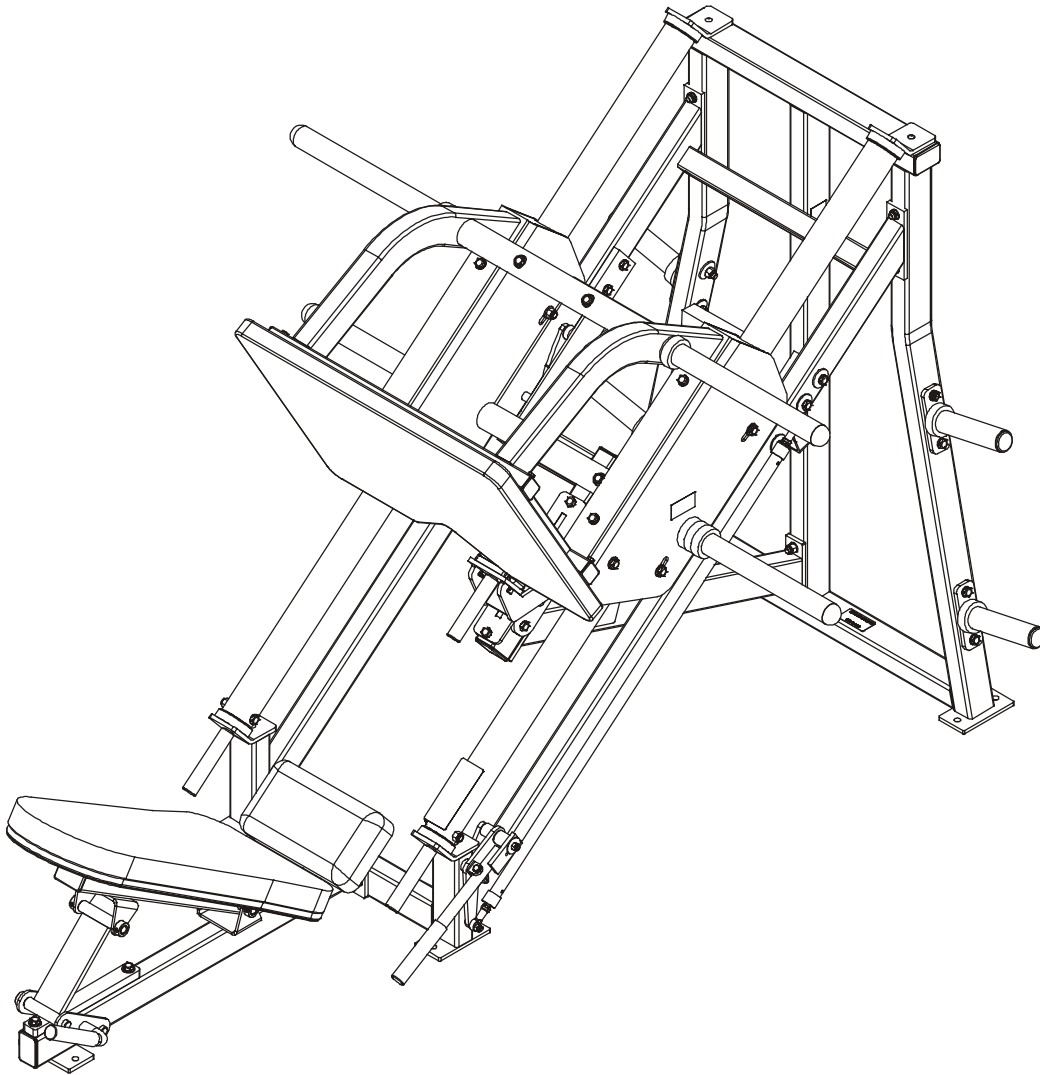




HAMMER STRENGTH

PLATE LOADED LINEAR LEG PRESS



Customer Support Services
PARTS MANUAL

PLLL2 - PLATE LOADED LINEAR LEG PRESS

Notes:

