

HAMMER[®] STRENGTH

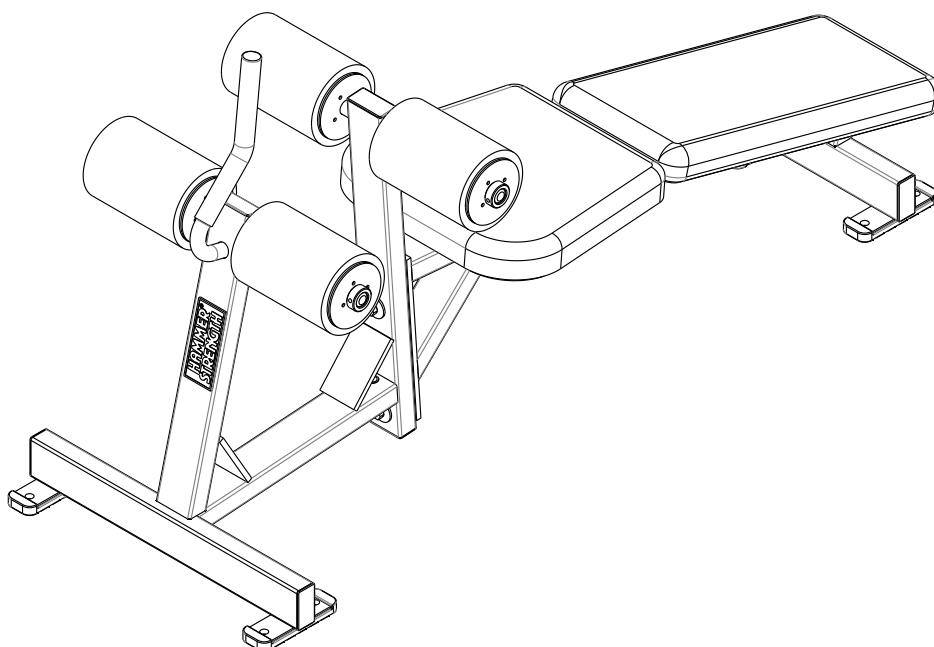
**HAMMER
STRENGTH[®]**

FREE WEIGHT

PARTS MANUAL

**DECLINE/ABDOMINAL BENCH
FWDB & FW-DB**

2/5/2015



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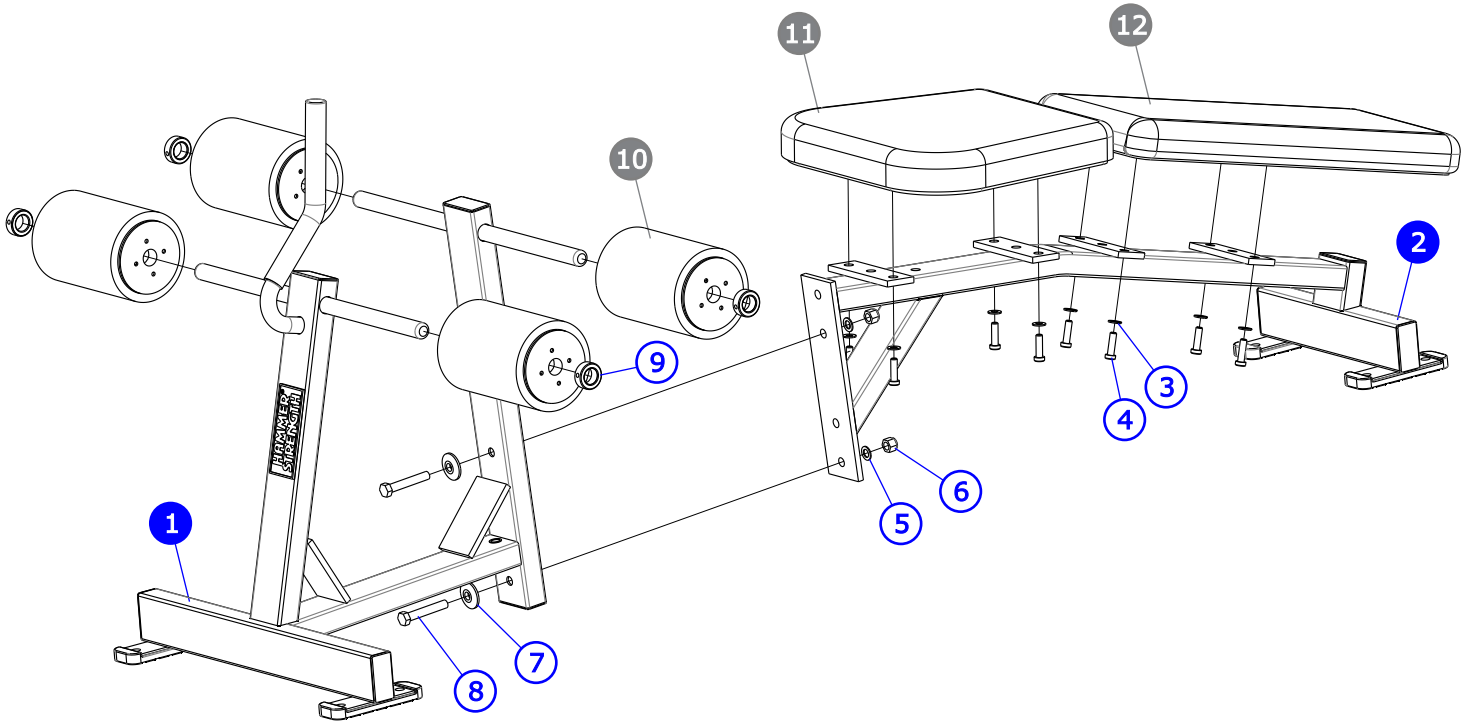
UPHOLSTERY 1 2 3

