

VR3 LEG PRESS

12040-02

Parts Manual

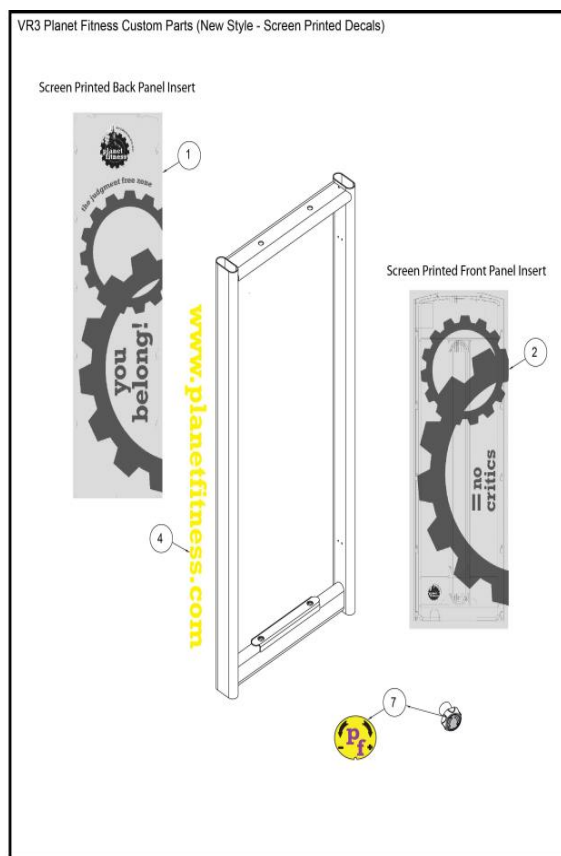
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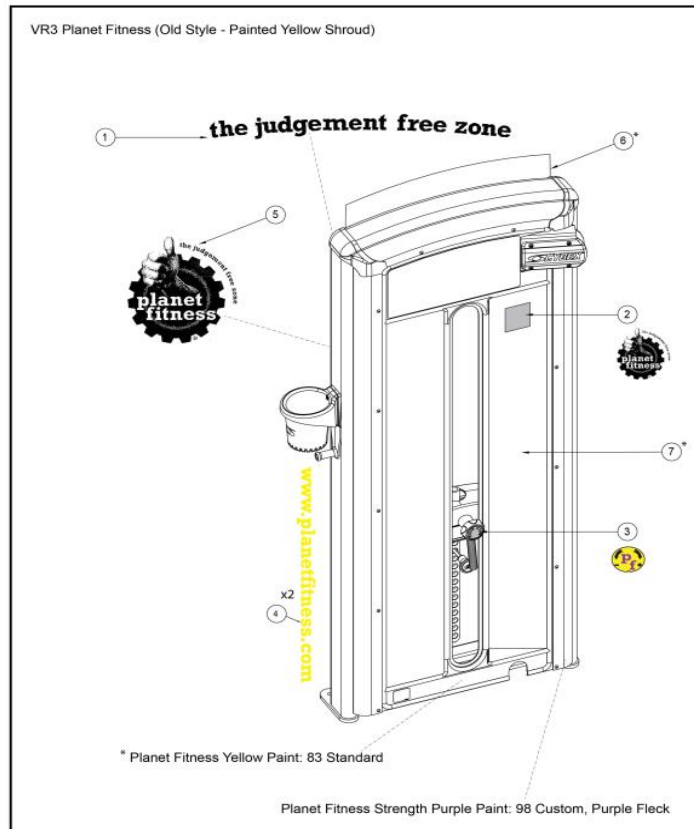
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VR3 Planet Fitness Custom (New Style)



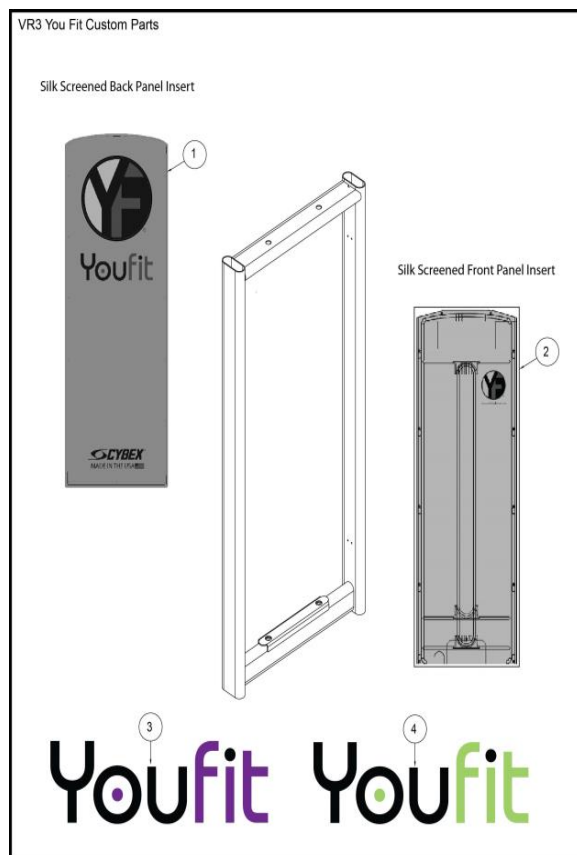
Ref #	Part Number	Qty	Description
1	12000-384P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-385P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



