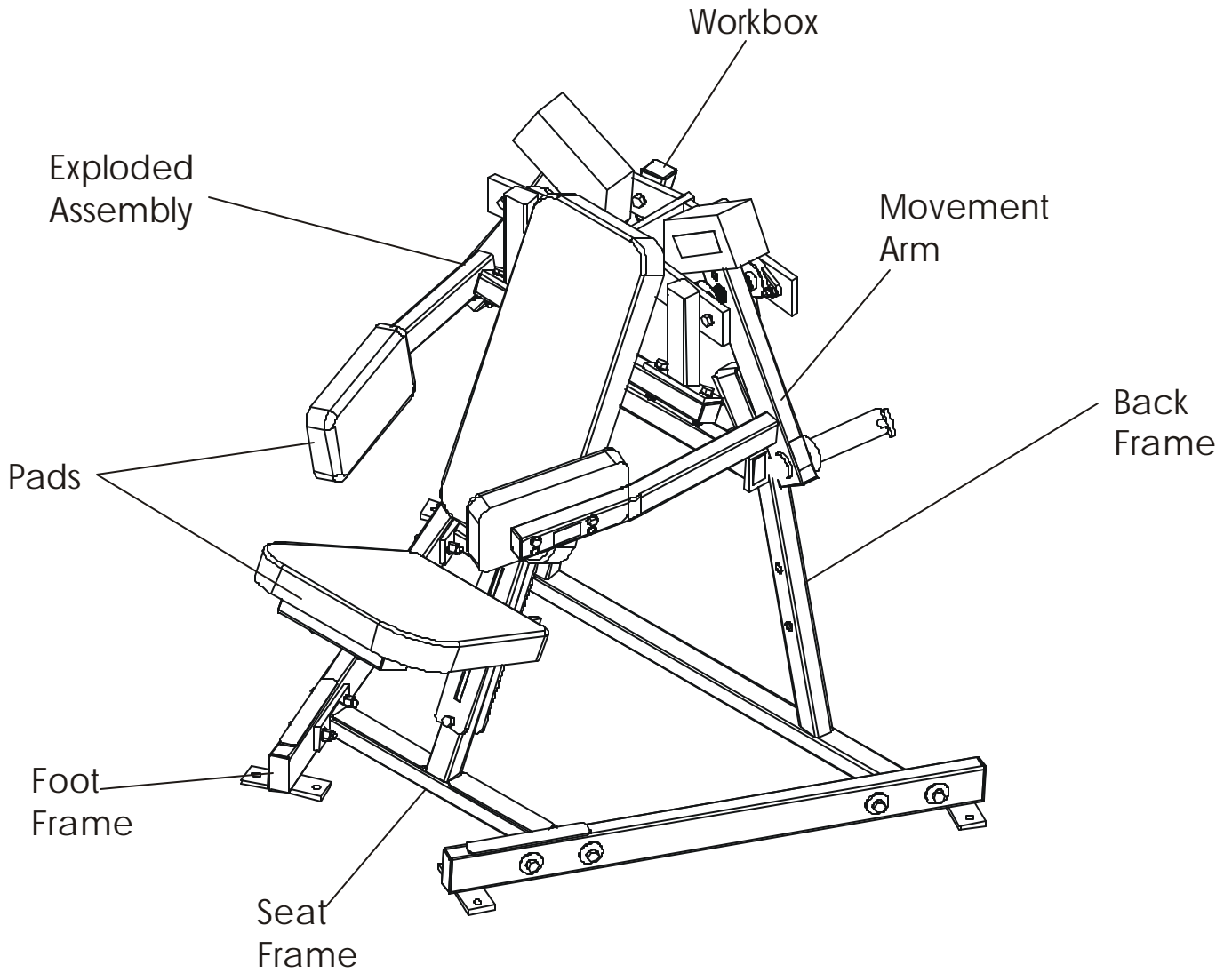


# HAMMER STRENGTH EQUIPMENT

