

HAMMER[®] STRENGTH

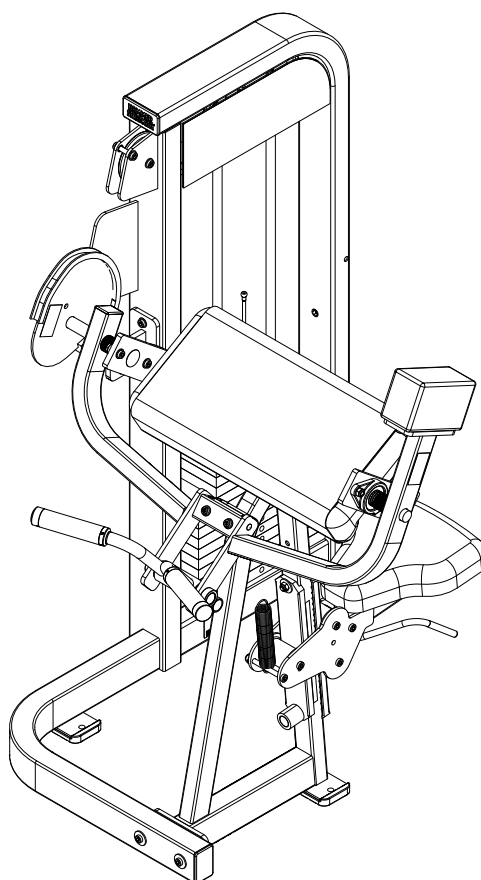
**HAMMER
STRENGTH[®]**

HAMMER SELECT

PARTS MANUAL

**BICEPS CURL
HS-BC**

10/11/2024



CONTENTS

POWDER COATED COMPONENTS PAGE 3

COMPONENT ASSEMBLY 4

SEAT FRAME ASSEMBLY 5

TOWER ASSEMBLY 6

MOVEMENT ARM ASSEMBLY 7

PAD ASSEMBLY 8

ROLLER SEAT ASSEMBLY (SE) 9

90° SEAT ASSEMBLY (BASE) 10

WEIGHT STACK ASSEMBLY 11

INCREMENT WEIGHT ASSEMBLY 12

ADD-ON WEIGHT ASSEMBLY 13

REAR SHROUD ASSEMBLY 14

FULL SHROUD ASSEMBLY 15

LF CONNECT RETRO-FIT KIT REPLACEMENT PARTS..... 16

KEY

LANGUAGE 1 2 3

Items with Black call-outs require the language to be listed within the order notes. IE. English

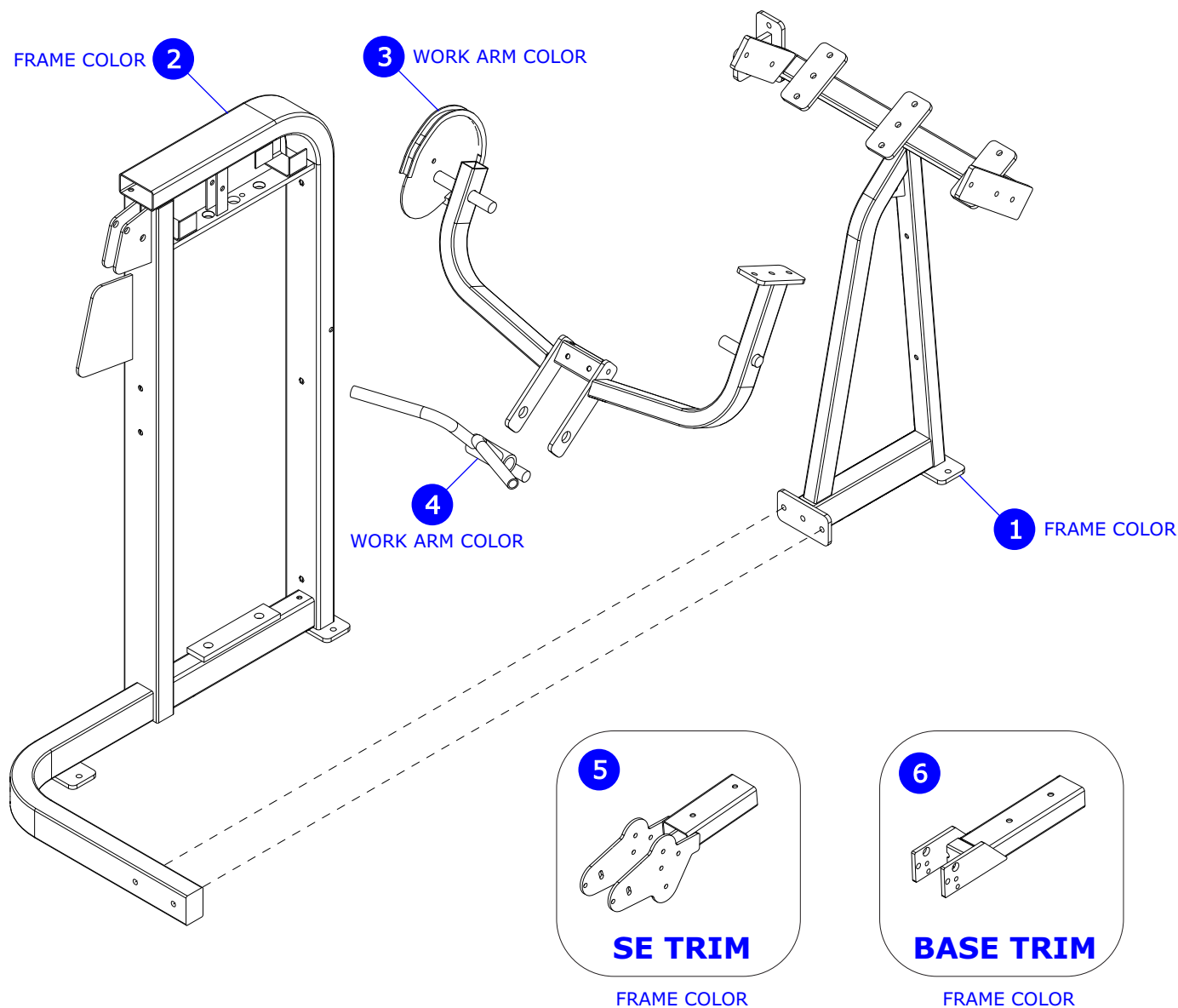
UPHOLSTERY 1 2 3

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

FRAME AND WORK ARM COLORS 1 2 3

Items with Blue call-outs require the powder coat frame color to be listed within the order notes. Add 'No Clear' after color - IE. Platinum No Clear

