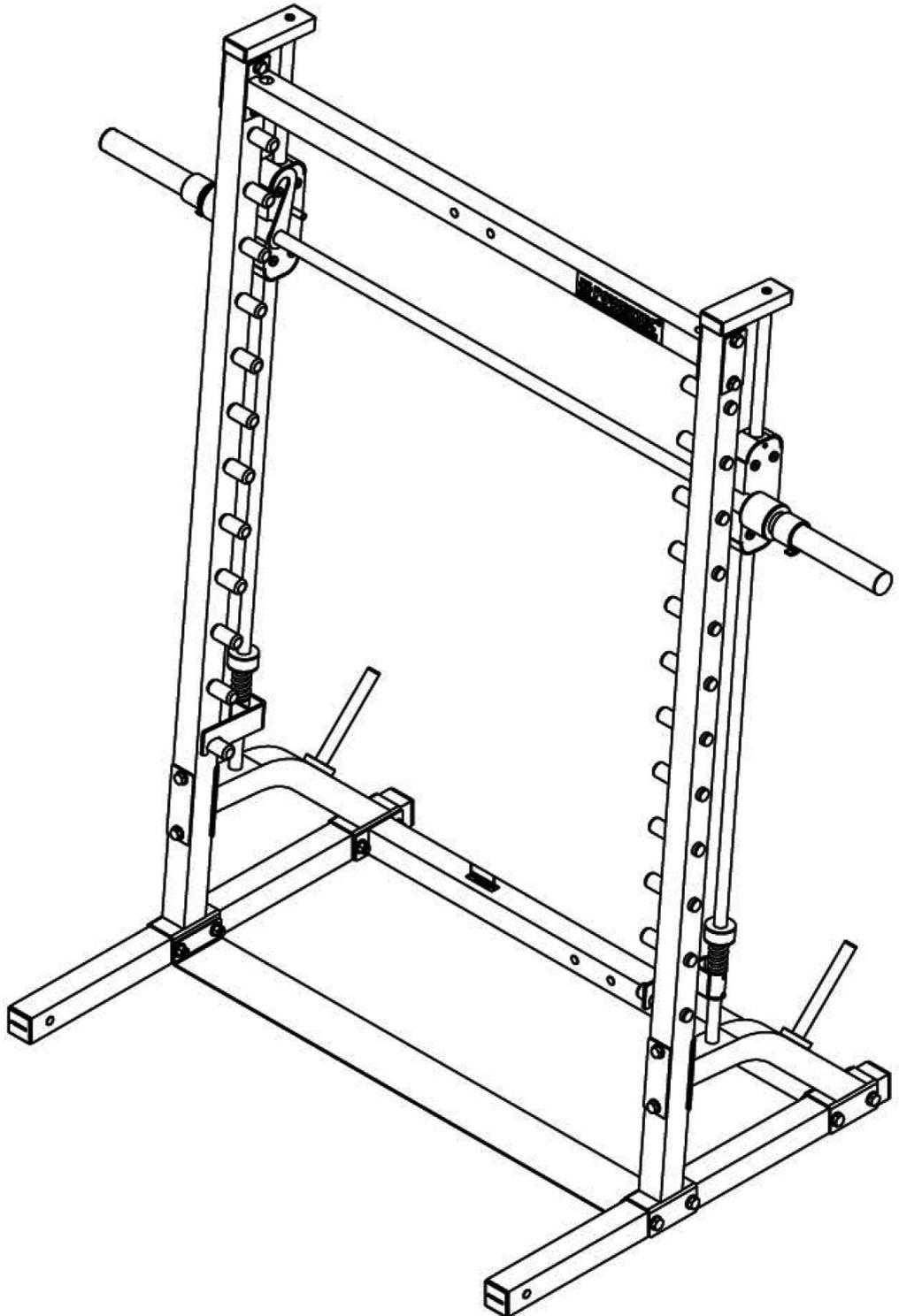


 **POWERTEC®**

WB-RS19

Manual



ROLLER SMITH SYSTEM



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-RS19
 Roller Smith System**

Weight Capacities
 Racking Section: 450 Lbs.

