

VR3 ROW

12030-01

Parts Manual

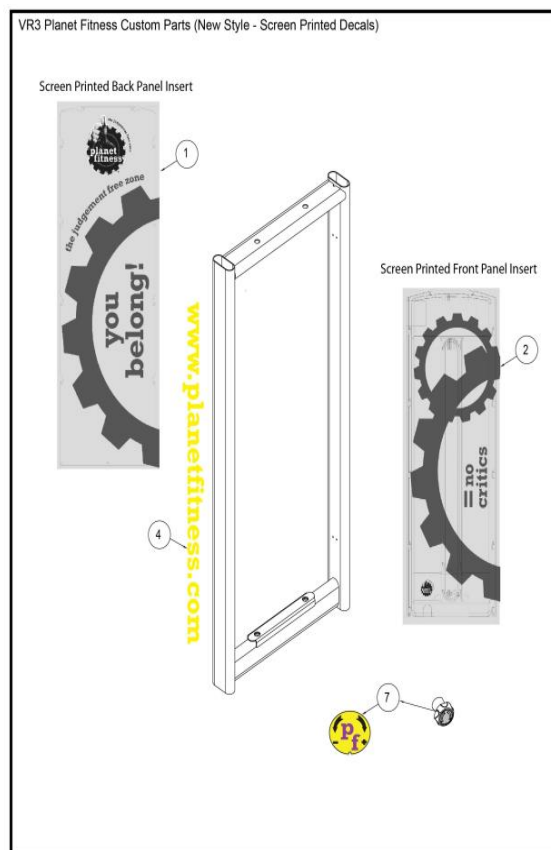
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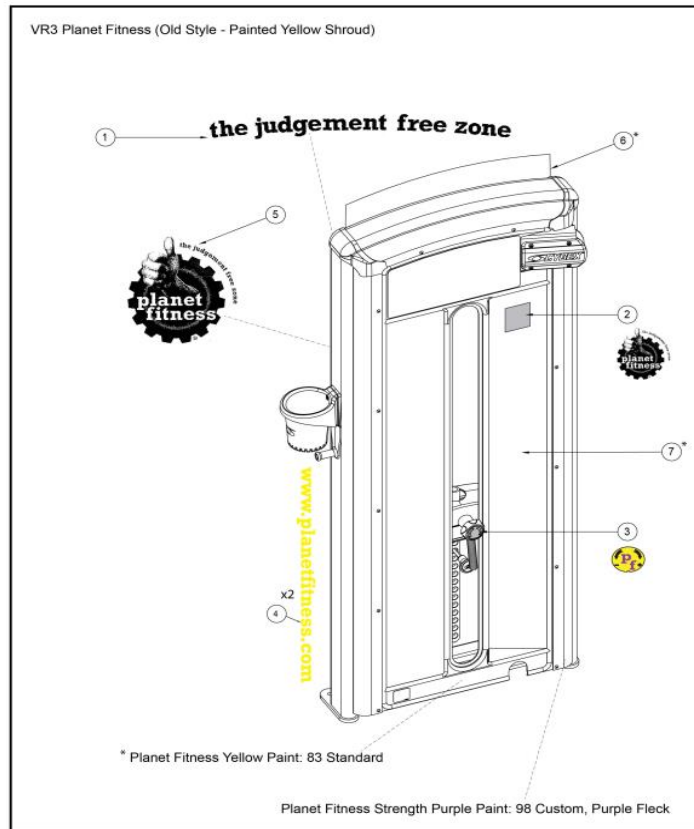
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VR3 Planet Fitness Custom (New Style)



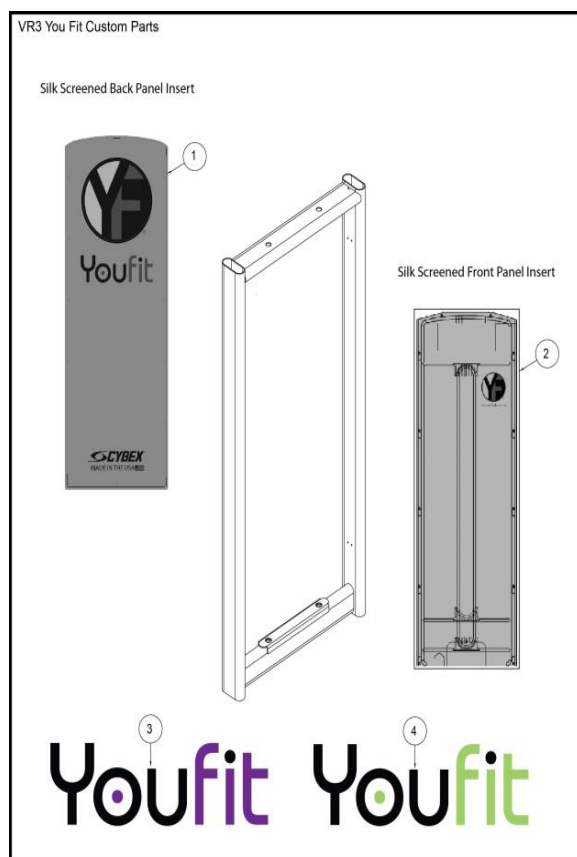
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) ☐



