

# POWERTEC

Follow us    

# POWERTEC

See Powertec equipment in action at  
[www.powertecfitness.com](http://www.powertecfitness.com)  
or call **800-250-6665** for more information

### Find us on Social Media!

 Facebook.com/PowertecFitness

 Twitter.com/Powertec

 Youtube.com/PowertecFitness

 Issuu.com/Powertec

717 E Artesia Blvd  
Suite B  
Carson, CA 90746-1202

Check Out  
What's New for  
**POWERTEC 2011 - Innovation!**

Get Your  
**Six-Pack ABS**  
through Flavor Packed Recipes



**GROW  
MUSCLE**  
"Like the Pros"

2011 Equipment Catalog

[www.powertecfitness.com](http://www.powertecfitness.com)

# Table of Contents

**03 Performance and Quality**  
 "The main reason being that our equipment is carefully engineered to be precise in function and fits most every user".

**05 Workbench LeverGym™**  
 "Improved for 2011! Awesome look, real results!"

**10 MODEL FAVORITE RECIPES:**  
*Vanilla Quinoa Bars by Rob Riches*

**13 MODEL BIO.**  
**Julien Greaux:** 20-year MMA Expert, Actor, Model

**14 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."

**14 Olympic Weight Rack**  
 "A gym quality rack built to store hundreds of pounds of plates"

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



**11**  
**Workbench MultiPress**  
 "All of the best pressing exercises with total safety and control!"

**07 Workbench Multisystem**  
 "Improved for 2011! Still The #1 Best Selling LeverGym™ in the World!"



**09**

**MODEL BIO.**  
**Rob Riches:** 2x World Champion Physique Competitor, Fitness Model, and Expert Trainer



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

**18 MODEL BIO.**  
**Chady Dunmore:** Professional Bikini Competitor, Singer, Actress, Model, and Mother

**19 Lat Tower Accessory**  
 "Setting new standards with the smoothest lat machine available"

**20 MODEL BIO.**  
**Demetris Patsalos:** Personal Trainer, Professional Fitness Model

**21 Workbench Functional Trainer**  
 Check out our newest product for 2011!"



**23 Workbench Olympic Bench**  
 "A classic bench built tough to take a beating!"

**25 PHOTOGRAPHER BIO.**  
**Natalie Minh:** "Photographer and Editor for the 2011 Powertec Catalog"

**27 LeverGym™ Chin/Dip Assist Plus**  
 "A total body workout made quick, easy and effective"

**31 LeverGym™ Compact Gym** "All of the best exercises at a fraction of the space!"



**28 MODEL BIO.**  
**Kelechi Opara:** Former Marine, Entrepreneur, and Professional Fitness Model

**29 Workbench Dumbbell Rack**  
 "A slick, quality built rack that stores all types of dumbbells"

**30 FAVORITE RECIPES:**  
*Spicy Fitness Meatballs by Natalie Minh*

**33 MODEL BIO.**  
**Jamin Thompson:** Fitness Expert and Author

**34 MODEL FAVORITE RECIPES:**  
*Grilled Chicken/Turkey /Bison/ Sausage Tostadas by Jamin Thompson*

**35 Powertec Basic Trainer**  
 "Strengthen and shape all your muscles with this complete bodyweight rack system"

**36 LeverGym™ Squat/Calf**  
 "Still the original best selling leg machine on the market!"

**37 Powertec Dual Hyperextension / Crunch**  
 "Strengthen your lower back, glutes and abs in a comfortable and precise position"

**38 MODEL BIO.**  
**Ian Lauer:** CSCS Specialist, Professional Fitness Model and Actor

**39 GROW MUSCLE "Like The Pros"**  
 Powertec model and popular fitness cover model Rob Riches shares with us his extensive six day workout plan

**41 MODEL BIO.**  
**Krissy Chin:** Physical Therapist and IFBB Pro Figure Olympia Competitor

**42 Powertec Compact Leg Sled**  
 "Still the most compact, smooth leg press in half the space!"

**43 Workbench Machine Accessories**

**45 Product Specifications**

**47 Powertec Room Planner Guide**

# 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 Gyms and have successfully established Powertec as the pioneer and leader in this area of strength equipment. LeverGym™ 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 expansion of our highly successful "Build your Workbench" accessories for 2011! Introduced in 2010,

the accessories are 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.

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.



## 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 thick, high-density foam surrounded by top grade upholstery for a firm, contoured feel. 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 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.

## SPECIFICATIONS:

### Redesigned New Features

New for 2011, Powertec has made a number of global updates on their equipment: Black, plastic, embossed end caps, logo embossed on workbenches (updated from vinyl Logo slipcovers), plastic ends on tricep pushdown cable bars and pull up bars, and improved handle material.

### 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. Powertec is one of the only consumer companies to offer multiple colors in some select models.



# WORKBENCH LEVERGYM™

"Awesome look, real results!"

## KEY FEATURES

Improved for 2011! Increased stability with revised legs on each side and a two-point secured footplate (pic 2, left).

### Total Body Training:

Over 16 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 LeverGym™ 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 LeverGym™ incorporates a lock and load removable bench section (pic 3, left) 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.



For more exercises, please visit our website.

\* Weight Plates Not Included.

## Build your Workbench

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

\* Check out Workbench Machine Accessories on Page 43

### Exercises



Bent Over Row

Bent Over Row

Tricep Press

Shoulder Press

Bench Press

Arm Curl

Squat

Lat Pulldown

Ab Crunch

Wide Grip Row

Bicep Curl

Front Lateral Raise

Calf raise

Shrug

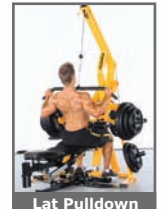
Stiff Leg Deadlift

Pec Fly

Lat Pulldown



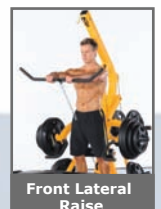
Bicep Curl



Lat Pulldown



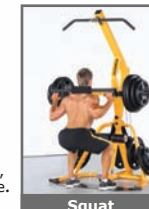
Wide Grip Row



Front Lateral Raise



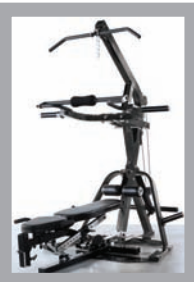
Upright Row



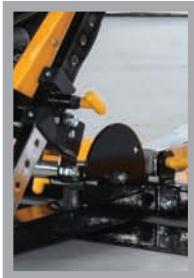
Squat



Bench Press



Also available in Jet Black



## SPECIFICATIONS:

Model # WB-LS11

Lever Press Arm = 500 LBS starting weight w/o plates = 20 LB

Lat Machine = 300 LBS

Squat Bar=300 LBS

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

**Order Now**

To Order or To See Powertec equipment in action  
[www.powertecfitness.com](http://www.powertecfitness.com)  
 or call 800-250-6665 for further information.

Prices and designs subject to change without notice.



# WORKBENCH MULTISYSTEM

"Still The #1 Best Selling LeverGym™ in the World!"

## KEY FEATURES

Improved for 2011! Redesigned to fit more comfortably in tight spaces, the MultiSystem now features a decreased footprint size and head clearance. Additionally, two modular accessory connection points are now available on the MultiSystem, making it a true three person workout solution.

### 3 Person Access Simultaneously:

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

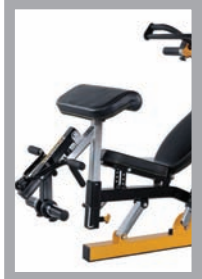
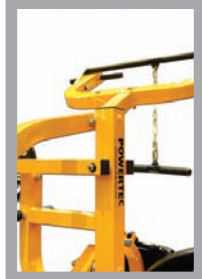
### The LeverGym™ Advantage:

Lever Arms drive the exercises (pic 2, left). 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 MultiSystem has no cables or pulleys. All exercises incorporate bearing driven lever arms to provide a smooth and quiet operation.

Also available in Jet Black



\* Build your WorkBench

## SPECIFICATIONS:

### Model # WB-MS11

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 Ab Crunch = 100 LBS

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



For more exercises, please visit our website.

\* Weight Plates Not Included.

