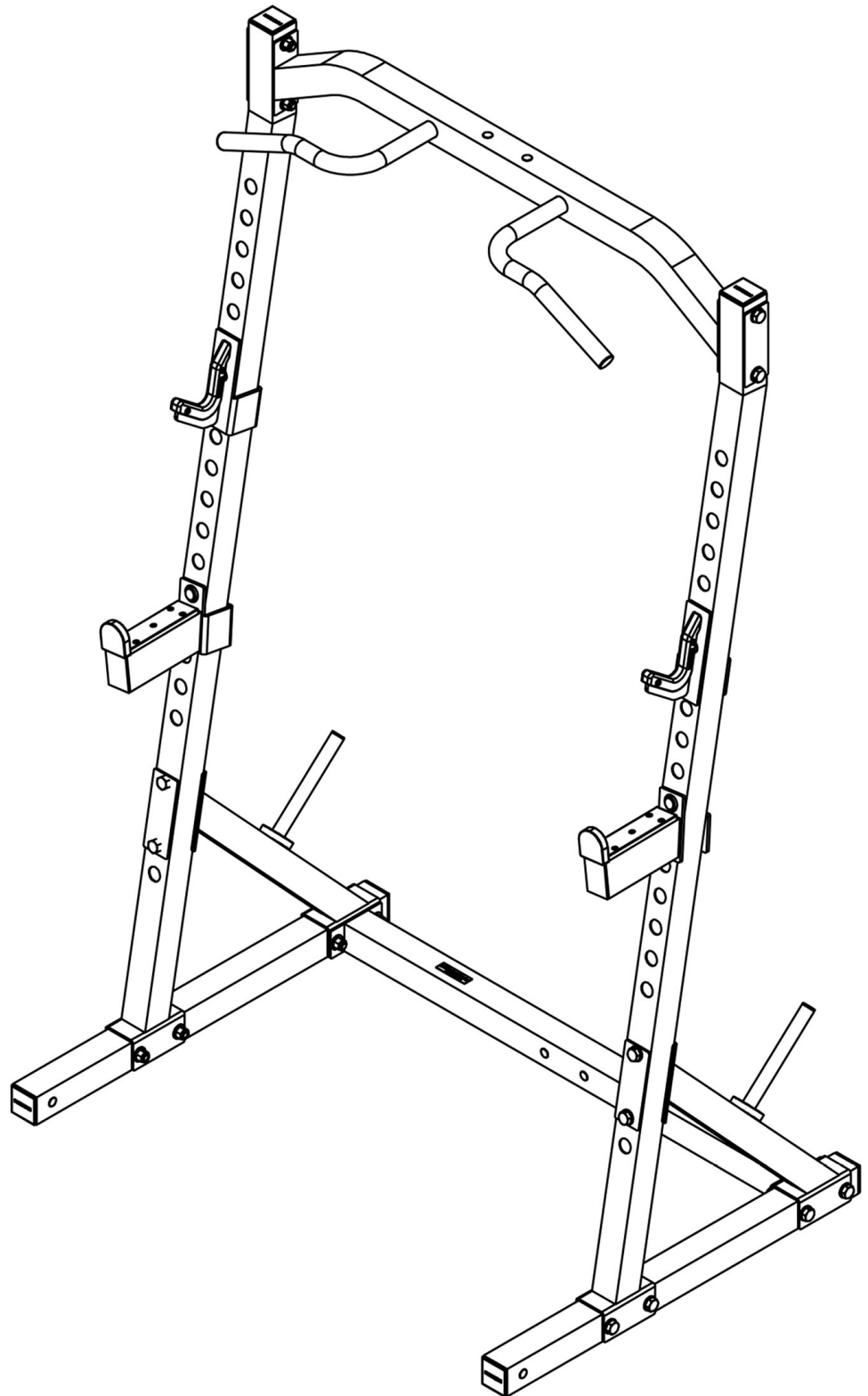


 **POWERTEC®**

WB-HR19

Manual



WORKBENCH HALF RACK

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-HR19
 HALF RACK**

Weight Capacities

Racking Section:1000 lbs. Chin Up Bars: 400 lbs.

