

VR3 ARM CURL

12070-01

Parts Manual

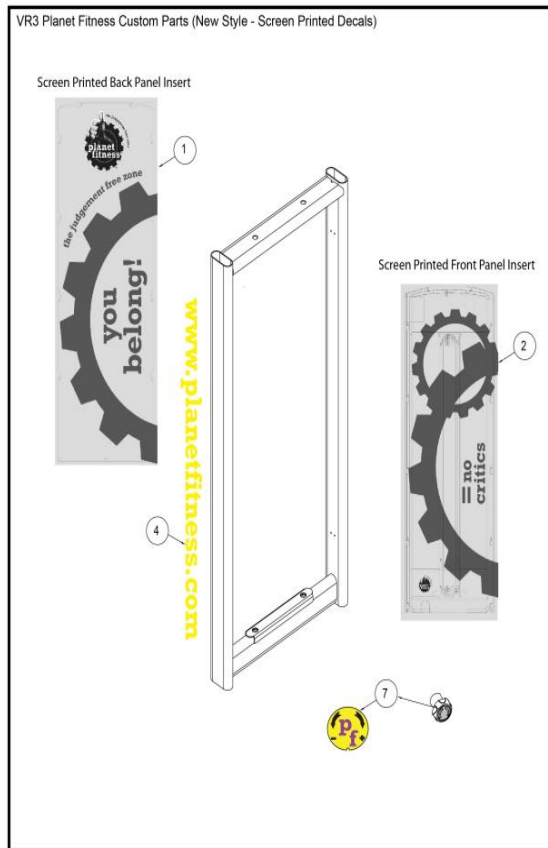
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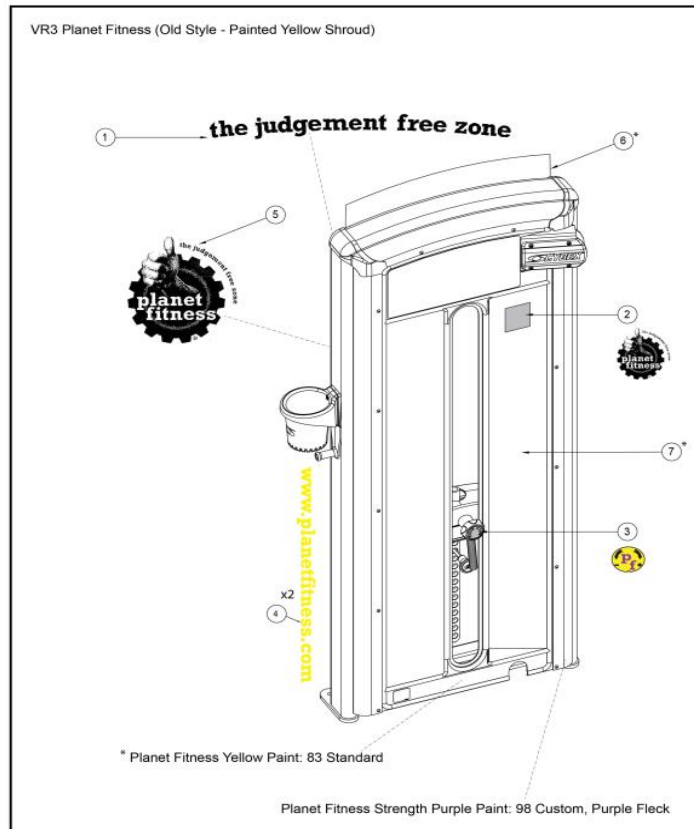
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VR3 Planet Fitness Custom (New Style)



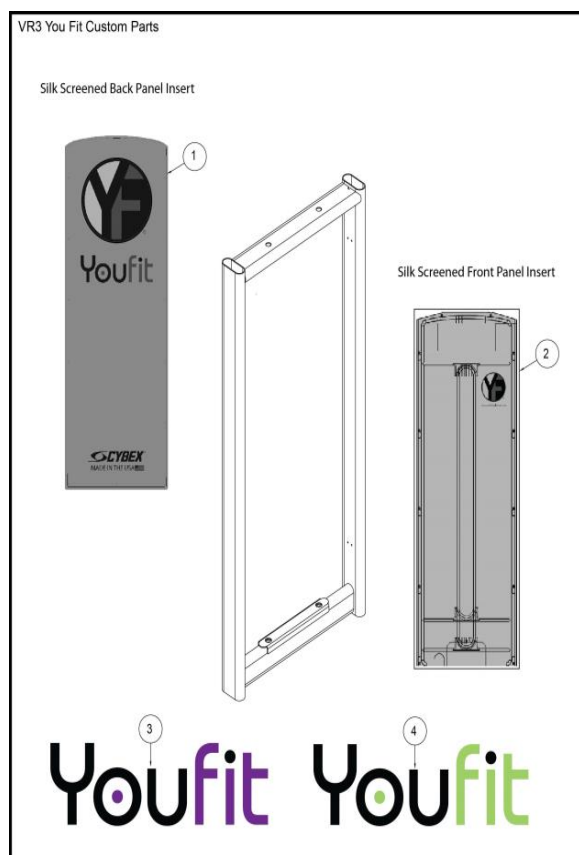
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) ☐



