

HAMMER[®] STRENGTH

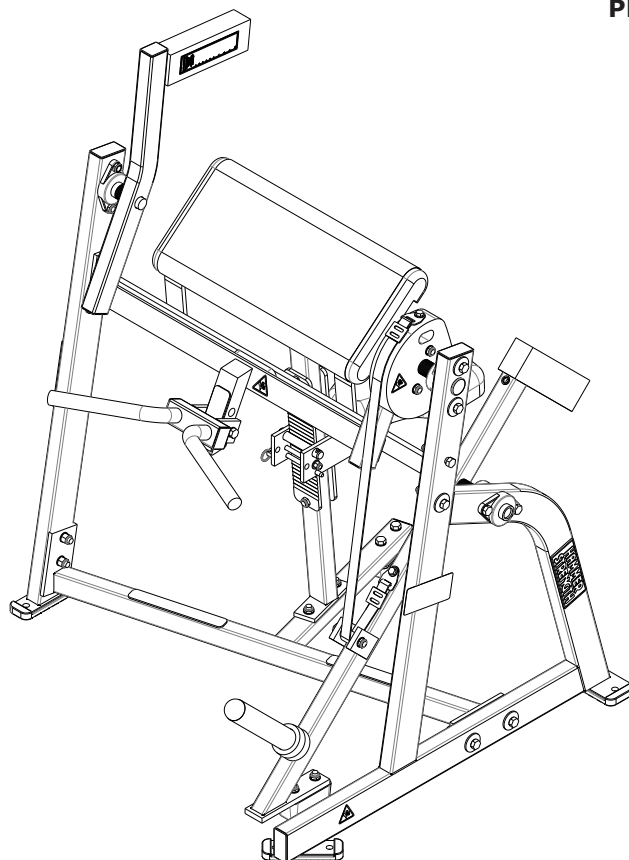
**HAMMER
STRENGTH[®]**

PLATE LOADED

PARTS MANUAL

**SEATED BICEPS
PLBI & PL-BI**

12/08/2014



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KEY

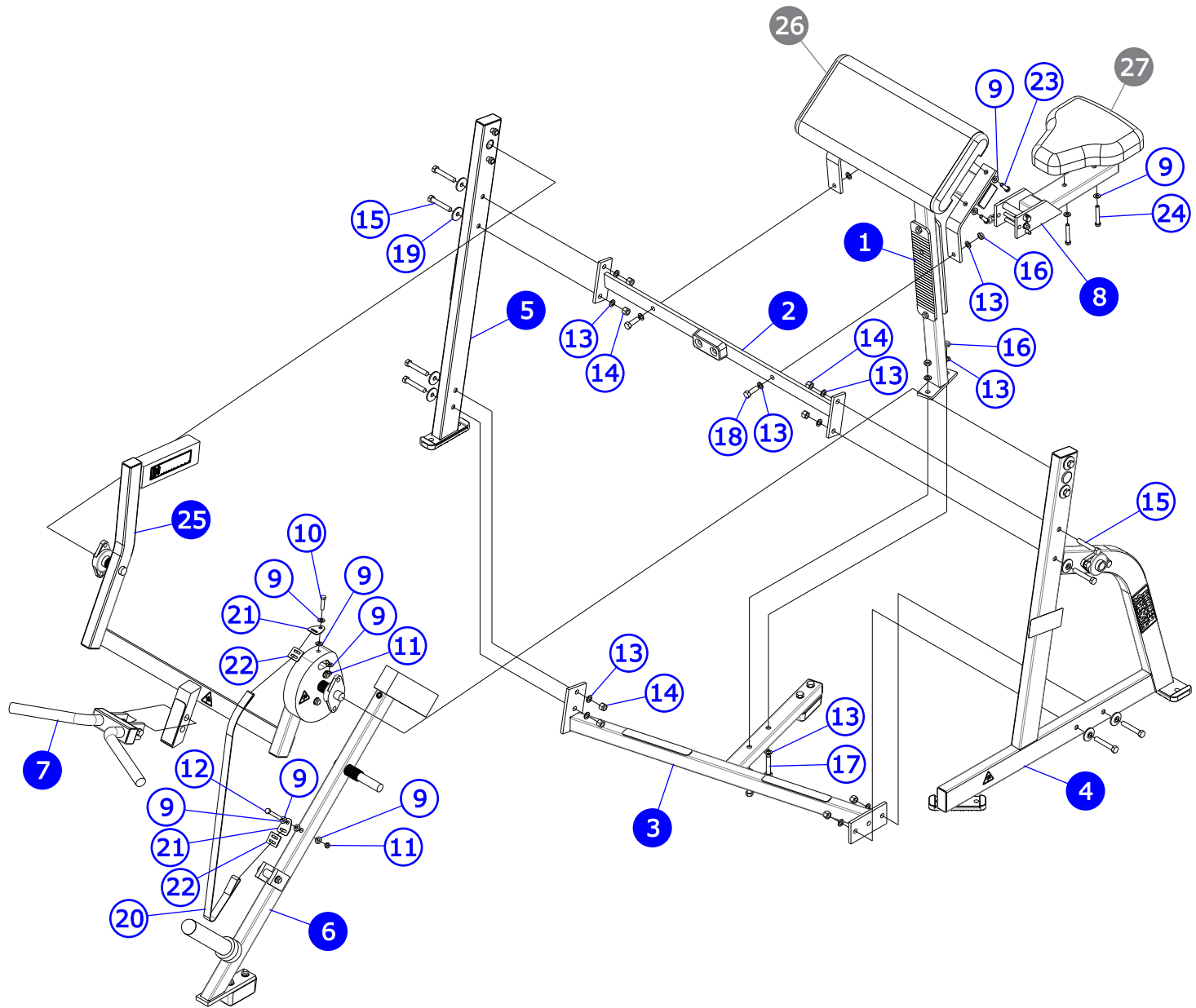
UPHOLSTERY 1 2 3

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.