Featured Exercises

Pull Ups Chin Ups Close Grip Pull Ups

Additional exercises can be performed when adding the recommended accessories listed below.

Recommended Accessories

WB-UB16	Workbench Utility Bench	WB-LTO16	Lat Tower Option
OS-300-B	Olympic Weight Set 300 lbs. with Bar	OP-255B	Olympic Plates 255 lbs.
OB-86DC-B	Olympic Deluxe Black Bar with Collars	WB-HR16-DBA	Dip handle for WB-HR
WB-FPA22-16	Footplate accessory		

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

WB-PFA16	Pec Fly Accessory	WB-LTA16	Lat Tower Accessory
WB-LPA16	Leg Press Accessory	WB-DMA16	Dip Machine Accessory
WB-LLA16	Leg Lift Accessory	WB-ASR16	Accessory Storage Rack
WB-CMA16	Curl Machine Accessory		

When adding a Lat Tower Option you can build your gym further by adding:

WS-190 Weight Stack Set 190 lbs.

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!

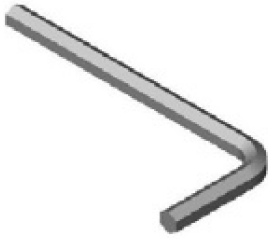
Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact Powertec Customer Service Immediately. If you have any questions on the correct use or maintenance of this equipment, call your authorized distributor or Powertec Customer Service at 800-250-6665

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"

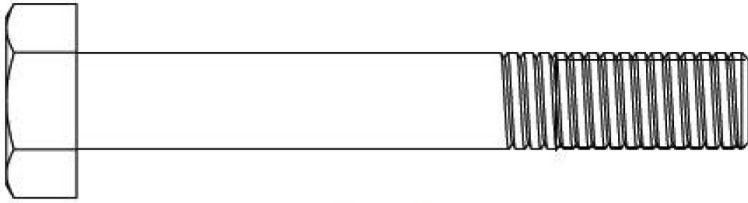


8" Adjustable Wrench

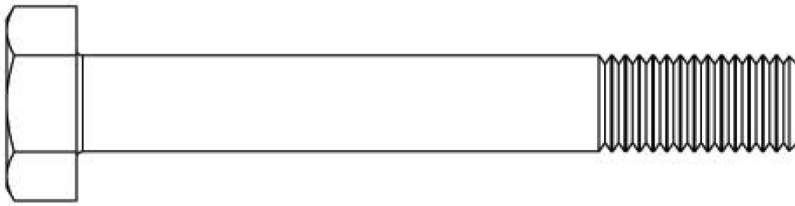
Helpful Tips

- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the unit on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows for easier access.
- **Insert all bolts in the same direction.** For aesthetic purposes, insert all the bolts in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** Tighten fasteners (such as bolts, nuts, and screws), so the unit is stable, but leave room for adjustments. **Do not** fully tighten fasteners until instructed (in the steps) to do so.

