



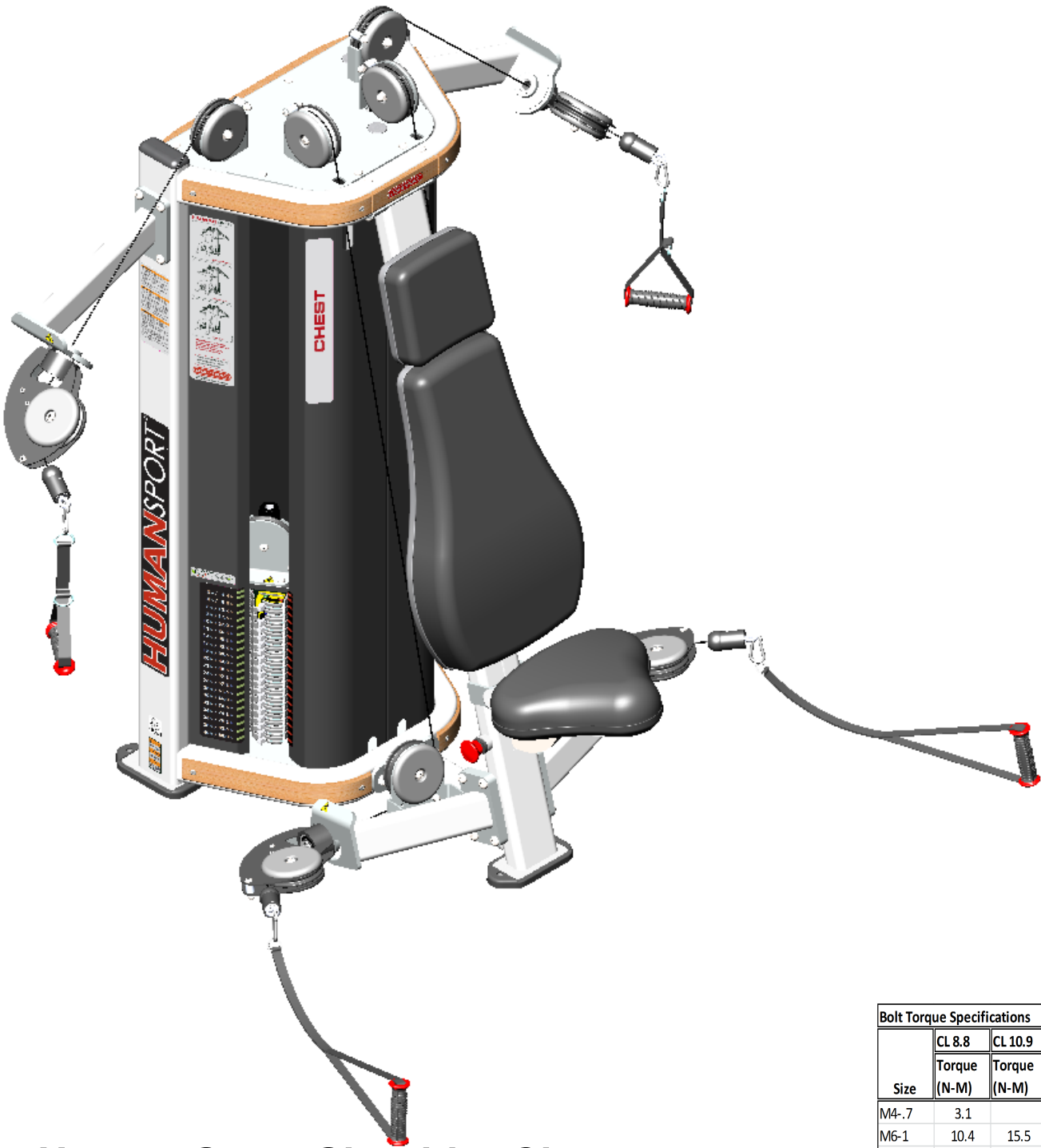
Red: PAINTED ITEMS
Blue: KITS

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

PART NO.	Default/QTY.	DESCRIPTION
01-1011	2	Allen Socket Cap Head Bolt Serrated Shoulder M12-1.75x70mm
01-4134	8	SCREW,M12 X 1.75,35mm,BHC,HK, ZP
01-9315	4	BOLT,M6X1.00,16MM,HHC,HE,CS
01-9319	2	SCREW,M10 X 1.5,90MM,BHC,HK, ZP
02-4086	8	SCREW, M6 X 16 PAN TORX, ZP, THD FORMER
02-9318	1	SCREW, M10-1.5x16 SHC, HK, AS, ZP
02-9319	1	SCREW,M10 X 1.5,12mm,FHM,HK
02-9321	14	SCREW M8 X 1.25 30MM SHC HK AS, ZP
02-9323	2	SCREW M6 X 1.0 20MM BHC HK ZP
02-9329	8	SCREW M10 X 1.5, 25 MM BHC HK, ZP
03-4067	4	EXTRUDED U-NUT M8 X 1.25
03-4248	6	Cage Nut 10mm for Panel 4.1 - 5.3mm
03-5203	8	NUT,M10x1.5,ACORN, CL6
03-5204	2	NUT,M12x1.75,ACORN, CL6
03-9081	8	M12 X 1.75 Blind Rivnut
04-5251	10	LOCK WASHER, M6
04-5252	24	LOCK WASHER, M8
04-5253	14	LOCK WASHER, M10
04-5256	18	LOCK WASHER M12
050-2022	1	STICKER,STAR TRAC,DECO, 23MM X 99MM
050-2212	2	STICKER,SWITCH,HS
050-2213	1	DECAL, WEIGHT STACK - HS
050-2224	1	STICKER,LNL, HS (LEFT & RIGHT)
050-2224	1	STICKER,LNL, HS (LEFT & RIGHT)
050-2225	2	DECAL, WARNING MULTI LANGUAGE - HS
050-2231	1	PLACARD, Shoulder/Chest, HS
06-8018	1	Cable Assembly HS SC
06-8018	1	Cable Assembly HS SC
09-2040	1	1 1/2 X 2 11 GA FRAME PLUG
09-5030	1	FOOTPAD MOLDED BLACK
09-8341	8	120mm OD pulley with 17mm ID Bearing
110-3422	8	SCREW, M12X1.75X20, BHC
12-1688	2	HumanSport Tower Decal
12-8011	1	TAG, ASSEM. DIMS, HSSC
27-0035	6	Cover, Pulley, Flat Steel
27-0036	10	SPACER, PULLEY BRACKET, HUMAN SPORT
27-0040	2	Bracket, Pulley Top Weight, Front, HS
27-0041	2	Bracket, Pulley Top Weight, Rear, HS
27-0047	4	ASSY,SWIVEL,HANDLE,HUMAN SPORT
27-0060	1	Shield, HS Tower, Front, Left
27-0061	1	Shield, HS Tower, Front Right
27-0062	1	Shield, HS Tower, Rear
27-0063	2	Shield, HS Tower, Left/Right
27-0070	2	Plate, Spacer Extension Arm, HS
27-0075	1	Plate, Index Locking, Seat, SC-HS
27-0084	1	Axle, Pivot, Seat, HS-SC
27-0085	2	Hub Adapter Molded
27-0091	2	Finger Guard HS
27-0094	1	Seat Bottom Shield with Slot Widened
27-0109	4	Counter Weight for HS Swivel Brkt, Thin
27-0110	4	Counter Weight for HS Swivel Brkt, Thick
32-0029-00XX	1	ASSY,UPHOLSTERY,BACK REST
60-2000	1	Human Sport Weight Tower
61-2011	1	HS Shoulder Chest Top Plate Assembly
65-2003	1	Seat, Folding, HS Shoulder Chest
66-2004	1	Frame, Seat, HS-SC
68-2003	1	EXTENSION ARM HS-SC UPPER LEFT
68-2004	1	EXTENSION ARM HS-SC UPPER RIGHT
68-2005	1	EXTENSION ARM HS-SC LOWER LEFT
68-2006	1	EXTENSION ARM HS-SC LOWER RIGHT
730-0122	2	GRIP HANDLE STARTRAC 22.5"
730-0143	4	CLIP, CARABINER, 1/4" DIA X 2 3/4 L.
730-1559	4	GUIDE RODE,Ø22MM X 1438MM
731-0040	2	STOP,Ø50X26,RUBBER
731-0097-00XX	1	ASSY,SEAT BOTTOM,STD
731-0111	4	STOP,BUMPER,WGT PLT
731-0112	4	SET COLLAR, GUIDE ROD, 22.4mm I.D.
731-0124	4	CAP,GUIDE ROD,RUBBER
731-0165	12	CAP,PLASTIC,PULLEY,Ø120mm
731-0169	8	SCREW, M8X1.25,20MM, BHC, HK, ZP
731-0209	2	CAP, END, 110 X 50
731-0225	2	SCREW,M3.5 X 9.5,SELF TAPPING
731-0255	1	PLASTIC,HEAD REST,CHEST PRESS
731-0359	2	SCREW,M8 X 1.25,25mm,BHC,HK, ZP
731-0362	8	SCREW,M10 X 1.5,45MM,BHC,HK, ZP
731-0363	2	NUT,M10X1.5,NYLOC
731-0364	2	SCREW, M8X1.25, 45mm, BHC, HK, ZP
731-0365	14	NUT,M8 X 1.25,NYLOC JAM
731-0367	14	WASHER,PLAIN,M10
731-0368	4	SCREW,M8 X 1.25,40mm,BHC,HK, ZP
731-0373	3	WASHER,PLAIN,M6
731-0389	8	SCREW,M8 X 1.25,35mm,BHC,HK, ZP
731-0512	8	STICKER,CAUTION,PINCH
731-0517	2	STICKER, WARNING, BOLT DOWN
731-0550-01	1	COVER,SEAT BACK,STD.,LEFT
731-0550-02	1	COVER, SEAT BACK, STD, RIGHT
731-0551-00XX	1	ASSY,BACK REST, STD
731-1357	2	CAP, BEARING 1 3/4 RND
731-1448	6	NUT,M8 x 1.25,ACORN, CL6
731-2647	3	FOOT,LONG,LEVERAGE
731-3780	4	SCREW,M6 X1.0, 35mm, BHC,HK, ZP
731-3883	2	GRIP HANDLE STARTRAC 10"
731-5762	4	NUT,M6 x 1.0, ACORN, CL6
731-6209	1	ASSY,PULL PIN,12.5 X 102.5 PIN
91-999	1	Paint (1.5 lbs)
95-0687	2	KIT SWIVELING PULLEY ASSEMBLY
95-0687	2	KIT SWIVELING PULLEY ASSEMBLY
95-0695	1	Human Sport Carbon Fiber Trim Kit
OPT-WT-33	1	Human Sport Weight Stack-Right
OPT-WT-33	1	Human Sport Weight Stack-Left
SM20473	1	TYRAP, 1/8" X 4"

Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com
Core Health and Fitness, LLC.
support.startrac.com

ECO	REVISION	REV DESCRIPTION	APPROVED	DATE
022015-A	A	INITIAL RELEASE	GMW	2/20/2015
042915-B	B	Removed 4 Revnuts	GMW	4/29/2015
	C	Removed 2 Flat washers from Weight St bumpers	RCA	8/3/2015
	D	Changed Upholstery Part # (added -00XX)	RCA	8/3/2015
080715-B	E	Added 6 M10 Cage Nuts	GMW	8/17/2015
082015-BC	F	Removed (8) 04-5252 from bolt 731-0389. Made cable assemblies symmetric.	MBS	8/21/2015
080615-A	G	REPLACED 731-0022-00XX WITH 32-0029-00XX.	RCA	9/1/2015
091815-B	H	ADDED SCREWS, 02-4086, TO ATTACH WOOD TRIM 27-0077-01	RCA	9/28/2015
092815-A	J	AREVISED 27-0085 TO MOLDED PART, DELETED 05-1040	RCA	9/29/2015
110615-A	K	REPLACE 06-5020 WITH 730-0143, 4 PLS	RCA	11/9/2015



Human Sport Shoulder Chest
HSSC2

REV K

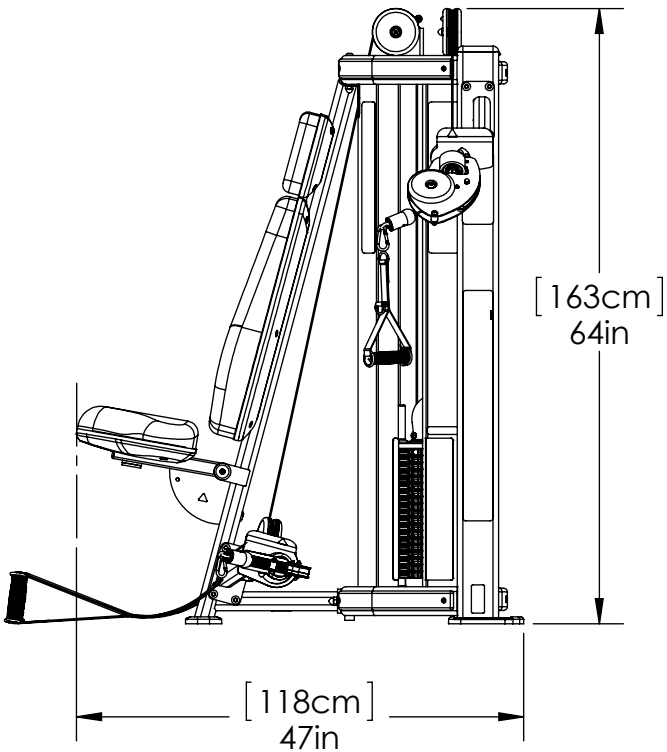
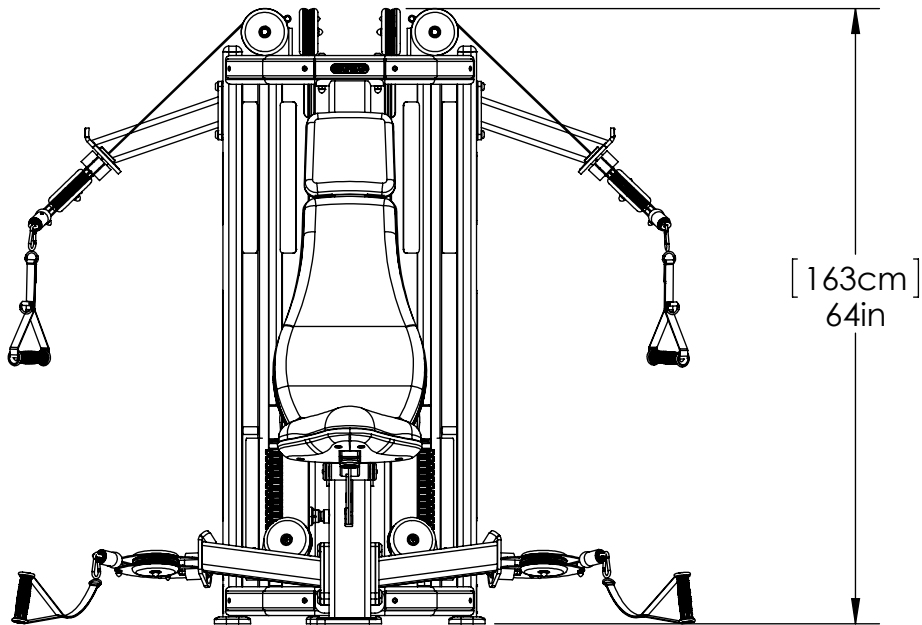
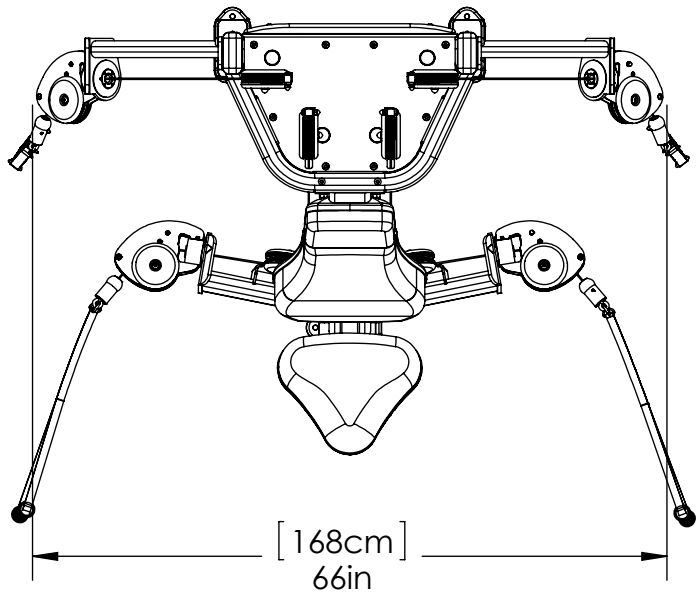
Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205



Red: PAINTED ITEMS
Blue: KITS

- 1. All labeled components are to be assembled before shipment unless otherwise noted.
- 2. All bearings are to be pressed in with force applied to outer ring only.
- 3. All hardware to be torqued to specs listed in chart below.
- 4. Special notes if any are shown below.

