

HAMMER[®] STRENGTH

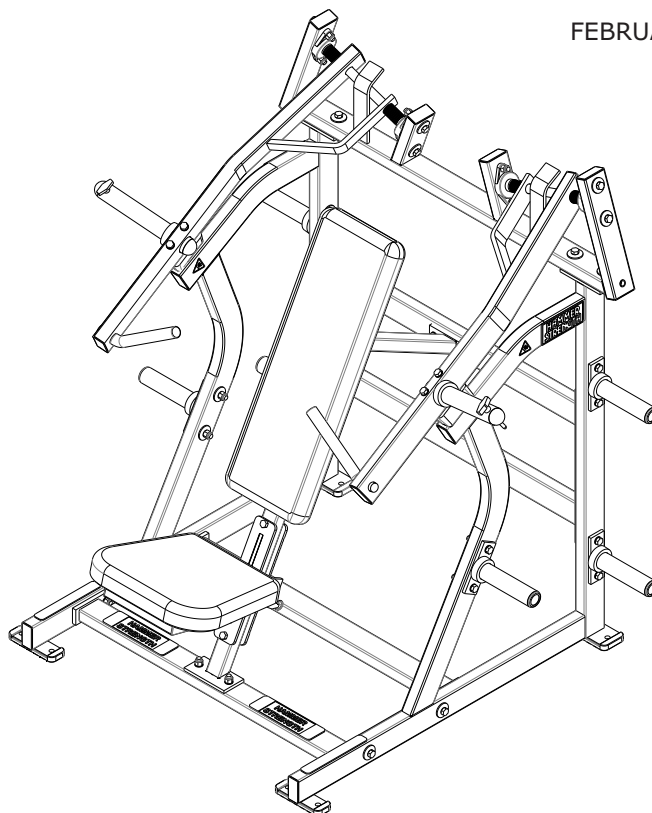
**HAMMER
STRENGTH[®]**

ISO-LATERAL

PARTS MANUAL

**SUPER INCLINE PRESS
ILFMP & IL-FMP**

FEBRUARY 17, 2023



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KEY

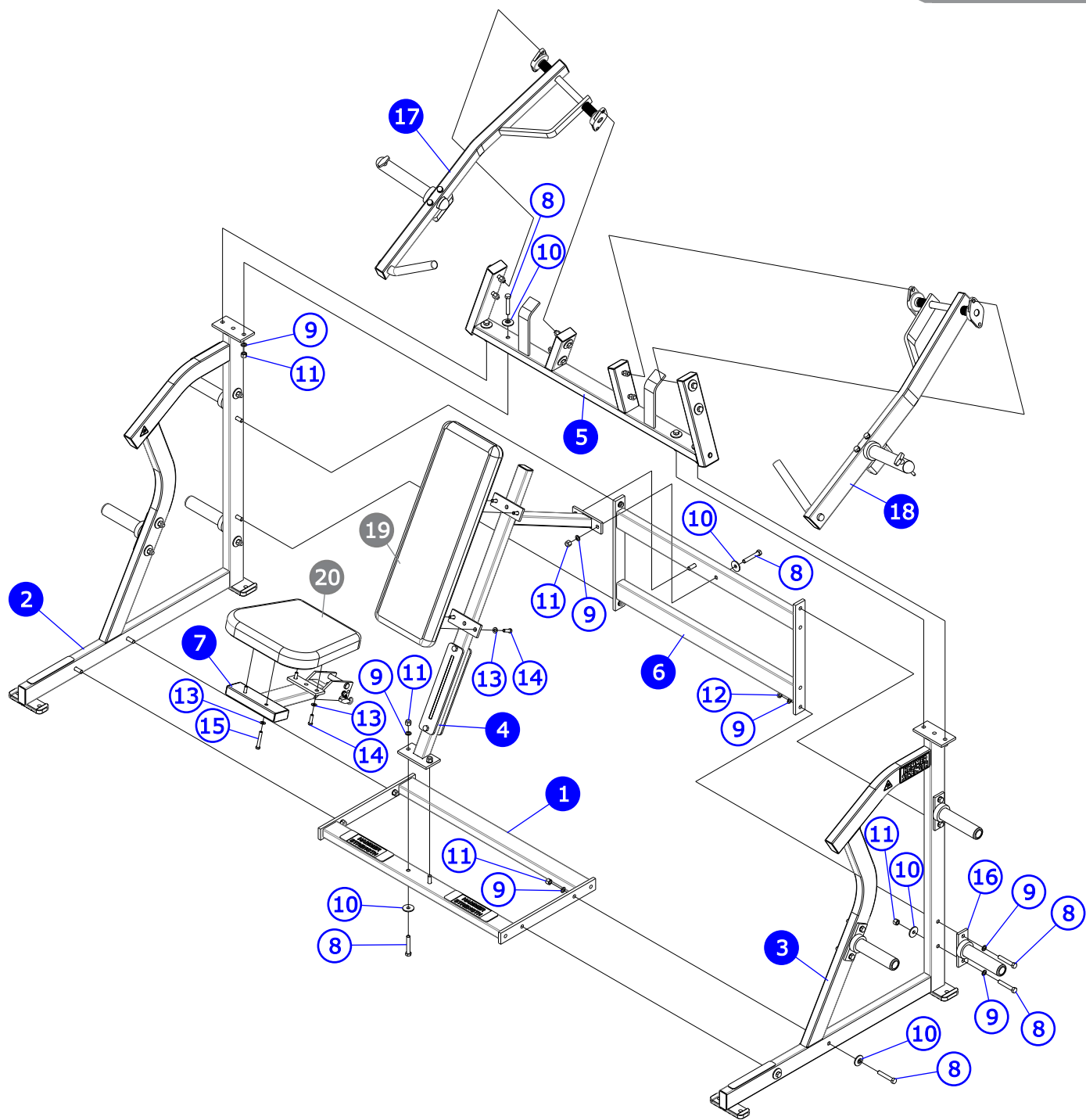
UPHOLSTERY 1 2 3

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.

