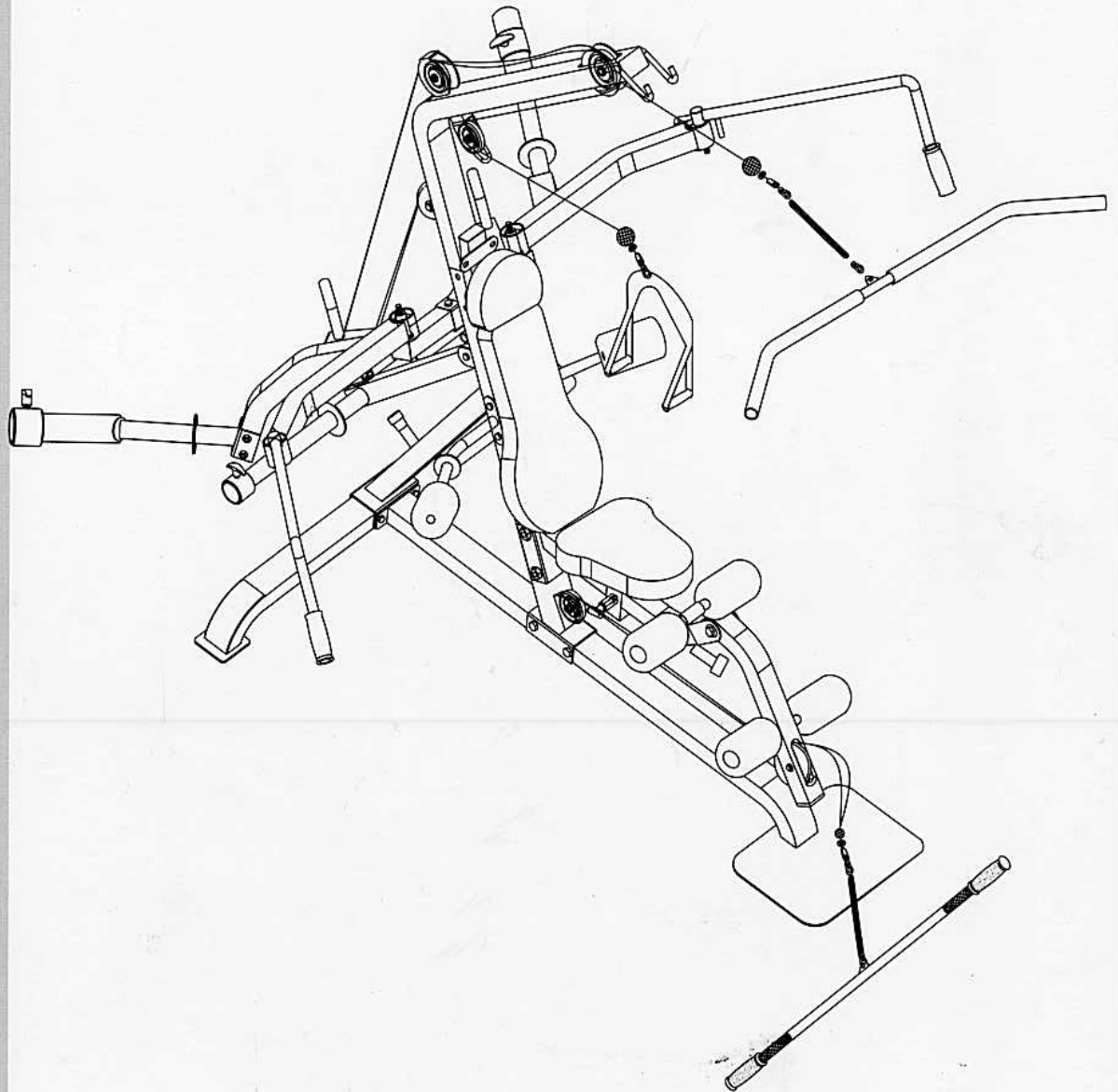


# POWERTEC

## WORKBENCH

### WB-VG

Manual





### Vertical Gym





# HARDWARE LIST

POWERTEC


  
50  $\frac{1}{2}$ "x4-1/4" (qty:8)


  
51  $\frac{1}{2}$ "x3-3/8" (qty:1)


  
52  $\frac{1}{2}$ "x5" (qty:1)

  
53  $\frac{1}{2}$ "x5-3/8" (qty:1)


  
54  $\frac{1}{2}$ "x3-1/8" (qty:7)


  
55  $\frac{1}{2}$ "x3/4" (pty:5)


  
56  $\frac{3}{8}$ "x2-5/8" (qty:1)

  
57  $\frac{3}{8}$ "x2" (qty:3)


  
58  $\frac{3}{8}$ "x3-3/8" (qty:3)

  
59  $\frac{1}{2}$ "x3-3/4" (qty:1)

  
60  $\frac{3}{8}$ "x3/4" (qty:14)


  
61 #14x#28x2t (qty:48)

  
62 #10x#25x2t (pty:24)

  
63 #12.7x#19.1x12.7(pty:10)

  
64 #10x#28x2t (pty:2)

  
48  $\frac{1}{2}$ "x16t (pty:23)

  
49  $\frac{3}{8}$ "x11t (pty:7)

