

HAMMER[®] STRENGTH

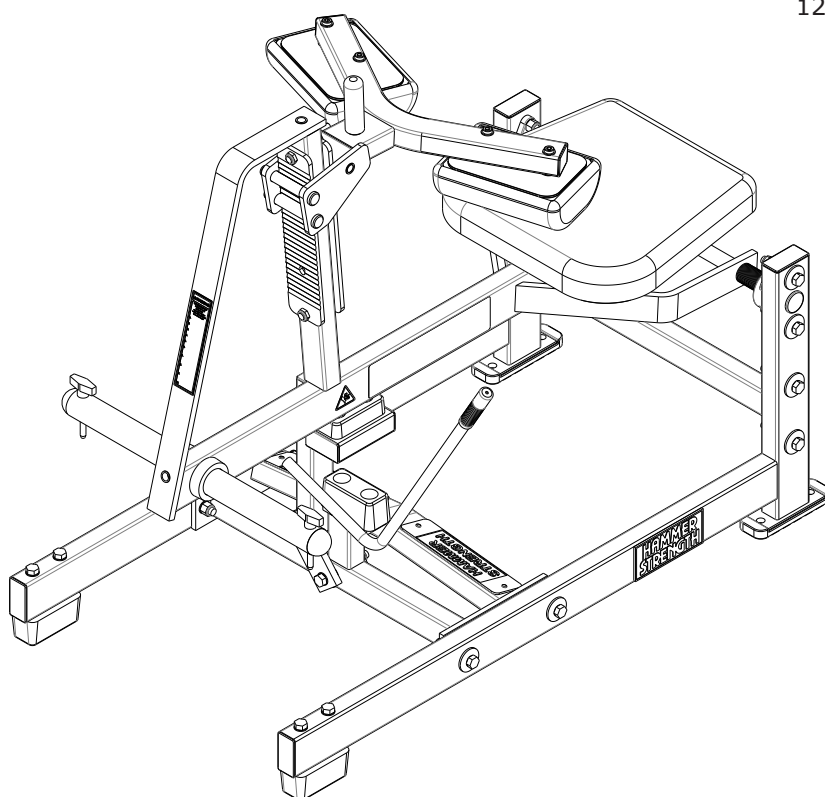
**HAMMER
STRENGTH[®]**

PLATE LOADED

PARTS MANUAL

**SEATED CALF RAISE
PLCALF & PL-CALF**

12/1/2014



