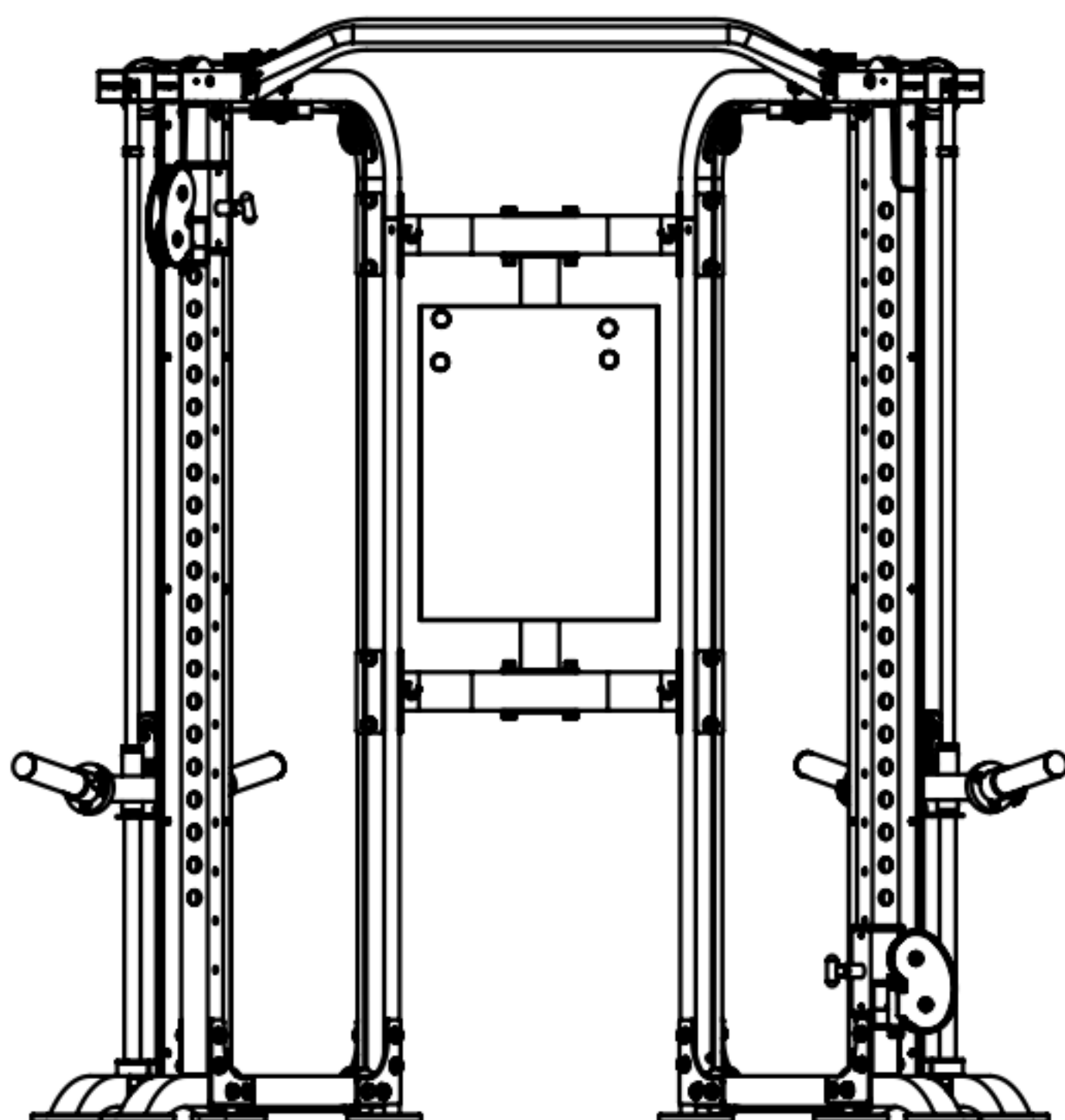


 **POWERTEC®**

WB-FTD 20



Manual

Functional Trainer DELUXE

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-FTD20 Functional Trainer

Weight Capacities: 500 Lbs.

Weight Stack Option: 190 lbs / Brings Total Weight Resistance to: 1000 lbs.

Featured Exercises

Behind the Back Single Lat Raise	Bicep Curl	Cable Twist Wood Chops
Close Grip Pull Ups	Close Row	Front Shoulder Raise
Glute Press	Hanging Leg Raise	High Cable Chest Fly
High Cable Crunches	High Cable Curl	High Cable Rear Deltoid Fly
High Cable Single Arm Chest Fly	High to Low Wood Chops	Hip Abductor
Chin Ups	Cable Lunges	Hip Extension
Kneeling Upright Rows	Lateral Cable Flys	Leg Abduction
Leg Curl	Leg Kickback	Long Bar Curl
Long Bar Lat Pull Down	Low Cable Bicep Curl	Long Bar Standing Bench Press
Low Cable Calf Exercises	Low Row	Low to High Wood Chops
Oblique Crunch	One Arm Cable Cross Over	One Arm Row
Overhead Extension	Overhead Triceps Extensions	Pull Up
Resisted Calf Raise	Reverse Fly	Reverse Fly
Seated Cable Row	Seated Chest Press	Seated Front Raises
Seated Pec Fly	Seated Shoulder Press	Single Arm Lat Raise
Single Arm Bicep Curl	Single Arm Seated Low Row	Single Arm Side Raise
Single Arm Triceps Kickback	Single Arm Triceps Pushdown	And more...

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"



