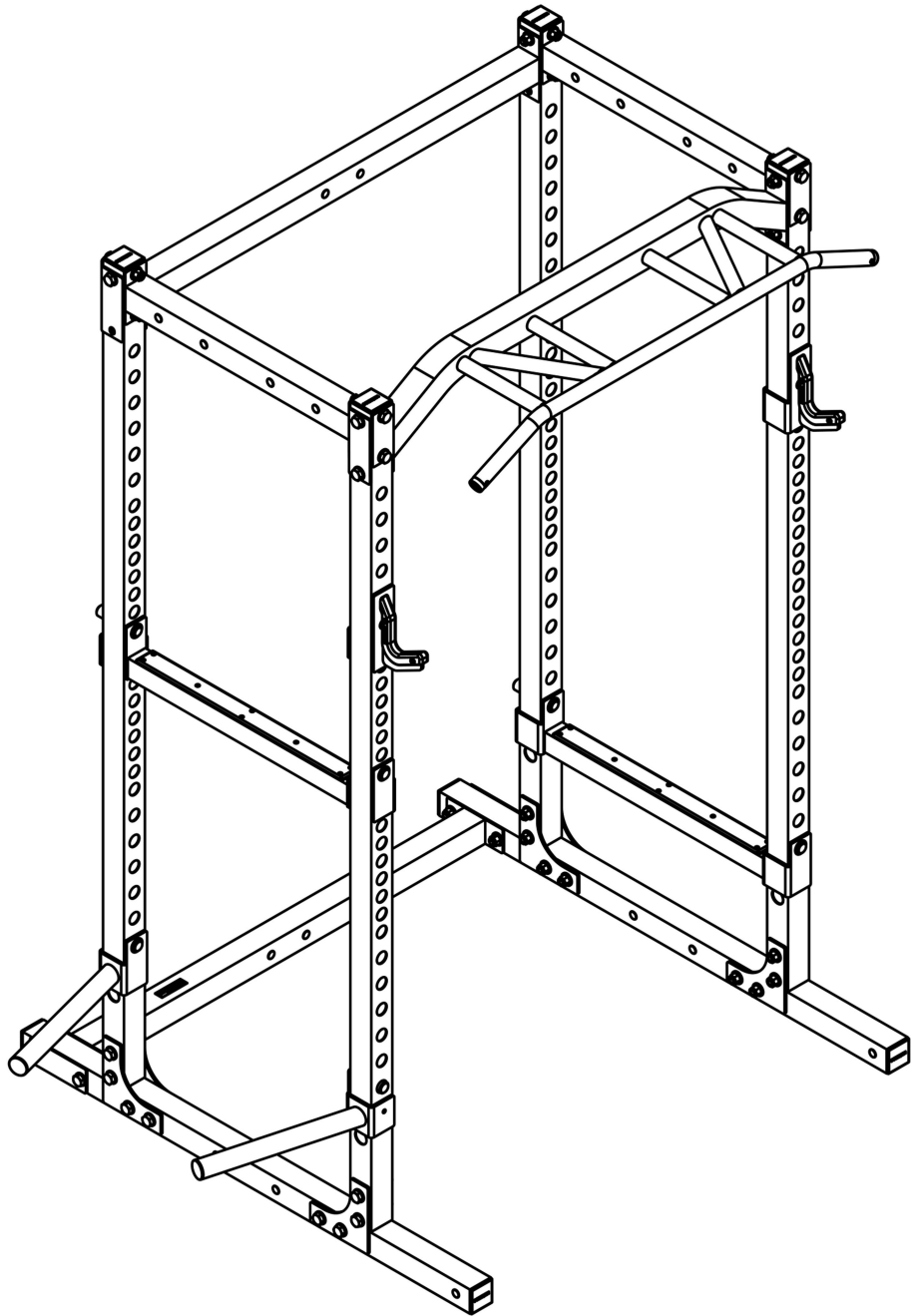


 **POWERTEC®**

WB-PR19

Manual



WORKBENCH POWER 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-PR19 Power Rack

Specifications

L 50.8"
W 66"
H 84"

Weight Capacity

Racking Section	1000 lbs.
Chin Up Bars	400 lbs. of Body Weight.
Dip Bars	400 lbs. of Body Weight.

