

VR3 ROTARY TORSO

12190-01

Parts Manual

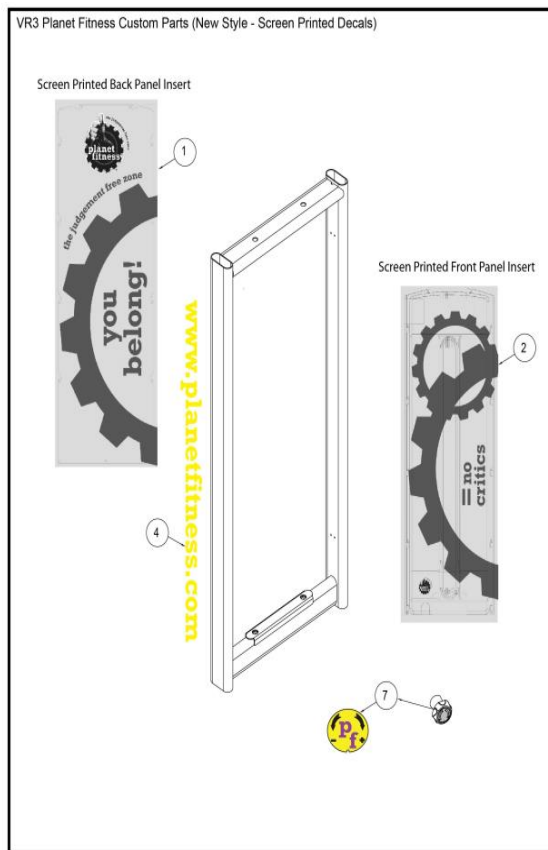
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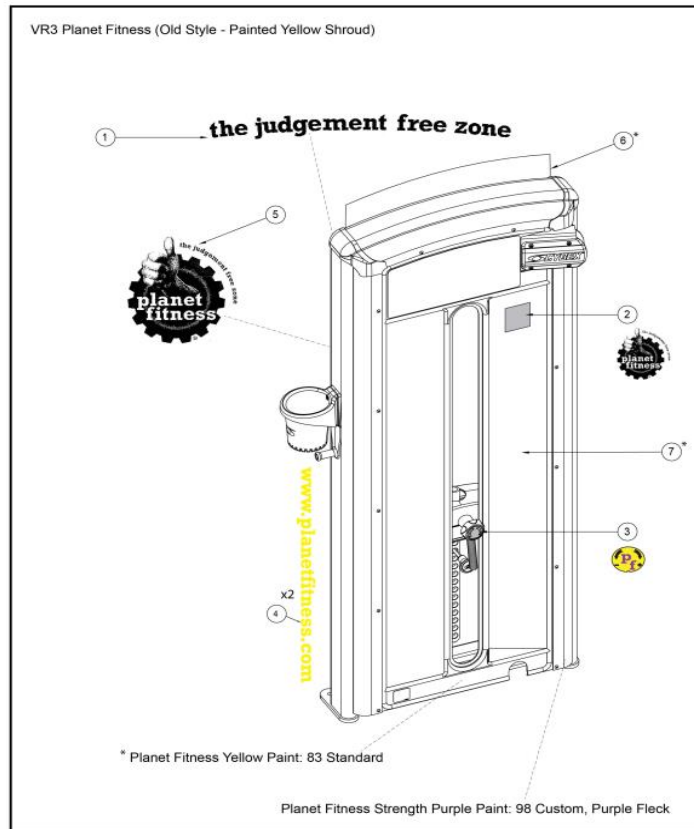
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VR3 Planet Fitness Custom (New Style)



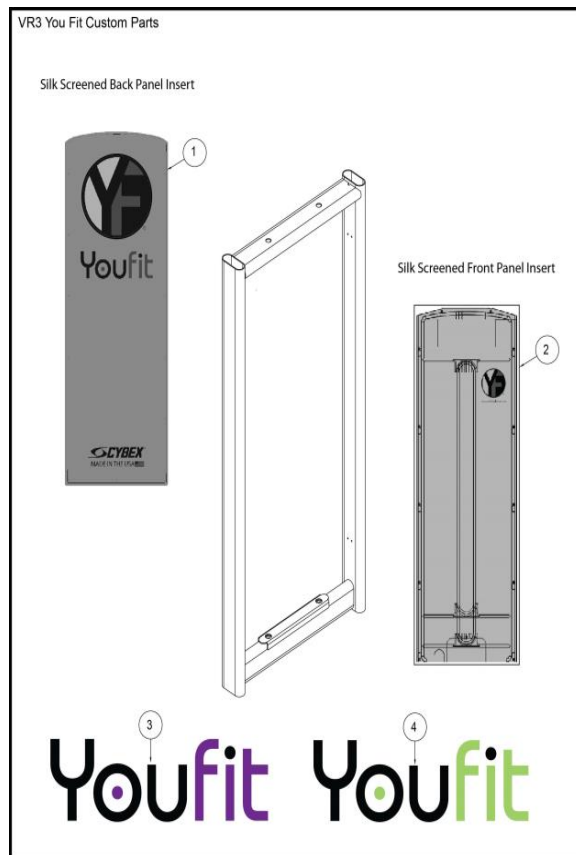
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-380P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



