

**HAMMER
STRENGTH[®]**

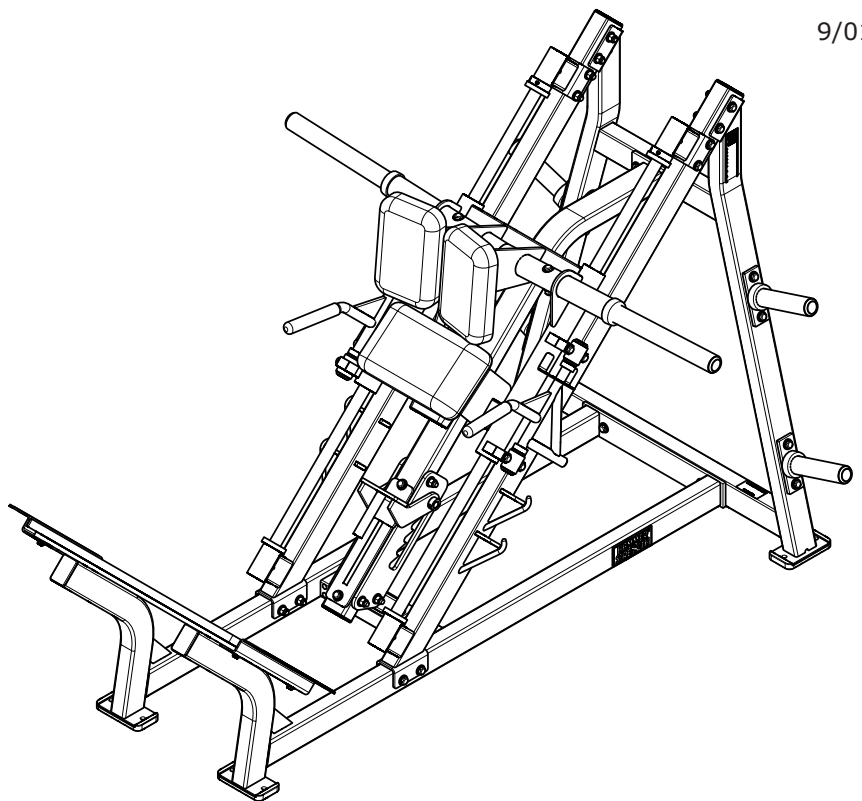
**HAMMER
STRENGTH[®]**

PLATE LOADED

PARTS MANUAL

LINEAR HACK SQUAT
PL-LHS, PL-LHS-01

9/01/2021



