

VR3 CHEST PRESS

12000-01

Parts Manual

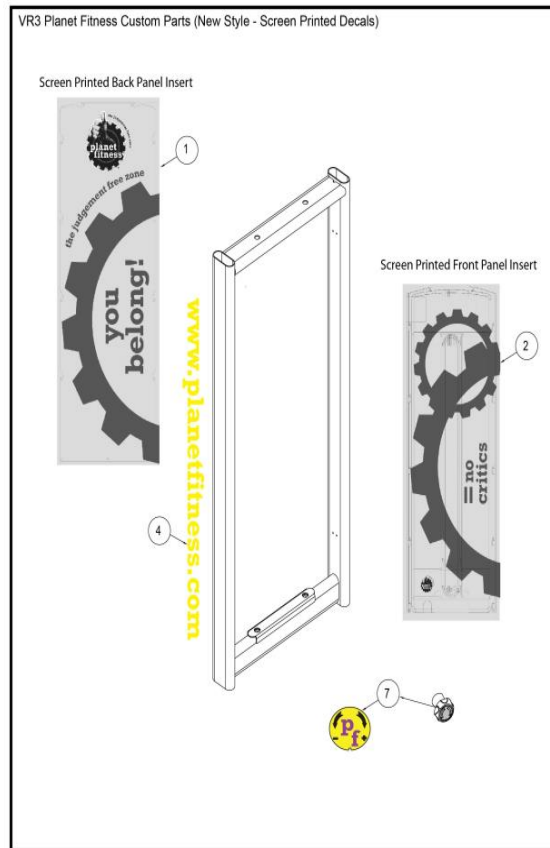
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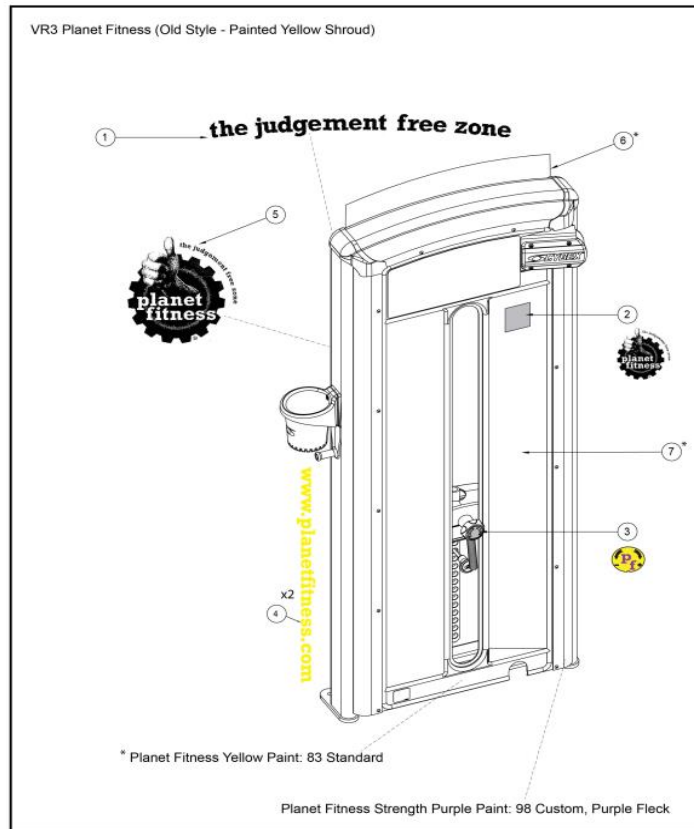
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VR3 Planet Fitness Custom (New Style)



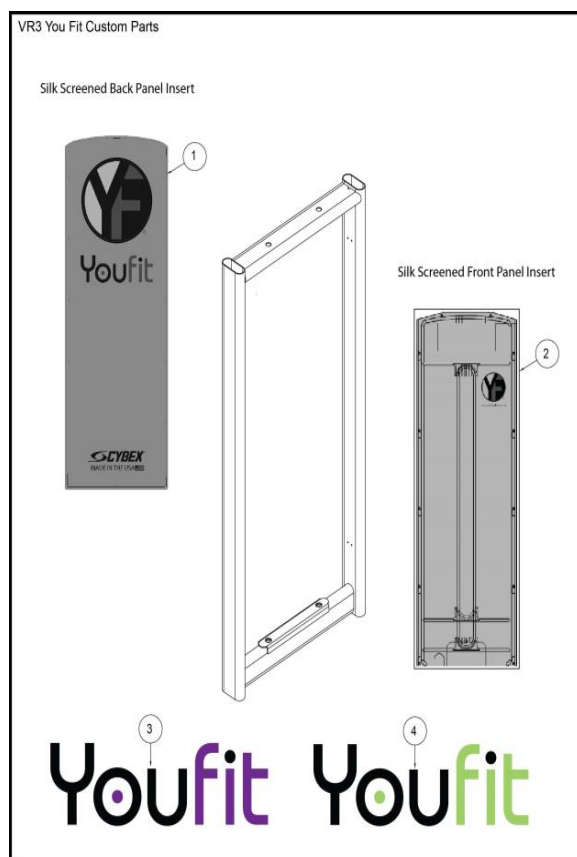
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



