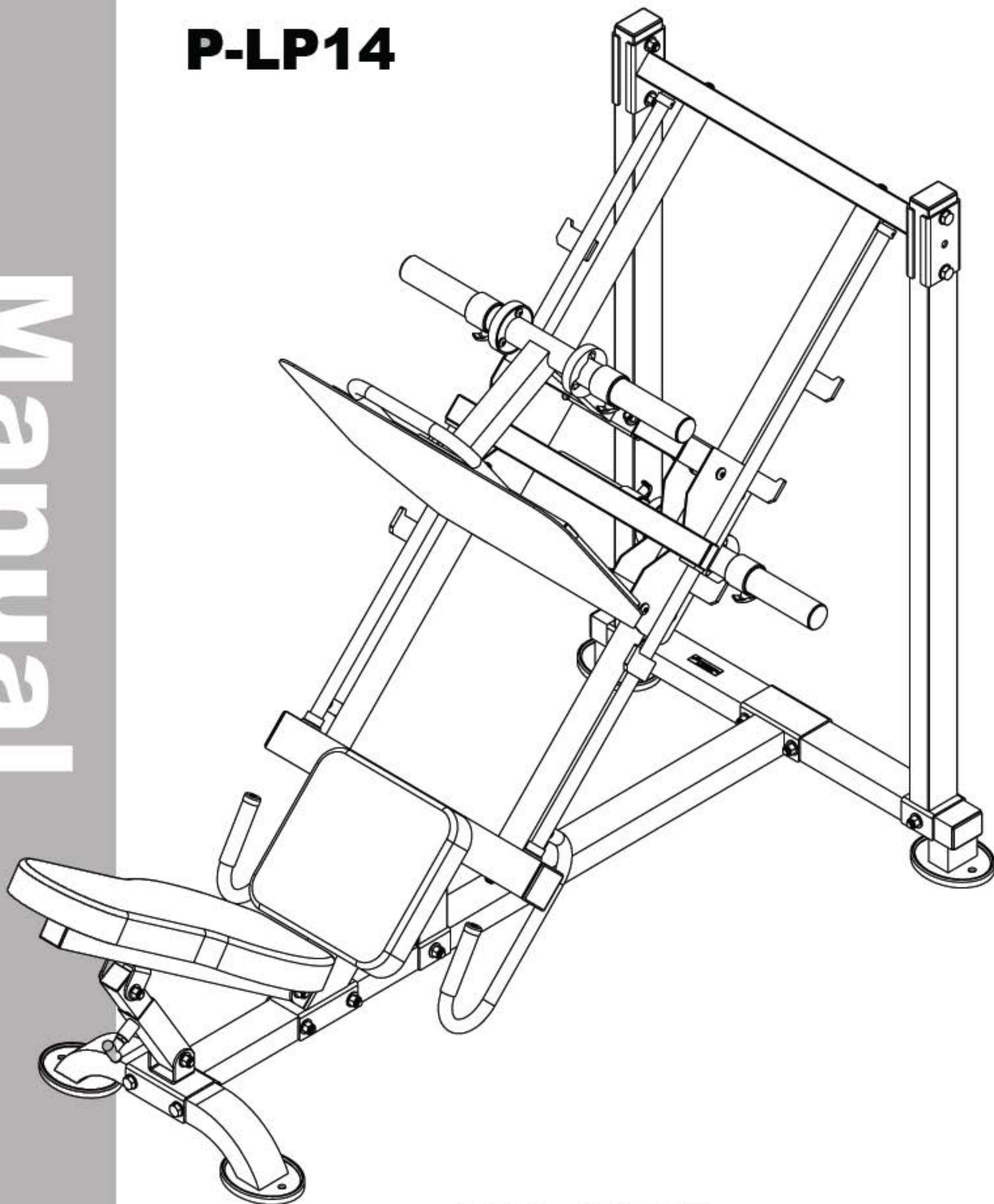


 **POWERTEC®**

STRENGTH

P-LP14



LEG PRESS

Manual



**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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P-LP14 Leg Press

Weight Capacity

1,000 Lbs.

