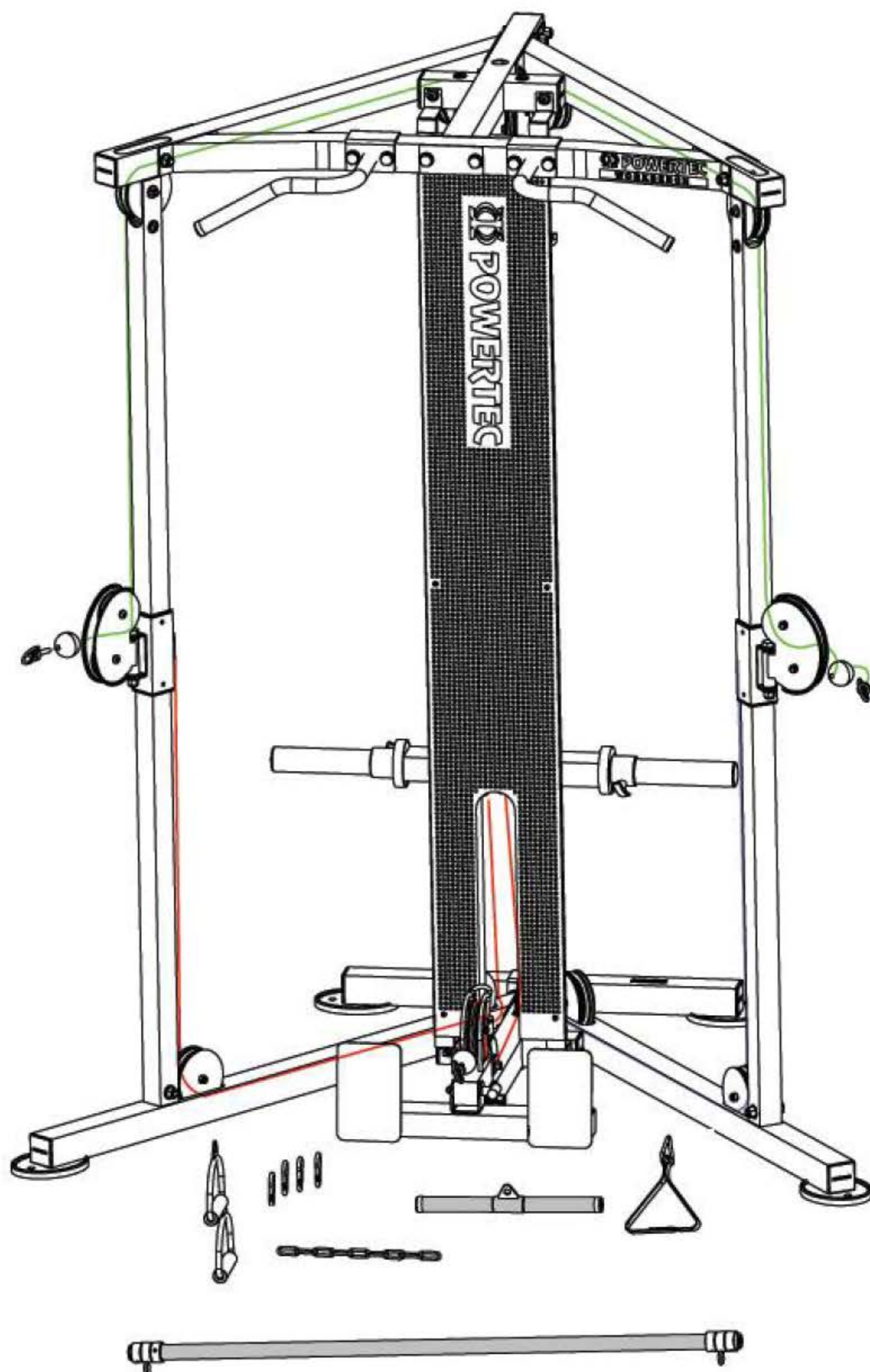


 **POWERTEC®**

WORKBENCH

WB-FT14



Functional Trainer

Manual



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-FT14 Functional Trainer

Weight Capacities: 300 Lbs.

Weight Stack Option: 190 Lbs / Brings Total Weight Resistance to: 500 Lbs.

Featured Exercises

- | | | |
|----------------------------------|-----------------------------|-------------------------------|
| Behind the Back Single Lat Raise | Bicep Curl | Cable Twist Wood Chops |
| Close Grip Pull Ups | Close Row | Front Shoulder Raise |
| Glute Press | Hanging Leg Raise | High Cable Chest Fly |
| High Cable Crunches | High Cable Curl | High Cable Rear Deltoid Fly |
| High Cable Single Arm Chest Fly | High to Low Wood Chops | Hip Abductor |
| Chin Ups | Cable Lunges | Hip Extension |
| Kneeling Upright Rows | Lateral Cable Flys | Leg Abduction |
| Leg Curl | Leg Kickback | Long Bar Curl |
| Long Bar Lat Pull Down | Low Cable Bicep Curl | Long Bar Standing Bench Press |
| Low Cable Calf Exercises | Low Row | Low to High Wood Chops |
| Oblique Crunch | One Arm Cable Cross Over | One Arm Row |
| Overhead Extension | Overhead Triceps Extensions | Pull Up |
| Resisted Calf Raise | Reverse Fly | Reverse Fly |
| Seated Cable Row | Seated Chest Press | Seated Front Raises |
| Seated Pec Fly | Seated Shoulder Press | Single Arm Lat Raise |
| Single Arm Bicep Curl | Single Arm Seated Low Row | Single Arm Side Raise |
| Single Arm Triceps Kickback | Single Arm Triceps Pushdown | And more... |

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.


