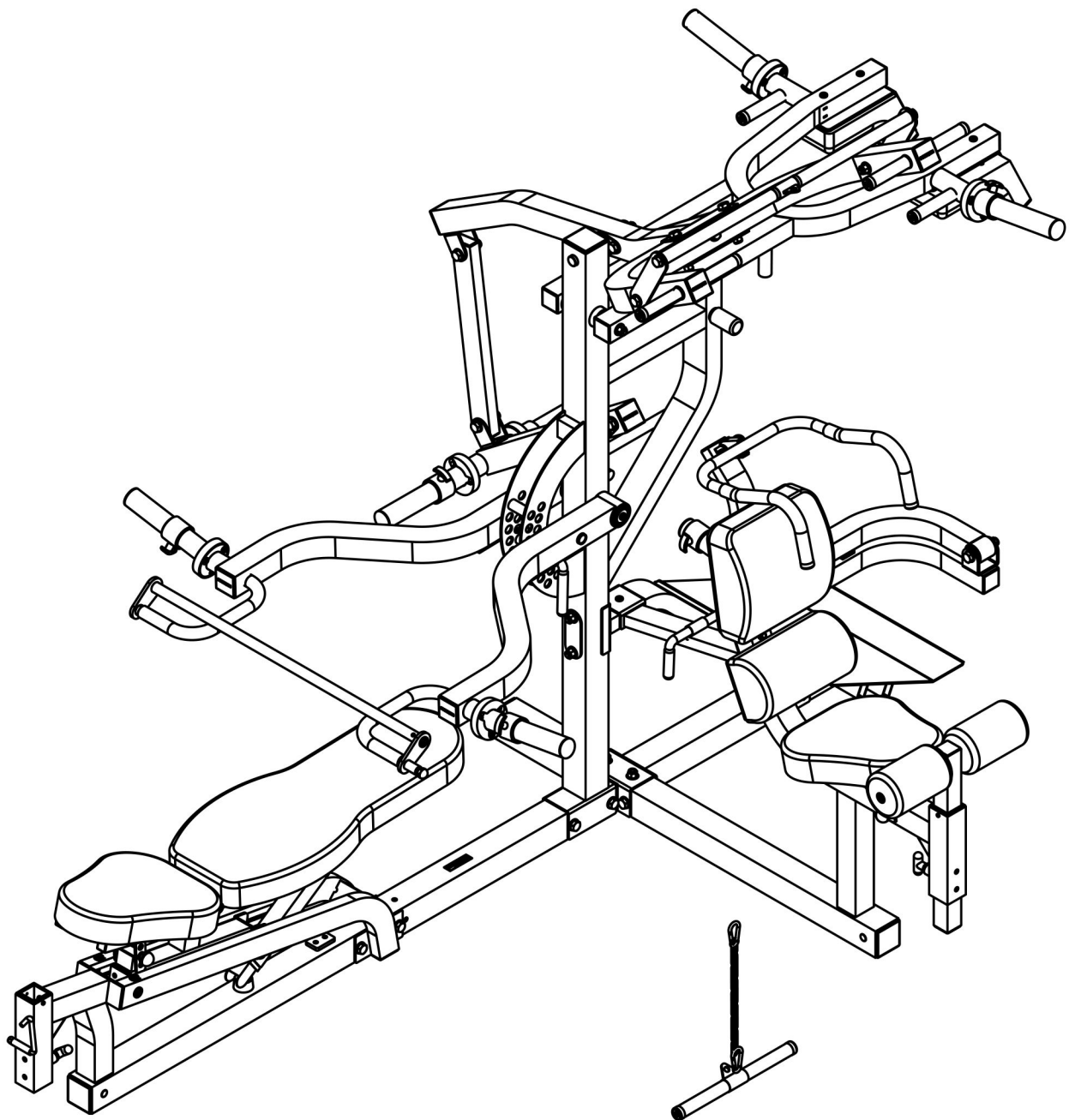


 **POWERTEC®**

WB-MS20

Manual



WORKBENCH MULTI SYSTEM



**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

Introduction and Weight Capacities..... 2
 Safety Instructions, Warnings and Cautions 3
 Maintenance Tips..... 4
 Tools Required for Assembly..... 5
 Hardware List..... 6-7
 Parts List..... 8
 Exploded Diagram..... 9
 Assembly Steps..... 10-15
 Featured Exercises..... 16-17
 Warranty Certificate..... 18
 Warranty Registration Card..... 19

WB-MS 20

Workbench Multi -System

Weight Capacities

Lever Press Isolateral Arm: 250 Lbs.	Lat Lever Arm: 400 Lbs.
Lever Bench Press Arms: 500 Lbs.	Tricep Bar: 200 Lbs.
Squat Arm: 500 Lbs.	Ab Crunch: 100 Lbs.

Featured Exercises

Bench Press	Incline Overhead Row	Seated Overhand Lat Pulldown
Seated Row	Shoulder Press	Overhead Triceps Pushdowns
Incline Bench Press	Shrug	Seated Underhand Lat Pulldown
Triceps Extension	Tricep Press	Incline Bench Rows
Underhand Triceps Pushdowns	Ab Crunch	Incline Shoulder Press
Bent Over Row	Bent Knee Deadlift	Squat
Decline Bench Press	Straight Leg Deadlift	Bicep Curls
Close Grip Bench Press	Incline Overhead Tricep Extension	
Calf Raise	Lunges	

Recommended 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
WB-FPA33-16	Footplate 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.

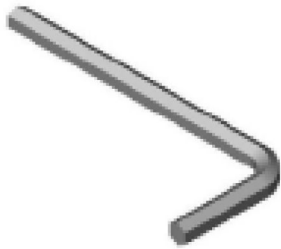
If you have any questions on the correct use or maintenance of this equipment, call your authorized distributor or Powertec Customer Service at 800-250-6665

Our Customer Service Mission:

“Committed to Stronger Lives”

By providing friendly and understanding service.

