

# Vr3 Chest Press Sbm V02

12402-01

## Parts Manual

1/5/2019 2:33:47 AM

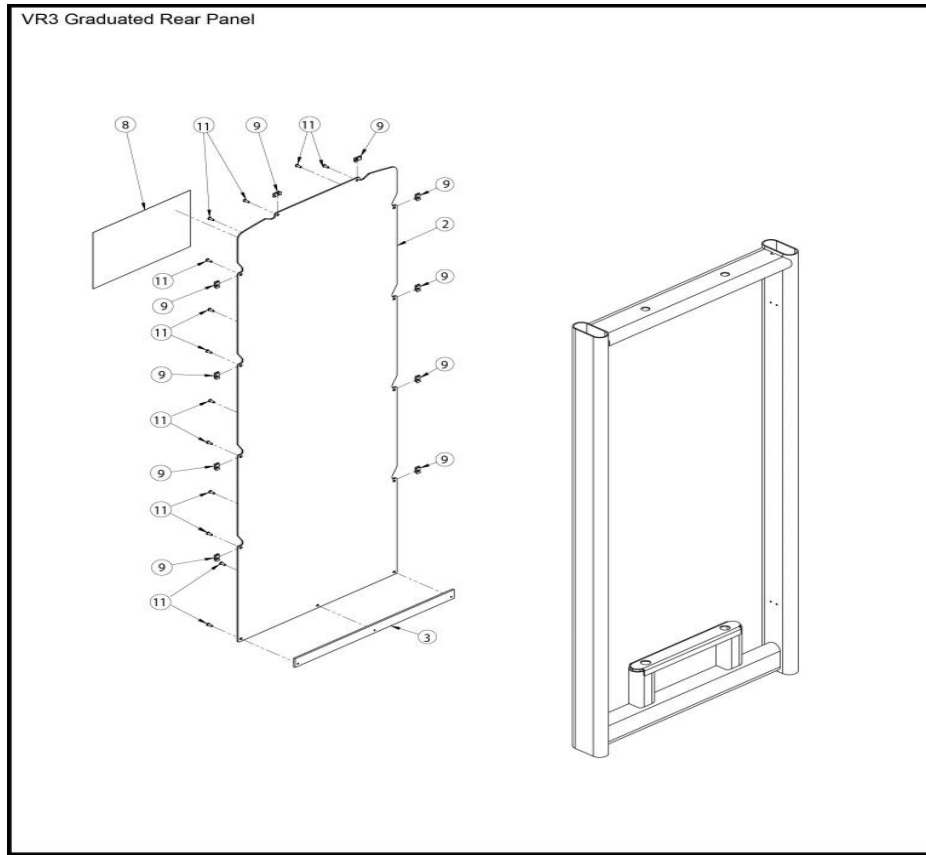


**Table of Contents**

---

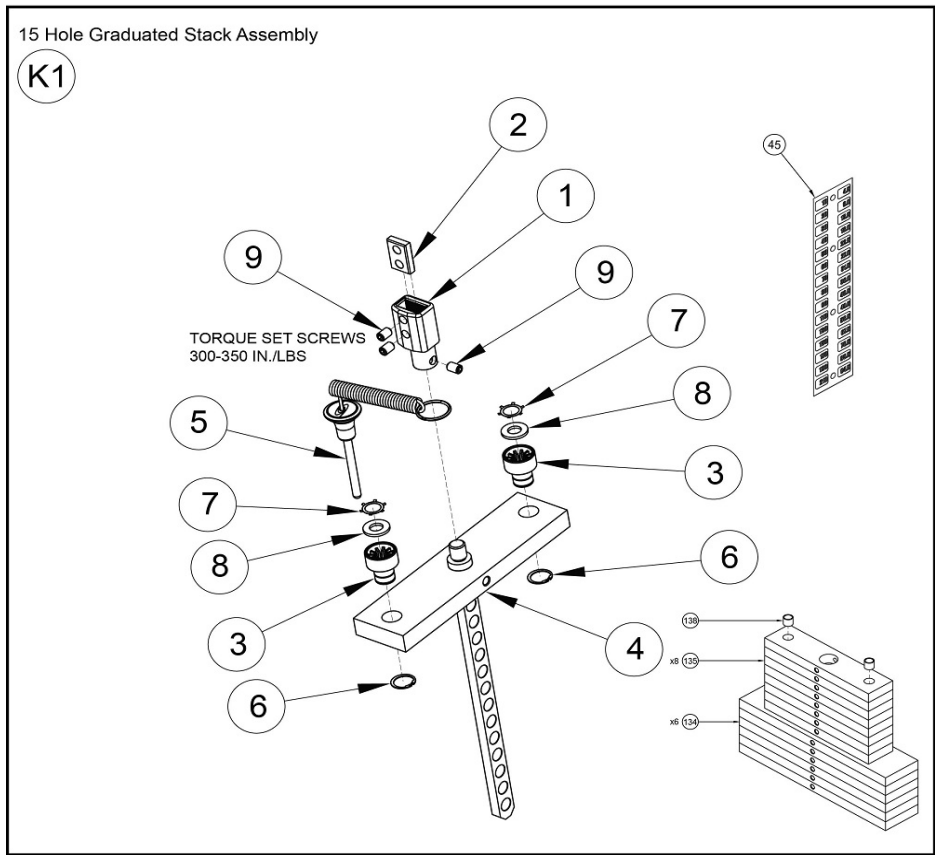
<a href="#">VR3 Graduated Back Panel (12000-375)</a> .....	3
<a href="#">VR3 - 15 Hole Graduated Stack Assembly</a> .....	4
<a href="#">12100 Belt Routing</a> .....	5
<a href="#">12100 Foot Rest Assembly</a> .....	6
<a href="#">12100 Frame Assembly</a> .....	7
<a href="#">12100 Panel Assembly</a> .....	9
<a href="#">12100 Parts Not Shown</a> .....	10
<a href="#">12102 Cam Assembly Total RLD</a> .....	11