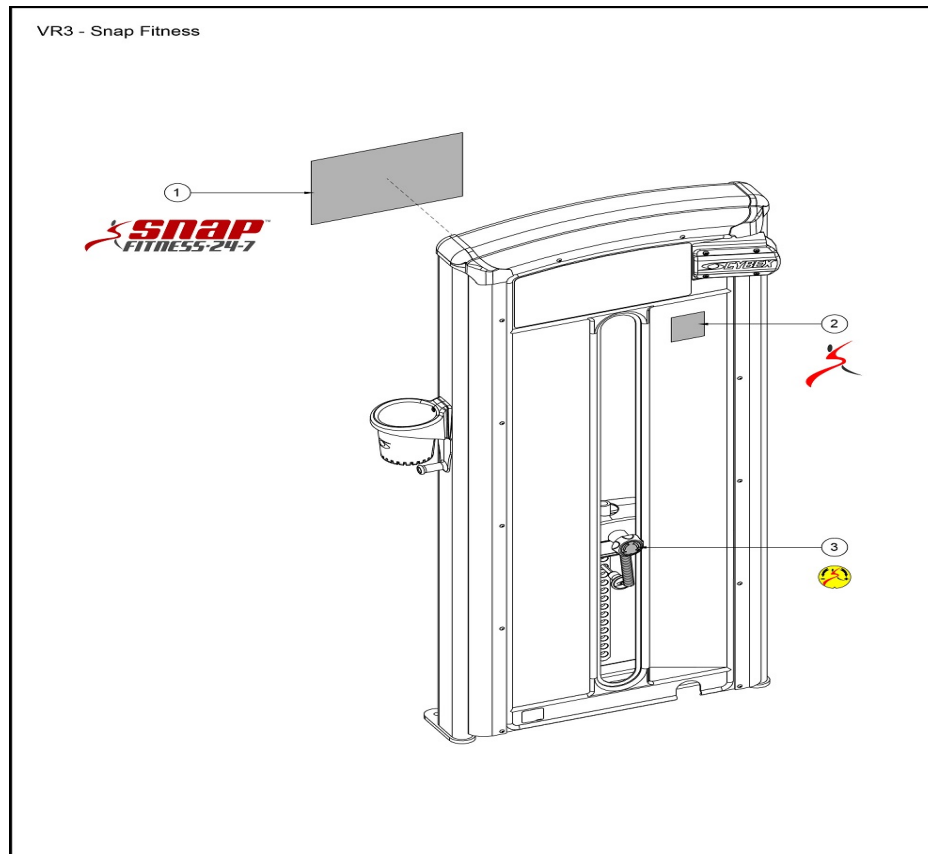
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT YELLOW
7	12000-399Y	1	PANEL INSERT YELLOW

VR3 You Fit Custom ☐



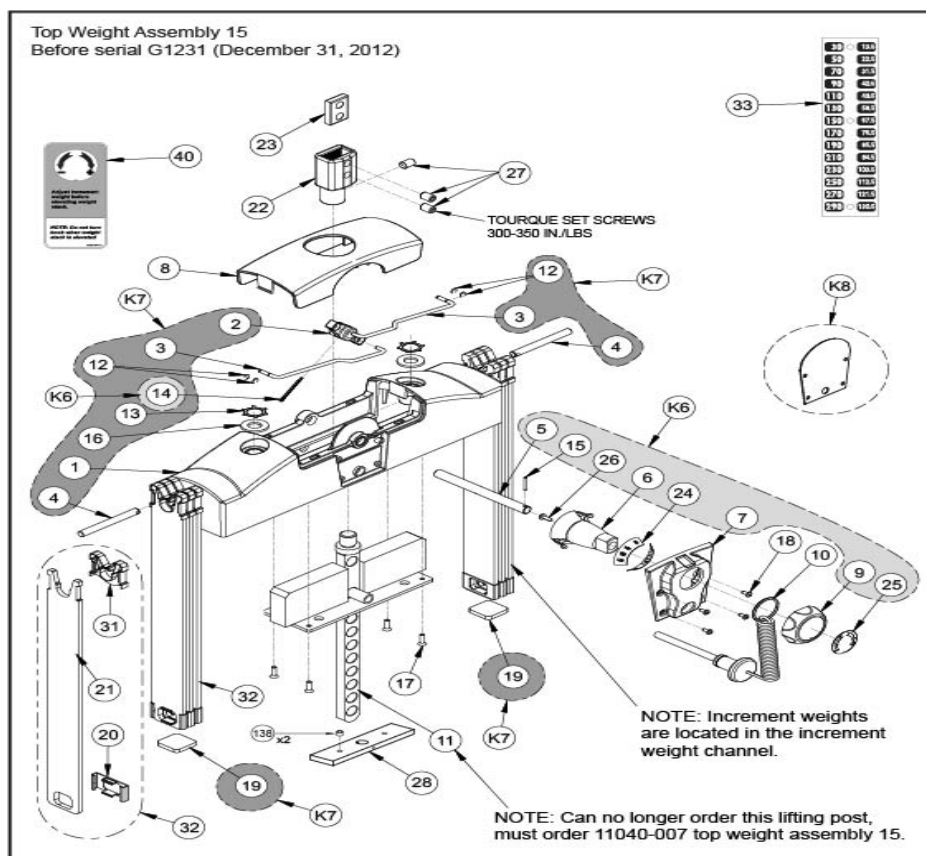
Ref #	Part Number	Qty	Description
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
2B	12000-399YP	1	PANEL INSERT, YOUFIT PURPLE
2A	12000-399GY	1	PANEL INSERT, YOUFIT GREEN
3	DE-60274	1	DECAL, YOUFIT PURPLE
4	DE-60275	1	DECAL, YOUFIT GREEN

VR3 - Snap Fitness



Ref #	Part Number	Qty	Description
1	12000-422	1	Decal Snap Fitness Logo 13.00
2	12000-423	1	DECAL SNAP FITNESS RUNNING MAN 3.00
3	12000-424	1	Decal Snap Fitness Rotation