## Build your Workbench

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

\* Check out Workbench Machine Accessories on Page 43



Shoulder Press



Machine Squat



Incline Shoulder Press



Calf Raise

## Exercises

Incline Bench Rows

Shoulder Press

Incline Overhead Tricep Extension

Calf Raise

Machine Squat

Incline Shoulder Press

Ab Crunch

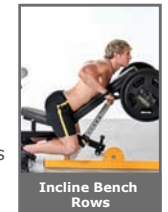
Lat Pulldown

Tricep Press

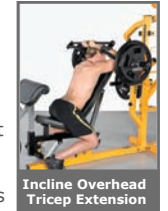
Bench Press

Shrug

Squat



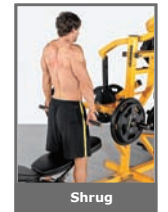
Incline Bench Rows



Incline Overhead Tricep Extension



Ab Crunch



Shrug

**Order Now**

To Order or To See Powertec equipment in action  
[www.powertecfitness.com](http://www.powertecfitness.com)  
 or call 800-250-6665 for further information.

Prices and designs subject to change without notice.

# Rob Riches

2x World Champion Physique Competitor, Fitness Model, and Expert Trainer

Los Angeles based, London-born fitness personality Rob Riches has already made quite a name for himself in the world of health and fitness. As a World physique champion across a number of federations, he has appeared on magazine covers and in numerous publications, and hosting and producing a series of shows for Sky TV, as well as building a following of fans across a range of social and video sites for his knowledge in health and fitness.

Riches graduated the college of London with a bachelors degree with honors in Video Production,

## Accomplishments:

- WBFF World Championships, Toronto. Pro Male
- Fitness Model 1st place. 2009
- FAME East Championships, Montreal. Pro Fitness Model. 2008
- FAME East Championships, Montreal. Pro Muscle Model. 2008
- FAME World Championships, Toronto. 2nd in the World as Pro Muscle Model. 2008
- British Natural Bodybuilding Federation (BNBF) Central Qualifier, Middleweight. 1st Place. 2006
- Natural Physiques Association (NPA) Heart of England Championships, Middleweight. 1st Place. 2006

Age: **27**  
Height: **5' 11"**  
Weight: **180 lbs**  
Chest: **43"**  
Squat: **550 lbs**  
Deadlift: **550 lbs**  
Bench: **315 lbs**

Biceps: **16.5"**  
Location: **Los Angeles, CA**  
Education/Certification:  
**NASM-CPT, YMCA, REPs**

Link:

[www.robriches.com](http://www.robriches.com)

Model**bios**

is a certified fitness instructor, Pro fitness competitor and runs the website [www.robriches.com](http://www.robriches.com) which is both an online portfolio and training tool for others.

In conjunction with LA Muscle, Riches was both producer and host of many of the 'on-location' shows for LA Muscle (on Sky TV throughout Europe to over 11 million homes), interviewing celebrities at Launch parties and red carpet events.

# Rob Riches'

Favorite Recipes

## Vanilla Quinoa Bars

### Ingredients:

60g (2.12 oz) Vanilla protein powder (I use Gold Standard by Optimum Nutrition)

50g (1.76 oz) Cooked Quinoa  
40g (1.41 oz) Steel Cut Rolled Oats  
1 tsp of Almond or peanut butter  
25g (0.88 oz) Organic raisins  
100g (3.53 oz) cottage cheese  
½ Tbsp cinnamon  
2 tsp of Stevia/Xylitol or sweetener  
¼ tsp of nutmeg (optional)  
¼ tsp of allspice (optional)

Directions:

1. Scrub the quinoa with your hands in a fine-mesh strainer under cold running water for a minute or two to rinse the bitter saponin from its surface.

2. Soak overnight with the oats overnight in a medium stainless-steel or Pyrex saucepan in 3 cups (1.5 pint) of water.

3. Bring to a gentle boil over medium-high heat, stirring frequently to prevent the oats from sticking to the bottom.

4. Reduce the heat to low and simmer for 25-30 minutes, still stirring frequently, until it has the consistency of a thick porridge.

5. Stir in the cottage cheese along with the almond butter and vanilla powder during the last few minutes. The raisins are optional, although you can experiment by adding things like applesauce, chopped dates, or banana.

6. Turn off the heat and add the flavor enhancers - cinnamon, nutmeg, allspice, and sweetener.

7. Pour the mixture into a square 9x9 baking dish and spread evenly.

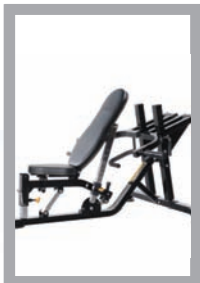
8. Refrigerate for 20 minutes or longer to let the mixture cool, then cut into slices.

9. Use coconut oil to lightly oil a frying pan over medium heat and fry the slices on both sides until golden-brown and crispy.



WORKBENCH  
**LEVERGYM™**  
"Awesome look,  
real results!"

You can find Key  
Features in *page 5*



# WORKBENCH MULTIPRESS

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

## KEY FEATURES

### The Workbench 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.

### Isolateral Arm Movement:

Redesigned for 2011! Each lever press arm can now independently move from the other for an even more targeted workout.

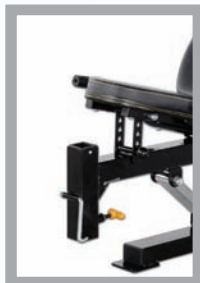
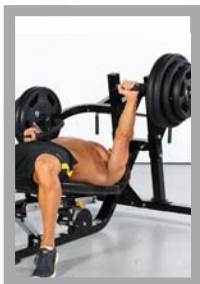
### Powertec bench linkage system:

The MultiPress incorporates a Powertec 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 MultiPress includes the front tube adaptor that accepts all Workbench Machine Accessories.



## SPECIFICATIONS:

### Model # WB-MP11

Lever Press Arm starting weight w/o plates = 20 LBS  
Capacity of 200 LBS / Arm

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

\* Weight Plates Not Included.

**NEW  
Product**



## Build your Workbench

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

\* Check out Workbench Machine Accessories on Page 43



Bent Over Row

### Exercises

Incline Press

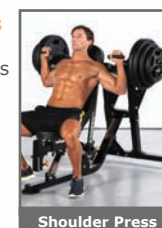
Decline Press

Shoulder Press

Flat Press

Bent Over Row

Shrug



Shoulder Press



Incline Press



Decline Press



Flat Press



Shrug

For more exercises, please visit our website.

**Order  
Now**

To Order or To See Powertec equipment in action  
[www.powertecfitness.com](http://www.powertecfitness.com)  
or call 800-250-6665 for further information.

Prices and designs subject to change without notice.

# Julien Greaux

20-year MMA Expert, Actor, Model

Model**bios**

Julien Greaux is a fitness training expert, Team BSN sponsored athlete, cover model and Mixed Martial Arts director at jamcore training. Inspired by popular action movie actors, Julien Greaux began studying martial arts and exercising at the age of nine.

He's been training since he was 15 years old and have been practicing martial arts such as Karate, Taekwondo, Thai Boxing, Judo and Ju Jitsu. In 2002, he relocated from his native St. Barts to the U.S. and was discovered by world famous photographer Irvin Gelb, and introduced him to Weider Publications.

Today, Julien now calls Los Angeles home and is one of the most recognizable faces and physiques in the health and fitness world, having graced more than 20 magazine covers including Muscle & Fitness Europe, Fitness RX For Men, Combat Magazine and Karate Bushido.

Julien's combination of razor-sharp conditioning, amazing abs, energy and engaging personality has helped him build a huge fan base, and has caught the attention of many a Hollywood producer and director. Julian signed a movie deal and he is set to play the lead in a Martial Arts action trilogy "Wings Of The Dragon", filming and release dates are yet to be determined.

Link:

[www.bsnonline.net/blog/julien\\_greaux.html](http://www.bsnonline.net/blog/julien_greaux.html)

Age: **34**  
 Height: **5'9"**  
 Weight: **185 lbs**  
 Chest: **44"**  
 Biceps: **17"**  
 Squat: **450 lbs**  
 Dead lift: **475 lbs**  
 Bench press: **400 lbs**  
 Location: **Los Angeles, CA**



**LEVERGYM™ SQUAT/CALF**  
 "Still the original best selling leg machine on the market!"

You can find Key Features in page 36

## 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-UB11**

Bodyweight/Resistance combination = 600 LBS

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



All Workbenches incorporate a Powertec Bench Linkage System.