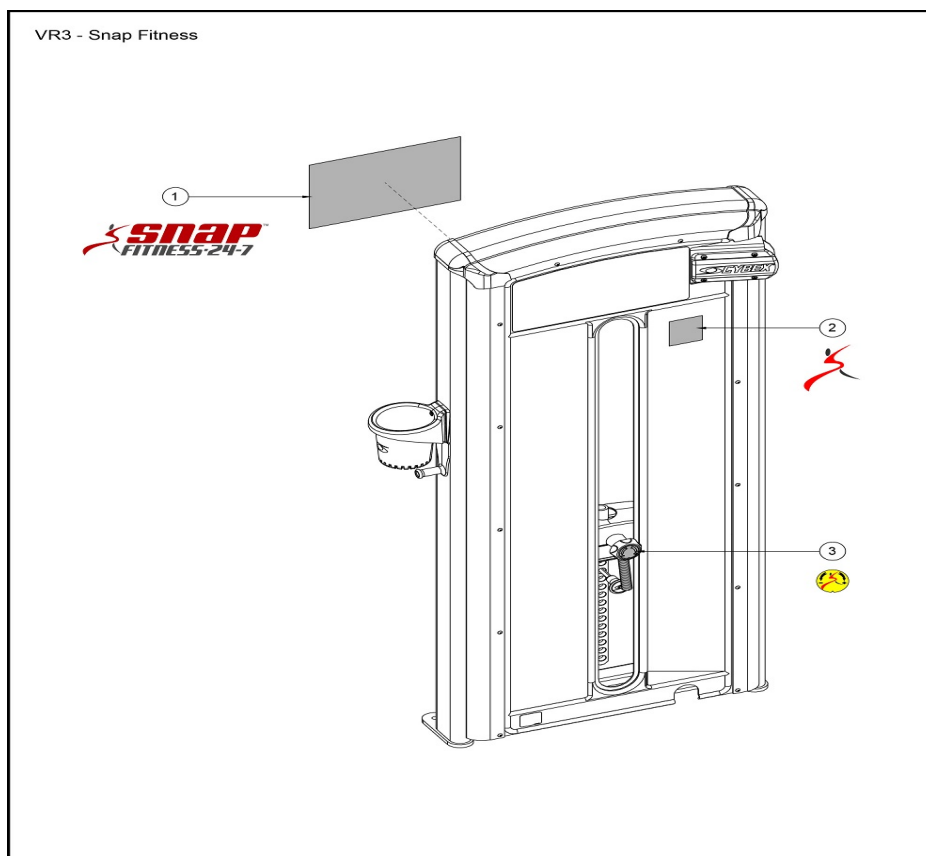
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT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

VR3 You Fit Custom ☐



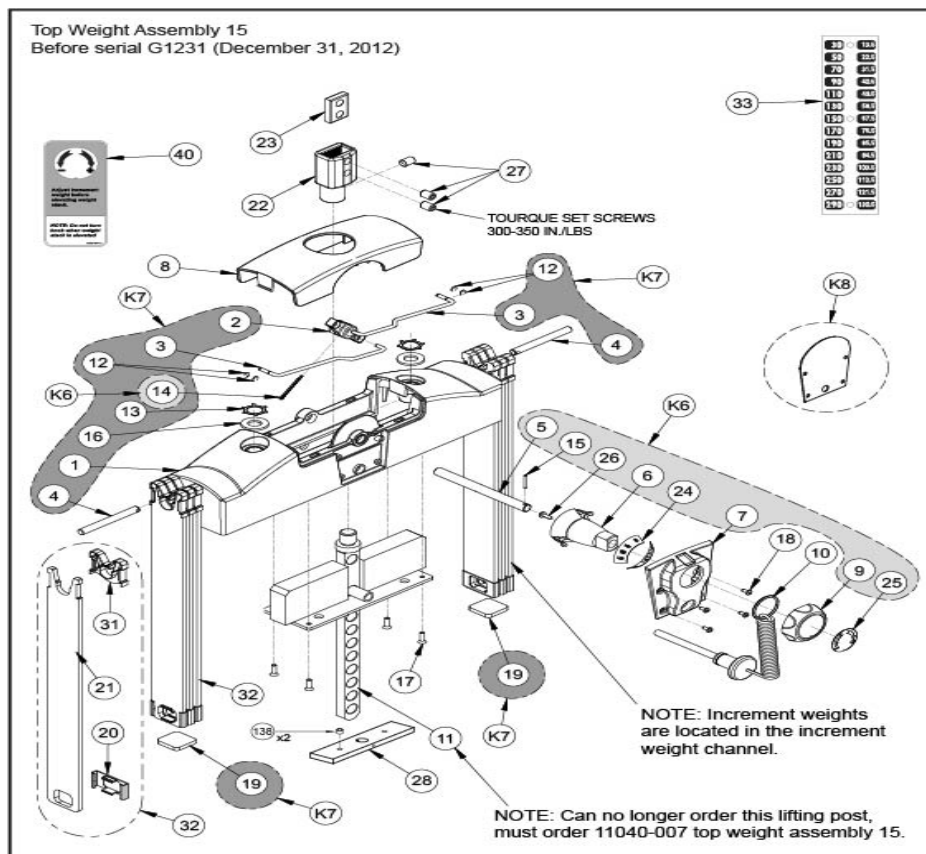
Ref #	Part Number	Qty	Description
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
2B	12000-376PY	1	PANEL INSERT, YOUFIT PURPLE
2A	12000-376YG	1	PANEL INSERT, 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

