

HAMMER[®] STRENGTH

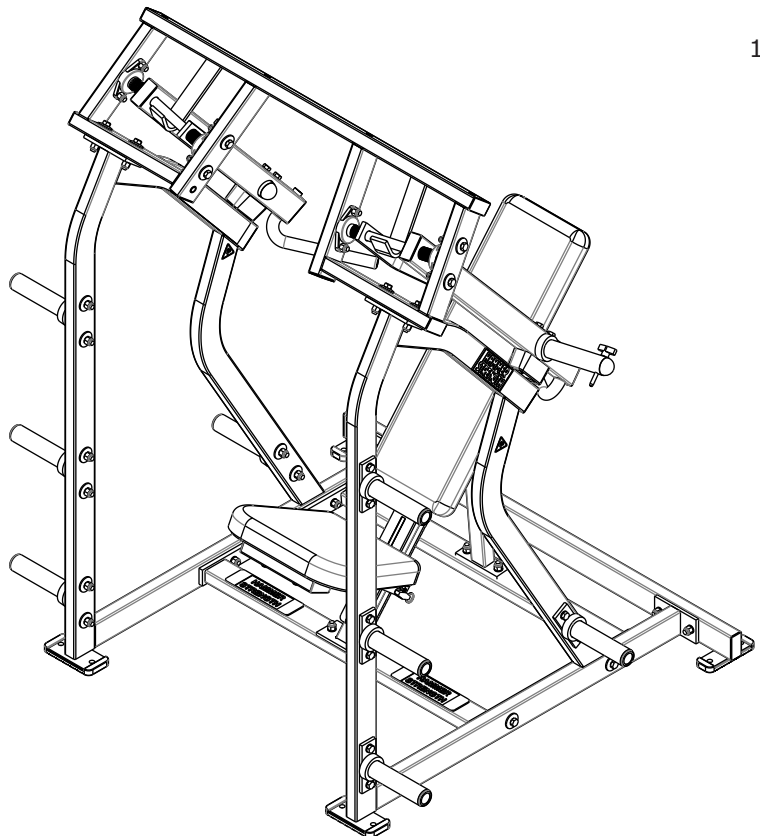
**HAMMER
STRENGTH[®]**

ISO-LATERAL

PARTS MANUAL

**SHOULDER PRESS
ILSP & IL-SP**

1/16/2015



CONTENTS

COMPONENT ASSEMBLY PAGE 3

FRONT FRAME ASSEMBLY 4

BOTTOM FRAME ASSEMBLY 5

TOP CROSS MEMBER ASSEMBLY 6

LEFT SIDE FRAME ASSEMBLY 7

LEFT MOVEMENT ARM ASSEMBLY 8

SEAT FRAME ASSEMBLY 9

STD SEAT 3 ASSEMBLY 10

RIGHT SIDE FRAME ASSEMBLY 11

RIGHT MOVEMENT ARM ASSEMBLY 12

WEIGHT HORN ASSEMBLY 13

KEY

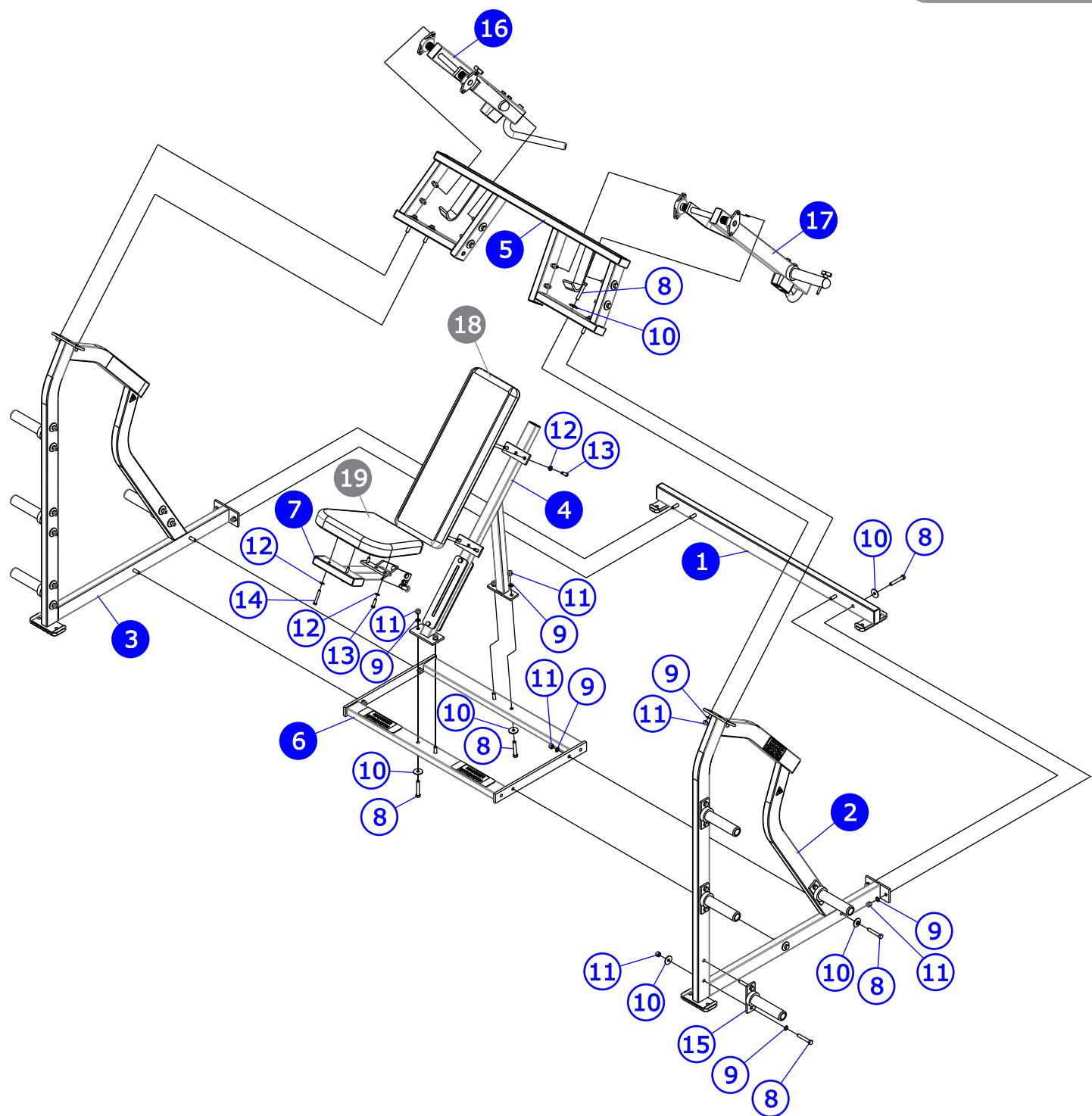
UPHOLSTERY 1 2 3

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.

