

**Glute Ham**

19300-10

## **Parts Manual**

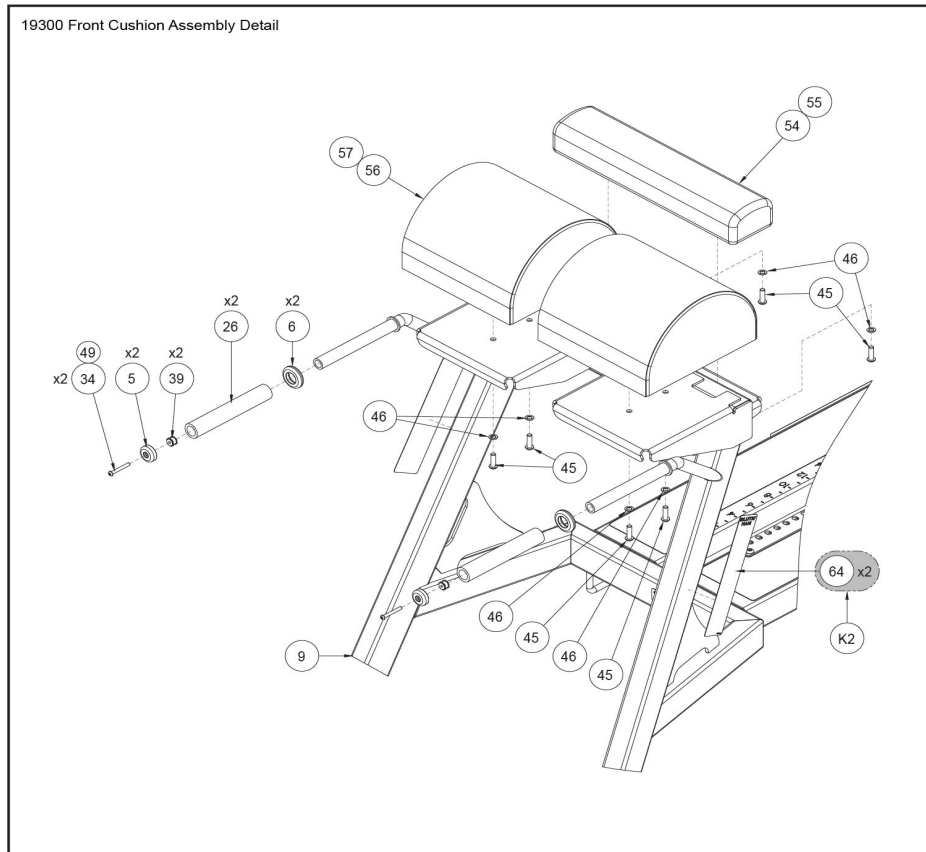
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**Table of Contents**

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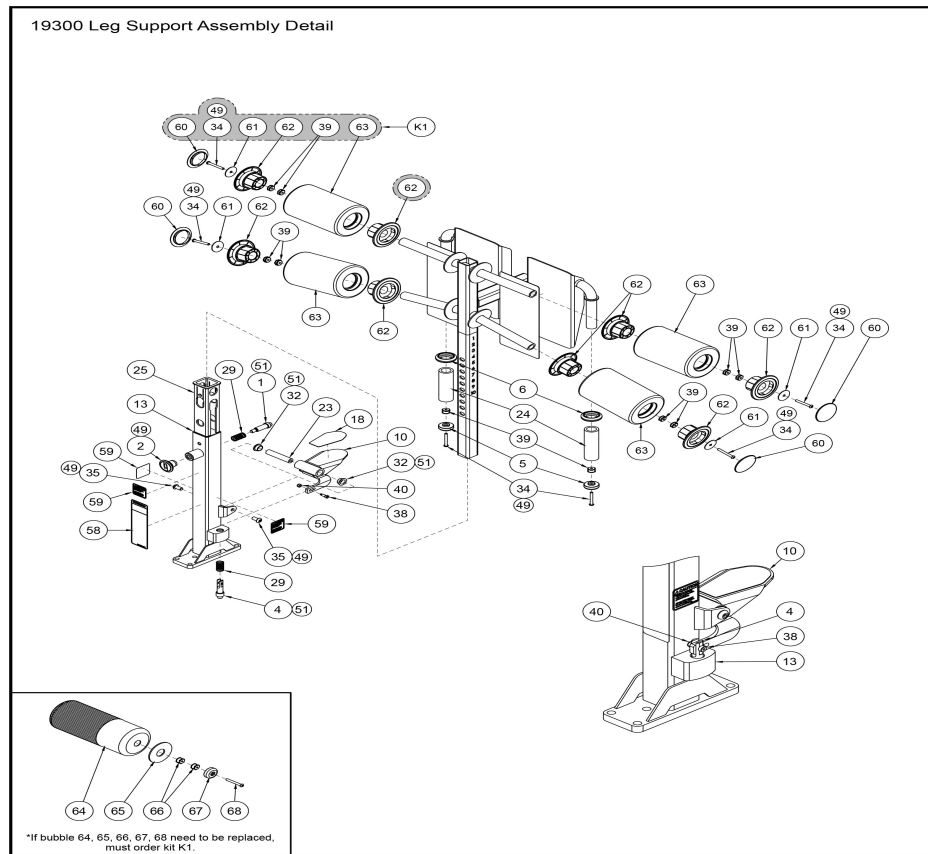
|                                                                 |                          |
|-----------------------------------------------------------------|--------------------------|
| <a href="#"><u>19300 Front Cushion Assembly Detail.....</u></a> | <a href="#"><u>3</u></a> |
| <a href="#"><u>19300 Leg Support Assembly Detail.....</u></a>   | <a href="#"><u>4</u></a> |
| <a href="#"><u>19300 Main Assembly.....</u></a>                 | <a href="#"><u>6</u></a> |
| <a href="#"><u>19300 Rail Assembly Detail.....</u></a>          | <a href="#"><u>7</u></a> |

