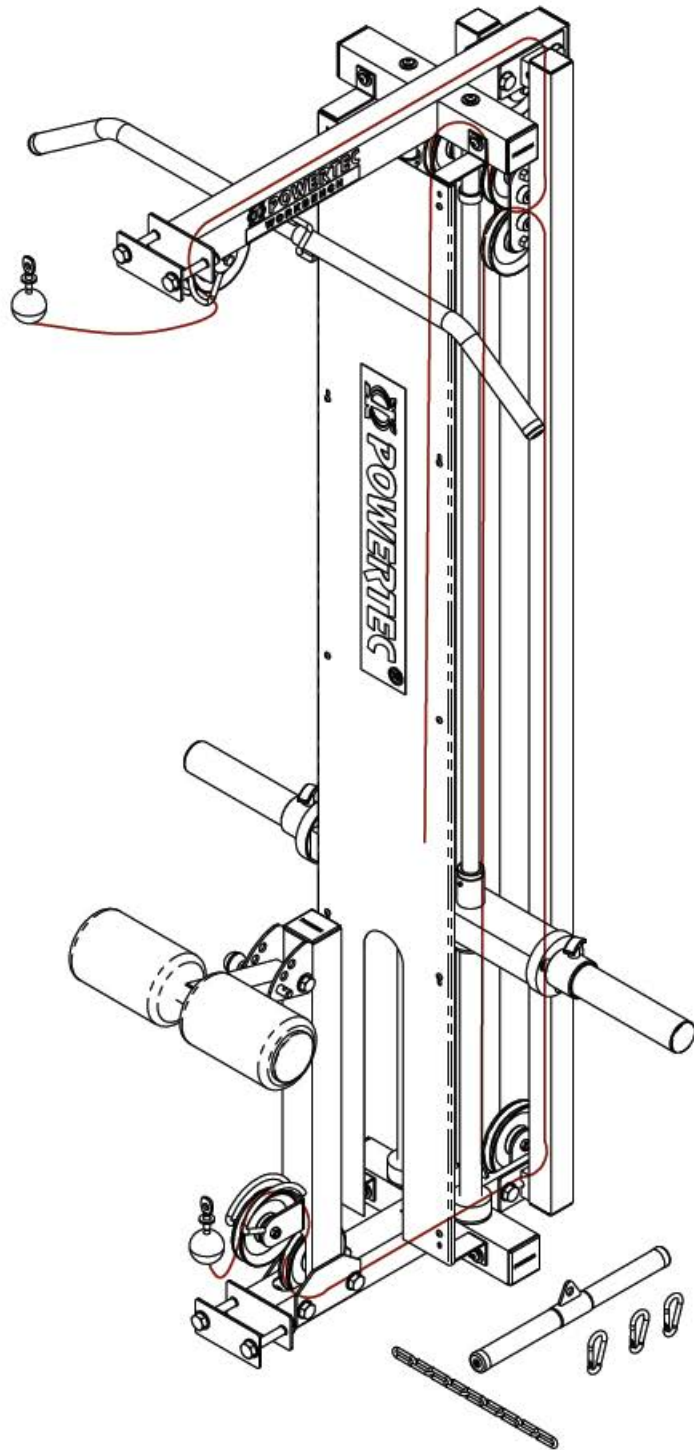


 **POWERTEC®**

WB-LTO16

Manual



WORKBENCH LAT TOWER OPTION



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-LTO16
 LAT TOWER OPTION**

Weight Capacity

Weight Carriage / Cable: 500 lbs.

Recommended Systems for the Lat Tower Option

WB-PR16	Power Rack	WB-HR16	Half Rack
WB-RS16	Roller Smith	WB-UB16	Workbench Utility Bench

Recommended Optional Weight Plates

- OB-255B Olympic Plates 255 lbs.
- WS-190 Weight Stack Set 190 lbs.