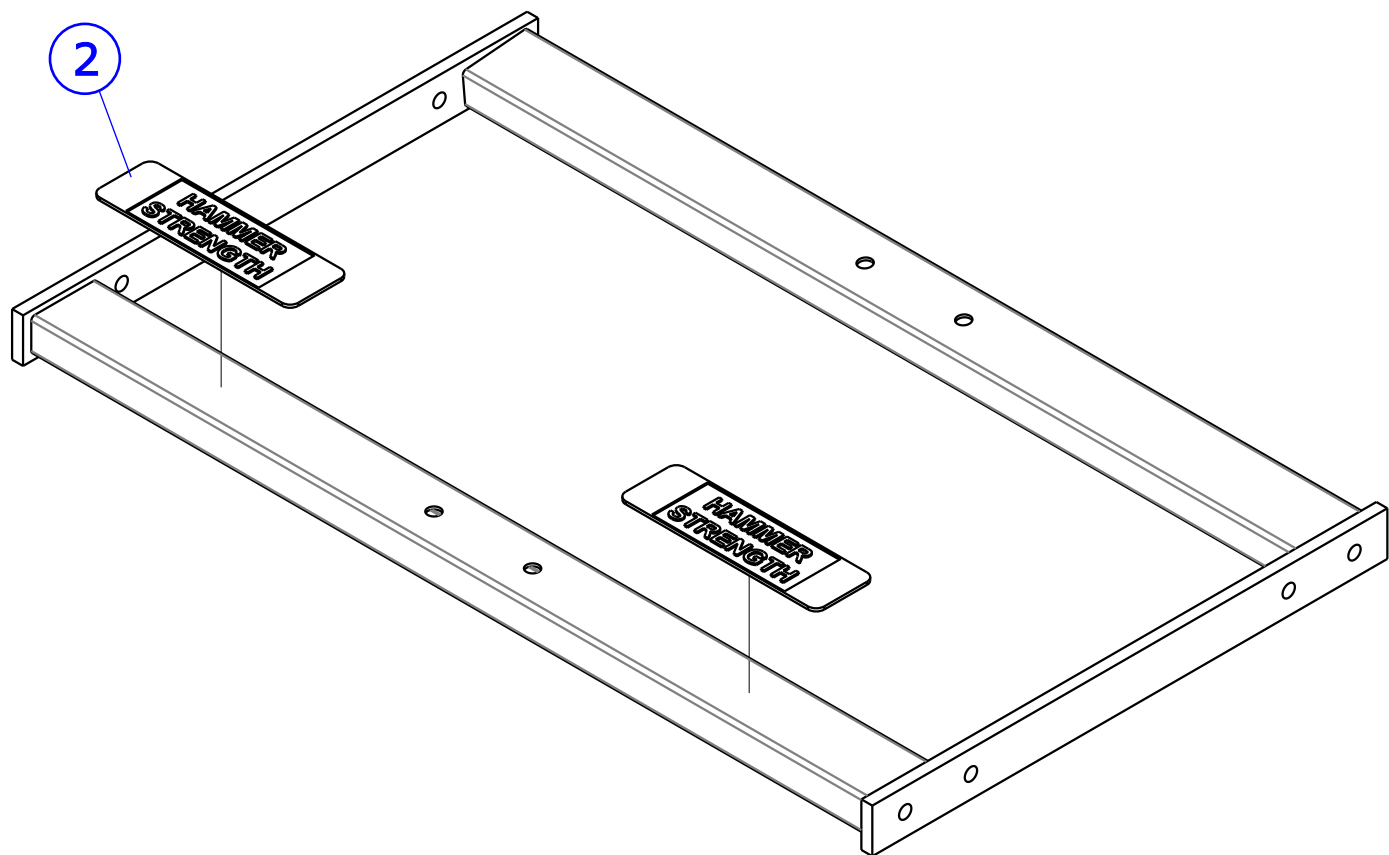
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILSP-CBX	ASSY, BOTTOM FRAME, ILSP
2	1	ILSP-CSFL	ASSY, SIDE FRAME, LEFT, ILSP
3	1	ILSP-CSFR	ASSY, SIDE FRAME, RIGHT, ILSP
4	1	ILSP-CST	ASSY, SEAT FRAME, ILSP
5	1	ILSP-CTX	ASSY, TOP CROSS MEMBER, ILSP
6	1	ILSP-CFX	ASSY, FRONT FRAME, ILSP
7	1	CSTD-ST3	ASSY, STD SEAT 3
8	32	HHB.5X3	1/2 X 3 BOLT
9	32	WASH.5STAR	1/2" INTERNAL LOCK WASHER
10	32	H-BACK-WASH	BACKING WASHER

