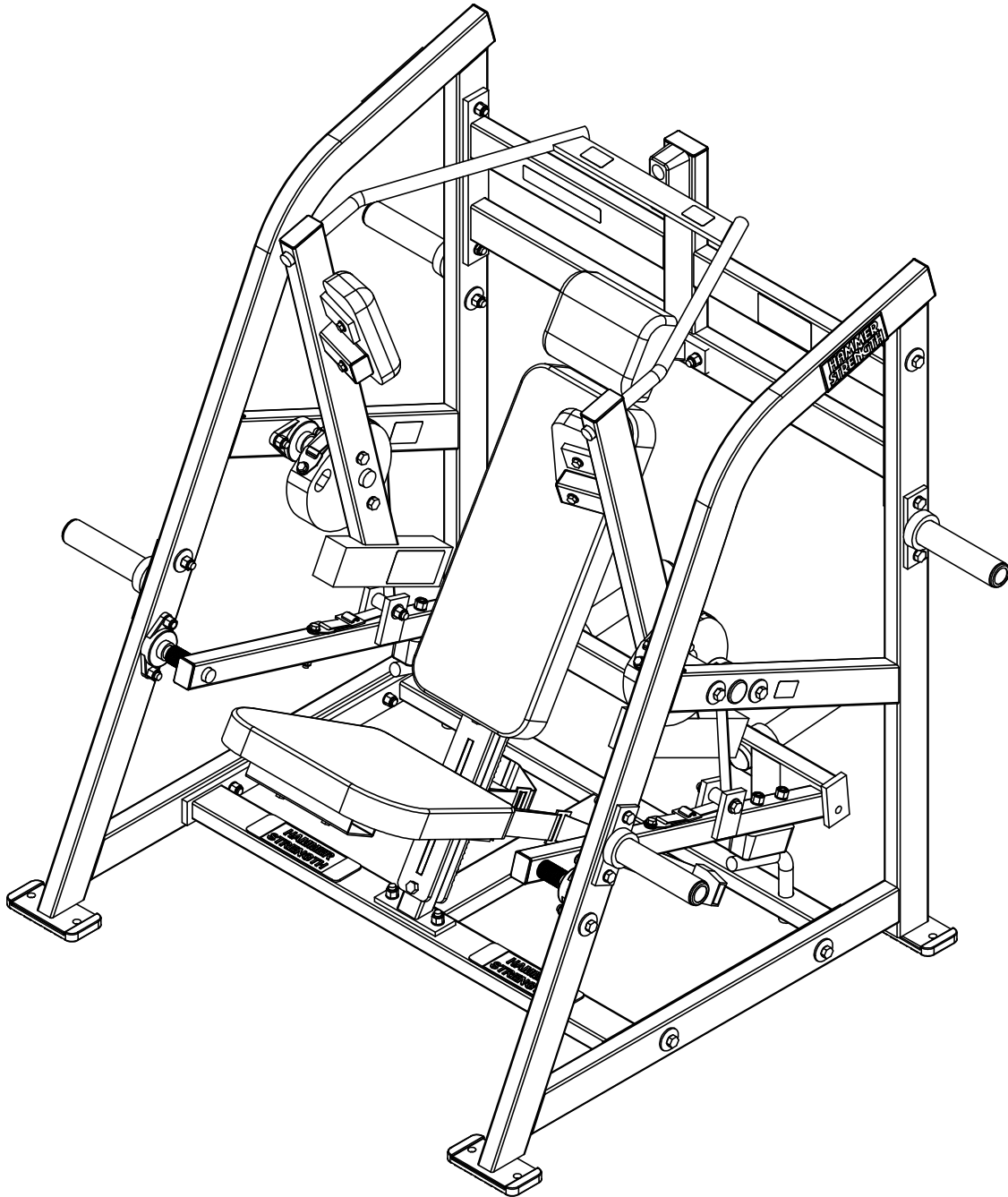


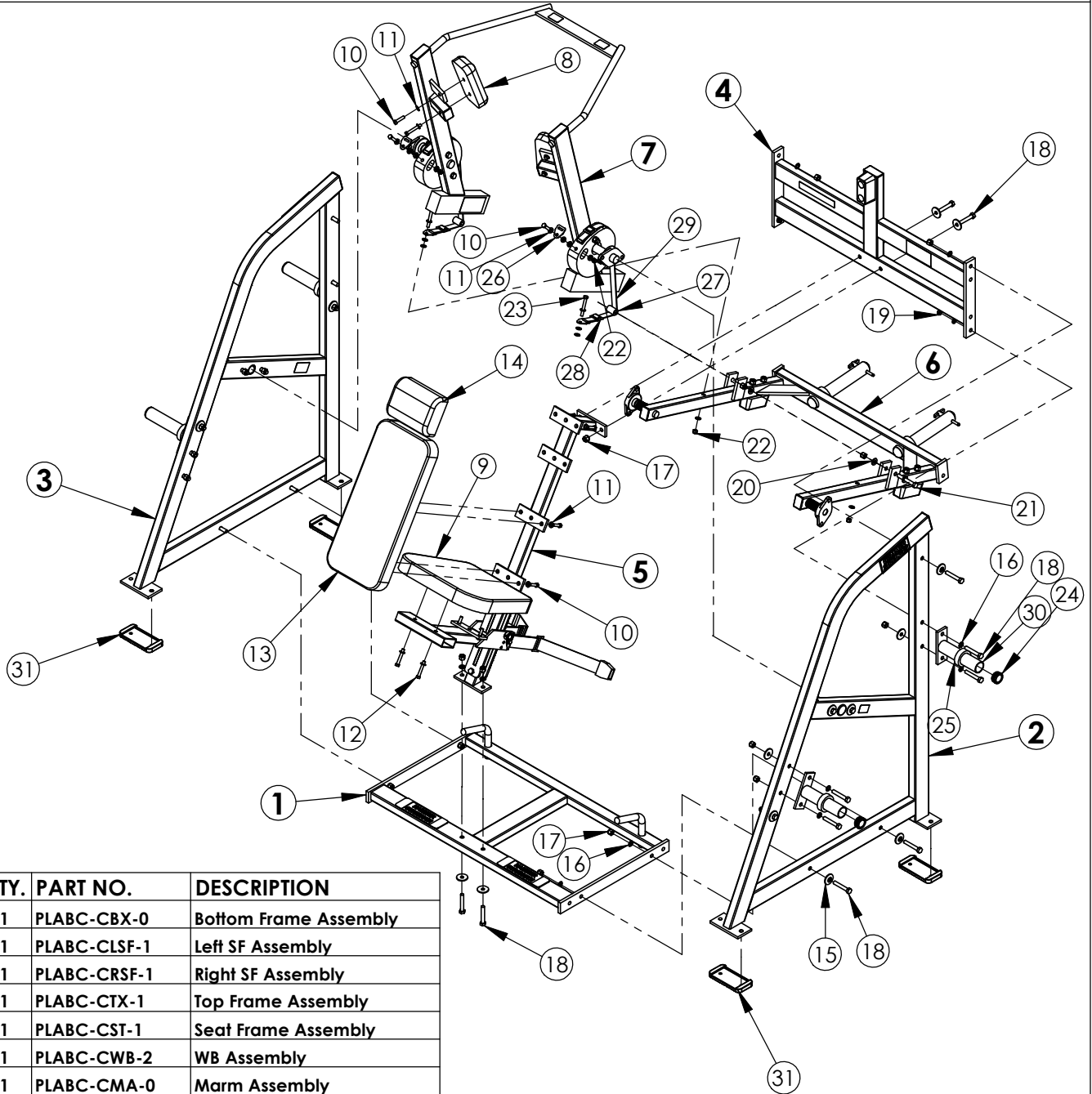
HAMMER STRENGTH EQUIPMENT
PLABC Plate Loaded Abdominal Crunch

