

HAMMER[®] STRENGTH

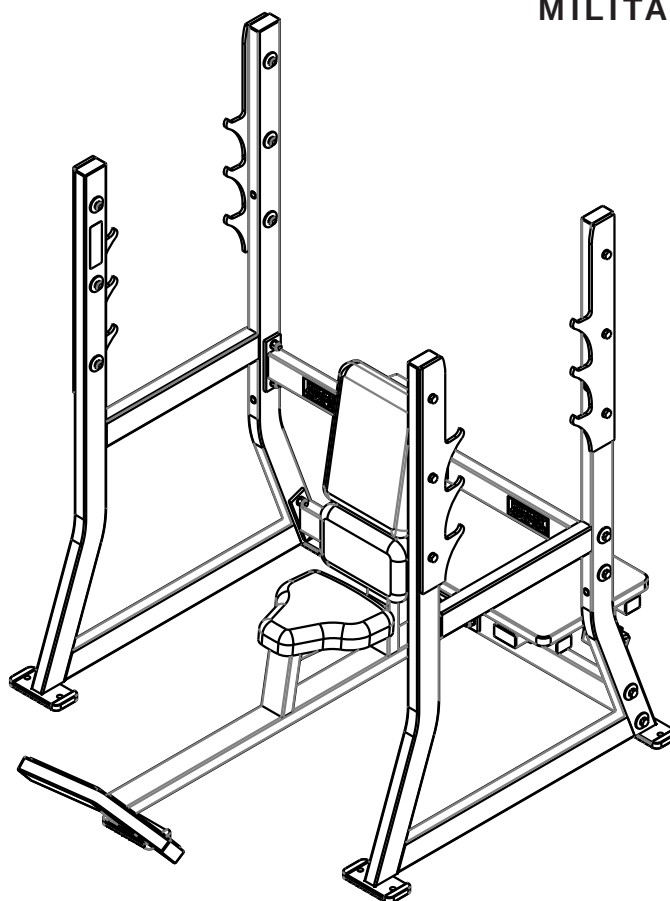
**HAMMER
STRENGTH[®]**

OLYMPIC

PARTS MANUAL

**MILITARY BENCH
OMB & O-MB**

4/20/2017



CONTENTS

COMPONENT ASSEMBLY PAGE 3

LEFT SIDE FRAME ASSEMBLY 4

