

VR3 ABDOMINAL CRUNCH

12090-01

Parts Manual

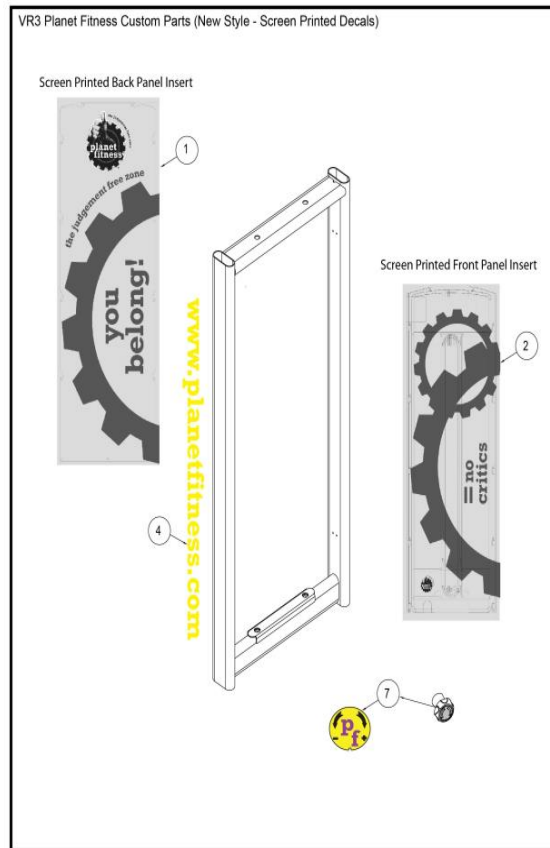
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Table of Contents

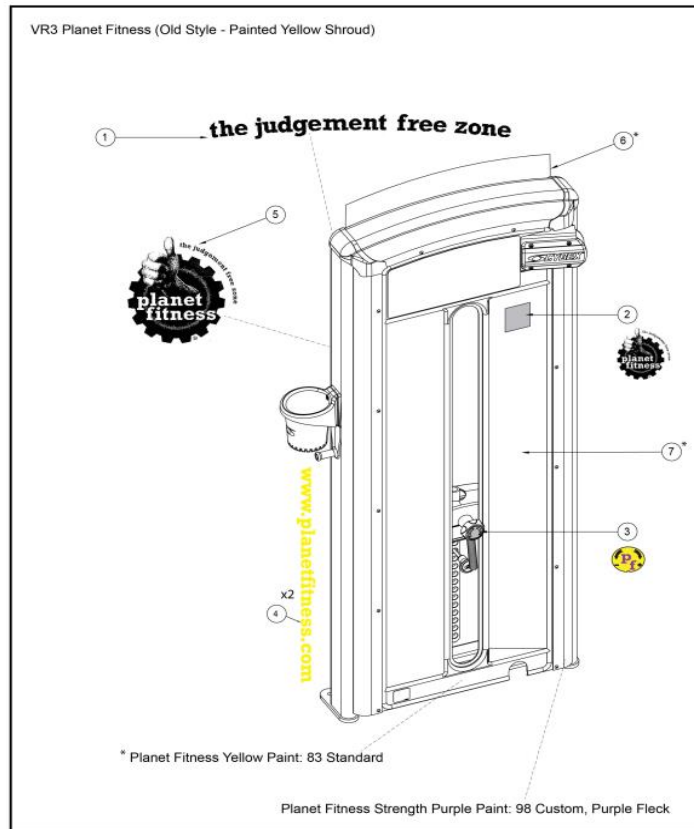
<u>VR3 Planet Fitness Custom (New Style)</u>	3
<u>VR3 Planet Fitness Custom (Old Style)</u>	4
<u>VR3 You Fit Custom</u>	5
<u>VR3 - Snap Fitness</u>	6
<u>VR3 - 15 Top Weight Assembly (Before G1231)</u>	7
<u>12090 Belt Routing</u>	9
<u>12090 Foot Rest Assembly</u>	10
<u>12090 Frame Assembly</u>	11
<u>12090 Heavy Stack Assembly</u>	13
<u>12090 Light Stack Assembly</u>	14
<u>12090 Panel Assembly</u>	15
<u>12090 Parts Not Shown</u>	16
<u>12090 Pivot Arm Assembly</u>	17

VR3 Planet Fitness Custom (New Style)



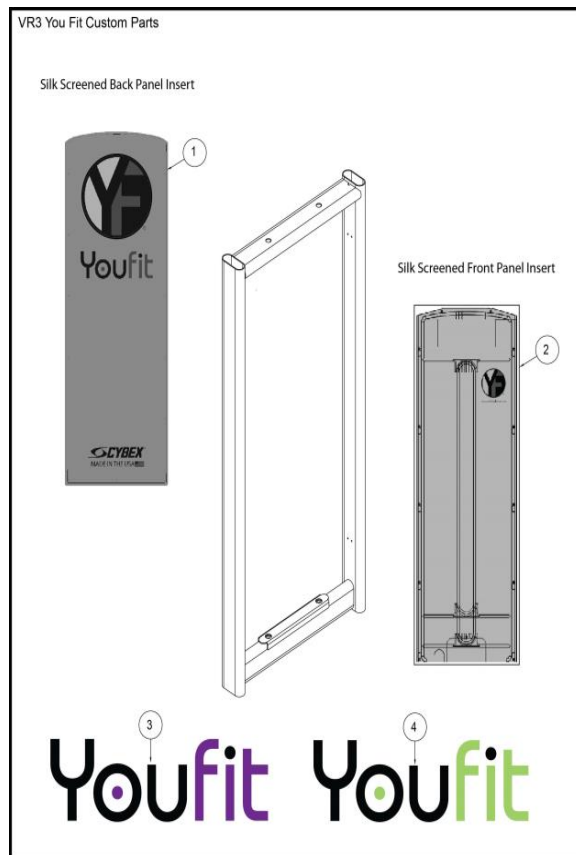
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



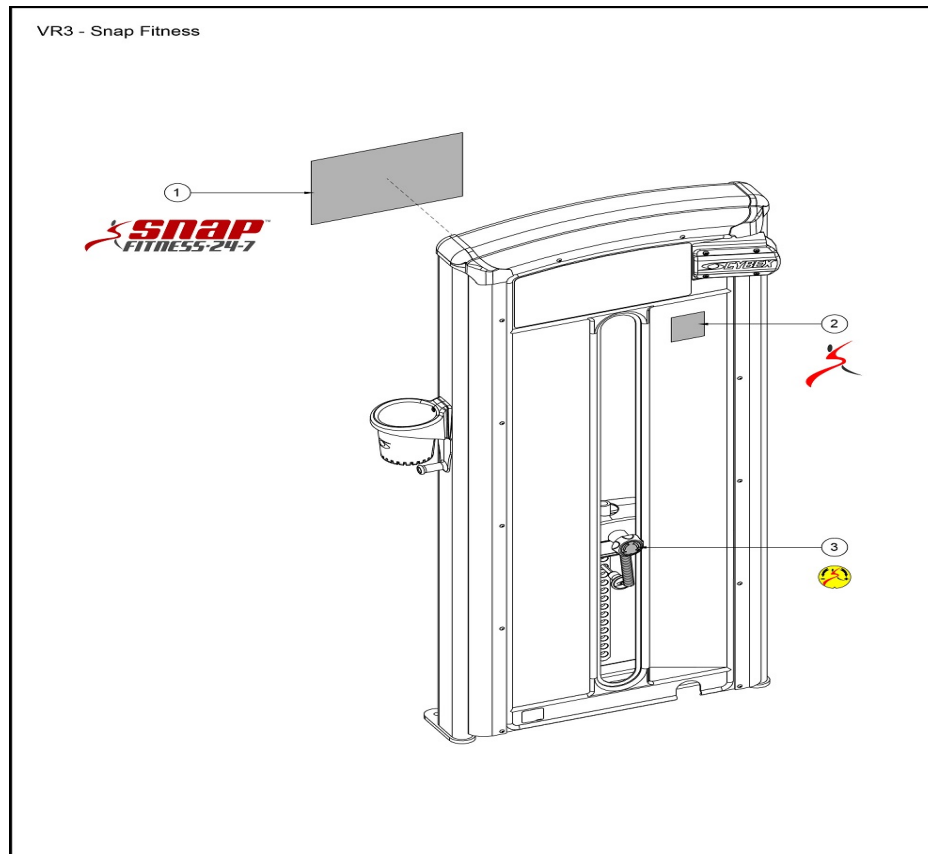
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT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

VR3 You Fit Custom ☐



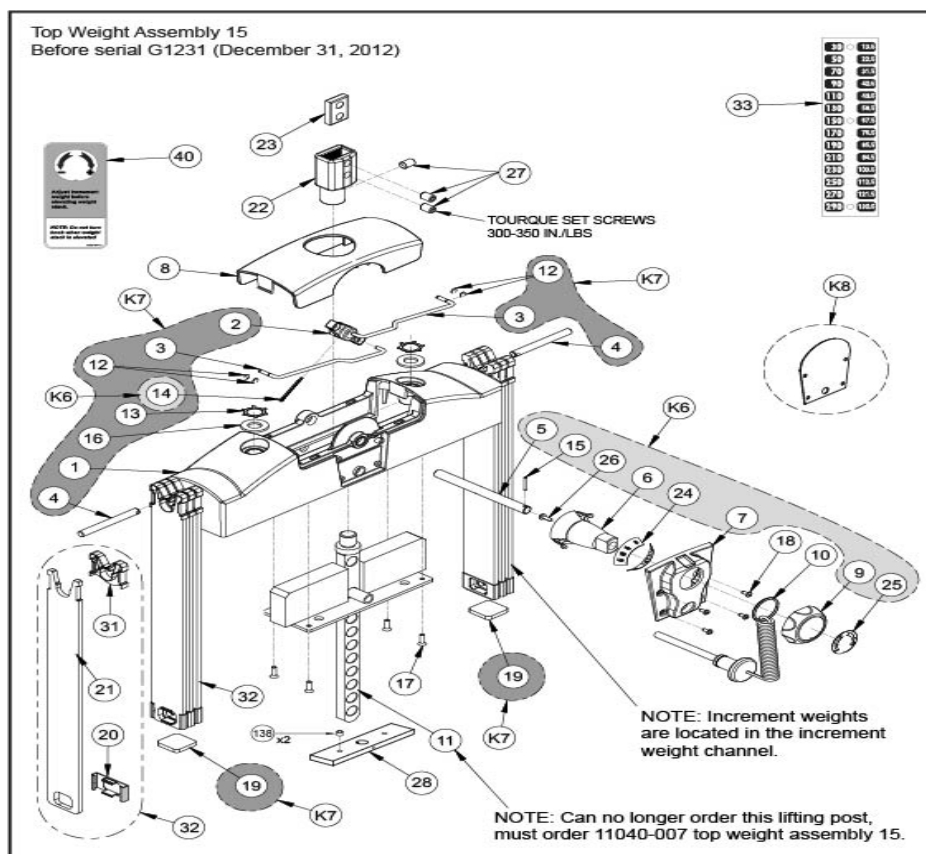
Ref #	Part Number	Qty	Description
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
2A	12000-399GY	1	PANEL INSERT, YOUFIT GREEN
2B	12000-399YP	1	PANEL INSERT,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

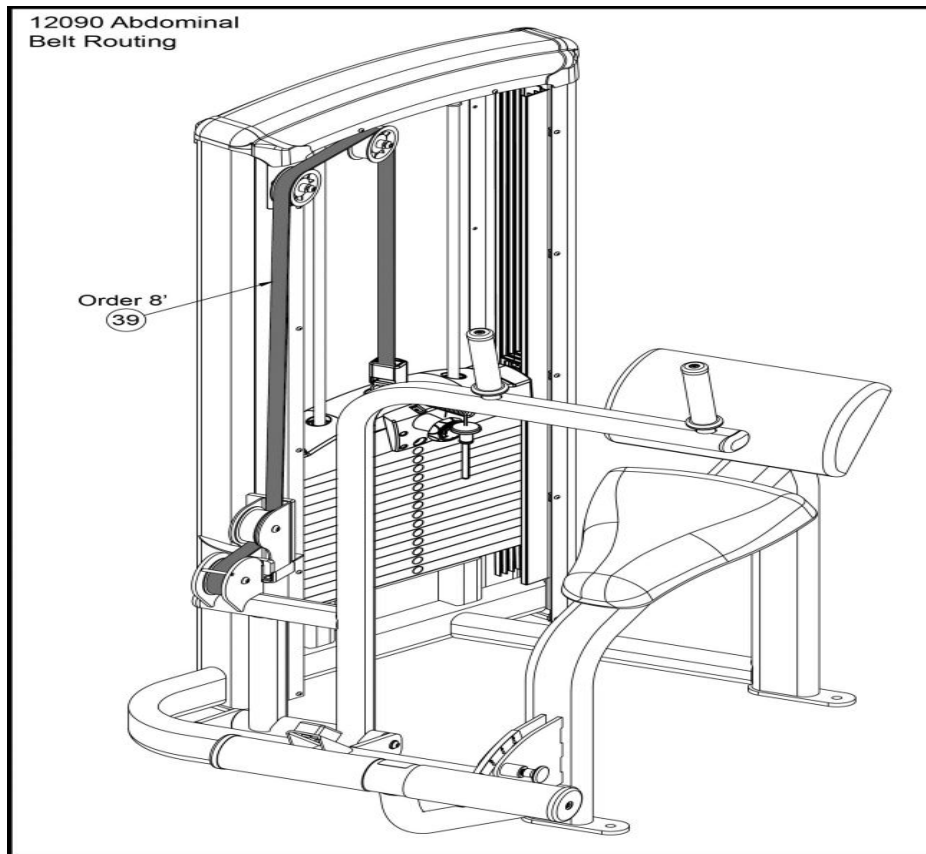
VR3 - 15 Top Weight Assembly (Before G1231)



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
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

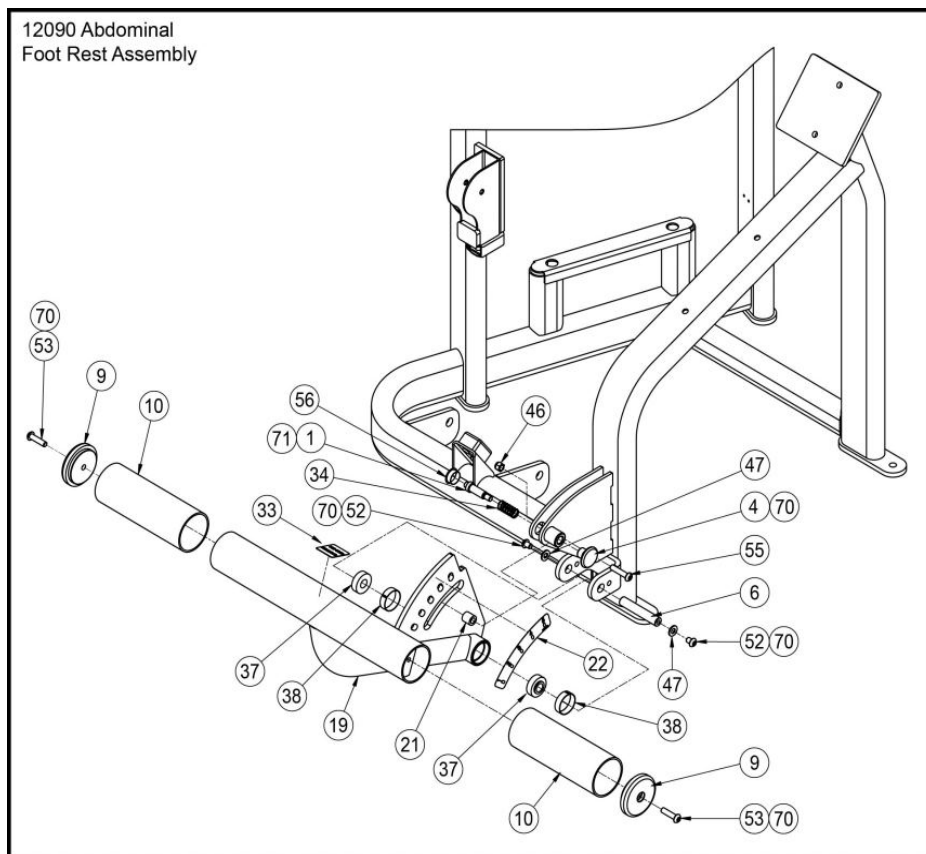
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK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

12090 Belt Routing



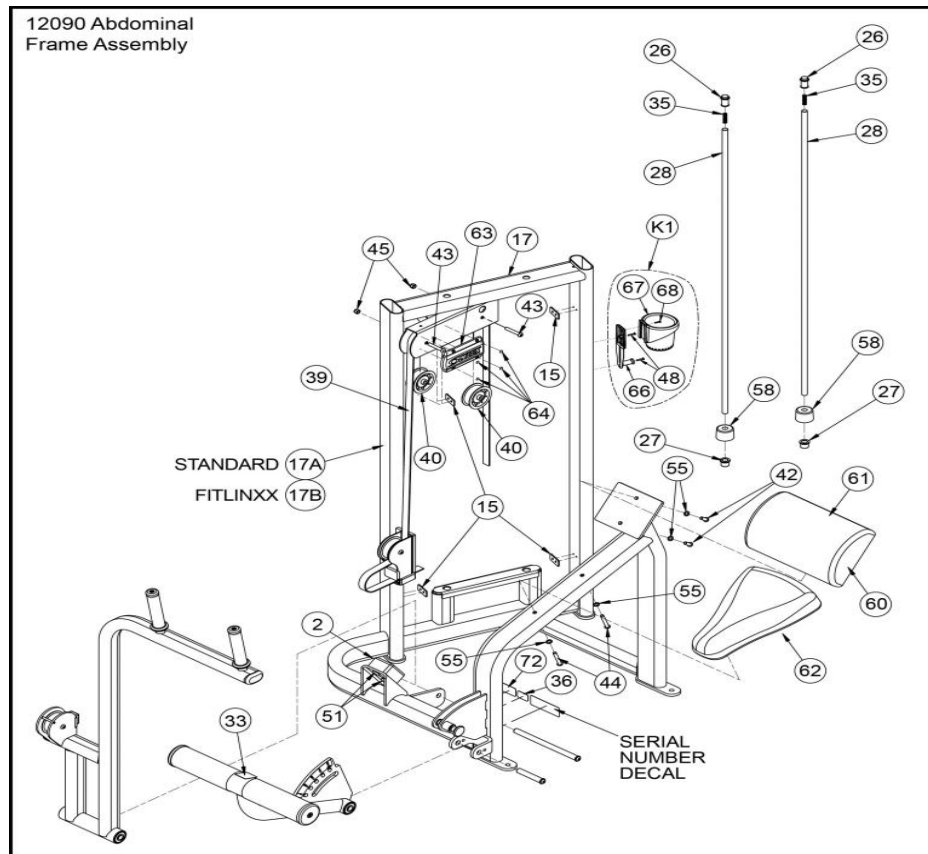
Ref #	Part Number	Qty	Description
39	GB000202	1	BELT .95 WIDE

12090 Foot Rest Assembly



Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
4	11040-440	1	KNOB
6	11080-337	1	SHAFT PIVOT
9	11090-398	2	END CAP
10	11090-400	2	GRIP 8.75
19	12090-202	1	W FOOT REST Custom
21	12090-306	1	SPACER
22	12090-312	1	DECAL FOOT REST ADJUST
33	8500-025	1	DECAL CAUTION Custom
34	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
37	FB030232	2	BRG RADIAL 17MM ID EXT RACE
38	FC030006	2	TOLERANCE RING 1.575 ID
46	HN704901	1	LOCKNUT .375-16 NYLON
47	HS347600	2	WASHER SAE .375
52	JC700412	2	BHSCS .375-16 X .50
53	JC700422	2	BHSCS .375-16 X 1.50
55	JS347400	1	LOCKWASHER INT TOOTH .375
56	PN660200	1	INSERT PLASTIC 1.00 DIA-11 GA

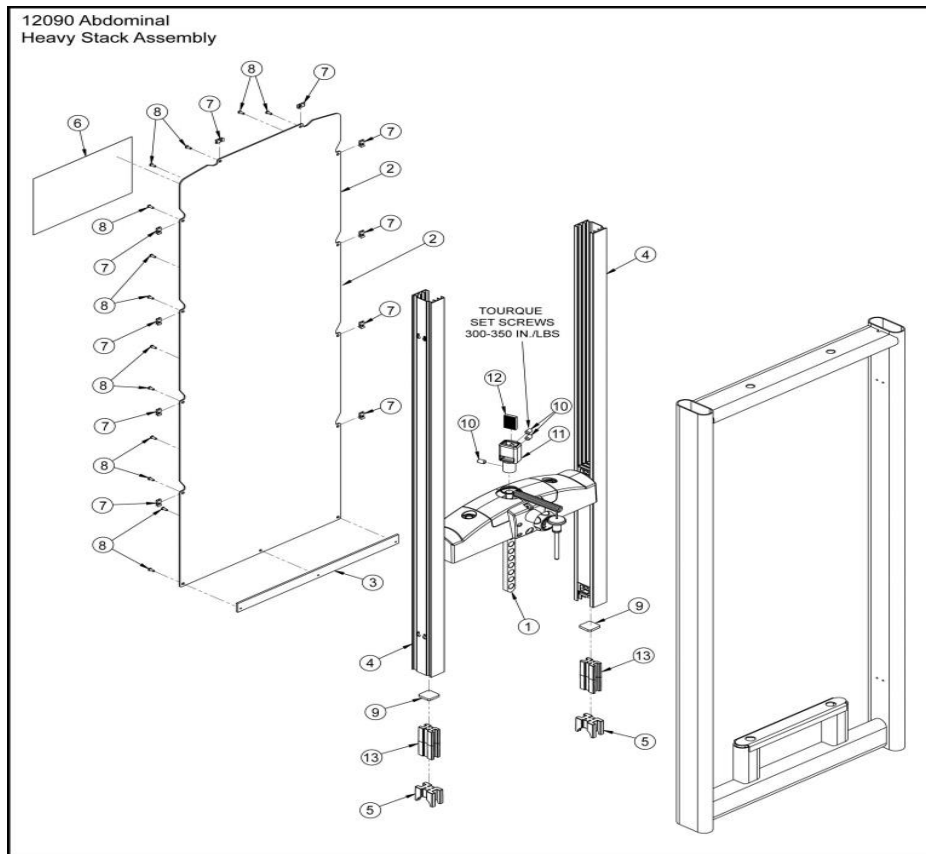
12090 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
2	11000-384	1	BLOCK STOP
15	12000-398	4	SPACER
17B	12098-200	1	W MAIN FRAME Custom
17A	12090-200	1	W FRAME Custom
26	12210-347	2	CAP GUIDE ROD
27	12210-348	2	CAP GUIDE ROD
28	12210-350	2	WT ROD .625 DIA X 49.53
33	8500-025	1	DECAL CAUTION Custom
35	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
36	CM000211	1	DECAL PATENT
39	GB000202	1	BELT .95 WIDE
40	GP000209	2	PULLEY ASSEMBLY-3.50
42	HC700417	2	BHSCS .375-16 X 1.00
43	HC700428	2	BHSCS .375-16 X 2.25
44	HC700430	1	BHSCS .375-16 X 2.50
45	HF579000	2	PANEL FASTENER 10-24 U TYPE
48	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
51	JC620415	1	BHSCS .250-20 X .75
55	JS347400	4	LOCKWASHER INT TOOTH .375
58	PR060005	2	BUMPER WEIGHT
60	4800-127	1	COVERED CUSHION SA CONTOUR 9 X 14 Custom

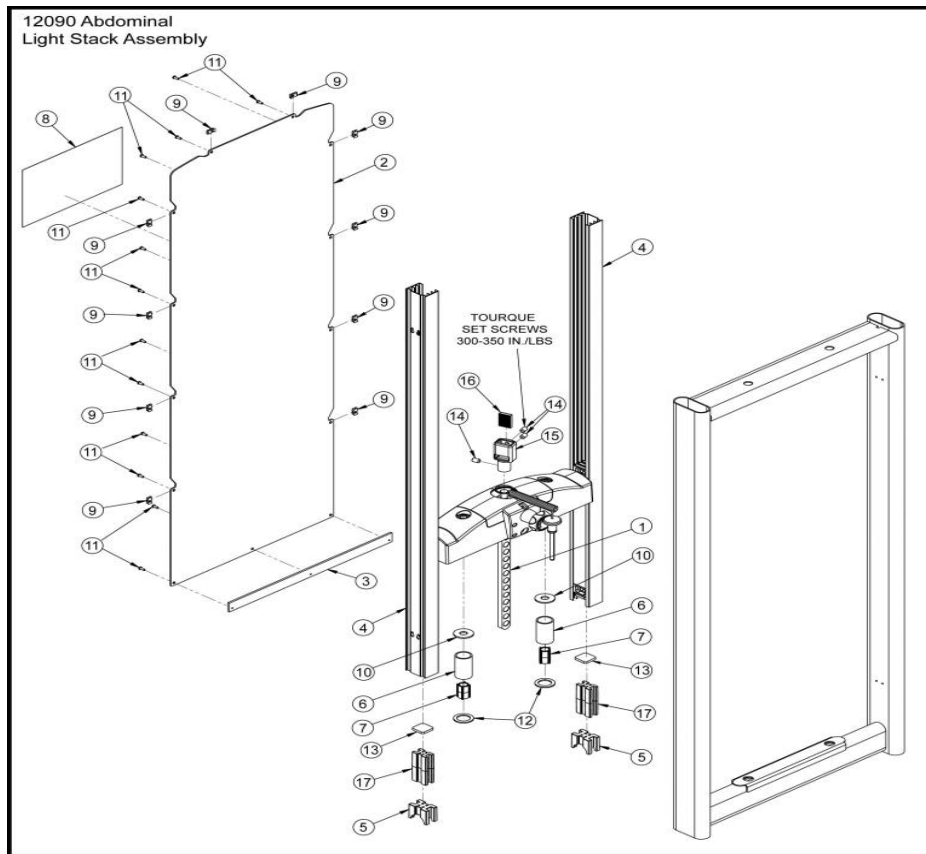
Ref #	Part Number	Qty	Description
61	4800-130	1	WEAR COVER SA CONTOUR 9 X 14 Custom
62	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
63	12000-466	1	PULLEY COVER
64	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
66	13000-402	1	Mount Water Bottle Holder
67	13000-400	1	Holder Water Bottle
68	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
72	CM000261	1	DECAL, CAPACITY

12090 Heavy Stack Assembly



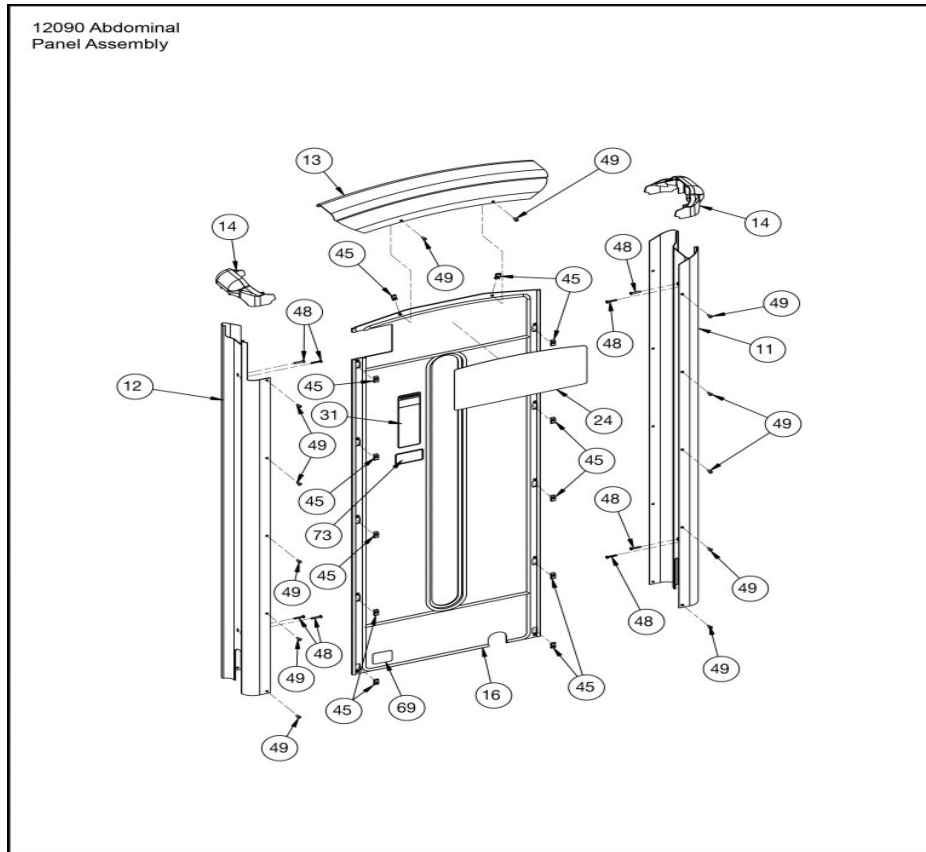
Ref #	Part Number	Qty	Description
1	11040-007	1	TOP WEIGHT ASSY 15
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	1	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	9	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50 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
13	12102-331	2	INSERT INCREMENT WEIGHT

12090 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	2	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	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
17	12102-331	2	INSERT INCREMENT WEIGHT

12090 Panel Assembly



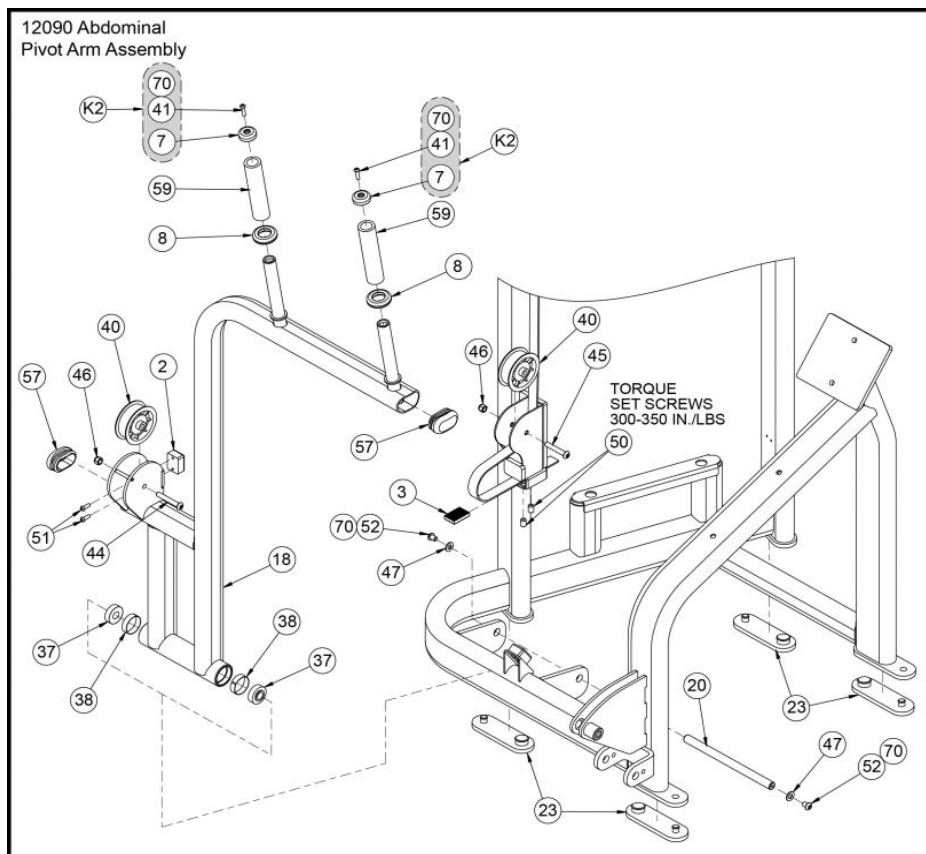
Ref #	Part Number	Qty	Description
11	12000-392	1	CHANNEL INCREMENT WEIGHT
12	12000-394	1	CHANNEL INCREMENT WEIGHT
13	12000-395	1	CAP TOP
14	12000-396	2	END CAP
16	12000-405	1	PANEL INSERT
24	12090-598	1	Placard VR3 Abdominal
31	DE000001	1	Decal Warning Custom
45	HF579000	12	PANEL FASTENER 10-24 U TYPE
48	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
49	HX570412	12	BHSCS 10-24 X .50 SS
69	11040-790	1	NLA: DECAL, MADE IN THE USA
73	DE000005	1	Decal Caution Custom

12090 Parts Not Shown

Other Parts Not Shown

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

12090 Pivot Arm Assembly



Ref #	Part Number	Qty	Description
2	11000-384	1	BLOCK STOP
K2	11090K006	2	KIT HANDLE TRIM RING
3	11040-301	1	INSERT CLAMP BLOCK
7	11090-374	2	END CAP
8	11090-376	2	RING HANDLE GRIP
18	12090-201	1	W PIVOT ARM Custom
20	12090-303	1	SHAFT PIVOT
23	12090-322	4	PAD FOOT
37	FB030232	2	BRG RADIAL 17MM ID EXT RACE
38	FC030006	2	TOLERANCE RING 1.575 ID
40	GP000209	1	PULLEY ASSEMBLY-3.50
41	HC620417	2	BHSCS .250-20 X 1.00
44	HC700430	1	BHSCS .375-16 X 2.50
45	HF579000	1	PANEL FASTENER 10-24 U TYPE
46	HN704901	1	LOCKNUT .375-16 NYLON
47	HS347600	2	WASHER SAE .375
50	HY740000	2	SET SCREW
51	JC620415	1	BHSCS .250-20 X .75
52	JC700412	3	BHSCS .375-16 X .50
57	PP130003	1	INSERT PLASTIC
59	4605-520	2	GRAB GRIP 6.25