## 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 # WB-WR10**

Weight capacity: 1500 LBS

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

\* Weight Plates Not Included.



# Build your Workbench

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.

\* Check out Workbench Machine Accessories on Page 43

## 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:**

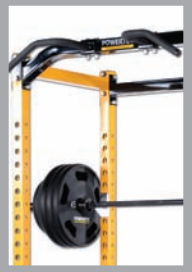
Innovative Gravity Lock catches are included that provide an easy access in and out catch lock which ensures safety at all times. The Power rack also has a number system for quick adjustments.

**Lat Tower Option (WB-LTO11)**

Expand the Power Rack by adding the popular Lat Tower Option (pic 3, left), which features high and low pulleys and padded bar, for a full range of cable exercises.



Also available in Jet Black



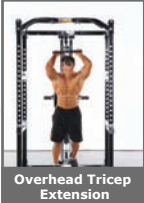
"Includes Chin-up and Dip Bars"

Read more about Utility Bench on page 14

For more exercises, please visit our website.



Dip



Overhead Tricep Extension



Abdominal Hanging Twist



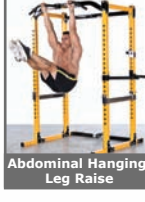
Push Up



Chin Up



Horizontal Pull-ups



Abdominal Hanging Leg Raise



Lying Tricep Extension

**Exercises**

Chin Up

Push Up

Dip

Horizontal Pull-ups

Abdominal Hanging Twist

Oblique Crunches

Abdominal Hanging Leg Raise

Incline Bench Bicep Curl

Overhead Tricep Extension

Lying Tricep Extension

Squat

Row

Low Row

**SPECIFICATIONS:**

**Model # WB-PR11**

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

**Lat Tower Option:**

**Model # WB-LTO11**

Wt Carriage / Cable = 300 LBS

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

\*Weight plates, Bar not included.  
\*\* Utility Bench sold separately.

**Order Now**

To Order or To See Powertec equipment in action  
[www.powertecfitness.com](http://www.powertecfitness.com)  
or call 800-250-6665 for further information.

Prices and designs subject to change without notice.

# 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:

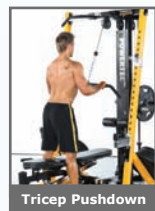
An access tube and knob lock pin have been incorporated into the optional Utility Bench providing the new "Workbench Machine Accessories" to be added to your Half Rack System.



Also available in Jet Black



Squat



Tricep Pushdown



**Model # WB-HR11**  
 Racking Section = 1000 LBS  
 Chin-up Bar = 400 LBS  
 Bodyweight

## SPECIFICATIONS:

### Lat Tower Option:

**Model # WB-LTO11**  
 Wt Carriage / Cable =  
 300 LBS

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

\* Weight Plates and Bar not Included.  
 Utility Bench and Lat Tower Option Sold Separately.

# Chady Dunmore

Professional Bikini Competitor, Singer, Actress, Model, and Mother

Model**bios**

Raised in Miami, Florida, Chady Dunmore has had a love of sports and fitness since she was a child. She has faced a number of medical challenges with a kidney disease from the age of 4 being just the beginning. At the age of 8 she began her training in Taekwondo, and by 12 she earned her black belt. Immediately after she transitioned to cheerleading and gymnastics, and was able to find time to model professionally at the age of 16.

Modeling and cheering her way through college, staying fit became a passion. After college and having a successful modeling career, Chady decided to move to California and tune her skills as an actress.

Being a mother of a 4 year old, she put her fitness skills to the ultimate test; having gained 70lbs during her high risk pregnancy due to her continued battle with her kidney disease. She re-sculpted her body into a bikini fitness model.

She was discovered by Photographer Mike Byerly and suggested she joined the FMI (Fitness Model International) conference. Since then, she won several fitness competitions and appeared in a number of fitness magazines, including a 10 page feature in Fitness RX Magazine last June 2010 and the Oxygen Magazine's Special Fat loss edition cover for January 2011.

## Accomplishments

- 2009 Fitness Universe - Figure Tall 12th place
- 2009 INBA Figure - Pro Qualifier Figure Tall 1st place, Overall, Best Poser, & Best Symmetry
- 2009 NPC Sacramento Show - Pro Qualifier Bikini Tall 1st place & Overall
- 2010 Arnold Classic Bikini Championships - 1st Place Tall & First Place Overall
- 2010 WBFF World Championships - 1st Place Pro Diva Bikini

Height: 5'7.5"  
 Off Season Weight: 135 lbs  
 Competition Weight: 127 lbs  
 Chest: 34"  
 Waist: 26"  
 Hips: 36"  
 Hometown: Miami, Florida



**LEVERGYM™ CHIN/DIP ASSIST PLUS**

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

You can find Key Features in page 27

## Links:

[www.chadydunmore.com](http://www.chadydunmore.com)

# LAT TOWER ACCESSORY

"Setting new standards with the smoothest lat machine available"

## KEY FEATURES

### Gym style operation:

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

### SPECIFICATIONS:

**Model # WB-LTA11**

Weight capacity: carriage = 300 LBS

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

\* Weight Plates Not Included.



**NEW Product**

Read more about Workbench Multipress on [page 11](#)

\* Workbench MultiPress sold separately

# Demetris Patsalos

*Personal Trainer, Professional Fitness Model*

**Modelbios**

Demetris Patsalos is an LA-based Fitness and Runway model originally from the Greek island of Cyprus. Passionate about fitness his entire life, his sports include soccer, running marathons, volleyball. However, driven by his naturally ectomorph physique, Demetris started to focus heavily on his nutrition and fitness in order to build more muscle.

Patsalos served in the Greek military for 2 years and, following his service, he studied Physical Education and Nutrition at University.

He has applied his knowledge from commercial gyms to private at-home trainings of athletes in Europe and United States.

He runs two online sites, one for aspiring models [www.topmodelfinder.com](http://www.topmodelfinder.com) and another with a nutritional angle, [www.fitwithstyle.com](http://www.fitwithstyle.com).

## Links:

[www.topmodelfinder.com](http://www.topmodelfinder.com)  
[www.fitwithstyle.com](http://www.fitwithstyle.com)

## LEVERGYM™ COMPACT GYM

"Strength and versatility in a compact machine"

You can find Key Features in [page 31](#)

Eyes: **Blue**  
Haircolor: **Black**  
Weight: **80 kg**  
Height: **185cm**  
Languages: **Greek, English**



# Build your **Workbench**

An access tube and knob lock pin have been incorporated into the Functional Trainer's Optional Utility Bench providing the new "Workbench machine Accessories" to be added.

\* Check out Workbench Machine Accessories on Page 43

## WORKBENCH FUNCTIONAL TRAINER

"Maximized Weight Capacity meets Unlimited, Iso and Bilateral Free Motion Training"

### Brand new design:

Compact at-home system featuring reduced footprint. Adjustable ball bearing reinforced pulleys - 17 positions. Dual independent pulleys for a pure isolateral workout.

### Exercises:

A great number of exercises that include arm curl, seated row, pull-ups, shoulder press, standing row, close row, hip abductor, wood chop up and down - An unlimited number of exercises can be performed on this versatile cable machine.

Read more about Utility Bench on page 14

**NEW Product**



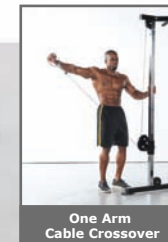
### SPECIFICATIONS:

#### Model # WB-FT 11

Chin Ups = 400 LBS Body Weight  
Weight Carriage / Cable = 300 LBS

Patent Pending

Note: Capacities are fully tested to a reasonable load rate.



### Exercises

Pull Ups

Chin-Up

Standing Cable Fly

Tricep Pushdown

Standing Cable Crossovers

Standing Cable Rows

Standing Cable Shoulder Press

Cable Squats

Cable Lunges

Upright Rows

Bicep Curls

Bicep Curl

Front Shoulder Raise

One Arm Cable Crossover

Kneeling Upright Rows

Upright Row

Ab Crunch

Alt Chest Press

Cable Crossover

Cable twist

Chest Flys

Chest Press

Chin Ups

Close row

Curls

Hip Adductor

Hip Abductor

Hip Extension

Incline Press

Lat Pull-Down

Leg Kickback

Oblique Crunch

One Arm Row

Overhead Ext

Pull-Up

Push-Down

Push-Pull

Reverse fly



For more exercises, please visit our website.

