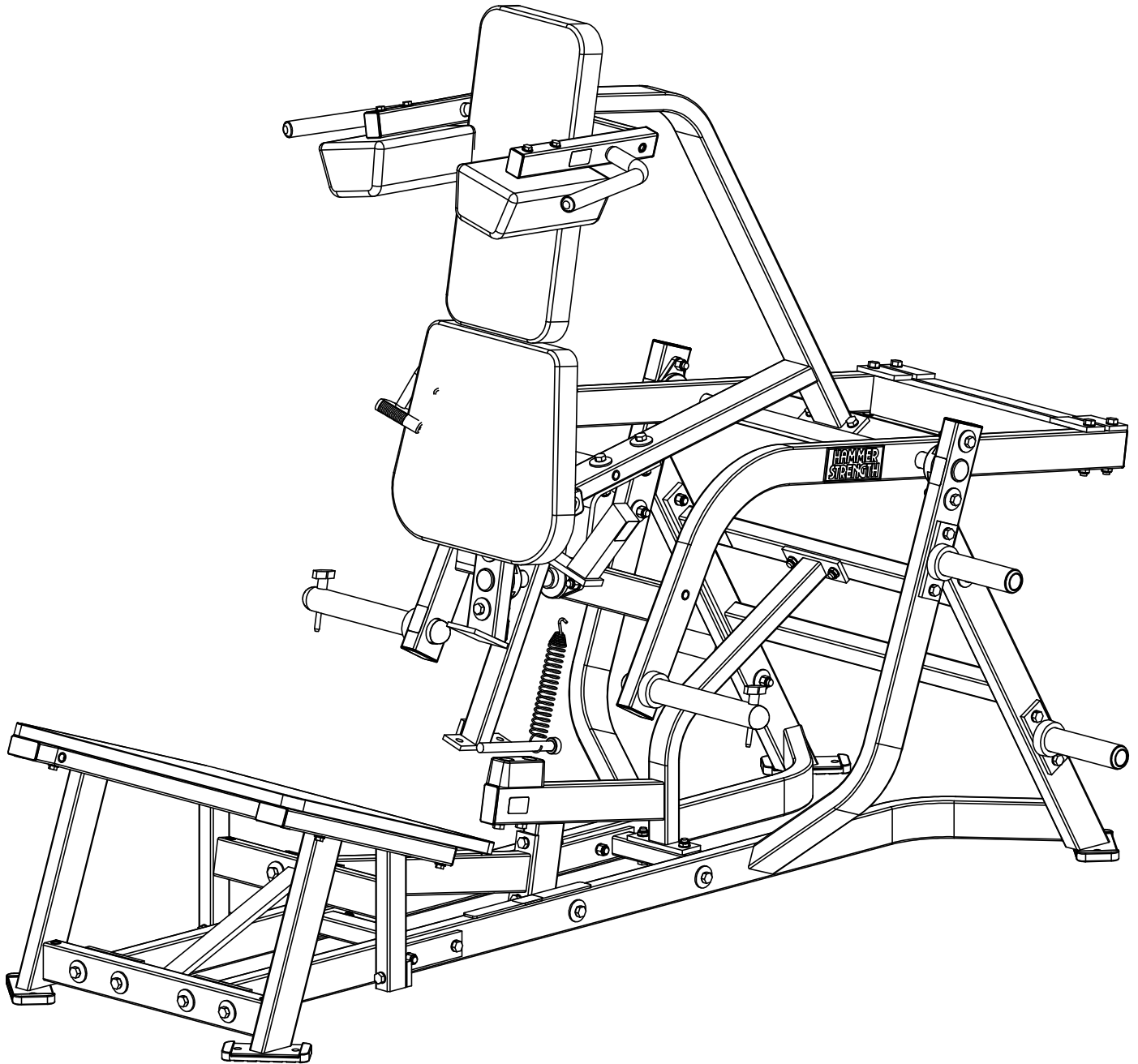


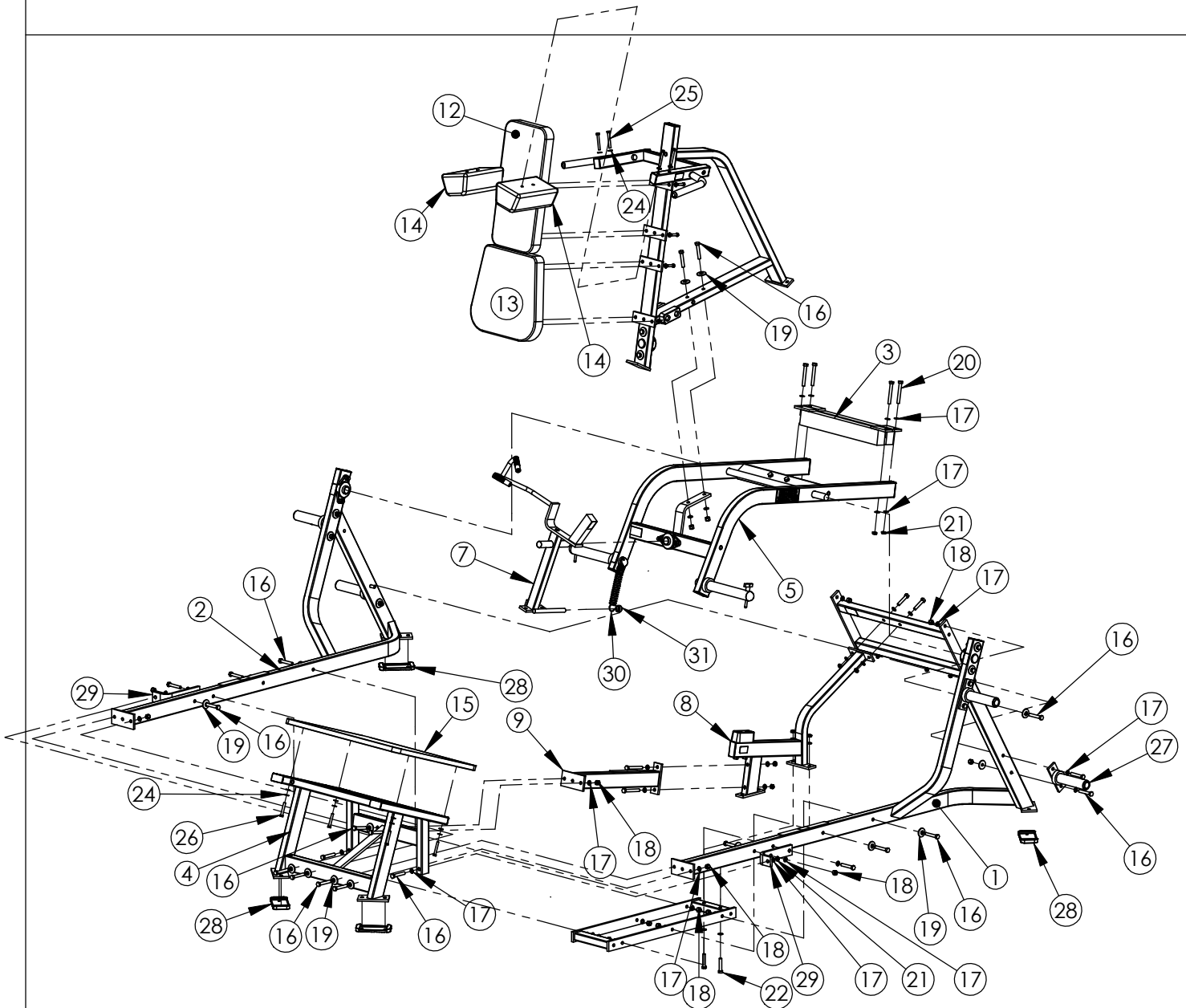
**HAMMER STRENGTH EQUIPMENT  
PLVSQ PLATE LOADED VERTICAL SQUAT**

**Rev: B04**



WEIGHT = 527.8 lbs / 239.9 kg  
WORKARM COMPONENTS= 354.4 lbs/ 161.1 kg  
LENGTH = 98  
WIDTH = 50  
HEIGHT = 72

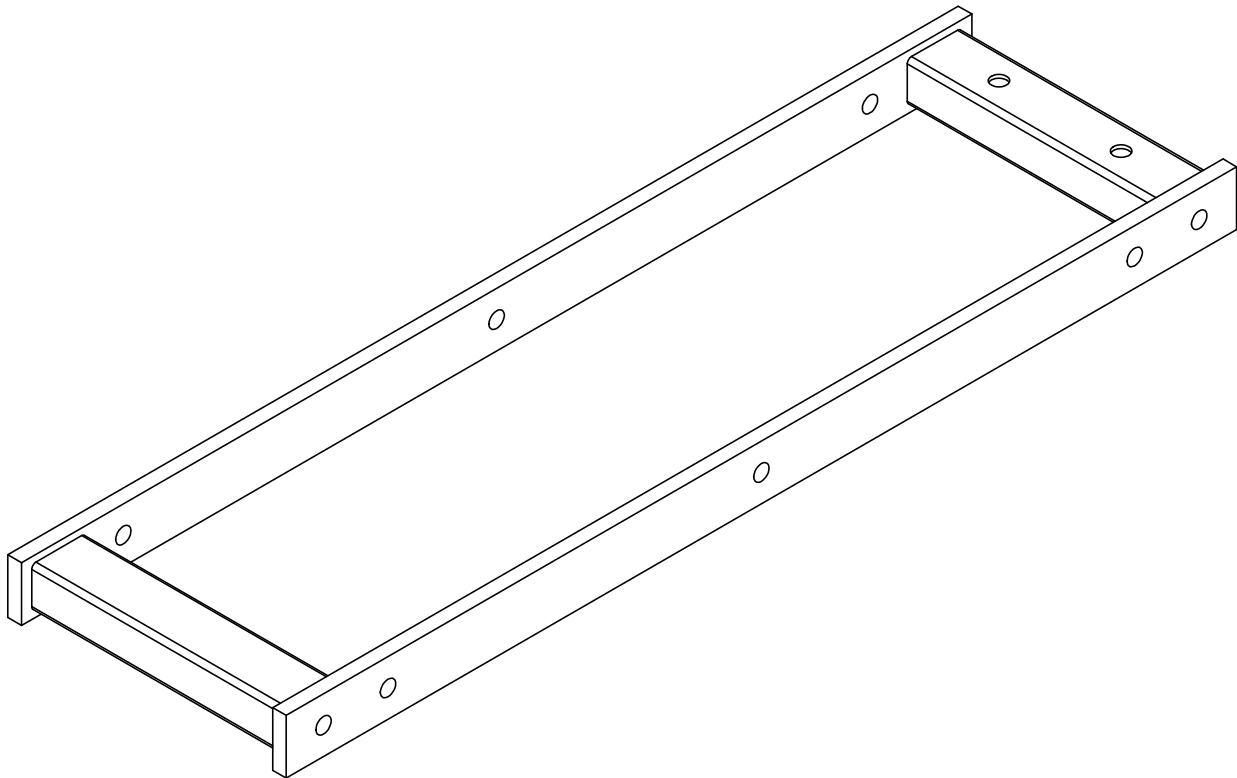
# HAMMER STRENGTH EQUIPMENT PLVSQ EXPLODED



ITEM NO.	QTY.	PART NO.	DESCRIPTION	ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-CSFL-2	ASSY, PLVSQ, LEFT SIDE FRAME	17	56	WASH.5STAR	1/2" INTERNAL LOCK WASHER
2	1	PLVSQ-CSFR-2	ASSY, PLVSQ, RIGHT SIDE FRAME	18	24	NUT.5LOCK	1/2 DIA THICK LOCK NUT
3	2	PLVSQ-CW-0	WLDMT, PLVSQ, COUNTER WEIGHT	19	24	H-BACK-WASH	BACKING WASHER
4	1	PLVSQ-CFP-2	ASSY, PLVSQ, FOOT PLATFORM	20	6	HHB.5X4	1/2 X 4 BOLT
5	1	PLVSQ-CMA-3	ASSY, PLVSQ, MOVEMENT ARM REAR	21	16	NUT.5JAMLOCK	1/2 THIN LOCK NUT