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KEY

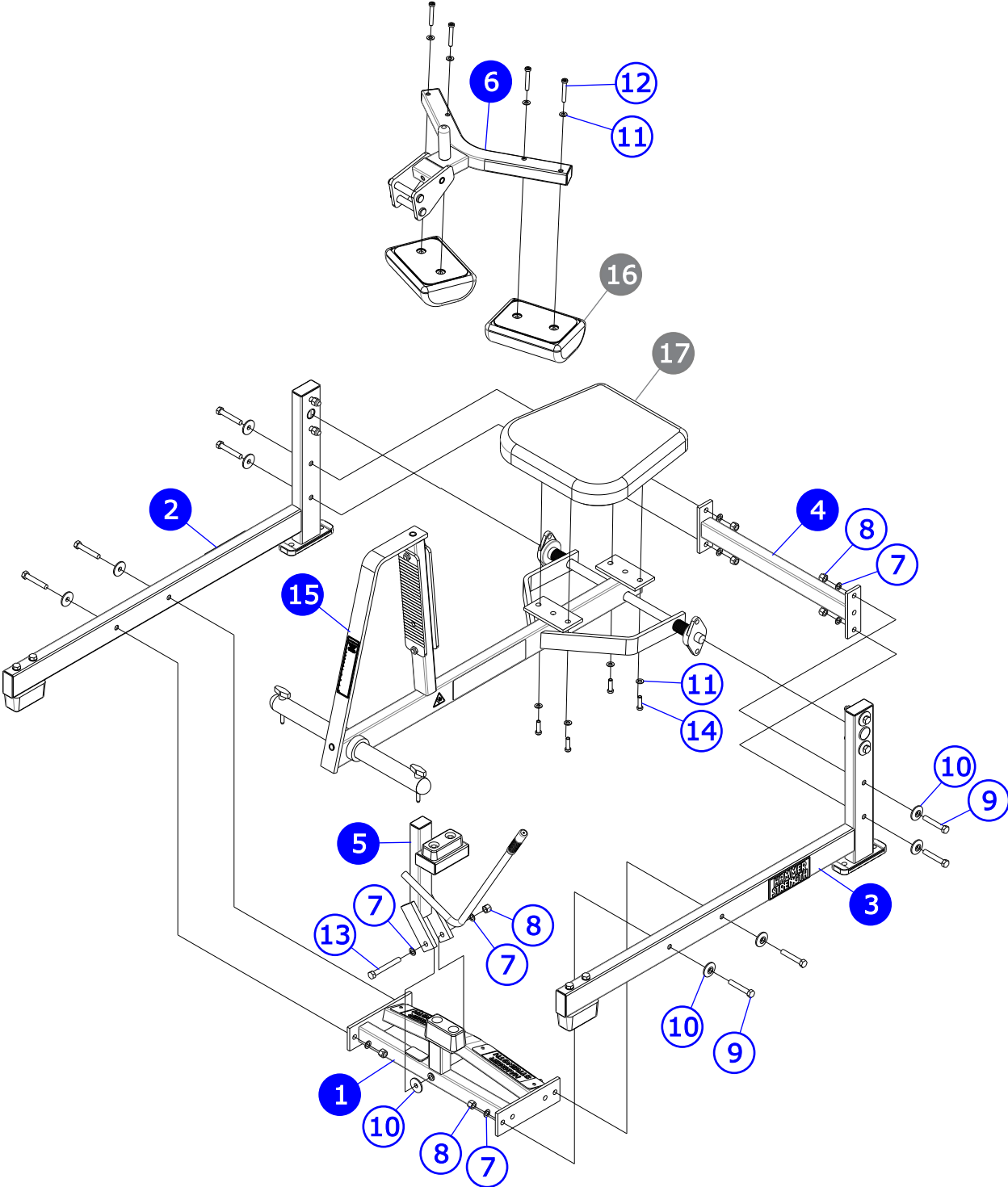
UPHOLSTERY 1 2 3

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.

