

HAMMER[®] STRENGTH

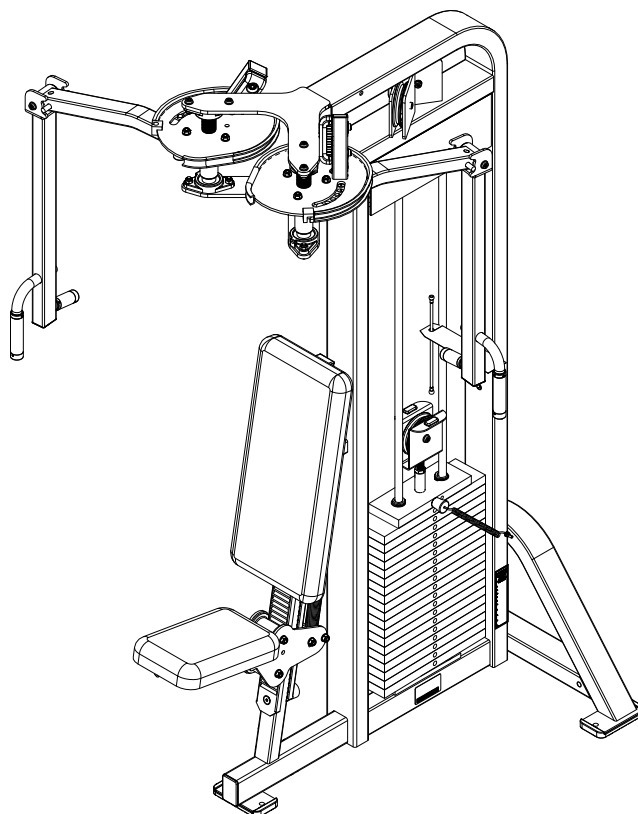
**HAMMER
STRENGTH[®]**

HAMMER SELECT

PARTS MANUAL

FLY - REAR DELTOID
HS-FLY

6/04/2014



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KEY

LANGUAGE 1 2 3

Items with Black call-outs require the language to be listed within the order notes. IE. English

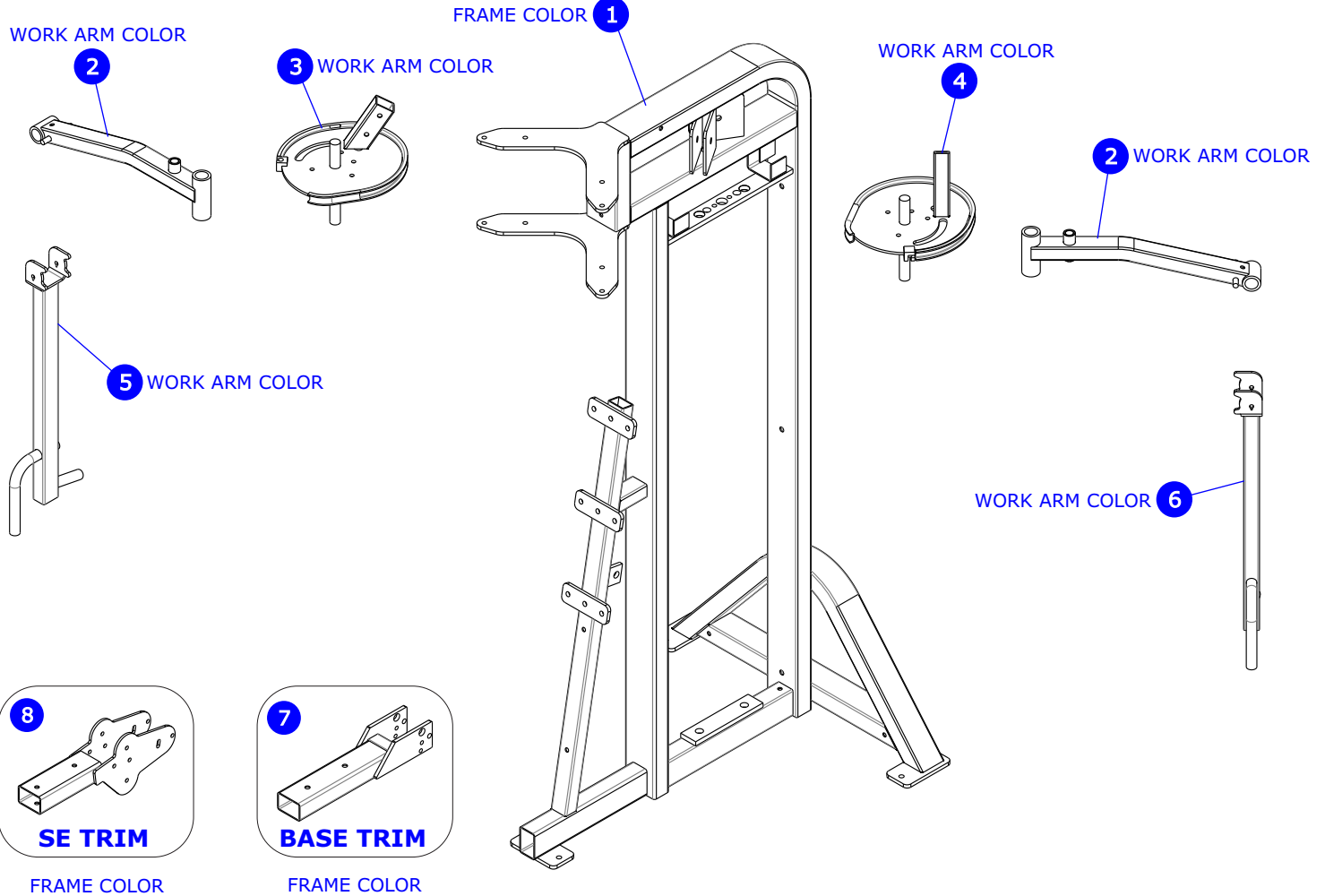
UPHOLSTERY 1 2 3

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

FRAME AND WORK ARM COLORS 1 2 3

Items with Blue call-outs require the powder coat frame color to be listed within the order notes. Add 'No Clear' after color - IE. Platinum No Clear

