

HAMMER[®] STRENGTH

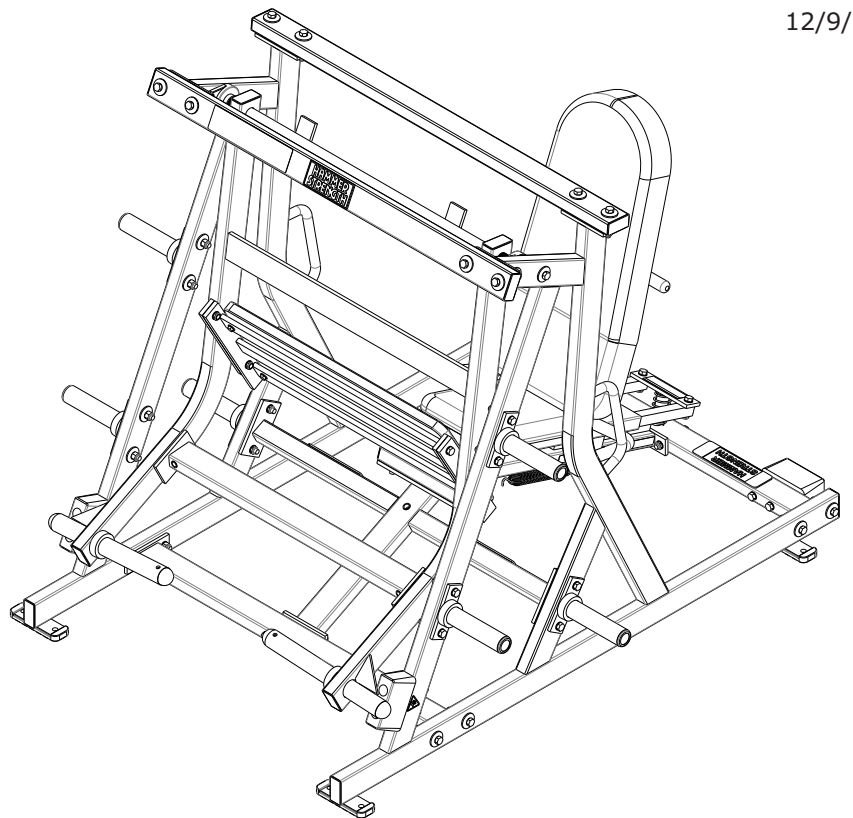
**HAMMER
STRENGTH[®]**

PLATE LOADED

PARTS MANUAL

**LEG PRESS
PLL & PL-LP**

12/9/2014



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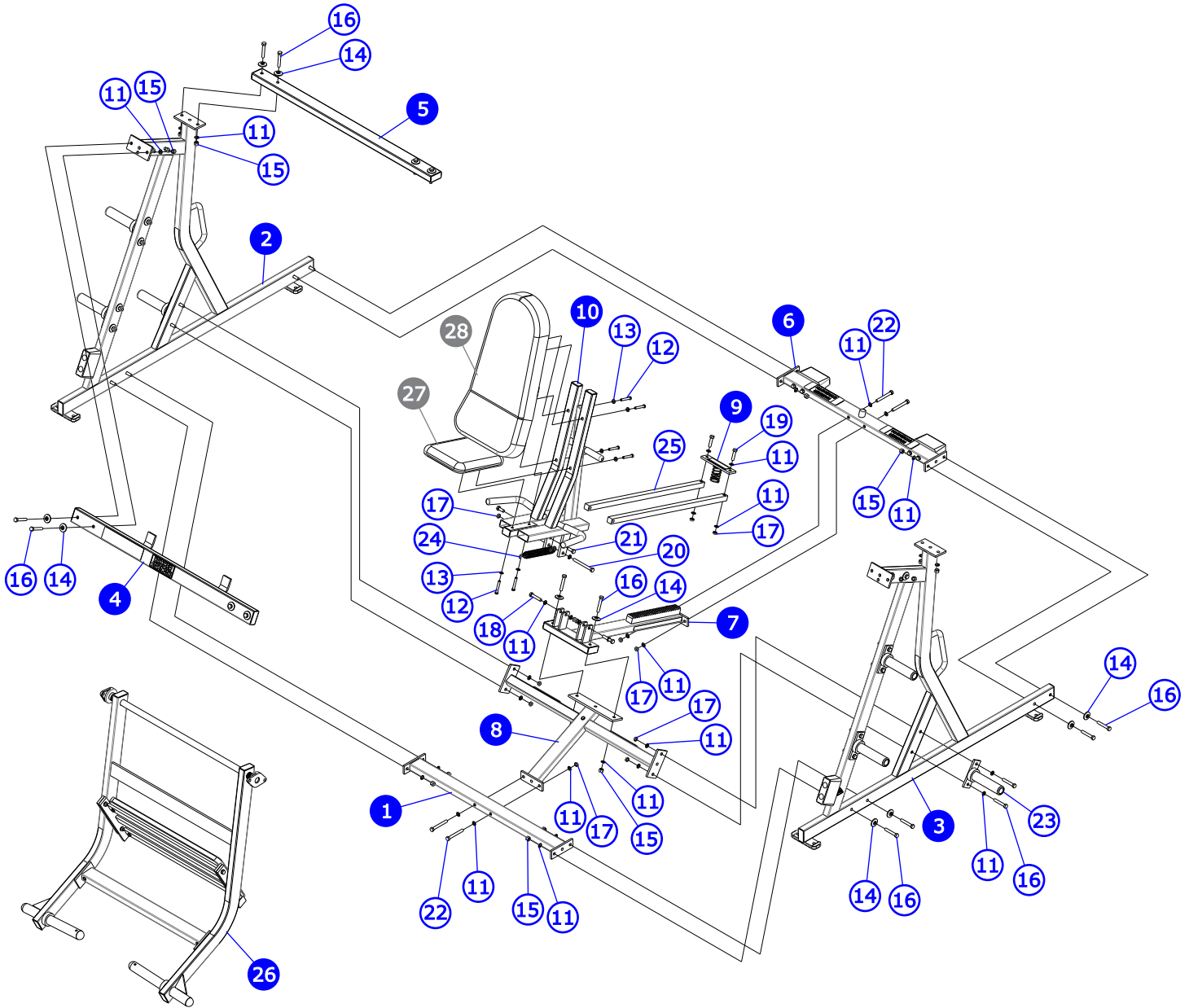
UPHOLSTERY 1 2 3

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.