\* Utility Bench sold Separately. Weight Not Included.



# WORKBENCH OLYMPIC BENCH

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

## KEY FEATURES

### 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.

### Powertec Bench Linkage System:

All Workbench benches incorporate a Powertec 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.



"Lock and Load Bench System"



## SPECIFICATIONS:

Model # **WB-OB11**  
Racking Catches = 600 LBS

## Build your **Workbench**

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

*\* Check out Workbench Machine Accessories on Page 43*



Incline Bench Press



Shoulder Press



Decline Bench Press



Flat Bench Press

## Exercises

- Incline Bench Press
- Bench Press
- Shoulder Press
- Decline Bench Press
- Flat Bench Press
- Squat

For more exercises, please visit our website.

**Order Now**

To Order or To See Powertec equipment in action  
[www.powertecfitness.com](http://www.powertecfitness.com)  
or call 800-250-6665 for further information.

Prices and designs subject to change without notice.

# Natalie Minh

"Photographer and Editor for the 2011 Powertec Catalog"

Photographer **bio**



**Natalie Minh**, MS Finance, MBA, started working in the industry as a model in Europe and North America and learned the craft over the years working in front of the lens. Over time this evolved into a career as a photographer where Minh trained under renowned fashion, beauty, glamour, and commercial photographers in Paris, Milan, and Belgium. Her images are being used by well-known modeling agencies throughout Europe, advertising campaigns globally, and published in a number of international magazines.

Now based in Los Angeles, her work has branched out into the Fitness Arena where she contributes to publications such as Muscular Development, Marathon Muscle, Ultra-Fit Mag, etc.

Fitness celebrities include 3x Mr. Olympia Jay Cutler, IFBB Hall of Famers Shawn Ray and Kevin Levrone, 2x Arnold Classic winner Kai Greene, IFBB Japanese superstar Hidetada Yamagishi, 2009 IFBB World Champion female bodybuilder Alina Popa, Internationally ranked fitness competitor Oksana Grishna, MMA Fighter Julien Greaux, WBFF Pro World Champions Rob Riches and Chady Dunmore, Krissy Chin, Jamin Thompson, Kelechi Opara, Demetris Patsalos and Ian Lauer.

Fitness is truly a passion for Natalie Minh as she is also a 3x European Physique Champion and Bikini and Model Universe federation judge, contributing writer for Ultra-Fit Magazine, owner of a LA based multimedia, branding, and fitness lifestyle coaching company, and runs Natalie Minh Lifestyle Magazine, an online destination for fitness, diet, photography, modeling, music, and travel.

[www.nmlifestylemag.com](http://www.nmlifestylemag.com)  
[www.natalieminh.com](http://www.natalieminh.com)

**POWERTEC**

[www.powertecfitness.com](http://www.powertecfitness.com)

# LEVERGYM™ 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 or 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+11**

Weight Capacity: 400 lbs body weight

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

\* Weight Plates Not Included.

# Kelechi Opara

Former Marine, Entrepreneur, and Professional Fitness Model

Model**bios**

Kelechi Opera was born in Detroit, Michigan to Nigerian parents. He has a broad international experience starting at a young age - moved to Nigeria from age 5 through 12, and through the United States Marine Corps he toured through Afghanistan, Japan, Oman, Dubai, Kuwait, Iraq, etc. His story of dedication and perseverance to fitness even in the toughest conditions is inspiring and we let Kelechi tell his story in his own words.

**Tell us about how you kept up your fitness while in the Marines.**

My time in the Marines lasted almost 6 years with my last tour in Afghanistan. My unit and I were one of the first to hit the ground a month and half after 9-11.

Even in Afghanistan, I was still working out though there was absolutely nothing there but bullet riddled buildings and a lot of graves of the former occupants of the place we were occupying.

We were camped with the Navy seals so I used the make shift pull up/dip bars they made up out of rusted out poles and sand bags to workout.

**Since your military service, what do you do?**

I left the Marines in 2002 and have traveled all over the world working for an Aerospace company (aviation electronics) from Japan to Oman to Dubai to Kuwait to Iraq.

## Accomplishments:

Appearance in 7 different fitness magazines since April 2010

Owner of an upcoming nutrition application specifically for the iPhone and Android with partners Troy and Kaile Gleason

Bodybuilding.com and Optimum Nutrition Sponsored Athlete

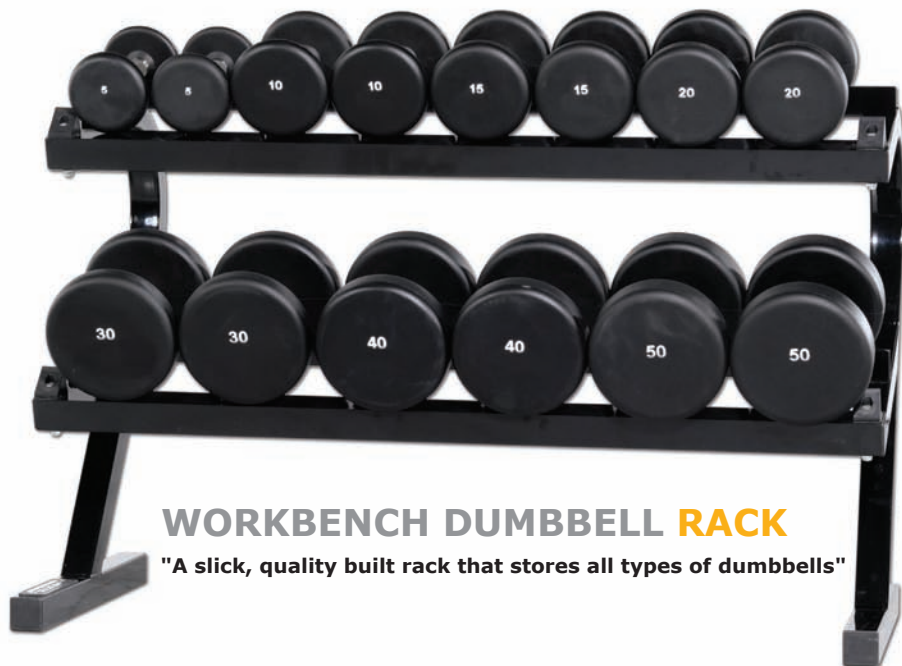
**FUNCTIONAL TRAINER**  
"Improved to revolutionize the market."

You can find Key Features in page 21



**Link:**

[www.bodyspace.com/Madtitan](http://www.bodyspace.com/Madtitan)



## WORKBENCH DUMBBELL RACK

"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 6-7 sets or 12-14 normal sized dumbbells. The steel tubing is neatly angled for ease of removing and storing the dumbbells. Angled steel bars and end stoppers lock the dumbbells in place at all times.

#### SPECIFICATIONS:

##### Model # WB -DR10

Weight capacity: 1500 LBS

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

\* Weights Not Included.

**Order  
Now**

To Order or To See Powertec equipment in action  
[www.powertecfitness.com](http://www.powertecfitness.com)  
 or call 800-250-6665 for further information.

Prices and designs subject to change without notice.

# Natalie Minh's

*Favorite Recipes*

## Spicy Fitness Meatballs Recipe

### Ingredients:

500g (1.25 lb) extra lean ground beef  
 1 tbsp garlic powder  
 2 tbsp dried oregano  
 3 tbsp soy sauce  
 1 mini tin of tomato paste  
 2 tbsp harissa paste (spicy Arabic paste)  
 1/2 minced medium onion  
 1/3 cup oats

### Directions:

1. Set the oven to 350F or 180C.
2. In a pan, saute the onions with a little water instead of oil until translucent.
3. Combine all other ingredients in a separate bowl, including the onions.
4. In a shallow oven pan, make 10 meatballs out of the meat and pop in to the oven for 20 minutes.

