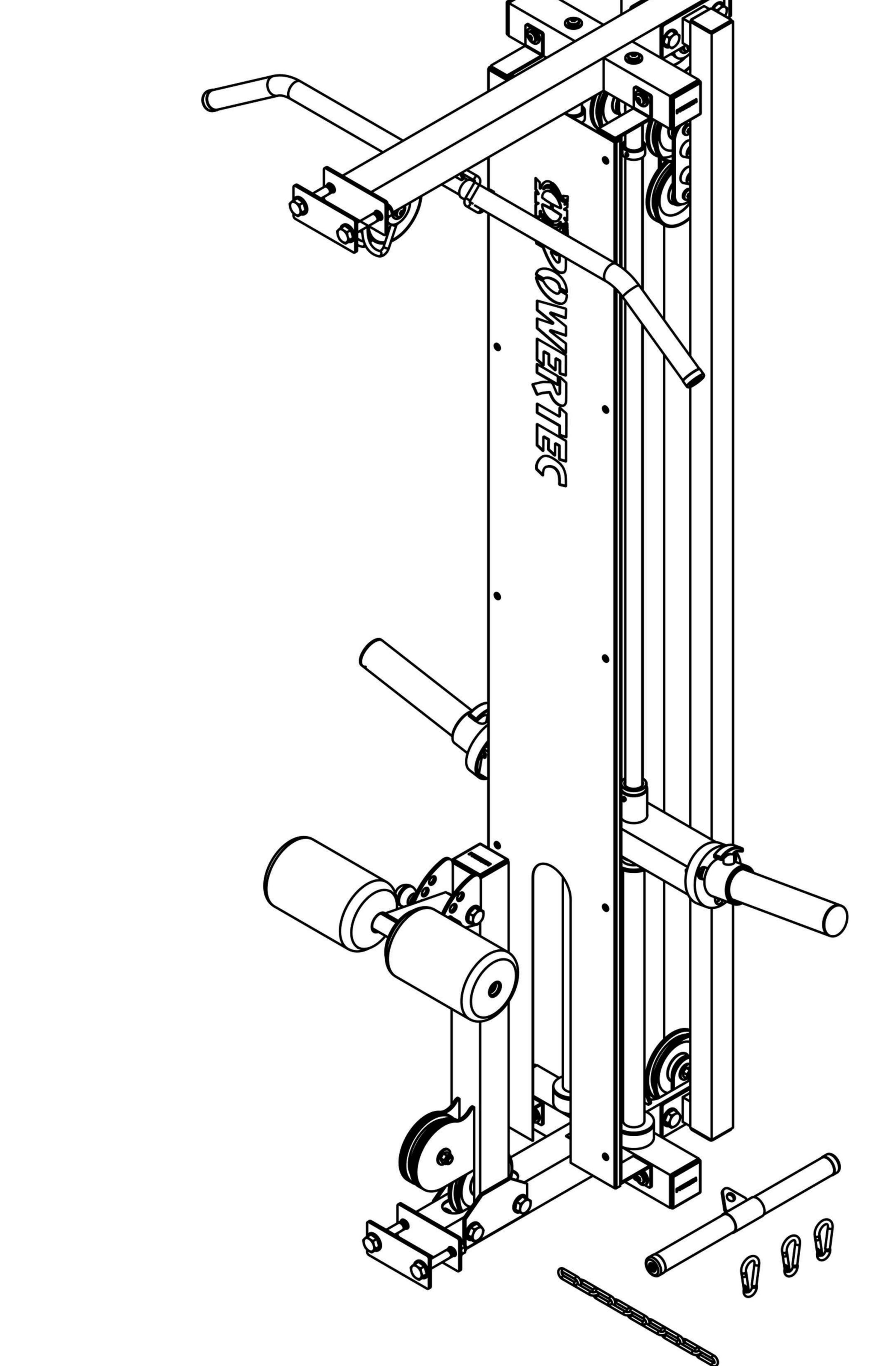
# **POWERTEC®**

WB-ILTO 20



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-LTO20

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

### 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		

Recommended Accessories

# FOWERTEC®

### 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



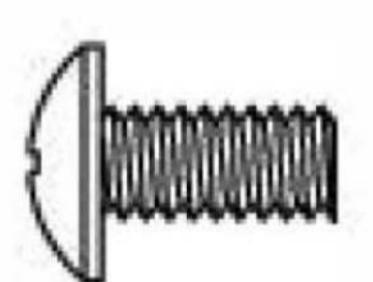


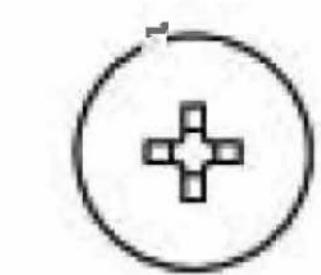
Wrenches 13 mm = 1/2" 19 mm = 3/4" 21 mm = 13/16"