The following exercises can be performed on the WB-PR18 Power Rack

Dips	Hanging Leg Raises	Hanging Leg Twists
Chin Ups	Push Ups	Horizontal Pull Ups

Customize your Power Rack and multiply your exercises by adding the following recommended accessories.

WB-UB16	Utility Workbench	WB-LTO16	Lat Tower Option
WB-UB16-CN	Utility Workbench Connector	WB-PR18-EXA	Power Rack 5" Extension
WB-PR18-SUPA	Step Up Plate Attachment	WB-PR18-WHA	Weight Plate Storage Horn
WB-PR18-RRA	Rope - Strength Bands Attachment	WB-PR18-MGBA	Multi-Grip Pull-Up Bar
OP-255-B	Olympic Plate Set 255 lbs. Plates	WB-PR18-BLA	Barbell / Barbell Landmine
OS-300-B	Olympic Plate Set 300 lbs. Plates + Olympic Bar		

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



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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



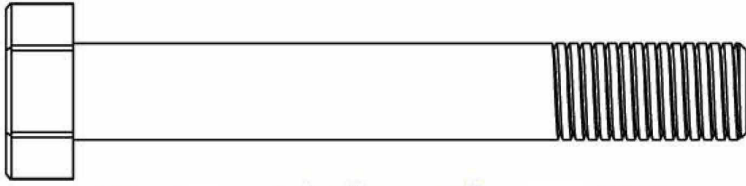
Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"

Helpful Tips

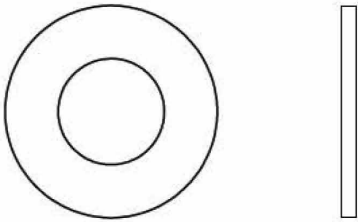
- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the unit on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows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


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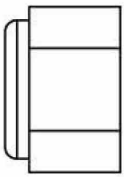
HARDWARE LIST



NO. 16 1/2" x 3.5" PCS 36



NO. 17 1/2" PCS 72



NO. 18 1/2" PCS 36



Do Not fully tighten until assembly is complete.

