

VR3 ROW

12630-01

Parts Manual

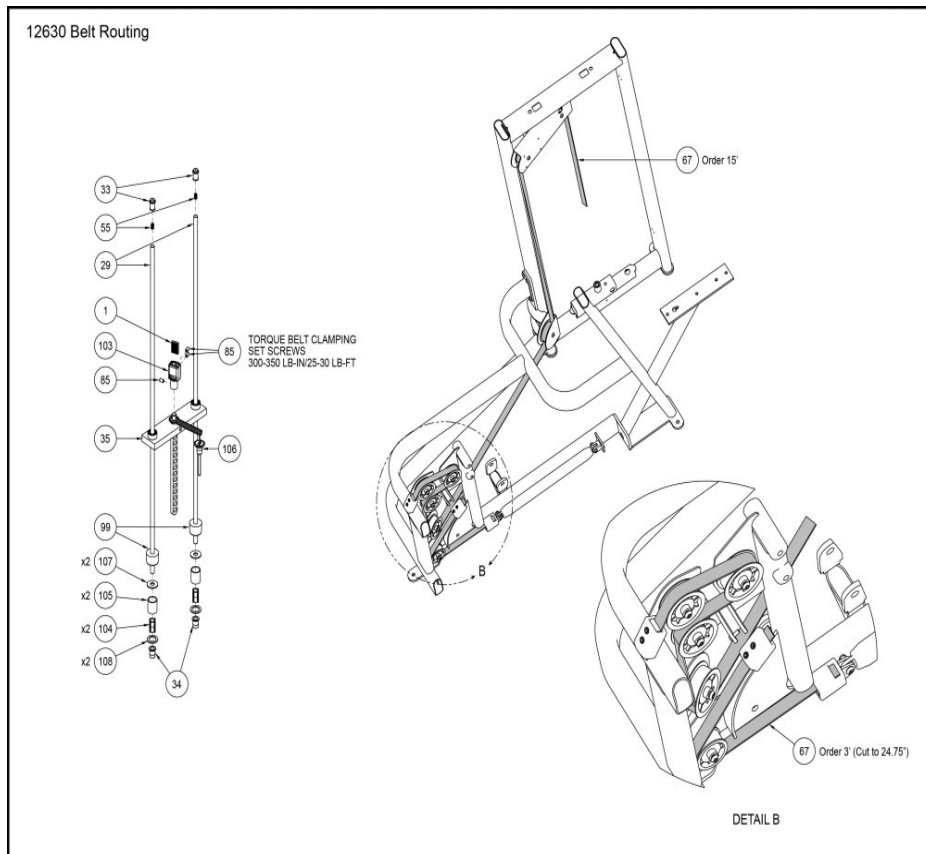
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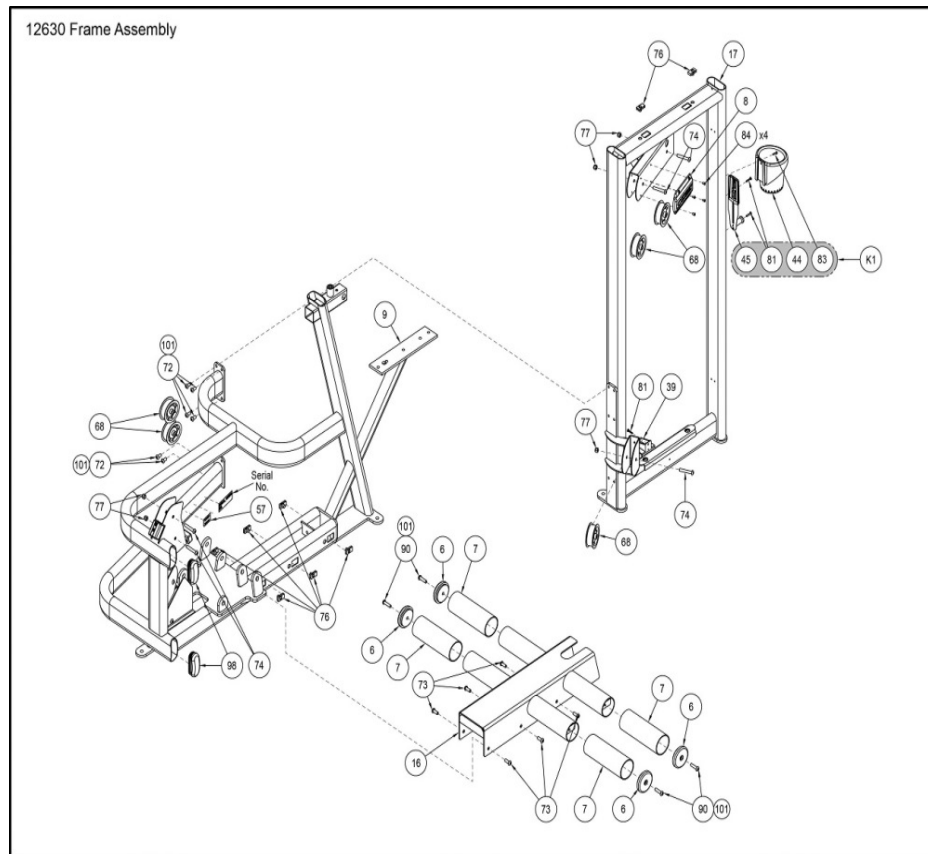
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12630 Belt Routing