<a href="#">12200, 12210, 12500, 12510 Planet Shrouds with 12000-375 (New Style)</a> .....	13
<a href="#">12200, 12210, 12500, 12510 Planet Shrouds with 12000-375 (Old Style)</a> .....	14
<a href="#">12200, 12210, 12500, 12510 You Fit Shrouds with 12000-375</a> .....	15

## VR3 Graduated Back Panel (12000-375)



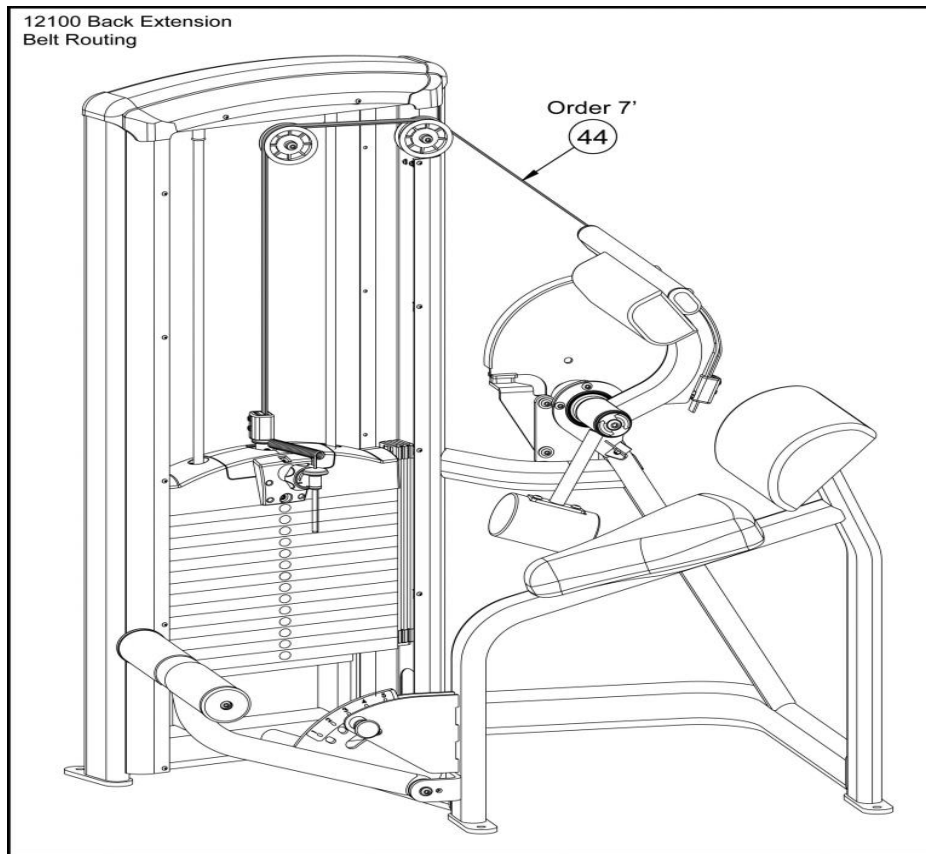
Ref #	Part Number	Qty	Description
2	12000-375	1	PANEL INSERT
3	12000-378	1	SUPPORT
8	3900-441	1	DECAL CYBEX VER BLACK
9	HF579000	10	PANEL FASTENER 10-24 U TYPE
11	HX570412	13	BHSCS 10-24 X .50 SS