Tools Required for Assembly



M6 Allen Wrench



8" Adjustable Wrench



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

Helpful Tips

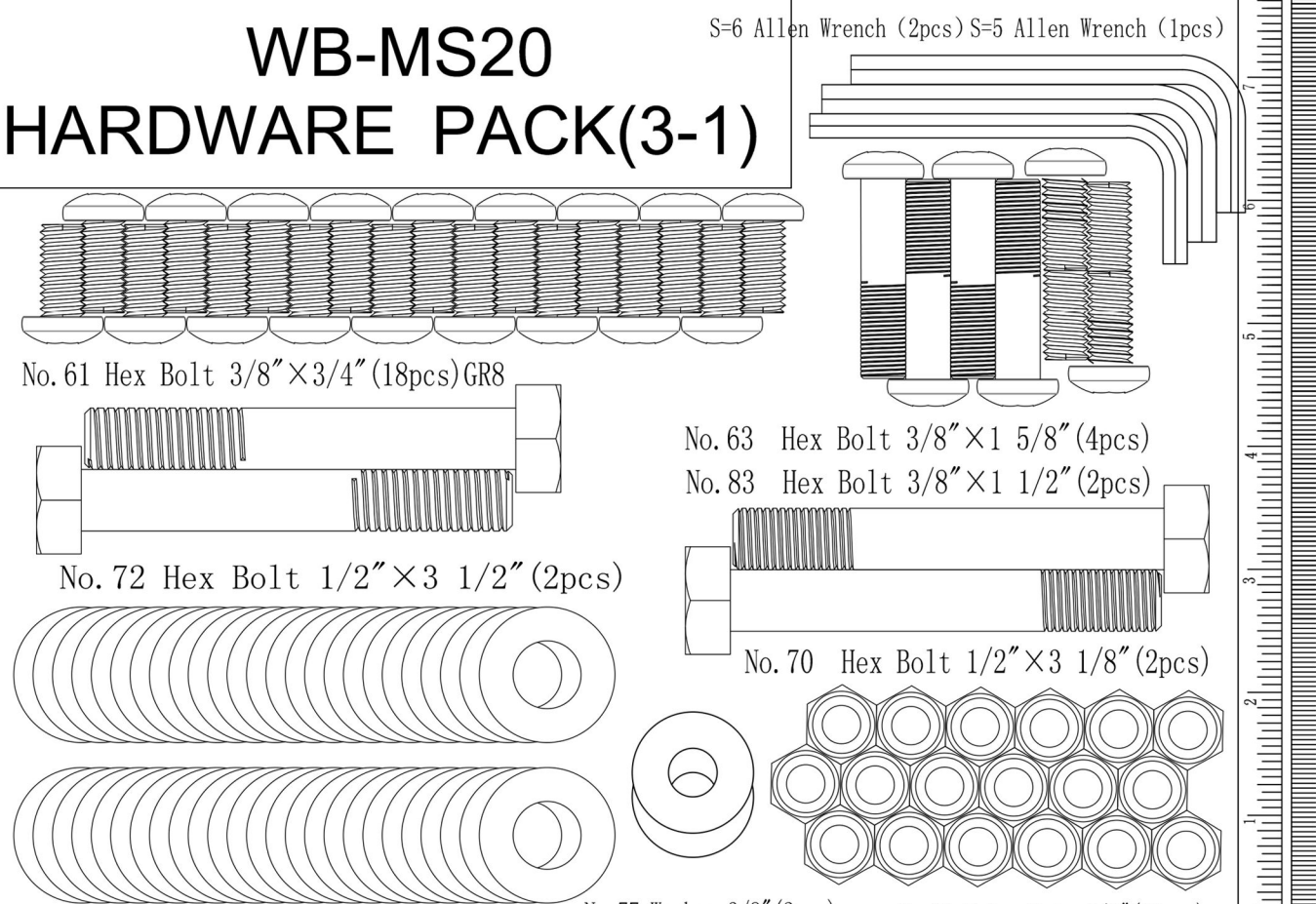
- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the unit on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows 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.


POWERTEC[®]

HARDWARE LIST

WB-MS20 HARDWARE PACK(3-1)

S=6 Allen Wrench (2pcs) S=5 Allen Wrench (1pcs)



No. 61 Hex Bolt $3/8" \times 3/4"$ (18pcs) GR8

No. 72 Hex Bolt $1/2" \times 3 1/2"$ (2pcs)

No. 79 Washer, $1/2"$ (50pcs)

No. 77 Washer $3/8"$ (2pcs)

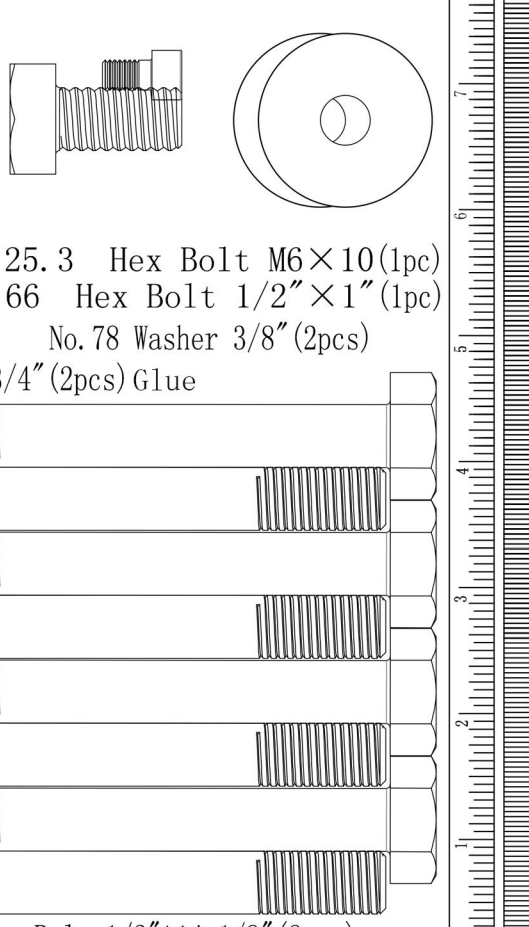
No. 81 Nylon Nut $3/8"$ (18pcs)

No. 63 Hex Bolt $3/8" \times 1 5/8"$ (4pcs)

No. 83 Hex Bolt $3/8" \times 1 1/2"$ (2pcs)

No. 70 Hex Bolt $1/2" \times 3 1/8"$ (2pcs)

WB-MS20 HARDWARE PACK(3-2)



No. 25.3 Hex Bolt $M6 \times 10$ (1pc)

No. 66 Hex Bolt $1/2" \times 1"$ (1pc)

No. 78 Washer $3/8"$ (2pcs)

No. 67 Hex Bolt $1/2" \times 2"$ (1pc)

No. 64 Hex Bolt $3/8" \times 2 3/4"$ (1pc)

No. 59 Hex Bolt $3/8" \times 3/4"$ (2pcs) Glue

No. 65 Hex Bolt $3/8" \times 2 7/8"$ (4pcs)

No. 62 Hex Bolt $3/8" \times 1 1/2"$ (10pcs)

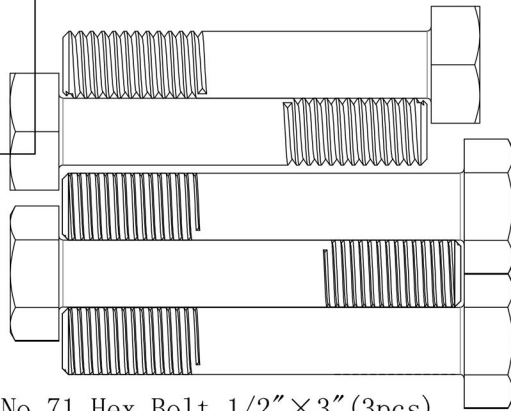
No. 74 Hex Bolt $1/2" \times 4 1/8"$ (8pcs)