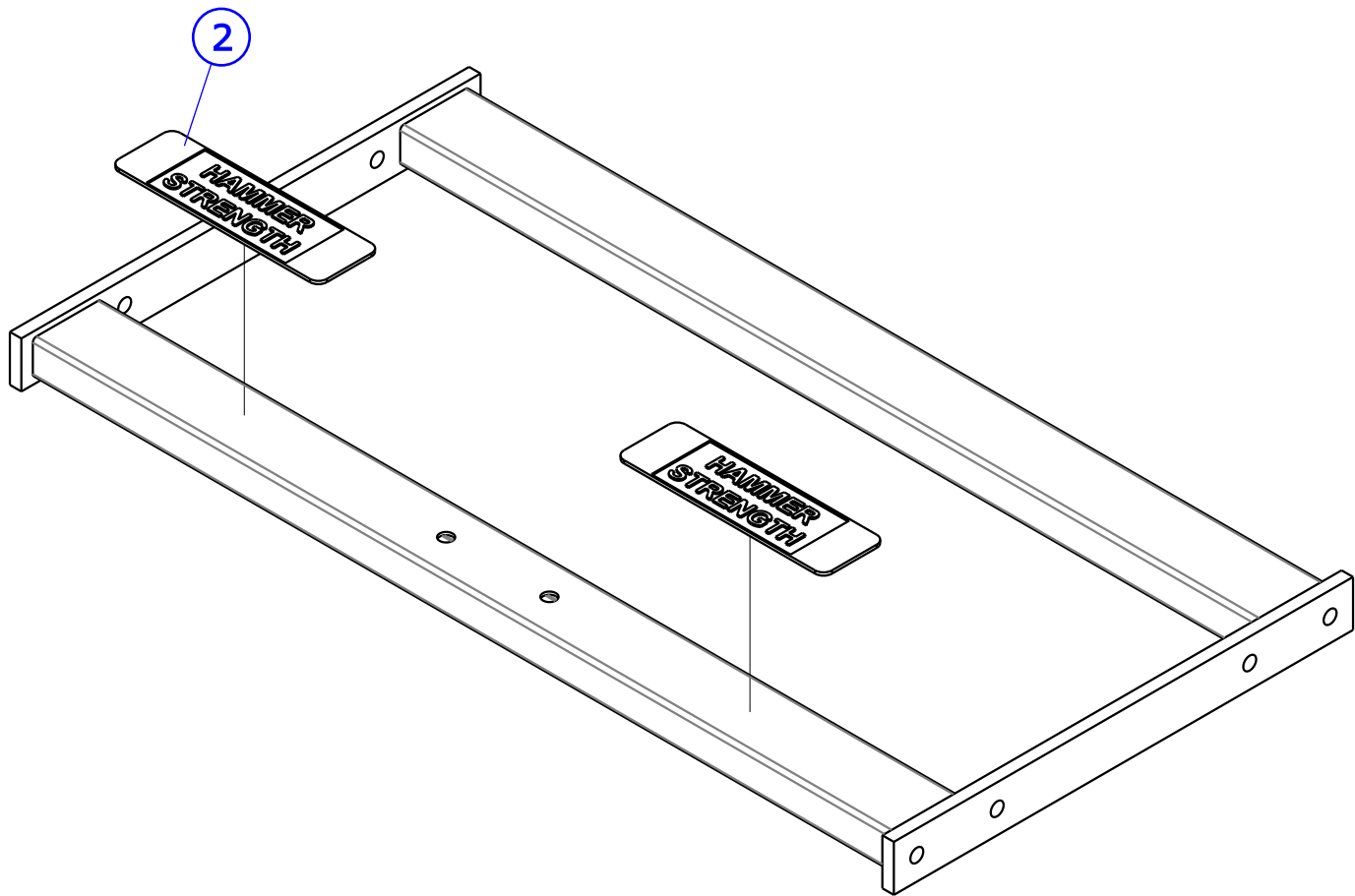
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILFMP-CFX	ASSY, FLOOR FRAME, ILFMP
2	1	ILFMP-CSFR	ASSY, SIDE FRAME, RIGHT, ILFMP
3	1	ILFMP-CSFL	ASSY, SIDE FRAME, LEFT, ILFMP
4	1	ILFMP-CST	ASSY, SEAT FRAME, ILFMP
5	1	ILFMP-CTX	ASSY, TOP CROSS MEMBER, ILFMP
6	1	ILFMP-BX	WLDMT, BACK FRAME, ILFMP
7	1	CSTD-ST3	ASSY, STD SEAT 3
8	24	HHB.5X3	1/2 X 3 BOLT
9	28	WASH.5STAR	1/2" INTERNAL LOCK WASHER
10	20	H-BACK-WASH	BACKING WASHER