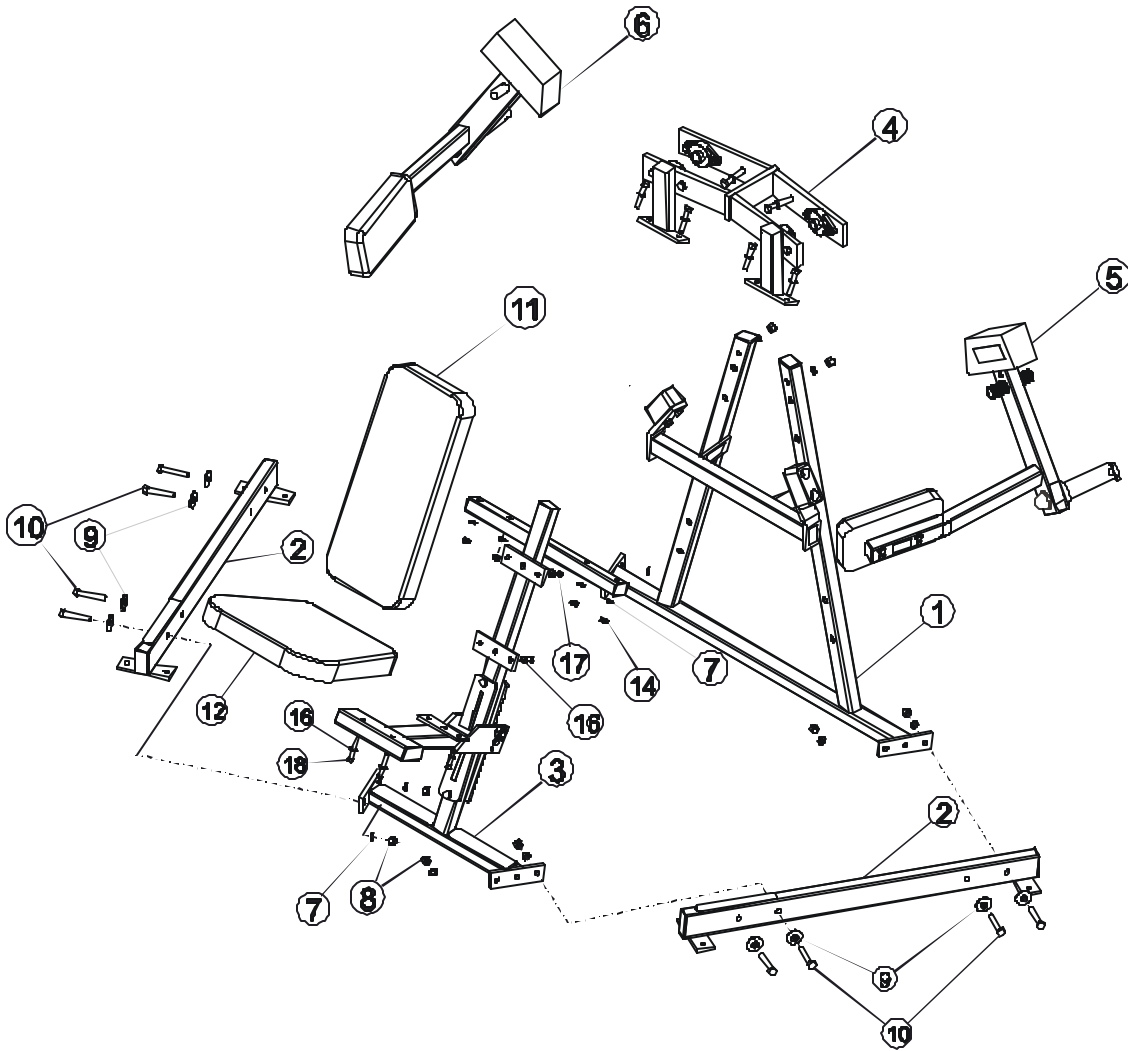
## PLLR - Plate Loaded Lateral Raise Assembly

