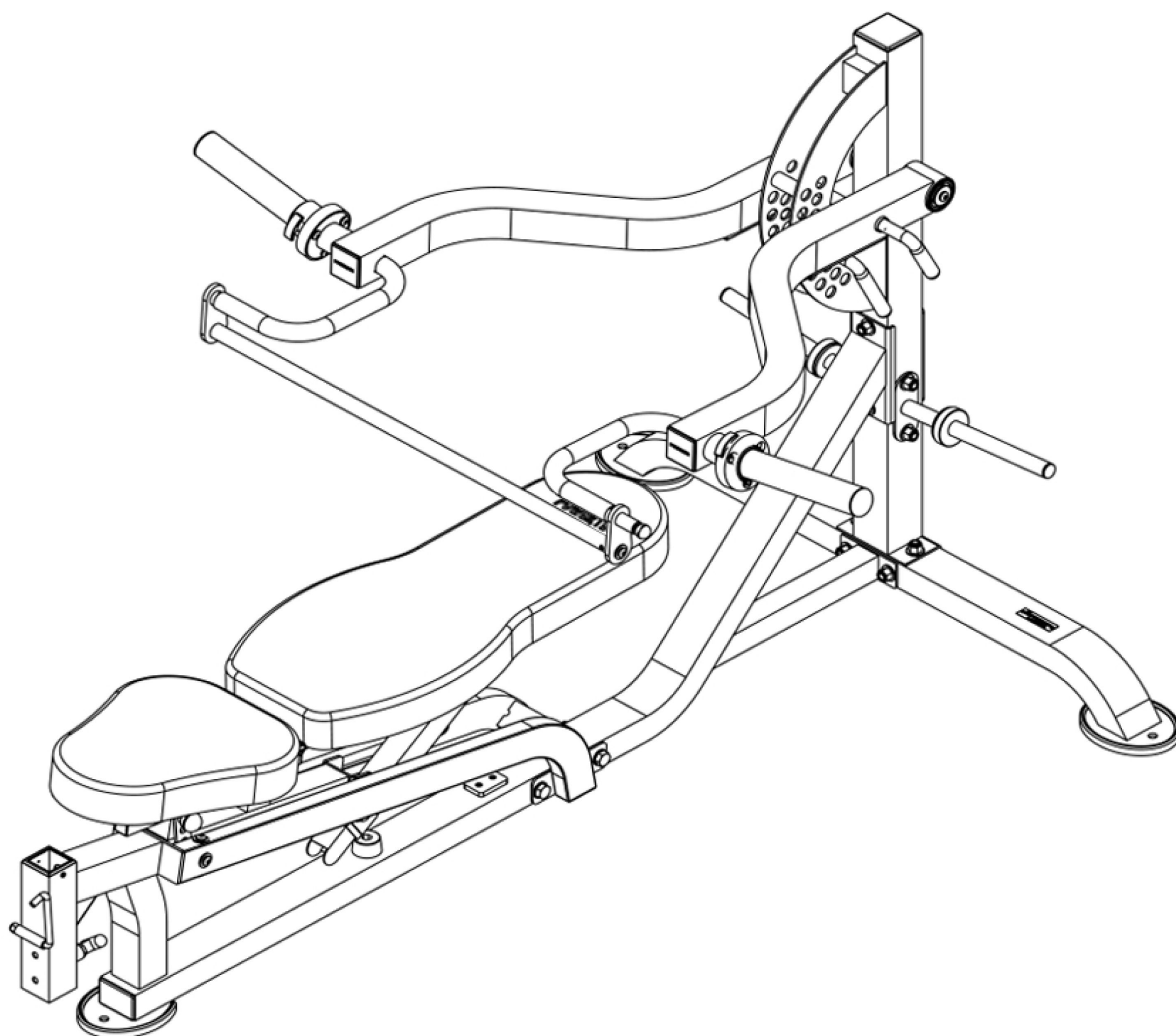


 **POWERTEC®**

**WB-MP20**

# Manual



**WORKBENCH MULTIPRESS**

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-MP20 WORKBENCH MULTIPRESS

### Specifications

**Length: 75"**

**Width: 55.6"**

**Height: 41.3"**

### Weight Capacities

<b>Lever Press Isolateral Arm:</b>	<b>250 lbs.</b>
<b>Lever Bench Press Arms:</b>	<b>500 lbs.</b>
<b>Resistance Body / Weight:</b>	<b>600 lbs.</b>