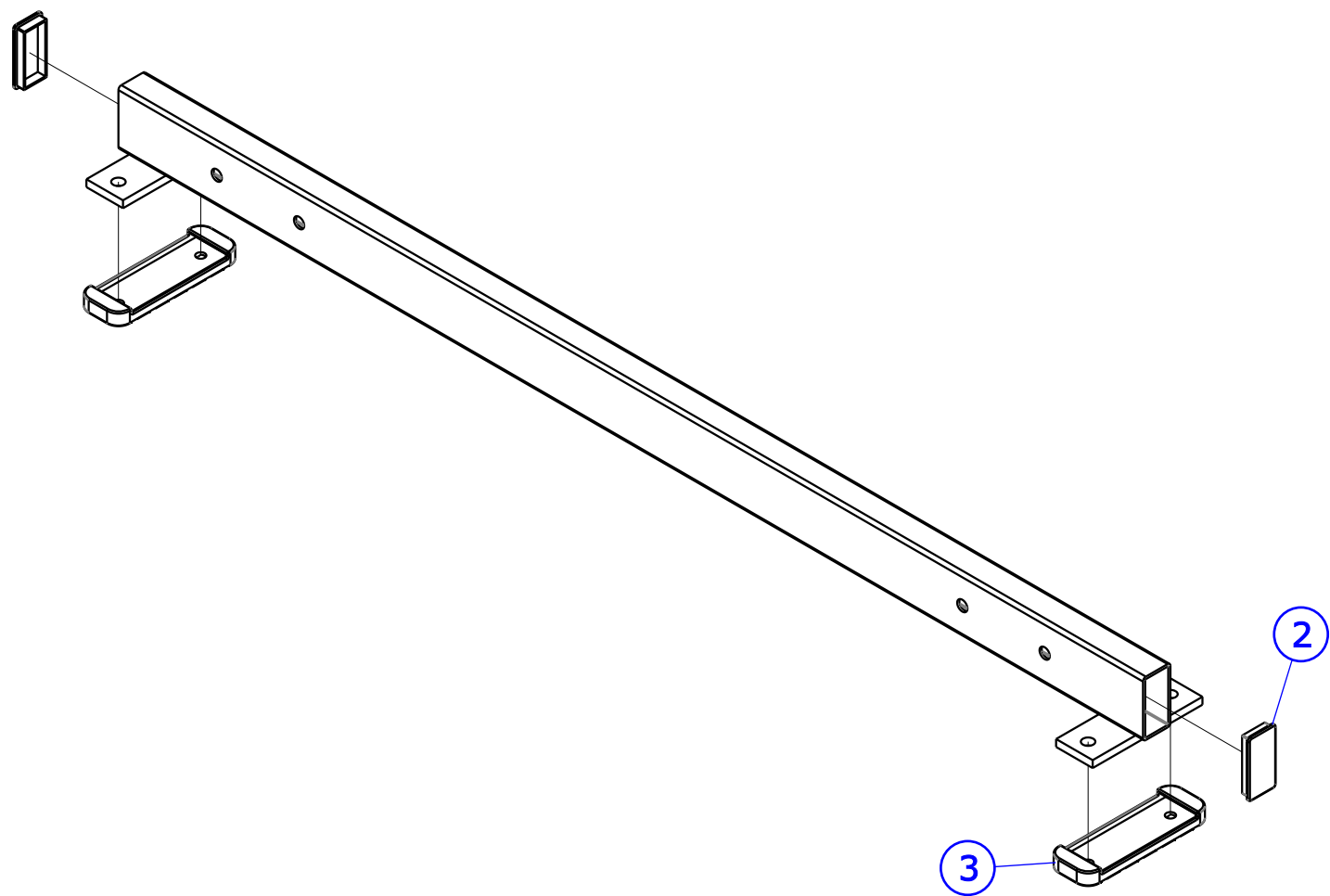
ITEM NO.	QTY.	PART NO.	DESCRIPTION
11	32	NUT.5LOCK	1/2 DIA THICK LOCK NUT
12	8	WASH.375SAE	3/8" SAE FLAT WASHER
13	6	3236204	SCREW, M10 X1.5 35MM
14	2	3236210	SCREW, M10 X1.5 65MM
15	8	H-HORN-ASSY	ASSY, WEIGHT HORN
16	1	ILSP-CMAR	ASSY, MOVEMENT ARM, RIGHT, ILSP
17	1	ILSP-CMAL	ASSY, MOVEMENT ARM, LEFT, ILSP
18	1	7354099	PAD, BACK 32-1/2 X 11-1/4
19	1	8854299	PAD, SEAT 17 X 16-3/4

FRONT FRAME ASSEMBLY



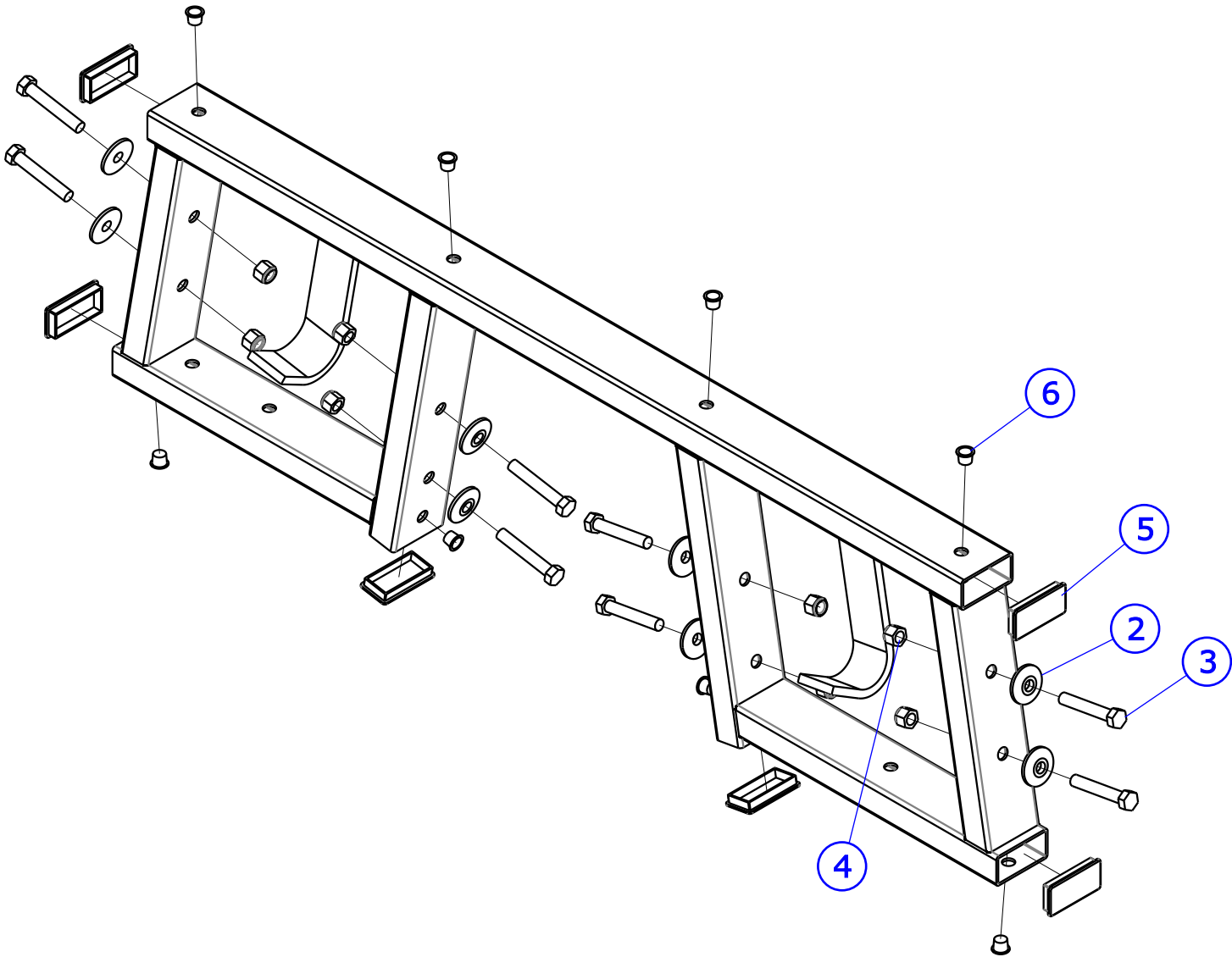
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-NONSKID 3X9	PLASTIC NON SKID STRIP 3 X 9

