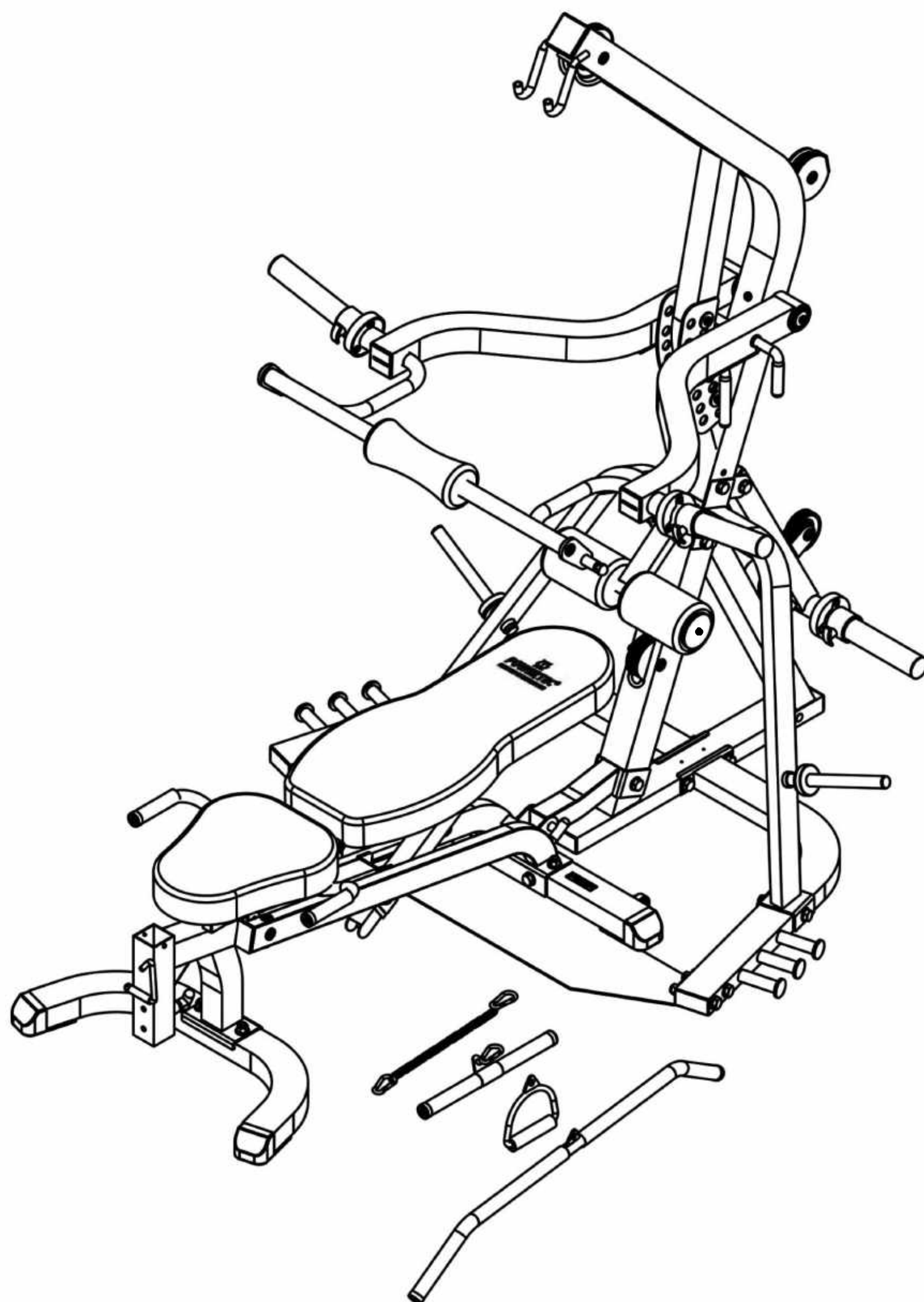


 **POWERTEC®**

WB-LS20

Manual



WORKBENCH LEVERGYM

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-LS20 Workbench LeverGym

Weight Capacities

Lever Press Isolateral Arm: 250 Lbs.
Lever Bench Press Arms: 500 Lbs.
Squat Arm: 500 Lbs.

Lat Machine: 300 Lbs.
Tricep Bar: 300 Lbs.

Featured Exercises

Bench Press	Incline Overhead Row	Seated Overhand Lat Pulldown
Seated Row	Shoulder Press	Overhead Triceps Pushdowns
Incline Bench Press	Shrug	Seated Underhand Lat Pulldown
Triceps Extension	Tricep Press	Incline Bench Rows
Underhand Triceps Pushdowns	Ab Crunch	Incline Shoulder Press
Bent Over Row	Bent Knee Deadlift	Squat
Decline Bench Press	Straight Leg Deadlift	Bicep Curls
High to Low Wood Chop	Close Grip Bench Press	Incline Overhead Tricep Extension
Calf Raise	Lunges	

Recommended Accessories

WB-PFA16	Pec Fly Accessory	WB-CMA16	Curl Machine Accessory
WB-LPA16	Leg Press Accessory	WB-DMA16	Dip Machine Accessory
WB-LLA16	Leg Lift Accessory	WB-ASR16	Accessory Storage Rack
WB-FPA16LS	Footplate Accessory		

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!

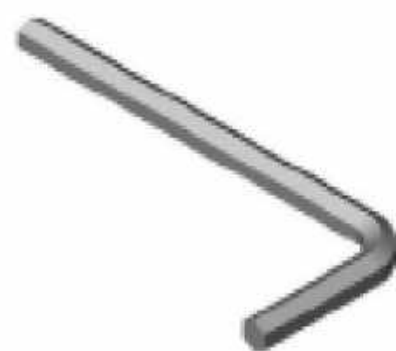
Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact Powertec Customer Service Immediately. If you have any questions on the correct use or maintenance of this equipment, call your authorized distributor or Powertec Customer Service at 800-250-6665

Our Customer Service Mission:

“Committed to Stronger Lives”

By providing friendly and understanding service.

Tools Required for Assembly



M6 Allen Wrench



8" Adjustable Wrench



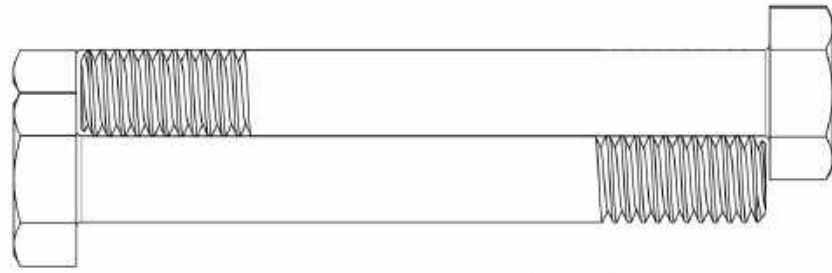
Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"

Helpful Tips

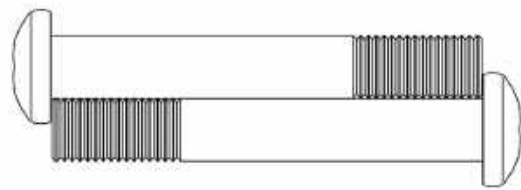
- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the unit on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows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

HARDWARE LIST

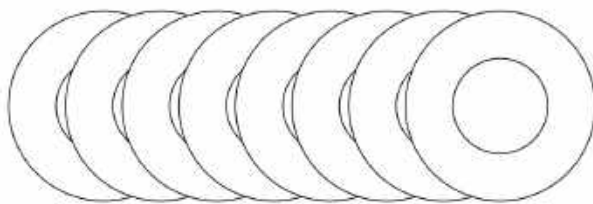
WB-LS20 HARDWARE PACK(3-1)



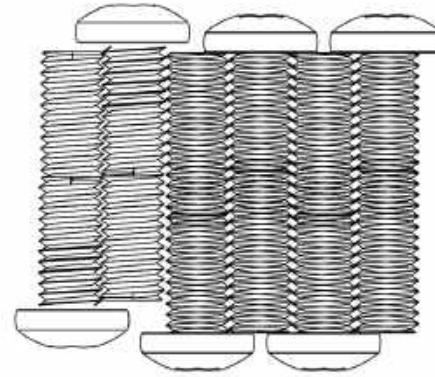
No. 45.18 Hex Bolt 1/2"×4" (2pcs)



No. 45.23 Hex Bolt 3/8"×2 1/2" (2pcs)

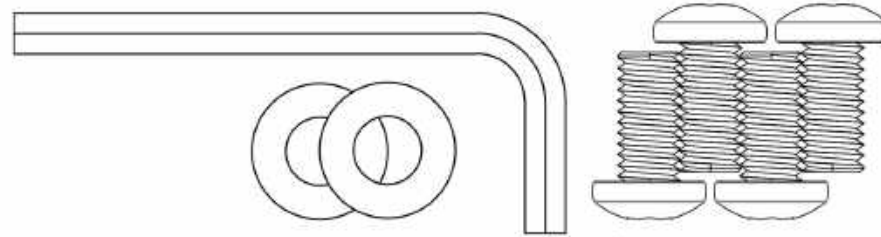


No. 45.25 Washer, 1/2" (8pcs)



No. 45.22 Hex Bolt 3/8"×1 5/8" (4pcs)