REV: A03



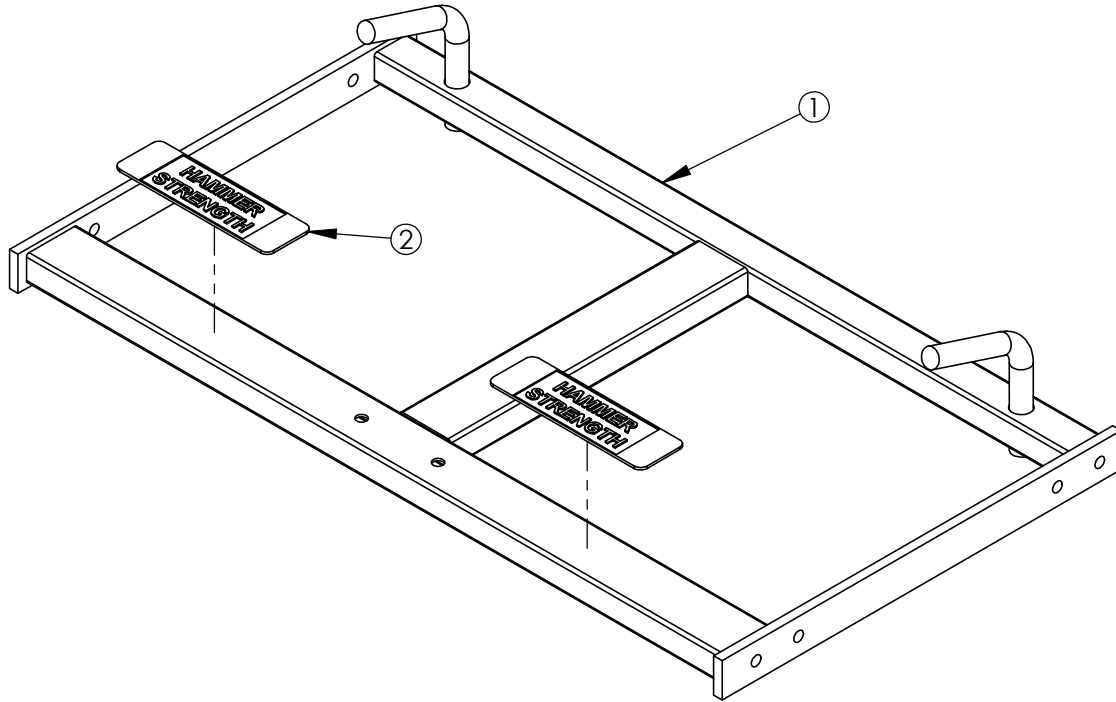
WEIGHT = 370 lb
LENGTH = 54"
WIDTH = 51"
HEIGHT = 59"

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.SJAMLOCK	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