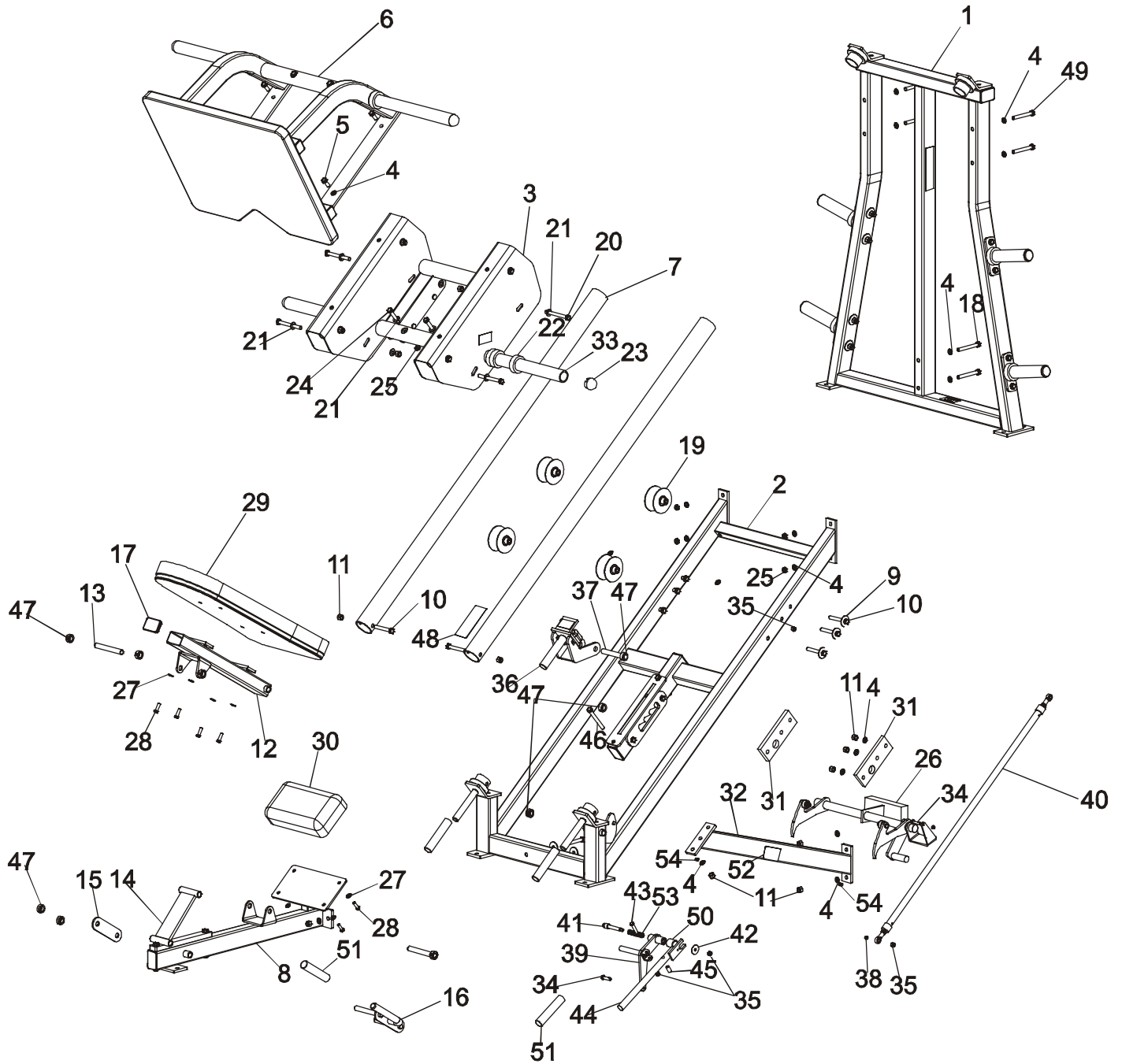
PLLL2 - PLATE LOADED LINEAR LEG PRESS

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PLLL2 - PLATE LOADED LINEAR LEG PRESS

