

VR3 LAT PULLDOWN

12130-01

Parts Manual

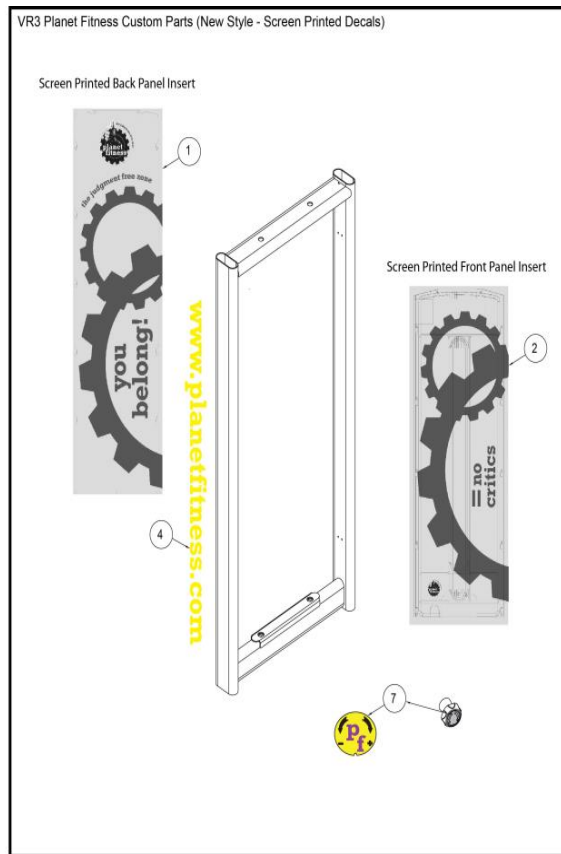
1/5/2019 2:23:04 AM



Table of Contents

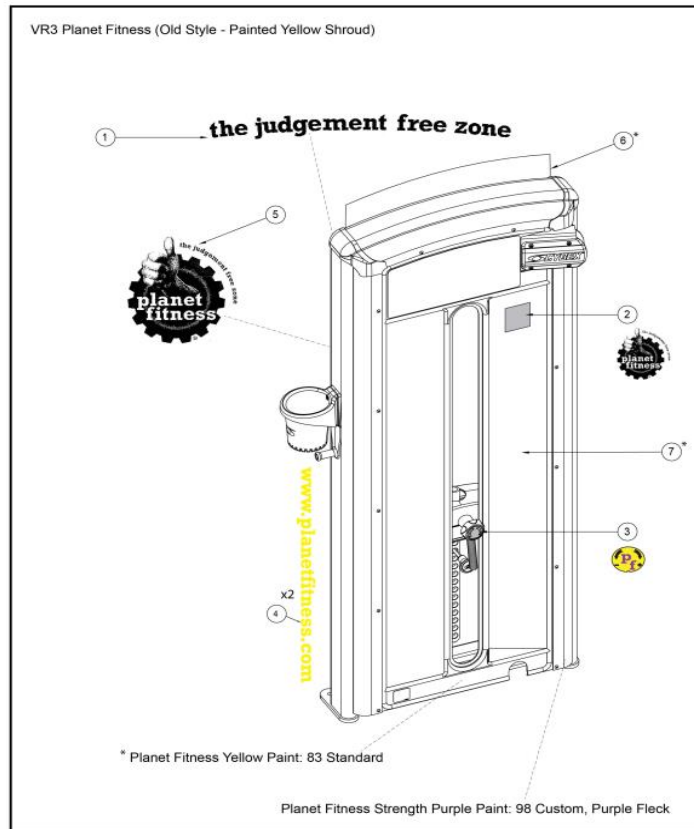
VR3 Planet Fitness Custom (New Style).....	3
VR3 Planet Fitness Custom (Old Style)□.....	4
VR3 You Fit Custom□.....	5
VR3 - Snap Fitness.....	6
VR3 - 15 Top Weight Assembly Before G1231.....	7
12130 Belt Routing.....	9
12130 Heavy Stack Assembly.....	10
12130 Leg Pad and Handle.....	11
12130 Light Stack Assembly.....	12
12130 Main Frame.....	13
12130 Panel Assembly.....	14
12130 Parts Not Shown.....	15