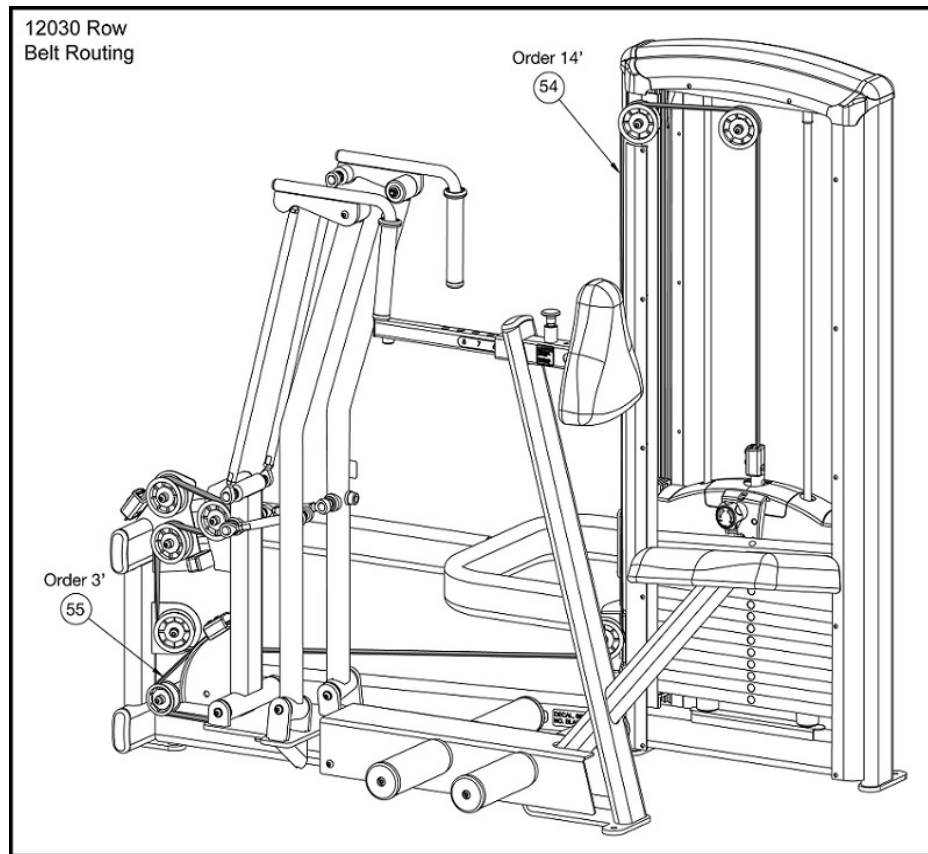
VR3 - 15 Top Weight Assembly Before G1231



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
7	11040-424	1	COVER PLATE
K7	11040K010	3	Kit Top Weight Hardware
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	11040-007	1	TOP WEIGHT ASSY 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

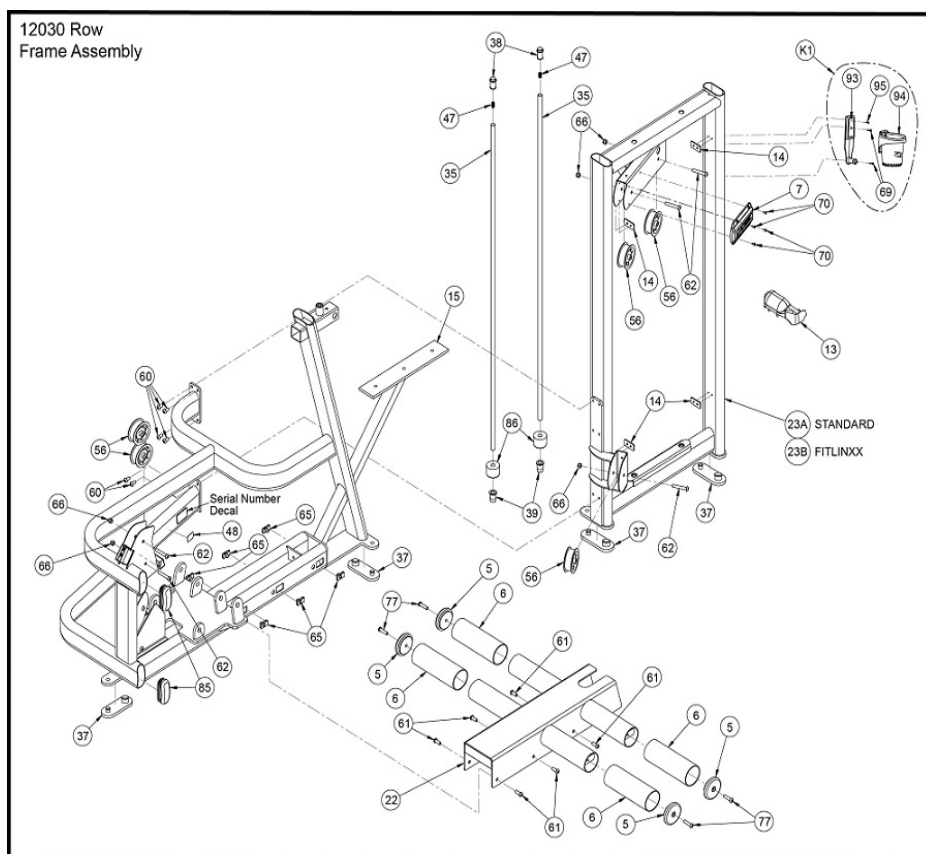
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK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