## Tiramisu!

### Ingredients:

6 large egg whites  
 1/4 cup ground oats (to make oat flour), or equivalent flour  
 1/2 tsp cream of tartar (or if you don't have use 1 tsp baking powder)

3 tbsp vanilla extract  
 1/3 cup sweetener or equivalent Stevia  
 500g of 0% fat fromage frais or 0% fat greek yogurt or (low fat ricotta cheese as last option IMO)  
 1 shot of espresso (I used instant espresso)  
 big sheet of parchment baking paper or a big rectangle nonstick pan.  
 1/8 cup cocoa powder or if you are hardcore, use chocolate protein powder

### Directions:

1. Set the oven to 350F or 180C.
2. Using a hand mixer or equivalent attachment on a food processor, beat the egg whites, cream of tartar, oat flour, and 1tsp vanilla extract together until you have stiff peaks.
3. Pour the egg white mixture onto the parchment paper which lines the big pan (or use a oil sprayed pan) and smooth the top of the mixture.
4. Put into the oven for 15-20 minutes until golden.
5. In a big bowl, mix the fromage frais, remaining 2 tbs vanilla extract, and sweetener together. When the egg white mixture is done, pull out of the oven and evenly pour the espresso onto it. Once this is done, cut it down the middle so that you have two sheets.
6. Using another pan half the size of the one you used for baking the egg whites, lay down the first egg white sheet, then smooth 1/2 of the cheese mixture on top.
7. Sprinkle on half of the cocoa powder. Then lay down the next sheet and repeat.



# LEVERGYM™ COMPACT GYM

"All of the best exercises at a fraction of the space!"



## KEY FEATURES

### Advantages:

The LeverGym™ Advantage: Lever Arms drive the exercises. Weight plates are loaded directly onto the lever which simply replaces and provides the natural feel and resistance of free weight with the safety and control of a machine.

### Folding Bench:

Compact sliding bench with 3 - way adjustable positions

### Reduced Foot Print:

Extremely compact and will fit in most small spaces (pic 2, left).

Heavy Weight Capacity: Small foot print but can load up to 300 LBS.



**NEW  
Product**

## Exercises

Tricep Pushdown

Lateral Pulldown

Reverse Grip  
Pulldown

Squat

Front Shoulder  
Standing Pushdown

Shrugs

Bench Press

Lateral Pulldown

Shoulder Press

Bent Over Rows

Standing Lateral  
Pulldown

Abdominal Exercises  
on the Bench

Seated Incline Close  
Grip Pulldown

Leg Press



For more exercises,  
please visit our website.

## SPECIFICATIONS:

Model # **L-CG11**  
Lever Press Arm starting weight w/o plates = 20 LBS  
Weight capacity = 300 LBS  
Lever Arm (laden) - 400 Lbs

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

\* Weight Plates Not Included.

**Order  
Now**

To Order or To See Powertec equipment in action  
[www.powertecfitness.com](http://www.powertecfitness.com)  
or call 800-250-6665 for further information.

Prices and designs subject to change without notice.

Jamin has become an inspiration for people across the world with his amazing recovery from a debilitating and almost deadly gastro-intestinal disease.

After a two year battle with the illness, he lost over 40 pounds of hard earned muscle, but was able to "heal" himself using natural whole foods, and real nutrition. Now he helps others get healthier, leaner, and stronger using the same principles and shares this information with anybody who is serious about improving their health & physique.

For the past 10 years, Thompson has had the opportunity to work with hundreds of people, from elite athletes to corporate CEOs and has personal training clients in over 100 countries.

#### Accomplishments::

Former Professional Tennis Player (1999-2003)  
Model Universe 2007  
Planet Muscle Magazine 2007  
Real Gainz Fitness Magazine's Worlds Most Perfect Male Physique 2007  
Abercrombie Store Model  
Reebok Contract Athlete  
Wilson Sporting Goods Contract Athlete

Height: **5ft 11in**  
Weight: **177 lbs**  
Chest: **42"**  
Waist: **30"**  
Hips: **31"**



#### POWERTEC DUAL HYPEREXTENSION/CRUNCH

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

You can find Key Features in page 37

Jamin has worked extensively with athletes on the professional and collegiate level and as an ex-Division 1 and professional athlete himself, Jamin uses his real world, in the trenches experience to help others unleash their true fitness potential.

Using the same type of high intensity programs and techniques that create world class athletes, Jamin helps "regular Joes" unlock their genetic potential using a no nonsense, no gimmick approach.

Thompson has an MBA, Masters in Business Administration from The Citadel in Charleston, South Carolina, a Bachelors Degree from Clemson University.

# Jamin Thompson's *Favorite Recipes*

## Grilled Chicken/Turkey /Bison/ Sausage Tostadas

### Ingredients:

Pam cooking spray

1 package Trader Joes or Whole Foods Brand Spicy Italian Sausage (4pack) You can substitute a pound of lean ground meat for the sausages if you want (I like using grass-fed beef, ground bison, grilled chicken, and ground turkey and I get most of my lean meat from the good folks at Grassland Beef)

6 Ezekiel Sprouted Grain Tortillas

1 Tbsp fresh lime juice

1 cup fat-free refried beans

3 cups lettuce, shredded

1 (8-ounce) jar salsa

1/2 cup (4-ounces) low-fat crumbled feta cheese

6 Tbsp reduced-fat sour cream

1/4 cup unsalted sunflower kernels, toasted

1 serving Bearitos low-sodium taco seasoning (you can find this at Whole Foods)

2 cups tomatoes, chopped and seeded

3/4 cup sweet onion, diced

1/4 cup ripe olives, chopped

1/4 cup fresh cilantro, finely chopped

1/4 tsp freshly ground pepper

### Directions:

1. Spray the grill with cooking spray and preheat. I like to use a George Foreman Grill because it is quick and easy. Brush the ground meat with lime juice and sprinkle with low sodium taco seasoning.

Note: You do not have to use the taco seasoning if using the chicken sausages.

2. Place sausage links on preheated grill rack and grill 3-4 minutes. Allow sausage to cool slightly then cut into 1/2 inch pieces and set aside.

3. Place tortillas on sprayed grill rack and grill for 30 seconds on each side until crisp and golden brown.

4. In a medium bowl, toss together tomatoes, onions, olives, cilantro, lime juice and pepper.

5. Spread 3 tablespoons of refried beans over each tortilla and evenly divide chicken sausage between the tortillas.

6. Top with 2 tablespoons salsa, 1/2 cup shredded lettuce, 1/2 cup tomato mixture, 2 tablespoons feta cheese and 1 tablespoon sour cream.

7. Sprinkle with fresh cilantro and sunflower kernels. Garnish with scallions, fresh limes and cilantro.

### Links:

[www.jaminthompson.com](http://www.jaminthompson.com)  
[www.perfectbodyrx.com](http://www.perfectbodyrx.com)

# POWERTEC BASIC TRAINER

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

## KEY FEATURES

### New design:

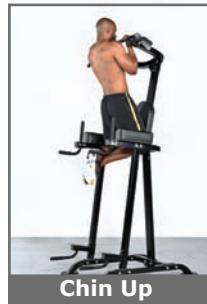
The new basic Trainer now provides all of the exercises from the front side making the rack much more compact.

### 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.



Leg Raise



Chin Up



Dip



Push Up



### SPECIFICATIONS:

#### Model # P-BT10

Weight capacity: Chin up and Dip bars = 400 LBS BODYWEIGHT  
Note: (Capacities are fully tested to a reasonable load rate)

# LEVERGYM™ SQUAT/CALF

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

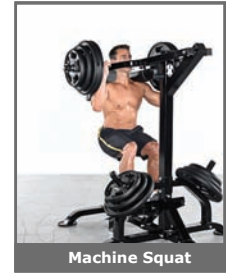
## KEY FEATURES

### 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.



Calf Raise



Machine Squat



### 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

Squat Lever Arm = 500 LBS

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

\* Weight Plates Not Included.

# POWERTEC DUAL HYPEREXTENSION/ CRUNCH

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

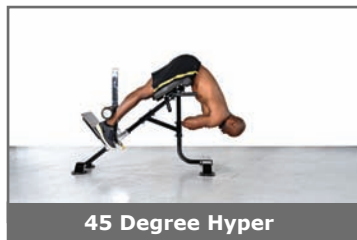
## KEY FEATURES

### Dual hyperextension access:

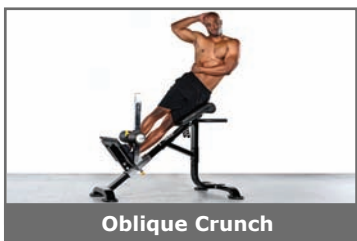
This is the only bench of its kind that provides access to performing the hyperextension at a fixed 45 degree angle or at the traditional horizontal position.