When adding a Power Rack or Half Rack you can build your gym further by adding:

OB-86DC-B	Olympic Deluxe Bar with Collars	OS-300-B	Olympic Weight Set 300 lbs.
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Recommended Accessories

When Adding a Utility Bench, you can build your gym further by adding the following accessories:

WB-PFA16	Pec Fly Accessory	WB-LTA 16	Lat Tower Accessory
WB-LPA16	Leg Press Accessory	WB-DMA16	Dip Machine Accessory
WB-LLA16	Leg Lift Accessory	WB-ASR16	Accessory Storage Rack
WC-CM16	Curl Machine Accessory		

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



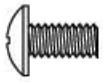
Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"



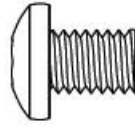
8" Adjustable Wrench

HARDWARE LIST

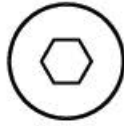
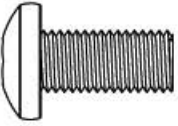
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No. 28 M5 x 10 10 Pcs.



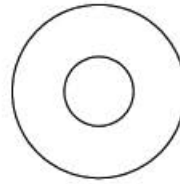
No. 29 3/8" x 1/2" 6 Pcs.



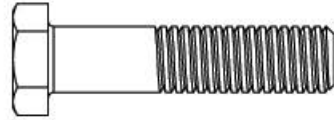
No. 30 3/8" x 3/4" 4 Pcs.



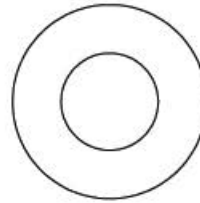
No. 31 3/8 x 3 1/8" 2 Pcs.



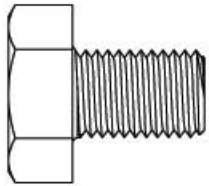
No. 37 3/8" 6 Pcs.



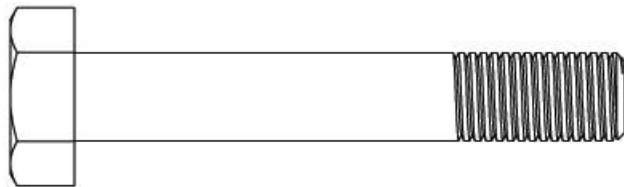
No. 33 3/8" x 1 5/8" 2 Pcs.



No. 38 1/2" 22 Pcs.



No. 34 1/2" x 3/4" 12 Pcs.



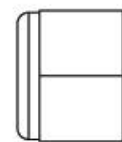
No. 35 1/2" x 3 1/4" 1 Pc.



No. 39 3/8" 2 Pcs.



No. 36 1/2" x 3 1/2" 4 Pcs.



No. 41 1/2" 5 Pcs.