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KEY

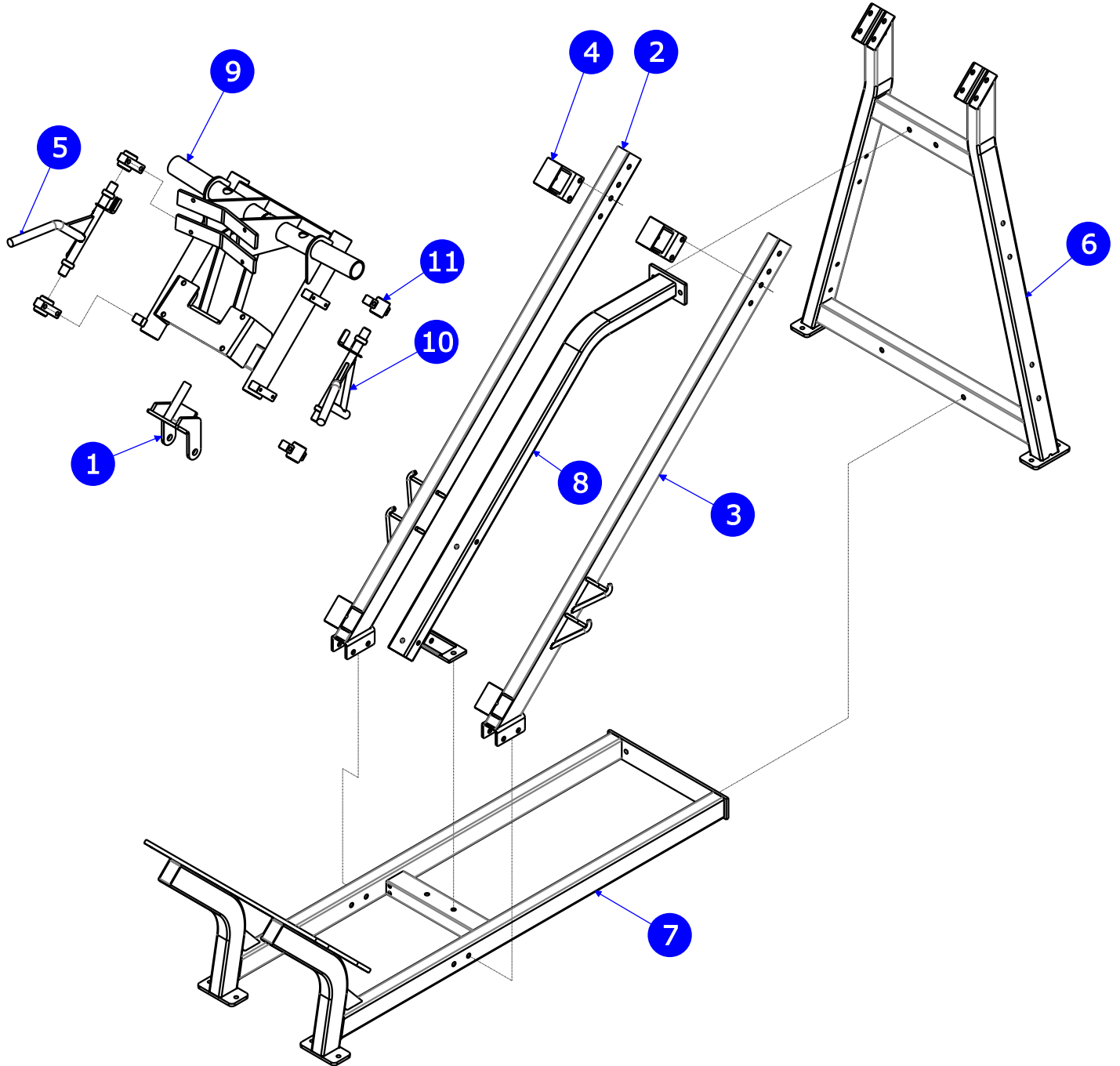
UPHOLSTERY ① ② ③

Items with Gray call-outs require the upholstery color listed within the order notes. IE: Putty