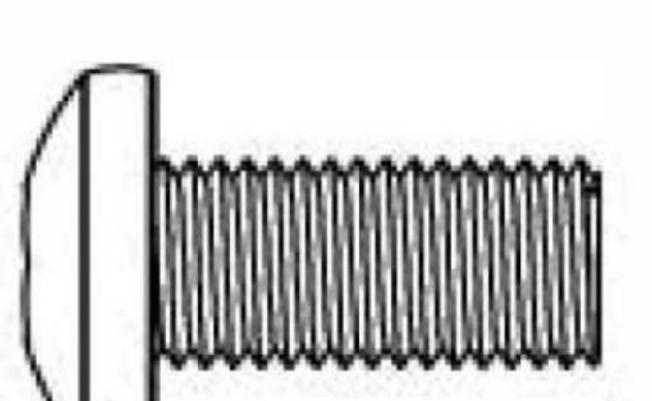
8" Adjustable Wrench

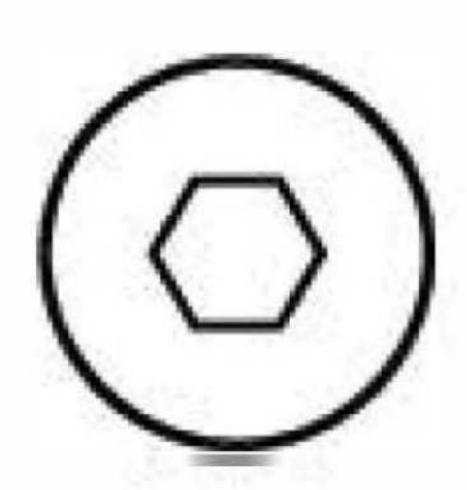
# HARDWARE LIST





No. 28 M5 x 10 10 Pcs.

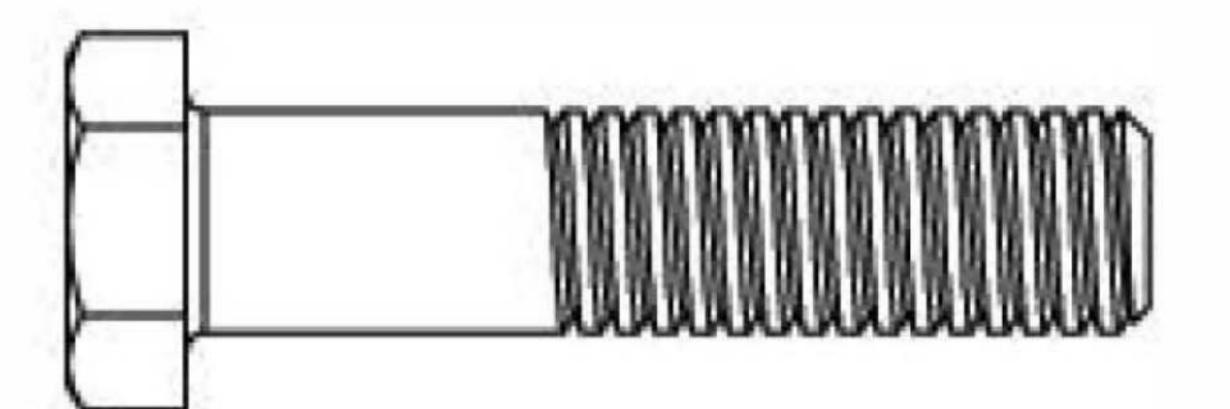




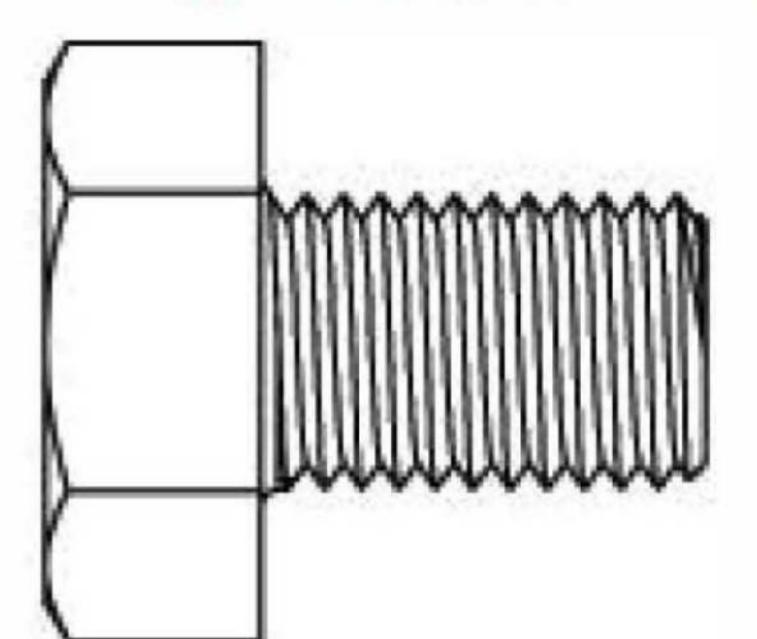
No. 30 3/8" x 3/4" 4 Pcs.



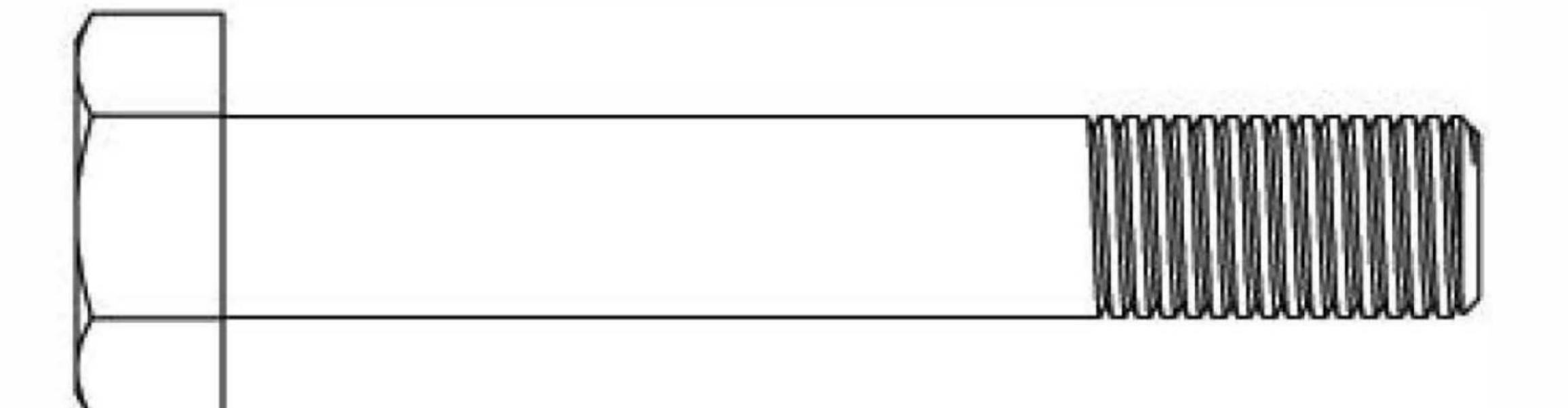
No. 31 3/8 x 3 1/8" 2 Pcs.



