

VR3 ARM CURL

12670-01

Parts Manual

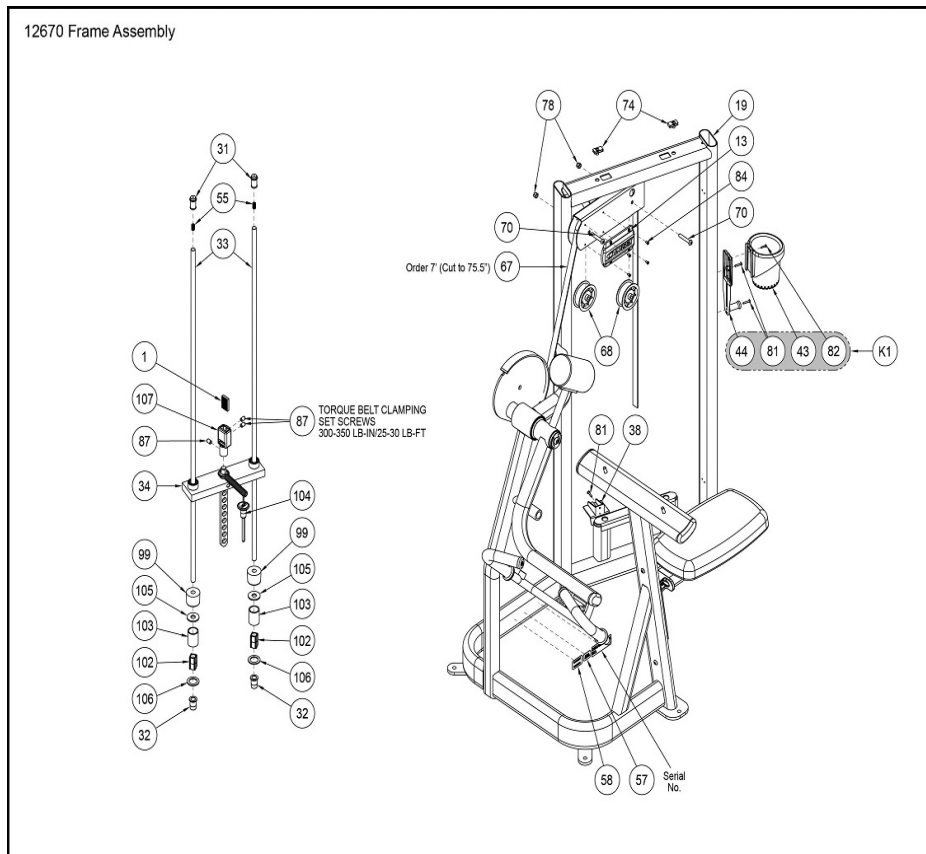
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Table of Contents

<u>12670 Frame Assembly.....</u>	<u>3</u>
<u>12670 Handle Assembly.....</u>	<u>5</u>
<u>12670 Panel Assembly.....</u>	<u>7</u>
<u>12670 Seat Assembly.....</u>	<u>8</u>
<u>12670 Top Weight Assembly.....</u>	<u>10</u>
<u>12670 Weight Stack Detail.....</u>	<u>11</u>

