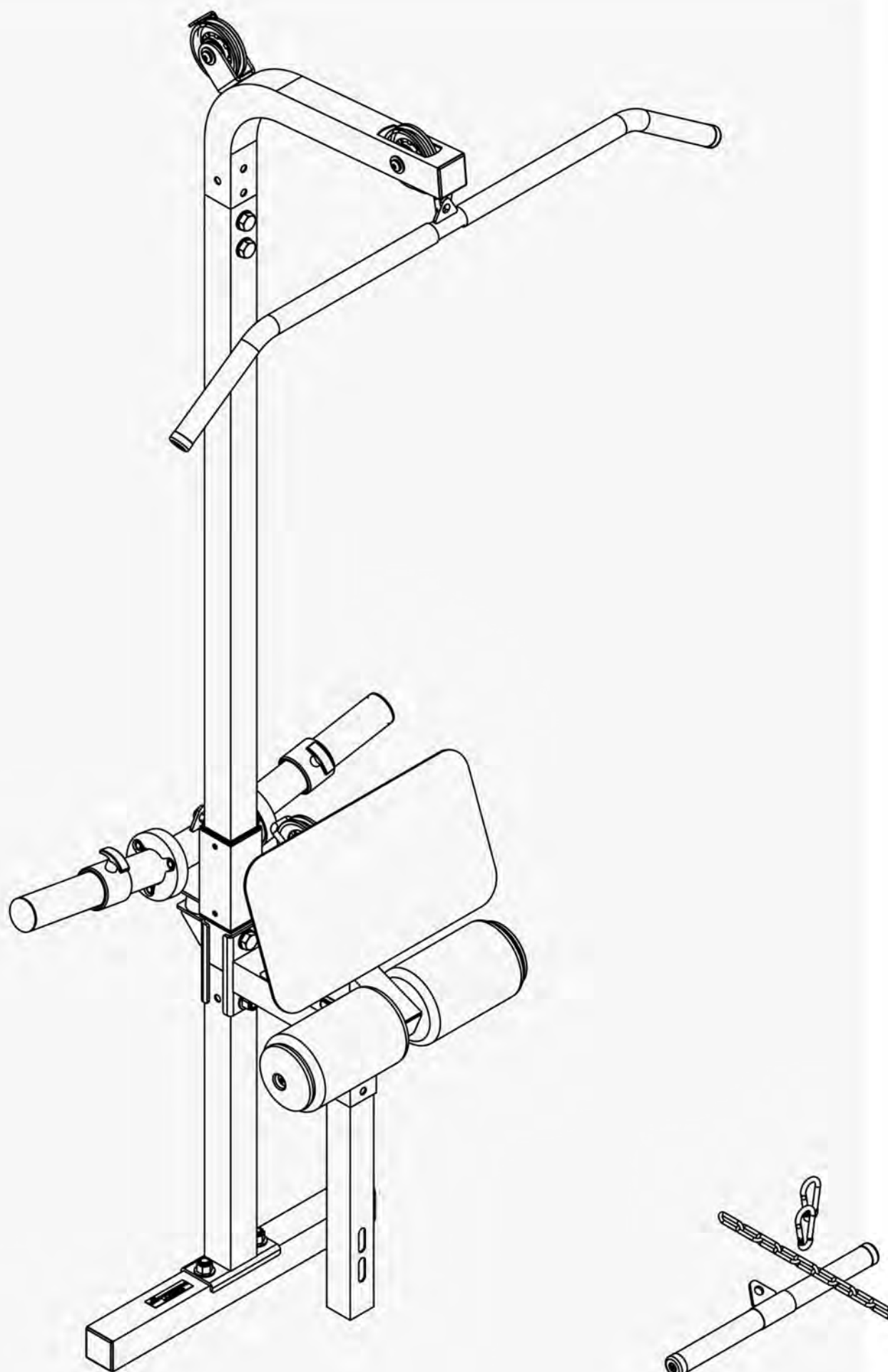


 **POWERTEC®**

WB-LTA20

Manual



WORKBENCH LAT TOWER ACCESSORY

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-LTA20

Weight Capacities

300 LBS. Maximum Capacity / Carriage / Cable

Featured Exercises

Wide Grip Row	Low Cable Row	Overhand Pulldown	Underhand Pulldown
Close Grip Pulldown	Wide Grip Pulldown	Overhand Pushdown	Underhand Pushdown
Front Lateral Raise	One Arm Row	Low Cable Bicep Curl	Single Triceps Kickdowns
High Cable Bicep Curl			

