

VR3 PRONE LEG CURL

12740-01

Parts Manual

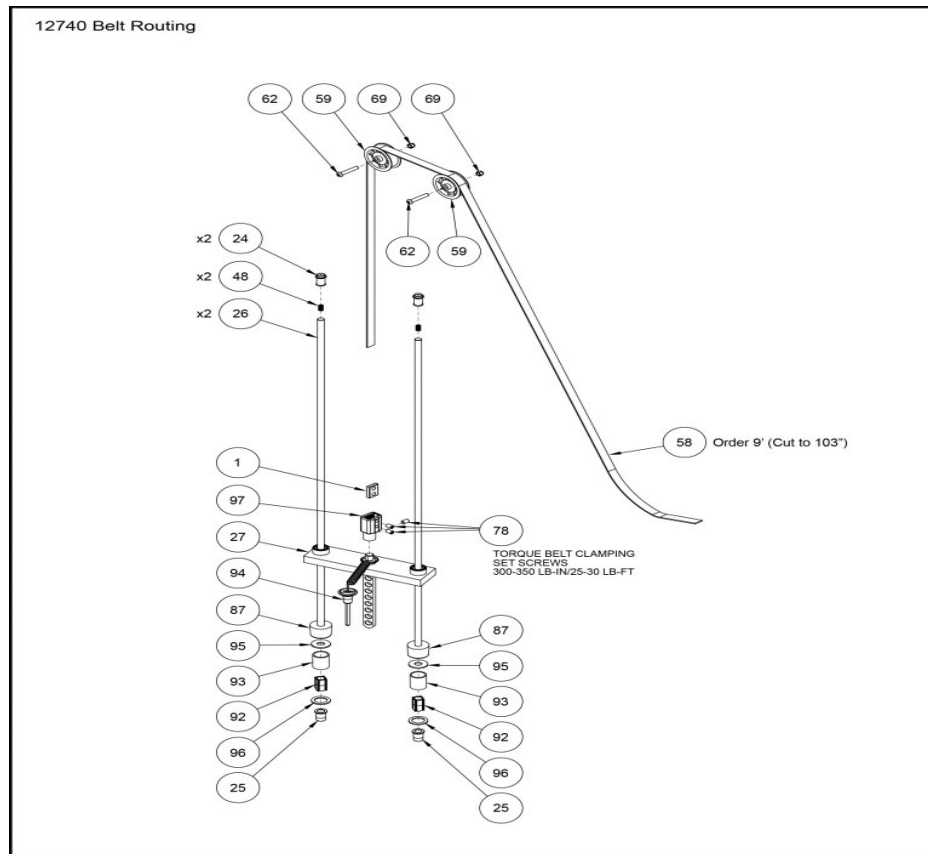
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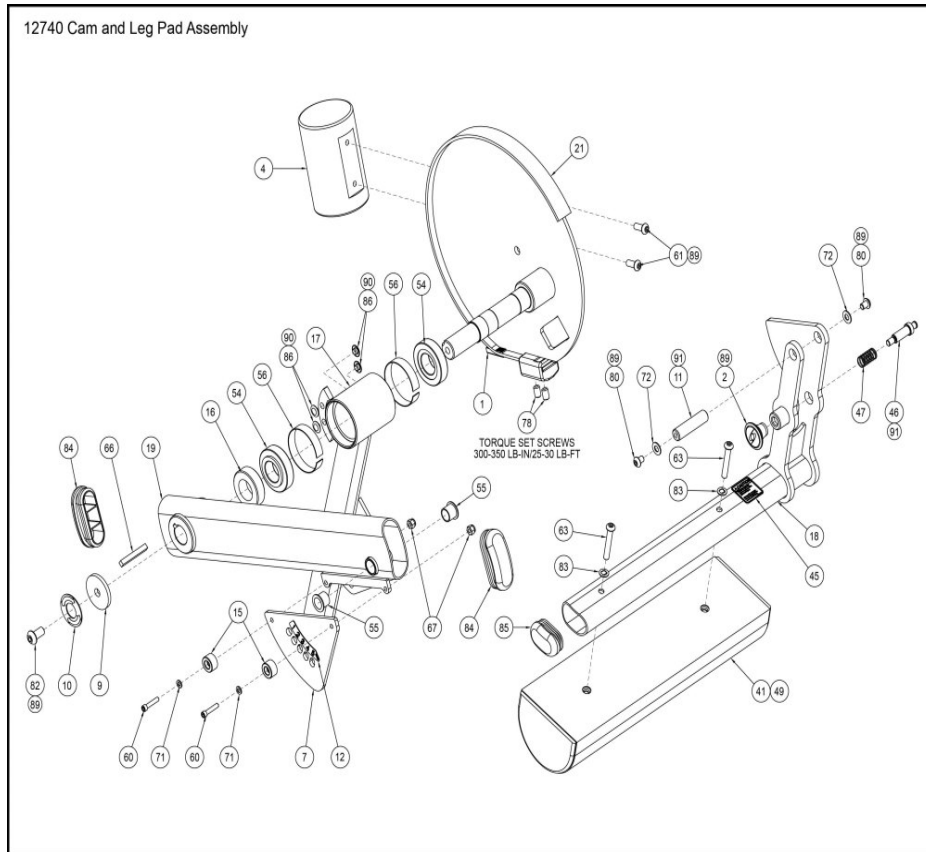
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12740 Belt Routing