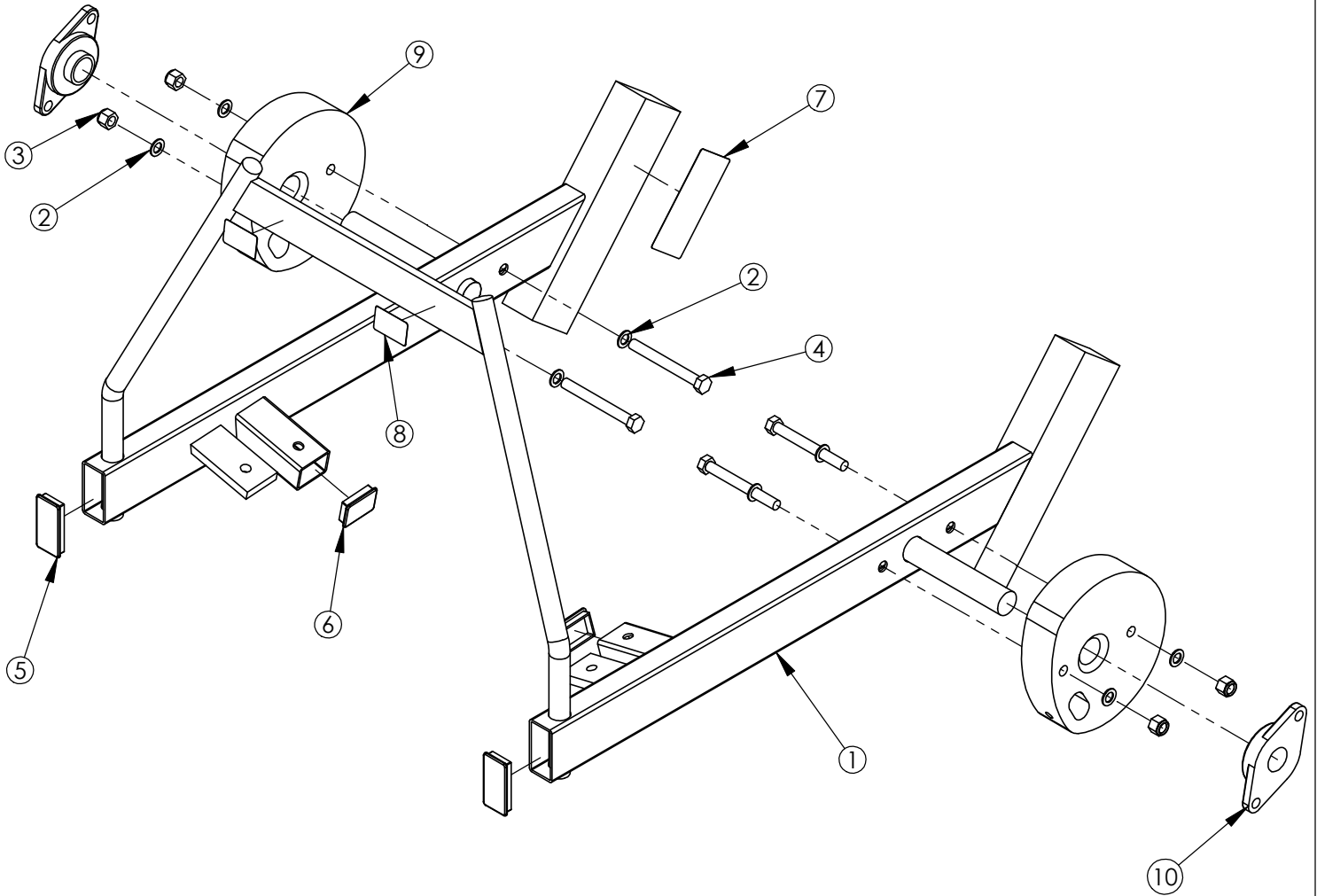


WEIGHT = 44 lb
 LENGTH = 23 1/2"
 WIDTH = 42"
 HEIGHT = 7 1/2"

