

VR3 FLY REAR DELT

12110-01

Parts Manual

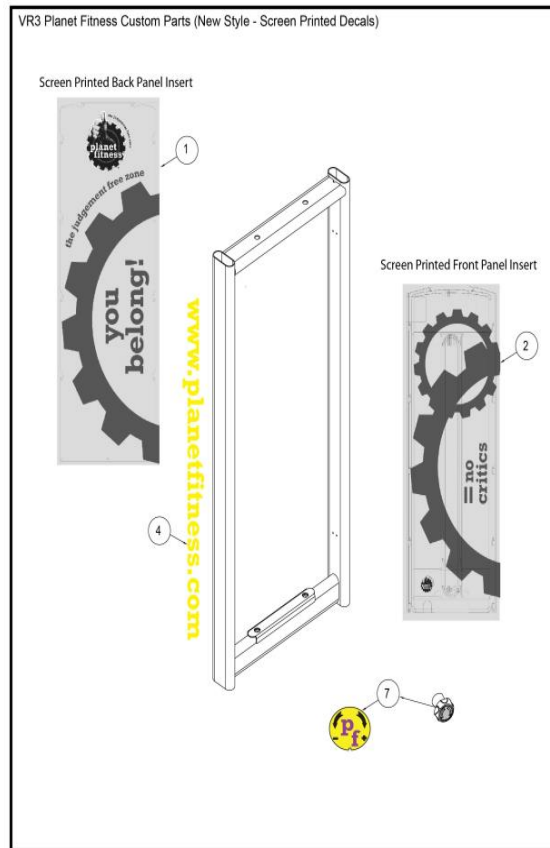
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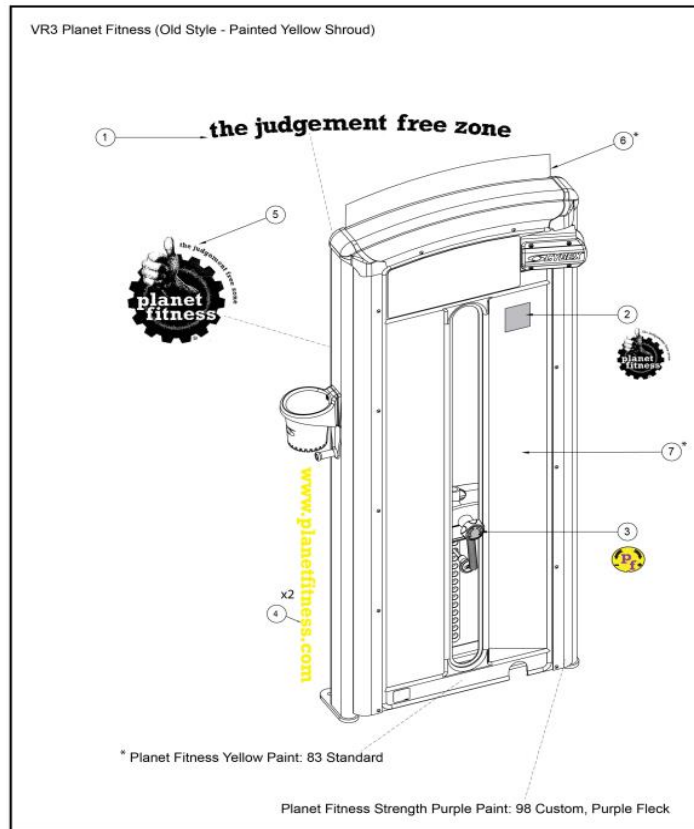
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VR3 Planet Fitness Custom (New Style)



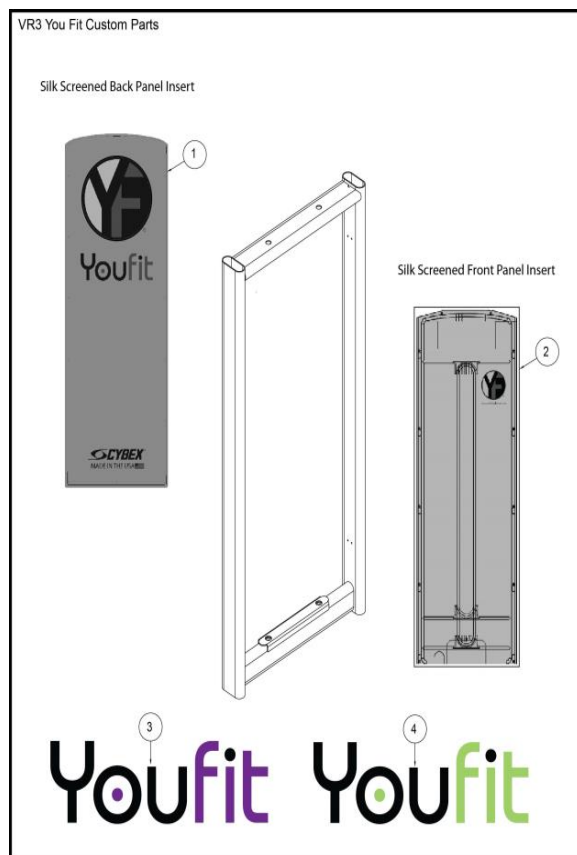
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