Other Recommended Powertec 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

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



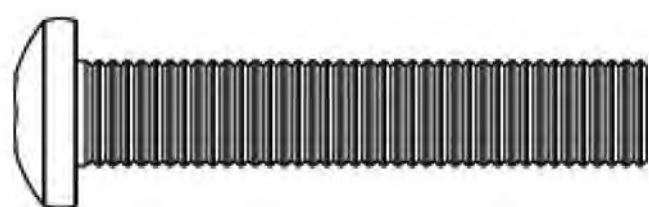
Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"



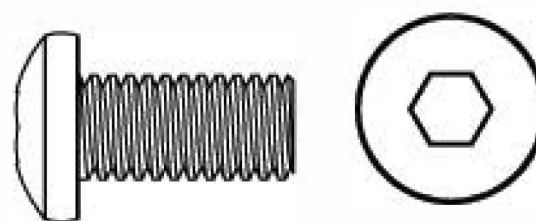
8" Adjustable Wrench

HARDWARE LIST

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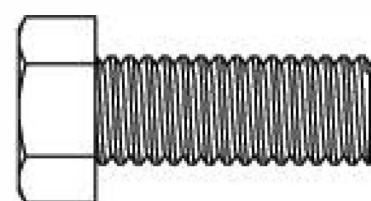
No. 26 3/8" x 2" 2 Pcs.



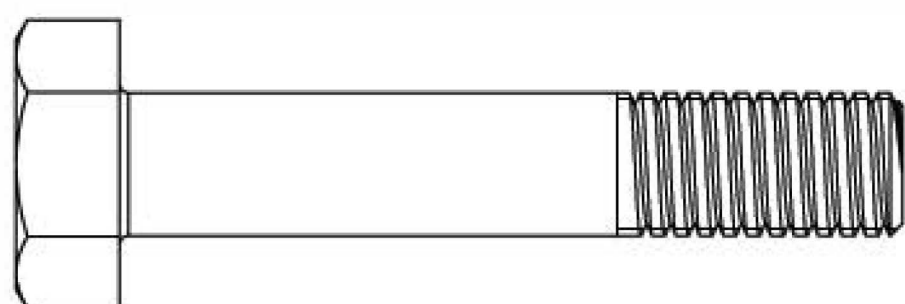
No. 25 3/8" x 3/4" GR8 6 Pcs.



No. 27 3/8" x 2 5/8" 1 Pc.



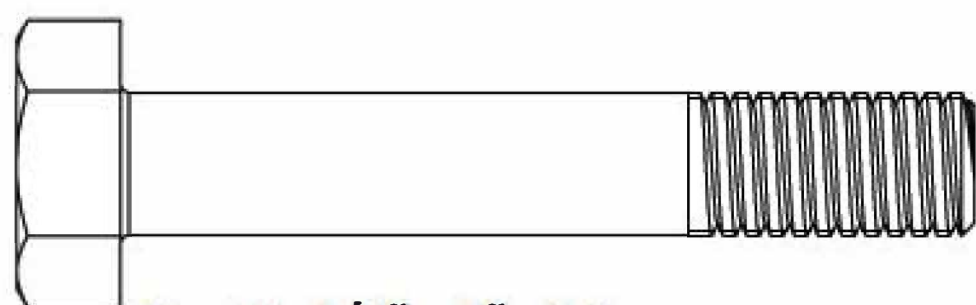
No. 28 3/8" x 1" 1 pc.



No. 29 1/2" x 2 3/4" 2 Pcs.



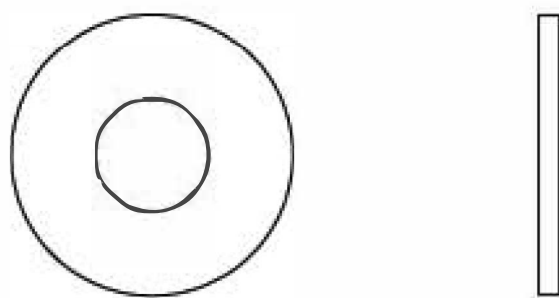
No. 35 Nut 3/8" x 7T 6 Pcs.