HARDWARE LIST

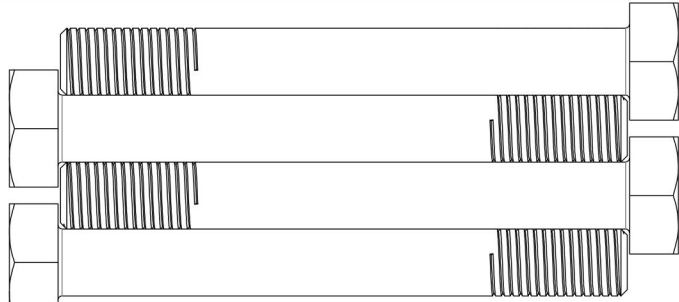
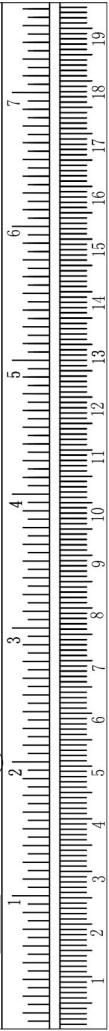

POWERTEC[®]

WB-MS20 HARDWARE PACK(3-3)

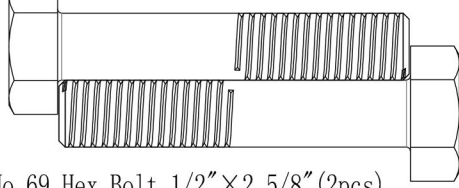
No. 68 Hex Bolt 1/2"×2 3/4" (2pcs)



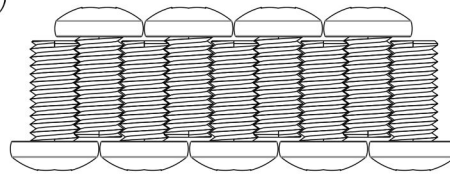
No. 71 Hex Bolt 1/2"×3" (3pcs)



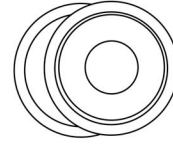
No. 75 Hex Bolt 1/2"×4 1/4" (4pcs)



No. 69 Hex Bolt 1/2"×2 5/8" (2pcs)

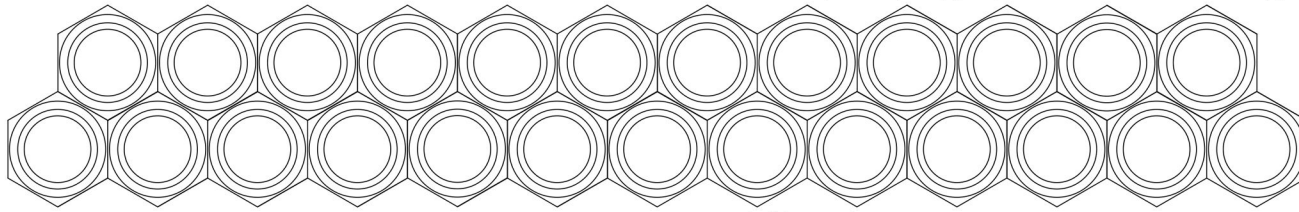


No. 60 Hex Bolt 3/8"×3/4" (9pcs)



No. 26 BuShing (2pcs)

No. 82 Washer $\Phi 11 \times \Phi 20 \times 2$ (2pcs)



No. 80 Nylon Nut 1/2" (25pcs)

WB-MS20

WORKBENCH MULTI SYSTEM

PART LIST



Item#	Description	Qty	Item#	Description	Qty
1	Base Frame Tube - LP	1	43	Safety, Spotter Bar - SQ	1
2	Up-Right Frame Tube	1	44	Upper Backrest Pad - LP	1
3	Foot Plate Support Frame Tube - SQ	1	45	Lower Backrest Pad - LP	1
4	Backrest Support Frame Tube - LP	1	46	Backrest Pad - BP	1
5	ABS Lower Frame Tube - LP	1	47	Seat Pad - BP, LP	2
6	ABS Upper Frame Tube - LP	1	48	Shoulder Pad - Left - SQ	1
7	Backrest Weight Support Tube - LP	1	49	Shoulder Pad - Right - SQ	1
8	Base Frame Tube - SQ	1	50	Ball Head Lock Pin - BP, LP	2
9	Foot Plate - SQ	1	51	Small Ball Head Lock Pin - LP	1
10	Lever Squat Arm - SQ	1	52	Collars	6
11	Weight Horns Support Tube - LP	1	53	Rubber Bumpers	6
12	Linkage Tube - LP	1	54	Chain	1
13	Lever Lat Pull Down Arm - LP	1	55	Snap Links	2
14	U Shape Arm - LP	1	56	Rubber Bumper - SQ	2
15	Lever Press Arm - Right - BP	1	57	Foam Rollers - LP	2
16	Lever Press Arm - Left - BP	1	58	Round Outer End Cap	2
17	Close Grip Bar - BP	1	59	Round Head Bolt 3/8" x 3/4"	4
18	ABS Bar - LP	1	60	Round Head Bolt 3/8" x 3/4"	16
19	Close Grip Bar Mounting Bracket - BP	1	61	Round Head Bolt 3/8" x 3/4"	21
20	Seat Pad Tubes - LP	1	62	Round Head Bolt 3/8" x 3/4"	10
21	Weight Horns - BP, SQ, LP	6	63	Round Head Bolt 3/8" x 1 5/8"	4
22	Up-Right, Knee Support Tube - LP	1	64	Round Head Bolt 3/8" x 2 3/4"	1
23	Rollers Support Tube - LP	1	65	Round Head Bolt 3/8" x 2 7/8"	4
24	Safety Spotter Bar - BP	1	66	Hex Bolt 1/2" x 1"	1
25	Safety Bar - SQ	1	67	Hex Bolt 1/2" x 2"	1
26	Metal Bushings	2	68	Hex Bolt 1/2" x 2 3/4"	2
27	Short, Close Grip Bar	1	69	Hex Bolt 1/2" x 2 5/8"	2
28	Bench Frame Front Base Tube - BP	1	70	Hex Bolt 1/2" x 3 1/8"	2
29	Bench Frame Rear Base Tube - BP	1	71	Hex Bolt 1/2" x 3"	3
30	Bench Frame Center Tube - BP	1	72	Hex Bolt 1/2" x 3 1/2"	3
31	Bench Frame Seat Carriage - BP	1	73	Hex Bolt 1/2" x 3 3/8"	1
32	Backrest Adjustment Bracket - BP	1	74	Hex Bolt 1/2" x 4 1/8"	9
33	Backrest Adjustment Tube - BP	1	75	Hex Bolt 1/2" x 4 1/4"	4
34	Backrest Pad Support Tube - BP	1	76	Hex Bolt 1/2" x 7 1/8"	1
35	Seat Pad Tubes - BP	2	77	Washer 3/8"	11
36	Seat Height Adjustment Bracket	1	78	Washer 3/8"	2
37	ABS Bar Metal Bushing	1	79	Washer 1/2"	58
38	Weight Horn, ABS Station - LP	1	80	Nut 1/2"	29
39	Press Arms Lock Bar	1	81	Nut 3/8"	21
40	Steel Axis - SQ	1	82	Washer Φ 11X Φ 20X2	2
41	Steel Axis, Seat Assembly - BP	1	83	Round Head Bolts 3/8"x1 1/2"	2
42	Steel Axis - BP	1			

