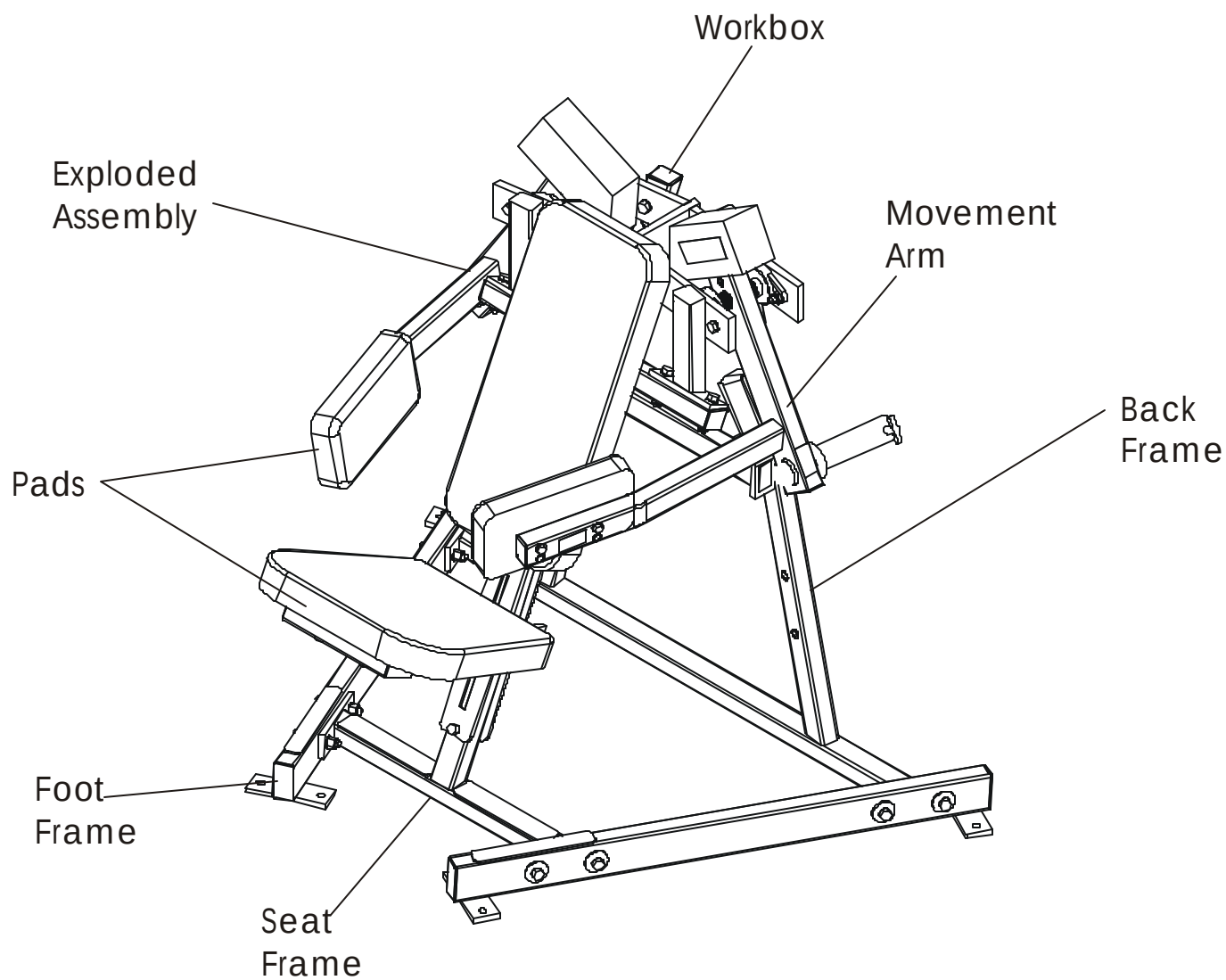


# ***HAMMER STRENGTH EQUIPMENT***

