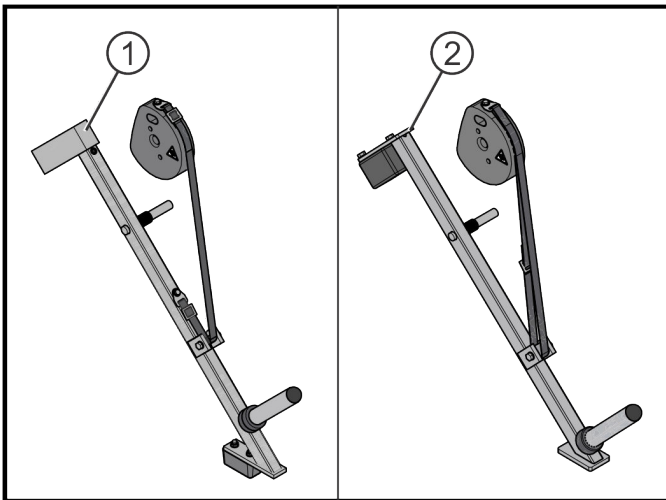


PLBI Belt Types

The Plate Loaded Biceps Curl has two generations of work arms that use different belt lengths, components and routing methods.



Item	Description	Belt Length
1	Gen-1	48in / 121.9cm
2	Gen-2	66in / 167.6cm

Gen-1 (2002-2018) PLBI-A0101 - PL-BI0218A024

- Belt mounts at cam and arm
- Welded counterweight

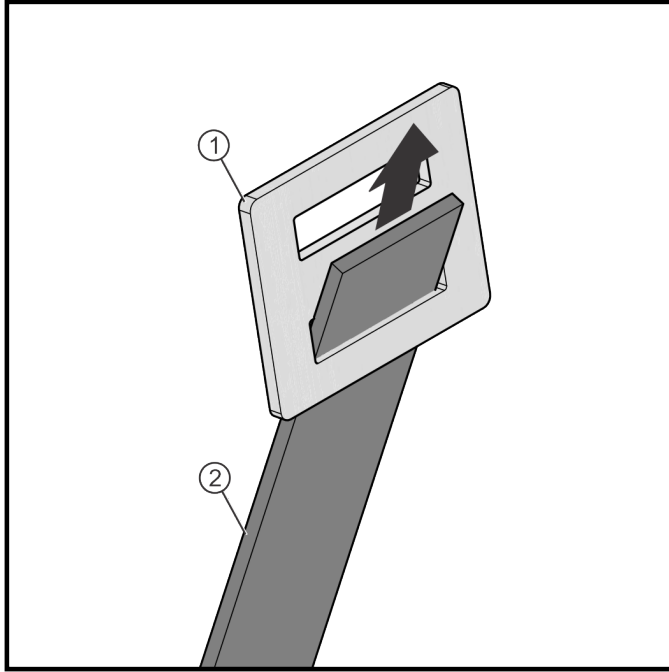
Gen-2 (2018-present) PL-BI0318A001 - present

- Belt mounts at cam and itself
- Removable counterweight

Install PLBI (Gen-1) and PLPO Belt

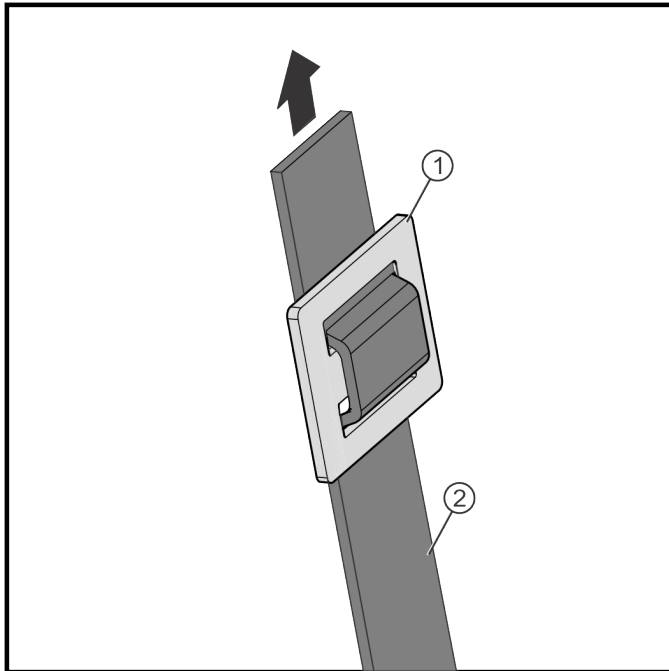
Follow this procedure for belt installation on the Hammer Strength Plate Loaded Biceps Curl (PLBI - Gen-1) and Pullover (PLPO).

