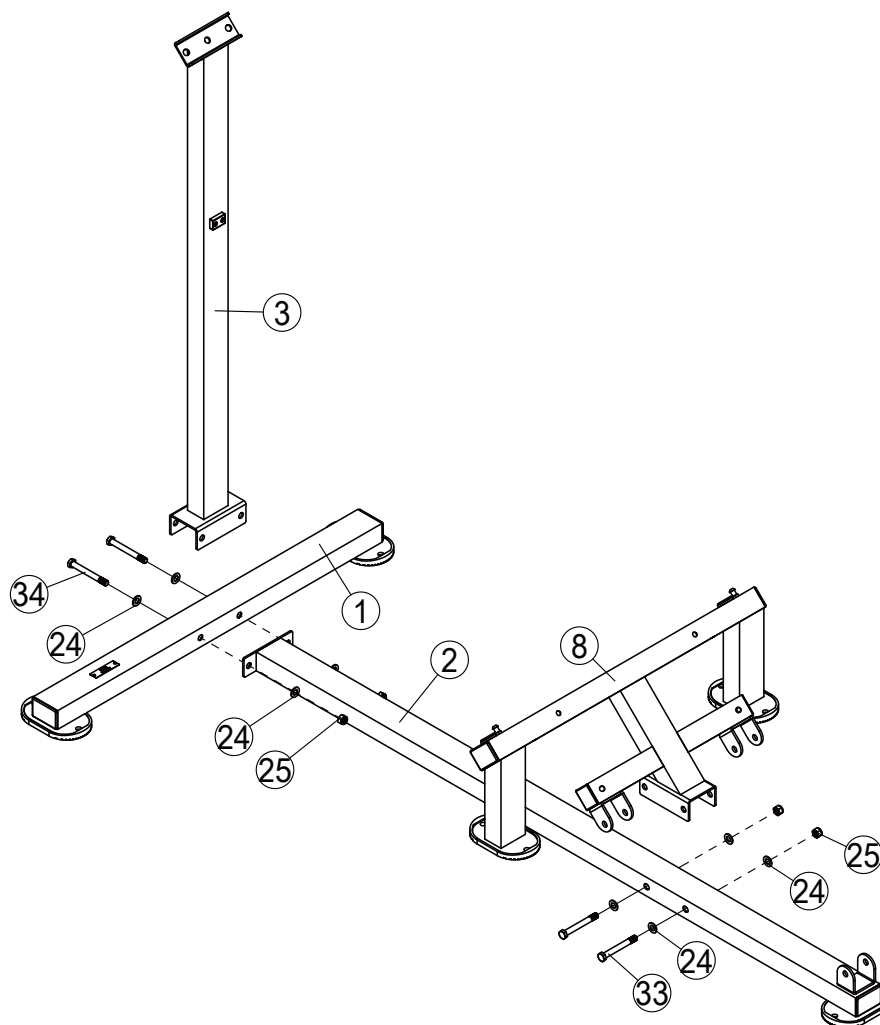
Attach the (#1) rear bottom bracket assembly to (#2) bottom bracket connection assembly and (#3) rear support bracket assembly together, do not tighten the bolts.

Use: 2 pieces (#34) hexagonal bolts M12X105,
4 pieces (#24) flat washers $\phi 13 \times \phi 24 \times 2$,
2 pieces (#25) nylon caps M12.

Step 2

Attach the (#8) lower cross brace assembly to (#2) bottom frame connection assembly together, do not tighten the bolts.

Use: 2 pieces (#33) hexagonal bolts M12X100,
4 pieces (#24) flat washers $\phi 13 \times \phi 24 \times 2$,
2 pieces (#25) nylon caps M12



Do Not Fully Tighten Until Assembly Has Been Completed

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LEG PRESS/HACK SQUAT

ASSEMBLY TWO



Step 1

Install (#18) N type connecting plate W52 to (#17) upper cross brace assembly and (#3) rear support frame assembly without tightening bolts.

