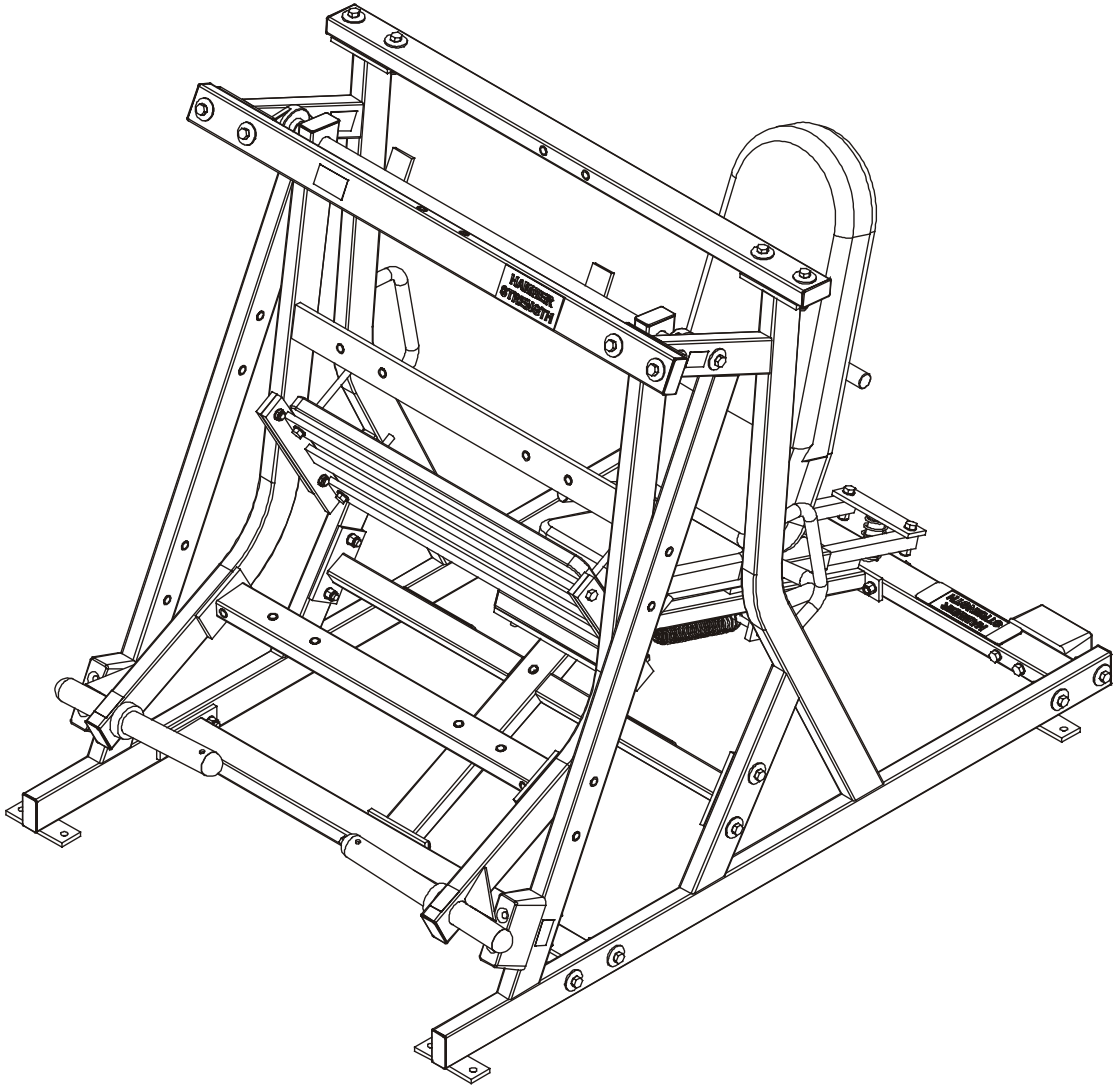


# *LifeFitness*

## HAMMER STRENGTH PLLP - PLATE LOADED LEG PRESS



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

# PLL - PLATE LOADED LEG PRESS

Notes:

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# PLL - PLATE LOADED LEG PRESS