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

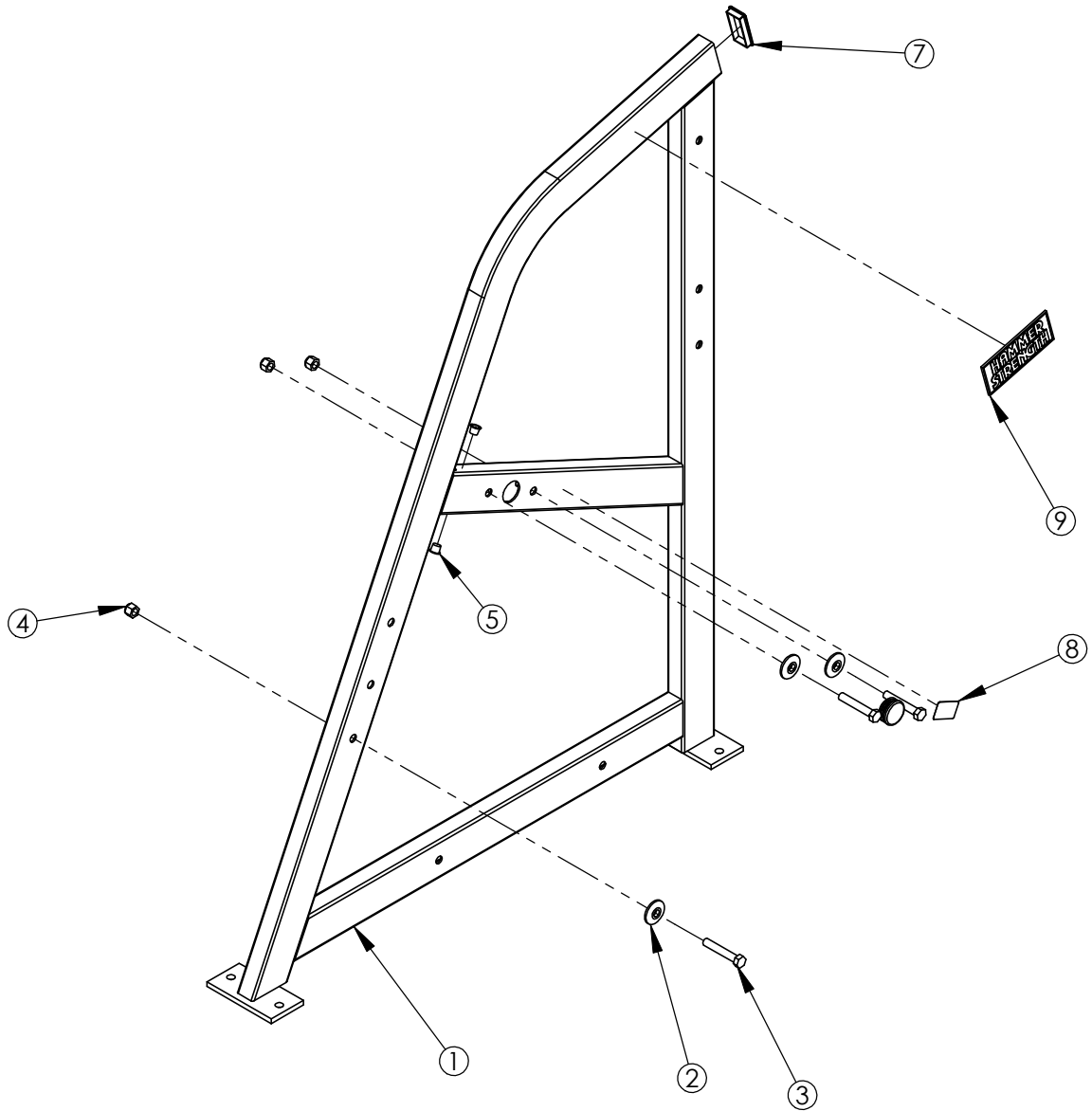
PLABC-CMA-0 Movement Arm Assembly



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	HQB.