TOP CROSS MEMBER ASSEMBLY 5

SEAT FRAME ASSEMBLY 6

FOOT PLATFORM ASSEMBLY 7

RIGHT SIDE FRAME ASSEMBLY 8

KEY

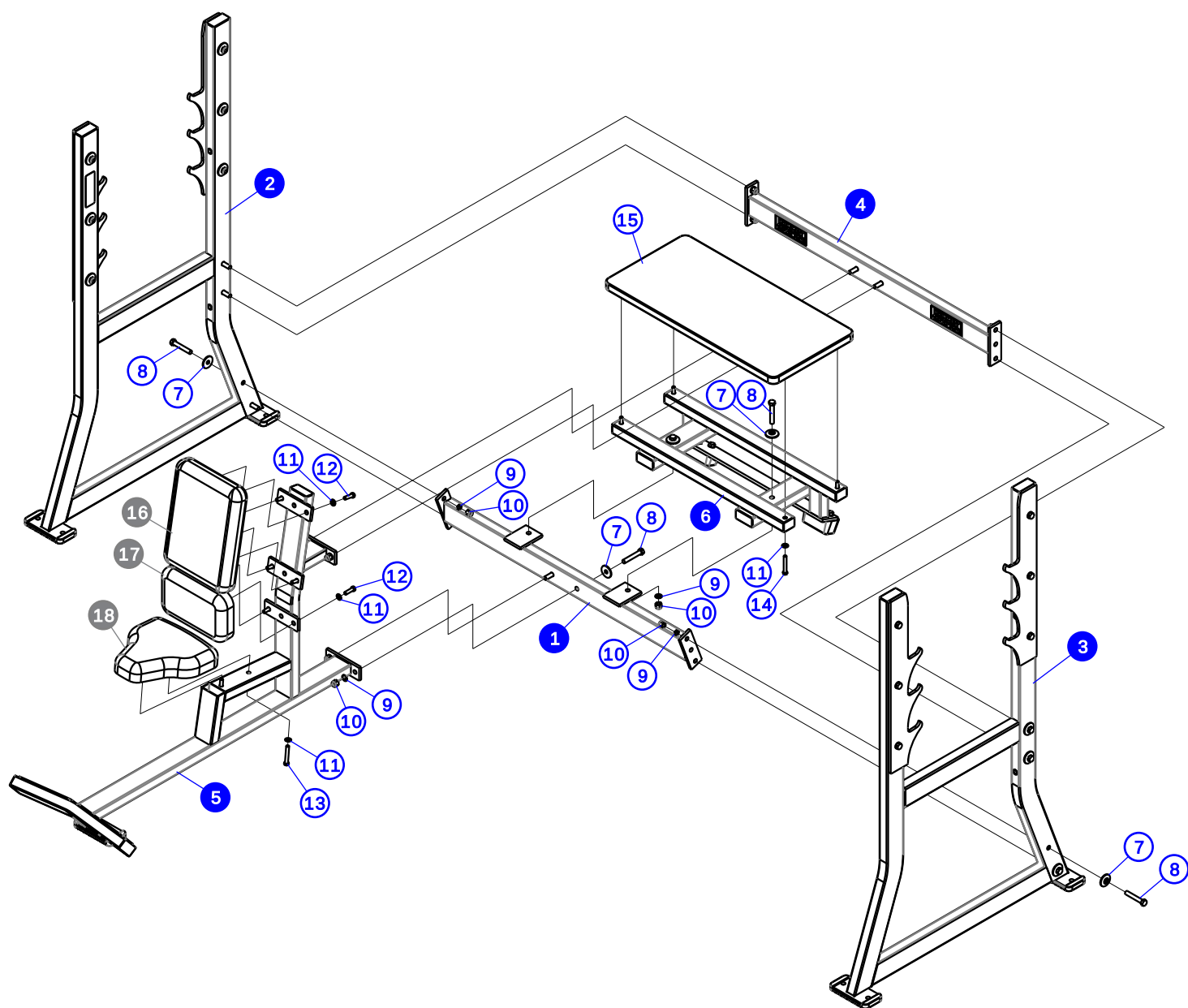
UPHOLSTERY 1 2 3

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.