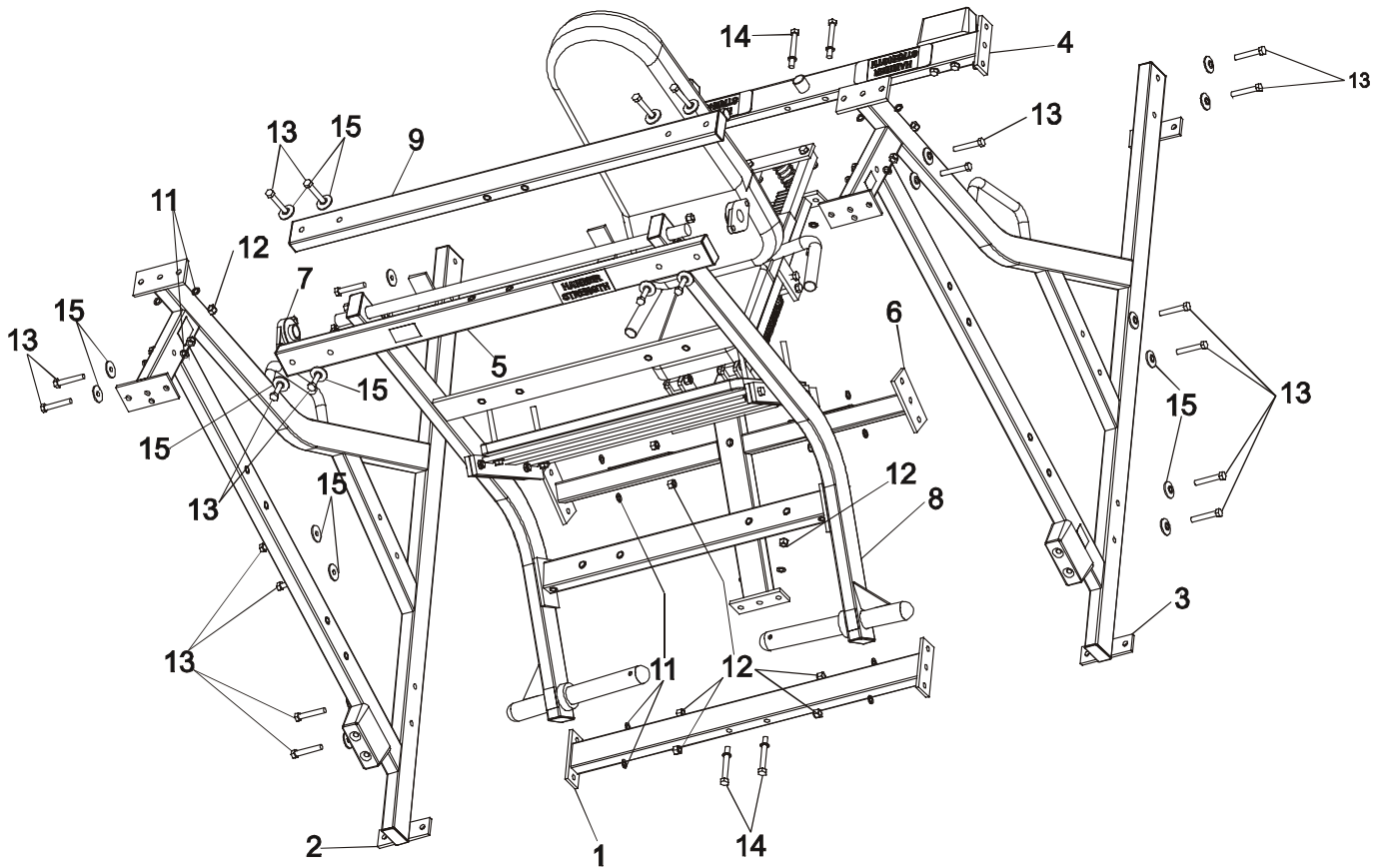
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# PLL - PLATE LOADED LEG PRESS

