

VR3 CHEST PRESS

12301-01

Parts Manual

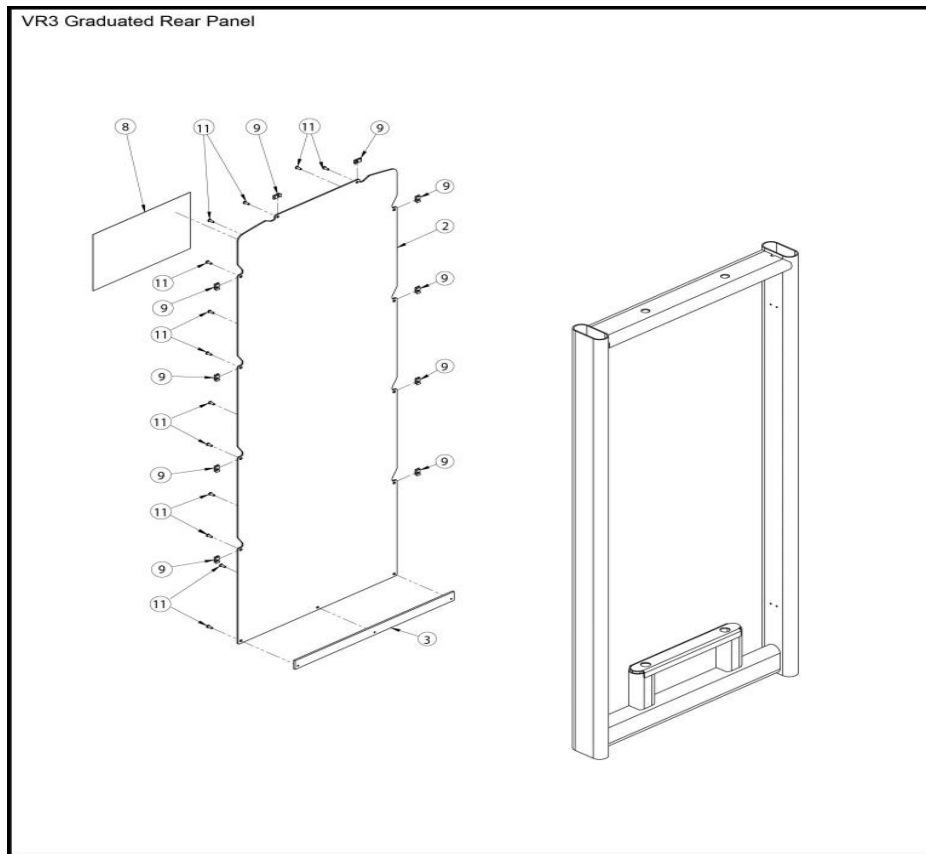
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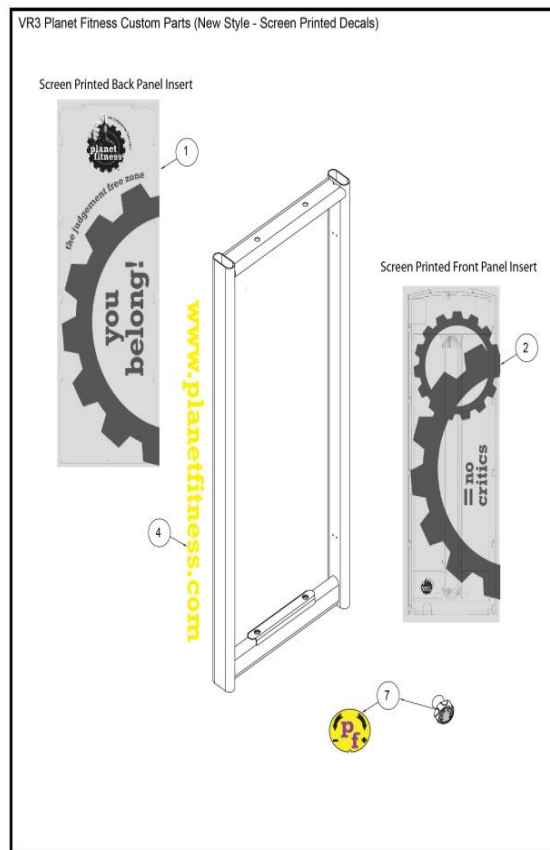
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VR3 Graduated Back Panel (12000-375)