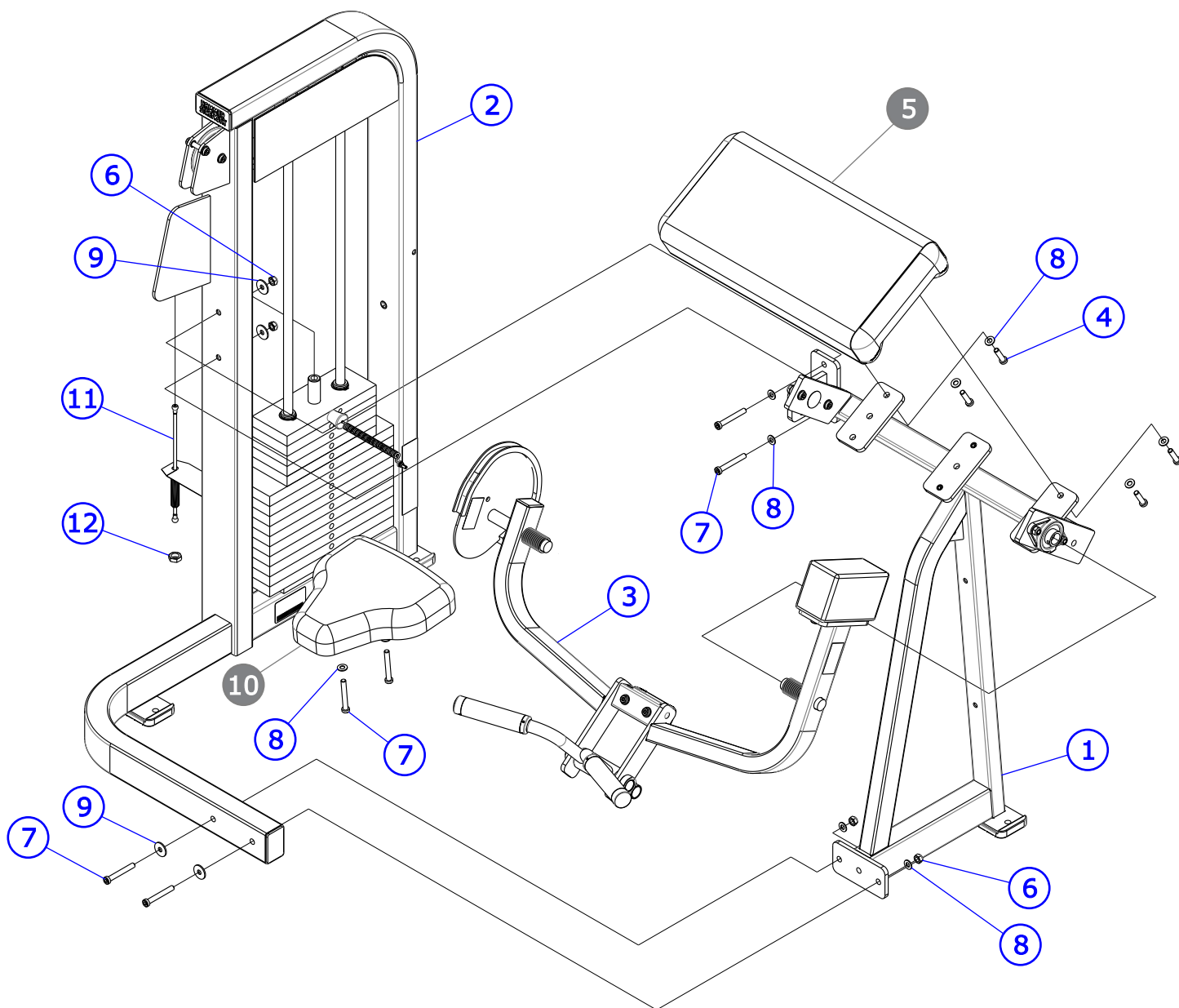
POWDER COATED COMPONENTS



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7381999	WLDMT, PSBC- SEAT FRAME
2	1	7382199	WLDMT, PSBC- WEIGHT STACK
3	1	7382999	WLDMT, PSBC- MOVEMENT ARM
4	1	7383399	WLDMT, PSBC- HANDLE BAR ASSY
5	1	7396899	WLDMT, 90 DEG ROLLER SEAT
6		7358799	WLDMT, 90 DEG STD HAMMER SEAT

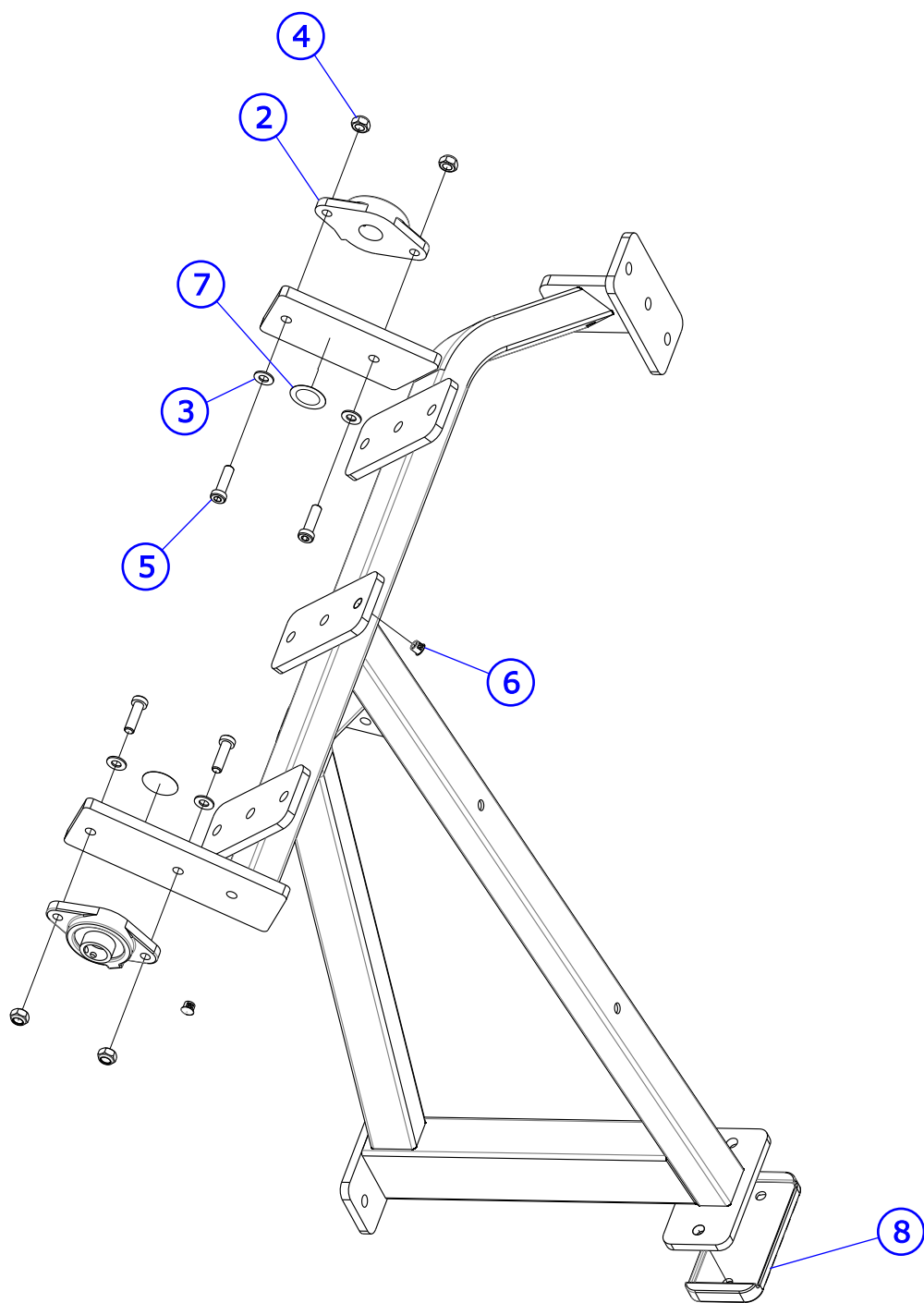
ITEMS ON THIS PAGE ARE POWDER COAT PAINTED. REFER TO PAGE 2 FOR ORDERING INSTRUCTIONS.

