

# POWERTEC

*Equipment*  
2010



**POWERTEC by XERCORE**

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See Powertec Equipment in action at [xercore.com](http://xercore.com) or call

**081-207-2121** for more information

# PERFORMANCE AND QUALITY

We would like to thank the many people over the years who have chosen Powertec and those considering our strength equipment for the first time.

Our brand continues to become more established through our network of fine authorized Powertec dealers worldwide in addition to our strong online presence in which our website [www.powertecfitness.com](http://www.powertecfitness.com) continues to evolve with the latest technology to help you attain detailed knowledge of our product line including complete product descriptions, video and our new interactive room planner. We continue our drive to introduce new products. We were the first to develop Plate Loaded Leverage machines and have successfully established Powertec as the pioneer



New "Build your Workbench Accessories"

and leader in this area of strength equipment. Leverage machines provide the natural resistance of free weight with the safety of a machine.

We released our highly successful "Workbench Series" over a decade ago and have sold thousands of Gyms and Systems to homes and light commercial applications worldwide. We are now excited to announce the release of our new "Build your Workbench" accessories for 2010! A line of individual, innovative machines that plug into all Workbench Gyms and Bench Systems providing additional workout stations and allowing you to design your own gym.

The years have been exciting for us and we continue to grow even during these tough economic times. We have never lost sight of our objective and vision to provide a line of strength equipment that successfully combines high quality construction with precise function at a truly affordable price. That has been and remains our goal from day one! The progress continues...



"Future Concepts"

Powertec continues to gain a very dedicated following of repeat customers over many years. The main reason being that our equipment is carefully engineered to be precise in function and fits most every user. Powertec equipment is also built to take a serious beating. We came from the commercial gym background so we have many years of experience in building equipment for the most demanding market that accepts nothing but perfection.

## SPECIFICATIONS

### WARRANTY:

- Lifetime on frames (excluding paint finish) - 2 years on component parts (bearings, spring pins) - 1 year on pads, grips and unspecified parts.

### FRAMES:

All Powertec frame structures are mig welded and consist primarily of 2 - 4" square and rectangular tubing with a wall thickness of 2.5 mm or 12 gauge. All of our steel materials are of the highest-level grade available.

### FINISH:

Steel frames are thoroughly cleaned and treated. They are then painted and baked in a hard, durable powder coat finish, which will last a lifetime. Powertec is one of the only consumer companies to offer multiple colors in some select models.

### COMPONENTS :

Parts such as aircraft cable, ball bearing reinforced pulleys, side mounted and linear bearings, nylon precision bushings, and spring loaded pins are all industrial grade to ensure a smooth and quiet operation. PVC scratch guards are located on all weight horns to protect the product from scratching.

### UPHOLSTERY:

Pads are constructed of 2 1/2" thick, high-density foam surrounded by top grade upholstery for a firm, contoured feel. All Pads are double stitched and incorporate a backing. Back pads also include a removable clear head wrap. Powertec is also the only company to provide all roller pads with an upholstered finish, which are secured with an aluminum end cap.

### HARDWARE:

Hardware components such as 1/2" nuts, bolts, washers and knobs are all high tensile strength to withstand heavy usage and stress.



### PACKAGING:

Each part is individually wrapped and protected inside an extra strength 10 layer corrugated box designed to minimize damage during shipping. Each product includes an owners manual detailing assembly procedures.

### TESTING:

Weight capacities are tested to a recommended safe range based on maximum load usage.



# WORKBENCH GYMS

# "Build Your Workbench"

There are two WORKBENCH Multi Leverage Gyms that both offer full body training with all of the best strength exercises available. Leverage provides the safety and control of a machine with the true feel and resistance of free weight for the ultimate in results. If you prefer to train with Free Weight there are three Workbench Bench-Racking systems to choose from all providing multiple full access to all Barbell exercises. All Powertec Workbenches set the standard in high quality construction and are built to last a lifetime!

## WORKBENCH LEVERAGE GYM

"Awesome look, real results!"

### KEY FEATURES

#### - Total Body Training:

Over 20 of the best and most effective classic strength training exercises built into this gym to work every muscle group to its maximum providing precise function.