12030 Belt Routing



Ref #	Part Number	Qty	Description
54, 55	GB000202	1	BELT .95 WIDE

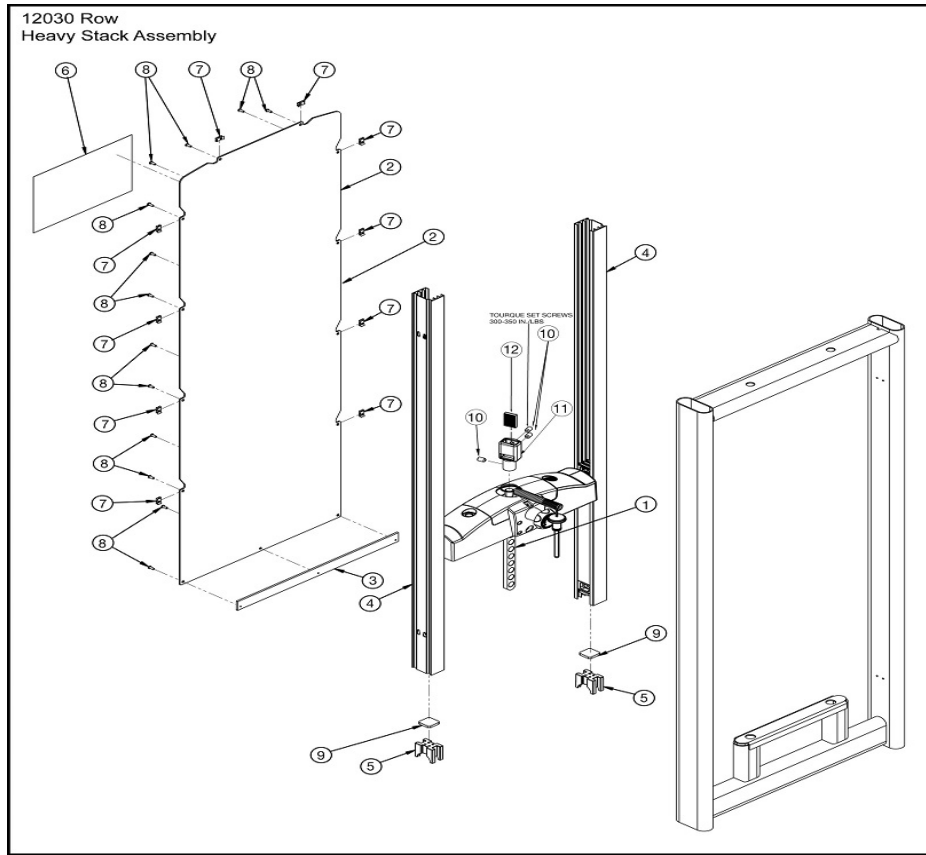
12030 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
5	11090-398	4	END CAP
6	11090-400	4	GRIP 8.75
7	12000-466	1	PULLEY COVER
13	12000-396	1	END CAP
14	12000-398	3	SPACER
15	12030-200	1	W MAIN FRAME Custom
22	12030-208	1	W FOOT REST COVER Custom
23B	12038-200	1	W MAIN FRAME Custom
23A	12030-210	1	W FRAME Custom
35	12060-350	2	WT ROD .625 DIA X 54.63
37	12090-322	4	PAD FOOT
38	12210-347	1	CAP GUIDE ROD
39	12210-348	2	CAP GUIDE ROD
47	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
48	CM000211	1	DECAL PATENT
56	GP000209	5	PULLEY ASSEMBLY-3.50
60	HC700415	6	BHSCS .375-16 X .75
61	HC700417	6	BHSCS .375-16 X 1.00
62	HC700428	5	BHSCS .375-16 X 2.25
65	HF700000	5	PANEL FASTNER .375-16 U TYPE
66	HN704901	5	LOCKNUT .375-16 NYLON

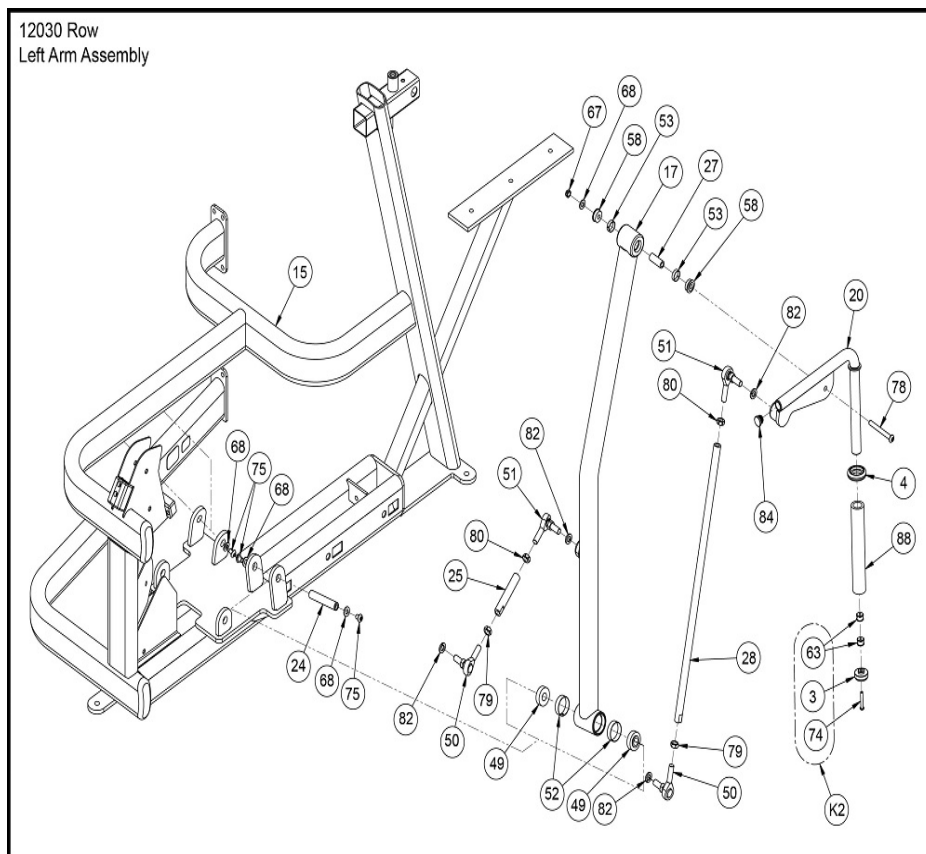
Ref #	Part Number	Qty	Description
69	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
70	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
77	JC700422	3	BHSCS .375-16 X 1.50
85	PP130002	2	INSERT DOMED PLASTIC
86	PR060005	2	BUMPER WEIGHT
93	13000-402	1	Mount Water Bottle Holder
94	13000-400	1	Holder Water Bottle
95	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

