

VR3 PRONE LEG CURL NON RLD

12140-02

Parts Manual

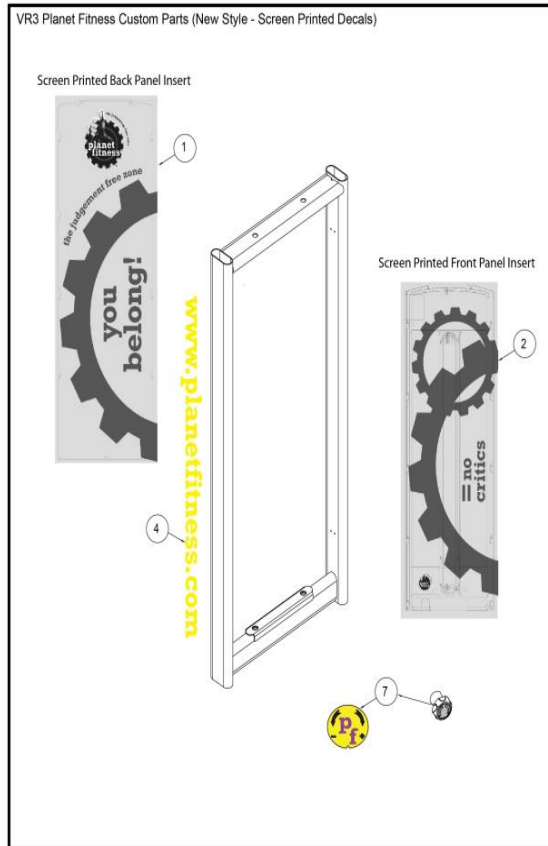
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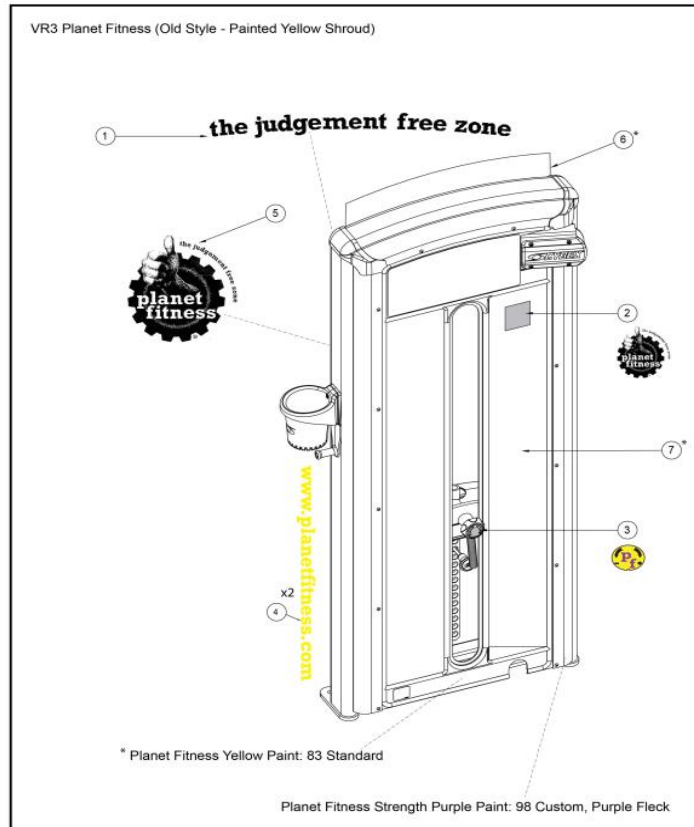
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VR3 Planet Fitness Custom (New Style)