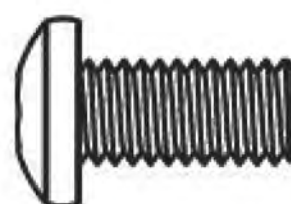
8" Adjustable Wrench

HARDWARE LIST

POWERTEC®



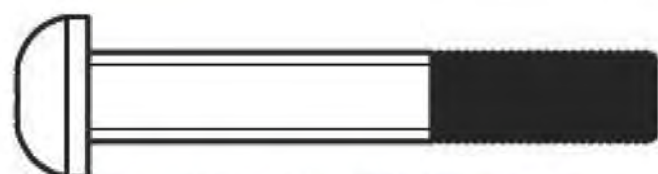
Part No. 37 M5x10 32 pcs



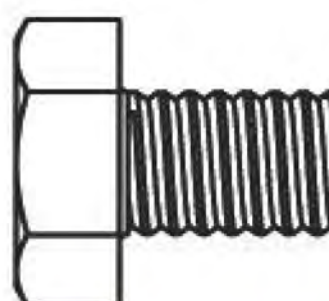
Part No.39 3/8"x3/4" 8 pcs



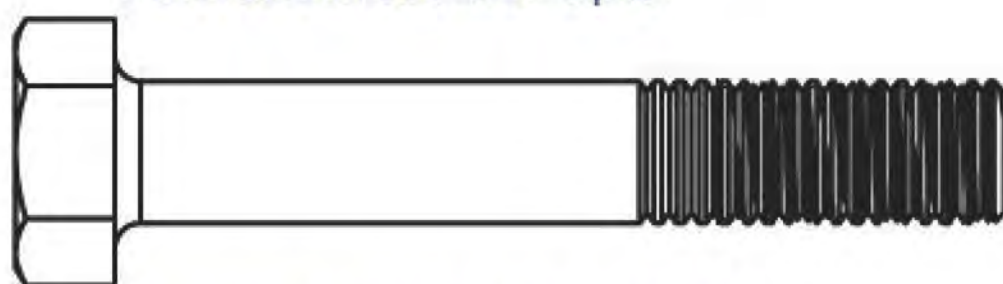
Part No.41 3/8"x1 1/2" 4 pcs



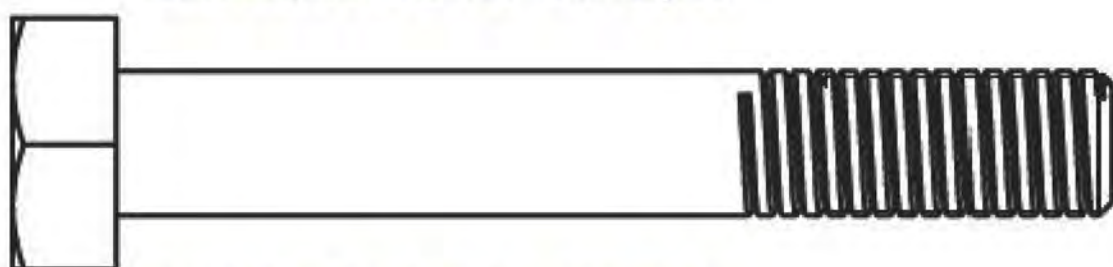
Part No.38 5/16"x 2" 3 pcs



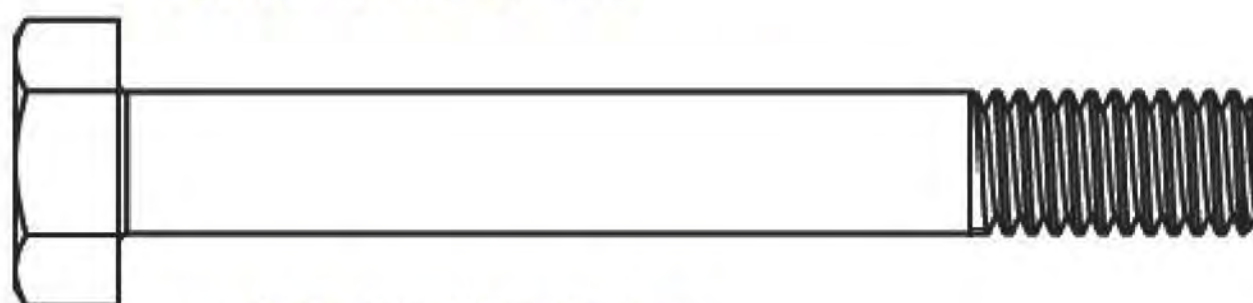
Part No.42 1/2" x 3/4" 16 pcs



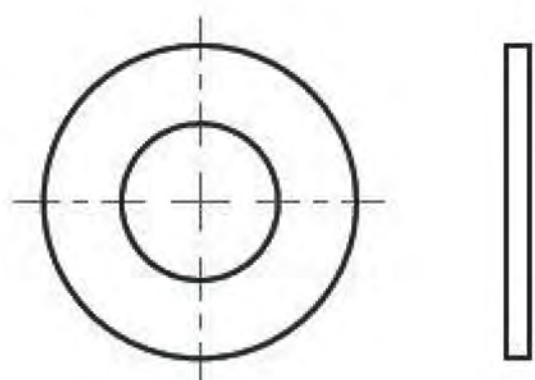
Part No.43 1/2"x3 1/8" 2 pcs



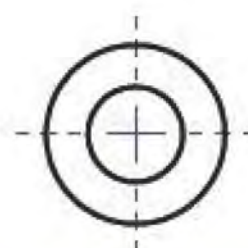
Part No.44 1/2"x3 1/2" 20 pcs



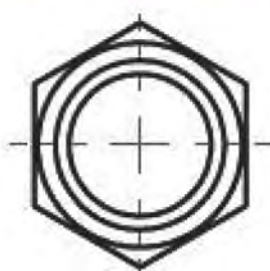
Part No.45 1/2"x4" 4 pcs



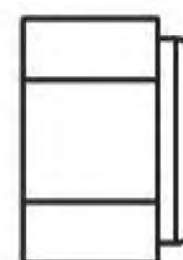
Part No.49 Large Washer 1/2" 70 pcs



Part No.48 Small Washer 5/16" 3 pcs



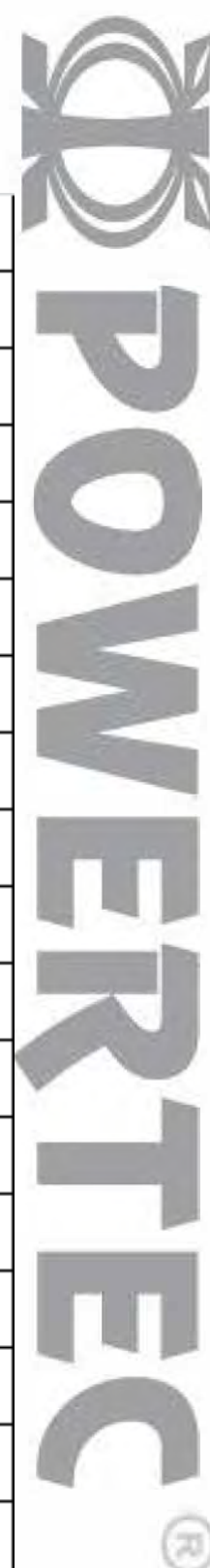
Part No.47 Nylon Nut 1/2" 26 pcs



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FUNCTIONAL TRAINER DELUXE

PARTS LIST



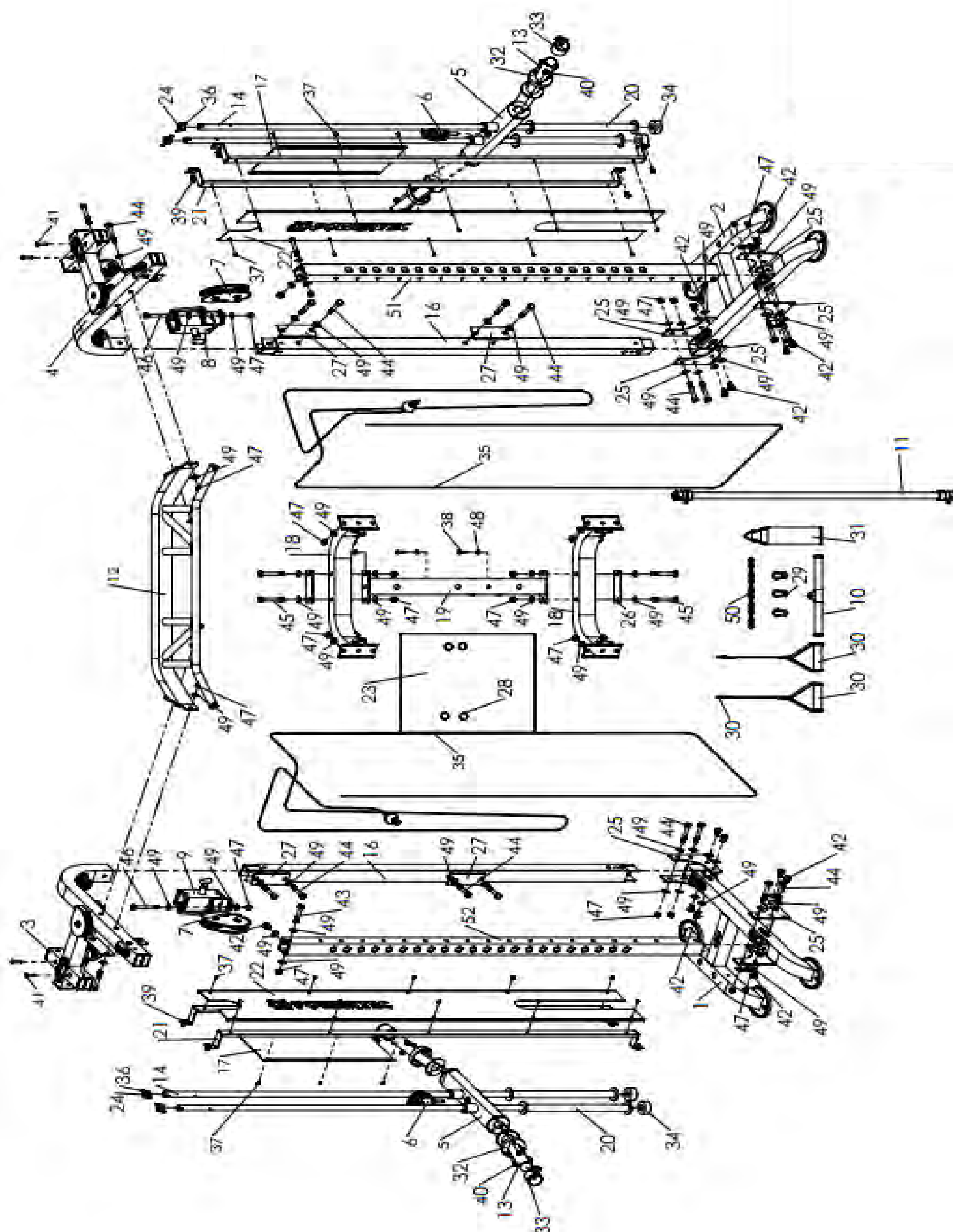
Part No.	Description	Qty.	Part No.	Description	Qty.
1	Base Frame - Right	1	27	Reinforcement Plate	6
2	Base Frame - Left	1	28	Magnet set	6
3	Upper -Top Frame - Right	1	29	Snap Link	3
4	Upper -Top Frame - Left	1	30	D Strap Handle	2
5	Weight Horn Support Tube	2	31	Foot Strap	1
6	Pulley Assembly Becket	2	32	Rubber Bumper	4
7	Pulley Support Bracket	2	33	Collar	4
8	Sliding Tube - Left	1	34	Rubber Bumper	4
9	Sliding Tube - Right	1	35	Cable	2
10	Short Lat Bar	1	36	Bolt M6×6mm	8
11	Long Lat/ Exercise Bar	1	37	Round Head Bolt M5×10mm	32
12	Front Upper Horizontal Cross Bar	1	38	Round Head Bolt 5/16"×1 7/8"	3
13	Weight Horn	4	39	Round Head Bolt 3/8"×3/4"	8