COMPONENT ASSEMBLY



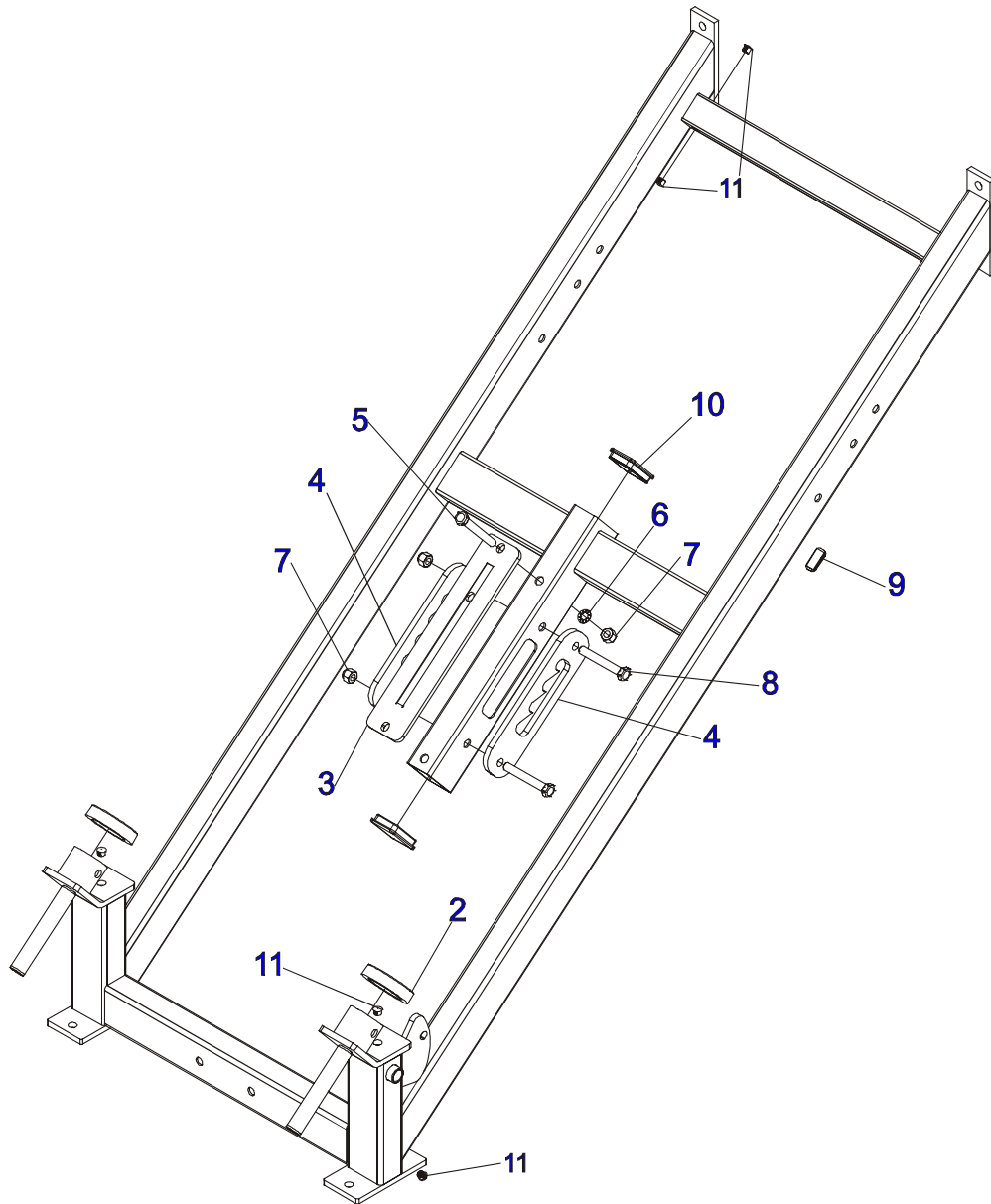
PLLL2 - PLATE LOADED LINEAR LEG PRESS

COMPONENT ASSEMBLY CALLOUTS

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7693401	ASSY, PLLL2 Rear Frame
2	1	7694101	ASSY, PLLL2 MIDDLE FRAME
3	1	7698401	ASSY, PLLL2 BOTTOM MA
4	25	3239505	WSH, .500 IN-D ST ZN
5	4	3239305	1/2-13 X 1.25 UNS HEX FHB G5 ZN
6	1	7697601	ASSY, PLLL2 TOP MA
7	2	7409401	PIPE, FZ/PS-2.5 SCH 40 S.S
8	1	7697101	ASSY, PLLL2 SEAT
9	8	H-BACK-WASH	Backing Washer
10	10	3239314	1/2-13 X 3.50 UNS HEX FHB G5 ZN
11	17	3102801	NUT, NYLOCK 1/2-13 ST ZN
12	1	7699301	WLDMT, PLLL2 SEAT BACK
13	2	7699501	AXLE, PLLL2 .75" SEAT ADJ
14	1	7699901	WLDMT, PLLL2 SEAT ADJ LNK
15	1	7699701	PLATE, PLLL2 .25" SEAT ADJ.
16	1	7699601	WLDMT, PLLL2 SEAT ADJ. HANDLE
17	1	7352301	CAP, END 2 X 3
18	2	3239317	1/2-13 X 4.25 UNS HEX FHB G5 ZN
19	4	3240301	ROLLER ASSY
20	4	3239319	1/2-13 X 4.75 UNS HEX FHB G5 ZN
21	10	3102507	WASHER, TYPE A PLAIN
22	6	7671601	MM5 Ring
23	2	H-BENDCAP	Bullet Cap
24	2	3239311	1/2-13 X 2.75 UNS HEX FHB G5 ZN
25	6	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
26	1	7696201	ASSY, PLLL2 HOOK-STOP
27	8	3236601	WASHER, 3/8 SAE SS
28	8	3223302	3/8-16 X 1.25 HEX HEAD BOLT
29	1	U-PLLL2	PLLLP BACK PAD
30	1	URow	PAD
31	2	7709901	PLATE, PLLL2 HOOK SPRT
32	1	7695501	WLDMT, PLLL2 BRACE
33	2	7680101	TUBE, PLLHP WEIGHT BAR
34	2	3223303	3/8-16 X 1.50 HEX HEAD BOLT
35	4	3102802	NUT, NYLOCK 3/8-16
36	1	7695701	ASSY, PLLL2 BOTTOM-STOP
37	1	7662101	SHAFT, FWMAB FRONT BOTTOM
38	2	7681601	SPACER, PLLH LINK
39	1	7709401	WLDMT, PLLL2 Link Handle
40	1	7708701	ASSY, PLLL2 STOP LINK
41	1	7351301	PIN, PULL
42	1	3236701	WASHER, FENDER 3/8" ID X 1.5" OD
43	1	3223305	3/8-16 X 2.50 HEX HEAD BOLT
44	1	7709201	WLDMT, PLLL2 REL. HANDLE
45	1	7700101	INSERT, .375" X .500" X 1.00"
46	1	3239318	1/2-13 X 4.50 UNS HEX FHB G5 ZN
47	9	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
48	1	7710001	DECAL, PLLL2 WARNING
49	4	3239316	1/2-13 X 4.00 UNS HEX FHB G5 ZN
50	1	3235801	GRIP, 1.25 OD OPEN END
51	4	H-GRIP	HandGrip
52	1	7571302	LABEL, SERIAL NUMBER HAMMER
53	1	7351501	SPRING; PULL PIN LARGE
54	2	3237402	PLUG, HOLE

