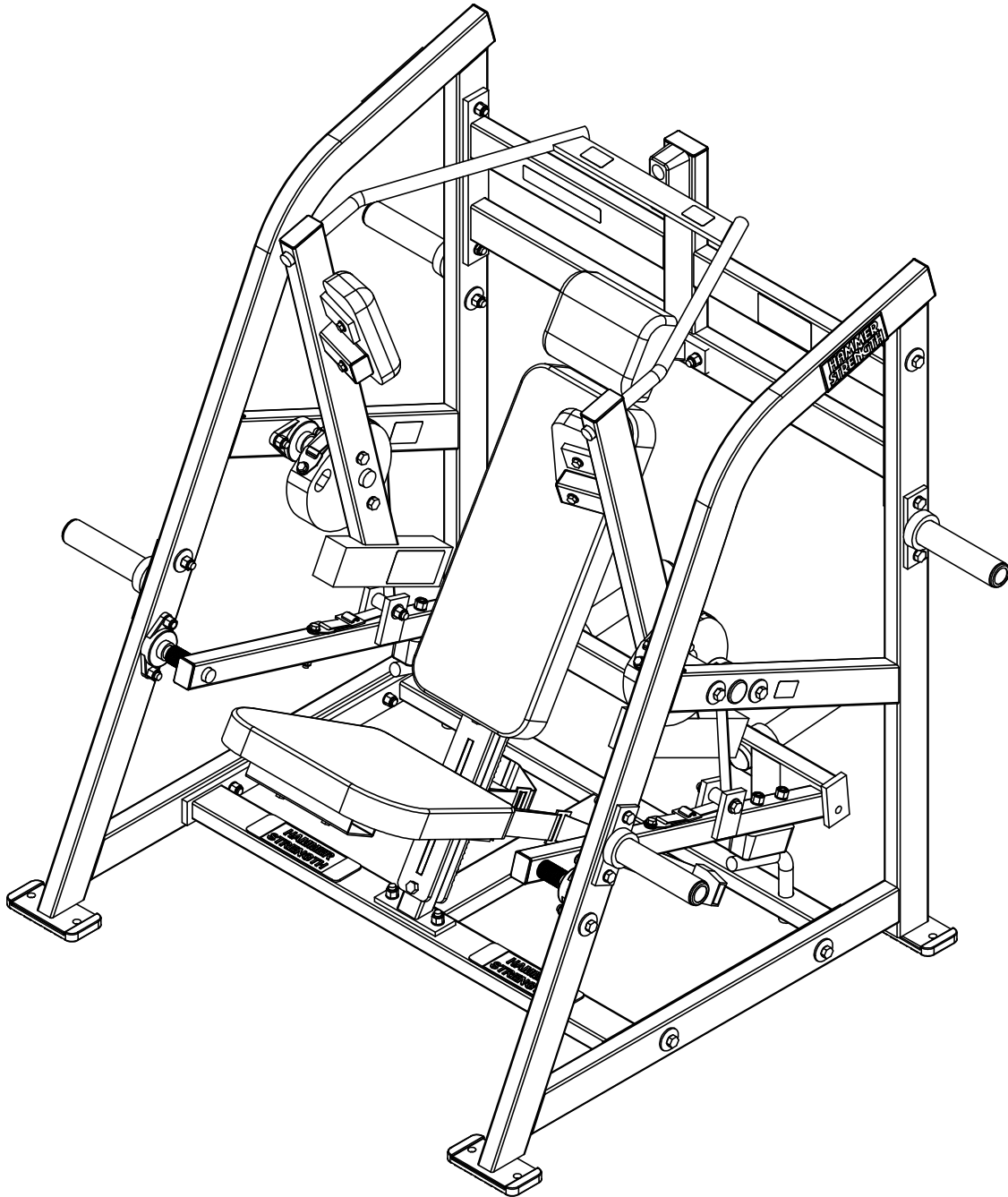


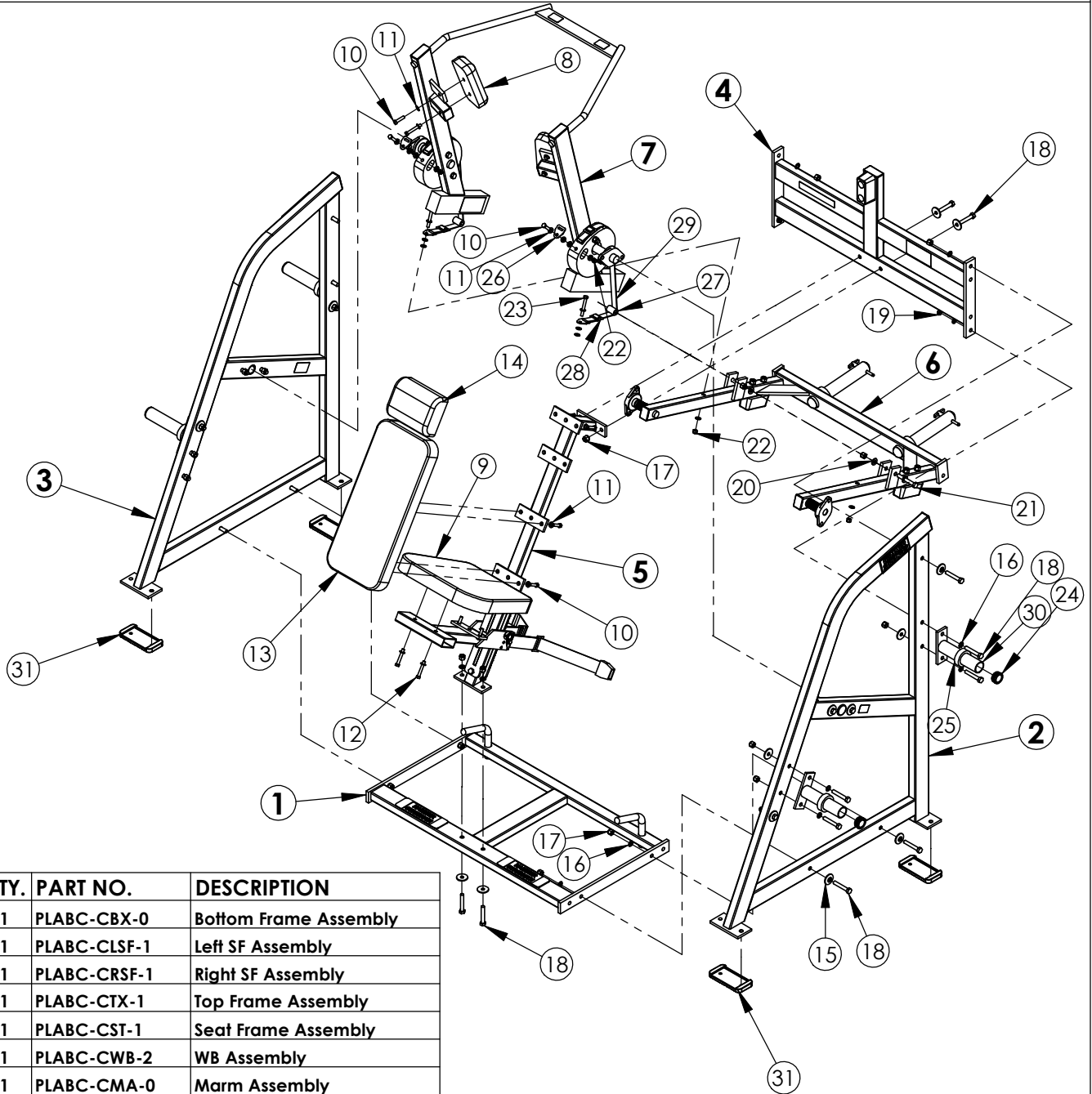
HAMMER STRENGTH EQUIPMENT
