

HAMMER[®] STRENGTH

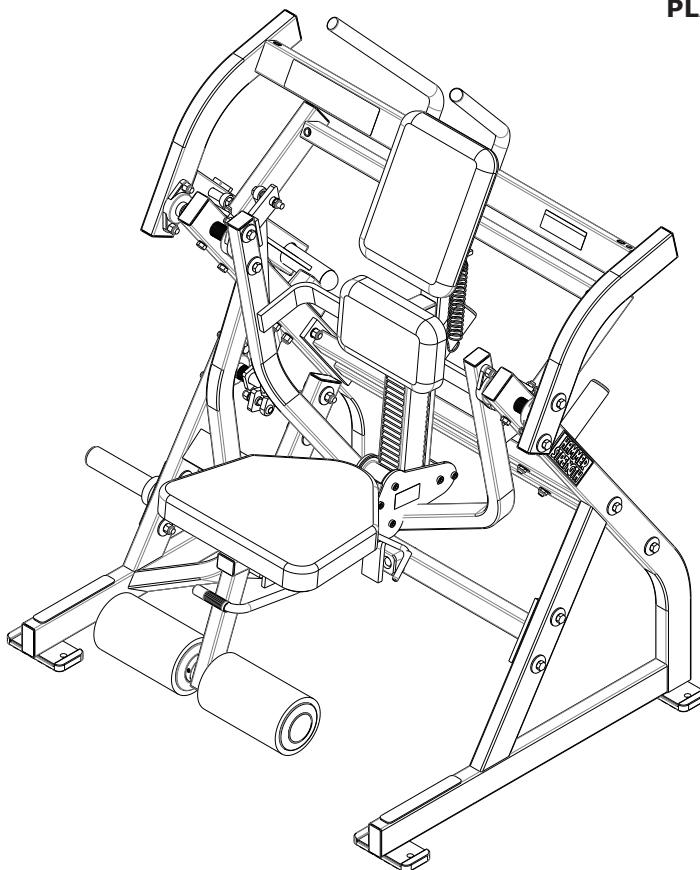
**HAMMER
STRENGTH[®]**

PLATE LOADED

PARTS MANUAL

ABDOMINAL OBLIQUE CRUNCH
PLAB & PL-AB

11/6/2014



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KEY

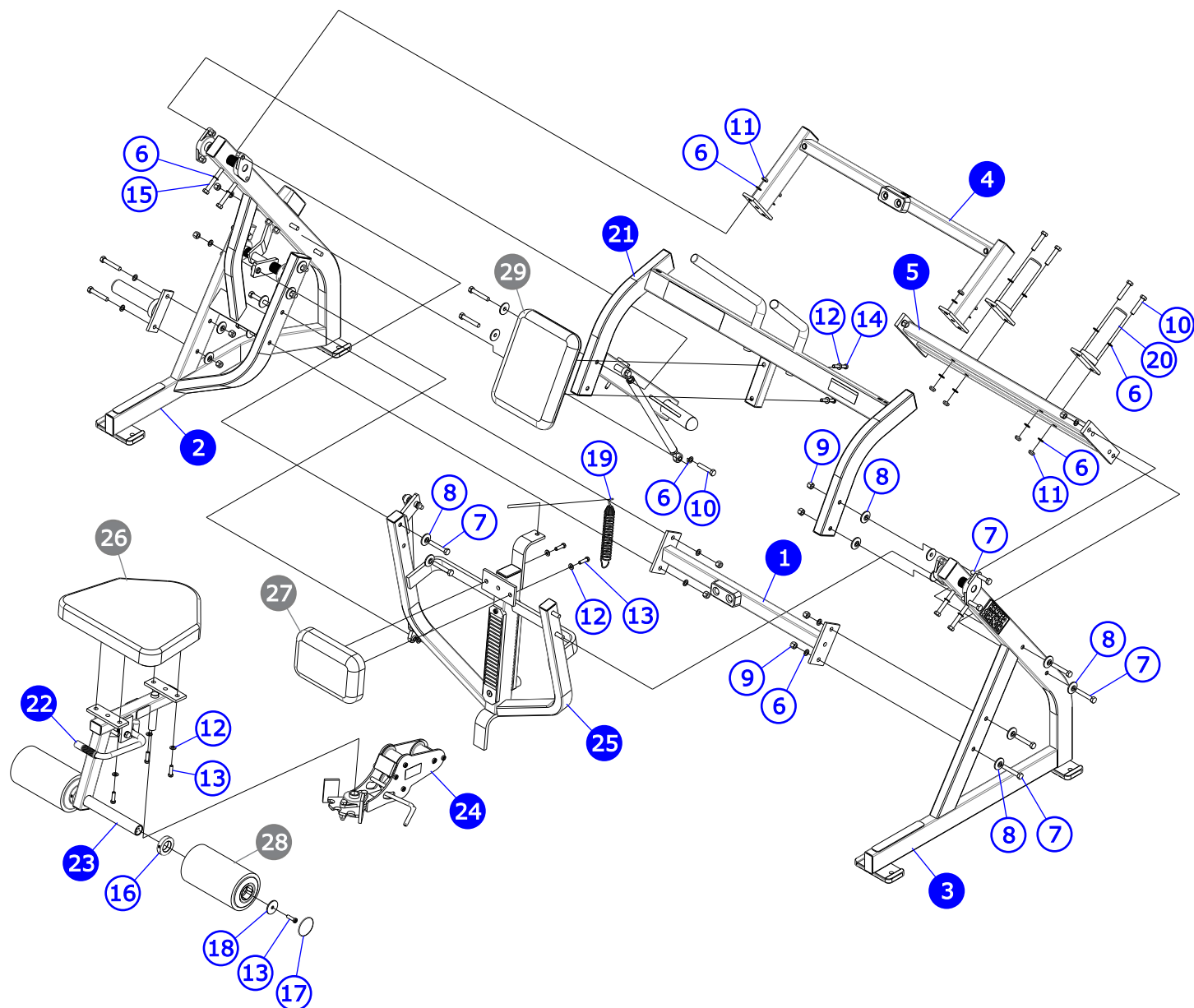
UPHOLSTERY 1 2 3

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.