WB-VG  
Vertical Gym

# PART LIST

Part	Description	QTY	Part	Description	QTY
1	Base tube	1	34	Round inner plug	4
2	Horizontal tube	1	35	Rect inner plug	1
3	Lower upright	1	36	Seat pad	1
4	Bench frame	1	37	Backrest pad	1
5	Leg developer	1	38	Head pad	1
6	Seat pad tube	1	39	Bushing	8
7	Back pad tube	1	40	PVC sleeve	2
8	Roller tube	2	41	Hand grip	2
9	Rotation arm	2	42	PVC sleeve	2
10	Weight horn	2	43	Ellipse hook	6
11	Rotation tube	2	44	Chain	2
12	Upper upright	1	45	Cable	1
13	Weight rotating tube	1	46	Cable	1
14	Lower row bar	1	47	AB strap	1
15	Slide support tube	1	48	Nylon nut	23
16	Adjustment tube	1	49	Nylon nut	7
17	Backrest adj bracket	1	50	Half-thread hex bolt	9
18	Roller tube	2	51	Half-thread hex bolt	1
19	Lat bar	1	52	Half-thread hex bolt	1
20	Pulley	1	53	Half-thread hex bolt	1
21	Pulley	6	54	Half-thread hex bolt	8
22	Bumper	2	55	Hex bolt	5
23	Rubber bumper	2	56	Half-thread hex bolt	1
24	PVC sleeve	4	57	Half-thread hex bolt	2
25	PVC sleeve	1	58	Half-thread hex bolt	3
26	Foam roller	6	59	Half-thread hex bolt	1
27	Open end cap	6	60	Hex bolt	14
28	"T" spring lock pin	2	61	Flat washer	46
29	PVS sleeve	2	62	Flat Washer	22
30	Hand grip	2	63	Washer	14
31	Square inner plug	10	64	Flat washer	2
32	Rect inner plug	3	65	Collar	4
33	Rect inner plug	1			

