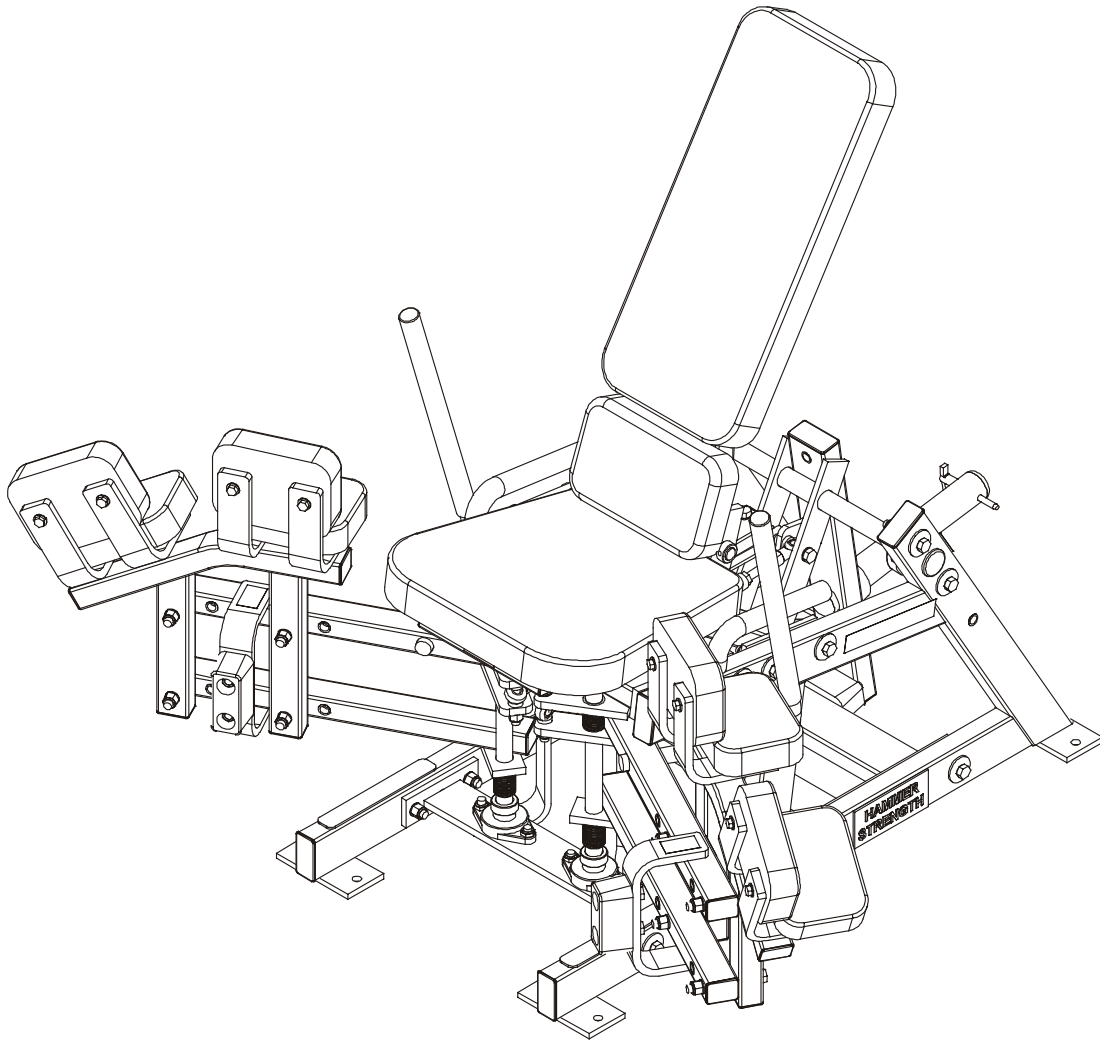


LifeFitness

HAMMER STRENGTH PLADD - PLATE LOADED ADDUCTOR



Customer Support Services ***PARTS MANUAL***

PLADD - PLATE LOADED ADDUCTOR

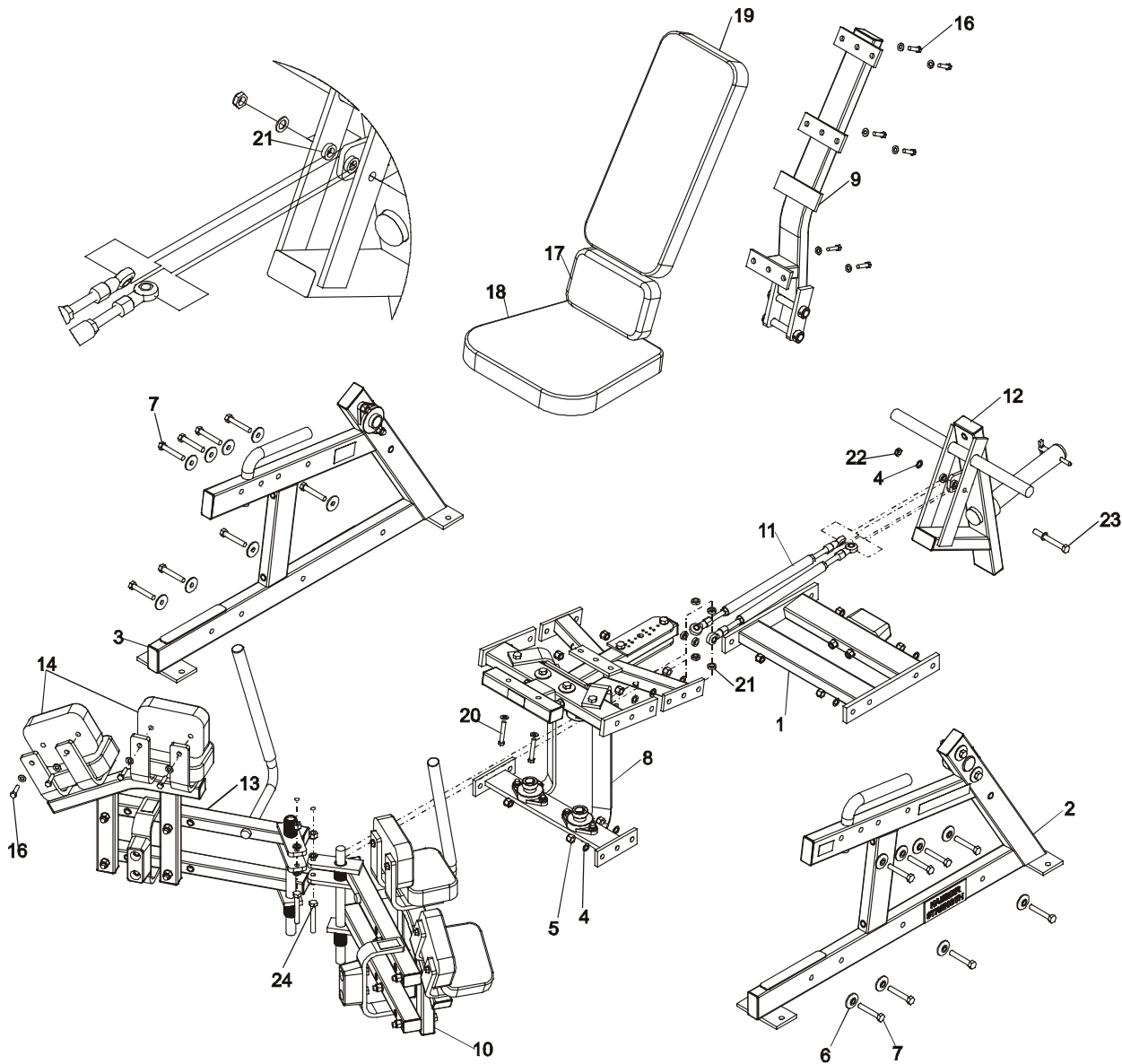
Notes:

