

VR3 OVERHEAD PRESS

12310-01

Parts Manual

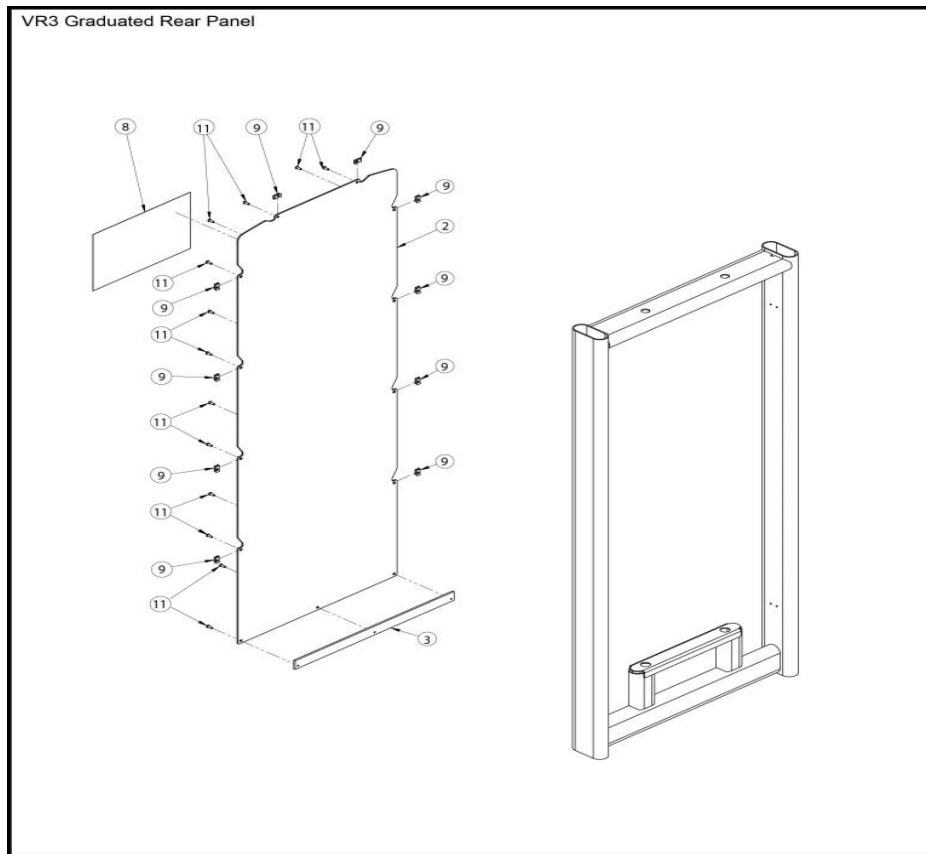
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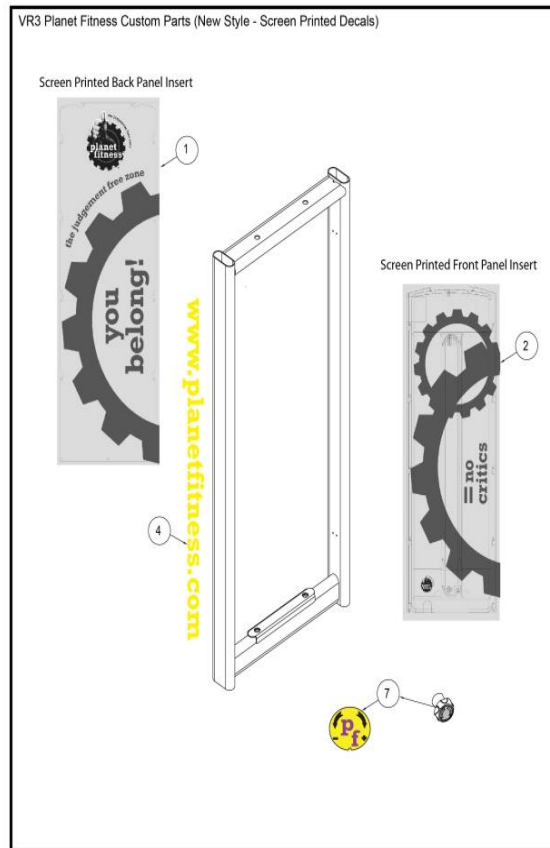
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VR3 Graduated Back Panel (12000-375)



