

# HAMMER STRENGTH®

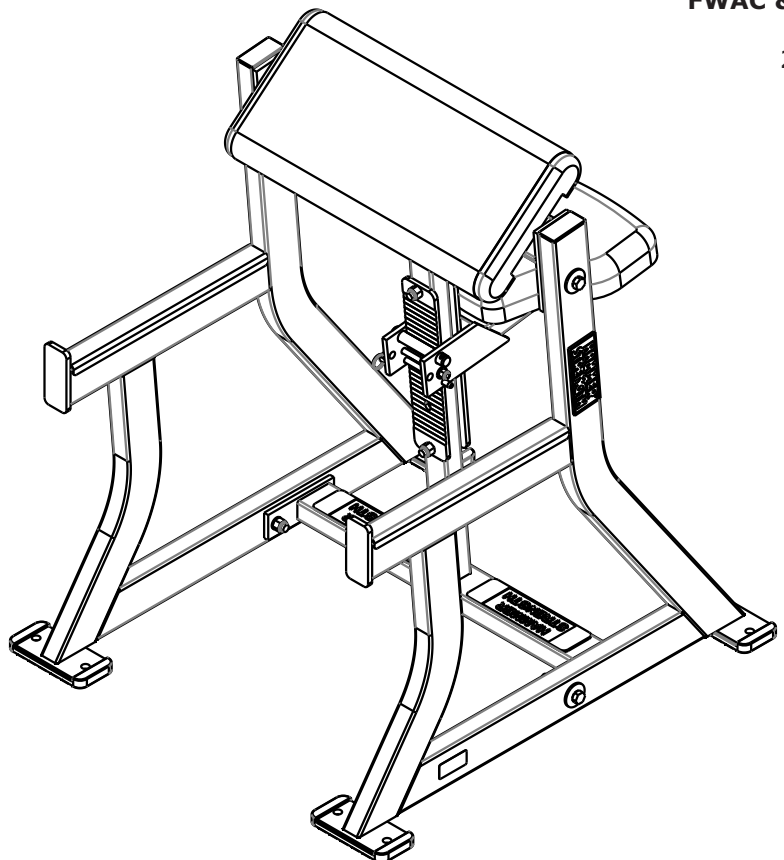
**HAMMER  
STRENGTH®**

**FREE WEIGHT**

**PARTS MANUAL**

**ARM CURL  
FWAC & FW-AC**

2/4/2015



# CONTENTS

COMPONENT ASSEMBLY ..... PAGE 3

LEFT SIDE FRAME ASSEMBLY ..... 4

 PAD ASSEMBLY ..... 5

SEAT FRAME ASSEMBLY ..... 6