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
29	12060-350	2	WT ROD .625 DIA X 54.63
33	12210-347	2	CAP GUIDE ROD
34	12210-348	2	CAP GUIDE ROD
35	12301-007	1	Top Weight Assy 15
55	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
67	GB000202	2	BELT .95 WIDE
85	HY740000	3	SET SCREW
99	PR060005	2	BUMPER WEIGHT
103	11040-216	1	P BELT CLAMP
104	12210-352	2	INSERT PLASTIC
105	12210-358	2	TUBE SPACER
106	BH030207	1	PIN WEIGHT SELECTOR
107	HS760106	2	WASH FLAT 1.750 .688 .140 T
108	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK

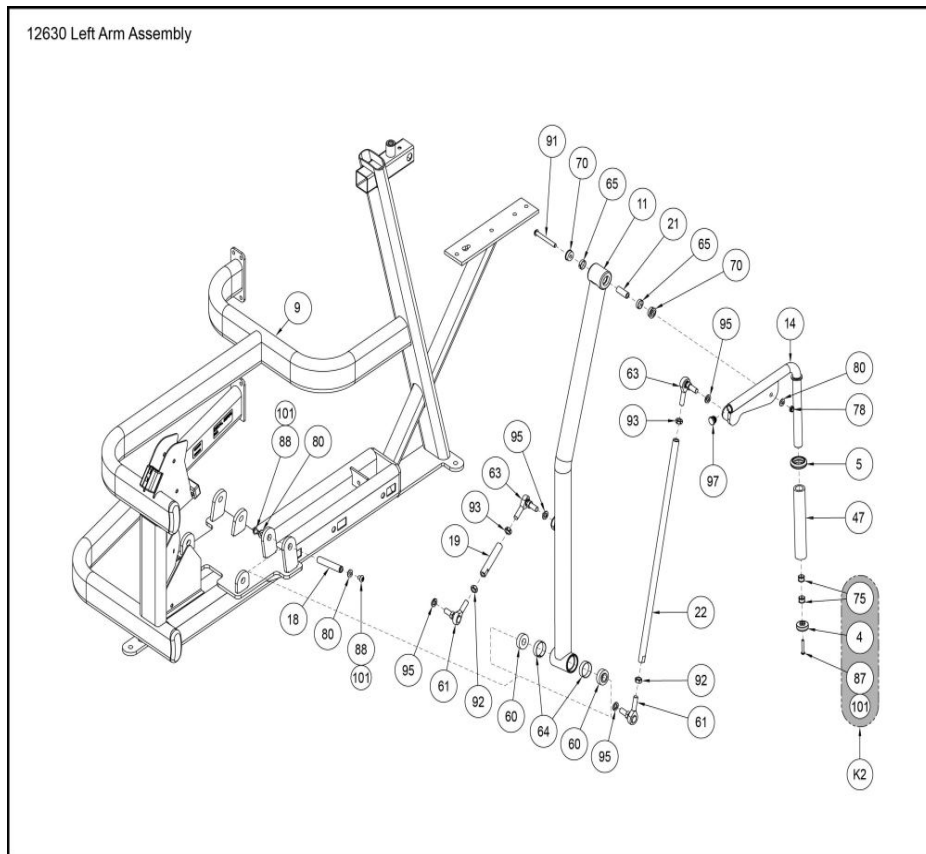
12630 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
6	11090-398	4	END CAP
7	11090-400	4	GRIP 8.75
8	12000-466	1	PULLEY COVER
9	12030-200	1	W MAIN FRAME Custom
16	12030-208	1	W FOOT REST COVER Custom
17	12030-210	1	W FRAME Custom
39	12600-394	1	PANEL SUPPORT BRACKET
44	13000-400	1	Holder Water Bottle
45	13000-402	1	Mount Water Bottle Holder
57	CM000261	1	DECAL, CAPACITY
68	GP000209	5	PULLEY ASSEMBLY-3.50
72	HC700415	6	BHSCS .375-16 X .75
73	HC700417	6	BHSCS .375-16 X 1.00
74	HC700428	3	BHSCS .375-16 X 2.25
76	HF700000	8	PANEL FASTNER .375-16 U TYPE
77	HN704901	5	LOCKNUT .375-16 NYLON
81	HT512517	3	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
83	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
84	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
90	JC700422	4	BHSCS .375-16 X 1.50
98	PP130002	2	INSERT DOMED PLASTIC

