

# HAMMER<sup>®</sup> STRENGTH

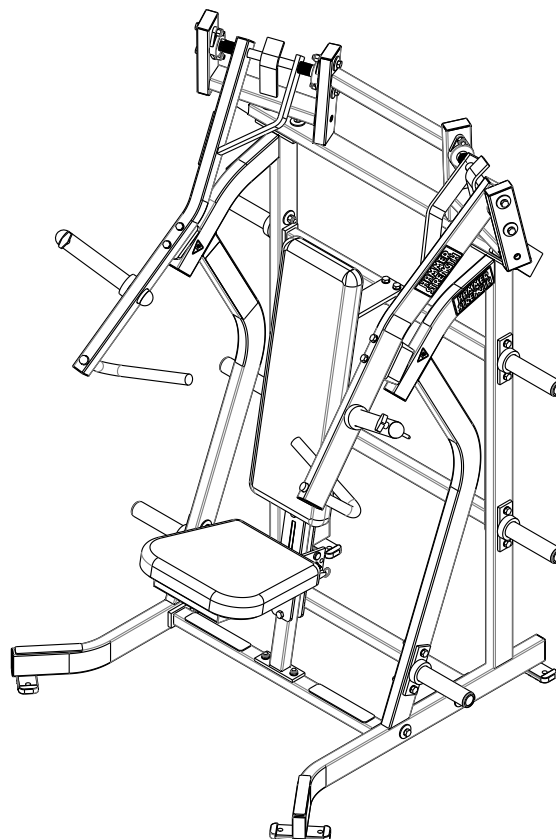
**HAMMER  
STRENGTH<sup>®</sup>**

**ISO-LATERAL**

**PARTS MANUAL**

**INCLINE PRESS/HORIZONTAL HANDLE  
ILIPH & IL-IPH**

1/16/2015



# 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**

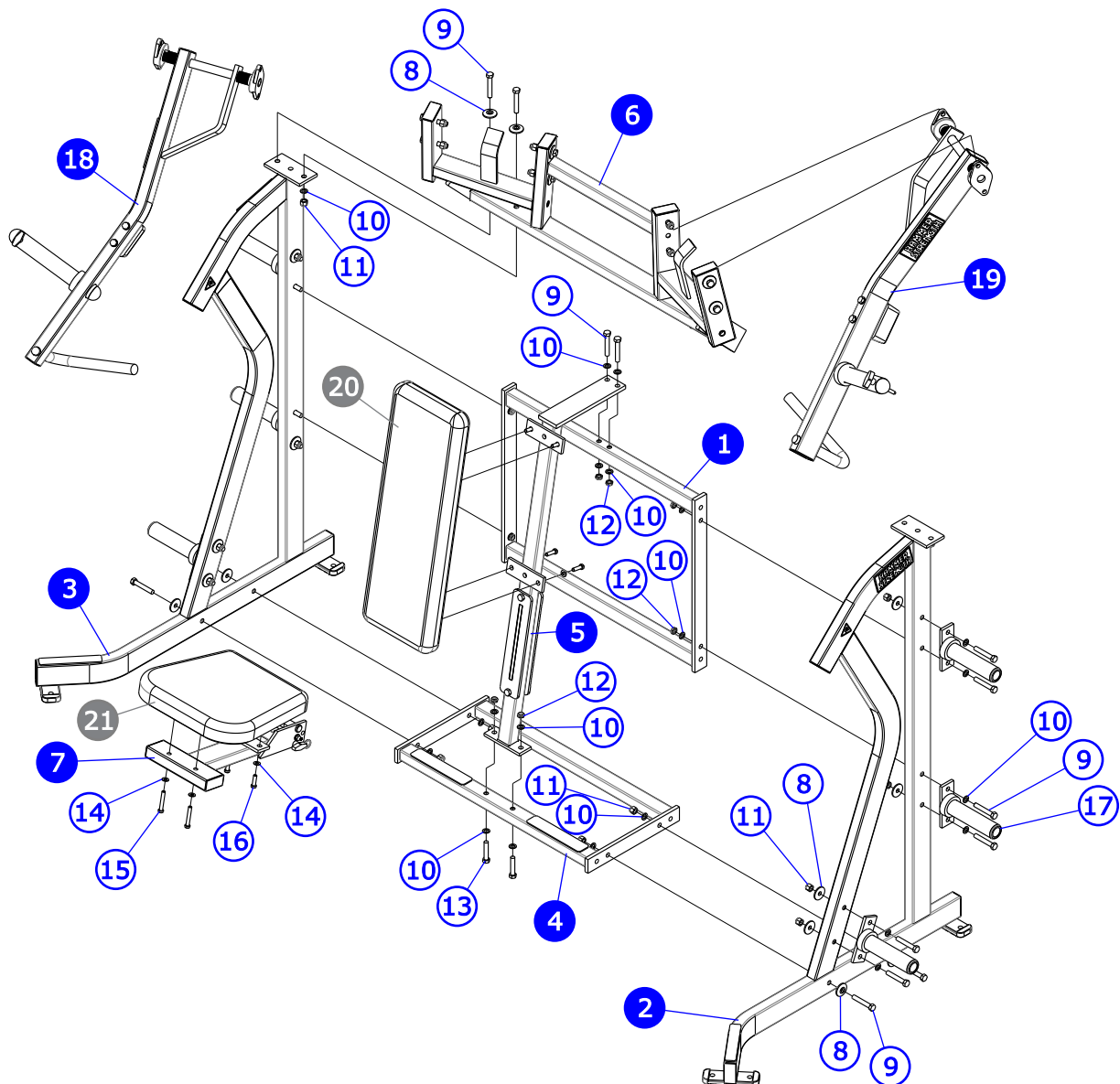
UPHOLSTERY 1 2 3

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

FRAME AND MOVEMENT ARM COLORS 1 2 3

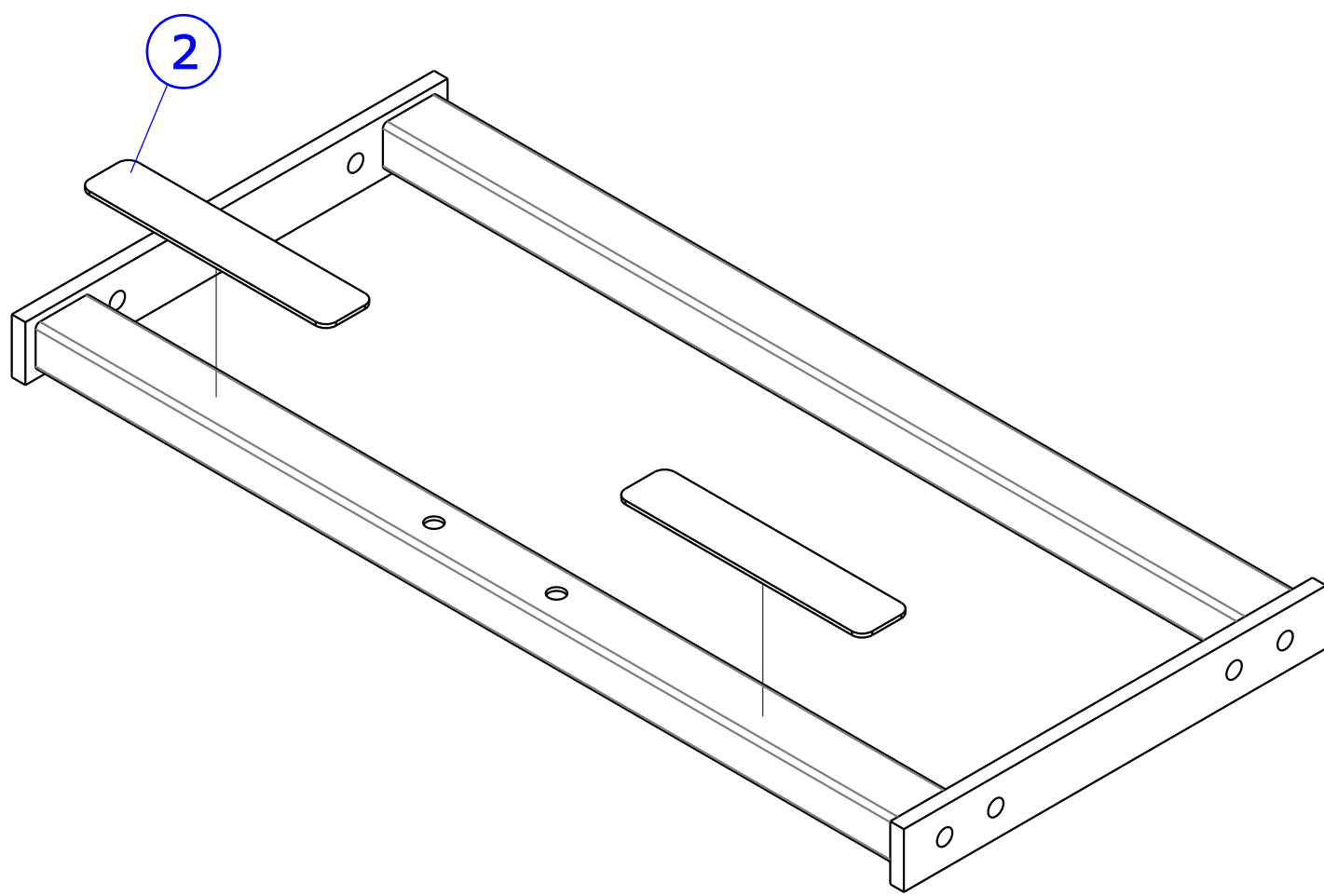
Items with Blue call-outs require the powder coat frame color to be listed within the order notes.

