

HAMMER[®] STRENGTH

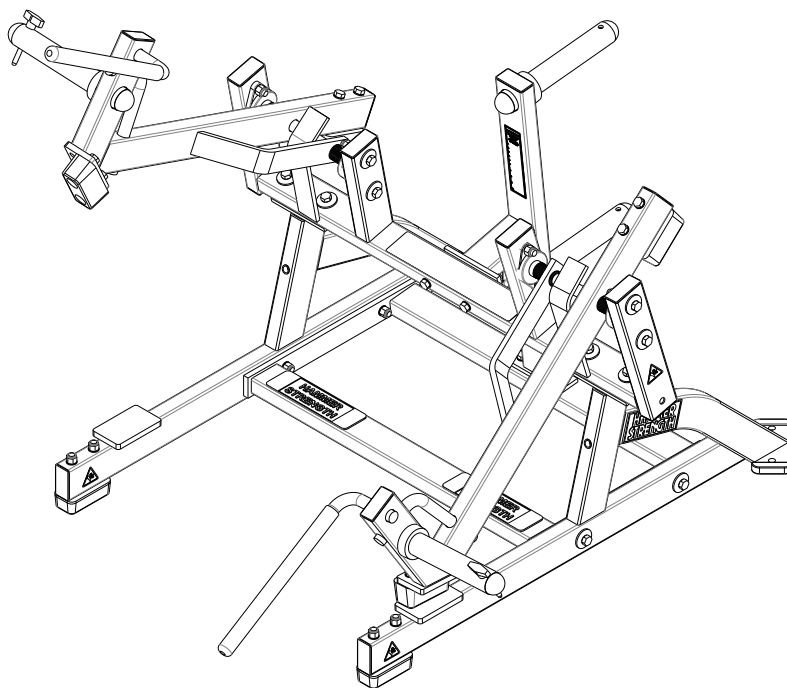
**HAMMER
STRENGTH[®]**

GROUND BASE

PARTS MANUAL

SQUAT/HIGH PULL
GBSHP & GB-SHP

6/20/2016



CONTENTS

COMPONENT ASSEMBLY PAGE 3

BASE FRAME ASSEMBLY 4

