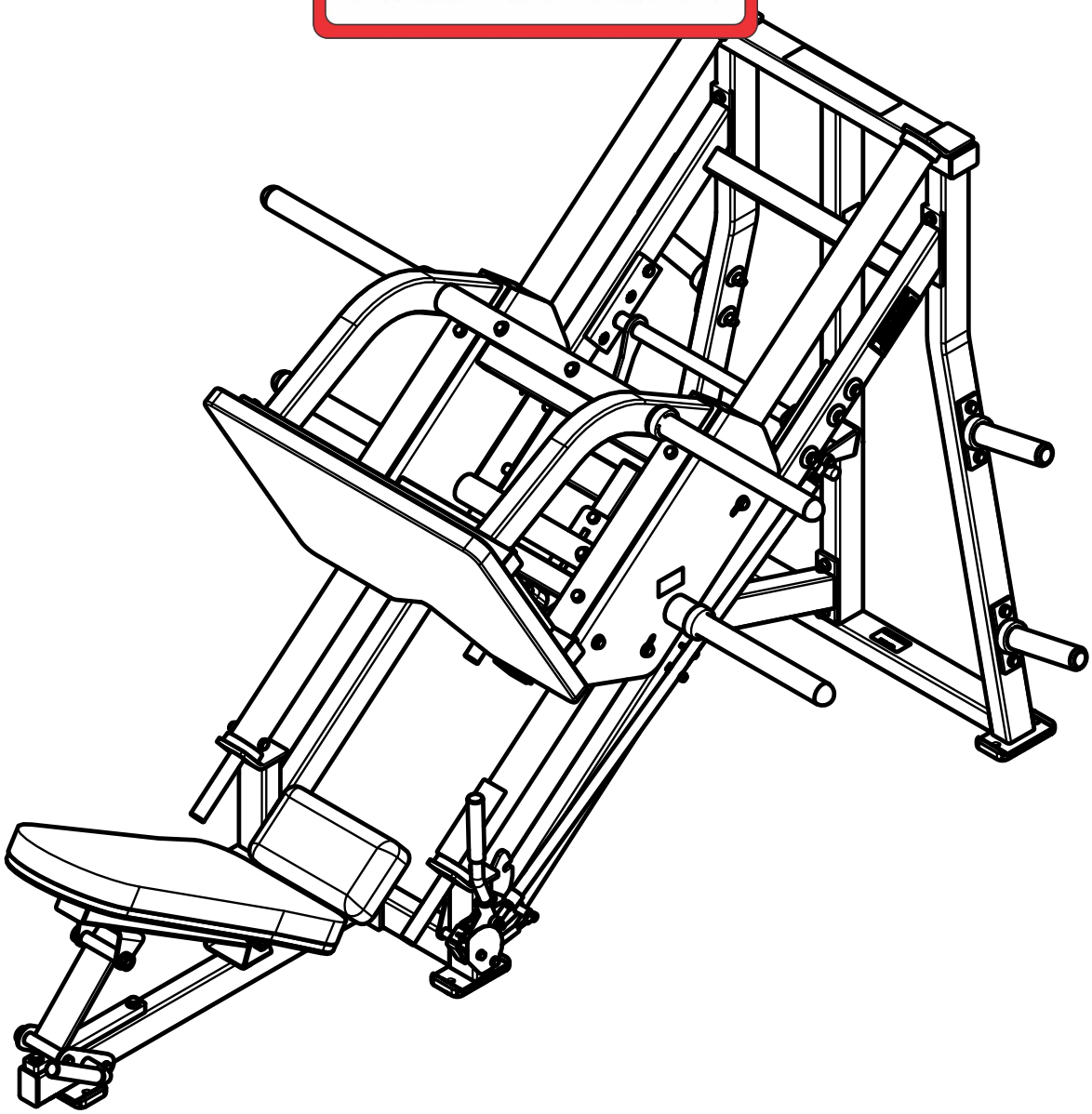
HAMMER STRENGTH
PLLL2
PLATE LOADED LINEAR LEG PRESS

END OF LIFE



Customer Support Services

PARTS MANUAL

8/30/2022

PLLL2 PLATE LOADED LINEAR LEG PRESS
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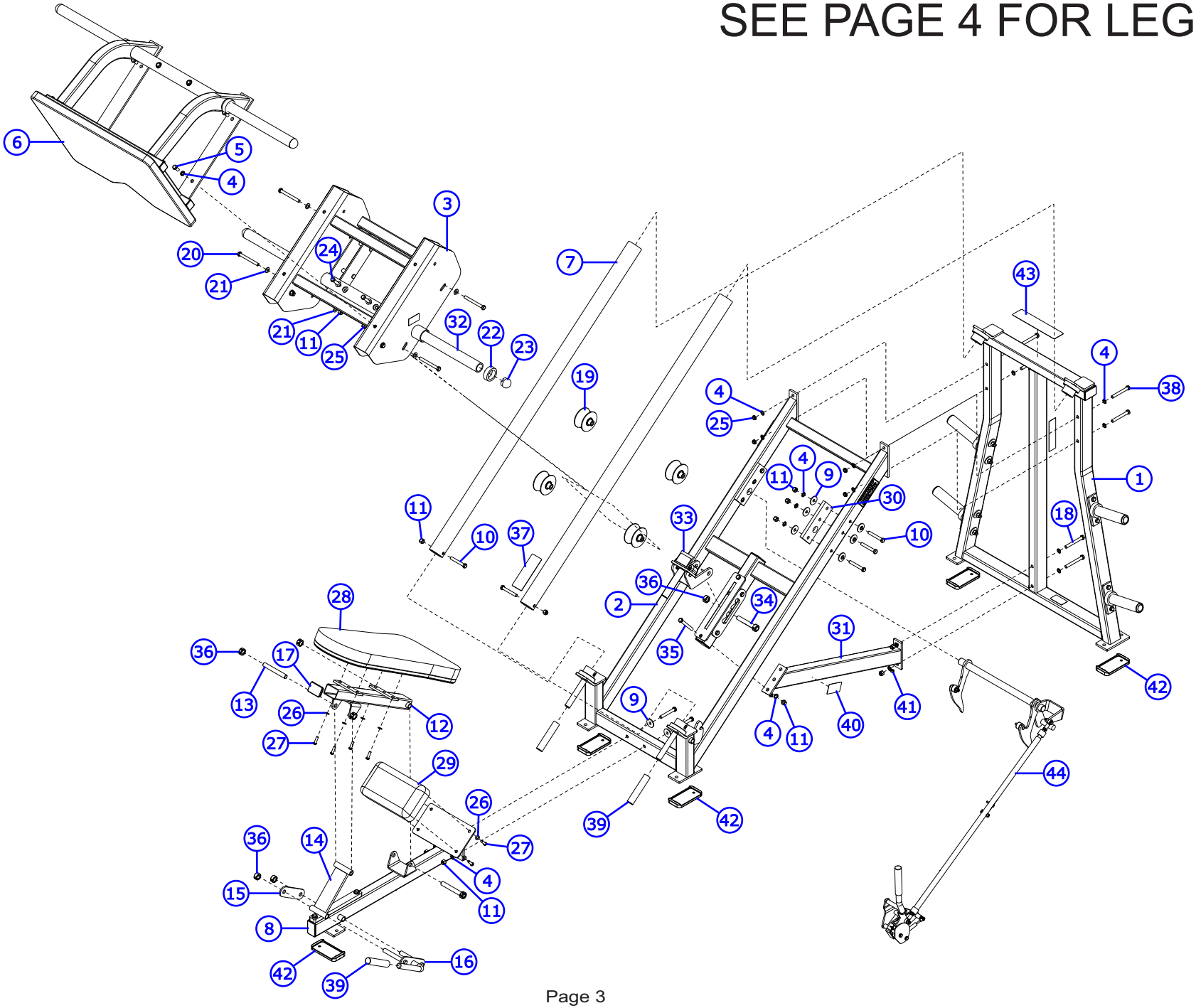
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PLLL2 PLATE LOADED LINEAR LEG PRESS
COMPONENT ASSEMBLY