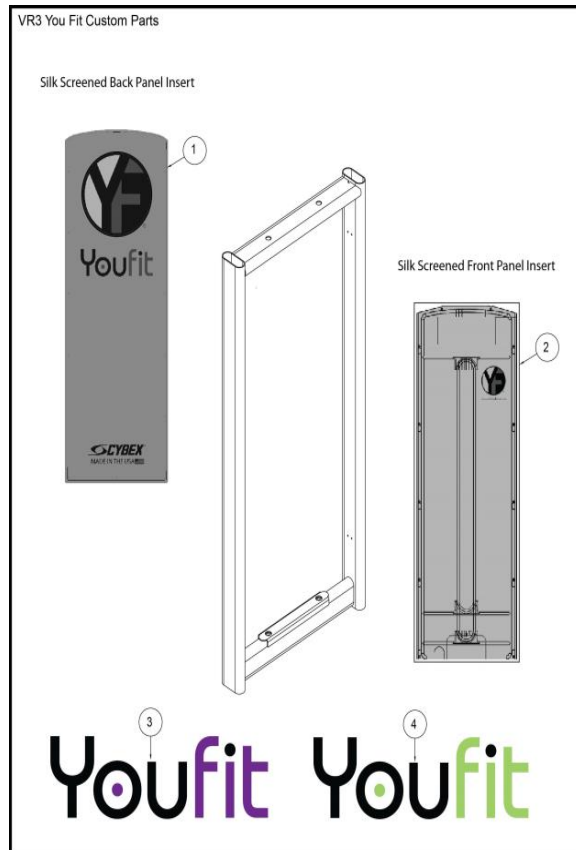
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-417P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



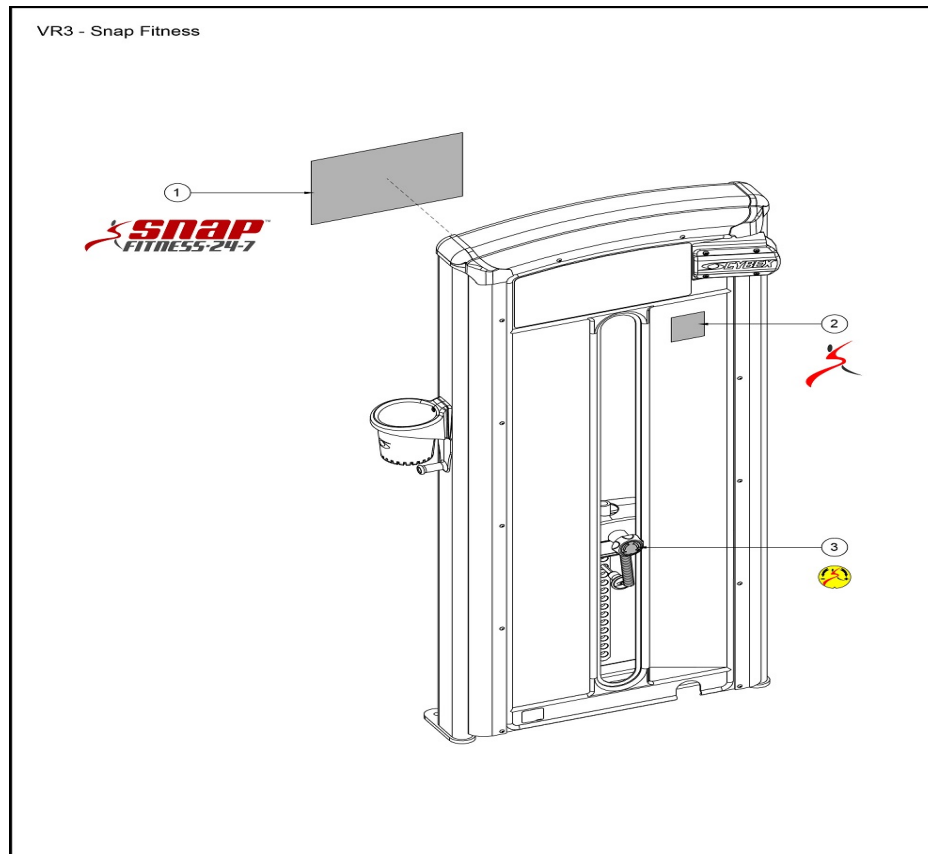
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT YELLOW
7	12000-414Y	1	PANEL INSERT YELLOW