BOTTOM FRAME ASSEMBLY



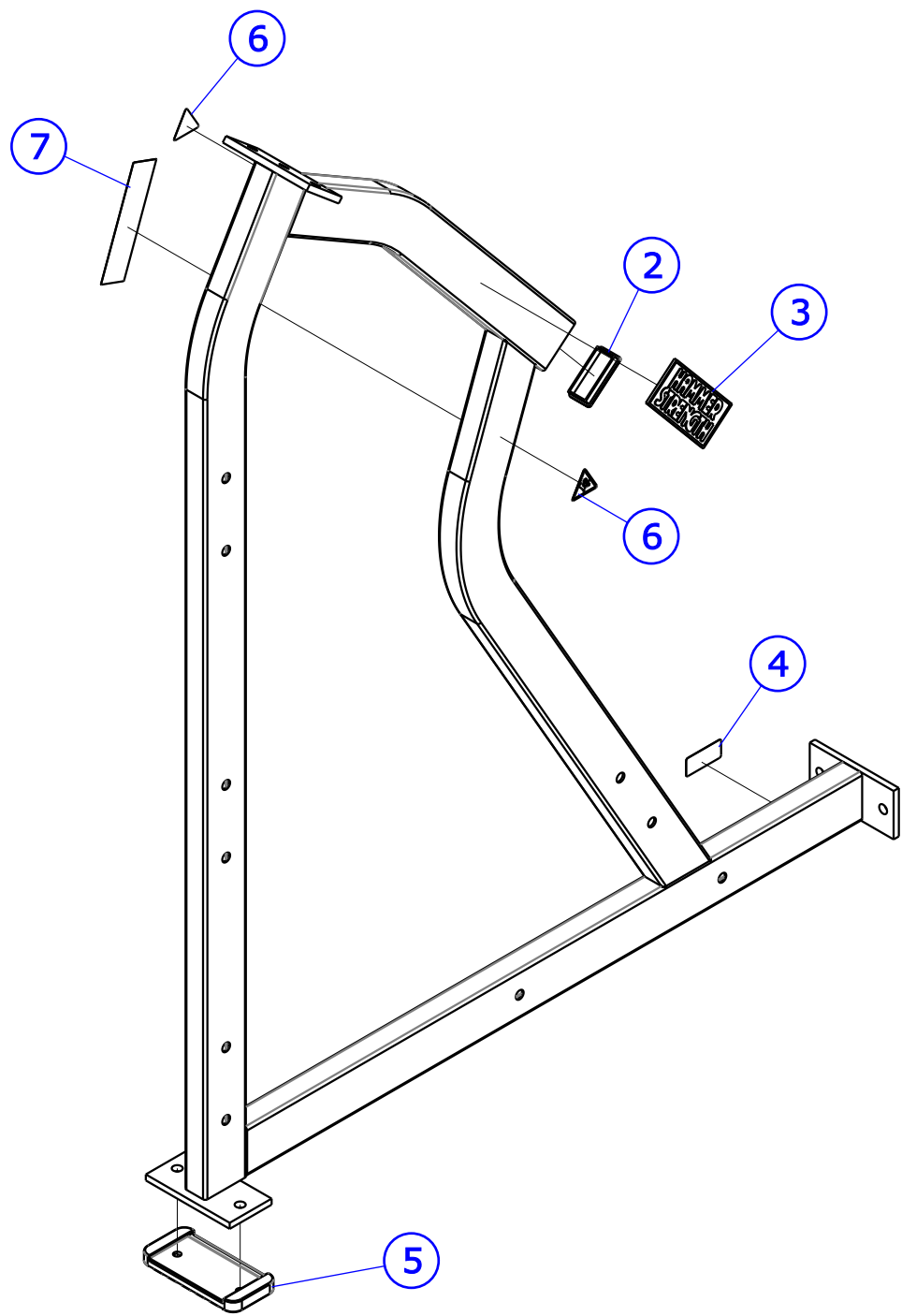
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	2	MM-8	2 X 6 FLANGE RUBBER SLIPPER