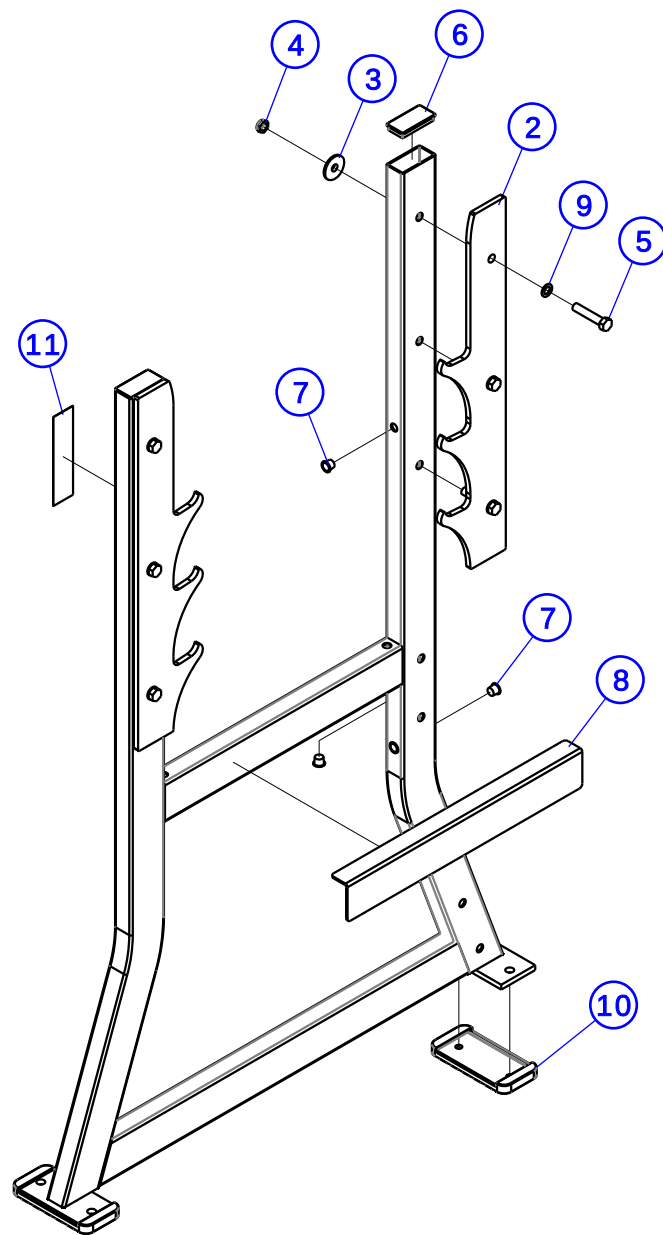
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	OMB-BX	WLDMT, BOTTOM FRAME, OMB
2	1	OMB-CSFR	ASSY, SIDE FRAME, RIGHT, OMB
3	1	OMB-CSFL	ASSY, SIDE FRAME, LEFT, OMB
4	1	OMB-CTX	ASSY, TOP CROSS MEMBER, OMB
5	1	OMB-CST	ASSY, SEAT FRAME, OMB
6	1	OMB-CFB	ASSY, FOOT PLATFORM, OMB
7	14	H-BACK-WASH	BACKING WASHER
8	14	HHB.5X3	1/2 X 3 BOLT
9	14	WASH.5STAR	1/2" INTERNAL LOCK WASHER