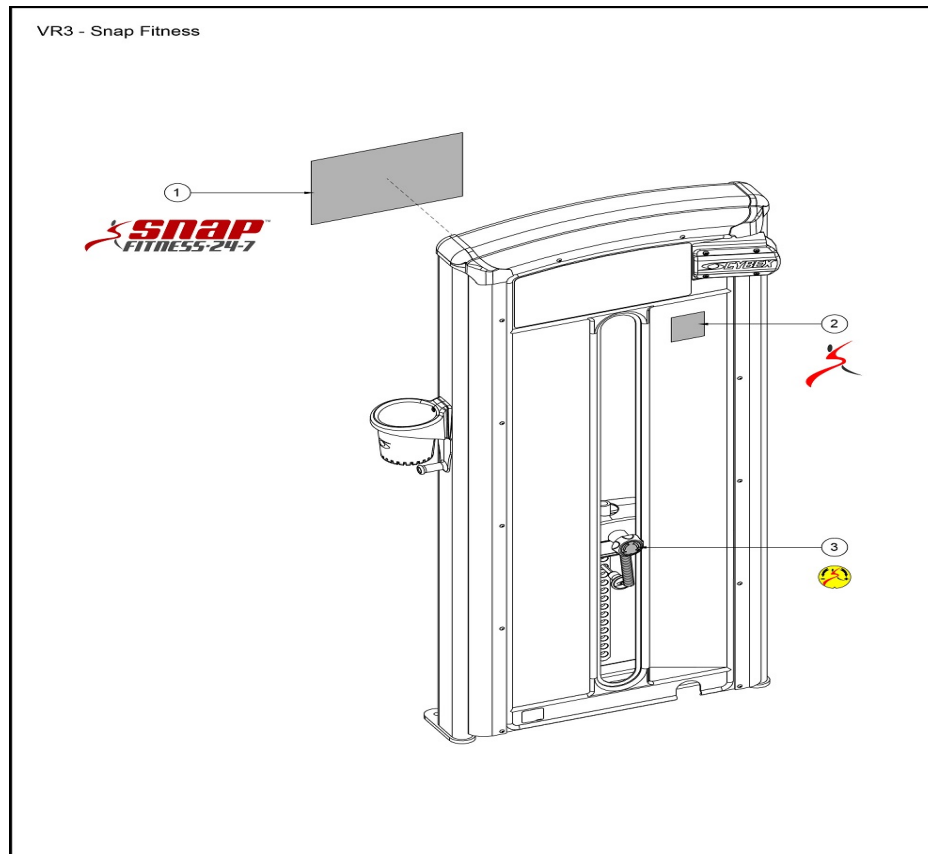
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT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

VR3 You Fit Custom ☐



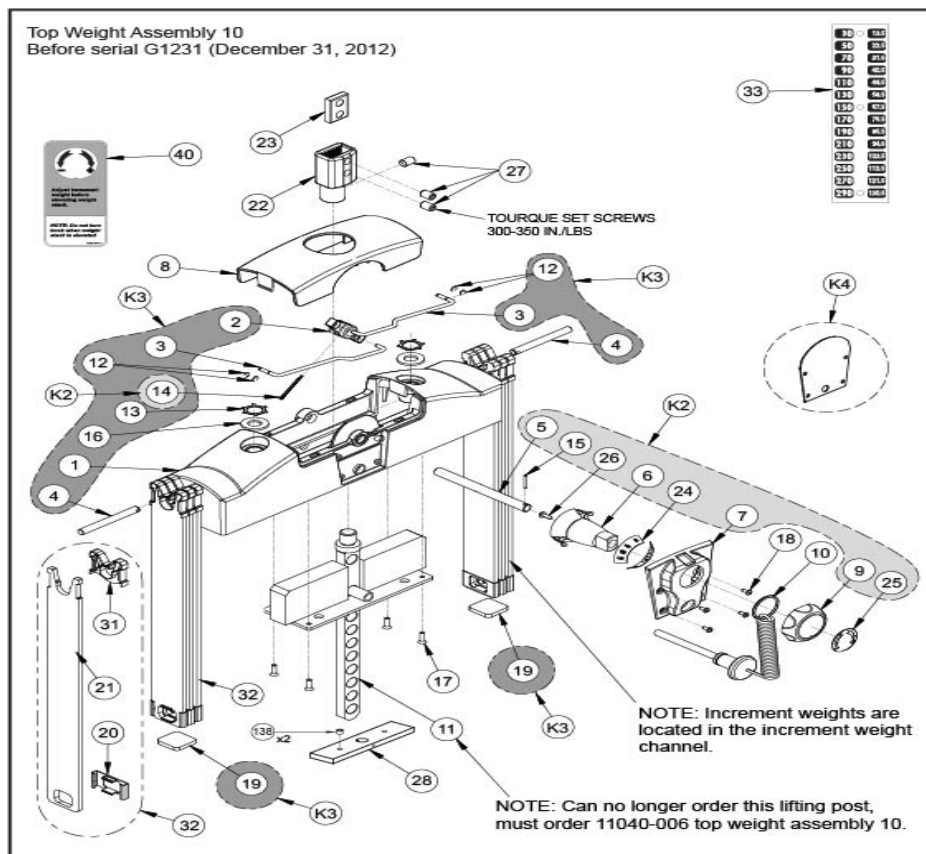
Ref #	Part Number	Qty	Description
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
2A	12000-399GY	1	PANEL INSERT, YOUFIT GREEN
2B	12000-399YP	1	PANEL INSERT,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

