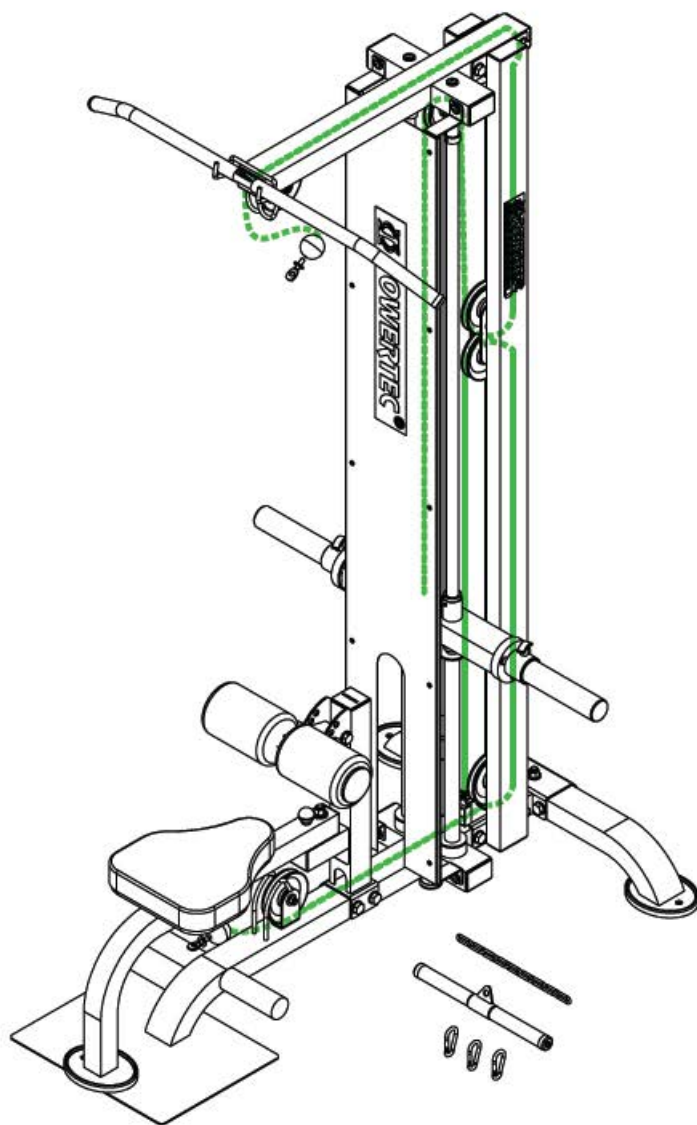


 **POWERTEC®**

P-LM16

Manual



LAT MACHINE

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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Weight Capacities

500 LBS. Maximum Capacity / Carriage / Cable

Featured Exercises

Close Grip Lat Pull Down	Wide Grip Lat Pull Down	Low Cable Rows
Low Cable Curls	Standing Front Lat Pull Downs	Overhead Triceps Extension
Low Cable Triceps Kick	High To Low Wood Chops	Low To High Wood Chops
Bicep Curls	One Arm Row	

Optional Accessories

OP-255B Olympic Weight Plates WS-190 Weight Stack Option WH-100 1" Weight Horns

Other Recommended Powertec Strength Classic Systems

L-SC16	Levergym Squat Calf	L-CDA+16	Levergym Chin / Dip
P-CLS16	Compact Leg Sled	P-HC16	Dual Hyperextension Crunch
P-BT16	Basic Trainer	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

 POWERTEC®



M6 Allen Wrench



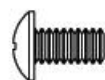
Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"



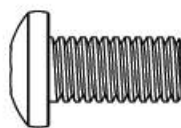
8" Adjustable Wrench

HARDWARE LIST

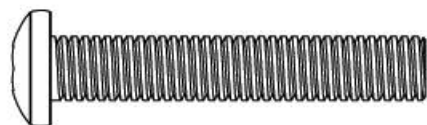
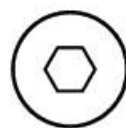
 **POWERTEC**[®]