Use: 2 pieces (#33) hexagonal bolts M12X100,

4 pieces (#24) flat washers $\phi 13 \times \phi 24 \times 2$,

2 pieces (#25) nylon caps M12.

Step 2

Insert 2 pieces (#12) guide tube assembly into (#8) lower cross brace assembly, then insert (#6) sliding frame assembly from the upper (#12) guide tube assembly, and insert the upper (#12) guide tube assembly into (#17) upper cross brace assembly.

Use: 4 (#30) M10X35 hex bolts,

4 (#23) $\Phi 11 \times \Phi 20 \times 2$ flat washers to fix,

do not tighten the bolts.

Step 3

Remove the bolts and flat washers from B side. Insert the (#10) right side mounting bracket assembly upward into the (#17) upper cross brace assembly hole.

Step 4

Insert the (#8) lower cross brace assembly downward, restore the removed bolt at B to its original position, push the bushing at A to its highest point, and tighten the screw.

Step 5

Install the left side mounting bracket assembly (#9) on the other side in the same manner.

Step 6

Move the (#6) sliding frame assembly up and down to confirm smooth movement and no abnormal wear, then tighten all previously untightened bolts

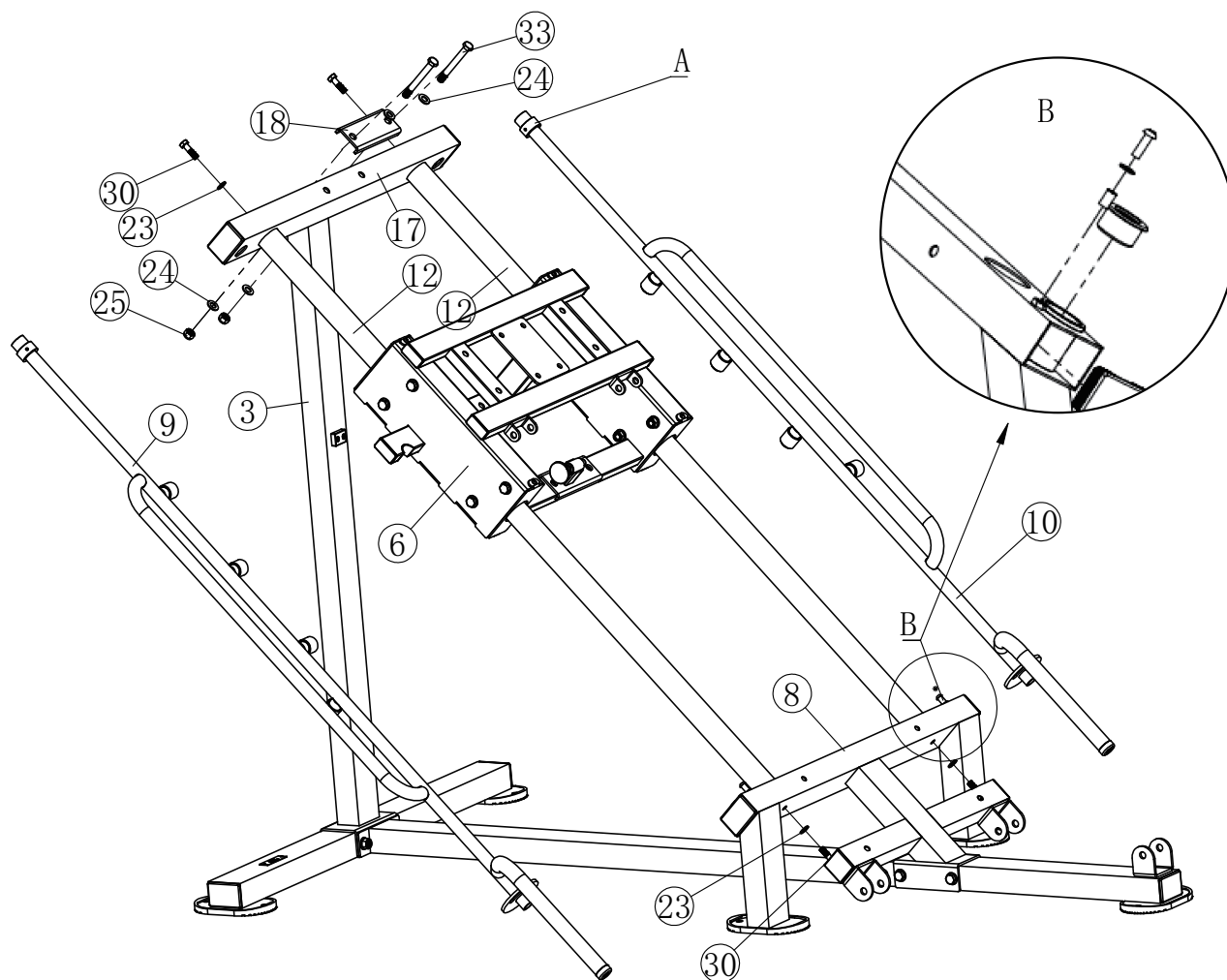
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ASSEMBLY TWO