STD SEAT ASSEMBLY ..... 7

RIGHT SIDE FRAME ASSEMBLY ..... 8

**KEY**

UPHOLSTERY ① ② ③

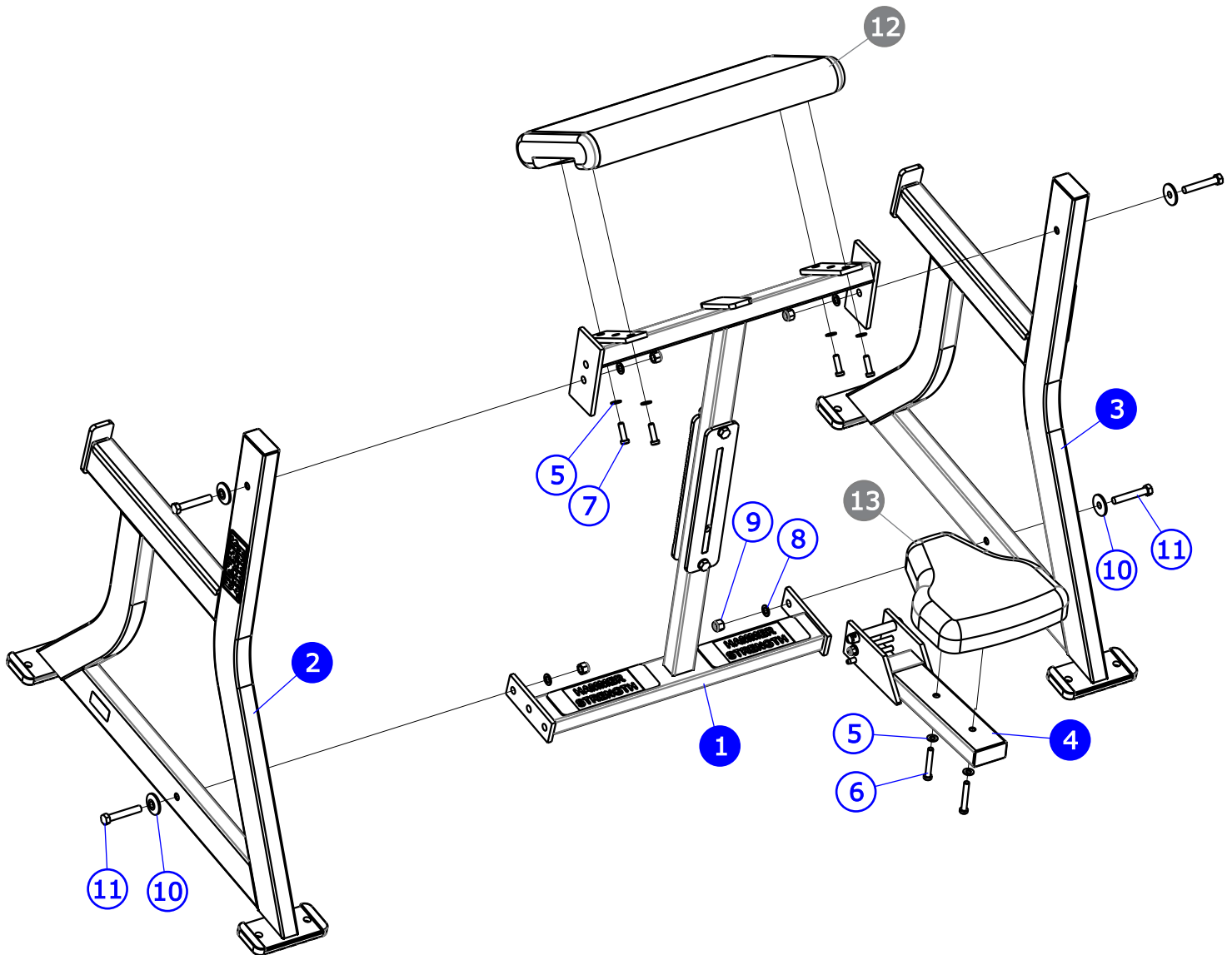
Items with Gray call-outs require the upholstery color listed within the order notes. IE: Putty

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.

