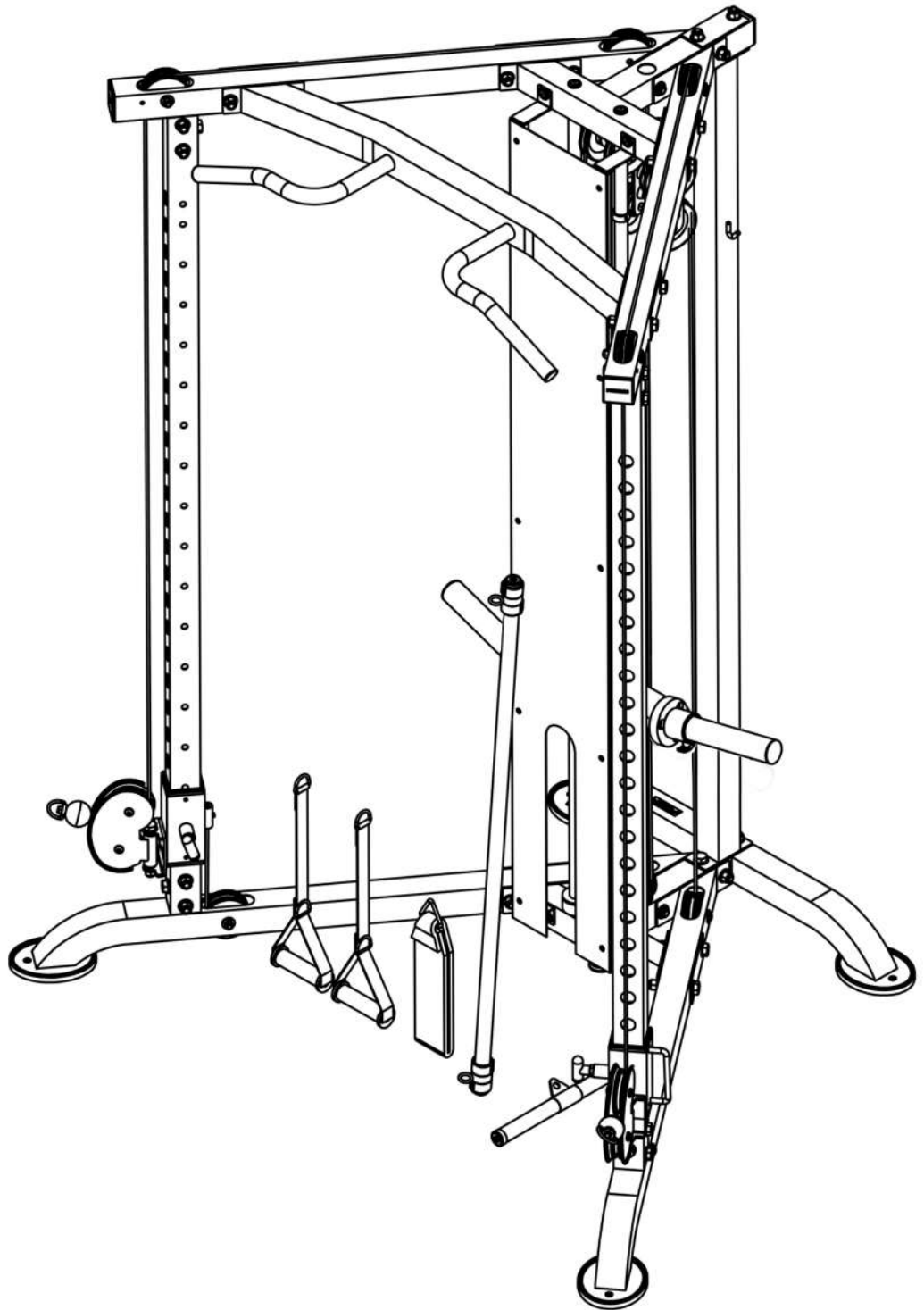


 **POWERTEC®**

WB-FTS 20

Manual



STREAMLINE FUNCTIONAL TRAINER-BLACK

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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STREAMLINE FUNCTIONAL TRAINER-BLACK

Weight Capacities: 500 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

Helpful Tips

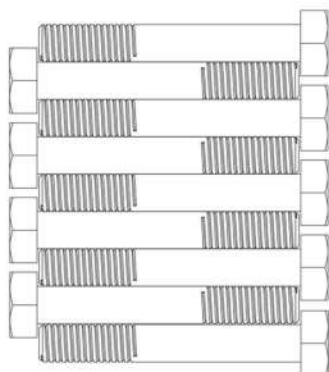
- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the unit on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows 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.

