

HAMMER[®] STRENGTH

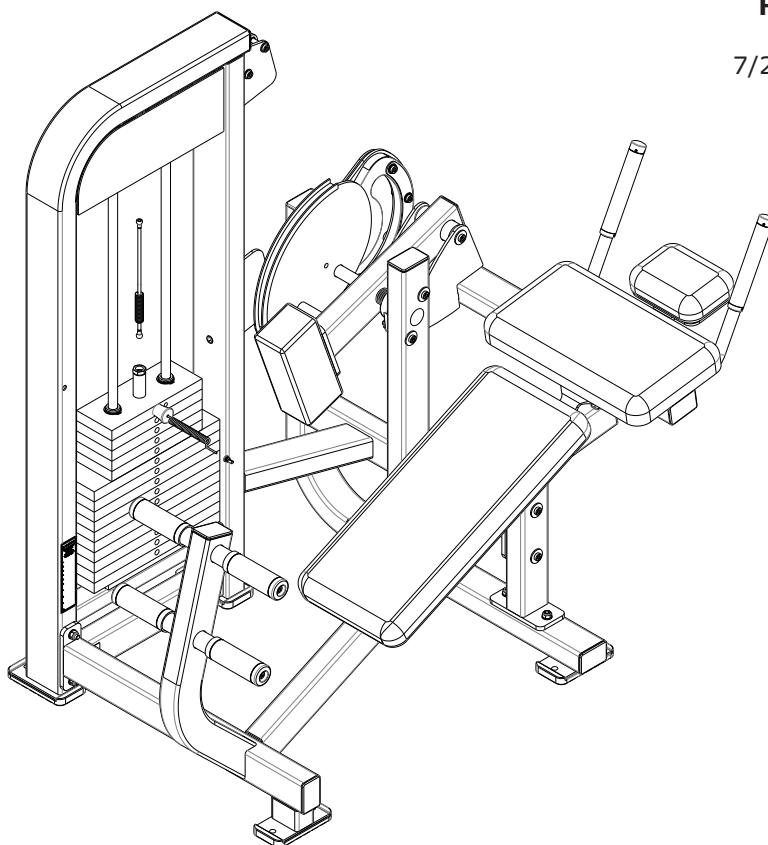
**HAMMER
STRENGTH[®]**

HAMMER SELECT

PARTS MANUAL

**ABDOMINAL CRUNCH
HS-ABC**

7/25/2016



CONTENTS

POWDER COATED COMPONENTS PAGE 3

COMPONENT ASSEMBLY 4

COMPONENT ASSEMBLY TABLE 5

WEIGHT STACK ASSEMBLY 6

INCREMENT WEIGHT ASSEMBLY 7

ADD-ON WEIGHT ASSEMBLY 8

REAR SHROUD ASSEMBLY 9

FULL SHROUD ASSEMBLY 10

KEY

LANGUAGE 1 2 3

Items with Black call-outs require the language to be listed within the order notes. IE. English