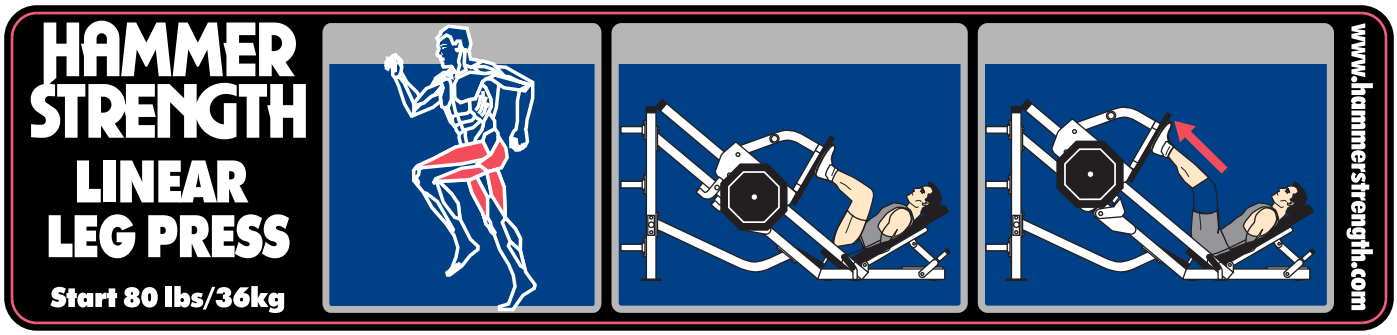
SEE PAGE 4 FOR LEGEND



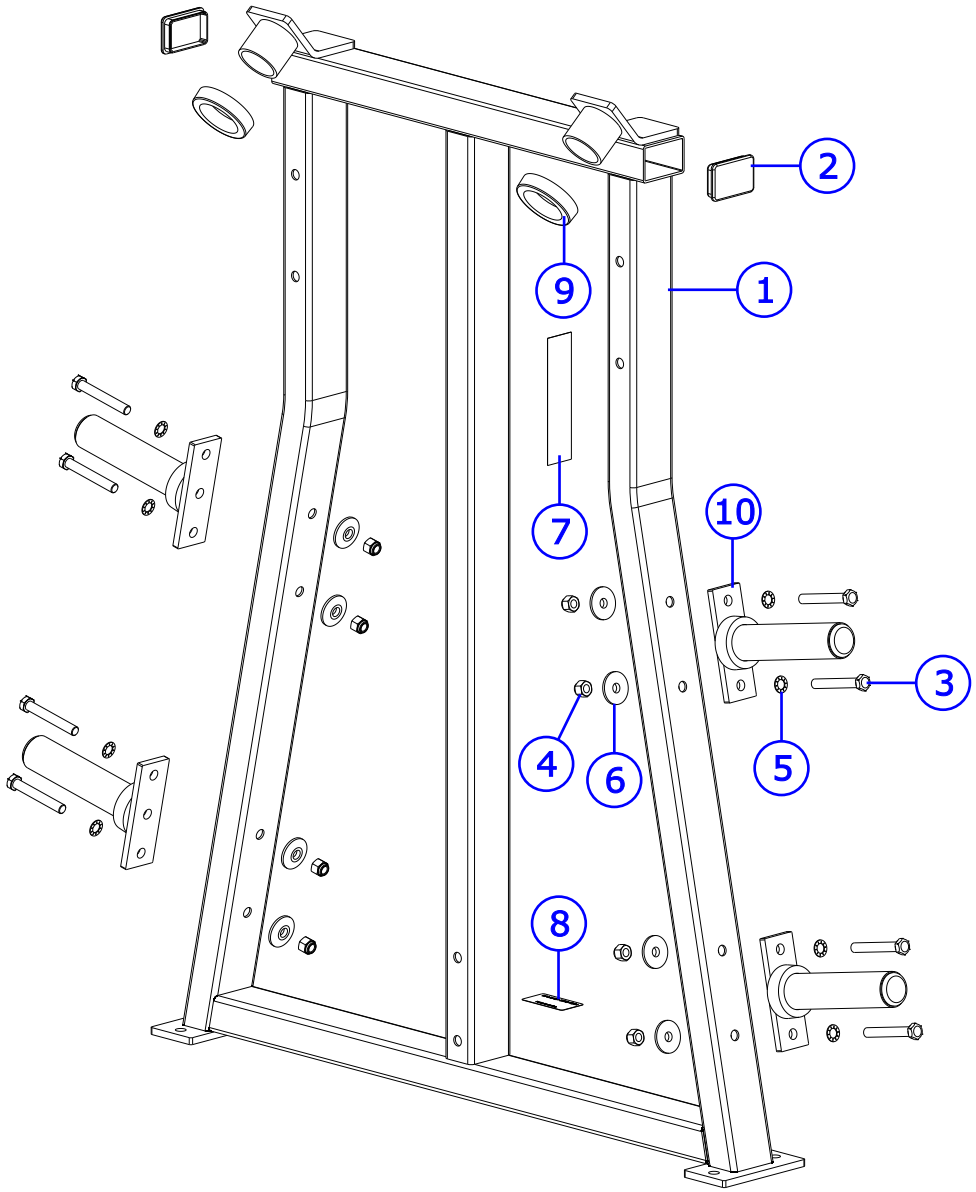
PLLL2 PLATE LOADED LINEAR LEG PRESS COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	SEE PAGE 6	ASSY, PLLL2 REAR FRAME
2	1	SEE PAGE 8	ASSY, PLLL2 MIDDLE FRAME
3	1	SEE PAGE 13	ASSY, PLLL2 BOTTOM MA
4	25	3239505	WSH, .500 IN-D ST ZN
5	4	3239305	1/2-13 X 1.25 UNS HEX FHB G5 ZN
6	1	SEE PAGE 12	ASSY, PLLL2 TOP MA
7	2	7961101	TUBE, RAIL
8	1	SEE PAGE 14	ASSY, PLLL2 SEAT
9	8	H-BACK-WASH	BACKING WASHER
10	10	3239314	1/2-13 X 3.50 UNS HEX FHB G5 ZN
11	17	3102801	NUT, NYLOCK 1/2-13 ST ZN
12	1	7699301	WLDMT, PLLL2 SEAT BACK
13	2	8074901	SHAFT, PLLL2, SEAT ADJ
14	1	7699901	WLDMT, PLLL2 SEAT ADJ LNK
15	1	7699701	PLATE, PLLL2 .25" SEAT ADJ.
16	1	7699601	WLDMT, PLLL2 SEAT ADJ. HNDLE
17	1	7352301	CAP, END 2 X 3
18	2	3239317	1/2-13 X 4.25 UNS HEX FHB G5 ZN
19	4	3251501	ROLLER ASSY
20	4	3239319	1/2-13 X 4.75 UNS HEX FHB G5 ZN
21	10	3102507	WASHER, TYPE A PLAIN
22	2	7671601	MM5 RING
23	2	H-BENDCAP	BULLET CAP
24	2	3239311	1/2-13 X 2.75 UNS HEX FHB G5 ZN
25	6	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
26	8	3236601	WASHER, 3/8 SAE SS
27	8	3223302	3/8-16 X 1.25 HEX HEAD BOLT
28	1	U-PLLL2	PLLLP BACK PAD
29	1	U-ROW	PAD
30	2	7709901	PLATE, PLLL2 HOOK SPRT
31	1	7695501	WLDMT, PLLL2 BRACE
32	2	7767301	TUBE, PLLHP WEIGHT BAR
33	1	SEE PAGE 11	ASSY, PLLL2 BOTTOM-STOP
34	1	8066601	SHAFT, PLLL2, CARRIAGE ADJ
35	1	3239318	1/2-13 X4.50 UNS HEX FHB G5 ZN
36	9	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
37	1	7710001	DECAL, PLLL2 WARNING
38	4	3239316	1/2-13 X 4.00 UNS HEX FHB G5 ZN
39	4	H-GRIP	HANDGRIP
40	1	-	LABEL, SERIAL NUMBER
41	2	3237402	PLUG, HOLE
42	5	7388201	FOOTPAD, PS RUBBER
43	1	7943701	PLACARD, PLLL2
44	1	SEE PAGES 9/10	RETRO HANDLE/HOOK KIT

