

VR3 OVERHEAD PRESS

12010-02

Parts Manual

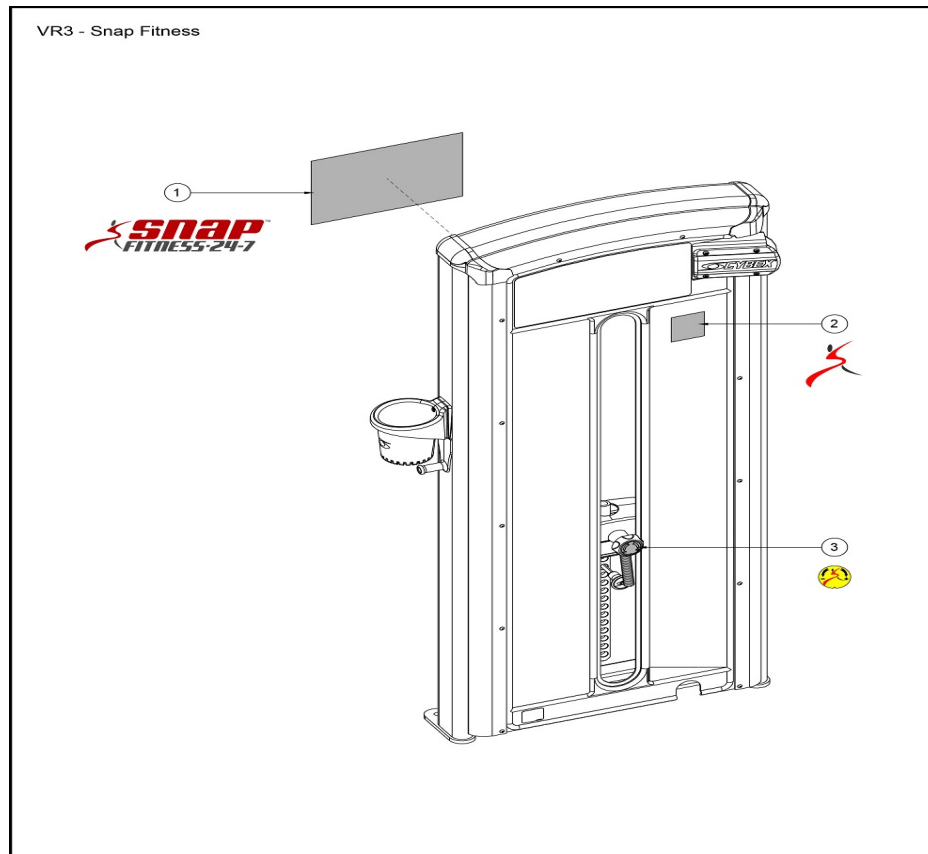
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Table of Contents

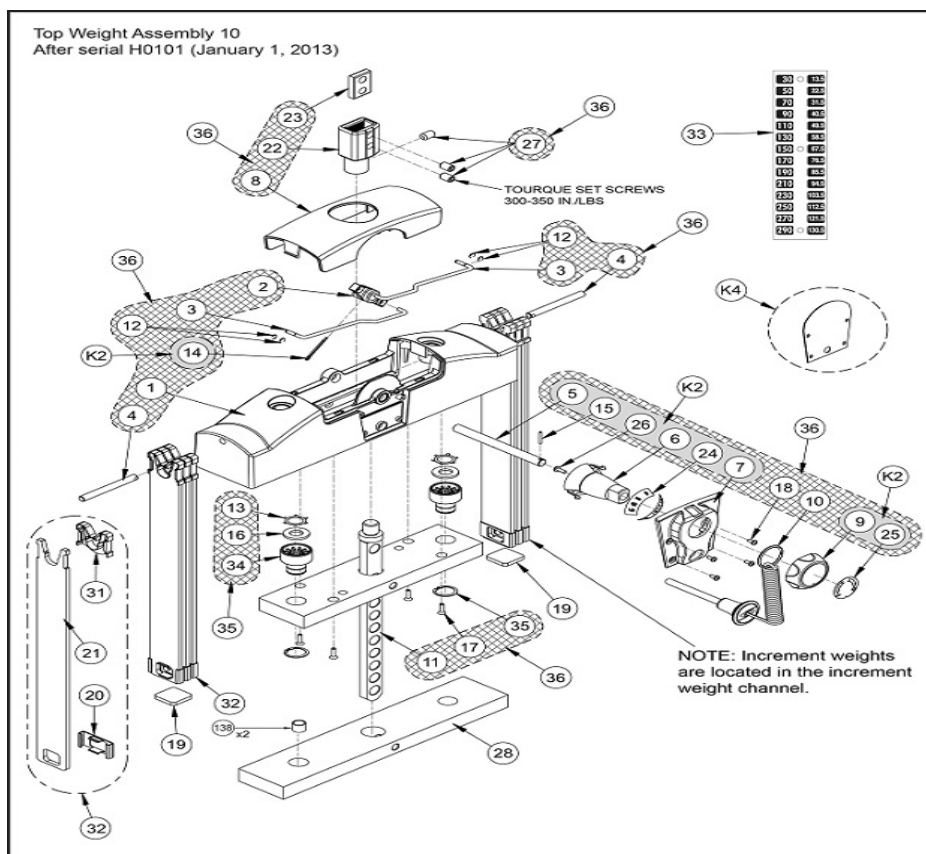
VR3 - Snap Fitness.....	3
VR3 - 10 Top Weight Assembly After H0101.....	4
12010 Belt Routing.....	6
12010 Frame Assembly.....	7
12010 Heavy Stack Assembly.....	9
12010 Input Arm Assembly.....	10
12010 Light Stack Assembly.....	11
12010 Panel Assembly.....	12
12010 Parts Not Shown.....	13
12010 Seat Assembly.....	14
12200, 12210, 12500, 12510 Planet Shrouds (New Style).....	16
12200, 12210, 12500, 12510 Planet Shrouds (Old Style).....	17
12200, 12210, 12500, 12510 You Fit Shrouds with 12000-375.....	18

