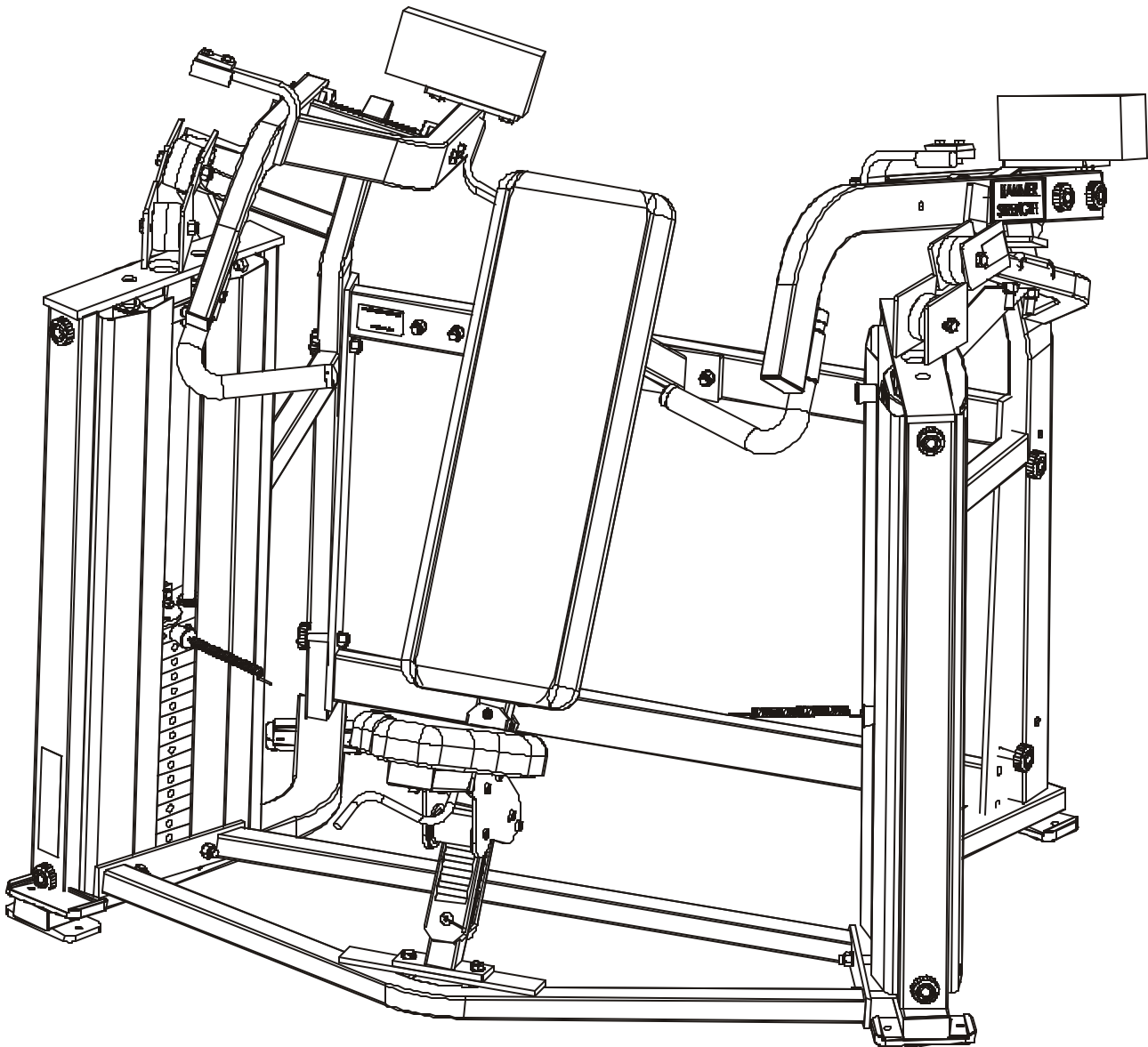


# *LifeFitness*

## RAMSEY MTSSP - MOTION TECHNOLOGY SELECTORIZED SHOULDER PRESS



## Customer Support Services ***PARTS MANUAL***

# RAMSEY MTSSP SHOULDER PRESS

Notes:

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# RAMSEY MTSSP SHOULDER PRESS

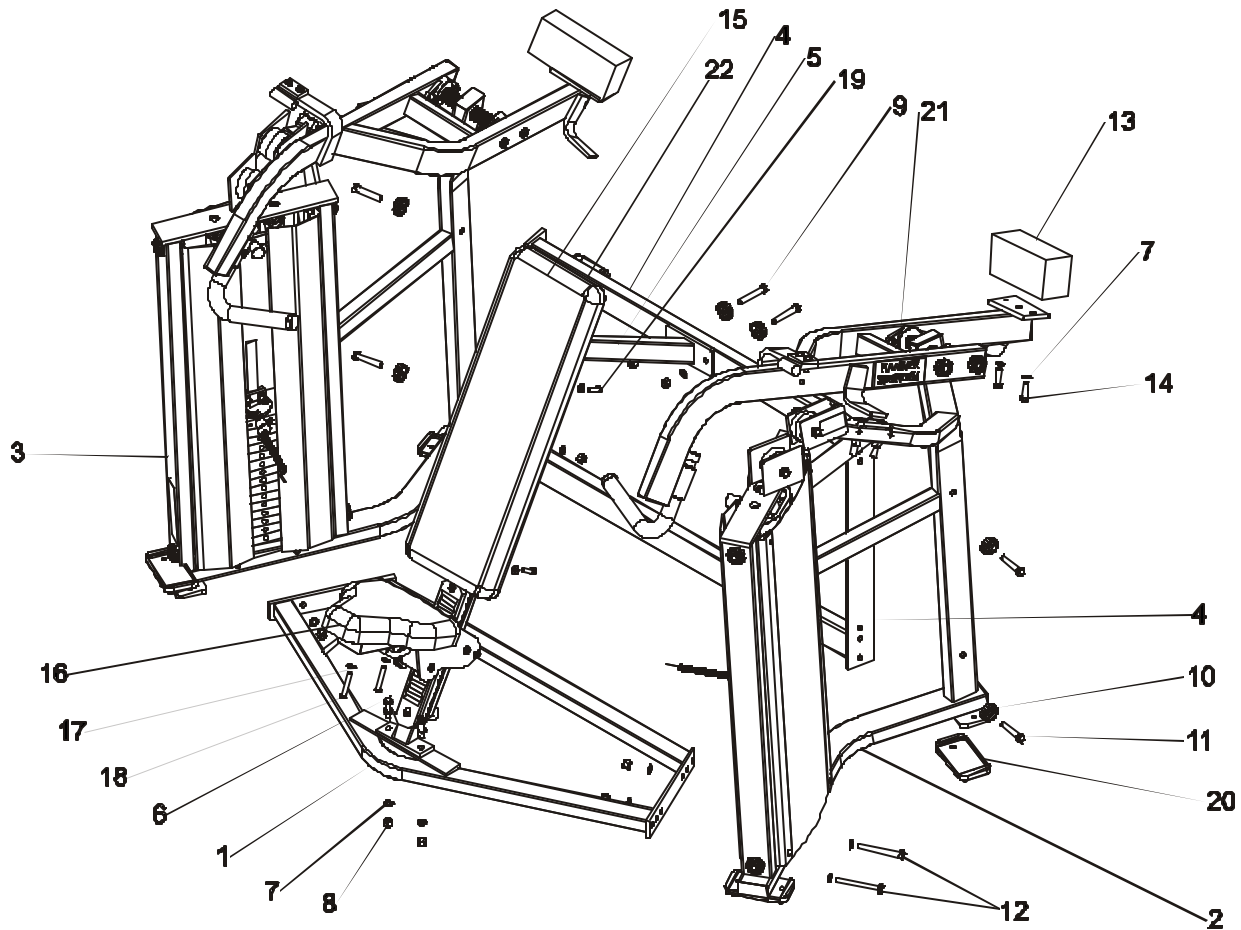
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# RAMSEY MTSSP SHOULDER PRESS

