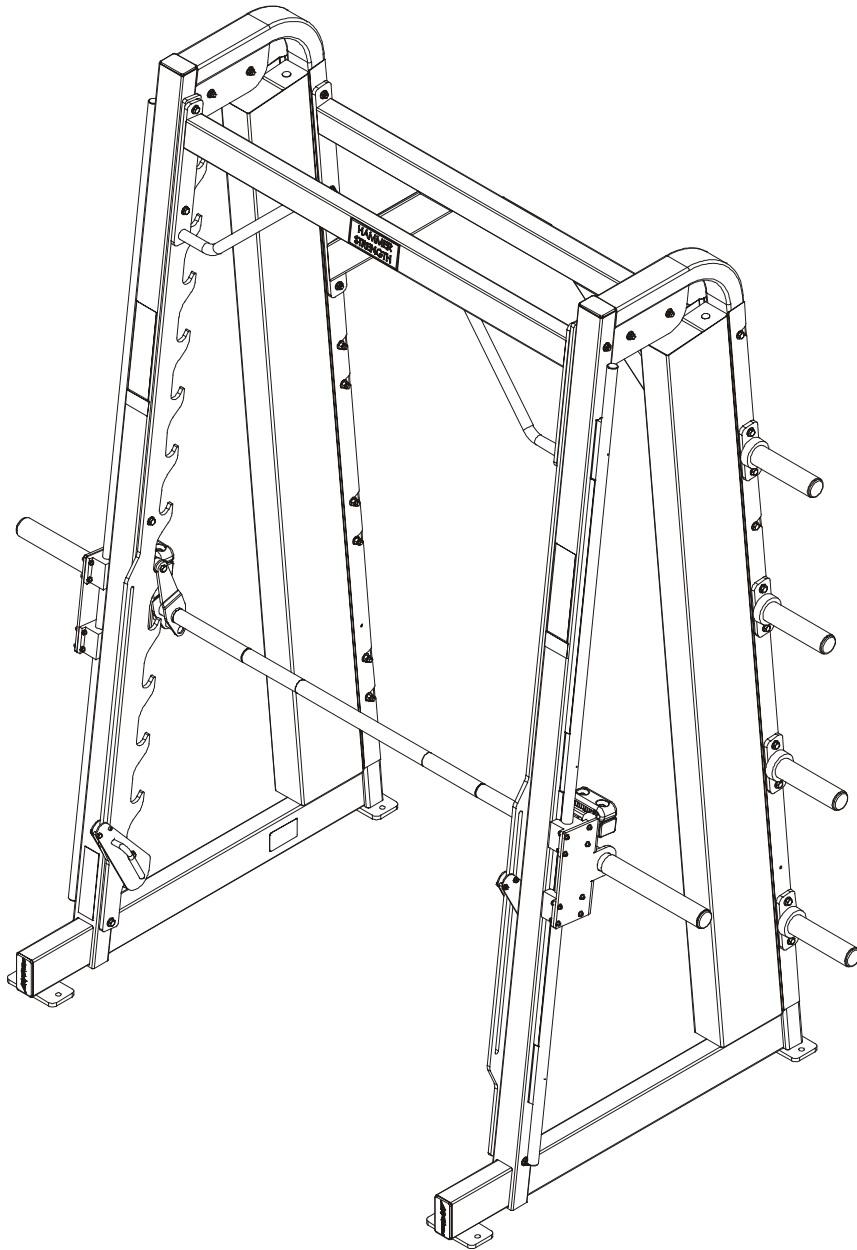


LifeFitness

RAMSEY HAMMER - PLSM PLATE LOADED SMITH MACHINE



Customer Support Services PARTS MANUAL

PLSM - PLATE LOADED SMITH MACHINE

Notes:

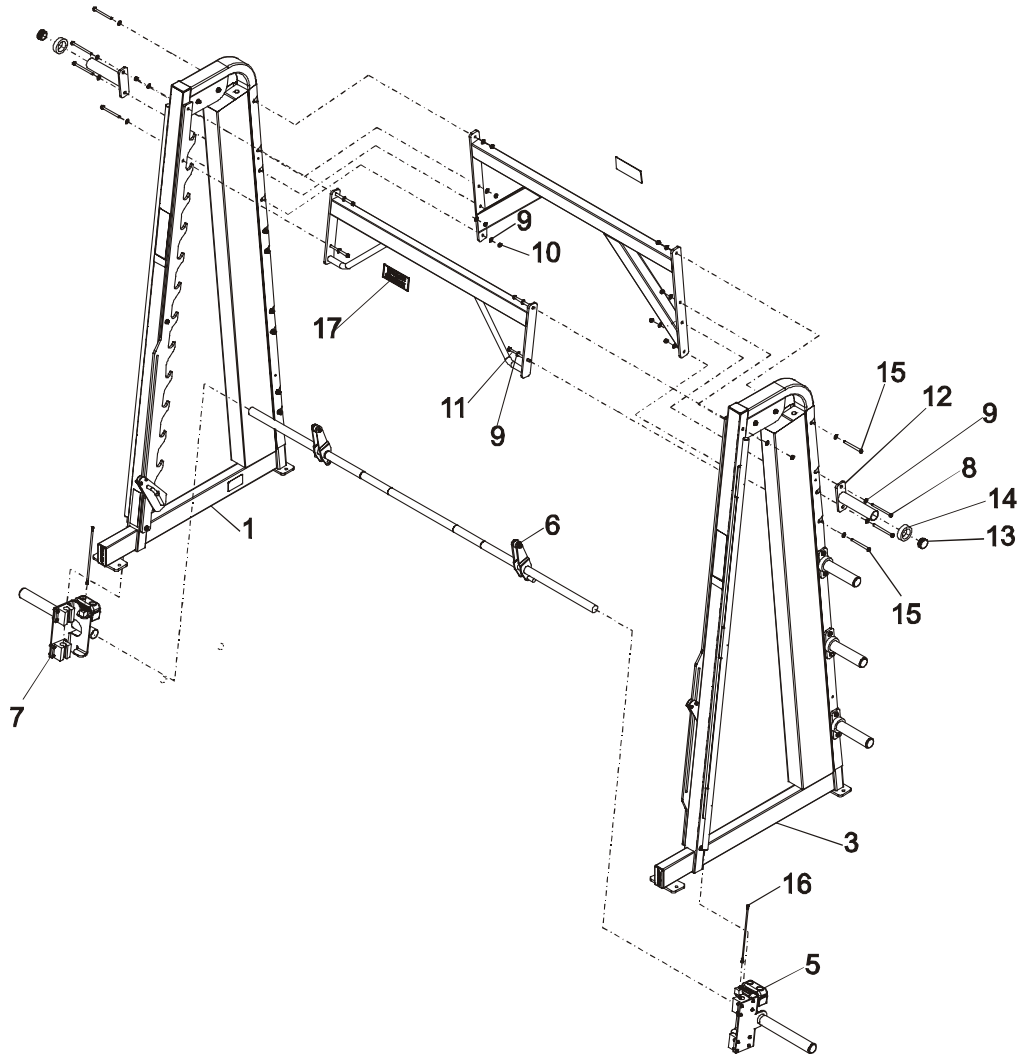
PLSM - PLATE LOADED SMITH MACHINE

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PLSM - PLATE LOADED SMITH MACHINE

