

HAMMER STRENGTH[®]

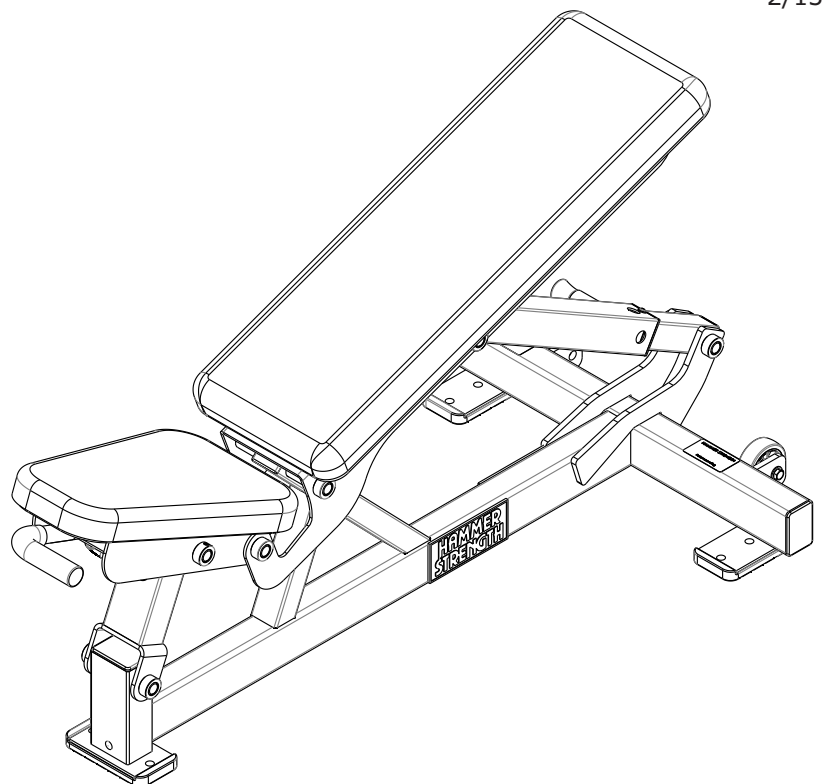
**HAMMER
STRENGTH[®]**

FREE WEIGHT

PARTS MANUAL

**MULTI ADJUSTABLE BENCH
FWMAB**

2/13/2015