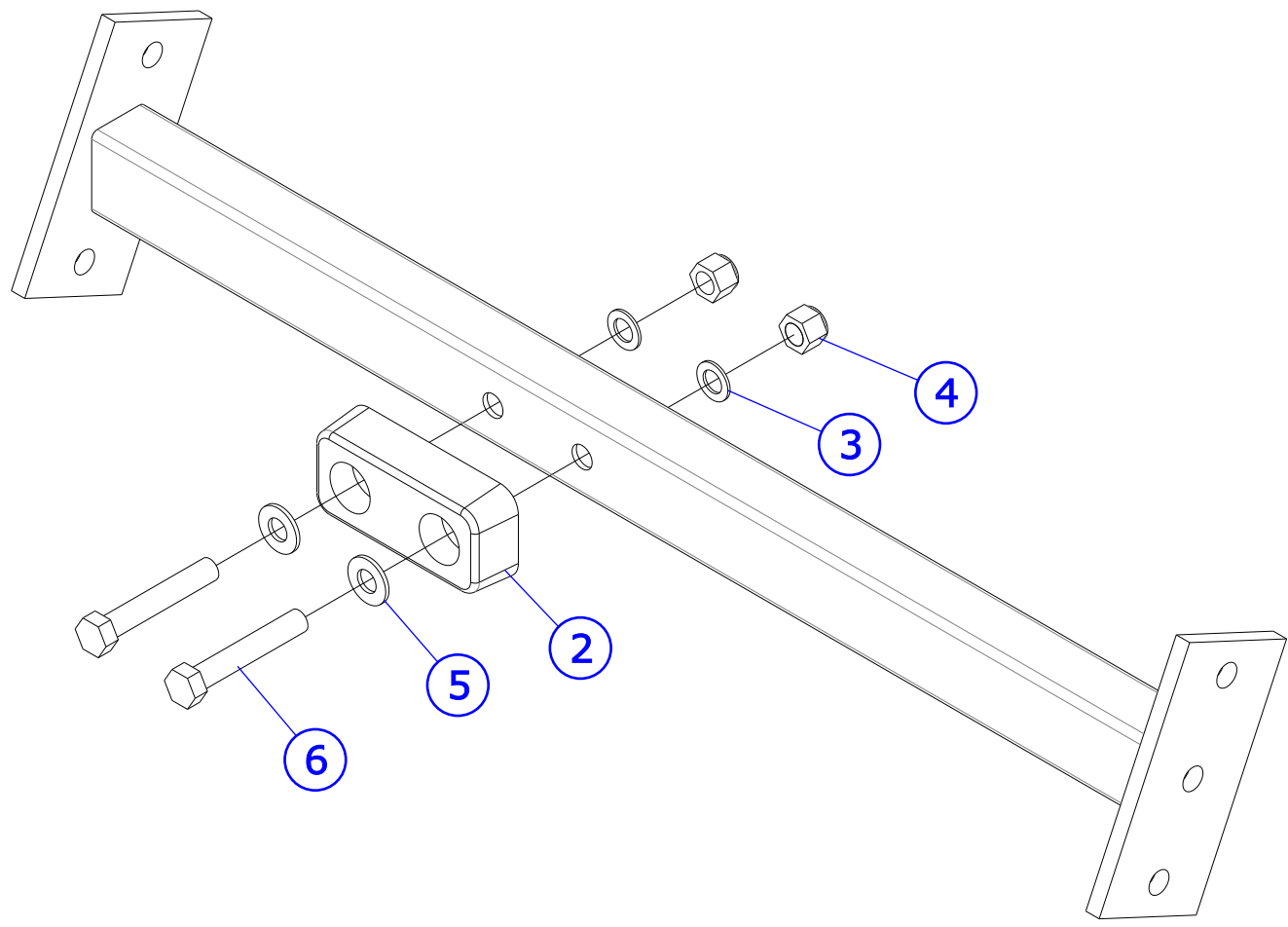
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLAB-CHX	ASSY, BOTTOM CROSS MEMBER, PLAB
2	1	PLAB-CRSF	ASSY, SIDE FRAME, RIGHT, PLAB
3	1	PLAB-CLSF	ASSY, SIDE FRAME, LEFT, PLAB
4	1	PLAB-CTX	ASSY, TOP CROSS MEMBER, PLAB
5	1	PLAB-BX	WLDMT, BACK FRAME, PLAB
6	30	WASH.5STAR	1/2" INTERNAL LOCK WASHER
7	18	HHB.5X3	1/2 X 3 BOLT
8	18	H-BACK-WASH	BACKING WASHER
9	20	NUT.5LOCK	1/2 DIA THICK LOCK NUT
10	6	HHB.5X2.5	1/2 X 2 1/2 BOLT
11	8	NUT.5JAMLOCK	1/2 THIN LOCK NUT
12	8	WASH.375SAE	3/8" SAE FLAT WASHER
13	8	3236204	SCREW, M10 X1.5 35MM
14	2	3236210	SCREW, M10 X1.5 65MM
15	4	HHB.5X4	1/2 X 4 BOLT

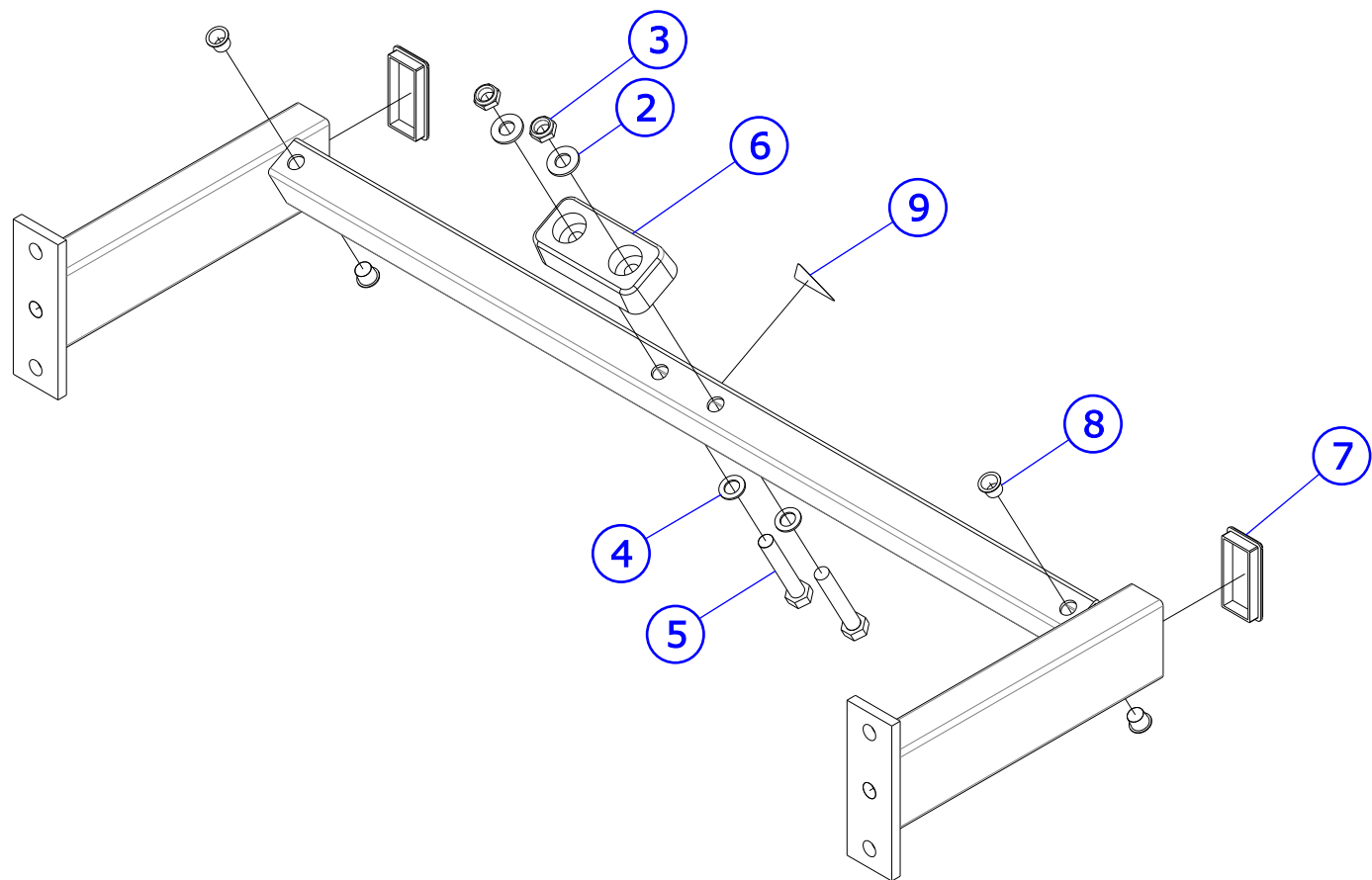
ITEM NO.	QTY.	PART NO.	DESCRIPTION
16	2	7357901	SHAFT COLLAR, 1-1/2" ID ALUM
17	2	7308701	CAP, BEARING HOUSING
18	2	7322301	PLATE, 1.97 OD X .44 ID 10GA
19	1	LP-EX-SPRNG	LEG PRESS EXTENSION SPRING
20	3	H-HORN-ASSY	ASSY, WEIGHT HORN
21	1	PLAB-CMAT	ASSY, PLAB, TOP WORKARM
22	1	PLAB-CSRH	ASSY, PLAB, SEAT RELEASE HANDLE
23	1	PLAB-CST	ASSY, PLAB, SEAT PAD MOUNT
24	1	PLAB-CSM	ASSY, PLAB, ADJ. ROLLER SEAT
25	1	PLAB-CMAB	ASSY, PLAB, BOTTOM WORKARM
26	1	8782199	PAD, MOLDED SEAT
27	1	7399399	PAD, 7 X 11-1/4
28	2	7424799	ASSY, ROLLER PAD SHORT
29	1	7499399	PAD, 13-3/4 X 10-3/4

BOTTOM CROSS MEMBER ASSEMBLY



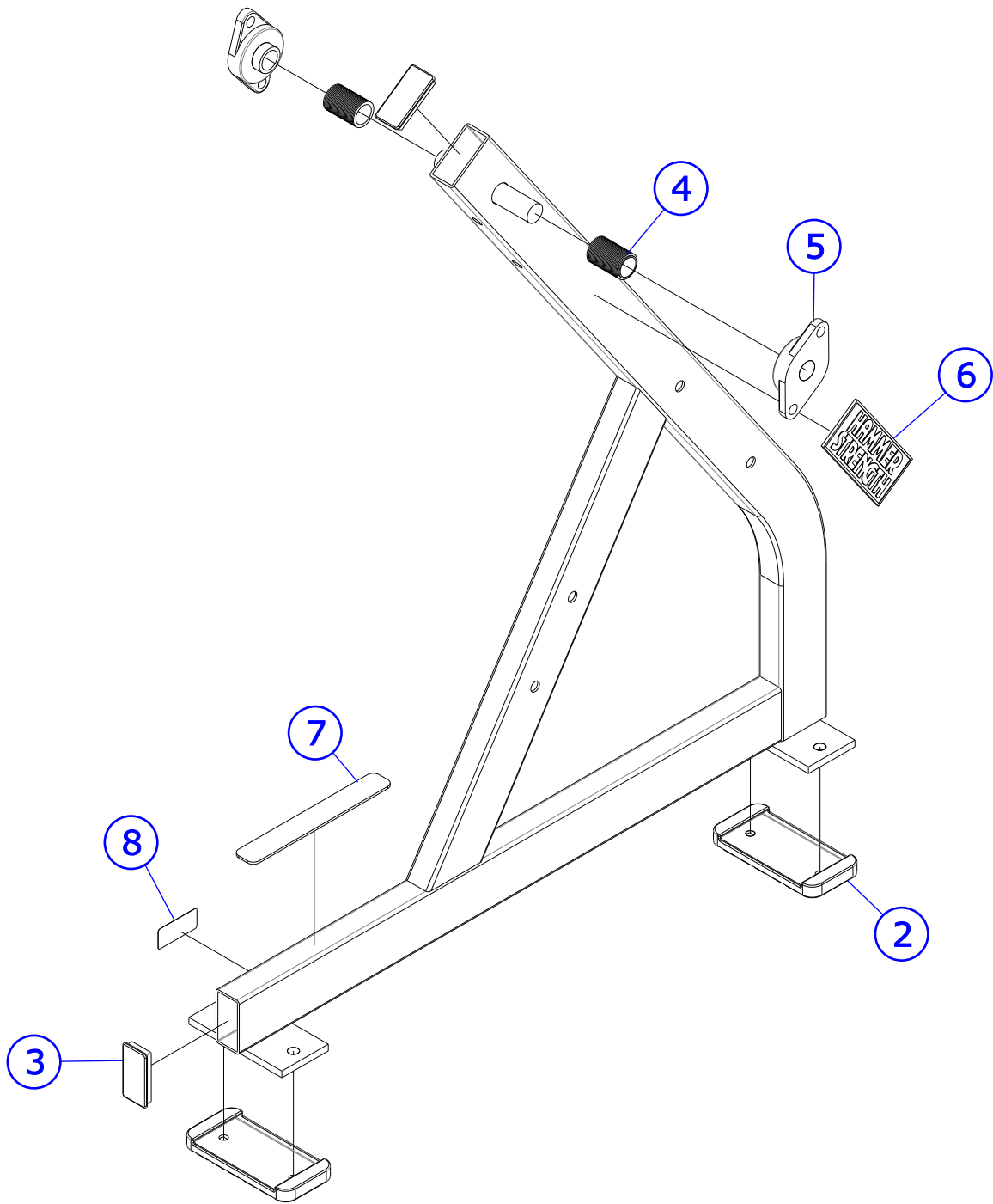
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
3	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
4	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	2	WASH.5SAE	1/2" SAE FLAT WASHER
6	2	HHB.5X3	1/2 X 3 BOLT