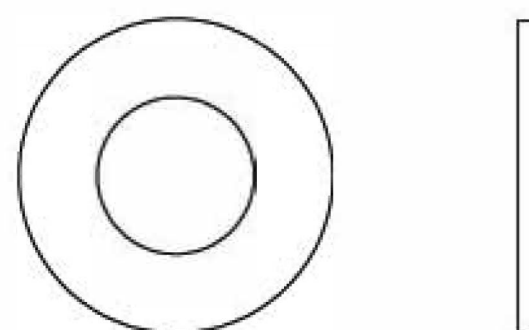
No. 30 1/2" x 3" 2 Pcs.



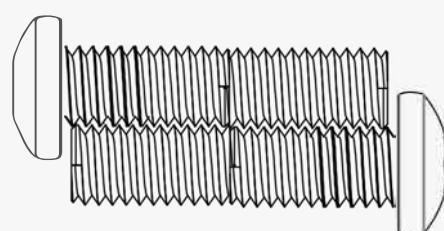
No. 33 Nut 3/8" x 11T 4 Pcs.



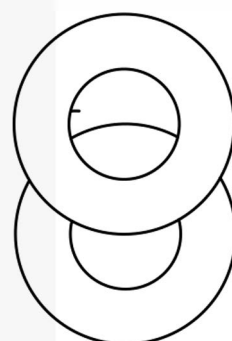
No. 31 Washer 3/8" 5 Pcs.



No. 32 Washer 1/2" 9 Pcs.



No. 36 Hex Bolt 3/8" x 1 1/2" (2pcs)



No. 37 Washer $\Phi 11 \times \Phi 20 \times 2$ (2pcs)



No. 34 Nut 1/2" 5 Pcs.

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WORKBENCH LAT TOWER ACCESSORY

PARTS LIST

Part No.	Description:	Qty.
1	Base Frame Tube	1
2	Lower Frame Tube	1
3	Center Frame Tube	1
4	Upper Frame Tube	1
5	Bracket	1
6	Weight Horn Sliding Tube	1
7	Up-Right Support Tube	1
8	Foot Plate	1
9	Knee Support Adjustment Tube	1
10	Roller Tube	1
11	Wide Grip Lat Bar	1
12	Short Grip Lat Bar	1
13	Weight Horn	2
14	Collar	2
15	L - Bracket	1
16	Roller Pad	2
17	Rubber Bumper	1
18	Round Outer End Cap	2
19	Chain	1
20	Snap Link	3
21	Upper Cable	1
22	Lower Cable	1
23	Pulleys	3
24	Rubber Bumper	2
25	Round Head Bolt 3/8" x 3/4"	6
26	Round Head Bolt 3/8" x 2"	2
27	Round Head Bolt 3/8" x 2 5/8"	1
28	Hex Bolt 3/8" x 1"	1
29	Hex Bolt 1/2" x 2 3/4"	2
30	Hex Bolt 1/2" x 3"	2
31	Washer 3/8"	5
32	Washer 1/2"	9
33	Nut 3/8"	4
34	Nut 1/2"	5
35	Nut 3/8" - 7T	6
36	Hex Bolt 3/8" X 1 1/2"	2
37	Washerφ11Xφ20X2	2