# VR3 - 15 Hole Graduated Stack Assembly



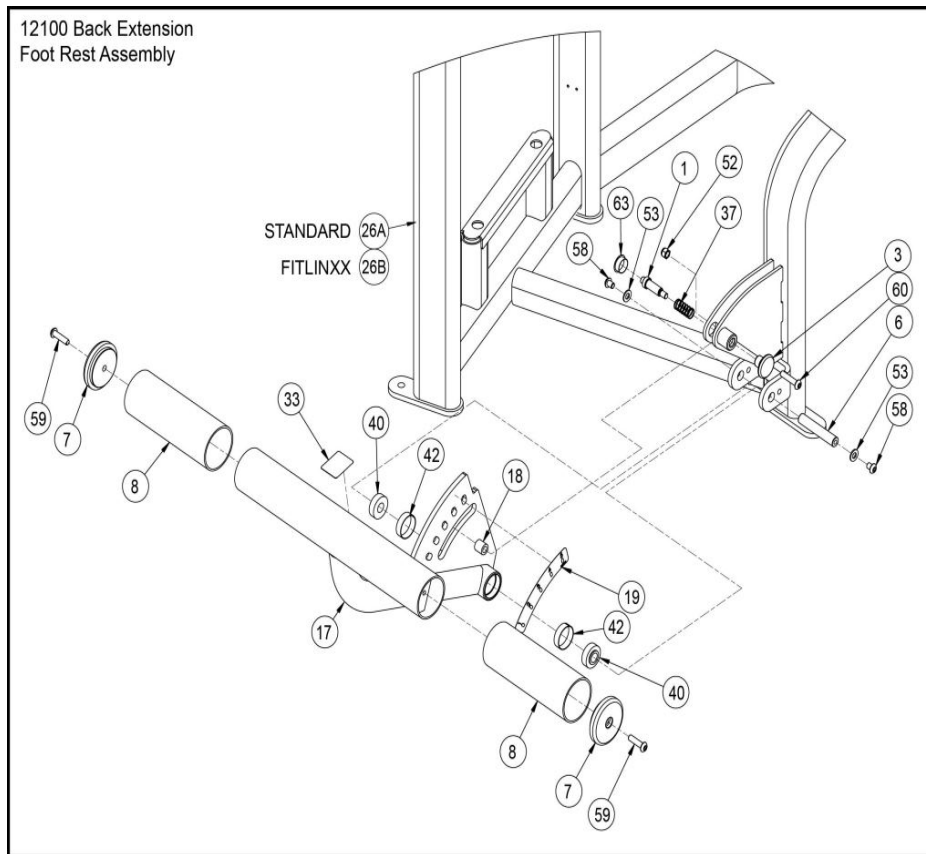
Ref #	Part Number	Qty	Description
K1	12301-007	1	Top Weight Assy 15
1	11040-216	1	P BELT CLAMP
2	11040-301	1	INSERT CLAMP BLOCK
3	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
4	4700-266	1	C Top WT 15-3X12
5	BH030207	1	PIN WEIGHT SELECTOR
6	BR030206	2	RETAINING RING
7	BR030220	2	RETAINING RING 1.250 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

