

HAMMER[®] STRENGTH

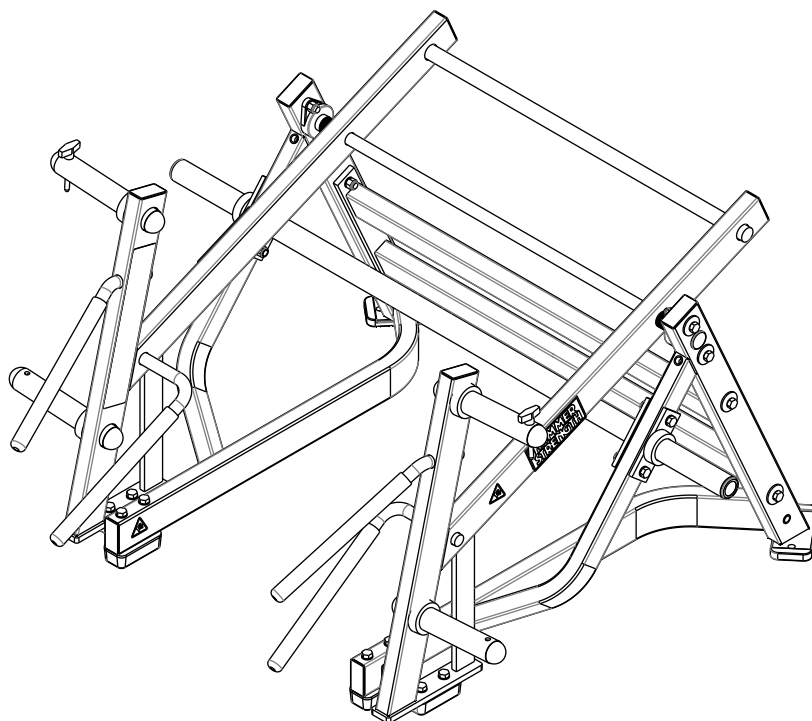
**HAMMER
STRENGTH[®]**

GROUND BASE

PARTS MANUAL

SQUAT LUNGE