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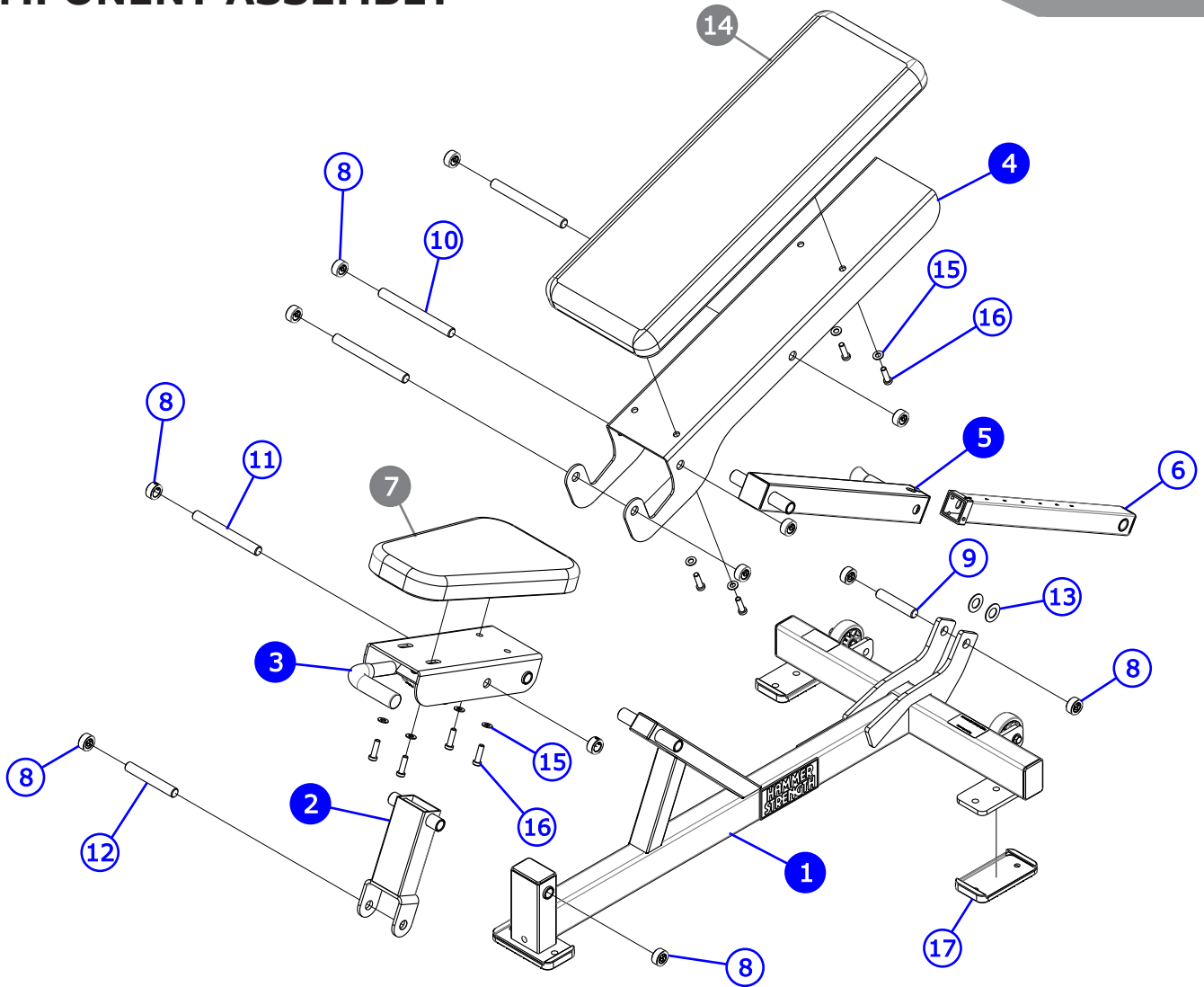
UPHOLSTERY ① ② ③

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.