Key:

BP= Bench Press Station

SQ= Squat Calf Station

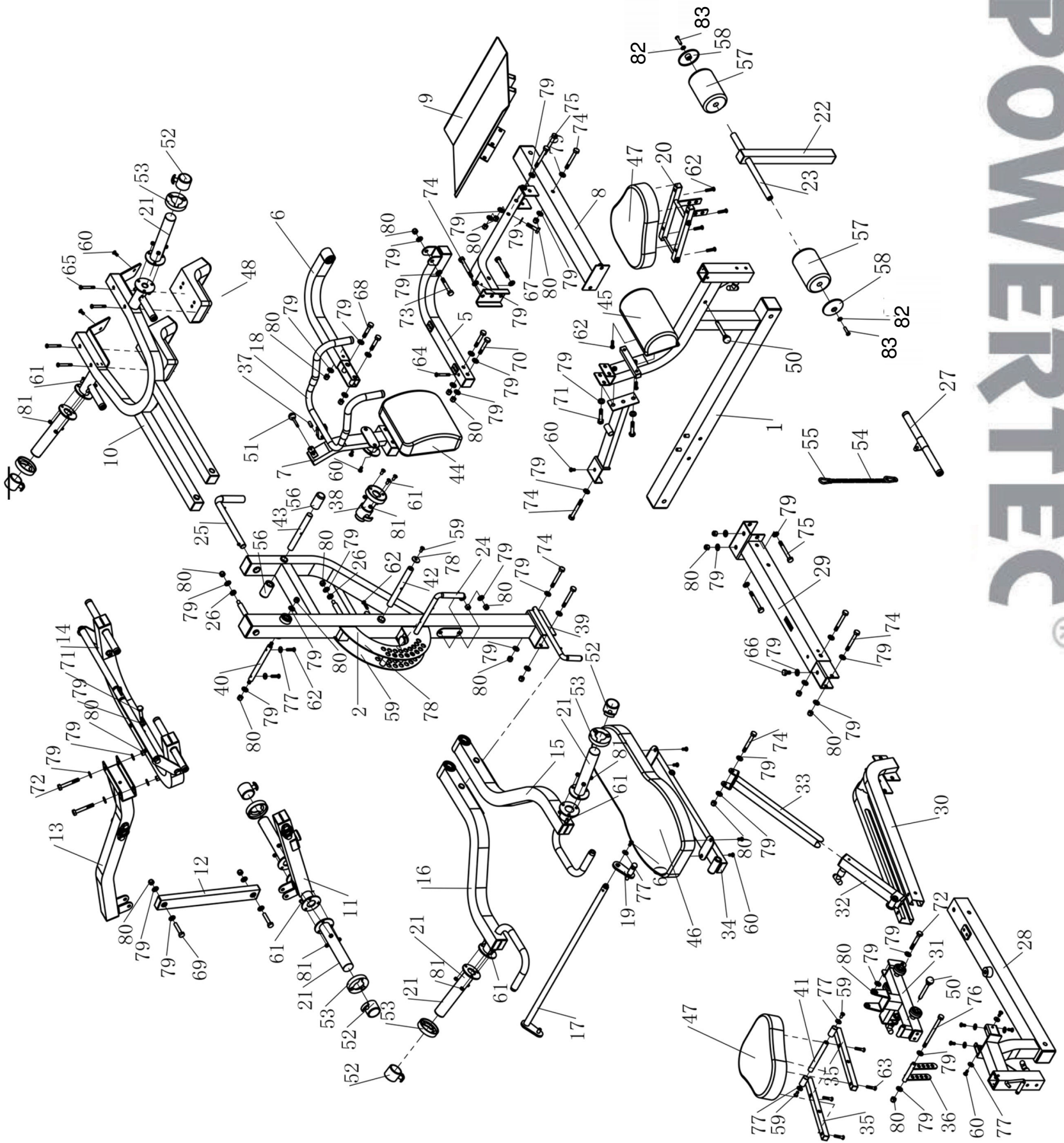
LP= Lat Pull Down Station

WB-MS20

WORKBENCH MULTI SYSTEM

EXPLODED DIAGRAM

POWERTEC[®]



WB-MS20

WORKBENCH MULTI SYSTEM

ASSEMBLY ONE

Note:

Some frame components may be delivered pre-assembled from the factory, Assembly instructions are designed for a complete assembly.

Step 1

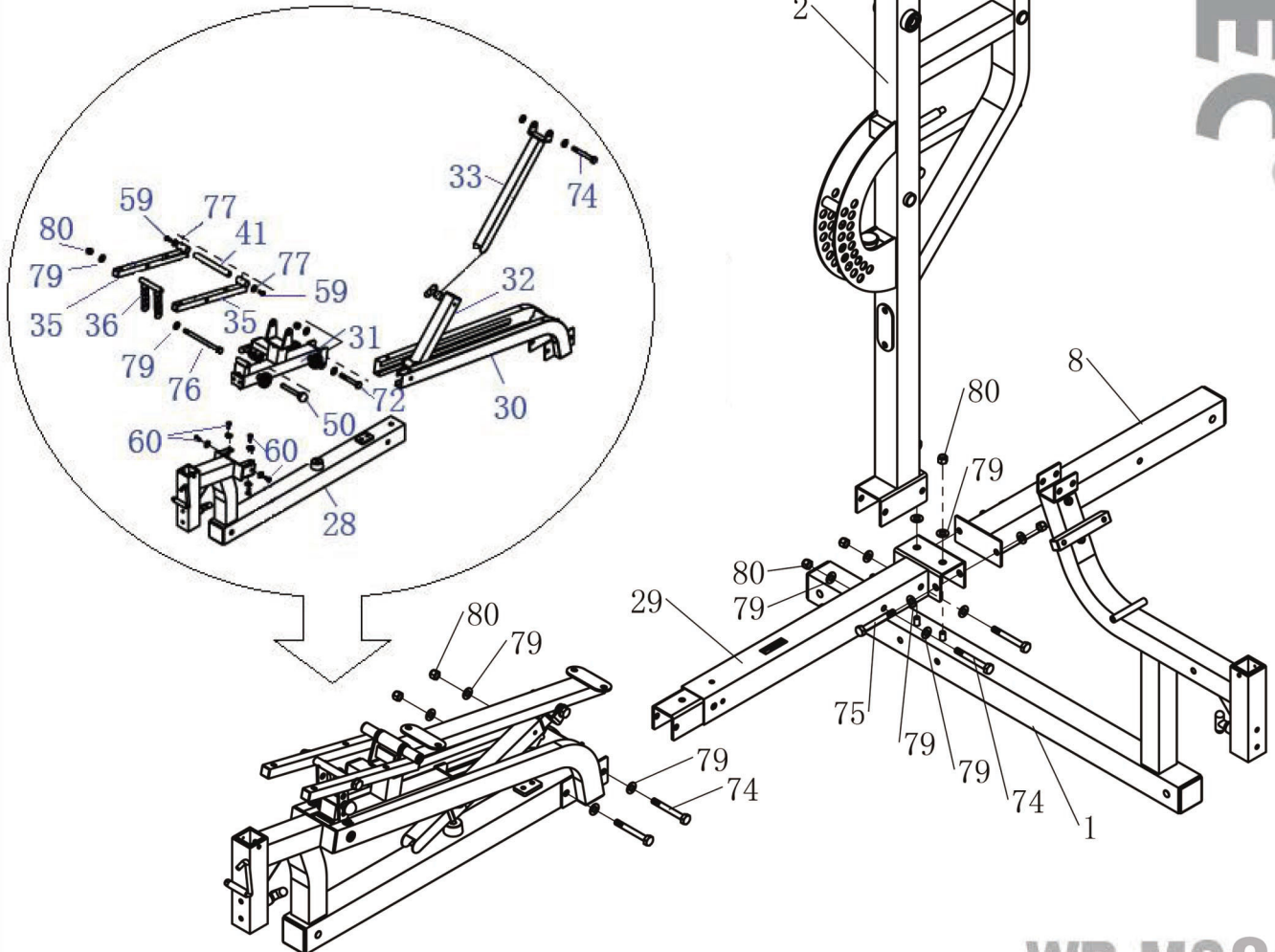
Connect Base Frame LP Part No. 1, Base Frame No. 8 and Bench Frame, Rear Base Tube No. 29 use Bolts No. 75, Washers No. 79 and Nuts No. 80