VR3 You Fit Custom ☐



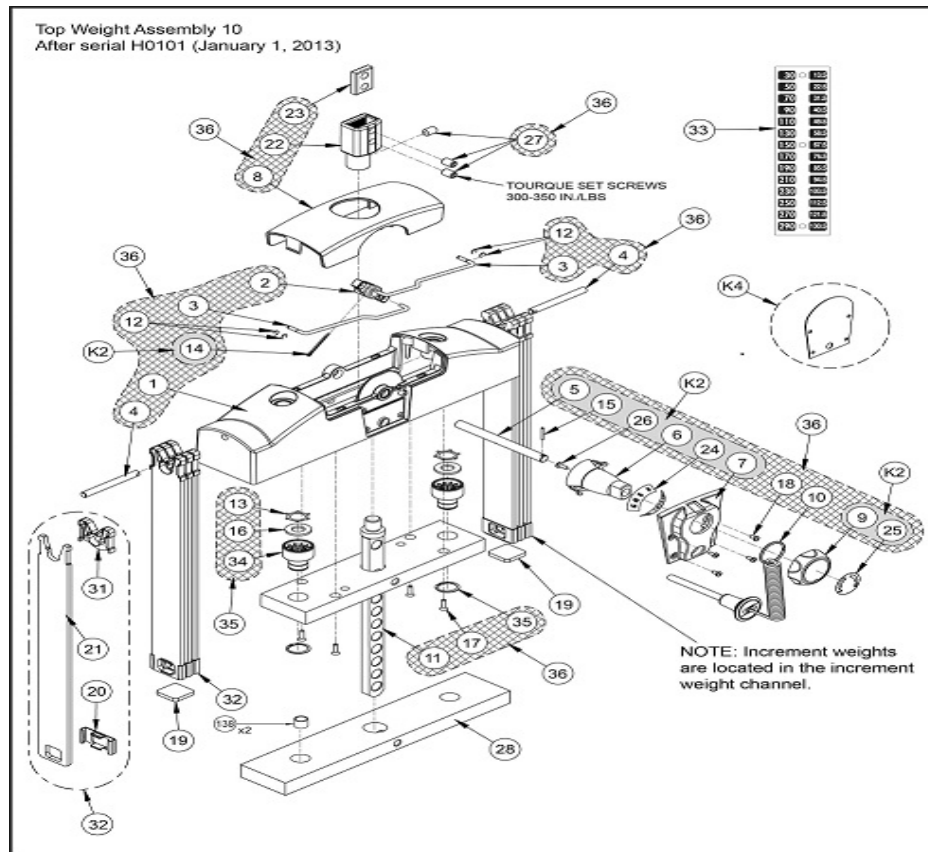
Ref #	Part Number	Qty	Description
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
2B	12000-417YP	1	PANEL INSERT, YOUFIT PURPLE
2A	12000-417GY	1	PANEL INSERT, 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

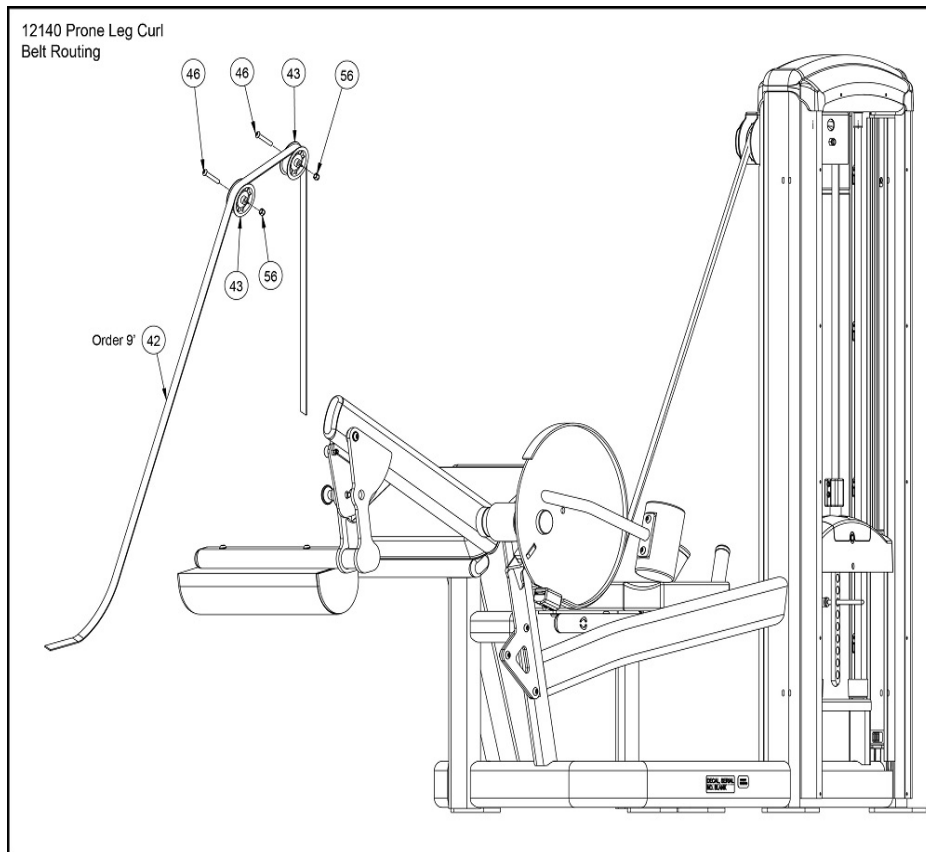
10 Top Weight Assembly After H0101



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
K6	11040K009	2	KIT INCREMENT WEIGHT KNOB
6	11040-426	1	STEM
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