TOP CROSS MEMBER ASSEMBLY 5

LEFT SIDE FRAME ASSEMBLY 6

LEFT MOVEMENT ARM ASSEMBLY 7

WEIGHT TREE ASSEMBLY 8

RIGHT SIDE FRAME ASSEMBLY 9

RIGHT MOVEMENT ARM ASSEMBLY 10

KEY

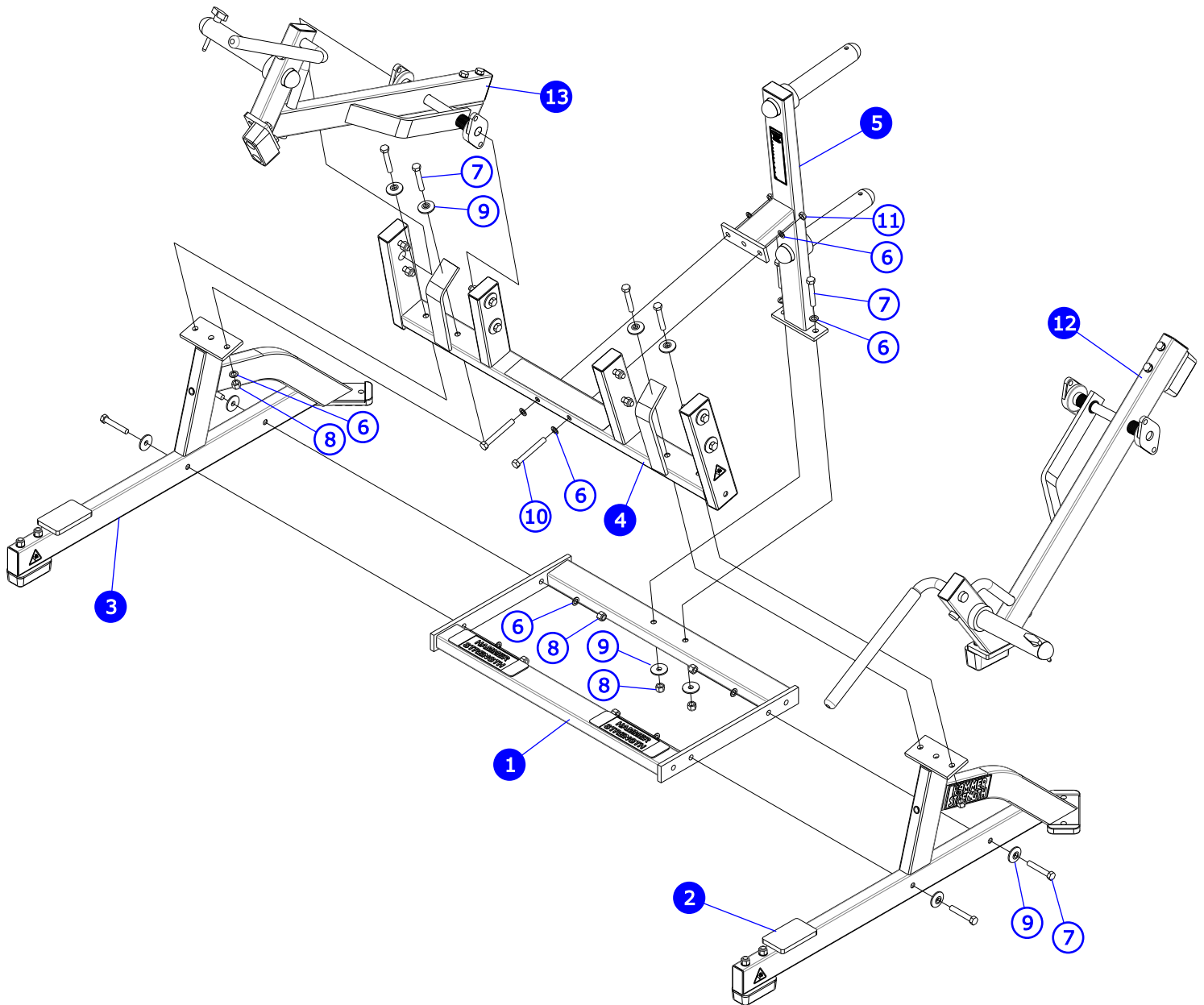
UPHOLSTERY 1 2 3

