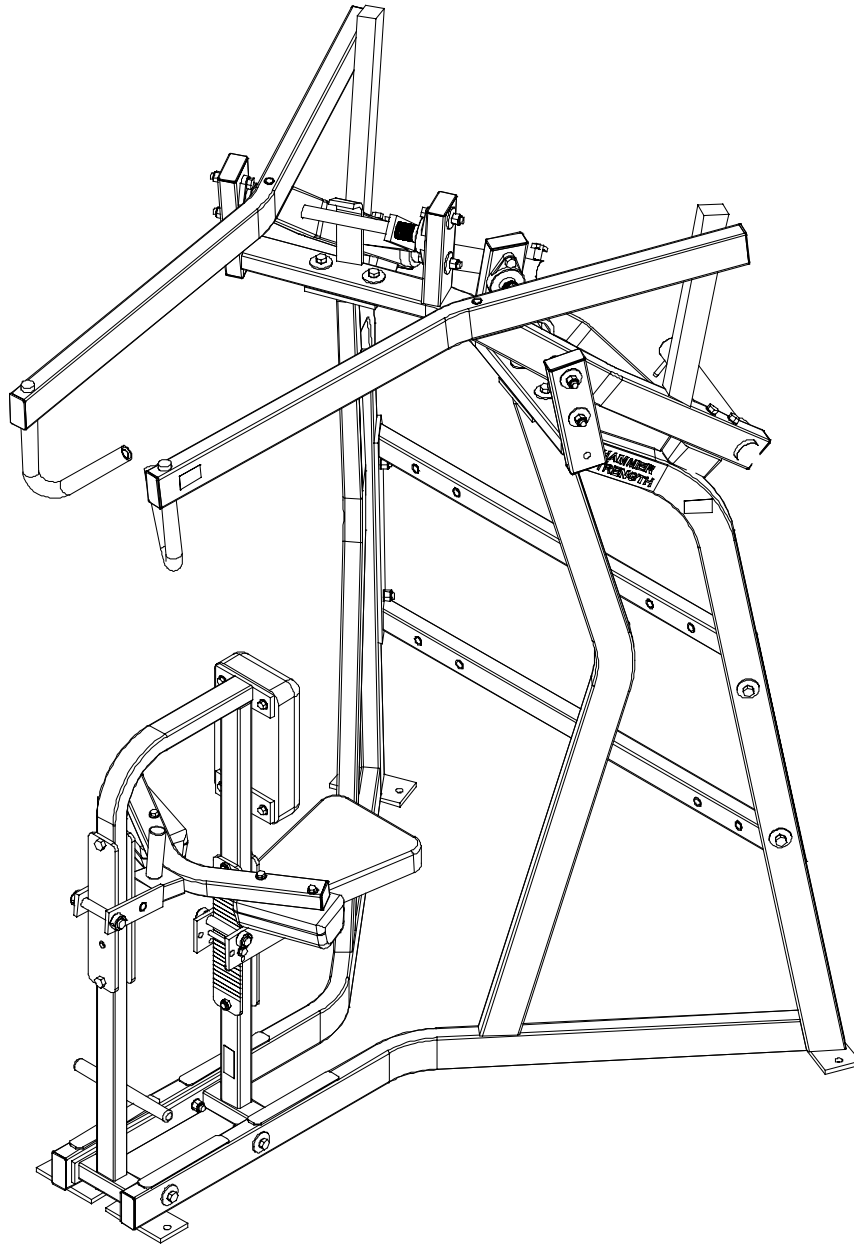


LifeFitness

HAMMER STRENGTH EQUIPMENT ILHR – ISO Lateral High Row Assembly



Customer Support Services ***PARTS MANUAL***

HAMMER STRENGTH EQUIPMENT

NOTES:

