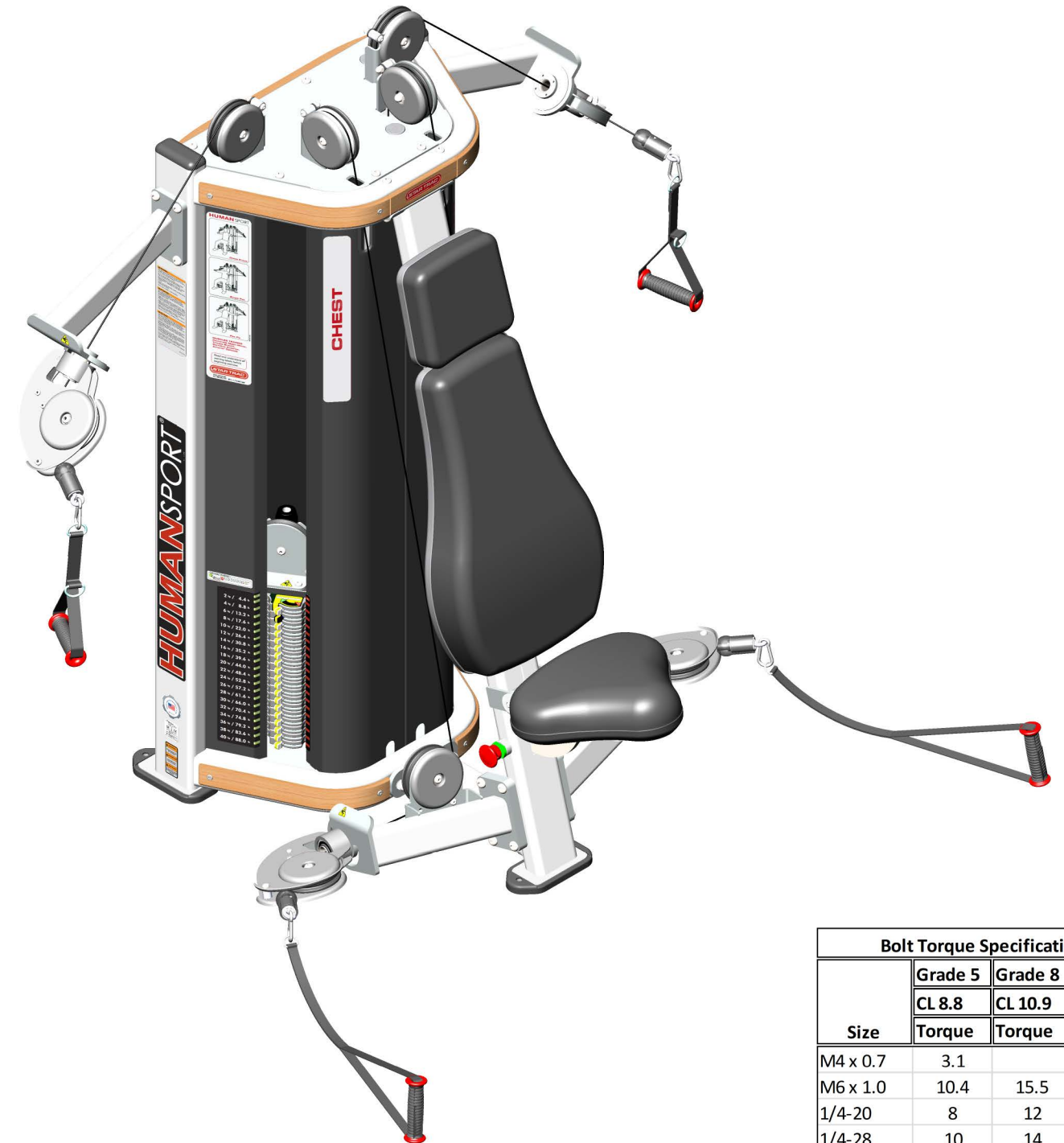


PART NO.	QTY.	DESCRIPTION	PART NO.	QTY.	DESCRIPTION
01-1011	2	Allen Socket Cap Head Bolt Serrated Shoulder M12-1.75x70mm	27-0109	4	Counter Weight for HS Swivel Brkt, Thin
01-4134	8	SCREW,M12 X 1.75,35mm,BHC,HK, ZP	27-0110	4	Counter Weight for HS Swivel Brkt, Thick
01-9315	4	BOLT,M6X1.00,16MM,HHC,HE,CS	27-0340	1	SHROUD, SEAT BOTTOM, Gen 3, Made from 731-0385
01-9319	2	SCREW,M10 X 1.5,90MM,BHC,HK, ZP	32-0029-00XX	1	ASSY,UPHOLSTERY,BACK REST
02-4086	8	SCREW, M6 X 16 PAN TORX, ZP, THD FORMER	60-2000	1	Human Sport Weight Tower
02-9318	1	SCREW, M10-1.5x16 SHC, HK, AS, ZP	61-2011	1	HS Shoulder Chest Top Plate Assembly
02-9319	1	SCREW,M10 X 1.5,12mm,FHM,HK	65-2003	1	Seat, Folding, HS Shoulder Chest
02-9321	14	SCREW M8 X 1.25 30MM SHC HK AS, ZP	66-2004	1	FRAME SEAT HSSC
02-9323	2	SCREW M6 X 1.0 20MM BHC HK ZP	68-2003	1	EXTENSION ARM HS-SC UPPER LEFT
02-9329	8	SCREW M10 X 1.5, 25 MM BHC HK, ZP	68-2004	1	EXTENSION ARM HS-SC UPPER RIGHT
03-4067	4	EXTRUDED U-NUT M8 X 1.25	68-2005	1	EXTENSION ARM HS-SC LOWER LEFT
03-4248	6	Cage Nut 10mm for Panel 4.1 - 5.3mm	68-2006	1	EXTENSION ARM HS-SC LOWER RIGHT
03-5203	8	NUT,M10x1.5,ACORN, CL6	730-0122	2	GRIP HANDLE STARTRAC 22.5"
03-5204	2	NUT,M12x1.75,ACORN, CL6	730-0143	4	CLIP, CARABINER, 1/4" DIA X 2 3/4 L.
03-9081	8	M12 X 1.75 Blind Rivnut	730-1559	4	GUIDE RODE,Ø22MM X 1438MM
04-5251	10	LOCK WASHER, M6	731-0040	2	STOP,Ø50X26,RUBBER
04-5252	24	LOCK WASHER, M8	731-0097-00XX	1	ASSY,SEAT BOTTOM,STD
04-5253	14	LOCK WASHER, M10	731-0111	4	STOP,BUMPER,WGT PLT
04-5256	18	LOCK WASHER M12	731-0112	4	SET COLLAR, GUIDE ROD, 22.4mm I.D.
050-2022	1	STICKER,STAR TRAC,DECO, 23MM X 99MM	731-0124	4	CAP,GUIDE ROD,RUBBER
050-2212	2	STICKER,SWITCH,HS	731-0165	12	CAP,PLASTIC,PULLEY,Ø120mm
050-2213	1	DECAL, WEIGHT STACK - HS	731-0169	8	SCREW, M8X1.25,20MM, BHC, HK, ZP
050-2224	1	STICKER,LNL, HS (LEFT & RIGHT)	731-0209	2	CAP, END, 110 X 50
050-2224	1	STICKER,LNL, HS (LEFT & RIGHT)	731-0225	2	SCREW,M3.5 X 9.5,SELF TAPPING
050-2225	2	DECAL, WARNING MULTI LANGUAGE - HS	731-0255	1	PLASTIC,HEAD REST,CHEST PRESS
050-2231	1	PLACARD, Shoulder/Chest, HS	731-0359	2	SCREW,M8 X 1.25,25mm,BHC,HK, ZP
06-8018	1	Cable Assembly HS SC	731-0362	8	SCREW,M10 X 1.5,45MM,BHC,HK, ZP
06-8018	1	Cable Assembly HS SC	731-0363	2	NUT,M10X1.5,NYLOC
09-2040	1	1 1/2 X 2 11 GA FRAME PLUG	731-0364	2	SCREW, M8X1.25, 45mm, BHC, HK, ZP
09-5030	1	FOOTPAD MOLDED BLACK	731-0365	14	NUT,M8 X 1.25,NYLOC JAM
09-8341	8	120mm OD pulley with 17mm ID Bearing	731-0367	14	WASHER,PLAIN,M10
110-3422	8	SCREW, M12X1.75X20, BHC	731-0368	4	SCREW,M8 X 1.25,40mm,BHC,HK, ZP
12-1688	2	HumanSport Tower Decal	731-0373	3	WASHER,PLAIN,M6
12-8011	1	TAG, ASSEM. DIMS, HSSC	731-0389	8	SCREW,M8 X 1.25,35mm,BHC,HK, ZP
12-8023	1	Made In USA-Core Decal	731-0512	8	STICKER,CAUTION,PINCH
140-3702	1.24	EDGE TRIM, 1/8, WITH BUTYL	731-0517	1	STICKER, WARNING, BOLT DOWN
140-3704	2	TAPE, 3M, 5425, 3/4IN	731-0550-01	1	COVER,SEAT BACK,STD.,LEFT
19-9070	1	HumanSport Weight Stack Spacer Box	731-0550-02	1	COVER, SEAT BACK, STD, RIGHT
19-9073	2	HumanSport Pulley Box	731-0551-00XX	1	ASSY,BACK REST, STD
19-9074	2	HumanSport Corrugated Angle Pad	731-1357	2	CAP, BEARING 1 3/4 RND
19-9076	1	PALLET 31" x 46"	731-1448	6	NUT,M8 x 1.25,ACORN, CL6
27-0035	6	Cover, Pulley, Flat Steel	731-2647	3	FOOT, LONG, LEVERAGE
27-0036	10	SPACER, PULLEY BRACKET, HUMAN SPORT	731-3780	4	SCREW,M6 X1.0, 35mm, BHC,HK, ZP
27-0040	2	Bracket, Pulley Top Weight, Front, HS	731-3883	2	GRIP HANDLE STARTRAC 10"
27-0041	2	Bracket, Pulley Top Weight, Rear, HS	731-5762	4	NUT,M6 x 1.0, ACORN, CL6
27-0047	4	ASSY,SWIVEL,HANDLE,HUMAN SPORT	731-7666	1	ASSY,PULL PIN,12.5 X 102.5 PIN
27-0060	1	Shield, HS Tower, Front, Left	91-999	1	Paint (1.5 lbs)
27-0061	1	Shield, HS Tower, Front Right	95-0695	1	Human Sport Carbon Fiber Trim Kit
27-0062	1	Shield, HS Tower, Rear	95-0785	2	KIT, HUMAN SPORT, PULLEY, ROLLED EDGE (W/O C-WEIGHT)
27-0063	2	Shield, HS Tower, Left/Right	95-0785	2	KIT, HUMAN SPORT, PULLEY, ROLLED EDGE (W/O C-WEIGHT)
27-0070	2	Plate, Spacer Extension Arm, HS	OPT-WT-33	1	Human Sport Weight Stack-Right
27-0075	1	Plate, Index Locking, Seat, SC-HS	OPT-WT-33	1	Human Sport Weight Stack-Left
27-0084	1	Axle, Pivot, Seat, HS-SC	SM20473	1	TYRAP, 1/8" X 4"
27-0085	2	Hub Adapter Molded			
27-0091	2	Finger Guard HS			