HARDWARE LIST

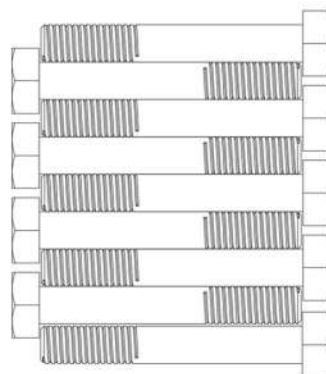
WB-FTS20 HARDWARE PACK(3-1)



No. 45 Hex Bolt M5×10(10pcs)



No. 39 Hex Bolt 1/2"×3 1/2"(18PCS)

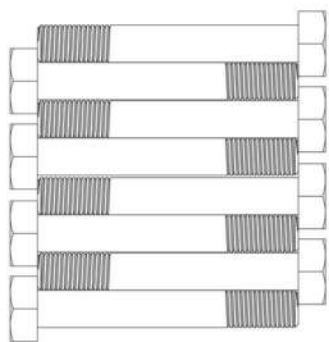


WB-FTS20 HARDWARE PACK(3-2)

No. 37 Hex Bolt 1/2"×1"(4PCS)

No. 41 Hex Bolt 3/8"×3/4"(6PCS)

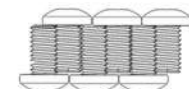
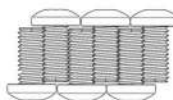
No. 42 Hex Bolt 3/8"×1/2"(6PCS)



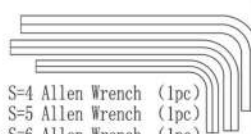
No. 38 Hex Bolt 1/2"×3 1/8"(8PCS)



No. 40 Hex Bolt 1/2"×4 3/8"(2PCS)



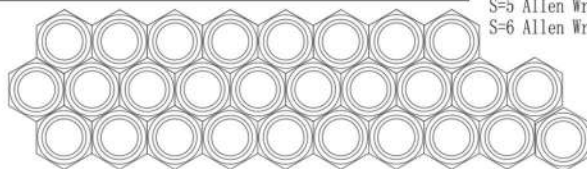
WB-FTS20 HARDWARE PACK(3-3)



S=4 Allen Wrench (1pc)

S=5 Allen Wrench (1pc)

S=6 Allen Wrench (1pc)



No. 50 Nylon Nut 1/2"(28PCS)

No. 47 Washer, 3/8"(6pcs)



No. 46 Washer, 1/2"(64pcs)



No. 51 Nylon Nut 1/2"×8T(4PCS)