PLLL2 - PLATE LOADED LINEAR LEG PRESS

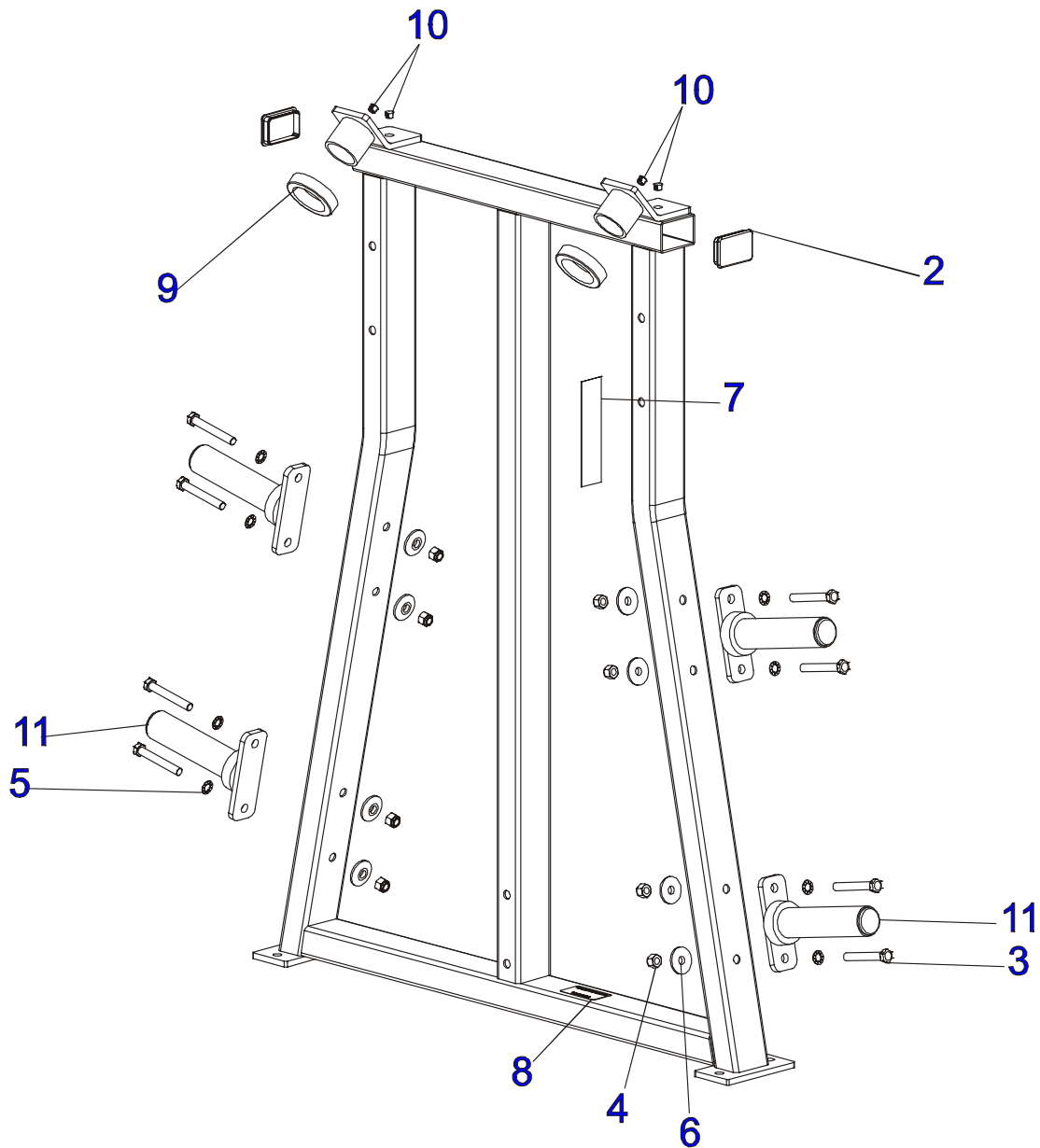
MIDDLE FRAME ASSEMBLY - 7694101



ITEM	PART NO	QTY	DESCRIPTION
2	7444601	2	BUMPER, DONUT
3	7359701	1	PLATE, SEATRACK FRONT
4	7695101	2	PLATE, PLLL2 STOP
5	3239316	1	1/2-13 X4.00 UNS HEX FHB G5 ZN
6	3239505	1	WSH, 521-.884-041 IN-D ST ZN
7	3102801	3	NUT, NYLOCK 1/2-13
8	3239314	2	1/2-13 X3.50 UNS HEX FHB G5 ZN
9	7570801	1	GUARD, PAINT 1.25 X .75 X .25
10	7352301	2	CAP, END 2 X 3
11	3237402	8	PLUG, 1/2" HOLE