1. Insert Gen-1 PLBI/PLPO belt into bottom of belt slide.



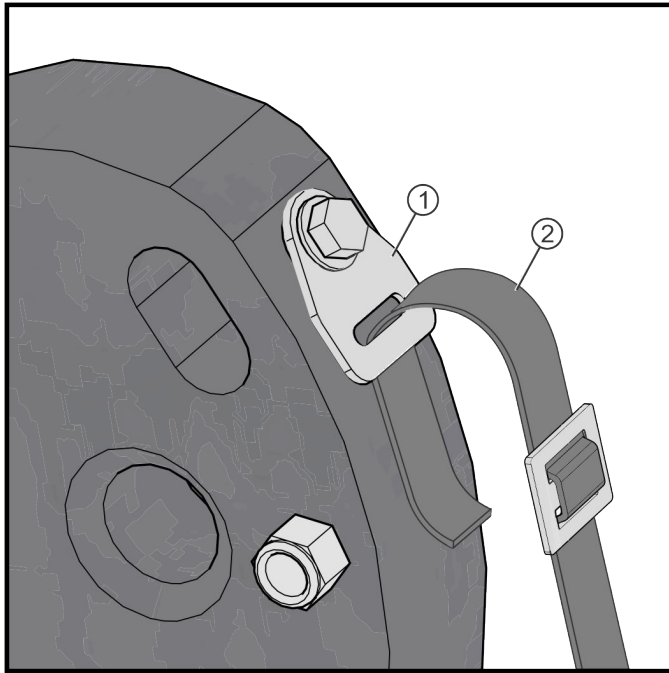
Item	Description	Qty
1	Belt Slide	1
2	Belt	1

2. Route Gen-1 PLBI/PLPO belt through top belt slide opening.



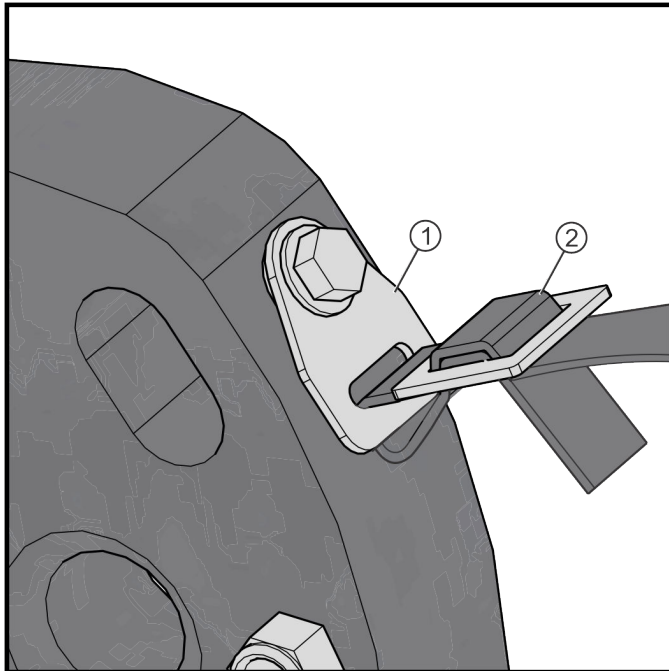
Item	Description	Qty
1	Belt Slide	1
2	Belt	1