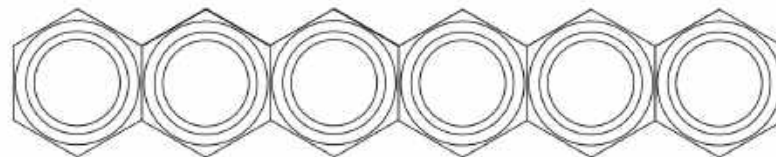
No. 9.5 Hex Bolt 3/8"×1 1/2" (2pcs)



S=6 Allen Wrench (2pcs)

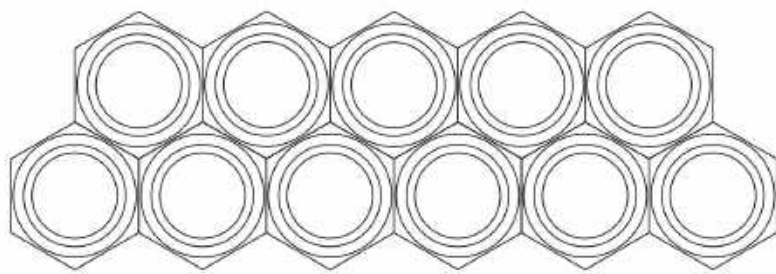
No. 9.4 Washer Φ11XΦ20X2, 1/2" (2pcs)

No. 45.20 Hex Bolt 3/8"×3/4" (4pcs)

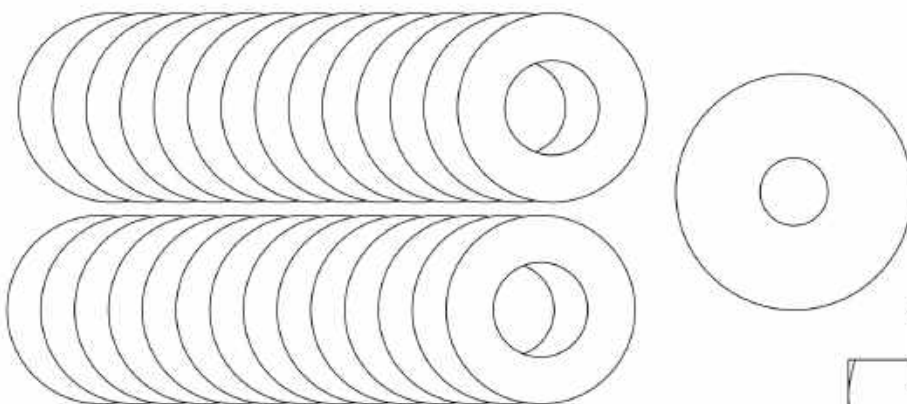


No. 45.26 Nylon Nut 1/2" (6pcs)

WB-LS20 HARDWARE PACK(3-2)

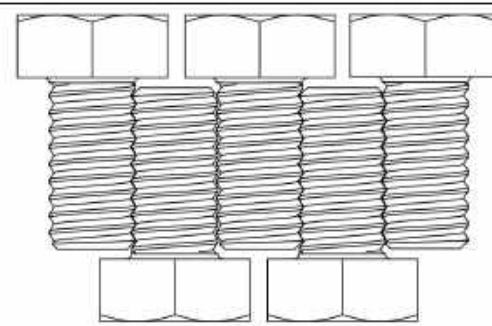


No. 43 Nylon Nut 1/2" (11pcs)

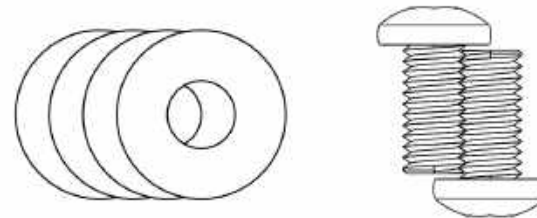


No. 41 Washer, 1/2" (28pcs)

No. 40 Washer, 3/8" (2pcs)

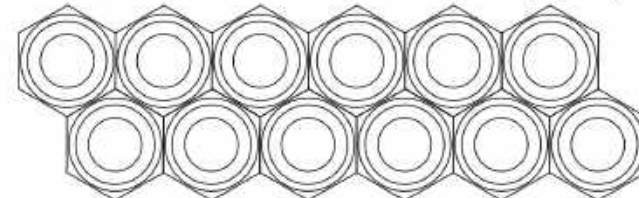


No. 32 Hex Bolt 1/2"×1" (5pcs)

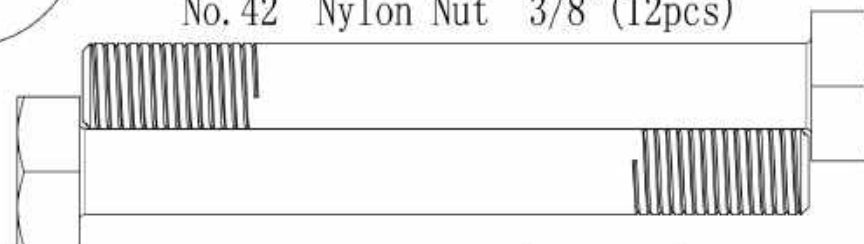


No. 1.5/10.3 Washer, 3/8" (4pcs)

No. 29 Hex Bolt 3/8"×3/4" (2pcs) Glue



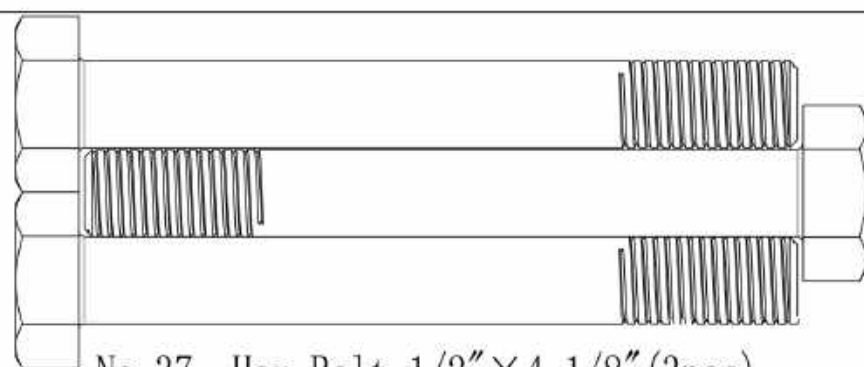
No. 42 Nylon Nut 3/8" (12pcs)



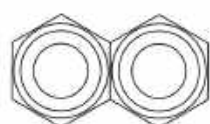
No. 38 Hex Bolt 1/2"×4 1/4" (2pcs)

HARDWARE LIST

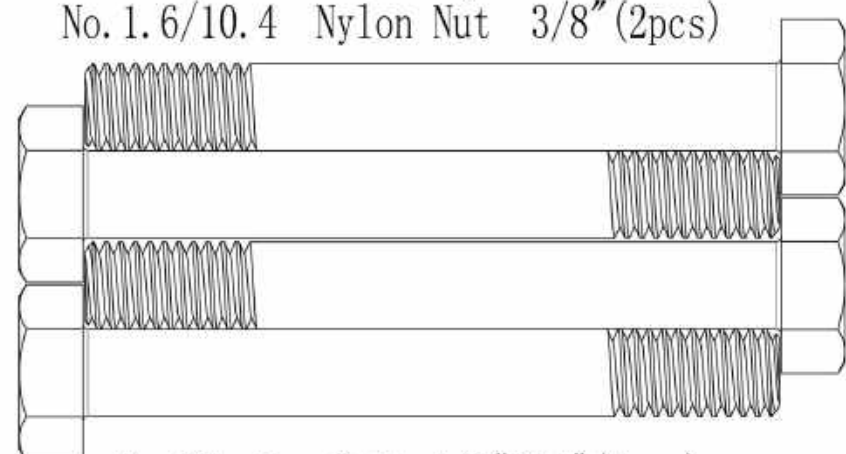
WB-LS20 HARDWARE PACK(3-3)



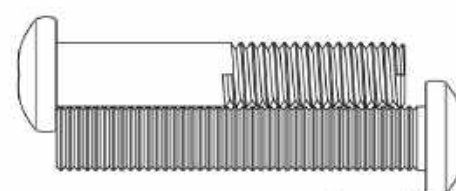
No. 37 Hex Bolt 1/2"×4 1/8" (3pcs)



No. 1.6/10.4 Nylon Nut 3/8" (2pcs)

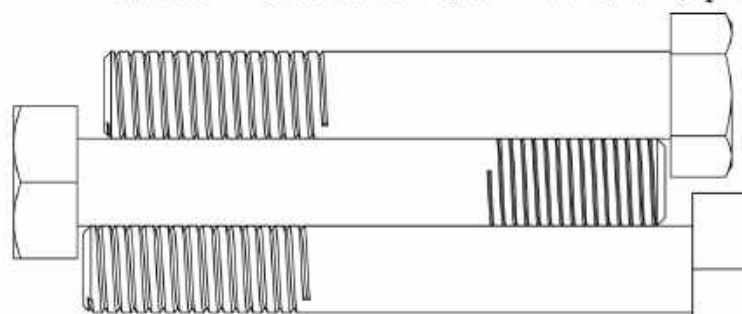


No. 36 Hex Bolt 1/2"×4" (4pcs)



No. 10.8 Hex Bolt 3/8"×2" (1pc)