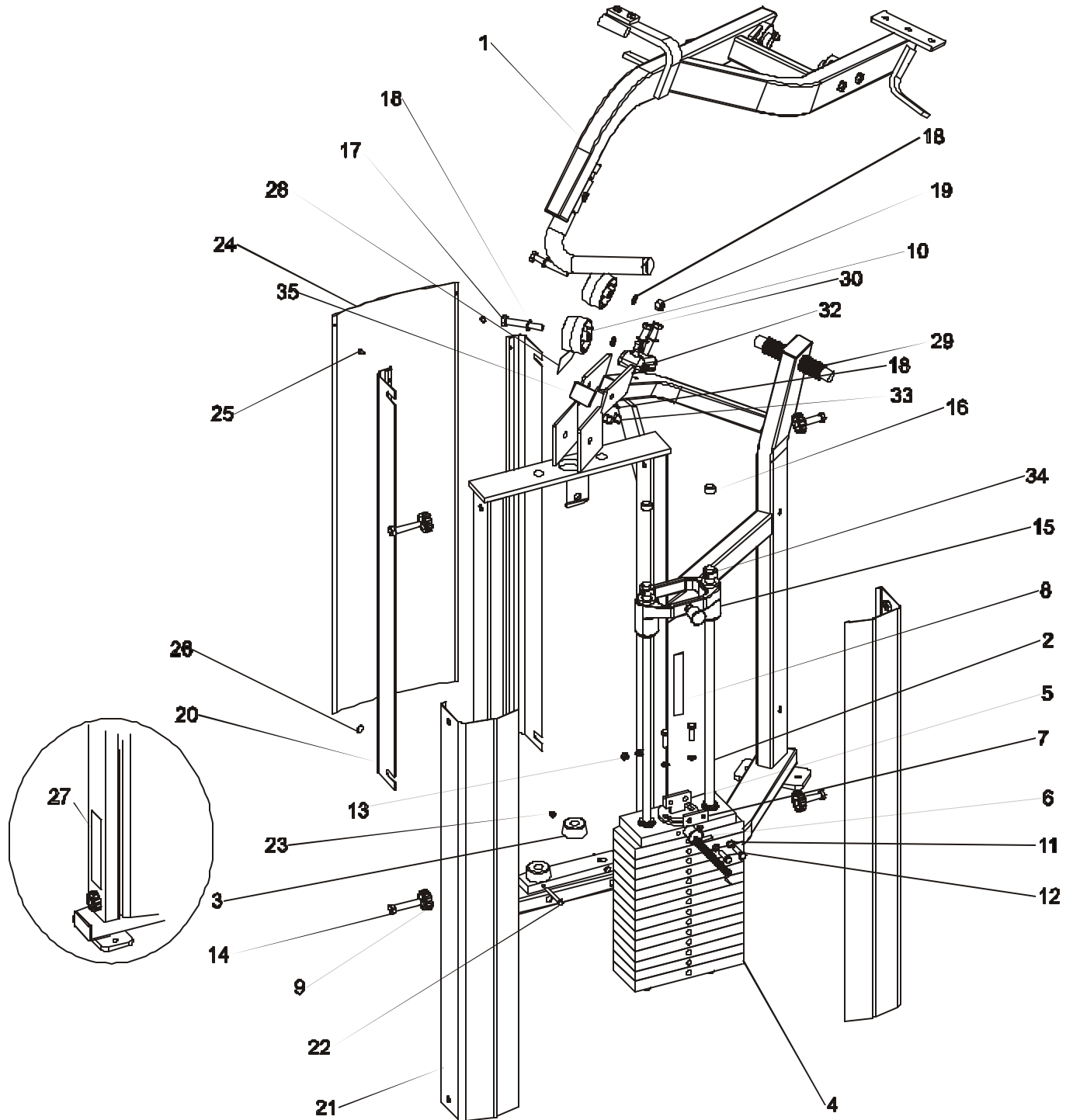
## COMPONENT ASSEMBLY



| ITEM NO. | QTY. | PART NO.        | DESCRIPTION                     |
|----------|------|-----------------|---------------------------------|
| 1        | 1    | 7495701         | WLDMT, MTSP, BOTTOM FRAME       |
| 2        | 1    | 7498201         | ASSY, MTSP, L SIDE FINAL        |
| 3        | 1    | 7498301         | ASSY, MTSP, R SIDE FINAL        |
| 4        | 1    | 7498601         | ASSY, MTSP, BACK FRAME          |
| 5        | 1    | 7498701         | ASSY, MTSP, SEAT FRAME          |
| 6        | 2    | 3239307         | 1/2-13 X 1.75 UNS HEX FHB G5 ZN |
| 7        | 22   | 3239505         | WSH, .500 IN-D ST ZN            |
| 8        | 12   | 3102801         | NUT, NYLOCK                     |
| 9        | 2    | 3239312         | 1/2-13 X 3.00 UNS HEX FHB G5 ZN |
| 10       | 6    | 7434001         | WASHER, MTS, HAMMER HEAD        |
| 11       | 4    | 3239311         | 1/2-13 X 2.75 UNS HEX FHB G5 ZN |
| 12       | 4    | 3239317         | 1/2-13 X 4.25 UNS HEX FHB G5 ZN |
| 13       | 2    | 7477901         | COUNTERWEIGHT, MTS, DIPPED      |
| 14       | 4    | 3239306         | 1/2-13 X 1.50 UNS HEX FHB G5 ZN |
| 15       | 1    | 7354001         | PAD, BACK 32-1/2 X 11-1/4       |
| 16       | 1    | 7351901         | PAD, SADDLE                     |
| 17       | 6    | 3236601         | WASHER, 3/8 SAE SS              |
| 18       | 2    | 3236209         | SCREW, M10 X1.5 60MM            |
| 19       | 4    | 3236204         | SCREW, M10 X1.5 35MM            |
| 20       | 4    | 7388201         | Footpad, PS Rubber              |
| 21       | 2    | M051-00289-A000 | HAMMER STRENGTH NAME PLATE      |
| 22       | 1    | M051-00299-A000 | HAMMER PATENT DECAL             |

