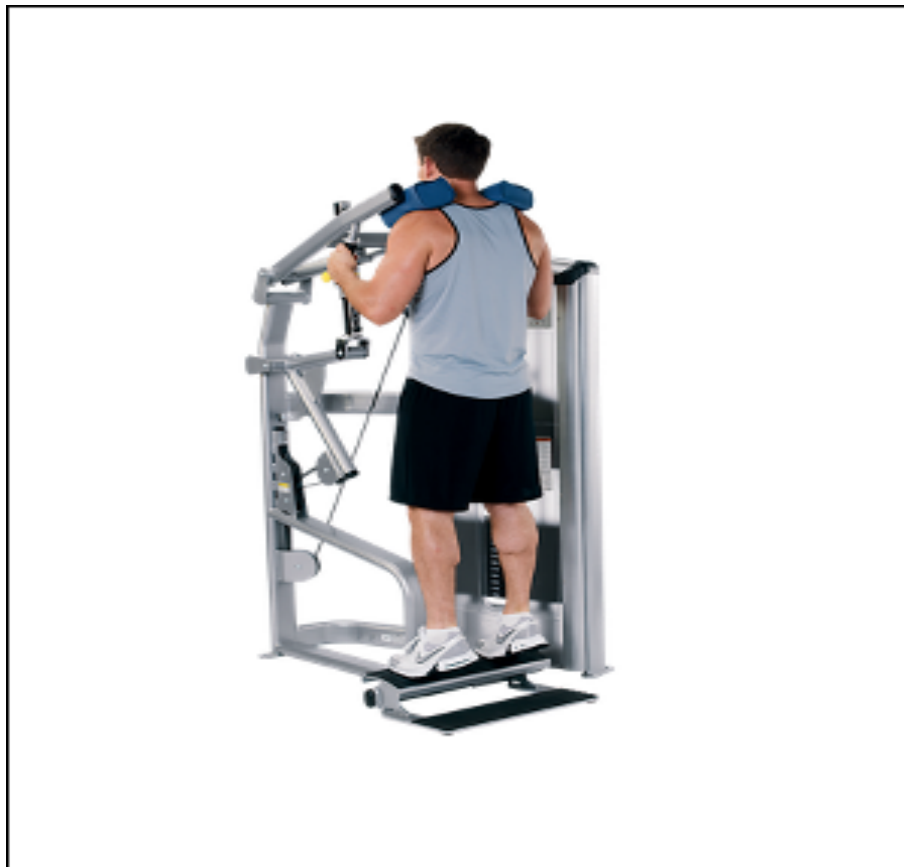


# VR3 STANDING CALF

12120-02

## Parts Manual

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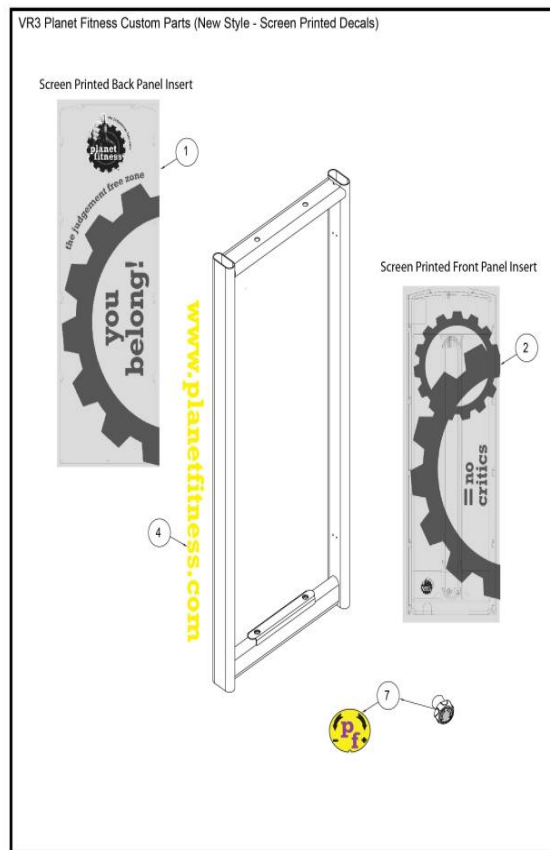