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PARTS LIST



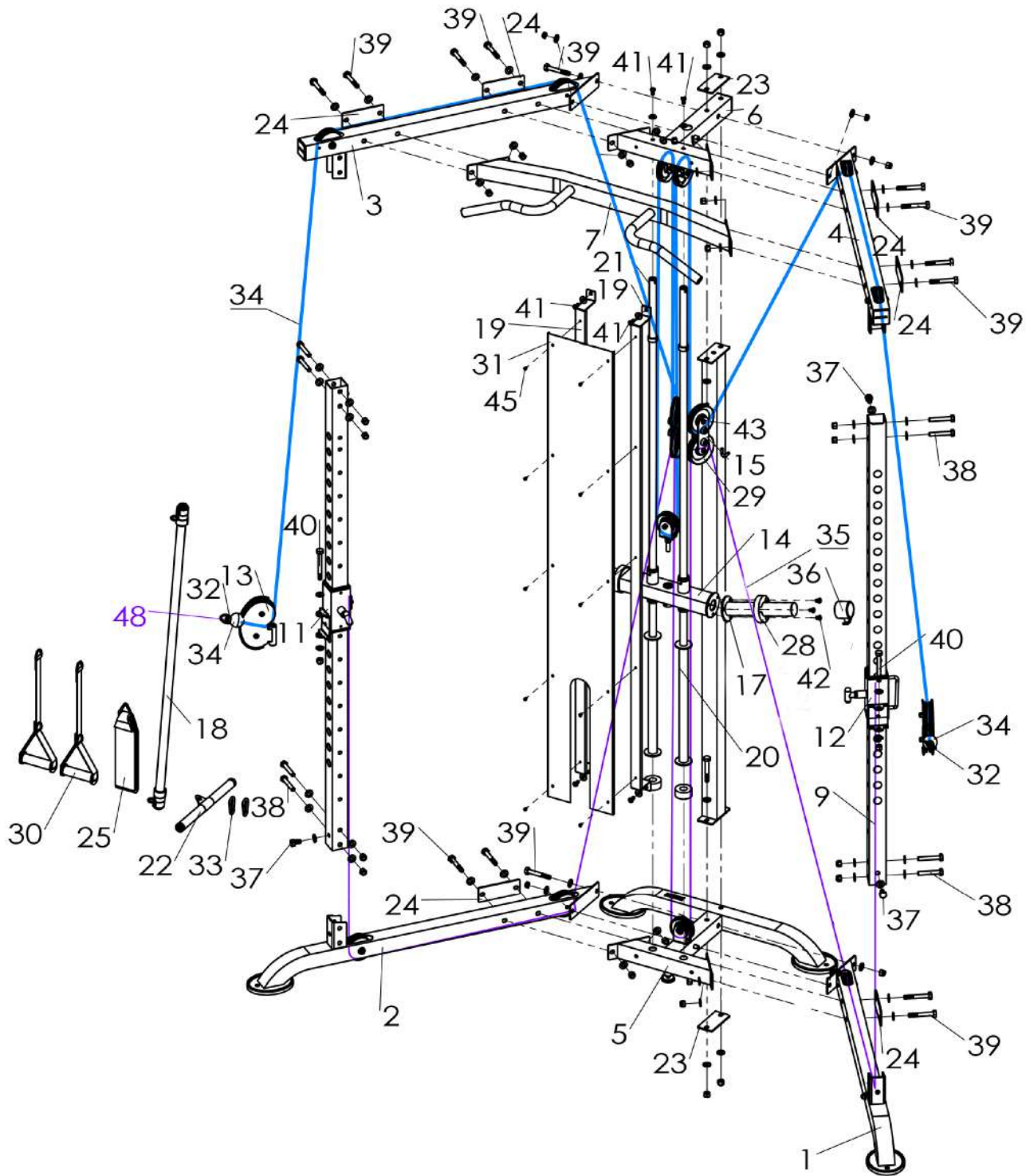
Part No.	Description	Qty	Part No.	Description	Qty
1	Base Tube-L	1	27	Bumper $\Phi 60 \times \Phi 26 \times 26$	2
2	Base Tube-R	1	28	Bumper $\Phi 96 \times \Phi 50 \times 20$	2
3	Upper-Top Frame-Right	1	29	Pulley	4
4	Upper-Top Frame-Left	1	30	D Strap Handles	2
5	Base Tube-Center	1	31	Cover	1
6	Top Linkage Tube	1	32	Connecting clips	2
7	Top-Horizontal Front Frame	1	33	Snap Ring	2
8	Front Upright	1	34	Cable	1
9	Front Upright	1	35	Cable	1
10	Rear Upright	1	36	Collar	2
11	Sliding Tube-Right	1	37	Bolt $1/2" \times 1"$	4
12	Sliding Tube-Left	1	38	Bolt $1/2" \times 3 \ 1/8" \ S1$	8
13	Pulley Support Bracket	2	39	Bolt $1/2" \times 3 \ 1/2" \ S1$	18
14	Weight Horn Support Tube	1	40	Bolt $1/2" \times 4 \ 3/8" \ S1"$	2
15	Linkage Plate	4	41	Bolt $3/8" \times 3/4"$	6
16	Pulley Assembly Bracket	1	42	Bolt $3/8" \times 1/2"$	6
17	Weight Horn	2	43	Bolt $3/8" \times 1 \ 5/8" \ S1$	4
18	Long Lat/Exercise Bar	1	44	Bolt M6 $\times$ 6mm	4
19	Cover Support Frame	2	45	Bolt M5 $\times$ 10	10
20	Support Tube/Spacers	2	46	Washer $\Phi 14 \times \Phi 28 \times 2.0$	64
21	Slide Rods	2	47	Washer $\Phi 10 \times \Phi 25 \times 2.0$	6
22	Short Lat Bar	1	48	Nut M8	2
23	Linkage Plate	2	49	Nut $3/8" \times 7T$	4
24	Linkage Plate	7	50	Nut $1/2" \times 16T$	28
25	Foot Strap	1	51	Nut $1/2" \times 8T$	4
26	Slide Rods Stoppers	2			

