

HAMMER[®] STRENGTH

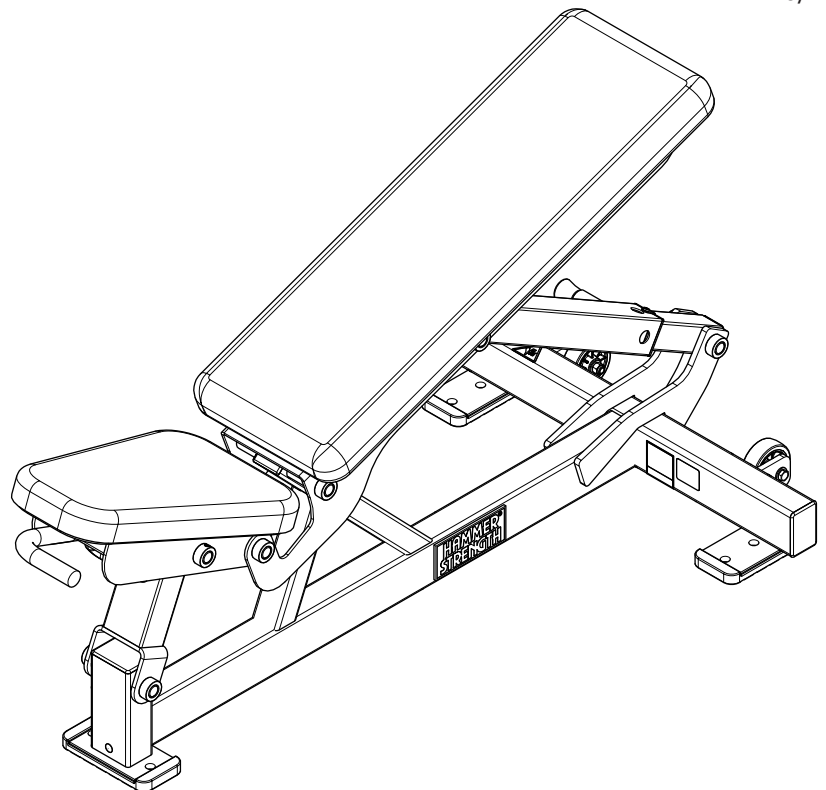
**HAMMER
STRENGTH[®]**

FREE WEIGHT

PARTS MANUAL

**MULTI ADJUSTABLE BENCH
FWMAB**

6/14/2022