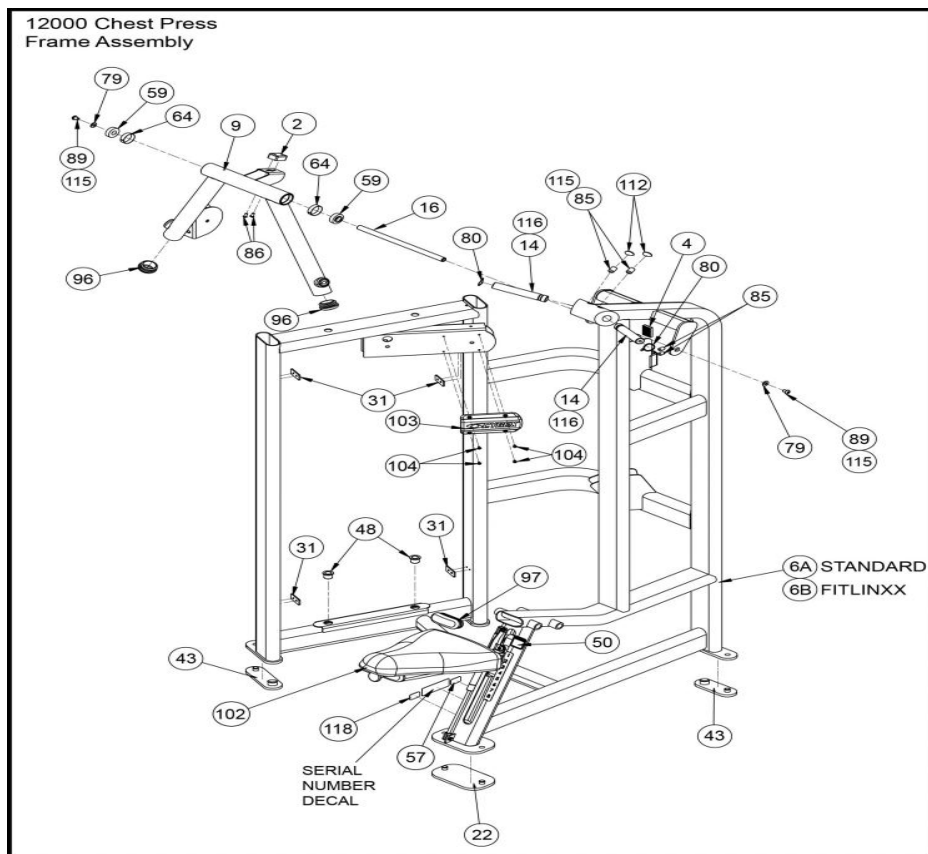
VR3 - 15 Top Weight Assembly Before G1231



Ref #	Part Number	Qty	Description
1	11040-366	1	TOP WEIGHT ASSEMBLY MOLDED
2	11040-367	1	HUB MOLDED
3	11040-369	2	ROD LINKAGE
4	11040-370	2	PIN
5	11040-427	1	ROD
6	11040-426	1	STEM
K6	11040K009	2	KIT INCREMENT WEIGHT KNOB
K7	11040K010	3	Kit Top Weight Hardware
7	11040-424	1	COVER PLATE
8	11040-416	1	COVER TOP WEIGHT
K8	11040K007	1	KIT NON-INCREMENTAL TOP WEIGHT
9	11040-425	1	KNOB
10	BH030207	2	PIN WEIGHT SELECTOR
11	4700-251	1	NLA: C LIFTING POST 15
12	BR030209	4	RETAINING RING .188
13	BR030220	1	RETAINING RING 1.250 INTERNAL
14	HP016820	1	COTTER PIN .125 X 1.25
15	HP266765	1	ROLL PIN .125 X .938
16	HS720004	1	WASHER FELT .641 ID X 1.250 OD X .125 T
17	HT562715	1	TAP SC NO 10 X .750 F PHIL
18	HT582510	2	TAP SC NO 10 X .375 PN HD PHIL
19	11040-409	2	BUMPER

Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
27	HY740000	2	SET SCREW
28	4000C101	1	C STACK WT 4X18
29	12050-007	1	WT PAC 11 4X18 BLACK
30	4701-013	1	WT PAC 14 4 X 18 BLACK
31	11040-578	1	GUARD, INCREMENT WEIGHT
33	12000-560	1	DECAL WT PLATE (30-290)
40	11000-407	1	Decal Increment Weight
138	FB130216	1	Bushing Weight Stack

