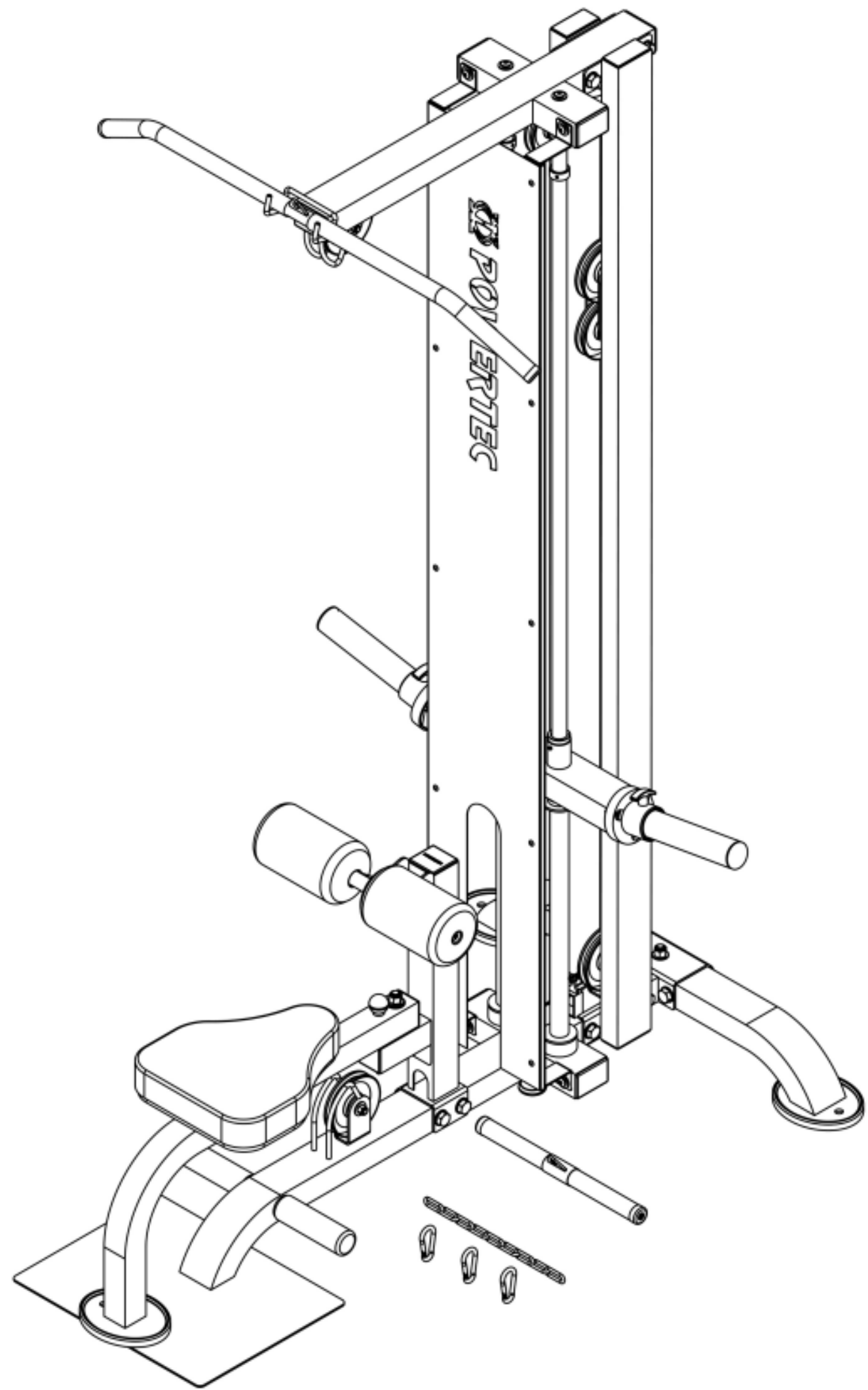


 **POWERTEC®**

**P-LM20**

**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.

**Table of Contents**

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**P-LM 20**

**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**



**M6 Allen Wrench**



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



**8" Adjustable Wrench**

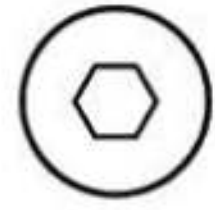
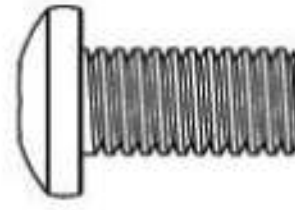