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



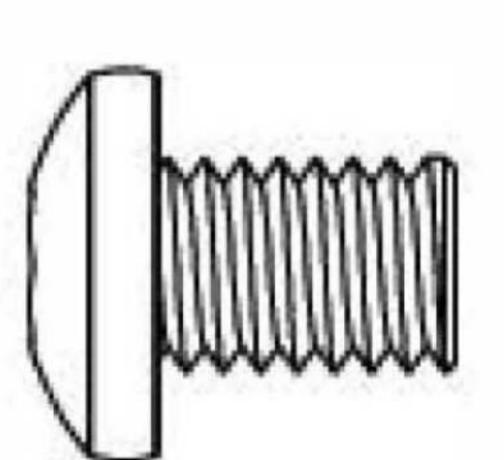
No. 34 1/2" x 3/4" 12 Pcs.

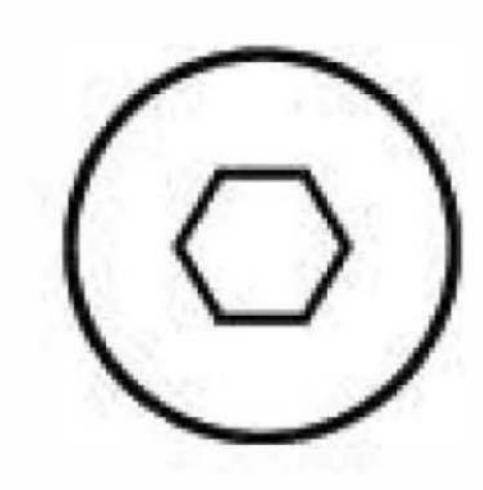


No. 35 1/2" x 3 1/4" 1 Pc.

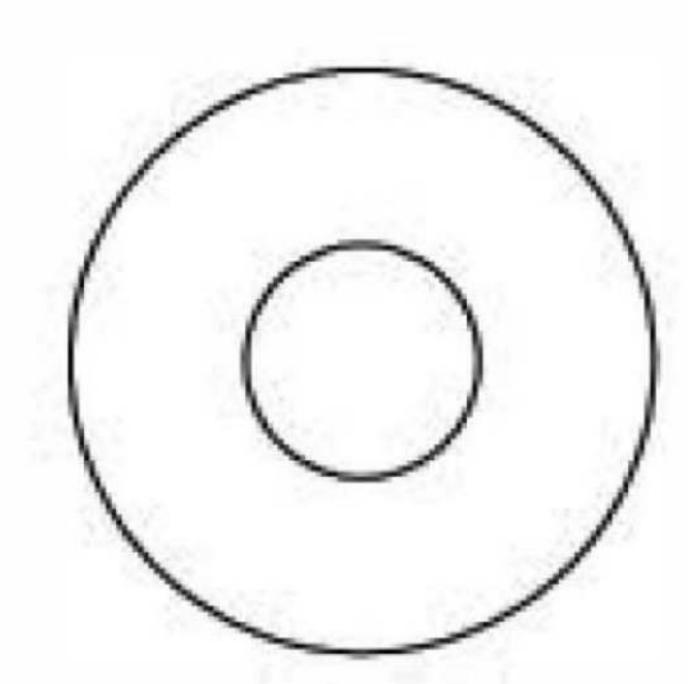


No. 36 1/2" x 3 1/2" 4 Pcs.

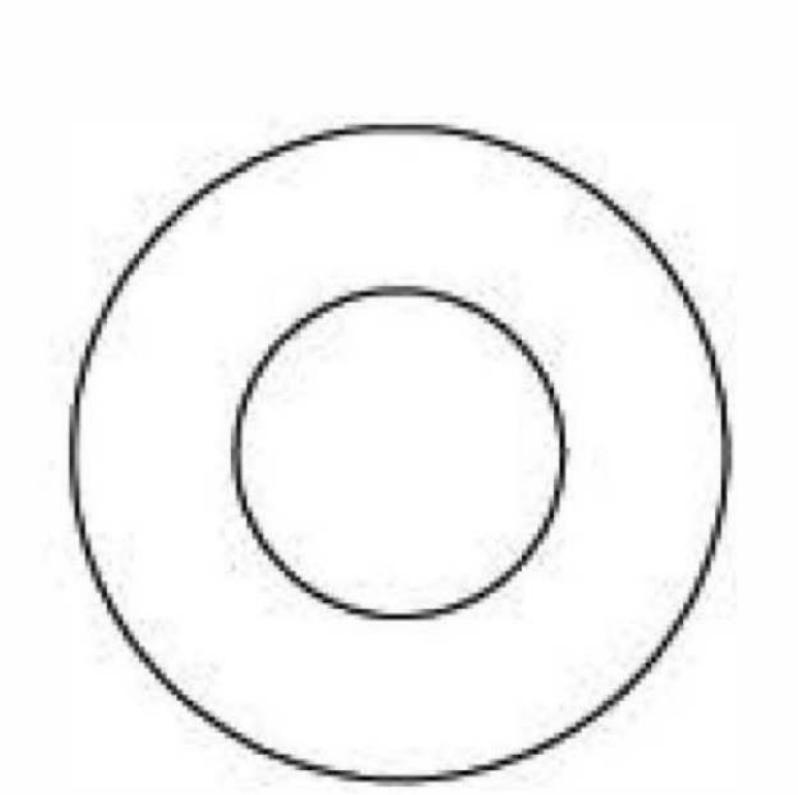




No. 29 3/8" x 1/2" 6 Pcs.