TOP CROSS MEMBER ASSEMBLY



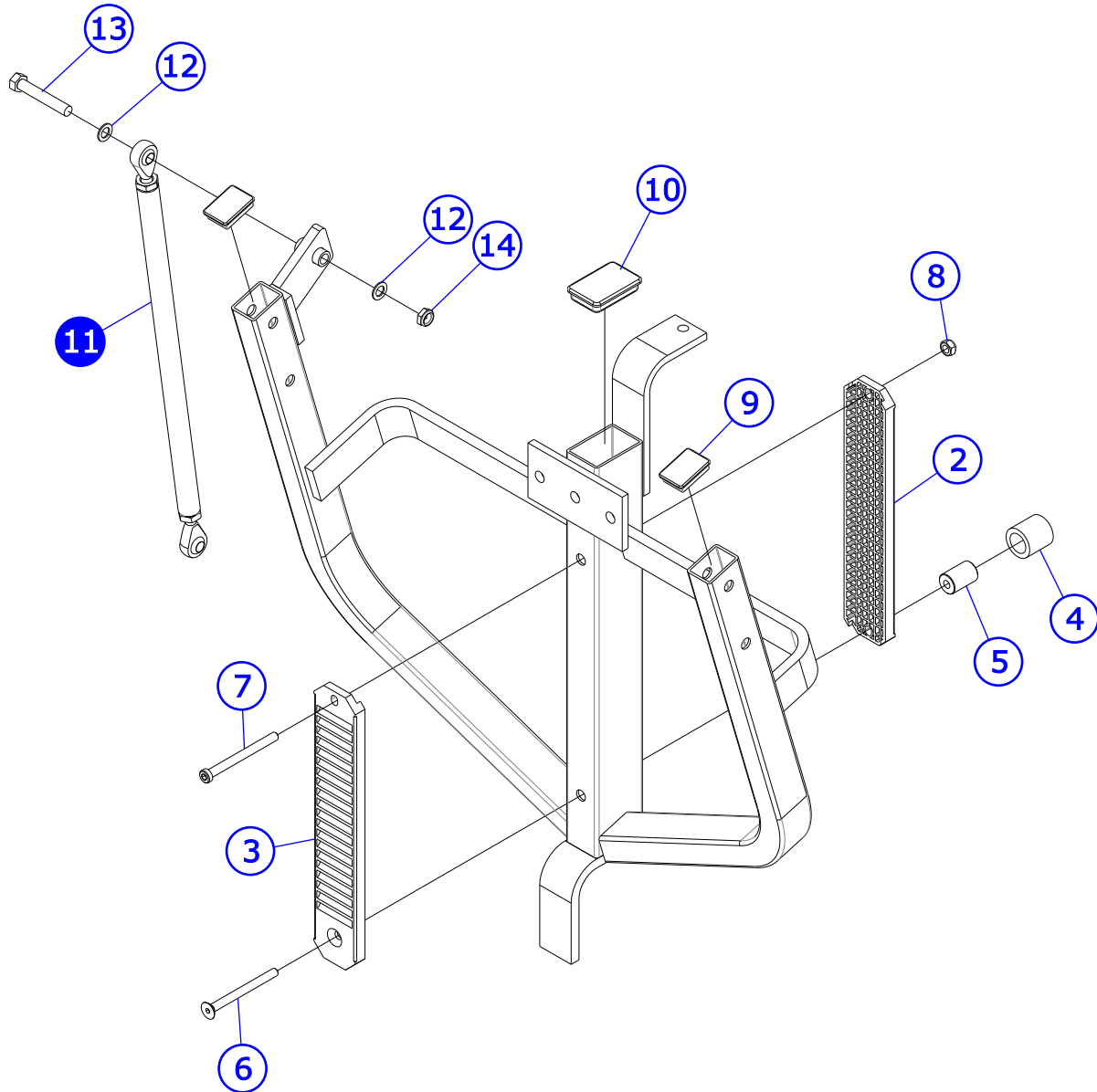
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.5SAE	1/2" SAE FLAT WASHER
3	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
4	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
5	2	HHB.5X3	1/2 X 3 BOLT
6	1	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
7	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
8	4	H-HPLUG (REG)	HOLE PLUG
9	1	8039501	LABEL, WARNING, TRIANGLE

LEFT SIDE FRAME ASSEMBLY



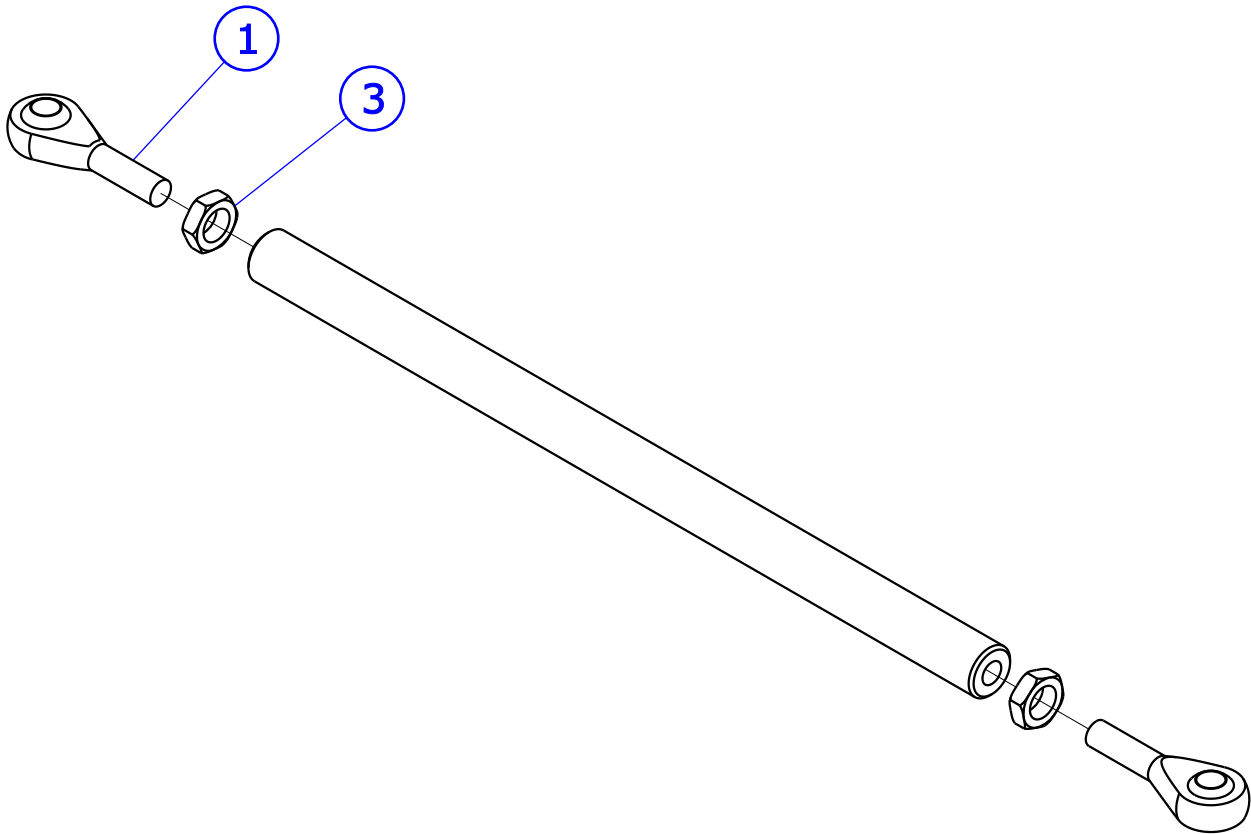
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	MM-9	3 X 6 FLANGE RUBBER SLIPPER
3	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
4	2	ACCORDIAN	SHAFT GUARD
5	2	H-BEAR-SML	SMALL BEARING
6	1	H-NAME PLATE	NAMEPLATE (45156-P)
7	1	NONSKID 1 X 9	PLASTIC NON SKID STRIP 1 X 9
8	1	-	SERIAL NUMBER