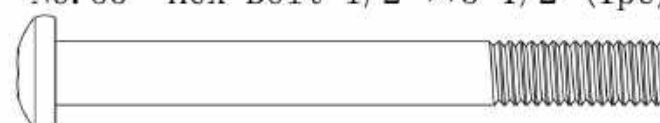
No. 31 Hex Bolt 3/8"×2 1/8" (1pc)



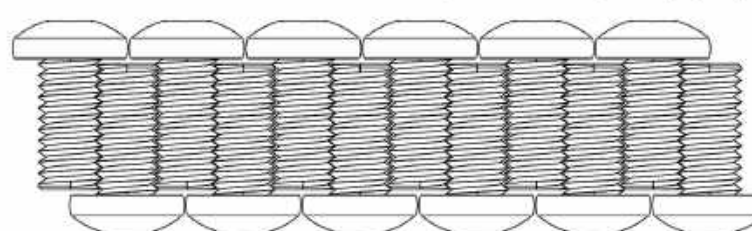
No. 34 Hex Bolt 1/2"×3 1/4" (1pc)

No. 35 Hex Bolt 1/2"×3 3/8" (1pc)

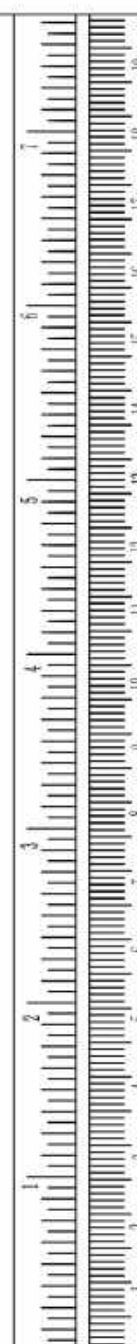
No. 33 Hex Bolt 1/2"×3 1/2" (1pc)



No. 1.4 Hex Bolt 3/8"×3 1/2" (1pc)



No. 28 Hex Bolt 3/8"×3/4" (12pcs) GR8



WB-LS20

WORKBENCH LEVERGYM

PART LIST



Part No.	Description	Qty.
1	Lower Upright Tube	1
2	Base Tube - L	1
3	Base Tube - R	1
4	Support Tube - L	1
5	Support Tube - R	1
6	Upper Upright Tube	1
7	Press Arm - L	1
8	Press Arm - R	1
9	Foam Roller Support Tube	1
10	Weight Rotating Tube	1
11	Utility Workbench Connector	1
12	Close Grip Bar Mounting Plate	1
13	Close Grip Bar - Tube	1
14	Close Grip Bar - Squat Bar	1
15	Lat Bar - Wide Grip	1
16	Safety Spotter Bar	1
17	Lat Bar - Close Grip	1
18	Weight Plate Horns	4
19	Foot Plate	1
20	Press Arms Lock Bar	1
21	D Handle	1
22	Extension Chain	1
23	Snap Chain Links	3
24	Cable	1
25	Ball Head Lock Pin	1
26	Collar	4
27	Rubber Bumper	4
28	Round Head Bolt 3/8"x3/4"	12
29	Round Head Bolt 3/8"x3/4"	2
30	Round Head Bolt 3/8"x3/4"	1
31	Round Head Bolt 3/8"x2 1/8"	1
32	Hex Bolt 1/2"x1"	5
33	Hex Bolt 1/2"x3 1/2"	1
34	Hex Bolt 1/2"x3 1/4"	1
35	Hex Bolt 1/2"x3 3/8"	1
36	Hex Bolt 1/2"x4"	4
37	Hex Bolt 1/2"x4 1/8"	3
38	Hex Bolt 1/2"x4 1/4"	2
39	Washer $\Phi 10 \times \Phi 25 \times 2.0$	1
40	Washer $\Phi 10 \times \Phi 35 \times 3T$	2
41	Washer $\Phi 14 \times \Phi 28 \times 2.0$	28
42	Nut 3/8"	12
43	Nut 1/2"	11
44	Steel Axis - Press Arms	1
45	WB-UB19-Utility Workbench	1
46	Adjustment Plate	1
47	Storage Weight Horn	2

Part No.	Description	Qty.
45	WB-UB20	1
45.1	Rear Base Tube	1
45.2	Front End Bench Frame	1
45.3	Center Main Bench Frame	1
45.4	Backrest Assembly Lower Tube	1
45.5	Backrest Assembly Adj. Tube	1
45.6	Backrest Pad Support Tube	1
45.7	Adjustable Seat Carriage	1
45.7.2	T - Spring Pin	1
45.8	Front Base Tube	1
45.9	Seat Assembly Tube	2
45.10	Seat Handles	1
45.11	Seat Height Adjustment Tube	1
45.12	Ball Head Lock Pin	1
45.13	Steel Axis - Seat Assembly	1
45.14	Seat Pad	1
45.15	Backrest Pad	1
45.16	Hex Bolt 1/2"x3 1/2"	1
45.17	Hex Bolt 1/2"x4 1/8"	1
45.18	Hex Bolt 1/2"x4"	2
45.19	Hex Bolt 1/2"x7 1/8"	1
45.20	Round Head Bolt 3/8"x3/4"	10
45.21	Round Head Bolt 3/8"x3/4"	2
45.22	Round Head Bolt 3/8"x1 5/8"	4
45.23	Round Head Bolt 3/8"x2 1/2"	2
45.24	Washer 3/8"	8
45.25	Washer 1/2"	14
45.26	Nylon Nut 1/2"	9