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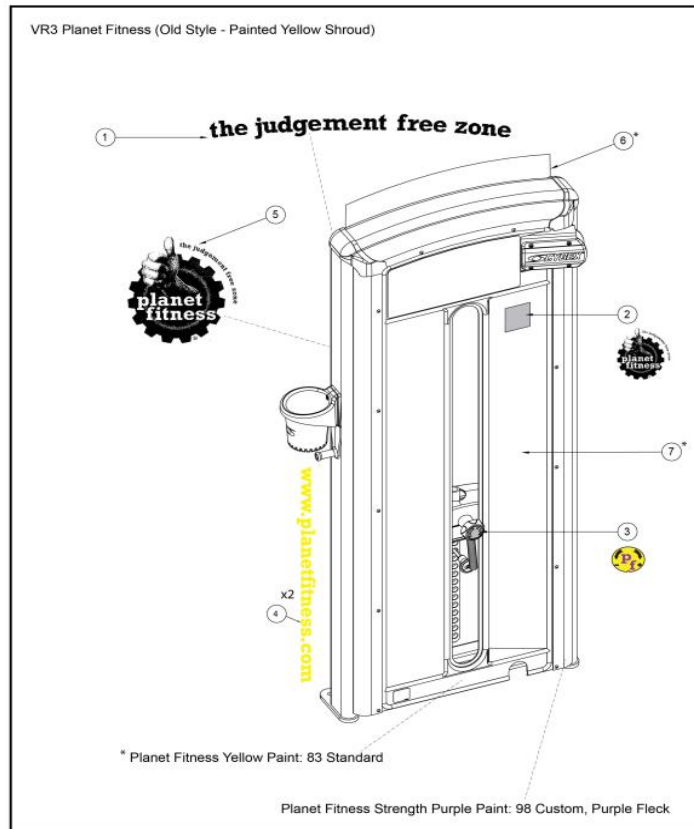
|                                                                 |                    |
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| <a href="#">VR3 Planet Fitness Custom (Old Style)□.....</a>     | <a href="#">4</a>  |
| <a href="#">VR3 You Fit Custom□.....</a>                        | <a href="#">5</a>  |
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## VR3 Planet Fitness Custom (New Style)



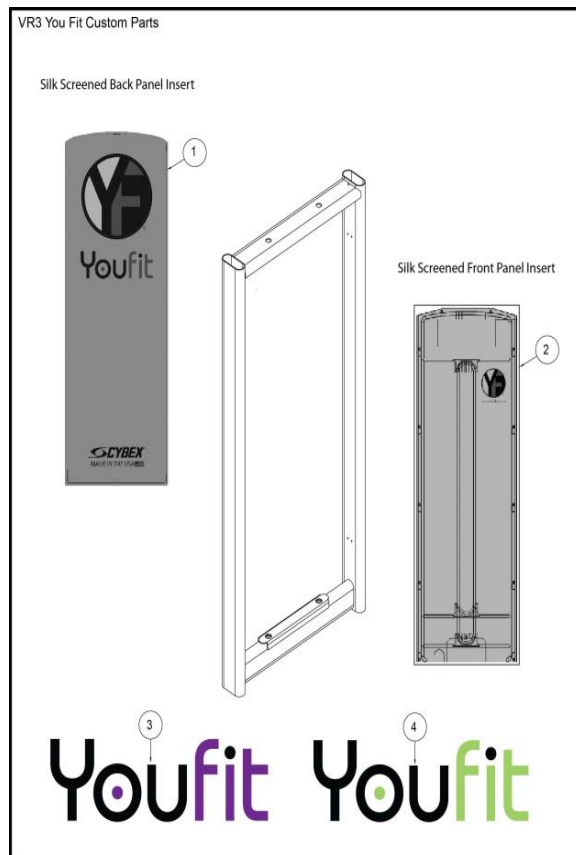
| Ref # | Part Number | Qty | Description                          |
|-------|-------------|-----|--------------------------------------|
| 1     | 12000-375P  | 1   | BACK PANEL INSERT, PLANET FITNESS    |
| 2     | 12000-399P  | 1   | Panel insert, Planet Fitness         |
| 4     | DE-60251    | 1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