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

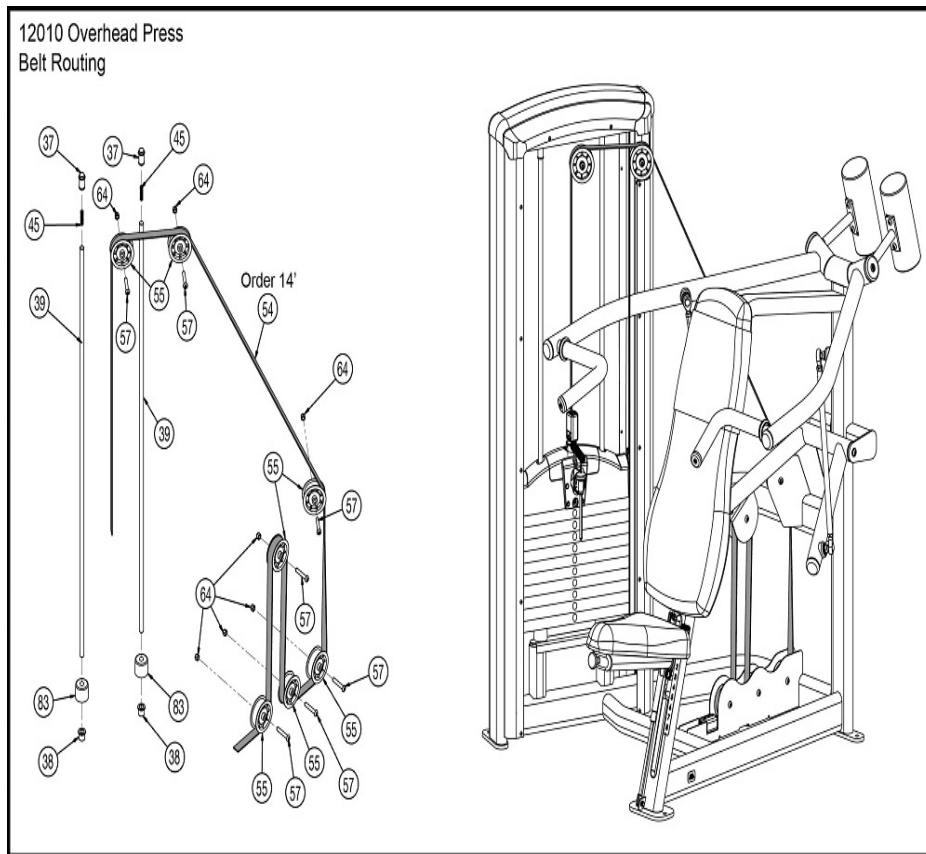
VR3 - 10 Top Weight Assembly After H0101



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
K6	11040K009	2	KIT INCREMENT WEIGHT KNOB
6	11040-426	1	STEM
K7	11040K010	3	Kit Top Weight Hardware
7	11040-424	1	COVER PLATE
K8	11040K007	1	KIT NON-INCREMENTAL TOP WEIGHT
8	11040-416	1	COVER 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