# 12100 Belt Routing



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

# 12100 Foot Rest Assembly

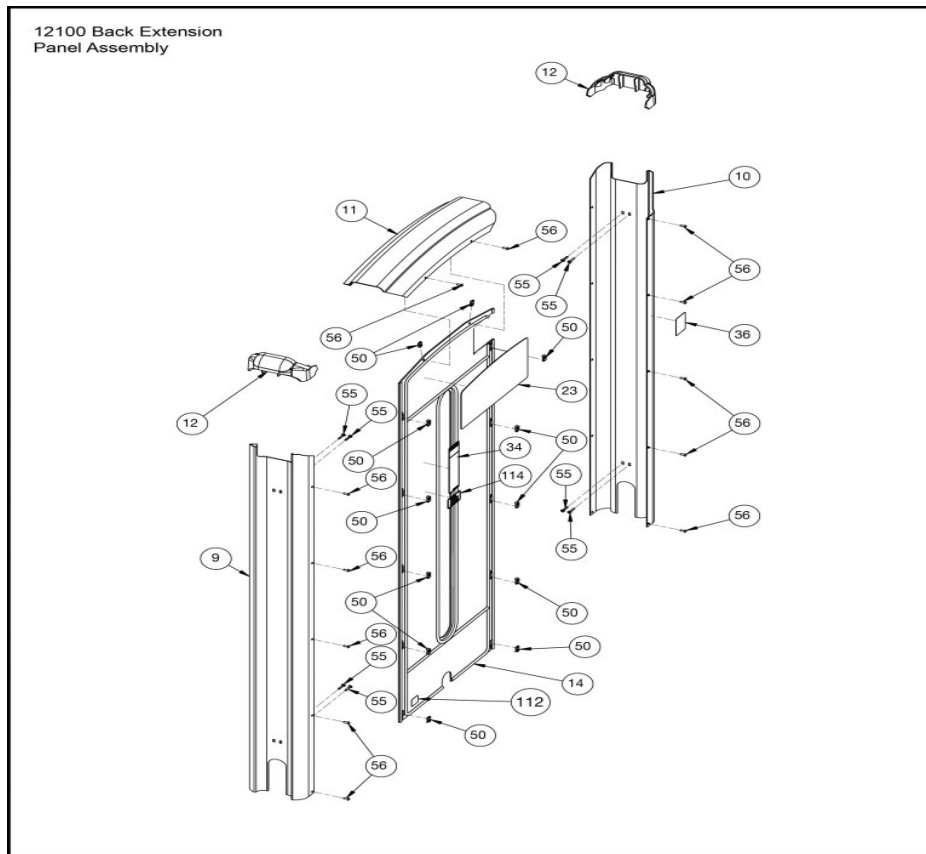


Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
3	11040-440	1	KNOB
6	11080-337	1	SHAFT PIVOT
7	11090-398	2	END CAP
8	11090-400	2	GRIP 8.75
17	12090-202	1	W FOOT REST Custom
18	12090-306	1	SPACER
19	12090-312	1	DECAL FOOT REST ADJUST
26B	12108-200	1	W MAIN FRAME Custom
26A	12102-200	1	W FRAME Custom
33	8500-025	1	DECAL CAUTION Custom
37	BS070201	2	COM SPRING .56 ID X .66 OD X 1.50 LG
40	FB030232	2	BRG RADIAL 17MM ID EXT RACE
42	FC030006	2	TOLERANCE RING 1.575 ID
52	HN704901	1	LOCKNUT .375-16 NYLON
53	HS347600	2	WASHER SAE .375
58	JC700412	3	BHSCS .375-16 X .50
59	JC700422	2	BHSCS .375-16 X 1.50
60	JC700424	1	BHSCS .375-16 X 1.75
63	PN660200	2	INSERT PLASTIC 1.00 DIA-11 GA