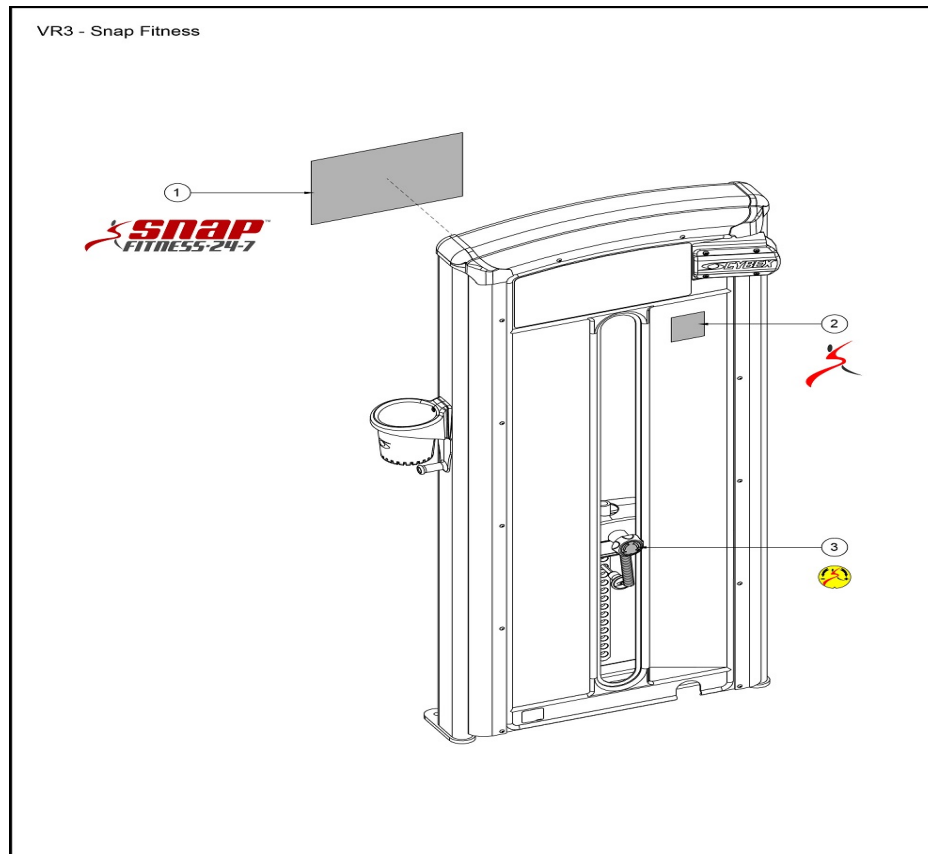
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-384Y	1	BACK PANEL INSERT YELLOW
7	12000-385Y	1	PANEL INSERT YELLOW

VR3 You Fit Custom ☐



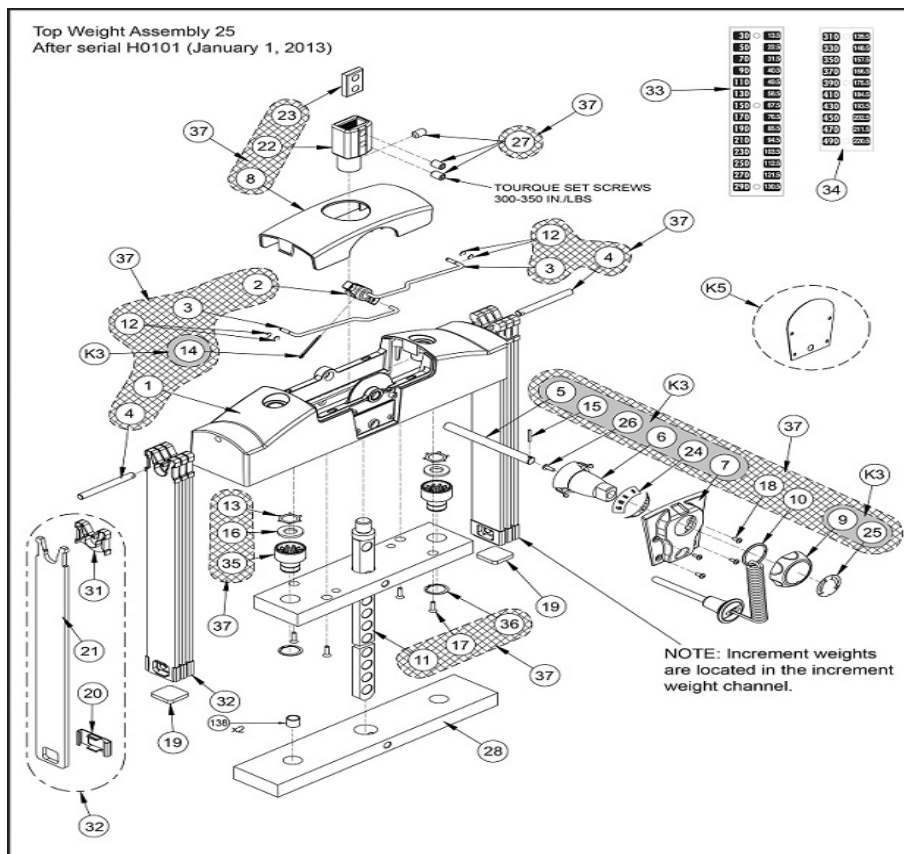
Ref #	Part Number	Qty	Description
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
2A	12000-399GY	1	PANEL INSERT, YOUFIT GREEN
2B	12000-399YP	1	PANEL INSERT,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