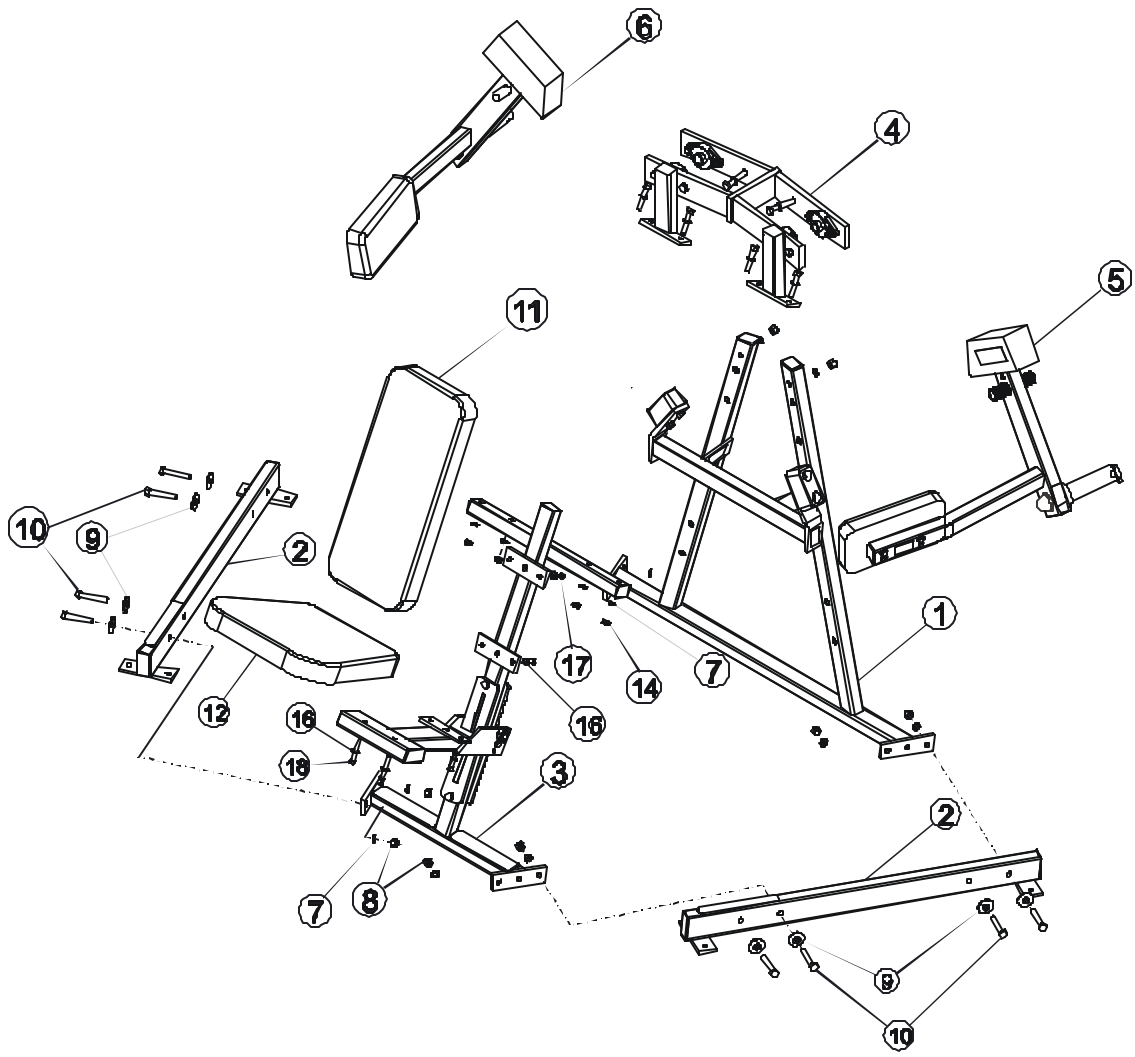
## **PLLR - Plate Loaded Lateral Raise Assembly**

