

VR3 HIP AB

12200-01

Parts Manual

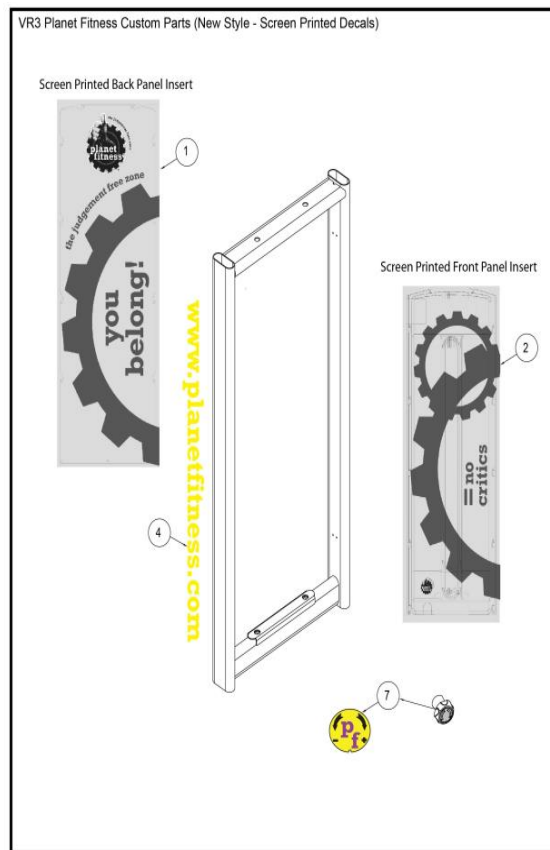
1/5/2019 2:27:14 AM



Table of Contents

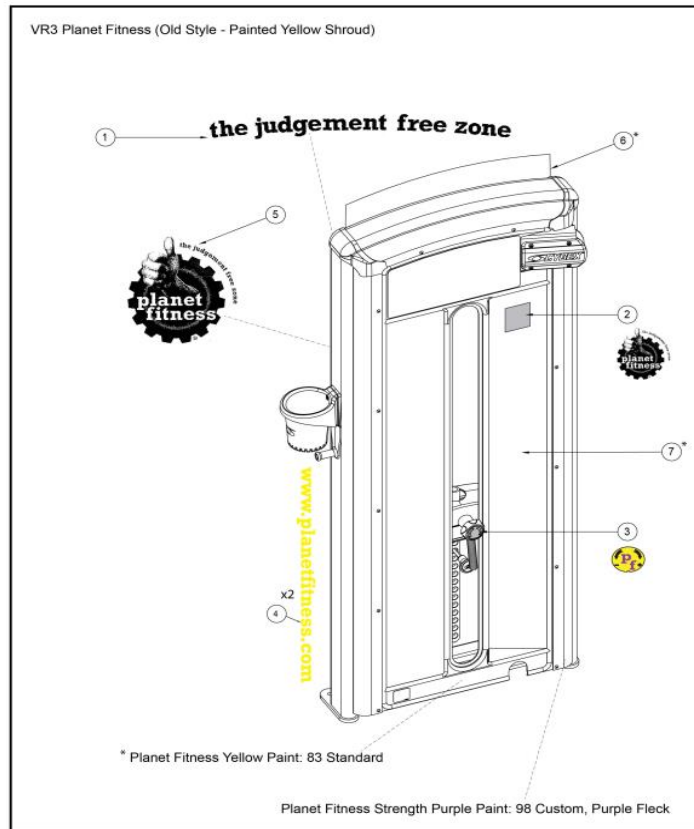
<u>VR3 Planet Fitness Custom (New Style).....</u>	<u>3</u>
<u>VR3 Planet Fitness Custom (Old Style)□.....</u>	<u>4</u>
<u>VR3 You Fit Custom□.....</u>	<u>5</u>
<u>VR3 - Snap Fitness.....</u>	<u>6</u>
<u>VR3 - 10 Top weight assembly Before G1231.....</u>	<u>7</u>
<u>12200 Belt Routing.....</u>	<u>9</u>
<u>12200 Cam Cables.....</u>	<u>10</u>
<u>12200 Frame Assembly.....</u>	<u>11</u>
<u>12200 Heavy Stack Assembly.....</u>	<u>13</u>
<u>12200 Left Pivot Arm.....</u>	<u>14</u>
<u>12200 Light Stack Assembly.....</u>	<u>15</u>
<u>12200 Panel Assembly.....</u>	<u>16</u>
<u>12200 Parts Not Shown.....</u>	<u>17</u>
<u>12200 Right Pivot Arm.....</u>	<u>18</u>
<u>12200 Seat Assembly.....</u>	<u>20</u>

VR3 Planet Fitness Custom (New Style)



