

VR3 LAT RAISE

12160-01

Parts Manual

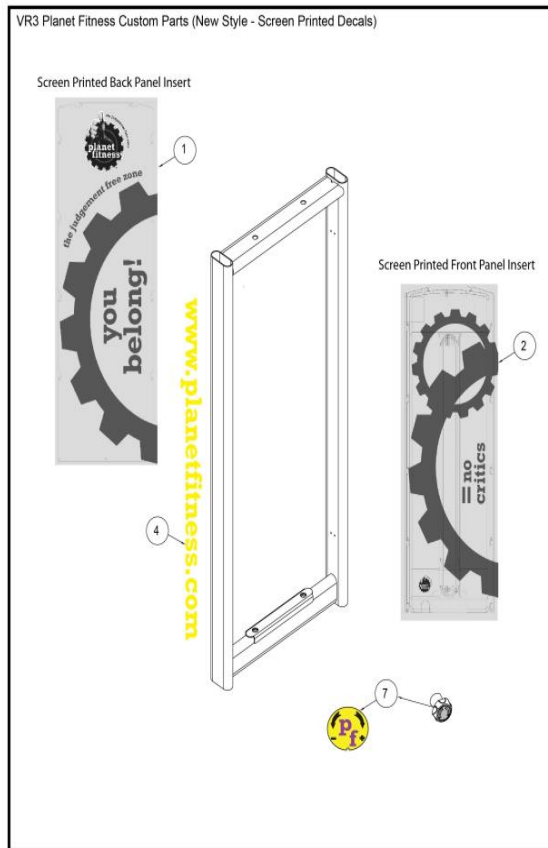
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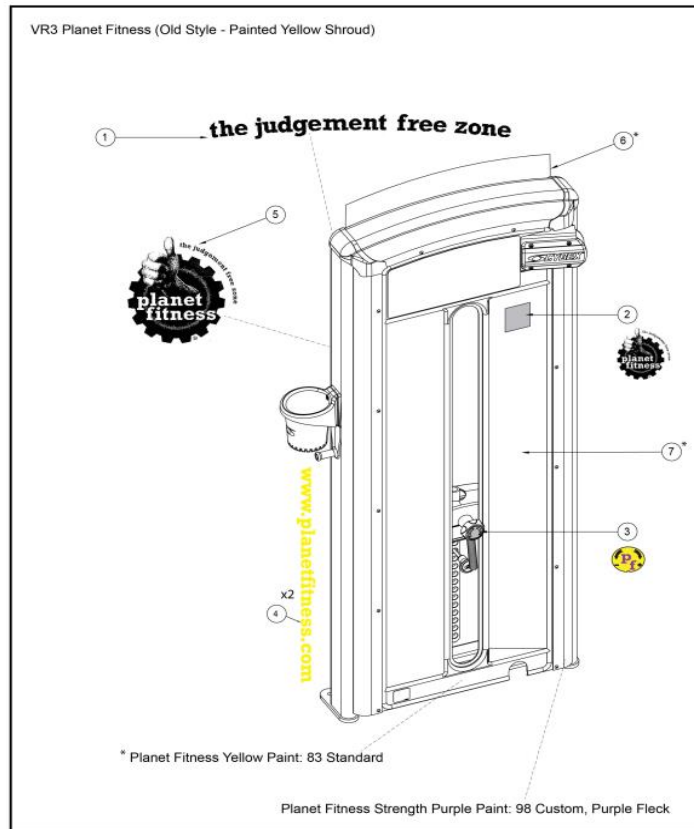
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VR3 Planet Fitness Custom (New Style)



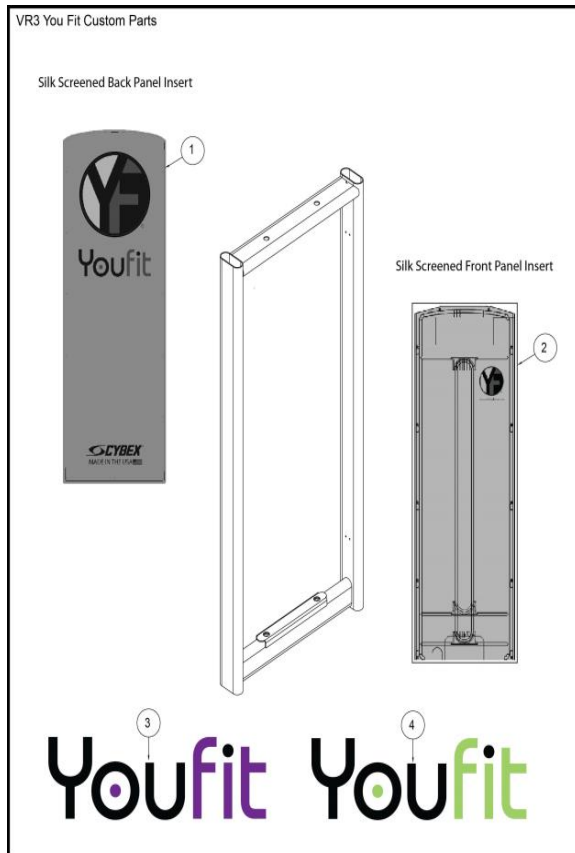
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-413P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