PLABC Plate Loaded Abdominal Crunch

REV: A03



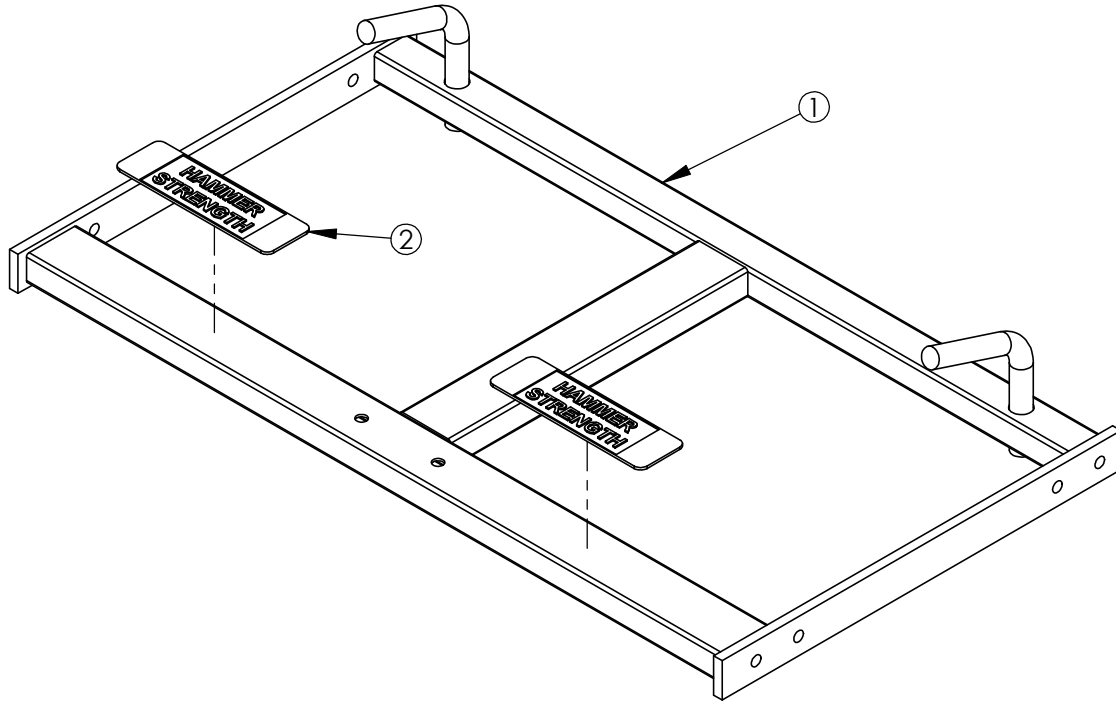
WEIGHT = 370 lb
LENGTH = 54"
WIDTH = 51"
HEIGHT = 59"