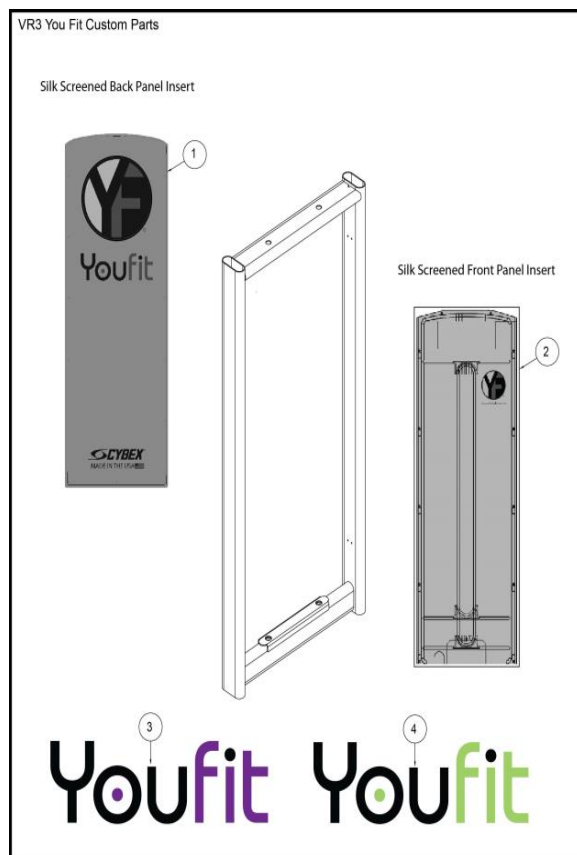
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



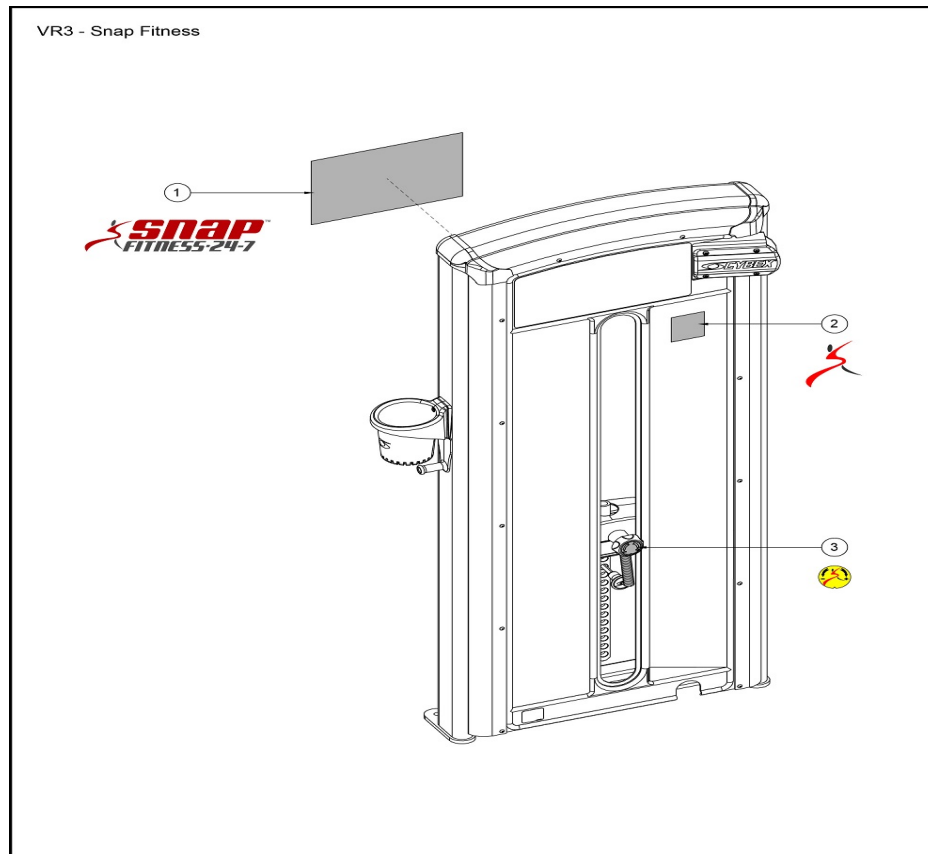
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT YELLOW
7	12000-399Y	1	PANEL INSERT YELLOW

VR3 You Fit Custom ☐



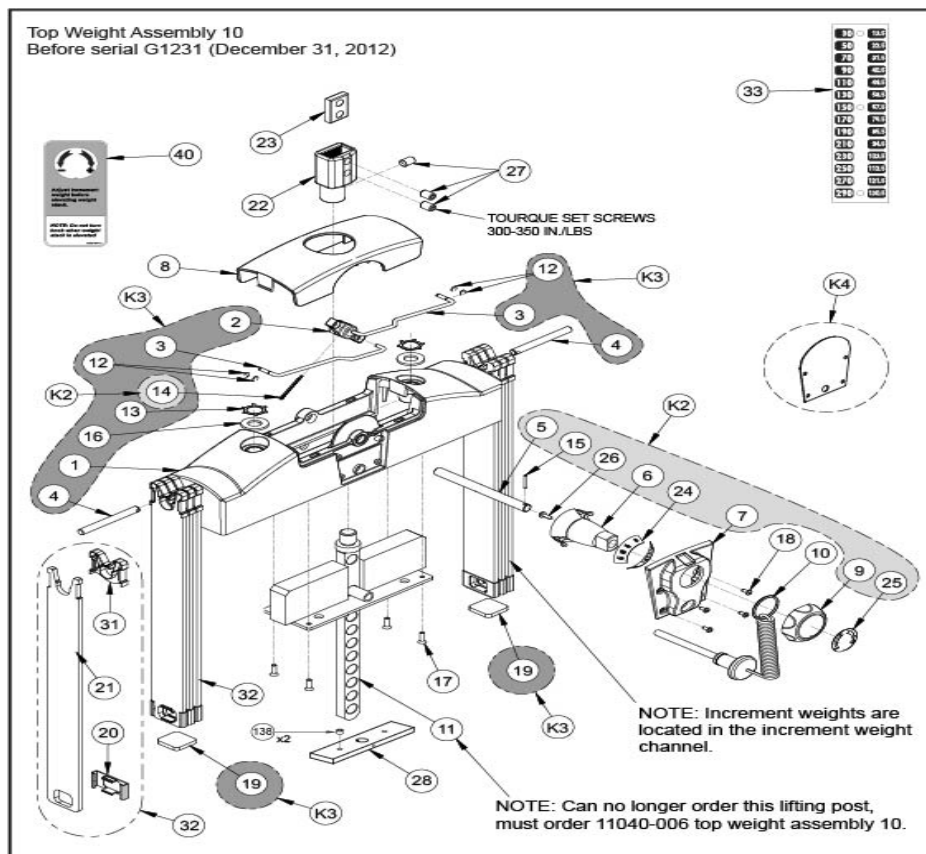
Ref #	Part Number	Qty	Description
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
2B	12000-399YP	1	PANEL INSERT, YOUFIT PURPLE
2A	12000-399GY	1	PANEL INSERT, 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