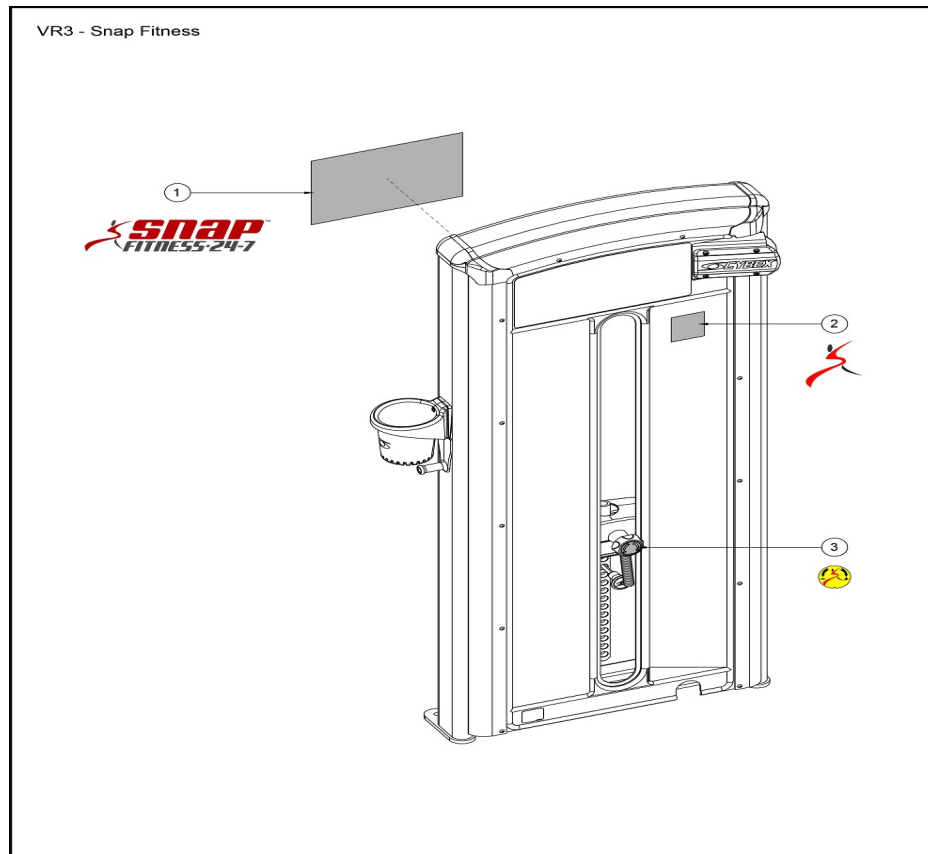
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT YELLOW
7	12000-380Y	1	PANEL INSERT YELLOW

VR3 You Fit Custom ☐



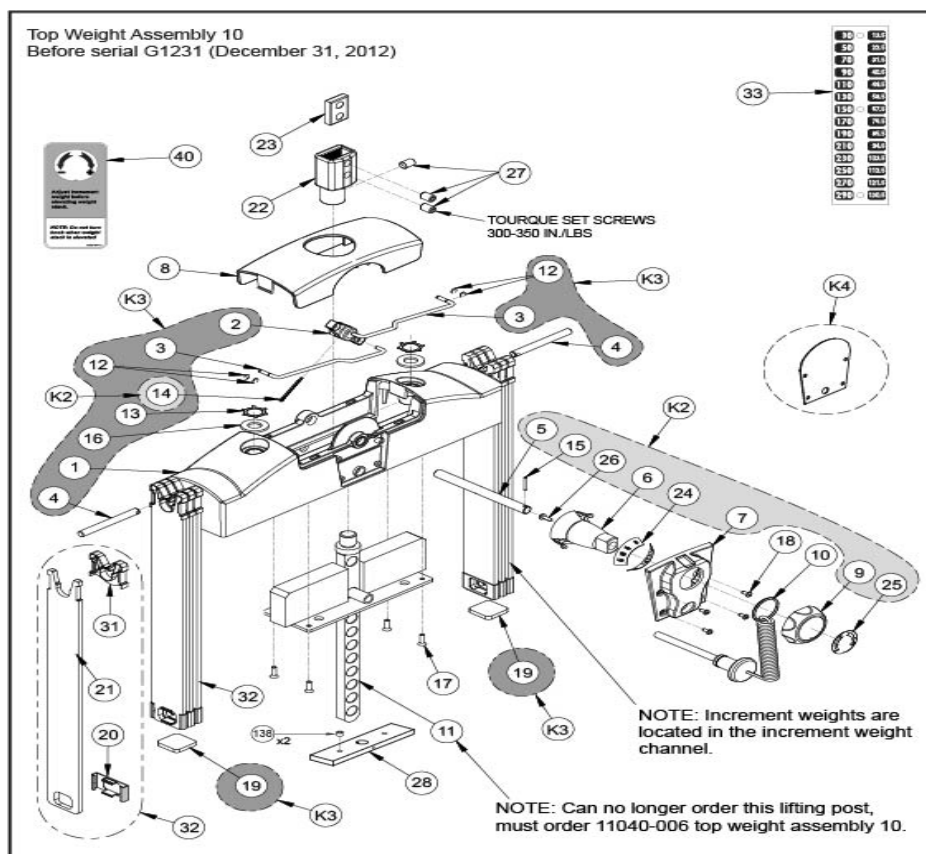
Ref #	Part Number	Qty	Description
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
2A	12000-380GY	1	PANEL INSERT, YOUFIT GREEN
2B	12000-380YP	1	PANEL INSERT, 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

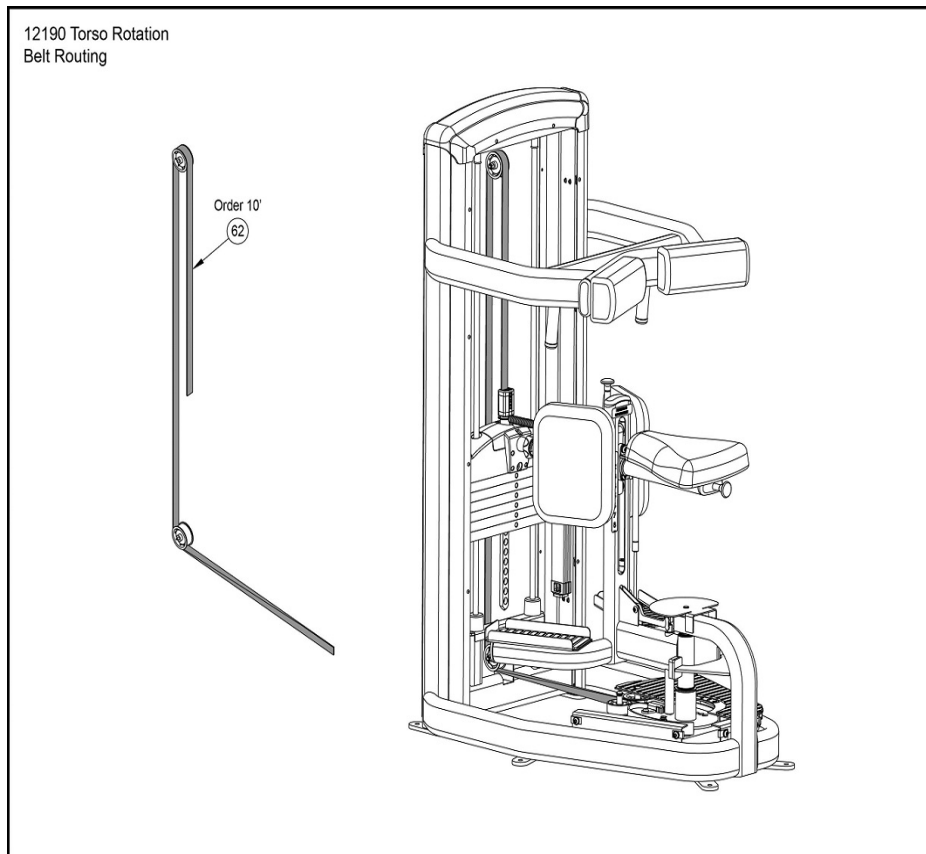
VR3 - 10 Top weight assembly Before G1231