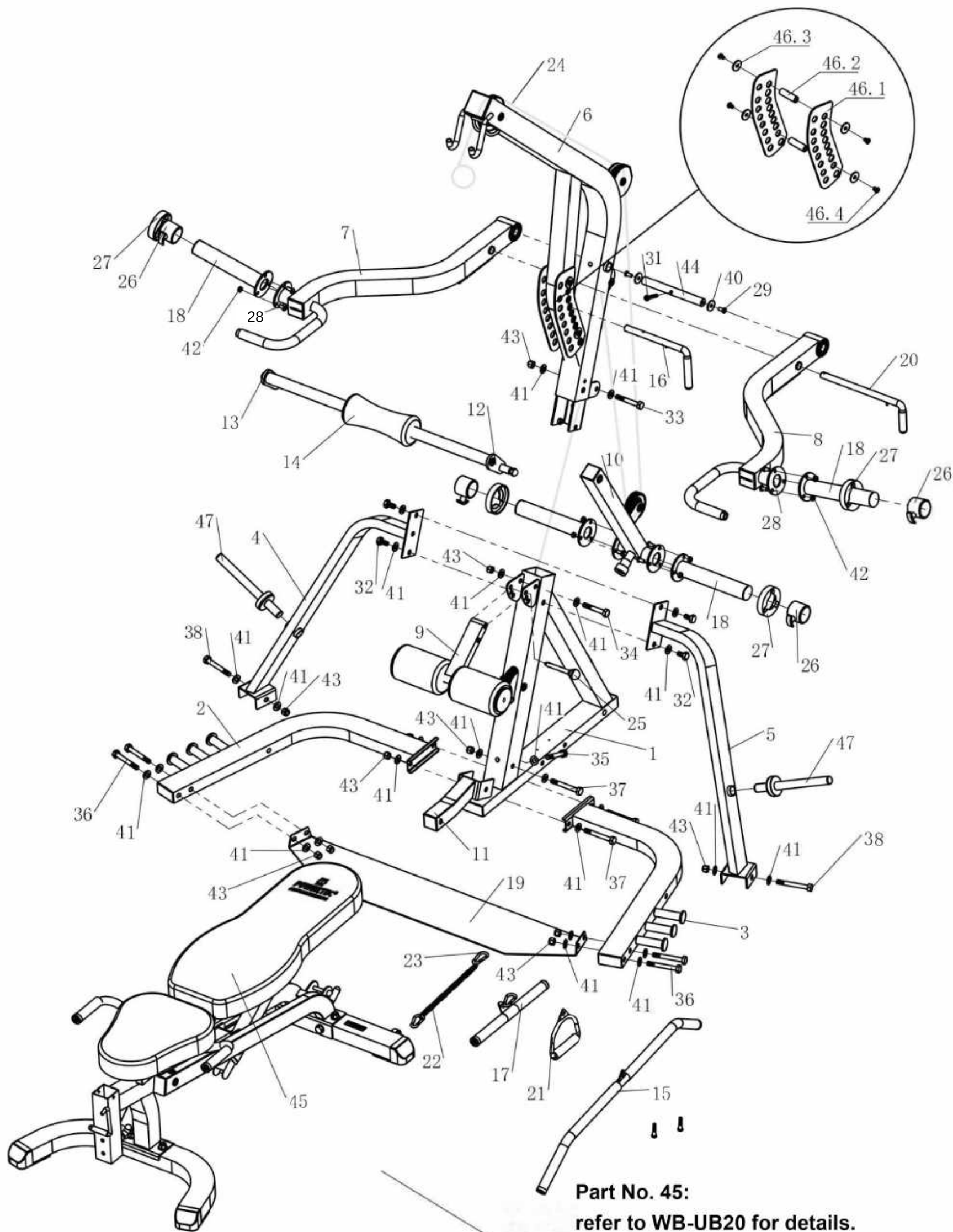
WB-LS20

WORKBENCH LEVERGYM

EXPLODED DIAGRAM -A

Workbench LeverGym Tower

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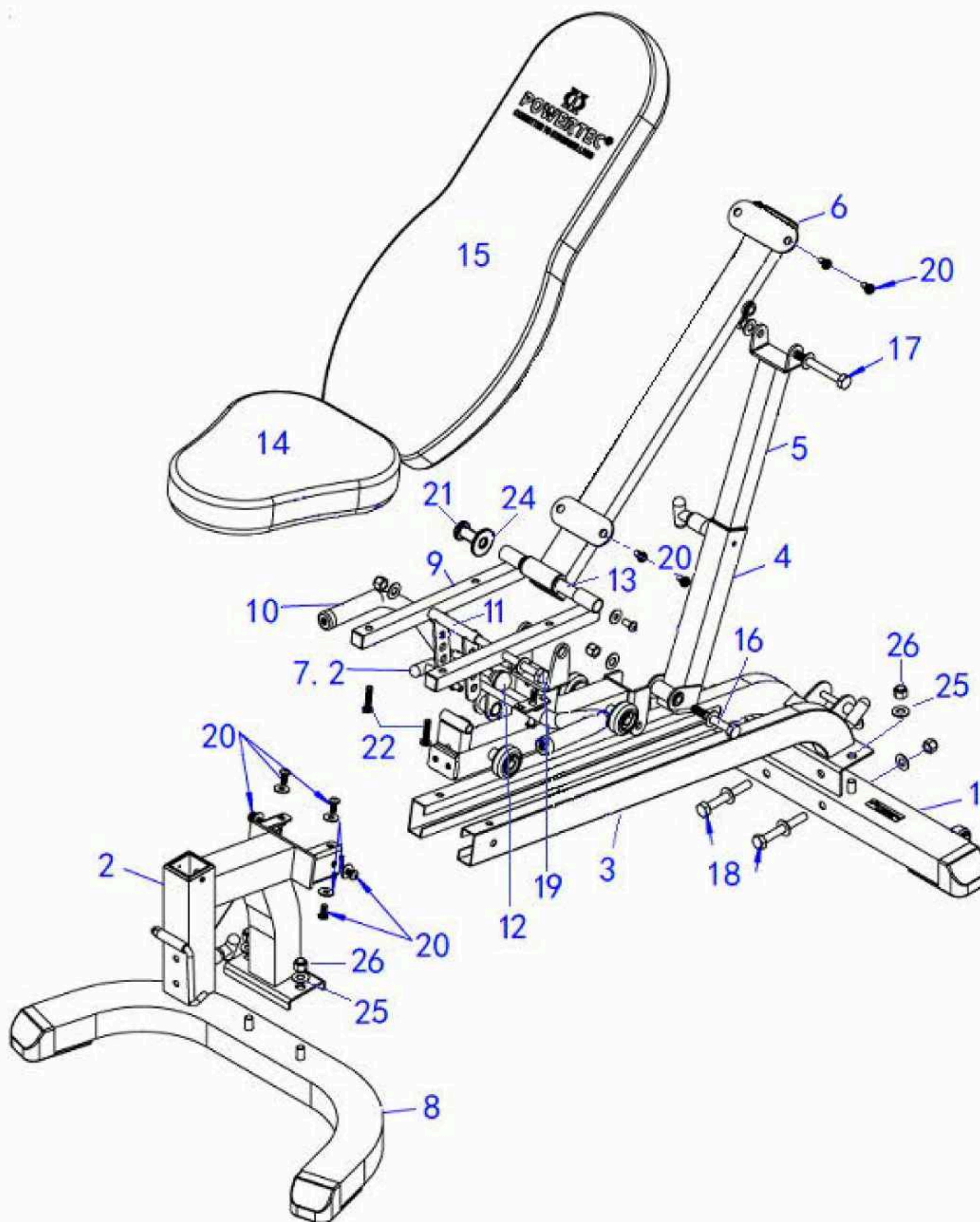


WB-LS20

WORKBENCH LEVERGYM

EXPLODED DIAGRAM - B

Utility Workbench - Part No. 45



Important Note:

All Parts have a pre-fix part number of 45

All Unmarked Washers and Nuts are 45.25 and 45.26

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WB-LS20

WORKBENCH LEVERGYM

ASSEMBLY ONE

POWERTEC®

Step 1

Install Base Tubes No. 2 and No. 3 onto Lower Up-Right Tube No. 1

Use Bolts No. 37, Washers No. 41 and Nuts No. 43

Step 2

Install Foot Plate No. 19 to Base Tubes No. 2 and No. 3

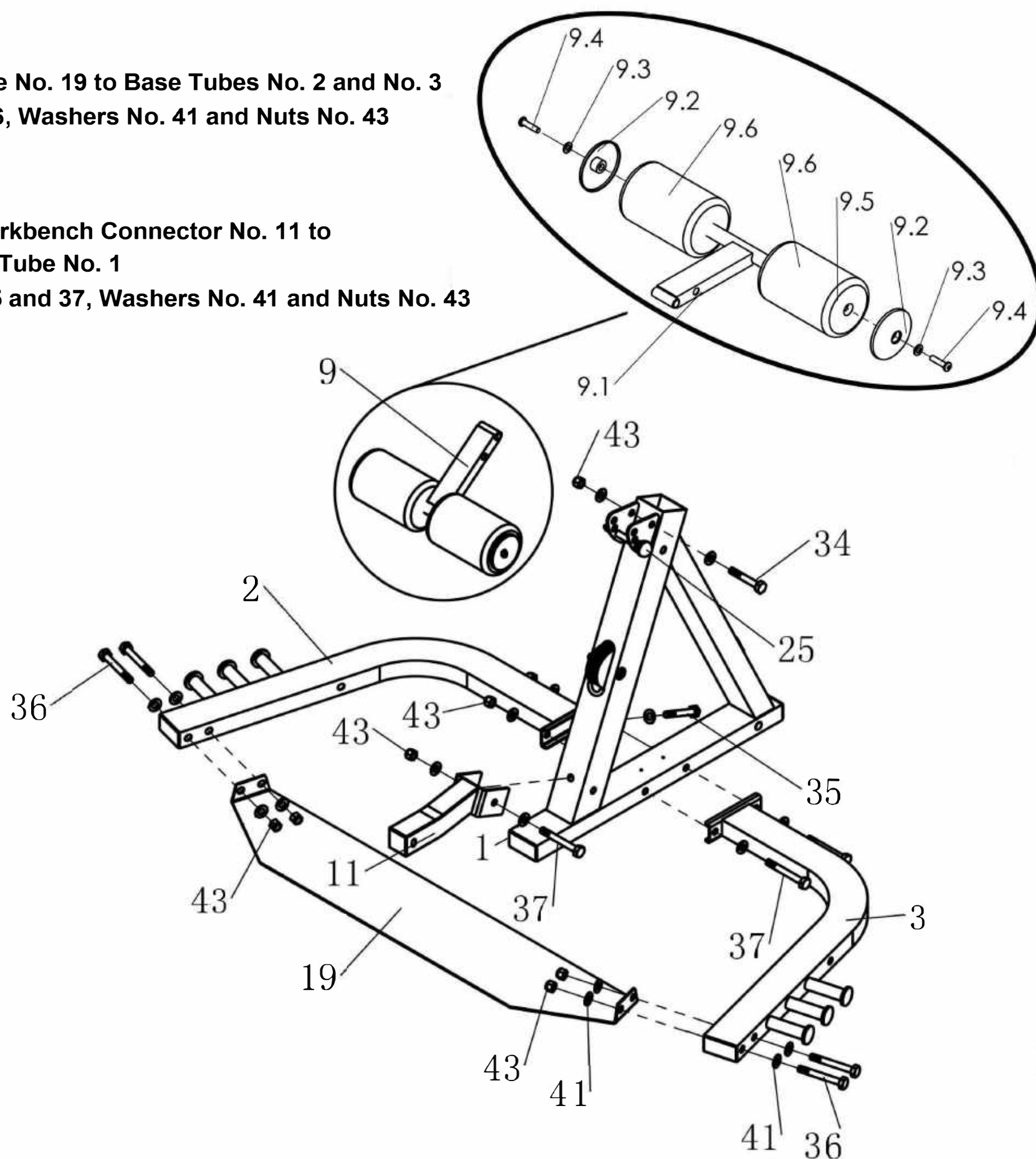
Use Bolts No. 36, Washers No. 41 and Nuts No. 43

Step 3

Install Utility Workbench Connector No. 11 to

Lower Up-Right Tube No. 1

Use Bolts No. 35 and 37, Washers No. 41 and Nuts No. 43



Step 4

Install Foam Roller Support Tube to Lower Up - Right Tube No. 1

Use Bolt No. 34, Washer No. 41 and Nut No. 43

Slide Foam Rollers onto Roller Tube and secure them with the Round Outer End Caps No. 9.2

Use Ball Head Lock Pin No. 25 to adjust position as needed.