PLADD - PLATE LOADED ADDUCTOR

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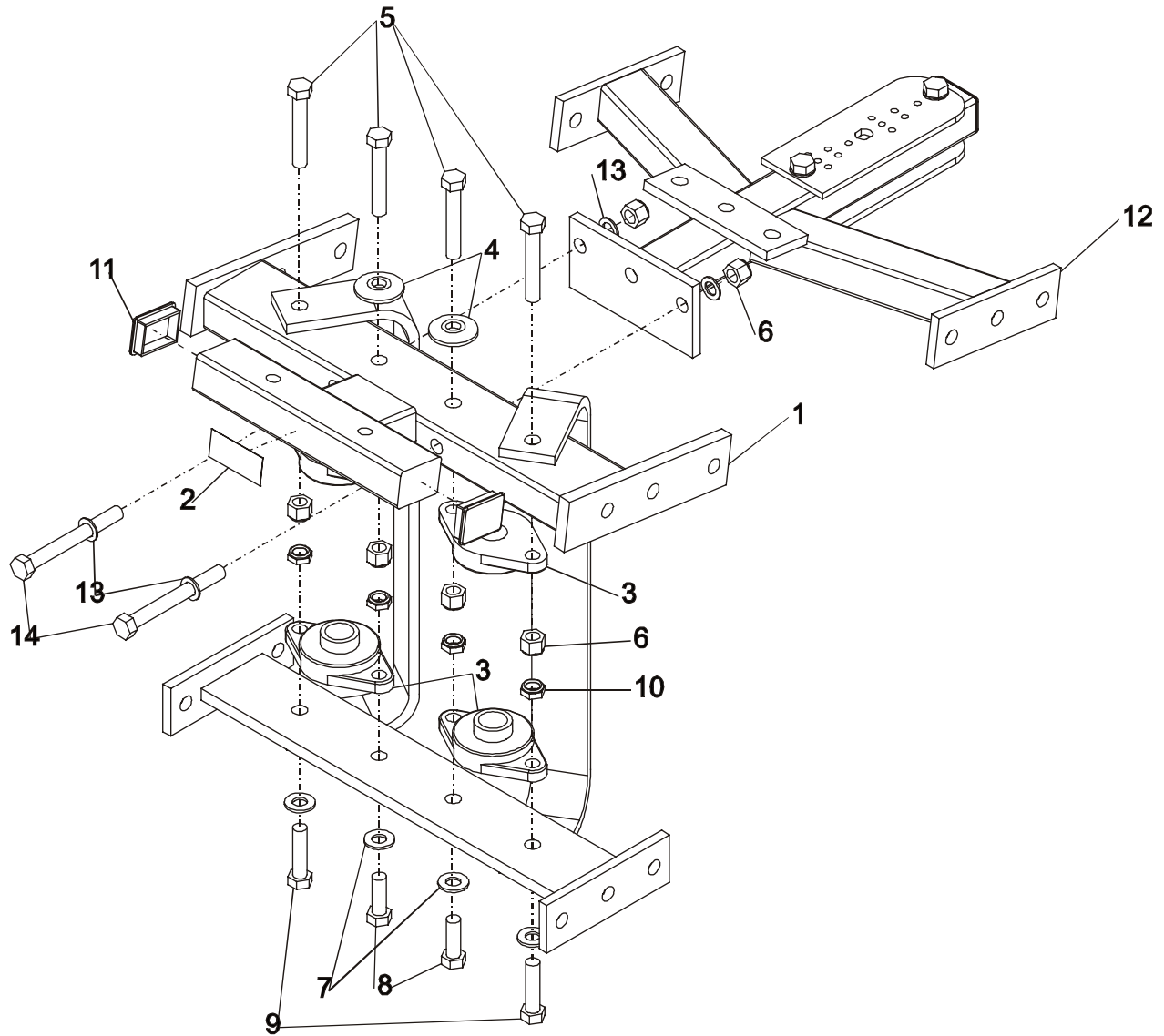
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PLADD - PLATE LOADED ADDUCTOR COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION	ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLADD-CBX-0	Assy, Bottom Frame	14	8	U7-4.5	7" PAD
2	1	PLADD-CSFL-0	Assy, Left Side Frame	15	26	WASH.375SAE	3/8" SAE Flat Washer
3	1	PLADD-CSFR-0	Assy, Right Side Frame	16	24	HHB.375X1.5	3/8 X 1 1/2 Bolt
4	22	WASH.5STAR	1/2" Internal Lock Washer	17	1	U10-4.5	Rect Pad
5	18	NUT.5LOCK	1/2" Thick Lock Nut	18	1	U16-11	Standard 16" Pad
6	16	H-BACK WASH	Backing Washer	19	1	U24-10	Standard 24" Pad
7	16	HHB.5X3	1/2 X 3 Bolt	20	2	HHB.375X2.5	3/8 X 2 1/2 Bolt
8	1	PLADD-CWB-0	Assy, Workbox	21	8	AB-AD SPACER	AD-AB Spacer
9	1	PLADD-CAJST-0	Assy, Adjustable Seat	22	1	NUT.5JAMLOCK	1/2" Thin Lock Nut
10	1	PLADD-CMAL-1	Assy, Left Movement Arm	23	1	HHB.5X4.5	1/2 X 4 1/2 Bolt
11	2	PLADD-RX-0	Weldment, Drive Rod	24	2	HHB.5X3.5	1/2 X 3 1/2 Bolt
12	1	PLADD-CHX-1	Assy, Weight Rod	25	2	H-LCOLLAR1	3/4" Lock Collar
13	1	PLADD-CMAR-1	Assy, Right Movement Arm				