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 Hor
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"

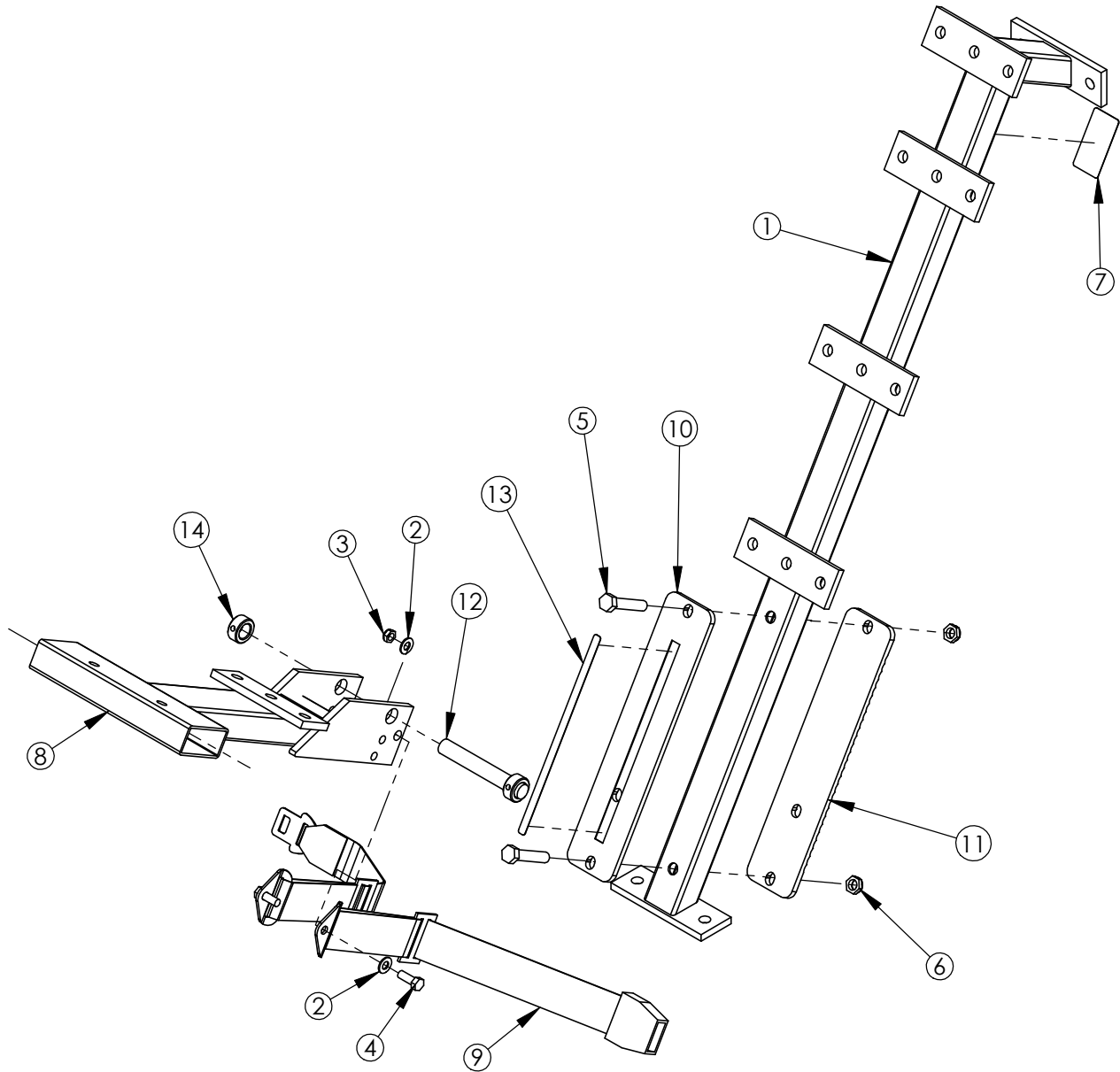
HAMMER STRENGTH EQUIPMENT
PLABC-CSFL-1 Left Side Frame Assembly