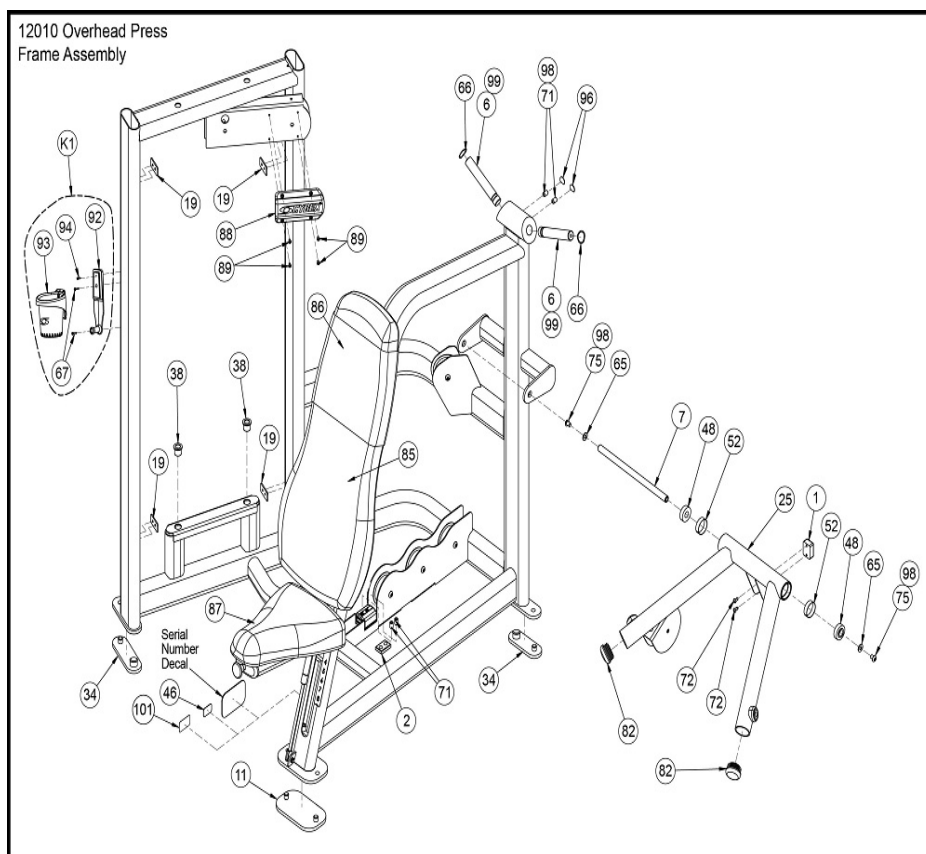
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
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

12010 Belt Routing



Ref #	Part Number	Qty	Description
37	12210-347	2	CAP GUIDE ROD
38	12210-348	2	CAP GUIDE ROD
39	12210-350	2	WT ROD .625 DIA X 49.53
45	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
54	GB000202	1	BELT .95 WIDE
55	GP000209	7	PULLEY ASSEMBLY-3.50
57	HC700428	7	BHSCS .375-16 X 2.25
64	HN704901	7	LOCKNUT .375-16 NYLON
83	PR060005	2	BUMPER WEIGHT