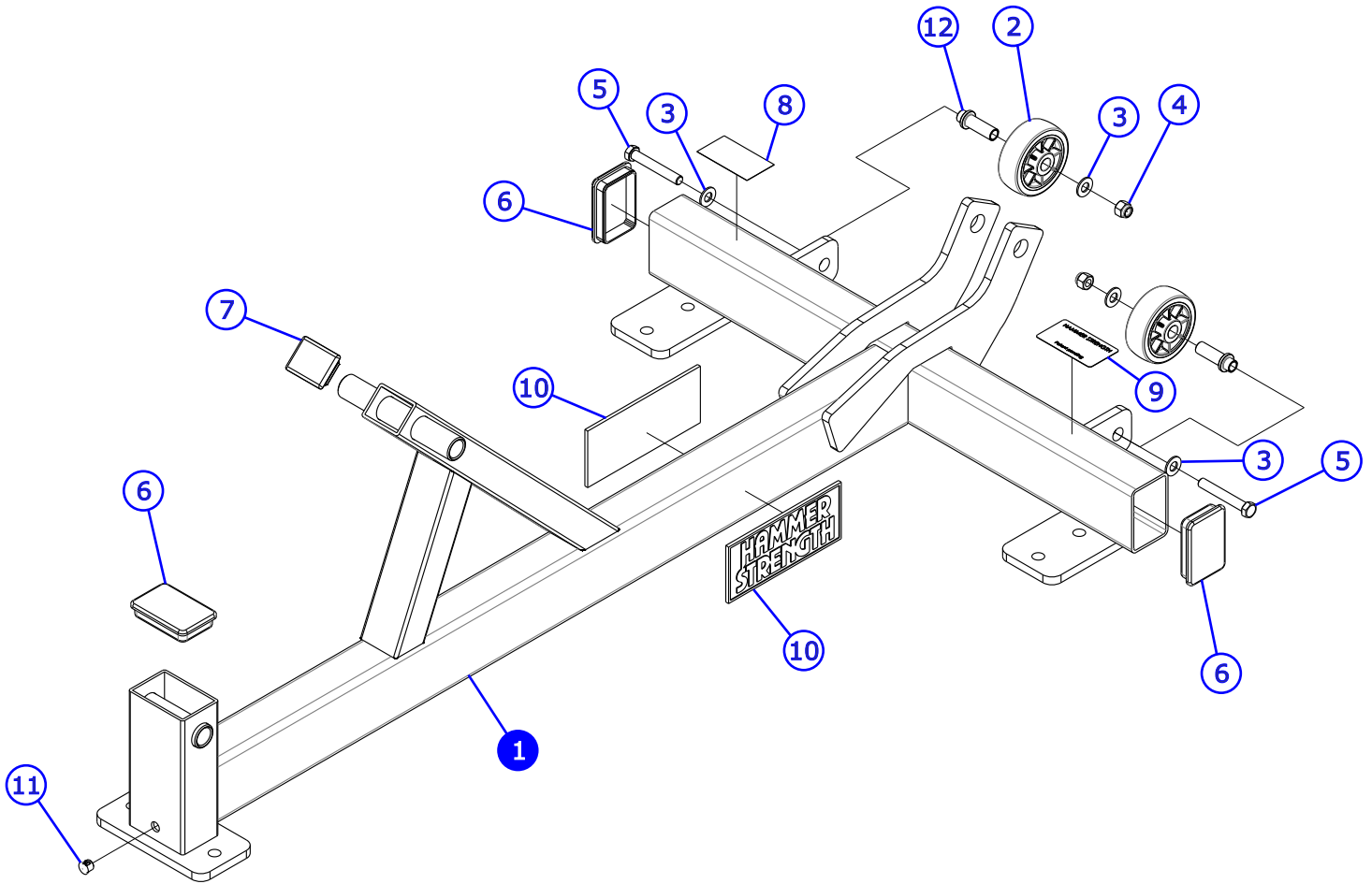
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7658501	ASSY, FWMAB BOTTOM FRAME
2	1	7661001	WLDMT, FWMAB FRONT LINK
3	1	7660501	ASSY, FWMAB SEAT
4	1	7661401	ASSY, FWMAB SEAT BACK
5	1	7659801	ASSY, FWMAB SPRING PIN TUBE
6	1	7660201	ASSY, FWMAB ADJ. ASM
7	1	8782899	PAD, FWMAB SEAT
8	12	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
9	1	8062201	SHAFT, FWMAB, REAR PIVOT
10	3	8062101	SHAFT, FWMAB, MAIN PIVOT
11	1	8062701	SHAFT, .75 OD X 6.81 L
12	1	8062401	SHAFT, .75 OD X 5.06 L
13	2	7351001	SPACER, INC WT STACK
14	1	7354099	PAD, BACK 32-1/2 X 11-1/4
15	8	3236601	WASHER, 3/8 SAE SS
16	8	3236204	SCREW, M10 X1.5 35MM
17*	3	7388201	FOOTPAD, PS RUBBER