BOTTOM WORK ARM ASSEMBLY



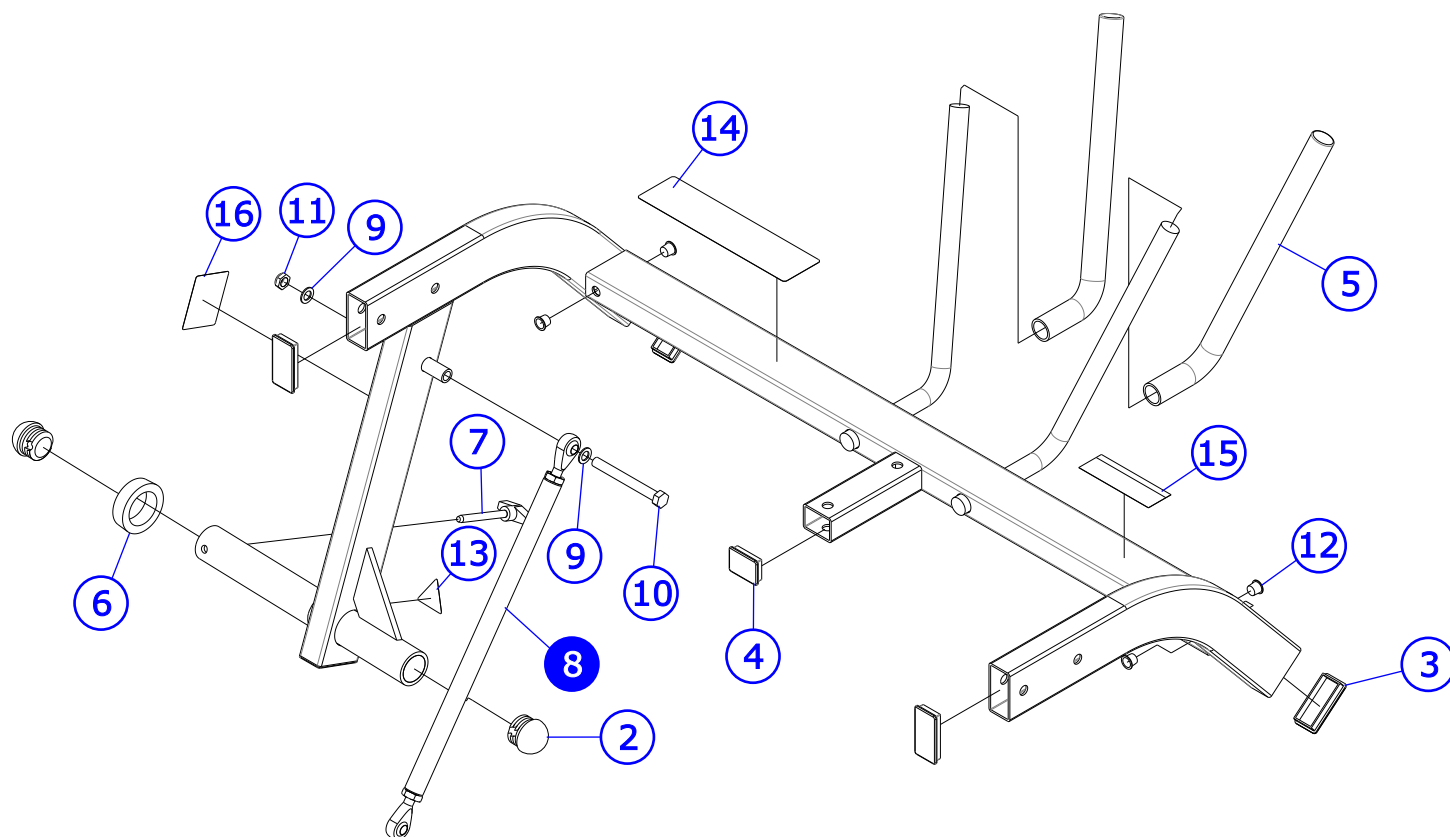
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	7564401	SEATRACK, FLAT
3	1	8416801	TRACK, SEAT - SERRATED
4	1	3235802	GRIP, SHADOW GRAY, 1.5"
5	1	7570601	STOP, ROLLER SEAT
6	1	3238318	M10x1.5x110mm
7	1	3236218	SCREW, M10 X1.5 110MM
8	1	3236801	NUT, M10 HEX NYLOCK SS
9	2	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
10	1	RC-2030-1	CAP, END 2 X 3
11	1	9330002	ASSY, HAMMER, TIE ROD
12	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
13	1	HHB.5X3	1/2 X 3 BOLT
14	1	NUT.5JAMLOCK	1/2 THIN LOCK NUT

TIE ROD COMPONENTS



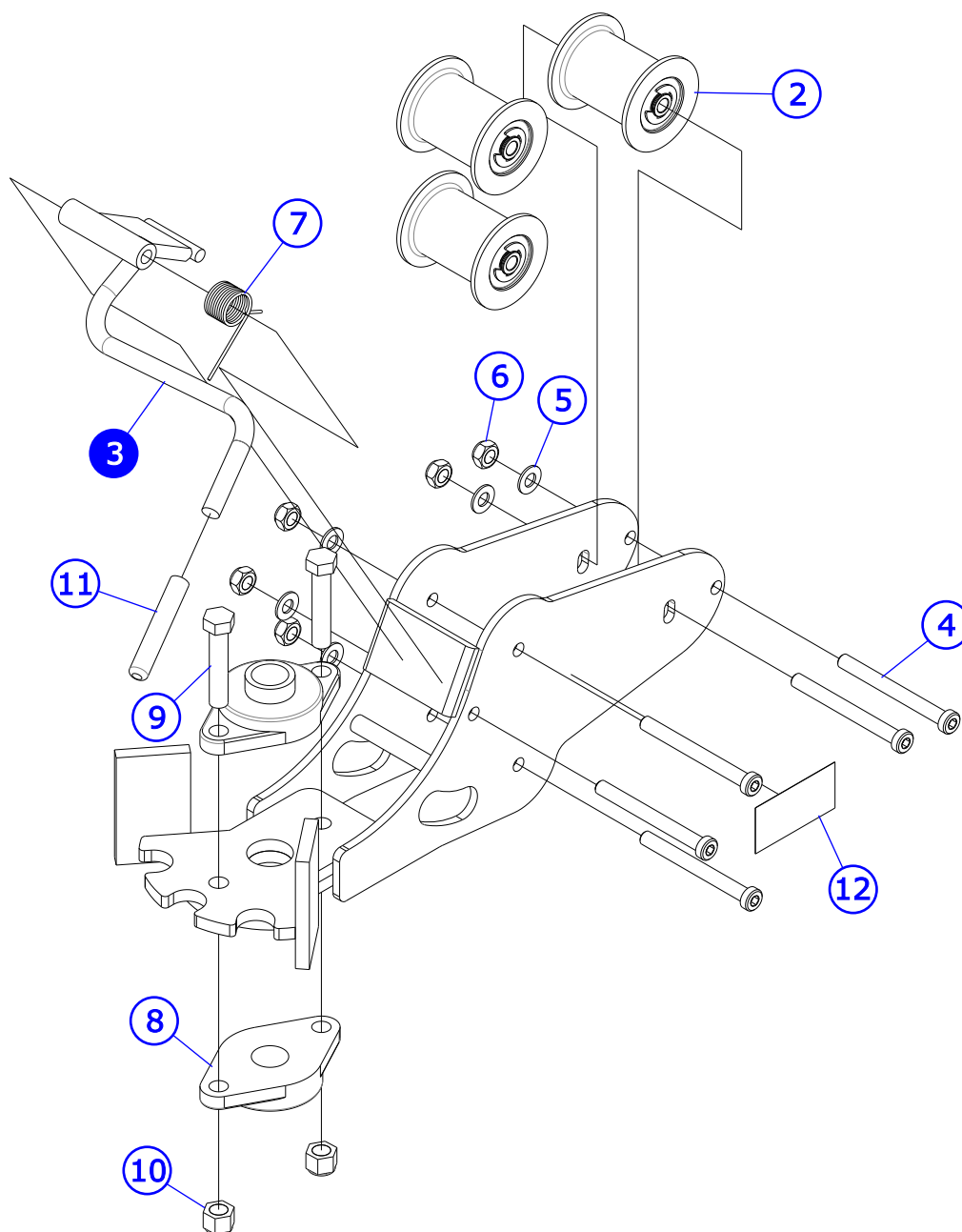
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3275201	ROD END, ENGLISH MALE
3	2	3236902	NUT, M16 X 2 HEX JAM SS

