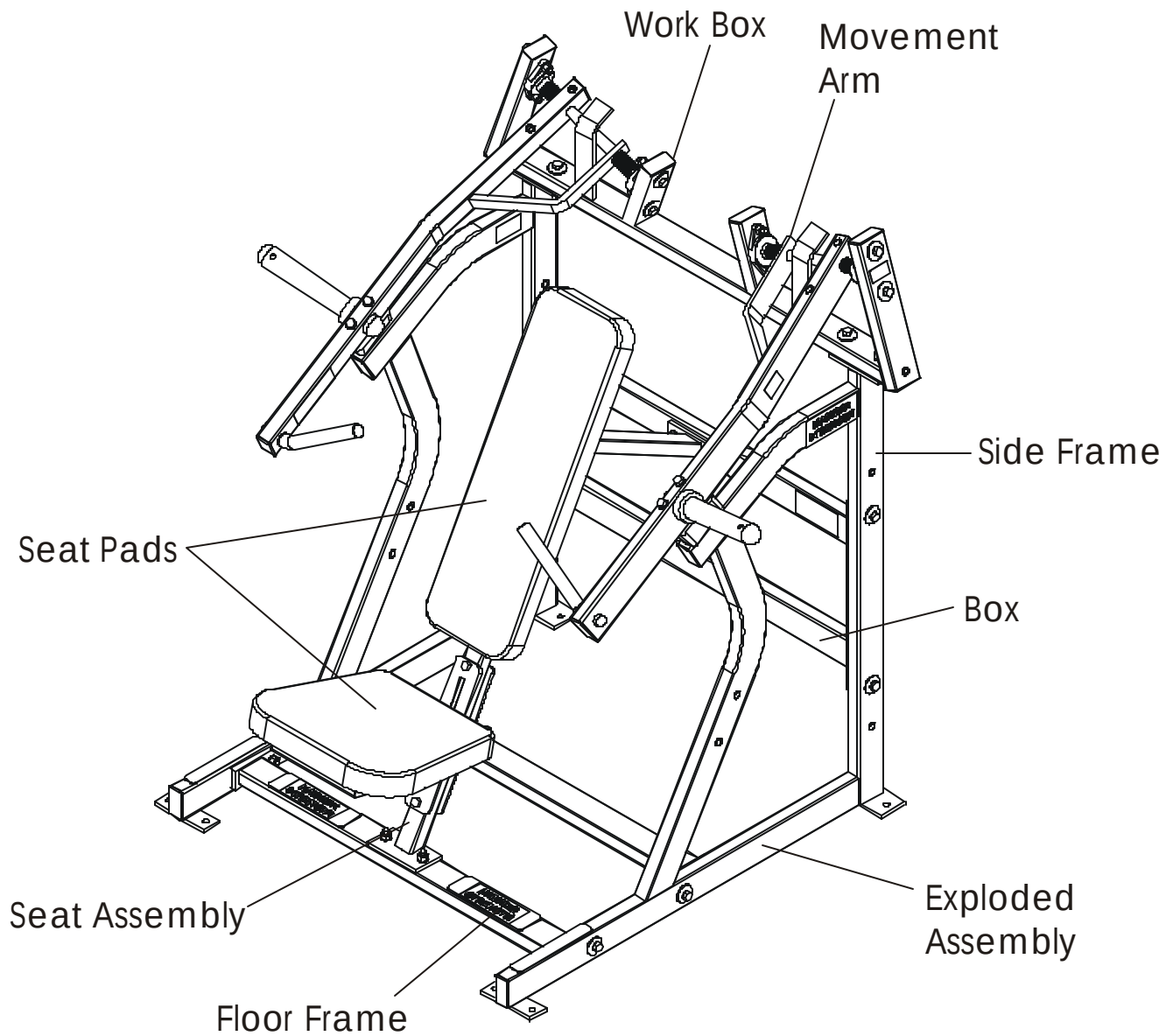


# ***HAMMER STRENGTH EQUIPMENT***

## **ILFMP - ISO Front Military Press Assembly