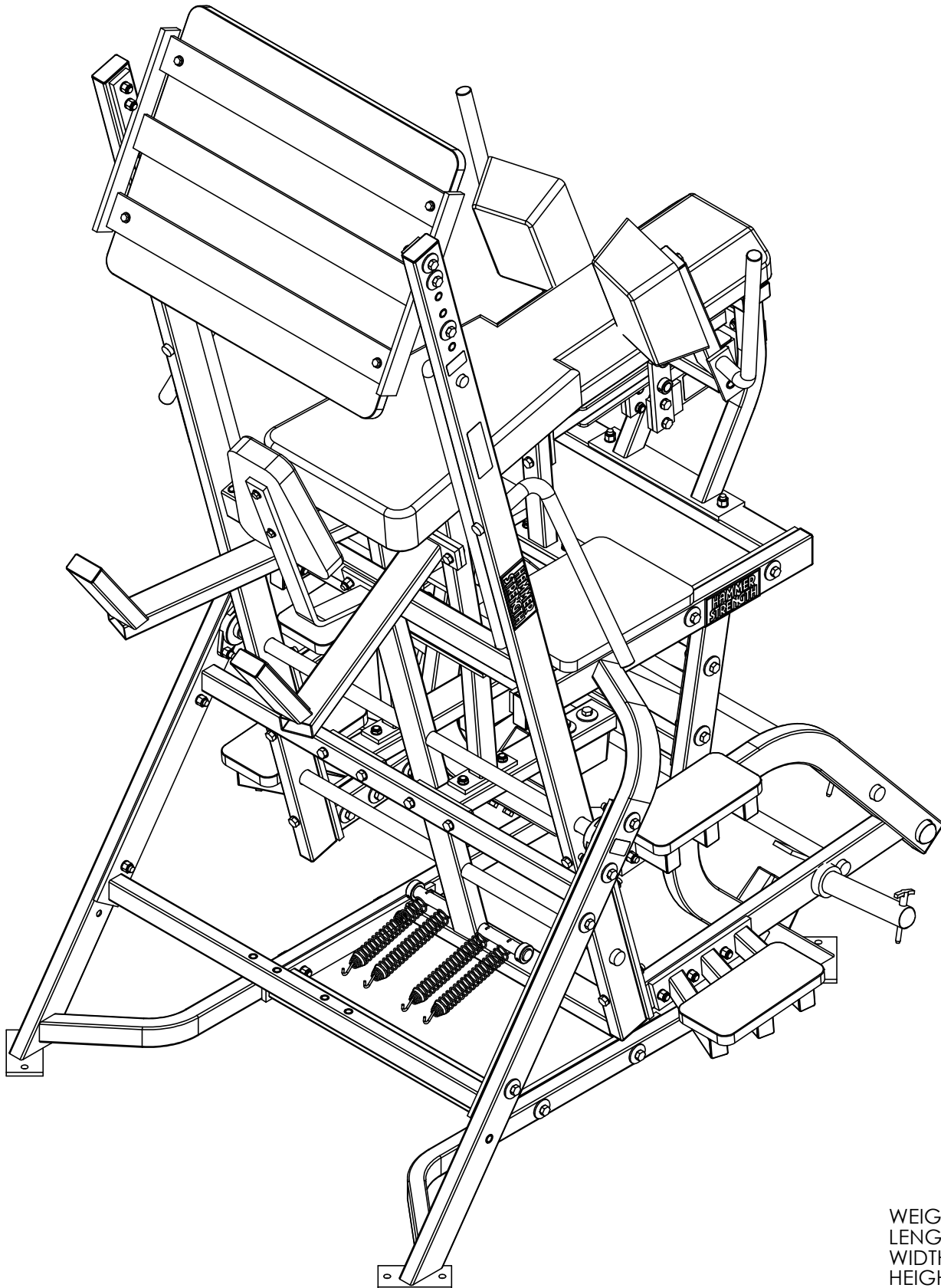


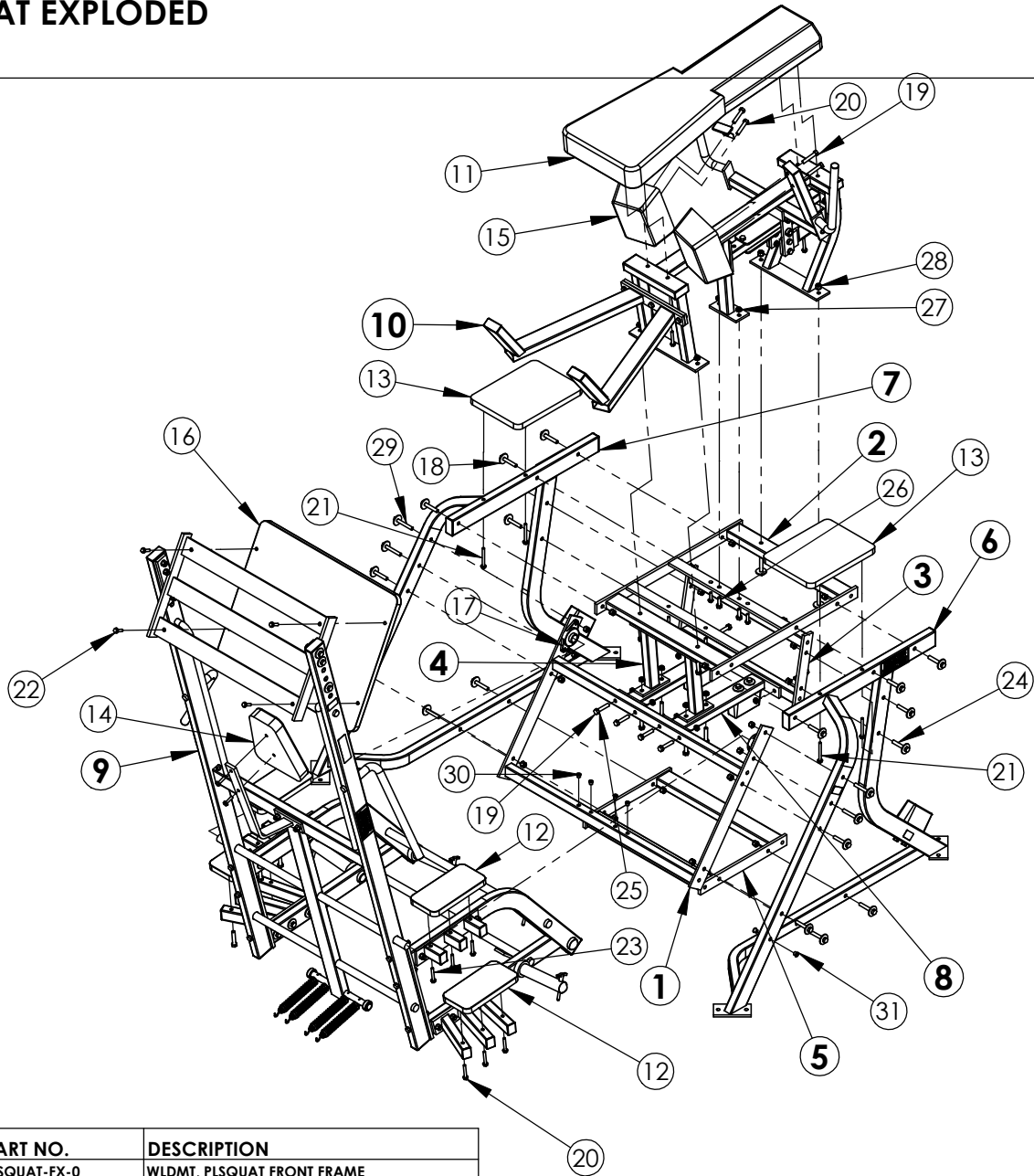
HAMMER STRENGTH EQUIPMENT
PLSQUAT Plate Loaded Squat