TOP WORK ARM ASSEMBLY



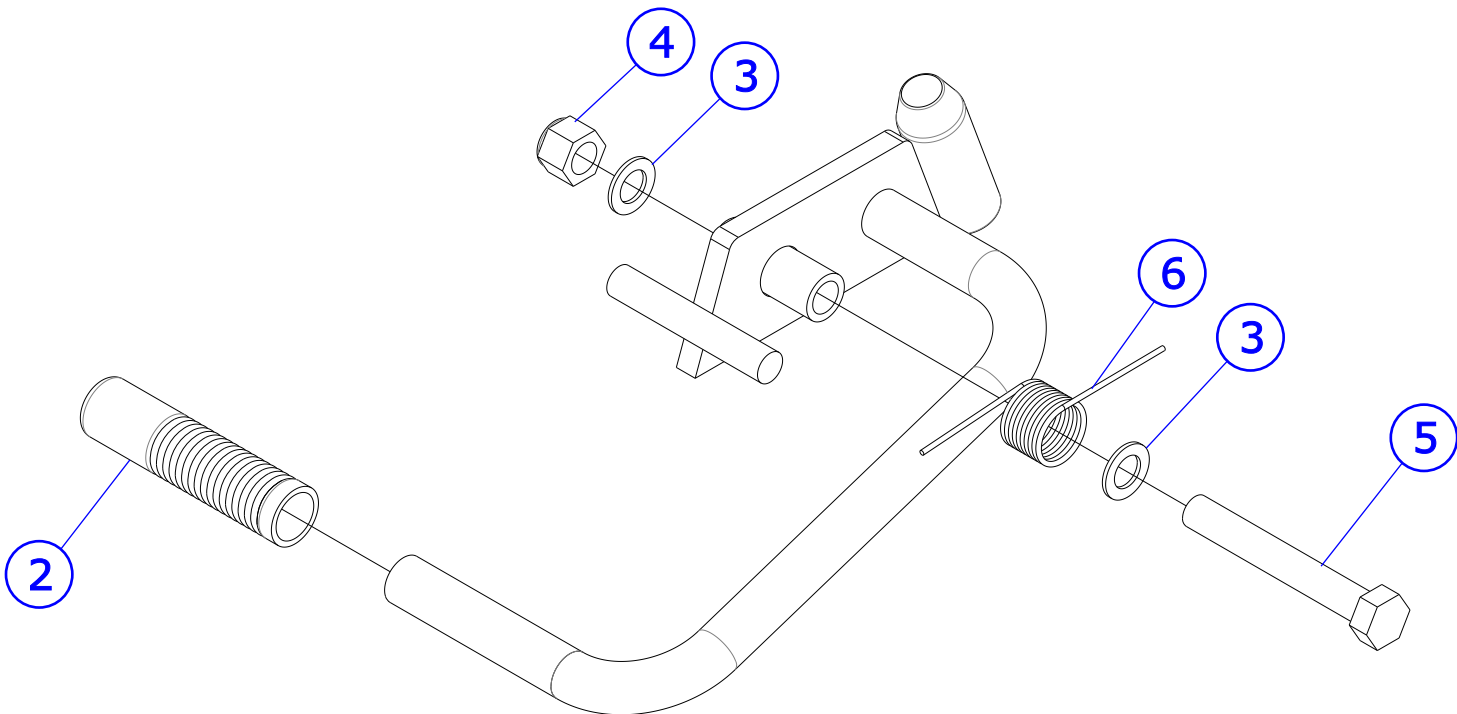
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	RUBCAP1-2	RUBBER CAP #1
3	5	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
4	1	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
5	2	H-GRIP	HANDLE GRIPS (.938X16)
6	1	H-RUBRNG	MM5 RING
7	1	SELECTOR PIN-3	SELECTOR PIN 3 IN.
8	1	9330001	ASSY, HAMMER, TIE ROD
9	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
10	1	HHB.5X4.5	1/2 X 4 1/2 BOLT
11	1	NUT.5JAMLOCK	1/2 THIN LOCK NUT
12	4	H-HPLUG (REG)	HOLE PLUG
13	1	8039501	LABEL, WARNING, TRIANGLE
14	1	ID-PLAB	PRODUCT PLACARD, PLAB
15	1	8758401	FIXED BENCH WARNING DECAL
16	1	MAX WEIGHT 25 LB	MAX WEIGHT 25 LB

