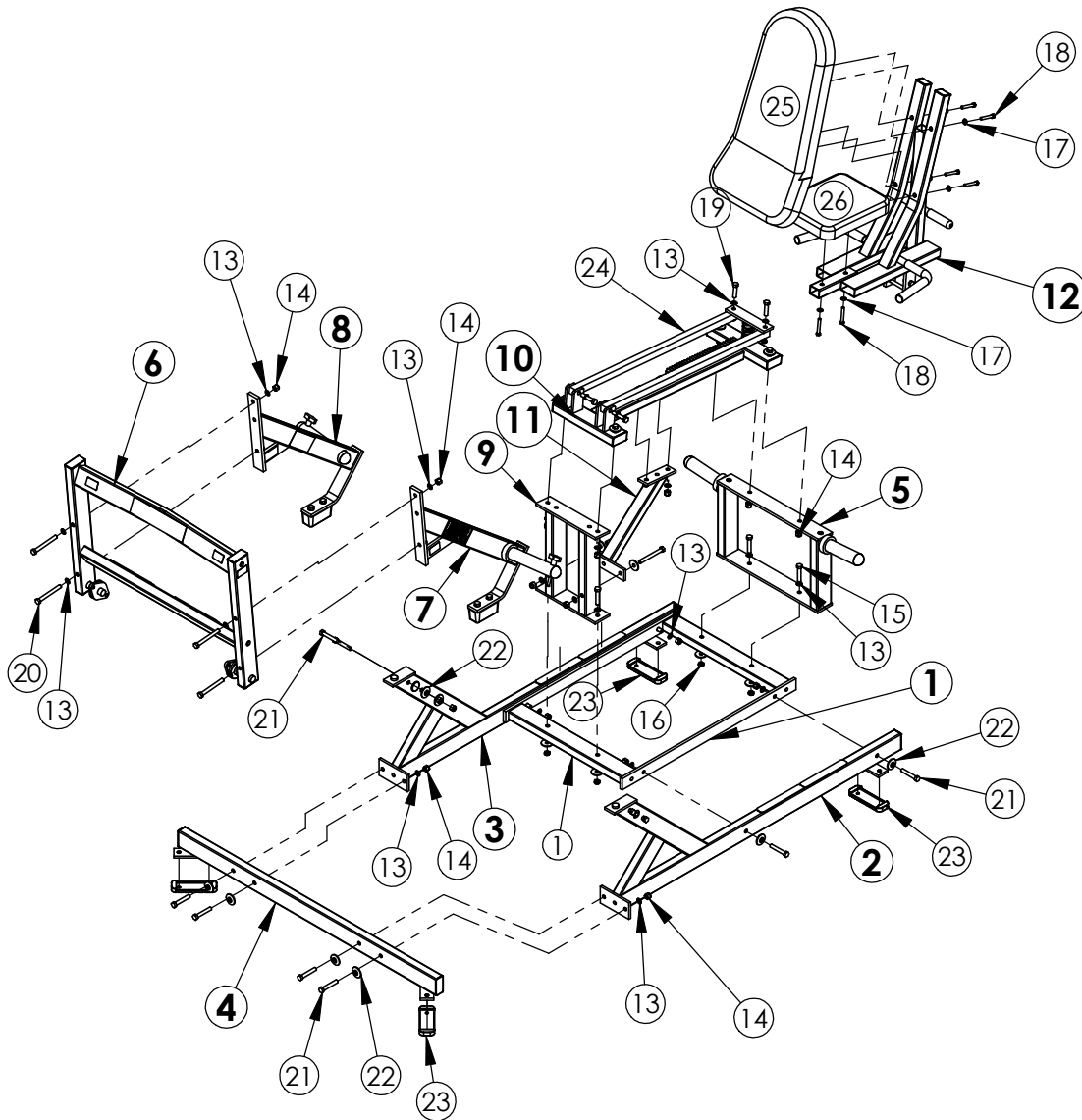


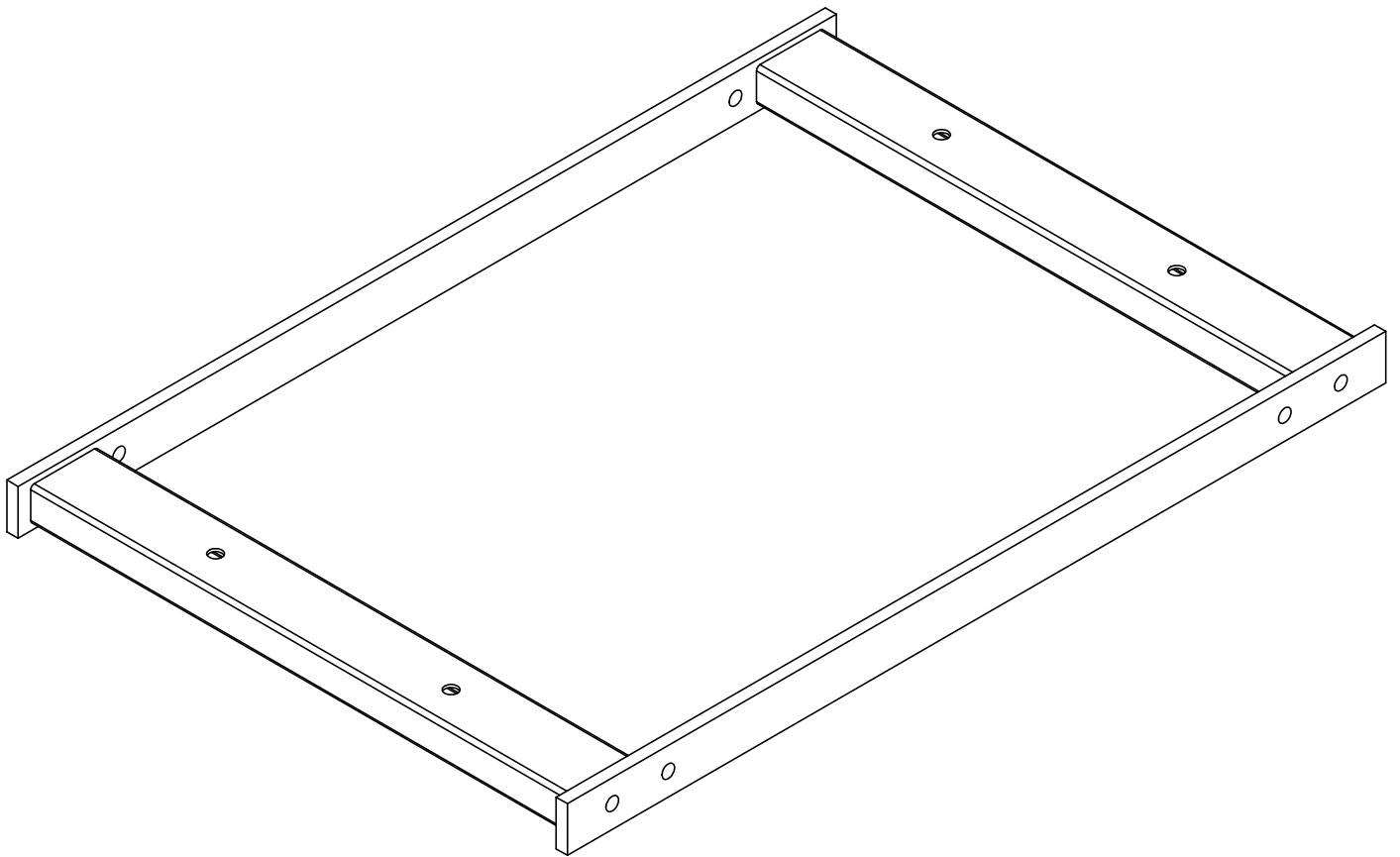
WEIGHT = 358.5 lbs / 163 kg  
LENGTH = 63  
WIDTH = 55  
HEIGHT = 54