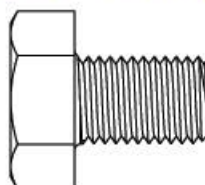
NO.35 M5 x10 10PCS



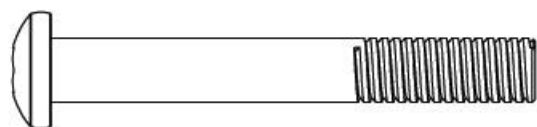
NO.37 3/8"x3/4" 8PCS



NO.38 3/8"x2 1/2" 1PC



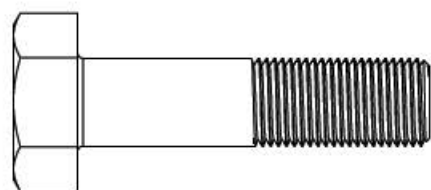
NO.42 1/2"x3/4" 4PCS



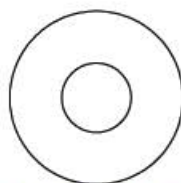
NO.39 3/8"x2 3/4" 2PCS



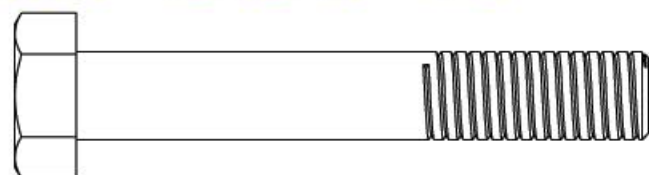
NO.49 1/2" 9PCS



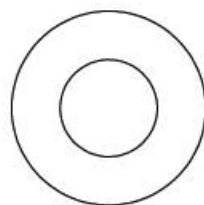
NO.19 1/2"x2 1/8" 1PC



NO.45 3/8" 6PCS



NO.43 1/2"x3 1/4" 1PCS



NO.46 1/2" 21PCS



NO.44 1/2"x4 1/8" 6PCS

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LAT MACHINE

PARTS LIST



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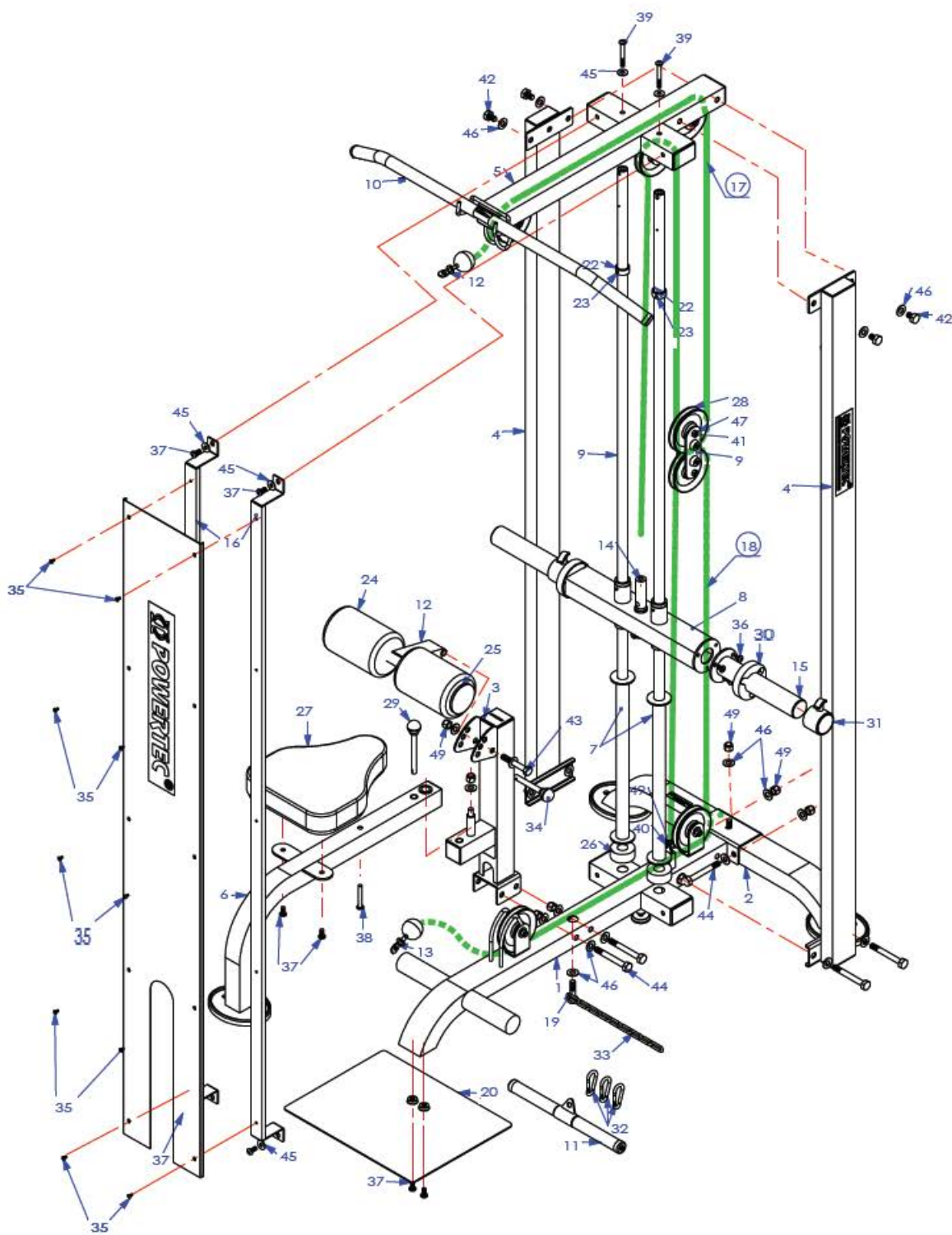
Part#	Description	QTY
1	Front Base Tube	1
2	Rear Base Tube	1
3	Seat Support Adjustment Tube	1
4	Upright (R&L)	2
5	Top Tube	1
6	Seat Support Tube	1
7	Weight Horn Support Tube	2
8	Weight Horn	1
9	Sliding Tube	2
10	Top Lat Bar	1
11	Lower Lat Bar	1
12	Foam Roller Adjustment Tube	1
