

HAMMER[®] STRENGTH

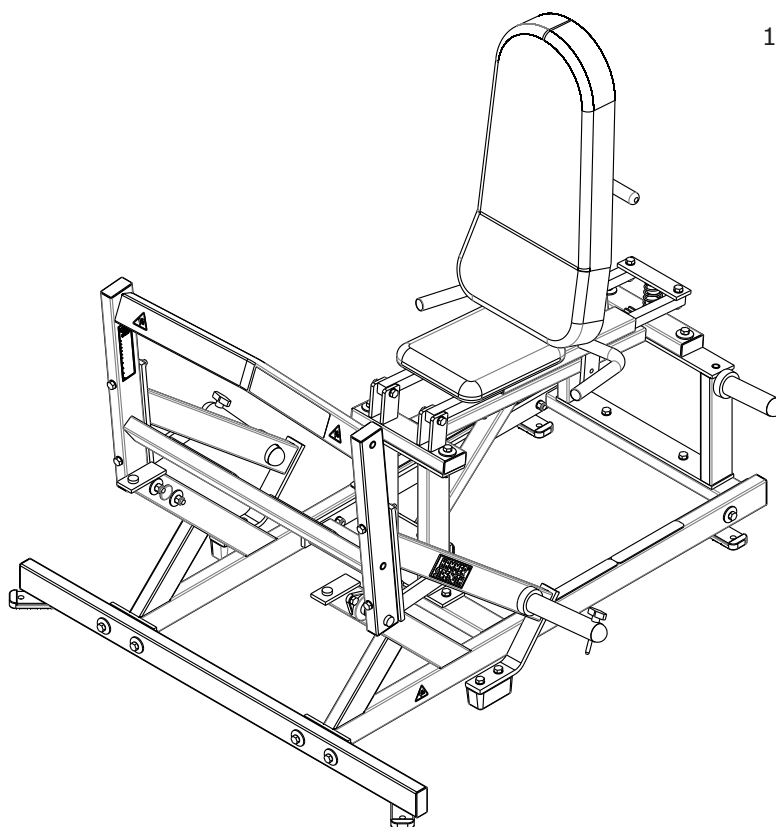
**HAMMER
STRENGTH[®]**

PLATE LOADED

PARTS MANUAL

**SUPER HORIZONTAL CALF
PLSHC & PL-SHC**

1/27/2015



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KEY

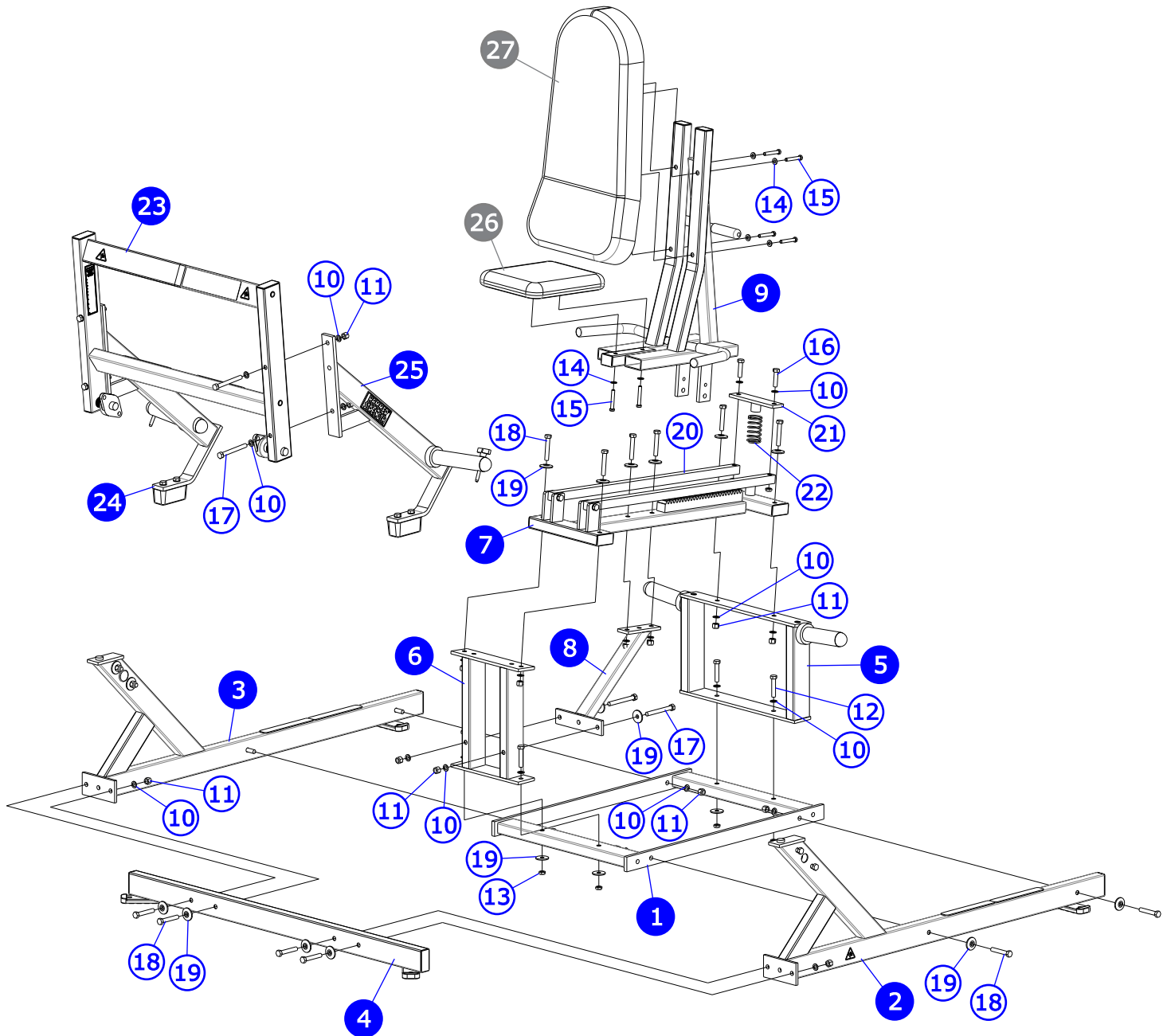
UPHOLSTERY 1 2 3

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.