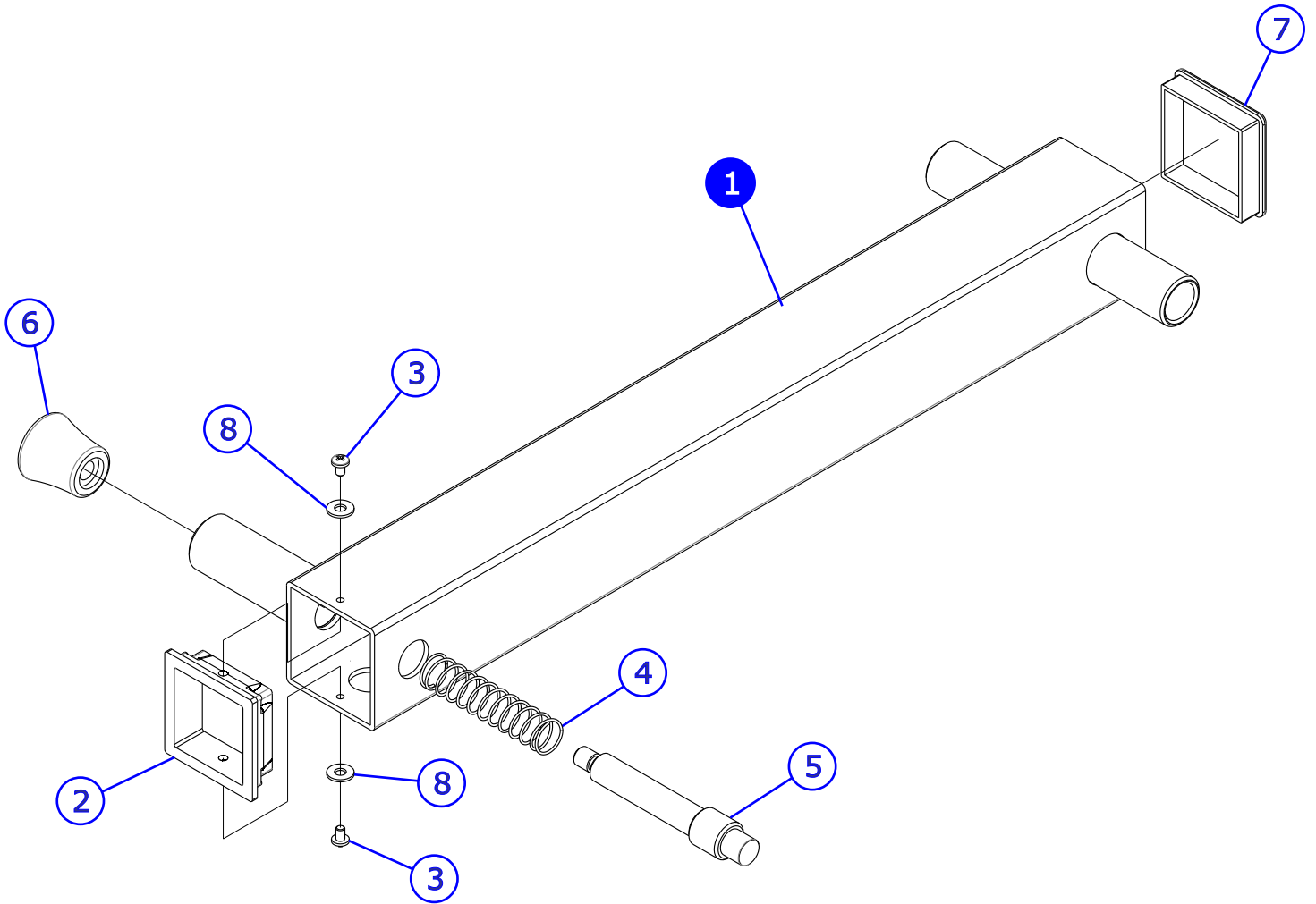
* Units built prior to 7/05/2012 use larger base plates that do not accept footpads