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
24	12210-347	2	CAP GUIDE ROD
25	12210-348	2	CAP GUIDE ROD
26	12210-350	2	WT ROD .625 DIA X 49.53
27	12301-006	1	Top Weight Assy 10
48	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
58	GB000202	1	BELT .95 WIDE
59	GP000209	2	PULLEY ASSEMBLY-3.50
62	HC700428	2	BHSCS .375-16 X 2.25
69	HN704901	2	LOCKNUT .375-16 NYLON
78	HY740000	3	SET SCREW
87	PR060005	2	BUMPER WEIGHT
92	12210-352	2	INSERT PLASTIC
93	12210-358	2	TUBE SPACER
94	BH030207	1	PIN WEIGHT SELECTOR
95	HS760106	2	WASH FLAT 1.750 .688 .140 T
96	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
97	11040-216	1	P BELT CLAMP

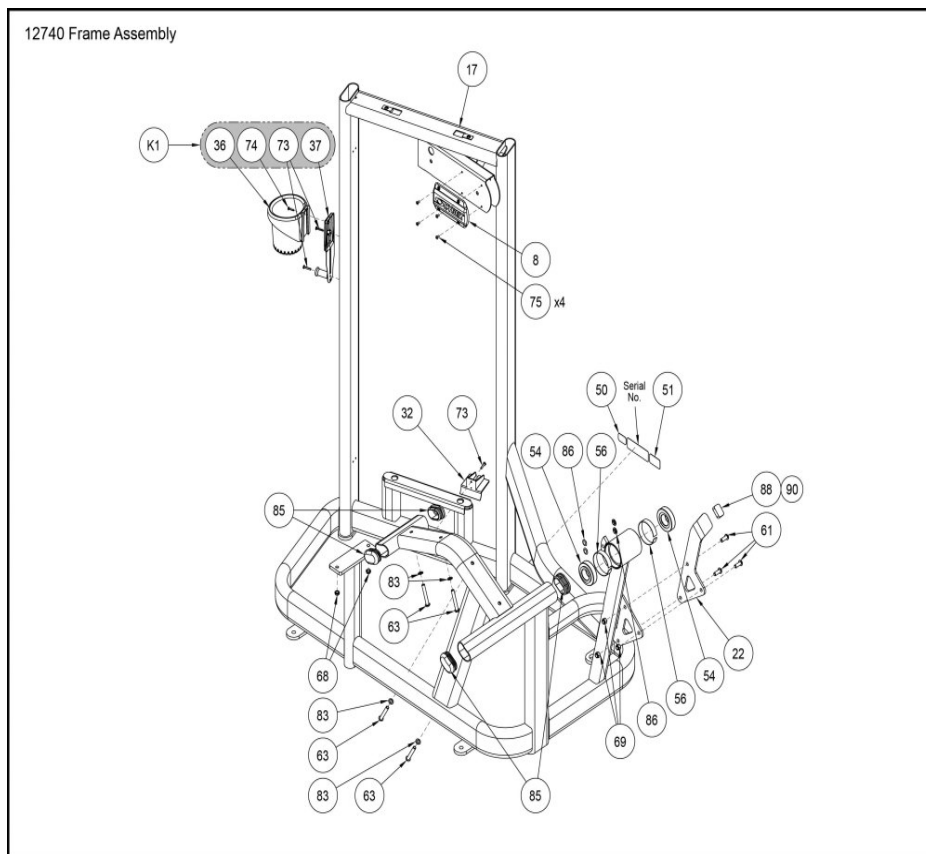
12740 Cam and Leg Pad Assembly



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
2	11040-440	1	KNOB
4	11070-332	1	C COUNTERWEIGHT
7	11140-322	1	P DETENT PLATE
9	12050-343	1	WASHER
10	12050-355	1	DECAL ROTATION
11	12060-346	1	PIN PIVOT
12	12060-356	1	DECAL ADJUSTING
15	12100-303	2	BUMPER
16	12101-300	1	SPACER
17	12140-200	1	W MAIN FRAME Custom
18	12140-201	1	W CUSHION ARM Custom