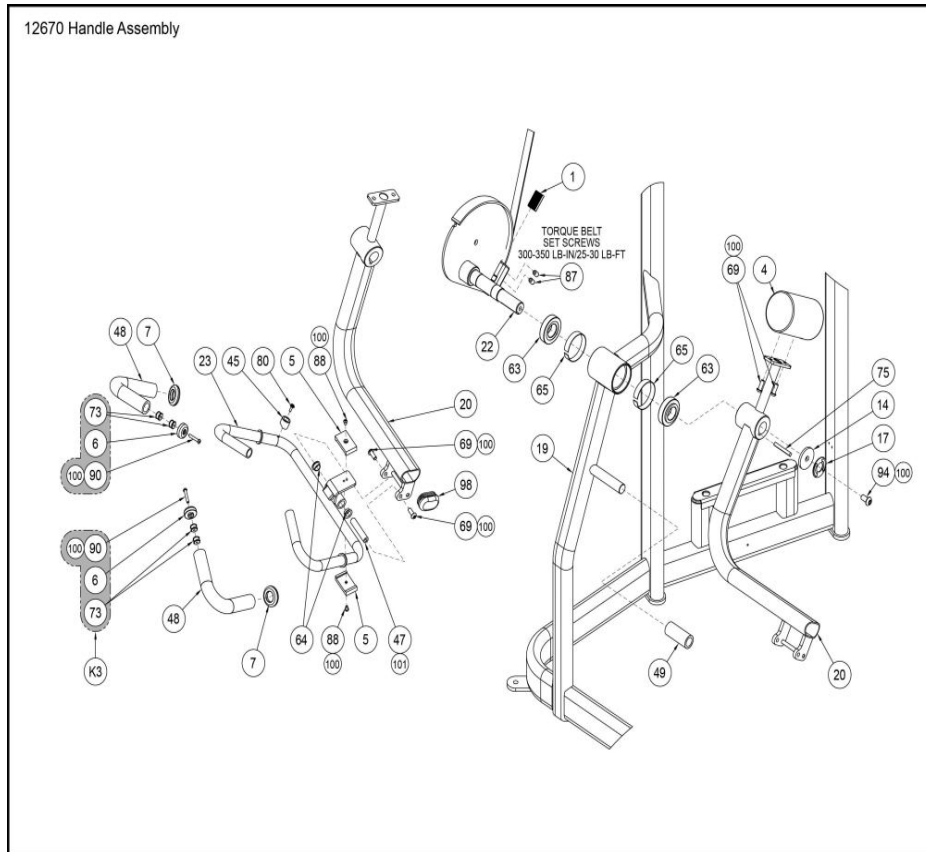
12670 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
1	11040-301	1	INSERT CLAMP BLOCK
13	12000-466	1	PULLEY COVER
19	12070-200	1	W MAIN FRAME Custom
31	12210-347	2	CAP GUIDE ROD
32	12210-348	2	CAP GUIDE ROD
33	12210-350	2	WT ROD .625 DIA X 49.53
34	12301-006	1	Top Weight Assy 10
38	12600-394	1	PANEL SUPPORT BRACKET
43	13000-400	1	Holder Water Bottle
44	13000-402	1	Mount Water Bottle Holder
55	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
57	CM000211	1	DECAL PATENT
58	CM000260	1	DECAL, CAPACITY
67	GB000202	1	BELT .95 WIDE
68	GP000209	2	PULLEY ASSEMBLY-3.50
70	HC700428	2	BHSCS .375-16 X 2.25
74	HF700000	2	PANEL FASTNER .375-16 U TYPE
78	HN704901	2	LOCKNUT .375-16 NYLON
81	HT512517	3	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
82	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
84	HT570410	1	SCREW PNH TORX 10-24X.375 BLACK

Ref #	Part Number	Qty	Description
87	HY740000	3	SET SCREW
99	PR060005	2	BUMPER WEIGHT
102	12210-352	2	INSERT PLASTIC
103	12210-358	2	TUBE SPACER
104	BH030207	1	PIN WEIGHT SELECTOR
105	HS760106	2	WASH FLAT 1.750 .688 .140 T
106	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
107	11040-216	1	P BELT CLAMP