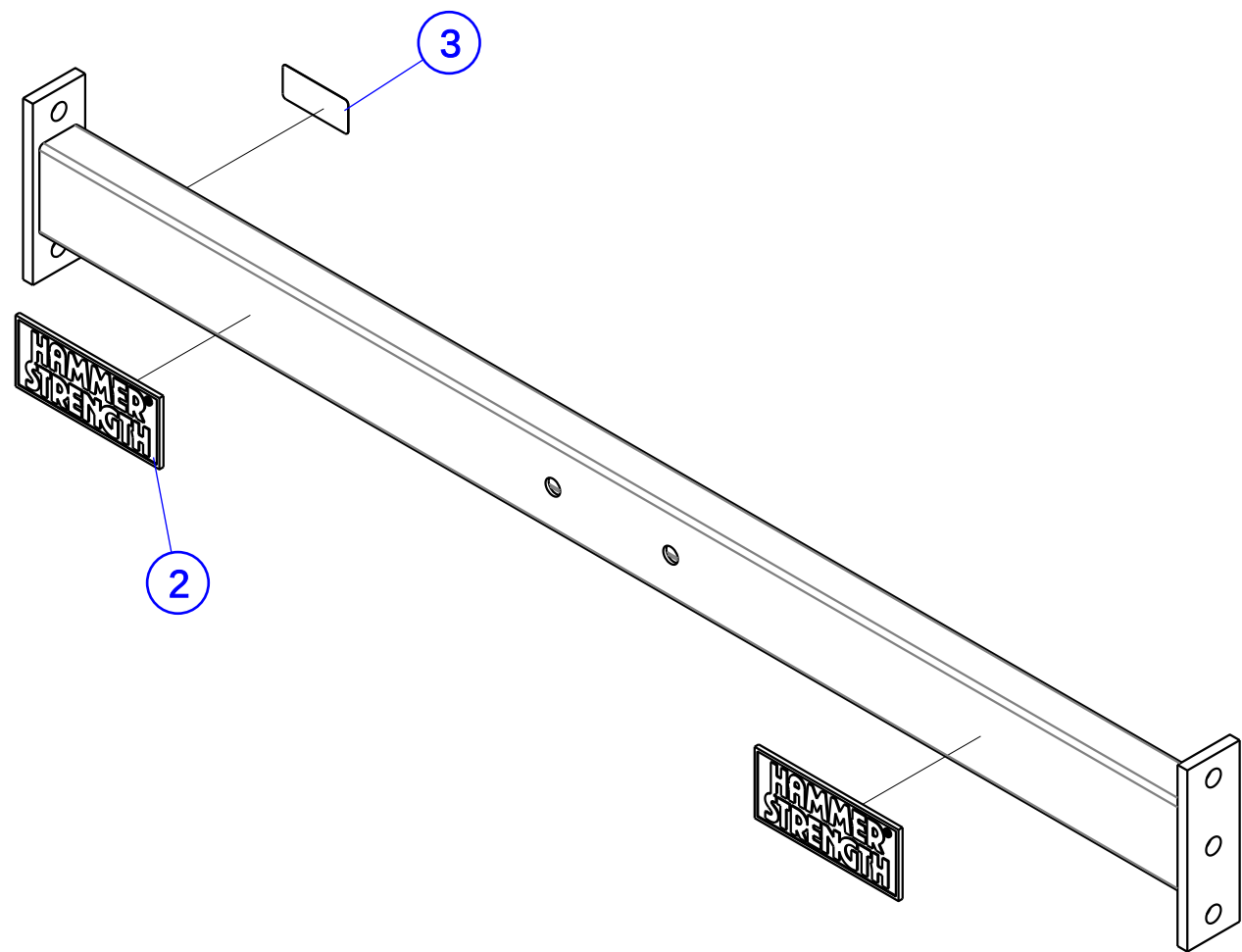
ITEM NO.	QTY.	PART NO.	DESCRIPTION
10	14	NUT.5LOCK	1/2 DIA THICK LOCK NUT
11	12	WASH.375SAE	3/8" SAE FLAT WASHER
12	6	3236204	SCREW, M10 X1.5 35MM
13	2	3236210	SCREW, M10 X1.5 65MM
14	4	HHB.375X2.25	STEEL BOLT 3/8 X 2.5
15	1	U-FBLP	LEG PRESS FOOTBOARD
16	1	7422199	PAD, BACK, 15 X 11-1/4
17	1	7399399	PAD, 7 X 11-1/4
18	1	7351999	PAD, SADDLE