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WORKBENCH LAT TOWER OPTION

PARTS LIST



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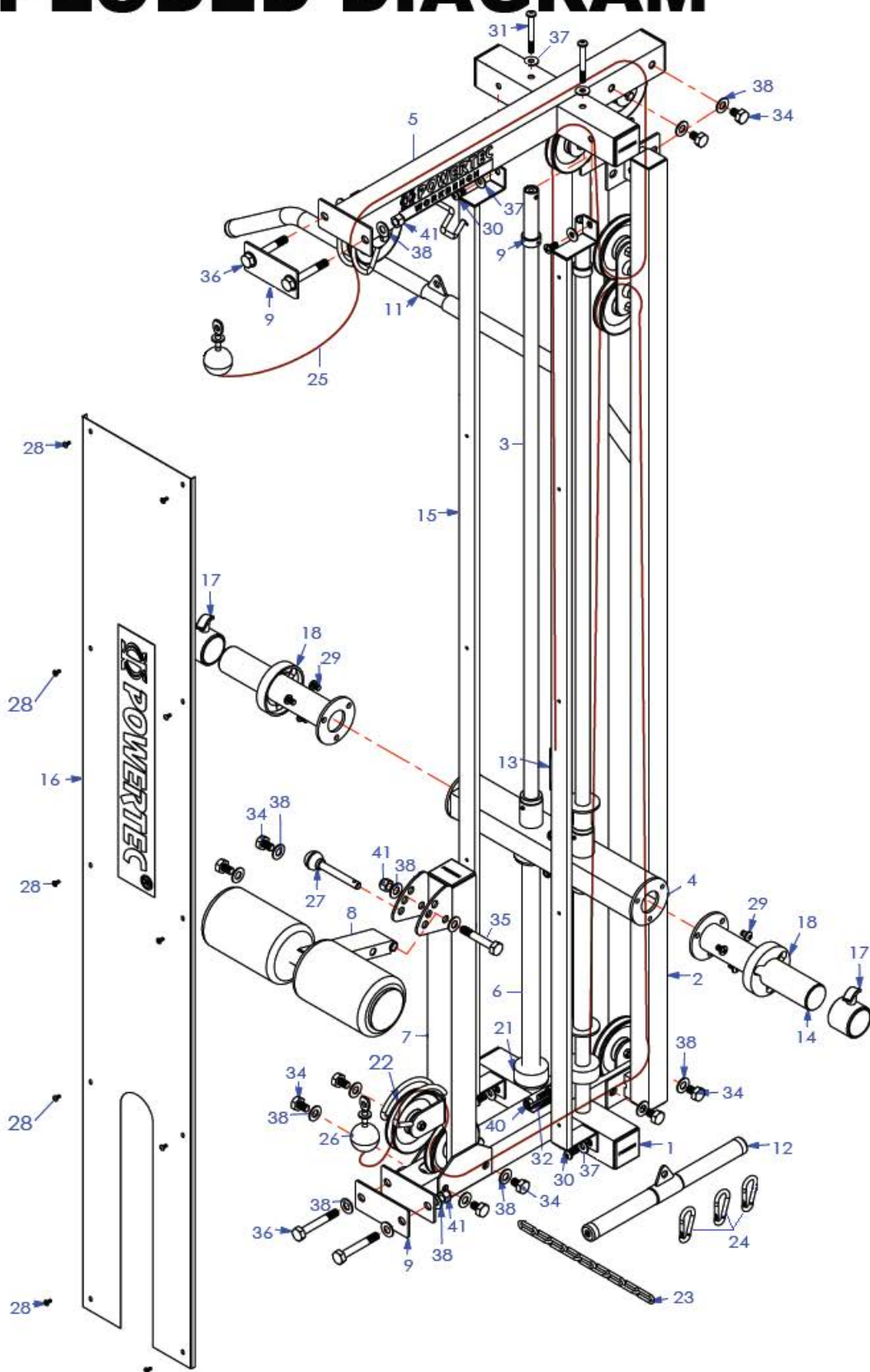
Part No.	Description	Qty.
1	Base Frame	1
2	Up-Right Frame Tubes	2
3	Slide Rods	2
4	Weight Horn Support Tube	1
5	Upper Frame Tube	1
6	Support Tubes	2
7	Front Up-Right - Leg Support Tube	1
8	Adjustment Tube - Leg Support	1
9	Reinforcement Plate	2
10	Linkage Plate - Double Pulleys	2
11	Lat Bar	1
12	Short Grip Lat Bar	1
13	Fixed Tube	1
14	Weight Horns	2
15	Cover Support Frame	2
16	Cover	1
17	Collar	2
18	Rubber Bumper	2
19	Ring - Stoppers	2
20	Screw - M6	4
21	Bumper	2
22	Pulleys	8
23	Chain	1
24	Snap Links	3
25	Upper Cable	1
26	Lower Cable	1
27	Ball Head Lock Pin	1
28	Bolts M5 x 10	10
29	Hex Bolt 3/8" x 1/2"	6
30	Hex Bolt 3/8" x 3/4"	4
31	Hex Bolt 3/8" x 3 1/8"	2
32	Hex Bolt 3/8" x 1"	1
33	Hex Bolt 3/8" x 1 5/8"	2
34	Hex Bolt 1/2" x 3/4"	12
35	Hex Bolt 1/2" x 3 1/4"	1
36	Hex Bolt 1/2" x 3 1/2"	4
37	Washer 3/8"	6
38	Washer 1/2"	22
39	Nut 3/8" x 7T	2
40	Nut 3/8" x 11T	1
41	Nut 1/2"	5