Featured Exercise

Leg Press

Recommended Strength Classic Systems

L-SC13	Levergym Squat Calf	L-CDA+13	Levergym Chin/Dip Assist
P-HC10	Dual Hyperextension Crunch	L-CG13	Levergym Compact Gym
P-LM14	Powertec Lat Machine	P-BT13	Basic Trainer

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

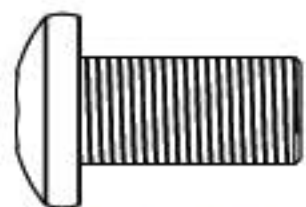


Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"



8" Adjustable Wrench

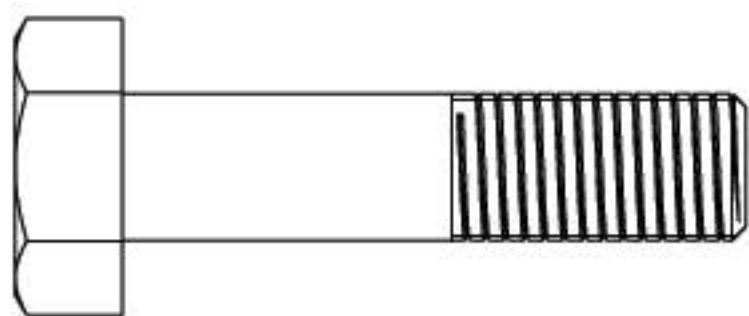
HARDWARE LIST