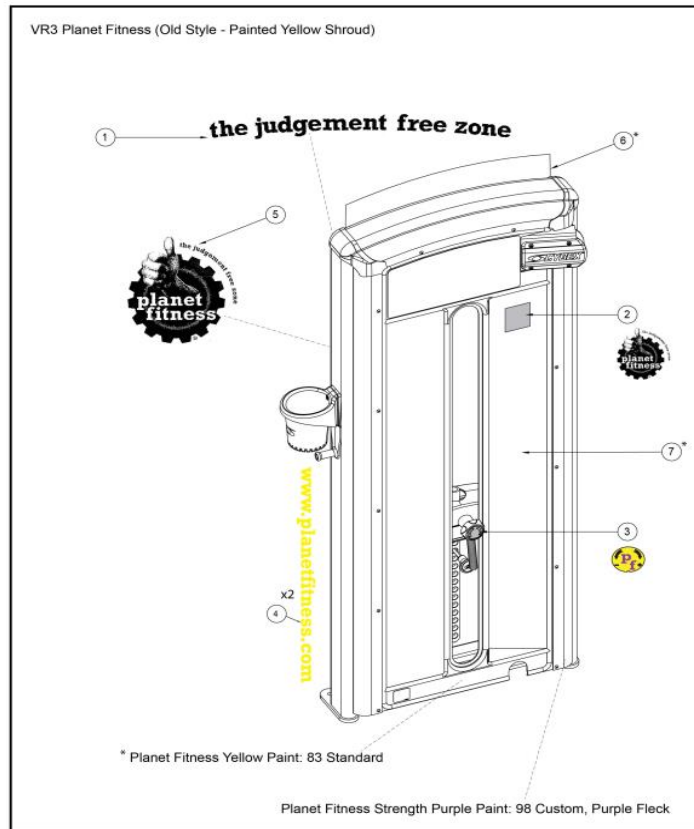
Ref #	Part Number	Qty	Description
2	12000-375	1	PANEL INSERT
3	12000-378	1	SUPPORT
8	3900-441	1	DECAL CYBEX VER BLACK
9	HF579000	10	PANEL FASTENER 10-24 U TYPE
11	HX570412	13	BHSCS 10-24 X .50 SS

VR3 Planet Fitness Custom (New Style)



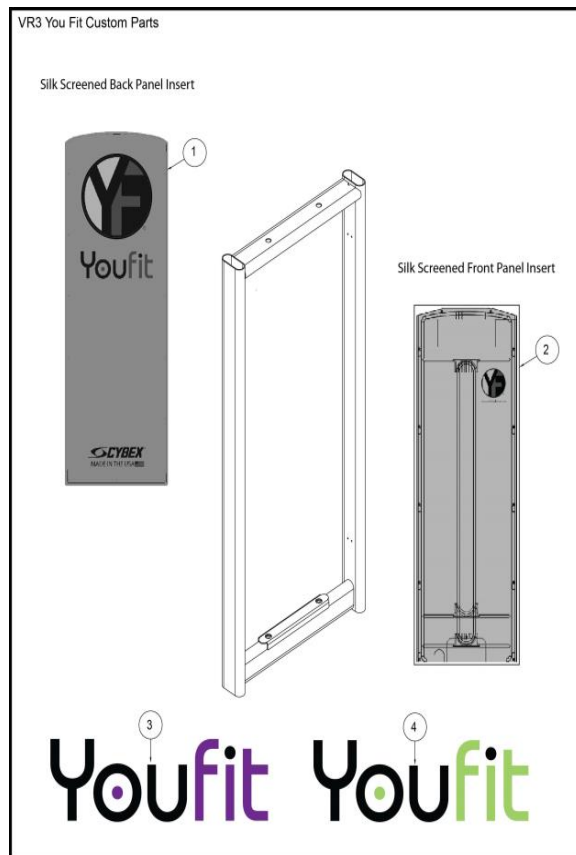
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