HAMMER STRENGTH EQUIPMENT

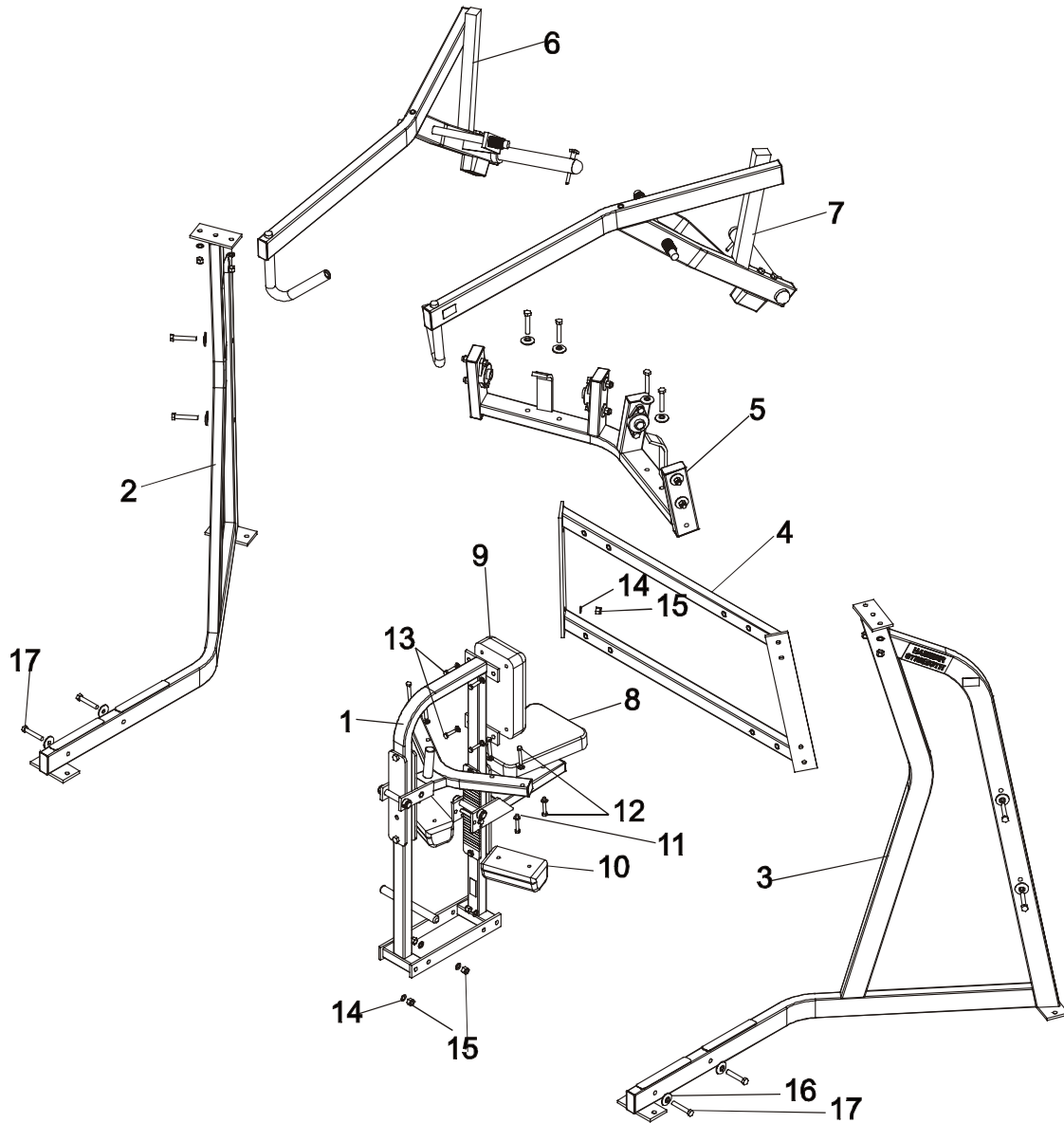
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HAMMER STRENGTH EQUIPMENT