WB-LT016

WORKBENCH LAT TOWER OPTION

EXPLODED DIAGRAM

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WB-LT016

WORKBENCH LAT TOWER OPTION

ASSEMBLY ONE

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Step 1

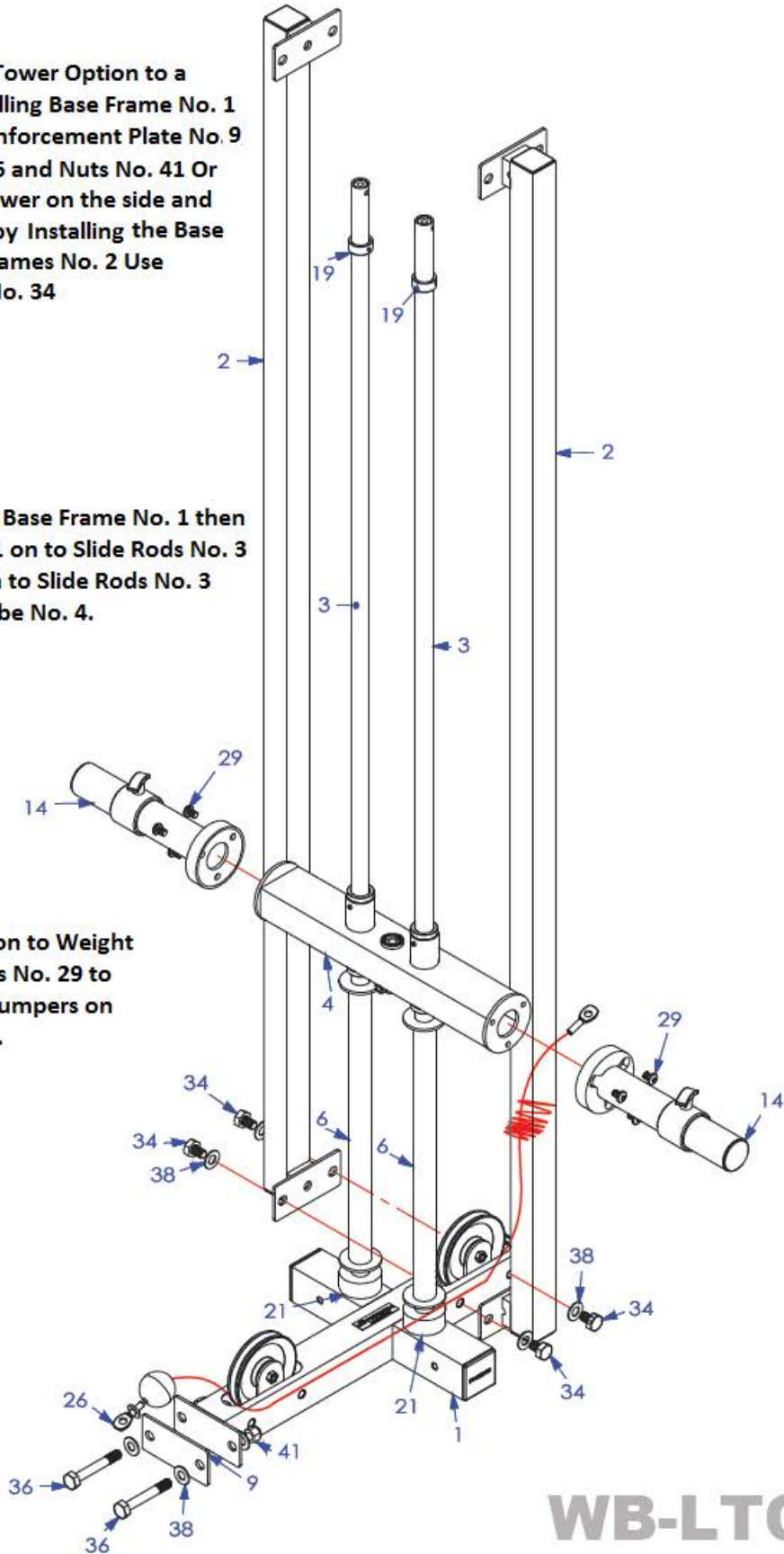
If you are attaching the Lat Tower Option to a Rack, you may start by installing Base Frame No. 1 directly to the Rack, Use Reinforcement Plate No. 9 Washers No. 38, Bolts No. 36 and Nuts No. 41 Or you can assemble the Lat Tower on the side and then connect it to the Rack by Installing the Base Frame No. 1 to Up-Rights Frames No. 2 Use Washers No. 38 and Bolts No. 34

Step 2

Install Slide Rods No. 3 on to Base Frame No. 1 then Slide Rubber Bumpers No. 21 on to Slide Rods No. 3 Slide Support Tubes No. 6 on to Slide Rods No. 3 and then Weight Support Tube No. 4.

Step 3

Install Weight Horns No. 14 on to Weight Support Tube No. 4 use Bolts No. 29 to secure them, Slide Rubber Bumpers on the Weight Horn and Collars.



