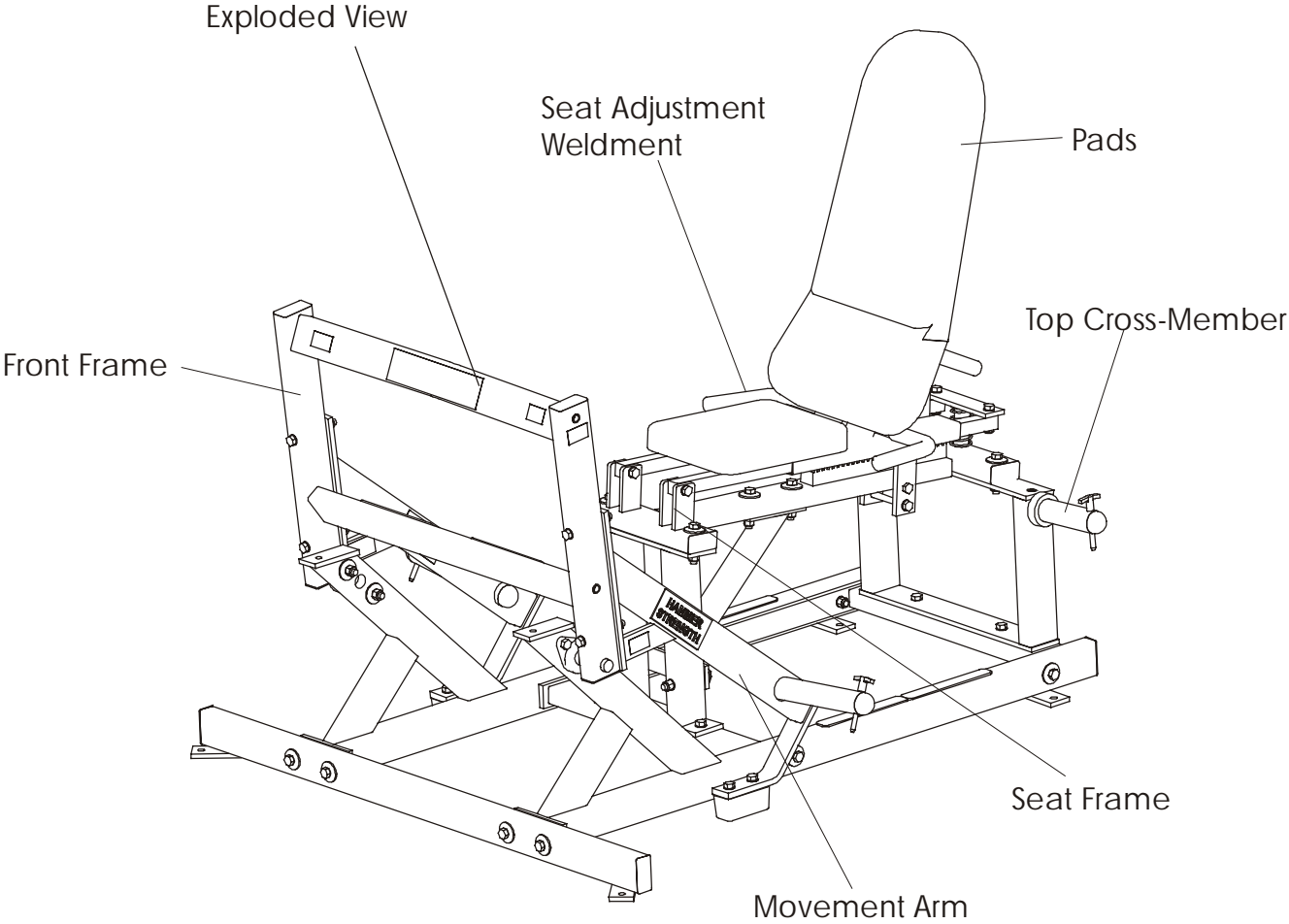