# HARDWARE LIST

**POWERTEC**<sup>®</sup>



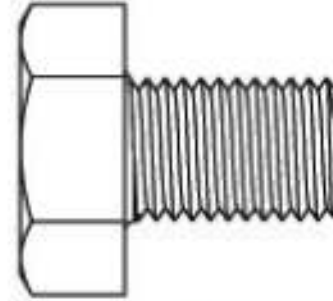
NO.35 M5 x10 10PCS



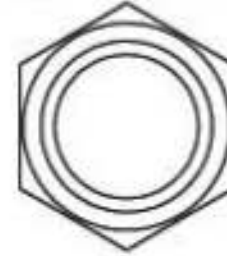
NO.37 3/8"x3/4" 8PCS



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

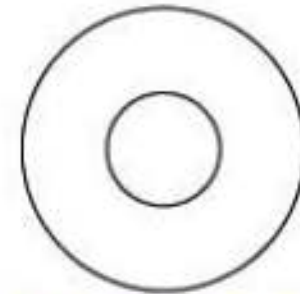
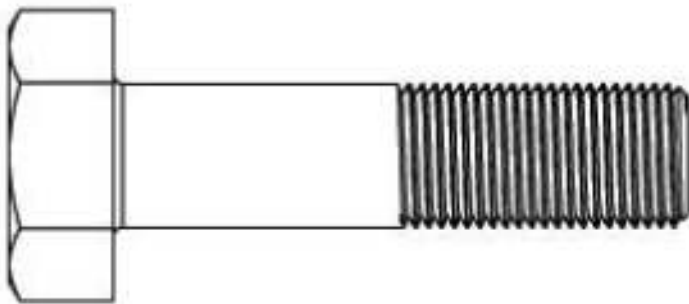


NO.42 1/2"x3/4" 4PCS



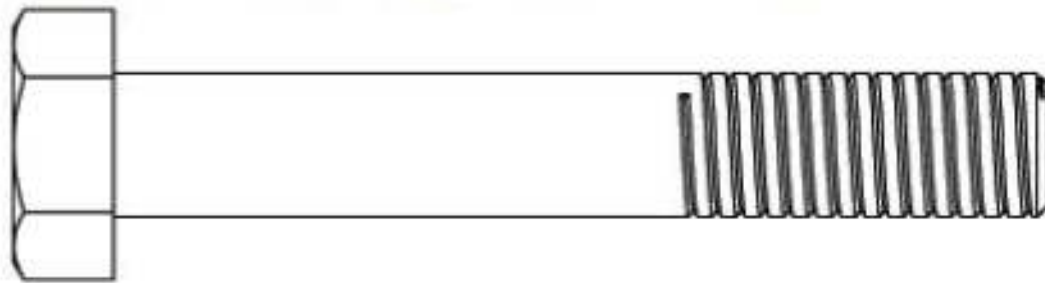
NO.39 3/8"x2 3/4" 2PCS

NO.49 1/2" 9PCS

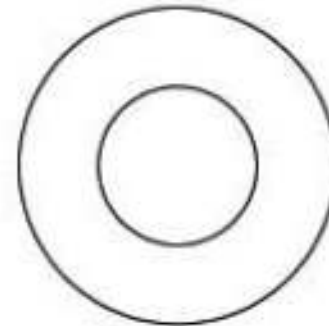


NO.19 1/2"x2 1/8" 1PC

NO.45 3/8" 6PCS



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



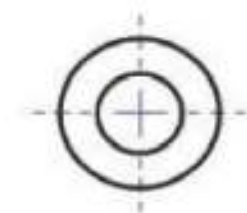
NO.46 1/2" 21PCS



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



Part No.51 Round Head Bolts 3/8" x 1 1/2"



Part No.50 Washer  $\Phi 11 \times \Phi 20 \times 2$

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# 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	Round Outer 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"x8T	2
48	Nylon Nut, 3/8"x11T	1
49	Nylon Nut, 1/2"	9
50	Washer $\Phi$ 11 x $\Phi$ 20 x 2	2
51	Round Head Bolts 3/8"x 1 1/2"	2
52	Back Plate	1