**WB-VG**

**Vertical Gym**

# EXPLODED DIAGRAM

POWERTEC

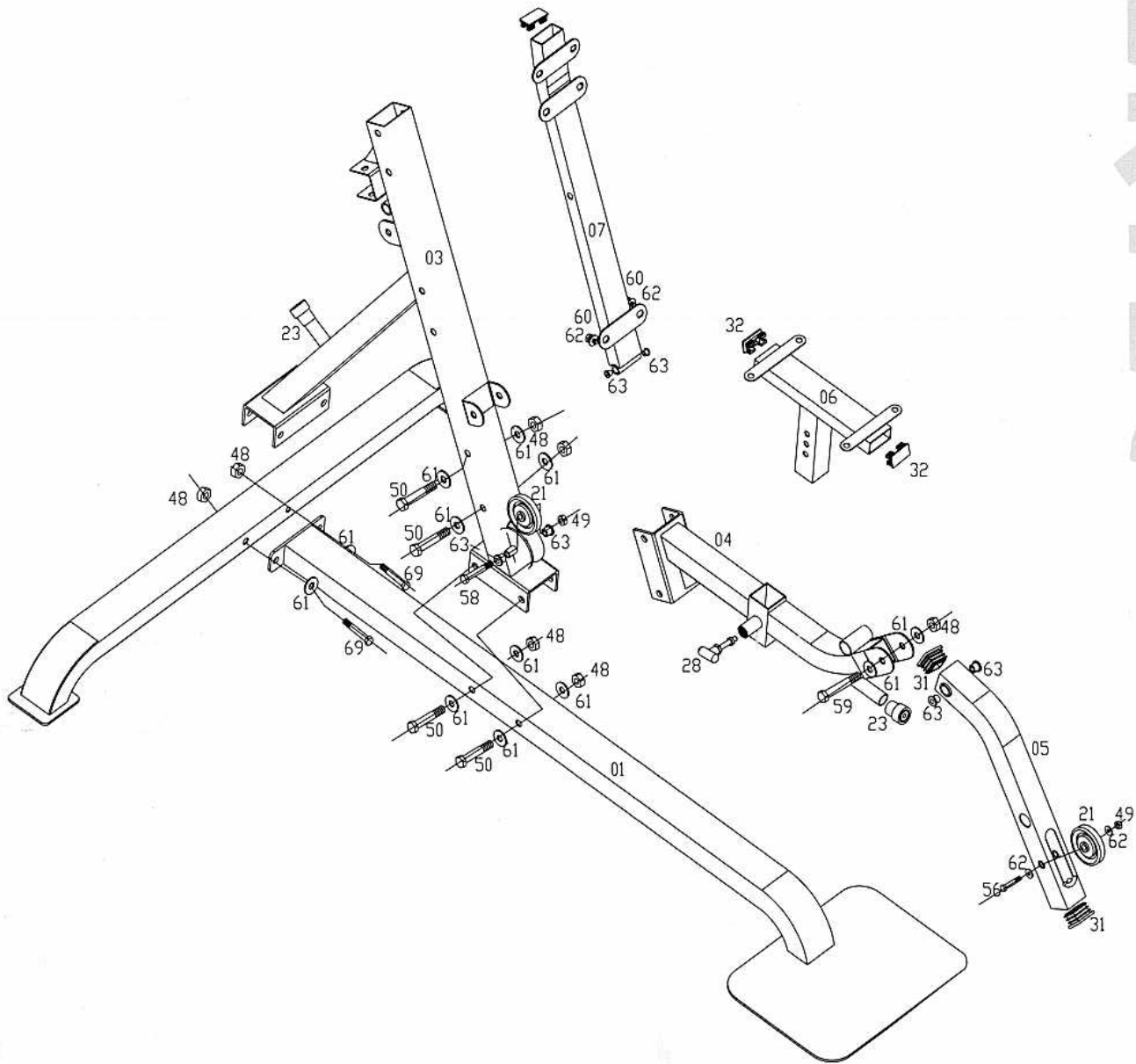


WB-VG  
Vertical Gym

# ASSEMBLY ONE

**Note before beginning assembly:**

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