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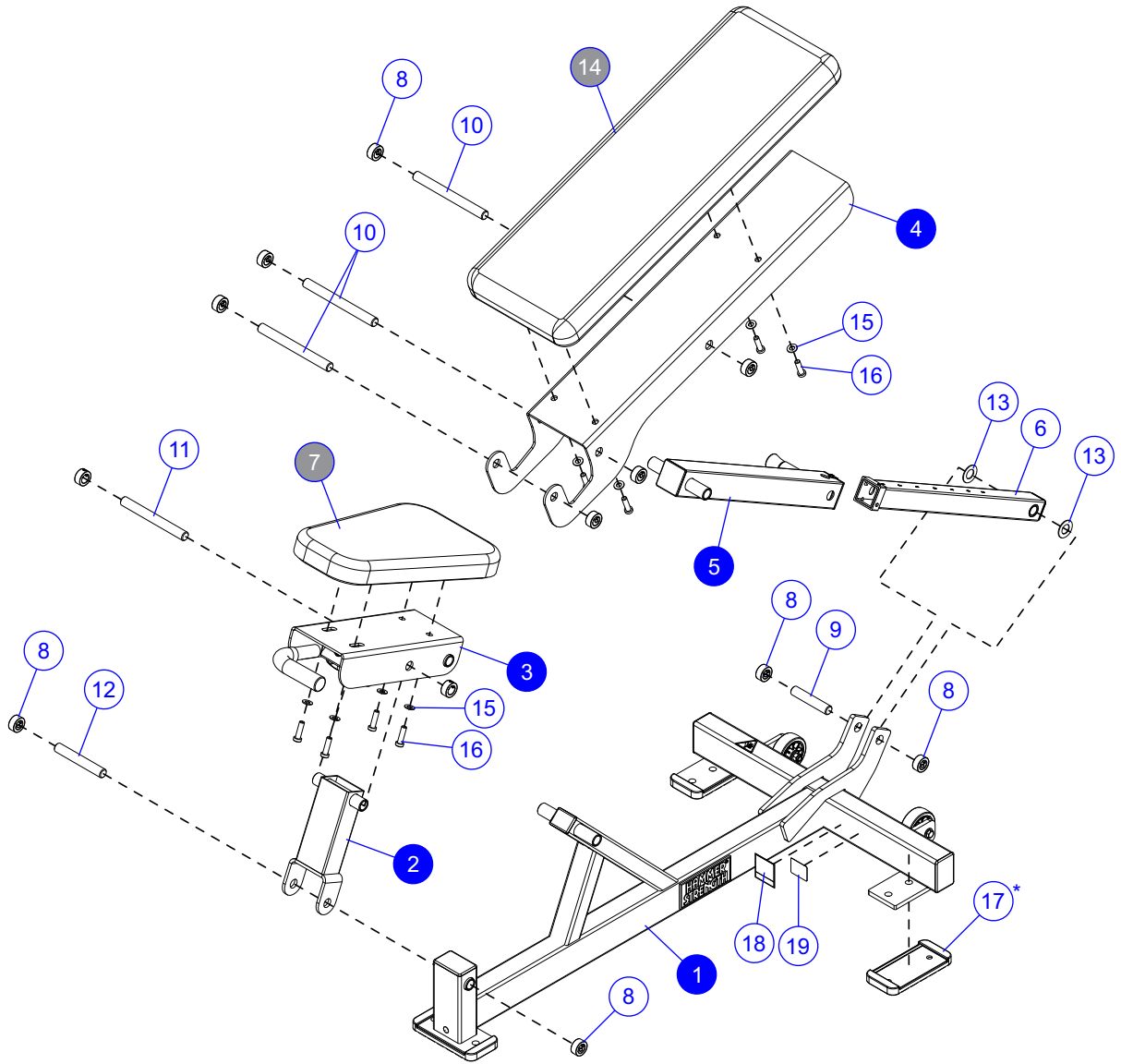
UPHOLSTERY ① ② ③


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