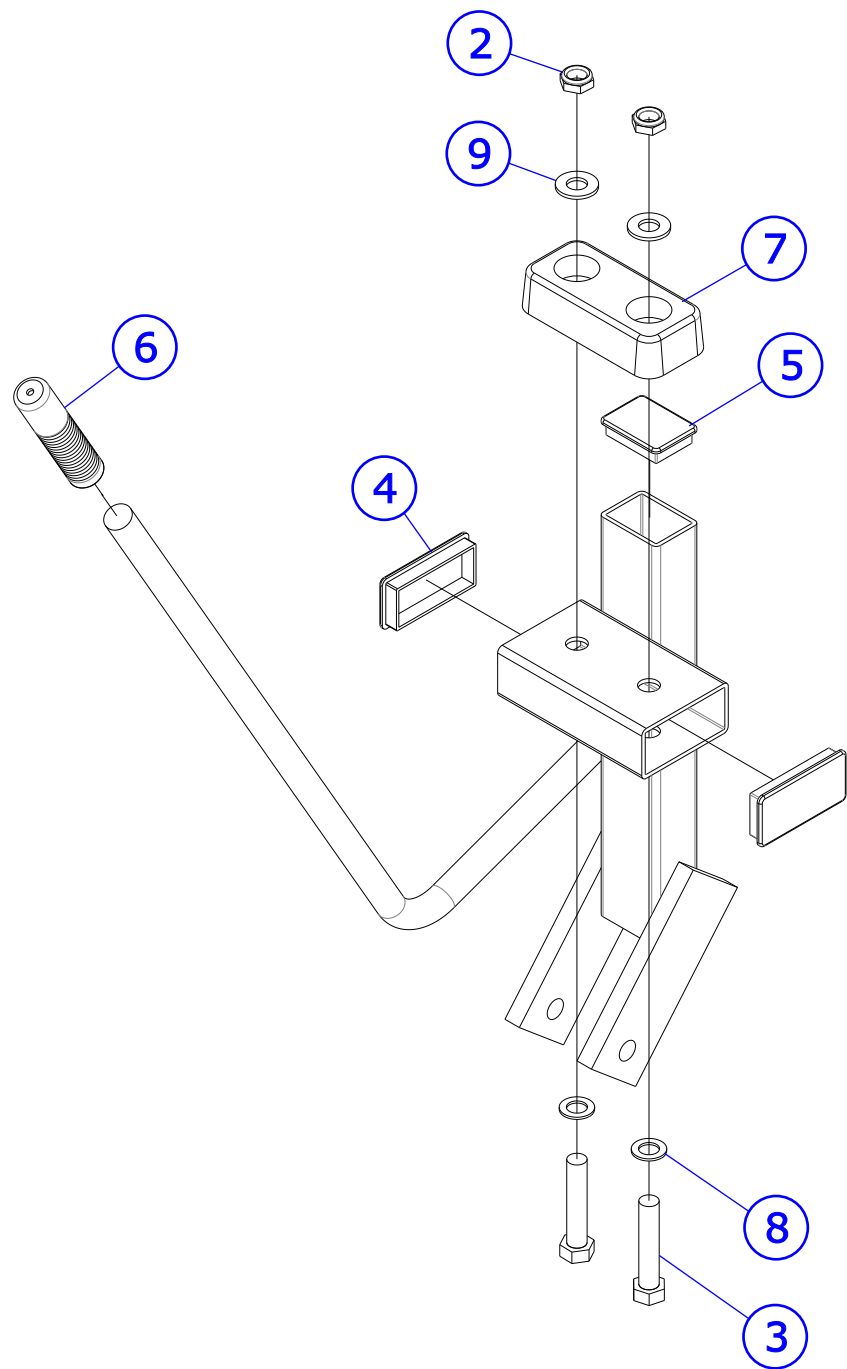
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLCalf-CFx	ASSY, FRONT FRAME, PLCalf
2	1	PLCalf-CSFR	ASSY, SIDE FRAME, RIGHT, PLCalf
3	1	PLCalf-CSFL	ASSY, SIDE FRAME, LEFT, PLCalf
4	1	PLCalf-BX	WLDMT, BACK FRAME, PLCalf
5	1	PLCalf-CTX	ASSY, TOP CROSS MEMBER, PLCalf
6	1	PLCalf-CKR	ASSY, KNEE RESTRAINT, PLCalf
7	10	WASH.5STAR	1/2" INTERNAL LOCK WASHER
8	9	NUT.5LOCK	1/2 DIA THICK LOCK NUT
9	8	HHB.5X3	1/2 X 3 BOLT