## VR3 Planet Fitness Custom (Old Style) ☐



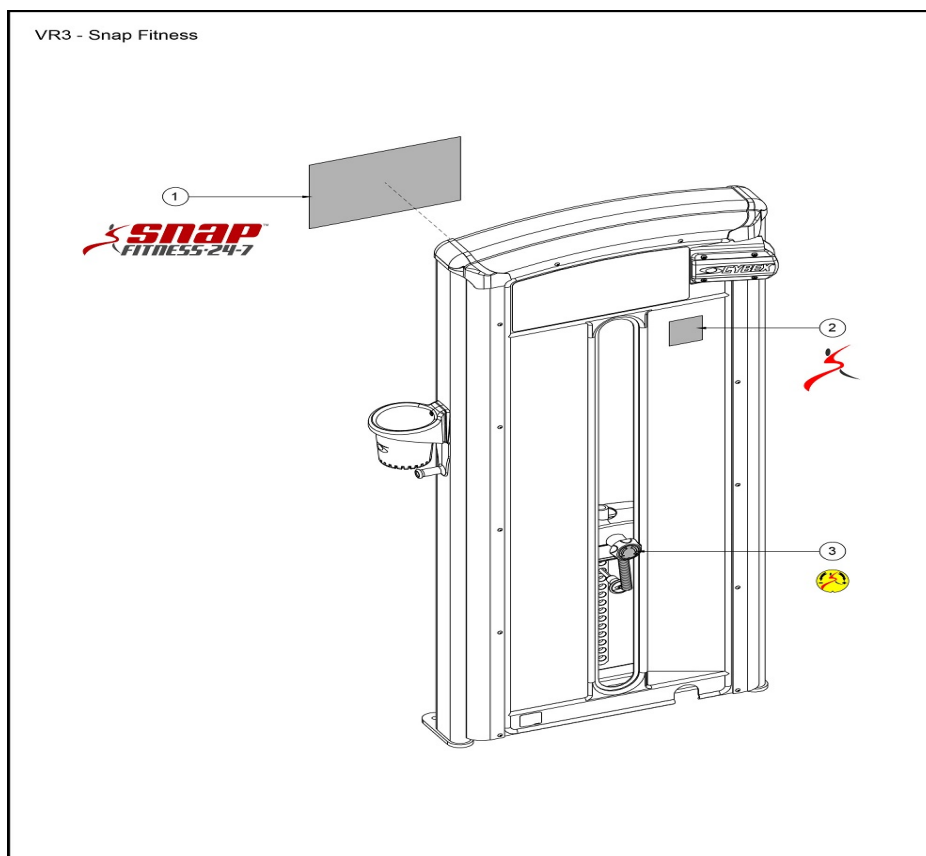
| Ref # | Part Number | Qty | Description                            |
|-------|-------------|-----|----------------------------------------|
| 1     | DE-60232    | 1   | DECAL JUDGEMENT FREE ZONE              |
| 2     | DE-60233    | 1   | DECAL THUMBS UP 3 INCH PLANET FITNESS  |
| 3     | DE-60231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



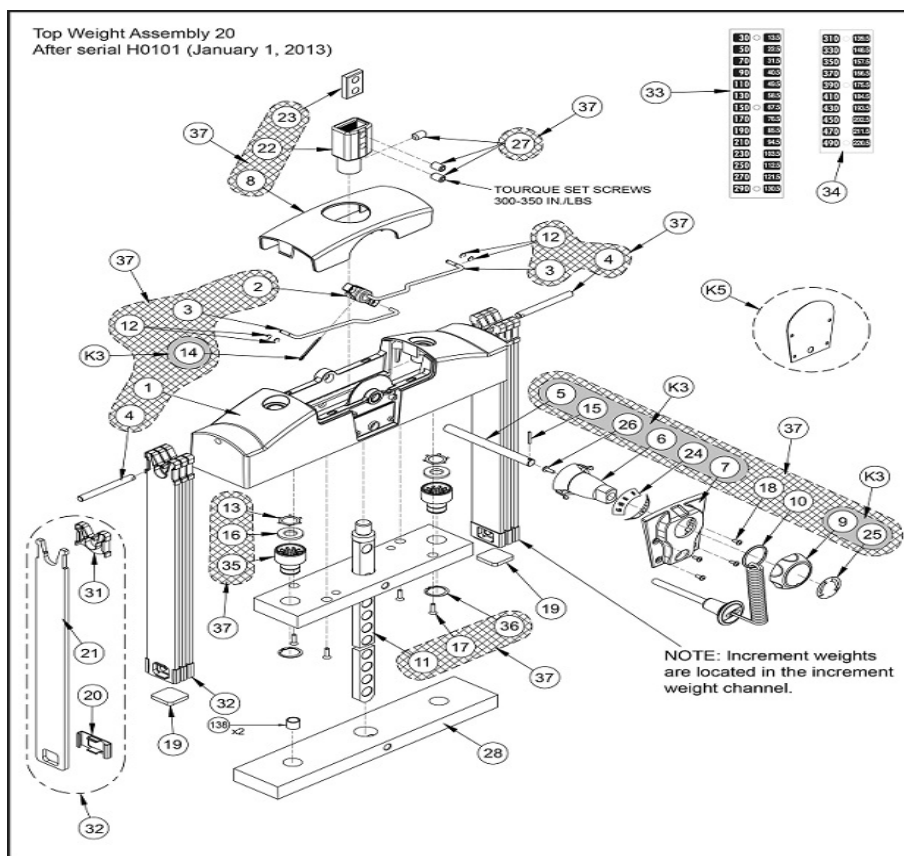
| Ref # | Part Number | Qty | Description                      |
|-------|-------------|-----|----------------------------------|
| 1A    | 12000-375GY | 1   | BACK PANEL INSERT, YOUFIT GREEN  |
| 1C    | 12000-375PY | 1   | BACK PANEL INSERT, YOUFIT PURPLE |
| 1B    | 12000-375YG | 1   | BACK PANEL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