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Do Not Fully Tighten Until Assembly Has Been Completed

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ASSEMBLY THREE

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Step 1

Attach the (#14) bar support frame to the (#6) sliding frame.

Use: 4 pieces (#31) hexagonal bolts M12×45,
8 pieces (#24) flat washers $\phi 13 \times \phi 24 \times 2$,
4 pieces (#25) nylon caps M12.

Step 2

Attach (#21) back pad to (#16) footrest assembly.

Use: 4 pieces (#26) hexagon socket countersunk head screws M10X50.
(Using S=6 Allen wrench)

Step 3

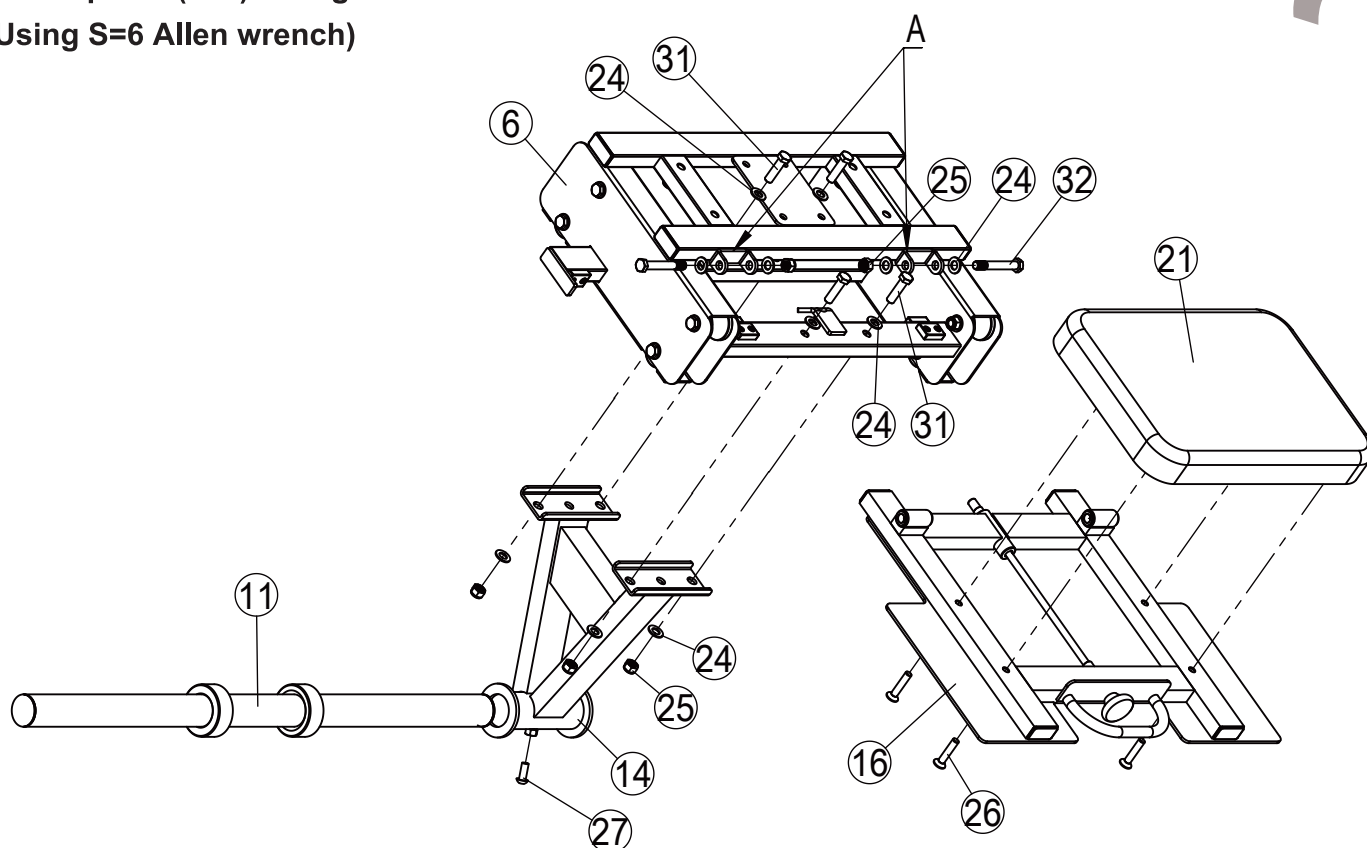
Attach the (#16) footrest assembly the two U-shaped seats
at (#6) sliding frame assembly A;