VR3 - Snap Fitness



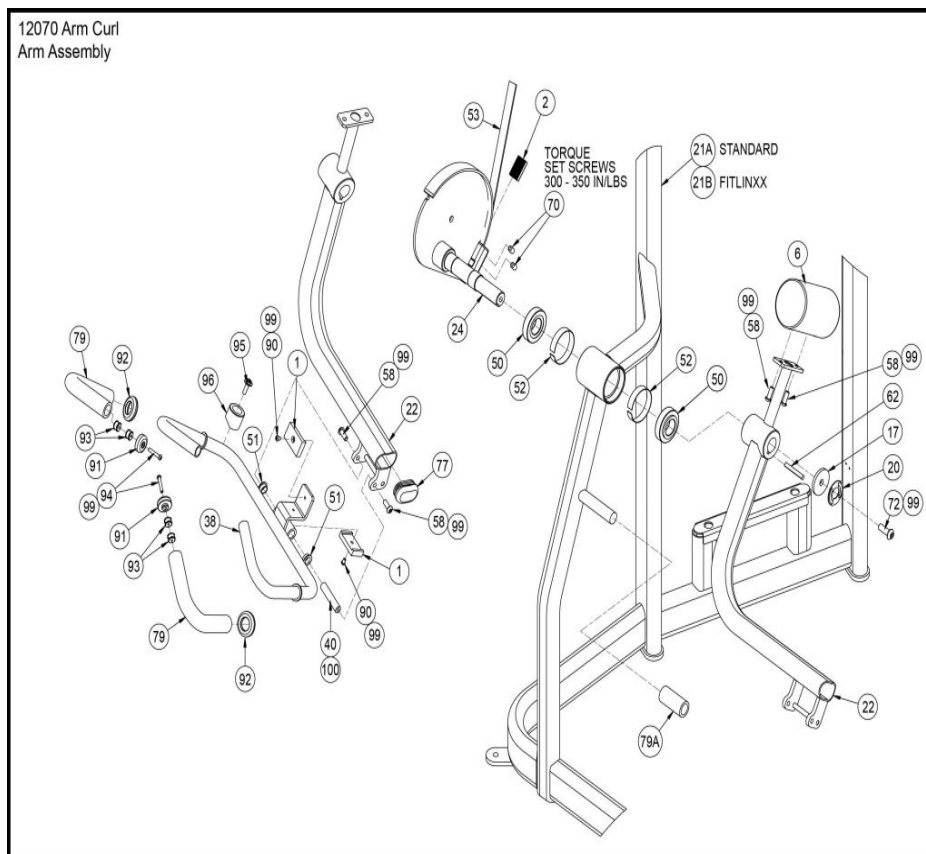
Ref #	Part Number	Qty	Description
1	12000-422	1	Decal Snap Fitness Logo 13.00
2	12000-423	1	DECAL SNAP FITNESS RUNNING MAN 3.00
3	12000-424	1	Decal Snap Fitness Rotation