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

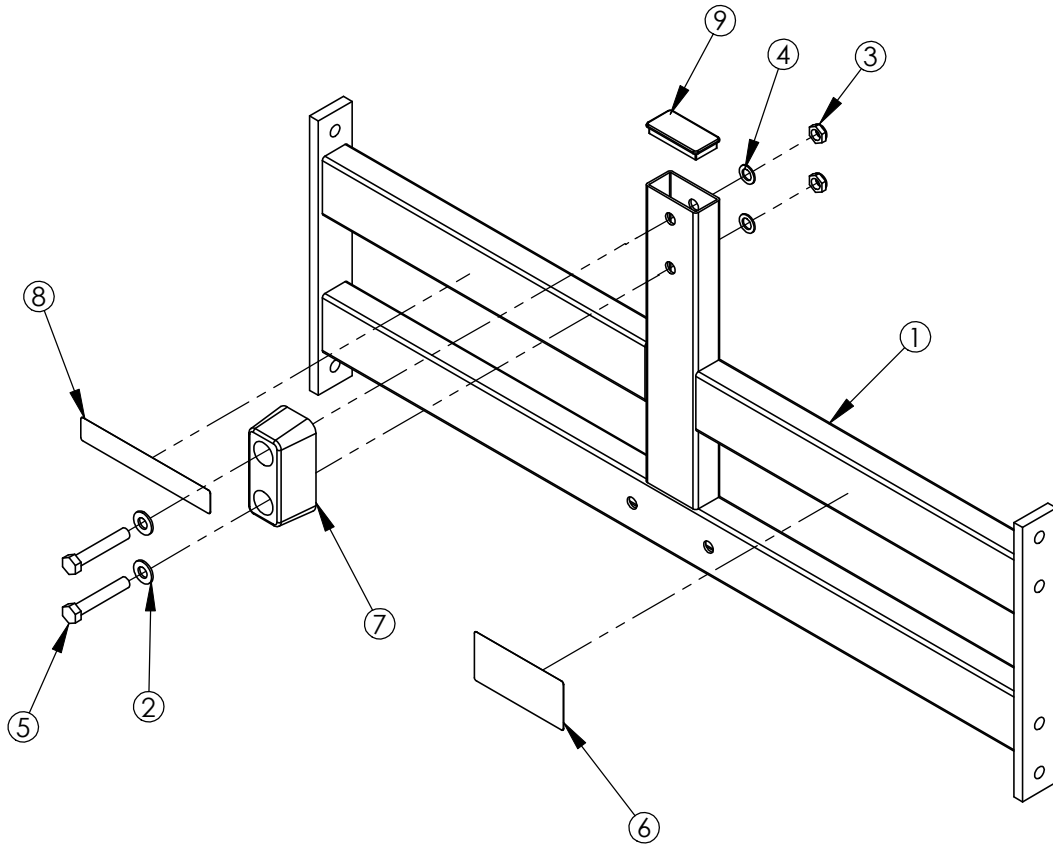


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLABC-ST-0	Seat Frame
2	4	WASH.375SAE	3/8" SAE Flat Washer
3	2	NUT.375JAMLOCK	3/8" Thick Jam Lock Nut
4	2	HHB.375X1	3/8 X 1 Bolt
5	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
6	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
7	1	SERIAL NUMBER	Serial Number
8	1	STD-ST2	Standard Seat #2
9	1	SEATBELT-ASSEM	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