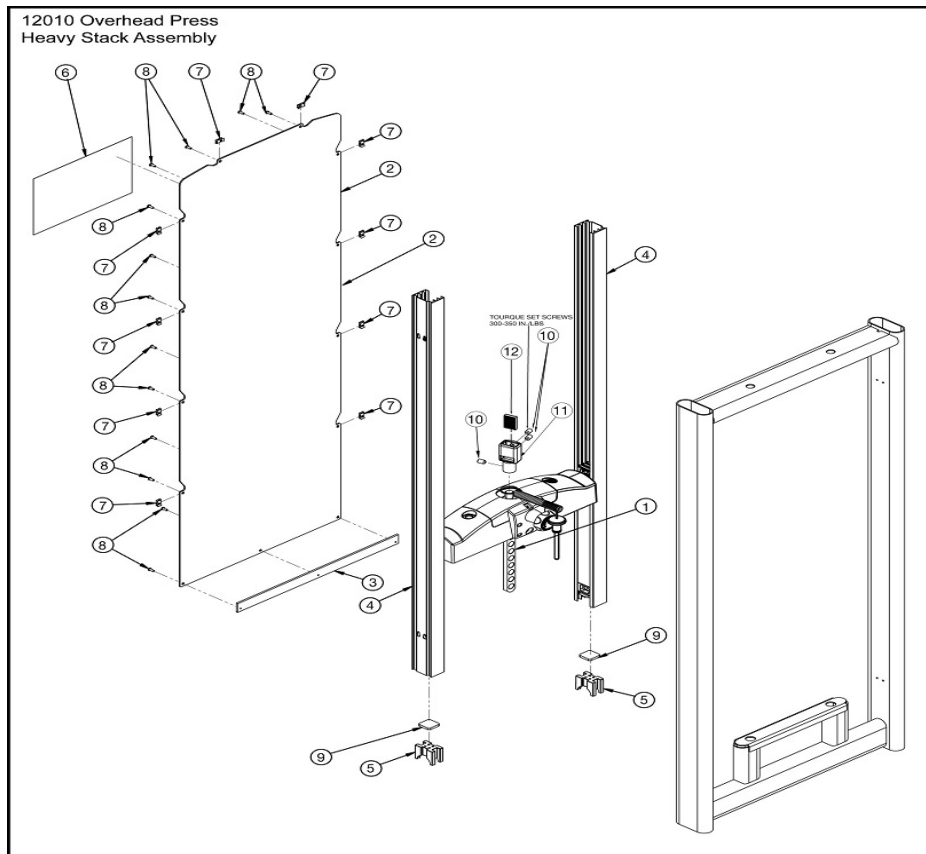
12010 Frame Assembly



Ref #	Part Number	Qty	Description
1	11000-384	1	BLOCK STOP
K1	12000K017	1	Kit Water Bottle Holder
2	11040-301	1	INSERT CLAMP BLOCK
6	12000-307	2	PIN PIVOT
7	12000-337	1	SHAFT PIVOT
11	12000-345	1	FOOT PAD 4.00 X 7.00
19	12000-398	4	SPACER
25	12010-204	1	W ARM LINKAGE Custom
34	12090-322	2	PAD FOOT
38	12210-348	2	CAP GUIDE ROD
46	CM000211	1	DECAL PATENT
48	FB030232	2	BRG RADIAL 17MM ID EXT RACE
52	FC030006	2	TOLERANCE RING 1.575 ID
65	HS347600	2	WASHER SAE .375
66	HS477100	2	WASHER SPRING 1.050X1.271X.100
67	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
71	HY740000	4	SET SCREW
72	JC620412	2	BHSCS .250-20 X .50
75	JC700412	2	BHSCS .375-16 X .50
82	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
85	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
86	4800-183	1	WEAR COVER SA 32in MOLDED Custom

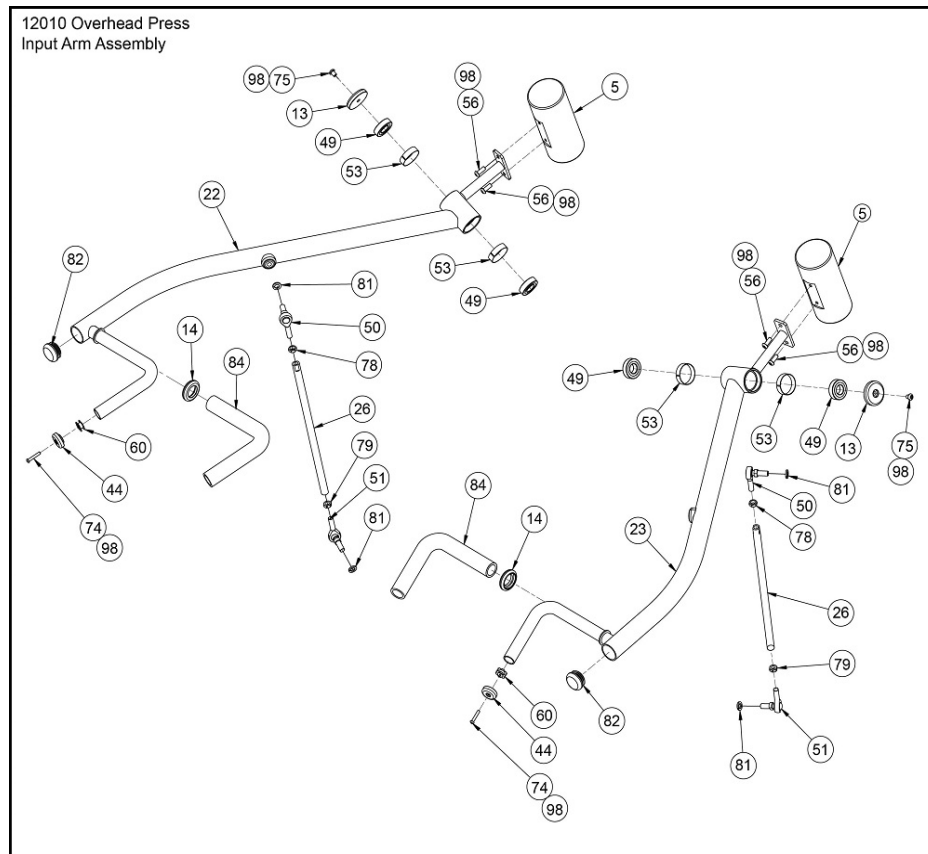
Ref #	Part Number	Qty	Description
87	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
88	12000-467	1	PULLEY COVER
89	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
92	13000-402	1	Mount Water Bottle Holder
93	13000-400	1	Holder Water Bottle
94	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
96	DE-60261	2	PLUG, W/CUT, HOLE
101	CM000260	1	DECAL, CAPACITY