# HAMMER STRENGTH EQUIPMENT PLSHC EXPLODED



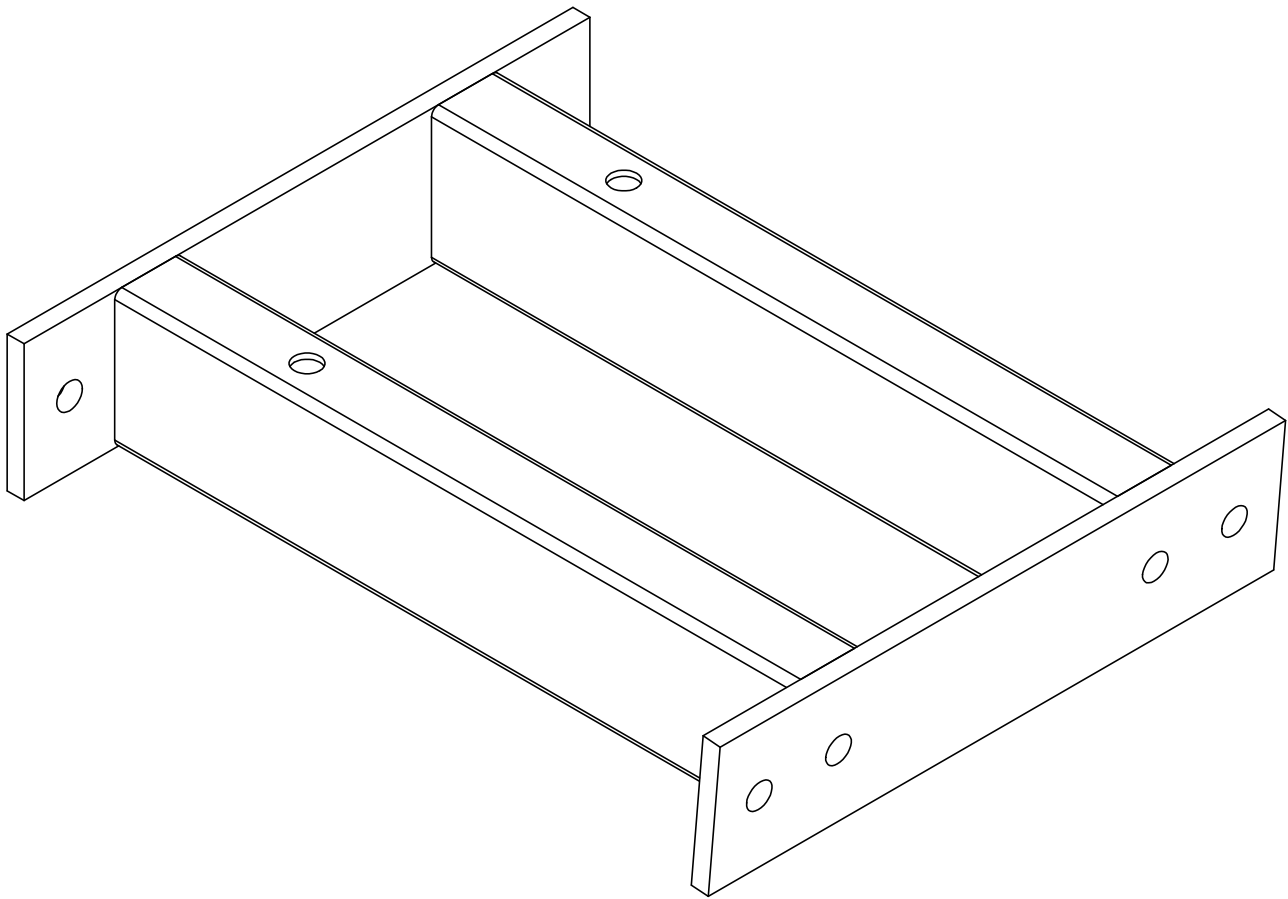
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-BX-0	WLDMT, PLSHC, BOTTOM X-MEM
2	1	PLSHC-CSFL-0	ASSY, PLSHC, LEFT SIDE FRAME
3	1	PLSHC-CSFR-0	ASSY, PLSHC, RIGHT SIDE FRAME
4	1	PLSHC-CFX-0	ASSY, PLSHC, FRONT X-MEM
5	1	PLSHC-CHX-2	ASSY, PLSHC, BACK FRAME
6	1	PLSHC-CMX-0	ASSY, PLSHC, WORKARM X-MEM
7	1	PLSHC-CMAL-2	ASSY, PLSHC, MOVEMENT ARM LEFT
8	1	PLSHC-CMAR-2	ASSY, PLSHC, MARM RIGHT
9	1	PLSHC-TX-0	WLDMT, PLSHC, TOP X-MEM
10	1	PLSHC-CST-0	ASSY, PLSHC, SEAT FRAME
11	1	PLSHC-SX-0	WLDMT, PLSHC, SUPPORT
12	1	PLSHC-CAJ-ST-0	ASSY, PLSHC, ADJ. SEAT
13	34	WASH.5STAR	1/2" INTERNAL LOCK WASHER
14	24	NUT.5LOCK	1/2 DIA THICK LOCK NUT
15	6	HBB.5X2.5	1/2 X 2 1/2 BOLT
16	8	NUT.5JAMLOCK	1/2 THIN LOCK NUT
17	6	WASH.375SAE	3/8" SAE FLAT WASHER
18	6	HBB.375X2.5	STEEL BOLT 3/8 X 2.5
19	2	HBB.5X2	1/2 X 2 BOLT
20	6	HBB.5X4.5	1/2 X 4 1/2 BOLT
21	18	HBB.5X3	1/2 X 3 BOLT
22	24	H-BACK-WASH	BACKING WASHER
23	4	MM-8	2 X 6 FLANGE RUBBER SLIPPER
24	2	SHC-19-0	BRASS SEAT GUIDE
25	1	U-PLLP	BACK PAD
26	1	U-13-5	Standard 13" Pad