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WORKBENCH POWER RACK

PART LIST



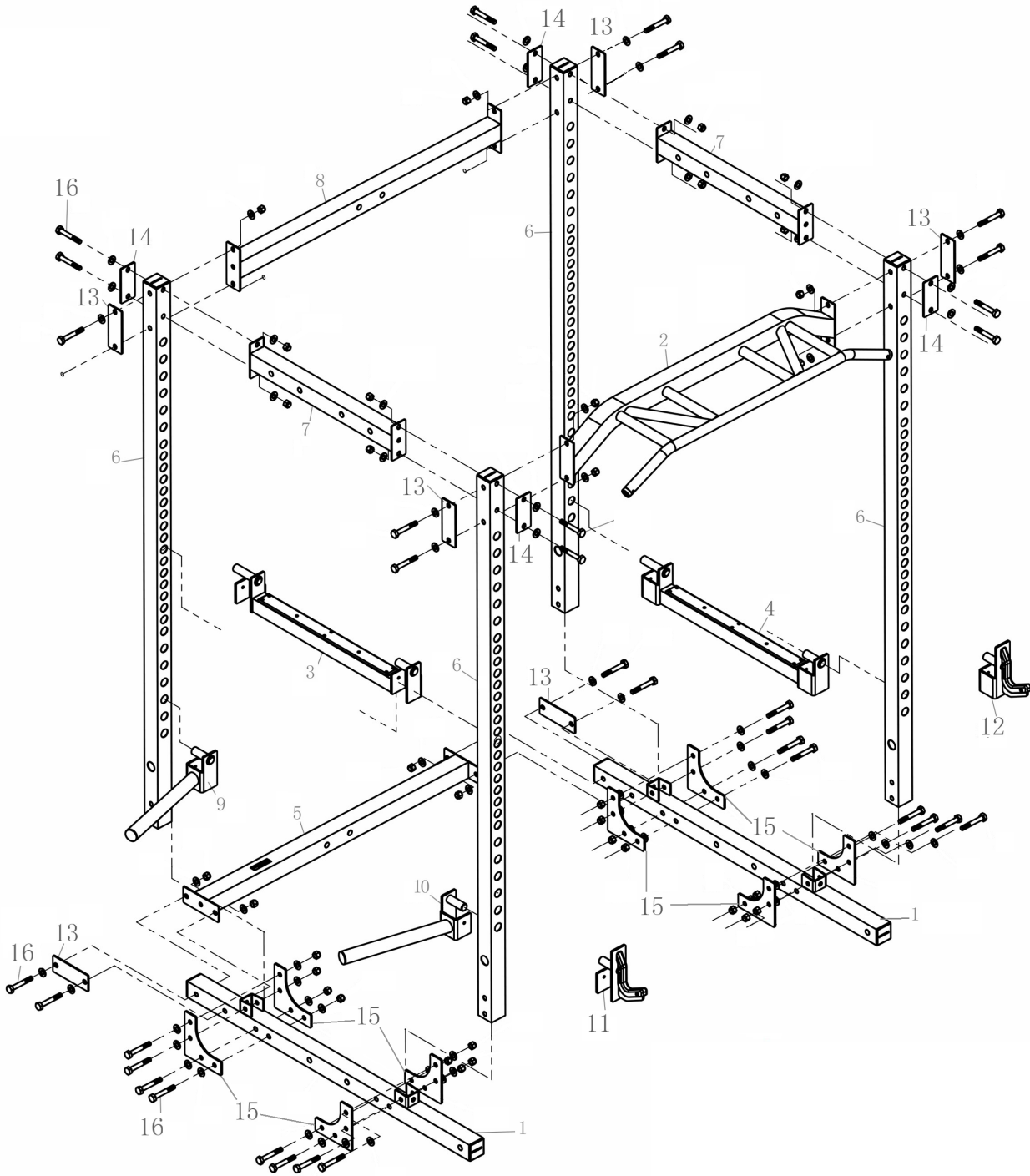
PART#	Description	QTY
1	Base Tube	1
2	Multi Grip Pull-up Bar Accessory	1
3	Weight Support Tube	1
4	Weight Support Tube	1
5	Lower Linkage Tube	1
6	Upright	4
7	Linkage Tube	2
8	Top Linkage Tube	1
9	Dip Bar	1
10	Dip Bar	1
11	J-Hook	1
12	J-Hook	1
13	Linkage Plate	6
14	Linkage Plate	4
15	Linkage Plate	8
16	Hex Bolt 1/2"X 3 1/2"	36
17	Washer 1/2"	72
18	Nylon Nut 1/2"	36

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WORKBENCH POWER RACK

EXPLODED DIAGRAM


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*Remarks: All unmarked **Bolts** are (16), all unmarked **Washers** are (17), and all unmarked **Nylon Nuts** are (18).*