13	Linkage Plate	2
14	Fixed Tube	1
15	Weight Support Tube	2
16	Support Tube for Cover	2
17	Cable	1
18	Cable	1
19	Hex Bolt, 1/2"x2"	1
20	Diamond Plate	1
21	Cover	1
22	Limit Sleeve	2
23	Hex Bolt, M6 X6	4
24	Foam Roller	2
25	Chrome End Cap	2
26	Bumper	2
27	Seat Pad	1
28	Pulley	2
29	Ball Head Lock Pin	1
30	Plastic Bumper	2
31	Collar	2
32	Hook	3
33	Chain	1
34	Ball Head Lock Pin	1
35	Screw, M5 x 10	6
36	Hex Bolt, 3/8" x 1/2"	6
37	Hex Bolt, 3/8" x 3/4"	8
38	Hex Bolt, 3/8" x 2-1/2"	1
39	Hex Bolt, 3/8" x 2 3/4"	2
40	Hex Bolt, 3/8" x 1"	1
41	Hex Bolt, 3/8" x 1 5/8"	2
42	Hex Bolt, 1/2" x 3/4"	4
43	Hex Bolt, 1/2" x 3 1/4"	1
44	Hex Bolt, 1/2" x 4 1/8"	6
45	Washer, 3/8"	6
46	Washer, 1/2"	21
47	Nylon Nut, 3/8" x 8T	2
48	Nylon Nut, 3/8" x 11T	1
49	Nylon Nut, 1/2"	9

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LAT MACHINE

EXPLODED DIAGRAM

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LAT MACHINE

ASSEMBLY ONE

POWERTEC[®]