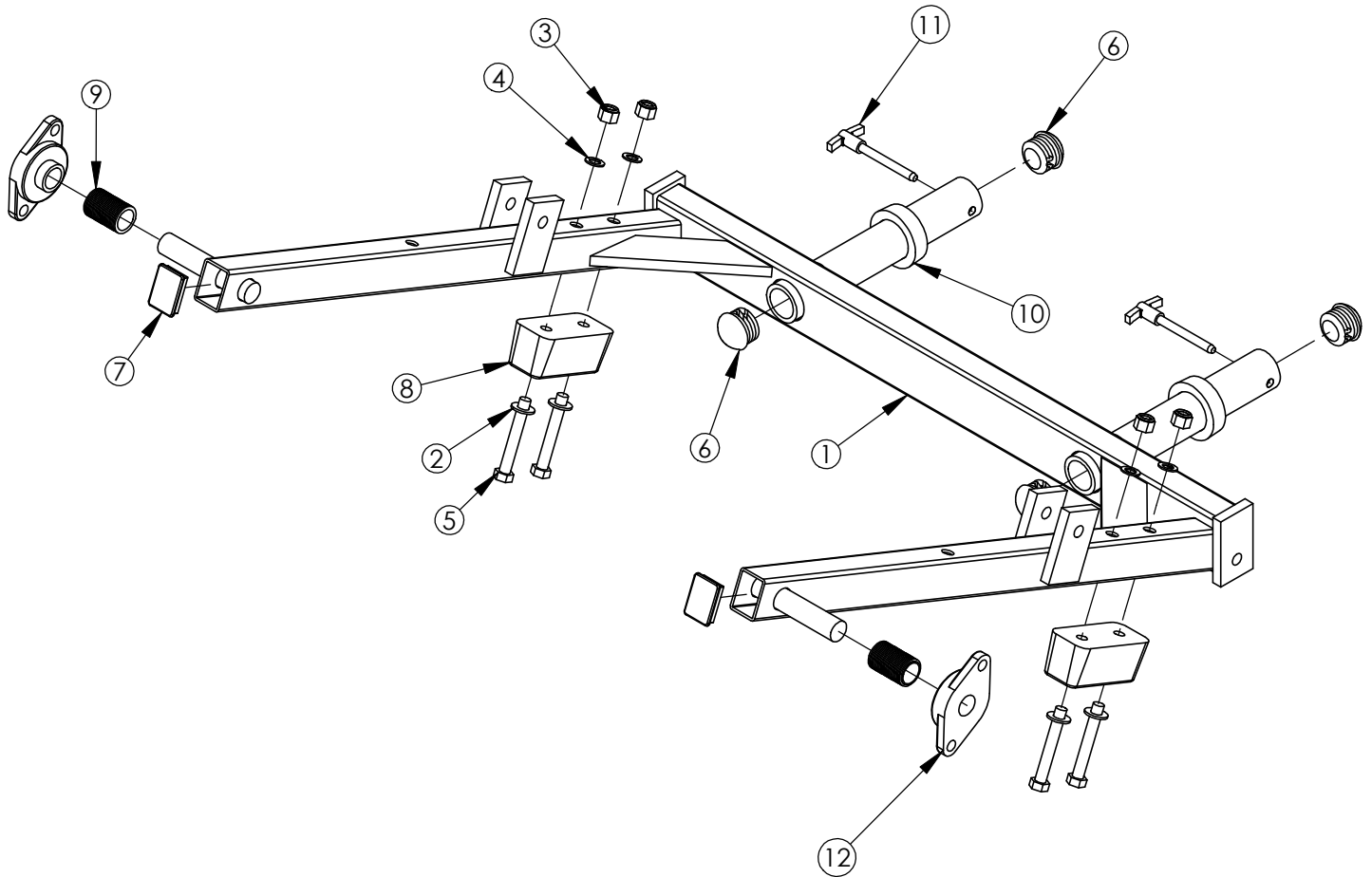


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLABC-TX-1	Top Frame
2	2	WASH.5SAE	1/2" SAE Flat Washer
3	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
4	2	WASH.5STAR	1/2" Internal Lock Washer
5	2	HHB.5X3	1/2 X 3 Bolt
6	1	WARNING LARGE-H	Large Warning Hor
7	1	H-BUMP-MED	MM2 Medium
8	1	ABDOMINAL	Product Decal
9	1	RC1530-1Q1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