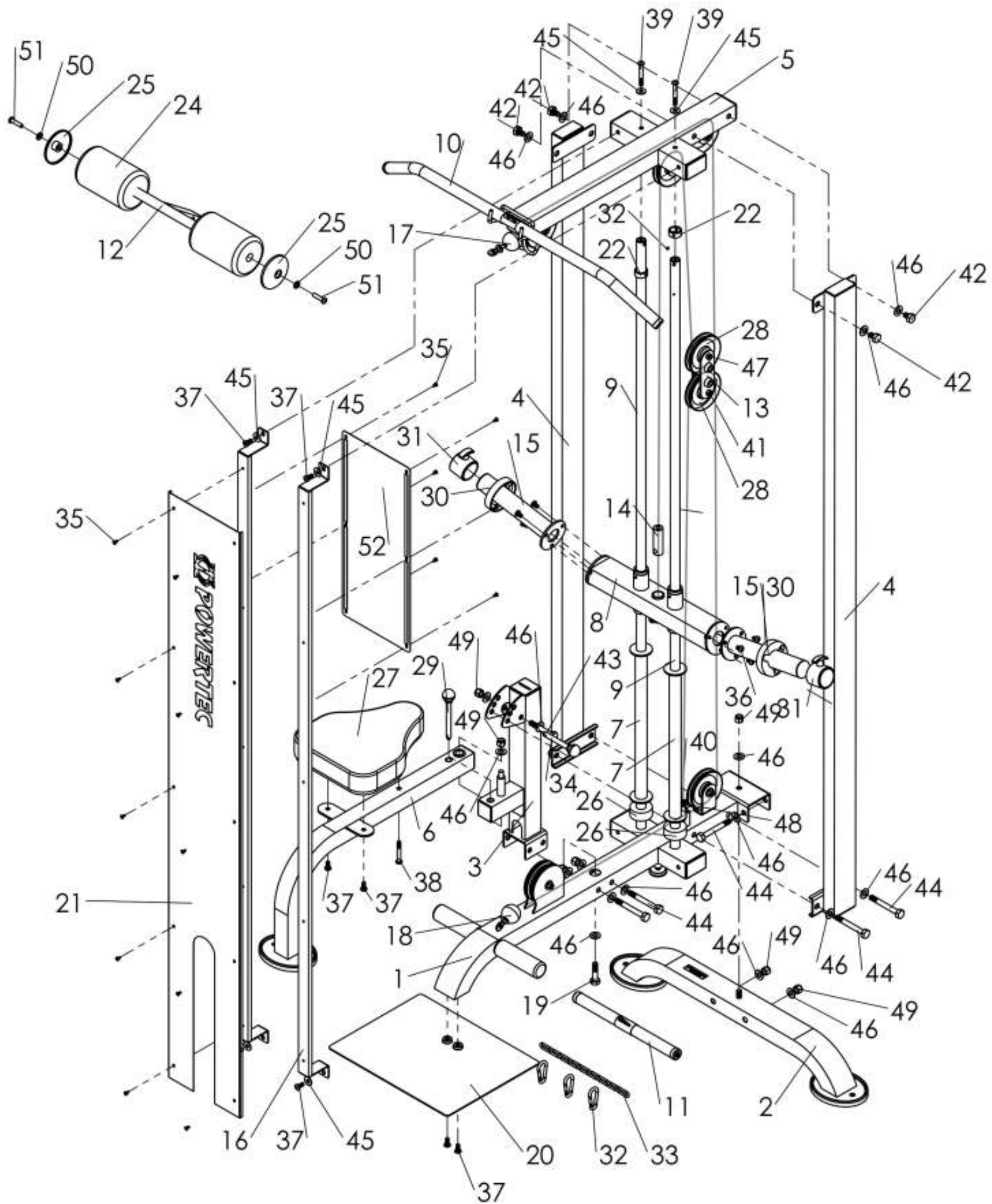
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# EXPLODED DIAGRAM