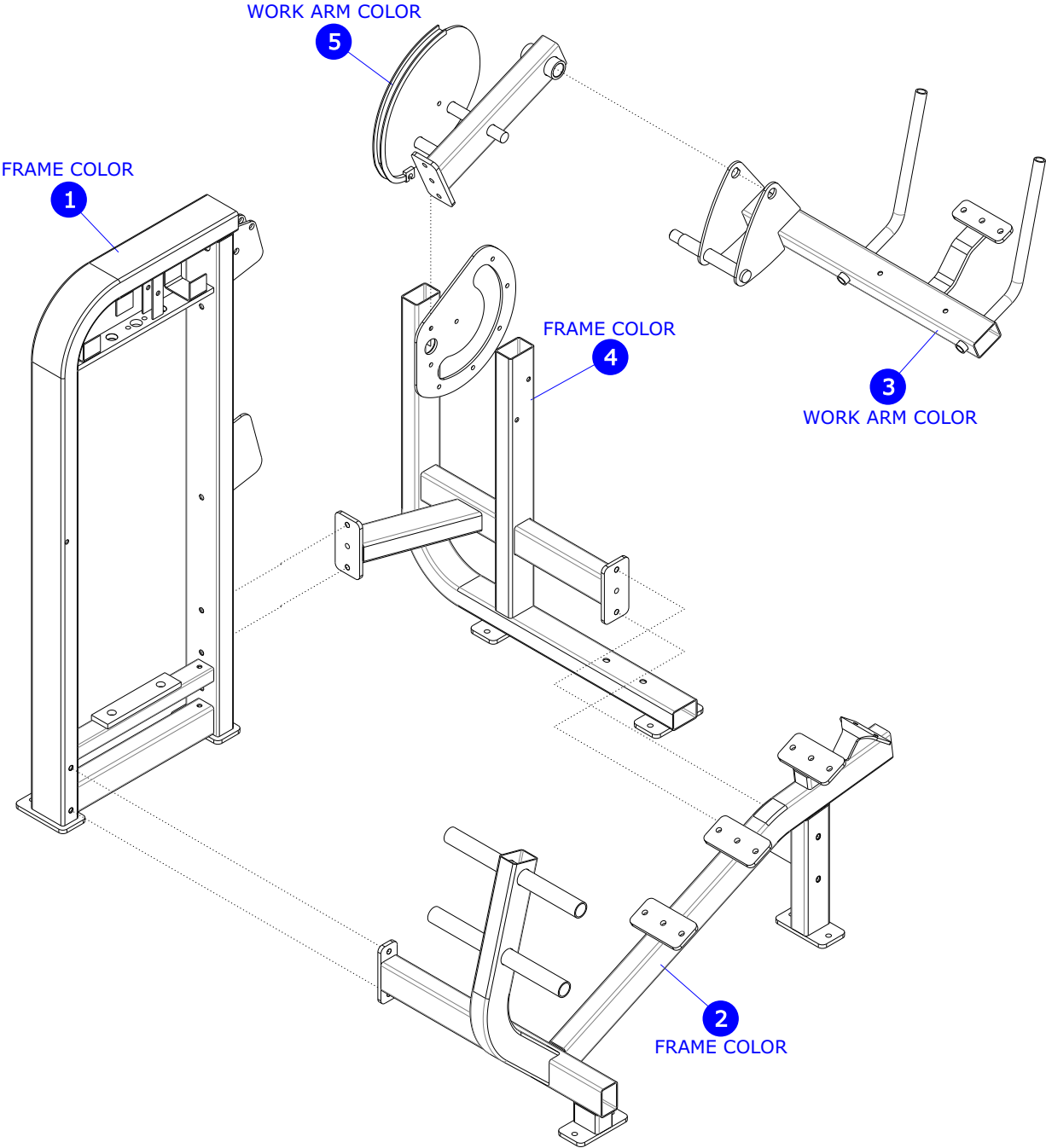
UPHOLSTERY 1 2 3

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. Add 'No Clear' after color - IE. Platinum No Clear