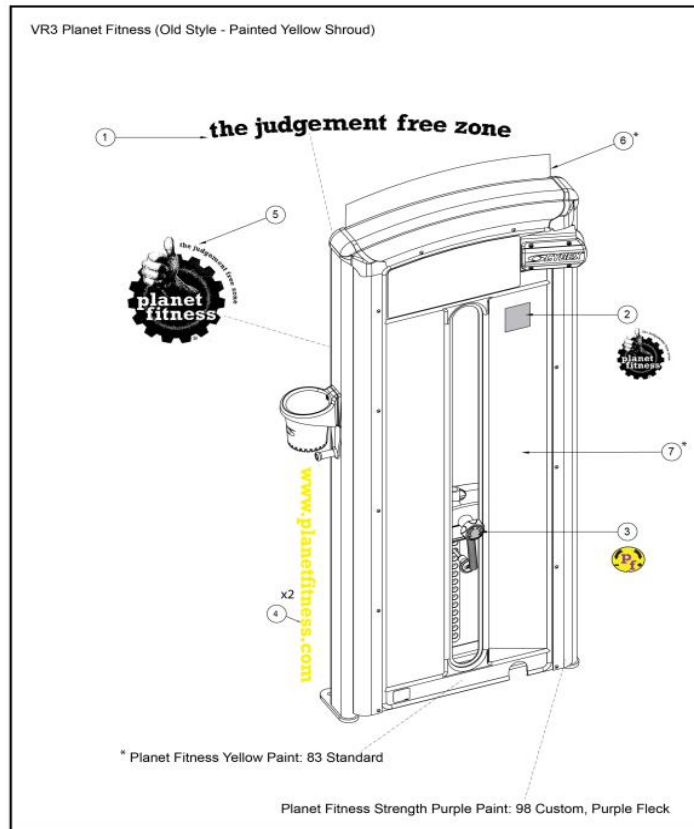
Ref #	Part Number	Qty	Description
2	12000-375	1	PANEL INSERT
3	12000-378	1	SUPPORT
8	3900-441	1	DECAL CYBEX VER BLACK
9	HF579000	10	PANEL FASTENER 10-24 U TYPE
11	HX570412	13	BHSCS 10-24 X .50 SS

VR3 Planet Fitness Custom (New Style)



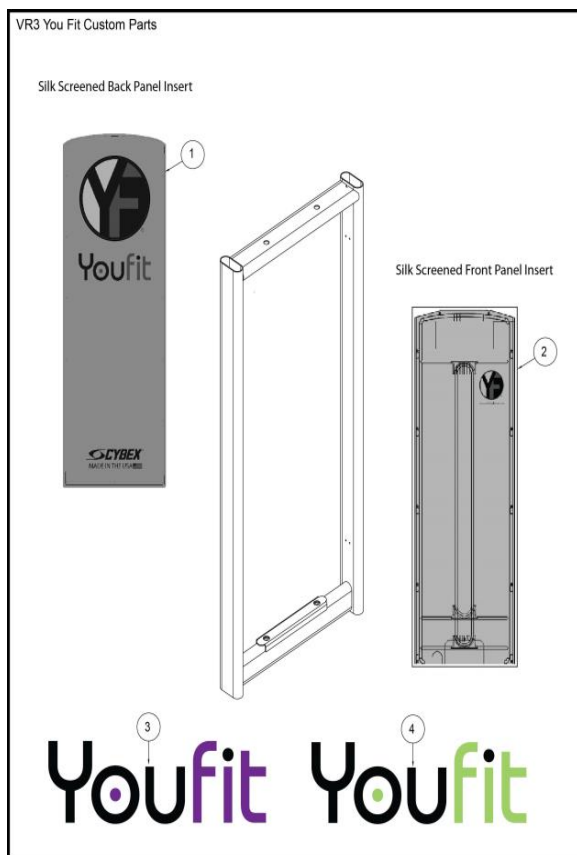
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