# COMPONENT ASSEMBLY



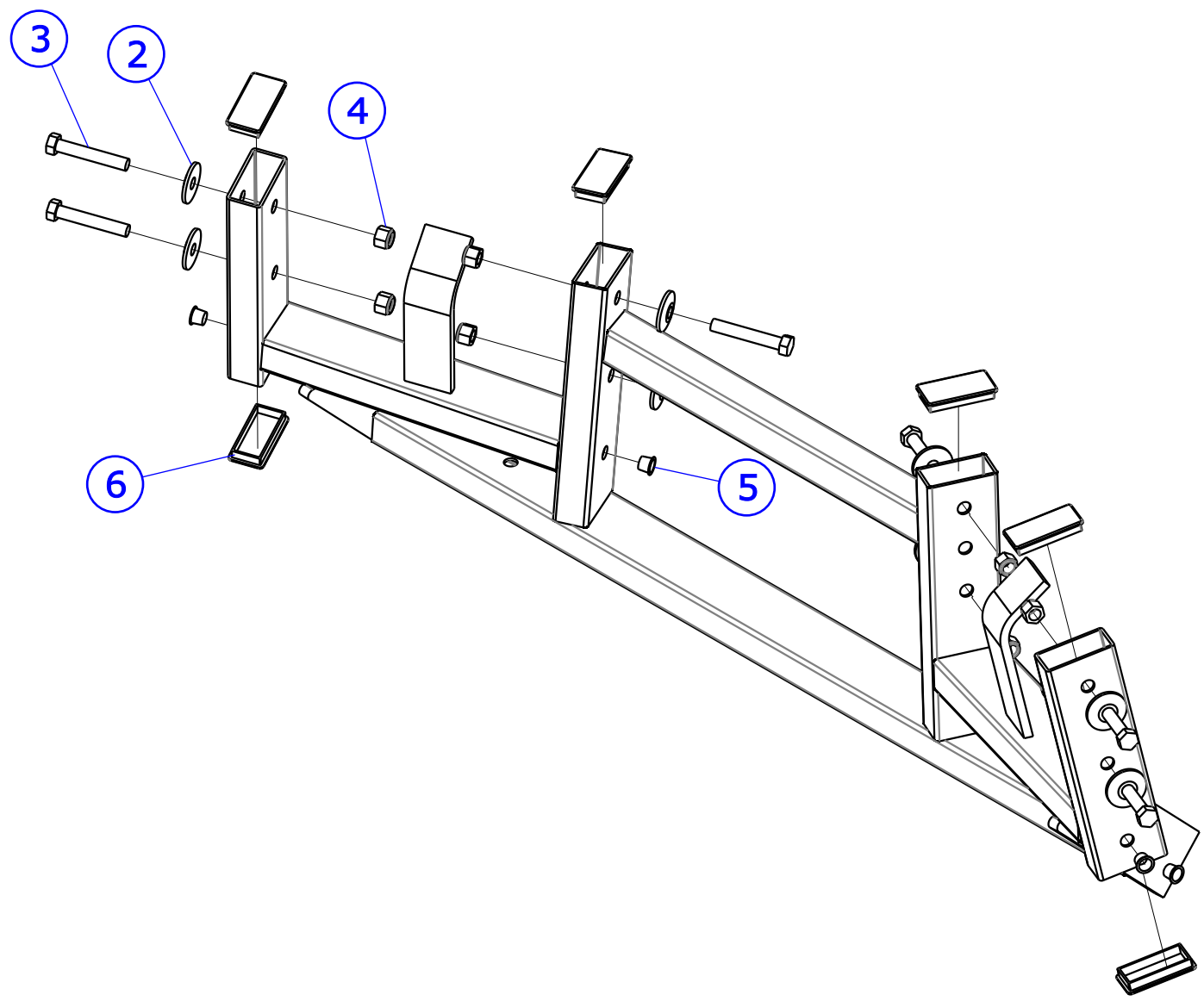
| ITEM NO. | QTY. | PART NO.     | DESCRIPTION                         |
|----------|------|--------------|-------------------------------------|
| 1        | 1    | ILIP-BX      | WLDMT, BACK FRAME, ILIP             |
| 2        | 1    | ILIP-CSFL    | ASSY, SIDE FRAME, LEFT, ILIP        |
| 3        | 1    | ILIP-CSFR    | ASSY, SIDE FRAME, RIGHT, ILIP       |
| 4        | 1    | ILIP-CFX     | ASSY, FRONT FRAME, ILIP             |
| 5        | 1    | ILIP-CST     | ASSY, SEAT FRAME, ILIP              |
| 6        | 1    | ILIP-CTX     | ASSY, TOP CROSS MEMBER, ILIP        |
| 7        | 1    | CSTD-ST2     | ASSY, STD SEAT 2                    |
| 8        | 16   | H-BACK-WASH  | BACKING WASHER                      |
| 9        | 22   | HHB.5X3      | 1/2 X 3 BOLT                        |
| 10       | 32   | WASH.5STAR   | 1/2" INTERNAL LOCK WASHER           |
