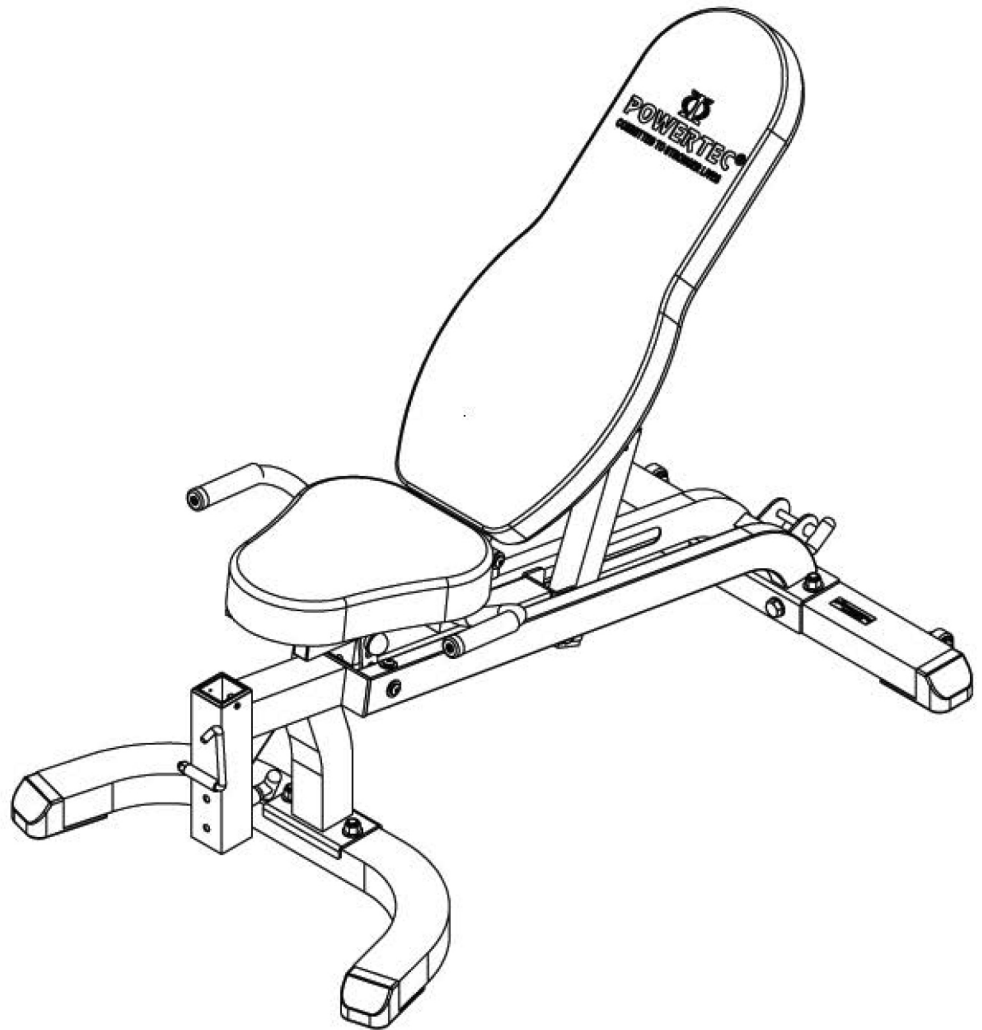


 **POWERTEC®**

WB-UB20



Manual

WORKBENCH UTILITY 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-UB20
 Utility Workbench**

Weight Capacities

Maximum Load: Body Weight / Resistane: 600 Lbs.

Featured Exercises

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

The Utility Workbench is designed to be used as a stand alone workbench or as a compliment to your gym. We highly recommend the workbench to be used in conjunction with a Powertec Power Rack, Half Rack, Roller Smit Machine or Functional Trainer along with the wide variety of accessories designed for the Utiliy Workbench

Recommended Systems

WB-PR16	Power Rack	WB-HR16	Half Rack
WB-RS16	Roller Smith Machine	WB-FTD16	Functional Trainer
WB-LST16	Levergym Tower		

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

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

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HARDWARE LIST

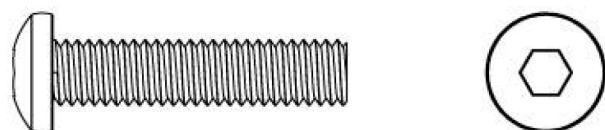
 **POWERTEC**[®]