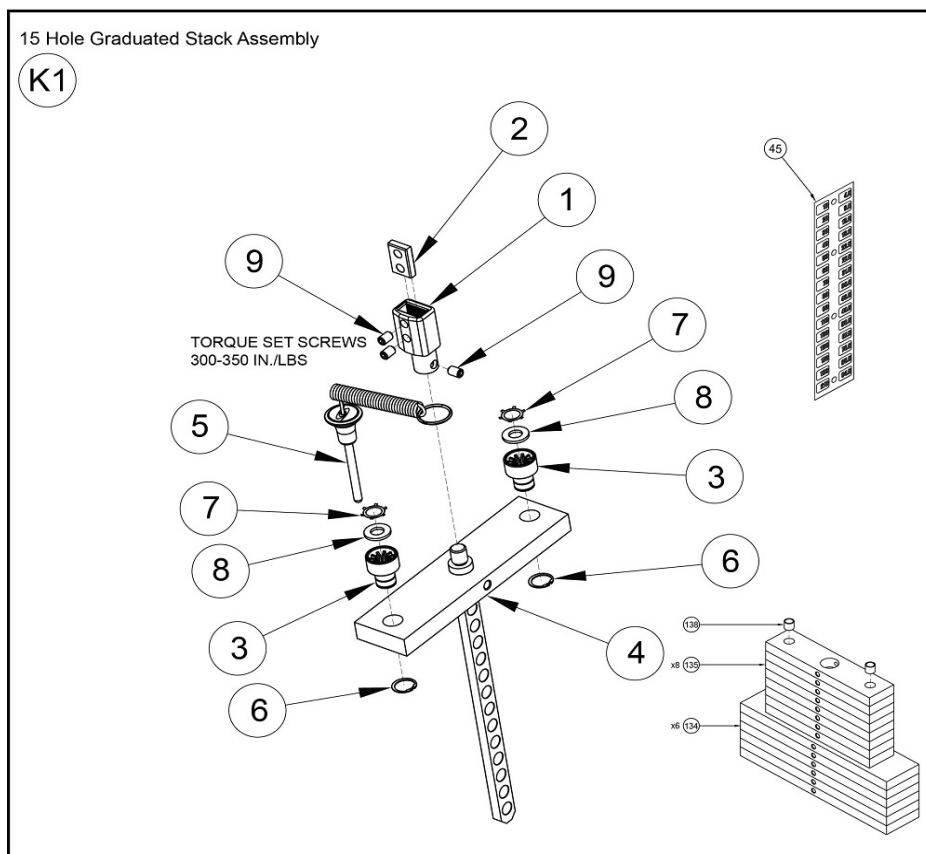
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT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

VR3 You Fit Custom ☐



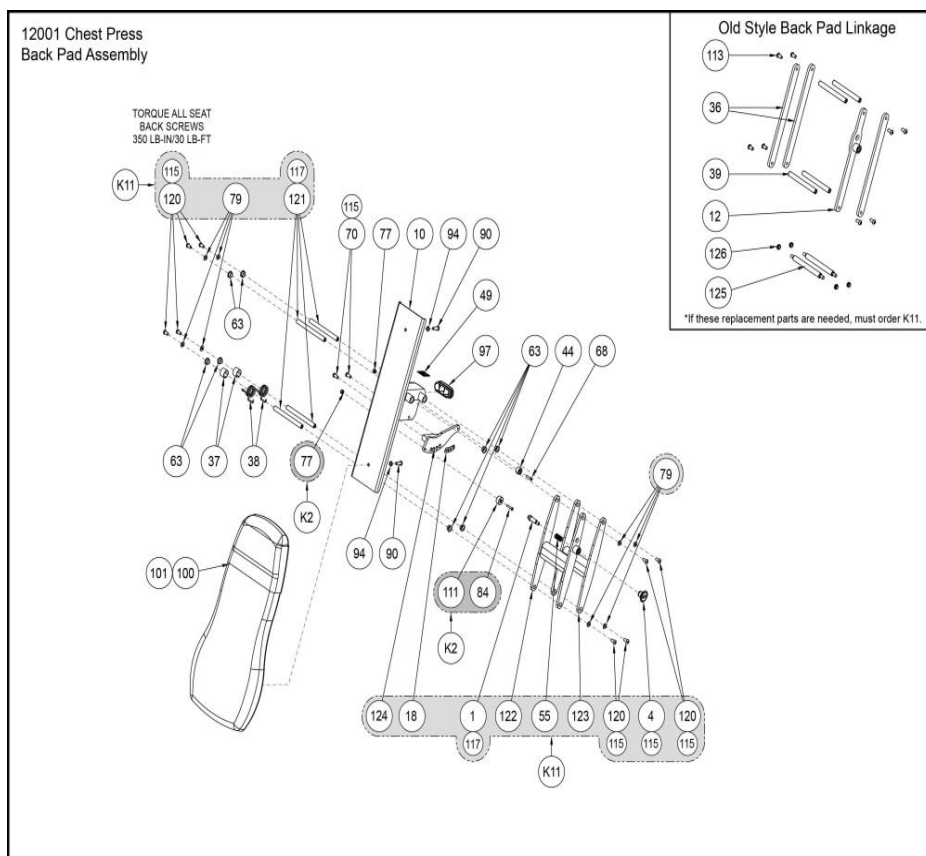
Ref #	Part Number	Qty	Description
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
2A	12000-399GY	1	PANEL INSERT, YOUFIT GREEN
2B	12000-399YP	1	PANEL INSERT, YOUFIT PURPLE
3	DE-60274	1	DECAL, YOUFIT PURPLE
4	DE-60275	1	DECAL, YOUFIT GREEN

