

VR3 LAT RAISE

12760-01

Parts Manual

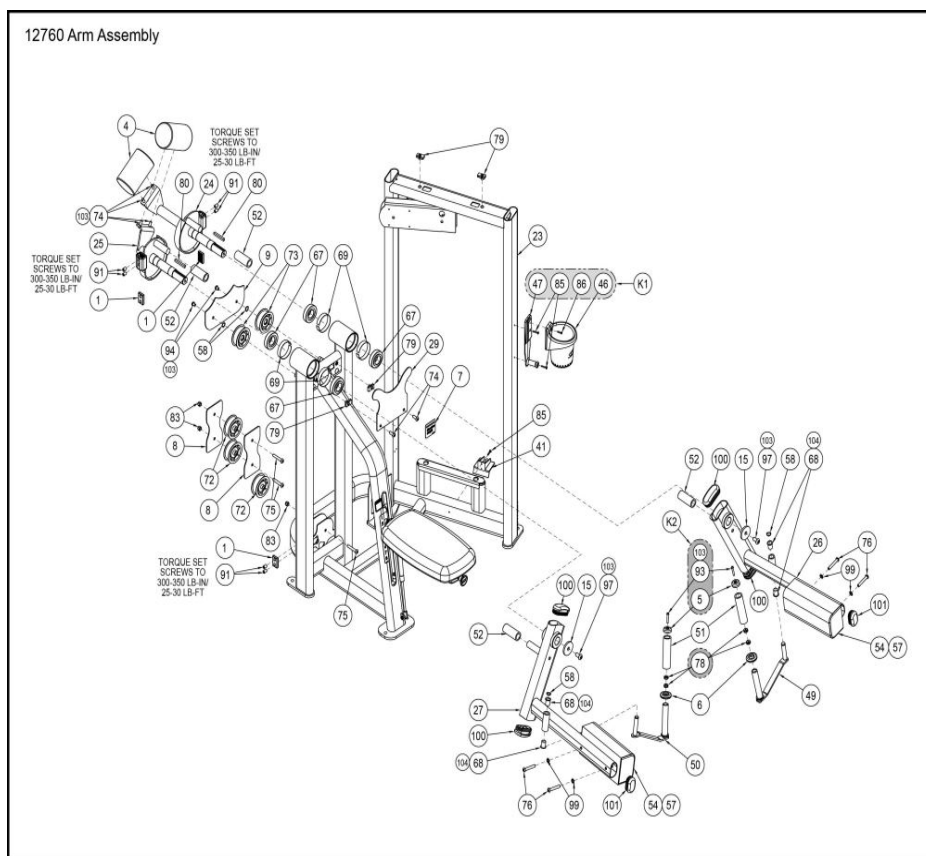
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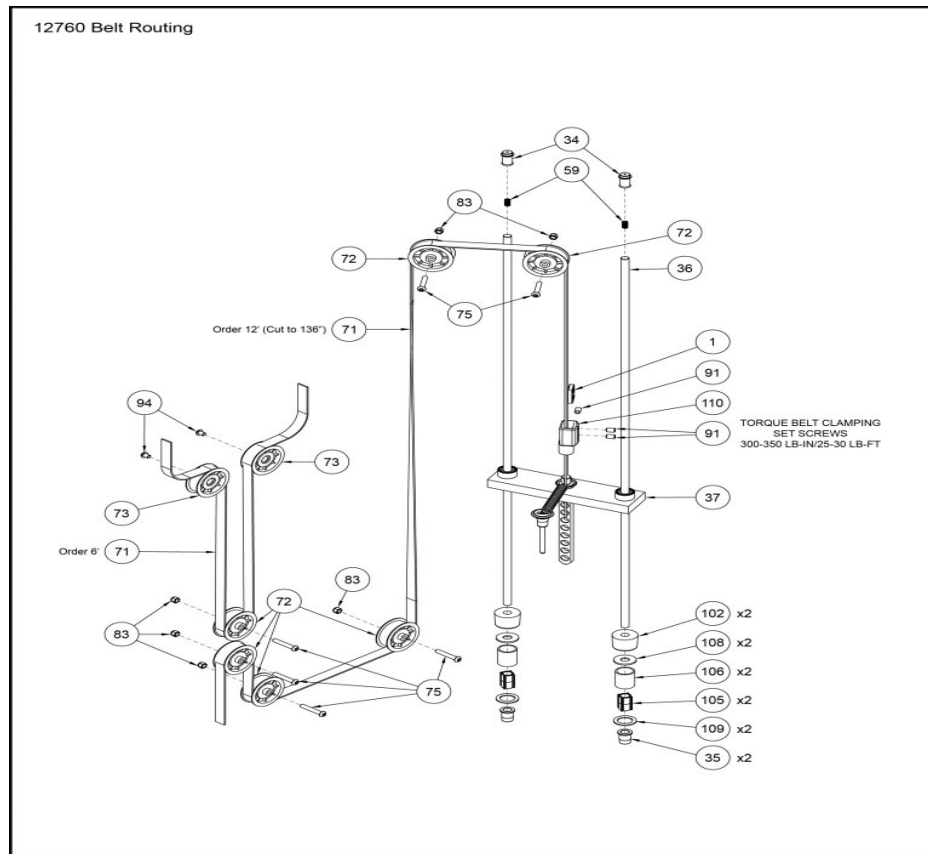
12760 Arm Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
1	11040-301	3	INSERT CLAMP BLOCK
K2	11090K006	1	KIT HANDLE TRIM RING
4	11070-332	2	C COUNTERWEIGHT
5	11090-374	2	END CAP
6	11090-376	2	RING HANDLE GRIP
7	11130-330	1	DECAL SHOULDER HEIGHT
8	11160-316	2	PLATE PULLEY MOUNTING
9	11160-344	1	PLATE GUARD
15	12050-343	2	WASHER
23	12160-200	1	W MAIN FRAME Custom
24	12160-201	1	W CAM RH Custom
25	12160-202	1	W CAM LH Custom
26	12160-203	1	W INPUT ARM RH Custom
27	12160-204	1	W INPUT ARM LH Custom
29	12160-328	1	PLATE GUARD
41	12600-394	1	PANEL SUPPORT BRACKET
46	13000-400	1	Holder Water Bottle
47	13000-402	1	Mount Water Bottle Holder
49	4530-203	1	W HANDLE LH Custom
50	4530-204	1	W HANDLE RH
51	4605-501	2	GRAB GRIP 5.00