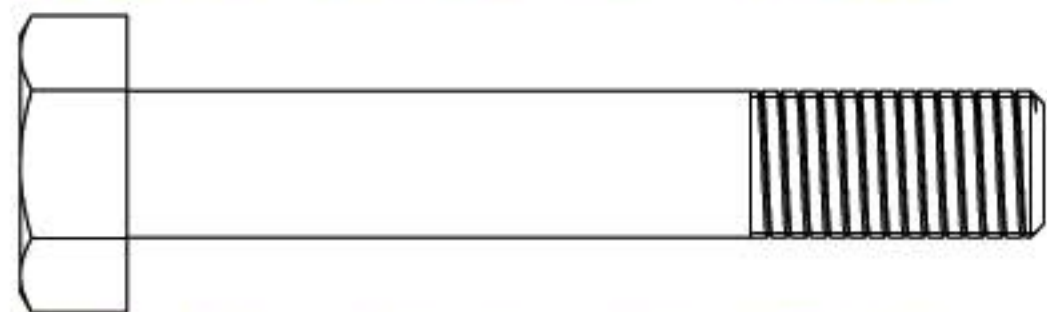
NO.21 3/8"x3/4" 10PCS



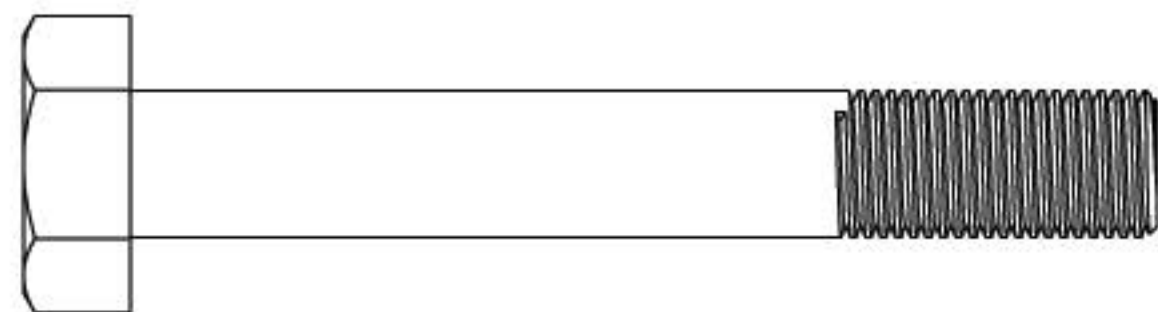
NO.22 3/8"x3 1/2" 2PCS



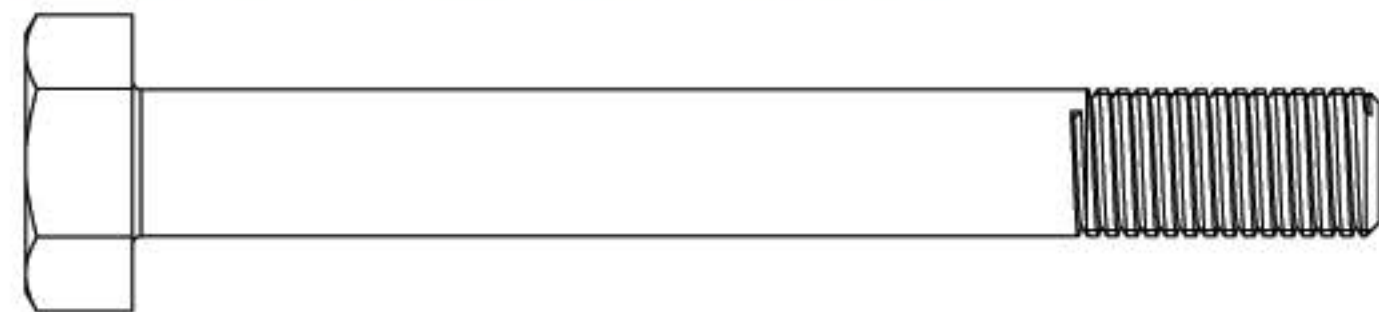
NO.23 1/2"x2 1/8" 4PCS



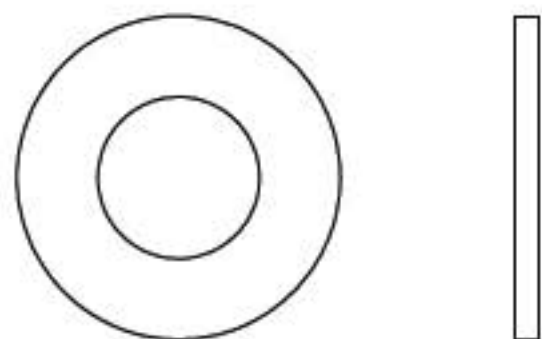
NO.25 1/2"x3 1/8" 4PCS



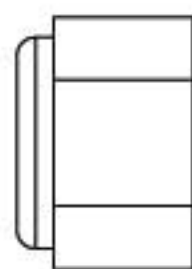
NO.26 1/2"x3 1/2" 3PCS



NO.24 1/2"x4 1/4" 9PCS



NO.27 1/2" 42PCS



NO.28 1/2" 22PCS



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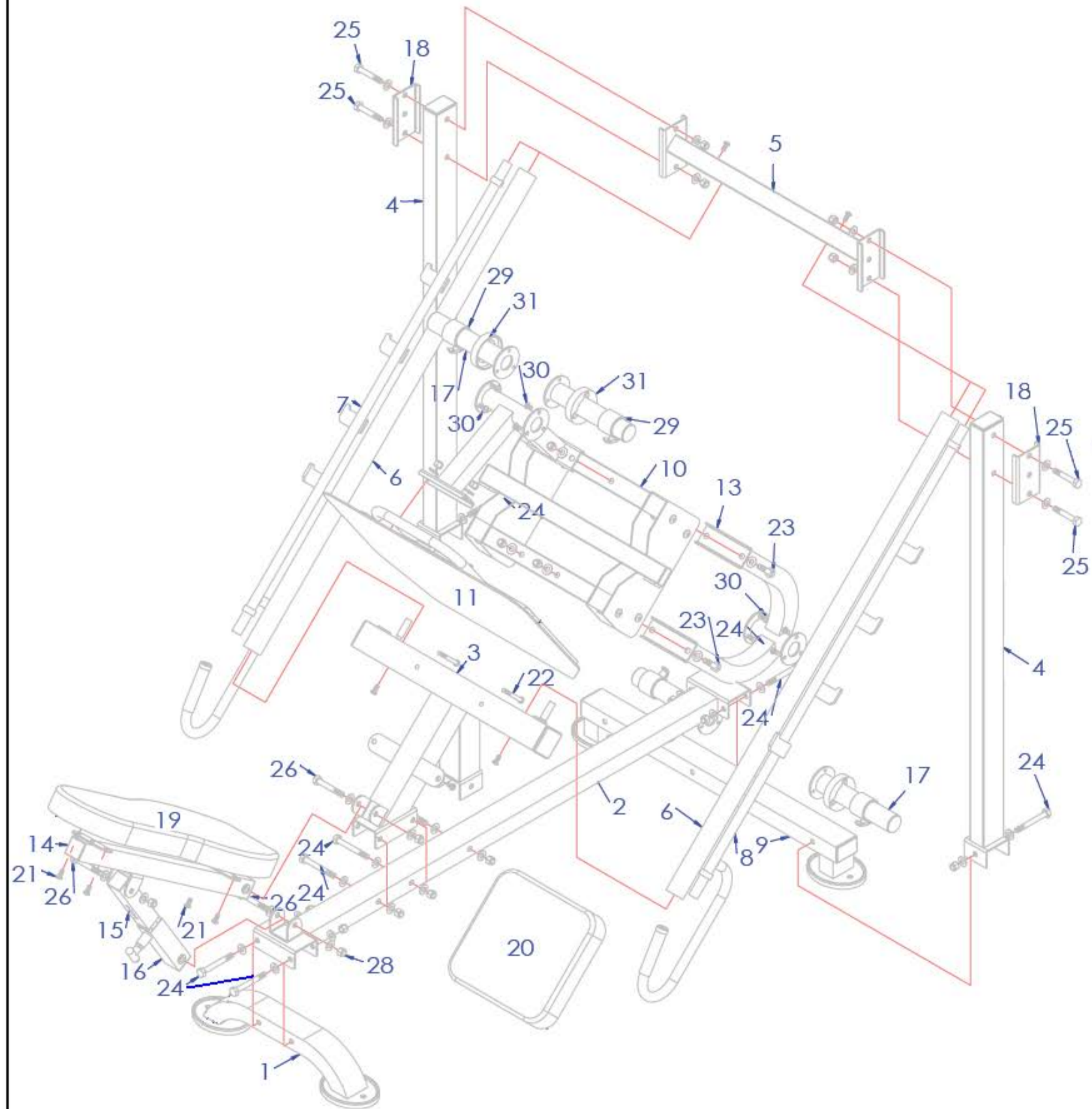
PART LIST