6	1	PLVSQ-CST-0	ASSY, PLVSQ, SEAT FRAME	22	4	HHB.5X2.5	1/2 X 2 1/2 BOLT
7	1	PLVSQ-CMAS-1	ASSY, PLVSQ, MOVEMENT ARM STOP	23	8	HHB.375X1.5	STEEL BOLT 3/8 X 1.5
8	1	PLVSQ-CETC-0	ASSY, PLVSQ, CENTER CROSSFRAME 1	24	20	WASH.375SAE	3/8" SAE FLAT WASHER
9	1	PLVSQ-CETC1-0	ASSY, PLVSQ, CENTER CROSSFRAME 2	25	4	HHB.375X3	STEEL BOLT 3/8 X 3
10	1	PLVSQ-CTX-0	ASSY, PLVSQ, TOP CROSSMEMBER	26	4	HHB.375X2.5	STEEL BOLT 3/8 X 2.5
11	1	PLVSQ-BX-0	WLDMT, PLVSQ, BOTTOM CROSSFRAME	27	4	H-HORN-ASSY	ASSY, WEIGHT HORN
12	1	U-24-10	24X10 PAD	28	4	MM-9	3 X 6 FLANGE RUBBER SLIPPER
13	1	U-16-11	16X11 PAD	29	2	PLVSQ-20-1	PLATFORM BRACE
14	2	U-2SQUAT	SHOULDER PADS	30	1	LP-EX-SPRNG	LEG PRESS EXTENSION SPRING
15	1	2FB-SQ	2FB:V-SQUAT FOOTBOARD	31	1	H-LCOLLAR75	3/4 LOCK COLLAR
16	30	HHB.5X3	1/2 X 3 BOLT				