COMPONENT ASSEMBLY



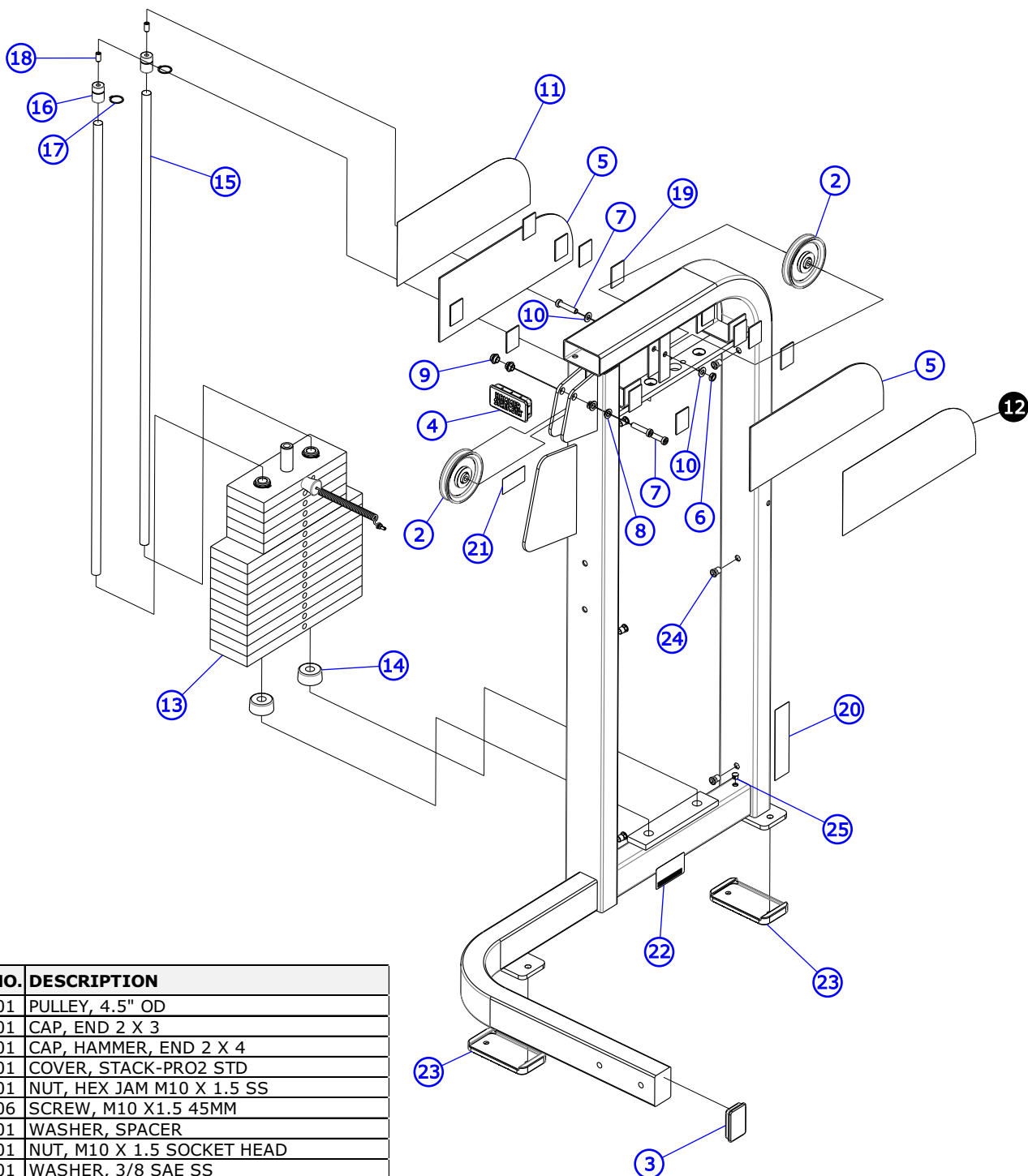
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	-	ASSY, PSBC SEAT FRAME
2	1	-	ASSY, HS-BC, SIDE FRAME
3	1	-	ASSY, PSBC MOVEMENT ARM
4	4	3236205	SCREW, M10 X1.5 40MM
5	1	8007099	PAD, ELBOW 24 X 11
6	4	3236801	NUT, M10 HEX NYLOCK SS
7	6	3236212	SCREW, M10 X1.5 75MM
8	10	3236601	WASHER, 3/8 SAE SS
9	4	3236602	WASHER, 3/8 ID X 1.25 OD SS
10	1	7351999	PAD, SADDLE
11	1	7423701	CABLE, PSBC
12	1	3236902	NUT, HEX JAM M16 X 2 SS

SEAT FRAME ASSEMBLY



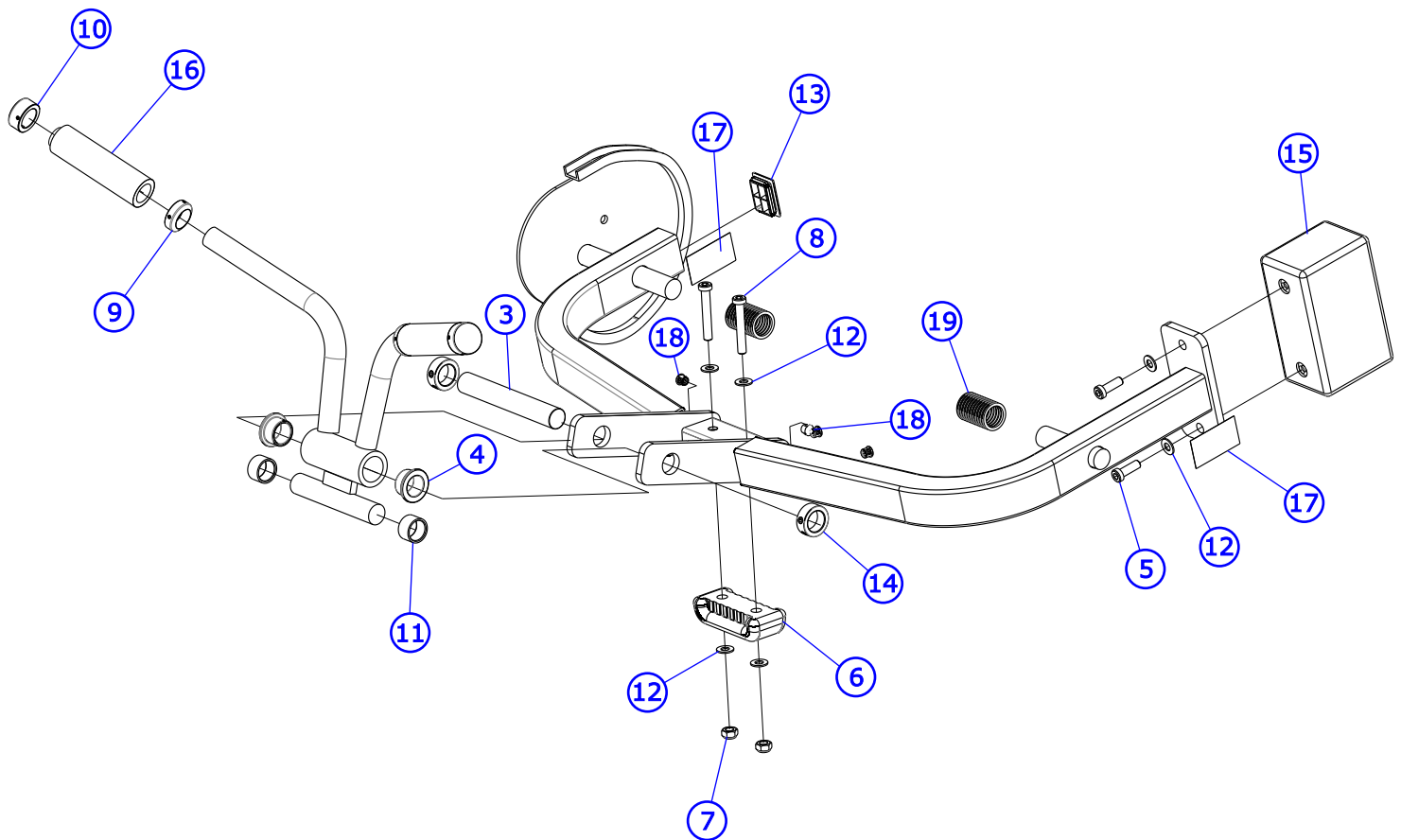
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
3	4	3236601	WASHER, 3/8 SAE SS
4	4	3236801	NUT, M10 HEX NYLOCK SS
5	4	3236204	SCREW, M10 X1.5 35MM
6	3	3237401	PLUG, 7/16" HOLE
7	2	7488701	LABEL, AXIS OF ROTATION
8	1	MM-9	3 X 6 FLANGE RUBBER SLIPPER