FRAME AND MOVEMENT ARM COLORS ① ② ③

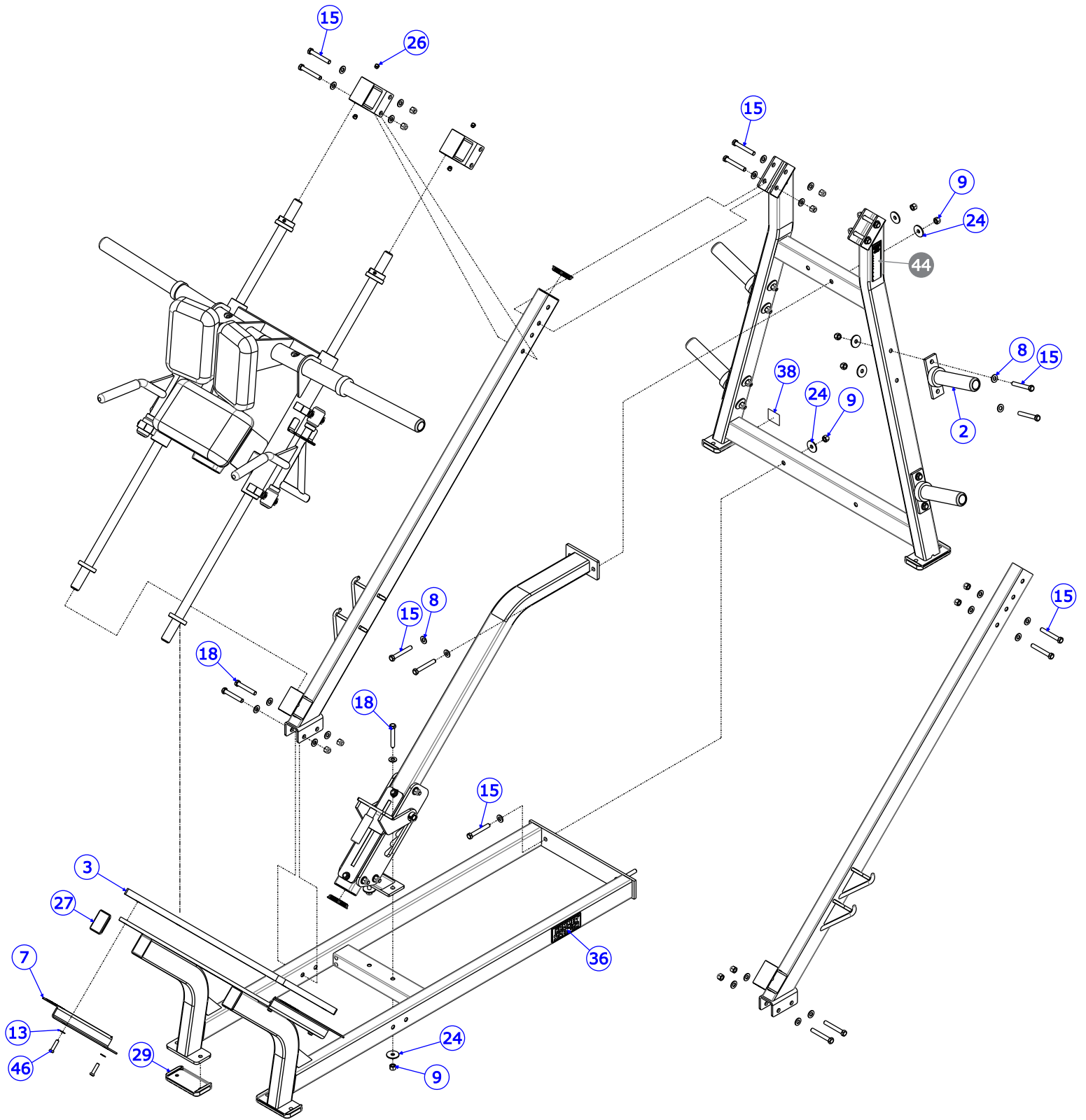
Items with Blue call-outs require the powder coat frame color to be listed within the order notes.