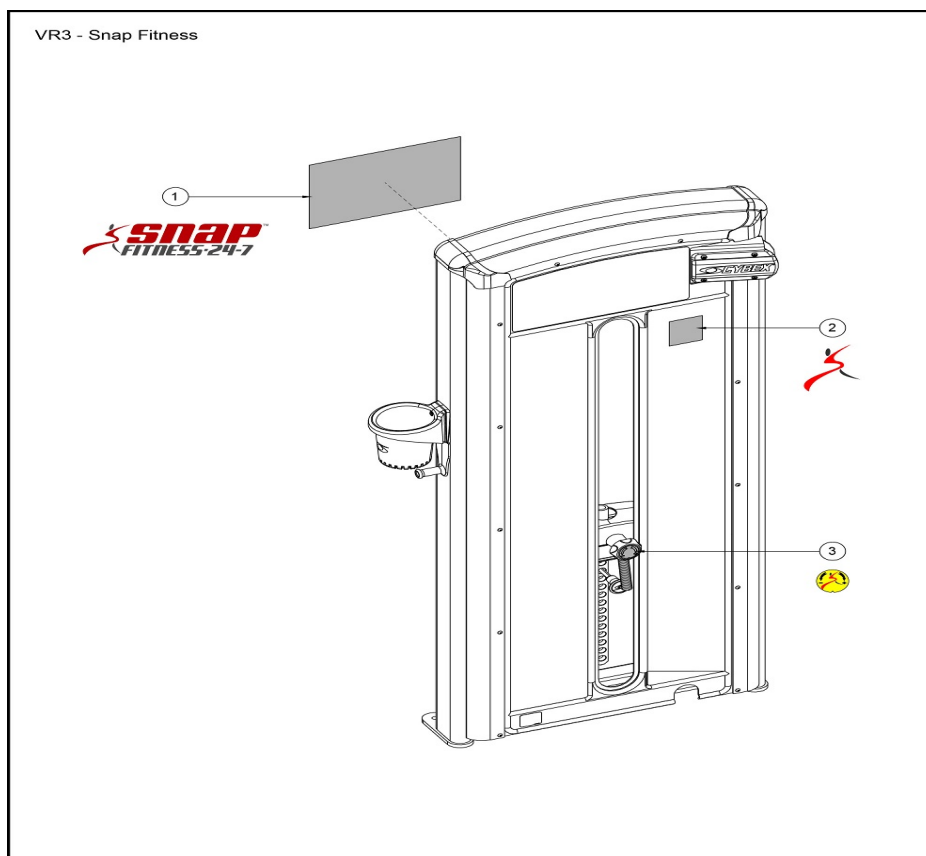
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT YELLOW
7	12000-413Y	1	PANEL INSERT YELLOW