PLLL2 - PLATE LOADED LINEAR LEG PRESS

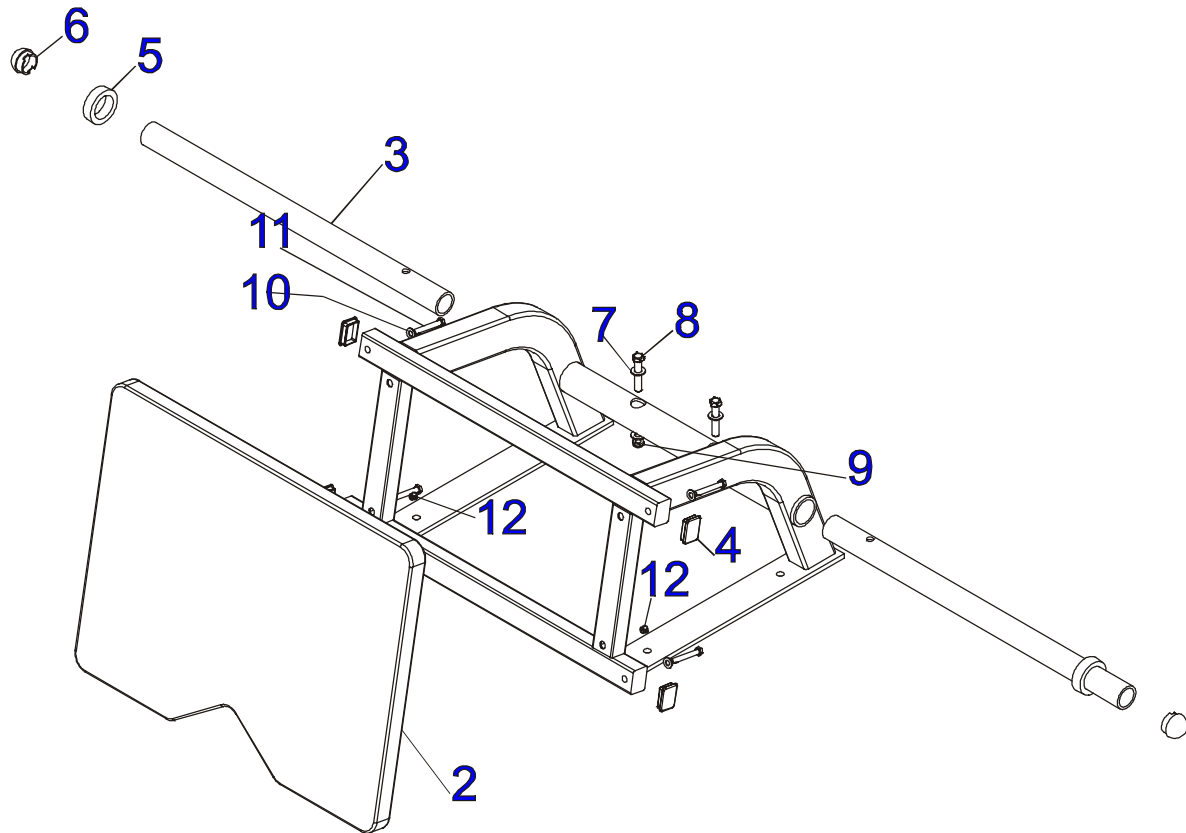
REAR FRAME ASSEMBLY - 7693401



ITEM	PART NO	QTY	DESCRIPTION
2	7352301	2	CAP, END 2 X 3
3	3239314	8	1/2-13 X3.50 UNS HEX FHB G5 ZN
4	3102801	8	NUT, NYLOCK 1/2-13
5	3239505	8	WSH, 521-.884-041 IN-D ST ZN
6	H-BACK-WASH	8	BACKING WASHER
7	7422004	1	LABEL, 2" ASTM WARNING
8	M051-00299-A000	1	HAMMER PATENT DECAL
9	7444601	2	BUMPER, DONUT
10	3237402	4	PLUG, 1/2" HOLE
11	7760201	4	WEIGHT HORN