GBSL & GB-SL

9/10/2014



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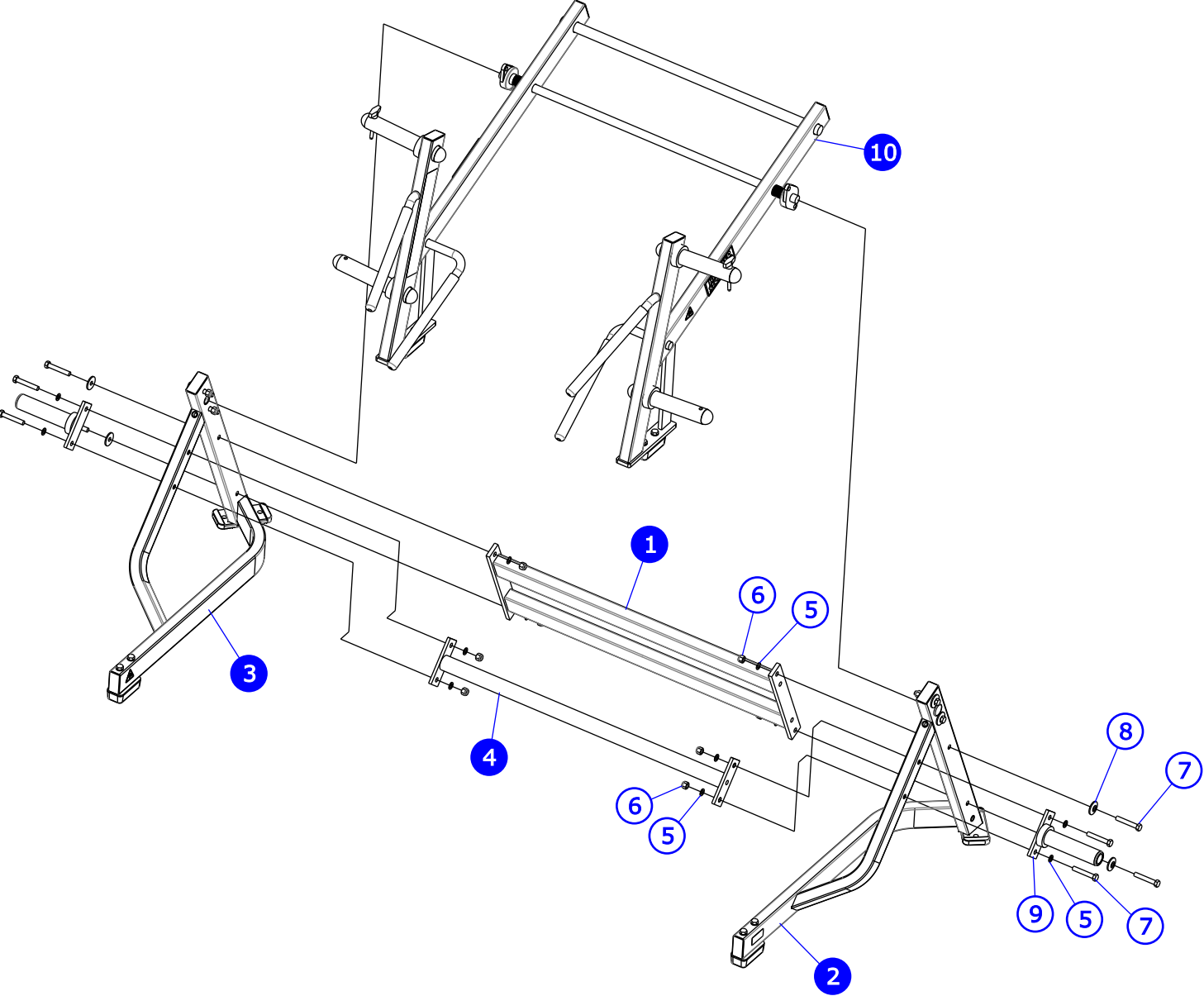
UPHOLSTERY 1 2 3