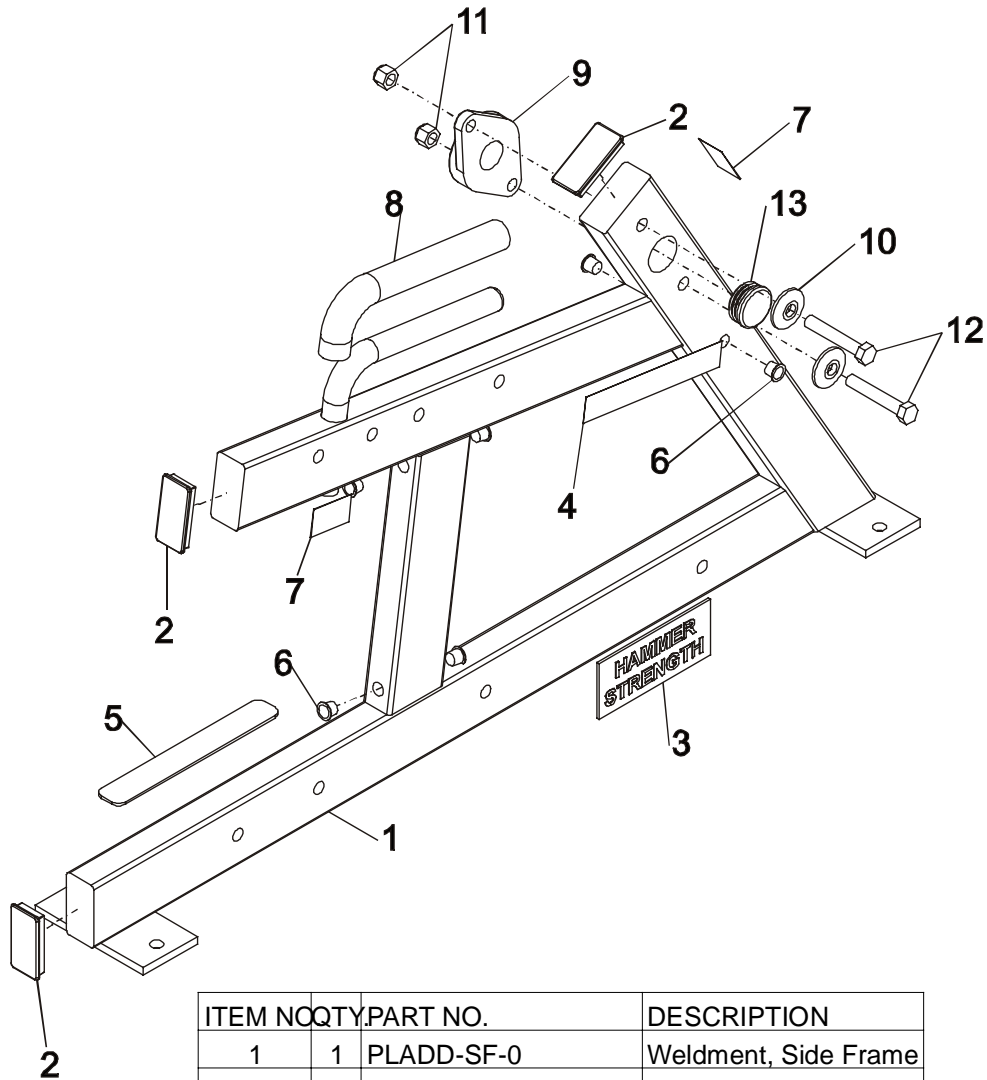
PLADD - PLATE LOADED ADDUCTOR WELDMENT WORKBOX



ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLADD-WB-0	Weldment, Workbox
2	1	SERIAL NUMBER	Serial Number
3	4	H-BEAR-SML	Small Bearing
4	2	H-BACK WASH	Backing Washer
5	4	HHB.5X3	1/2 X 3 Bolt
6	6	NUT.5LOCK	1/2" Thick Lock Nut
7	4	WASH.5SAE	1/2" SAE Flat Washer
8	2	HHB.5X1.5	1/2 X 1 1/2 Bolt
9	2	HHB.5X2	1/2 X 2 Bolt
10	4	NUT.5JAMLOCK	1/2" Thin Lock Nut
11	2	H-PEND2	1 1/2 X 2 Endcap
12	1	PLADD-CST-0	Seat Frame Assembly
13	4	WASH.5STAR	1/2" Internal Lock Washer
14	2	HHB.5X4.5	1/2 X 4 1/2 Bolt

