

VR3 FLY REAR DELT

12112-01

Parts Manual

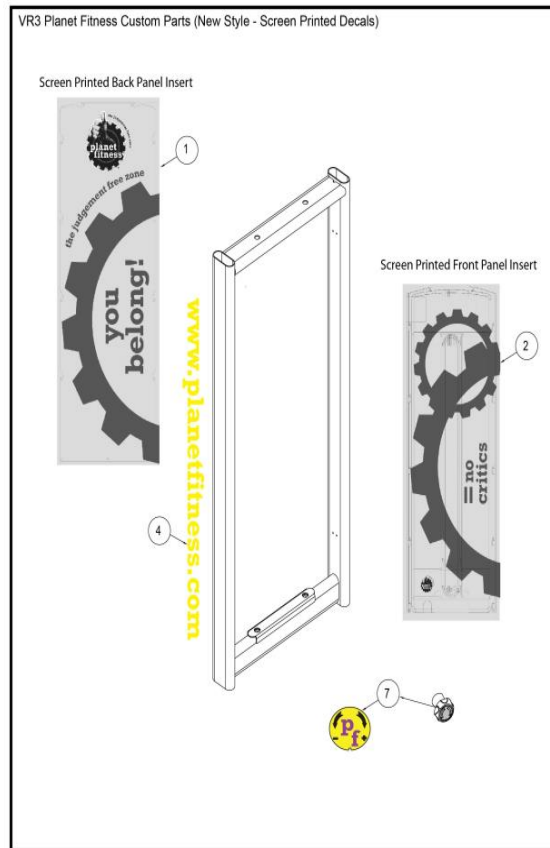
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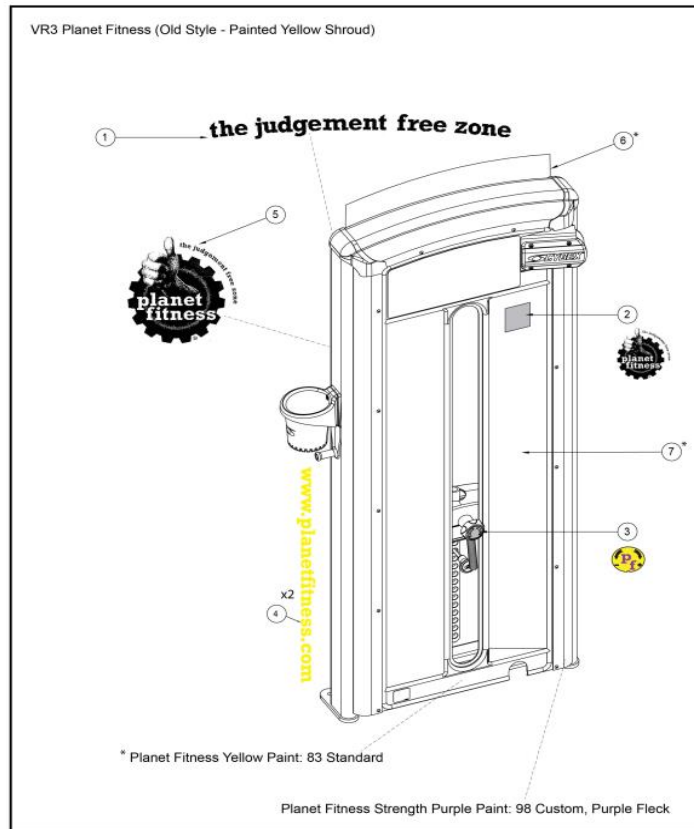
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VR3 Planet Fitness Custom (New Style)