---



# HAMMER STRENGTH EQUIPMENT

## PLLR – Exploded Assembly

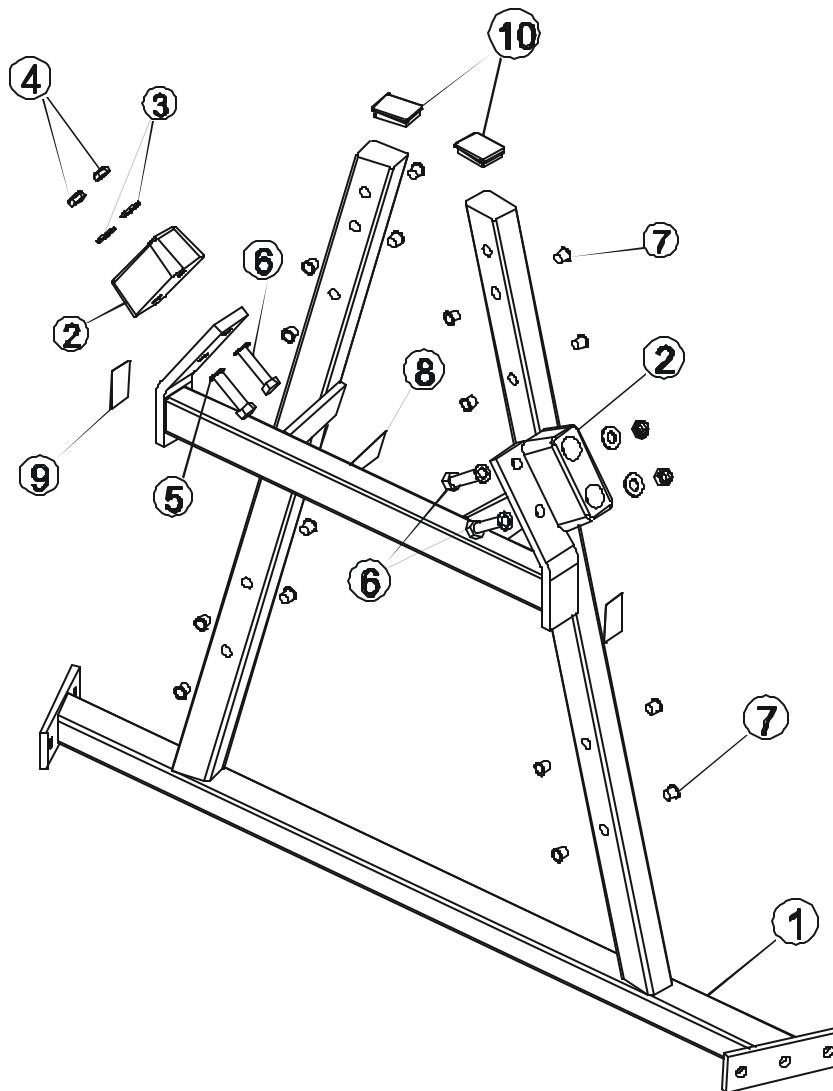


| ITEM NO | QTY | PART NO.     | DESCRIPTION               |
|---------|-----|--------------|---------------------------|
| 1       | 1   | PLLR-CBX-0   | Back Frame Assembly       |
| 2       | 2   | PLLR-CFX-0   | Foot Frame Assembly       |
| 3       | 1   | PLLR-CST-0   | Seat Frame Assembly       |
| 4       | 1   | PLLR-CWB-0   | Workbox Asm.              |
| 5       | 1   | PLLR-CMAL-0  | Left Marm Assembly        |
| 6       | 1   | PLLR-CMAR-0  | Right Marm Asm            |
| 7       | 20  | WASH.5STAR   | 1/2" Internal Lock Washer |
| 8       | 10  | NUT.5LOCK    | 1/2" Thick Lock Nut       |
| 9       | 8   | H-BACK-WASH  | Backing Washer            |
| 10      | 10  | HHB.5X3      | 1/2 X 3 Bolt              |
| 11      | 1   | U24-10       | Standard 24" Pad          |
| 12      | 1   | U16-11       | Standard 16" Pad          |
| 13      | 2   | U12-4.5      | 12" Rectangular Pad       |
| 14      | 4   | NUT.5JAMLOCK | 1/2" Thin Lock Nut        |
| 15      | 4   | HHB.5X2.5    | 1/2 X 2 1/2 Bolt          |
| 16      | 12  | WASH.375SAE  | 3/8" SAE Flat Washer      |
| 17      | 6   | HHB.375X1.5  | 3/8 X 1 1/2 Bolt          |
| 18      | 6   | HHB.375X2.5  | 3/8 X 2 1/2 Bolt          |