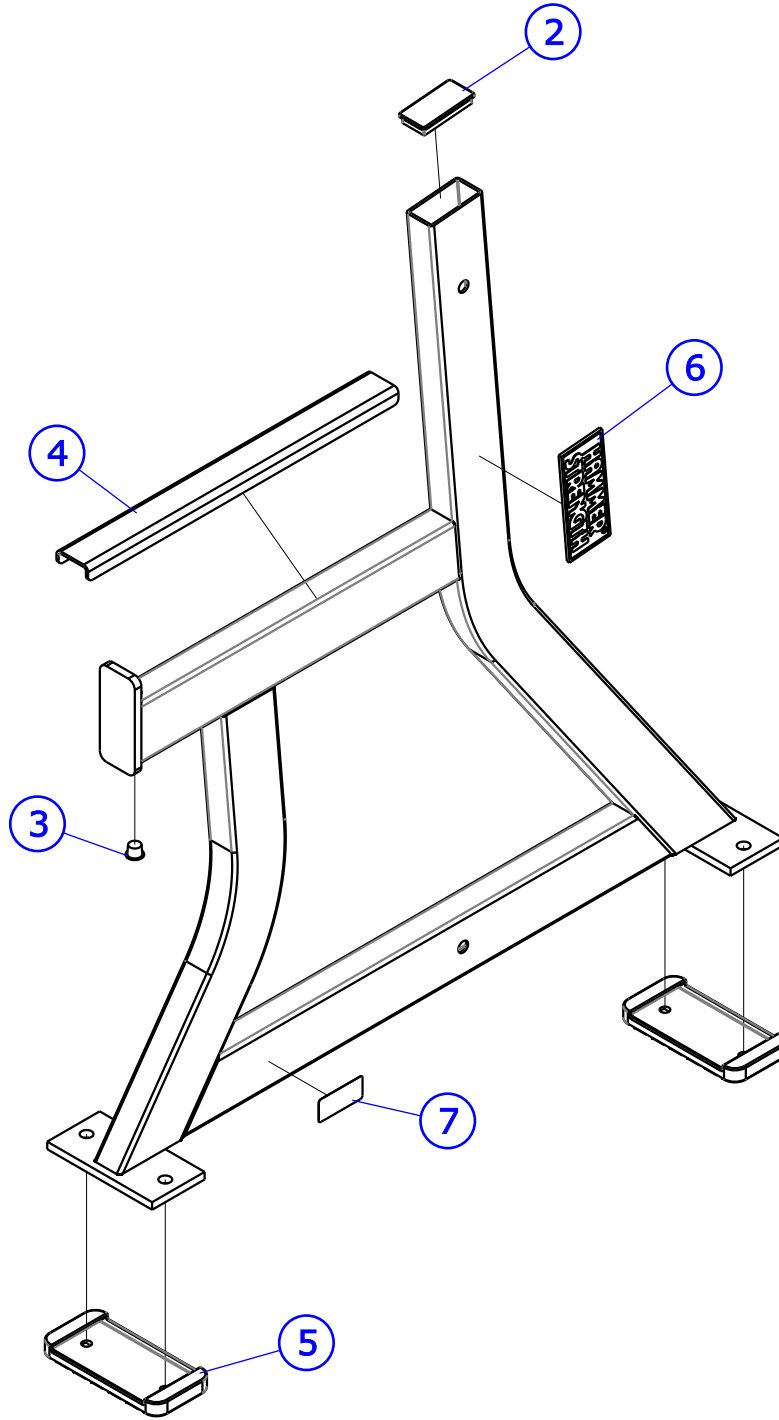


# COMPONENT ASSEMBLY



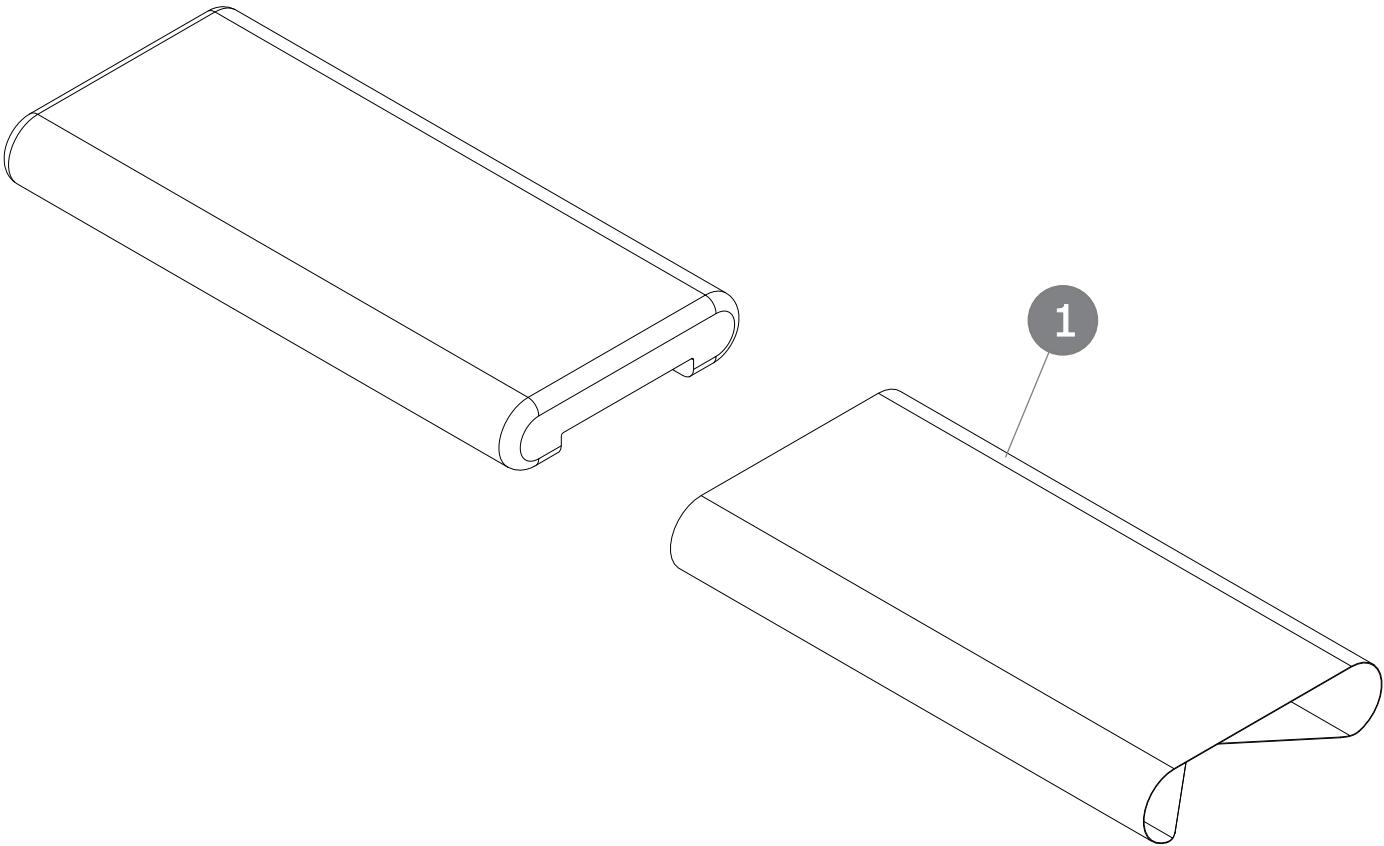
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	FWAC-CST	ASSY, SEAT FRAME, FWAC
2	1	FWAC-CSFL	ASSY, SIDE FRAME, LEFT, FWAC
3	1	FWAC-CSFR	ASSY, SIDE FRAME, RIGHT, FWAC
4	1	CSTD-ST	ASSY, STD SEAT
5	6	WASH.375SAE	3/8" SAE FLAT WASHER
6	2	3236210	SCREW, M10 X1.5 65MM
7	4	3236204	SCREW, M10 X1.5 35MM
8	4	WASH.5STAR	1/2" INTERNAL LOCK WASHER
9	4	NUT.5LOCK	1/2 DIA THICK LOCK NUT
10	4	H-BACK-WASH	BACKING WASHER
11	4	HFB.5X3	1/2 X 3 BOLT
12	1		PAD, MOLDED 606 X 279
13	1		PAD, SADDLE