### Recommended Accessories

<b>WB-PFA16</b>	<b>Pec Fly Accessory</b>	<b>WB-CMA16</b>	<b>Curl Machine Accessory</b>
<b>WB-LPA16</b>	<b>Leg Press Accessory</b>	<b>WB-DMA16</b>	<b>Dip Machine Accessory</b>
<b>WB-LLA16</b>	<b>Leg Lift Accessory</b>	<b>WB-ASR16</b>	<b>Accessory Storage Rack</b>





## 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



8" Adjustable Wrench



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

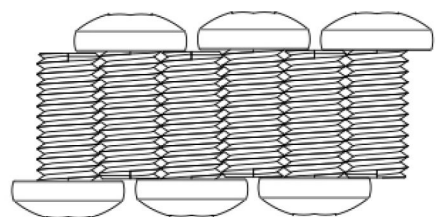
## Helpful Tips

- **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.

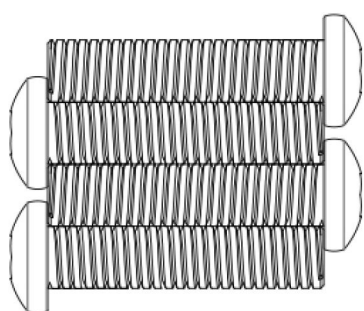


# HARDWARE LIST

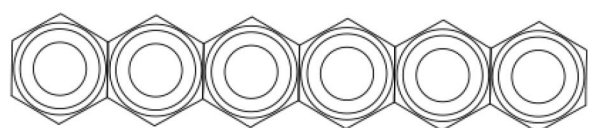
## WB-MP20 HARDWARE PACK(2-1)



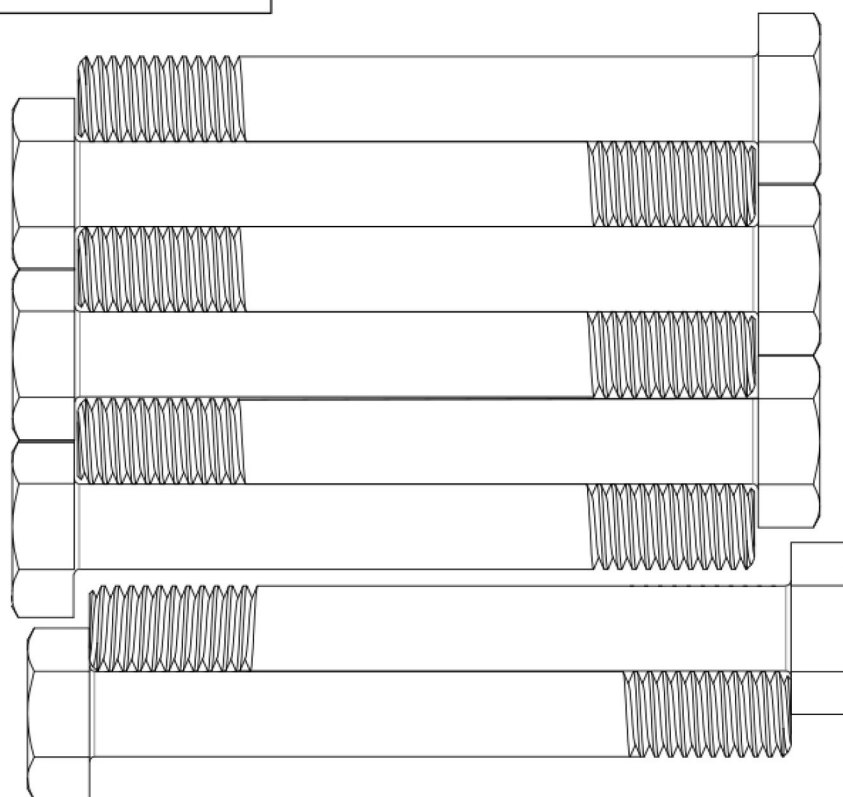
No. 28 Hex Bolt 3/8"×3/4" GR8 (6pcs)



No. 32 Hex Bolt 3/8"×1 5/8" (4pcs)