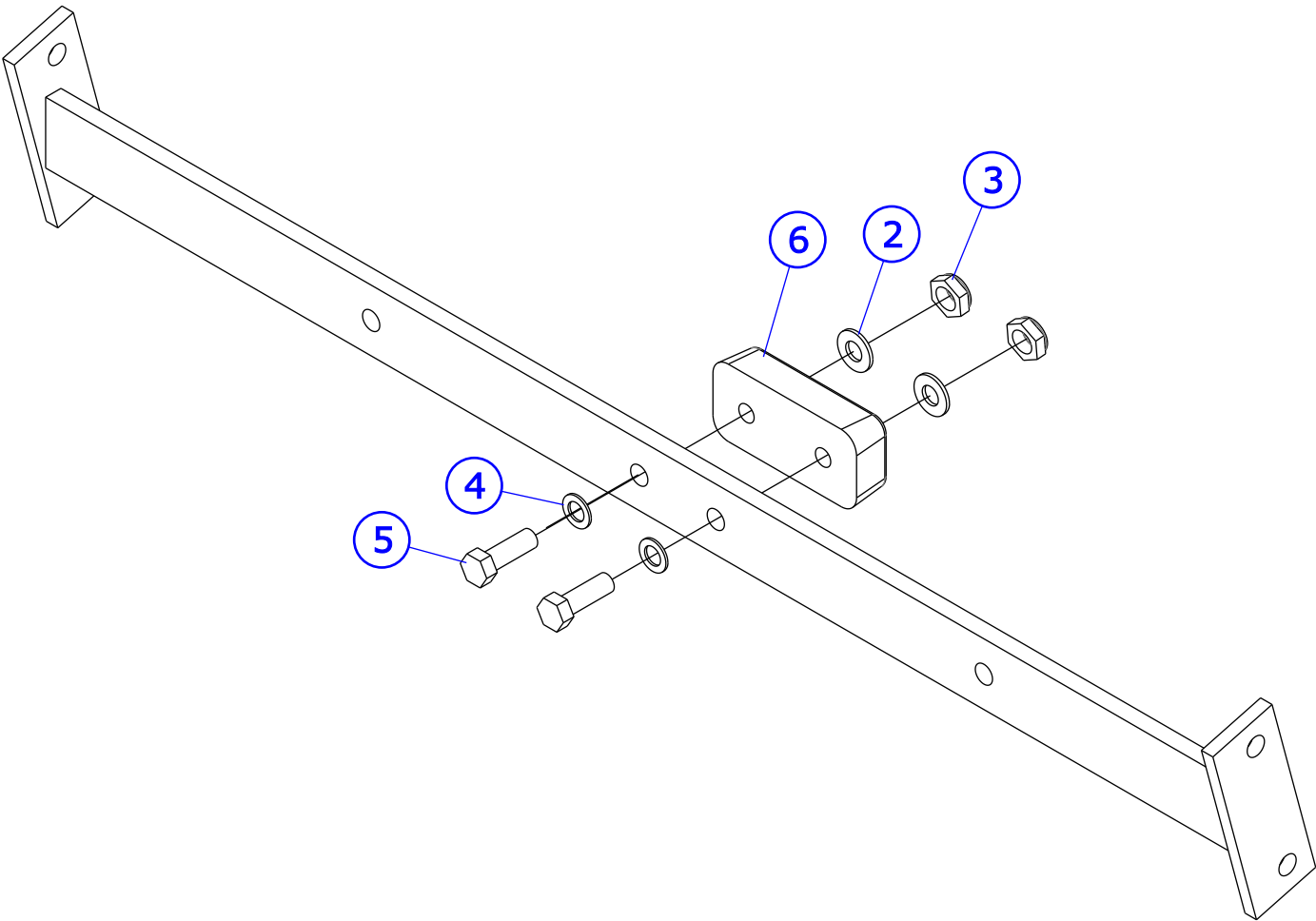
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLBI-CST	ASSY, SEAT FRAME, PLBI
2	1	PLBI-CTX	ASSY, TOP CROSS MEMBER, PLBI
3	1	PLBI-CBX	ASSY, BOTTOM FRAME, PLBI
4	1	PLBI-CSFL	ASSY, SIDE FRAME, LEFT, PLBI
5	1	PLBI-CSFR	ASSY, SIDE FRAME, RIGHT, PLBI
6	1	PLBI-CETC	ASSY, WEIGHT ARM, PLBI
7	1	PLBI-CHX	ASSY, HANDLEBAR, PLBI
8	1	CSTD-ST	ASSY, STD SEAT
9	12	WASH.375SAE	3/8" SAE FLAT WASHER
10	1	HHB.375X1.5	STEEL BOLT 3/8 X 1.5
11	2	NUT.375JAMLOCK	3/8 THIN LOCK NUT
12	1	HHB.375X2.75	STEEL BOLT 3/8 X 2.75
13	16	WASH.5STAR	1/2" INTERNAL LOCK WASHER
14	8	NUT.5LOCK	1/2 DIA THICK LOCK NUT