HAMMER STRENGTH EQUIPMENT PLABC EXPLODED



| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|---------------|---------------------------|
| 1 | 1 | PLABC-CBX-0 | Bottom Frame Assembly |
| 2 | 1 | PLABC-CLS-F-1 | Left SF Assembly |
| 3 | 1 | PLABC-CRSF-1 | Right SF Assembly |
| 4 | 1 | PLABC-CTX-1 | Top Frame Assembly |
| 5 | 1 | PLABC-CST-1 | Seat Frame Assembly |
| 6 | 1 | PLABC-CWB-2 | WB Assembly |
| 7 | 1 | PLABC-CMA-0 | Marm Assembly |
| 8 | 2 | U-ILPO | 3" Hole Pattern Pad |
| 9 | 1 | U-16-11 | Standard 16" Pad |
| 10 | 12 | HHB.375X1.5 | 3/8 X 1 1/2 Bolt |
| 11 | 30 | WASH.375SAE | 3/8" SAE Flat Washer |
| 12 | 4 | HHB.375X2.5 | 3/8 X 2 1/2 Bolt |
| 13 | 1 | U-24-10 | Standard 24" Pad |
| 14 | 1 | U-8-4.5 | Standard 8" Pad |
| 15 | 14 | H-BACK-WASH | Backing Washer |
| 16 | 20 | WASH.5STAR | 1/2" Internal Lock Washer |
| 17 | 18 | NUT.5LOCK | 1/2" Thick Lock Nut |
| 18 | 18 | HHB.5X3 | 1/2 X 3 Bolt |
| 19 | 2 | NUT.5JAMLOCK | 1/2" Thin Lock Nut |
| 20 | 4 | WASH.5SAE | 1/2" SAE Flat Washer |
| 21 | 2 | HHB.5X3.5 | 1/2 X 3 1/2 Bolt |
| 22 | 4 | NUT.375LOCK | 3/8" Thick Lock Nut |
| 23 | 2 | HHB.375X3 | 3/8 X 3 Bolt |
| 24 | 4 | H-RUBCAP2 | PLUG, HAMMER WEIGHT HORN |
| 25 | 4 | H-RUBRNG | MM5 Ring |
| 26 | 4 | BELT ATTACH | |
| 27 | 2 | H-CAM-SPACER | |
| 28 | 4 | BELT ADJUST | |
| 29 | 2 | PLABC-STRAP-0 | |
| 30 | 4 | H-HORN | WEIGHT HORN |
| 31 | 4 | MM-9 | Footpad, PS Rubber |