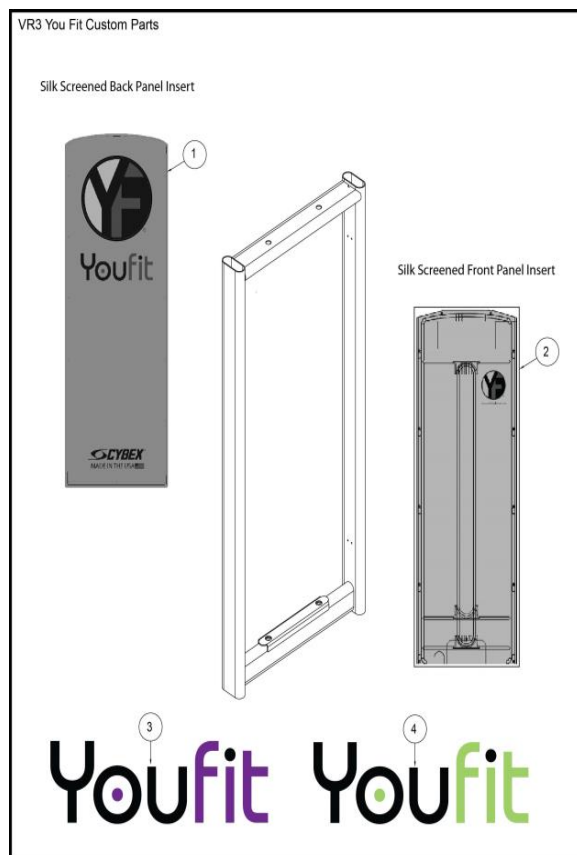
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



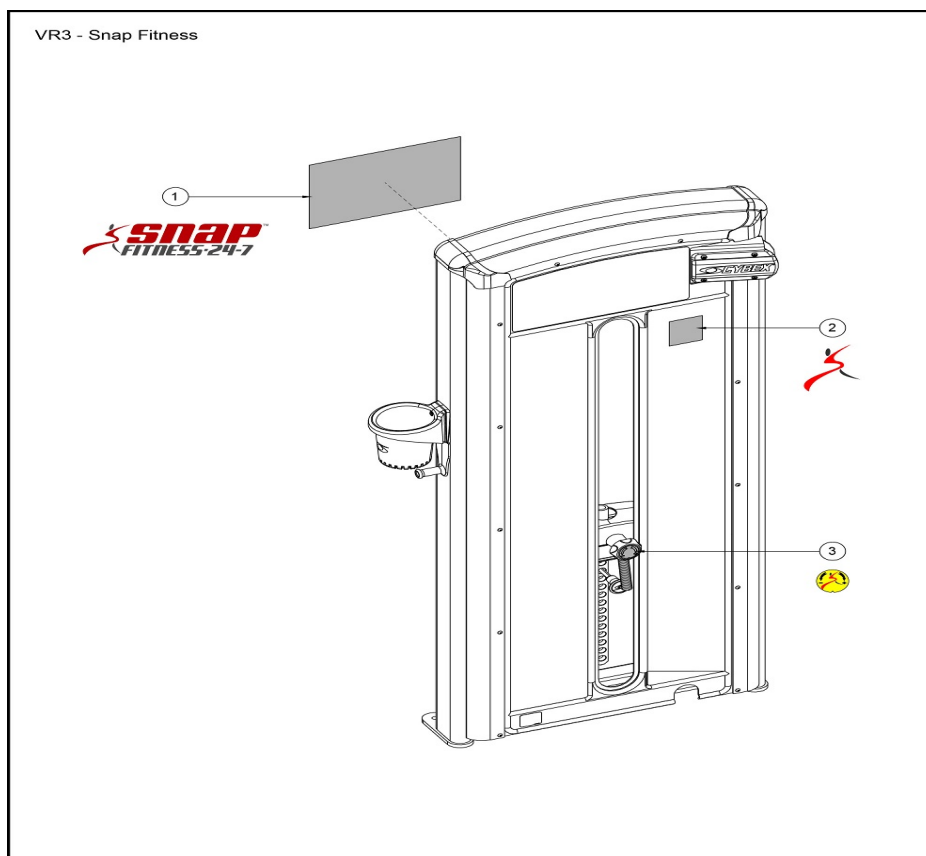
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT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

