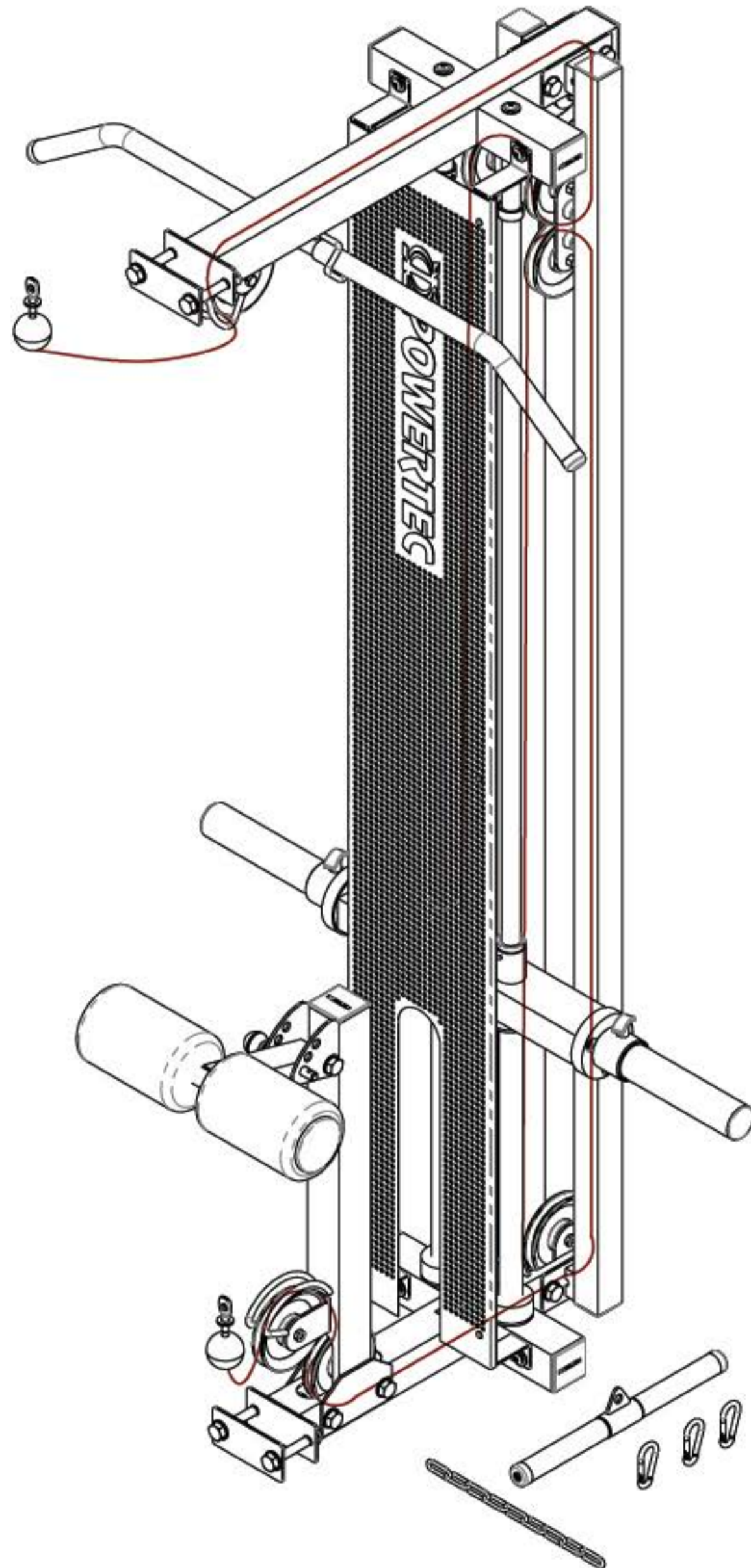


 **POWERTEC<sup>®</sup>**

**WORKBENCH**

**WB-LT014**



**Manual**

**WORKBENCH LAT TOWER OPTION**

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
Parts List.....	7
Exploded Diagram.....	8
Assembly Steps.....	9-12
Cable Routing Diagram.....	13
Warranty Certificate.....	14
Warranty Registration Card.....	15

## WB-LTO14 LAT TOWER OPTION

### Weight Capacity

Weight Carriage / Cable: 500 lbs.