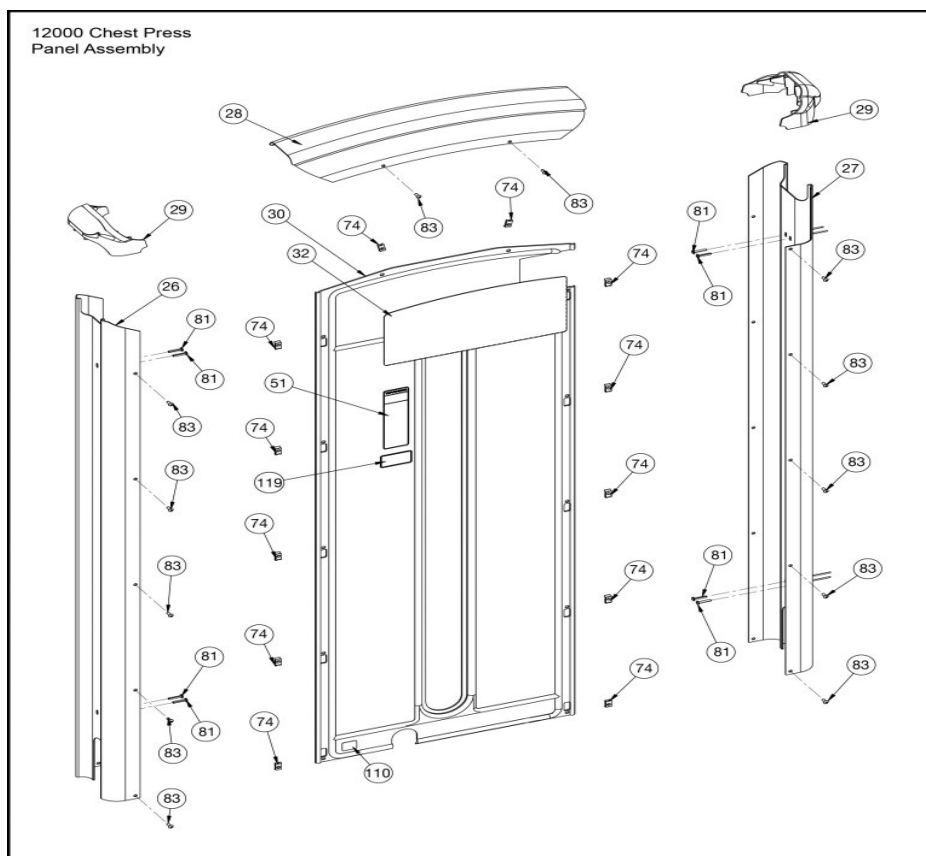
12000 Frame Assembly



Ref #	Part Number	Qty	Description
2	11000-384	1	BLOCK STOP
4	11040-301	1	INSERT CLAMP BLOCK
6A	12000-200	1	W MAIN FRAME Custom
6B	12009-200	1	W Main Frame Custom
9	12000-203	1	W ARM LINKAGE Custom
14	12000-307	2	PIN PIVOT
16	12000-337	1	SHAFT PIVOT
22	12000-345	1	FOOT PAD 4.00 X 7.00
31	12000-398	4	SPACER
43	12090-322	2	PAD FOOT
48	12210-348	2	CAP GUIDE ROD
50	4520-362	1	DECAL SEAT CAUTION Custom
57	CM000211	1	DECAL PATENT
59	FB030232	2	BRG RADIAL 17MM ID EXT RACE
64	FC030006	2	TOLERANCE RING 1.575 ID
79	HS347600	2	WASHER SAE .375
80	HS477100	2	WASHER SPRING 1.050X1.271X.100
85	HY740000	4	SET SCREW
86	JC620412	2	BHSCS .250-20 X .50
89	JC700412	2	BHSCS .375-16 X .50
96	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
97	PP130002	1	INSERT DOMED PLASTIC

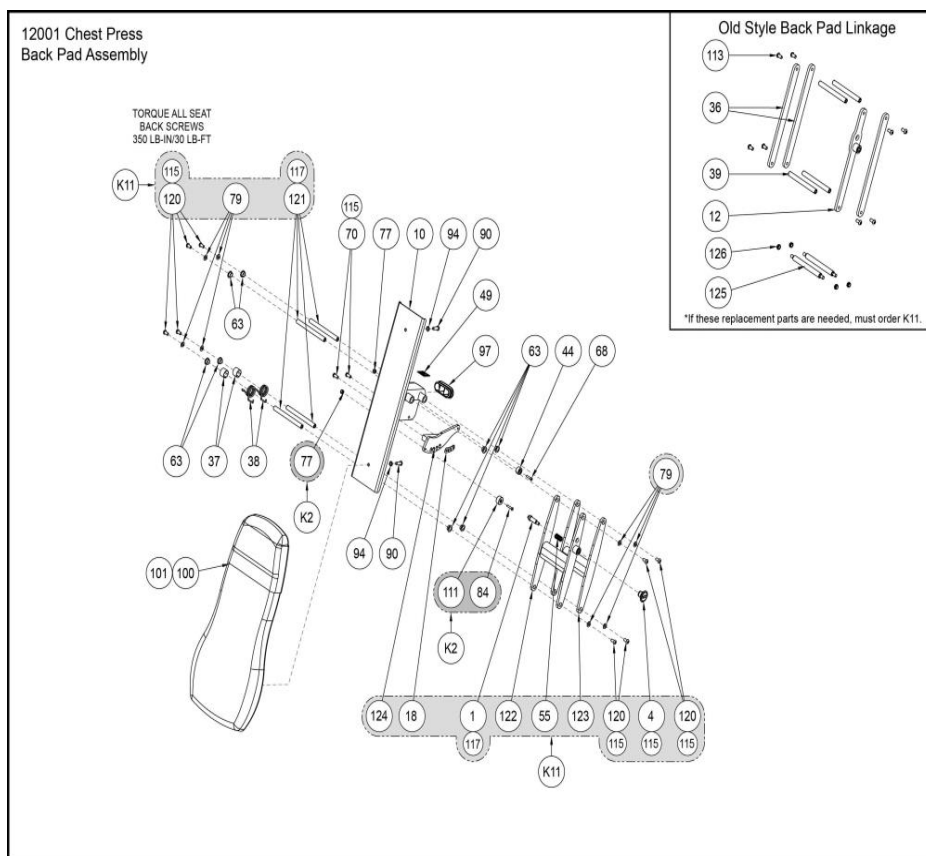
Ref #	Part Number	Qty	Description
102	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
103	12000-467	1	PULLEY COVER
104	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
112	DE-60261	2	PLUG, W/CUT, HOLE
115	YA000201	1	ADH THRD LKR REM .02 OZ 242
116	YA000226	1	LOCTITE 680 .5 ML
118	CM000261	1	DECAL, CAPACITY

12000 Panel Assembly



Ref #	Part Number	Qty	Description
26	12000-392	1	CHANNEL INCREMENT WEIGHT
27	12000-393	1	CHANNEL INCREMENT WEIGHT
28	12000-395	1	CAP TOP
29	12000-396	2	END CAP
30	12000-397	1	PANEL INSERT
32	12000-598	1	Placard VR3 Chest Press
51	DE000001	1	Decal Warning Custom
74	HF579000	12	PANEL FASTENER 10-24 U TYPE
81	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
83	HX570412	10	BHSCS 10-24 X .50 SS
110	11040-790	1	NLA: DECAL, MADE IN THE USA
119	DE000005	1	Decal Caution Custom

