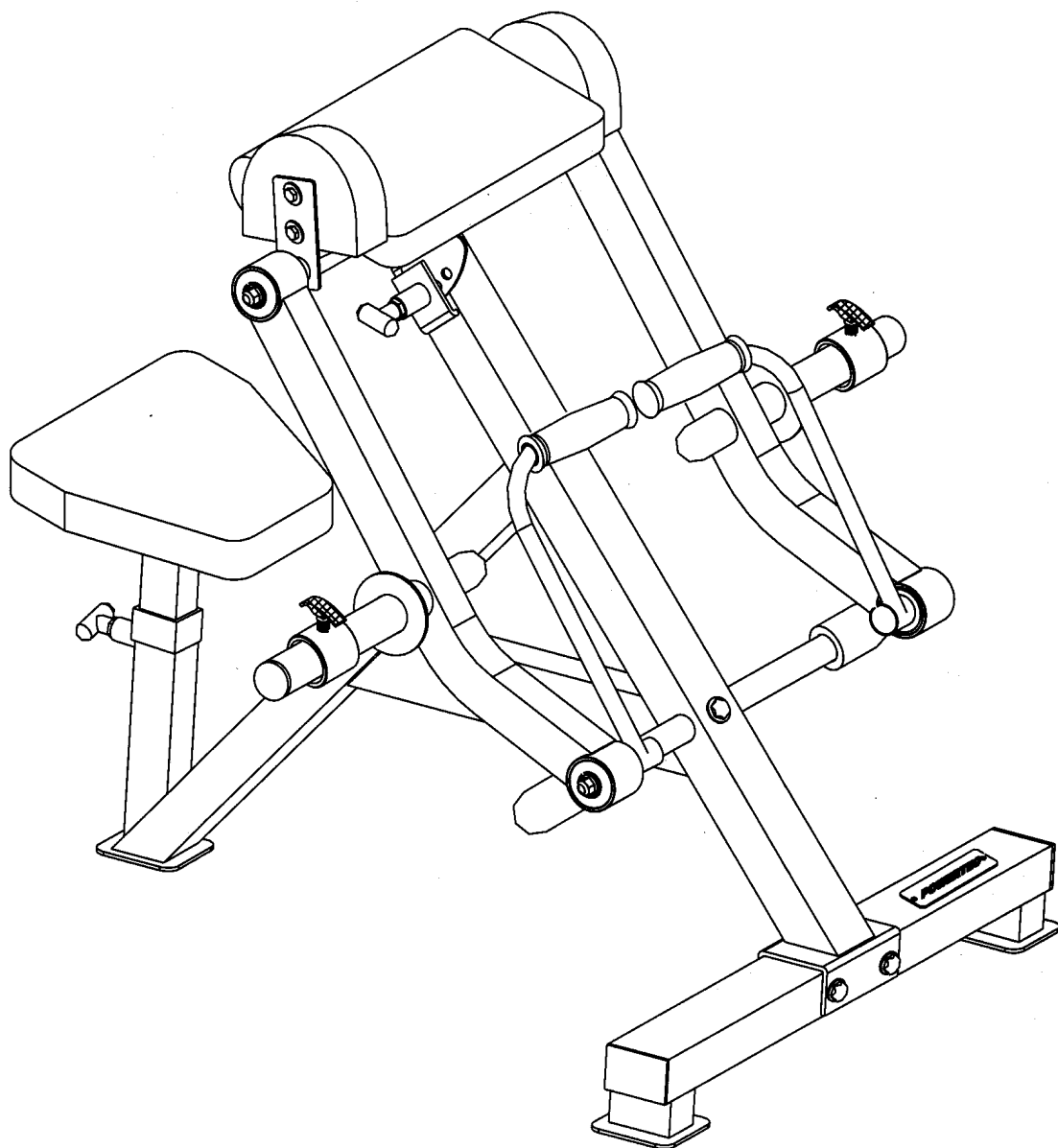


# POWERTEC

## LEVERAGE

### L-AC-S

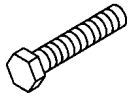
Manual



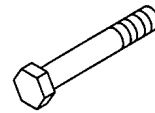
## LEVERAGE ARM CURL



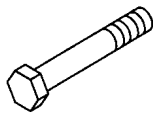
# HARDWARE LIST



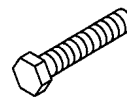
18 3/8"x1-1/2" (Qty:1)



19 1/2"x4-1/8"(qty:2)