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

FRAME AND WORK ARM COLORS 1 2 3

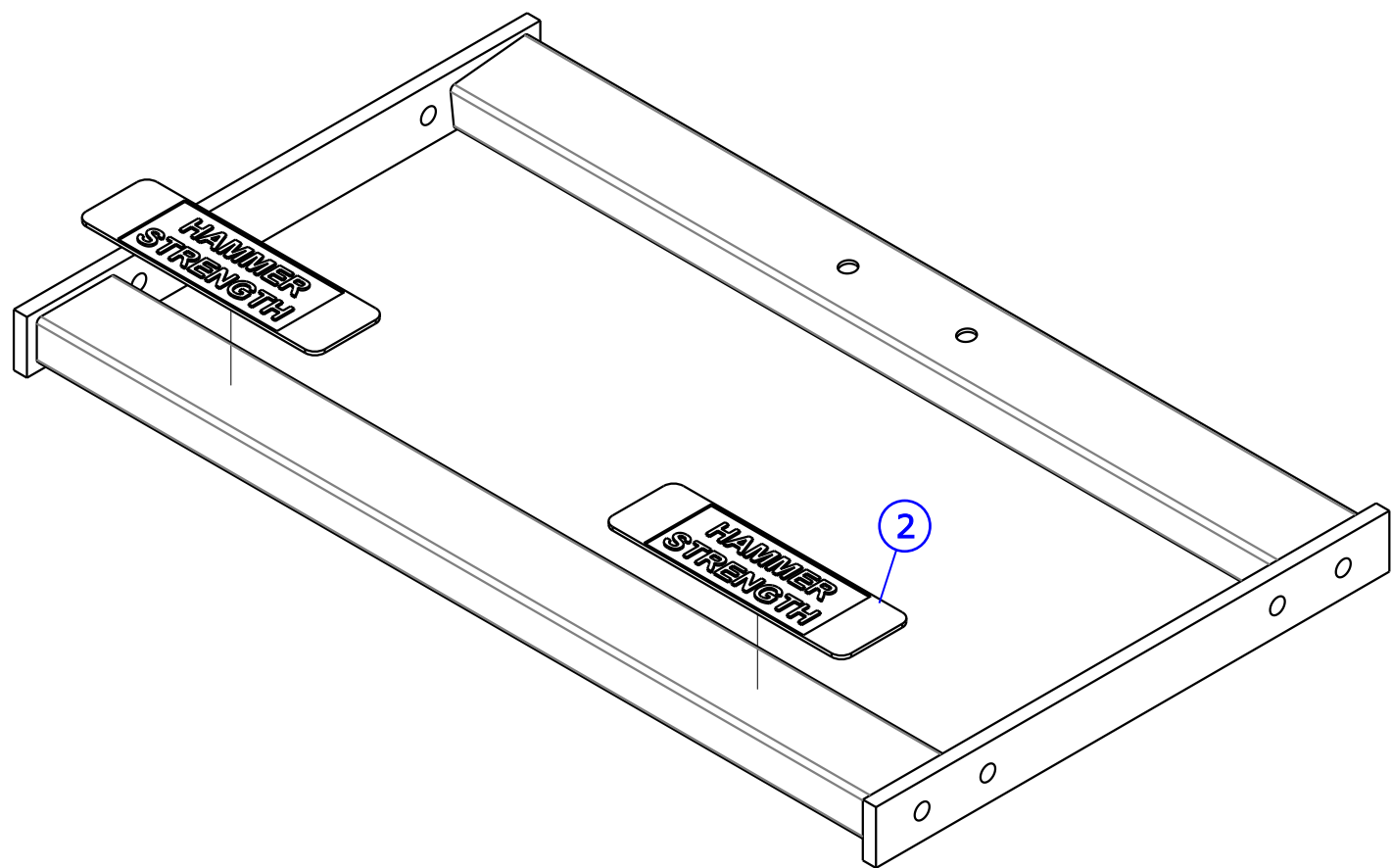
Items with Blue call-outs require the powder coat frame color to be listed within the order notes.