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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"



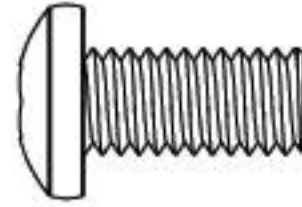
8" Adjustable Wrench

HARDWARE LIST

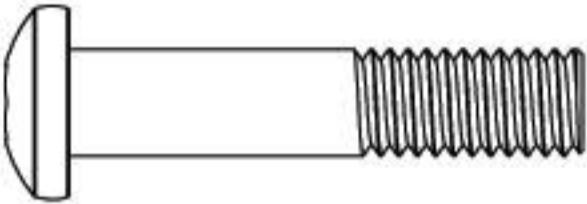
Hardware is 1:1 - Actual Size



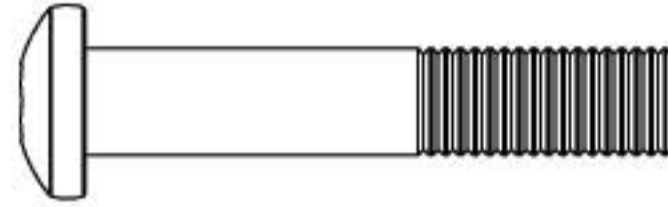
No. 45 M5 x 10 6 Pcs.



No. 47 3/8" x 3/4" 9 Pcs.



No. 48 3/8" x 1 3/4" 4 Pcs.



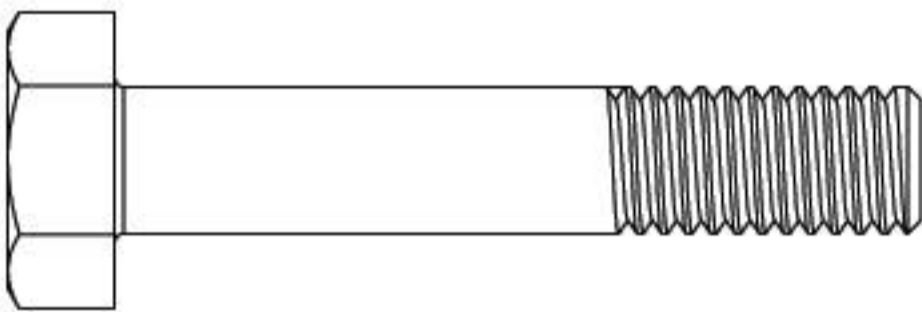
No. 49 3/8" x 2" 4 Pcs.



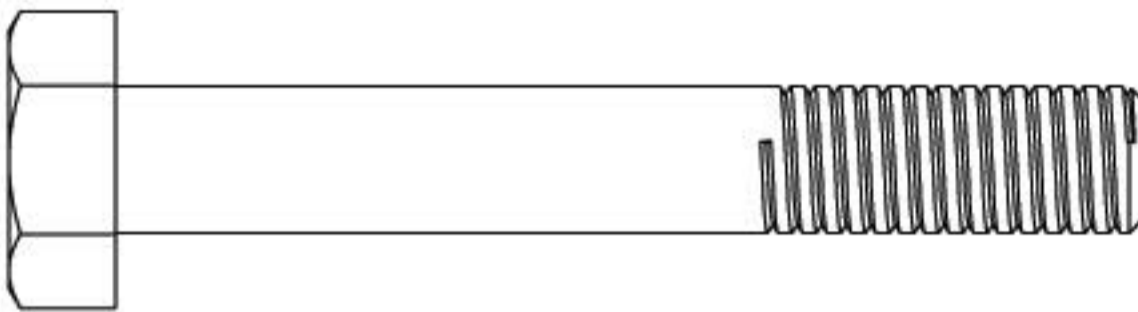
No. 50 3/8" x 2 1/2" 2 Pcs.



No. 51 3/8" x 3 1/8" 2 Pcs.



No. 52 1/2" x 2 3/4" 2 Pcs.



No. 53 1/2" x 3 1/2" 16 Pcs.



No. 54 1/2" x 3 3/4" 2 pcs.

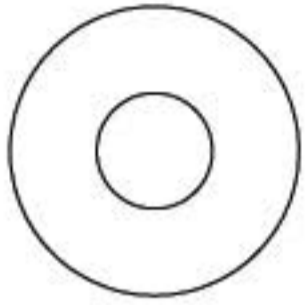

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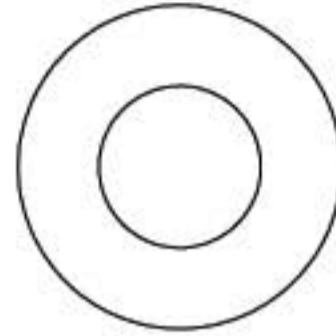
Functional Trainer

HARDWARE LIST

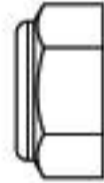
Hardware is 1:1 - Actual Size



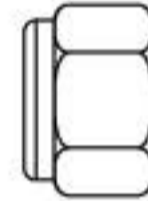
No. 56 3/8" 14 Pcs.



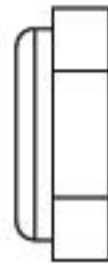
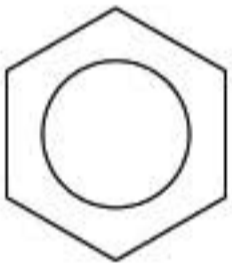
No. 57 1/2" 44 Pcs.



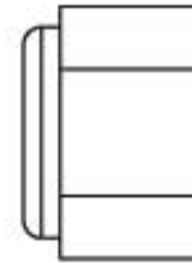
No. 58 M8 3 Pcs.



No. 59 3/8" 11 Pcs.



No. 60 1/2" 4 Pcs.



No. 61 1/2" 20 Pcs.