VR3 - 15 Hole Graduated Stack Assembly



Ref #	Part Number	Qty	Description
K1	12301-007	1	Top Weight Assy 15
1	11040-216	1	P BELT CLAMP
2	11040-301	1	INSERT CLAMP BLOCK
3	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
4	4700-266	1	C Top WT 15-3X12
5	BH030207	1	PIN WEIGHT SELECTOR
6	BR030206	2	RETAINING RING
7	BR030220	2	RETAINING RING 1.250 INTERNAL
8	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
9	HY740000	3	SET SCREW
45	12301-552	1	DECAL, WT PLATE GRADUATED (10-210)
134	4000C101	8	C STACK WT 4X18
135	4700-337	8	C Stack Weight 10 lbs exact
138	FB130216	1	Bushing Weight Stack

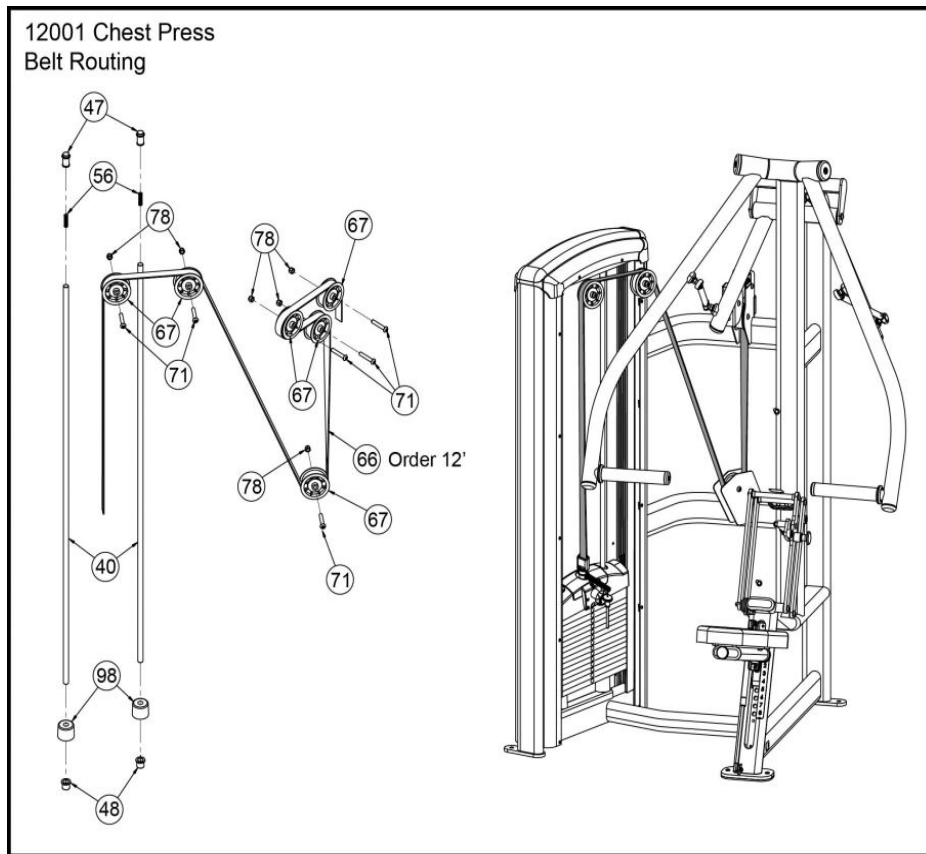
12001 Back pad Assembly



Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
K2	12001K002	1	KIT, BUMPER REPLACEMENT
4	11040-440	1	KNOB
10	12000-204	1	W SEAT BACK Custom
K11	12000K020	1	KIT, SEAT BAR LINKAGE Custom
12	12000-207	2	NLA: W DETENT LINK
13	12000-208	1	P DETENT PLATE
18	12000-340	1	DECAL SEAT ADJUST
36	12050-368	2	NLA: LINK SEAT MOUNT
37	12050-369	2	ENDCAP
38	12050-370	1	SPRING TORSION
39	12050-375	1	NLA: PIN PIVOT
44	12100-303	1	BUMPER
49	8500-025	1	DECAL CAUTION Custom
55	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