TOWER ASSEMBLY



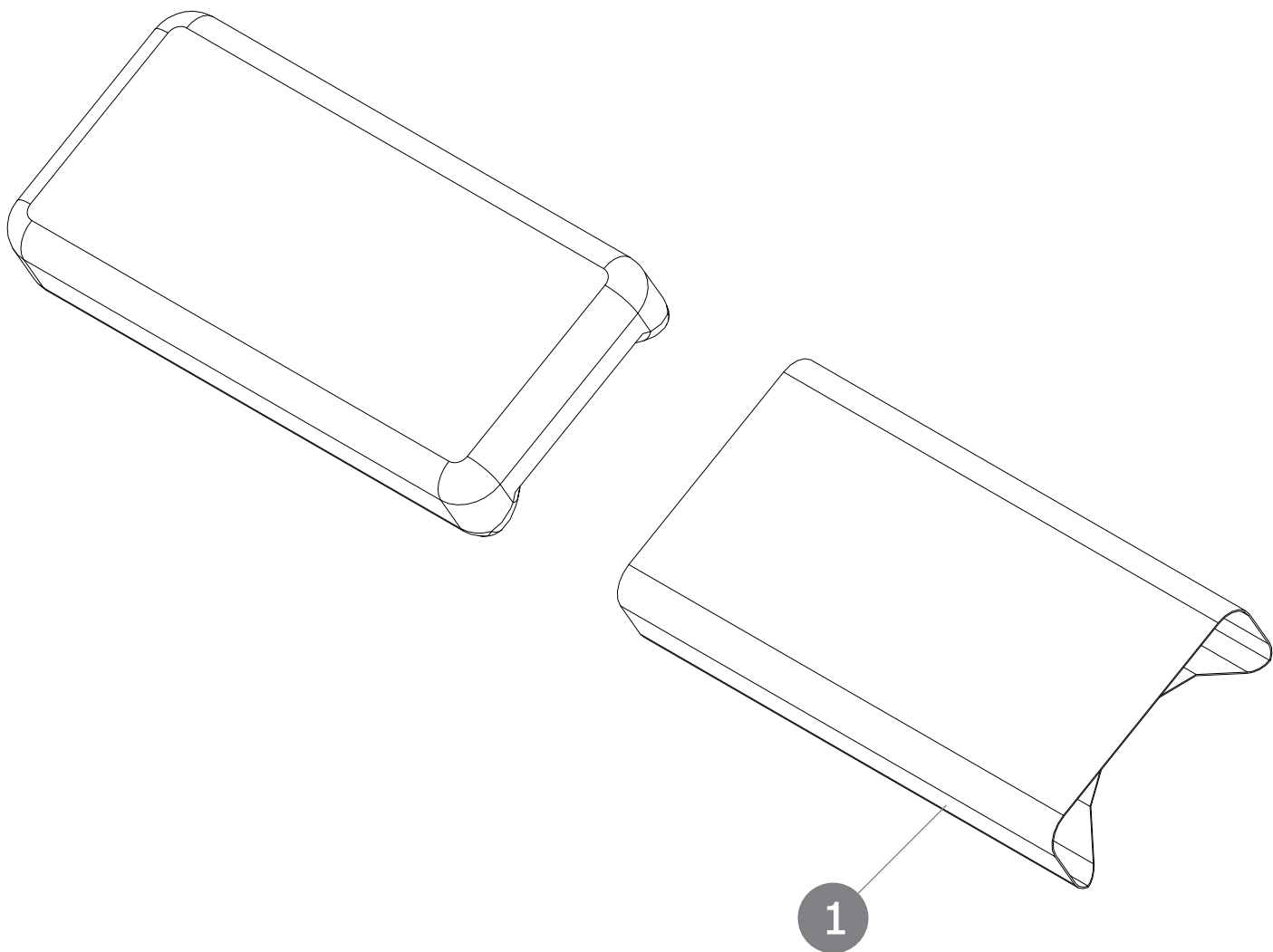
ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	2	3237801	PULLEY, 4.5" OD
3	1	7352301	CAP, END 2 X 3
4	1	9462701	CAP, HAMMER, END 2 X 4
5	2	9169401	COVER, STACK-PRO2 STD
6	1	3236901	NUT, HEX JAM M10 X 1.5 SS
7	3	3236206	SCREW, M10 X1.5 45MM
8	2	7348101	WASHER, SPACER
9	2	7335401	NUT, M10 X 1.5 SOCKET HEAD
10	2	3236601	WASHER, 3/8 SAE SS
11	1	9467101	LABEL, PSBC LOGO PANEL
12	1	9467099	LABEL, PSBC PLACARD
13	1	-	ASSY, 200LB STACK
14	2	7352101	CUSHION, WEIGHT STACK
15	2	7328604	GUIDE ROD, .75 OD SOLID 43.88
16	2	7402301	RETAINER, GUIDEROD
17	2	3232421	RING, BRE .940, 5100-100 ST PP B
18	2	3240501	M10 X 1.5 HXS NO CUP ST BO
19	12	7544202	PAD, DUAL LOCK 250 1.5" X 2.0"
20	1	7422004	LABEL, 2" ASTM WARN
21	1	7422003	LABEL, MOVING PARTS
22	1	7571301	LABEL, SERIAL NUMBER, BLANK
23	2	MM-9	3 X 6 FLANGE RUBBER SLIPPER
24	6	3238601	M10X1.5 BLIND THREADED INSERT (HEX)
25	2	3237401	PLUG, 7/16" HOLE

MOVEMENT ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
3	1	7358203	SHAFT, 1 DIA X 6.75
4	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
5	2	3236203	SCREW, M10 X1.5 30MM
6	1	7352001	BUMPER, 2-1/8 X 4-5/8
7	2	3236801	NUT, M10 HEX NYLOCK SS
8	2	3236210	SCREW, M10 X1.5 65MM
9	2	7662802	RING, GRIP 1.50 OD
10	2	7662902	CAP, GRIP 1.50 OD
11	2	7690101	BUMPER, SLEEVE - 1 INCH DIA
12	6	3236601	WASHER, 3/8 SAE SS
13	1	9217401	CAP, 1.5IN X 2IN -10-14GA, END
14	2	7435301	COLLAR, SHAFT 1.020 ID
15	1	7802401	WEIGHT, COUNTER MED
16	2	3235802	GRIP, 1.50"OD
17	2	7422003	LABEL, MOVING PARTS
18	6	3237401	PLUG, 7/16" HOLE
19	2	6912804	SLEEVE, ACCRDN 1.0 ID X 2