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

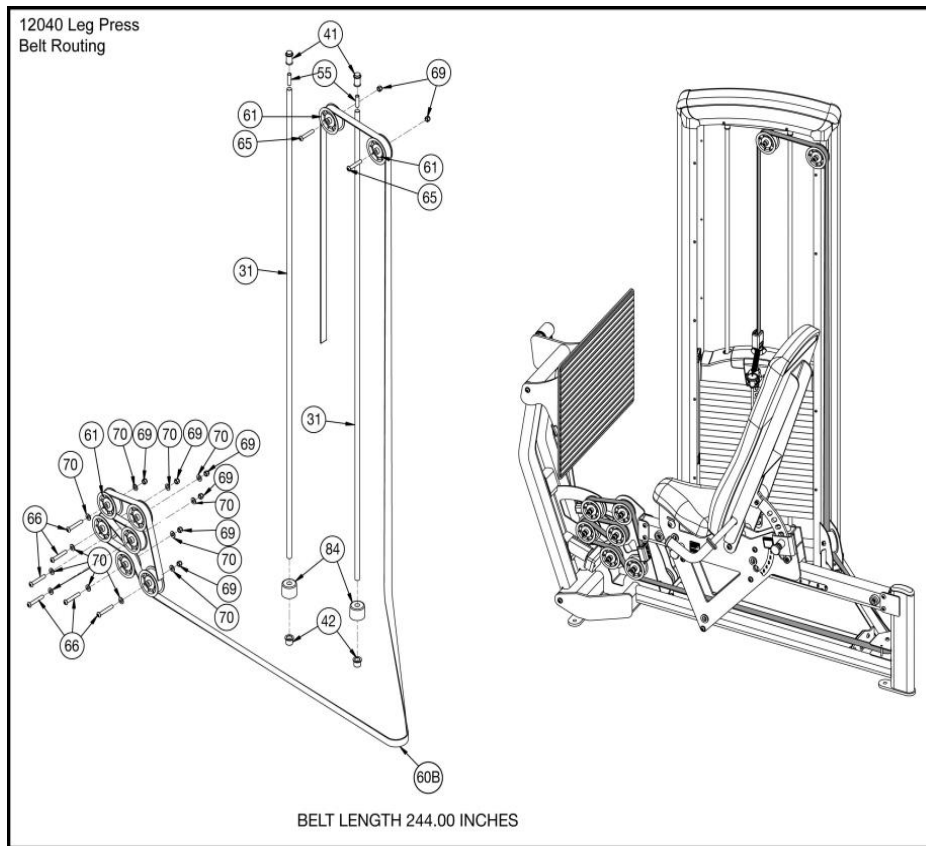
VR3 - 25 Top Weight Assembly After H0101



Ref #	Part Number	Qty	Description
1	11050-366	1	TOP WT ASSY, MOLDED
2	11040-367	1	HUB MOLDED
3	11040-369	2	ROD LINKAGE
K3	11040K009	1	KIT INCREMENT WEIGHT KNOB
4	11040-370	2	PIN
K5	11040K007	1	KIT NON-INCREMENTAL TOP WEIGHT
5	11040-427	1	ROD
6	11040-426	1	STEM
7	11040-424	1	COVER PLATE
8	11040-416	1	COVER TOP WEIGHT
9	11040-425	1	KNOB
10	BH030207	2	PIN WEIGHT SELECTOR
11	4700-283	1	C LIFTING POST 25
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
20	11040-572	1	GUARD INCREMENT WEIGHT