12010 Heavy Stack Assembly



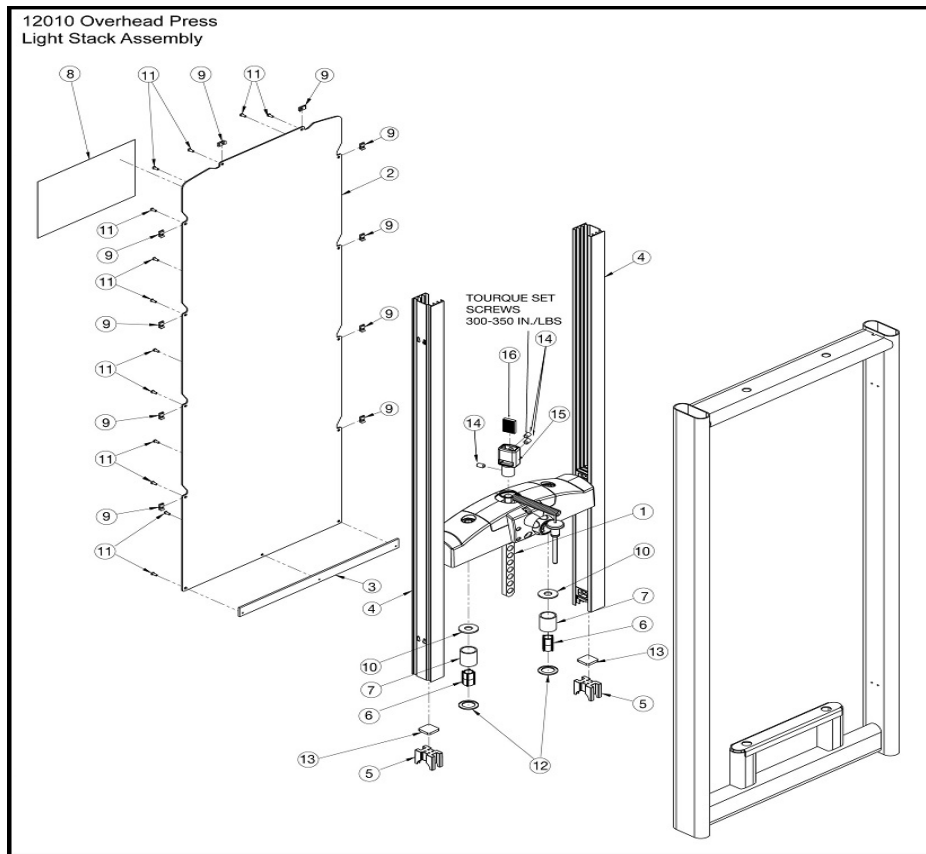
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50 SS
9	11040-409	2	BUMPER
10	HY740000	2	SET SCREW
11	11040-216	1	P BELT CLAMP
12	11040-301	1	INSERT CLAMP BLOCK