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
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	11040-007	1	TOP WEIGHT ASSY 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

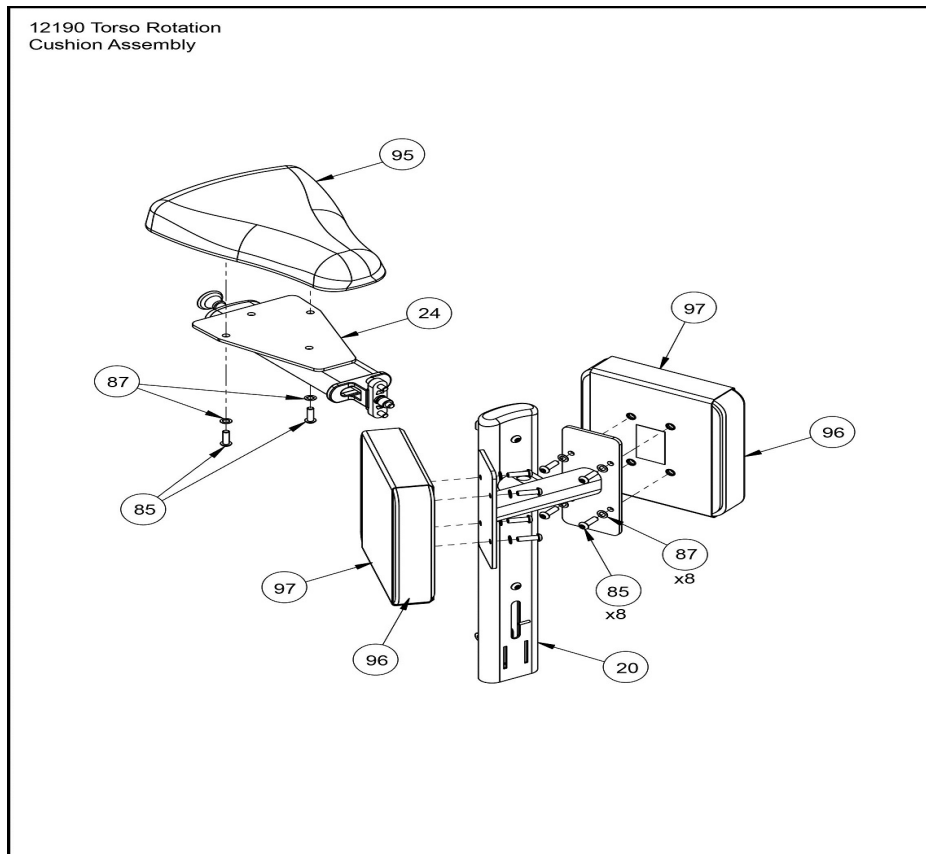
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK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

12190 Belt Routing



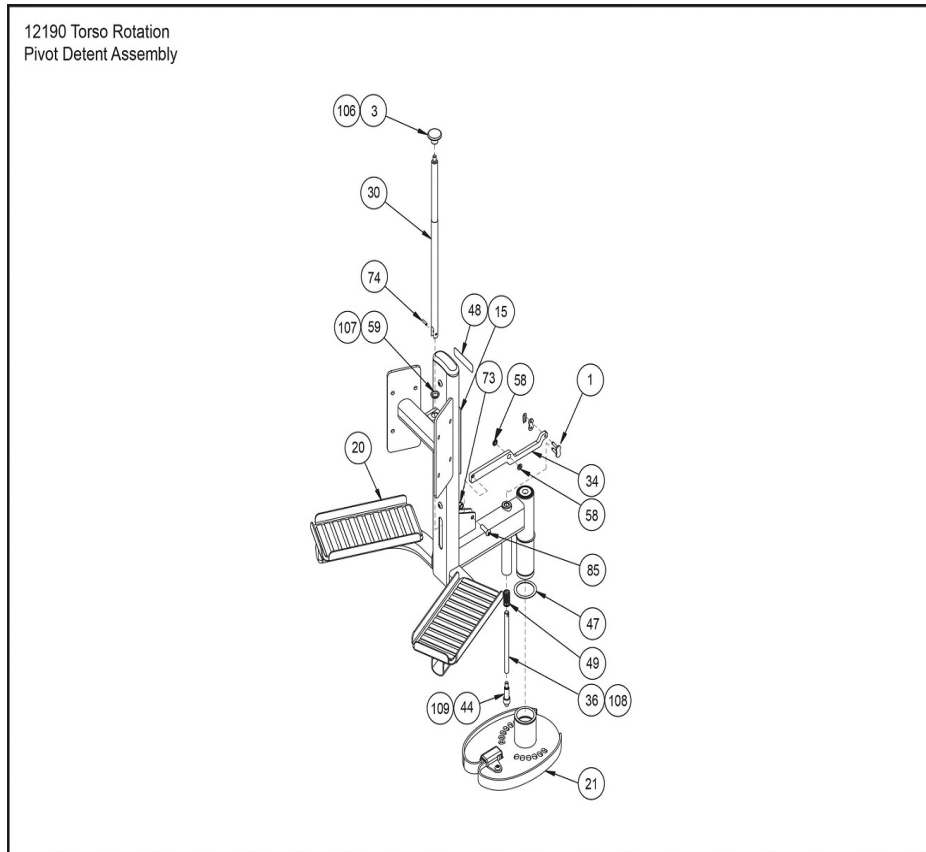
Ref #	Part Number	Qty	Description
62	GB000202	1	BELT .95 WIDE