3. Route Gen-1 PLBI/PLPO belt into the end fitting located on the cam.



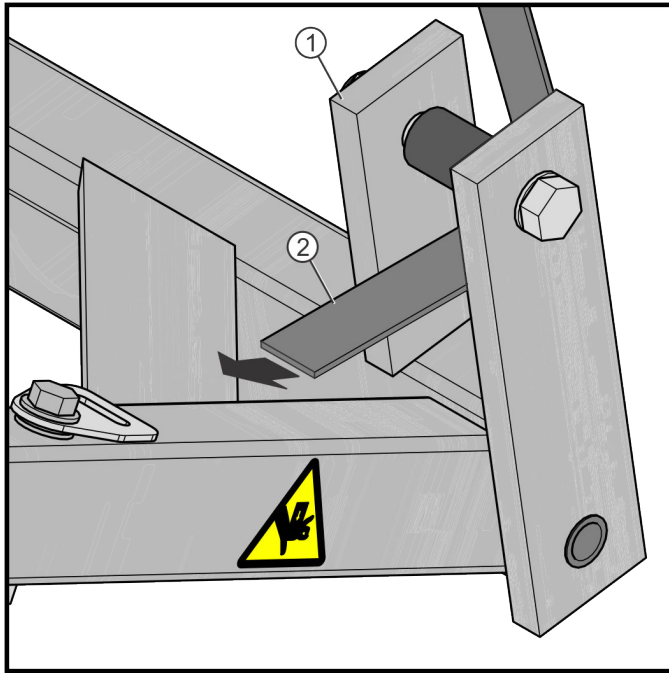
Item	Description	Qty
1	End Fitting	1
2	Belt	1

4. Insert Gen-1 PLBI/PLPO belt into the belt slide, under the already routed belt, and pull belt through second opening.



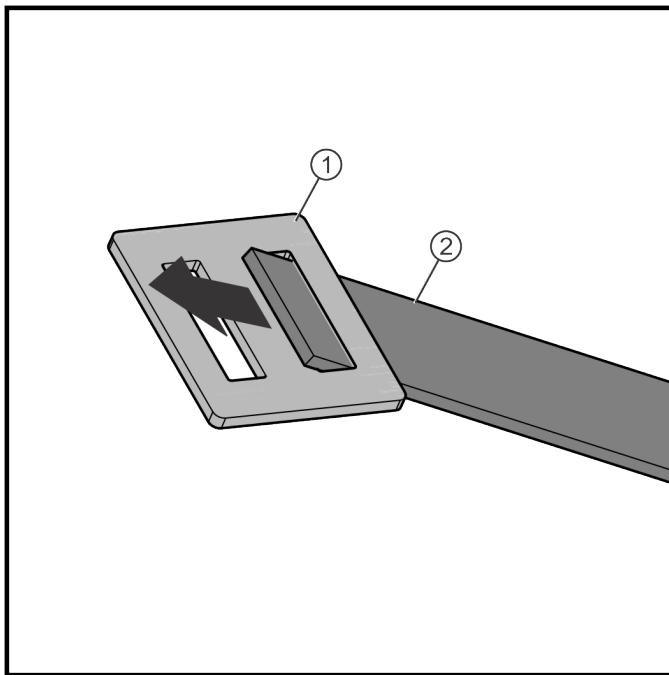
Item	Description	Qty
1	Belt Slide	1
2	Belt	1