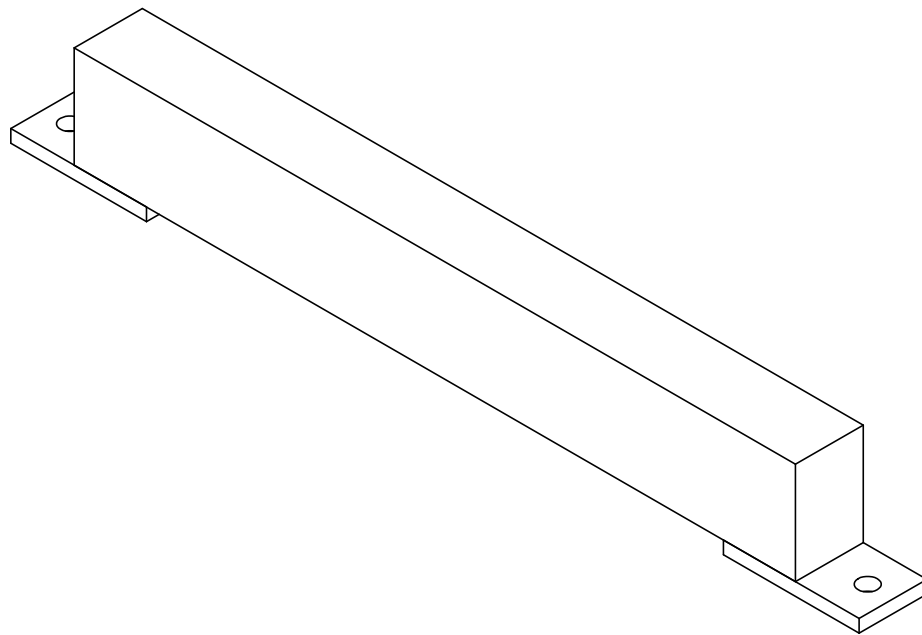


**HAMMER STRENGTH EQUIPMENT**  
**PLVSQ-CBX-0, ASSY, PLVSQ, CENTER FRAME**



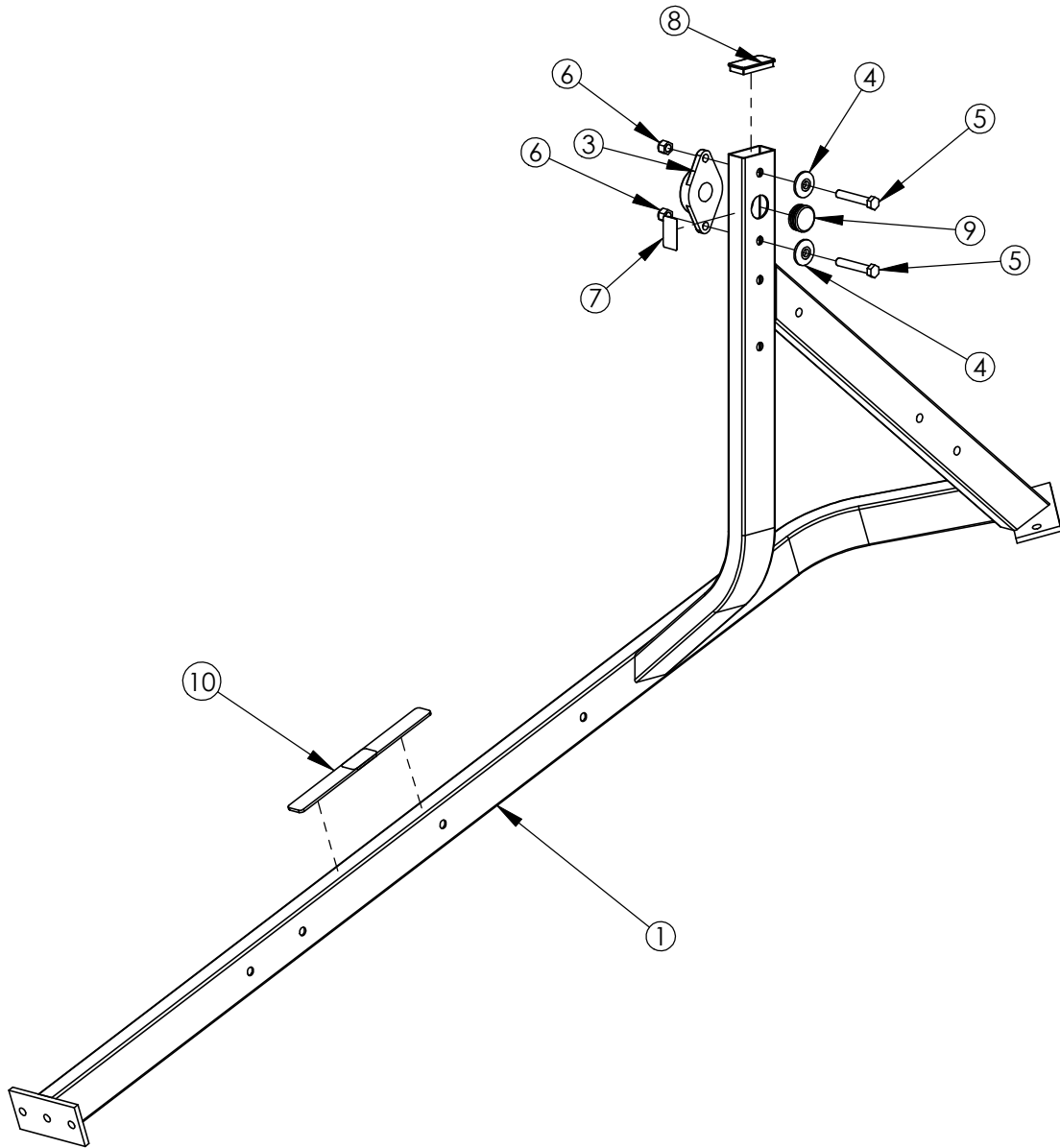
WEIGHT = 23LB  
LENGTH = 35  
WIDTH = 10 1/4"  
HEIGHT = 2"

**HAMMER STRENGTH EQUIPMENT**  
**PLVSQ-CW-0, WLDMT, PLVSQ, COUNTER WEIGHT**



WEIGHT = 38LB  
LENGTH = 25"  
WIDTH = 2"  
HEIGHT = 3 3/8"

