

Powertec Workbench LeverGym

Powertec Fitness Workbench LeverSystem

Model: Workbench LeverGym

Brand: Powertec

1. INTRODUCTION

The Powertec Workbench LeverGym is engineered to provide a highly functional and versatile strength training experience within a single station. This system is designed for users seeking an efficient full-body workout solution in a home gym environment. Its robust construction and adaptable features allow for a wide array of exercises targeting various muscle groups.



Image: The Powertec Workbench LeverSystem in action, demonstrating an overhead press exercise.

Key Features:

- **Heavy-Duty Isolateral Lever Arms:** Safely supports up to 500 lbs, allowing for independent or simultaneous arm movements for balanced muscle development.
- **Detachable Workbench:** Provides flexibility to perform a multitude of exercises both with and without the bench, enhancing workout variety.
- **Adjustable Positions:** The bench offers 18 different positions, including flat, incline, and decline, to accommodate diverse exercises and user preferences.
- **Commercial Grade Materials:** Constructed with durable alloy steel, stainless steel weight horns, and upgraded padding for long-lasting performance and comfort.
- **Expandable System:** Compatible with multiple attachments and accessories to further expand exercise

possibilities, transforming it into a comprehensive workout machine.

2. SAFETY INFORMATION

Prior to using the Powertec Workbench LeverSystem, it is crucial to read and understand all safety instructions. Failure to do so may result in serious injury. Always consult with a healthcare professional before beginning any new exercise program.

General Safety Precautions:

- Ensure all bolts, nuts, and other connections are securely tightened before each use. Regularly inspect the equipment for wear and tear.
- Use the equipment only on a stable, level surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum weight recommendation of 500 lbs for the lever arms.
- Always use proper form and controlled movements during exercises. Avoid sudden or jerky motions.
- If you experience pain, dizziness, or discomfort, stop exercising immediately.
- Wear appropriate athletic footwear and clothing.

3. ASSEMBLY

The Powertec Workbench LeverSystem requires assembly. Detailed, step-by-step instructions, along with a complete list of parts and tools, are provided in the separate assembly manual included with your product. It is highly recommended to have two or more people for assembly to ensure safety and ease of construction. Ensure all components are accounted for before beginning assembly. Follow the instructions precisely to guarantee the structural integrity and safe operation of the equipment. If you encounter any difficulties, refer to the troubleshooting section or contact customer support.

4. OPERATING INSTRUCTIONS

The Powertec Workbench LeverSystem offers a wide range of exercises due to its innovative design and adjustability. Below are instructions for utilizing its core functionalities.

Lever Arm Operation:

The isolateral lever arms can be used independently or locked together for traditional barbell-style movements. To switch between modes, locate the pin mechanism on the lever arms. Removing the pin allows for independent (unilateral) movement, while inserting it locks them together.



Image: The LeverSystem demonstrating its versatility for various exercises.

Bench Adjustments:

The detachable workbench can be adjusted to flat, incline, and decline positions. To adjust the bench angle, locate the adjustment pin or lever beneath the seat/backrest. Pull the pin/release the lever and move the bench to the desired angle, ensuring the pin re-engages securely.

Detaching the Workbench:

For exercises requiring more space or specific movements like squats, the workbench can be completely detached from the main frame. Locate the locking pins or mechanisms connecting the bench to the frame, release them, and carefully slide the bench away. Ensure the bench is stable when detached.

Common Exercises:

- **Bench Press:** Adjust the bench to flat, incline, or decline. Load weights onto the lever arms and perform chest presses.
- **Rows:** Utilize the lever arms for bent-over rows or seated rows (with appropriate attachments) to target back muscles.
- **Shoulder Press:** Adjust the bench to an upright position. Perform overhead presses using the lever arms.
- **Squats:** Detach the bench. Utilize the squat attachment (if included) or the main lever arms for squats. The system includes resistance band pegs for added resistance.
- **Leg Curls & Extensions:** The integrated leg attachment allows for both hamstring curls and quadriceps extensions.
- **Lat Pulldowns:** Attach a lat pulldown bar to the upper pulley system.