**HAMMER STRENGTH EQUIPMENT**  
**PLSHC-BX-0, WLDMT, PLSHC, BOTTOM X-MEM**



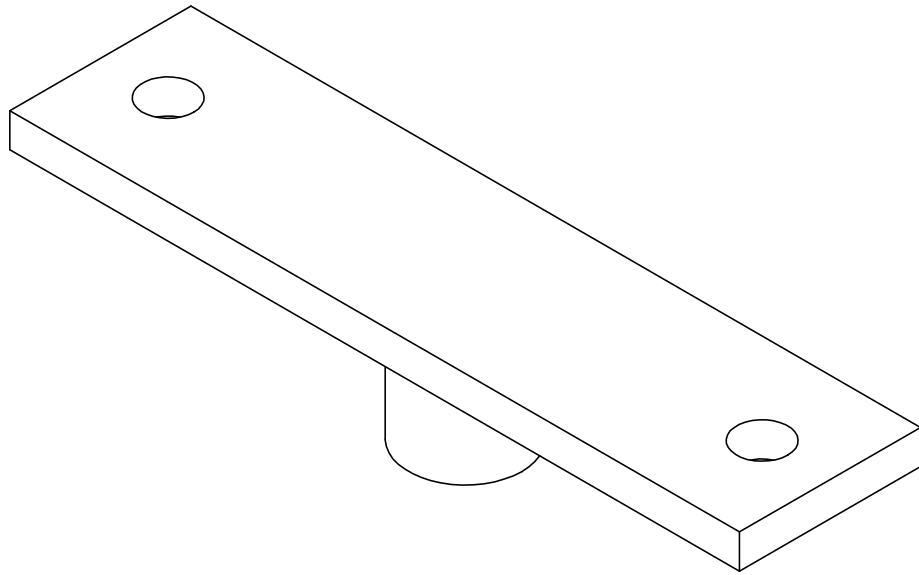
WEIGHT = 34 lb  
LENGTH = 36 1/2"  
WIDTH = 24 3/4"  
HEIGHT = 2"

**HAMMER STRENGTH EQUIPMENT**  
**PLSHC-TX-0, WLDMT, PLSHC, TOP X-MEM**



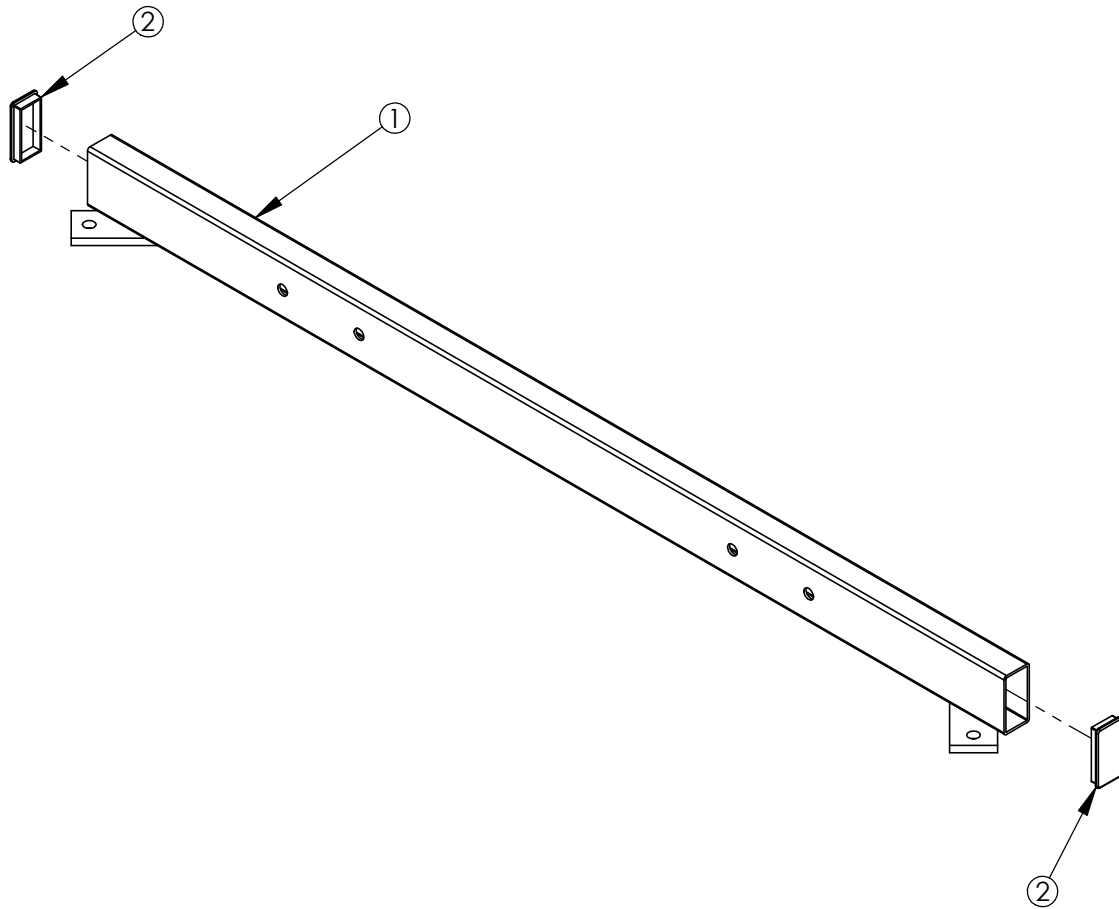
WEIGHT = 16lbs / 7.25kg  
LENGTH = 16  
WIDTH = 12.5  
HEIGHT = 3