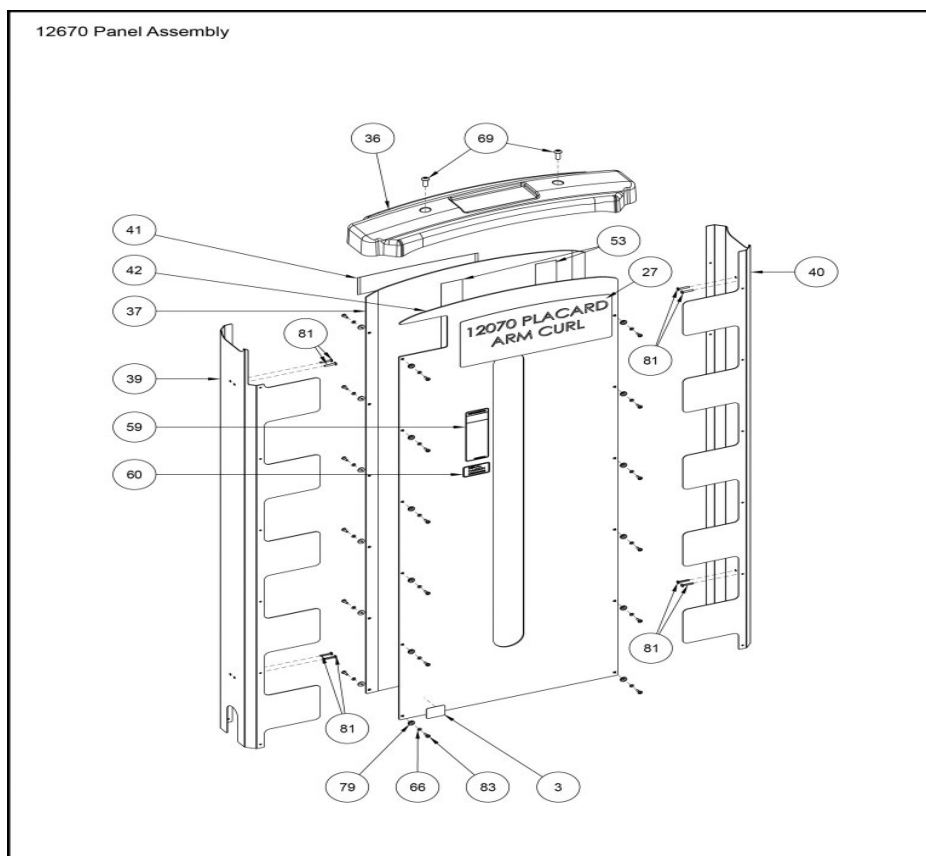
12670 Handle Assembly



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
K3	11090K006	1	KIT HANDLE TRIM RING
4	11070-332	1	C COUNTERWEIGHT
5	11070-340	2	Bumper
6	11090-374	2	END CAP
7	11090-376	2	RING HANDLE GRIP
14	12050-343	1	WASHER
17	12050-355	1	DECAL ROTATION
19	12070-200	1	W MAIN FRAME Custom
20	12070-202	2	W INPUT ARM Custom
22	12070-204	1	W CAM Custom
23	12070-206	1	NLA: W ARM CURL HANDLE
45	13075-325	1	BUMPER
47	4535-328	1	PIN PIVOT-SHORT
48	4605-503	2	GRAB GRIP 12.25
49	4605-515	1	GRAB GRIP 3.25
63	FB030249	2	BEARING RADIAL 35MM EXT RACE
64	FB130205	2	BRG FLG .62 X .75 .38 LG
65	FC030009	2	TOLERANCE RING 72MM
69	HC700417	4	BHSCS .375-16 X 1.00
73	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
75	HH320030	1	KEY .313 SQ X 2.50