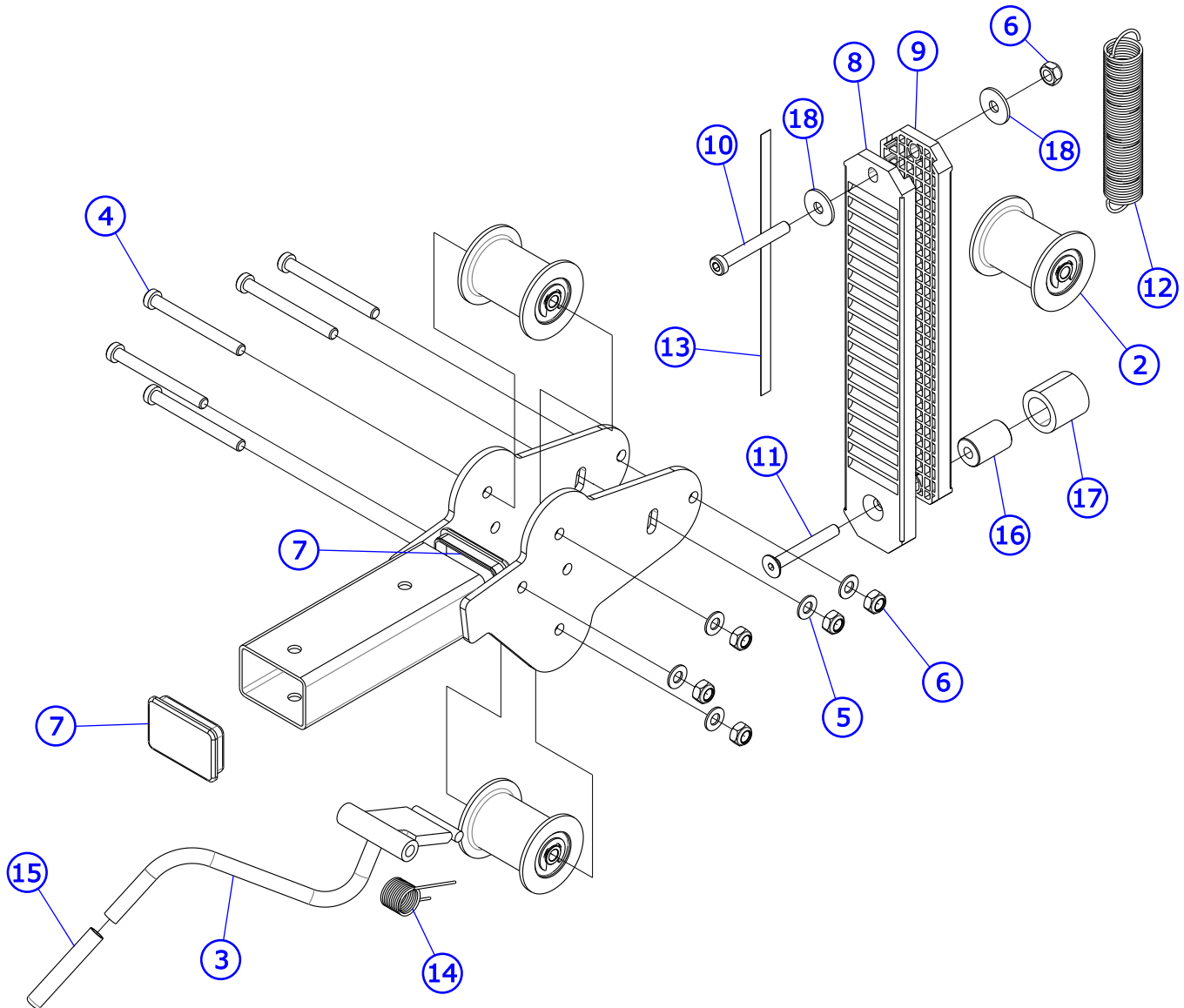
8007099 PAD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8027999	WEAR COVER, ELBOW PAD 24 X 11

ROLLER SEAT ASSEMBLY

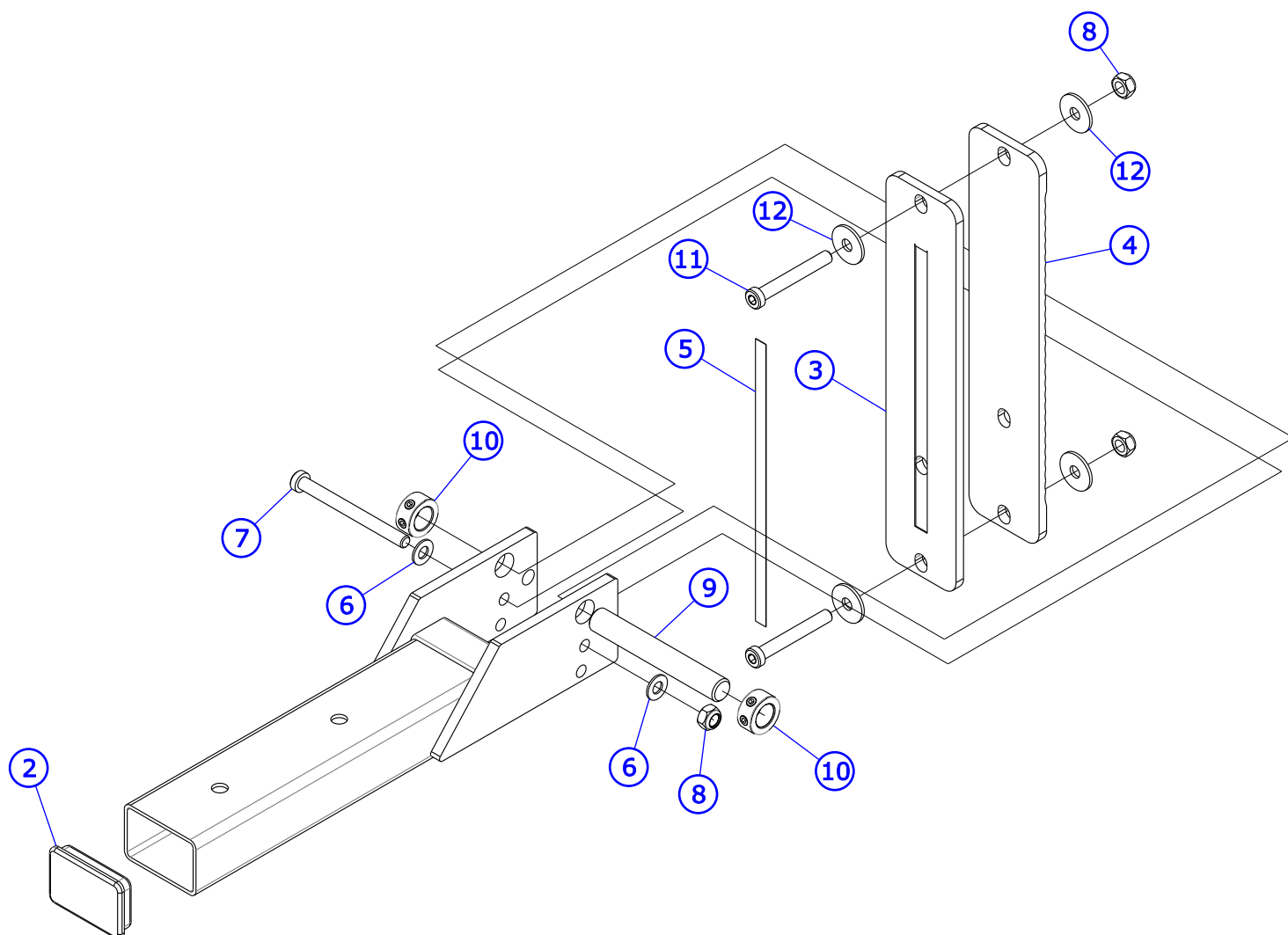
SE TRIM



ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	3	7564201	ASSY, SEAT ROLLER
3	1	8417195	WLDMT, ROLLER SEAT HANDLE SG
4	5	3236217	SCREW, M10 X1.5 100MM
5	5	3236601	WASHER, 3/8 SAE SS
6	6	3236801	NUT, M10 HEX NYLOCK SS
7	2	7352301	CAP, END 2 X 3
8	1	8416801	TRACK, SEAT - SERRATED
9	1	7564401	SEATRACK, FLAT
10	1	3236212	SCREW, M10 X1.5 75MM
11	1	3238312	M10x1.5x75mm
12	1	7442601	SPRING, PRO2 ROLLER SEAT
13	1	7422002	LABEL, SEAT ADJUST
14	1	7442701	SPRNG, PRO2 HANDLE TORSION
15	1	3238502	CAP, 1/2 X 3
16	1	7570601	STOP, ROLLER SEAT
17	1	3235804	GRIP, 1.5 OD X .25 WALL X 1.5 L OPEN END
18	2	3236602	WASHER, 3/8 ID X 1.25 OD SS