REV: A01



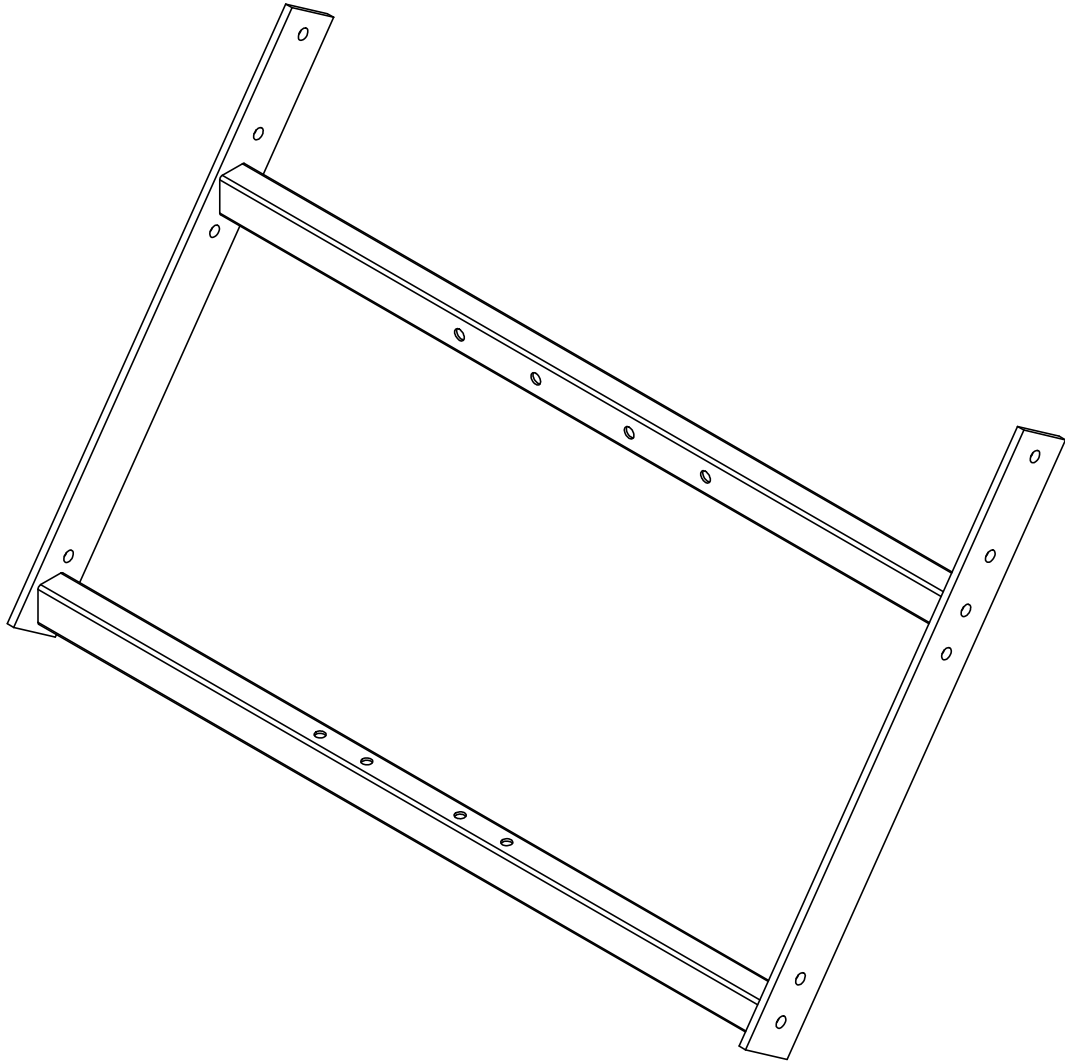
WEIGHT = 950 lb
LENGTH = 60"
WIDTH = 67"
HEIGHT = 103"

HAMMER STRENGTH EQUIPMENT PLSQUAT EXPLODED



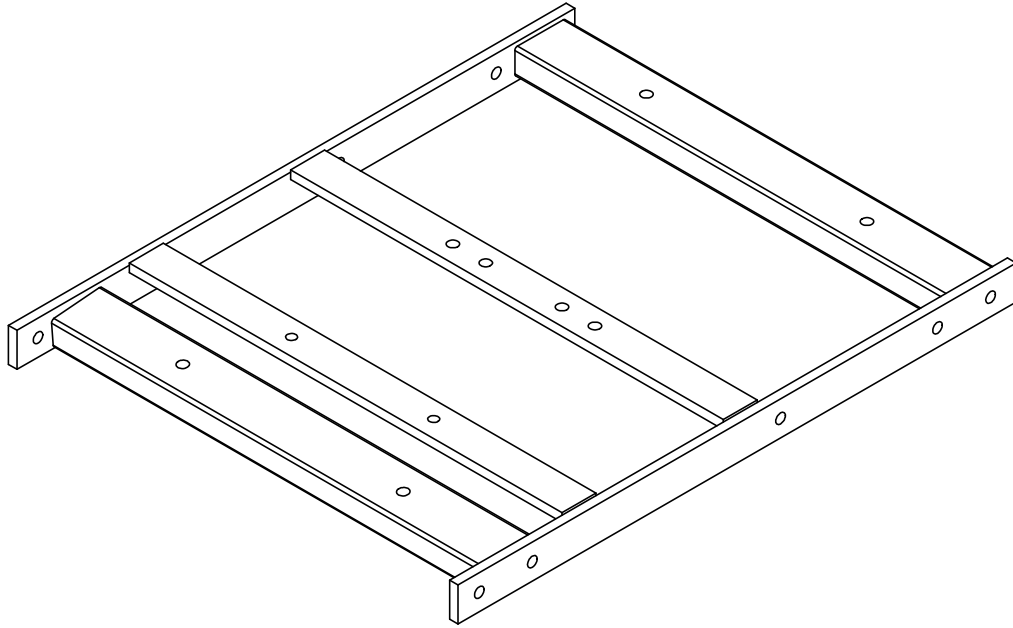
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-FX-0	WLDMT, PLSQUAT FRONT FRAME
2	1	PLSQUAT-TX-0	WLDMT, PLSQUAT TOP FRAME
3	1	PLSQUAT-HX--0	WLDMT, PLSQUAT BOX FRAME
4	1	PLSQUAT-LX-0	WLDMT, PLSQUAT VERTICAL FRAME
5	1	PLSQUAT-BX-0	WLDMT, PLSQUAT BOTTOM FRAME
6	1	PLSQUAT-CSFL-0	ASSY, PLSQUAT LEFT SIDE FRAME
7	1	PLSQUAT-CSFR-0	ASSY, PLSQUAT RIGHT SIDE FRAME
8	1	PLSQUAT-CETC-0	ASSY, PLSQUAT ETC
9	1	PLSQUAT-CMA-1	ASSY, PLSQUAT MA
10	1	PLSQUAT-CST-0	ASSY, PLSQUAT SEAT
11	1	U-SQ	PAD, PLSQUAT BACK
12	4	U-SQ-STEP	PAD, PLSQUAT STEP
13	2	U-FBILP	Footboard
14	1	U-12-5 REG	12" Triangular Pad
15	2	U2SQ	
16	1	2FB-SQ	
17	2	H-BEAR-LGE	1 1/4" Flange Bearing
18	24	H-BACK-WASH	Backing Washer
19	20	HHB.5X2.5	1/2 X 2 1/2 Bolt
20	34	WASH.375SAE	3/8" SAE Flat Washer
21	4	HHB.375X3.5	3/8 X 3 1/2 Bolt
22	10	HHB.375X1.5	3/8 X 1 1/2 Bolt
23	10	HHB.375X2.5	3/8 X 2 1/2 Bolt
24	22	HHB.5X3	1/2 X 3 Bolt
25	48	WASH.5STAR	1/2" Internal Lock Washer
26	2	HHB.5X1.5	1/2 X 1 1/2 Bolt
27	14	NUT.5JAMLOCK	1/2" Thin Lock Nut
28	24	NUT.5LOCK	1/2" Thick Lock Nut
29	4	HHB.5X3.5	1/2 X 3 1/2 Bolt
30	4	1/2" HOLE PLUG	Hole Plug
31	3	9/16" HOLE PLUG	Hole Plug