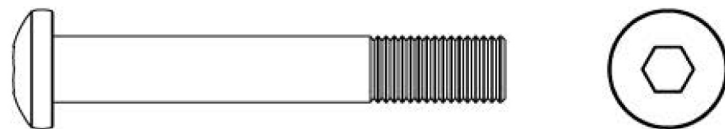
No.18 1/2" x 4" 2 PCS



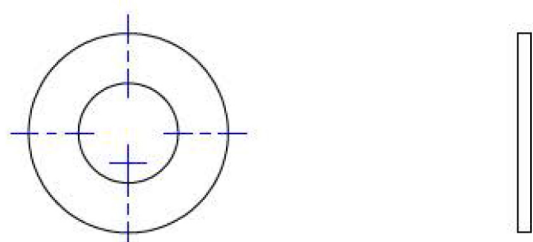
No.20 3/8" x 3/4" 4 PCS



No.22 3/8" x 1 5/8" 4 PCS



No.23 3/8" x 2 1/2" 2 PCS



No.25 1/2" 8 PCS



No.26 1/2" 6 PCS

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WORKBENCH UTILITY BENCH

PARTS LIST



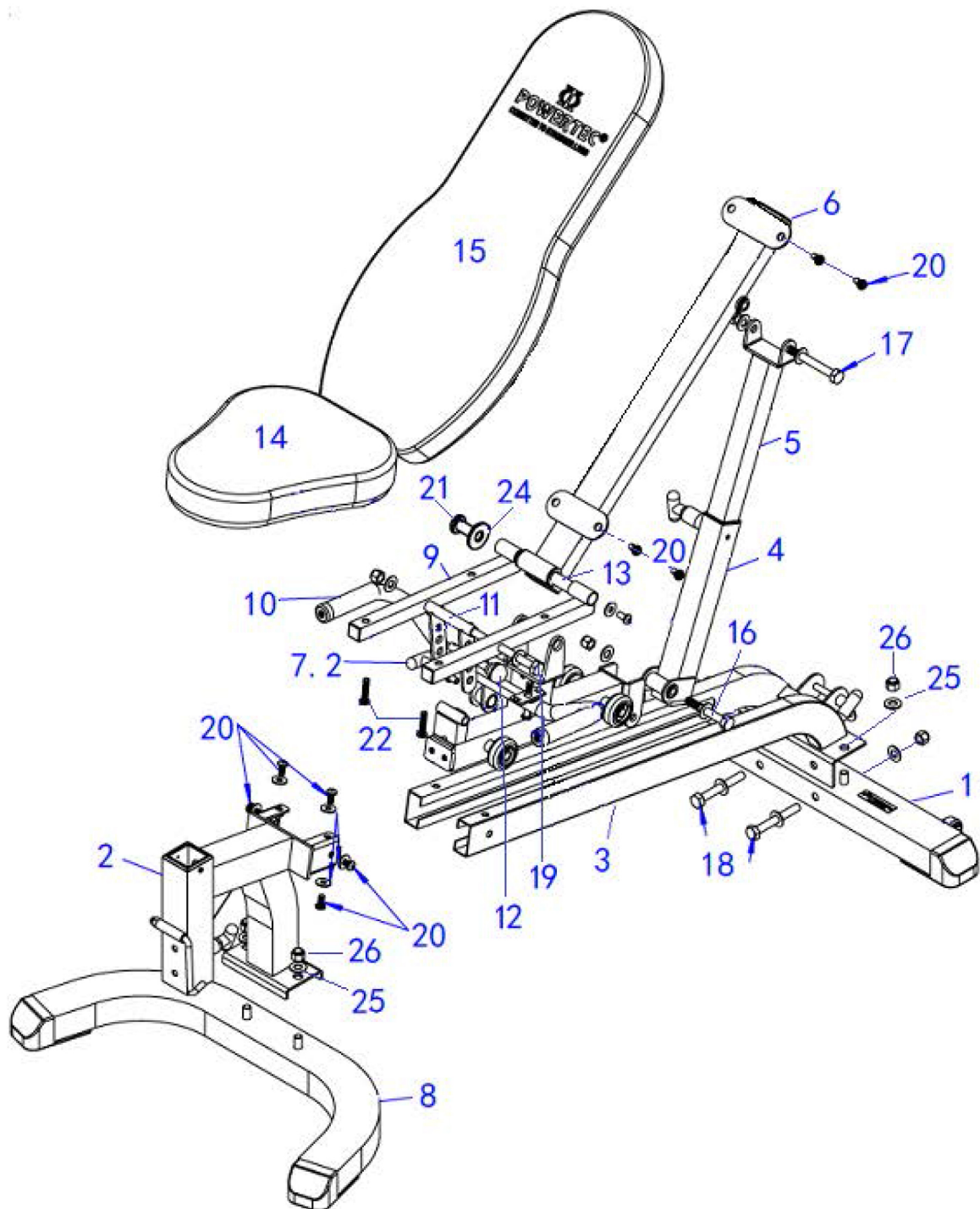
Part No.	Description	Qty
1	Rear Base Tube	1
2	Front End Bench Frame	1
3	Center Main Bench Frame	1
4	Backrest Assembly Lower Tube	1
5	Backrest Assembly Adj. Tube	1
6	Backrest Pad Support Tube	1
7	Adjustable Seat Carriage	1
7.2	T Handle Spring Pin	1
8	Front Base Tube	1
9	Seat Assembly Tube	2
10	Seat Handles	1
11	Seat Height Adjustment Tube	1
12	Ball Head Lock Pin	1
13	Steel Axis	1
14	Seat Pad	1
15	Backrest Pad	1
16	Hex Bolt 1/2" x 3 1/2"	1
17	Hex Bolt 1/2" x 4 1/8"	1
18	Hex Bolt 1/2" x 4"	2
19	Hex Bolt 1/2" x 7 1/8"	1
20	Round Head Bolt 3/8" x 3/4"	10
21	Round Head Bolt 3/8" x 3/4"	2
22	Round Head Bolt 3/8" x 1 5/8"	2
23	Round Head Bolt 3/8" x 2 1/2"	2
24	Washer 3/8"	8
25	Washer 1/2"	14
26	Nut 1/2"	9