**HAMMER STRENGTH EQUIPMENT**  
**PLSHC-SPRNGMT-0, WLDMT, PLSHC, SPRING MOUNT**



WEIGHT = 2 1/2LB  
LENGTH = 8 1/2"  
WIDTH = 2"  
HEIGHT = 2"

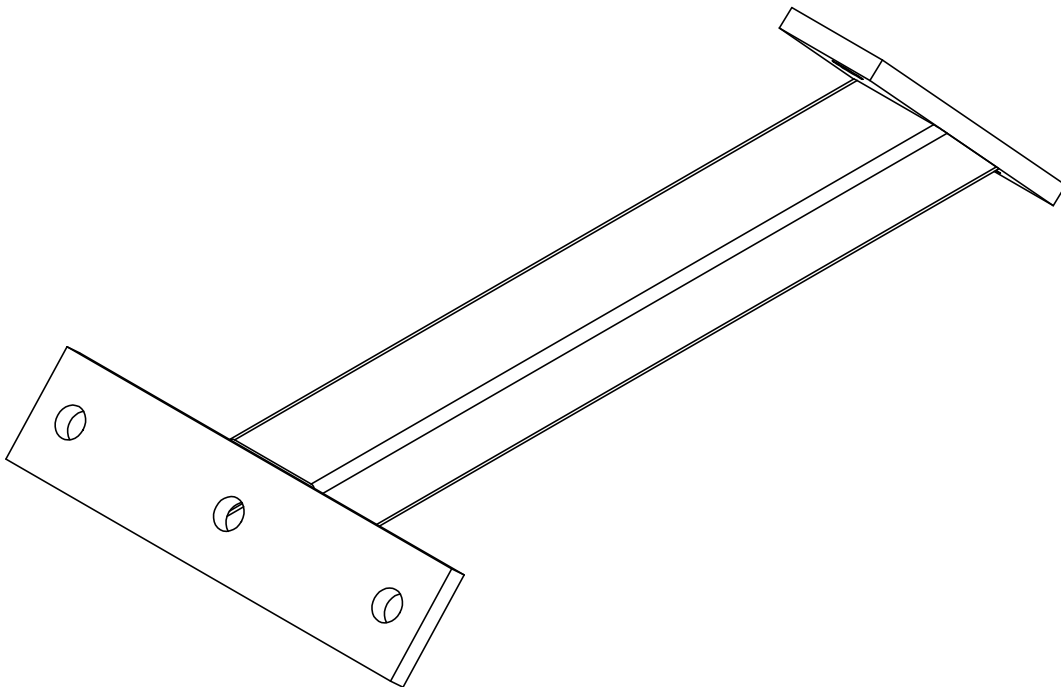
**HAMMER STRENGTH EQUIPMENT**  
**PLSHC-CFX-0, ASSY, PLSHC, FRONT X-MEM**



WEIGHT = 17.5lbs / 8kg  
 LENGTH = 54  
 WIDTH = 6  
 HEIGHT = 4

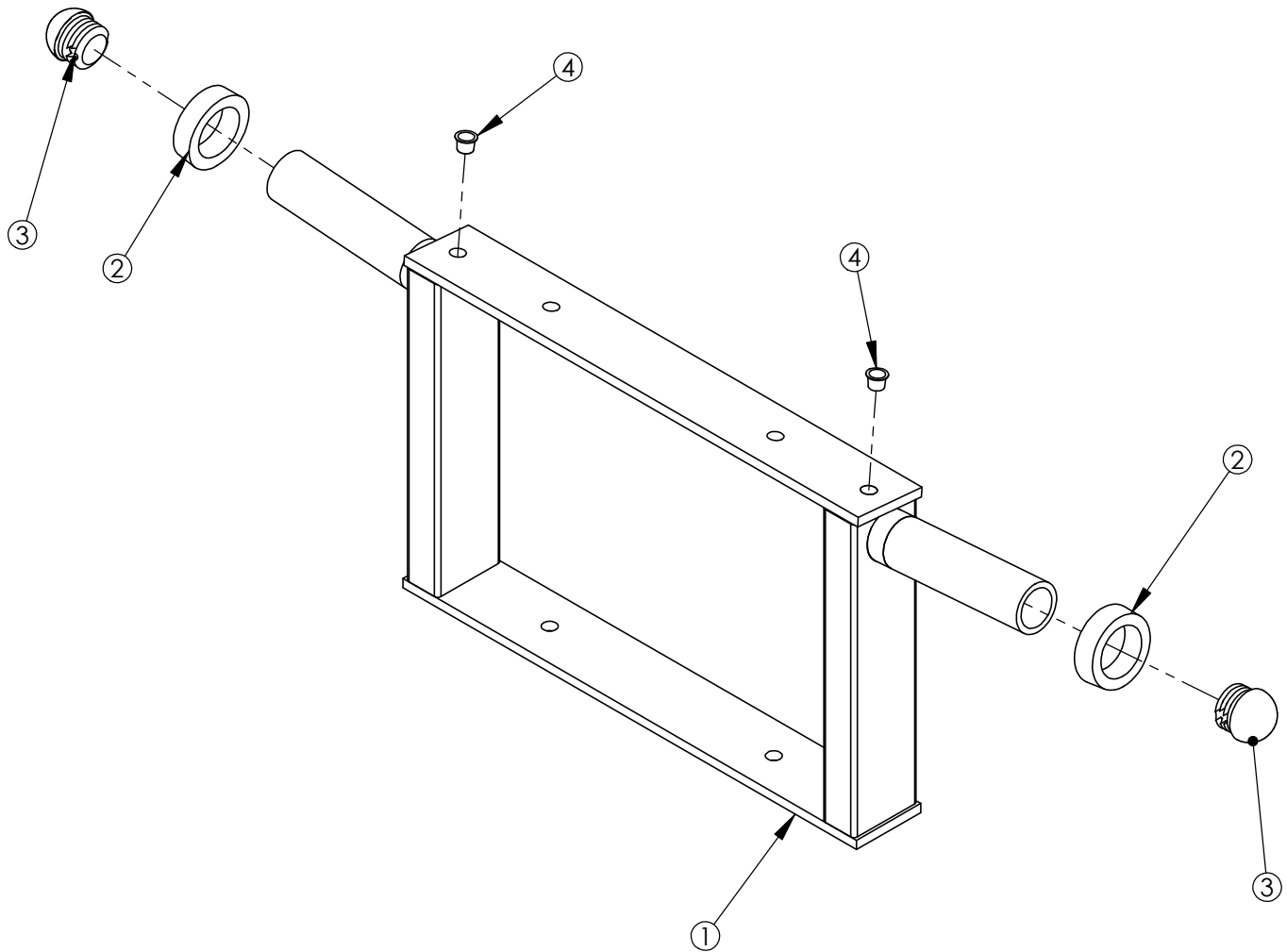
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-FX-0	WLDMT, PLSHC, FRONT X-MEM
2	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG

**HAMMER STRENGTH EQUIPMENT**  
**PLSHC-SX-0, WLDMT, PLSHC, SUPPORT**



WEIGHT = 6lbs / 2.75kg  
LENGTH = 19  
WIDTH = 8.5  
HEIGHT = 5

**HAMMER STRENGTH EQUIPMENT  
PLSHC-CHX-2, ASSY, PLSHC, BACK FRAME**

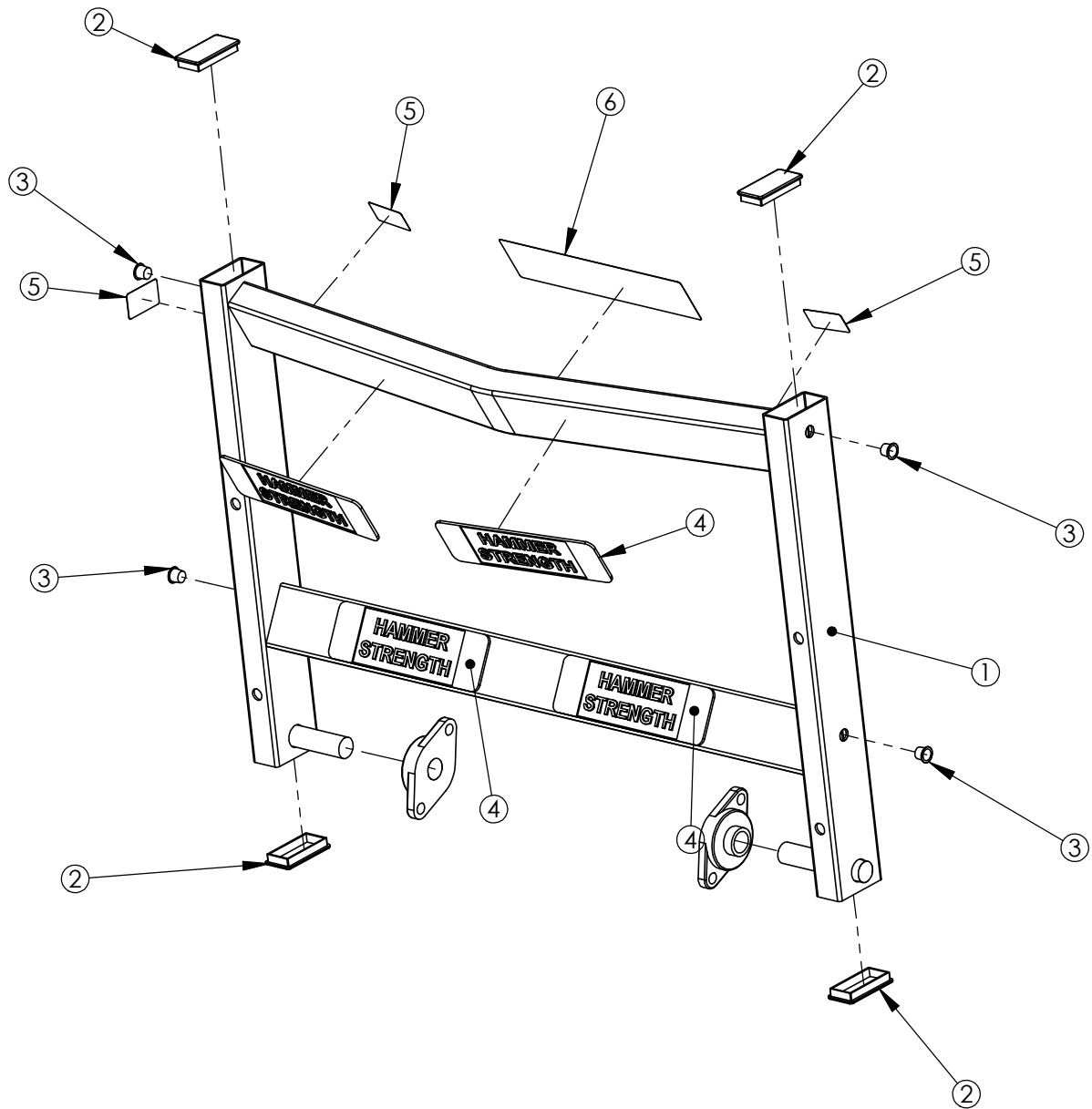


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-HX-1	WLDMT, PLSHC, TOP X-MEM
2	2	H-RUBRNG	MM5 RING
3	2	RUBCAP1-2	RUBBER CAP #1
4	2	H-HPLUG (REG)	9/16IN HOLE PLUG