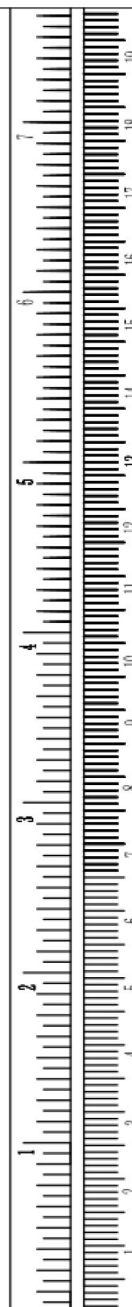


No. 38 Nylon Nut 3/8" (6pcs)

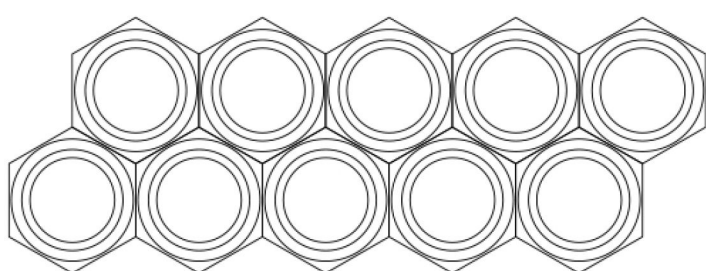


No. 35 Hex Bolt 1/2"×4" (6pcs)

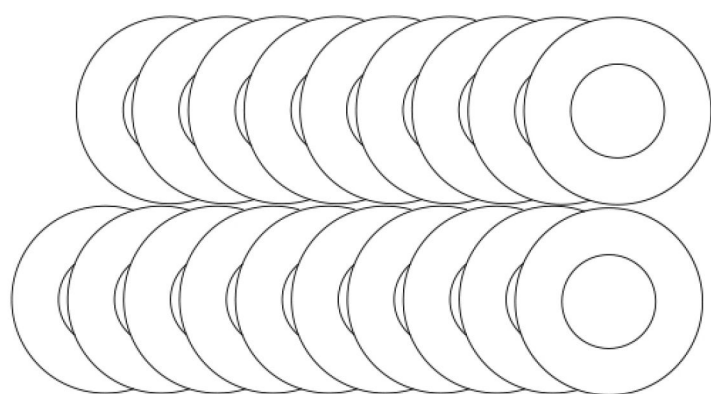
No. 36 Hex Bolt 1/2"×4 1/8" (2pcs)



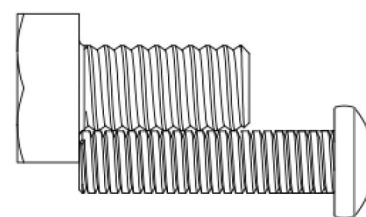
## WB-MP20 HARDWARE PACK(2-2)



No. 39 Nylon Nut 1/2" (10pcs)

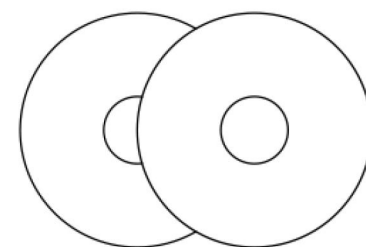


No. 42 Washer, 1/2" (19pcs)

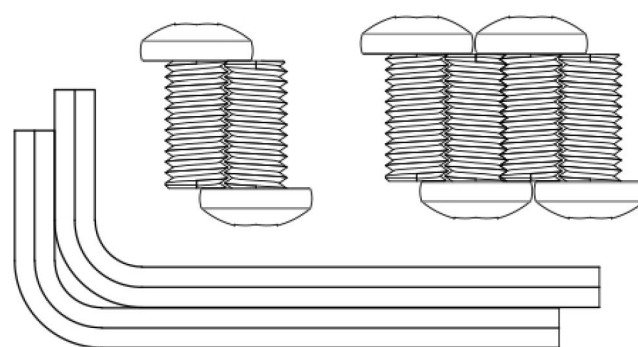


No. 33 Hex Bolt 1/2"×1" (1pc)

No. 31 Hex Bolt 3/8"×1 1/2" (1pc)



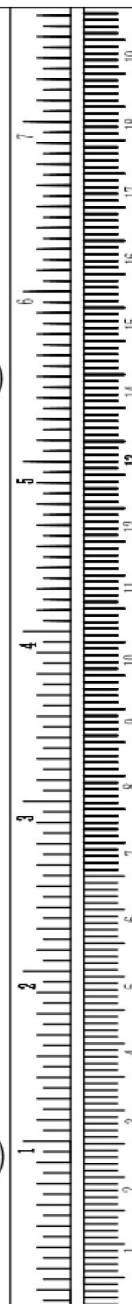
No. 41 Washer 3/8" (2pcs)