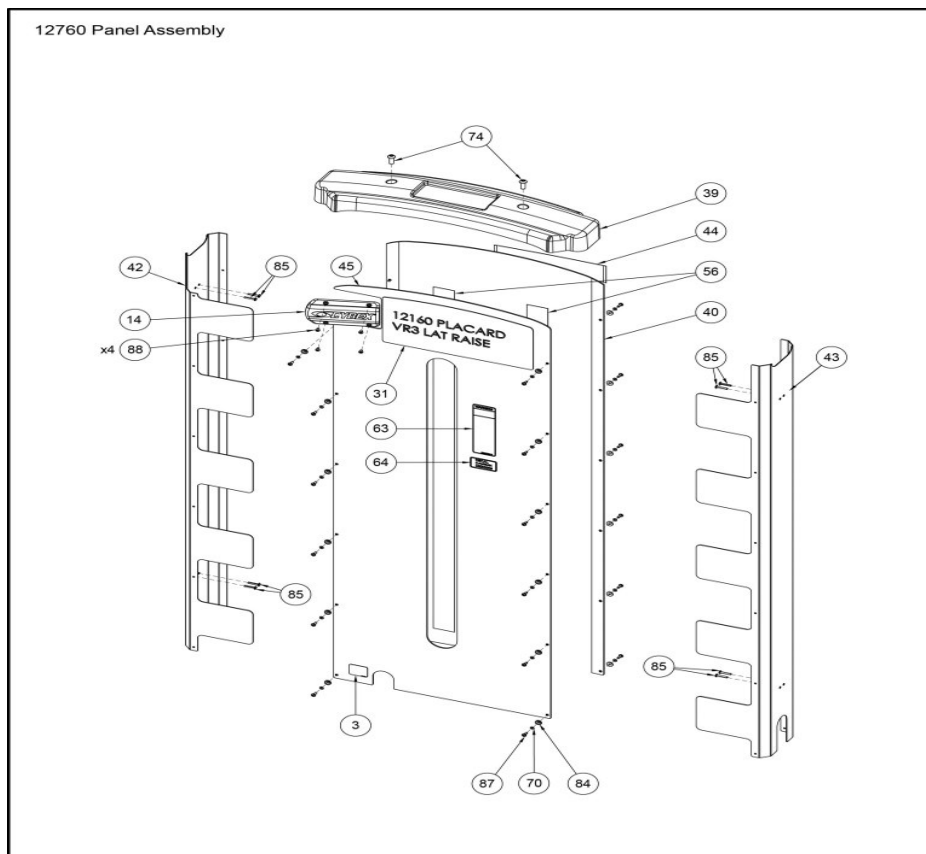
Ref #	Part Number	Qty	Description
52	4605-515	4	GRAB GRIP 3.25
54	4800-023	2	COVERED CUSHION Custom
57	4800-095	2	WEAR COVER Custom
58	BR030210	4	RETAINING RING 17 MM
67	FB030249	4	BEARING RADIAL 35MM EXT RACE
68	FB130207	4	BRG FLG 17MM X 19MM X 25MM
69	FC030009	4	TOLERANCE RING 72MM
72	GP000209	3	PULLEY ASSEMBLY-3.50
73	GP000212	2	PULLEY ASSEMBLY-3.50
74	HC700417	6	BHSCS .375-16 X 1.00
75	HC700428	3	BHSCS .375-16 X 2.25
76	HC700430	4	BHSCS .375-16 X 2.50
78	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
79	HF700000	4	PANEL FASTNER .375-16 U TYPE
80	HH320030	2	KEY .313 SQ X 2.50
83	HN704901	3	LOCKNUT .375-16 NYLON
85	HT512517	3	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
91	HY740000	6	SET SCREW
93	JC620422	2	BHSCS .250-20 X 1.50
94	JC700412	2	BHSCS .375-16 X .50
97	JC780417	2	BHSCS .500-13 X 1.00
99	JS347400	4	LOCKWASHER INT TOOTH .375
100	PP130002	4	INSERT DOMED PLASTIC
101	PP130003	2	INSERT PLASTIC
103	YA000201	1	ADH THRD LKR REM .02 OZ 242
104	YG000002	1	NLA: Please use Lithium Grease