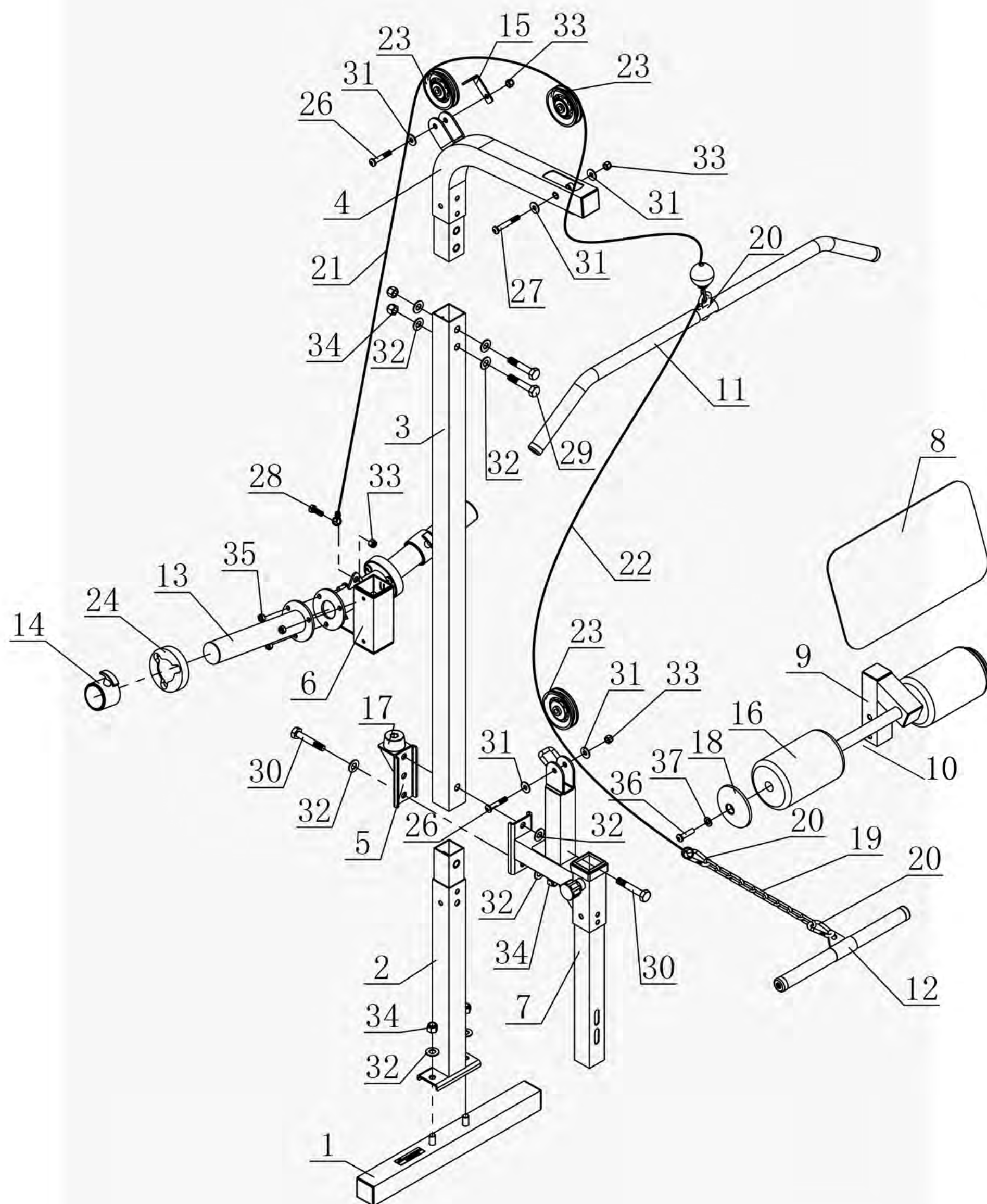
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WORKBENCH LAT TOWER ACCESSORY

EXPLODED DIAGRAM

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WORKBENCH LAT TOWER ACCESSORY

ASSEMBLY ONE

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Step 1

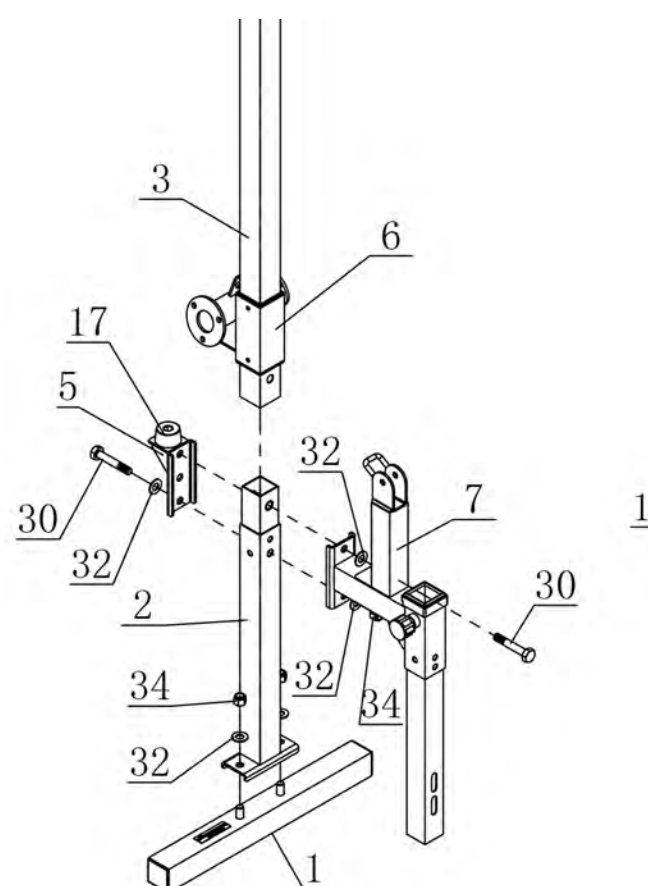
Install Base Frame Tube No. 1 to Lower Base Frame No. 2
Use Washers No. 32 and Nuts No. 34 to secure parts.