14	Slide Rod	4	40	Round Head Bolt 3/8"×1/2"	12
15	Cable Fixed Frame	2	41	Round Head Bolt 3/8"×1 1/2"	4
16	Rear Up - Right	2	42	Hex Bolt 1/2"×3 1/4"	18
17	Back Plate	2	43	Hex Bolt 1/2"×3 1/8"	2
18	Rear Horizontal Cross Bar	2	44	Hex Bolt 1/2"×3 1/2"	20
19	Rear Center Vertical Bar	1	45	Hex Bolt 1"×4" S1"	4
20	Support Tube/ Spacers	4	46	Hex Bolt 1/2"×4 3/8"	2
21	Cover Support Frame	4	47	Nut 1/2×16T	26
22	Cover	2	48	Washer Ø8.5×Ø16×1.5	3
23	Exercise Chart Support Bracket	1	49	Washer Ø14×Ø28×2.0	70
24	Slide Rods Stopper	4	50	Chain	1
25	Reinforcement Plate	8	51	Front Up - Rights	1
26	Reinforcement Plate	2	52	Front Up - Rights	1

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FUNCTIONAL TRAINER DELUXE

EXPLODED DIAGRAM

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FUNCTIONAL TRAINER DELUXE

ASSEMBLY ONE

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Step 1

Install Sliding Tube No. 9 onto Front Up-Right No. 52

Step 2

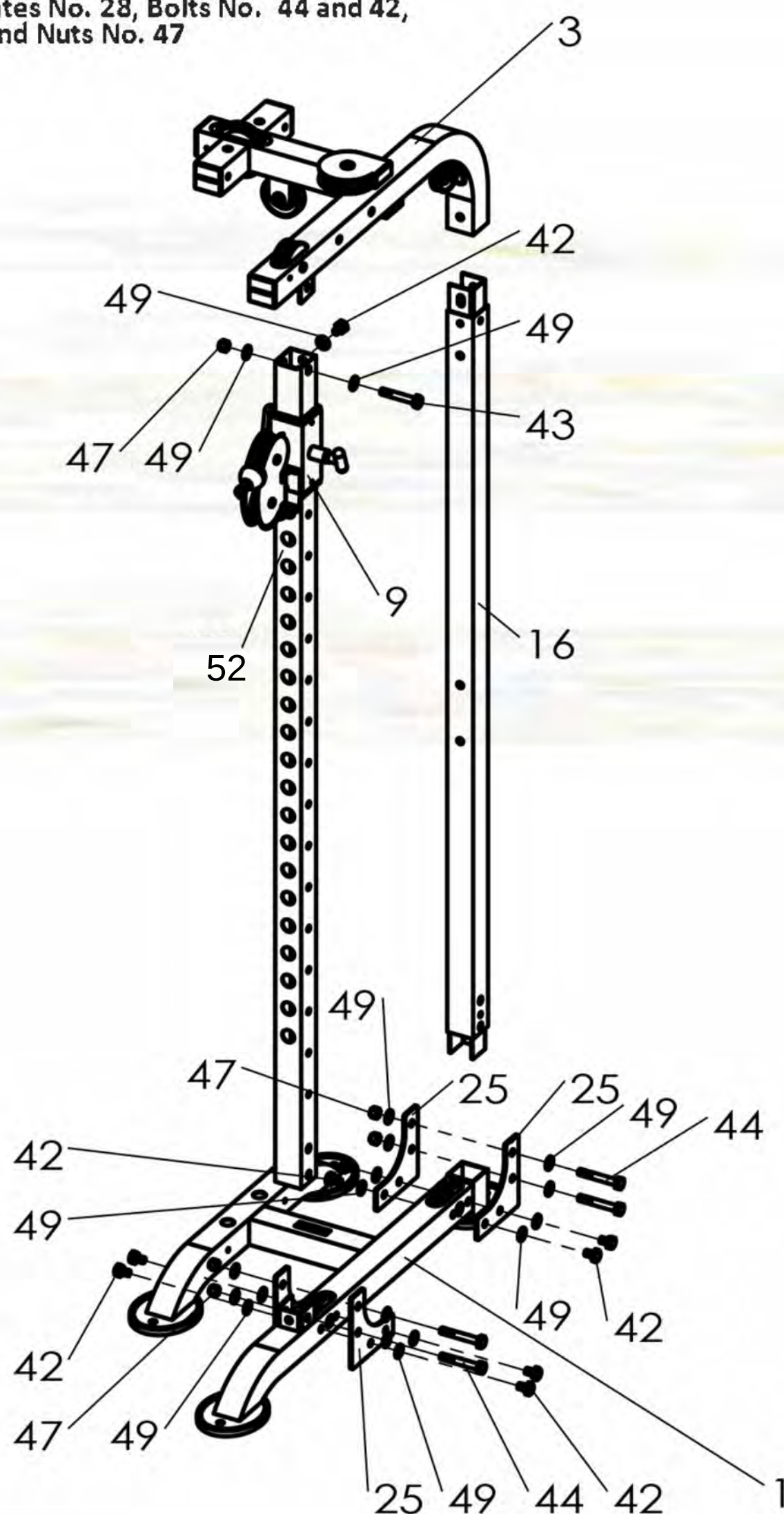
Install Front Up-right No. 52 and Rear Up-Right

No. 16 onto Base Frame -Right No. 1, Use Angled

Reinforcement Plates No. 28, Bolts No. 44 and 42, Washers No. 49 and Nuts No. 47

Step 3

Install Upper Top Frame No. 3 onto Front Up-Right No. 52 and Rear Up-Right No. 16, use Bolts No. 43, Washers No. 49 and Nuts No. 42



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FUNCTIONAL TRAINER DELUXE

ASSEMBLY TWO

 **POWERTEC**[®]

Step 1

Install Sliding Rods No. 14 onto Base Frame No. 1, Remove Slide Rod Stoppers No. 24 and Slide Rubber Bumpers No. 34 onto Slide Rods, Then No. 20 Support Tubes No. 20 and Weight Horn Support Tube No. 5.