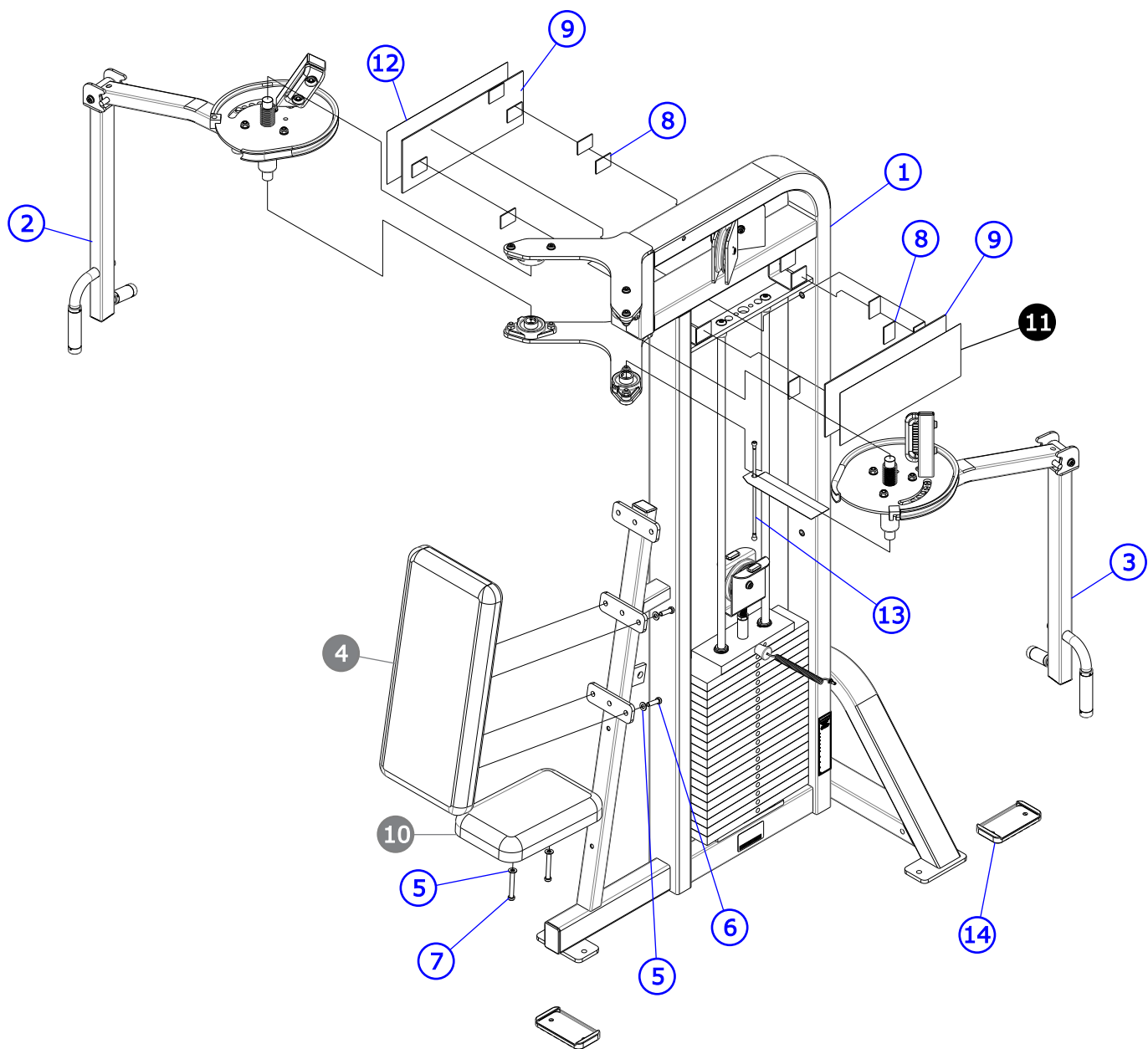
POWDER COATED COMPONENTS



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	POSSIBLE RMA	WELDMT, PSFLY MAIN
2	2	8315099	WLDMT, PSFLY TOP WORKARM
3	1	8514299	WLDMT, PSFLY/PEC CAM - RT
4	1	8514399	WLDMT, PSFLY/PEC CAM - LT
5	1	8315199	WLDMT, PSFLY SWINGARM - RT
6	1	8315299	WLDMT, PSFLY SWINGARM - LT
7	1	7358799	WLDMT, 90 DEG. STD. HAMMER SEAT
8	1	7396899	WLDMT, 90 DEG ROLLER SEAT

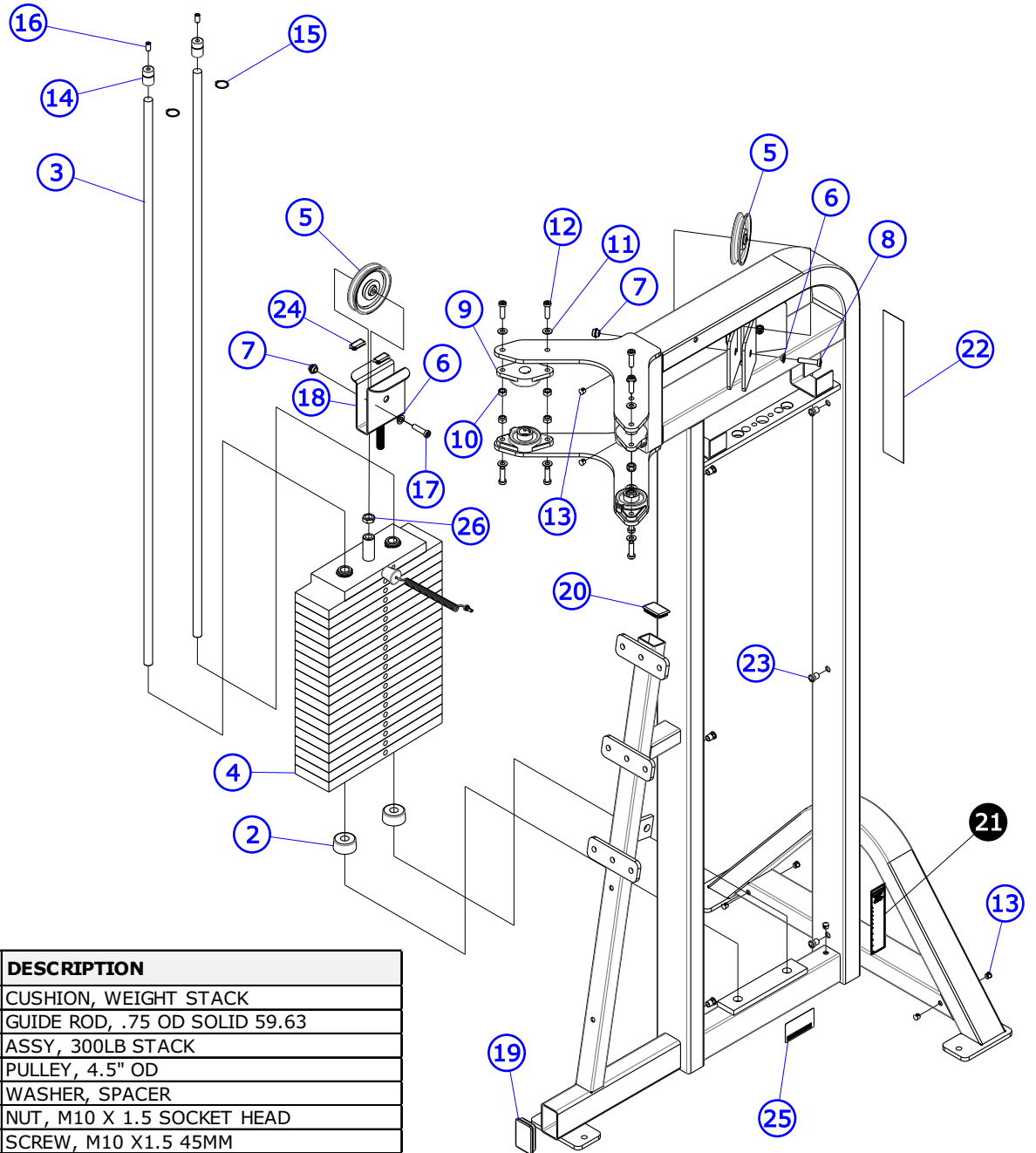
ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 2 FOR ORDERING INSTRUCTIONS.