TOP CROSS MEMBER ASSEMBLY



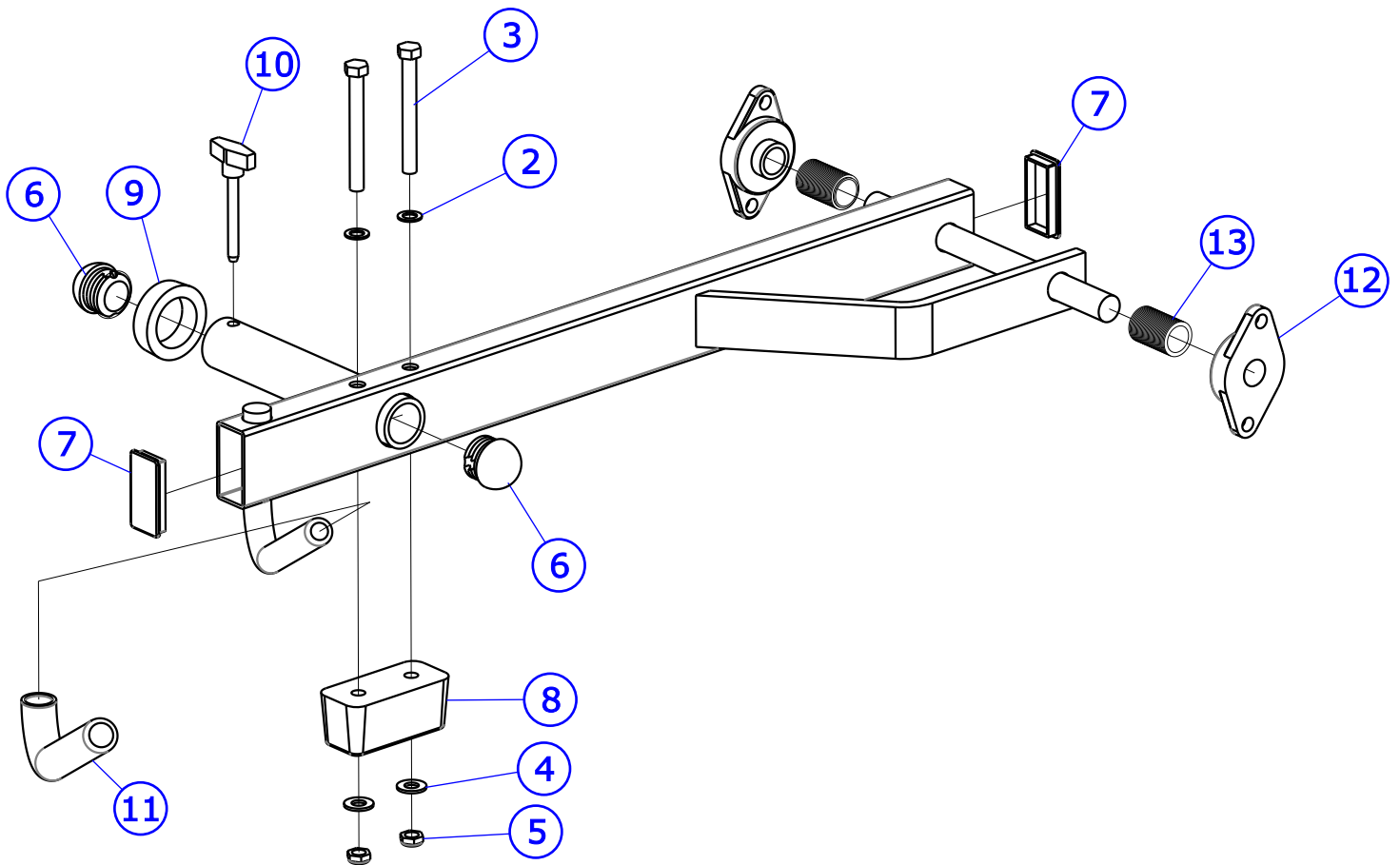
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	8	H-BACK-WASH	BACKING WASHER
3	8	HHB.5X3	1/2 X 3 BOLT
4	8	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	6	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
6	8	H-HPLUG (REG)	HOLE PLUG

LEFT SIDE FRAME ASSEMBLY



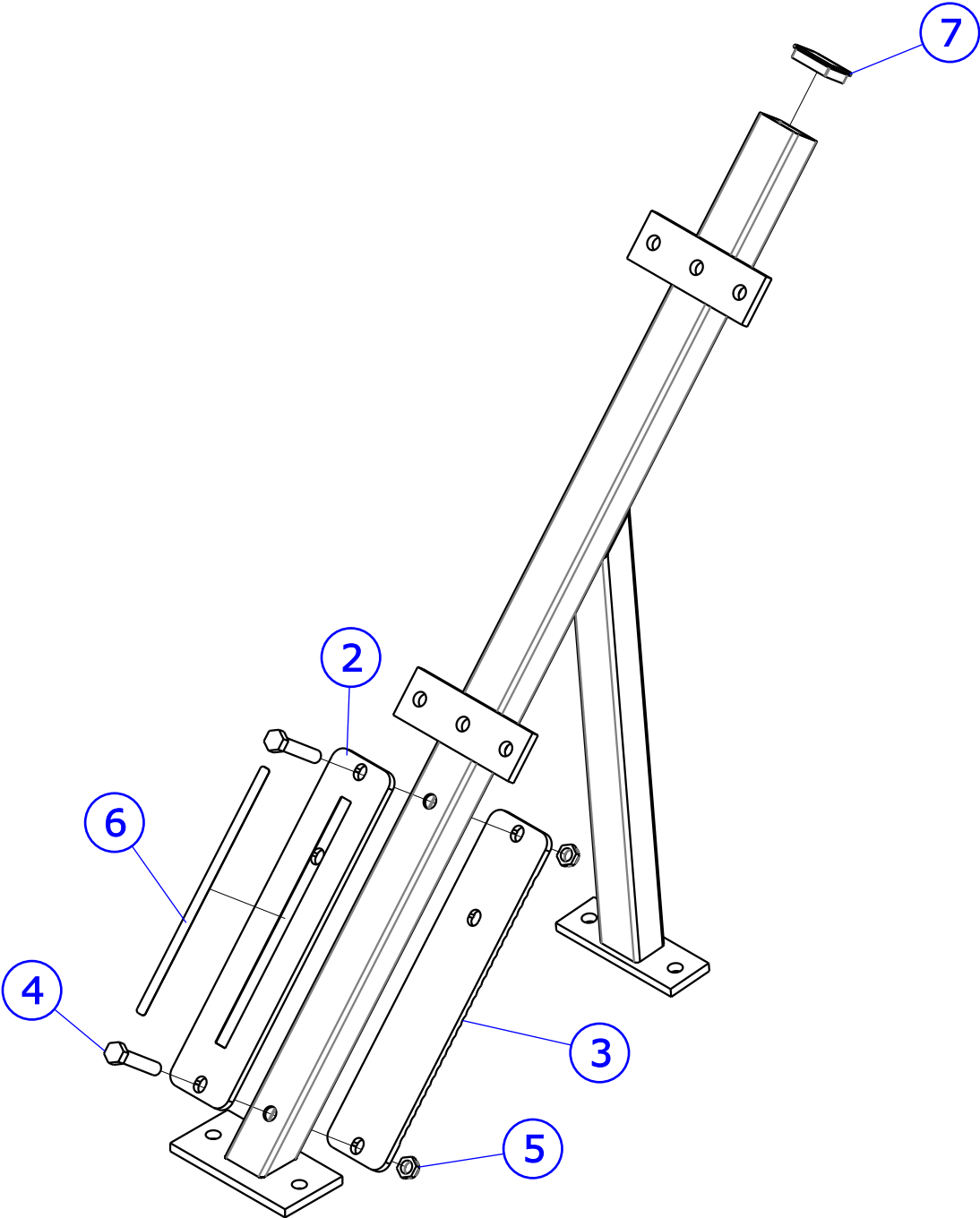
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	H-NAME PLATE	NAMEPLATE (45156-P)
4	1	-	SERIAL NUMBER
5	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
6	2	8039501	LABEL, WARNING,TRIANGLE
7	1	8773701	LABEL, ASTM PL VERT