PLADD - PLATE LOADED ADDUCTOR SEAT FRAME ASSEMBLY

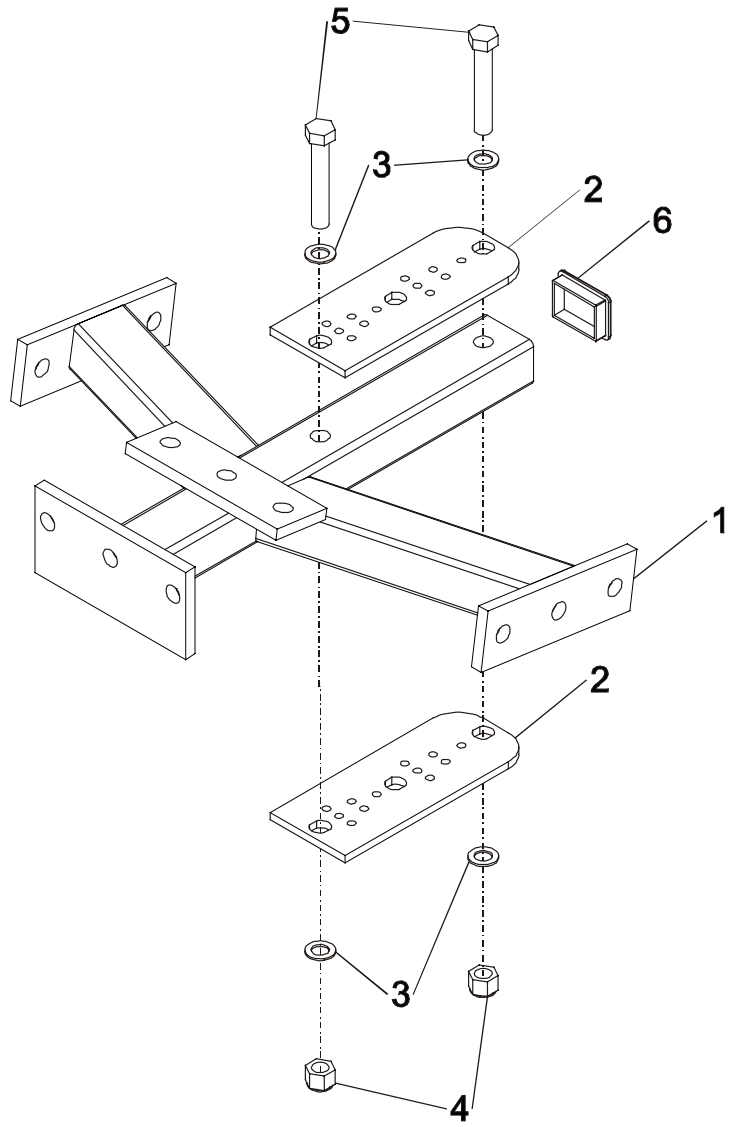
NOTE: LEFT SF SHOWN
RIGHT SF MIRROR IMAGE



ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	PLADD-SF-0	Weldment, Side Frame
2	3	H-PEND3	1 1/2 X 3 End Cap
3	1	H-NAMEPLATE	Name Plate
4	1	ADDUCTOR	Product Decal
5	1	PLASTIC NONSKID STRIP 1/4 X 3/8	Nonskid
6	6	H-HPLUG(REG)	Hole Plug
7	2	STAY CLEAR	Stay Clear Decal
8	1	H-GRIP(PLADD-A00-2)	HandGrip
9	1	H-BEAR-LGE	1 1/4" Flange Bearing
10	2	H-BACK WASH	Backing Washer
11	2	NUT.5LOCK	1/2" Thick Lock Nut
12	2	HHB.5X3	1/2 X 3 Bolt
13	1	H-LOCK-PLUG(LARGE)	9/16" Hole Plug