Step 1

Attach Foot Plate No. 20 to Front Base Tube No. 1
Use Bolts No. 37, Proceed and Install Front Base Tube No. 1 to
Rear Base Tube No. 2 Using Bolts No. 44, Washers No. 46 and
Nuts No. 49

Step 2

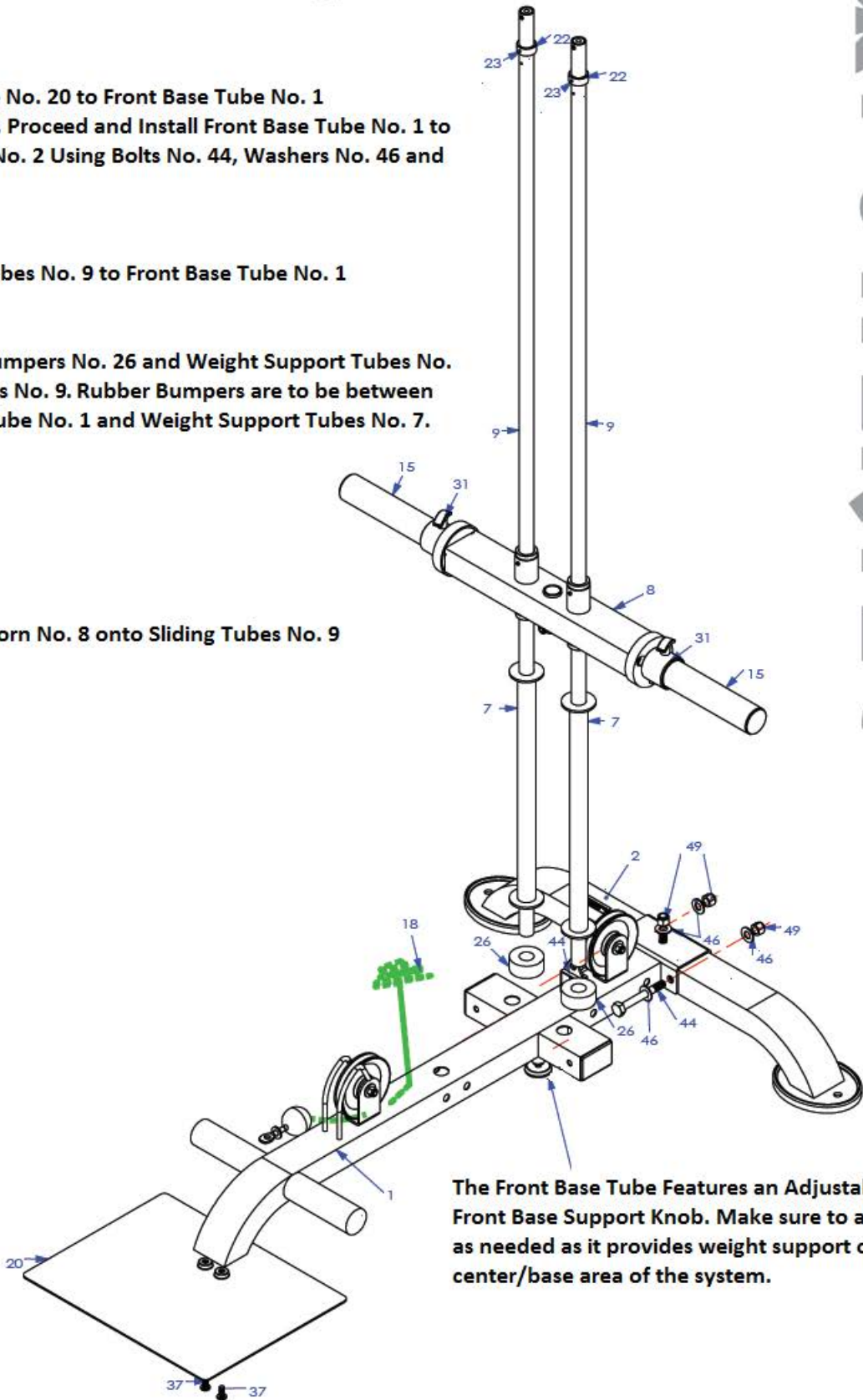
Install Sliding Tubes No. 9 to Front Base Tube No. 1

Step 3

Install Rubber Bumpers No. 26 and Weight Support Tubes No.
7 to Sliding Tubes No. 9. Rubber Bumpers are to be between
the Front Base Tube No. 1 and Weight Support Tubes No. 7.