Rev. B**

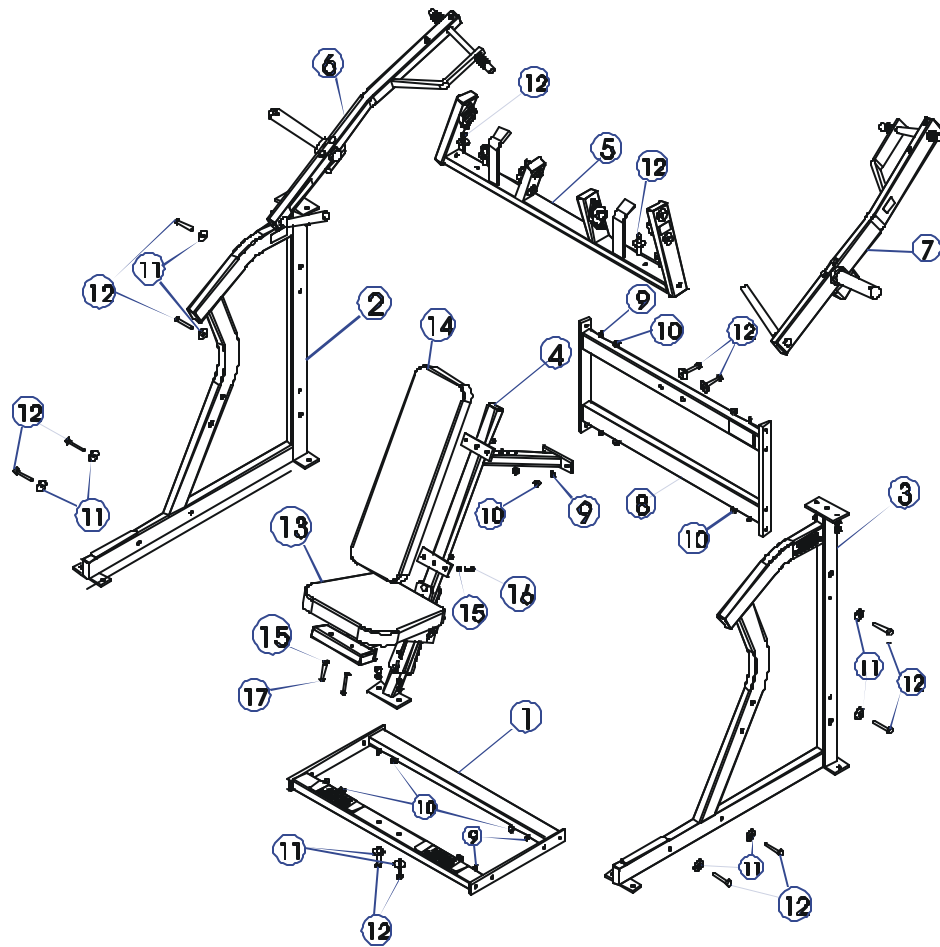
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# HAMMER STRENGTH EQUIPMENT