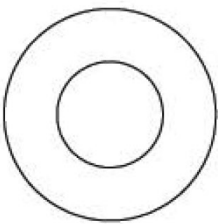
HARDWARE LIST



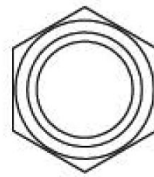
No.11 1/2" x 3 1/2" 12 PCS



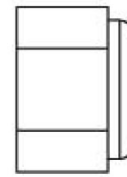
No.12 1/2" x 3 3/4" 4 PCS



No.13 1/2" 32 PCS



No.14 1/2" 16 PCS



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WORKBENCH HALF RACK

PARTS LIST



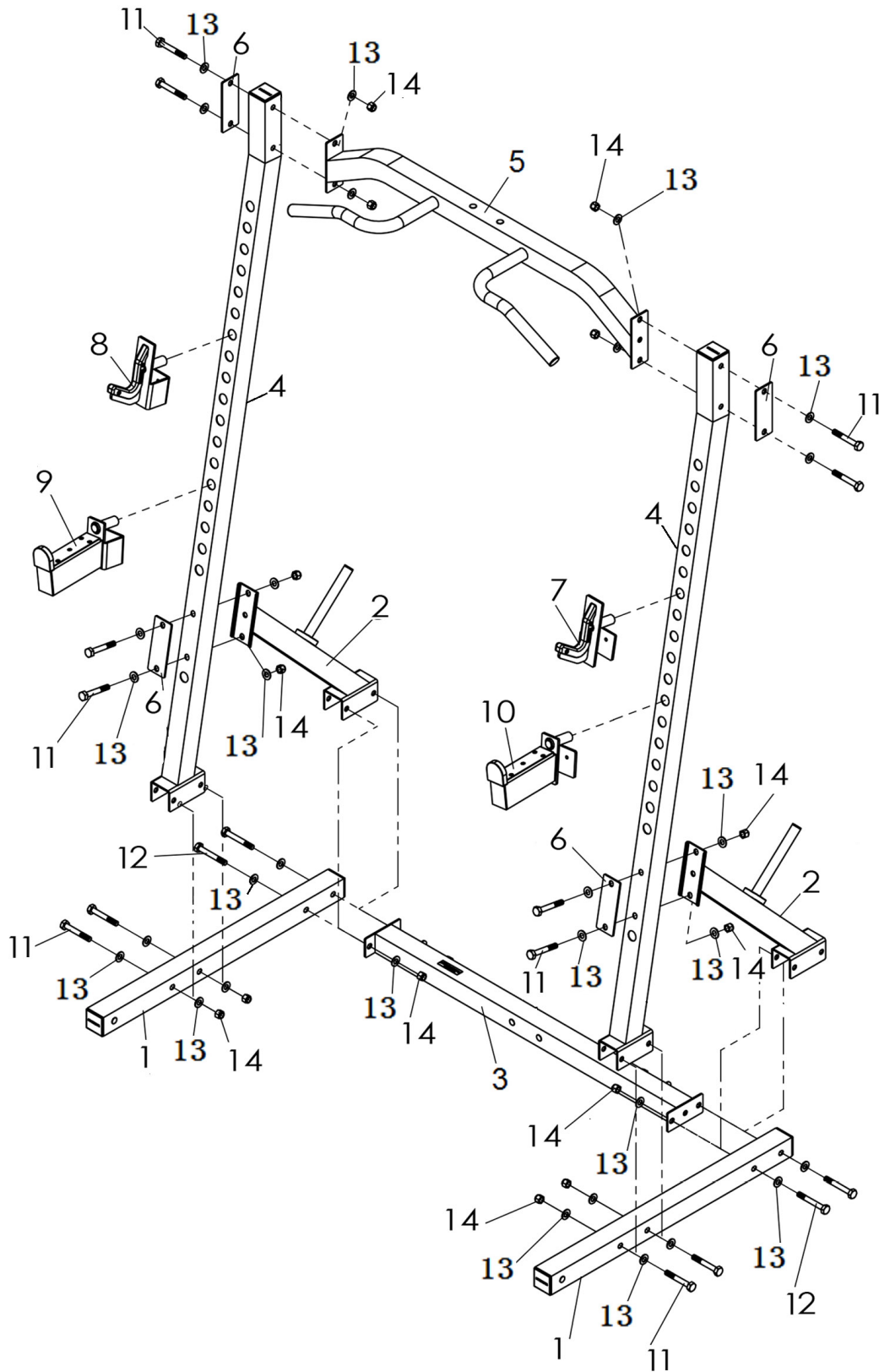
Item #	Description	Qty
1	Side Base Frame Tube	2
2	Up-Right Support Tube	2
3	Rear Base Frame	1
4	Up-Right Frame Tube	2
5	Upper Cross Tube	1
6	Reinforcement Plate	4
7	J Hook - Safety Catch - Right	1
8	J Hook - Safety Catch - Left	1
9	Safety Spotter - Left	1
10	Safety Spotter - Right	1
11	Hex Bolt 1/2"x3 1/2"	12
12	Hex Bolt 1/2"x3 3/4"	4
13	Washer	32
14	Nut 1/2x16T	16