# RAMSEY MTSSP SHOULDER PRESS

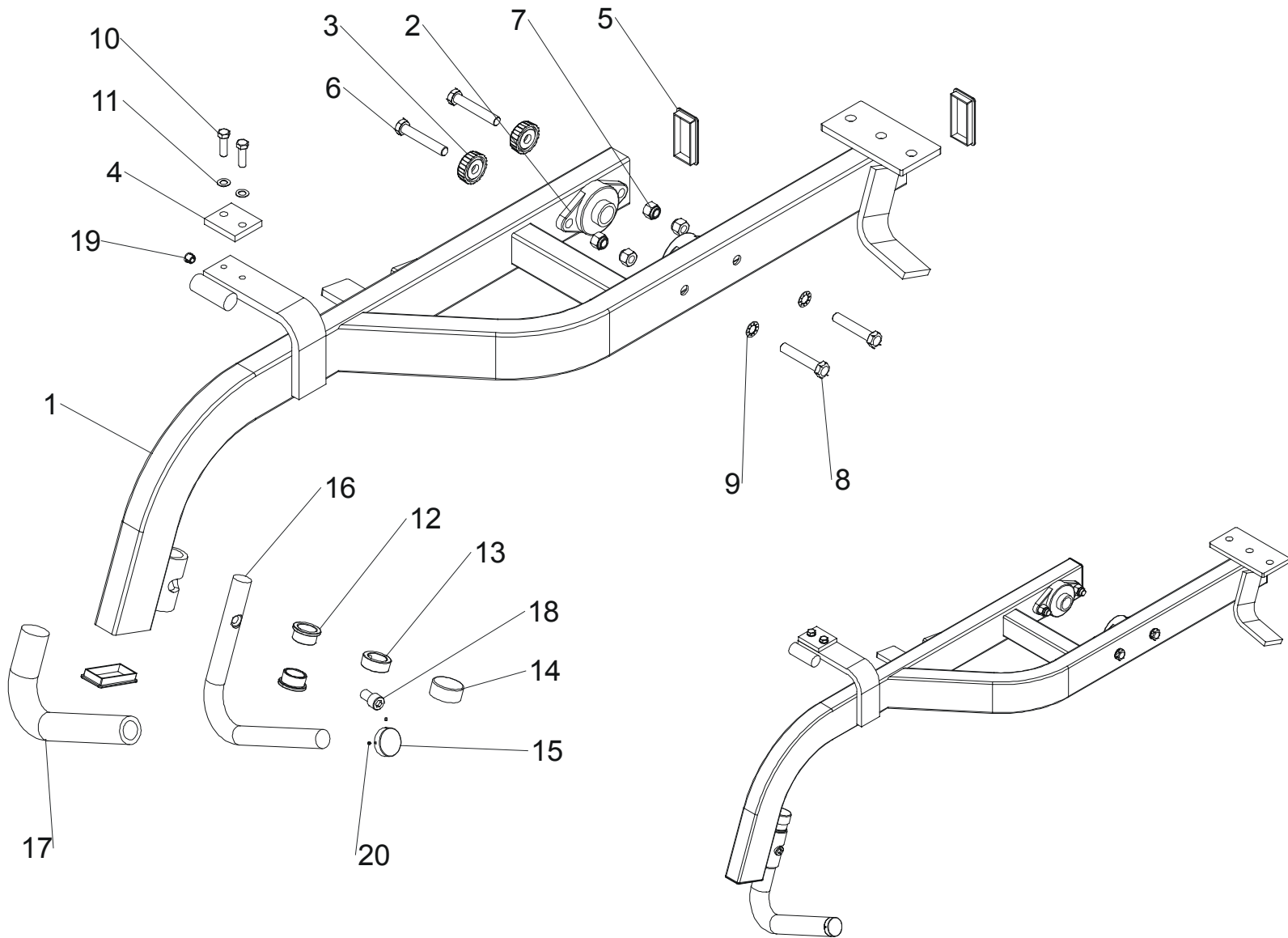
## RIGHT SIDE ASSEMBLY



**RAMSEY MTSSP SHOULDER PRESS**  
**RIGHT SIDE ASSEMBLY CALLOUTS**

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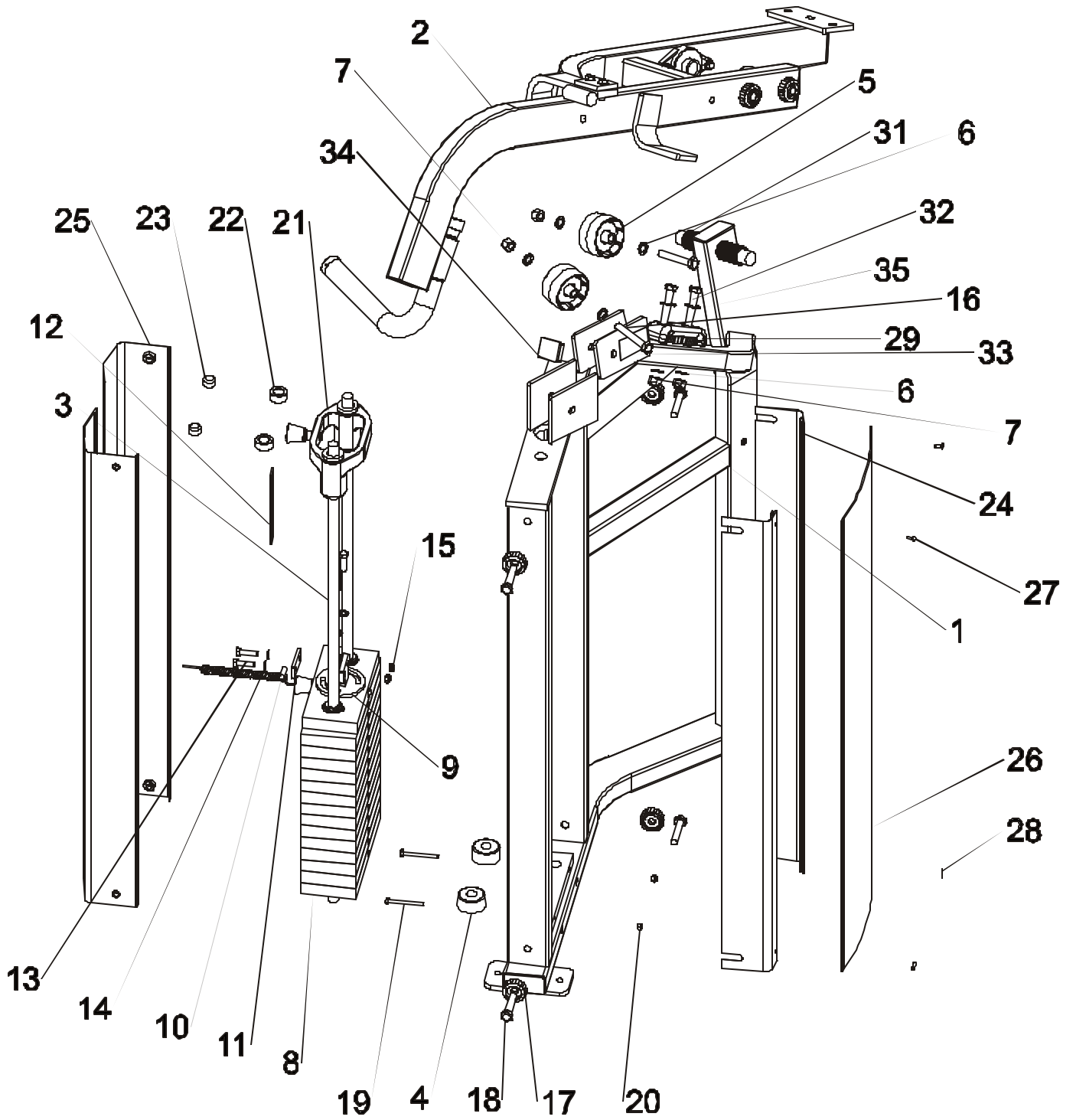
| ITEM NO. | QTY. | PART NO.        | DESCRIPTION                     |
|----------|------|-----------------|---------------------------------|
| 1        | 1    | 7498501         | ASSY, MTSP, RIGHT ARM           |
| 2        | 2    | 7328610         | GUIDE ROD, .75 OD SOLID 39.75   |
| 3        | 2    | 7352101         | CUSHION, WEIGHT STACK           |
| 4        | 1    | 7464701         | ASSY, MTS, 150 LB STACK         |
| 5        | 1    | 7436595         | WLDMT, MTS, BELT ATTACH LH      |
| 6        | 1    | 7435101         | SHAFT, 3/8" DIA SS, BELT WRAP   |
| 7        | 1    | 7435295         | PLATE, MTS, BELT CLAMP          |
| 8        | 1    | 7435701         | BELT, SPOOLED, W15/16, T.09     |
| 9        | 4    | 7434001         | WASHER, MTS, HAMMER HEAD        |
| 10       | 2    | 7594601         | PULLEY, MTS, 3" BELT            |
| 11       | 4    | 3239503         | WSH, .375 IN-D ST ZN            |
| 12       | 4    | 3223302         | 3/8-16 X 16 HEX HEAD BOLT       |
| 13       | 2    | 3102807         | NUT, NYLOCK 3/8-16 LOW HT       |
| 14       | 4    | 3239310         | 1/2-13 X2.50 UNS HEX FHB G5 ZN  |
| 15       | 1    | 7459901         | ASSY, MTS, INCREMENT WEIGHT     |