COMPONENT ASSEMBLY



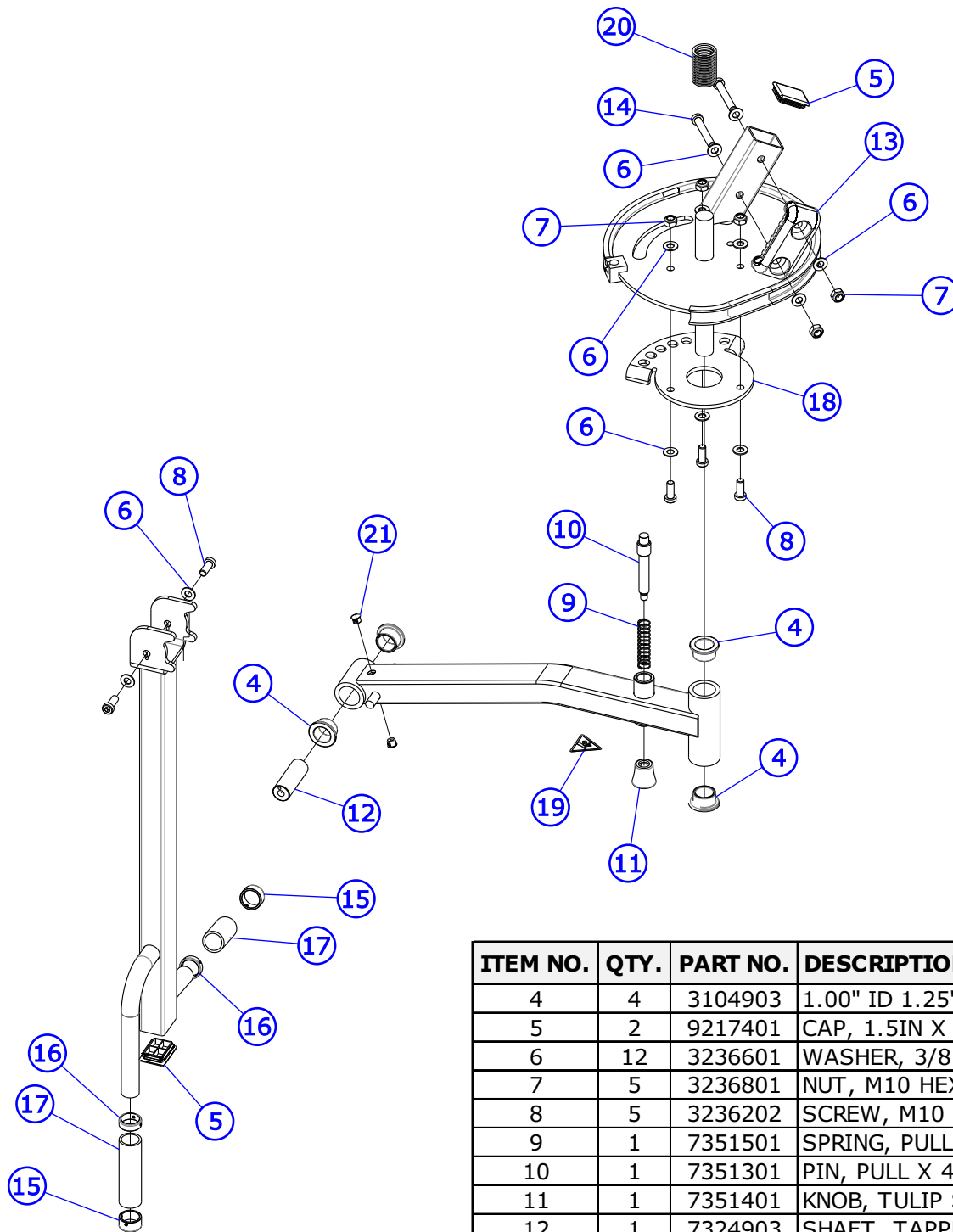
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	-	ASSY, PSFLY STACK FRAME
2	1	-	ASSY, PSFLY WORKARM - RT
3	1	-	ASSY, PSFLY WORKARM - LT
4	1	7398899	PAD, BACK 25 X 11-1/4
5	6	3236601	WASHER, 3/8 SAE SS
6	4	3236204	SCREW, M10 X1.5 35MM
7	2	3236212	SCREW, M10 X1.5 75MM
8	12	7544202	PAD, DUAL LOCK 250 1.5" X 2.0"
9	2	9169501	COVER, STACK-PRO2 RECT.
10	1	7398999	PAD, SEAT 13-1/4 X 8-1/4
11	1	9467699	LABEL, PSFLY PLACARD
12	1	9467701	LABEL, PSFLY LOGO PANEL
13	1	7423808	CABLE, PSFLY/PEC 150-1/2
14	3	7388201	FOOTPAD, PS RUBBER