VR3 You Fit Custom ☐



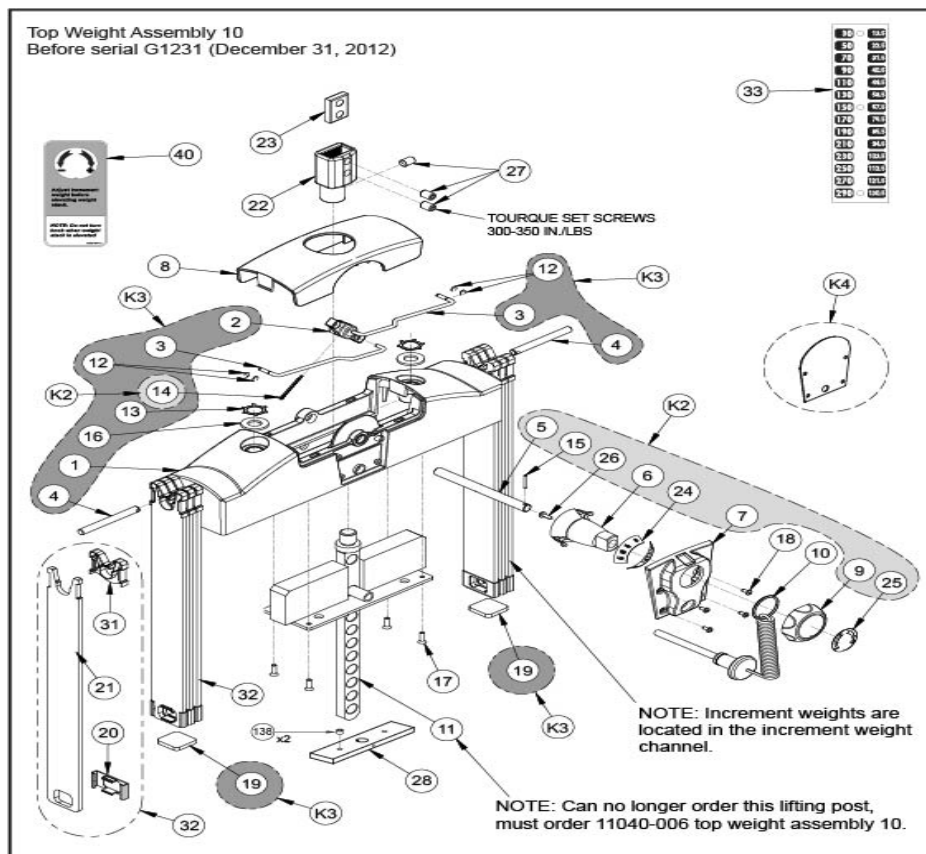
Ref #	Part Number	Qty	Description
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
2B	12000-413PY	1	PANEL INSERT, YOUFIT PURPLE
2A	12000-413YG	1	PANEL INSERT, 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

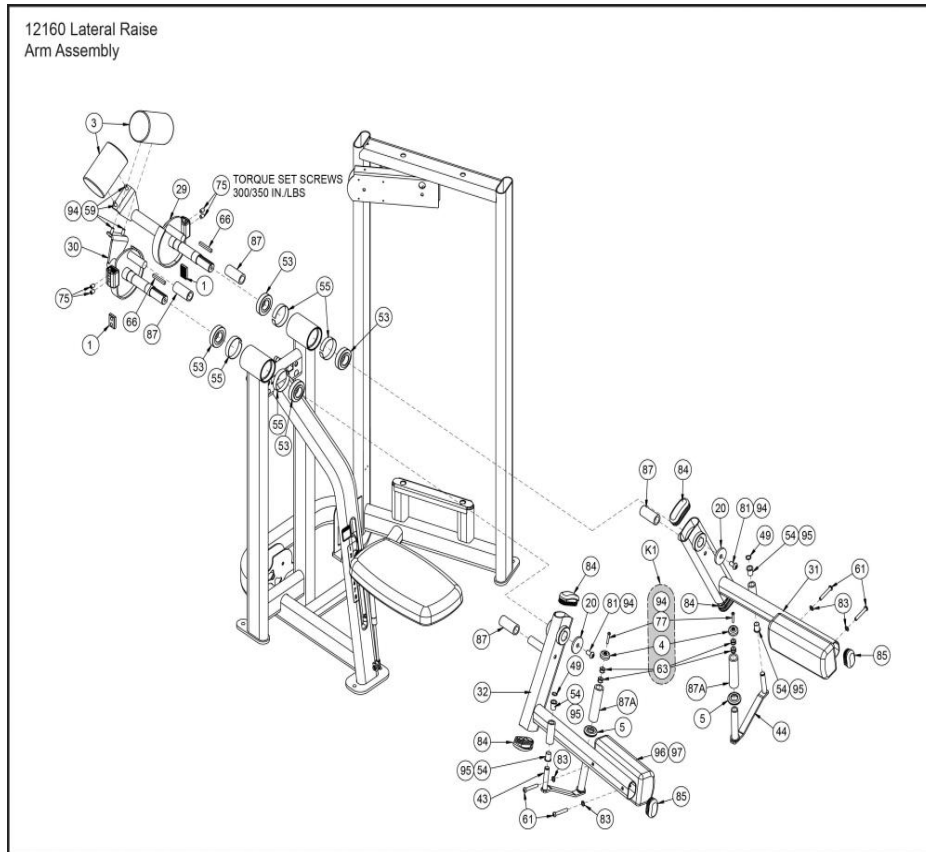
VR3 - 10 Top Weight Assembly Before G1231