VR3 Planet Fitness Custom (Old Style) □



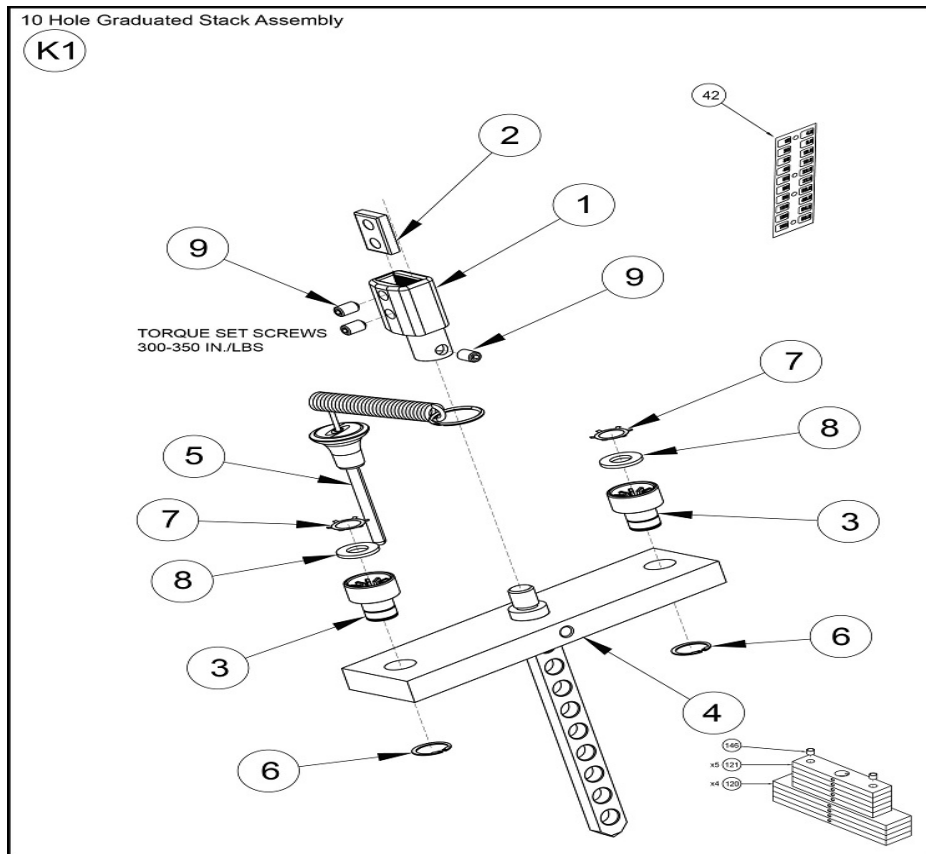
Ref #	Part Number	Qty	Description
1	DE-60232	1	DECAL JUDGEMENT FREE ZONE
2	DE-60233	1	DECAL THUMBS UP 3 INCH PLANET FITNESS
3	DE-60231	1	DECAL ROTATION PLANET FITNESS
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
5	DE-60235	1	DECAL THUMBS UP 13 INCH PLANET FITNESS
6	12000-375Y	1	BACK PANEL INSERT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