63	FB130205	7	BRG FLG .62 X .75 .38 LG
68	HC622817	1	SHCS .250-20 X 1.00
77	HN625200	2	LOCKNUT .250-20 NYLON HVY
79	HS347600	8	WASHER SAE .375
84	HX620420	1	BHSCS .250-20 X 1.250
90	JC700420	2	BHSCS .375-16 X 1.25
94	JS347400	2	LOCKWASHER INT TOOTH .375

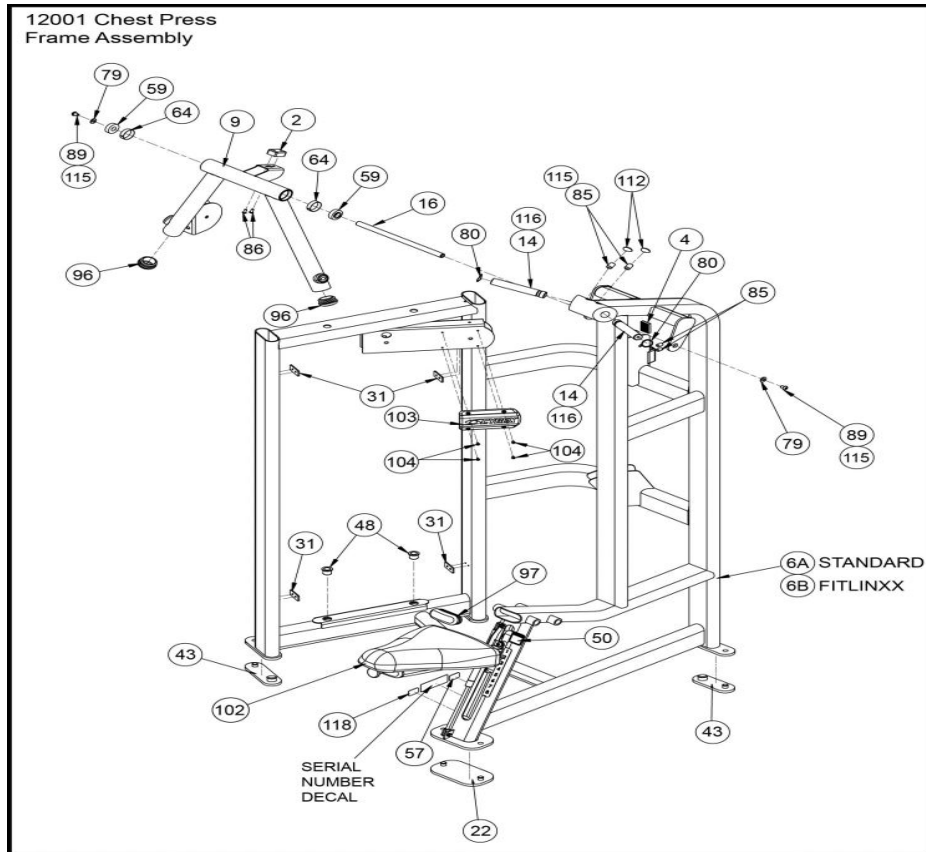
Ref #	Part Number	Qty	Description
97	PP130002	1	INSERT DOMED PLASTIC
100	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
101	4800-183	1	WEAR COVER SA 32in MOLDED Custom
111	12100-312	1	BUMPER
113	HC700417	2	BHSCS .375-16 X 1.00
120	HC700415	8	BHSCS .375-16 X .75
121	12000-480	4	PIN, PIVOT
122	12000-210	1	W DETENT LINK Custom
123	12000-211	1	W DETENT LINK Custom
124	12000-212	1	P DETENT PLATE
125	12600-305	1	NLA: PIVOT SHAFT
126	HN704902	1	LOCKNUT NYLON .375-16

12001 Belt Routing



Ref #	Part Number	Qty	Description
40	12060-350	2	WT ROD .625 DIA X 54.63
47	12210-347	2	CAP GUIDE ROD
48	12210-348	2	CAP GUIDE ROD
56	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
66	GB000202	1	BELT .95 WIDE
67	GP000209	6	PULLEY ASSEMBLY-3.50
71	HC700428	7	BHSCS .375-16 X 2.25
78	HN704901	6	LOCKNUT .375-16 NYLON
98	PR060005	2	BUMPER WEIGHT

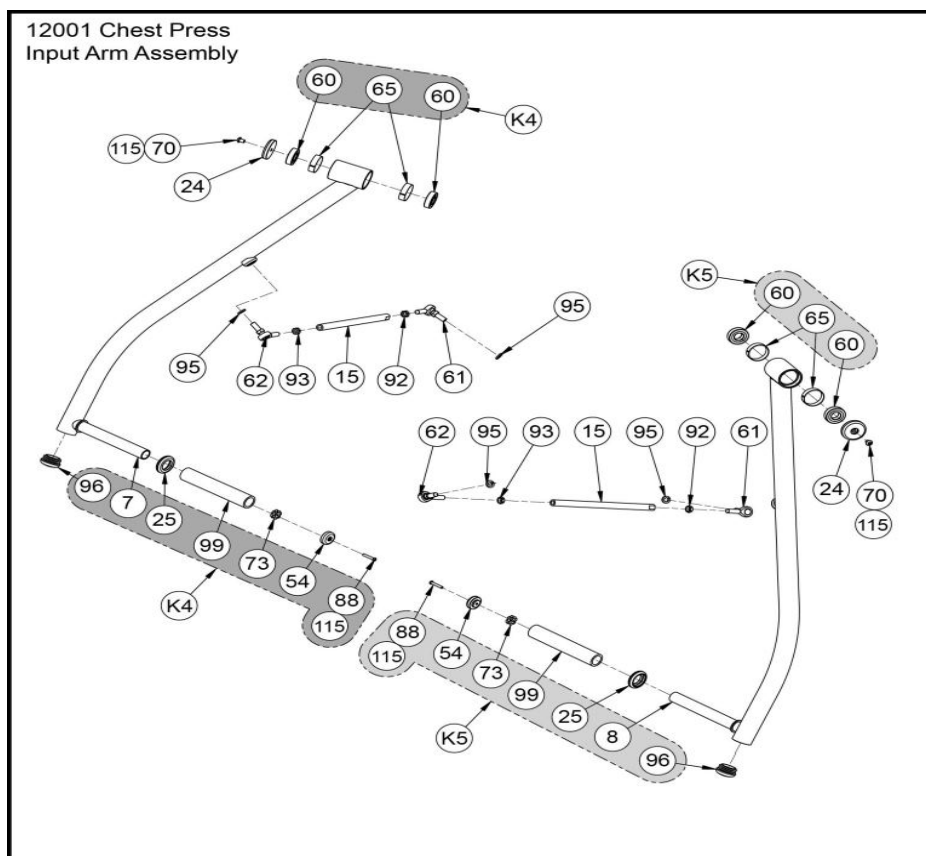
12001 Frame Assembly



Ref #	Part Number	Qty	Description
2	11000-384	2	BLOCK STOP
4	11040-440	1	KNOB
6B	12009-200	1	W Main Frame Custom
6A	12001-200	1	W Main Frame Custom
9	12000-203	2	W ARM LINKAGE Custom
14	12000-307	2	PIN PIVOT
16	12000-337	1	SHAFT PIVOT
22	12000-345	1	FOOT PAD 4.00 X 7.00
31	12000-398	4	SPACER
43	12090-322	3	PAD FOOT
48	12210-348	2	CAP GUIDE ROD
50	4520-362	1	DECAL SEAT CAUTION Custom
57	CM000211	1	DECAL PATENT
59	FB030232	3	BRG RADIAL 17MM ID EXT RACE
64	FC030006	3	TOLERANCE RING 1.575 ID
79	HS347600	2	WASHER SAE .375
80	HS477100	2	WASHER SPRING 1.050X1.271X.100
85	HY740000	4	SET SCREW
86	JC620412	2	BHSCS .250-20 X .50
89	JC700412	2	BHSCS .375-16 X .50
96	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
97	PP130002	1	INSERT DOMED PLASTIC

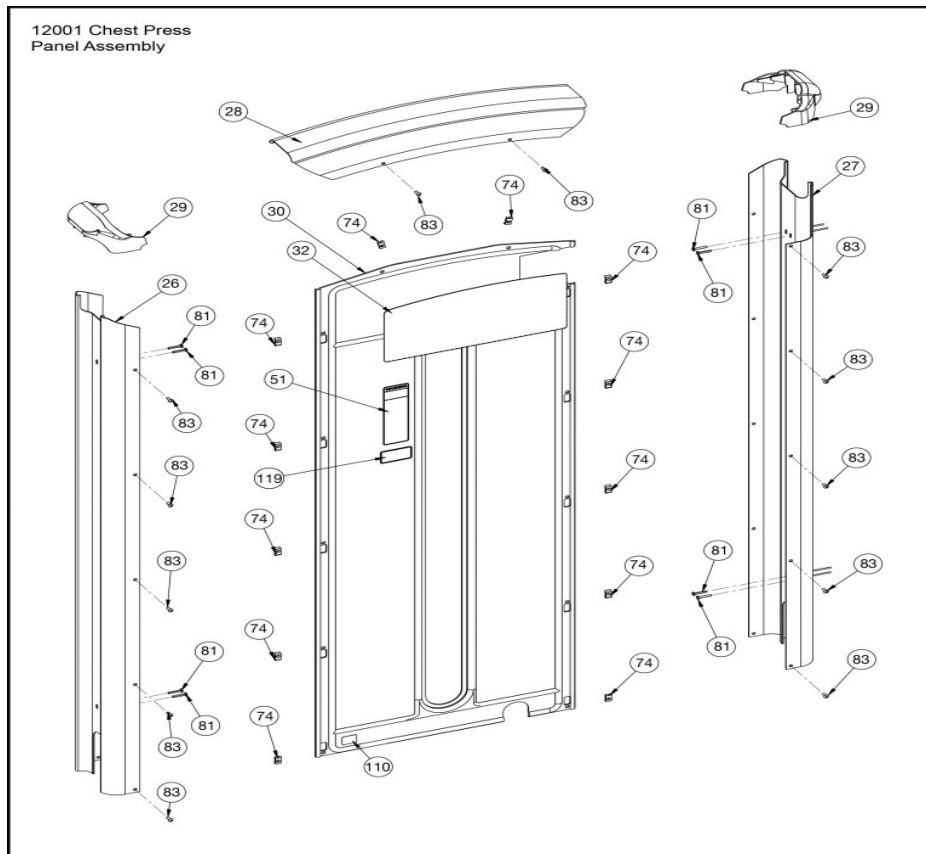
Ref #	Part Number	Qty	Description
102	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
103	12000-467	1	PULLEY COVER
104	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
112	DE-60261	2	PLUG, W/CUT, HOLE
118	CM000261	1	DECAL, CAPACITY

12001 Input Arm Assembly



Ref #	Part Number	Qty	Description
K4	12000K015	2	KIT ARM RH Custom
K5	12000K016	2	KIT ARM LH
7	12000-201	1	W ARM RH Custom
8	12000-202	1	W ARM LH Custom
15	12000-333	2	ROD TIE
24	12000-368	3	END CAP
25	12000-369	2	RING HANDLE GRIP
54	610A-350	2	END CAP
60	FB030247	4	BEARING RADIAL 25MM EXTENDED RACE
61	FB030250	2	BEARING ROD END MALE .500-20RH
62	FB030251	2	BEARING ROD END MALE .500-20LH
65	FC030007	4	TOLERANCE RING 2.047 ID
70	HC700416	3	BHSCS .375-16 X .875
73	HF449064	2	INSERT 1.12 X .250-20 UNC
88	JC620422	2	BHSCS .250-20 X 1.50
92	JN794400	2	JAM NUT .500-20
93	JN794401	2	NUT JAM .500-20LH
95	JS388300	4	LOCKWASHER SPLIT .500
96	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
99	12000-350	2	GRIP 8.75

12001 Panel Assembly



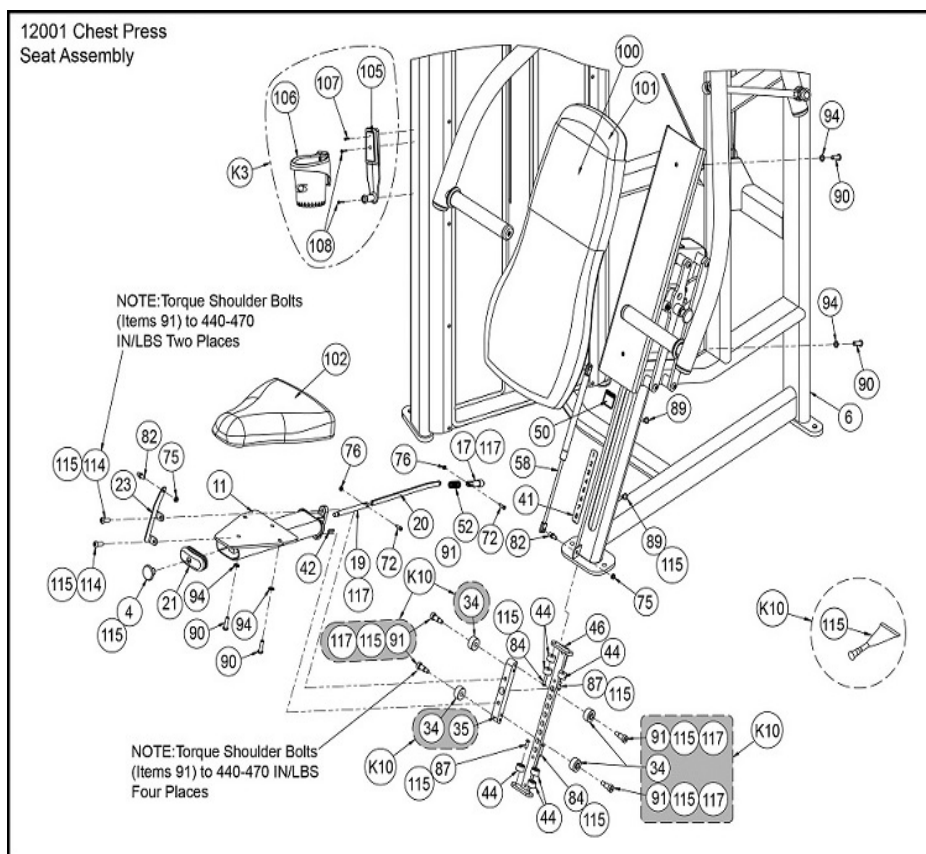
Ref #	Part Number	Qty	Description
26	12000-392	1	CHANNEL INCREMENT WEIGHT
27	12000-393	1	CHANNEL INCREMENT WEIGHT
28	12000-395	1	CAP TOP
29	12000-396	2	END CAP
30	12000-420	1	Insert Panel
32	12000-598	1	Placard VR3 Chest Press
51	DE000001	1	Decal Warning Custom
74	HF579000	12	PANEL FASTENER 10-24 U TYPE
81	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
83	HX570412	12	BHSCS 10-24 X .50 SS
110	11040-790	1	NLA: DECAL, MADE IN THE USA
119	DE000005	1	Decal Caution Custom

12001 Parts Not Shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K9	12000K019	1	Kit Hardware VR3

12001 Seat Assembly



Ref #	Part Number	Qty	Description
K3	12000K017	1	Kit Water Bottle Holder
4	11040-440	1	KNOB
6	12001-200	1	W Main Frame Custom
11	12000-205	1	W SEAT BOTTOM Custom
17	12000-339	1	PIN DETENT
19	12000-342	1	PIN DETENT
20	12000-343	1	LINKAGE BAR
21	12000-346	1	INSERT, PLASTIC
23	12000-353	1	MOUNT GAS SPRING
34,35,K10	12000K012	10	KIT. ROLLER ASSEMBLY
41	12070-329	1	DECAL ADJUSTING
42	12070-394	1	DECAL INDICATOR
44	12100-303	6	BUMPER
46	12190-208	1	P DETENT BAR
50	4520-362	1	DECAL SEAT CAUTION Custom
52	4715-346	1	COM SPRING .72 X 1.50 LG
58	EZ000008	1	GAS SPRING 100N
72	HD303312	2	S BOLT .250 X .500 .190-10-24
75	HN-60065	1	NUT SELF-LOCKING 5-16-18 B-ZN
76	HN575100	2	LOCKNUT .190-NO 10-24
82	HX-60184	2	BALL,STUD,5/16 -18X10MM
84	HX620420	1	BHSCS .250-20 X 1.250

Ref #	Part Number	Qty	Description
87	JC620415	2	BHSCS .250-20 X .75
89	JC700412	2	BHSCS .375-16 X .50
90	JC700420	3	BHSCS .375-16 X 1.25
91	JD383315	5	S BOLT .500 X .75 .375-16
94	JS347400	4	LOCKWASHER INT TOOTH .375
100	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
101	4800-183	1	WEAR COVER SA 32in MOLDED Custom
102	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
105	13000-402	1	Mount Water Bottle Holder
106	13000-400	1	Holder Water Bottle
107	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
108	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
114	JC702820	1	SHCS .375-16 X 1.25

