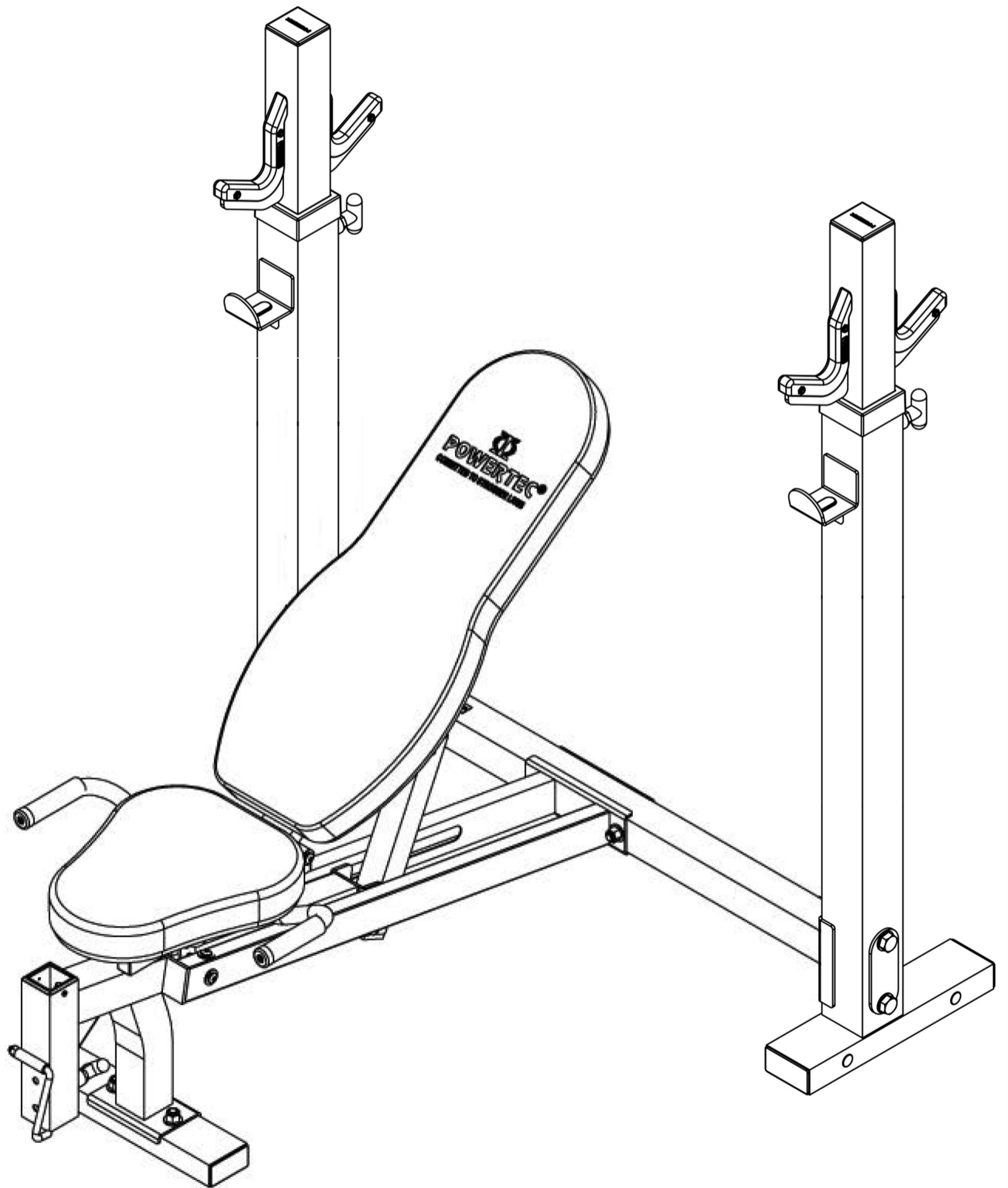


 **POWERTEC®**

WB-OB 20

Manual



WORKBENCH OLYMPIC BENCH

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-OB 20 Olympic Workbench

Weight Capacities

Maximum Load: Body Weight / Resistane: 600 Lbs.