20 1/2"x4-1/4"(qty:1)



21 3/8"x2"(qty:2)



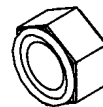
22 3/8"x3/4"(qty:8)



23  $\emptyset 14 \times \emptyset 28 \times 2.0t$ (qty:10)



24  $\emptyset 10 \times \emptyset 25 \times 2.0t$ (qty:11)



25 1/2"x16t(qty:7)

POWER  
FIT  
C

L-AC-S

LEVERAGE ARM CURL

# PART LIST

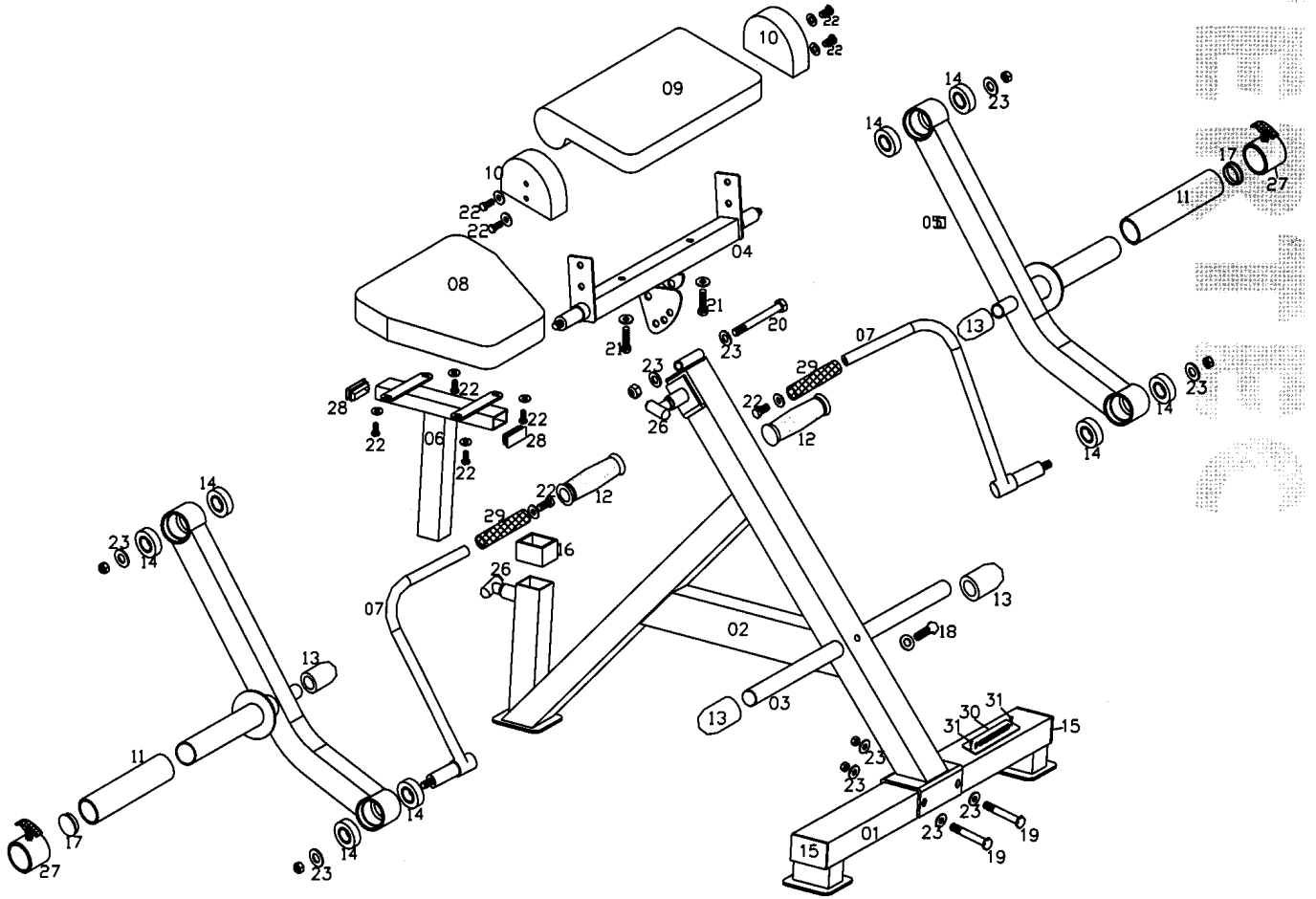
Part Description	QTY	Part Description	QTY
1 Base tube	1	16 Rect. open end cap	1
2 Main frame	1	17 Round inner plug	2
3 Cross tube	1	18 3/8"X1-1/2"Hex. Bolt	1
4 Arm curl support	1	19 1/2"X4-1/8"Half-thread hex. bolt	2
5 Lever arm	2	20 1/2"X4-1/4"Half-thread hex. bolt	1
6 Steal support	1	21 3/8"X2"Hex. Bolt	2
7 Accessory handle	2	22 3/8"X3/4"Hex. Bolt	10
8 Seat pad	1	23 Washer	10
9 Arm curl pad	1	24 Washer	13
10 Small pad	2	25 Nylon nut	7
11 PVC sleeve	2	26 Spring lock pin	2
12 Hand grip	2	27 Collar	2
13 Bumper	4	28 Rect. inner plug	2
14 Axis steel	8	29 PVC sleeve	2
15 Rect. Inner plug	2	30 Name plate	1
		31 Rivet	2