5. Wrap Gen-1 PLBI/PLPO belt through the weigh arm.



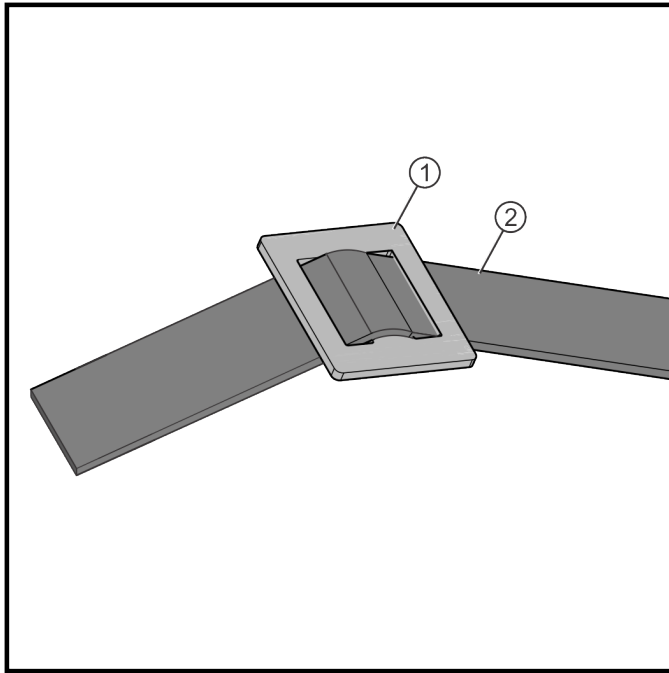
Item	Description	Qty
1	Weight Arm	1
2	Belt	1

6. Insert Gen-1 PLBI/PLPO belt into bottom of belt slide.



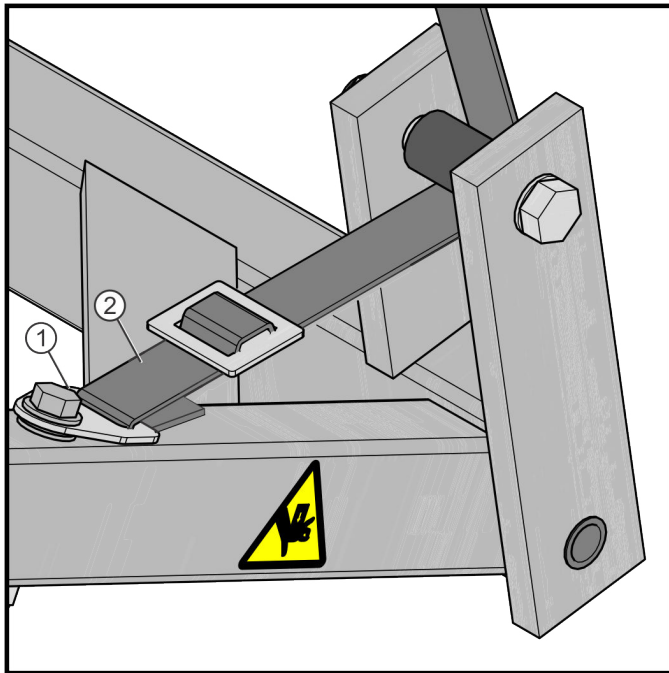
Item	Description	Qty
1	Belt Slide	1
2	Belt	1

7. Route Gen-1 PLBI/PLPO belt through top belt slide opening.



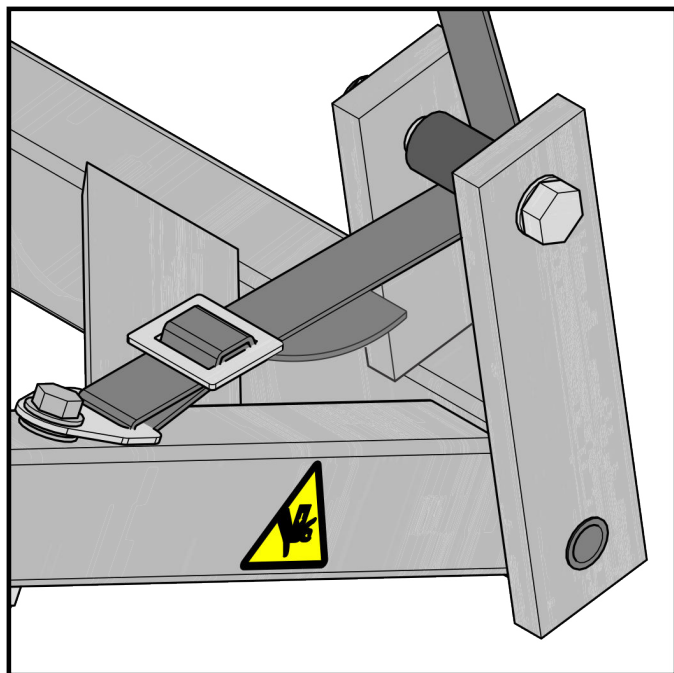
Item	Description	Qty
1	Belt Slide	1
2	Belt	1