## 19300 Front Cushion Assembly Detail



| Ref # | Part Number | Qty | Description                           |
|-------|-------------|-----|---------------------------------------|
| 5     | 11090-374   | 4   | END CAP                               |
| 6     | 11090-376   | 2   | RING HANDLE GRIP                      |
| 9     | 19300-200   | 1   | W/ MAIN FRAME Custom                  |
| 26    | 4605-521    | 2   | GRAB GRIP 8.25                        |
| 34    | HC620431    | 8   | BHSCS .250-20 X 2.00                  |
| 39    | HF449063    | 6   | INSERT 3-4X1-4-20 CONNECTOR           |
| 45    | JC700420    | 6   | BHSCS .375-16 X 1.25                  |
| 49    | YA000201    | 1   | ADH THRD LKR REM .02 OZ 242           |
| 54    | 4800-006    | 1   | COVERED CUSHION SA CONTOUR 20 Custom  |
| 55    | 4800-093    | 1   | WEAR COVER SA 4.5 X 20 Custom         |
| 56    | 4800-450    | 1   | COVERED CUSHION SA, CONTOUR 11 Custom |
| 57    | 4800-453    | 1   | WEAR COVER CONTOUR 11 X 12 Custom     |

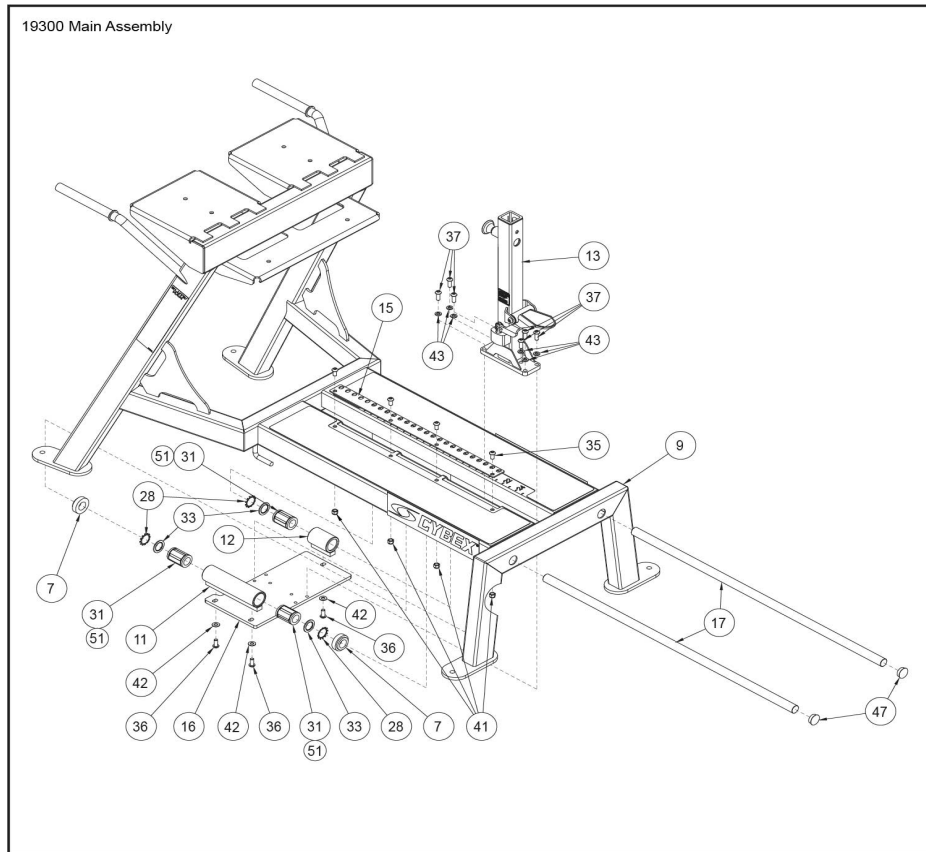
# 19300 Leg Support Assembly Detail



| Ref # | Part Number | Qty | Description                          |
|-------|-------------|-----|--------------------------------------|
| K1    | 13265K020   | 1   | KIT, CUSHION REPLACEMENT Custom      |
| 1     | 08229       | 1   | P PIN DETENT                         |
| 2     | 11040-440   | 1   | KNOB                                 |
| 4     | 11090-314   | 1   | PIN DETENT                           |
| 5     | 11090-374   | 4   | END CAP                              |
| 6     | 11090-376   | 2   | RING HANDLE GRIP                     |
| 10    | 19300-203   | 1   | W/ DETENT FOOT PLATE                 |