PART LIST



Part#	Description	QTY
1	Base Frame - Center	1
2	Base Frame - Right	1
3	Base Frame - Left	1
4	Footplate	1
5	Top Frame - Center	1
6	Top Frame - Left	1
7	Top Frame - Right	1
8	Top - Horizontal Front Frame	1
9	Sliding Rods	2
10	Uprights - Front	2
11	Sliding Bracket Support	2
12	Support Tube	2
13	Bracket	2
14	Top Lat Bar	1
15	Lower Lat Bar	1
16	Bracket, Small Pulley	1
17	Handle Bar - Left	1
18	Handle Bar - Right	1
19	D Shape Handles	2
20	Weight Support Tube	1
21	Fixed Tube	1
22	Weight Horn	2
23	Cover	1
24	Frame Bracket, Cover	2
25	Upright - Rear	1
26	Rear Base Tube	1
27	Bracket, Front Center Base Frame	1
28	Cable, Lower	1
29	Cable, Upper Right Side	1
30	Cable, Upper Left Side	1

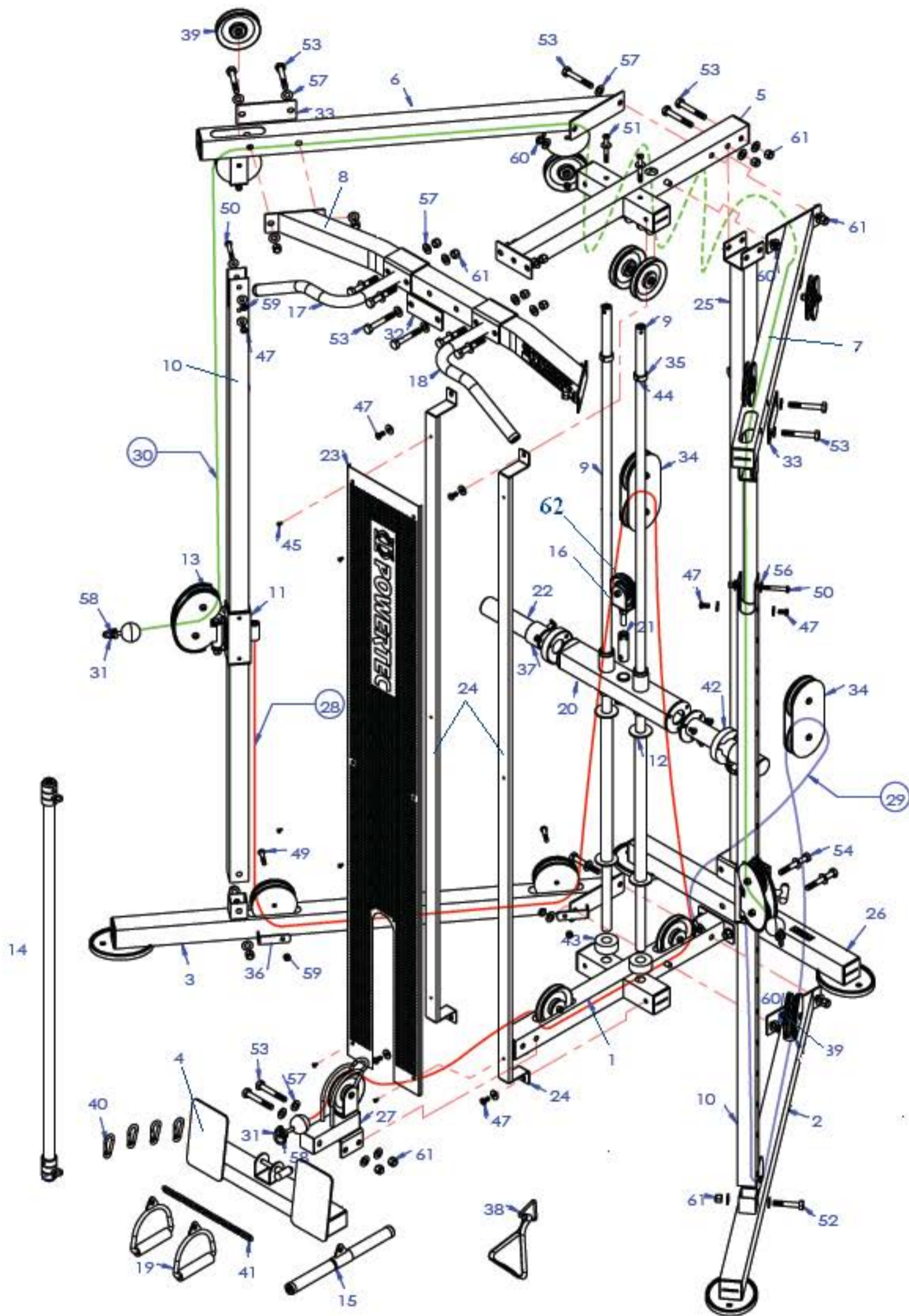
Part#	Description	QTY
31	Snap Ring	3
32	Linkage Plate	1
33	Linkage Plate	2
34	Linkage Plate, Double Pulleys	4
35	Ring, Weight Support Tube Stopper	2
36	Plate, Cable Guide-Block	1
37	Collar	2
38	Foot Strap	1
39	Pulley, Large	17
40	Snap Link	4
41	Chain	1
42	Bumper	2
43	Bumper	2
44	Hex Bolt, M6 x 6	4
45	Hex Bolt, M5 x 10	6
46	Hex Bolt 3/8" x 1/2"	6
47	Hex Bolt 3/8" x 3/4"	9
48	Hex Bolt 3/8" x 1 3/4"	8
49	Hex Bolt 3/8" x 2"	4
50	Hex Bolt 3/8" x 2 1/2"	2
51	Hex Bolt 3/8" x 3 1/8"	2
52	Hex Bolt 1/2" x 2 3/4"	2
53	Hex Bolt 1/2" x 3 1/2"	16
54	Hex Bolt 1/2" x 3 3/4"	2
55	Hex Bolt 1/2" x 4 3/8"	2
56	Washer 3/8"	14
57	Washer 1/2"	48
58	Nut, M8	3
59	Nylon Nut 3/8"	15
60	Nylon Nut 1/2"	4
61	Nylon Nut 1/2"	22
62	Pulley, Small	5