Lateral High Row Assembly

ILHR – Exploded Assembly

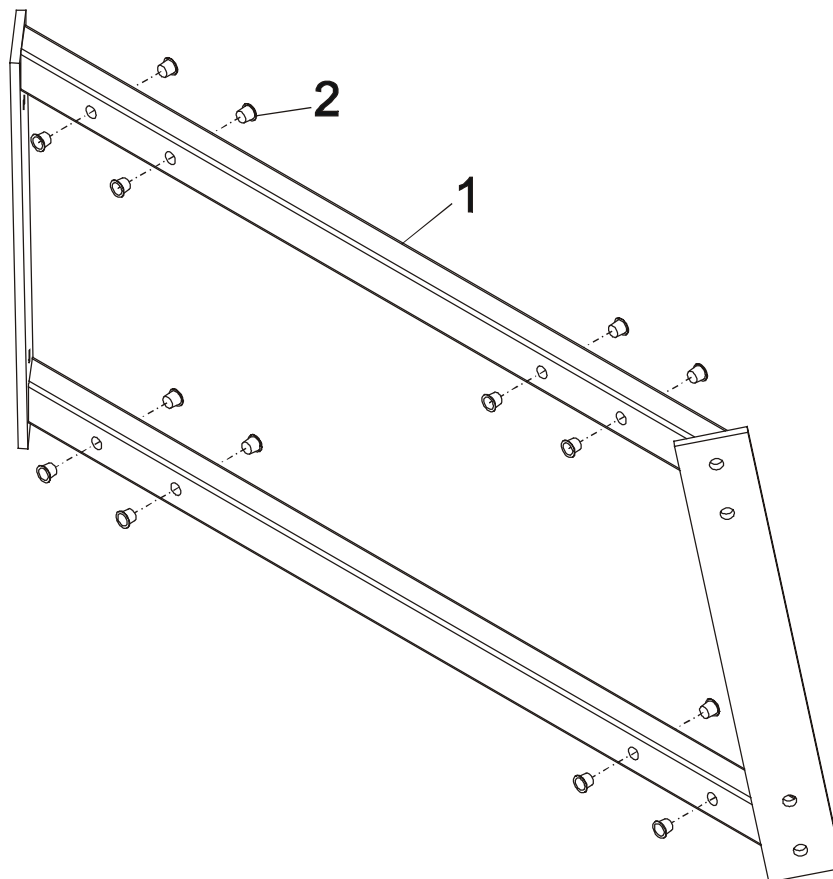


ITEM NO	QTY	PART NO.	DESCRIPTION	ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	ILHR-CST-1	ST ASSY	9	1	UROw	ROW CHEST PAD
2	1	ILHR-CSFR-1	RSF ASSY	10	2	U4W	Knee Pad
3	1	ILHR-CSFL-1	LSF ASSY	11	10	WASH.375SAE	3/8" SAE Flat Washer
4	1	ILHR-CBX-1	BX ASSY	12	6	HHB.375X2.5	3/8 X 2 1/2 Bolt
5	1	ILHR-CTX-1	WORKBOX ASSY	13	4	HHB.375X1.5	3/8 X 1 1/2 Bolt
6	1	ILHR-CMAR-1	RIGHT MARM ASSY	14	12	WASH.5STAR	1/2" Internal Lock Washer
7	1	ILHR-CMAL-1	LEFT MARM ASSY	15	12	NUT.5LOCK	1/2" Thick Lock Nut
8	1	U12-5 REG	12" Triangular Pad	16	12	H-BACK-WASH	Backing Washer
				17	12	HHB.5X3	1/2 X 3 Bolt