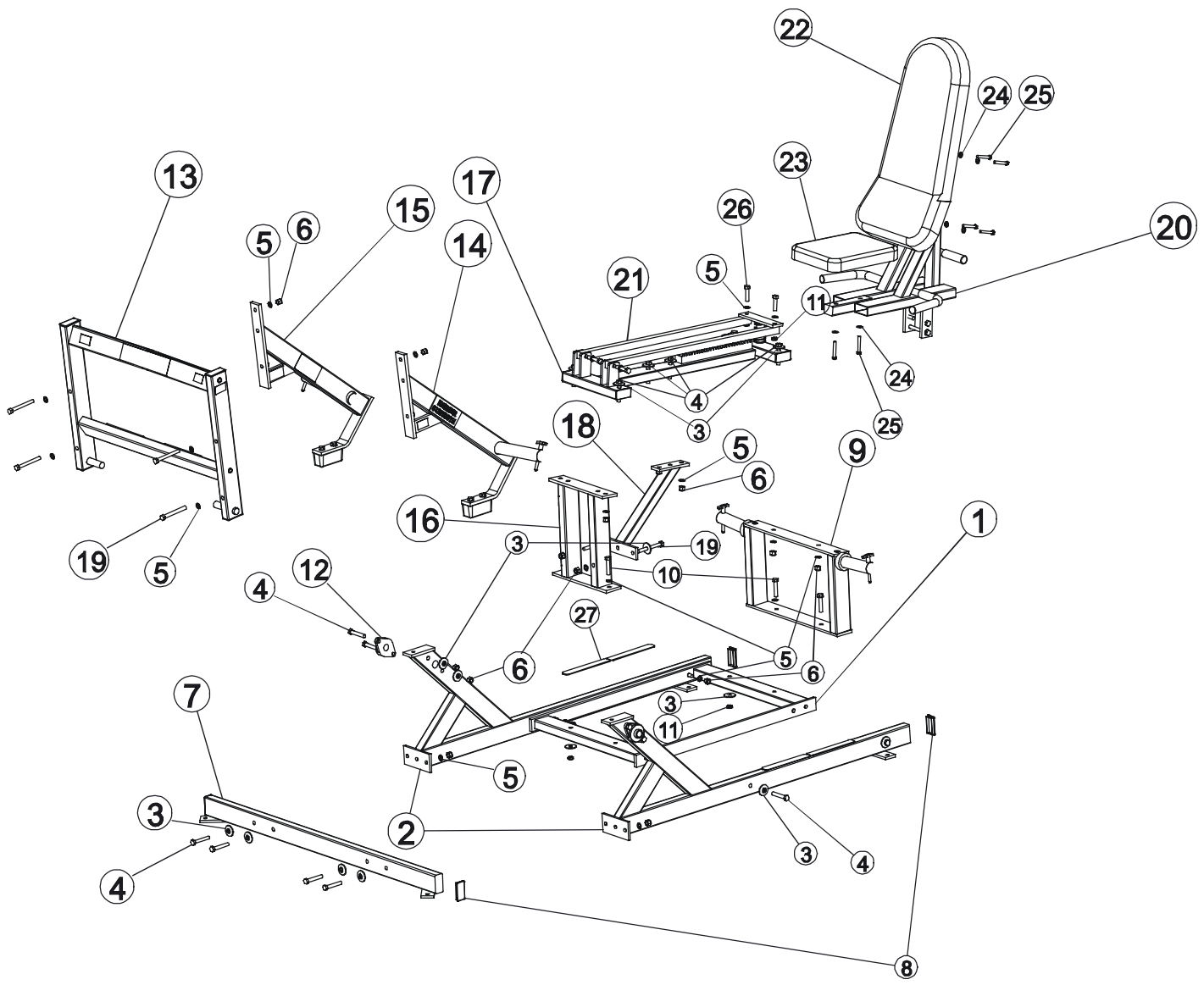