| 11       | 16   | NUT.5LOCK    | 1/2 DIA THICK LOCK NUT              |
| 12       | 8    | NUT.5JAMLOCK | 1/2 THIN LOCK NUT                   |
| 13       | 2    | HHB.5X2.5    | 1/2 X 2 1/2 BOLT                    |
| 14       | 8    | WASH.375SAE  | 3/8" SAE FLAT WASHER                |
| 15       | 2    | 3236210      | SCREW, M10 X1.5 65MM                |
| 16       | 6    | 3236204      | SCREW, M10 X1.5 35MM                |
| 17       | 6    | H-HORN-ASSY  | ASSY, WEIGHT HORN                   |
| 18       | 1    | ILIP-CMARH   | ASSY, ILIPH, RIGHT MARM HOR. HANDLE |
| 19       | 1    | ILIP-CMALH   | ASSY, ILIPH, LEFT MARM HOR. HANDLE  |
| 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**



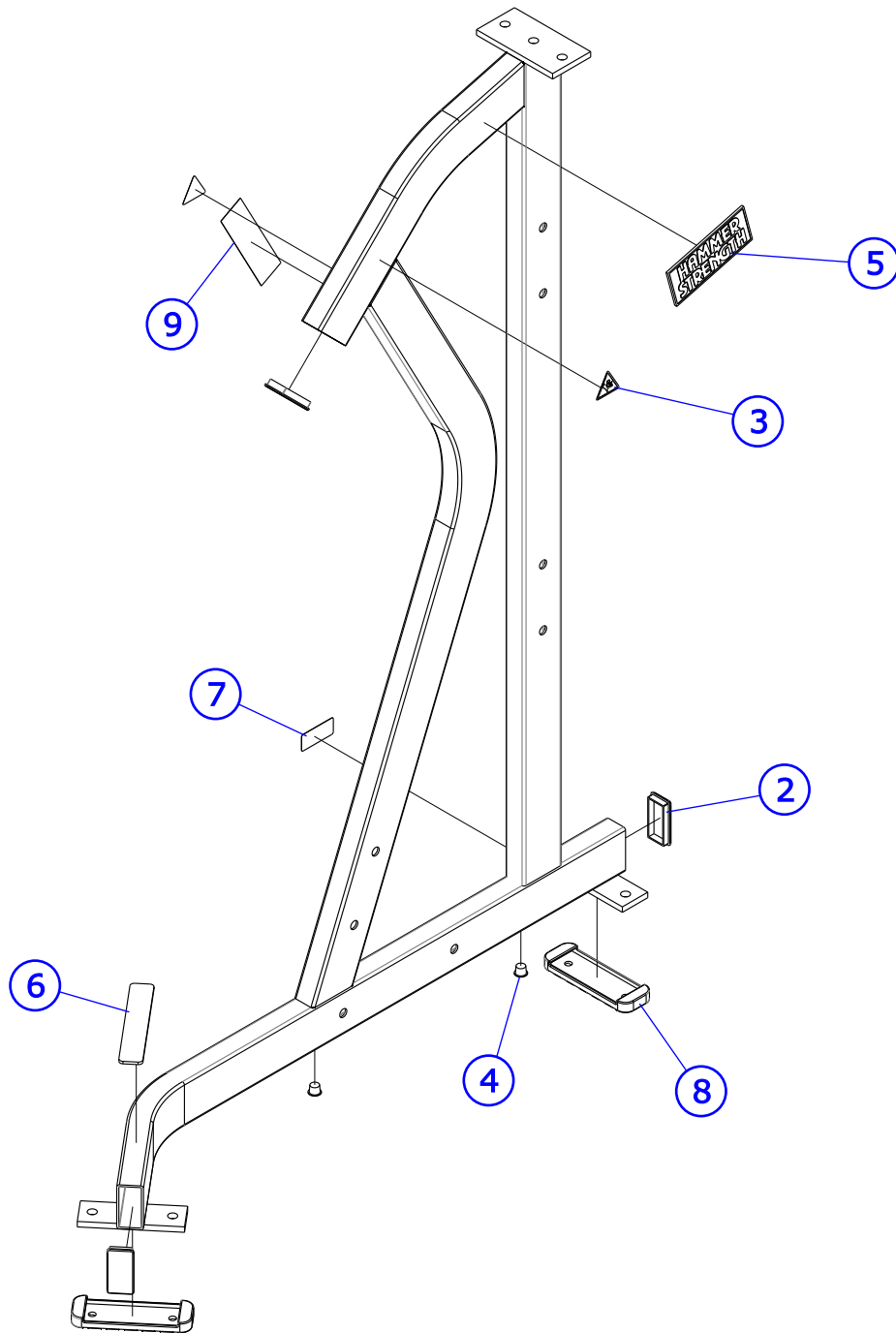
| ITEM NO. | QTY. | PART NO.      | DESCRIPTION                  |
|----------|------|---------------|------------------------------|
| 2        | 2    | H-NONSKID 2X9 | PLASTIC NON SKID STRIP 2 X 9 |

