

HAMMER[®] STRENGTH

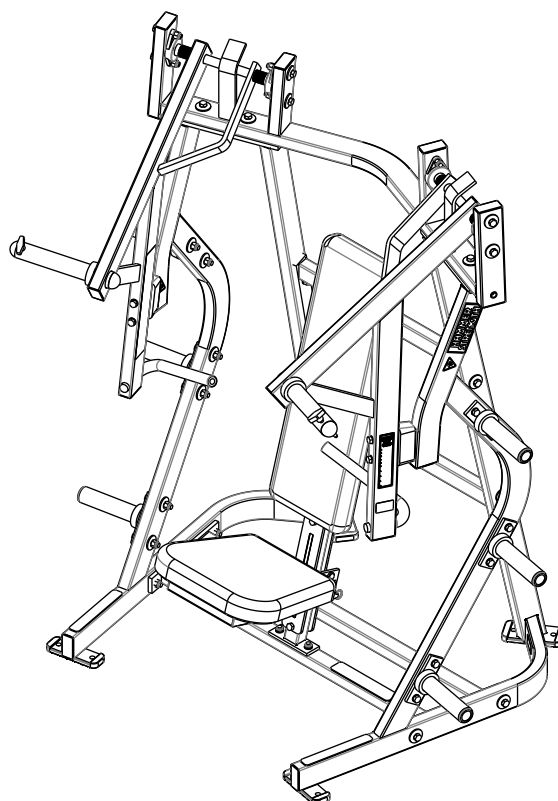
**HAMMER
STRENGTH[®]**

ISO-LATERAL

PARTS MANUAL

**BENCH PRESS/HORIZONTAL HANDLE
ILBPH & IL-BPH**

9/24/2014



CONTENTS

COMPONENT ASSEMBLY PAGE 3

FRONT FRAME ASSEMBLY 4

TOP CROSS MEMBER ASSEMBLY 5

LEFT SIDE FRAME ASSEMBLY 6

LEFT MOVEMENT ARM ASSEMBLY 7

SEAT FRAME ASSEMBLY 8

STD SEAT ASSEMBLY 9