19	12140-202	1	W INPUT ARM Custom
21	12140-205	1	W/CAM Custom
41	4800-196	1	COVERED CUSHION AS CONTOUR 20 Custom
45	8500-025	1	DECAL CAUTION Custom
46	8510-366	1	P DETENT PIN
47	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
49	4800-199	1	WEAR COVER CS Custom
54	FB030249	2	BEARING RADIAL 35MM EXT RACE
55	FB130212	2	BUSHING FLANGE FOOTPLATE.75ID
56	FC030009	2	TOLERANCE RING 72MM

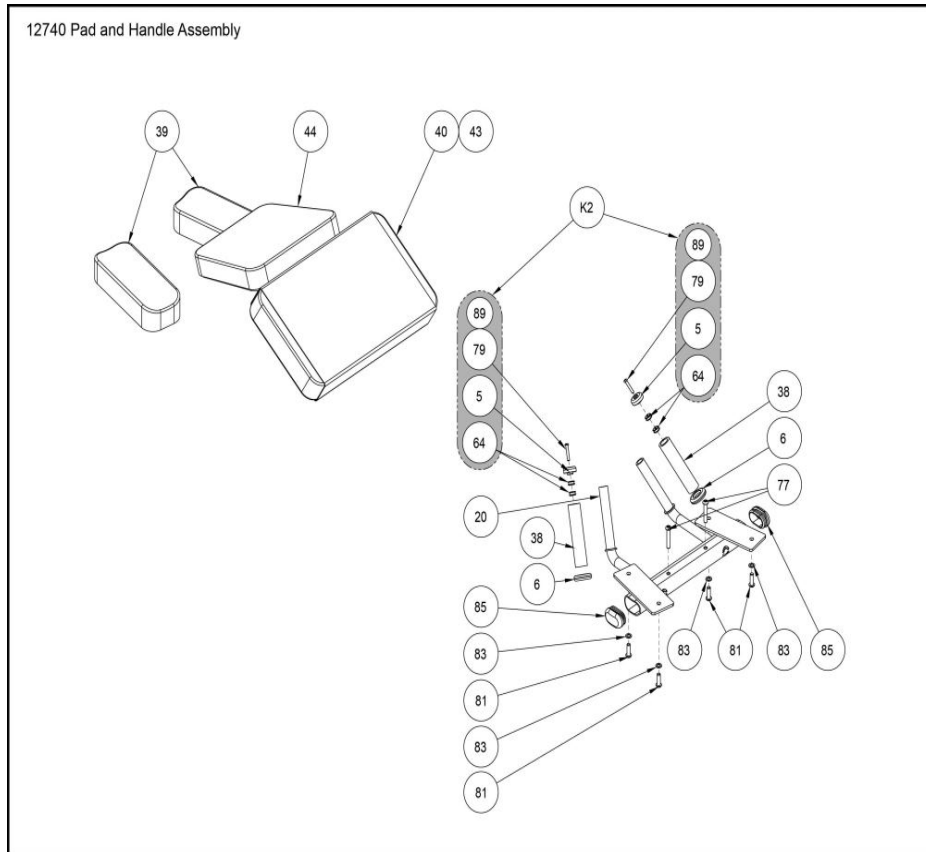
Ref #	Part Number	Qty	Description
60	HC622820	2	SHCS .250-20 X 1.25
61	HC700417	2	BHSCS .375-16 X 1.00
63	HC700430	2	BHSCS .375-16 X 2.50
66	HH320030	1	KEY .313 SQ X 2.50
67	HN625200	2	LOCKNUT .250-20 NYLON HVY
71	HS307601	2	WASH FLAT .281 .500 .062 T
72	HS347600	2	WASHER SAE .375
78	HY740000	2	SET SCREW
80	JC700412	2	BHSCS .375-16 X .50
82	JC780417	1	BHSCS .500-13 X 1.00
83	JS347400	2	LOCKWASHER INT TOOTH .375
84	PP130002	2	INSERT DOMED PLASTIC
85	PP130003	1	INSERT PLASTIC
86	PP660006	4	PLUG SNAP IN
89	YA000201	1	ADH THRD LKR REM .02 OZ 242
90	YA000222	1	ADH BNDG CYANOACRYLATE
91	YG000002	1	NLA: Please use Lithium Grease