Note: All Unmarked Washers are Part No. 41

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WORKBENCH LEVERGYM

ASSEMBLY TWO

POWERTEC®

Step 1

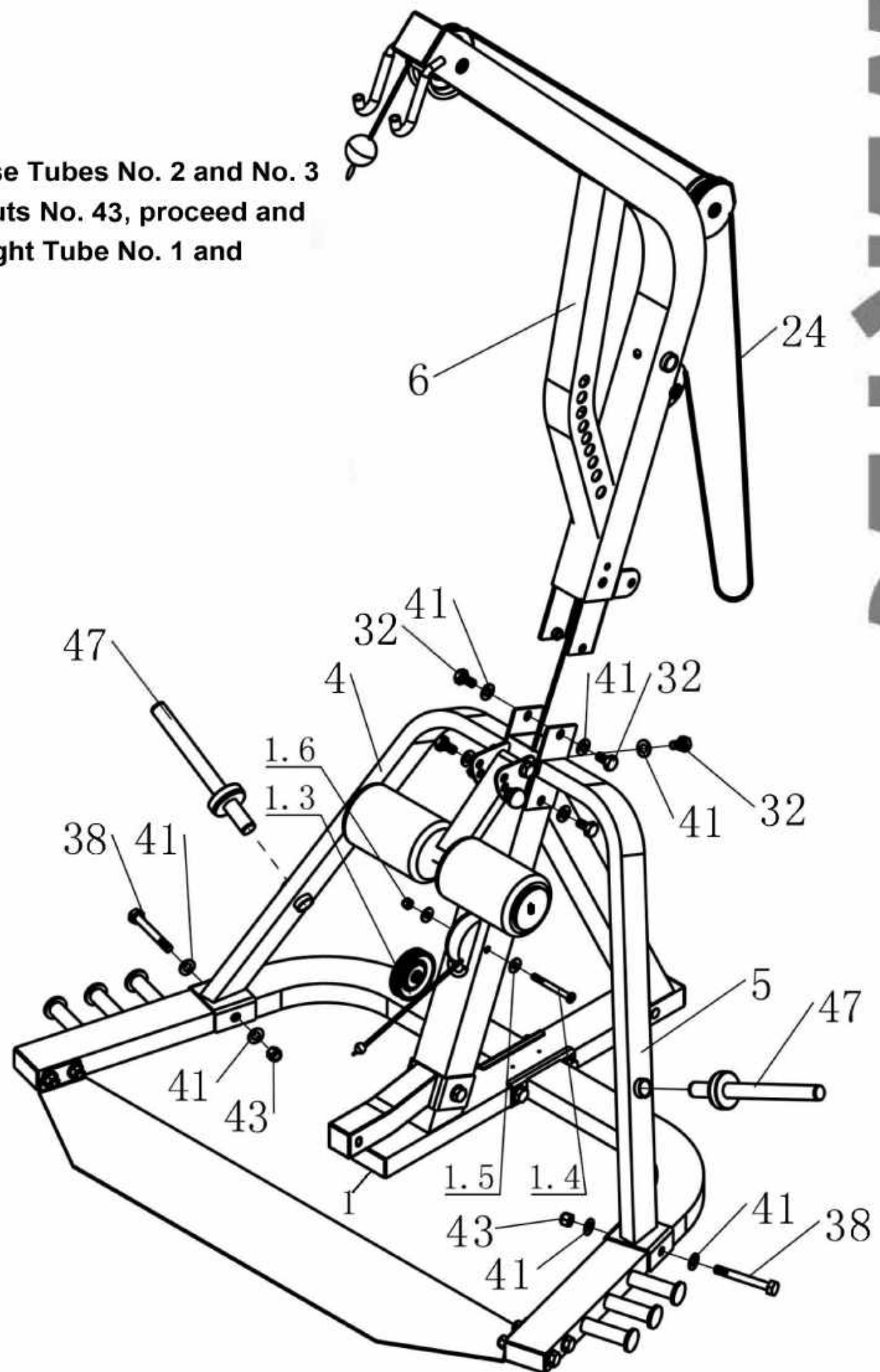
Install Cable No. 24 starting from the front, top of Up - Right tube No. 6 and over the first two pulley wheels, on the third pulley, feed cable towards the inside of the frame and down to the Lower Up-Right Tube No. 1, pull cable out through the front, lower opening of the lower Up - Right and Install Pulley Wheel No. 1.3 and secure it with Bolt No. 1.4, Washers No. 1.5 and Nut No. 1.6

Step 2

Install Support Tubes No. 4 and No. 5 Base Tubes No. 2 and No. 3 Using Bolts No. 9, Washers No. 41 and Nuts No. 43, proceed and Install to Support Tubes to Lower Up - Right Tube No. 1 and Up - Right Tube No. 6 Using Bolts No. 32 and Washers No. 41

Step 3

Install Storage Weight Horn No. 47 to Support Tube No. 4 and No. 5



Note:

Do Not Fully Tighten Hardware
Until Assembly Has Been Completed.

WB-LS 20

WORKBENCH LEVERGYM

ASSEMBLY THREE

POWERTEC®

Step 1

Install Weight Rotating Tube No. 10 to Up-Right Tube No. 6
Using Bolts No. 33, Washers No. 41 and Nut No. 43

Install Weight Horns No. 18 to Weight Rotating Tube No. 10
Using Bolts No. 28 and Nuts No. 42

Step 2

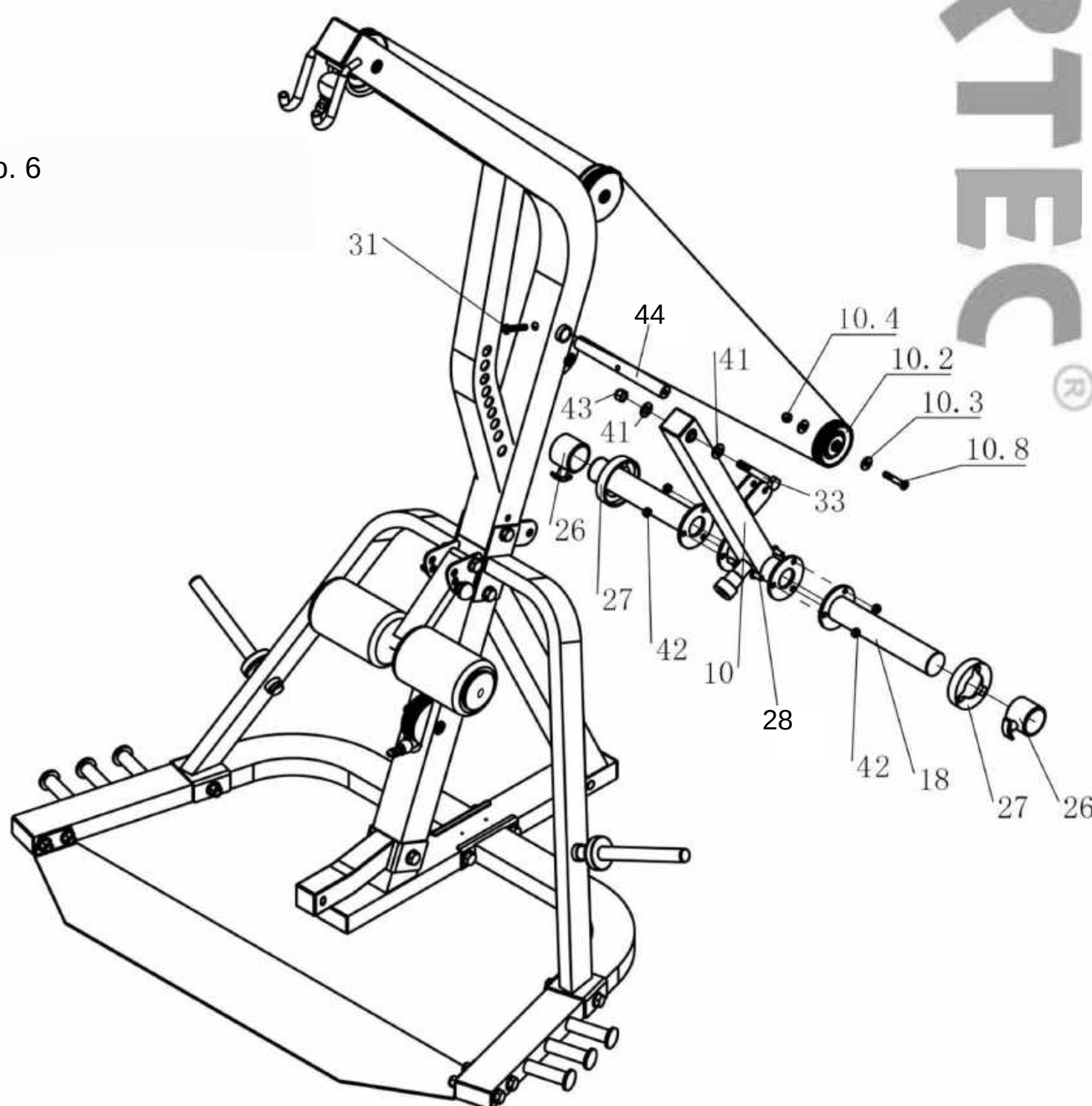
Place Pulley Wheel No. 10.2 over cable and Install it to
Weight Rotating Tube No. 10

Using Bolt 10.8, Washer No. 10.3 and Nut No. 10.4

Step 3

Install Steel Axis No. 44 to Up-Right No. 6

Using Bolt No. 31



Note:

Do Not Fully Tighten Hardware

Unill Assembly Has Been Completed.