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WORKBENCH HALF RACK

EXPLODED DIAGRAM

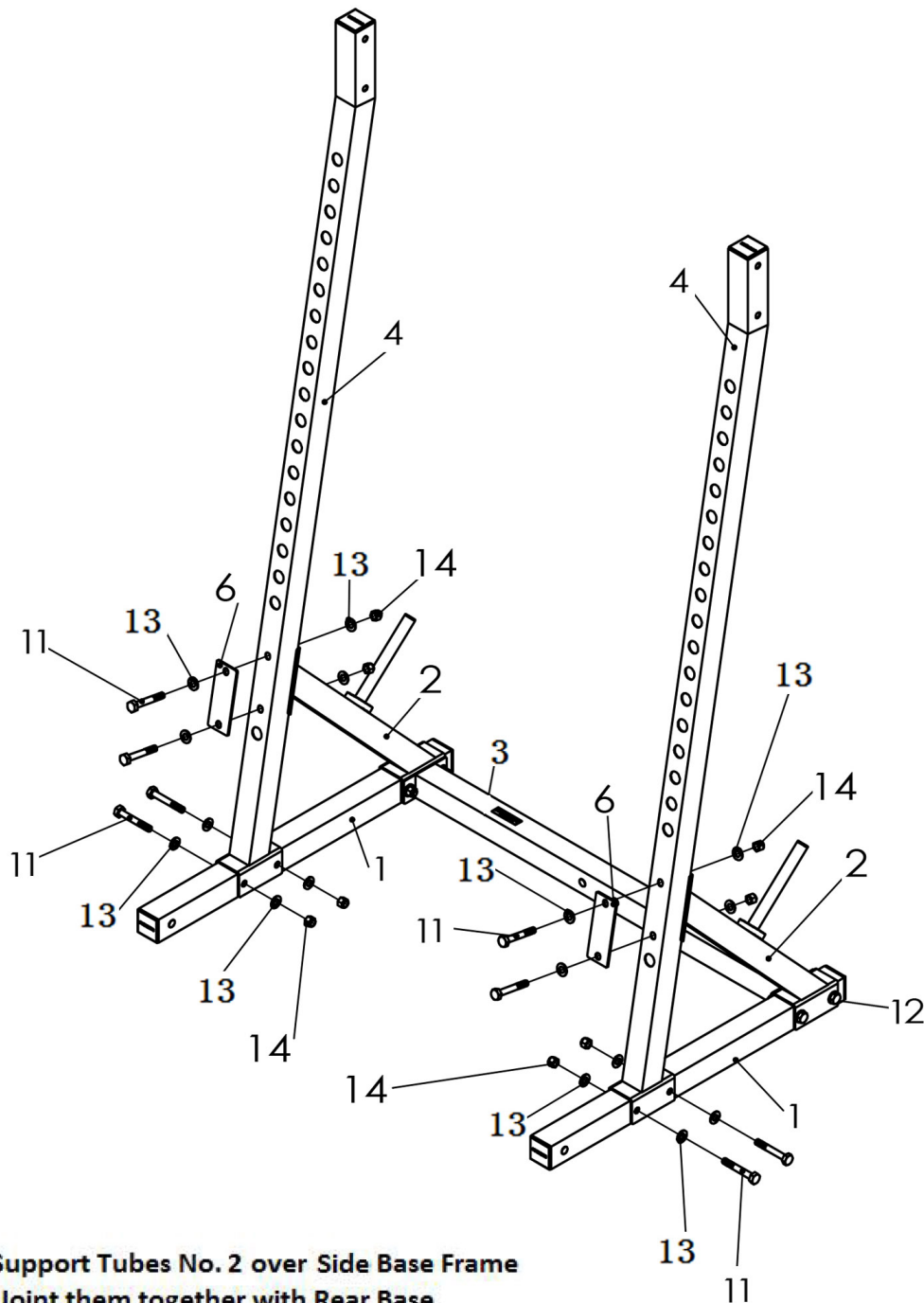
POWERTEC[®]