12030 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	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	9	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

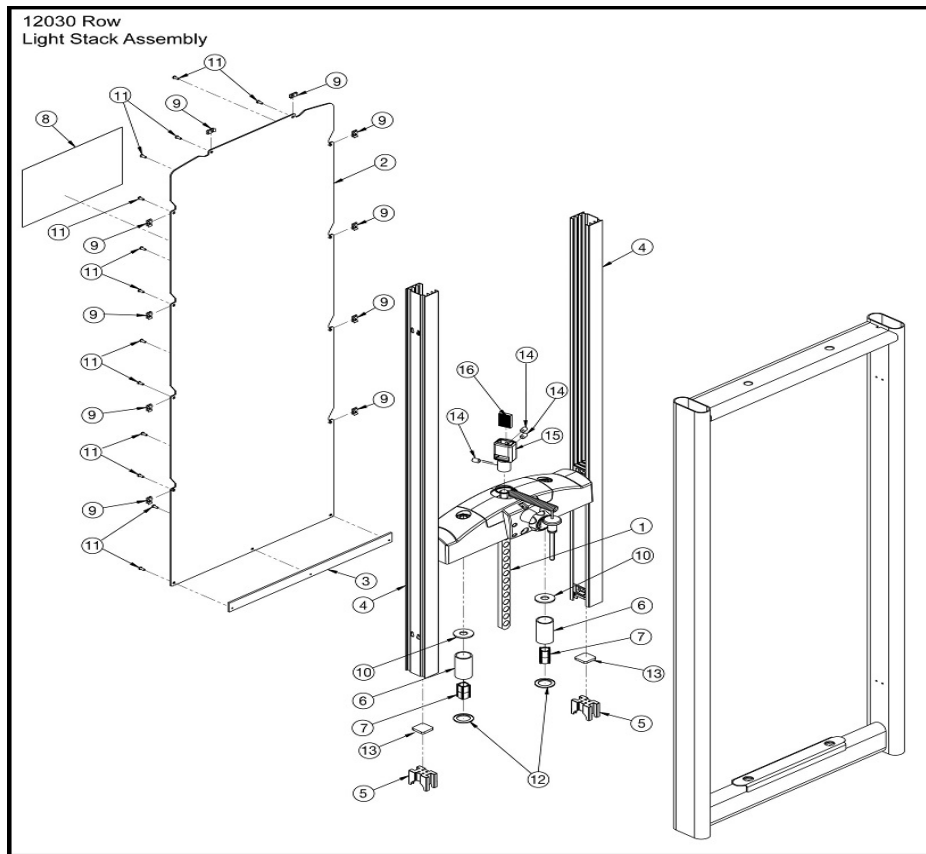
12030 Left Arm Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
3	11090-374	1	END CAP
4	11090-376	1	RING HANDLE GRIP
15	12030-200	1	W MAIN FRAME Custom
17	12030-202	1	W INPUT ARM LH Custom
20	12030-205	1	W HANDLE LH Custom
24	12030-305	1	SHAFT PIVOT
25	12030-316	1	TIE ROD
27	12030-329	1	SPACER
28	12030-335	1	TIE ROD
49	FB030232	2	BRG RADIAL 17MM ID EXT RACE
50	FB030250	2	BEARING ROD END MALE .500-20RH
51	FB030251	2	BEARING ROD END MALE .500-20LH
52	FC030006	2	TOLERANCE RING 1.575 ID
53	FC030008	2	TOLERANCE RING 26MM
58	HB-60011	2	BEARING FLANGE 3-8IN.IDX1.0 OD
63	HF449063	2	INSERT 3-4X1-4-20 CONNECTOR
67	HN704902	2	LOCKNUT NYLON .375-16
68	HS347600	4	WASHER SAE .375
74	JC620422	1	BHSCS .250-20 X 1.50
75	JC700412	2	BHSCS .375-16 X .50
78	JC700436	1	BHSCS .375-16 X 3.25