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WORKBENCH UTILITY BENCH

EXPLODED DIAGRAM


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Important Note:
All Unmarked Washers are No. 25 and Nuts No. 26

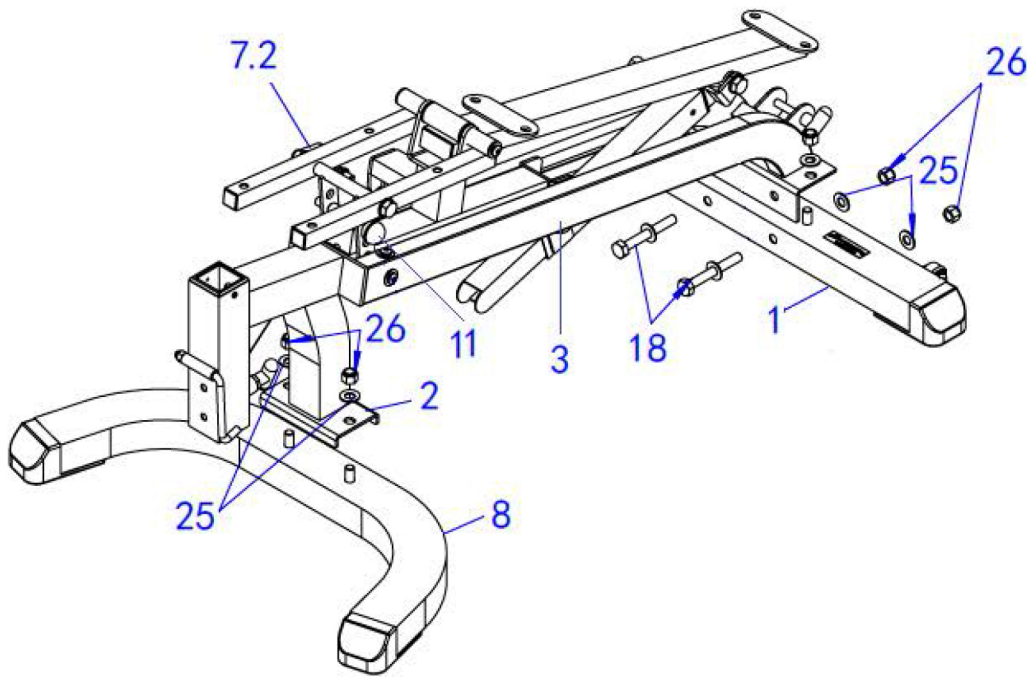
WB-UB20
WORKBENCH UTILITY BENCH

ASSEMBLY ONE


POWERTEC
®

Step 1

Install T Handle Spring Pin Part No. 7.2 to Center Main Frame Part No. 3



Step 2

Install Center Main Bench Frame No. 3 to Rear Base Tube No. 1 and to Front Base Tube No. 8 Use Bolts No. 18, Washers No. 25 and Nuts No. 26

Important Note:

Some Parts and Components may come pre-assembled by the factory, make sure to go over them before finishing assembly.