VR3 You Fit Custom ☐



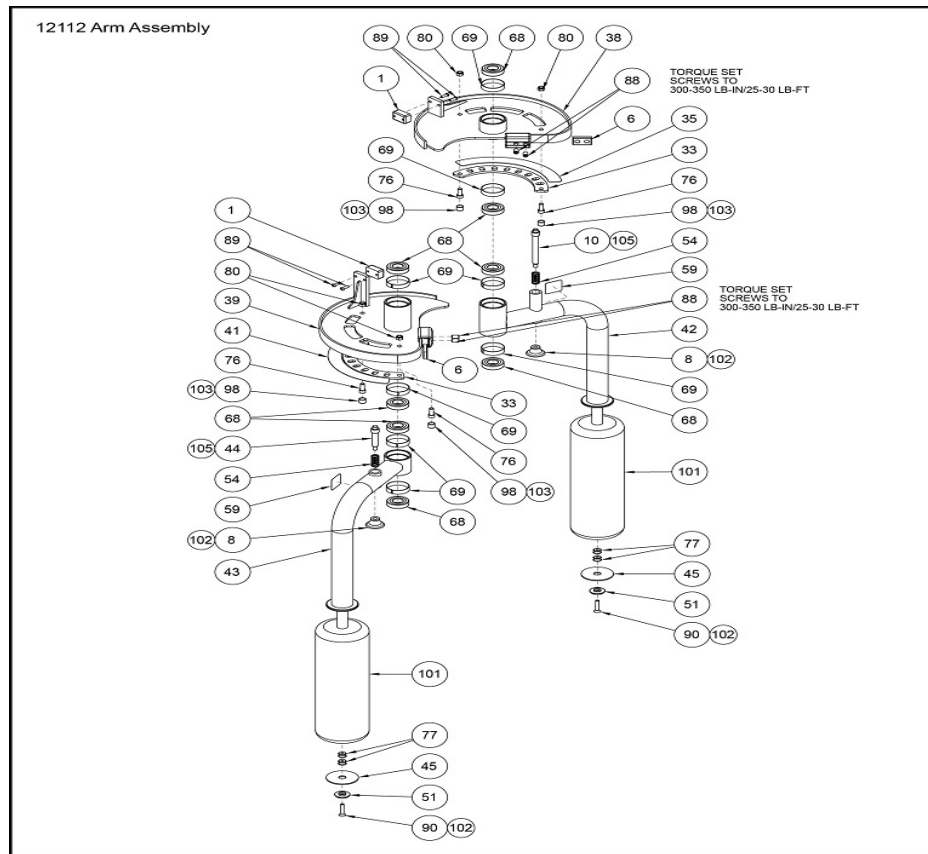
Ref #	Part Number	Qty	Description
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
2A	12000-399GY	1	PANEL INSERT, YOUFIT GREEN
2B	12000-399YP	1	PANEL INSERT,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