PLLL2 PLATE LOADED LINEAR LEG PRESS PLACARD - 7943701

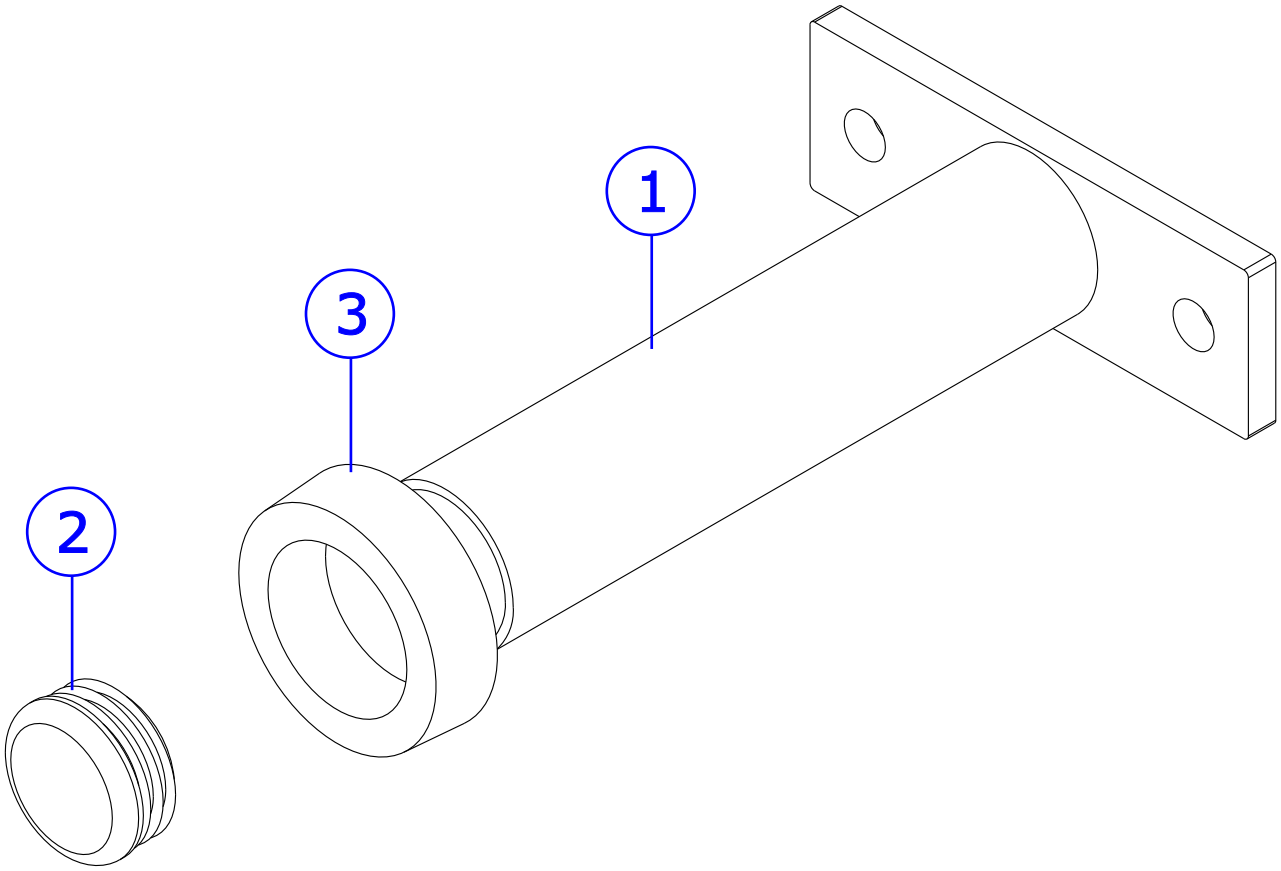


PLLL2 PLATE LOADED LINEAR LEG PRESS
REAR FRAME ASSEMBLY



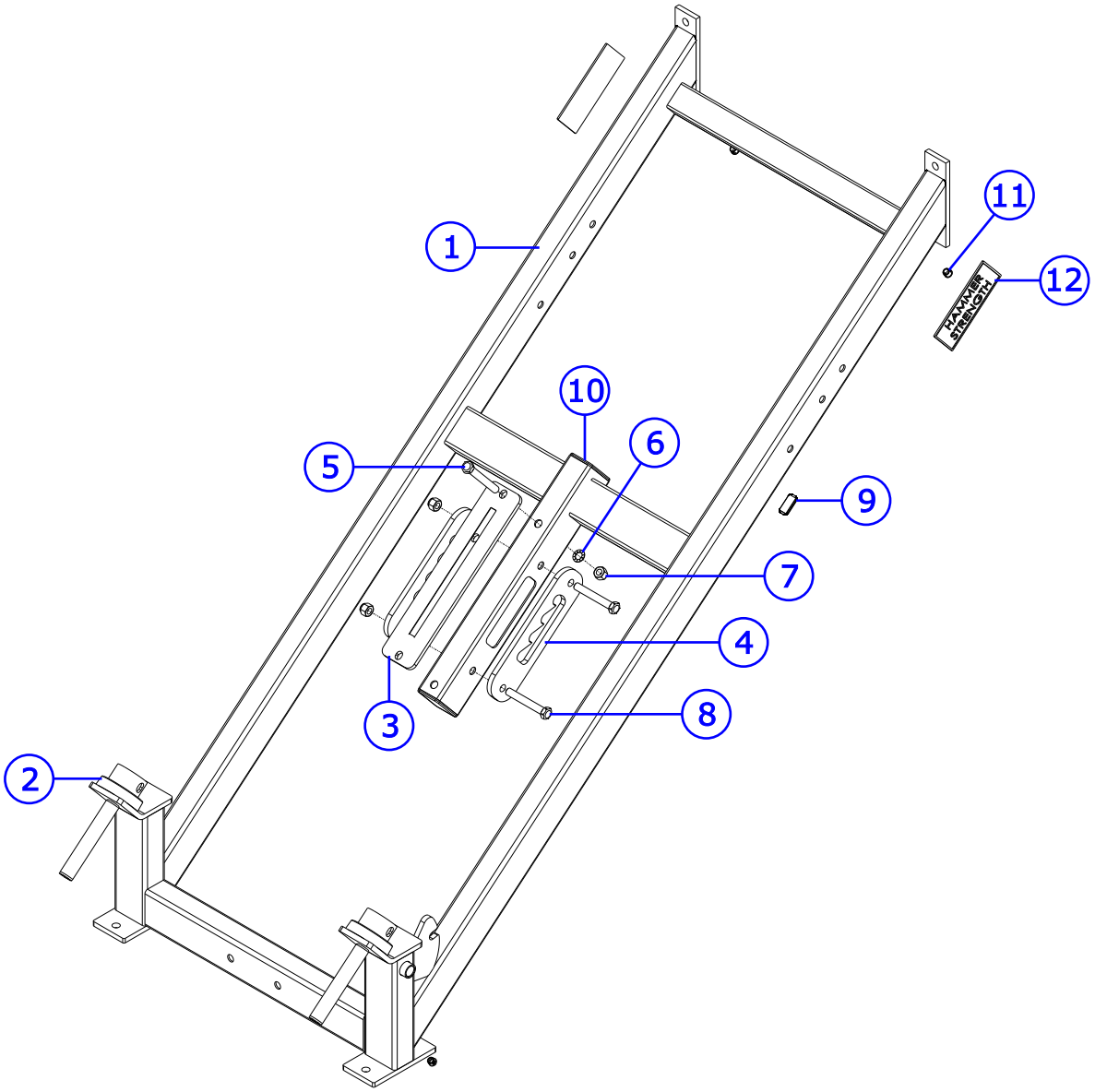
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7693501	WLDMT, PLLL2 REAR FRAME
2	2	7352301	CAP, END 2 X 3
3	8	3239314	1/2-13 X 3.50 UNS HEX FHB G5 ZN
4	8	3102801	NUT, NYLOCK 1/2-13 ST ZN
5	8	3239505	WSH, .500 IN-D ST ZN