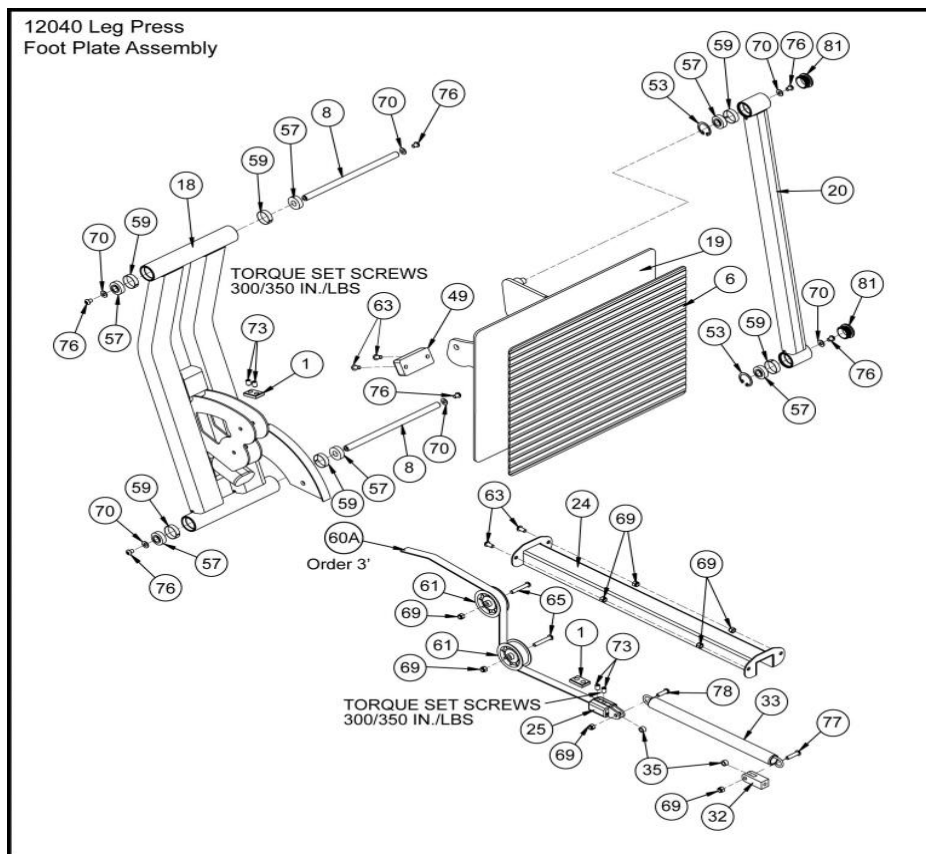
Ref #	Part Number	Qty	Description
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK
27	HY740000	2	SET SCREW
28	4000C101	1	C STACK WT 4X18
29	12000-034	1	WT PAC ASSEMBLY 19
30	12000-035	1	WT PAC ASSEMBLY 24
31	11040-578	1	GUARD, INCREMENT WEIGHT
33	12000-560	1	DECAL WT PLATE (30-290)
34	12000-561	1	DECAL WT PLATE (310-490)
35	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
36	BR030206	2	RETAINING RING
37	11040-009	1	TOP WEIGHT ASSY 25
138	FB130216	2	Bushing Weight Stack

12040 Belt Routing



Ref #	Part Number	Qty	Description
31	12040-336	2	WT ROD .625 DIA X 68.625
41	12210-347	2	CAP GUIDE ROD
42	12210-348	2	CAP GUIDE ROD
55	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
60B	12040K002	1	KIT, BELT REPLACEMENT
61	GP000209	2	PULLEY ASSEMBLY-3.50
65	HC700428	2	BHSCS .375-16 X 2.25
66	HC700430	6	BHSCS .375-16 X 2.50
69	HN704901	2	LOCKNUT .375-16 NYLON
70	HS347600	12	WASHER SAE .375
84	PR060005	2	BUMPER WEIGHT

