

VR3 CHEST PRESS

12600-01

Parts Manual

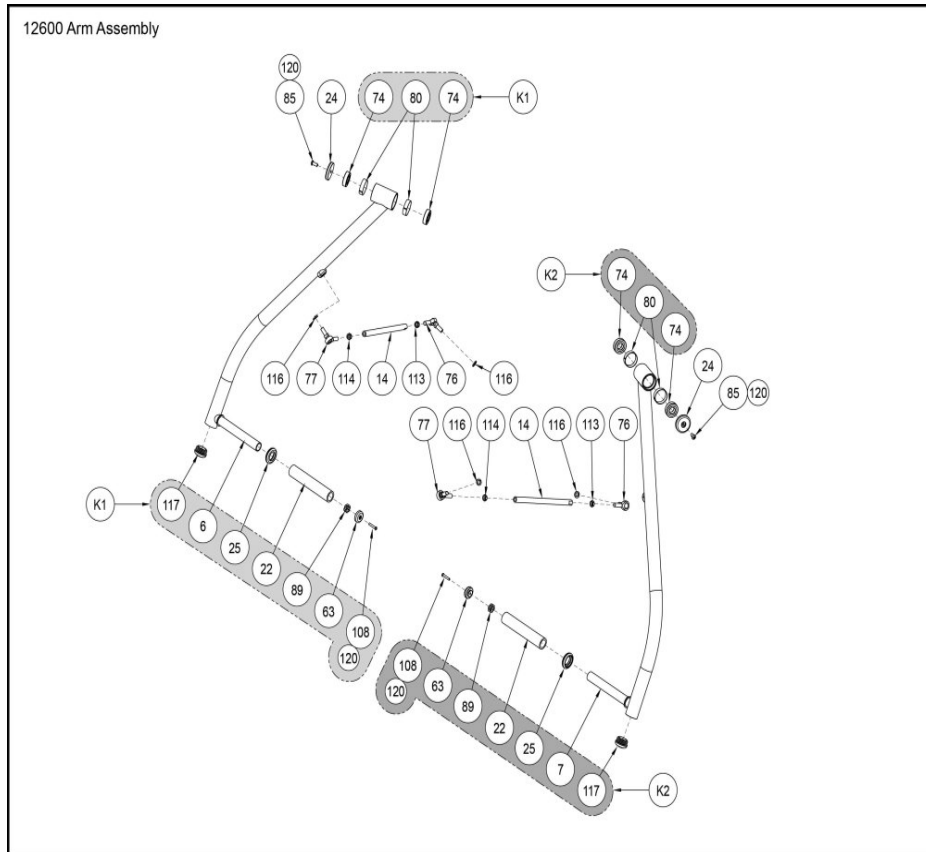
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