No. 29 Hex Bolt 3/8"×3/4" Glue (2pcs)

No. 30 Hex Bolt 3/8"×3/4" (4pcs)

S=6 Allen Wrench (2pc)



**POWERTEC®**

**WB-MP20**

**WORKBENCH MULTI PRESS**

# PARTS LIST

Part No.	Description	QTY
1	Front Base Tube	1
2	Center Bench Frame	1
3	Frame Support Tube	1
4	Rear Up-Right Tube	1
5	Weight Storage Horns	2
6	Backrest Adjustment	1
7	Backrest Adjustment Tube	1
8	Backrest Pad Tube	1
9	Sliding Tube	1
10	Seat Pad Tubes	2
11	Rear Base Tube	1
12	Seat Height Adjustment Tube	1
13	Press Arm - Left	1
14	Press Arm - Right	1
15	Weight Horns	2
16	Close Grip Bar	1
17	Reinforcement Mounting Plate	1
18	Safety Bar	1
19	Collars	2
20	Ball Head Lock Pin	1
21	Lock Bar for Press Arm	1

22	Linkage Plate	1
23	Steel Axis	1
24	Steel Axis	1
25	Seat Pad	1
26	Backrest Pad	1
27	Rubber Bumpers	2
28	Bolts	6
29	Bolts	4
30	Bolts	11
31	Bolt	1
32	Bolts	4
33	Bolt	1
34	Bolt	1
35	Bolts	6
36	Bolts	3
37	Bolts	1
38	Nut	6
39	Nuts	13
40	Washers	9
41	Washers	2
42	Washers	25