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WORKBENCH POWER RACK

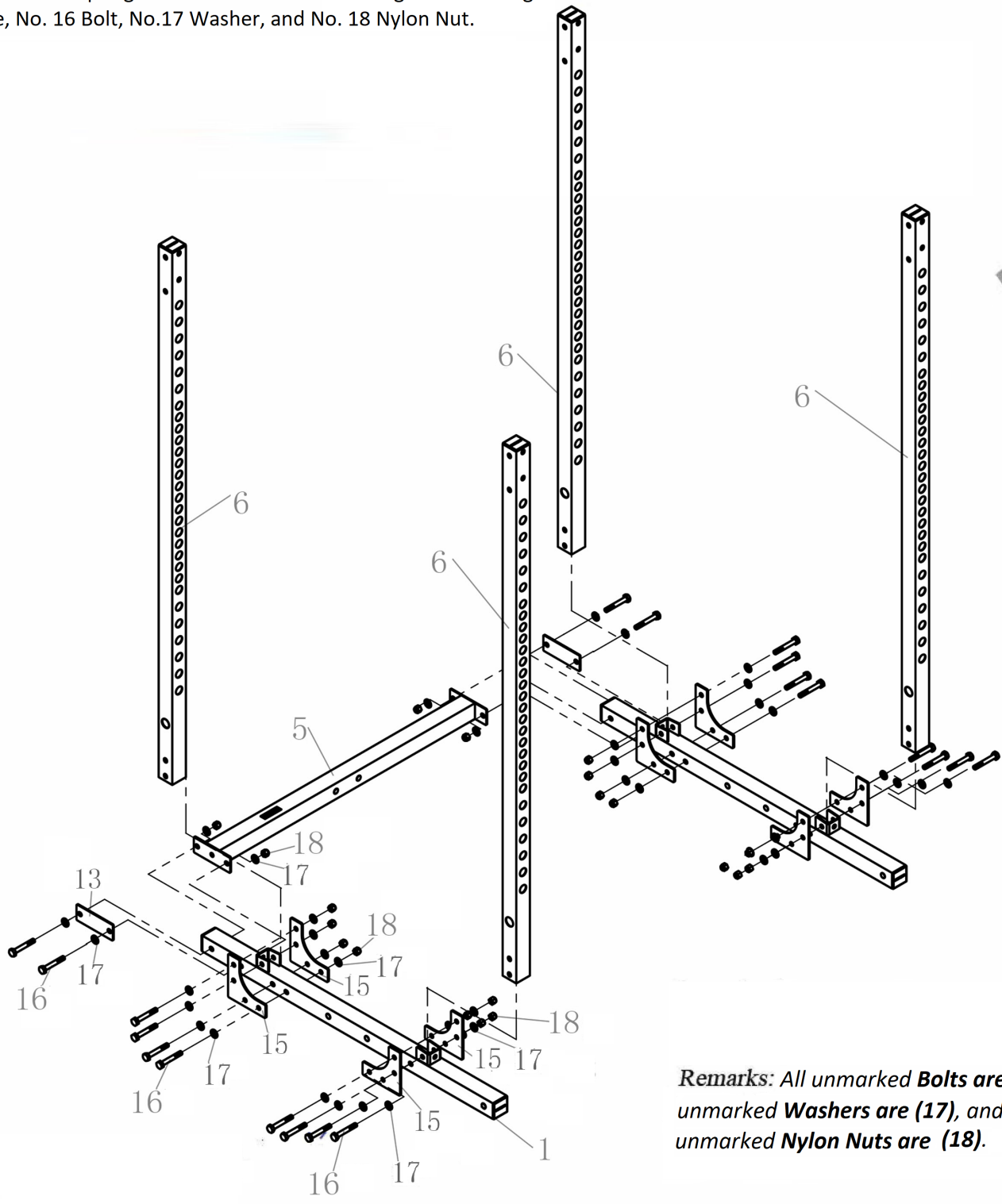
ASSEMBLY ONE

Step 1

Attach No. 5 Lower Linkage Tube to No. 1 Base Tubes with No. 13 Linkage Plate using No. 16 Bolt, No. 17 Washer, and No. 18 Nylon Nut. Repeat step on opposite side.

Step 2

Install No. 6 Up-Rights to No. 1 Base Tubes using No. 15 Linkage Plate, No. 16 Bolt, No.17 Washer, and No. 18 Nylon Nut.



Remarks: All unmarked Bolts are (16), all unmarked Washers are (17), and all unmarked Nylon Nuts are (18).

Do Not Fully Tighten Until Assembly Has Been Completed.

