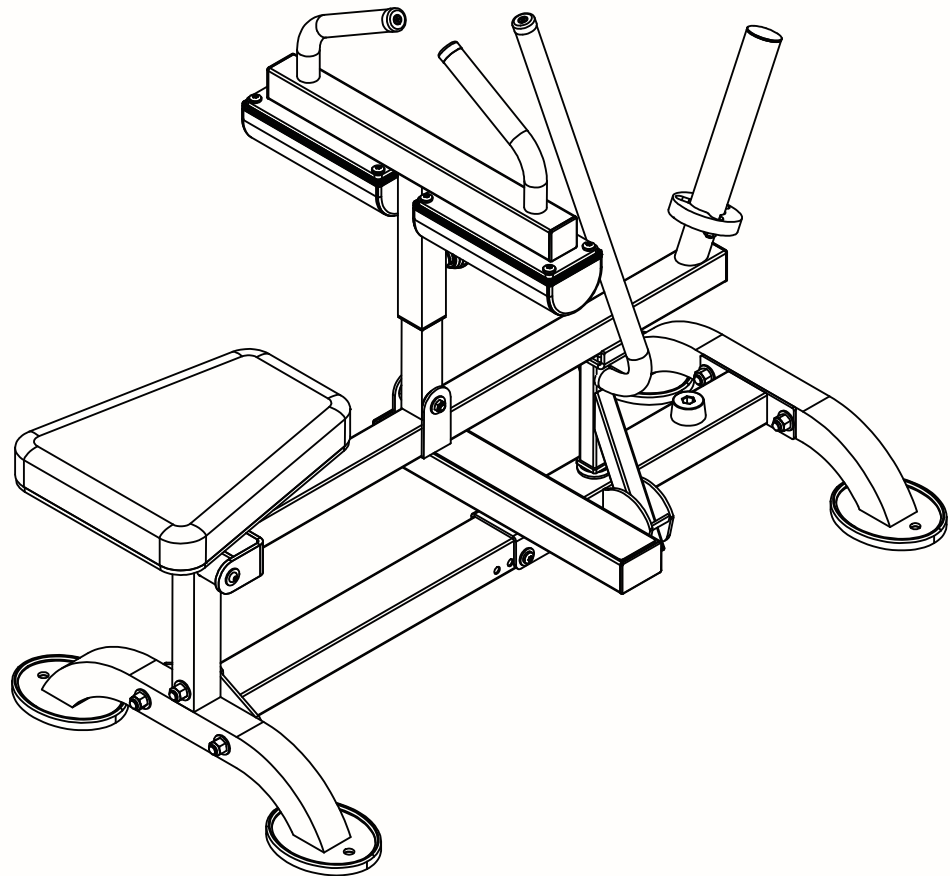


POWERTEC®

P-SCR25

Manual



SEATED CALF RAISE

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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Warranty Registration Card	15

P-SCR25

Seated Calf Raise

Weight Capacity

1,000 Lbs.

Bench Weight Capacity

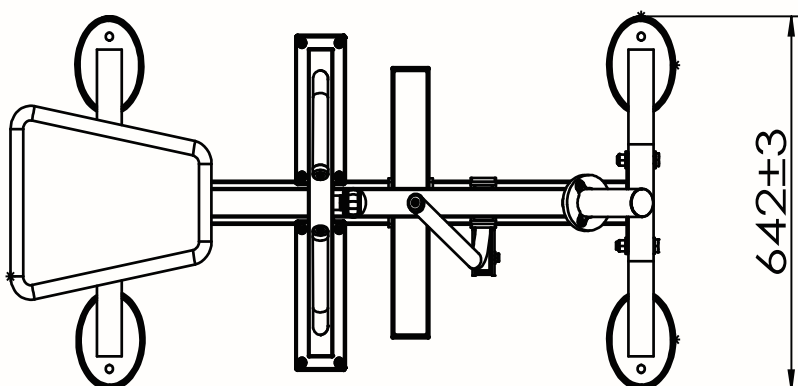
700 Lbs.

