

# HACK SQUAT

16200-01

## Parts Manual

1/5/2019 3:19:00 AM

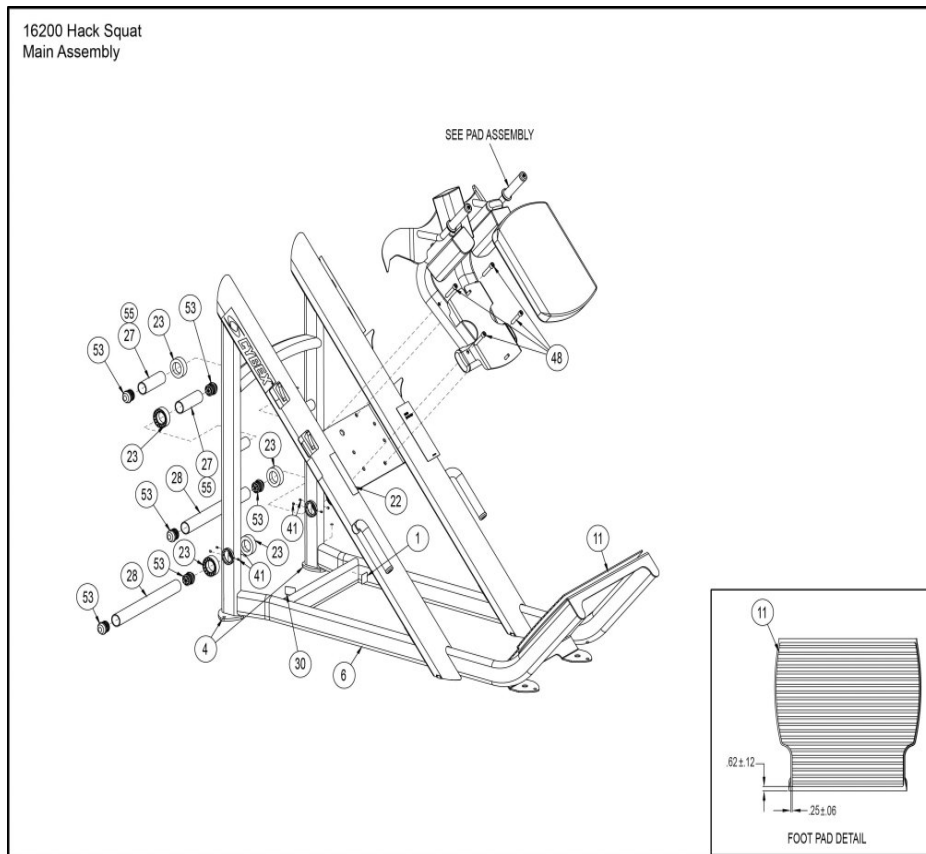


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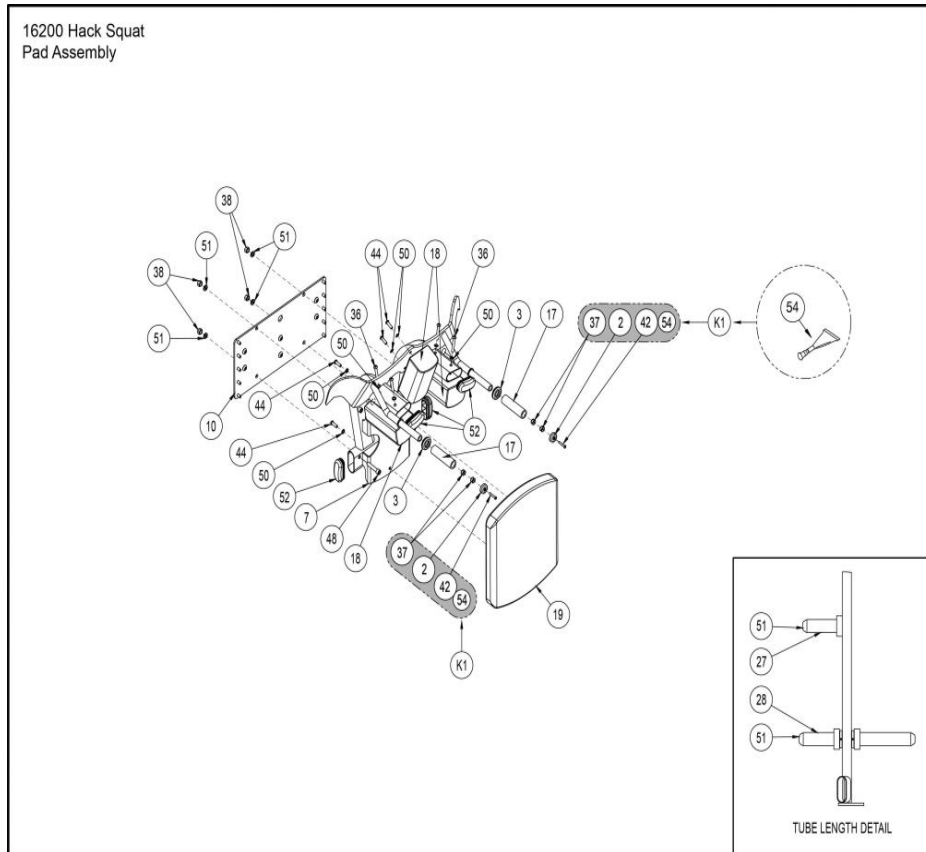
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# 16200 Main Assembly