Featured Exercises

- | | | |
|------------------|--------------|----------------|
| Squat | Lunges | Inverted Rows |
| Bent Over Rows | Upright Rows | Shoulder Press |
| Single Leg Squat | Bicep Curls | Calf Raises |
| Front Squats | | |

- **Multiply and Increase your Exercises by Adding The Lat Tower Option and Workbench Utility Bench!**

- | | | |
|---------------------------|------------------------------|-----------------------------|
| Cable Bent Over Row | Cable Upright Row | Bicep Curls |
| One Arm Row | Close Grip Lat Pull Down | Wide Grip Lat Pull Down |
| Single Arm Low Cable Rows | Low Cable Straight Bar Curls | Standing Front Lat Pulldown |
| Triceps Pushdown | Overhead Tricep Extension | Low Cable Triceps Kick |
| High to Low Woodchops | Low to High Woodchops | Overhead Bicep Curl |
| Flat Bench Press | Incline Bench Press | Decline bench Press |
| Bench Soulder Press | | |

Recommended Accessories

- | | | | |
|----------|---------------------|-----------|------------------------|
| WB-PFA16 | Pec Fly Accessory | WB-LTA 16 | Lat Tower Accessory |
| WB-LPA16 | Leg Press Accessory | WB-DMA16 | Dip Machine Accessory |
| WB-LLA16 | Leg Lift Accessory | WB-ASR16 | Accessory Storage Rack |

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



8" Adjustable Wrench



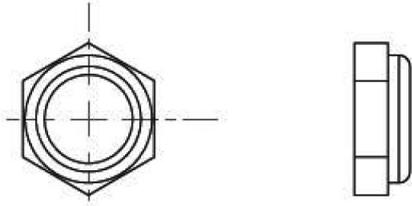
Wrenches
13 mm = 1/2"
19 mm = 3/4"
21 mm = 13/16"

Helpful Tips

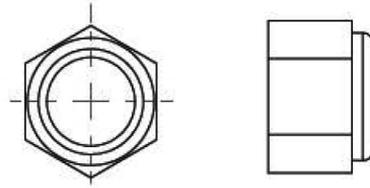
- **Fill out and mail the limited warranty card.** The warranty card is found on the back cover of this guide.
- **Set up the unit on a solid, flat surface.** A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.** Open space around the machine allows 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

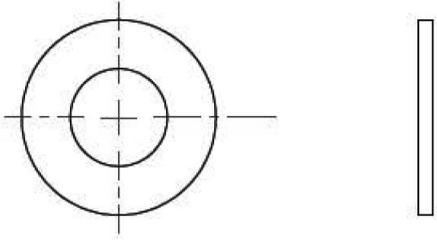

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Part No. 28 Nut 1/2" 8T



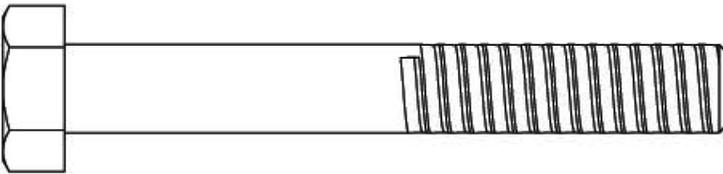
Part No. 29 Nut 1/2"



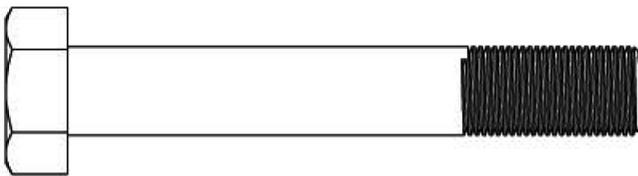
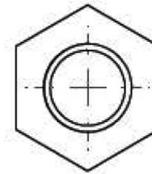
Part No. 27 Washer 1/2"



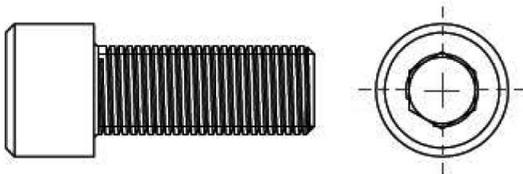
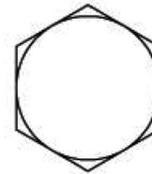
Part No. 22 Hex Bolt 3/8" x 3/4"



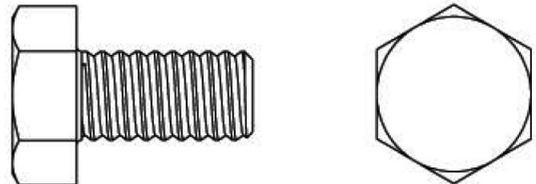
Part No. 24 Hex Bolts 1/2" x 3 1/4"