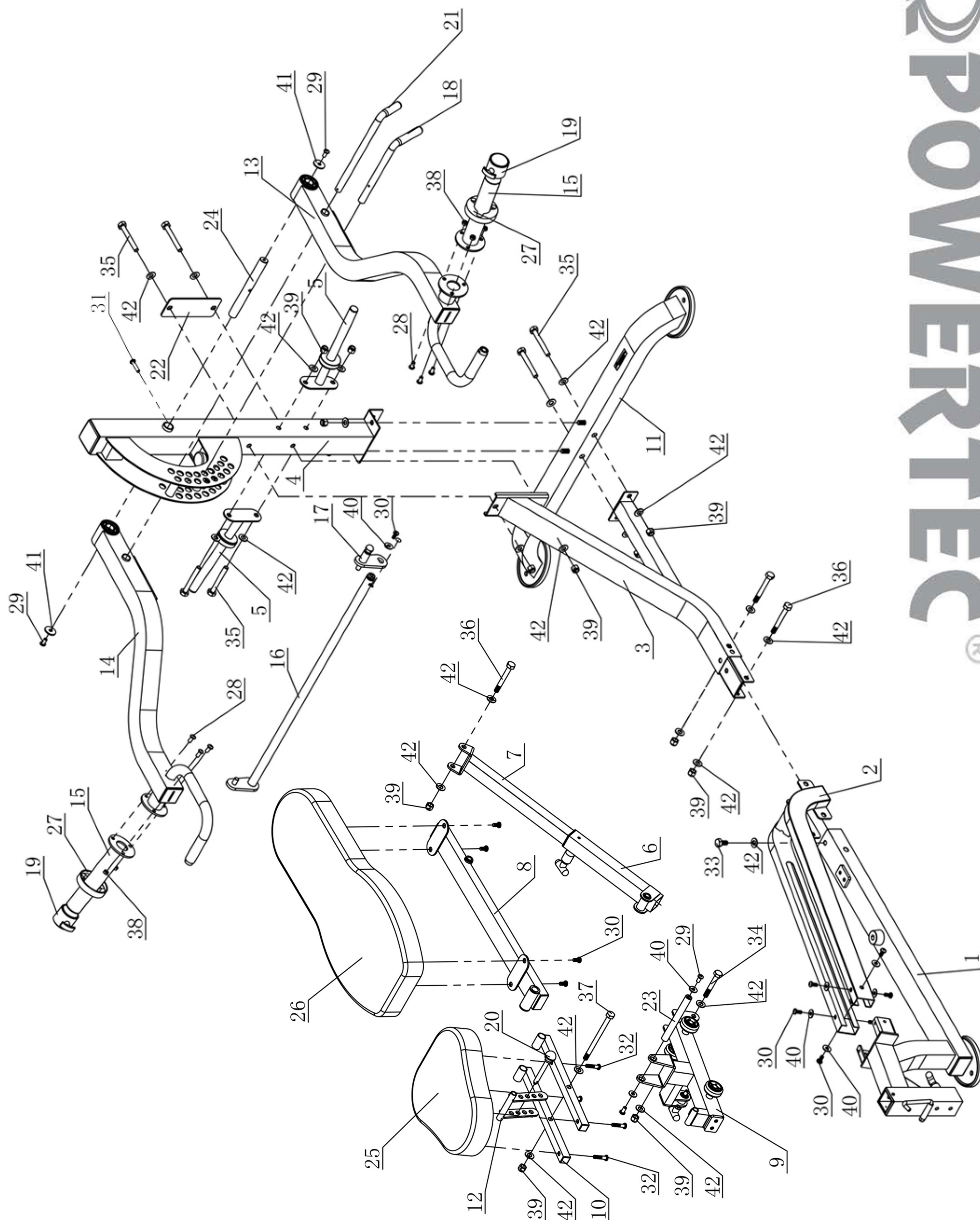
**WB-MP20**

**WORKBENCH MULTI PRESS**



# EXPLODED DIAGRAM

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**WB-MP20**