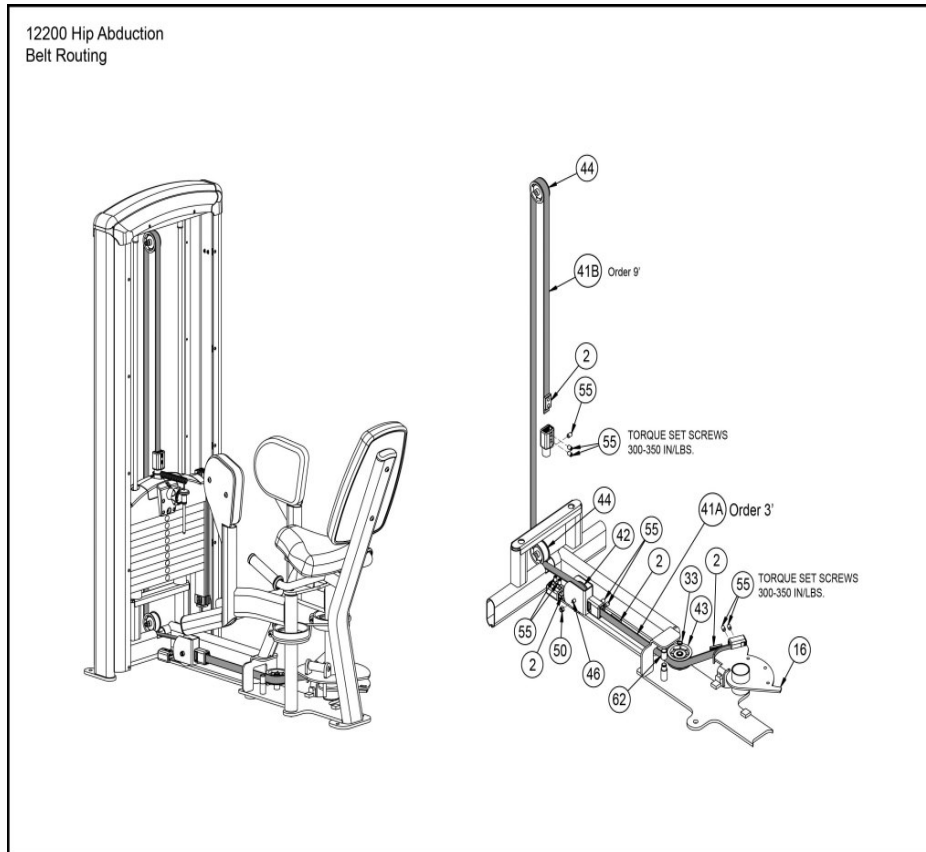
VR3 - 10 Top weight assembly Before G1231



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
K6	11040K009	2	KIT INCREMENT WEIGHT KNOB
6	11040-426	1	STEM
7	11040-424	1	COVER PLATE
K7	11040K010	3	Kit Top Weight Hardware
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

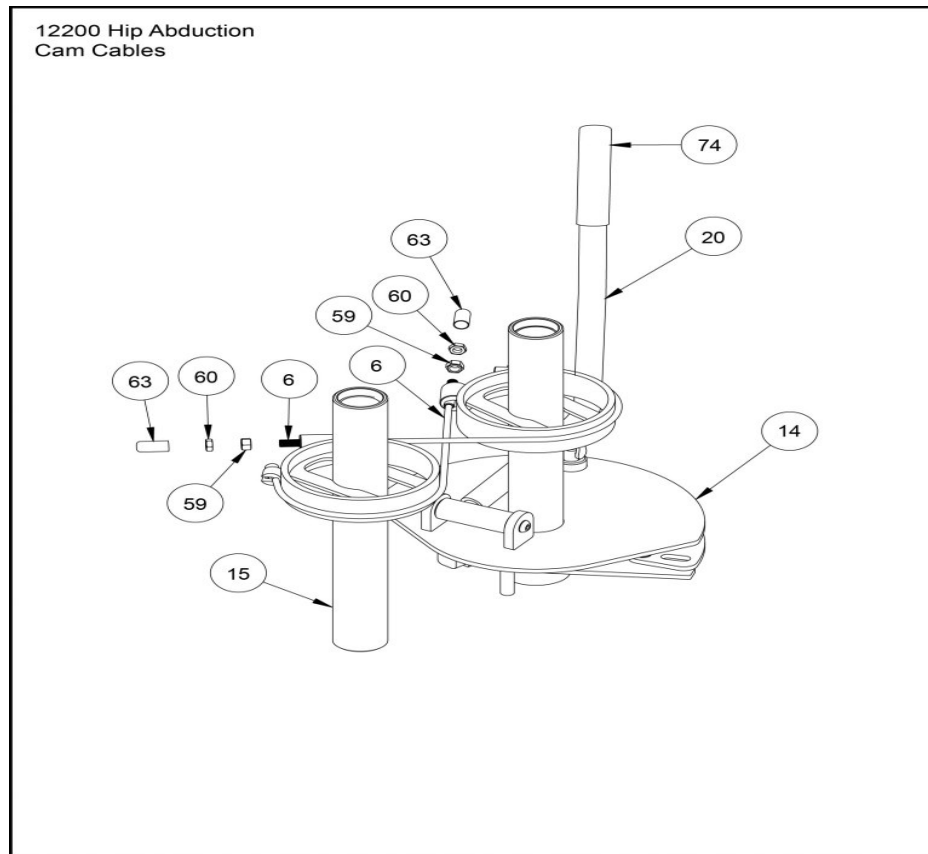
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK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