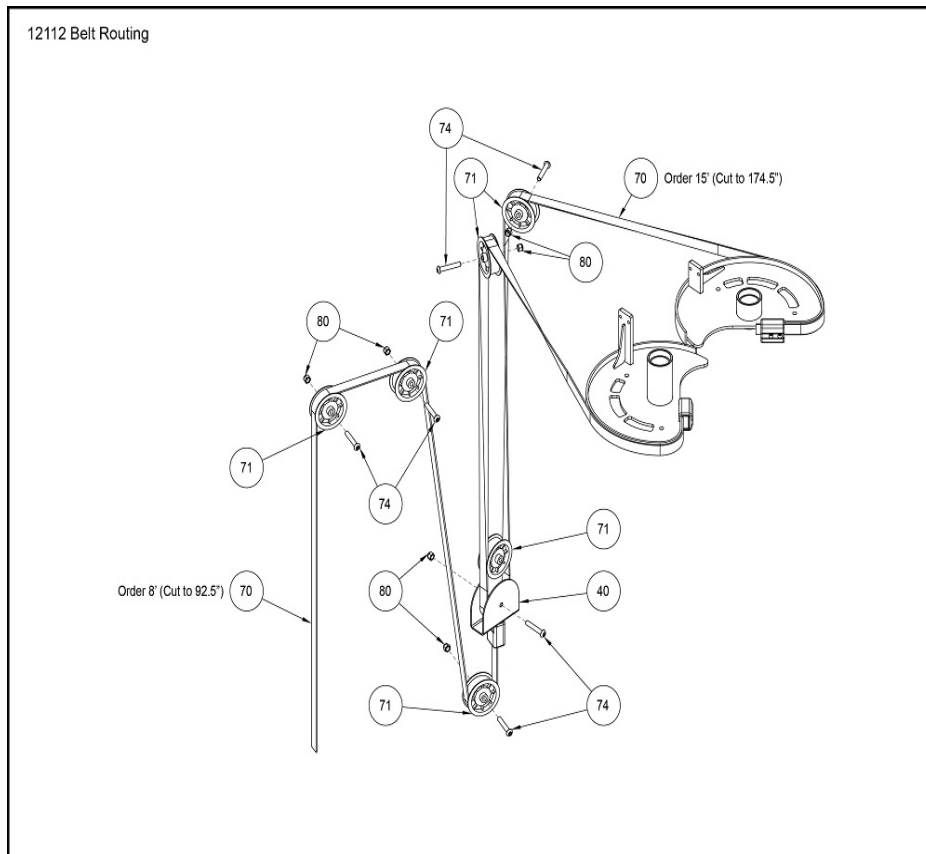
12112 Arm Assembly



Ref #	Part Number	Qty	Description
1	11000-384	2	BLOCK STOP
6	11040-301	2	INSERT CLAMP BLOCK
8	11040-440	2	KNOB
10	11060-332	1	PIN DETENT
33	12110-333	2	PLATE DETENT
35	12110-350	1	DECAL START ADJUST
38	12111-204	1	W CAM Custom
39	12111-209	1	W CAM Custom
41	12111-360	1	DECAL, START ADJUST
42	12112-202	1	W PIVOT ARM LH
43	12112-203	1	W PIVOT ARM RH
44	12112-315	1	P/ PIN, DETENT
45	12112-326	2	WASHER
51	20000-525	2	TRIM RING
54	4715-346	2	COM SPRING .72 X 1.50 LG
59	8500-025	2	DECAL CAUTION Custom
68	FB030247	8	BEARING RADIAL 25MM EXTENDED RACE
69	FC030007	8	TOLERANCE RING 2.047 ID
76	HC702817	4	SHCS .375-16 X 1.00
77	HF449066	4	INSERT 3/4 X 5/16-18 UNC
80	HN704901	4	LOCKNUT .375-16 NYLON
88	HY740000	4	SET SCREW