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EXPLODED DIAGRAM


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ASSEMBLY TWO

Step 1

Install No. 25 Upright Rear and No. 26 Rear Base Tube to No. 1 Center Base Frame. continue and install No. 2 Base Frame - Right and No. 3 Base Frame - Left. Use hardware No. 54 Hex Bolt, No. 57 Washer and No. 61 Nuts.

Step 2

Install No. 27 Bracket to No. 1 Base Frame, use hardware No. 53 Hex Bolts, No. 57 Washers and No. 61 Nuts.

Step 3

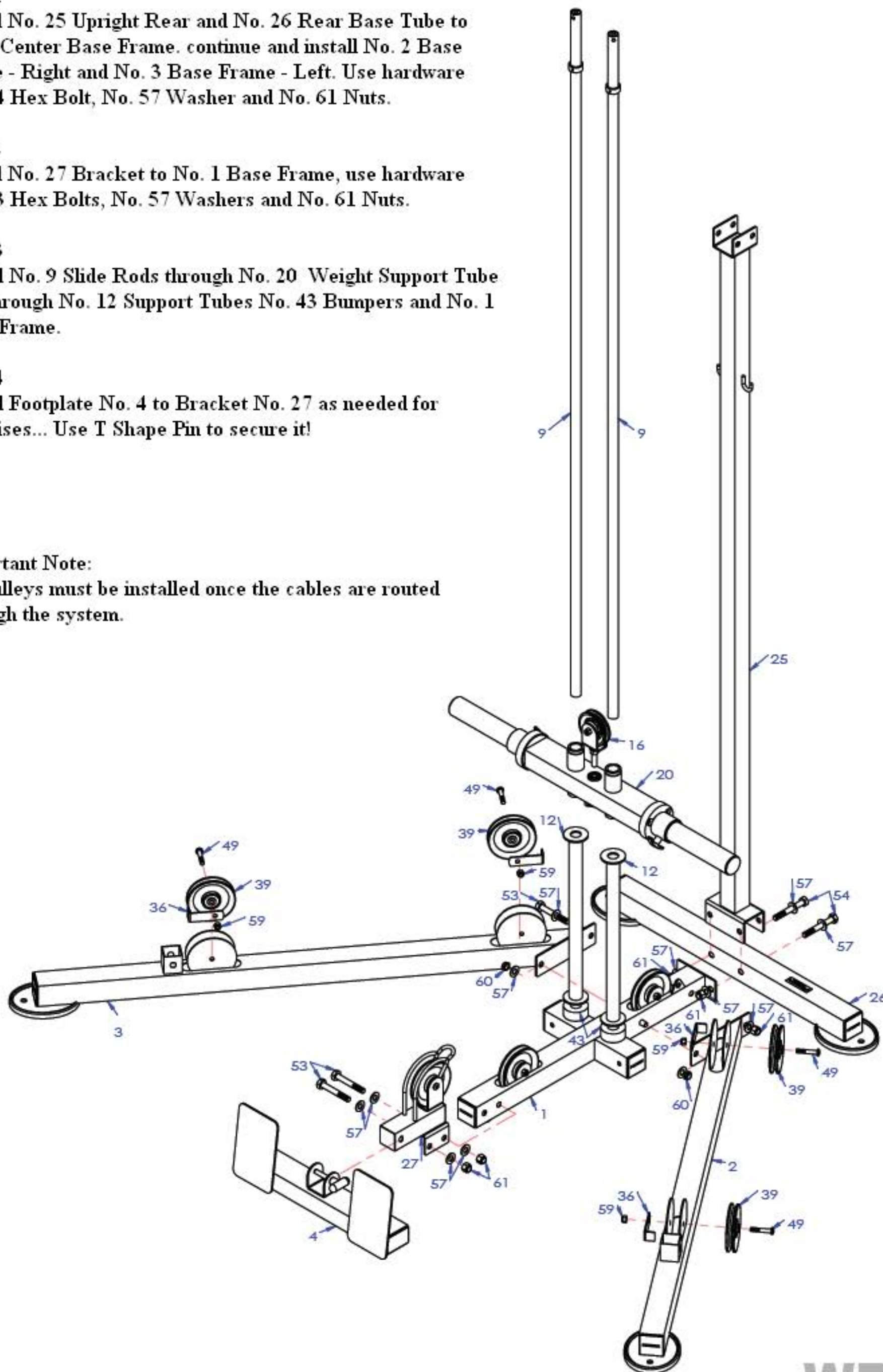
Install No. 9 Slide Rods through No. 20 Weight Support Tube and through No. 12 Support Tubes No. 43 Bumpers and No. 1 Base Frame.

Step 4

Install Footplate No. 4 to Bracket No. 27 as needed for exercises... Use T Shape Pin to secure it!

Important Note:

All Pulleys must be installed once the cables are routed through the system.