HAMMER STRENGTH EQUIPMENT
PLABC-CBX-0 Bottom X-mem Assembly

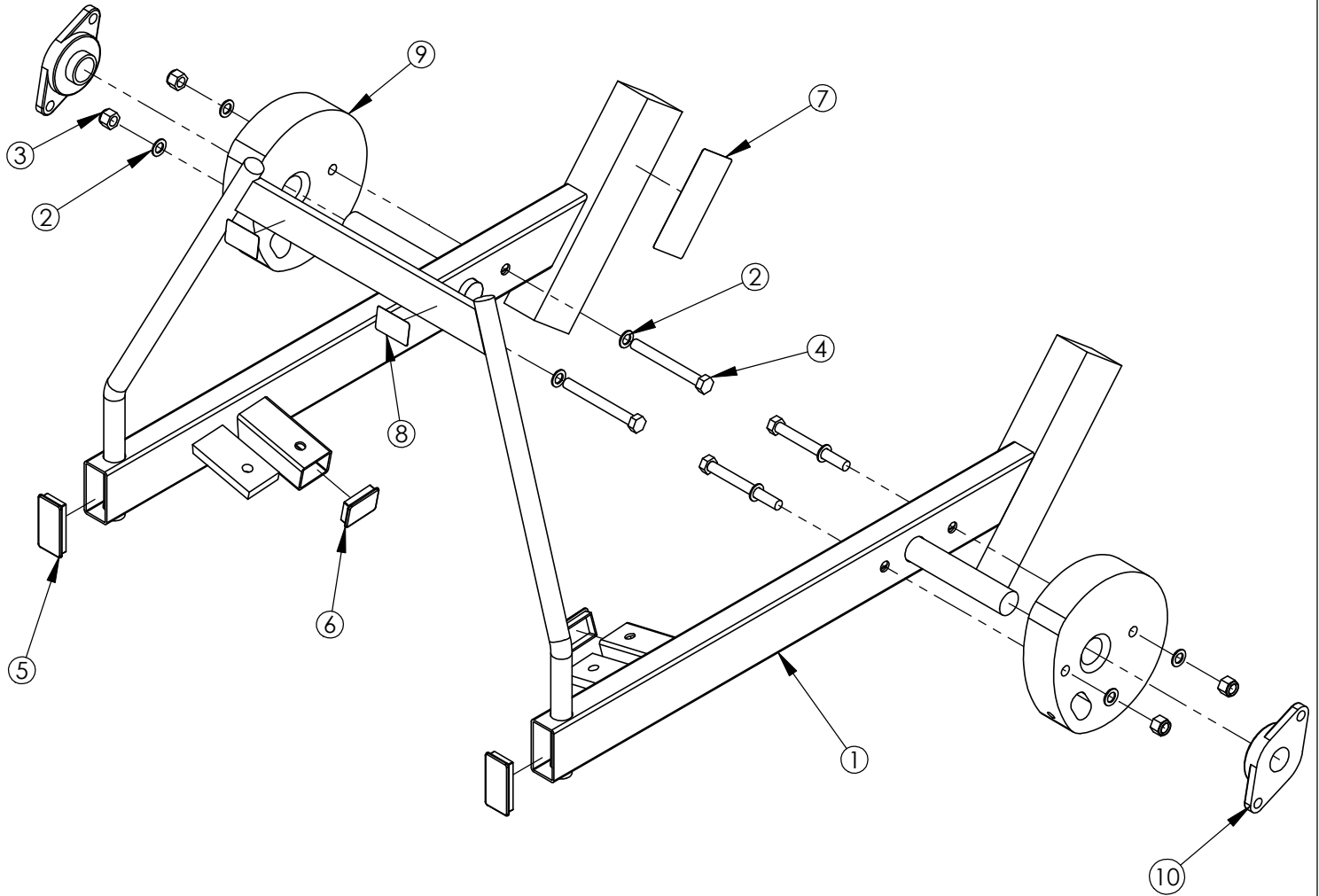


WEIGHT = 44 lb
 LENGTH = 23 1/2"
 WIDTH = 42"
 HEIGHT = 7 1/2"

| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|------------|-------------------|
| 1 | 1 | PLABC-BX-0 | Bottom Frame |
| 2 | 2 | H-NONSKID3 | 2 5/8 X 9 Nonskid |