VR3 Planet Fitness Custom (New Style)



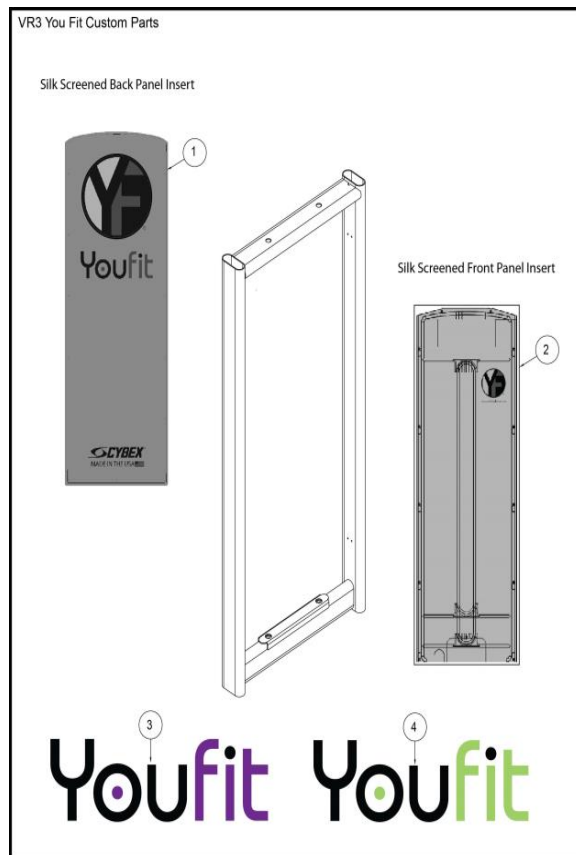
Ref #	Part Number	Qty	Description
1	12000-384P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-411P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) ☐



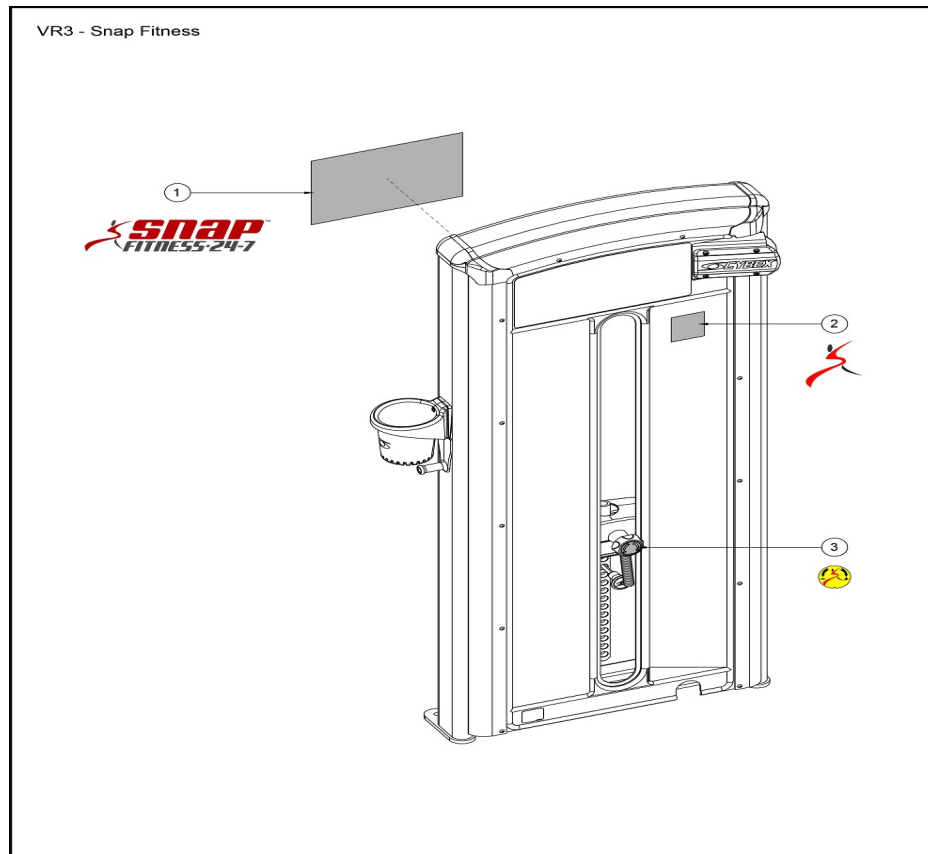
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-384Y	1	BACK PANEL INSERT YELLOW
7	12000-411Y	1	PANEL INSERT YELLOW