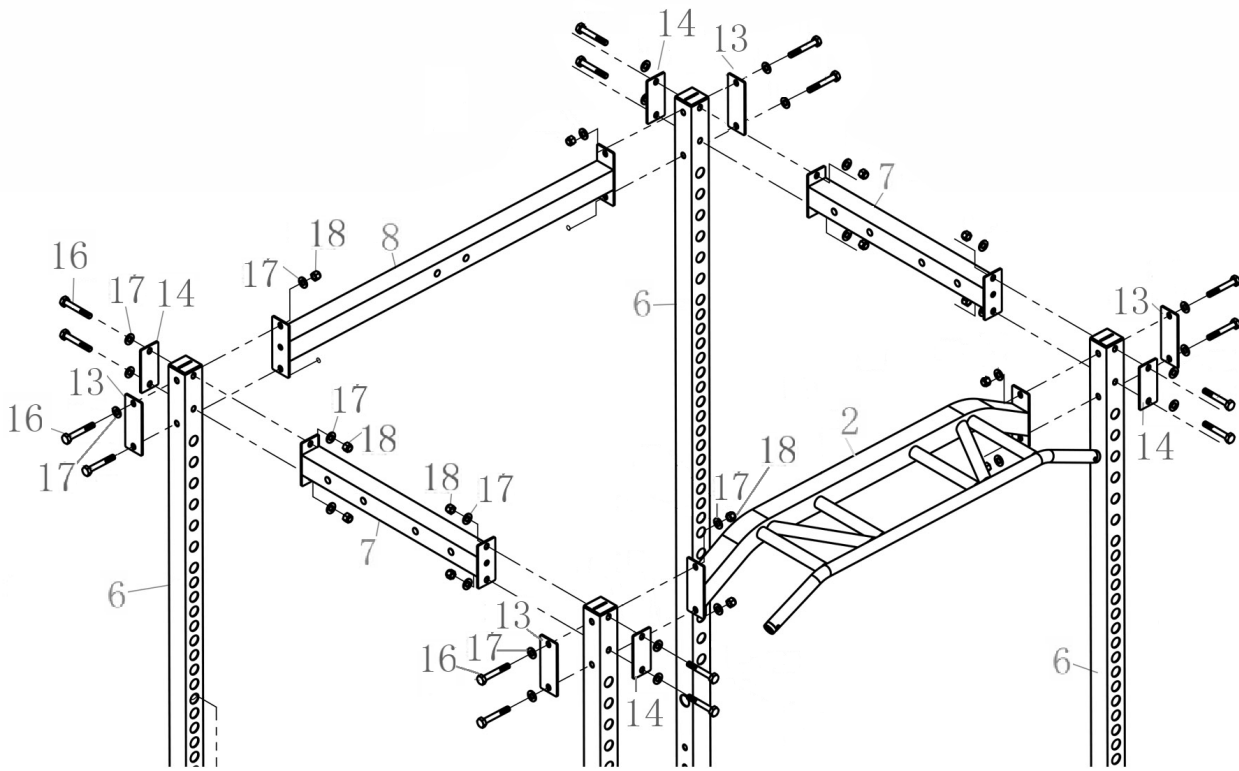
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WORKBENCH POWER RACK

ASSEMBLY TWO

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Do Not Fully Tighten Until Assembly Has Been Completed.

Step 1

Attach No. 8 Top Linkage Tube with No. 13 Linkage Plate to No. 6 Up-Rights using No. 16 Bolt, No. 17 Washer, and No. 18 Nylon Nut. Repeat step on opposite side.