Featured Exercises

Flat Bench Press	Incline Bench Press	Decline Bench Press
Bench Shoulder Press	Squat	

Recommended Optional Part

WB-OB16-SCB Short Cross Bar

Recommended Accessories

WB-LTA16	Lat Tower Accessory	WB-DMA16	Dip Machine Accessory
WB-LPA16	Leg Press Accessory	WB-LLA16	Leg Lift Accessory
WB-CMA16	Curl Machine Accessory	WB-PFA16	Pec/Fly Accessory
WB-FPA16OB	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



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

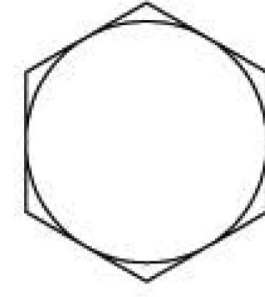


8" Adjustable Wrench

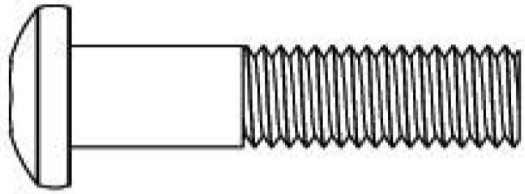
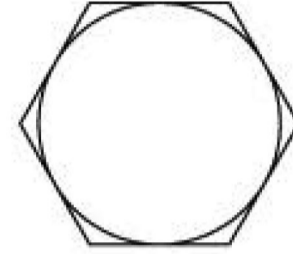
HARDWARE LIST



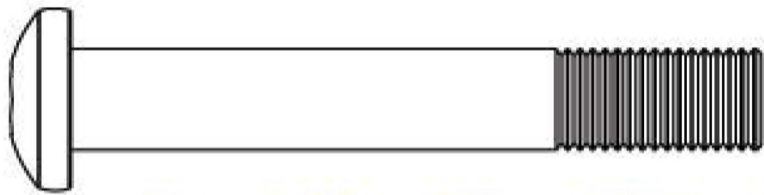
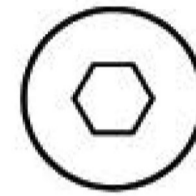
Part No. 21 1/2" x 4" 4 pcs



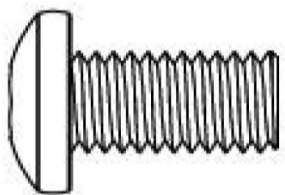
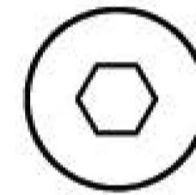
Part No. 20 1/2" x 3 1/2" 2 pcs



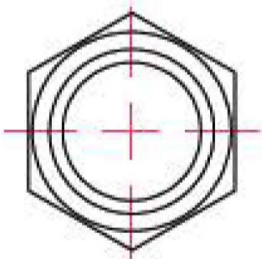
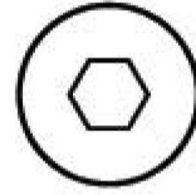
Part No.26 3/8" x 1 5/8" 2 pcs



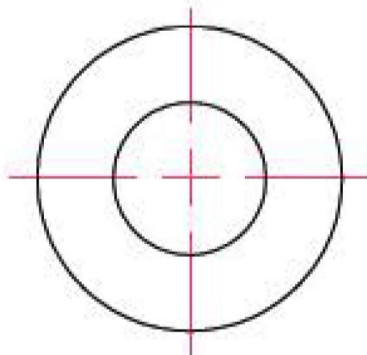
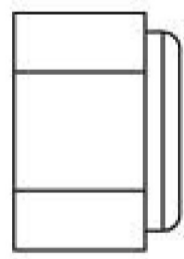
Part No.27 3/8" x 2 1/2" 2 pcs