## VR3 - 20 Top weight assembly (After H0101)

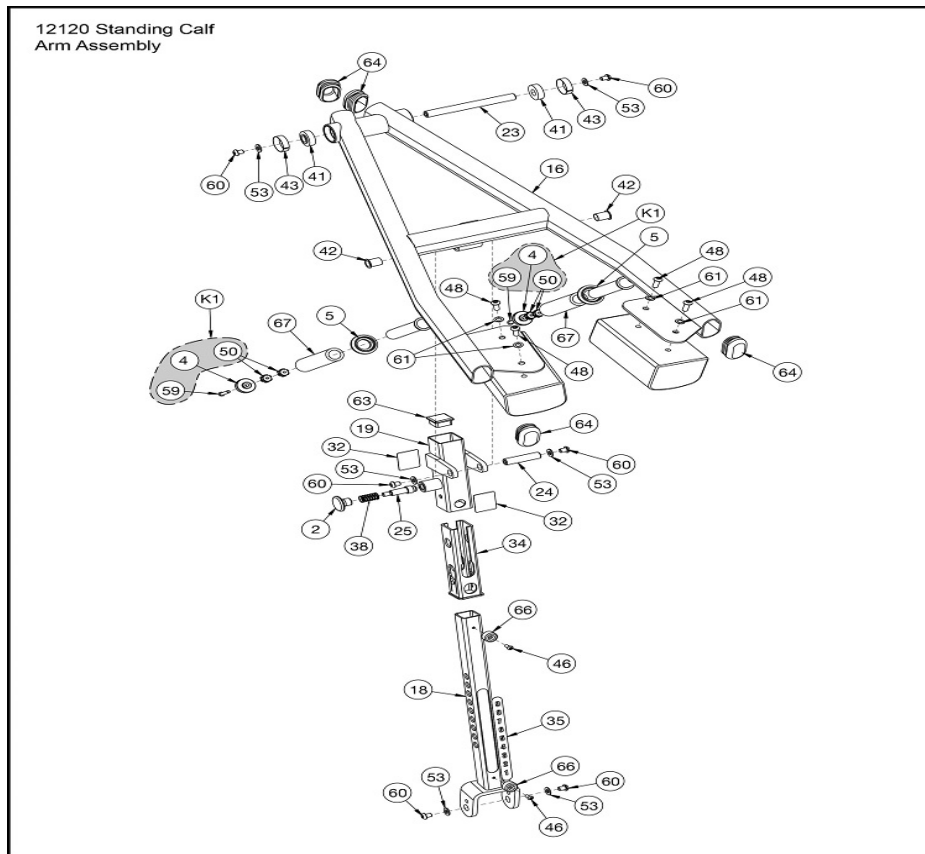


| Ref # | Part Number | Qty | Description                             |
|-------|-------------|-----|-----------------------------------------|
| 1     | 11040-366   | 1   | TOP WEIGHT ASSEMBLY MOLDED              |
| 2     | 11040-367   | 1   | HUB MOLDED                              |
| 3     | 11040-369   | 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    | 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                                   |