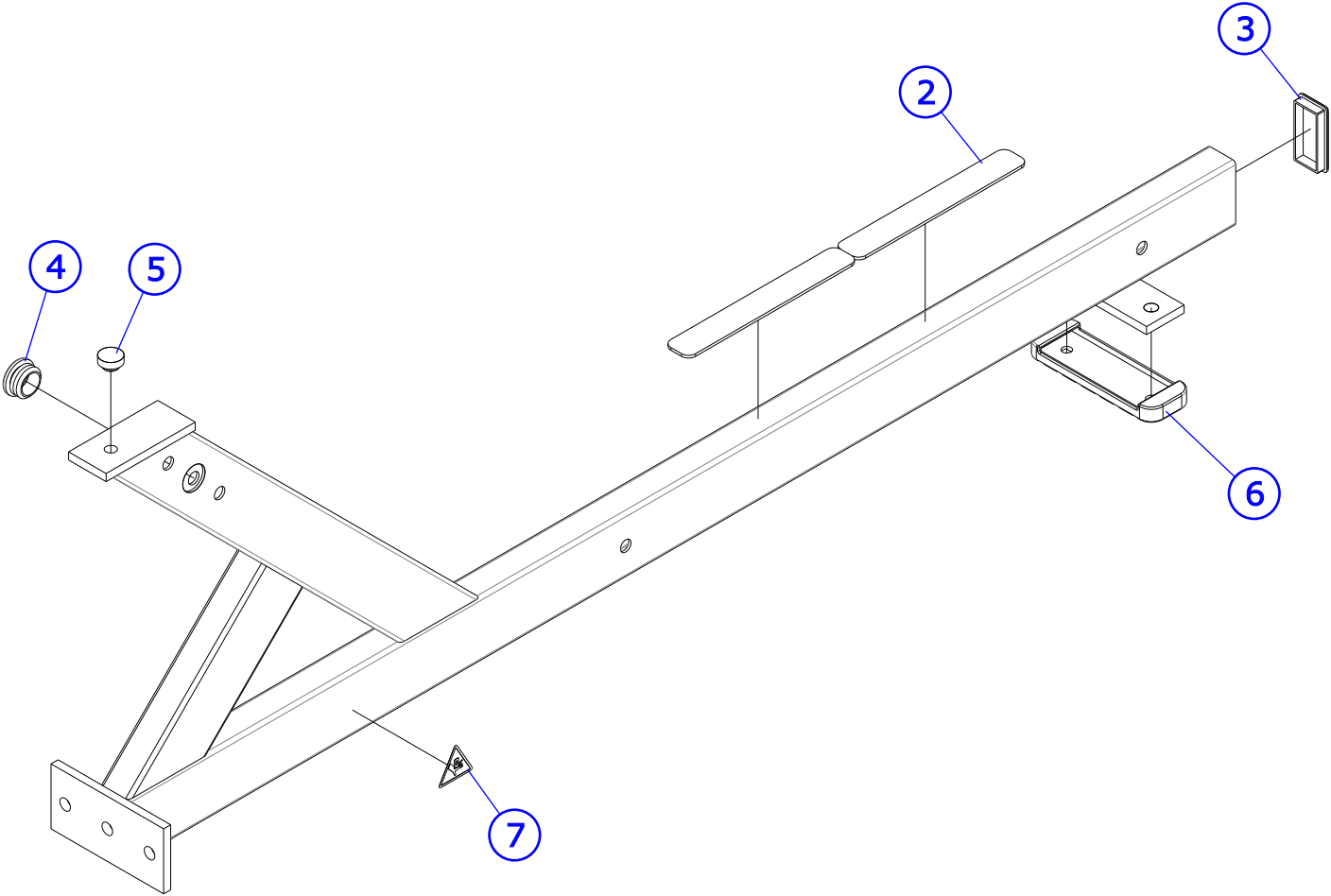
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-BX	WLDMT, BOTTOM FRAME, PLSHC
2	1	PLSHC-CSFL	ASSY, SIDE FRAME, LEFT, PLSHC
3	1	PLSHC-CSFR	ASSY, SIDE FRAME, RIGHT, PLSHC
4	1	PLSHC-CFX	ASSY, FRONT FRAME, PLSHC
5	1	PLSHC-CHX	ASSY, BACK FRAME, PLSHC
6	1	PLSHC-TX	WLDMT, TOP CROSS MEMBER, PLSHC
7	1	PLSHC-CST	ASSY, SEAT FRAME, PLSHC
8	1	PLSHC-SX	WLDMT, SUPPORT, PLSHC
9	1	9328401	ASSY, ADJ. SEAT FRAME
10	34	WASH.5STAR	1/2" INTERNAL LOCK WASHER
11	24	NUT.5LOCK	1/2 DIA THICK LOCK NUT
12	6	HHB.5X2.5	1/2 X 2 1/2 BOLT
13	8	NUT.5JAMLOCK	1/2 THIN LOCK NUT
14	6	WASH.375SAE	3/8" SAE FLAT WASHER