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# ASSEMBLY ONE

## 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

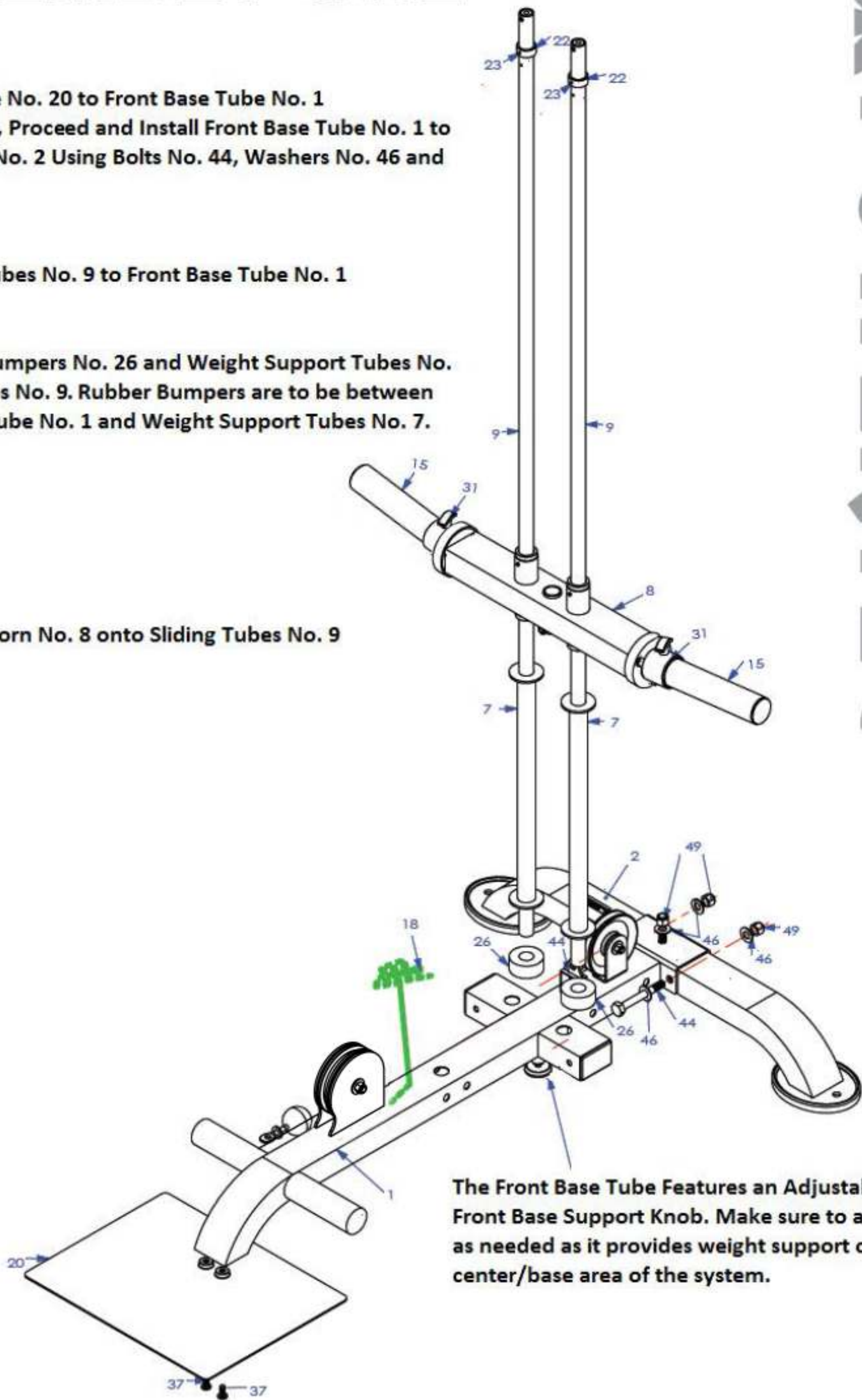
Install Sliding Tubes No. 9 to Front Base Tube No. 1

## 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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# ASSEMBLY TWO