12200 Belt Routing



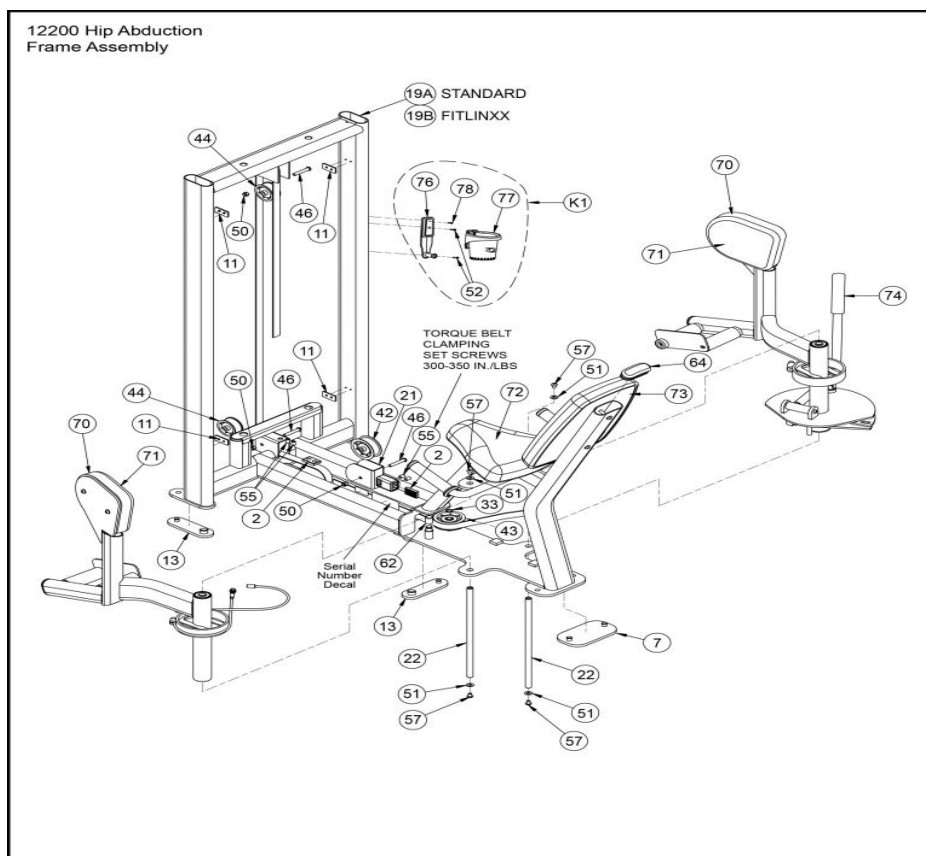
Ref #	Part Number	Qty	Description
2	11040-301	3	INSERT CLAMP BLOCK
16	12200-203	1	W CAM Custom
33	BR030210	1	RETAINING RING 17 MM
41A, 41B	GB000202	1	BELT .95 WIDE
42	GP000209	1	PULLEY ASSEMBLY-3.50
43	GP000212	1	PULLEY ASSEMBLY-3.50
44	GP000214	2	PULLEY ASSEMBLY-2.75
46	HC700428	1	BHSCS .375-16 X 2.25
50	HN704901	1	LOCKNUT .375-16 NYLON
55	HY740000	9	SET SCREW
62	PP080205	1	CAP

12200 Cam Cables



Ref #	Part Number	Qty	Description
6	4140-004	2	CABLE SA
14	12200-201	1	W INPUT RH Custom
15	12200-202	1	W INPUT LH Custom
20	12210-204	1	W HANDLE Custom
59	JN714200	2	HEX NUT .375-24
60	JN714400	2	JAM NUT .375-24
63	PP080227	2	CAP VINYL .50 X 1.00
74	12200-302	1	GRIP