Part#	Description	Qty
1	Base Tube - U Shape	1
2	Linkage Tube	1
3	Backrest Support Tube	1
4	Rear Upright	2
5	Top Linkage Tube	1
6	Slide Tube	2
7	Safety Bar - L	1
8	Safety Bar - R	1
9	Horizontal Tube	1
10	Footplate Support Tube	1
11	Footplate	1
12	Weight Support Tube	1
13	Weight Support Tube	1
14	Backrest Support Tube	1
15	Adjust Tube	1
16	Fixed Tube	1
17	Weight Horn	4
18	Linkage Plate	2
19	Backrest Pad	1
20	Seat Pad	1
21	Hex Bolt 3/8" x 3/4"	10
22	Hex Bolt 3/8" x 3 1/2"	2
23	Hex Bolt 1/2" x 2 1/8"	4
24	Hex Bolt 1/2" x 4 1/4"	9
25	Hex Bolt 1/2" x 3 1/8"	4
26	Hex Bolt 1/2" x 3 1/2"	3
27	Washer	42
28	Nut	22
29	Collar	4
30	Hex Bolt 3/8" x 1/2"	12
31	Rubber Bumper	4

P-LP14

LEG PRESS

EXPLODED DIAGRAM



 **POWERTEC®**

P-LP14

LEG PRESS

ASSEMBLY ONE

POWERTEC[®]