VR3 You Fit Custom ☐



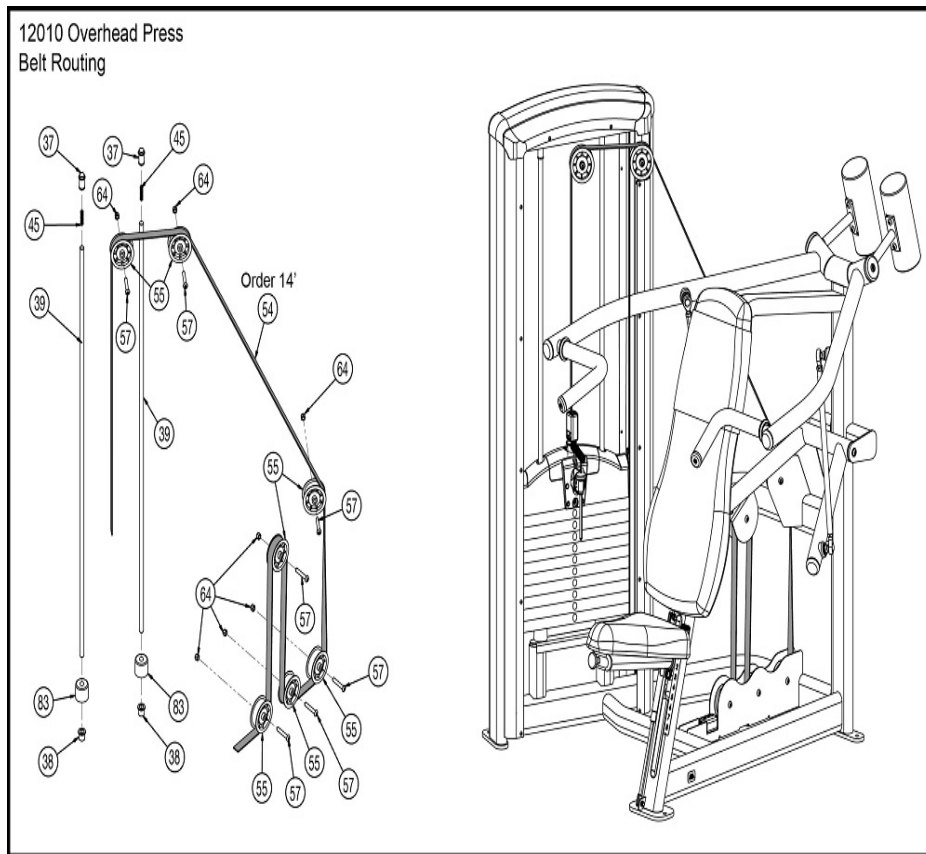
Ref #	Part Number	Qty	Description
1A	12000-375GY	1	BACK PANEL INSERT, YOUFIT GREEN
1D	12000-375YP	1	BACK PANEL INSERT, YOUFIT PURPLE
1C	12000-375PY	1	BACK PANEL INSERT, YOUFIT PURPLE
1B	12000-375YG	1	BACK PANEL INSERT, YOUFIT GREEN
2A	12000-399GY	1	PANEL INSERT, YOUFIT GREEN
2B	12000-399YP	1	PANEL INSERT,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