12190 Cushion Assembly



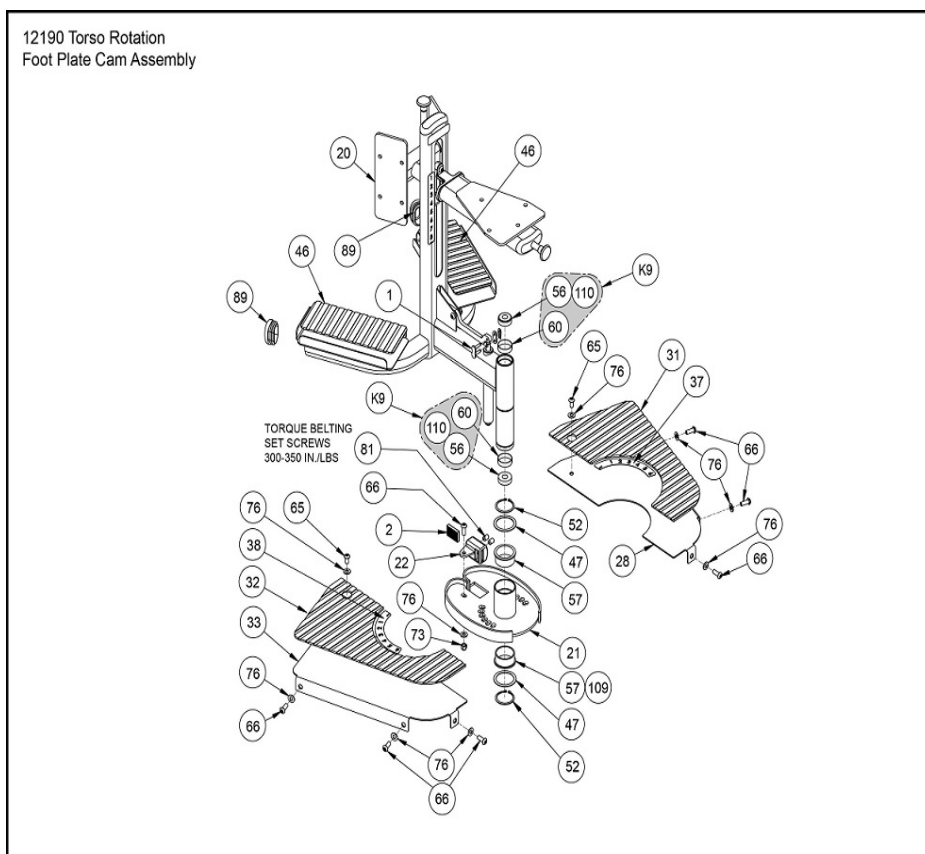
Ref #	Part Number	Qty	Description
20	12190-202	1	W PIVOT Custom
24	12190-206	1	W SEAT Custom
85	JC700420	10	BHSCS .375-16 X 1.25
87	JS347400	10	LOCKWASHER INT TOOTH .375
95	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
96	4201S065-0	2	COVERED CUSHION SA 10 X 12 Custom
97	4201S076-0	1	WEAR COVER SA 10 X 12 Custom

12190 Detent Pivot Assembly



Ref #	Part Number	Qty	Description
1	01989	1	CONNECTING LINK SINGLE
3	11040-440	1	KNOB
15	12070-329	1	DECAL ADJUSTING
20	12190-202	1	W PIVOT Custom
21	12190-203	1	P CAM
22	12190-204	1	C BELT CLAMP
30	12190-344	1	ROD
34	12190-353	1	BAR PIVOT
36	12190-357	1	SHAFT EXTENSION
44	4505-329	1	PIN DETENT
48	4715-341	1	DECAL DETENT
49	4715-346	1	COM SPRING .72 X 1.50 LG
58	FB130209	2	BRG FLG .375 X .500 X .125
59	FB130210	1	BRG NYLINER
73	HN704901	1	LOCKNUT .375-16 NYLON
74	HP286715	1	ROLL PIN .188 X .75
85	JC700420	1	BHSCS .375-16 X 1.25
106	YA000201	1	ADH THRD LKR REM .02 OZ 242
107	YA000222	1	ADH BNDG CYANOACRYLATE
108	YA000226	1	LOCTITE 680 .5 ML
109	YG000002	1	NLA: Please use Lithium Grease