## ILFMP - Exploded Assembly

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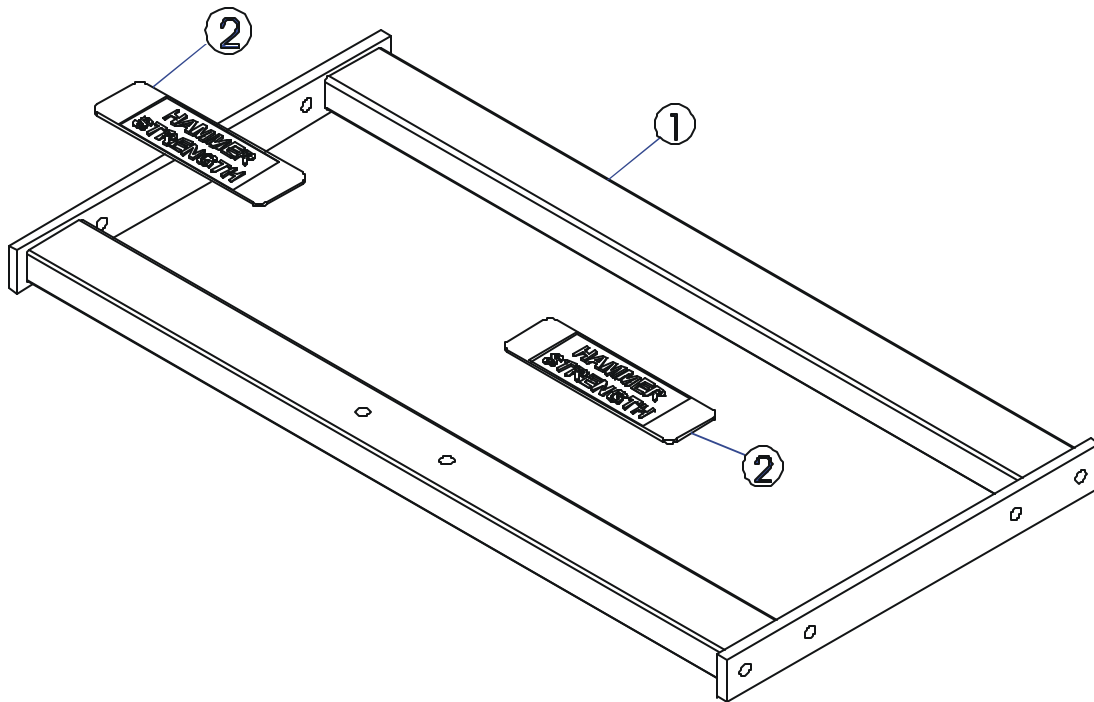


| ITEM NO. | QTY. | PART NO.     | DESCRIPTION               |
|----------|------|--------------|---------------------------|
| 1        | 1    | ILFMP-CFX-0  | Floor Frame Assembly      |
| 2        | 1    | ILFMP-CSFR-0 | Right Side Frame Assembly |
| 3        | 1    | ILFMP-CSFL-0 | Left Side Frame Assembly  |
| 4        | 1    | ILFMP-CST-0  | Seat Frame Assembly       |
| 5        | 1    | ILFMP-CTX-0  | Workbox Assembly          |
| 6        | 1    | ILFMP-CMAR-0 | Right Marm Assembly       |
| 7        | 1    | ILFMP-CMAL-0 | Left Marm Assembly        |
| 8        | 1    | ILFMP-CBX-0  | Back Frame Assembly       |
| 9        | 16   | WASH.5STAR   | 1/2" Internal Lock Washer |
| 10       | 16   | NUT.5LOCK    | 1/2" Thick Lock Nut       |
| 11       | 16   | H-BACK-WASH  | Backing Washer            |
| 12       | 16   | HHB.5X3      | 1/2 X 3 Bolt              |
| 13       | 1    | U16-11       | Standard 16" Pad          |
| 14       | 1    | U33-19       | Standard 33" Pad          |
| 15       | 8    | WASH.375SAE  | 3/8" SAE Flat Washer      |
| 16       | 6    | HHB.375X1.5  | 3/8 X 1 1/2 Bolt          |
| 17       | 2    | HHB.375X2.5  | 3/8 X 2 1/2 Bolt          |

