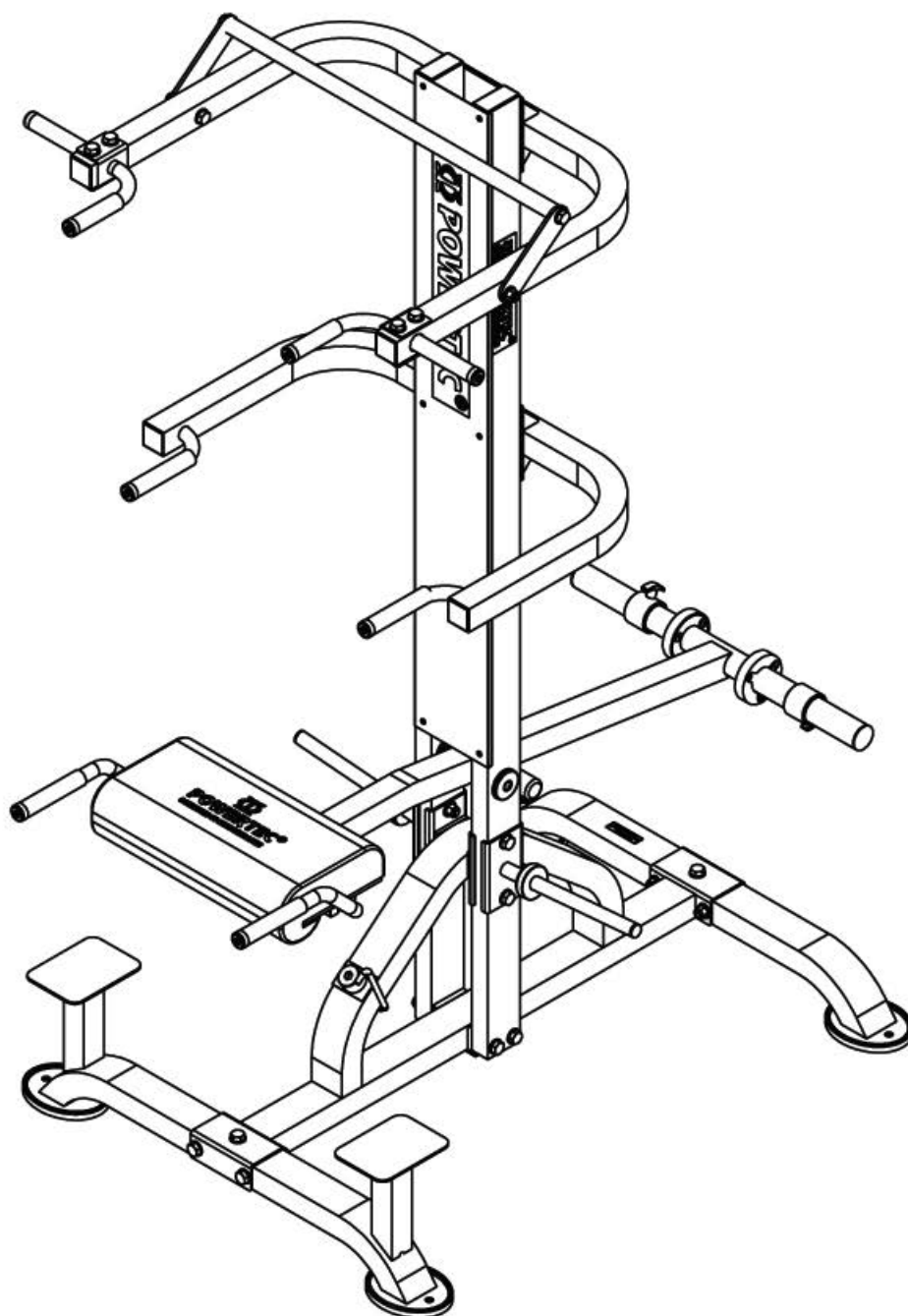


 **POWERTEC®**

L-CDA+16



Manual

LEVERGYM CHIN / DIP ASSIST PLUS

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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Levergym Chin / Dip Assist Plus

Weight Capacities

Body Weight: 400 Lbs.