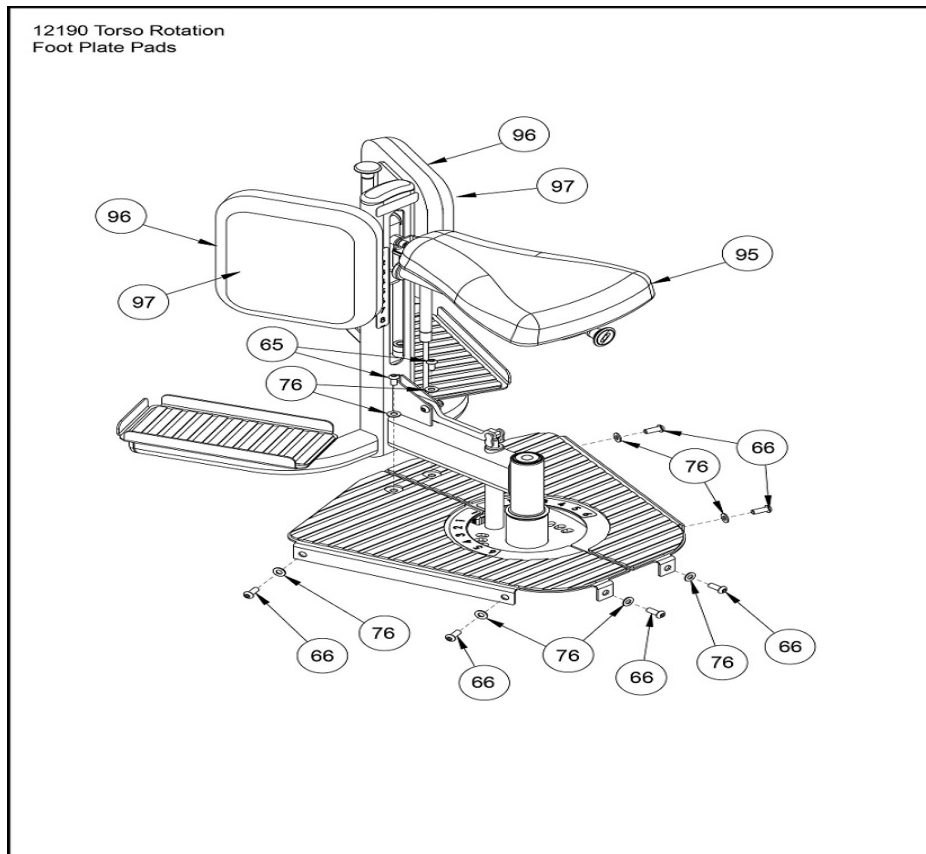
12190 Foot Plate Cam Assembly



Ref #	Part Number	Qty	Description
1	01989	1	CONNECTING LINK SINGLE
2	11040-301	1	INSERT CLAMP BLOCK
K9	12190K003	2	KIT, PIVOT SHAFT REPLACEMENT Custom
20	12190-202	1	W PIVOT Custom
21	12190-203	1	P CAM
22	12190-204	1	C BELT CLAMP
28	12190-333	1	GUARD Custom
31	12190-348	1	NON-SLIP
32	12190-349	1	NON-SLIP
33	12190-351	2	GUARD Custom
37	12190-358	1	DECAL START POSITION
38	12190-359	1	DECAL START POSITION
46	4710-321	2	NON-SLIP
47	4715-336	2	P WASHER
52	BR030213	2	RETAINING RING 2.00 EXTERNAL
56	FB030240	2	BEARING TAPERED ROLLER
57	FB130206	2	BRG FLG 2.00 X 2.25 1.00 LG
60	FC030013	2	TOLERANCE RING 1.575 ID
65	HC700415	2	BHSCS .375-16 X .75
66	HC700417	7	BHSCS .375-16 X 1.00
73	HN704901	1	LOCKNUT .375-16 NYLON
76	HS347600	9	WASHER SAE .375

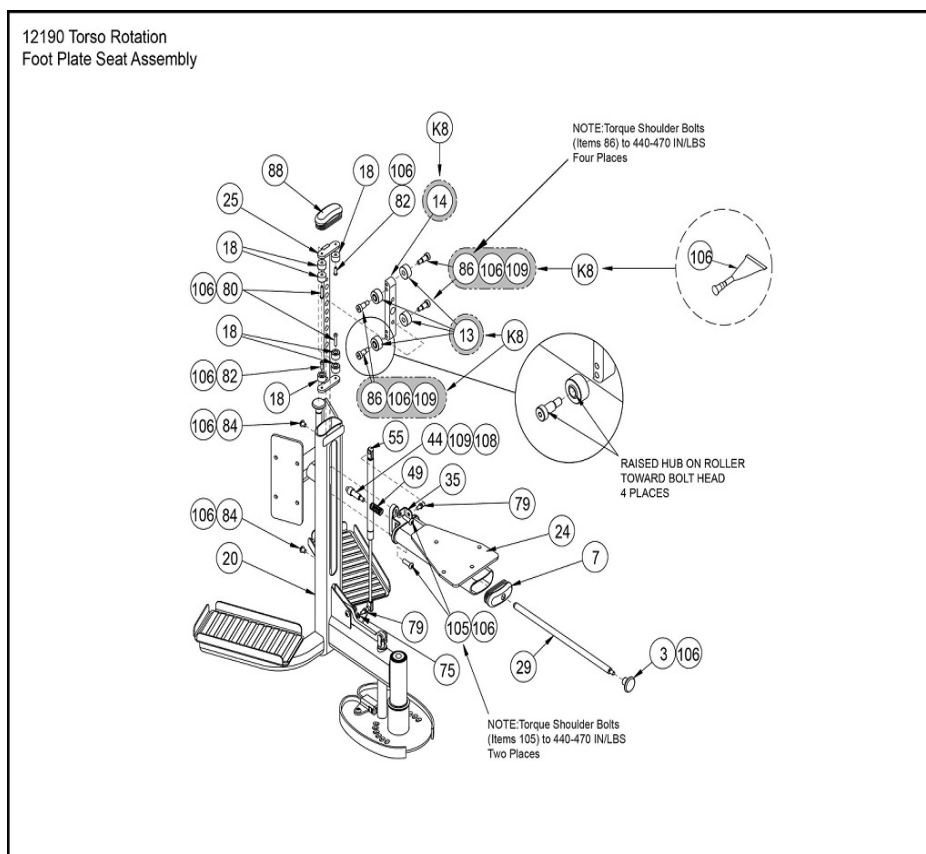
Ref #	Part Number	Qty	Description
81	HY740000	1	SET SCREW
89	PP130003	2	INSERT PLASTIC

12190 Foot Plate Pads Assembly



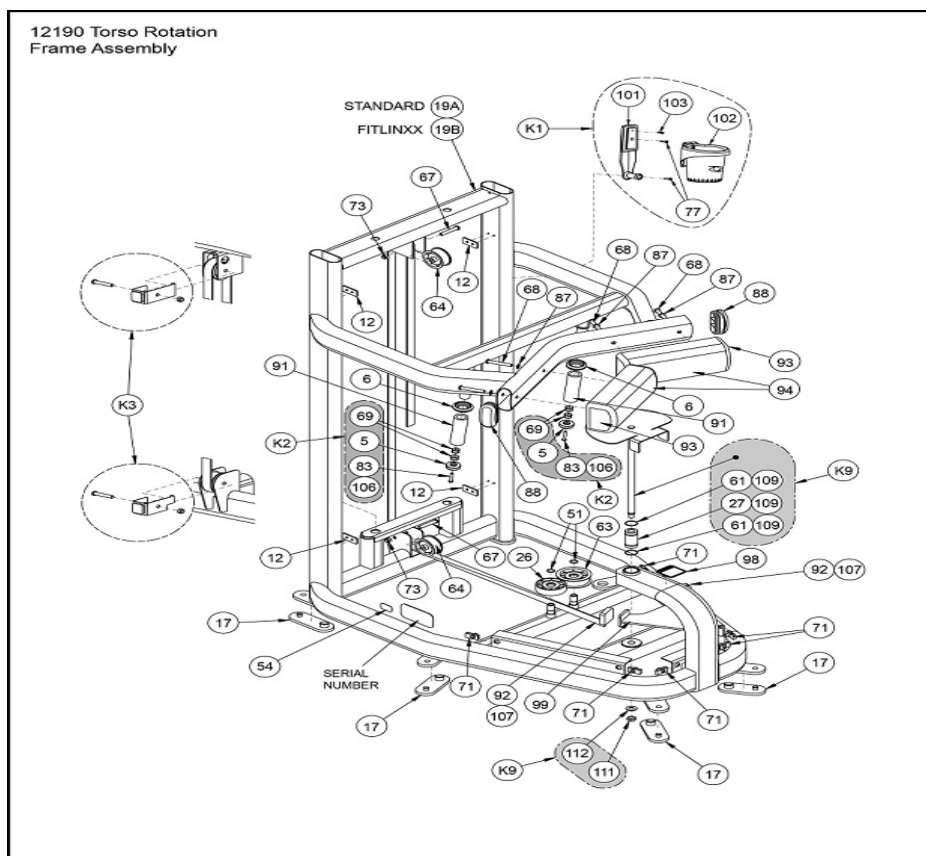
Ref #	Part Number	Qty	Description
65	HC700415	1	BHSCS .375-16 X .75
66	HC700417	8	BHSCS .375-16 X 1.00
76	HS347600	10	WASHER SAE .375
95	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
96	4201S065-0	2	COVERED CUSHION SA 10 X 12 Custom
97	4201S076-0	2	WEAR COVER SA 10 X 12 Custom