COMPONENT ASSEMBLY



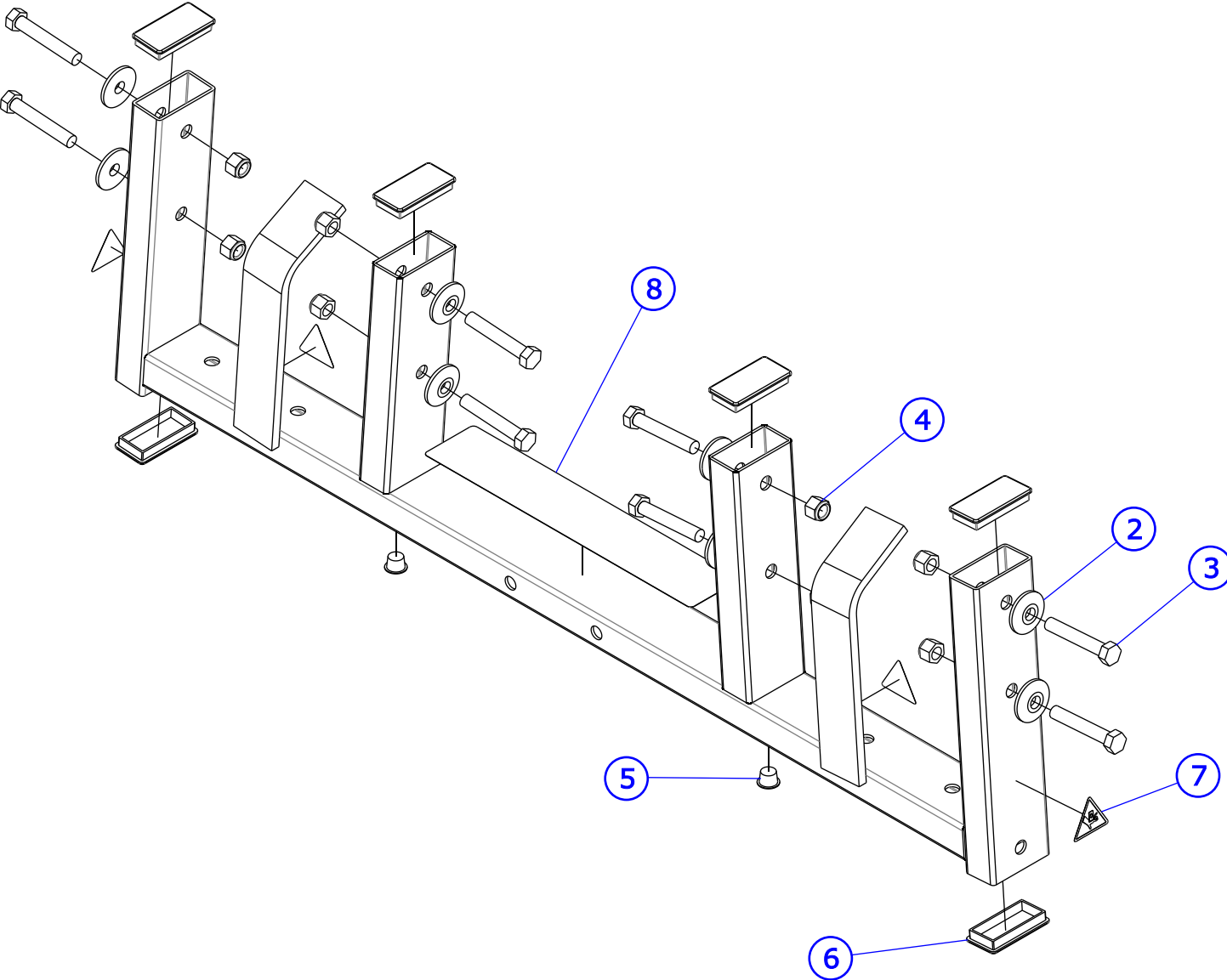
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	GBSHP-CBX	ASSY, BASE FRAME, GBSHP
2	1	GBSHP-CSFL	ASSY, SIDE FRAME, LEFT, GBSHP
3	1	GBSHP-CSFR	ASSY, SIDE FRAME, RIGHT, GBSHP
4	1	GBSHP-CTX	ASSY, TOP CROSS MEMBER, GBSHP
5	1	GBSHP-CMX	ASSY, WEIGHT TREE, GBSHP
6	14	WASH.5STAR	1/2" INTERNAL LOCK WASHER
7	10	HHB.5X3	1/2 X 3 BOLT
8	10	NUT.5LOCK	1/2 DIA THICK LOCK NUT
9	10	H-BACK-WASH	BACKING WASHER
10	2	HHB.5X4	1/2 X 4 BOLT
11	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
12	1	1001224-0001	ASSY, GBSHP, LEFT MOVEMENT ARM
13	1	1001226-0001	ASSY, GBSHP, RIGHT MOVEMENT ARM