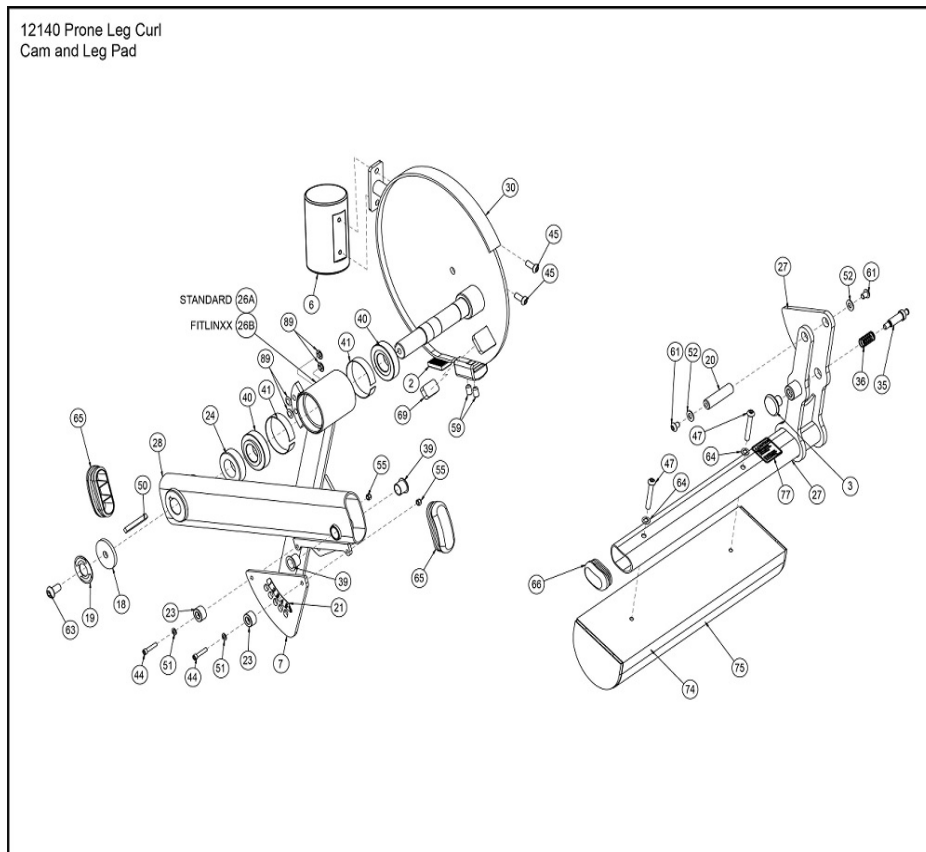
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK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

12140 Belt Routing



Ref #	Part Number	Qty	Description
42	GB000202	1	BELT .95 WIDE
43	GP000209	2	PULLEY ASSEMBLY-3.50
46	HC700428	2	BHSCS .375-16 X 2.25
56	HN704901	2	LOCKNUT .375-16 NYLON