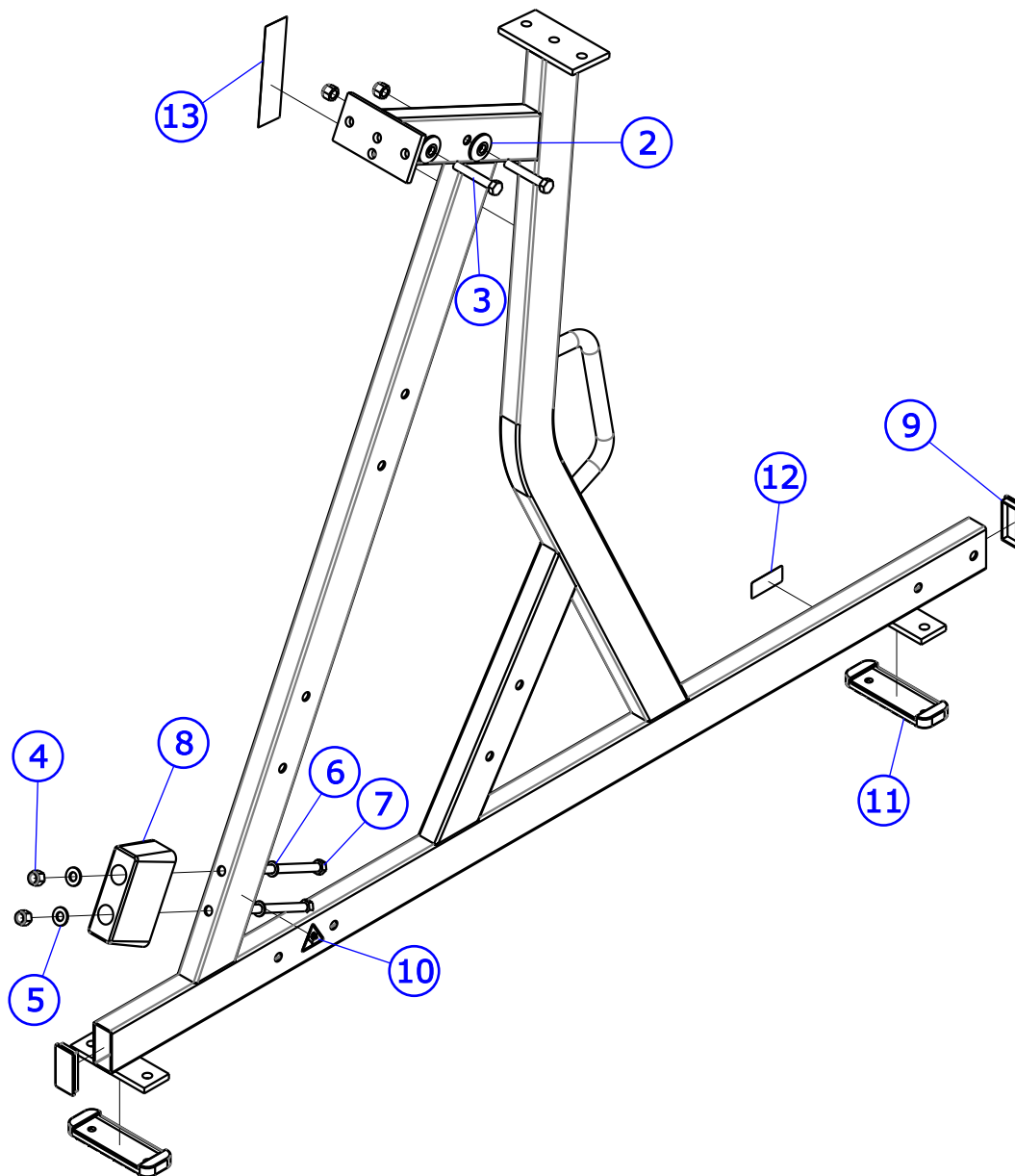
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILLP-FX	WLDMT, FRONT FRAME, ILLP
2	1	PLLP-CSFR	ASSY, SIDE FRAME, RIGHT, PLLP
3	1	PLLP-CSFL	ASSY, SIDE FRAME, LEFT, PLLP
4	1	PLLP-CWB	ASSY, WORKBOX, PLLP
5	1	PLLP-CWB2	ASSY, WORKBOX, PLLP
6	1	ILLP-CBX	ASSY, BASE FRAME, ILLP
7	1	ILLP-CST	ASSY, SEAT RACK FRAME, ILLP
8	1	PLLP-CST2	ASSY, SEAT FRAME, PLLP
9	1	ILLP-CETC	ASSY, SPRING MOUNT, ILLP
10	1	9328401	ASSY, ADJ. SEAT FRAME
11	52	WASH.5STAR	1/2" INTERNAL LOCK WASHER
12	6	3236210	SCREW, M10 X1.5 65MM
13	6	WASH.375SAE	3/8" SAE FLAT WASHER
14	26	H-BACK-WASH	BACKING WASHER