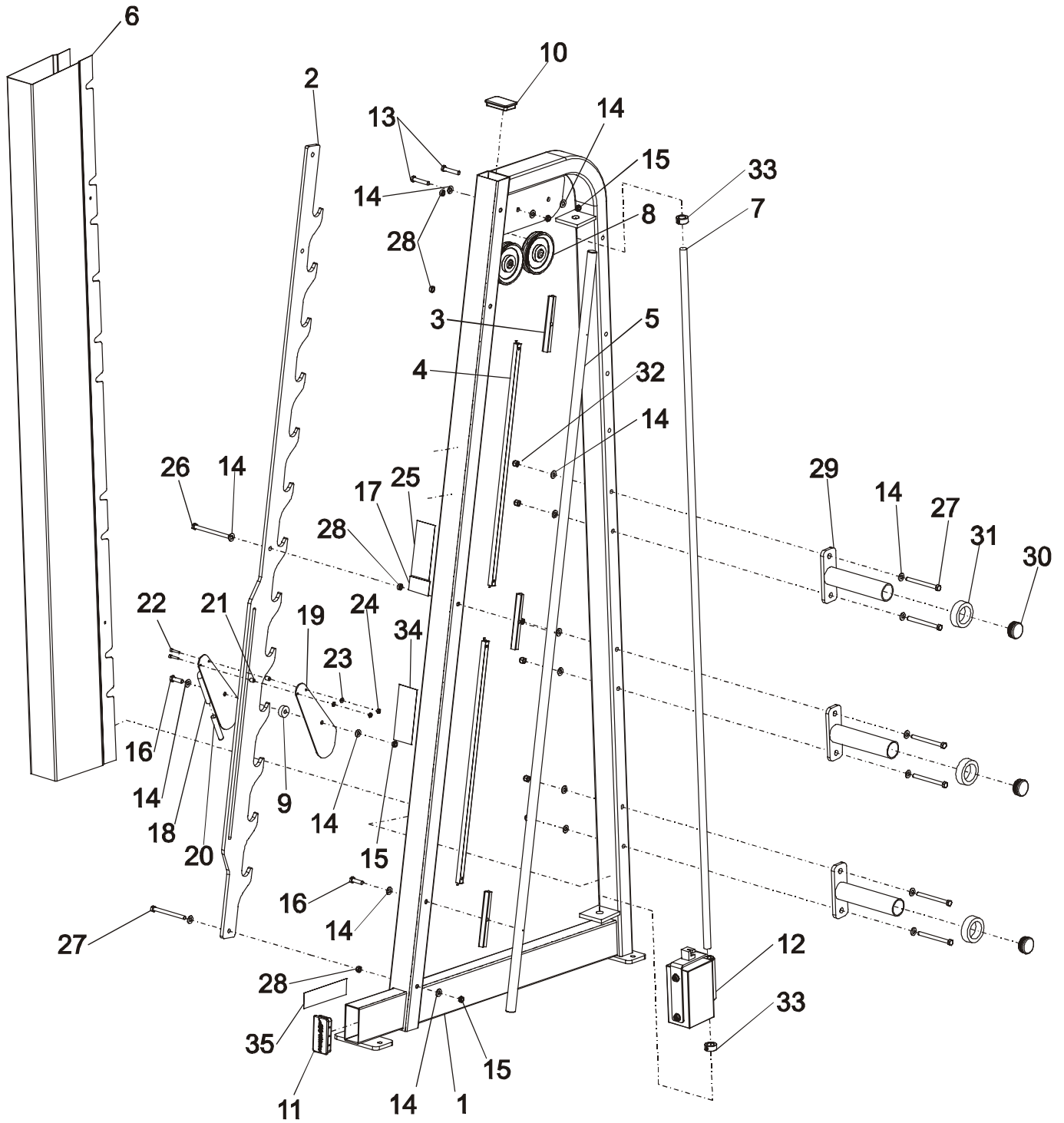
COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7666901	ASSY, PLSM SIDE FRAME RIGHT
2	1	7669601	WLDMT, PLSM FRONT BRACE
3	1	7669101	ASSY, PLSM SIDE FRAME LEFT
4	1	7670101	WLDMT, PLSM BACK BRACE
5	1	7665601	ASSY, PLSM CARRIAGE RIGHT
6	1	7666401	ASSY, PSLM BAR
7	1	7666201	ASSY, PLSM CARRIAGE LEFT
8	6	3223315	3/8-16 X 4.50 HEX HEAD BOLT
9	22	3236601	WASHER, 3/8 SAE SS
10	10	3102807	NUT, NYLOCK 3/8-16 LOW HT
11	2	3223317	3/8-16 X 5.00 HEX HEAD BOLT
12	2	7662701	WEIGHT HORN
13	2	7662601	PLUG, HAMMER WEIGHT HORN
14	2	7671601	MM5 Ring
15	4	3223313	3/8-16 X 4.00 HEX HEAD BOLT
16	2	7671701	CABLE, PLSM
17	2	M051-00289-A000	HAMMER STRENGTH NAME PLATE

