

VR3 ABDOMINAL

12690-01

Parts Manual

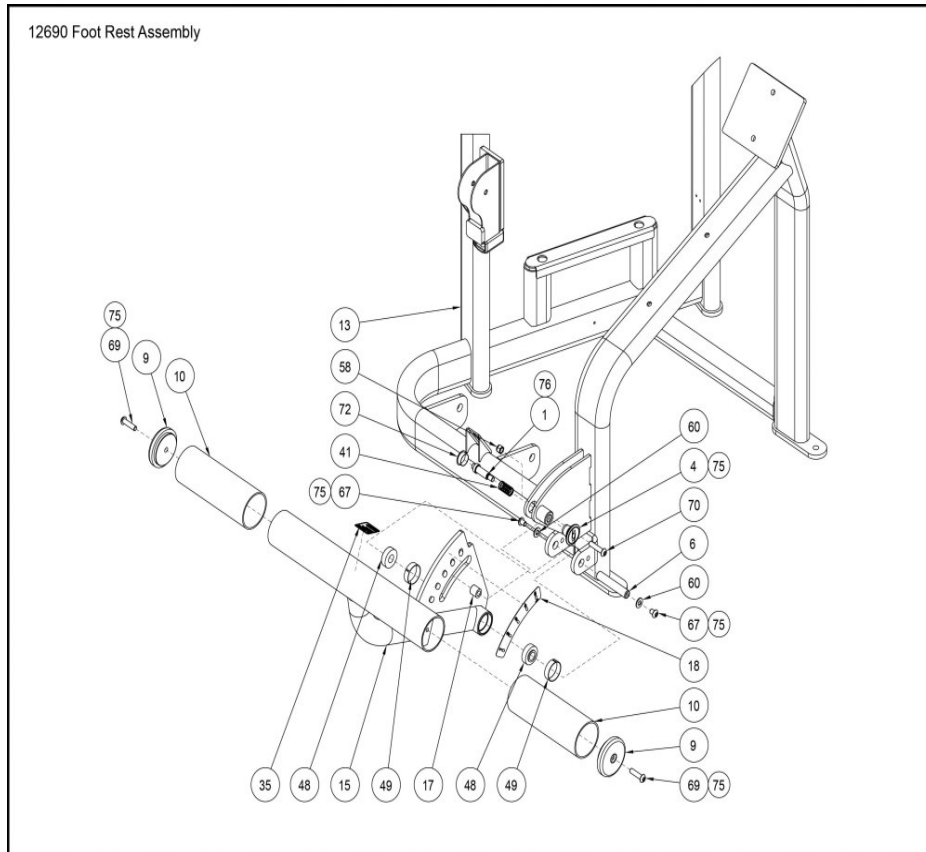
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Table of Contents

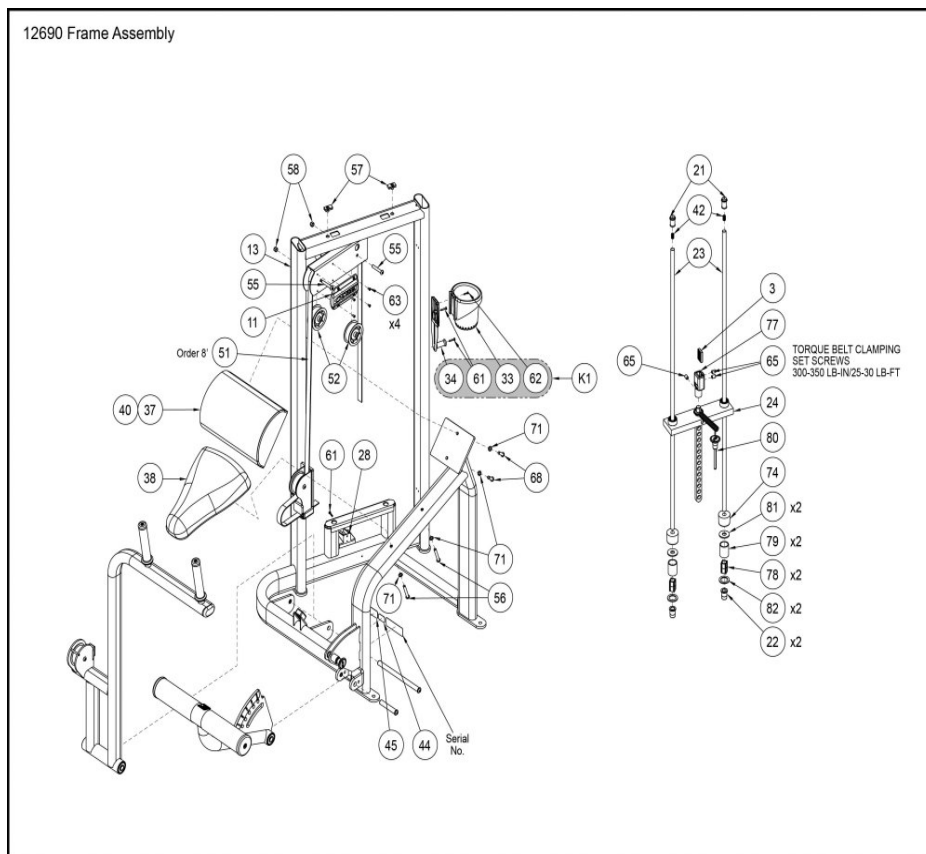
<u>12690 Foot Rest Assembly</u>	3
<u>12690 Frame Assembly</u>	4
<u>12690 Panel Assembly</u>	6
<u>12690 Pivot Arm</u>	7
<u>12690 Top Weight Assembly</u>	8
<u>12690 Weight Stack Detail</u>	9