Ref #	Part Number	Qty	Description
101	YA000008	2	ADH THRD LKR REM NO. 242

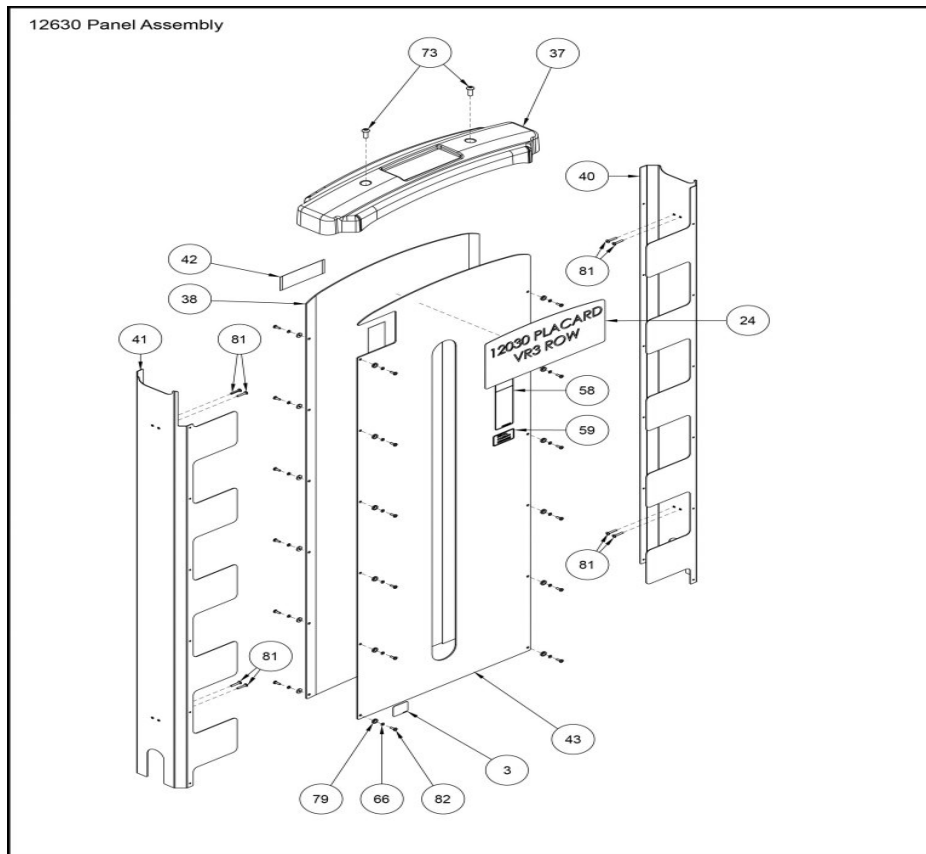
12630 Left Arm Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
4	11090-374	1	END CAP
5	11090-376	1	RING HANDLE GRIP
9	12030-200	1	W MAIN FRAME Custom
11	12030-202	1	W INPUT ARM LH Custom
14	12030-205	1	W HANDLE LH Custom
18	12030-305	1	SHAFT PIVOT
19	12030-316	1	TIE ROD
21	12030-329	1	SPACER
22	12030-335	1	TIE ROD
47	4605-506	1	GRAB GRIP 8.00
60	FB030232	2	BRG RADIAL 17MM ID EXT RACE
61	FB030250	2	BEARING ROD END MALE .500-20RH
63	FB030251	2	BEARING ROD END MALE .500-20LH
64	FC030006	1	TOLERANCE RING 1.575 ID
65	FC030008	2	TOLERANCE RING 26MM
70	HB-60011	2	BEARING FLANGE 3-8IN.IDX1.0 OD
75	HF449063	2	INSERT 3-4X1-4-20 CONNECTOR
78	HN704902	1	LOCKNUT NYLON .375-16
80	HS347600	3	WASHER SAE .375
87	JC620422	1	BHSCS .250-20 X 1.50
88	JC700412	2	BHSCS .375-16 X .50