PLADD - PLATE LOADED ADDUCTOR

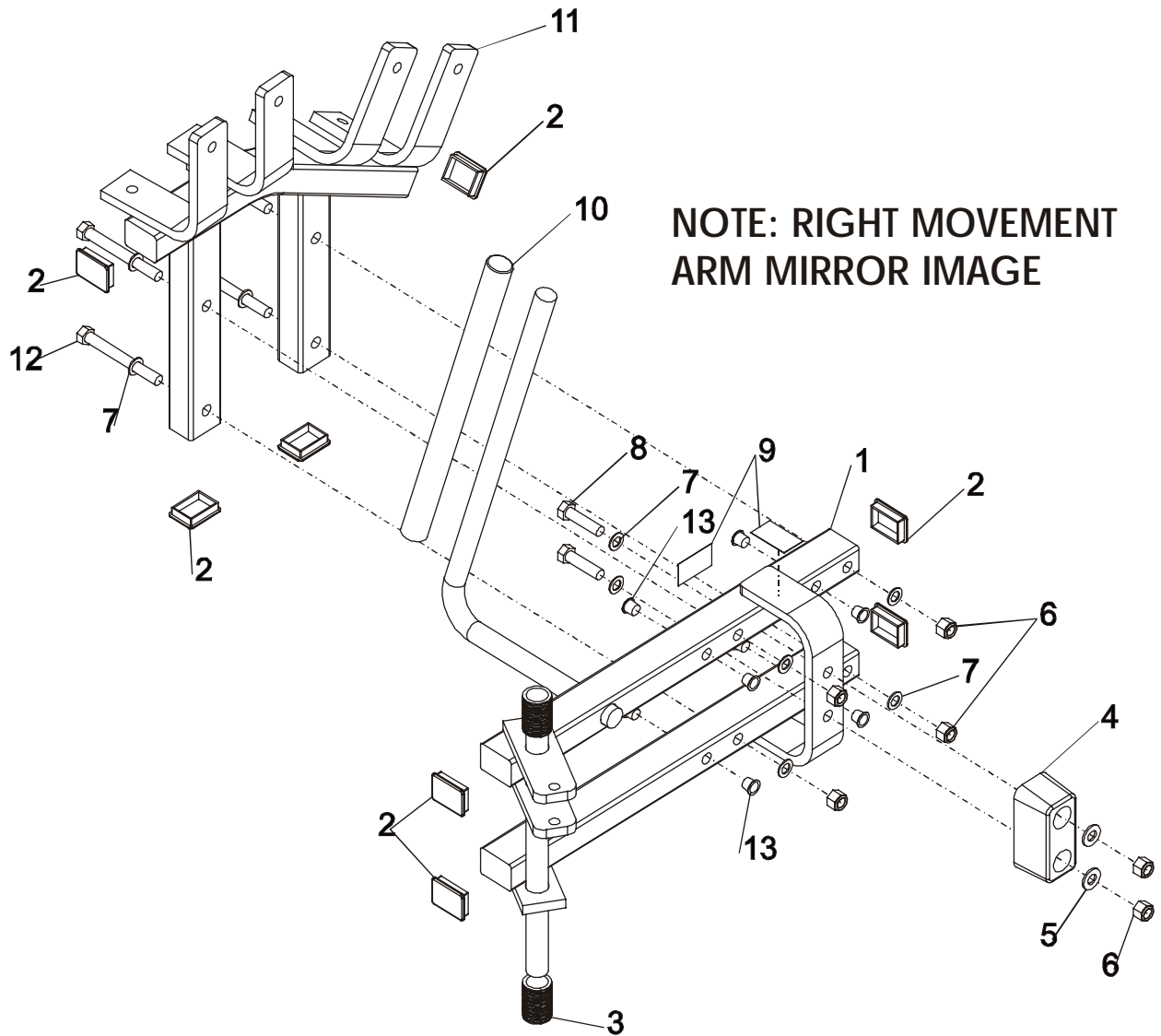
SEAT BOTTOM



ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLADD-ST-0	Seat Bottom
2	2	H-SEATRCKS	
3	4	WASH.5STAR	1/2" Internal Lock Washer
4	2	NUT.5LOCK	1/2" Thick Lock Nut
5	2	HHB.5X3	1/2 X 3 Bolt
6	1	H-PEND2	1 1/2 X 2 Endcap