Step 4

Install Weight Horn No. 8 onto Sliding Tubes No. 9



The Front Base Tube Features an Adjustable Front Base Support Knob. Make sure to adjust as needed as it provides weight support on the center/base area of the system.

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LAT MACHINE

ASSEMBLY TWO

POWERTEC[®]

Step 1

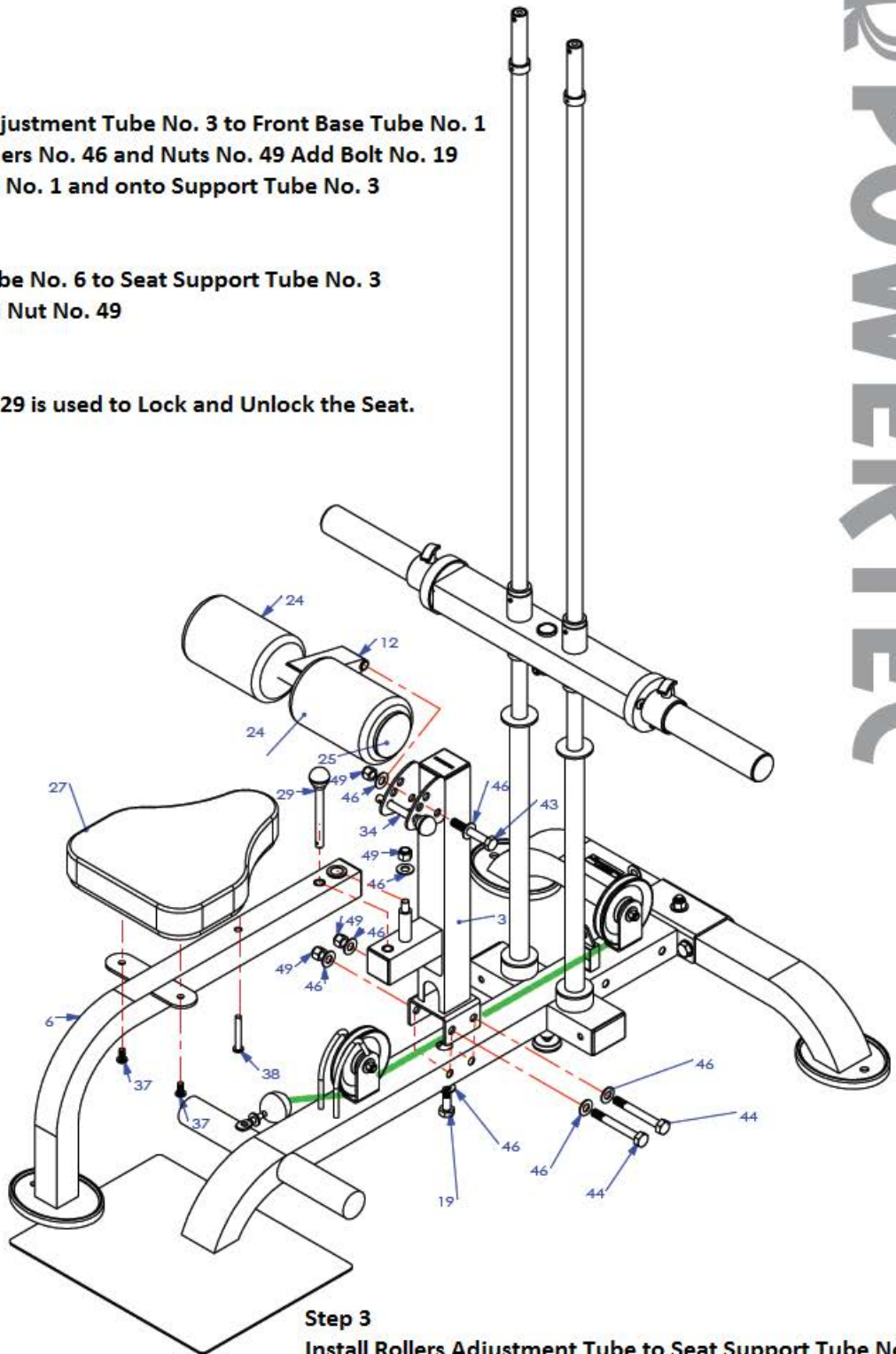
Install Seat Support Adjustment Tube No. 3 to Front Base Tube No. 1
Use Bolts No. 44, Washers No. 46 and Nuts No. 49 Add Bolt No. 19
Under Front Base Tube No. 1 and onto Support Tube No. 3