VR3 - 10 Hole Graduated Stack Assembly



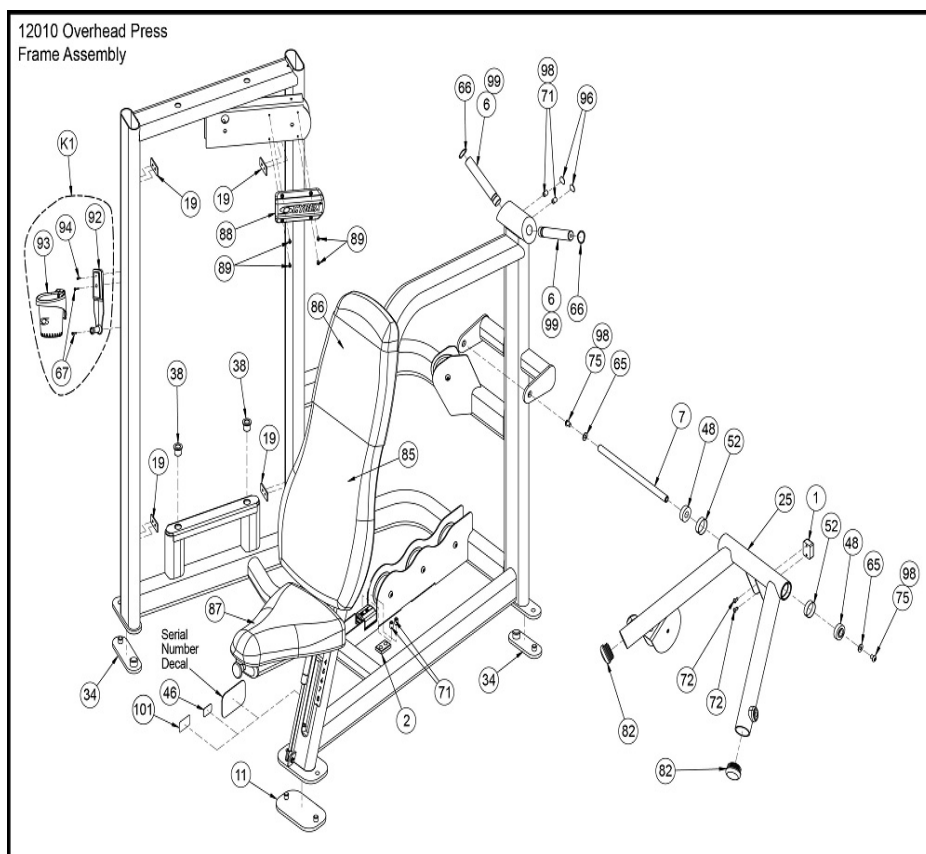
Ref #	Part Number	Qty	Description
1	11040-216	1	P BELT CLAMP
K1	12301-006	1	Top Weight Assy 10
2	11040-301	1	INSERT CLAMP BLOCK
3	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
4	4700-265	1	C Top WT 10-3X12
5	BH030207	1	PIN WEIGHT SELECTOR
6	BR030206	2	RETAINING RING
7	BR030220	2	RETAINING RING 1.250 INTERNAL
8	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
9	HY740000	3	SET SCREW
42	12301-551	1	DECAL, WT PLATE GRADUATED (10-140)
120	4000C101	4	C STACK WT 4X18
121	4700-337	5	C Stack Weight 10 lbs exact
146	FB130216	2	Bushing Weight Stack

12010 Belt Routing



Ref #	Part Number	Qty	Description
37	12210-347	2	CAP GUIDE ROD
38	12210-348	2	CAP GUIDE ROD
39	12210-350	2	WT ROD .625 DIA X 49.53
45	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
54	GB000202	1	BELT .95 WIDE
55	GP000209	7	PULLEY ASSEMBLY-3.50
57	HC700428	7	BHSCS .375-16 X 2.25
64	HN704901	7	LOCKNUT .375-16 NYLON
83	PR060005	2	BUMPER WEIGHT