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
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

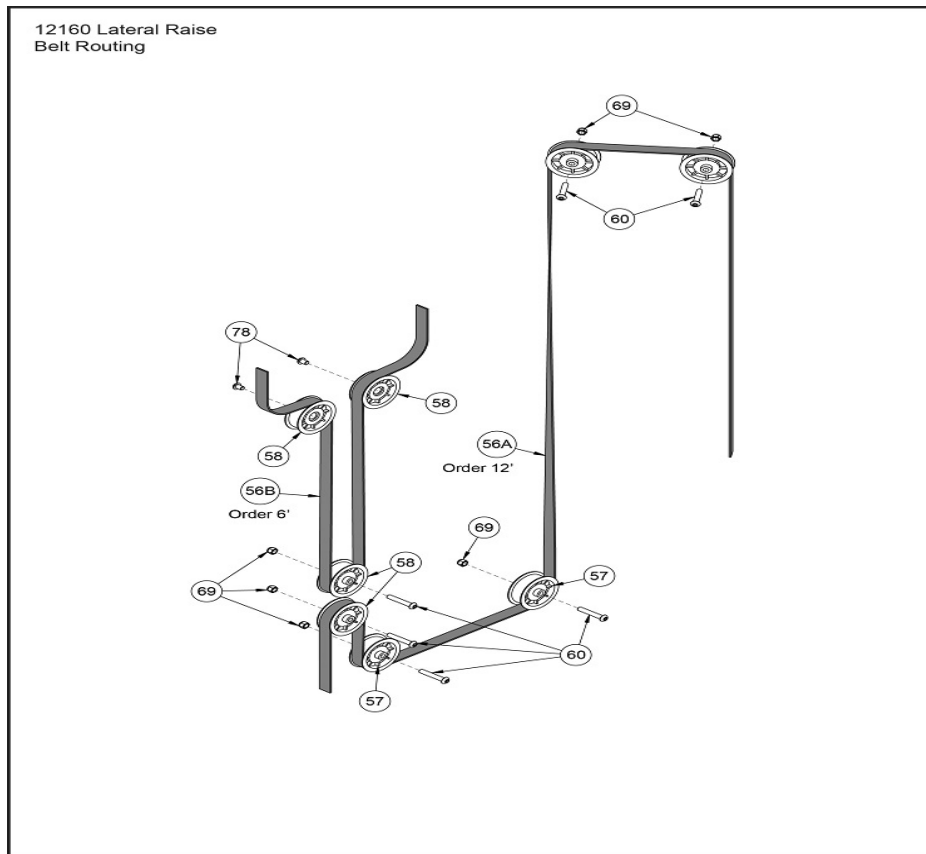
12160 Arm Assembly



Ref #	Part Number	Qty	Description
1	11040-301	2	INSERT CLAMP BLOCK
K1	11090K006	1	KIT HANDLE TRIM RING
3	11070-332	2	C COUNTERWEIGHT
4	11090-374	2	END CAP
5	11090-376	2	RING HANDLE GRIP
20	12050-343	2	WASHER
29	12160-201	1	W CAM RH Custom
30	12160-202	1	W CAM LH Custom
31	12160-203	1	W INPUT ARM RH Custom
32	12160-204	1	W INPUT ARM LH Custom
43	4530-203	1	W HANDLE LH Custom
44	4530-204	1	W HANDLE RH
49	BR030210	2	RETAINING RING 17 MM
53	FB030249	4	BEARING RADIAL 35MM EXT RACE
54	FB130207	4	BRG FLG 17MM X 19MM X 25MM
55	FC030009	4	TOLERANCE RING 72MM
59	HC700417	4	BHSCS .375-16 X 1.00
61	HC700430	4	BHSCS .375-16 X 2.50
63	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
66	HH320030	2	KEY .313 SQ X 2.50
75	HY740000	4	SET SCREW
77	JC620422	2	BHSCS .250-20 X 1.50