VR3 - 10 Top Weight Assembly Before G1231



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

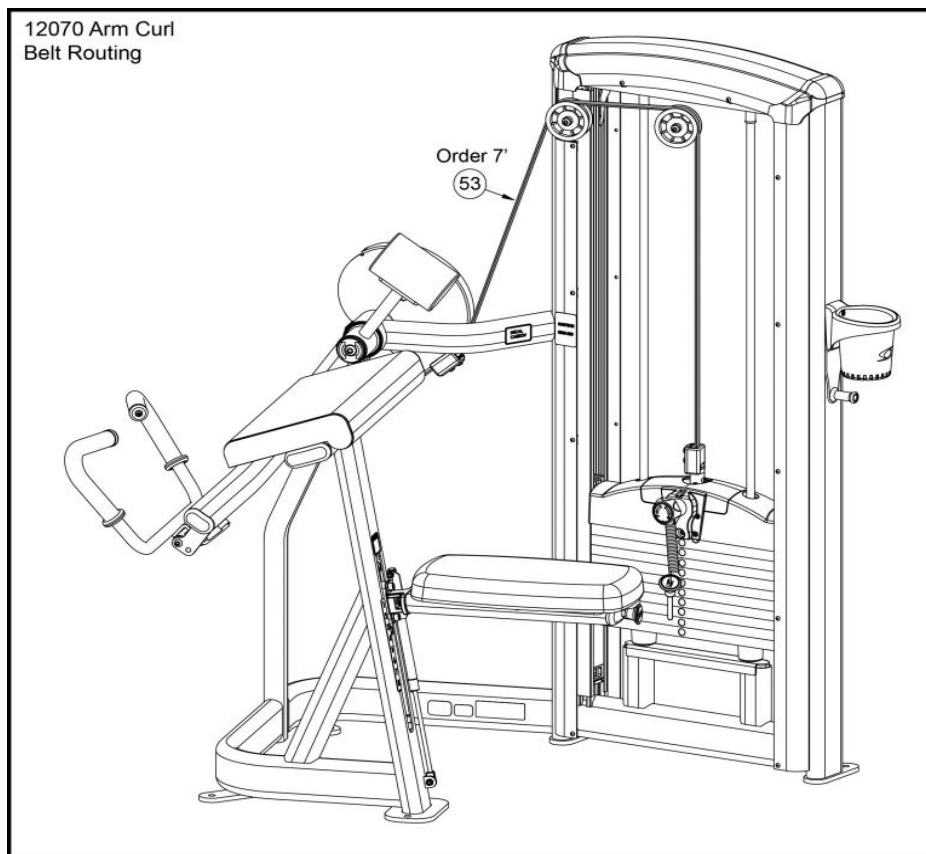
12070 Arm Assembly



Ref #	Part Number	Qty	Description
2	11040-301	2	INSERT CLAMP BLOCK
K3	1008432-0001	1	KIT, ARM CURL HANDLE- Custom
6	11070-332	1	C COUNTERWEIGHT
17	12050-343	1	WASHER
20	12050-355	1	DECAL ROTATION
21B	12078-200	1	W MAIN FRAME Custom
21A	12070-200	1	W MAIN FRAME Custom
22	1007105-0000	1	W INPUT ARM Custom
24	12070-204	2	W CAM Custom
38	1007111-0000	1	W ARM CURL HANDLE Custom
40	4535-328	1	PIN PIVOT-SHORT
50	FB030249	1	BEARING RADIAL 35MM EXT RACE
51	FB130205	2	BRG FLG .62 X .75 .38 LG
52	FC030009	2	TOLERANCE RING 72MM
53	GB000202	2	BELT .95 WIDE
58	HC700417	1	BHSCS .375-16 X 1.00
62	HH320030	4	KEY .313 SQ X 2.50
70	HY740000	1	SET SCREW
72	JC780417	2	BHSCS .500-13 X 1.00
77	PP130003	1	INSERT PLASTIC
79	4605-503	1	GRAB GRIP 12.25
79A	4605-515	1	GRAB GRIP 3.25

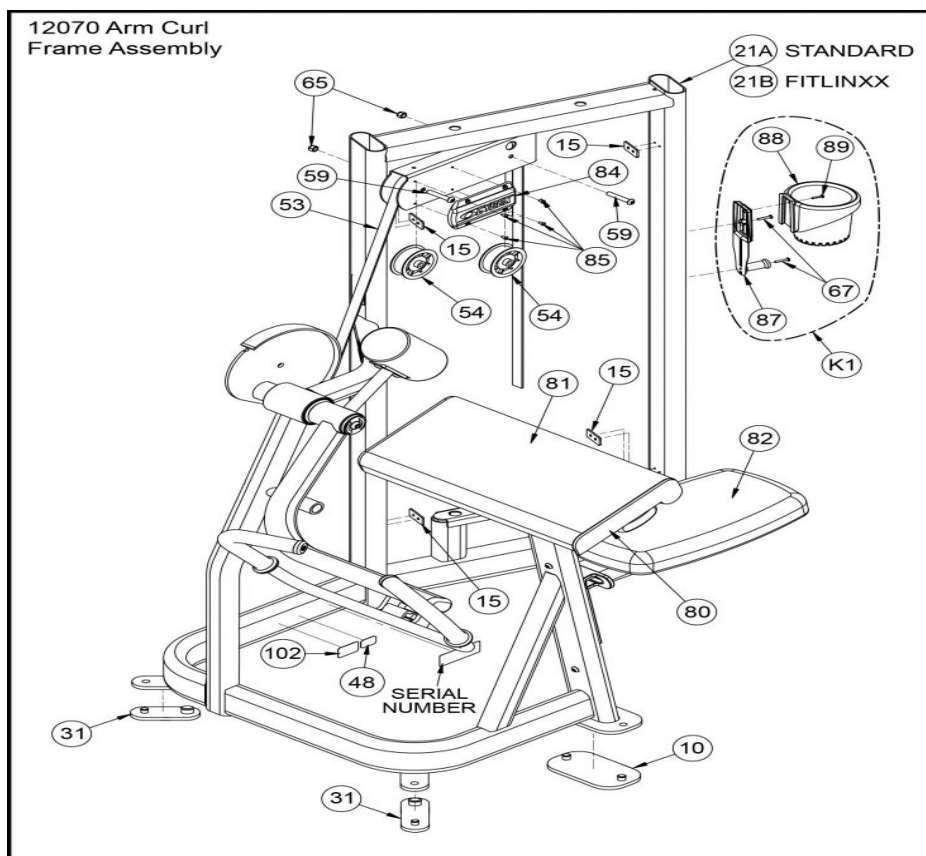
Ref #	Part Number	Qty	Description
91	11090-374	1	END CAP
92	11090-376	2	RING HANDLE GRIP
93	HF449063	2	INSERT 3-4X1-4-20 CONNECTOR
94	JC620422	2	BHSCS .250-20 X 1.50
95	HT102214	4	SCREW,10-24,HXHD WSHR PHIL,TYP 23
96	13075-325	1	BUMPER
99	YA000201	1	ADH THRD LKR REM .02 OZ 242
100	YG000002	1	NLA: Please use Lithium Grease
104	HC700414	2	BHSCS .375-16 X .62
105	4505-331	2	BUMPER 1.50 DIA

12070 Belt Routing



Ref #	Part Number	Qty	Description
53	GB000202	1	BELT .95 WIDE

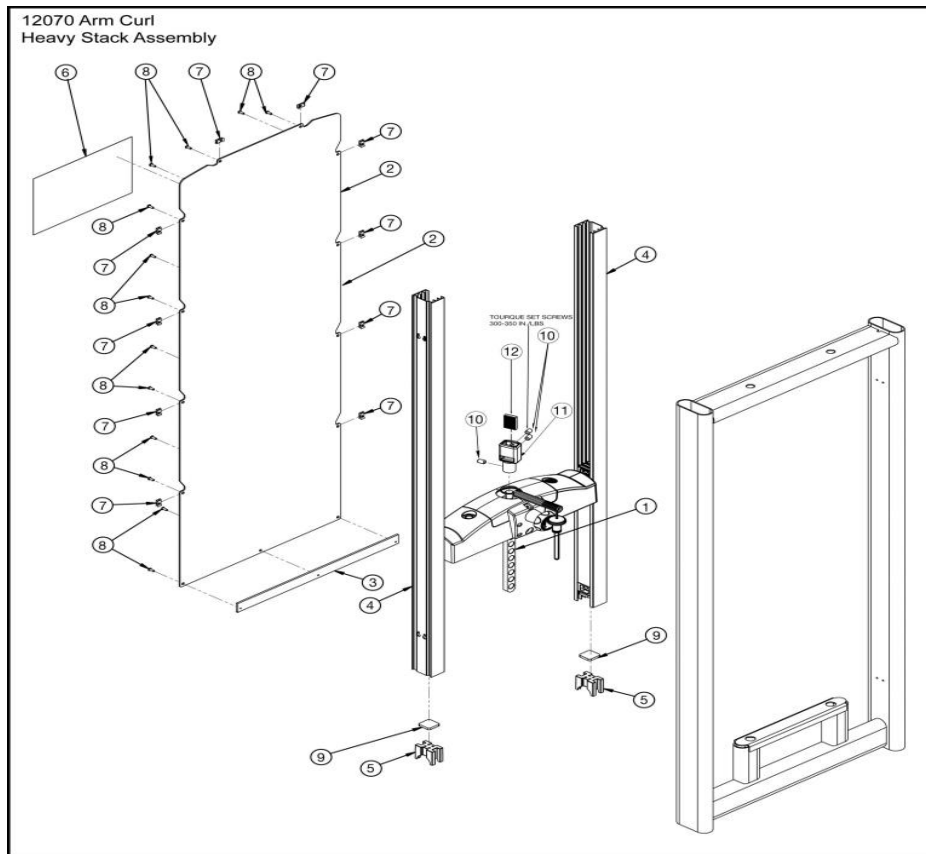
12070 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
10	12000-345	1	FOOT PAD 4.00 X 7.00
15	12000-398	3	SPACER
21A	12070-200	1	W MAIN FRAME Custom
21B	12078-200	1	W MAIN FRAME Custom
31	12090-322	2	PAD FOOT
37	4000Y316	1	DECAL CAUTION
45	8500-026-4	1	DECAL CAUTION ENGLISH
48	CM000211	1	DECAL PATENT
53	GB000202	1	BELT .95 WIDE
54	GP000209	2	PULLEY ASSEMBLY-3.50
59	HC700428	2	BHSCS .375-16 X 2.25
65	HN704901	2	LOCKNUT .375-16 NYLON
67	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
80	4800-163	2	COVERED CUSHION CONTOUR 10 X 2 Custom
81	4800-162	1	WEAR COVER CONTOUR 10 X 22 Custom
82	4800-192	1	CUSHION SA 10 X 18 MOLDED Custom
84	12000-466	4	PULLEY COVER
85	HT570410	1	SCREW PNH TORX 10-24X.375 BLACK
87	13000-402	1	Mount Water Bottle Holder
88	13000-400	1	Holder Water Bottle
89	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