STACK FRAME ASSEMBLY



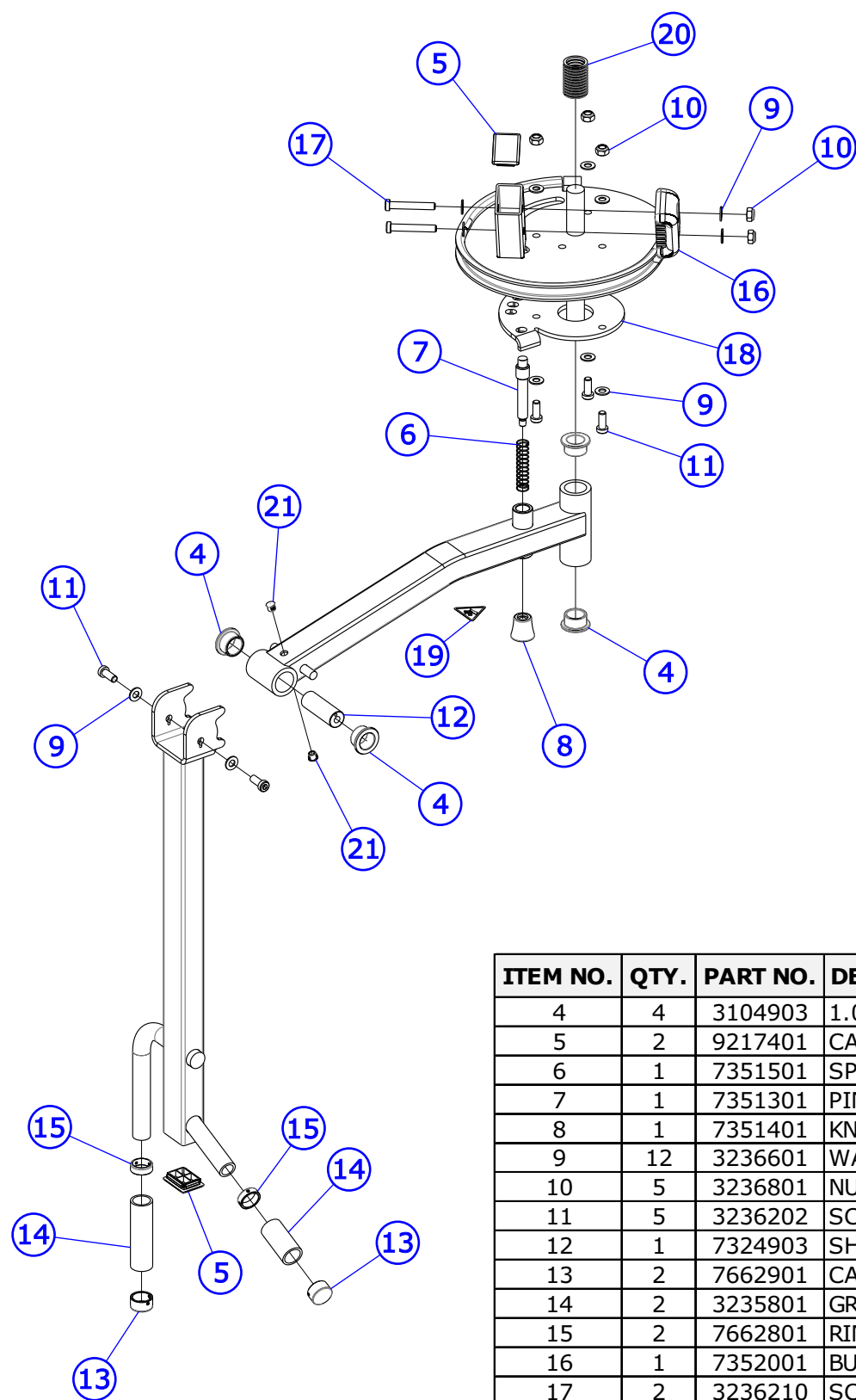
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	7352101	CUSHION, WEIGHT STACK
3	2	7328606	GUIDE ROD, .75 OD SOLID 59.63
4	1	-	ASSY, 300LB STACK
5	3	3237801	PULLEY, 4.5" OD
6	3	7348101	WASHER, SPACER
7	3	7335401	NUT, M10 X 1.5 SOCKET HEAD
8	2	3236206	SCREW, M10 X1.5 45MM
9	4	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
10	8	3236801	NUT, M10 HEX NYLOCK SS
11	8	3236601	WASHER, 3/8 SAE SS
12	8	3236204	SCREW, M10 X1.5 35MM
13	8	3237401	PLUG, 7/16" HOLE
14	2	7402301	RETAINER, GUIDEROD
15	2	3232421	RING, BRE .940, 5100-100 ST PP B
16	2	3240501	M10 X 1.5 HXS NO CUP ST BO
17	1	3236205	SCREW, M10 X1.5 40MM
18	1	7425795	WLDMT, FLOATING PULLEY -SHW GRY
19	1	7352301	CAP, END 2 X 3
20	1	9217401	CAP, 1.5IN X 2IN -10-14GA, END
21	1	8220099	LABEL, ASTM WARNING SELECT
22	1	7348001	LABEL, LIFE FITNESS LOGO
23	6	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
24	2	7570801	GUARD, PAINT 1.25"x.75"x.25"
25	1	-	LABEL, SERIAL NUMBER, BLANK
26	1	3236902	NUT, HEX JAM M16 X 2 SS

RIGHT WORK ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
4	4	3104903	1.00" ID 1.25" OD BRONZ BUSHING
5	2	9217401	CAP, 1.5IN X 2IN -10-14GA, END
6	12	3236601	WASHER, 3/8 SAE SS
7	5	3236801	NUT, M10 HEX NYLOCK SS
8	5	3236202	SCREW, M10 X1.5 25MM
9	1	7351501	SPRING, PULL PIN LARGE
10	1	7351301	PIN, PULL X 4.375
11	1	7351401	KNOB, TULIP STYLE
12	1	7324903	SHAFT, TAPPED 1 DIA X 2.813
13	1	7352001	BUMPER, 2-1/8 X 4-5/8
14	2	3236210	SCREW, M10 X1.5 65MM
15	2	7662901	CAP, GRIP
16	2	7662801	RING, GRIP 1.25 OD
17	2	3235801	GRIP, 1.25 OD OPEN END
18	1	8513901	BRKT, PSFLY ADJUSTER - RH
19	1	8039501	LABEL, WARNING, TRIANGLE
20	1	6912804	SLEEVE, ACCRDN 1.0 ID X 2
21	2	3237401	PLUG, 7/16" HOLE