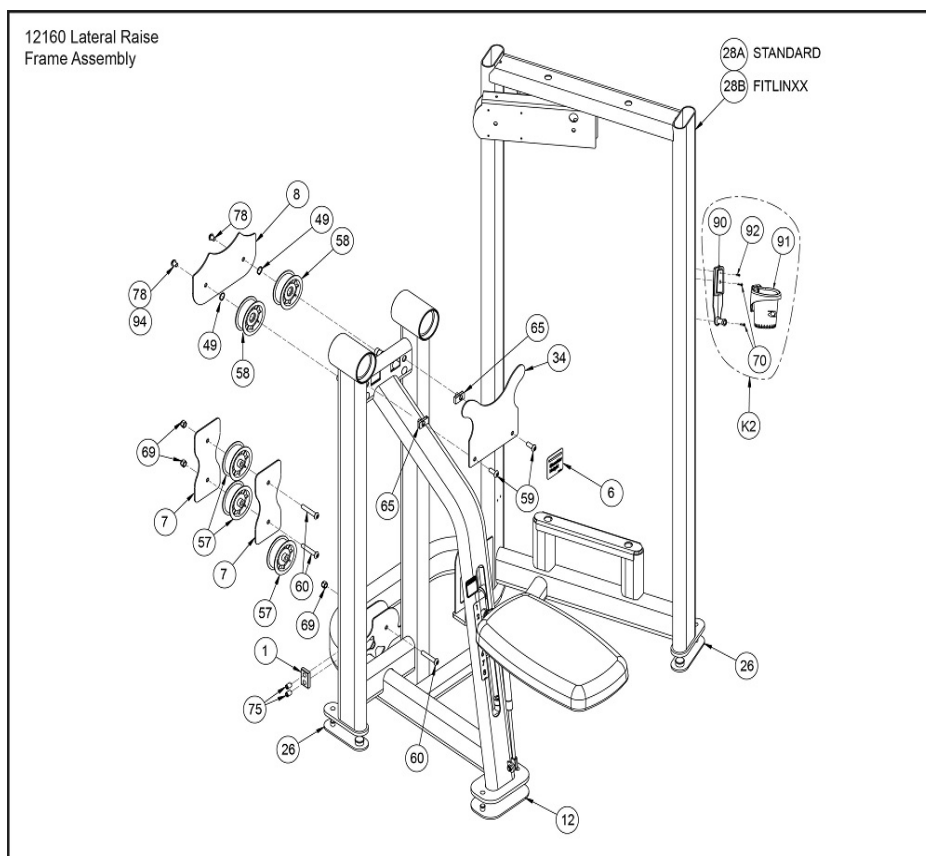
Ref #	Part Number	Qty	Description
81	JC780417	1	BHSCS .500-13 X 1.00
83	JS347400	4	LOCKWASHER INT TOOTH .375
84	PP130002	4	INSERT DOMED PLASTIC
85	PP130003	2	INSERT PLASTIC
87	4605-515	4	GRAB GRIP 3.25
87A	4605-504	2	GRAB GRIP 5.19
96	4800-023	2	COVERED CUSHION Custom
97	4800-095	2	WEAR COVER Custom
-	12160-010	1	SET CUSHION Custom

12160 Belt Routing



Ref #	Part Number	Qty	Description
56A, 56B	GB000202	1	BELT .95 WIDE
57	GP000209	2	PULLEY ASSEMBLY-3.50
58	GP000212	4	PULLEY ASSEMBLY-3.50
60	HC700428	6	BHSCS .375-16 X 2.25
69	HN704901	6	LOCKNUT .375-16 NYLON
78	JC700412	2	BHSCS .375-16 X .50