VR3 You Fit Custom ☐



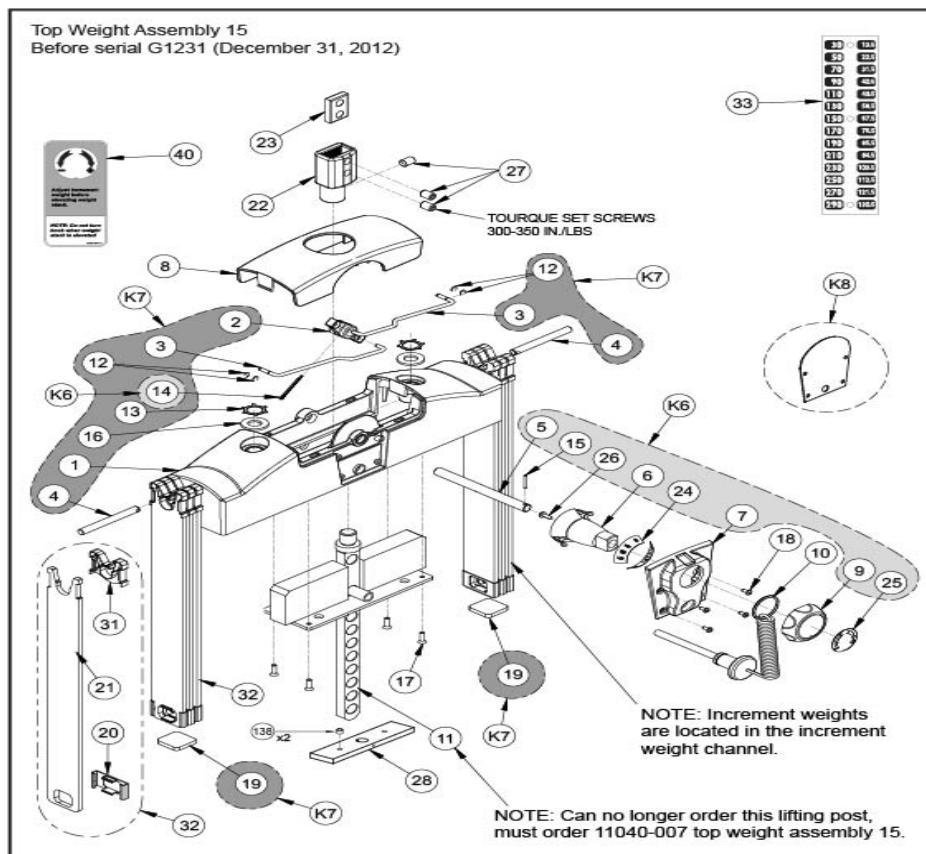
Ref #	Part Number	Qty	Description
1C	12000-384PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1D	12000-384YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-384GY	1	BACK PANEL INSERT, YOUFIT GREEN
2B	12000-411PY	1	PANEL INSERT, YOUFIT PURPLE
2A	12000-411YG	1	PANEL INSERT, YOUFIT GREEN
3	DE-60274	1	DECAL, YOUFIT PURPLE
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