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EXPLODED DIAGRAM

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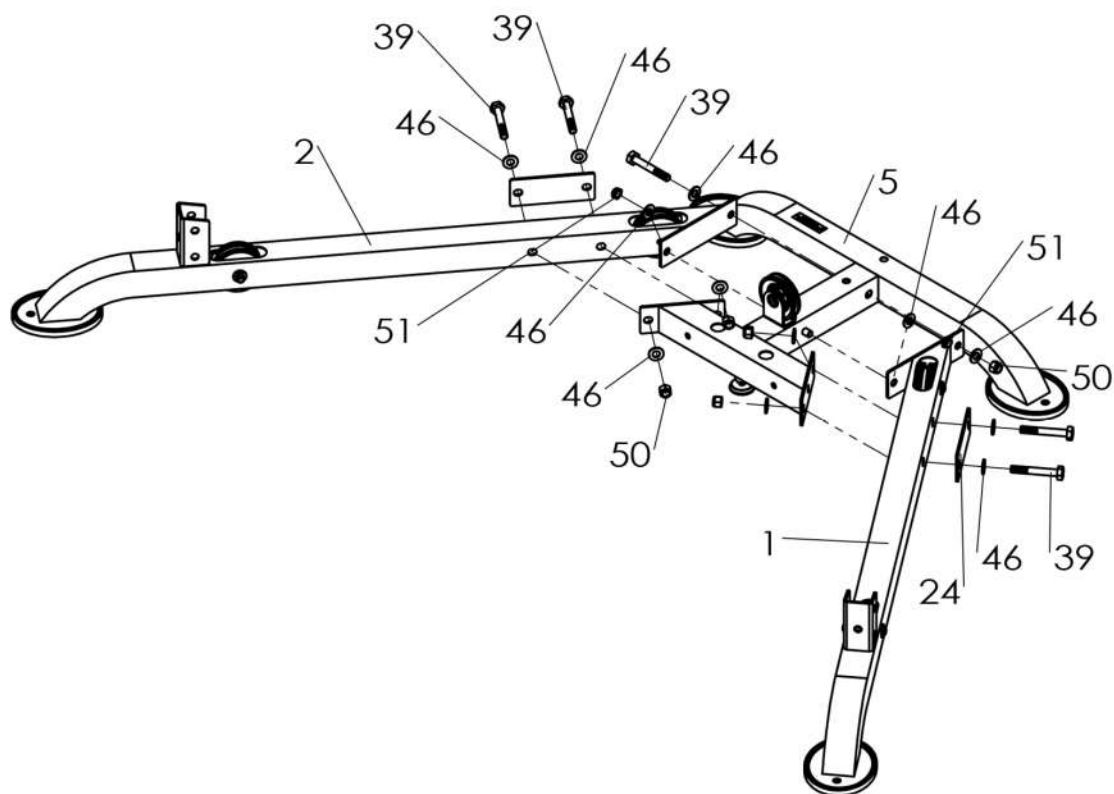
All unmarked: Washers and Nylon Nuts are No.46 1/2 Washer, No.47 3/8 Washer, No.51 1/2 Nut, and No.51 Low Profile 1/2 Nut

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ASSEMBLY ONE

 POWERTEC®



Install Base Tube-L No.1 and Base Tube-R No.2 to Base Tube-Center No.5

Use Bolts No.39,Washers No.46,Nuts No.50 and Nuts No.51

NOTE:

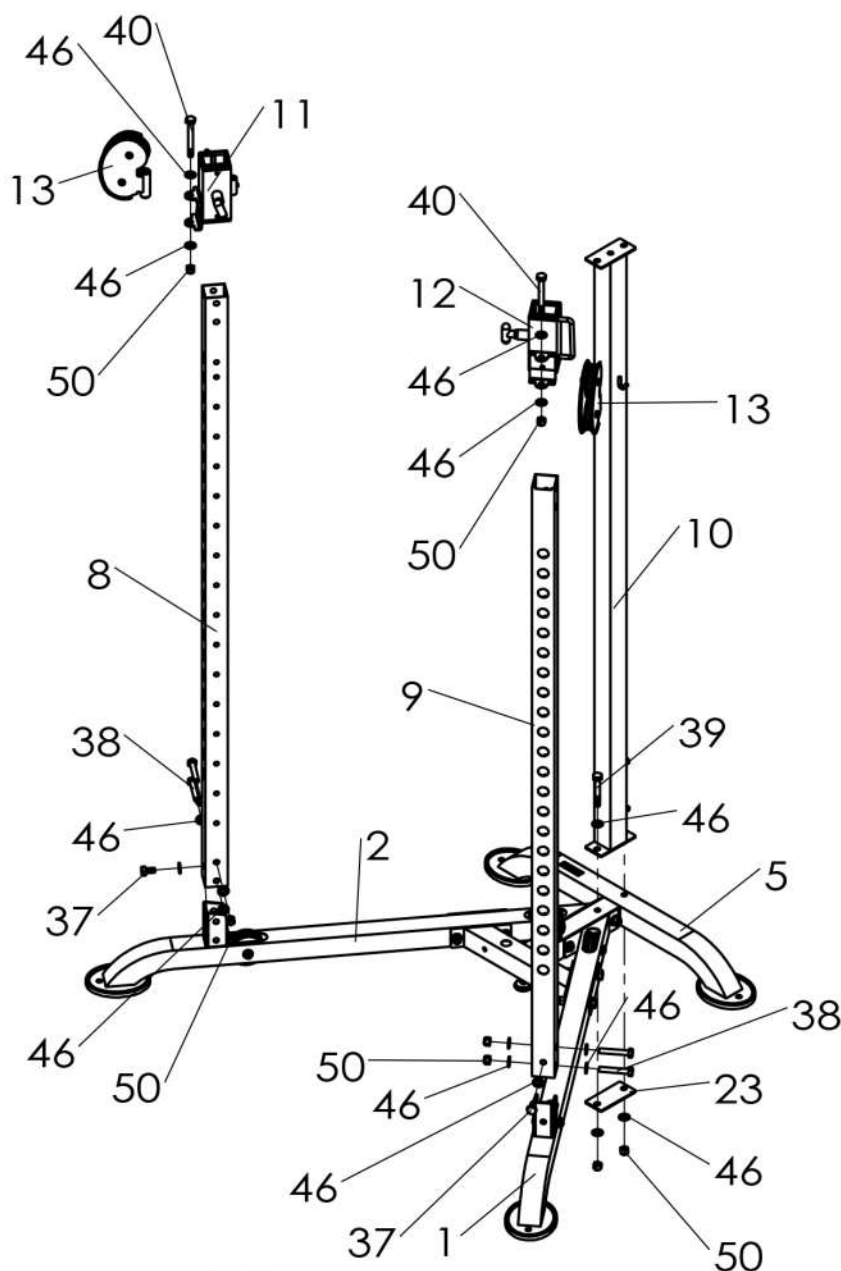
bolts and washers need to be assembled to meet the installation requirements.