FRAME PAINTED WELDMENTS



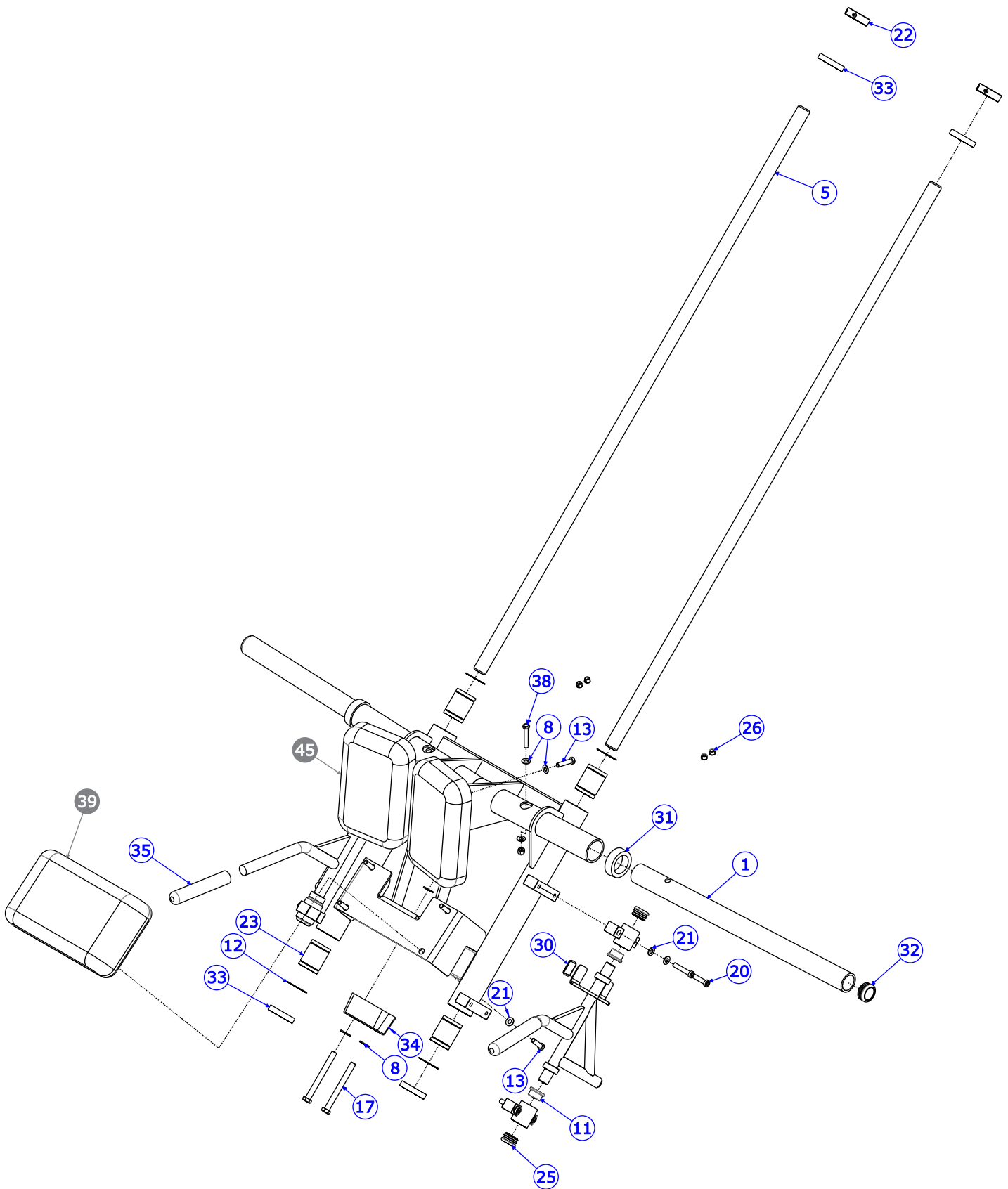
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8268501	WLDMT, HSLLP STOP
2	1	1005739-0000	WLDMT: SUPPORT RH
3	1	1005740-0000	WLDMT: SUPPORT LH
4	2	1005745-0000	WLDMT: HOUSING
5	1	1005762-0000	WLDMT: HANDLE RT
6	1	1006286-0000	WLDMT: REAR UPRIGHT
7	1	1006372-0000	WLDMT: PLLHS BASE
8	1	1006373-0000	WLDMT: PL-LHS, RANGE LIMIT
9	1	1006427-0000	WLDMT: CARRIAGE, HACK SQUAT
10	1	1006476-0000	WLDMT: HANDLE LT
11	4	1006525-0000	WLDMT: HOUSING, HANDLE