#### - The Leverage Advantage:

The Lever Arm drives the exercises. Weight plates are loaded directly onto the lever which simply replaces the barbell thus providing the natural feel and resistance of free weight with the safety and control of a machine.

#### - Power Lifting Access

The Leverage Gym incorporates a lock and load removable bench section opening up the lever area for power exercises such as squats, shrugs and rows. The bench has wheels for easy in and out access and includes handlebars for gripping during leg exercises.

#### - Build your Workbench Accessories:

An access tube and knob lock pin have been incorporated into the Leverage gym providing the new "Workbench Machine Accessories" to be added to your gym.

### SPECIFICATIONS:

#### - Model # WB-LS10

Lever Press Arm starting weight w/o plates = 20 LB

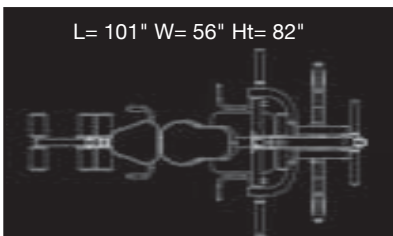
Lever Press Arm = 500 LBS,

Lat Machine = 300 LBS

Leg Lift = 200 LBS,

Squat Bar = 300 LBS

\* Weight Plates Sold Separately



See our exciting new room planner online.



PLEASE CALL



TRICEP PRESS    SHOULDER PRESS    BENCH PRESS    LAT PULLDOWN    LEG EXTENSION



LEG CURL    AB CRUNCH    SQUAT    CALF RAISE



ARM CURL    SHRUG    BENT OVER ROW    STIFF LEG DEADLIFT

Also available in Jet Black

### OPTIONAL ACCESSORIES

Available for the WB-LS10. See page 15-16 for more details.



MACHINE CURL    LEG PRESS    MACHINE DIP    PEC FLY

"Easy Lock and Load Access"

## WORKBENCH MULTI SYSTEM

**"Still The #1 Best Selling Leverage Gym in the World!"**

### KEY FEATURES

#### - 3 Person Access:

This gym provides multiple user access opening up all types of applications from the home into many light commercial settings. The footprint remains quite compact for a multiple station gym.

#### - Over 12 Single Station Machines:

Each station is pre-set to provide it's own individual exercise machine. The user can move quickly from station to station with minimal adjustments

#### - The Leverage Advantage:

Lever Arms drive the exercises. Weight plates are loaded directly onto the lever which simply replaces the barbell thus providing the natural feel and resistance of free weight with the safety and control of a machine.

#### - Virtually Maintenance Free:

The Workbench Multi System has no cables or pulleys. All exercises incorporate bearing driven lever arms to provide a smooth and quiet operation.

#### - Build Your Workbench Accessories:

An access tube and knob lock pin have been incorporated into the Multi System providing the new "Workbench Machine Accessories" to be added to your gym.

### SPECIFICATIONS:

#### Model # WB-MS10

Lever Press Arm starting weight w/o plates = 20 LBS

Lever Press Arm = 500 LBS

Squat Arm = 500 LBS

Lat Lever = 400 LBS

Tricep Bar = 200 LBS

Leg Lift/Arm Curl = 200 LBS

Ab Crunch = 100 LBS

Note: (Capacities are fully tested to a reasonable load rate)



PLEASE CALL

Also available in Jet Black

"3 Person Access"



ARM CURL SEATED ROW LEG EXTENSION AB CRUNCH



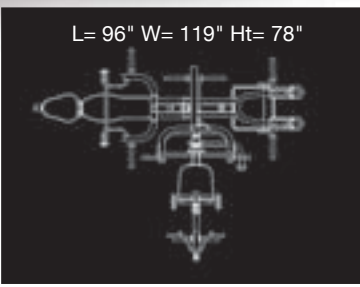
LAT PULLDOWN TRICEP PRESS BENCH PRESS



SHRUG SHOULDER PRESS



TRICEP EXTENSION SQUAT



L= 96" W= 119" Ht= 78"

\* Weight Plates Sold Separately

Prices and designs subject to change without notice.

See our exciting new room planner online.