WB-LT016

WORKBENCH LAT TOWER OPTION

ASSEMBLY TWO

 POWERTEC[®]

Step 1

Install Front Up-Right No. 7 to Base Frame No. 1

Use Washers No. 38 and Bolts No. 34

Run Lower Cable No. 26 through and install Pulley

No. 22 using Bolt No. 33, washer No. 37 and Nut No. 39

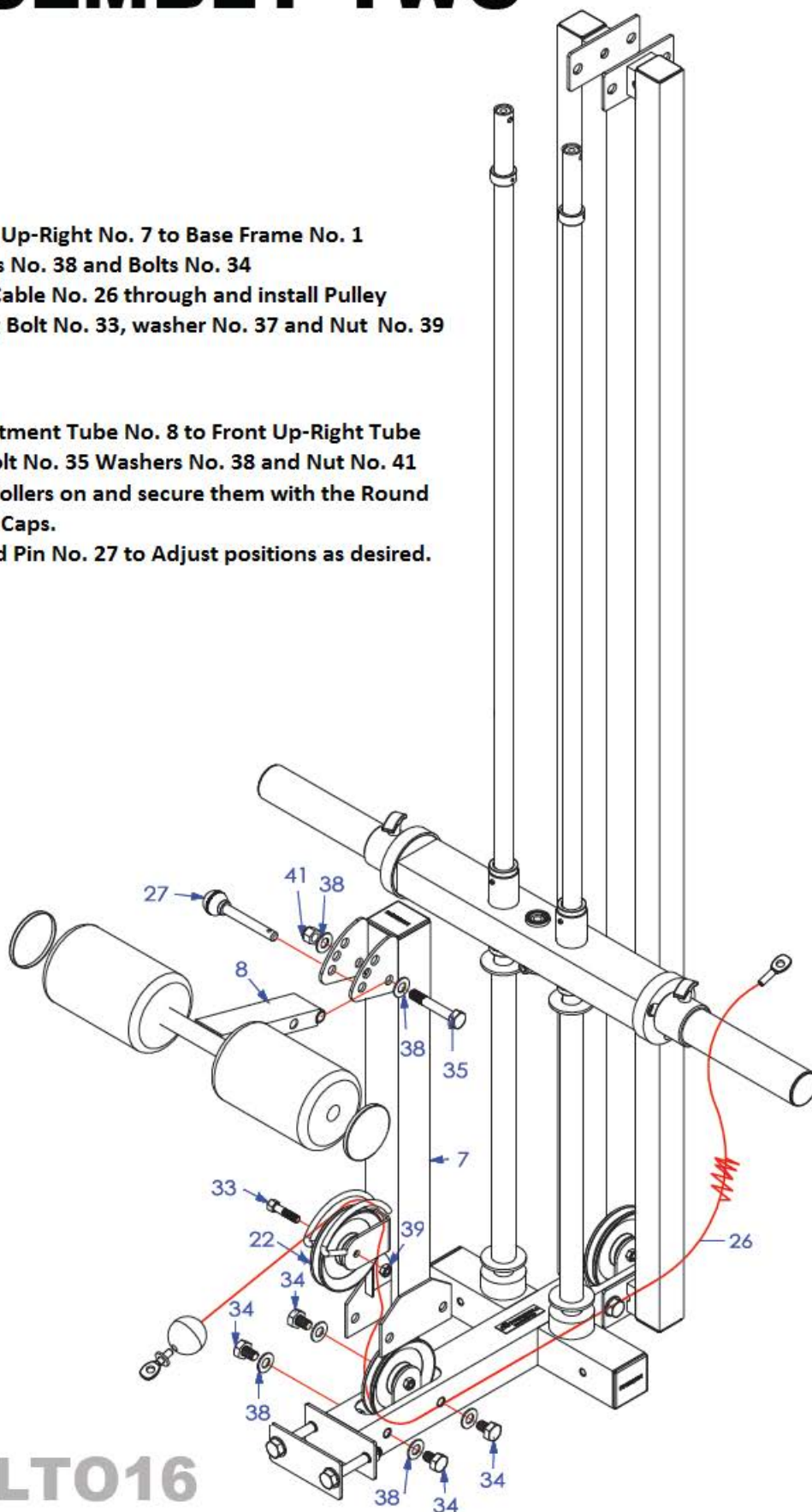
Step 2

Install Adjustment Tube No. 8 to Front Up-Right Tube

No. 7 Use Bolt No. 35 Washers No. 38 and Nut No. 41

Slide Foam Rollers on and secure them with the Round Chrome End Caps.