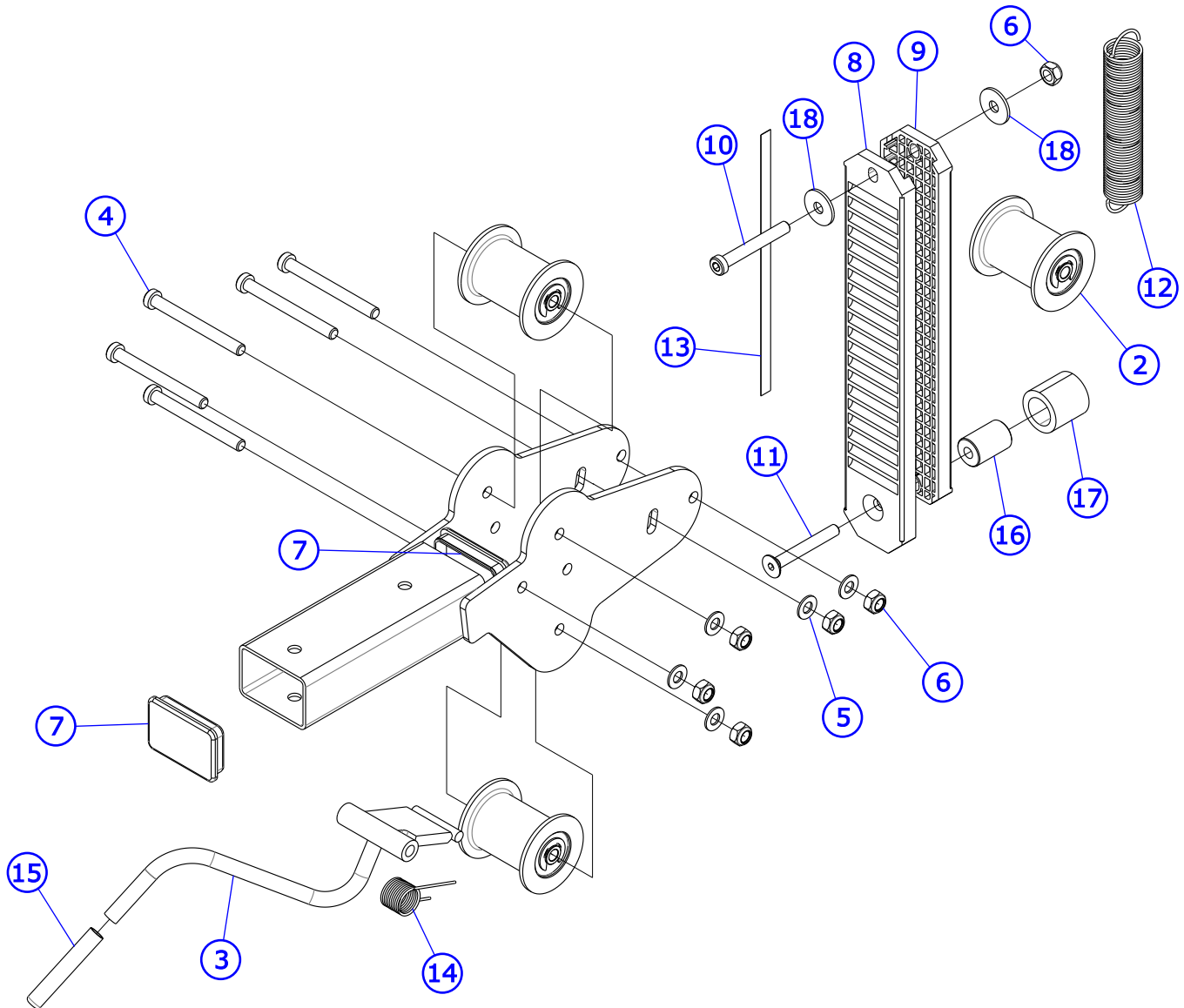
LEFT WORK ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
4	4	3104903	1.00" ID 1.25" OD BRONZ BUSHING
5	2	9217401	CAP, 1.5IN X 2IN -10-14GA, END
6	1	7351501	SPRING, PULL PIN LARGE
7	1	7351301	PIN, PULL X 4.375
8	1	7351401	KNOB, TULIP STYLE
9	12	3236601	WASHER, 3/8 SAE SS
10	5	3236801	NUT, M10 HEX NYLOCK SS
11	5	3236202	SCREW, M10 X1.5 25MM
12	1	7324903	SHAFT, TAPPED 1 DIA X 2.813
13	2	7662901	CAP, GRIP
14	2	3235801	GRIP, 1.25 OD OPEN END
15	2	7662801	RING, GRIP 1.25 OD
16	1	7352001	BUMPER, 2-1/8 X 4-5/8
17	2	3236210	SCREW, M10 X1.5 65MM
18	1	8514001	BRKT, PSFLY ADJUSTER - LH
19	1	8039501	LABEL, WARNING, TRIANGLE
20	1	6912804	SLEEVE, ACCRDN 1.0 ID X 2
21	2	3237401	PLUG, 7/16" HOLE