HAMMER STRENGTH EQUIPMENT
PLSHC - Plate Loaded Super Horizontal Calf



HAMMER STRENGTH EQUIPMENT

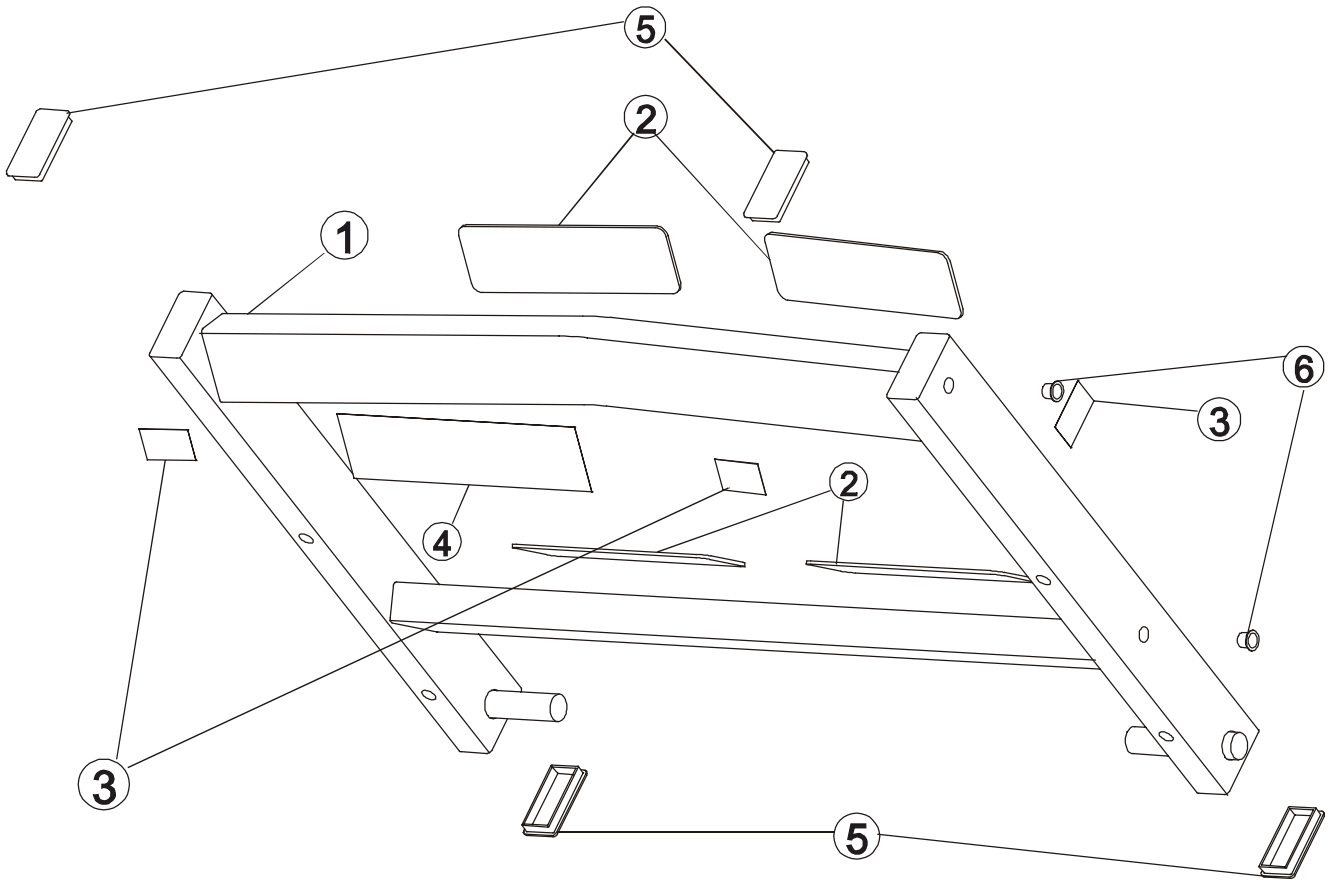
PLSHC – Exploded Assembly



| ITEM NO. | QTY. | PART NO. | DESCRIPTION | ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|--------------|-----------------------------|----------|------|----------------|---------------------------|
| 1 | 1 | PLSHC-BX-0 | Bottom Cross-Frame weldment | 15 | 1 | PLSHC-CMAR-0 | e45t |
| 2 | 2 | PLSHC-SF-0 | Side-Frame Weldment | 16 | 1 | PLSHC-TX-0 | Top Cross-Member Weldment |
| 3 | 24 | H-BACK-WASH | Backing Washer | 17 | 1 | PLSHC-CST-0 | Seat Frame Assy |
| 4 | 18 | HHB.5X3 | 1/2 X 3 Bolt | 18 | 1 | PLSHC-SX-0 | Support Weldment |