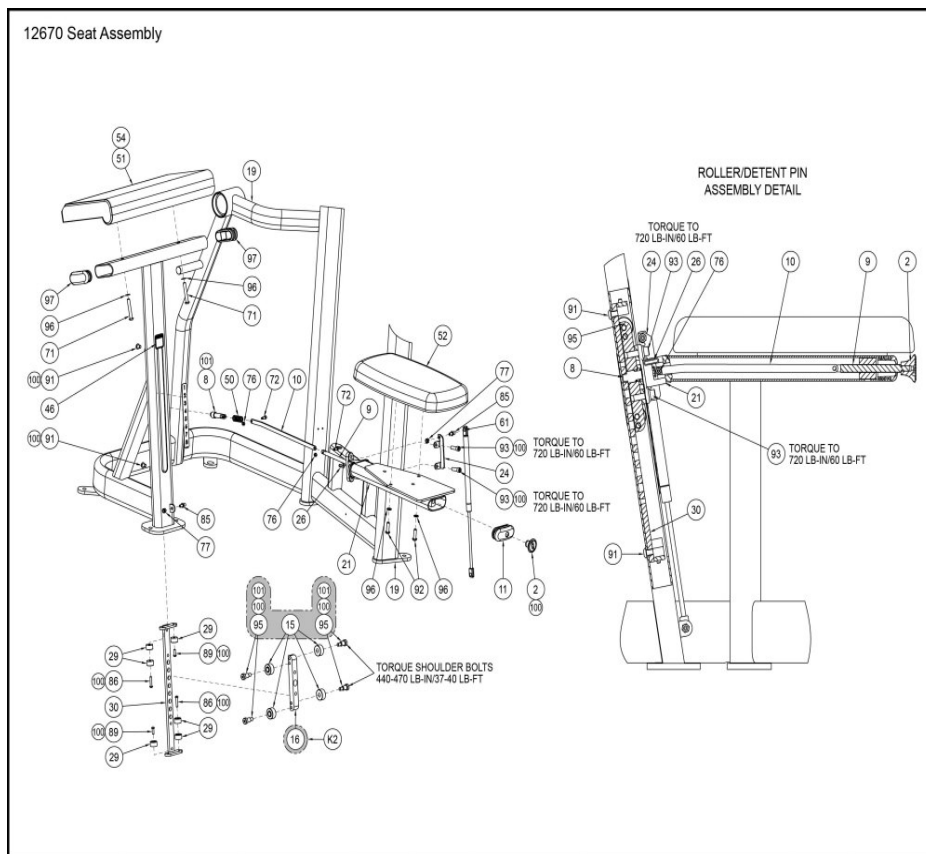
Ref #	Part Number	Qty	Description
80	HT102214	1	SCREW,10-24,HXHD WSHR PHIL,TYP 23
87	HY740000	2	SET SCREW
88	JC620410	2	BHSCS .250-20 X .375
90	JC620422	2	BHSCS .250-20 X 1.50
94	JC780417	1	BHSCS .500-13 X 1.00
98	PP130003	1	INSERT PLASTIC

12670 Panel Assembly



Ref #	Part Number	Qty	Description
3	11040-790	1	NLA: DECAL, MADE IN THE USA
27	12070-598	1	Placard VR3 Arm Curl
36	12600-390	1	MOLDED TOP CAP
37	12600-392	1	PANEL INSERT, PLANET FITNESS
39	12630-350	1	FORMED PLATE
40	12630-351	1	FORMED PLATE
41	12670-370	1	DECAL, ARM CURL
42	12670-391	1	PANEL INSERT, PLANET FITNESS
53	510-1108	2	TAPE BOX SEALING CLEAR
59	DE000001	1	Decal Warning Custom
60	DE000005	1	Decal Caution Custom
66	FO100007	1	O RING .156 ID X .344 OD
69	HC700417	2	BHSCS .375-16 X 1.00
79	HS100000	1	WASHER NYLON FINISHING
81	HT512517	1	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
83	HT572512	1	TAP SC NO. 10 - 24 X .50 PN HD PHIL