6	8	H-BACK-WASH	BACKING WASHER
7	1	7422004	LABEL, 2" ASTM WARN
8	1	M051-00299-A000	HAMMER PATENT DECAL
9	2	7444601	BUMBER, DONUT
10	4	1002178-0001	ASSY, WEIGHT HORN

PLLL2 PLATE LOADED LINEAR LEG PRESS
WEIGHT HORN ASSEMBLY



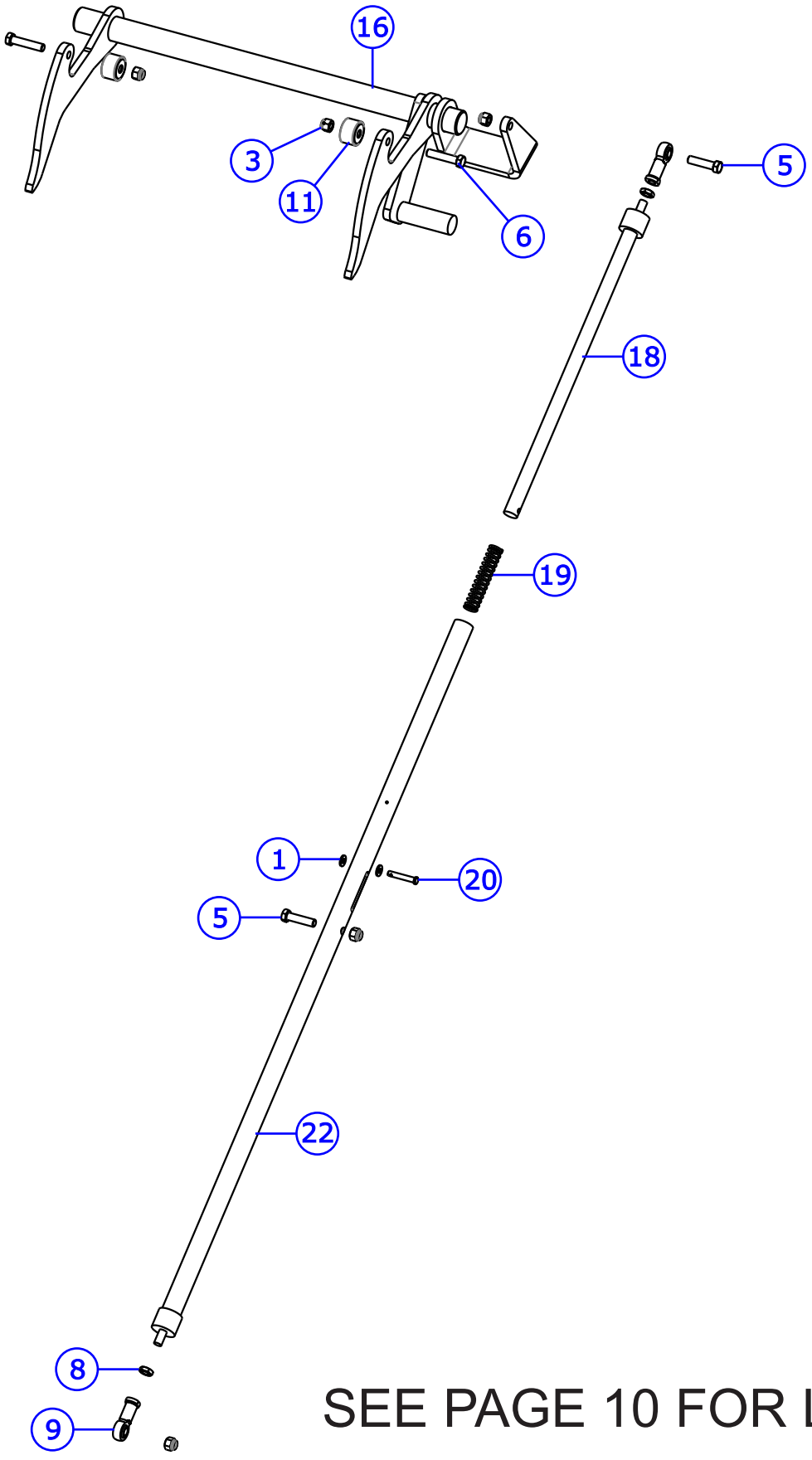
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1002178-0001	WEIGHT HORN ASSY.
2	1	H-RUBCAP2	PLUG, HAMMER WEIGHT HORN
3	1	H-RUBRNG	MM5 RING