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ASSEMBLY TWO

POWERTEC®



Step 1

Install Front Upright No.8 to Base Tube-R No. 2

Install Front Upright No.9 to Base Tube-L No.1

Use Bolts No.37, Bolts No.38, Washers No.46 and Nuts No.50

Step 2

Install Rear Upright No.10 to Base Tube-Center No.5

Use Bolts No.39, Washers No.46, Nuts No.5 and Linkage Plate No.23

Step 3

Install Pulley Support Bracket No. 13 to Sliding Tube-Right No.11

Then install them to Front Upright No.8

Install Pulley Support Bracket No. 13 to Sliding Tube-Left No.12

Then install them to Front Upright No.9

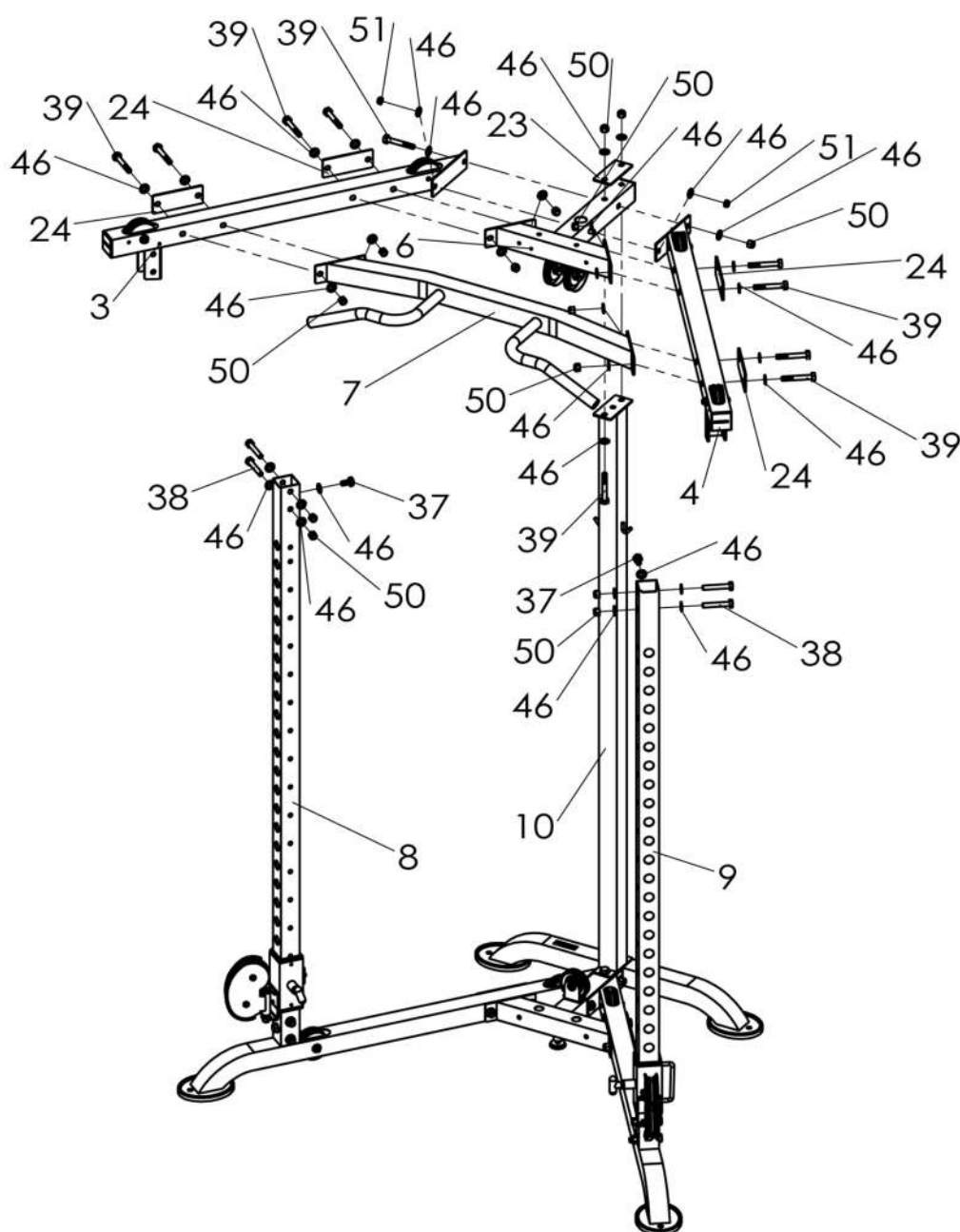
Use Bolts No.40, Washers No.46 and Nuts No.50