RIGHT SIDE FRAME ASSEMBLY 10

RIGHT MOVEMENT ARM ASSEMBLY 11

WEIGHT HORN ASSEMBLY 12

KEY

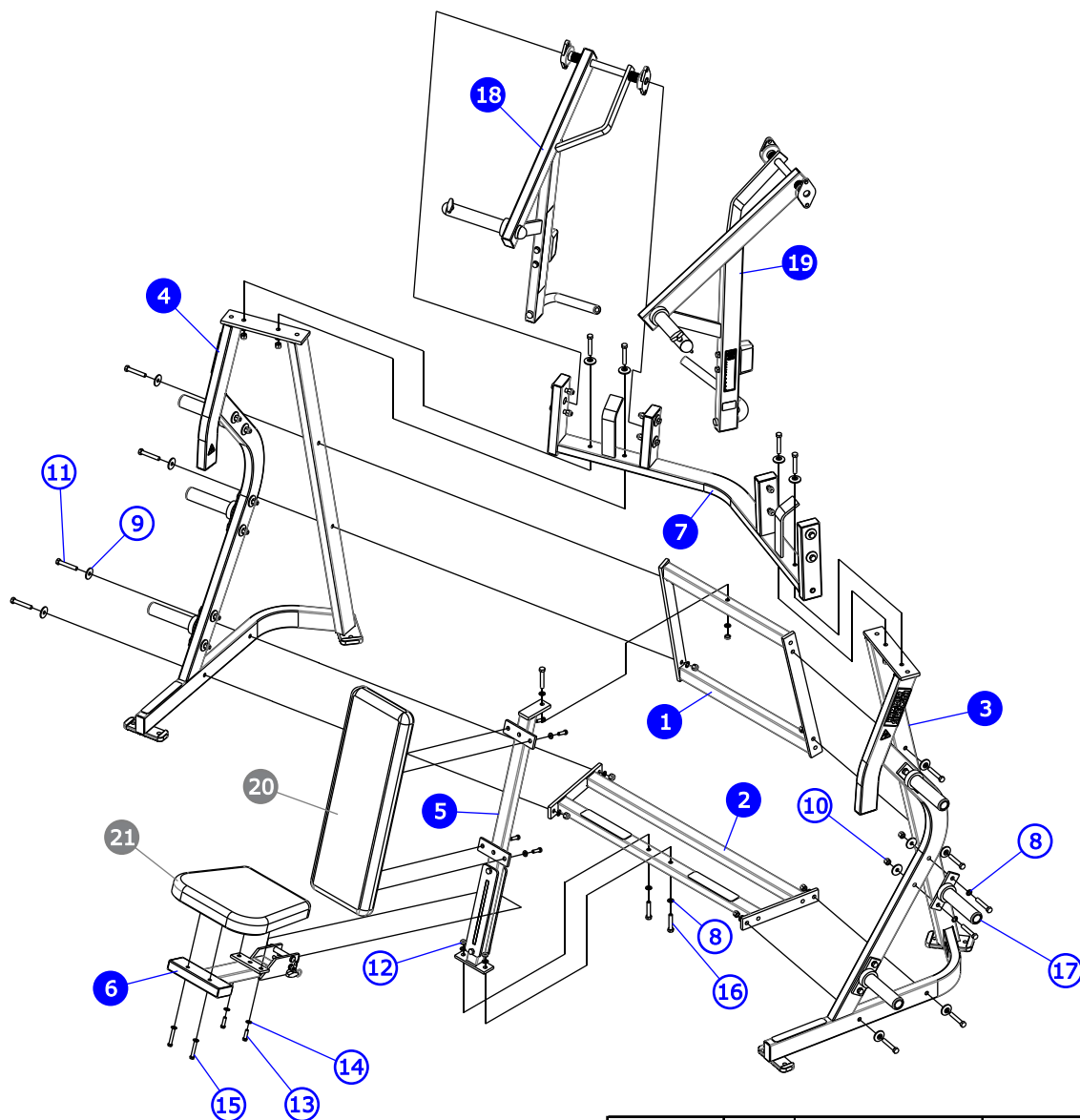
UPHOLSTERY 1 2 3

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

FRAME AND MOVEMENT ARM COLORS 1 2 3

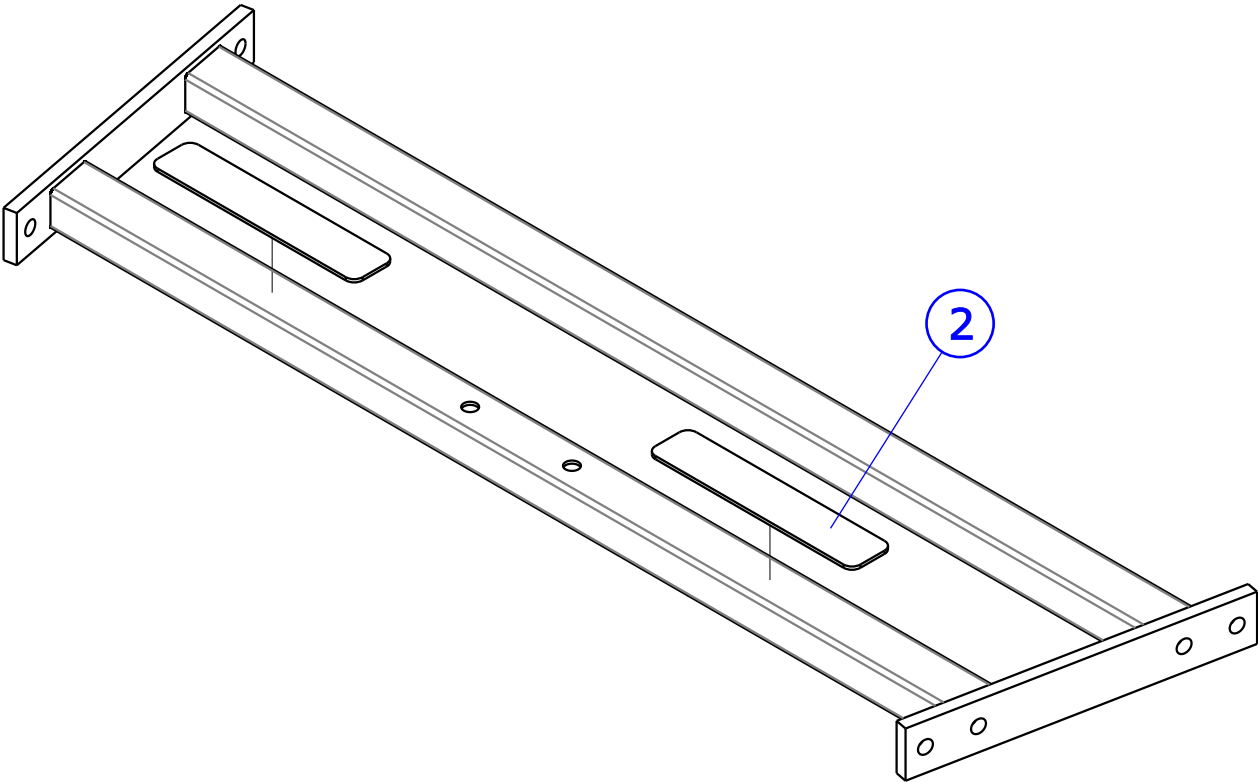
Items with Blue call-outs require the powder coat frame color to be listed within the order notes.