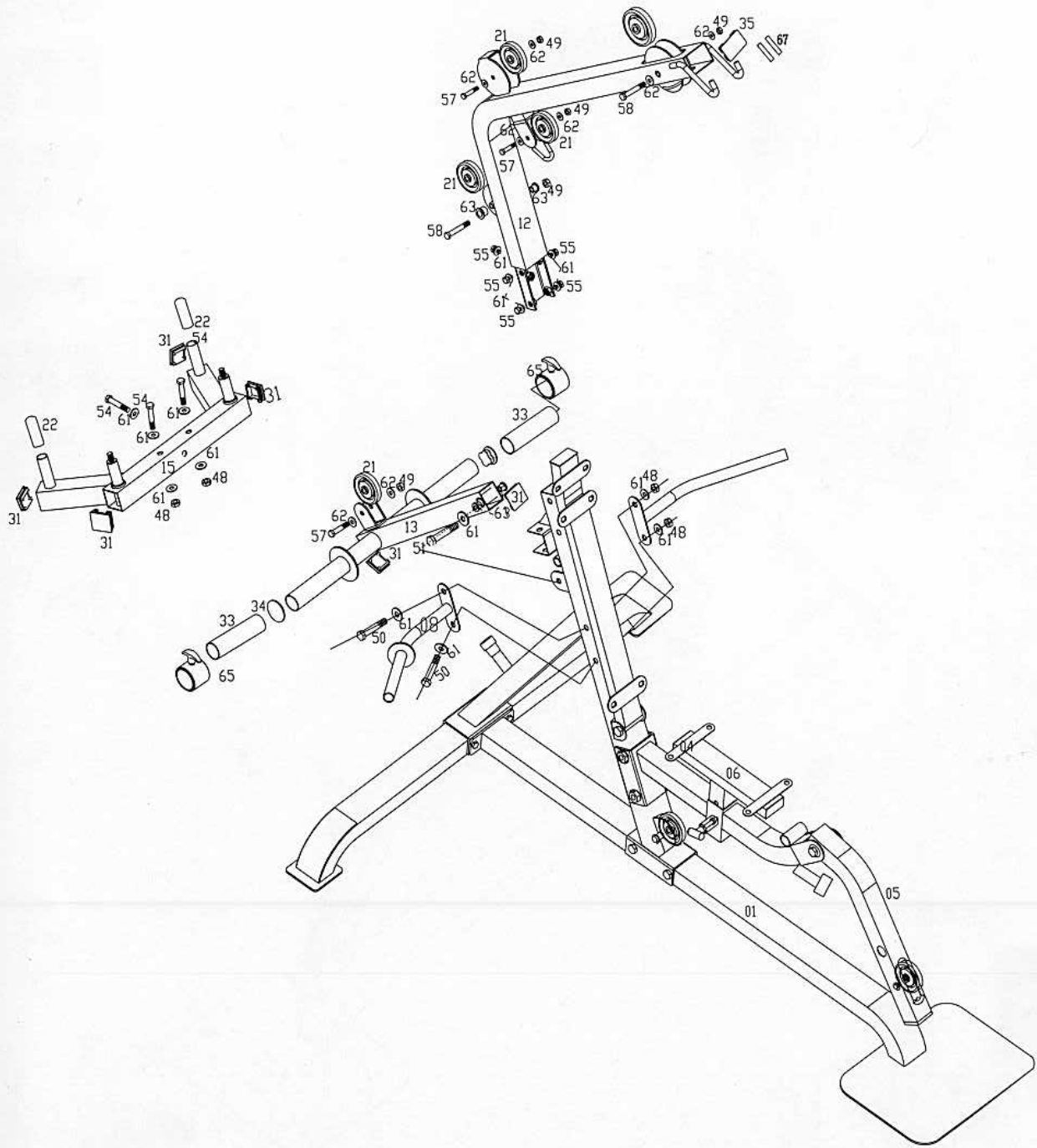


WB-VG

Vertical Gym

# ASSEMBLY TWO

POWERTEC

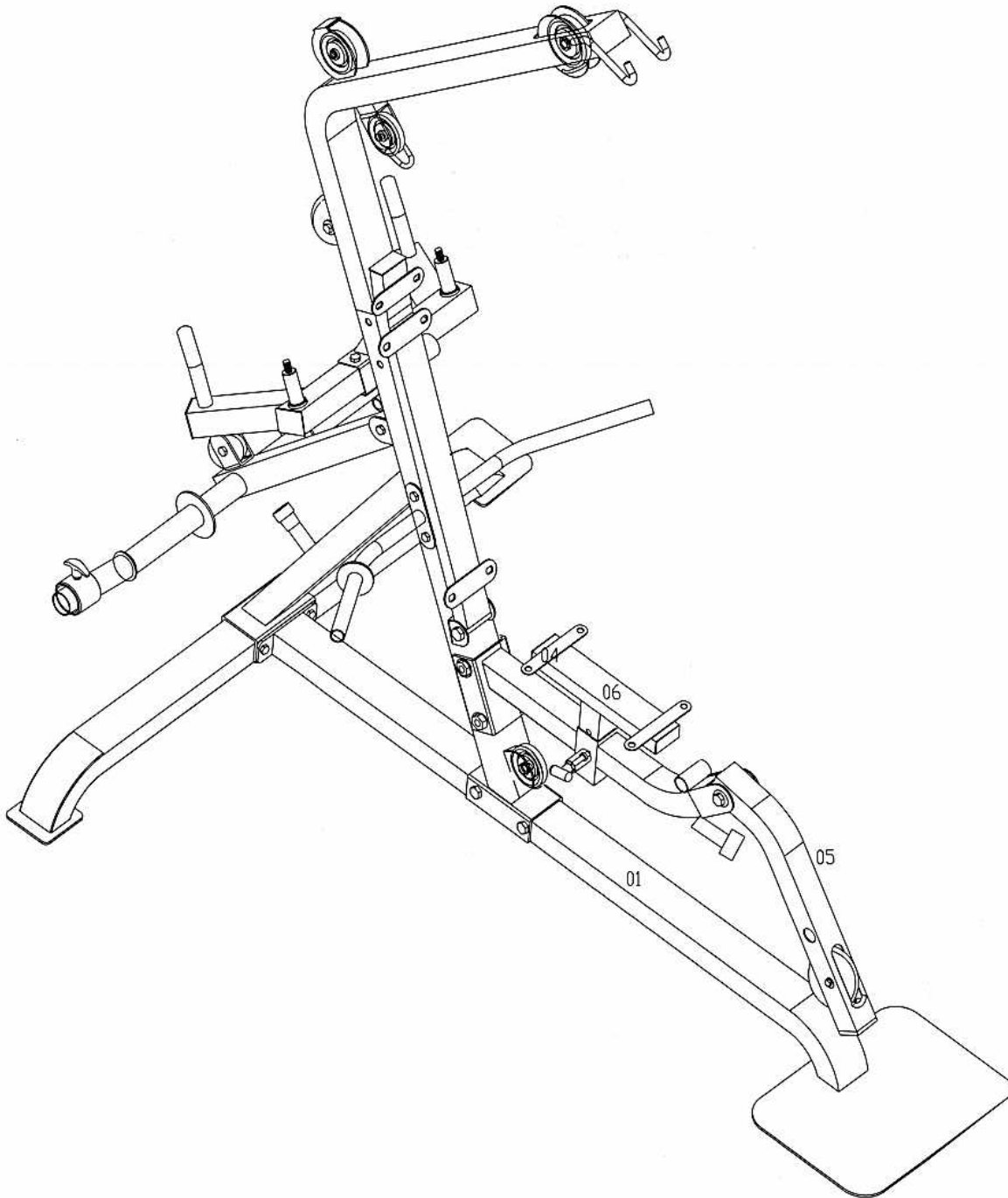


WB-VG  
Vertical Gym



# ASSEMBLY THREE

POWERTEC