COMPONENT ASSEMBLY



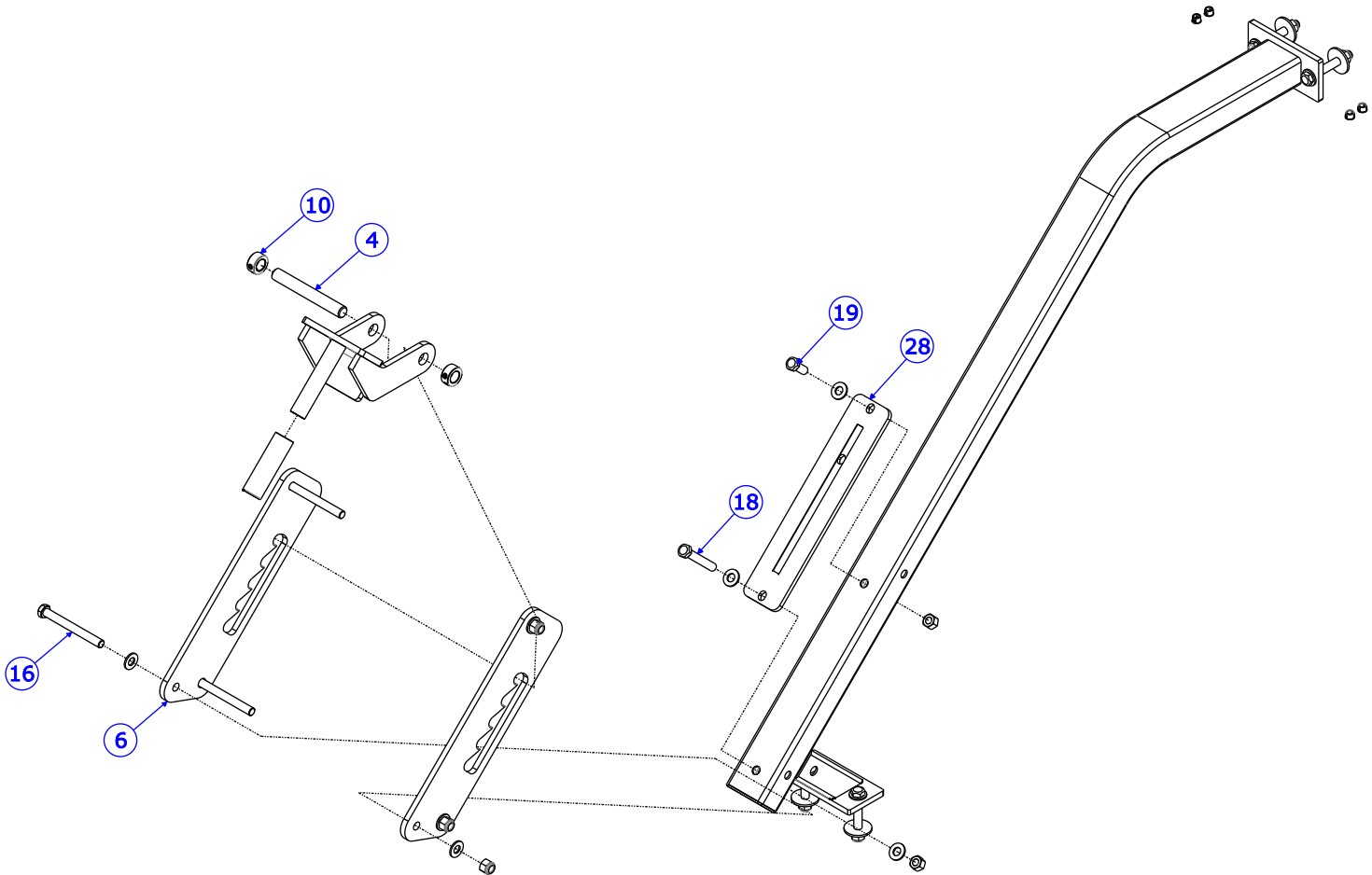
SEE PAGE 8 FOR LEGEND

CARRIAGE ASSEMBLY



SEE PAGE 8 FOR LEGEND

CENTER FRAME ASSEMBLY

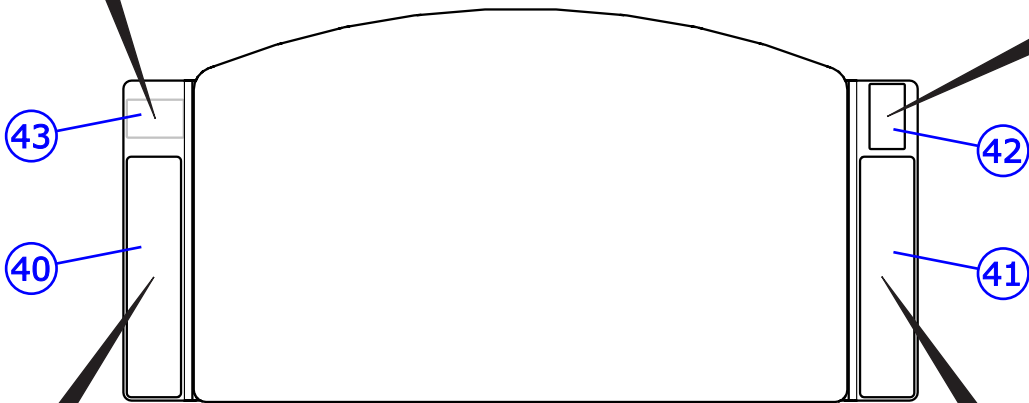


SEE PAGE 8 FOR LEGEND

PLACARDS AND WARNING LABELS

⚠ WARNING
 Before exercise,
 set bottom stop to
 desired range of motion.