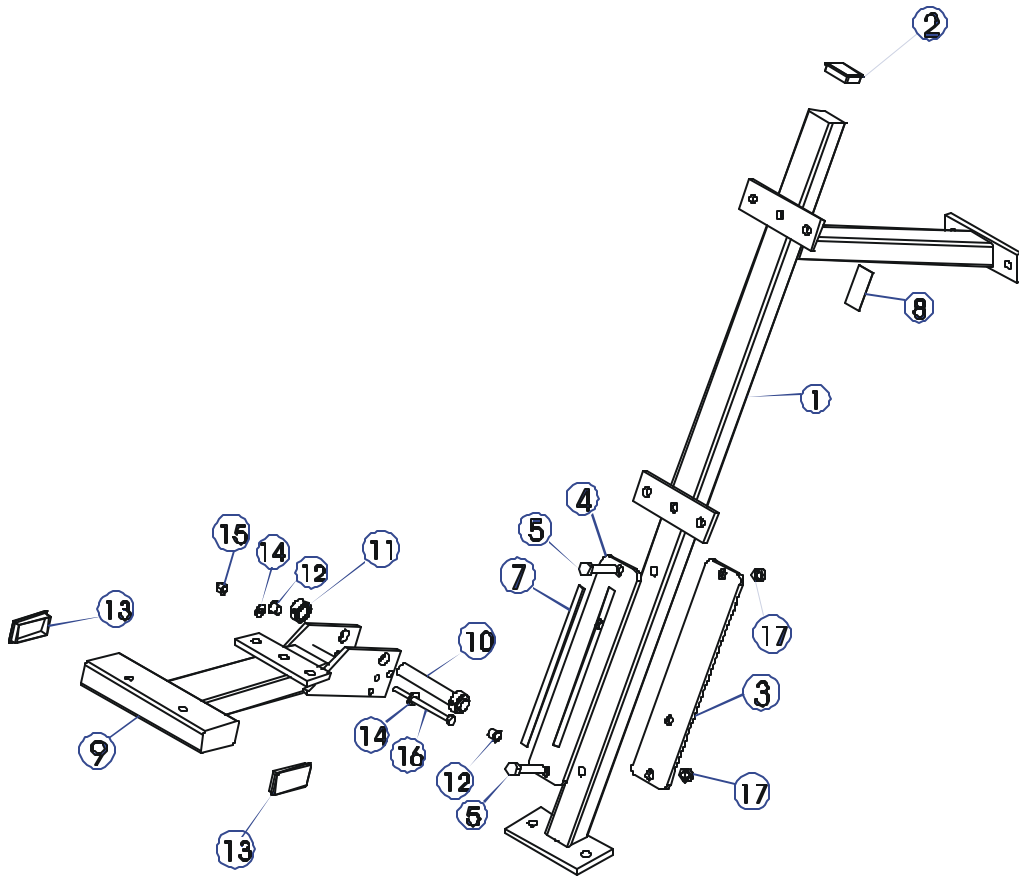
## ***HAMMER STRENGTH EQUIPMENT***

### **ILFMP - Floor Frame**

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| ITEM NO. | QTY. | PART NO.   | DESCRIPTION       |
|----------|------|------------|-------------------|
| 1        | 1    | ILFMP-FX-0 | Floor Frame       |
| 2        | 2    | H-NONSKID3 | 2 5/8 X 9 Nonskid |