HAMMER STRENGTH EQUIPMENT

Lateral High Row Assembly

ILHR – Back Cross-Member Weldment



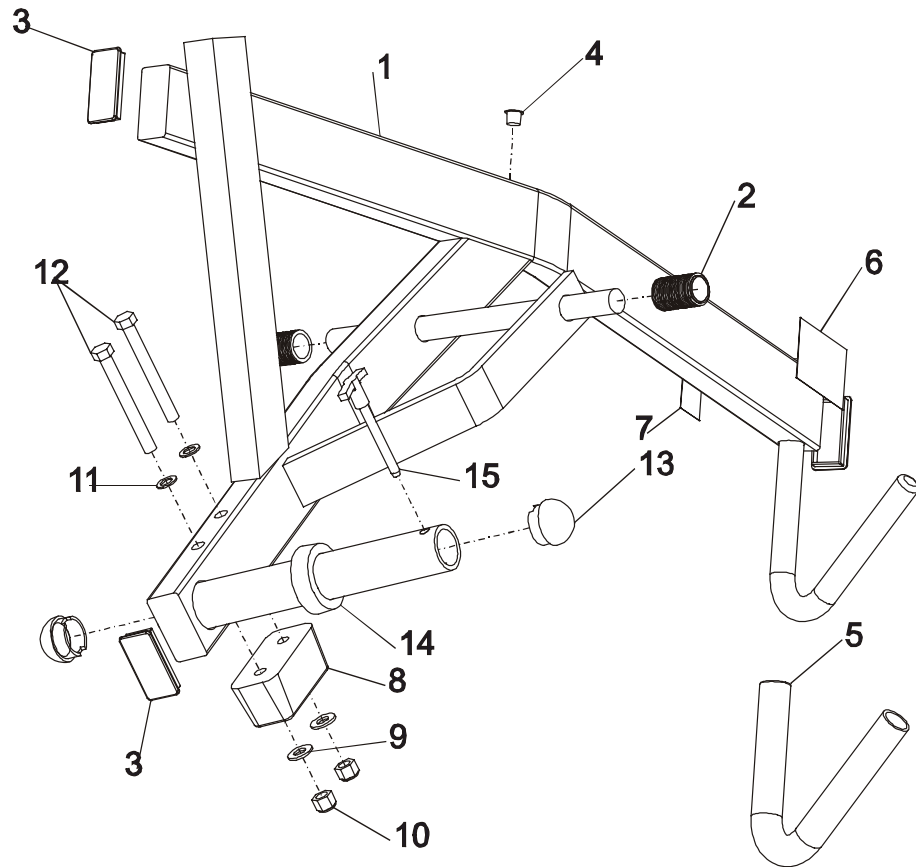
ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	ILHR-BX-1	BX WELDMENT
2	16	H-HPLUG(REG)	Hole Plug