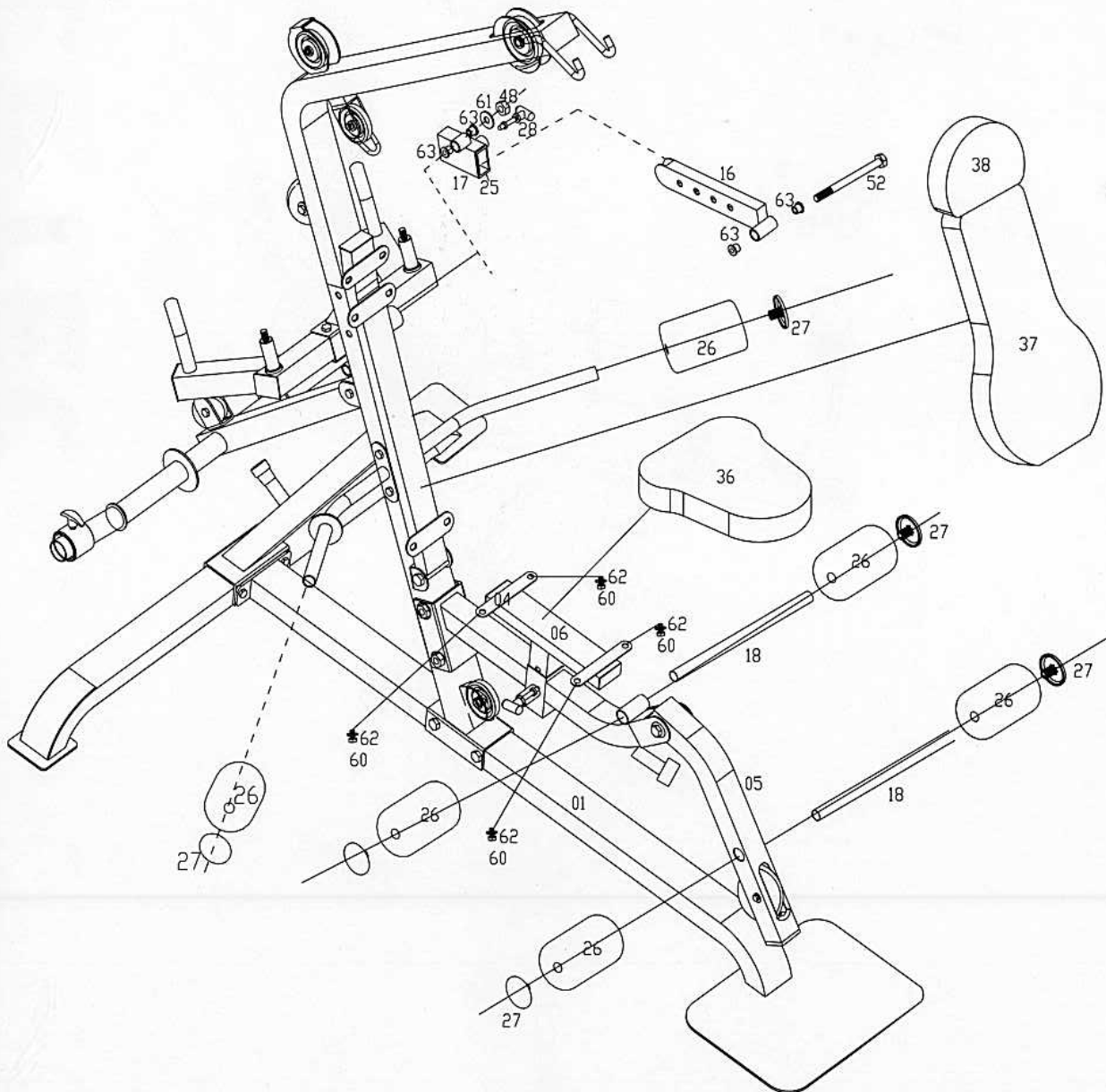
WB-VG

Vertical Gym



# ASSEMBLY FOUR

POWERTEC

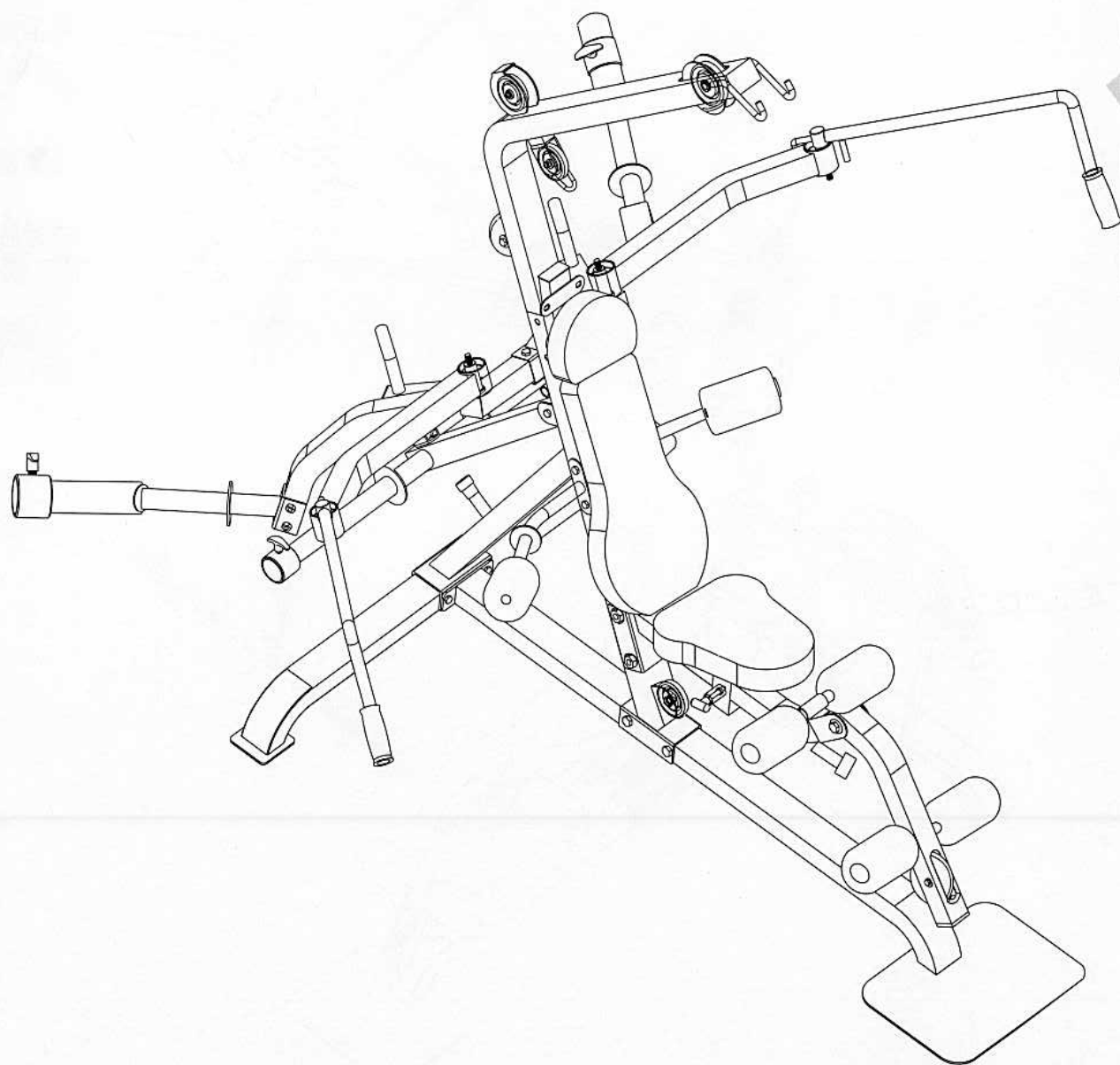


**WB-VG**  
**Vertical Gym**



# ASSEMBLY SIX

POWERTEC