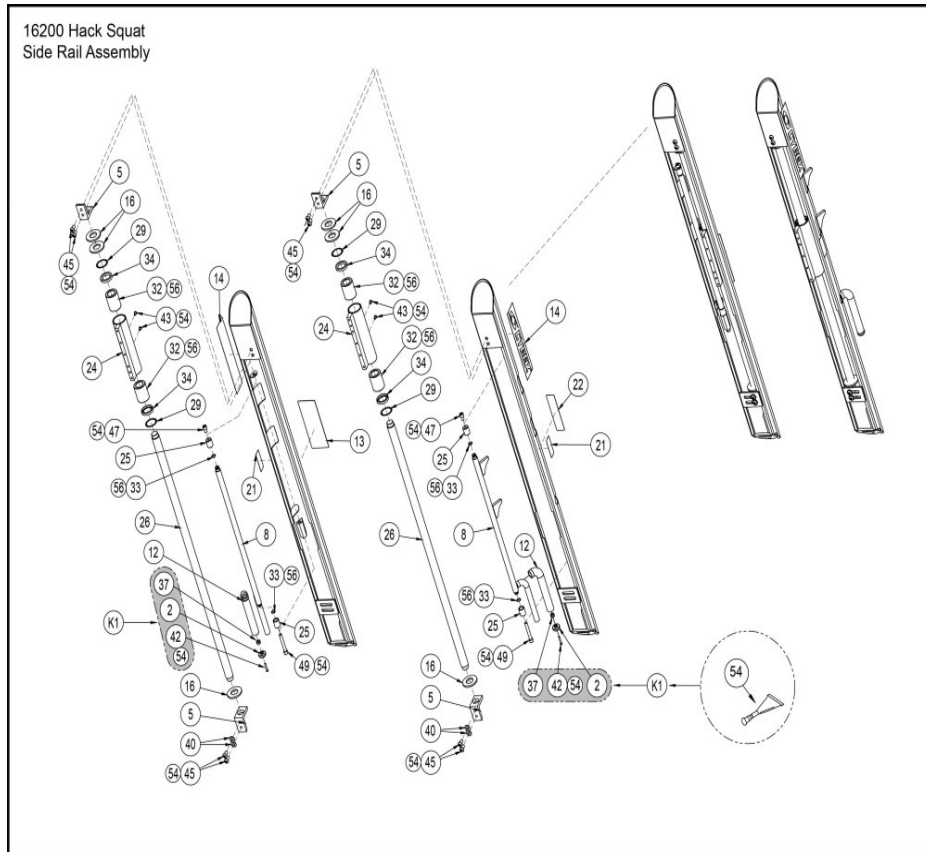
| Ref # | Part Number | Qty | Description                 |
|-------|-------------|-----|-----------------------------|
| 1     | 11040-790   | 1   | NLA: DECAL, MADE IN THE USA |
| 4     | 16010-311   | 2   | Pad Foot                    |
| 6     | 16200-200   | 1   | W/FRAME Custom              |
| 11    | 16200-339   | 2   | NON-SLIP                    |
| 22    | DE000001    | 1   | Decal Warning Custom        |
| 23    | 5220-367    | 5   | SPACER PLASTIC              |
| 27    | 5330P012    | 2   | P WEIGHT TUBE 5.00          |
| 28    | 5330P029    | 2   | P WEIGHT 19.00              |
| 30    | CM000248    | 1   | DECAL, CAPACITY             |
| 41    | HY622910    | 4   | SET SC .250-20 X .375       |
| 48    | JC782830    | 4   | SHCS .500-13 X 2.50         |
| 53    | PP130006    | 6   | Insert Plastic End          |