COMPONENT ASSEMBLY



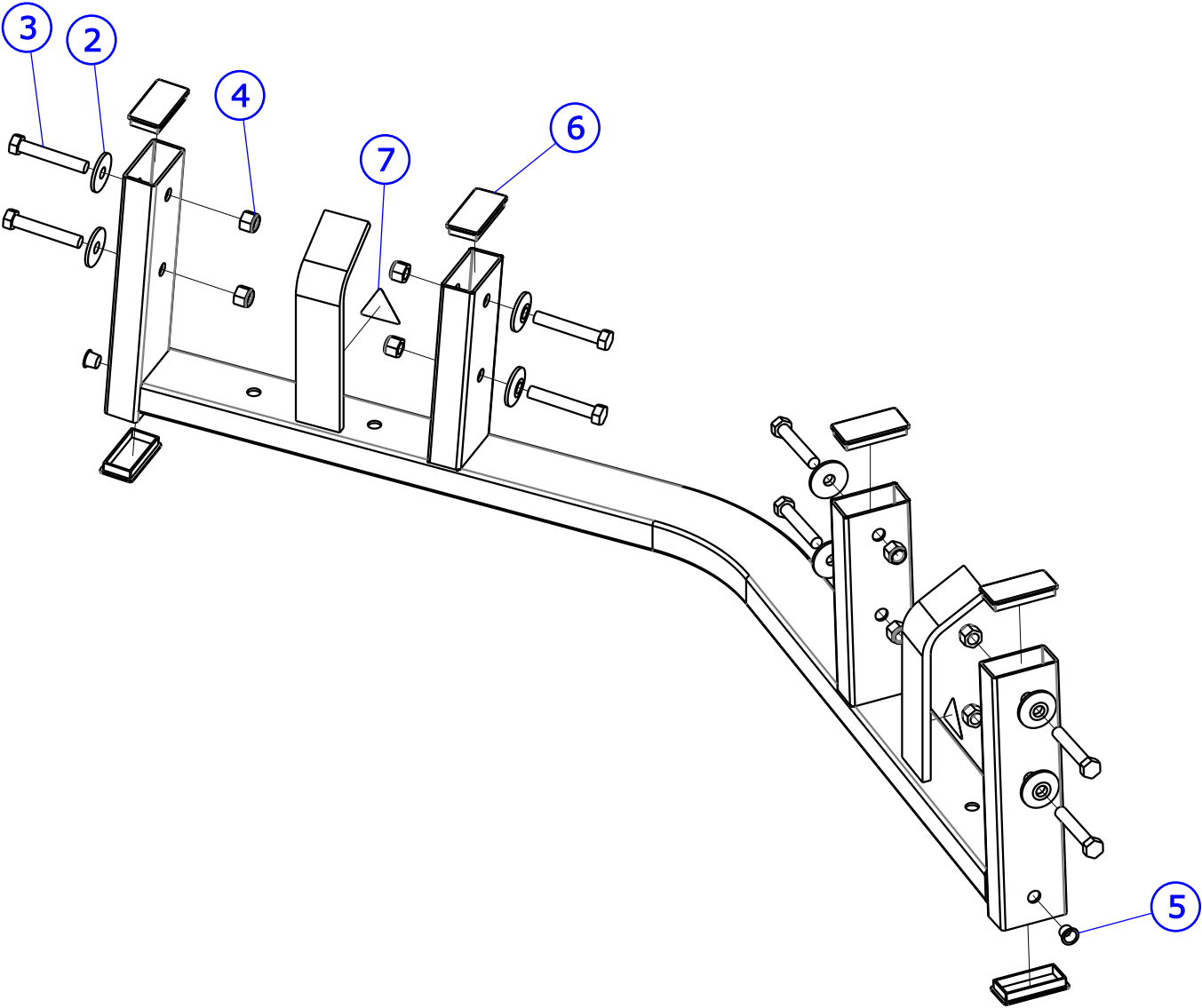
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILBP-BX	WLDMT, BACK FRAME, ILBP
2	1	ILBP-CFX	ASSY, FRONT FRAME, ILBP
3	1	ILBP-CSFL	ASSY, SIDE FRAME, LEFT, ILBP
4	1	ILBP-CSFR	ASSY, SIDE FRAME, RIGHT, ILBP
5	1	ILBP-CST	ASSY, SEAT FRAME, ILBP
6	1	CSTD-ST2	ASSY, STD SEAT 2
7	1	ILBP-CTX	ASSY, TOP CROSS MEMBER, ILBP
8	30	WASH.5STAR	1/2" INTERNAL LOCK WASHER
9	24	H-BACK-WASH	BACKING WASHER
10	24	NUT.5LOCK	1/2 DIA THICK LOCK NUT
11	25	HHB.5X3	1/2 X 3 BOLT
12	3	NUT.5JAMLOCK	1/2 THIN LOCK NUT
13	6	3236204	SCREW, M10 X1.5 35MM
14	8	WASH.375SAE	3/8" SAE FLAT WASHER
15	2	3236210	SCREW, M10 X1.5 65MM
16	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
17	6	H-HORN-ASSY	ASSY, WEIGHT HORN
18	1	ILBPH-CMAR	ILBPH:MOVEMENT ARM RIGHT
19	1	ILBPH-CMAL	ILBPH:MOVEMENT ARM LEFT
20	1	7354099	PAD, BACK 32-1/2 X 11-1/4
21	1	8854299	PAD, SEAT 17 X 16-3/4

FRONT FRAME ASSEMBLY



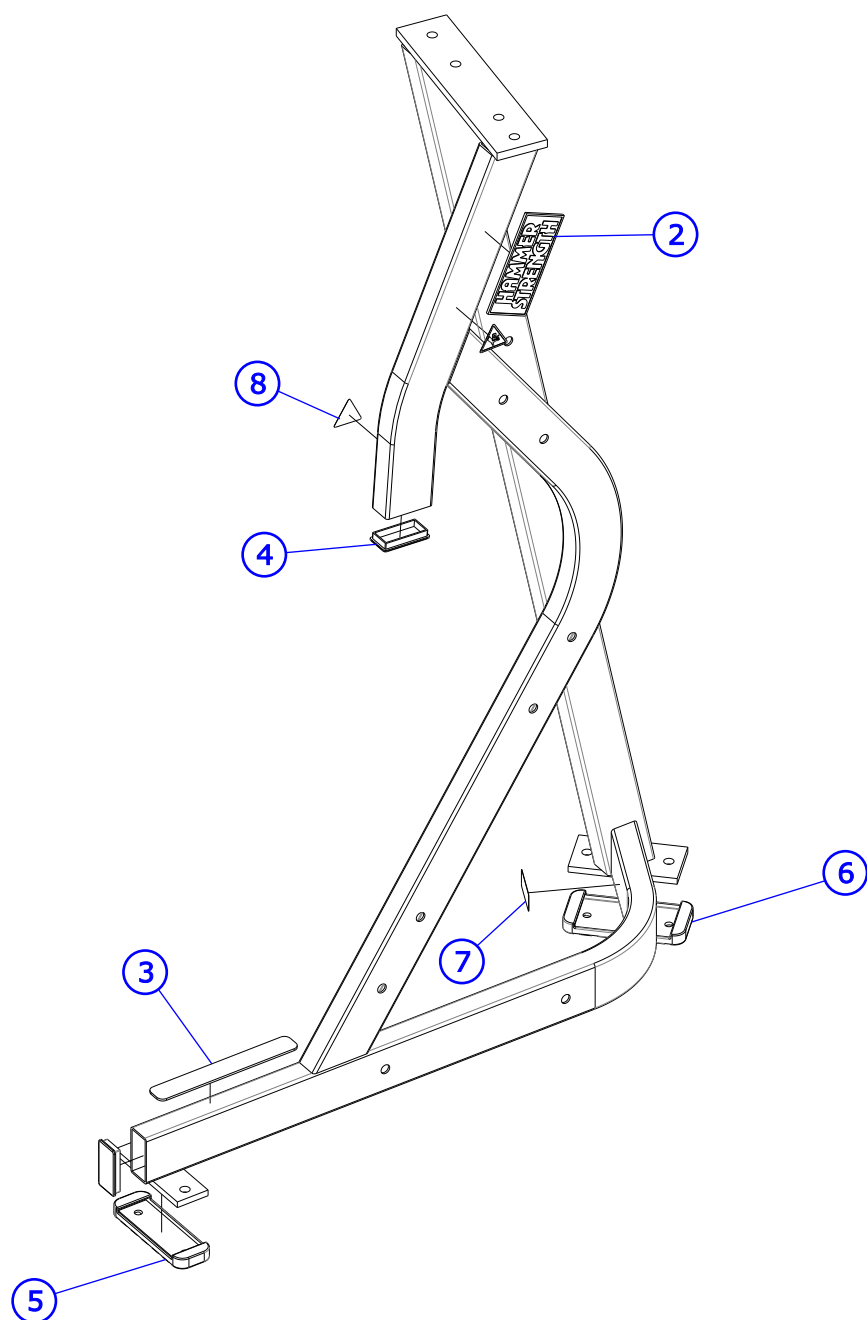
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-NONSKID 2X9	PLASTIC NON SKID STRIP 2 X 9