Part No. 25 Hex Bolt 1/2" x 3 3/4"



Part No. 26 Hex Bolt 1/2" x 1 1/4"



Part No. 23 Hex Bolt 1/2" x 1"

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ROLLER SMITH SYSTEM

PART LIST



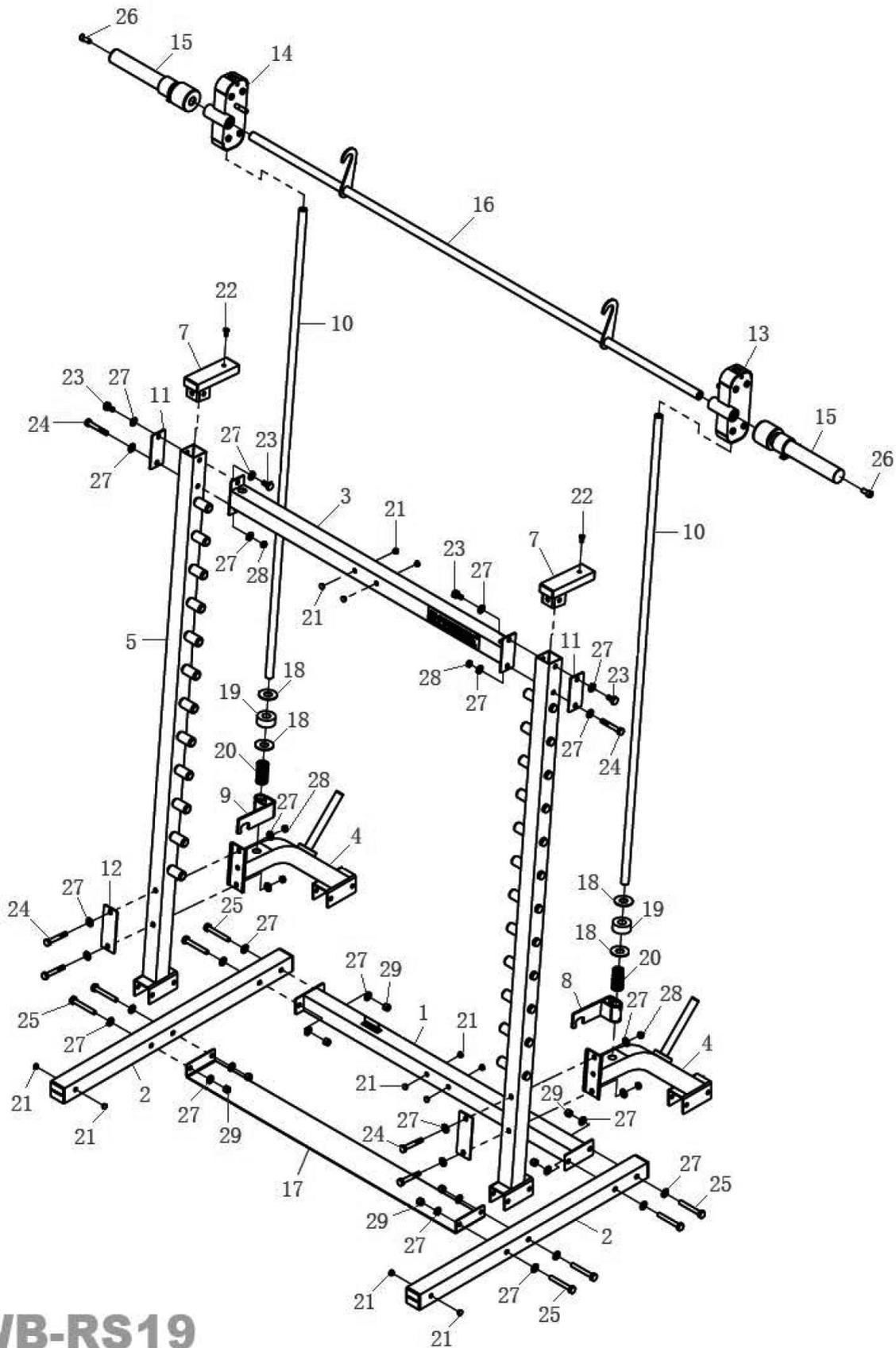
Part No.	Description:	Qty.
1	Lower, Center Base Frame	1
2	Lower, Side Base Frame	2
3	Upper, Cross Bar Frame	1
4	Up-Right Frame Support Tubes	2
5	Up-Right Frame - Right	1
6	Up-Right Frame - Left	1
7	Angle Brace Bracket	2
8	Safety, Lower Sleeve - Right	1
9	Safety, Lower Sleeve - Left	1
10	Slide Rods	2
11	Reinforcement Plate	2
12	Reinforcement Plate	2
13	Roller Carriage - Right	1
14	Roller Carriage - Left	1
15	Weight Horn	2
16	Weight Bar	1
17	Foot Plate	1
18	Washer	4
19	Rubber Bumper	2
20	Spring	2
21	Round End Caps / Plugs	12
22	Round Head Bolts 3/8" x 3/4"	4
23	Hex Bolts 1/2" x 1"	4
24	Hex Bolts 1/2" x 3 1/4"	6
25	Hex Bolts 1/2" x 3 3/4"	8
26	Hex Bolts 1/2" x 1 1/4"	2
27	Washer 1/2"	32
28	Nut 1/2" x 8T	6
29	Nut 1/2" x 16T	8