Featured Exercise

Seated Calf Raise

Recommended Strength Classic Systems

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



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



8" Adjustable Wrench



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

Helpful Tips

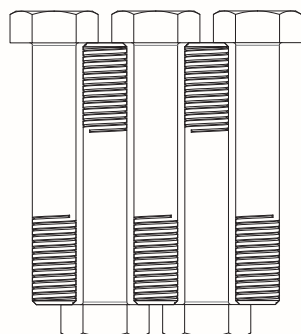
- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the unit on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows for easier access.
- **Insert all bolts in the same direction.** For aesthetic purposes, insert all the bolts in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten fasteners (such as bolts, nuts, and screws), so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed (in the steps) to do so.

 **POWERTEC**[®]

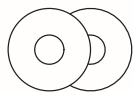
HARDWARE LIST

SCR25

HARDWARE PACK(2-1)



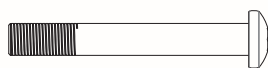
No. 18 Hex Bolt 1/2"×3" (5pcs)



No. 26 $\phi 8.5 \times \phi 24 \times 2$
Flat Washer (2pcs)



No. 28 $\phi 8.5 \times \phi 20 \times 1.5$
Flat Washer (4pcs)



No. 21 Hex Bolt
3/8"×2 3/4" (1pcs)



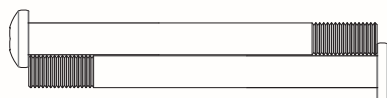
No. 19 Washer $\phi 10 \times \phi 25 \times 2.0$ (6pcs)



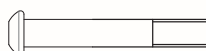
No. 17 Nylon Nut 1/2"16T (5pcs)



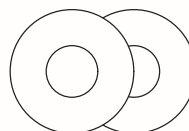
No. 30 Hex Key S=5 (1pcs)



No. 22 Hex Bolt 3/8"×4" (2pcs)



No. 27 M8X55 Button
Head Cap Screw (1pcs)



No. 13 $\phi 15 \times \phi 36 \times 5.5$
Stable Gasket (2pcs)



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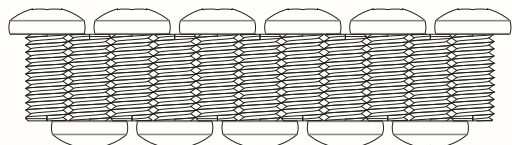
P-SCR25

SEATED CALF RAISE

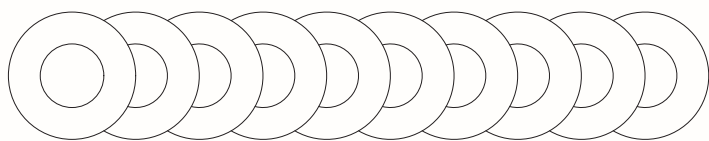
HARDWARE LIST

SCR25

HARDWARE PACK(2-2)



No. 15 Hex Bolt $3/8" \times 3/4"$ (11pcs)



No. 16 Washer, $\phi 14 \times \phi 28 \times 2.0$ (10pcs)



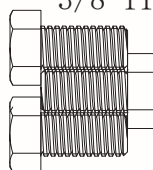
No. 24 Nylon Nut $3/8" 7T$ (4pcs)



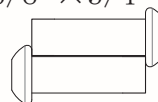
No. 29 M8 Nylon
Lock Nut (1pcs)



No. 20 Nylon Nut
 $3/8" 11T$ (2pcs)



No. 23 Hex Bolt
 $3/8" \times 3/4"$ (3pcs)



No. 25 M8X25 Button
Head Cap Screw (2pcs)