### Recommended Systems for the Lat Tower Option

WB-PR14	Power Rack	WB-HR14	Half Rack
WB-BRS13	Roller Smith	WB-UB13	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:**

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

### Recommended Accessories

**When Adding a Utility Bench, you can build your gym further by adding the following accessories:**

WB-PFA13	Pec Fly Accessory	WB-LTA-13	Lat Tower Accessory
WB-LPA13-S1	Leg Press Accessory	WB-DMA13	Dip Machine Accessory
WB-LLA14	Leg Lift Accessory	WB-ASR10	Accessory Storage Rack
WC-CM13	Curl Machine 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"

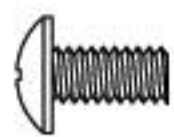


**8" Adjustable Wrench**

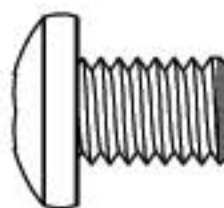


# HARDWARE LIST

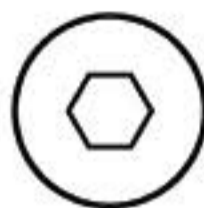
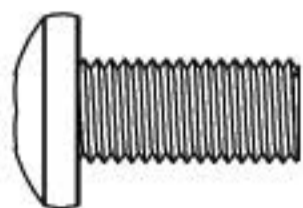
**POWERTEC**<sup>®</sup>



NO.28 M5X10 6PCS



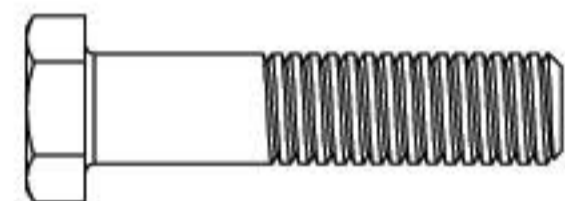
NO.29 3/8"X1/2" 6PCS



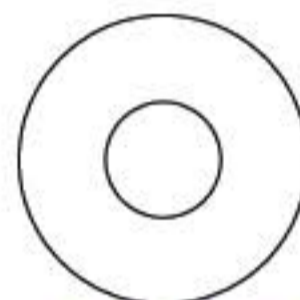
NO.30 3/8"X3/4" 4PCS



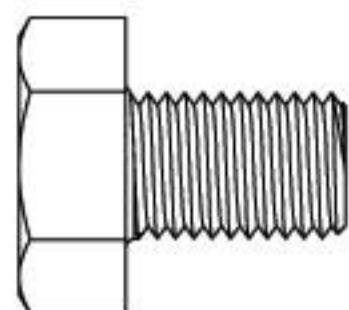
NO.31 3/8"X3 1/8" 2PCS



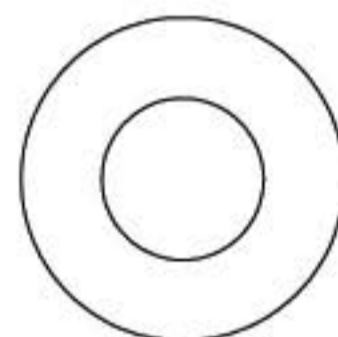
NO.33 3/8"X1 5/8" 2PCS



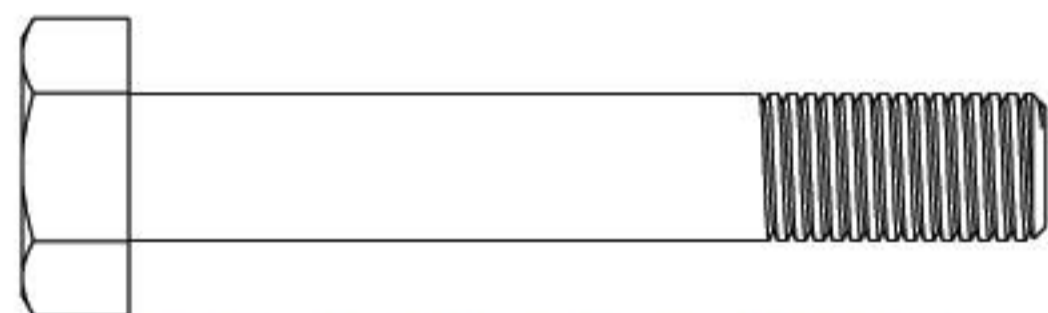
NO.37 3/8" 6PCS



NO.34 1/2"X3/4" 12PCS



NO.38 1/2" 22PCS



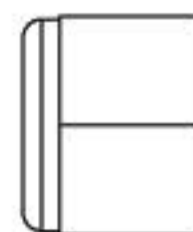
NO.35 1/2"X3 1/8" 1PCS



NO.39 3/8" 2PCS



NO.36 1/2"X3 1/2" 4PCS



NO.41 1/2" 5PCS

Hardware as shown is actual size

**WB-LT014**

**WORKBENCH LAT TOWER OPTION**

# PART LIST

Part#	Description	QTY
1	Rear Base Tube	1
2	Rear Upright	2
3	Slide Rod	2
4	Weight Hold Tube	1
5	Boom	1
6	Weight Support Tube	2
7	Adjustment Tube	1
8	Roller Tube	1
9	Reinforcement Plate	2
10	Linkage Plate	2
11	Lat Bar	1
12	Lower Lat Bar	1
13	Fixed Tube	1
14	Weight Horn	2
15	Cover Fixed Tube	2
16	Cover	1
17	Collar	2
18	Rubber Bumper	2
19	Sleeve	2
20	Screw M6	4
21	Bumper	2
22	Pulley	2
23	Chain	1
24	Ellipse Hook	3
25	Upper Cable	1
26	Lower Cable	1
27	Ball Head Pin	1
28	Bolts M5	6
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 1/8"	1
36	Hex Bolt 1/2" x 3 1/2"	4
37	Washer 3/8"	6
38	Washer 1/2"	22
39	Nylon Nut 3/8" 7T	2
40	Nylon Nut 3/8" 11T	1
41	Nylon Nut 1/2"	5

Rear Base Tube



POWERTEC®

Note:  
Not Listed are 2 ea. Foam Rollers and Chrome  
End Caps for Part No. 8

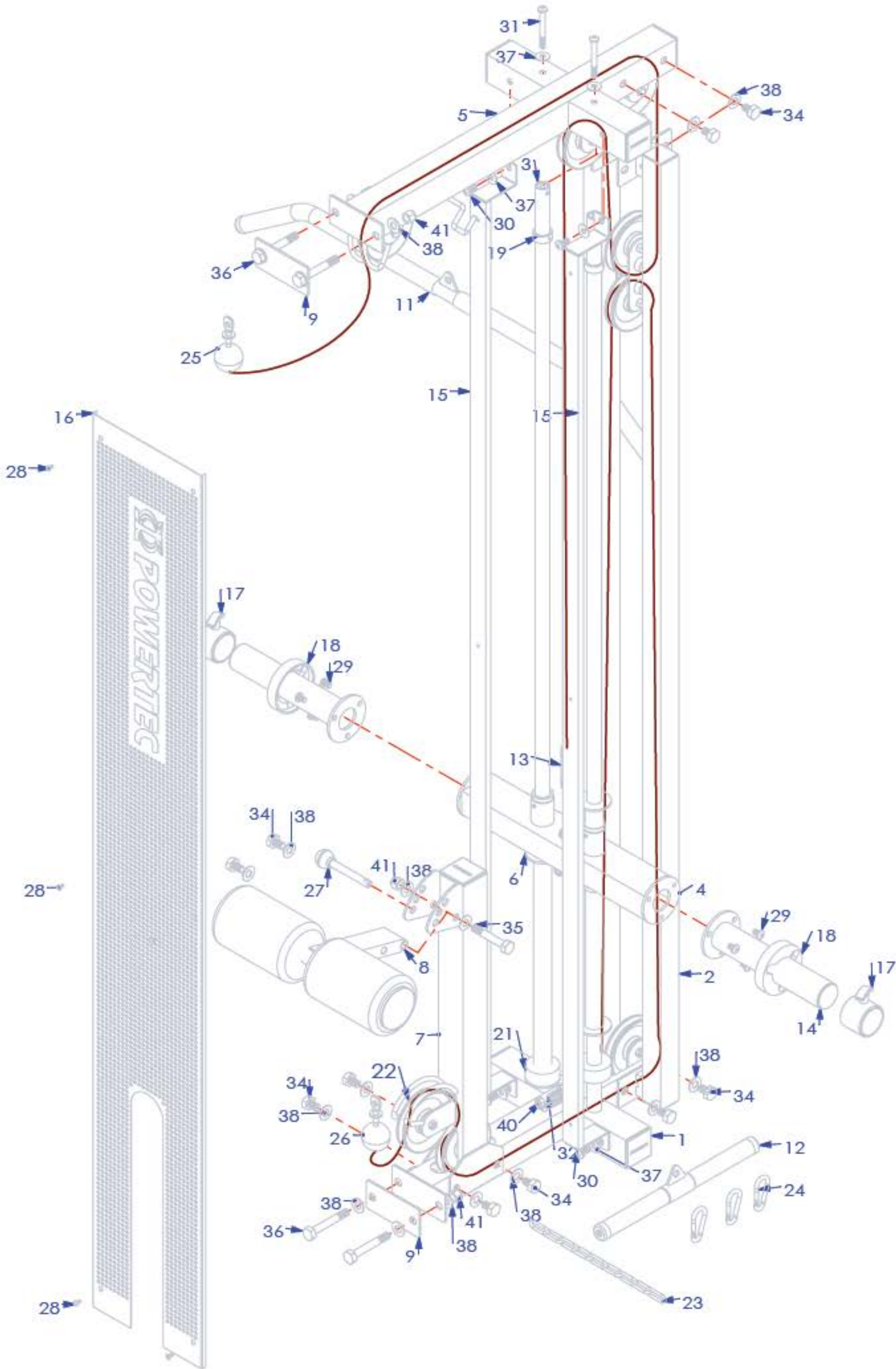
**WB-LT014**

**WORKBENCH LAT TOWER OPTION**



# EXPLODED DIAGRAM

**POWERTEC**<sup>®</sup>



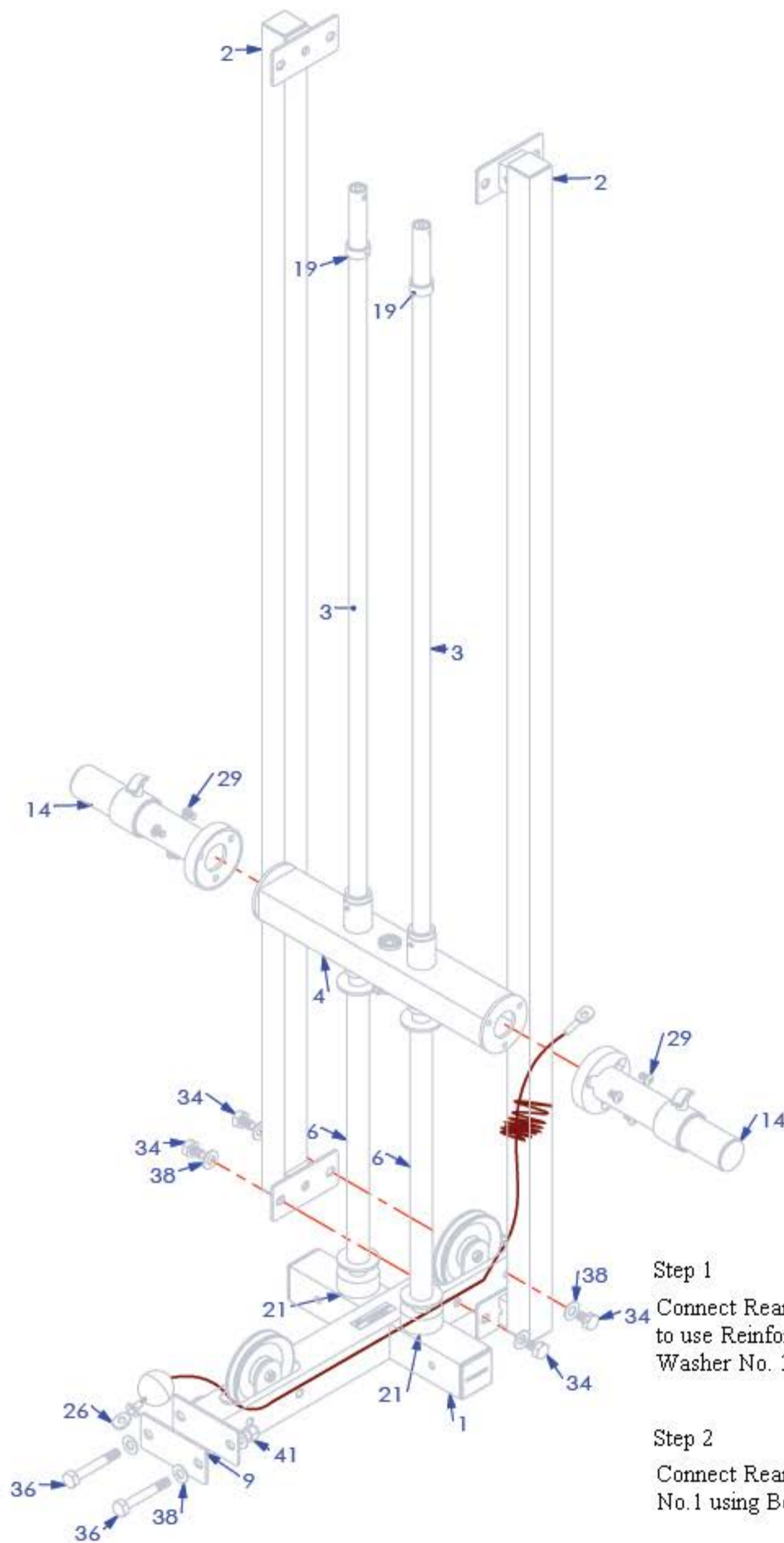
**WB-LT014**

**WORKBENCH LAT TOWER OPTION**



# ASSEMBLY ONE

**POWERTEC**<sup>®</sup>



### Step 1

Connect Rear Base Tube No. 1 to Rack make sure to use Reinforcement Plate No. 9 Hex Bolt No. 36 Washer No. 38 and Nylon Nut No. 41

### Step 2

Connect Rear Upright No. 2 to Rear Base Tube No.1 using Bolts No. 34 and Washer No. 38.

### Step 3

Insert Slide Rods No. 3 into Weight Hold Tube No.4 Then Weight Support Tubes No. 6 and Bumpers No. 21 into Slide Rods No.3 and Place on Rear Base Tube No. 1

**WB-LT014**

**WORKBENCH LAT TOWER OPTION**

# ASSEMBLY TWO

 **POWERTEC**<sup>®</sup>

## Step 1

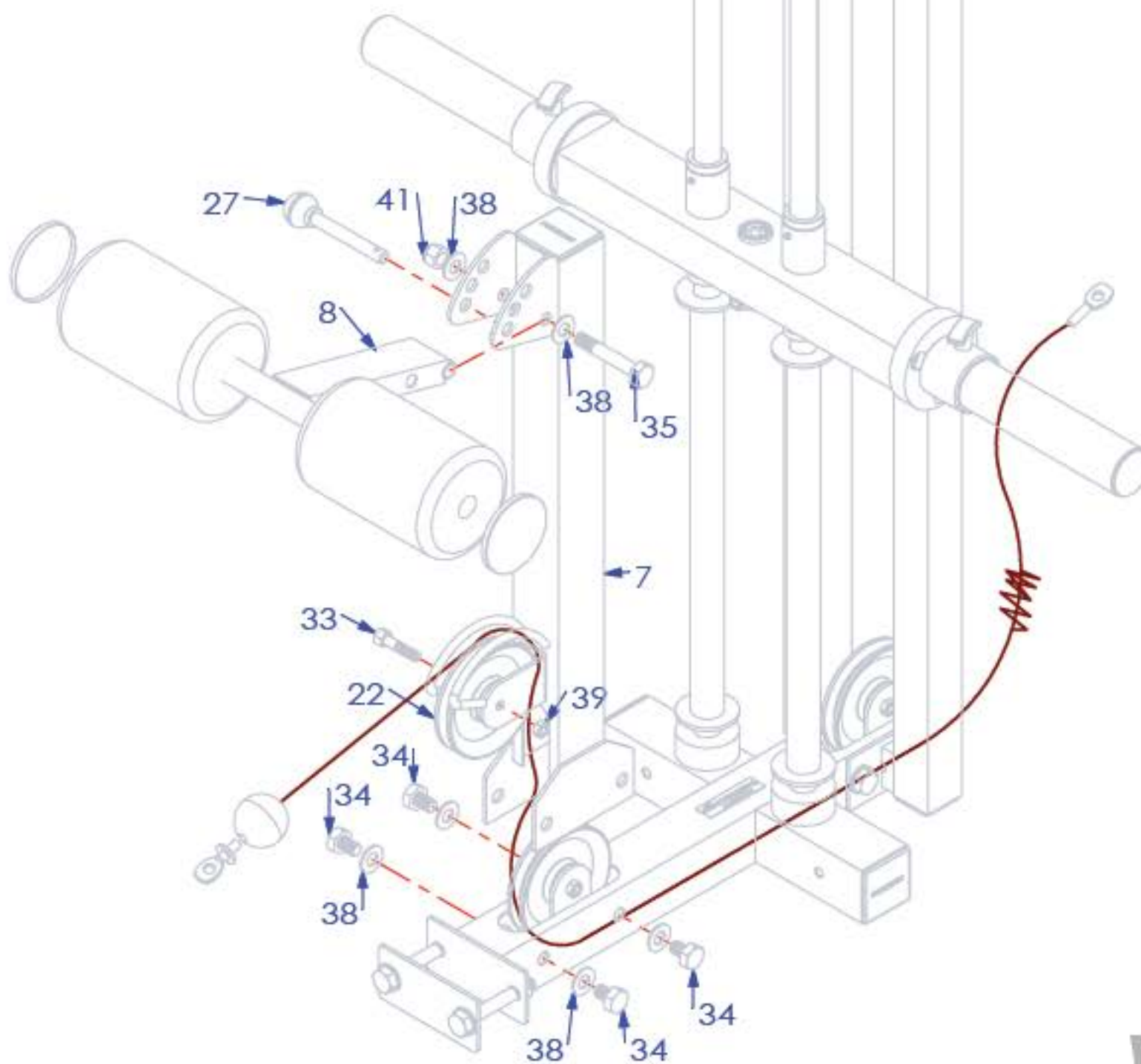
Install Adjustment Tube No. 7 to Rear Base Tube No. 1 using Bolt No. 34 and Washer No. 38.

Run Lower Cable No. 26 through Adjustment Tube No. 7 and place Pulley No. 22 using Bolt No. 35, Washer No. 38 and Nylon Nut No. 39.

## Step 2

Install Roller Tube No. 8 to Adjustment tube No. 7 using Bolt No. 35, Washer No. 38 and Nylon Nut No. 41

Ball Hean Pin No. 27 is used to adjust setting as needed.

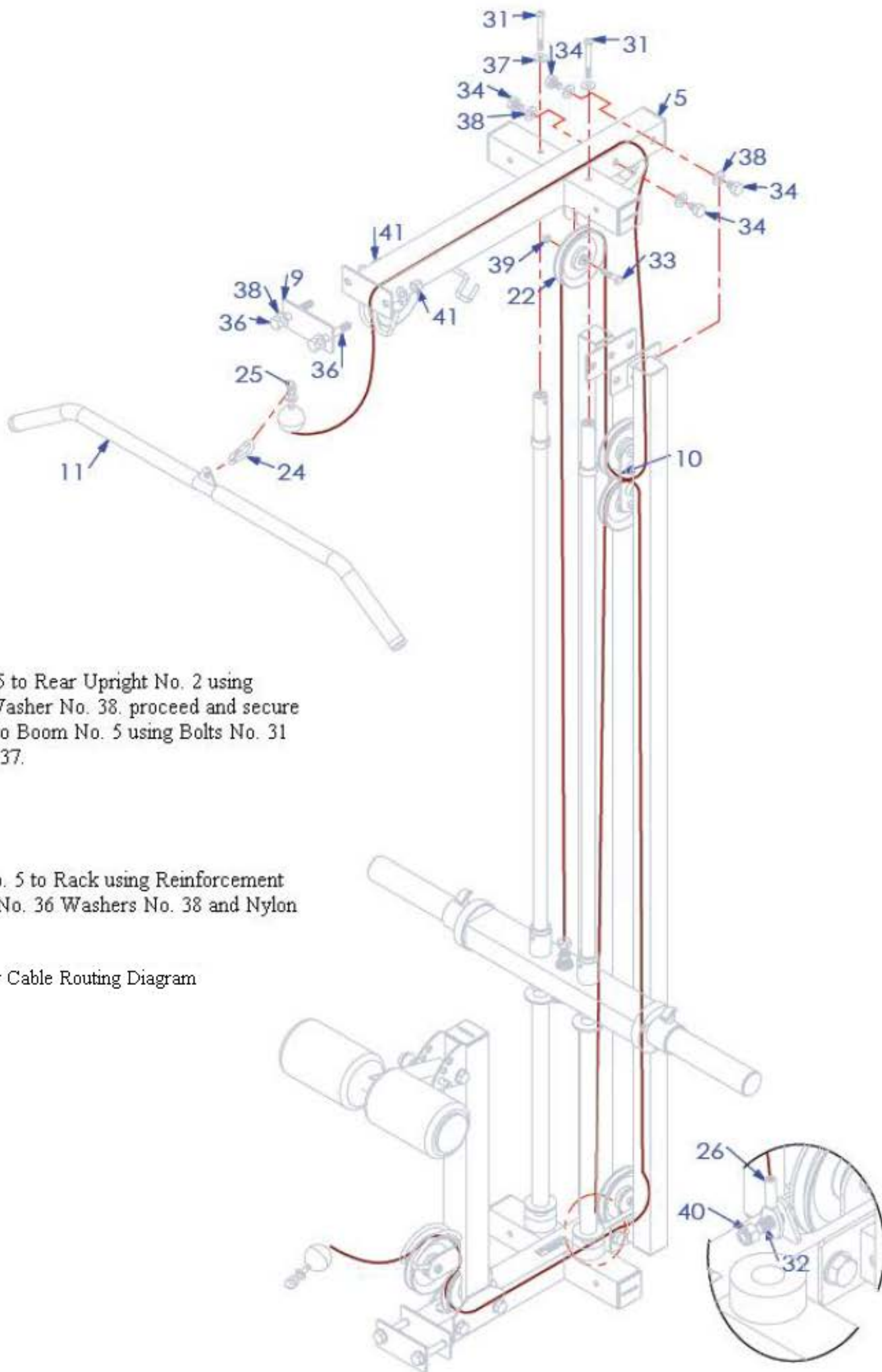


**WB-LT014**

**WORKBENCH LAT TOWER OPTION**



# ASSEMBLY THREE



**Step 1**  
Install Boom No. 5 to Rear Upright No. 2 using Bolt No. 34 and Washer No. 38. proceed and secure Slide Rods No. 3 to Boom No. 5 using Bolts No. 31 and Washers No. 37.

**Step 2**  
Connect Boom No. 5 to Rack using Reinforcement Plate No. 9 Bolts No. 36 Washers No. 38 and Nylon Nuts No. 41.

Refer to Page 13 for Cable Routing Diagram

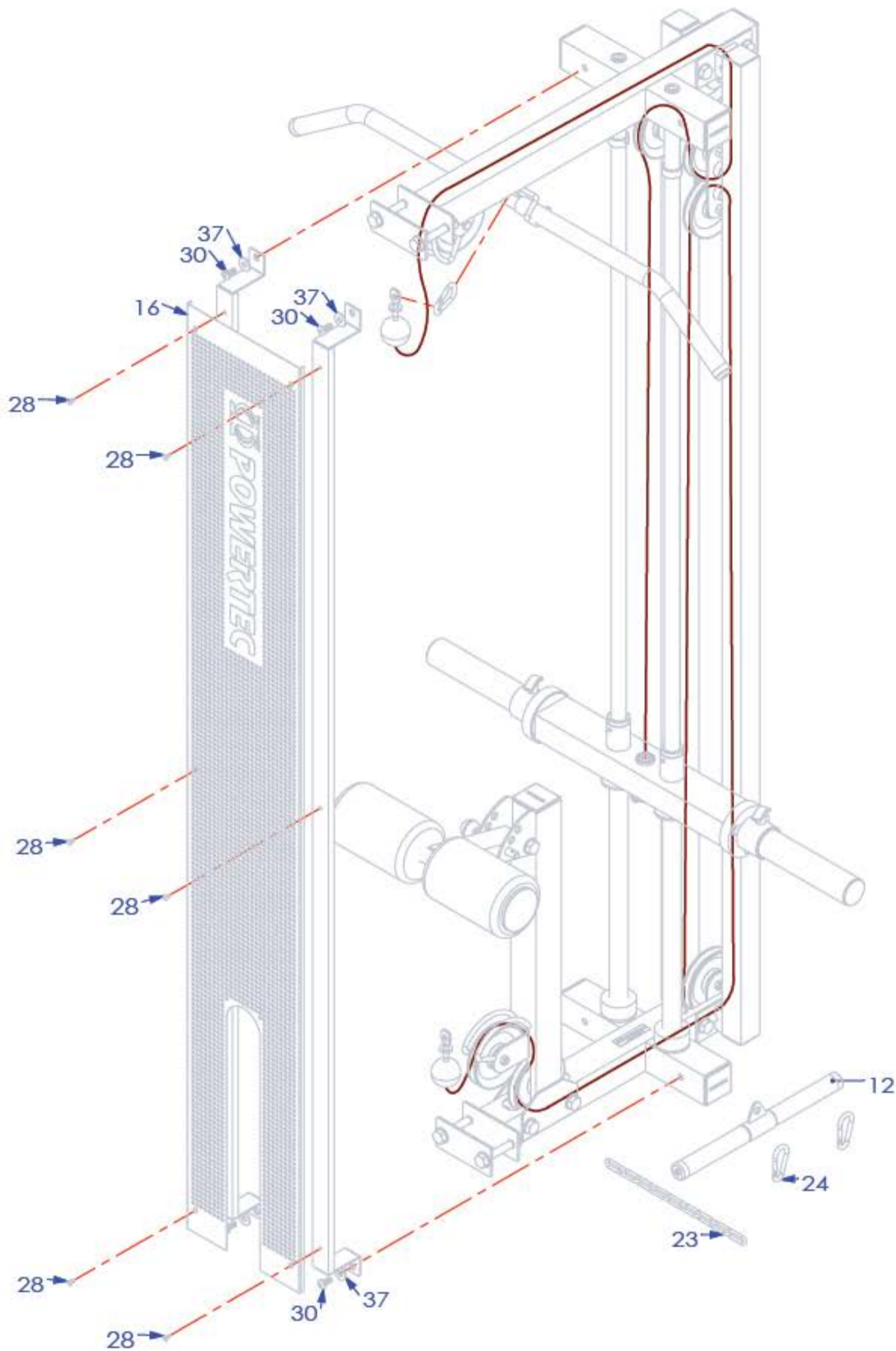
**WB-LT014**

**WORKBENCH LAT TOWER OPTION**



# ASSEMBLY FOUR

  
**POWERTEC**<sup>®</sup>



Step 1  
Install Cover Fixed Tube Bracket No. 15 to Rear Base Tube No. 1 and Boom No. 5  
using Bolts No. 30 and Washers No. 37