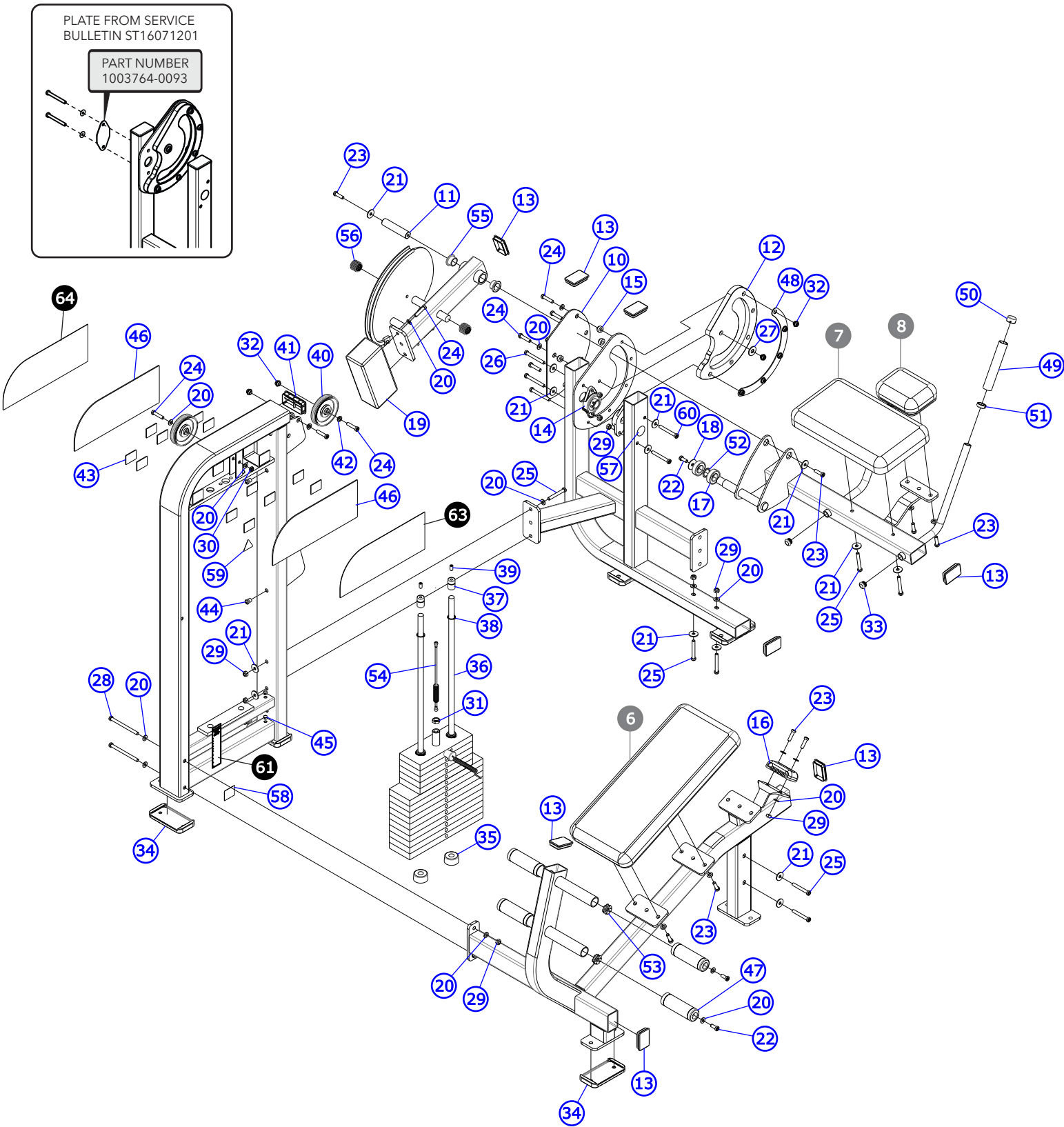
POWDER COATED COMPONENTS



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8227601	WLDMT, PSABC WEIGHT STACK
2	1	8223201	WLDMT, PSABC BACK SUPT
3	1	1000114-0000	WLDMT, PS/HS-ABC WORK ARM
4	1	1003695-0000	WLDMT, PSABC/HS-ABC REAR FRAME
5	1	1003696-0000	WLDMT, PSABC CAM

ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 2 FOR ORDERING INSTRUCTIONS.