ADJ. ROLLER SEAT ASSEMBLY



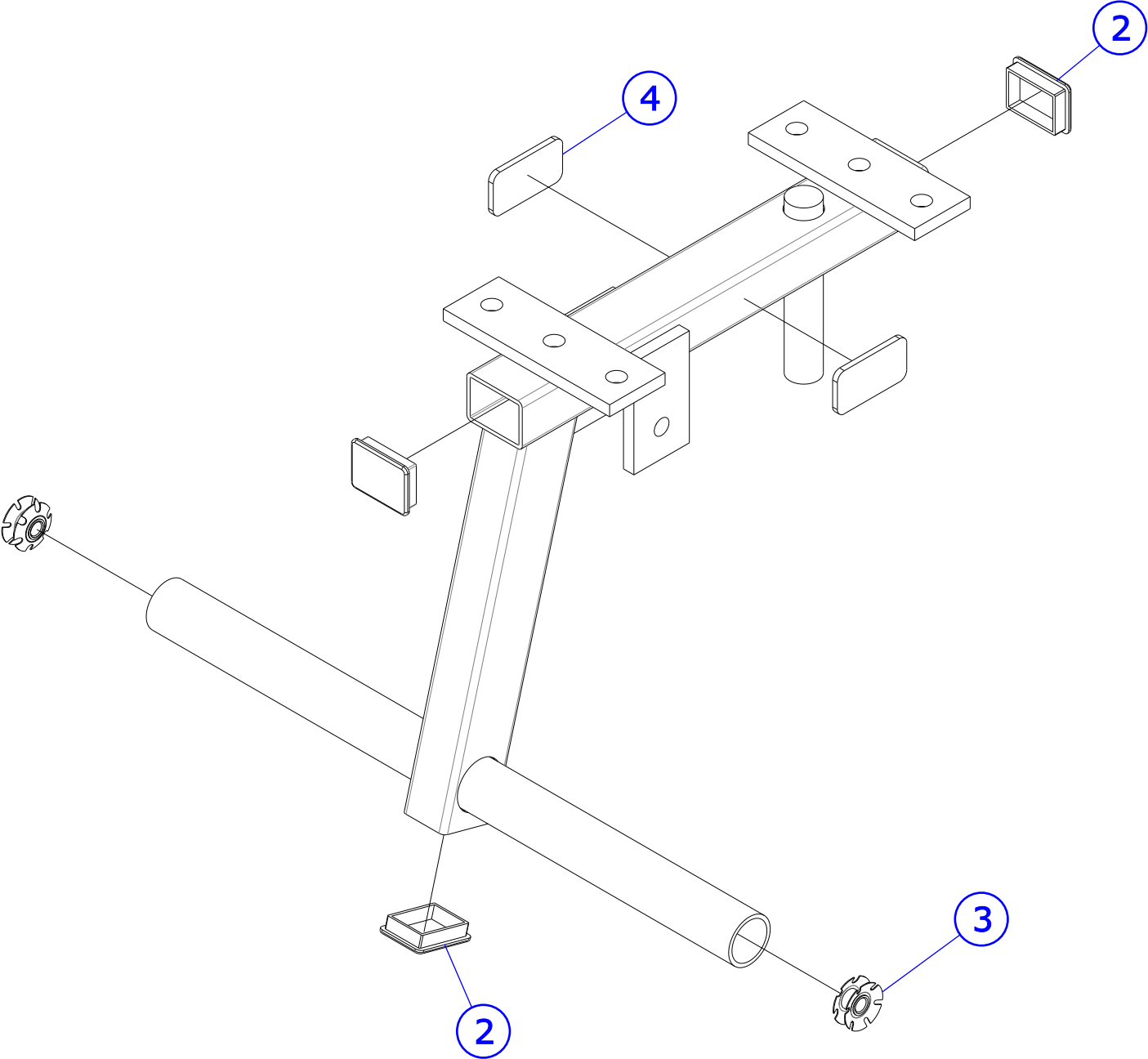
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	3	7564201	ASSY, SEAT ROLLER
3	1	8417301	WLDMT, SEAT HANDLE
4	5	3236217	SCREW, M10 X1.5 100MM
5	5	3236601	WASHER, 3/8 SAE SS
6	5	3236801	NUT, M10 HEX NYLOCK SS
7	1	7442701	SPRNG, PRO2 HANDLE TORSION
8	2	H-BEAR-SML	SMALL BEARING
9	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
10	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
11	1	3238502	CAP, 1/2 X 3
12	1	7422001	LABEL, SEAT INST

SEAT RELEASE HANDLE ASSEMBLY



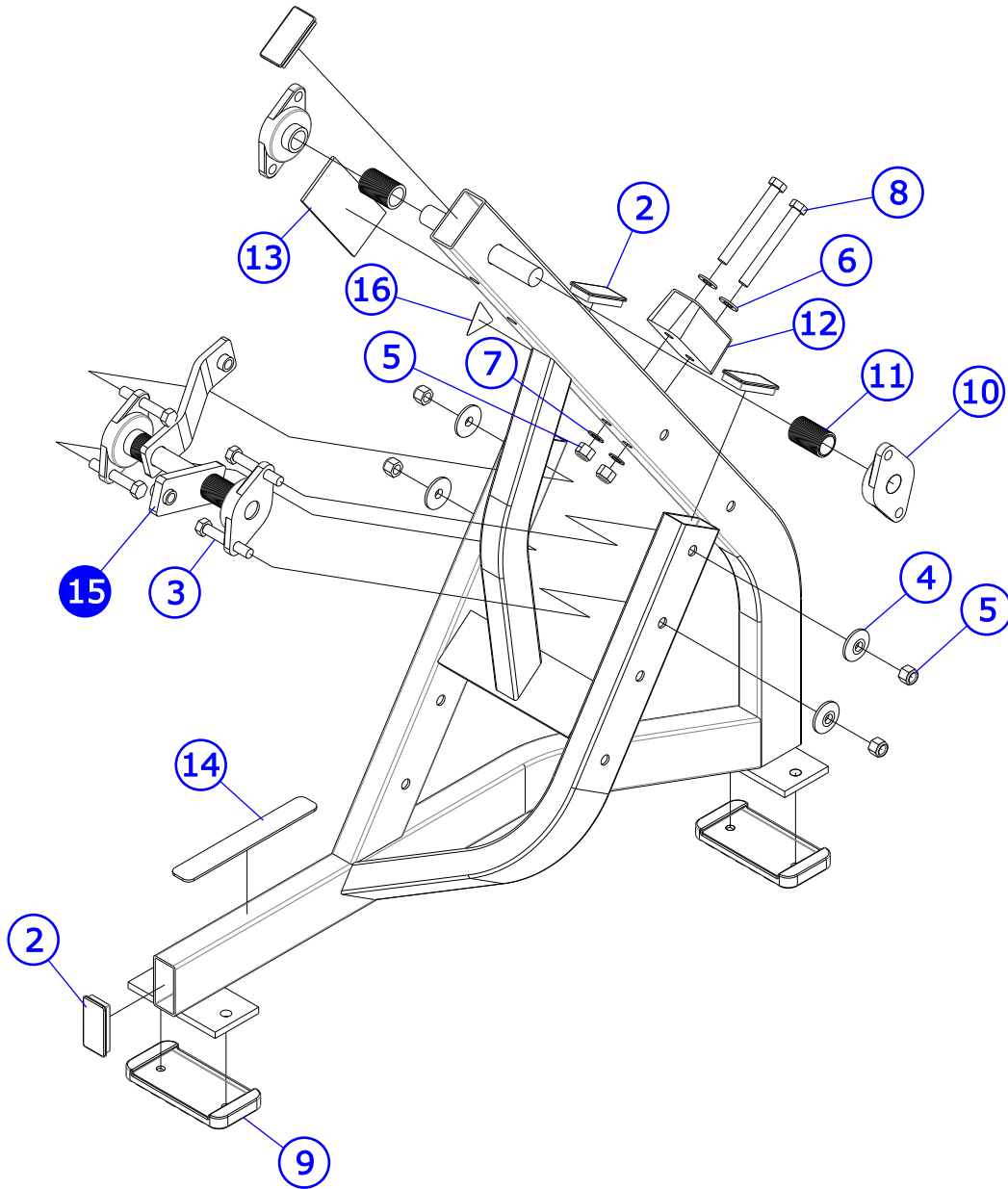
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-GRIP-75	STANDARD 3/4" BICYCLE GRIP
3	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
4	1	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	1	HHB.5X3.5	1/2 X 3 1/2 BOLT
6	1	7442701	SPRNG, PRO2 HANDLE TORSION