No. 37 3/8" 6 Pcs.

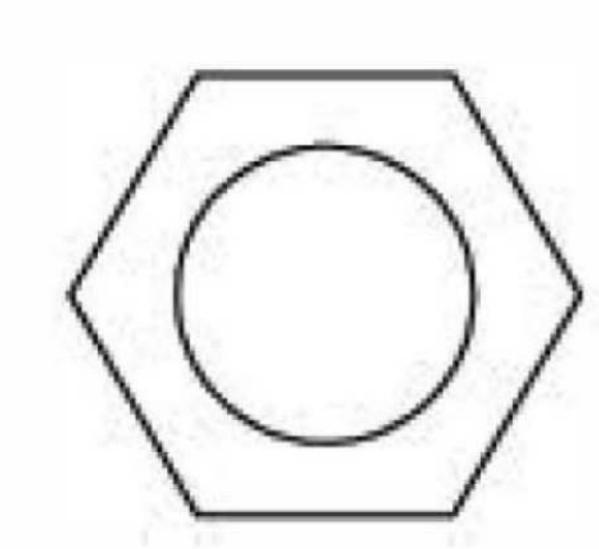


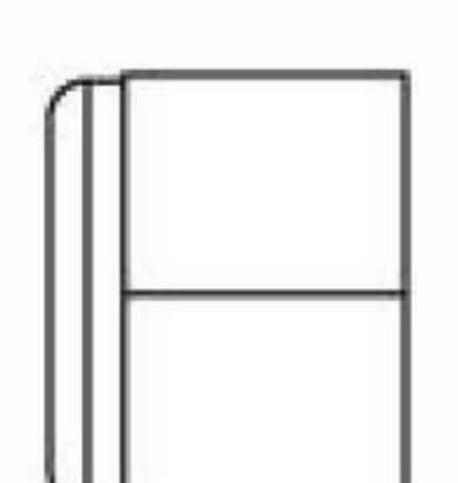
No. 38 1/2" 22 Pcs.



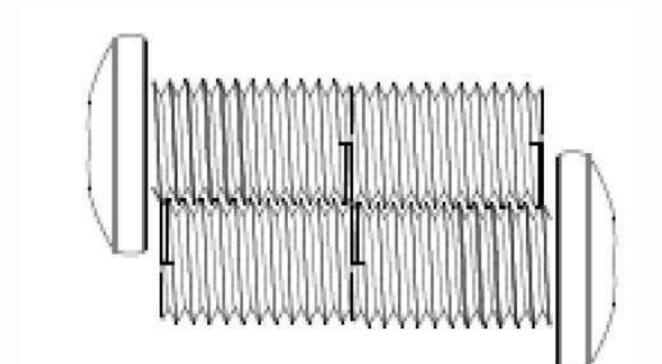


No. 39 3/8" 2 Pcs.





No. 41 1/2" 5 Pcs.



WB-LTO 20 No.43 Washer Ф11ХФ20Х2

No.44Hex Bolt3/8"x1 1/2"

# PARTS LIST

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	16
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

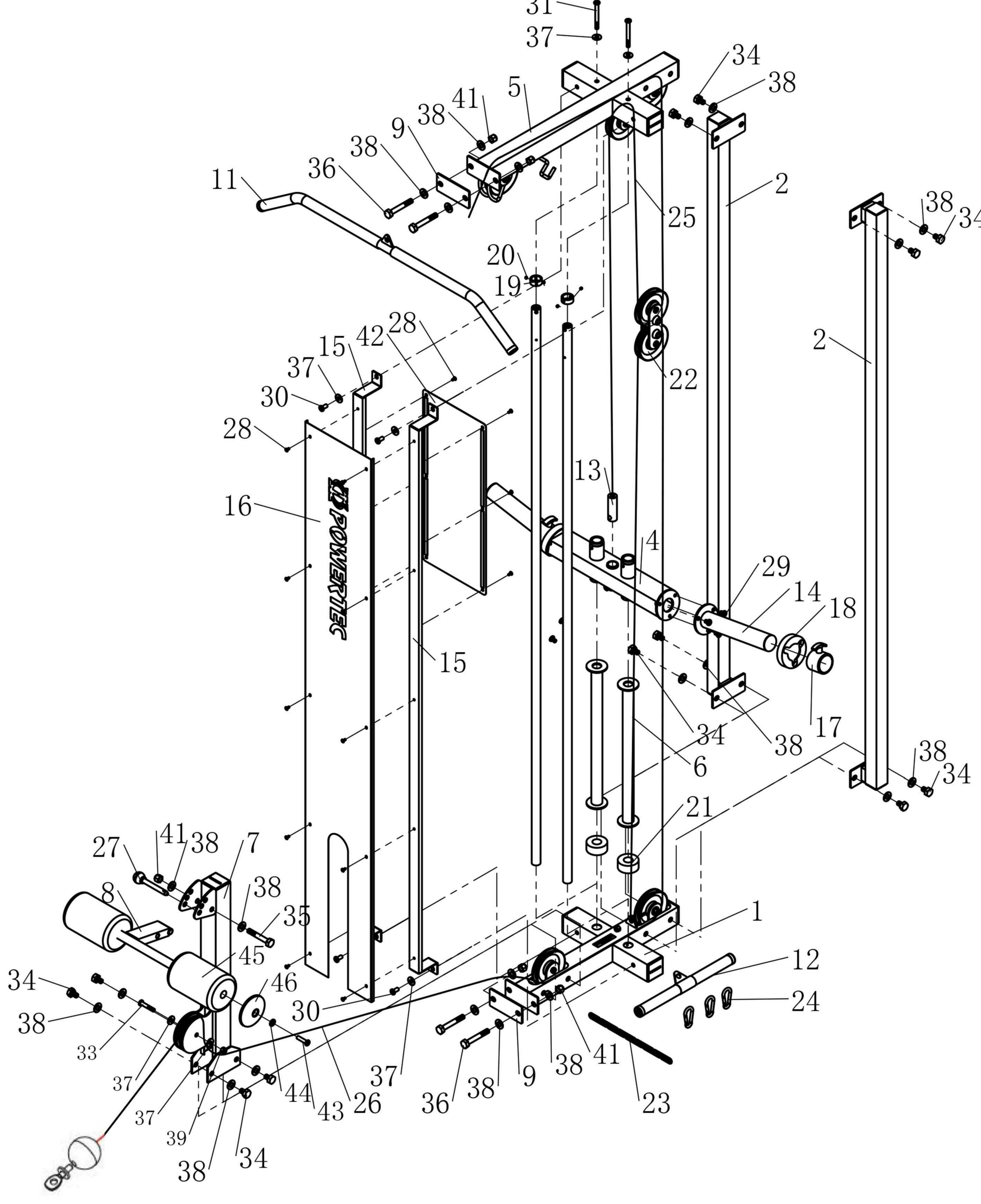
Part No.	Description	Qty.
42	Back Plate	1
43	Washer Φ11 x Φ20 x 2	2
44	Round Head Bolts 3/8" x1 1/2"	2
45	Foam Rollers	2
46	Round Outer End Cap	2
		<b>.</b>