WB-FT14

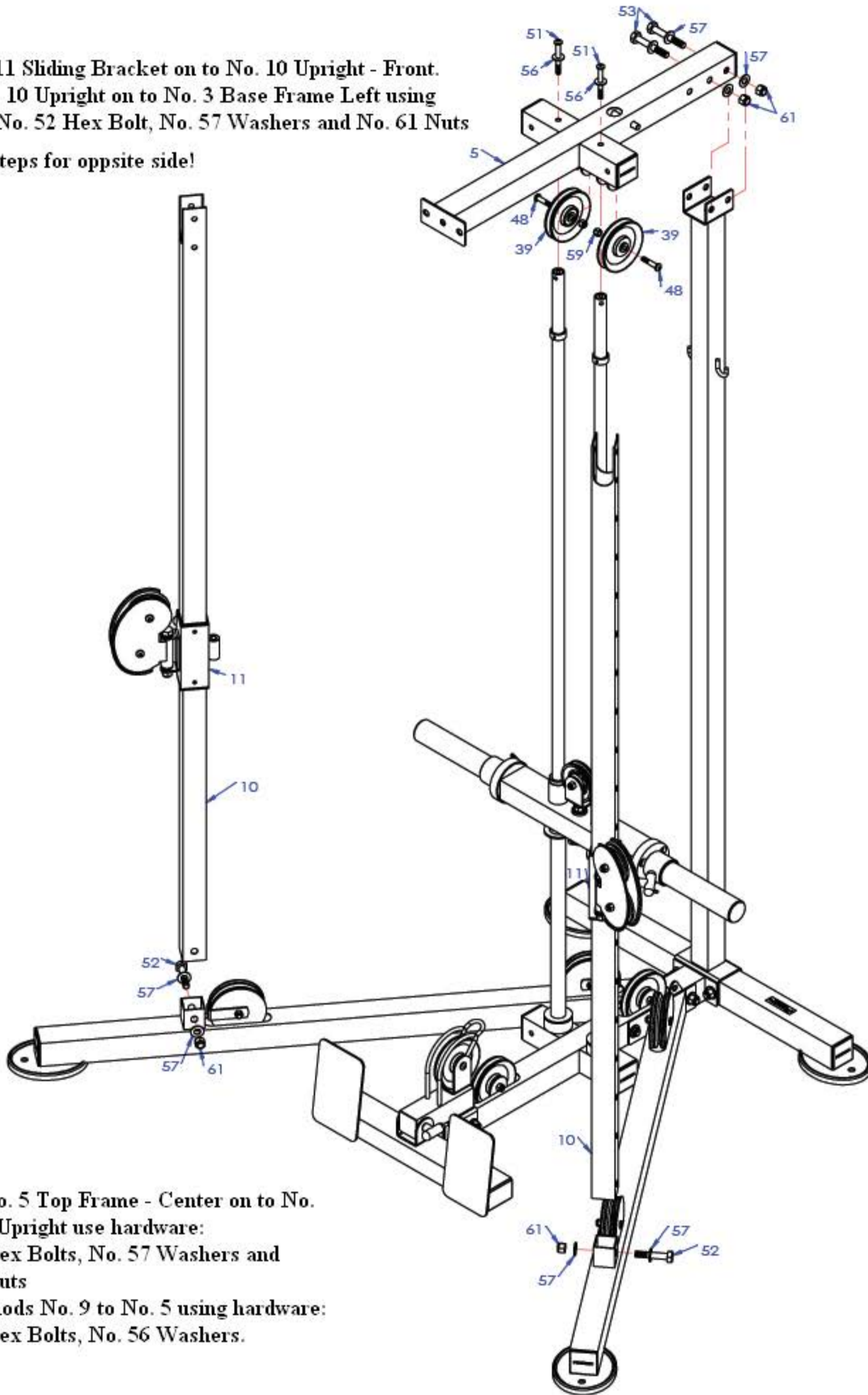
Functional Trainer

ASSEMBLY TWO

Step 1

Slide No. 11 Sliding Bracket on to No. 10 Upright - Front.
Install No. 10 Upright on to No. 3 Base Frame Left using
hardware No. 52 Hex Bolt, No. 57 Washers and No. 61 Nuts

* Repeat steps for oppsite side!



Step 2

Install No. 5 Top Frame - Center on to No.
25 Rear Upright use hardware:

No. 53 Hex Bolts, No. 57 Washers and
No. 61 Nuts

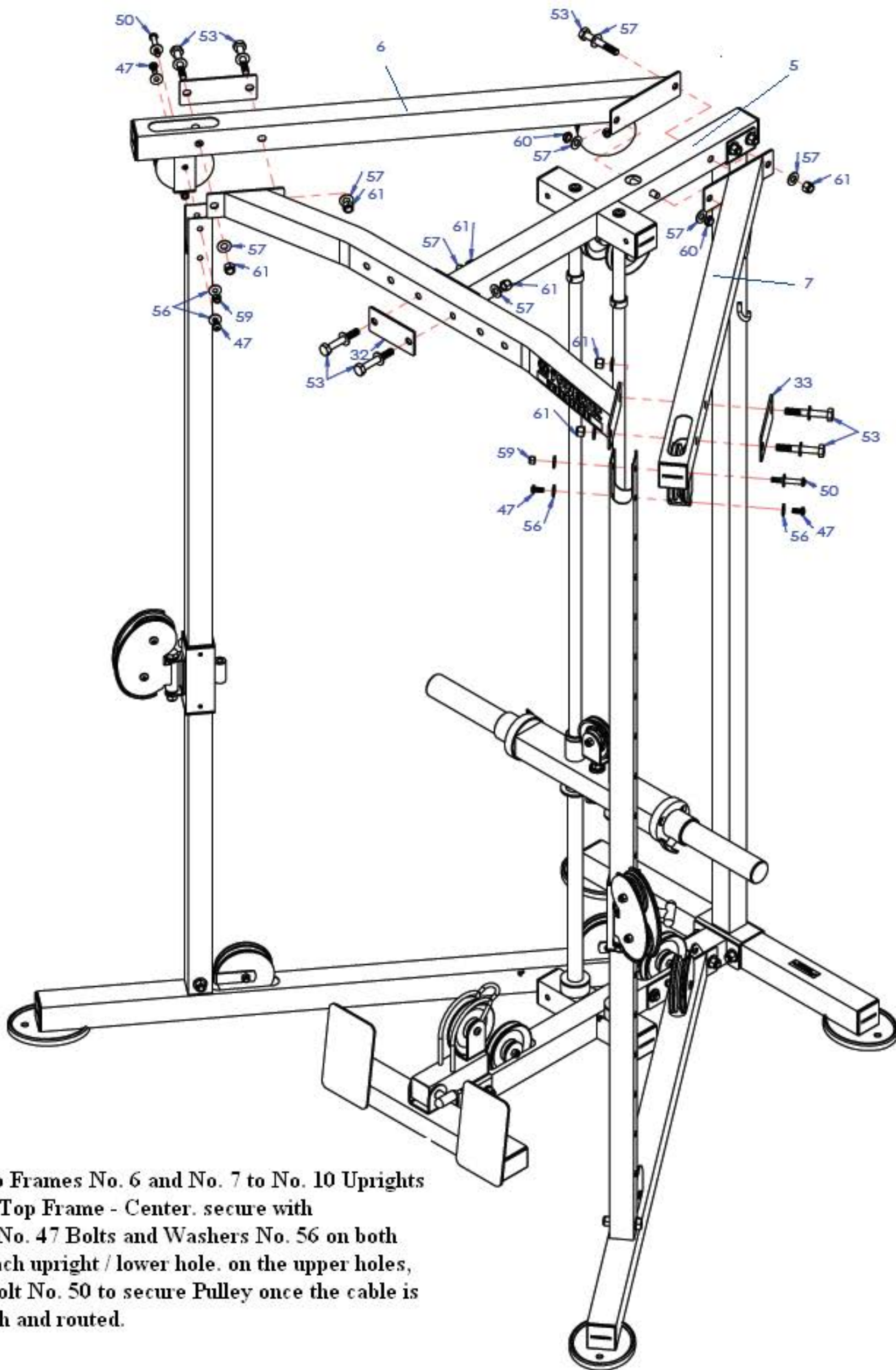
Secure Rods No. 9 to No. 5 using hardware:
No. 51 Hex Bolts, No. 56 Washers.

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ASSEMBLY THREE


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Step 1

Install Top Frames No. 6 and No. 7 to No. 10 Uprights and No. 5 Top Frame - Center. secure with hardware No. 47 Bolts and Washers No. 56 on both sides of each upright / lower hole. on the upper holes, use Hex bolt No. 50 to secure Pulley once the cable is fed through and routed.

Step 2

Install No. 8 Top Horizontal Frame, to No. 5, No. 6 and No. 7 using No. 53 Bolts, and Linkage Plates No. 32 and No. 33 use Washers No. 57 and Nut No. 61

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ASSEMBLY FOUR

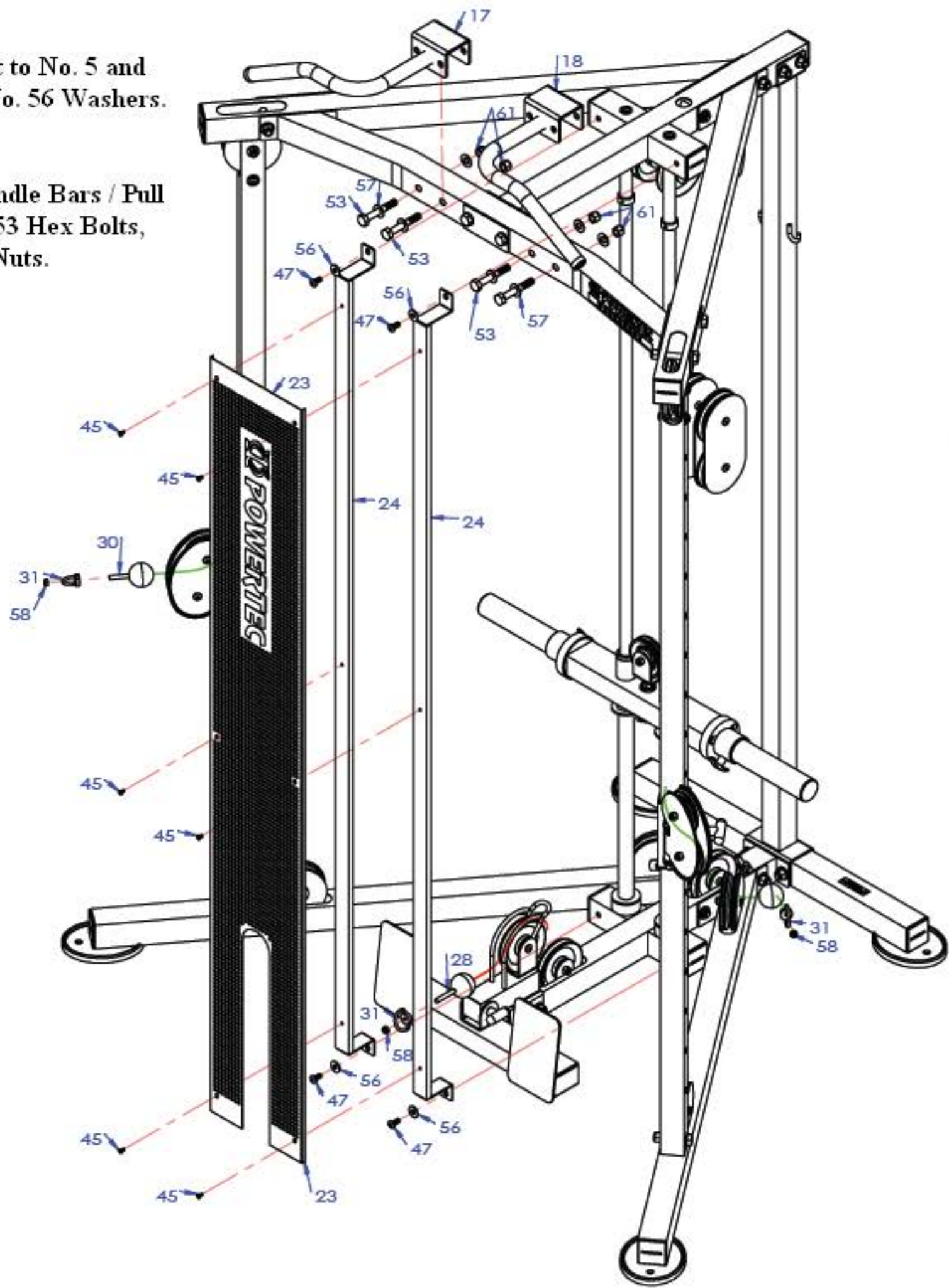
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Step 1