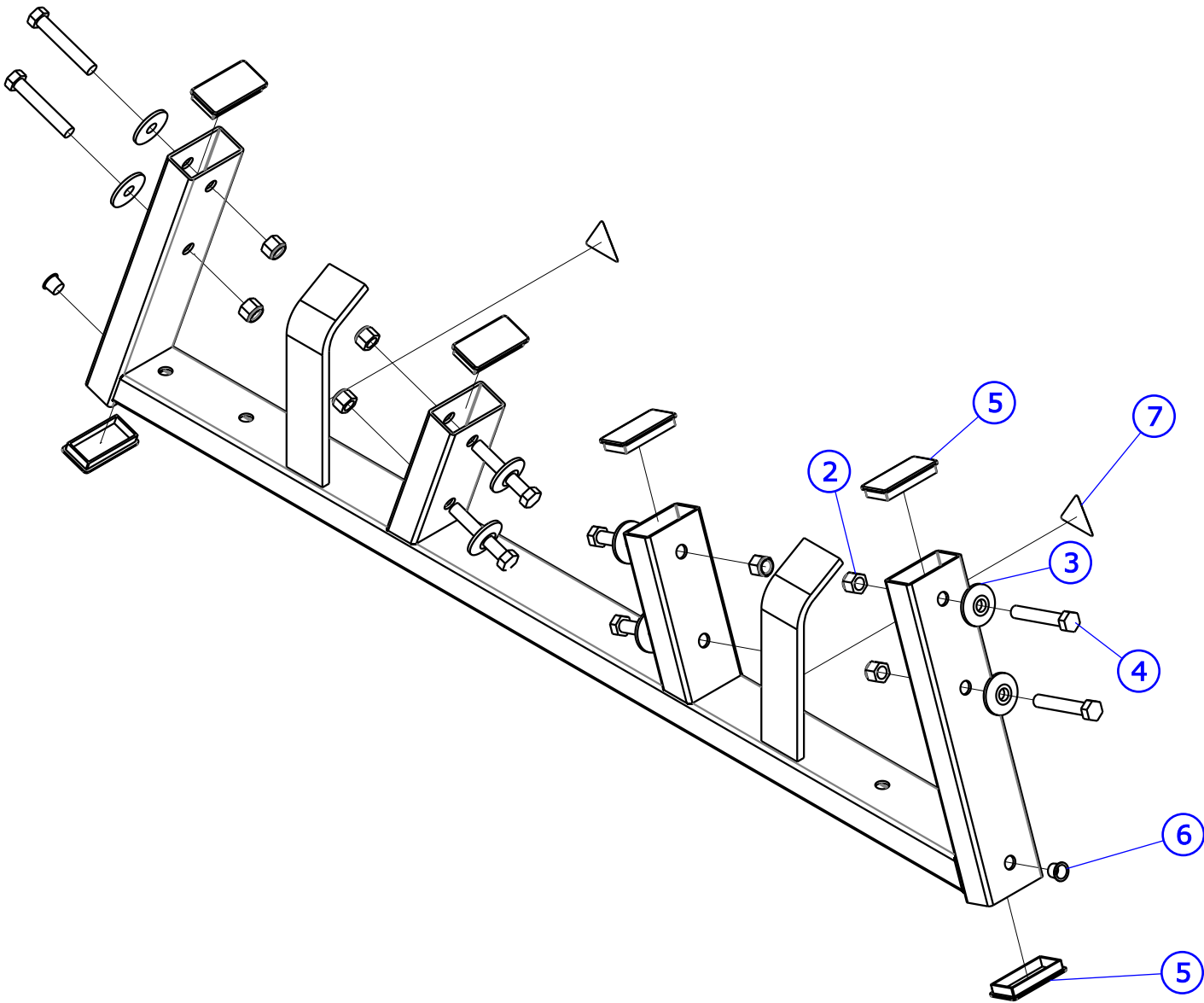
ITEM NO.	QTY.	PART NO.	DESCRIPTION
11	20	NUT.5LOCK	1/2 DIA THICK LOCK NUT
12	4	NUT.5JAMLOCK	1/2 THIN LOCK NUT
13	8	WASH.375SAE	3/8" SAE FLAT WASHER
14	6	3236204	SCREW, M10 X1.5 35MM
15	2	3236210	SCREW, M10 X1.5 65MM
16	6	1002178-0001	ASSY, WEIGHT HORN
17	1	ILFMP-CMAR	ASSY, MOVEMENT ARM, RIGHT, ILFMP
18	1	ILFMP-CMAL	ASSY, MOVEMENT ARM, LEFT, ILFMP
19	1	7354099	PAD, BACK 32-1/2 X 11-1/4
20	1	8854299	PAD, SEAT 17 X 16-3/4