HAMMER STRENGTH EQUIPMENT

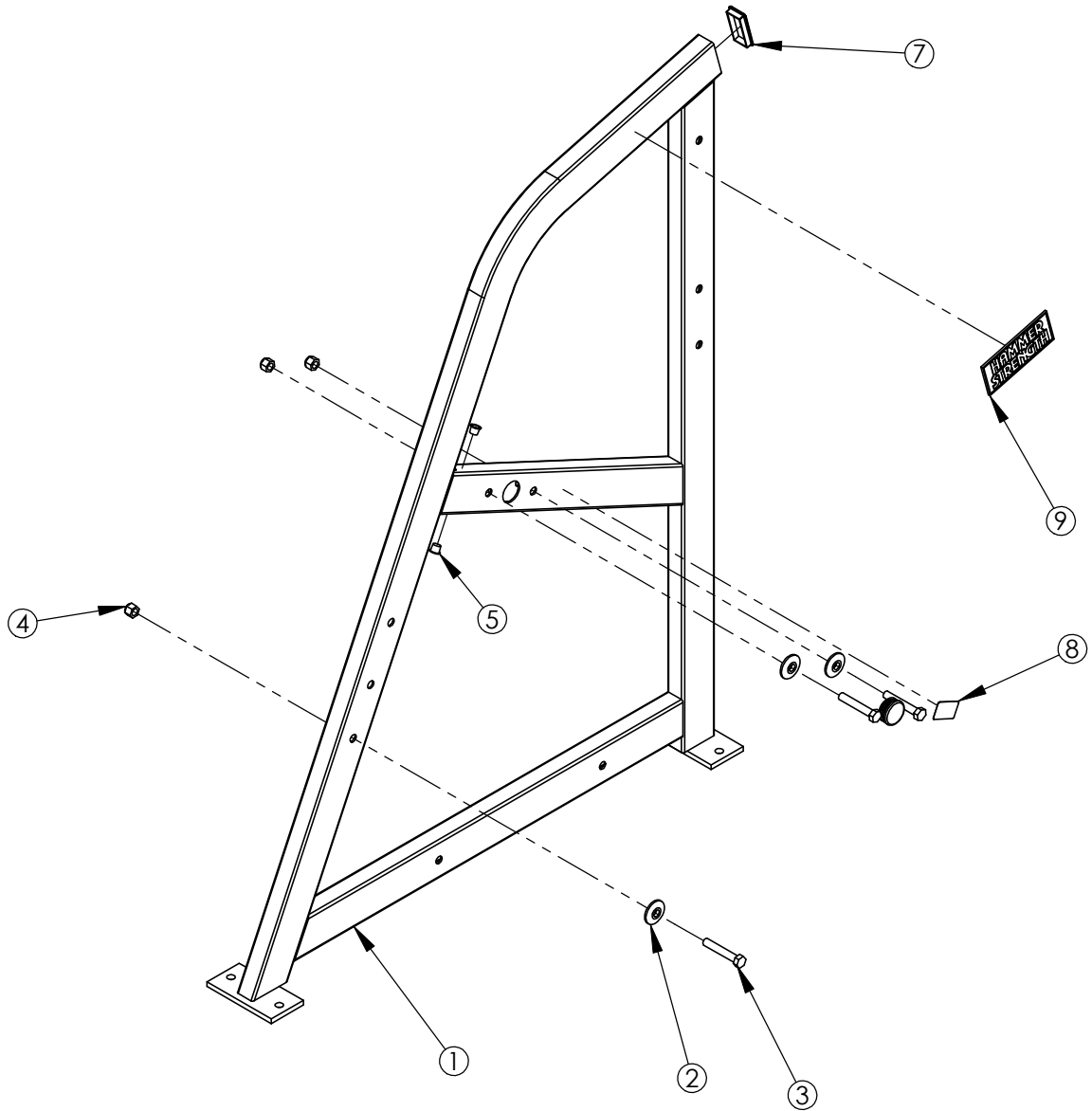
PLABC-CMA-0 Movement Arm Assembly



| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|-----------------|---------------------------|
| 1 | 1 | PLABC-MA-0 | Movement Arm |
| 2 | 8 | WASH.5STAR | 1/2" Internal Lock Washer |
| 3 | 4 | NUT.5LOCK | 1/2" Thick Lock Nut |
| 4 | 4 | HHB.5X4.5 | 1/2 X 4 1/2 Bolt |
| 5 | 2 | RC1530-1Q1 | 1 1/2 X 3 End Cap |
| 6 | 2 | RC1520-1Q1 | 1 1/2 X 2 Endcap |
| 7 | 1 | WARNING LARGE-H | Large Warning Horn |
| 8 | 2 | STAY CLEAR | Stay Clear Decal |
| 9 | 2 | CAM5 | CAM #5 |
| 10 | 2 | H-BEAR-LGE | 1 1/4" Flange Bearing |

WEIGHT = 93 lb
 LENGTH = 37 7/8"
 WIDTH = 43 3/4"
 HEIGHT = 26 1/4"