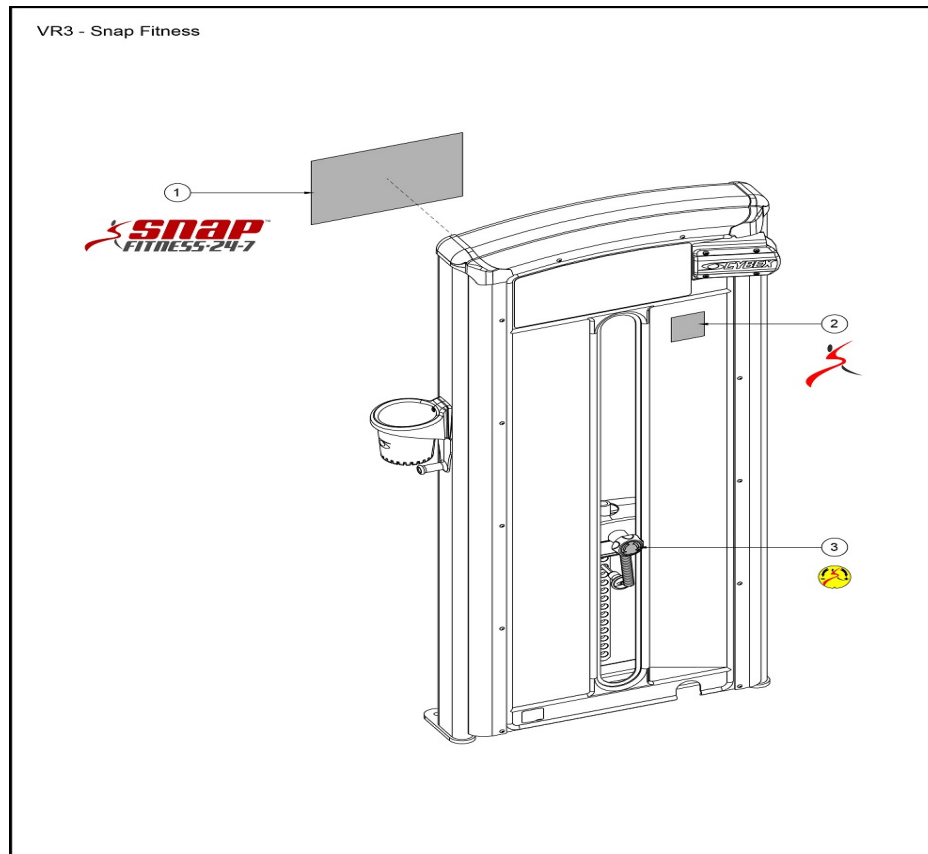
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT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