Step 2

Attach No. 7 Linkage Tube to each No. 6 Up-Right with No. 14 Linkage Plate at each end, use No. 16 Bolt, No. 17 Washer, and No. 18 Nylon Nut. Repeat step on opposite side

Step 3


Attach No. 2 Multi Grip Pull-up Bar Accessory to No. 6 Up-Rights with No. 13 Linkage Plate at each end, use No. 16 Bolt, No. 17 Washer, and No. 18 Nylon Nut. Repeat step on opposite side

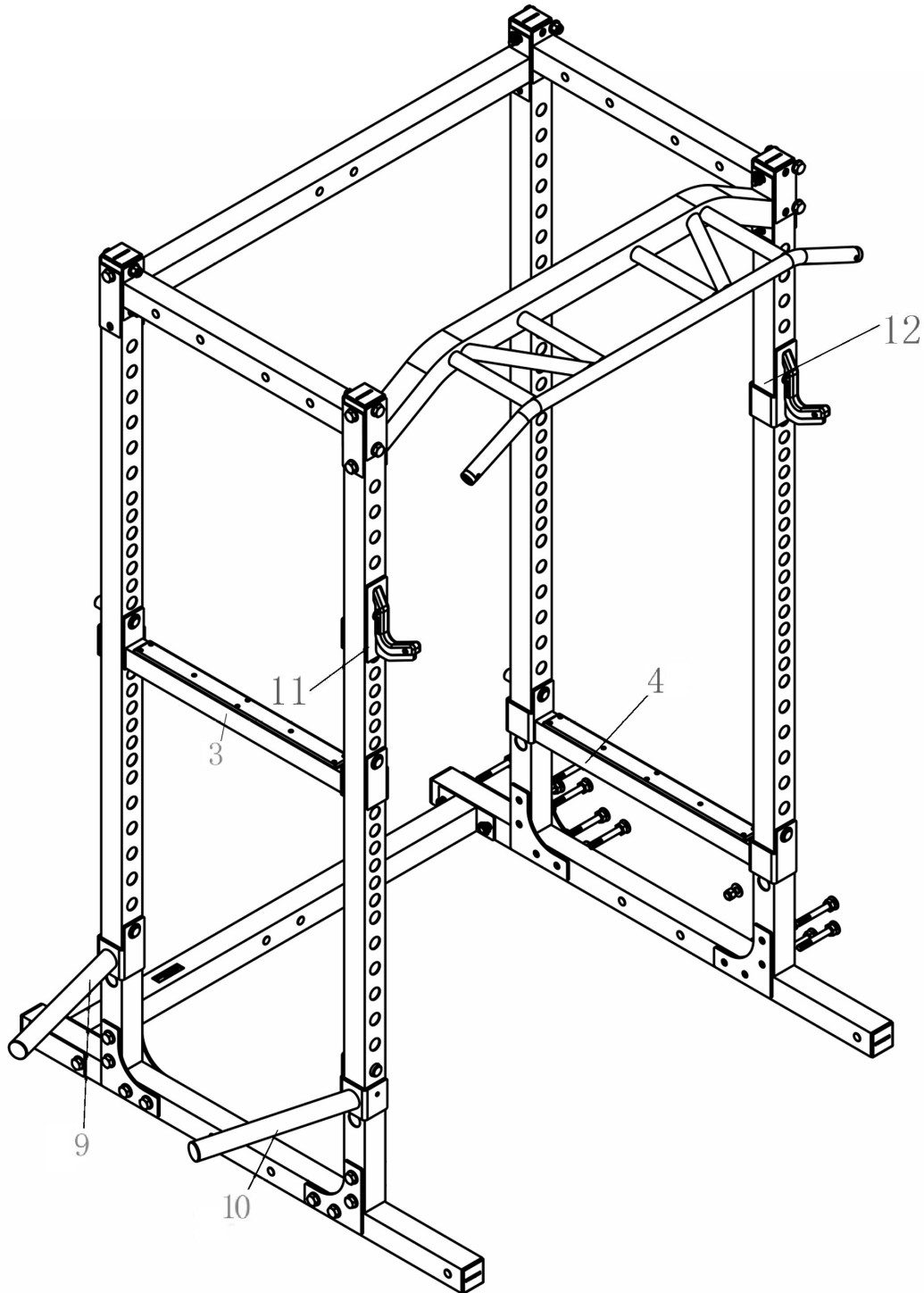
Remarks: All unmarked Bolts are (16), all unmarked Washers are (17), and all unmarked Nylon Nuts are (18).