# LEFT SIDE FRAME ASSEMBLY



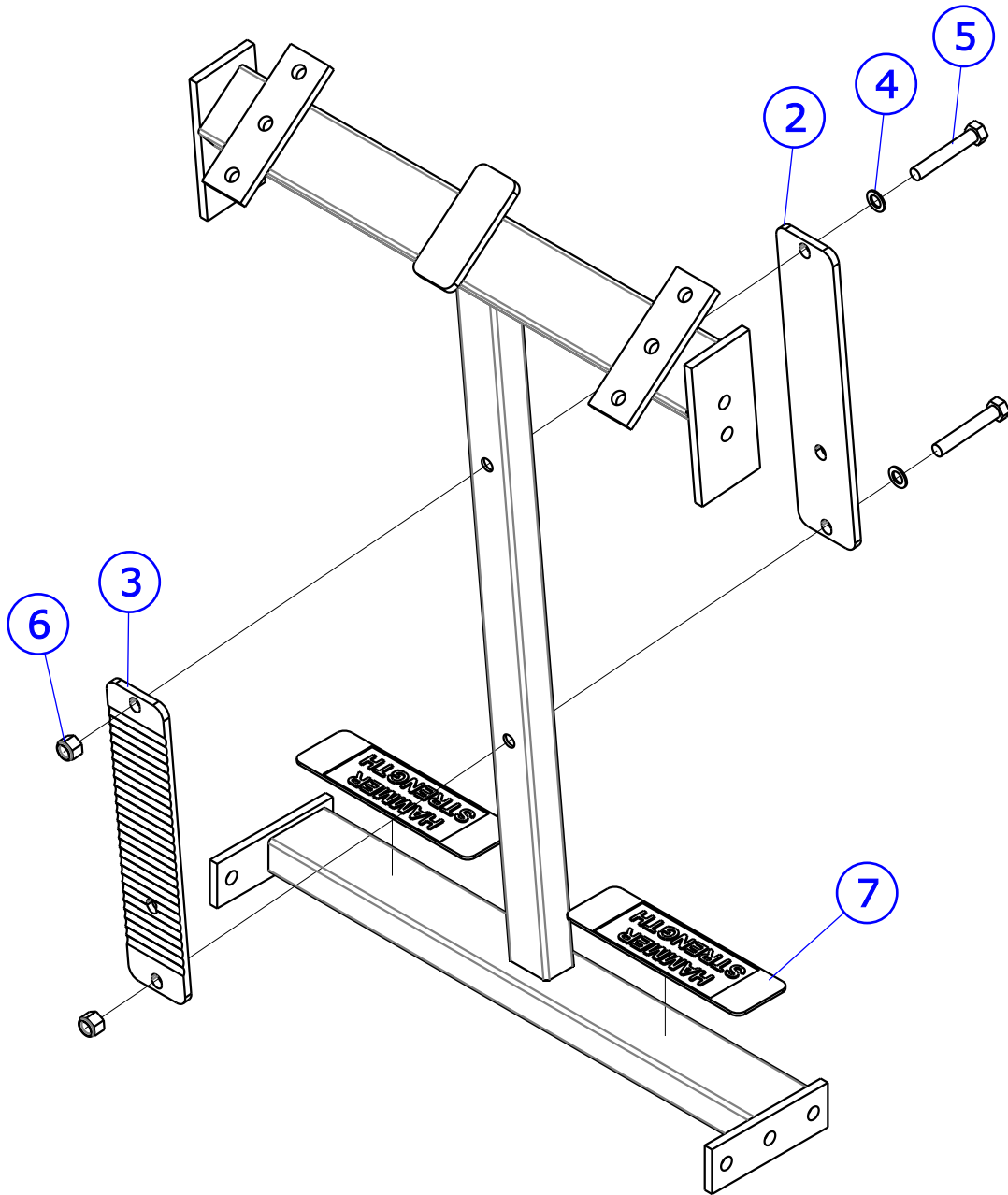
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	H-PLUG (REG)	HOLE PLUG
4	1	9514601	ASSY, GUARD, PAINT, FWAC
5	2	MM-9	3 X 6 FLANGE RUBBER SLIPPER
6	1	H-NAMEPLATE	HAMMER STRENGTH BADGE
7	1	-	SERIAL NUMBER