FRAME AND MOVEMENT ARM COLORS ① ② ③

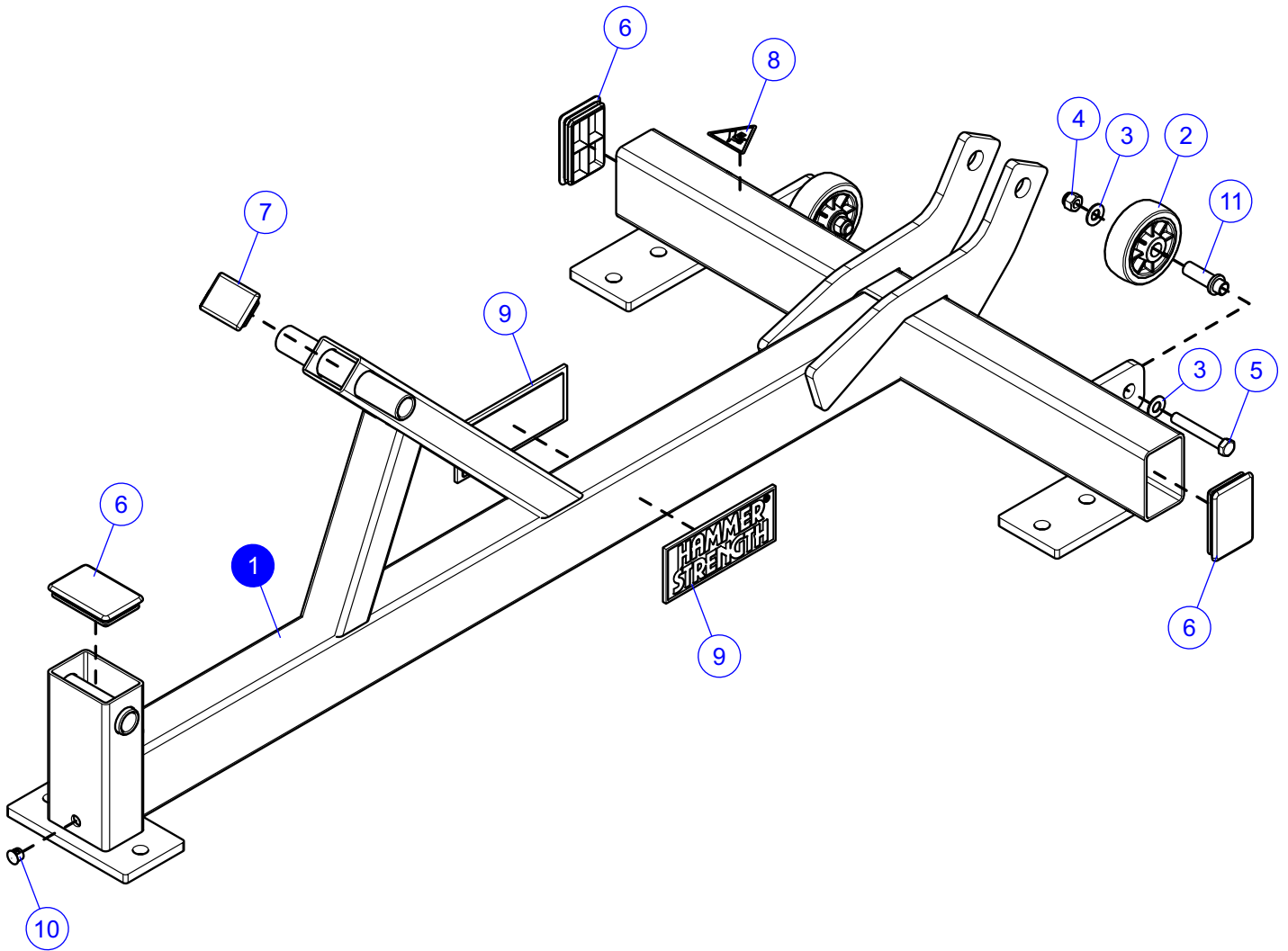
Items with Blue call-outs require the powder coat frame color to be listed within the order notes.