Use: 2 pieces (#32) hexagonal bolts M12×85,
4 pieces (#24) flat washers $\phi 13 \times \phi 24 \times 2$,
2 pieces (#25) nylon caps M12.

Step 4

Install the (#11) bell piece holder on the (#14) bar piece support frame.

Use: 1 piece (#27) hexagonal umbrella head bolt M10X25.
(Using S=6 Allen wrench)



Do Not Fully Tighten Until Assembly Has Been Completed

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ASSEMBLY FOUR

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Step 1

Attach the (#4) left shoulder pad holder assembly to the (#6) sliding holder assembly.

Use: 2 pieces (#31) hexagonal bolts M12×45,
4 pieces (#24) flat washers $\phi 13 \times \phi 24 \times 2$,
2 pieces (#25) nylon caps M12.

Step 2

On the other side, the (#5) right shoulder pad frame assembly is assembled in the same way.

Step 3

Attach 2 pieces (#19) of shoulder pads to each of (#4) left shoulder pad frame assembly and (#5) right shoulder pad frame assembly.

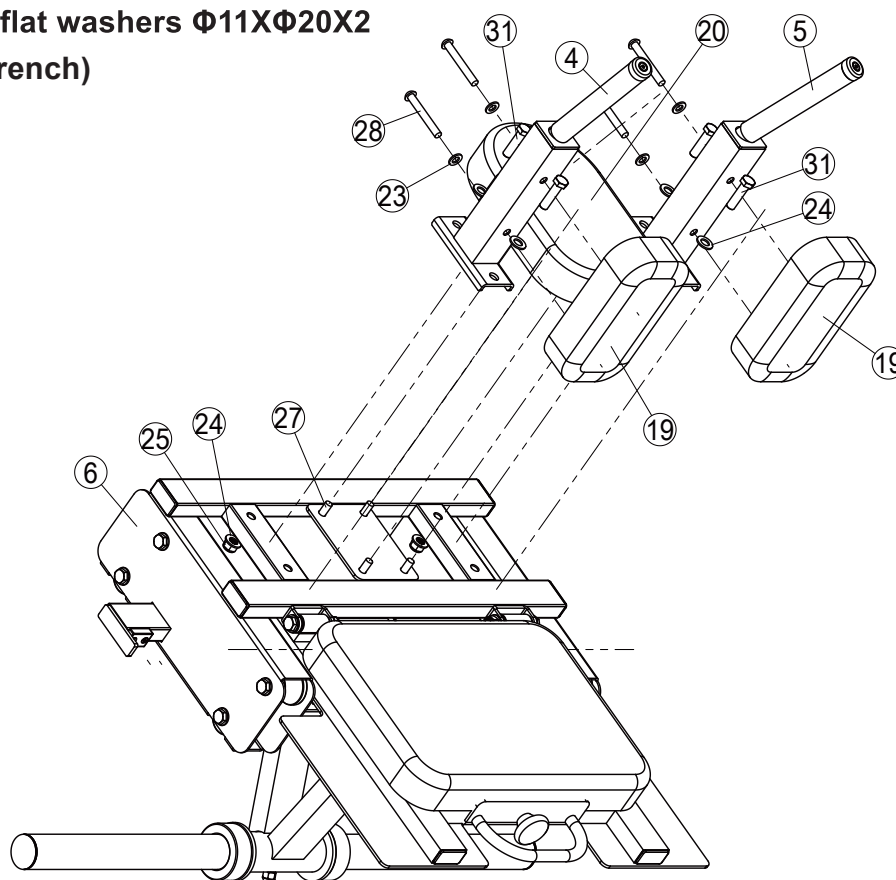
Use: 4 pieces (#28) hexagonal umbrella head bolts M10X75,
4 pieces (#23) flat washers $\Phi 11 \times \Phi 20 \times 2$.

(Using S=6 Allen wrench)

Step 4

Attach (#20) head pads to the (#6) sliding frame assembly.

Use: 4 pieces (#27) hexagonal umbrella head bolts M10X25,
4 pieces (#23) flat washers $\Phi 11 \times \Phi 20 \times 2$