# TOP CROSS MEMBER ASSEMBLY



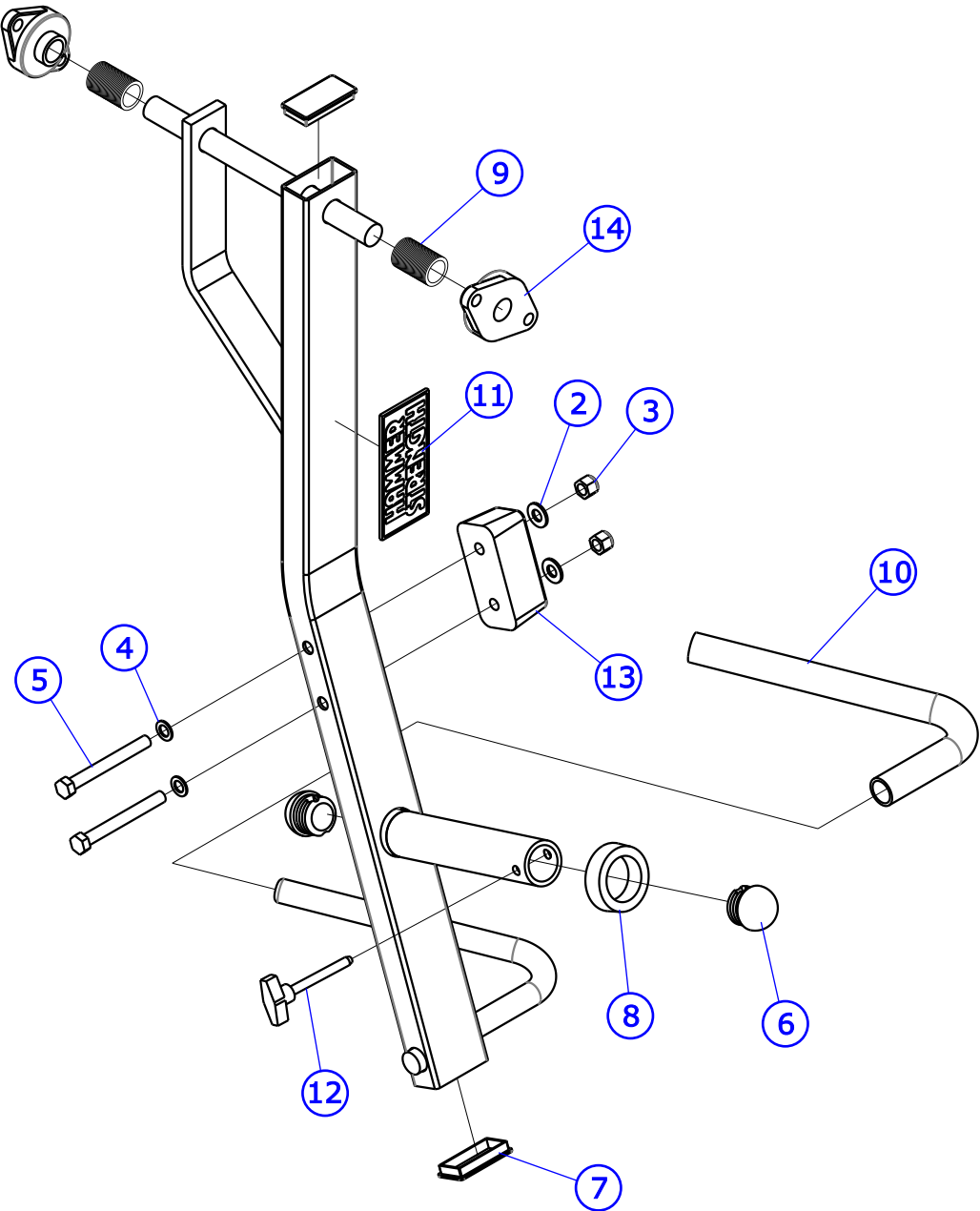
| ITEM NO. | QTY. | PART NO.      | DESCRIPTION                  |
|----------|------|---------------|------------------------------|
| 2        | 8    | H-BACK-WASH   | BACKING WASHER               |
| 3        | 8    | HHB.5X3       | 1/2 X 3 BOLT                 |
| 4        | 8    | NUT.5LOCK   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