COMPONENT ASSEMBLY



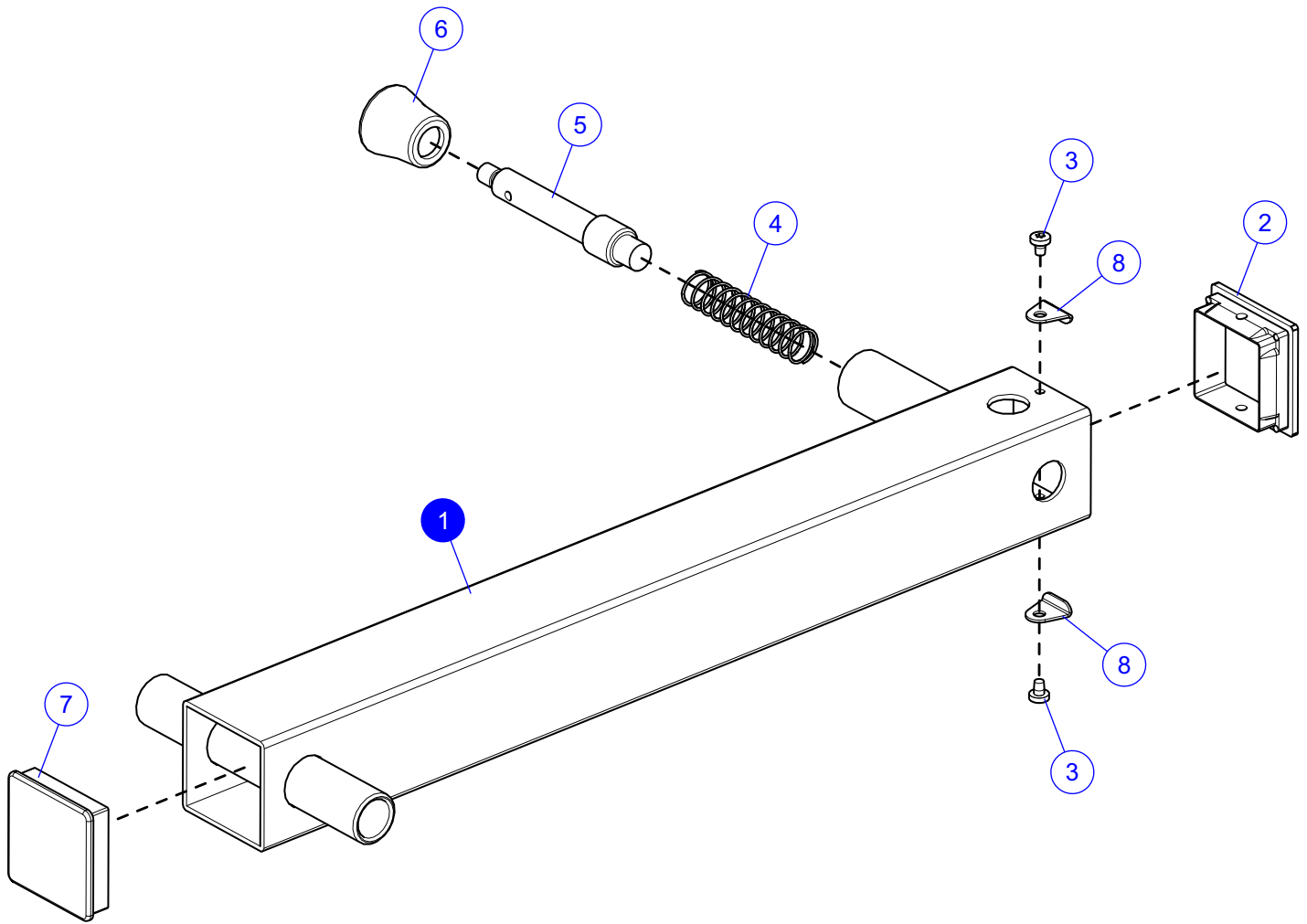
ITEM NO.	QTY.	PART NO.	DESCRIPTION	NOTES
1	1	7658501	ASSY, FWMAB BOTTOM FRAME	<p>INCLUDES TWO (2) SET-SCREWS</p>  <p>*UNITS BUILT PRIOR TO 7/05/2012 USE LARGER BASE PLATES THAT DO NOT ACCEPT FOOTPADS</p>
2	1	7661001	WLDMT, FWMAB FRONT LINK	
3	1	7660501	ASSY, FWMAB SEAT	
4	1	7661401	ASSY, FWMAB SEAT BACK	
5	1	7659801	ASSY, FWMAB SPRING PIN TUBE	
6	1	7660201	ASSY, FWMAB ADJ. ASM	
7	1	8782899	PAD, FWMAB SEAT	
8	12	3103301	SHAFT COLLAR,	
9	1	8062201	SHAFT, FWMAB, REAR PIVOT	
10	3	8062101	SHAFT, FWMAB, MAIN PIVOT	
11	1	8062701	SHAFT, .75 OD X 6.81 L	
12	1	8062401	SHAFT, .75 OD X 5.06 L	
13	2	7351001	SPACER, INC WT STACK	
14	1	7354099	PAD, BACK 32-1/2 X 11-1/4	
15	8	3236601	WASHER, 3/8 SAE SS	
16	8	3236204	SCREW, M10 X1.5 35MM	
17	3	7388201	FOOTPAD, PS RUBBER	
18	1	7571301	LABEL, SERIAL NUMBER, BLANK	
19	1	9488901	LABEL, INSIGNIA, FCC	