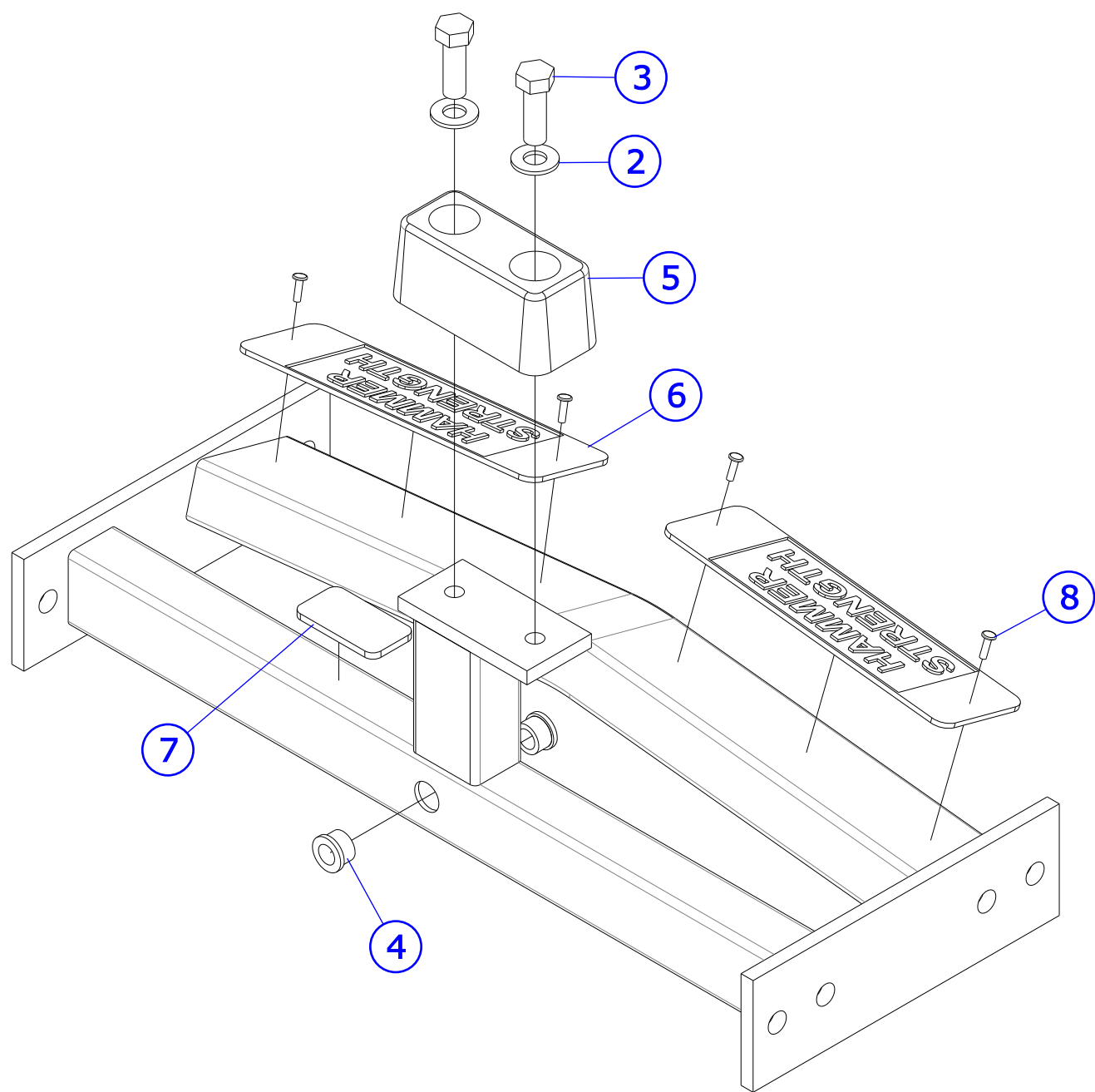
ITEM NO.	QTY.	PART NO.	DESCRIPTION
10	9	H-BACK-WASH	BACKING WASHER
11	8	WASH.375SAE	3/8" SAE FLAT WASHER
12	4	3236210	SCREW, M10 X1.5 65MM
13	1	HHB.5X4Bro	1/2 X 4 BOLT BRONZE
14	4	3236204	SCREW, M10 X1.5 35MM
15	1	PLCalf-CMA	ASSY, MOVEMENT ARM, PLCalf
15	2	7499699	PAD, 9 X 6-1/2 X 2-7/8
16	1	8854299	PAD, SEAT 17 X 16-3/4