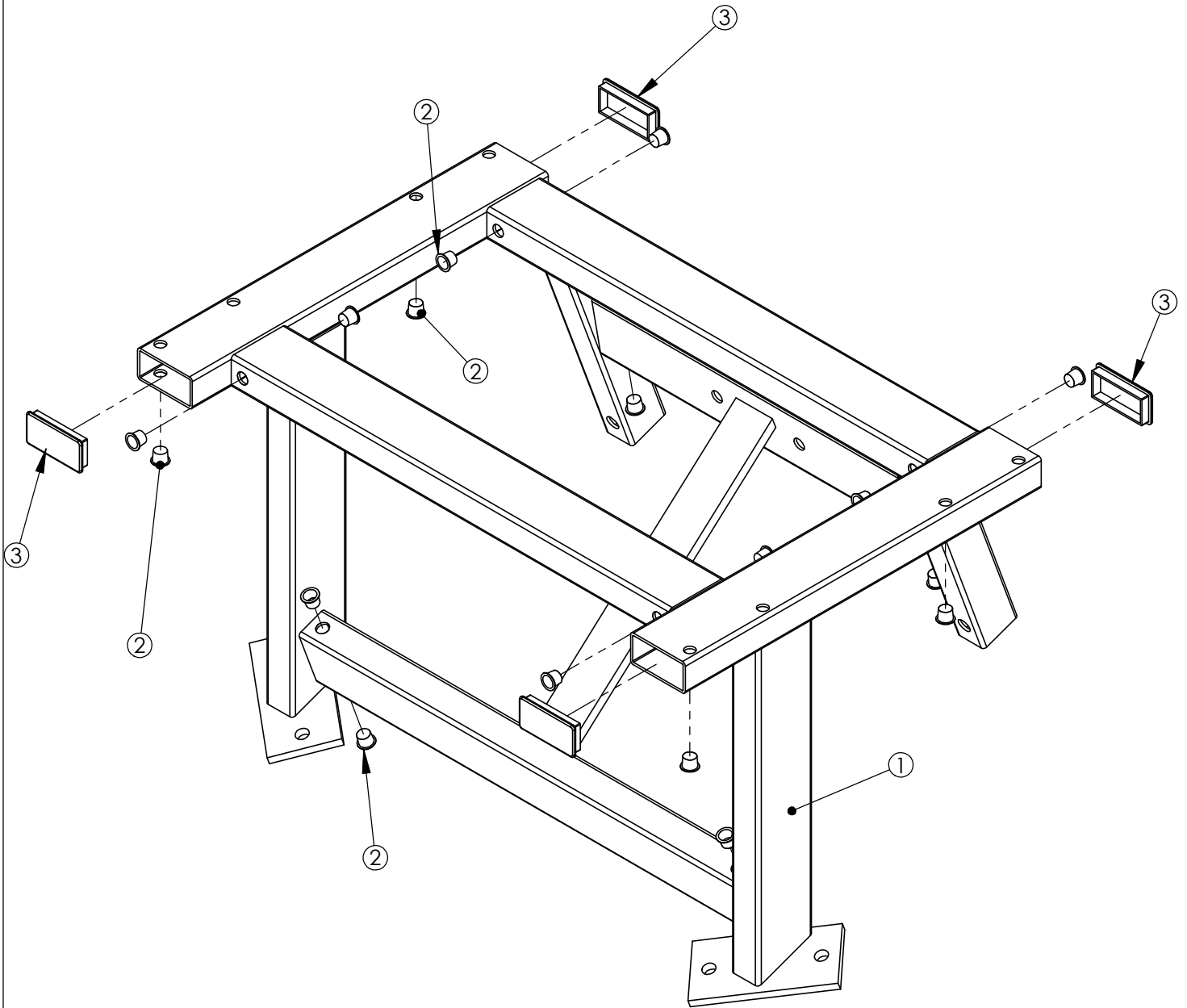
**HAMMER STRENGTH EQUIPMENT**  
**PLVSQ-CSFL-2, ASSY, PLVSQ, LEFT SIDE FRAME**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-SFL-1	WLDMT, PLVSQ, LEFT SIDE FRAME
2	1	H-HPLUG (REG)	9/16IN HOLE PLUG
3	1	H-BEAR-LGE	LARGE BEAR - EFHSFTJ206-20G
4	2	H-BACK-WASH	BACKING WASHER
5	2	HHB.5X3	1/2 X 3 BOLT
6	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
7	1	STAY CLEAR	STAY CLEAR DECAL
8	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
9	1	H-LOCK-PLUG(LARGE)	LARGE LOCKING PLUG
10	2	H-PLATE-G1	SMALL PLATE GUARD

WEIGHT = 50lbs / 23kg  
 LENGTH = 90  
 WIDTH = 18  
 HEIGHT = 40

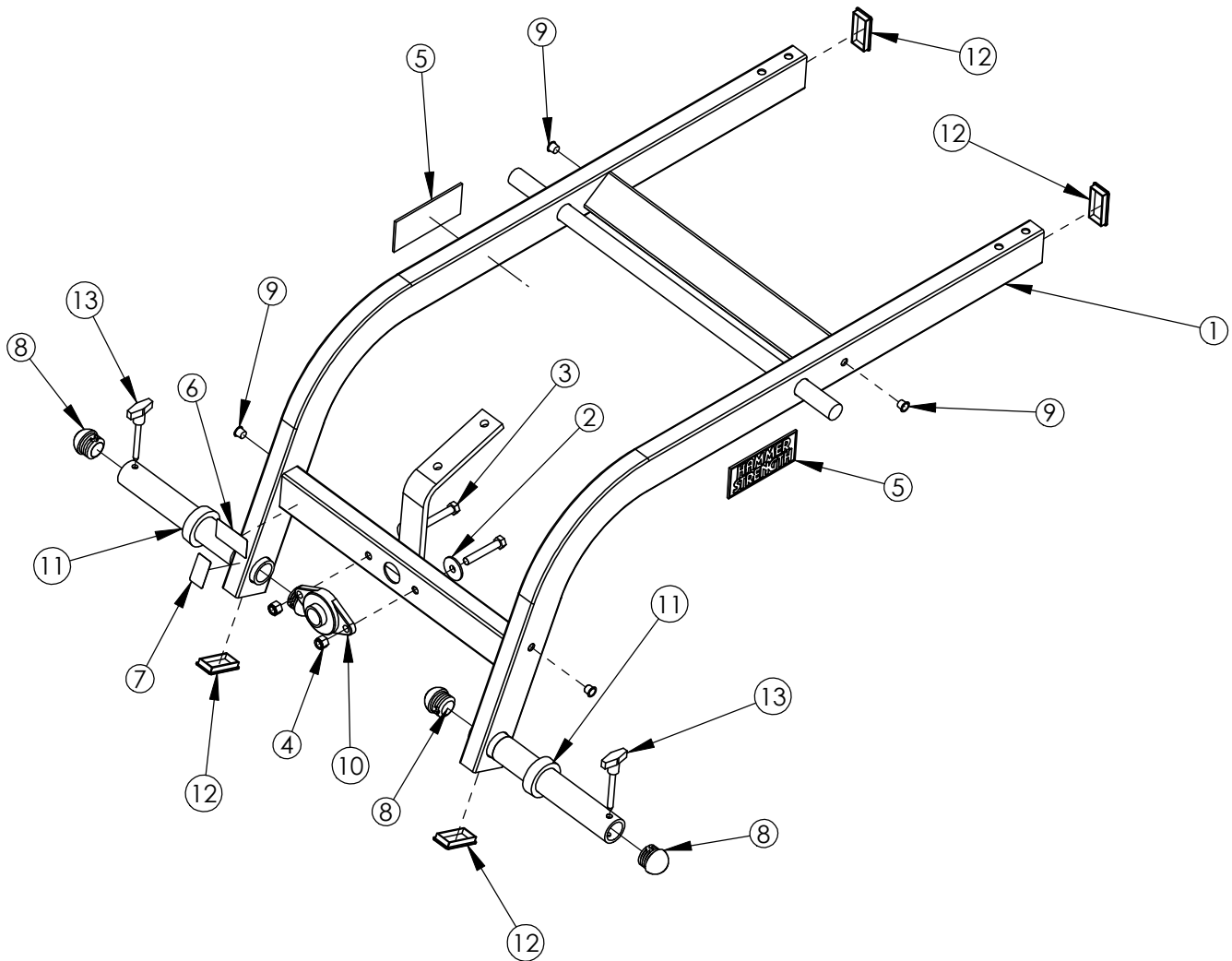
**HAMMER STRENGTH EQUIPMENT**  
**PLVSQ-CFP-2, ASSY, PLVSQ, FOOT PLATFORM**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-FP-2	WLDMT, PLVSQ, FOOT PLATFORM
2	20	H-HPLUG (REG)	9/16IN HOLE PLUG
3	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG

WEIGHT = 60lbs / 27kg  
 LENGTH = 24  
 WIDTH = 34  
 HEIGHT = 20

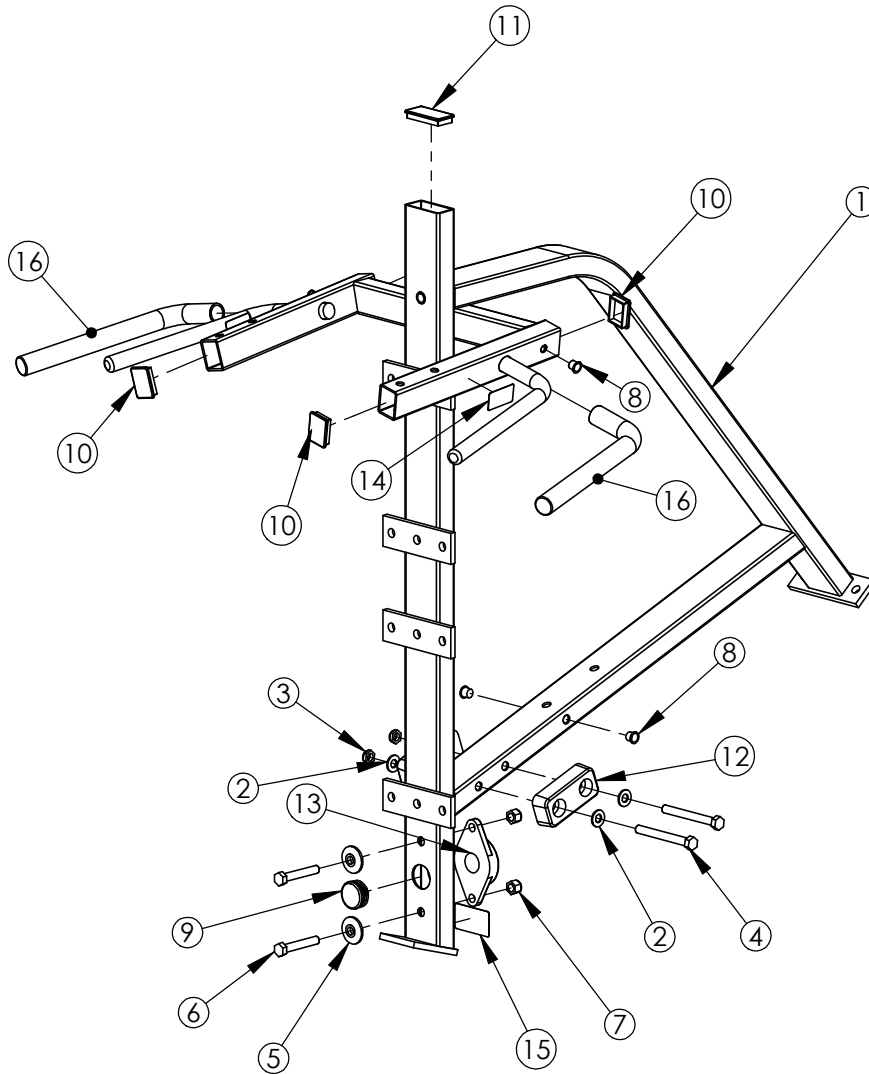
# HAMMER STRENGTH EQUIPMENT PLVSQ-CMA-3, ASSY, PLVSQ, MOVEMENT ARM REAR



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-MA-2	WLDMT, PLVSQ, MOVEMENT ARM
2	2	H-BACK-WASH	BACKING WASHER
3	2	HHB.5X3	1/2 X 3 BOLT
4	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
5	2	H-NAME PLATE	NAMEPLATE (45156-P)
6	1	8773701	ASTM DECAL
7	2	STAY CLEAR	STAY CLEAR DECAL
8	4	RUBCAP1-2	RUBBER CAP #1
9	6	H-HPLUG (REG)	9/16IN HOLE PLUG
10	1	H-BEAR-LGE	LARGE BEAR - EFHSFTJ206-20G
11	2	H-RUBRNG	MM5 RING
12	4	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
13	2	SELECTOR PIN-3	SELECTOR PIN 3 IN.