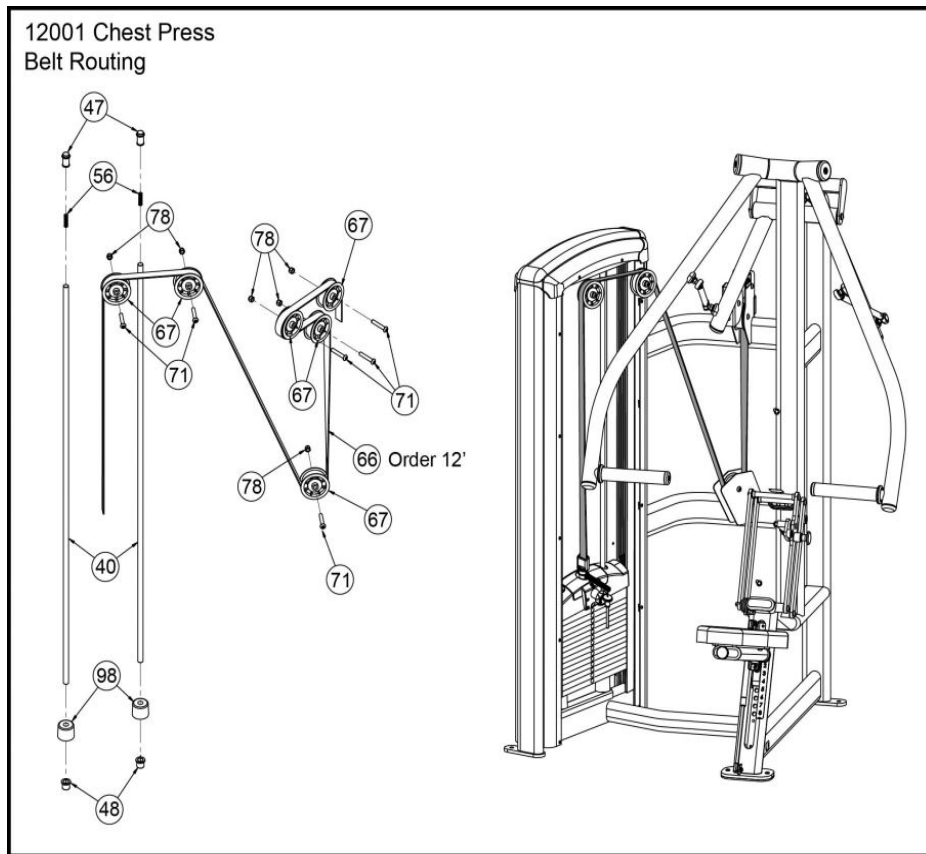
12001 Back pad Assembly



Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
K2	12001K002	1	KIT, BUMPER REPLACEMENT
4	11040-440	1	KNOB
10	12000-204	1	W SEAT BACK Custom
K11	12000K020	1	KIT, SEAT BAR LINKAGE Custom
12	12000-207	2	NLA: W DETENT LINK
13	12000-208	1	P DETENT PLATE
18	12000-340	1	DECAL SEAT ADJUST
36	12050-368	2	NLA: LINK SEAT MOUNT
37	12050-369	2	ENDCAP
38	12050-370	1	SPRING TORSION
39	12050-375	1	NLA: PIN PIVOT
44	12100-303	1	BUMPER
49	8500-025	1	DECAL CAUTION Custom
55	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
63	FB130205	7	BRG FLG .62 X .75 .38 LG
68	HC622817	1	SHCS .250-20 X 1.00
77	HN625200	2	LOCKNUT .250-20 NYLON HVY
79	HS347600	8	WASHER SAE .375
84	HX620420	1	BHSCS .250-20 X 1.250
90	JC700420	2	BHSCS .375-16 X 1.25
94	JS347400	2	LOCKWASHER INT TOOTH .375

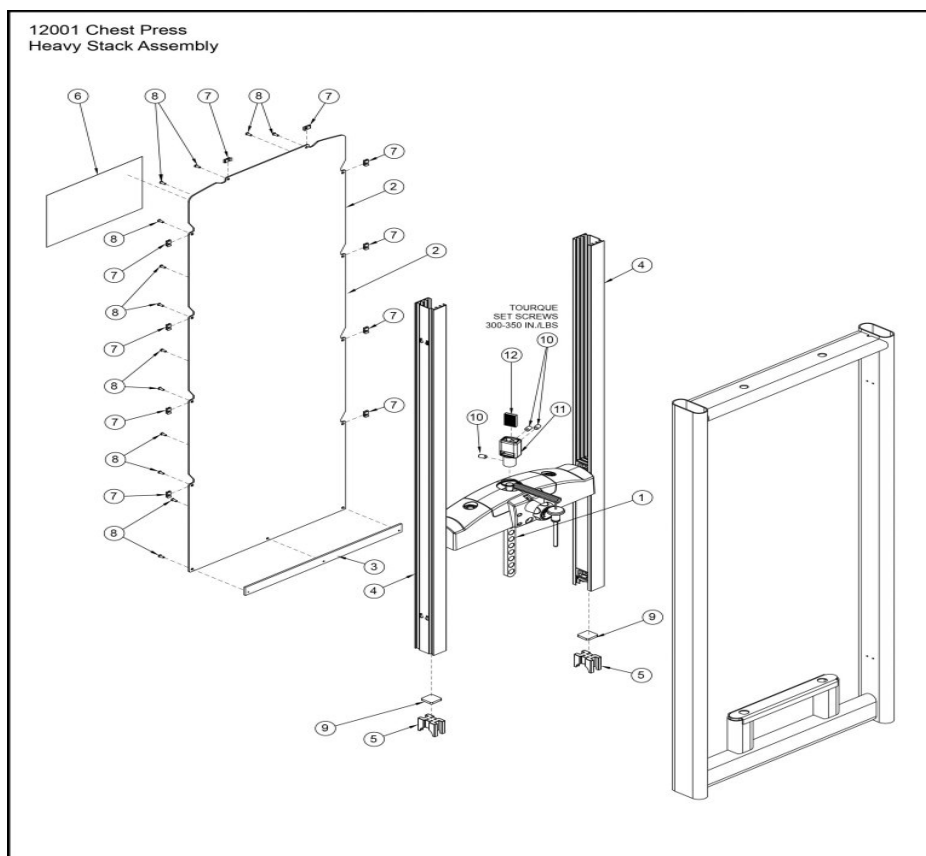
Ref #	Part Number	Qty	Description
97	PP130002	1	INSERT DOMED PLASTIC
100	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
101	4800-183	1	WEAR COVER SA 32in MOLDED Custom
111	12100-312	1	BUMPER
113	HC700417	2	BHSCS .375-16 X 1.00
120	HC700415	8	BHSCS .375-16 X .75
121	12000-480	4	PIN, PIVOT
122	12000-210	1	W DETENT LINK Custom
123	12000-211	1	W DETENT LINK Custom
124	12000-212	1	P DETENT PLATE
125	12600-305	1	NLA: PIVOT SHAFT
126	HN704902	1	LOCKNUT NYLON .375-16