8. Insert Gen-1 PLBI/PLPO belt into the end fitting located on the weight arm.



Item	Description	Qty
1	End Fitting	1
2	Belt	1

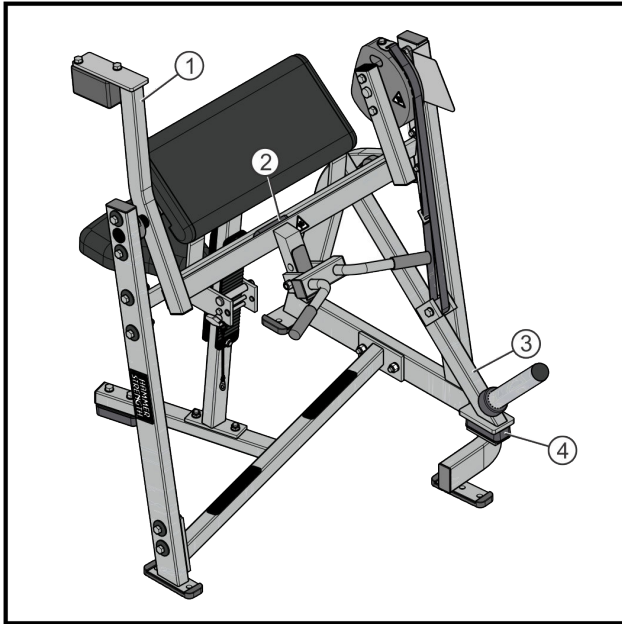
9. Insert Gen-1 PLBI/PLPO belt into the belt slide, under the already routed belt, and pull belt through second opening.



Item	Description	Qty
1	Belt Slide	1
2	Belt	1

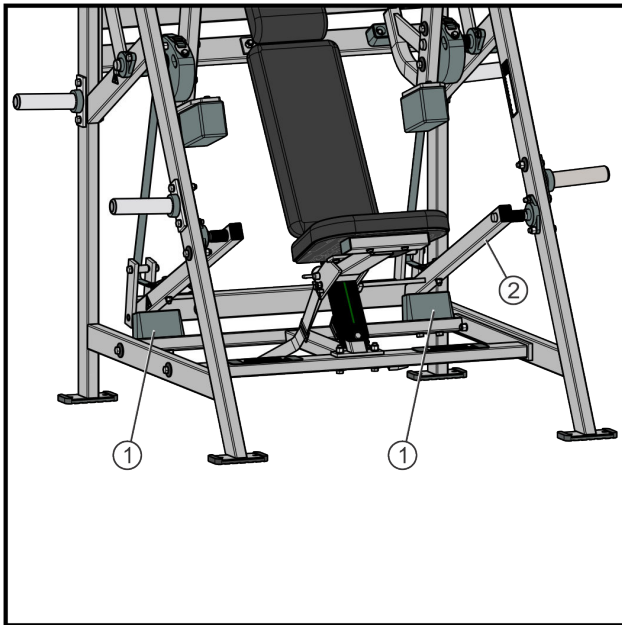
10. Adjust belt tension.

- a. **PLBI (Gen-1):** Ensure the lower weight arm rests on the weight arm bumper, not on the work arm bumper.



Item	Description	Qty
1	Work Arm	1
2	Work Arm Bumper	1
3	Weight Arm	1
4	Weight Arm Bumper	1

- b. **PLPO:** Adjust belt tension so the weight arm rests on the lower bumpers.