Part No.24 3/8" x 3/4" 4 pcs



Part No.30 Nut 1/2" 8 pcs



Part No.29 Washer 1/2" 14 pcs



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WORKBENCH OLYMPIC BENCH

PARTS LIST



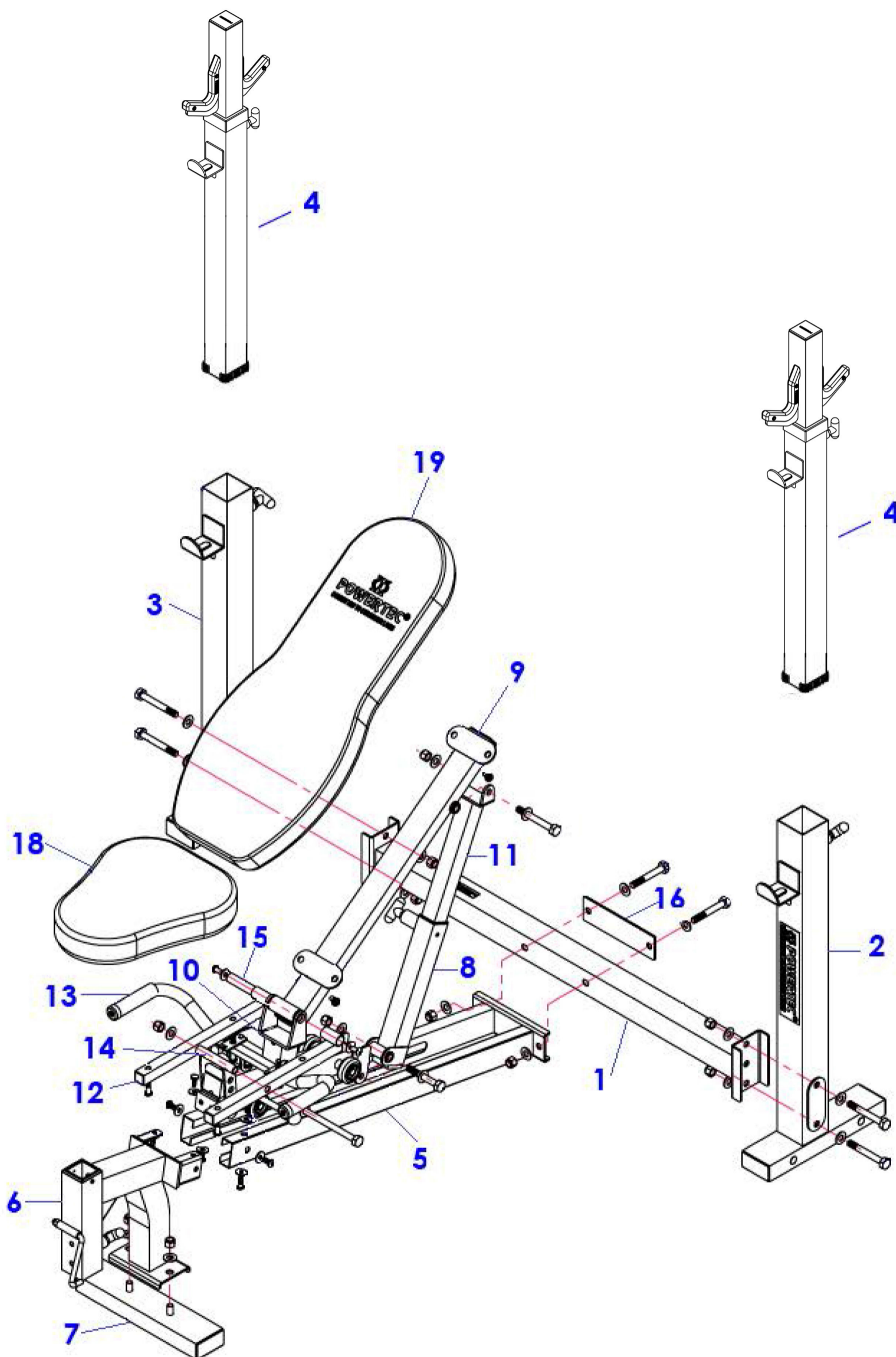
Part No.	Description:	Qty.
1	Rear Center Base Frame	1
2	Rear Up-Right Frame - Right	1
3	Rear Up-Right Frame - Left	1
4	Weight Support Tubes	2
5	Center Main Bench Frame	1
6	Front End Bench Frame	1
7	Front End Base Frame	1
8	Backrest Assembly Lower Tube	1
9	Backrest Support Tube	1
10	Adjustable Seat Carriage	1
11	Backrest Assembly Adj. Tube	1
12	Seat Pad Tubes	2
13	Seat Handles	1
14	Seat Height Adjustment Tube	1
15	Steel Axis	1
16	Reinforcement Plate	1
17	Ball Head Locking Pin	1
18	Seat Pad	1
19	Backrest Pad	1
20	Hex Bolt 1/2" x 3 1/2"	3
21	Hex Bolt 1/2" x 4"	4
22	Hex Bolt 1/2" x 4 1/8"	1
23	Hex Bolt 1/2" x 7 1/8"	1
24	Round Head Bolt 3/8" x 3/4"	10
25	Round Head Bolt 3/8" x 3/4"	2
26	Round Head Bolt 3/8" x 1 5/8"	2
27	Round Head Bolt 3/8" x 2 1/2"	2
28	Washer 1/2"	20
29	Washer 3/8"	8
30	Nut 1/2"	11