Items with Gray call-outs require the upholstery color listed within the order notes. IE: Putty

FRAME AND MOVEMENT ARM COLORS 1 2 3

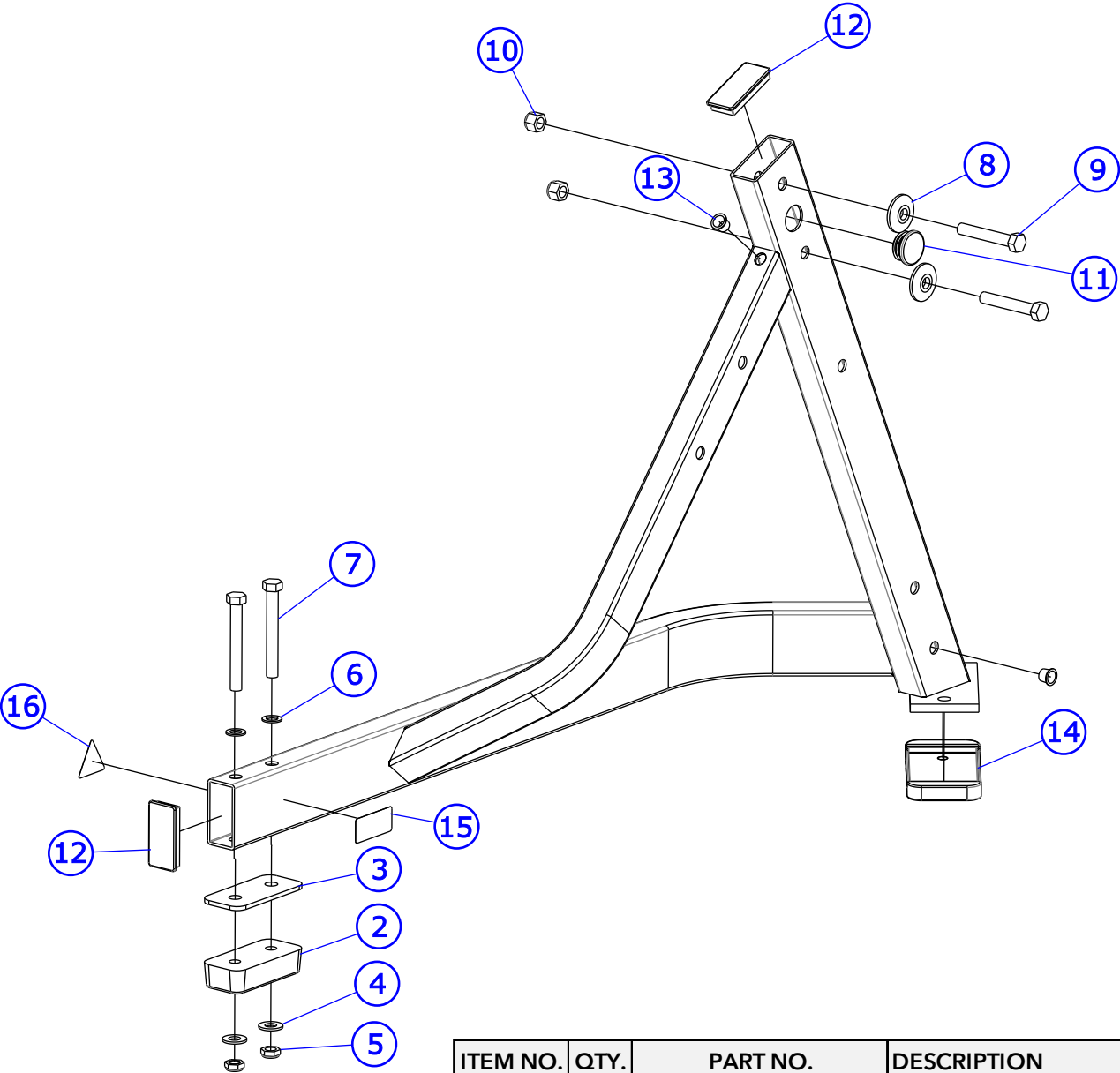
Items with Blue call-outs require the powder coat frame color to be listed within the order notes.