**POWERTEC**®

## Step 1

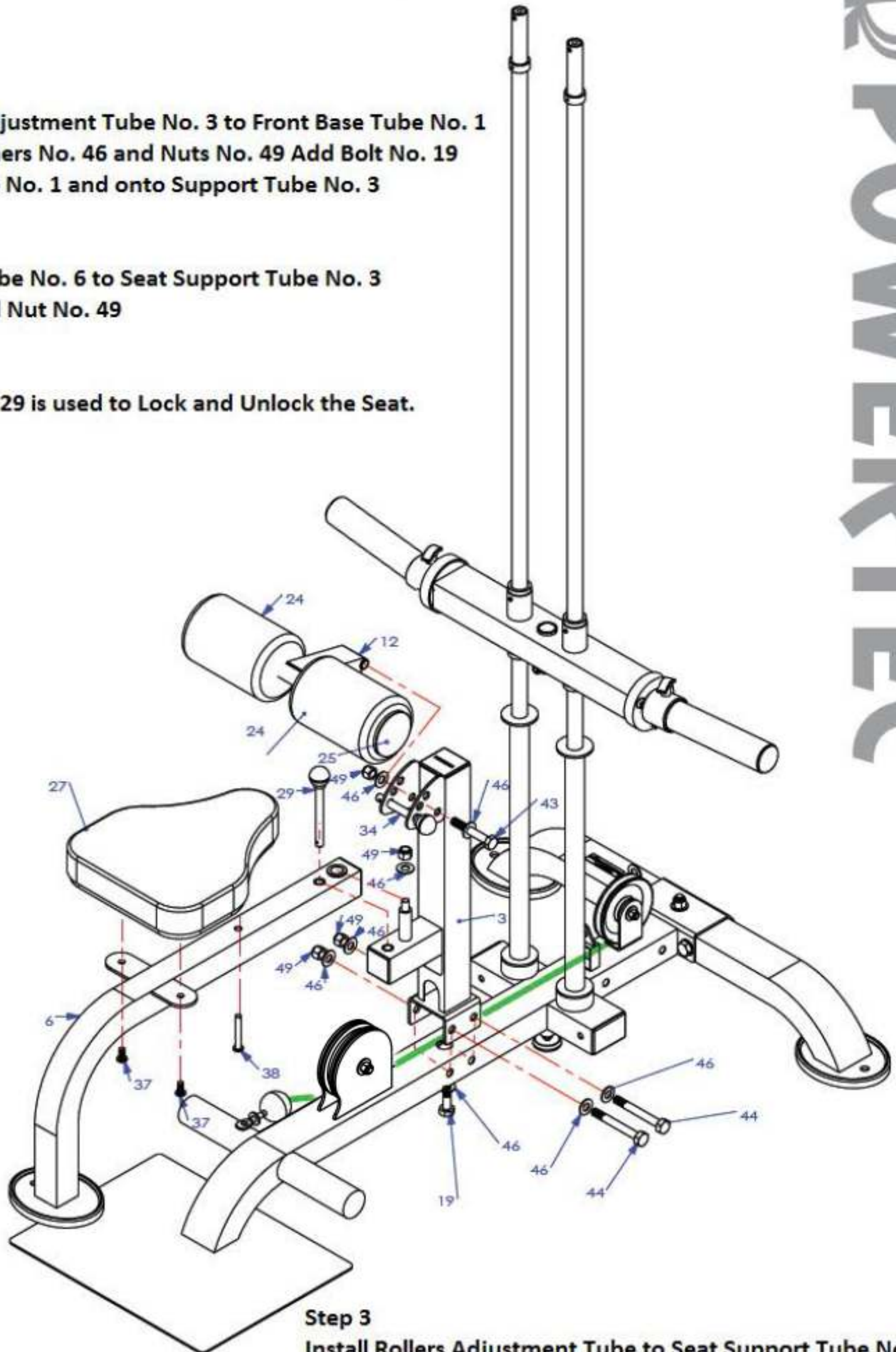
Install Seat Support Adjustment Tube No. 3 to Front Base Tube No. 1  
Use Bolts No. 44, Washers No. 46 and Nuts No. 49 Add Bolt No. 19  
Under Front Base Tube No. 1 and onto Support Tube No. 3