PLSM - PLATE LOADED SMITH MACHINE

LEFT SIDE FRAME ASSEMBLY

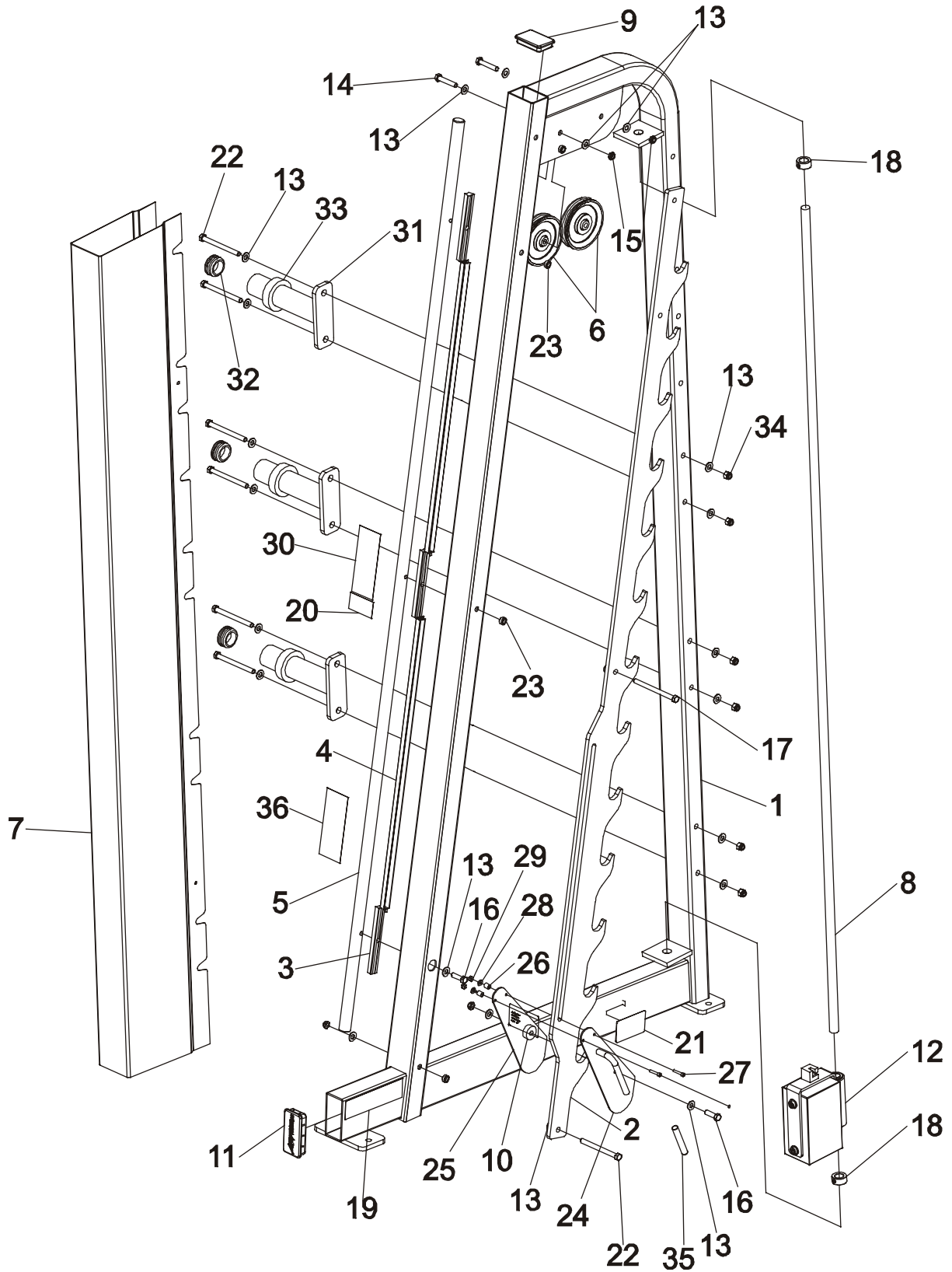


PLSM - PLATE LOADED SMITH MACHINE
LEFT SIDE FRAME ASSEMBLY CALLOUTS

Item Seq	Item	Description	Quantity
2	7667601	GUNRACK, PLSM	1
3	7667701	RAIL SUPPORT, PLSM	3
4	7667801	SHIELD, PLSM GAP	2
5	7667901	GUIDE ROD, 1 OD X 83	1
6	-7668002	SHIELD, PLSM CW BLK	1
7	7328617	GUIDE ROD, .75 OD SOLID X 79.88	1
8	3237801	PULLEY, 4.5" OD	2
9	7668201	SPACER, PLSM ADJ. STOP	1
10	7352301	CAP, END 2 X 3	1
11	7352401	CAP, END 2 X 4	1
12	-7668401	ASSY, PLSM COUNTER WEIGHT	1
1	-7668502	WLDMT, PLSM COUNTER WEIGHT BLK	1
2	-7354595	WEIGHT, COUNTER MED, SHADOW GRAY	1
3	3104901	BEARING, FLG .75 ID X 1.00 OD	2
4	3236204	M10 X 1.5 X 35 HXS SOC CS SS	2
5	3236601	WASHER,3/8 SAE STAINLESS STEEL	2
13	3223305	3/8-16X2 UNS HEX FHB G5 ZN	2
14	3236601	WASHER,3/8 SAE STAINLESS STEEL	22
15	3102807	NUT, NYLOCK 3/8-16 LOW HT	4
16	3223302	3/8-16X1-1/4 UNS HEX FHB G5 ZN	2
17	7422003	LABEL, MOVING PARTS	1
18	-7669402	WLDMT, PLSM ADJ STOP LEFT BLK	1
19	-7668302	PLATE, PLSM ADJ STOP BLK	1
1	7668301	PLATE, PLSM ADJ STOP	1
20	3238501	CAP, 1/2 X 5/8 X 5/8	1
21	7669001	SPACER, NYLON PLSM STOP	2
22	3248204	#10-24 X 1 HXS SOC CS G8 BZ	2
23	3248101	WASHER, #10 FL-D ST ZN	2
24	3248301	NUT, 10-24 NYLOC D ST ZN	2
25	7689801	LABEL, PLSM BAR	1
26	3223316	3/8-16X4-3/4 UNS HEX FHB G5 ZN	1
27	3223314	3/8-16X4-1/4 UNS HEX FHB G5 ZN	7
28	6122704	SPACER, 3/8 ID X 5/8 OD X 1/4	4
29	7662701	WEIGHT HORN	3
30	7662601	PLUG, HAMMER WEIGHT HORN	3
31	7671601	MM5 RING	3
32	3102802	NUT, NYLOCK 3/8-16	6