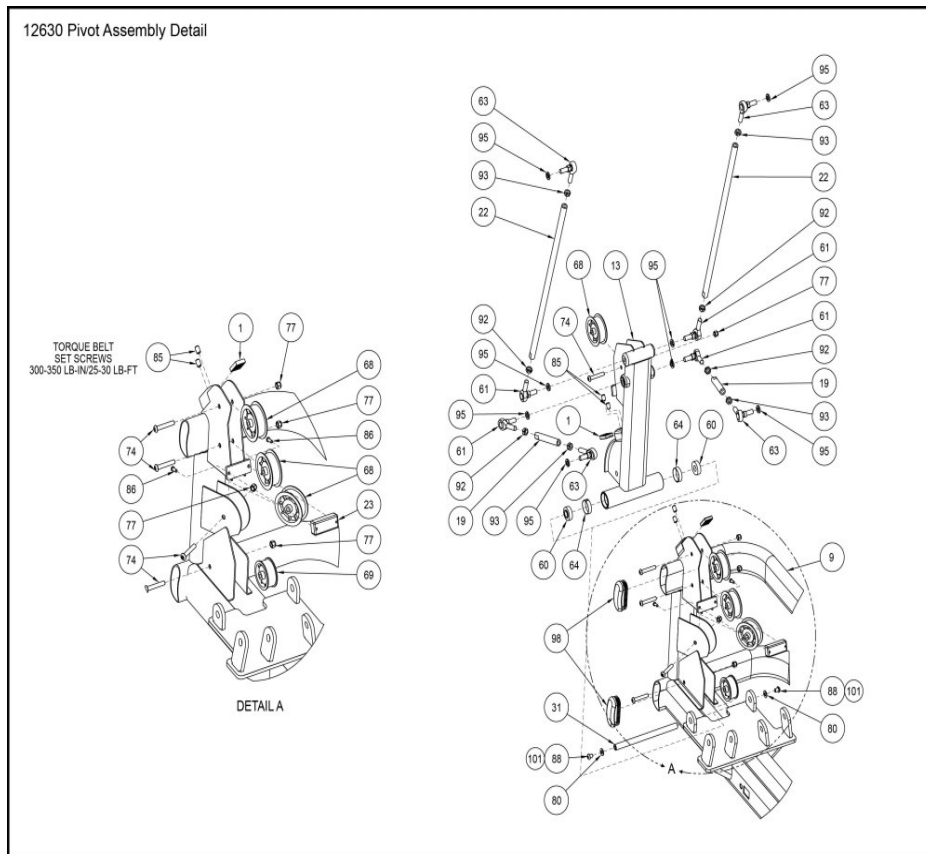
Ref #	Part Number	Qty	Description
91	JC700436	1	BHSCS .375-16 X 3.25
92	JN794400	1	JAM NUT .500-20
93	JN794401	2	NUT JAM .500-20LH
95	JS388300	3	LOCKWASHER SPLIT .500
97	PP090213	1	INSERT PLASTIC
101	YA000008	3	ADH THRD LKR REM NO. 242

12630 Panel Assembly



Ref #	Part Number	Qty	Description
3	11040-790	1	NLA: DECAL, MADE IN THE USA
24	12030-598	1	Placard VR3 Row
37	12600-390	1	MOLDED TOP CAP
38	12600-392	1	PANEL INSERT, PLANET FITNESS
40	12630-351	1	FORMED PLATE
41	12630-350	1	FORMED PLATE
42	12630-370	1	DECAL, ROW
43	12630-391	1	PANEL INSERT, PLANET FITNESS
58	DE000001	2	Decal Warning Custom
59	DE000005	1	Decal Caution Custom
66	FO100007	1	O RING .156 ID X .344 OD
73	HC700417	2	BHSCS .375-16 X 1.00
79	HS100000	1	WASHER NYLON FINISHING
81	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
82	HT572512	1	TAP SC NO. 10 - 24 X .50 PN HD PHIL