**WORKBENCH MULTI PRESS**

# ASSEMBLY ONE

## Step 1

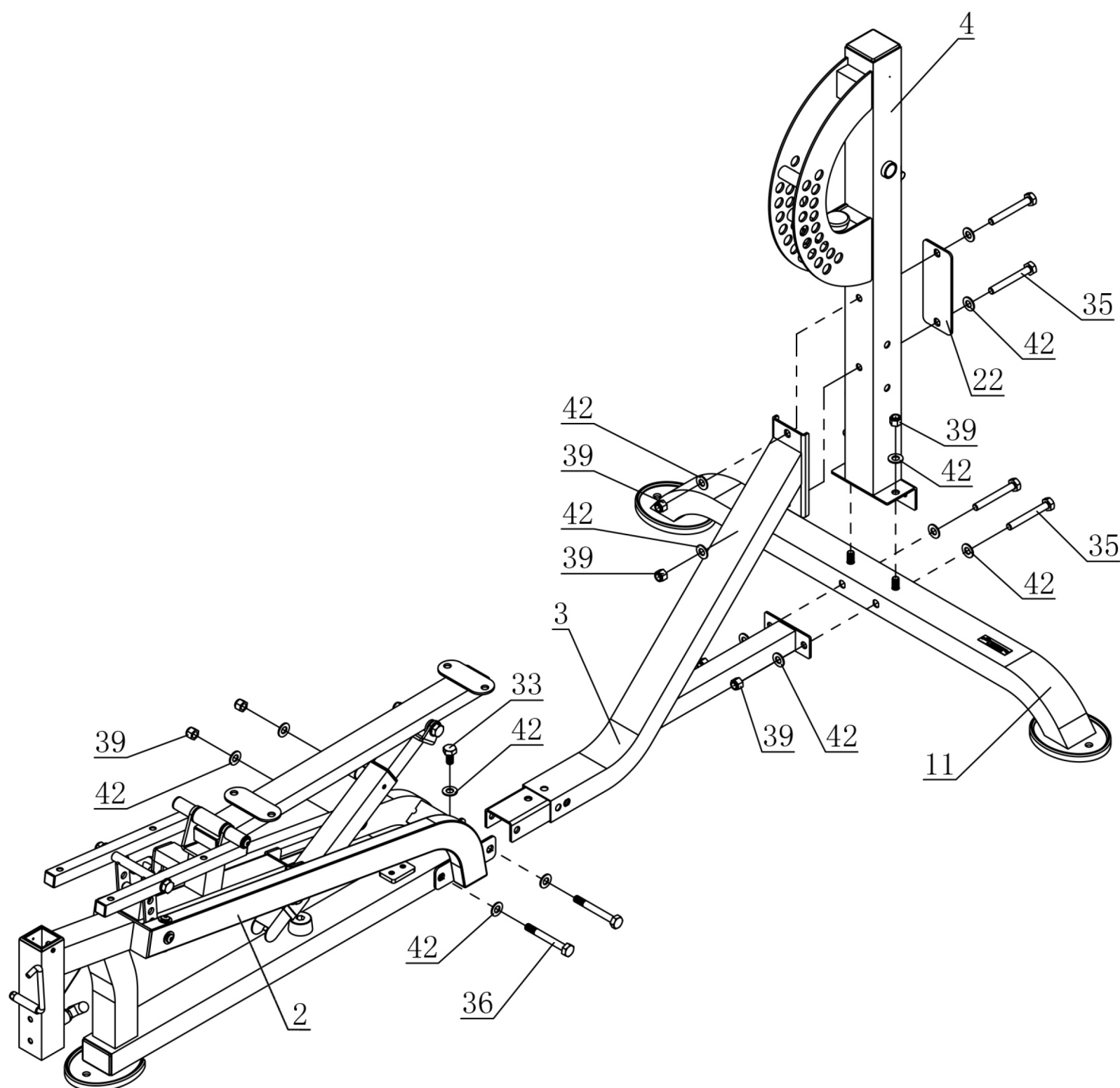
Attach Center Bench Frame assembly Part No. 2 to Frame Support Tube No. 3