HAMMER STRENGTH EQUIPMENT
PLSQUAT-FX-0 Front X-mem Wldmt



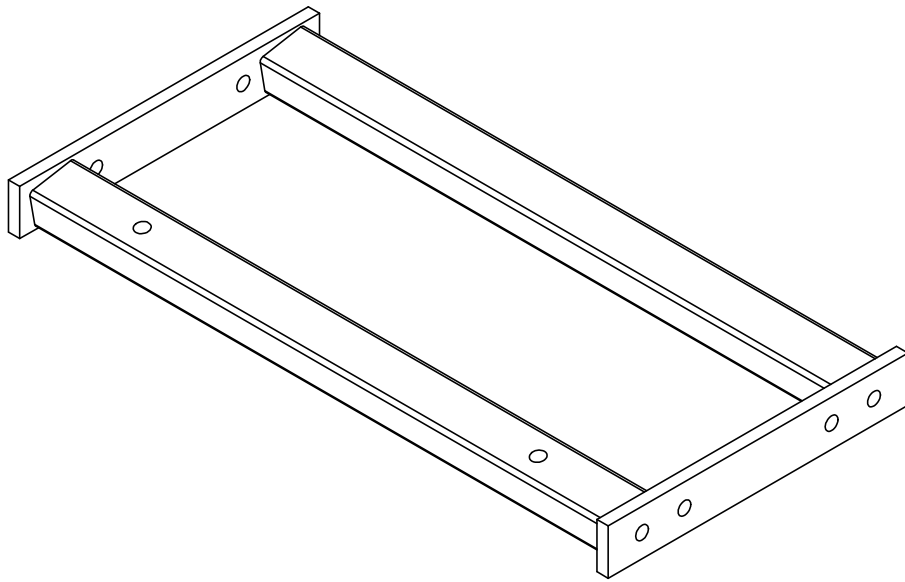
WEIGHT = 36 lb
LENGTH = 43 1/2"
WIDTH = 28 5/8"
HEIGHT = 3"

HAMMER STRENGTH EQUIPMENT
PLSQUAT-TX-0 Top X-mem Wldmt



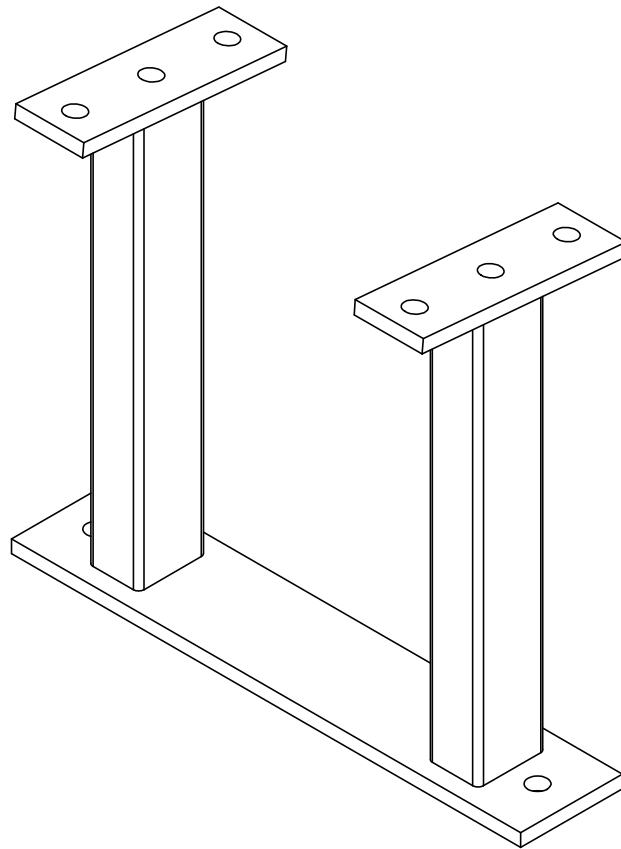
WEIGHT = 47 lb
LENGTH = 32 7/8"
WIDTH = 26 1/2"
HEIGHT = 2 1/8"

HAMMER STRENGTH EQUIPMENT
PLSQUAT-HX-0 Box X-mem Wldmt



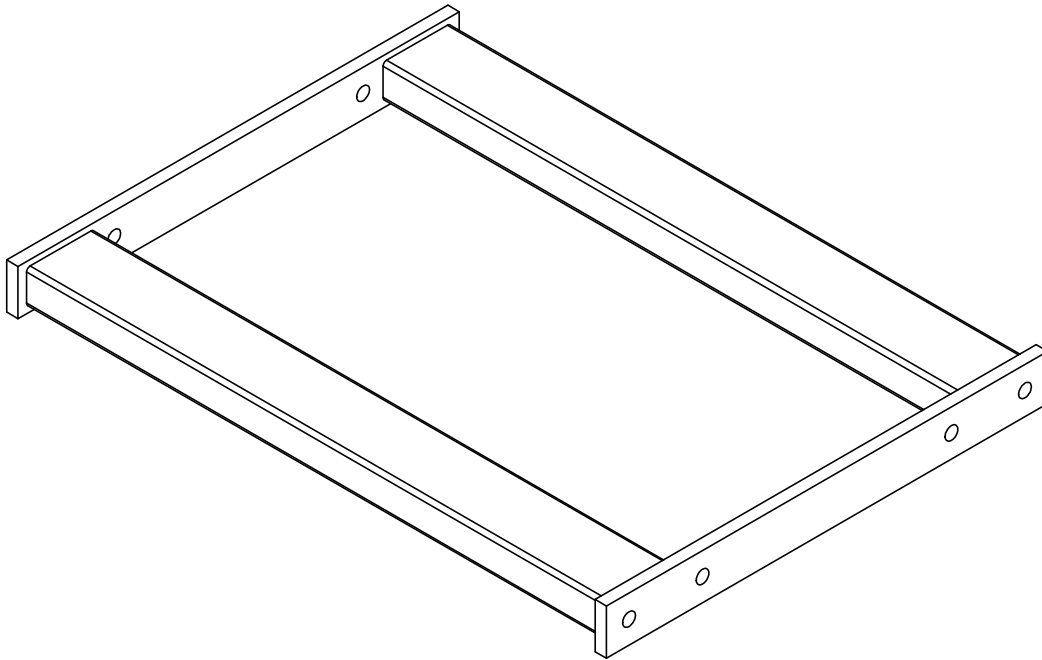
WEIGHT = 19 lb
LENGTH = 26 1/2"
WIDTH = 13 1/4"
HEIGHT = 2"

HAMMER STRENGTH EQUIPMENT
PLSQUAT-LX-0 Vertical Frame



WEIGHT = 13 lb
LENGTH = 13"
WIDTH = 6"
HEIGHT = 15"

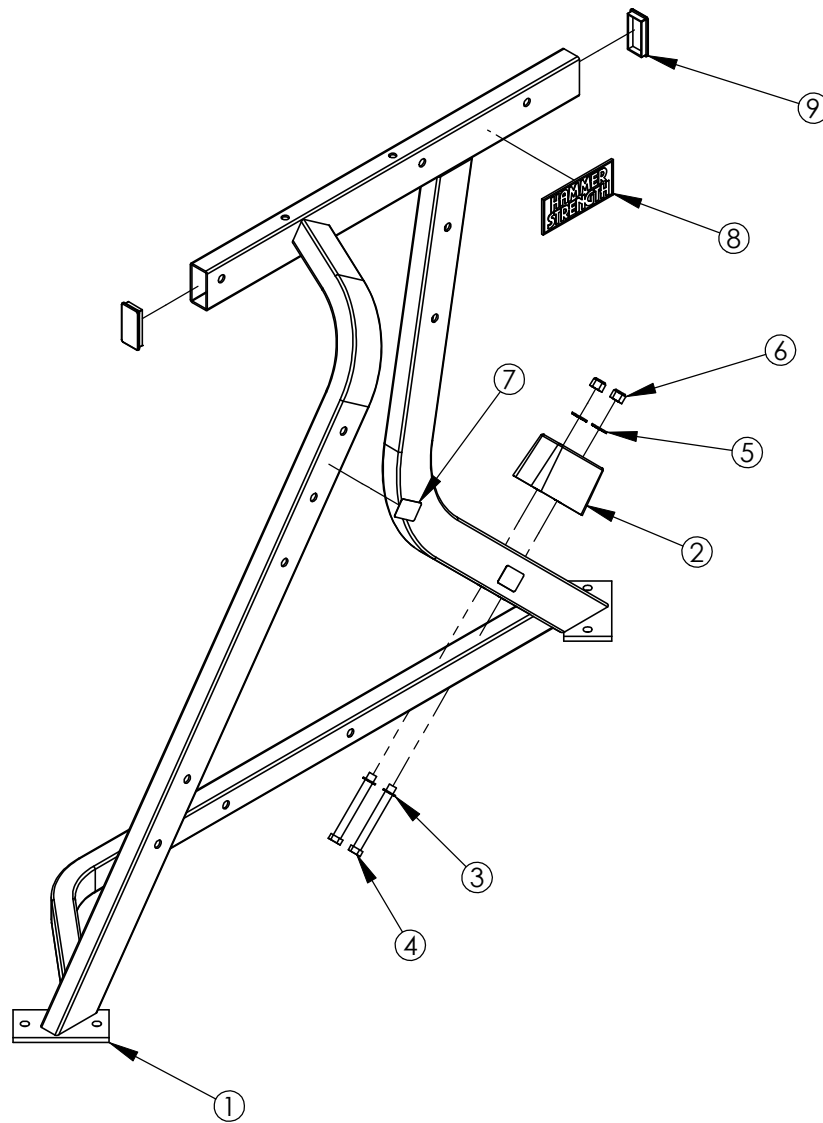
HAMMER STRENGTH EQUIPMENT
PLSQUAT-BX-0 Bottom Frame Wldmt