12001 Belt Routing



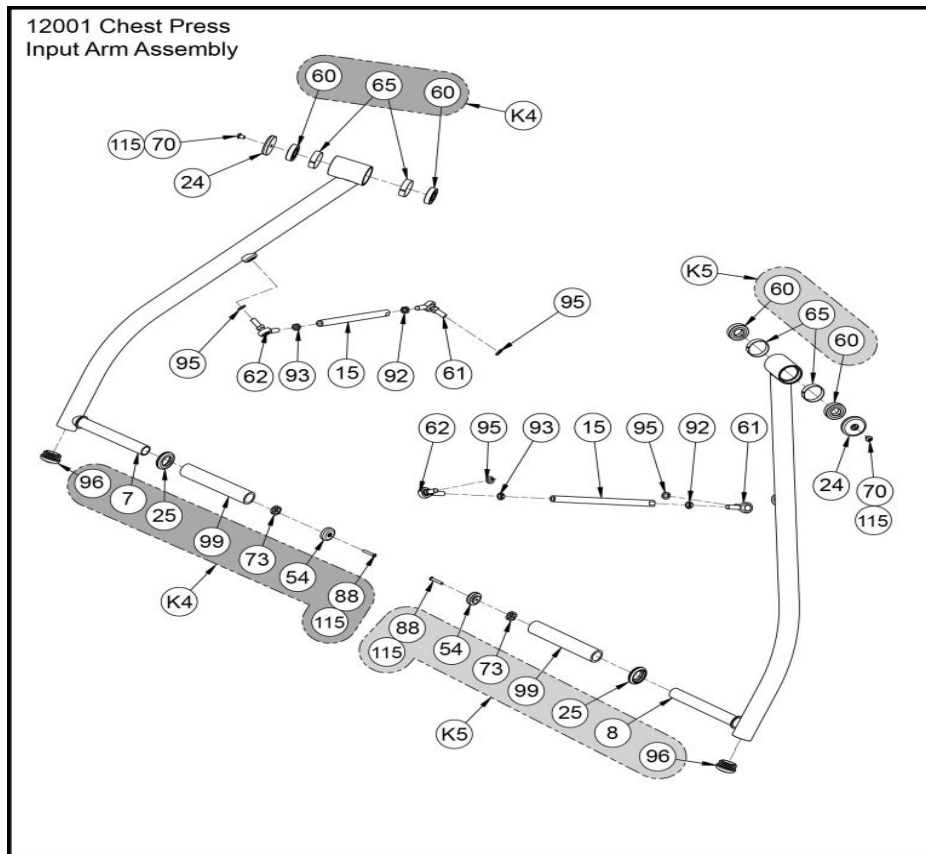
Ref #	Part Number	Qty	Description
40	12060-350	2	WT ROD .625 DIA X 54.63
47	12210-347	2	CAP GUIDE ROD
48	12210-348	2	CAP GUIDE ROD
56	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
66	GB000202	1	BELT .95 WIDE
67	GP000209	6	PULLEY ASSEMBLY-3.50
71	HC700428	7	BHSCS .375-16 X 2.25
78	HN704901	6	LOCKNUT .375-16 NYLON
98	PR060005	2	BUMPER WEIGHT