## COMPONENT ASSEMBLY

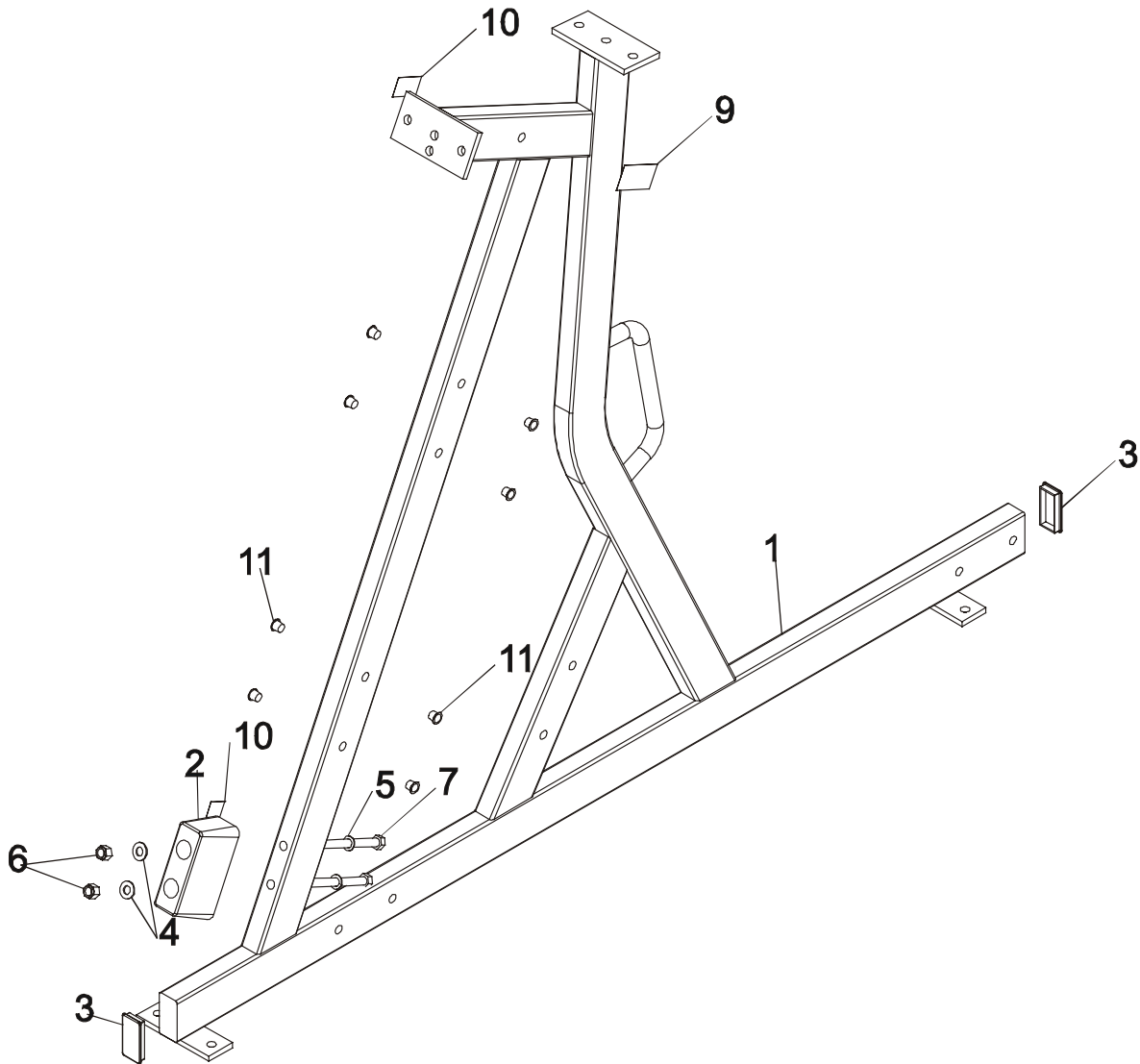


ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLL-CFX-0	Front Cross Member
2	1	PLL-CSFR-0	Right Side Frame Assembly
3	1	PLL-CSFL-0	Left Side Frame Assembly
4	1	PLL-CBX-0	Rear C-mem Assembly
5	1	PLL-CWB-0	Workbox Assembly
6	1	PLL-SEAT-0	Seat Component Assembly
7	2	H-BEAR-LGE	1 1/4" Flange Bearing
8	1	PLL-CMA-0	Movement Arm Assembly
9	1	PLL-CWB2-0	Top C-mem Assembly
11	28	WASH.5STAR	1/2" Internal Lock Washer
12	28	NUT.5LOCK	1/2" Thick Lock Nut
13	24	HHB.5X3	1/2 X 3 Bolt
14	4	HHB.5X4	1/2 X 4 Bolt
15	24	H-BACK WASH	Backing Washer

# PLL - PLATE LOADED LEG PRESS

## RIGHT SIDE FRAME ASSEMBLY

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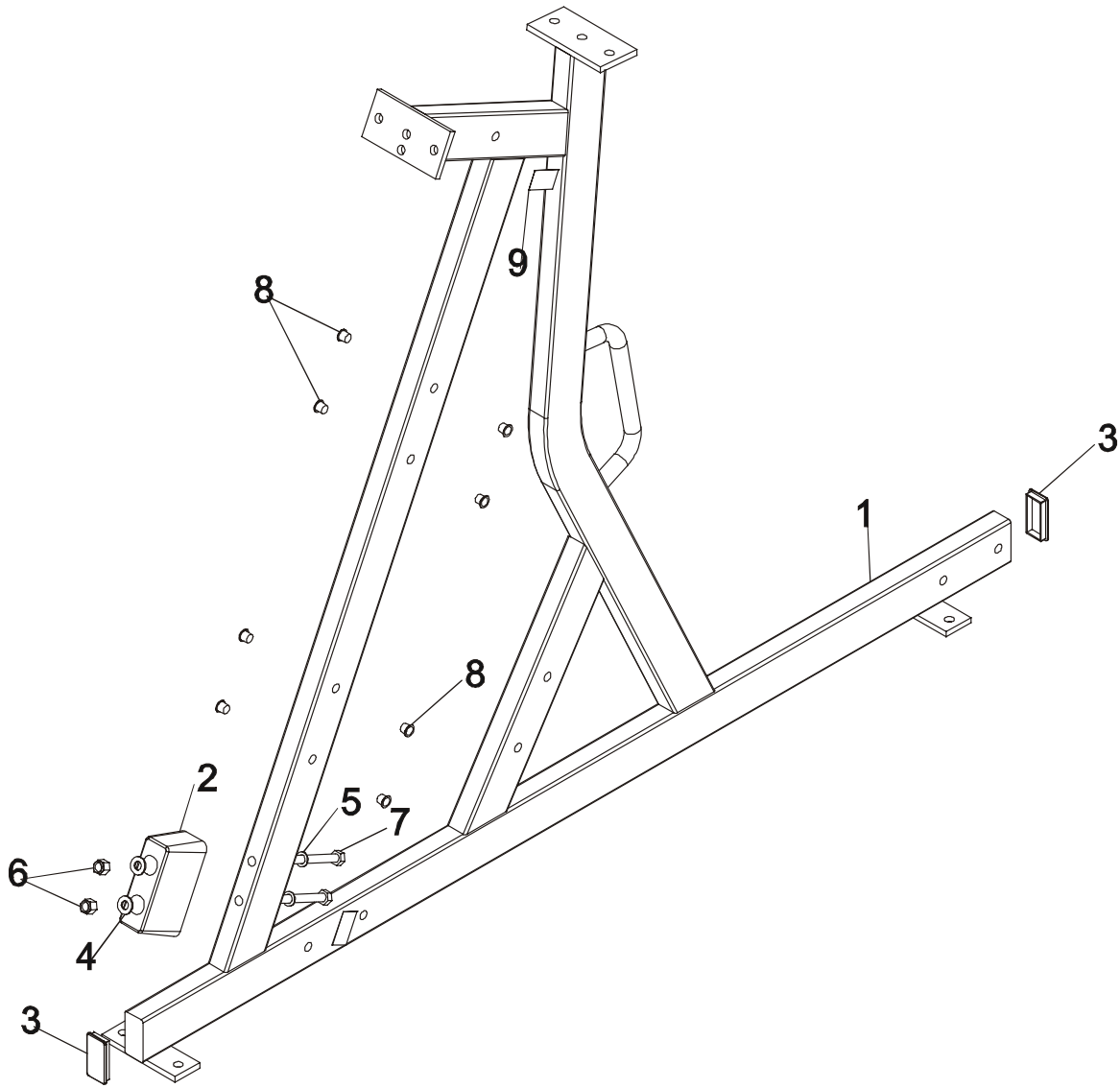


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLL-SFL-0	Side Frame
2	1	H-BUMP-LGEMM1	Large
3	2	H-PEND3	1 1/2 X 3 End Cap
4	2	WASH.5SAE	1/2" SAE Flat Washer
5	2	WASH.5STAR	1/2" Internal Lock Washer
6	2	NUT.5LOCK	1/2" Thick Lock Nut
7	2	HHB.5X6	1/2 X 6 Bolt
9	1	PATENT	Patent Decal
10	2	STAY CLEAR	Stay Clear Decal
11	8	H-HPLUG	Hole Plug