| 5 | 34 | WASH.5STAR | 1/2" Internal Lock Washer | 19 | 6 | HHB.5X4.5 | 1/2 X 4 1/2 Bolt |
| 6 | 24 | NUT.5LOCK | 1/2" Thick Lock Nut | 20 | 1 | PLSHC-CAJ_ST-0 | Adj Seat Assy |
| 7 | 1 | PLSHC-FX-0 | Front Cross-Frame Weldment | 21 | 2 | SHC-19-0 | |
| 8 | 4 | H-PEND3 | 1 1/2 X 3 End Cap | 22 | 1 | UPLLP-BP | |
| 9 | 1 | PLSHC-CHX-0 | e45t | 23 | 1 | U13-5 | Standard 13" Pad |
| 10 | 6 | HHB.5X2.5 | 1/2 X 2 1/2 Bolt | 24 | 6 | WASH.375SAE | 3/8" SAE Flat Washer |
| 11 | 8 | NUT.5JAMLOCK | 1/2" Thin Lock Nut | 25 | 6 | HHB.375X2.5 | 3/8 X 2 1/2 Bolt |
| 12 | 2 | H-BEAR-SML | Small Bearing | 26 | 2 | HHB.5X2 | 1/2 X 2 Bolt |
| 13 | 1 | PLSHC-CMX-0 | Middle Cross Member Assy | 27 | 4 | H-NONSKID1 | 1 1/4 X 9 Nonskid |
| 14 | 1 | PLSHC-CMAL-0 | Movement Arm Assy - Left | | | | |