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SEATED CALF RAISE

PART LIST



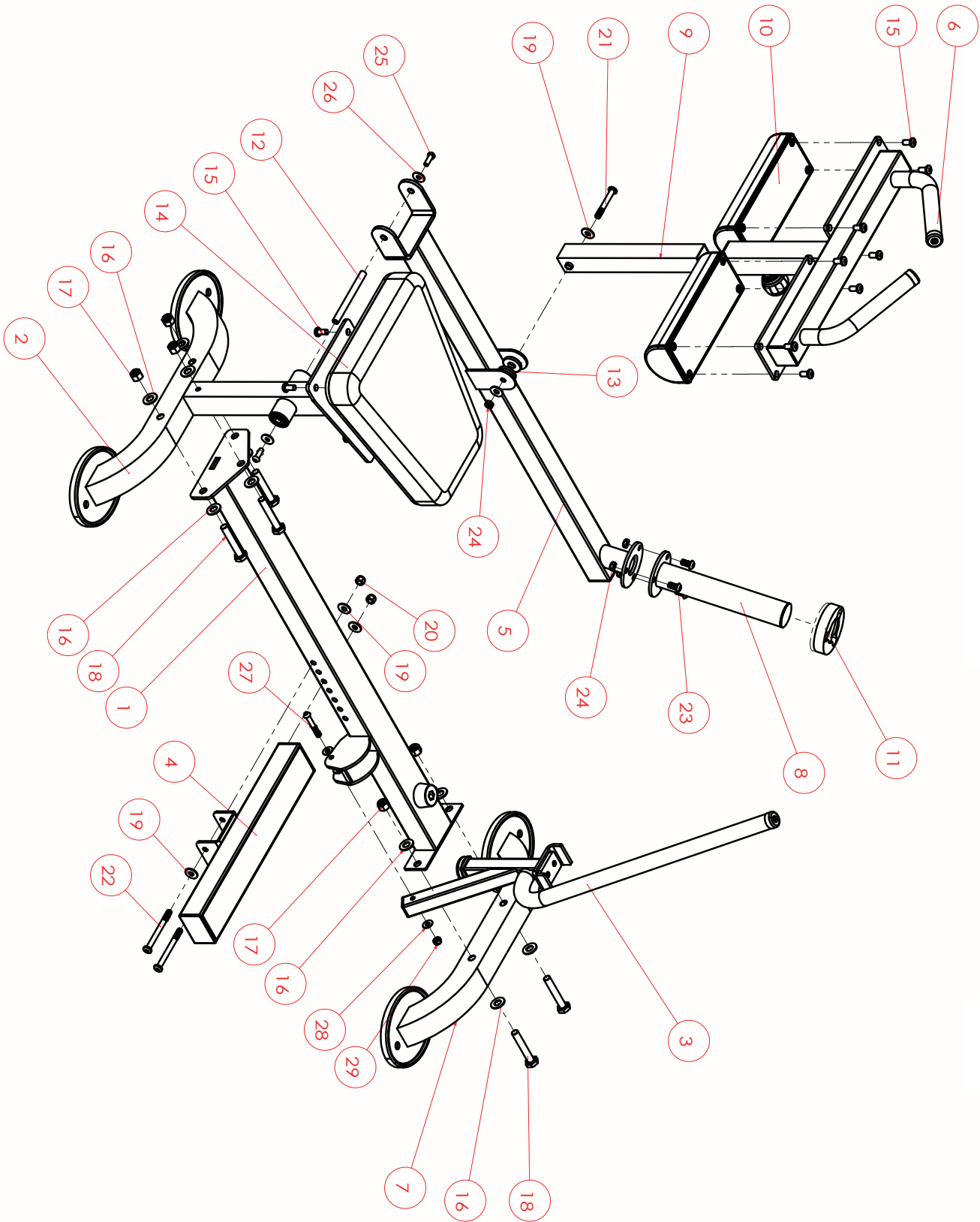
Part#	Description	Qty
1	Bottom tube assembly	1
2	Rear Bottom Tube Assembly	1
3	Pusher assembly	1
4	Foot Support Assembly	1
5	Leg Lift Support Assembly	1
6	Grip assembly	1
7	U-shaped bottom tube assembly	1
8	Barbell Support Tube Assembly	1
9	Rotary Weldment	1
10	Leg pad	2
11	Rubber Retainer Ring	1
12	Φ12×131 connecting rod	1
13	Φ15xΦ36x5.5 Stable Gasket	2
14	Seat pad	1
15	Hex Bolt 3/8"x3/4"	11
16	Washer Φ14xΦ28x2	10
17	Nylon Nut 1/2" 16T	5
18	Hex Bolt 1/2"×3"	5
19	Washer Φ10xΦ25x2	6
20	Nut 3/8" 11T	2
21	Hex Bolt 3/8"x2 3/4"	1
22	Hex Bolt 3/8"×4"	2
23	Hex Bolt 3/8"×3/4"	3
24	Nut 3/8" 7T	4
25	M8X25 Button Head cap Screw	2
26	Φ8.5xΦ24x2 Flat Washer	2
27	M8X55 Button Head Cap Screw	1
28	Φ8.5xΦ20x1.5 Flat Washer	4
29	M8 Nylon Lock Nut	1
30	Hex Key S=5	1