Step 1

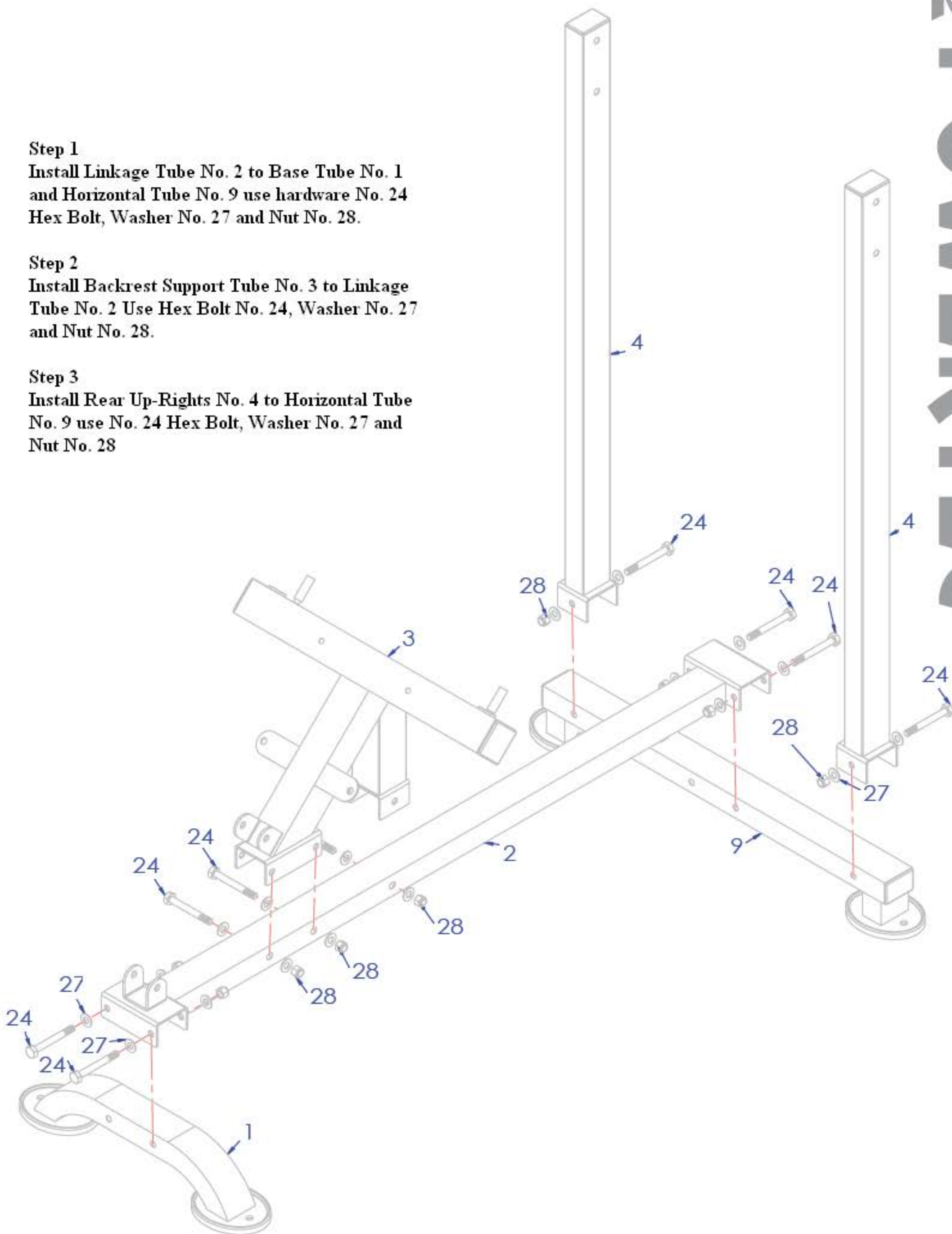
Install Linkage Tube No. 2 to Base Tube No. 1 and Horizontal Tube No. 9 use hardware No. 24 Hex Bolt, Washer No. 27 and Nut No. 28.

Step 2

Install Backrest Support Tube No. 3 to Linkage Tube No. 2 Use Hex Bolt No. 24, Washer No. 27 and Nut No. 28.

Step 3

Install Rear Up-Rights No. 4 to Horizontal Tube No. 9 use No. 24 Hex Bolt, Washer No. 27 and Nut No. 28