VR3 You Fit Custom ☐



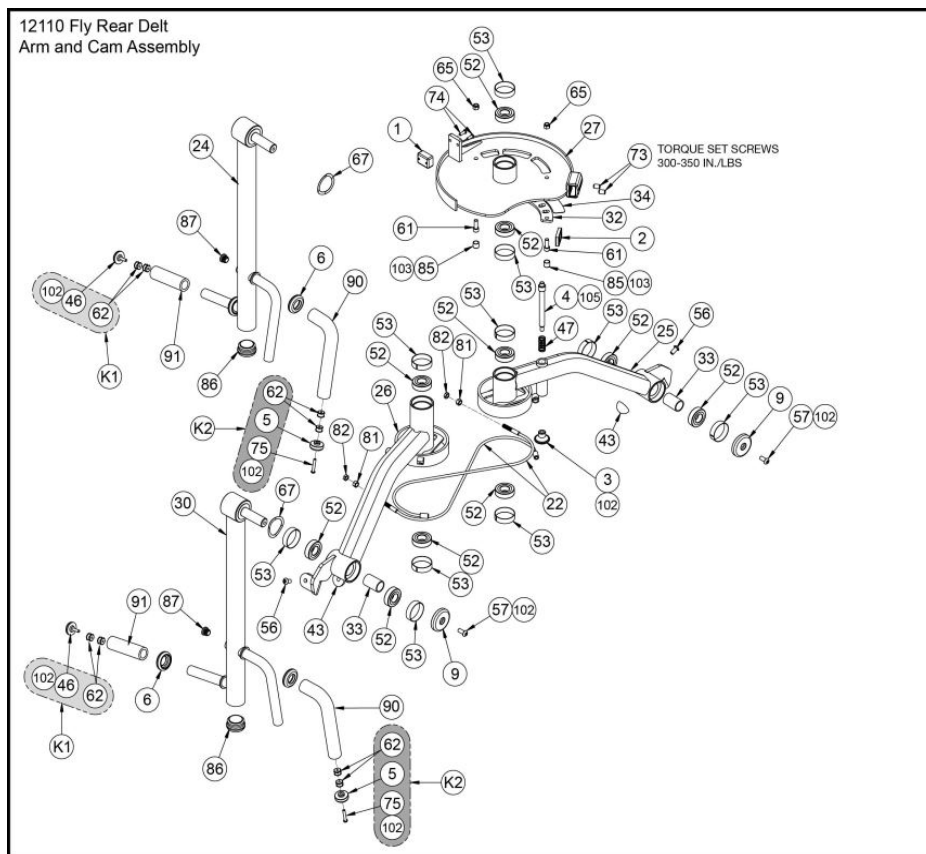
Ref #	Part Number	Qty	Description
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
2A	12000-399GY	1	PANEL INSERT, YOUFIT GREEN
2B	12000-399YP	1	PANEL INSERT,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