Step 2

Install or Slide No. 6 Weight Sliding Tube on to Center Base
Frame Tube No. 3, Using L Bracket No. 5 Secure Lower
Base Frame No. 2, Center Base Frame No. 3 and Up-Right
Support Tube No. 7 Using L - Bracket No. 5 with Bolts No.
30, Washers No.32 and Nuts No. 34

Step 3

Install Knee Adjustment Support Tube No. 9 on to Up-Right
Support Tube No. 7, use Spring Pin to set height as desired.



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WORKBENCH LAT TOWER ACCESSORY

ASSEMBLY TWO

Step 1

Install Upper Frame Tube No. 4 on to Center Frame Tube No. 3 Use Bolts No. 29, Washers No. 32 and Nuts No. 34

Step 2

Install Upper Cable No. 21 routing cable from the front top towards the back and down to Weight Horn Sliding Tube No. 6 Secure cable using Bolt No. 28 and Nut No. 33

Step 3

Install Rear Top Pulley No. 23 using Bolt No. 26, Washers No. 31, L - Bracket No. 15 and Nut No. 33

Proceed and Install Top Front Pulley No. 23 using Bolt No. 27, Washers No. 31 and Nut No. 33

Step 4

Install Weight Horns No. 13 to Weight Horn Sliding Tube No. 6

Use Bolts No. 25 and Nuts No. 35

Proceed and Install Rubber Bumpers No. 24 and Collars No. 14

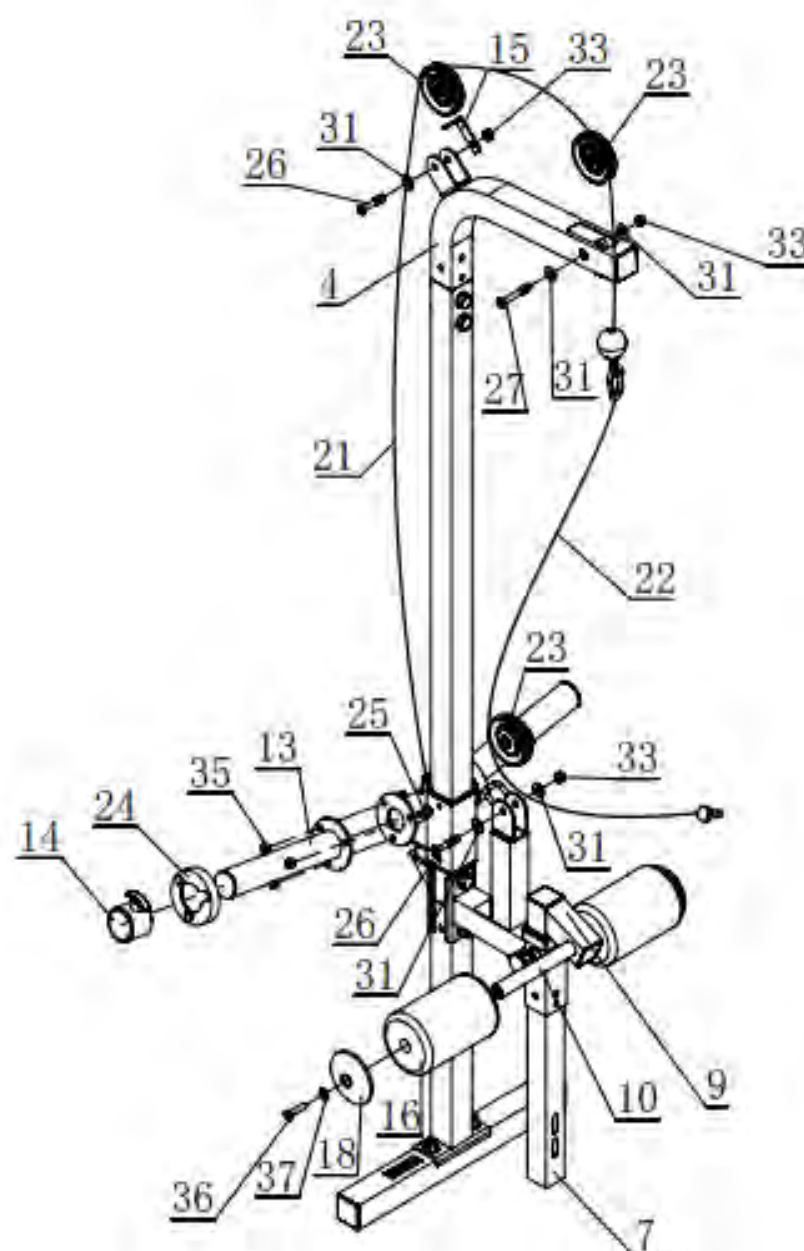
Step 5

Install Roller Tube No. 10 on to Knee Support Adjustment Tube No. 9 and Slide Roller Pads No. 16, secure Roller Pads

With Round Outer End Cap No.18, using Bolt No.36 and Washer No.37

Step 6

Install Cable No 22 to lower Puley No. 23 route cable from the front towards the back. install Pulley using Bolt No. 26, Wahers No. 31 and Nut No. 33



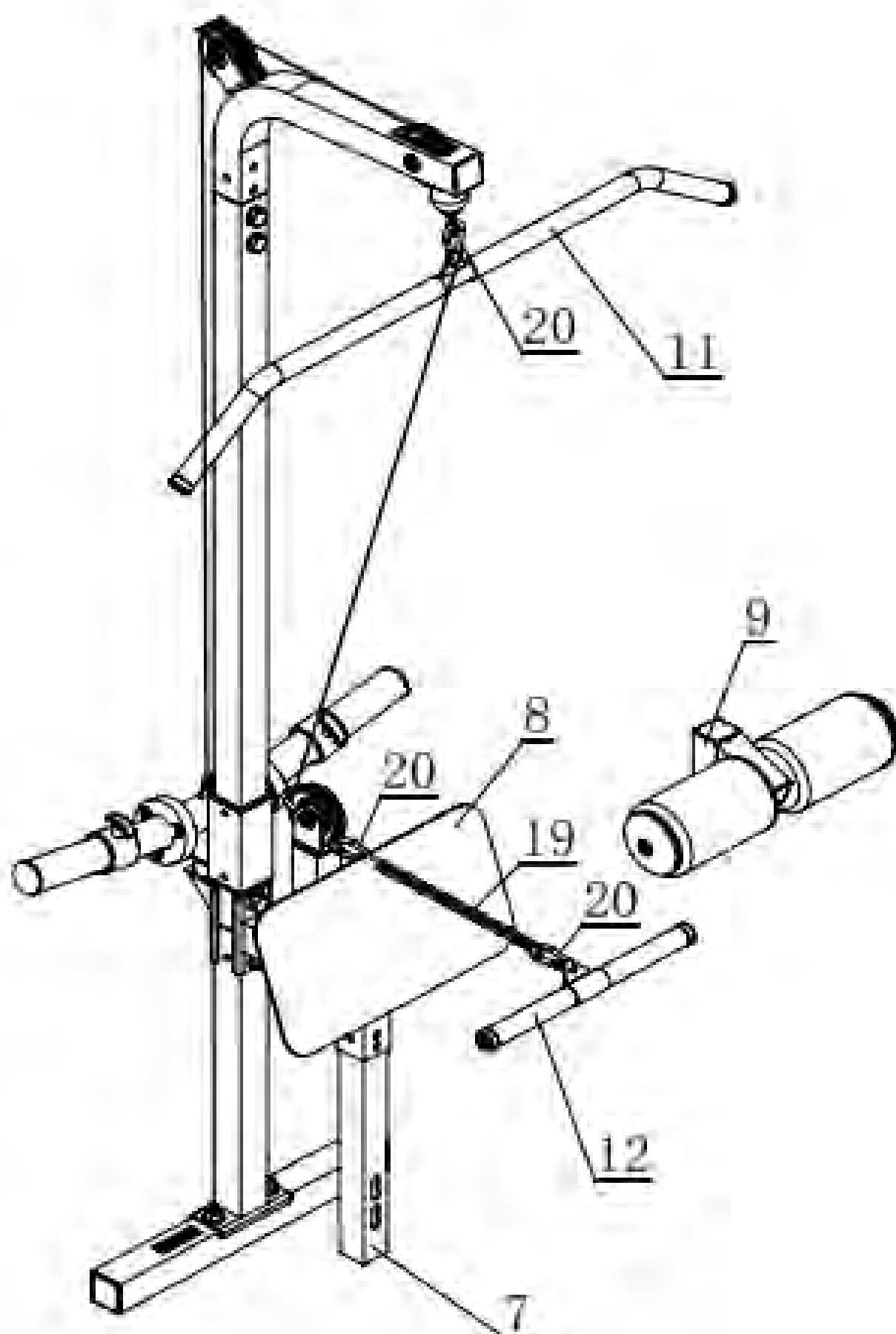
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WORKBENCH LAT TOWER ACCESSORY