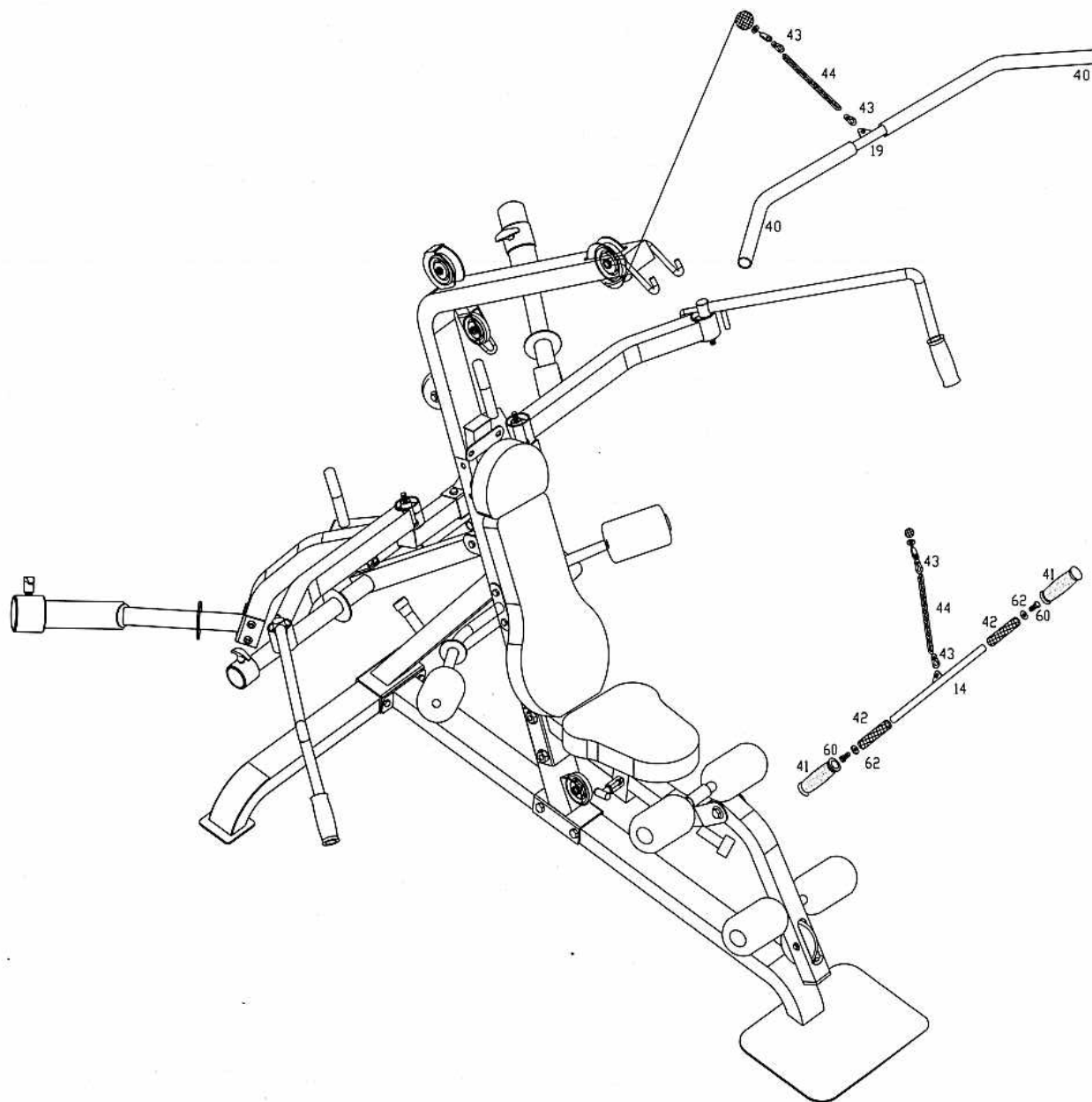
WB-VG

Vertical Bench

# ASSEMBLY SEVEN

Lat bar option

POWERTEC



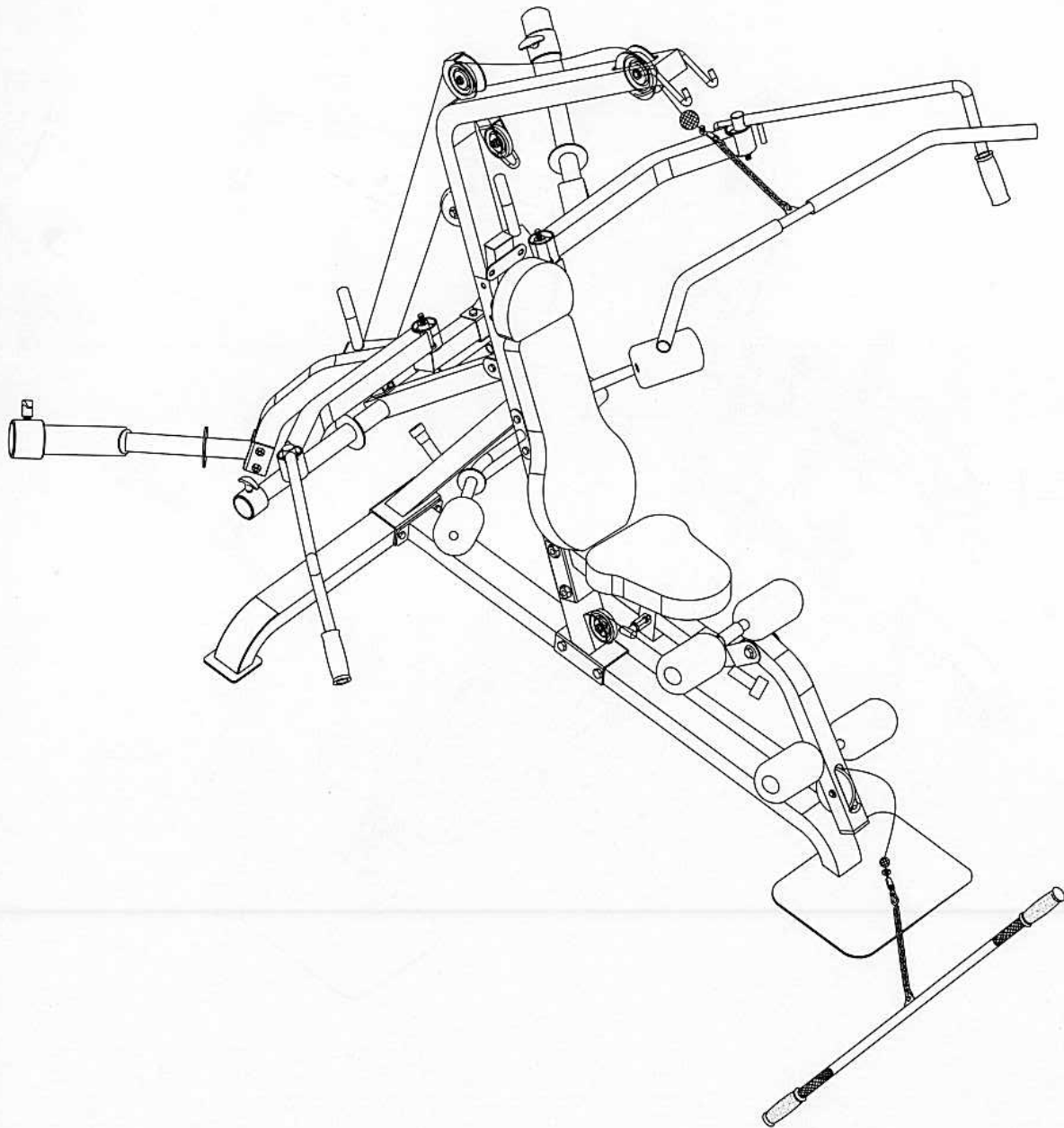
WB-VG

Vertical Gym

# ASSEMBLY EIGHT

Lat bar option

POWERTEC