HAMMER STRENGTH EQUIPMENT

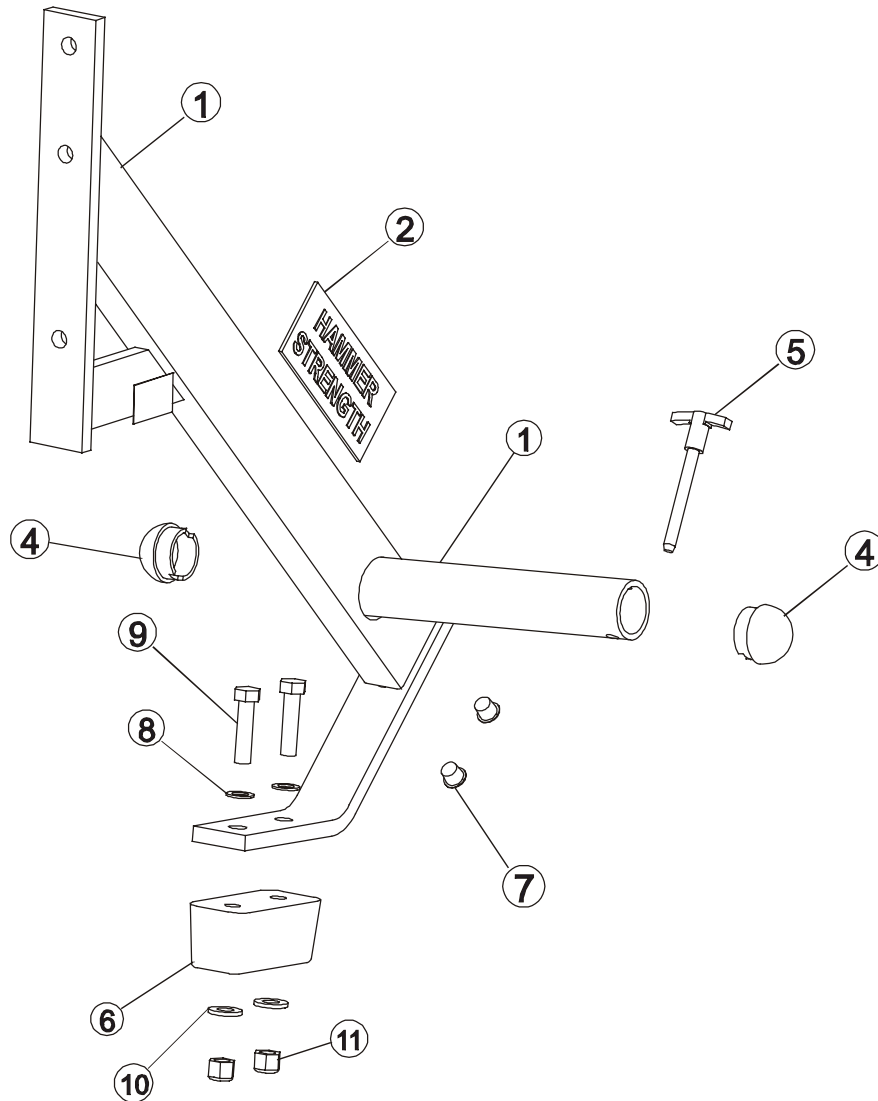
PLSHC – Front Frame



| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|-------------|-------------------|
| 1 | 1 | PLSHC-MX-0 | Front Frame |
| 2 | 4 | H-NONSKID3 | 2 5/8 X 9 Nonskid |
| 3 | 3 | STAY CLEAR | Stay Clear Decal |
| 4 | 1 | SEATED CALF | Product Decal |
| 5 | 4 | H-PEND3 | 1 1/2 X 3 End Cap |
| 6 | 4 | H-HPLUG | Hole Plug |