Red: PAINTED ITEMS
Blue: KITS



Bolt Torque Specifications			
Size	Grade 5		
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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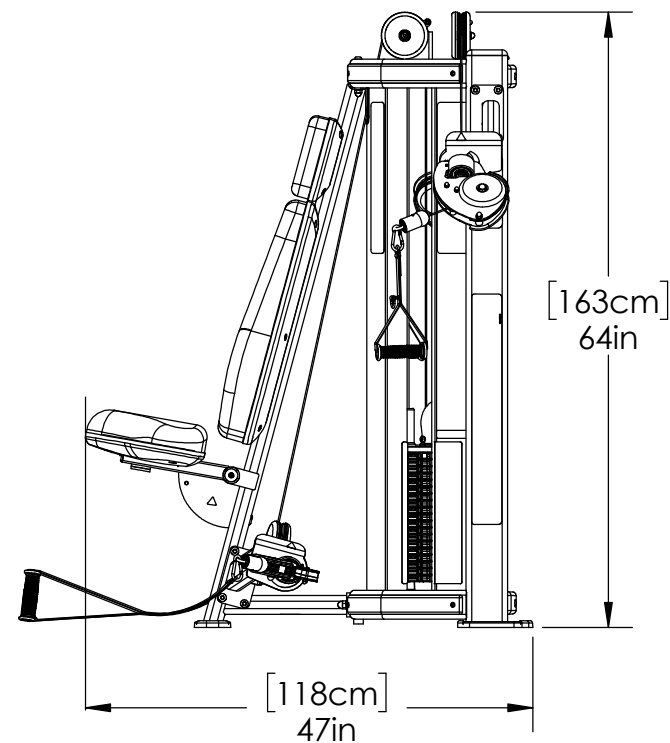
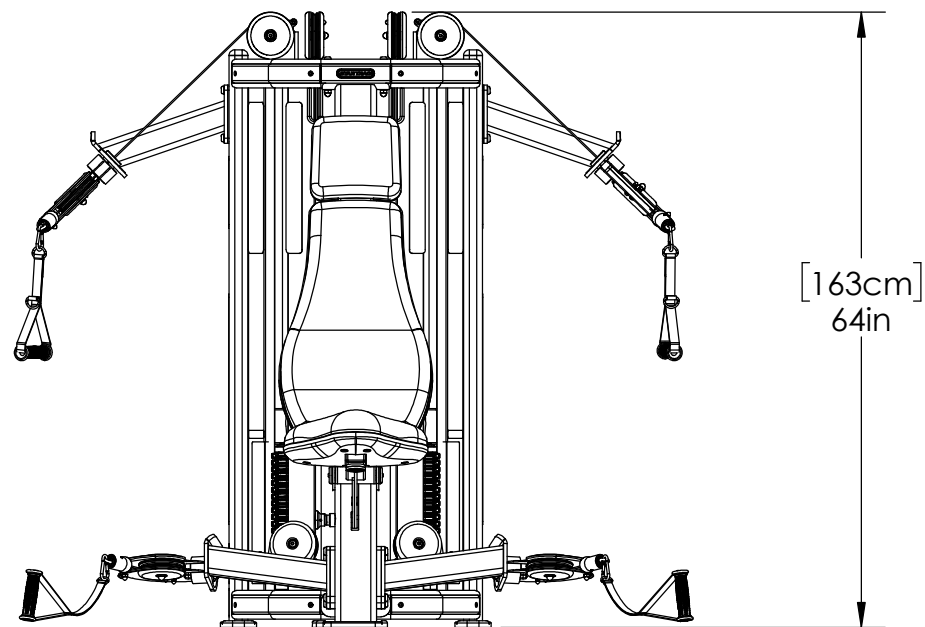
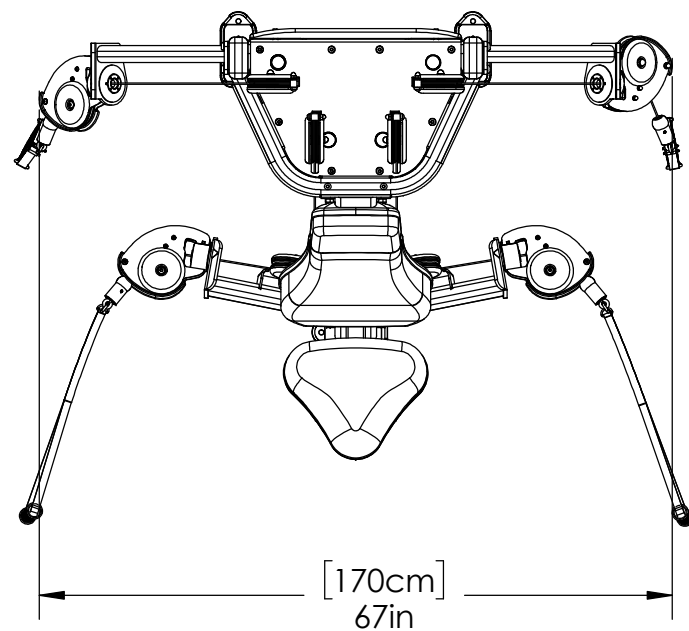
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Core Health and Fitness, LLC.

