

# VR3 ARM CURL

12070-02

## Parts Manual

1/5/2019 2:20:11 AM

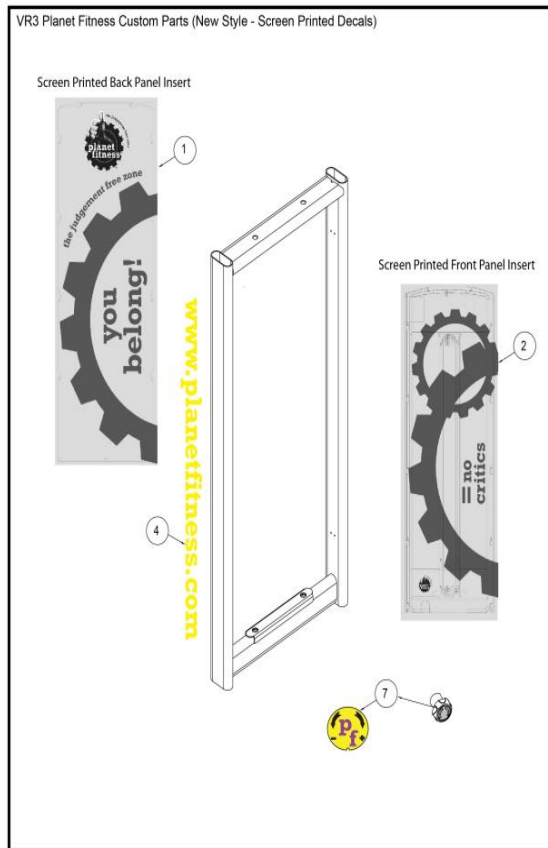


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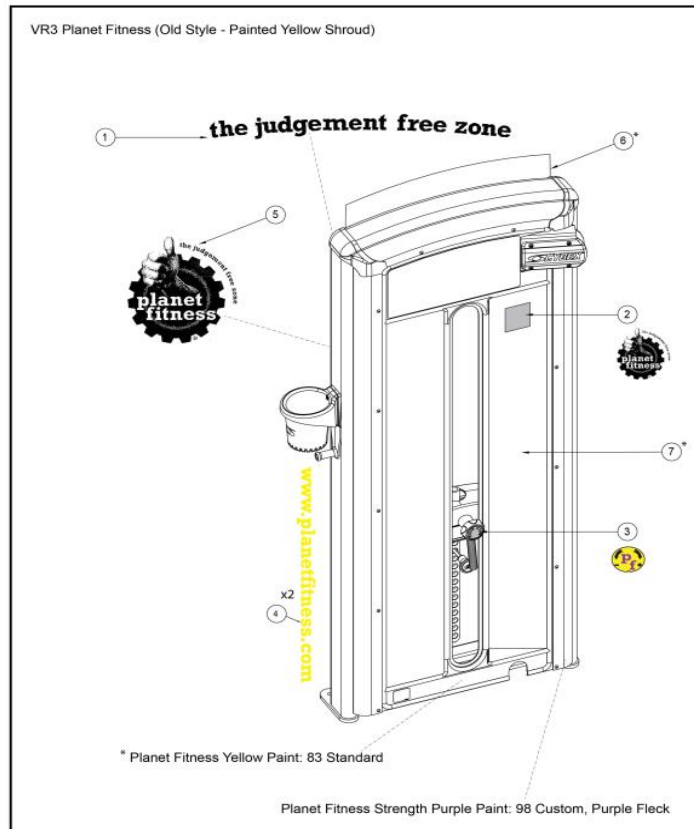
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## VR3 Planet Fitness Custom (New Style)



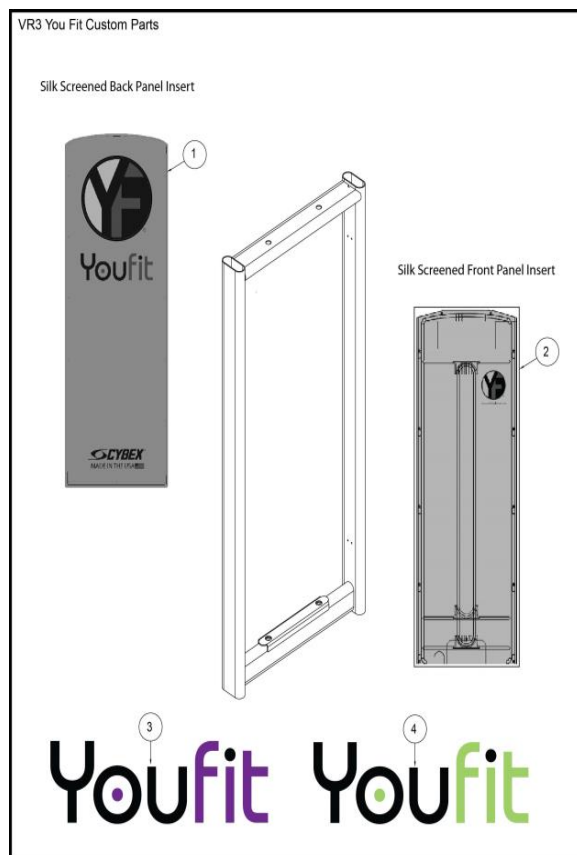
| Ref # | Part Number | Qty | Description                          |
|-------|-------------|-----|--------------------------------------|
| 1     | 12000-375P  | 1   | BACK PANEL INSERT, PLANET FITNESS    |
| 2     | 12000-399P  | 1   | Panel insert, Planet Fitness         |
| 4     | DE-60251    | 1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

## VR3 Planet Fitness Custom (Old Style) □



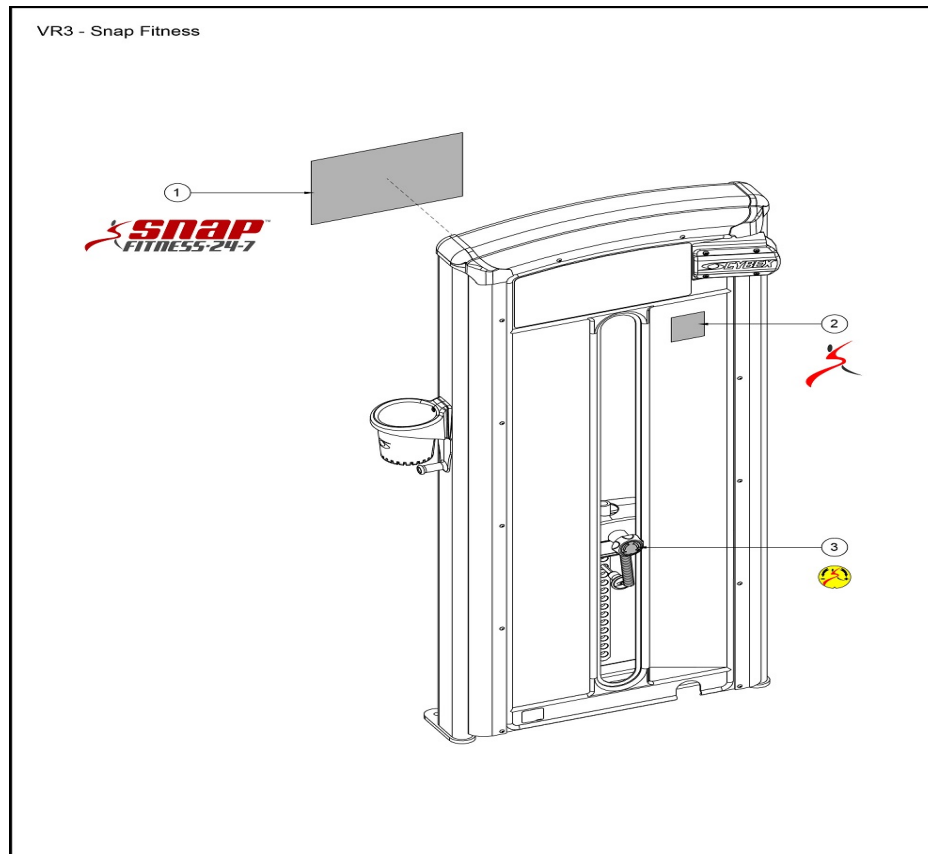
| Ref # | Part Number | Qty | Description                            |
|-------|-------------|-----|----------------------------------------|
| 1     | DE-60232    | 1   | DECAL JUDGEMENT FREE ZONE              |
| 2     | DE-60233    | 1   | DECAL THUMBS UP 3 INCH PLANET FITNESS  |
| 3     | DE-60231    | 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 ☐



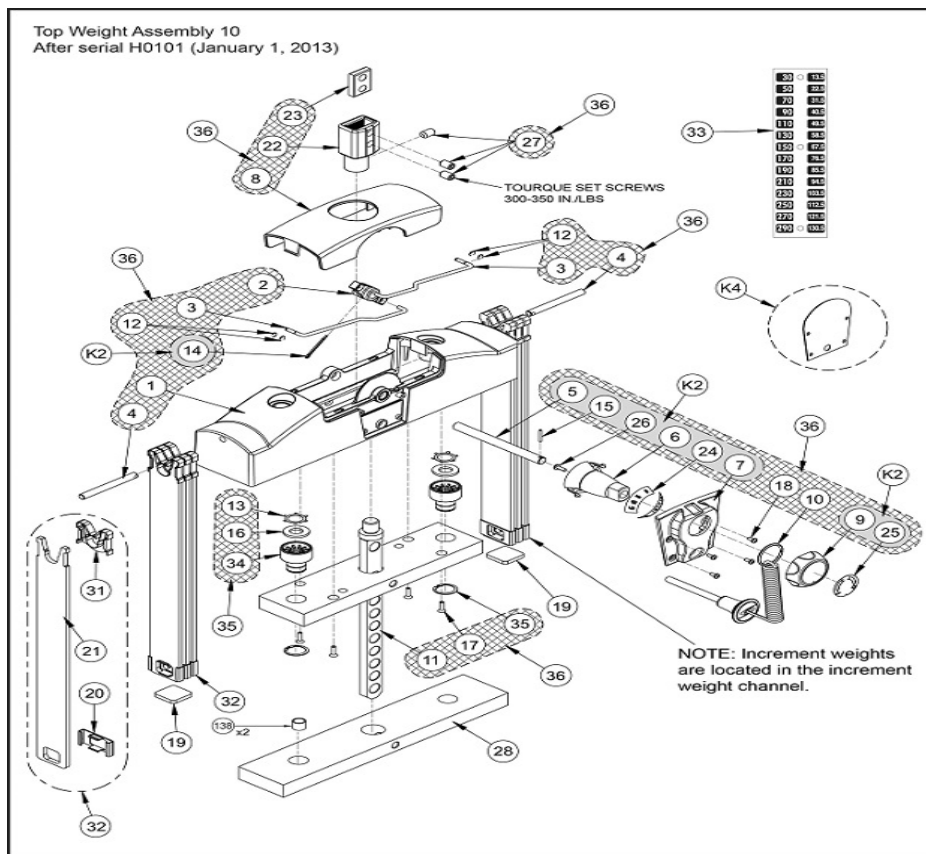
| Ref # | Part Number | Qty | Description                      |
|-------|-------------|-----|----------------------------------|
| 1D    | 12000-375YP | 1   | BACK PANEL INSERT, YOUFIT PURPLE |
| 1C    | 12000-375PY | 1   | BACK PANEL INSERT, YOUFIT PURPLE |
| 1B    | 12000-375YG | 1   | BACK PANEL 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 After H0101

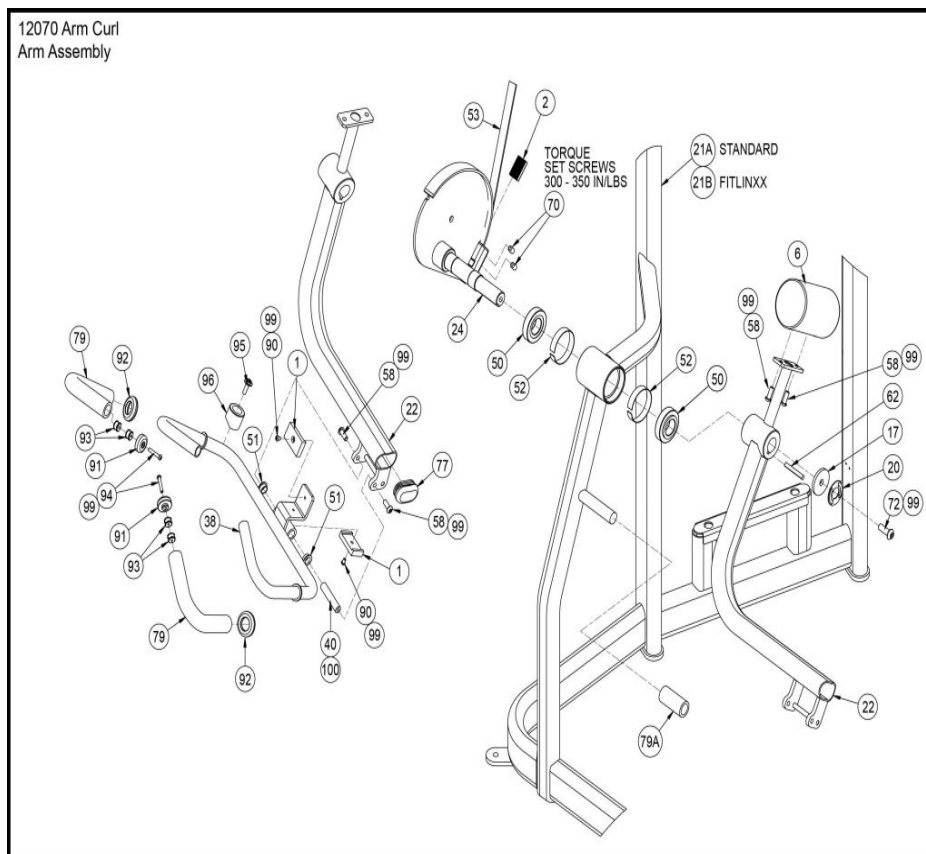


| Ref # | Part Number | Qty | Description                             |
|-------|-------------|-----|-----------------------------------------|
| 1     | 11040-366   | 1   | TOP WEIGHT ASSEMBLY MOLDED              |
| 2     | 11040-367   | 1   | HUB MOLDED                              |
| 3     | 11040-369   | 2   | ROD LINKAGE                             |
| 4     | 11040-370   | 2   | PIN                                     |
| 5     | 11040-427   | 1   | ROD                                     |
| 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                             |
| 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                                   |



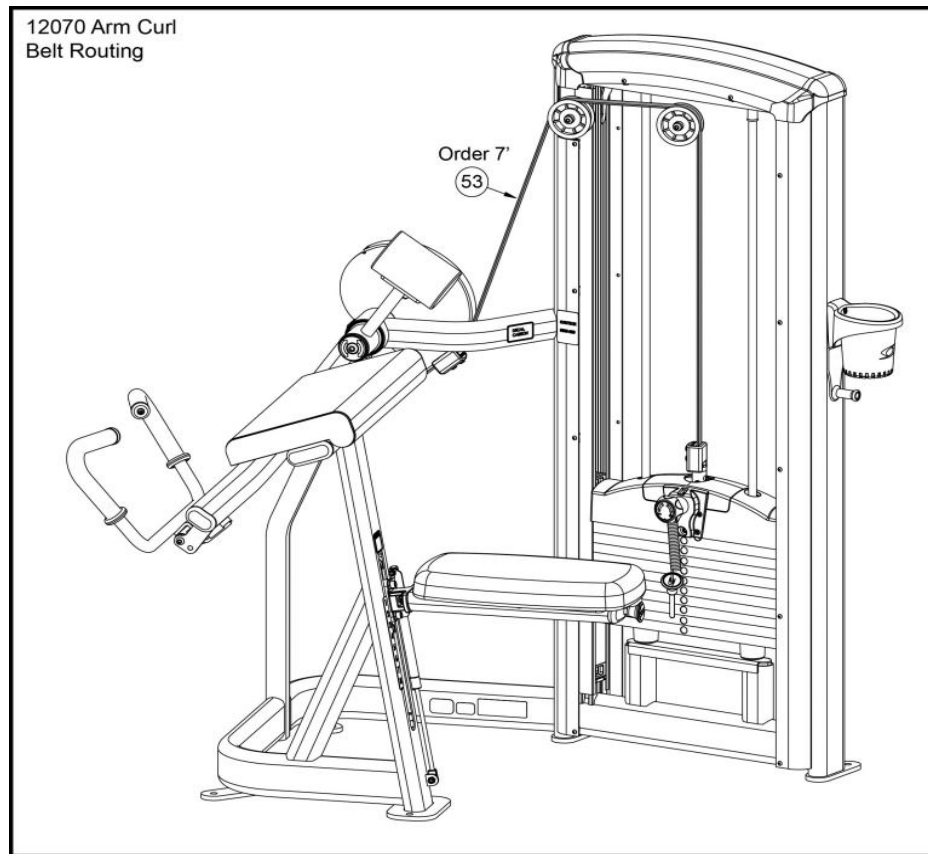
# 12070 Arm Assembly



| 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               |

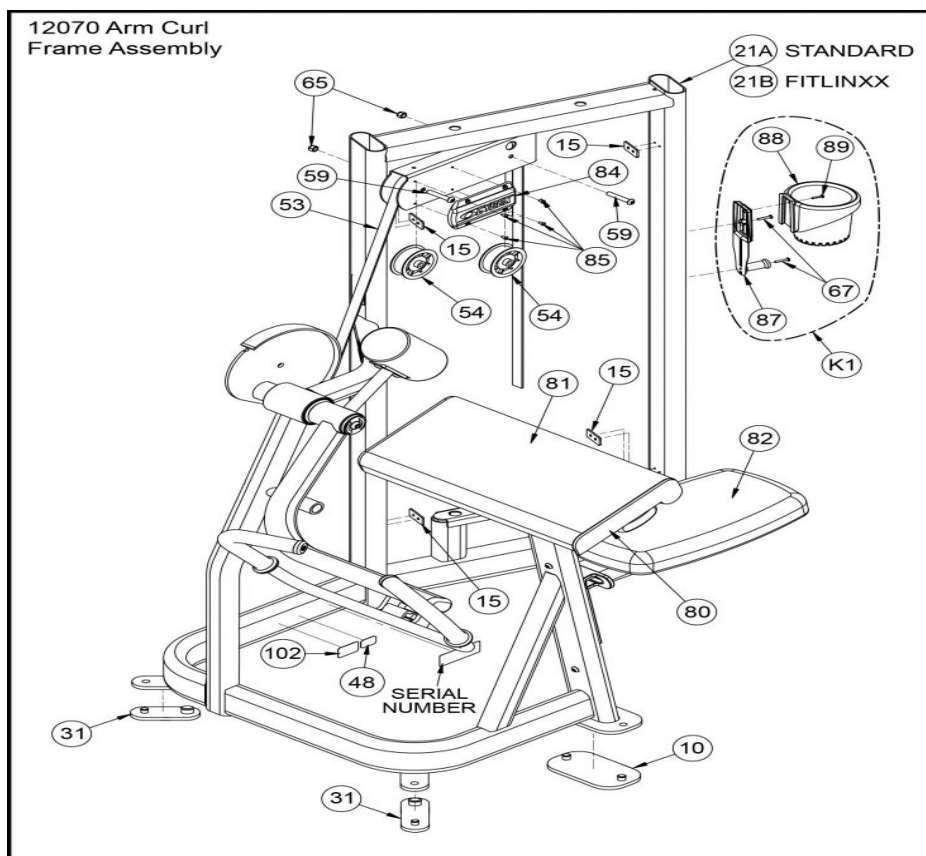
| Ref # | Part Number | Qty | Description                       |
|-------|-------------|-----|-----------------------------------|
| 91    | 11090-374   | 1   | END CAP                           |
| 92    | 11090-376   | 2   | RING HANDLE GRIP                  |
| 93    | HF449063    | 2   | INSERT 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 |

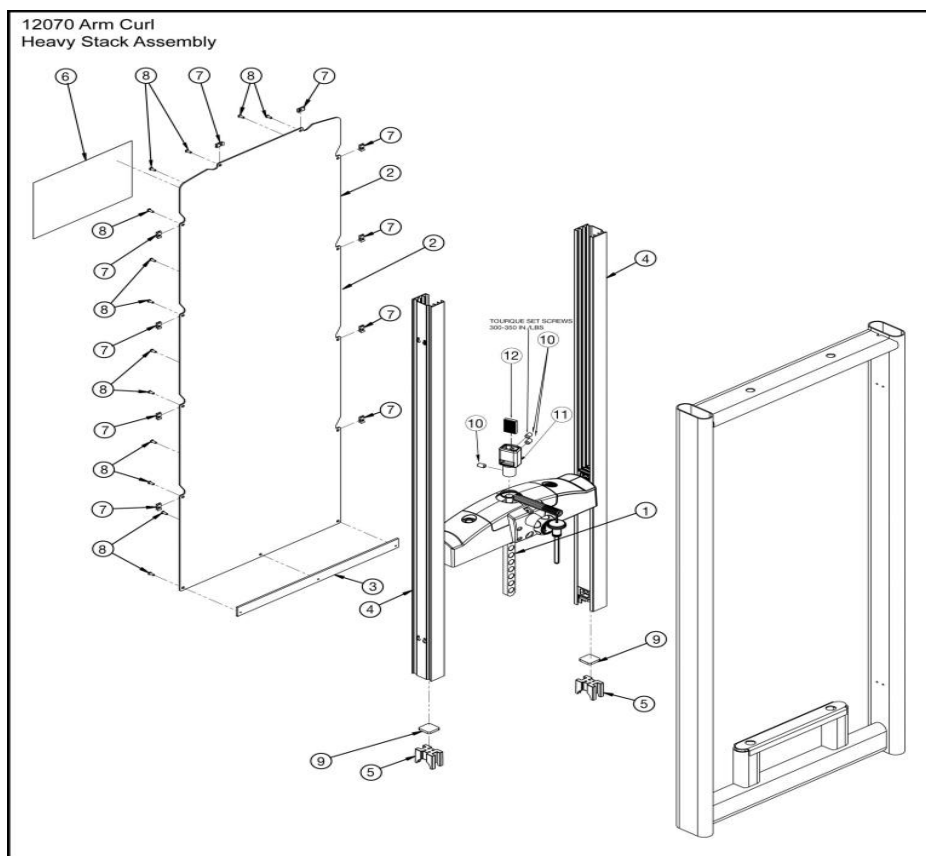
# 12070 Frame Assembly



| 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 |

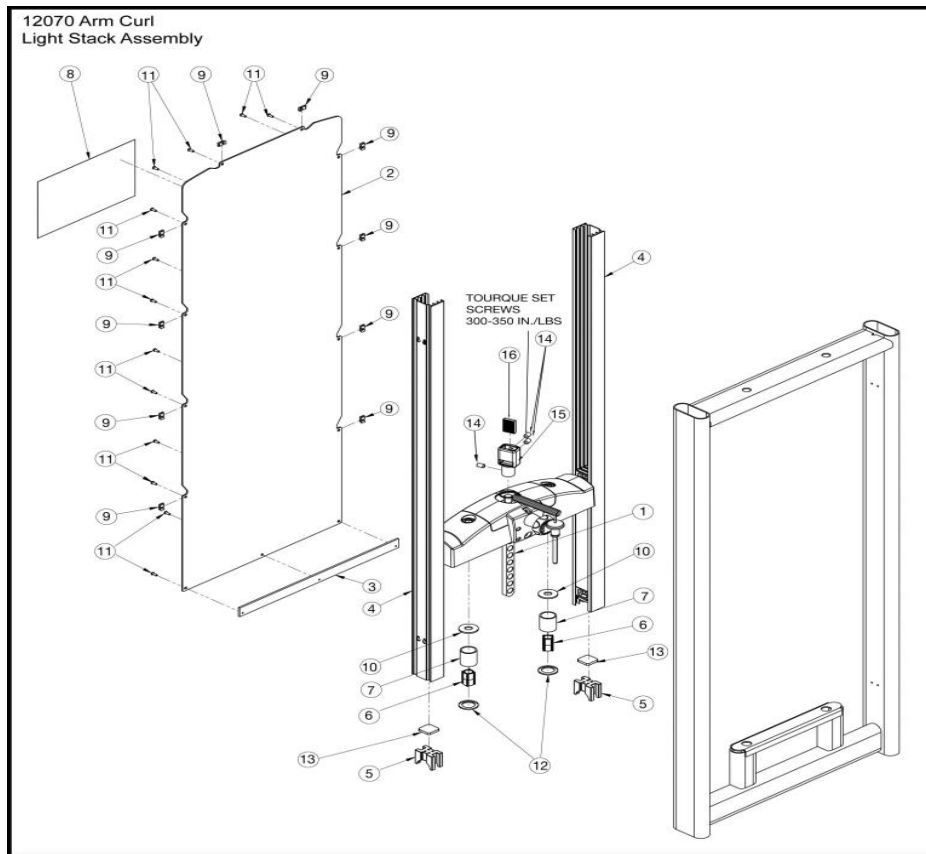
| Ref # | Part Number | Qty | Description     |
|-------|-------------|-----|-----------------|
| 102   | CM000260    | 1   | DECAL, CAPACITY |

## 12070 Heavy Stack Assembly



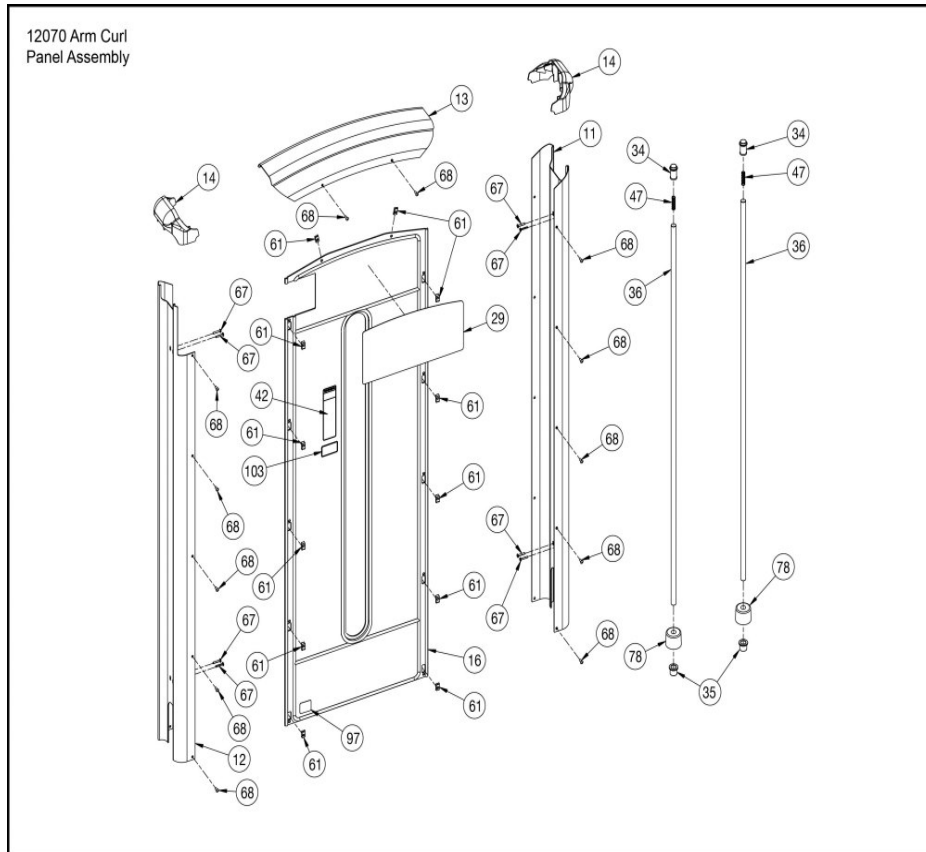
| Ref # | Part Number | Qty | Description                 |
|-------|-------------|-----|-----------------------------|
| 1     | 11040-006   | 1   | TOP WEIGHT ASSY 10          |
| 2     | 12000-375   | 2   | PANEL INSERT                |
| 3     | 12000-378   | 1   | SUPPORT                     |
| 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                       |



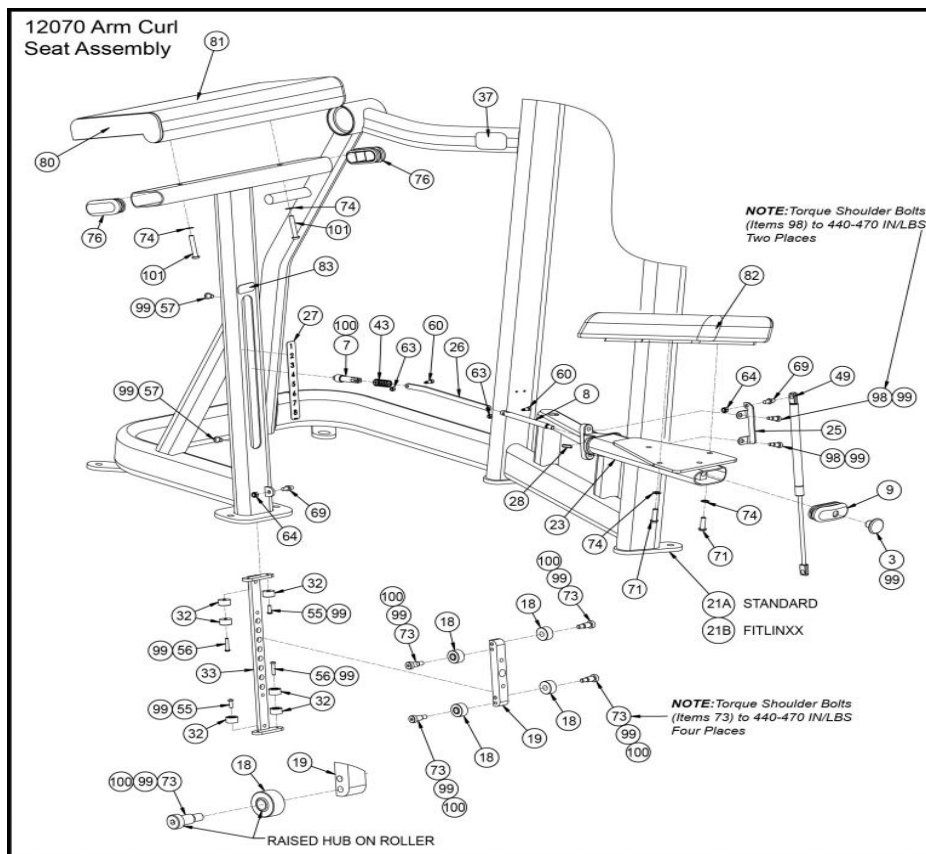
**12070 Parts Shown**

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Other Parts Not Shown

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

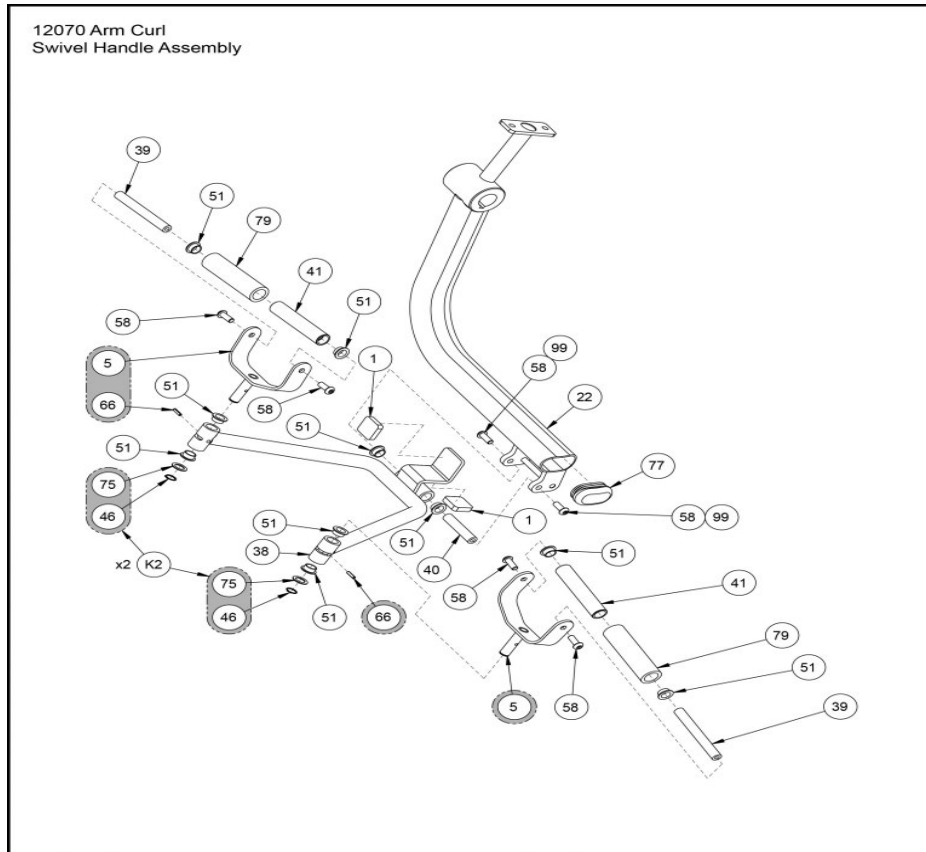
# 12070 Seat Assembly



| 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           |