BASE FRAME ASSEMBLY



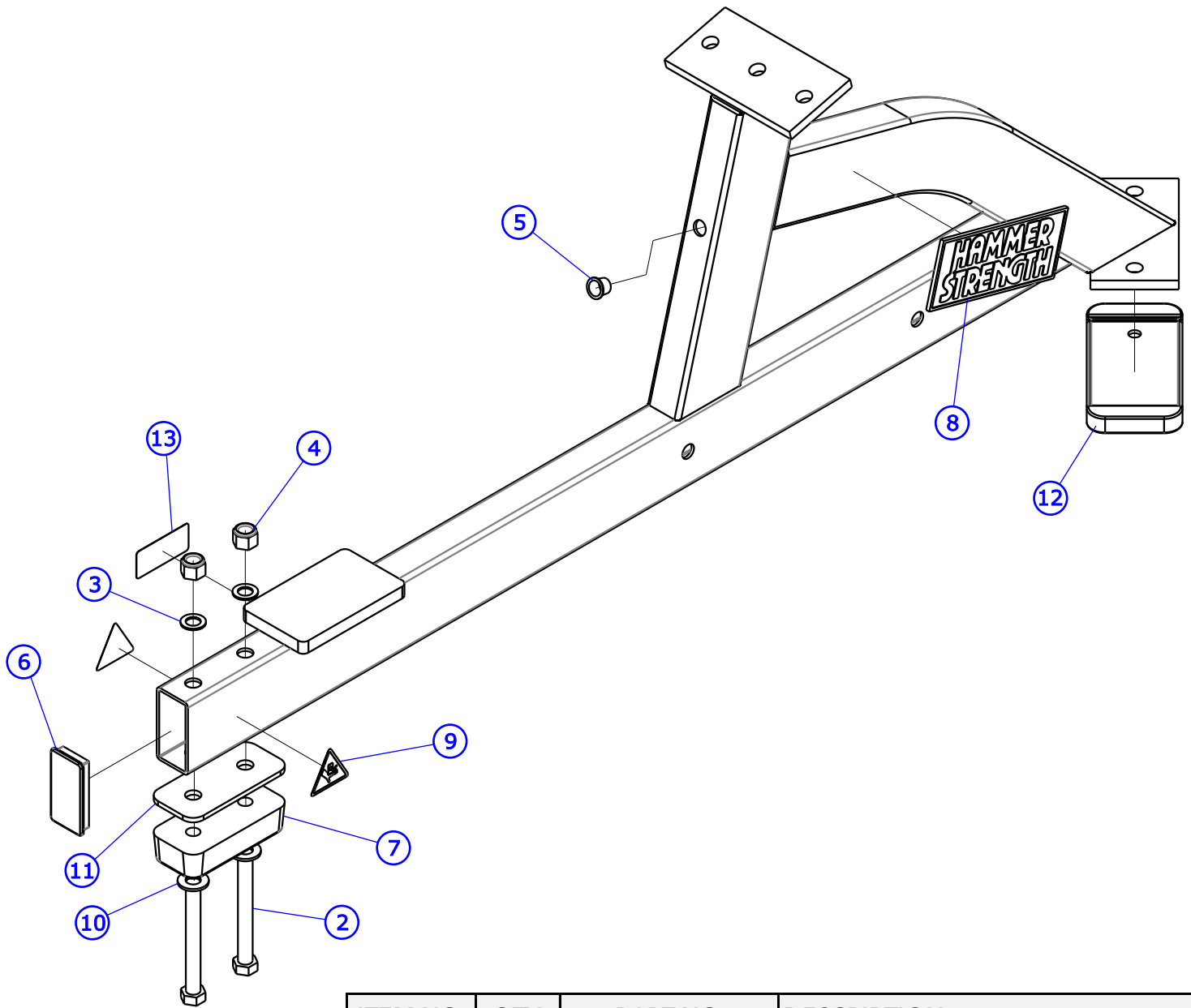
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-NONSKID 3X9	PLASTIC NON SKID STRIP 3 X 9