## HAMMER STRENGTH EQUIPMENT

### PLLR – Back Frame

---

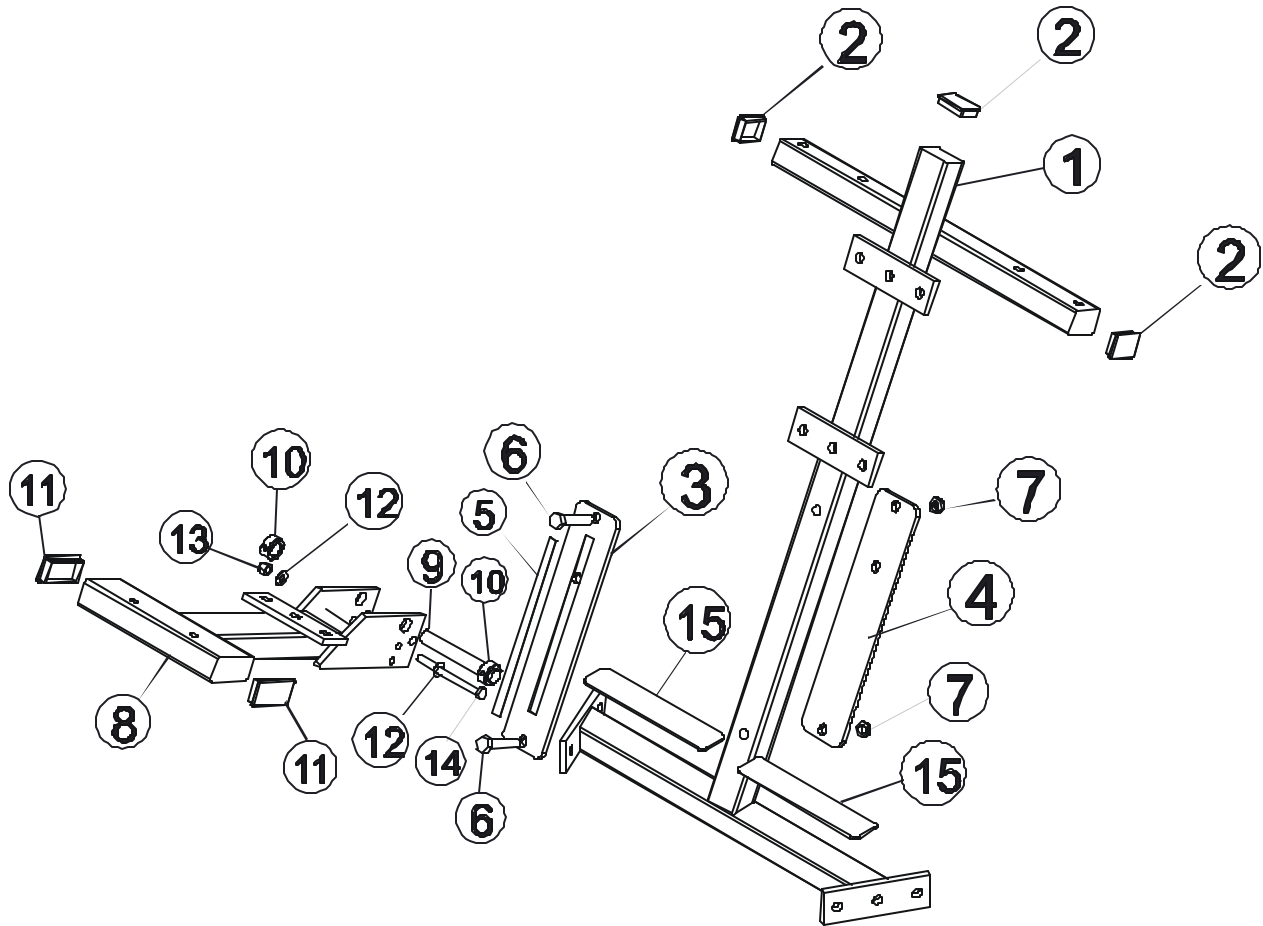


| ITEM NO. | QTY. | PART NO.       | DESCRIPTION               |
|----------|------|----------------|---------------------------|
| 1        | 1    | PLLR-BX-0      | Back Frame                |
| 2        | 2    | H-BUMP-MED     | MM2 Medium                |
| 3        | 4    | WASH.5SAE      | 1/2" SAE Flat Washer      |
| 4        | 4    | NUT.5JAMLOCK   | 1/2" Thin Lock Nut        |
| 5        | 4    | WASH.5STAR     | 1/2" Internal Lock Washer |
| 6        | 4    | HHB.5X2        | 1/2 X 2 Bolt              |
| 7        | 16   | H-HPLUG(SMALL) | 9/16" Hole Plug           |
| 8        | 1    | PATENT         | Patent Decal              |
| 9        | 2    | STAY CLEAR     | Stay Clear Decal          |
| 10       | 2    | H-PEND2        | 1 1/2 X 2 Endcap          |