HSSC2	2-5-2015	
Description	Inches	Metric
Height	64	163 cm
Width	66"	168 cm
Depth	47"	118 cm
Weight	702 lbs	318 kgs



Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com
Core Health and Fitness, LLC.
support.startrac.com

Human Sport Shoulder Chest
HSSC2

REV K

Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205



-
- Wood - 27-0078
Carbon Fiber - 27-0097
- Wood - 27-0077
Carbon Fiber - 27-0096
- 02-4086 8X
- Wood - 27-0080
Carbon Fiber - 27-0099
- Wood - 27-0077
Carbon Fiber - 27-0096
- 050-2225
- 731-0512
- 050-2022 (Startrac)
- 31-00001-1167
Time and Instruction
Placard Kit for
both sides
(4 Decals)
- 12-1688
- 050-2224
- 731-0512
- 050-2212
- 050-2213A
Weight Decal Kit
for both sides
(4 Decals)
- 19-1052
(Serial Number)
- 731-0517
- Wood - 27-0077
Carbon Fiber - 27-0096
- 731-0512
- 731-0512
- Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com

7-0080
r - 27-0099

Wood - 27-0081
Carbon Fiber - 27-0100

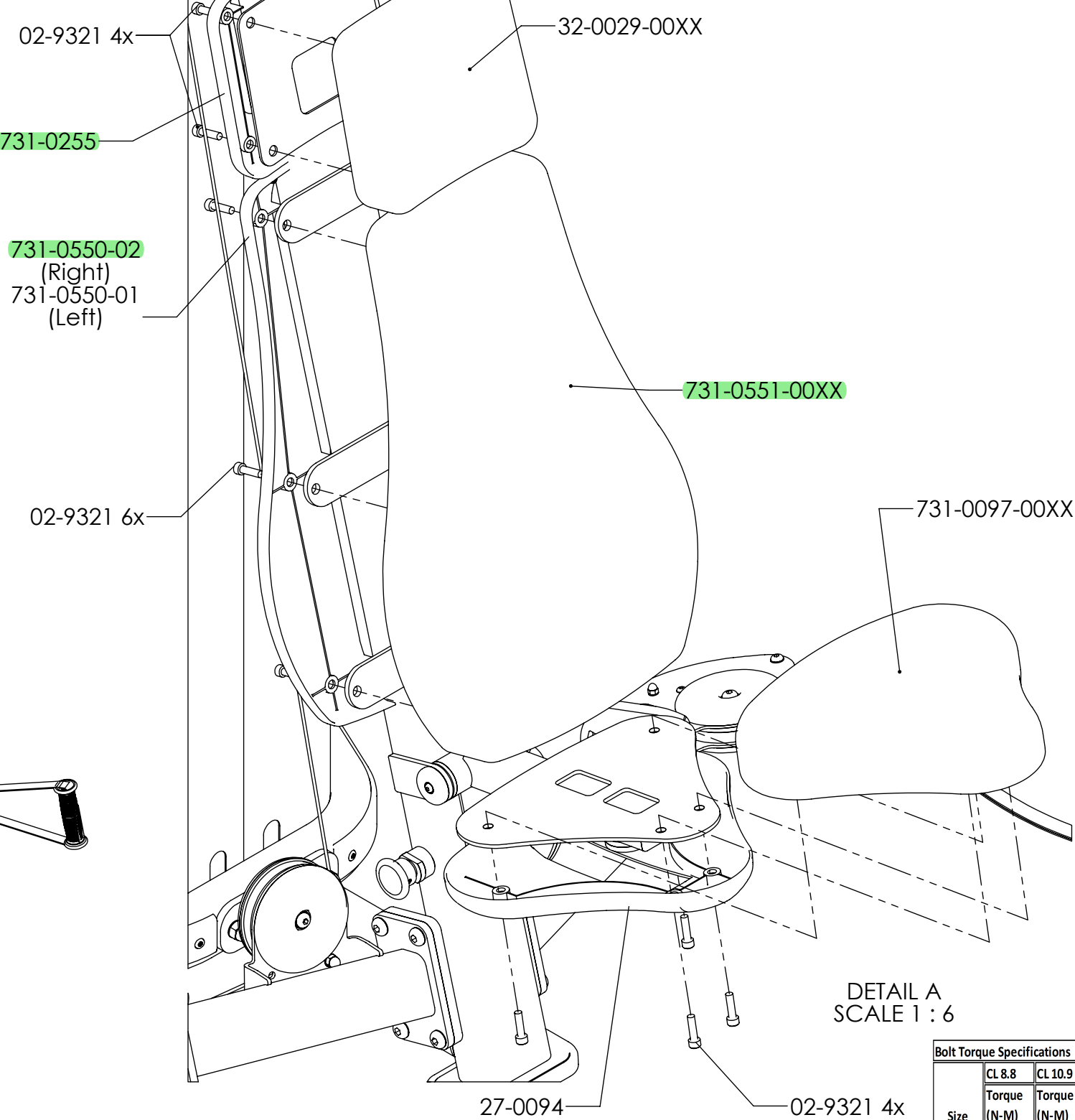
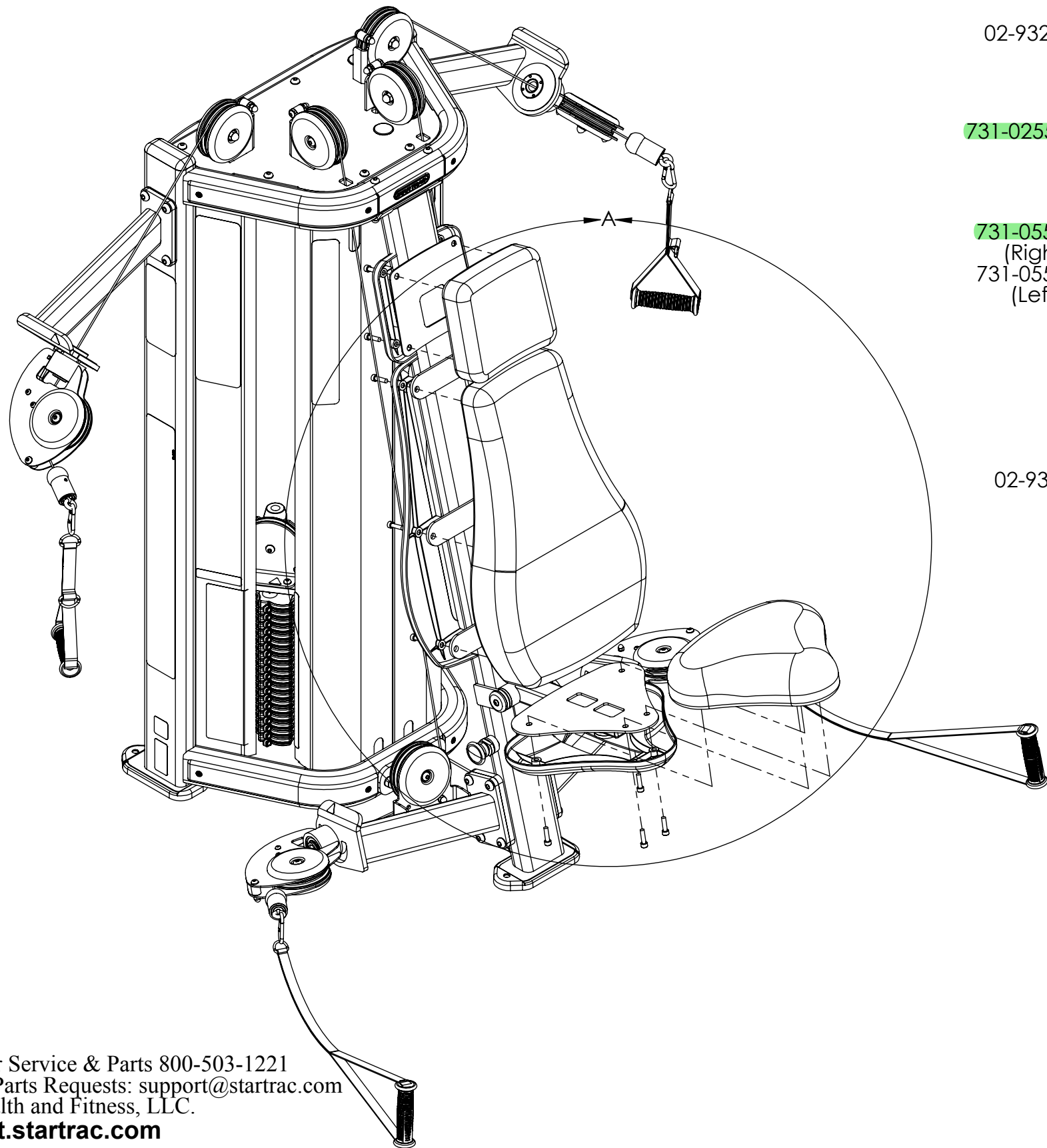
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205