WEIGHT = 26 lb
LENGTH = 26 1/2"
WIDTH = 19 1/2"
HEIGHT = 2"

HAMMER STRENGTH EQUIPMENT

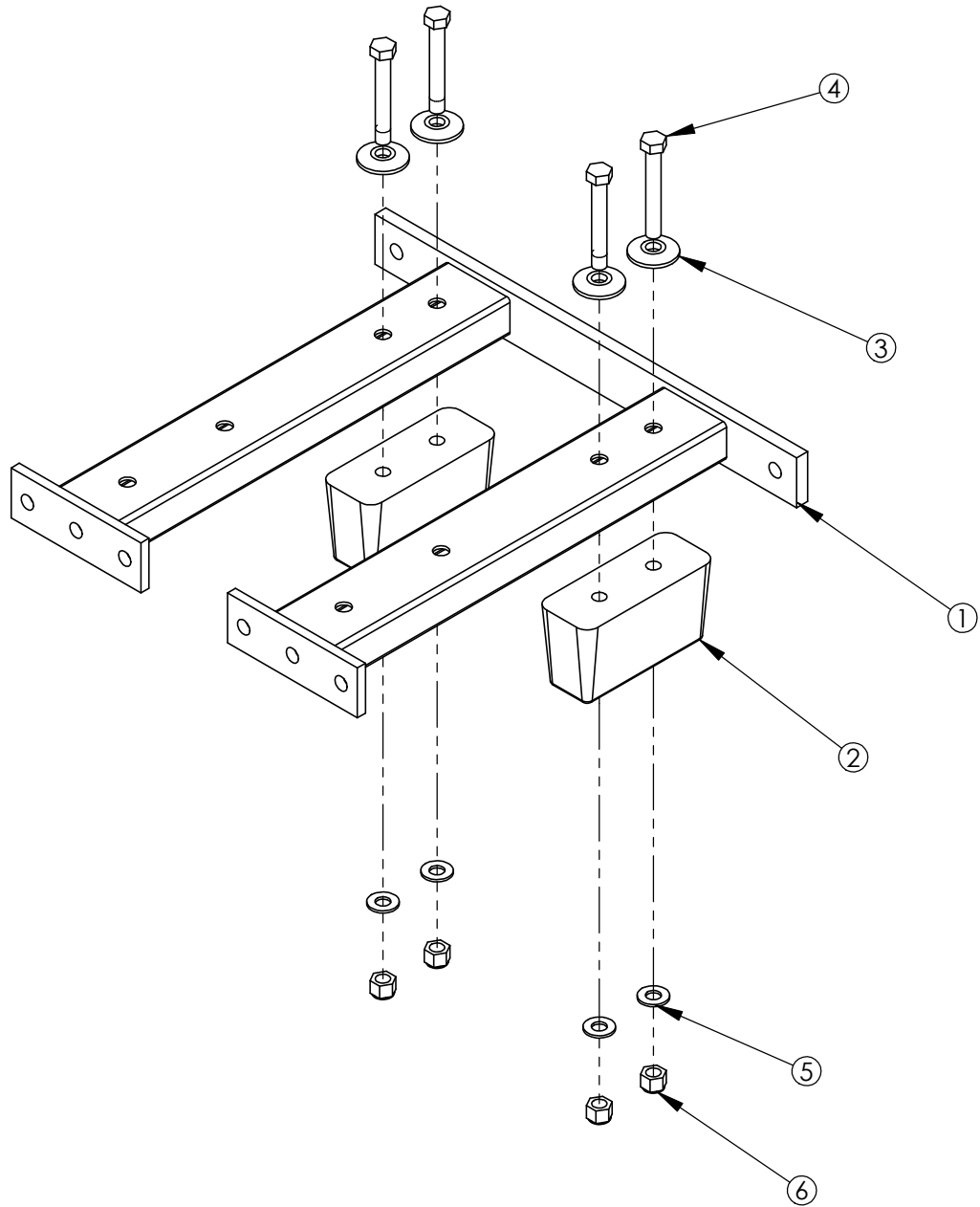
PLSQUAT-CSFL-1 Left Side Frame Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-SFL-0	WLDMT, PLSQUAT LEFT SF
2	1	H-BUMP-LGE	MM1 Large
3	2	WASH.5STAR	1/2" Internal Lock Washer
4	2	HHB.5X4.5	1/2 X 4 1/2 Bolt
5	2	WASH.5SAE	1/2" SAE Flat Washer
6	2	NUT.5LOCK	1/2" Thick Lock Nut
7	2	STAY CLEAR	Stay Clear Decal
8	1	H-NAME PLATE	HAMMER STRENGTH BADGE
9	2	RC1530-1Q1	1 1/2 X 3 End Cap

WEIGHT = 55 lb
 LENGTH = 61 1/2"
 WIDTH = 14 7/8"
 HEIGHT = 43 3/4"

HAMMER STRENGTH EQUIPMENT
PLSQUAT-CETC-0 Etc Assembly

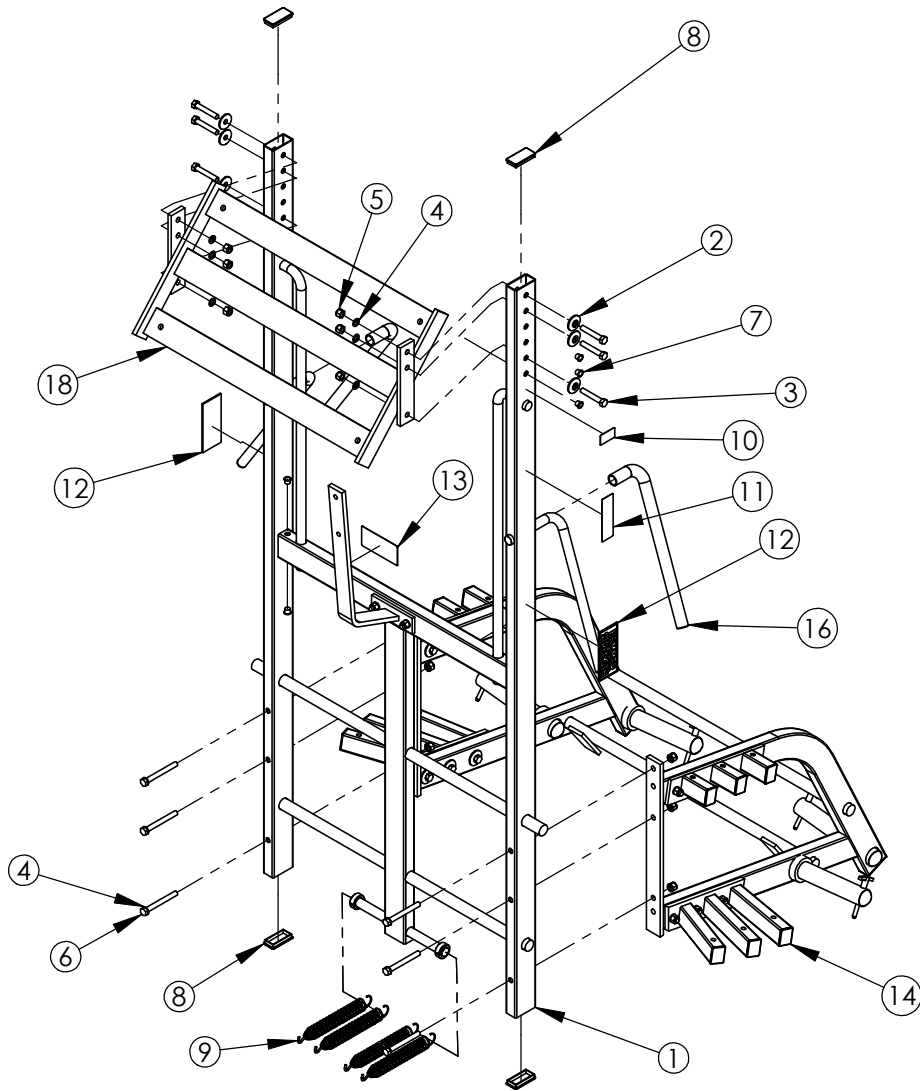


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-ETC-0	WLDMT, PLSQUAT ETC
2	2	H-BUMP-LGE	MM1 Large
3	4	H-BACK-WASH	Backing Washer
4	4	HHB.5X3.5	1/2 X 3 1/2 Bolt
5	4	WASH.5SAE	1/2" SAE Flat Washer
6	4	NUT.5LOCK	1/2" Thick Lock Nut