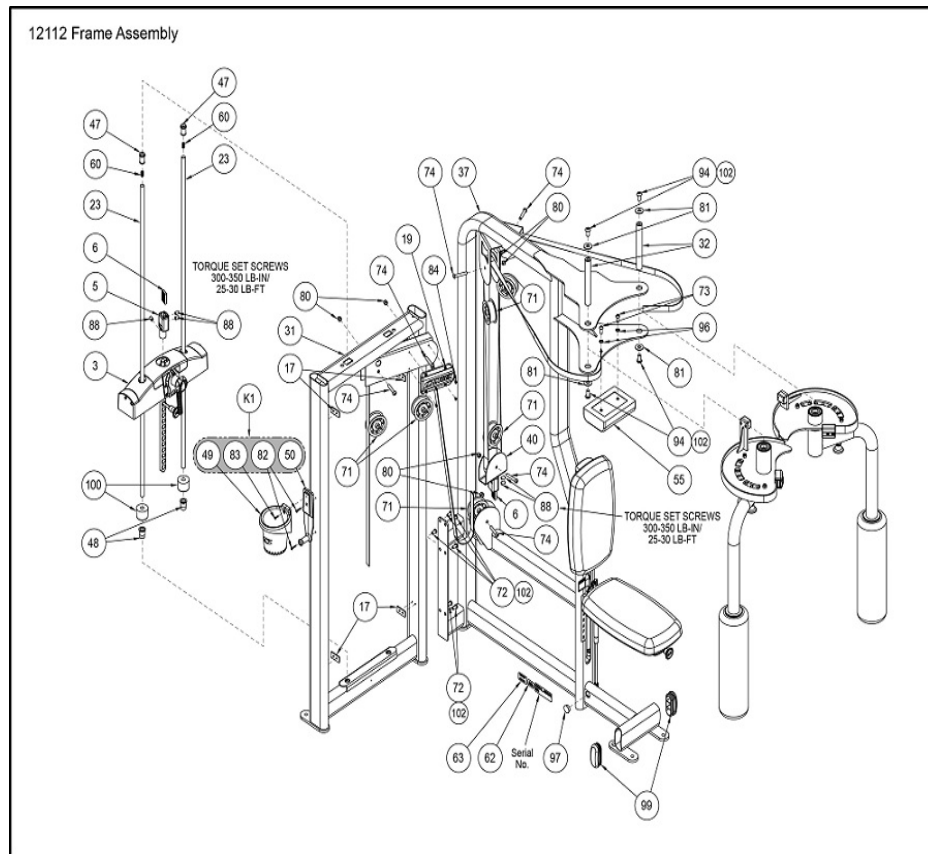
Ref #	Part Number	Qty	Description
89	JC620415	4	BHSCS .250-20 X .75
90	JC661000	2	FHSCS .312-18 X 1.75 LONG
98	PP080222	4	CAP VINYL END .50 X .50
101	UF670427	2	FOAM 5 DIA X 17.5 X 1.06

12112 Belt Routing



Ref #	Part Number	Qty	Description
40	12111-210	1	W PULLEY TAB Custom
70	GB000202	2	BELT .95 WIDE
71	GP000209	6	PULLEY ASSEMBLY-3.50
74	HC700428	6	BHSCS .375-16 X 2.25
80	HN704901	6	LOCKNUT .375-16 NYLON