## LEFT SIDE FRAME ASSEMBLY



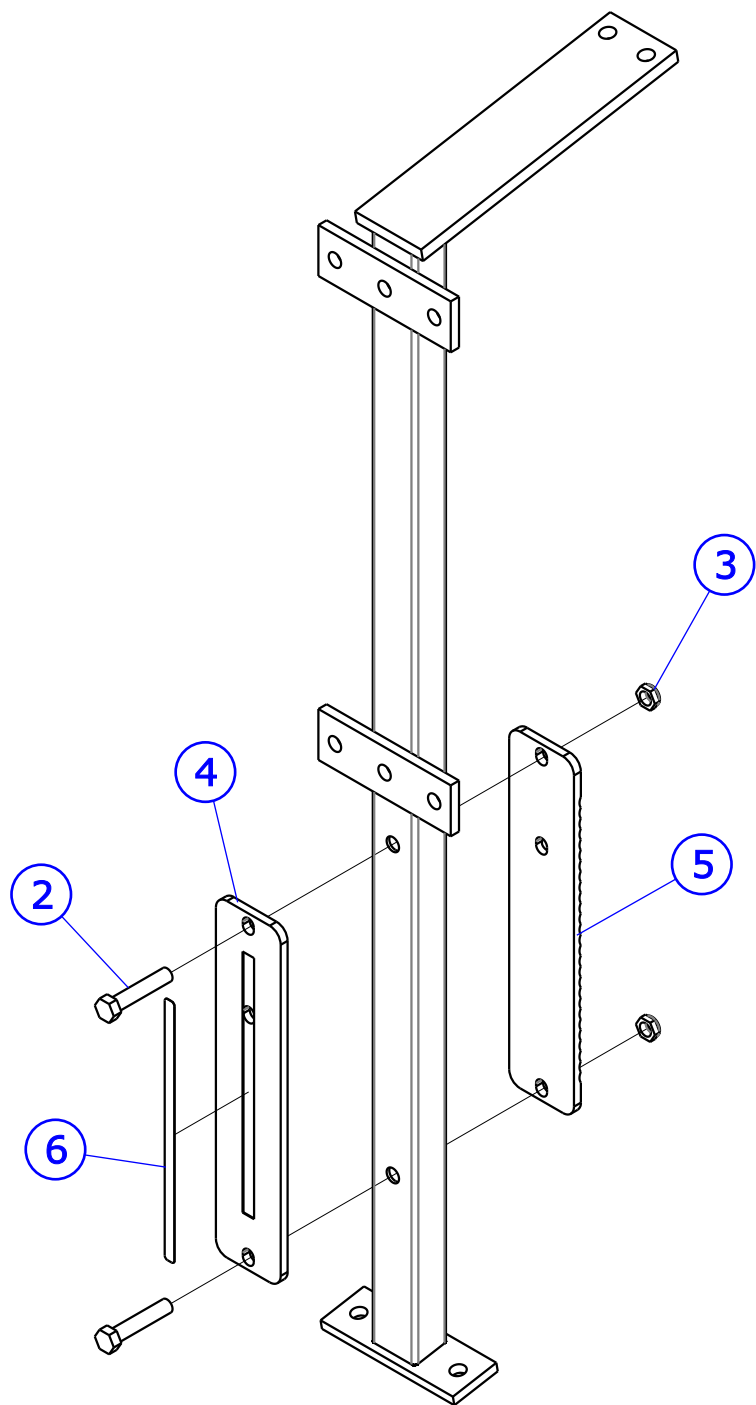
| ITEM NO. | QTY. | PART NO.      | DESCRIPTION                  |
|----------|------|---------------|------------------------------|
| 2        | 3    | RC1530-1Q1    | CAP:1-1/2 X 3 RECTANGLE PLUG |
| 3        | 2    | 8039501       | LABEL, WARNING, TRIANGLE     |
| 4        | 2    | H-HPLUG (REG) | HOLE PLUG                    |
| 5        | 1    | H-NAME PLATE  | NAMEPLATE (45156-P)          |
| 6        | 1    | H-PLATE-G1    | SMALL PLATE GUARD            |
| 7        | 1    | -             | SERIAL NUMBER                |
| 8        | 2    | MM-8          | 2 X 6 FLANGE RUBBER SLIPPER  |
| 9        | 1    | 8773701       | LABEL, ASTM PL VERT          |