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

FRAME AND MOVEMENT ARM COLORS 1 2 3

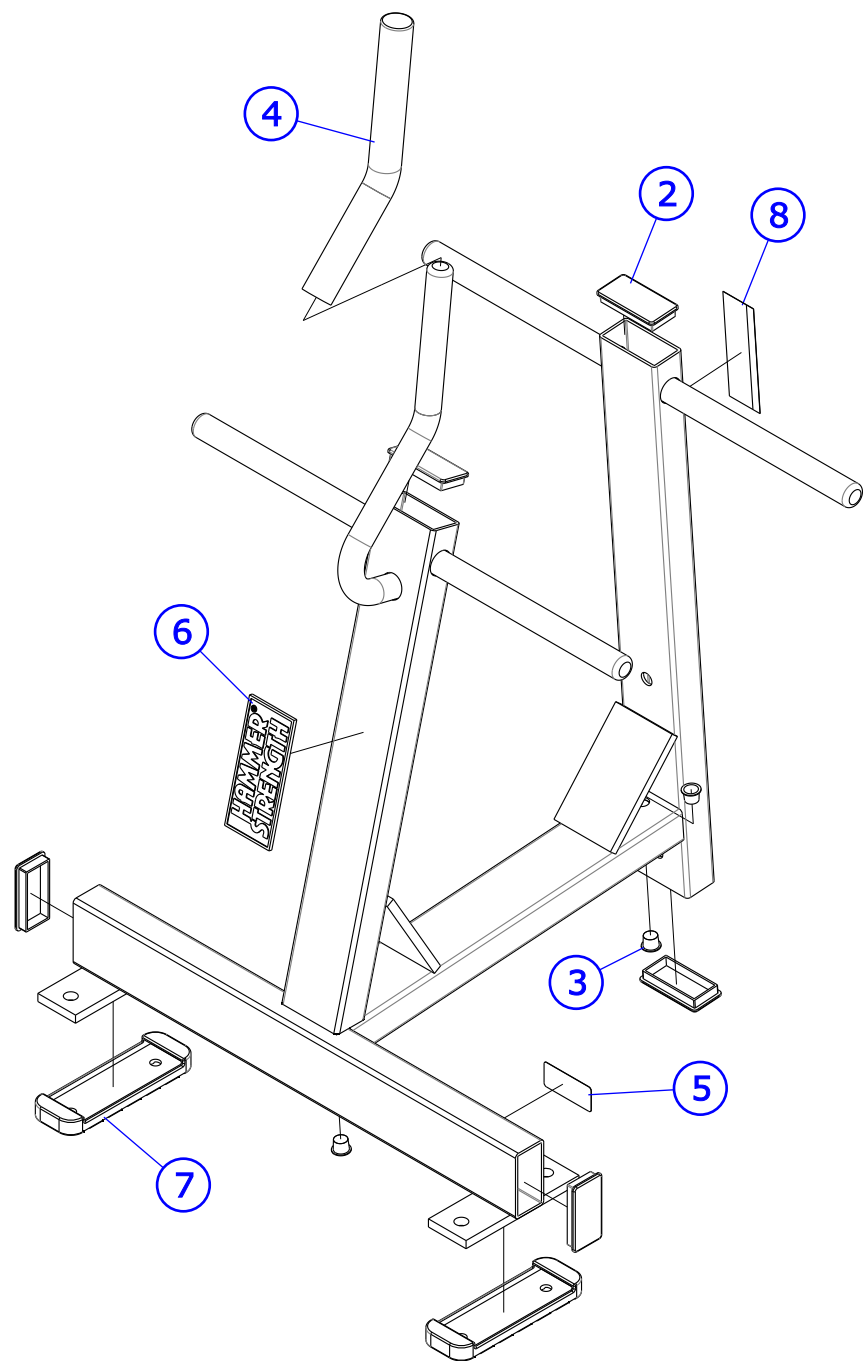
Items with Blue call-outs require the powder coat frame color to be listed within the order notes.