(Using S=6 Allen wrench)



Do Not Fully Tighten Until Assembly Has Been Completed

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LEG PRESS/HACK SQUAT

ASSEMBLY FIVE



Step 1

Attach the (#22) lower seat cushion to (#8) lower cross brace assembly.

Use: 2 pieces (#28) hexagonal umbrella head bolts M10X75,

2 pieces (#29) hexagonal umbrella head bolts M10X90,

4 pieces (#23) flat washers $\Phi 11 \times \Phi 20 \times 2$.

(Using S=6 Allen wrench)

Step 2

Attach the (#15) backing pad adjustment assembly to (#2) bottom frame connection assembly.

Use: 1 piece (#32) hexagonal bolt M12X85,

2 pieces (#24) flat washers $\Phi 13 \times \Phi 24 \times 2$,

1 piece (#25) nylon cap M12.

Step 3

Assemble the (#13) lower back cushion frame on 2 U-shaped seats at (#8) lower cross brace assembly A.

Use: 2 pieces (#32) hexagonal bolts M12X85,

4 pieces (#24) flat washers $\Phi 13 \times \Phi 24 \times 2$,

2 pieces (#25) nylon caps M12.

Step 4

Connect (#13) lower back pad holder assembly and (#15) back pad adjustment assembly together.

Use: 1 piece (#32) hexagonal bolt M12X85,

2 pieces (#24) flat washers $\Phi 13 \times \Phi 24 \times 2$,

1 piece (#25) nylon cap M12.

Step 5

Install the (#7) back pad fixing frame assembly to the (#13) lower back pad frame assembly for Leg Press.

Do Hack Squat function, this piece will be removed.