SEAT PAD MOUNT ASSEMBLY



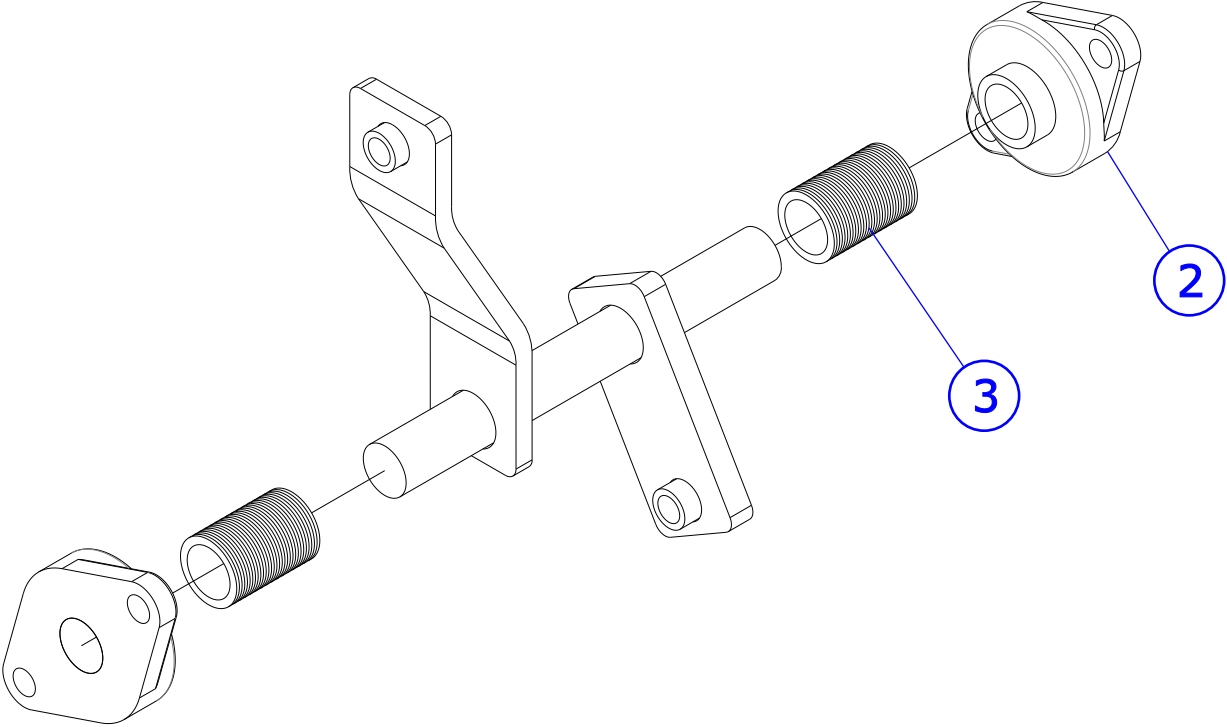
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	3	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
3	2	7347301	NUT, SPIDER M10 X 1.5
4	2	H-PLATE-G1	SMALL PLATE GUARD

RIGHT SIDE FRAME ASSEMBLY



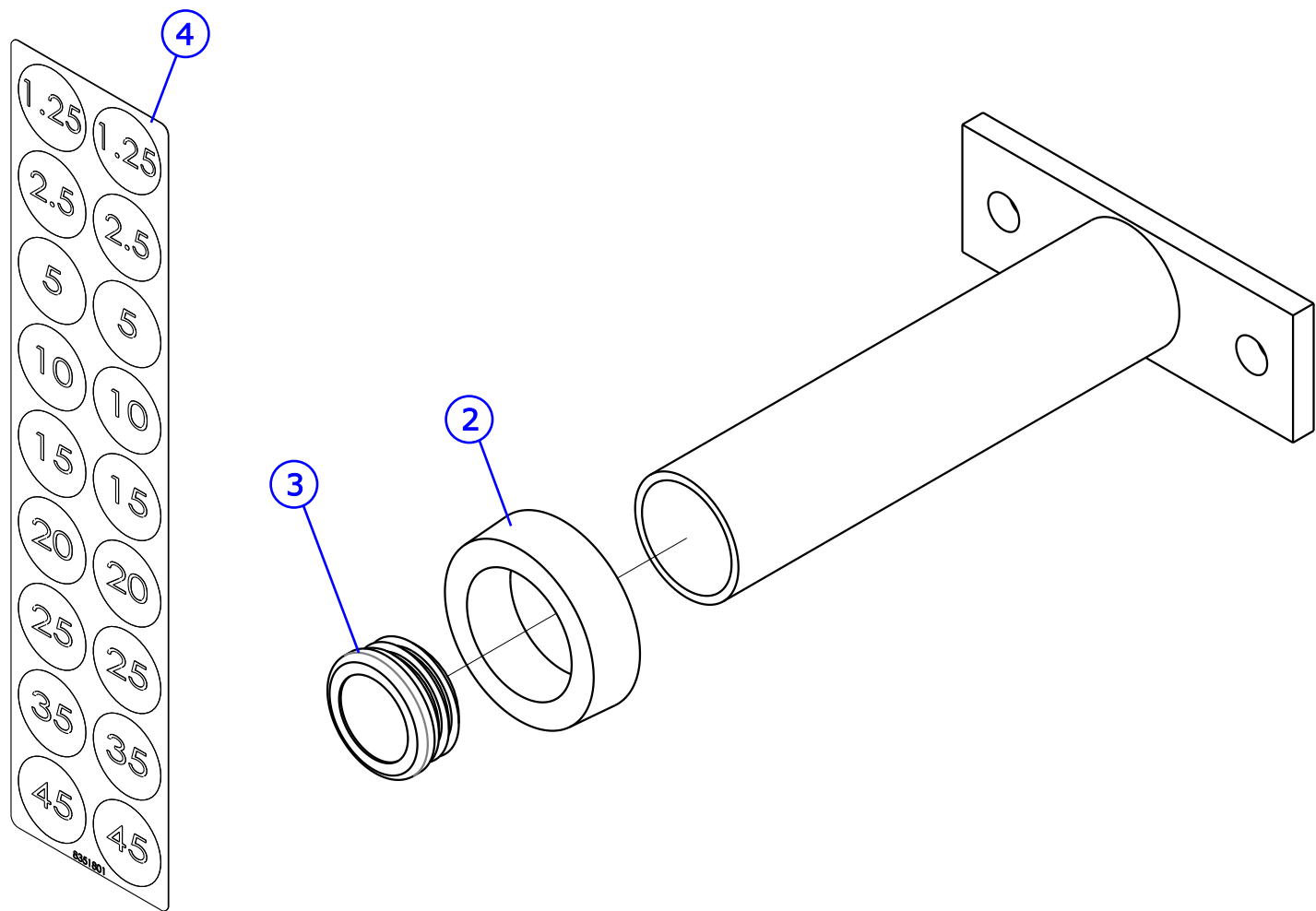
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	4	HHB.5X3	1/2 X 3 BOLT
4	4	H-BACK-WASH	BACKING WASHER
5	6	NUT.5LOCK	1/2 DIA THICK LOCK NUT
6	2	WASH.5SAE	1/2" SAE FLAT WASHER
7	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
8	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
9	2	MM-9	3 X 6 FLANGE RUBBER SLIPPER
10	2	H-BEAR-SML	SMALL BEARING
11	2	ACCORDIAN	SHAFT GUARD
12	1	H-BUMP-MED	MM2 MEDIUM
13	1	H-NAME PLATE	NAMEPLATE (45156-P)
14	1	NONSKID 1 X 9	PLASTIC NON SKID STRIP 1 X 9
15	1	PLAB-CCRANK	ASSY, CRANK, PLAB
16	1	8039501	LABEL, WARNING, TRIANGLE

CRANK ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-BEAR-SML	SMALL BEARING
3	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