Step 2

Install Seat Carriage No. 31 on to Bench Frame No. 30 use Bolts No. 60 to secure them into place.

Step 3

Install Center Bench Frame No. 30 on to Front Base Tube No. 30 use Bolts No. 60 to secure frame parts together. Connect Center Base Frame No. 30 to Rear Base Frame No. 29 use Bolts No. 66, No. 74, Washers No. 79 and Nuts No. 80. Proceed and Install Up-Right Frame Tube No. 2 on to Rear Base Frame Tube No. 29 Use Bolts No. 74, Washers No. 79 and Nuts No. 80



POWERTEC[®]

WB-MS20

WORKBENCH MULTI SYSTEM

ASSEMBLY TWO

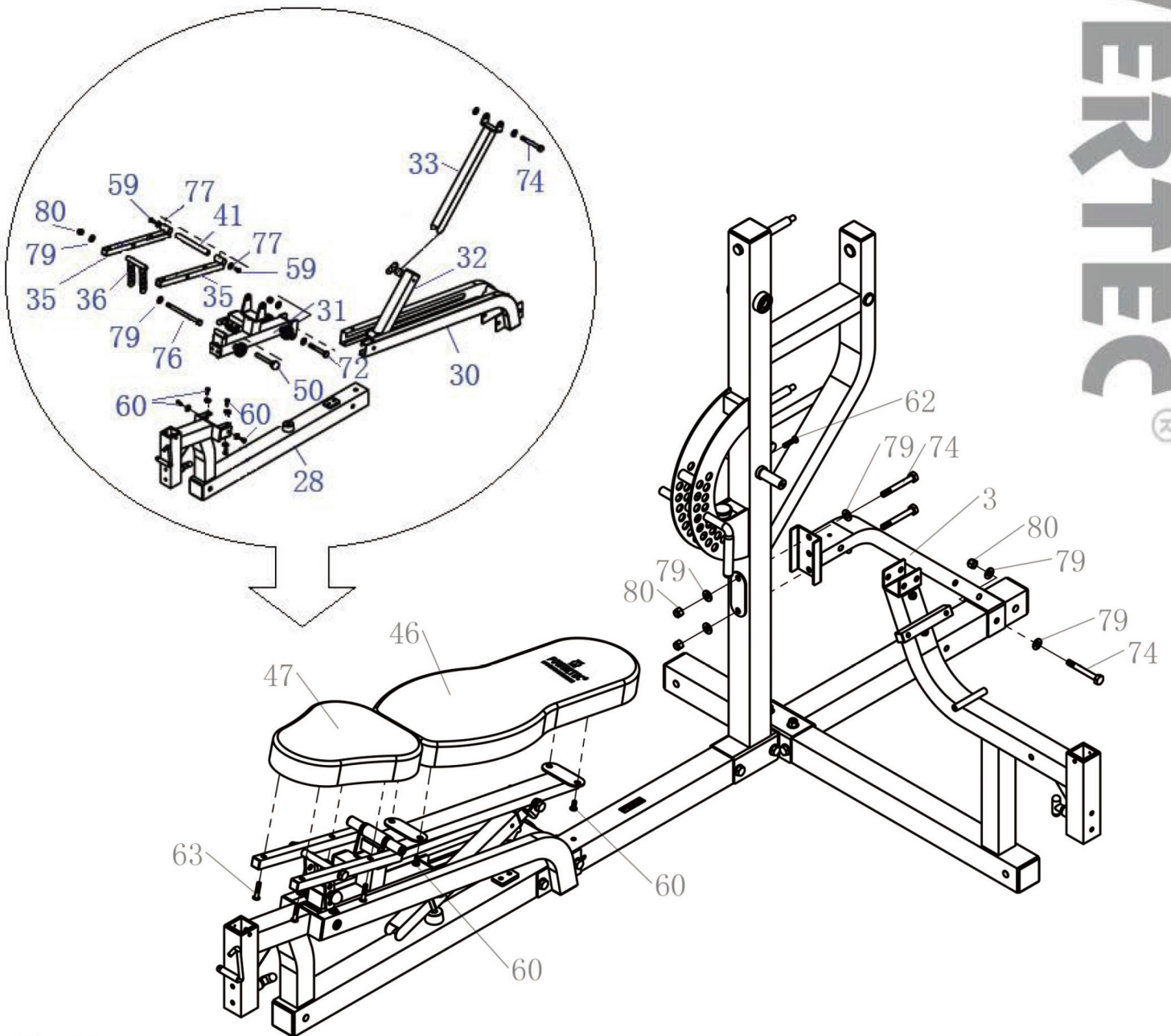
POWERTEC[®]

Step 1

Using Steel Axis No. 41, Install both Seat Pad Tubes No. 35 and Backrest Adjustment Bracket No. 32, use Washers No. 77 and Bolts No. 59, proceed and install Seat Height Adjustment Bracket No. 36 onto Seat Pad Tubes No. 35, Use Bolt No. 76, Washers No. 79 and Nut No. 80.

Step 2

Install Seat Pad No. 47 on to Seat Pad Tubes No. 35 use Bolts No. 63 Proceed and Install Backrest Pad No. 46 on to Backrest Support Bar No. 34, use Bolts No. 60 to secure pad to support tube.