TOP CROSS MEMBER ASSEMBLY



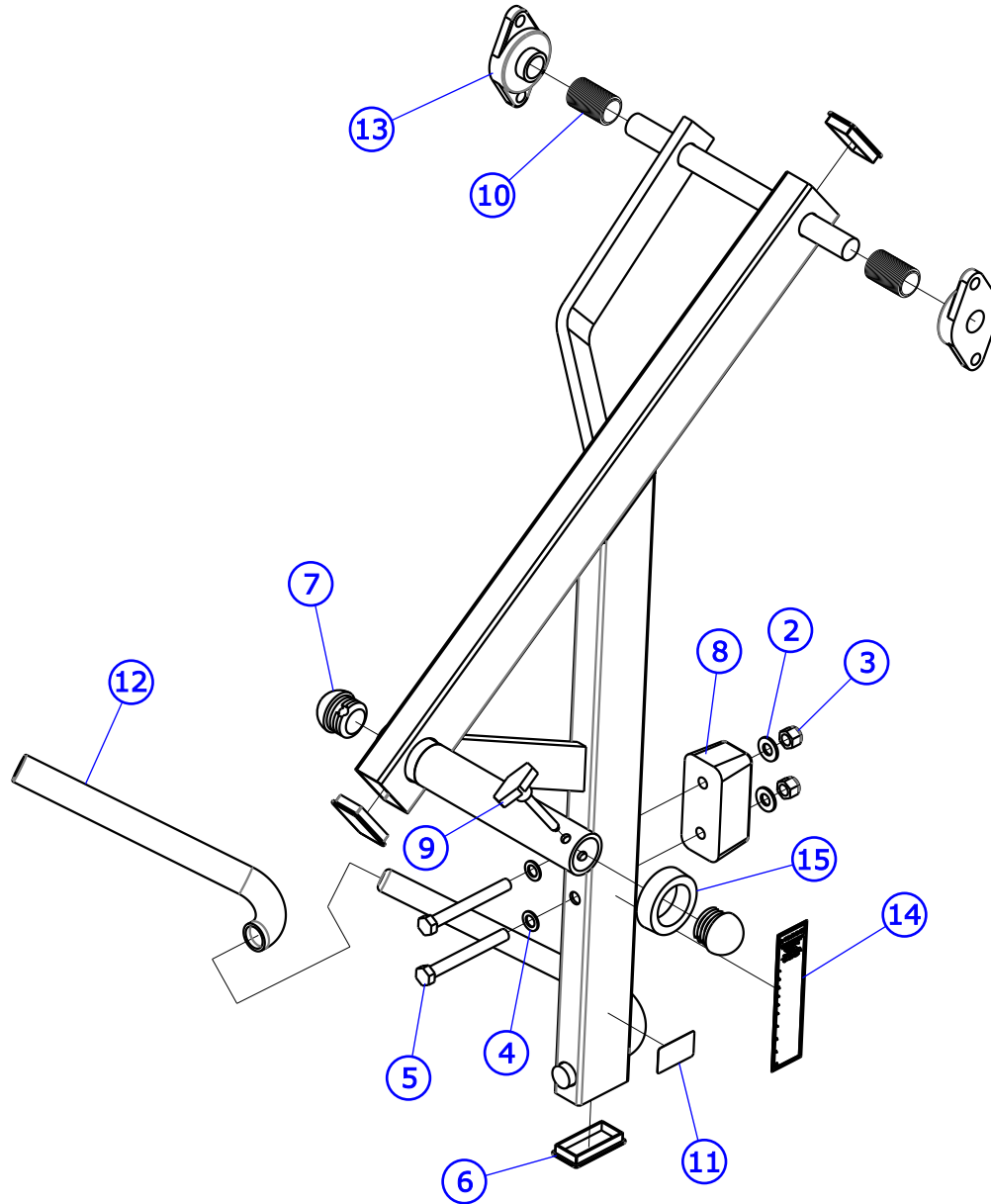
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	8	H-BACK-WASH	BACKING WASHER
3	8	HHB.5X3	1/2 X 3 BOLT
4	8	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	2	H-HPLUG (REG)	HOLE PLUG
6	6	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	2	8039501	LABEL, WARNING,TRIANGLE