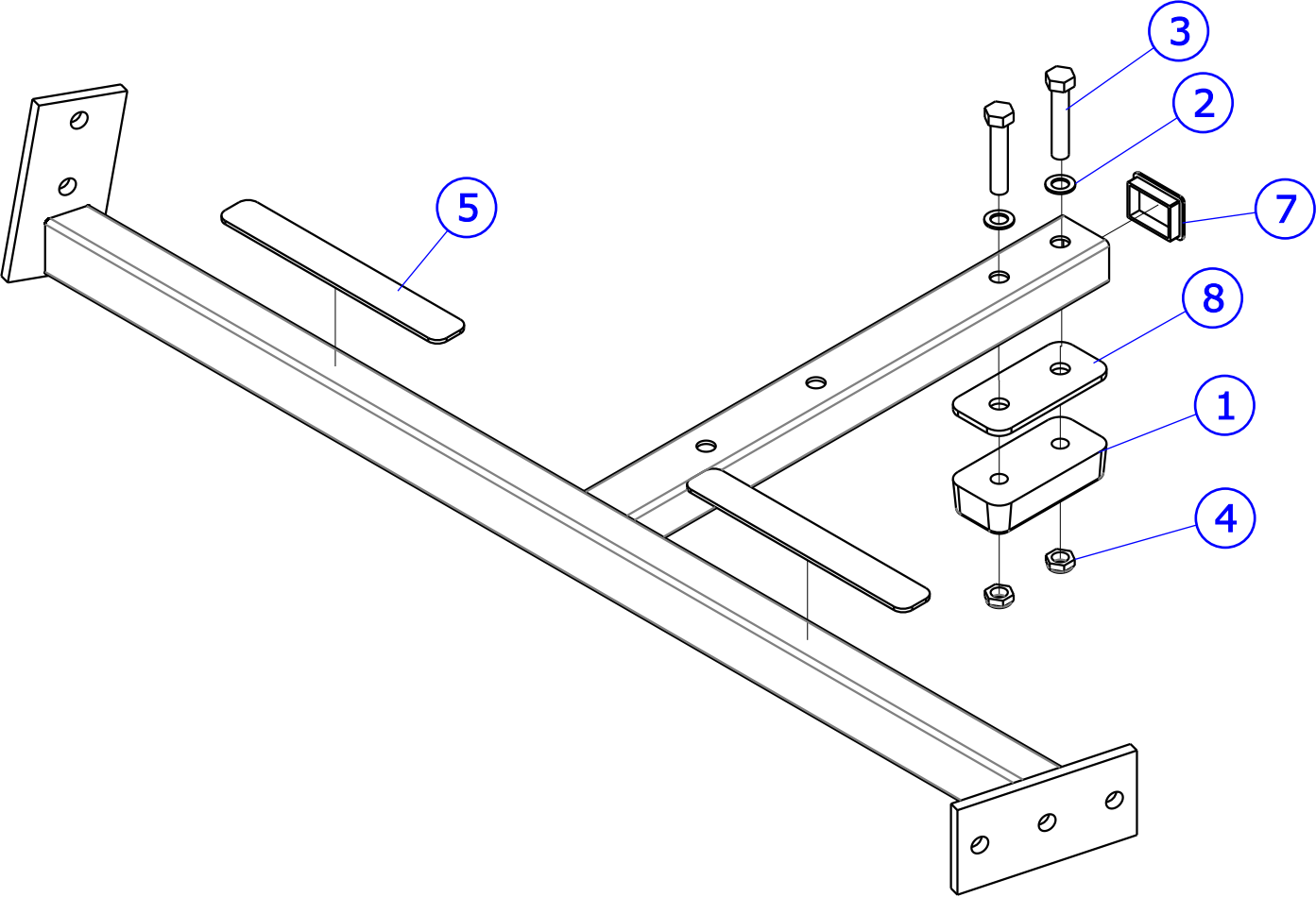
ITEM NO.	QTY.	PART NO.	DESCRIPTION
15	8	HHB.5X3	1/2 X 3 BOLT
16	4	NUT.5JAMLOCK	1/2 THIN LOCK NUT
17	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
18	2	HHB.5X1.5	BOLT, HEX HEAD 1/2 X 1-1/2
19	8	H-BACK-WASH	BACKING WASHER
20	1	PLBI-BELT	BICEP ARM CURL BELT W/ FITTING
21	2	H-BELT-END	CAM STRAP END FITTING
22	2	H-BELT-SLIDE	CAM STRAP SLIDE FITTING
23	4	3236204	SCREW, M10 X1.5 35MM
24	2	3236210	SCREW, M10 X1.5 65MM
25	1	PLBI-CMA	ASSY, MOVEMENT ARM, PLBI
26	1	8782399	PAD, MOLDED 606 X 279
27	1	7351999	PAD, SADDLE

TOP CROSS MEMBER ASSEMBLY



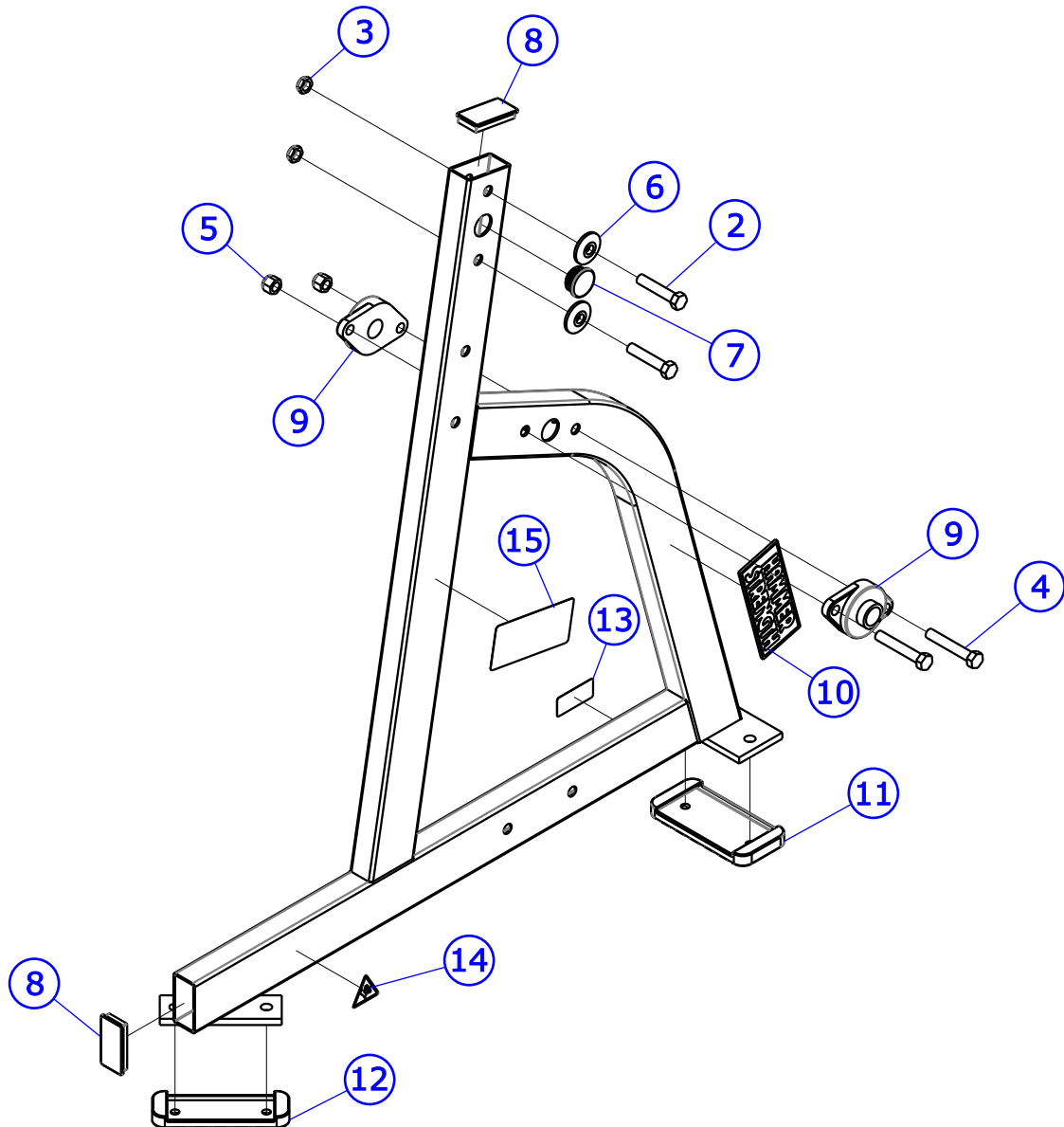
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.5SAE	1/2" SAE FLAT WASHER
3	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
4	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
5	2	HHB.5X1.5	BOLT, HEX HEAD 1/2 X 1-1/2
6	1	H-BUMP-SML	SMALL BUMPER (VEN# MM3)