12190 Foot Plate Seat Assembly



Ref #	Part Number	Qty	Description
3	11040-440	1	KNOB
7	12000-344	1	INSERT PLASTIC
13,14,K8	12000K012	9	KIT. ROLLER ASSEMBLY
18	12100-303	6	BUMPER
20	12190-202	1	W PIVOT Custom
24	12190-206	1	W SEAT Custom
25	12190-208	1	P DETENT BAR
29	12190-341	1	SHAFT EXTENSION
35	12190-354	1	MOUNT GAS SPRING
44	4505-329	1	PIN DETENT
49	4715-346	1	COM SPRING .72 X 1.50 LG
55	EZ000008	1	GAS SPRING 100N
75	HS328300	1	LOCKWASHER SPLIT .312
79	HX-60184	2	BALL,STUD,5/16 -18X10MM
80	HX620420	2	BHSCS .250-20 X 1.250
82	JC620415	2	BHSCS .250-20 X .75
84	JC700412	2	BHSCS .375-16 X .50
86	JD383315	4	S BOLT .500 X .75 .375-16
88	PP130002	1	INSERT DOMED PLASTIC
105	JC702820	2	SHCS .375-16 X 1.25

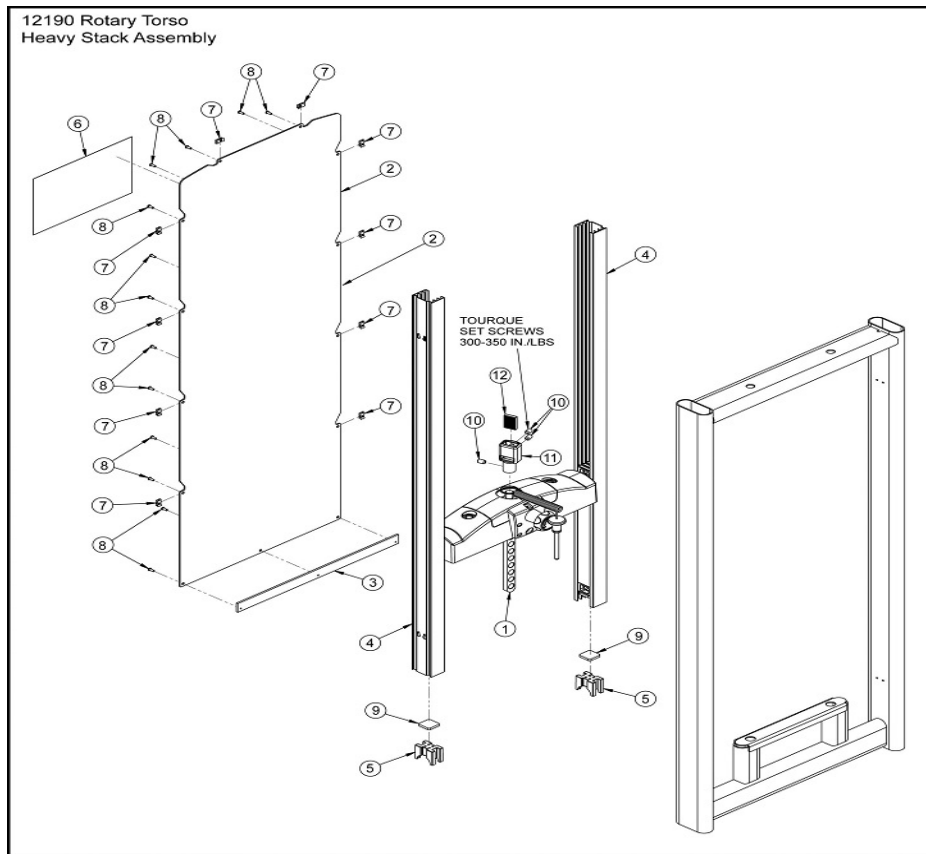
12190 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
K2	11090K006	2	KIT HANDLE TRIM RING
K3	12190K002	2	KIT VR3 TORSO BUMPER
5	11090-374	2	END CAP
6	11090-376	2	RING HANDLE GRIP
K9	12190K003	2	KIT, PIVOT SHAFT REPLACEMENT Custom
12	12000-398	3	SPACER
17	12090-322	4	PAD FOOT
19A	12190-200	1	W FRAME Custom
19B	12198-200	1	W MAIN FRAME Custom
26	12190-306	1	PULLEY ASSEMBLY 3.00 (FLAT)
27	12190-310	1	SLEEVE
51	BR030210	2	RETAINING RING 17 MM
54	CM000211	1	DECAL PATENT
61	FO100010	2	O RING 1.049 ID X .103 W
63	GP000212	2	PULLEY ASSEMBLY-3.50
64	GP000214	2	PULLEY ASSEMBLY-2.75
67	HC700428	2	BHSCS .375-16 X 2.25
68	HC700430	3	BHSCS .375-16 X 2.50
69	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
71	HF700000	6	PANEL FASTNER .375-16 U TYPE
73	HN704901	2	LOCKNUT .375-16 NYLON