Human Sport Shoulder Chest
HSSC2

REV K

Red: PAINTED ITEMS
Blue: KITS

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



DETAIL A
SCALE 1 : 6

Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205

Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com
Core Health and Fitness, LLC.
support.startrac.com

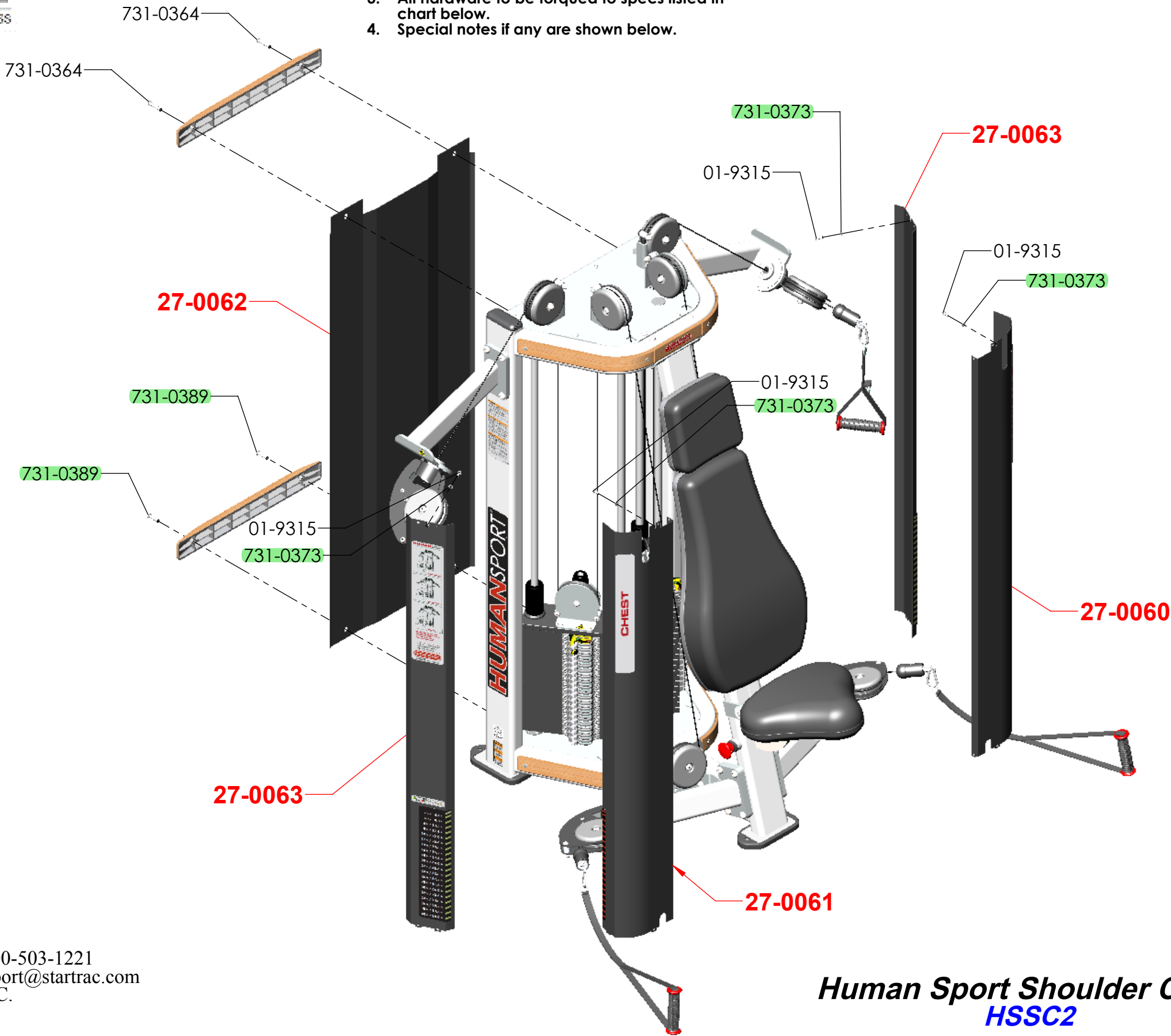
Human Sport Shoulder Chest
HSSC2

REV K

Red: PAINTED ITEMS

Blue: KITS

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



Customer Service & Parts 800-503-1221

General Parts Requests: support@startrac.com

Core Health and Fitness, LLC.

support.startrac.com

Human Sport Shoulder Chest

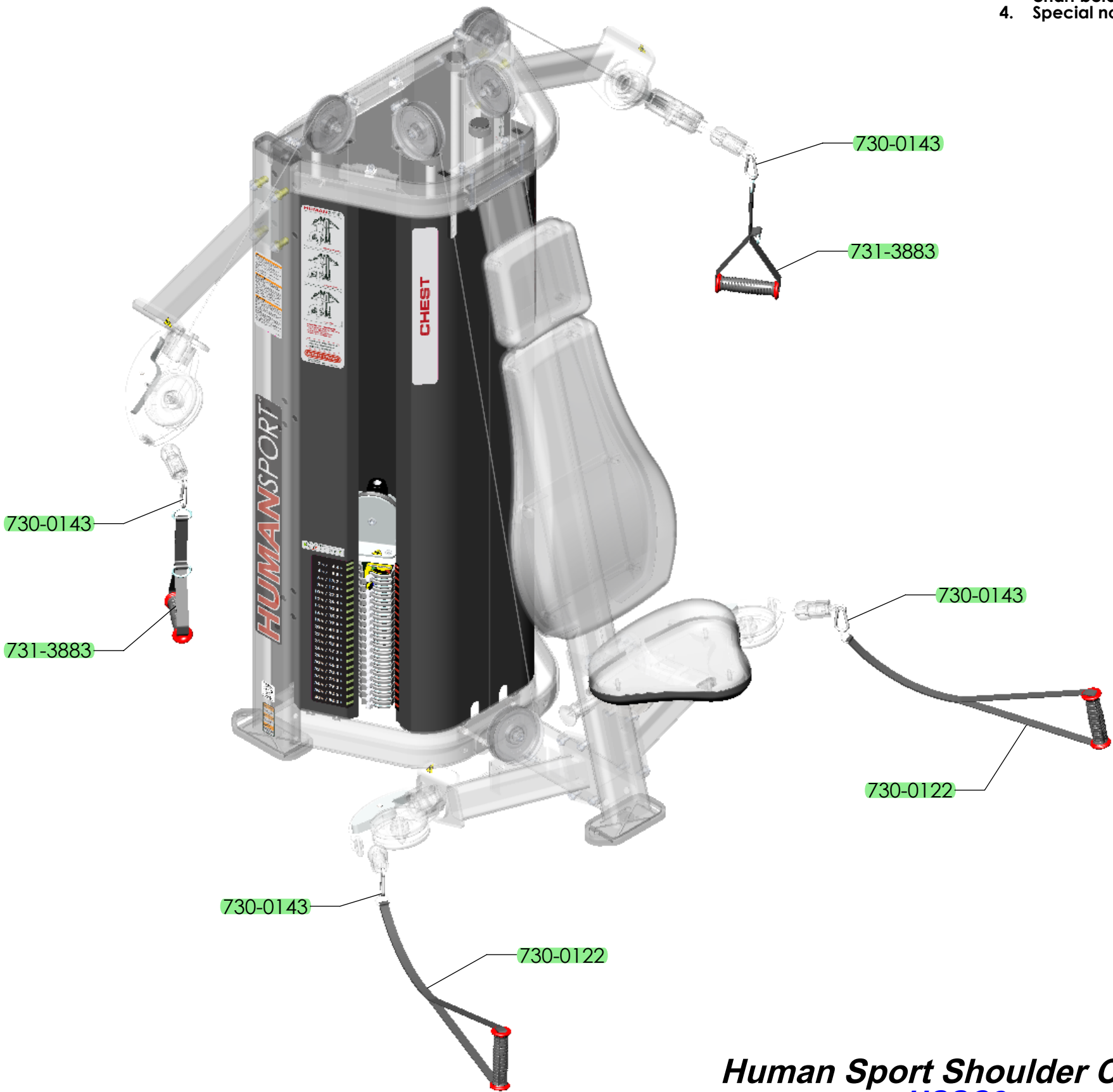
HSSC2

REV K

Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205

Red: PAINTED ITEMS
Blue: KITS

- 1. All labeled components are to be assembled before shipment unless otherwise noted.
- 2. All bearings are to be pressed in with force applied to outer ring only.
- 3. All hardware to be torqued to specs listed in chart below.
- 4. Special notes if any are shown below.