TOP CROSS MEMBER ASSEMBLY



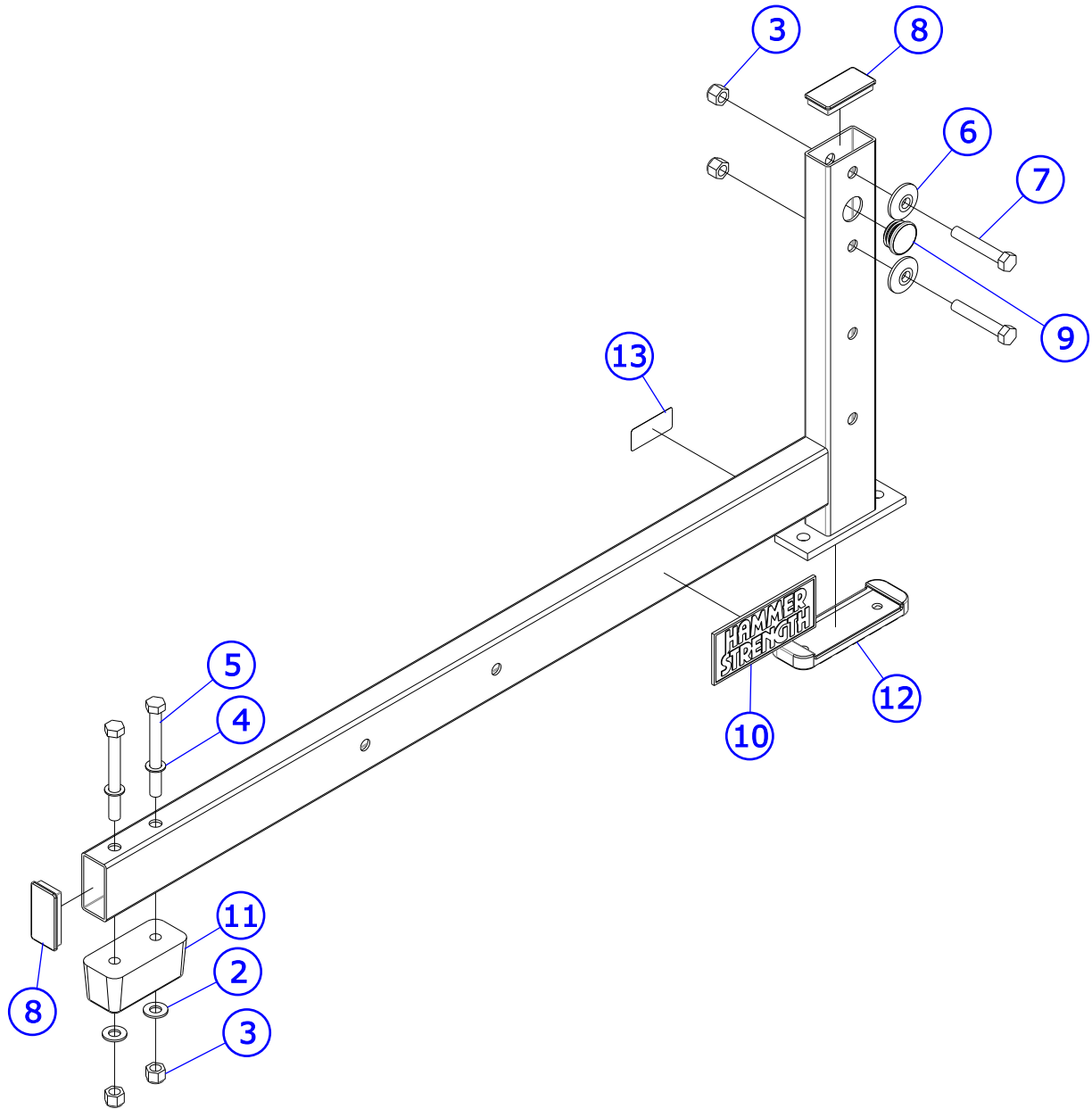
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
3	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
4	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
5	1	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
6	1	H-GRIP-75	STANDARD 3/4" BICYCLE GRIP
7	1	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
8	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
9	2	WASH.5SAE	1/2" SAE FLAT WASHER