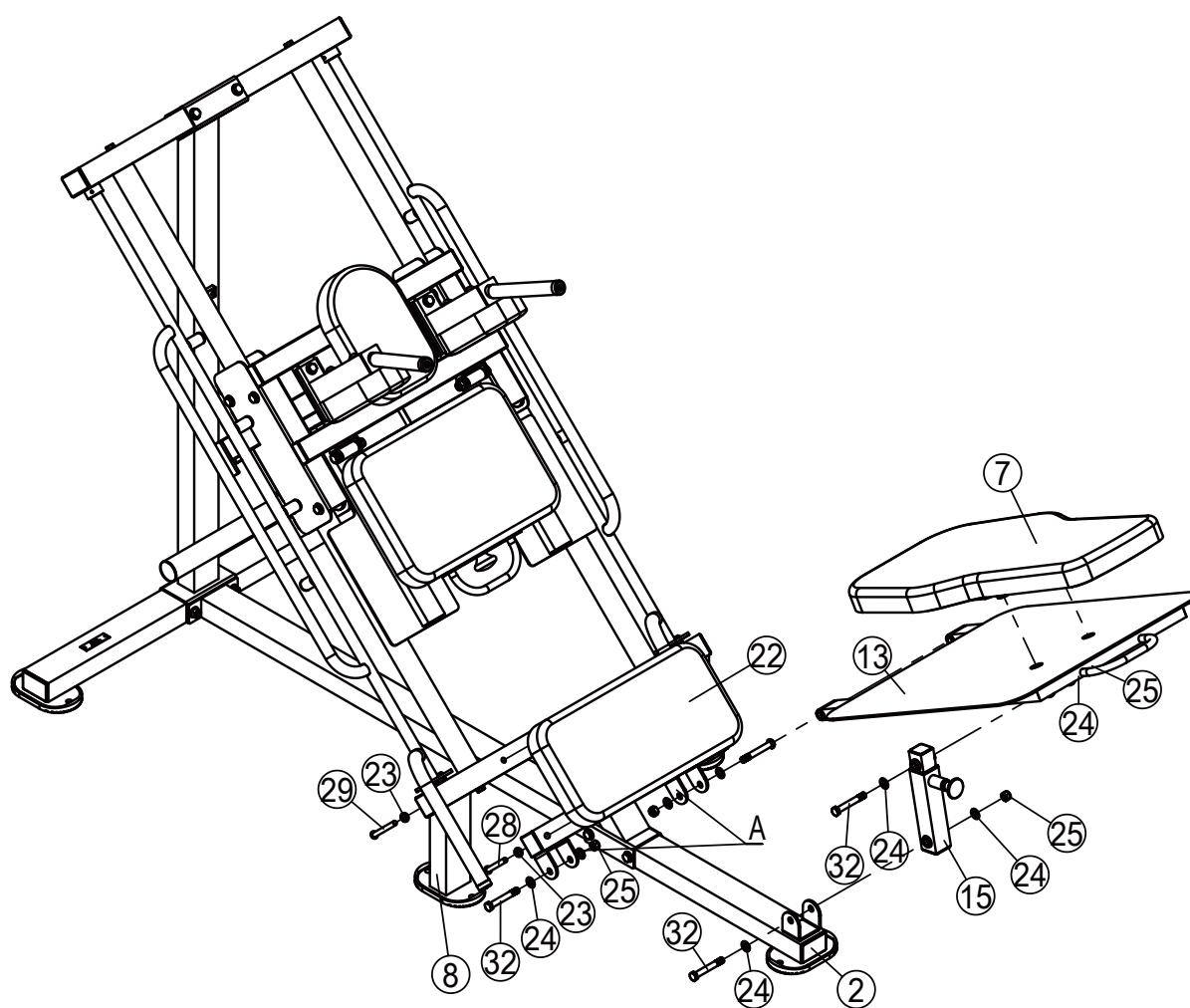
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LEG PRESS/HACK SQUAT

ASSEMBLY FIVE

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Do Not Fully Tighten Until Assembly Has Been Completed

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LEG PRESS/HACK SQUAT

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@powertec.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



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Return Warranty Registration Card to Appropriate Powertec Address:



Place
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Here