33	3103301	SHAFT COLLAR, 3/4" ID ZINC	2
34	7689802	LABEL, PLSM STOP	1
35	7662501	LABEL, 2" ASTM WARNING	1

PLSM - PLATE LOADED SMITH MACHINE

RIGHT SIDE FRAME ASSEMBLY



PLSM - PLATE LOADED SMITH MACHINE
RIGHT SIDE FRAME ASSEMBLY CALLOUTS

Item Seq	Item	Description	Quantity
2	7667601	GUNRACK, PLSM	1
3	7667701	RAIL SUPPORT, PLSM	3
4	7667801	SHIELD, PLSM GAP	2
5	7667901	GUIDE ROD, 1 OD X 83	1
6	3237801	PULLEY, 4.5" OD	2
7	7668002	SHIELD, PLSM CW BLK	1
8	7328617	GUIDE ROD, .75 OD SOLID X 79.88	1
9	7352301	CAP, END 2 X 3	1
10	7668201	SPACER, PLSM ADJ. STOP	1
11	7352401	CAP, END 2 X 4	1
12	7668401	ASSY, PLSM COUNTER WEIGHT	1
13	3236601	WASHER, 3/8 SAE STAINLESS STEEL	22
14	3223305	3/8-16X2 UNS HEX FHB G5 ZN	2
15	3102807	NUT, NYLOCK 3/8-16 LOW HT	4
16	3223302	3/8-16X1-1/4 UNS HEX FHB G5 ZN	2
17	3223316	3/8-16X4-3/4 UNS HEX FHB G5 ZN	1
18	3103301	SHAFT COLLAR, 3/4" ID ZINC	2
19	7422004	LABEL, 2" ASTM WARN	1
20	7422003	LABEL, MOVING PARTS	1
21	7571302	LABEL, SERIAL NUMBER HAMMER STRENGTH CLASS S	1
22	3223314	3/8-16X4-1/4 UNS HEX FHB G5 ZN	7
23	6122704	SPACER, 3/8 ID X 5/8 OD X 1/4	4
24	7668802	WLDMT, PLSM ADJ STOP RIGHT BLK	1
25	7668302	PLATE, PLSM ADJ STOP BLK	1
26	7669001	SPACER, NYLON PLSM STOP	2
27	3248204	#10-24 X 1 HXS SOC CS G8 BZ	2
28	3248101	WASHER, #10 FL-D ST ZN	2
29	3248301	NUT, 10-24 NYLOC D ST ZN	2
30	7689801	LABEL, PLSM BAR	1
31	7662701	WEIGHT HORN	3
32	7662601	PLUG, HAMMER WEIGHT HORN	3
33	7671601	MM5 RING	3
34	3102802	NUT, NYLOCK 3/8-16	6
35	3238501	CAP, 1/2 X 5/8 X 5/8	1
36	7689802	LABEL, PLSM STOP	1