**L-AC-S**

**LEVERAGE ARM CURL**



# EXPLODED DIAGRAM



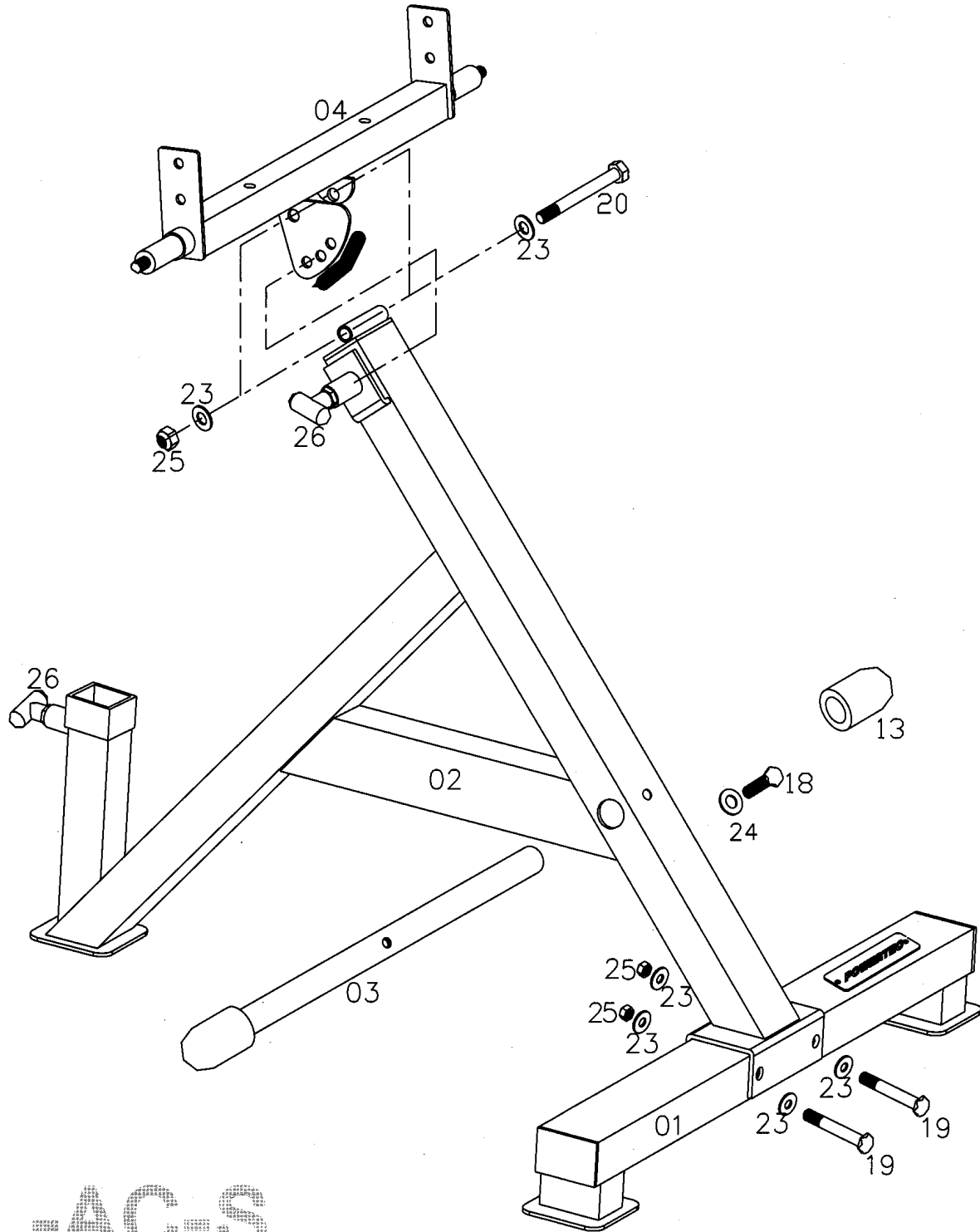
Remarks: All unmarked Washers are (24) and all unmarked Nylon Nuts are (25).