PLLL2 - PLATE LOADED LINEAR LEG PRESS

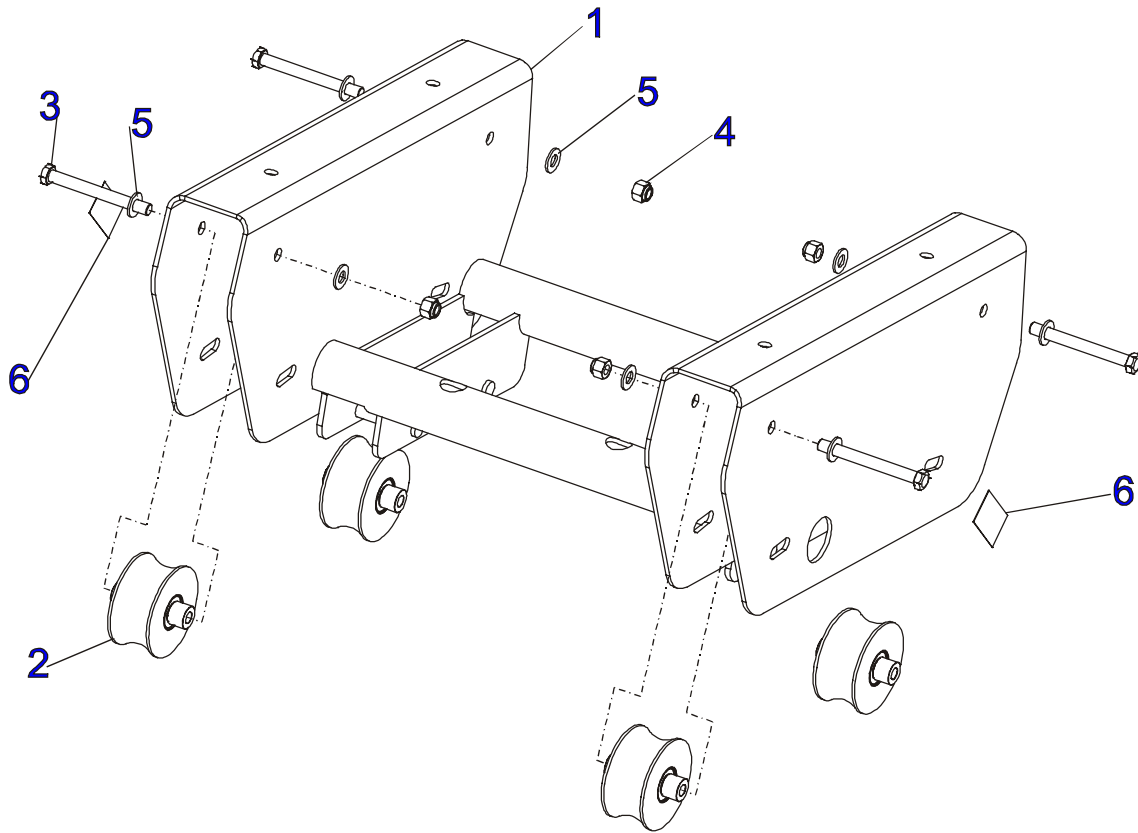
TOP MOVEMENT ARM ASSEMBLY - 7697601



ITEM	PART NO	QTY	DESCRIPTION
2	7698301	1	BOARD, PLLL2 LINEXED
3	7680101	2	TUBE, PLLHP WEIGHT BAR
4	7352201	4	CAP, END 1-1/2 X 2
5	7671601	2	MM5 RING
6	H-BENDCAP	2	BULLET CAP
7	3102507	4	WSH, FLAT 1/2 ID SAE ZN
8	3239311	2	1/2-13 X2.75 UNS HEX FHB G5 ZN
9	3102804	2	NUT, NYLOCK 1/2-13 LOW HT
10	3236601	4	WASHER, 3/8 SAE STAINLESS STEEL
11	3223308	4	3/8-16X2-3/4 UNS HEX FHB G5 ZN
12	3237402	2	PLUG, 1/2" HOLE