TOP CROSS MEMBER ASSEMBLY



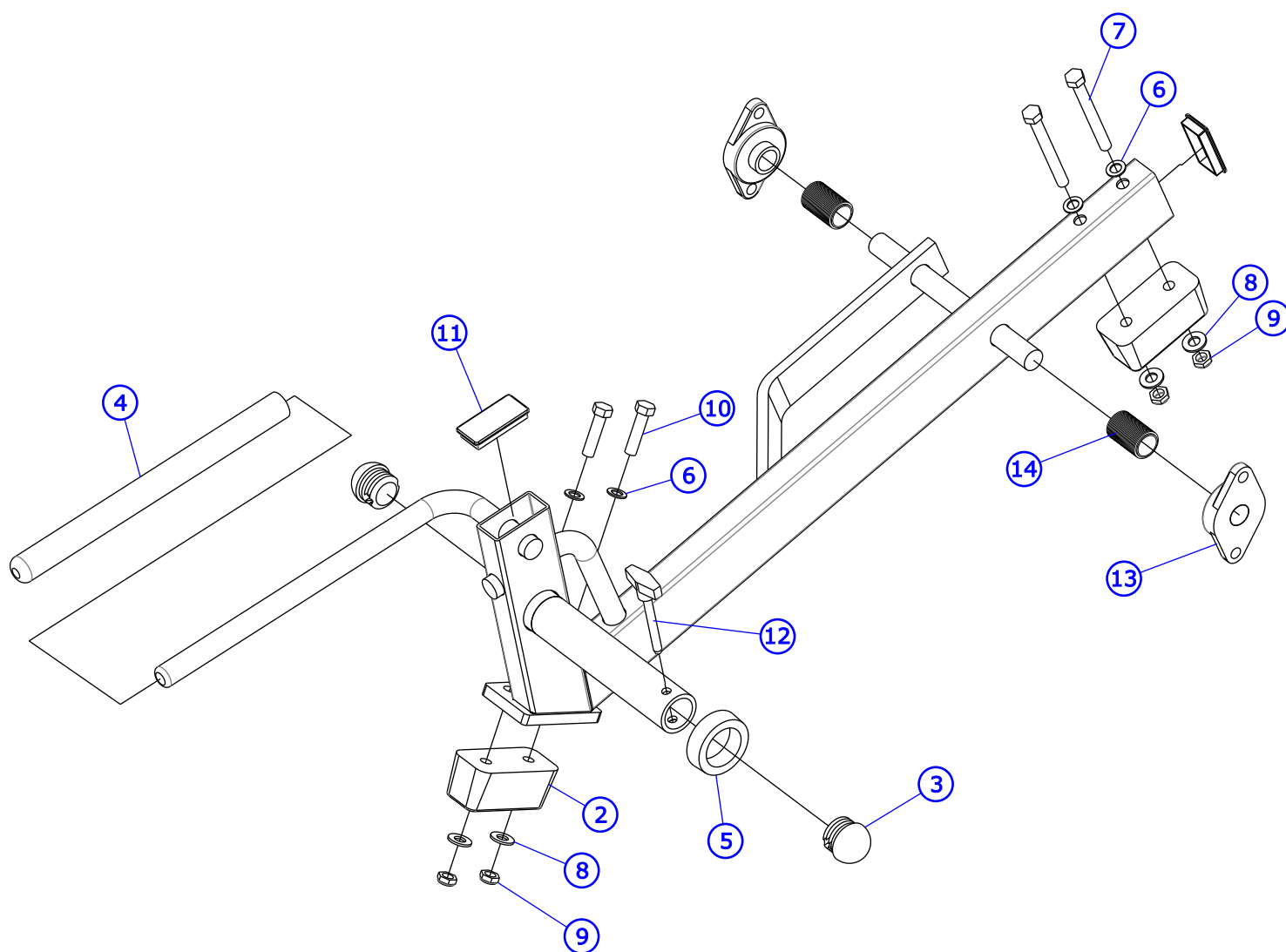
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	8	H-BACK-WASH	BACKING WASHER
3	8	HHB.5X3	1/2 X 3 BOLT
4	8	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	2	H-HPLUG 5/8"	HOLE PLUG
6	6	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	4	8039501	LABEL, WARNING,TRIANGLE
8	1	ID-GBSHP	GB SQUAT/HIGH PULL PLACARD