### OPTIONAL ACCESSORIES

Available for the WB-MS10. See page 15-16 for more details



LEG PRESS PEC FLY DIP

## WORKBENCH POWER RACK

**"Heavy Duty Power lifting for the trainer who demands results"**

**KEY FEATURES**

**- Build your Workbench:**

You can customize your Workbench Power Rack to include the Utility Bench which provides lock and load access and the high/low cable system providing numerous cable driven exercises.

**-Free Body stations:**

The Power Rack comes standard with both Chin up and Dip bars at no additional cost

**- Training with Safety:**

Innovative Gravity Lock catches are included that provide an easy access in and out catch lock which ensures safety at all times. The Power rack also has a number system for quick adjustments

**- Build your Workbench**

**Accessories:**

An access tube and knob lock pin have been incorporated into the optional Utility Bench providing the new "Workbench Machine Accessories" to be added to your Power Rack System.

**SPECIFICATIONS:**

**- Model # WB-PR10**

Racking Section = 1000 LBS  
Chin up and Dip Bars = 400 LBS Bodyweight

**- Model # WB-LTO10 (optional)**

Weight Carriage/Cable = 300 LBS

Note: (Capacities are fully tested to a reasonable load rate)

**\* Weight Plates Sold Separately**

L= 78 (99" with LTO)" W= 49" Ht= 82"

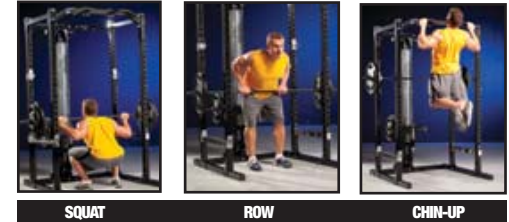


See our exciting new room planner online.



**PLEASE CALL**

Includes Chin-up and Dip Bars.



SQUAT      ROW      CHIN-UP



DIP      LOW ROW      CURL



BENCH PRESS      LAT PULLDOWN

**PLEASE CALL**

Also available in Construction Yellow.

**OPTIONAL ACCESSORIES**

Available for the WB-PR10 See page 15-16 for more details

**MACHINE CURL**



**LEG PRESS**



**LEG LIFT/AB**



**PEC FLY**



Utility Bench sold separately.

## WORKBENCH HALF RACK

**"A Safe and Solid Rack System providing the traditional and most effective free weight exercises"**

### KEY FEATURES

#### - Build your Workbench:

You can customize your Workbench Half Rack to include the Utility bench which provides lock and load access and the high/low cable system providing numerous cable driven exercises. The Chin up bars come standard with the rack.

#### - Training with Safety:

Innovative Gravity Lock catches are included that provide an easy access in and out catch lock that ensures safety at all times. The Half Rack also has a number system for quick adjustments.

#### - Build your Workbench Accessories:

An access tube and knob lock pin have been incorporated into the optional Utility Bench providing the new "Workbench Machine Accessories" to be added to your Half Rack System.

### SPECIFICATIONS:

#### - Model # WB-HR10

Racking Section = 1000 LBS

Chin-up Bar = 400 LBS Bodyweight

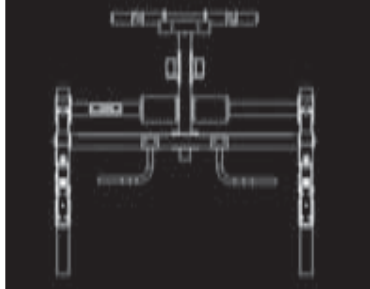
#### - Model # WB-LTO10 (Optional)

Weight Carriage/Cable = 300 LBS

Note: (Capacities are fully tested to a reasonable load rate)

\* Weight Plates Sold Separately

L= 78" (99" with LTO) W= 49" Ht= 82"



See our exciting new room planner online.



Also available in Jet Black.

Lock and Load Bench System.

PLEASE CALL



SQUAT



SHRUG



CURL



CHIN-UP



BENCH PRESS



SHOULDER PRESS



LAT PULLDOWN



LOW ROW

### OPTIONAL ACCESSORIES

Available for the WB-HR10. See page 15-16 for more details

#### MACHINE DIP



#### MACHINE CURL



#### LEG PRESS



#### LEG LIFT/CURL/AB



#### PEC FLY



Utility Bench sold separately.

# WORKBENCH BENCHES/RACKS

# "Build Your Workbench"

## OLYMPIC BENCH

"A classic bench built tough to take a beating!"