Human Sport Shoulder Chest
HSSC2

REV L

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HSSC2		
Description	Inches	Metric
Height	64	163 cm
Width	67"	170 cm
Depth	47"	118 cm
Weight	753 lbs	342 kgs

Bolt Torque Specifications			
Size	Grade 5		
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

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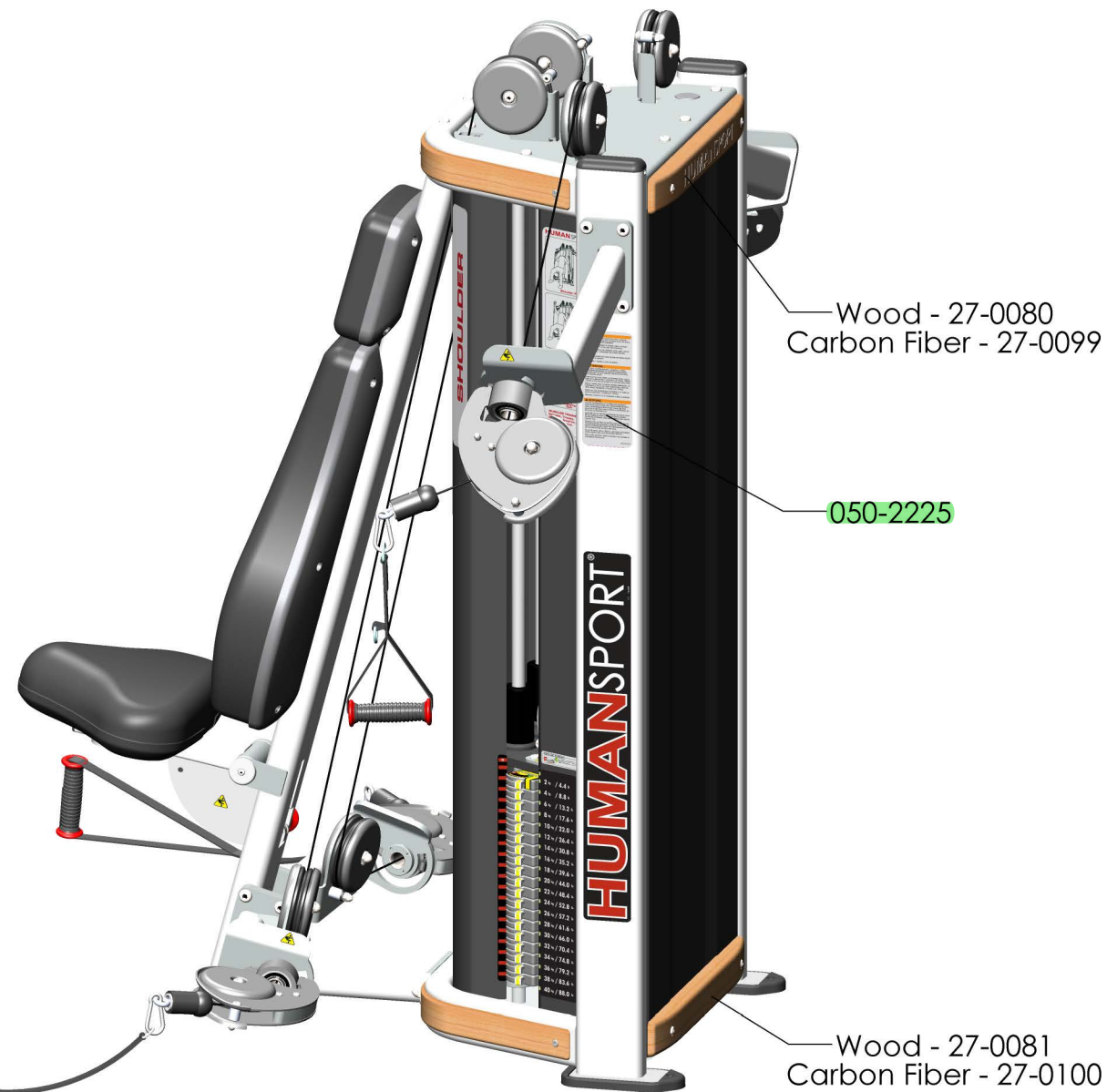
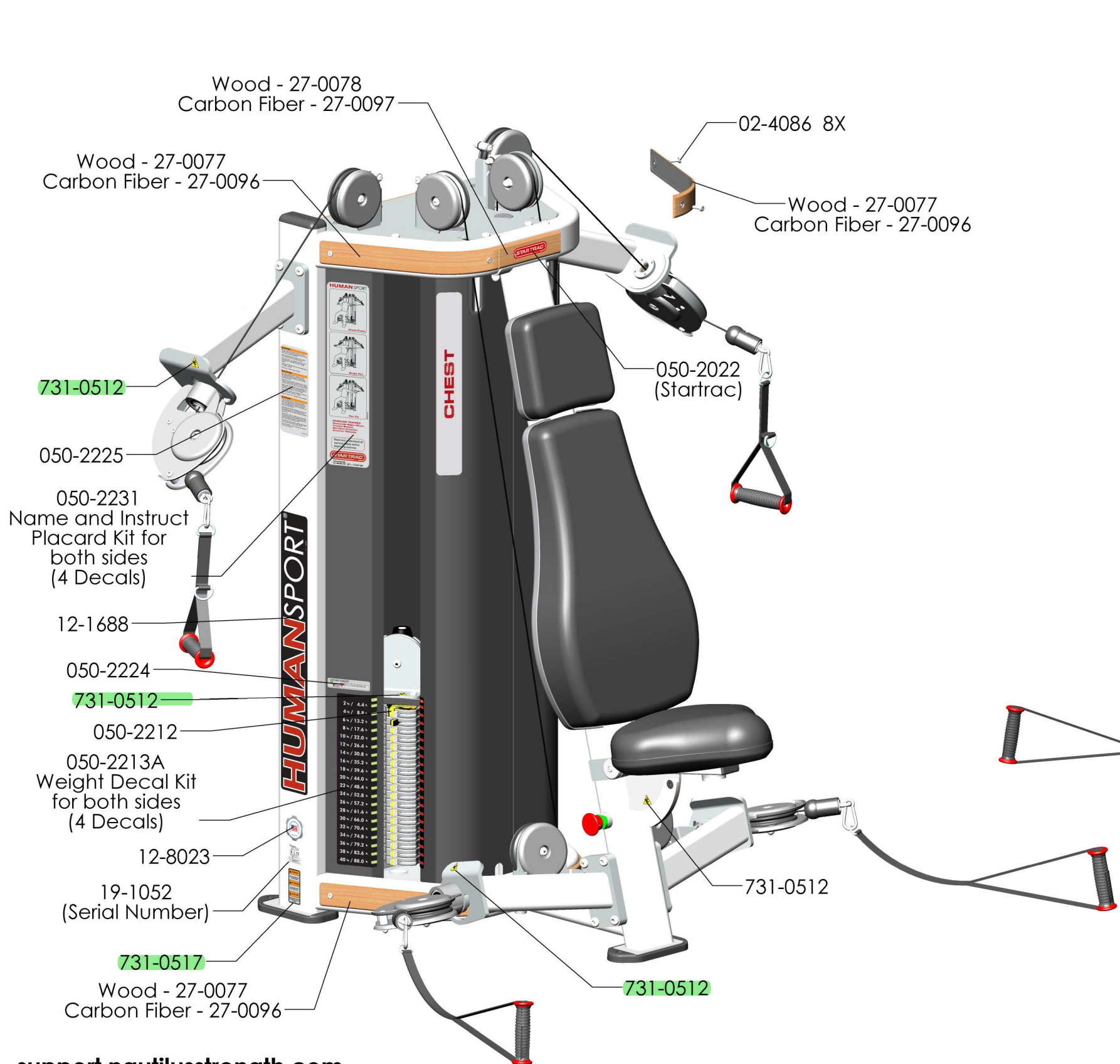
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Human Sport Shoulder Chest
HSSC2

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**Human Sport Shoulder Chest
HSSC2**