P-LP14

LEG PRESS

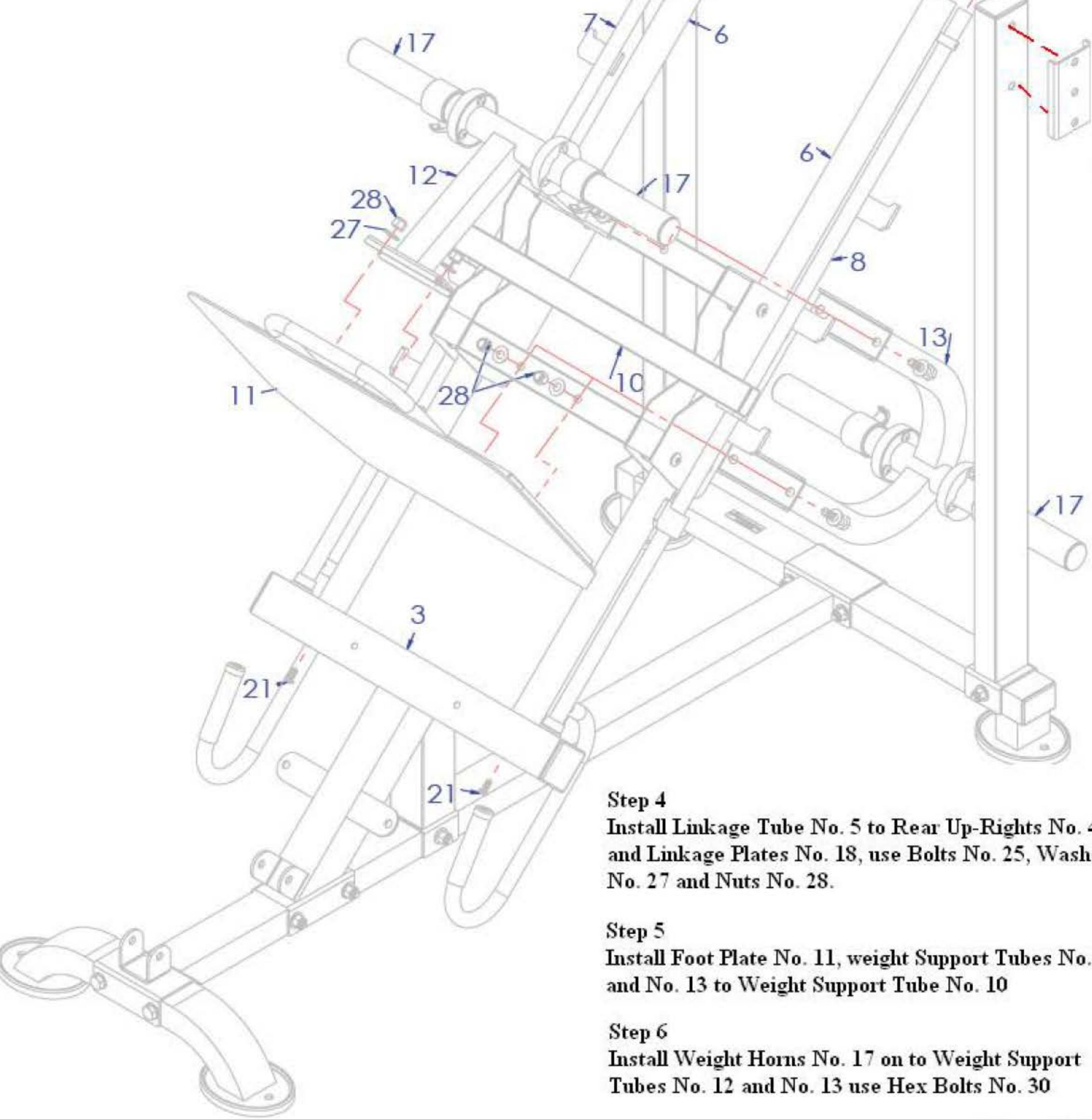
ASSEMBLY TWO

POWERTEC[®]

Step 1
Insert Slide Tubes No. 6, Safety Bars No. 7 and 8 onto Backrest Support Tube No. 3 Secure with Bolts No. 21 and Fully Tighten.

Step 2
Install Foot Plate Support Tube No. 10 on to Part No. 6, 7 and 8

Step 3
Insert Top Linkage Tube No. 5 to Part No. 6, 7 and 8 Secure them with Bolts No. 21 and Fully Tighten.



Step 4
Install Linkage Tube No. 5 to Rear Up-Rights No. 4 and Linkage Plates No. 18, use Bolts No. 25, Washers No. 27 and Nuts No. 28.

Step 5
Install Foot Plate No. 11, weight Support Tubes No. 12 and No. 13 to Weight Support Tube No. 10

Step 6
Install Weight Horns No. 17 on to Weight Support Tubes No. 12 and No. 13 use Hex Bolts No. 30