HAMMER STRENGTH EQUIPMENT

Lateral High Row Assembly

ILHR – Left Movement Arm Weldment

NOTE: LEFT MARM SHOWN
RIGHT MARM MIRROR IMAGE



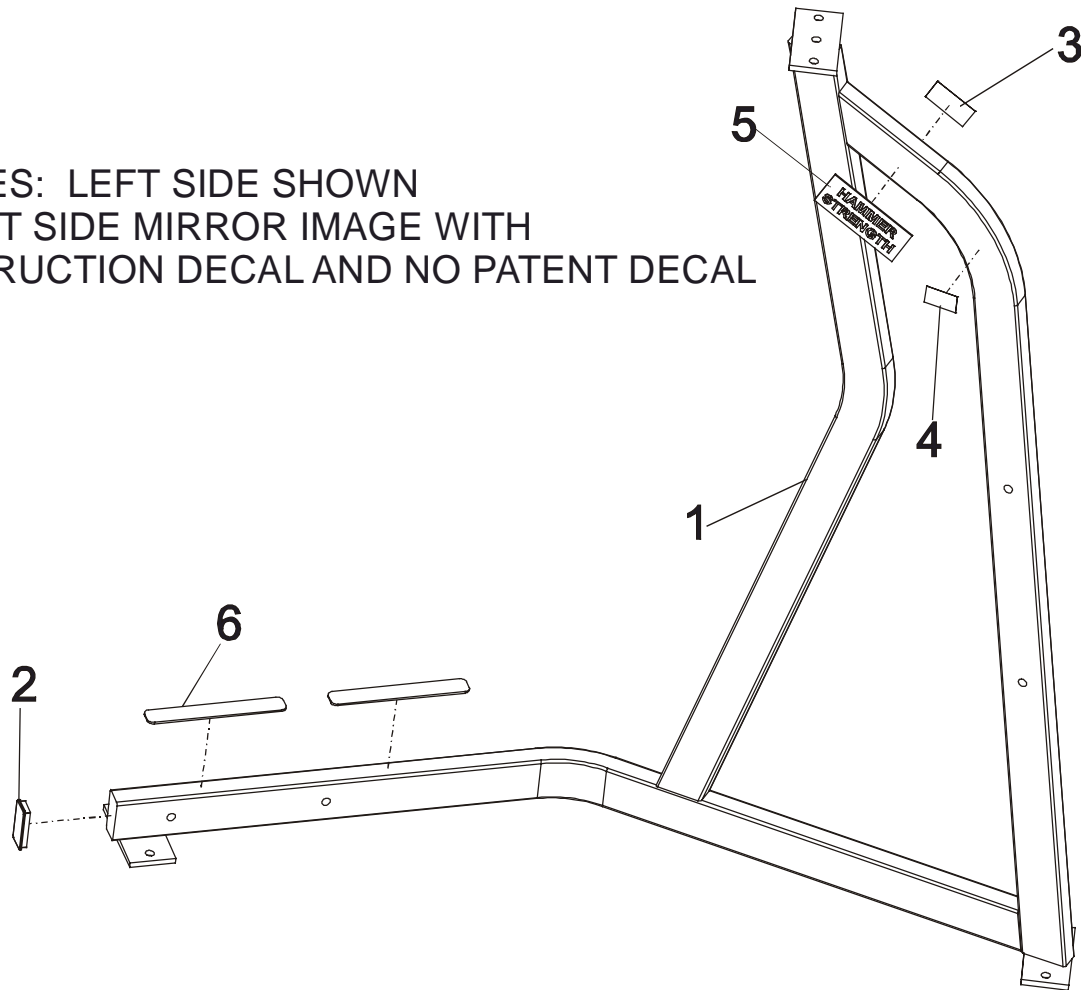
ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	ILHR-MAL-1	LEFT MARM WLDMNT
2	2	ACCORDIAN	Shaft Guard
3	3	H-PEND3	1 1/2 X 3 End Cap
4	1	H-HPLUG(REG)	Hole Plug
5	1	H-GRIP(ILHR-B00)	HandGrip
6	1	WARNING LARGE-HL	Large Warning Hor
7	1	STAY CLEAR	Stay Clear Decal
8	1	H-BUMP-MED	MM2 Medium
9	2	WASH.5SAE	1/2" SAE Flat Washer
10	2	NUT.5LOCK	1/2" Thick Lock Nut
11	2	WASH.5STAR	1/2" Internal Lock Washer
12	2	HHB.5X4.5	1/2 X 4 1/2 Bolt
13	2	H-BENDCAP	Bullet Cap
14	1	H-RUBRNG	MM5 Ring
15	1	SELECTOR PIN-4	SELECTOR PIN 4 INCH