COMPONENT ASSEMBLY

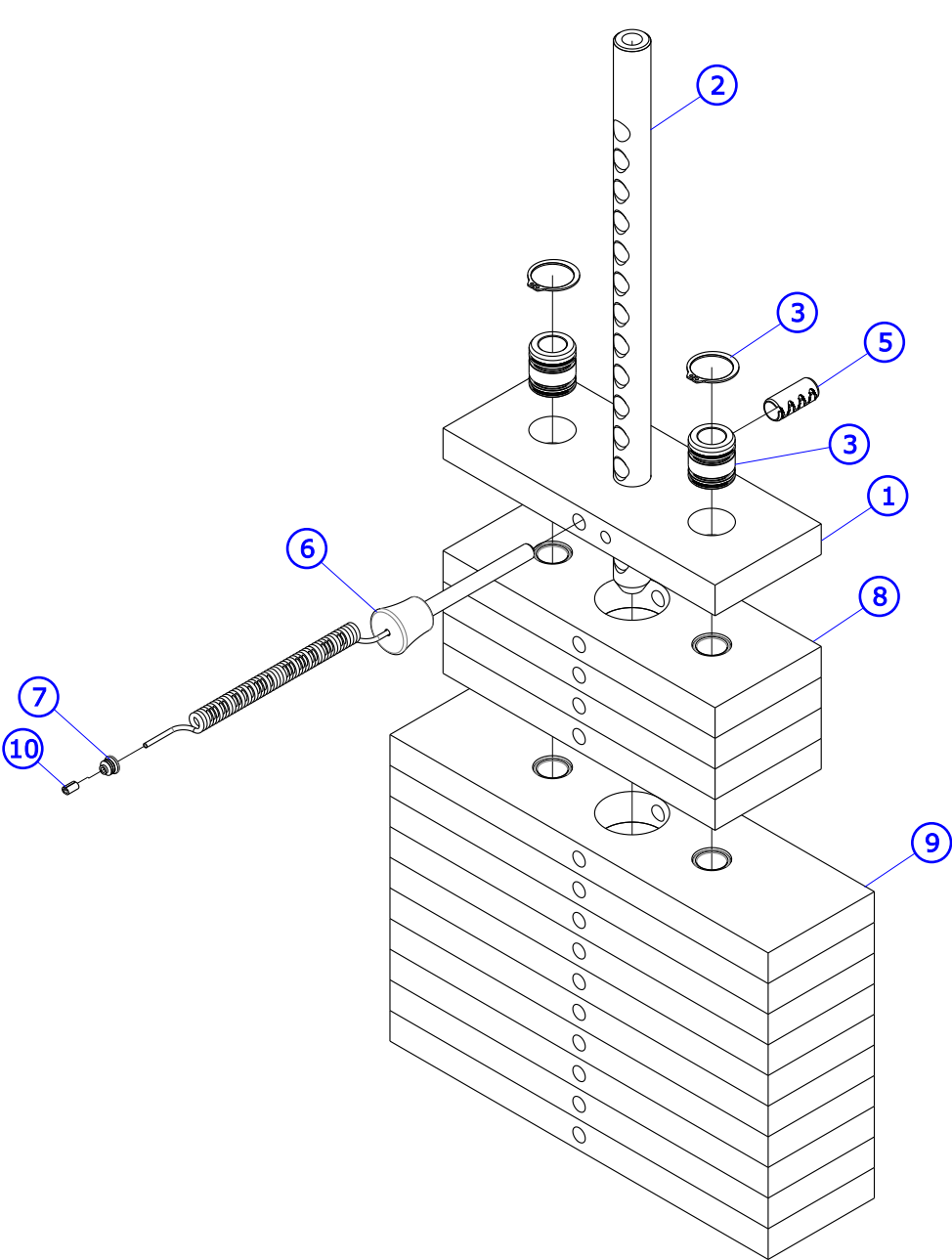


SEE PAGE 5 FOR TABLE

COMPONENT ASSEMBLY TABLE

ITEM NO.	QTY.	PART NO.	DESCRIPTION
6	1	7398801	PAD, BACK 25 X 11-1/4
7	1	7297301	PAD, ASSY 18 X 10
8	1	7563001	PAD, 8 X 6
10	1	1000119-0001	SHROUD, PSABC/HS-ABC CAM
11	1	1000115-0001	SHAFT, TAPPED 1 DIA X 4.630
12	1	1000118-0001	CAM, FOLLOWER FZAB/PSABC/HS-ABC
13	9	7352301	CAP, END 2 X 3
14	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
15	5	8300401	SPACER, CAM SHROUD
16	1	7352001	BUMPER, 2-1/8 X 4-5/8
17	2	3235601	BEARING, 6205 BALL
18	1	3236701	WSHR,FENDER 3/8 ID X 1.5 OD SS
19	1	7802501	WEIGHT, COUNTER LG
20	34	3236601	WASHER, 3/8 SAE SS
21	14	3236602	WASHER, 3/8 ID X 1.25 OD SS
22	5	3236202	SCREW, M10 X1.5 25MM
23	10	3236204	SCREW, M10 X1.5 35MM
24	10	3236206	SCREW, M10 X1.5 45MM
25	8	3236212	SCREW, M10 X1.5 75MM
26	3	3236214	SCREW, M10 X1.5 85MM
27	1	3102502	WASHER; FLAT 1/2 USS ST ZN
28	2	3236220	SCREW, M10 X1.5 130MM
29	14	3236801	NUT, M10 HEX NYLOCK SS
30	1	3236901	NUT, HEX JAM M10 X 1.5 SS
31	1	3236902	NUT, HEX JAM M16 X 2 SS
32	8	7335401	NUT, M10 X 1.5 SOCKET HEAD
33	2	3119304	CAP, END 1.00 DIA RD 10-12 GA
34	5	7388201	FOOTPAD, PS RUBBER