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WORKBENCH OLYMPIC BENCH

EXPLODED DIAGRAM

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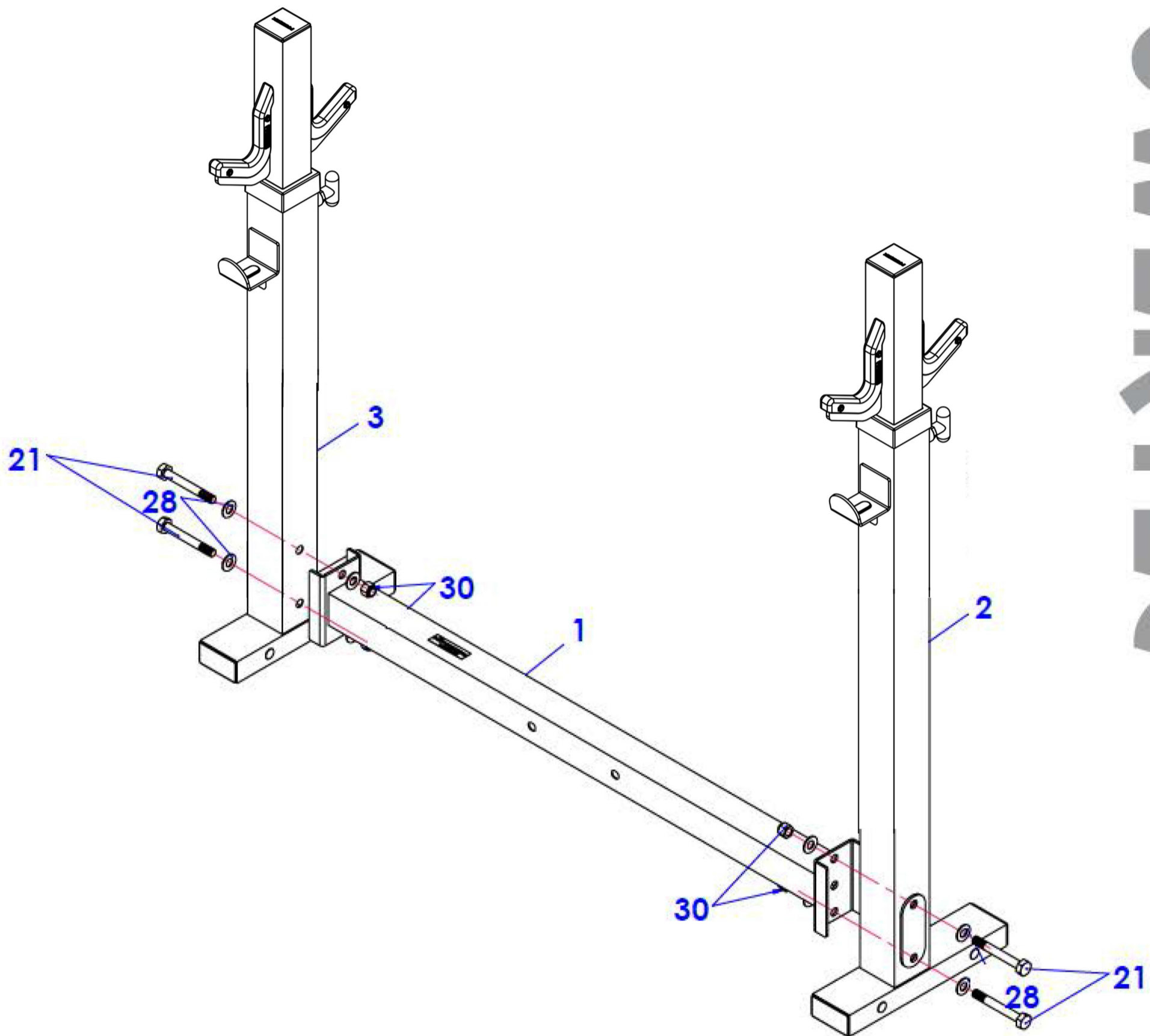


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WORKBENCH OLYMPIC BENCH

ASSEMBLY ONE


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Step 1

Install rear Center Base Frame No. 1 to Rear Up-Right Frames No. 2 and No. 3 Use Bolts No. 21, Washers No. 28 and Nuts No. 30

Important Note:

Make sure Weight Support Tubes No. 4 are not all the way in or all the way down and inside of the Rear Up-Right Frames, if you tighten the bolts with the Weight Support Tubes inside, you may have to loosen the hardware to allow them to go up as needed, this is for the first assembly only.