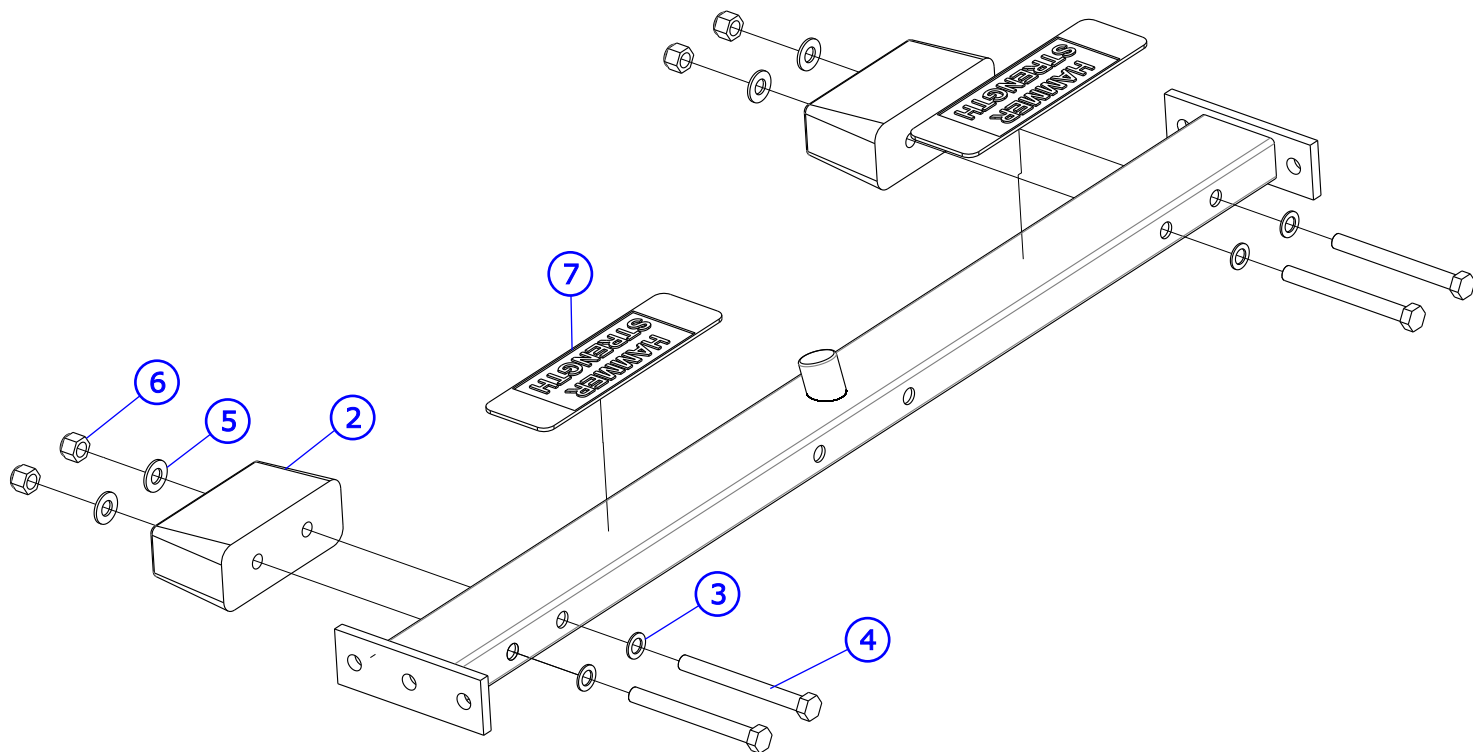
ITEM NO.	QTY.	PART NO.	DESCRIPTION
15	26	NUT.5LOCK	1/2 DIA THICK LOCK NUT
16	30	HHB.5X3	1/2 X 3 BOLT
17	13	NUT.5JAMLOCK	1/2 THIN LOCK NUT
18	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
19	2	HHB.5X2	1/2 X 2 BOLT
20	1	HHB.5X5	1/2 X 5 BOLT
21	2	HHB-NYLON	1/2 X 1 BOLT NYLON
22	4	HHB.5X4	1/2 X 4 BOLT
23	6	H-HORN-ASSY	ASSY, WEIGHT HORN
24	1	LP-EX-SPRNG	LEG PRESS EXTENSION SPRING
25	2	PLLP-19-0	SEAT GUIDE
26	1	PLLP-CMA	ASSY, PLLP, MOVEMENT ARM
27	1	7499399	PAD, 13-3/4 X 10-3/4
28	1	8782799	PAD, MOLDED ANGLED BACK

LEFT SIDE FRAME ASSEMBLY



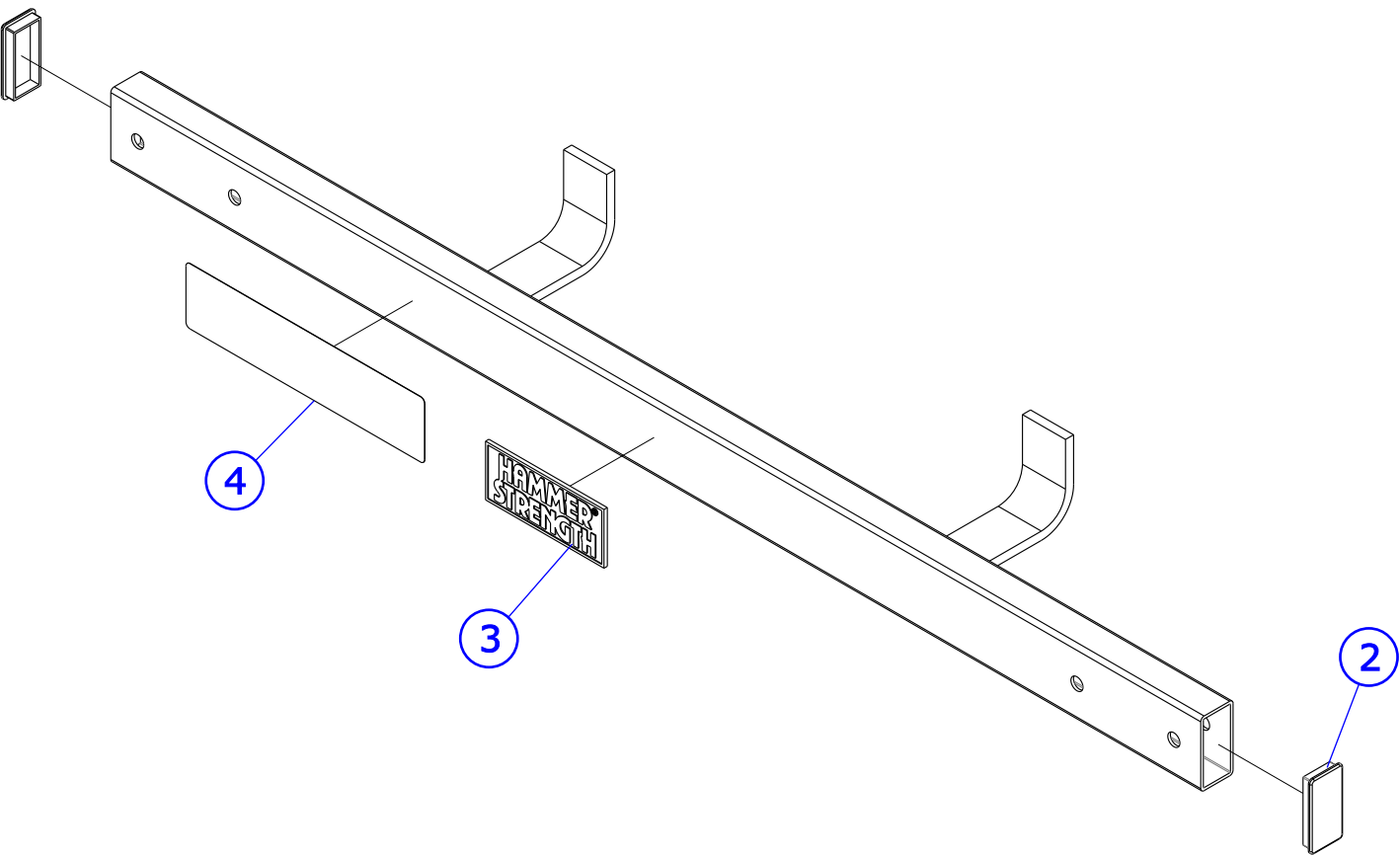
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-BACK-WASH	BACKING WASHER
3	2	HHB.5X3	1/2 X 3 BOLT
4	4	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	2	WASH.5SAE	1/2" SAE FLAT WASHER
6	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
7	2	HHB.5X5	1/2 X 5 BOLT
8	1	H-BUMP-LGE	LARGE BUMPER (VEN# MM1)
9	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
10	1	8039501	LABEL, WARNING, TRIANGLE
11	2	MM-8	2 X 6 FLANGE RUBBER SLIPPER
12	1	-	SERIAL NUMBER
13	1	8773701	LABEL, ASTM PL VERT