### Multiple adjustments:

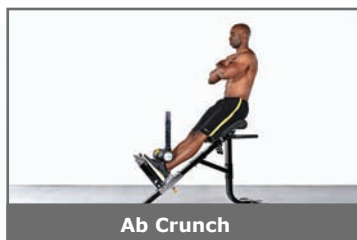
Numerous adjustments are available on the foot plate, rollers and seat to accomplish three different movements for all body types.



45 Degree Hyper



Oblique Crunch



Ab Crunch



## SPECIFICATIONS:

### Model # P-HC10

Weight capacity: Bodyweight limit = 400 LBS

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

# Ian Lauer

CSCS Specialist, Professional Fitness Model, Actor and Chemist

Model**bios**

Ian Lauer graduated from The College of Wooster with a degree in Chemistry with a minor in Theatre. After graduating, he acted professionally and performed in a number of stage productions. He went to graduate school and earned a Masters degree in Acting at Wayne State University.

He has been working out religiously and loving it since 1992. Helping others find the same love of fitness is one of Lauer's biggest passions. He began training clients one-on-one professionally in 2003 and started his own successful Personal Training Business, I Lift, Inc. in 2004.

It didn't take long before realizing there weren't enough hours in the day to help everyone he wanted to help in the personal training setting and has since moved to Los Angeles in 2010 to actively pursue a career as a fitness personality and model.

"When helping others achieve THEIR goals is your ultimate objective, you HAVE to succeed!"

Ian is now the Asst. Fitness Director of Cooking Me Skinny, a new national weight loss program launched fall of 2010 and a sponsored athlete of Team Sci-Fit.

## Accomplishments:

Former Personal Trainer of NFL Linebacker Paris Lenon  
Trained Numerous Athletes that went on to earn Athletic Scholarships  
Trained "Ford's Biggest Loser Weight Loss Challenge in Southeastern Michigan."  
First Team All-Conference Linebacker (The College of Wooster)  
First Team All-Conference 4x100meter Relay (The College of Wooster)  
Editor-in-Chief of Mensphysique.com

Age: **31**  
Height: **6'1**  
Weight: **195 lbs**  
Arm Size: **17.5"**  
Waist Size: **31"**  
Chest: **47"**  
Arms: **18"**  
Waist: **32"**  
Bench: **405 lbs**  
Squat: **500 lbs**  
Deadlift: **545 lbs**

## Links:

Website  
[www.iliftinc.com](http://www.iliftinc.com)

Blog  
[www.ShootReady.com](http://www.ShootReady.com)

Video Channel  
[www.FitMod.com](http://www.FitMod.com)



## LEVERGYM™ MULTI PRESS

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

You can find Key Features in page 11

# GROW MUSCLE

## "Like the Pros"

Powertec model and popular fitness cover model **Rob Riches** shares with us his extensive six day workout plan that he uses as a baseline for achieving his physique.



Morning

Evening

### Sunday

Rear Delts, Biceps Forearms

45 min. Steady Pace Cardio+Abs

| Exercise Name                               | Reps                            |
|---|---------------------------------|
| Behind Neck Military Press on Smith Machine | 20,12,10,8                      |
| Rear Delt Machine                           | 12,10,8                         |
| Underhand Straight Arm Cable Pulldown       | 15,12,10                        |
| Standing EZ Bar Curl                        | 15,12 wide grip, 10 narrow grip |
| Single Arm Preacher Curl                    | 15,12,10                        |
| Seated Cable Curl                           | 15,12,10                        |
| Overhand EZ Bar Curl*                       | 15,15,15                        |
| Seated Barbell Wrist Curls*                 | 15,15,15                        |
| Seated Dumbbell Wrist Extensions*           | 15,15,15                        |

### Monday

Lower Back, Hamstrings, Calves

30 mins HIIT+Abs Circuit

| Exercise Name          | Reps     |
|------------------------|----------|
| 1/2 Deadlifts          | 12,10,8  |
| T-Bar Row              | 12,10,8  |
| Good Mornings          | 15,12,10 |
| Lying Hamstring Curls  | 12,10,8  |
| Front Loaded Leg Press | 12,10,8  |
| Stiff-Legged Deadlift  | 12,10,8  |
| Seated Leg Curl        | 12,10,8  |
| Standing Calf Raises*  | 20,20,20 |
| Seated Calf Raise      | 20,20,20 |
| Donkey Calf Raise*     | 20,20,20 |
| Rotary Calf Machine    | 20,20,20 |

### Tuesday

Chest and Triceps

Steady Pace Cardio and Abs

| Exercise Name                            | Reps       |
|--|------------|
| Incline Chest Press- Smith Machine       | 20,12,10,8 |
| Seated Incline Chest Press Machine Press | 12,10,8    |
| Incline Dumbbell Flys                    | 12,10,8    |
| Lying Decline Overhead Extension         | 12,10,8    |
| Straight Bar Push Down                   | 15,12,10   |
| Seated Overhead Tricep Extension         | 15,12,10   |
| Cable Tricep Extension                   | 15,12,10   |

### Wednesday

No Weights. 30 mins. HIIT cardio and Abs

### Thursday

Quads, Calves

60 min. Steady Pace Cardio+Abs

| Exercise Name                        | Reps                                 |
|--------------------------------------|--------------------------------------|
| Squats - Smith Machine               | 20,20,12,12,12                       |
| Leg Press                            | 12,10,8                              |
| Lunges - Step Backs on Smith Machine | 12,10,8                              |
| Step-ups                             | 12,10,8                              |
| Seated Leg Extensions                | 12,10,8                              |
| Standing Calf Raises*                | 20,20,20                             |
| Seated Calf Raise                    | 20,20,20                             |
| Donkey Calf Raise*                   | 20,20,20                             |
| Rotary Calf Machine                  | 20 standard, 20 outwards, 20 inwards |

### Friday

Front Delts, Traps, Upper Back

30 mins HIIT Cardio and Abs

| Exercise Name                  | Reps          |
|--------------------------------|---------------|
| Shoulder Press Machine         | 20,20,12,10,8 |
| Standing Front Delt Raises     | 12,10,8       |
| Seated Lat Raises              | 12,10,8       |
| Barbell Shrugs - Behind Back   | 12,10         |
| Seated Dumbbell Shrugs         | 12,10         |
| Wide Grip Pulldown             | 12,10         |
| Narrow Grip Pulldown           | 10,8          |
| Bent Over Olympic Barbell Rows | 12,10,8       |
| Machine Low Row                | 12,10,8       |
| Straight Arm Pull Down         | 12,10,8       |

### Saturday

Rest

\* Indicates Superset with the following exercise

# Krissy Chin

Physical Therapist and IFBB Pro Figure Olympia Competitor

Model**bios**

Krissy Chin was born and raised in New York, and currently is based in Southern California. She was always extremely active and engaged in sports throughout her childhood. In high school, she was a 3-Varsity athlete and captain earning honors in both basketball and softball in High School. She also graduated Valedictorian from Touro College (Bayshore, NY) in 2000 with a Masters of Science in Physical Therapy/Bachelors of Science in Health Sciences with Summa Cum Laude honors.

She has been in practice as a Physical Therapist for 7 years after graduating Valedictorian with the highest GPA ever recorded in

the school's history (3.972/4.0). Alongside her medical career, she has been competing in figure since 2003. She earned her IFBB Pro card at the 2007 Team Universe Figure Nationals when winning the Figure D class. 2008 was her rookie season and she just competed in her last show of the 2009 season at the Border States Pro show and placed top 3 qualifying her for the 2010 Olympia.

Krissy has been featured in several fitness magazines including Status Fitness, Planet Muscle, Max Muscle Girl and Ironman.