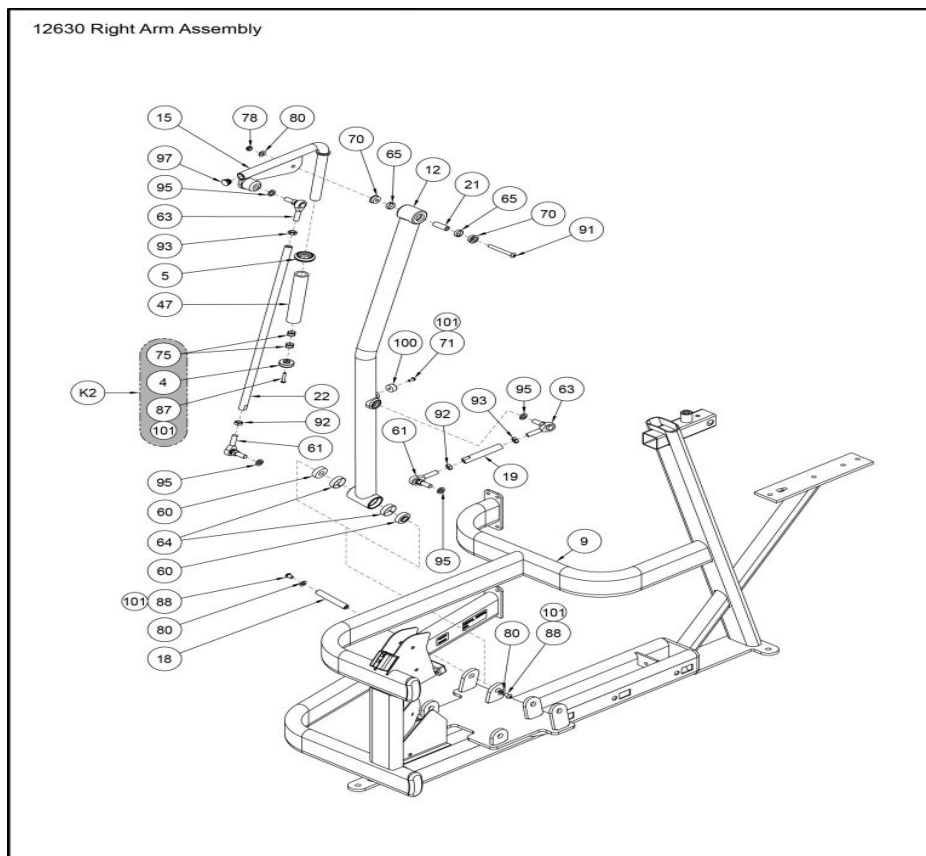
12630 Pivot Assembly Detail



Ref #	Part Number	Qty	Description
1	11040-301	2	INSERT CLAMP BLOCK
9	12030-200	1	W MAIN FRAME Custom
13	12030-204	1	W FOUR BAR ARM Custom
19	12030-316	2	TIE ROD
22	12030-335	1	TIE ROD
23	12030-353	1	BLOCK STOP
31	12090-303	1	SHAFT PIVOT
60	FB030232	2	BRG RADIAL 17MM ID EXT RACE
61	FB030250	4	BEARING ROD END MALE .500-20RH
63	FB030251	4	BEARING ROD END MALE .500-20LH
64	FC030006	2	TOLERANCE RING 1.575 ID
68	GP000209	4	PULLEY ASSEMBLY-3.50
69	GP000214	1	PULLEY ASSEMBLY-2.75
74	HC700428	5	BHSCS .375-16 X 2.25
77	HN704901	5	LOCKNUT .375-16 NYLON
80	HS347600	2	WASHER SAE .375
85	HY740000	4	SET SCREW
86	JC620415	2	BHSCS .250-20 X .75
88	JC700412	1	BHSCS .375-16 X .50
92	JN794400	4	JAM NUT .500-20
93	JN794401	4	NUT JAM .500-20LH
95	JS388300	8	LOCKWASHER SPLIT .500

Ref #	Part Number	Qty	Description
98	PP130002	2	INSERT DOMED PLASTIC
101	YA000008	2	ADH THRD LKR REM NO. 242