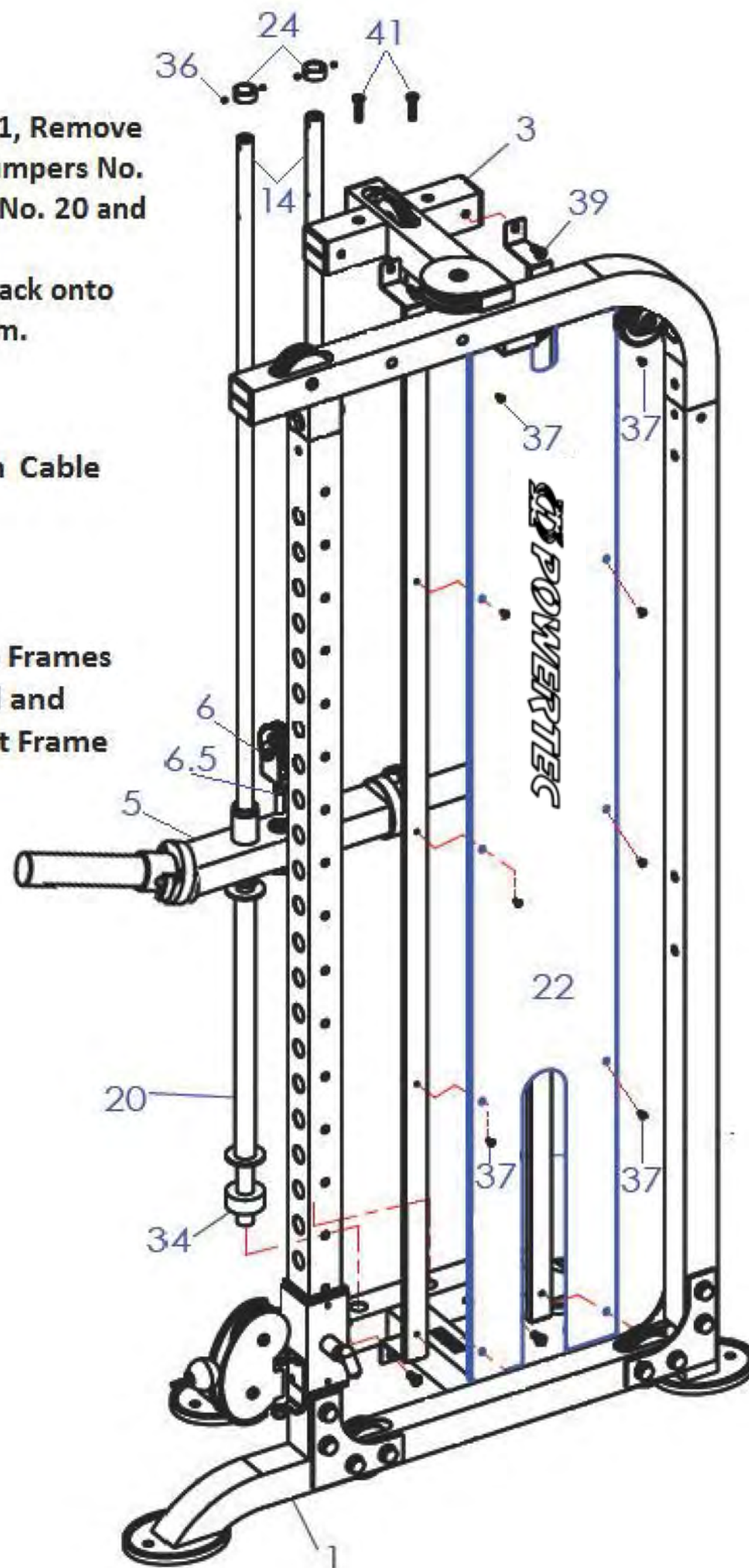
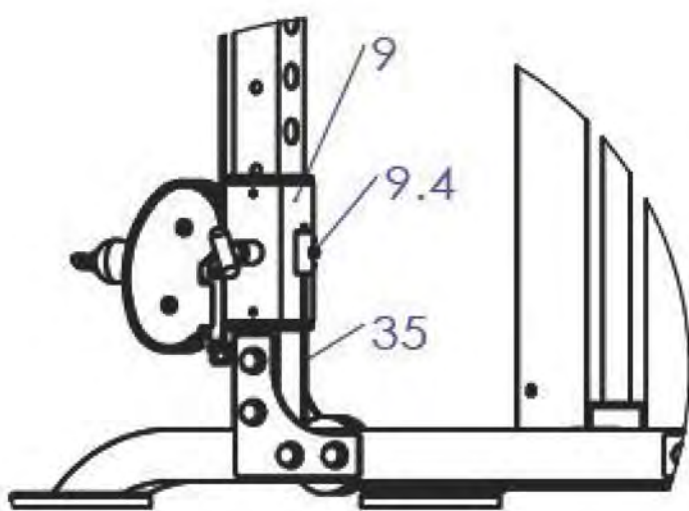
Proceed and Install Slide Rod Stoppers No. 24 back onto Slide Rods No. 14 Use Allen Bolts to secure them.

Step 2

On this step you will install cable as shown on Cable Routing Diagram on Page 17

Step 3

Install Cover Support Frame No. 21 onto Base Frames No. 1 and No. 3 Use Bolts No. 39 and proceed and install Front Cover No. 22 on to Cover Support Frame No. 21 using Bolts No. 37