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WORKBENCH OLYMPIC BENCH

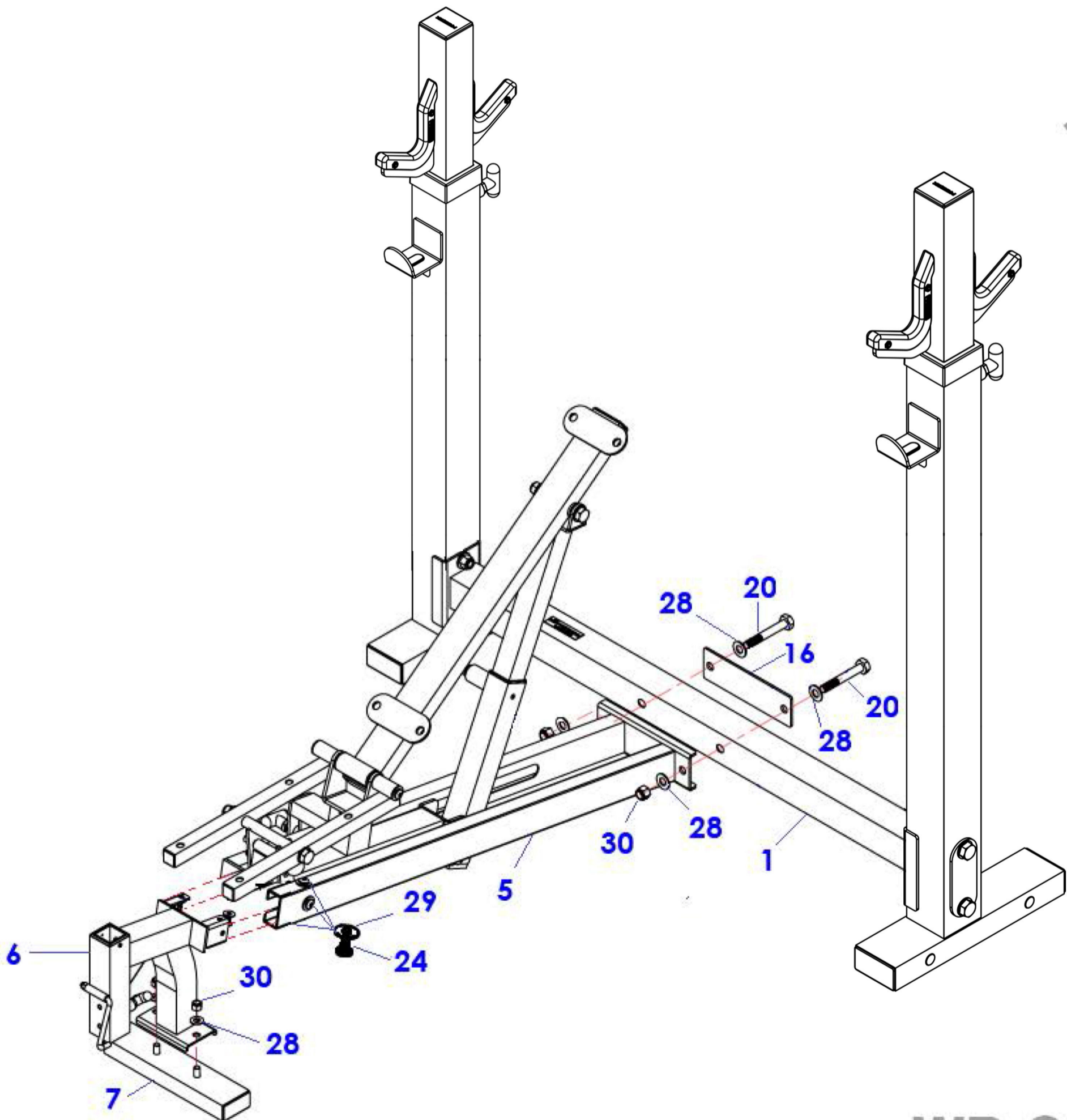
ASSEMBLY TWO

Step 1

Install Front End Bench Frame No. 6 to Front End Base Frame No. 7
Use Washers No. 29 and Bolts No. 25.