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ASSEMBLY THREE

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Step 1

Install Upper-Top Frame-Right No.3, Upper-Top Frame-Left No.4, Top Linkage Tube No.6, Front Upright No.8, Front Upright No.9, and Rear Upright No.10 together.

Use Linkage Plate No.23, Linkage Plate No.24, Bolts No.39, Bolts No.38, Bolts No.37, Washers No.46, Nuts No.50, and Nuts No.51.

Step 2

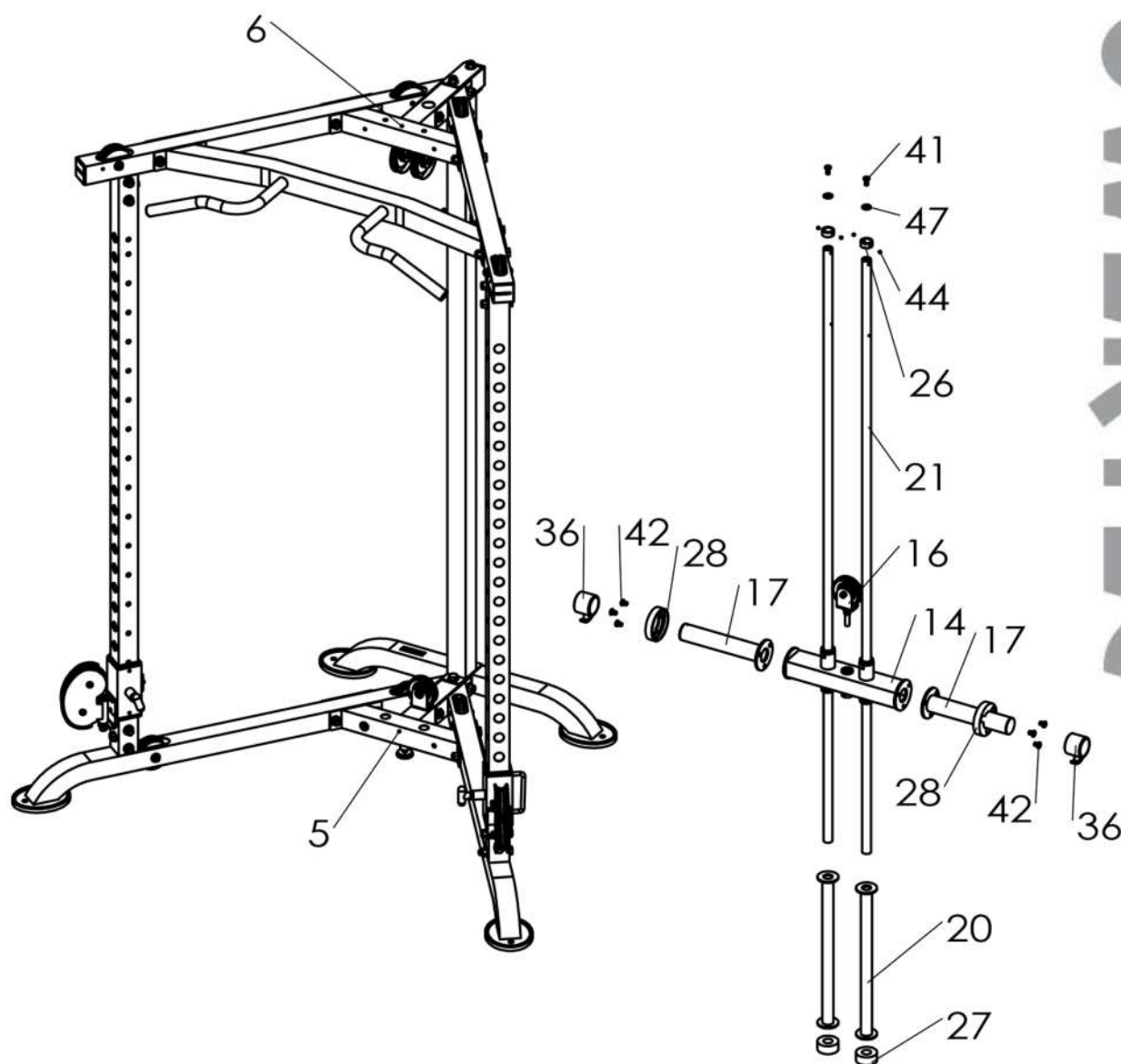
Install Top-Horizontal Front Frame No.7 to Upper-Top Frame-Right No.3 and Upper-Top Frame-Left No.4, Use Linkage Plate No.24, Bolts No.39, Washers No.46 and Nuts No.50.