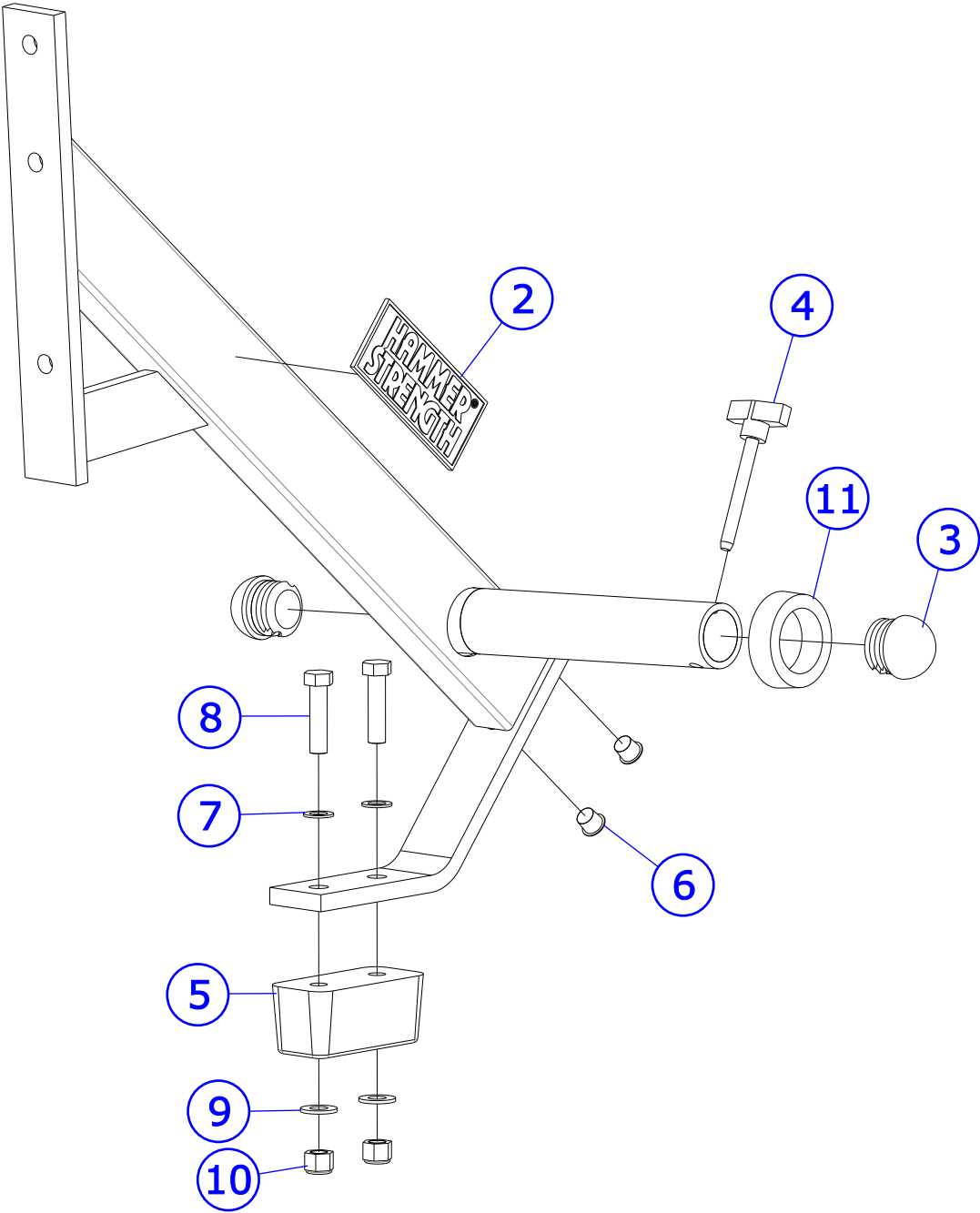
ITEM NO.	QTY.	PART NO.	DESCRIPTION
15	6	3236210	SCREW, M10 X1.5 65MM
16	2	HHB.5X2	1/2 X 2 BOLT
17	6	HHB.5X4.5	1/2 X 4 1/2 BOLT
18	18	HHB.5X3	1/2 X 3 BOLT
19	24	H-BACK-WASH	BACKING WASHER
20	2	PLL-19-0	SEAT GUIDE
21	1	PLSHC-SPRNGMT	WLDMT, SPRING MOUNT, PLSHC
22	1	LP-SPRING	LEG PRESS SEAT SPRING
23	1	PLSHC-CMX	ASSY, MOVEMENT ARM CROSS MEMBER, PLSHC
24	1	PLSHC-CMAR	ASSY, MOVEMENT ARM, RIGHT, PLSHC
25	1	PLSHC-CMAL	ASSY, MOVEMENT ARM, LEFT, PLSHC
26	1	7499399	PAD, 13-3/4 X 10-3/4
27	1	8782799	PAD, MOLDED ANGLED BACK