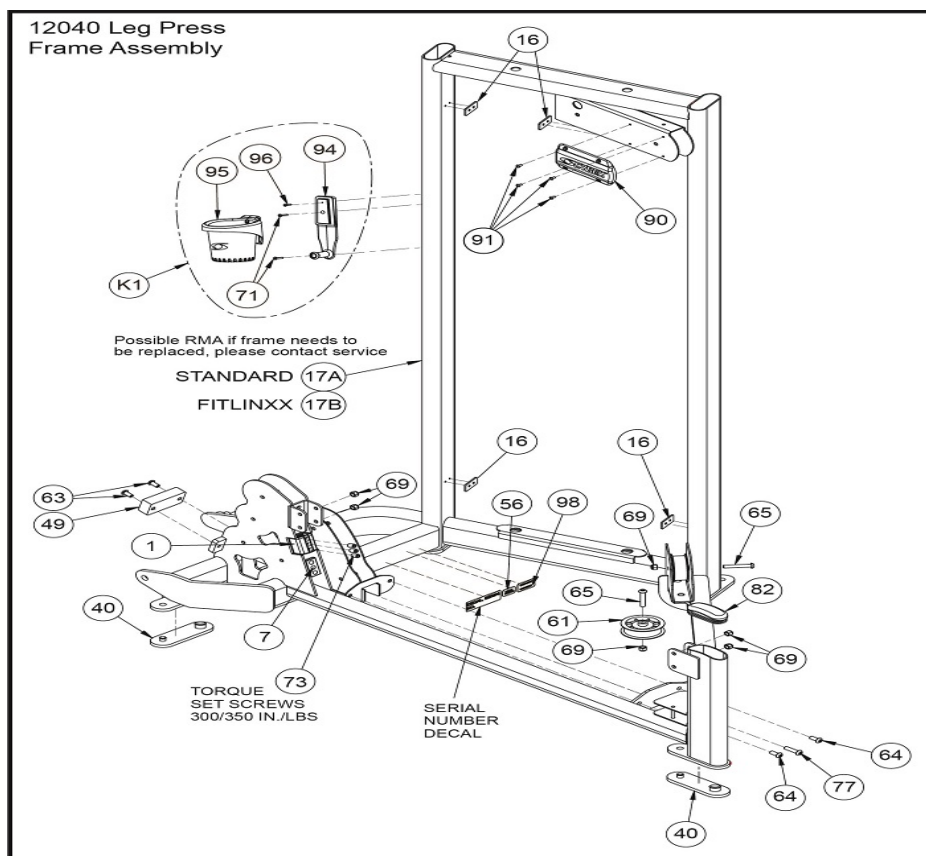
12040 Foot Plate Assembly



Ref #	Part Number	Qty	Description
1	11040-301	2	INSERT CLAMP BLOCK
6	11040-562	1	NON-SLIP 18.50 X 24.50
8	11090-369	2	SHAFT PIVOT
18	12040-201	1	W PIVOT Custom
19	12040-202	1	W FOOT PLATE Custom
20	12040-203	1	W LINK Custom
24	12040-207	1	W GUARD Custom
25	12040-208	1	W BELT CLAMP
32	12040-347	1	BLOCK
33	12040-348	1	EXT SPRING 20.25 LONG
35	12040-354	1	SPACER
49	5220-305	1	BUMPER 2.00 X 4.00
53	BR030226	2	RETAINING RING 1.653 INTERNAL
57	FB030232	6	BRG RADIAL 17MM ID EXT RACE
59	FC030006	6	TOLERANCE RING 1.575 ID
60A	GB000202	1	BELT .95 WIDE
61	GP000209	2	PULLEY ASSEMBLY-3.50
63	HC700415	4	BHSCS .375-16 X .75
65	HC700428	2	BHSCS .375-16 X 2.25
69	HN704901	8	LOCKNUT .375-16 NYLON
70	HS347600	6	WASHER SAE .375
73	HY740000	4	SET SCREW

Ref #	Part Number	Qty	Description
76	JC700412	6	BHSCS .375-16 X .50
77	JC700422	1	BHSCS .375-16 X 1.50
78	JC700420	1	BHSCS .375-16 X 1.25
81	PP090208	2	INSERT PLASTIC 1.75 DIA-RIB