BOTTOM FRAME ASSEMBLY



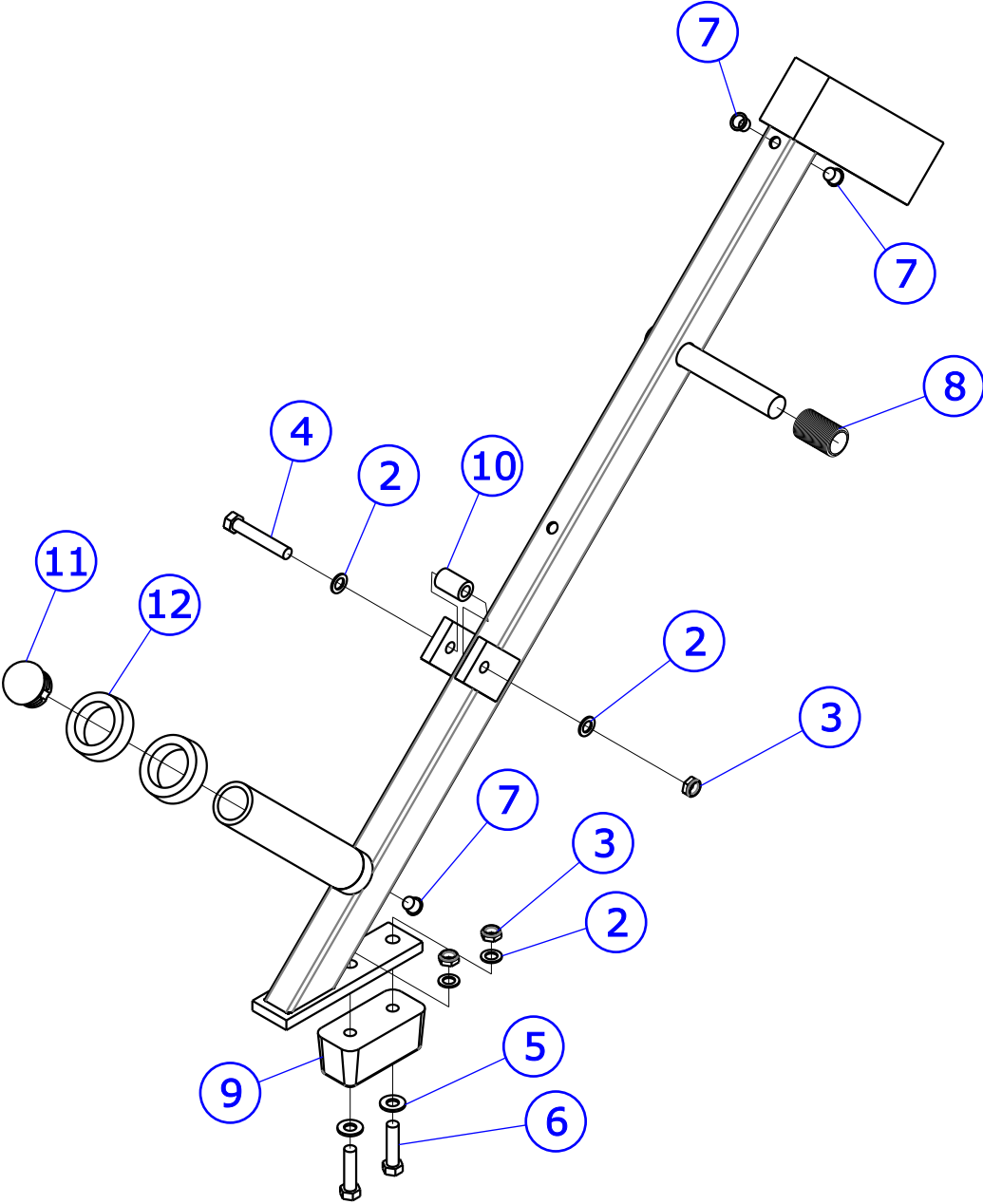
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
2	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
3	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
4	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
5	2	NONSKID 1 X 9	PLASTIC NON SKID STRIP 1 X 9
7	1	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
8	1	H-BUMP-SPACER	3/16" BUMPER SPACER