Featured Exercises

Assisted AB Crunch Assisted Dip Assisted Chin-Up Assisted Squat

Recommended Strength Classics

L-SC16	Lever Gym Squat Calf	P-CLS16	Compact Leg Sled
P-HC16	Dual Hyperextension Crunch	P-BT16	Basic Trainer
P-LM16	Powertec Lat Machine	P-LP16	Powertec Leg Press

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



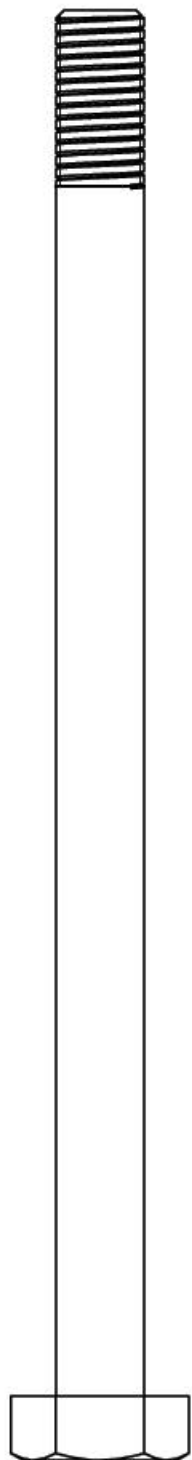
Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"



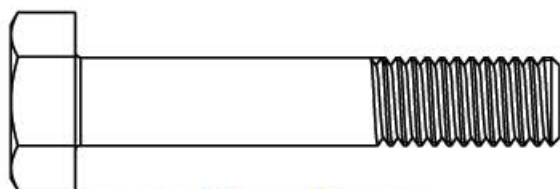
8" Adjustable Wrench

HARDWARE LIST

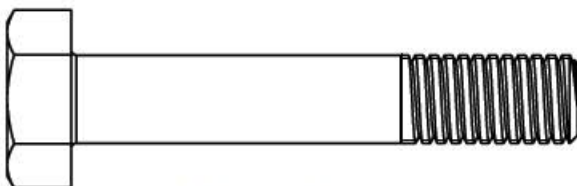

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No. 28 1/2" x 7 7/8" 2 Pcs.



No. 24 1/2" x 2 3/4" 4 Pcs.



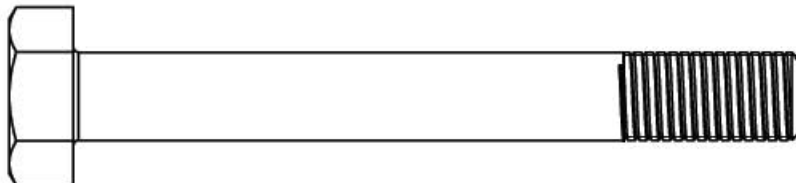
No. 25 1/2" x 2 7/8" 2 Pcs.



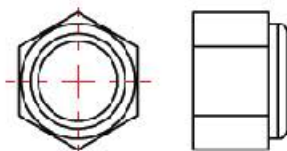
No. 21 3/8" x 1 3/4" 3 Pcs.



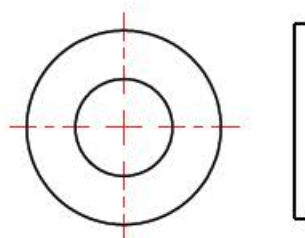
No. 26 1/2" x 3 1/4" 6 Pcs.



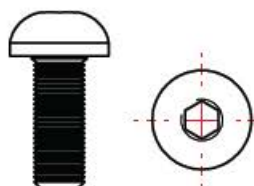
No. 27 1/2" x 4 1/8" 4 Pcs.



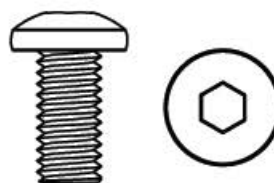
No. 31 Nut 1/2" 18 Pcs.



No. 29 Washer 1/2" 36 Pcs.



No. 22 5/16" x 3/4" 2 Pcs.



No. 19 3/8" x 3/4" 8 Pcs.