12690 Foot Rest Assembly



Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
4	11040-440	1	KNOB
6	11080-337	1	SHAFT PIVOT
9	11090-398	2	END CAP
10	11090-400	2	GRIP 8.75
13	12090-200	1	W FRAME Custom
15	12090-202	1	W FOOT REST Custom
17	12090-306	1	SPACER
18	12090-312	1	DECAL FOOT REST ADJUST
35	8500-025	1	DECAL CAUTION Custom
41	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
48	FB030232	2	BRG RADIAL 17MM ID EXT RACE
49	FC030006	2	TOLERANCE RING 1.575 ID
58	HN704901	1	LOCKNUT .375-16 NYLON
60	HS347600	2	WASHER SAE .375
67	JC700412	2	BHSCS .375-16 X .50
69	JC700422	2	BHSCS .375-16 X 1.50
70	JC700424	1	BHSCS .375-16 X 1.75
72	PN660200	1	INSERT PLASTIC 1.00 DIA-11 GA

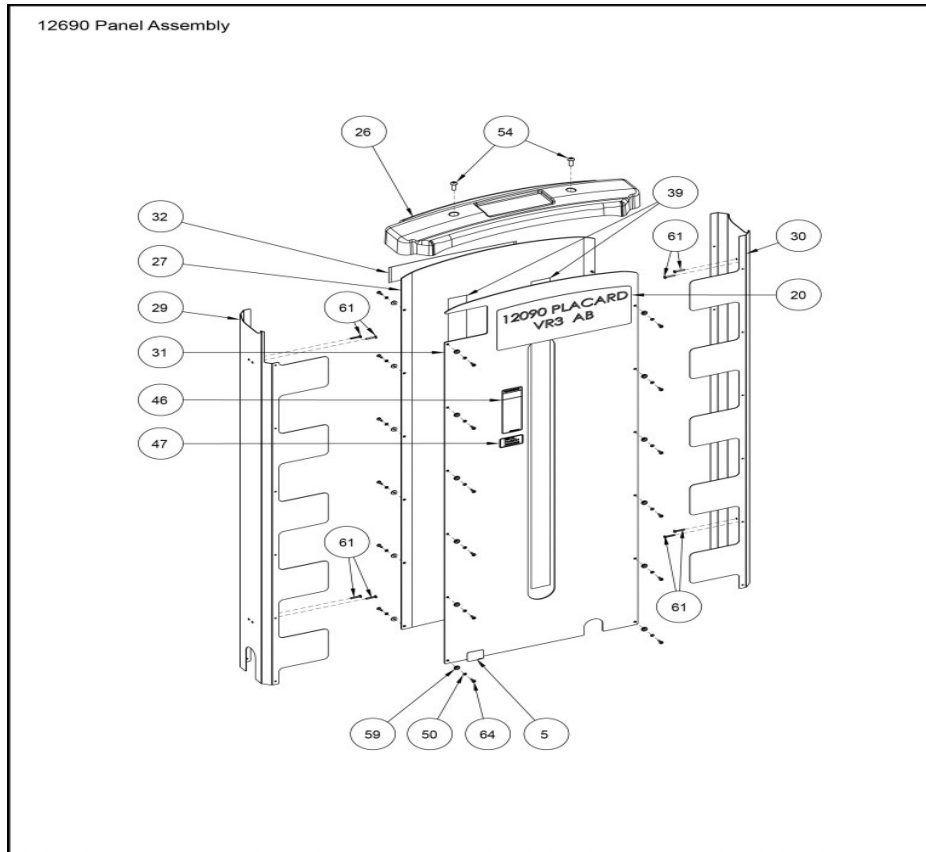
12690 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
3	11040-301	1	INSERT CLAMP BLOCK
11	12000-466	1	PULLEY COVER
13	12090-200	1	W FRAME Custom
21	12210-347	2	CAP GUIDE ROD
22	12210-348	2	CAP GUIDE ROD
23	12210-350	2	WT ROD .625 DIA X 49.53
24	12301-007	1	Top Weight Assy 15
28	12600-394	1	PANEL SUPPORT BRACKET
33	13000-400	1	Holder Water Bottle
34	13000-402	1	Mount Water Bottle Holder
37	4800-127	1	COVERED CUSHION SA CONTOUR 9 X 14 Custom
38	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
40	4800-130	1	WEAR COVER SA CONTOUR 9 X 14 Custom
42	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
44	CM000211	1	DECAL PATENT
45	CM000261	1	DECAL, CAPACITY
51	GB000202	1	BELT .95 WIDE
52	GP000209	2	PULLEY ASSEMBLY-3.50
55	HC700428	2	BHSCS .375-16 X 2.25
56	HC700430	2	BHSCS .375-16 X 2.50
57	HF700000	2	PANEL FASTNER .375-16 U TYPE