Use Ball Head Pin No. 27 to Adjust positions as desired.



WB-LT016

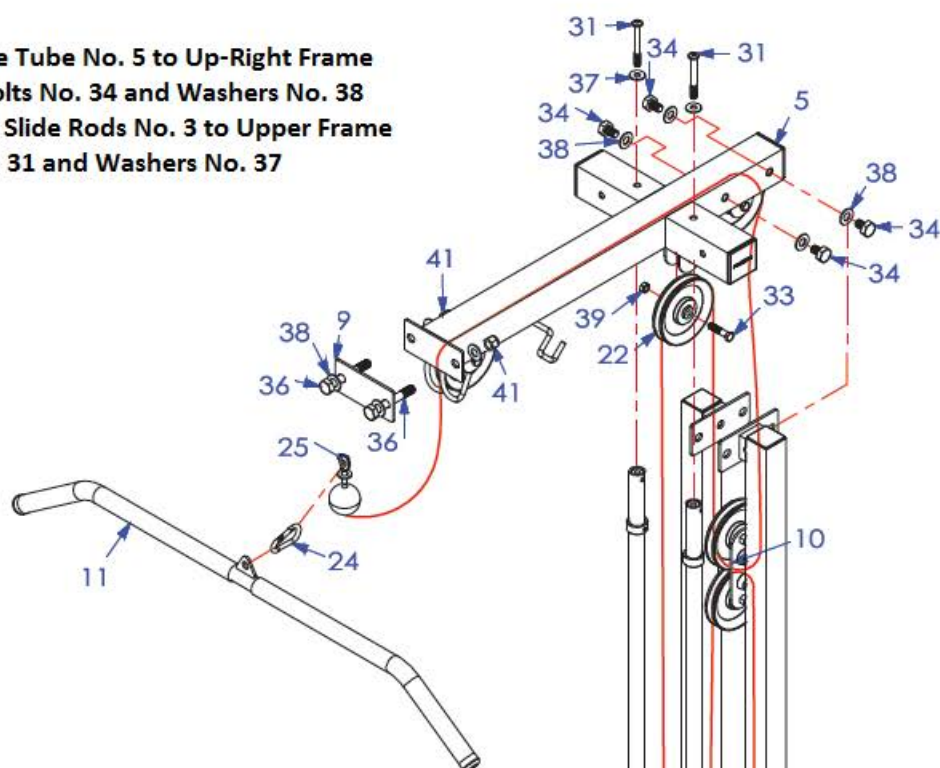
WORKBENCH LAT TOWER OPTION

ASSEMBLY THREE


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Step 1

Install Upper Frame Tube No. 5 to Up-Right Frame Tubes No. 2 Use Bolts No. 34 and Washers No. 38 Proceed and secure Slide Rods No. 3 to Upper Frame No. 5 use Bolts No. 31 and Washers No. 37

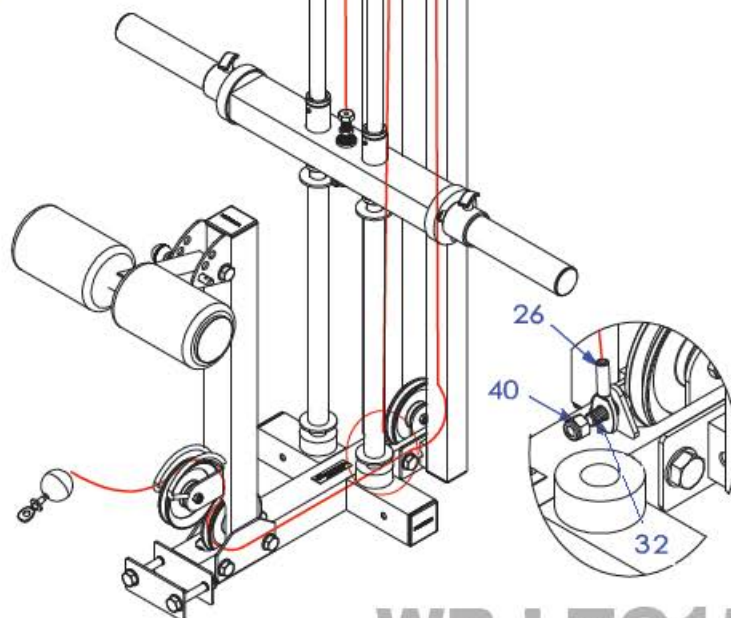


Step 2

Connect Upper Frame Tube No. 5 to Power Rack, use Linkage Plate No. 9, Bolts No. 36, Washers No. 38 and Nuts No. 41

Note:

Refer to Page 13 for Cable Routing Diagram.