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ROLLER SMITH SYSTEM

EXPLODED DIAGRAM


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ROLLER SMITH SYTEM

ASSEMBLY ONE

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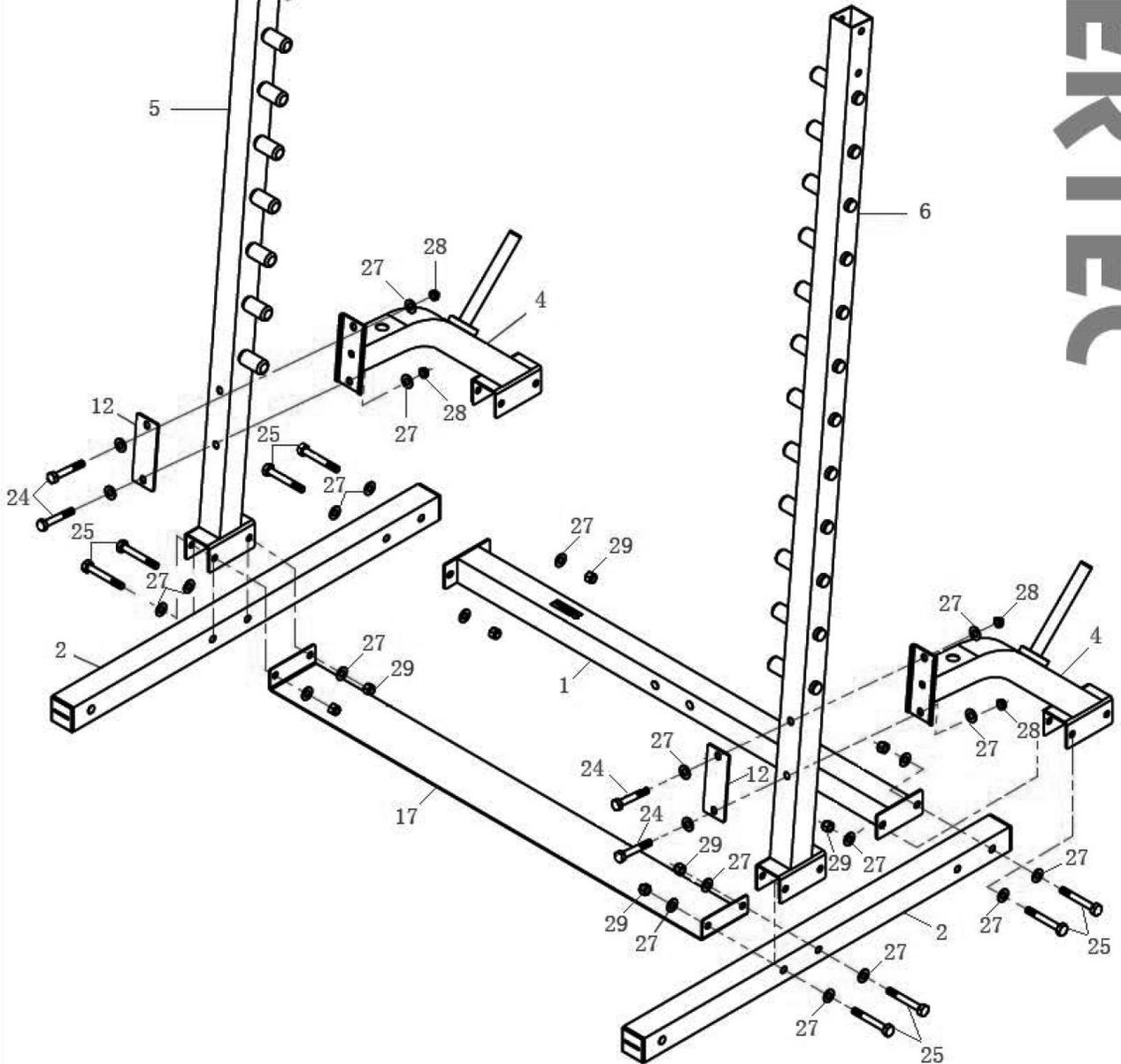
Step 1