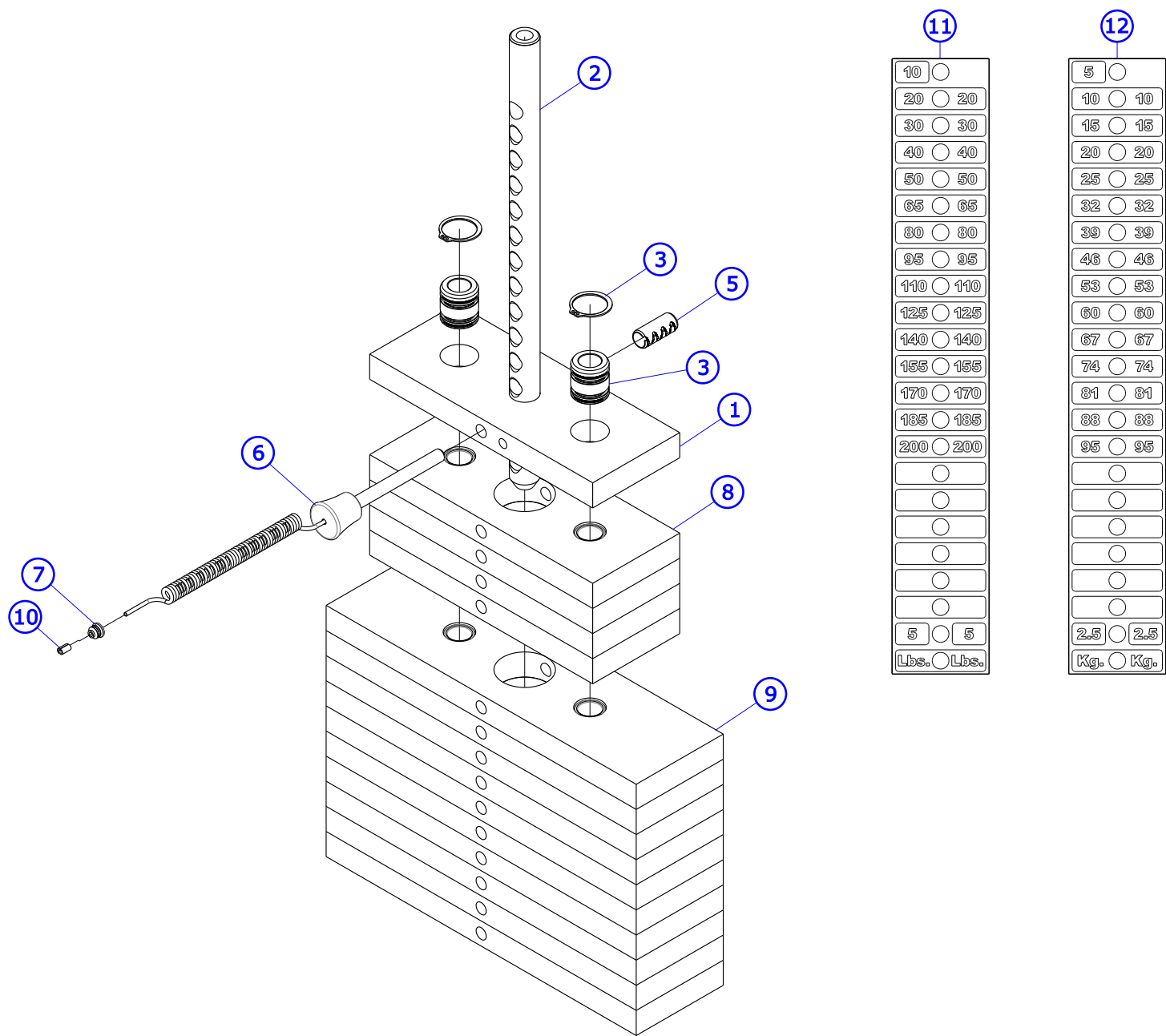
90° SEAT ASSEMBLY

BASE TRIM

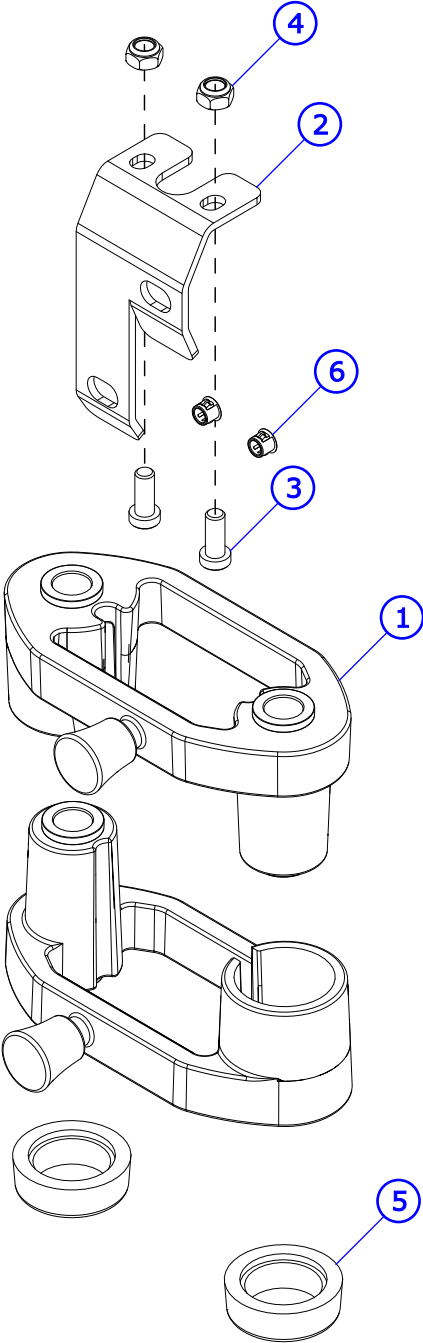


ITEM NO.	QTY.	PART NO.	DESCRIPTION
2	1	7352301	CAP, END 2 X 3
3	1	7359701	SEATRACK FRONT
4	1	7359801	SEATRACK BACK
5	1	7422002	LABEL, SEAT ADJUST
6	2	3236601	WASHER, 3/8 SAE SS
7	1	3236218	SCREW, M10 X1.5 110MM
8	3	3236801	NUT, M10 HEX NYLOCK SS
9	1	7359301	.75" ROUND SEAT PIN
10	2	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
11	2	3236212	SCREW, M10 X1.5 75MM
12	4	3236602	WASHER, 3/8 ID X 1.25 OD SS