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ASSEMBLY THREE

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Note:

Lower Cable No. 22 can be connected to Upper Cable No. 21 using Snap Links No. 20, use Chain No. 19 to adjust or extend cable as desired.

To use Foot Plate No. 8, remove Knee Support Adjustment Tube No. 9 and install Foot Plate No. 8 and secure it using the provided Spring Pin.

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WORKBENCH LAT TOWER ACCESSORY

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Featured Exercises



Wide Grip Seated Row

For this exercise you will need to start on a seated position and use a lower pulley setting.

1. Sit down and brace your feet in front of you making sure knees are slightly bent and not locked.
2. Lean over as you keep a natural alignment of your back and grab the handle bar.
3. With your arms extended pull back until your torso is at a 90° degree angle from your legs. Your back should be slightly arched and your chest should be sticking out. You should be feeling a nice stretch on your lats as you hold the bar in front of you.
4. Keeping the torso stationary, pull handle bar towards your torso while keeping the arms close to Until you touch your abdominals. Breathe out as you perform the movement. At that point you Should be squeezing your back muscles hard. Hold that contraction for a second and slowly go Back to the original position while breathing in.

Repeat the reexercise routine or repetitions as planned or recomemnded.

Variations:

There are a number of variations to a seated row exercise, they range from different grips to Different types of handles, research the proper one according to your exercise program and needs.

Wide Grip Lat Pull Downs

For this exercise you will need to start on a seated position and use a high pulley setting.

1. Sit down and grip the lat bar at a wide grip setting.
2. Adjust the knee pad to fit your height, the pads will prevent your body from being raised by the weights or resistance attached at the opposite end of the cable.
3. Grab the bar with the palms facing forward, for a wide grip, your hands need to be spced out a Distance wider than your shoulder width.
4. With both arms extended in front of you, bring your torso back around 30° degrees while creating a curvature of your lower back and sticking your chest out.
5. Bring the bar down until it touches your upper chest by drawing the shoulders and upper arms down And back. Concentrate on squeezing the back muscles once you reach the full contracted position. The upper torso should remain stationary and only the arms should move. The forearms should do No other work except for holding the bar.
6. After a second at the contracted position squeezing your shoulders blades together, slowly raise the Bar back to the starting position when your arms are fully extended and the lats are fully stretched. Inhale during this portion of the routine.

Repeat the reexercise routine or repetitions as planned or recomemnded.

Variations:

There are a number of variations to a seated Lat Pull Down Exercise, they range from different grips to Different types of handles, research the proper one according to your exercise program and needs

Additional Exercises.

Underhand Pulldown Close Grip Pulldown
Underhand Pushdown Front Lateral Raise
Single Triceps Kickdowns

Wide Grip Pulldown
High Cable Bicep Curl
One Arm Row

Overhand Pushdown
Low Cable Bicep Curl

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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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