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SEATED CALF RAISE

EXPLODED DIAGRAM

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SEATED CALF RAISE

ASSEMBLY ONE

Step 1

Install Rear Bottom Tube Assembly No. 2, Bottom tube assembly No. 1 together, using Hex Bolt 1/2"x3" No. 18, Washer $\Phi 14 \times \Phi 28 \times 2$ No. 16, and Nylon Nut 1/2" 16T No. 17

Step 2

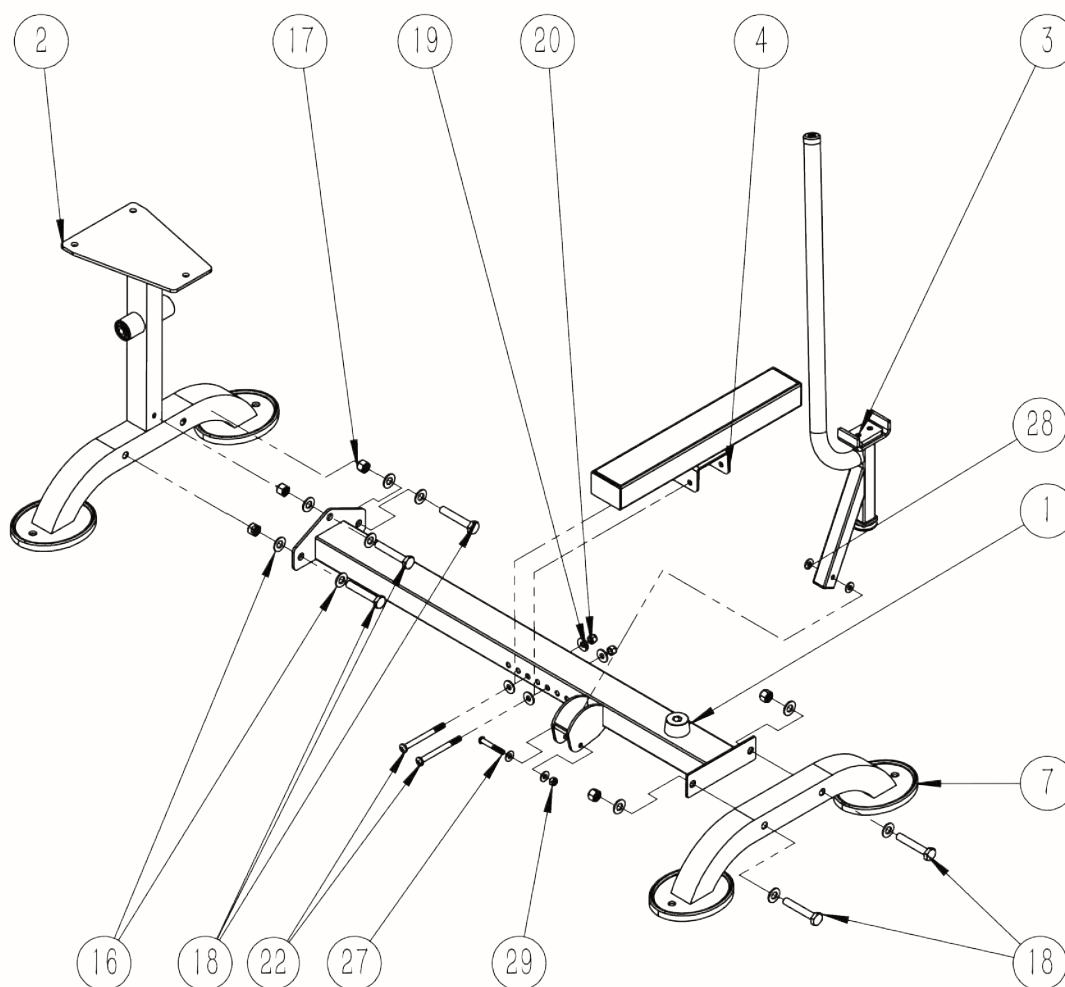
Install U-shaped bottom tube assembly No. 7 & Bottom tube assembly No. 1 together, using Hex Bolt 1/2"x3" No. 18, Washer $\Phi 14 \times \Phi 28 \times 2$ No. 16, and Nylon Nut 1/2" 16T No. 17

