



N.o	Part Number	Description	QTY
1	70-632-2	G Yellow Seat Adjuster	1
2	310-G13	G Seat Adjust Lever Assembly	1
3	310-G11	G Seat Bracket For 305G	1
4	26/017	Split Link 0.5In Pitch	1
5	31-563-3	G Vertical Seat Adj Plunger	1
6	26-1167-2	G Spring Swivel Seat Plunger	1
7	70-510-2	G End Cap 110 X 60	5
8	G008	G Seat Slider Assembly	1
9	70-506-3	G Nylon Seat Wheel & Bearing	4
10	26-1133-1	G Range Gas Strut	1
11	31-714	G Aluminium top collar	4
12	31-636-1	G Handlebar Bottom Collar	4
13	70-525-1	G Neoprene Hand Grip	2
14	70-524-2	G Neoprene Hand Grip	2
15	314-G15-2	G Flat End Plunger Assembly	2
16	310-G04-2	G Pulley Assembly Standard	7
17	G003	G Rose Joint Assembly	4
18	310-G28-3	G Small Pulley Assembly	1
19	145-137-3	G Plastic Front Panel LH	1
20	145-136-4	G Plastic Front Panel RH	1
21	310-G25	G 2.5Kg Wt Stop Bracket	2
22	70-519-3	G 2.5Kg Increment Top Moulding	1
23	70-517-5	G Yellow Stack Adjuster	1
24	40-543	G 2.5Kg Increment Selector	1
25	70-521-2	G 2.5Kg Moulding	1
26	310-G31	G Weight Stk Selector Pin Assembly	1
27	70-500	G Pulley Cover 125mm Dia	10
28	70-403-4	G Tube Insert Swivel Seat	2
29	70-515	G Pulley Cover	2
30	70-507-1	G Weight Bump Stop Dia 50 Tube	1
31	70-509-1	G Pivot Cover	2
32	33/100	25mm Wide Powerband Steel Cord	1
Original Upholstery Pre - 2013			
33	160-107-3	G-Strength Cycle Style Seat	1
34	310-G50-3	310G Lower Back Pad	1
35	310-G51-3	310G Shoulder/Head Pad	2
New Upholstery Post - 2013			
33	160-194-03	G-Strength Cycle Style Seat Stitched	1
34	310-G54-04	310G Lower Back Pad Stitched Assembly	1
35	310-G55-03	310G Shoulder/Head Pad Stitched Assembly	2
IFI Assemblies			
-	135-1165-1	IFI Parts List for G Strength (IFI Matrix)	1

135-1100-01

305G SHOULDER PRESS

EXPLODED DIAGRAM SHORT VERSION