Use Bolts No. 36 and No. 33, Washers No. 42 and Nuts No. 39

## Step 2

Attach Rear Up-Right Tube No. 4 onto Rear Base Tube No. 11 and to Frame Support Tube No. 3

Use Bolts No. 35, Washers No. 42, Nuts No. 39, and Linkage Plate No. 22



Important Note:

Do Not Fully Tighten Until Assembly Has Been Finished.

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**WORKBENCH MULTI PRESS**



# ASSEMBLY TWO

## Step 1

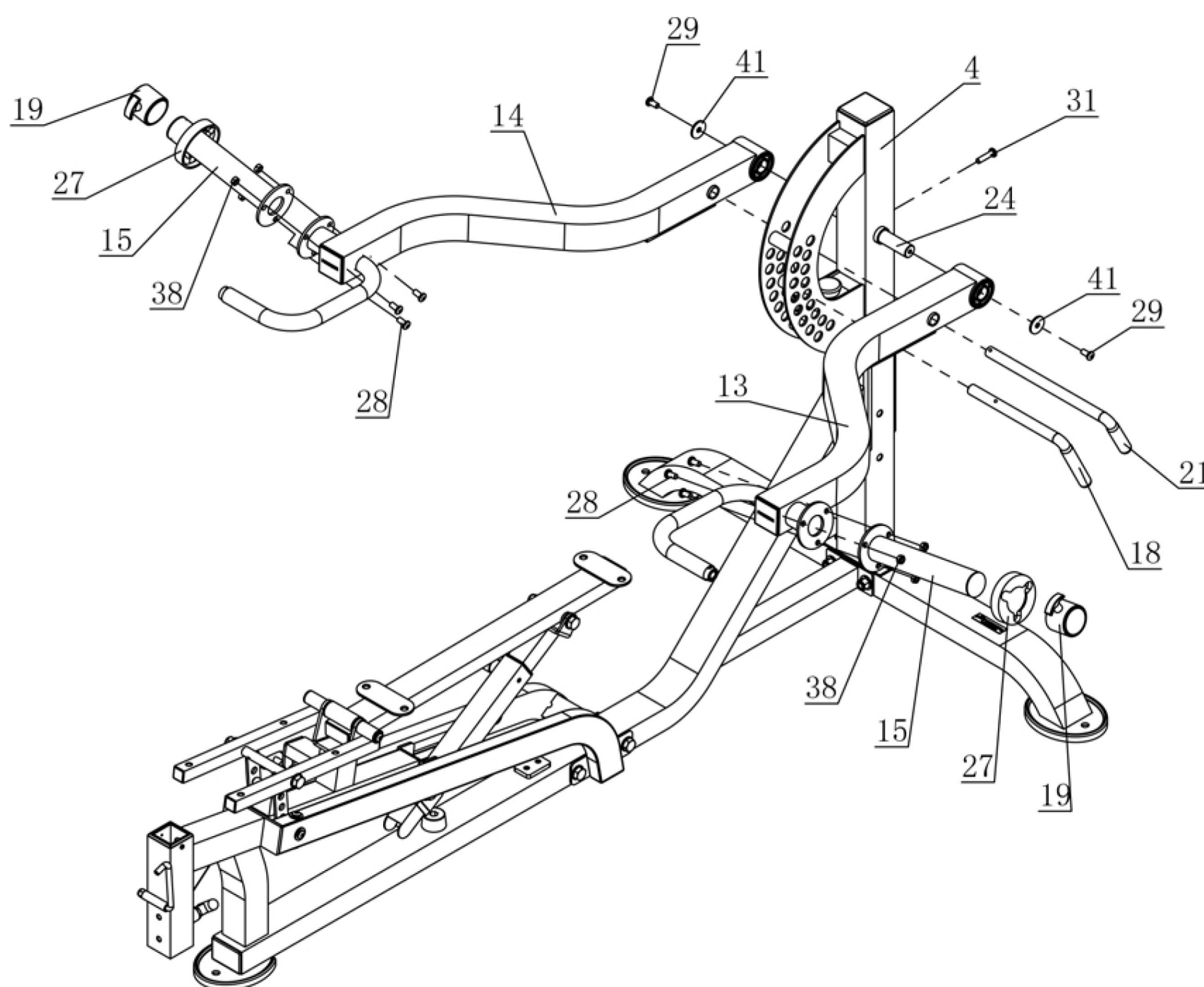
Attach Steel Axis No. 24 onto Rear Up-Right Tube No. 4, Secure Steel Axis with Bolt No. 31