FRONT FRAME ASSEMBLY



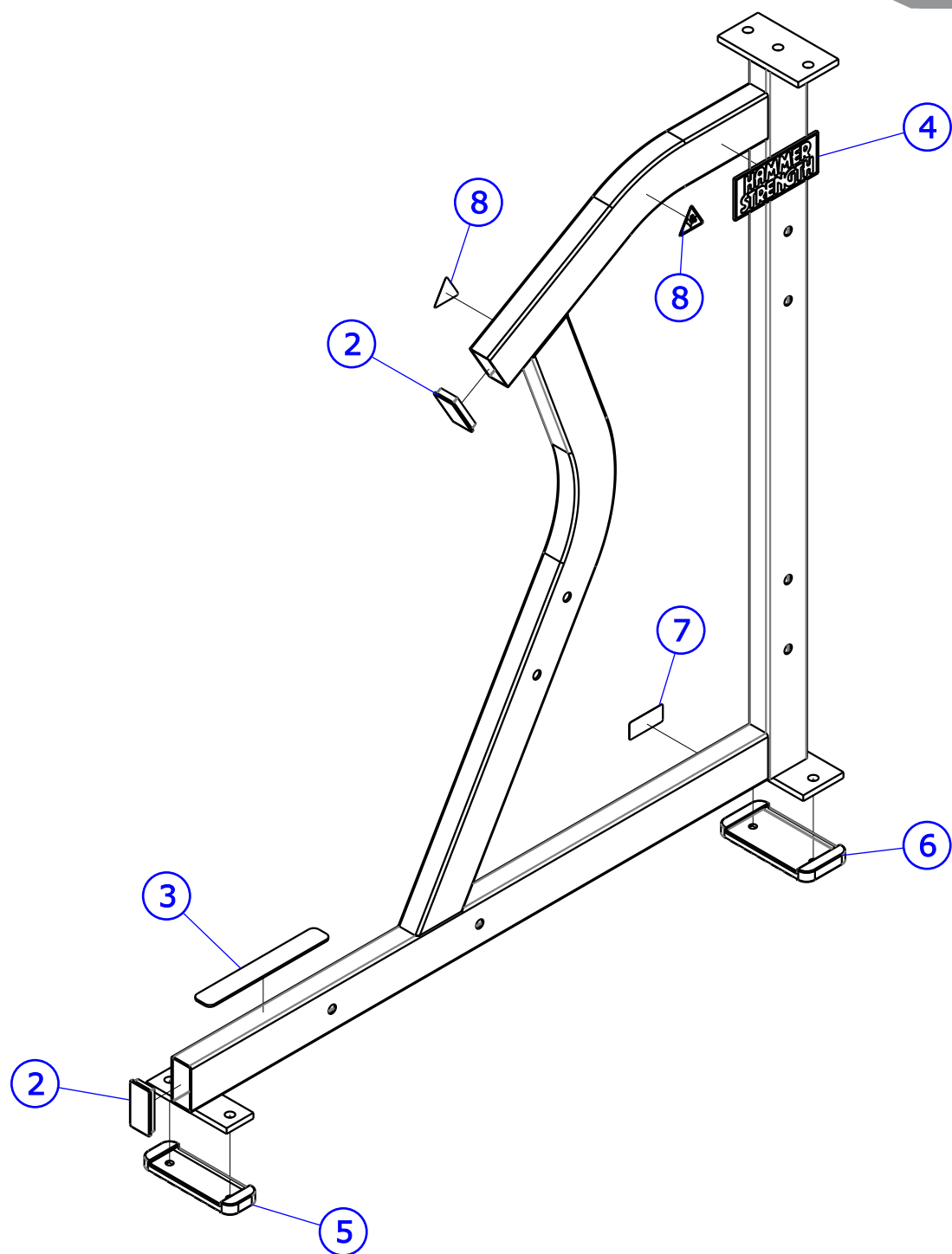
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	H-NONSKID 3X9	PLASTIC NON SKID STRIP 3 X 9

TOP CROSS MEMBER ASSEMBLY



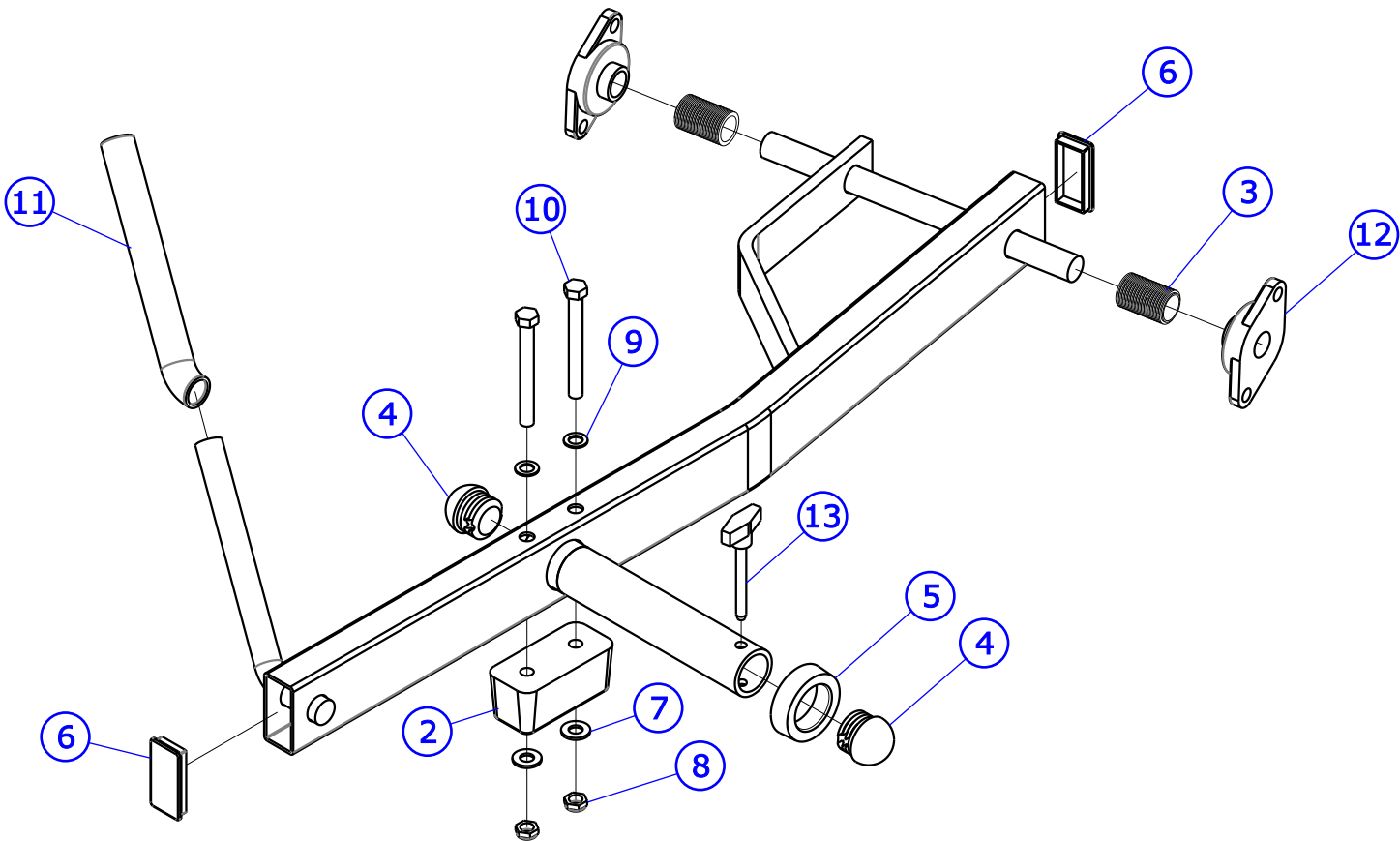
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	8	NUT.5LOCK	1/2 DIA THICK LOCK NUT
3	8	H-BACK-WASH	BACKING WASHER
4	8	HHB.5X3	1/2 X 3 BOLT
5	6	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
6	2	H-HPLUG(REG)	HOLE PLUG
7	2	8039501	LABEL, WARNING,TRIANGLE