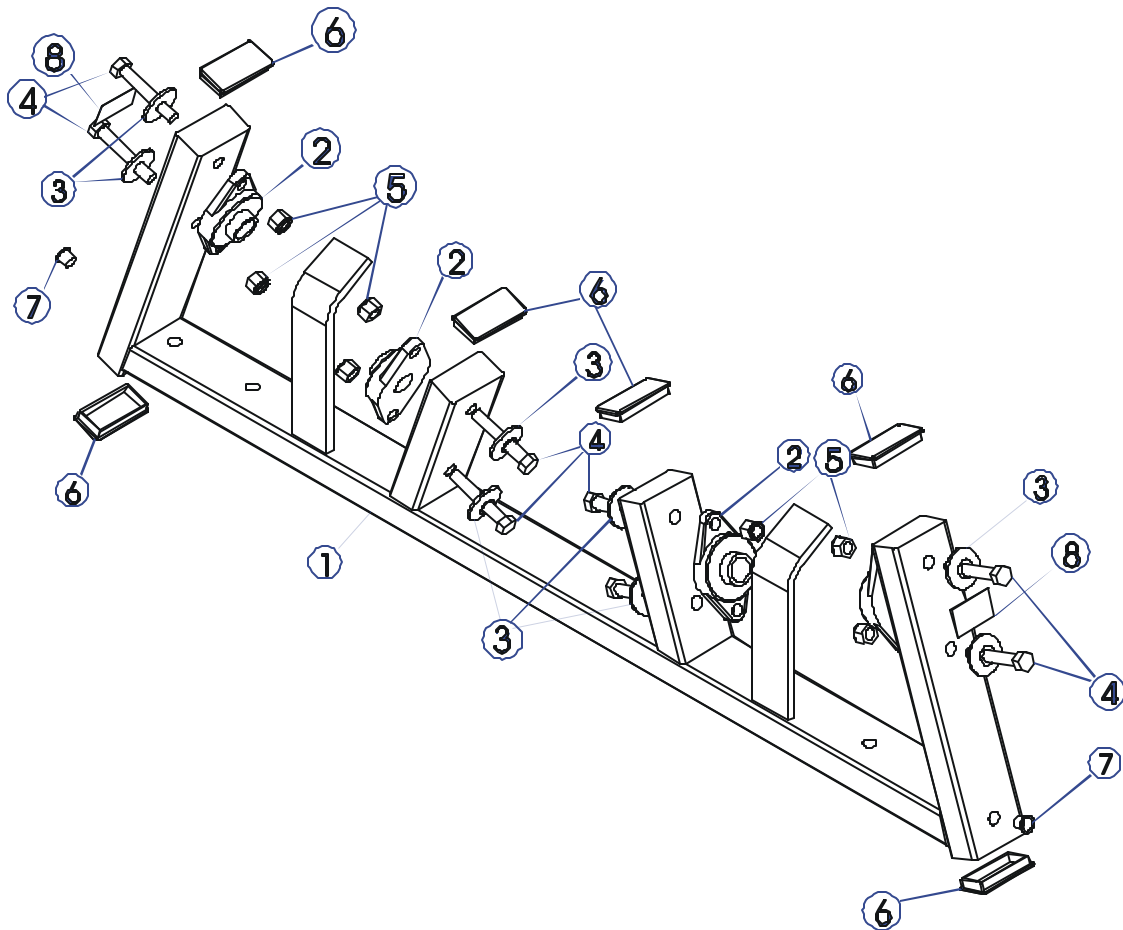


| ITEM NO. | QTY. | PART NO.       | DESCRIPTION          |
|----------|------|----------------|----------------------|
| 1        | 1    | ILFMP-ST-0     | Seat Frame           |
| 2        | 1    | H-PEND2        | 1 1/2 X 2 Endcap     |
| 3        | 1    | H-SEATRCKS-RIB | Seatrack Back        |
| 4        | 1    | H-SEATRCKS     | Seatrack Front       |
| 5        | 2    | HHB.5X2.5      | 1/2 X 2 1/2 Bolt     |
| 7        | 1    | SEAT NUMBER    | Seat Adj. Number     |
| 8        | 1    | SERIAL NUMBER  | Serial Number        |
| 9        | 1    | STD-ST3        | Standard Seat 3      |
| 10       | 1    | STshft         | Seat Shaft           |
| 11       | 2    | H-LCOLLAR75    | 3/4" Lock Collar     |
| 12       | 2    | H-HPLUG        | 9/16" Hole Plug      |
| 13       | 2    | H-PEND3        | 1 1/2 X 3 End Cap    |
| 14       | 2    | WASH.375SAE    | 3/8" SAE Flat Washer |
| 15       | 1    | NUT.375LOCK    | 3/8" Thick Lock Nut  |
| 16       | 1    | HHB.375X4.5    | 3/8 X 4.5 Bolt       |
| 17       | 2    | NUT.5JAM       | 1/2" Thin Lock Nut   |