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# HAMMER STRENGTH EQUIPMENT

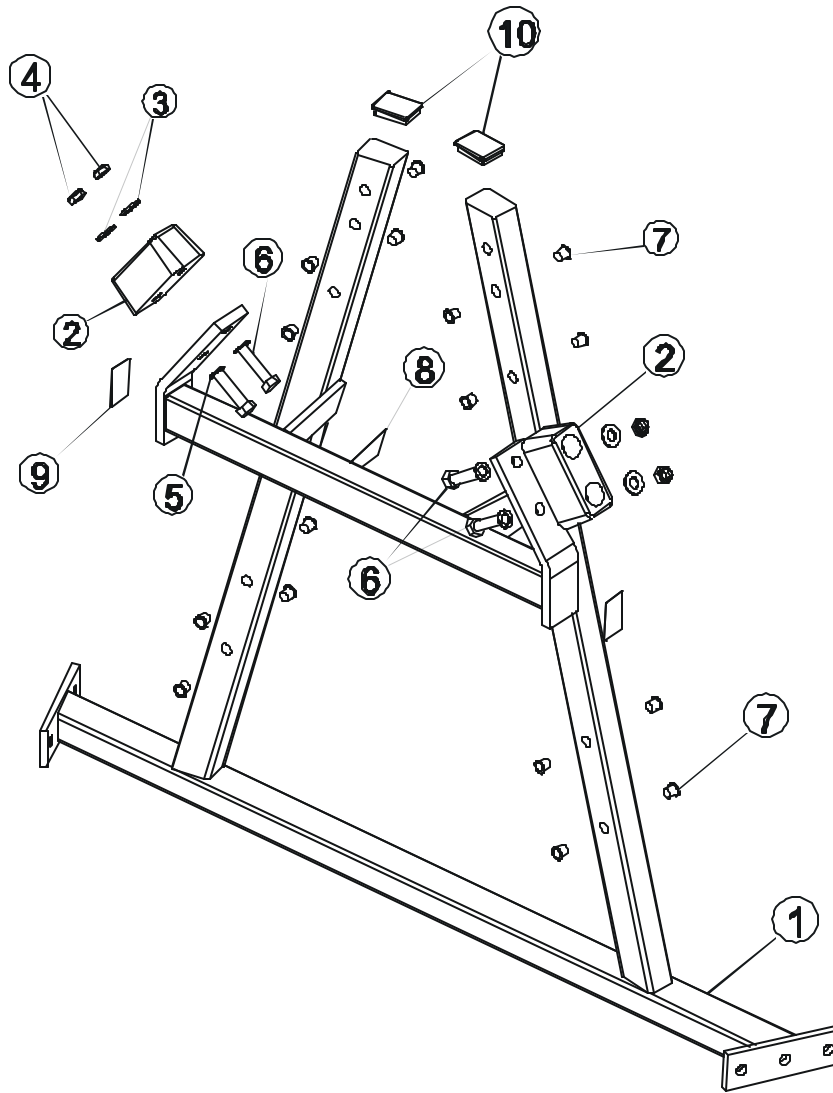
## PLLR – Exploded Assembly



ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLLR-CBX-0	Back Frame Assembly
2	2	PLLR-CFX-0	Foot Frame Assembly
3	1	PLLR-CST-0	Seat Frame Assembly
4	1	PLLR-CWB-0	Workbox Asm.
5	1	PLLR-CMAL-0	Left Marm Assembly
6	1	PLLR-CMAR-0	Right Marm Asm
7	20	WASH.5STAR	1/2" Internal Lock Washer
8	10	NUT.5LOCK	1/2" Thick Lock Nut
9	8	H-BACK-WASH	Backing Washer
10	10	HHB.5X3	1/2 X 3 Bolt
11	1	U24-10	Standard 24" Pad
12	1	U16-11	Standard 16" Pad
13	2	U12-4.5	12" Rectangular Pad
14	4	NUT.5JAMLOCK	1/2" Thin Lock Nut
15	4	HHB.5X2.5	1/2 X 2 1/2 Bolt
16	12	WASH.375SAE	3/8" SAE Flat Washer
17	6	HHB.375X1.5	3/8 X 1 1/2 Bolt
18	6	HHB.375X2.5	3/8 X 2 1/2 Bolt