12740 Frame Assembly



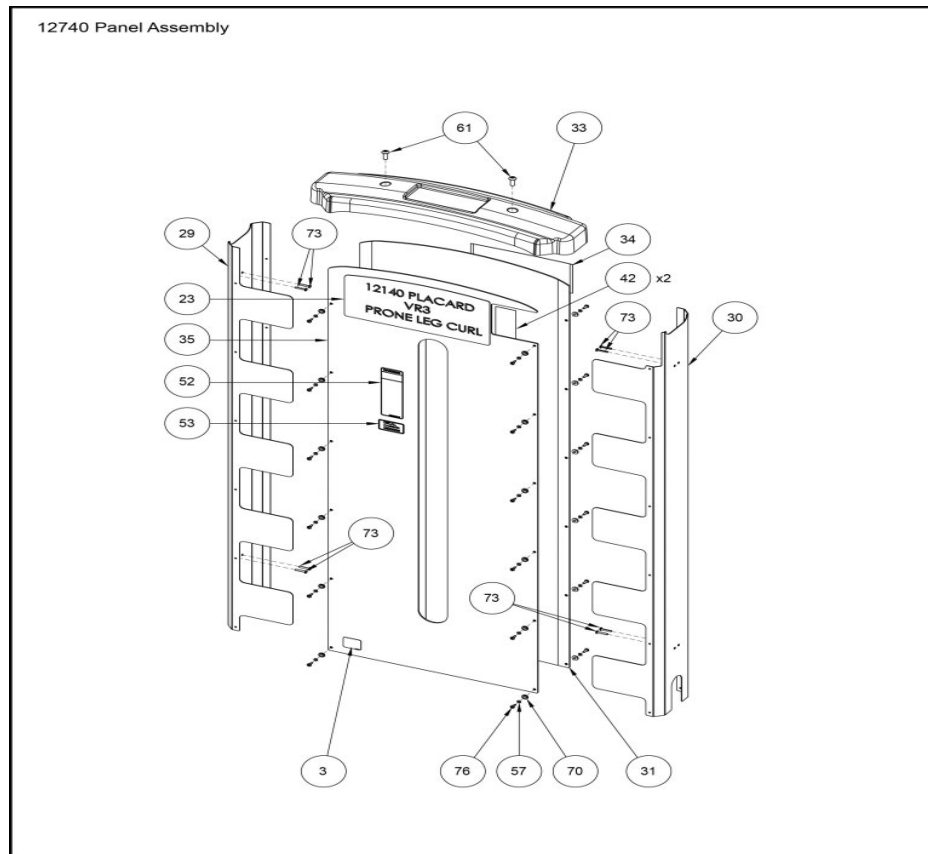
Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
8	12000-467	1	PULLEY COVER
17	12140-200	1	W MAIN FRAME Custom
22	12140-206	1	W/CAM STOP Custom
32	12600-394	1	PANEL SUPPORT BRACKET
36	13000-400	1	Holder Water Bottle
37	13000-402	1	Mount Water Bottle Holder
50	CM000211	1	DECAL PATENT
51	CM000260	1	DECAL, CAPACITY
54	FB030249	2	BEARING RADIAL 35MM EXT RACE
56	FC030009	2	TOLERANCE RING 72MM
61	HC700417	3	BHSCS .375-16 X 1.00
63	HC700430	4	BHSCS .375-16 X 2.50
68	HN704902	4	LOCKNUT NYLON .375-16
69	HN704901	3	LOCKNUT .375-16 NYLON
73	HT512517	3	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
74	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
75	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK
83	JS347400	2	LOCKWASHER INT TOOTH .375
85	PP130003	4	INSERT PLASTIC
86	PP660006	4	PLUG SNAP IN
88	PU060201	1	BUMPER