ROLLER SEAT ASSEMBLY

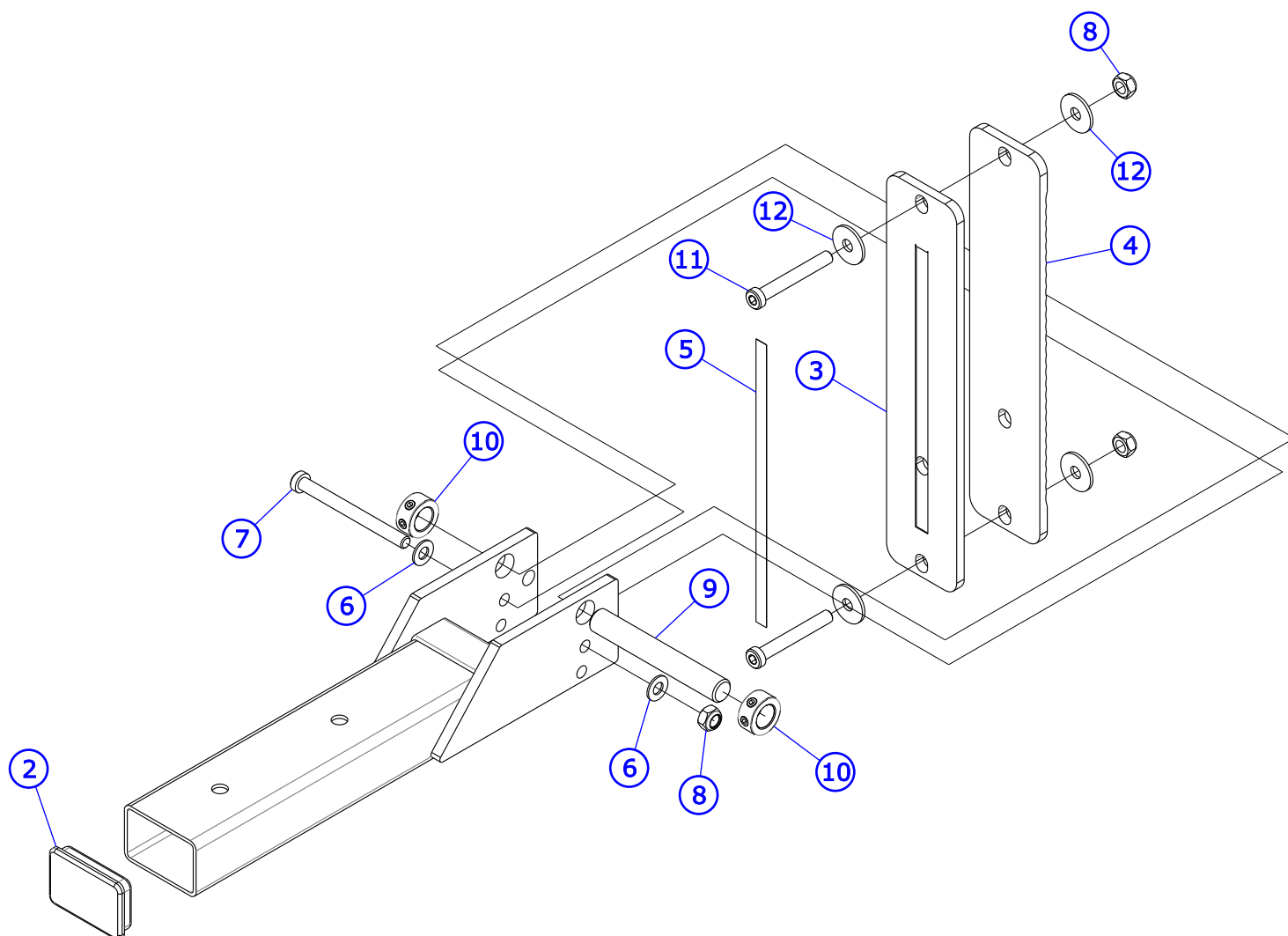
SE TRIM



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	3	7564201	ASSY, SEAT ROLLER
3	1	8417195	WLDMT, ROLLER SEAT HANDLE SG
4	5	3236217	SCREW, M10 X1.5 100MM
5	5	3236601	WASHER, 3/8 SAE SS
6	6	3236801	NUT, M10 HEX NYLOCK SS
7	2	7352301	CAP, END 2 X 3
8	1	8416801	TRACK, SEAT - SERRATED
9	1	7564401	SEATRACK, FLAT
10	1	3236212	SCREW, M10 X1.5 75MM
11	1	3238312	M10x1.5x75mm
12	1	7442601	SPRING, PRO2 ROLLER SEAT
13	1	7422002	LABEL, SEAT ADJUST
14	1	7442701	SPRNG, PRO2 HANDLE TORSION
15	1	3238502	CAP, 1/2 X 3
16	1	7570601	STOP, ROLLER SEAT
17	1	3235804	GRIP, 1.5 OD X .25 WALL X 1.5 L OPEN END
18	2	3236602	WASHER, 3/8 ID X 1.25 OD SS