# PLLP - PLATE LOADED LEG PRESS

## LEFT SIDE FRAME ASSEMBLY

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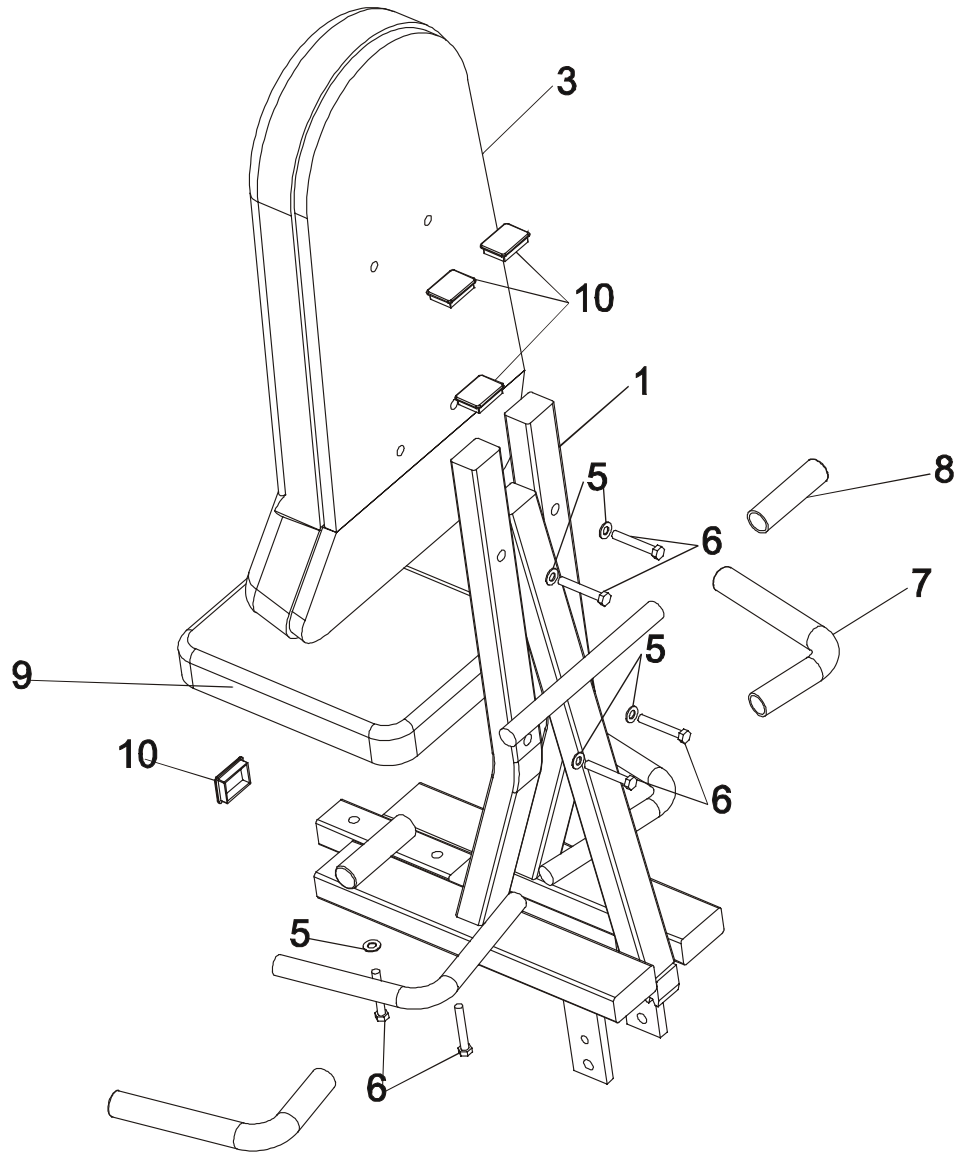


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLP-SFL-0	Side Frame
2	1	H-BUMP-LGE	MM1 Large
3	2	H-PEND3	1 1/2 X 3 End Cap
4	2	WASH.5SAE	1/2" SAE Flat Washer
5	2	WASH.5STAR	1/2" Internal Lock Washer
6	2	NUT.5LOCK	1/2" Thick Lock Nut
7	2	HHB.5X6	1/2 X 6 Bolt
8	8	H-HPLUG	Hole Plug
9	2	STAY CLEAR	Stay Clear Decal

# PLLP - PLATE LOADED LEG PRESS

## SEAT ASSEMBLY

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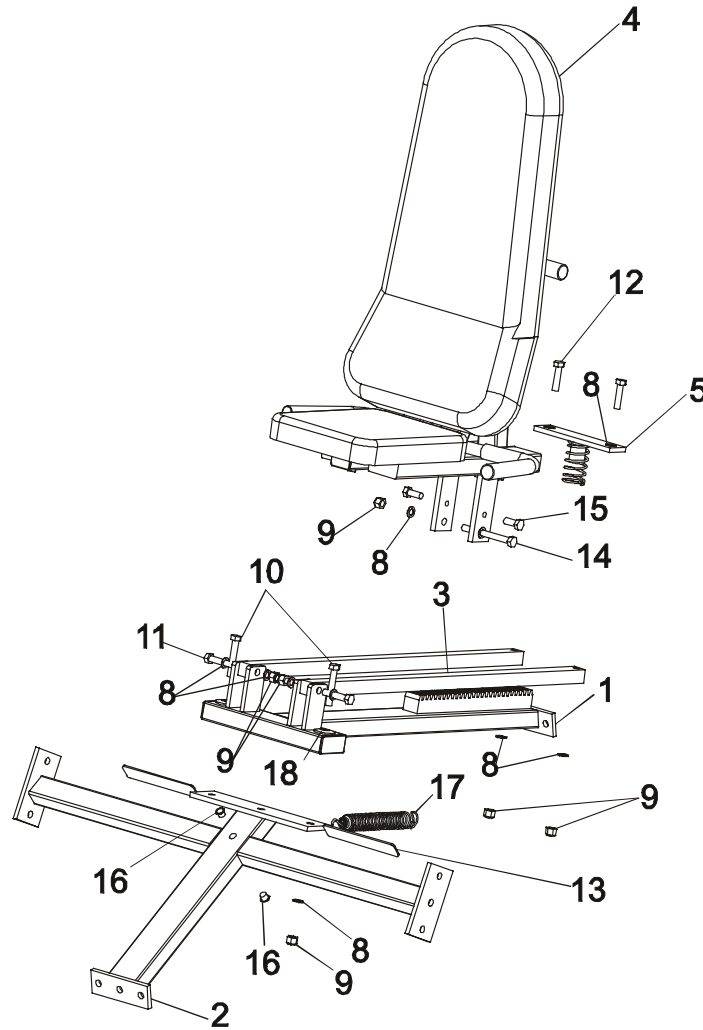