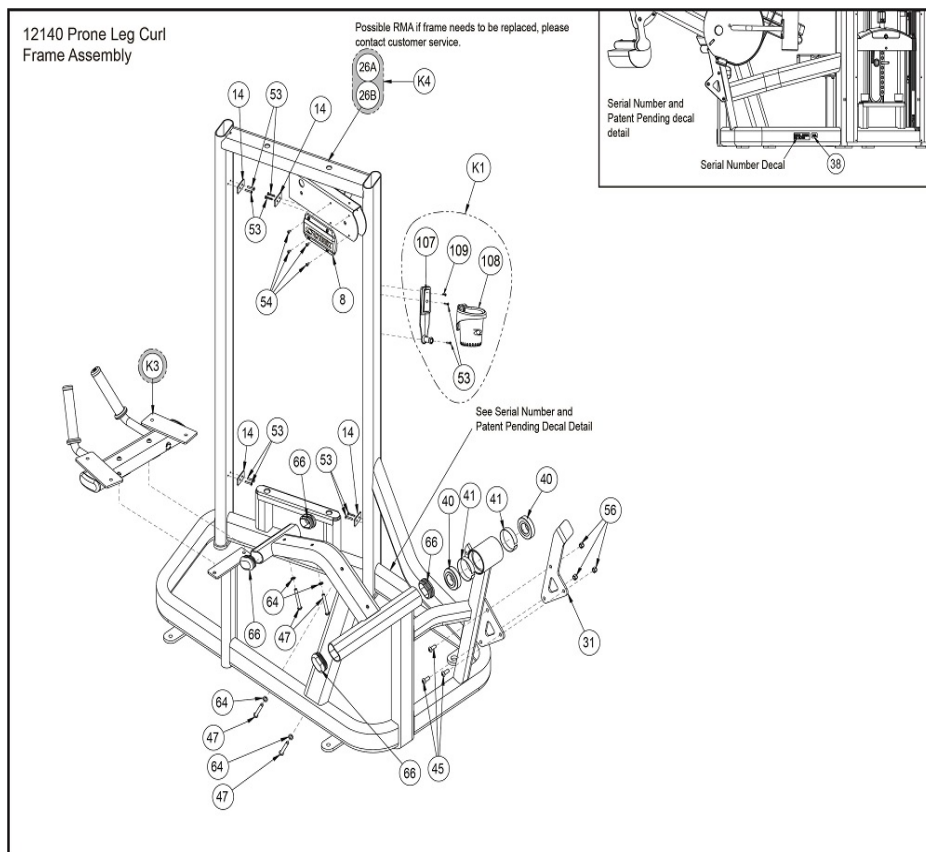
12140 Cam and Leg Pad



Ref #	Part Number	Qty	Description
2	11040-301	1	INSERT CLAMP BLOCK
3	11040-440	1	KNOB
6	11070-332	1	C COUNTERWEIGHT
7	11140-322	1	P DETENT PLATE
18	12050-343	1	WASHER
19	12050-355	1	DECAL ROTATION
20	12060-346	1	PIN PIVOT
21	12060-356	1	DECAL ADJUSTING
23	12100-303	2	BUMPER
24	12101-300	1	SPACER
26A	12140-200	1	W MAIN FRAME Custom
26B	12148-200	1	W Main Frame Custom
27	12140-201	2	W CUSHION ARM Custom
28	12140-202	1	W INPUT ARM Custom
30	12140-205	1	W/CAM Custom
35	8510-366	1	P DETENT PIN
36	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
39	FB130212	2	BUSHING FLANGE FOOTPLATE.75ID
40	FB030249	2	BEARING RADIAL 35MM EXT RACE
41	FC030009	2	TOLERANCE RING 72MM
44	HC622820	2	SHCS .250-20 X 1.25
45	HC700417	2	BHSCS .375-16 X 1.00