| 13    | 19300-206   | 1   | W/ OUTER ADJUSTING TUBE              |
| 14    | 19300-208   | 1   | W/ LEG SUPPORT                       |
| 18    | 19300-364   | 1   | NON-SLIP, FOOT PLATE                 |
| 20    | 19300-367   | 2   | NON-SLIP                             |
| 23    | 4535-328    | 4   | PIN PIVOT-SHORT                      |
| 24    | 4605-510    | 1   | GRAB GRIP 4.75                       |
| 25    | 4605-512    | 2   | INSERT PLASTIC 7.94                  |
| 29    | BS070201    | 1   | COM SPRING .56 ID X .66 OD X 1.50 LG |
| 32    | FB130205    | 2   | BRG FLG .62 X .75 .38 LG             |
| 34    | HC620431    | 2   | BHSCS .250-20 X 2.00                 |
| 35    | HC700415    | 8   | BHSCS .375-16 X .75                  |
| 38    | HD303312    | 2   | S BOLT .250 X .500 .190-10-24        |
| 39    | HF449063    | 1   | INSERT 3-4X1-4-20 CONNECTOR          |
| 40    | HN575100    | 6   | LOCKNUT .190-NO 10-24                |
| 48    | PP090211    | 1   | INSERT PL 1.50 SQ X 10-14 GA         |

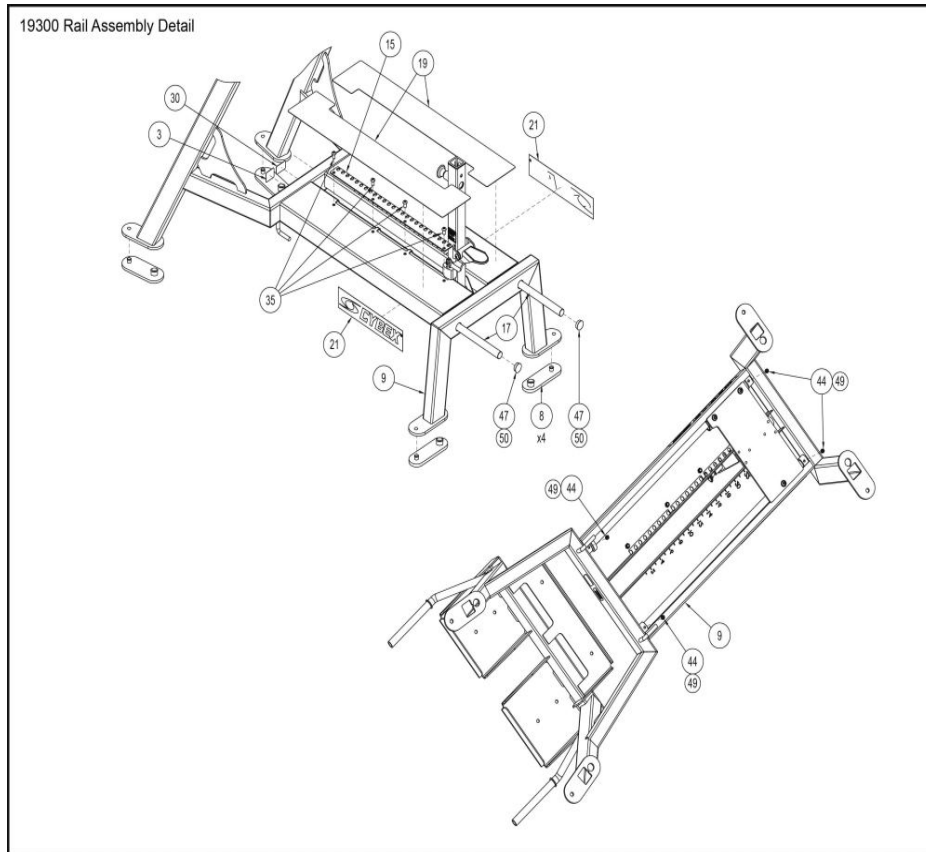
| Ref # | Part Number | Qty | Description                    |
|-------|-------------|-----|--------------------------------|
| 49    | YA000201    | 2   | ADH THRD LKR REM .02 OZ 242    |
| 51    | YG000002    | 1   | NLA: Please use Lithium Grease |
| 58    | DE000015    | 1   | Decal Warning                  |
| 59    | 8500-025    | 1   | DECAL CAUTION Custom           |
| 60    | 7308702     | 1   | CAP, BEARING HOUSING           |
| 61    | HS307608    | 3   | WASHER .281 ID 1.50 OD .050    |
| 62    | 13265-386   | 1   |                                |
| 63    | 4800-333    | 1   | CUSHION SA 4.5 DIA X 7 Custom  |