WB-LT015

WORKBENCH LAT TOWER OPTION

ASSEMBLY FOUR

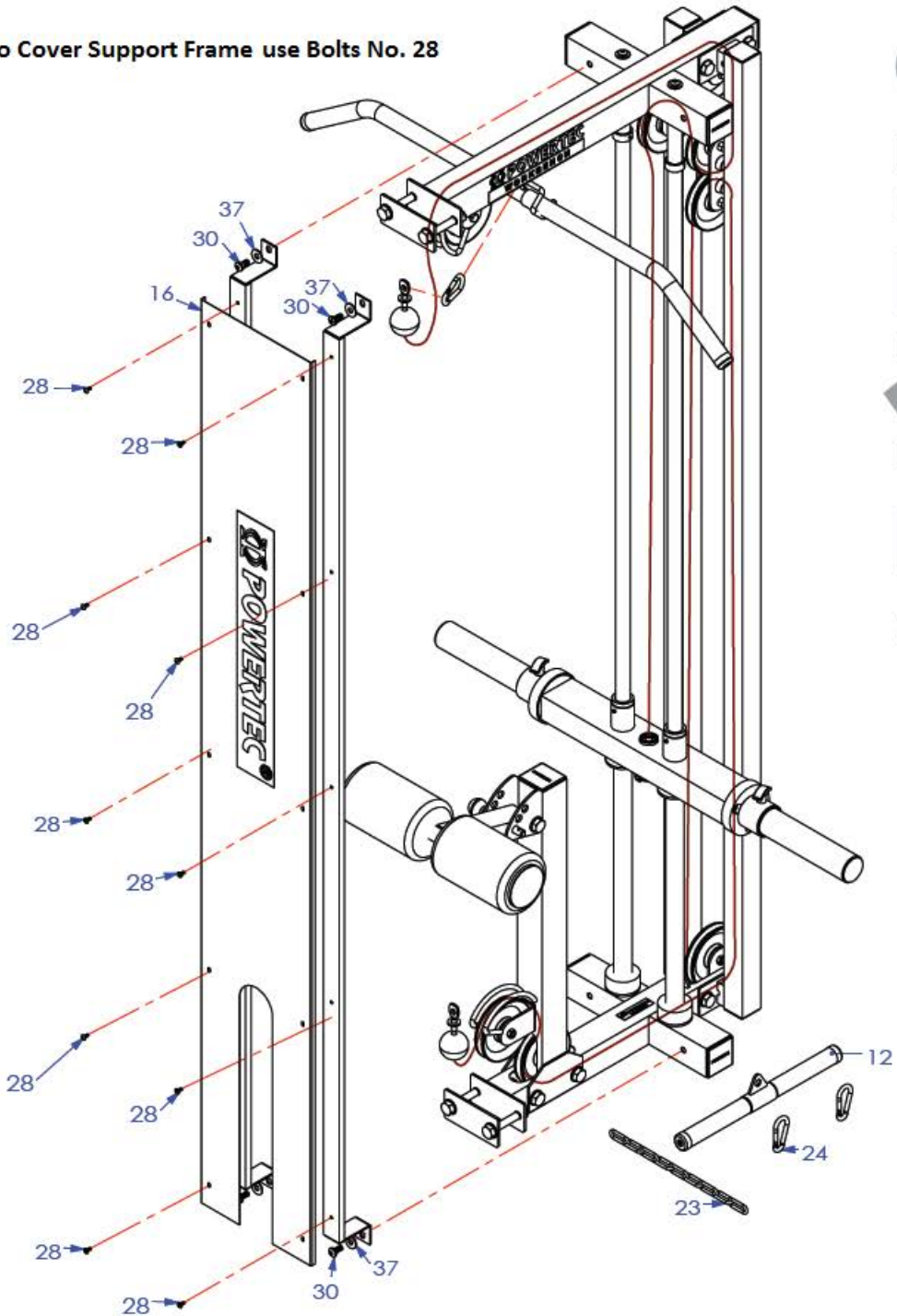
POWERTEC[®]