LEFT SIDE FRAME ASSEMBLY



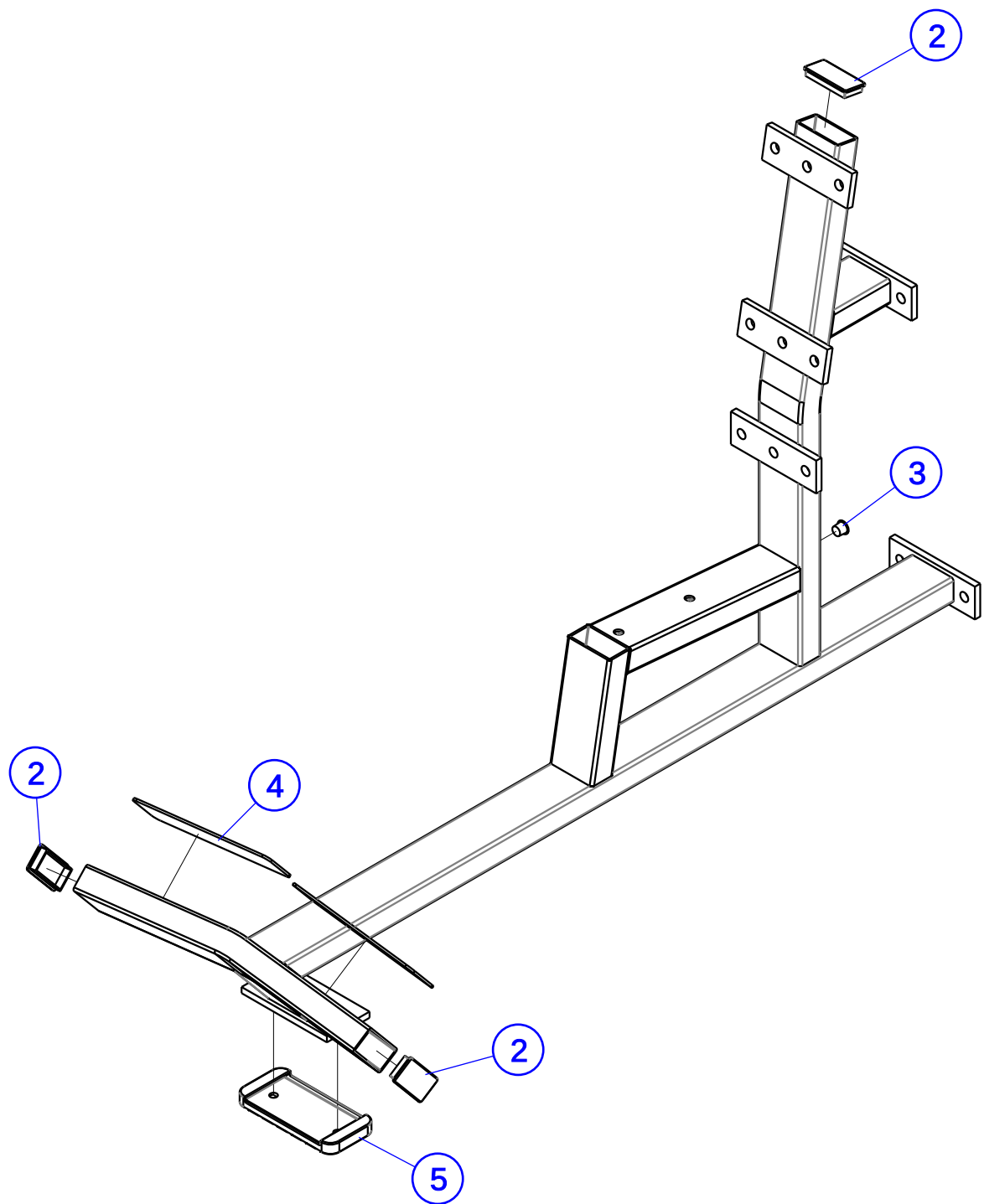
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	HGR-ANG	3 HOOK GUNRACK-TOP
3	6	H-BACK-WASH	BACKING WASHER
4	6	NUT.5JAMLOCK	1/2 THIN LOCK NUT
5	6	HHB.5X2.5	1/2 X 2 1/2 BOLT
6	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	6	H-HPLUG (REG)	HOLE PLUG
8	1	H-L-GUARD 2075	L-SHAPED PLATE GUARD
9	6	WASH.5STAR	1/2" INTERNAL LOCK WASHER
10	2	MM-9	3 X 6 FLANGE RUBBER SLIPPER
11	1	8773701	LABEL, ASTM PL VERT