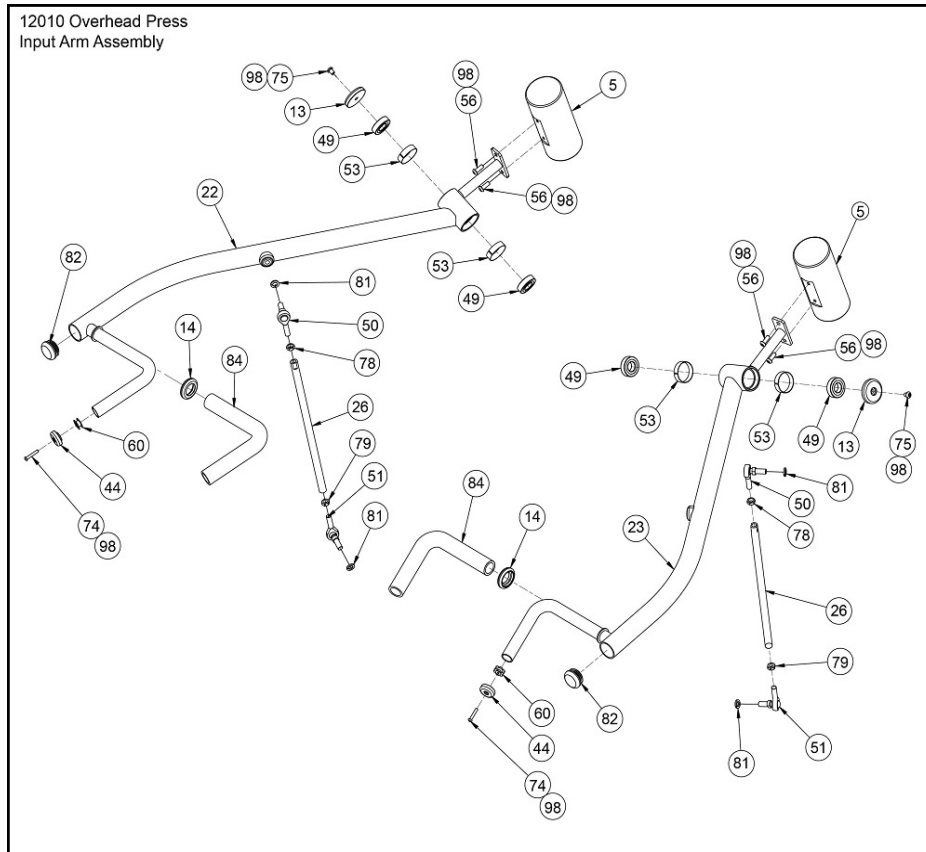
12010 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
1	11000-384	1	BLOCK STOP
2	11040-301	1	INSERT CLAMP BLOCK
6	12000-307	2	PIN PIVOT
7	12000-337	1	SHAFT PIVOT
11	12000-345	1	FOOT PAD 4.00 X 7.00
19	12000-398	4	SPACER
25	12010-204	1	W ARM LINKAGE Custom
34	12090-322	2	PAD FOOT
38	12210-348	2	CAP GUIDE ROD
46	CM000211	1	DECAL PATENT
48	FB030232	2	BRG RADIAL 17MM ID EXT RACE
52	FC030006	2	TOLERANCE RING 1.575 ID
65	HS347600	2	WASHER SAE .375
66	HS477100	2	WASHER SPRING 1.050X1.271X.100
67	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
71	HY740000	4	SET SCREW