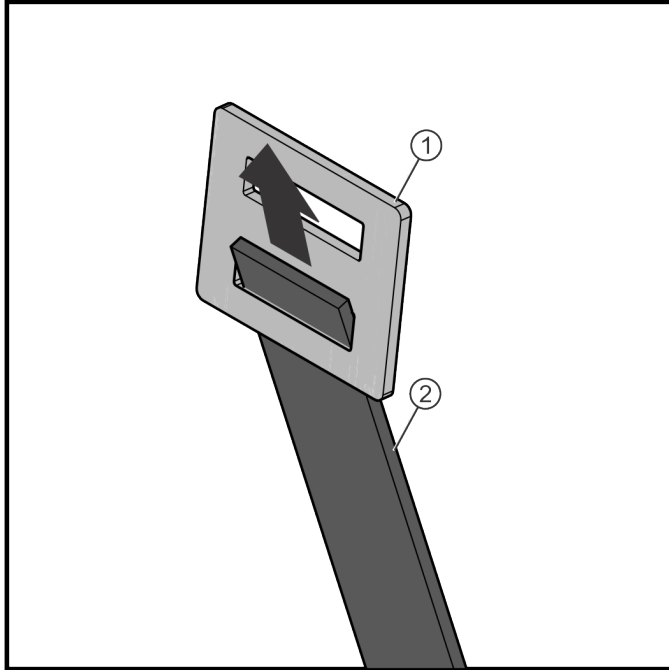
Item	Description	Qty
1	PLPO Weight Arm	1
2	Bumper	2

11. Test unit for proper operation.

Install PLBI Belt (Gen-2)

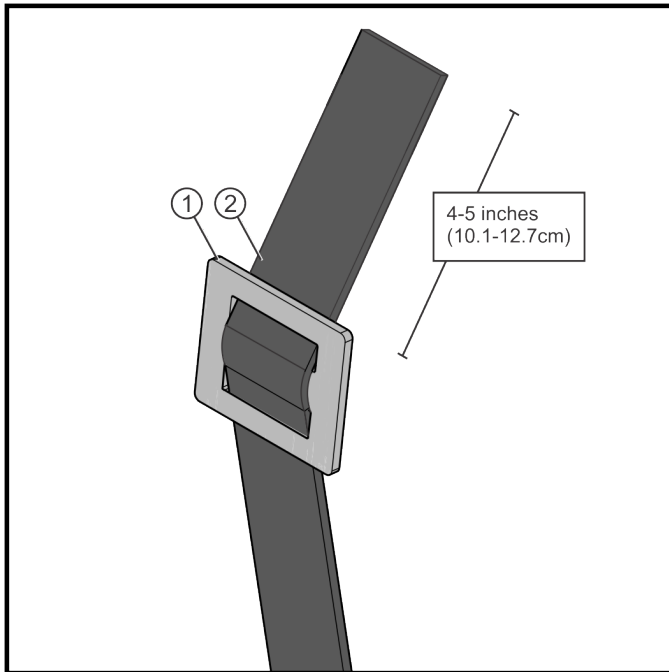
Follow this procedure for belt installation on the Hammer Strength Plate Loaded Biceps Curl (PLBI).