LEFT SIDE FRAME ASSEMBLY



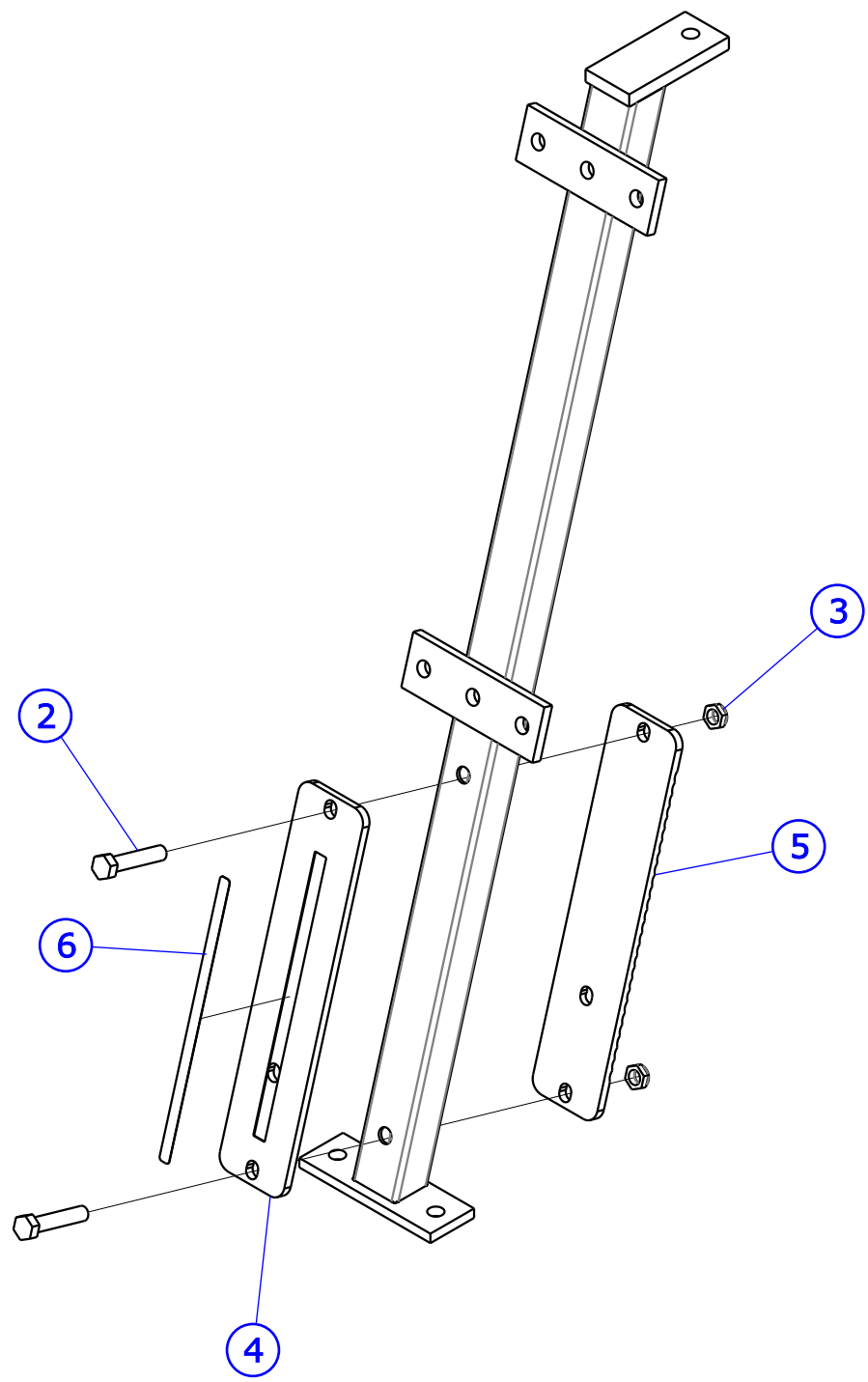
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-NAME PLATE	NAMEPLATE (45156-P)
3	1	NONSKID 1 X 9	PLASTIC NON SKID STRIP 1 X 9
4	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
5	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER
6	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
7	1	-	SERIAL NUMBER
8	2	8039501	LABEL, WARNING,TRIANGLE