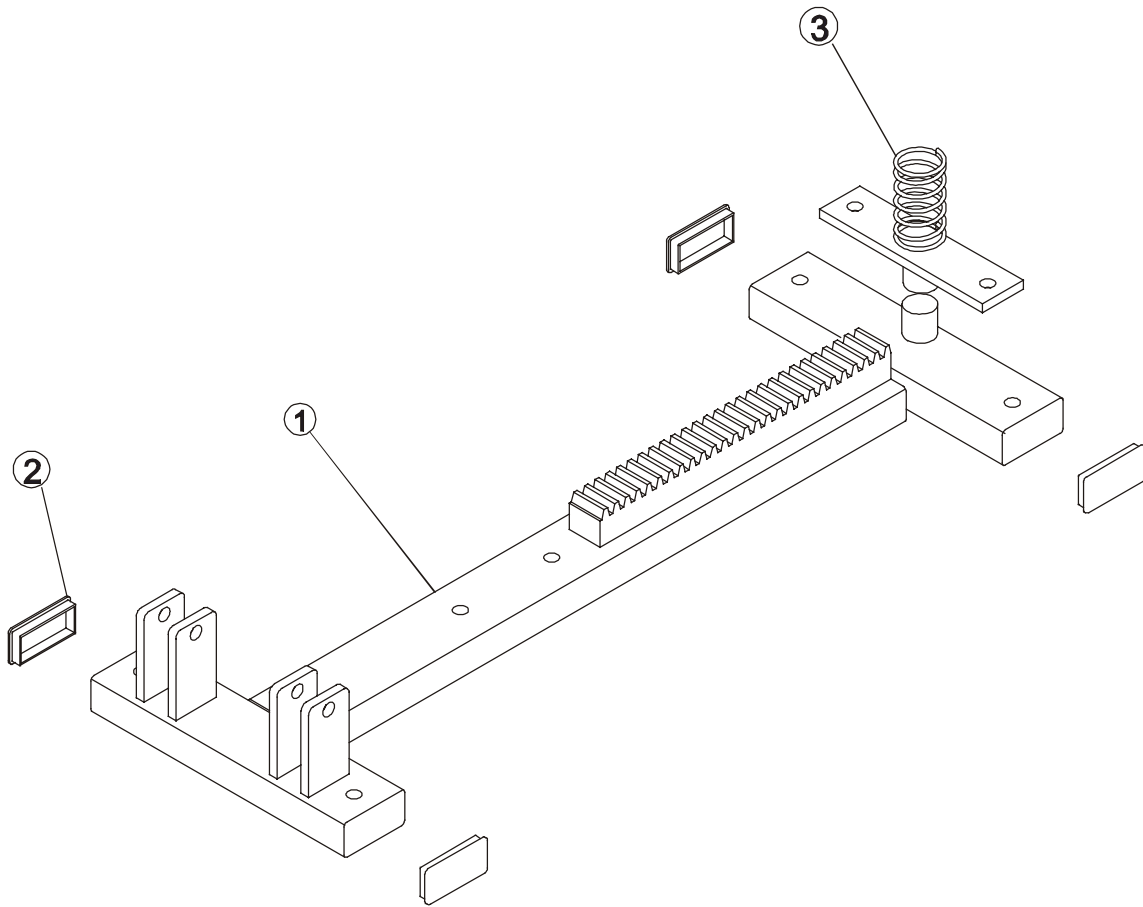
HAMMER STRENGTH EQUIPMENT

PLSHC – Movement Arm



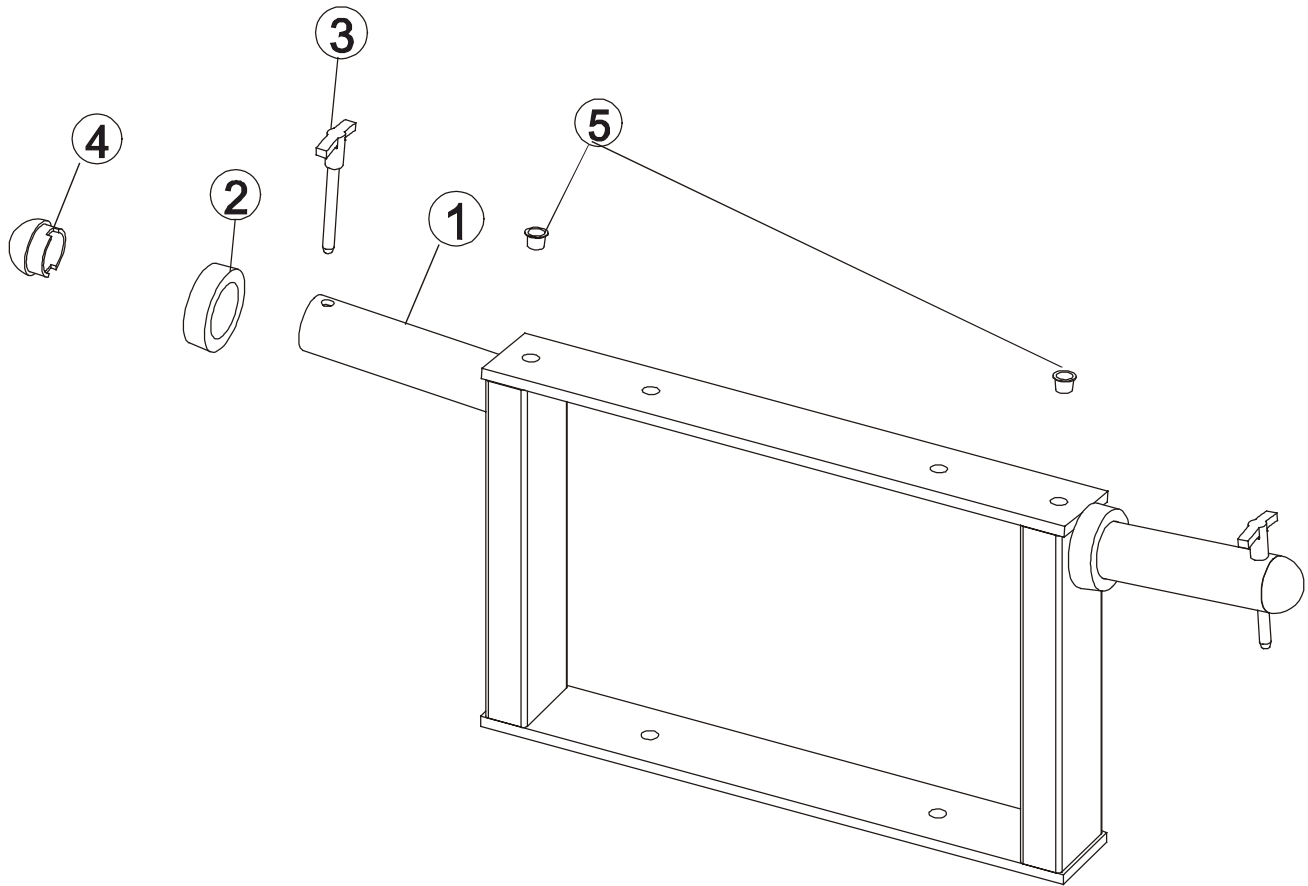
| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|----------------|----------------------------|
| 1 | 1 | PLSHC-MAL-0 | Left Movement-Arm Weldment |
| 2 | 1 | H-NAMEPLATE | Name Plate |
| 3 | 1 | STAY CLEAR | Stay Clear Decal |
| 4 | 2 | H-BENDCAP | Bullet Cap |
| 5 | 1 | SELECTOR PIN-4 | SELECTOR PIN 4 INCH |
| 6 | 1 | H-BUMP-MED | MM2 Medium |
| 7 | 2 | H-HPLUG | Hole Plug |
| 8 | 2 | WASH.5STAR | 1/2" Internal Lock Washer |
| 9 | 2 | HHB.5X2 | 1/2 X 2 Bolt |
| 10 | 2 | WASH.5SAE | 1/2" SAE Flat Washer |
| 11 | 2 | NUT.5LOCK | 1/2" Thick Lock Nut |

HAMMER STRENGTH EQUIPMENT
PLSHC – Seat Frame Weldment



| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|------------|-----------------------|
| 1 | 1 | PLSHC-ST-0 | Seat-Frame Weldment |
| 2 | 4 | H-PEND3 | 1 1/2 X 3 End Cap |
| 3 | 1 | LP-SPRING | Leg Press Seat Spring |