WEIGHT = 75lbs / 34kg  
 LENGTH = 56  
 WIDTH = 50  
 HEIGHT = 24

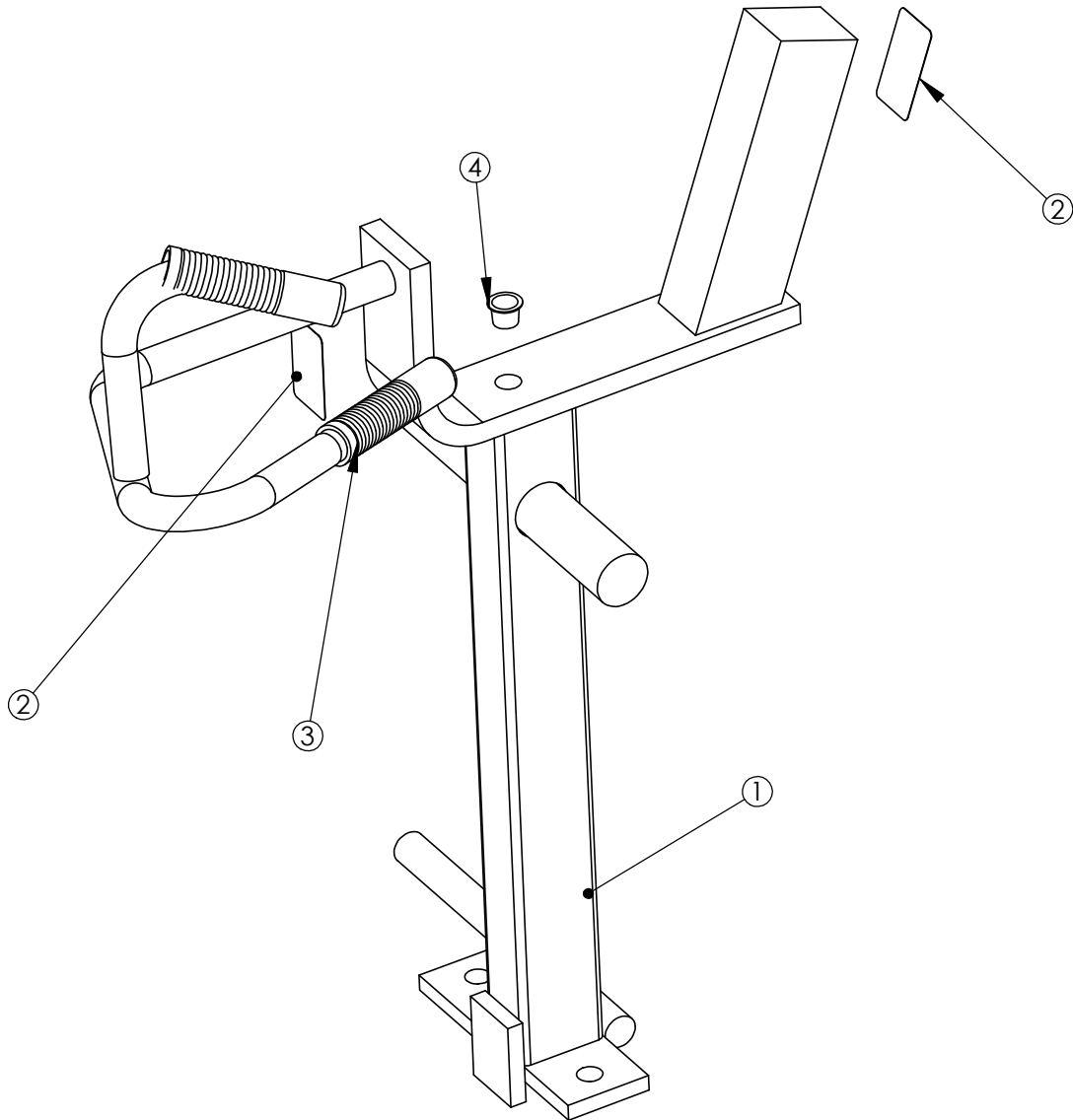
**HAMMER STRENGTH EQUIPMENT**  
**PLVSQ-CST-0, ASSY, PLVSQ, SEAT FRAME**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-ST-0	WLDMT, PLVSQ, SEAT FRAME
2	4	WASH.5SAE	1/2" SAE FLAT WASHER
3	2	NUT.5JAMLOCK	1/2 THIN LOCK NUT
4	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
5	2	H-BACK-WASH	BACKING WASHER
6	2	HHB.5X3	1/2 X 3 BOLT
7	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
8	7	H-HPLUG (REG)	9/16IN HOLE PLUG
9	1	H-LOCK-PLUG(LARGE)	LARGE LOCKING PLUG
10	4	RC1520-1Q1	CAP:1-1/2 X 2 RECTANGLE PLUG
11	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG
12	2	H-BUMP-SML	SMALL BUMPER (VEN# MM3)
13	1	H-BEAR-LGE	LARGE BEAR - EFHSFTJ206-20G
14	2	STAY CLEAR	STAY CLEAR DECAL
15	1	SERIAL NUMBER	SERIAL NUMBER
16	2	H-GRIP	HANDLE GRIPS (.938X16)

WEIGHT = 65lbs / 30kg  
 LENGTH = 45  
 WIDTH = 32  
 HEIGHT = 50

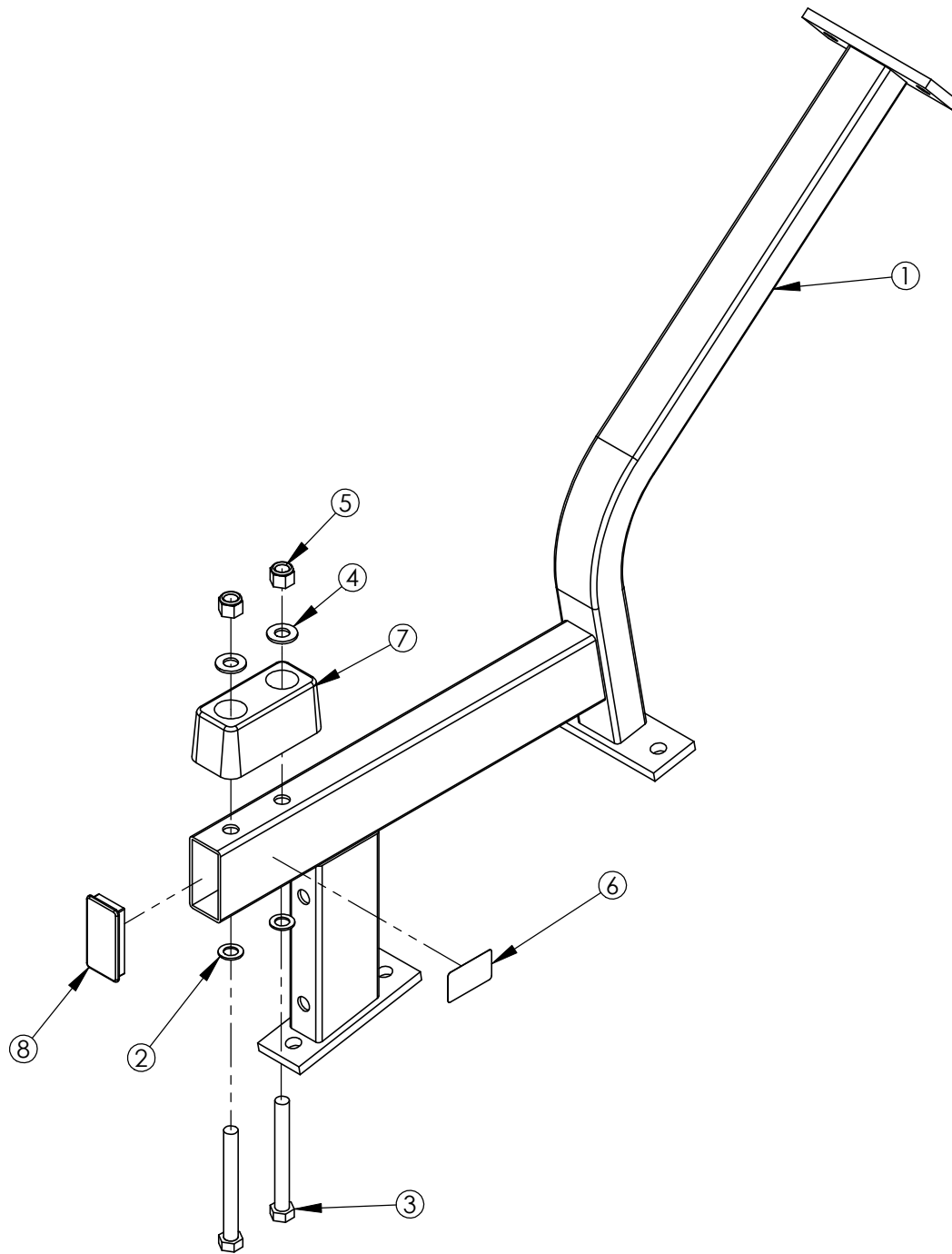
**HAMMER STRENGTH EQUIPMENT  
PLVSQ-CMAS-1, ASSY, PLVSQ, MOVEMENT ARM STOP**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-MAS-1	WLDMT, PLVSQ, MOVEMENT ARM STOP
2	2	STAY CLEAR	STAY CLEAR DECAL
3	2	H-GRIP-75	STANDARD 3/4" BICYCLE GRIP
4	1	H-HPLUG (REG)	9/16IN HOLE PLUG