LEFT MOVEMENT ARM ASSEMBLY



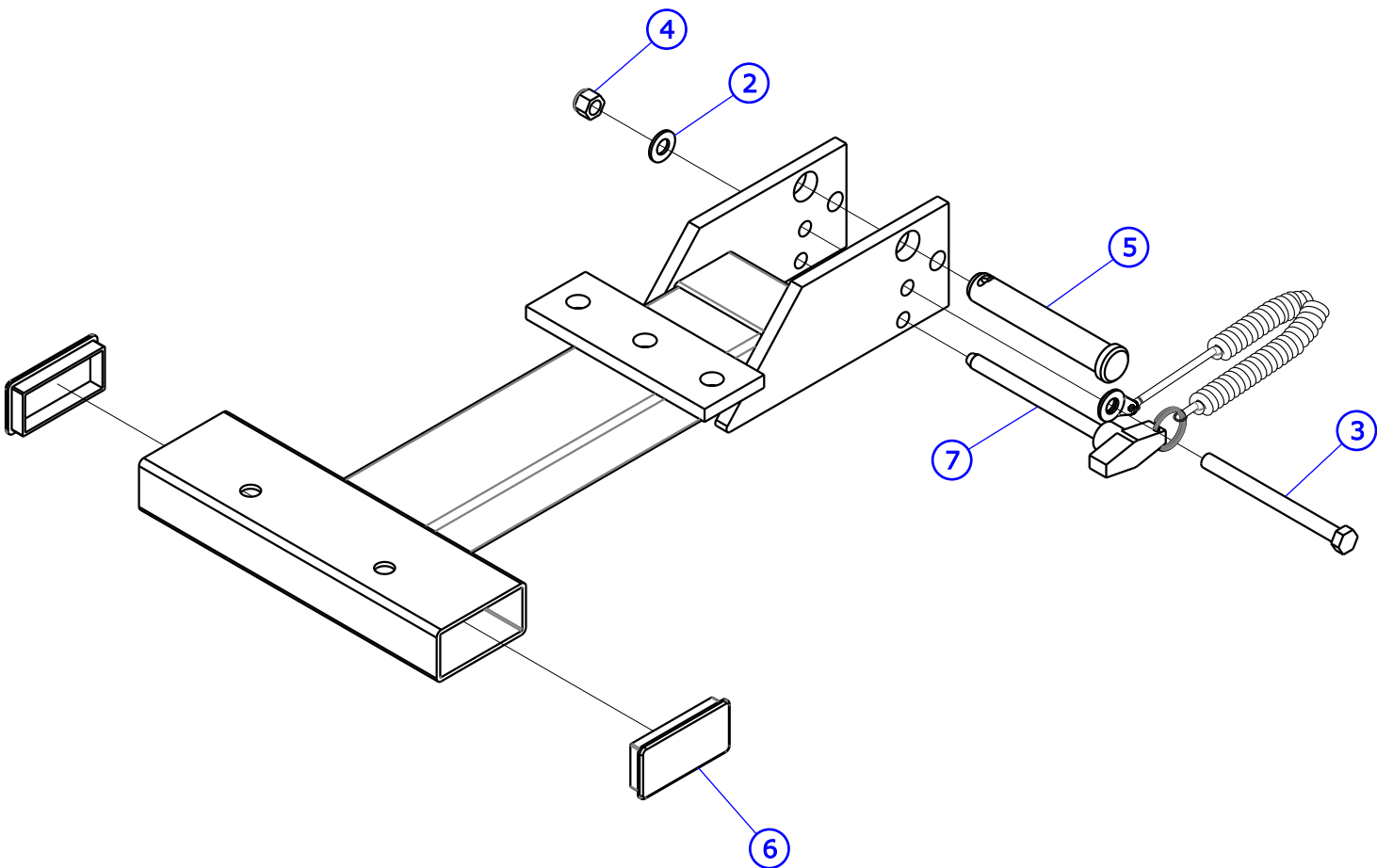
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.5SAE	1/2" SAE FLAT WASHER
3	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
4	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
5	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
6	3	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	2	RUBCAP1-2	RUBBER CAP #1
8	1	H-BUMP-MED	MM2 MEDIUM
9	1	SELECTOR PIN-3	SELECTOR PIN 3 IN.
10	2	ACCORDIAN	SHAFT GUARD
11	1	STAY CLEAR	STAY CLEAR DECAL
12	1	H-GRIP	HANDLE GRIPS (.938X16)
13	2	H-BEAR-SML	SMALL BEARING
14	1	8773701	LABEL, ASTM PL VERT
15	1	H-RUBRNG	MM5 RING

SEAT FRAME ASSEMBLY



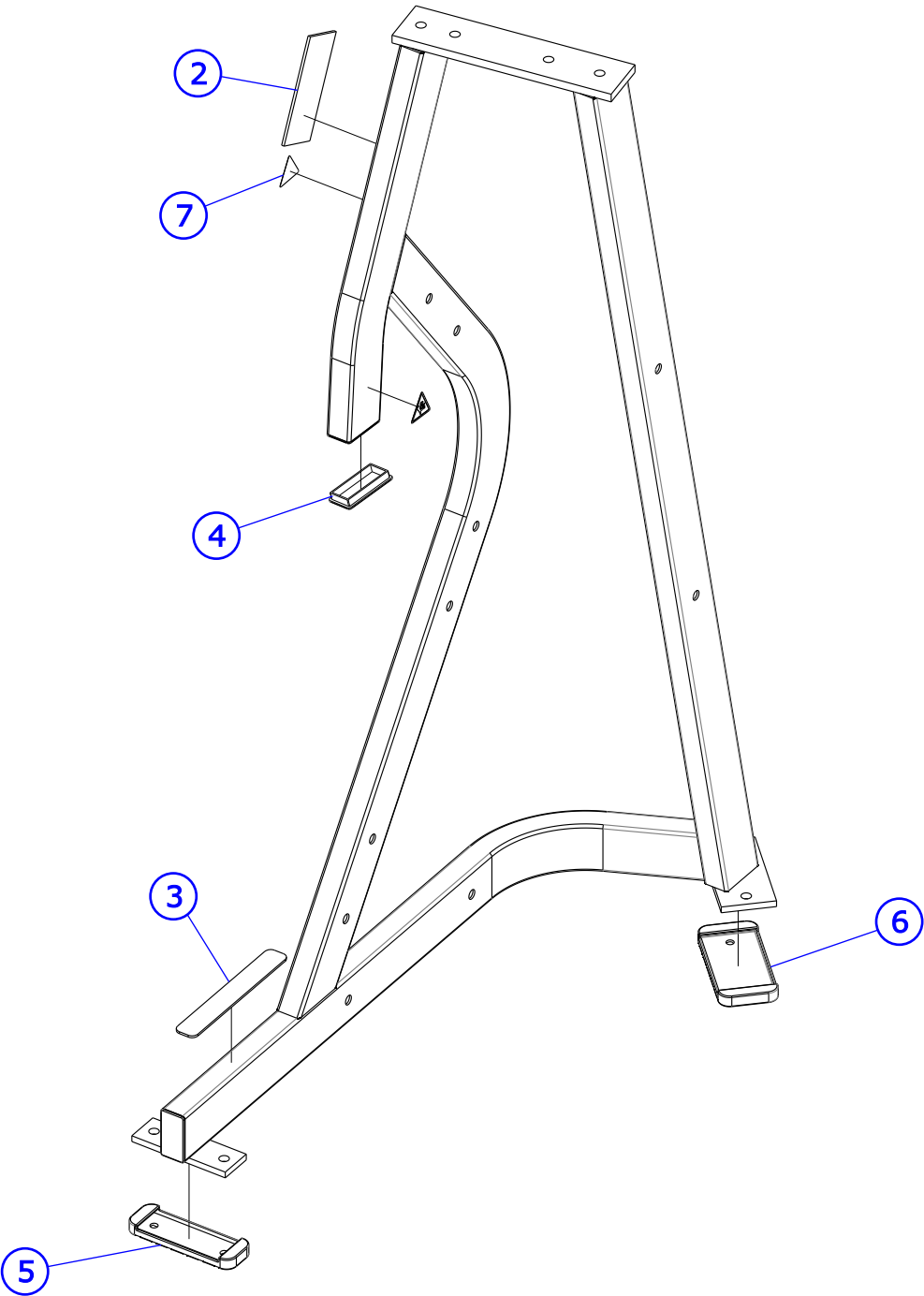
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
3	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
4	1	H-SEATRCKS-N	PLASTIC SEAT GUIDES(PP229)NEW)
5	1	H-SEATRCKS-RIB	SEATRACK BACK
6	1	SEAT NUMBER	SEAT ADJ. NUMBER