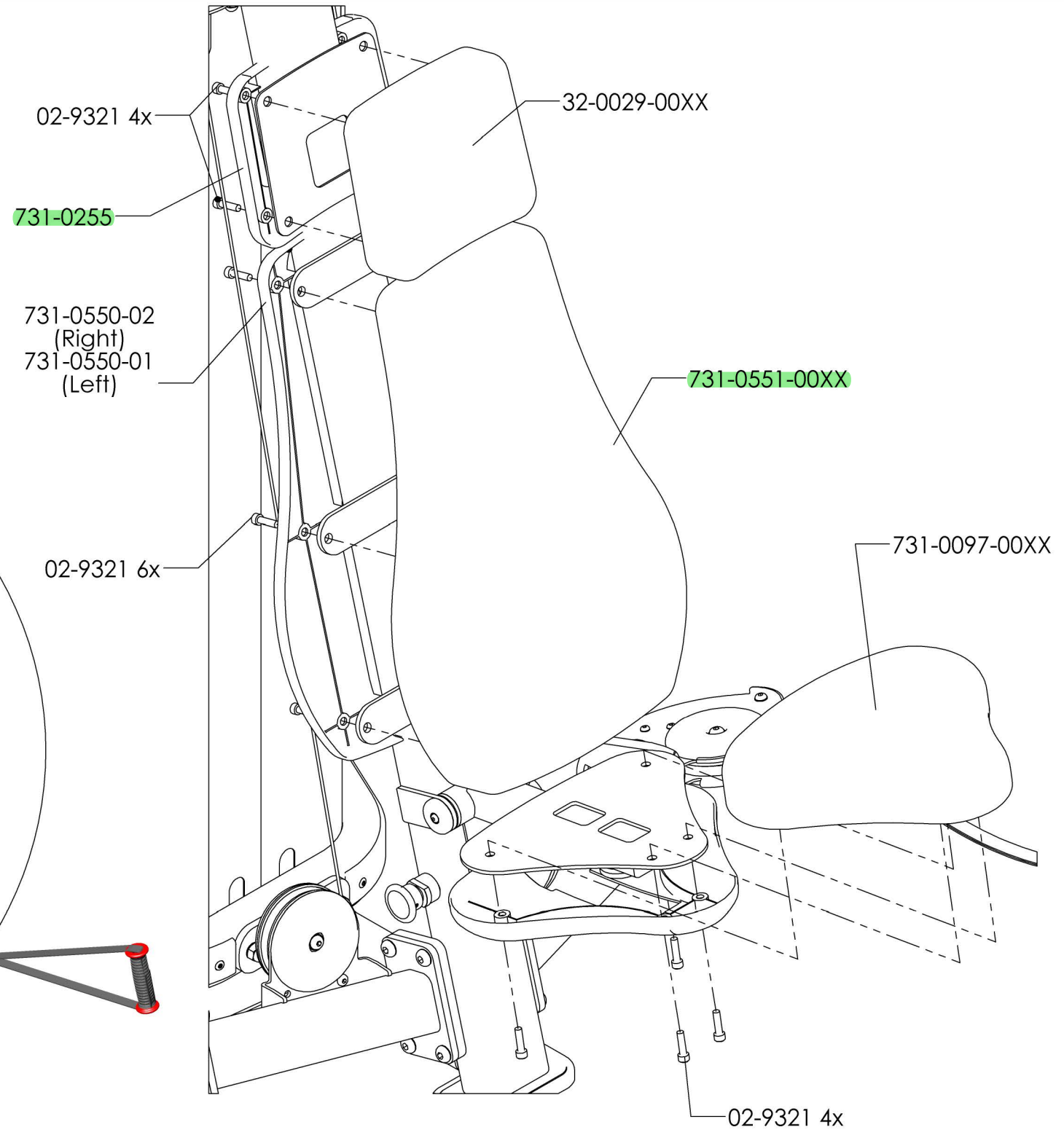
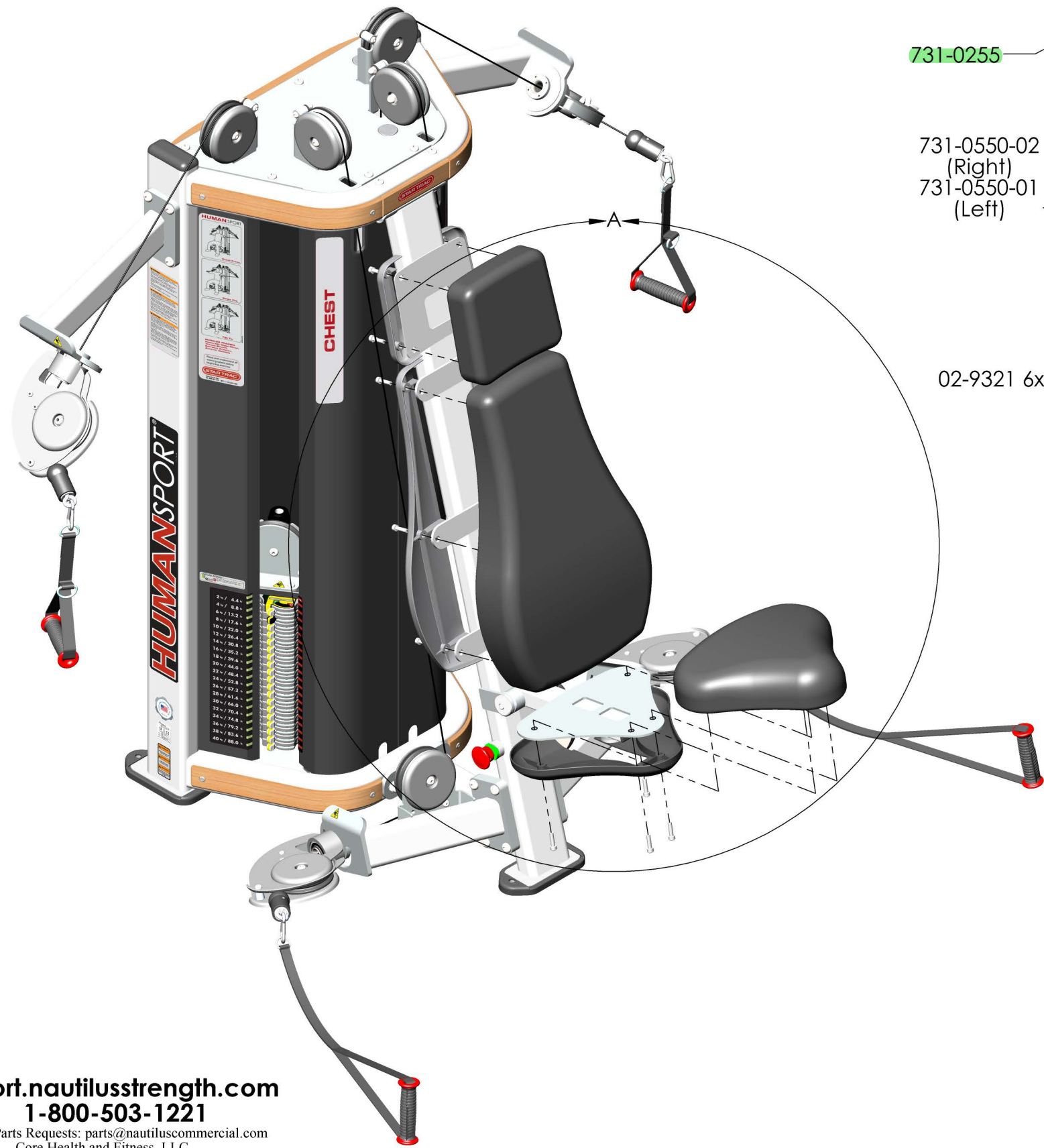
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DETAIL A
SCALE 1 : 6.5