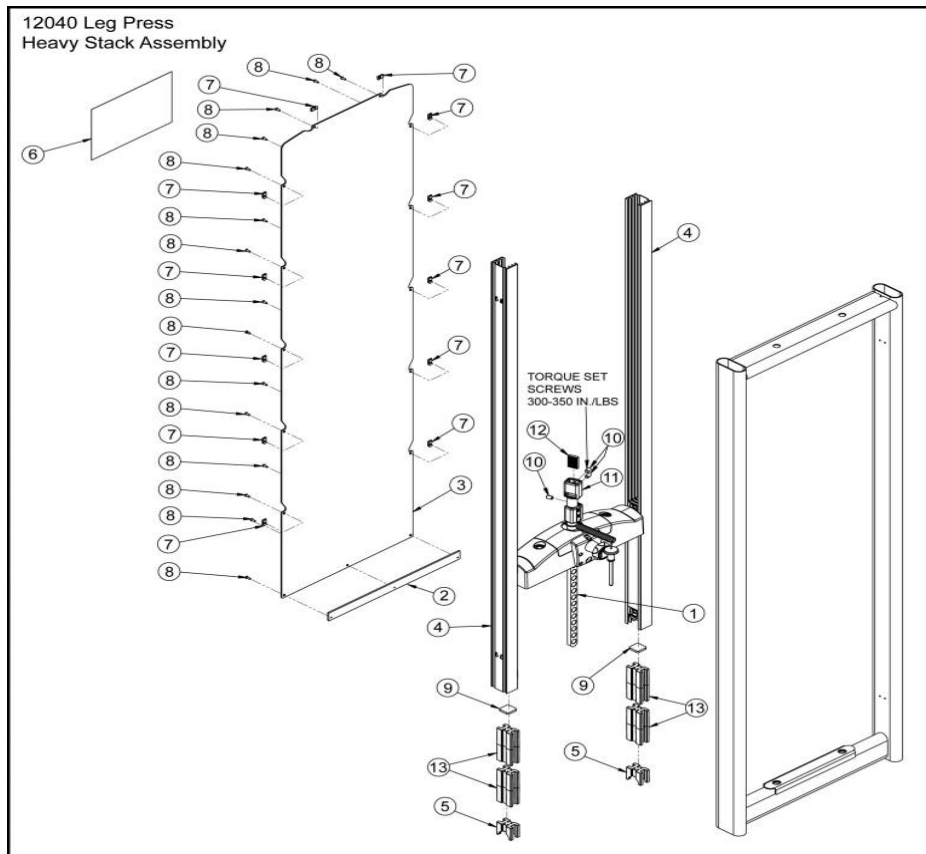
12040 Frame Assembly



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
K1	12000K017	1	Kit Water Bottle Holder
7	11040-568	1	CLAMP BLOCK INSERT
16	12000-398	4	SPACER
17B	12048-200	1	W MAIN FRAME Custom
17A	12040-200	1	W FRAME Custom
40	12090-322	3	PAD FOOT
49	5220-305	1	BUMPER 2.00 X 4.00
56	CM000211	1	DECAL PATENT
61	GP000209	1	PULLEY ASSEMBLY-3.50
63	HC700415	2	BHSCS .375-16 X .75
64	HC700416	2	BHSCS .375-16 X .875
65	HC700428	2	BHSCS .375-16 X 2.25
69	HN704901	5	LOCKNUT .375-16 NYLON
71	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
73	HY740000	1	SET SCREW
77	JC700422	1	BHSCS .375-16 X 1.50
82	PP130002	1	INSERT DOMED PLASTIC
90	12000-467	1	PULLEY COVER
91	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
94	13000-402	1	Mount Water Bottle Holder
95	13000-400	1	Holder Water Bottle

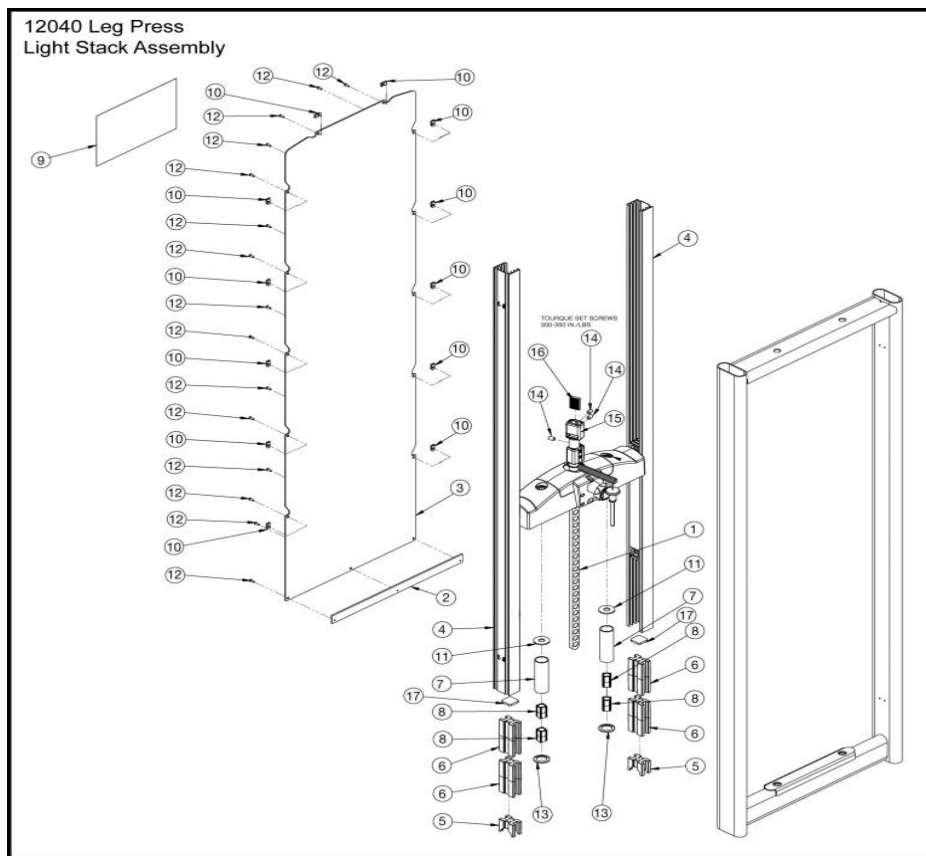
Ref #	Part Number	Qty	Description
96	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
98	CM000263	1	DECAL, CAPACITY