WEIGHT = 21 lb
 LENGTH = 19 1/8"
 WIDTH = 19 1/2"
 HEIGHT = 5 3/8"

HAMMER STRENGTH EQUIPMENT

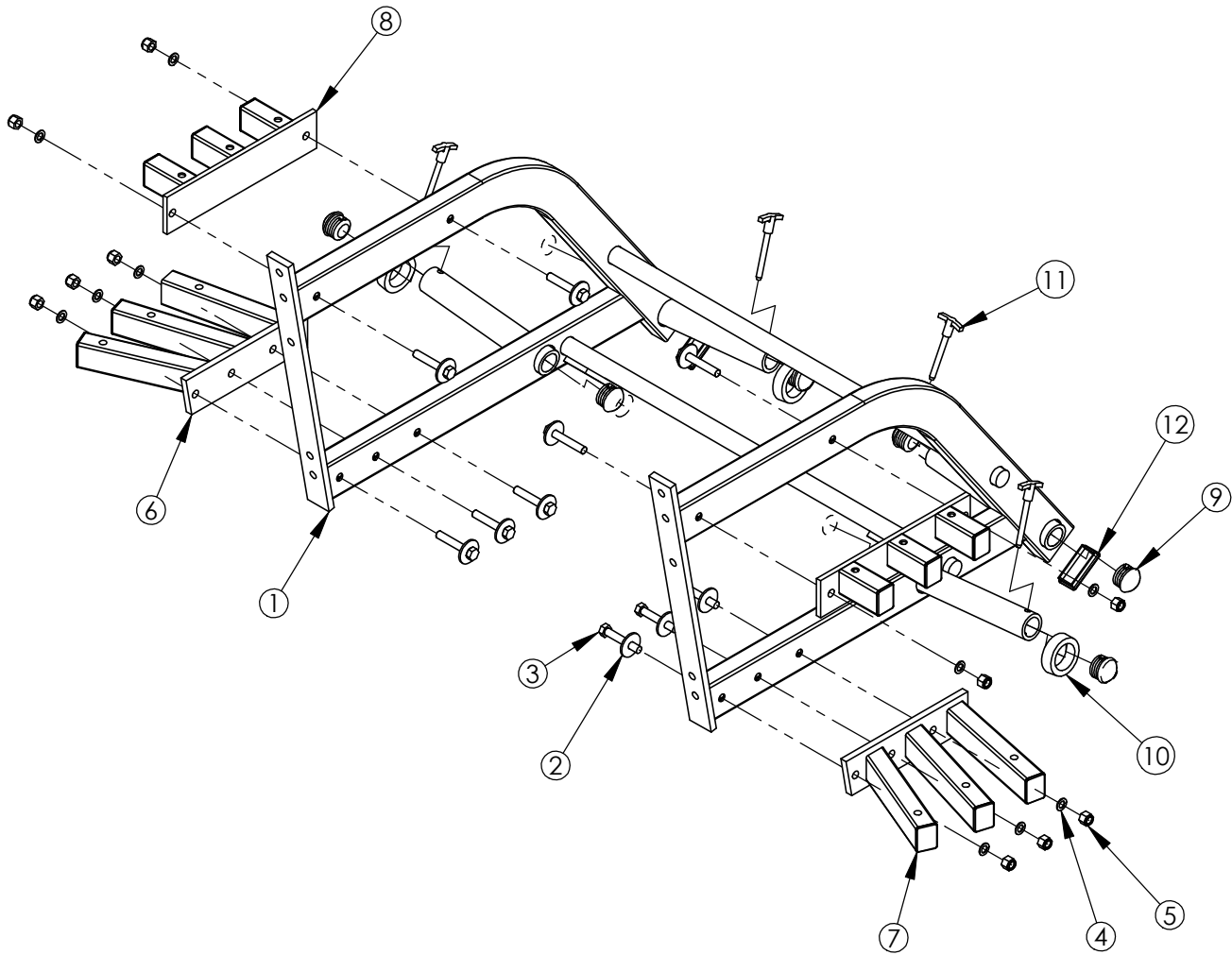
PLSQUAT-CMA-1 Assy, Plsquat Marm



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-MA-0	WLDMT, PLSQUAT MA
2	8	H-BACK-WASH	Backing Washer
3	8	HHB.5X3	1/2 X 3 Bolt
4	20	WASH.5STAR	1/2" Internal Lock Washer
5	14	NUT.5LOCK	1/2" Thick Lock Nut
6	6	HHB.5X4.5	1/2 X 4 1/2 Bolt
7	10	9/16" HOLE PLUG	Hole Plug
8	4	RC1530-1Q1	1 1/2 X 3 End Cap
9	4	LP-EX-SPRNG	Leg Press Extension Spring
10	2	STAY CLEAR	Stay Clear Decal
11	1	SQUAT	Product Decal
12	2	H-NAME PLATE	HAMMER STRENGTH BADGE
13	2	WARNING LARGE-H	Large Warning Hor
14	1	PLSQUAT-CMAR-1	REAR MARM ASSEMBLY
15	1	PLSQUAT-ETC2-0	
16	2	PLSQUAT-CMA-GRIP	BENT GRIP
17	2	H-LCOLLAR1	1" Lock Collar
18	1	PLSQUAT-MX-0	

WEIGHT = 336 lb
 LENGTH = 105 1/2"
 WIDTH = 57 3/4"
 HEIGHT = 45"

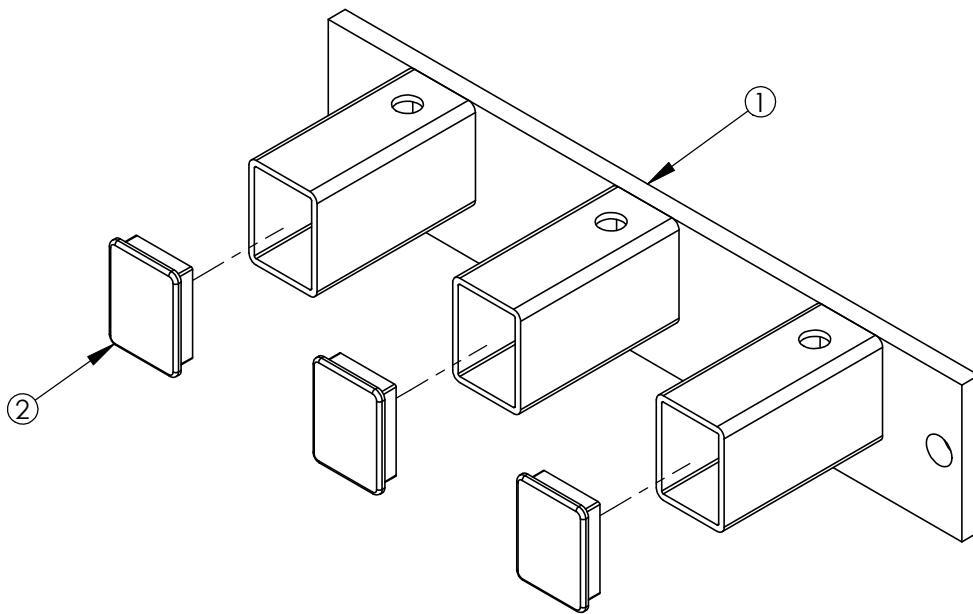
HAMMER STRENGTH EQUIPMENT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-MAR-0	REAR MARM WELDMENT
2	10	H-BACK-WASH	Backing Washer
3	10	HHB.5X3	1/2 X 3 Bolt
4	10	WASH.5STAR	1/2" Internal Lock Washer
5	10	NUT.5LOCK	1/2" Thick Lock Nut
6	1	PLSQUAT-CETC3L-0	
7	1	PLSQUAT-CETC3R-0	
8	2	PLSQUAT-CETCL-0	TOP STEP ASM
9	8	RUBCAP1	RUBBER CAP #1
10	4	H-RUBRNG	MM5 Ring
11	4	SELECTOR PIN-3	SELECTOR PIN 3 INCH
12	2	RC1530-1Q1	1 1/2 X 3 End Cap