Human Sport Shoulder Chest HSSC2

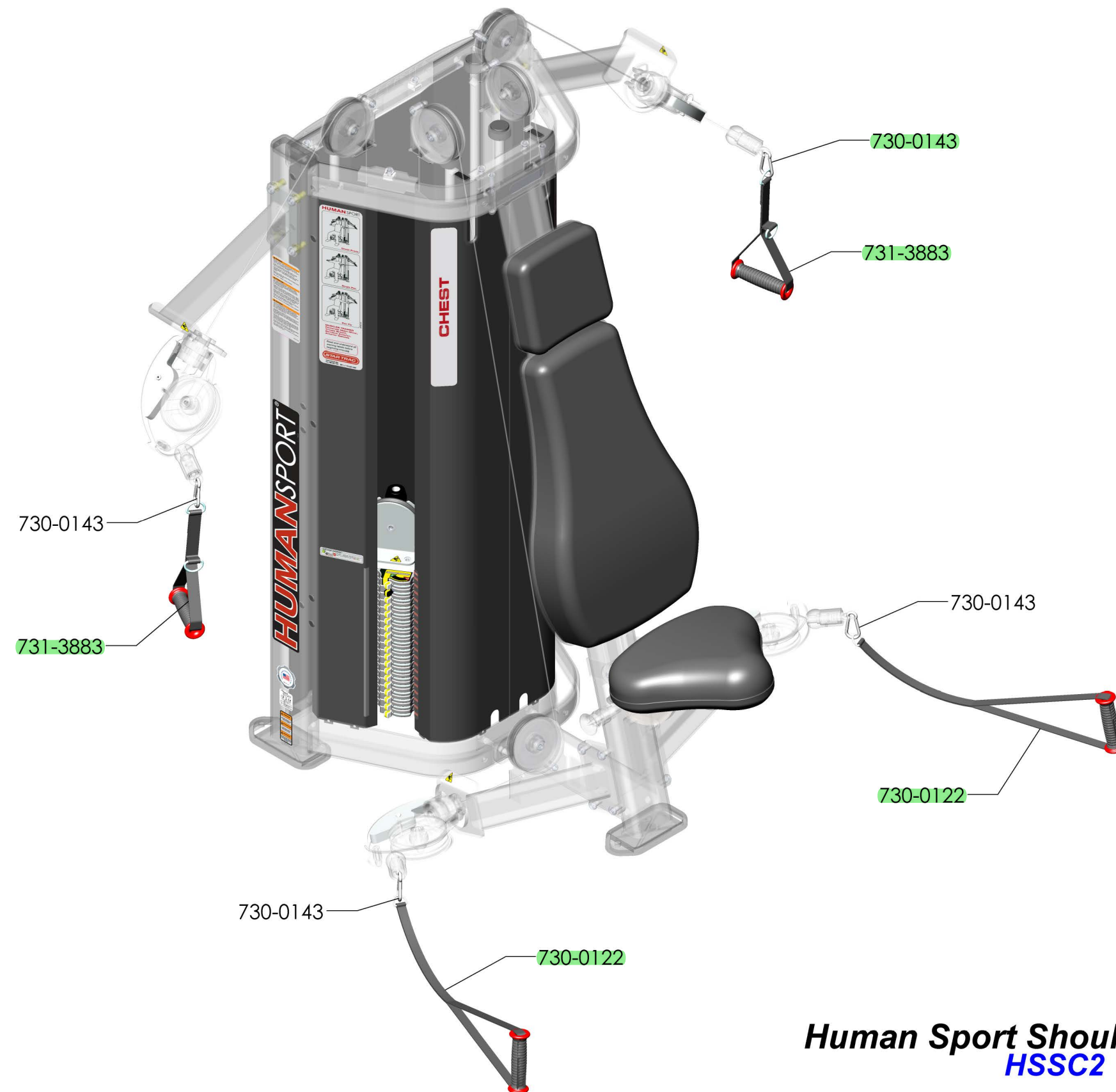
REV L

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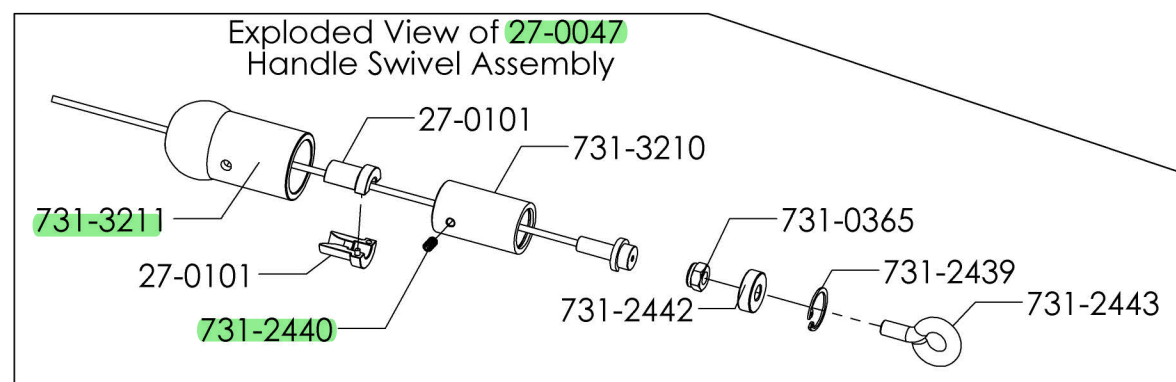
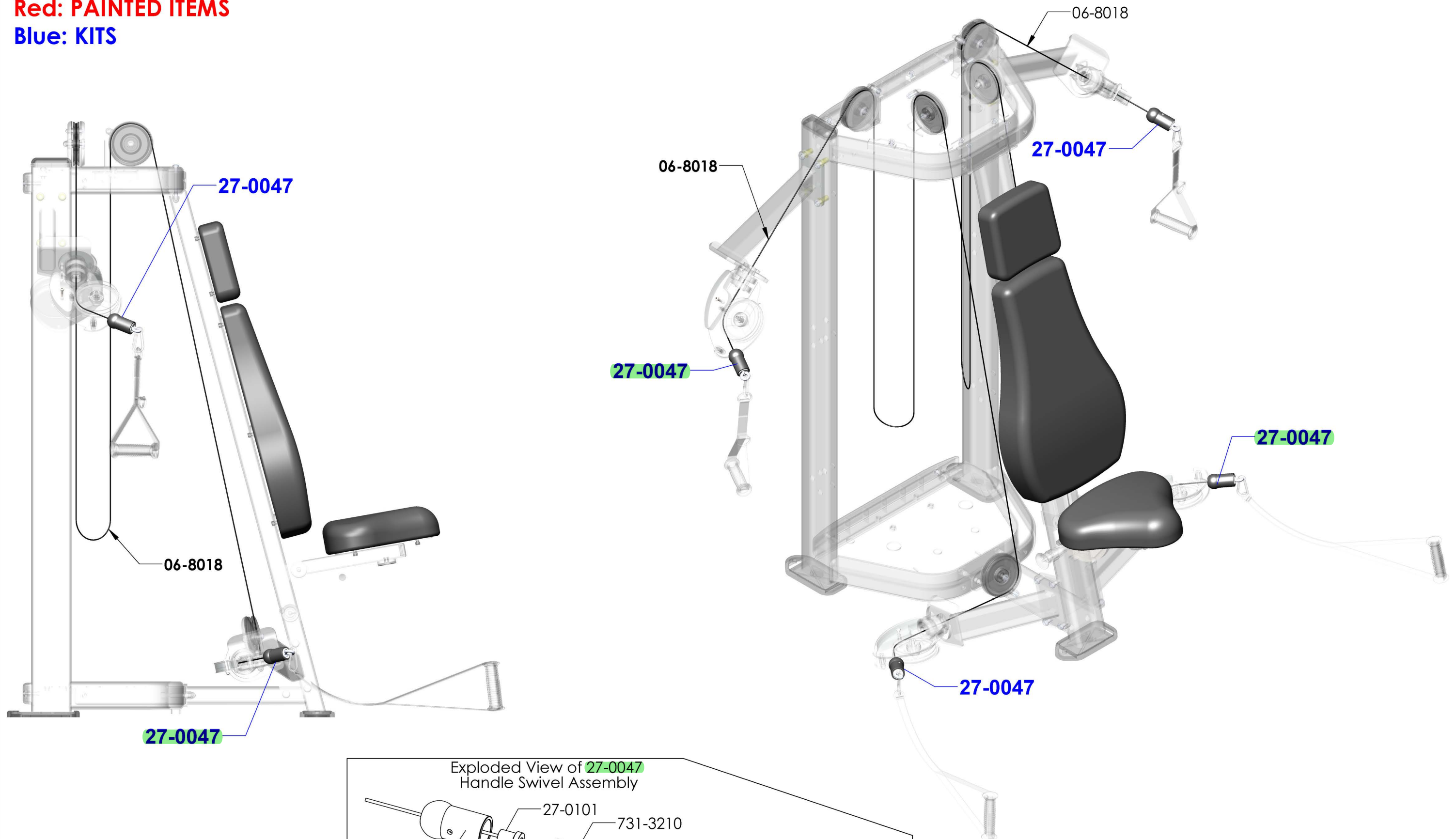
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Human Sport Shoulder Chest
HSSC2