PLLL2 PLATE LOADED LINEAR LEG PRESS
MIDDLE FRAME ASSEMBLY



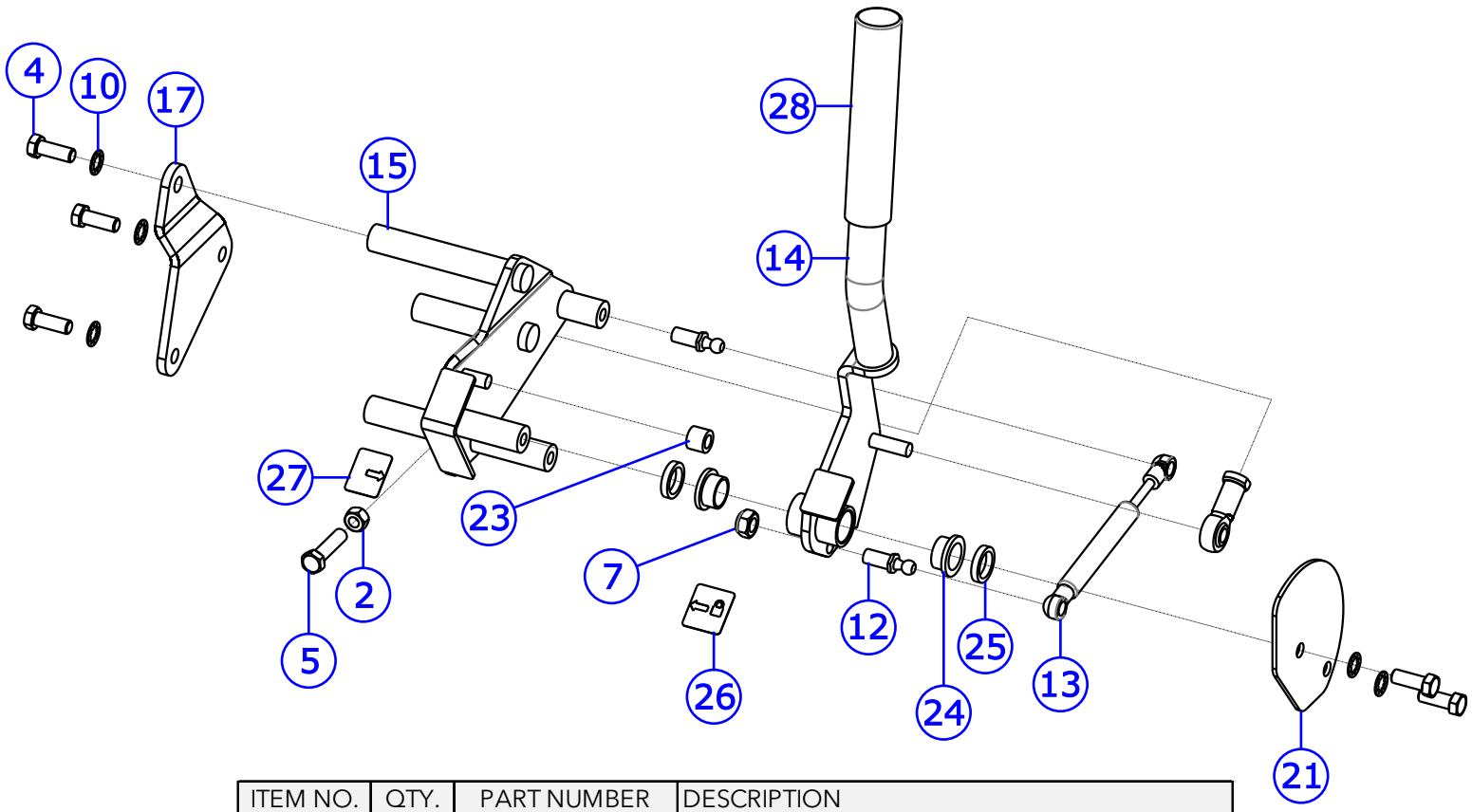
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7694201	WLDMT, PLLL2 MIDDLE FRAME
2	2	7444601	BUMBER, DONUT
3	1	7359701	SEATRACK FRONT
4	2	7695101	PLATE, PLLL2 STOP
5	1	3239316	1/2-13 X 4.00 UNS HEX FHB G5 ZN
6	1	3239505	WSH, .500 IN-D ST ZN
7	3	3102801	NUT, NYLOCK 1/2-13 ST ZN
8	2	3239314	1/2-13 X 3.50 UNS HEX FHB G5 ZN
9	1	7570801	GUARD, PAINT 1.25"x.75"x.25"
10	2	7352301	CAP, END 2 X 3
11	4	3237402	PLUG, HOLE
12	2	M051-00289-A000	HAMMER STRENGTH NAME PLATE