35	2	7352101	CUSHION, WEIGHT STACK
36	2	7328610	GUIDE ROD, .75 OD SOLID 39.75
37	2	7402301	RETAINER, GUIDEROD
38	2	3232421	RING, BRE .940, 5100-100 ST PP B
39	2	3240501	M10 X 1.5 X 20 HXS NO CUP ST BO
40	2	3237801	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
41	1	9462701	CAP, HAMMER, END 2 X 4
42	2	7348101	WASHER, SPACER
43	12	7544202	PAD, DUAL LOCK 250 1.5" X 2.0"
44	6	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
45	4	3237401	PLUG, 7/16" HOLE
46	2	9169401	COVER, STACK-PRO2 STD
47	4	7800101	GRIP, 1.50 ID FOOT
48	1	1000116-0093	PLATE, CAM -HWG
49	2	3235801	GRIP, 1.00 ID X .125 X 7
50	2	7662901	CAP, GRIP 1.25 OD
51	2	7662801	RING, GRIP 1.25 OD
52	1	3225005	WASHER, 1.031-1.375-.031 SPEC ST ZN
53	4	7347301	NUT, SPIDER M10 X 1.5
54	1	7423725	CABLE, PSABC 72-1/8
55	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
56	2	6912807	SLEEVE, ACCRDN 1.0 ID X 1
57	1	7488701	LABEL, AXIS OF ROTATION
58	1	-	LABEL, SERIAL NUMBER, BLANK
59	1	8039501	LABEL, WARNING, TRIANGLE, 10-0099-067, BNR
60	2	3236213	SCREW, M10 X1.5 80MM
61	1	8220099	LABEL, ASTM WARNING SELECT
62	1	9466701	LABEL, HS-ABC LOGO PANEL - ENG
63	1	9466699	LABEL, HS-ABC PLACARD
64	1	9466701	LABEL, HS-ABC LOGO PANEL