Install No. 24 Frame Bracket to No. 5 and No. 1 use No. 47 Bolts and No. 56 Washers.

Step 2

Install No. 17 and No. 18 Handle Bars / Pull Up Bars, use hardware: No. 53 Hex Bolts, No. 57 Washers and No. 61 Nuts.



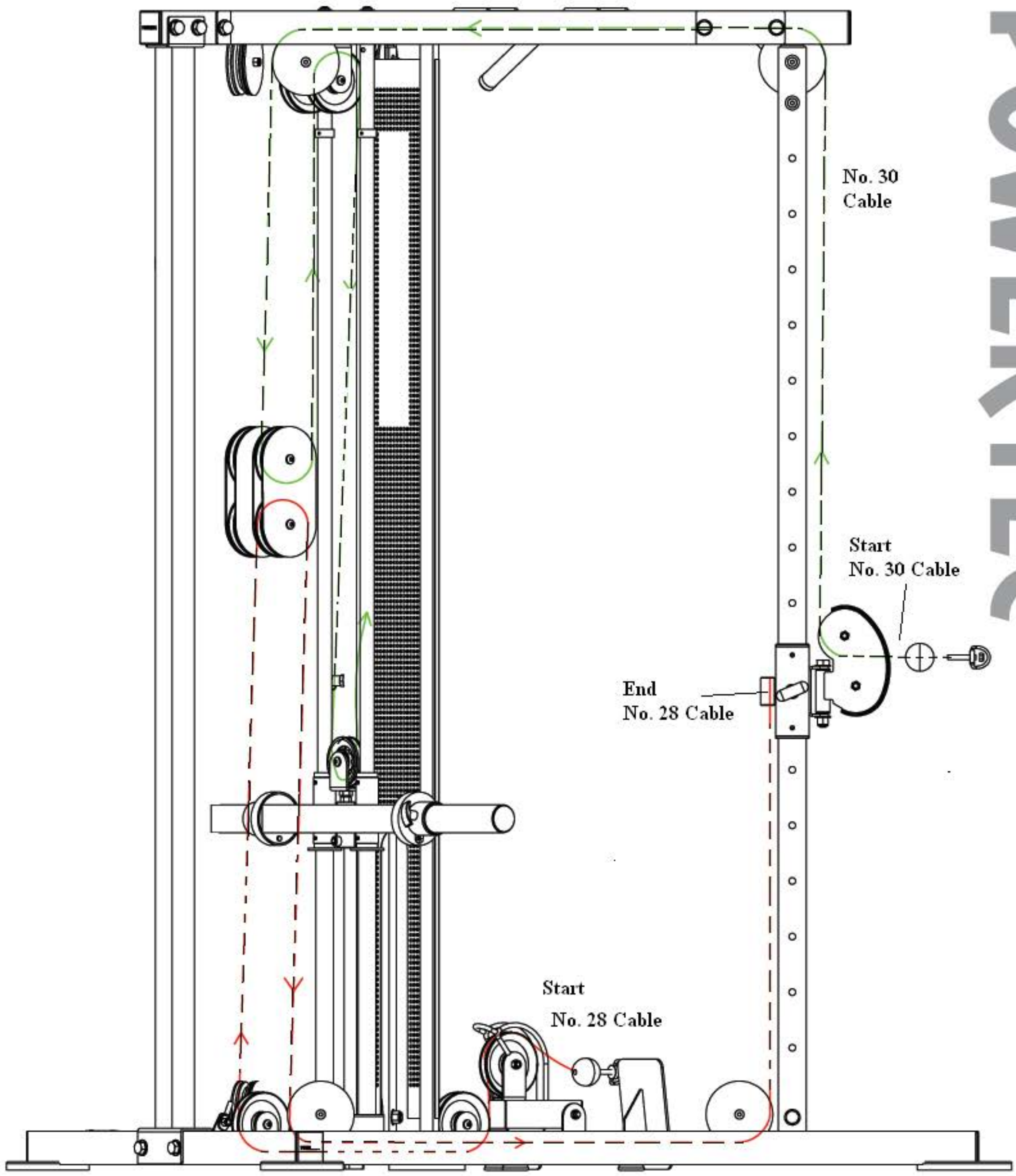
Step 3

Install Cover No. 23 on to No. 24 Frame Bracket.
Use Bolts No. 45 to secure the cover.

