

## 1: Powertec | eBay

*The Powertec Power Rack, an industry proven design, just got upgraded. For the power rack (WB-PR18) comes standard with the deluxe multi-grip chin-up bar, a new and improved j-hook design.*

Wikipedia describes the power rack as: A power cage also known as a power rack, squat cage, or squat rack is an item of weight training equipment designed to allow for a safe free weight workout using a barbell without the movement restrictions imposed by equipment such as the Smith machine. Originally described as an apparatus for use with barbells, the power cage was patented in by Karl I. Mullen of Portland, Oregon. As described in his patent, and paraphrased below: It essentially comprises four vertical posts with movable horizontal bar catchers on each side. For strength the uprights are normally linked together top and bottom thus producing a cage. A safe free weight workout can be undertaken since dropping the weight will result in it being caught by the side bars. A power cage can be used for a number of exercises including squat and various over-head presses. Partial bench presses, partial squats and partial deadlifts for instance are practiced in this cage. Partial movement allows for greater weight to be used in a safe way, allowing for an overloading of muscle groups to produce greater growth. Although less experienced individuals are often seen doing so, curling in the power rack is generally deemed inappropriate. The power rack is the first piece of equipment you should buy for your home gym. It will allow you to lift heavier, and most of all, lift safer. The commercial gym I used to go to had a Hammer Strength power rack, a huge beast. When I went to the gym at 5 a. There are dozens and dozens of web sites selling the powertec power rack , for about the same price, with and without shipping included, etc. I finally found the best price I let you know where at the end of the article and placed my order. The rack was too heavy for UPS or FedEx to deliver, so a transport company, who could only drop off at the end of my driveway, delivered the rack. The rack and pulley attachment came in four separate boxes and the total weight was pounds! Assembly of the power rack was fairly easy; at least all of the hardware was included and of the same size. However, there were some quality control issues. Some of the steel edges needed to be deburred sanded , and the saber spotters chrome safety pins were different lengths. This is how I placed mine as well. A minor inconvenience, I know, but some lifters have suggested turning the tubes around so the lettering is facing in. But others have commented that seeing the white numbers on the inside has made them lose concentration when lifting! So I guess which direction you place the numbers is a matter of personal preference. I assembled this by myself, but I could have used an extra set of hands for the assembly of the front and rear top crossbars. Just remember to start all of the bolts and just hand tighten before finalizing the assembly. As for the assembly of the lat tower option, the illustrations in the instructions were small and somewhat hard to follow. It did not show how one end of the cable connected and I only knew how to connect it because of what parts I had left over. One end of the cable is secured by a screw assembly and the other by one of the three ellipse hooks that were included. The rear uprights have very small threaded holes for the clear powertec plexiglass nameplate to be installed. I managed to put these uprights on backwards and had to flip them around so the threaded holes were facing in towards the middle of the rack. Even with these minor problems, I still managed to put the whole thing together in about four hours. The inside width of the rack is I have enough headroom when I do pull-ups because of my 8-foot ceilings, but other reviewers have suggested turning the front crossbar with the pull-up handles upside down if you have height issues, such as in this photo: This puts the front cross bar pretty low, however, so just watch your head or wear a hardhat while lifting! Overall, the rack looks nice with its gun metal finish, but the powder coating is thin and scratches easily. Not a big deal. They are well thought out and taper inward, so you can find the width that works best for you. The width varies between 18 and 27 inches, and, if you turn them around, the max width is 36 inches. They are very stable, too. Check out this video of Lee Priest doing dips on the Powertec. Besides dip bars, the rack comes with a short arm curl bar, one d-handle, lat bar, iron chain, and foam pads to lock your legs under while doing lat pull-downs. Most of my homemade attachments for this rack require the old, round safety spotters.

## 2: Manuals Powertec

*In need of assembly owner's manual for Powertec PR-R rack/ cage. Does any one have one PM me or let me know where I can get one. Bought one of CL and want paper work.*

Box 1 pictured contains most of the smaller parts. Box 2 contains the upright posts. The instruction manual for the rack, like most PowerTec products, has exploded diagrams, but otherwise minimal instructions. However, despite its size, this power rack was the one of the easiest PowerTec products to assemble from a technical perspective, compared with the bench and lat tower option. I guess the weight rack was the easiest. One of the few notes in the manual states: So did I take this wise instruction on board? No with a small exception. I was too eager to put it together and I thought I needed a challenge. However, I do recommend getting a friend to assist. Here is a compilation video of the photos I took when assembling the power rack: They have 21 mm half inch diameter heads which is fine if you are using a monkey wrench, but if you want to use a ratchet, finding a 21 mm socket could be a bit tricky depending upon which country you are living in. I managed to find just one at the local hardware shop in Japan, so I purchased and used that without any major problems. Note, you will need a wrench to hold the bolt in place and another to tighten the nut. It is not one of those designs which lets you get away with just one wrench though I would not put this down as a negative point against the rack. My overall comments on the PowerTec power rack are: I can swing around on the pull up bars and the dip bars and there is no swaying whatsoever. I think it took about 1. There are only two types of bolts, so it is hard to get them mixed up. The safety bars also have rubber slabs bolted to them which means there is no annoying clinking noise when the olympic bar hits the safety bars. Not so good points: To try to reduce the amount of paint getting scratched off each time, I have wrapped duct tape around the ends of the bits of the safety bars which fit into the rack. For the moment, this seems to be having some effect. It is impossible to see whether both bits of the safety bars which fit into the rack are going in or not. It would be great if there was an easier way to adjust the safety bars to save time. It would be more of a problem if it was a bolt short.

## 3: [www.enganchecubano.com](http://www.enganchecubano.com) " POWERTEC POWER RACK REVIEW

*This Powertec Power Rack System WB-PR16 is solid and built to take a beating. The Powertec Rack System WB-PR16 is the ultimate free weight training system, the cage provides a safe method of performing all of the barbell power exercises such as squats, rows, dead lifts and all pressing movements with the security of the adjustable spotter bars.*

## 4: WORKBENCH POWER RACK

*Powertec is the pioneer and leader in innovative strength equipment. Headquartered in southern California, and with operations in the United States, Europe and Asia, Powertec continues to design and produce a full line of innovative strength equipment for home and light commercial use.*

## 5: POWERTEC WB-LS11 MANUAL Pdf Download.

*View and Download Powertec WB-LS11 manual online. Powertec WB-LS11 Workbench Manual. WB-LS11 Tool Storage pdf manual download.*

## 6: POWERTEC WB-LTO16 ASSEMBLY MANUAL Pdf Download.

*The Powertec Power Rack, an industry proven design, just got upgraded. Powertec Fitness WB-WR16 Weight Rack Black Plate Storage Racks, Black. by Powertec Fitness.*

### 7: Powertec P-PR Power Rack with P-LTO Lat Tower Option review

*One of the best equipment you can invest on is a power rack especially if weight training is among your most preferred programs. When it comes to power racks, you only have a limited number of reliable brands to choose from; on top of that list is Powertec.*

### 8: Setting up the PowerTec WB PR power rack - homegymforbusypeople

*POWERTEC. With vast experience and expertise gained from forty years in the woodworking .*

### 9: Powertec Power Rack Owner's Manual - [www.enganchecubano.com](http://www.enganchecubano.com) Forums

*Dimensions info: 86" wide for a Standard Olympic bar 50" wide for the cage itself 84" high 51" deep (no lat machine) 78" deep with Lat Machine (and plates) " deep with Workbench and Leg.*

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