| 16       | 2    | 3242701         | CAP, END, .75 X .50. RD, BLACK  |
| 17       | 2    | 3239313         | 1/2-13 X 3.25 UNS HEX FHB G5 ZN |
| 18       | 6    | 3239505         | WSH, .500 IN-D ST ZN            |
| 19       | 4    | 3102801         | NUT, NYLOCK                     |
| 20       | 2    | 7497795         | SHROUD, MTSP, PANEL SIDE        |
| 21       | 2    | 7497895         | SHROUD, MTSP, USER SIDE         |
| 22       | 2    | 3223809         | 1/4-20 UNS HEX FHB G5 ZN        |
| 23       | 2    | 3102806         | NUT, NYLOCK 1/4-20 ZN           |
| 24       | 1    | 7435604         | PANEL, MTS, PLASTIC 39.25"      |
| 25       | 2    | 0017-00101-1587 | SHIELD RIVET                    |
| 26       | 2    | 7564101         | LABEL, MTS, .625 DIA HOLE COVER |
| 27       | 1    | 7422004         | LABEL, 2" ASTM WARN             |
| 28       | 1    | 7422003         | LABEL, MOVING PARTS             |
| 29       | 2    | 6912804         | SLEEVE, ACCRDN 1.0 ID X 2       |
| 30       | 2    | 3239312         | 1/2-13 X 3.00 UNS HEX FHB G5 ZN |
| 31       | 3    | 7477401         | CAP. END, 1-1/2 X 3, 11GA SGRY  |
| 32       | 1    | 7352001         | BUMPER, 2-1/8 X 4-5/8           |
| 33       | 1    | 7497501         | WLDMT, MTSP, RIGHT FRAME        |
| 34       | 2    | 3103301         | SHAFT COLLAR, 3/4 I.D. ZINC     |
| 35       | 1    | 7477301         | CAP, END, 1-1/2 X 2, 11GA SGRY  |
| 36       | 2    | 3102507         | WASHER, TYPE A PLAIN            |



| ITEM NO. | QTY. | PART NO. | DESCRIPTION                            |
|----------|------|----------|--|
| 1        | 1    | 7495601  | WLDMT, MTSP, R MOVE ARM                |
| 2        | 2    | 3239901  | BEARING, 2 HOLE FLANGE, 1" ID          |
| 3        | 2    | 7434001  | WASHER, MTS, HAMMER HEAD               |
| 4        | 1    | 7465095  | PLATE, MTS, BELT ATTACH                |
| 5        | 3    | 7477401  | CAP. END, 1-1/2 X 3, 11GA SGRY         |
| 6        | 2    | 3239312  | 1/2-13 X 3.00 UNS HEX FHB G5 ZN        |
| 7        | 4    | 3102801  | NUT, NYLOCK                            |
| 8        | 2    | 3239311  | 1/2-13 X 2.75 UNS HEX FHB G5 ZN        |
| 9        | 2    | 3239505  | WSH, .500 IN-D ST ZN                   |
| 10       | 2    | 3223302  | 3/8-16 X 16 HEX HEAD BOLT              |
| 11       | 2    | 3239503  | WSH, .375 IN-D ST ZN                   |
| 12       | 2    | 3104906  | 1.00" ID 1.25" OD BRONZ BUSHING        |
| 13       | 1    | 7435301  | 1" ID SHAFT COLLAR BORED .020          |
| 14       | 1    | 3242601  | CAP, END, 1.375 X .750 RD, BLACK VINYL |
| 15       | 1    | 7306902  | RING, GRIP 1.50 OD                     |
| 16       | 1    | 7497601  | BSHAFT, MTSP, 1" DIA HANDLE            |
| 17       | 1    | 3235802  | GRIP, SHADOW GRAY, 13.5"               |
| 18       | 1    | 3243303  | 1/2-13 HXS SOC CS ST BZ                |
| 19       | 1    | 3237401  | PLUG, 7/16" HOLE                       |
| 20       | 2    | 3237201  | M3 X .5 HXS NO CUP ST BO               |

# RAMSEY MTSSP SHOULDER PRESS

## LEFT SIDE FRAME ASSEMBLY

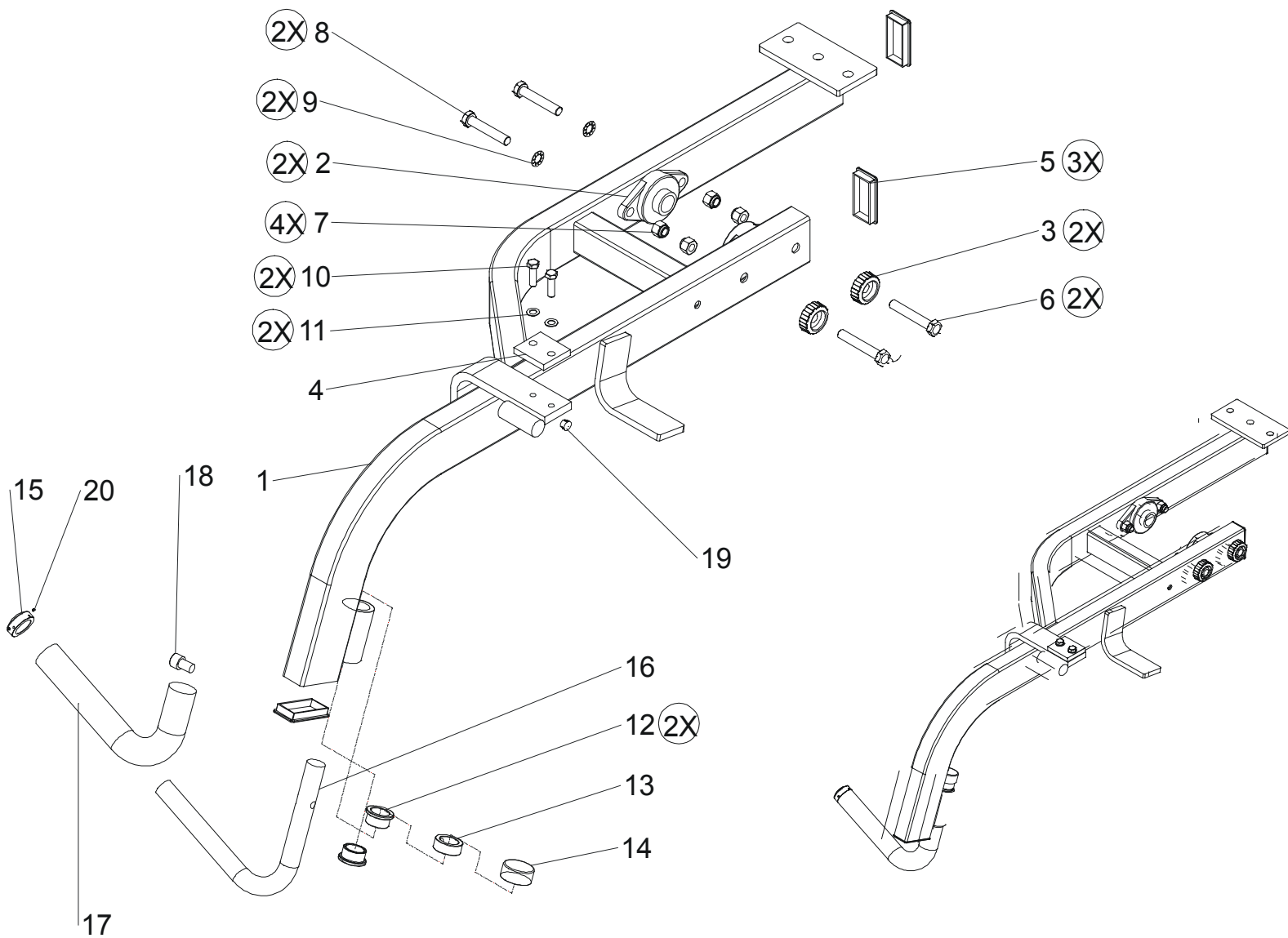




**RAMSEY MTSSP SHOULDER PRESS**  
**LEFT SIDE FRAME ASSEMBLY CALLOUTS**

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| ITEM NO. | QTY. | PART NO.        | DESCRIPTION                     |
|----------|------|-----------------|---------------------------------|
| 1        | 1    | 7496501         | WLDMT, MTSP, LEFT FRAME         |
| 2        | 1    | 7497901         | ASSY, MTSP, LEFT ARM            |
| 3        | 2    | 7328610         | GUIDE ROD, .75 OD SOLID 39.75   |
| 4        | 2    | 7352101         | CUSHION, WEIGHT STACK           |
| 5        | 2    | 7594601         | PULLEY, MTS, 3" BELT            |
| 6        | 6    | 3239505         | WSH, .500 IN-D ST ZN            |
| 7        | 4    | 3102801         | NUT, NYLOCK                     |
| 8        | 1    | 7464701         | ASSY, MTS, 150 LB STACK         |
| 9        | 1    | 7434895         | WLDMT, MTS, BELT ATTACH         |
| 10       | 1    | 7435101         | SHAFT, 3/8" DIA SS, BELT WRAP   |
| 11       | 1    | 7435295         | PLATE, MTS, BELT CLAMP          |
| 12       | 1    | 7435701         | BELT, SPOOLED, W15/16, T.09     |
| 13       | 4    | 3223302         | 3/8-16 X 16 HEX HEAD BOLT       |
| 14       | 4    | 3239503         | WSH, .375 IN-D ST ZN            |
| 15       | 2    | 3102807         | NUT, NYLOCK 3/8-16 LOW HT       |
| 16       | 2    | 3239313         | 1/2-13 X 3.25 UNS HEX FHB G5 ZN |
| 17       | 4    | 7434001         | WASHER, MTS, HAMMER HEAD        |
| 18       | 4    | 3239310         | 1/2-13 X2.50 UNS HEX FHB G5 ZN  |
| 19       | 2    | 3223809         | 1/4-20 UNS HEX FHB G5 ZN        |
| 20       | 2    | 3102806         | NUT, NYLOCK 1/4-20 ZN           |
| 21       | 1    | 7459901         | ASSY, MTS, INCREMENT WEIGHT     |
| 22       | 2    | 3103301         | SHAFT COLLAR, 3/4 I.D. ZINC     |
| 23       | 2    | 3242701         | CAP, END, .75 X .50. RD, BLACK  |
| 24       | 2    | 7497795         | SHROUD, MTSP, PANEL SIDE        |
| 25       | 2    | 7497895         | SHROUD, MTSP, USER SIDE         |
| 26       | 1    | 7435604         | PANEL, MTS, PLASTIC 39.25"      |
| 27       | 2    | 0017-00101-1587 | SHIELD RIVET                    |
| 28       | 2    | 7564101         | LABEL, MTS, .625 DIA HOLE COVER |
| 29       | 1    | 7352001         | BUMPER, 2-1/8 X 4-5/8           |
| 30       | 3    | 7477401         | CAP. END, 1-1/2 X 3, 11GA SGRY  |
| 31       | 2    | 6912804         | SLEEVE, ACCRDN 1.0 ID X 2       |
| 32       | 2    | 3239312         | 1/2-13 X 3.00 UNS HEX FHB G5 ZN |
| 33       | 1    | 7422003         | LABEL, MOVING PARTS             |
| 34       | 1    | 7477301         | CAP, END, 1-1/2 X 2, 11GA SGRY  |
| 35       | 2    | 3102507         | WASHER, TYPE A PLAIN            |