FRONT FRAME ASSEMBLY



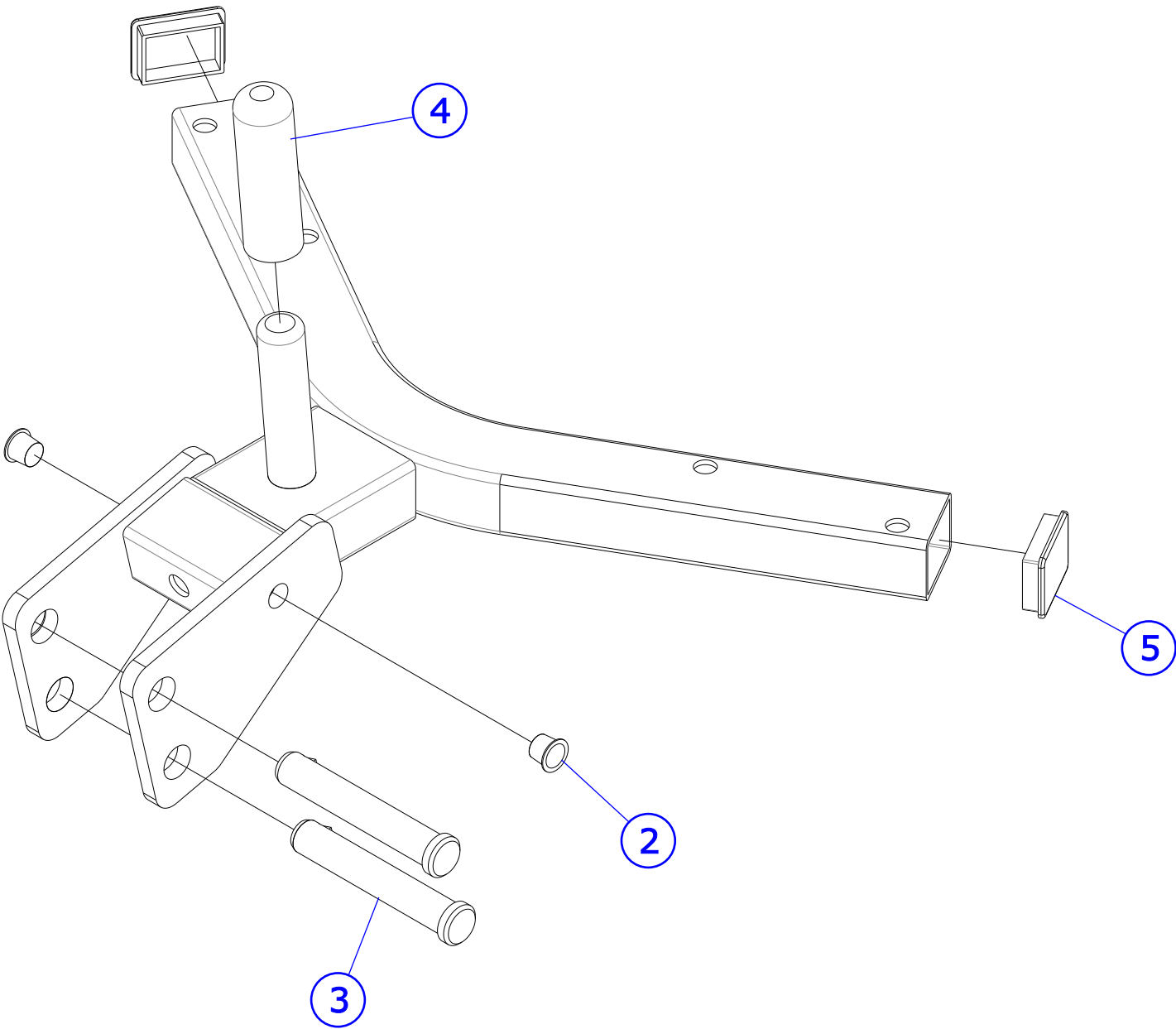
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.5SAE	1/2" SAE FLAT WASHER
3	2	HHB.5X1.5	BOLT, HEX HEAD 1/2 X 1-1/2
4	2	STEELBUSH	3/4 I.D. FLANGED DRILL BUSHING
5	1	H-BUMP-MED	MM2 MEDIUM
6	2	H-NONSKID 3X9	PLASTIC NON SKID STRIP 3 X 9
7	1	H-PLATE-G1	SMALL PLATE GUARD
8	4	RIVET	RIVET 5/32 X 3/8