LEFT SIDE FRAME ASSEMBLY



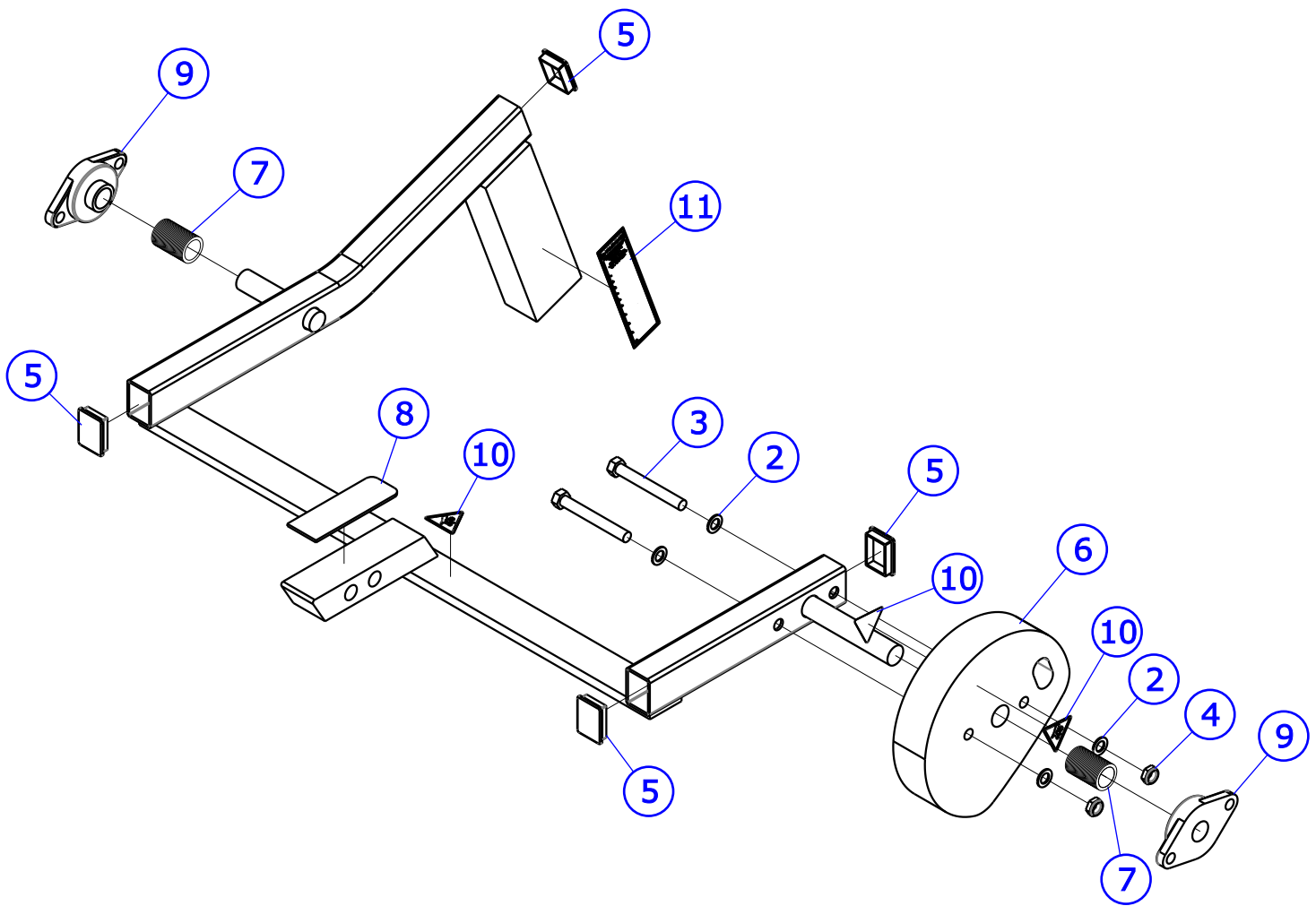
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
3	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
4	2	HHB.5X3	1/2 X 3 BOLT
5	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
6	2	H-BACK-WASH	BACKING WASHER
7	1	H-LOCK-PLUG(SMALL)	SMALL LOCKING PLUG
8	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
9	2	H-BEAR-SML	SMALL BEARING
10	1	H-NAME PLATE	NAMEPLATE (45156-P)
11	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
12	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER
13	1	-	SERIAL NUMBER
14	1	8039501	LABEL, WARNING, TRIANGLE
15	1	ID-PLBI	PRODUCT PLACARD, PLBI