12001 Heavy Stack Assembly



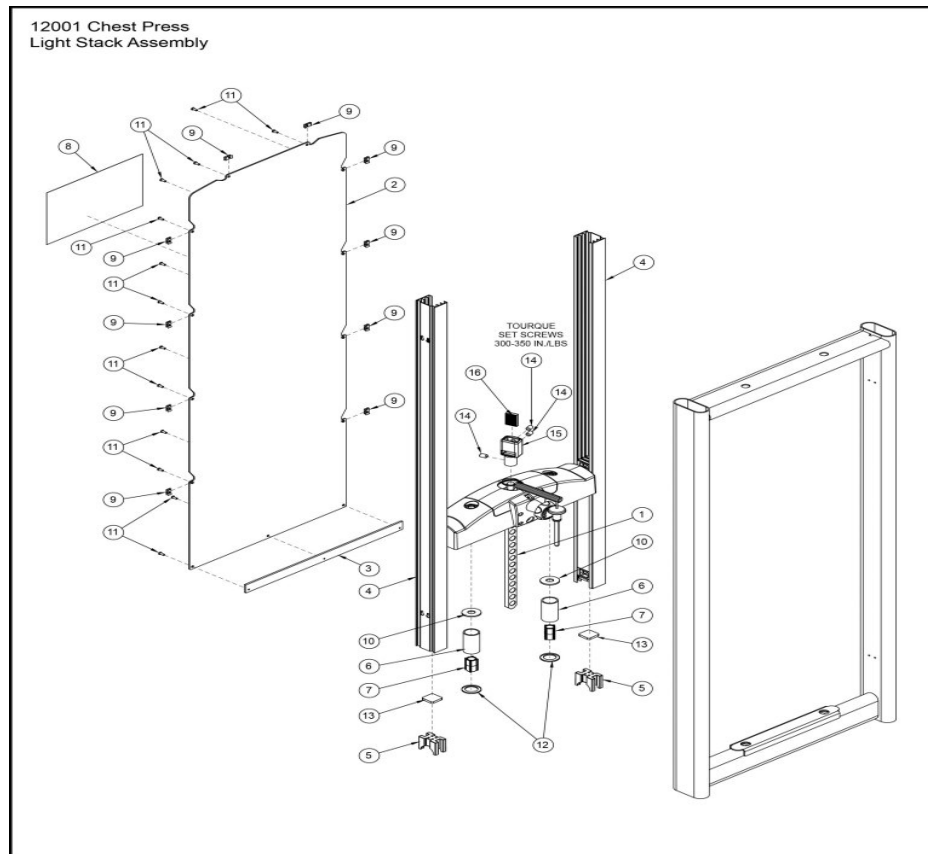
Ref #	Part Number	Qty	Description
1	11040-007	1	TOP WEIGHT ASSY 15
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-442	1	DECAL CYBEX VER SILVER
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50 SS
9	11040-409	2	BUMPER
10	HY740000	3	SET SCREW
11	11040-216	1	P BELT CLAMP
12	11040-301	1	INSERT CLAMP BLOCK

12001 Input Arm Assembly



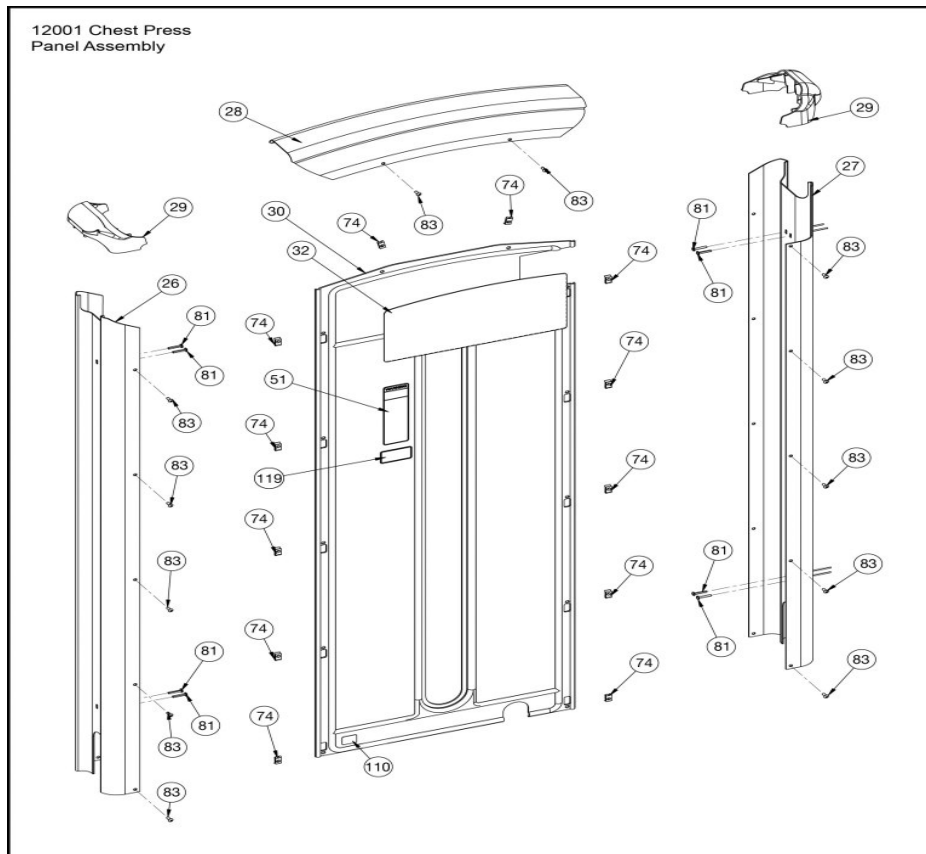
Ref #	Part Number	Qty	Description
K4	12000K015	2	KIT ARM RH Custom
K5	12000K016	2	KIT ARM LH
7	12000-201	1	W ARM RH Custom
8	12000-202	1	W ARM LH Custom
15	12000-333	2	ROD TIE
24	12000-368	3	END CAP
25	12000-369	2	RING HANDLE GRIP
54	610A-350	2	END CAP
60	FB030247	4	BEARING RADIAL 25MM EXTENDED RACE
61	FB030250	2	BEARING ROD END MALE .500-20RH
62	FB030251	2	BEARING ROD END MALE .500-20LH
65	FC030007	4	TOLERANCE RING 2.047 ID
70	HC700416	3	BHSCS .375-16 X .875
73	HF449064	2	INSERT 1.12 X .250-20 UNC
88	JC620422	2	BHSCS .250-20 X 1.50
92	JN794400	2	JAM NUT .500-20
93	JN794401	2	NUT JAM .500-20LH
95	JS388300	4	LOCKWASHER SPLIT .500
96	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
99	12000-350	2	GRIP 8.75