LEFT SIDE FRAME ASSEMBLY



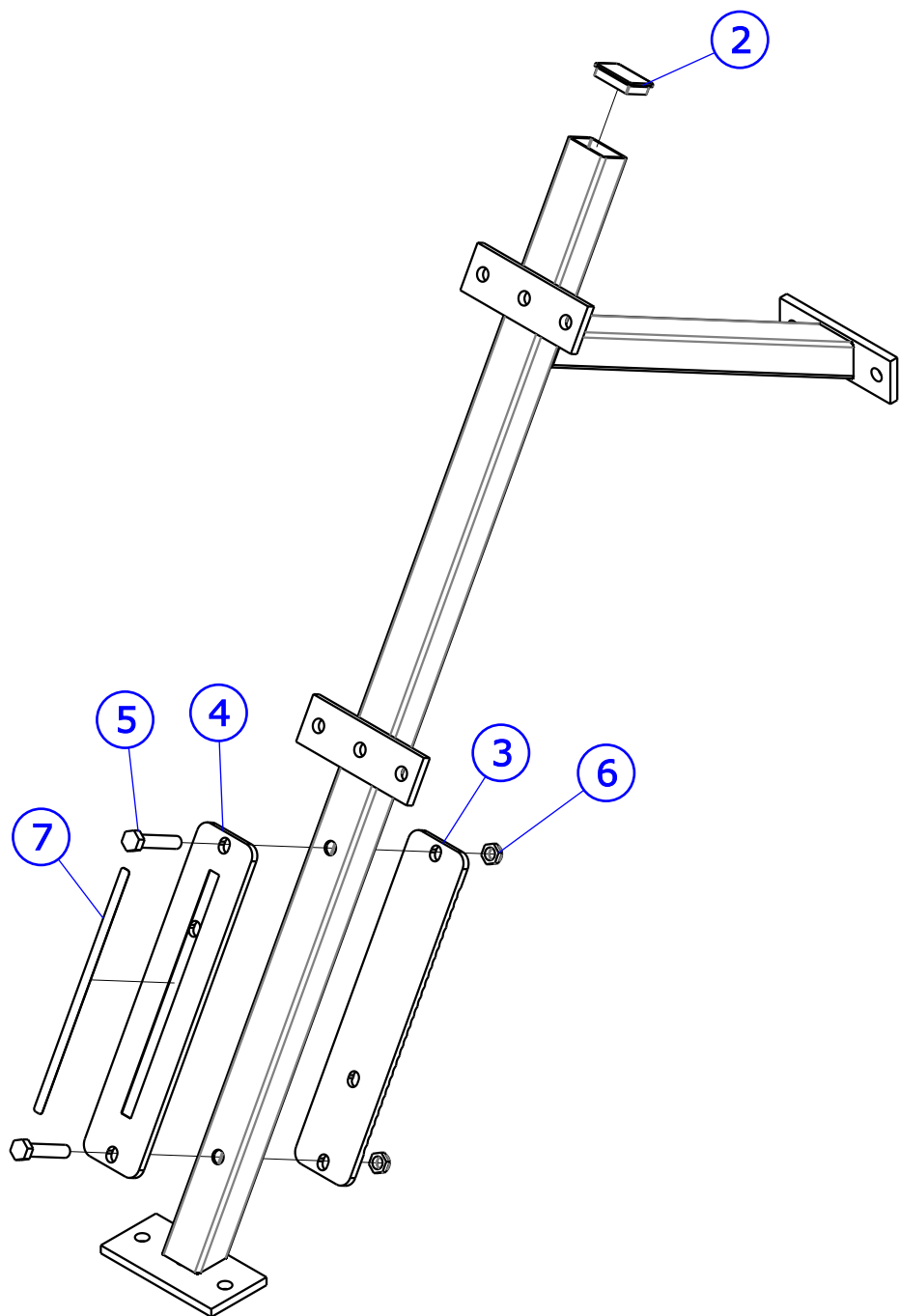
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	H-NONSKID 1X9	PLASTIC NON SKID STRIP 1 X 9
4	1	H-NAME PLATE	NAMEPLATE (45156-P)
5	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER
6	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
7	1	7571301	SERIAL NUMBER
8	2	8039501	LABEL, WARNING,TRIANGLE