WB-LS20

WORKBENCH LEVERGYM

ASSEMBLY FOUR

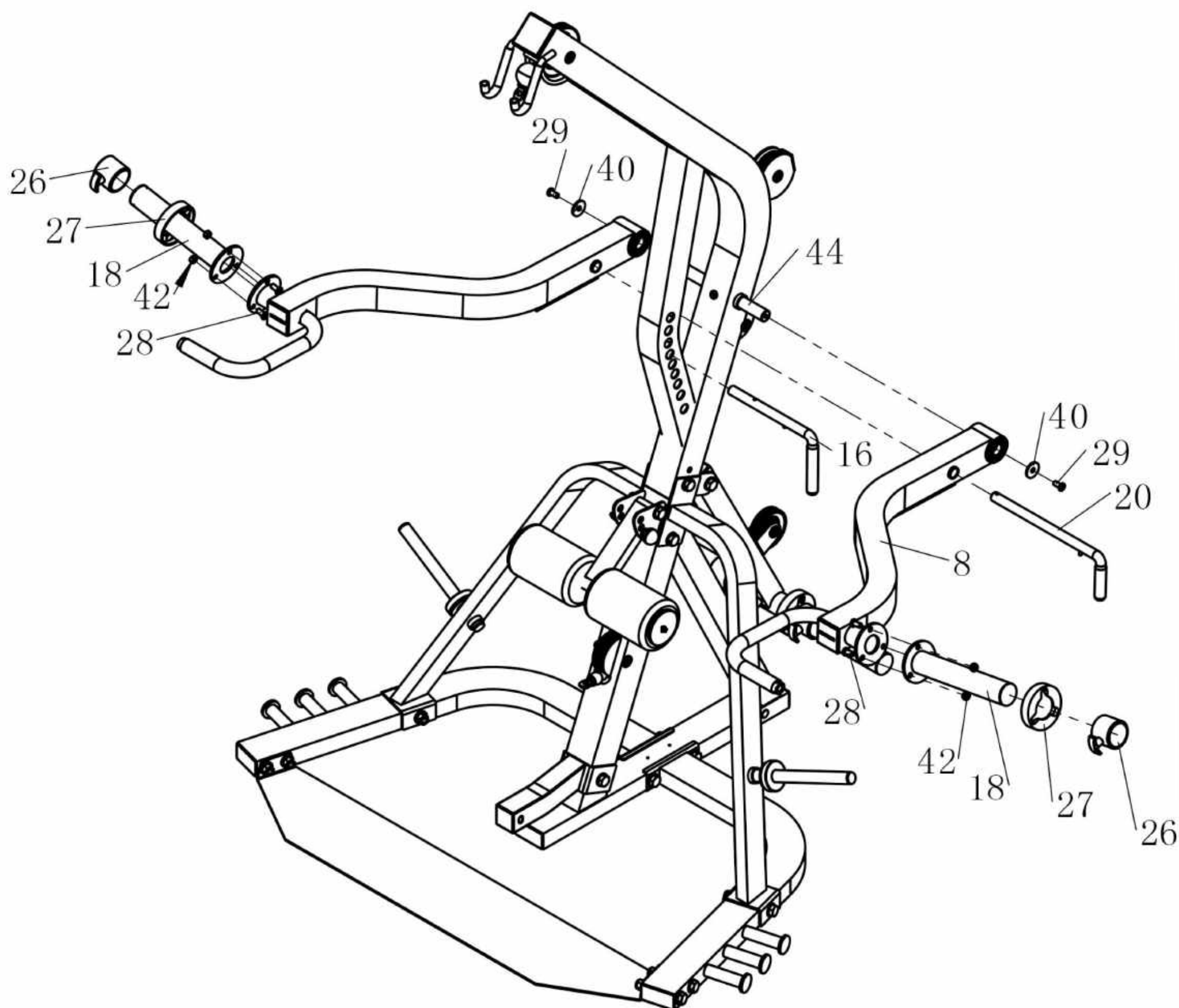
POWERTEC®

Step 1

Install Safety Spotter Bar No. 16 onto Up-Right No. 6

Install Press Arms No. 7 and No. 8 onto Steel Axis No. 44

Secure Press Arms to Steel Axis using Washers No. 40 and Bolts No. 29



Step 2

Install Weight Horns No. 18 to Press Arms No. 7 and No. 8

Using Bolts No. 28 and Washers No. 42 to secure them.

Note:

Use Press Arms Lock Bar No. 20 to use the Press Arms as Conventional Press Arms or remove the Lock Bar to use as Independent Press Arms - Isolateral.

WB-LS20

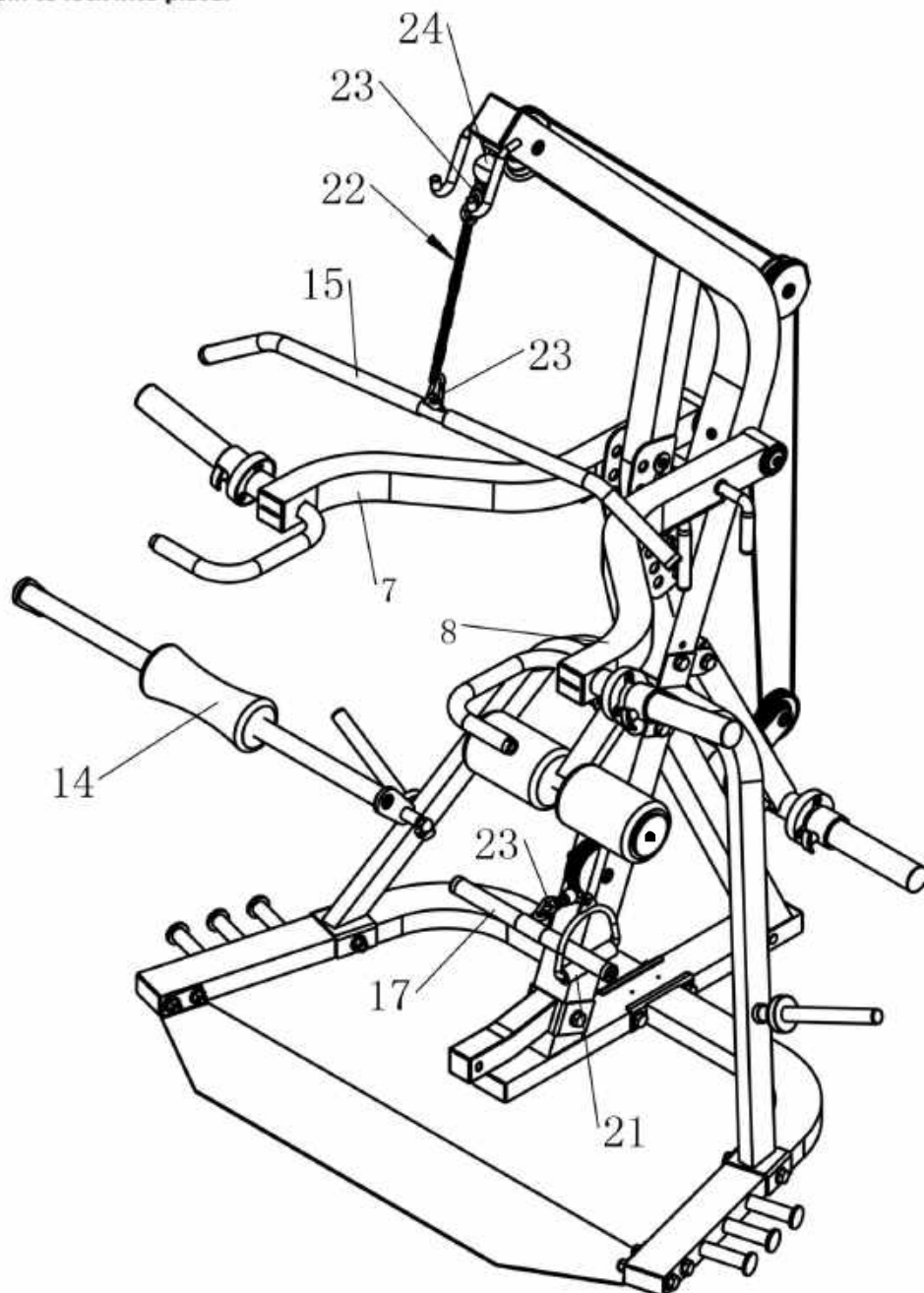
WORKBENCH LEVERGYM

ASSEMBLY FIVE

POWERTEC®

Step 1

Install Lat Bar No. 15 to the Upper Up-Right / Cable No. 24 using Snap Link No. 23
Install Close Grip Bar - Squat bar No. 14 to Press Arms No. 7 and No. 8 secure bar to press arms by Pulling on the Spring Loaded Pin and slide the bar on, release spring pin to lock into place.



WB-LS20

WORKBENCH LEVERGYM

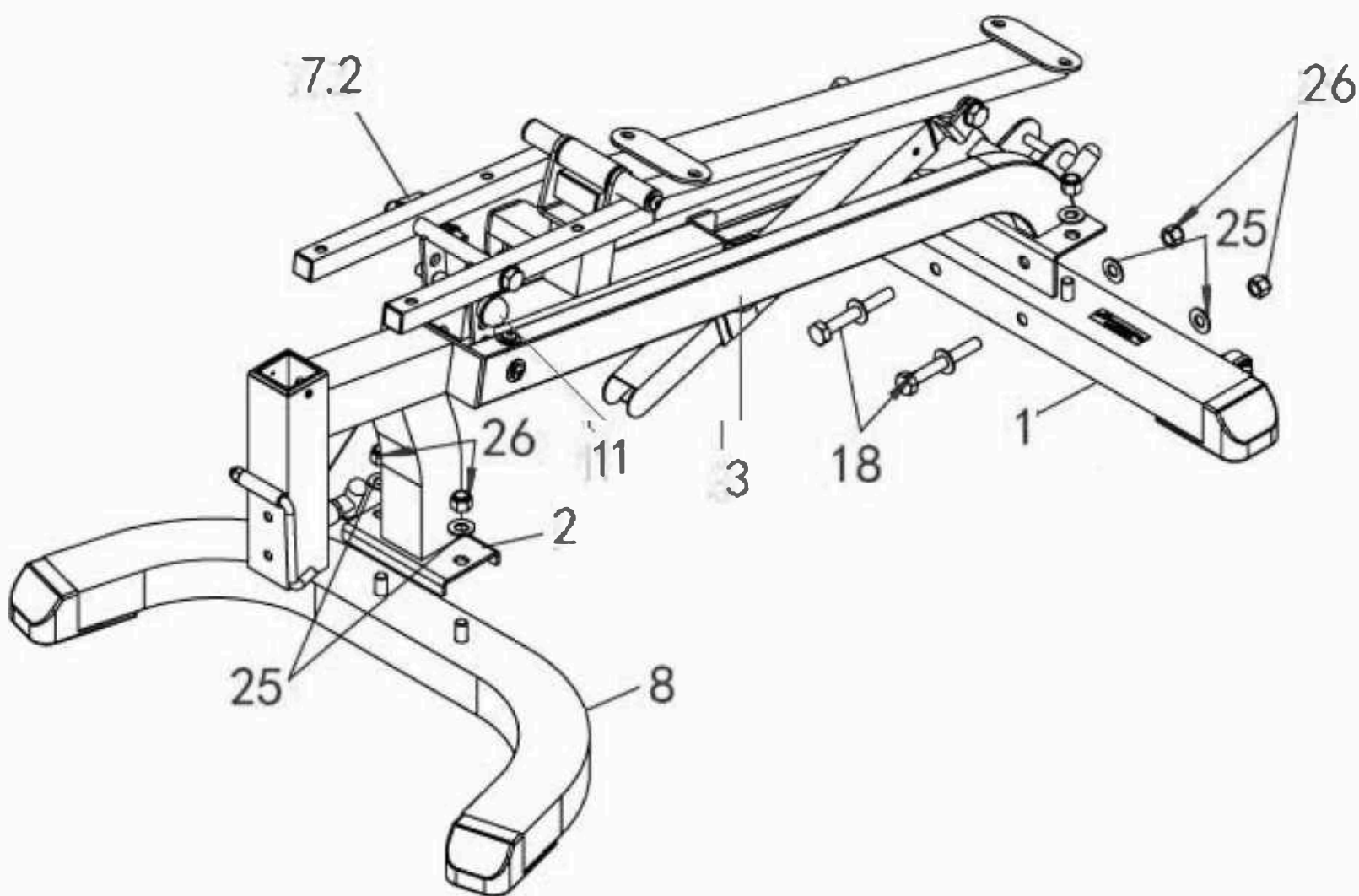
ASSEMBLY SIX

Utility Workbench - Part No. 45

All parts mentioned on this assembly have a pre-fix Part No. 45

Step1

Install T Handle Spring Pin Part No. 7.2 to Center Main Frame Part No. 3



Step 2

Install Center Main Bench Frame No. 3 to Rear Base Tube No. 1

and to Front Base Tube No. 8 Use Bolts No. 18, Washers No. 25 and Nuts No. 26

Important Note:

Some Parts and Components may come pre-assembled by the factory,
make sure to go over them before finishing assembly.

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WORKBENCH LEVERGYM

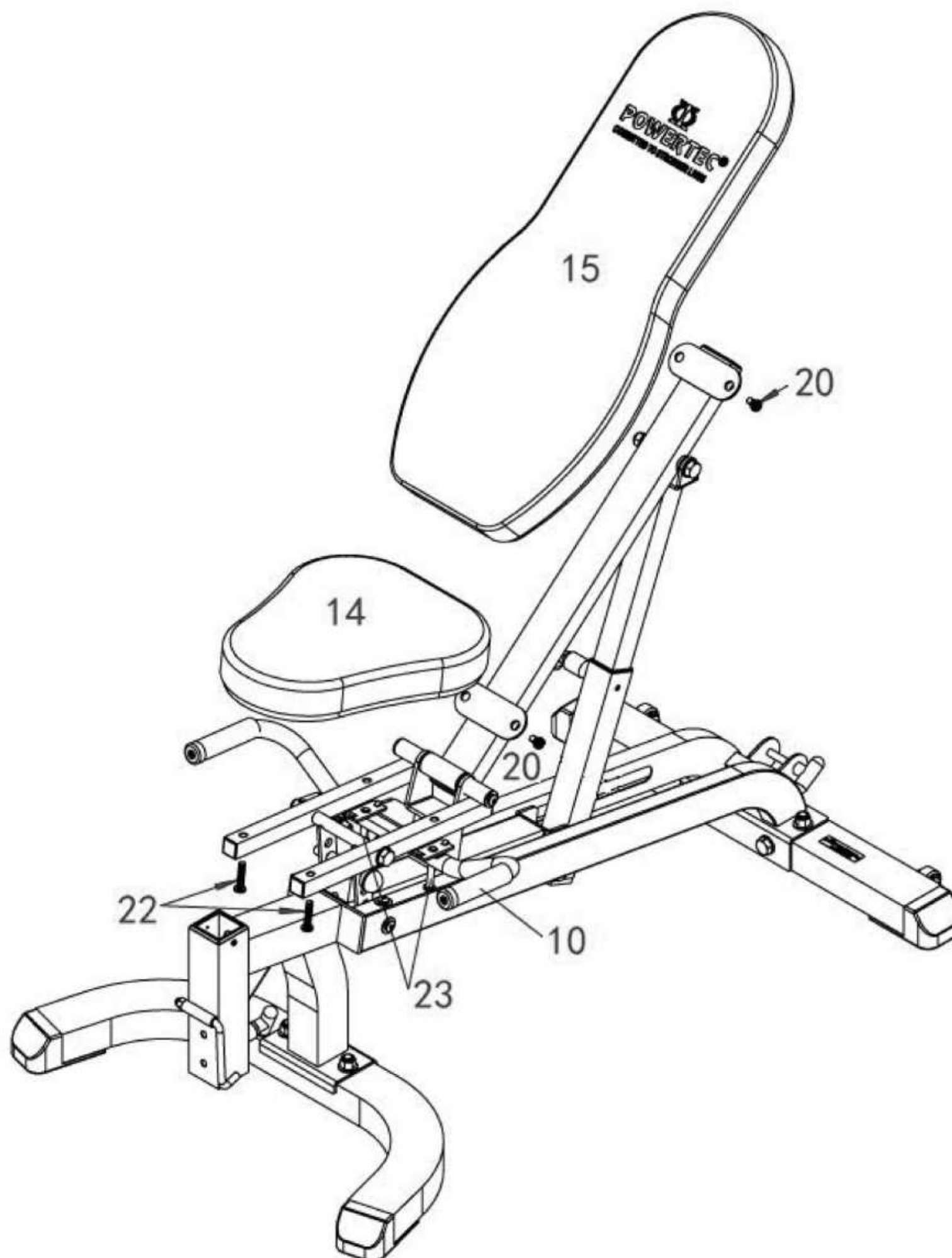
ASSEMBLY SEVEN

Step 1

Install Backrest Pad No. 15 onto Backrest Pad Tube No. 6
Secure pad using Bolts No. 20

Step 2

Install Seat Pad No. 14 onto Seat Pad Tubes No. 9 and to
Seat Handles No. 10, Use Bolts No. 22 in the front area of
the seat and No. 23 Bolts on the rear area of the seat.

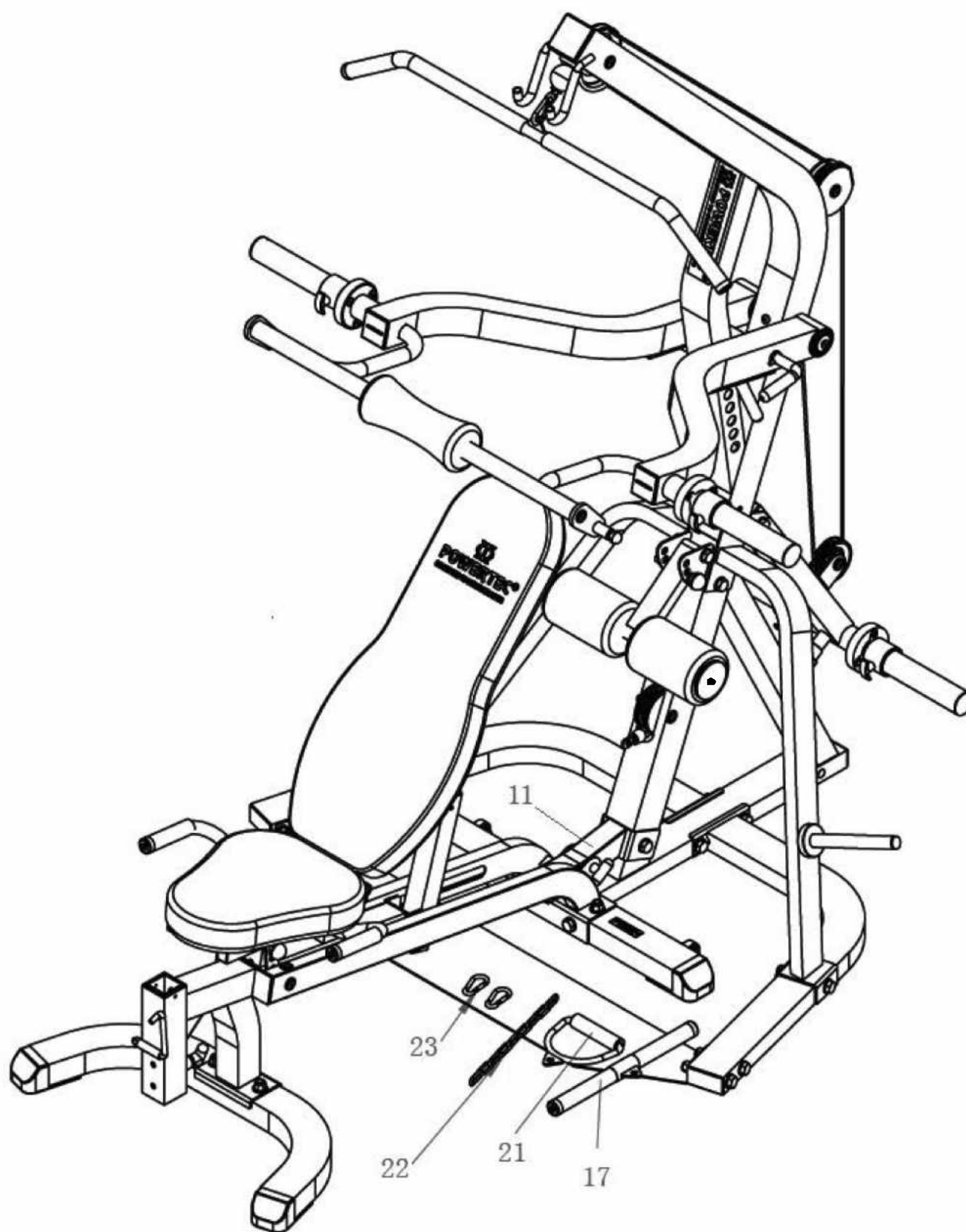


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WB-LS20
WORKBENCH LEVERGYM

ASSEMBLY EIGHT

 POWERTEC®



Helpful Hints:

To Connect Utility Workbench to the Lever Gym, Slide workbench towards the Linkage Tube No. 11 and secure it by using the T Handle Pin.

Chain Extension No. 22 can be used on the Upper End or the Lower End of the cable, use Snap Links No. 23 to install the chain or D Handle No. 21 or Close Grip Lat Bar No. 17

WB-LS 20

WORKBENCH LEVERGYM



Exercises

Bent Over Row

Tricep Press

Shoulder Press

Bench Press

Arm Curl

Squat

Lat Pulldown

Ab Crunch

Wide Grip Row

Bicep Curl

Front Lateral
Raise

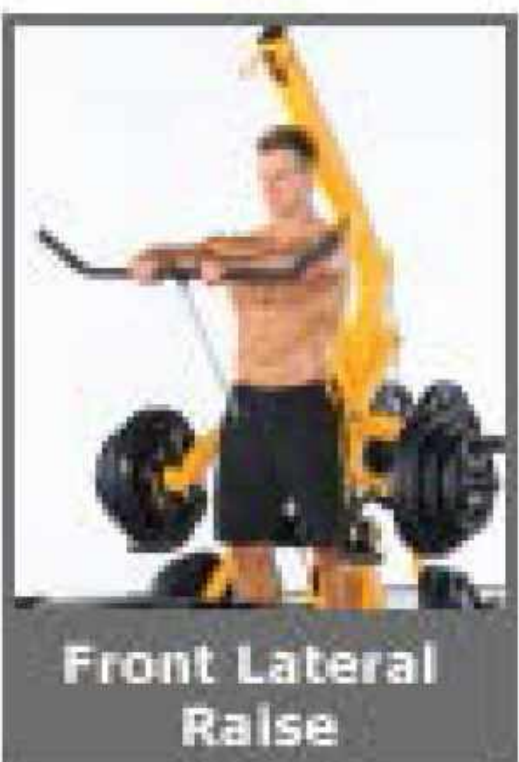
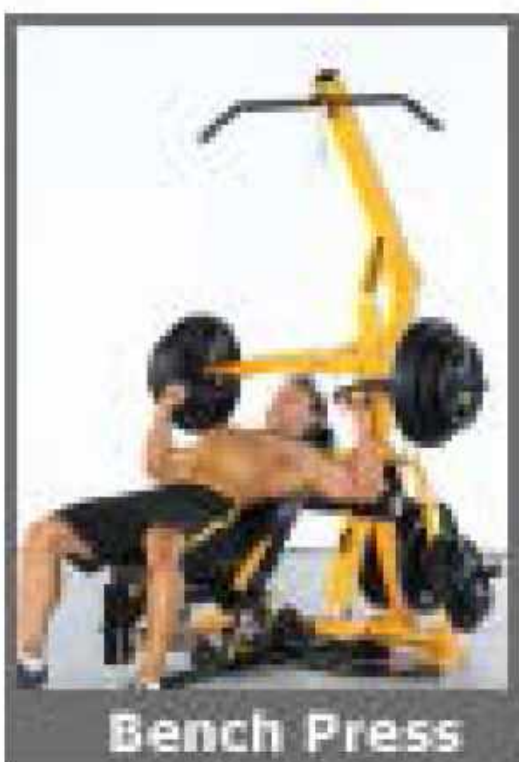
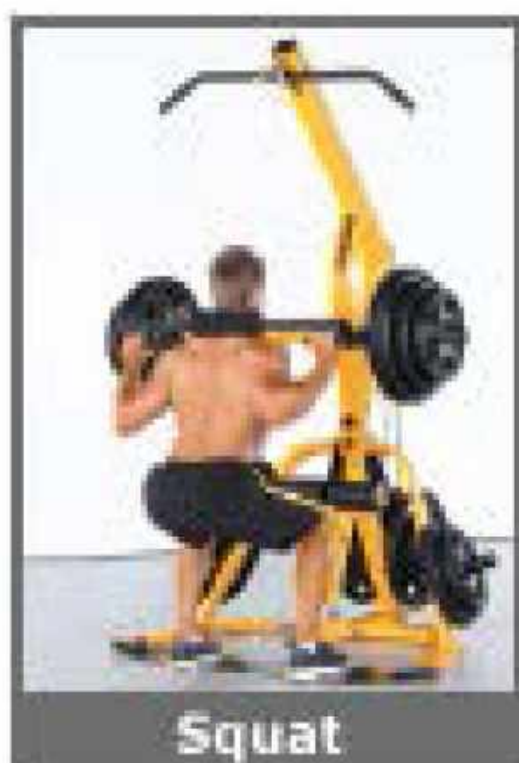
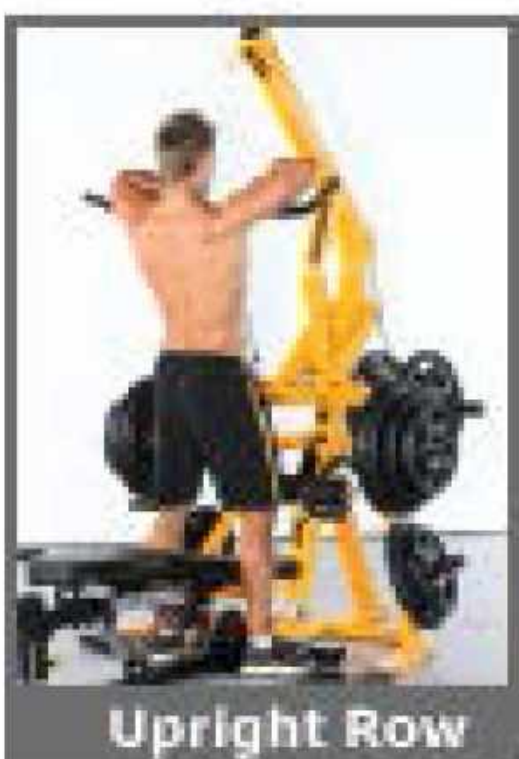
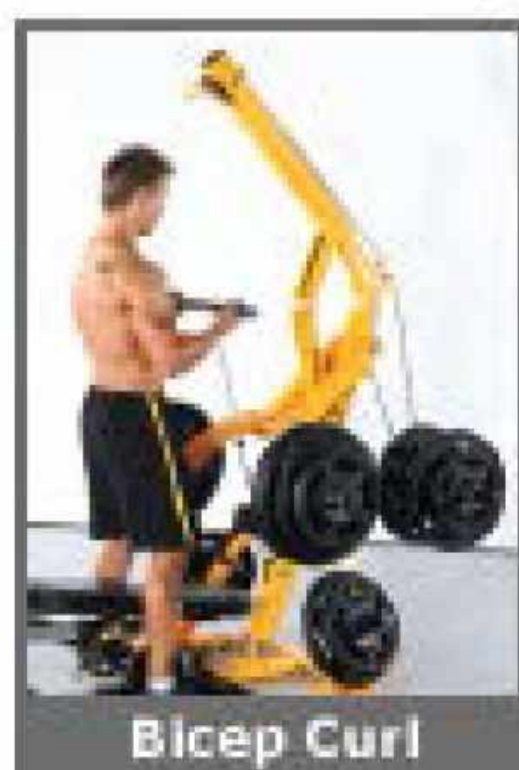
Calf raise

Shrug

Stiff Leg Deadlift

Pec Fly

Lat Pulldown



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