1. Insert PLBI belt into bottom of belt slide.



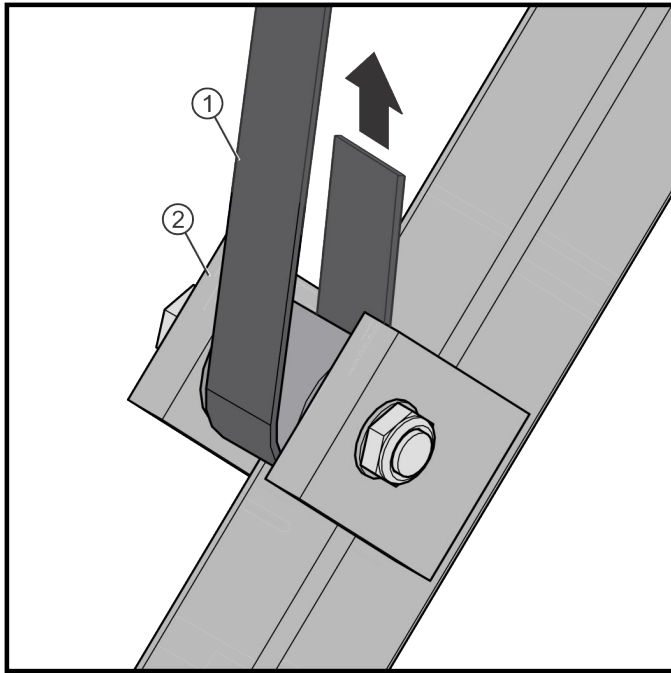
Item	Description	Qty
1	Belt Slide	1
2	Belt	1

2. Route PLBI belt through top belt slide opening and leave 4 to 5 inches of extra belt.



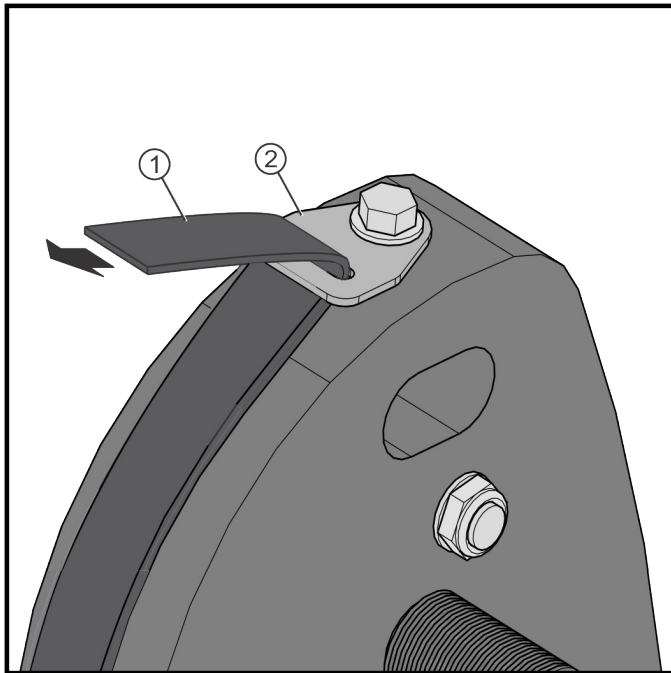
Item	Description	Qty
1	Belt Slide	1
2	Belt	1

3. On the opposite side of the belt, loop PLBI belt around the weight arm.



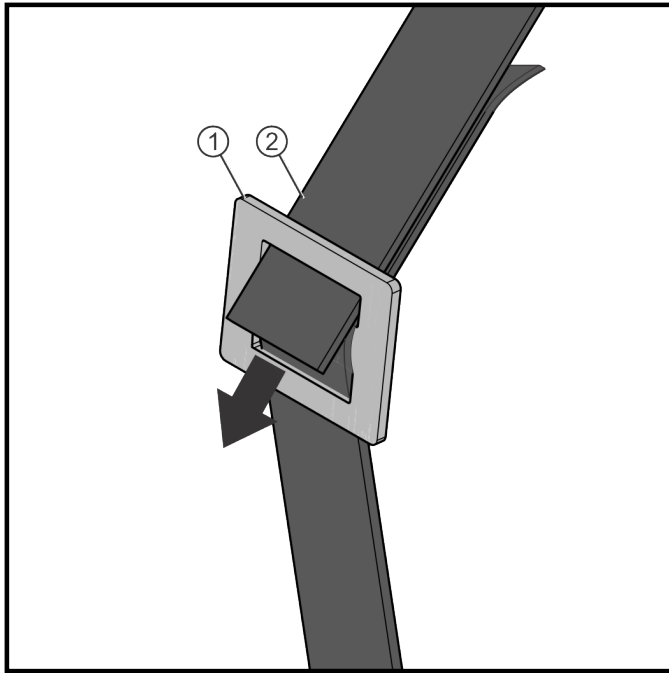
Item	Description	Qty
1	Belt	1
2	Weight Arm	1