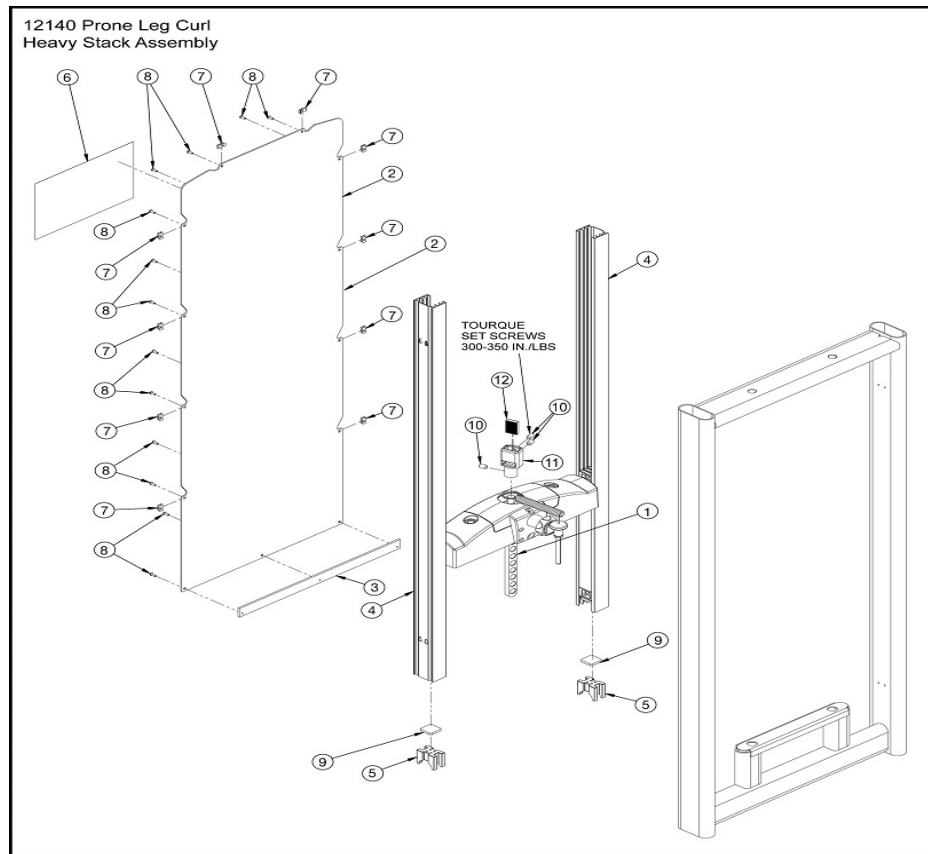
Ref #	Part Number	Qty	Description
47	HC700430	2	BHSCS .375-16 X 2.50
50	HH320030	1	KEY .313 SQ X 2.50
51	HS307601	2	WASH FLAT .281 .500 .062 T
52	HS347600	2	WASHER SAE .375
55	HN625200	2	LOCKNUT .250-20 NYLON HVY
59	HY740000	2	SET SCREW
61	JC700412	2	BHSCS .375-16 X .50
63	JC780417	1	BHSCS .500-13 X 1.00
64	JS347400	2	LOCKWASHER INT TOOTH .375
65	PP130002	2	INSERT DOMED PLASTIC
66	PP130003	1	INSERT PLASTIC
69	PU060201	1	BUMPER
74	4800-196	1	COVERED CUSHION AS CONTOUR 20 Custom
75	4800-199	1	WEAR COVER CS Custom
77	8500-025	1	DECAL CAUTION Custom
89	PP660006	4	PLUG SNAP IN

12140 Frame Assembly



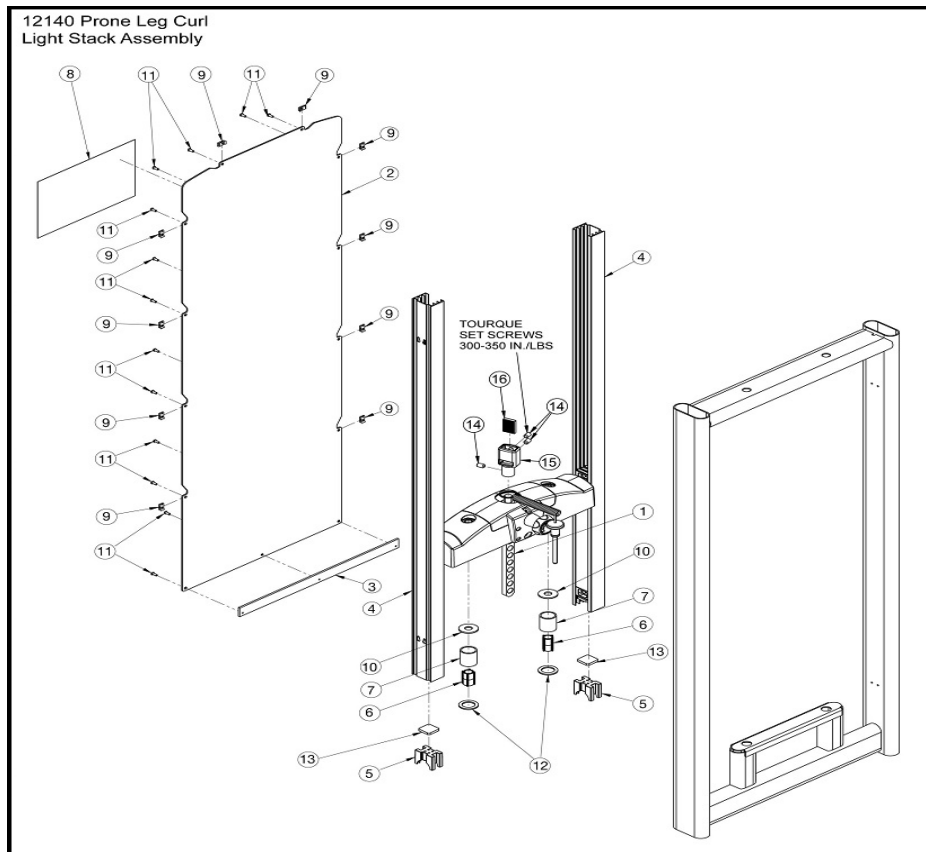
Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
K3	1007446-0001	1	KIT, HANDLE BAR
K4	1008224-0001	1	KIT, MAIN FRAME/HANDLE BAR, VR3
8	12000-467	1	PULLEY COVER
14	12000-398	4	SPACER
26A	12140-200	1	W MAIN FRAME Custom
26B	12148-200	1	W Main Frame Custom
31	12140-206	1	W/CAM STOP Custom
38	CM000211	1	DECAL PATENT
40	FB030249	2	BEARING RADIAL 35MM EXT RACE
41	FC030009	2	TOLERANCE RING 72MM
45	HC700417	3	BHSCS .375-16 X 1.00
47	HC700430	4	BHSCS .375-16 X 2.50
53	HT512517	10	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
54	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
64	JS347400	10	LOCKWASHER INT TOOTH .375
66	PP130003	4	INSERT PLASTIC
107	13000-402	4	Mount Water Bottle Holder
108	13000-400	1	Holder Water Bottle
109	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