Step 3

Install Foot Support Assembly No. 4, Bottom tube assembly No. 1 together, using Hex Bolt 3/8"x4" No. 22, Washer $\Phi 10 \times \Phi 25 \times 2$ No. 19, Nut 3/8" 11T No. 20

Step 4

Install Pusher assembly No. 3, Bottom tube assembly No. 1 together, using M8X55 Button Head Cap Screw No. 27, $\Phi 8.5 \times \Phi 20 \times 1.5$ Flat Washer No. 28, M8 Nylon Lock Nut No. 29.



Do Not Fully Tighten Until Assembly Has Been Completed.

P-SCR25

SEATED CALF RAISE

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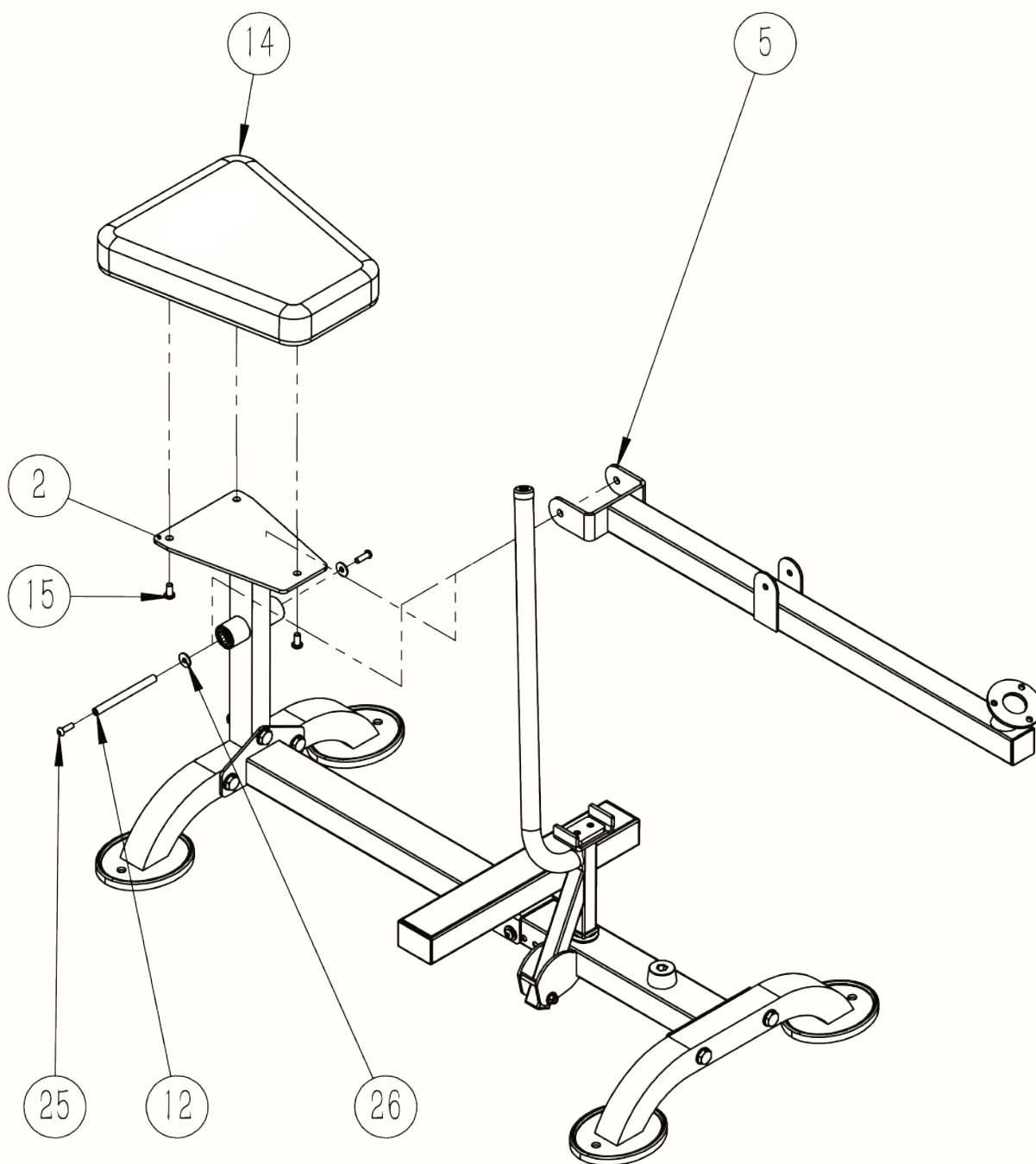
ASSEMBLY TWO

Step 1

Install Seat pad No. 14 & Rear Bottom Tube Assembly No. 2 together, using Hex Bolt 3/8"x3/4" No. 15

Step 2

Install Leg Lift Support Assembly No. 5 and Rear Bottom Tube Assembly No. 2 together, using M8X25 Button Head cap Screw No. 25, $\Phi 8.5 \times \Phi 24 \times 2$ Flat Washer No. 26, $\Phi 12 \times 131$ connecting rod No. 12.



Do Not Fully Tighten Until Assembly Has Been Completed.