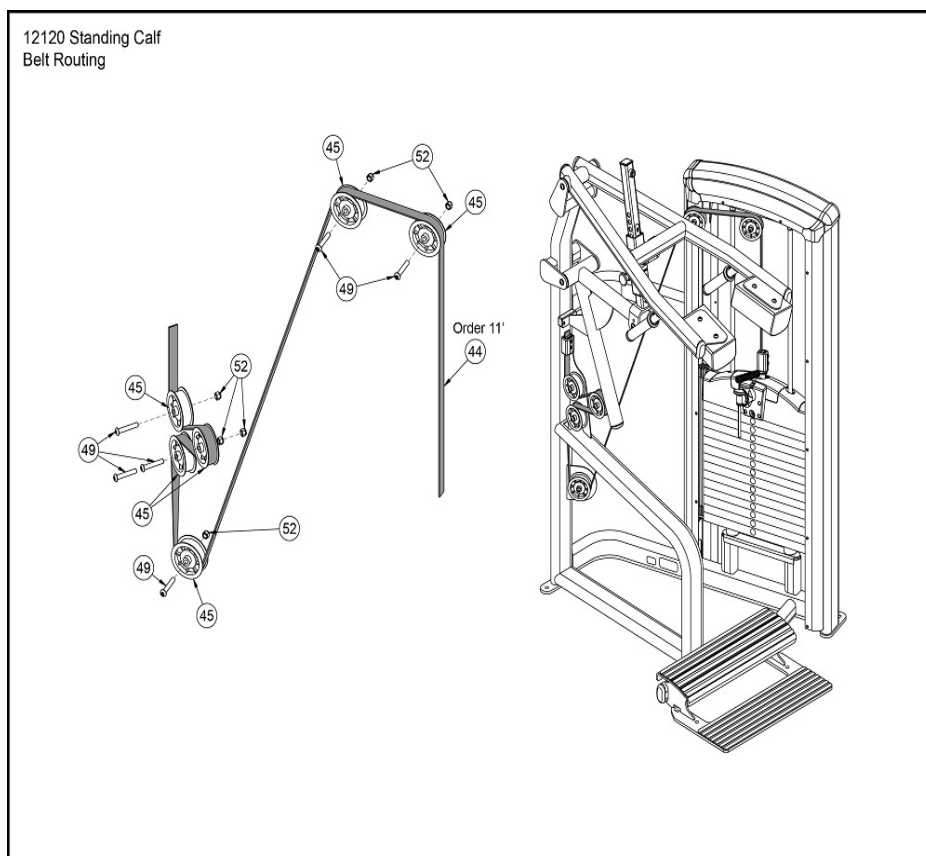
# 12120 Arm Assembly



| Ref # | Part Number | Qty | Description                          |
|-------|-------------|-----|--------------------------------------|
| K1    | 11090K006   | 2   | KIT HANDLE TRIM RING                 |
| 2     | 11040-440   | 1   | KNOB                                 |
| 4     | 11090-374   | 2   | END CAP                              |
| 5     | 11090-376   | 2   | RING HANDLE GRIP                     |
| 16    | 12120-201   | 1   | W INPUT ARM Custom                   |
| 18    | 12120-203   | 1   | P DETENT TUBE                        |
| 19    | 12120-204   | 1   | W DETENT TUBE Custom                 |
| 23    | 12120-328   | 1   | SHAFT PIVOT                          |
| 24    | 12120-329   | 1   | SHAFT PIVOT                          |
| 25    | 12120-330   | 1   | PIN DETENT                           |
| 32    | 4510-321    | 2   | DECAL CAUTION Custom                 |
| 34    | 4605-512    | 1   | INSERT PLASTIC 7.94                  |
| 35    | 4875-323    | 1   | DECAL ADJUSTING                      |
| 38    | BS070201    | 1   | COM SPRING .56 ID X .66 OD X 1.50 LG |
| 41    | FB030232    | 2   | BRG RADIAL 17MM ID EXT RACE          |
| 42    | FB130207    | 2   | BRG FLG 17MM X 19MM X 25MM           |
| 43    | FC030006    | 2   | TOLERANCE RING 1.575 ID              |
| 46    | HC620414    | 2   | BHSCS .250-20 X .625                 |
| 48    | HC700417    | 4   | BHSCS .375-16 X 1.00                 |
| 50    | HF449063    | 4   | INSERT 3-4X1-4-20 CONNECTOR          |
| 53    | HS347600    | 6   | WASHER SAE .375                      |
| 59    | JC620422    | 2   | BHSCS .250-20 X 1.50                 |

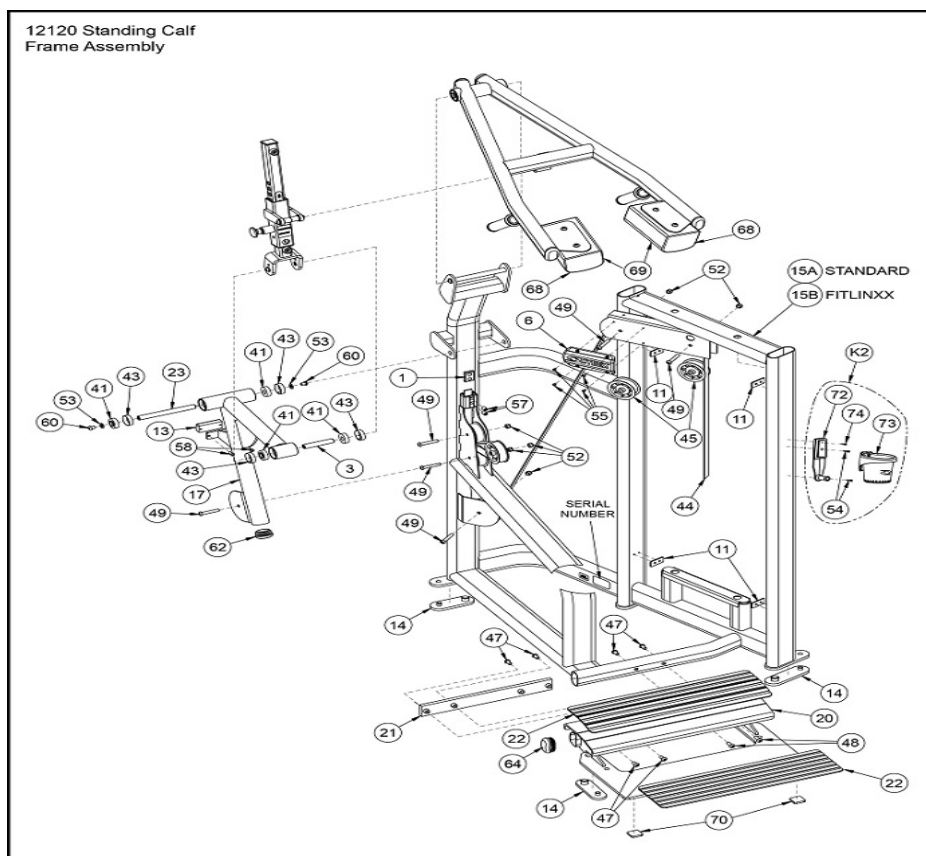
| Ref # | Part Number | Qty | Description                  |
|-------|-------------|-----|------------------------------|
| 60    | JC700412    | 6   | BHSCS .375-16 X .50          |
| 61    | JS347400    | 4   | LOCKWASHER INT TOOTH .375    |
| 63    | PP090211    | 1   | INSERT PL 1.50 SQ X 10-14 GA |
| 64    | PP130003    | 4   | INSERT PLASTIC               |
| 66    | PR069400    | 2   | BUMPER RECESS                |
| 67    | 4605-507    | 2   | GRAB GRIP 6.50               |