<b>Ref #</b>	<b>Part Number</b>	<b>Qty</b>	<b>Description</b>
98	4800-127	1	COVERED CUSHION SA CONTOUR 9 X 14 Custom
99	4800-130	1	WEAR COVER SA CONTOUR 9 X 14 Custom
100	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
101	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
102	12000-467	1	PULLEY COVER
104	13000-402	1	Mount Water Bottle Holder
105	13000-400	1	Holder Water Bottle
106	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
109	JC700420	2	BHSCS .375-16 X 1.25
113	CM000261	1	DECAL, CAPACITY

# 12100 Panel Assembly



Ref #	Part Number	Qty	Description
9	12000-392	1	CHANNEL INCREMENT WEIGHT
10	12000-393	1	CHANNEL INCREMENT WEIGHT
11	12000-395	2	CAP TOP
12	12000-396	2	END CAP
14	12000-407	1	PANEL INSERT
23	12100-598	1	Placard VR3 Back Ext
34	DE000001	1	Decal Warning Custom
50	HF579000	11	PANEL FASTENER 10-24 U TYPE
55	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
56	HX570412	12	BHSCS 10-24 X .50 SS
112	11040-790	1	NLA: DECAL, MADE IN THE USA
114	DE000005	2	Decal Caution Custom

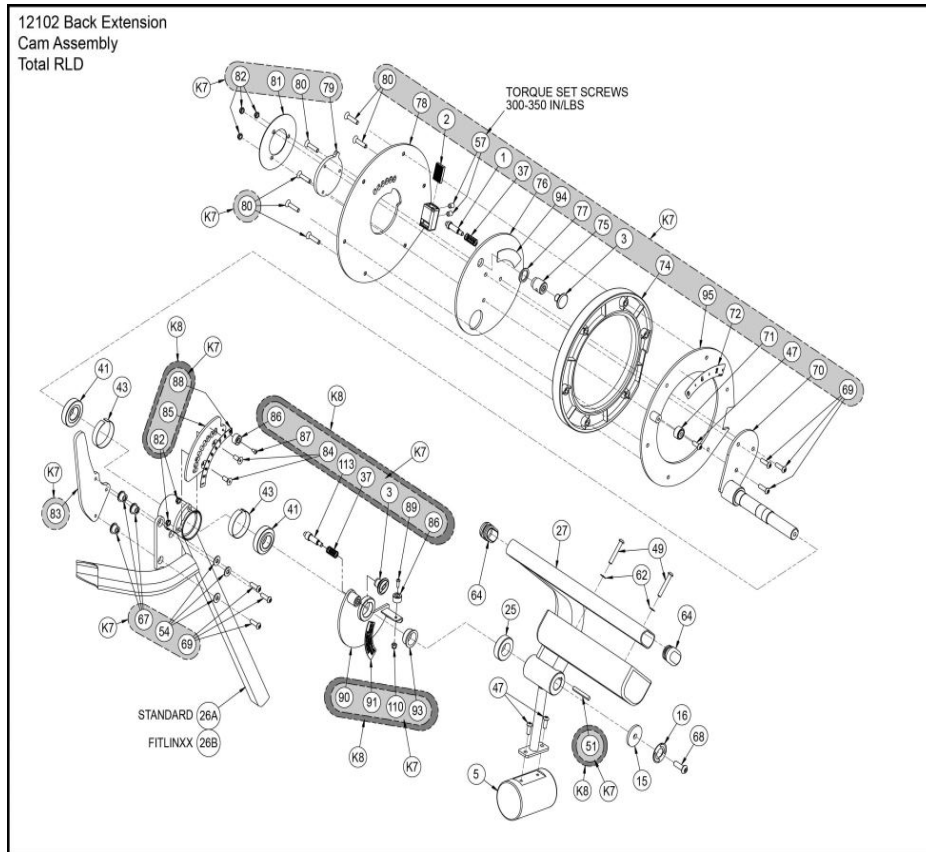
## 12100 Parts Not Shown

---



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

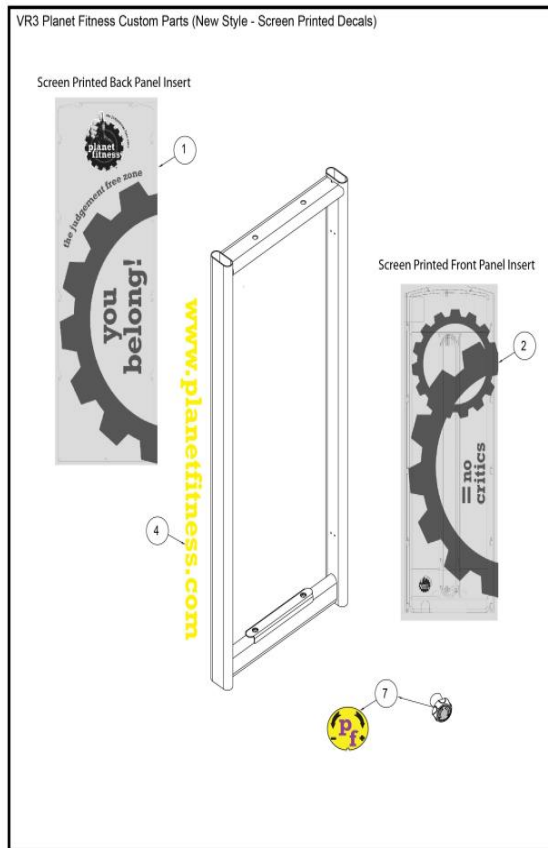
# 12102 Cam Assembly Total RLD



Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
2	11040-301	1	INSERT CLAMP BLOCK
3	11040-440	3	KNOB
5	11070-332	1	C COUNTERWEIGHT
K7	12100K003	8	KIT NON TO TOTAL RLD
K8	12100K004	3	KIT START TO TOTAL RLD
15	12050-343	1	WASHER
16	12050-355	1	DECAL ROTATION
26B	12108-200	1	W MAIN FRAME Custom
26A	12102-200	1	W FRAME Custom
27	12102-204	1	W INPUT ARM Custom
37	BS070201	2	COM SPRING .56 ID X .66 OD X 1.50 LG
41	FB030249	1	BEARING RADIAL 35MM EXT RACE
43	FC030009	1	TOLERANCE RING 72MM
47	HC700417	3	BHSCS .375-16 X 1.00
49	HC700430	2	BHSCS .375-16 X 2.50
51	HH320030	1	KEY .313 SQ X 2.50
54	HS347700	3	WASHER USS .375
57	HY740000	2	SET SCREW
62	JS347400	2	LOCKWASHER INT TOOTH .375
64	PP130003	2	INSERT PLASTIC
67	PR740300	3	MOUNT CENTER BONDED