LEFT SIDE FRAME ASSEMBLY



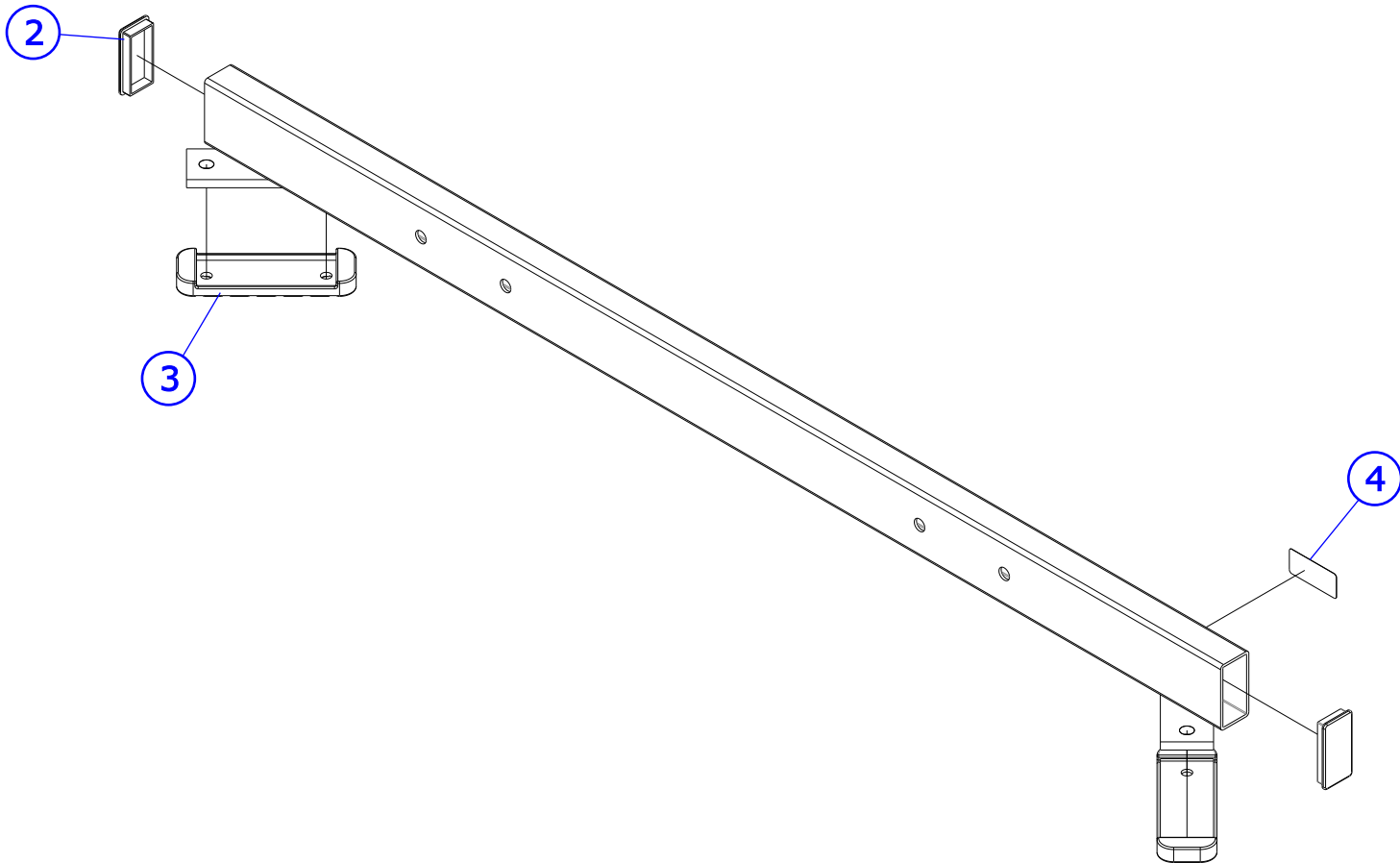
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	NONSKID 1 X 9	PLASTIC NON SKID STRIP 1 X 9
3	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
4	1	H-LOCK-PLUG(SMALL)	SMALL LOCKING PLUG
5	1	PLSHC-BUMP-STOP	BUMPER STOP (9309K19
6	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER
7	1	8039501	LABEL, WARNING, TRIANGLE

LEFT MOVEMENT ARM ASSEMBLY



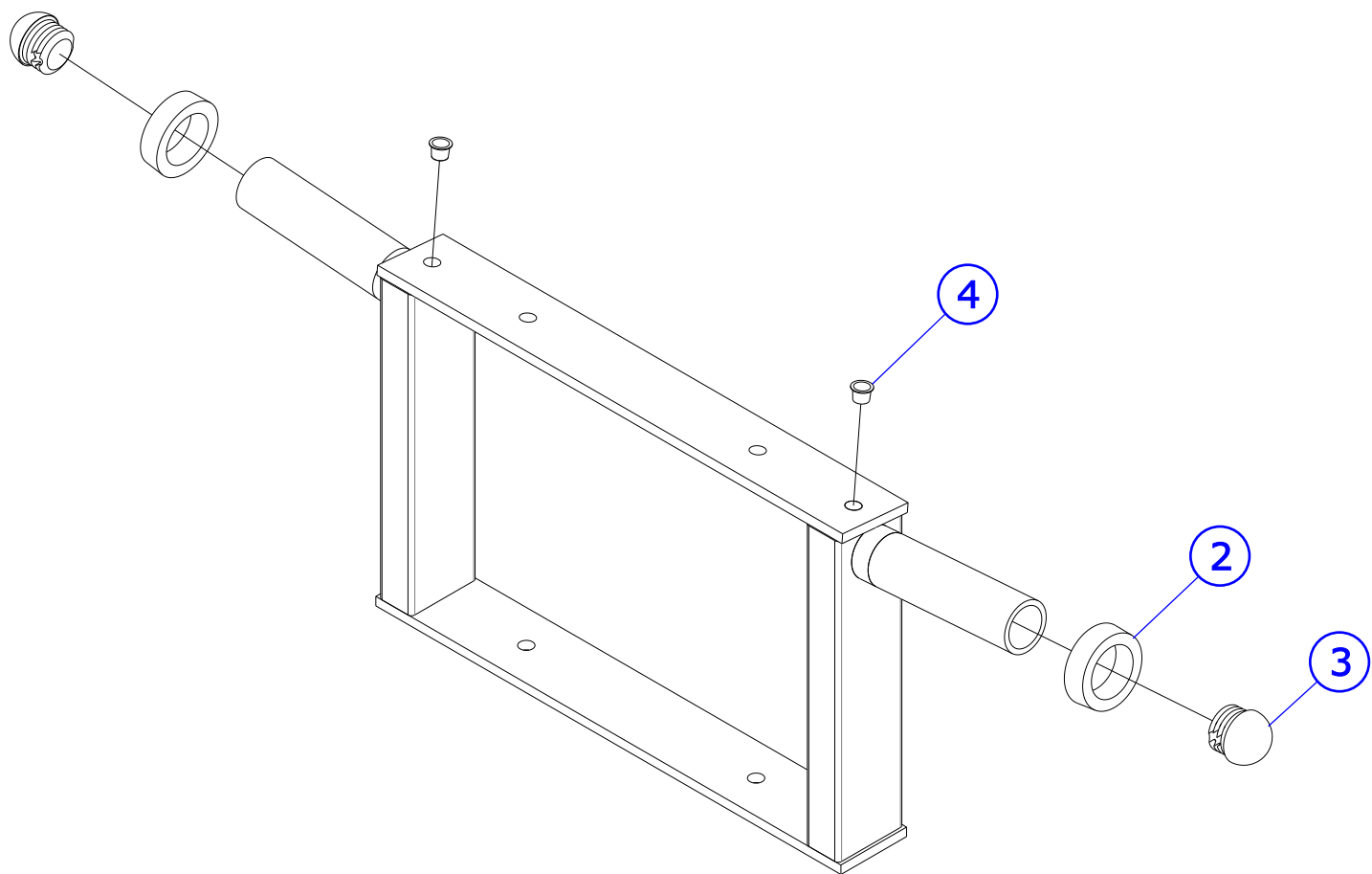
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-NAMEPLATE	HAMMER STRENGTH BADGE
3	2	RUBCAP1-2	RUBBER CAP #1
4	1	SELECTOR PIN-3	SELECTOR PIN 3 IN.
5	1	H-BUMP-MED	H-BUMP-MED
6	2	H-HPLUG (REG)	HOLE PLUG
7	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
8	2	HHB.5X2	1/2 X 2 BOLT
9	2	WASH.5SAE	1/2" SAE FLAT WASHER
10	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
11	1	H-RUBRNG	MM5 RING