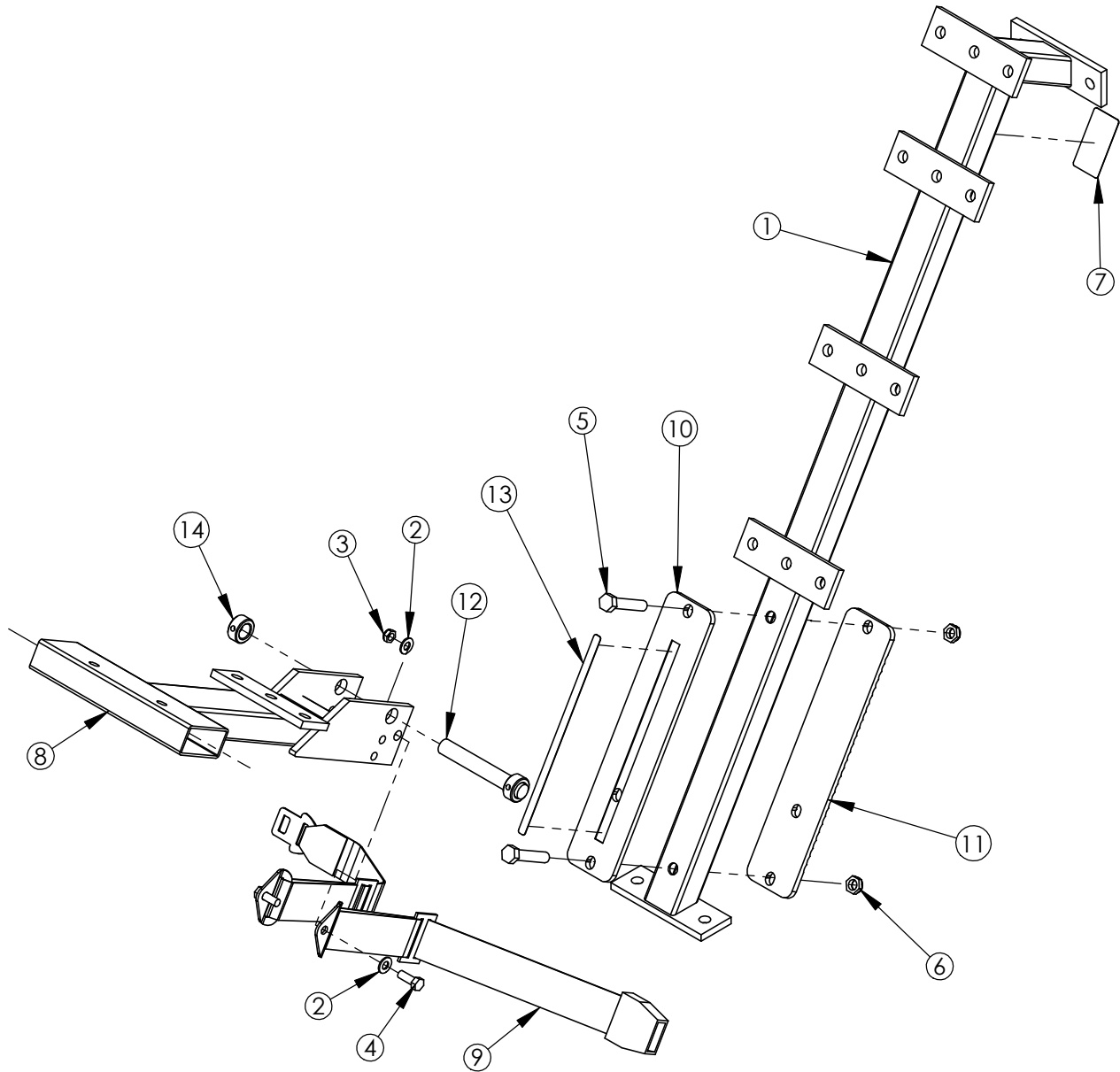
HAMMER STRENGTH EQUIPMENT
PLABC-CSFL-1 Left Side Frame Assembly



| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|--------------------|-----------------------|
| 1 | 1 | PLABC-SF-0 | Side Frame |
| 2 | 3 | H-BACK-WASH | Backing Washer |
| 3 | 3 | HHB.5X3 | 1/2 X 3 Bolt |
| 4 | 3 | NUT.5LOCK | 1/2" Thick Lock Nut |
| 5 | 2 | H-HPLUG | Hole Plug |
| 6 | 1 | H-LOCK-PLUG(LARGE) | Hole Plug |
| 7 | 1 | RC1530-1Q1 | 1 1/2 X 3 End Cap |
| 8 | 1 | STAY CLEAR | Stay Clear Decal |
| 9 | 1 | H-NAME PLATE | HAMMER STRENGTH BADGE |

WEIGHT = 59 lb
 LENGTH = 44 3/8"
 WIDTH = 6"
 HEIGHT = 56 3/8"