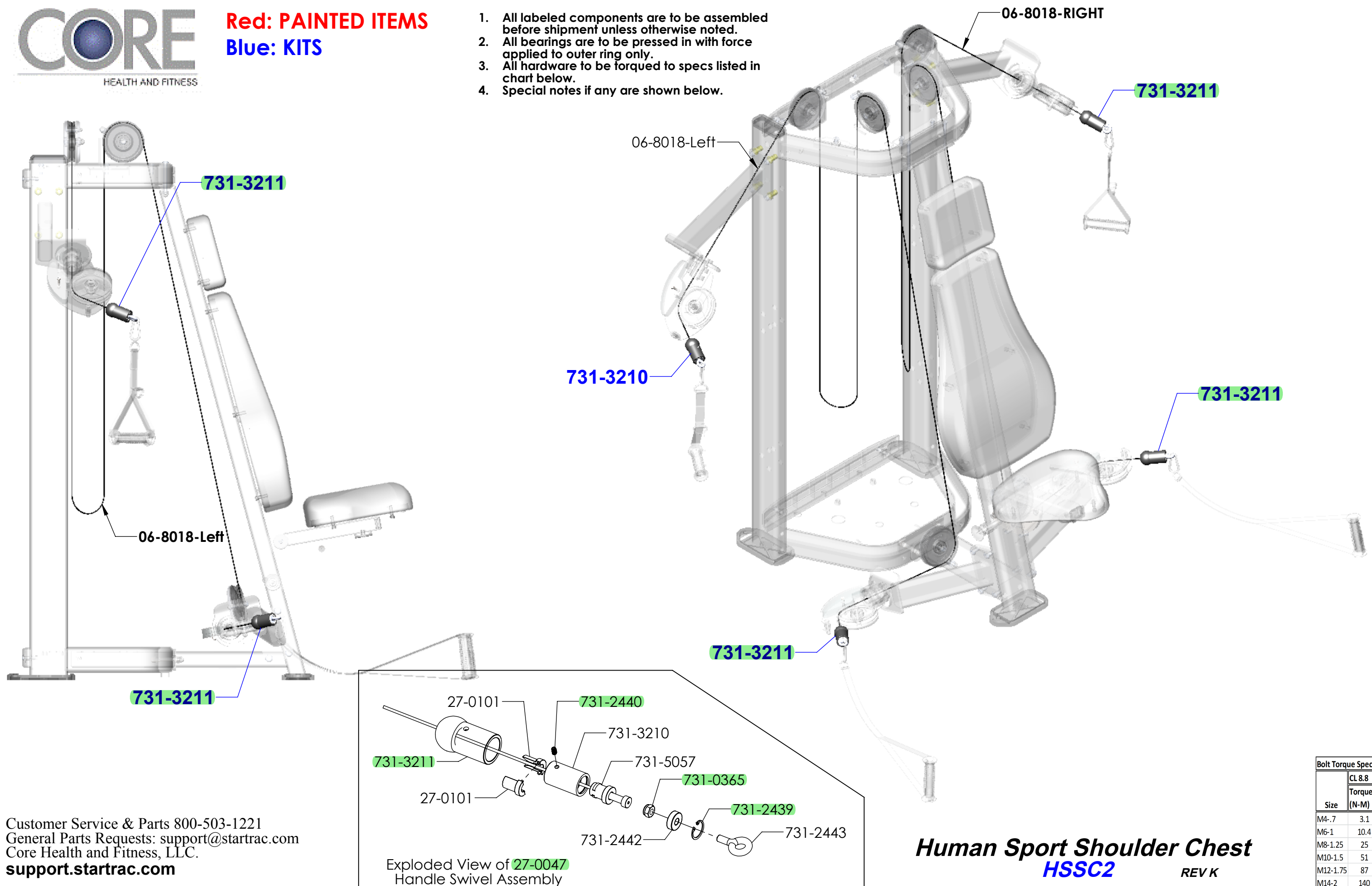
Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com
Core Health and Fitness, LLC.
support.startrac.com

Human Sport Shoulder Chest
HSSC2

REV K

Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	15.5
M6-1	10.4	37
M8-1.25	25	75
M10-1.5	51	160
M12-1.75	87	205
M14-2	140	

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

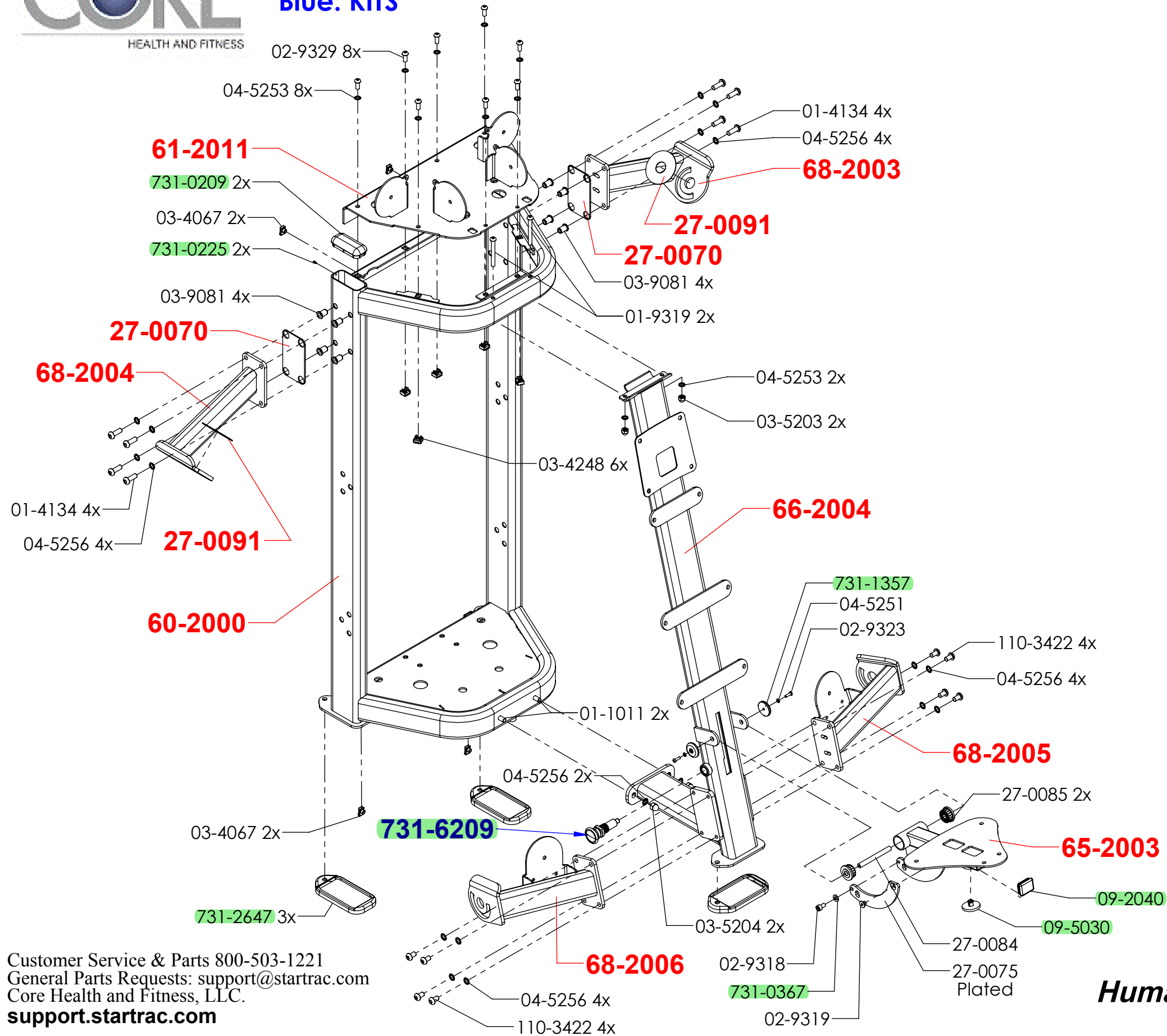


Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com
Core Health and Fitness, LLC.
support.startrac.com

