



No	Part Number	Description	QTY
1	576-G36-2	G 576G Footplate Assembly	1
2	70-632-2	G Yellow Seat Adjuster	1
3	576-G20-1	G 576G Seat Handle Assembly	1
4	26/017	Split Link 0.5In Pitch	1
5	26/067	Plunger Compression Spring	1
6	31-116-3	576G Plunger	1
7	34-071	M3 Safety Walk (cut piece 180 x 460)	1
8	70-533-1	G Range Lever Handgrip	1
9	70-530-2	G End Cap 100 X 50	2
10	310-G04-2	G Pulley Assby Standard	6
11	70-500	G Pulley Cover 125mm Dia	8
12	70-510-2	G End Cap 110 X 60	2
13	310-G28-3	G Small Pulley Assembly	1
14	145-138-2	G Plastic Front Panel LH	1
15	145-139-2	G Plastic Front Panel RH	1
16	310-G25	G 2.5Kg Wt Stop Bracket	2
17	70-519-3	G 2.5Kg Increment Top Moulding	1
18	70-517-5	G Yellow Stack Adjuster	1
19	40-543	G 2.5Kg Increment Selector	1
20	70-521-2	G 2.5Kg Moulding	1
21	310-G31	G Weight Stk Selector Pin Assembly	1
22	70-507-1	G Weight Bump Stop Dia 50 Tube	1
23	26-1181-2	G Guide Bar For 576G 30mm Dia	2
24	26/063	Linear Bearng 30 X 68 Uksource	4
25	576-G37-1	G Belt Clamp	1
26	60-655-1	Seat selector Stop Plate for 576G	1
27	576-G17-1	G 576G Chrome seat selector tube Assembly	1
28	70-515	G Pulley Cover	2
29	40-636-1	576G Pull Handle	1
30	145-142	576G Cam Cover	1
31	70-550-1	576G Hand Grip	2
32	31-714	G Aluminium top collar	4
33	31-636-1	G Handlebar Bottom Collar	2
34	70-819-1	G Tube Insert (110 x60)	2
35	33/001	25mm Wide Powerband Steel Cord	1
Original Upholstery Pre - 2013			
36	562-G50-1	562G Seat Pad Assembly	1
37	310-G50-3	310G Lower Back Pad Assembly	1
38	310-G51-3	310G Shoulder/Head Pad Assembly	2
New Upholstery Post - 2013			
36	562-G51-01	562G Seat Pad Stitched Assembly	1
37	310-G54-04	310G Lower Back Pad Stitched Assembly	1
38	310-G55-03	310G Shoulder/Head Pad Stitched Assembly	2
IFI Assemblies			
-	135-1165-1	IFI Parts List for G Strength (IFI Matrix)	1

135-1142-01
 576G SEATED LEG PRESS
 EXPLODED DIAGRAM SHORT VERSION