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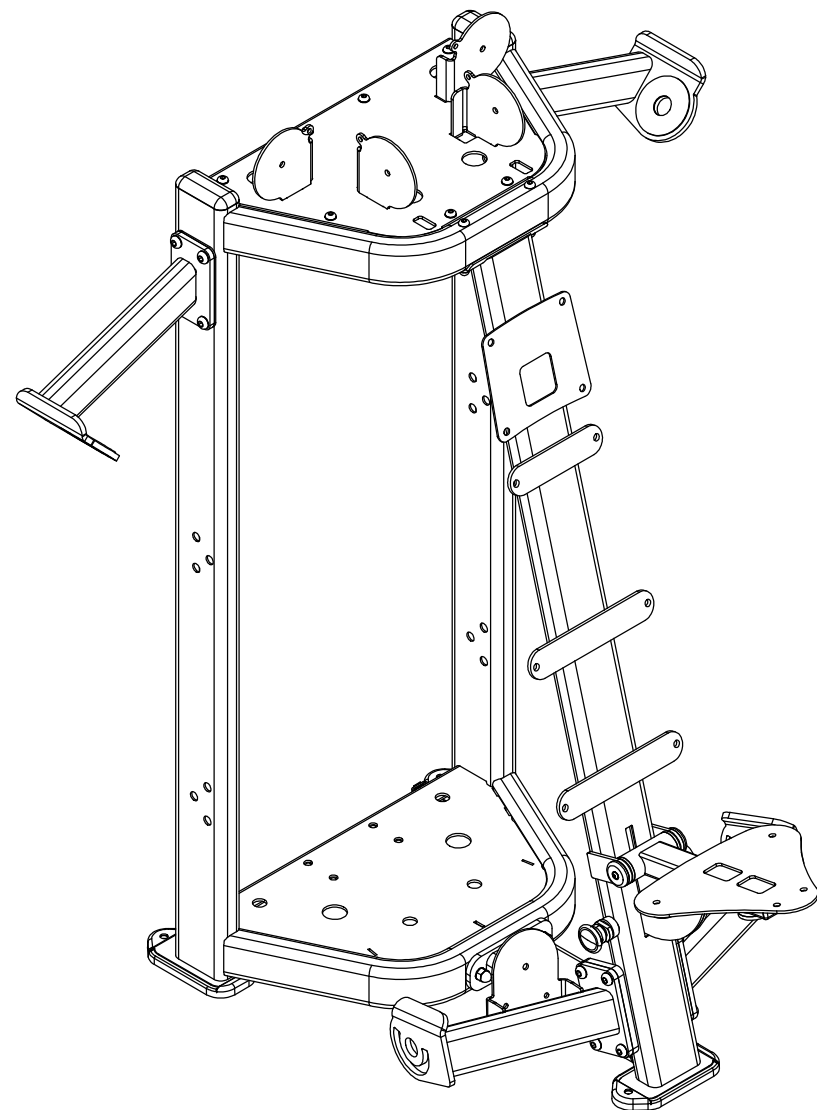
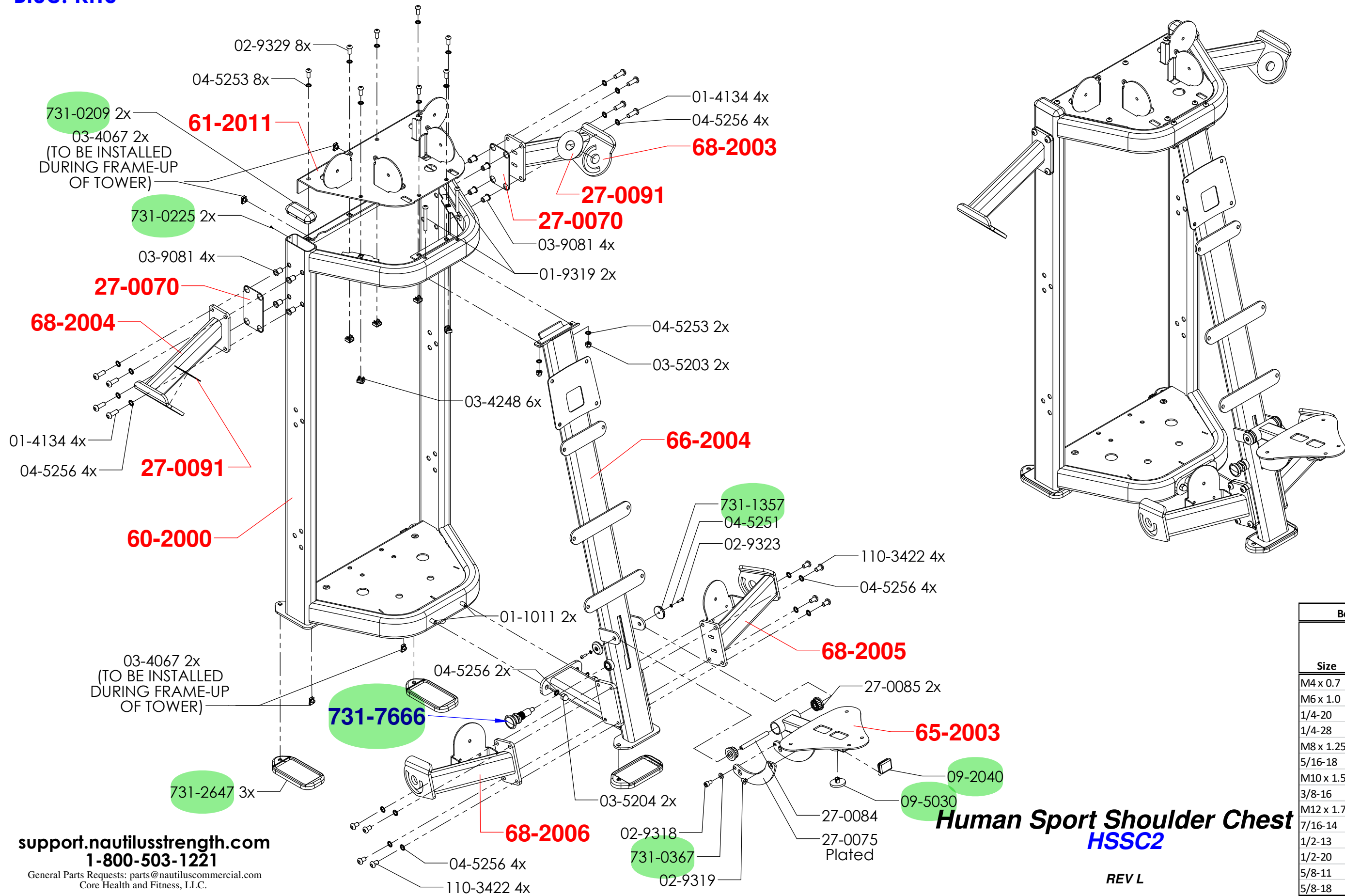
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Human Sport Shoulder Chest
HSSC2

REV L

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Bolt Torque Specifications			
Size	Grade 5	Grade 8	
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