# HAMMER STRENGTH EQUIPMENT

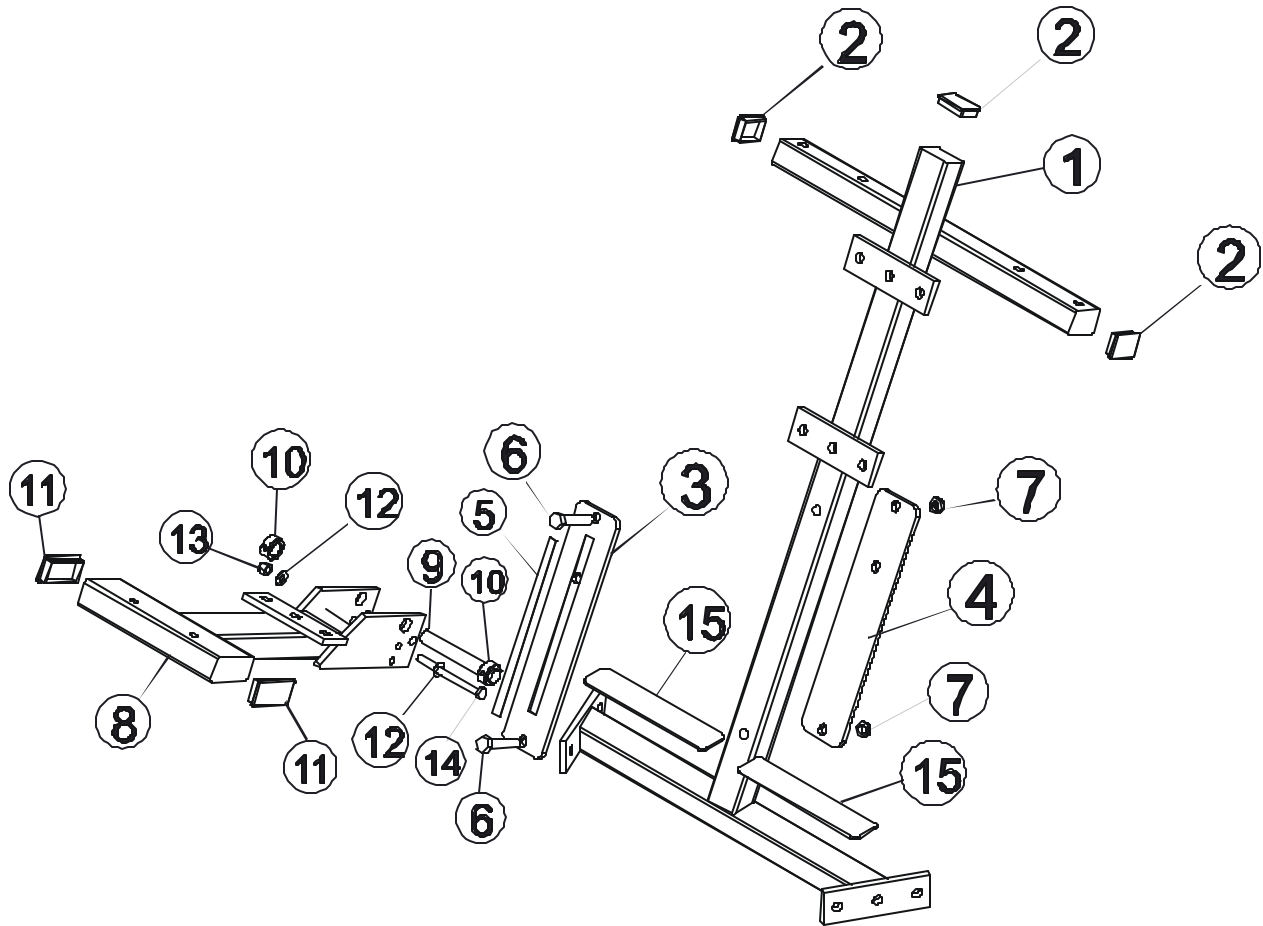
## PLLR – Back Frame



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLR-BX-0	Back Frame
2	2	H-BUMP-MED	MM2 Medium
3	4	WASH.5SAE	1/2" SAE Flat Washer
4	4	NUT.5JAMLOCK	1/2" Thin Lock Nut
5	4	WASH.5STAR	1/2" Internal Lock Washer
6	4	HHB.5X2	1/2 X 2 Bolt
7	16	H-HPLUG(SMALL)	9/16" Hole Plug
8	1	PATENT	Patent Decal
9	2	STAY CLEAR	Stay Clear Decal
10	2	H-PEND2	1 1/2 X 2 Endcap