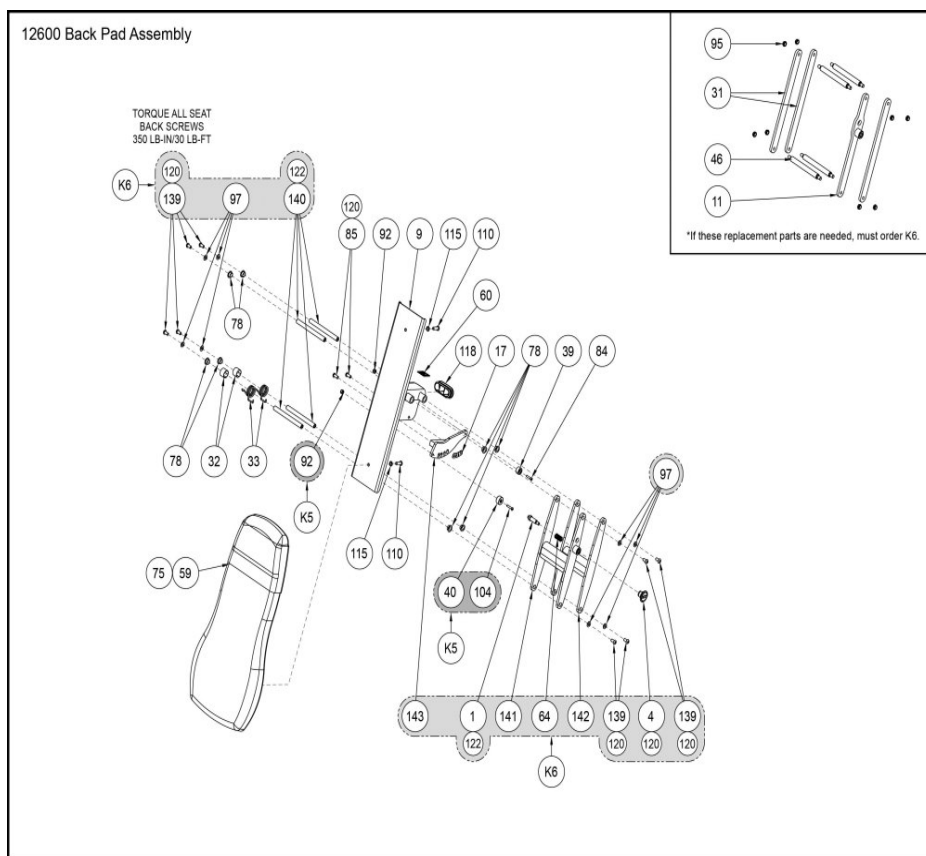
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12600 Arm Assembly