LEFT SIDE FRAME ASSEMBLY



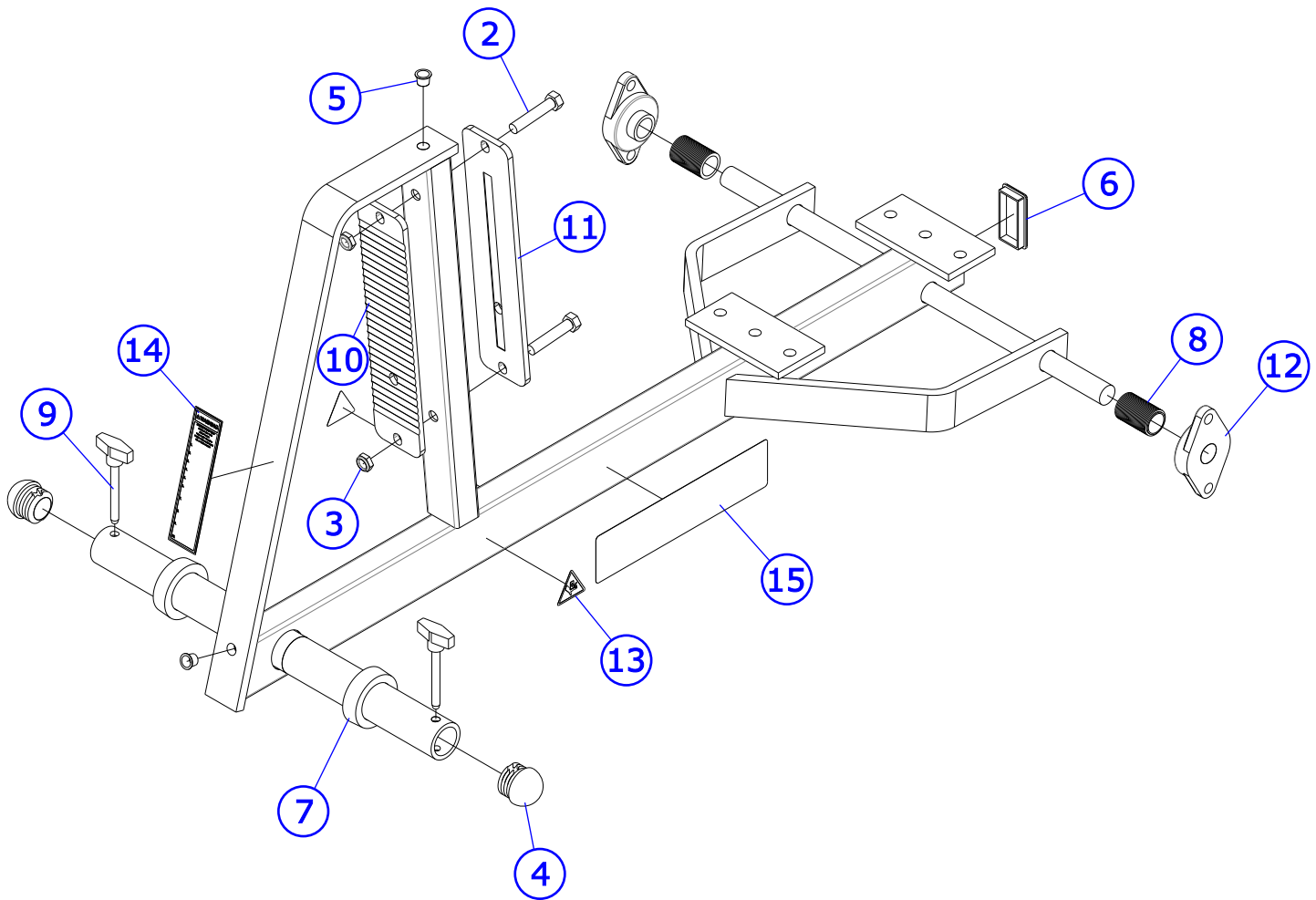
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.5SAE	1/2" SAE FLAT WASHER
3	4	NUT.5LOCK	1/2 DIA THICK LOCK NUT
4	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
5	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
6	2	H-BACK-WASH	BACKING WASHER
7	2	HHB.5X3	1/2 X 3 BOLT
8	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
9	1	H-LOCK-PLUG(SMALL)	SMALL LOCKING PLUG
10	1	H-NAME PLATE	NAMEPLATE (45156-P)
11	1	H-BUMP-MED	MM2 MEDIUM
12	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER
13	1	-	SERIAL NUMBER