WEIGHT = 25lbs / 11kg  
 LENGTH = 36  
 WIDTH = 3.5  
 HEIGHT = 14



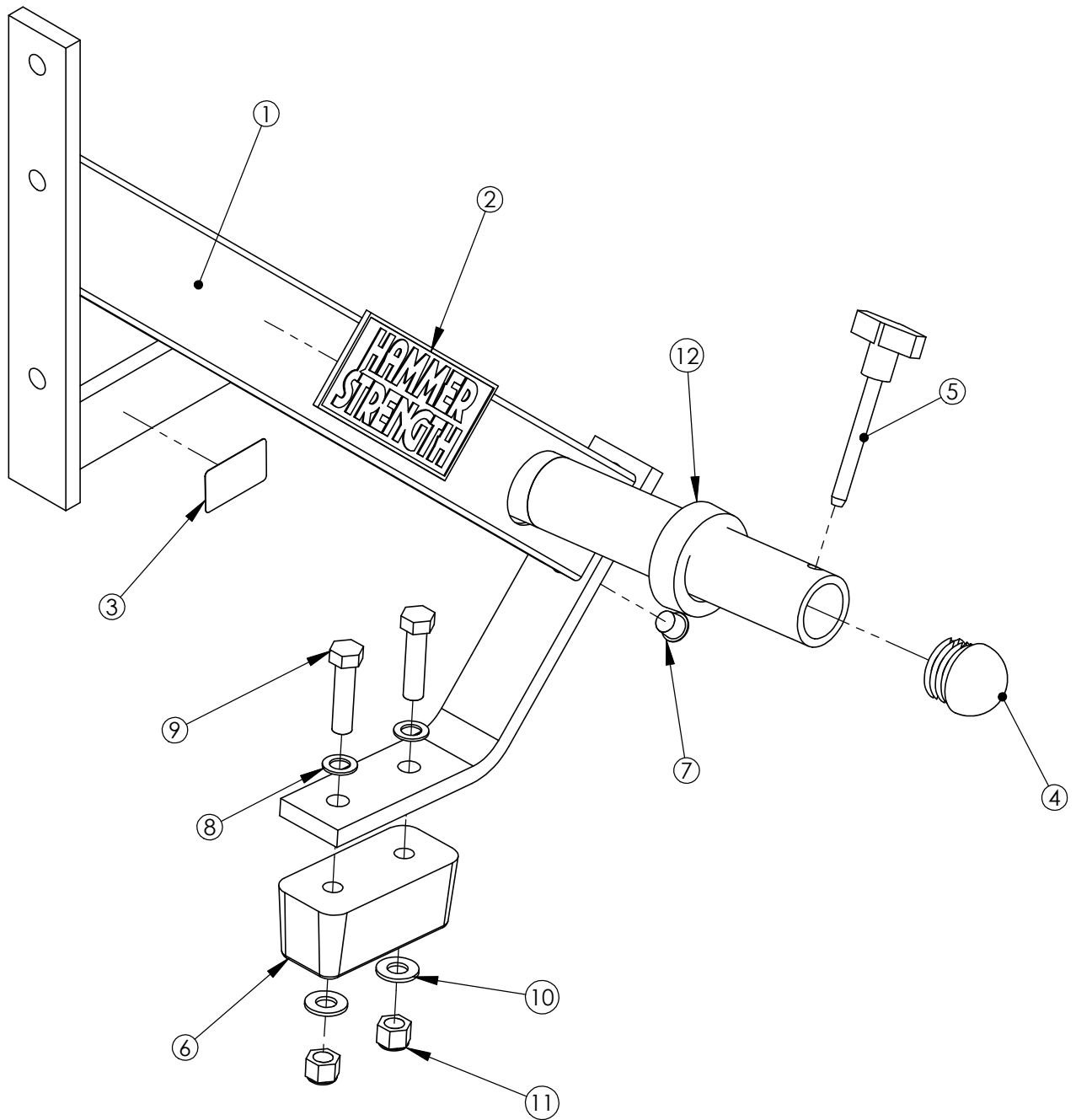
**HAMMER STRENGTH EQUIPMENT**  
**PLSHC-CMX-0, ASSY, PLSHC, WORKARM X-MEM**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-MX-0	WLDMT, PLSHC, WORKARM X-MEM
2	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	4	H-HPLUG (REG)	9/16IN HOLE PLUG
4	4	H-NONSKID 3X9	PLASTIC NON SKID STRIP 3 X 9
5	3	STAY CLEAR	STAY CLEAR DECAL
6	1	SEATED CALF (IDSC)	PRODUCT DECAL
7	2	H-BEAR-SML	SMALL BEARING