BOTTOM FRAME ASSEMBLY



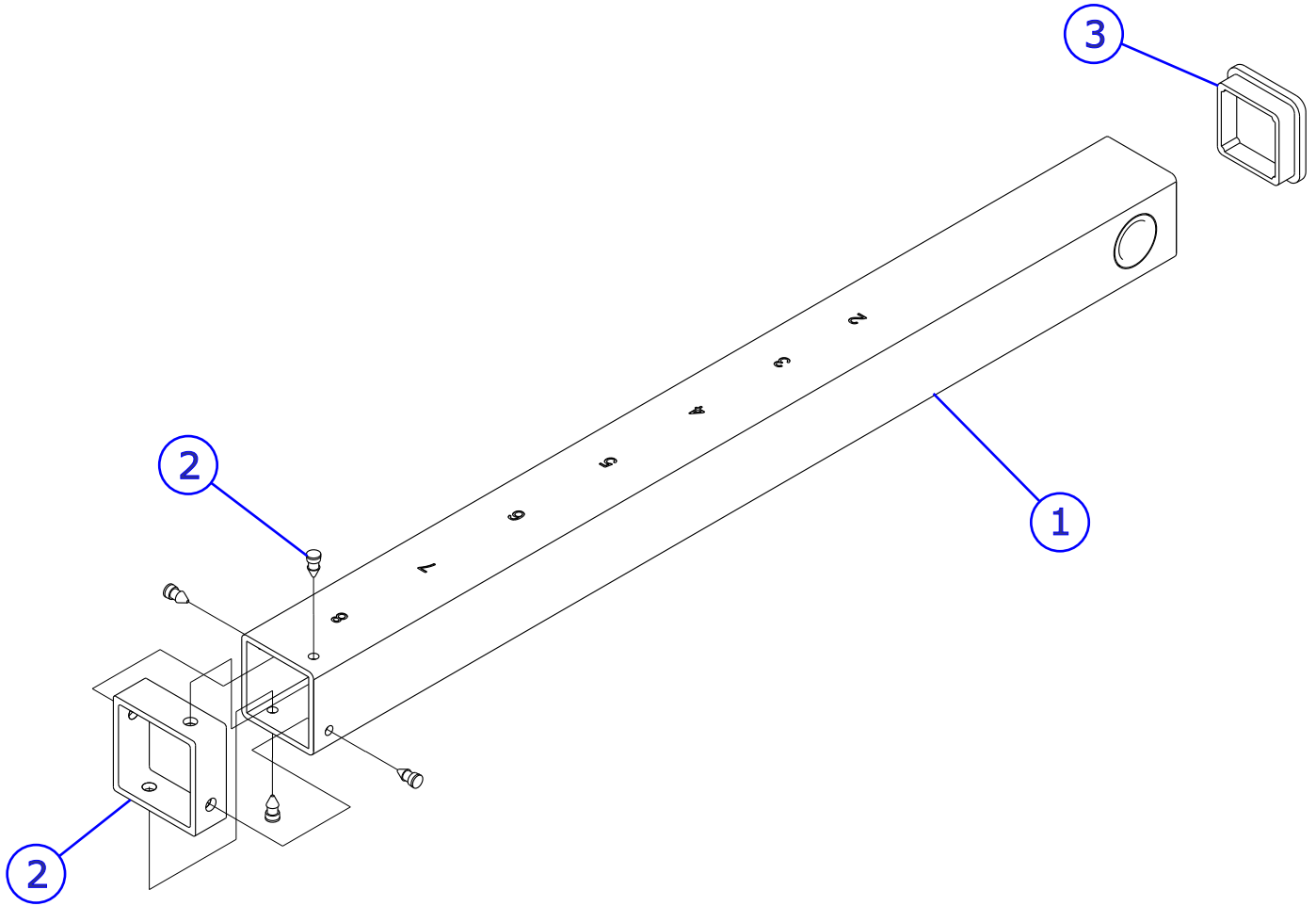
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7962101	WLDMT, FWMAB BOTTOM FRM
2	2	0K59-01164-0000	WHEEL, 3.0 OD X .50 ID OVERMOLD
3	4	3236601	WASHER, 3/8 SAE SS
4	2	3102802	NUT, NYLOCK 3/8-16
5	2	3223307	3/8-16 X 2.50 HEX HEAD BOLT
6	3	7352301	CAP, END 2 X 3
7	1	9217400	CAP, 1.5IN X 2IN -10-14GA, END
8	1	7422003	LABEL, MOVING PARTS
9	1	M051-00299-A000	HAMMER PATENT DECAL
10	2	M051-00289-A000	HAMMER STRENGTH BADGE
11	1	3237401	PLUG, 7/16" HOLE
12	2	7961401	AXLE, FW, WHEEL