LEVERGYM CHIN/DIP ASSIST PLUS

PARTS LIST



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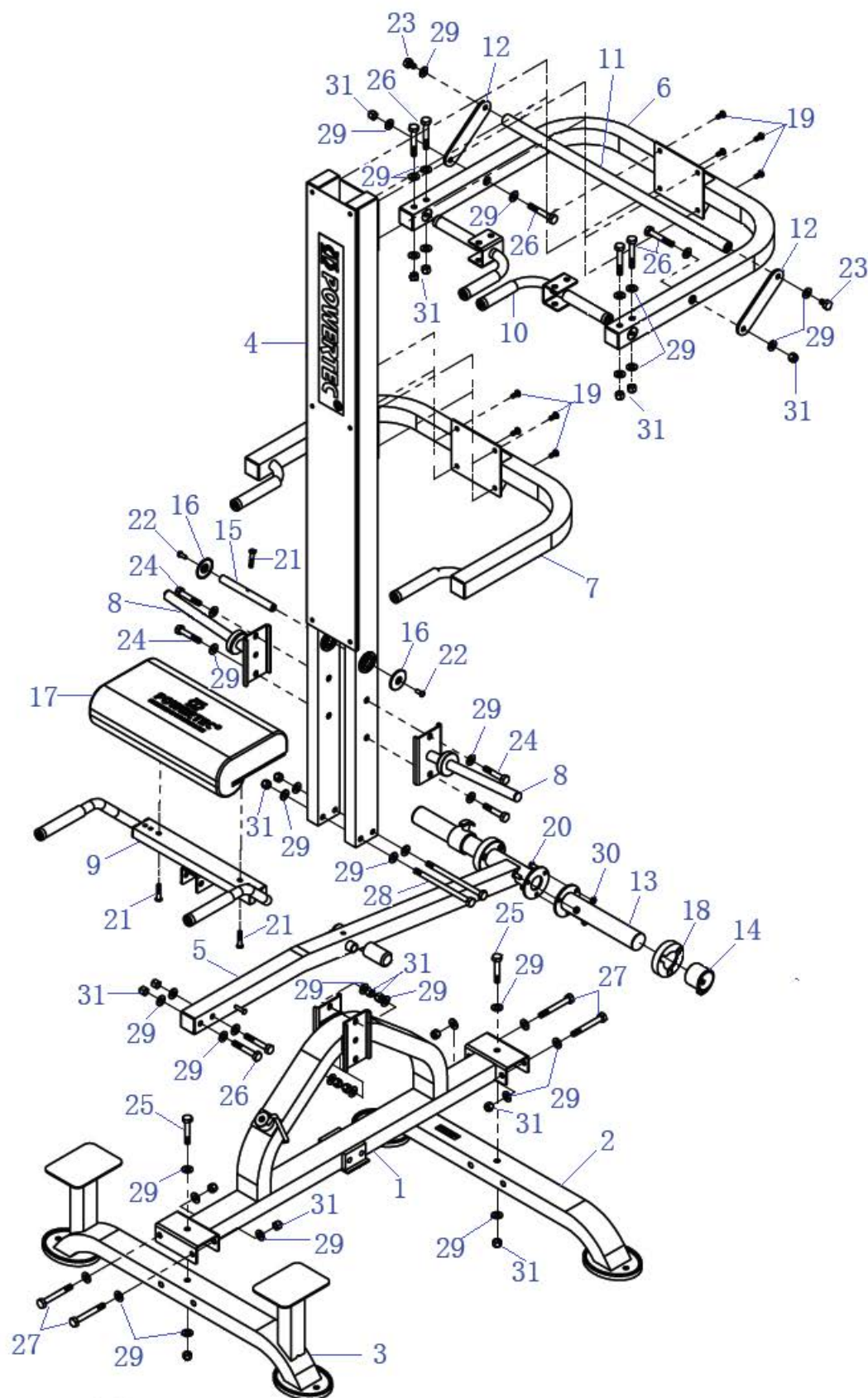
Item No.	Description:	Qty.
1	Center Base Frame	1
2	Rear Base Frame	1
3	Front Base Frame	1
4	Up-Right Frame	1
5	Lever Arm	1
6	Upper U-Shape Arm	1
7	Lower U Shape Arm	1
8	Weight Storage Horns	2
9	Seat Pad Support Tube	1
10	Chin-UP Handles	2
11	Pull Up Bar	1
12	Linkage Plate	2
13	Weight Horn	2
14	Collar	2
15	Steel Axis	1
16	Plastic Washer	2
17	Seat Pad	1
18	Rubber Bumper	2
19	Round Head Bolt 3/8" x 3/4"	8
20	Round Head Bolt 3/8" x 3/4"	6
21	Round Head Bolt 3/8" x 1 3/4"	3
22	Round Head Bolt 5/16" x 3/4"	2
23	Hex Bolt 1/2" x 3/4"	2
24	Hex Bolt 1/2" x 2 3/4"	4
25	Hex Bolt 1/2" x 2 7/8"	2
26	Hex Bolt 1/2" x 3 1/4"	8
27	Hex Bolt 1/2" x 4 1/8"	4
28	Hex Bolt 1/2" x 7 7/8"	2
29	Washer 1/2"	42
30	Nut 3/8"	6
31	Nut 1/2"	20