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLP-AJST-0	Adjustable Seat
3	1	UPLLP-BP	Bottom Pad
5	6	WASH.375SAE	3/8" SAE Flat Washer
6	6	HHB.375X2.5	3/8 X 2 1/2 Bolt
7	2	H-GRIP(PLLP-D-2)	HandGrip
8	2	H-GRIP(PLLP-D-1)	HandGrip
9	1	U13-5	Standard 13" Pad
10	4	H-PEND2	1 1/2 X 2 Endcap

# PLLP - PLATE LOADED LEG PRESS

## SEAT FRAME COMPONENTS

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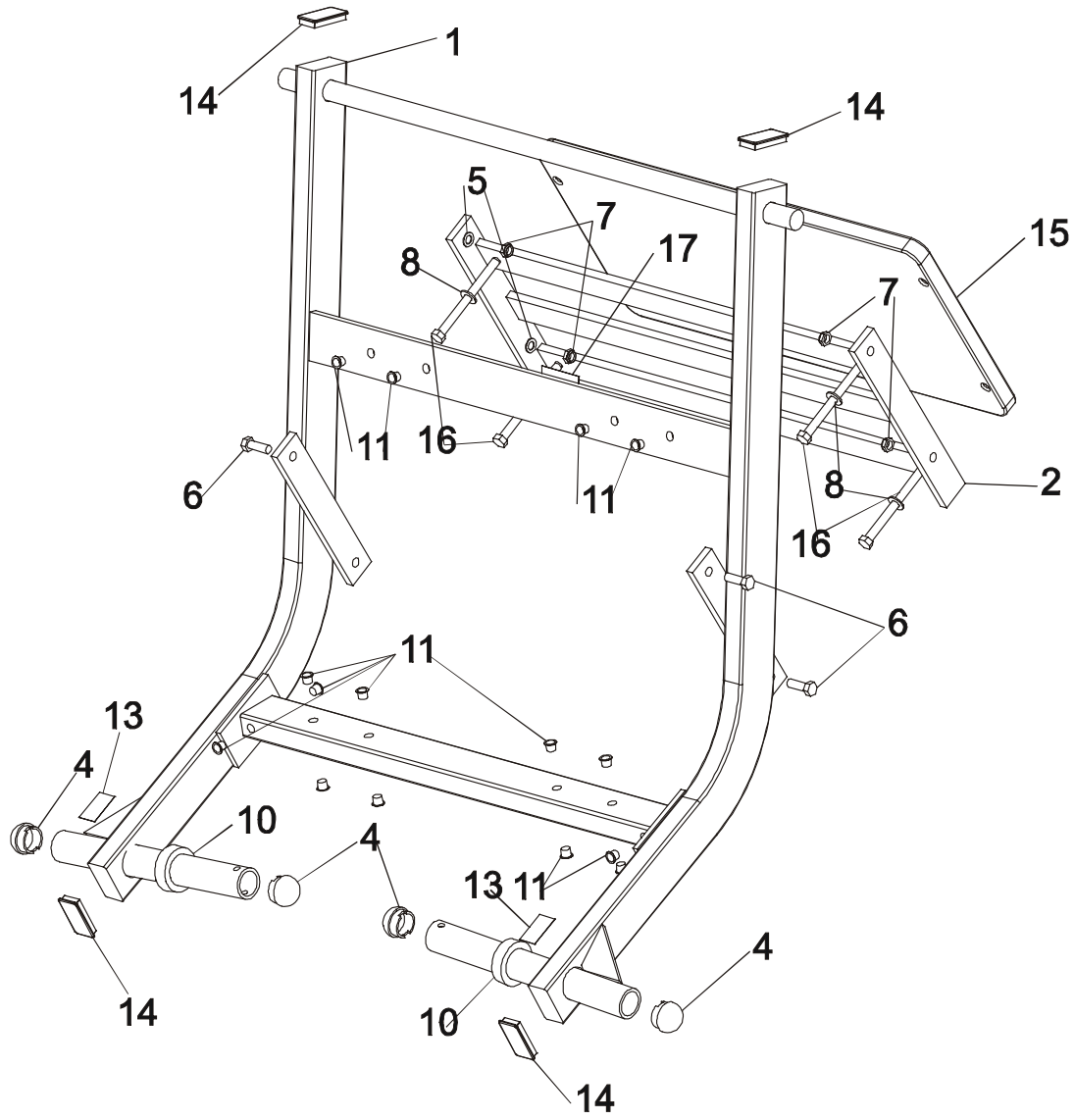


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLp-CST-0	Seat Rack Frame Assembly
2	1	PLLp-CST2-0	Seat Front Frame Assembly
3	2	PLLp-19-0	Seat Guide
4	1	PLLp-CAJST-0	Adj. Seat Frame Assembly
5	1	PLLp-ETC-0	Top Spring Guide Assembly
8	12	WASH.5STAR	1/2" Internal Lock Washer
9	7	NUT.5LOCK	1/2" Thick Lock Nut
10	2	HHB.5X3	1/2 X 3 Bolt
11	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
12	2	HHB.5X2	1/2 X 2 Bolt
13	2	H-PLATE-G1	Small Plate Guard
14	1	HHB.5X5	1/2 X 5 Bolt
15	2	HHB-NYLON	1/2 X 1 Bolt NYLON
16	2	H-HPLUG	Hole Plug
17	1	LP-EX-SPRNG	Leg Press Extension Spring
18	2	H-BACK WASH	Backing Washer