# **HAMMER STRENGTH EQUIPMENT**

## **PLLR – Seat Frame**

---

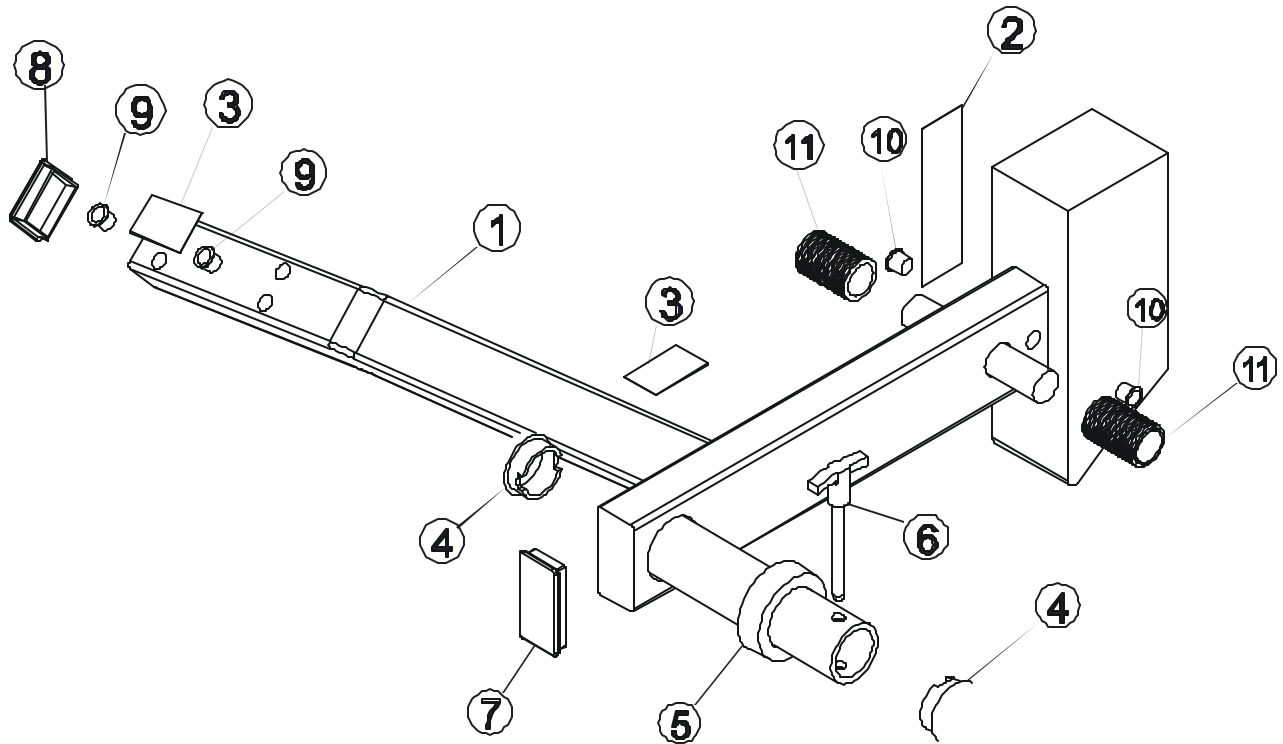


| ITEM NO. | QTY. | PART NO.       | DESCRIPTION          |
|----------|------|----------------|----------------------|
| 1        | 1    | PLLR-ST-0      | Seat Frame           |
| 2        | 3    | H-PEND2        | 1 1/2 X 2 Endcap     |
| 3        | 1    | H-SEATRCKS     | Seatrack Front       |
| 4        | 1    | H-SEATRCKS-RIB | Seatrack Back        |
| 5        | 1    | SEAT NUMBER    | Seat Adj. Number     |
| 6        | 2    | HHB.5X2.5      | 1/2 X 2 1/2 Bolt     |
| 7        | 2    | NUT.5JAMLOCK   | 1/2" Thin Lock Nut   |
| 8        | 1    | STD-ST2        | Standard Seat #2     |
| 9        | 1    | STshft         | Seat Shaft           |
| 10       | 2    | H-LCOLLAR75    | 3/4" Lock Collar     |
| 11       | 2    | H-PEND3        | 1 1/2 X 3 End Cap    |
| 12       | 2    | WASH.375SAE    | 3/8" SAE Flat Washer |
| 13       | 1    | NUT.375LOCK    | 3/8" Thick Lock Nut  |
| 14       | 1    | HHB.375X4.5    | 3/8 X 4.5 Bolt       |
| 15       | 2    | H-NONSKID2     | 1 3/4 X 9 Nonskid    |
| 16       | 1    | SERIAL NUMBER  | Serial Number        |