# HAMMER STRENGTH EQUIPMENT

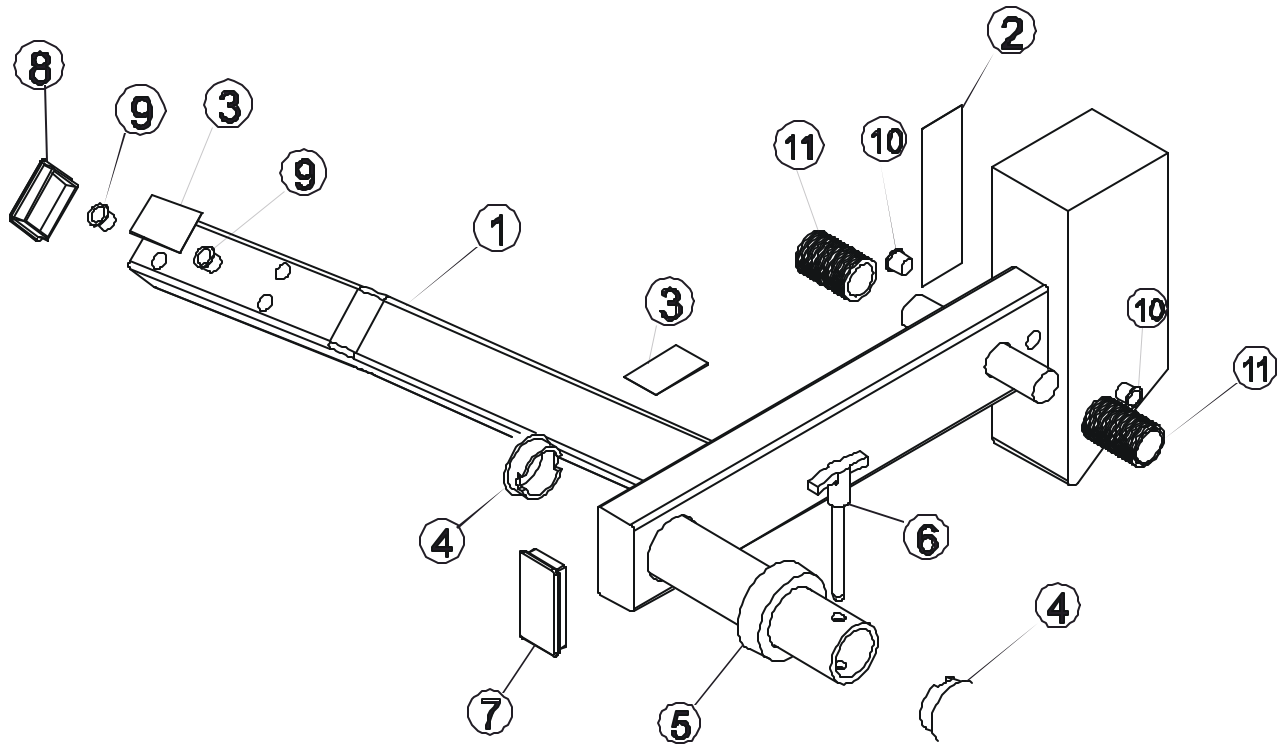
## PLLR – Seat Frame



ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLLR-ST-0	Seat Frame
2	3	H-PEND2	1 1/2 X 2 Endcap
3	1	H-SEATRCKS	Seatrack Front
4	1	H-SEATRCKS-RIB	Seatrack Back
5	1	SEAT NUMBER	Seat Adj. Number
6	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
7	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
8	1	STD-ST2	Standard Seat #2
9	1	STshft	Seat Shaft
10	2	H-LCOLLAR75	3/4" Lock Collar
11	2	H-PEND3	1 1/2 X 3 End Cap
12	2	WASH.375SAE	3/8" SAE Flat Washer
13	1	NUT.375LOCK	3/8" Thick Lock Nut
14	1	HHB.375X4.5	3/8 X 4.5 Bolt
15	2	H-NONSKID2	1 3/4 X 9 Nonskid
16	1	SERIAL NUMBER	Serial Number