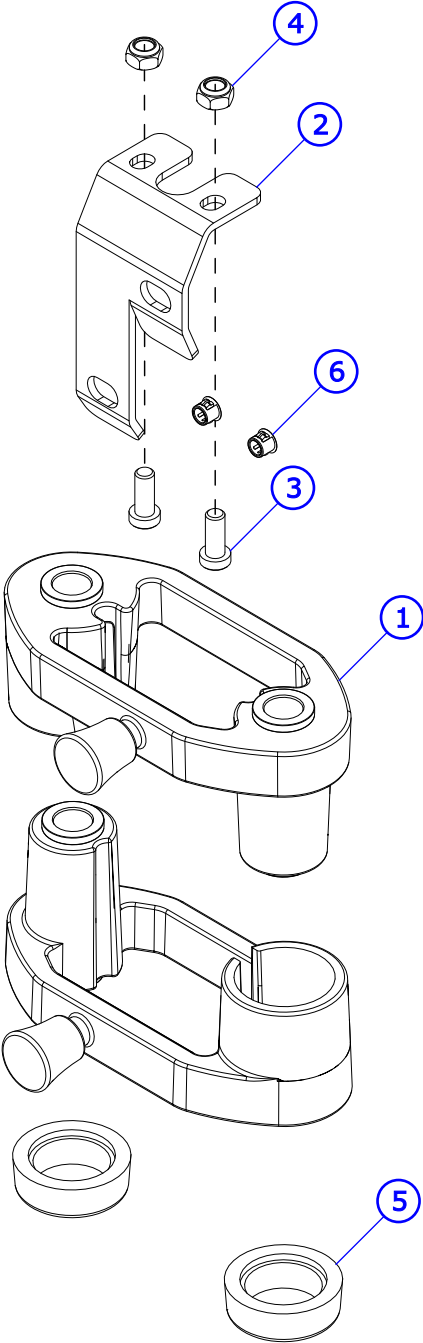
WEIGHT STACK ASSEMBLY



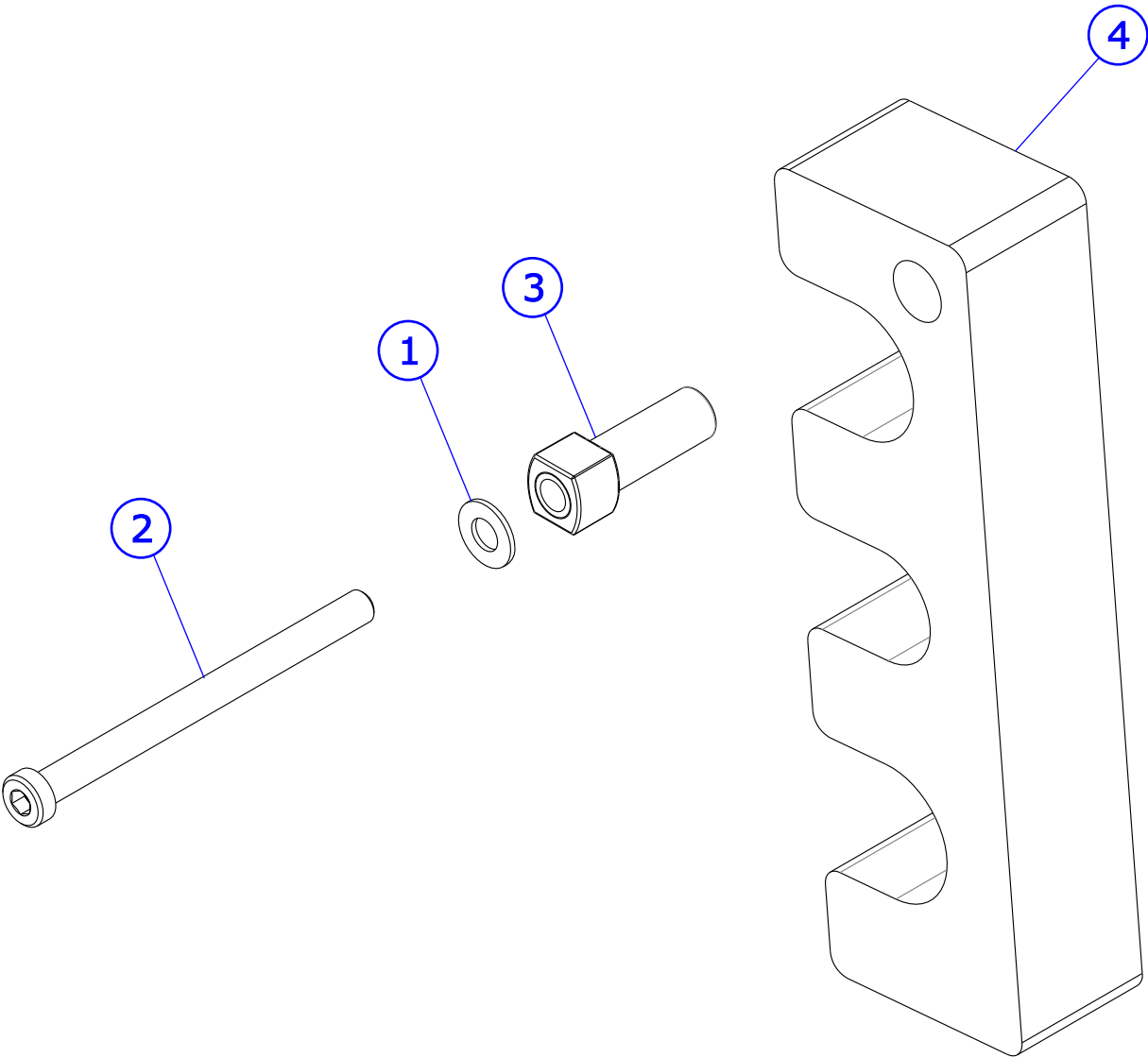
11	
10	☐
20	☐ 20
30	☐ 30
40	☐ 40
50	☐ 50
65	☐ 65
80	☐ 80
95	☐ 95
110	☐ 110
125	☐ 125
140	☐ 140
155	☐ 155
170	☐ 170
185	☐ 185
200	☐ 200
	☐
	☐
	☐
	☐
	☐
	☐
5	☐ 5
Lbs.	☐ Lbs.

12	
5	☐
10	☐ 10
15	☐ 15
20	☐ 20
25	☐ 25
32	☐ 32
39	☐ 39
46	☐ 46
53	☐ 53
60	☐ 60
67	☐ 67
74	☐ 74
81	☐ 81
88	☐ 88
95	☐ 95
	☐
	☐
	☐
	☐
	☐
	☐
2.5	☐ 2.5
Kg.	☐ Kg.