Step 2

Install Seat Support Tube No. 6 to Seat Support Tube No. 3
use Washer No. 46 and Nut No. 49

Note:

Ball Head Lock Pin No. 29 is used to Lock and Unlock the Seat.



Step 3

Install Rollers Adjustment Tube to Seat Support Tube No. 3
Use Bolt No. 43, Washers No. 46 and Nut No. 49
Install Foam Rollers No. 24 and Chrome End Caps No. 25.

Note:

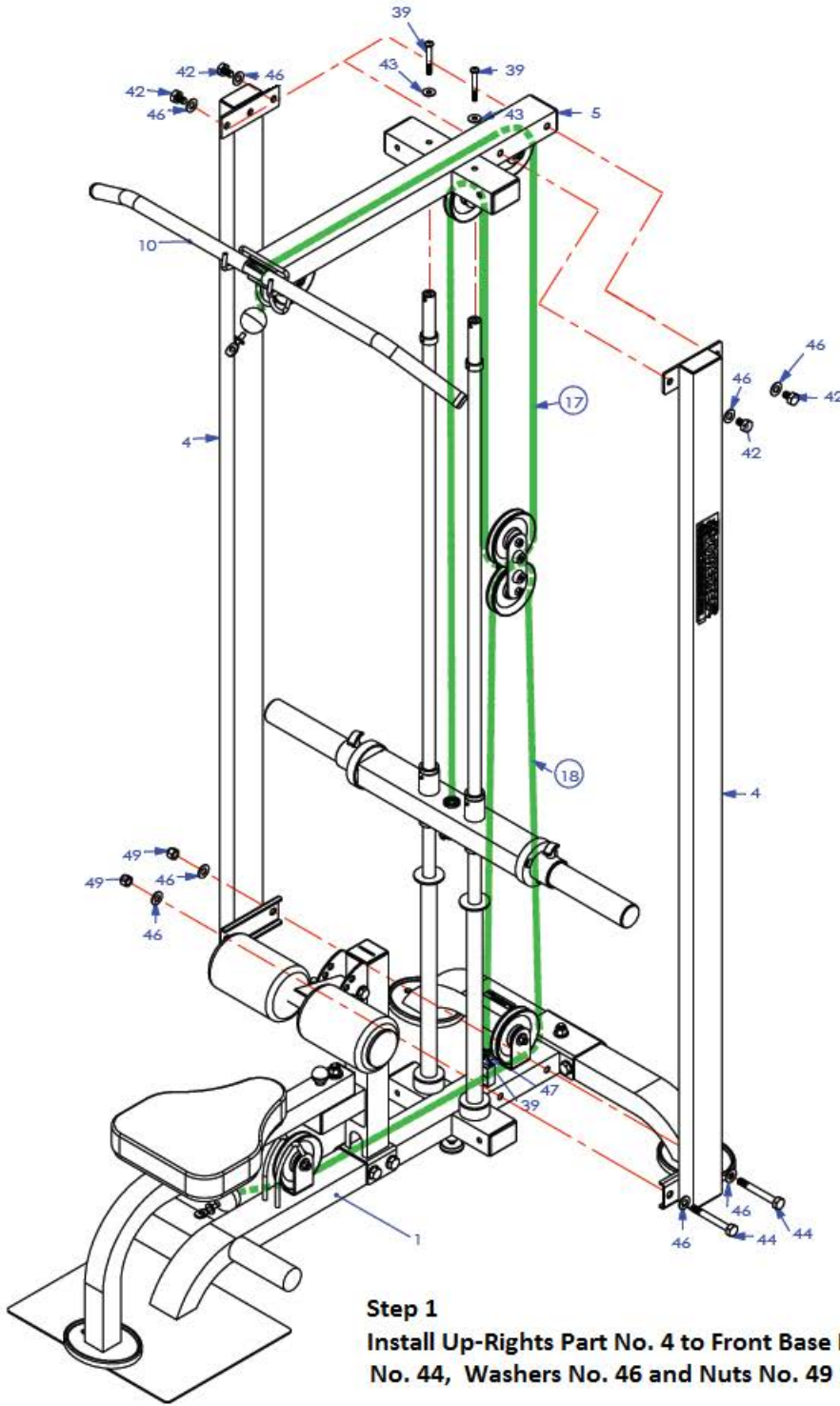
Use Ball Head Lock Pin No. 34 to Adjust and Lock position
as needed.