### KEY FEATURES

#### - Patented Bench Linkage System:

All Workbench benches incorporate a patented linkage mechanism that allows for the bench section to pivot from the front to the rear locked position with ease for the purpose of the shoulder press exercise and to provide front stability support for all Workbench Machine Accessories. In addition the rear position is used to save space when not in use.

#### - Dual bar catch access:

The upright adjustable bar catches on the Olympic Bench offer two sided bar catch capability to utilize the back of the rack section for power exercises such as squats.

#### - Build your Workbench Accessories:

An access tube and knob lock pin have been incorporated into the Olympic Bench providing the new "Workbench machine Accessories" to be added.

### SPECIFICATIONS:

- Model # **WB-OB10**
- Racking Catches = 600 LBS

\* Weight Plates Sold Separately



PLEASE CALL

Available in Construction Yellow.

All Workbenches incorporate a patented Bench Linkage System.

### OPTIONAL ACCESSORIES

Available for WB-OB10  
Details on page 15

#### • ARM CURL



- LEG PRESS
- PEC FLY
- DIP
- LEG LIFT

Dual Bar Catch Access.



BENCH PRESS



SQUAT



SHOULDER PRESS

## UTILITY BENCH

"Compact, low to the ground design for easy access with your Workbench Rack or as a stand alone Utility Bench for Dumbbell and abdominal training."

### KEY FEATURES

#### - Easy mobility and comfort:

The Utility Bench offers rear wheels for easy in and out access of the Workbench Racks. Side seat handlebars are also included on all Workbenches for gripping during leg exercises.

### SPECIFICATIONS:

- Model # **WB-UB10**
- Bodyweight/Resistance combination = 600 LBS
- Note: (Capacities are fully tested to a reasonable load rate)



PLEASE CALL

### OPTIONAL ACCESSORIES

Available for WB-UB10  
Details on page 15

- PEC FLY
- MACHINE DIP
- LEG PRESS
- MACHINE CURL



- LEG LIFT/AB

## DUMBBELL RACK



PLEASE CALL

"A slick, quality built rack that stores all types of dumbbells"

### KEY FEATURES

#### - Multiple level storage access with safety in mind:

The Workbench Dumbbell Rack provides two levels of storage holding approximately 6 sets or 12 normal size dumbbells. The steel tubing is neatly angled for ease of removing and storing the dumbbells. Angled steel bar and end stoppers lock the dumbbells in place at all times.

### SPECIFICATIONS:

- Model # **WB-DR10**
- L=24 W= 50" HT= 32" Weight capacity: 1500 LBS
- Note: (Capacities are fully tested to a reasonable load rate)

\* Weight Sold Separately

## OLYMPIC WEIGHT RACK

"A gym quality rack built to store hundreds of pounds of plates"

### KEY FEATURES

#### - Weight storage without scratching:

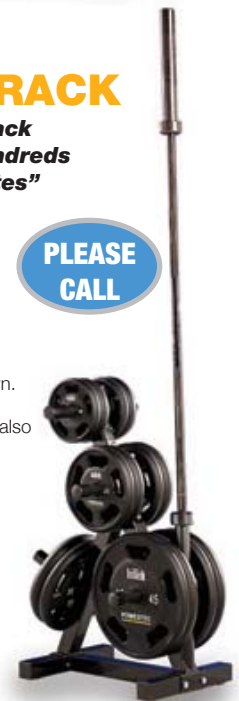
The Workbench Weight Rack offers PVC weight horn sleeves to prevent scratching when sliding plates on and off the horn. All Workbench weight horns on the lever arms also include PVC sleeves.

### SPECIFICATIONS:

- Model # **P-WR10**
- L= 32" W= 19" HT= 40"
- Weight capacity: 1500 LBS
- Note: (Capacities are fully tested to a reasonable load rate)

\* Weight Plates & Bar Sold Separately

PLEASE CALL



Prices and designs subject to change without notice.

All five **WORKBENCH ACCESSORIES** are designed to fit all POWERTEC Workbench models. These high quality machine accessories provide unique and innovative new workout stations to your existing Workbench. Each accessory is precise in function for all types of users. All accessories are designed to provide easy in and out access at a very affordable price.