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LEVERGYM CHIN/DIP ASSIST PLUS

EXPLODED DIAGRAM


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LEVERGYM CHIN/DIP ASSIST PLUS

ASSEMBLY ONE

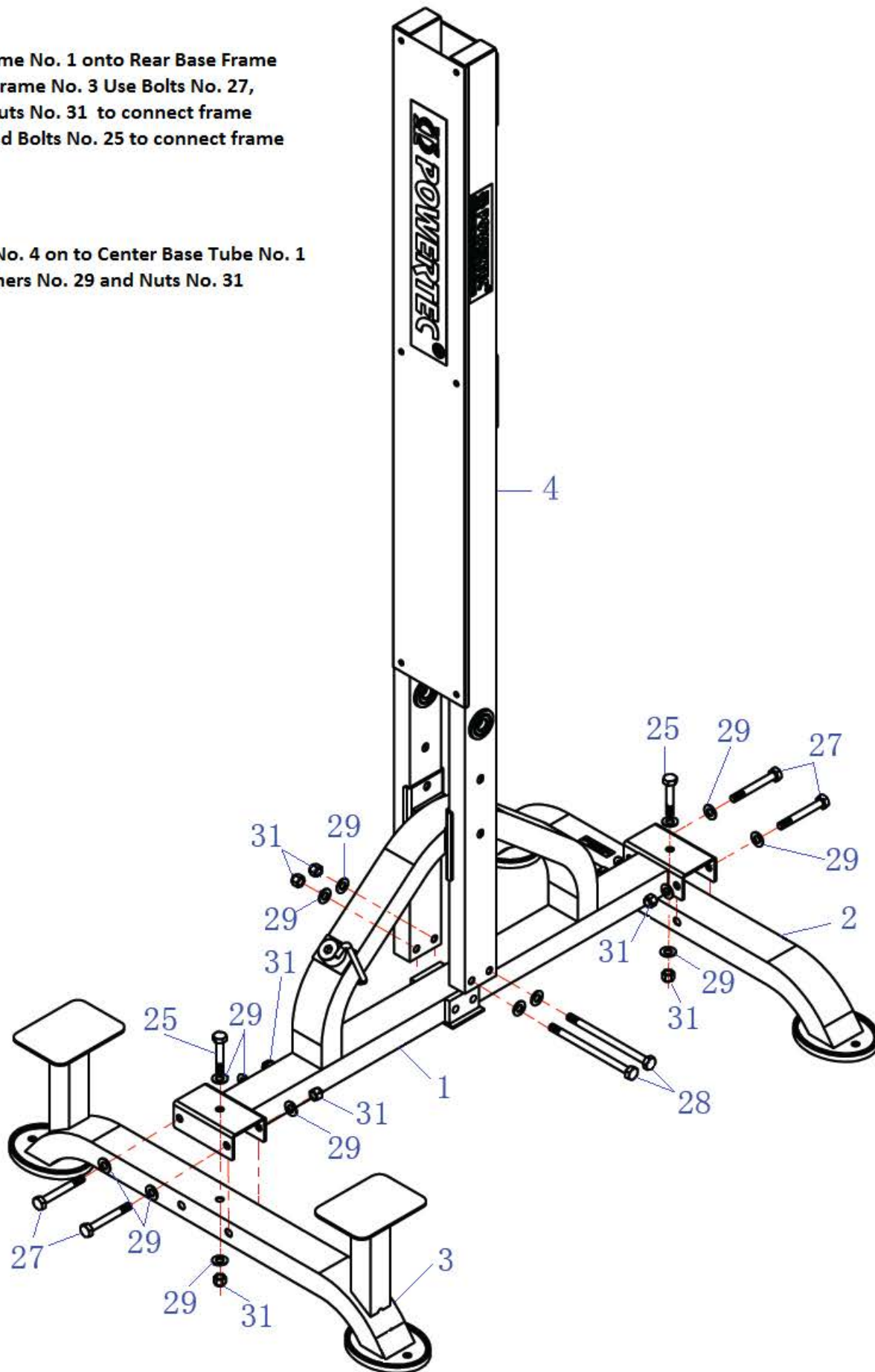
POWERTEC[®]