BASE FRAME ASSEMBLY



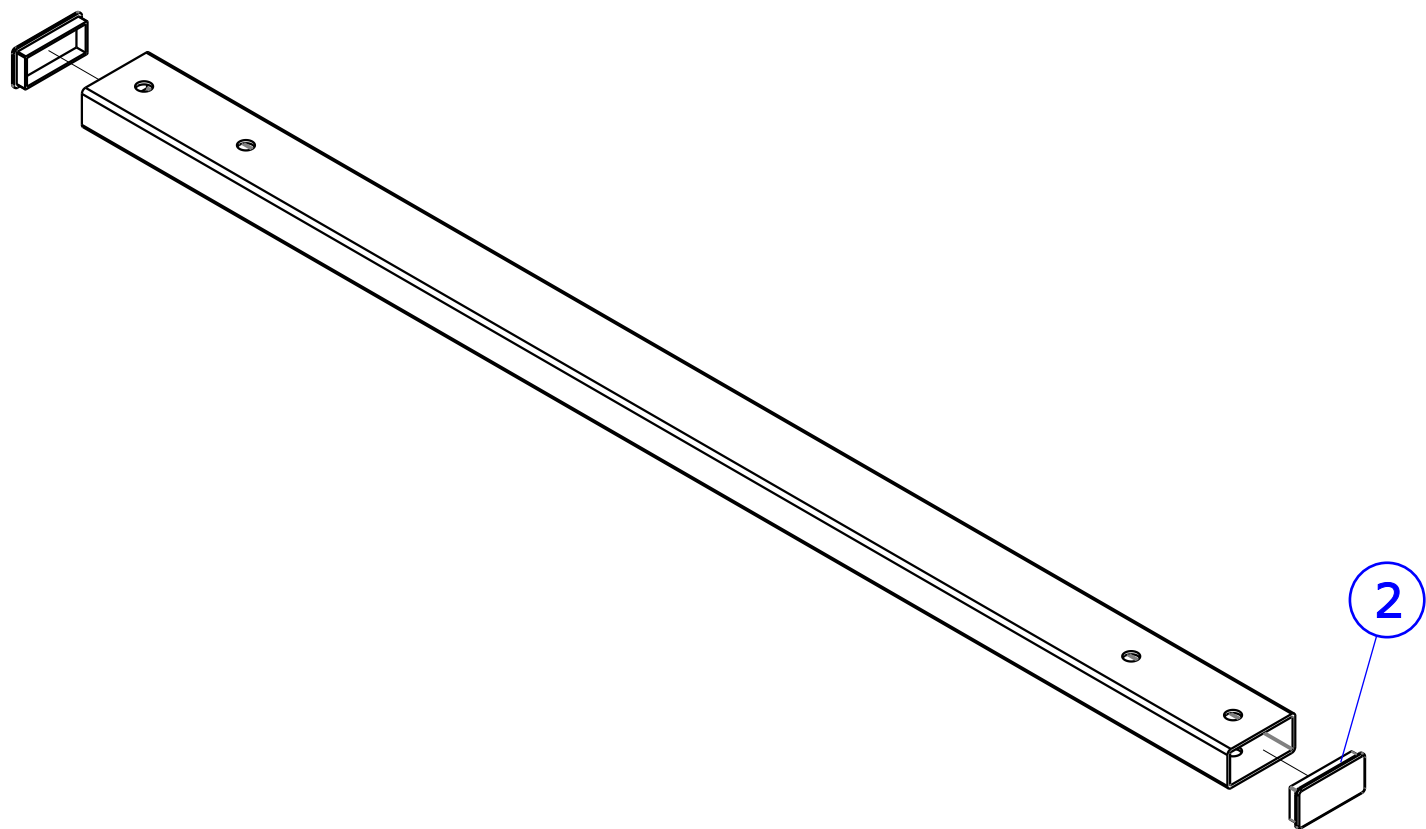
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-BUMP-LGE	LARGE BUMPER (VEN# MM1)
3	4	WASH.5STAR	1/2" INTERNAL LOCK WASHER
4	4	HHB.5X5	1/2 X 5 BOLT
5	4	WASH.5SAE	1/2" SAE FLAT WASHER
6	4	NUT.5LOCK	1/2 DIA THICK LOCK NUT
7	2	H-NONSKID 3X9	PLASTIC NON SKID STRIP 3 X 9