LEFT MOVEMENT ARM ASSEMBLY



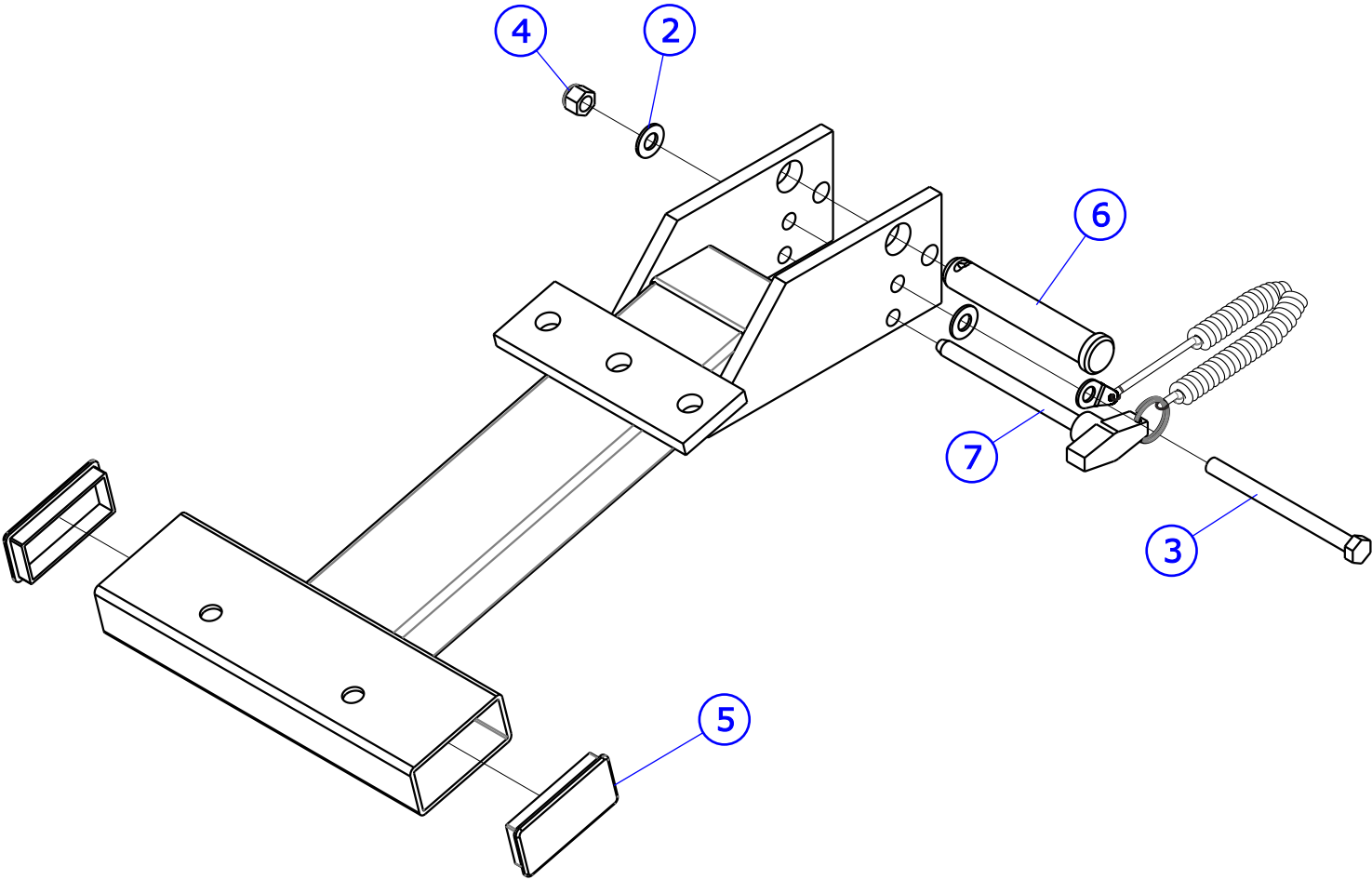
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-BUMP-MED	MM2 MEDIUM
3	2	ACCORDIAN	SHAFT GUARD
4	2	RUBCAP1-2	RUBBER CAP #1
5	1	1000146-0001	BUMPER, WEIGHT HORN, FLAT -30MM
6	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
7	2	WASH.5SAE	1/2" SAE FLAT WASHER
8	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
9	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
10	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
11	1	H-GRIP	HANDLE GRIPS (.938X16)
12	2	H-BEAR-SML	SMALL BEARING
13	1	8722401	SELECTOR PIN