WEIGHT STACK ASSEMBLY

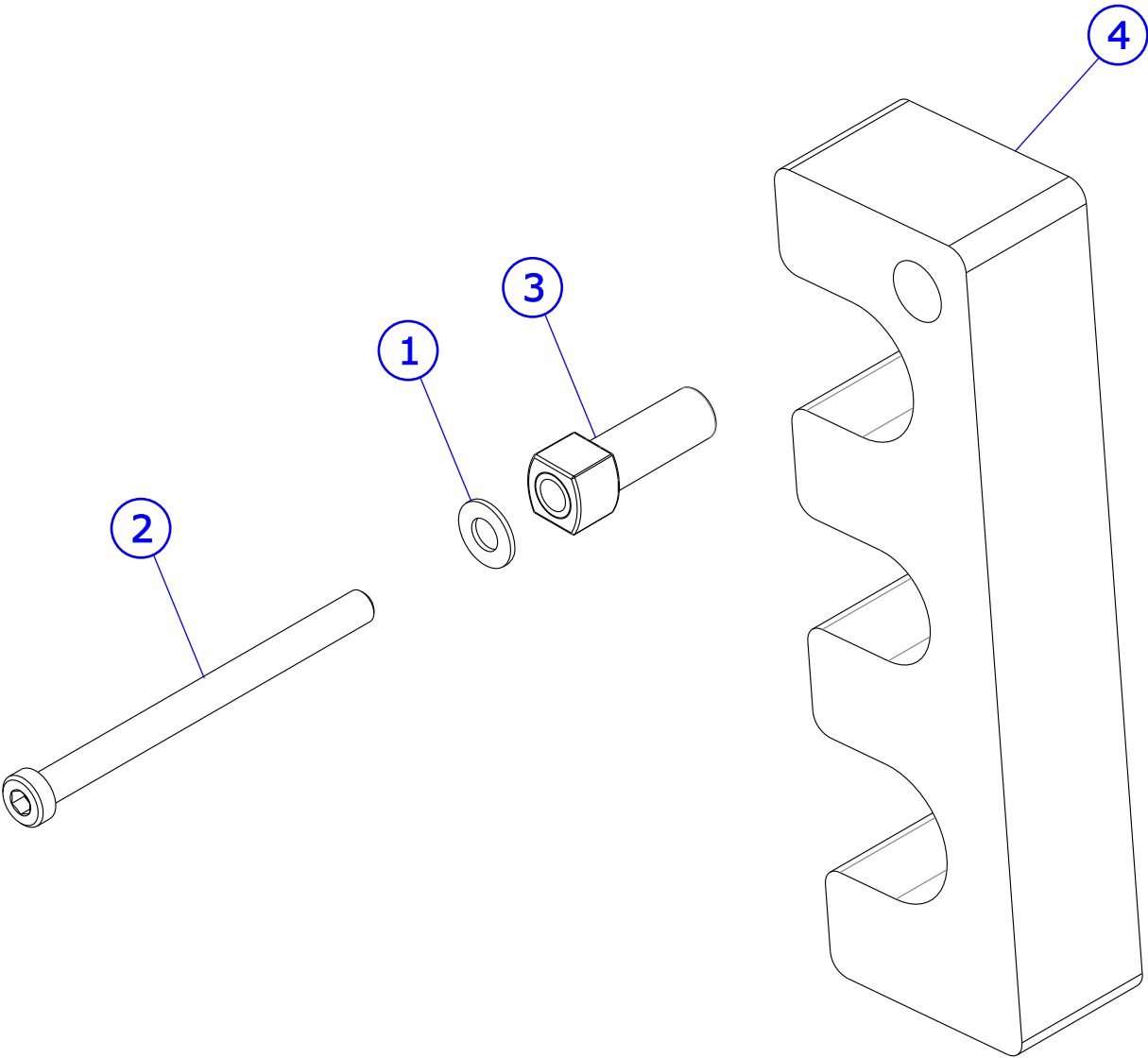


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7352601	BAYONET, 14 PLATE
3	2	7338001	BUSHING, HEADPLATE
5	1	3236001	BUSHING, SPRING PIN
6	1	7353001	ASSY, SELECTOR PIN
7	1	7356501	PLUG, LANYARD ATTACHMENT
8	4	7353701	ASSY, 10 LB PLATE
9	10	7353801	ASSY, 15 LB PLATE
10	1	7523601	CRIMP, CABLE
11	1	7987001	LABEL, 200 LB STACK
		7987301	LABEL, 95 KG STACK



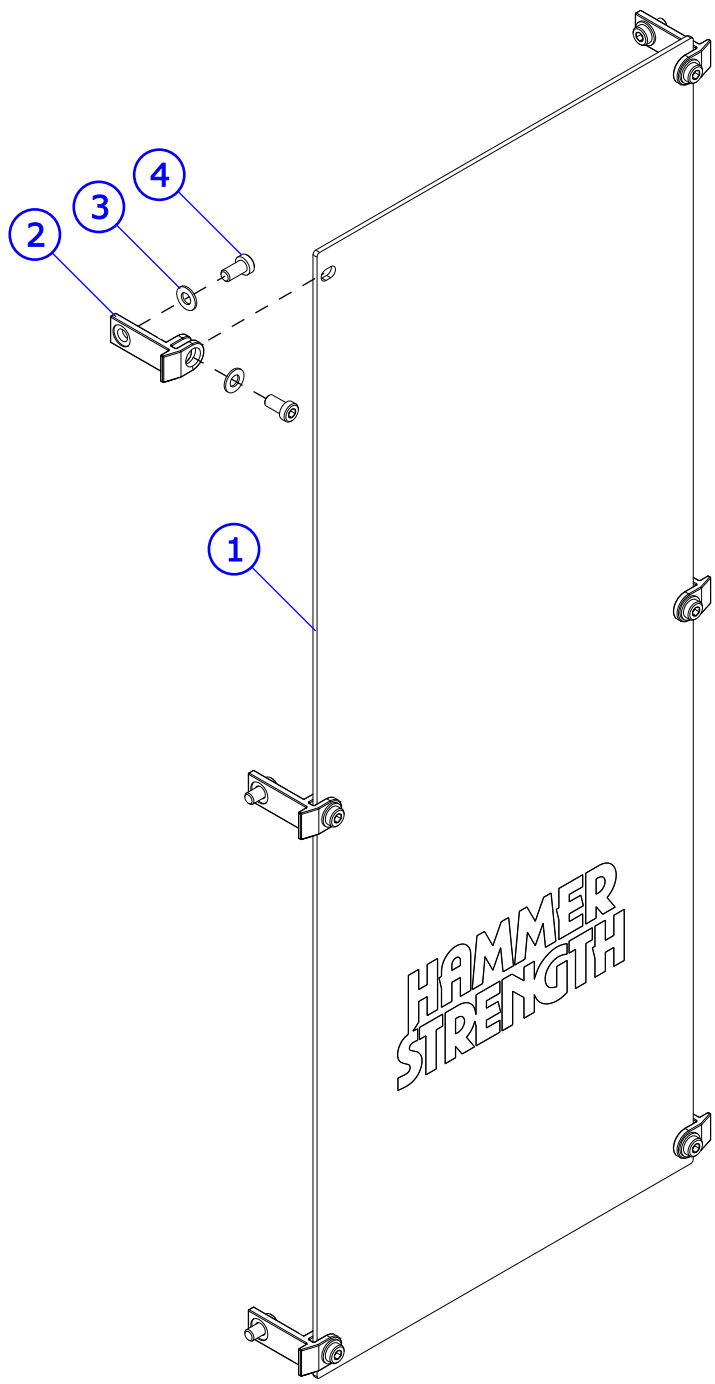
NOTE: ADHERE TO HEAD PLATE

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8047001	ASSY, PS, INCREMENT WEIGHT
2	1	1012781-000	PLATE, INCREMENT WEIGHT STRIKER
3	2	3236202	M10 X 1.5 X 25 SHCS, LOW HEAD
4	2	3236801	NUT, NYLOCK M10 X 1.5 SS
5	2	7767601	BUMPER, PS INCREMENT
6	2	3237401	PLUG, 7/16" HOLE