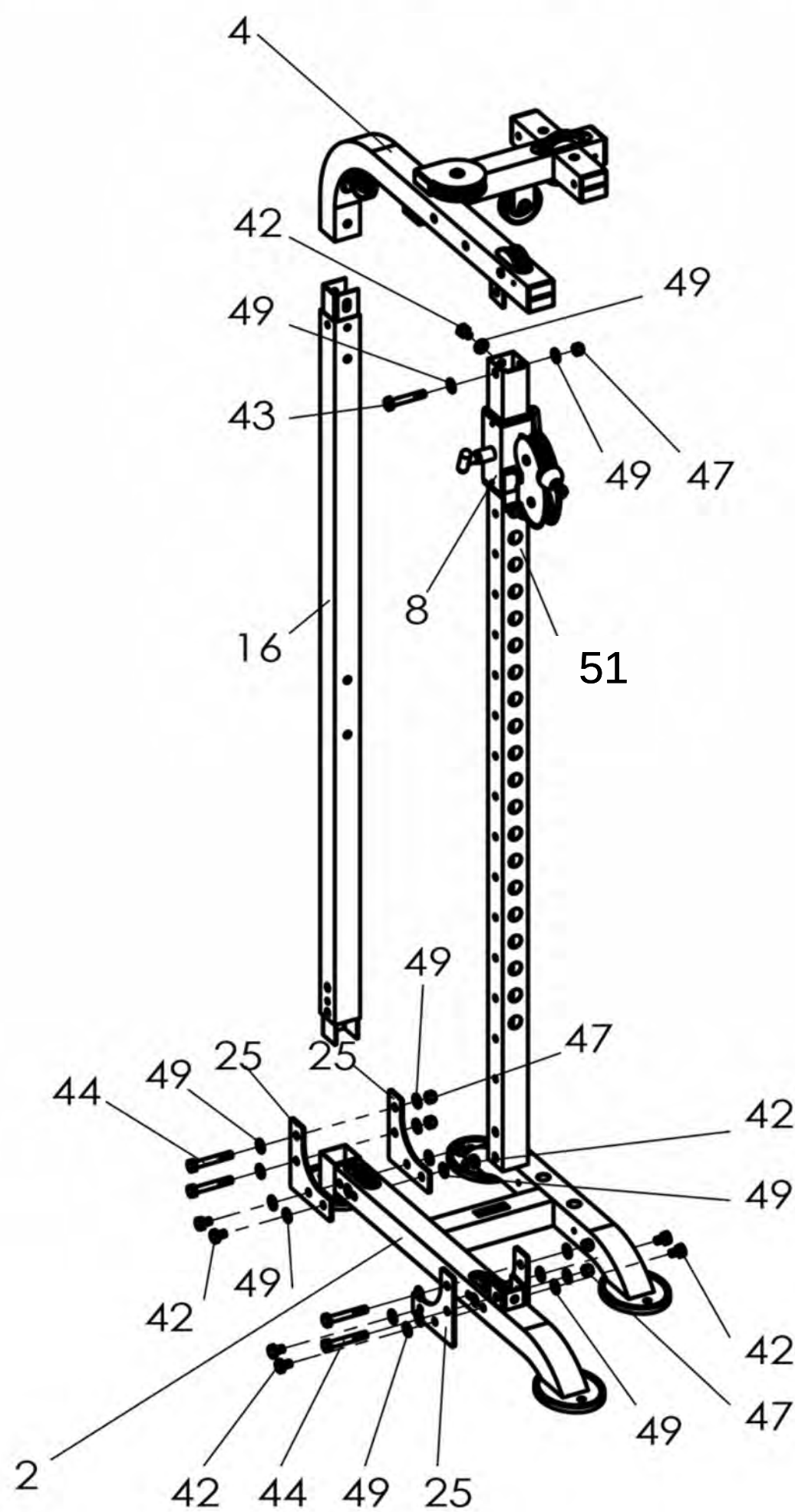


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FUNCTIONAL TRAINER DELUXE

ASSEMBLY THREE

 POWERTEC®



Step 1

Install Sliding Tube No. 8 onto Front Up-Right Tube No. 51

Step 2

Install Front Up-right No. 51 and Rear Up-Right No. 16 onto Base Frame -Right No. 1, Use Angled Reinforcement Plates No. 28, Bolts No. 44 and 42, Washers No. 49 and Nuts No. 47

Step 3

Install Upper Top Frame No. 3 onto Front Up-Right No. 51 and Rear Up-Right No. 16, use Bolts No. 43, Washers No. 49 and Nuts No. 42

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FUNCTIONAL TRAINER DELUXE

ASSEMBLY FOUR

 POWERTEC®

Step 1

Install Sliding Rods No. 14 onto Base Frame No. 1, Remove Slide Rods Stoppers No. 24 and Slide Rubber Bumpers No. 34 onto Slide Rods, Then No. 20 Support Tubes No. 20 and Weight Horn Support Tube No. 5.

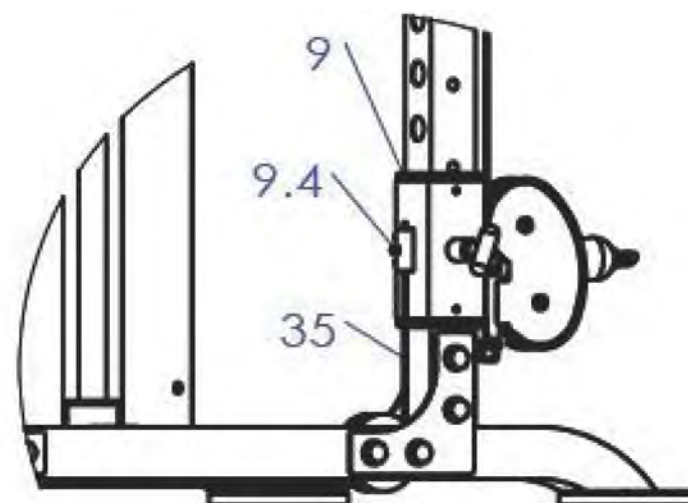
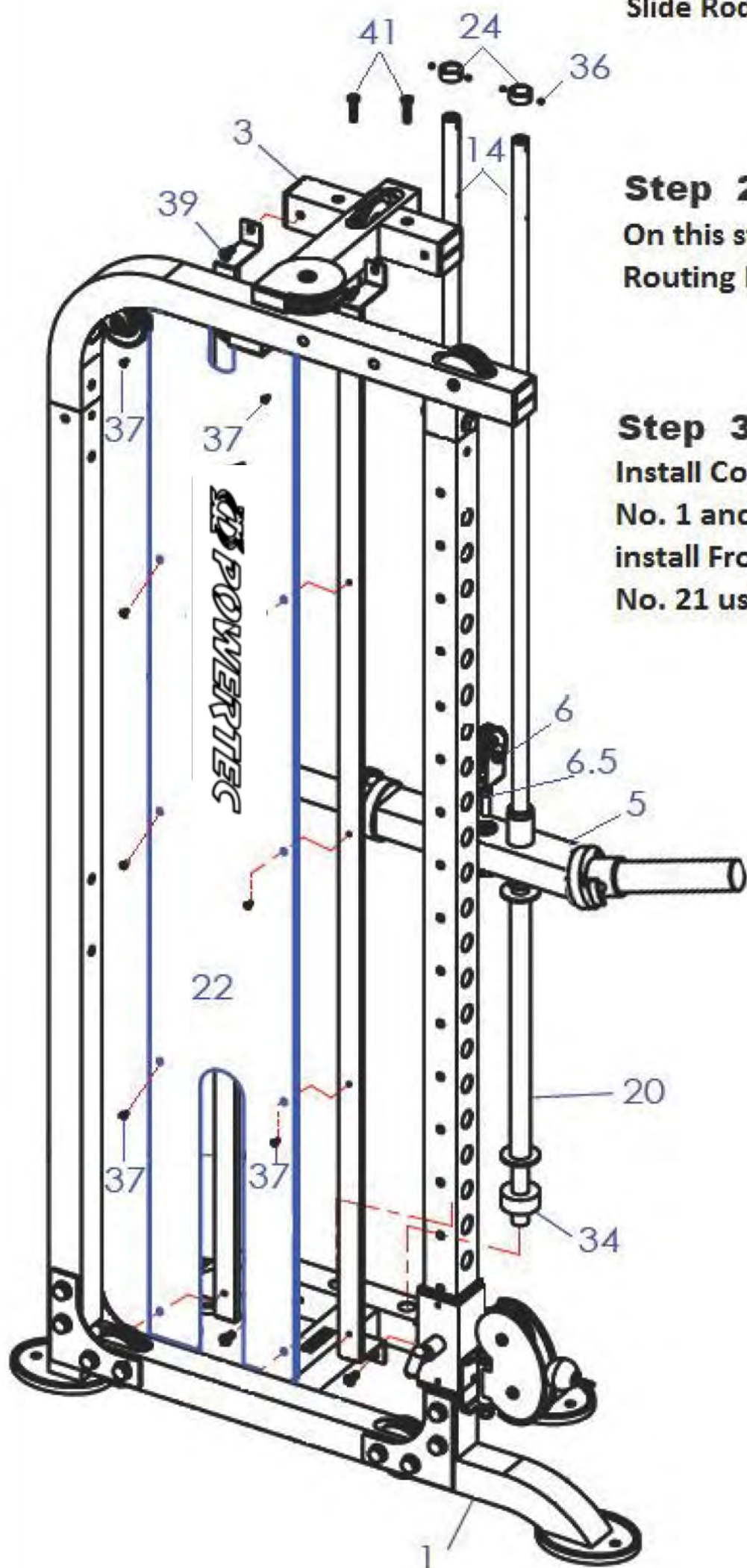
Proceed and Install Slide Rod Stoppers No. 24 back onto Slide Rods No. 14 Use Allen Bolts to secure them.