Ref #	Part Number	Qty	Description
K1	12000K015	2	KIT ARM RH Custom
K2	12000K016	2	KIT ARM LH
6	12000-201	1	W ARM RH Custom
7	12000-202	1	W ARM LH Custom
14	12000-333	2	ROD TIE
22	12000-350	2	GRIP 8.75
24	12000-368	2	END CAP
25	12000-369	2	RING HANDLE GRIP
63	610A-350	2	END CAP
74	FB030247	4	BEARING RADIAL 25MM EXTENDED RACE
76	FB030250	2	BEARING ROD END MALE .500-20RH
77	FB030251	2	BEARING ROD END MALE .500-20LH
80	FC030007	4	TOLERANCE RING 2.047 ID
85	HC700416	2	BHSCS .375-16 X .875
89	HF449064	2	INSERT 1.12 X .250-20 UNC
108	JC620422	2	BHSCS .250-20 X 1.50
113	JN794400	2	JAM NUT .500-20
114	JN794401	2	NUT JAM .500-20LH
116	JS388300	4	LOCKWASHER SPLIT .500
117	PP080226	3	INSERT PLASTIC 2.00 DIA-RIB
120	YA000008	3	ADH THRD LKR REM NO. 242

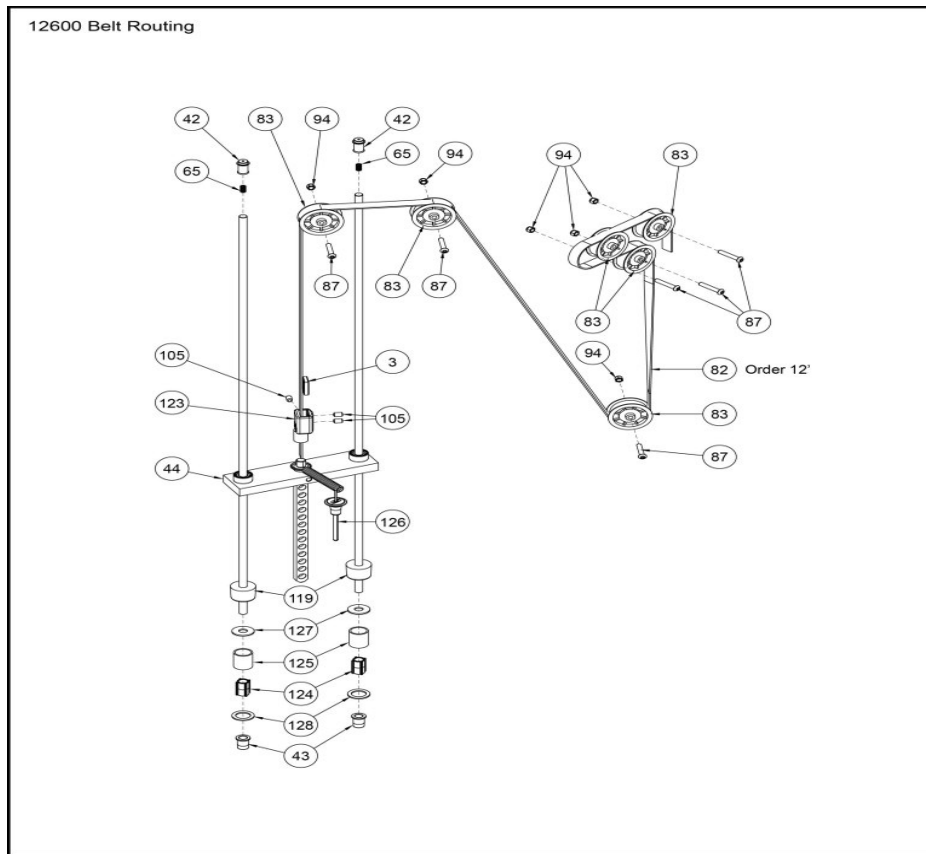
12600 Back Pad Assembly



Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
4	11040-440	1	KNOB
K5	12001K002	2	KIT, BUMPER REPLACEMENT
K6	12000K020	3	KIT, SEAT BAR LINKAGE Custom
9	12000-204	1	W SEAT BACK Custom
11	12000-207	1	NLA: W DETENT LINK
17	12000-340	1	DECAL SEAT ADJUST
31	12050-368	1	NLA: LINK SEAT MOUNT
32	12050-369	2	ENDCAP
33	12050-370	2	SPRING TORSION
39	12100-303	1	BUMPER
40	12100-312	1	BUMPER
46	12600-305	1	NLA: PIVOT SHAFT
59	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
60	8500-025	1	DECAL CAUTION Custom
64	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
75	4800-183	1	WEAR COVER SA 32in MOLDED Custom
78	FB130205	8	BRG FLG .62 X .75 .38 LG
84	HC622817	1	SHCS .250-20 X 1.00
85	HC700416	2	BHSCS .375-16 X .875
92	HN625200	2	LOCKNUT .250-20 NYLON HVY
95	HN704902	1	LOCKNUT NYLON .375-16

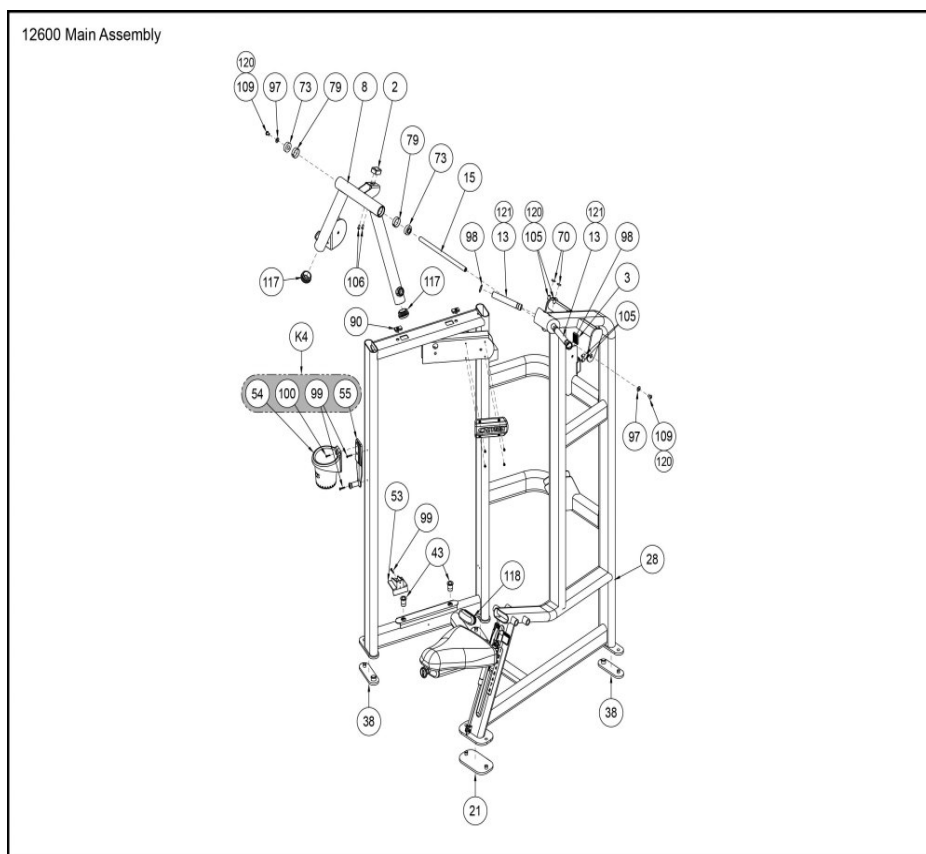
Ref #	Part Number	Qty	Description
97	HS347600	8	WASHER SAE .375
104	HX620420	1	BHSCS .250-20 X 1.250
110	JC700420	2	BHSCS .375-16 X 1.25
115	JS347400	2	LOCKWASHER INT TOOTH .375
118	PP130002	1	INSERT DOMED PLASTIC
122	YG000002	1	NLA: Please use Lithium Grease
139	HC700415	8	BHSCS .375-16 X .75
140	12000-480	1	PIN, PIVOT
141	12000-210	1	W DETENT LINK Custom
142	12000-211	1	W DETENT LINK Custom
143	12000-212	1	P DETENT PLATE

12600 Belt Routing



Ref #	Part Number	Qty	Description
3	11040-301	2	INSERT CLAMP BLOCK
42	12210-347	2	CAP GUIDE ROD
43	12210-348	2	CAP GUIDE ROD
44	12301-007	1	Top Weight Assy 15
65	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
82	GB000202	1	BELT .95 WIDE
83	GP000209	6	PULLEY ASSEMBLY-3.50
87	HC700428	6	BHSCS .375-16 X 2.25
94	HN704901	6	LOCKNUT .375-16 NYLON
105	HY740000	3	SET SCREW
119	PR060005	2	BUMPER WEIGHT
123	11040-216	1	P BELT CLAMP
124	12210-352	2	INSERT PLASTIC
125	12210-358	2	TUBE SPACER
126	BH030207	1	PIN WEIGHT SELECTOR
127	HS760106	2	WASH FLAT 1.750 .688 .140 T
128	JS497600	1	WASHER 1.19 ID X 1.75 OD X .12 THK

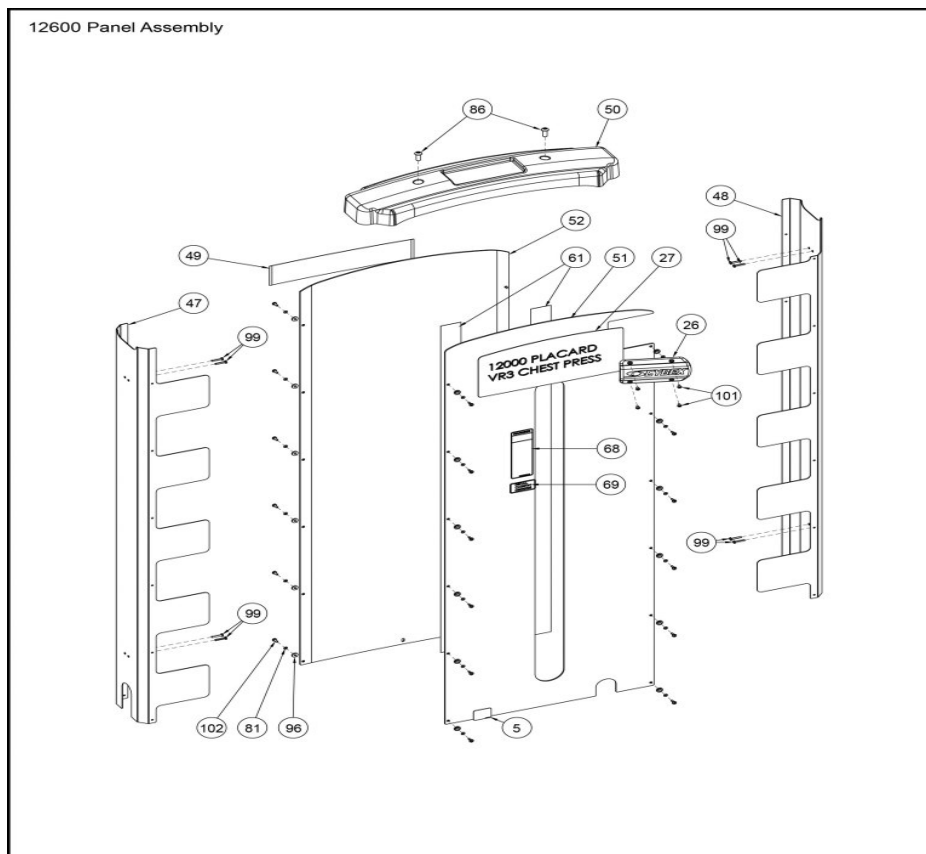
12600 Main Assembly



Ref #	Part Number	Qty	Description
2	11000-384	1	BLOCK STOP
3	11040-301	1	INSERT CLAMP BLOCK
K4	12000K017	1	Kit Water Bottle Holder
8	12000-203	1	W ARM LINKAGE Custom
13	12000-307	1	PIN PIVOT
15	12000-337	1	SHAFT PIVOT
21	12000-345	1	FOOT PAD 4.00 X 7.00
28	12001-200	1	W Main Frame Custom
38	12090-322	2	PAD FOOT
43	12210-348	1	CAP GUIDE ROD
53	12600-394	1	PANEL SUPPORT BRACKET
54	13000-400	1	Holder Water Bottle
55	13000-402	1	Mount Water Bottle Holder
70	DE-60261	2	PLUG, W/CUT, HOLE
73	FB030232	2	BRG RADIAL 17MM ID EXT RACE
79	FC030006	2	TOLERANCE RING 1.575 ID
90	HF700000	1	PANEL FASTNER .375-16 U TYPE
97	HS347600	2	WASHER SAE .375
98	HS477100	2	WASHER SPRING 1.050X1.271X.100
99	HT512517	3	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
100	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
105	HY740000	3	SET SCREW

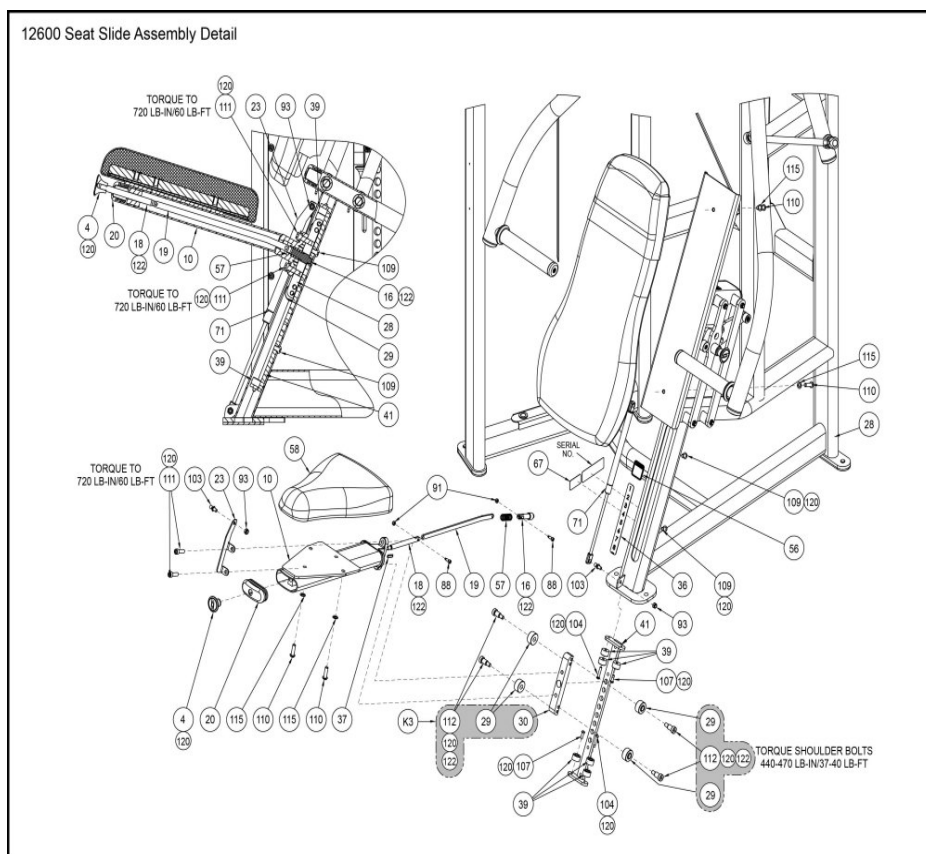
Ref #	Part Number	Qty	Description
106	JC620412	4	BHSCS .250-20 X .50
109	JC700412	2	BHSCS .375-16 X .50
117	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
118	PP130002	1	INSERT DOMED PLASTIC

12600 Panel Assembly



Ref #	Part Number	Qty	Description
5	11040-790	1	NLA: DECAL, MADE IN THE USA
26	12000-467	1	PULLEY COVER
27	12000-598	1	Placard VR3 Chest Press
47	12600-350	1	FORMED PLATE
48	12600-351	1	FORMED PLATE
49	12600-370	1	DECAL, CHEST PRESS
50	12600-390	1	MOLDED TOP CAP
51	12600-391	1	PANEL INSERT, PLANET FITNESS
52	12600-392	1	PANEL INSERT, PLANET FITNESS
68	DE000001	1	Decal Warning Custom
69	DE000005	1	Decal Caution Custom
81	FO100007	1	O RING .156 ID X .344 OD
86	HC700417	1	BHSCS .375-16 X 1.00
96	HS100000	1	WASHER NYLON FINISHING
99	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
101	HT570410	2	SCREW PNH TORX 10-24X.375 BLACK
102	HT572512	1	TAP SC NO. 10 - 24 X .50 PN HD PHIL

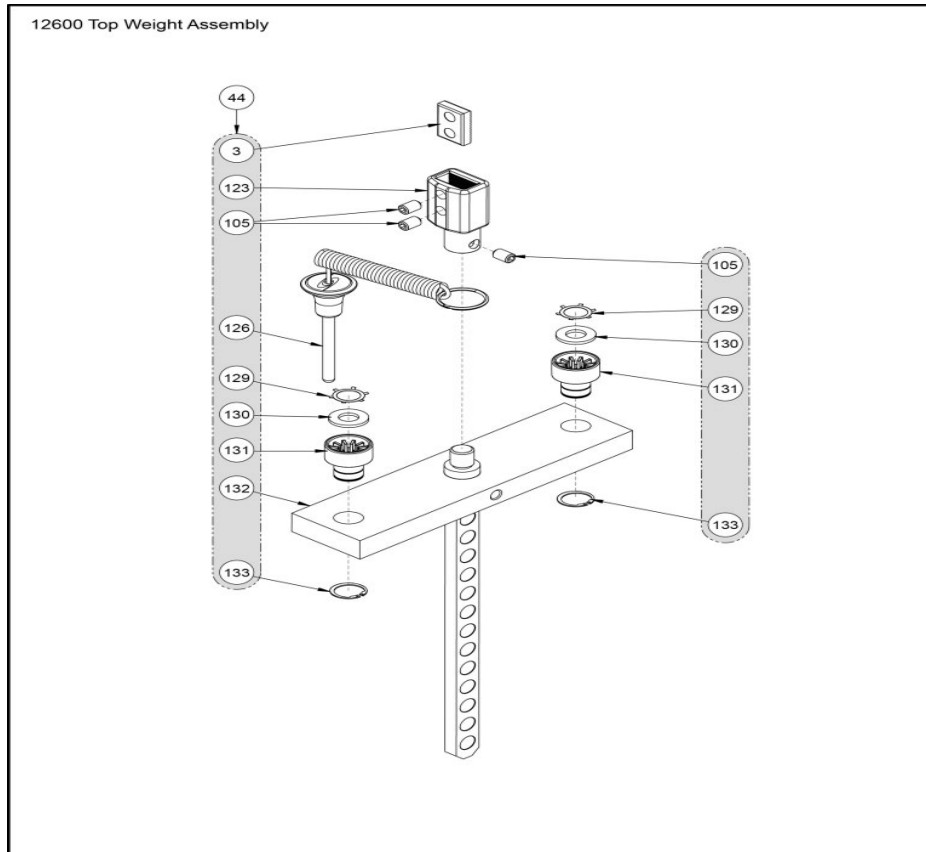
12600 Seat Slide Assembly Detail



Ref #	Part Number	Qty	Description
4	11040-440	2	KNOB
10	12000-205	2	W SEAT BOTTOM Custom
16	12000-339	2	PIN DETENT
18	12000-342	2	PIN DETENT
19	12000-343	2	LINKAGE BAR
20	12000-346	2	INSERT, PLASTIC
23	12000-353	2	MOUNT GAS SPRING
28	12001-200	2	W Main Frame Custom
29,30,K3	12000K012	7	KIT. ROLLER ASSEMBLY
36	12070-329	1	DECAL ADJUSTING
37	12070-394	1	DECAL INDICATOR
39	12100-303	8	BUMPER
41	12190-208	2	P DETENT BAR
56	4520-362	1	DECAL SEAT CAUTION Custom
57	4715-346	2	COM SPRING .72 X 1.50 LG
58	4800-172	2	CUSHION SA BIKE 15in MOLDED Custom
67	CM000261	1	DECAL, CAPACITY
71	EZ000008	2	GAS SPRING 100N
88	HD303312	2	S BOLT .250 X .500 .190-10-24
91	HN575100	2	LOCKNUT .190-NO 10-24
93	HN664900	3	LOCKNUT .312-18 NYLON INSERT
103	HX-60184	2	BALL,STUD,5/16 -18X10MM

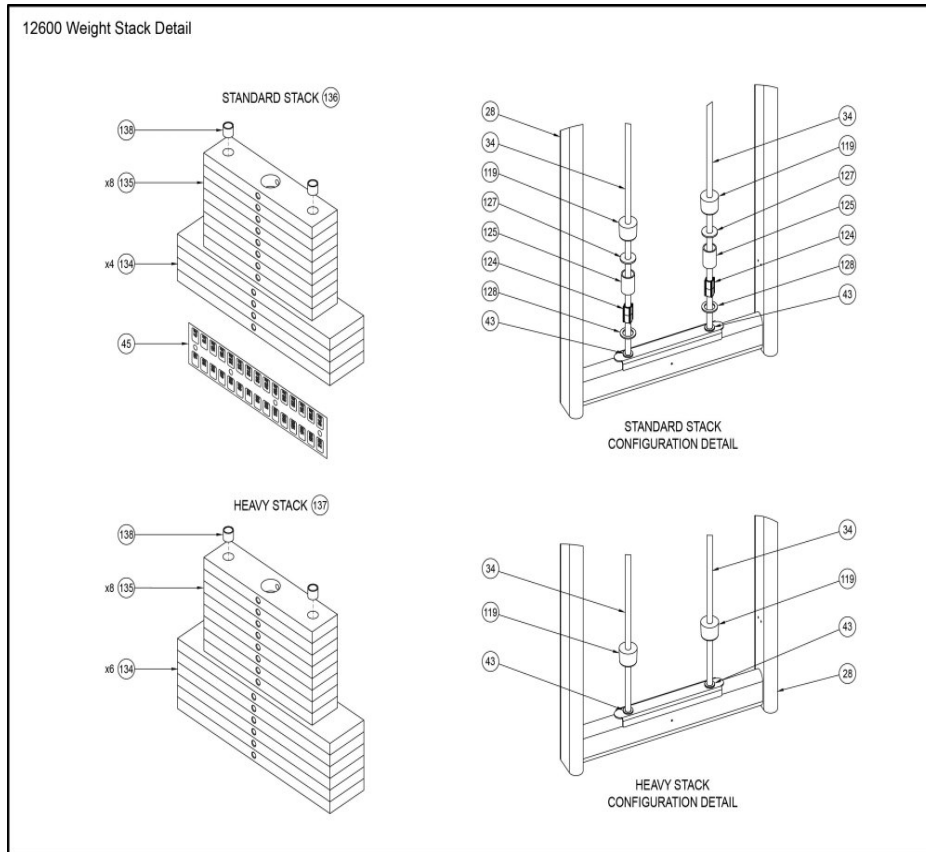
Ref #	Part Number	Qty	Description
104	HX620420	2	BHSCS .250-20 X 1.250
107	JC620415	2	BHSCS .250-20 X .75
109	JC700412	4	BHSCS .375-16 X .50
110	JC700420	4	BHSCS .375-16 X 1.25
111	JC702820	4	SHCS .375-16 X 1.25
112	JD383315	3	S BOLT .500 X .75 .375-16
115	JS347400	4	LOCKWASHER INT TOOTH .375
120	YA000008	10	ADH THRD LKR REM NO. 242
122	YG000002	1	NLA: Please use Lithium Grease

12600 Top Weight Assembly



Ref #	Part Number	Qty	Description
3	11040-301	1	INSERT CLAMP BLOCK
44	12301-007	1	Top Weight Assy 15
105	HY740000	3	SET SCREW
123	11040-216	1	P BELT CLAMP
126	BH030207	1	PIN WEIGHT SELECTOR
129	BR030220	2	RETAINING RING 1.250 INTERNAL
130	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
131	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
132	4700-266	1	C Top WT 15-3X12
133	BR030206	2	RETAINING RING

12600 Weight Stack Detail



Ref #	Part Number	Qty	Description
28	12001-200	2	W Main Frame Custom
34	12060-350	4	WT ROD .625 DIA X 54.63
43	12210-348	5	CAP GUIDE ROD
45	12301-552	1	DECAL, WT PLATE GRADUATED (10-210)
119	PR060005	4	BUMPER WEIGHT
124	12210-352	2	INSERT PLASTIC
125	12210-358	3	TUBE SPACER
127	HS760106	2	WASH FLAT 1.750 .688 .140 T
128	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
134	4000C101	10	C STACK WT 4X18
135	4700-337	16	C Stack Weight 10 lbs exact
136	12301-035	1	WT PAC 12 GRADUATED
137	12301-031	1	WT Pac 14 Graduated
138	FB130216	2	Bushing Weight Stack