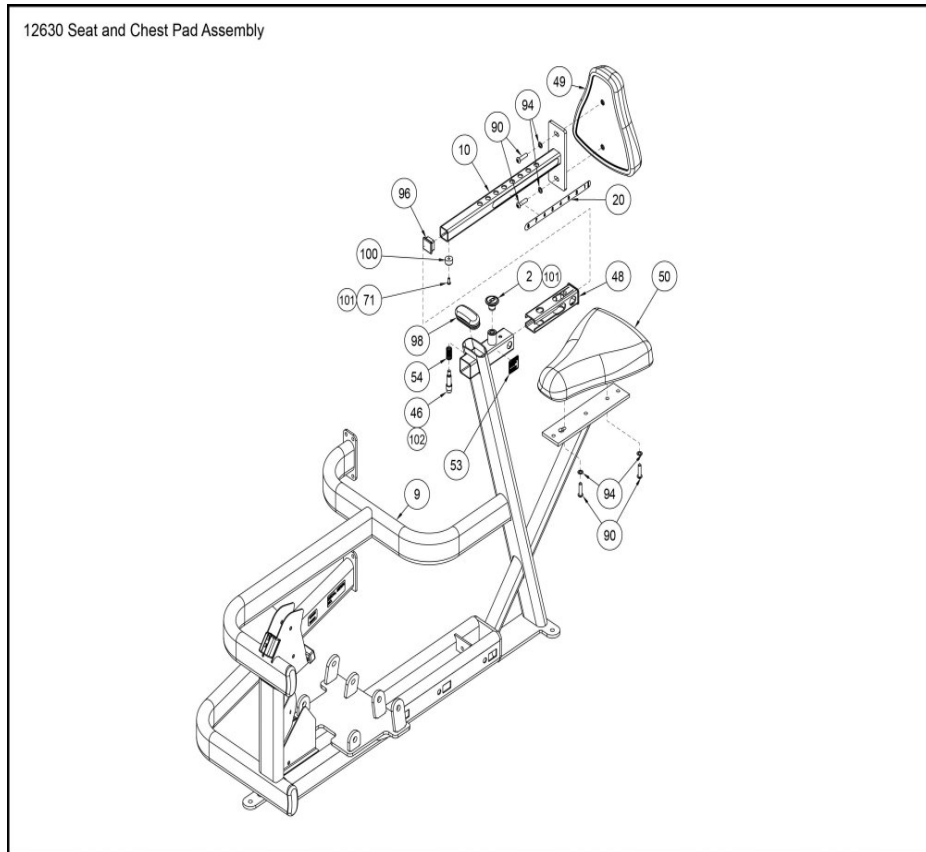
12630 Right Arm Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
4	11090-374	1	END CAP
5	11090-376	1	RING HANDLE GRIP
9	12030-200	1	W MAIN FRAME Custom
12	12030-203	1	W INPUT ARM RH Custom
15	12030-206	1	W HANDLE RH Custom
18	12030-305	1	SHAFT PIVOT
19	12030-316	1	TIE ROD
21	12030-329	1	SPACER
22	12030-335	1	TIE ROD
47	4605-506	1	GRAB GRIP 8.00
60	FB030232	2	BRG RADIAL 17MM ID EXT RACE
61	FB030250	2	BEARING ROD END MALE .500-20RH
63	FB030251	2	BEARING ROD END MALE .500-20LH
64	FC030006	2	TOLERANCE RING 1.575 ID
65	FC030008	2	TOLERANCE RING 26MM
70	HB-60011	1	BEARING FLANGE 3-8IN.IDX1.0 OD
71	HC620414	1	BHSCS .250-20 X .625
75	HF449063	3	INSERT 3-4X1-4-20 CONNECTOR
78	HN704902	1	LOCKNUT NYLON .375-16
80	HS347600	3	WASHER SAE .375
87	JC620422	1	BHSCS .250-20 X 1.50

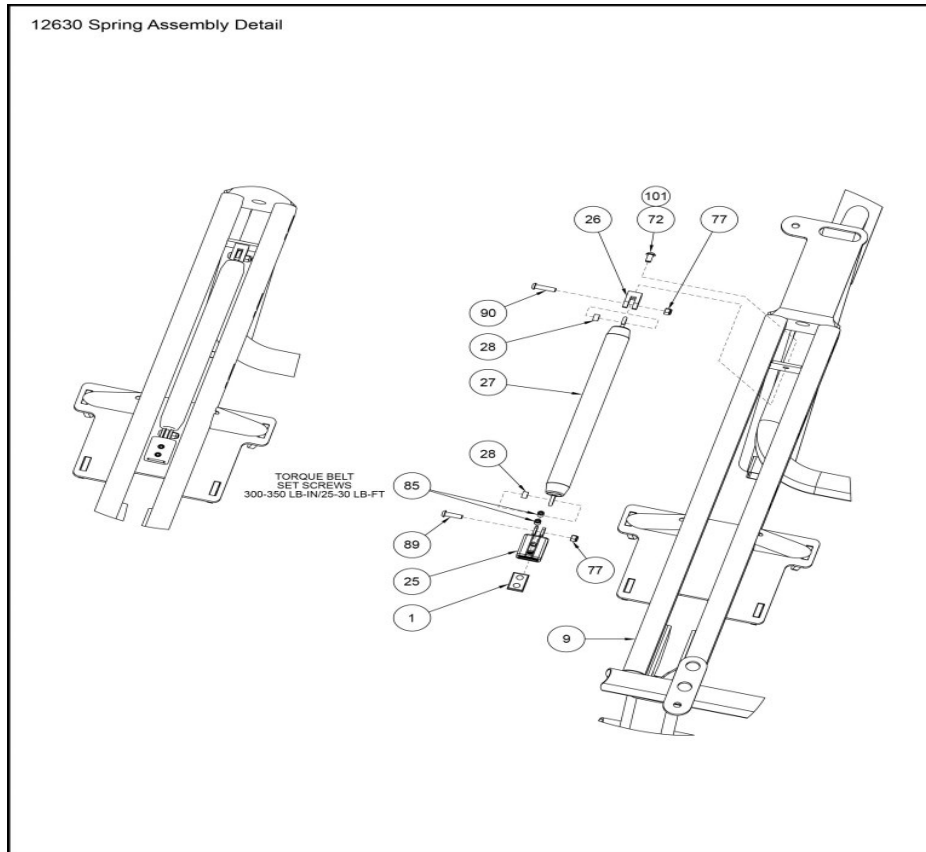
Ref #	Part Number	Qty	Description
88	JC700412	2	BHSCS .375-16 X .50
91	JC700436	1	BHSCS .375-16 X 3.25
92	JN794400	2	JAM NUT .500-20
93	JN794401	2	NUT JAM .500-20LH
95	JS388300	4	LOCKWASHER SPLIT .500
97	PP090213	1	INSERT PLASTIC
100	PR069400	1	BUMPER RECESS
101	YA000008	3	ADH THRD LKR REM NO. 242

12630 Seat and Chest Pad Assembly



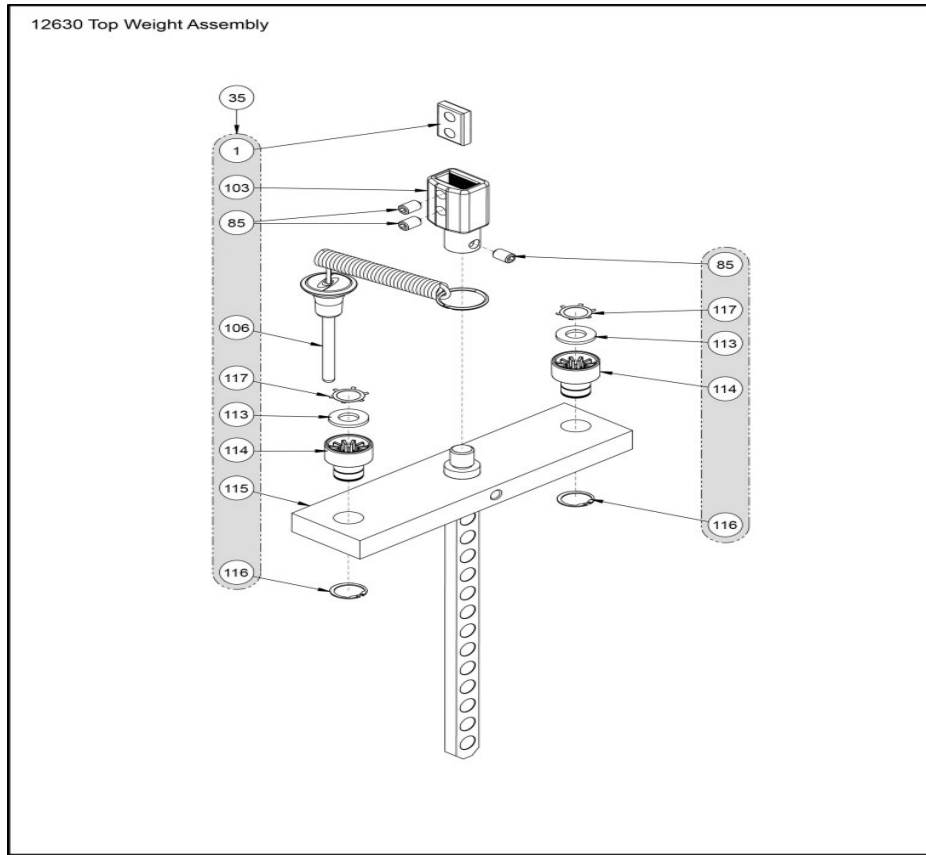
Ref #	Part Number	Qty	Description
2	11040-440	1	KNOB
9	12030-200	1	W MAIN FRAME Custom
10	12030-201	1	P CUSHION TUBE
20	12030-328	1	DECAL ADJUSTMENT
46	4605-322	1	PIN DETENT
48	4605-512	1	INSERT PLASTIC 7.94
49	4800-168	1	CUSHION SA BIKE SEAT 12IN MOLDED Custom
50	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
53	8500-025	1	DECAL CAUTION Custom
54	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
71	HC620414	1	BHSCS .250-20 X .625
90	JC700422	4	BHSCS .375-16 X 1.50
94	JS347400	4	LOCKWASHER INT TOOTH .375
96	PP090211	1	INSERT PL 1.50 SQ X 10-14 GA
98	PP130002	1	INSERT DOMED PLASTIC
100	PR069400	1	BUMPER RECESS
101	YA000008	2	ADH THRD LKR REM NO. 242

12630 Spring Assembly Detail



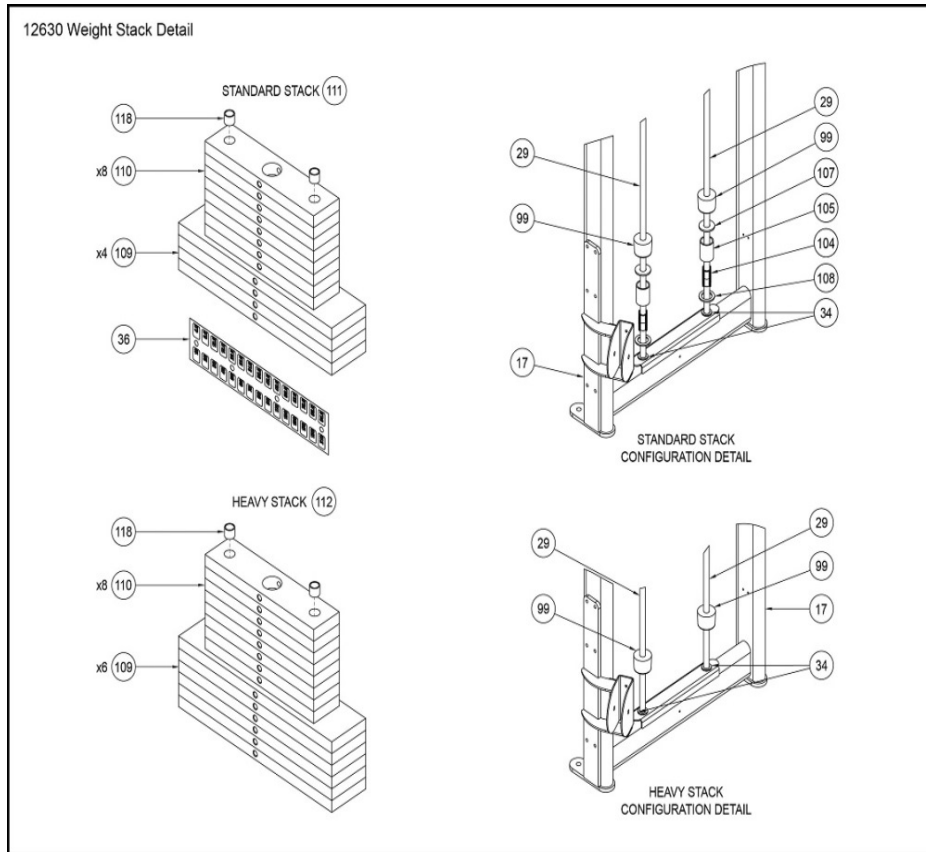
Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
9	12030-200	1	W MAIN FRAME Custom
25	12040-208	1	W BELT CLAMP
26	12040-347	1	BLOCK
27	12040-348	1	EXT SPRING 20.25 LONG
28	12040-354	2	SPACER
72	HC700415	1	BHSCS .375-16 X .75
77	HN704901	2	LOCKNUT .375-16 NYLON
85	HY740000	2	SET SCREW
89	JC700420	1	BHSCS .375-16 X 1.25
90	JC700422	1	BHSCS .375-16 X 1.50
101	YA000008	1	ADH THRD LKR REM NO. 242

12630 Top Weight Assembly



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
35	12301-007	1	Top Weight Assy 15
85	HY740000	3	SET SCREW
103	11040-216	1	P BELT CLAMP
106	BH030207	1	PIN WEIGHT SELECTOR
113	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
114	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
115	4700-266	1	C Top WT 15-3X12
116	BR030206	2	RETAINING RING
117	BR030220	23	RETAINING RING 1.250 INTERNAL

12630 Weight Stack Detail



Ref #	Part Number	Qty	Description
17	12030-210	5	W FRAME Custom
29	12060-350	4	WT ROD .625 DIA X 54.63
34	12210-348	1	CAP GUIDE ROD
36	12301-552	5	DECAL, WT PLATE GRADUATED (10-210)
99	PR060005	1	BUMPER WEIGHT
104	12210-352	1	INSERT PLASTIC
105	12210-358	1	TUBE SPACER
107	HS760106	1	WASH FLAT 1.750 .688 .140 T
108	JS497600	1	WASHER 1.19 ID X 1.75 OD X .12 THK
109	4000C101	10	C STACK WT 4X18
110	4700-337	16	C Stack Weight 10 lbs exact
111	12301-035	1	WT PAC 12 GRADUATED
112	12301-031	1	WT Pac 14 Graduated
118	FB130216	2	Bushing Weight Stack