Step 3

Install Foot Plate Support Tube No. 3 on to Up-Right Frame No. 2 and Base Frame No. 8 Use Bolts No. 74, Washers No. 79 and Nuts No. 80

WB-MS20

WORKBENCH MULTI SYSTEM

ASSEMBLY THREE

POWERTEC[®]

Step 1

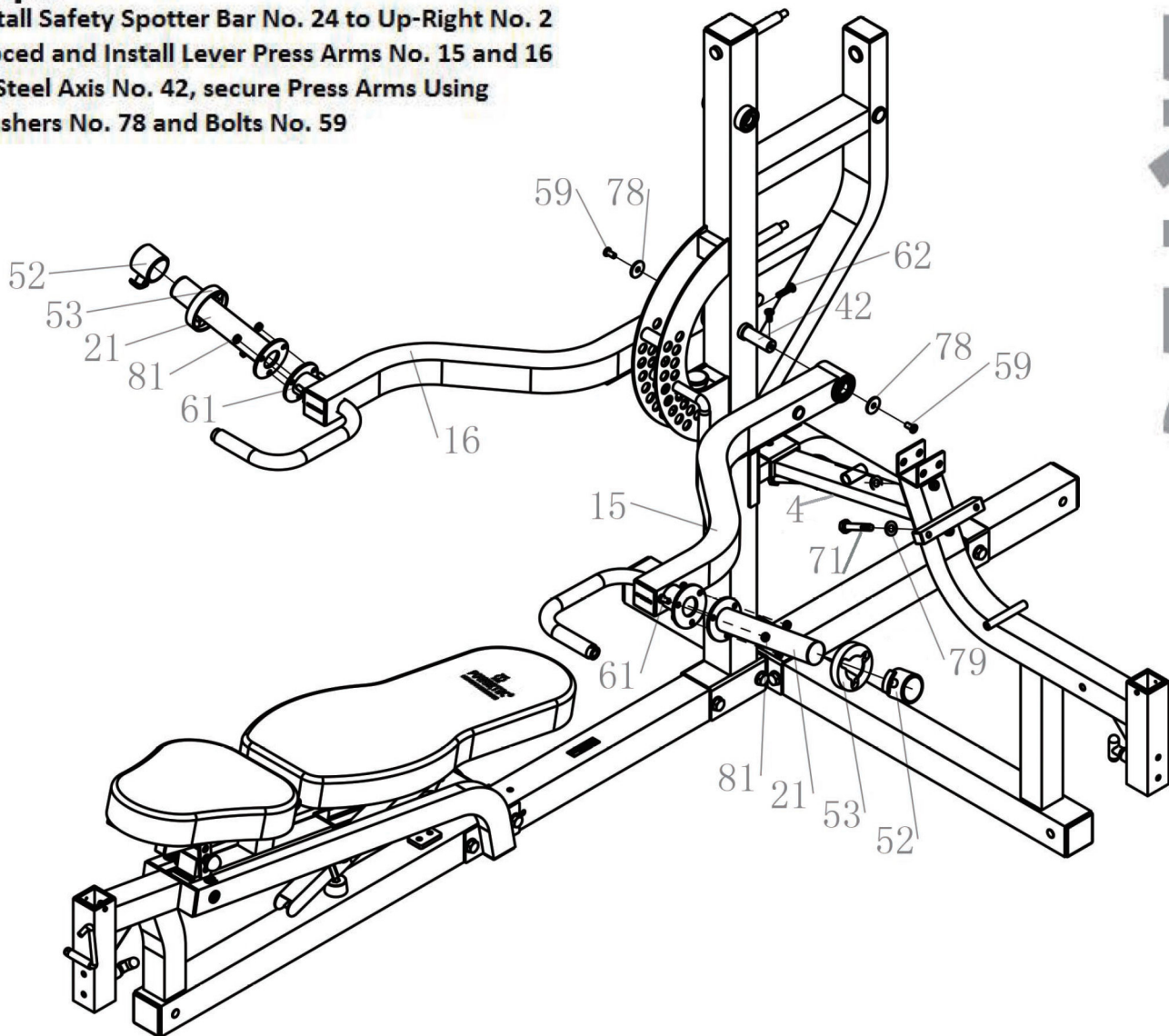
Install Steel Axis No. 42 to Up-Right Frame No. 2
Secure with Bolt No. 62

Step 2

Install Backrest Support Frame Tube No. 4 to Up-Right Frame No. 2 and to Base Frame No.1 use Bolts, No. 74, 60 and Washers No. 79

Step 3

Install Safety Spotter Bar No. 24 to Up-Right No. 2
Proceed and Install Lever Press Arms No. 15 and 16
to Steel Axis No. 42, secure Press Arms Using Washers No. 78 and Bolts No. 59



Step 4

Install Weight Horns No. 21 on to Press Arms No. 15
and No. 16 Use Bolts No. 59 and Washers No. 78

Step 5

Install Rubber Bumpers No. 53 and Collars No. 52
on to Press Arms / Weight Horns.

WB-MS20

WORKBENCH MULTI SYSTEM

ASSEMBLY FOUR

POWERTEC[®]

Step 1

Install Safety Spotter Bar No. 43 on to Up-Right Frame No. 2 Use Bolt No. 62 to secure it and install both No. 56 Rubber Bumpers.