PLLL2 PLATE LOADED LINEAR LEG PRESS
RETRO HANDLE/HOOK ASSEMBLY



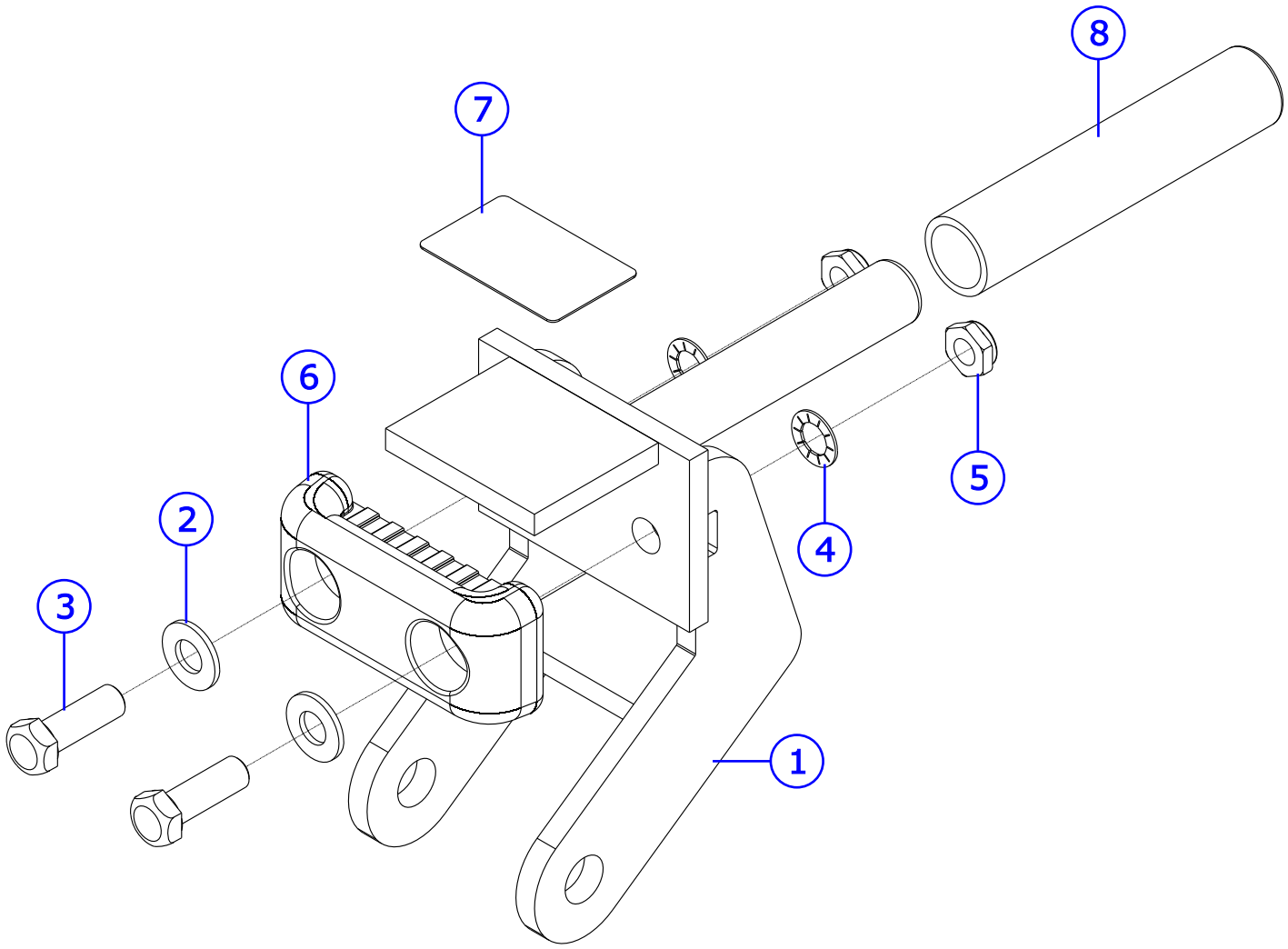
SEE PAGE 10 FOR LEGEND

PLLL2 PLATE LOADED LINEAR LEG PRESS
RETRO HANDLE/HOOK ASSEMBLY



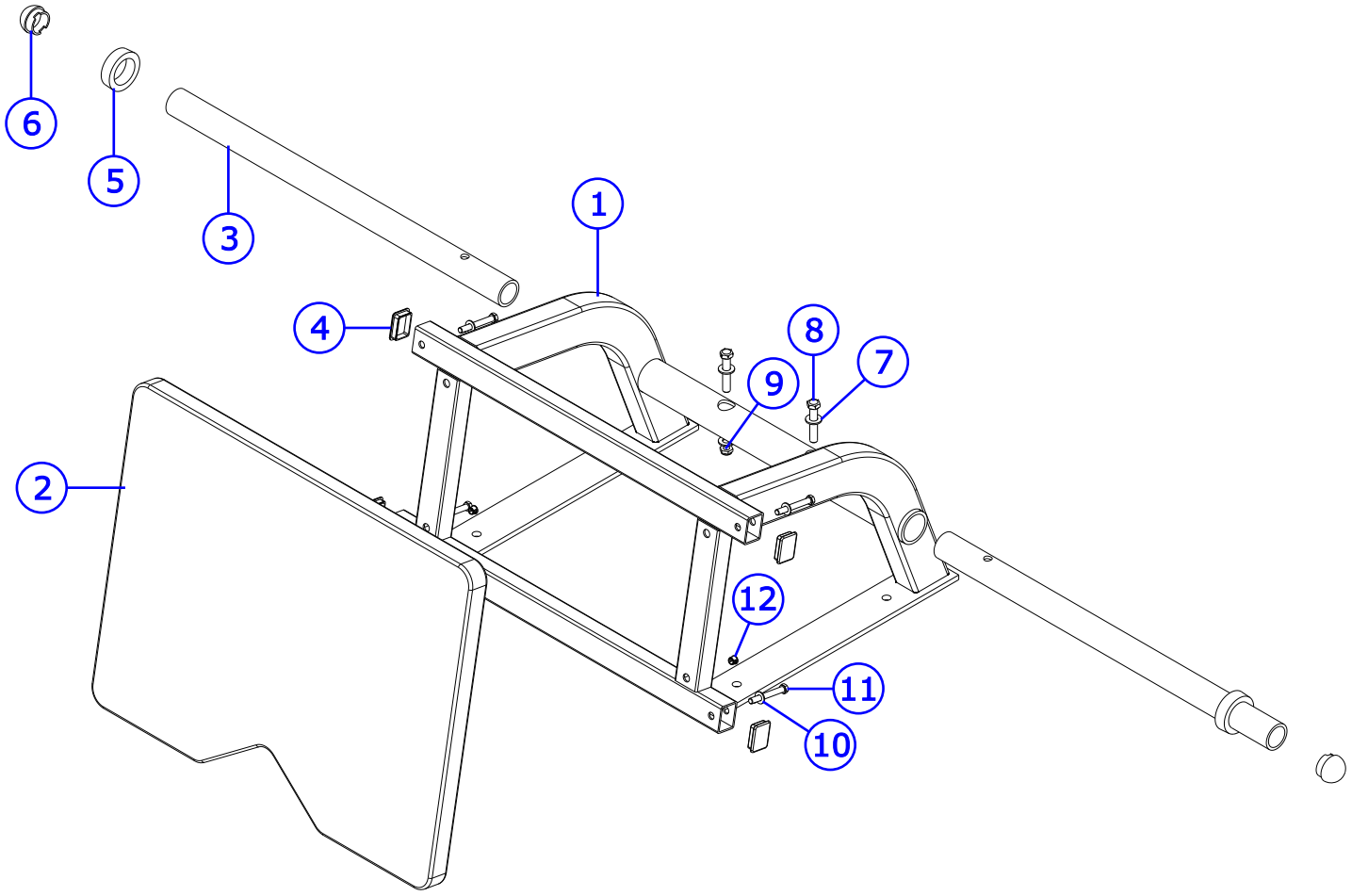
ITEM NO.	QTY.	PART NUMBER	DESCRIPTION
1	2	3102508	WASHER, FLAT 3/8" SAE ST ZN
2	1	3102701	VMI NUT, 3/8-16 HEX
3	5	3102802	NUT, NYLOCK 3/8-16
4	5	3223301	3/8-16 X 1.00 HEX HEAD BOLT
5	3	3223303	3/8-16 X 1.50 HEX HEAD BOLT
6	2	3223304	3/8-16 X 1.75 HEX HEAD BOLT
7	1	3236801	NUT, M10 HEX NYLOCK SS
8	2	3236901	NUT, HEX JAM M10 X 1.5 SS
9	2	3237901	ROD END, METRIC FEMALE
10	5	3239503	WSH, .375 IN-D ST ZN
11	2	3248401	CAM FOLLOWER TORRINGTON YCR-20
12	2	7414301	STUD, M10 BALL END M10 X 1.5
13	1	9473201	GAS SPRING, 150N
14	1	1003438-0093	WLDMT: HANDLE, LOCK MECHANISM, HWG
15	1	1003439-0093	WLDMT: HANDLE BASE, HWG
16	1	1003500-0093	WLDMT: HOOK, PLLL2, HWG
17	1	1003721-0093	PLATE: 0.25IN, CLAMP, HWG