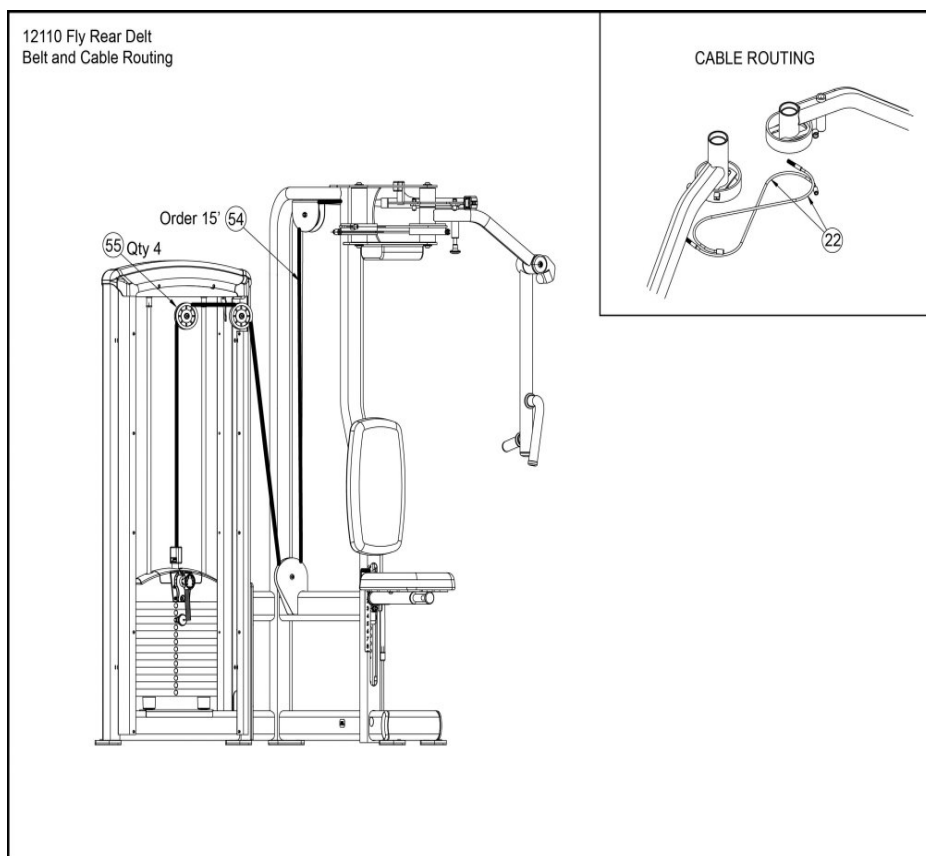
12110 Arm and Cam Assembly



Ref #	Part Number	Qty	Description
1	11000-384	1	BLOCK STOP
K2	11090K006	2	KIT HANDLE TRIM RING
2	11040-301	1	INSERT CLAMP BLOCK
3	11040-440	1	KNOB
4	11060-332	1	PIN DETENT
5	11090-374	2	END CAP
6	11090-376	2	RING HANDLE GRIP
9	12000-368	2	END CAP
22	12110-003	2	CABLE SA
24	12110-201	1	W INPUT ARM Custom
25	12110-202	1	W PIVOT ARM LH Custom
26	12110-203	1	W PIVOT ARM RH Custom
27	12110-204	1	W CAM Custom
30	12110-208	1	W INPUT ARM Custom
32	12110-333	1	PLATE DETENT
33	12110-338	2	SPACER
34	12110-350	1	DECAL START ADJUST
43	4505-331	2	BUMPER 1.50 DIA
46,K1	4605K549	3	KIT HANDLE PLUG SMALL
47	4715-346	1	COM SPRING .72 X 1.50 LG
52	FB030247	10	BEARING RADIAL 25MM EXTENDED RACE
53	FC030007	10	TOLERANCE RING 2.047 ID

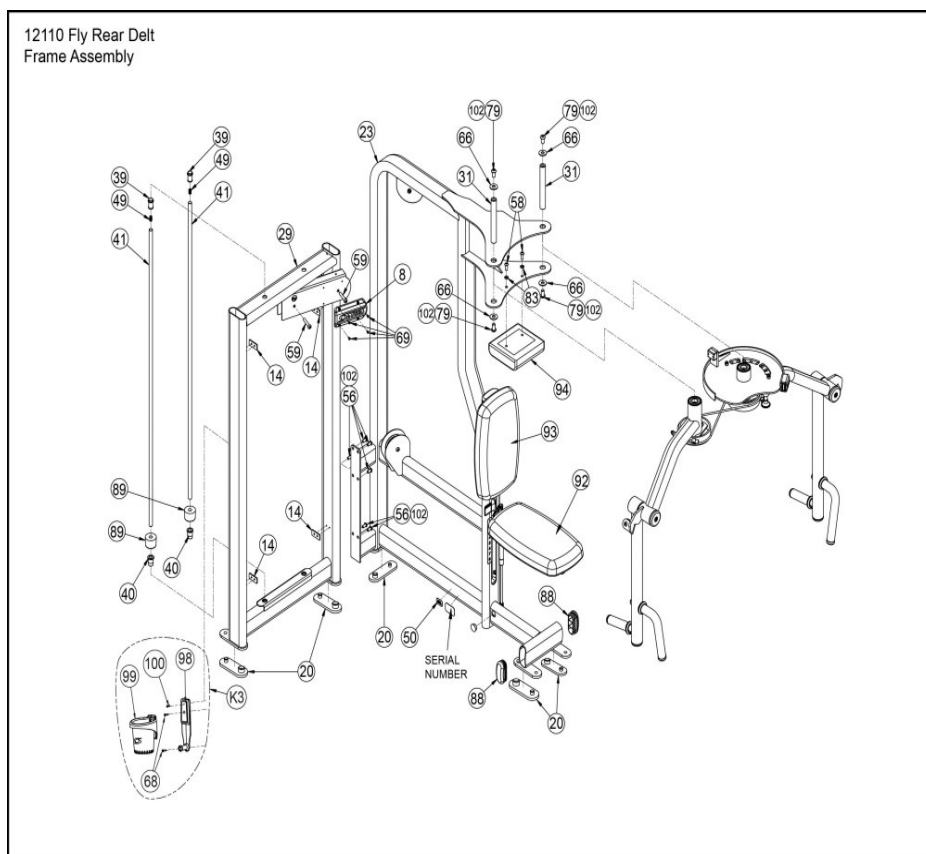
Ref #	Part Number	Qty	Description
56	HC700415	3	BHSCS .375-16 X .75
57	HC700416	2	BHSCS .375-16 X .875
61	HC702817	2	SHCS .375-16 X 1.00
62	HF449063	3	INSERT 3-4X1-4-20 CONNECTOR
65	HN704901	1	LOCKNUT .375-16 NYLON
67	HS487100	1	WASHER SPRING 1.853X2.396X.168 T
73	HY740000	2	SET SCREW
74	JC620415	2	BHSCS .250-20 X .75
75	JC620422	2	BHSCS .250-20 X 1.50
81	JN714200	2	HEX NUT .375-24
82	JN714400	2	JAM NUT .375-24
85	PP080222	1	CAP VINYL END .50 X .50
86	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
87	PP090213	2	INSERT PLASTIC
90	4605-527	2	GRIP GRAB 11.00
91	4605-501	2	GRAB GRIP 5.00

12110 Belt and Cable Routing



Ref #	Part Number	Qty	Description
22	12110-003	1	CABLE SA
54	GB000202	1	BELT .95 WIDE
55	GP000209	1	PULLEY ASSEMBLY-3.50