12760 Belt Routing



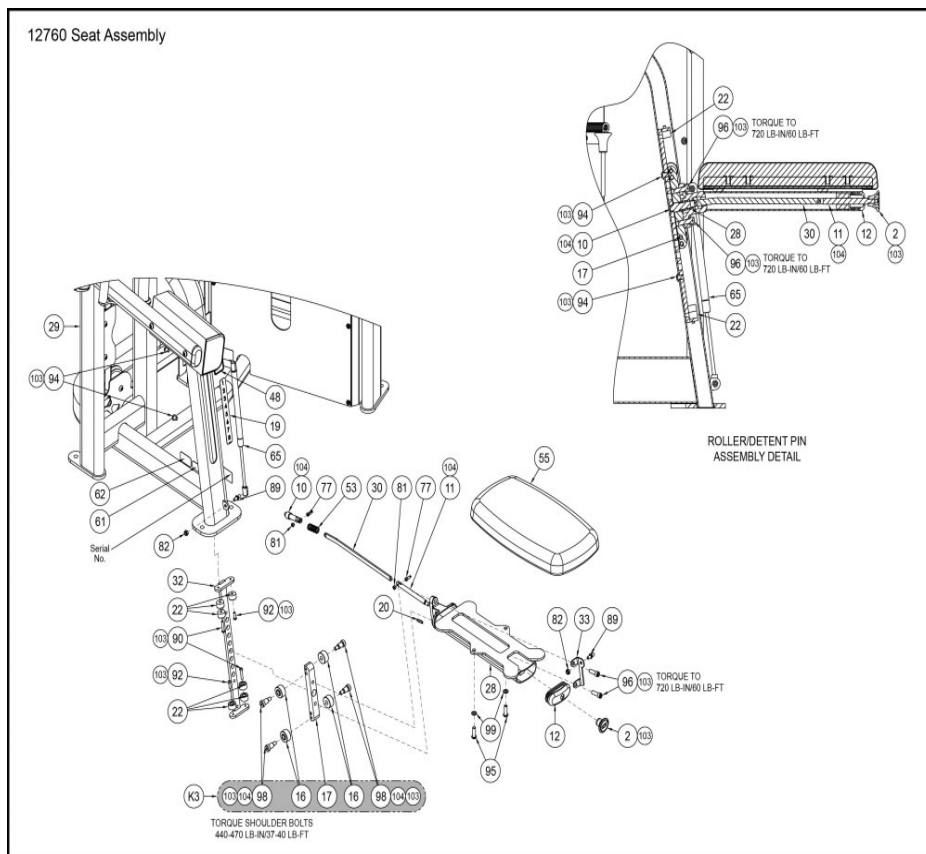
Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
34	12210-347	2	CAP GUIDE ROD
35	12210-348	2	CAP GUIDE ROD
36	12210-350	2	WT ROD .625 DIA X 49.53
37	12301-006	1	Top Weight Assy 10
59	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
71	GB000202	1	BELT .95 WIDE
72	GP000209	5	PULLEY ASSEMBLY-3.50
73	GP000212	2	PULLEY ASSEMBLY-3.50
75	HC700428	6	BHSCS .375-16 X 2.25
83	HN704901	6	LOCKNUT .375-16 NYLON
91	HY740000	3	SET SCREW
94	JC700412	2	BHSCS .375-16 X .50
102	PR060005	2	BUMPER WEIGHT
105	12210-352	2	INSERT PLASTIC
106	12210-358	2	TUBE SPACER
108	HS760106	2	WASH FLAT 1.750 .688 .140 T
109	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
110	11040-216	1	P BELT CLAMP

12760 Panel Assembly



Ref #	Part Number	Qty	Description
3	11040-790	1	NLA: DECAL, MADE IN THE USA
14	12000-466	1	PULLEY COVER
31	12160-598	1	Placard VR3 Lat Raise- Custom
39	12600-390	1	MOLDED TOP CAP
40	12600-392	1	PANEL INSERT, PLANET FITNESS
42	12630-350	1	FORMED PLATE
43	12630-351	1	FORMED PLATE
44	12760-370	1	DECAL, LAT RAISE
45	12760-391	1	PANEL INSERT, PLANET FITNESS
56	510-1108	2	TAPE BOX SEALING CLEAR
63	DE000001	1	Decal Warning Custom
64	DE000005	1	Decal Caution Custom
70	FO100007	24	O RING .156 ID X .344 OD
74	HC700417	2	BHSCS .375-16 X 1.00
84	HS100000	24	WASHER NYLON FINISHING
85	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
87	HT572512	24	TAP SC NO. 10 - 24 X .50 PN HD PHIL
88	HT570410	4	SCREW PNH TORX 10-24X.375 BLACK