SPRING PIN TUBE ASSEMBLY



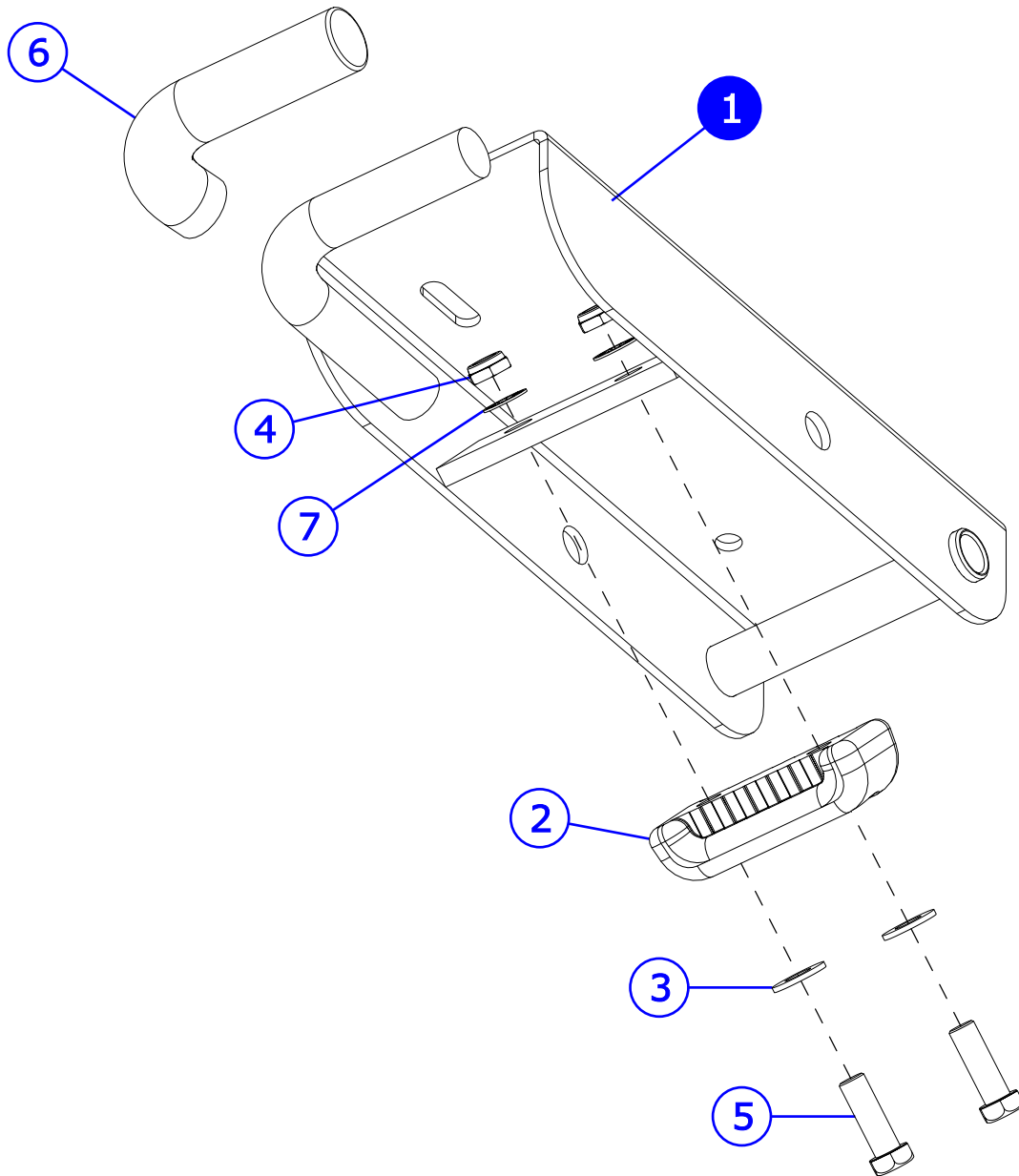
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7659901	WLDMT, FWMAB ADJ TUBE
2	1	7660101	INSERT: FWMAB PLASTIC SEAT 2 X 2
3	2	3270604	SCREW, #10-32 X .25 TRX PAN ST BZ
4	1	7351501	SPRING, PULL PIN LARGE
5	1	7351301	PIN, PULL X 4.375
6	1	7351401	KNOB, TULIP STYLE
7	1	7689901	CAP, END 2.25 X 2.25
8	2	3114407	WASHER, FLAT #10 SAE BZ