STD SEAT ASSEMBLY



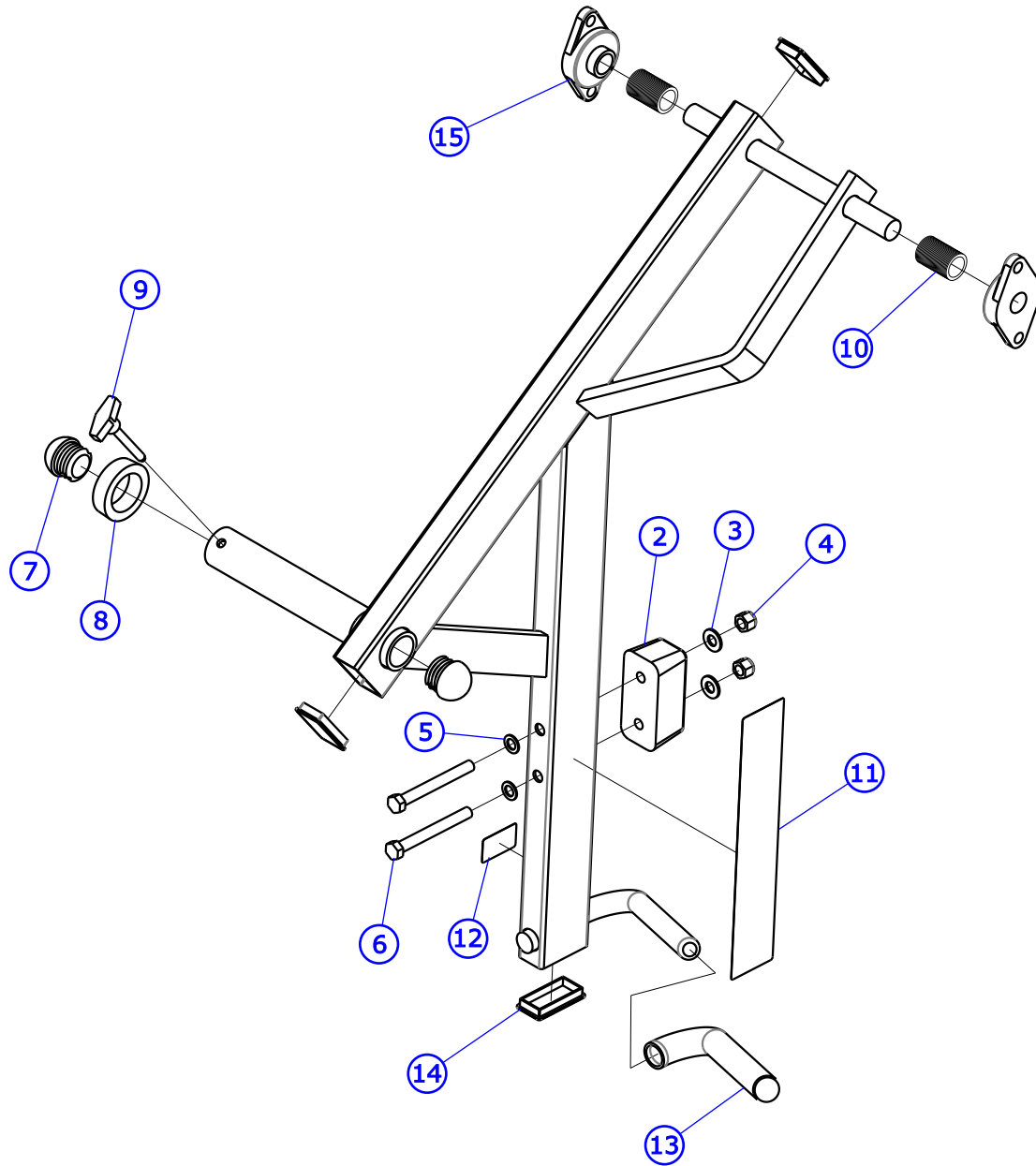
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.375SAE	3/8" SAE FLAT WASHER
3	1	HHB.375X4.5	STEEL BOLT 3/8 X 4.5
4	1	NUT.375LOCK	3/8 THICK LOCK NUT
5	1	STD SEAT PIN	STD SEAT PIN
6	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	1	SELECTOR PIN-4	SELECTOR PIN 4" WITH LANYARD