⚠ WARNING
 SERIOUS INJURY
 could result if
 carriage falls
 toward user.
 Carriage stops
**MUST BE IN
 LOCKED POSITION**
 while performing
 calf raises.



**HAMMER
 STRENGTH**
**LINEAR
 HACK SQUAT**
 Start 90 lbs./40.8kg.

⚠ WARNING

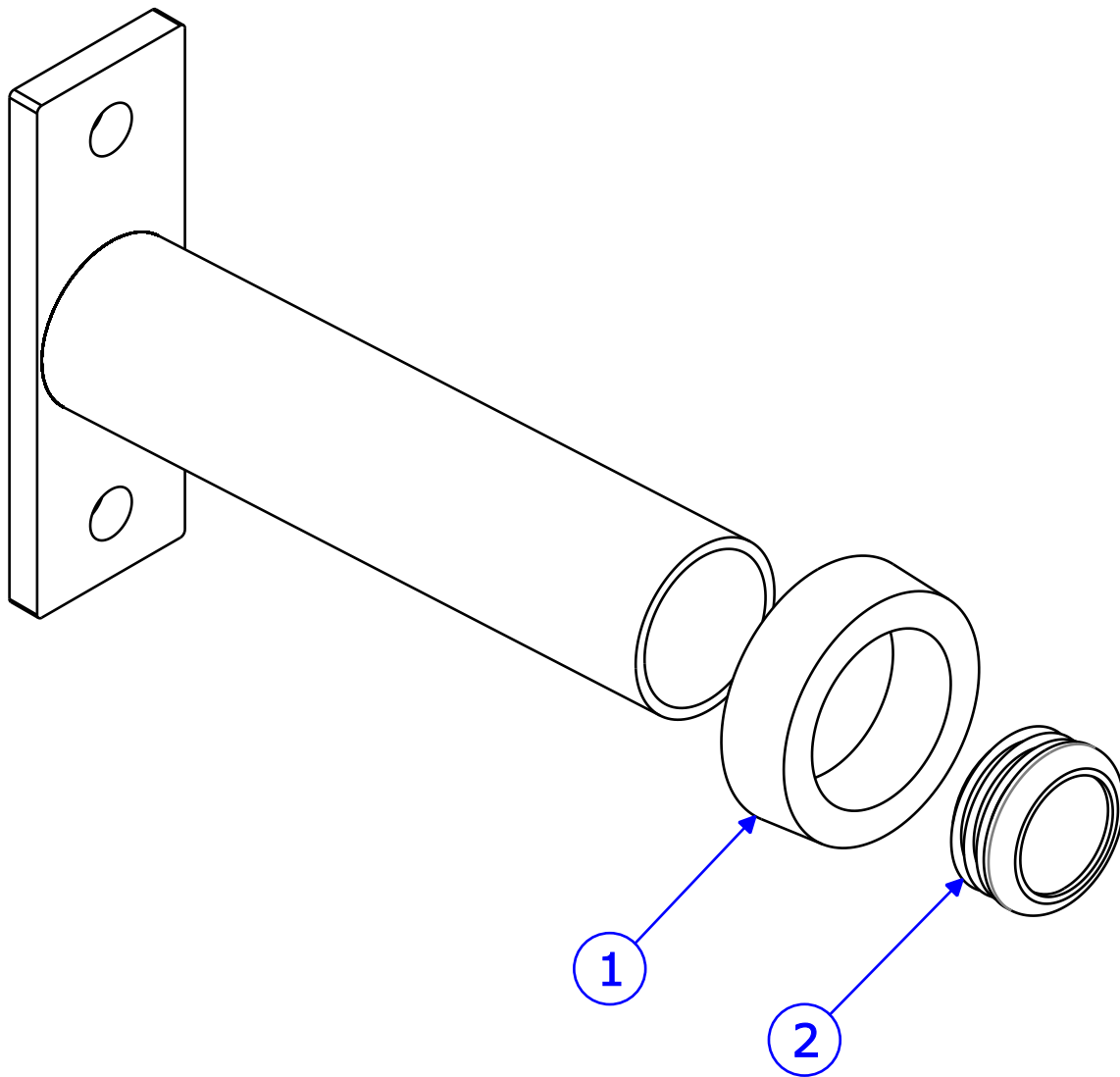
⚠ WARNING

SEE PAGE 8 FOR LEGEND

LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	1007621-0001	TUBE: WEIGHT ROD
2	4	1002178-0001	ASSY, WEIGHT HORN
3	1	7450901	BOARD, PSSLP LINEXED LARGE
4	1	8074901	SHAFT COLLAR, 1.25 I.D. ZINC
5	2	8274401	GUIDE ROD, 1.25 OD SOLID X 60.88
6	2	1006504-0001	PLATE: 0.375IN, ADJUSTMENT
7	2	1008041-0093	BRKT: PLLHS PLACARD MOUNT, HWG
8	55	3102507	WSH, FLAT 1/2 ID SAE ZN
9	35	3102801	NUT, NYLOCK 1/2-13 ST ZN
10	2	3103301	SHAFT COLLAR, 3/4" ID ZINC
11	4	3104906	1.00" ID 1.25" OD BRONZ BUSHING
12	4	3202602	RET RING, INT 2-1/4 DIA X 1/16
13	8	3236205	SCREW, M10 X1.5 40MM
14	4	3236601	WASHER, 3/8 SAE SS
15	22	3239314	1/2-13 X 3.50 UNS HEX FHB G5 ZN
16	3	3239319	1/2-13 X 4.75 UNS HEX FHB G5 ZN
17	2	3239320	1/2-13 X 5.00 UNS HEX FHB G5 ZN
18	5	3239313	1/2-13 X 3.25 UNS HEX FHB G5 ZN
19	1	3239305	1/2-13 X 1.25 UNS HEX FHB G5 ZN