# LEFT MOVEMENT ARM ASSEMBLY



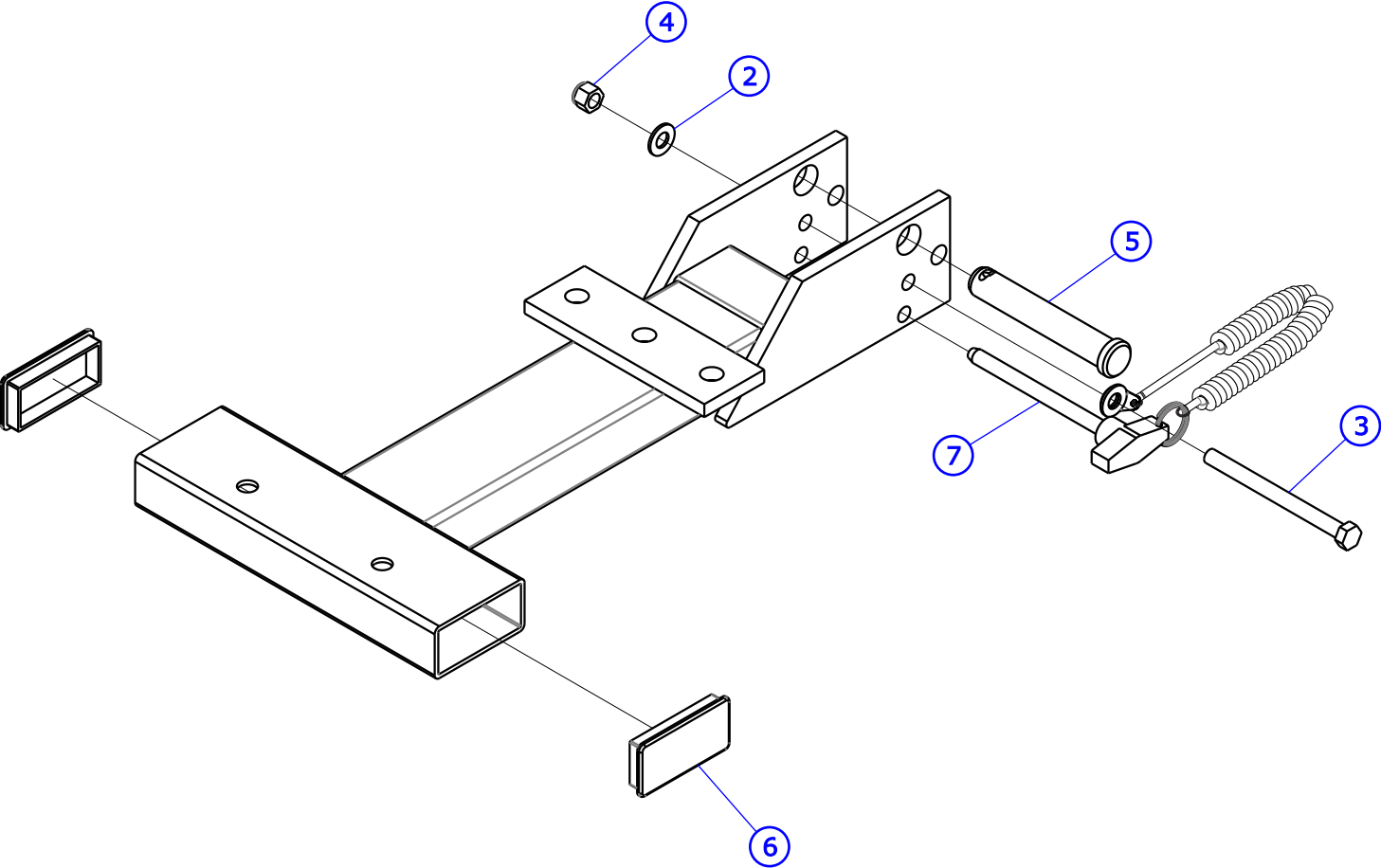
| ITEM NO. | QTY. | PART NO.       | DESCRIPTION                     |
|----------|------|----------------|---------------------------------|
| 2        | 2    | WASH.5SAE      | 1/2" SAE FLAT WASHER            |
| 3        | 2    | NUT.5LOCK      | 1/2 DIA THICK LOCK NUT          |
| 4        | 2    | WASH.5STAR     | 1/2" INTERNAL LOCK WASHER       |
| 5        | 2    | HHB.5X4.5      | 1/2 X 4 1/2 BOLT                |
| 6        | 2    | RUBCAP1-2      | RUBBER CAP #1                   |
| 7        | 2    | RC1530-1Q1     | CAP:1-1/2 X 3 RECTANGLE PLUG    |
| 8        | 1    | 1000146-0001   | BUMPER, WEIGHT HORN, FLAT -30MM |
| 9        | 2    | ACCORDIAN      | SHAFT GUARD                     |
| 10       | 1    | H-GRIP         | HANDLE GRIPS (.938X16)          |
| 11       | 1    | H-NAME PLATE   | NAMEPLATE (45156-P)             |
| 12       | 1    | SELECTOR PIN-3 | SELECTOR PIN 3 IN.              |
| 13       | 1    | H-BUMP-MED     | MM2 MEDIUM                      |
| 14       | 2    | H-BEAR-SML     | SMALL BEARING                   |

# SEAT FRAME ASSEMBLY



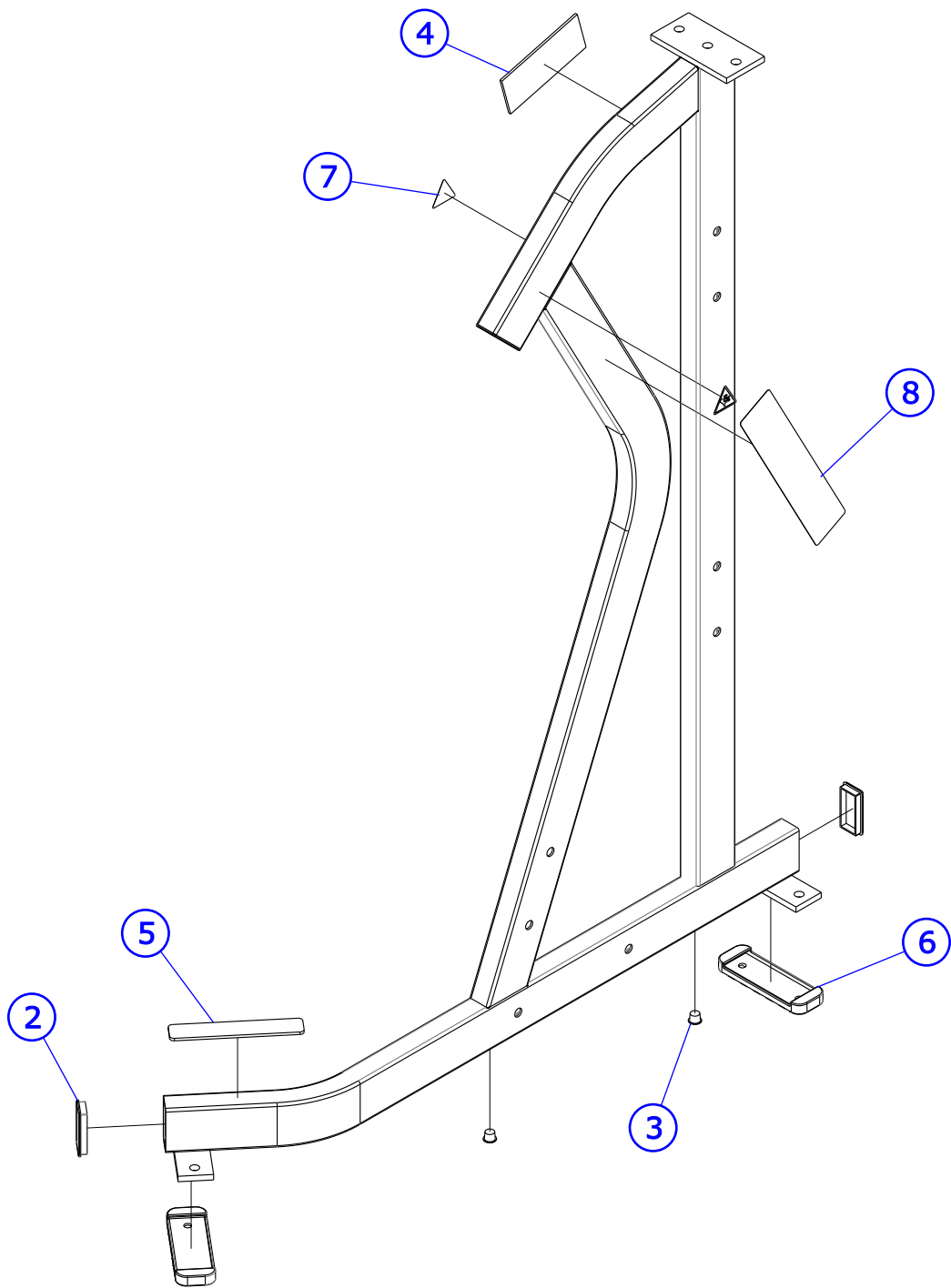
| ITEM NO. | QTY. | PART NO.       | DESCRIPTION                    |
|----------|------|----------------|--------------------------------|
| 2        | 2    | HHB.5X2.5      | 1/2 X 2 1/2 BOLT               |
| 3        | 2    | NUT.5JAMLOCK   | 1/2 THIN LOCK NUT              |
| 4        | 1    | H-SEATRCKS-N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