P-SCR25

SEATED CALF RAISE

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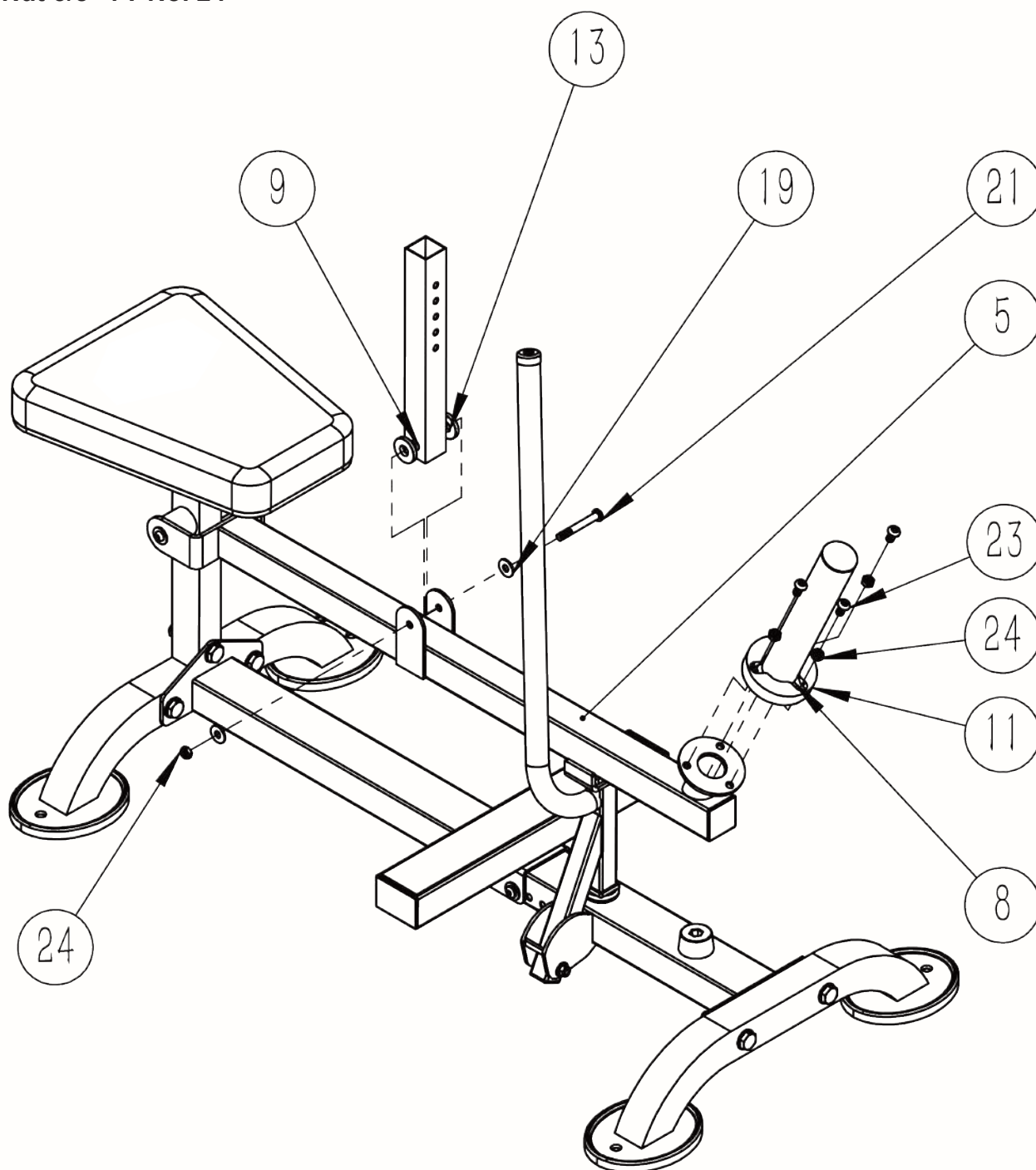
ASSEMBLY THREE

Step 1

Install Rotary Weldment No. 9, Leg Lift Support Assembly No. 5 together, using Hex Bolt 3/8"x2 3/4" No. 21, Washer $\Phi 10 \times \Phi 25 \times 2$ No. 19, $\Phi 15 \times \Phi 36 \times 5.5$ Stable Gasket No. 13, Nut 3/8" 7T No. 24

Step 2

Install Barbell Support Tube Assembly No.8, Rubber Retainer Ring No. 11, and Leg Lift Support Assembly No. 5 together, using Hex Bolt 3/8"x3/4" No. 23, Nut 3/8" 7T No. 24



Do Not Fully Tighten Until Assembly Has Been Completed.