18	1	1003550-0093	WLDMT: BAR, HANDLE, HWG
19	1	1003553-0001	SPRING: COMPRESSION, 3.5" LONG, 0.72" OD
20	1	1003554-0001	PIN: 0.25" OD, LOCKING CLEVIS
21	1	1003555-0093	SHEET: 11GA, GUARD, HWG
22	1	1003651-0093	WLDMT: PLLL2 TUBE, HWG
23	1	1003689-0001	SPACER: 0.38IN ID X 0.50IN THK
24	2	1003726-0001	BUSHING: FLANGED SLEEVE, 0.75IN
25	2	1003806-0001	SPACER: NYLON 6/6, 0.75IN ID
26	1	1003812-0001	LABEL: PLLL2 HANDLE LOCK 1
27	1	1003813-0001	LABEL: PLLL2 HANDLE LOCK 2
28	1	H-GRIP	H-GRIP(PLLHP-1)

PLLL2 PLATE LOADED LINEAR LEG PRESS
BOTTOM STOP ASSEMBLY



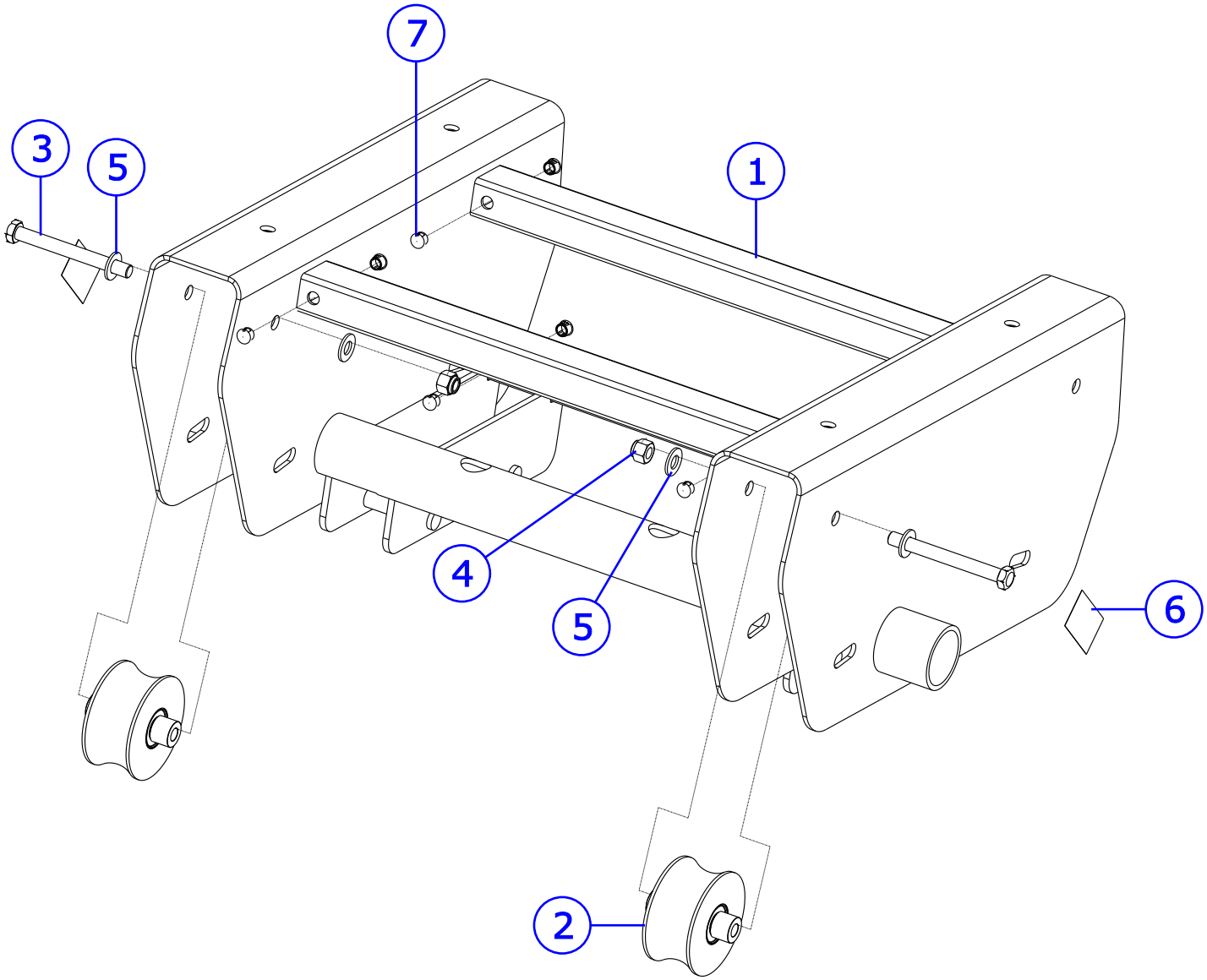
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7695801	WLDMT, PLLL2-BOTTOM STOP
2	2	3102507	WASHER, TYPE A PLAIN
3	2	3239306	1/2-13 X 1.50 UNS HEX FHB G5 ZN
4	2	3239505	WSH, .500 IN-D ST ZN
5	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
6	1	7352001	BUMPER, 2-1/8 X 4-5/8
7	1	7710002	RANGE OF MOTION CAUTION
8	1	H-GRIP	HANDGRIP