WEIGHT = 34lbs / 15.5kg  
 LENGTH = 36  
 WIDTH = 4  
 HEIGHT = 24.5

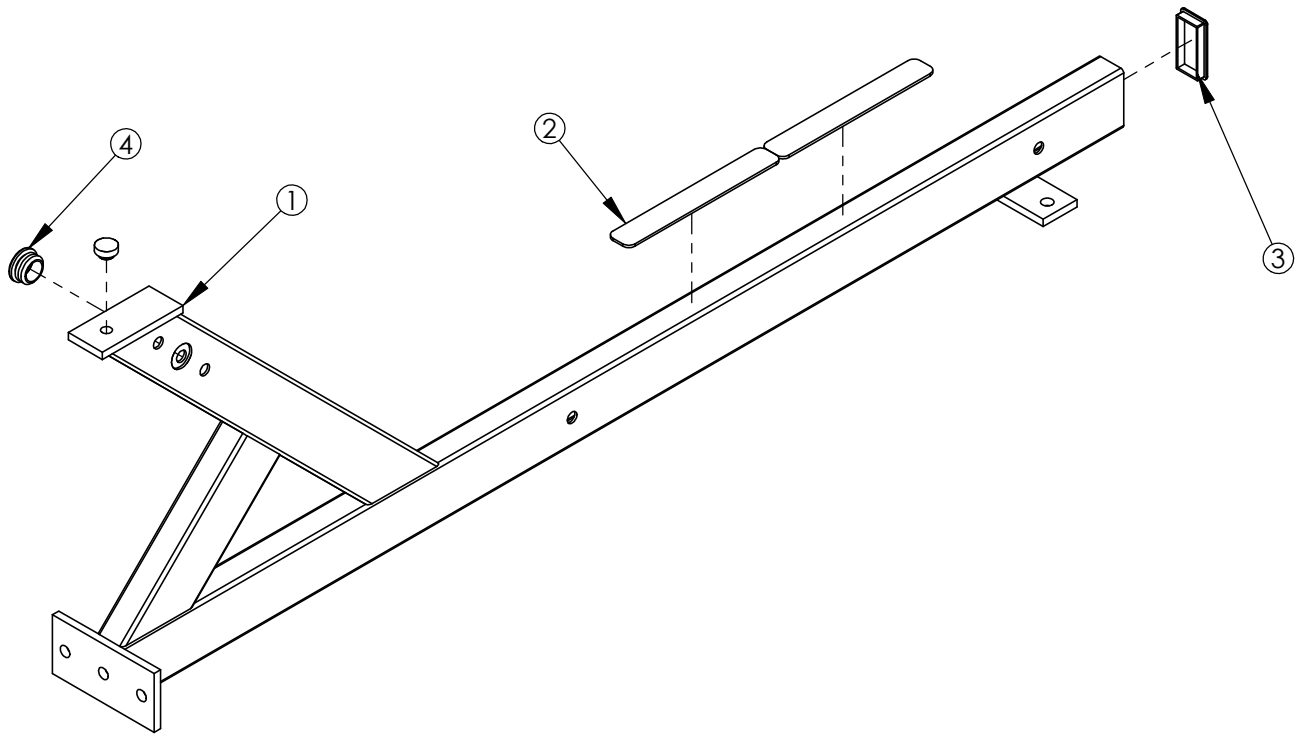
**HAMMER STRENGTH EQUIPMENT  
PLSHC-CMAL-2, ASSY, PLSHC, MOVEMENT ARM LEFT**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-MAL-1	WLDMT, PLSHC, MOVEMENT ARM LEFT
2	1	H-NAME PLATE	NAMEPLATE (45156-P)
3	1	STAY CLEAR	STAY CLEAR DECAL
4	2	RUBCAP1-2	RUBBER CAP #1
5	1	SELECTOR PIN-3	SELECTOR PIN 3 IN.
6	1	H-BUMP-MED	MM2 MEDIUM
7	2	H-HPLUG (REG)	9/16IN HOLE PLUG
8	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
9	2	HHB.5X2	1/2 X 2 BOLT
10	2	WASH.5SAE	1/2" SAE FLAT WASHER
11	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
12	1	H-RUBRNG	MM5 RING

WEIGHT = 27.5 lbs / 12.5 kg  
 LENGTH = 21  
 WIDTH = 12  
 HEIGHT = 32

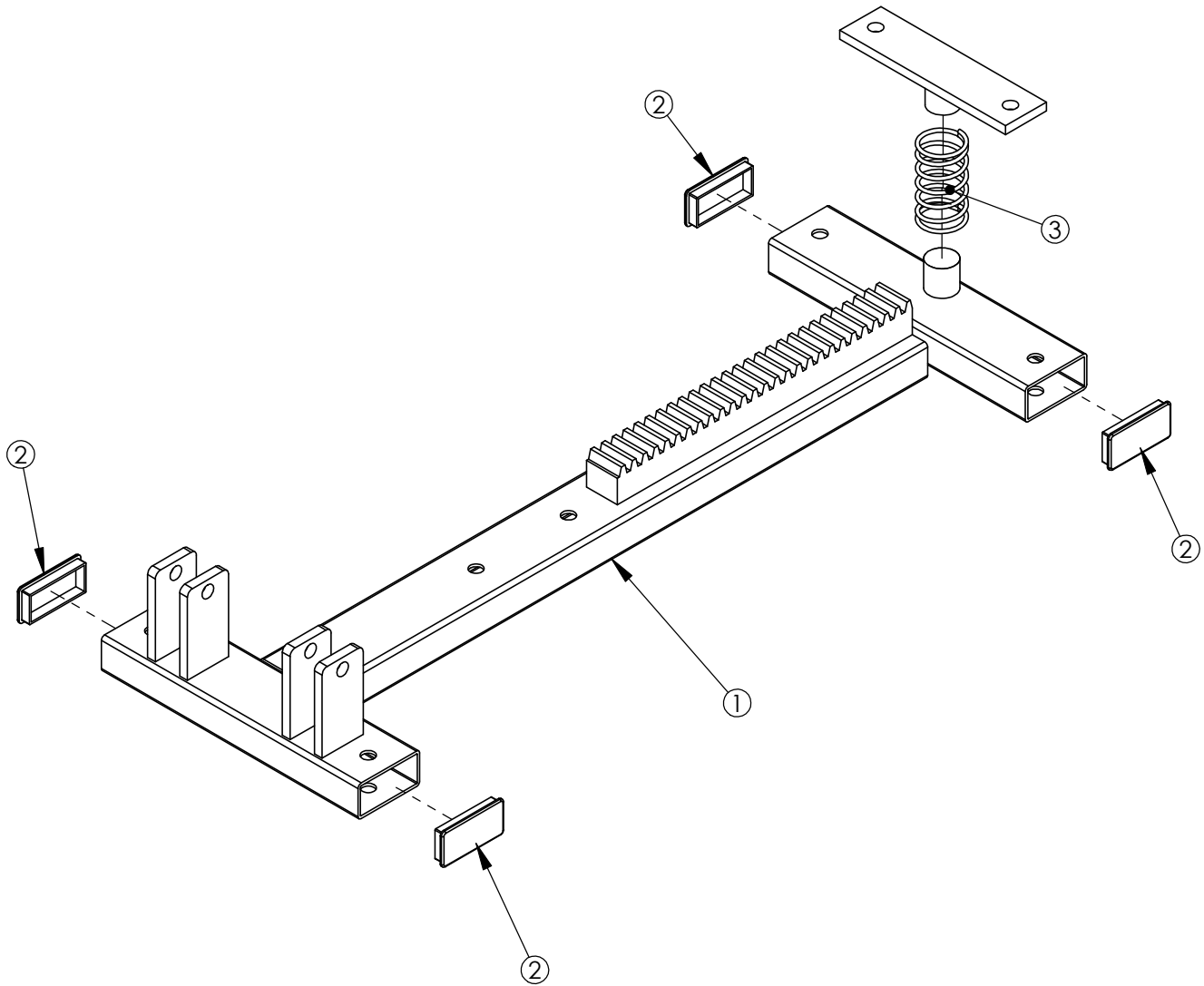
**HAMMER STRENGTH EQUIPMENT**  
**PLSHC-CSFL-0, ASSY, PLSHC, LEFT SIDE FRAME**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-SF-0	WLDMT, PLSHC, SIDE FRAME
2	2	NONSKID 1 X 9	PLASTIC NON SKID STRIP 1 X 9
3	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
4	1	H-LOCK-PLUG (SMALL)	SMALL LOCKING PLUG
5	1	PLSHC-BUMP-STOP	BUMPER STOP (9309K19)