HAMMER STRENGTH EQUIPMENT PLABC-CST-1 Seat Frame Assembly

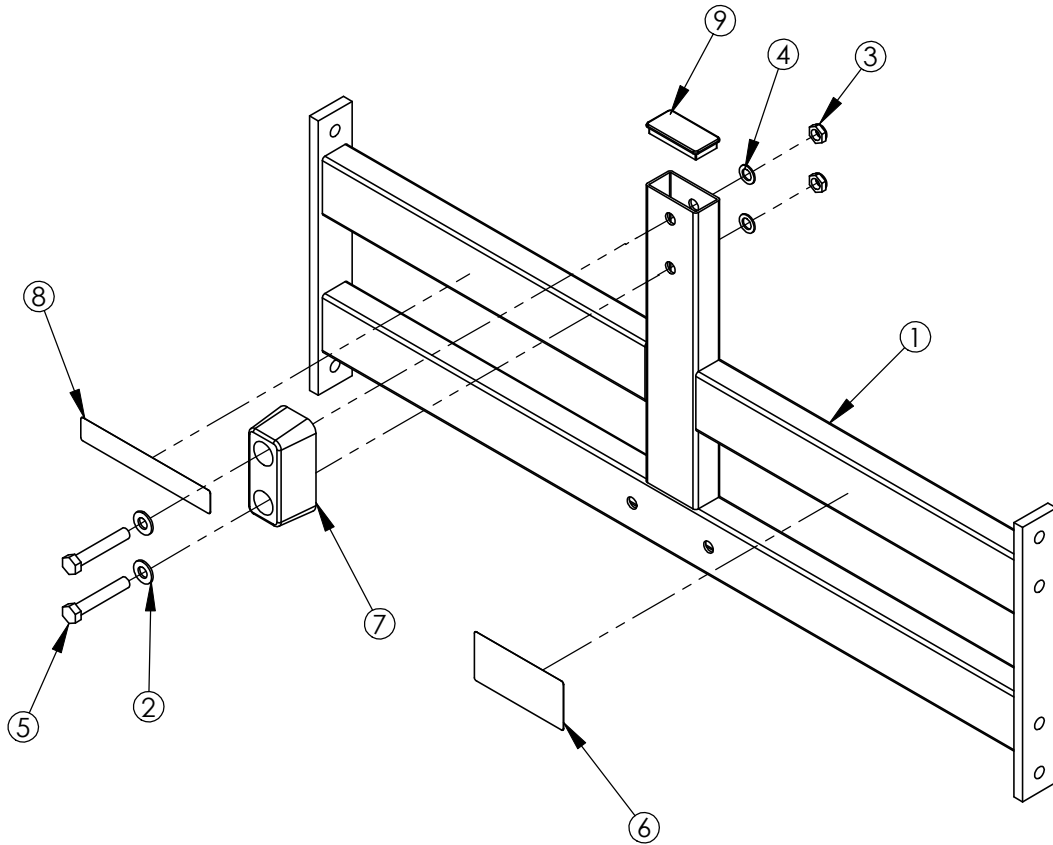


| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|------------------|-------------------------|
| 1 | 1 | PLABC-ST-0 | Seat Frame |
| 2 | 4 | WASH.375SAE | 3/8" SAE Flat Washer |
| 3 | 2 | NUT.375JAMLOCK | 3/8" Thick Jam Lock Nut |
| 4 | 2 | HHB.375X1 | 3/8 X 1 Bolt |
| 5 | 2 | HHB.5X2.5 | 1/2 X 2 1/2 Bolt |
| 6 | 2 | NUT.5JAMLOCK | 1/2" Thin Lock Nut |
| 7 | 1 | SERIAL NUMBER | Serial Number |
| 8 | 1 | STD-ST2 | Standard Seat #2 |
| 9 | 1 | SEATBELT-ASSEM | Seatbelt, Complete |
| 10 | 1 | H-SEATRCKS | Seatrack Front |
| 11 | 1 | H-SEATRCKS-RIB | Seatrack Back |
| 12 | 1 | STshft | Seat Shaft |
| 13 | 1 | SEAT NUMBER | Seat Adj. Number |
| 14 | 2 | 3-4" LOCK COLLAR | 3/4 ID LOCK COLLAR |

WEIGHT = 36 lb
 LENGTH = 23"
 WIDTH = 10 1/4"
 HEIGHT = 45 5/8"