SEAT FRAME ASSEMBLY



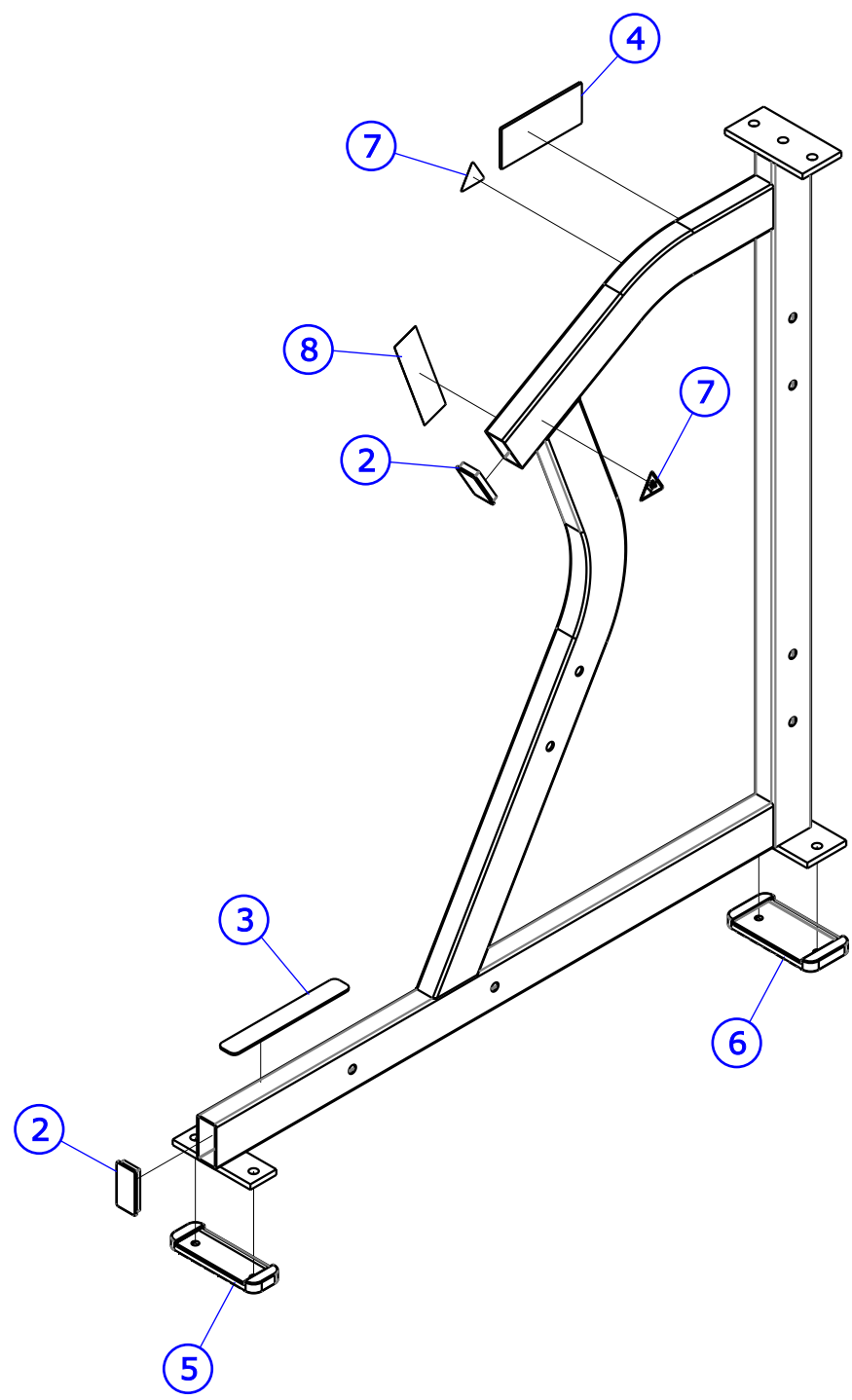
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
3	1	H-SEATRCKS-RIB	SEATRACK BACK
4	1	H-SEATRCKS-N	PLASTIC SEAT GUIDES(PP229)NEW)
5	2	HHB.5X2.5	1/2 X 2 1/2 BOLT
6	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
7	1	SEAT NUMBER	SEAT ADJ. NUMBER

STD SEAT 3 ASSEMBLY



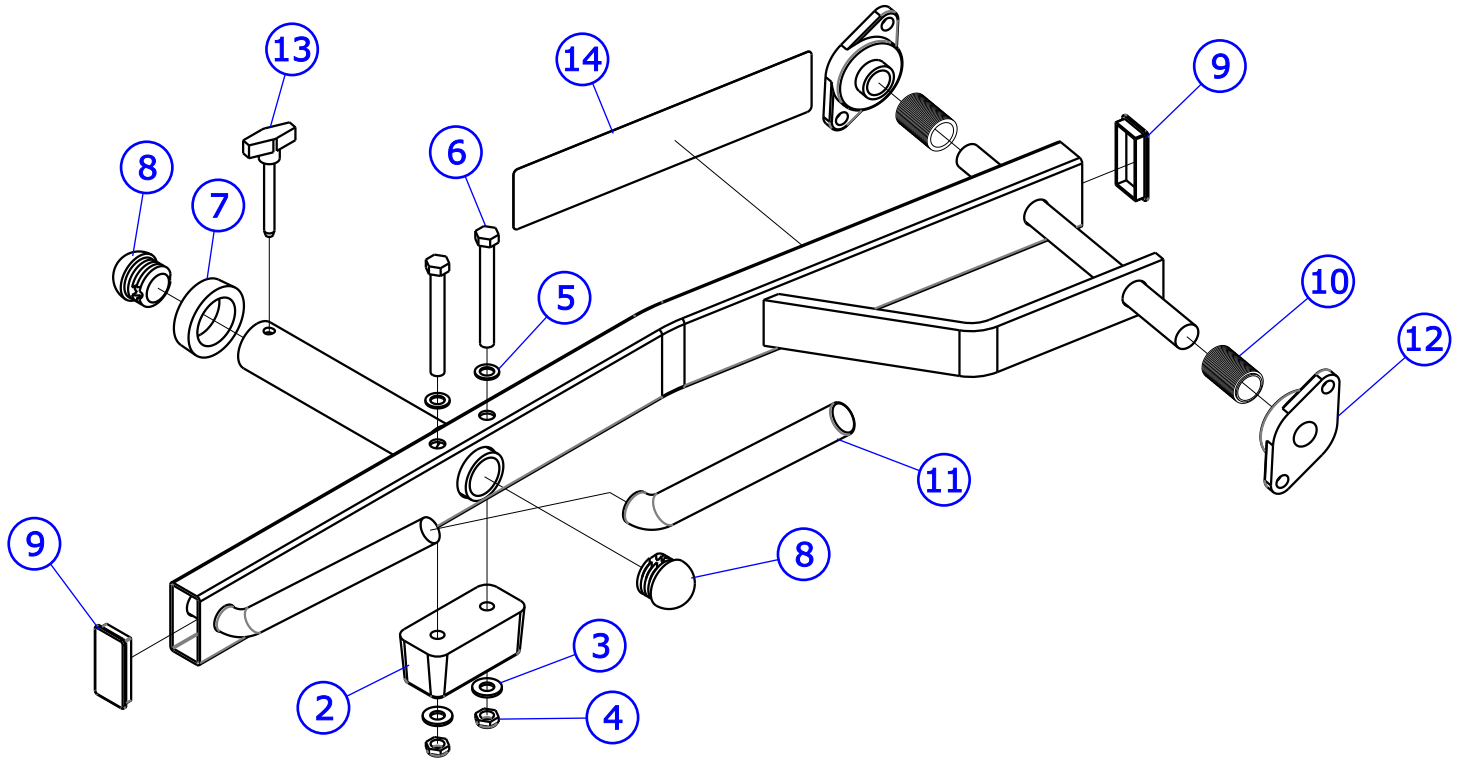
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	WASH.375SAE	3/8" SAE FLAT WASHER
3	1	HHB.375X4.5	STEEL BOLT 3/8 X 4.5
4	1	NUT.375LOCK	3/8 THICK LOCK NUT
5	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
6	1	STD SEAT PIN	STD SEAT PIN
7	1	SELECTOR PIN-4	SELECTOR PIN 4" WITH LANYARD