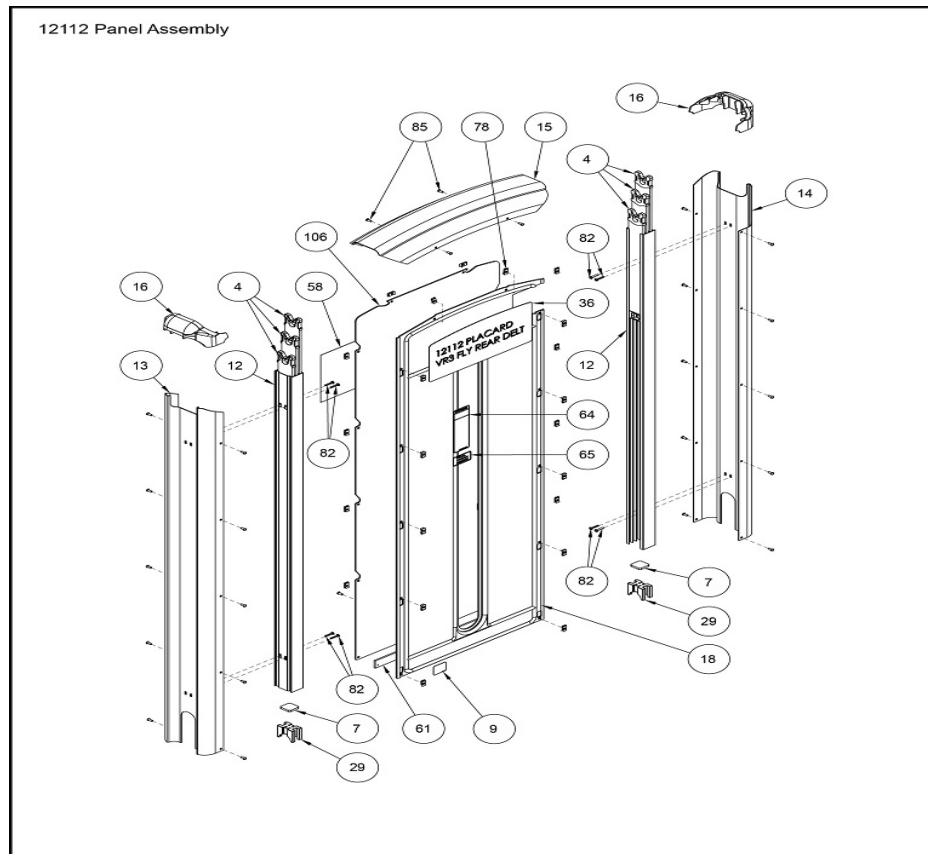
12112 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
3	11040-007	1	TOP WEIGHT ASSY 15
5	11040-216	1	P BELT CLAMP
6	11040-301	2	INSERT CLAMP BLOCK
17	12000-398	4	SPACER
19	12000-467	1	PULLEY COVER
23	12060-350	2	WT ROD .625 DIA X 54.63
31	12110-207	1	W WEIGHT FRAME Custom
32	12110-332	2	PIN PIVOT
37	12111-200	1	W MAIN FRAME Custom
40	12111-210	1	W PULLEY TAB Custom
47	12210-347	2	CAP GUIDE ROD
48	12210-348	2	CAP GUIDE ROD
49	13000-400	1	Holder Water Bottle
50	13000-402	1	Mount Water Bottle Holder
55	4800-462	1	CUSHION SA COVERED 5 X 7 Custom
60	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
62	CM000211	1	DECAL PATENT