**LEG PRESS ACCESSORY (WB-LPA)**  
*"The first Leverage Leg Press of it's kind providing innovation and new function"*



**PLEASE CALL**



**LEG LIFT ACCESSORY (WB-LLA)**  
*"Leg and Ab training through precise motion and comfort"*



**PLEASE CALL**



**CURL MACHINE ACCESSORY (WB-CMA)**

*"The ultimate machine to blast and build your biceps"*



**PLEASE CALL**

**PEC FLY ACCESSORY (WB-PFA)**  
*"This new accessory is guaranteed to add size and shape to your chest and deltoids"*

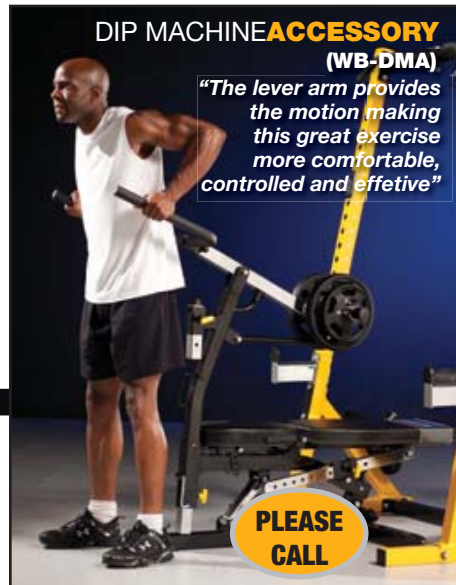


**PLEASE CALL**



**DIP MACHINE ACCESSORY (WB-DMA)**

*"The lever arm provides the motion making this great exercise more comfortable, controlled and effective"*



**PLEASE CALL**

**ACCESSORY STORAGE RACK (WB-ASR)**

*"Store your Workbench Machine Accessories and save valuable floor space while keeping your gym neat and organized"*

**PLEASE CALL**

\* Accessories not included



# STRENGTH CLASSICS

## LEVERAGE MULTI PRESS

"All of the best pressing exercises with total safety and control!"

### KEY FEATURES

**- The Leverage Advantage:**

The lever arm drives the exercises. Weight plates are loaded directly onto the lever arm which simply replaces the barbell thus providing the natural feel and resistance of free weight with the safety and control of a machine.

**- Patented bench linkage system:**

The Multi Press incorporates a patented linkage mechanism that allows for the bench section to pivot from the front to the rear locked position with ease for the purpose of the shoulder press exercise and to provide front stability support for all available accessories. In addition the rear position is used to save space when the machine is not in use.

**- Accepts accessories:**

The Multi Press is not in the Workbench series line however includes the front tube adaptor that accepts all Workbench Machine Accessories.

### SPECIFICATIONS:

Model # L-MP10

Lever Press Arm starting weight w/o plates = 20 LBS

Lever Press Arm = 500 LBS

\* Weight Plates Sold Separately

### OPTIONAL ACCESSORIES

- PEC FLY
- LEG LIFT/AB
- MACHINE CURL



- LEG PRESS



DECLINE PRESS



FLAT PRESS



INCLINE PRESS



SHOULDER PRESS

# "The Original Leverage Company"

## LEVERAGE SQUAT/CALF

"Still the original best selling leg machine on the market!"

### KEY FEATURES

**- The perfect motion:**

By setting the foot plate at the correct angle and properly positioning the weight plate load, all stress and pressure is taken off the lower back and knees. The resistance is focused totally on the thighs to drive the motion.

**- Start/Stop handle:**

An innovative slide handle bar is incorporated that allows the user to start and stop the exercise in the top position. There is also a fixed safety stop position built in.

### SPECIFICATIONS:

- Model # L-SC10

L= 60" W= 44" HT= 60"

Squat Lever Arm = 500 LBS

Note: (Capacities are fully tested to a reasonable load rate)

\* Weight Plates Sold Separately



START/STOP LEVER



MACHINE SQUAT



CALF RAISE

## LEVERAGE CHIN/DIP ASSIST PLUS

"A total body workout made quick, easy and effective"

### KEY FEATURES

**- The counterbalance advantage:**

This machine provides reverse assisted resistance to allow for the user to perform a Dip, Chin up, Squat and Crunch. 4 great exercises to work the entire body. By loading weight on the lever it acts to counterbalance your own bodyweight thus allowing for full range of motion and perfect repetitions.