WEIGHT =
 LENGTH =
 WIDTH =
 HEIGHT =

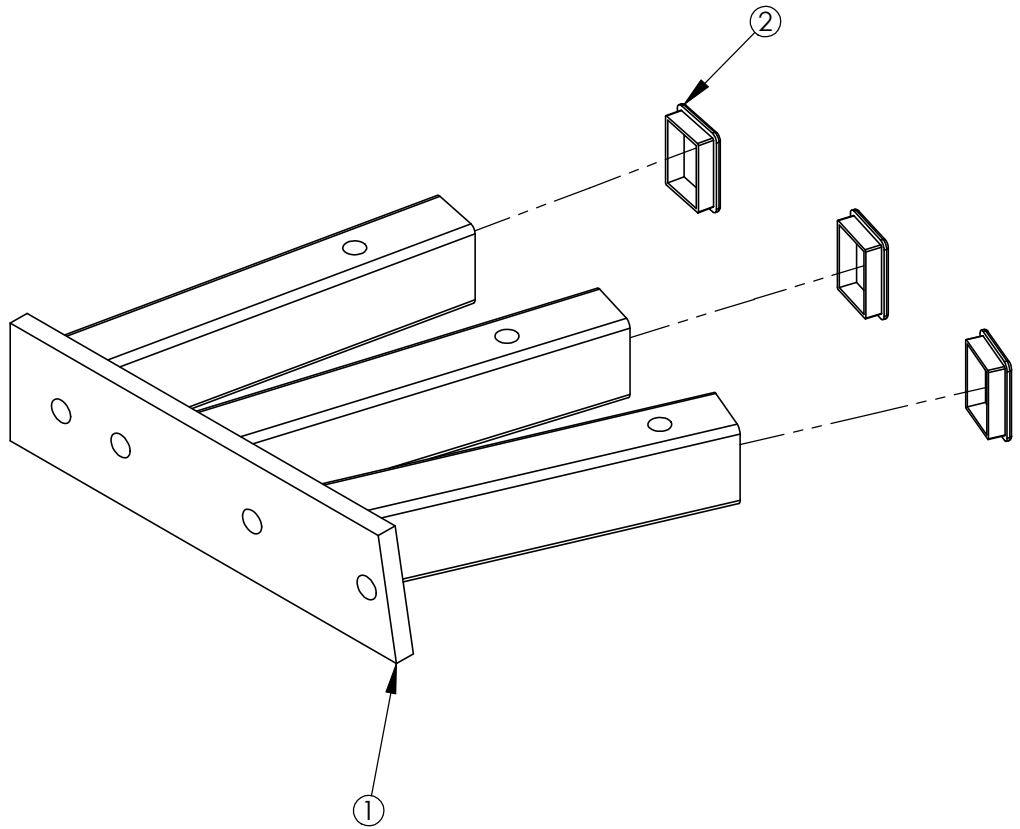
HAMMER STRENGTH EQUIPMENT
PLSQUAT-CETCL-0 Top Step Assembly



WEIGHT = 7 lb
 LENGTH = 14"
 WIDTH = 4"
 HEIGHT = 3"

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-ETCL-0	
2	3	RC1520-1Q1	1 1/2 X 2 Endcap

HAMMER STRENGTH EQUIPMENT
PLSQUAT-CETC3L-0 Lower Step Assembly

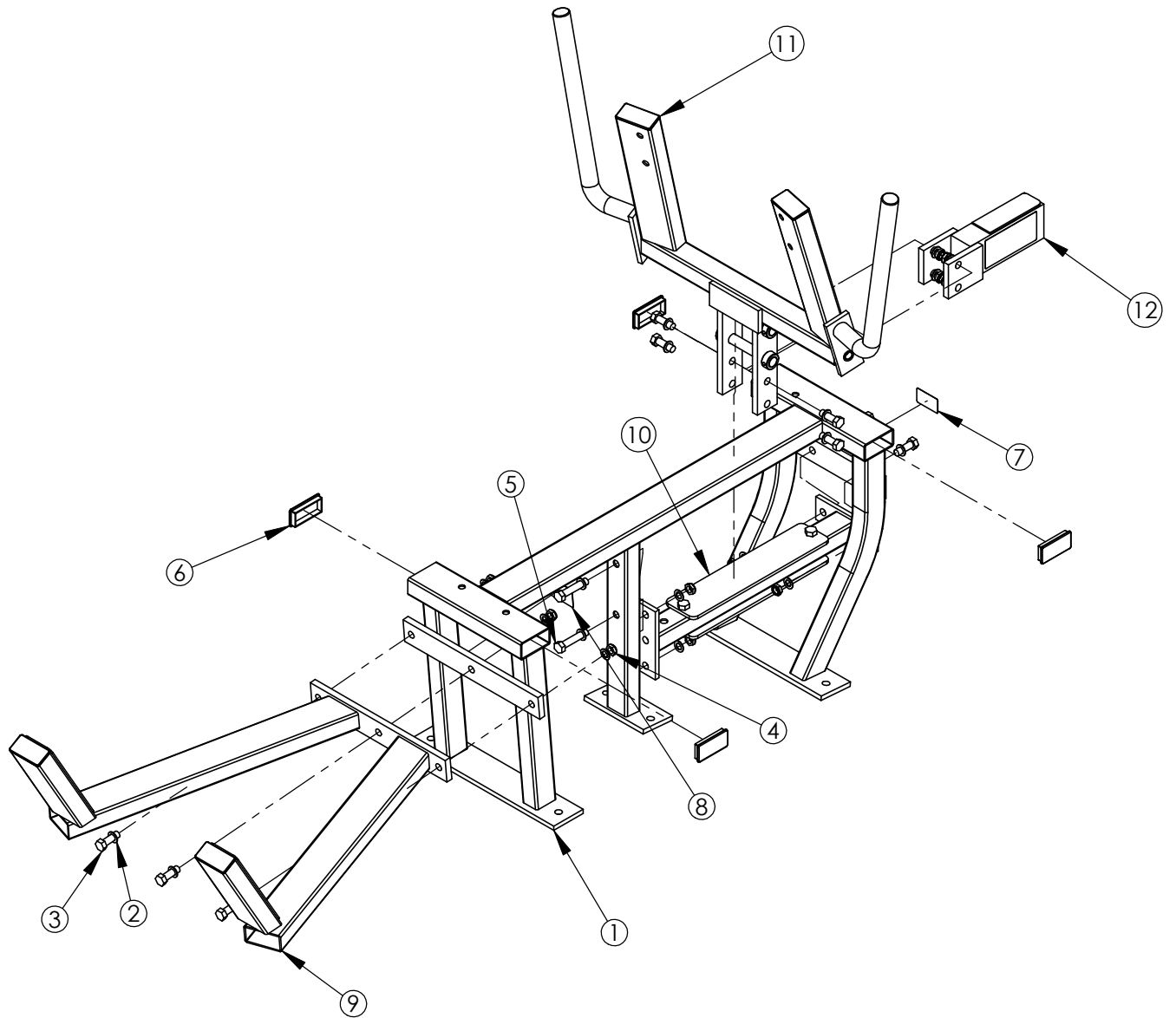


WEIGHT = 11 lb
 LENGTH = 13"
 WIDTH = 10 1/4"
 HEIGHT = 2"

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-ETC3L-0	
2	3	RC1520-1Q1	1 1/2 X 2 Endcap