LEFT MOVEMENT ARM ASSEMBLY



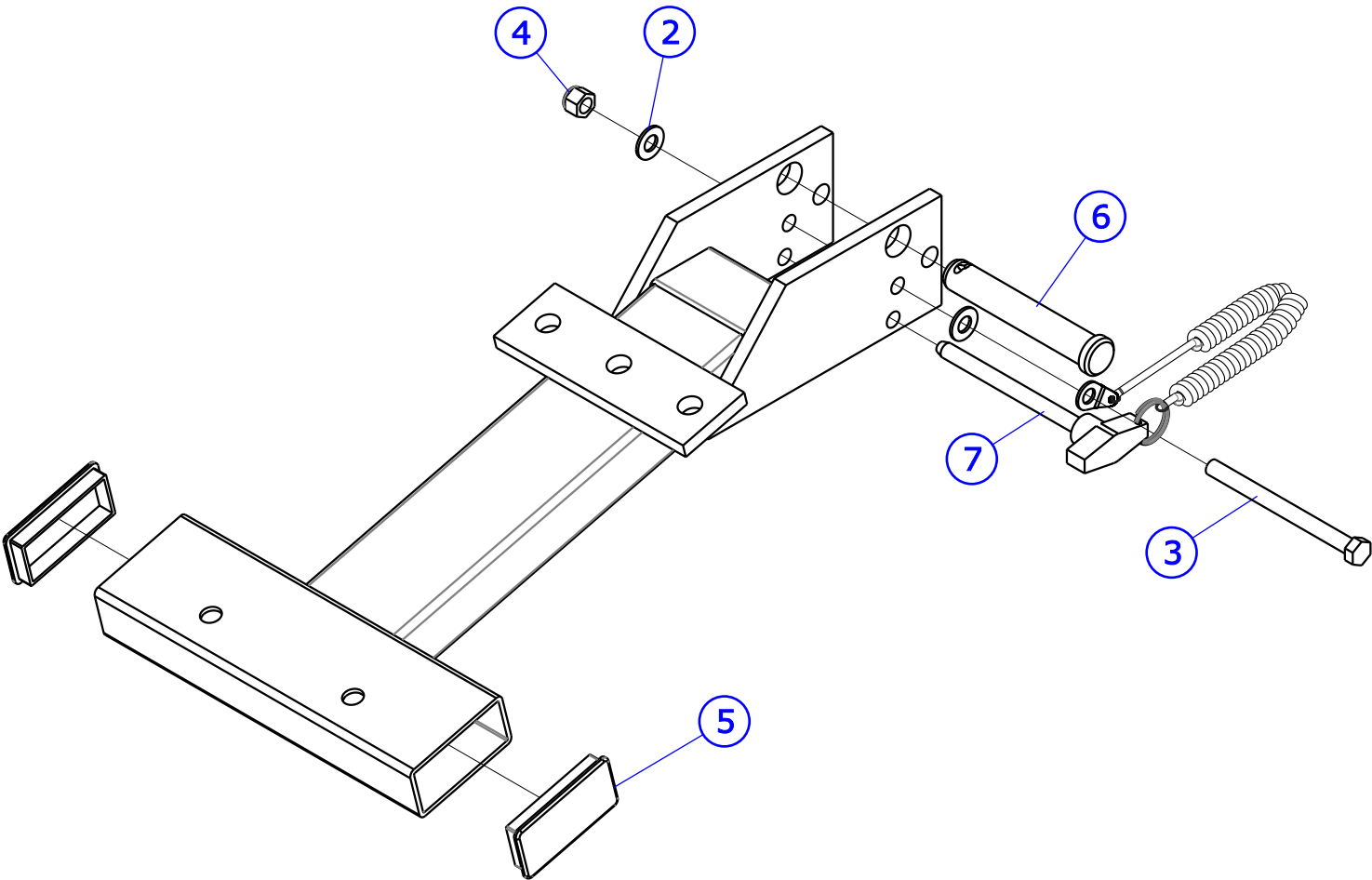
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
3	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
4	2	WASH.5SAE	1/2" SAE FLAT WASHER
5	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
6	2	RUBCAP1-2	RUBBER CAP #1
7	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
8	1	H-BUMP-MED	MM2 MEDIUM
9	1	1000146-0001	BUMPER, WEIGHT HORN, FLAT -30MM
10	1	SELECTOR PIN-3	SELECTOR PIN 3 IN.
11	1	H-GRIP	1" GRIP
12	2	H-BEAR-SML	SMALL BEARING
13	2	ACCORDIAN	SHAFT GUARD