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WORKBENCH POWER RACK

ASSEMBLY THREE


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Weight Support Tubes No. 3, No. 4 are the Spotters and can be adjusted to different height settings as needed.

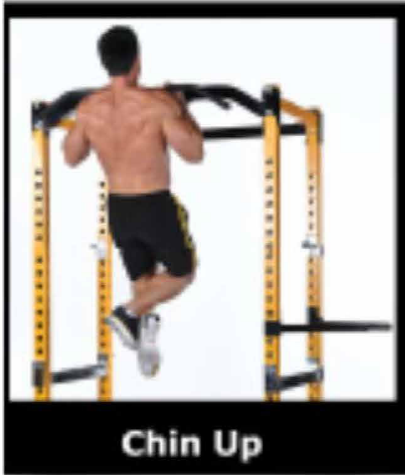
Weight Support Tubes No. 11 and No. 12 are your Safety Catches or J Hooks and can be positioned on the inside or the outside of the Power Rack and adjusted as needed.

Dip Bars No. 9 and No. 10 can be positioned on the inside or the outside of the Power Rack and adjusted as needed.

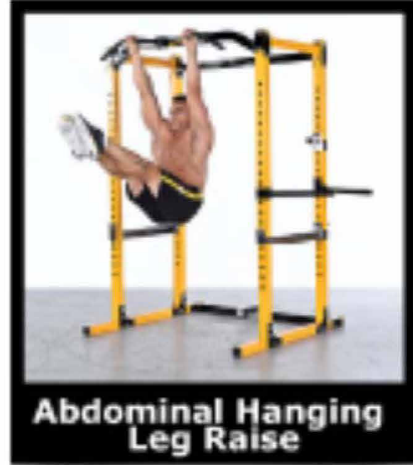
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WORKBENCH POWER RACK

WB-PR19
EXERCISES



Chin Up



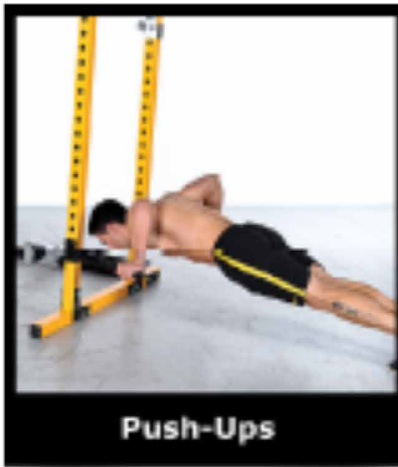
**Abdominal Hanging
Leg Raise**

Chin Ups

Grip the Bar at the top of the Power Rack.
Pull yourself up until your chin reaches
The height of the bar or as far as you can.
Pause briefly before returning to the starting position.

Abdominal Hanging Leg Raises

Grip the bar at the top of the Power Rack.
Keep your leg straight and raise your legs in front
Of you until your feet are at waist level or as high
As you can.
Pause briefly before returning to the starting position.



Push-Ups



Dip

Push Ups

Adjust the Dip Bars, placing them one foot from the
ground. Grab the Dip Bars with your arms fully extended.
Do Not Lock Elbows, and extend your body facing the floor
Keep your legs, back and neck straight and aligned. Curl your
Toes up and allow the weight to rest on the balls of your feet.
Lower yourself, bending the elbow, until elbows are at a 90°
degree angle.
Pause briefly before returning to the starting position.

Dips

Face the machine and place yourself in between
The Dip Bars. Grip the Dip Bars and keep arms
fully extended, Do Not Lock Your Elbows.
As you bend your knees, lifting your feet off the
ground and crossing your ankles behind you.

Slowly lower yourself until your chest is almost
At the level of the Dip Bars.
Do Not Dip Too Far Down.
Pause briefly before returning to the 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



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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