HAMMER STRENGTH EQUIPMENT

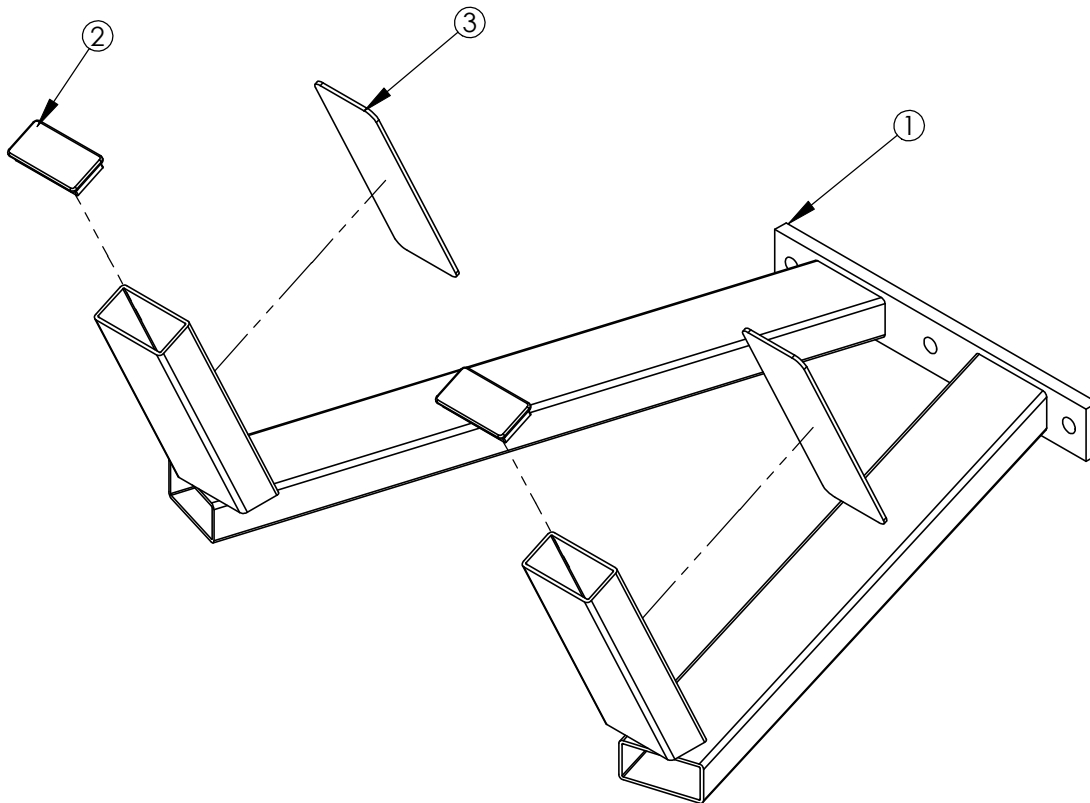
PLSQUAT-CST-0 Seat Frame Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-ST-0	WLDMT, PLSQUAT SEAT
2	22	WASH.5STAR	1/2" Internal Lock Washer
3	9	HHB.5X1.5	1/2 X 1 1/2 Bolt
4	11	NUT.5JAMLOCK	1/2" Thin Lock Nut
5	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
6	4	RC1530-1Q1	1 1/2 X 3 End Cap
7	1	STAY CLEAR	Stay Clear Decal
8	1	SERIAL NUMBER	Serial Number
9	1	PLSQUAT-CSX-0	ASSY, PLSQUAT FOOT REST
10	1	PLSQUAT-CST2-0	ASSY, PLSQUAT SEAT 2
11	1	PLSQUAT-CAJSP-0	ASSY, PLSQUAT ADJ SHOULDER PAD
12	1	PLSQUAT-CAJSTCW-0	ASSY, PLSQUAT ADJ SP CW

WEIGHT = 149 lb
 LENGTH = 65 1/4"
 WIDTH = 37 3/8"
 HEIGHT = 34 3/4"

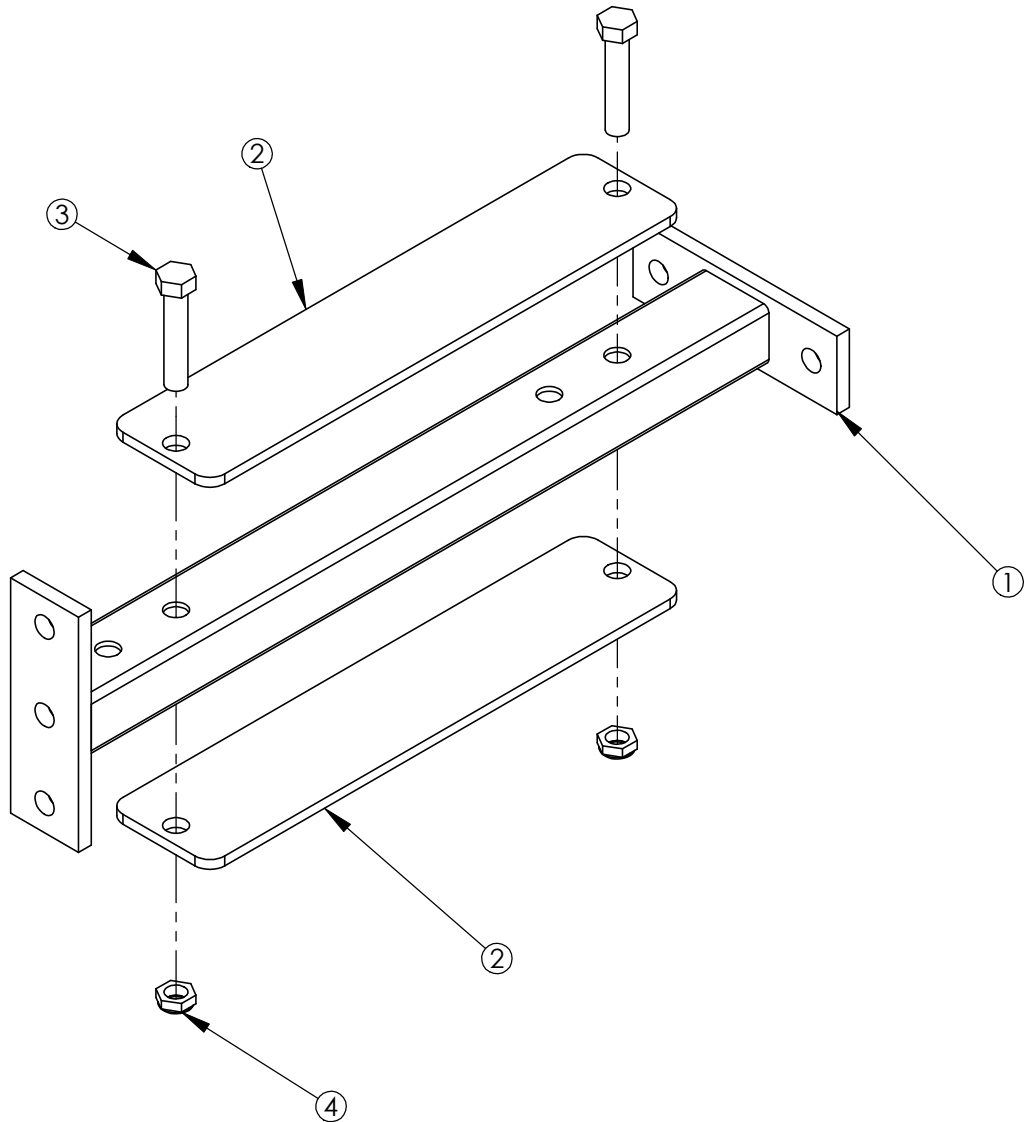
HAMMER STRENGTH EQUIPMENT
PLSQUAT-CSX-0 Assy, Plsquat Foot Rest



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-SX-0	WLDMT, PLSQUAT FOOT REST
2	2	RC1530-1Q1	1 1/2 X 3 End Cap
3	2	H-NONSKID3	2 5/8 X 9 Nonskid

WEIGHT = 24 lb
 LENGTH = 26 5/8"
 WIDTH = 23 3/4"
 HEIGHT = 10 3/8"