Install Up-Right Frame Support Tube No. 4 onto Lower Side Base Tube No. 2 and Lower Center Base Frame No. 1, use Bolts No. 25 Washers No. 27 and Nuts No. 29

Step 2

Install Up-Right Frames No. 5 and No. 6 to Base Tubes No. 2 and Foot Plate No. 17 using Bolts No. 25, Washers No. 27 and Nuts No. 29

Connect Up-Rights to No. 4 using Linkage Plates No. 12 Bolts No. 24, Washers No. 29 and Nuts No. 28



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ROLLER SMITH SYSTEM

ASSEMBLY TWO


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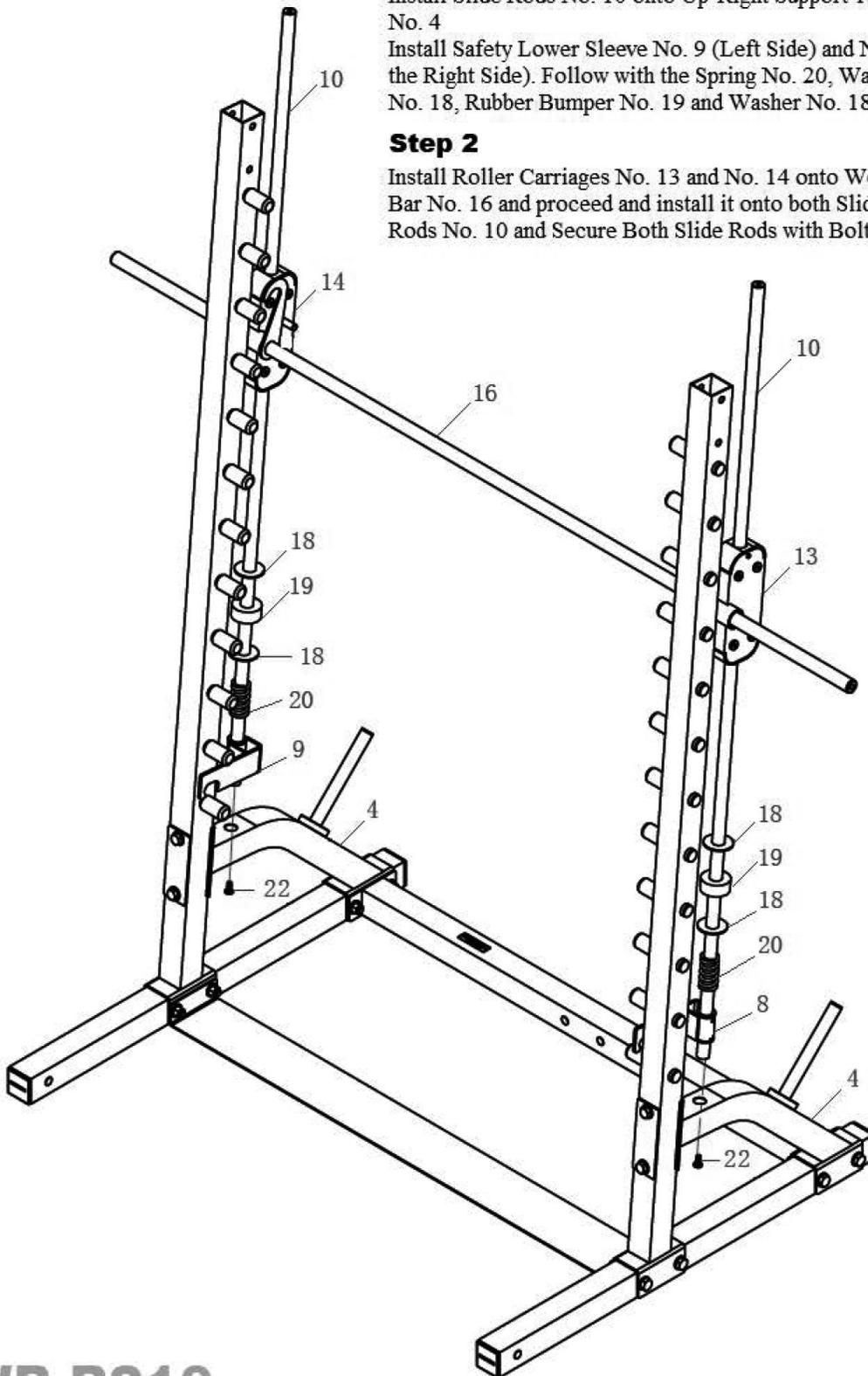
Step 1