WORKBOX ASSEMBLY



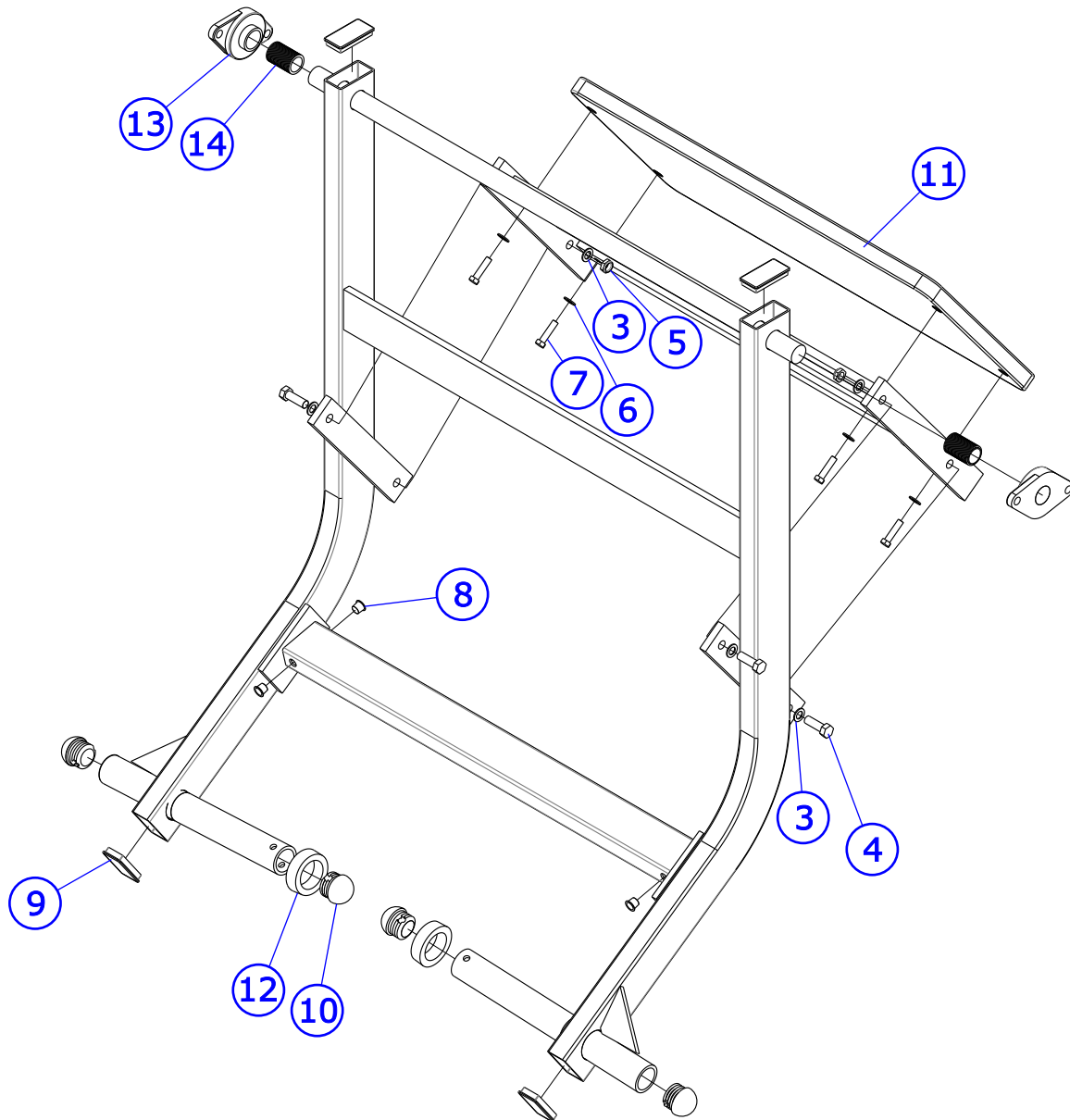
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	RC 1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	H-NAMEPLATE	HAMMER STRENGTH BADGE
4	1	ID-PLLP	PRODUCT PLACARD, PLLP

WORKBOX 2 ASSEMBLY



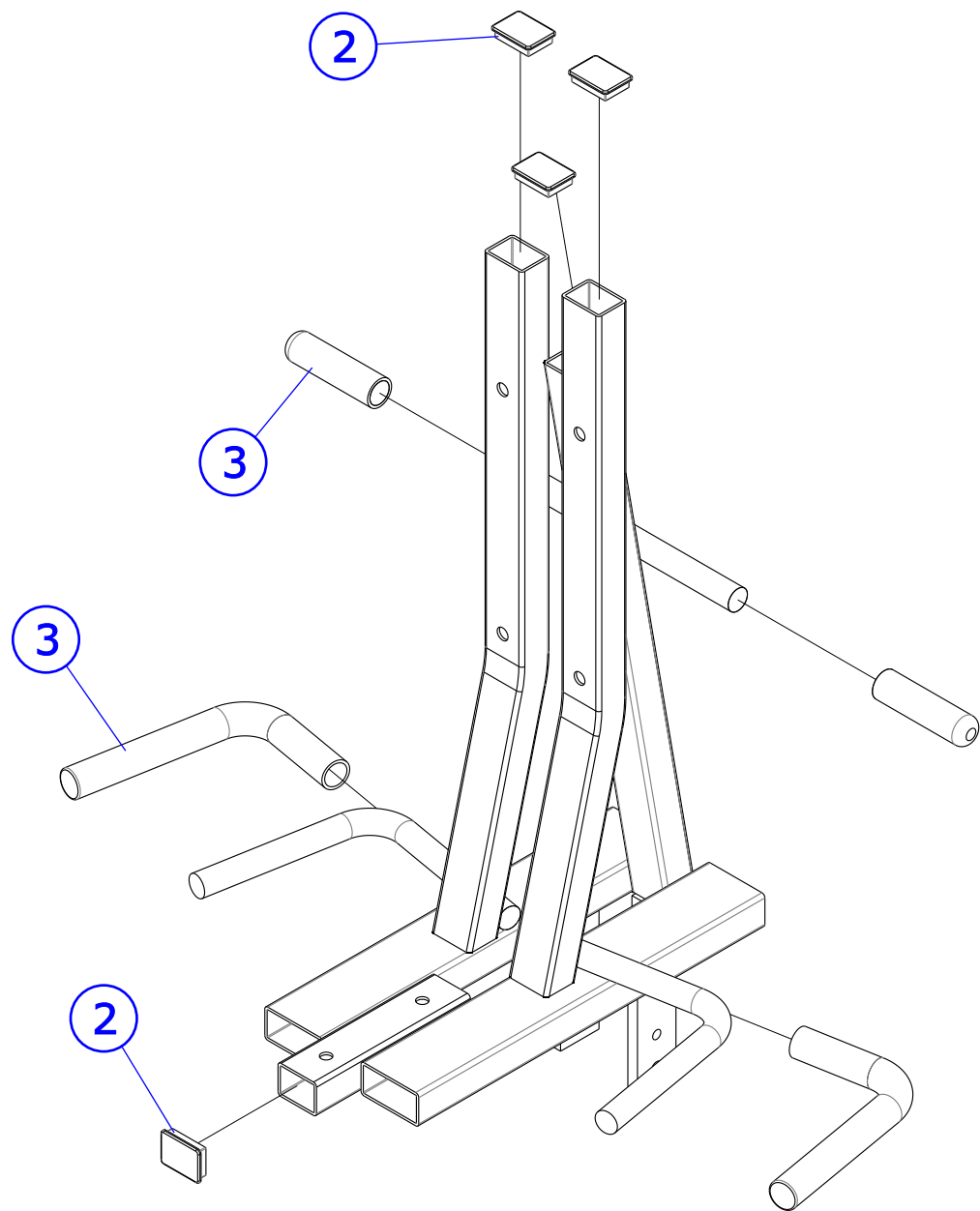
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG

MOVEMENT ARM ASSEMBLY



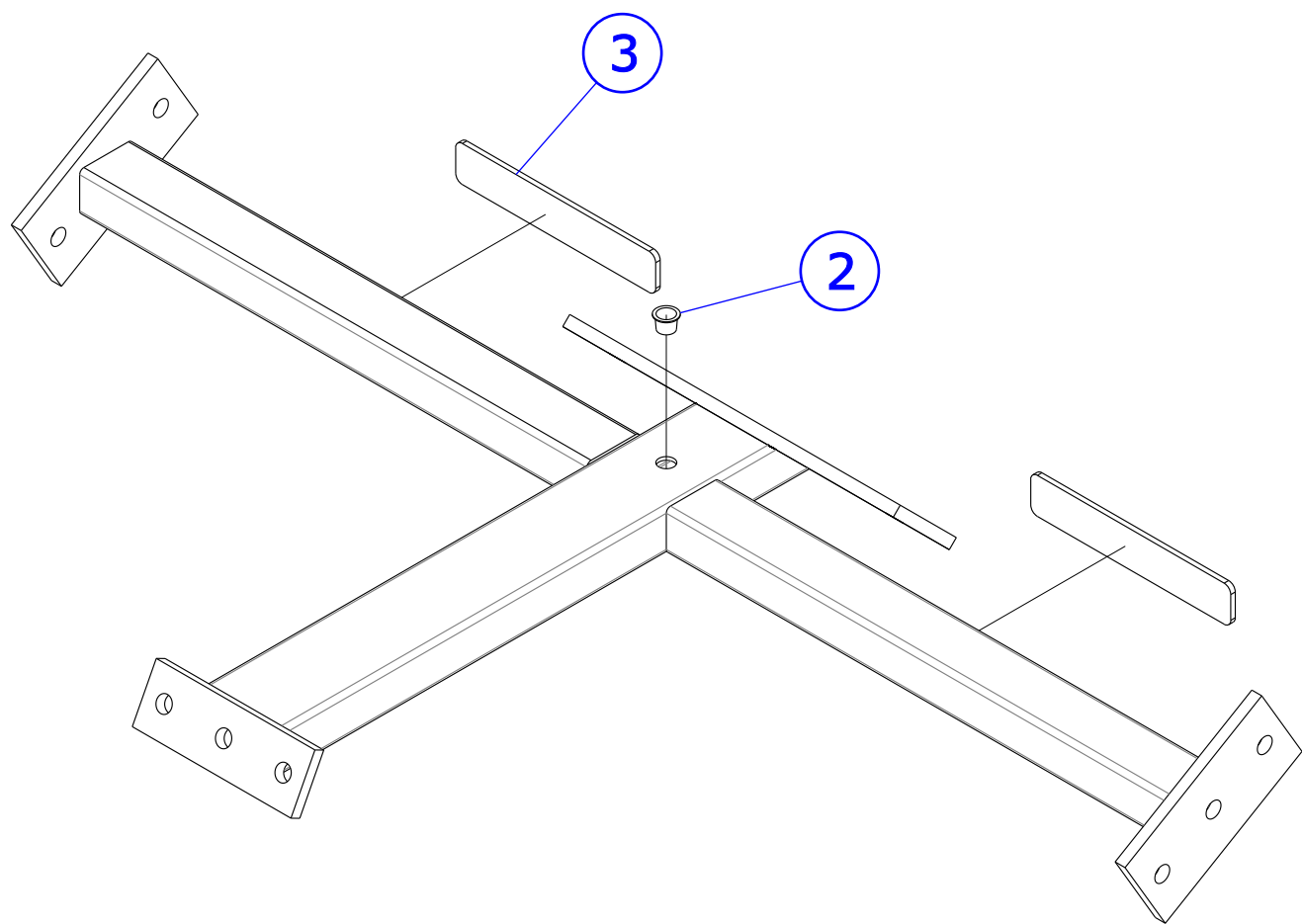
ITEM NO.	QTY.	PART NO.	DESCRIPTION
3	8	WASH.5STAR	1/2" INTERNAL LOCK WASHER
4	4	HHB.5X1.5	BOLT, HEX HEAD 1/2 X 1-1/2
5	4	NUT.5JAMLOCK	1/2 THIN LOCK NUT
6	4	WASH.375SAE	3/8" SAE FLAT WASHER
7	4	HHB.375X1.5	STEEL BOLT 3/8 X 1.5
8	4	H-HPLUG (REG)	HOLE PLUG
9	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
10	4	RUBCAP1-2	RUBBER CAP #1
11	1	U-FBLP	LEG PRESS FOOTBOARD
12	2	H-RUBRNG	MM5 RING
13	2	H-BEAR-LGE	LARGE BEAR - EFHSFTJ206-20G
14	2	ACCORDIAN	SHAFT GUARD

ADJ. SEAT FRAME ASSEMBLY



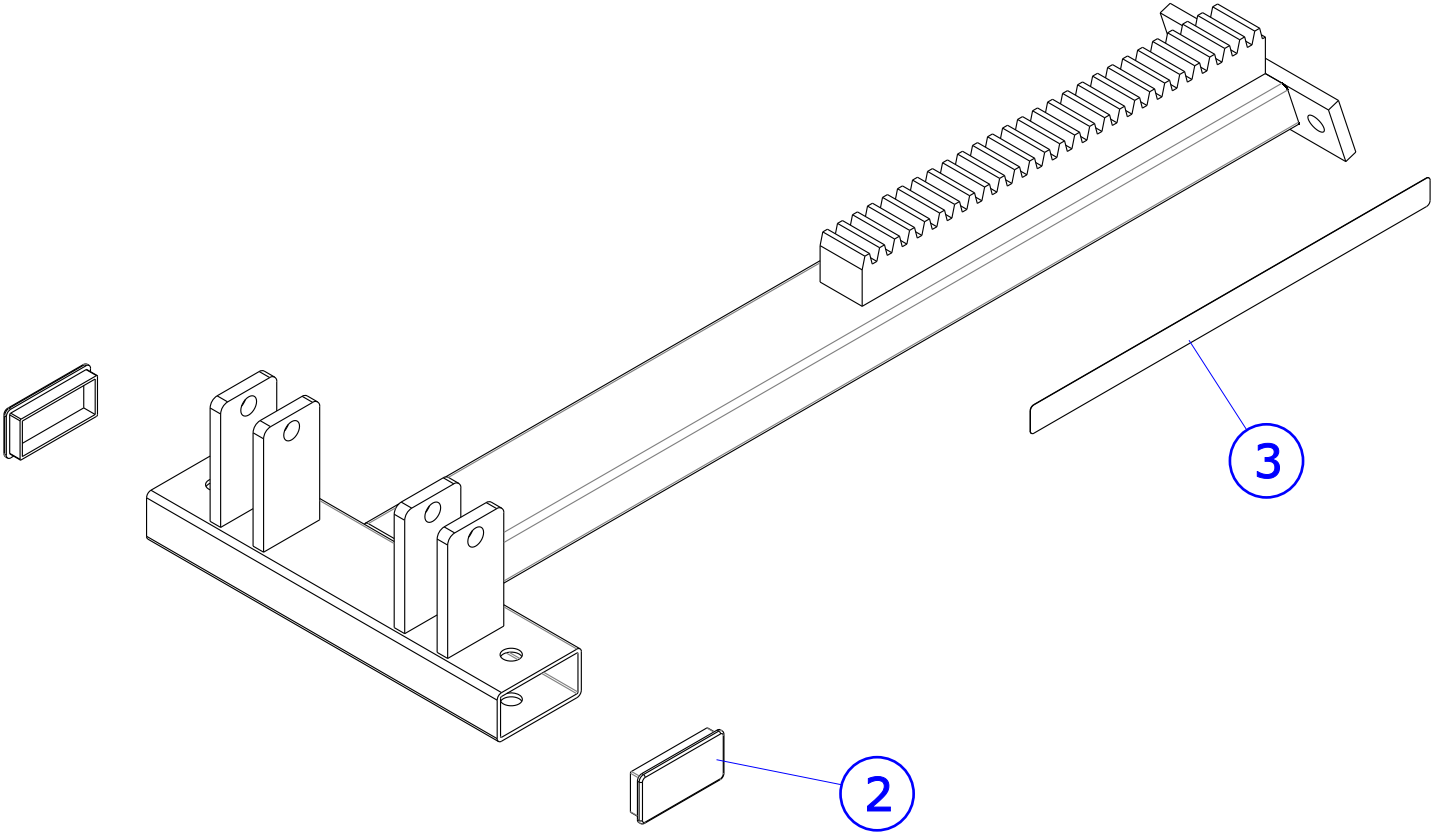
ITEM NO.	QTY.	PART NUMBER	DESCRIPTION
2	4	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
3	2	H-GRIP	HANDLE GRIPS (.938X16)