Step 2

On this step you will install cable as shown on Cable Routing Diagram on Page 17

Step 3

Install Cover Support Frame No. 21 onto Base Frames No. 1 and No. 3 Use Bolts No. 39 and proceed and install Front Cover No. 22 on to Cover Support Frame No. 21 using Bolts No. 37



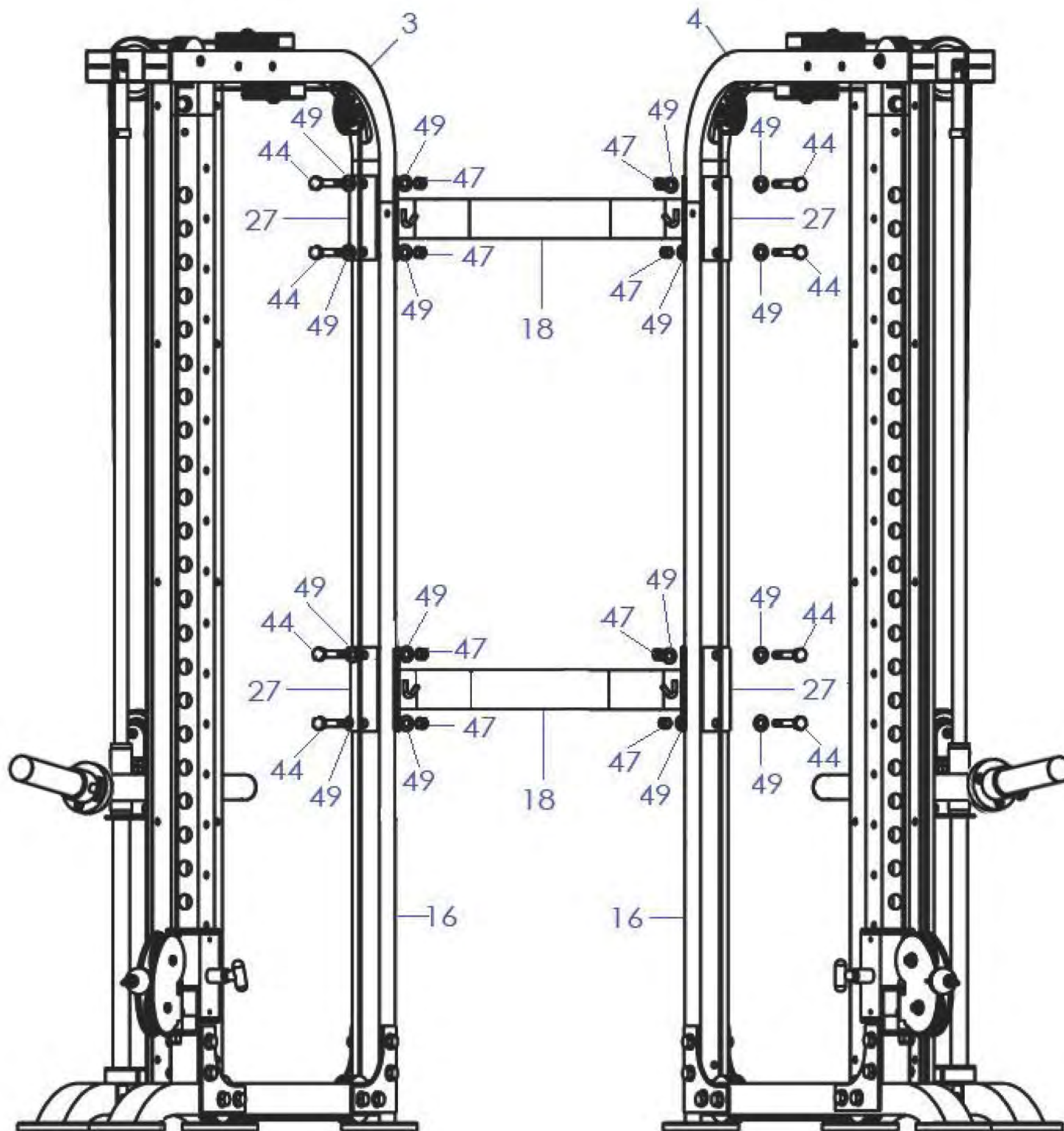
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FUNCTIONAL TRAINER DELUXE

ASSEMBLY FIVE

Step 1

Install Rear Horizontal Cross Bar No. 18 to Rear Up-Rights No. 16
Use Reinforcement Plates No. 27, Bolts No. 44, Washers No. 49
and Nuts No. 47



Left Side Station

Right Side Station

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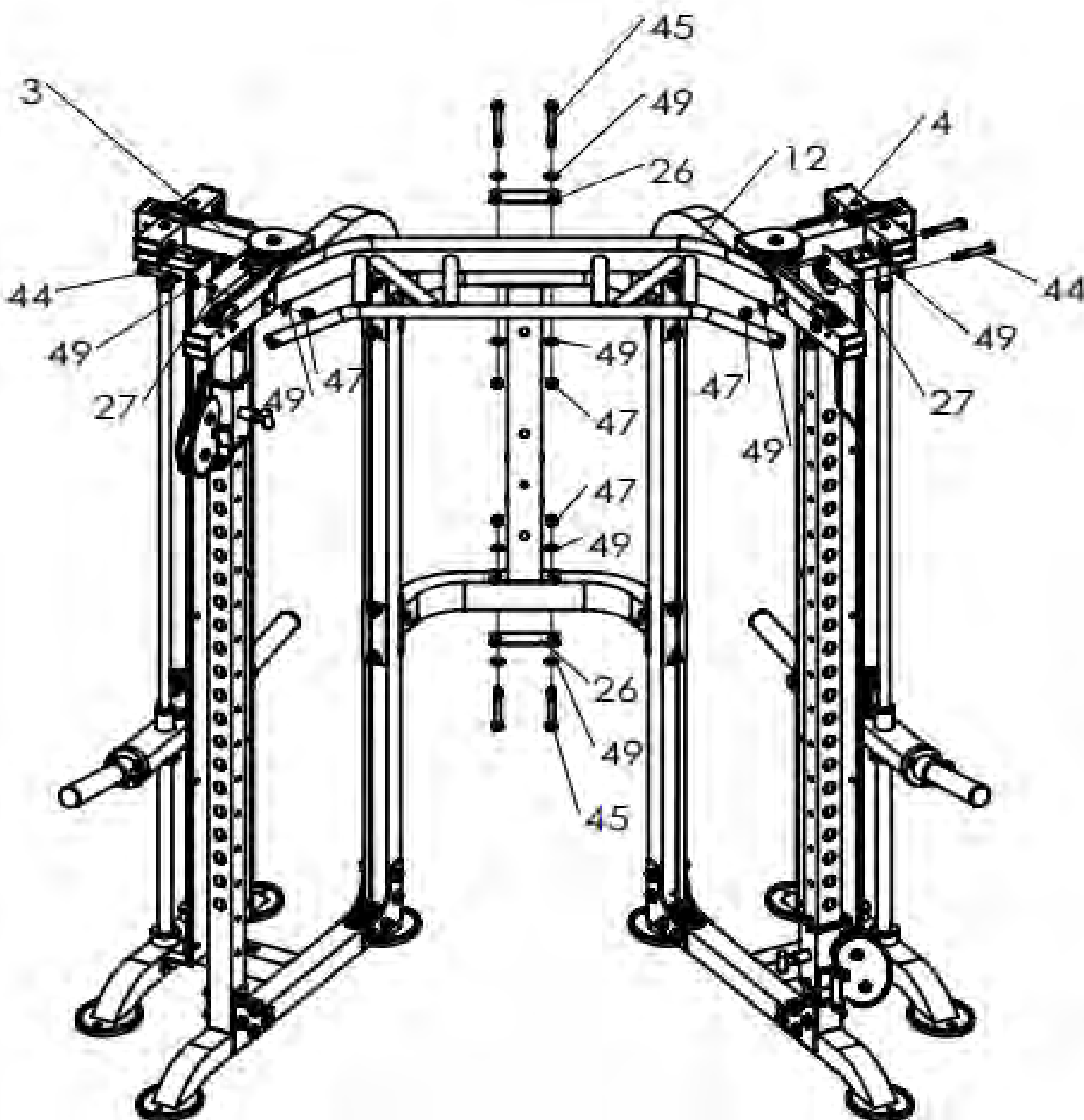
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FUNCTIONAL TRAINER DELUXE