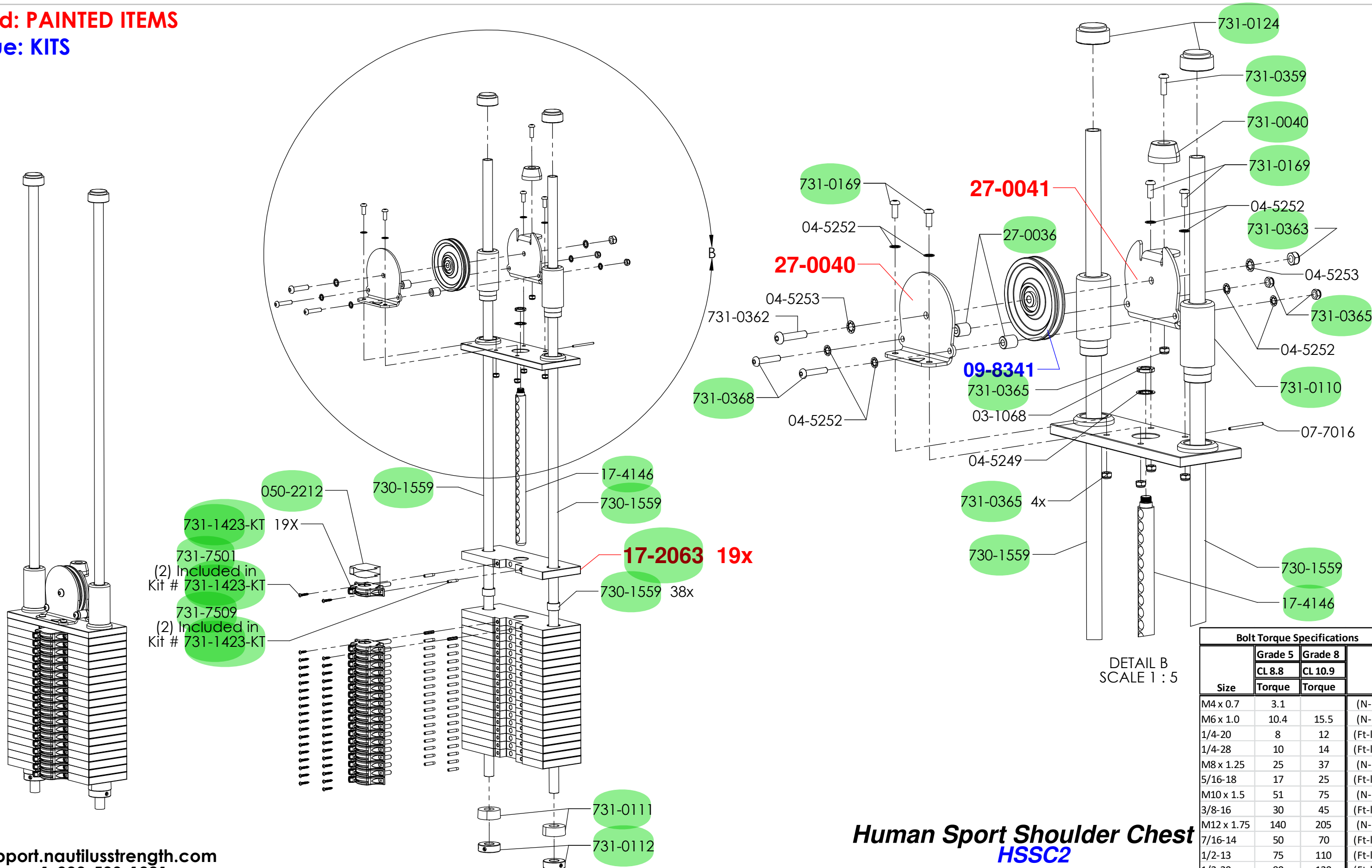
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**Human Sport Shoulder Chest
HSSC2**

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050-2212
 730-1559
 731-1423-KT 19X
 731-7501
 (2) Included in Kit # 731-1423-KT
 731-7509
 (2) Included in Kit # 731-1423-KT
 17-4146
 730-1559
 17-2063 19x
 730-1559 38x
 731-0111
 731-0112

731-0169
 04-5252
 27-0040
 04-5253
 731-0362
 04-5252
 731-0368
 27-0041
 27-0036
 09-8341
 731-0365
 03-1068
 04-5249
 731-0365 4x
 730-1559
 731-0124
 731-0359
 731-0040
 731-0169
 04-5252
 731-0363
 04-5253
 731-0365
 04-5252
 731-0110
 07-7016
 730-1559
 17-4146

DETAIL B
 SCALE 1 : 5

Bolt Torque Specifications			
Size	Grade 8		
	CL 8.8	CL 10.9	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

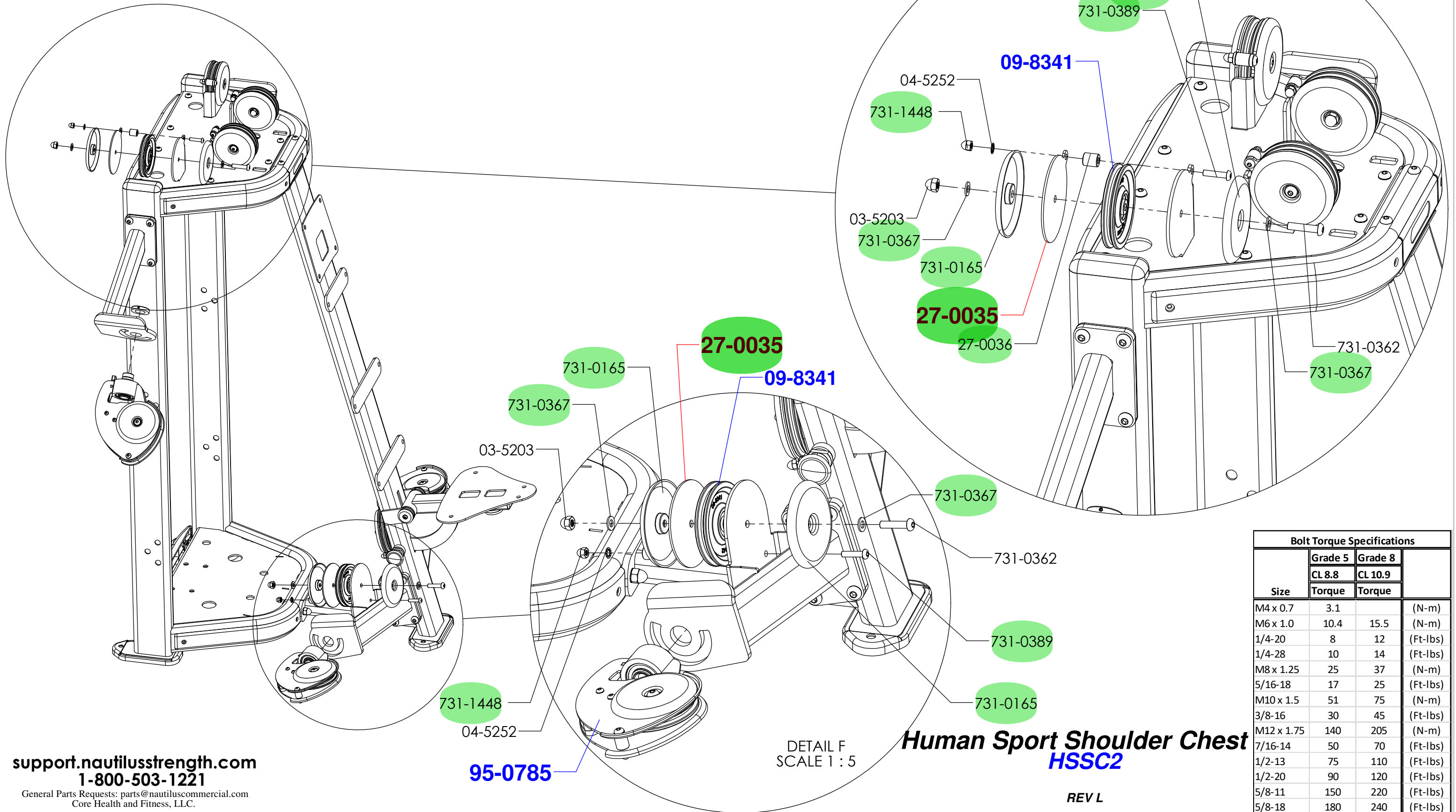
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Human Sport Shoulder Chest
HSSC2