TOP CROSS MEMBER ASSEMBLY



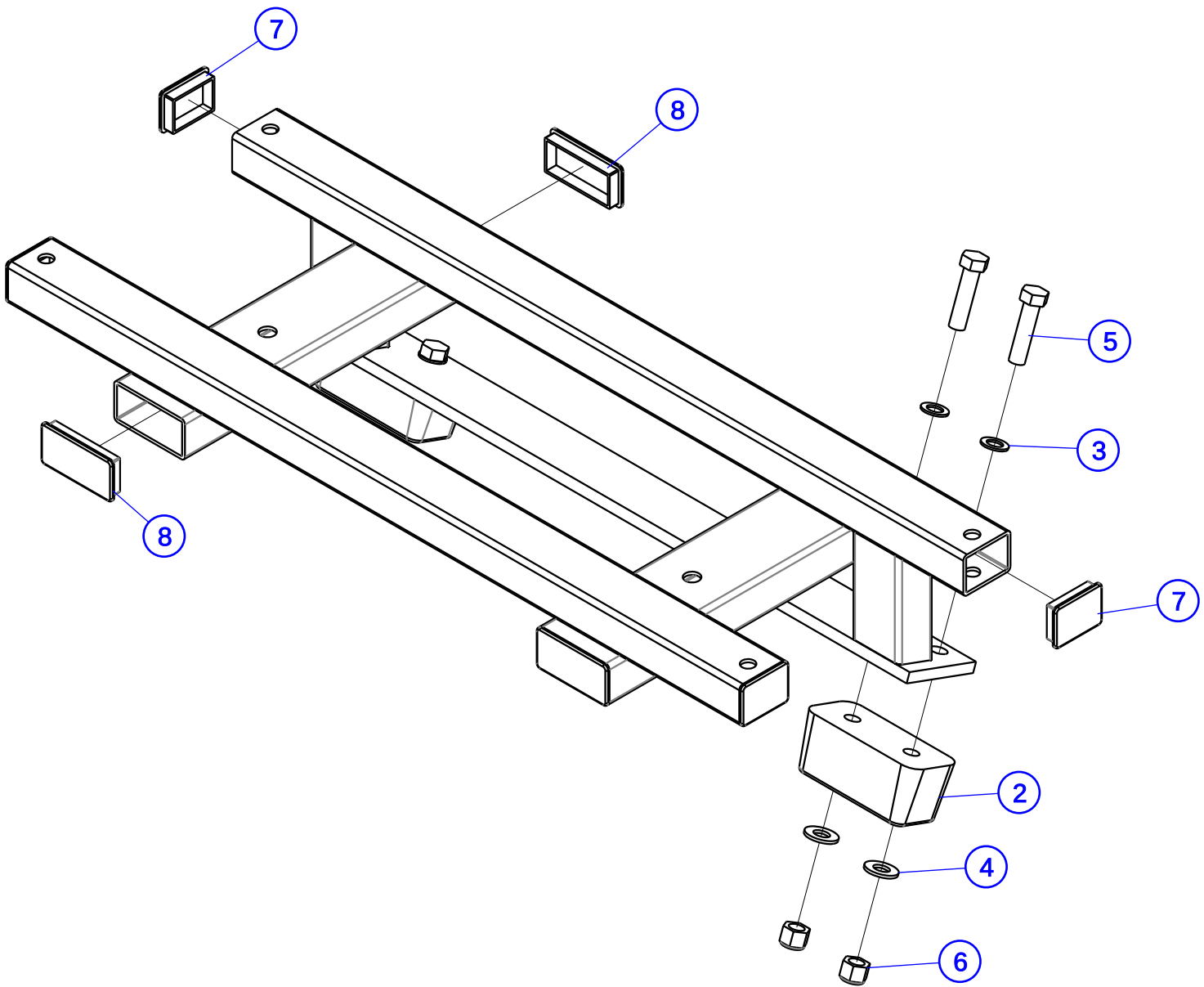
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-NAMEPLATE	HAMMER STRENGTH BADGE
3	1	-	SERIAL NUMBER