# PLLP - PLATE LOADED LEG PRESS

## MOVEMENT ARM

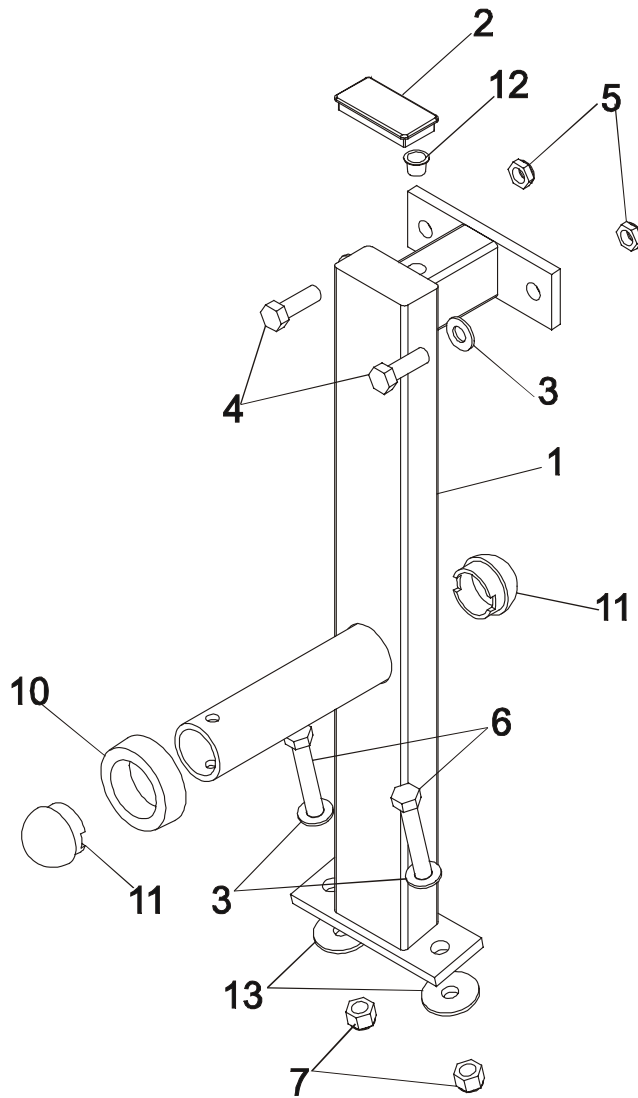


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLP-MA-0	Movement Arm
2	1	PLLP-MX-0	Footboard Frame
4	4	H-BENDCAP	Bullet Cap
5	4	WASH.5STAR	1/2" Internal Lock Washer
6	4	HHB.5X1.5	1/2 X 1 1/2 Bolt
7	4	NUT.5JAMLOCK	1/2" Thin Lock Nut
8	4	WASH.5SAE	1/2" SAE Flat Washer
10	2	H-RUBRNG	MM5 Ring
11	16	H-HPLUG	Hole Plug
13	2	STAY CLEAR	Stay Clear Decal
14	4	H-PEND3	1 1/2 X 3 End Cap
15	1	UFBLP_FP	Footboard
16	4	HHB.5X6	1/2 X 6 Bolt
17	1	PATENT	Patent Decal

# PLLP - PLATE LOADED LEG PRESS

## WEIGHT HORN

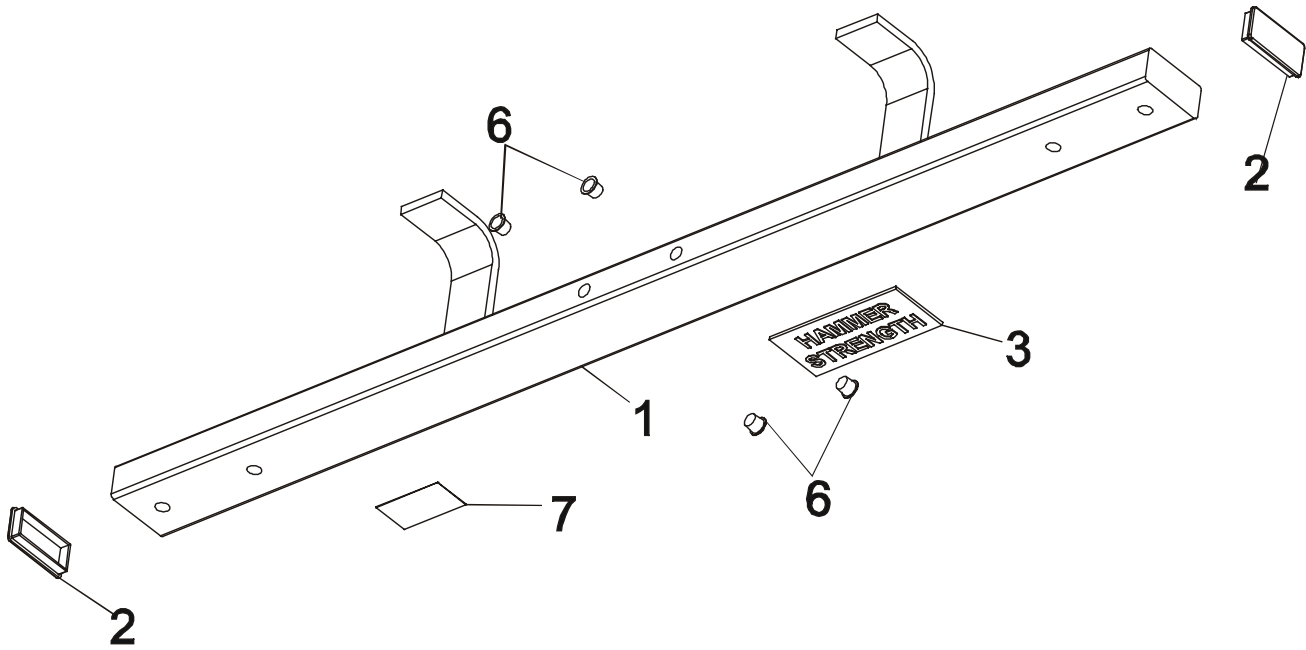
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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLP-RHINO-0	Rhino Weight Horn
2	1	H-PEND3	1 1/2 X 3 End Cap
3	4	WASH.5SAE	1/2" SAE Flat Washer
4	2	HHB.5X1.5	1/2 X 1 1/2 Bolt
5	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
6	2	HHB.5X3	1/2 X 3 Bolt
7	2	NUT.5LOCK	1/2" Thick Lock Nut
10	1	H-RUBRNG	MM5 Ring
11	2	H-BENDCAP	Bullet Cap
12	2	H-HPLUG	Hole Plug
13	2	H-BACK WASH	Backing Washer