## 12120 Belt Routing



| Ref # | Part Number | Qty | Description           |
|-------|-------------|-----|-----------------------|
| 44    | GB000202    | 1   | BELT .95 WIDE         |
| 45    | GP000209    | 6   | PULLEY ASSEMBLY-3.50  |
| 49    | HC700428    | 6   | BHSCS .375-16 X 2.25  |
| 52    | HN704901    | 6   | LOCKNUT .375-16 NYLON |

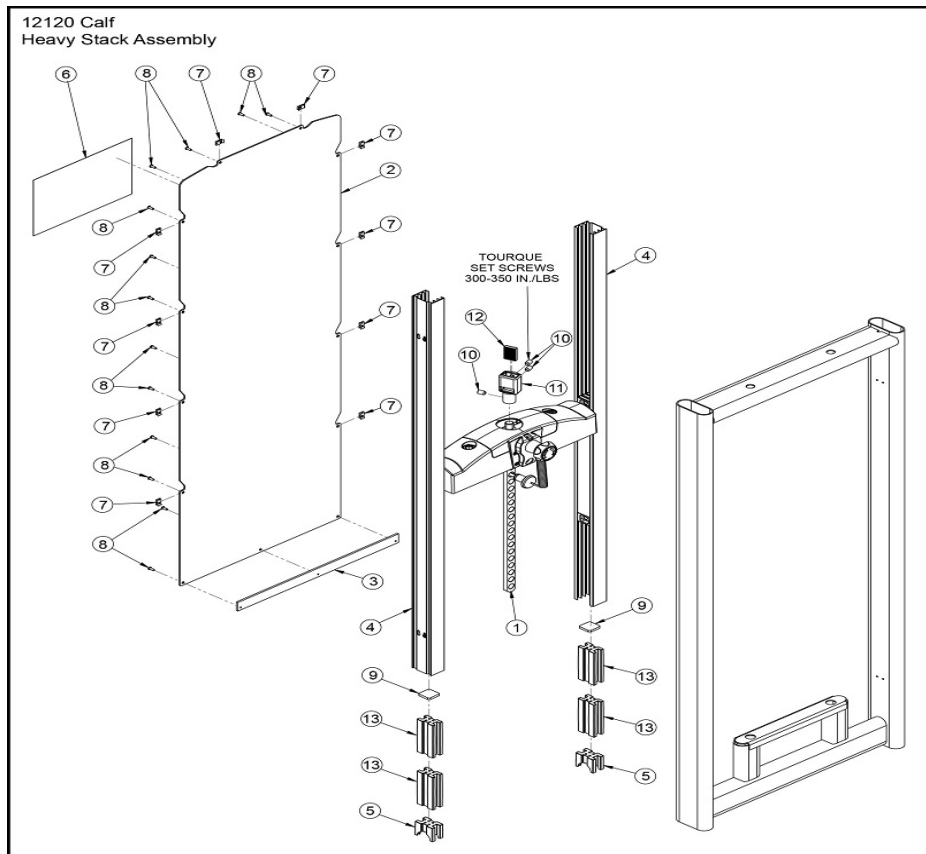
# 12120 Frame Assembly



| Ref # | Part Number | Qty | Description                 |
|-------|-------------|-----|-----------------------------|
| 1     | 11040-301   | 1   | INSERT CLAMP BLOCK          |
| K2    | 12000K017   | 11  | Kit Water Bottle Holder     |
| 3     | 11080-337   | 1   | SHAFT PIVOT                 |
| 6     | 12000-466   | 1   | PULLEY COVER                |
| 11    | 12000-398   | 4   | SPACER                      |
| 13    | 12030-353   | 1   | BLOCK STOP                  |
| 14    | 12090-322   | 3   | PAD FOOT                    |
| 15A   | 12120-200   | 1   | W MAIN FRAME Custom         |
| 15B   | 12128-200   | 1   | W MAIN FRAME Custom         |
| 17    | 12120-202   | 1   | W PIVOT                     |
| 20    | 12120-207   | 1   | W PLATFORM                  |
| 21    | 12120-206   | 1   | W ADAPTER PLATE             |
| 22    | 12120-326   | 2   | NON-SLIP                    |
| 23    | 12120-328   | 1   | SHAFT PIVOT                 |
| 41    | FB030232    | 4   | BRG RADIAL 17MM ID EXT RACE |
| 43    | FC030006    | 4   | TOLERANCE RING 1.575 ID     |
| 44    | GB000202    | 1   | BELT .95 WIDE               |
| 45    | GP000209    | 2   | PULLEY ASSEMBLY-3.50        |
| 47    | HC700415    | 6   | BHSCS .375-16 X .75         |
| 48    | HC700417    | 2   | BHSCS .375-16 X 1.00        |
| 49    | HC700428    | 6   | BHSCS .375-16 X 2.25        |
| 52    | HN704901    | 6   | LOCKNUT .375-16 NYLON       |