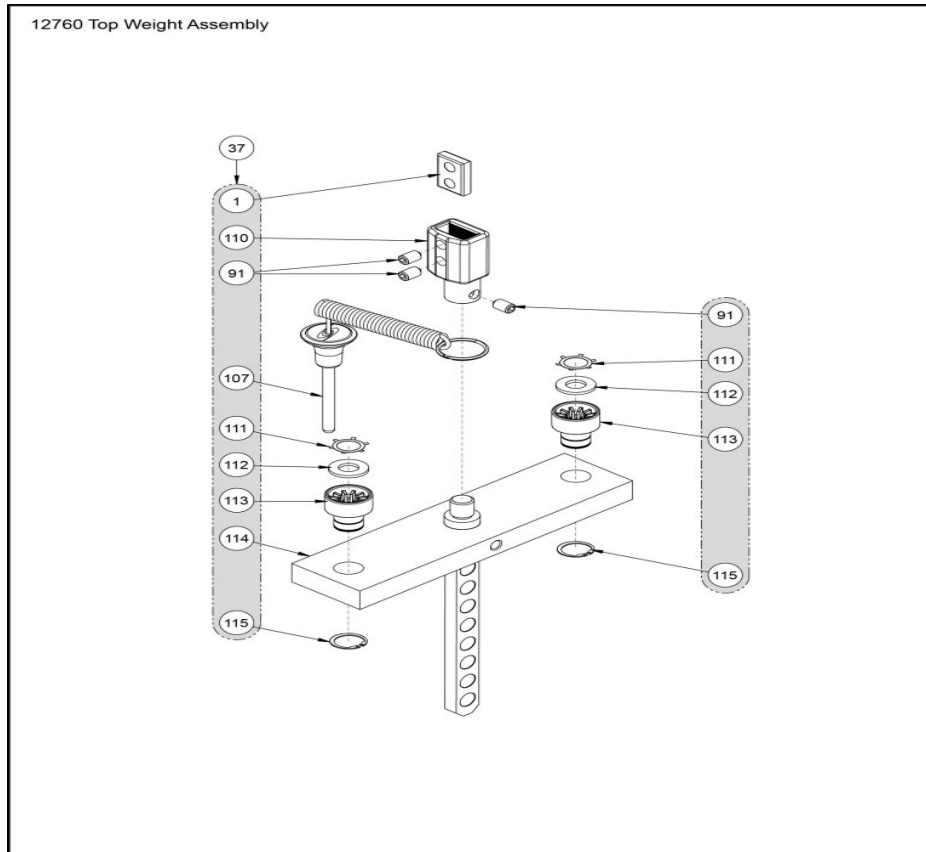
12760 Seat Assembly



Ref #	Part Number	Qty	Description
2	11040-440	1	KNOB
K3	12000K012	1	KIT. ROLLER ASSEMBLY
10	12000-339	1	PIN DETENT
11	12000-342	1	PIN DETENT
12	12000-346	1	INSERT, PLASTIC
16	12050-346	4	WHEEL ROLLER
17	12050-348	1	GUIDE ROLLER
19	12070-329	1	DECAL ADJUSTING
20	12070-394	1	DECAL INDICATOR
22	12100-303	6	BUMPER
28	12160-208	1	W SEAT BOTTOM Custom
29	12160-328	1	PLATE GUARD
30	12160-331	1	Bar Linkage
32	12190-208	1	P DETENT BAR
33	12190-354	1	MOUNT GAS SPRING
48	4520-362	1	DECAL SEAT CAUTION Custom
53	4715-346	1	COM SPRING .72 X 1.50 LG
55	4800-192	1	CUSHION SA 10 X 18 MOLDED Custom
61	CM000211	1	DECAL PATENT
62	CM000260	1	DECAL, CAPACITY
65	EZ000008	1	GAS SPRING 100N
77	HD303312	2	S BOLT .250 X .500 .190-10-24