ASSEMBLY SIX

Step 1

Install Front Upper Horizontal Cross Bar No. 17 onto Upper Top Frames No. 3 and No. 4
Use Reinforcement Plates No. 27, Bolts No. 44, Washers No. 49 and Nuts No. 47



Step 2

Install Rear Center Vertical Bar No. 19 onto both Rear Horizontal Cross Bars No. 18
use Linkage Plates No. 26 Washers No. 49 and Nuts No. 47

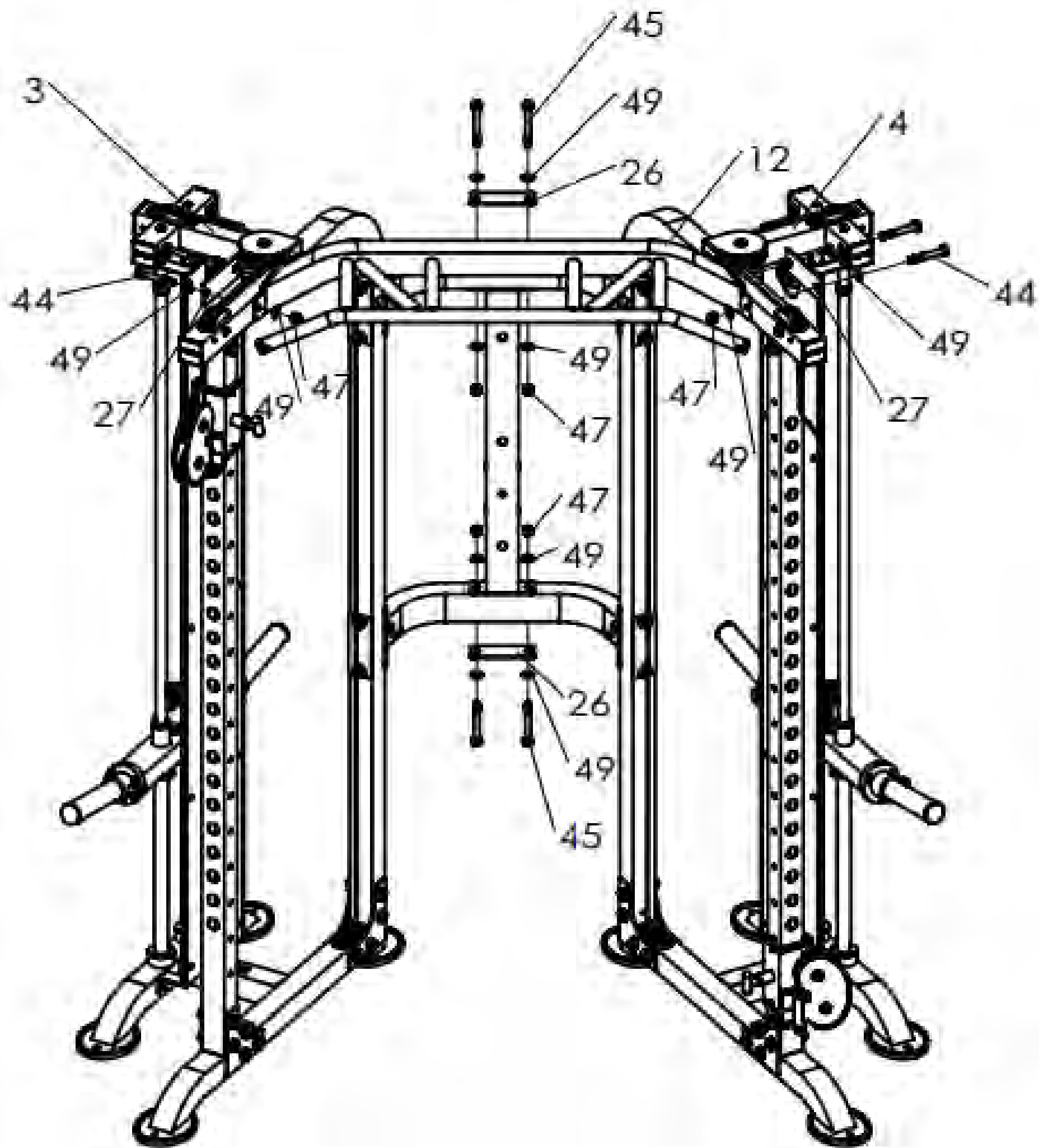
WB-FTD 20

FUNCTIONAL TRAINER DELUXE

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ASSEMBLY SEVEN

 **POWERTEC®**



Install Exercise Chart Support Bracket No. 23 onto Rear Center Vertical Bar
No. 19 use Bolts No. 38 and Washers No. 48