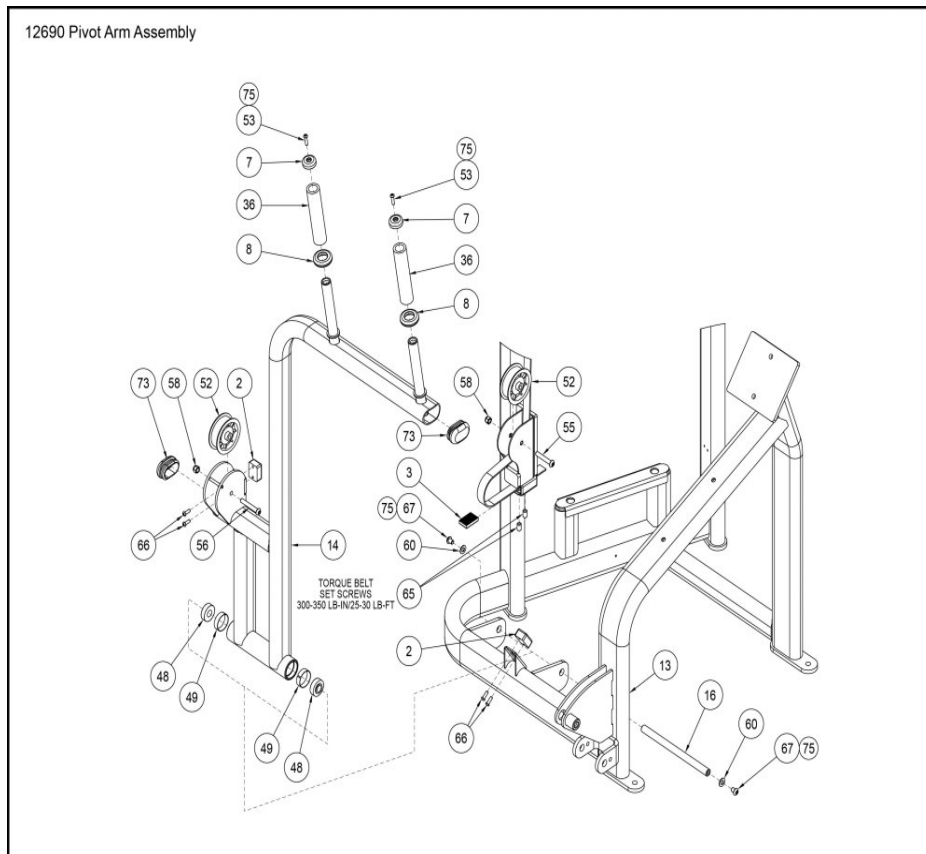
Ref #	Part Number	Qty	Description
58	HN704901	2	LOCKNUT .375-16 NYLON
61	HT512517	3	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
62	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
63	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
65	HY740000	3	SET SCREW
68	JC700420	2	BHSCS .375-16 X 1.25
71	JS347400	4	LOCKWASHER INT TOOTH .375
74	PR060005	2	BUMPER WEIGHT
77	11040-216	1	P BELT CLAMP
78	12210-352	2	INSERT PLASTIC
79	12210-358	2	TUBE SPACER
80	BH030207	1	PIN WEIGHT SELECTOR
81	HS760106	2	WASH FLAT 1.750 .688 .140 T
82	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK

12690 Panel Assembly



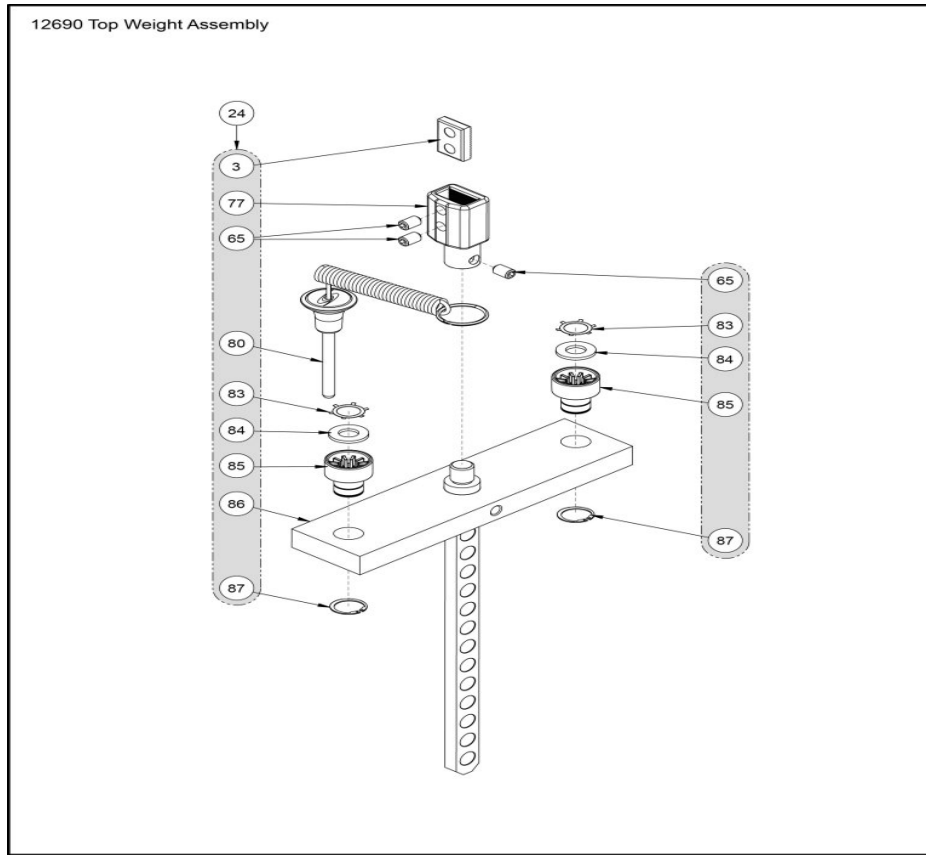
Ref #	Part Number	Qty	Description
5	11040-790	1	NLA: DECAL, MADE IN THE USA
20	12090-598	1	Placard VR3 Abdominal
26	12600-390	1	MOLDED TOP CAP
27	12600-392	1	PANEL INSERT, PLANET FITNESS
29	12630-350	1	FORMED PLATE
30	12630-351	1	FORMED PLATE
31	12661-391	1	PANEL INSERT, PLANET FITNESS
32	12690-370	1	DECAL, ABDOMINAL
39	510-1108	2	TAPE BOX SEALING CLEAR
46	DE000001	1	Decal Warning Custom
47	DE000005	1	Decal Caution Custom
50	FO100007	1	O RING .156 ID X .344 OD
54	HC700417	2	BHSCS .375-16 X 1.00
59	HS100000	1	WASHER NYLON FINISHING
61	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
64	HT572512	1	TAP SC NO. 10 - 24 X .50 PN HD PHIL