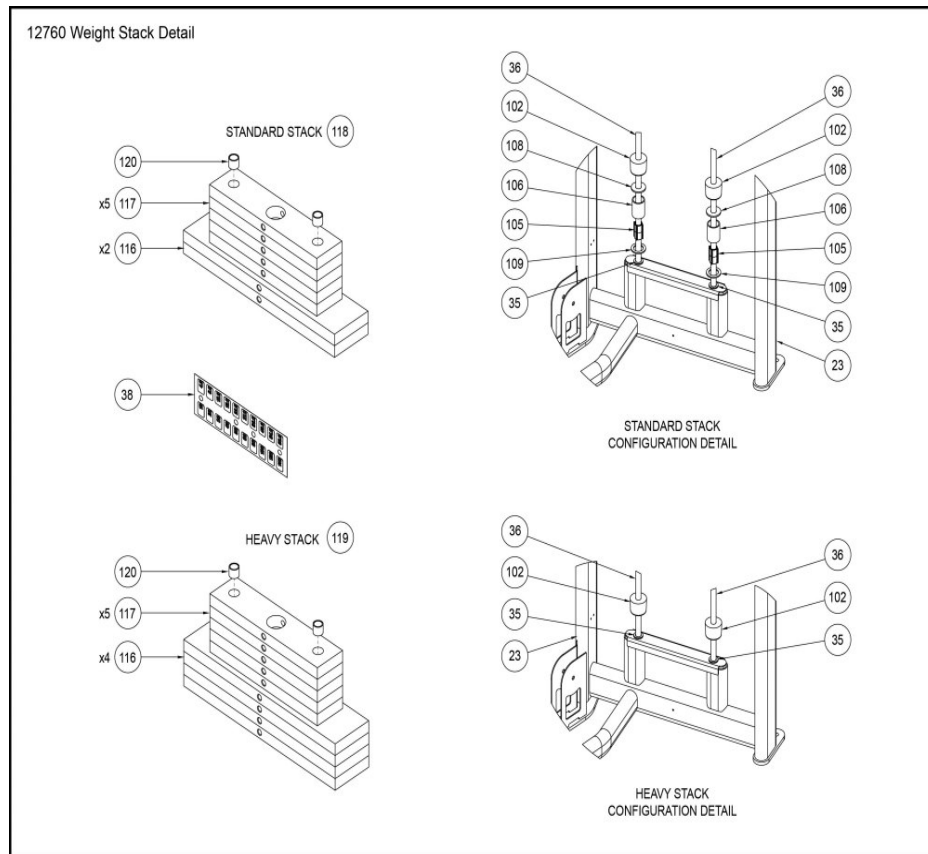
Ref #	Part Number	Qty	Description
81	HN575100	2	LOCKNUT .190-NO 10-24
82	HN664900	2	LOCKNUT .312-18 NYLON INSERT
89	HX-60184	2	BALL,STUD,5/16 -18X10MM
90	HX620420	2	BHSCS .250-20 X 1.250
92	JC620415	2	BHSCS .250-20 X .75
94	JC700412	2	BHSCS .375-16 X .50
95	JC700420	2	BHSCS .375-16 X 1.25
96	JC702820	2	SHCS .375-16 X 1.25
98	JD383315	4	S BOLT .500 X .75 .375-16
99	JS347400	2	LOCKWASHER INT TOOTH .375
103	YA000201	1	ADH THRD LKR REM .02 OZ 242
104	YG000002	1	NLA: Please use Lithium Grease

12760 Top Weight Assembly



Ref #	Part Number	Qty	Description
1	11040-301	1	INSERT CLAMP BLOCK
37	12301-006	1	Top Weight Assy 10
91	HY740000	3	SET SCREW
107	BH030207	1	PIN WEIGHT SELECTOR
110	11040-216	1	P BELT CLAMP
111	BR030220	2	RETAINING RING 1.250 INTERNAL
112	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
113	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
114	4700-265	1	C Top WT 10-3X12
115	BR030206	2	RETAINING RING

12760 Weight Stack Detail



Ref #	Part Number	Qty	Description
23	12160-200	1	W MAIN FRAME Custom
35	12210-348	2	CAP GUIDE ROD
36	12210-350	2	WT ROD .625 DIA X 49.53
38	12301-551	1	DECAL, WT PLATE GRADUATED (10-140)
102	PR060005	2	BUMPER WEIGHT
105	12210-352	2	INSERT PLASTIC
106	12210-358	2	TUBE SPACER
108	HS760106	2	WASH FLAT 1.750 .688 .140 T
109	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
116	4000C101	2	C STACK WT 4X18
117	4700-337	5	C Stack Weight 10 lbs exact
118	12301-034	1	WT PAC 7 GRADUATED
119	12301-030	1	WT Pac 9 Graduated
120	FB130216	2	Bushing Weight Stack