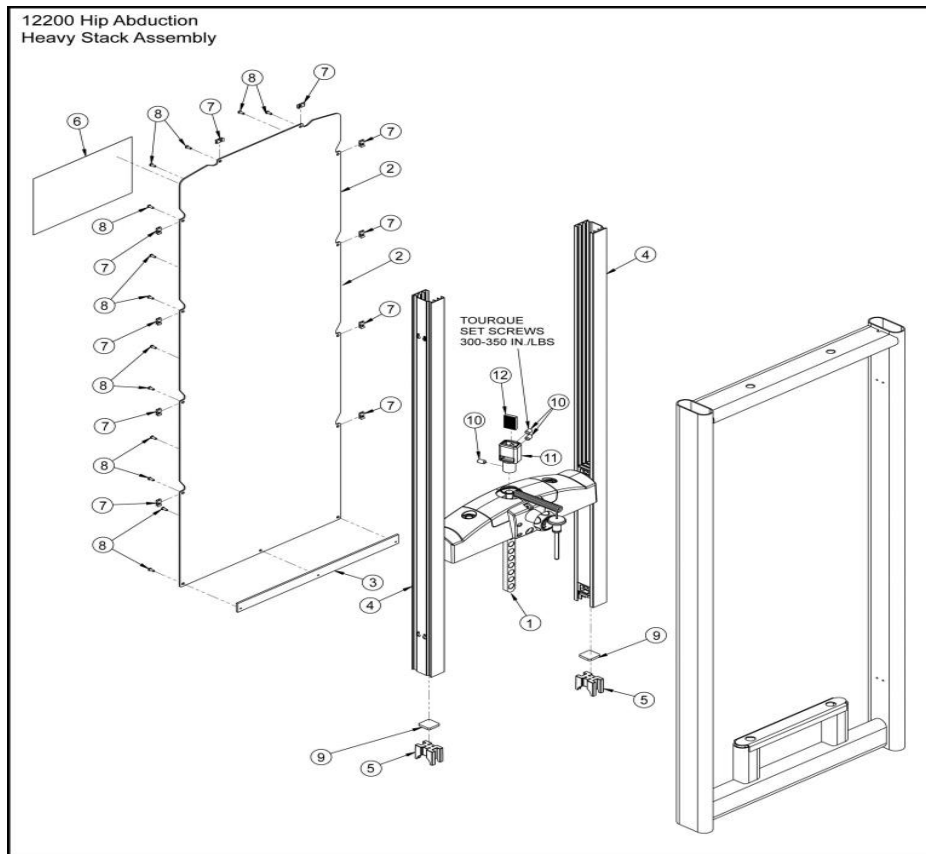
12200 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
2	11040-301	2	INSERT CLAMP BLOCK
7	12000-345	1	FOOT PAD 4.00 X 7.00
11	12000-398	2	SPACER
13	12090-322	2	PAD FOOT
19B	12208-200	1	W MAIN FRAME Custom
19A	12210-200	1	W FRAME Custom
21	12210-206	1	W PULLEY TRAVELER
22	12210-331	2	SHAFT PIVOT
33	BR030210	1	RETAINING RING 17 MM
42	GP000209	1	PULLEY ASSEMBLY-3.50
43	GP000212	1	PULLEY ASSEMBLY-3.50
44	GP000214	1	PULLEY ASSEMBLY-2.75
46	HC700428	2	BHSCS .375-16 X 2.25
50	HN704901	2	LOCKNUT .375-16 NYLON
51	HS347600	4	WASHER SAE .375
52	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
55	HY740000	3	SET SCREW
57	JC700412	4	BHSCS .375-16 X .50
62	PP080205	1	CAP
64	PP130002	1	INSERT DOMED PLASTIC
70	4800-018	2	COVERED CUSHION SA 8 X 9 RAD Custom

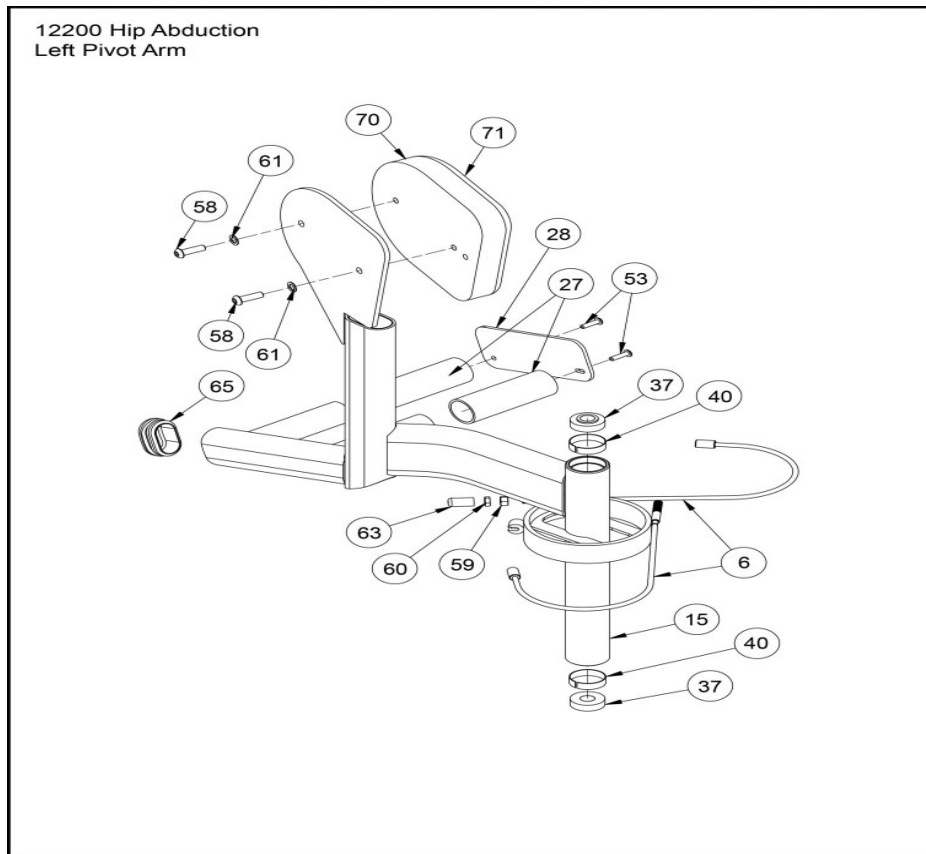
Ref #	Part Number	Qty	Description
71	4800-090	2	WEAR COVER SA 8 X 9 RADIUS Custom
72	4800-164	1	CUSHION SA BIKE SEAT 12in MOLD Custom
73	4800-176	1	CUSHION SA BACK 18 MOLDED Custom
74	12200-302	1	GRIP
76	13000-402	1	Mount Water Bottle Holder
77	13000-400	1	Holder Water Bottle
78	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