# PAD ASSEMBLY



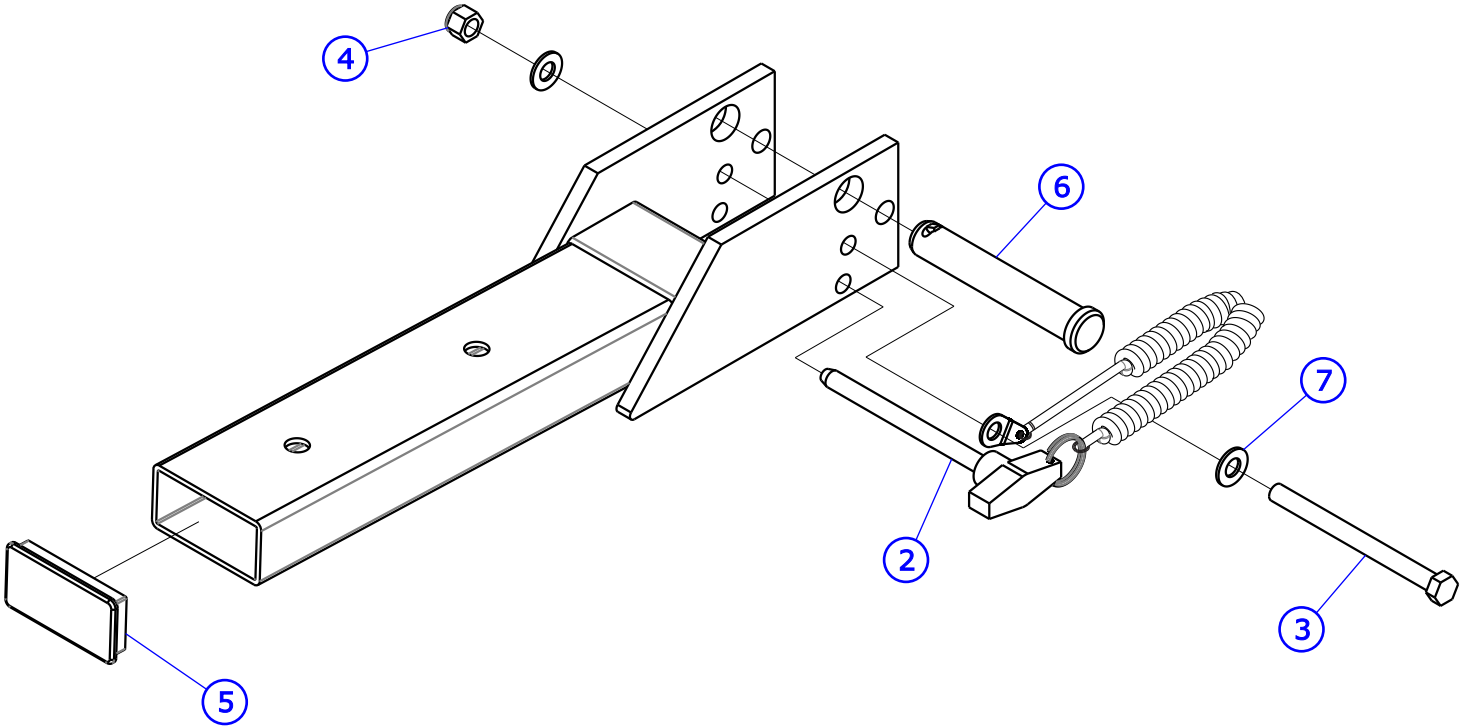
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	100213-0099	WEAR COVER, PAD, MOLDED 606 X 279