# HAMMER STRENGTH EQUIPMENT

## PLLR – Movement Arm

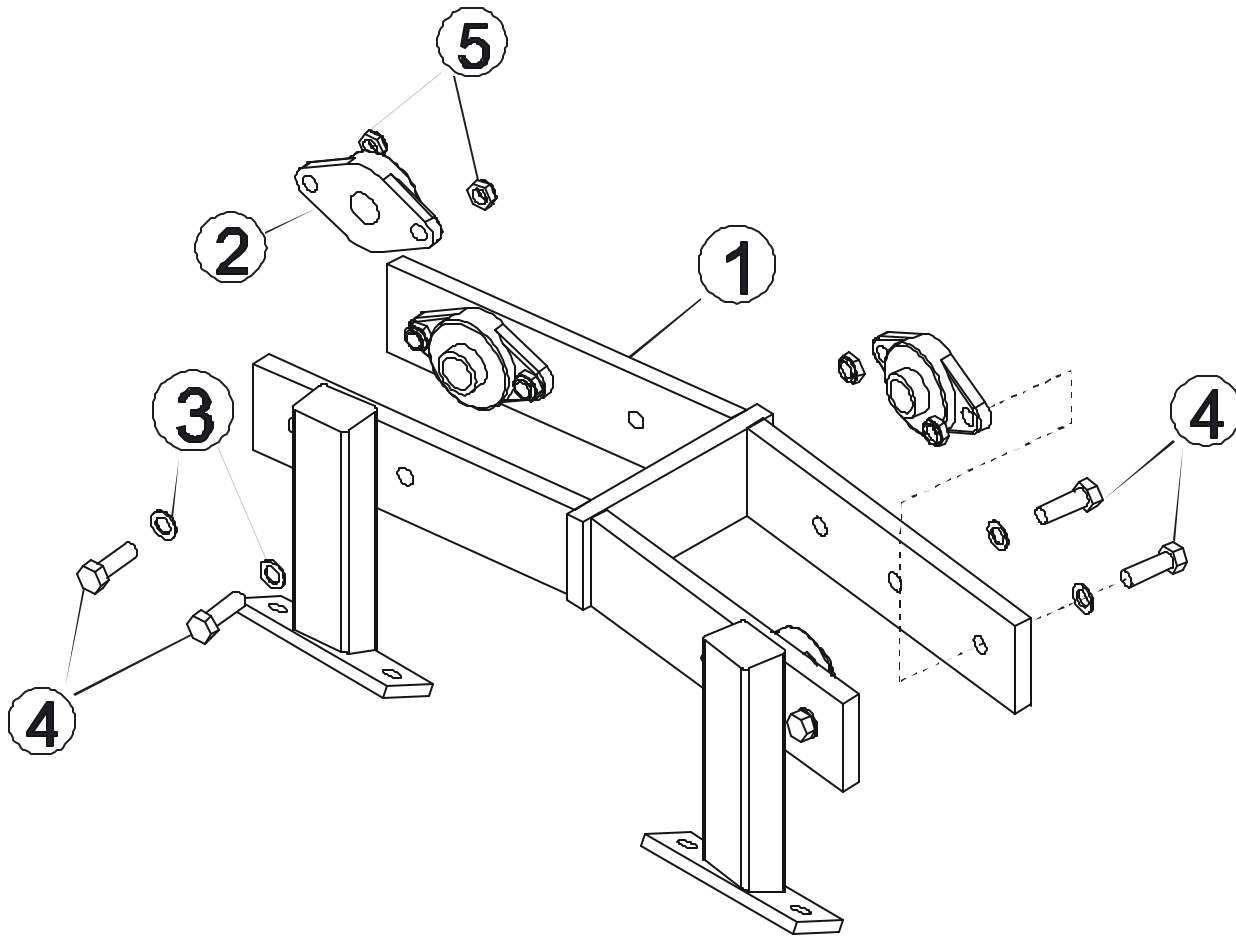


ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLLR-MAL-0	Left Movement Arm
2	1	ISO LATERAL RAISE	Product Decal
3	2	STAY CLEAR	Stay Clear Decal
4	2	H-BENDCAP	Bullet Cap
5	1	H-RUBRNG	MM5 Ring
6	1	SELECTOR PIN-4	SELECTOR PIN 4 INCH
7	1	H-PEND3	1 1/2 X 3 End Cap
8	1	H-PEND2	1 1/2 X 2 Endcap
9	2	1-2holeplug	1/2" Hole Plug
10	2	H-HPLUG(SMALL)	9/16" Hole Plug
11	2	ACCORDIAN	Shaft Guard