POMERIEC

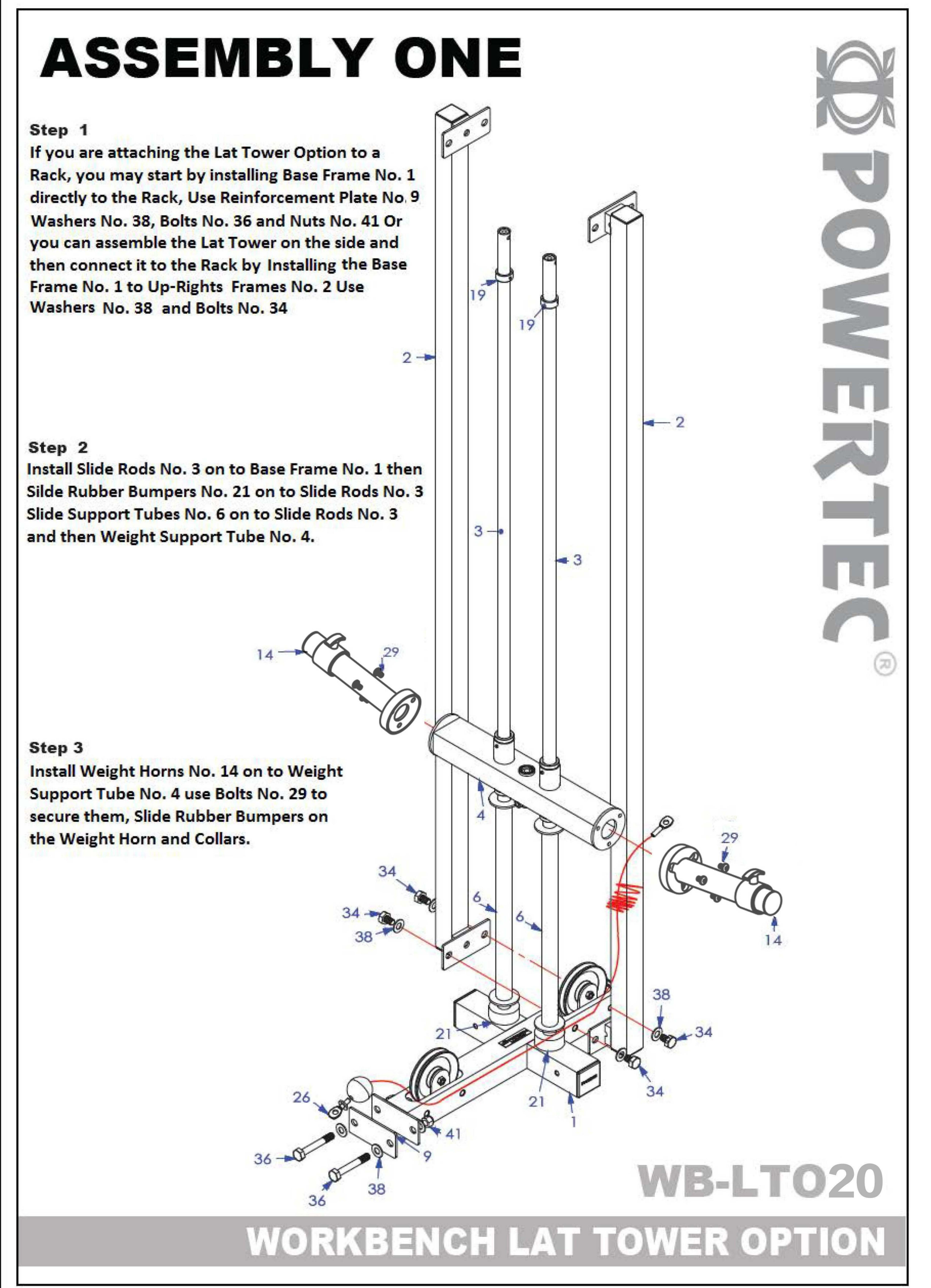
WB-LT020

# EXPLODED DIAGRAM





WB-LT020



### **ASSEMBLY TWO**

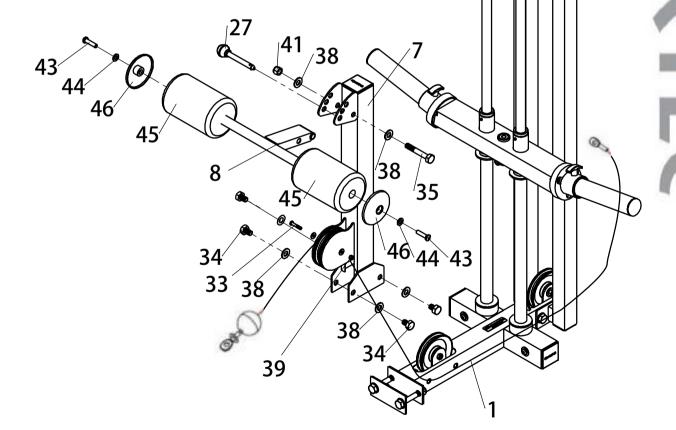
### Step 1

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