WEIGHT ARM ASSEMBLY



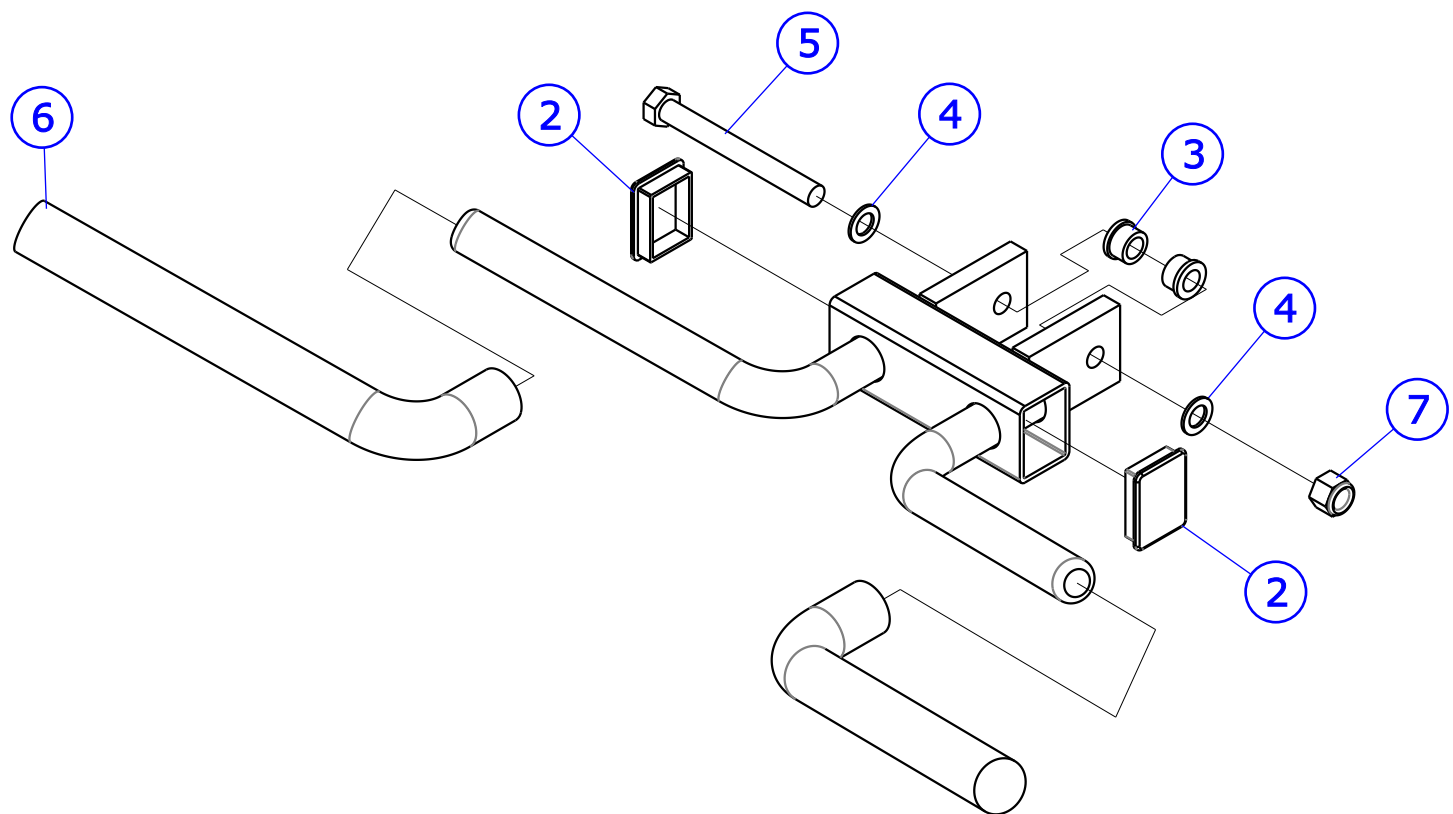
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	4	WASH.5STAR	1/2" INTERNAL LOCK WASHER
3	3	NUT.5JAMLOCK	1/2 THIN LOCK NUT
4	1	HHB.5X3	1/2 X 3 BOLT
5	2	WASH.5SAE	1/2" SAE FLAT WASHER
6	2	HHB.5X2	1/2 X 2 BOLT
7	3	H-HPLUG (REG)	HOLE PLUG
8	1	ACCORDIAN	SHAFT GUARD
9	1	H-BUMP-MED	MM2 MEDIUM
10	1	BELT WEAR GUIDE	BELT WEAR GUIDE
11	1	RUBCAP1-2	RUBBER CAP #1
12	2	H-RUBRNG	MM5 RING

MOVEMENT ARM ASSEMBLY



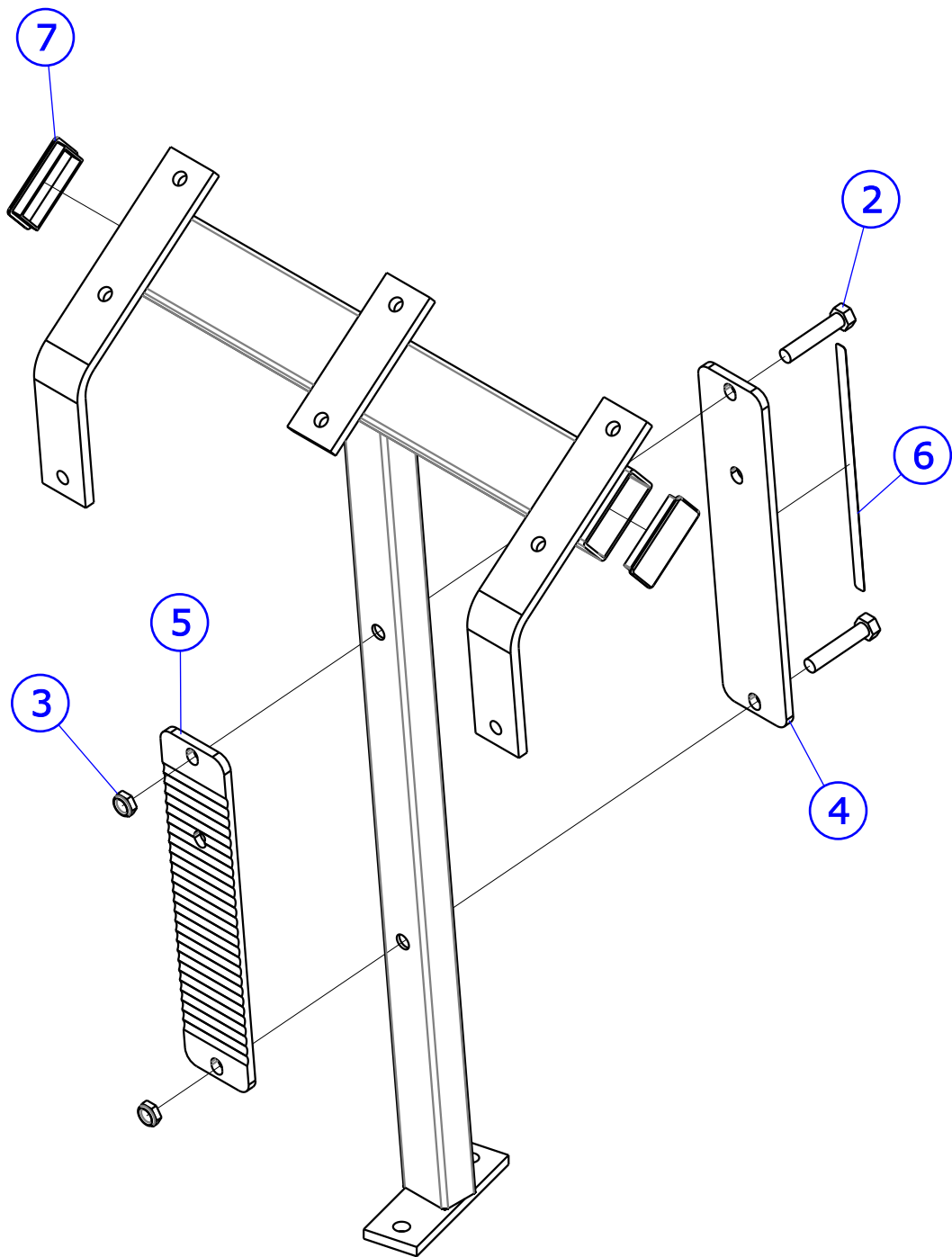
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	4	WASH.5STAR	1/2" INTERNAL LOCK WASHER
3	2	HHB.5X4	1/2 X 4 BOLT
4	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
5	4	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
6	1	CAM2	PLASTIC CAM FOR PLBI
7	2	ACCORDIAN	SHAFT GUARD
8	1	H-NONSKID 2X9	PLASTIC NON SKID STRIP 2 X 9
9	2	H-BEAR-SML	SMALL BEARING
10	3	8039501	LABEL, WARNING, TRIANGLE
11	1	8773701	LABEL, ASTM PL VERT