Step 2

Proceed and Install Front End Bench Frame No. 6 to Center Main Bench
Frame No. 5 Use No. 24 Bolts to secure.



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WORKBENCH OLYMPIC BENCH

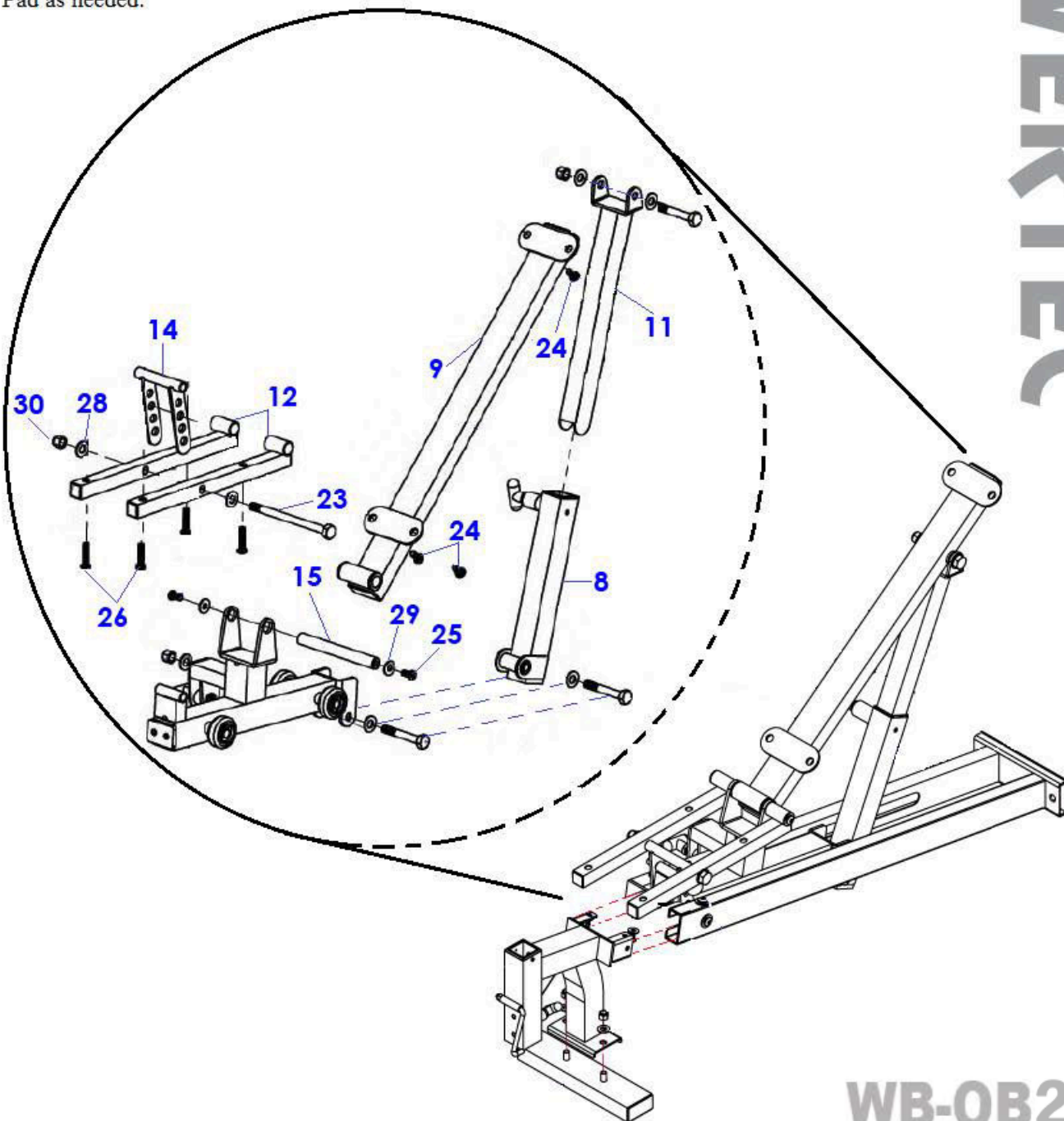
ASSEMBLY THREE

Step 1

Install Seat Pad Tubes No. 12 and Backrest Support Tube No. 9 using Steel Axis No. 15, Washers No. 29 and Bolts No. 25 proceed and install Seat Height Adjustment Tube No. 14 to Seat Pad Tubes No. 12 use Bolt No. 23, Washers No. 28 and Nuts No. 30

Step 2

Install Backrest Assembly Lower Tube No. 8 to Seat Carriage No. 10 use Bolt No. 20, Washer No. 29 and Nut No. 30. Proceed and Install Backrest Adjustment Tube No. 11 to Lower Tube No. 8 and Secure top end to Backrest Adjustment Tube No. 9 using Bolt No. 22, Washer No. 29 and Nut No. 30 - T Handle Spring Pin will adjust angle of Backrest Pad as needed.