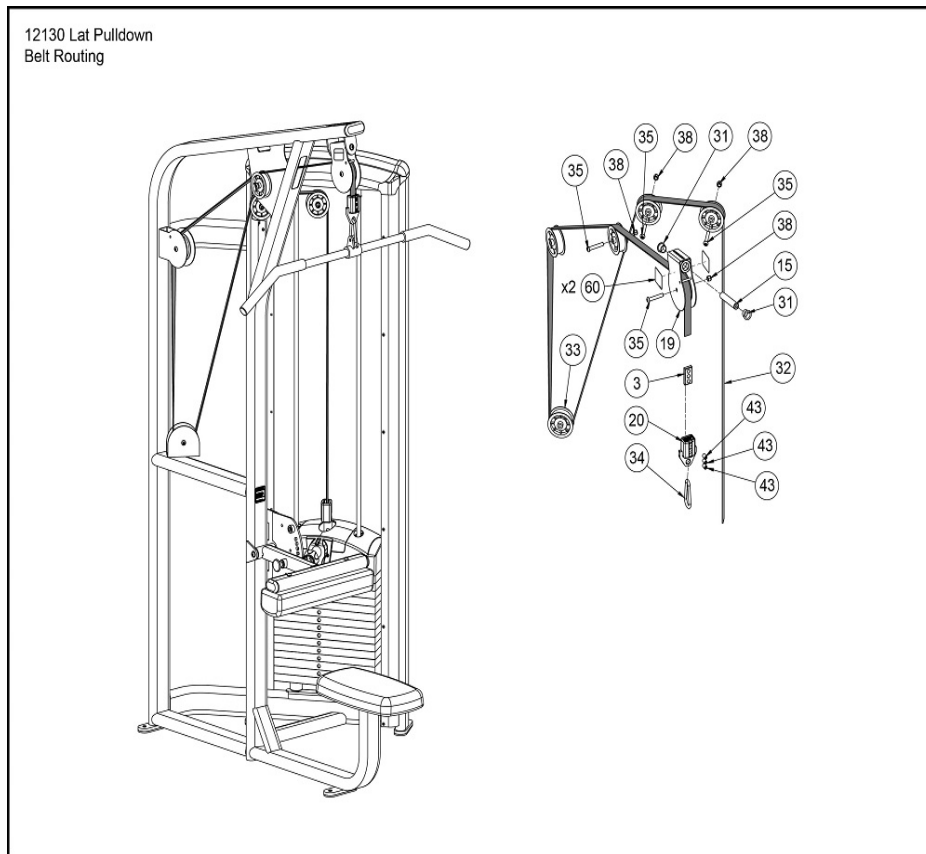
VR3 - 15 Top Weight Assembly Before G1231



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
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	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

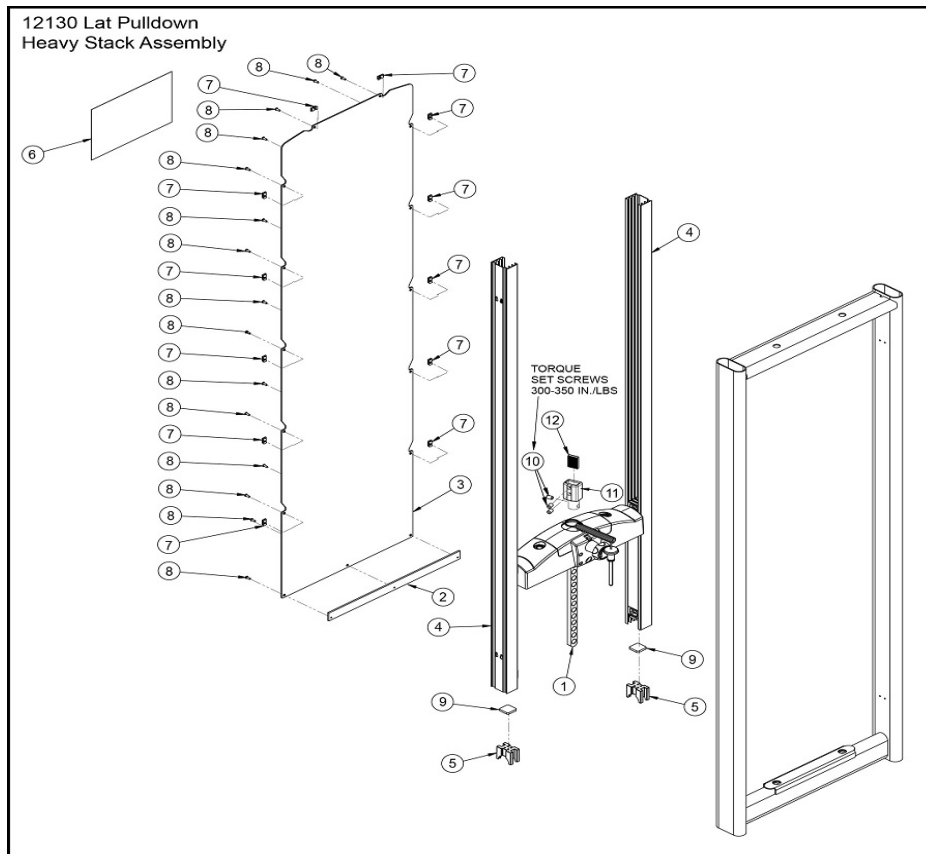
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK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