COMPONENT ASSEMBLY



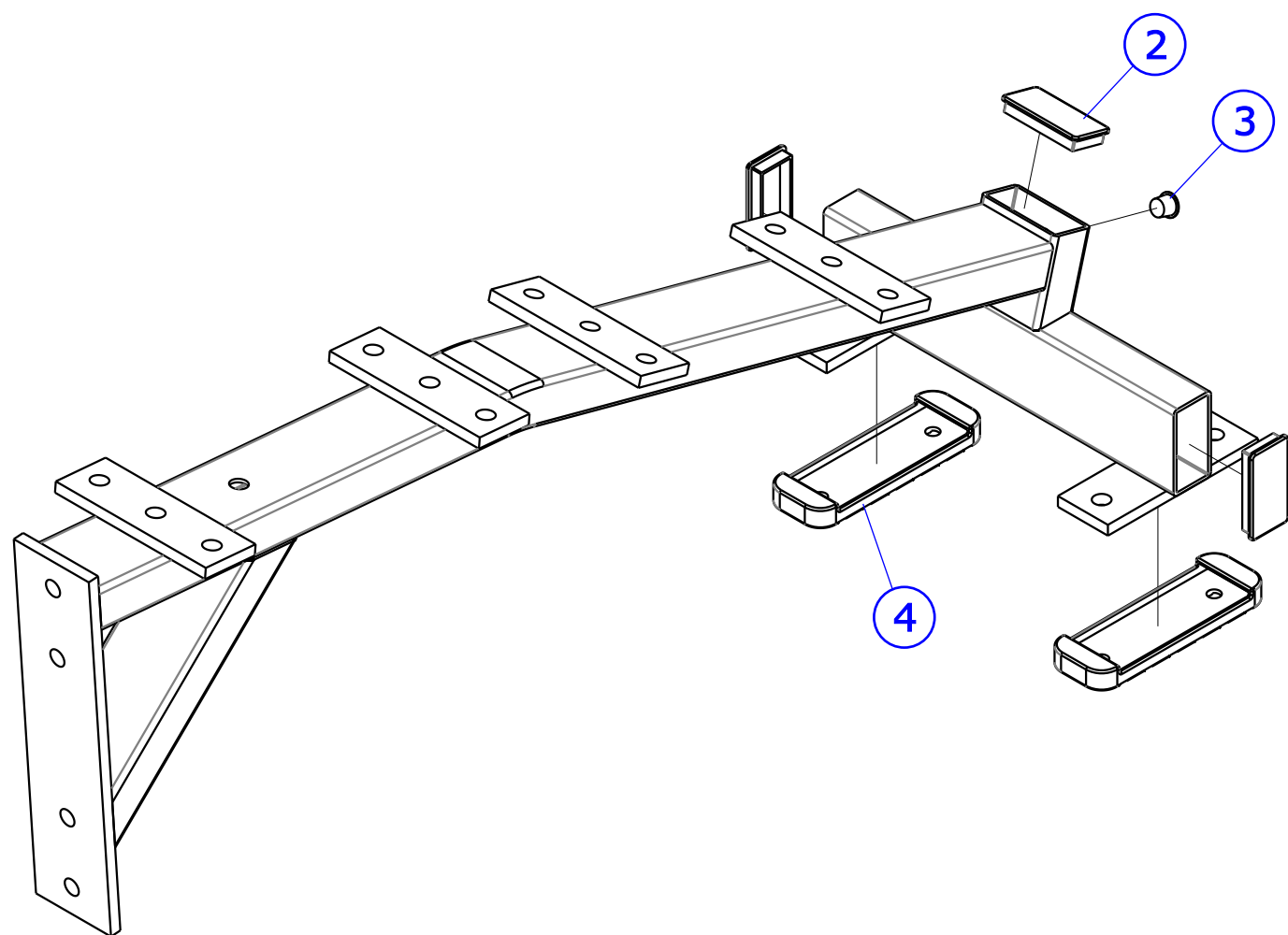
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	FWDB-CSF	ASSY, FRONT FRAME, FWDB
2	1	FWDB-CST	ASSY, SEAT FRAME, FWDB
3	8	WASH.375SAE	3/8" SAE FLAT WASHER
4	8	3236204	SCREW, M10 X1.5 35MM
5	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
6	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
7	2	H-BACK-WASH	BACKING WASHER
8	2	HHB.5X3	1/2 X 3 BOLT
9	4	H-LCOLLAR1	1" LOCK COLLAR
10	4	8782699	PAD, MOLDED DIA 139.7 RND
11	1	8854299	PAD, SEAT 17 X 16-3/4
12	1	7398899	PAD, BACK 25 X 11-1/4

FRONT FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	5	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	3	H-HPLUG (REG)	HOLE PLUG
4	1	H-GRIP	HANDLE GRIPS (.938X16)
5	1	-	SERIAL NUMBER
6	1	H-NAMEPLATE	HAMMER STRENGTH BADGE
7	2	MM-8	2 X 6 FLANGE RUBBER SLIPPER
8	1	8758401	FIXED BENCH WARNING DECAL

SEAT FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	3	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	H-HPLUG (REG)	HOLE PLUG
4	2	MM-8	2 X 6 FLANGE RUBBER SLIPPER