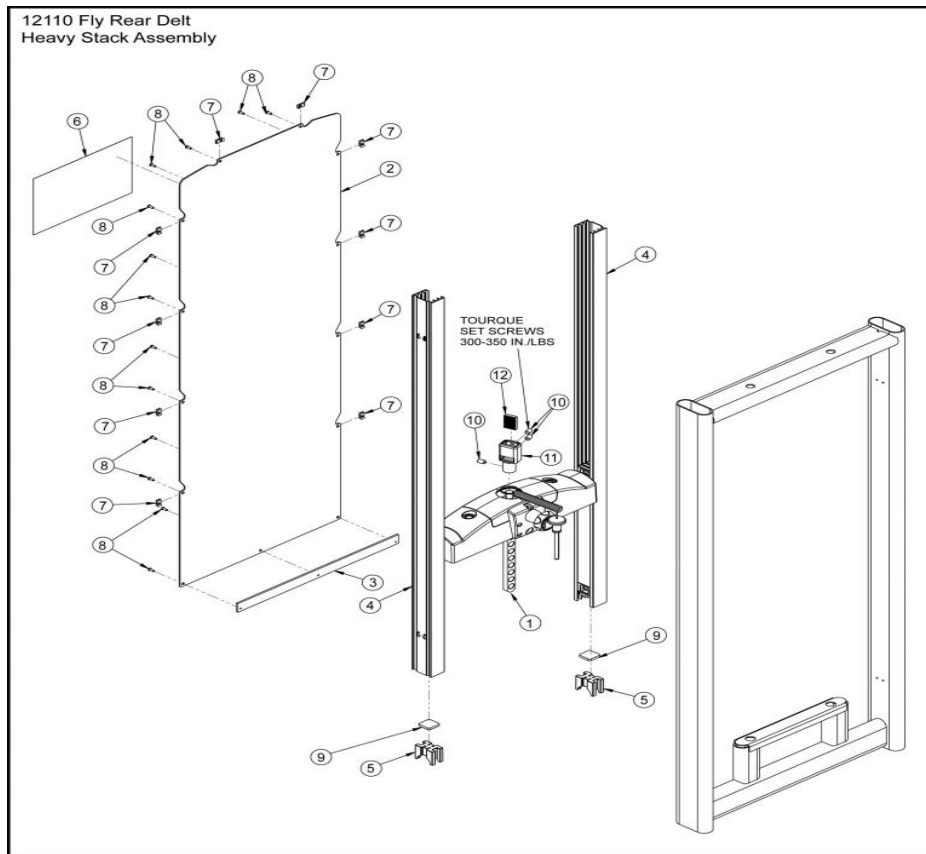
12110 Frame Assembly



Ref #	Part Number	Qty	Description
K3	12000K017	2	Kit Water Bottle Holder
8	12000-467	1	PULLEY COVER
14	12000-398	4	SPACER
20	12090-322	5	PAD FOOT
23	12110-200	1	W MAIN FRAME Custom
29	12110-207	1	W WEIGHT FRAME Custom
31	12110-332	2	PIN PIVOT
39	12210-347	2	CAP GUIDE ROD
40	12210-348	2	CAP GUIDE ROD
41	12060-350	2	WT ROD .625 DIA X 54.63
49	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
50	CM000211	1	DECAL PATENT
56	HC700415	5	BHSCS .375-16 X .75
58	HC700417	2	BHSCS .375-16 X 1.00
59	HC700428	2	BHSCS .375-16 X 2.25
66	HS387500	3	WASHER USS .500
68	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
69	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
79	JC780417	3	BHSCS .500-13 X 1.00
83	JS347400	1	LOCKWASHER INT TOOTH .375
88	PP130002	2	INSERT DOMED PLASTIC
89	PR060005	2	BUMPER WEIGHT