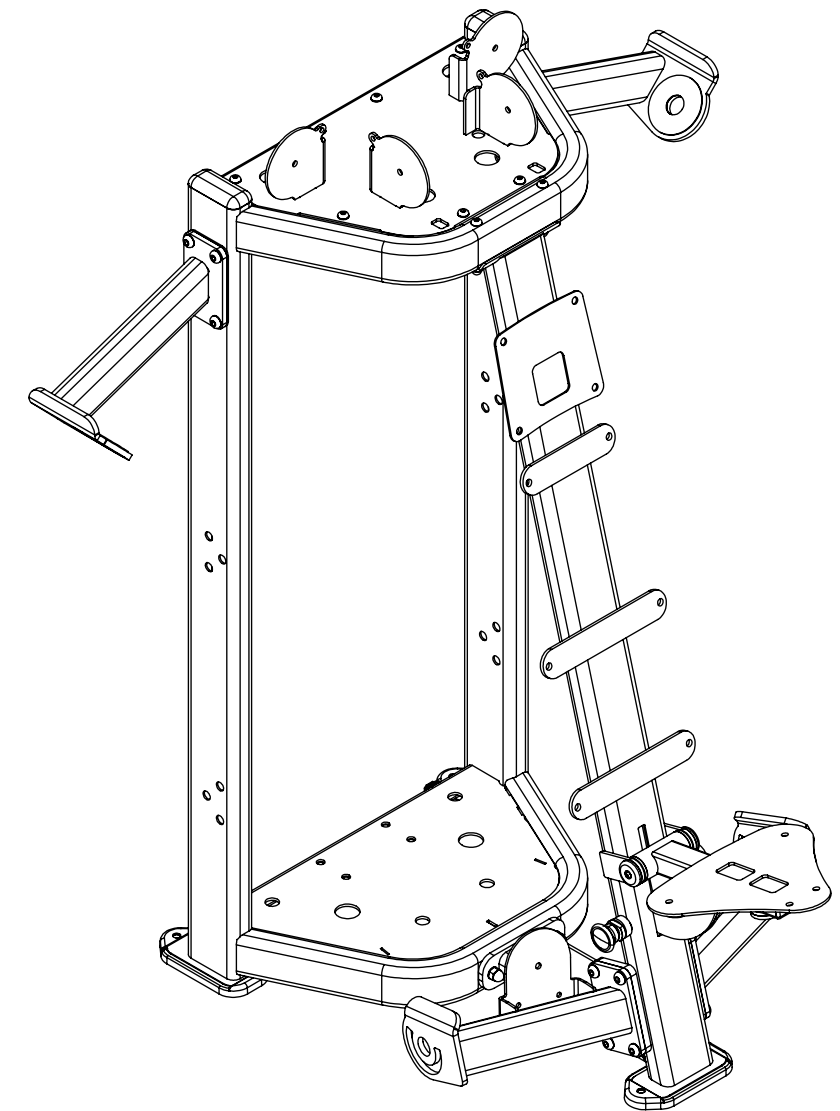
Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205

Red: PAINTED ITEMS

Blue: KITS



1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com
Core Health and Fitness, LLC.
support.startrac.com

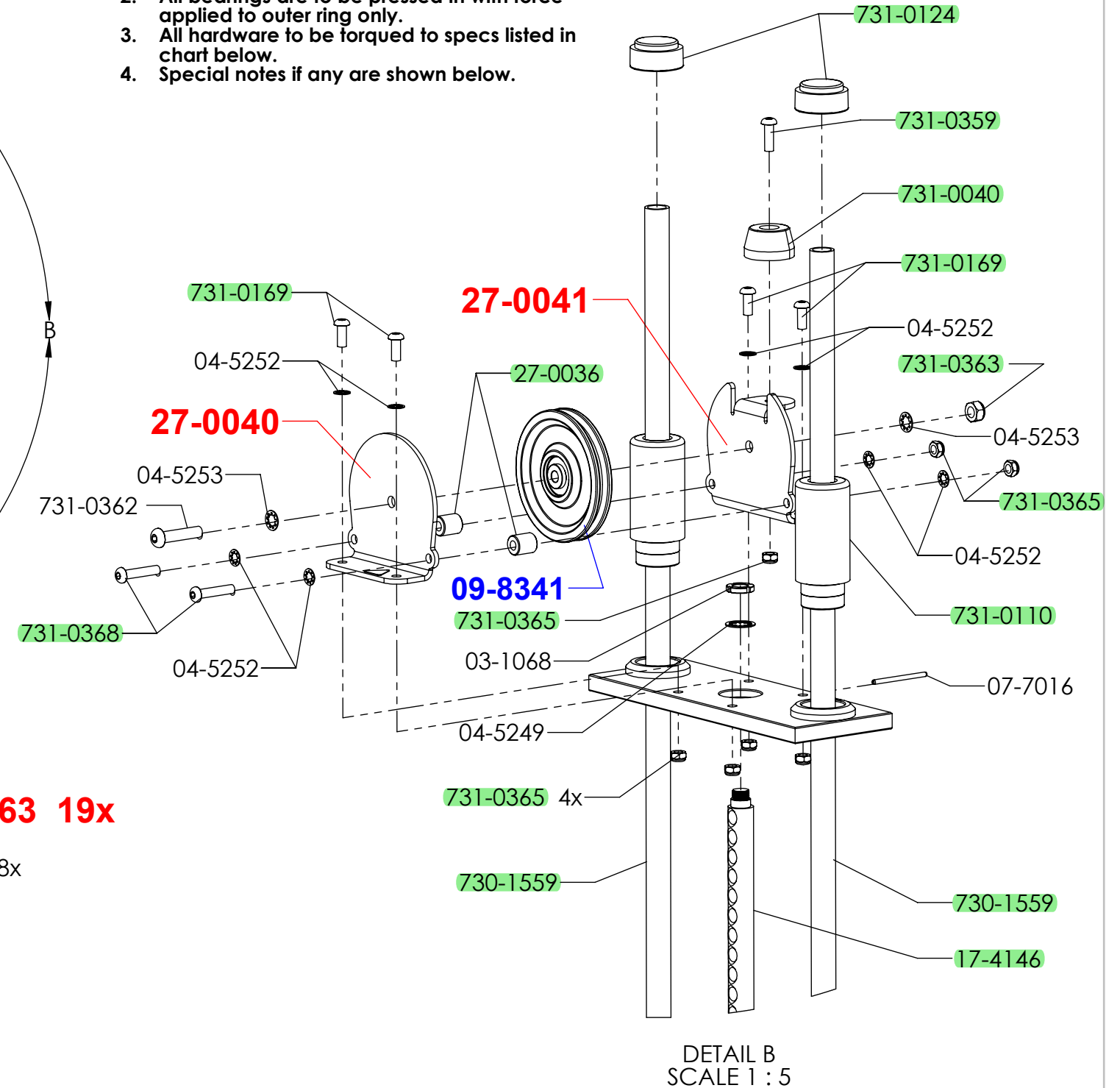
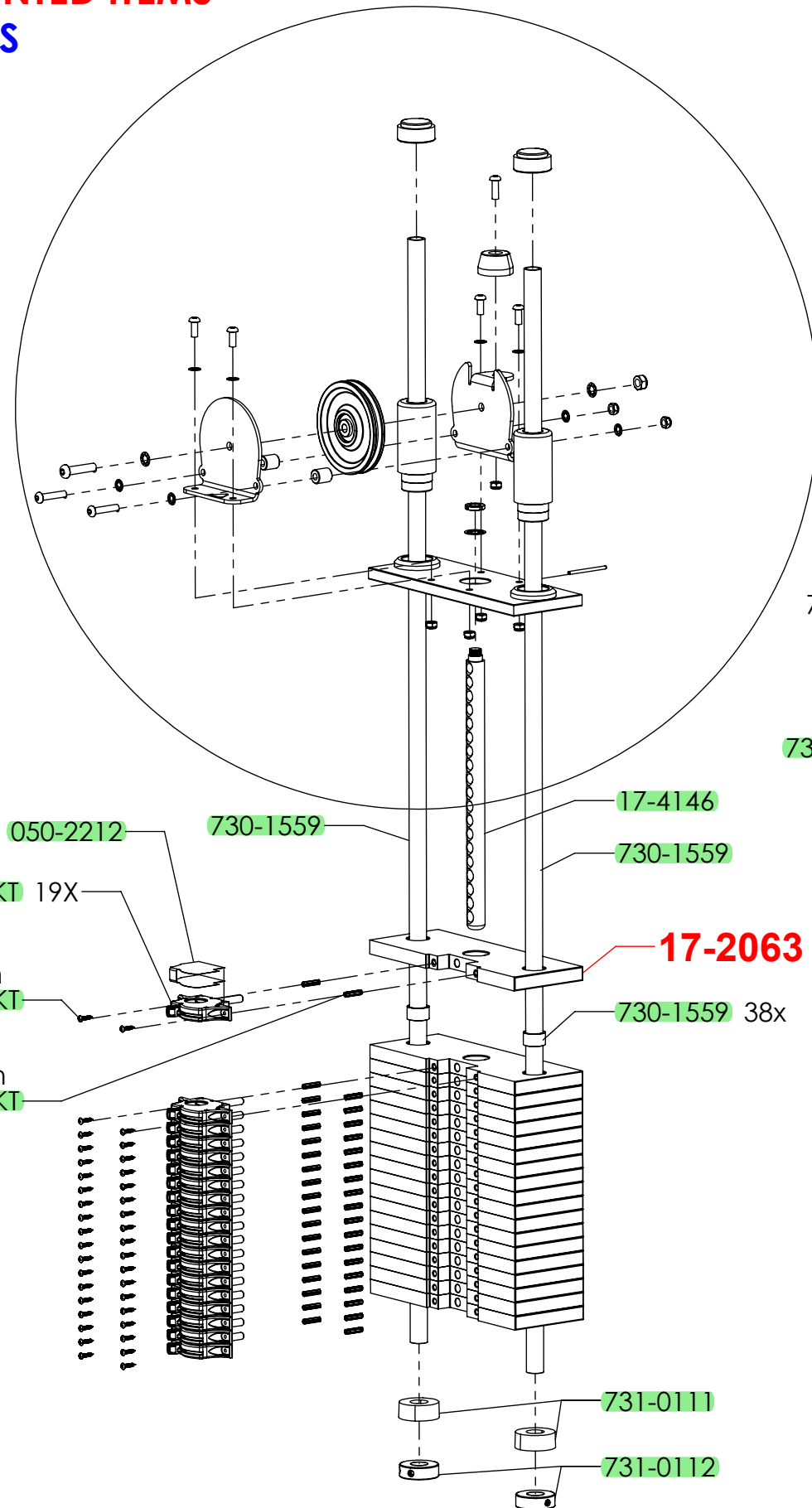
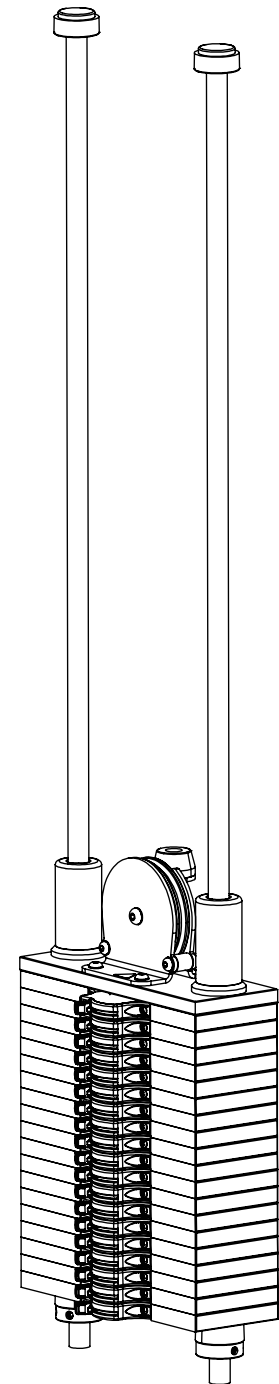
Human Sport Shoulder Chest
HSSC2
REV K