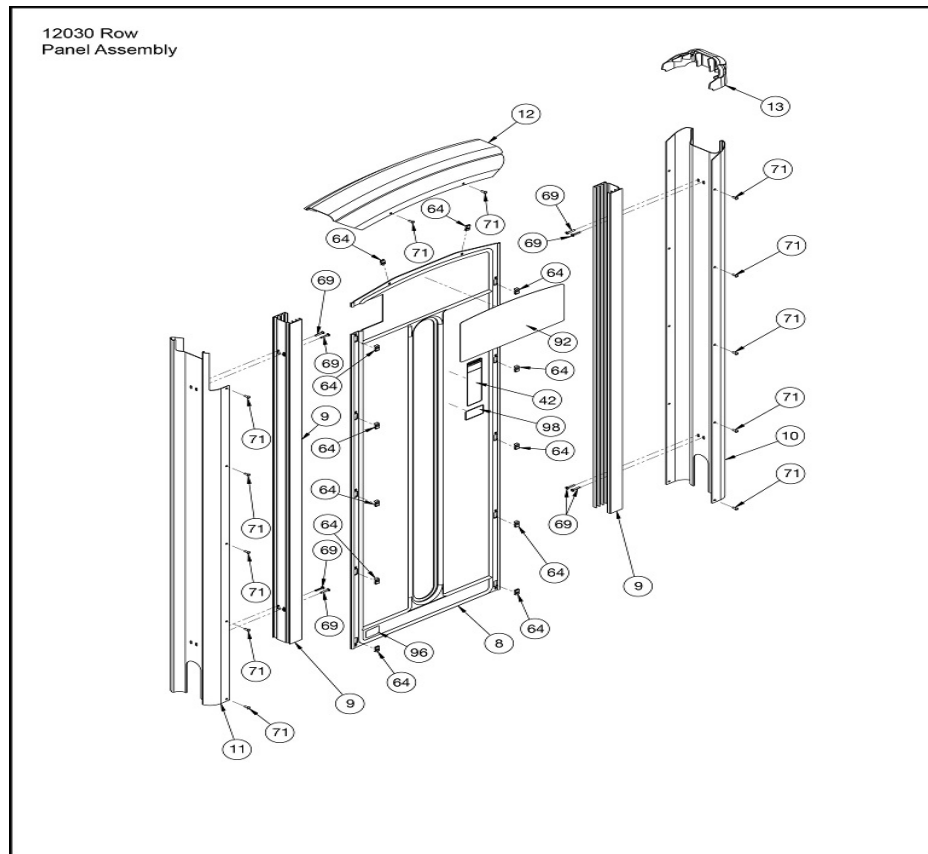
Ref #	Part Number	Qty	Description
79	JN794400	2	JAM NUT .500-20
80	JN794401	2	NUT JAM .500-20LH
82	JS388300	4	LOCKWASHER SPLIT .500
84	PP090213	1	INSERT PLASTIC
88	4605-506	1	GRAB GRIP 8.00

12030 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	1	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
9	HF579000	10	PANEL FASTENER 10-24 U TYPE
10	HS760106	2	WASH FLAT 1.750 .688 .140 T
11	HX570412	11	BHSCS 10-24 X .50 SS
12	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
13	11040-409	1	BUMPER
14	HY740000	3	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12030 Panel Assembly



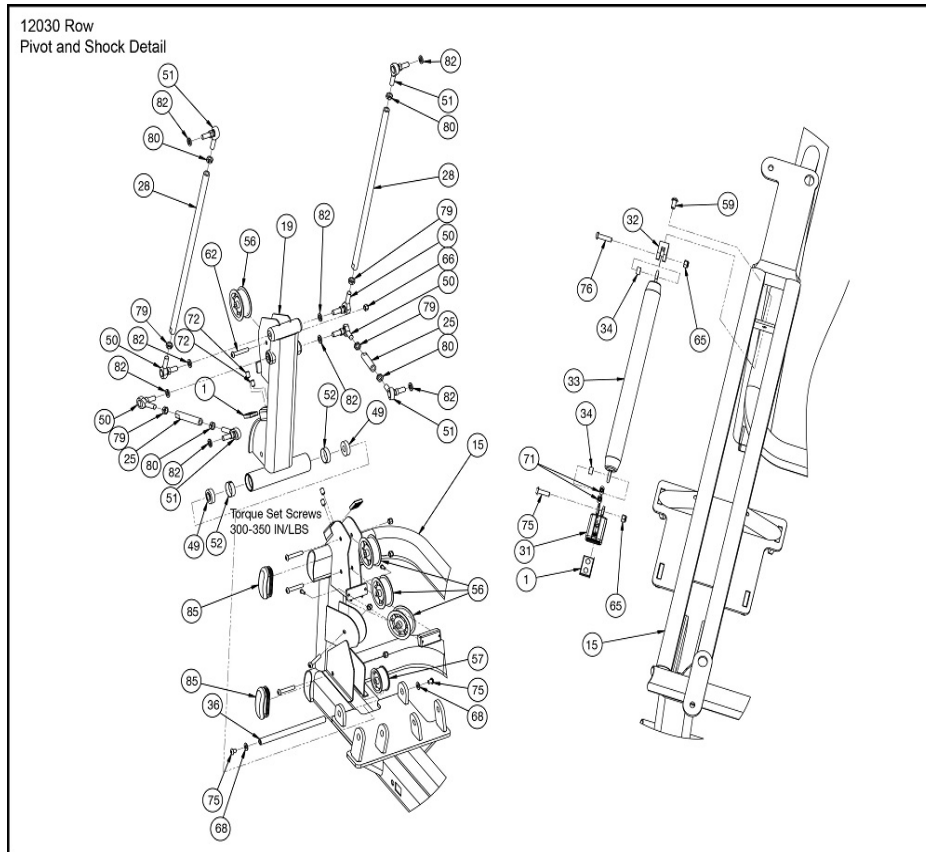
Ref #	Part Number	Qty	Description
8	12000-376	1	PANEL INSERT
9	12000-387	3	EXTRUSION INC WT CHANNEL
10	12000-392	1	CHANNEL INCREMENT WEIGHT
11	12000-394	1	CHANNEL INCREMENT WEIGHT
12	12000-395	1	CAP TOP
13	12000-396	1	END CAP
42	DE000001	1	Decal Warning Custom
64	HF579000	12	PANEL FASTENER 10-24 U TYPE
69	HT512517	9	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
71	HX570412	12	BHSCS 10-24 X .50 SS
92	12030-598	1	Placard VR3 Row
96	11040-790	1	NLA: DECAL, MADE IN THE USA
98	DE000005	1	Decal Caution Custom