# 19300 Main Assembly



| Ref # | Part Number | Qty | Description                    |
|-------|-------------|-----|--------------------------------|
| 7     | 16120-318   | 2   | Bushing                        |
| 9     | 19300-200   | 1   | W/ MAIN FRAME Custom           |
| 11    | 19300-204   | 1   | C/ BEARING HOUSING             |
| 12    | 19300-205   | 1   | C/ BEARING HOUSING             |
| 13    | 19300-206   | 1   | W/ OUTER ADJUSTING TUBE        |
| 15    | 19300-329   | 1   | PLATE, DETENT                  |
| 16    | 19300-348   | 1   | PLATE                          |
| 17    | 19300-350   | 2   | SHAFT                          |
| 28    | BR030204    | 3   | RETAIN RING LINEAR BRG 1.00    |
| 31    | FB110201    | 3   | BRG LINEAR 1.0                 |
| 33    | FS110201    | 3   | SEAL LINEAR BRG 1.00           |
| 35    | HC700415    | 2   | BHSCS .375-16 X .75            |
| 36    | HC700416    | 3   | BHSCS .375-16 X .875           |
| 37    | HC700417    | 6   | BHSCS .375-16 X 1.00           |
| 41    | HN704901    | 4   | LOCKNUT .375-16 NYLON          |
| 42    | HS347600    | 3   | WASHER SAE .375                |
| 43    | HS348300    | 6   | LOCKWASHER SPLIT .375          |
| 47    | PP080202    | 1   | INSERT PLASTIC 1.19 DIA-11 GA  |
| 51    | YG000002    | 1   | NLA: Please use Lithium Grease |

## 19300 Rail Assembly Detail



| Ref # | Part Number | Qty | Description                   |
|-------|-------------|-----|-------------------------------|
| 3     | 11040-790   | 1   | NLA: DECAL, MADE IN THE USA   |
| 8     | 17000-320   | 4   | Foot Pad                      |
| 9     | 19300-200   | 1   | W/ MAIN FRAME Custom          |
| 15    | 19300-329   | 1   | PLATE, DETENT                 |
| 17    | 19300-350   | 2   | SHAFT                         |
| 19    | 19300-365   | 2   | NON-SLIP, RAIL                |
| 21    | 3900-447    | 1   | DECAL CYBEX 1.94 HOR BLACK    |
| 21    | 3900-448    | 1   |                               |
| 30    | CM000244    | 1   | DECAL, CAPACITY               |
| 35    | HC700415    | 2   | BHSCS .375-16 X .75           |
| 44    | HY702912    | 4   | Set Screw .375-16 x .50       |
| 47    | PP080202    | 1   | INSERT PLASTIC 1.19 DIA-11 GA |
| 49    | YA000201    | 1   | ADH THRD LKR REM .02 OZ 242   |
| 50    | YA000222    | 1   | ADH BNDG CYANOACRYLATE        |