12130 Belt Routing



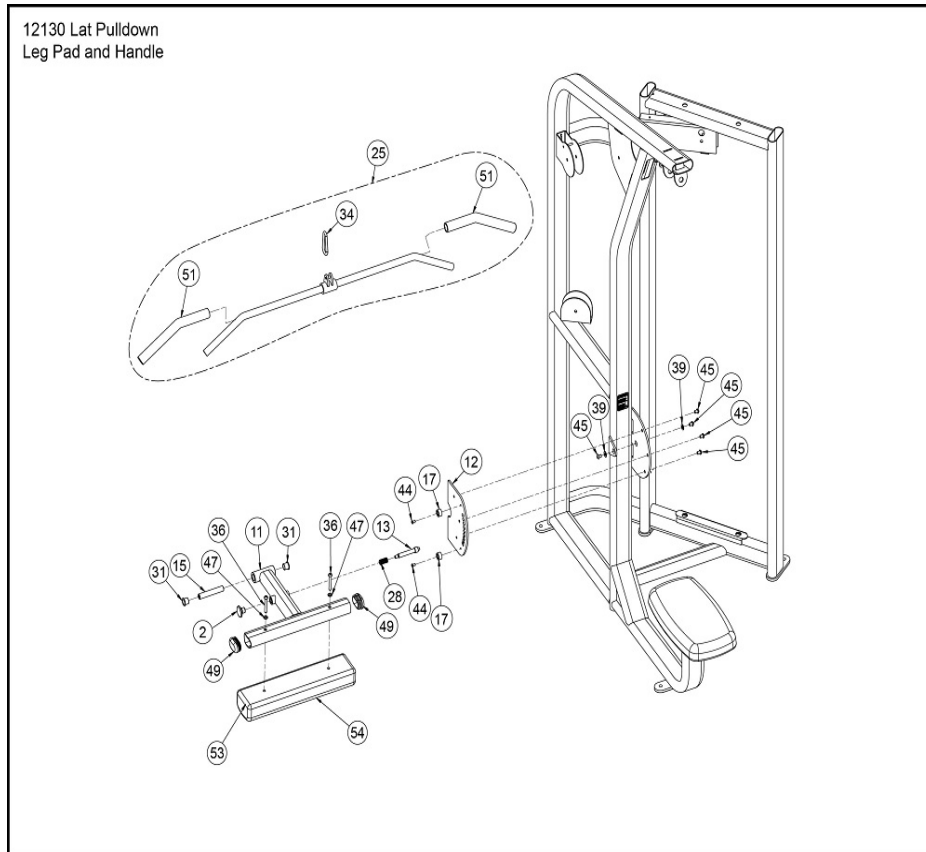
Ref #	Part Number	Qty	Description
3	11040-568	1	CLAMP BLOCK INSERT
15	12060-347	1	PIN PIVOT
19	12130-202	1	W PULLEY TAB
20	12130-203	1	W CLAMP
31	FB130212	2	BUSHING FLANGE FOOTPLATE.75ID
32	12130-362	1	BELT
33	GP000209	1	PULLEY ASSEMBLY-3.50
34	3250201	1	Snap Link 3/8" D
35	HC700428	4	BHSCS .375-16 X 2.25
38	HN704901	4	LOCKNUT .375-16 NYLON
43	HY740000	3	SET SCREW
60	DE000028	2	Decal Warning Custom