12010 Input Arm Assembly



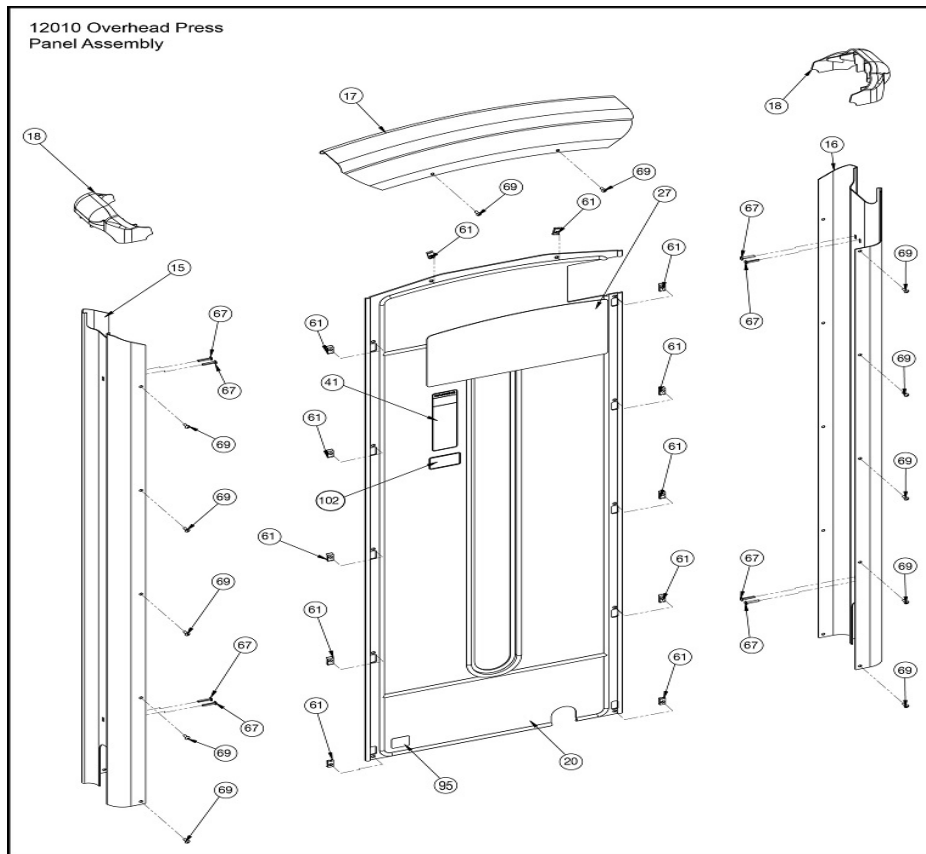
Ref #	Part Number	Qty	Description
5	11100-363	1	C/COUNTERWEIGHT
13	12000-368	2	END CAP
14	12000-369	2	RING HANDLE GRIP
22	12010-201	1	INPUT ARM RH Custom
23	12010-202	1	INPUT ARM LH Custom
26	12010-319	2	TIE ROD
44	610A-350	2	END CAP
49	FB030247	4	BEARING RADIAL 25MM EXTENDED RACE
50	FB030250	2	BEARING ROD END MALE .500-20RH
51	FB030251	2	BEARING ROD END MALE .500-20LH
53	FC030007	4	TOLERANCE RING 2.047 ID
56	HC700417	4	BHSCS .375-16 X 1.00
60	HF449064	2	INSERT 1.12 X .250-20 UNC
74	JC620422	2	BHSCS .250-20 X 1.50
75	JC700412	2	BHSCS .375-16 X .50
78	JN794400	2	JAM NUT .500-20
79	JN794401	2	NUT JAM .500-20LH
81	JS388300	2	LOCKWASHER SPLIT .500
82	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
84	12010-320	2	GRIP 15.50

12010 Light Stack Assembly



Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
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	12210-352	2	INSERT PLASTIC
7	12210-358	2	TUBE SPACER
8	3900-441	1	DECAL CYBEX VER BLACK
9	HF579000	10	PANEL FASTENER 10-24 U TYPE
10	HS760106	2	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	2	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12010 Panel Assembly