WEIGHT = 30 lb  
 LENGTH = 60 5/8"  
 WIDTH = 6"  
 HEIGHT = 19 3/8"

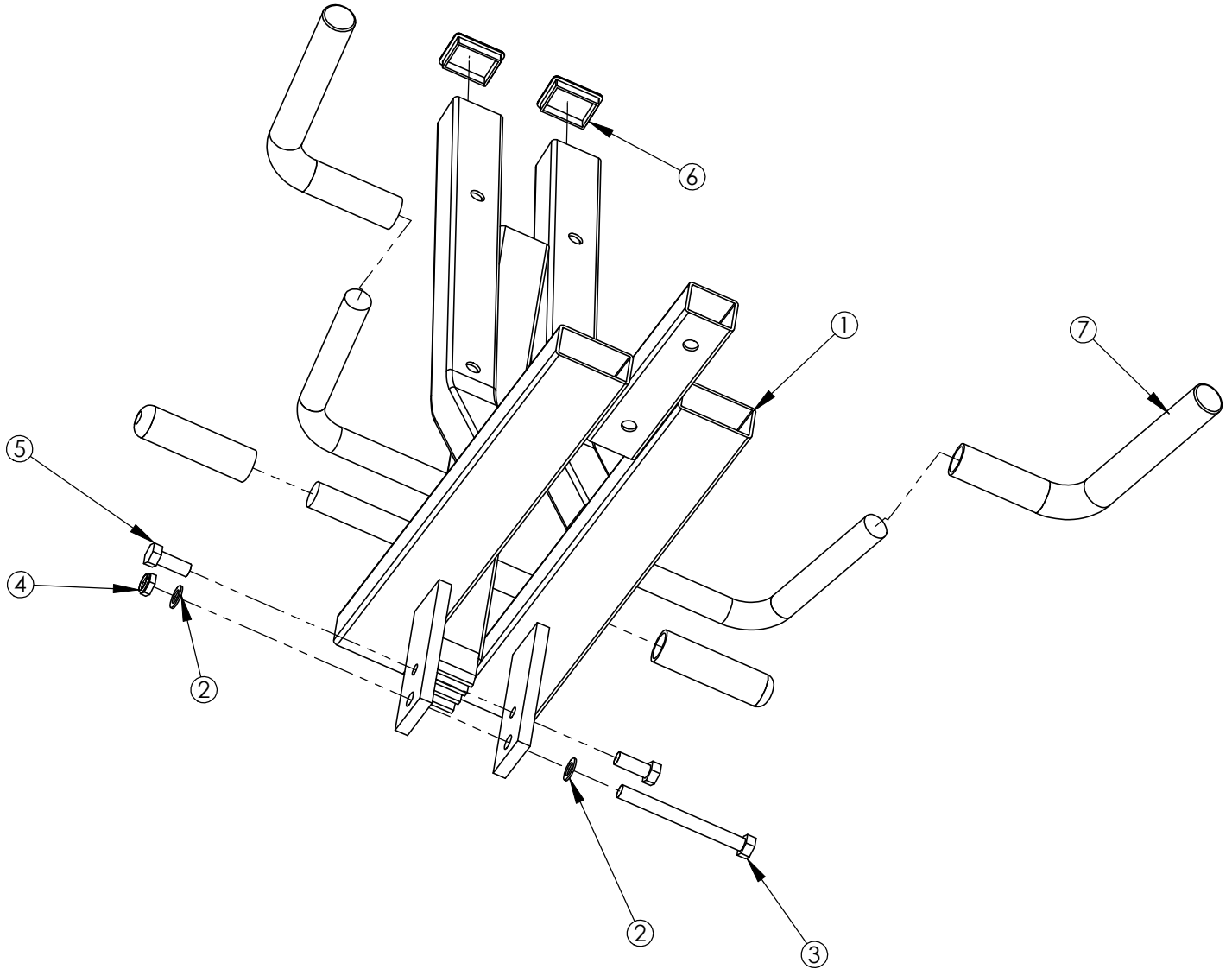
**HAMMER STRENGTH EQUIPMENT  
PLSHC-CST-0, ASSY, PLSHC, SEAT FRAME**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-ST-0	WLDMT, PLSHC, SEAT FRAME
2	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	LP-SPRING	Leg Press Seat Spring
4	1	PLSHC-SPRNGMT-0	WLDMT, PLSHC, SPRING MOUNT

WEIGHT = 30lbs / 13.5kg  
 LENGTH = 35.5  
 WIDTH = 13  
 HEIGHT = 5.25

**HAMMER STRENGTH EQUIPMENT**  
**PLSHC-CAJ\_ST-0, ASSY, PLSHC, ADJ. SEAT**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-AJ-ST-0	WLDMT, PLSHC, ADJ SEAT
2	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
3	1	HHB.5X5	1/2 X 5 BOLT
4	1	NUT.5JAMLOCK	1/2 THIN LOCK NUT
5	2	HHB-NYLON	1/2 X 1 BOLT NYLON
6	2	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
7	4	H-GRIP	HANDLE GRIPS (.938X16)

WEIGHT = 42lbs / 19kg  
 LENGTH = 24  
 WIDTH = 22  
 HEIGHT = 34