63	CM000261	1	DECAL, CAPACITY
71	GP000209	6	PULLEY ASSEMBLY-3.50
72	HC700415	6	BHSCS .375-16 X .75
73	HC700417	2	BHSCS .375-16 X 1.00

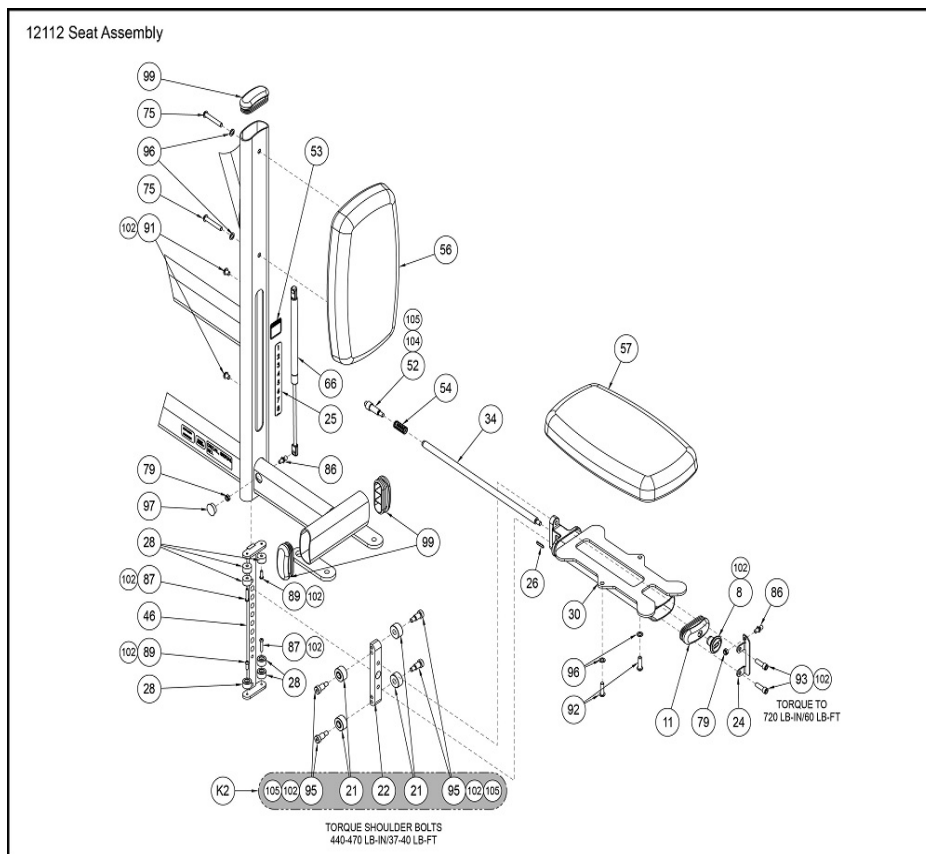
Ref #	Part Number	Qty	Description
74	HC700428	6	BHSCS .375-16 X 2.25
80	HN704901	6	LOCKNUT .375-16 NYLON
81	HS387500	4	WASHER USS .500
82	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
83	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
84	HT570410	1	SCREW PNH TORX 10-24X.375 BLACK
88	HY740000	5	SET SCREW
94	JC780417	4	BHSCS .500-13 X 1.00
96	JS347400	2	LOCKWASHER INT TOOTH .375
97	PN660200	1	INSERT PLASTIC 1.00 DIA-11 GA
99	PP130002	2	INSERT DOMED PLASTIC
100	PR060005	2	BUMPER WEIGHT