## Step 2

Install Press Arms No. 13 and No. 14 onto Steel Axis No. 24 Secure Press Arms with Bolts No. 29 and Washers No. 41

## Step 3

Attach Weight Horns No. 15 to Press Arms No. 13 and No. 14 Secure them with Bolts No. 28 and Nuts No. 38 - Proceed and Install Rubber Bumpers No. 27 and Collars No. 19



### Important Note:

Safety Bar No. 18 is your Safety Spotter Bar, Select the Starting Point for your Press Arms and Insert Safety Bar, The Safety Bar may be adjusted to different settings depending on the selected exercise routine.

Lock Bar for Press Arms No. 21 can be used to Lock Both Press Arms and use the system as a conventional Press Arms, or the Lock Bar can be removed to be used as Isolateral Arms - Individual Press Arms.

# WB-MP20

# WORKBENCH MULTI PRESS

**POWERTEC**<sup>®</sup>

# ASSEMBLY THREE

## Step 1

Install Both Weight Storage Horns No. 5 to Rear Up-Right No. 4

Use Bolts No. 35, Washers No. 42 and Nuts No. 39

## Step 2

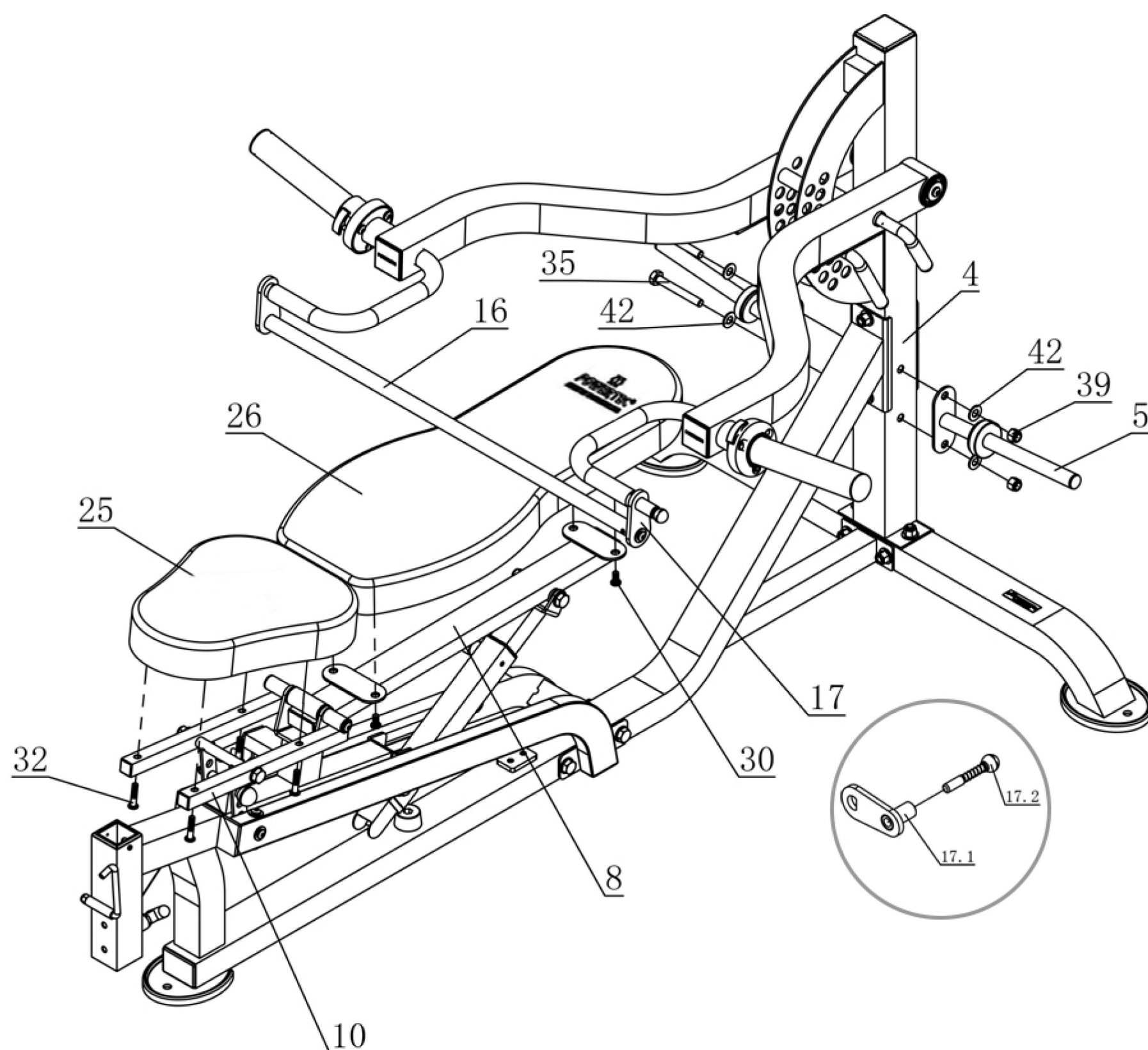
Install Seat Pad to No. 25, to Seat Pad Tubes No.10 using Bolts No. 30

Install Backrest Pad No. 26 to Backrest Pad Tube No.8 using Bolts No. 32

## Step 3

Install Close Grip Bar No. 16 to Press Arms No. 13 and No. 14

Use Spring Loaded Pin No. 17.2 to Secure Close Grip Bar to Press Arms.



**POWERTEC**®


**WB-MP20**

**WORKBENCH MULTI PRESS**





## WORKBENCH MULTIPRESS ®



### Exercise List

Isolateral Bench Press\* Bent Over Row\* Close Grip Bench Press\* Decline Bench Press\*  
Flat Bench Press\* Bench Press\* Incline Bench Press\* Isolateral Bent Over Row\*  
Isolateral Shoulder Press\* Shoulder Press\* Shrug\*



#### YOUTUBE

"Check out our Youtube channel for variety of exercises they can do on the machine"

[www.youtube.com/PowertecGymEquipment](http://www.youtube.com/PowertecGymEquipment)



Scan me



### Featured Exercises



Isolateral Shoulder Press



Bench Press




Shoulder Press




### Optional Accessories


with the Pec Fly Accessory, Leg Press Accessory, Leg Lift Accessory, Lat Tower Accessory, Dip Accessory, and Accessory Rack




Pec Fly Accessory




Leg Press Accessory




Leg Lift Accessory




Lat Tower Accessory



Dip Accessory



Accessory Rack



Attachments

1) "Always consult with a physician prior to starting any exercise program."

2) "To avoid injury, consult a certified personal trainer regarding proper technique, body movement, and weight capacity before starting any exercise program."



## 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

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

Powertec Europe  
2 rue d'Aquitaine  
68390 Sausheim - France

Phone: + 33(0) 6 43 592 803  
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



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www.powertecfitness.com

POWERTEC EUROPE  
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Phone: +33 (0)6 43 592 803  
E-Mail: contact@Powertec-europe.fr

Return Warranty Registration Card to Appropriate Powertec Address:



Place Stamp Here