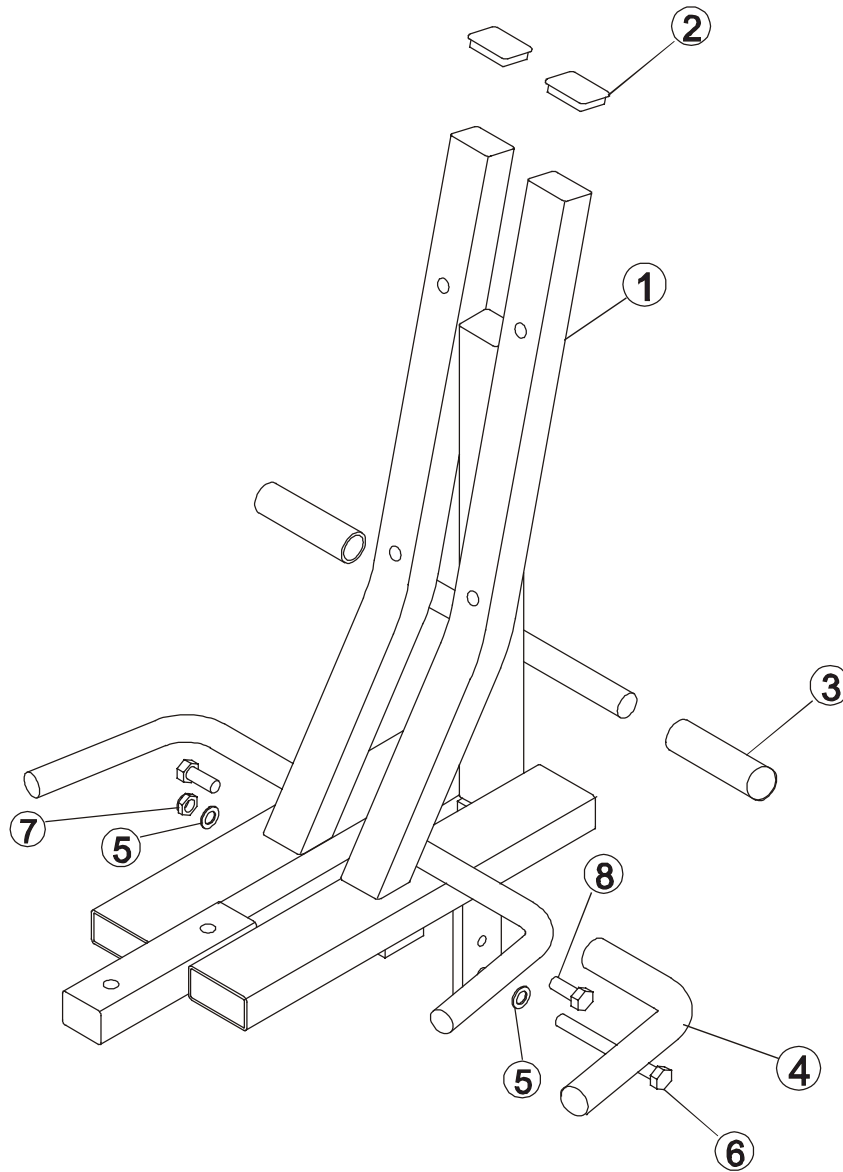
HAMMER STRENGTH EQUIPMENT
PLSHC – Top Cross-Member Weldment



| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|----------------|---------------------------|
| 1 | 1 | PLSHC-HX-0 | Top Cross-Member Weldment |
| 2 | 2 | H-RUBRNG | MM5 Ring |
| 3 | 2 | SELECTOR PIN-4 | SELECTOR PIN 4 INCH |
| 4 | 2 | H-BENDCAP | Bullet Cap |
| 5 | 2 | H-HPLUG | Hole Plug |

HAMMER STRENGTH EQUIPMENT

PLSHC– Seat Adjustment Weldment



| ITEM NO. | QTY. | PART NO. | DESCRIPTION |
|----------|------|-------------------|---------------------------|
| 1 | 1 | PLSHC-AJ_ST-0 | Seat Adjustment Weldment |
| 2 | 2 | H-PEND2 | 1 1/2 X 2 Endcap |
| 3 | 2 | H-GRIP(PLLP-D-1) | HandGrip |
| 4 | 2 | H-GRIP(PLSHC-B00) | HandGrip |
| 5 | 2 | WASH.5STAR | 1/2" Internal Lock Washer |
| 6 | 1 | HHB.5X5 | 1/2 X 5 Bolt |
| 7 | 1 | NUT.5JAMLOCK | 1/2" Thin Lock Nut |
| 8 | 2 | HHB-NYLON | 1/2 X 1 Bolt NYLON |