WEIGHT = 22lbs / 10kg  
 LENGTH = 24  
 WIDTH = 18  
 HEIGHT = 24

**HAMMER STRENGTH EQUIPMENT**  
**PLVSQ-CETC-0, ASSY, PLVSQ, CENTER CROSSFRAME 1**

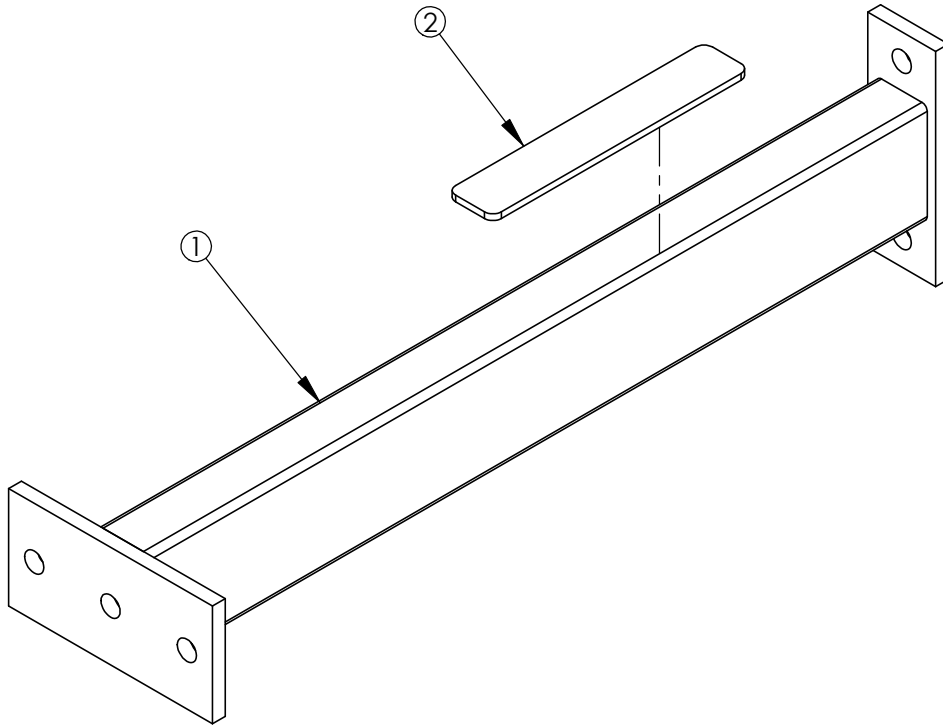


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-ETC-0	WLDMT, PLVSQ, CENTER CROSSFRAME 1
2	2	WASH.5STAR	1/2" INTERNAL LOCK WASHER
3	2	HHB.5X4.5	1/2 X 4 1/2 BOLT
4	2	WASH.5SAE	1/2" SAE FLAT WASHER
5	2	NUT.5LOCK	1/2 DIA THICK LOCK NUT
6	1	STAY CLEAR	STAY CLEAR DECAL
7	1	H-BUMP-MED	MM2 MEDIUM
8	1	RC1530-1Q1	CAP:1-1/2 X 3 RECTANGLE PLUG

WEIGHT = 18LB  
 LENGTH = 36 1/2"  
 WIDTH = 6"  
 HEIGHT = 23 1/4"