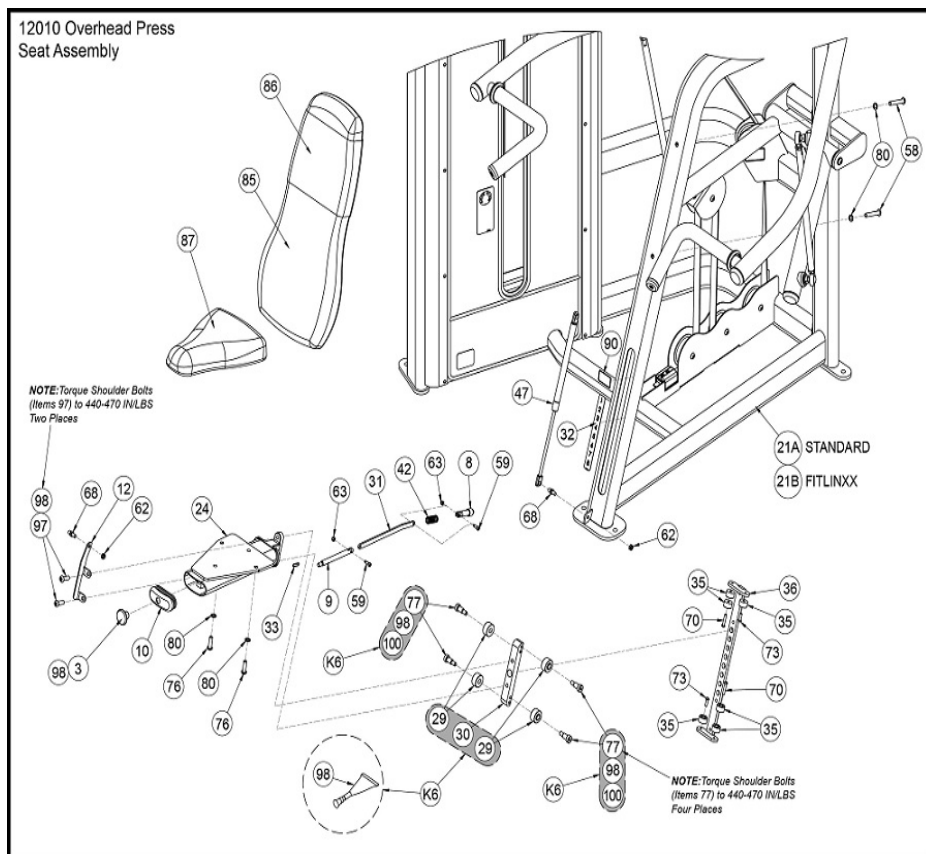
Ref #	Part Number	Qty	Description
15	12000-392	1	CHANNEL INCREMENT WEIGHT
16	12000-393	1	CHANNEL INCREMENT WEIGHT
17	12000-395	1	CAP TOP
18	12000-396	2	END CAP
20	12000-401	1	PANEL INSERT
27	12010-598	1	Plac VR3 Overhead Press
41	DE000001	1	Decal Warning Custom
61	HF579000	12	PANEL FASTENER 10-24 U TYPE
67	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
69	HX570412	12	BHSCS 10-24 X .50 SS
95	11040-790	1	NLA: DECAL, MADE IN THE USA
102	DE000005	1	Decal Caution Custom

12010 Parts Not Shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K5	12000K019	1	Kit Hardware VR3

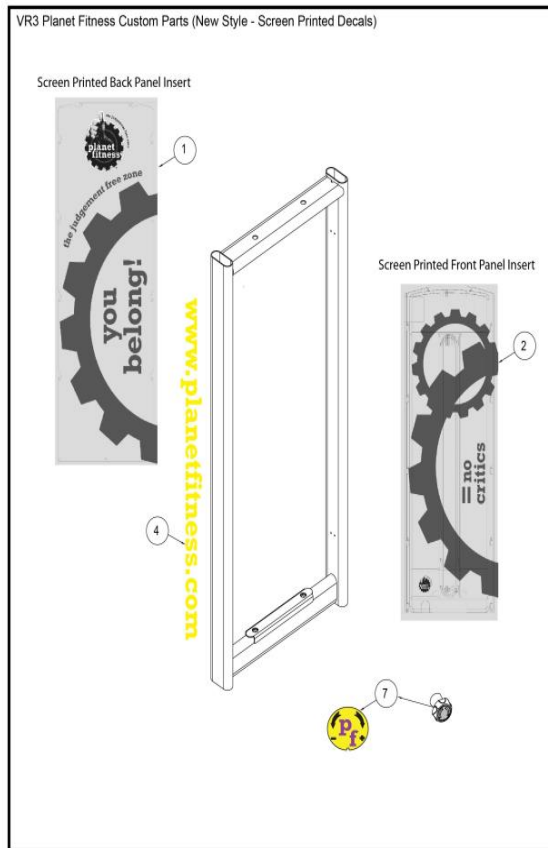
12010 Seat Assembly



Ref #	Part Number	Qty	Description
3	11040-440	1	KNOB
8	12000-339	1	PIN DETENT
9	12000-342	1	PIN DETENT
10	12000-346	1	INSERT, PLASTIC
12	12000-353	1	MOUNT GAS SPRING
21A	12010-200	1	W MAIN FRAME Custom
21B	12018-200	1	W MAIN FRAME Custom
24	12010-203	1	W SEAT BOTTOM Custom
29,30,K6	12000K012	8	KIT. ROLLER ASSEMBLY
31	12070-327	1	BAR LINKAGE
32	12070-329	1	DECAL ADJUSTING
33	12070-394	1	DECAL INDICATOR
35	12100-303	6	BUMPER
36	12190-208	1	P DETENT BAR
42	4715-346	1	COM SPRING .72 X 1.50 LG
47	EZ000008	1	GAS SPRING 100N
58	HC700430	2	BHSCS .375-16 X 2.50
59	HD303312	2	S BOLT .250 X .500 .190-10-24
62	HN-60065	2	NUT SELF-LOCKING 5-16-18 B-ZN
63	HN575100	2	LOCKNUT .190-NO 10-24
68	HX-60184	2	BALL,STUD,5/16 -18X10MM
70	HX620420	2	BHSCS .250-20 X 1.250