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LAT MACHINE

ASSEMBLY THREE

POWERTEC®



Step 1

Install Up-Rights Part No. 4 to Front Base Frame No. 1 Use Bolts No. 44, Washers No. 46 and Nuts No. 49

Step 2

Install Top Tube No. 5 to Sliding Tubes No. 9 Using Bolts No. 39 and Washers No. 45

Step 3

Install Up-Rights No. 4 to Top Tube No. 5 using Bolts No. 42, and Washers No. 46

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LAT MACHINE

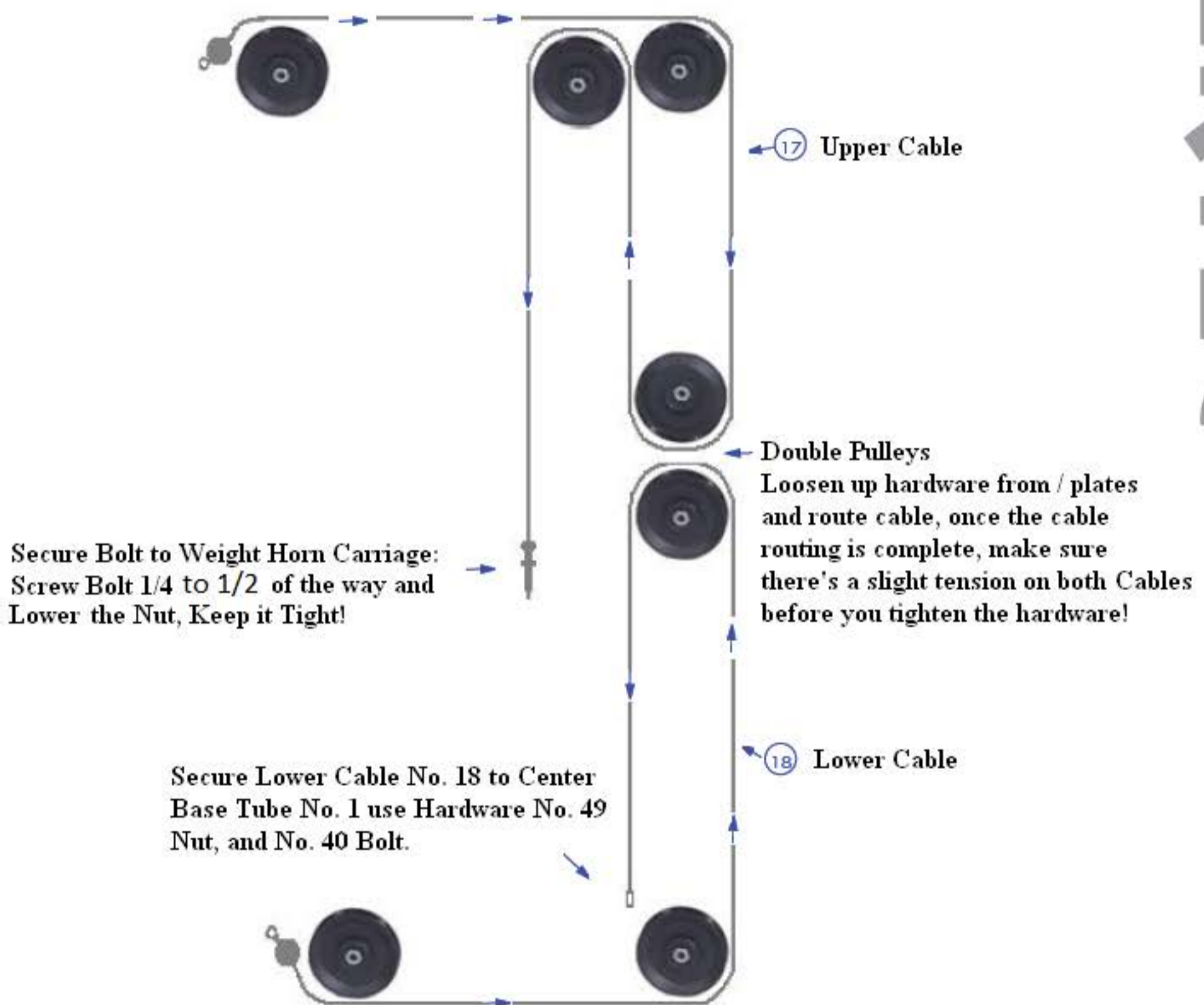
CABLE ROUTING

Step 1

To Install Cables, Pulley Wheels must be removed from the system.

Feed Upper Cable No. 17 from the Upper - Front towards the Back.

Feed Lower Cable No. 18 from Lower - Front towards the Back of the system.



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LAT MACHINE

P-LM16 Lat Machine

Featured Exercises

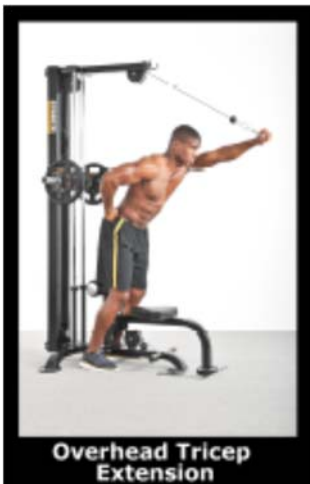


Low Cable Curls

Facing the machine with our feet shoulders width apart, and your knees slightly bent. Grasp the bar using an underhand grip, arms at your side, elbows in tight towards side of your body.

Bring your arms in an upward motion by bending at the elbows, towards your shoulders, keep your motion fluid and smooth.

Stop a couple of inches before touching your shoulders. Pause briefly before returning to the starting position.



Overhead Tricep Extension

Stand with your feet shoulder width apart and body facing away from the machine. Bend at the waist until you are about parallel with the floor, bend your knees slightly and move your feet to balance yourself accordingly.

Bring your arm forward bending only at the elbow. Bring the cable forward as is comfortable, Do Not Over Extend.

Pause briefly before slowly returning to the starting position.



Lat Pull Down

Grab the Lat Bar while facing the machine and sit with your feet flat on the floor, knees at a 90° Degree angle and your back straight.

Lock your knees using the adjustable roller pads to keep you in place.

Bring the bar in towards your chest, but do not touch your chest.

Pause briefly before slowly returning to your 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[®]

POWERTEC INC.
2100 East Artesia Boulevard
Long Beach, CA. 90805 - USA

Phone: (800) 250-6665
Fax: (714) 908-0493
service@powertecfitness.com
www.powertecfitness.com

POWERTEC EUROPE
6, Rue de l'Europe
68500 BERGHOLTZ - France

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