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SEATED CALF RAISE

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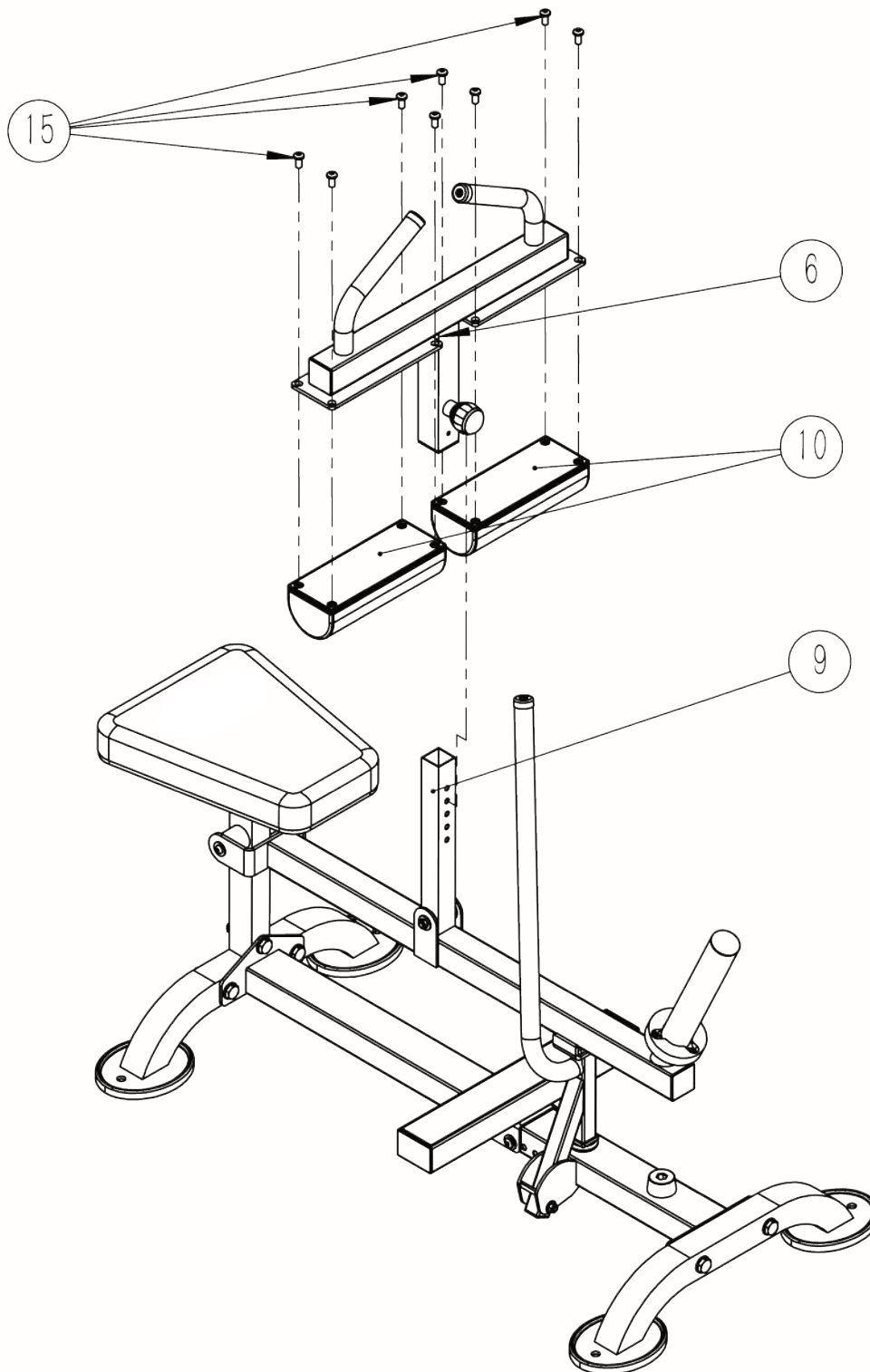
ASSEMBLY FOUR

Step 1

Install Leg pad No. 10, Grip assembly No.6 together, using Hex Bolt 3/8"x3/4" No.15

Step 2

Install Grip assembly No.6, Rotary Weldment No.9 together, Pull the pin of Grip assembly No. 6. Fix it in any through-hole of Rotary Weldment No.9



Do Not Fully Tighten Until Assembly Has Been Completed.

P-SCR25

SEATED CALF RAISE

POWERTEC®

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



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

Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here

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