Step 1

Install Center Base Frame No. 1 onto Rear Base Frame No. 2 and Front Base Frame No. 3 Use Bolts No. 27, Washers No. 29 and Nuts No. 31 to connect frame parts from the side and Bolts No. 25 to connect frame parts from the top.

Step 2

Install Up-Right Tube No. 4 on to Center Base Tube No. 1 Use Bolts No. 28, Washers No. 29 and Nuts No. 31



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LEVERGYM CHIN/DIP ASSIST PLUS

ASSEMBLY TWO

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Step 1

Install Lever Arm No. 5 to Up-Right Tube No. 4 Use Steel Axis No. 15 and Bolt No. 21 to secure Axis to Lever Arm Use Plastic Washers No. 16 and Bolts No. 22

Step 2

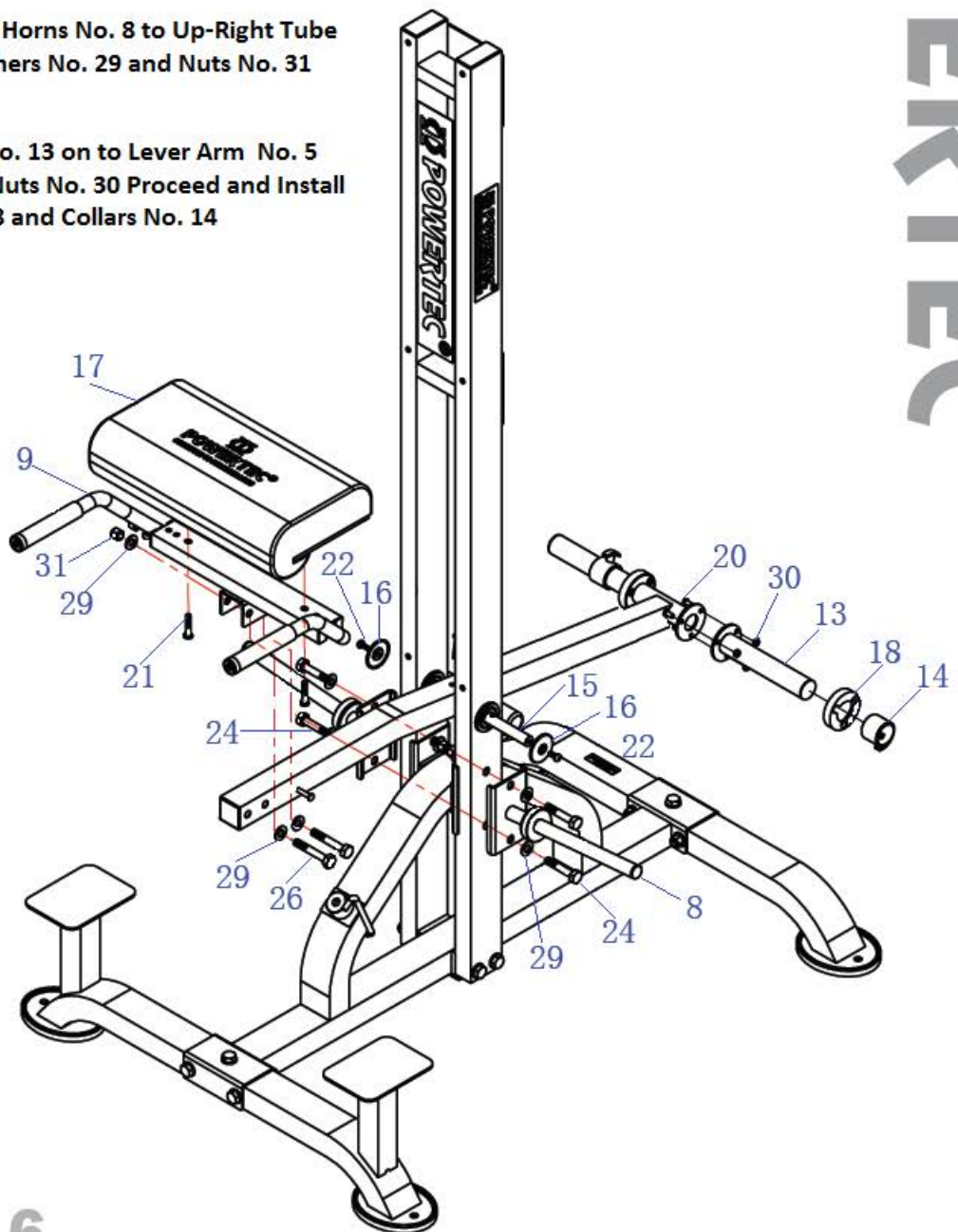
Install Seat Pad Tube No. 9 on to Lever Arm No. 5 Use Bolts No. 26, Washers No. 29 and Nuts No. 31 Continue and install Seat Pad No. 17 to Seat Pad Support Tube No. 9 using Bolts No. 21