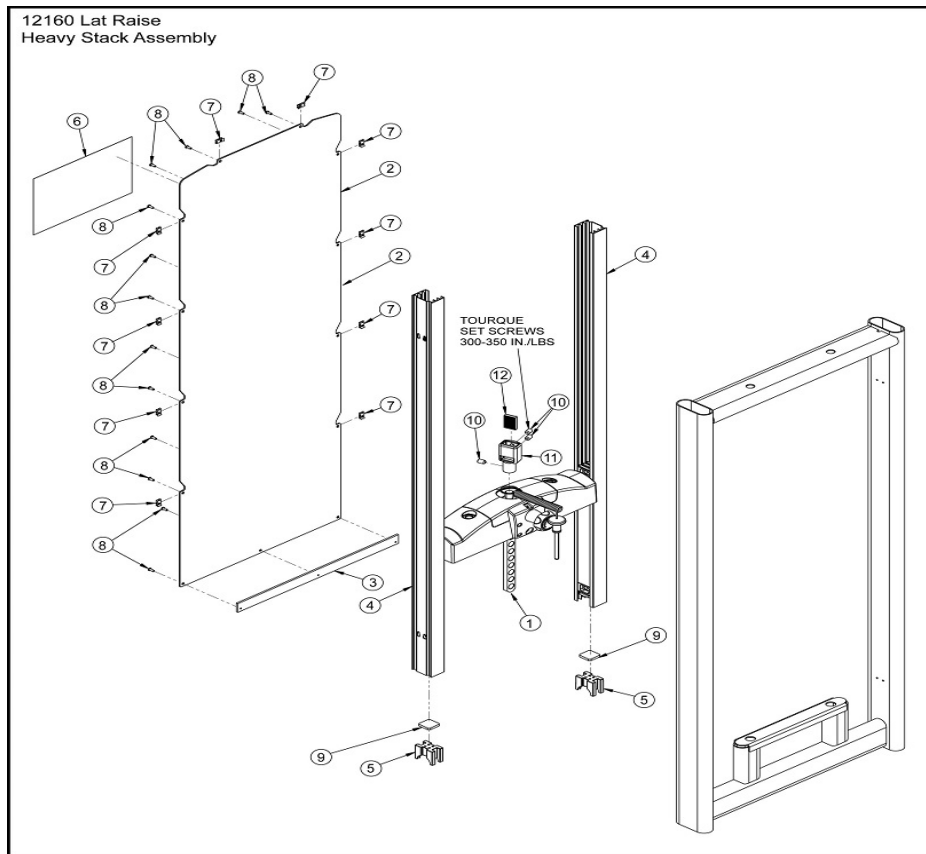
12160 Frame Assembly



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
K2	12000K017	1	Kit Water Bottle Holder
6	11130-330	1	DECAL SHOULDER HEIGHT
7	11160-316	2	PLATE PULLEY MOUNTING
8	11160-344	1	PLATE GUARD
12	12000-345	1	FOOT PAD 4.00 X 7.00
26	12090-322	2	PAD FOOT
28A	12160-200	1	W MAIN FRAME Custom
28B	12168-200	1	W MAIN FRAME Custom
34	12160-328	1	PLATE GUARD
49	BR030210	2	RETAINING RING 17 MM
57	GP000209	3	PULLEY ASSEMBLY-3.50
58	GP000212	2	PULLEY ASSEMBLY-3.50
59	HC700417	2	BHSCS .375-16 X 1.00
60	HC700428	3	BHSCS .375-16 X 2.25
65	HF700000	2	PANEL FASTNER .375-16 U TYPE
69	HN704901	3	LOCKNUT .375-16 NYLON
70	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
75	HY740000	2	SET SCREW
78	JC700412	2	BHSCS .375-16 X .50
90	13000-402	1	Mount Water Bottle Holder
91	13000-400	1	Holder Water Bottle

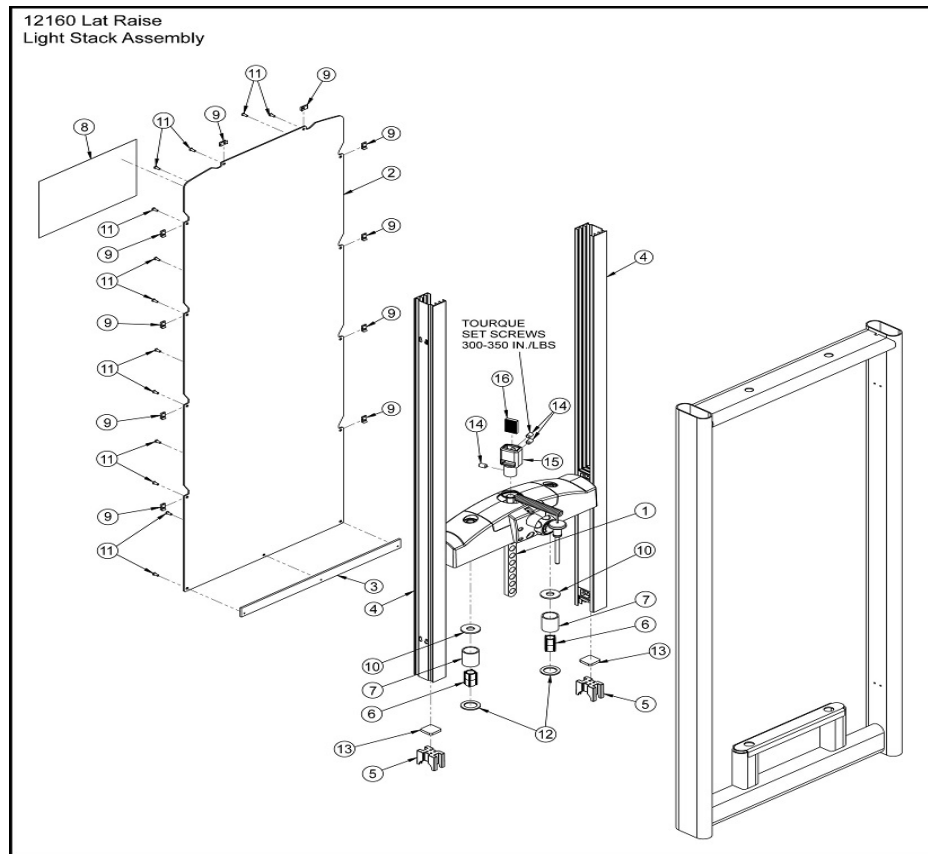
Ref #	Part Number	Qty	Description
92	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