LEFT SIDE FRAME ASSEMBLY



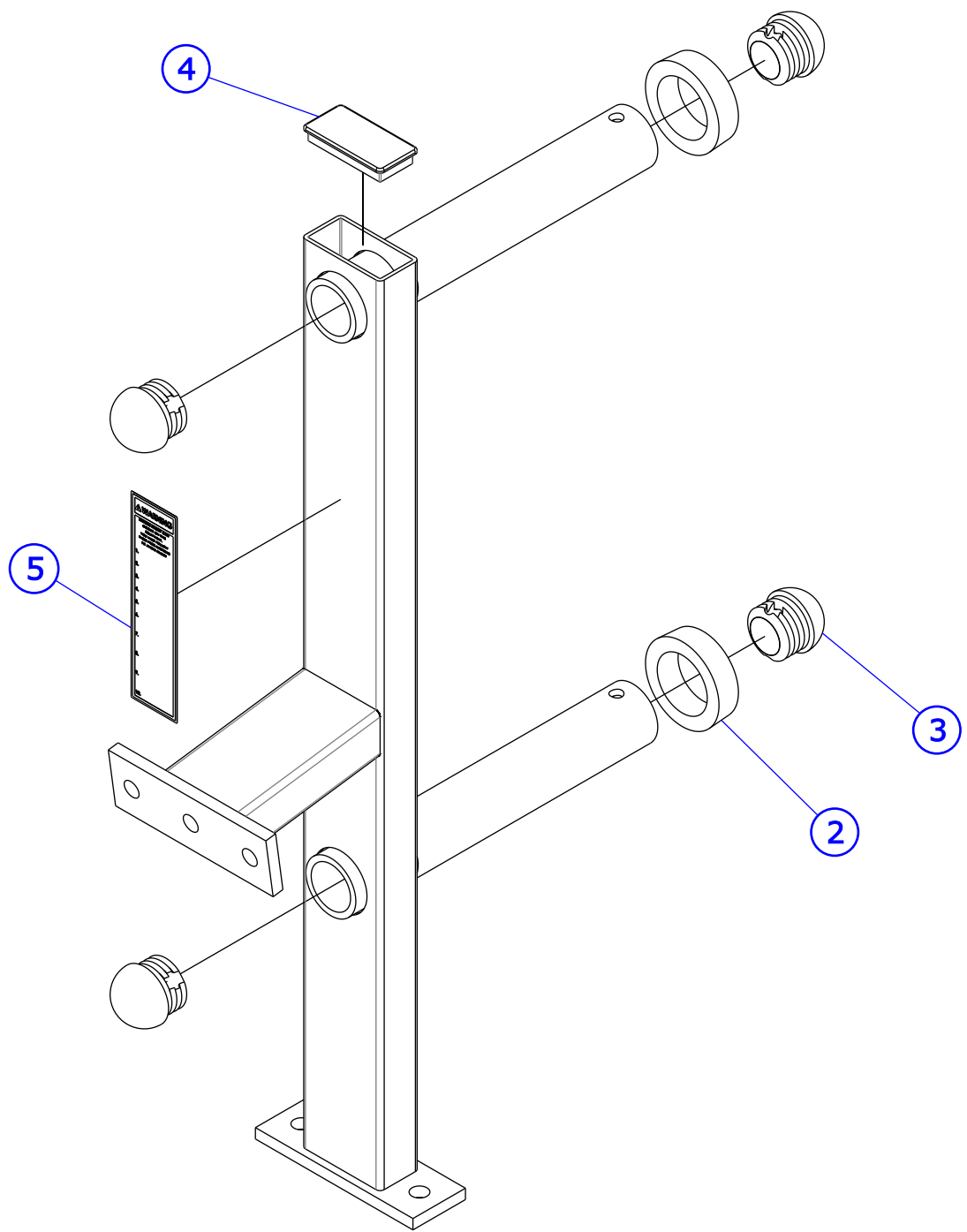
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
3	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
4	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	1	H-HPLUG (REG)	HOLE PLUG
6	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	1	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
8	1	H-NAME PLATE	NAMEPLATE (45156-P)
9	2	8039501	LABEL, WARNING, TRIANGLE
10	2	WASH.5SAE	1/2" SAE FLAT WASHER
11	1	H-BUMP-SPACER	3/16" BUMPER SPACER
12	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
13	1	-	SERIAL NUMBER