HAMMER STRENGTH EQUIPMENT

PLABC-CTX-1 Top X-mem Assembly

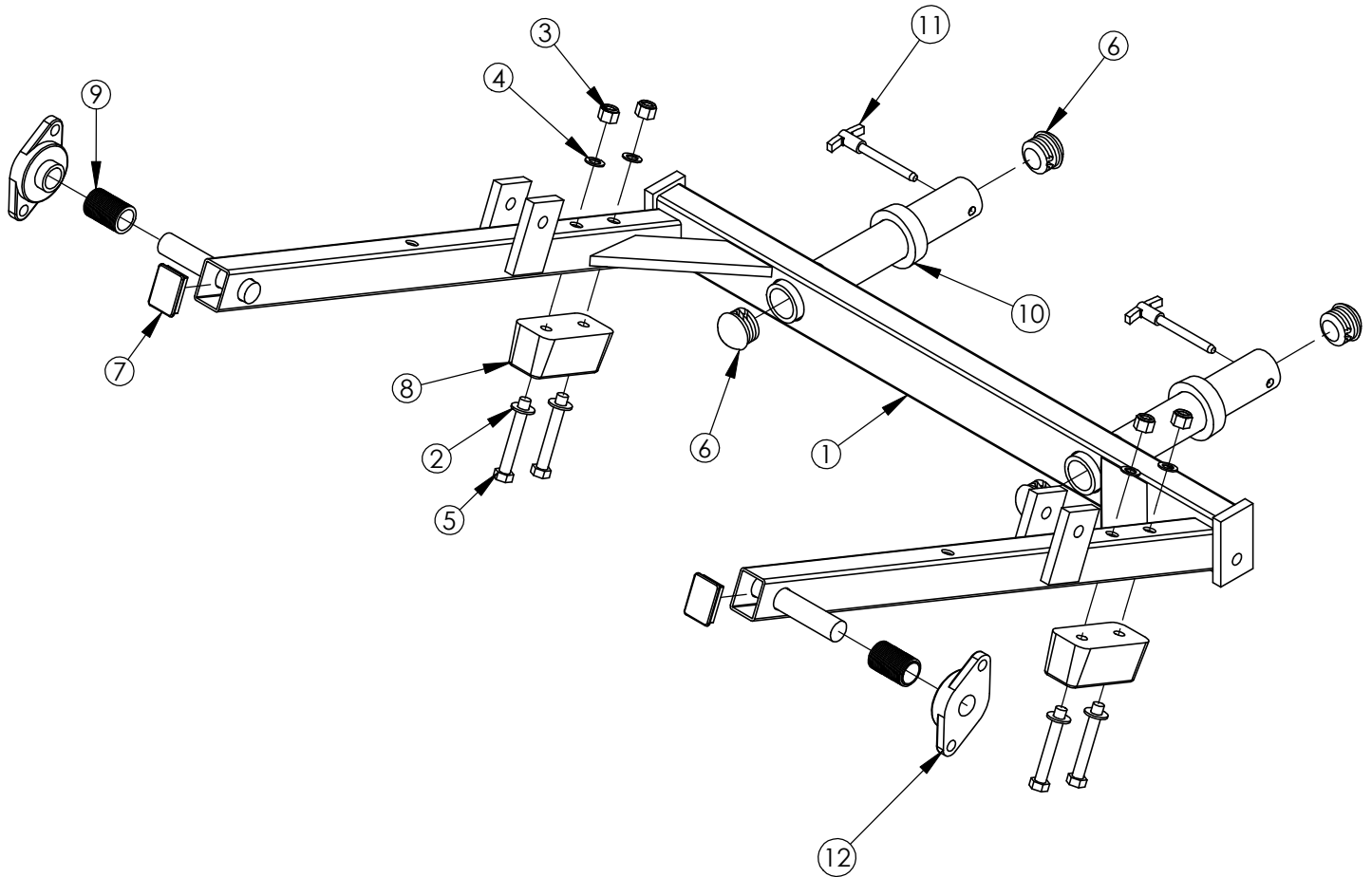


| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|-----------------|---------------------------|
| 1 | 1 | PLABC-TX-1 | Top Frame |
| 2 | 2 | WASH.5SAE | 1/2" SAE Flat Washer |
| 3 | 2 | NUT.5JAMLOCK | 1/2" Thin Lock Nut |
| 4 | 2 | WASH.5STAR | 1/2" Internal Lock Washer |
| 5 | 2 | HHB.5X3 | 1/2 X 3 Bolt |
| 6 | 1 | WARNING LARGE-H | Large Warning Hor |
| 7 | 1 | H-BUMP-MED | MM2 Medium |
| 8 | 1 | ABDOMINAL | Product Decal |
| 9 | 1 | RC1530-1Q1 | 1 1/2 X 3 End Cap |

WEIGHT = 36 lb
 LENGTH = 3 3/4"
 WIDTH = 42"
 HEIGHT = 20 1/4"

HAMMER STRENGTH EQUIPMENT

PLABC-CWB-2 Workbox Assembly



| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|----------------|---------------------------|
| 1 | 1 | PLABC-WB-1 | WorkBox |
| 2 | 4 | WASH.5SAE | 1/2" SAE Flat Washer |
| 3 | 4 | NUT.5LOCK | 1/2" Thick Lock Nut |
| 4 | 4 | WASH.5STAR | 1/2" Internal Lock Washer |
| 5 | 4 | HHB.5X3.5 | 1/2 X 3 1/2 Bolt |
| 6 | 4 | RUBCAP1 | RUBBER CAP #1 |
| 7 | 2 | RC1520-1Q1 | 1 1/2 X 2 Endcap |
| 8 | 2 | H-BUMP-MED | MM2 Medium |
| 9 | 2 | ACCORDIAN | Shaft Guard |
| 10 | 2 | H-RUBRNG | MM5 Ring |
| 11 | 2 | SELECTOR PIN-3 | SELECTOR PIN 3 INCH |
| 12 | 2 | H-BEAR-SML | Small Bearing |

WEIGHT = 45 lb
 LENGTH = 41 5/8"
 WIDTH = 41 3/4"
 HEIGHT = 8 1/4"