Step 1

Install Cover Support Frame No. 15 To Base Frame No. 1 and
Upper Frame Tube No. 5 Use Bolts No. 30 and Washers No. 37

Step 2

Install Cover No. 16 to Cover Support Frame use Bolts No. 28

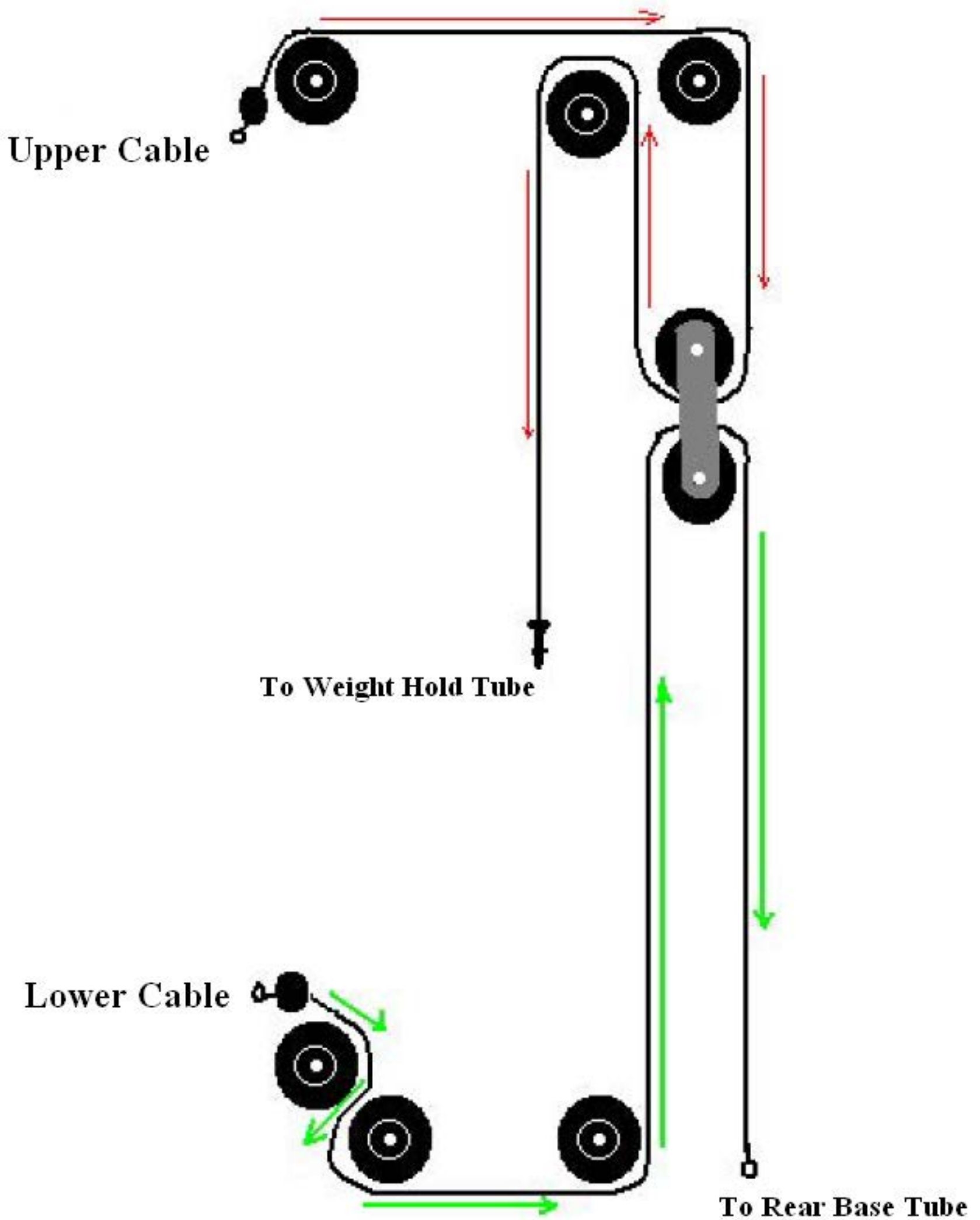


WB-LT016

WORKBENCH LAT TOWER OPTION

WB-LTO14

Lat Tower Cable Routing



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