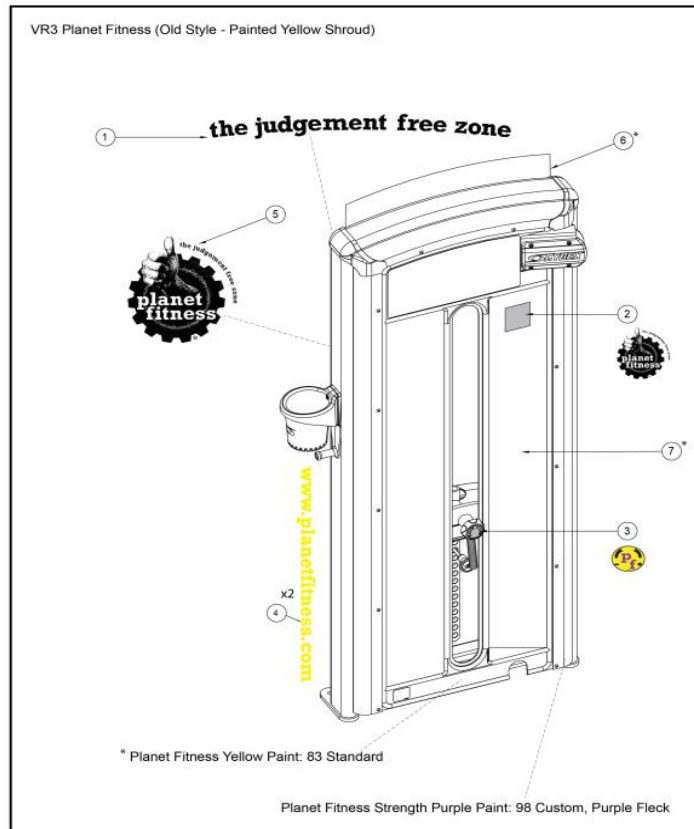
Ref #	Part Number	Qty	Description
73	JC620415	2	BHSCS .250-20 X .75
76	JC700420	2	BHSCS .375-16 X 1.25
77	JD383315	2	S BOLT .500 X .75 .375-16
80	JS347400	4	LOCKWASHER INT TOOTH .375
85	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
86	4800-183	1	WEAR COVER SA 32in MOLDED Custom
87	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
90	4520-362	1	DECAL SEAT CAUTION Custom
97	JC702820	2	SHCS .375-16 X 1.25

12200, 12210, 12500, 12510 Planet Shrouds (New Style)



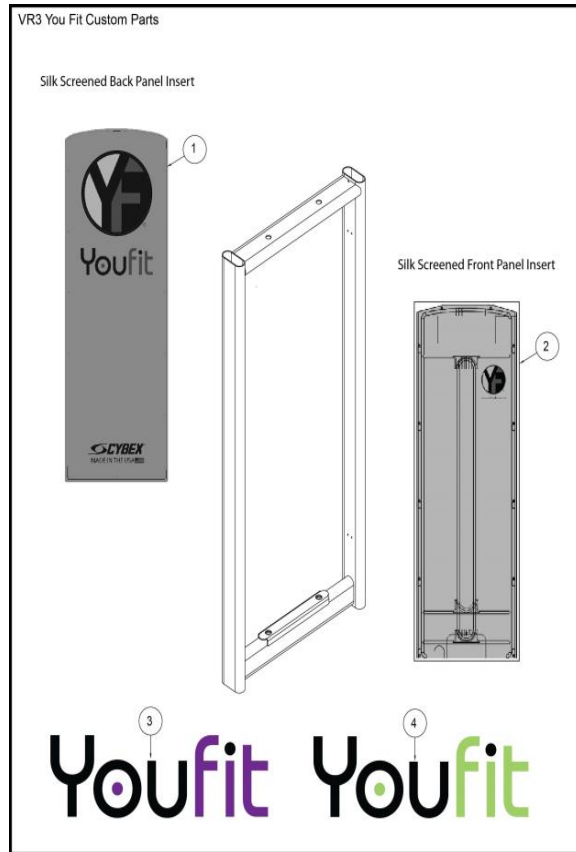
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

12200, 12210, 12500, 12510 Planet Shrouds (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

12200, 12210, 12500, 12510 You Fit Shrouds with 12000-375



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