12160 Heavy Stack Assembly



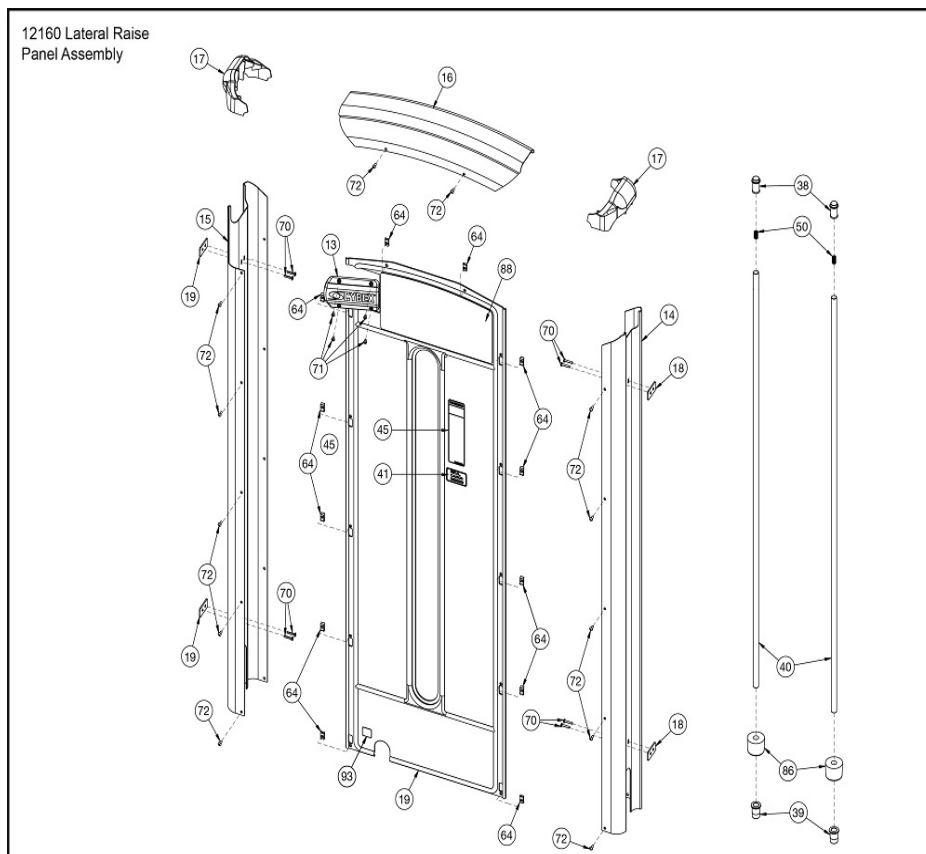
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50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

12160 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	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	2	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12160 Panel Assembly