12200 Heavy Stack Assembly



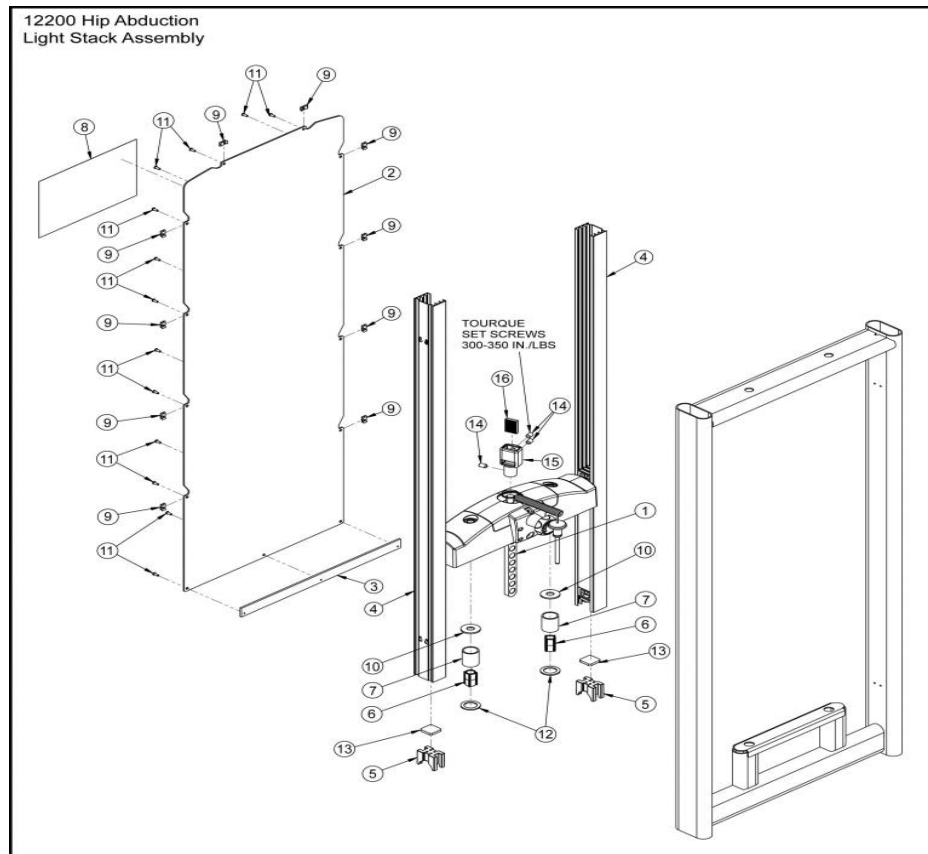
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50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