20	8	3236208	SCREW, M10 X1.5 55MM
21	16	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
22	2	3265501	SHAFT COLLAR, 1.25 I.D. ZINC
23	4	8271101	BEARING, LINEAR BALL DIA 1.25
24	14	H-BACK-WASH	BACKING WASHER
25	4	3119306	CAP, END 1.50 DIA RD 8-12 GA
26	16	3237402	PLUG, 1/2" HOLE
27	5	1009553-0001	CAP, 2IN X 3IN 11-14GA, END
28	1	7359701	SEATRACK FRONT
29	4	MM-9	3 X 6 FLANGE RUBBER SLIPPER
30	4	7570801	GUARD, PAINT 1.25 x .75 x .25
31	2	7671601	BUMPER, WEIGHT HORN/ROD
32	2	8078001	CAP, END 1.75 DIA RD 14-20 GA
33	4	8274001	BUMPER, HSLLP CARRIAGE
34	1	8722301	H-BUMP-MED
35	3	H-GRIP	HANDLE GRIPS (.938X16)
36	2	M051-00289-A000	NAMEPLATE; HAMMER PLASTIC
37	2	3239312	1/2-13 X3.00 UNS HEX FHB G5 ZN
38	1	7571301	LABEL, SERIAL NUMBER
39	1	7501099	PAD, 15 X 7-3/4
40	1	1007062-0001	PLACARD: PLLHS
41	1	1007063-0001	PLACARD, PLLHS, STOP
42	1	8270501	LABEL, HSLLP LOCK WARNING
43	1	8327201	LABEL, HSLLP ROM WARNING
44	2	87737XX	LABEL, ASTM PL VERT
45	2	7399399	PAD. 7 X 11-1/4
46	4	3236204	SCREW, M10 X1.5 35MM

WEIGHT HORN ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8078001	CAP, END 1.75 DIA RD 14-20 GA
2	1	7671601	BUMPER, WEIGHT HORN/ROD