Install Foam Rollers No. 45, Round Outer End Cap No. 46 to
Adjustment Tube No. 8 Use Washer No. 43 and Round Head Bolts No. 44

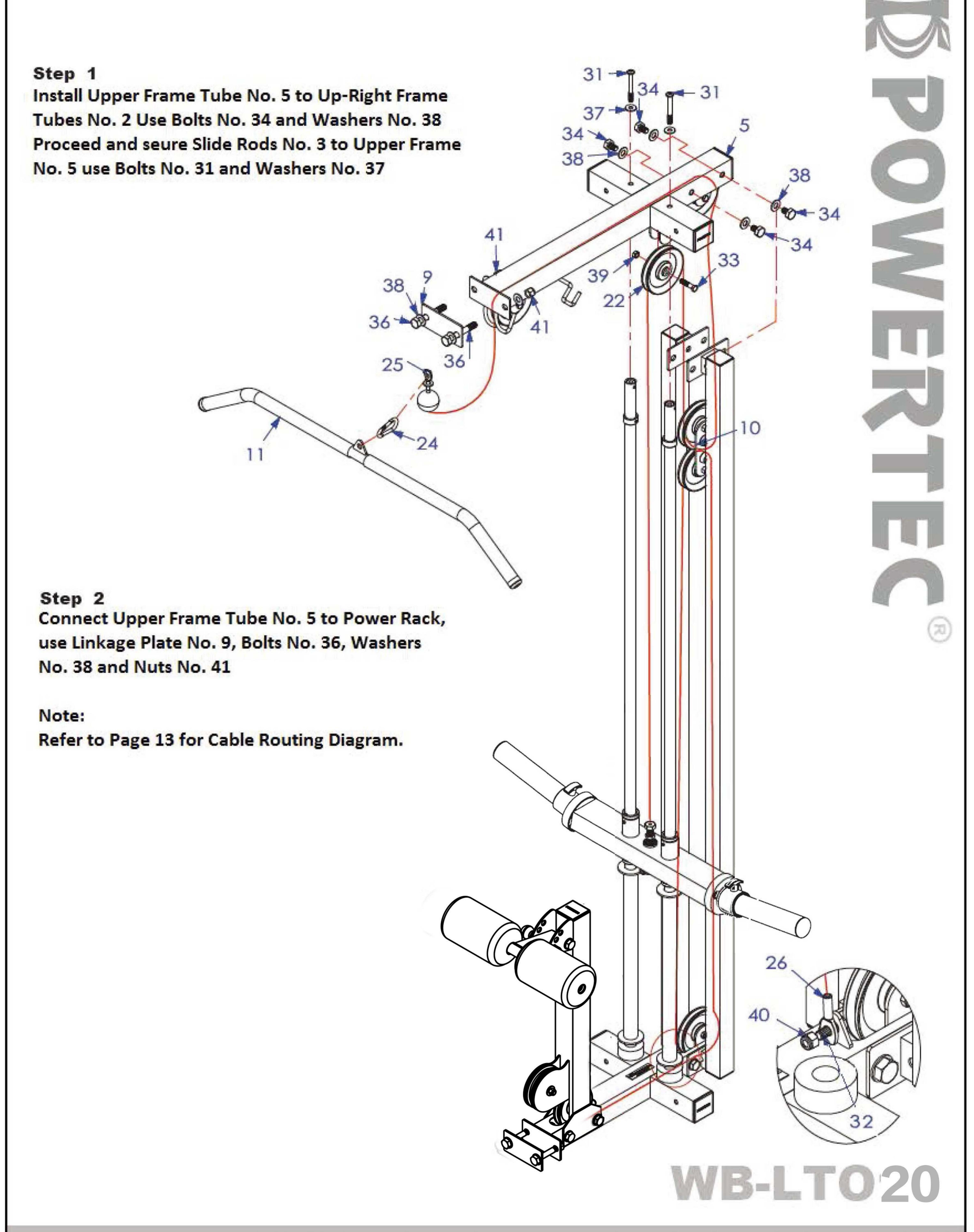
Use Ball Head Pin No. 27 to Adjust positions as desired.