Step 3

Install Weight Storage Horns No. 8 to Up-Right Tube Use Bolts No. 24, Washers No. 29 and Nuts No. 31

Step 4

Install Weight Horns No. 13 on to Lever Arm No. 5 Use Bolts No. 20 and Nuts No. 30 Proceed and Install Rubber Bumpers No. 18 and Collars No. 14



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LEVERGYM CHIN/DIP ASSIST PLUS

ASSEMBLY THREE

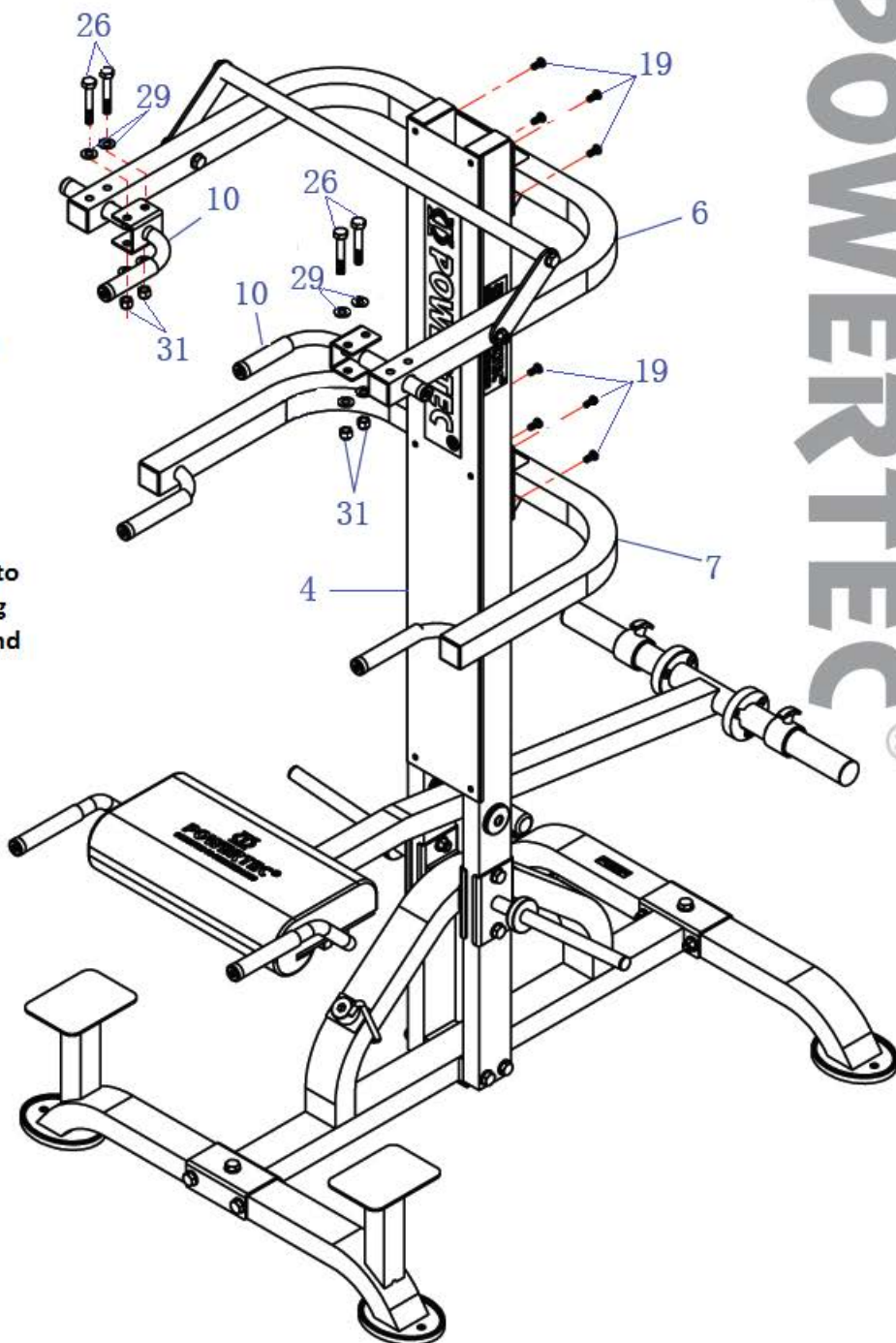
POWERTEC[®]