## HAMMER STRENGTH EQUIPMENT

### PLLR – Movement Arm

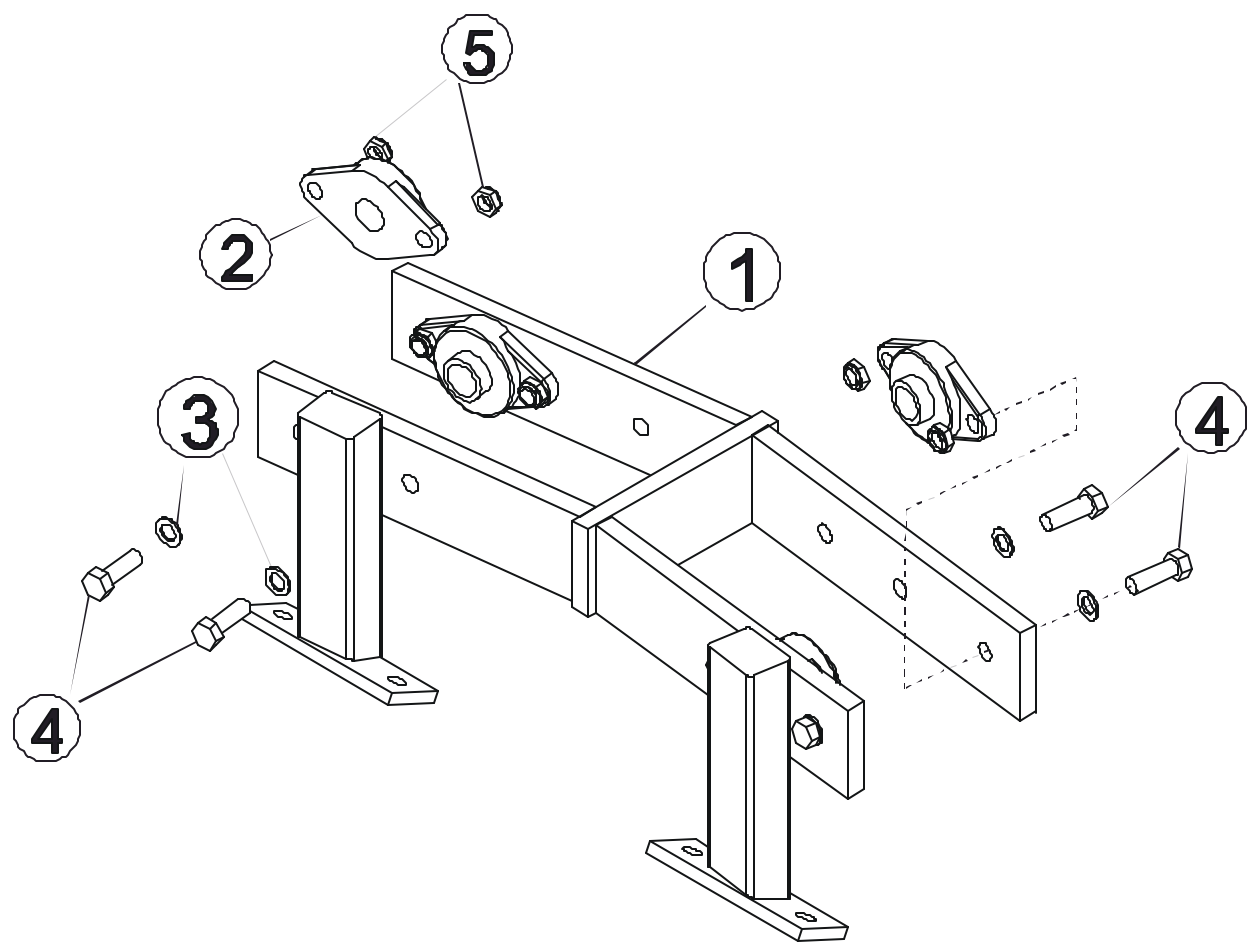
---



| ITEM NO. | QTY. | PART NO.          | DESCRIPTION         |
|----------|------|-------------------|---------------------|
| 1        | 1    | PLLR-MAL-0        | Left Movement Arm   |
| 2        | 1    | ISO LATERAL RAISE | Product Decal       |
| 3        | 2    | STAY CLEAR        | Stay Clear Decal    |
| 4        | 2    | H-BENDCAP         | Bullet Cap          |
| 5        | 1    | H-RUBRNG          | MM5 Ring            |
| 6        | 1    | SELECTOR PIN-4    | SELECTOR PIN 4 INCH |
| 7        | 1    | H-PEND3           | 1 1/2 X 3 End Cap   |
| 8        | 1    | H-PEND2           | 1 1/2 X 2 Endcap    |
| 9        | 2    | 1-2holeplug       | 1/2" Hole Plug      |
| 10       | 2    | H-HPLUG(SMALL)    | 9/16" Hole Plug     |
| 11       | 2    | ACCORDIAN         | Shaft Guard         |