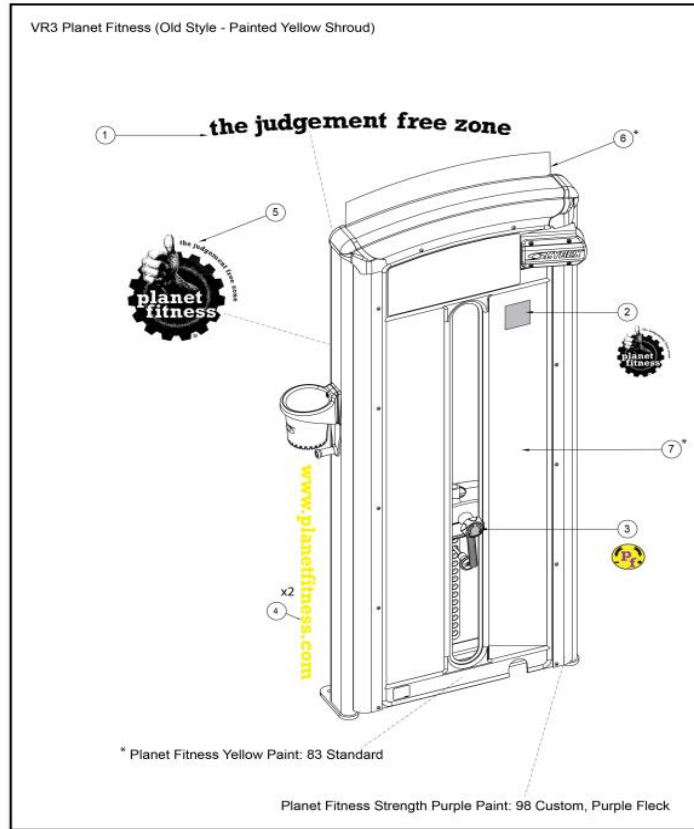
Ref #	Part Number	Qty	Description
68	JC780422	1	BHSCS .500-13 X 1.50
69	JC700420	6	BHSCS .375-16 X 1.25
70	12102-202	1	C PIVOT SHAFT
71	FB030239	1	CAM FOLLOWER 10 MM
72	12102-316	1	DECAL START CAM
74	11050-333	1	CAM
75	11050-407	1	RETAINER
76	12102-313	1	PLATE ECCENTRIC
77	11050-408	1	SPACER
78	12102-203	2	W CAM PLATE RH
79	12050-379	1	PLATE MOUNTING- Custom
80	JC700924	6	FHSCS .375-16 X 1.75
81	12102-339	1	STOP GUARD
82	HN704902	5	LOCKNUT NYLON .375-16
83	12102-338	1	GUIDE CAM
84	JC700917	1	FHSCS .375-16 X 1.00
85	12102-310	1	PLATE DETENT
86	12100-303	1	BUMPER
87	JC620412	1	BHSCS .250-20 X .50
88	12102-315	1	DECAL STOP RLD
89	JC620415	1	BHSCS .250-20 X .75
90	12102-201	1	W STOP PLATE
91	12050-378	1	DECAL TOTAL RLD Custom
92	HN624901	1	LOCKNUT .250-20 NYLON BLACK ZINC
93	FB130213	1	BRG FLG 1.375 X 1.625 X .75 LG
94	12050-377	1	DECAL START RLD Custom
95	12102-205	1	W CAM MOUNT
110	HN625200	1	LOCKNUT .250-20 NYLON HVY
113	4505-329	1	PIN DETENT

# 12200, 12210, 12500, 12510 Planet Shrouds with 12000-375 (New Style)



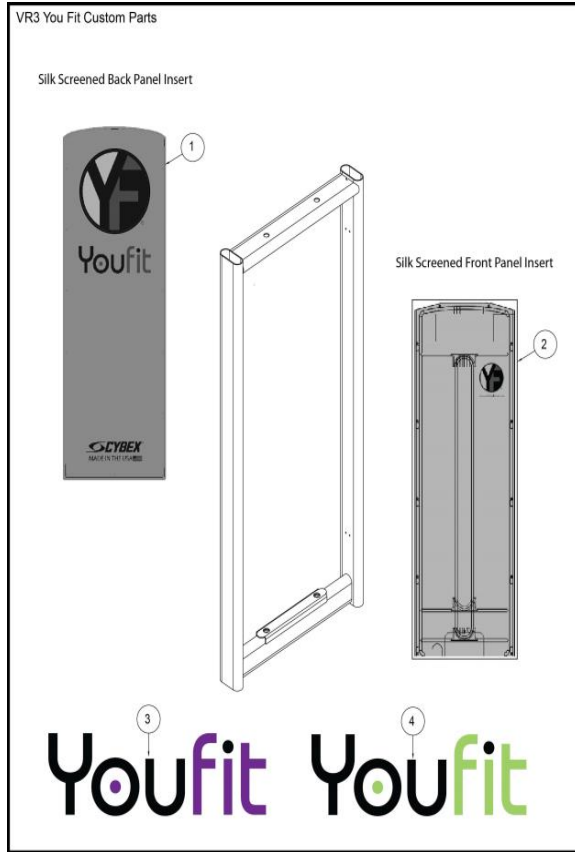
Ref #	Part Number	Qty	Description
1	12000-375P	1	BACK PANEL INSERT, PLANET FITNESS
2	12000-399P	1	Panel insert, Planet Fitness
4	DE-60251	1	WWW.PLANETFITNESS.COM DECAL (YELLOW)
7	DE-60231	1	DECAL ROTATION PLANET FITNESS

# 12200, 12210, 12500, 12510 Planet Shrouds with 12000-375 (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

# 12200, 12210, 12500, 12510 You Fit Shrouds with 12000-375



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