12130 Heavy Stack Assembly



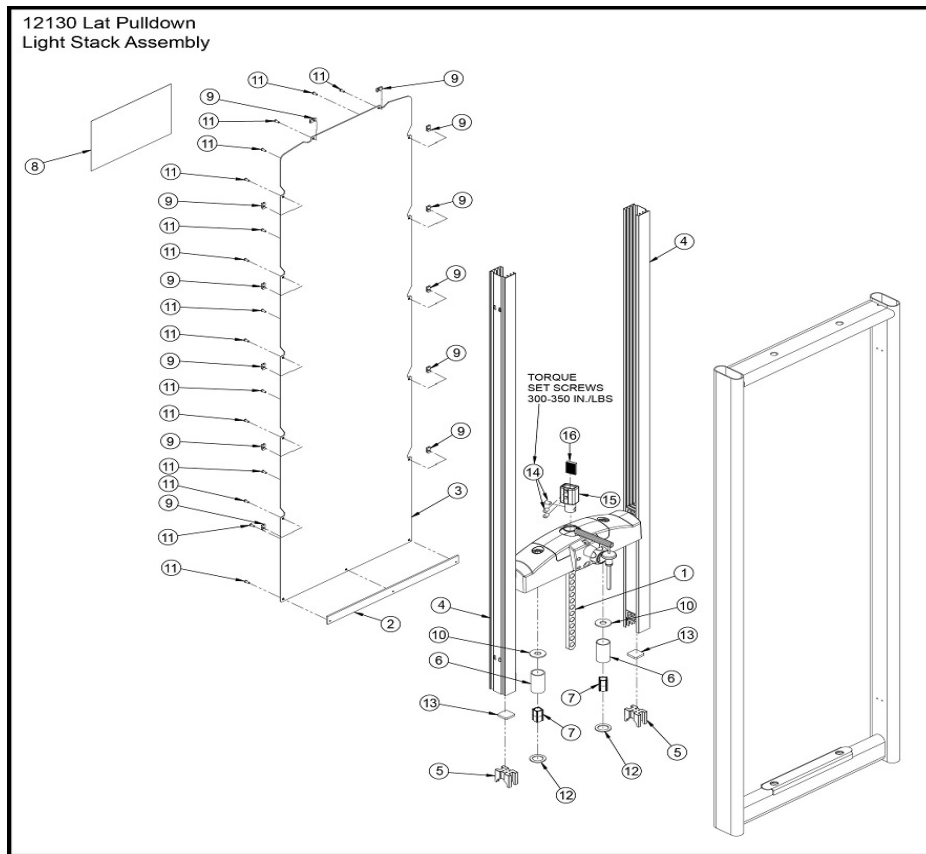
Ref #	Part Number	Qty	Description
1	11040-007	1	TOP WEIGHT ASSY 15
2	12000-378	1	SUPPORT
3	12000-384	1	PANEL INSERT
4	12000-388	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	12	PANEL FASTENER 10-24 U TYPE
8	HX570412	15	BHSCS 10-24 X .50 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