P-LP14
LEG PRESS

ASSEMBLY THREE

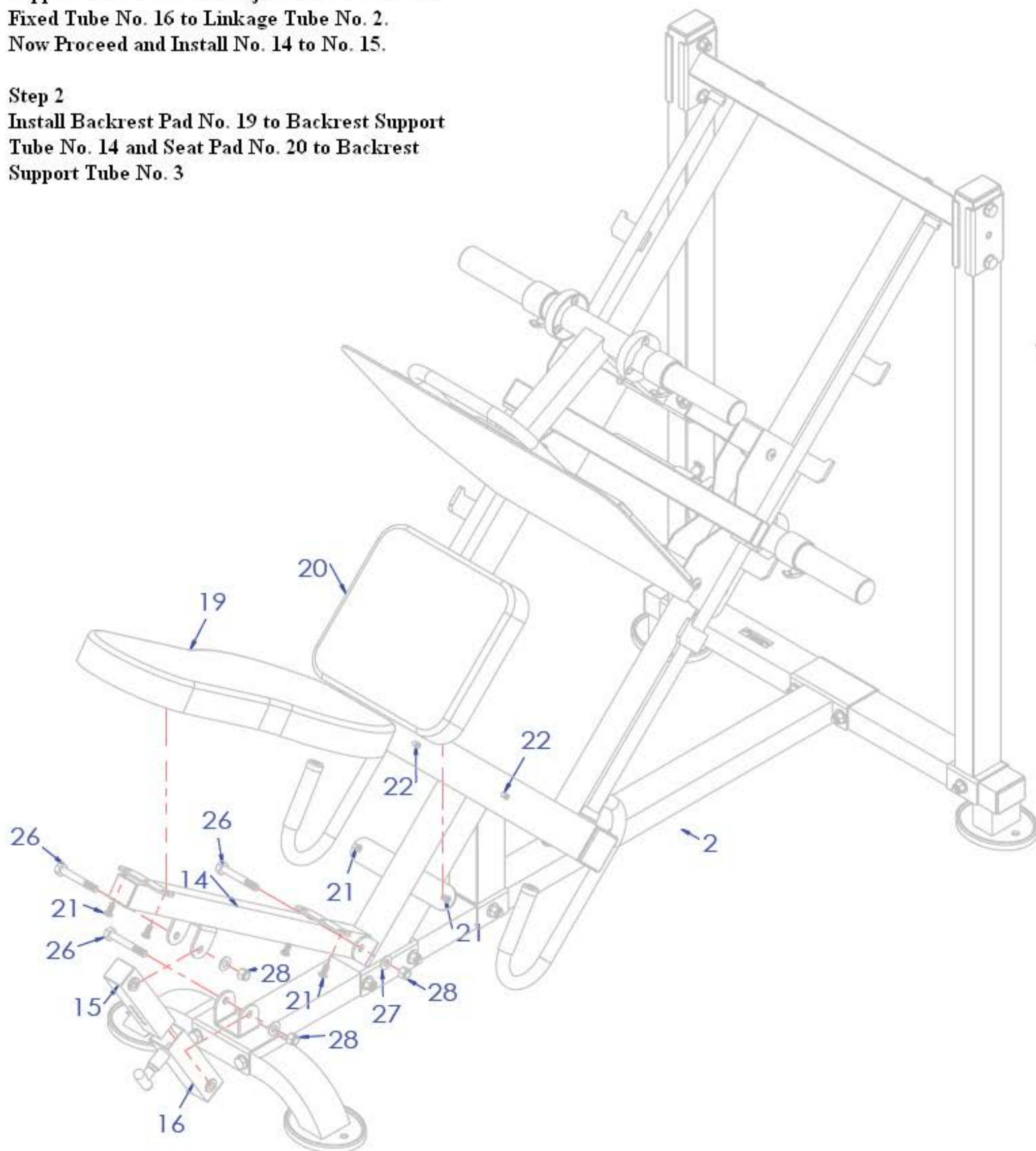

POWERTEC[®]

Step 1

Install Backrest Support Tube No. 14 to Backrest Support Tube No. 3 and Adjust Tube No. 15 and Fixed Tube No. 16 to Linkage Tube No. 2. Now Proceed and Install No. 14 to No. 15.

Step 2

Install Backrest Pad No. 19 to Backrest Support Tube No. 14 and Seat Pad No. 20 to Backrest Support Tube No. 3



P-LP14

LEG PRESS

FEATURED EXERCISES



Leg Press



Leg Press

Starting Position:

Sit comfortably on the seat and grab the handles on either side. Place your feet flat on the footplate about hip width apart. Release the safety bar.

Push the weight up by straightening your legs, stopping before your knees lock.

Pause briefly before slowly 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
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

Phone: + 33 (0) 3 89 62 56 30
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



COMMITTED TO STRONGER LIVES[®]

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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