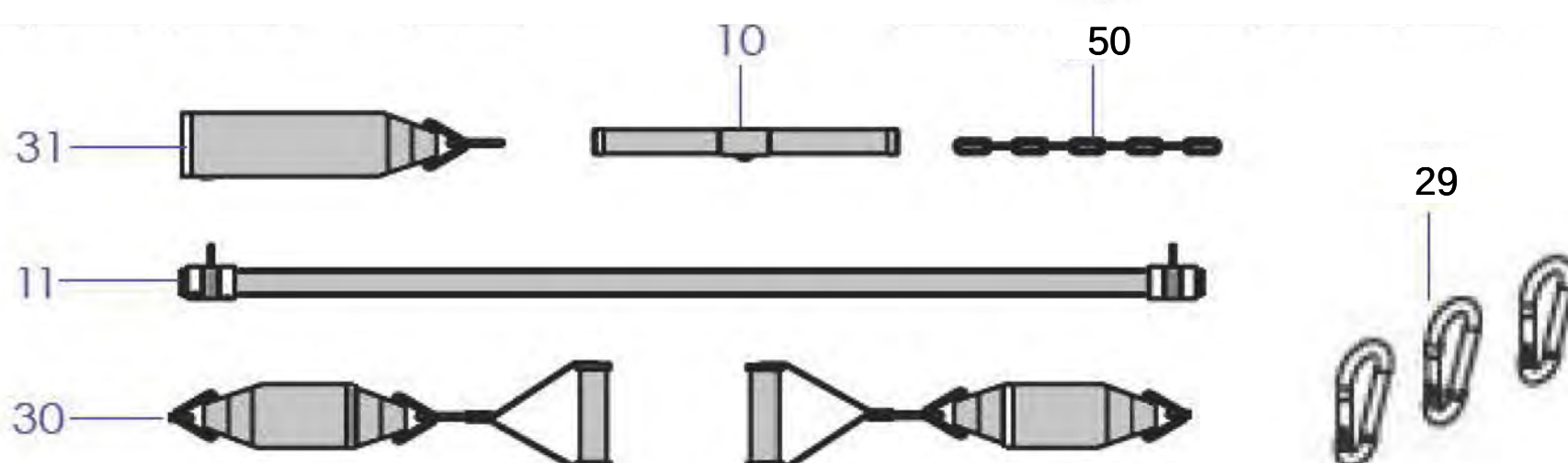
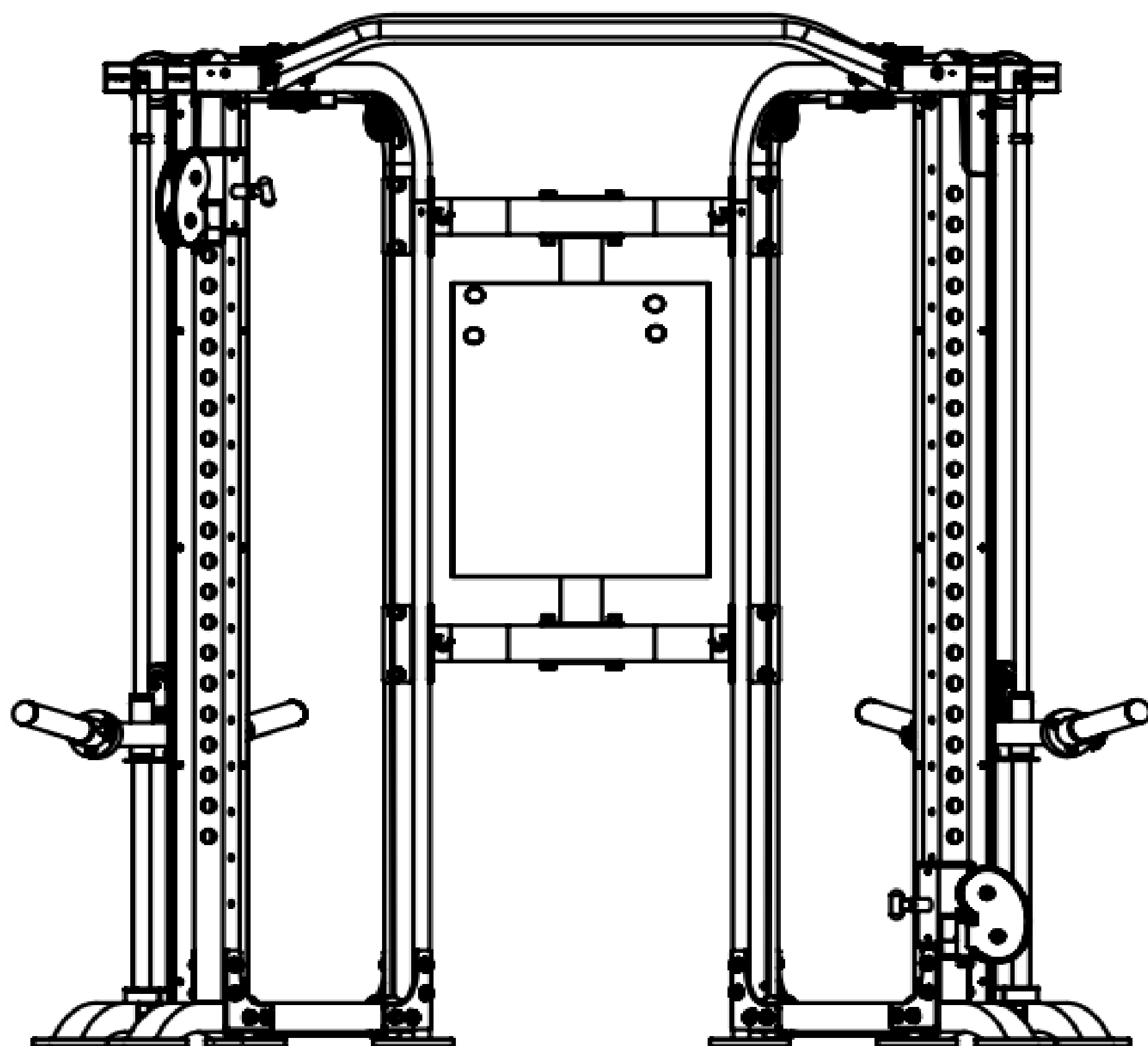
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FUNCTIONAL TRAINER DELUXE

ASSEMBLY EIGHT

Step 1

Exercise Chart can be installed onto Support Bracket No. 23 by using magnets or binder clips (Not Provided).

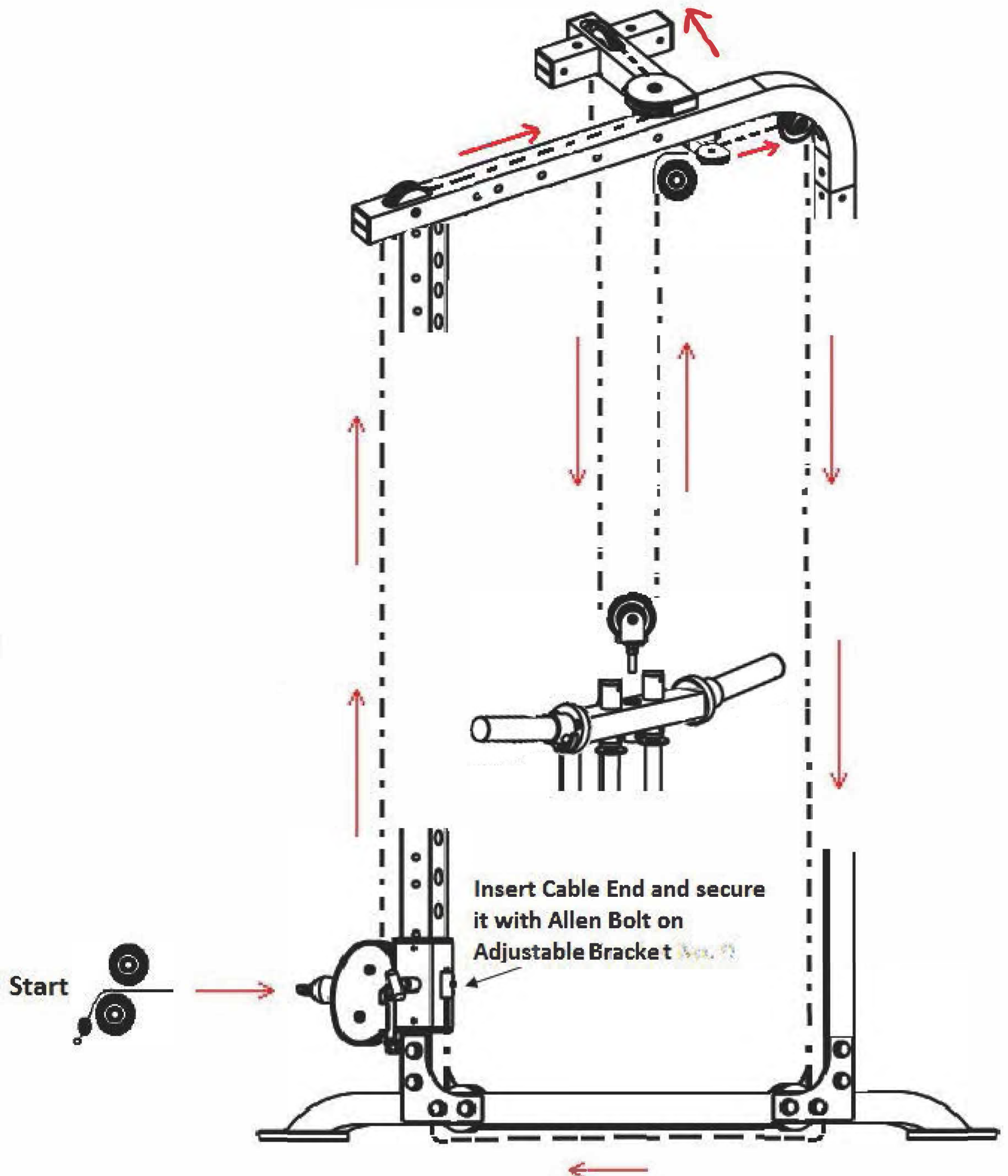


WB-FTD 20

FUNCTIONAL TRAINER DELUXE

POWERTEC®

WB-FTD20 Cable Routing



WB-FTD20
Functional Trainer Deluxe

Single Arm Row



Bicep Curl



Upright Row



High Cable Single Arm Chest Fly



High Cable Chest Fly



Leg Kickback



Leg Curl



Leg Abduction



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 Appropiate Powertec Address:



Place
Stamp
Here