12140 Heavy Stack Assembly



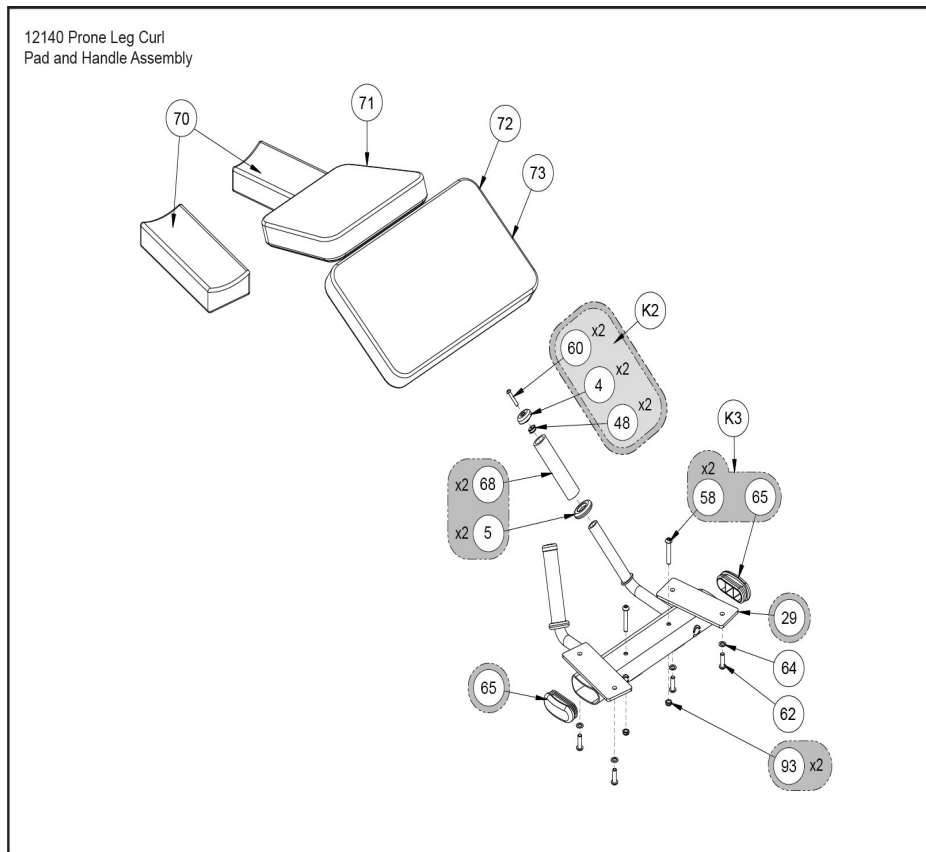
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50 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