12690 Pivot Arm



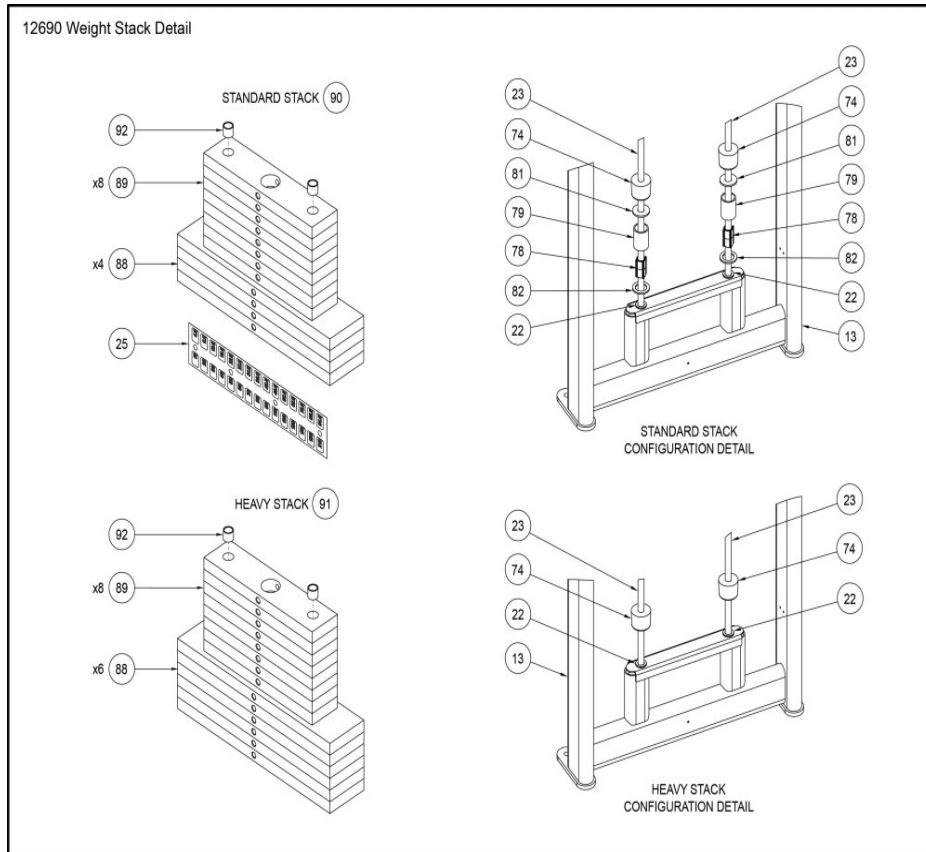
Ref #	Part Number	Qty	Description
2	11000-384	2	BLOCK STOP
3	11040-301	1	INSERT CLAMP BLOCK
7	11090-374	2	END CAP
8	11090-376	2	RING HANDLE GRIP
13	12090-200	1	W FRAME Custom
14	12090-201	1	W PIVOT ARM Custom
16	12090-303	1	SHAFT PIVOT
36	4605-520	2	GRAB GRIP 6.25
48	FB030232	2	BRG RADIAL 17MM ID EXT RACE
49	FC030006	2	TOLERANCE RING 1.575 ID
52	GP000209	2	PULLEY ASSEMBLY-3.50
53	HC620417	2	BHSCS .250-20 X 1.00
55	HC700428	1	BHSCS .375-16 X 2.25
56	HC700430	1	BHSCS .375-16 X 2.50
58	HN704901	2	LOCKNUT .375-16 NYLON
60	HS347600	2	WASHER SAE .375
65	HY740000	2	SET SCREW
66	JC620415	4	BHSCS .250-20 X .75
67	JC700412	2	BHSCS .375-16 X .50
73	PP130003	2	INSERT PLASTIC

12690 Top Weight Assembly



Ref #	Part Number	Qty	Description
3	11040-301	1	INSERT CLAMP BLOCK
24	12301-007	1	Top Weight Assy 15
65	HY740000	3	SET SCREW
77	11040-216	1	P BELT CLAMP
80	BH030207	1	PIN WEIGHT SELECTOR
83	BR030220	2	RETAINING RING 1.250 INTERNAL
84	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
85	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
86	4700-266	1	C Top WT 15-3X12
87	BR030206	2	RETAINING RING

12690 Weight Stack Detail



Ref #	Part Number	Qty	Description
13	12090-200	2	W FRAME Custom
22	12210-348	4	CAP GUIDE ROD
23	12210-350	4	WT ROD .625 DIA X 49.53
25	12301-552	1	DECAL, WT PLATE GRADUATED (10-210)
74	PR060005	4	BUMPER WEIGHT
78	12210-352	2	INSERT PLASTIC
79	12210-358	2	TUBE SPACER
81	HS760106	2	WASH FLAT 1.750 .688 .140 T
82	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
88	4000C101	10	C STACK WT 4X18
89	4700-337	16	C Stack Weight 10 lbs exact
90	12301-035	1	WT PAC 12 GRADUATED
91	12301-031	1	WT Pac 14 Graduated
92	FB130216	2	Bushing Weight Stack