12040 Heavy Stack Assembly



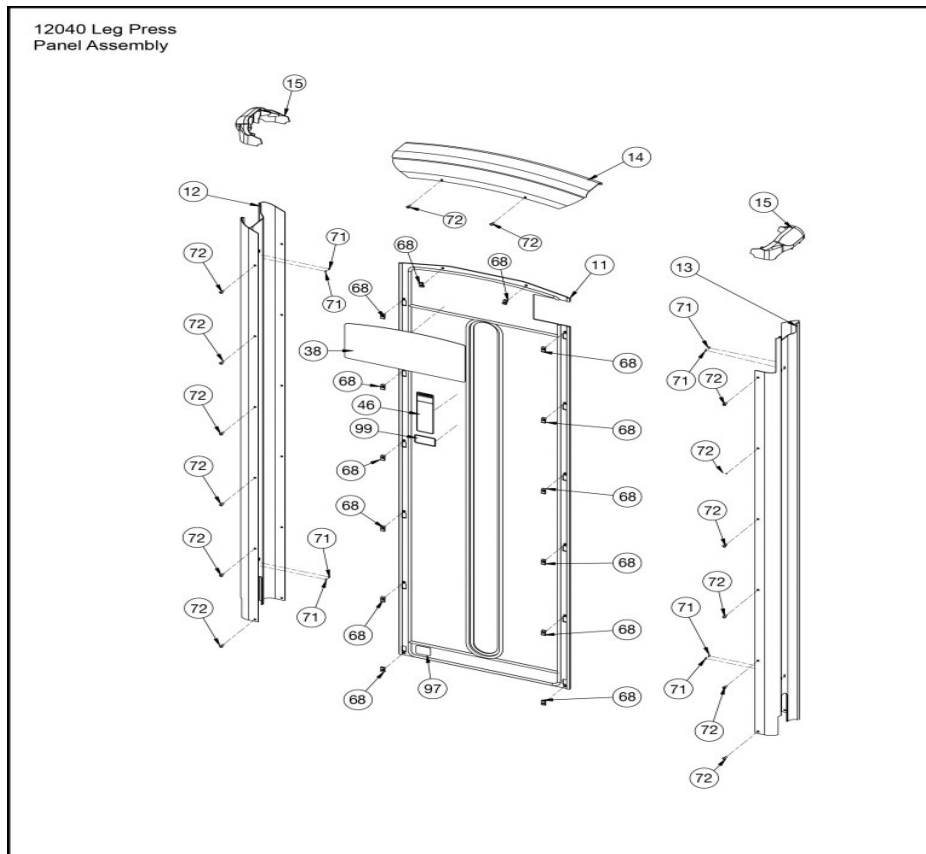
Ref #	Part Number	Qty	Description
1	11040-009	1	TOP WEIGHT ASSY 25
2	12000-378	1	SUPPORT
3	12000-384	1	PANEL INSERT
4	12000-388	3	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	12	PANEL FASTENER 10-24 U TYPE
8	HX570412	15	BHSCS 10-24 X .50 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
13	12102-331	4	INSERT INCREMENT WEIGHT

12040 Light Stack Assembly



Ref #	Part Number	Qty	Description
1	11040-009	1	TOP WEIGHT ASSY 25
2	12000-378	1	SUPPORT
3	12000-384	1	PANEL INSERT
4	12000-388	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	12102-331	4	INSERT INCREMENT WEIGHT
7	12210-359	2	TUBE SPACER
8	12210-352	4	INSERT PLASTIC
9	3900-441	1	DECAL CYBEX VER BLACK
10	HF579000	11	PANEL FASTENER 10-24 U TYPE
11	HS760106	2	WASH FLAT 1.750 .688 .140 T
12	HX570412	15	BHSCS 10-24 X .50 SS
13	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
14	HY740000	3	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK
17	11040-409	2	BUMPER