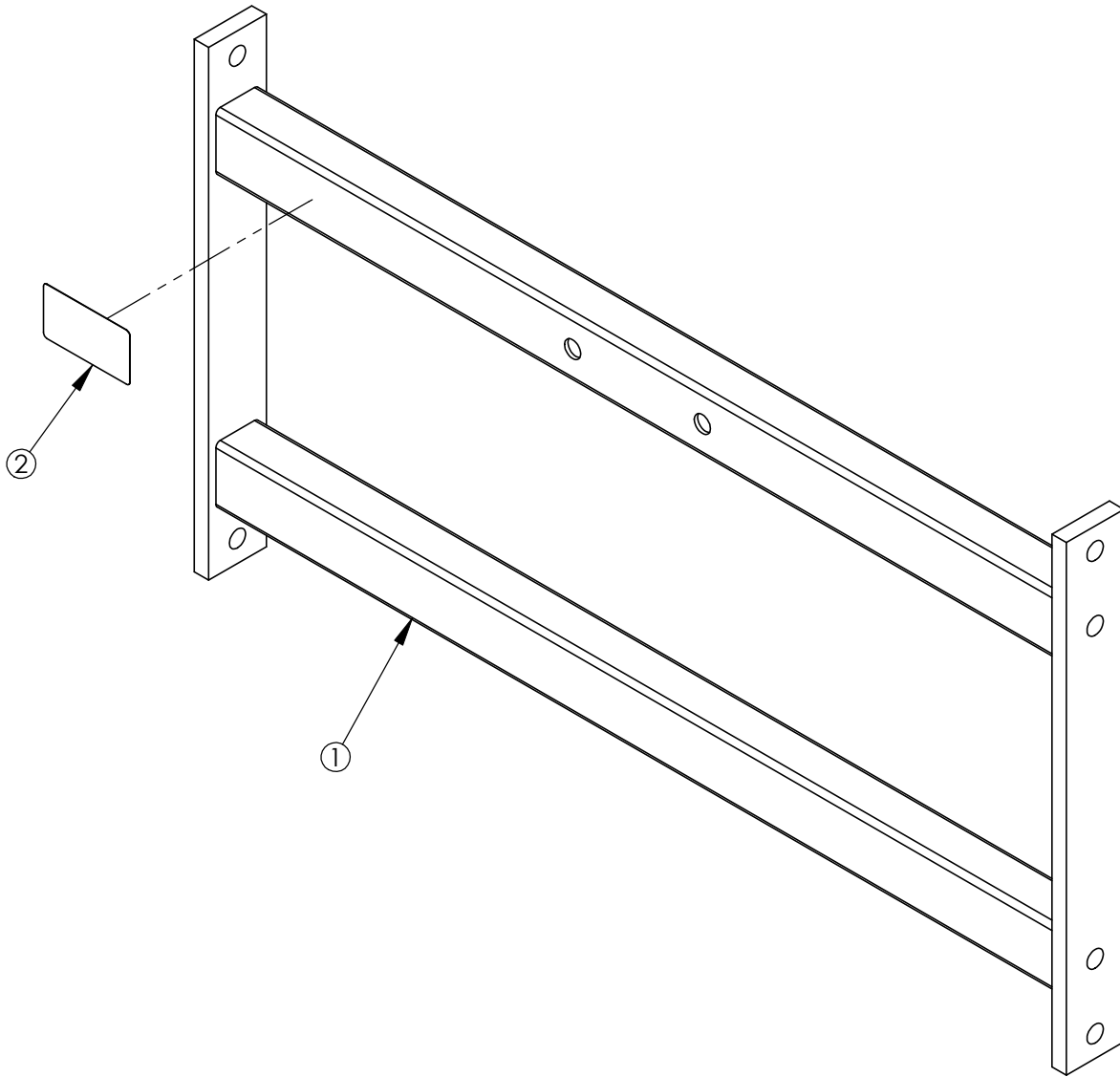
**HAMMER STRENGTH EQUIPMENT**  
**PLVSQ-CETC1-0, ASSY, PLVSQ, CENTER CROSSFRAME 2**



WEIGHT = 10LB  
 LENGTH = 23 3/4"  
 WIDTH = 6"  
 HEIGHT = 6"

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-ETC1-0	WLDMT, PLVSQ, CENTER CROSSFRAME 2
2	1	H-PLATE-G1	SMALL PLATE GUARD

**HAMMER STRENGTH EQUIPMENT  
 PLVSQ-CTX-0, ASSY, PLVSQ, TOP CROSSMEMBER**



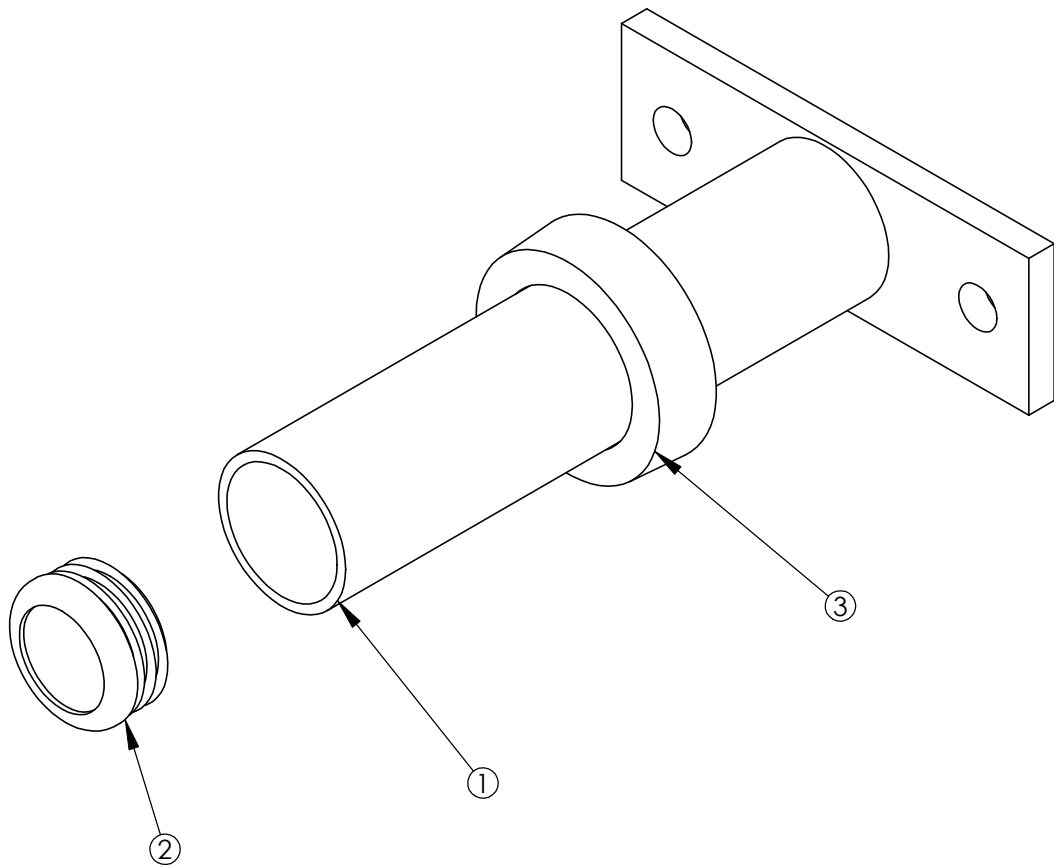
WEIGHT = 22LB  
 LENGTH = 30 1/4"  
 WIDTH = 2"  
 HEIGHT = 15 1/8"

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLVSQ-TX-0	WLDMT, PLVSQ, TOP CROSSMEMBER
2	1	PATENT	PATENT DECAL

**HAMMER STRENGTH EQUIPMENT**  
**PLVSQ-20-1 Platform Brace**

WEIGHT = 3.25lbs / 1.5kg  
LENGTH = 9.25  
WIDTH = 3.75  
HEIGHT = 2

**HAMMER STRENGTH EQUIPMENT**  
**H-HORN-ASSY: WEIGHT HORN ASSEMBLY**



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	H-HORN	WLDMT, WEIGHT HORN
2	1	8078001	CAP, END 1.75 DIA RD 14-20 GA
3	1	H-RUBRNG	MM5 RING

WEIGHT = 3 1/4 lb  
 LENGTH = 8 5/8"  
 WIDTH = 6"  
 HEIGHT = 3"