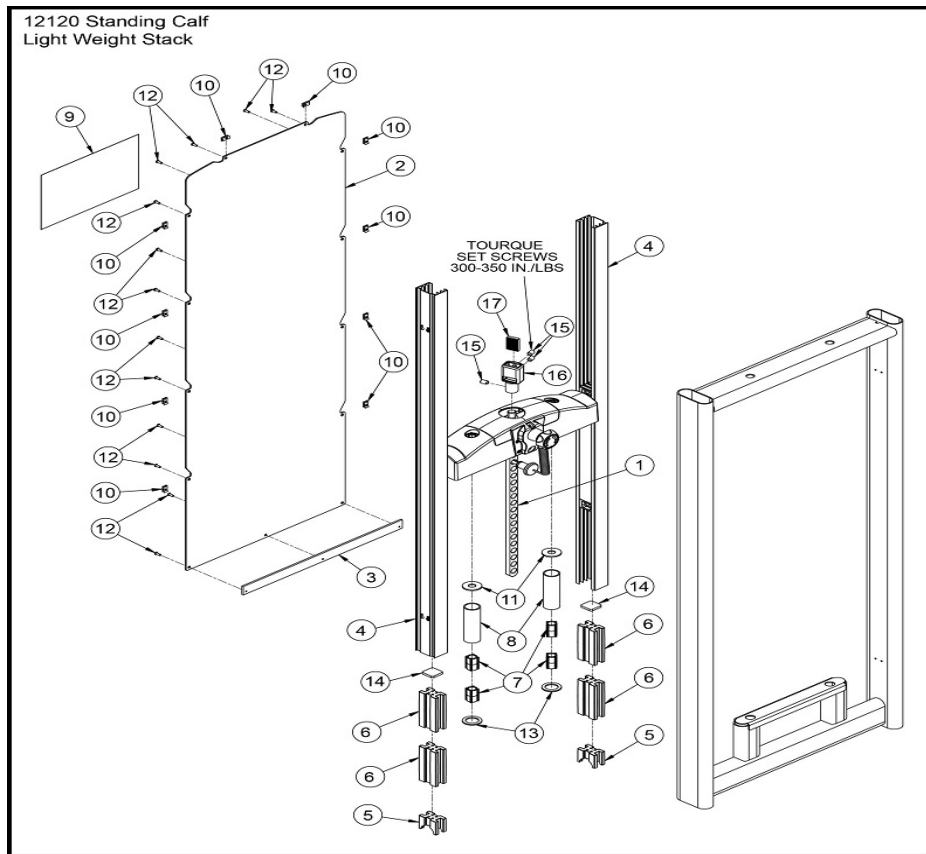
| Ref # | Part Number | Qty | Description                                   |
|-------|-------------|-----|-----------------------------------------------|
| 53    | HS347600    | 2   | WASHER SAE .375                               |
| 55    | HT570410    | 4   | SCREW PNH TORX 10-24X.375 BLACK               |
| 57    | HY740000    | 2   | SET SCREW                                     |
| 58    | JC620415    | 2   | BHSCS .250-20 X .75                           |
| 60    | JC700412    | 2   | BHSCS .375-16 X .50                           |
| 62    | PP080226    | 1   | INSERT PLASTIC 2.00 DIA-RIB                   |
| 64    | PP130003    | 1   | INSERT PLASTIC                                |
| 68    | 4800-071    | 2   | COVERED CUSHION Custom                        |
| 69    | 4800-101    | 2   | WEAR COVER SA 8 CONTOUR DBL Custom            |
| 70    | 11040-409   | 2   | BUMPER                                        |
| 72    | 13000-402   | 1   | Mount Water Bottle Holder                     |
| 73    | 13000-400   | 1   | Holder Water Bottle                           |
| 74    | HT552515    | 1   | TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK |

# 12120 Heavy Stack Assembly



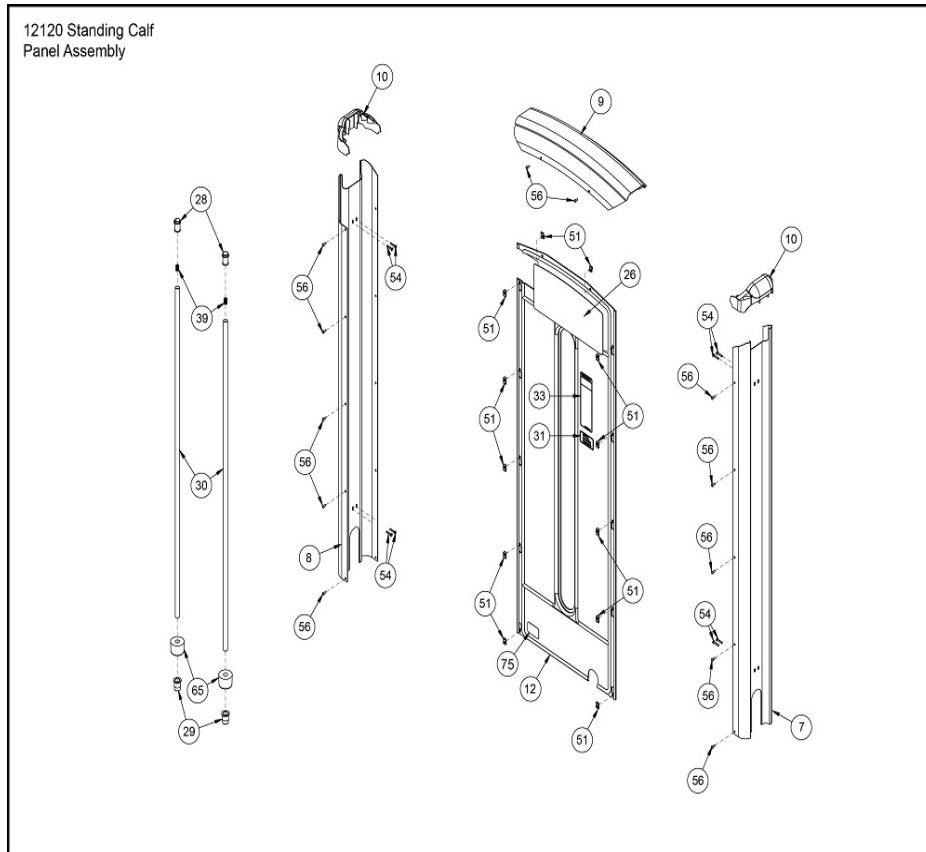
| Ref # | Part Number | Qty | Description                 |
|-------|-------------|-----|-----------------------------|
| 1     | 11040-008   | 1   | TOP WEIGHT ASSY 20          |
| 2     | 12000-375   | 1   | PANEL INSERT                |
| 3     | 12000-378   | 1   | SUPPORT                     |
| 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    | 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          |
| 13    | 12102-331   | 4   | INSERT INCREMENT WEIGHT     |

# 12120 Light Stack Assembly



| Ref # | Part Number | Qty | Description                        |
|-------|-------------|-----|------------------------------------|
| 1     | 11040-008   | 1   | TOP WEIGHT ASSY 20                 |
| 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     | 12102-331   | 4   | INSERT INCREMENT WEIGHT            |
| 7     | 12210-352   | 4   | INSERT PLASTIC                     |
| 8     | 12210-359   | 2   | TUBE SPACER                        |
| 9     | 3900-441    | 1   | DECAL CYBEX VER BLACK              |
| 10    | HF579000    | 10  | PANEL FASTENER 10-24 U TYPE        |
| 11    | HS760106    | 2   | WASH FLAT 1.750 .688 .140 T        |
| 12    | HX570412    | 15  | BHSCS 10-24 X .50 SS               |
| 13    | JS497600    | 2   | WASHER 1.19 ID X 1.75 OD X .12 THK |
| 14    | 11040-409   | 2   | BUMPER                             |
| 15    | HY740000    | 2   | SET SCREW                          |
| 16    | 11040-216   | 1   | P BELT CLAMP                       |
| 17    | 11040-301   | 1   | INSERT CLAMP BLOCK                 |

## 12120 Panel Assembly



| Ref # | Part Number | Qty | Description                                |
|-------|-------------|-----|--------------------------------------------|
| 7     | 12000-392   | 1   | CHANNEL INCREMENT WEIGHT                   |
| 8     | 12000-394   | 1   | CHANNEL INCREMENT WEIGHT                   |
| 9     | 12000-395   | 1   | CAP TOP                                    |
| 10    | 12000-396   | 2   | END CAP                                    |
| 12    | 12000-405   | 1   | PANEL INSERT                               |
| 26    | 12120-598   | 1   | Placard VR3 Stand Calf                     |
| 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                    |
| 31    | DE000005    | 1   | Decal Caution Custom                       |
| 33    | DE000001    | 1   | Decal Warning Custom                       |
| 39    | BS070208    | 2   | COMP SPRING .396 ID X .480 OD X 1.50 LG    |
| 51    | HF579000    | 12  | PANEL FASTENER 10-24 U TYPE                |
| 54    | HT512517    | 8   | TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK |
| 56    | HX570412    | 12  | BHSCS 10-24 X .50 SS                       |
| 65    | PR060005    | 2   | BUMPER WEIGHT                              |
| 75    | 11040-790   | 1   | NLA: DECAL, MADE IN THE USA                |



**12120 Parts Not Shown**

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Other Parts Not Shown

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