SEAT FRAME ASSEMBLY



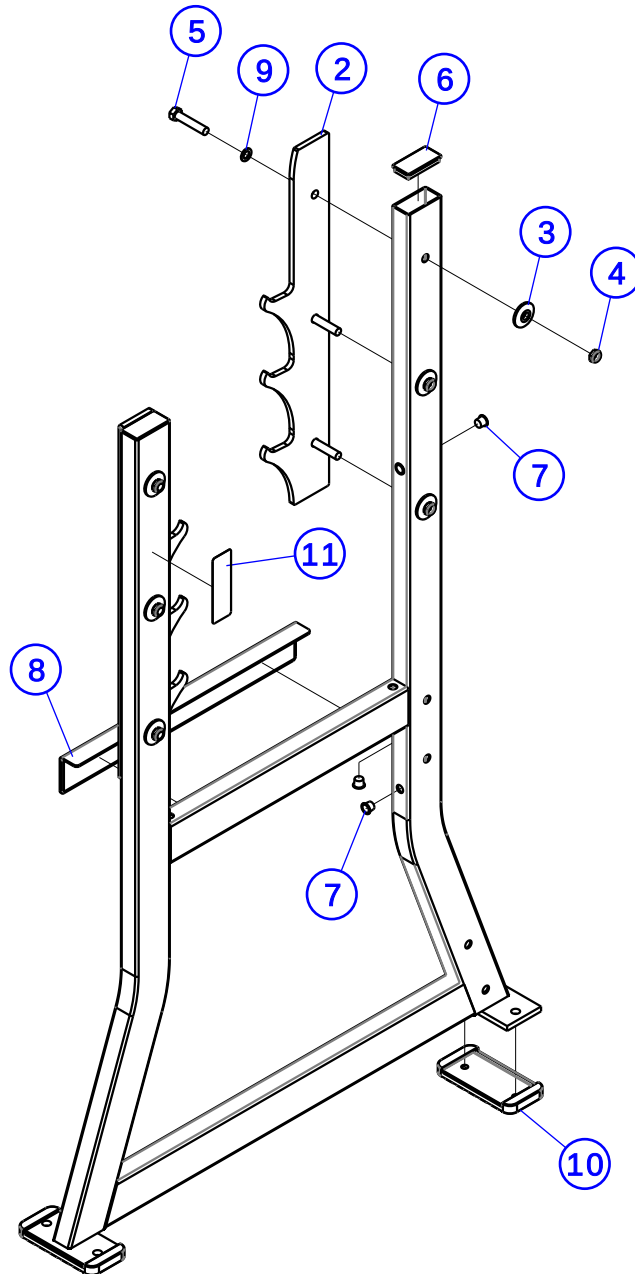
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	3	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	H-HPLUG (REG)	HOLE PLUG
4	2	H-NONSKID 3X9	PLASTIC NON SKID STRIP 3 X 9
5	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER

FOOT PLATFORM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-BUMP-MED	H-BUMP-MED
3	4	WASH.5STAR	1/2" INTERNAL LOCK WASHER
4	4	WASH.5SAE	1/2" SAE FLAT WASHER
5	4	HHB.5X2	1/2 X 2 BOLT
6	4	NUT.5LOCK	1/2 DIA THICK LOCK NUT
7	4	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
8	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG

RIGHT SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	HGR-ANG	3 HOOK GUNRACK-TOP
3	6	H-BACK-WASH	BACKING WASHER
4	6	NUT.5JAMLOCK	1/2 THIN LOCK NUT
5	6	HHB.5X2.5	1/2 X 2 1/2 BOLT
6	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	6	H-HPLUG (REG)	HOLE PLUG
8	1	H-L-GUARD 2075	L-SHAPED PLATE GUARD
9	6	WASH.5STAR	1/2" INTERNAL LOCK WASHER
10	2	MM-9	3 X 6 FLANGE RUBBER SLIPPER
11	1	8758401	FIXED BENCH WARNING DECAL