12200 Left Pivot Arm



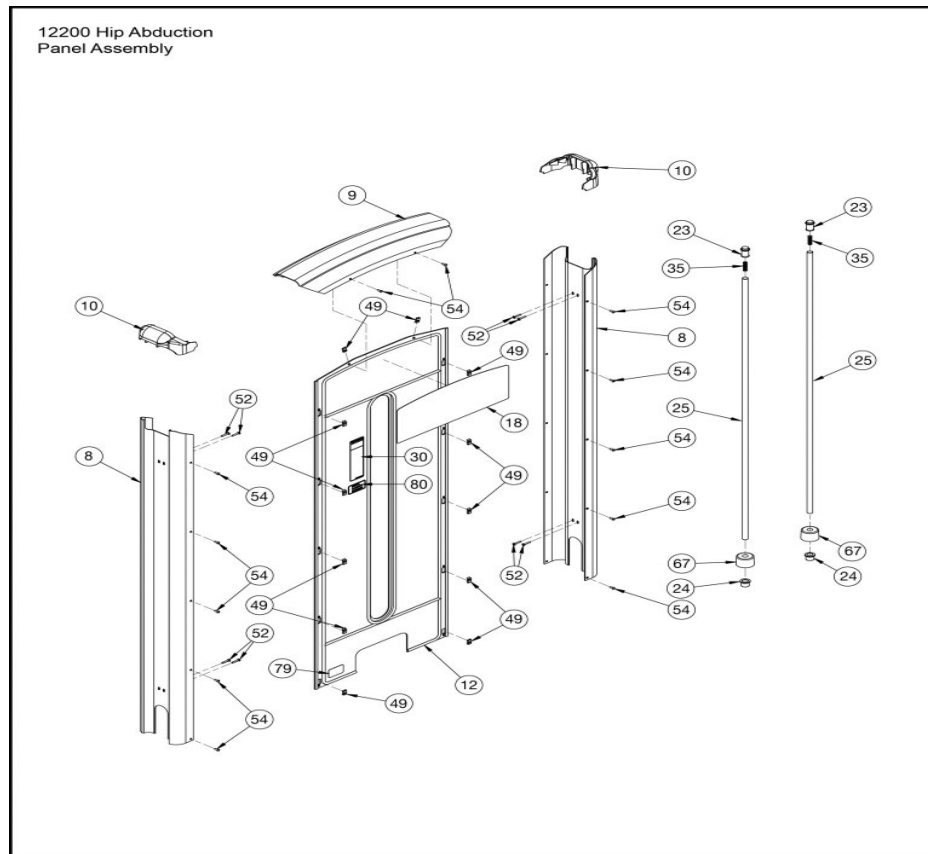
Ref #	Part Number	Qty	Description
6	4140-004	2	CABLE SA
15	12200-202	1	W INPUT LH Custom
27	4140-329	2	GRIP RUBBER 5.00
28	4145-300	1	GUARD FOOT
37	FB030232	2	BRG RADIAL 17MM ID EXT RACE
40	FC030006	2	TOLERANCE RING 1.575 ID
53	HT622517	2	TAP SC .250-20 X 1.000 F PHIL
58	JC700420	2	BHSCS .375-16 X 1.25
59	JN714200	1	HEX NUT .375-24
60	JN714400	1	JAM NUT .375-24
61	JS347400	2	LOCKWASHER INT TOOTH .375
63	PP080227	1	CAP VINYL .50 X 1.00
65	PP130003	1	INSERT PLASTIC
70	4800-018	1	COVERED CUSHION SA 8 X 9 RAD Custom
71	4800-090	1	WEAR COVER SA 8 X 9 RADIUS Custom

12200 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	4	SET SCREW
15	11040-216	1	P BELT CLAMP
16	11040-301	1	INSERT CLAMP BLOCK

12200 Panel Assembly



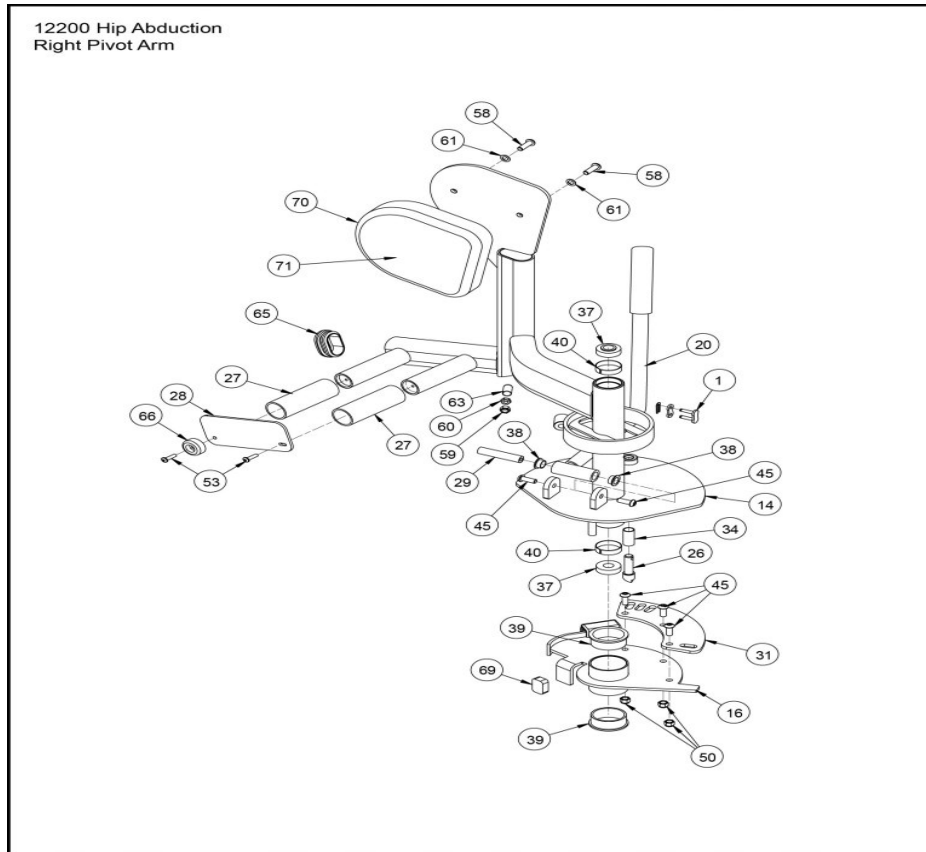
Ref #	Part Number	Qty	Description
8	12000-392	2	CHANNEL INCREMENT WEIGHT
9	12000-395	1	CAP TOP
10	12000-396	2	END CAP
12	12000-399	1	PANEL INSERT
18	12200-598	1	Placard VR3 Hip Abd
23	12210-347	2	CAP GUIDE ROD
24	12210-348	2	CAP GUIDE ROD
25	12210-350	2	WT ROD .625 DIA X 49.53
30	DE000001	1	Decal Warning Custom
35	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
49	HF579000	10	PANEL FASTENER 10-24 U TYPE
52	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
54	HX570412	12	BHSCS 10-24 X .50 SS
67	PR060005	2	BUMPER WEIGHT
79	11040-790	1	NLA: DECAL, MADE IN THE USA
80	DE000005	1	Decal Caution Custom