# STD SEAT ASSEMBLY



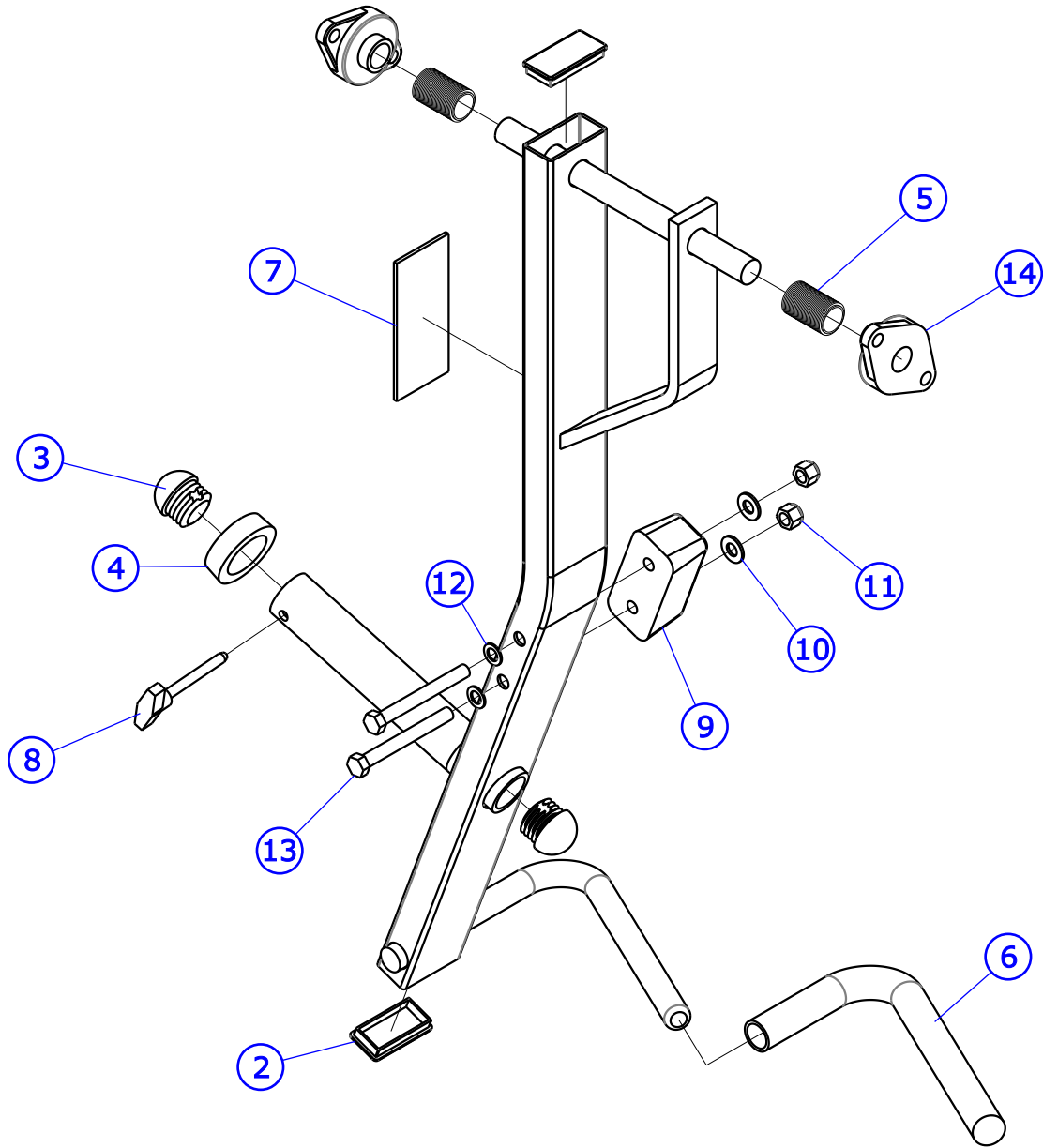
| ITEM NO. | QTY. | PART NO.       | DESCRIPTION                  |
|----------|------|----------------|------------------------------|
| 2        | 2    | WASH.375SAE    | 3/8" SAE FLAT WASHER         |
| 3        | 1    | HHB.375X4.5    | STEEL BOLT 3/8 X 4.5         |
| 4        | 1    | NUT.375LOCK    | 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