THIGH HOLD DOWN ASSEMBLY



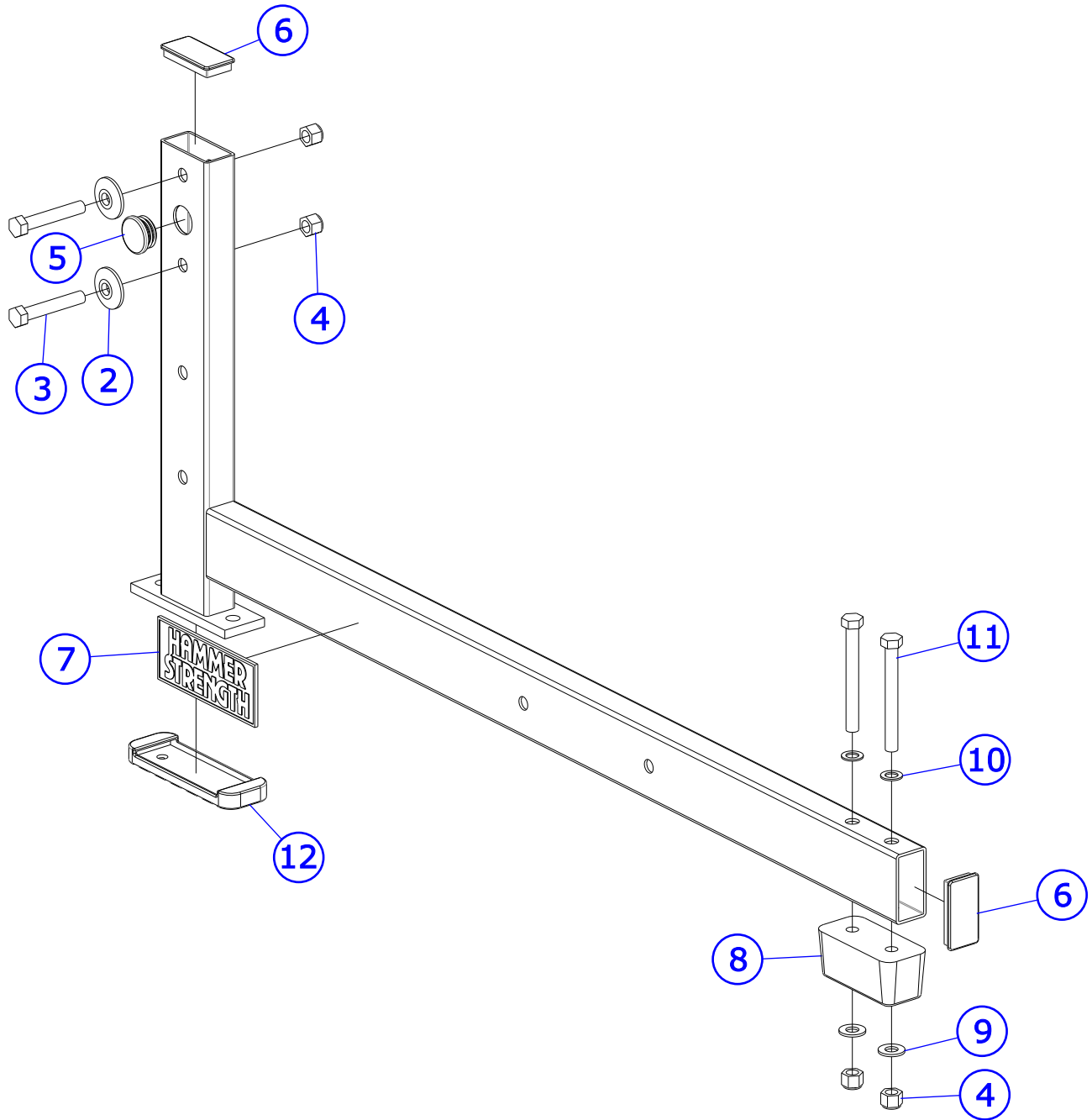
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-HPLUG (REG)	HOLE PLUG
3	2	STD SEAT PIN	STD SEAT PIN
4	1	H-GRIP	HANDLE GRIPS (.938X16)
5	2	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG

MOVEMENT ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
3	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
4	2	RUBCAP1-2	RUBBER CAP #1
5	2	H-HPLUG (REG)	HOLE PLUG
6	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	2	H-RUBRNG	MM5 RING
8	2	ACCORDIAN	SHAFT GUARD
9	2	SELECTOR PIN-3	SELECTOR PIN 3 IN.
10	1	H-SEATRCKS-RIB	SEATRACK BACK
11	1	H-SEATRCKS-N	PLASTIC SEAT GUIDES(PP229)NEW)
12	2	H-BEAR-SML	SMALL BEARING
13	2	8039501	LABEL, WARNING, TRIANGLE
14	1	8773701	LABEL, ASTM PL VERT
15	1	ID-PLCALF	PRODUCT PLACARD, PLCALF

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	4	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	1	H-LOCK-PLUG(SMALL)	SMALL LOCKING PLUG
6	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	1	H-NAME PLATE	NAMEPLATE (45156-P)
8	1	H-BUMP-MED	MM2 MEDIUM
9	2	WASH.5SAE	1/2" SAE FLAT WASHER
10	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
11	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
12	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER