

VR3 HIP AD

12210-01

Parts Manual

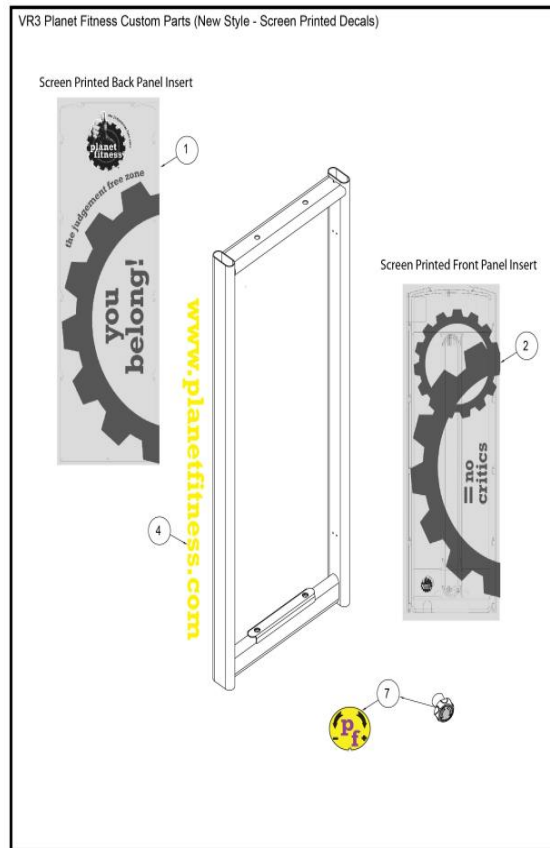
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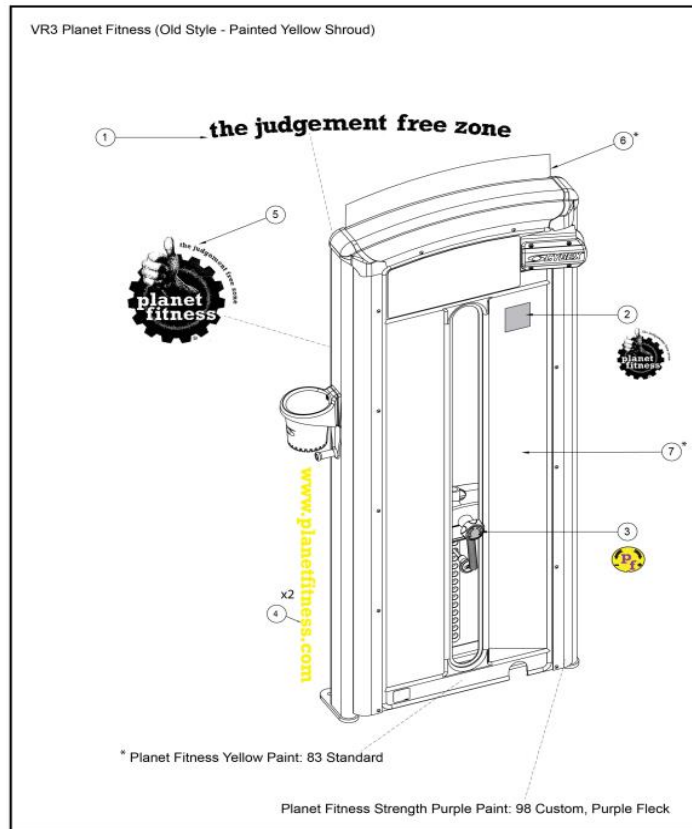
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VR3 Planet Fitness Custom (New Style)



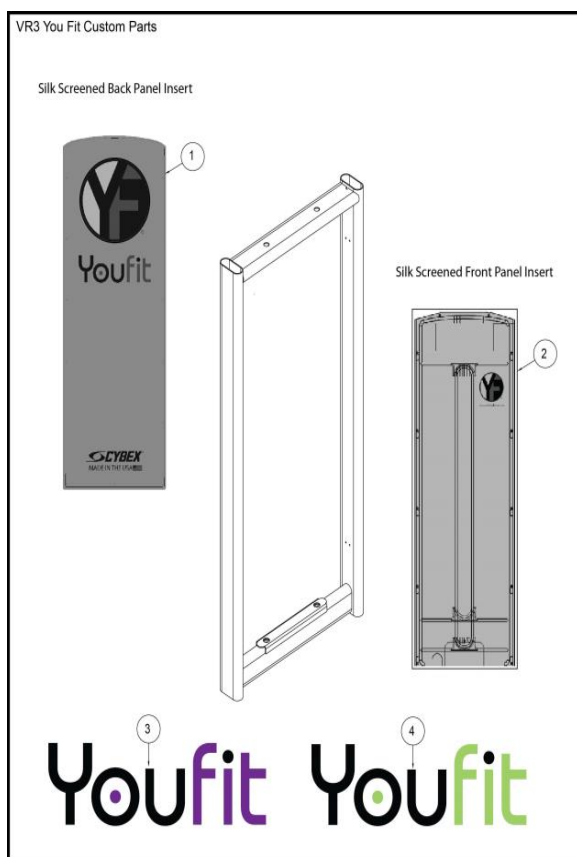
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



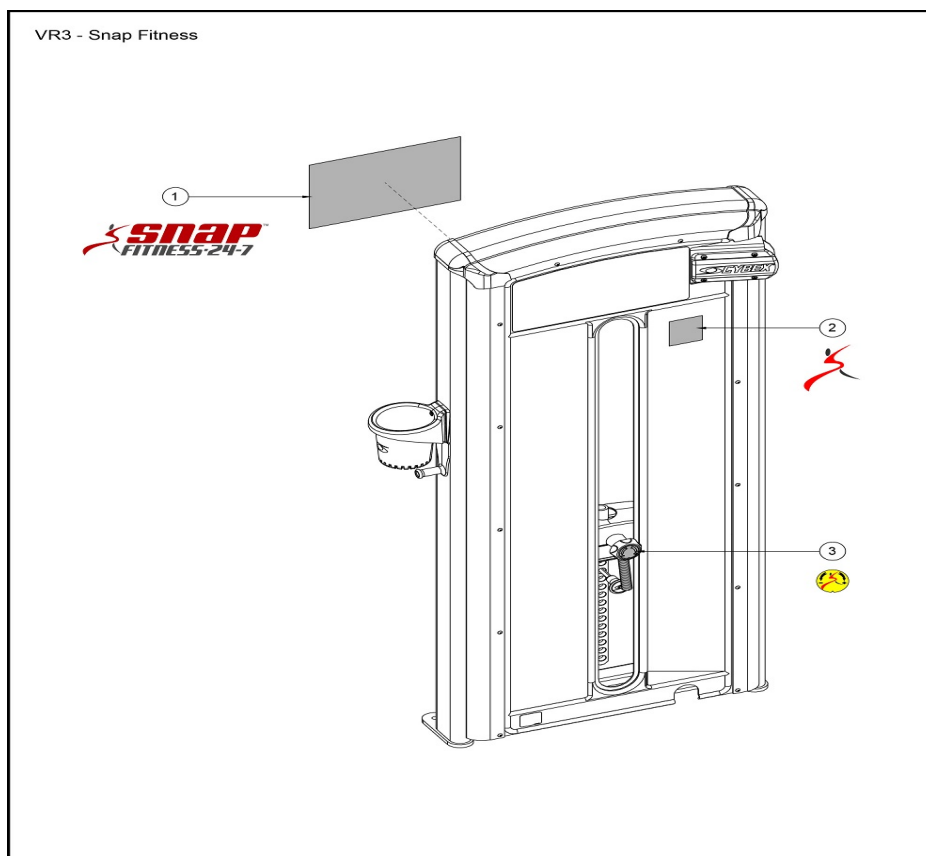
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT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

VR3 You Fit Custom ☐



Ref #	Part Number	Qty	Description
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	12000-399GY	1	PANEL INSERT, YOUFIT GREEN
2B	12000-399YP	1	PANEL INSERT, YOUFIT PURPLE
3	DE-60274	1	DECAL, YOUFIT PURPLE
4	DE-60275	1	DECAL, YOUFIT GREEN

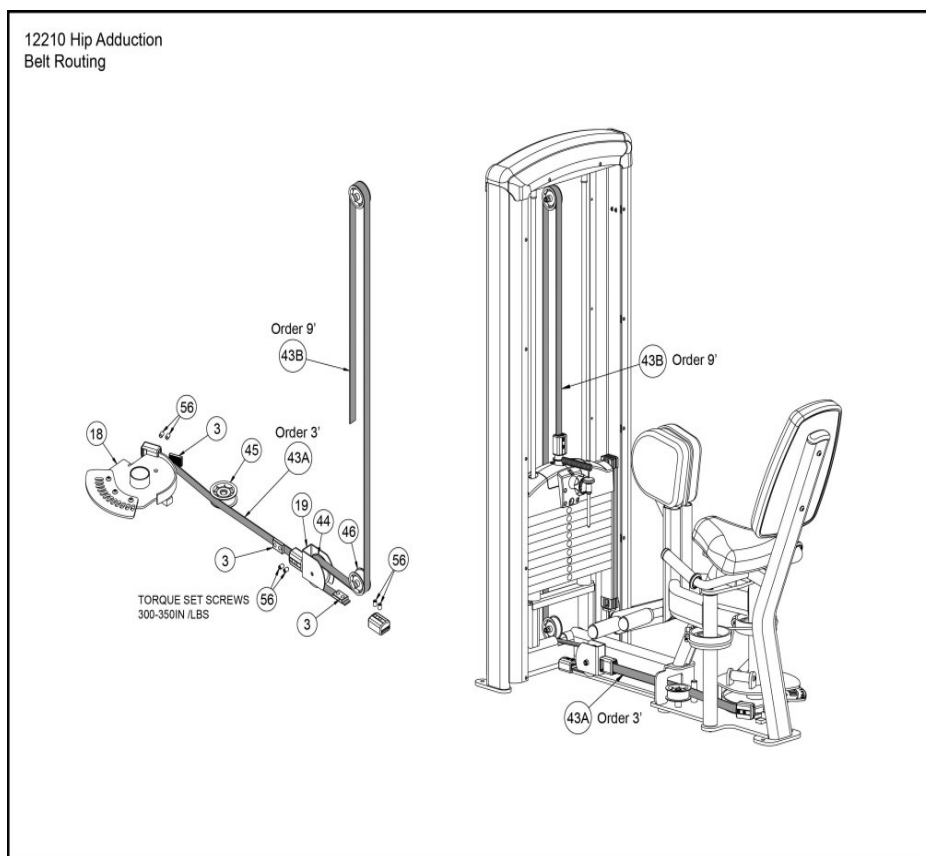
VR3 - Snap Fitness



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

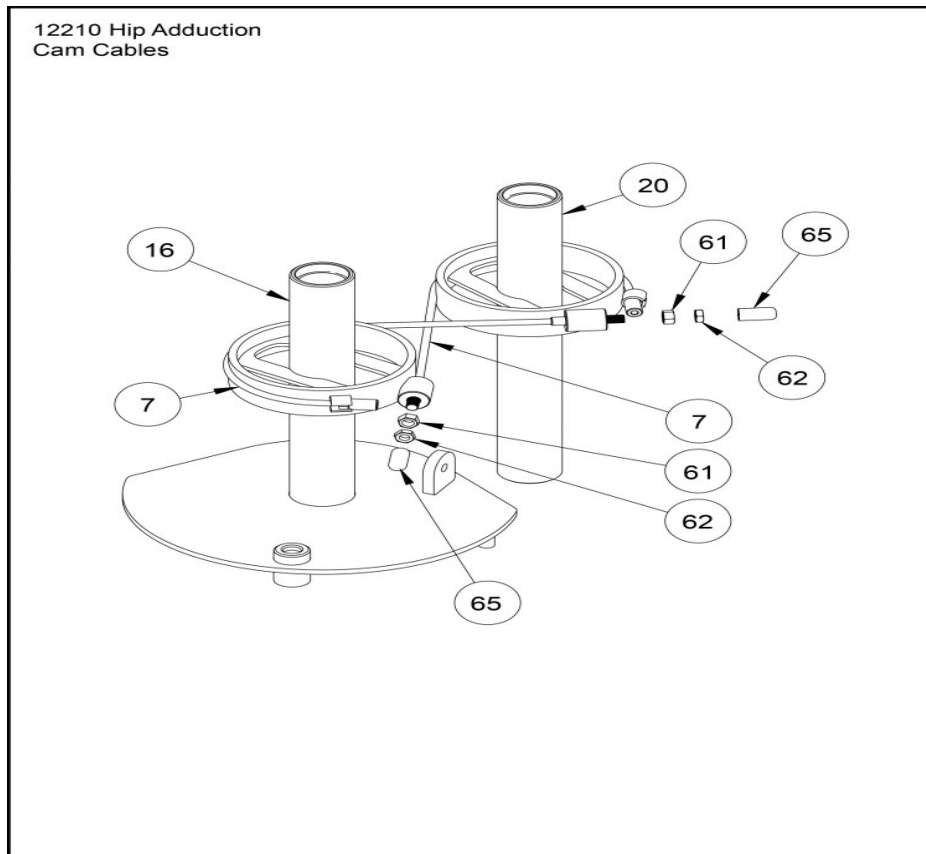
Ref #	Part Number	Qty	Description
20	11040-572	1	GUARD INCREMENT WEIGHT
21,32	11040-030	3	INCREMENT WEIGHT S/A
22	11040-216	1	P BELT CLAMP
23	11040-301	1	INSERT CLAMP BLOCK
24	11040-428	1	DECAL ADJUSTMENT
25	20000-429	1	ROTATION DECAL
26	HT552512	1	TAP SC NO. 8-16 X .50 PLASTITE PAN HEAD PHILLIPS BLACK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

12210 Belt Routing



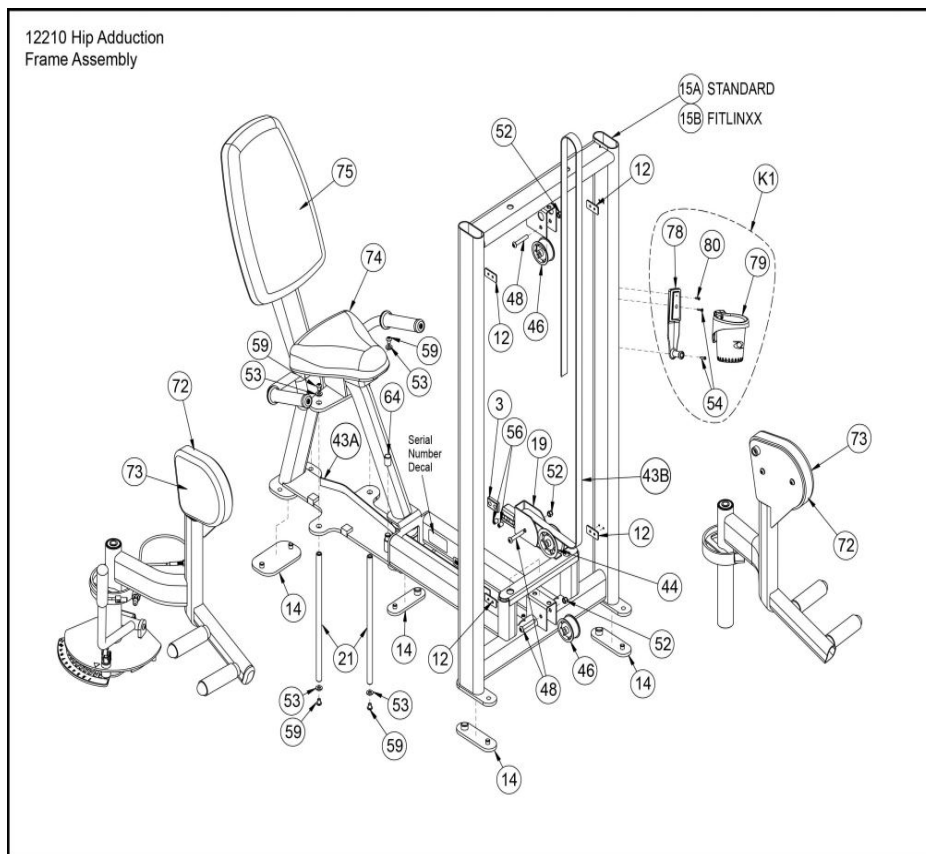
Ref #	Part Number	Qty	Description
3	11040-301	3	INSERT CLAMP BLOCK
18	12210-205	1	W CAM Custom
19	12210-206	1	W PULLEY TRAVELER
43A, 43B	GB000202	1	BELT .95 WIDE
44	GP000209	1	PULLEY ASSEMBLY-3.50
45	GP000212	1	PULLEY ASSEMBLY-3.50
46	GP000214	1	PULLEY ASSEMBLY-2.75
56	HY740000	6	SET SCREW

12210 Cam Cables



Ref #	Part Number	Qty	Description
7	4140-004	2	CABLE SA
16	12210-203	1	W INPUT RH Custom
20	12210-207	1	W INPUT LH Custom
61	JN714200	2	HEX NUT .375-24
62	JN714400	2	JAM NUT .375-24
65	PP080227	2	CAP VINYL .50 X 1.00

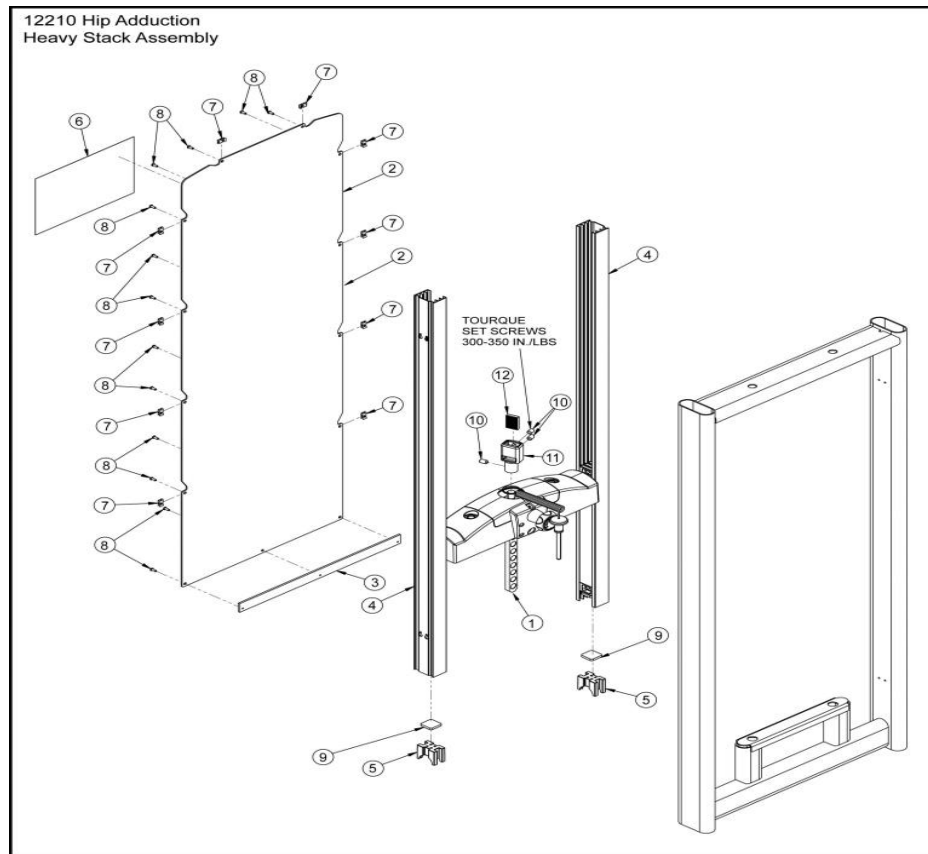
12210 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
3	11040-301	1	INSERT CLAMP BLOCK
12	12000-398	4	SPACER
14	12090-322	4	PAD FOOT
15B	12208-200	1	W MAIN FRAME Custom
15A	12210-200	1	W FRAME Custom
19	12210-206	1	W PULLEY TRAVELER
21	12210-331	2	SHAFT PIVOT
43A, 43B	GB000202	1	BELT .95 WIDE
44	GP000209	1	PULLEY ASSEMBLY-3.50
46	GP000214	2	PULLEY ASSEMBLY-2.75
48	HC700428	3	BHSCS .375-16 X 2.25
52	HN704901	3	LOCKNUT .375-16 NYLON
53	HS347600	4	WASHER SAE .375
54	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
56	HY740000	2	SET SCREW
59	JC700412	4	BHSCS .375-16 X .50
64	PP080205	1	CAP
72	4800-018	2	COVERED CUSHION SA 8 X 9 RAD Custom
73	4800-090	2	WEAR COVER SA 8 X 9 RADIUS Custom
74	4800-164	1	CUSHION SA BIKE SEAT 12in MOLD Custom
75	4800-176	1	CUSHION SA BACK 18 MOLDED Custom

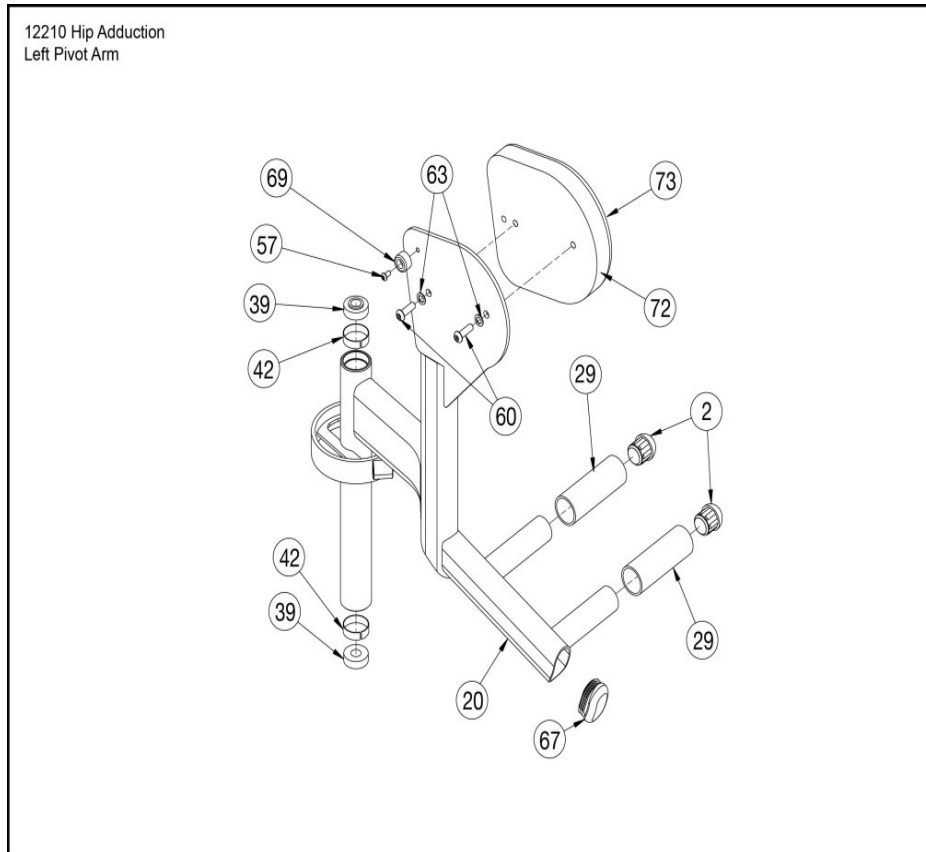
Ref #	Part Number	Qty	Description
78	13000-402	1	Mount Water Bottle Holder
79	13000-400	1	Holder Water Bottle
80	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK

12210 Heavy Stack Assembly



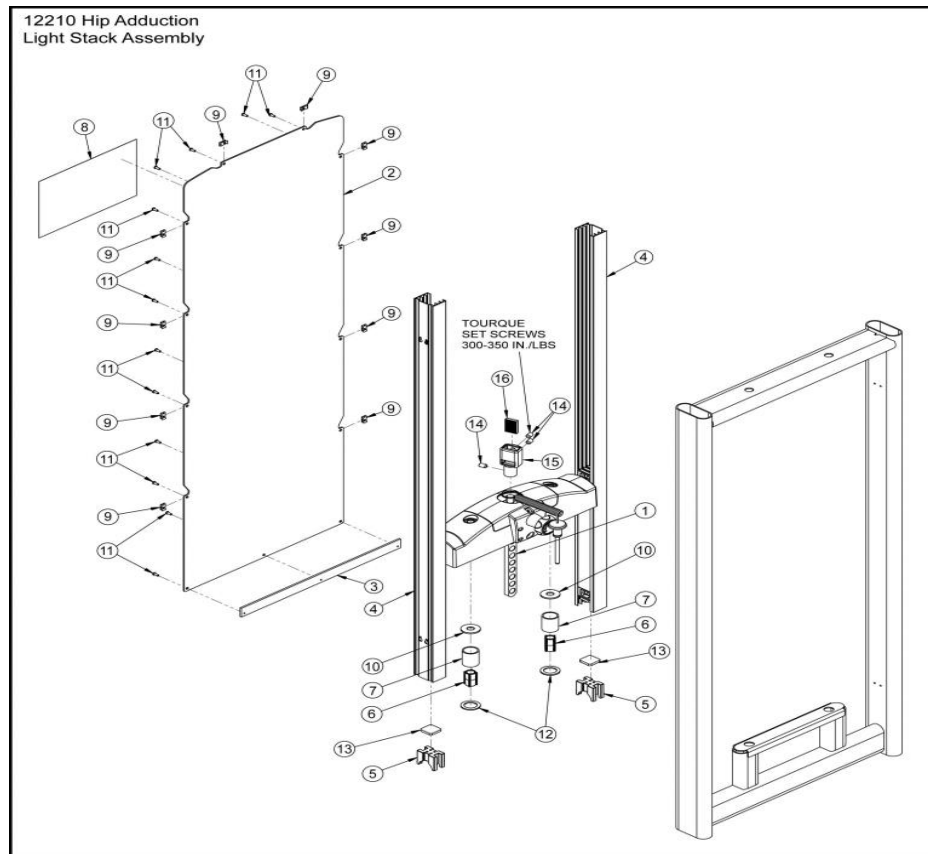
Ref #	Part Number	Qty	Description
1	11040-006	1	TOP WEIGHT ASSY 10
2	12000-375	2	PANEL INSERT
3	12000-378	1	SUPPORT
4	12000-387	2	EXTRUSION INC WT CHANNEL
5	12102-330	2	INSERT INCREMENT WEIGHT
6	3900-441	1	DECAL CYBEX VER BLACK
7	HF579000	10	PANEL FASTENER 10-24 U TYPE
8	HX570412	13	BHSCS 10-24 X .50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

12210 Left Pivot Arm



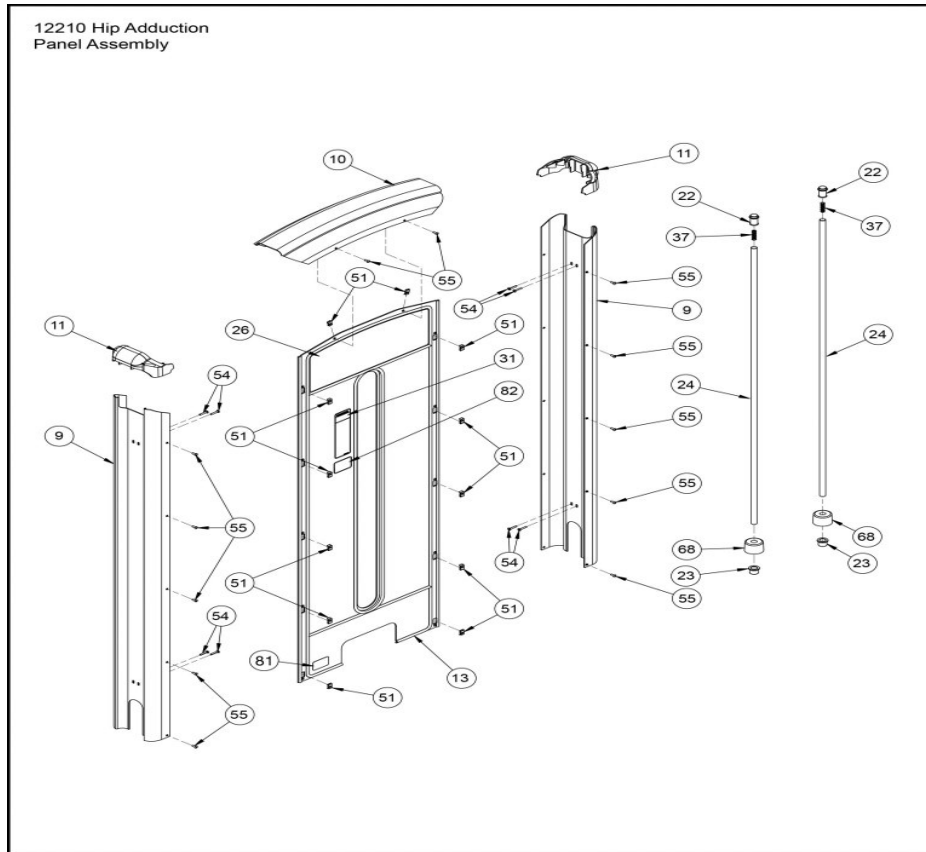
Ref #	Part Number	Qty	Description
2	08001	2	PLUG 1.50
20	12210-207	1	W INPUT LH Custom
29	4140-329	2	GRIP RUBBER 5.00
39	FB030232	2	BRG RADIAL 17MM ID EXT RACE
42	FC030006	2	TOLERANCE RING 1.575 ID
57	JC620412	1	BHSCS .250-20 X .50
60	JC700420	2	BHSCS .375-16 X 1.25
63	JS347400	2	LOCKWASHER INT TOOTH .375
67	PP130003	1	INSERT PLASTIC
69	PR069400	1	BUMPER RECESS
72	4800-018	1	COVERED CUSHION SA 8 X 9 RAD Custom
73	4800-090	1	WEAR COVER SA 8 X 9 RADIUS Custom

12210 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

12210 Panel Assembly

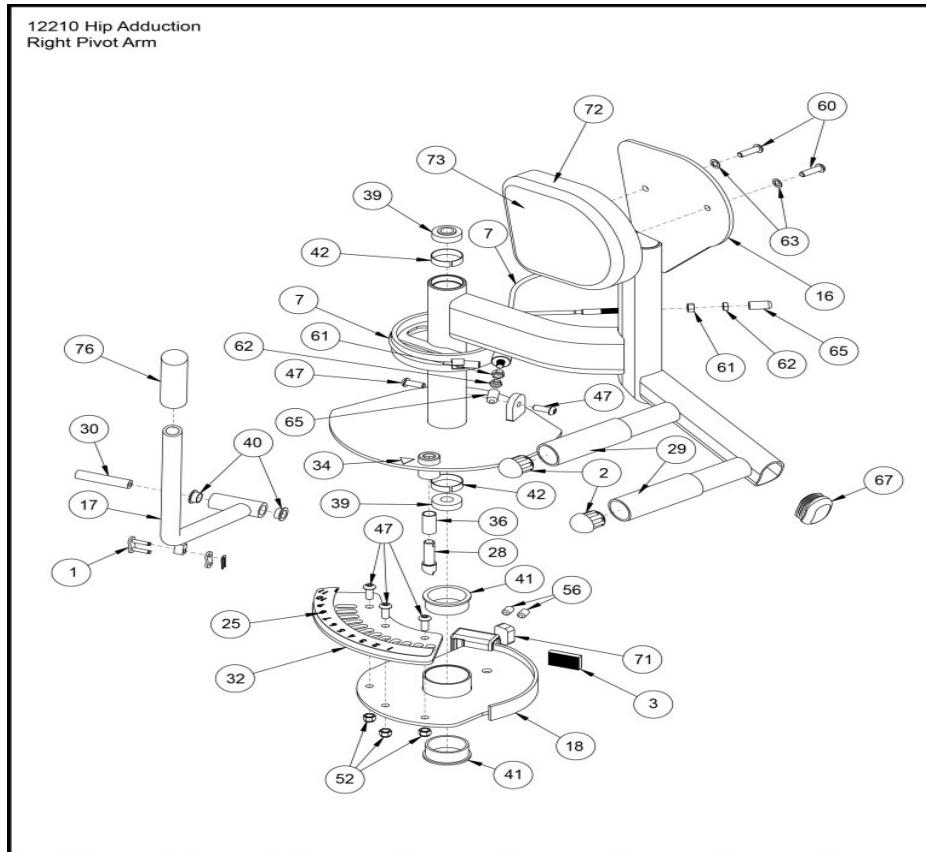


Ref #	Part Number	Qty	Description
9	12000-392	2	CHANNEL INCREMENT WEIGHT
10	12000-395	1	CAP TOP
11	12000-396	2	END CAP
13	12000-399	1	PANEL INSERT
22	12210-347	2	CAP GUIDE ROD
23	12210-348	2	CAP GUIDE ROD
24	12210-350	1	WT ROD .625 DIA X 49.53
26	12210-598	1	Placard VR3 Hip Ad
31	DE000001	1	Decal Warning Custom
51	HF579000	12	PANEL FASTENER 10-24 U TYPE
54	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
55	HX570412	12	BHSCS 10-24 X .50 SS
68	PR060005	2	BUMPER WEIGHT
81	11040-790	1	NLA: DECAL, MADE IN THE USA
82	DE000005	1	Decal Caution Custom

12210 Parts Not Shown

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

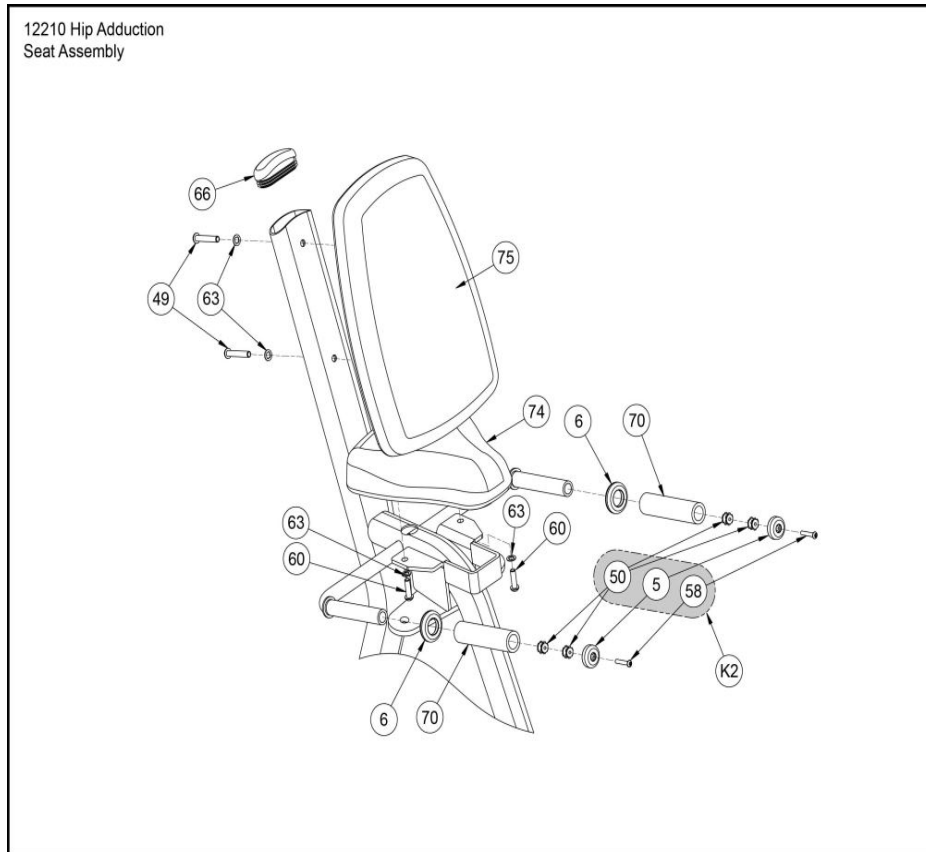
12210 Right Pivot Arm



Ref #	Part Number	Qty	Description
1	01989	1	CONNECTING LINK SINGLE
2	08001	2	PLUG 1.50
3	11040-301	1	INSERT CLAMP BLOCK
7	4140-004	2	CABLE SA
16	12210-203	1	W INPUT RH Custom
17	12210-204	1	W HANDLE Custom
18	12210-205	1	W CAM Custom
25	12210-354	1	DECAL INPUT CAM
28	4140-324	1	PIN DETENT
29	4140-329	2	GRIP RUBBER 5.00
30	4535-328	1	PIN PIVOT-SHORT
32	4640-301	1	C CAM PLATE
34	5340Y045	1	DECAL ARROW
36	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
39	FB030232	2	BRG RADIAL 17MM ID EXT RACE
40	FB130205	2	BRG FLG .62 X .75 .38 LG
41	FB130206	2	BRG FLG 2.00 X 2.25 1.00 LG
42	FC030006	2	TOLERANCE RING 1.575 ID
47	HC700417	5	BHSCS .375-16 X 1.00
52	HN704901	3	LOCKNUT .375-16 NYLON
56	HY740000	2	SET SCREW
60	JC700420	2	BHSCS .375-16 X 1.25

Ref #	Part Number	Qty	Description
61	JN714200	2	HEX NUT .375-24
62	JN714400	2	JAM NUT .375-24
63	JS347400	2	LOCKWASHER INT TOOTH .375
65	PP080227	2	CAP VINYL .50 X 1.00
67	PP130003	1	INSERT PLASTIC
71	PU060201	1	BUMPER
72	4800-018	1	COVERED CUSHION SA 8 X 9 RAD Custom
73	4800-090	1	WEAR COVER SA 8 X 9 RADIUS Custom
76	12200-302	1	GRIP

12210 Seat Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
5	11090-374	2	END CAP
6	11090-376	2	RING HANDLE GRIP
49	HC700430	2	BHSCS .375-16 X 2.50
50	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
58	JC620422	2	BHSCS .250-20 X 1.50
60	JC700420	2	BHSCS .375-16 X 1.25
63	JS347400	4	LOCKWASHER INT TOOTH .375
66	PP130002	1	INSERT DOMED PLASTIC
70	4605-500	2	GRAB GRIP 6.00
74	4800-164	1	CUSHION SA BIKE SEAT 12in MOLD Custom
75	4800-176	1	CUSHION SA BACK 18 MOLDED Custom