BOTTOM FRAME ASSEMBLY



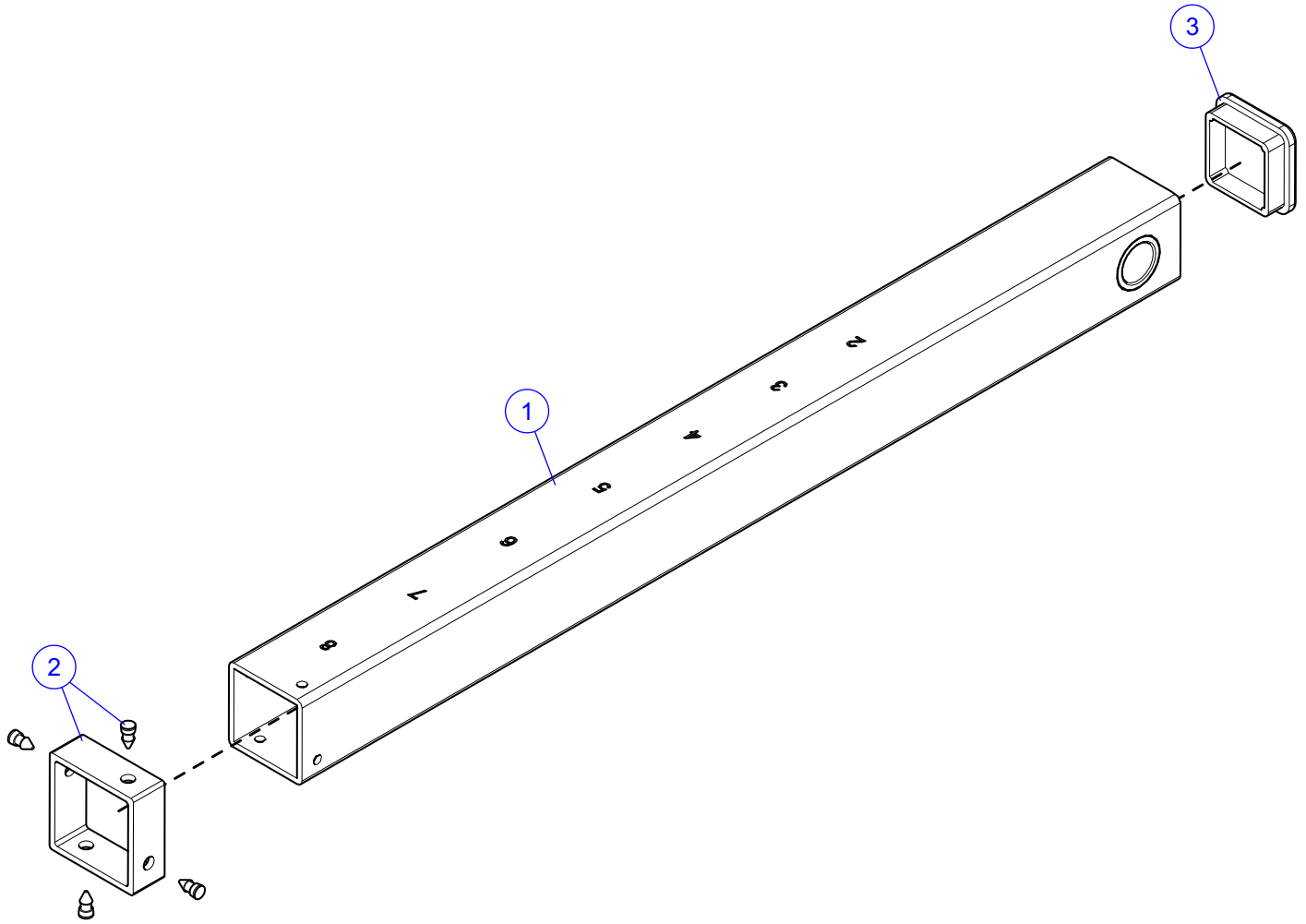
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7962101	WLDMT, FWMAB BOTTOM FRM
2	2	OK59-01164-0000	WHEEL, 3.0 OD X .50 ID OVERMOLD
3	4	3236601	WASHER, 3/8 SAE SS
4	2	3102802	NUT, NYLOCK 3/8-16
5	2	3223307	3/8-16 X 2.50 HEX HEAD BOLT
6	3	1009553-0001	CAP, 2IN X 3IN 11-14GA, END
7	1	9217401	CAP, 1.5IN X 2IN -10-14GA, END
8	1	8039501	LABEL, WARNING, TRIANGLE, 10-0099-067, BNR
9	2	M051-00289-A000	NAMEPLATE; HAMMER PLASTIC
10	1	3237401	PLUG, 7/16" HOLE
11	2	7961401	AXLE, FW, WHEEL