12130 Leg Pad and Handle



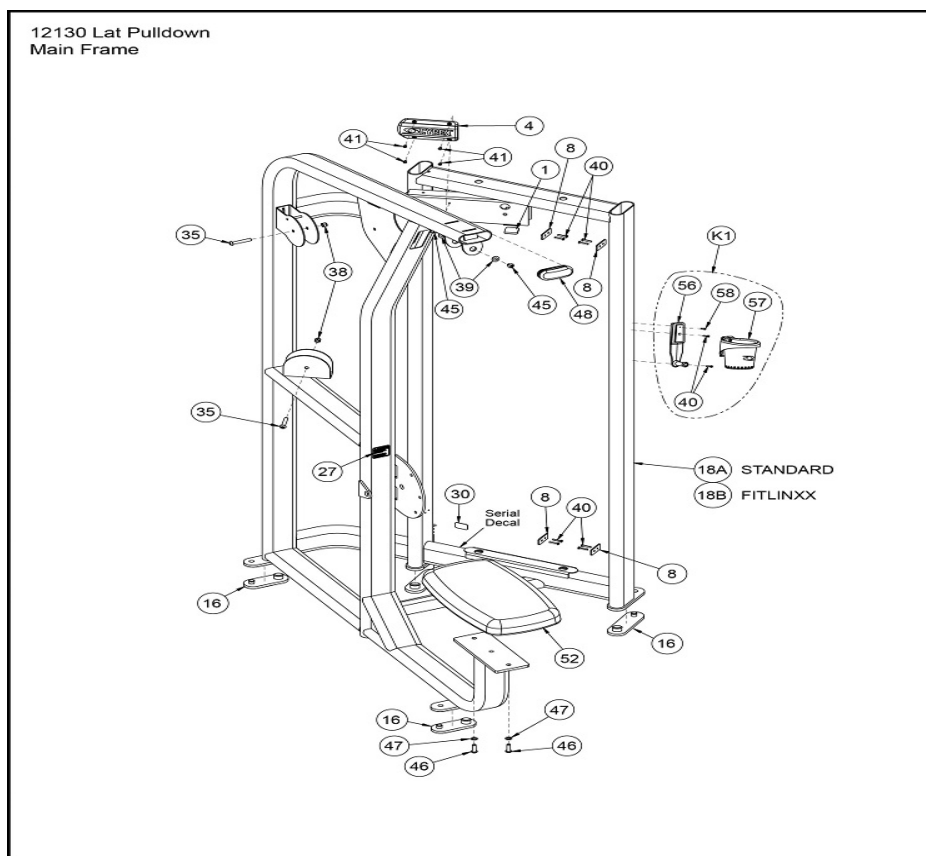
Ref #	Part Number	Qty	Description
2	11040-440	1	KNOB
11	12020-202	1	W CUSHION PIVOT Custom
12	12020-313	1	PLATE DETENT
13	12020-336	1	PIN DETENT
15	12060-347	1	PIN PIVOT
17	12100-303	2	BUMPER
25	4005-105	1	PULLDOWN BAR SA
31	FB130212	2	BUSHING FLANGE FOOTPLATE.75ID
34	3250201	1	Snap Link 3/8" D
36	HC700430	2	BHSCS .375-16 X 2.50
39	HS347600	2	WASHER SAE .375
44	JC620412	2	BHSCS .250-20 X .50
45	JC700412	5	BHSCS .375-16 X .50
47	JS347400	2	LOCKWASHER INT TOOTH .375
49	PP130003	2	INSERT PLASTIC
51	PR400201	2	GRIP 14.0 LG .940 ID .188 WA
53	4800-196	1	COVERED CUSHION AS CONTOUR 20 Custom
54	4800-093	1	WEAR COVER SA 4.5 X 20 Custom