LEFT MOVEMENT ARM ASSEMBLY



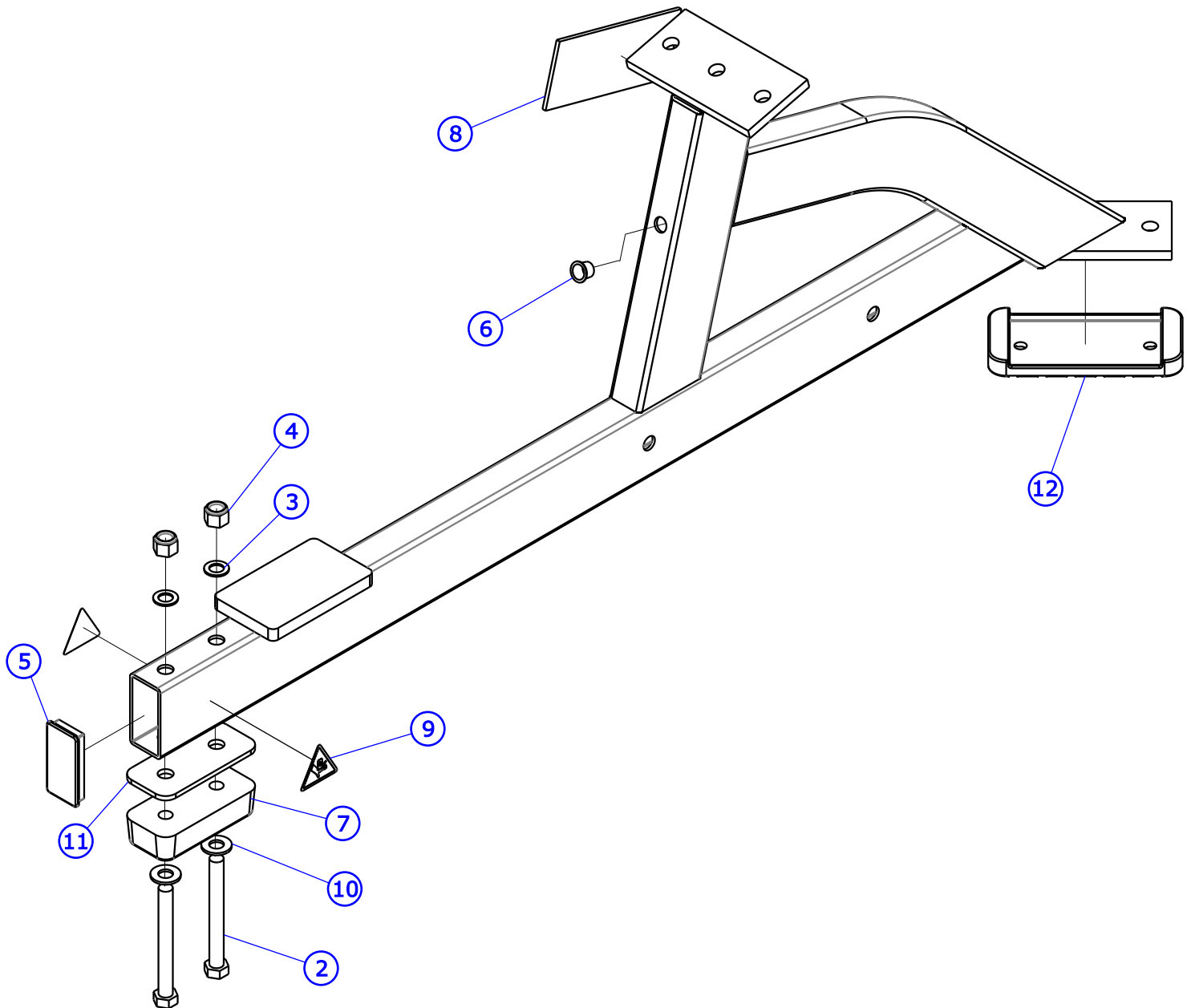
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-BUMP-MED	MM2 MEDIUM
3	2	RUBCAP1-2	RUBBER CAP #1
4	1	H-GRIP	HANDLE GRIPS (.938X16)
5	1	H-RUBRNG	MM5 RING
6	4	WASH.5STAR	1/2" INTERNAL LOCK WASHER
7	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
8	4	WASH.5SAE	1/2" SAE FLAT WASHER
9	4	NUT.5JAMLOCK	1/2 THIN LOCK NUT
10	2	HHB.5X2	1/2 X 2 BOLT
11	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
12	1	SELECTOR PIN-3	SELECTOR PIN 3 IN.
13	2	H-BEAR-SML	SMALL BEARING
14	2	ACCORDIAN	SHAFT GUARD

WEIGHT TREE ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-RUBRNG	MM5 RING
3	4	RUBCAP1-2	RUBBER CAP #1
4	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
5	1	8773701	LABEL, ASTM PL VERT

RIGHT SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
3	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
4	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
6	1	H-HPLUG (REG)	HOLE PLUG
7	1	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
8	1	H-NAME PLATE	NAMEPLATE (45156-P)
9	2	8039501	LABEL, WARNING, TRIANGLE
10	2	WASH.5SAE	1/2" SAE FLAT WASHER
11	1	H-BUMP-SPACER	3/16" BUMPER SPACER
12	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER

This diagram illustrates the exploded view of a mechanical assembly, with components numbered 1 through 14. The assembly consists of a main frame (1) and a sliding carriage (2). The carriage is equipped with a pulley (3) and a roller (4). A drive shaft (5) is connected to the carriage via a coupling (6). The drive shaft is supported by bearings (7) and a pulley (8). A motor (9) is connected to the drive shaft via a coupling (10). A bracket (11) is attached to the motor. A roller (12) is mounted on the carriage. A bracket (13) is attached to the carriage. A roller (14) is mounted on the carriage.

10