HAMMER STRENGTH EQUIPMENT

Lateral High Row Assembly

ILHR – Left Side Frame Weldment

NOTES: LEFT SIDE SHOWN
 RIGHT SIDE MIRROR IMAGE WITH
 INSTRUCTION DECAL AND NO PATENT DECAL

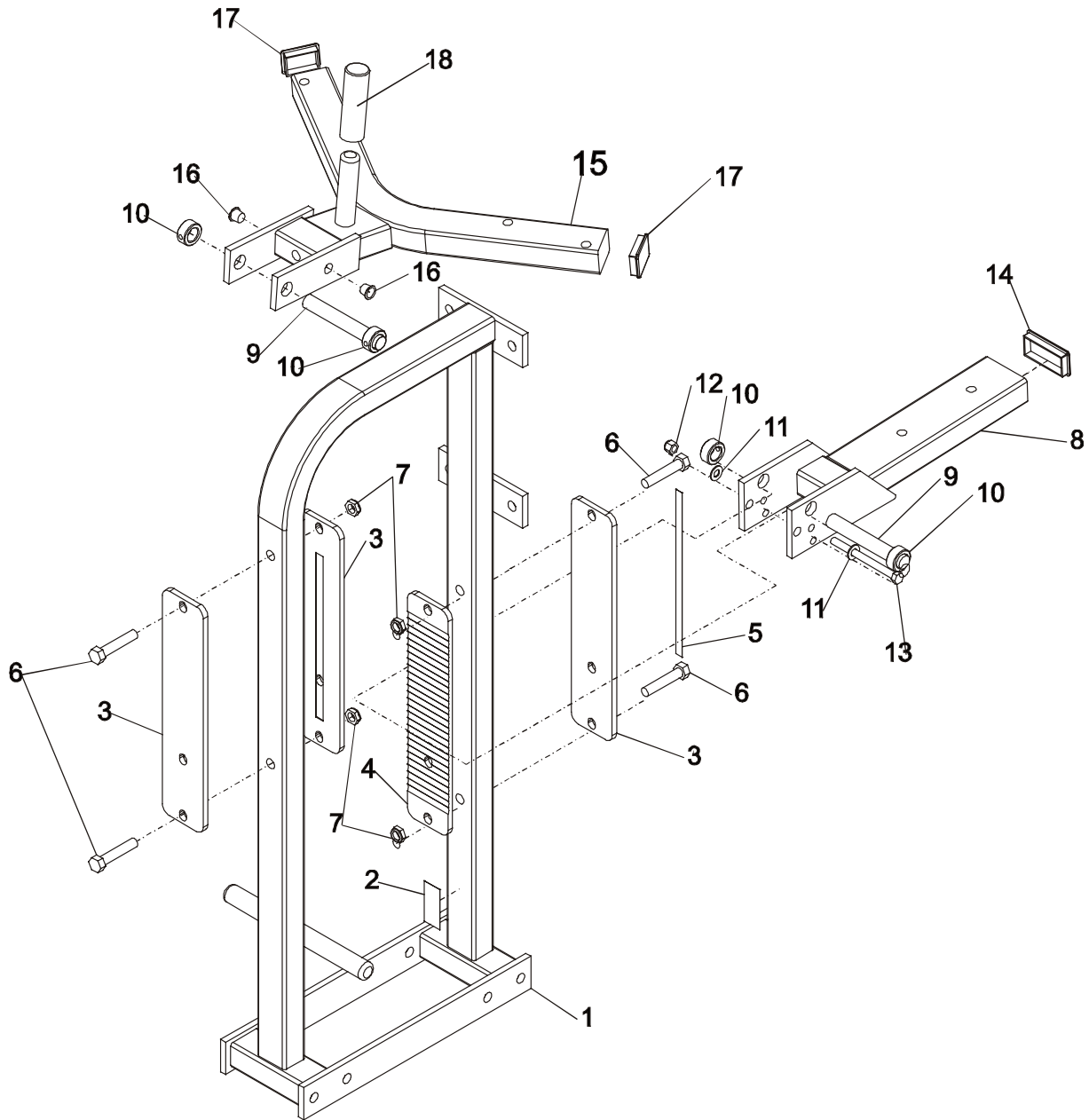


ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	ILHR-SFL-1	LSF WELDMENT
2	1	H-PEND3	1 1/2 X 3 End Cap
3	1	PATENT	Patent Decal
4	1	STAY CLEAR	Stay Clear Decal
5	1	H-NAMEPLATE	Name Plate
6	2	H-NONSKID1	1 1/4 X 9 Nonskid