12030 Parts Not Shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K6	12000K019	1	Kit Hardware VR3

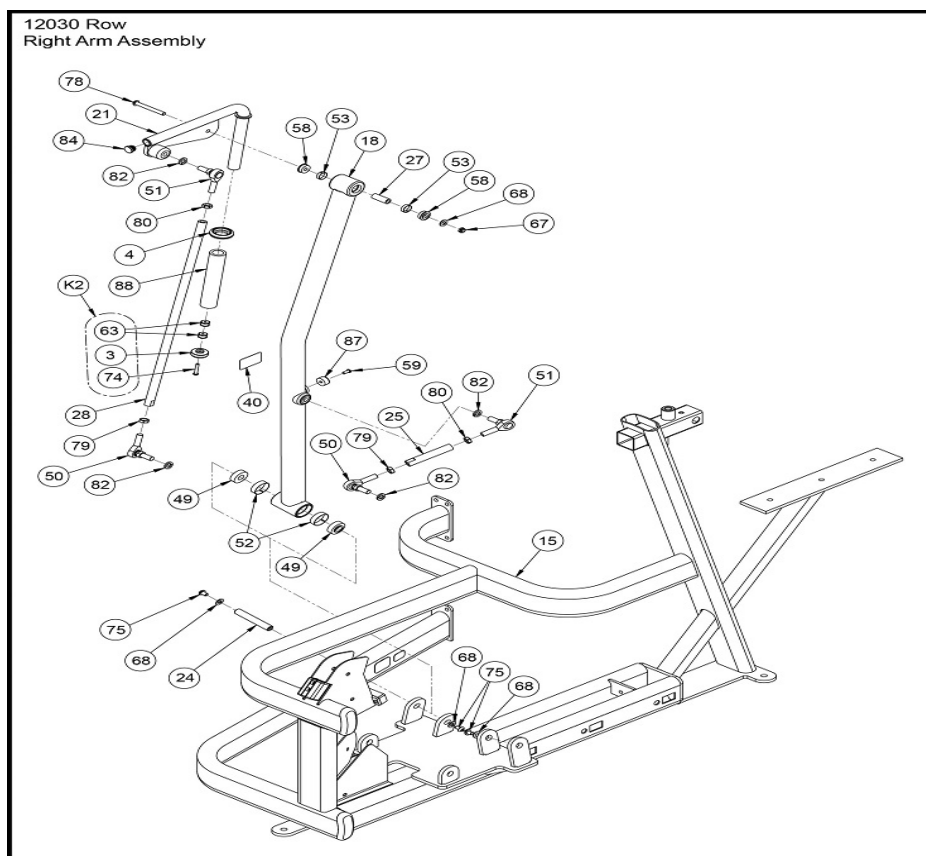
12030 Pivot Shock Detail



Ref #	Part Number	Qty	Description
1	11040-301	2	INSERT CLAMP BLOCK
15	12030-200	2	W MAIN FRAME Custom
19	12030-204	1	W FOUR BAR ARM Custom
25	12030-316	2	TIE ROD
28	12030-335	2	TIE ROD
31	12040-208	1	W BELT CLAMP
32	12040-347	1	BLOCK
33	12040-348	1	EXT SPRING 20.25 LONG
34	12040-354	2	SPACER
36	12090-303	1	SHAFT PIVOT
49	FB030232	2	BRG RADIAL 17MM ID EXT RACE
50	FB030250	4	BEARING ROD END MALE .500-20RH
51	FB030251	4	BEARING ROD END MALE .500-20LH
52	FC030006	2	TOLERANCE RING 1.575 ID
56	GP000209	4	PULLEY ASSEMBLY-3.50
57	GP000214	1	PULLEY ASSEMBLY-2.75
59	HC620414	1	BHSCS .250-20 X .625
62	HC700428	1	BHSCS .375-16 X 2.25
65	HF700000	2	PANEL FASTNER .375-16 U TYPE
66	HN704901	1	LOCKNUT .375-16 NYLON
68	HS347600	2	WASHER SAE .375
71	HX570412	2	BHSCS 10-24 X .50 SS

Ref #	Part Number	Qty	Description
72	HY740000	2	SET SCREW
75	JC700412	3	BHSCS .375-16 X .50
76	JC700420	1	BHSCS .375-16 X 1.25
79	JN794400	4	JAM NUT .500-20
80	JN794401	5	NUT JAM .500-20LH
82	JS388300	8	LOCKWASHER SPLIT .500
85	PP130002	1	INSERT DOMED PLASTIC