HANDLEBAR ASSEMBLY



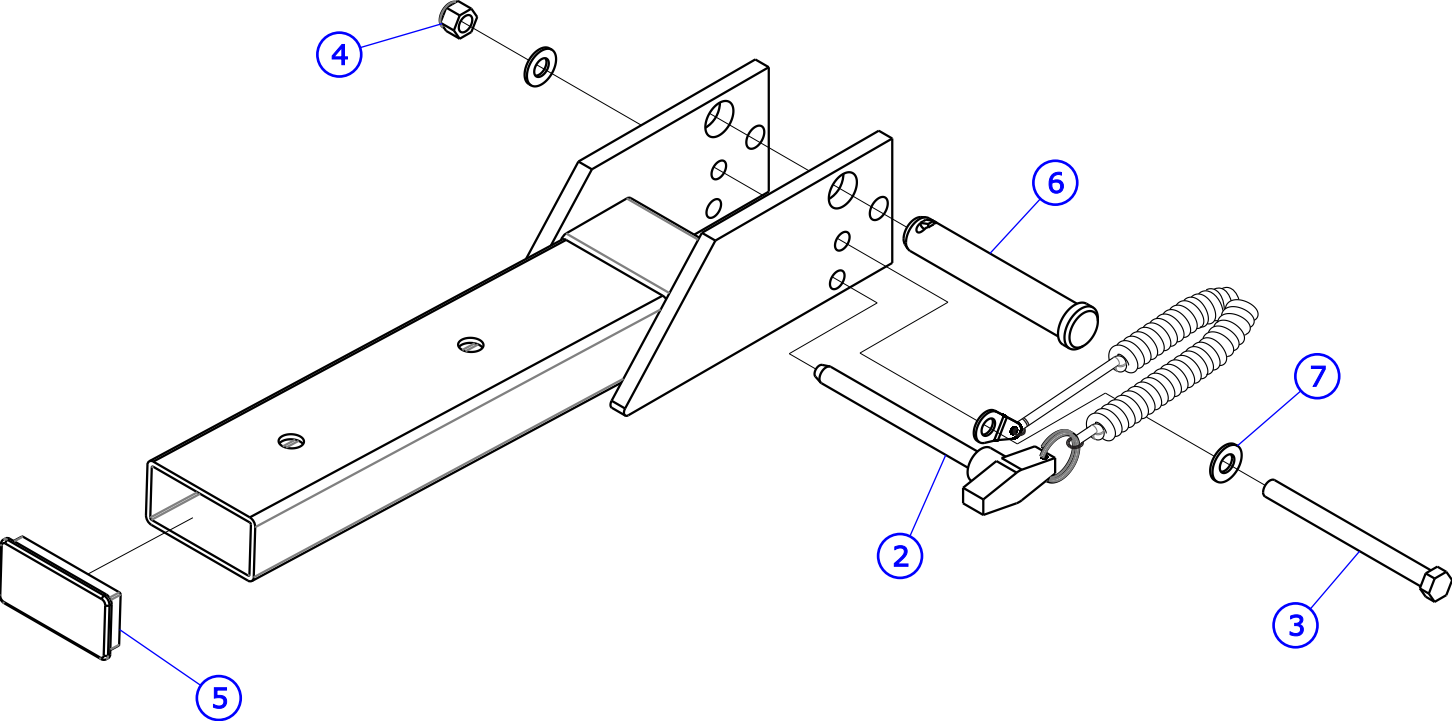
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
3	2	STEELBUSH	3/4 I.D. FLANGED DRILL BUSHING
4	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
5	1	HHB.5X4.5Bro	1/2 X 4 1/2 BOLT BRONZE
6	2	H-GRIP	HANDLE GRIPS (.938X16)
7	1	NUT.5LOCK	1/2 DIA THICK LOCK NUT