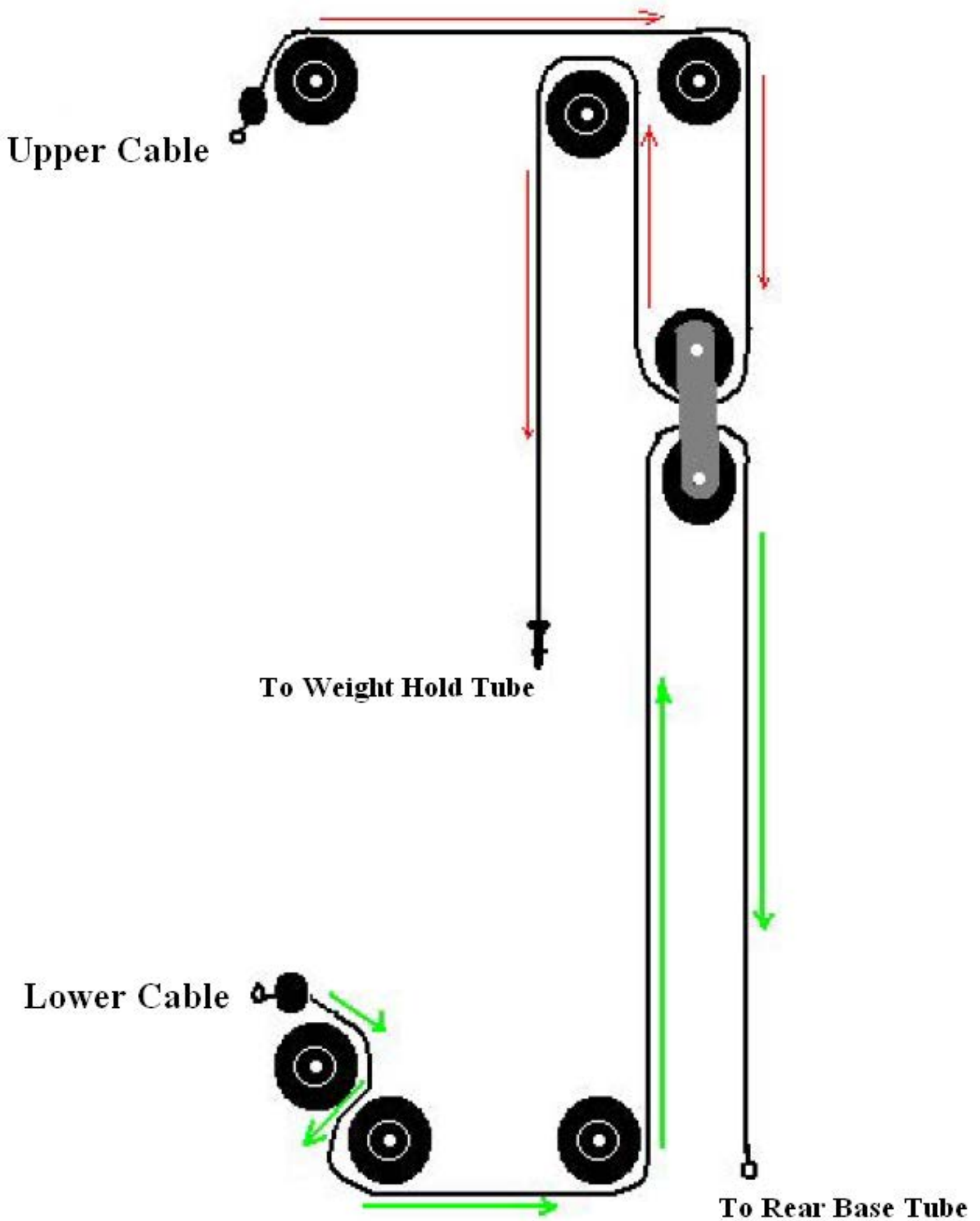
Step 2  
Install Cover No. 16 to Cover Fixed Tube Bracket No. 15 using Bolts No. 28

**WB-LT014**

**WORKBENCH LAT TOWER OPTION**

# WB-LTO14

## Lat Tower Cable Routing



# 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  
2100 E. Artesia Boulevard  
Long Beach, CA. 90805 – USA

Powertec Europe  
6, Rue de l'Europe  
68500 Bergholtz - France

**Phone: (800) 250-6665**  
**E-mail: [service@powertecfitness.com](mailto:service@powertecfitness.com)**

**Phone: + 33 (0) 3 89 62 56 30**  
**E-mail: [contact@powertec-europe.fr](mailto: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



COMMITTED TO STRONGER LIVES<sup>®</sup>

**POWERTEC INC.**  
2100 East Artesia Boulevard  
Long Beach, CA. 90805 - USA

Phone: (800) 250-6665  
Fax: (714) 908-0493  
service@powertecfitness.com  
www.powertecfitness.com

**POWERTEC EUROPE**  
6, Rue de l'Europe  
68500 BERGHOLTZ - France

Phone: + 33 (0) 3 89 625 630  
Fax: + 33 (0) 3 89 625 631  
E-mail: contact@powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:



---

---

---

Place  
Stamp  
Here



---

---

---