PLLL2 PLATE LOADED LINEAR LEG PRESS
TOP MOVEMENT ARM ASSEMBLY



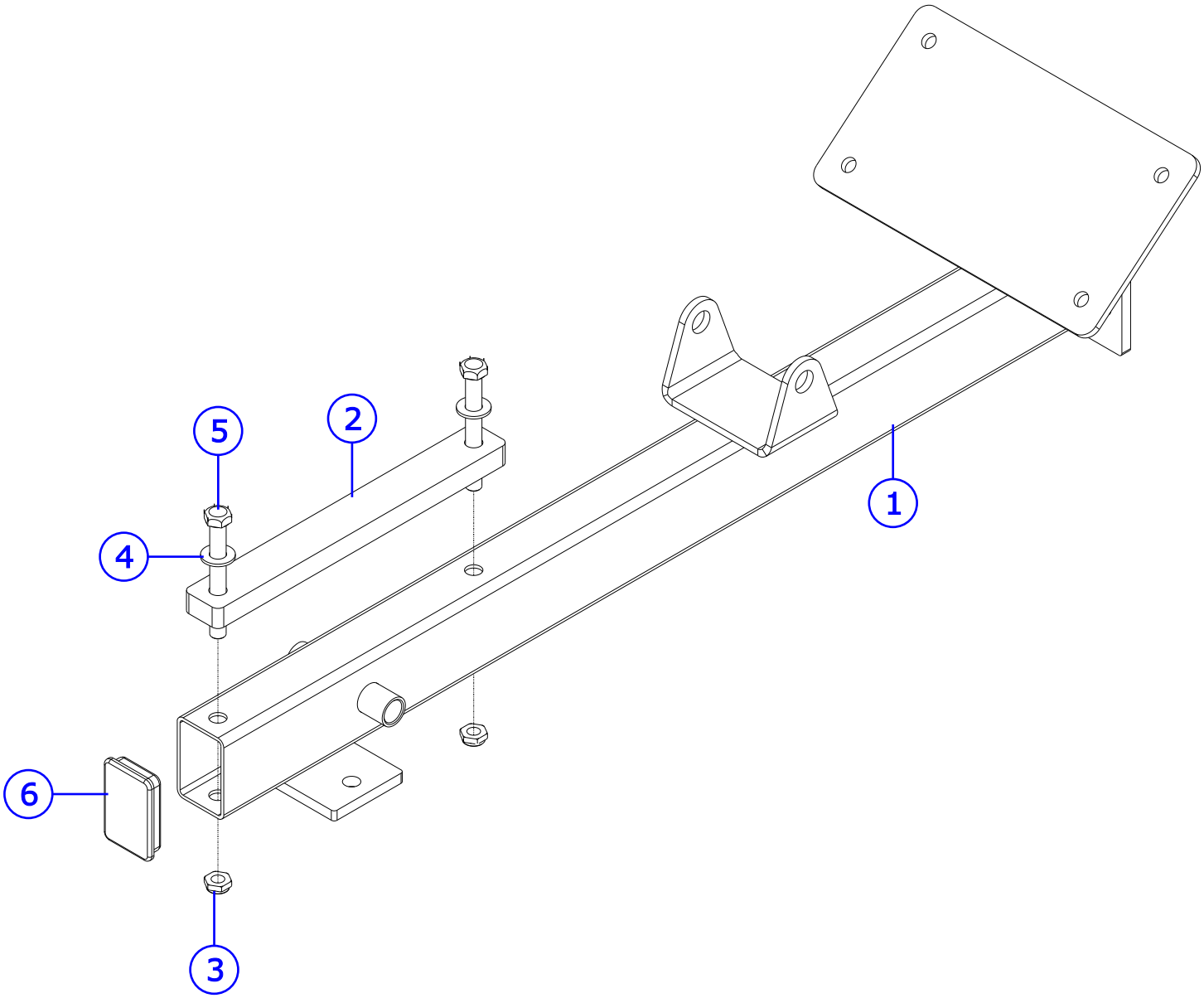
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7697701	WLDMT, PLLL2 TOP MA
2	1	7698301	BOARD, PLLL2 LINEXED
3	2	7767301	TUBE, PLLHP WEIGHT BAR
4	4	7352201	CAP, END 1-1/2 X 2
5	2	7671601	MM5 RING
6	2	H-BENDCAP	BULLET CAP
7	4	3102507	WASHER, TYPE A PLAIN
8	2	3239311	1/2-13 X 2.75 UNS HEX FHB G5 ZN
9	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
10	4	3236601	WASHER, 3/8 SAE SS
11	4	3251309	3/8-16 X 3.00 HEX HEAD BOLT
12	2	3237402	PLUG, HOLE

PLLL2 PLATE LOADED LINEAR LEG PRESS
BOTTOM MOVEMENT ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7698501	WLDMT, PLLL2 BOTTOM MA
2	2	3240301	ROLLER ASSY
3	2	3239319	1/2-13 X 4.75 UNS HEX FHB G5 ZN
4	2	3102801	NUT, NYLOCK 1/2-13 ST ZN
5	4	3102507	WASHER, TYPE A PLAIN
6	2	7422003	LABEL, MOVING PARTS
7	12	3237402	PLUG, HOLE

PLLL2 PLATE LOADED LINEAR LEG PRESS
SEAT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7697201	WLDMT, PLLL2 SEAT
2	1	7709801	BUMPER, 1" STRIP
3	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
4	2	3102507	WASHER, TYPE A PLAIN
5	2	3239317	1/2-13 X 4.25 UNS HEX FHB G5 ZN
6	1	7352301	CAP, END 2 X 3