Step 2

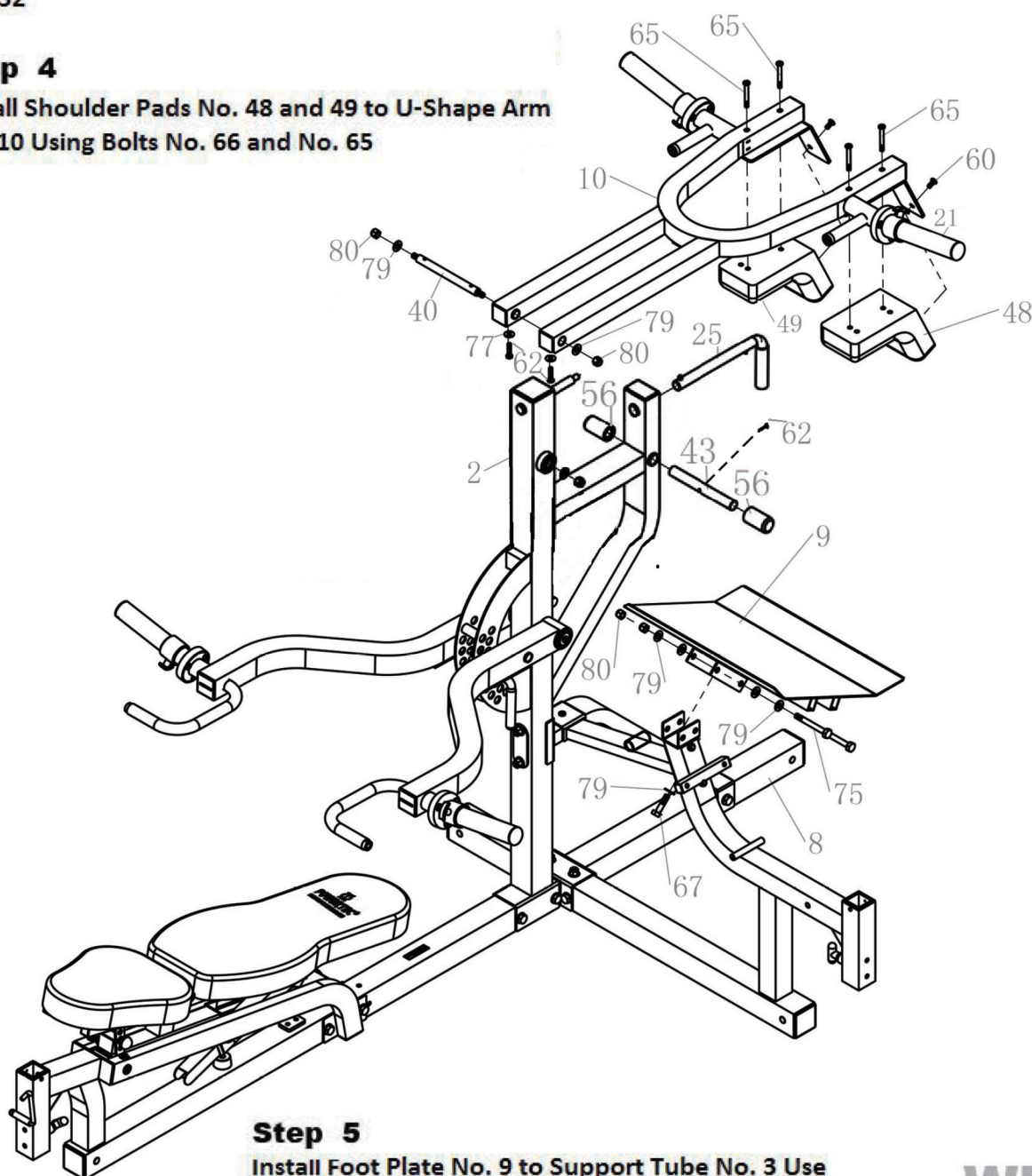
Install U Shape Arm No. 10 on to Up-Right Frame No. 2 Use Steel Axis No. 40, No. 79 Washers, No. 80 Nuts and No. 62 Bolts Under each Extended Arm of U Shape Arm No. 10

Step 3

Install Weight Horns No. 21 on to U-Shape Arm No. 10 use No. 81 Bolts and Nuts No. 61, install Rubber Bumpers No. 53 and Collars No. 52

Step 4

Install Shoulder Pads No. 48 and 49 to U-Shape Arm No. 10 Using Bolts No. 66 and No. 65



Step 5

Install Foot Plate No. 9 to Support Tube No. 3 Use Bolts No. 67, 75, Washers No. 79 and Nuts No. 80

WB-MS20

WORKBENCH MULTI SYSTEM

ASSEMBLY FIVE

POWERTEC®

Step 1

Install Seat Assembly to LP Station by installing Seat Pad Tubes No. 20 to Base Frame Tube No. 1 using 3/8" x 7" Bolts along with Seat Height Adjustment Bracket (Seat assembly should be pre-assembled by the factory).

Step 2

Install ABS Lower Frame Tube No. 5 to Base Frame Tube No. 1 Use Bolts No. 70 and No. 64 with Washers No. 79 and Nuts No. 80 Attached Backrest Weight Support Tube No. 7 and ABS Upper Frame Tube No. 6 using No. 68 Bolts, No. 79 Washers and No. 80 Nuts.

Step 3

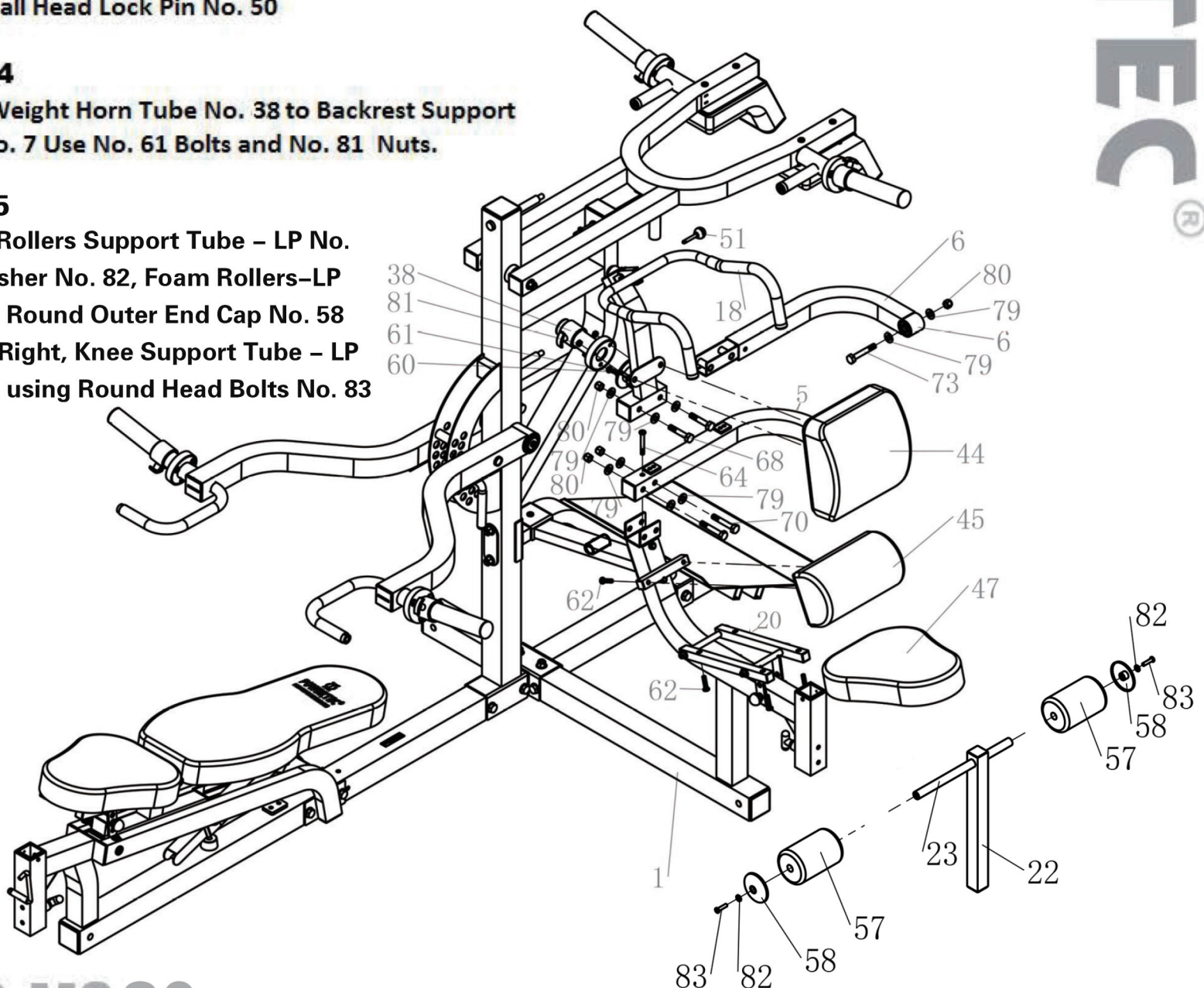
Install Seat Pad No. 47 and Lower Back Pad No. 45 Using Bolts No. 62, Proceed and Install Upper Back Pad No. 44 using Bolts No. 60 - Seat Height Adjustment Can be adjusted as needed using Ball Head Lock Pin No. 50

Step 4

Install Weight Horn Tube No. 38 to Backrest Support Tube No. 7 Use No. 61 Bolts and No. 81 Nuts.