12200 Parts Not Shown

Other Parts Not Shown

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

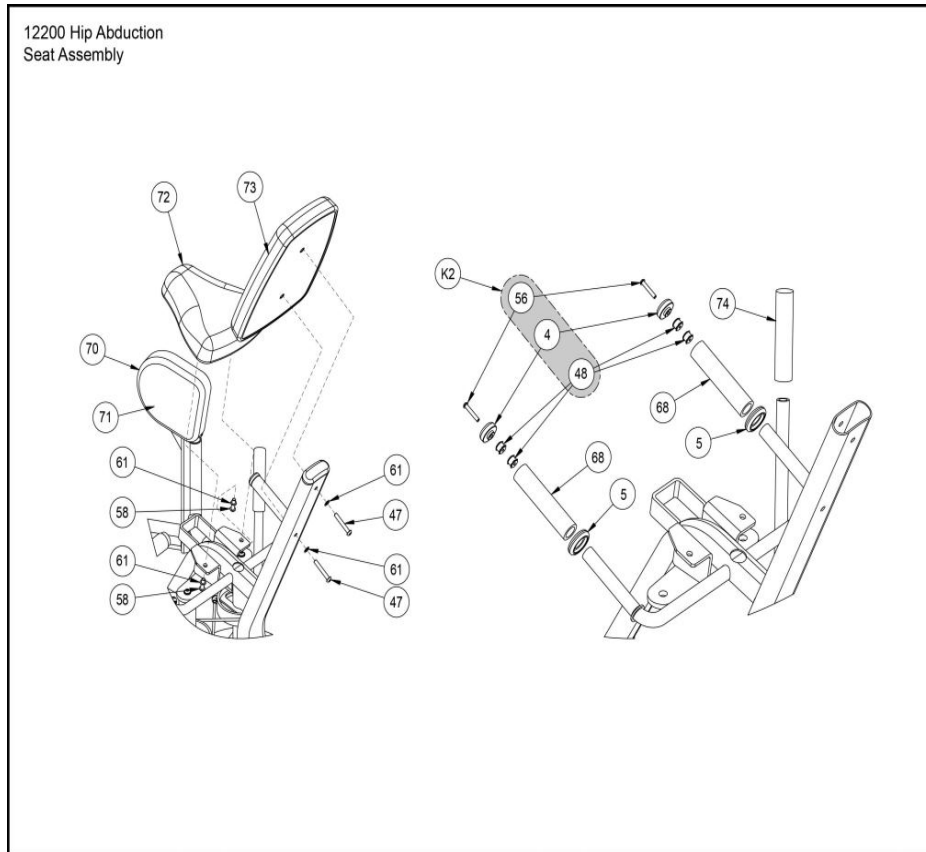
12200 Right Pivot Arm



Ref #	Part Number	Qty	Description
1	01989	1	CONNECTING LINK SINGLE
14	12200-201	1	W INPUT RH Custom
16	12200-203	1	W CAM Custom
20	12210-204	1	W HANDLE Custom
26	4140-324	1	PIN DETENT
27	4140-329	2	GRIP RUBBER 5.00
28	4145-300	1	GUARD FOOT
29	4535-328	1	PIN PIVOT-SHORT
31	4645-305	1	CAM PLATE
34	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
37	FB030232	1	BRG RADIAL 17MM ID EXT RACE
38	FB130205	2	BRG FLG .62 X .75 .38 LG
39	FB130206	2	BRG FLG 2.00 X 2.25 1.00 LG
40	FC030006	1	TOLERANCE RING 1.575 ID
45	HC700417	5	BHSCS .375-16 X 1.00
50	HN704901	3	LOCKNUT .375-16 NYLON
53	HT622517	2	TAP SC .250-20 X 1.000 F PHIL
58	JC700420	2	BHSCS .375-16 X 1.25
59	JN714200	1	HEX NUT .375-24
60	JN714400	1	JAM NUT .375-24
61	JS347400	2	LOCKWASHER INT TOOTH .375
63	PP080227	1	CAP VINYL .50 X 1.00

Ref #	Part Number	Qty	Description
65	PP130003	1	INSERT PLASTIC
66	PR060003	1	BUMPER RECESS
69	PU060201	1	BUMPER
70	4800-018	1	COVERED CUSHION SA 8 X 9 RAD Custom
71	4800-090	1	WEAR COVER SA 8 X 9 RADIUS Custom

12200 Seat Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
4	11090-374	2	END CAP
5	11090-376	2	RING HANDLE GRIP
47	HC700430	2	BHSCS .375-16 X 2.50
48	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
56	JC620422	2	BHSCS .250-20 X 1.50
58	JC700420	2	BHSCS .375-16 X 1.25
61	JS347400	4	LOCKWASHER INT TOOTH .375
68	4605-500	2	GRAB GRIP 6.00
70	4800-018	1	COVERED CUSHION SA 8 X 9 RAD Custom
71	4800-090	1	WEAR COVER SA 8 X 9 RADIUS Custom
72	4800-164	1	CUSHION SA BIKE SEAT 12in MOLD Custom
73	4800-176	1	CUSHION SA BACK 18 MOLDED Custom
74	12200-302	1	GRIP