12140 Light Stack Assembly



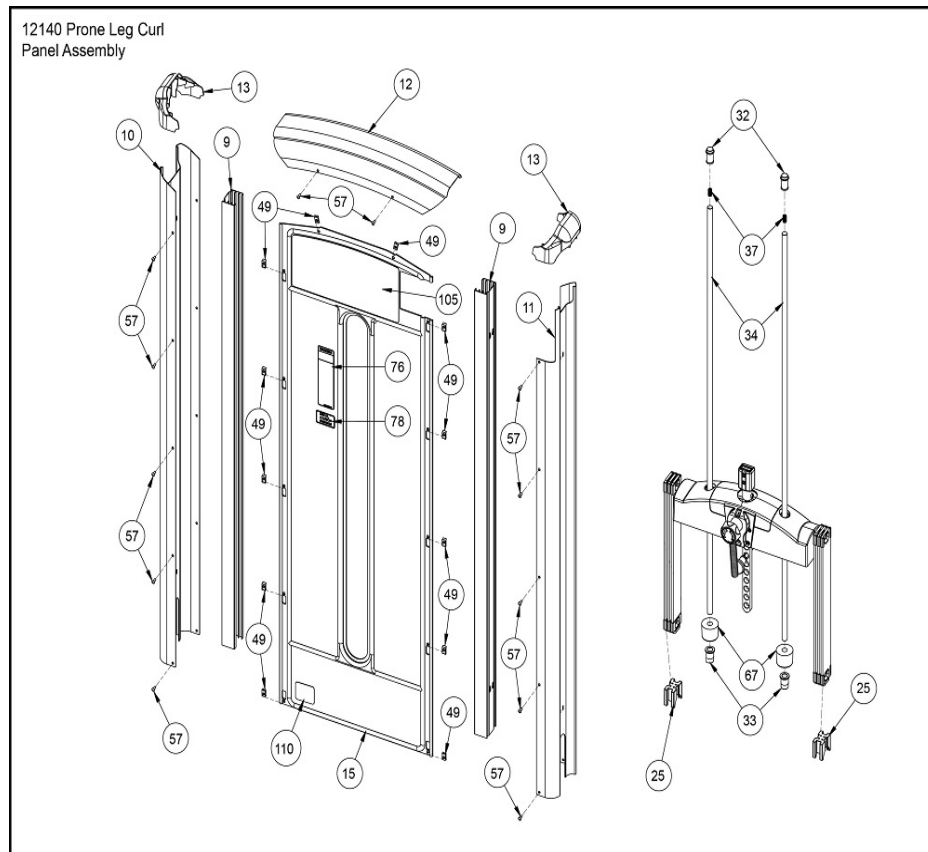
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	1	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	12210-352	2	INSERT PLASTIC
7	12210-358	2	TUBE SPACER
8	3900-441	1	DECAL CYBEX VER BLACK
9	HF579000	10	PANEL FASTENER 10-24 U TYPE
10	HS760106	3	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	2	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12140 Pad and Handle Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
K3	1007446-0001	1	KIT, HANDLE BAR
4	11090-374	2	END CAP
5	11090-376	2	RING HANDLE GRIP
29	1007125-0000	1	W/ HANDLE BAR KIT
48	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
58	HX700428	2	BHSCS .375-16 x 2.25 SS
60	JC620422	2	BHSCS .250-20 X 1.50
62	JC700420	4	BHSCS .375-16 X 1.25
64	JS347400	4	LOCKWASHER INT TOOTH .375
65	PP130002	2	INSERT DOMED PLASTIC
68	4605-500	2	GRAB GRIP 6.00
70	4800-017	1	CUSHION SA 5 X 12 Custom
71	5245-011	1	CUSHION SA TPR 12 X 14 Custom
72	4800-029	1	COVERED CUSION SA 12 X 20 Custom
73	4800-098	1	WEAR COVER SA 12 X 20 Custom
93	HN704902	5	LOCKNUT NYLON .375-16

12140 Panel Assembly



Ref #	Part Number	Qty	Description
9	12000-387	2	EXTRUSION INC WT CHANNEL
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	12000-417	1	Panel Insert
25	12102-330	2	INSERT INCREMENT WEIGHT
32	12210-347	2	CAP GUIDE ROD
33	12210-348	2	CAP GUIDE ROD
34	12210-350	2	WT ROD .625 DIA X 49.53
37	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
49	HF579000	12	PANEL FASTENER 10-24 U TYPE
57	HX570412	12	BHSCS 10-24 X .50 SS
67	PR060005	2	BUMPER WEIGHT
76	DE000001	1	Decal Warning Custom
78	DE000005	1	Decal Caution Custom
105	12140-598	1	Placard VR3 Prone Leg
110	11040-790	1	NLA: DECAL, MADE IN THE USA

12140 Parts Not Shown

Other Parts Not Shown

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