Bolt Torque Specifications		
	CL 8.8	CL 10.9
Size	Torque (N-M)	Torque (N-M)
M4-7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205

Red: PAINTED ITEMS

Blue: KITS

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com
Core Health and Fitness, LLC.
support.startrac.com

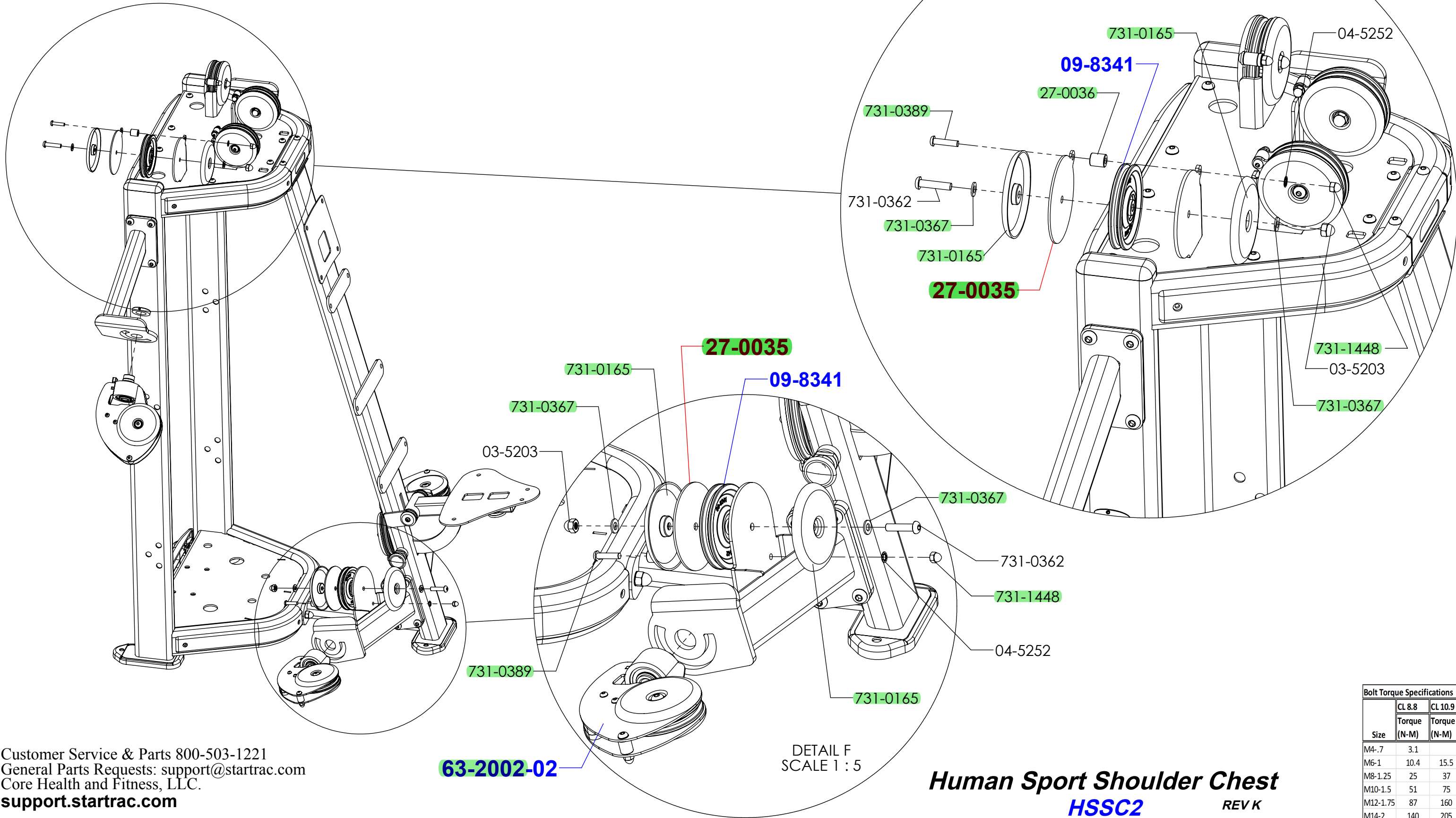
Human Sport Shoulder Chest
HSSC2

REV K

Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205

Red: PAINTED ITEMS
Blue: KITS

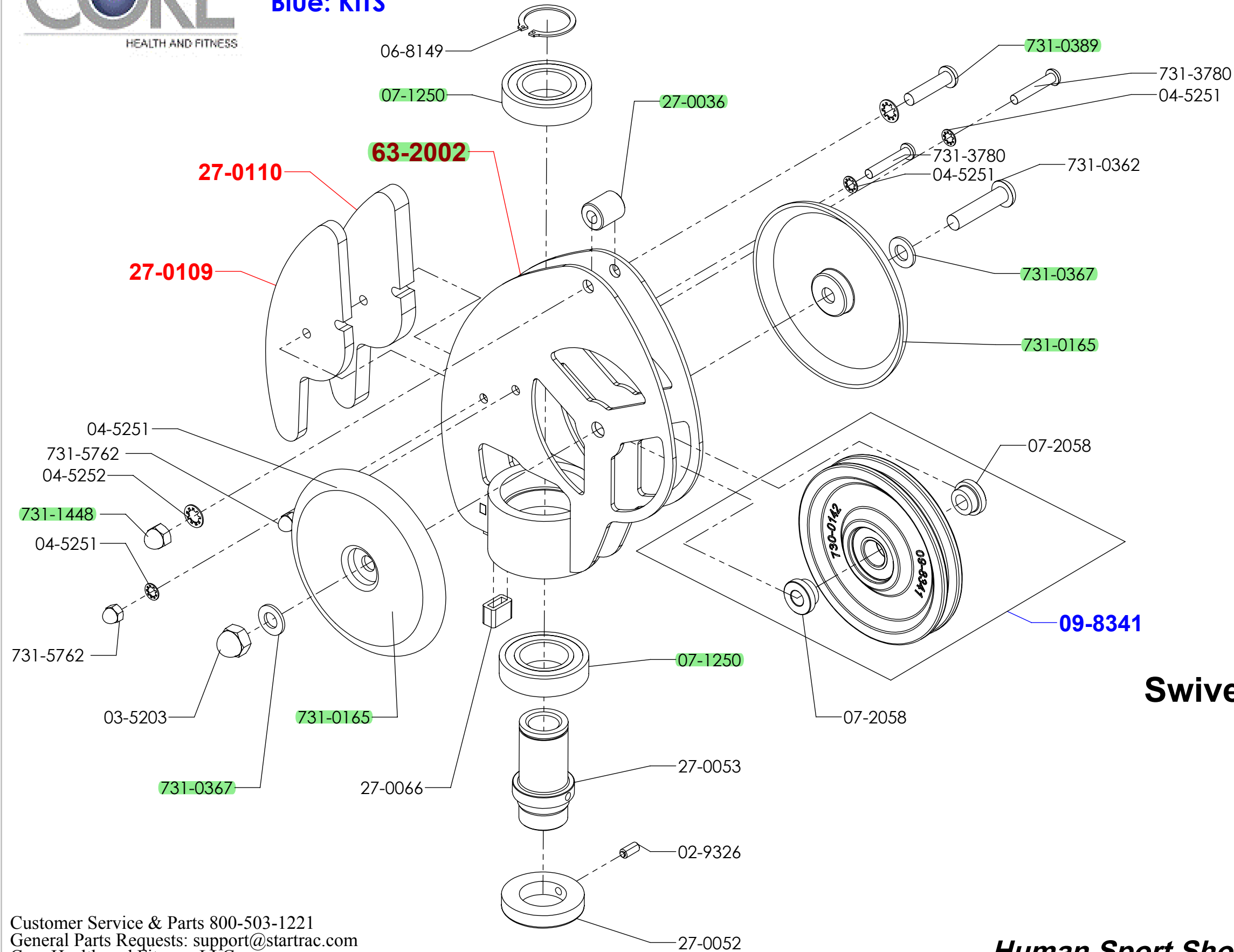
1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.



Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com
Core Health and Fitness, LLC.
support.startrac.com

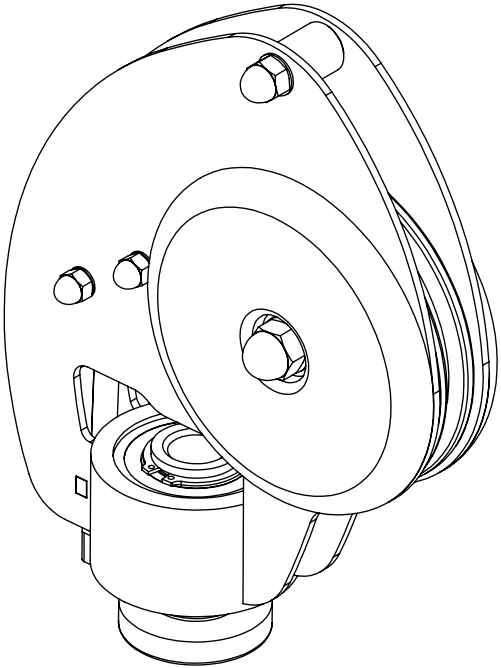
Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205

Red: PAINTED ITEMS
Blue: KITS



1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

Note: Bolt heads face outside assembly.



95-0687

Swivel Pulley Bracket Assembly