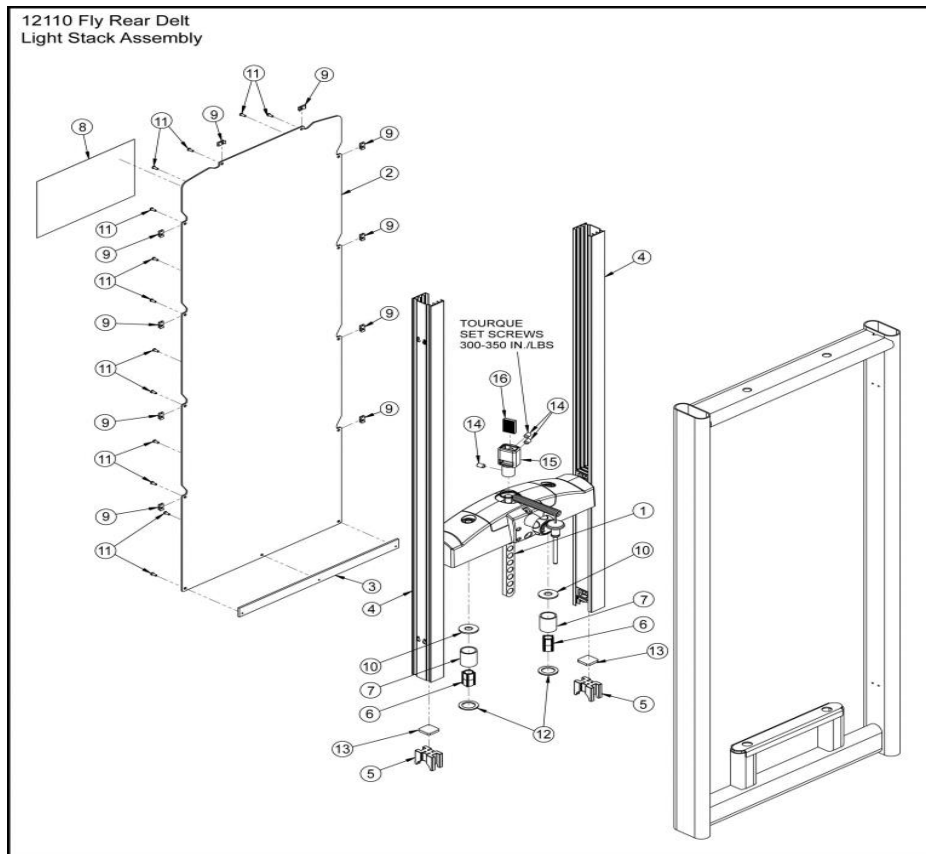
Ref #	Part Number	Qty	Description
92	4800-192	1	CUSHION SA 10 X 18 MOLDED Custom
93	4800-188	1	CUSHION SA 10 X 18 NS Custom
94	4800-462	1	CUSHION SA COVERED 5 X 7 Custom
98	13000-402	1	Mount Water Bottle Holder
99	13000-400	1	Holder Water Bottle
100	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

12110 Heavy Stack Assembly



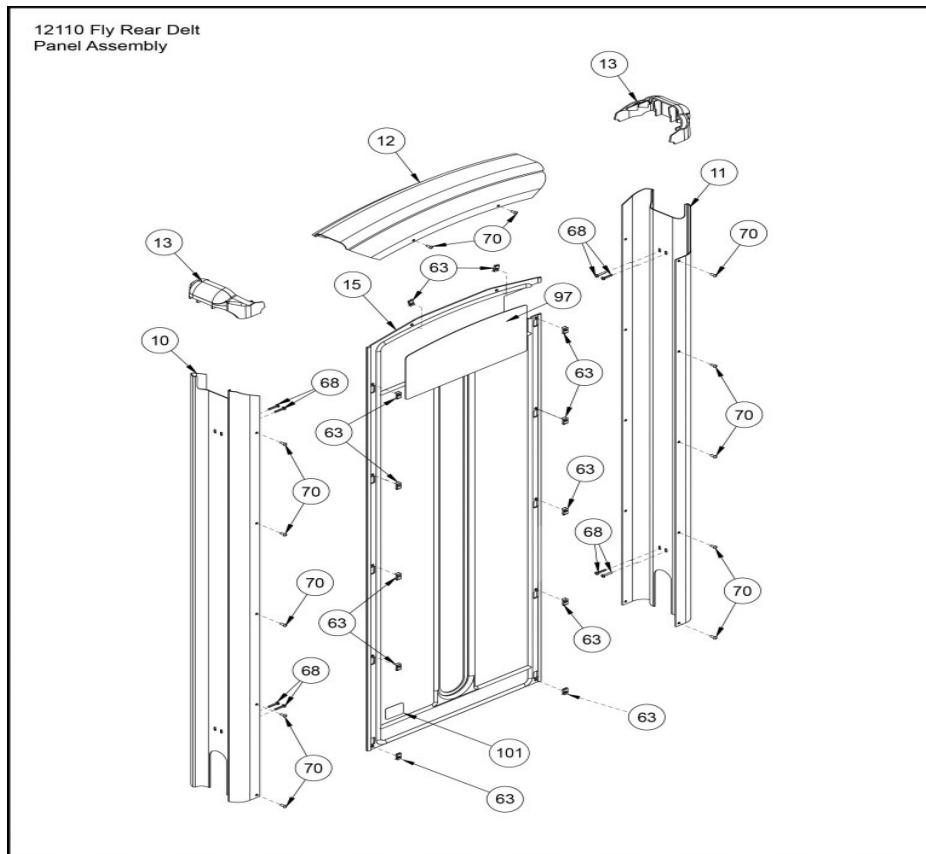
Ref #	Part Number	Qty	Description
1	11040-007	1	TOP WEIGHT ASSY 15
2	12000-375	1	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	9	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50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