## HAMMER STRENGTH EQUIPMENT

### ILFMP - Workbox

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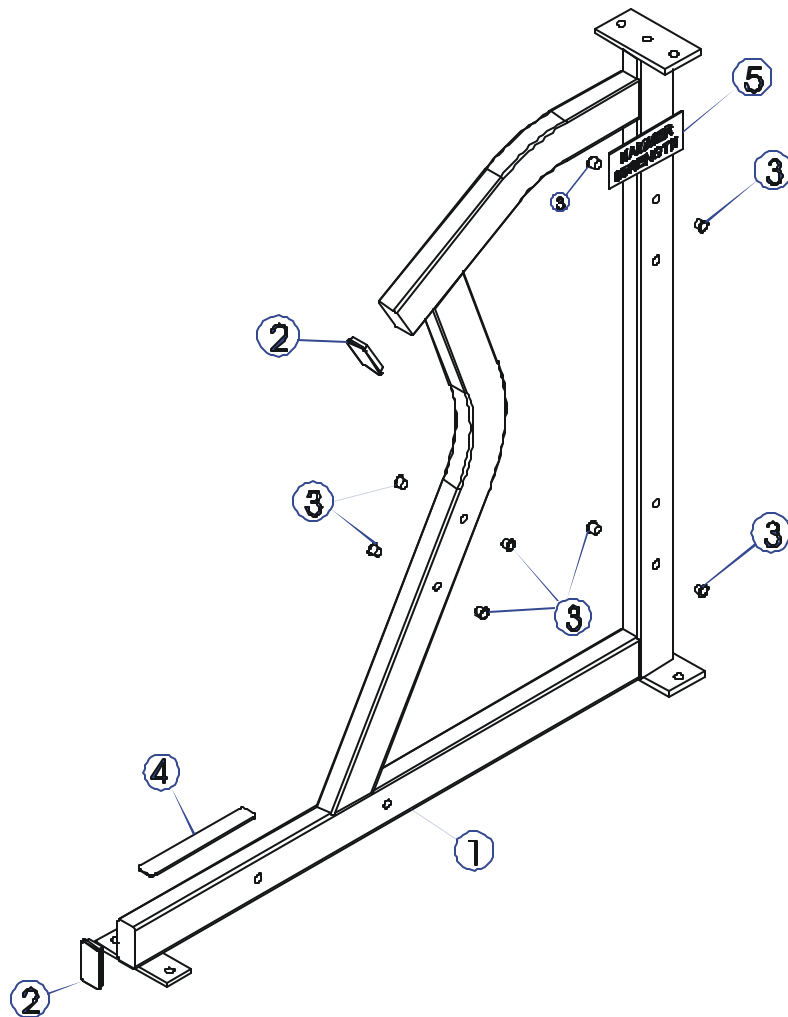


| ITEM NO. | QTY. | PART NO.    | DESCRIPTION         |
|----------|------|-------------|---------------------|
| 1        | 1    | ILFMP-TX-0  | Workbox             |
| 2        | 4    | H-BEAR-SML  | Small Bearing       |
| 3        | 8    | H-BACK-WASH | Backing Washer      |
| 4        | 8    | HHB.5X3     | 1/2 X 3 Bolt        |
| 5        | 8    | NUT.5LOCK   | 1/2" Thick Lock Nut |
| 6        | 6    | H-PEND3     | 1 1/2 X 3 End Cap   |
| 7        | 2    | H-HPLUG     | 9/16" Hole Plug     |
| 8        | 2    | STAY CLEAR  | Stay Clear Decal    |