SEAT FRAME ASSEMBLY



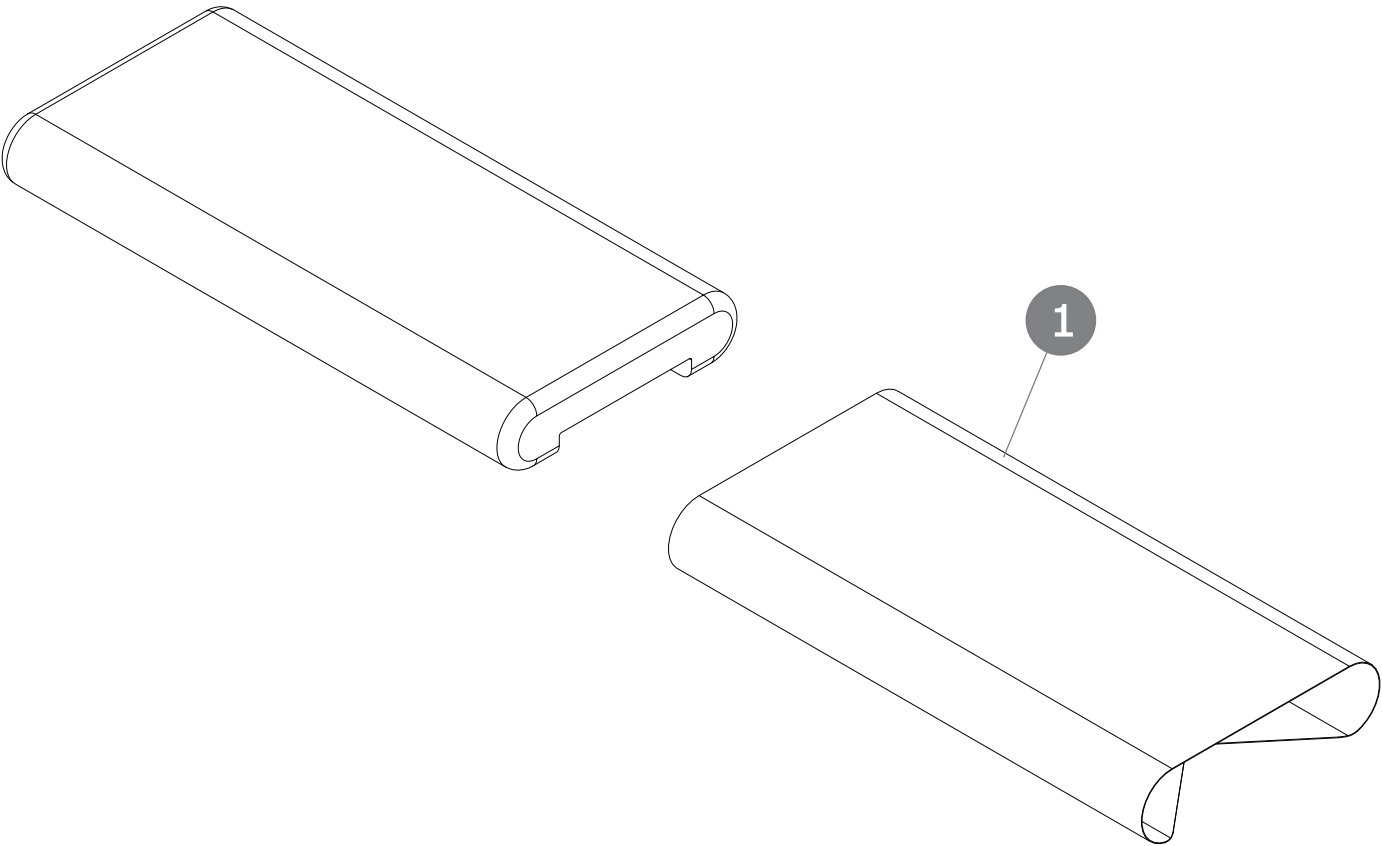
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
3	2	NUT.5JAMFINE	1/2IN JAM NUT FINE
4	1	H-SEATRCKS-N	PLASTIC SEAT GUIDES(PP229)NEW)
5	1	H-SEATRCKS-RIB	SEATRACK BACK
6	1	SEAT NUMBER	SEAT ADJ. NUMBER
7	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG

STD SEAT ASSEMBLY



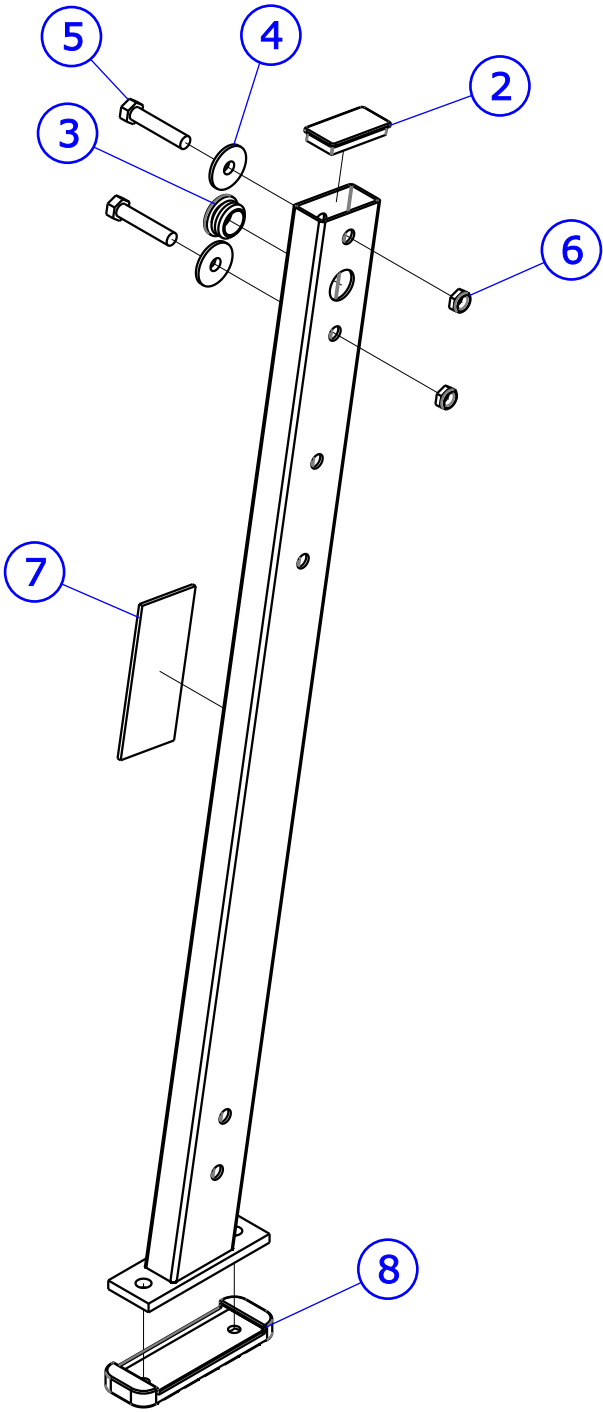
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	SELECTOR PIN-4	SELECTOR PIN 4" WITH LANYARD
3	1	HHB.375X4.5	STEEL BOLT 3/8 X 4.5
4	1	NUT.375LOCK	3/8 THICK LOCK NUT
5	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
6	1	STD SEAT PIN	STD SEAT PIN
7	2	WASH.375SAE	3/8" SAE FLAT WASHER

8782399 PAD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	100213-0099	WEAR COVER, PAD, MOLDED 606 X 279

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-LOCK-PLUG(SMALL)	SMALL LOCKING PLUG
4	2	H-BACK-WASH	BACKING WASHER
5	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
6	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
7	1	H-NAME PLATE	NAMEPLATE (45156-P)
8	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER