

Vr3 Back Extension Start Rld Sbom V02

12101-02

Parts Manual

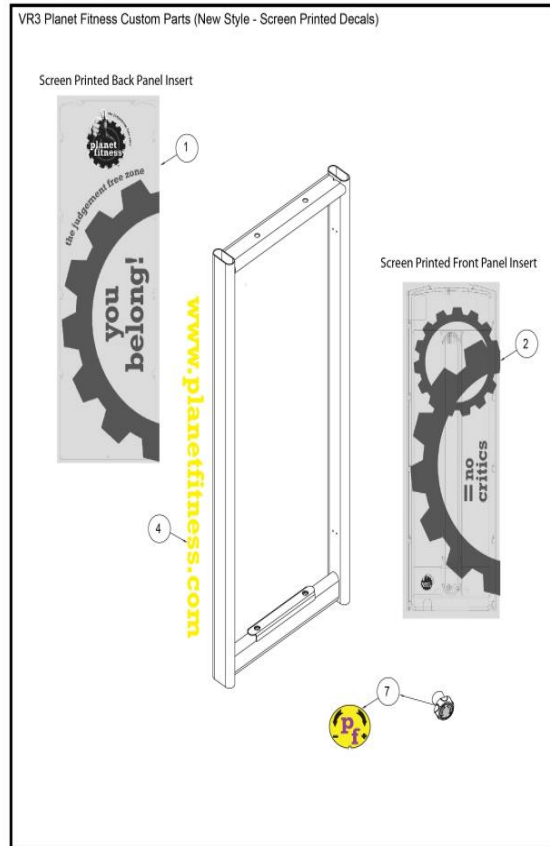
1/5/2019 2:21:38 AM



Table of Contents

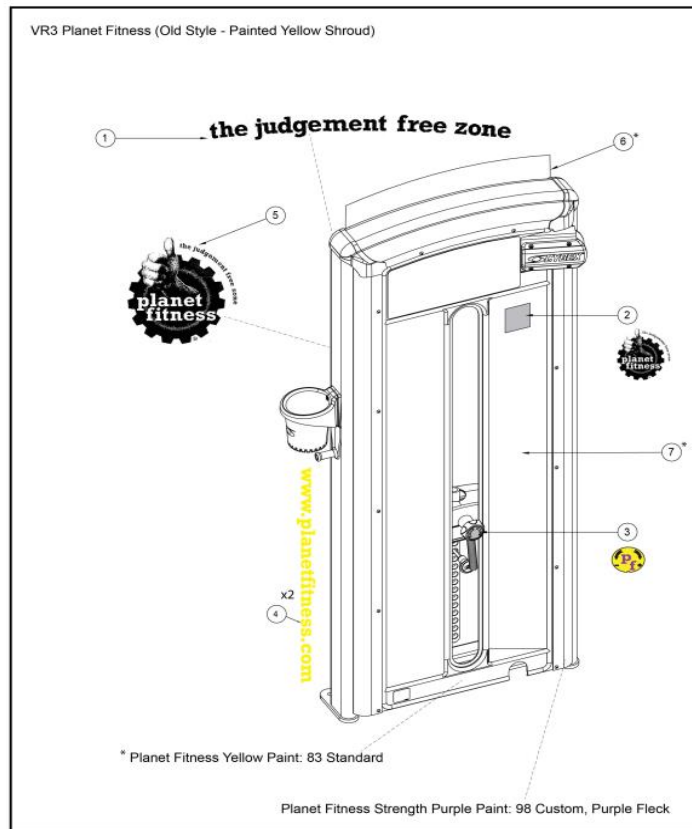
VR3 Planet Fitness Custom (New Style).....	3
VR3 Planet Fitness Custom (Old Style).....	4
VR3 You Fit Custom.....	5
VR3 - Snap Fitness.....	6
VR3 - 15 Top Weight Assembly After H0101.....	7
12100 Belt Routing.....	9
12100 Cam Assembly.....	10
12100 Foot Rest Assembly.....	12
12100 Frame Assembly.....	13
12100 Heavy Stack Assembly.....	15
12100 Light Stack Assembly.....	16
12100 Panel Assembly.....	17
12100 Parts Not Shown.....	18
12101 Cam Assembly Start RLD.....	19

VR3 Planet Fitness Custom (New Style)



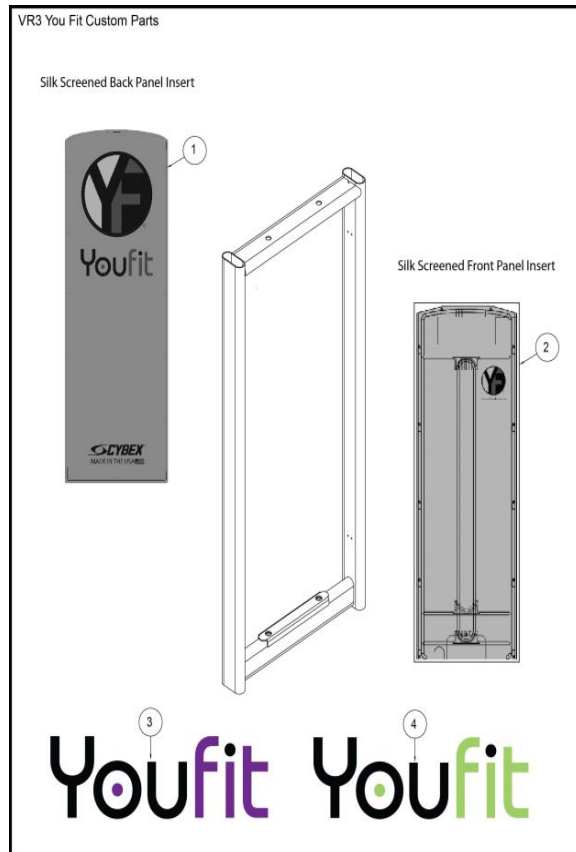
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



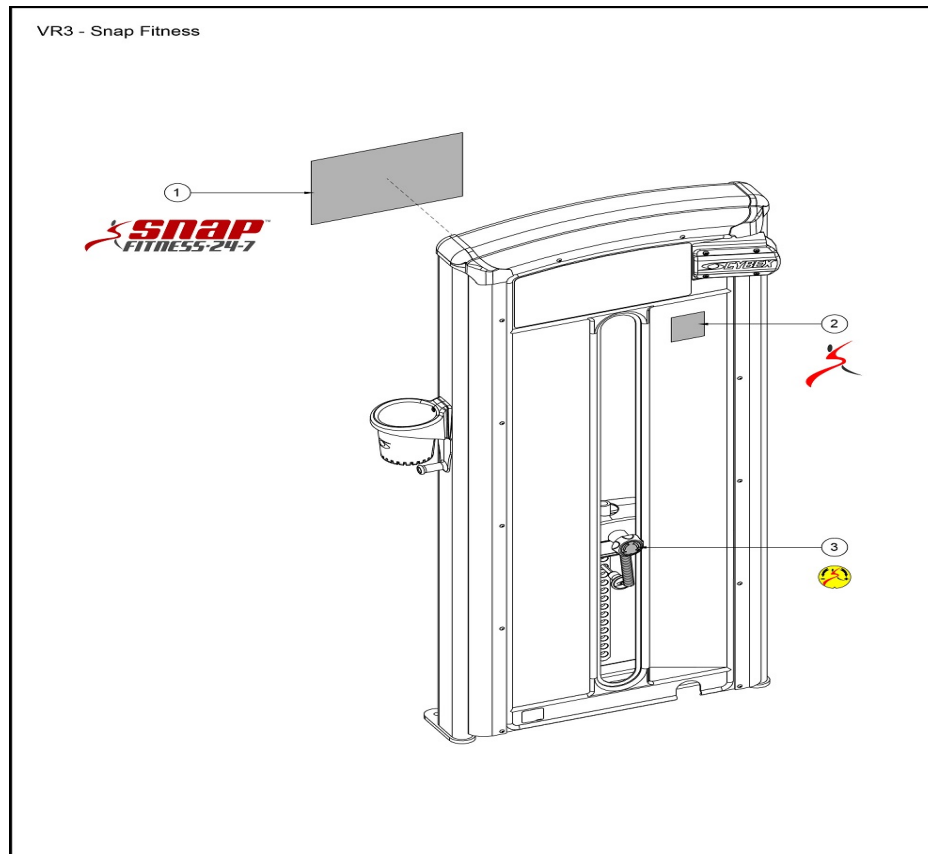
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT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

VR3 You Fit Custom ☐



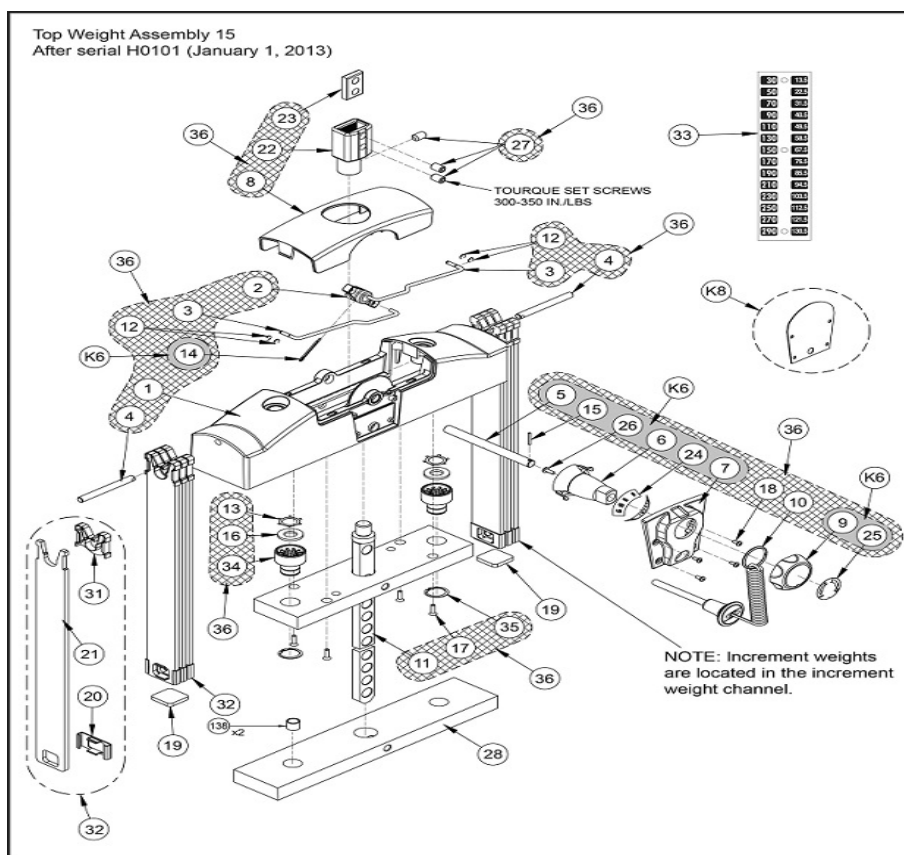
Ref #	Part Number	Qty	Description
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
2B	12000-407PY	1	PANEL INSERT, YOUFIT PURPLE
2A	12000-407YG	1	PANEL INSERT, 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

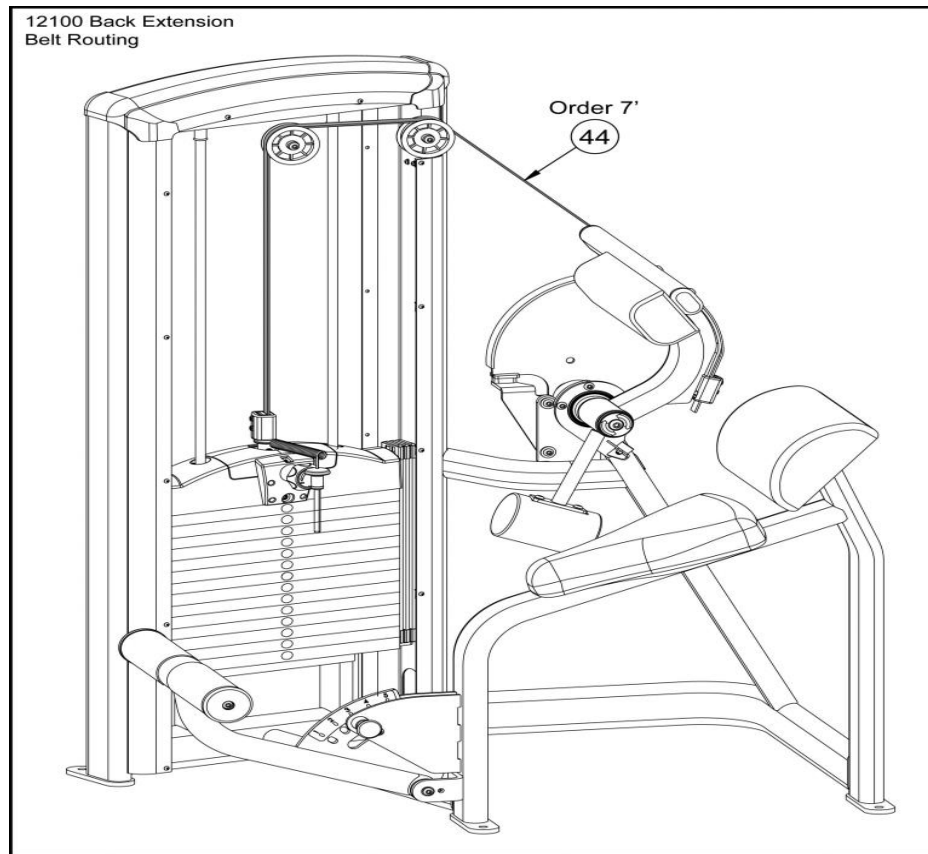
VR3 - 15 Top Weight Assembly After H0101



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
7	11040-424	1	COVER PLATE
K7	11040K010	3	Kit Top Weight Hardware
8	11040-416	1	COVER TOP WEIGHT
K8	11040K007	1	KIT NON-INCREMENTAL 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

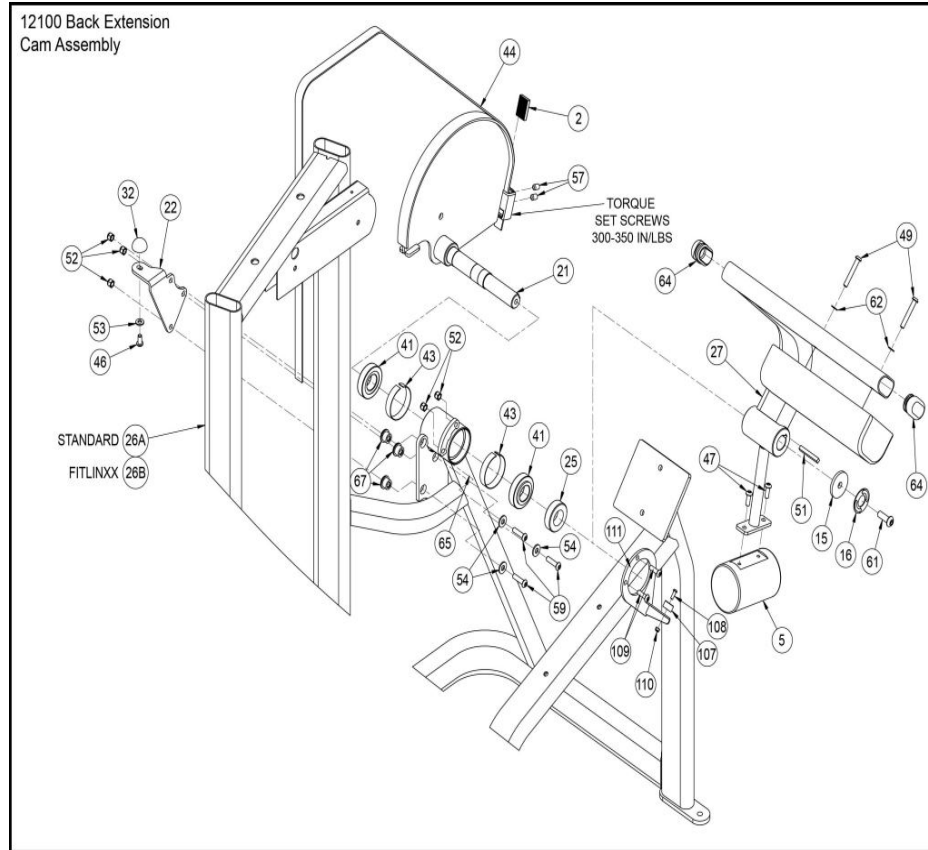
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK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

12100 Belt Routing



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

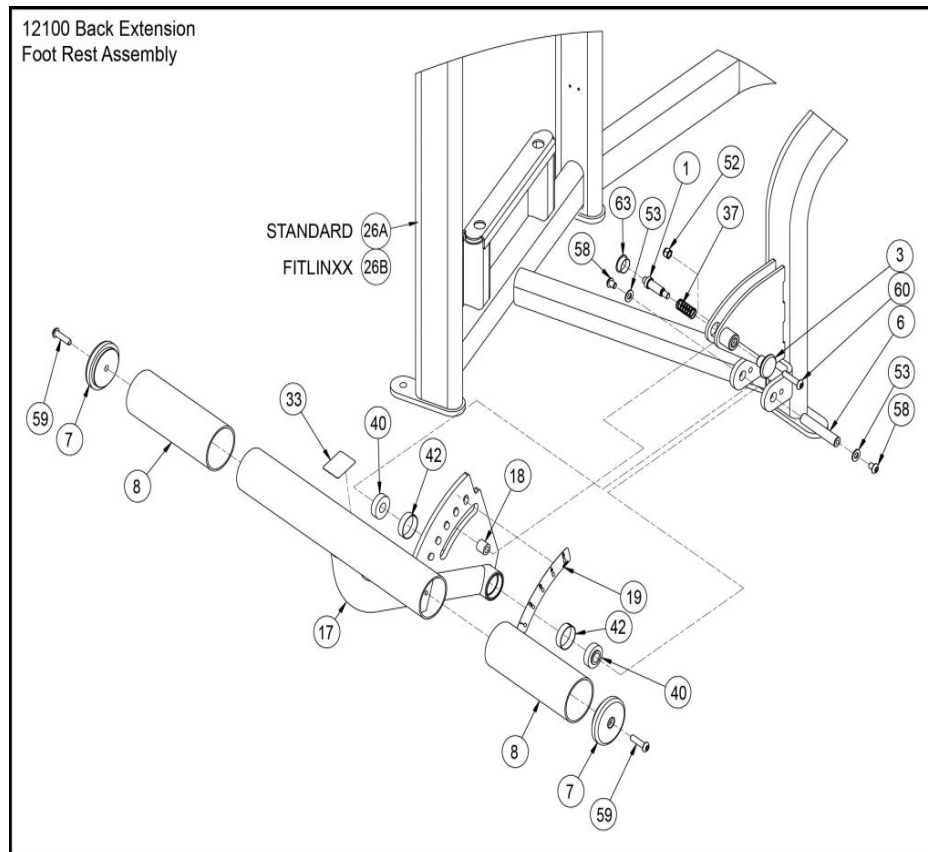
12100 Cam Assembly



Ref #	Part Number	Qty	Description
2	11040-301	1	INSERT CLAMP BLOCK
5	11070-332	1	C COUNTERWEIGHT
15	12050-343	1	WASHER
16	12050-355	1	DECAL ROTATION
21	12100-202	1	W CAM Custom
22	12100-304	1	MOUNT BUMPER
25	12101-300	1	SPACER
26B	12108-200	1	W MAIN FRAME Custom
26A	12102-200	1	W FRAME Custom
27	12102-204	1	W INPUT ARM Custom
32	4505-331	1	BUMPER 1.50 DIA
41	FB030249	2	BEARING RADIAL 35MM EXT RACE
43	FC030009	2	TOLERANCE RING 72MM
44	GB000202	1	BELT .95 WIDE
46	HC700415	1	BHSCS .375-16 X .75
47	HC700417	2	BHSCS .375-16 X 1.00
49	HC700430	2	BHSCS .375-16 X 2.50
51	HH320030	1	KEY .313 SQ X 2.50
52	HN704901	5	LOCKNUT .375-16 NYLON
53	HS347600	1	WASHER SAE .375
54	HS347700	3	WASHER USS .375
57	HY740000	2	SET SCREW

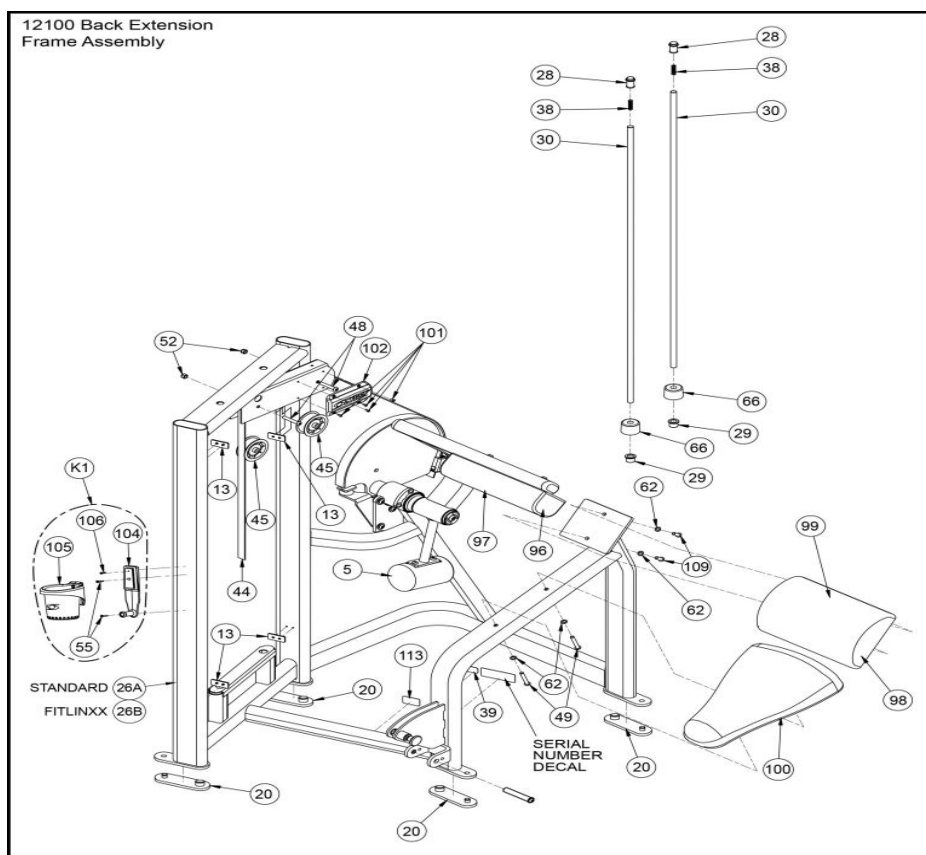
Ref #	Part Number	Qty	Description
59	JC700422	3	BHSCS .375-16 X 1.50
61	JC780422	1	BHSCS .500-13 X 1.50
62	JS347400	2	LOCKWASHER INT TOOTH .375
64	PP130003	3	INSERT PLASTIC
65	PP660006	1	PLUG SNAP IN
67	PR740300	3	MOUNT CENTER BONDED
107	12100-303	1	BUMPER
108	JC620415	1	BHSCS .250-20 X .75
109	JC700420	2	BHSCS .375-16 X 1.25
110	HN625200	1	LOCKNUT .250-20 NYLON HVY
111	12100-203	1	W INPUT STOP Custom

12100 Foot Rest Assembly



Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
3	11040-440	1	KNOB
6	11080-337	1	SHAFT PIVOT
7	11090-398	2	END CAP
8	11090-400	2	GRIP 8.75
17	12090-202	1	W FOOT REST Custom
18	12090-306	1	SPACER
19	12090-312	1	DECAL FOOT REST ADJUST
26A	12102-200	1	W FRAME Custom
26B	12108-200	1	W MAIN FRAME Custom
33	8500-025	1	DECAL CAUTION Custom
37	BS070201	2	COM SPRING .56 ID X .66 OD X 1.50 LG
40	FB030232	2	BRG RADIAL 17MM ID EXT RACE
42	FC030006	2	TOLERANCE RING 1.575 ID
52	HN704901	1	LOCKNUT .375-16 NYLON
53	HS347600	2	WASHER SAE .375
58	JC700412	3	BHSCS .375-16 X .50
59	JC700422	2	BHSCS .375-16 X 1.50
60	JC700424	1	BHSCS .375-16 X 1.75
63	PN660200	2	INSERT PLASTIC 1.00 DIA-11 GA

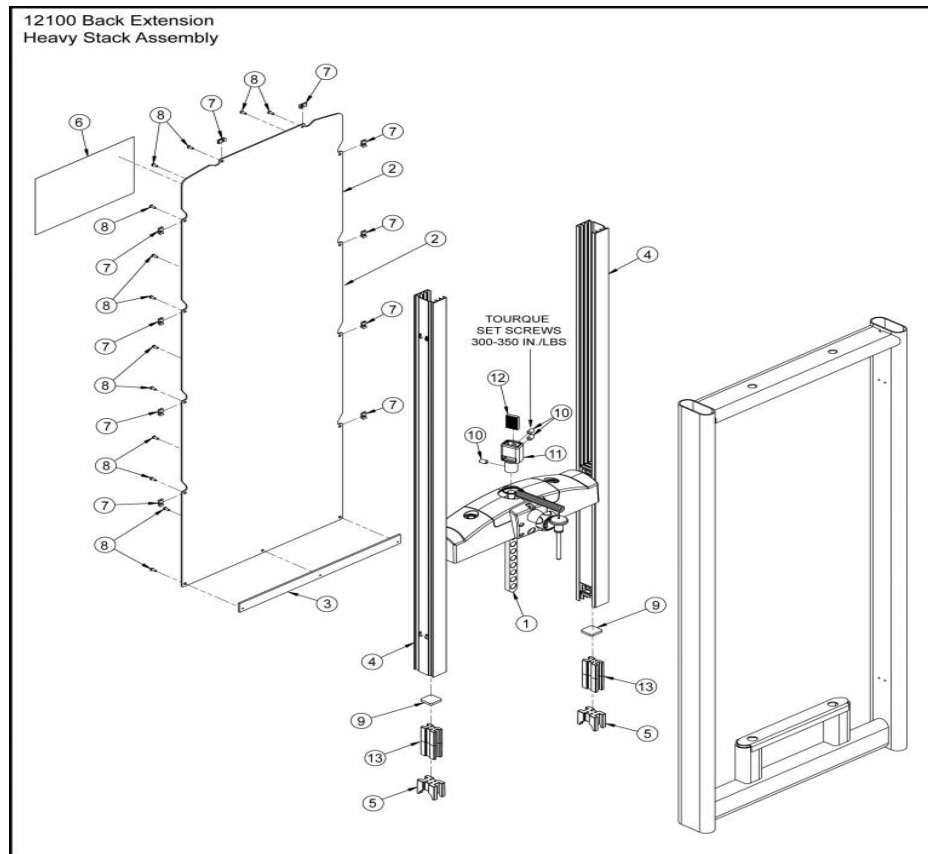
12100 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
5	11070-332	1	C COUNTERWEIGHT
13	12000-398	4	SPACER
20	12090-322	4	PAD FOOT
26A	12102-200	1	W FRAME Custom
26B	12108-200	1	W MAIN FRAME Custom
28	12210-347	2	CAP GUIDE ROD
29	12210-348	2	CAP GUIDE ROD
30	12210-350	2	WT ROD .625 DIA X 49.53
38	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
39	CM000202	1	
44	GB000202	1	BELT .95 WIDE
45	GP000209	3	PULLEY ASSEMBLY-3.50
47	HC700417	1	BHSCS .375-16 X 1.00
48	HC700428	2	BHSCS .375-16 X 2.25
49	HC700430	2	BHSCS .375-16 X 2.50
52	HN704901	2	LOCKNUT .375-16 NYLON
55	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
62	JS347400	4	LOCKWASHER INT TOOTH .375
66	PR060005	2	BUMPER WEIGHT
96	4800-014	1	COVERED CUSHION SA 4.50 X 14 Custom
97	4800-094	1	WEAR COVER SA 4.5 X 14 Custom

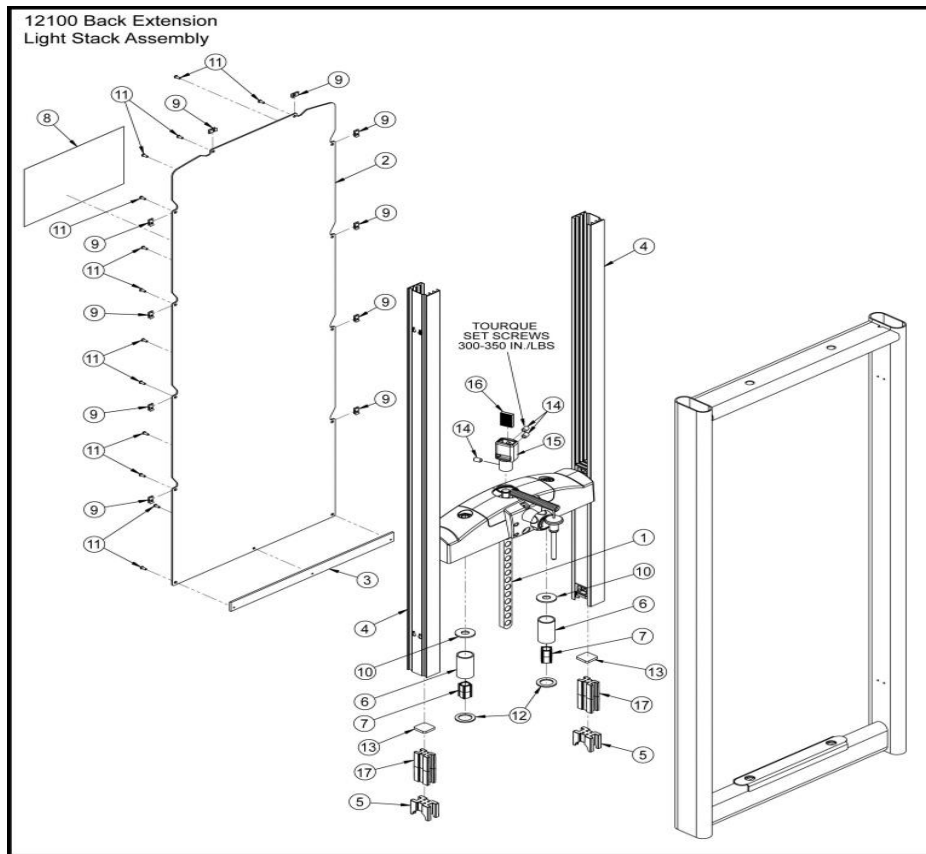
Ref #	Part Number	Qty	Description
98	4800-127	1	COVERED CUSHION SA CONTOUR 9 X 14 Custom
99	4800-130	1	WEAR COVER SA CONTOUR 9 X 14 Custom
100	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
101	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
102	12000-467	1	PULLEY COVER
104	13000-402	1	Mount Water Bottle Holder
105	13000-400	1	Holder Water Bottle
106	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
109	JC700420	2	BHSCS .375-16 X 1.25
113	CM000261	1	DECAL, CAPACITY

12100 Heavy Stack Assembly



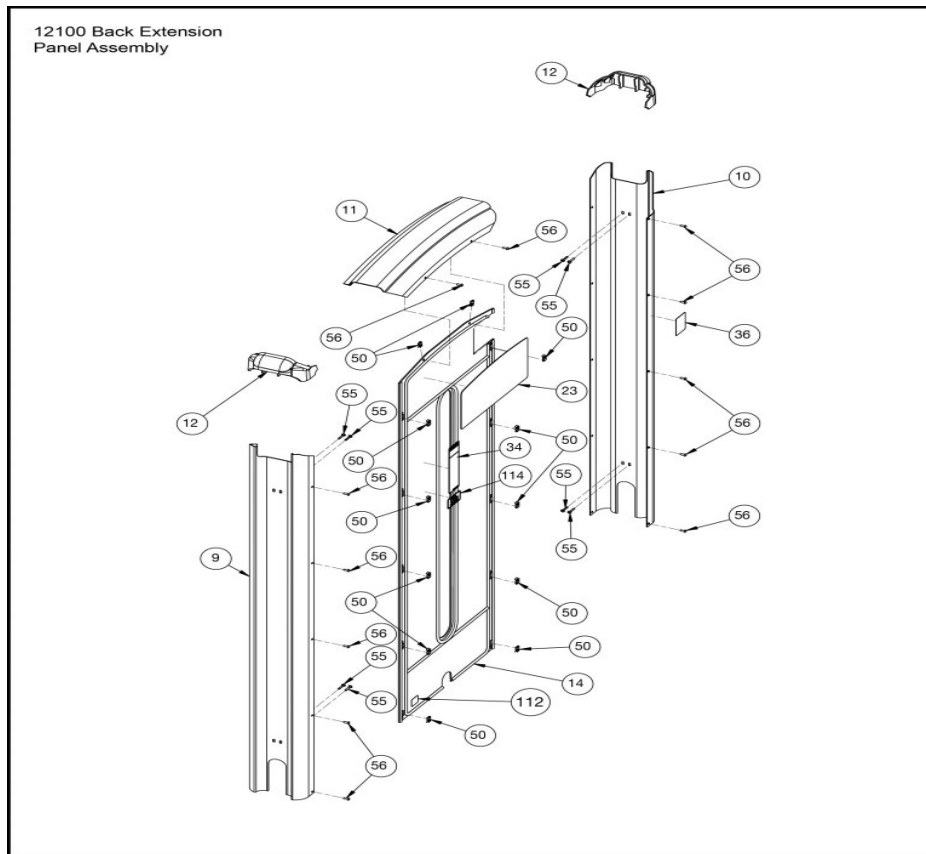
Ref #	Part Number	Qty	Description
1	11040-006	2	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	3	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	9	PANEL FASTENER 10-24 U TYPE
8	HX570412	12	BHSCS 10-24 X .50 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

12100 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	2	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

12100 Panel Assembly



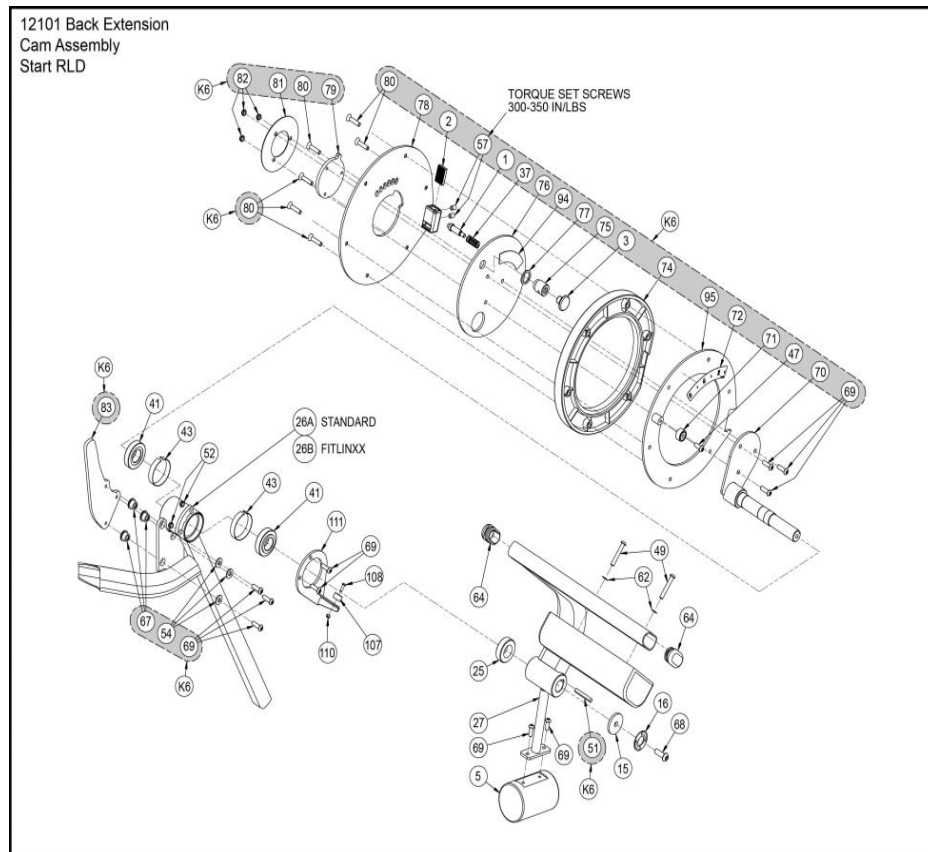
Ref #	Part Number	Qty	Description
9	12000-392	1	CHANNEL INCREMENT WEIGHT
10	12000-393	1	CHANNEL INCREMENT WEIGHT
11	12000-395	2	CAP TOP
12	12000-396	2	END CAP
14	12000-407	1	PANEL INSERT
23	12100-598	1	Placard VR3 Back Ext
34	DE000001	1	Decal Warning Custom
50	HF579000	11	PANEL FASTENER 10-24 U TYPE
55	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
56	HX570412	12	BHSCS 10-24 X .50 SS
112	11040-790	1	NLA: DECAL, MADE IN THE USA
114	DE000005	2	Decal Caution Custom

12100 Parts Not Shown

Other Parts Not Shown

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

12101 Cam Assembly Start RLD



Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
2	11040-301	1	INSERT CLAMP BLOCK
3	11040-440	1	KNOB
5	11070-332	1	C COUNTERWEIGHT
K6	12100K002	1	KIT NON TO START RLD
15	12050-343	1	WASHER
16	12050-355	1	DECAL ROTATION
25	12101-300	1	SPACER
26A	12102-200	1	W FRAME Custom
26B	12108-200	1	W MAIN FRAME Custom
27	12102-204	1	W INPUT ARM Custom
37	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
41	FB030249	2	BEARING RADIAL 35MM EXT RACE
43	FC030009	2	TOLERANCE RING 72MM
47	HC700417	1	BHSCS .375-16 X 1.00
49	HC700430	2	BHSCS .375-16 X 2.50
51	HH320030	1	KEY .313 SQ X 2.50
52	HN704901	2	LOCKNUT .375-16 NYLON
54	HS347700	3	WASHER USS .375
57	HY740000	2	SET SCREW
62	JS347400	2	LOCKWASHER INT TOOTH .375
64	PP130003	2	INSERT PLASTIC

Ref #	Part Number	Qty	Description
67	PR740300	3	MOUNT CENTER BONDED
68	JC780422	1	BHSCS .500-13 X 1.50
69	JC700420	10	BHSCS .375-16 X 1.25
70	12102-202	1	C PIVOT SHAFT
71	FB030239	1	CAM FOLLOWER 10 MM
72	12102-316	1	DECAL START CAM
74	11050-333	1	CAM
75	11050-407	1	RETAINER
76	12102-313	1	PLATE ECCENTRIC
77	11050-408	1	SPACER
78	12102-203	1	W CAM PLATE RH
79	12050-379	1	PLATE MOUNTING- Custom
80	JC700924	6	FHSCS .375-16 X 1.75
81	12102-339	1	STOP GUARD
82	HN704902	3	LOCKNUT NYLON .375-16
83	12102-338	1	GUIDE CAM
94	12050-377	1	DECAL START RLD Custom
95	12102-205	1	W CAM MOUNT
107	12100-303	1	BUMPER
108	JC620415	1	BHSCS .250-20 X .75
110	HN625200	1	LOCKNUT .250-20 NYLON HVY
111	12100-203	1	W INPUT STOP Custom