12040 Panel Assembly



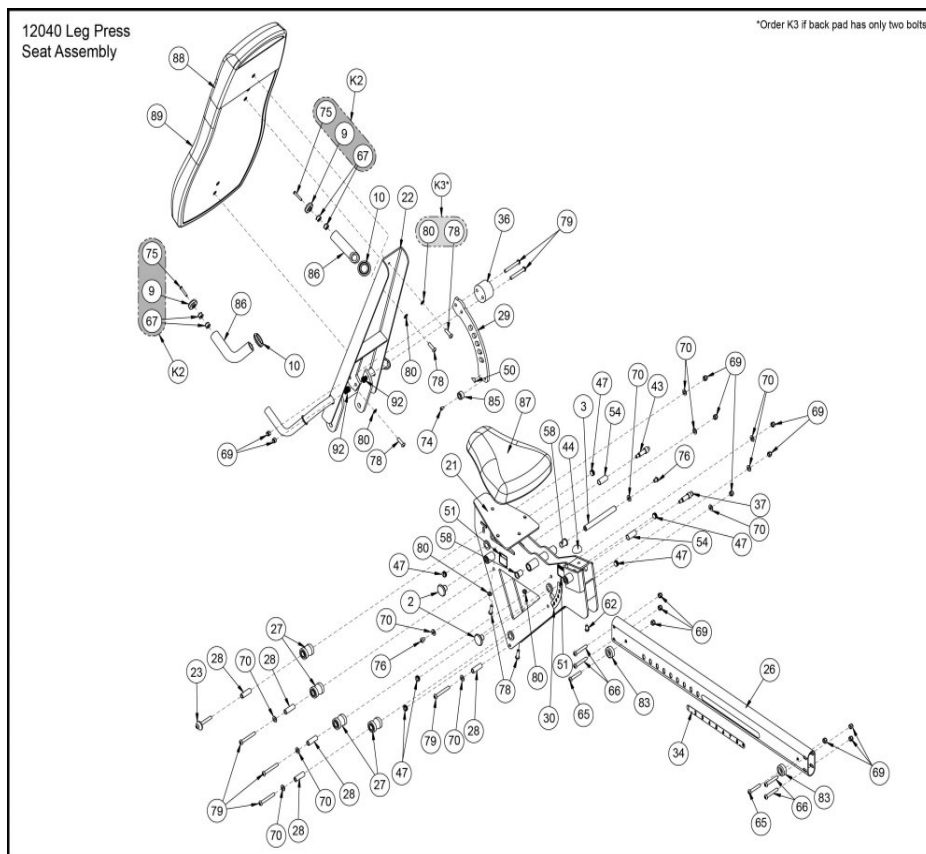
Ref #	Part Number	Qty	Description
11	12000-385	1	PANEL INSERT
12	12000-389	1	CHANNEL INCREMENT WEIGHT
13	12000-390	1	CHANNEL INCREMENT WEIGHT
14	12000-395	1	CAP TOP
15	12000-396	1	END CAP
38	12040-598	1	Placard VR3 Leg Press Custom
46	DE000001	1	Decal Warning Custom
68	HF579000	14	PANEL FASTENER 10-24 U TYPE
71	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
72	HX570412	13	BHSCS 10-24 X .50 SS
97	11040-790	1	NLA: DECAL, MADE IN THE USA
99	DE000005	1	Decal Caution Custom

12040 Parts Not Shown

Other Parts Not Shown

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

12040 Seat Assembly



Ref #	Part Number	Qty	Description
2	11040-440	2	KNOB
K2	11090K006	2	KIT HANDLE TRIM RING
K3	16150K002	1	KIT, CUSHION PLATE DRILL BOLT
3	11040-530	1	SHAFT PIVOT
9	11090-374	2	END CAP
10	11090-376	2	RING HANDLE GRIP
21	12040-204	1	W SEAT Custom
22	12040-205	1	W CUSHION PLATE Custom
23	12040-206	1	P CAM BOLT
26	12040-322	1	TUBE
27	12040-323	3	ROLLER
28	12040-324	5	SPACER
29	12040-326	1	P ADJUSTING ARM
30	12040-329	1	DECAL ADJUSTMENT
34	12040-352	1	DECAL SEAT ADJUSTING
36	12040-355	1	STOP
37	12040-357	1	PIN DETENT
43	4505-329	1	PIN DETENT
44	4505-331	1	BUMPER 1.50 DIA
45	4520-362	1	DECAL SEAT CAUTION Custom
47	4860-332	6	PLUG ADJ BEARING
50	5340Y045	1	DECAL ARROW

Ref #	Part Number	Qty	Description
51	8500-025	2	DECAL CAUTION Custom
54	BS070201	2	COM SPRING .56 ID X .66 OD X 1.50 LG
58	FB130207	2	BRG FLG 17MM X 19MM X 25MM
62	HC700414	1	BHSCS .375-16 X .62
65	HC700428	2	BHSCS .375-16 X 2.25
66	HC700430	4	BHSCS .375-16 X 2.50
67	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
69	HN704901	13	LOCKNUT .375-16 NYLON
70	HS347600	11	WASHER SAE .375
74	JC620412	1	BHSCS .250-20 X .50
75	JC620422	2	BHSCS .250-20 X 1.50
76	JC700412	2	BHSCS .375-16 X .50
78	JC700420	4	BHSCS .375-16 X 1.25
79	JC700434	6	BHSCS .375-16 X 3.00
80	JS347400	4	LOCKWASHER INT TOOTH .375
83	PR060003	2	BUMPER RECESS
85	12100-303	1	BUMPER
86	4605-521	2	GRAB GRIP 8.25
87	4800-164	1	CUSHION SA BIKE SEAT 12in MOLD Custom
88	4800-187	1	WEAR COVER SA BACK 36 MOLDED Custom
89	4800-184	1	COVERED CUSHION SA BACK 36IN MOLDED Custom
92	PP090213	2	INSERT PLASTIC