PLADD - PLATE LOADED ADDUCTOR

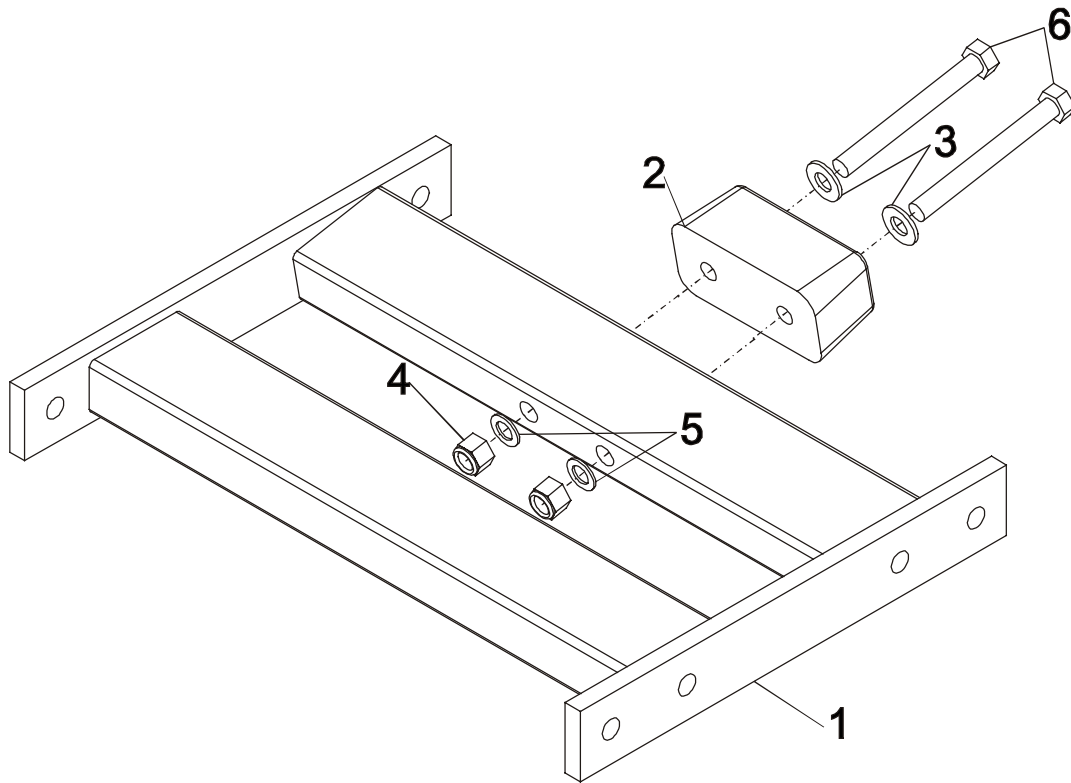
MOVEMENT ARM ASSEMBLY



ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLADD-MAL-1	Weldment, Left Movement Arm
2	8	H-PEND2	1 1/2 X 2 Endcap
3	2	ACCORDIAN	Shaft Guard
4	1	H-BUMP-MED	MM2 Medium
5	2	WASH.5SAE	1/2" SAE Flat Washer
6	6	NUT.5LOCK	1/2" Thick Lock Nut
7	10	WASH.5STAR	1/2" Internal Lock Washer
8	2	HHB.5X2	1/2 X 2 Bolt
9	2	STAY CLEAR	Stay Clear Decal
10	1	H-GRIP(PLADD-A00)	HandGrip
11	1	PLADD-ETCL-0	Weldment, Right Leg Support
12	4	HHB.5X4.5	1/2 X 4 1/2 Bolt
13	8	H-HPLUG(REG)	Hole Plug