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ASSEMBLY FOUR

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Step 1

Install Weight Horn No.17 to Weight Horn Support Tube No.14.

Install Bumper No.28, Collar No.36 to Weight Horn No.17

Use Bolts No.42

Step 2

Install Weight Horn No.17 to Weight Horn Support Tube No.14.

Slide Rods No.21 to Base Tube-Center No.5 and Top Linkage Tube No.6

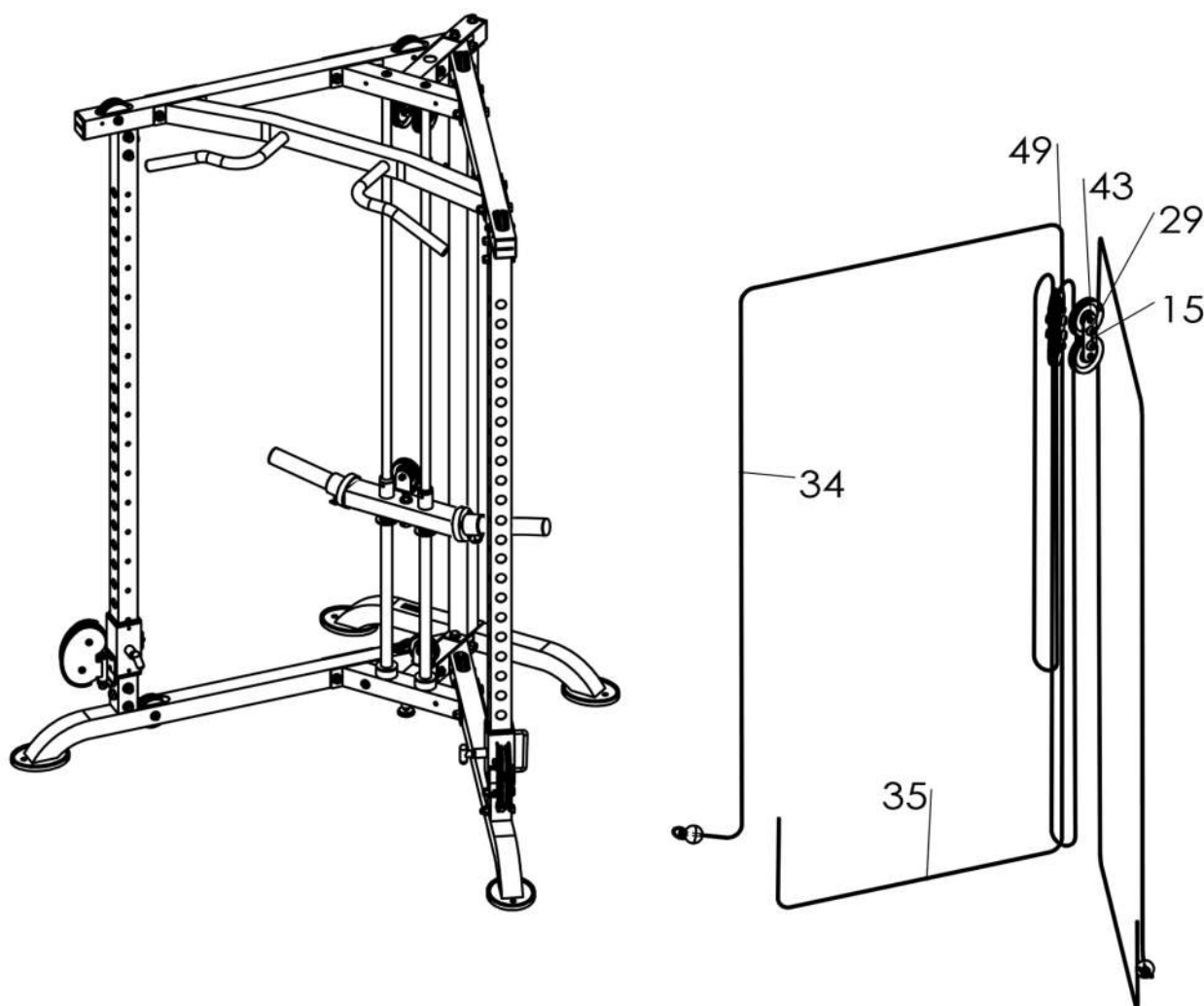
Use Bolts No.41 and Washers No.47

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ASSEMBLY FIVE


POWERTEC[®]