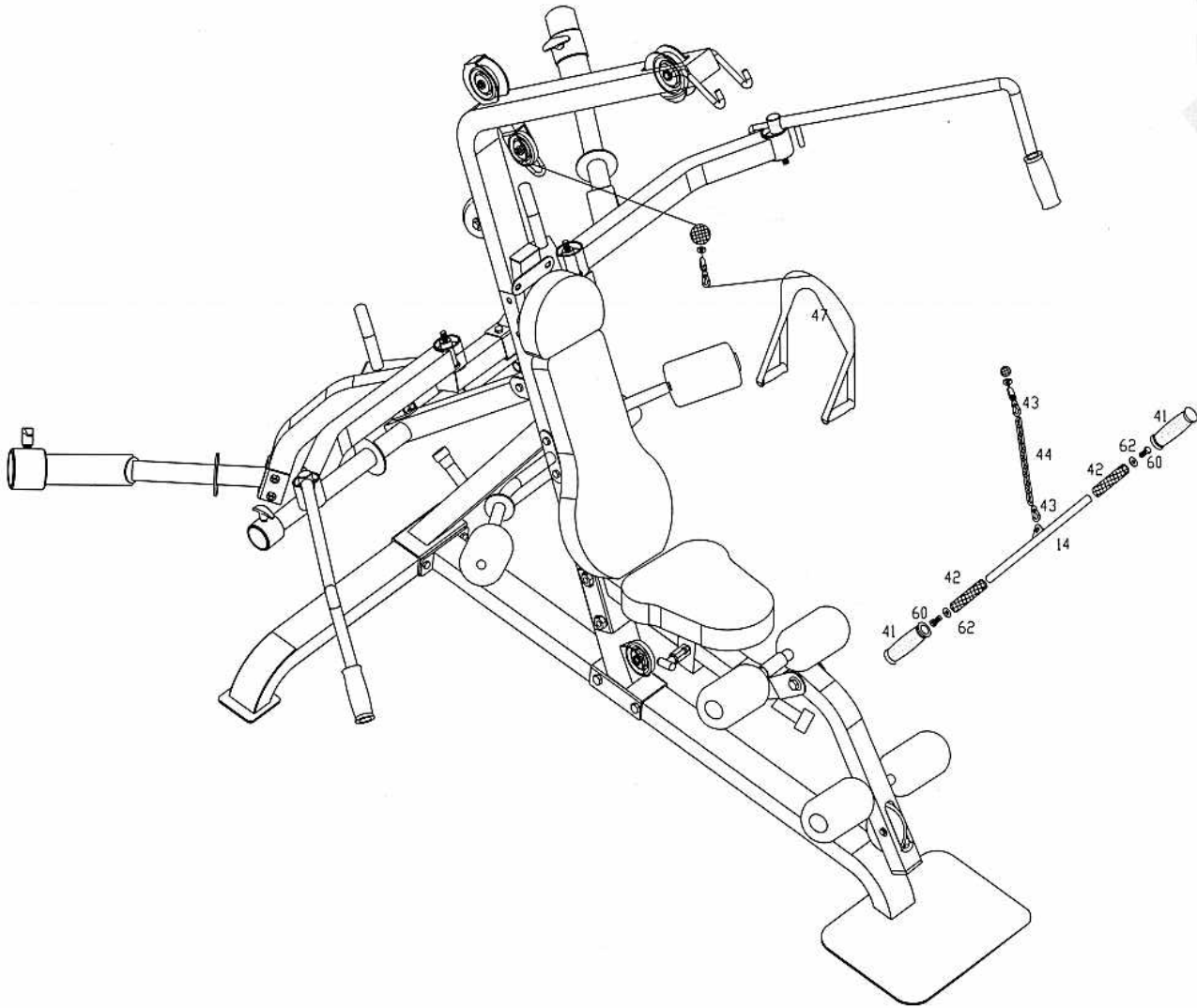
WB-VG

Vertical Gym

# ASSEMBLY SEVEN

AB Strap option

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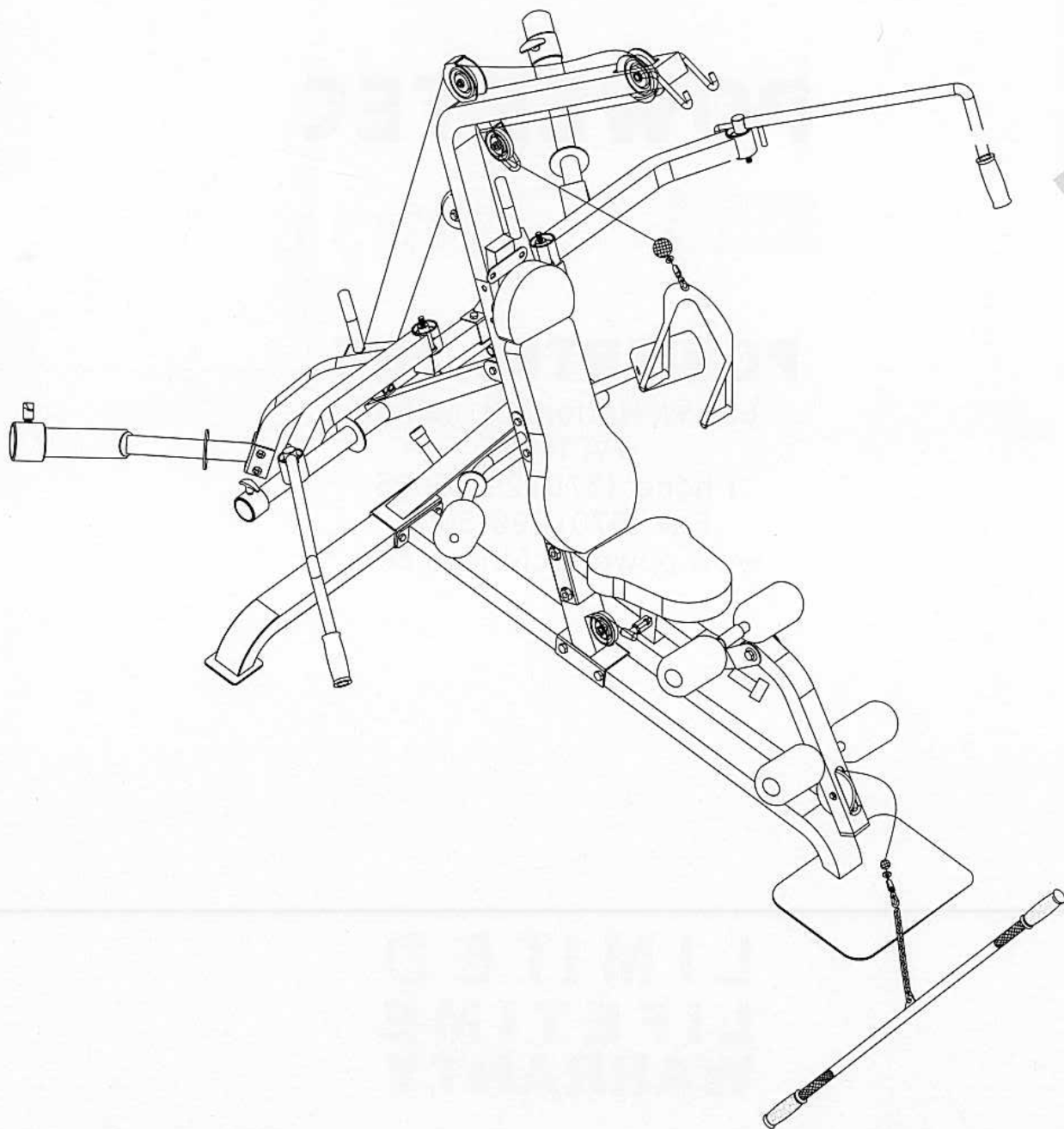
WB-VG

Vertical Gym

# ASSEMBLY EIGHT

AB Strap option

POWERTEC



WB-VG  
Vertical Gym



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

# **POWERTEC**

## **WORKBENCH**

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