12110 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

12110 Panel Assembly



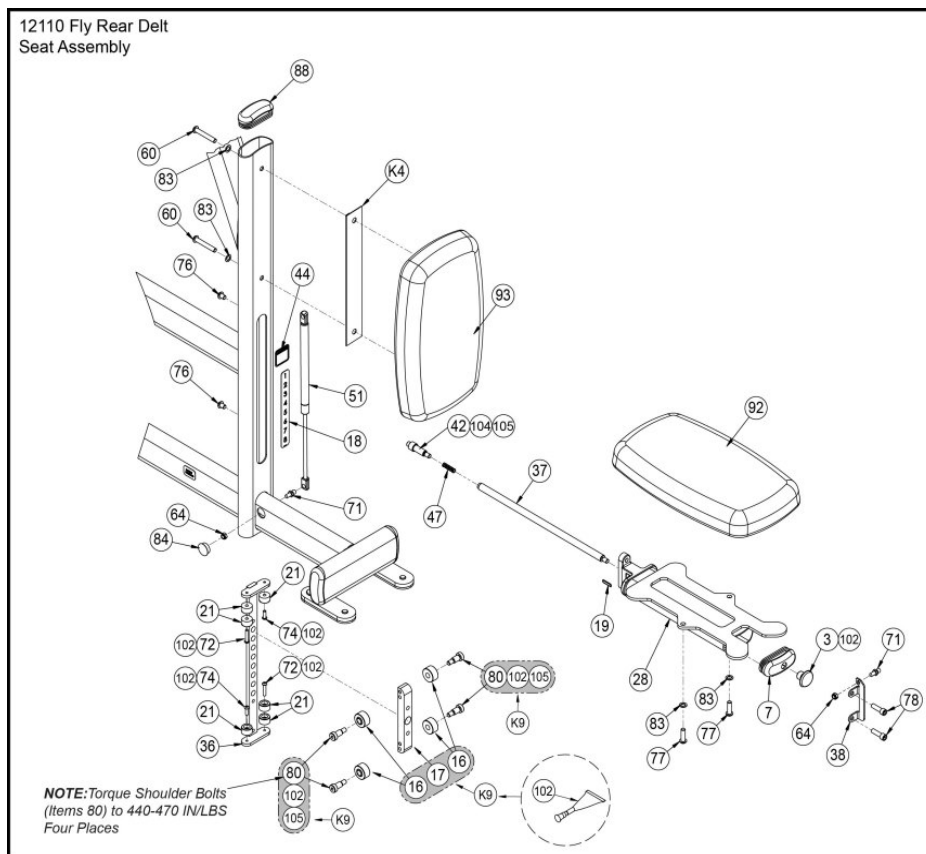
Ref #	Part Number	Qty	Description
10	12000-392	1	CHANNEL INCREMENT WEIGHT
11	12000-393	1	CHANNEL INCREMENT WEIGHT
12	12000-395	1	CAP TOP
13	12000-396	2	END CAP
15	12000-414	1	PANEL INSERT
45	4605-381	1	DECAL WARNING
63	HF579000	12	PANEL FASTENER 10-24 U TYPE
68	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
70	HX570412	13	BHSCS 10-24 X .50 SS
97	12110-598	1	Placard VR3 Fly Rear
101	11040-790	1	NLA: DECAL, MADE IN THE USA