WB-HR19
WORKBENCH HALF RACK

ASSEMBLY ONE


POWERTEC[®]



Step 1

Install Up-Right Support Tubes No. 2 over Side Base Frame Tubes No. 1 and Joint them together with Rear Base Frame No. 3 Use Bolts No. 12, Washers No. 13 and Nuts No.14

Step 2

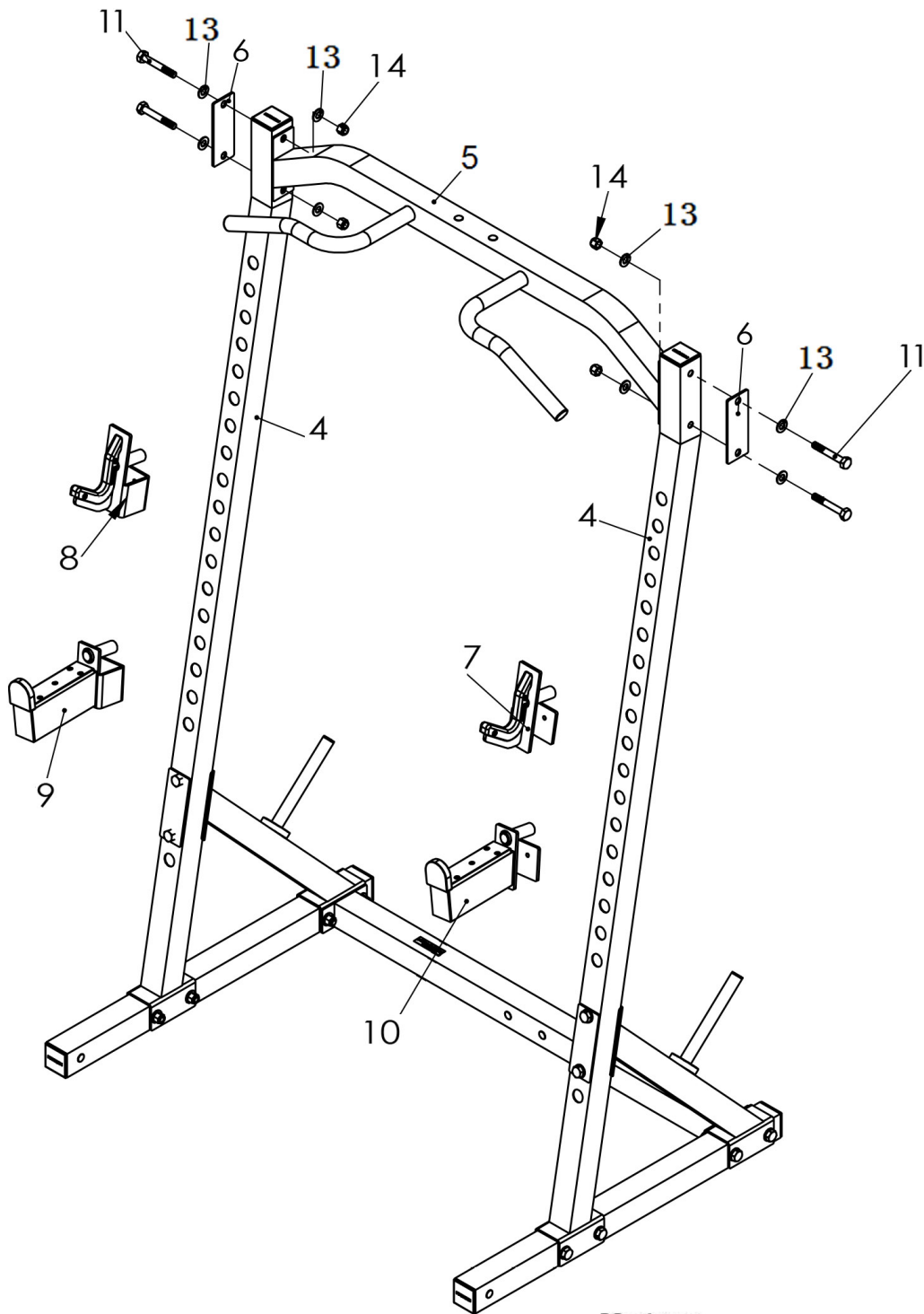
Place Up-Right Frame Tubes No. 4 over Side Base Frame Tubes No. 1 and against Up-Right Support Tubes No. 2 make sure to include Reinforcement Plate No. 6 and use Bolts No. 11, Washers No. 13 and Nuts No.14