FRONT FRAME ASSEMBLY



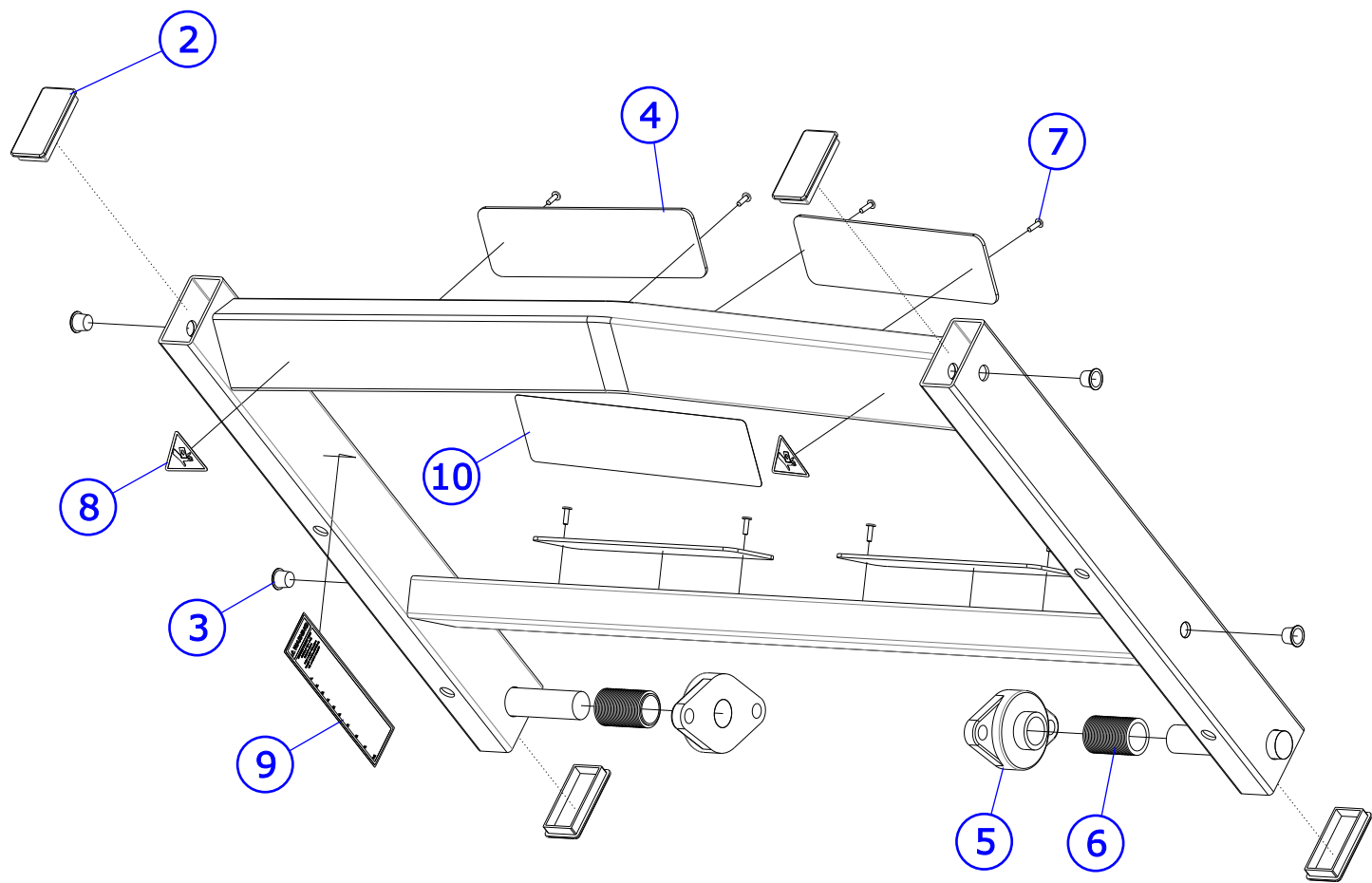
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	2	MM-8	2 X 6 FLANGE RUBBER SLIPPER
4	1	-	SERIAL NUMBER