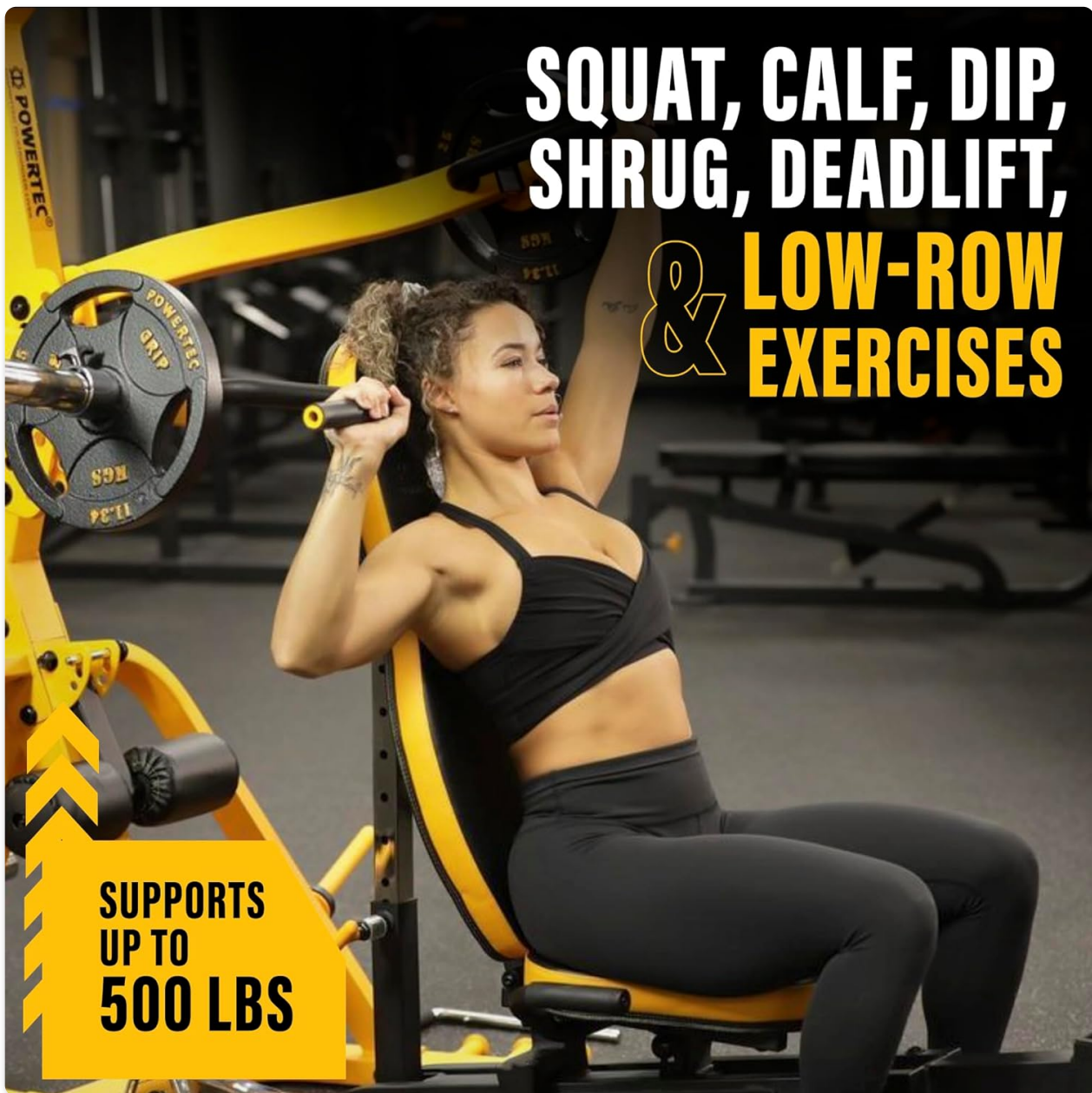


Image: A user performing a shoulder press, illustrating the machine's capability for various exercises including squats and rows.

Attachments and Accessories:

The Workbench LeverSystem is designed to accommodate various attachments, expanding its functionality. These may include:

- Lat Pulldown Bar
- Short Triceps Bar
- Extension Chain
- Single Handle
- Squat Bar

ACCOMMODATES VARIOUS ATTACHMENTS:

- ✓ LAT PULLDOWN BAR
- ✓ SHORT TRICEPS BAR
- ✓ EXTENSION CHAIN
- ✓ SINGLE HANDLE
- ✓ SQUAT BAR



COMMERCIAL- GRADE

Image: The LeverSystem showcasing its compatibility with various attachments.

5. MAINTENANCE

Regular maintenance is essential to ensure the longevity and safe operation of your Powertec Workbench LeverSystem.

Routine Checks:

- **Cleanliness:** Wipe down the frame and upholstery with a damp cloth after each use to prevent sweat buildup and maintain hygiene. Avoid abrasive cleaners.
- **Fasteners:** Periodically check all nuts, bolts, and screws for tightness. Re-tighten as necessary to prevent loosening during use.
- **Moving Parts:** Inspect cables, pulleys, and pivot points for any signs of wear, fraying, or damage. Lubricate moving parts as recommended in the main assembly manual.
- **Padding:** Check the condition of the seat and backrest padding. Report any tears or excessive wear to customer support.