# HAMMER STRENGTH EQUIPMENT

## PLLR – Workbox

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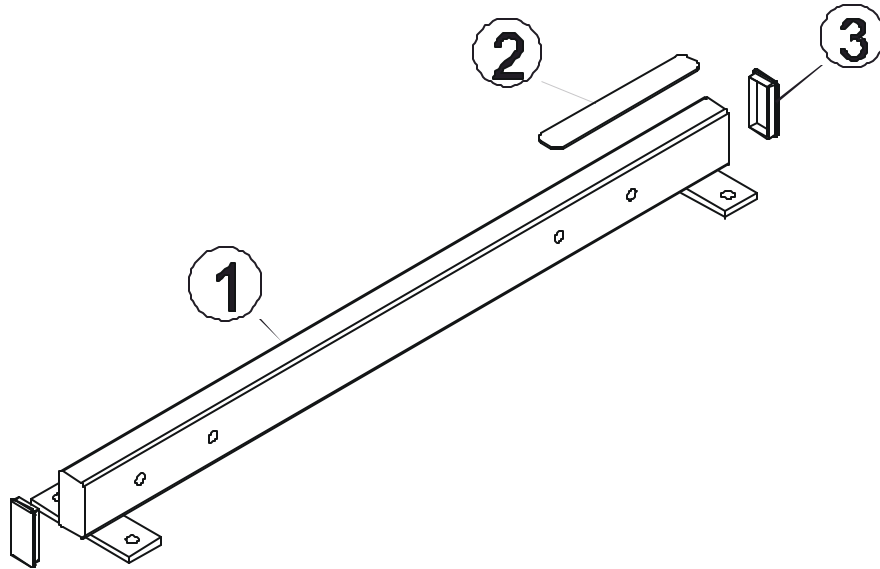


ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	PLLR-WB-0	Workbox
2	4	H-BEAR-SML	Small Bearing
3	8	WASH.5STAR	1/2" Internal Lock Washer
4	8	HHB.5X1.5	1/2 X 1 1/2 Bolt
5	8	NUT.5JAMLOCK	1/2" Thin Lock Nut

# HAMMER STRENGTH EQUIPMENT

## PLLR – Foot Frame

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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLLR-FX-0	Foot Frame
2	1	H-NONSKID1	1 1/4 X 9 Nonskid
3	2	H-PEND3	1 1/2 X 3 End Cap