## ***HAMMER STRENGTH EQUIPMENT***

### **ILFMP - Side Frame**

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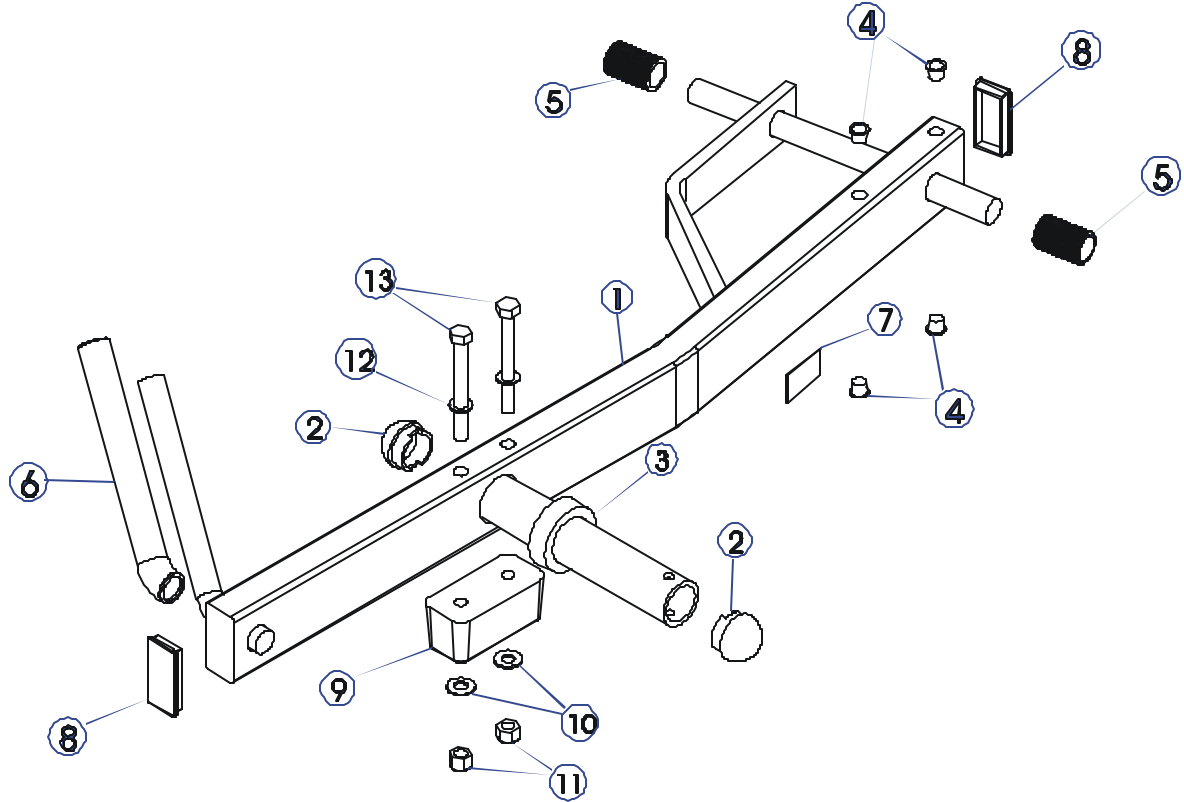


| ITEM NO. | QTY. | PART NO.    | DESCRIPTION       |
|----------|------|-------------|-------------------|
| 1        | 1    | ILFMP-SF-0  | Side Frame        |
| 2        | 2    | H-PEND3     | 1 1/2 X 3 End Cap |
| 3        | 8    | H-HPLUG     | 9/16" Hole Plug   |
| 4        | 1    | H-NONSKID1  | 1 1/4 X 9 Nonskid |
| 5        | 1    | H-NAMEPLATE | Name Plate        |