## 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.

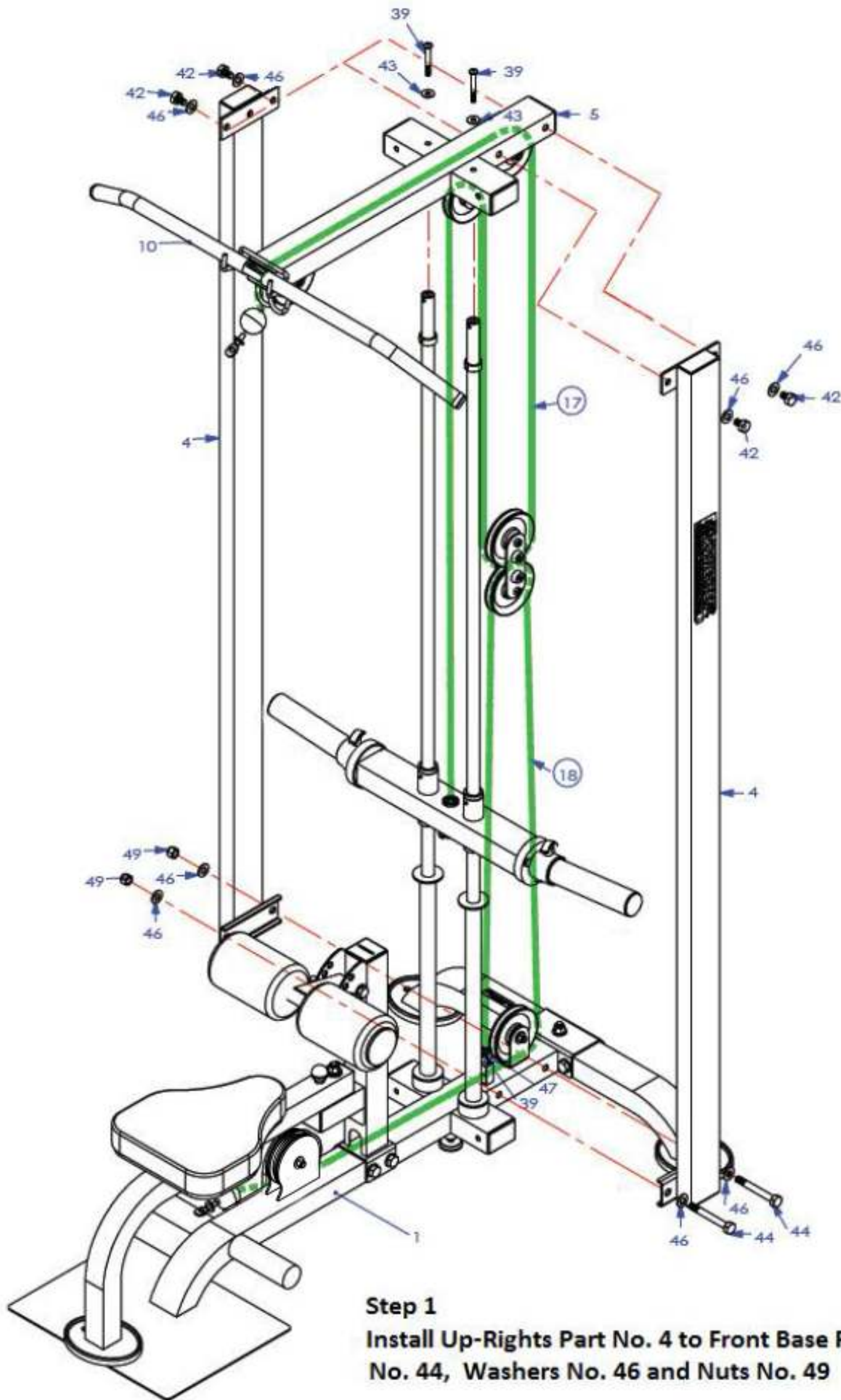
**P-LM20**

**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

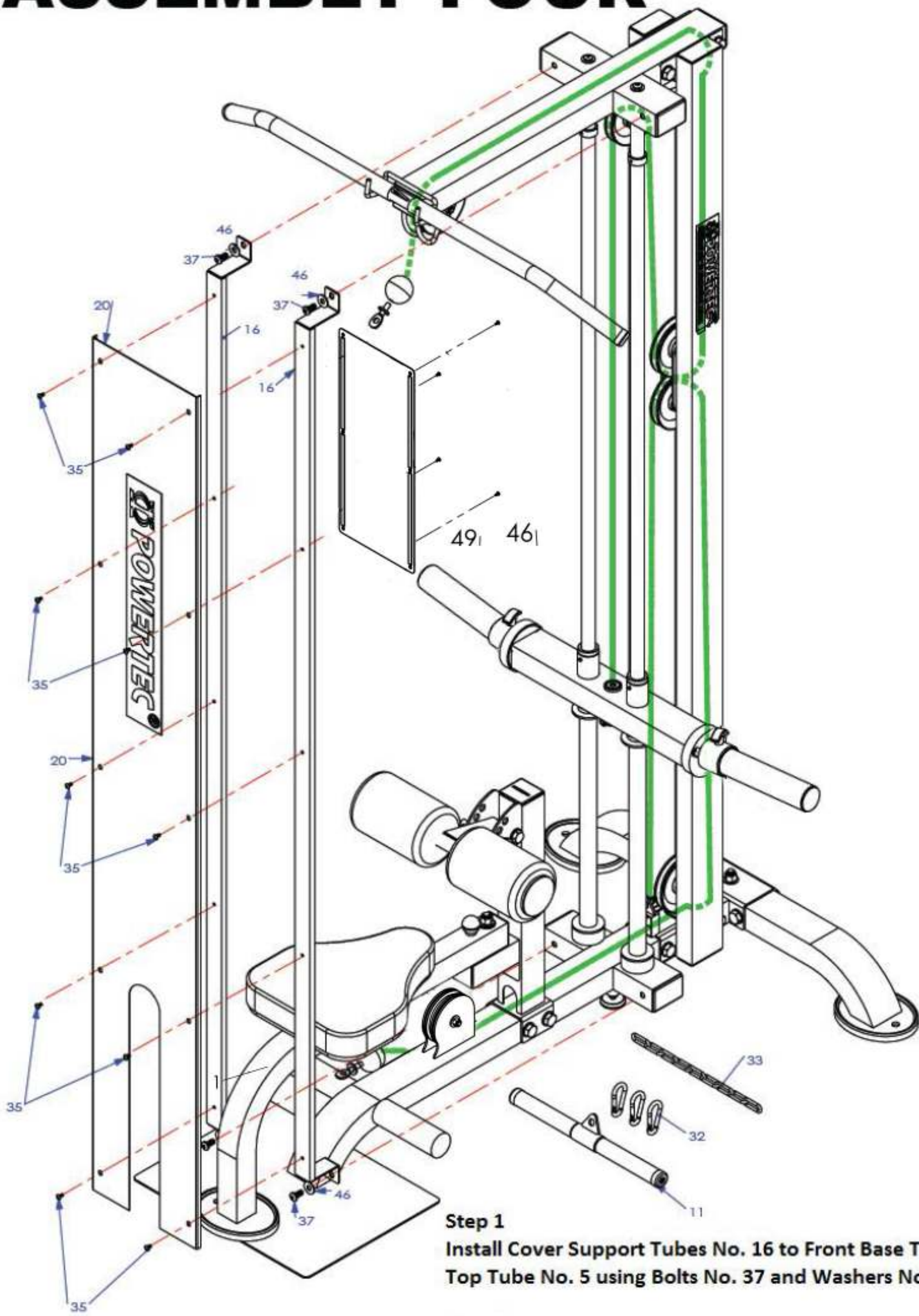
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**LAT MACHINE**



# ASSEMBLY FOUR

POWERTEC®



## Step 1

Install Cover Support Tubes No. 16 to Front Base Tube No. 1 and Top Tube No. 5 using Bolts No. 37 and Washers No. 45