12740 Pad and Handle Assembly



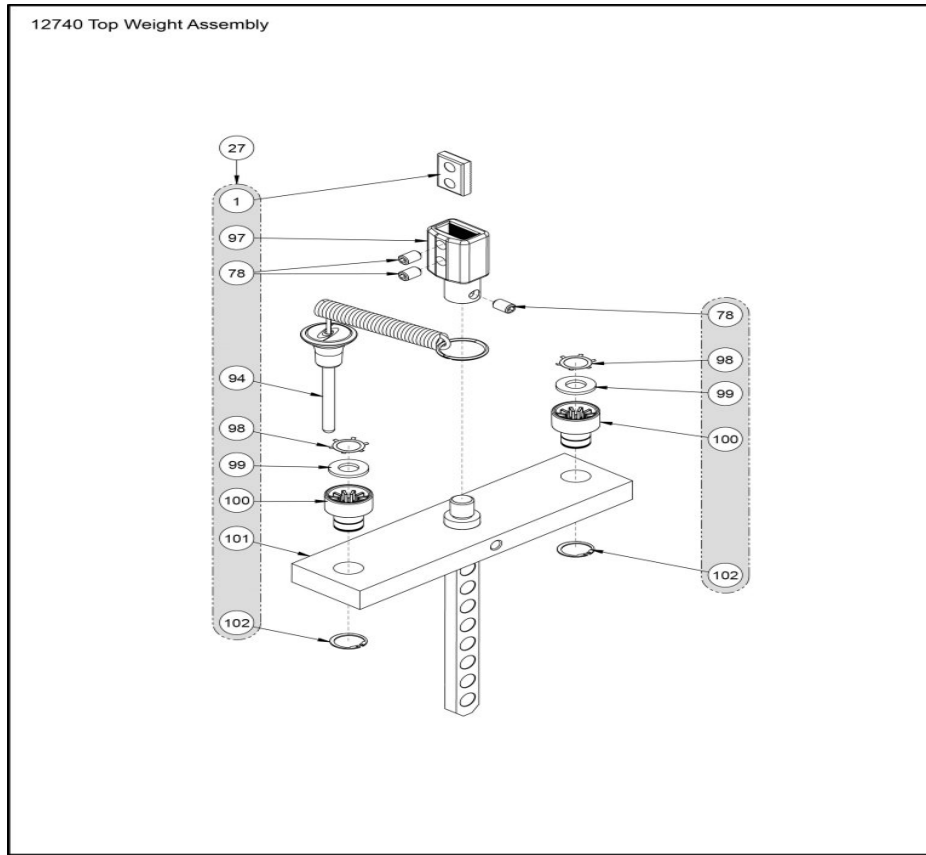
Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
5	11090-374	2	END CAP
6	11090-376	2	RING HANDLE GRIP
20	12140-204	1	W/HANDLE BAR Custom
38	4605-500	2	GRAB GRIP 6.00
39	4800-017	2	CUSHION SA 5 X 12 Custom
40	4800-029	1	COVERED CUSION SA 12 X 20 Custom
43	4800-098	1	WEAR COVER SA 12 X 20 Custom
44	5245-011	1	CUSHION SA TPR 12 X 14 Custom
64	HF449063	2	INSERT 3-4X1-4-20 CONNECTOR
77	HX700428	2	BHSCS .375-16 x 2.25 SS
79	JC620422	2	BHSCS .250-20 X 1.50
81	JC700420	4	BHSCS .375-16 X 1.25
83	JS347400	4	LOCKWASHER INT TOOTH .375
85	PP130003	2	INSERT PLASTIC
89	YA000201	2	ADH THRD LKR REM .02 OZ 242