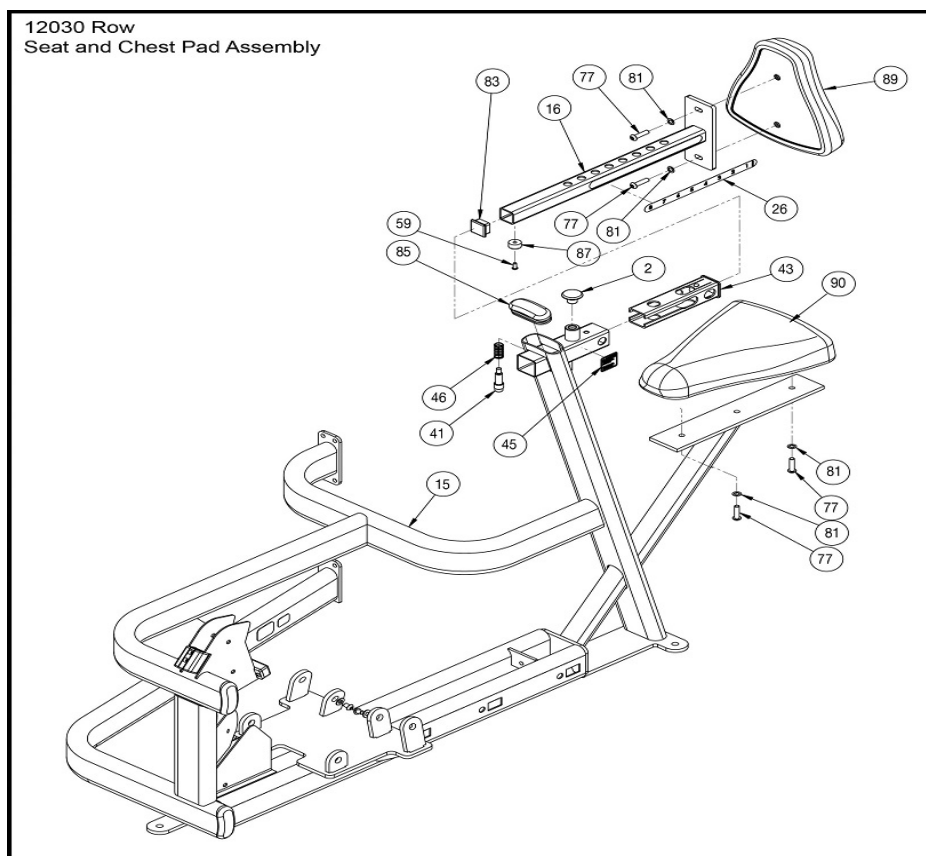
12030 Right Arm Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
3	11090-374	1	END CAP
4	11090-376	1	RING HANDLE GRIP
15	12030-200	1	W MAIN FRAME Custom
18	12030-203	1	W INPUT ARM RH Custom
21	12030-206	1	W HANDLE RH Custom
24	12030-305	1	SHAFT PIVOT
25	12030-316	1	TIE ROD
27	12030-329	1	SPACER
28	12030-335	1	TIE ROD
40	4000Y316	1	DECAL CAUTION
49	FB030232	2	BRG RADIAL 17MM ID EXT RACE
50	FB030250	2	BEARING ROD END MALE .500-20RH
51	FB030251	2	BEARING ROD END MALE .500-20LH
52	FC030006	2	TOLERANCE RING 1.575 ID
53	FC030008	2	TOLERANCE RING 26MM
58	HB-60011	2	BEARING FLANGE 3-8IN.IDX1.0 OD
59	HC620414	2	BHSCS .250-20 X .625
63	HF449063	2	INSERT 3-4X1-4-20 CONNECTOR
67	HN704902	1	LOCKNUT NYLON .375-16
68	HS347600	4	WASHER SAE .375
74	JC620422	1	BHSCS .250-20 X 1.50

Ref #	Part Number	Qty	Description
75	JC700412	3	BHSCS .375-16 X .50
78	JC700436	1	BHSCS .375-16 X 3.25
79	JN794400	2	JAM NUT .500-20
80	JN794401	2	NUT JAM .500-20LH
82	JS388300	4	LOCKWASHER SPLIT .500
84	PP090213	1	INSERT PLASTIC
87	PR069400	1	BUMPER RECESS
88	4605-506	1	GRAB GRIP 8.00

12030 Seat and Chest Pads



Ref #	Part Number	Qty	Description
2	11040-440	0	KNOB
15	12030-200	1	W MAIN FRAME Custom
16	12030-201	1	P CUSHION TUBE
26	12030-328	1	DECAL ADJUSTMENT
41	4605-322	1	PIN DETENT
43	4605-512	1	INSERT PLASTIC 7.94
45	8500-025	1	DECAL CAUTION Custom
46	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
59	HC620414	1	BHSCS .250-20 X .625
77	JC700422	4	BHSCS .375-16 X 1.50
81	JS347400	4	LOCKWASHER INT TOOTH .375
83	PP090211	1	INSERT PL 1.50 SQ X 10-14 GA
85	PP130002	1	INSERT DOMED PLASTIC
87	PR069400	1	BUMPER RECESS
89	4800-168	1	CUSHION SA BIKE SEAT 12IN MOLDED Custom
90	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom