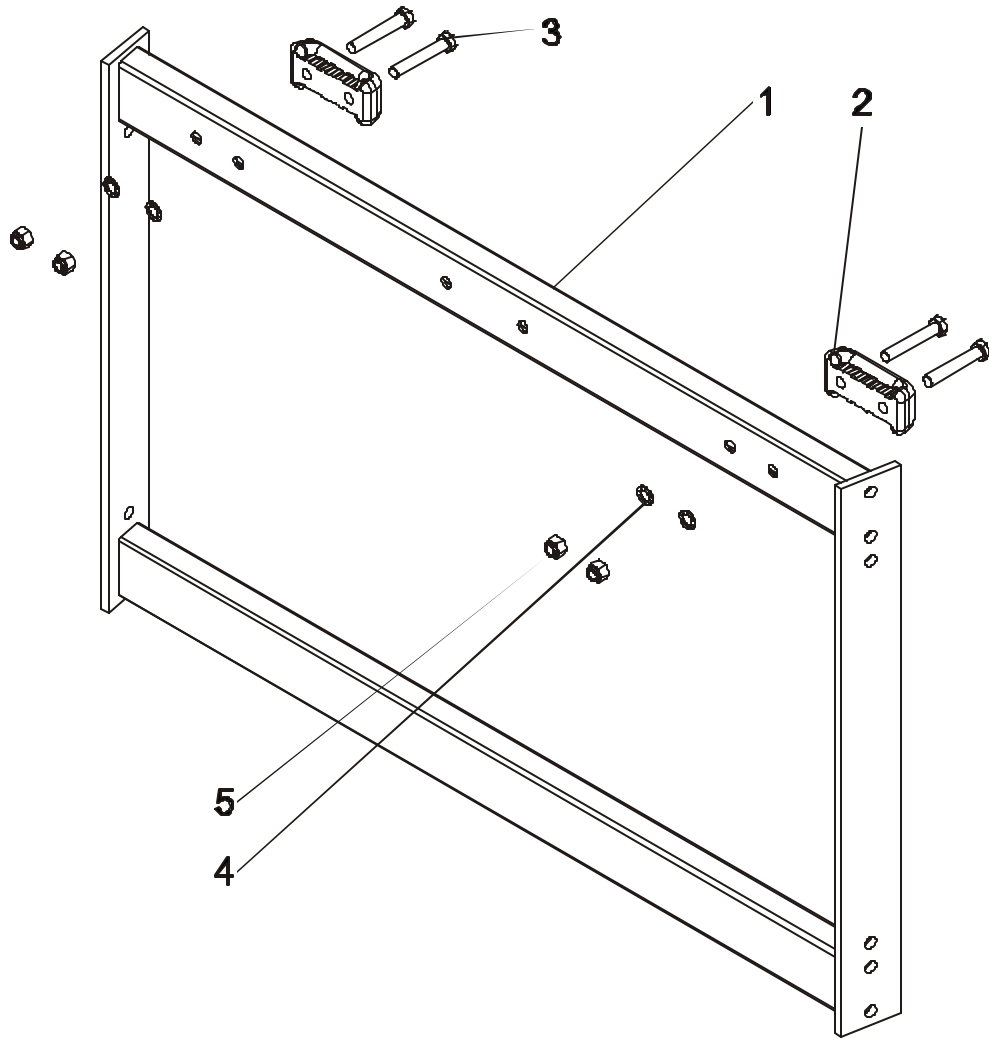


| ITEM NO. | QTY. | PART NO. | DESCRIPTION                            |
|----------|------|----------|--|
| 1        | 1    | 7494801  | WLDMT, MTSP, L MOVE ARM                |
| 2        | 2    | 3239901  | BEARING, 2 HOLE FLANGE, 1" ID          |
| 3        | 2    | 7434001  | WASHER, MTS, HAMMER HEAD               |
| 4        | 1    | 7465095  | PLATE, MTS, BELT ATTACH                |
| 5        | 3    | 7477401  | CAP. END, 1-1/2 X 3, 11GA SGRY         |
| 6        | 2    | 3239312  | 1/2-13 X 3.00 UNS HEX FHB G5 ZN        |
| 7        | 4    | 3102801  | NUT, NYLOCK                            |
| 8        | 2    | 3239311  | 1/2-13 X 2.75 UNS HEX FHB G5 ZN        |
| 9        | 2    | 3239505  | WSH, .500 IN-D ST ZN                   |
| 10       | 2    | 3223302  | 3/8-16 X 16 HEX HEAD BOLT              |
| 11       | 2    | 3239503  | WSH, .375 IN-D ST ZN                   |
| 12       | 2    | 3104906  | 1.00" ID 1.25" OD BRONZ BUSHING        |
| 13       | 1    | 7435301  | 1" ID SHAFT COLLAR BORED .020          |
| 14       | 1    | 3242601  | CAP, END, 1.375 X .750 RD, BLACK VINYL |
| 15       | 1    | 7306902  | RING, GRIP 1.50 OD                     |
| 16       | 1    | 7497601  | BSHAFT, MTSP, 1" DIA HANDLE            |
| 17       | 1    | 3235802  | GRIP, SHADOW GRAY, 13.5"               |
| 18       | 1    | 3243303  | 1/2-13 HXS SOC CS ST BZ                |
| 19       | 1    | 3237401  | PLUG, 7/16" HOLE                       |
| 20       | 2    | 3237201  | M3 X .5 HXS NO CUP ST BO               |

# RAMSEY MTSSP SHOULDER PRESS

## BACK FRAME ASSEMBLY

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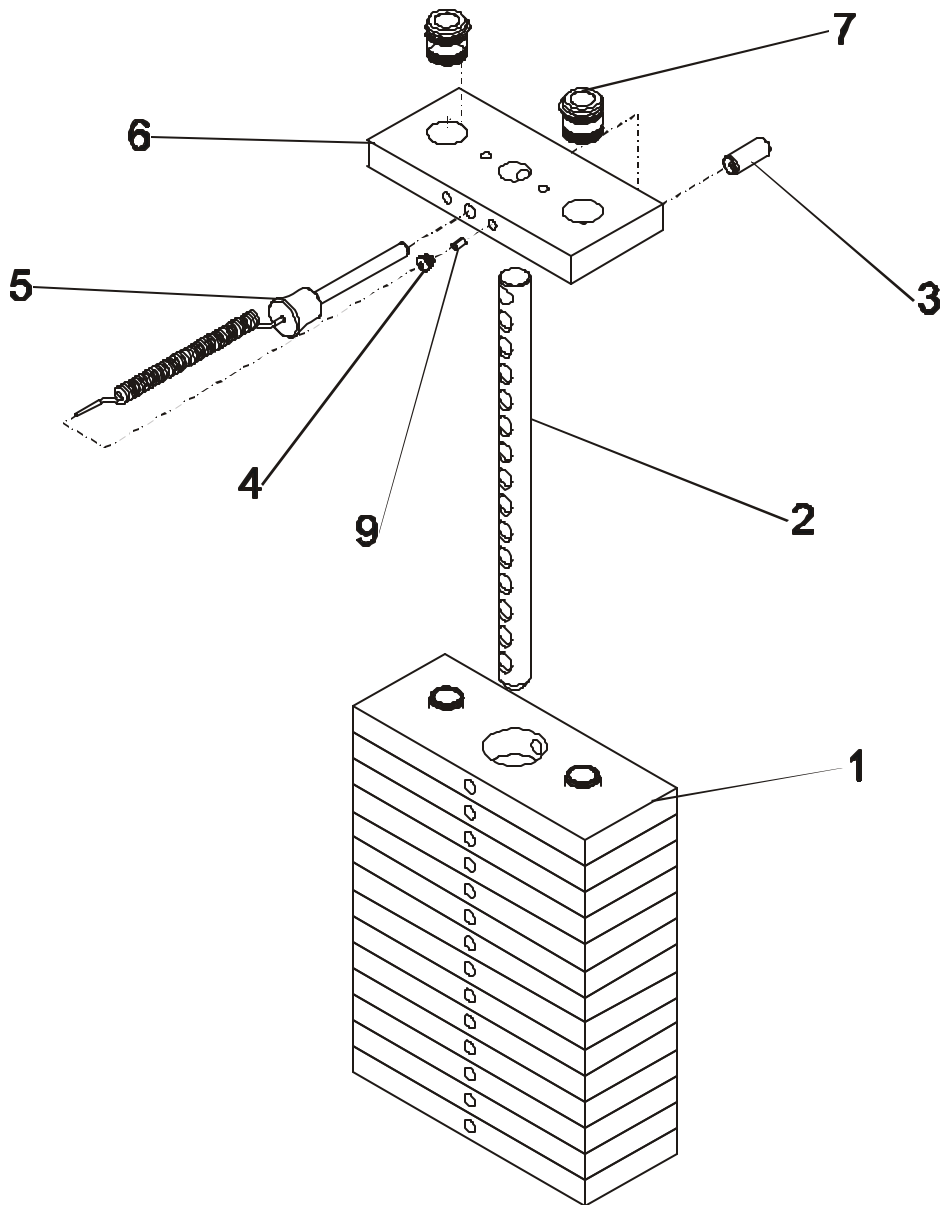


| ITEM NO. | QTY. | PART NO. | DESCRIPTION                     |
|----------|------|----------|---------------------------------|
| 1        | 1    | 7494401  | WLDMT, MTSP, BACK FRAME         |
| 2        | 2    | 7352001  | BUMPER, 2-1/8 X 4-5/8           |
| 3        | 4    | 3239312  | 1/2-13 X 3.00 UNS HEX FHB G5 ZN |
| 4        | 4    | 3239505  | WSH, .500 IN-D ST ZN            |
| 5        | 4    | 3102801  | NUT, NYLOCK                     |

# RAMSEY MTSSP SHOULDER PRESS

## WEIGHT STACK ASSEMBLY

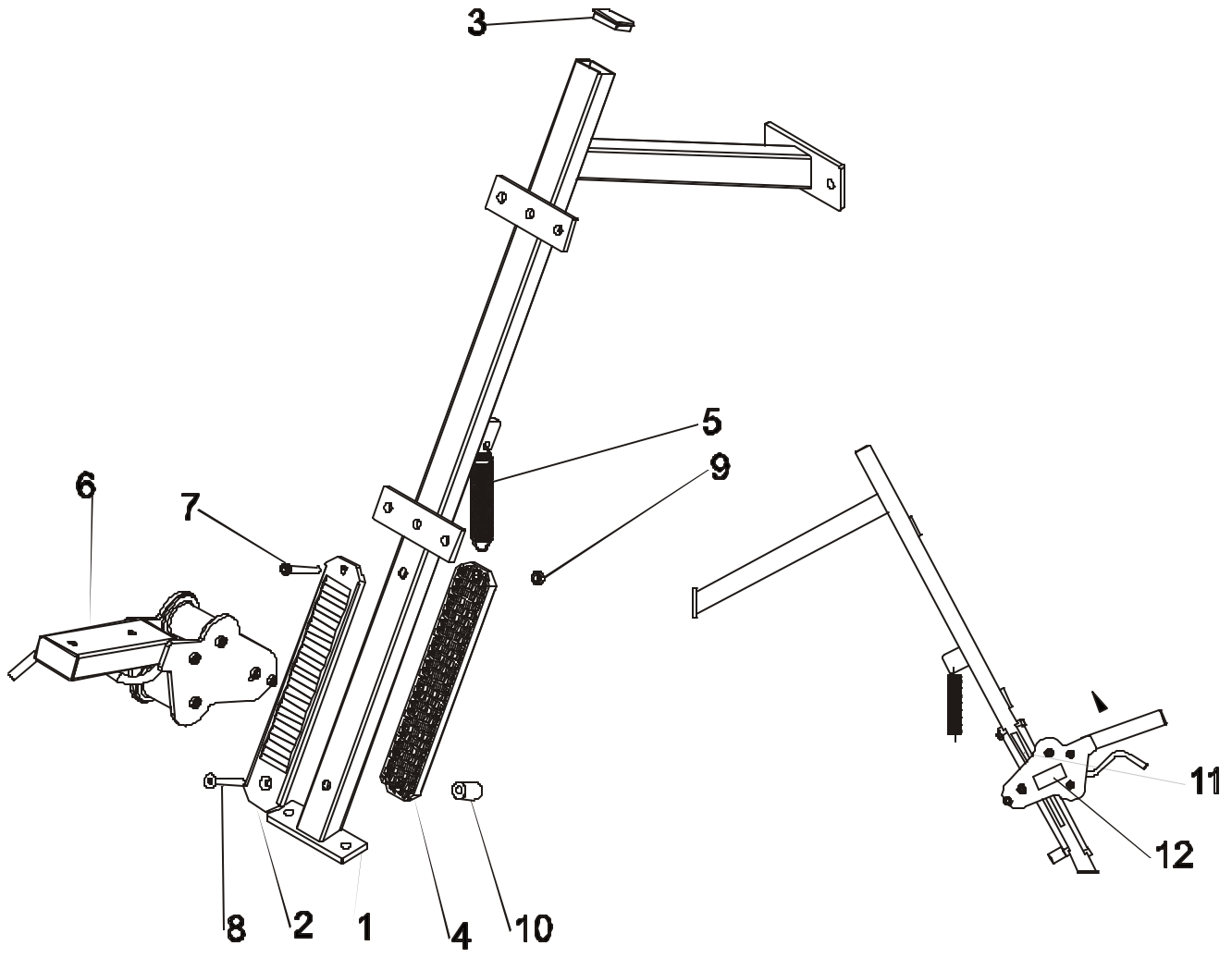
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| ITEM NO. | QTY. | PART NO. | DESCRIPTION              |
|----------|------|----------|--------------------------|
| 1        | 14   | 7353701  | ASSY, 10 LB PLATE        |
| 2        | 1    | 7464801  | BAYONET, MTS, 15 HOLE    |
| 3        | 1    | 3236001  | BUSHING, SPRING PIN      |
| 4        | 1    | 7356501  | PLUG, LANYARD ATTACHMENT |
| 5        | 1    | 7353001  | ASSY, SELECTOR PIN       |
| 6        | 1    | 7434401  | HEAD PLATE, MTS          |
| 7        | 2    | 7338001  | BUSHING, HEADPLATE       |
| 9        | 1    | 7523601  | CRIMP, CABLE             |

# RAMSEY MTSSP SHOULDER PRESS

## SEAT FRAME ASSEMBLY



| ITEM NO. | QTY. | PART NO. | DESCRIPTION                    |
|----------|------|----------|--------------------------------|
| 1        | 1    | 7496201  | WLDMT, MTSP, SEAT FRAME        |
| 2        | 1    | 7564301  | SEATRACK, ROLLER SERRATED      |
| 3        | 1    | 7477301  | CAP, END, 1-1/2 X 2, 11GA SGRY |
| 4        | 1    | 7564401  | SEATRACK, FLAT                 |
| 5        | 1    | 7442601  | SPRING, PRO2 ROLLER SEAT       |
| 6        | 1    | 7436401  | ASSY, MTS, 97 SEAT             |
| 7        | 1    | 3236211  | SCREW, M10 X1.5 70MM           |
| 8        | 1    | 3238312  | M10x1.5x75mm                   |
| 9        | 1    | 3236801  | NUT, M10 HEX NYLOCK SS         |
| 10       | 1    | 7570601  | STOP, ROLLER SEAT              |
| 11       | 1    | 7422002  | LABEL, SEAT ADJUST             |
| 12       | 1    | 7422001  | LABEL, SEAT INST               |