HAMMER STRENGTH EQUIPMENT

Lateral High Row Assembly

ILHR – Seat Frame Weldment

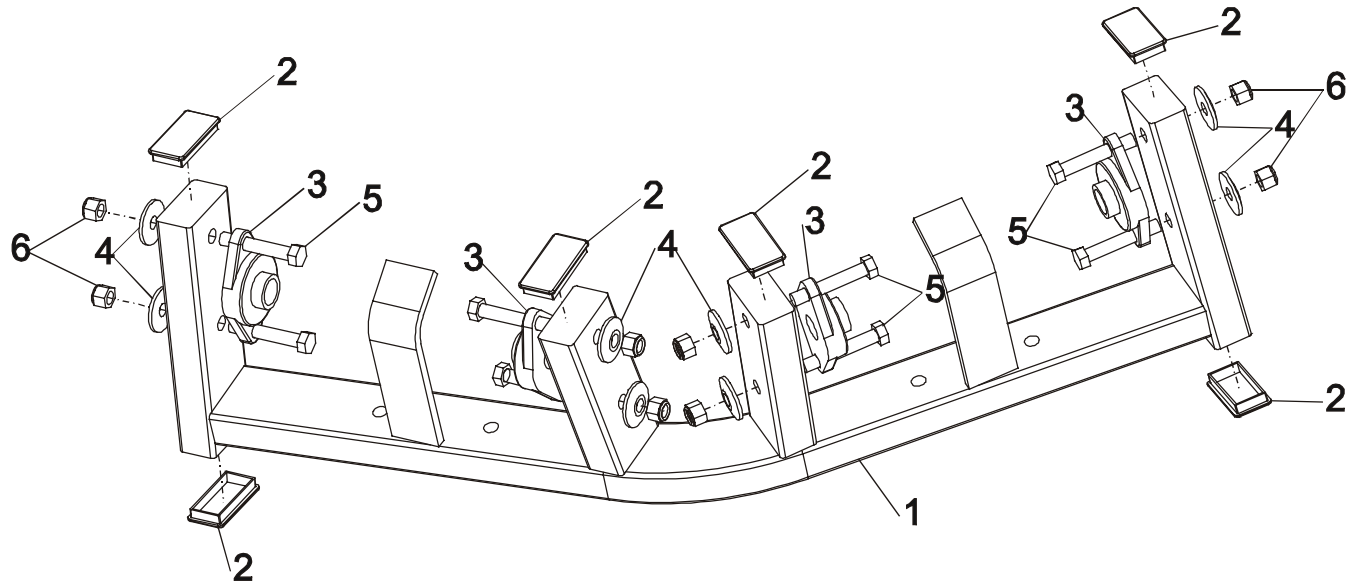


ITEM NO	QTY	PART NO.	DESCRIPTION	ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	ILHR-ST-1	SEAT FRAME WELDMENT	10	4	H-LCOLLAR75	3/4" Lock Collar
2	1	SERIAL NUMBER	Serial Number	11	2	WASH.375SAE	3/8" SAE Flat Washer
3	3	H-SEATRCKS	Seatrack Front	12	1	NUT.375LOCK	3/8" Thick Lock Nut
4	1	H-SEATRCKS-RIB	Seatrack Back	13	1	HHB.375X4.5	3/8 X 4.5 Bolt
5	1	SEAT NUMBER	Seat Adj. Number	14	1	H-PEND3	1 1/2 X 3 End Cap
6	4	HHB.5X2.5	1/2 X 2 1/2 Bolt	15	1	ST4-C01	Std. Seat #4
7	4	NUT.5JAMLOCK	1/2" Thin Lock Nut	16	2	H-HPLUG(REG)	Hole Plug
8	1	STD-ST	Standard Seat #1	17	2	H-PEND2	1 1/2 X 2 Endcap
9	2	STshft	Seat Shaft	18	1	H-GRIP(ST4-A00)	HandGrip

HAMMER STRENGTH EQUIPMENT

Lateral High Row Assembly

ILHR – Work Box Weldment



ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	ILHR-TX-1	WORKBOX WELDMENT
2	6	H-PEND3	1 1/2 X 3 End Cap
3	4	H-BEAR-SML	Small Bearing
4	8	H-BACK-WASH	Backing Washer
5	8	HHB.5X3	1/2 X 3 Bolt
6	8	NUT.5LOCK	1/2" Thick Lock Nut