Step 5

Install Rollers Support Tube - LP No. 23, Washer No. 82, Foam Rollers-LP No. 57, Round Outer End Cap No. 58 to Up-Right, Knee Support Tube - LP No. 22, using Round Head Bolts No. 83



WB-MS20

WORKBENCH MULTI SYSTEM

ASSEMBLY SIX

POWERTEC[®]

Step 1

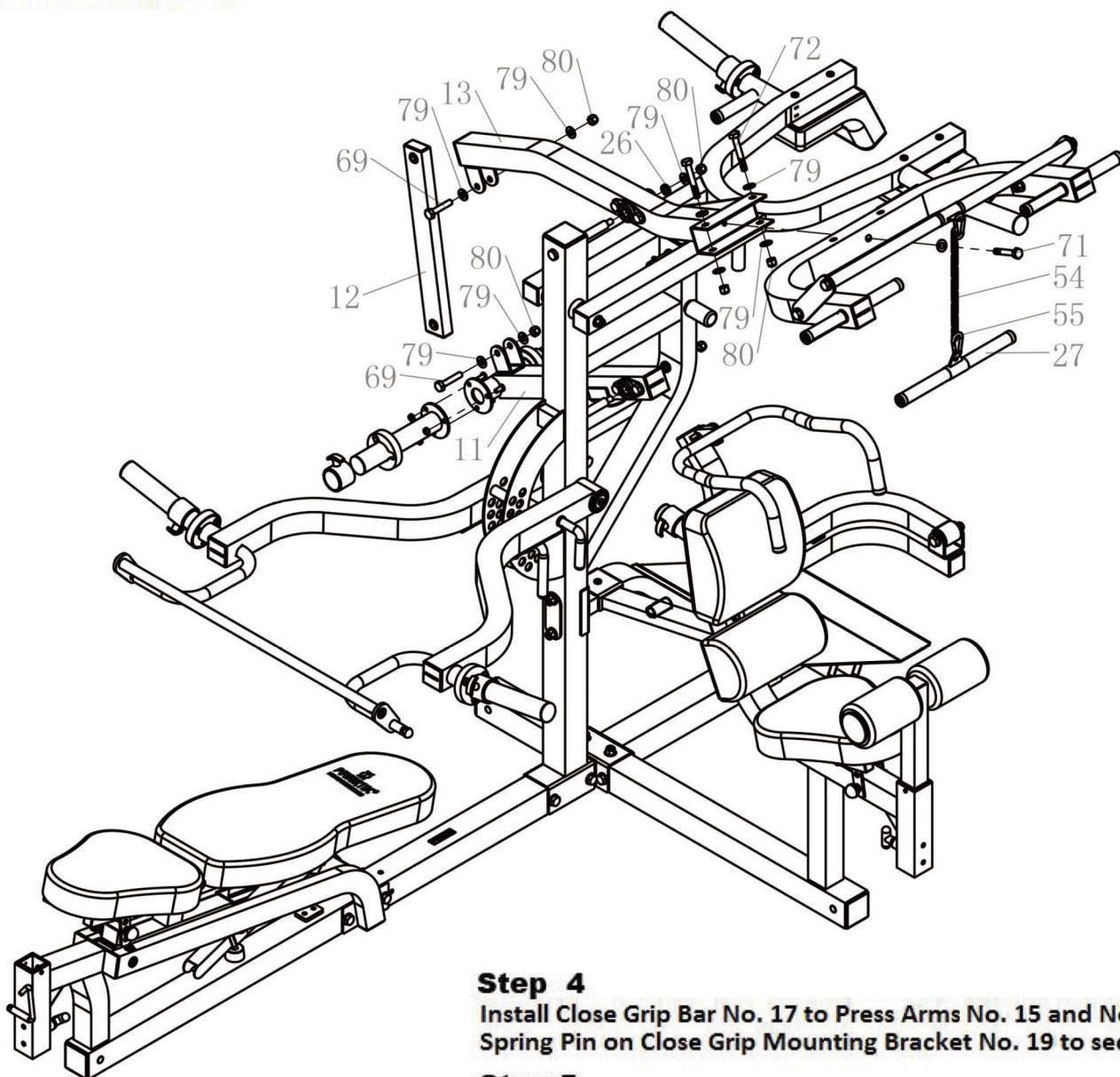
Install Weight Horns Support Tube No. 11 and Lever Lat Pull Down Arm to the fixed Bolts on the Up-Right Frame No. 2, Use Bushings No. 26, Washers No. 79 and Nuts No. 80

Step 2

Install Weight Horn No. 21 to each side of Weight Horn Support Tube No. 11, use Bolts No. 61 and Nuts No. 81

Step 3

Install Linkage Tube LP No. 12 to Lat Pull Down Arm No. 13 and Weight Support Tube No. 11 Use Bolts No. 69, Washers No. 79 and Nuts No. 80



Step 4

Install Close Grip Bar No. 17 to Press Arms No. 15 and No. 16 use Spring Pin on Close Grip Mounting Bracket No. 19 to secure Bar.

Step 5

Install U Shape Arm No. 14 to Lever Lat Pull Down Arm No. 13 use Bolts No. 71 and No. 72, Washers No. 79 and Nuts No. 80
Use Snap Links No. 55 to Install Chain No. 54 / Short Lat Bar No. 27

WB-MS20

WORKBENCH MULTI SYSTEM



POWERTEC

COMMITTED TO STRONGER LIVES



WORKBENCH MULTISYSTEM®



Exercise List

- *Abdominal Crunch *Bent Over Row *Calf Raise *Close Grip Bench Press *Close Grip Pushdowns
- *Decline Bench Press *Flat Bench Press *Incline Bench Press *Isolateral Bench Press
- *Isolateral Bent Over Row *Isolateral Shoulder Press *Lunges *Overhand Pulldown
- *Overhand Tricep Pushdown *Shoulder Press *Shrug *Squat *Underhand Pulldown
- *Underhand Tricep Pushdown *Wide Grip Pulldown



YOUTUBE

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

www.youtube.com/PowertecGymEquipment



Scan me



Featured Exercises



Seated Shoulder Press



Bench Press



Incline Bench Rows



Squat



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

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



POWERTEC INC.
6301 Alondra Blvd.,
Paramount, CA 90723
USA
Phone:(800)250-6665

POWERTEC EUROPE
2 rue d'Aquitaine
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