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7352601	BAYONET, 14 PLATE
3	2	7338001	BUSHING, HEADPLATE
5	1	3236001	BUSHING, SPRING PIN
6	1	7353001	ASSY, SELECTOR PIN
7	1	7356501	PLUG, LANYARD ATTACHMENT
8	4	7353701	ASSY, 10 LB PLATE
9	10	7353801	ASSY, 15 LB PLATE
10	1	7523601	CRIMP, CABLE
11	1	7987001	LABEL, 200 LB STACK
12		7987301	LABEL, 95 KG STACK

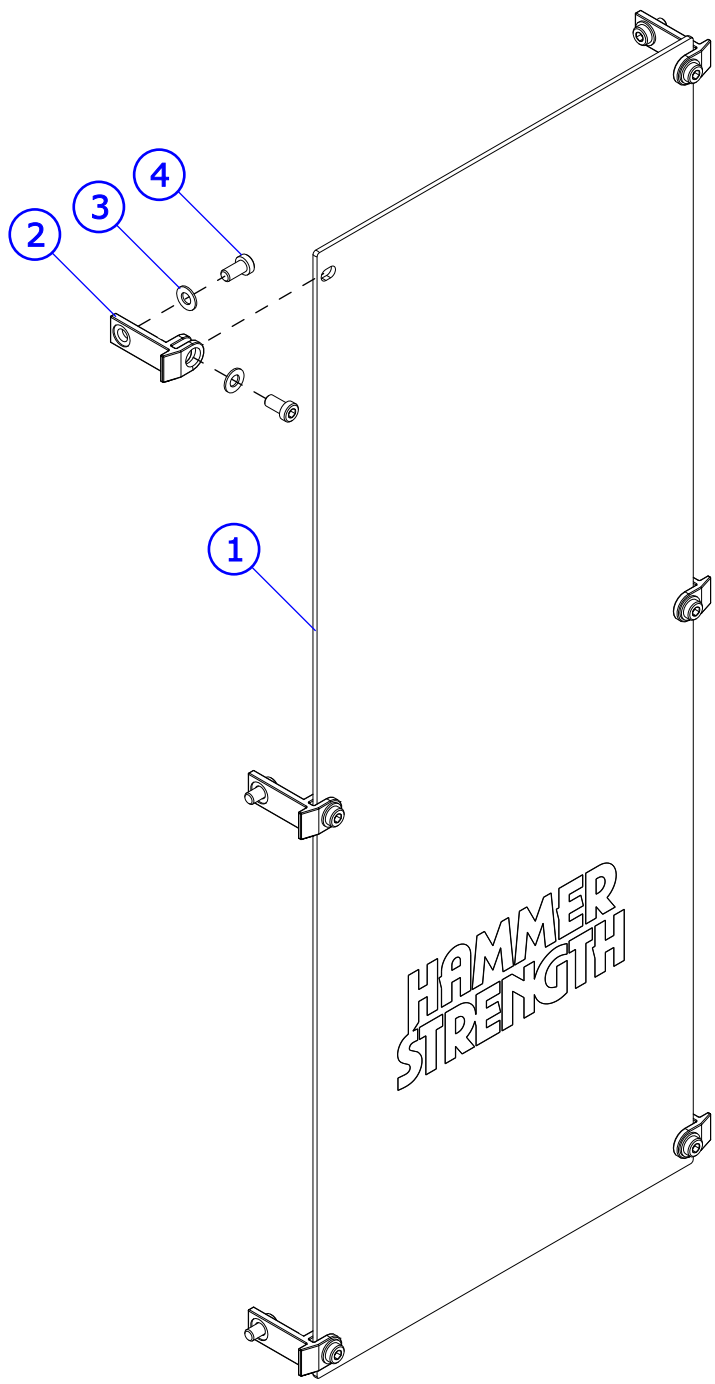


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8047001	ASSY, PS, INCREMENT WEIGHT
2	1	8700801	PLATE, INCREMENT WEIGHT STRIKER
3	2	3236202	M10 X 1.5 X 25 SHCS, LOW HEAD
4	2	3236801	NUT, NYLOCK M10 X 1.5 SS
5	2	7767601	BUMPER, PS INCREMENT
6	2	3237401	PLUG, 7/16" HOLE