**- Swivel chin up bar:**

In addition to the horizontal and neutral grips, the chin up section also includes a swivel straight bar that allows for close grip access to train the biceps.

### SPECIFICATIONS:

Model # L-CDA+10

L= 51" W= 39"

HT= 83"

Weight Capacity:

400 lbs body weight

Note: (Capacities are fully tested to a reasonable load rate)

\* Weight Plates Sold Separately



ASSISTED CHIN-UP



ASSISTED DIP



ASSISTED AB CRUNCH



ASSISTED SQUAT



Lever Lock allows for bodyweight Chin-up/Dip without Assist

# STRENGTH CLASSICS

"Gym Quality and Performance"

## COMPACT LEG SLED

"Still the most compact, smooth leg press in half the space!"

PLEASE CALL

### KEY FEATURES

#### -Precise Motion

The sled is driven by nylon bearing wheels that provide an ultra smooth and quiet ride. The carriage holds 8 wheels that hug the solid steel guide rods preventing lateral movement and providing a precise motion from top to bottom.

#### - Comfortable position:

The seat and adjustable back pad along with the adjustable angle foot plate and hand grips lock the user into the perfect position to perform the exercise.

#### -Compact design:

The design of the carriage and seat section allow for a leg sled that is significantly more compact than any other in its class. A foot tube is also included to provide calf raises.

### SPECIFICATIONS:

#### Model # P-CLS10

L= 59" W= 48" HT= 46"

Weight Capacity: Sled = 700 LBS

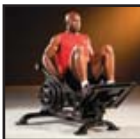
Note:

(Capacities are fully tested to a reasonable load rate)

\* Weight Plates Sold Separately



CALF RAISE



LEG PRESS

## LAT MACHINE

"Setting new standards with the smoothest lat machine available"

### KEY FEATURES

#### - Gym style operation:

The lat machine carriage incorporates industrial nylon bushings that ride on two polished steel guide rods providing an extremely smooth and quiet ride. Cables are aircraft rated and pulleys are nylon reinforced and bearing driven.

#### - Swivel seat access:

The unique seat section is built into the machine allowing the seat to be locked in position or pivoted outward thus opening up the middle area for numerous exercises. Multiple cable bars are included.

### SPECIFICATIONS:

#### Model # P-LM10

W=64" W= 36" HT= 82"

Weight capacity: carriage = 400 LBS

Note: (Capacities are fully tested

\* Weight Plates Sold Separately



LOW ROW



Swivel/Lock Seat System



PLEASE CALL



LAT PULLDOWN



ARM CURL



TRICEP PRESS

## DUAL HYPEREXTENSION/ CRUNCH

"Strengthen your lower back, glutes and abs in a comfortable and precise position"

### KEY FEATURES

#### - Dual hyperextension access:

This is the only bench of its kind that provides access to performing the hyperextension at a fixed 45 degree angle or at the traditional horizontal position.

#### - Multiple adjustments:

Numerous adjustments are available on the foot plate, rollers and seat to accomplish three different movements for all body types.

### SPECIFICATIONS:

#### Model # P-HC10

L= 50" W= 32"

HT= 35"

Weight capacity:

Bodyweight

limit = 400 LBS

Note: (Capacities are

fully tested to a reasonable load rate)



PLEASE CALL



45 DEGREE HYPER



TRADITIONAL HYPER



AB CRUNCH



CHIN UP



LEG RAISE



PUSH-UP



DIP



PLEASE CALL

## BASIC TRAINER

"Strengthen and shape all your muscles with this complete bodyweight rack system"

### KEY FEATURES

#### - New design:

The new basic Trainer now provides all of the exercises from the front side making the rack much more compact.

#### - Multiple gripping access:

Numerous grip positions are available to accomplish the different exercises. The chin-up section also incorporates a swivel straight bar for close grip training.

### SPECIFICATIONS:

#### Model # P-BT10

L= 60" W= 48" HT= 86"

Weight capacity:

Chin up and Dip bars = 400 LBS

BODYWEIGHT

Note: (Capacities are fully tested

to a reasonable load rate)