# PLLP - PLATE LOADED LEG PRESS WORKBOX

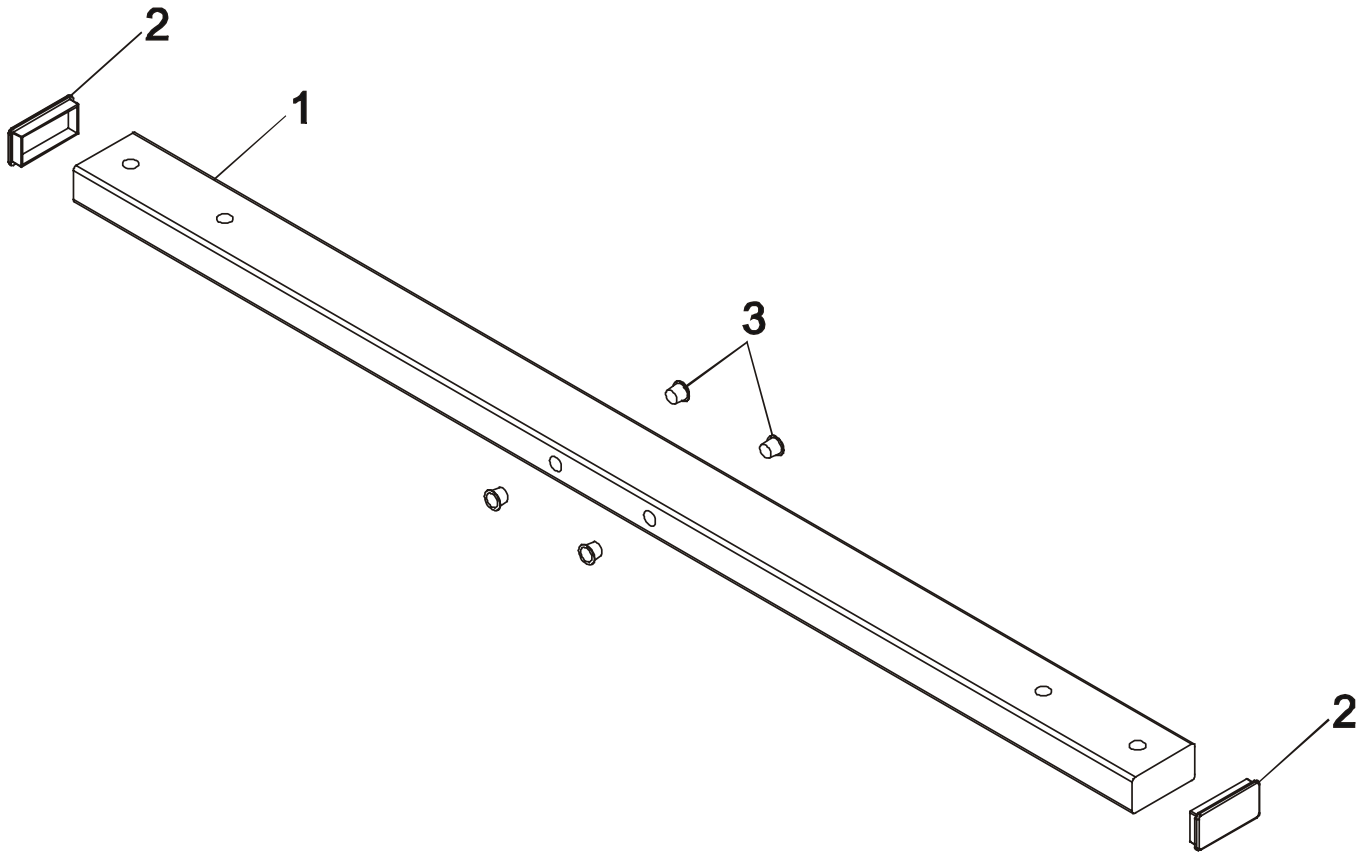
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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLP-WB-0	Workbox
2	2	H-PEND3	1 1/2 X 3 End Cap
3	1	H-NAMEPLATE	Name Plate
6	4	H-HPLUG	Hole Plug
7	1	PATENT	Patent Decal