## Accomplishments:

- 2004 NPC Sunshine Classic-1st Place
- 2004 Florida State-1st Place & Overall
- 2006 NPC Zena Collins Fitness & Figure-1st Place
- 2007 NPC JR USA's- 2nd Place Figure D
- 2007 NPC JR Nationals-2nd Place Figure D
- 2007 Figure Nationals/Team Universe-1st Place Figure D
- 2007 Houston PRO-7thPlace
- 2008 Houston PRO-7th Place

- 2008 Jacksonville PRO-4th Place & Awarded Tight Curves Best Presentation Award
- 2008 Atlantic City PRO-6th Place
- 2009 California PRO-9th Place
- 2009 Jacksonville PRO-4th Place
- 2009 Europa Super Show-2nd Place
- 2009 Houston PRO-4th Place
- 2009 Figure Olympia-16th Place
- 2009 Border States PRO-3rd Place
- 2010 Figure International-15th Place

Birth Date: **Jan. 24**  
 Height: **5'4"**  
 Contest Weight: **124-128**  
 Off-season Weight: **132-134**  
 Height: **5'4"**  
 Chest: **36"**  
 Waist: **26"**  
 Hips: **34"**



Link:

[www.krissychin.com](http://www.krissychin.com)

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

You can find Key Features in page 29

## POWERTEC COMPACT LEG SLED

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

### 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.

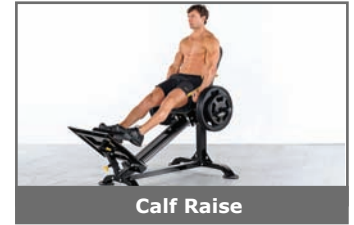
#### Compact design:

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

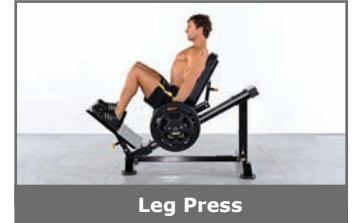
### SPECIFICATIONS:

**Model # P-CLS11**

Weight Capacity: Sled = 700 LBS



Calf Raise



Leg Press



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

\* Weight Plates Not Included

# WORKBENCH MACHINE ACCESSORIES

All six **WORKBENCH ACCESSORIES** are designed to fill 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.

## PEC FLY ACCESSORY (WB-PFA10)



*"This accessory is guaranteed to add size and shape to your chest and deltoids"*

## LEG LIFT ACCESSORY (WB-LLA11)



*"Leg and Ab training through precise motion and comfort"*

## LEG PRESS ACCESSORY

(WB-LPA11)



*"The first LeverGym™ Leg Press of it's kind providing innovation and new function"*

## LAT TOWER ACCESSORY

(WB-LTA11)



*"Setting new standards with the smoothest lat machine available"*

\* Weight Plates are not Included

Learn more about the new Lat Tower Accessory on **Page 19**

# BUILD YOUR WORKBENCH

## CURL MACHINE ACCESSORY

(WB-CMA11)



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

\* Weight Plates Not Included.

## DIP MACHINE ACCESSORY

(WB-DMA11)



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

## ACCESSORY STORAGE RACK

(WB-ASR10)



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

**Order Now**

To Order or To See Powertec equipment in action  
[www.powertecfitness.com](http://www.powertecfitness.com)  
 or call 800-250-6665 for further information.

Prices and designs subject to change without notice.

# Product

# Specifications

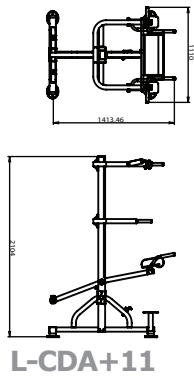
| Item # (2011) | Description                               | Length (in) | Width (in) | Height (in) | Station   |
|---------------|---|-------------|------------|-------------|---|
| WB-MS11       | Workbench Multi-System                    | 120.6       | 72.5       | 78.0        | W<br>e<br>i<br>g<br>h<br>t<br><br>L<br>B<br>S<br><br>C<br>a<br>p<br>a<br>c<br>i<br>t<br>y |
| WB-LS11       | Workbench Levergym                        | 76.5        | 55.6       | 81.7        |   |
| WB-FT11       | Workbench Functional Trainer              | 58.9        | 69.0       | 82.7        |   |
| WB-MP11       | Workbench Multi Press with Isolateral Arm | 75.0        | 55.6       | 38.8        |   |
| WB-PR11       | Workbench Power Rack -Yellow              | 50.4        | 50.0       | 83.5        |   |
|               | Workbench Power Rack Length with LTO      | 65.1        | 50.0       | 83.5        |   |
| WB-HR11       | Workbench Half Rack - Yellow              | 35.6        | 48.9       | 81.7        |   |
|               | Workbench Half Rack Length with LTO       | 50.0        | 49.0       | 82.0        |   |
| WB-LTO11      | Workbench Lat Tower Option                | 40.9        | 25.0       | 81.7        |   |
| WB-OB11       | Workbench Olympic Bench                   | 54.5        | 48.2       | 62.0        |   |
| WB-UB11       | Workbench Utility Bench                   | 47.5        | 26.5       | 39.7        |   |
| WB-WR10       | Workbench Olympic Weight Rack             | 29.5        | 18.0       | 39.2        |   |
| WB-DR10       | Workbench Dumbbell Rack                   | 50.0        | 24.0       | 32.6        |   |
| L-CG11        | Levergym Compact Gym                      | 81.5        | 41.0       | 64.7        |   |
|               | Levergym Compact Gym (Folded)             | 48.5        | 41.0       | 56.0        |   |
| L-CDA+11      | Levergym Chin / Dip Assist Plus           | 55.6        | 43.7       | 82.8        |   |
| L-SC10        | Levergym Squat / Calf                     | 57.0        | 53.8       | 61.5        |   |
| P-CLS11       | Compact Leg Sled                          | 62.1        | 45.2       | 48.0        |   |
| P-HC10        | Dual Hyperextension / Crunch              | 49.9        | 34.3       | 35.8        |   |
| P-BT10        | Basic Trainer                             | 45.6        | 46.0       | 83.0        |   |
| WB-LLA11      | Workbench Leg Lift / Curl Accessory       | 20.0        | 19.6       | 16.9        |   |
| WB-CMA11      | Workbench Curl Machine Accessory          | 25.6        | 25.3       | 29.0        |   |
| WB-PFA10      | Workbench Pec Fly Accessory               | 28.6        | 41.7       | 24.7        |   |
| WB-LPA11      | Workbench Leg Press Accessory             | 20.6        | 40.5       | 52.0        |   |
| WB-LTA11      | Workbench Lat Tower Accessory             | 20.5        | 40.7       | 82.7        |   |
| WB-DMA11      | Workbench Dip Machine Accessory           | 41.0        | 20.9       | 46.9        |   |
| WB-ASR10      | Workbench Accessory Storage Rack          | 42.5        | 37.9       | 10.4        |   |
| WB-MS10-AA    | Accessory Adaptor for WB-MS10             | 34.0        | 9.0        | 11.5        |   |
| WB-OB11-SCB   | Short Cross Bar for Narrow Bench          | 20.0        | 3.5        | 5.0         |   |

\*Including Body Weight, if applicable.

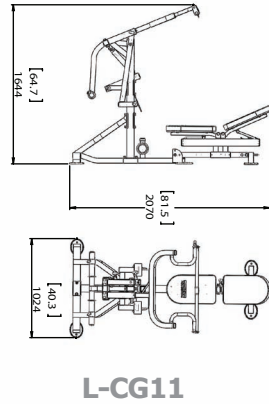
| Lever Press Arm (Unladen) | Lever Press Arm (Laden) | Lateral | Squat | Tricep Bar | Ab Crunch* | Rack Station | Chin Up | Dip | Weight Capacity* |
|---------------------------|-------------------------|---------|-------|------------|------------|--------------|---------|-----|------------------|
| 20                        | 500                     | 400     | 500   | 200        | 100        |              |         |     |                  |
| 20                        | 500                     | 300     | 300   | 300        |            |              |         |     |                  |
|                           |                         | 300     | 300   | 300        | 300        |              | 400     |     | 300              |
| 20                        | 200 Each                |         |       |            |            |              |         |     | 200 Each         |
|                           |                         |         | 1,000 |            |            | 1,000        | 400     | 400 |                  |
|                           |                         | 300     | 1,000 | 300        | 300        | 1,000        | 400     | 400 |                  |
|                           |                         |         | 1,000 |            |            | 1,000        | 400     | 400 |                  |
|                           |                         | 300     | 1,000 | 300        | 300        | 1,000        | 400     | 400 |                  |
|                           |                         | 300     |       | 300        | 300        |              |         |     | 300              |
|                           |                         |         | 600   |            |            | 600          |         |     | 600              |
|                           |                         |         |       |            |            |              |         |     | 600              |
|                           |                         |         |       |            |            | 1,500        |         |     | 1,500            |
|                           |                         |         |       |            |            | 1,500        |         |     | 1,500            |
| 20                        | 400                     | 400     |       | 300        |            |              |         |     |                  |
| 20                        | 400                     | 400     |       | 300        |            |              |         |     |                  |
|                           |                         |         |       |            | 400        |              | 400     | 400 | 400              |
|                           |                         |         | 500   |            |            |              |         |     | 500              |
|                           |                         |         |       |            |            |              |         |     | 700              |
|                           |                         |         |       |            | 400        |              |         |     | 400              |
|                           |                         |         |       |            | 400        |              | 400     | 400 | 400              |
|                           |                         |         |       |            |            |              |         |     | 200              |
|                           |                         |         |       |            |            |              |         |     | 200              |
|                           |                         |         |       |            |            |              |         |     | 200              |
|                           |                         |         |       |            |            |              |         |     | 400              |
|                           |                         | 300     |       | 300        |            |              |         |     | 300              |
|                           |                         |         |       |            |            |              | 200     |     | 200              |
|                           |                         |         |       |            |            |              |         |     | 4 Accessories    |
|                           |                         |         |       |            |            |              |         |     |                  |
|                           |                         |         |       |            |            |              |         |     |                  |
|                           |                         |         |       |            |            |              |         |     |                  |

Note: Capacities are fully tested to a reasonable load rate.