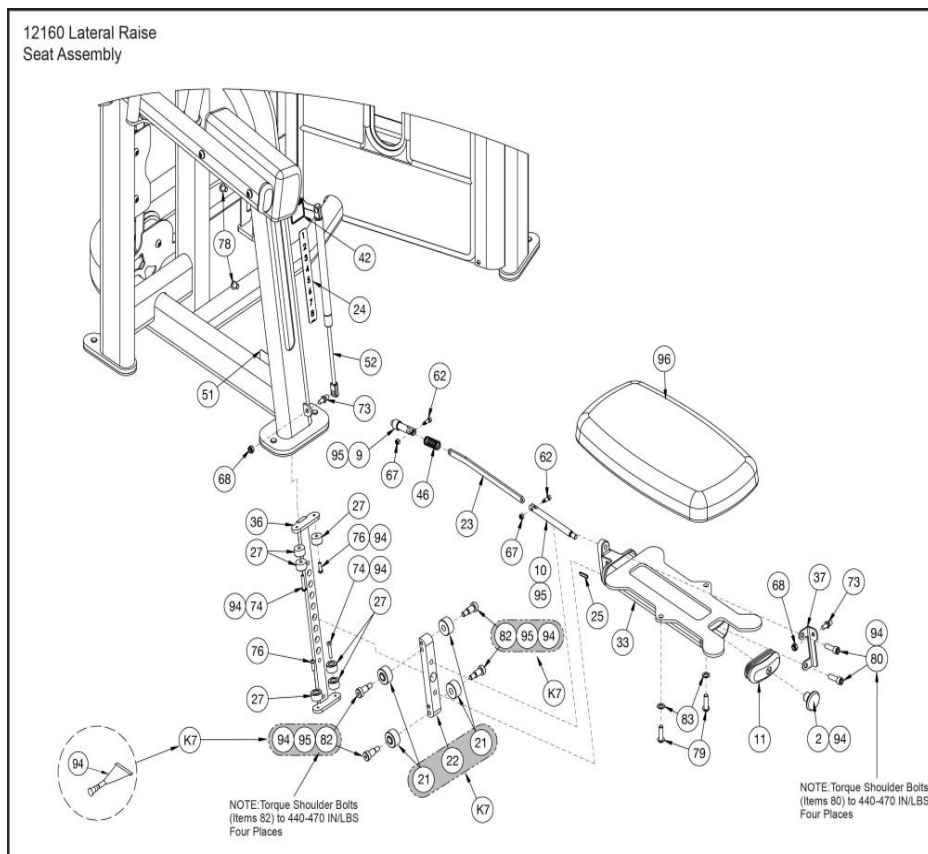
Ref #	Part Number	Qty	Description
13	12000-466	1	PULLEY COVER
14	12000-392	1	CHANNEL INCREMENT WEIGHT
15	12000-394	1	CHANNEL INCREMENT WEIGHT
16	12000-395	1	CAP TOP
17	12000-396	2	END CAP
18	12000-398	2	SPACER
19	12000-413	2	INSERT PANEL
38	12210-347	2	CAP GUIDE ROD
39	12210-348	2	CAP GUIDE ROD
40	12210-350	2	WT ROD .625 DIA X 49.53
41	DE000005	1	Decal Caution Custom
45	DE000001	1	Decal Warning Custom
50	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
64	HF579000	12	PANEL FASTENER 10-24 U TYPE
70	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
71	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
72	HX570412	12	BHSCS 10-24 X .50 SS
86	PR060005	2	BUMPER WEIGHT
88	12160-598	1	Placard VR3 Lat Raise- Custom
93	11040-790	1	NLA: DECAL, MADE IN THE USA

12160 Parts Not Shown

Other Parts Not Shown

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

12160 Seat Assembly



Ref #	Part Number	Qty	Description
2	11040-440	1	KNOB
9	12000-339	1	PIN DETENT
10	12000-342	1	PIN DETENT
11	12000-346	1	INSERT, PLASTIC
21,22,K7	12000K012	8	KIT. ROLLER ASSEMBLY
23	12160-331	1	Bar Linkage
24	12070-329	1	DECAL ADJUSTING
25	12070-394	1	DECAL INDICATOR
27	12100-303	6	BUMPER
33	12160-208	1	W SEAT BOTTOM Custom
36	12190-208	1	P DETENT BAR
37	12190-354	1	MOUNT GAS SPRING
42	4520-362	1	DECAL SEAT CAUTION Custom
46	4715-346	1	COM SPRING .72 X 1.50 LG
51	CM000211	1	DECAL PATENT
52	EZ000008	1	GAS SPRING 100N
62	HD303312	2	S BOLT .250 X .500 .190-10-24
67	HN575100	2	LOCKNUT .190-NO 10-24
68	HN664900	2	LOCKNUT .312-18 NYLON INSERT
73	HX-60184	2	BALL,STUD,5/16 -18X10MM
74	HX620420	2	BHSCS .250-20 X 1.250
76	JC620415	2	BHSCS .250-20 X .75

Ref #	Part Number	Qty	Description
78	JC700412	2	BHSCS .375-16 X .50
79	JC700420	2	BHSCS .375-16 X 1.25
80	JC702820	2	SHCS .375-16 X 1.25
82	JD383315	4	S BOLT .500 X .75 .375-16
83	JS347400	2	LOCKWASHER INT TOOTH .375
96	4800-192	1	CUSHION SA 10 X 18 MOLDED Custom