# 16200 Pad Assembly



| Ref # | Part Number | Qty | Description                 |
|-------|-------------|-----|-----------------------------|
| K1    | 11090K006   | 2   | KIT HANDLE TRIM RING        |
| 2     | 11090-374   | 2   | END CAP                     |
| 3     | 11090-376   | 2   | RING HANDLE GRIP            |
| 7     | 16200-201   | 1   | W/ FRAME HANDLE Custom      |
| 10    | 16200-329   | 1   | PLATE, SLED                 |
| 17    | 4605-501    | 2   | GRAB GRIP 5.00              |
| 18    | 4800-071    | 3   | COVERED CUSHION Custom      |
| 19    | 4800-440    | 1   | CUSHION S/A 16 X 19 Custom  |
| 27    | 5330P012    | 1   | P WEIGHT TUBE 5.00          |
| 28    | 5330P029    | 1   | P WEIGHT 19.00              |
| 36    | HC700430    | 2   | BHSCS .375-16 X 2.50        |
| 37    | HF449063    | 4   | INSERT 3-4X1-4-20 CONNECTOR |
| 38    | HN784000    | 4   | HEX NUT .500-13             |
| 42    | JC620422    | 2   | BHSCS .250-20 X 1.50        |
| 44    | JC700420    | 4   | BHSCS .375-16 X 1.25        |
| 48    | JC782830    | 1   | SHCS .500-13 X 2.50         |
| 50    | JS347400    | 6   | LOCKWASHER INT TOOTH .375   |
| 51    | JS388300    | 6   | LOCKWASHER SPLIT .500       |
| 52    | PP130004    | 4   | Insert Domed Plastic        |

# 16200 Side Rail Assembly

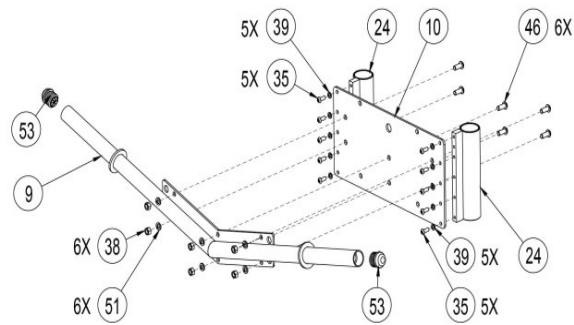


| Ref # | Part Number | Qty | Description                          |
|-------|-------------|-----|--------------------------------------|
| K1    | 11090K006   | 2   | KIT HANDLE TRIM RING                 |
| 2     | 11090-374   | 2   | END CAP                              |
| 5     | 16110-351   | 4   | SHAFT MOUNT                          |
| 8     | 16200-202   | 2   | W/ STOP HANDLE Custom                |
| 12    | 16200-344   | 2   | GRIP, ANGLED                         |
| 13    | 16200-598   | 1   | Placard Hack Squat Custom            |
| 14    | 3900-447    | 2   | DECAL CYBEX 1.94 HOR BLACK           |
| 14    | 3900-448    | 2   |                                      |
| 16    | 4540-321    | 9   | BUMPER HANDLE                        |
| 21    | 5220-337    | 2   | DECAL WARNING LOAD AND UNLOAD Custom |
| 22    | DE000001    | 2   | Decal Warning Custom                 |
| 24    | 5320-204    | 1   | C BEARING SLEEVE                     |
| 25    | 5320-332    | 2   | P STOP ROD COLLET                    |
| 26    | 5330-328    | 4   | SHAFT 1.50 X 52.25                   |
| 29    | BR030203    | 2   | RETAIN RING LINEAR BRG 1.50          |
| 32    | FB110200    | 4   | BRG LINEAR 1.5                       |
| 33    | FS100006    | 4   | O-RING .612IDX.103W                  |
| 34    | FS110200    | 4   | SEAL LINEAR BRG 1.50                 |
| 37    | HF449063    | 2   | INSERT 3-4X1-4-20 CONNECTOR          |
| 40    | HS387700    | 4   | WASHER SAE .500                      |
| 42    | JC620422    | 2   | BHSCS .250-20 X 1.50                 |
| 43    | JC660412    | 4   | BHSCS .312-18 X .50                  |

| Ref # | Part Number | Qty | Description          |
|-------|-------------|-----|----------------------|
| 45    | JC780417    | 7   | BHSCS .500-13 X 1.00 |
| 47    | JC782815    | 2   | SHCS .500-13 X .75   |
| 49    | JC782838    | 2   | SHCS .500-13 X 3.50  |

## 16200 Weight Bar Assembly

16200 Hack Squat  
Weight Bar Assembly



| Ref # | Part Number | Qty | Description           |
|-------|-------------|-----|-----------------------|
| 9     | 16200-204   | 1   | PLATED WEIGHT BAR     |
| 10    | 16200-329   | 1   | PLATE, SLED           |
| 24    | 5320-204    | 2   | C BEARING SLEEVE      |
| 35    | HC700417    | 10  | BHSCS .375-16 X 1.00  |
| 38    | HN784000    | 6   | HEX NUT .500-13       |
| 39    | HS348300    | 10  | LOCKWASHER SPLIT .375 |
| 46    | JC780420    | 6   | BHSCS .500-13 X 1.25  |
| 51    | JS388300    | 6   | LOCKWASHER SPLIT .500 |
| 53    | PP130006    | 2   | Insert Plastic End    |