COMPONENT ASSEMBLY



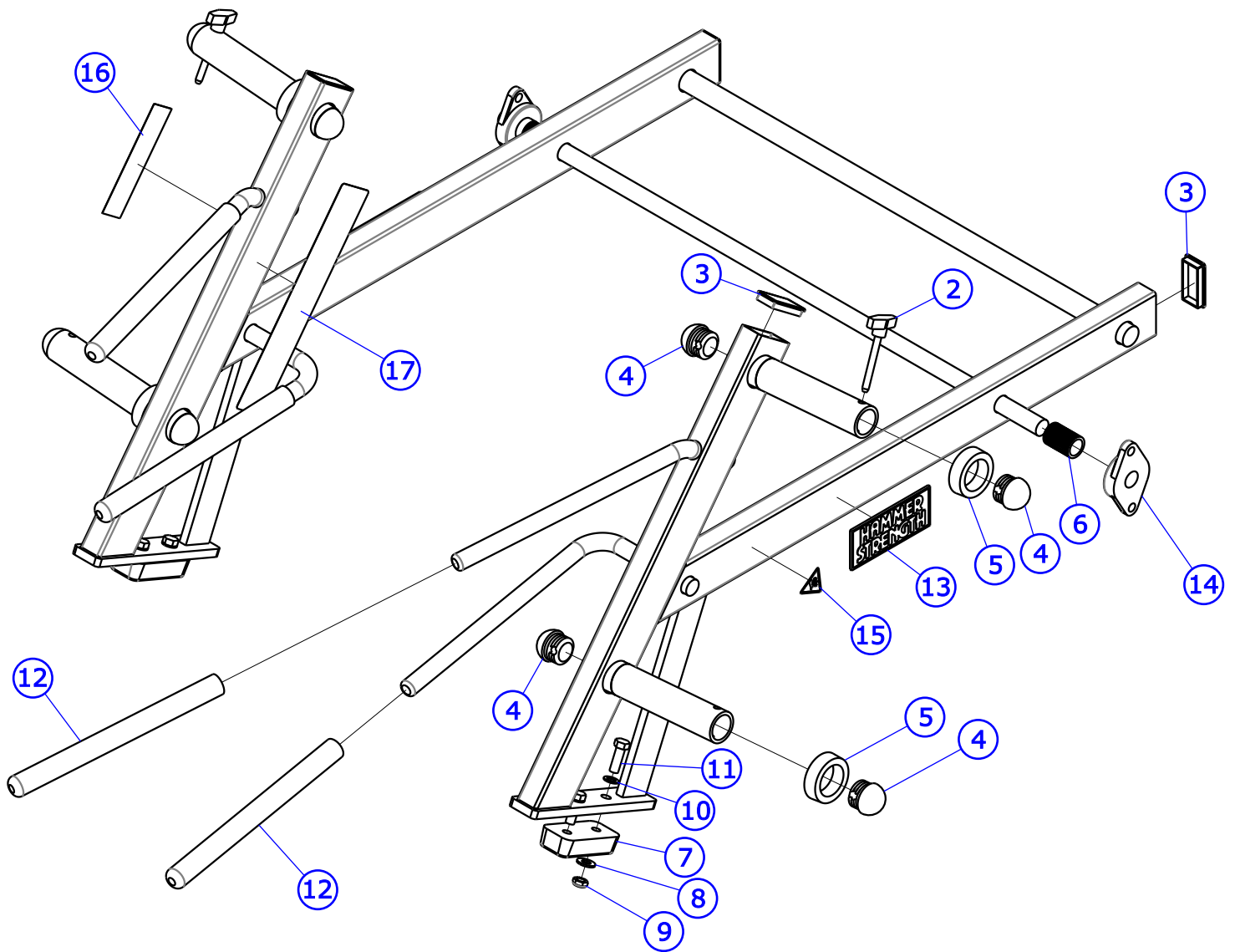
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	GBSL-BX	WLDMT, BACK FRAME, GBSL
2	1	GBSL-CSFL	ASSY, SIDE FRAME, LEFT, GBSL
3	1	GBSL-CSFR	ASSY, SIDE FRAME, RIGHT, GBSL
4	1	GBSL-TX	WLDMT, TOP CROSS MEMBER, GBSL
5	12	WASH.5STAR	1/2" INTERNAL LOCK WASHER
6	8	NUT.5LOCK	1/2 DIA THICK LOCK NUT
7	8	HHB.5X3	1/2 X 3 BOLT
8	4	H-BACK-WASH	BACKING WASHER
9	2	H-HORN-ASSY	ASSY, WEIGHT HORN
10	1	GBSL-CMA	MOVEMENT ARM, GBSL