ADJUSTMENT ASSEMBLY



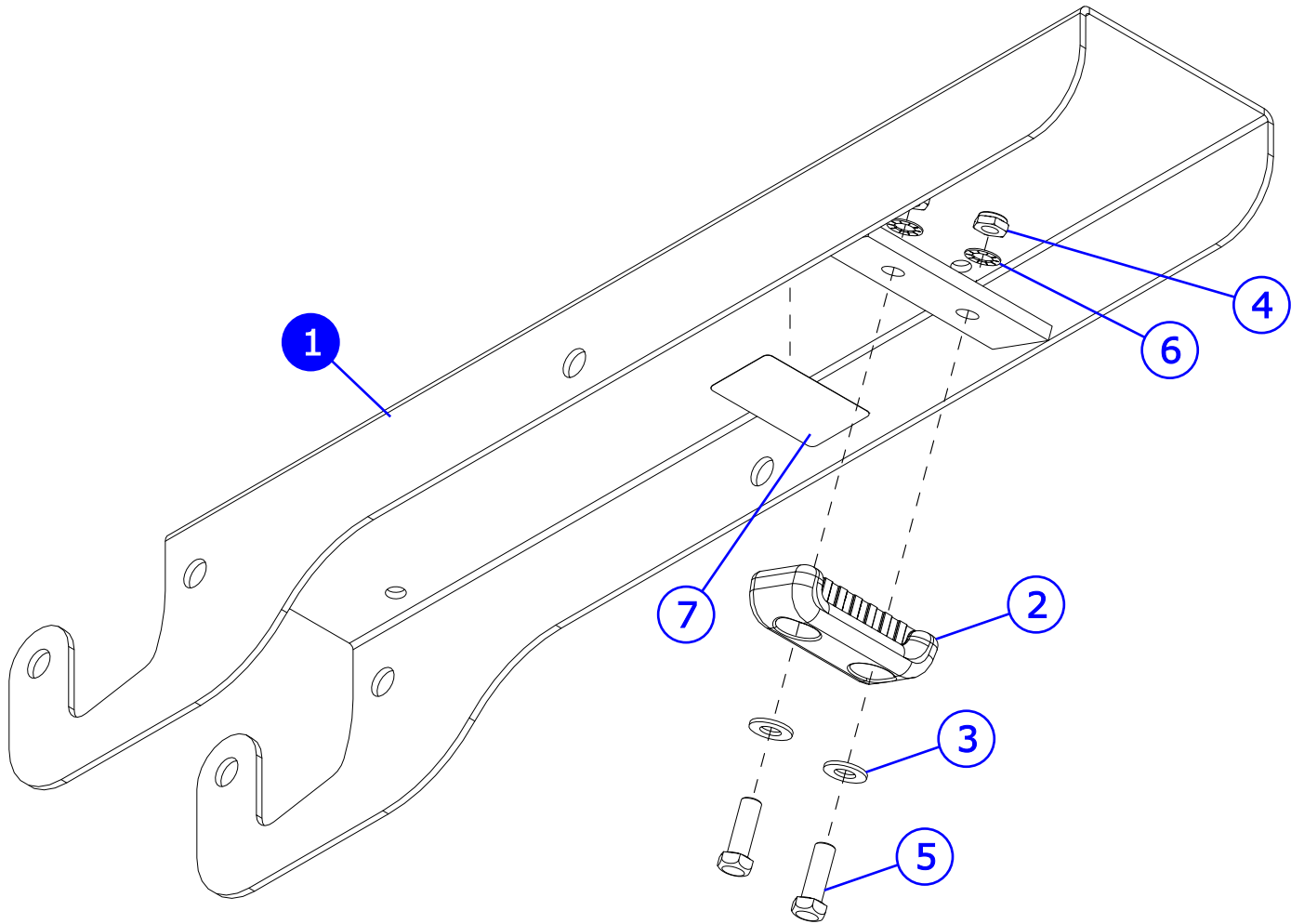
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7962201	WLDMT, FWMAB ADJ. SLIDE
2	1	7662301	BUSHING, FWMAB SLIDE
3	1	7477501	CAP, END, 1-3/4 SQ, 11GA SGR

SEAT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7660601	WLDMT, FWMAB SEAT ASSY
2	1	7352001	BUMPER, 2-1/8 X 4-5/8
3	2	3102507	WASHER, FLAT 1/2 SAE ST ZN
4	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
5	2	3239306	1/2-13 X 1.50 UNS HEX FHB G5 ZN
6	1	H-GRIP	HAND GRIP
7	2	3239505	WSH, .500 IN-D ST ZN

SEAT BACK ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7661501	WLDMT, FWMAB BENCH BACK
2	1	7352001	BUMPER, 2-1/8 X 4-5/8
3	2	3102507	WASHER, FLAT 1/2 SAE ST ZN
4	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
5	2	3239306	1/2-13 X 1.50 UNS HEX FHB G5 ZN
6	2	3239505	WSH, .500 IN-D ST ZN
7	1	7571301	LABEL, SERIAL NUMBER, BLANK