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ASSEMBLY FIVE


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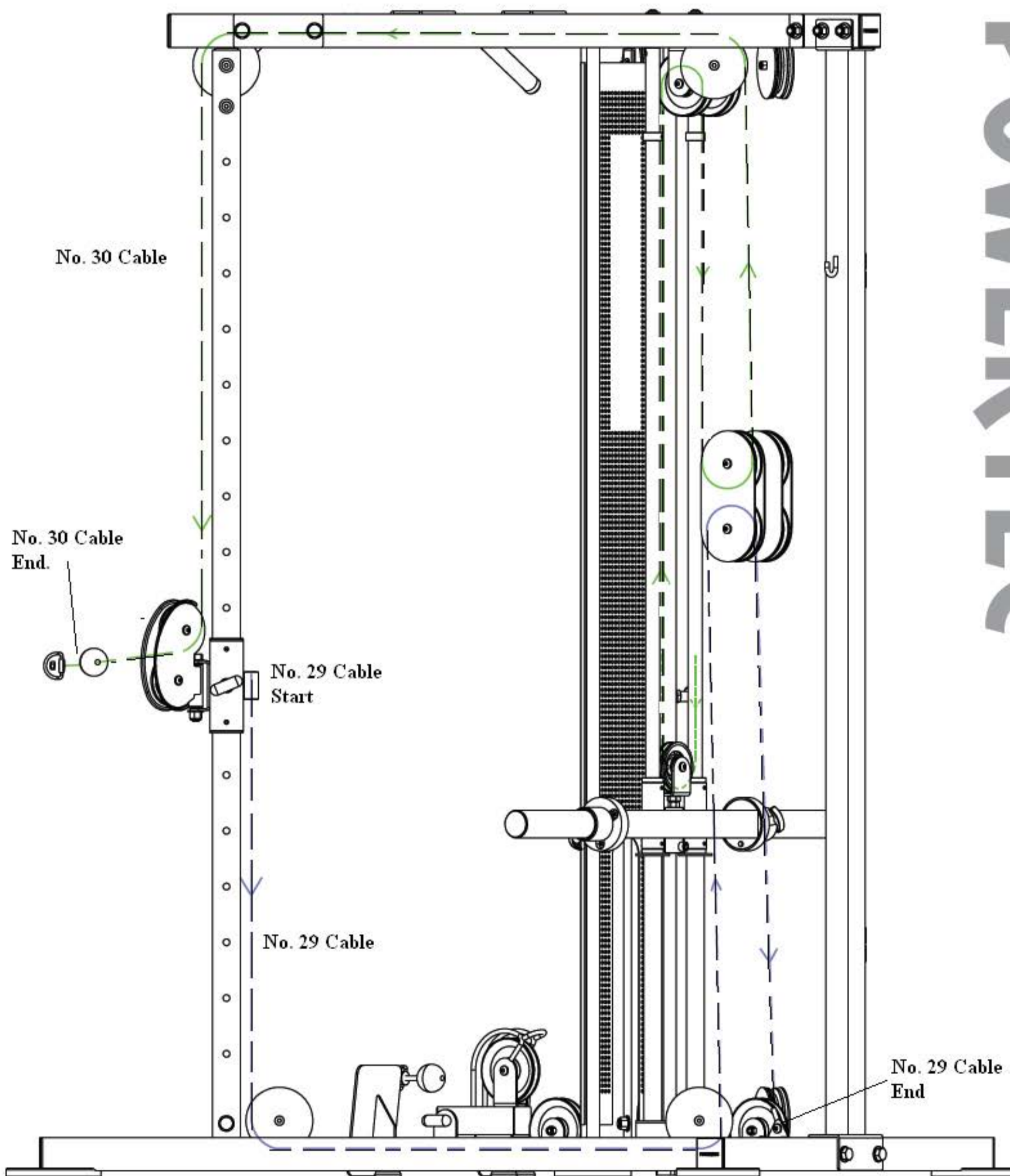


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ASSEMBLY SIX


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Featured Exercises

Standing One Arm Cable Lateral Raise

Using the cable attached to the lower pulley, stand sideways

With your back to the pulley. Place your resting arm on your Hip closest to the machine. With your other hand grasp bar with an overhand grip. (palm down).

Slightly bend your elbow and lift your arm up to shoulder height. Do not extend past your shoulder.

Pause briefly before slowly returning to the starting position.



Standing Cable Fly

With your back to the machine, center yourself, standing With a staggered stance. Grasp the pulley bars on each hand, arms Fully extended from your sides.

Pull the cables down and together without changing the angle of your Arms or elbows. Cross cables at wrists.

Pause briefly before slowly returning to the starting position.

Alternate: Instead of crossing your wrists, simply pull straight forward Until your knuckles meet.



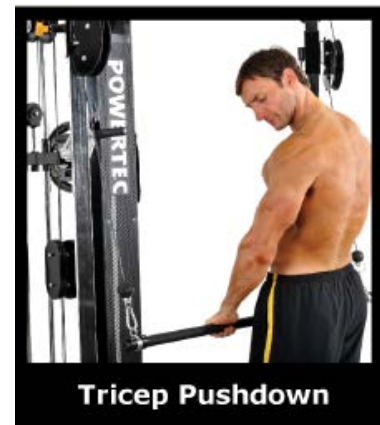
Tricep Pushdown

With bar positioned mid torso, face the machine, feet planted firmly on The floor (less than shoulders width apart). Grip the bar with both hands Palm down. Elbows should be bent at a 90 degree angle when gripping The bar at the starting position.

Push the bar down towards your body until arms are fully extended. Do not lock your elbows.

Pause briefly before slowly returning to the starting position

Tips: when doing this exercise make sure your feet are firm on the floor. Do not wiggle or lift any part of your foot off the floor.



Resisted Calf Raise

Stand with your back to the machine, stand up straight with both hands Holding the bar resting on your shoulders. Your feet should be positioned Flat on the floor at hips width. Do not extend your stance beyond this point.

Raise your heels off the floor, keep your back and knees aligned and straight.

Pause briefly before slowly returning to the starting position.



- And Many More...

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