**WB-LT020** 

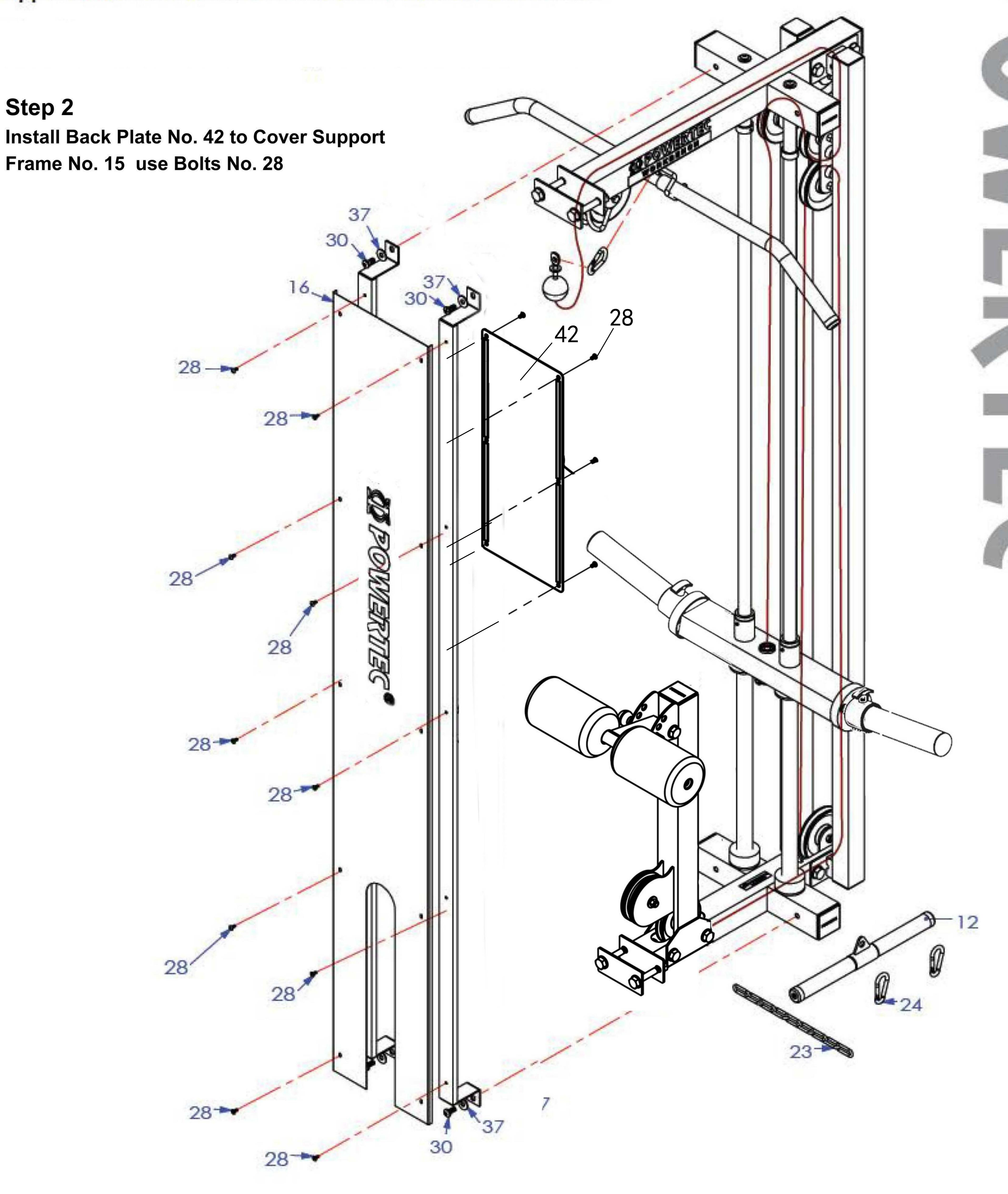
22

# ASSEMBLY THREE

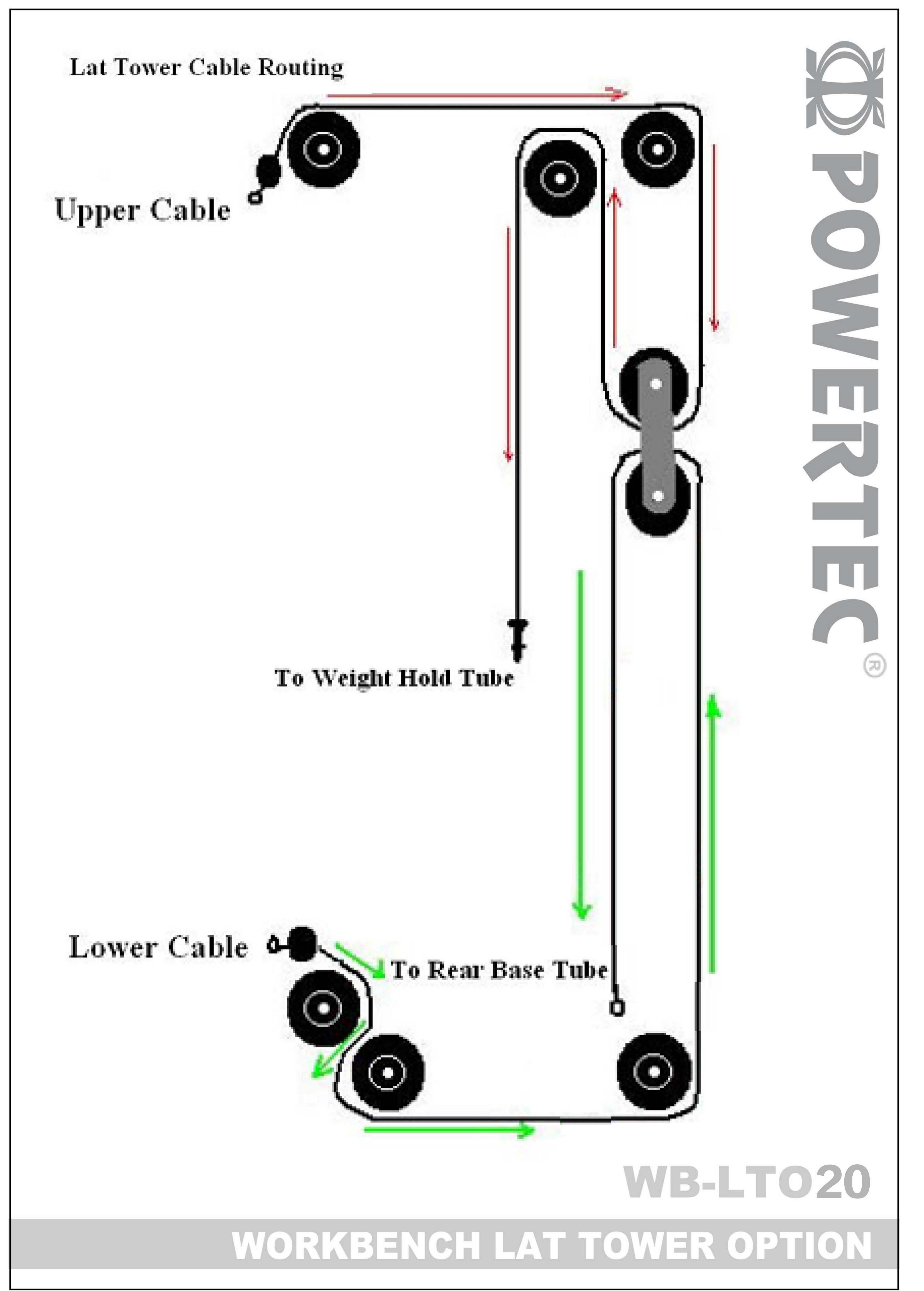


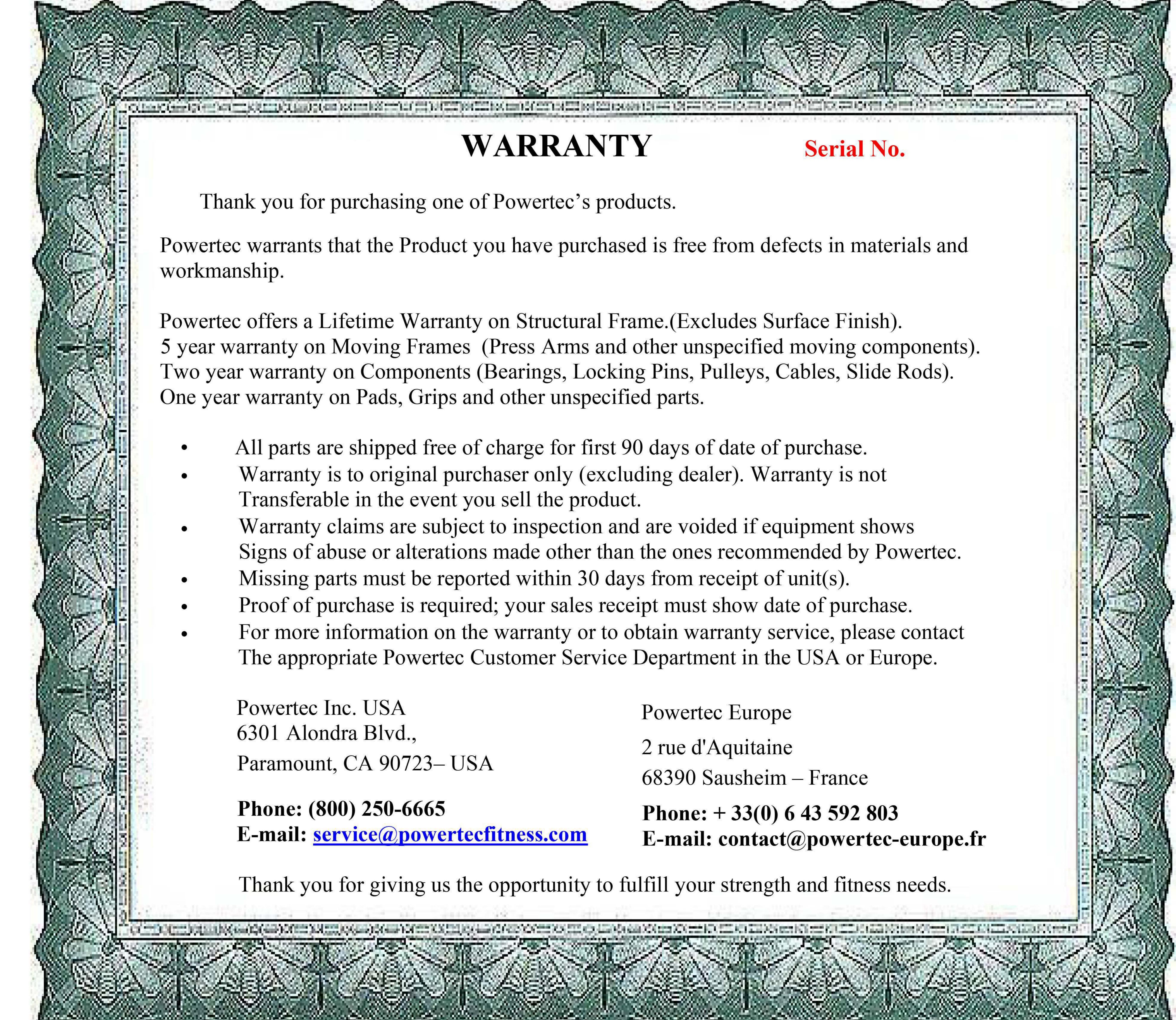
# ASSEMBLY FOUR

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



WB-LT020





### D 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:



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Phone: +33 (0)6 43 592 803

E-Mail: contact@Powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:			
		3	
31			
	Plac	e	
	Star Here	np	
	Here	e	