12110 Parts Not Shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K8	12000K019	1	Kit Hardware VR3

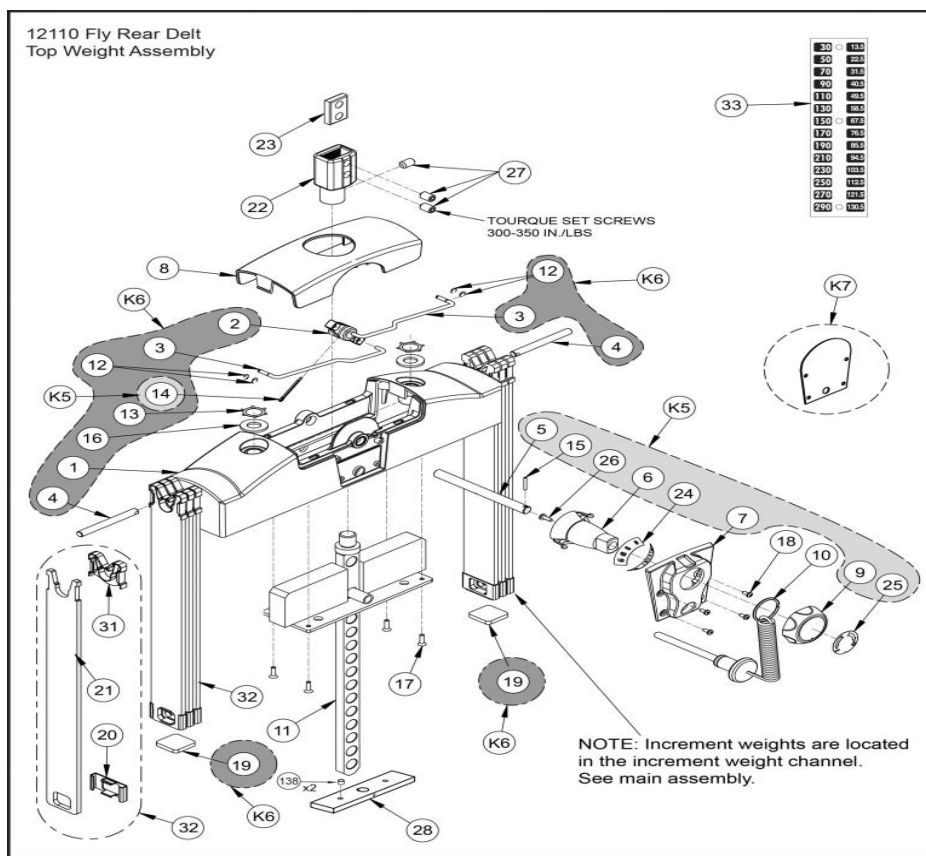
12110 Seat Assembly



Ref #	Part Number	Qty	Description
3	11040-440	1	KNOB
K4	12110K001	1	Kit Cushion Shim
7	12000-344	1	INSERT PLASTIC
16,17,K9	12000K012	8	KIT. ROLLER ASSEMBLY
18	12070-329	2	DECAL ADJUSTING
19	12070-394	1	DECAL INDICATOR
21	12100-303	6	BUMPER
28	12110-205	1	W SEAT Custom
36	12190-208	1	P DETENT BAR
37	12110-341	1	Shaft Extension
38	12070-308	1	MOUNT SPRING
42	4505-329	1	PIN DETENT
44	4520-362	1	DECAL SEAT CAUTION Custom
47	4715-346	1	COM SPRING .72 X 1.50 LG
51	EZ000008	2	GAS SPRING 100N
60	HC700430	2	BHSCS .375-16 X 2.50
64	HN664900	2	LOCKNUT .312-18 NYLON INSERT
71	HX-60184	4	BALL,STUD,5/16 -18X10MM
72	HX620420	2	BHSCS .250-20 X 1.250
74	JC620415	2	BHSCS .250-20 X .75
76	JC700412	2	BHSCS .375-16 X .50
77	JC700420	2	BHSCS .375-16 X 1.25

Ref #	Part Number	Qty	Description
78	JC702820	2	SHCS .375-16 X 1.25
80	JD383315	3	S BOLT .500 X .75 .375-16
83	JS347400	4	LOCKWASHER INT TOOTH .375
84	PN660200	1	INSERT PLASTIC 1.00 DIA-11 GA
88	PP130002	1	INSERT DOMED PLASTIC
92	4800-192	1	CUSHION SA 10 X 18 MOLDED Custom
93	4800-188	1	CUSHION SA 10 X 18 NS Custom

12110 Top Weight Assembly



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
K5	11040K009	2	KIT INCREMENT WEIGHT KNOB
5	11040-427	1	ROD
K6	11040K010	3	Kit Top Weight Hardware
6	11040-426	1	STEM
K7	11040K007	1	KIT NON-INCREMENTAL TOP WEIGHT
7	11040-424	1	COVER PLATE
8	11040-416	1	COVER TOP WEIGHT
9	11040-425	1	KNOB
10	BH030207	1	PIN WEIGHT SELECTOR
11	4700-251	1	NLA: C LIFTING POST 15
12	BR030209	3	RETAINING RING .188
13	BR030220	1	RETAINING RING 1.250 INTERNAL
14	HP016820	2	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	1	TAP SC NO 10 X .375 PN HD PHIL
19	11040-409	1	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	3	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)
138	FB130216	1	Bushing Weight Stack