LEFT SIDE FRAME ASSEMBLY



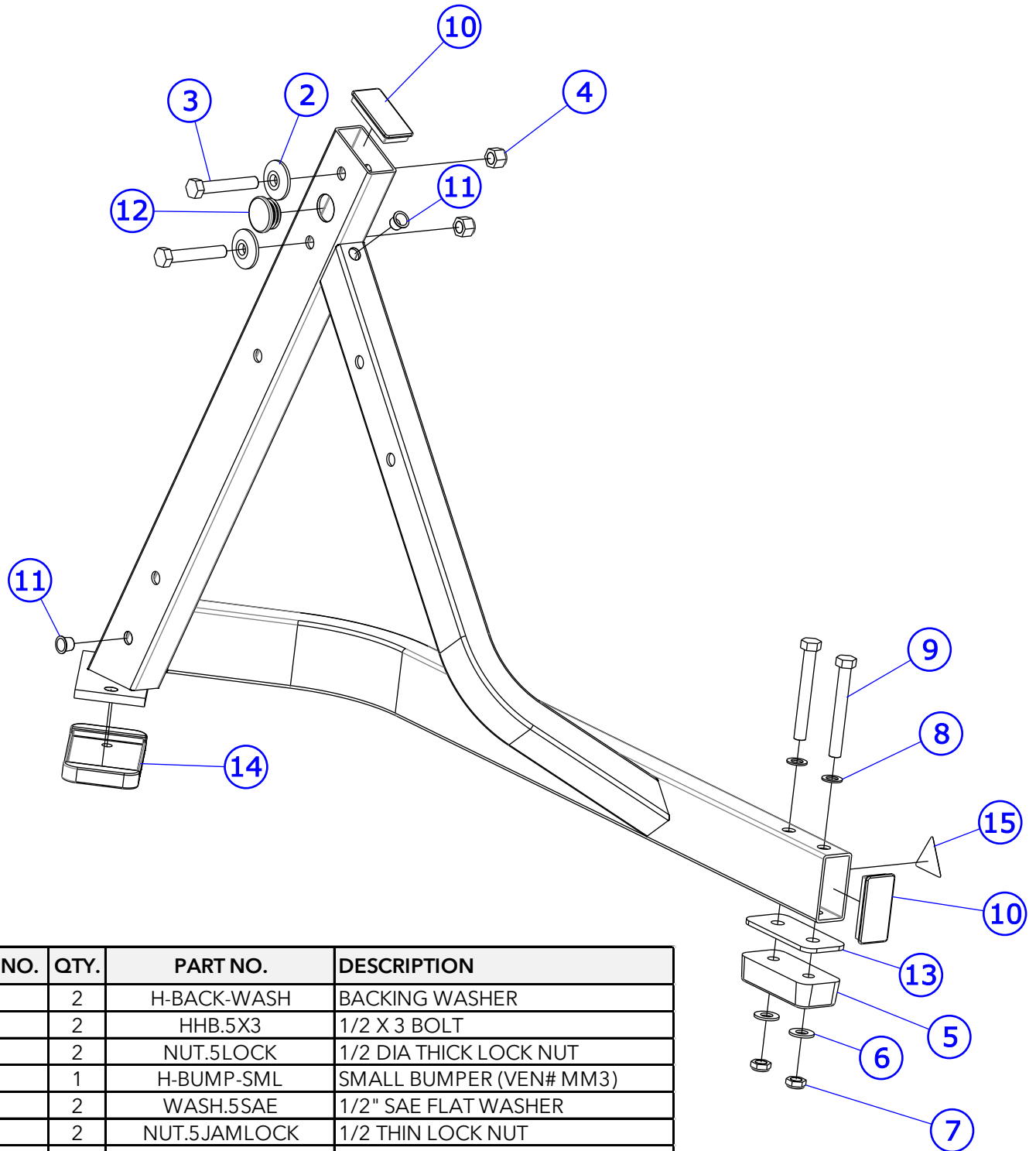
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
3	1	H-BUMP-SPACER	3/16" BUMPER SPACER
4	2	WASH.5SAE	1/2" SAE FLAT WASHER
5	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
6	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
7	2	HHB.5X4	1/2 X 4 BOLT
8	2	H-BACK-WASH	BACKING WASHER
9	2	HHB.5X3	1/2 X 3 BOLT
10	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
11	1	H-LOCK-PLUG(SMALL)	SMALL LOCKING PLUG
12	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
13	2	H-HPLUG (REG)	HOLE PLUG
14	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
15	1	-	SERIAL NUMBER
16	1	8039501	LABEL, WARNING,TRIANGLE