4. Route PLBI belt through the end fitting attached to the cam.



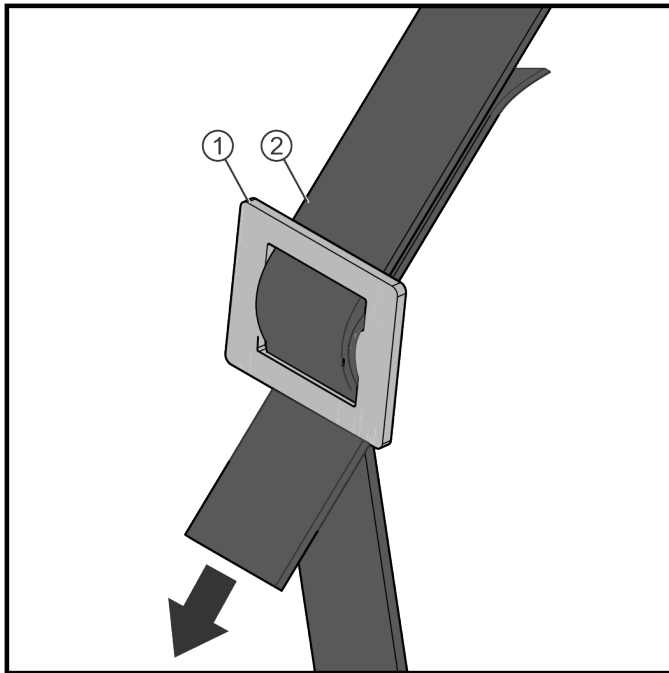
Item	Description	Qty
1	Belt	1
2	End Fitting	1

5. On top of the routed belt, insert PLBI belt into the top opening of the belt slide.



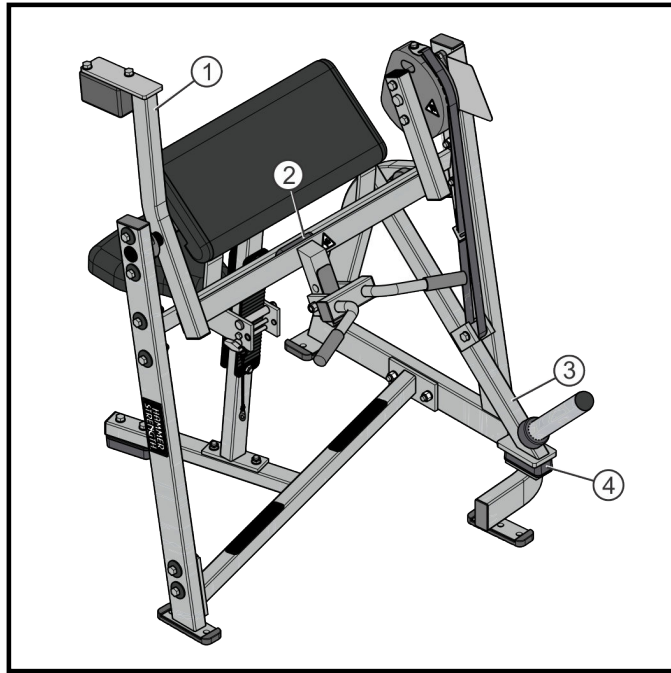
Item	Description	Qty
1	Belt Slide	1
2	Belt	1

6. Insert PLBI belt into bottom of belt slide, pulling any slack out of the belt.



Item	Description	Qty
1	Belt Slide	1
2	Belt	1

7. Ensure the lower weight arm rests on the weight arm bumper, not on the work arm bumper.



Item	Description	Qty
1	Work Arm	1
2	Work Arm Bumper	1
3	Weight Arm	1
4	Weight Arm Bumper	1

8. Test unit for proper operation.