12112 Panel Assembly



Ref #	Part Number	Qty	Description
4	11040-030	6	INCREMENT WEIGHT S/A
7	11040-409	2	BUMPER
9	11040-790	1	NLA: DECAL, MADE IN THE USA
12	12000-387	2	EXTRUSION INC WT CHANNEL
13	12000-392	1	CHANNEL INCREMENT WEIGHT
14	12000-393	1	CHANNEL INCREMENT WEIGHT
15	12000-395	1	CAP TOP
16	12000-396	2	END CAP
18	12000-414	1	PANEL INSERT
29	12102-330	2	INSERT INCREMENT WEIGHT
36	12112-598	1	Placard VR3 Fly Rear
58	3900-441	1	DECAL CYBEX VER BLACK
61	12000-378	1	SUPPORT
64	DE000001	1	Decal Warning Custom
65	DE000005	1	Decal Caution Custom
78	HF579000	1	PANEL FASTENER 10-24 U TYPE
82	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
85	HX570412	2	BHSCS 10-24 X .50 SS
106	12000-375	1	PANEL INSERT

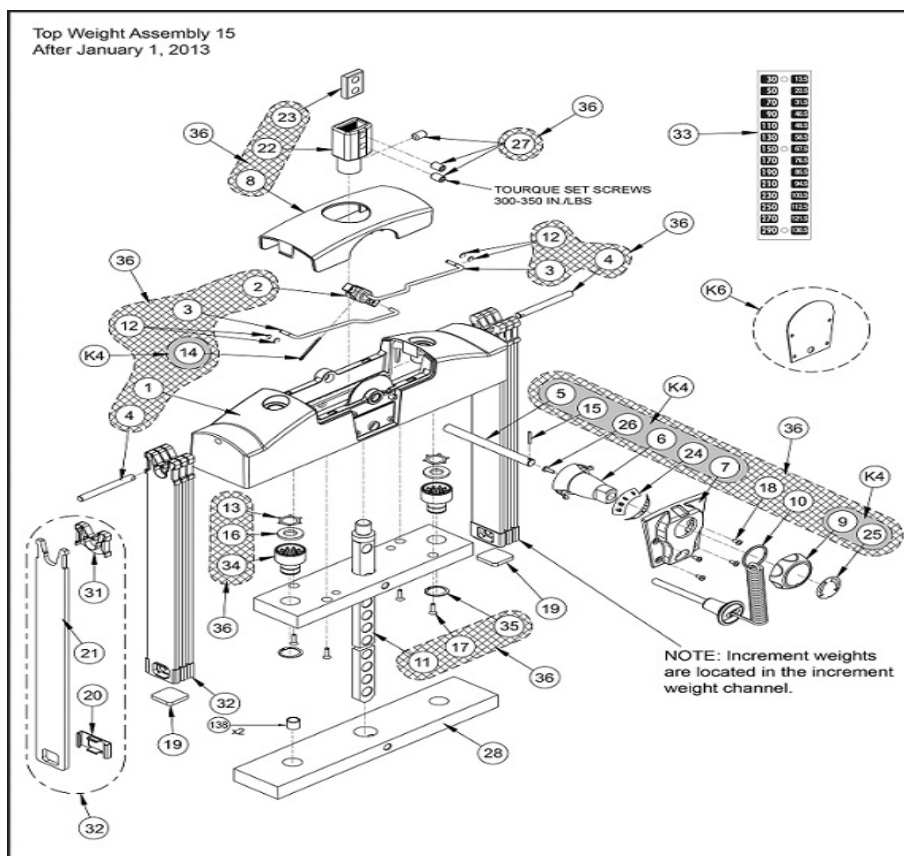
12112 Seat Assembly



Ref #	Part Number	Qty	Description
8	11040-440	1	KNOB
11	12000-344	1	INSERT PLASTIC
21,22,K2	12000K012	6	KIT. ROLLER ASSEMBLY
24	12070-308	1	MOUNT SPRING
25	12070-329	1	DECAL ADJUSTING
26	12070-394	1	DECAL INDICATOR
28	12100-303	6	BUMPER
30	12110-205	1	W SEAT Custom
34	12110-341	1	Shaft Extension
46	12190-208	1	P DETENT BAR
52	4505-329	1	PIN DETENT
53	4520-362	1	DECAL SEAT CAUTION Custom
54	4715-346	1	COM SPRING .72 X 1.50 LG
56	4800-188	1	CUSHION SA 10 X 18 NS Custom
57	4800-192	1	CUSHION SA 10 X 18 MOLDED Custom
66	EZ000008	1	GAS SPRING 100N
75	HC700430	2	BHSCS .375-16 X 2.50
86	HX-60184	2	BALL,STUD,5/16 -18X10MM
87	HX620420	2	BHSCS .250-20 X 1.250
89	JC620415	2	BHSCS .250-20 X .75
91	JC700412	2	BHSCS .375-16 X .50
92	JC700420	2	BHSCS .375-16 X 1.25

Ref #	Part Number	Qty	Description
93	JC702820	2	SHCS .375-16 X 1.25
95	JD383315	2	S BOLT .500 X .75 .375-16
96	JS347400	4	LOCKWASHER INT TOOTH .375
97	PN660200	1	INSERT PLASTIC 1.00 DIA-11 GA
99	PP130002	3	INSERT DOMED PLASTIC

12112 Top Weight Assembly 15



Ref #	Part Number	Qty	Description
1	11050-366	1	TOP WT ASSY, MOLDED
2	11040-367	1	HUB MOLDED
3	11040-369	2	ROD LINKAGE
K4	11040K009	3	KIT INCREMENT WEIGHT KNOB
4	11040-370	2	PIN
5	11040-427	1	ROD
K6	11040K007	1	KIT NON-INCREMENTAL TOP WEIGHT
6	11040-426	1	STEM
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	4700-281	1	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	1	TAP SC NO 10 X .375 PN HD PHIL
19	11040-409	2	BUMPER
20	11040-572	1	GUARD INCREMENT WEIGHT

Ref #	Part Number	Qty	Description
21,32	11040-030	2	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)
34	13000-364	1	BEARING FLNG .62 ID X .92 OD X 1.75 LG
35	BR030206	1	RETAINING RING
36	11040-007	7	TOP WEIGHT ASSY 15
138	FB130216	1	Bushing Weight Stack