MOVEMENT ARM ASSEMBLY



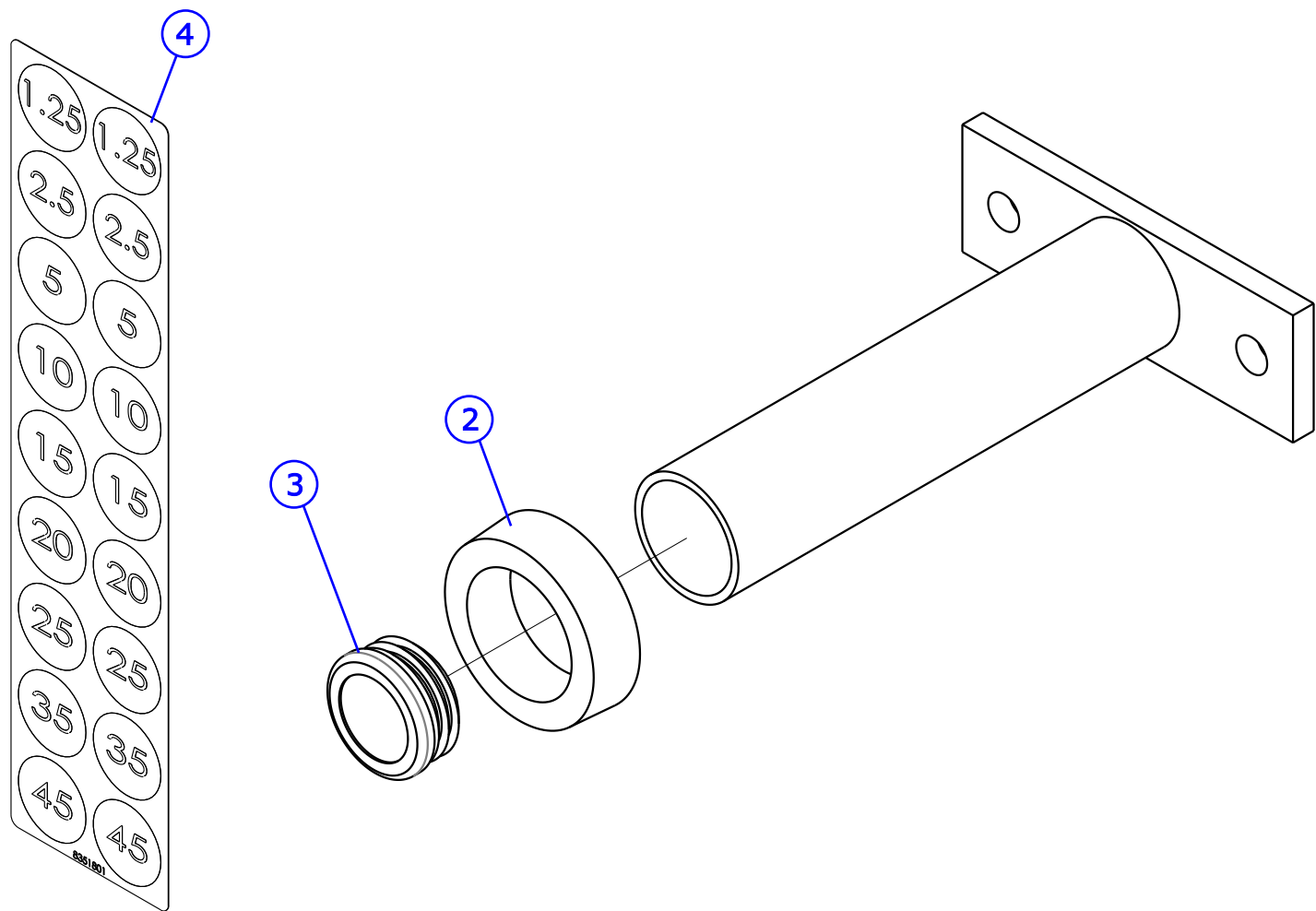
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	SELECTOR PIN-3	SELECTOR PIN 3 IN.
3	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
4	8	RUBCAP1-2	RUBBER CAP #1
5	4	H-RUBRNG	MM5 RING
6	2	ACCORDIAN	SHAFT GUARD
7	2	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
8	4	WASH.5SAE	1/2" SAE FLAT WASHER
9	4	NUT.5JAMLOCK	1/2 THIN LOCK NUT
10	4	WASH.5STAR	1/2" INTERNAL LOCK WASHER
11	4	HHB.5X1.5	BOLT, HEX HEAD 1/2 X 1-1/2
12	4	H-GRIP	HANDLE GRIPS (.938X16)
13	2	H-NAME PLATE	NAMEPLATE (45156-P)
14	2	H-BEAR-SML	SMALL BEARING
15	2	8039501	LABEL, WARNING, TRIANGLE
16	1	8773701	LABEL, ASTM PL VERT
17	1	ID-GBSL	PRODUCT PLACARD, GBSL

RIGHT SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-BACK-WASH	BACKING WASHER
3	2	HHB.5X3	1/2 X 3 BOLT
4	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	1	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
6	2	WASH.5SAE	1/2" SAE FLAT WASHER
7	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
8	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
9	2	HHB.5X4	1/2 X 4 BOLT
10	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
11	2	H-HPLUG (REG)	HOLE PLUG
12	1	H-LOCK-PLUG(SMALL)	SMALL LOCKING PLUG
13	1	H-BUMP-SPACER	3/16" BUMPER SPACER
14	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
15	1	8039501	LABEL, WARNING, TRIANGLE

WEIGHT HORN ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-RUBRNG	MM5 RING
3	1	H-RUBCAP2	PLUG, HAMMER WEIGHT HORN
LABEL NOT INCLUDED IN ASSEMBLY			
4	-	8351801	LABEL, WEIGHT HORN, SHEET