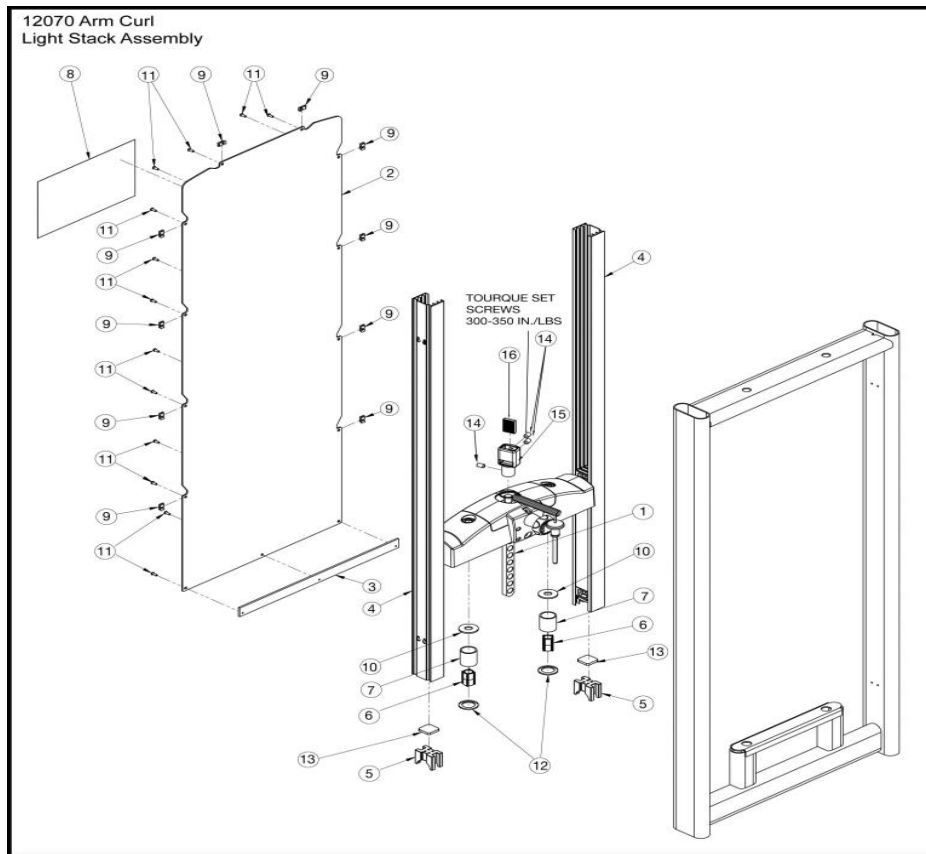
Ref #	Part Number	Qty	Description
102	CM000260	1	DECAL, CAPACITY

12070 Heavy Stack Assembly



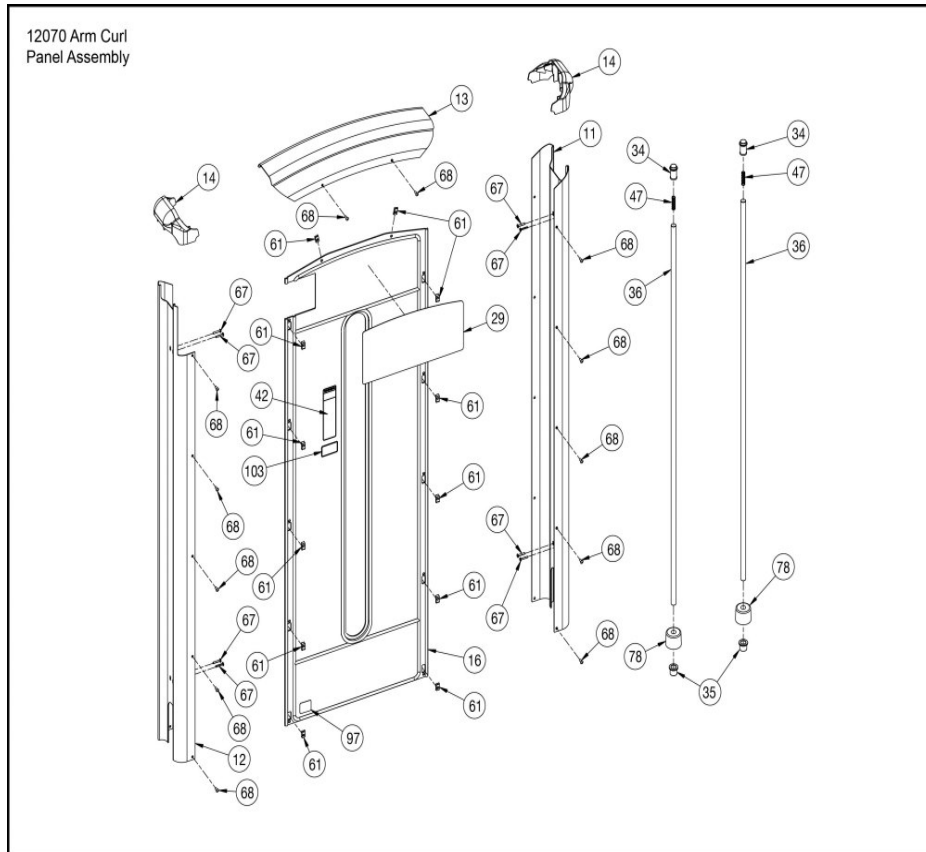
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50 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

12070 Ligth 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	3	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12070 Panel Assembly



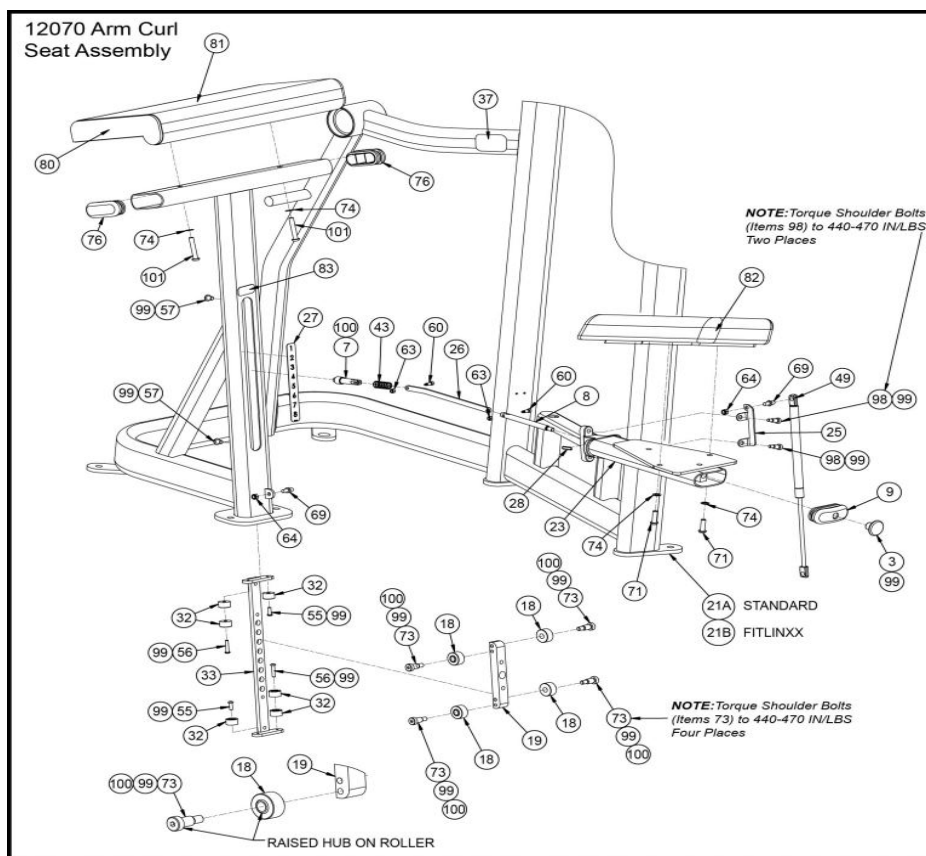
Ref #	Part Number	Qty	Description
11	12000-392	1	CHANNEL INCREMENT WEIGHT
12	12000-394	1	CHANNEL INCREMENT WEIGHT
13	12000-395	1	CAP TOP
14	12000-396	2	END CAP
16	12000-404	1	PANEL INSERT
29	12070-598	1	Placard VR3 Arm Curl
34	12210-347	2	CAP GUIDE ROD
35	12210-348	2	CAP GUIDE ROD
36	12210-350	2	WT ROD .625 DIA X 49.53
42	DE000001	1	Decal Warning Custom
47	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
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
68	HX570412	12	BHSCS 10-24 X .50 SS
78	PR060005	2	BUMPER WEIGHT
97	11040-790	1	NLA: DECAL, MADE IN THE USA
103	DE000005	1	Decal Caution Custom