SPRING PIN TUBE ASSEMBLY



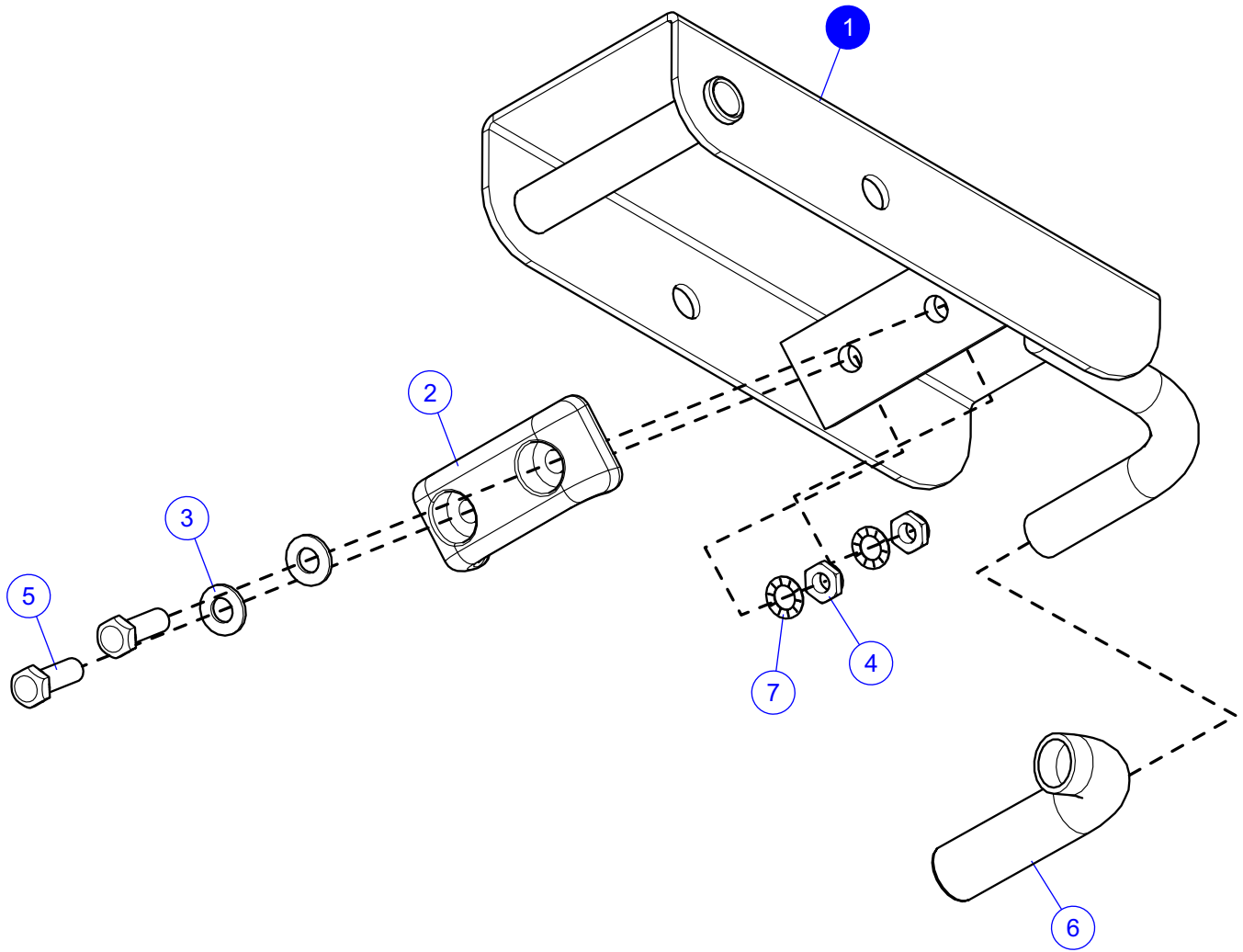
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7659901	WLDMT, FWMAB ADJ TUBE
2	1	7660101	INSERT: FWMAB PLASTIC SEAT 2 X 2
3	2	3270604	SCREW, #10-32 X .25 TRX PAN ST BZ
4	1	7351501	SPRING, PULL PIN LARGE
5	1	7351301	PIN, PULL X 4.375
6	1	7351401	KNOB, TULIP STYLE
7	1	7689901	CAP, END 2.25 X 2.25
8	2	1000450-0001	BRKT, BUSHING RETAINER