SEAT FRAME ASSEMBLY



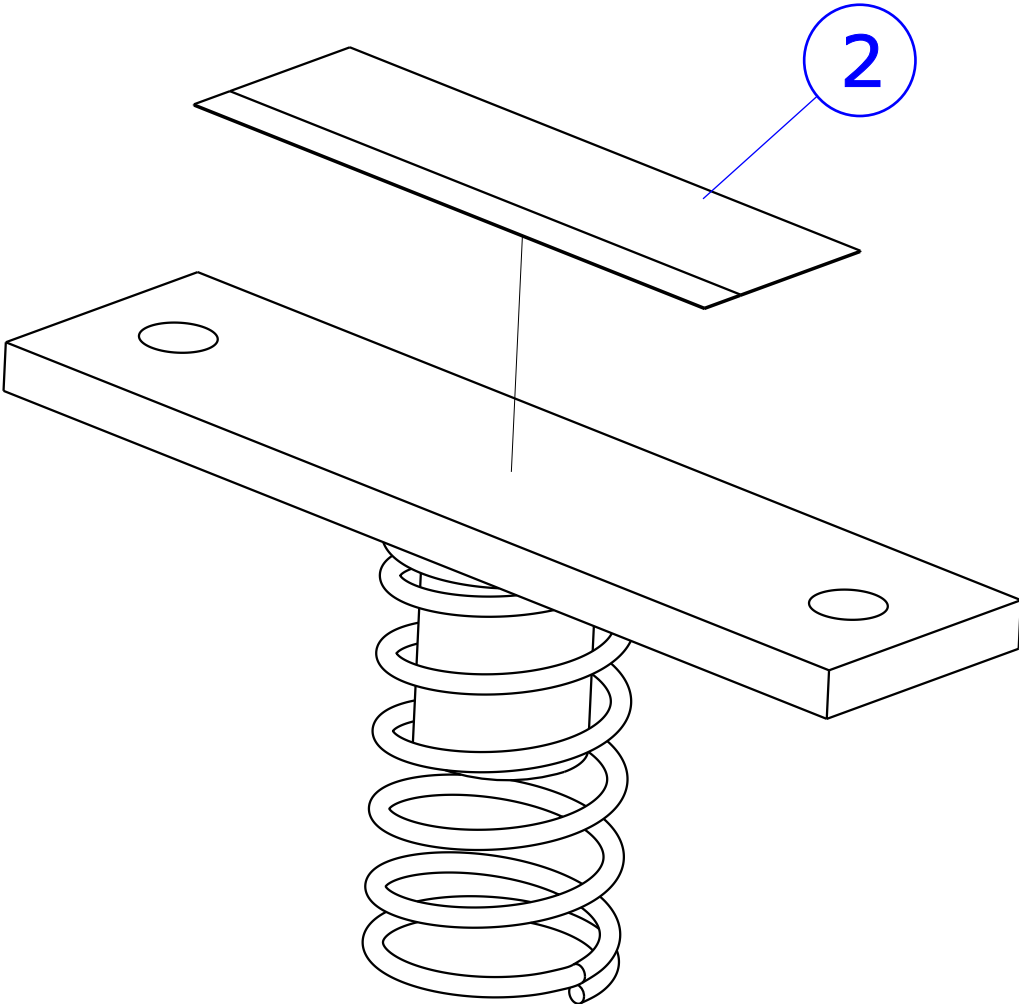
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-HPLUG (REG)	HOLE PLUG
3	2	H-PLATE-G1	SMALL PLATE GUARD