**HAMMER STRENGTH EQUIPMENT**  
**PLLR – Workbox**

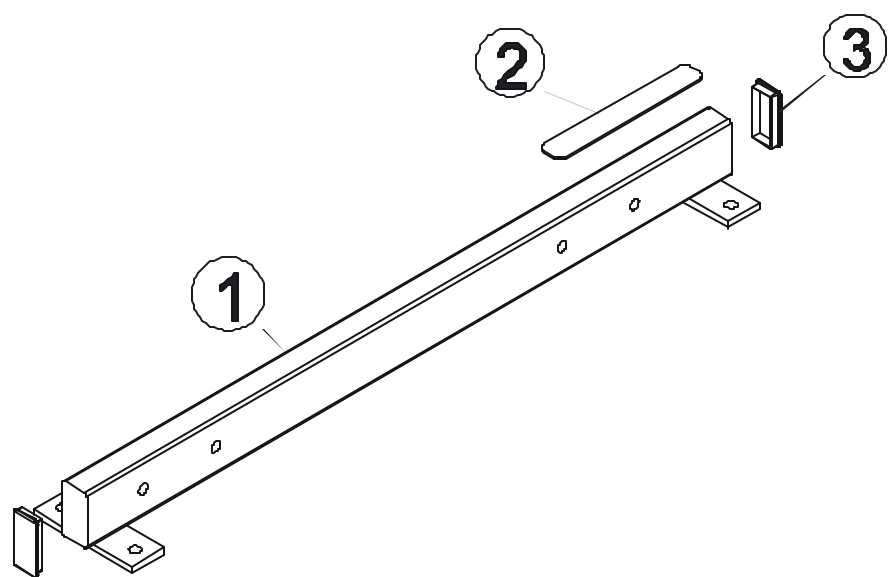
---



| ITEM NO. | QTY. | PART NO.     | DESCRIPTION               |
|----------|------|--------------|---------------------------|
| 1        | 1    | PLLR-WB-0    | Workbox                   |
| 2        | 4    | H-BEAR-SML   | Small Bearing             |
| 3        | 8    | WASH.5STAR   | 1/2" Internal Lock Washer |
| 4        | 8    | HHB.5X1.5    | 1/2 X 1 1/2 Bolt          |
| 5        | 8    | NUT.5JAMLOCK | 1/2" Thin Lock Nut        |

**HAMMER STRENGTH EQUIPMENT**  
**PLLR – Foot Frame**

---



| ITEM NO. | QTY. | PART NO.   | DESCRIPTION       |
|----------|------|------------|-------------------|
| 1        | 1    | PLLR-FX-0  | Foot Frame        |
| 2        | 1    | H-NONSKID1 | 1 1/4 X 9 Nonskid |
| 3        | 2    | H-PEND3    | 1 1/2 X 3 End Cap |