12001 Light Stack Assembly



Ref #	Part Number	Qty	Description
1	11040-007	1	TOP WEIGHT ASSY 15
2	12000-375	1	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	12210-351	2	TUBE SPACER
7	12210-352	2	INSERT PLASTIC
8	3900-441	1	DECAL CYBEX VER BLACK
8	3900-442	1	DECAL CYBEX VER SILVER
9	HF579000	10	PANEL FASTENER 10-24 U TYPE
10	HS760106	1	WASH FLAT 1.750 .688 .140 T
11	HX570412	13	BHSCS 10-24 X .50 SS
12	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
13	11040-409	2	BUMPER
14	HY740000	3	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12001 Panel Assembly



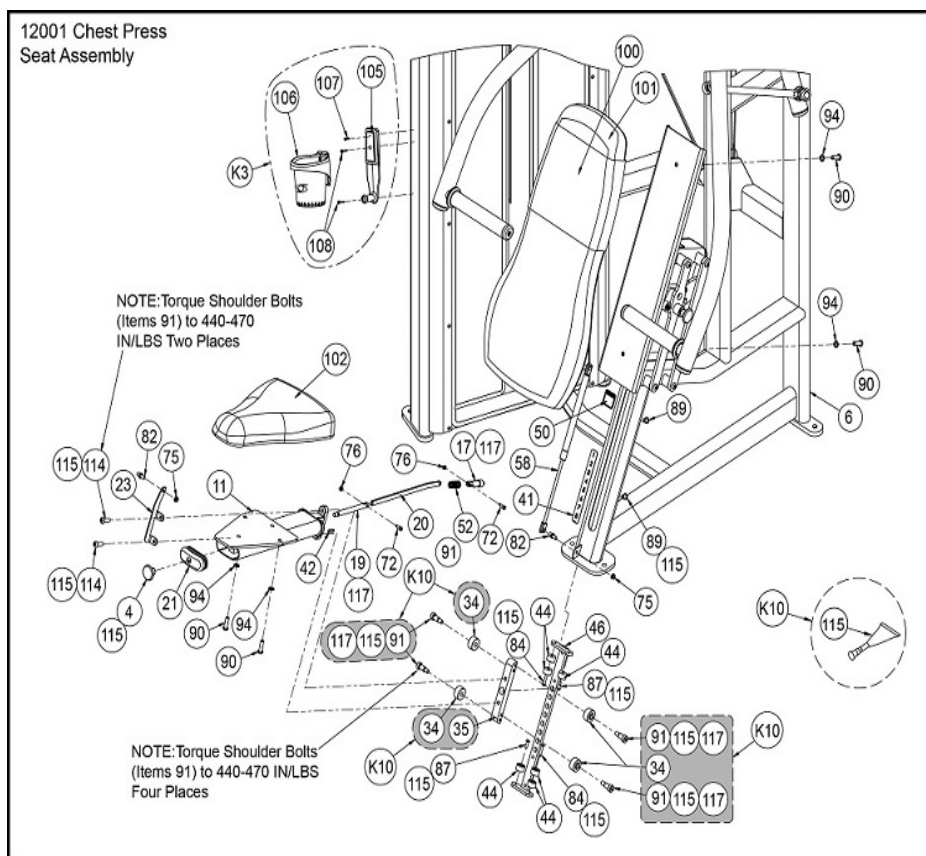
Ref #	Part Number	Qty	Description
26	12000-392	1	CHANNEL INCREMENT WEIGHT
27	12000-393	1	CHANNEL INCREMENT WEIGHT
28	12000-395	1	CAP TOP
29	12000-396	2	END CAP
30	12000-420	1	Insert Panel
32	12000-598	1	Placard VR3 Chest Press
51	DE000001	1	Decal Warning Custom
74	HF579000	12	PANEL FASTENER 10-24 U TYPE
81	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
83	HX570412	12	BHSCS 10-24 X .50 SS
110	11040-790	1	NLA: DECAL, MADE IN THE USA
119	DE000005	1	Decal Caution Custom

12001 Parts Not Shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K9	12000K019	1	Kit Hardware VR3

12001 Seat Assembly



Ref #	Part Number	Qty	Description
K3	12000K017	1	Kit Water Bottle Holder
4	11040-440	1	KNOB
6	12001-200	1	W Main Frame Custom
11	12000-205	1	W SEAT BOTTOM Custom
17	12000-339	1	PIN DETENT
19	12000-342	1	PIN DETENT
20	12000-343	1	LINKAGE BAR
21	12000-346	1	INSERT, PLASTIC
23	12000-353	1	MOUNT GAS SPRING
34,35,K10	12000K012	10	KIT. ROLLER ASSEMBLY
41	12070-329	1	DECAL ADJUSTING
42	12070-394	1	DECAL INDICATOR
44	12100-303	6	BUMPER
46	12190-208	1	P DETENT BAR
50	4520-362	1	DECAL SEAT CAUTION Custom
52	4715-346	1	COM SPRING .72 X 1.50 LG
58	EZ000008	1	GAS SPRING 100N
72	HD303312	2	S BOLT .250 X .500 .190-10-24
75	HN-60065	1	NUT SELF-LOCKING 5-16-18 B-ZN
76	HN575100	2	LOCKNUT .190-NO 10-24
82	HX-60184	2	BALL,STUD,5/16 -18X10MM
84	HX620420	1	BHSCS .250-20 X 1.250

Ref #	Part Number	Qty	Description
87	JC620415	2	BHSCS .250-20 X .75
89	JC700412	2	BHSCS .375-16 X .50
90	JC700420	3	BHSCS .375-16 X 1.25
91	JD383315	5	S BOLT .500 X .75 .375-16
94	JS347400	4	LOCKWASHER INT TOOTH .375
100	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
101	4800-183	1	WEAR COVER SA 32in MOLDED Custom
102	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
105	13000-402	1	Mount Water Bottle Holder
106	13000-400	1	Holder Water Bottle
107	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
108	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
114	JC702820	1	SHCS .375-16 X 1.25