72	JC620412	2	BHSCS .250-20 X .50
75	JC700412	2	BHSCS .375-16 X .50
82	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
85	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
86	4800-183	1	WEAR COVER SA 32in MOLDED Custom

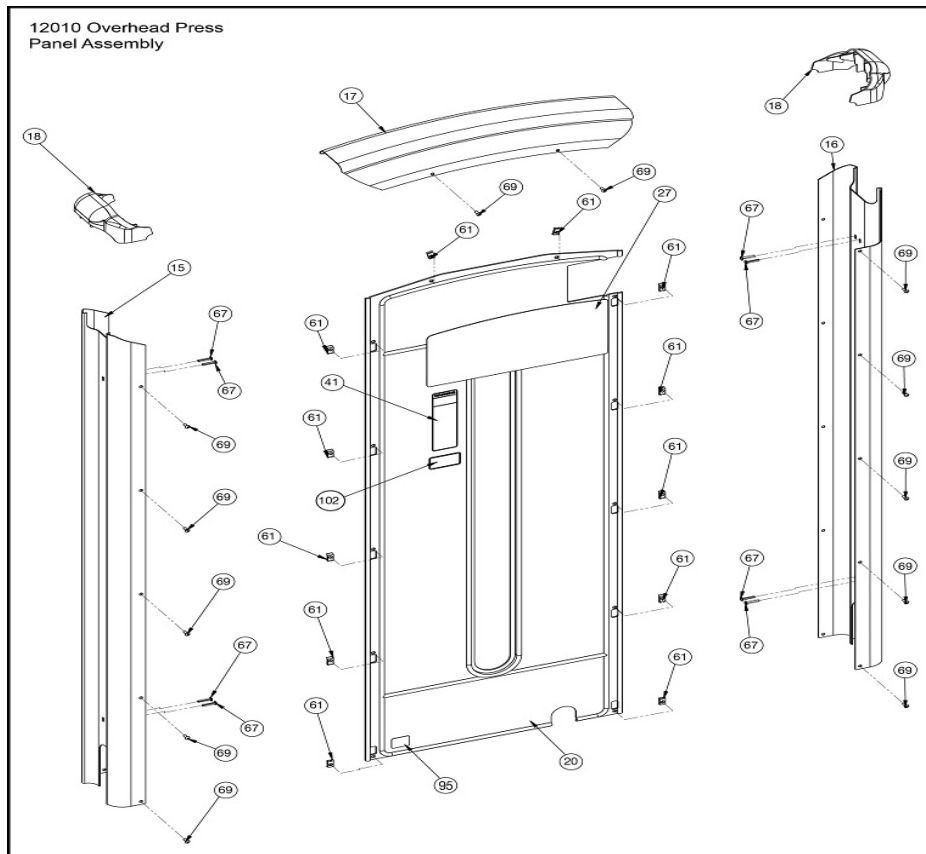
Ref #	Part Number	Qty	Description
87	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
88	12000-467	1	PULLEY COVER
89	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
92	13000-402	1	Mount Water Bottle Holder
93	13000-400	1	Holder Water Bottle
94	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
96	DE-60261	2	PLUG, W/CUT, HOLE
101	CM000260	1	DECAL, CAPACITY