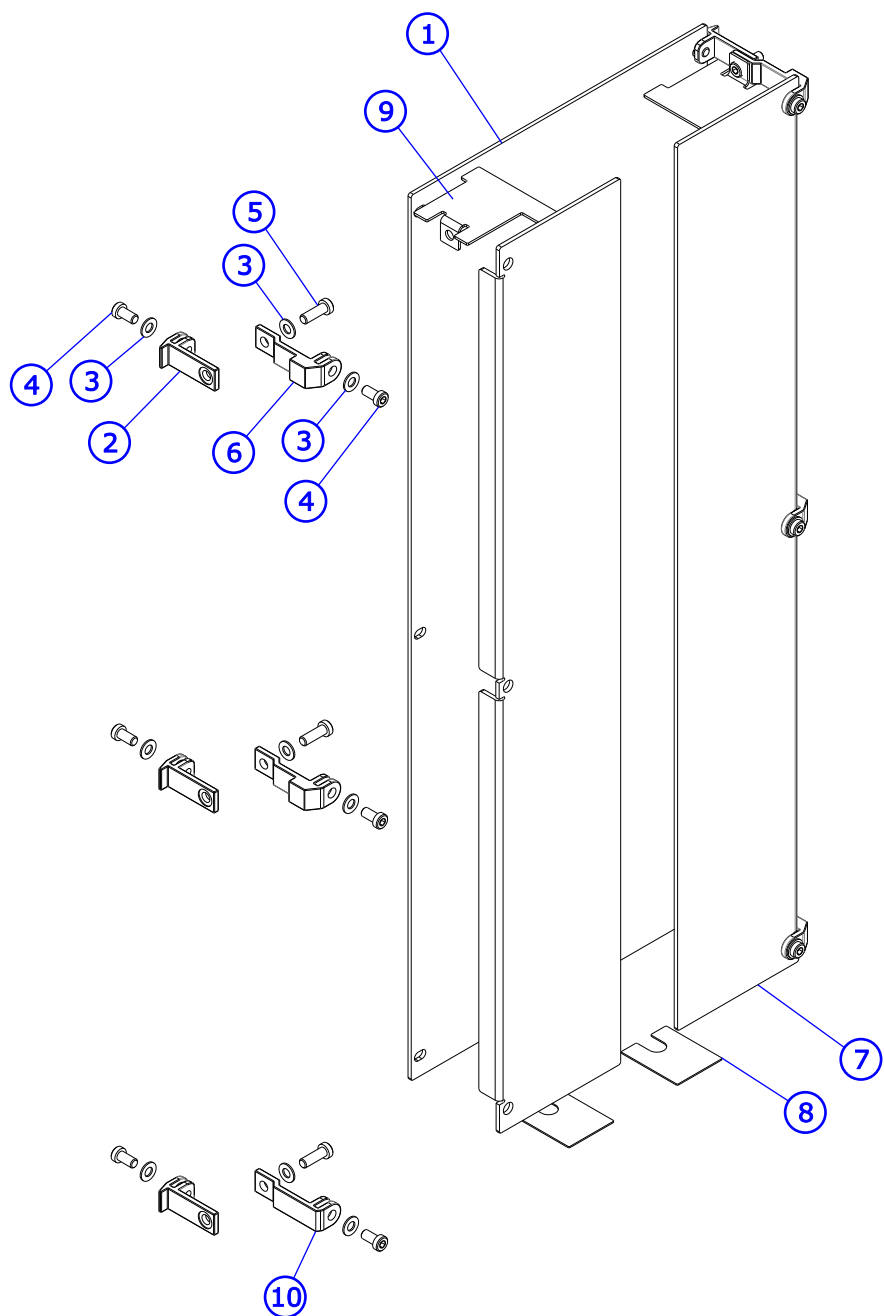
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236601	WASHER, 3/8 SAE SS
2	1	3236220	SCREW, M10 X1.5 130MM
3	1	7401701	COVER, PLASTIC PEG
4	1	7366101	WEIGHT, 7.5 LB. ADD-ON

REAR SHROUD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9475701	SHROUD, HS REAR 42.50 X 16.43
2	6	7655301	BRACKET, PS REAR SHIELD
3	12	3236601	WASHER, 3/8 SAE SS
4	12	3236201	SCREW, M10 X1.5 20MM

FULL SHROUD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9475701	SHROUD, HS REAR 42.50 X 16.43
2	6	7655301	BRACKET, PS REAR SHIELD
3	18	3236601	WASHER, 3/8 SAE SS
4	12	3236201	SCREW, M10 X1.5 20MM
5	6	3236203	SCREW, M10 X1.5 30MM
6	5	7376601	BRACKET, PS FRONT SHIELD
7	2	7376901	SHIELD, PS FRONT 42.5
8	2	7570901	PLATE, PS SHIELD STAND-OFF
9	2	7657401	PLATE, PRO2 SHROUD SPCR
10	1	8328801	BRKT, MOD PSABC FRONT SHIELD