Install Slide Rods No. 10 onto Up-Right Support Tubes No. 4

Install Safety Lower Sleeve No. 9 (Left Side) and No. 8 on the Right Side). Follow with the Spring No. 20, Washer No. 18, Rubber Bumper No. 19 and Washer No. 18

Step 2

Install Roller Carriages No. 13 and No. 14 onto Weight Bar No. 16 and proceed and install it onto both Slide Rods No. 10 and Secure Both Slide Rods with Bolt No. 22



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ROLLER SMITH SYSTEM

ASSEMBLY THREE

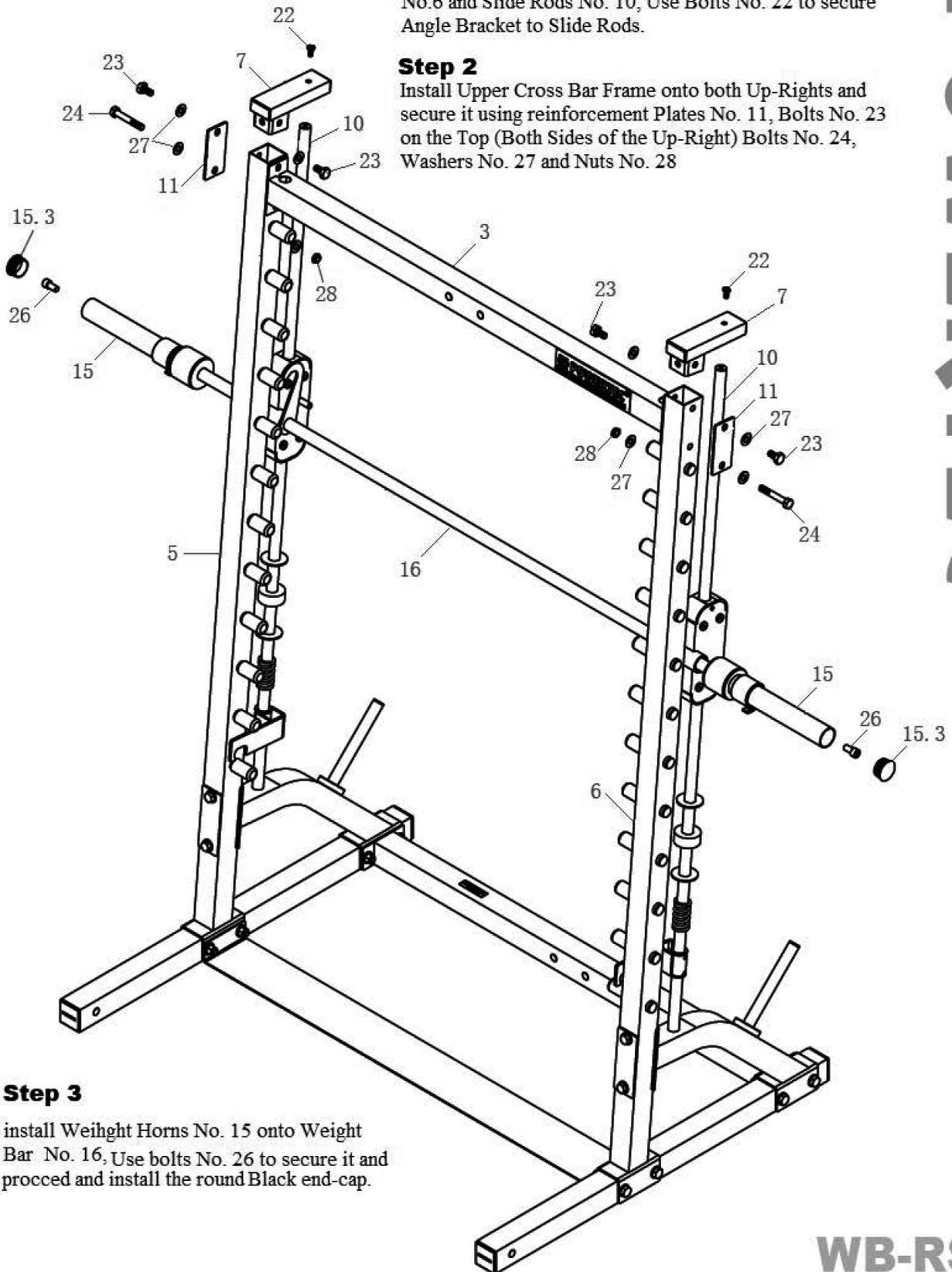
POWERTEC[®]