12070 Parts Shown

Other Parts Not Shown

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

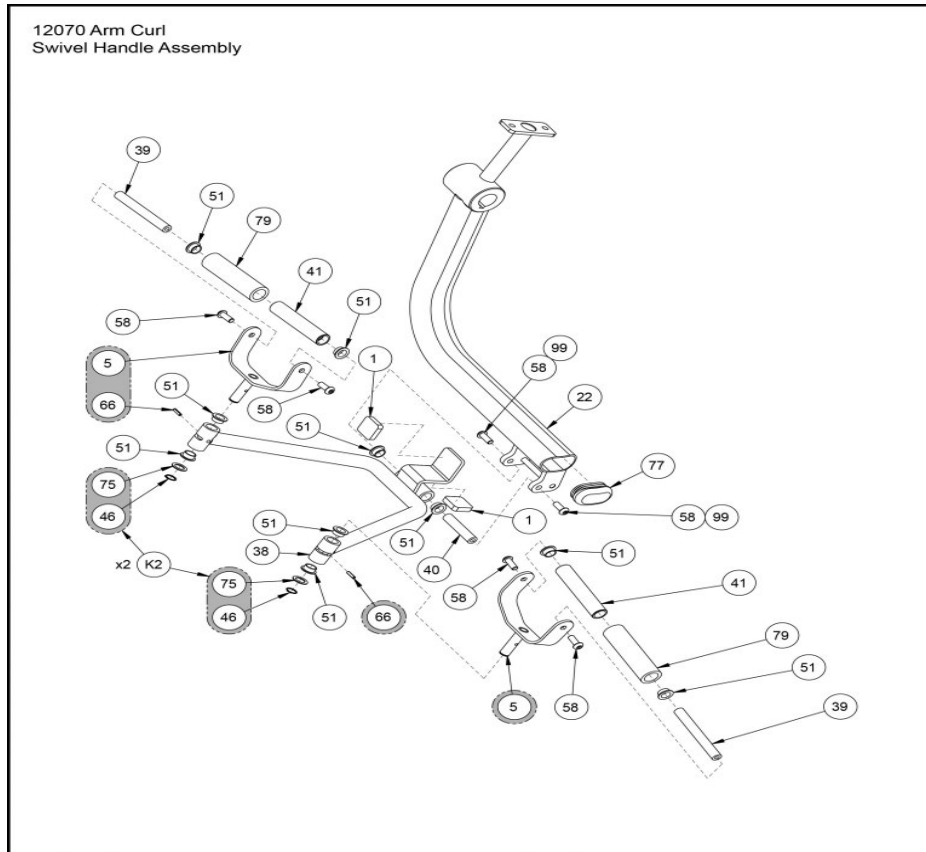
12070 Seat Assembly



Ref #	Part Number	Qty	Description
3	11040-440	1	KNOB
7	12000-339	1	PIN DETENT
8	12000-342	1	PIN DETENT
9	12000-346	1	INSERT, PLASTIC
18,19	12000K012	6	KIT. ROLLER ASSEMBLY
21A	12070-200	1	W MAIN FRAME Custom
21B	12078-200	1	W MAIN FRAME Custom
23	12070-203	1	W SEAT BOTTOM Custom
25	12070-308	1	MOUNT SPRING
26	12000-343	1	LINKAGE BAR
27	12070-329	1	DECAL ADJUSTING
28	12070-394	1	DECAL INDICATOR
32	12100-303	6	BUMPER
33	12190-208	1	P DETENT BAR
37	4000Y316	1	DECAL CAUTION
43	4715-346	1	COM SPRING .72 X 1.50 LG
49	EZ000008	1	GAS SPRING 100N
55	JC620415	2	BHSCS .250-20 X .75
56	HX620420	1	BHSCS .250-20 X 1.250
57	HC700412	1	BHSCS .375-16 X .50
59	HC700428	1	BHSCS .375-16 X 2.25
60	HD303312	2	S BOLT .250 X .500 .190-10-24

Ref #	Part Number	Qty	Description
63	HN575100	2	LOCKNUT .190-NO 10-24
64	HN664900	2	LOCKNUT .312-18 NYLON INSERT
69	HX-60184	2	BALL,STUD,5/16 -18X10MM
71	JC700420	2	BHSCS .375-16 X 1.25
73	JD383315	5	S BOLT .500 X .75 .375-16
74	JS347400	4	LOCKWASHER INT TOOTH .375
76	PP130002	2	INSERT DOMED PLASTIC
80	4800-163	1	COVERED CUSHION CONTOUR 10 X 2 Custom
81	4800-162	1	WEAR COVER CONTOUR 10 X 22 Custom
82	4800-192	1	CUSHION SA 10 X 18 MOLDED Custom
83	4520-362	1	DECAL SEAT CAUTION Custom
98	JC702820	1	SHCS .375-16 X 1.25
101	HC700430	1	BHSCS .375-16 X 2.50

12070 Swivel Handle Assembly



Ref #	Part Number	Qty	Description
1	08002	2	BUMPER
K2	11070K007	2	KIT, PIVOT HANDLE
5	11070-205	2	W HANDLE Custom
22	12070-202	1	W INPUT ARM Custom
38	4535-201	1	W PIVOT ARM Custom
39	4535-327	2	PIN PIVOT-LONG
40	4535-328	1	PIN PIVOT-SHORT
41	4535-330	2	TUBE PIVOT HANDLE
46	BR030214	2	RETAINING RING .625
51	FB130205	9	BRG FLG .62 X .75 .38 LG
58	HC700417	6	BHSCS .375-16 X 1.00
66	HP286716	2	PIN GROOVE .188 X .750
75	JS407100	2	BUSHING .625 MACHINERY
77	PP130003	1	INSERT PLASTIC
79	4605-504	2	GRAB GRIP 5.19