12130 Light Stack Assembly



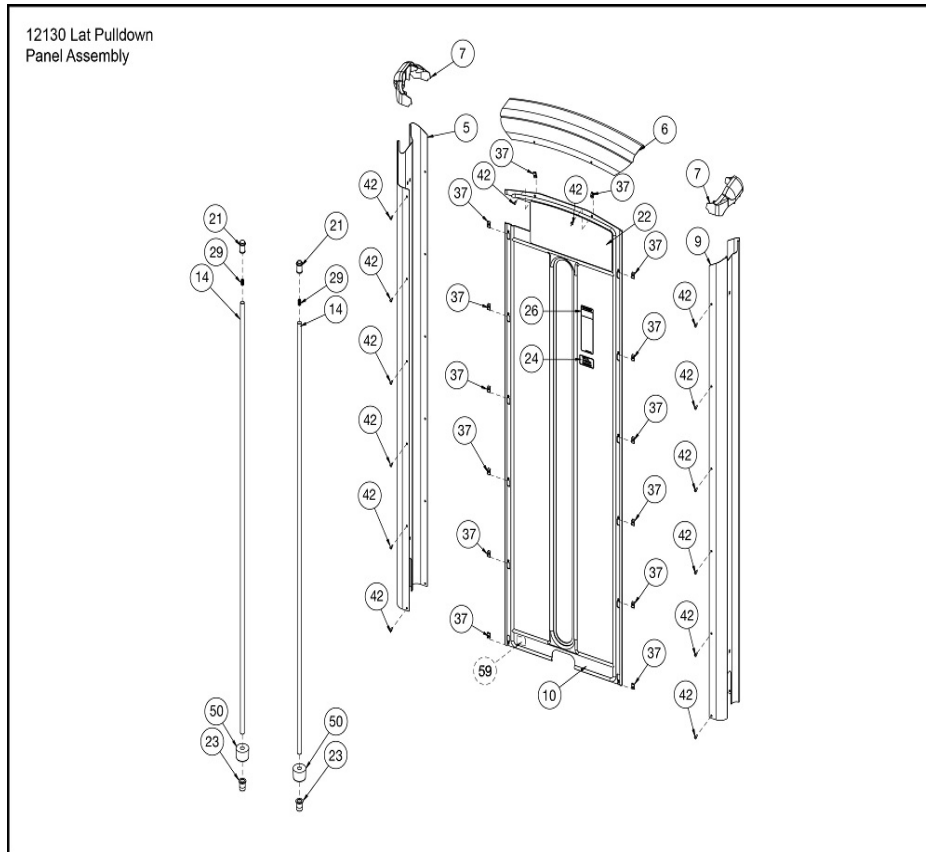
Ref #	Part Number	Qty	Description
1	11040-007	1	TOP WEIGHT ASSY 15
2	12000-378	1	SUPPORT
3	12000-384	1	PANEL INSERT
4	12000-388	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	12210-351	2	TUBE SPACER
7	12210-352	2	INSERT PLASTIC
8	3900-441	1	DECAL CYBEX VER BLACK
9	HF579000	12	PANEL FASTENER 10-24 U TYPE
10	HS760106	2	WASH FLAT 1.750 .688 .140 T
11	HX570412	15	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	2	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12130 Main Frame



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
1	11040-409	1	BUMPER
4	12000-466	1	PULLEY COVER
8	12000-398	4	SPACER
16	12090-322	3	PAD FOOT
18A	12130-200	1	W MAIN FRAME Custom
18B	12138-200	1	W MAIN FRAME Custom
27	8500-025	1	DECAL CAUTION Custom
30	CM000211	1	DECAL PATENT
35	HC700428	2	BHSCS .375-16 X 2.25
38	HN704901	2	LOCKNUT .375-16 NYLON
39	HS347600	2	WASHER SAE .375
40	HT512517	6	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
41	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
45	JC700412	2	BHSCS .375-16 X .50
46	JC700420	2	BHSCS .375-16 X 1.25
47	JS347400	2	LOCKWASHER INT TOOTH .375
48	PP130002	1	INSERT DOMED PLASTIC
52	4800-188	1	CUSHION SA 10 X 18 NS Custom
56	13000-402	1	Mount Water Bottle Holder
57	13000-400	1	Holder Water Bottle
58	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

12130 Panel Assembly



Ref #	Part Number	Qty	Description
5	12000-391	1	CHANNEL INCREMENT WEIGHT
6	12000-395	1	CAP TOP
7	12000-396	2	END CAP
9	12000-402	1	CHANNEL INCREMENT WEIGHT
10	12000-411	1	PANEL INSERT
14	12040-336	2	WT ROD .625 DIA X 68.625
21	12210-347	2	CAP GUIDE ROD
22	12130-598	1	Placard VR3 Lat Pulldown
23	12210-348	2	CAP GUIDE ROD
24	DE000005	1	Decal Caution Custom
26	DE000001	1	Decal Warning Custom
29	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
37	HF579000	14	PANEL FASTENER 10-24 U TYPE
42	HX570412	14	BHSCS 10-24 X .50 SS
50	PR060005	2	BUMPER WEIGHT
59	11040-790	1	NLA: DECAL, MADE IN THE USA

12130 Parts Not Shown

Other Parts Not Shown

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