SEAT RACK ASSEMBLY



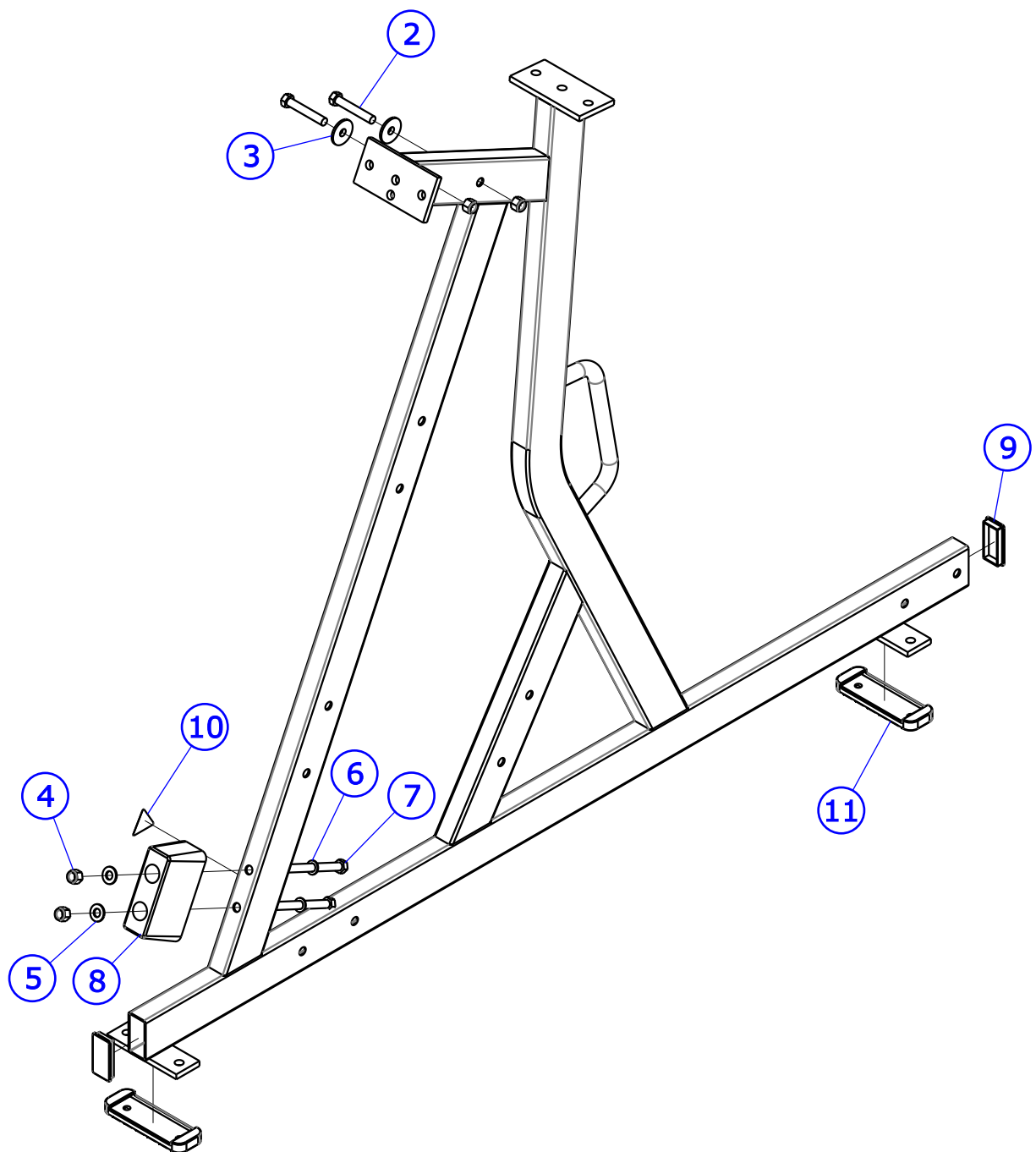
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	RACK NUMBER	LP ADJ. SEAT NO.

SPRING MOUNT ASSEMBLY



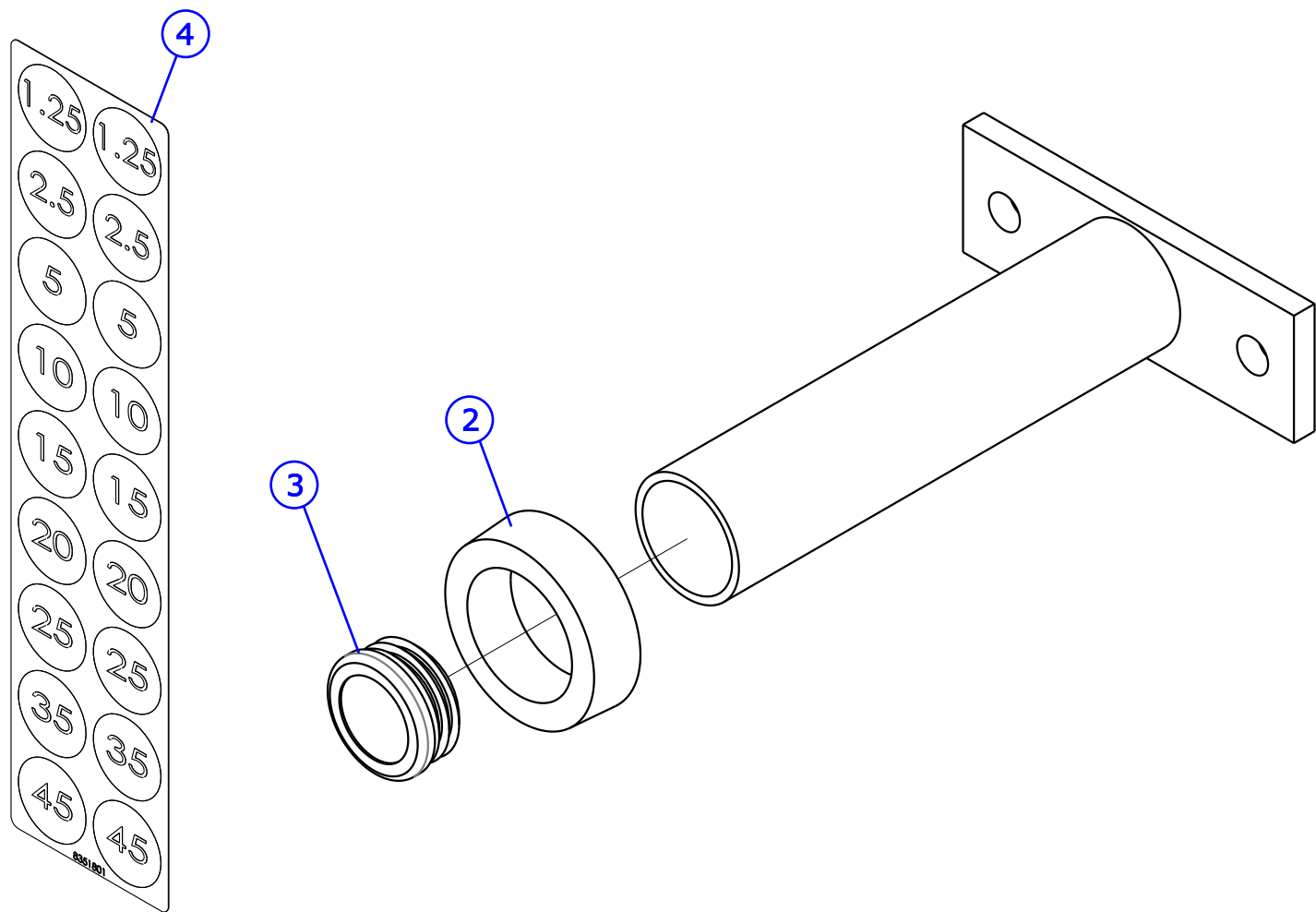
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	8758401	FIXED BENCH WARNING DECAL

RIGHT SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	HHB.5X3	1/2 X 3 BOLT
3	2	H-BACK-WASH	BACKING WASHER
4	4	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	2	WASH.5SAE	1/2" SAE FLAT WASHER
6	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
7	2	HHB.5X5	1/2 X 5 BOLT
8	1	H-BUMP-LGE	LARGE BUMPER (VEN# MM1)
9	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
10	1	8039501	LABEL, WARNING,TRIANGLE
11	2	MM-8	2 X 6 FLANGE RUBBER SLIPPER

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