

VR3 OVERHEAD PRESS

12610-01

Parts Manual

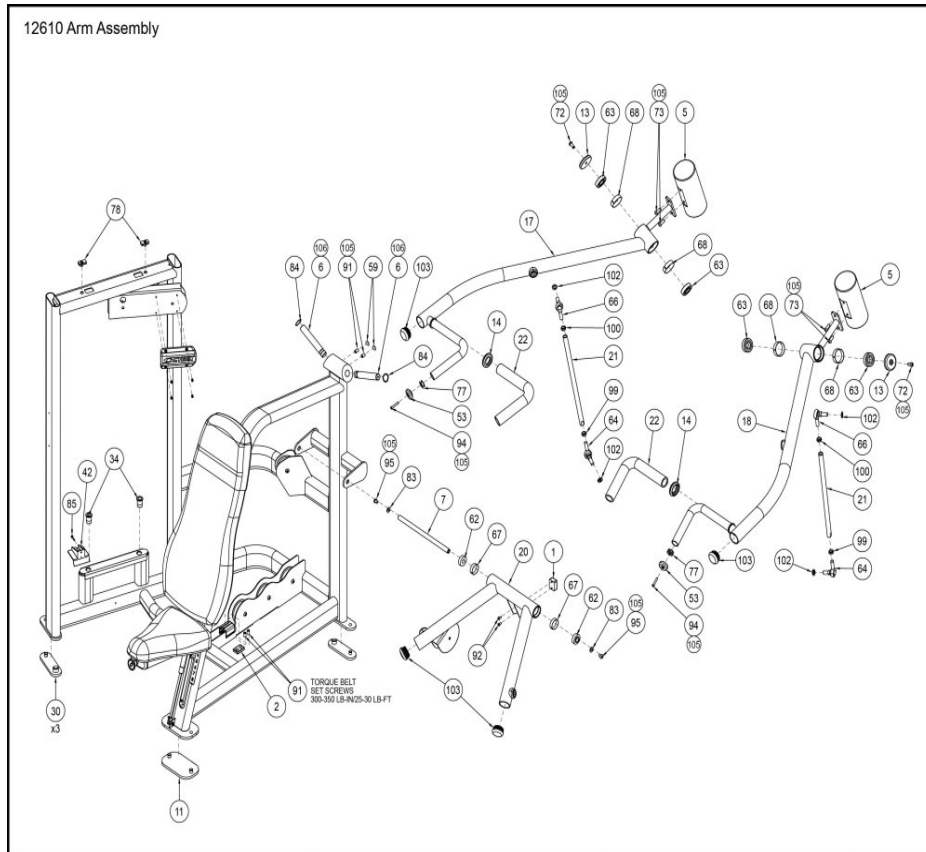
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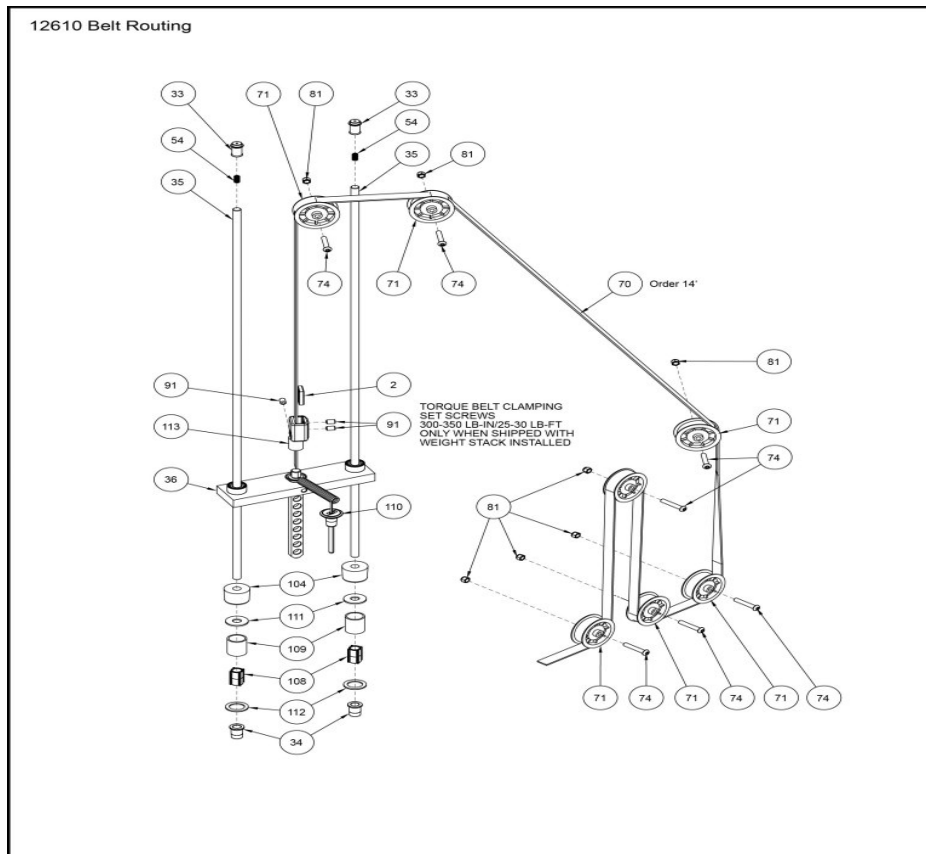
12610_Arm_Assembly



Ref #	Part Number	Qty	Description
1	11000-384	1	BLOCK STOP
2	11040-301	1	INSERT CLAMP BLOCK
5	11100-363	1	C/COUNTERWEIGHT
6	12000-307	1	PIN PIVOT
7	12000-337	1	SHAFT PIVOT
11	12000-345	1	FOOT PAD 4.00 X 7.00
13	12000-368	2	END CAP
14	12000-369	2	RING HANDLE GRIP
17	12010-201	1	INPUT ARM RH Custom
18	12010-202	1	INPUT ARM LH Custom
20	12010-204	1	W ARM LINKAGE Custom
21	12010-319	2	TIE ROD
22	12010-320	2	GRIP 15.50
30	12090-322	3	PAD FOOT
34	12210-348	2	CAP GUIDE ROD
42	12600-394	1	PANEL SUPPORT BRACKET
53	610A-350	2	END CAP
59	DE-60261	2	PLUG, W/CUT, HOLE
62	FB030232	2	BRG RADIAL 17MM ID EXT RACE
63	FB030247	2	BEARING RADIAL 25MM EXTENDED RACE
64	FB030250	1	BEARING ROD END MALE .500-20RH
66	FB030251	1	BEARING ROD END MALE .500-20LH

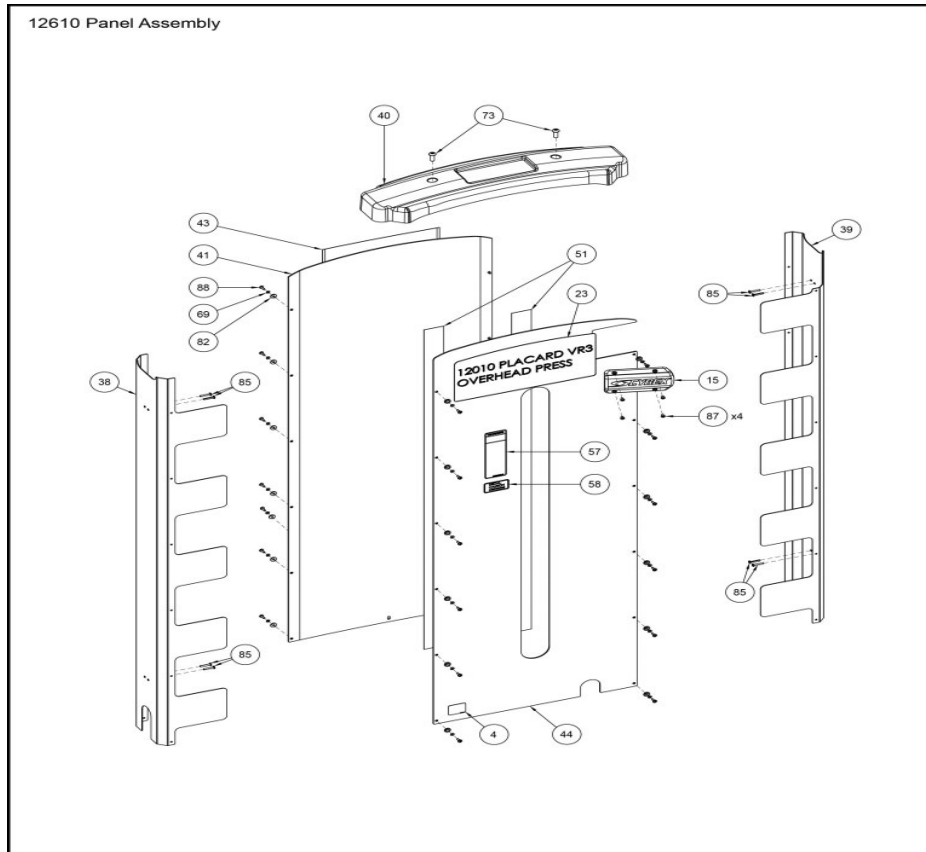
Ref #	Part Number	Qty	Description
67	FC030006	2	TOLERANCE RING 1.575 ID
68	FC030007	4	TOLERANCE RING 2.047 ID
72	HC700416	2	BHSCS .375-16 X .875
73	HC700417	4	BHSCS .375-16 X 1.00
77	HF449064	2	INSERT 1.12 X .250-20 UNC
78	HF700000	2	PANEL FASTNER .375-16 U TYPE
83	HS347600	2	WASHER SAE .375
84	HS477100	2	WASHER SPRING 1.050X1.271X.100
85	HT512517	1	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
91	HY740000	2	SET SCREW
92	JC620412	2	BHSCS .250-20 X .50
94	JC620422	2	BHSCS .250-20 X 1.50
95	JC700412	2	BHSCS .375-16 X .50
99	JN794400	2	JAM NUT .500-20
100	JN794401	2	NUT JAM .500-20LH
102	JS388300	4	LOCKWASHER SPLIT .500
103	PP080226	4	INSERT PLASTIC 2.00 DIA-RIB
105	YA000008	1	ADH THRD LKR REM NO. 242
106	YA000211	1	NLA: ADH RTNG CMPD ANEROBIC 680

12610_Belt_Routing



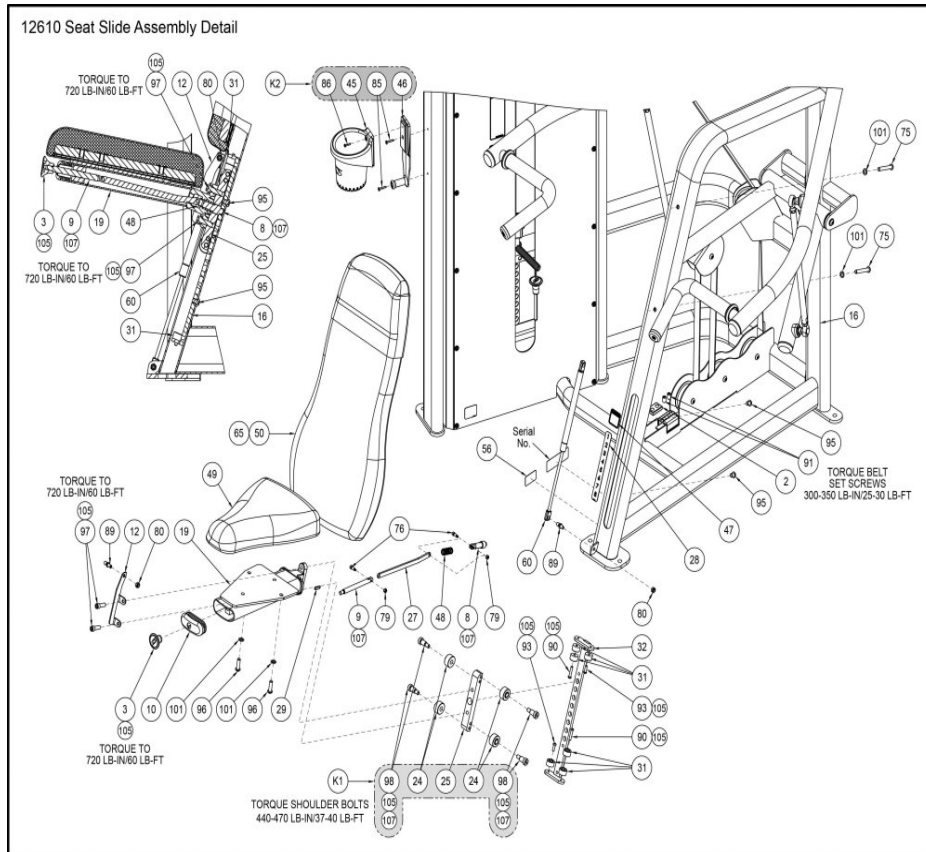
Ref #	Part Number	Qty	Description
2	11040-301	1	INSERT CLAMP BLOCK
33	12210-347	2	CAP GUIDE ROD
34	12210-348	2	CAP GUIDE ROD
35	12210-350	2	WT ROD .625 DIA X 49.53
36	12301-006	1	Top Weight Assy 10
54	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
70	GB000202	1	BELT .95 WIDE
71	GP000209	7	PULLEY ASSEMBLY-3.50
74	HC700428	7	BHSCS .375-16 X 2.25
81	HN704901	7	LOCKNUT .375-16 NYLON
91	HY740000	2	SET SCREW
104	PR060005	2	BUMPER WEIGHT
108	12210-352	2	INSERT PLASTIC
109	12210-358	2	TUBE SPACER
110	BH030207	1	PIN WEIGHT SELECTOR
111	HS760106	2	WASH FLAT 1.750 .688 .140 T
112	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
113	11040-216	1	P BELT CLAMP

12610_Panel_Assembly



Ref #	Part Number	Qty	Description
4	11040-790	1	NLA: DECAL, MADE IN THE USA
15	12000-467	1	PULLEY COVER
23	12010-598	1	Plac VR3 Overhead Press
38	12600-350	1	FORMED PLATE
39	12600-351	1	FORMED PLATE
40	12600-390	1	MOLDED TOP CAP
41	12600-392	1	PANEL INSERT, PLANET FITNESS
43	12610-370	1	DECAL, OVERHEAD PRESS
44	12610-391	1	PANEL INSERT, PLANET FITNESS
51	510-1108	1	TAPE BOX SEALING CLEAR
57	DE000001	1	Decal Warning Custom
58	DE000005	1	Decal Caution Custom
69	FO100007	24	O RING .156 ID X .344 OD
73	HC700417	2	BHSCS .375-16 X 1.00
82	HS100000	24	WASHER NYLON FINISHING
85	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
87	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
88	HT572512	24	TAP SC NO. 10 - 24 X .50 PN HD PHIL

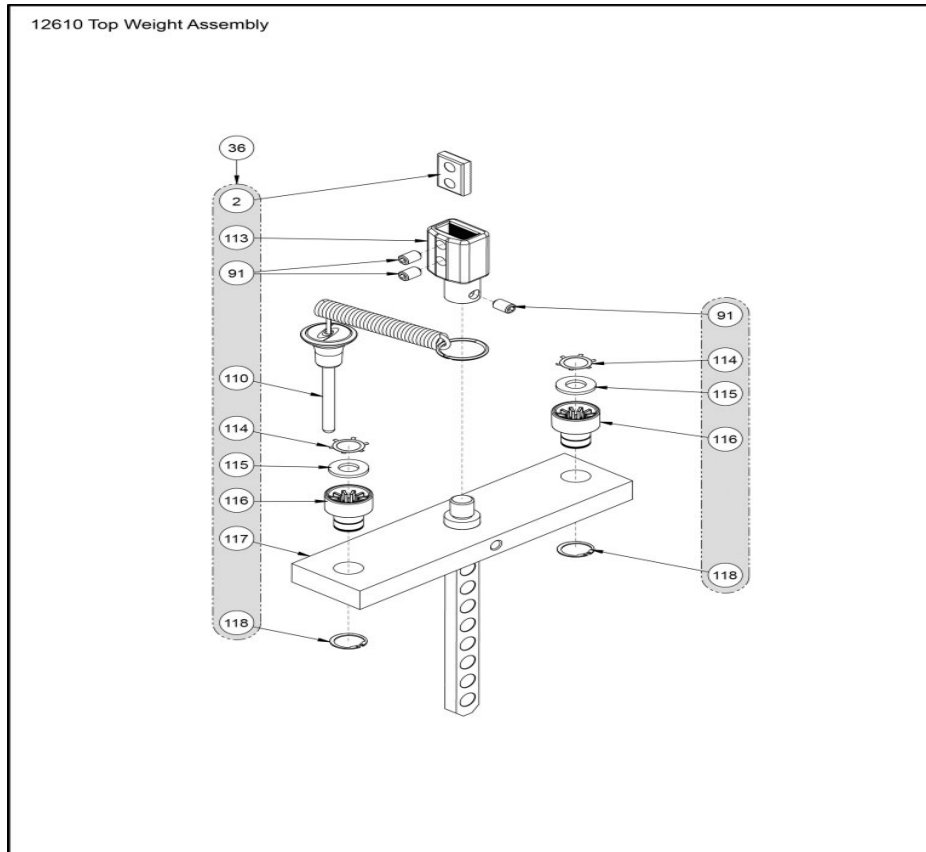
12610_Seat_Slide_Assembly_Detail



Ref #	Part Number	Qty	Description
2	11040-301	1	INSERT CLAMP BLOCK
K2	12000K017	1	Kit Water Bottle Holder
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
16	12010-200	1	W MAIN FRAME Custom
19	12010-203	1	W SEAT BOTTOM Custom
24,25,K1	12000K012	6	KIT. ROLLER ASSEMBLY
27	12070-327	1	BAR LINKAGE
28	12070-329	1	DECAL ADJUSTING
29	12070-394	1	DECAL INDICATOR
31	12100-303	6	BUMPER
32	12190-208	1	P DETENT BAR
45	13000-400	1	Holder Water Bottle
46	13000-402	1	Mount Water Bottle Holder
47	4520-362	1	DECAL SEAT CAUTION Custom
48	4715-346	1	COM SPRING .72 X 1.50 LG
49	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
50	4800-180	1	COVERED CUSHION SA BACK 32 MOLDED Custom
56	CM000260	1	DECAL, CAPACITY

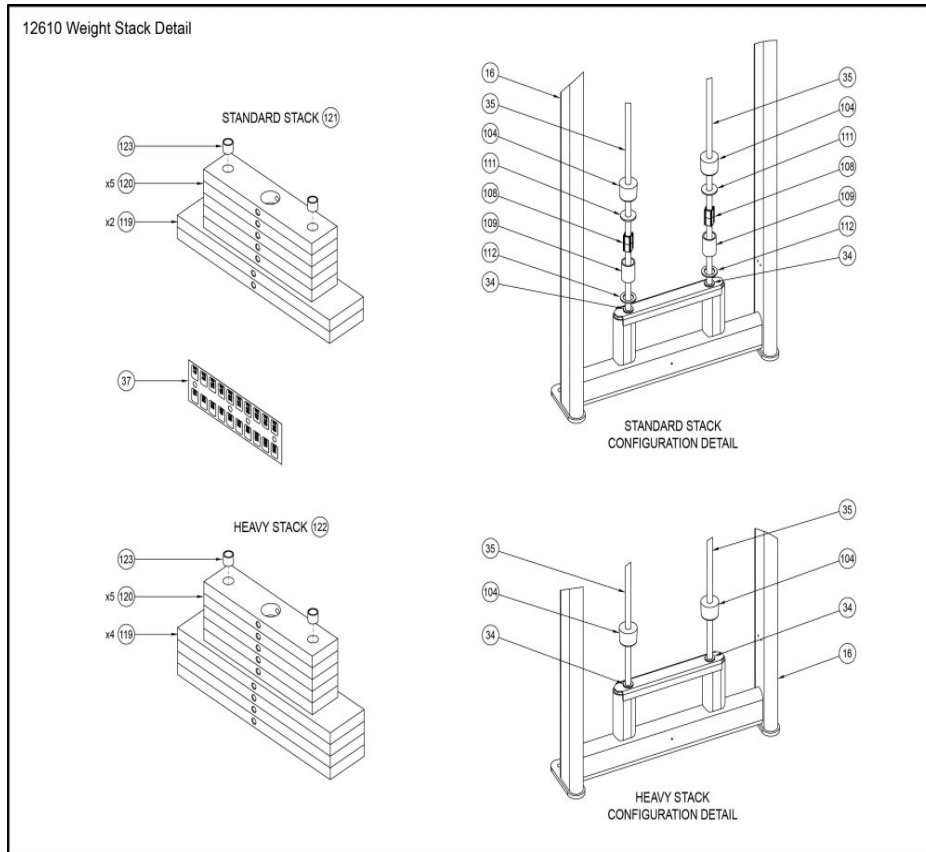
Ref #	Part Number	Qty	Description
60	EZ000008	1	GAS SPRING 100N
65	4800-183	1	WEAR COVER SA 32in MOLDED Custom
75	HC700430	2	BHSCS .375-16 X 2.50
76	HD303312	2	S BOLT .250 X .500 .190-10-24
79	HN575100	2	LOCKNUT .190-NO 10-24
80	HN664900	1	LOCKNUT .312-18 NYLON INSERT
85	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
86	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
89	HX-60184	1	BALL,STUD,5/16 -18X10MM
90	HX620420	2	BHSCS .250-20 X 1.250
91	HY740000	2	SET SCREW
93	JC620415	2	BHSCS .250-20 X .75
95	JC700412	2	BHSCS .375-16 X .50
96	JC700420	2	BHSCS .375-16 X 1.25
97	JC702820	2	SHCS .375-16 X 1.25
98	JD383315	4	S BOLT .500 X .75 .375-16
101	JS347400	4	LOCKWASHER INT TOOTH .375
105	YA000008	1	ADH THRD LKR REM NO. 242
107	YG000002	1	NLA: Please use Lithium Grease

12610_Top_Weight_Assembly



Ref #	Part Number	Qty	Description
2	11040-301	1	INSERT CLAMP BLOCK
36	12301-006	1	Top Weight Assy 10
91	HY740000	2	SET SCREW
110	BH030207	1	PIN WEIGHT SELECTOR
113	11040-216	1	P BELT CLAMP
114	BR030220	2	RETAINING RING 1.250 INTERNAL
115	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
116	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
117	4700-266	1	C Top WT 15-3X12
118	BR030206	2	RETAINING RING

12610_Weight_Stack_Detail



Ref #	Part Number	Qty	Description
16	12010-200	1	W MAIN FRAME Custom
34	12210-348	2	CAP GUIDE ROD
35	12210-350	2	WT ROD .625 DIA X 49.53
37	12301-551	1	DECAL, WT PLATE GRADUATED (10-140)
104	PR060005	2	BUMPER WEIGHT
108	12210-352	2	INSERT PLASTIC
109	12210-358	2	TUBE SPACER
111	HS760106	2	WASH FLAT 1.750 .688 .140 T
112	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
119	4000C101	1	C STACK WT 4X18
120	4700-337	1	C Stack Weight 10 lbs exact
121	12301-034	1	WT PAC 7 GRADUATED
122	12301-030	1	WT Pac 9 Graduated
123	FB130216	2	Bushing Weight Stack