SEAT FRAME ASSEMBLY



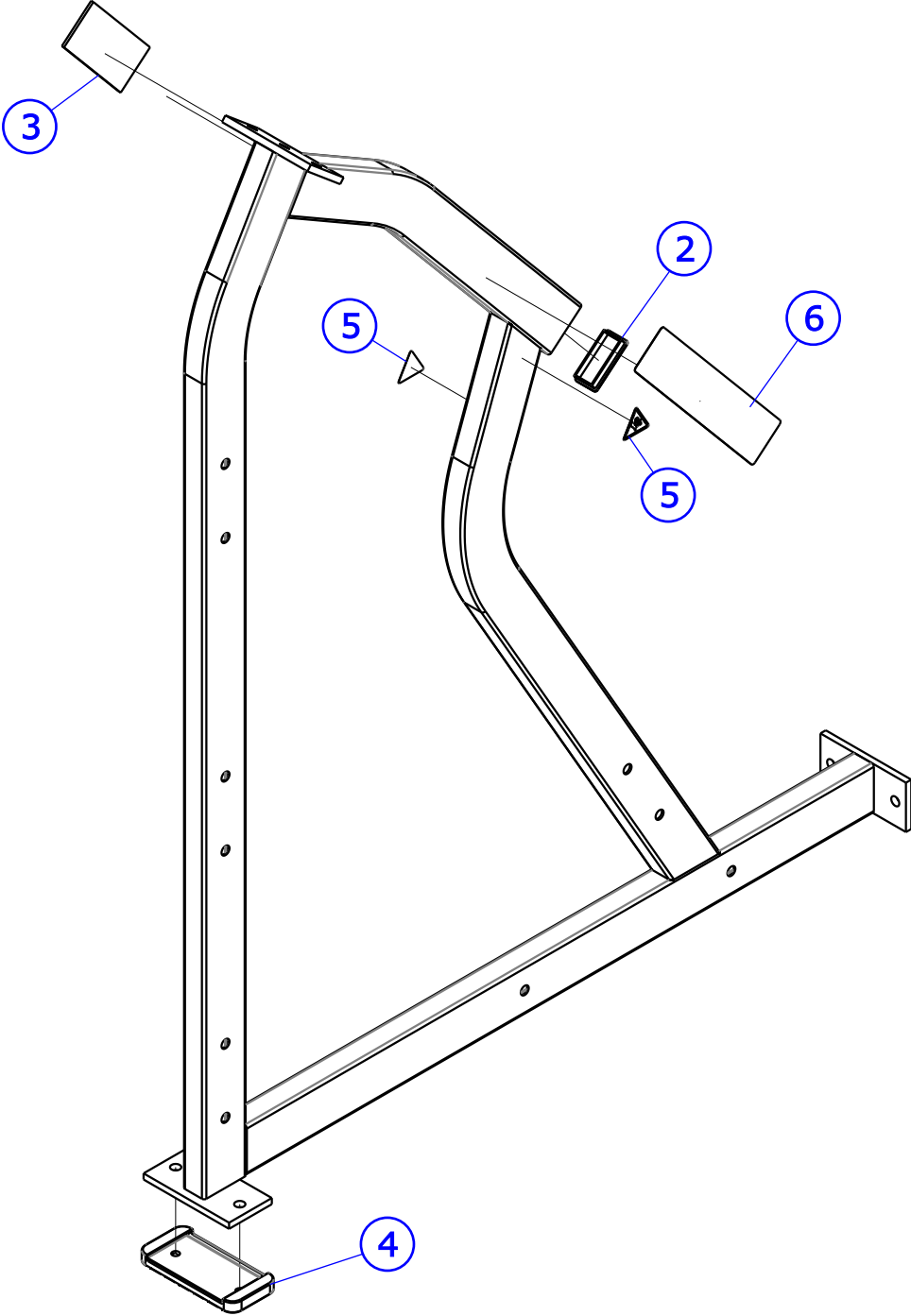
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-SEATRCKS-N	PLASTIC SEAT GUIDES(PP229)NEW)
3	1	H-SEATRCKS-RIB	SEATRACK BACK
4	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
5	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
6	1	SEAT NUMBER	SEAT ADJ. NUMBER
7	1	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG

STD SEAT 3 ASSEMBLY



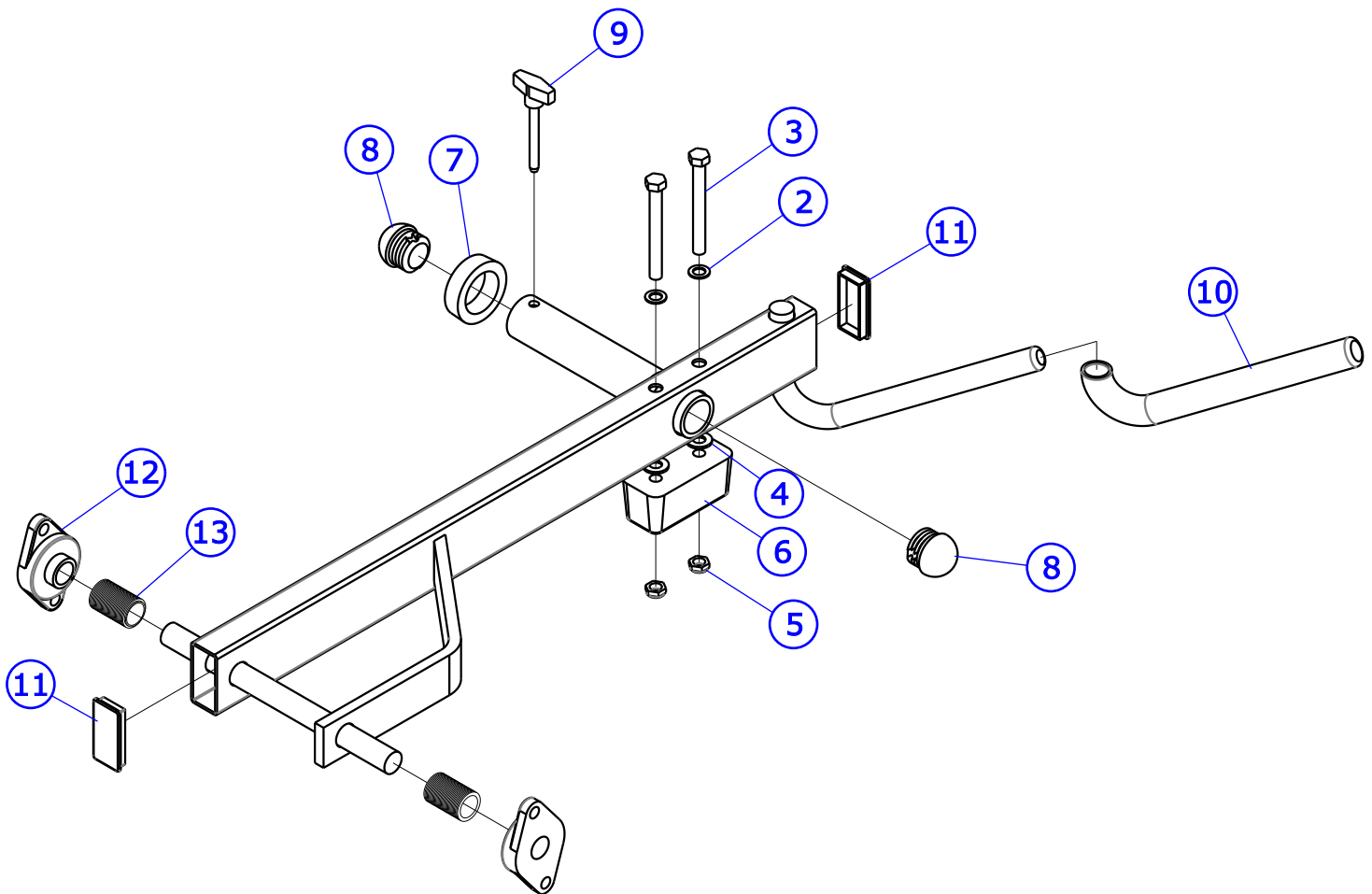
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.375SAE	3/8" SAE FLAT WASHER
3	1	HHB.375X4.5	STEEL BOLT 3/8 X 4.5
4	1	NUT.375LOCK	3/8 THICK LOCK NUT
5	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
6	1	STD SEAT PIN	STD SEAT PIN
7	1	SELECTOR PIN-4	SELECTOR PIN 4" WITH LANYARD