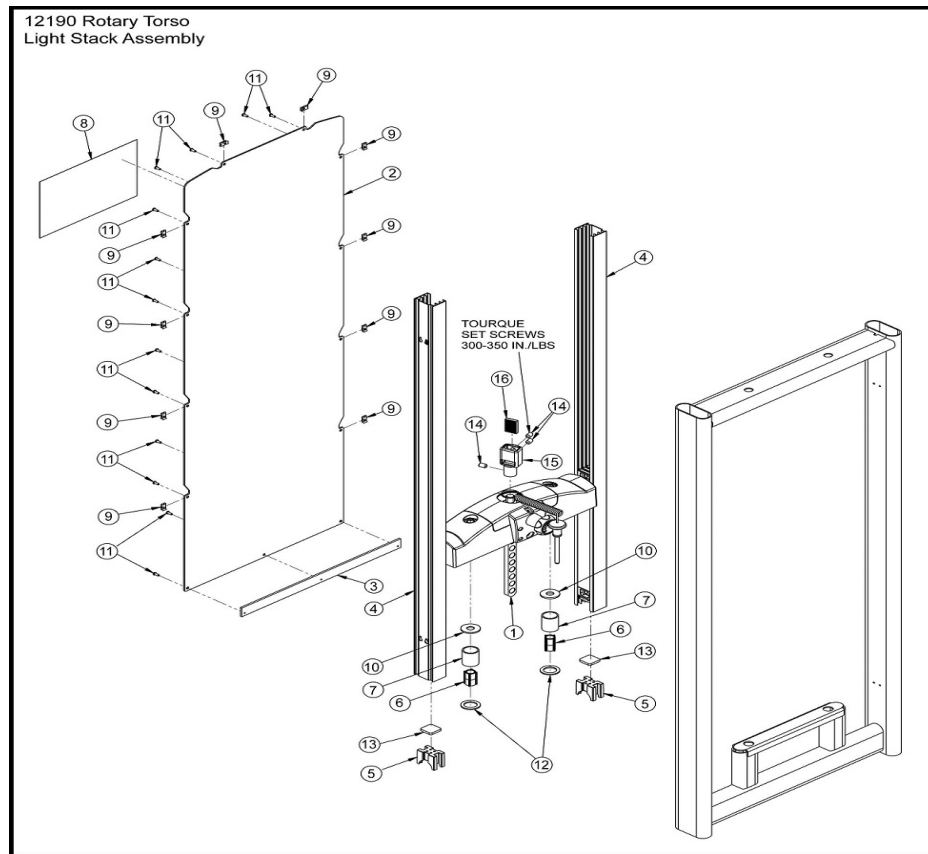
Ref #	Part Number	Qty	Description
76	HS347600	1	WASHER SAE .375
77	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
83	JC620422	2	BHSCS .250-20 X 1.50
84	JC700412	1	BHSCS .375-16 X .50
87	JS347400	3	LOCKWASHER INT TOOTH .375
88	PP130002	2	INSERT DOMED PLASTIC
91	4605-510	2	GRAB GRIP 4.75
92	PU060204	2	BUMPER
93	4800-023	2	COVERED CUSHION Custom
94	4800-095	2	WEAR COVER Custom
98	4520-362	1	DECAL SEAT CAUTION Custom
101	13000-402	1	Mount Water Bottle Holder
102	13000-400	1	Holder Water Bottle
103	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
111	HN784901	1	Locknut .500-13 Nylon Thin
112	HS387700	1	WASHER SAE .500

12190 Heavy Stack Assembly



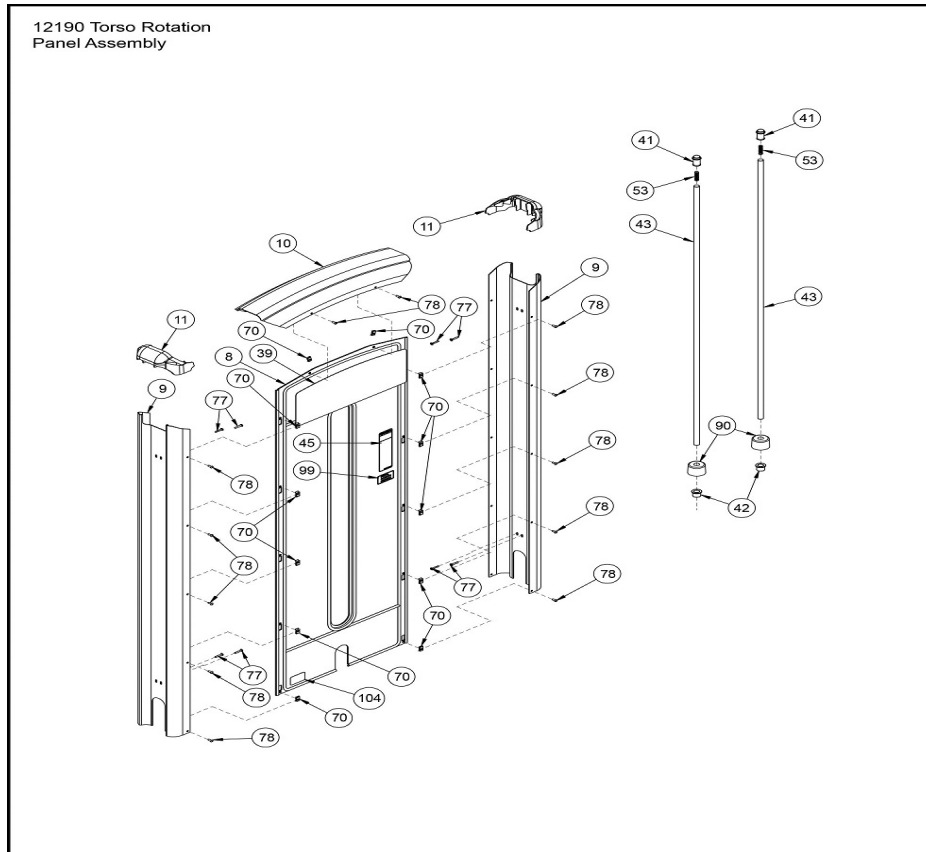
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50 SS
9	11040-409	2	BUMPER
10	HY740000	3	SET SCREW
11	11040-216	1	P BELT CLAMP
12	11040-301	1	INSERT CLAMP BLOCK

12190 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	2	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	2	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	3	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12190 Panel Assembly