## HAMMER STRENGTH EQUIPMENT

### ILFMP - Movement Arm

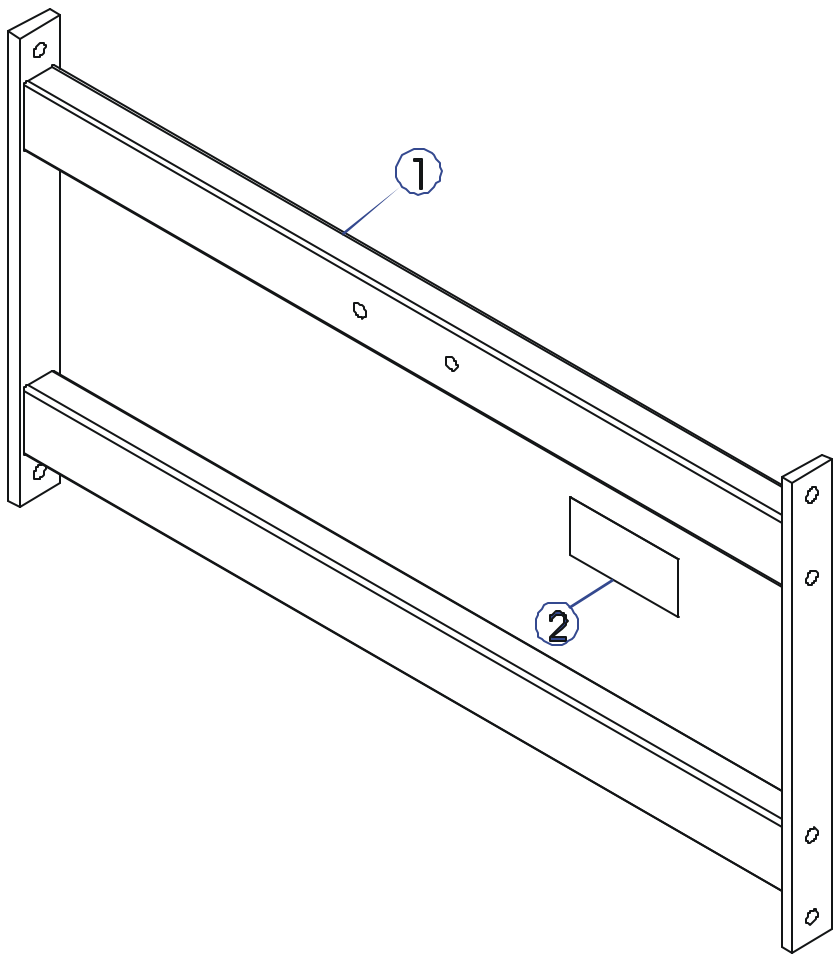
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| ITEM NO. | QTY. | PART NO.          | DESCRIPTION               |
|----------|------|-------------------|---------------------------|
| 1        | 1    | ILFMP-MAR-0       | Right Movement Arm        |
| 1        | 1    | ILFMP-MAL-0       | Left Movement Arm         |
| 2        | 2    | H-BENDCAP         | Bullet Cap                |
| 3        | 1    | H-RUBRNG          | MM5 Ring                  |
| 4        | 4    | H-HPLUG           | 9/16" Hole Plug           |
| 5        | 2    | ACCORDIAN         | Shaft Guard               |
| 6        | 1    | H-GRIP(ILFMP-B00) | HandGrip                  |
| 7        | 1    | STAY CLEAR        | Stay Clear Decal          |
| 8        | 2    | H-PEND3           | 1 1/2 X 3 End Cap         |
| 9        | 1    | H-BUMP-MED        | MM2 Medium                |
| 10       | 2    | WASH.5SAE         | 1/2" SAE Flat Washer      |
| 11       | 2    | NUT.5LOCK         | 1/2" Thick Lock Nut       |
| 12       | 2    | WASH.5STAR        | 1/2" Internal Lock Washer |
| 13       | 2    | HHB.5X4.5         | 1/2 X 4 1/2 Bolt          |

**HAMMER STRENGTH EQUIPMENT**  
**ILFMP - Box**

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| ITEM NO. | QTY. | PART NO.        | DESCRIPTION   |
|----------|------|-----------------|---------------|
| 1        | 1    | ILFMP-BX-0      | BX            |
| 2        | 1    | WARNING LARGE-H | Large Warning |