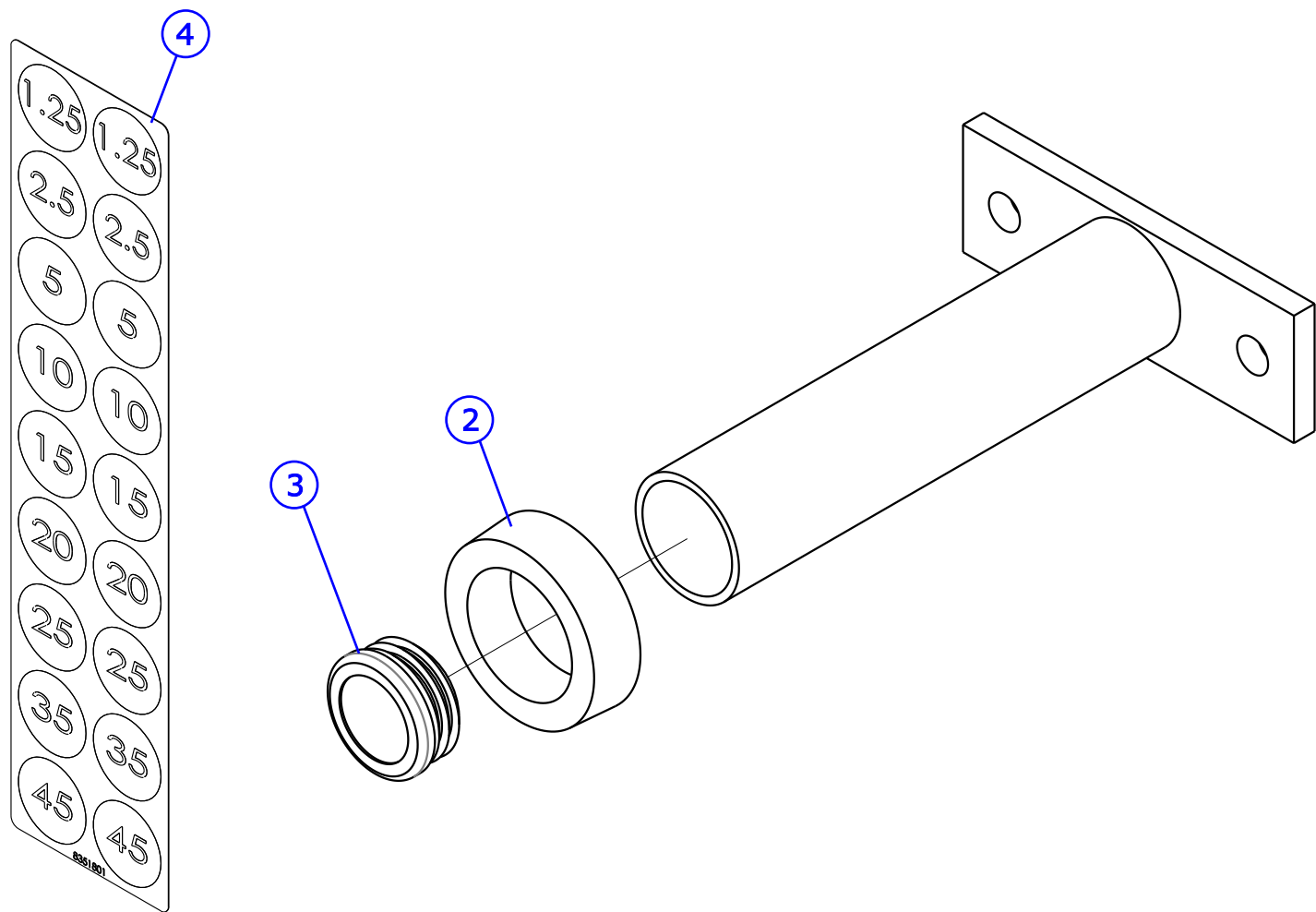
| ITEM NO. | QTY. | PART NO.      | DESCRIPTION                  |
|----------|------|---------------|------------------------------|
| 2        | 3    | RC1530-1Q1    | CAP:1-1/2 X 3 RECTANGLE PLUG |
| 3        | 2    | H-HPLUG (REG) | HOLE PLUG                    |
| 4        | 1    | H-NAME PLATE  | NAMEPLATE (45156-P)          |
| 5        | 1    | H-PLATE-G1    | SMALL PLATE GUARD            |
| 6        | 2    | MM-8          | 2 X 6 FLANGE RUBBER SLIPPER  |
| 7        | 2    | 8039501       | LABEL, WARNING,TRIANGLE      |
| 8        | 1    | ID-ILIP       | PRODUCT PLACARD, ILIP        |

## RIGHT MOVEMENT ARM ASSEMBLY



| ITEM NO. | QTY. | PART NO.       | DESCRIPTION                     |
|----------|------|----------------|---------------------------------|
| 2        | 2    | RC1530-1Q1     | CAP:1-1/2 X 3 RECTANGLE PLUG    |
| 3        | 2    | RUBCAP1-2      | RUBBER CAP #1                   |
| 4        | 1    | 1000146-0001   | BUMPER, WEIGHT HORN, FLAT -30MM |
| 5        | 2    | ACCORDIAN      | SHAFT GUARD                     |
| 6        | 1    | H-GRIP         | HANDLE GRIPS (.938X16)          |
| 7        | 1    | H-NAME PLATE   | NAMEPLATE (45156-P)             |
| 8        | 1    | SELECTOR PIN-3 | SELECTOR PIN 3 IN.              |
| 9        | 1    | H-BUMP-MED     | MM2 MEDIUM                      |
| 10       | 2    | WASH.5SAE      | 1/2" SAE FLAT WASHER            |
| 11       | 2    | NUT.5LOCK      | 1/2 DIA THICK LOCK NUT          |
| 12       | 2    | WASH.5STAR     | 1/2" INTERNAL LOCK WASHER       |
| 13       | 2    | HHB.5X4.5      | 1/2 X 4 1/2 BOLT                |
| 14       | 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 |