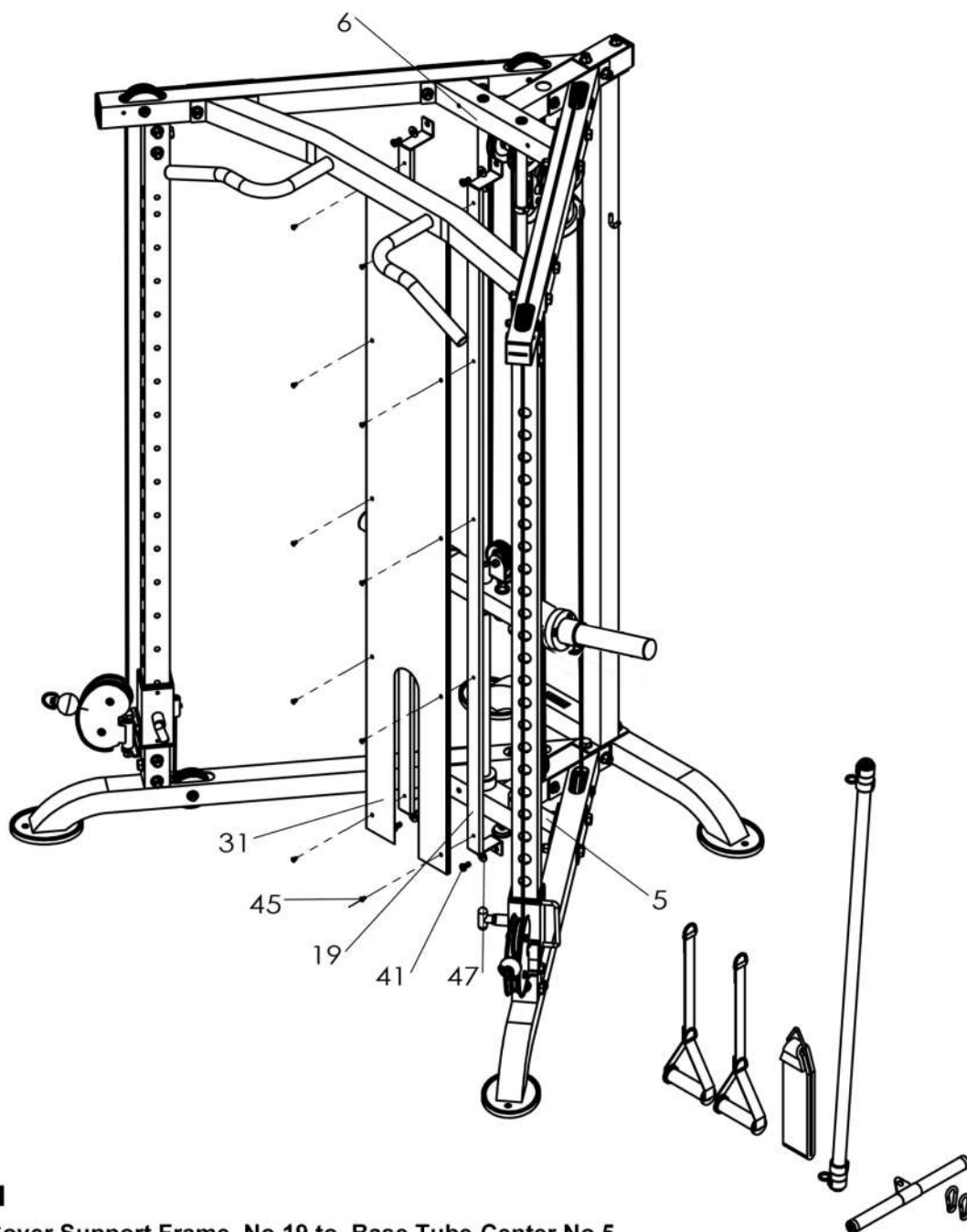


Install Cable No.34 and Cable No.35 according to the above drawing.

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ASSEMBLY SIX

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Step 1

Install Cover Support Frame No.19 to Base Tube-Center No.5
and Top Linkage Tube No.6

Use Bolts No.41 and Bolts No.47

Step 2

Install Cover No.31 to Cover Support Frame No.19

Use Bolts No.45

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Single Arm Row



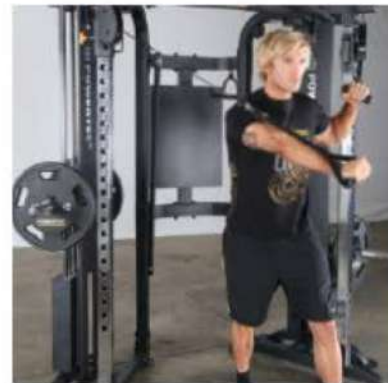
Bicep Curl



Upright Row



High Cable Single Arm Chest Fly



High Cable Chest Fly



Leg Kickback



Leg Curl



Leg Abduction



POWERTEC®

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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

Powertec