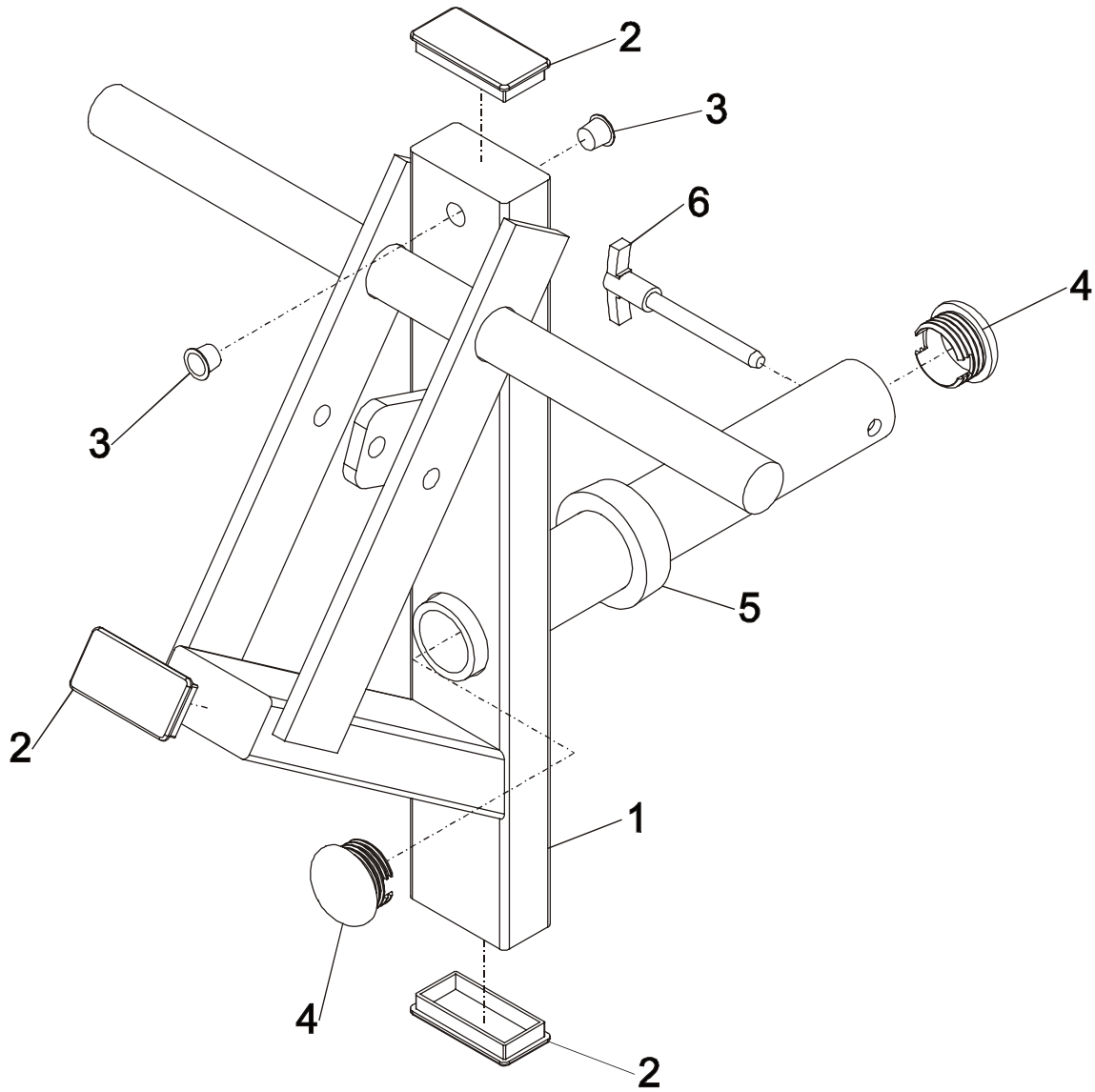
PLADD - PLATE LOADED ADDUCTOR

BOTTOM FRAME WELDMENT



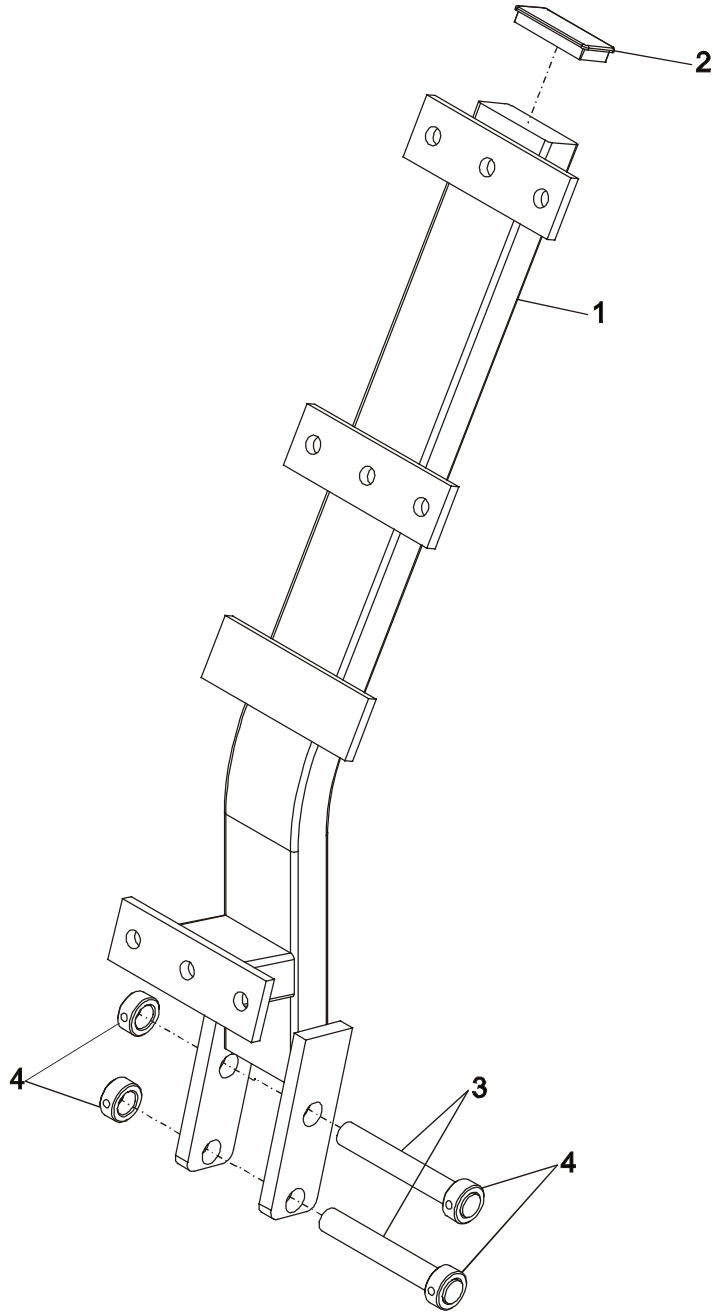
ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	PLADD-BX-0	Weldment, Bottom Frame
2	1	H-BUMP-MED	MM2 Medium
3	2	WASH.5SAE	1/2" SAE Flat Washer
4	2	NUT.5LOCK	1/2" Thick Lock Nut
5	2	WASH.5STAR	1/2" Internal Lock Washer
6	2	HHB.5X4.5	1/2 X 4 1/2 Bolt

PLADD - PLATE LOADED ADDUCTOR WEIGHT ROD WELDMENT ASSEMBLY



ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLADD-HX-0	Weldment, Weight Rod
2	3	H-PEND3	1 1/2 X 3 End Cap
3	3	H-HPLUG(REG)	Hole Plug
4	2	H-DOMECAP	Bullet Cap
5	1	H-RUBRNG	MM5 Ring
6	1	SELECTOR PIN-4	SELECTOR PIN 4 INCH

PLADD - PLATE LOADED ADDUCTOR ADJUSTABLE SEAT



ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLADD-AJST-0	Weldment, Adjustable Seat Back
2	1	H-PEND3	1 1/2 X 3 End Cap
3	2	STSHFT	Seat Shaft
4	4	H-LCOLLAR75	3/4" LOCK COLLAR