6. TROUBLESHOOTING

If you encounter any issues with your Powertec Workbench LeverSystem, refer to the common problems and solutions below. For persistent issues, contact customer support.

Common Issues:

- **Squeaking Noises:** Often caused by loose fasteners or lack of lubrication on moving parts. Check and tighten all bolts, and apply a silicone-based lubricant to pivot points and cable pathways.
- **Instability/Wobbling:** Ensure the equipment is placed on a flat, level surface. Check that all frame bolts are securely tightened.
- **Difficulty Adjusting Bench/Arms:** Ensure adjustment pins are fully disengaged before attempting to move components. Clean any debris from adjustment holes and lubricate pins if they are sticking.
- **Cable/Pulley Issues:** Inspect cables for proper routing through pulleys. Ensure pulleys spin freely and are not obstructed. Frayed cables indicate a need for replacement; discontinue use immediately and contact support.

7. SPECIFICATIONS



Image: Key dimensions of the Powertec Workbench LeverSystem.

Attribute	Detail
Model Name	Workbench LeverGym
Brand	Powertec
Color	Black
Material	Alloy Steel
Item Weight	500 Pounds
Maximum Weight Recommendation	500 Pounds (on lever arms)

Attribute	Detail
Product Dimensions (LxWxH)	81.4 x 57.5 x 81.7 inches
Package Weight	291 Pounds
Handle Type	Fixed Handle
Strap Type	Adjustable
Tension Level	High
Suggested Users	Unisex-adult
Date First Available	November 14, 2019

8. WARRANTY AND SUPPORT

Warranty Information:

All Powertec machines are covered under the following warranty to the original registered purchaser and for home use ONLY:

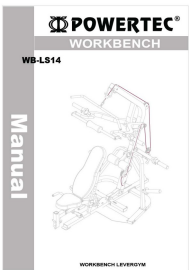
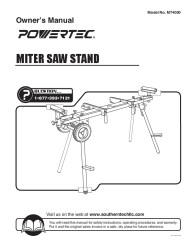



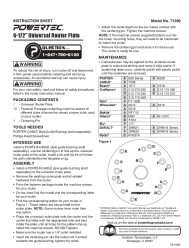
- **Five years warranty** on moving frame (excludes surface finish).
- **Limited Lifetime warranty** on the frame (excludes surface finish).
- **One year** on pads, grips, and any other wear/tear parts.
- **Two years** on component parts (bearings, spring pins, and hardware).

Please retain your proof of purchase for warranty claims.

Customer Support:

For any questions, assistance with assembly, troubleshooting, or warranty claims, please contact Powertec Customer Support. You can find contact information on the official Powertec website or through your original point of purchase.

For additional resources and product information, visit the official Powertec Store:[Powertec Store on Amazon](#)

	<p>Powertec Workbench Levergym WB-LS14 Assembly Manual - Step-by-Step Guide</p> <p>Comprehensive assembly manual for the Powertec Workbench Levergym WB-LS14. Includes parts list, detailed step-by-step instructions, safety precautions, and maintenance tips.</p>
	<p>POWERTEC MT4000 Miter Saw Stand Owner's Manual</p> <p>Comprehensive owner's manual for the POWERTEC MT4000 Miter Saw Stand, covering safety, assembly, operation, maintenance, and warranty information.</p>
	<p>Powertec PT3200i 3000W Digital Inverter Generator Operating Instructions</p> <p>Operating instructions for the Powertec PT3200i 3000W Digital Inverter Generator, covering safety, features, operation, maintenance, and troubleshooting.</p>
	<p>POWERTEC PTi4500 4500W Digital Inverter Generator: Operating Instructions</p> <p>Comprehensive operating instructions and safety guide for the POWERTEC PTi4500 4500W Digital Inverter Generator, covering specifications, intended use, safety precautions, maintenance, troubleshooting, and warranty information.</p>
	<p>POWERTEC PT3300Ei 3300W Digital Inverter Generator Operating Instructions</p> <p>Comprehensive operating instructions for the POWERTEC PT3300Ei 3300W Digital Inverter Generator. Learn about safety rules, assembly, operation, maintenance, troubleshooting, and specifications.</p>
	<p>POWERTEC 6-1/2\" data-bbox="215 766 646 778">Instruction Sheet</p> <p>Instruction sheet for the POWERTEC 6-1/2" Universal Router Plate, including assembly, intended use, maintenance, and compatibility with various router models.</p>