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WORKBENCH OLYMPIC BENCH

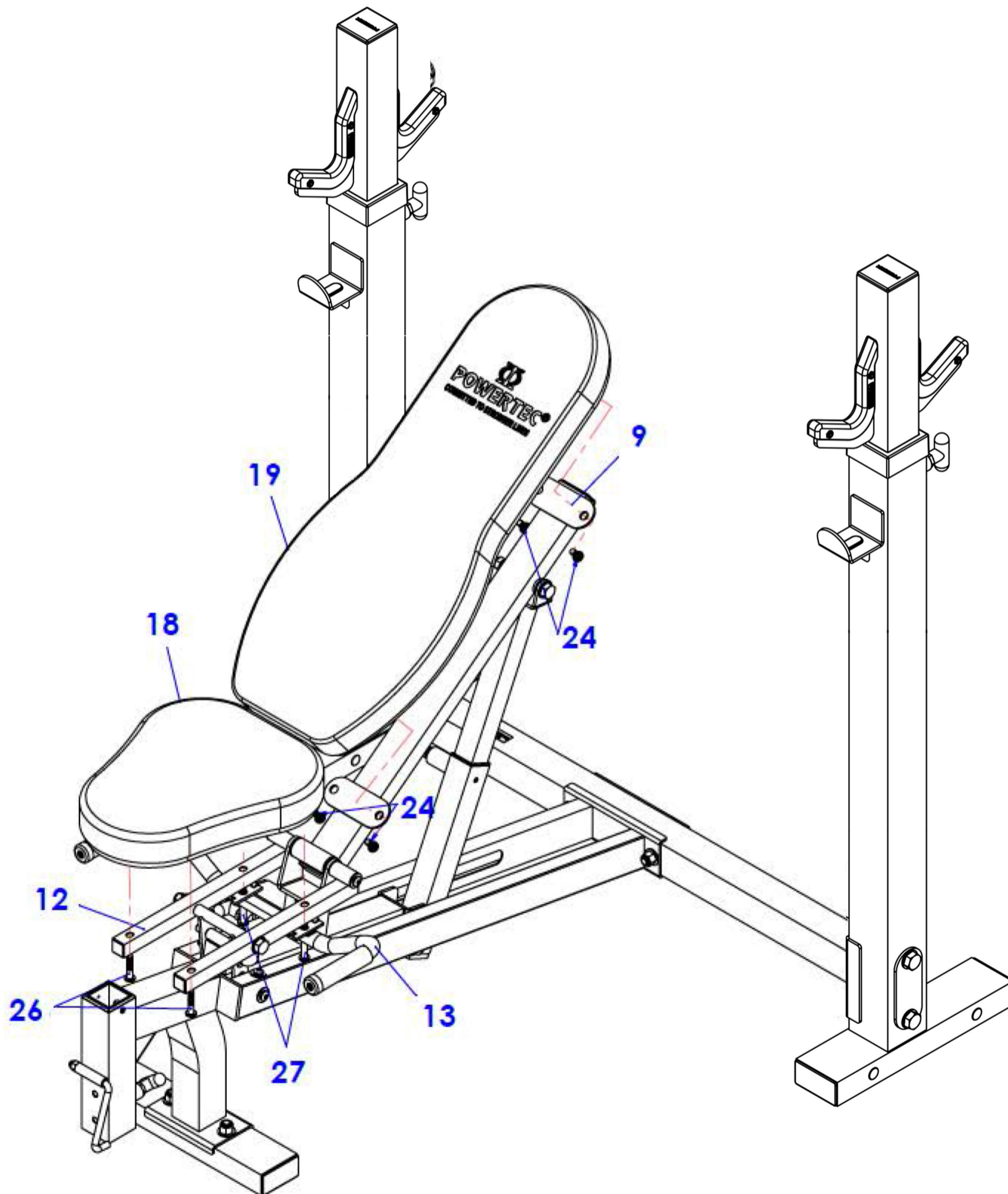
ASSEMBLY FOUR

Step 1

Install Seat Handles No. 13 and Seat Pad No. 18 use two No. 26 Bolts on the front and No. 27 Bolts to secure the rear part of the seat pad and seat handles.