**PLL - PLATE LOADED LEG PRESS  
WORKBOX CROSSMEMBER**

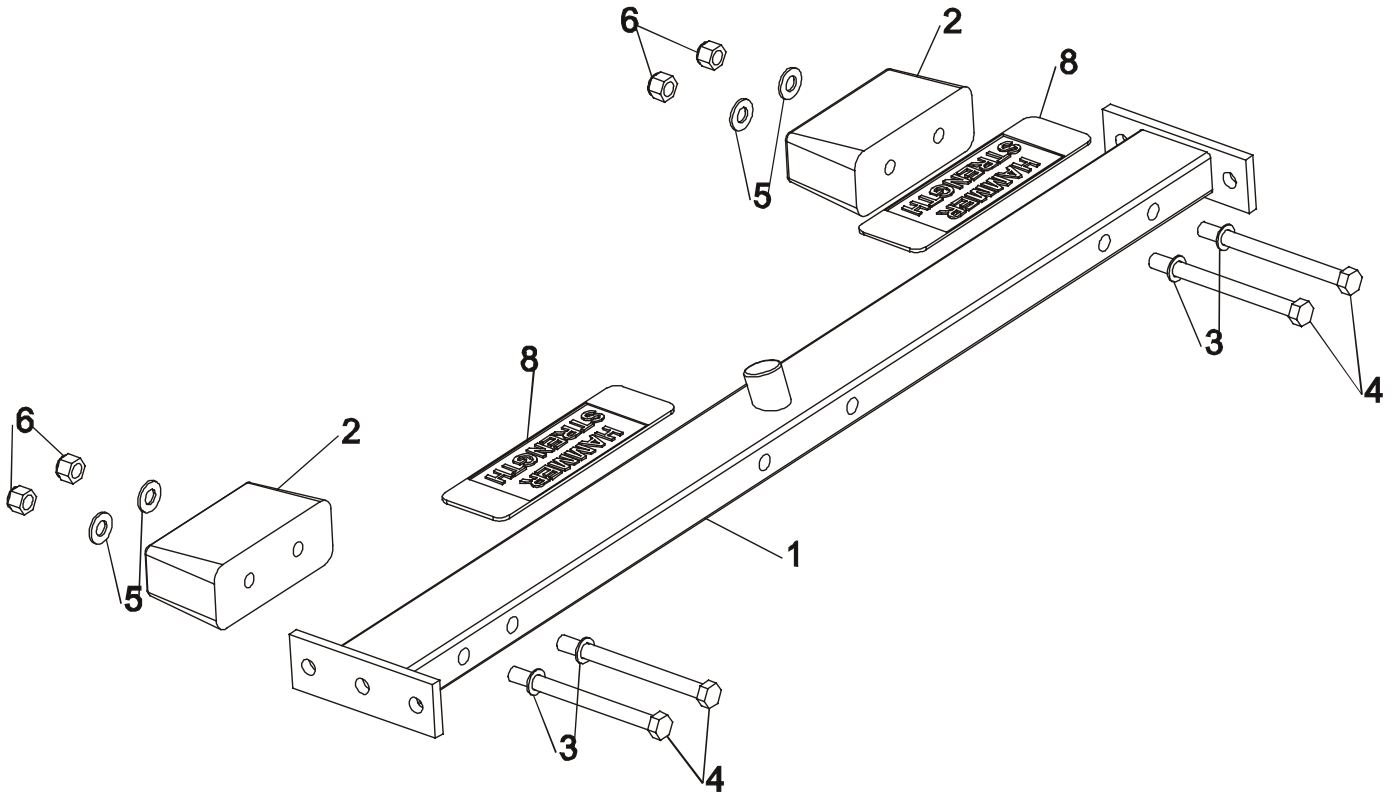
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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLL-45-0	Workbox Crossmember
2	2	H-PEND3	1 1/2 X 3 End Cap
3	4	H-HPLUG	Hole Plug

# PLLP - PLATE LOADED LEG PRESS

## REAR CROSS MEMBER

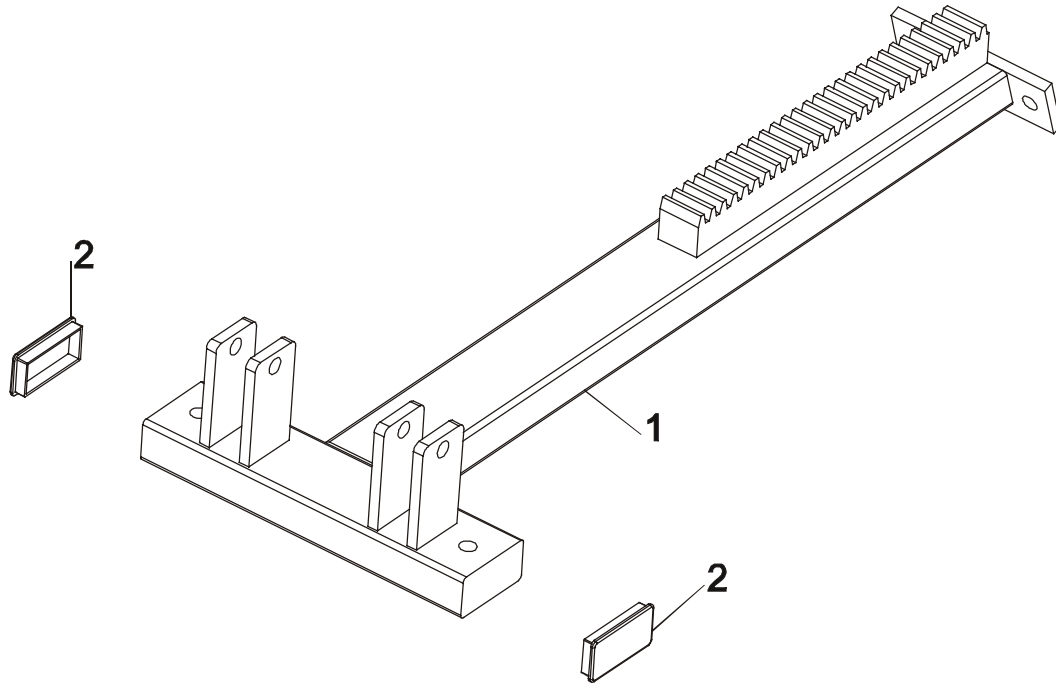


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLP-BX-0	Rear Cross Member
2	2	H-BUMP-LGEMM1	Large
3	4	WASH.5STAR	1/2" Internal Lock Washer
4	4	HHB.5X6	1/2 X 6 Bolt
5	4	WASH.5SAE	1/2" SAE Flat Washer
6	4	NUT.5LOCK	1/2" Thick Lock Nut
8	2	H-NONSKID-32598	32 X 9 Nonskid

# PLLP - PLATE LOADED LEG PRESS

## REAR SEAT FRAME ASSEMBLY

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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLP-ST-0	Rear Seat Frame Assembly
2	2	H-PEND3	1 1/2 X 3 End Cap