12740 Panel Assembly



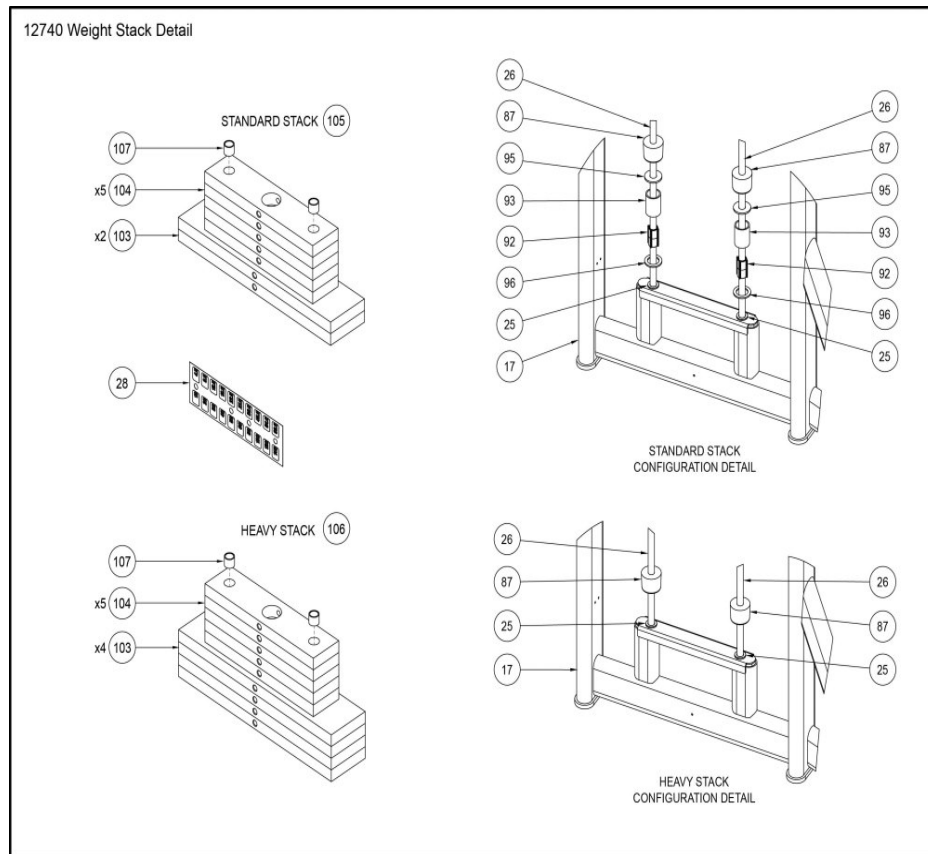
Ref #	Part Number	Qty	Description
3	11040-790	1	NLA: DECAL, MADE IN THE USA
23	12140-598	1	Placard VR3 Prone Leg
29	12600-350	1	FORMED PLATE
30	12600-351	1	FORMED PLATE
31	12600-392	1	PANEL INSERT, PLANET FITNESS
33	12600-390	1	MOLDED TOP CAP
34	12741-370	1	DECAL, PRONE LEG CURL
35	12741-391	1	PANEL INSERT, PLANET FITNESS
42	510-1108	2	TAPE BOX SEALING CLEAR
52	DE000001	1	Decal Warning Custom
53	DE000005	1	Decal Caution Custom
57	FO100007	24	O RING .156 ID X .344 OD
61	HC700417	2	BHSCS .375-16 X 1.00
70	HS100000	24	WASHER NYLON FINISHING
73	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
76	HT572512	24	TAP SC NO. 10 - 24 X .50 PN HD PHIL

12740 Top Weight Assembly



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
27	12301-006	1	Top Weight Assy 10
78	HY740000	3	SET SCREW
94	BH030207	1	PIN WEIGHT SELECTOR
97	11040-216	1	P BELT CLAMP
98	BR030220	2	RETAINING RING 1.250 INTERNAL
99	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
100	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
101	4700-265	1	C Top WT 10-3X12
102	BR030206	2	RETAINING RING

12740 Weight Stack Detail



Ref #	Part Number	Qty	Description
17	12140-200	1	W MAIN FRAME Custom
25	12210-348	2	CAP GUIDE ROD
26	12210-350	2	WT ROD .625 DIA X 49.53
28	12301-551	1	DECAL, WT PLATE GRADUATED (10-140)
87	PR060005	2	BUMPER WEIGHT
92	12210-352	2	INSERT PLASTIC
93	12210-358	2	TUBE SPACER
95	HS760106	2	WASH FLAT 1.750 .688 .140 T
96	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
103	4000C101	4	C STACK WT 4X18
104	4700-337	5	C Stack Weight 10 lbs exact
105	12301-034	1	WT PAC 7 GRADUATED
106	12301-030	1	WT Pac 9 Graduated
107	FB130216	2	Bushing Weight Stack