PLLL2 - PLATE LOADED LINEAR LEG PRESS

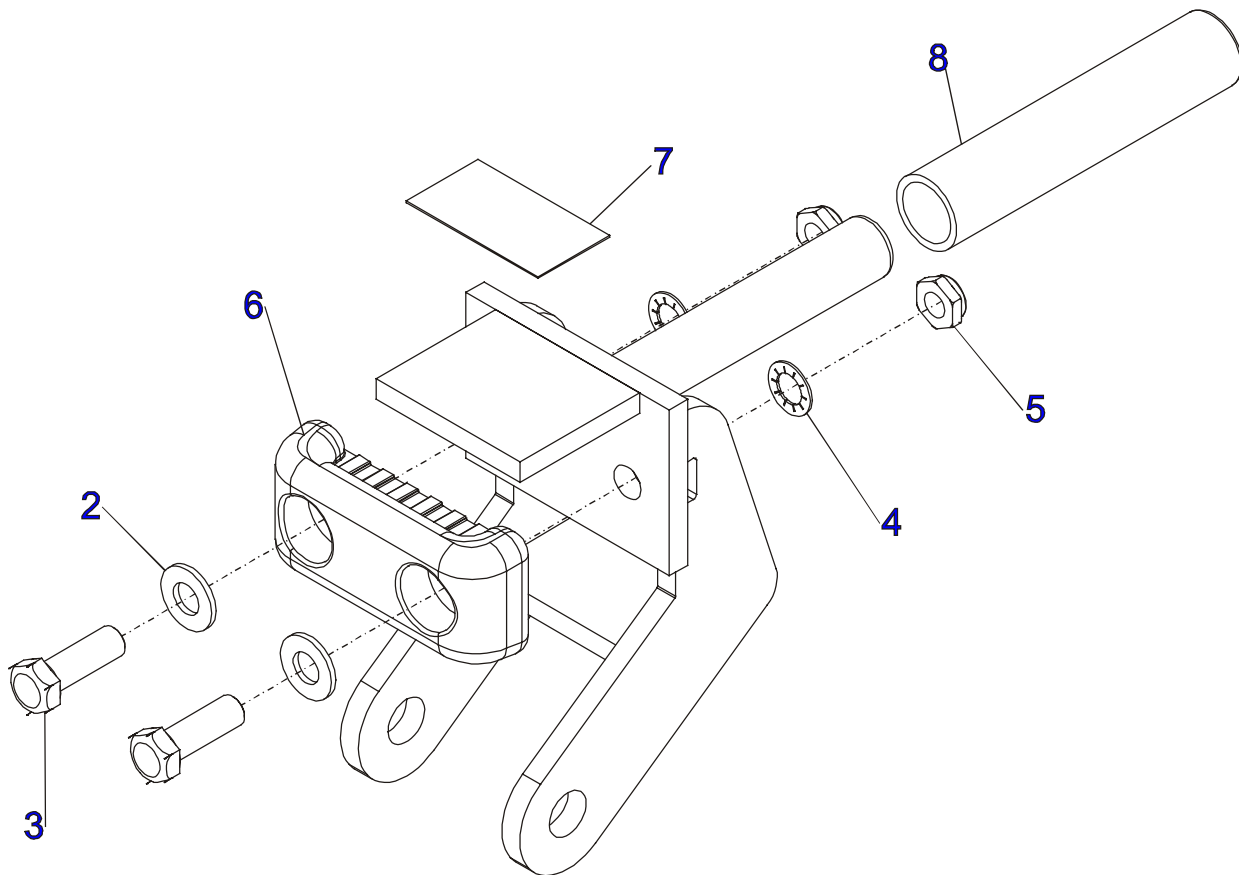
BOTTOM MOVEMENT ARM ASSEMBLY - 7698401



ITEM	QTY.	PART NO.	DESCRIPTION
1	1	7698501	WLDMT, PLLL2 BOTTOM MA
2	4	3240301	ROLLER ASSY
3	4	3239319	1/2-13 X 4.75 UNS HEX FHB G5 ZN
4	4	3102801	NUT, NYLOCK 1/2-13 ST ZN
5	8	3102507	WASHER, TYPE A PLAIN
6	2	7422003	LABEL, MOVING PARTS