ADJUSTMENT ASSEMBLY



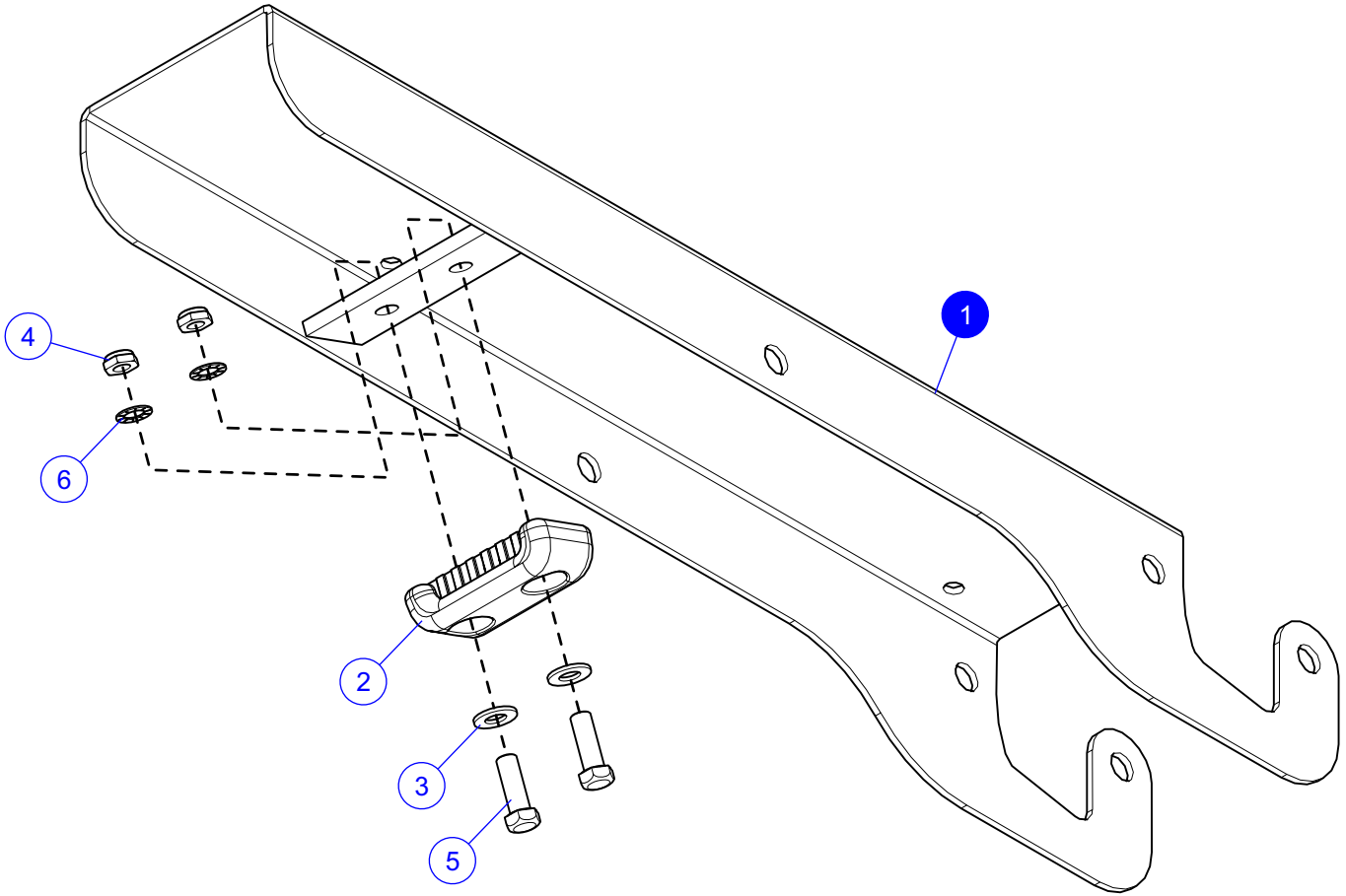
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7962201	WLDMT, FWMAB ADJ. SLIDE
2	1	7662301	BUSHING, FWMAB SLIDE
3	1	7477501	CAP, END, 1-3/4 SQ, 11GA SGR

SEAT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION	NOTES
1	1	7660601	WLDMT, FWMAB SEAT ASSY	
2	1	7352001	BUMPER, 2-1/8 X 4-5/8	
3	2	3102507	WSH, FLAT 1/2 ID SAE ZN	
4	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN	
5	2	3239306	1/2-13 X 1.50 UNS HEX FHB G5 ZN	
6	1	H-GRIP	HANDLE GRIPS (.938X16)	CUT TO 4-1/2" (11.4 CM)
7	2	3239505	WSH, .500 IN-D ST ZN	

SEAT BACK ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7661501	WLDMT, FWMAB BENCH BACK
2	1	7352001	BUMPER, 2-1/8 X 4-5/8
3	2	3102507	WASHER, FLAT 1/2 SAE ST ZN
4	2	3102804	NUT, NYLOCK-JAM 1/2-13 ST ZN
5	2	3239306	1/2-13 X 1.50 UNS HEX FHB G5 ZN
6	2	3239505	WSH, .500 IN-D ST ZN