RIGHT SIDE FRAME ASSEMBLY



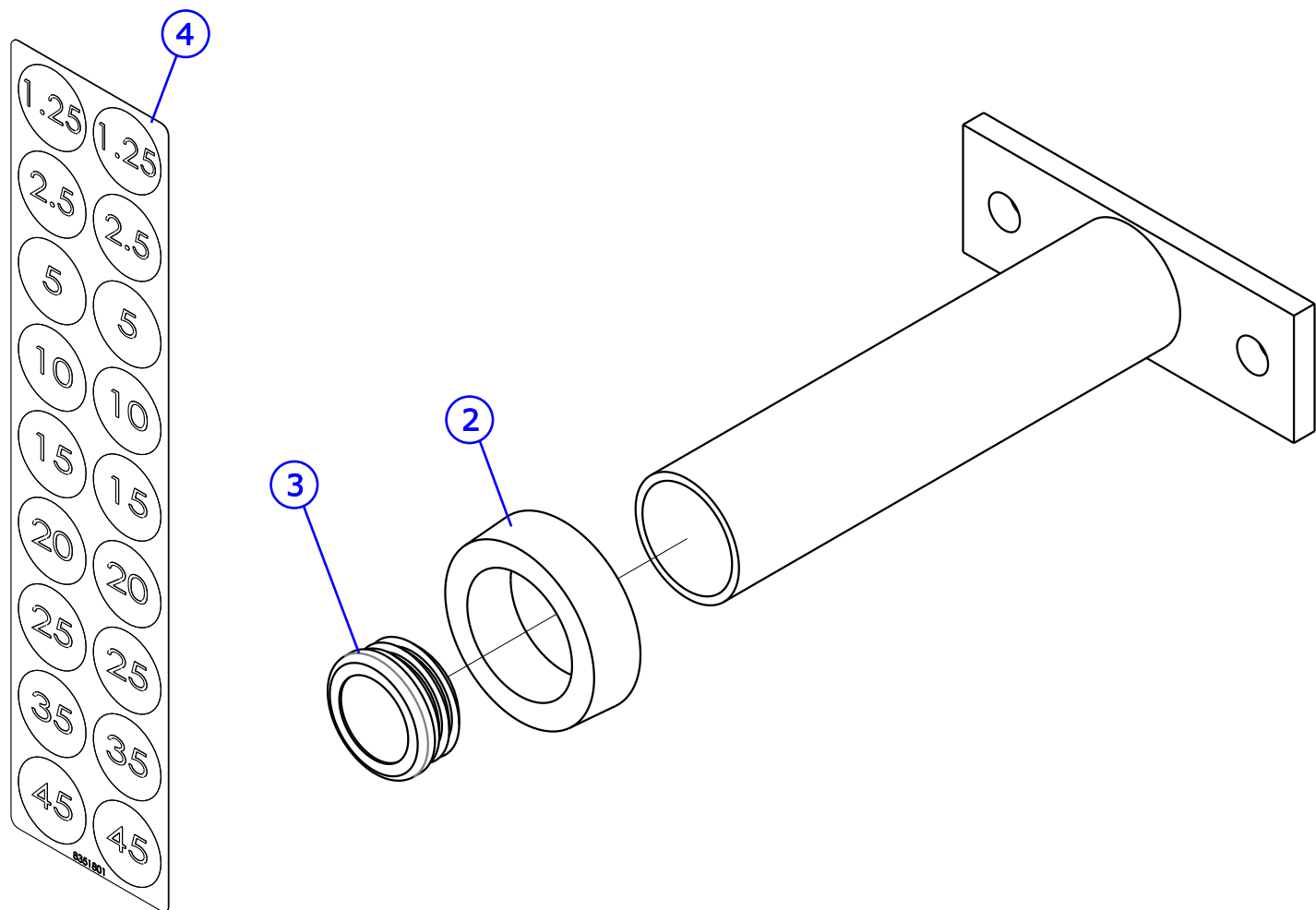
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-NAME PLATE	NAMEPLATE (45156-P)
3	1	NONSKID 1 X 9	PLASTIC NON SKID STRIP 1 X 9
4	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
5	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER
6	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
7	2	8039501	LABEL, WARNING, TRIANGLE

RIGHT MOVEMENT ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-BUMP-MED	MM2 MEDIUM
3	2	WASH.5SAE	1/2" SAE FLAT WASHER
4	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
6	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
7	2	RUBCAP1-2	RUBBER CAP #1
8	1	H-RUBRNG	MM5 RING
9	1	SELECTOR PIN-3	SELECTOR PIN 3 IN.
10	2	ACCORDIAN	SHAFT GUARD
11	1	IDBP	PRODUCT DECAL
12	1	STAY CLEAR	STAY CLEAR DECAL
13	1	H-GRIP	HANDLE GRIPS (.938X16)
14	3	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
15	2	H-BEAR-SML	SMALL BEARING

WEIGHT HORN ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-RUBRNG	MM5 RING
3	1	H-RUBCAP2	PLUG, HAMMER WEIGHT HORN
LABEL NOT INCLUDED IN ASSEMBLY			
4	-	8351801	LABEL, WEIGHT HORN, SHEET