Customer Service & Parts 800-503-1221
General Parts Requests: support@startrac.com
Core Health and Fitness, LLC.
support.startrac.com

Human Sport Shoulder Chest
HSSC2

REV K

Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205

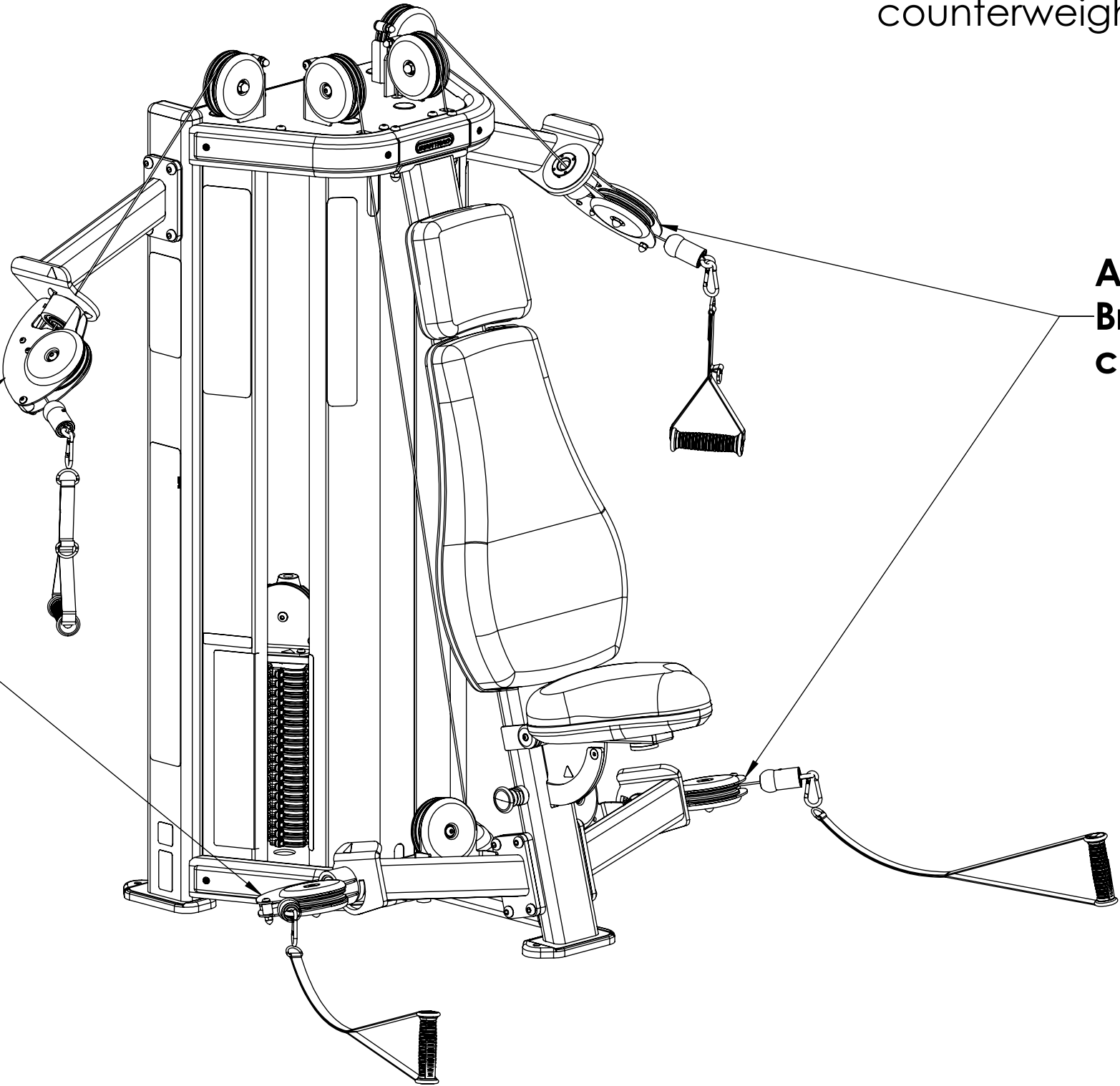
Red: PAINTED ITEMS
Blue: KITS

1. All labeled components are to be assembled before shipment unless otherwise noted.
2. All bearings are to be pressed in with force applied to outer ring only.
3. All hardware to be torqued to specs listed in chart below.
4. Special notes if any are shown below.

HUMAN SPORT SHOULDER CHEST:
All pulley brackets get counterweights.

All Swiveling Pulley Brackets DO get counterweights.

All Swiveling Pulley Brackets DO get counterweights.



Bolt Torque Specifications		
Size	CL 8.8	CL 10.9
	Torque (N-M)	Torque (N-M)
M4-.7	3.1	
M6-1	10.4	15.5
M8-1.25	25	37
M10-1.5	51	75
M12-1.75	87	160
M14-2	140	205