## Step 2

Install Front Cover onto Cover Support Tubes No. 16 using Bolts No. 35

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LAT MACHINE



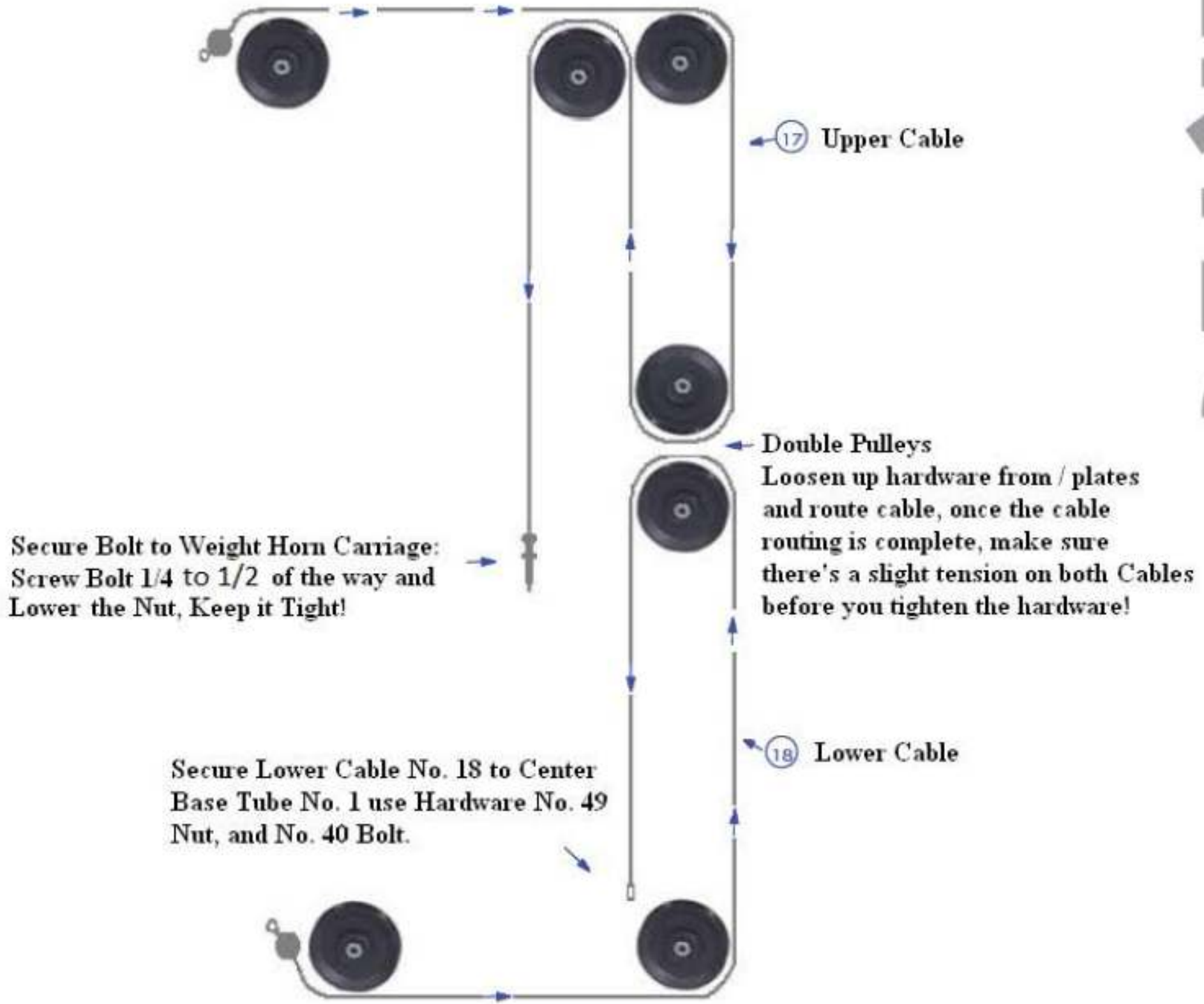
# CABLE ROUTING

## 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.



**P-LM20**

**LAT MACHINE**

# P-LM20 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  
6301 Alondra Blvd.,  
Paramount, CA 90723- USA

Powertec Europe  
2 rue d'Aquitaine  
68390 Sausheim - France

**Phone: (800) 250-6665**  
**E-mail: [service@powertecfitness.com](mailto:service@powertecfitness.com)**

**Phone: + 33(0) 6 43 592 803**  
**E-mail: [contact@powertec-europe.fr](mailto: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



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[service@powertecfitness.com](mailto:service@powertecfitness.com)  
[www.powertecfitness.com](http://www.powertecfitness.com)

Return Warranty Registration Card to Appropriate Powertec Address:



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Place  
Stamp  
Here



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