BACK FRAME ASSEMBLY



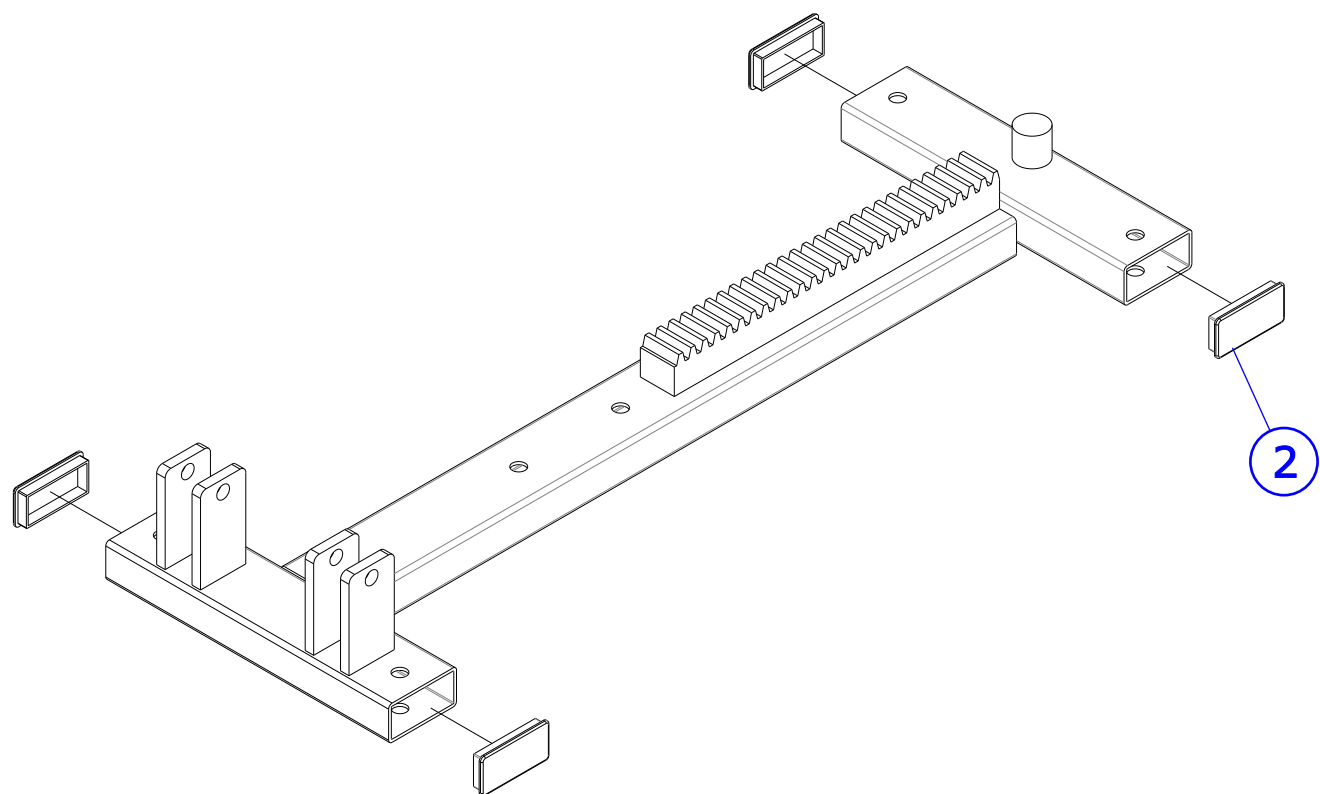
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-RUBRNG	MM5 RING
3	2	RUBCAP1-2	RUBBER CAP #1
4	2	H-HPLUG (REG)	HOLE PLUG