**L-AC-S**  
**LEVERAGE ARM CURL**

# ASSEMBLY ONE

**Note before beginning assembly:**

***Always insert all bolts through holes prior to tightening due to precision fit***

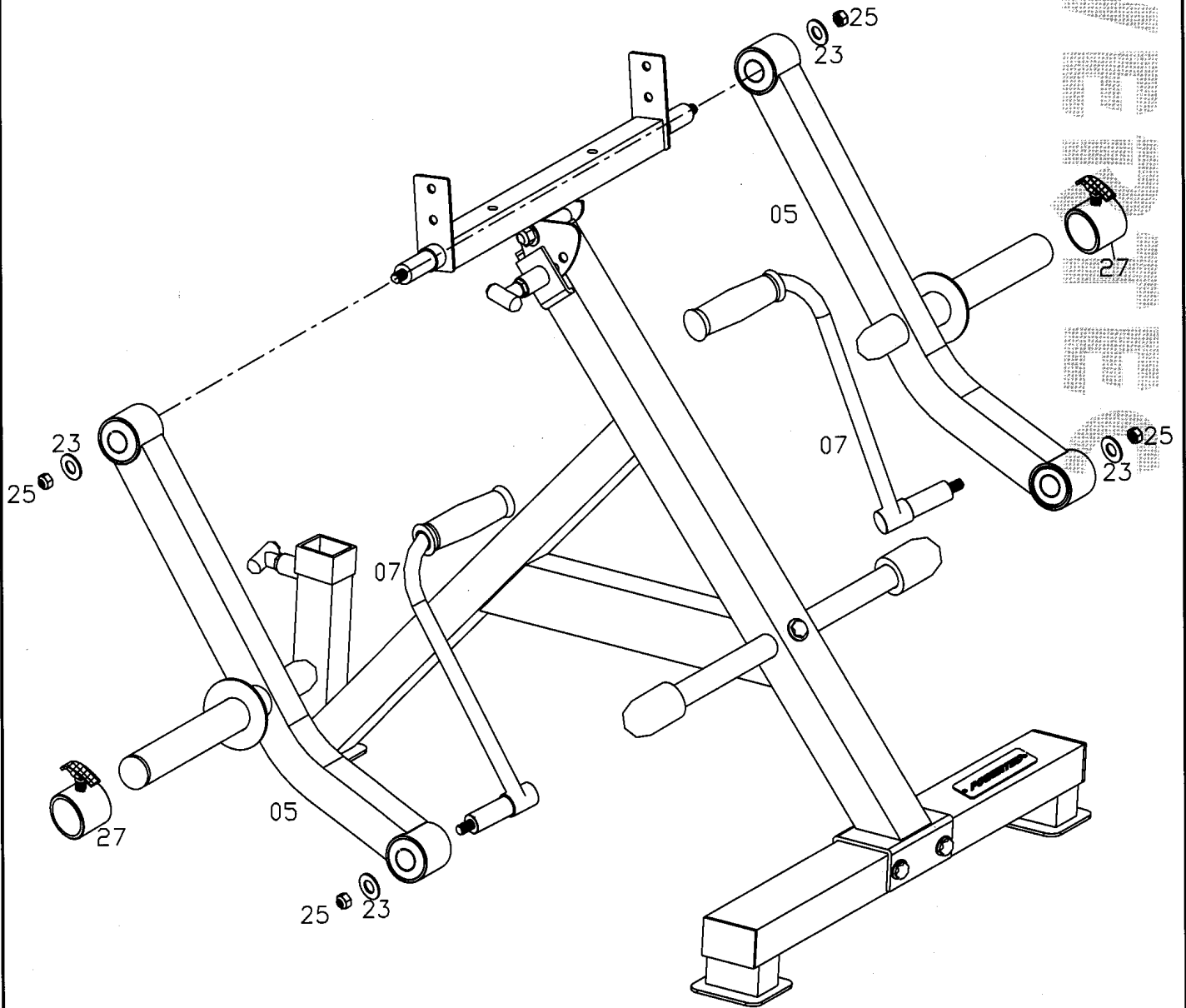


L-AC-S

LEVERAGE ARM CURL

# ASSEMBLY TWO

POWERFIT