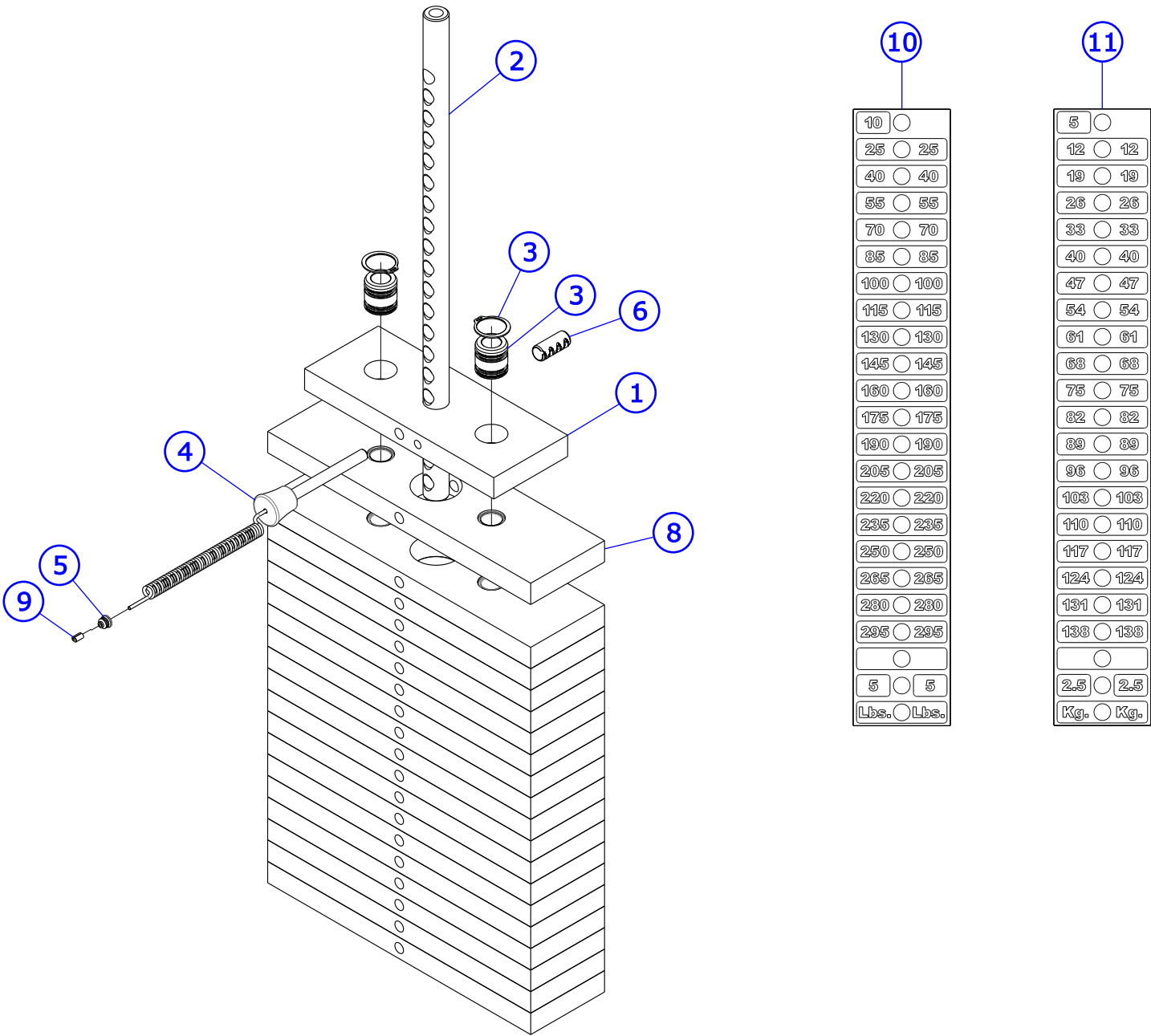
90° SEAT ASSEMBLY

BASE TRIM

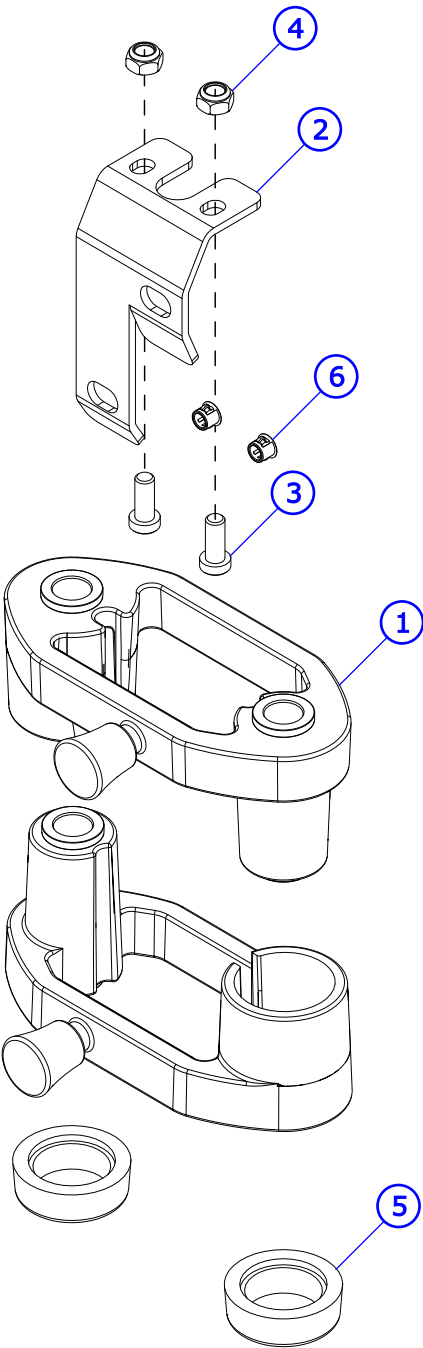


ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	7352301	CAP, END 2 X 3
3	1	7359701	SEATRACK FRONT
4	1	7359801	SEATRACK BACK
5	1	7422002	LABEL, SEAT ADJUST
6	2	3236601	WASHER, 3/8 SAE SS
7	1	3236218	SCREW, M10 X1.5 110MM
8	3	3236801	NUT, M10 HEX NYLOCK SS
9	1	7359301	.75" ROUND SEAT PIN
10	2	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
11	2	3236212	SCREW, M10 X1.5 75MM
12	4	3236602	WASHER, 3/8 ID X 1.25 OD SS

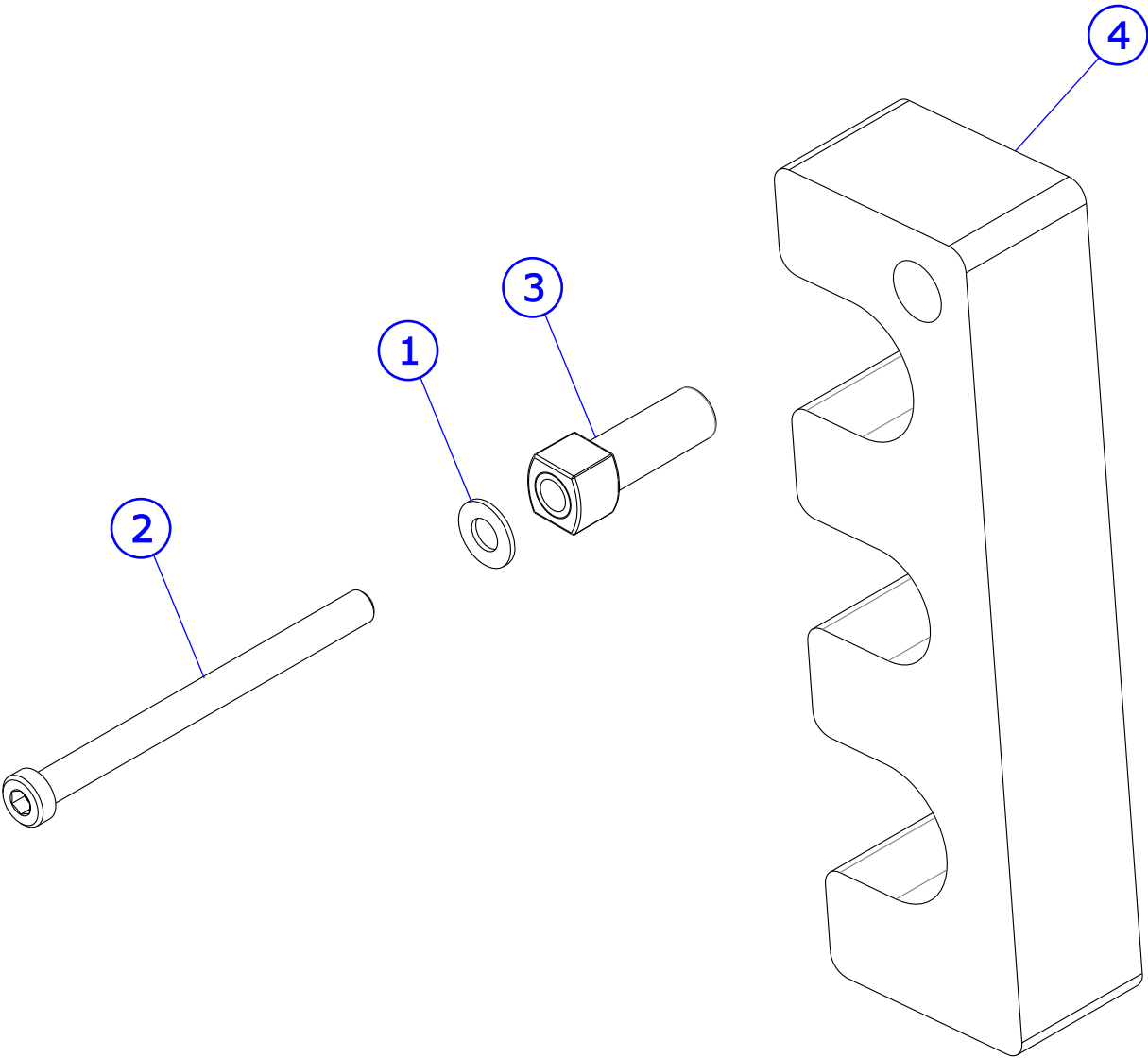
WEIGHT STACK ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7356601	STEM, PRO2 19 HOLE
3	2	7338001	BUSHING, HEADPLATE
4	1	7353001	ASSY, SELECTOR PIN
5	1	7356501	PLUG, LANYARD ATTACHMENT
6	1	3236001	BUSHING, SPRING PIN
8	19	7353801	ASSY, 15 LB PLATE
9	1	7523601	CRIMP, CABLE
10	1	7987201	LABEL, 300 LB STACK
11		7987401	LABEL, 138 KG STACK