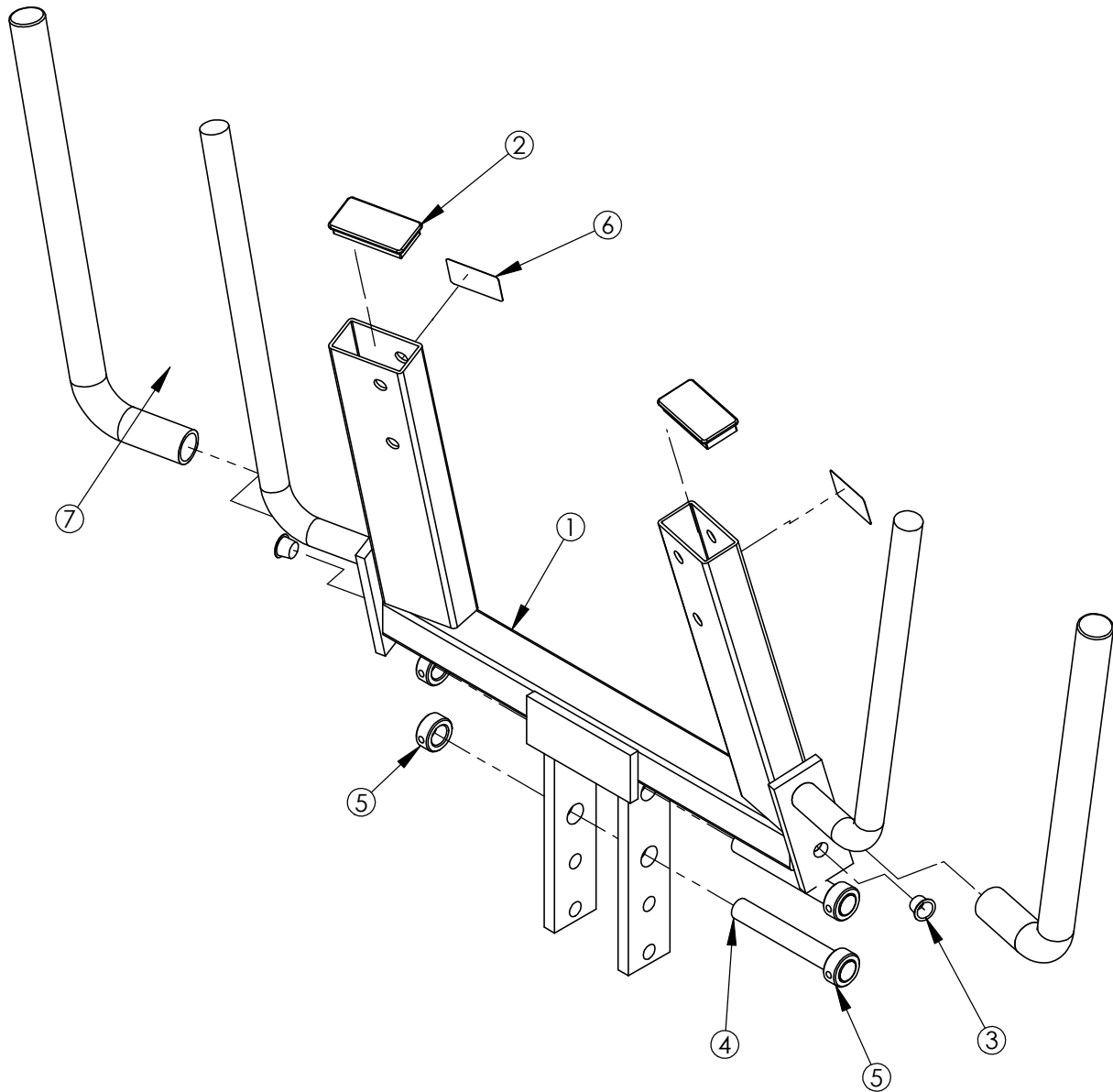
HAMMER STRENGTH EQUIPMENT
PLSQUAT-ST2-0 Plsquat Seat 2



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-ST2-0	WLDMT, PLSQUAT SEAT 2
2	2	BSRACK-2H	BRASS SEAT RACK
3	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
4	2	NUT.5JAMLOCK	1/2" Thin Lock Nut

WEIGHT = 12 lb
 LENGTH = 20 3/4"
 WIDTH = 6"
 HEIGHT = 6"

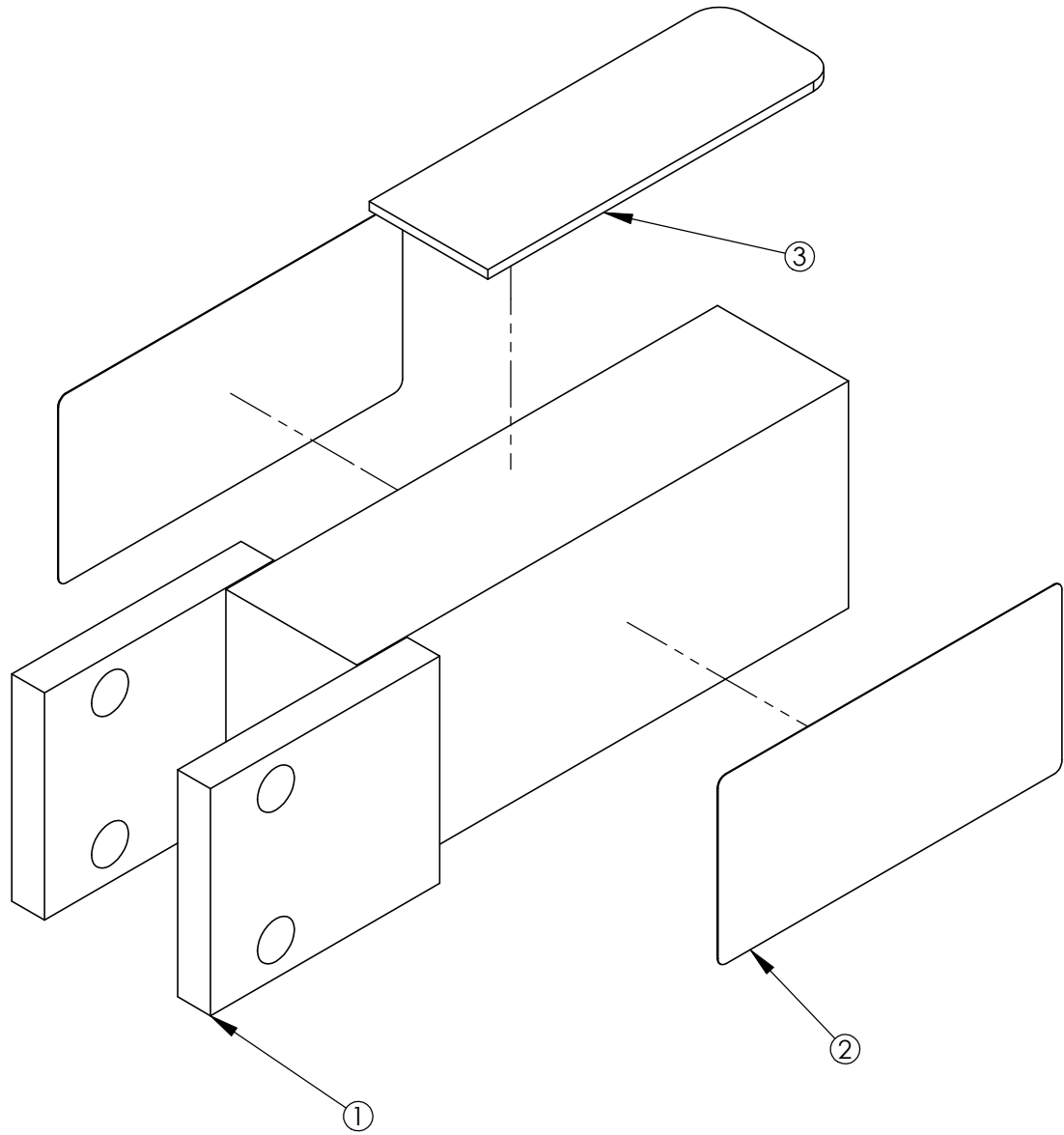
HAMMER STRENGTH EQUIPMENT
PLSQUAT-CAJSP-0 Adjustable Shoulder Pad



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-AJSP-0	WLDMT, PLSQUAT ADJ SHOULDER PAD
2	2	RC1530-1Q1	1 1/2 X 3 End Cap
3	2	5/8" HOLE PLUG	Hole Plug
4	2	STshft	Seat Shaft
5	4	H-LCOLLAR75	3/4" LOCK COLLAR
6	2	STAY CLEAR	Stay Clear Decal
7	2	PLSQUAT-CAJSP-GRIP	BENT GRIP

WEIGHT = 45 lb
 LENGTH = 34 3/8"
 WIDTH = 27 1/8"
 HEIGHT = 5 3/4"

HAMMER STRENGTH EQUIPMENT
PLSQUAT-CAJSTCW-0 Plsquat Adjustable SP CW



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSQUAT-AJSPCW-0	WLDMT, PLSQUAT ADJ SP CW
2	2	WARNING LARGE-H	Large Warning Hor
3	1	H-NONSKID2	1 3/4 X 9 Nonskid

WEIGHT = 16 lb
 LENGTH = 10 1/4"
 WIDTH = 3 1/8"
 HEIGHT = 3 1/8"