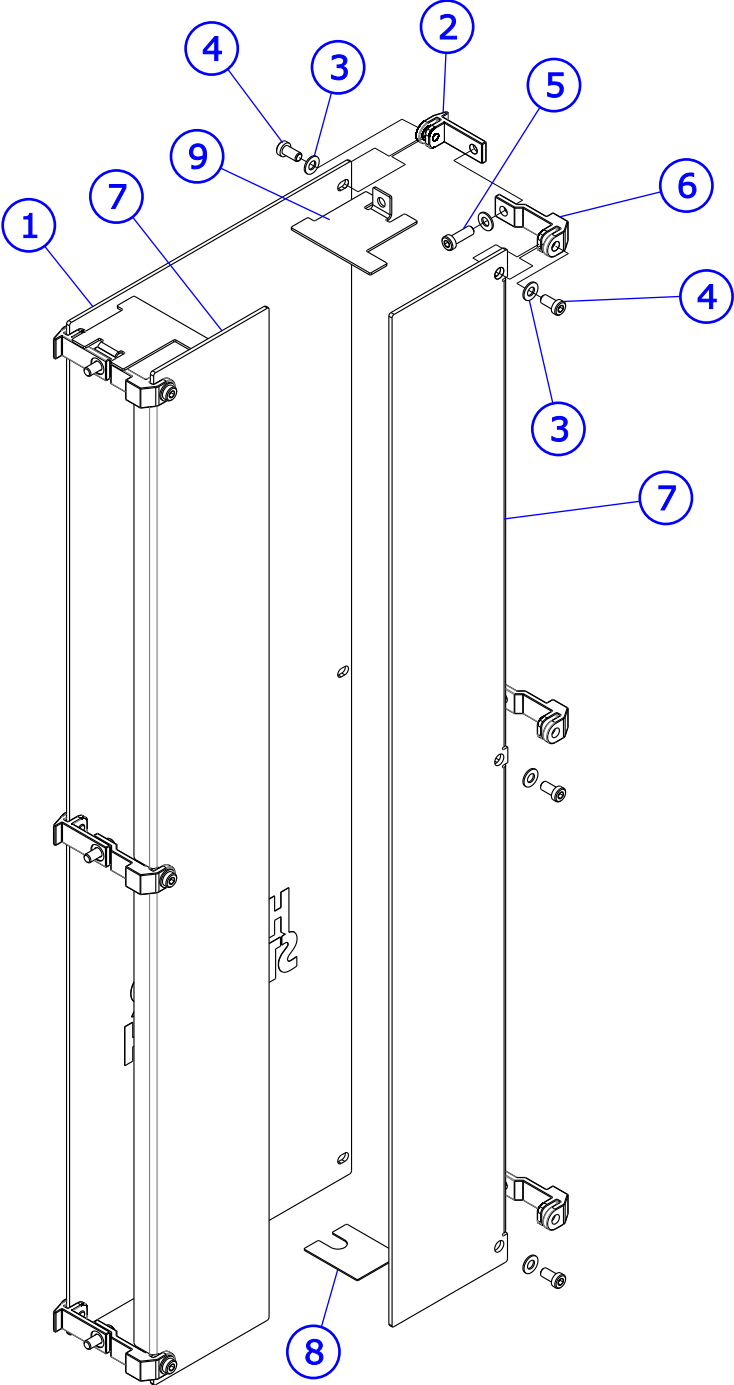
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236601	WASHER, 3/8 SAE SS
2	1	3236220	SCREW, M10 X1.5 130MM
3	1	7401701	COVER, PLASTIC PEG
4	1	7366101	WEIGHT, 7.5 LB. ADD-ON

REAR SHROUD ASSEMBLY

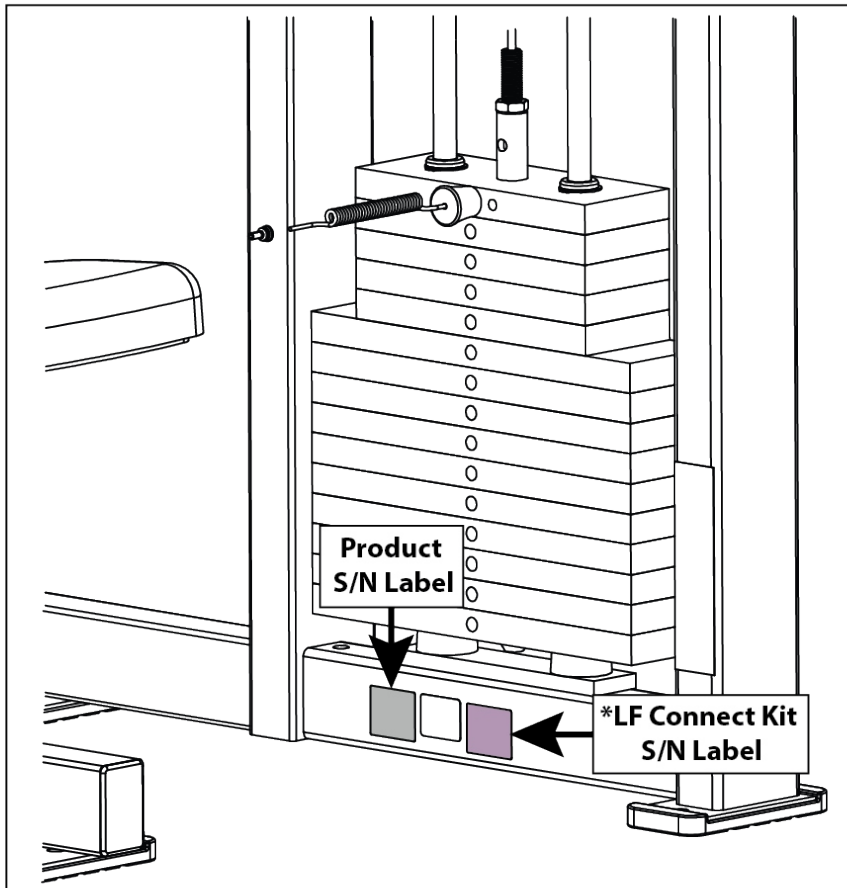


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9475701	SHROUD, HS REAR 42.50 X 16.43
2	6	7655301	BRACKET, PS REAR SHIELD
3	12	3236601	WASHER, 3/8 SAE SS
4	12	3236201	SCREW, M10 X1.5 20MM

FULL SHROUD ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9475701	SHROUD, HS REAR 42.50 X 16.43
2	6	7655301	BRACKET, PS REAR SHIELD
3	18	3236601	WASHER, 3/8 SAE SS
4	12	3236201	SCREW, M10 X1.5 20MM
5	6	3236203	SCREW, M10 X1.5 30MM
6	6	7376601	BRACKET, PS FRONT SHIELD
7	2	7376901	SHIELD, PS FRONT 42.5
8	2	7570901	PLATE, PS SHIELD STAND-OFF
9	2	7657401	PLATE, PRO2 SHROUD SPCR



Product S/N Label



***LF Connect Retro-Fit Kit S/N Label**



* For LF Connect internet connectivity retro-fit kit replacement parts, please use the LF Connect retro-fit serial number on the LF Parts Store <https://lfn.fit/PartStore> to access the related part manual.