12010 Input Arm Assembly



Ref #	Part Number	Qty	Description
5	11100-363	1	C/COUNTERWEIGHT
13	12000-368	2	END CAP
14	12000-369	2	RING HANDLE GRIP
22	12010-201	1	INPUT ARM RH Custom
23	12010-202	1	INPUT ARM LH Custom
26	12010-319	2	TIE ROD
44	610A-350	2	END CAP
49	FB030247	4	BEARING RADIAL 25MM EXTENDED RACE
50	FB030250	2	BEARING ROD END MALE .500-20RH
51	FB030251	2	BEARING ROD END MALE .500-20LH
53	FC030007	4	TOLERANCE RING 2.047 ID
56	HC700417	4	BHSCS .375-16 X 1.00
60	HF449064	2	INSERT 1.12 X .250-20 UNC
74	JC620422	2	BHSCS .250-20 X 1.50
75	JC700412	2	BHSCS .375-16 X .50
78	JN794400	2	JAM NUT .500-20
79	JN794401	2	NUT JAM .500-20LH
81	JS388300	2	LOCKWASHER SPLIT .500
82	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
84	12010-320	2	GRIP 15.50

12010 Panel Assembly



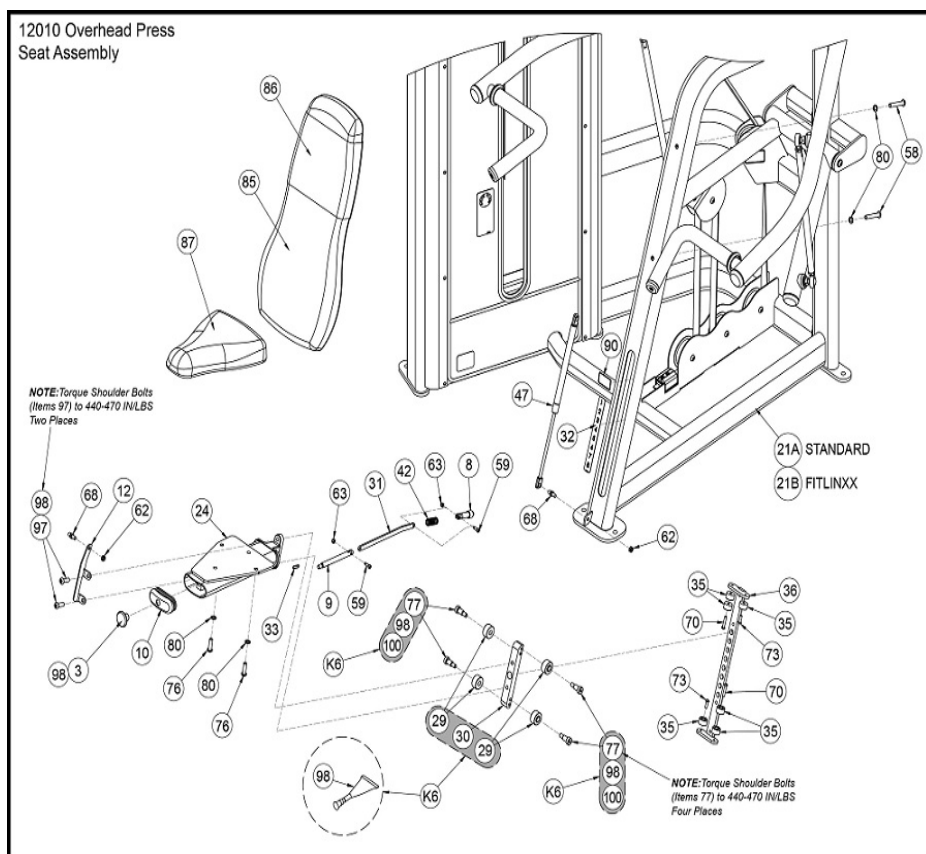
Ref #	Part Number	Qty	Description
15	12000-392	1	CHANNEL INCREMENT WEIGHT
16	12000-393	1	CHANNEL INCREMENT WEIGHT
17	12000-395	1	CAP TOP
18	12000-396	2	END CAP
20	12000-401	1	PANEL INSERT
27	12010-598	1	Plac VR3 Overhead Press
41	DE000001	1	Decal Warning Custom
61	HF579000	12	PANEL FASTENER 10-24 U TYPE
67	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
69	HX570412	12	BHSCS 10-24 X .50 SS
95	11040-790	1	NLA: DECAL, MADE IN THE USA
102	DE000005	1	Decal Caution Custom

12010 Parts Not Shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K5	12000K019	1	Kit Hardware VR3

12010 Seat Assembly



Ref #	Part Number	Qty	Description
3	11040-440	1	KNOB
8	12000-339	1	PIN DETENT
9	12000-342	1	PIN DETENT
10	12000-346	1	INSERT, PLASTIC
12	12000-353	1	MOUNT GAS SPRING
21A	12010-200	1	W MAIN FRAME Custom
21B	12018-200	1	W MAIN FRAME Custom
24	12010-203	1	W SEAT BOTTOM Custom
29,30,K6	12000K012	8	KIT. ROLLER ASSEMBLY
31	12070-327	1	BAR LINKAGE
32	12070-329	1	DECAL ADJUSTING
33	12070-394	1	DECAL INDICATOR
35	12100-303	6	BUMPER
36	12190-208	1	P DETENT BAR
42	4715-346	1	COM SPRING .72 X 1.50 LG
47	EZ000008	1	GAS SPRING 100N
58	HC700430	2	BHSCS .375-16 X 2.50
59	HD303312	2	S BOLT .250 X .500 .190-10-24
62	HN-60065	2	NUT SELF-LOCKING 5-16-18 B-ZN
63	HN575100	2	LOCKNUT .190-NO 10-24
68	HX-60184	2	BALL,STUD,5/16 -18X10MM
70	HX620420	2	BHSCS .250-20 X 1.250

Ref #	Part Number	Qty	Description
73	JC620415	2	BHSCS .250-20 X .75
76	JC700420	2	BHSCS .375-16 X 1.25
77	JD383315	2	S BOLT .500 X .75 .375-16
80	JS347400	4	LOCKWASHER INT TOOTH .375
85	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
86	4800-183	1	WEAR COVER SA 32in MOLDED Custom
87	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
90	4520-362	1	DECAL SEAT CAUTION Custom
97	JC702820	2	SHCS .375-16 X 1.25