Step 1

Install Angle Brace Bracket onto Up-Right Tubes No. 5 and No. 6 and Slide Rods No. 10, Use Bolts No. 22 to secure Angle Bracket to Slide Rods.

Step 2

Install Upper Cross Bar Frame onto both Up-Rights and secure it using reinforcement Plates No. 11, Bolts No. 23 on the Top (Both Sides of the Up-Right) Bolts No. 24, Washers No. 27 and Nuts No. 28



Step 3

install Weight Horns No. 15 onto Weight Bar No. 16, Use bolts No. 26 to secure it and proceed and install the round Black end-cap.

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ROLLER SMITH SYSTEM

WB-RS19 Roller Smith



Front Squat

Front Squat

Place barbell at the center of your upper chest. Reaching under so the barbell is on your shoulders and rest your hands on top of the barbell.

Clear the bar supports while remaining in the safety zone. Bend your knees down, but do not extend your knees past your toes.

Pause briefly before returning to the start position.



Upright Row

Upright Row

Position the bar at mid thigh height, stand behind the bar with the feet flat on the floor and shoulders width apart. Grasp bar in an overhand grip, shoulders apart.

With your back straight, lift the bar with elbows rising first, pull up until level with your neck.

Pause briefly before returning to starting position.

Make sure to maintain proper form and a straight back to avoid injury!



One Arm Row

One Arm Row With Lat Tower Option

With Cable attached to the lower pulley, face the machine and grab handle (palm up). Keep your non-working hand on the stationary pad for support. Stand with one leg back from the other, knees slightly bent, bent forward at the hips.

While gripping the hand bar bend your arm at the elbow in a rowing motion to your torso or slightly above.

Pause briefly before returning to the starting position.



Lat Pulldown

Lat Pulldown

Adjust the bench seat position so your feet are flat on the ground. Grip the lat bar with hands spread shoulders width apart and sit down facing machine.

Extend your arms (keeping your back straight and ab muscles tight) lean back slightly. While maintaining correct posture pull the lat bar down to mid chest.

Pause briefly before returning to the starting position.



Cable Front Lateral Raise

Cable Front Lateral Raise

With cable attached to lower pulley grip the lateral bar with both hands facing away from the machine. Standing straight with your abs tight and your back straight.

Squeeze your back muscles while you lift the bar to shoulder height, do not over extend. Keep your posture straight with feet planted firmly on the floor.

Pause briefly before returning to the starting position.



Seated Row

Seated Row With Lat Tower Option

With cable attached to the lower pulley sit on the floor facing the machine. Keep your back straight and bend your knees slightly with your heels on the floor, toes pointed up and out at a slight angle.

Grasp the bar with both hands in an overhand grip with your palms facing down. Pull the bar toward your body, mid torso height, stopping a few inches from contact.

Pause briefly before 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
6301 Alondra Blvd.,
Paramount, CA 90723- USA

Powertec Europe
2 rue d'Aquitaine
68390 Sausheim - France

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

Phone: + 33(0) 6 43 592 803
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



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service@powertecfitness.com
www.powertecfitness.com

Return Warranty Registration Card to Appropriate Powertec Address:



Place
Stamp
Here