RIGHT SIDE FRAME ASSEMBLY



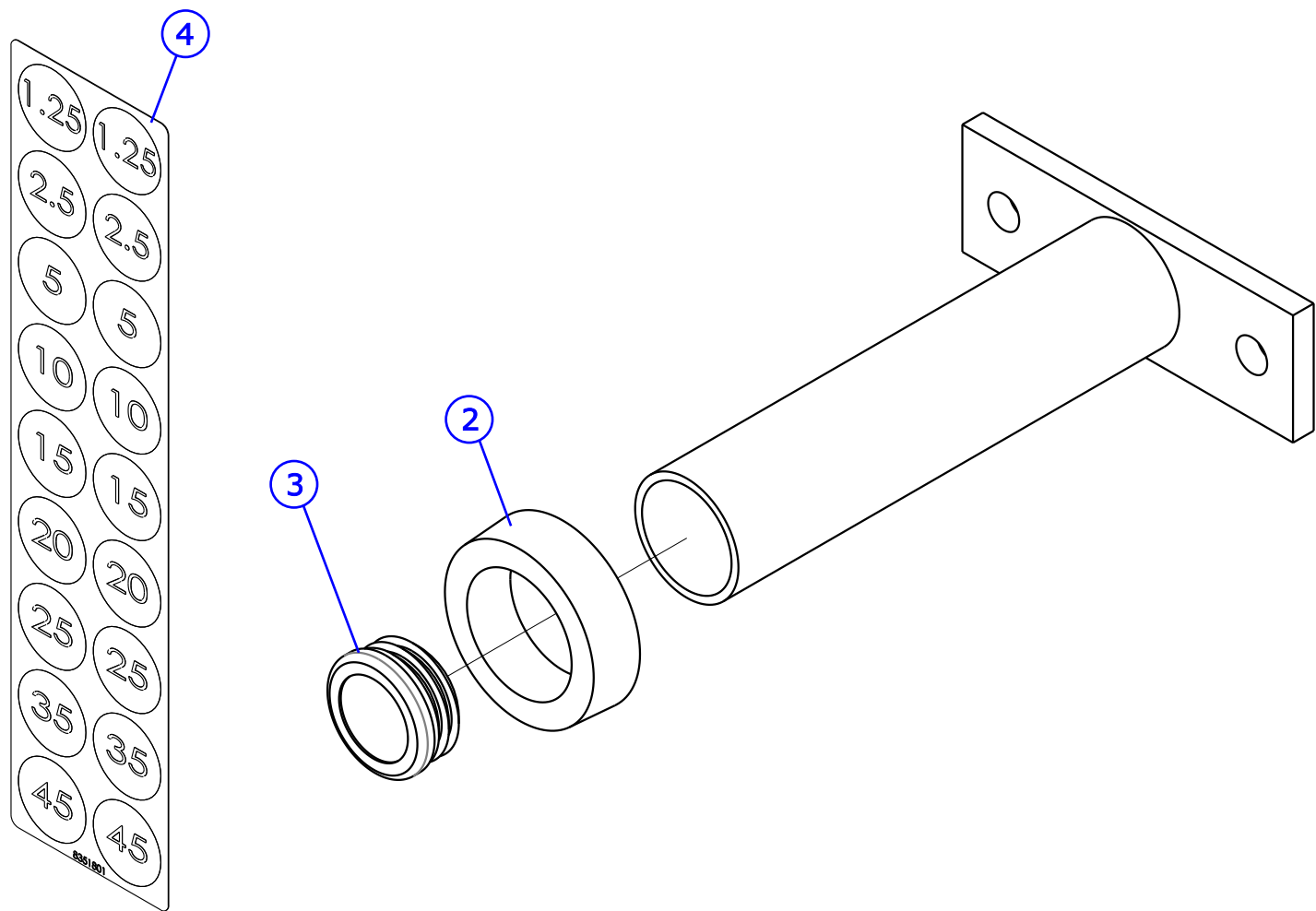
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
3	1	H-NONSKID 1X9	PLASTIC NON SKID STRIP 1 X 9
4	1	H-NAME PLATE	NAMEPLATE (45156-P)
5	1	MM-8	2 X 6 FLANGE RUBBER SLIPPER
6	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER
7	2	8039501	LABEL, WARNING,TRIANGLE
8	1	8773701	LABEL, ASTM PL VERT

RIGHT MOVEMENT ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-BUMP-MED	MM2 MEDIUM
3	2	WASH.5SAE	1/2" SAE FLAT WASHER
4	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
5	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
6	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
7	1	1000146-0001	BUMPER, WEIGHT HORN, FLAT -30MM
8	2	RUBCAP1-2	RUBBER CAP #1
9	2	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
10	2	ACCORDIAN	SHAFT GUARD
11	1	H-GRIP	HANDLE GRIPS (.938X16)
12	2	H-BEAR-SML	SMALL BEARING
13	1	8722401	SELECTOR PIN
14	1	ID-ILFMP	PRODUCT PLACARD, ILFMP

WEIGHT HORN ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	H-RUBRNG	MM5 RING
3	1	H-RUBCAP2	PLUG, HAMMER WEIGHT HORN
LABEL NOT INCLUDED IN ASSEMBLY			
4	-	8351801	LABEL, WEIGHT HORN, SHEET