Step 1

Install U Shape Arms No. 6 and No. 7 to Up-Right Frame No. 4 using Bolts No. 19

Step 2

Install Chin-Up Handles No. 10 to Upper U-Shape Arm No. 6 using Bolts No. 26, Washers No. 29 and Nuts No. 31



Note:

Review All Assembly and Make Sure All Hardware is Fully Tighten!

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LEVERGYM CHIN/DIP ASSIST PLUS

L-CDA+16
Levergym™ Chin / Dip Assist Plus



Assisted AB Crunch

Starting Position: Facing the machine, grab the handles bars that are facing outward / overhead.
Place Knees together on the center of the pad.

Contract your abdominal muscles and pull up, while simultaneously tilting your hips up.

Pause briefly before returning to the starting position.



Assisted Dip

Starting Position: Grip the handles located at about midpoint of the machine. Place your knees on the center of the pad.

Keeping your back and shoulders straight, lift yourself by straightening your arms until fully extended.
Do not lock your elbows.

Pause briefly before returning to the starting position.



Assisted Chin Dip

Starting Position: Face the machine and grab the upper handle bars. Place your knees on the center of the pad.

Keeping your back and shoulders straight, pull up your body up until your elbows are at your sides or as high as you comfortably can.

Pause briefly before returning to the starting position.



Assisted Squat

Starting Position: With your back to the machine, grip the side handles located on the assist pad. Lower yourself onto the pad so that your knees are bent in a sitting position.
Do not put all your weight on the pad.

Lower yourself down bending your knees until they are in line with your toes, do not extend your knees past your toes.

Pause briefly before returning to the starting position.

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
2100 E. Artesia Boulevard
Long Beach, CA. 90805 – USA

Powertec Europe
6, Rue de l'Europe
68500 Bergholtz - France

Phone: (800) 250-6665
E-mail: service@powertecfitness.com

Phone: + 33 (0) 3 89 62 56 30
E-mail: contact@powertec-europe.fr

Thank you for giving us the opportunity to fulfill your strength and fitness needs.

POWERTEC® 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



COMMITTED TO STRONGER LIVES[®]

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Phone: + 33 (0) 3 89 625 630
Fax: + 33 (0) 3 89 625 631
E-mail: contact@powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here