Step 2

Install Backrest Pad No. 19 to Backrest Support Tube No. 9 use Bolts No. 24 to secure backrest pad.

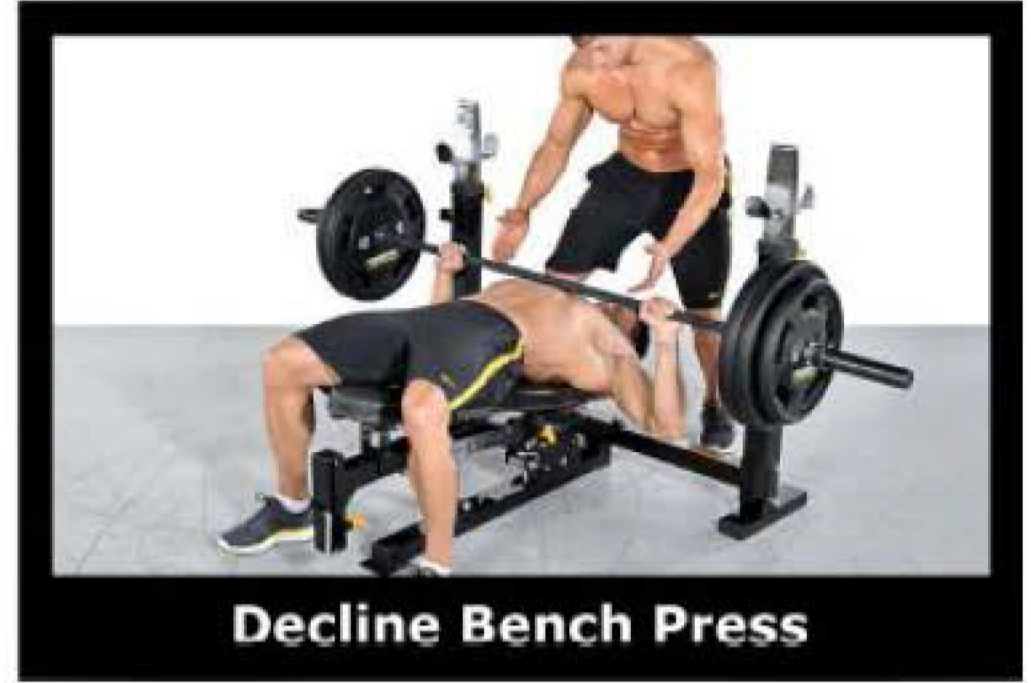


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WORKBENCH OLYMPIC BENCH

WB-OB20
Olympic Workbench
Featured Exercises



Flat Bench Press

Starting Position: Adjust the Bench to a horizontal position. Lay on the bench with your feet flat in the floor. Keep them still at all times. Grip the barbell wider than your shoulder width apart.

Lift the barbell from the rack, keeping your wrists in line with your elbows at all times, your arms should be fully extended, without locking your elbows. Pause briefly before slowly returning to the start position, with the bar just above your chest.

Decline Bench Press

Starting Position: Adjust the bench to a decline position. Lying flat on the bench with your feet flat on the floor. Keep your chest full and do not roll your shoulders. Grip the bar slightly wider than shoulder width apart.

Lift the Barbell from the rack, keeping your wrists in line with your elbows at all times. Your arms should be fully extended. Without locking your Elbows. Pause briefly before slowly returning to the starting position. With the bar just above your head.



Shoulder Press

Starting Position: Set the bench to the inclined Position, select the appropriate weight. Sit with Your back against the inclined bench with your Feet flat on the floor. Grip the barbell with both Hands at a comfortable distance apart.

Keep your back straight and your elbows parallel To your wrists and lift straight up. Extend without locking your elbows.

Pause briefly, return to starting position.

Incline Bench Press

Adjust the seat to a inclined position. sit back against the seat. Grip the barbell with your hands at a comfortable width apart. place your feet flat on the floor, keeping your chest up. Do not roll your Shoulders.

Lift the barbell straight up keeping your Elbows and wrists aligned. Extend your Arms as you lift the bar. Do not lock your elbows.

Pause briefly, return to 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

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.

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



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