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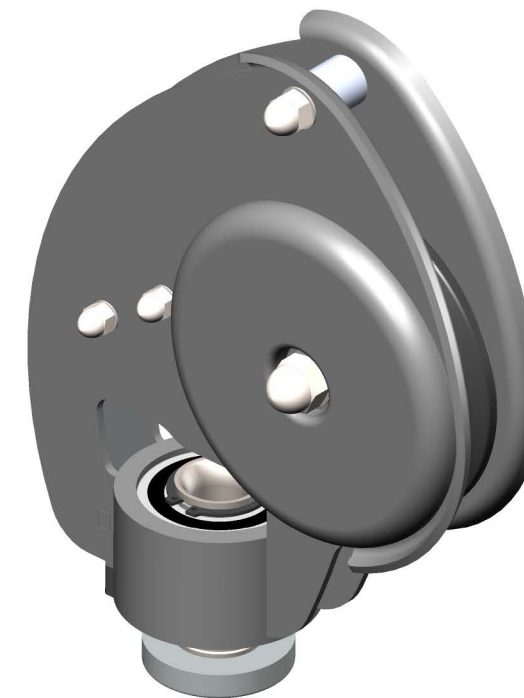
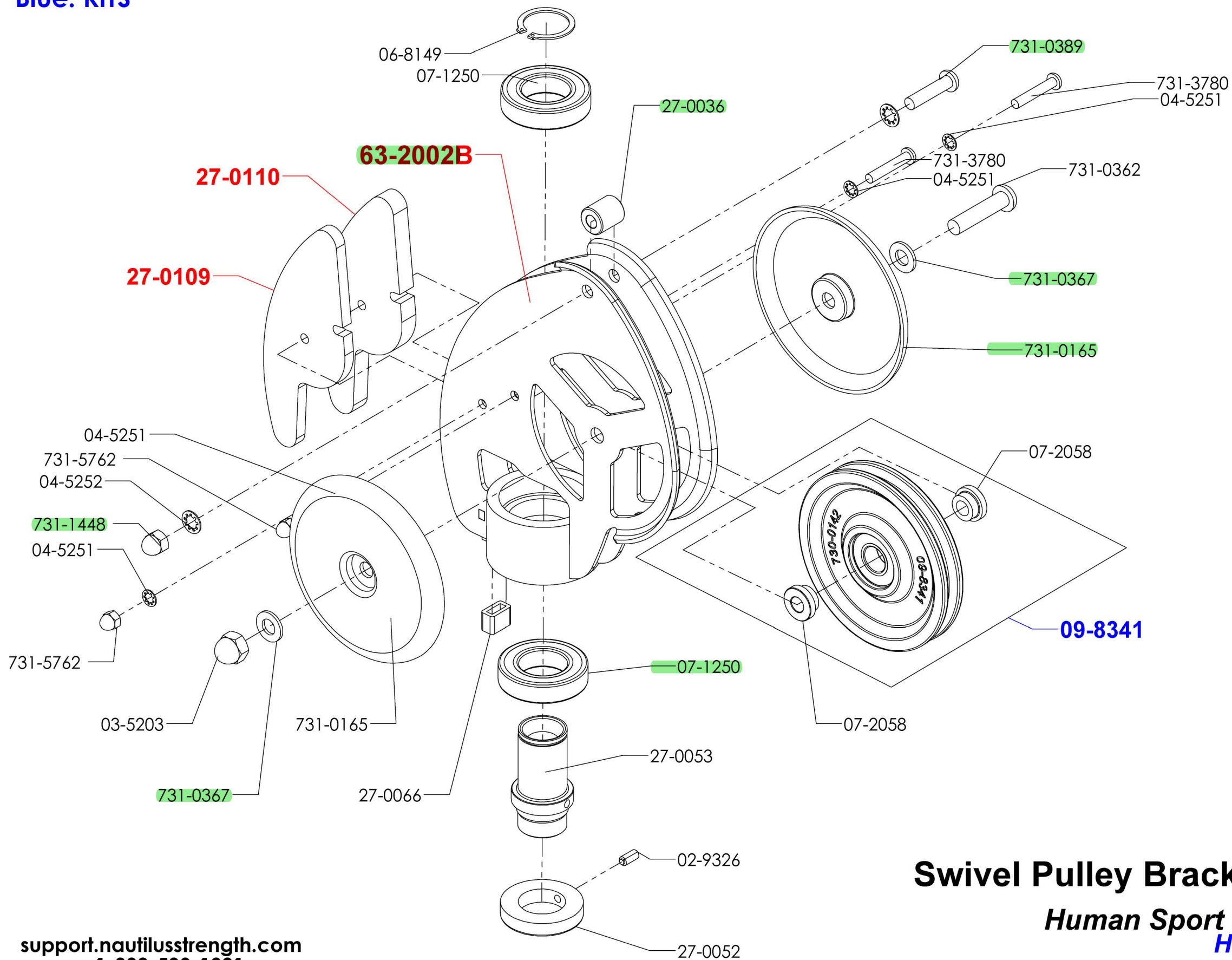
Bolt Torque Specifications			
Size	Grade 5		
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)

Human Sport Shoulder Chest
HSSC2

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95-0785

Swivel Pulley Bracket Assembly

Human Sport Shoulder Chest
HSSC2

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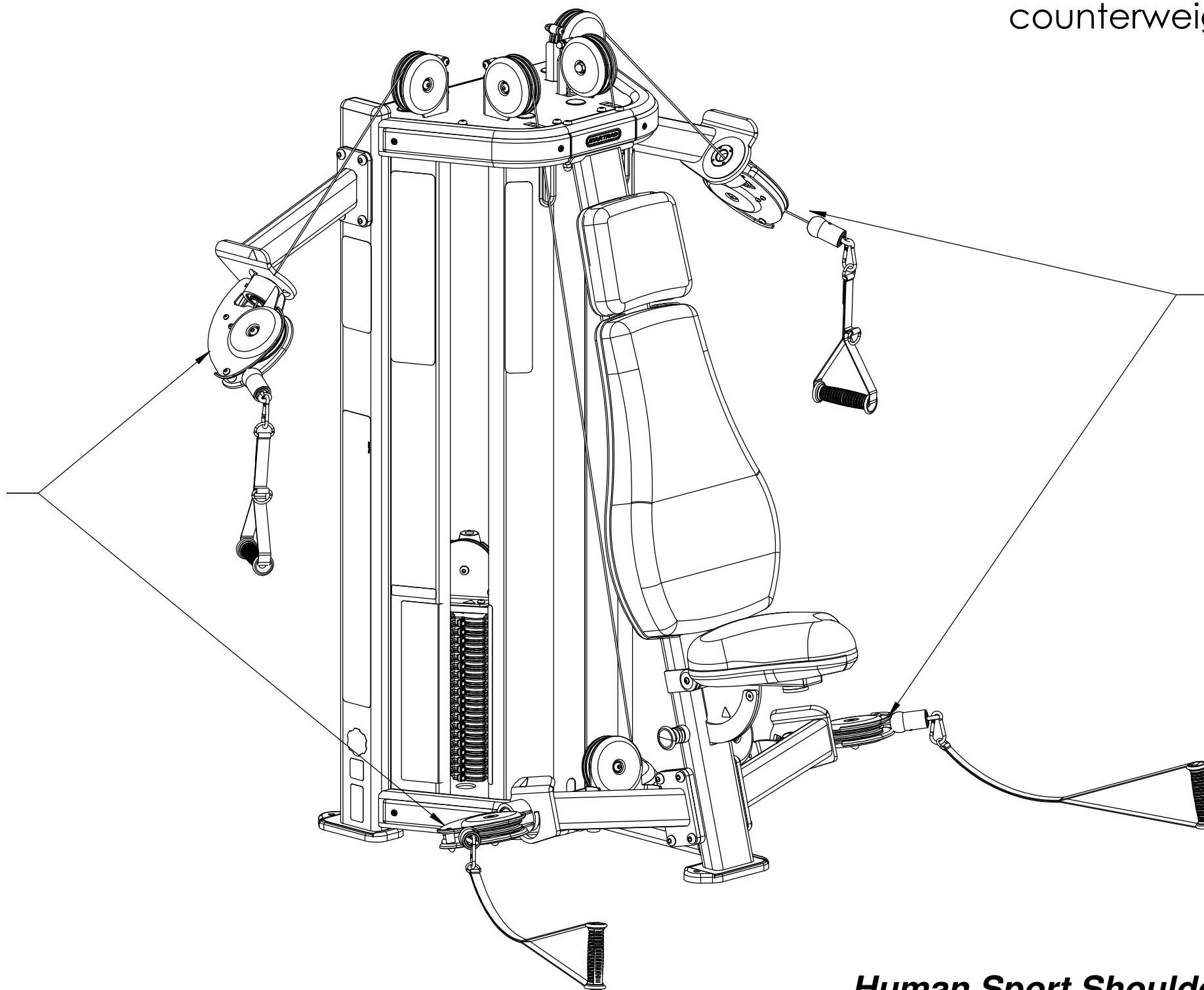
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HUMAN SPORT SHOULDER CHEST:

All pulley brackets get counterweights.

All Swiveling Pulley Brackets DO get counterweights.

All Swiveling Pulley Brackets DO get counterweights.



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Core Health and Fitness, LLC.

Human Sport Shoulder Chest
HSSC2

REV L

Bolt Torque Specifications			
Size	Grade 5	Grade 8	
	CL 8.8	CL 10.9	
	Torque	Torque	
M4 x 0.7	3.1		(N-m)
M6 x 1.0	10.4	15.5	(N-m)
1/4-20	8	12	(Ft-lbs)
1/4-28	10	14	(Ft-lbs)
M8 x 1.25	25	37	(N-m)
5/16-18	17	25	(Ft-lbs)
M10 x 1.5	51	75	(N-m)
3/8-16	30	45	(Ft-lbs)
M12 x 1.75	140	205	(N-m)
7/16-14	50	70	(Ft-lbs)
1/2-13	75	110	(Ft-lbs)
1/2-20	90	120	(Ft-lbs)
5/8-11	150	220	(Ft-lbs)
5/8-18	180	240	(Ft-lbs)