# SEAT FRAME ASSEMBLY



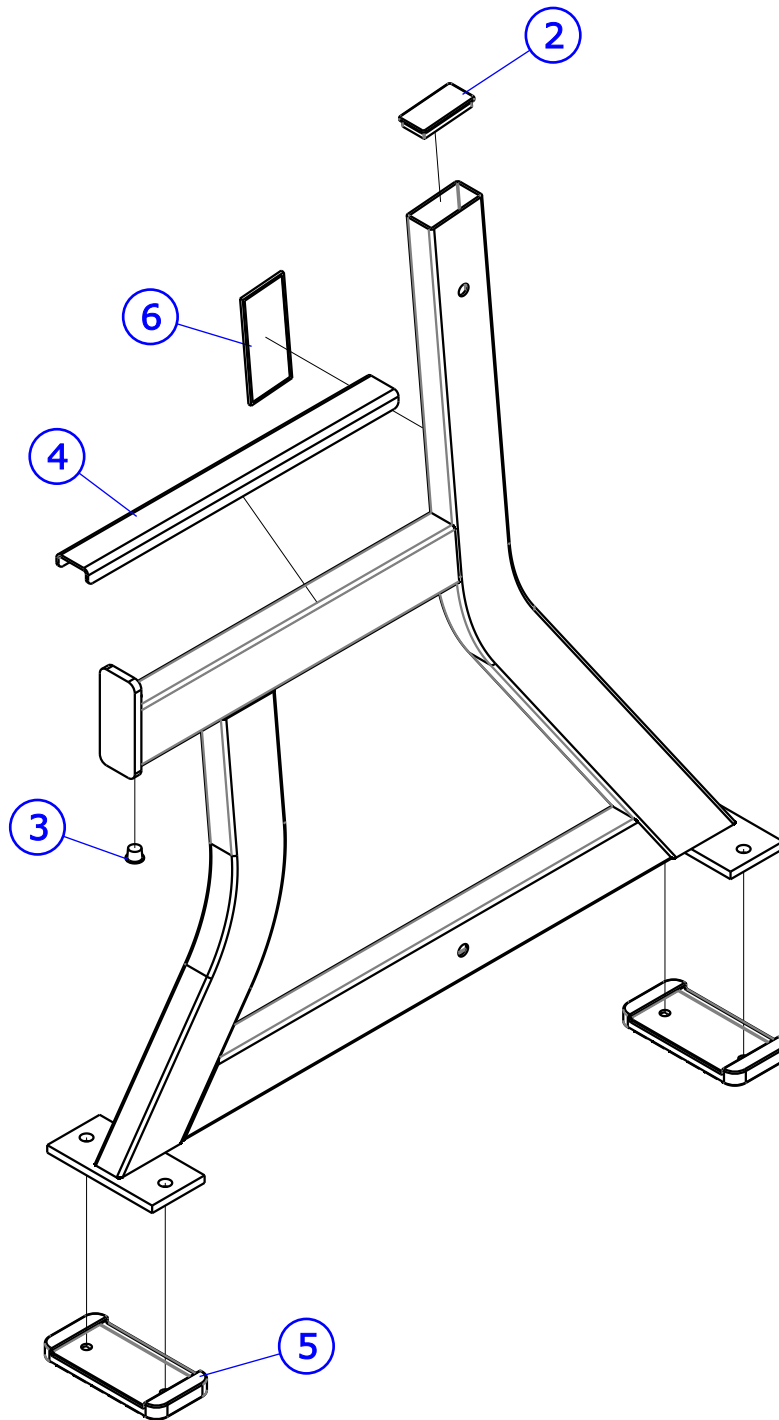
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	SEATRACKS-N	PLASTIC SEAT GUIDES(PP229)NEW)
3	1	SEATRACKS-RIB	SEATRACK BACK
4	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
5	2	HFB.5X3	1/2 X 3 BOLT
6	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
7	2	NONSKID.3X9	PLASTIC NON SKID STRIP 3 X 9

# 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

# RIGHT SIDE FRAME ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	RC1530-1O1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	HPPLUG (REG)	HOLE PLUG
4	1	9514601	ASSY, GUARD, PAINT, FWAC
5	2	MM-9	3 X 6 FLANGE RUBBER SLIPPER
6	1	H-NAMEPLATE	HAMMER STRENGTH BADGE