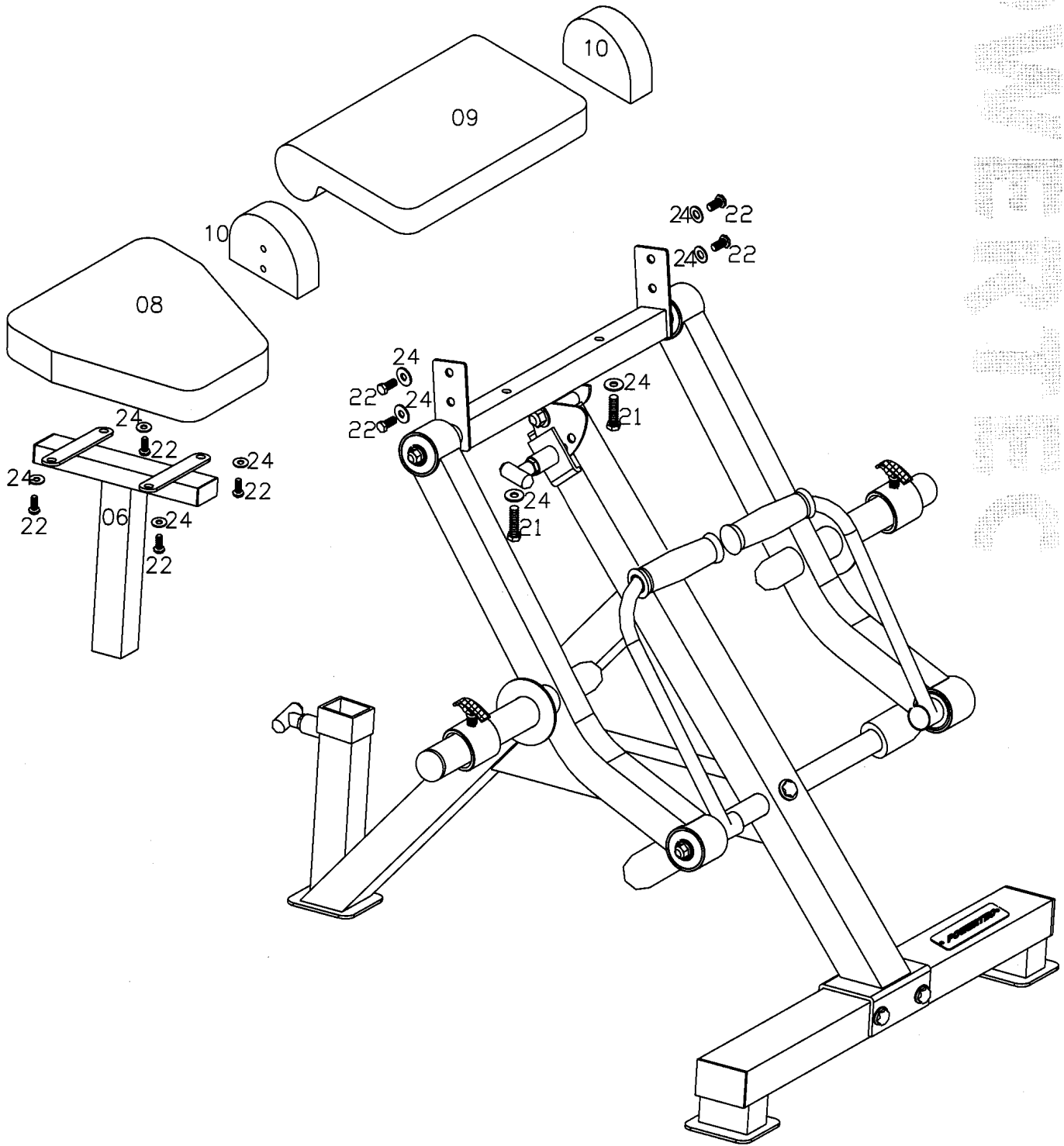


L-AC-S

LEVERAGE ARM CURL

# ASSEMBLY THREE

POWER  
LEVER  
CURL



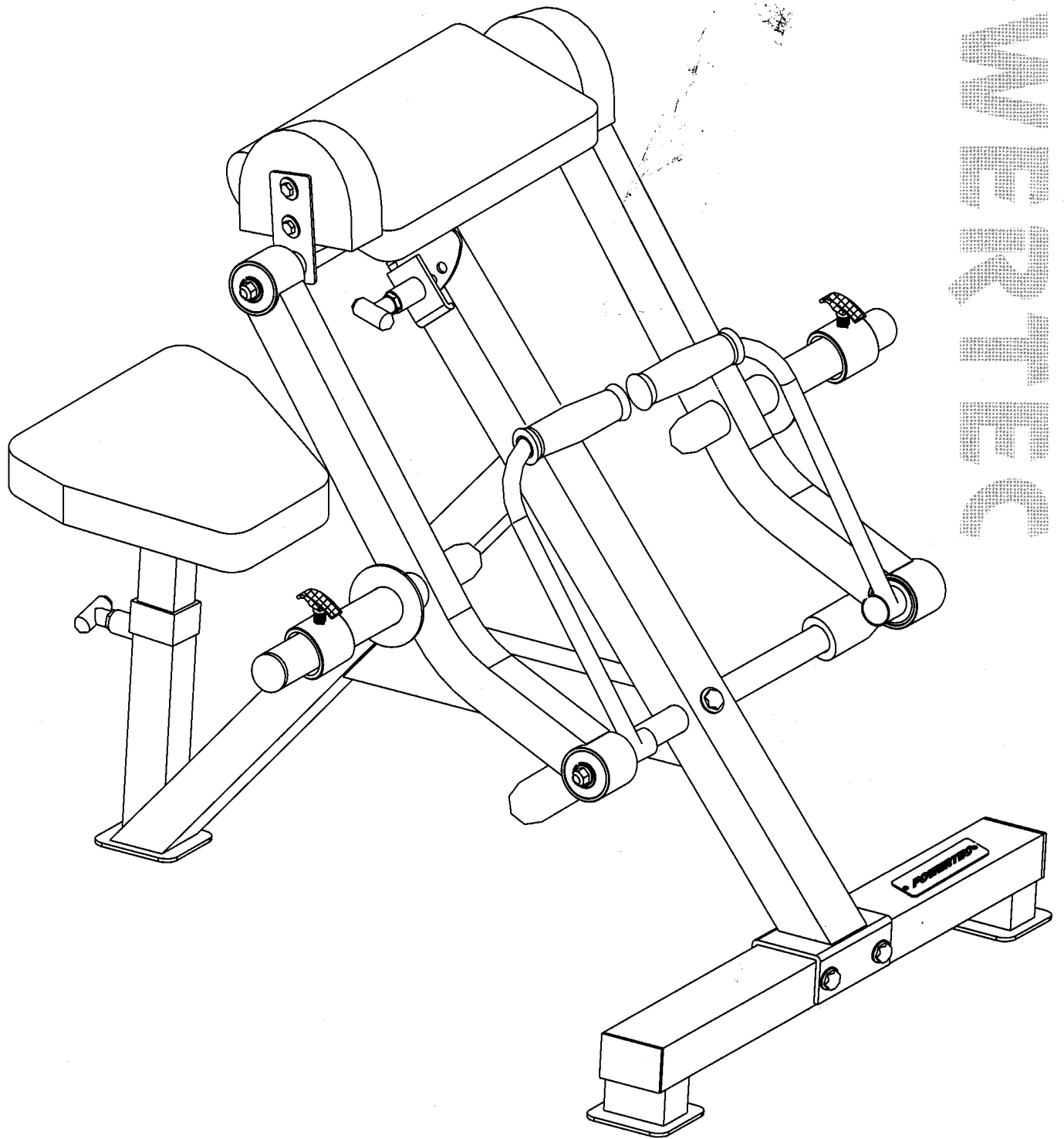
L-AC-S

LEVERAGE ARM CURL



# ASSEMBLY FOUR

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L-AC-S

LEVERAGE ARM CURL





**POWERTEC** IS NOT LIABLE IF THE TRAINER SHOULD INJURE THEMSELVES WHILE USING **POWERTEC** EQUIPMENT OR WHILE PERFORMING THE TRAINING ROUTINE

# **POWERTEC**

**NEVER AGE**

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