WB-HR19

WORKBENCH HALF RACK

ASSEMBLY TWO


POWERTEC[®]



Install Upper Cross Tube No. 5 to Up-Right Frame Tubes No. 4. Include Reinforcement Plates No. 6 and use Bolts No. 11, Washers No. 13 and Nuts No. 14.

Notes:

J Hooks / Safety Catches No. 7 and No. 8 as well as Safety Spotters No. 9 and No. 10 Can be positioned and adjusted as needed by using the different numbered positions.

WB-HR19

WORKBENCH HALF RACK



POWERTEC

COMMITTED TO STRONGER LIVES



STREAMLINE HALF RACK - BLACK

"A safe and solid Rack System providing the traditional and most effective free weight exercises"



Exercise List

- >Bench Press
- >Lat Pull Down
- >Shrug
- >Chin-Up
- >Low Row
- >Squat
- >Curl
- >Shoulder Press
- >Triceps Pushdown



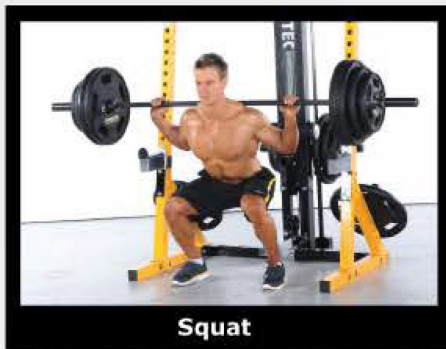
YOUTUBE

"Check out our Youtube channel for variety of exercises they can do on the machine"

www.youtube.com/PowertecGymEquipment



Featured Exercises



Squat

- 1 **Starting Position:** Stand with your back to the machine. Rest the bar on your shoulders, your feet should be flat on the floor. Bend your knees do not extend past your toes.
- 2 Keep your back straight, shoulders up, lower yourself down bending your knees even with your toes.
- 3 Pause at the end of the rep, before slowly returning to the starting position.



Tricep push down

- 1 **Starting Position:** 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 palms down. Elbows should be bent at a 90 degree angle when gripping the bar at starting position.
- 2 Push the bar down towards your body until arms are fully extended. Do not lock your elbows.
- 3 Pause briefly before returning to the starting position.

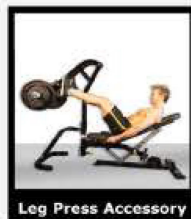


Optional Accessories

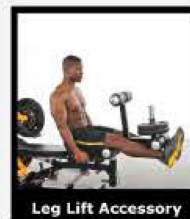
With the Pec Fly Accessory, Leg Press Accessory, Leg Lift Accessory, Lat Tower Accessory, Dip Accessory, and Accessory Rack



Pec Fly Accessory



Leg Press Accessory



Leg Lift Accessory



Lat Tower Accessory



Dip Accessory



Accessory Rack



Utility Bench

1) "Always consult with a physician prior to starting any exercise program."

2) "To avoid injury, consult a certified personal trainer regarding proper technique, body movement, and weight capacity before starting any exercise program."

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

Phone: (800) 250-6665
E-mail: service@powertecfitness.com

Powertec Europe
2 rue d'Aquitaine
68390 Sausheim - France

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

Thank you for giving us the opportunity to fulfill your strength and fitness needs.



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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68390 Sausheim – France

Phone: +33 (0)6 43 592 803
E-Mail: contact@Powertec-europe.fr

service@powertecfitness.com
www.powertecfitness.com

Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here