PLLL2 - PLATE LOADED LINEAR LEG PRESS

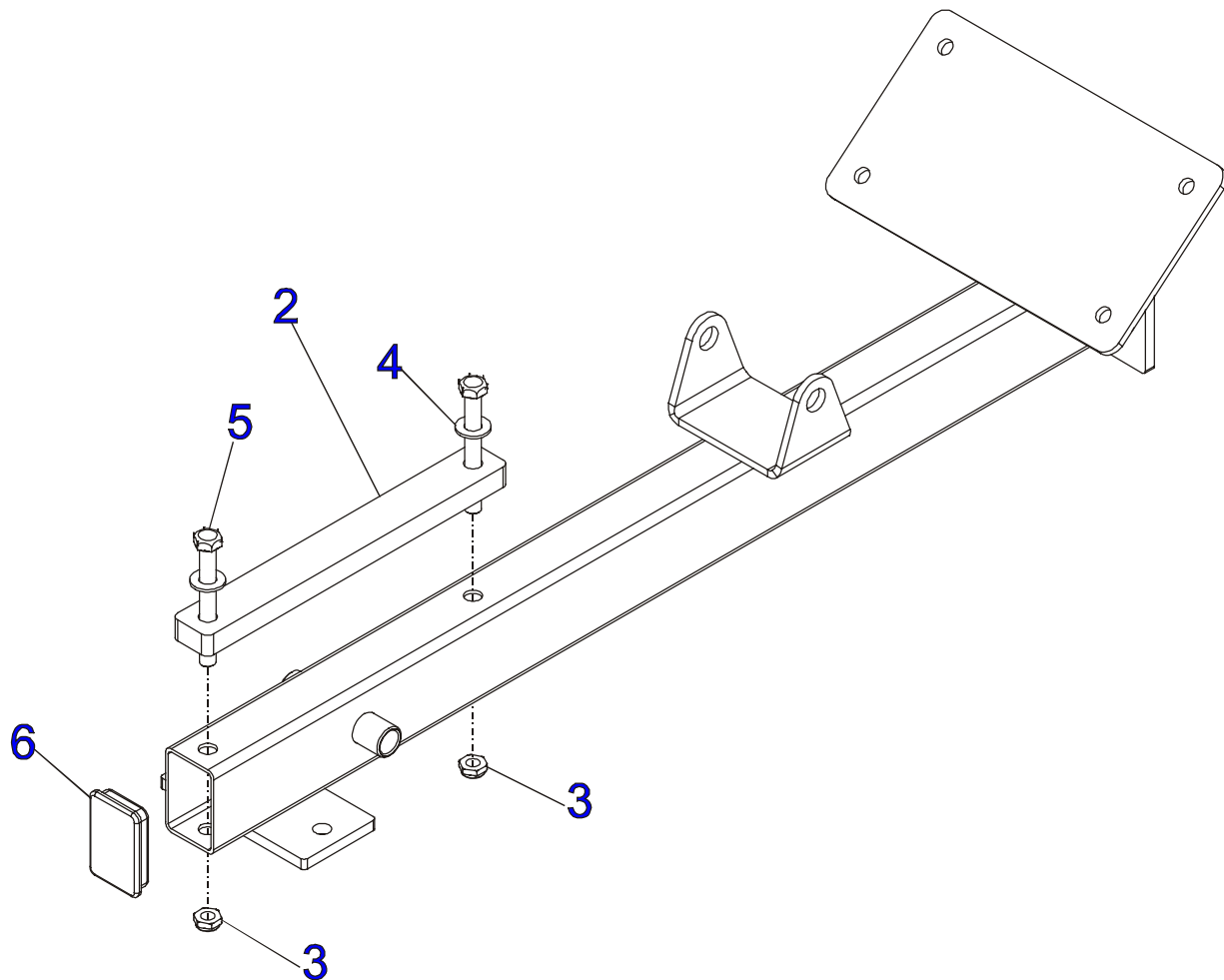
BOTTOM STOP ASSEMBLY - 7695701



ITEM	PART NO	QTY	DESCRIPTION
2	3102507	2	WSH, FLAT 1/2 ID SAE ZN
3	3239306	2	1/2-13 X1.50 UNS HEX FHB G5 ZN
4	3239505	2	WSH, 521-.884-041 IN-D ST ZN
5	3102804	2	NUT, NYLOCK 1/2-13 LOW HT
6	7352001	1	BUMPER, 2-1/8 X 4-5/8
7	7710002	1	LABEL, PLLL2 CAUTION
8	H-GRIP	1	HANDGRIP

PLLL2 - PLATE LOADED LINEAR LEG PRESS

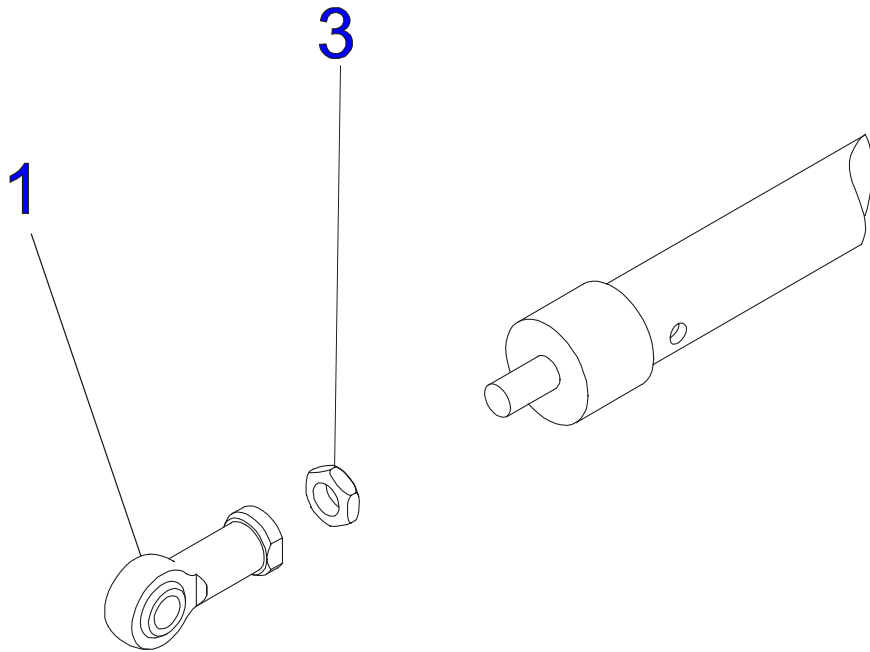
SEAT ASSEMBLY - 7607101



ITEM	PART NO	QTY	DESCRIPTION
2	3240301	4	ROLLER ASSY
3	3239319	4	1/2-13 X4.75 UNS HEX FHB G5 ZN
4	3102801	4	NUT, NYLOCK 1/2-13
5	3102507	8	WSH, FLAT 1/2 ID SAE ZN
6	7422003	2	LABEL, MOVING PARTS

PLLL2 - PLATE LOADED LINEAR LEG PRESS

STOP LINK ASSEMBLY - 7708701



ITEM	PART NO	QTY	DESCRIPTION
1	3237901	2	ROD END, METRIC FEMALE
3	3236901	2	NUT, HEX JAM M10 X 1.5 SS