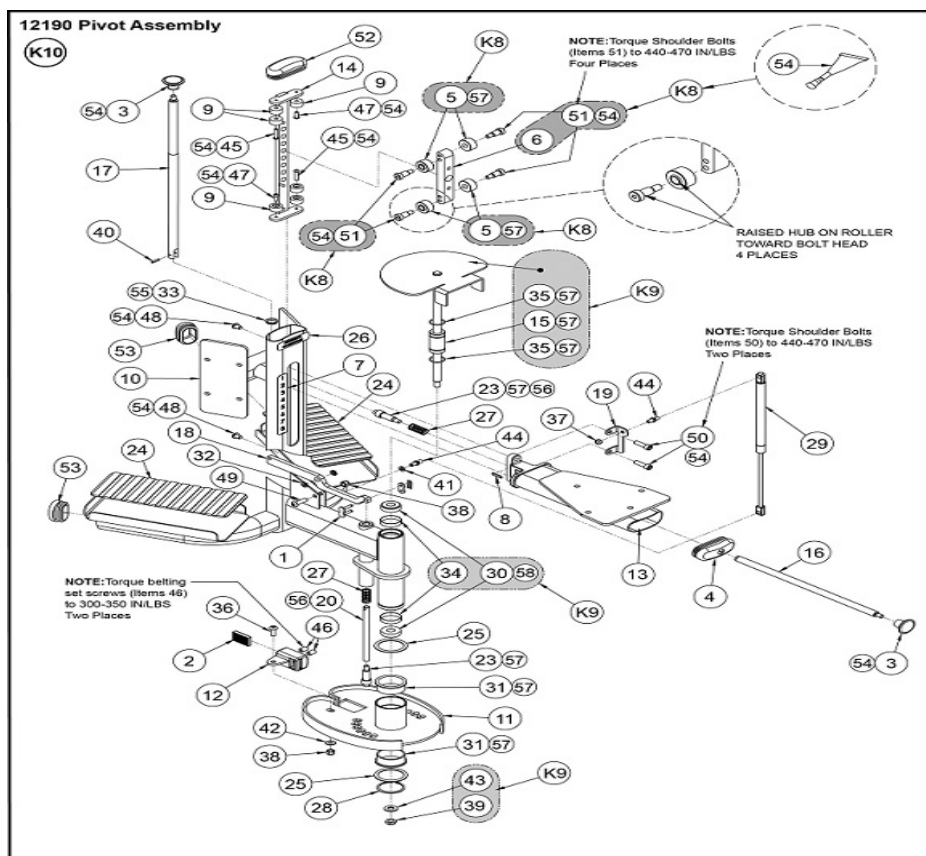
Ref #	Part Number	Qty	Description
8	12000-380	1	PANEL INSERT
9	12000-392	2	CHANNEL INCREMENT WEIGHT
10	12000-395	1	CAP TOP
11	12000-396	2	END CAP
39	12190-598	1	Placard VR3 Torso
41	12210-347	2	CAP GUIDE ROD
42	12210-348	2	CAP GUIDE ROD
43	12210-350	2	WT ROD .625 DIA X 49.53
45	DE000001	1	Decal Warning Custom
53	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
70	HF579000	12	PANEL FASTENER 10-24 U TYPE
77	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
78	HX570412	12	BHSCS 10-24 X .50 SS
90	PR060005	2	BUMPER WEIGHT
99	DE000005	1	Decal Caution Custom
104	11040-790	1	NLA: DECAL, MADE IN THE USA

12190 Parts Not Shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K7	12000K019	1	Kit Hardware VR3

12190 Pivot Assembly



Ref #	Part Number	Qty	Description
1	01989	1	CONNECTING LINK SINGLE
2	11040-301	1	INSERT CLAMP BLOCK
3	11040-440	1	KNOB
4	12000-344	1	INSERT PLASTIC
5,6,K8	12000K012	9	KIT. ROLLER ASSEMBLY
7	12070-329	1	DECAL ADJUSTING
8	12070-394	1	DECAL INDICATOR
K9	12190K003	2	KIT, PIVOT SHAFT REPLACEMENT Custom
9	12100-303	4	BUMPER
10	12190-202	1	W PIVOT Custom
K10	12190K004	1	KIT, PIVOT ASSEMBLY REPLACEMENT
11	12190-203	1	P CAM
12	12190-204	1	C BELT CLAMP
13	12190-206	1	W SEAT Custom
14	12190-208	1	P DETENT BAR
15	12190-310	1	SLEEVE
16	12190-341	1	SHAFT EXTENSION
17	12190-344	1	ROD
18	12190-353	1	BAR PIVOT
19	12190-354	1	MOUNT GAS SPRING
20	12190-357	1	SHAFT EXTENSION
23	4505-329	2	PIN DETENT

Ref #	Part Number	Qty	Description
24	4710-321	2	NON-SLIP
25	4715-336	2	P WASHER
26	4715-341	1	DECAL DETENT
27	4715-346	2	COM SPRING .72 X 1.50 LG
28	BR030213	1	RETAINING RING 2.00 EXTERNAL
29	EZ000008	1	GAS SPRING 100N
30	FB030240	2	BEARING TAPERED ROLLER
31	FB130206	2	BRG FLG 2.00 X 2.25 1.00 LG
32	FB130209	1	BRG FLG .375 X .500 X .125
33	FB130210	1	BRG NYLINER
34	FC030013	2	TOLERANCE RING 1.575 ID
35	FO100010	2	O RING 1.049 ID X .103 W
36	HC700417	1	BHSCS .375-16 X 1.00
37	HN664900	1	LOCKNUT .312-18 NYLON INSERT
38	HN704901	2	LOCKNUT .375-16 NYLON
39	HN784901	1	Locknut .500-13 Nylon Thin
40	HP286715	1	ROLL PIN .188 X .75
41	HS328300	1	LOCKWASHER SPLIT .312
42	HS347600	1	WASHER SAE .375
43	HS387700	1	WASHER SAE .500
44	HX-60184	3	BALL,STUD,5/16 -18X10MM
45	HX620420	3	BHSCS .250-20 X 1.250
46	HY740000	1	SET SCREW
47	JC620415	3	BHSCS .250-20 X .75
48	JC700412	2	BHSCS .375-16 X .50
49	JC700420	1	BHSCS .375-16 X 1.25
50	JC702820	2	SHCS .375-16 X 1.25
51	JD383315	4	S BOLT .500 X .75 .375-16
52	PP130002	1	INSERT DOMED PLASTIC
53	PP130003	2	INSERT PLASTIC