RIGHT SIDE FRAME ASSEMBLY



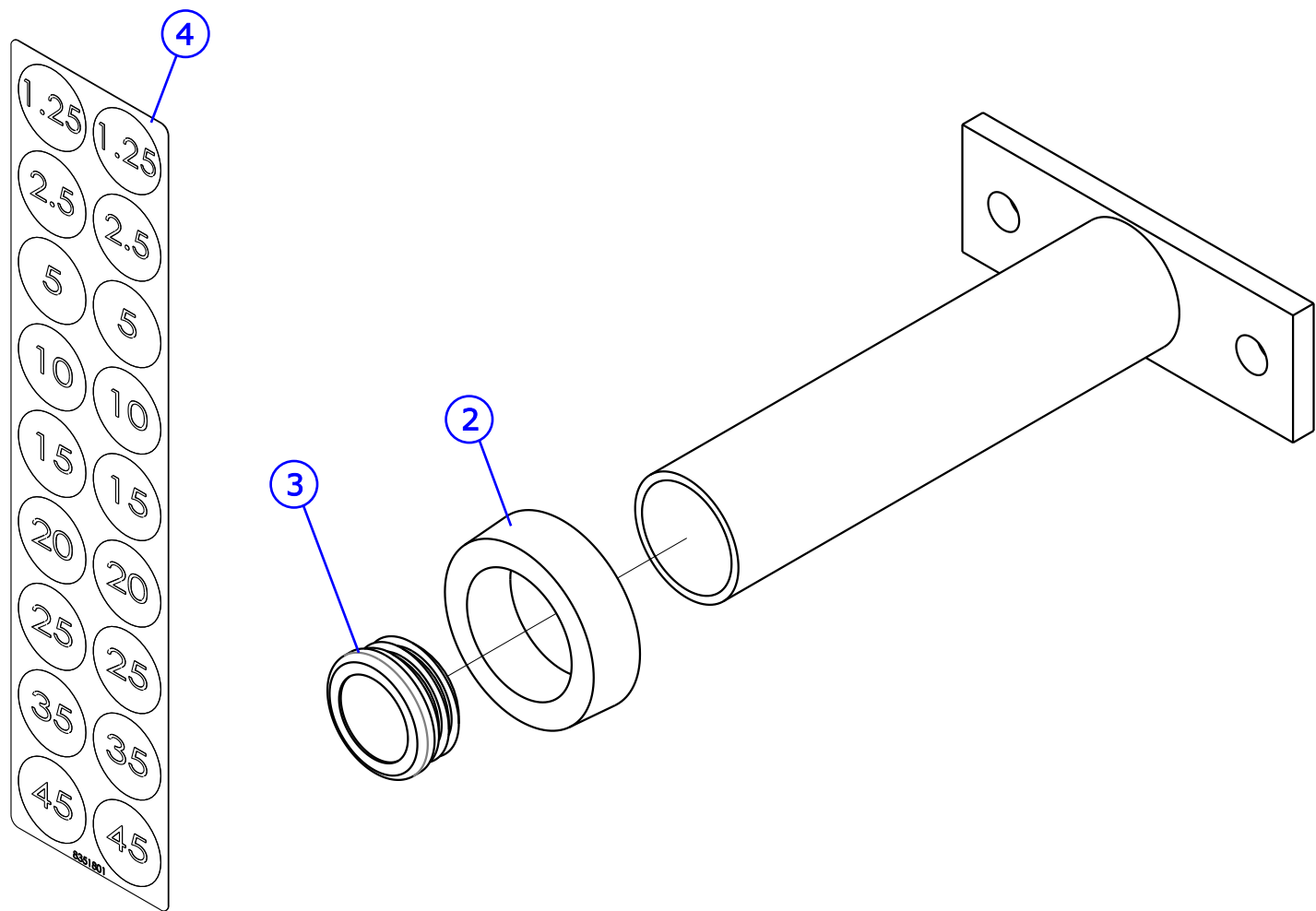
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	H-NAME PLATE	NAMEPLATE (45156-P)
4	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
5	2	8039501	LABEL, WARNING,TRIANGLE
6	1	ID-ILSP	PRODUCT PLACARD, ILSP

RIGHT MOVEMENT ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
3	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
4	2	WASH.5SAE	1/2" SAE FLAT WASHER
5	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
6	1	H-BUMP-MED	MM2 MEDIUM
7	1	1000146-0001	BUMPER, WEIGHT HORN, FLAT -30MM
8	2	RUBCAP1-2	RUBBER CAP #1
9	1	SELECTOR PIN-3	SELECTOR PIN 3 IN.
10	1	H-GRIP	1" GRIP
11	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
12	2	H-BEAR-SML	SMALL BEARING
13	2	ACCORDIAN	SHAFT GUARD

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