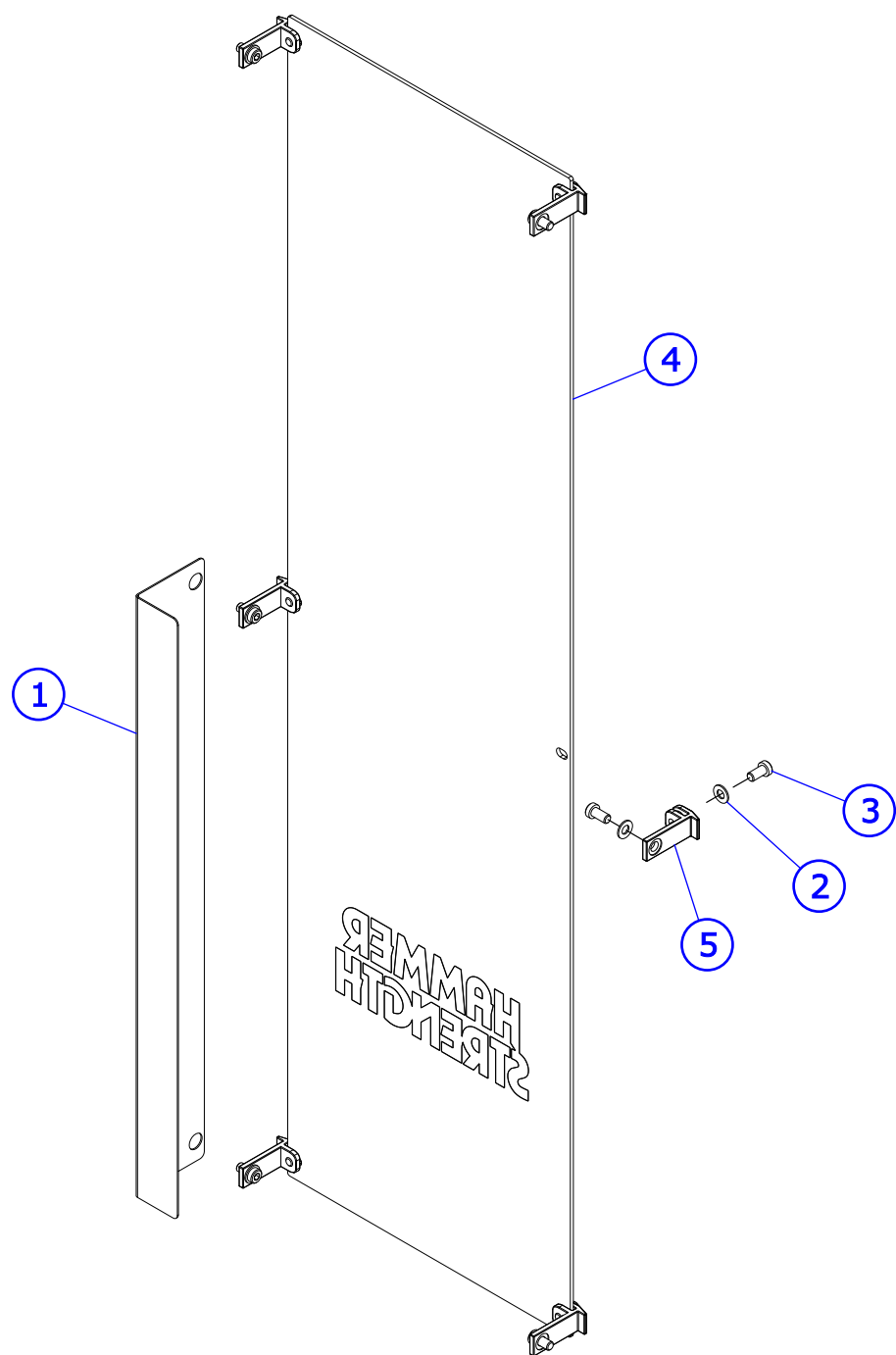


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8047001	ASSY, PS, INCREMENT WEIGHT
2	1	8700801	PLATE, INCREMENT WEIGHT STRIKER
3	2	3236202	M10 X 1.5 X 25 SHCS, LOW HEAD
4	2	3236801	NUT, NYLOCK M10 X 1.5 SS
5	2	7767601	BUMPER, PS INCREMENT
6	2	3237401	PLUG, 7/16" HOLE



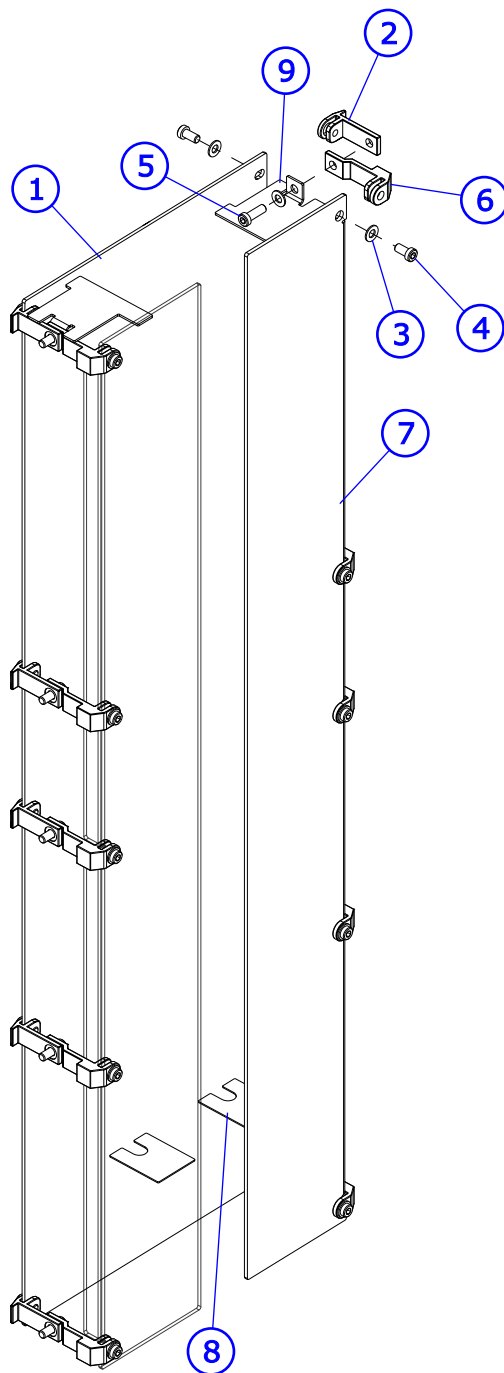
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236601	WASHER, 3/8 SAE SS
2	1	3236220	SCREW, M10 X1.5 130MM
3	1	7401701	COVER, PLASTIC PEG
4	1	7366101	WEIGHT, 7.5 LB. ADD-ON

REAR SHROUD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7600895	GUARD, PSFLY KNEE
2	12	3236601	WASHER, 3/8 SAE SS
3	12	3236201	SCREW, M10 X1.5 20MM
4	1	8352406	SHROUD, HS REAR
5	6	7655301	BRACKET, PS REAR SHIELD

FULL SHROUD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9475706	SHROUD, HS REAR 58.25 X 16.43
2	6	7655301	BRKT, PS REAR SHIELD
3	18	3236601	WASHER, 3/8 SAE STAINLESS STEEL
4	12	3236201	M10 X 1.5 X 20 SHCS, LOW HEAD
5	6	3236203	M10 X 1.5 X 30 SHCS, LOW HEAD
6	6	7376601	BRACKET, PS FRONT SHIELD
7	2	7376906	SHIELD, PS FRONT 58.25
8	2	7570901	PLATE, PS SHIELD STAND-OFF
9	2	7657401	PLATE, PRO2 SHROUD SPCR