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WORKBENCH UTILITY BENCH

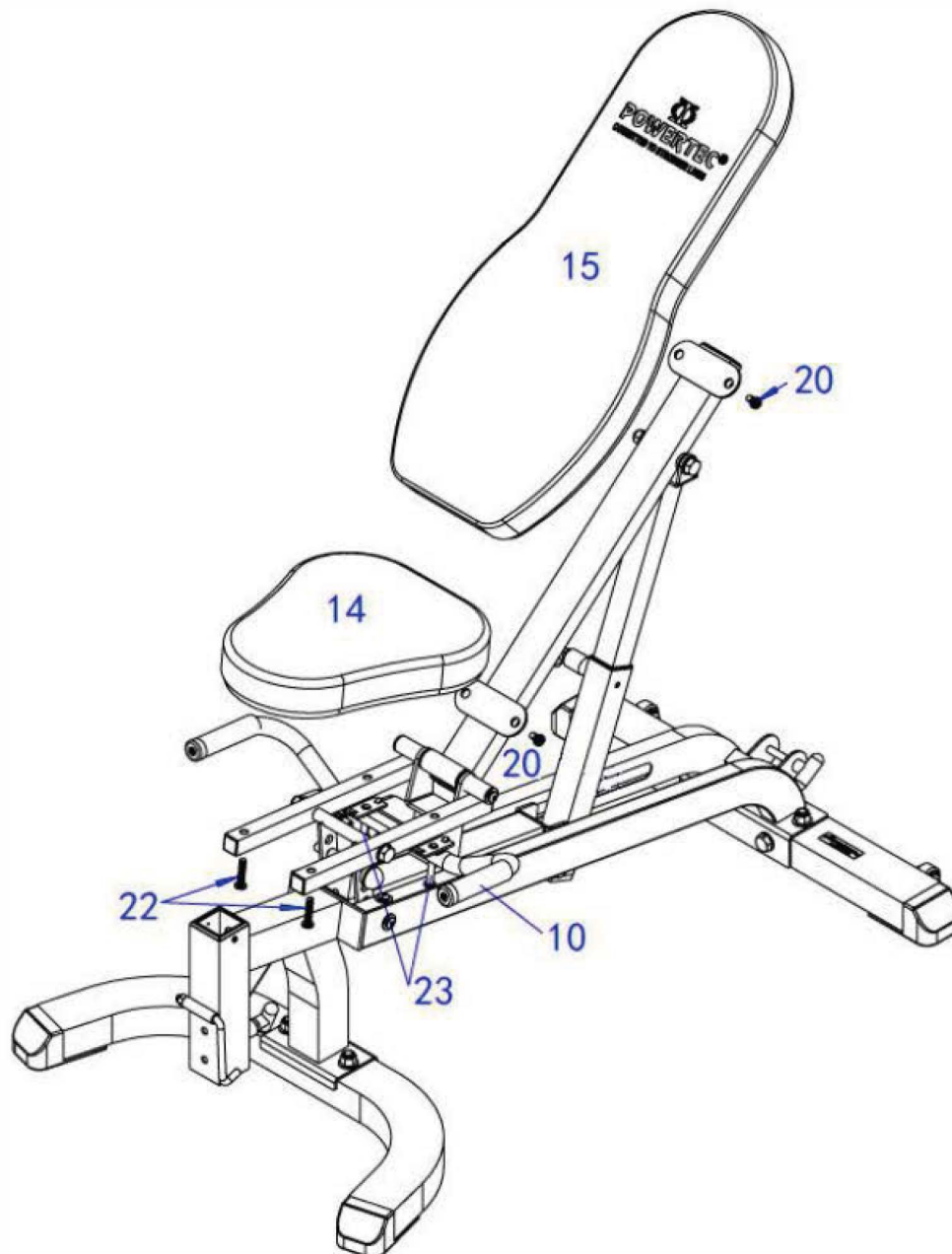
ASSEMBLY TWO

Step 1

Install Backrest Pad No. 15 onto Backrest Pad Tube No. 6
Secure pad using Bolts No. 20

Step 2

Install Seat Pad No. 14 onto Seat Pad Tubes No. 9 and to
Seat Handles No. 10, Use Bolts No. 22 in the front area of
the seat and No. 23 Bolts on the rear area of the seat.



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WORKBENCH UTILITY BENCH

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