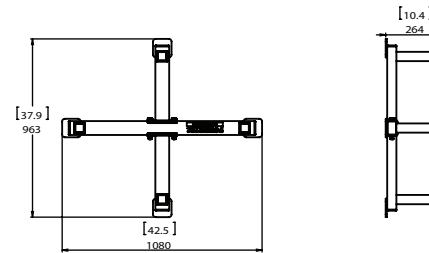




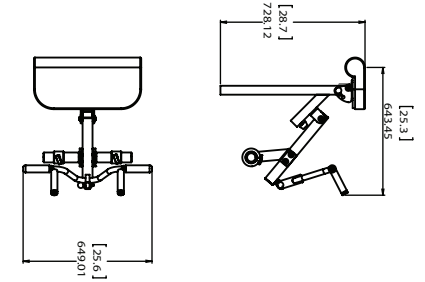
L-CDA+11



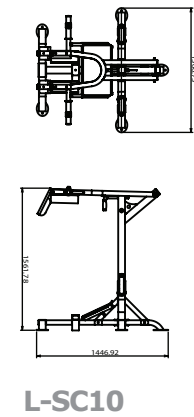
L-CG11



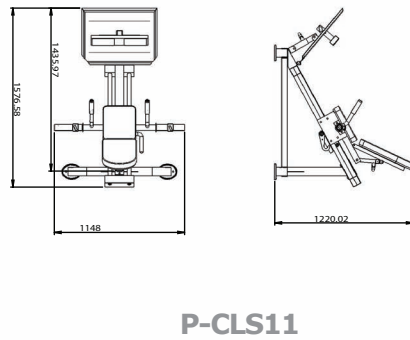
WB-ASR10



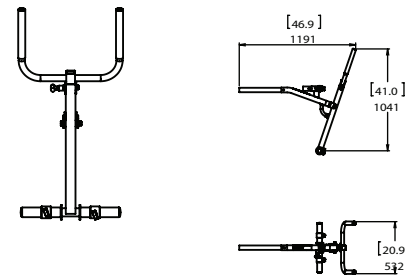
WB-CMA11



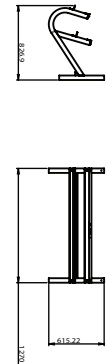
L-SC10



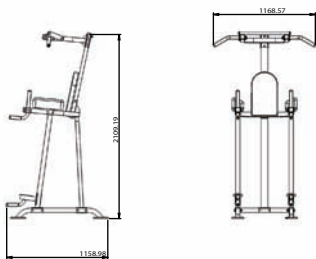
P-CLS11



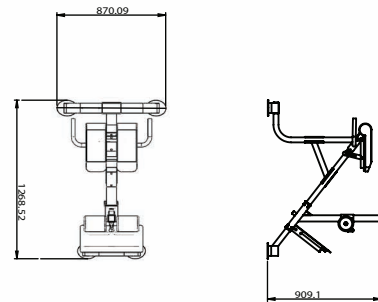
WB-DMA10



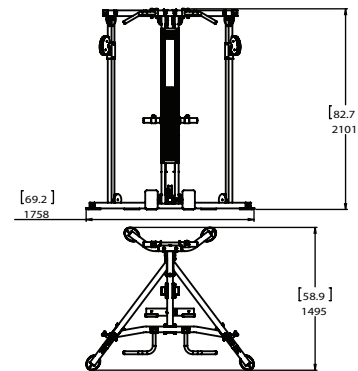
WB-DR10



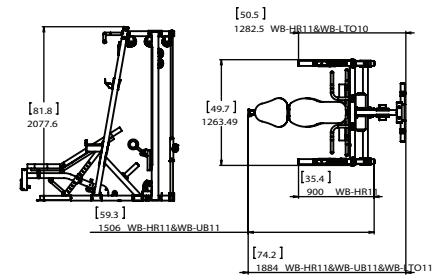
P-BT10



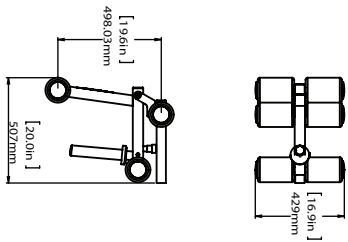
P-HC10



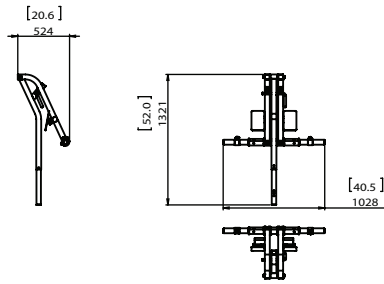
WB-FT11



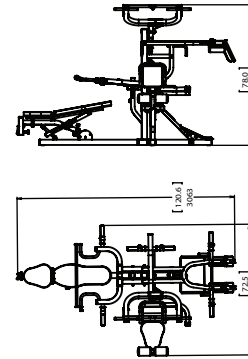
WB-HR11



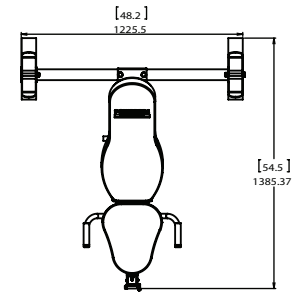
WB-LLA11



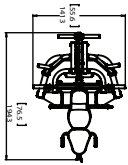
WB-LPA11



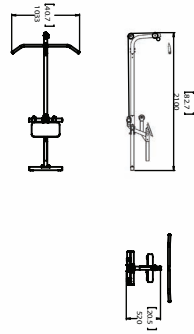
WB-MS11



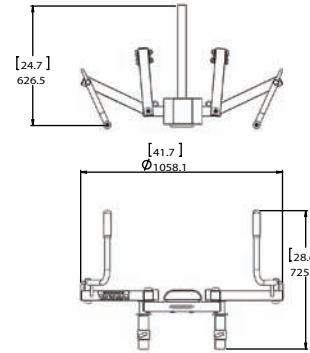
WB-OB11



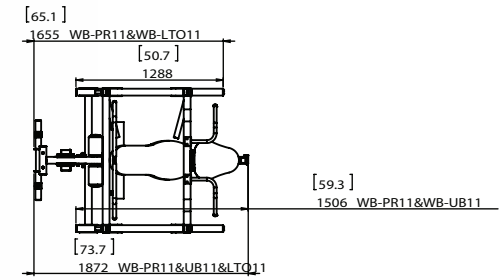
WB-LS11



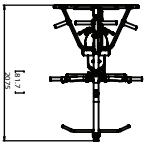
WB-LTA11



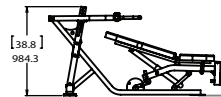
WB-PFA10



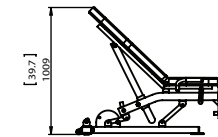
WB-PR11



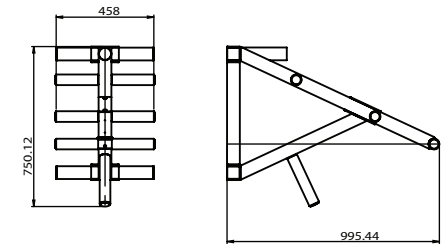
WB-LTO11



WB-MP11



WB-UB11



WB-WR10