MOVEMENT ARM CROSS MEMBER ASSEMBLY



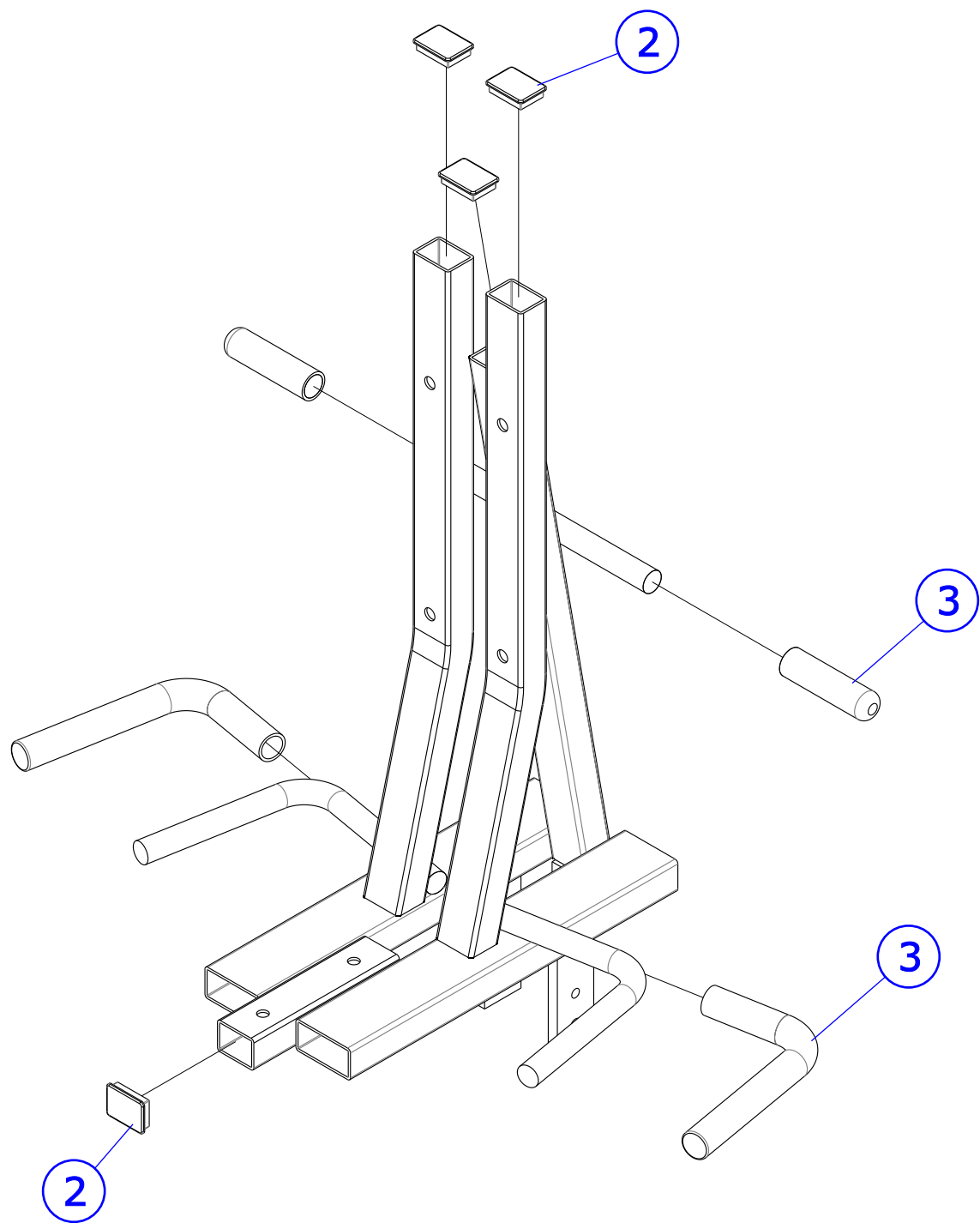
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	4	H-HPLUG (REG)	HOLE PLUG
4	4	H-NONSKID 3X9	PLASTIC NON SKID STRIP 3 X 9
5	2	H-BEAR-SML	SMALL BEARING
6	2	ACCORDIAN	SHAFT GUARD
7	8	RIVET	RIVET 5/32 X 3/8
8	2	8039501	LABEL, WARNING,TRIANGLE
9	1	8773701	LABEL, ASTM PL VERT - ENG
10	1	ID-PLSHC	PRODUCT PLACARD, PLSHC

SEAT FRAME ASSEMBLY



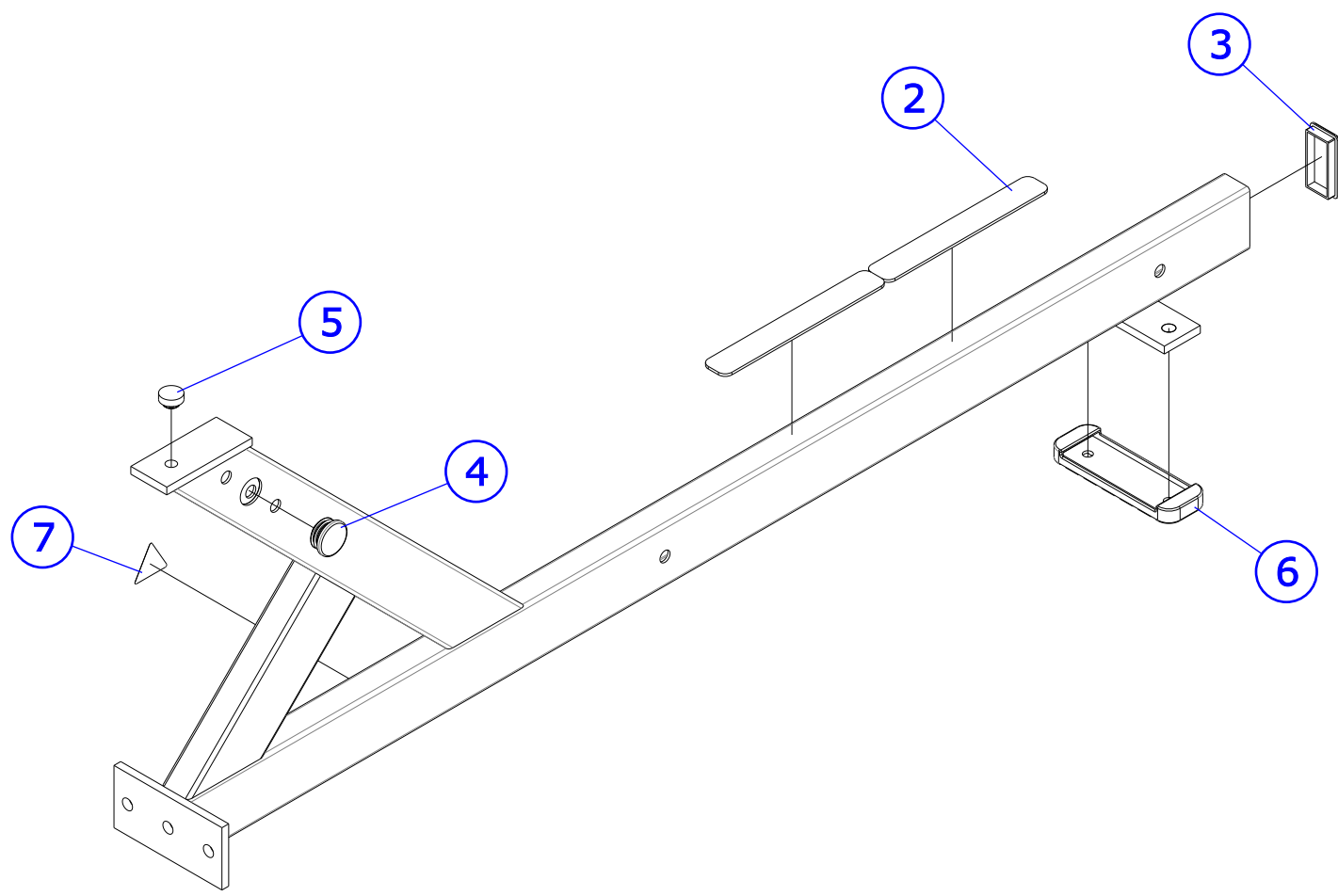
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG

ADJ. SEAT FRAME ASSEMBLY



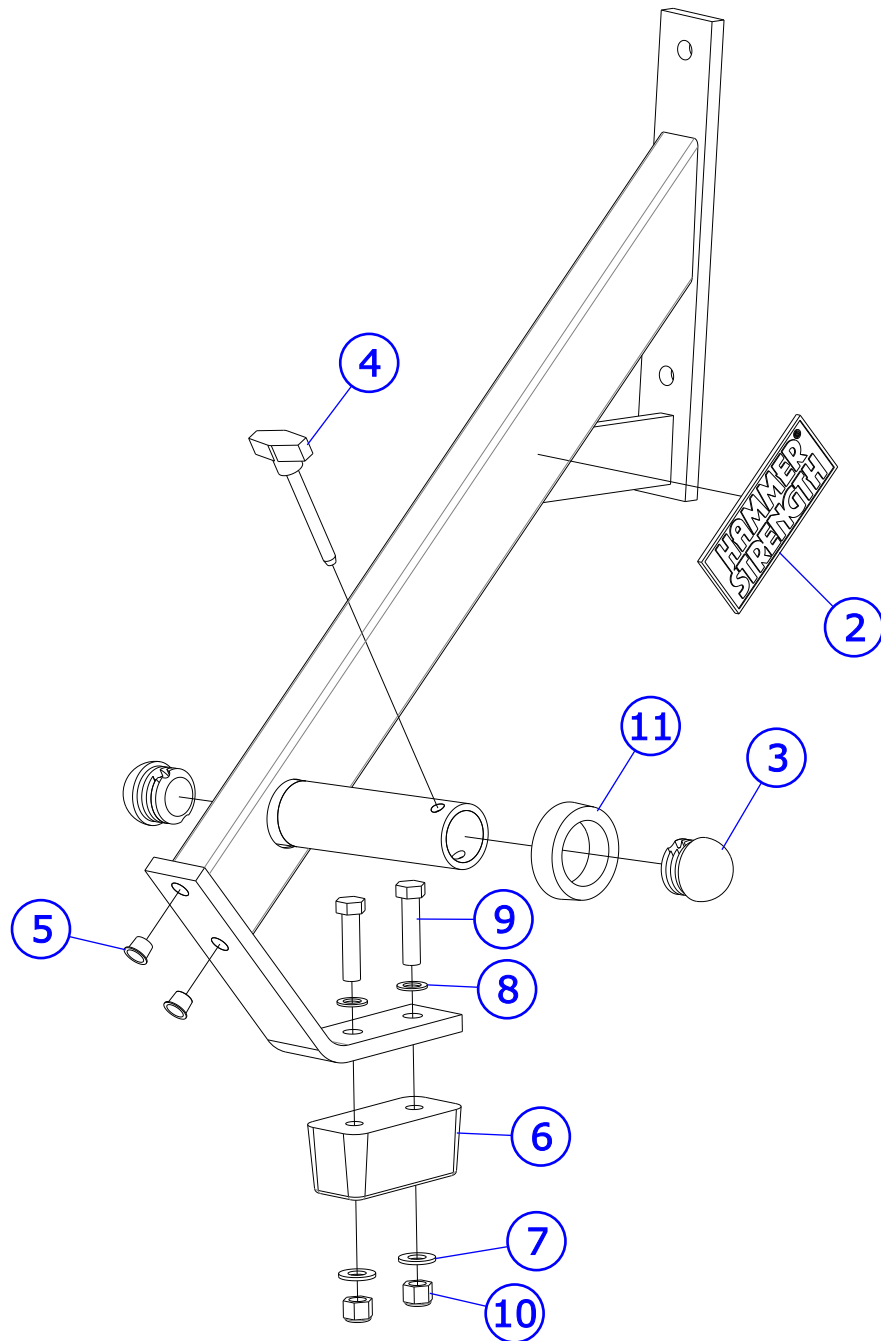
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	4	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
3	2	H-GRIP	HANDLE GRIPS (.938X16)

RIGHT SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	NONSKID 1 X 9	PLASTIC NON SKID STRIP 1 X 9
3	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
4	1	H-LOCK-PLUG(SMALL)	SMALL LOCKING PLUG
5	1	PLSHC-BUMP-STOP	BUMPER STOP (9309K19
6	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER
7	1	8039501	LABEL, WARNING,TRIANGLE

RIGHT MOVEMENT ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-NAMEPLATE	HAMMER STRENGTH BADGE
3	2	RUBCAP1-2	RUBBER CAP #1
4	1	SELECTOR PIN-3	SELECTOR PIN 3 IN.
5	2	H-HPLUG (REG)	HOLE PLUG
6	1	H-BUMP-MED	H-BUMP-MED
7	2	WASH.5SAE	1/2" SAE FLAT WASHER
8	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
9	2	HHB.5X2	1/2 X 2 BOLT
10	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
11	1	H-RUBRNG	MM5 RING