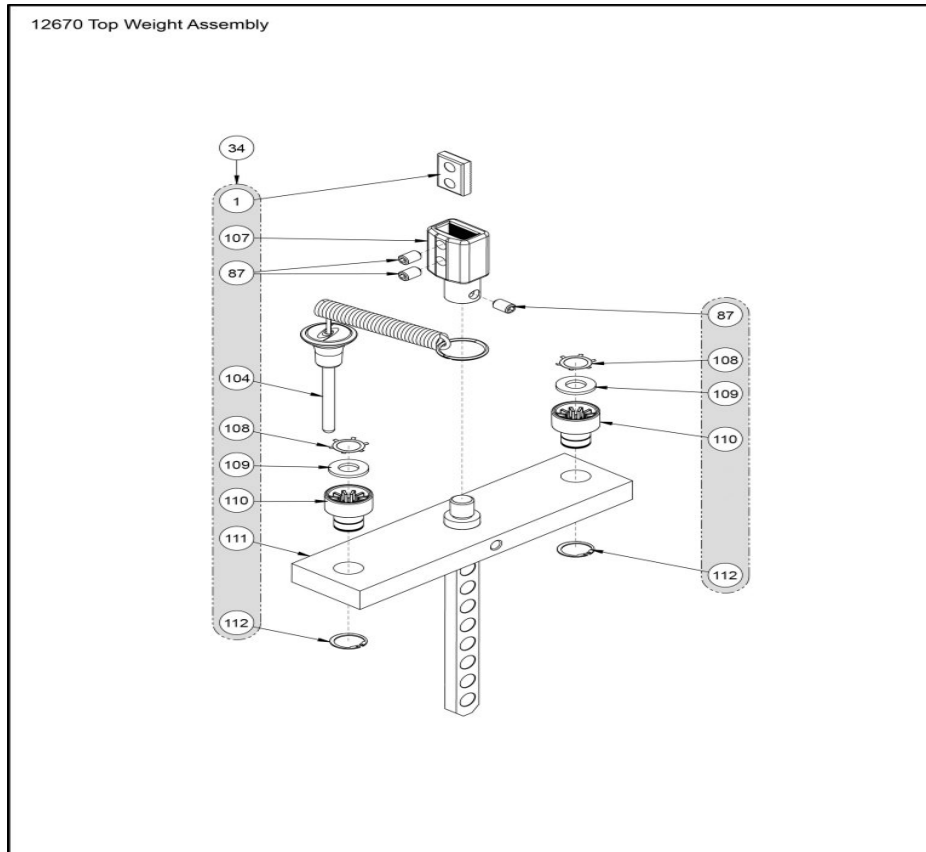
12670 Seat Assembly



Ref #	Part Number	Qty	Description
2	11040-440	2	KNOB
K2	12000K012	1	KIT. ROLLER ASSEMBLY
8	12000-339	2	PIN DETENT
9	12000-342	2	PIN DETENT
10	12000-343	2	LINKAGE BAR
11	12000-346	1	INSERT, PLASTIC
15	12050-346	4	WHEEL ROLLER
16	12050-348	1	GUIDE ROLLER
19	12070-200	2	W MAIN FRAME Custom
21	12070-203	2	W SEAT BOTTOM Custom
24	12070-308	2	MOUNT SPRING
26	12070-394	2	DECAL INDICATOR
29	12100-303	6	BUMPER
30	12190-208	2	P DETENT BAR
46	4520-362	1	DECAL SEAT CAUTION Custom
50	4715-346	1	COM SPRING .72 X 1.50 LG
51	4800-163	1	COVERED CUSHION CONTOUR 10 X 2 Custom
52	4800-192	1	CUSHION SA 10 X 18 MOLDED Custom
54	4800-162	1	WEAR COVER CONTOUR 10 X 22 Custom
61	EZ000008	1	GAS SPRING 100N
71	HC700430	2	BHSCS .375-16 X 2.50
72	HD303312	2	S BOLT .250 X .500 .190-10-24

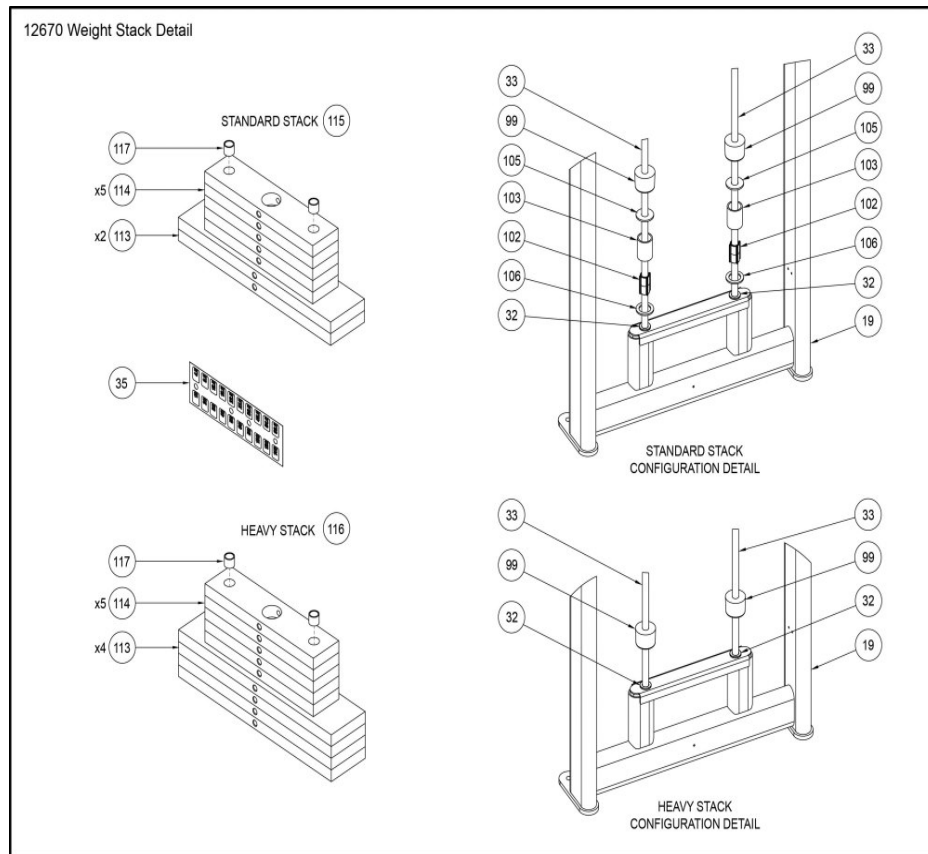
Ref #	Part Number	Qty	Description
76	HN575100	3	LOCKNUT .190-NO 10-24
77	HN664900	2	LOCKNUT .312-18 NYLON INSERT
85	HX-60184	2	BALL,STUD,5/16 -18X10MM
86	HX620420	2	BHSCS .250-20 X 1.250
89	JC620415	2	BHSCS .250-20 X .75
91	JC700412	4	BHSCS .375-16 X .50
92	JC700420	2	BHSCS .375-16 X 1.25
93	JC702820	4	SHCS .375-16 X 1.25
95	JD383315	4	S BOLT .500 X .75 .375-16
96	JS347400	4	LOCKWASHER INT TOOTH .375
97	PP130002	2	INSERT DOMED PLASTIC

12670 Top Weight Assembly



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
34	12301-006	1	Top Weight Assy 10
87	HY740000	3	SET SCREW
104	BH030207	1	PIN WEIGHT SELECTOR
107	11040-216	1	P BELT CLAMP
108	BR030220	2	RETAINING RING 1.250 INTERNAL
109	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
110	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
111	4700-265	1	C Top WT 10-3X12
112	BR030206	2	RETAINING RING

12670 Weight Stack Detail



Ref #	Part Number	Qty	Description
19	12070-200	2	W MAIN FRAME Custom
32	12210-348	2	CAP GUIDE ROD
33	12210-350	4	WT ROD .625 DIA X 49.53
35	12301-551	1	DECAL, WT PLATE GRADUATED (10-140)
99	PR060005	4	BUMPER WEIGHT
102	12210-352	2	INSERT PLASTIC
103	12210-358	2	TUBE SPACER
105	HS760106	2	WASH FLAT 1.750 .688 .140 T
106	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
113	4000C101	6	C STACK WT 4X18
114	4700-337	10	C Stack Weight 10 lbs exact
115	12301-034	1	WT PAC 7 GRADUATED
116	12301-030	1	WT Pac 9 Graduated
117	FB130216	2	Bushing Weight Stack

