

VR3 TRICEP PRESS

12780-01

Parts Manual

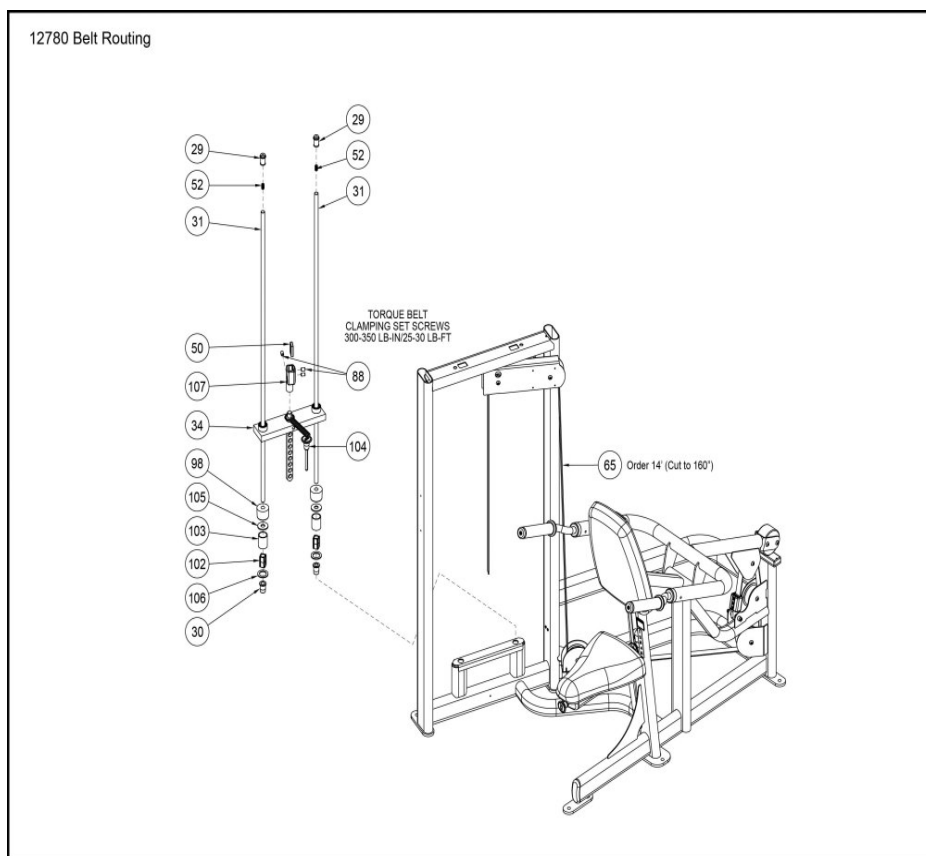
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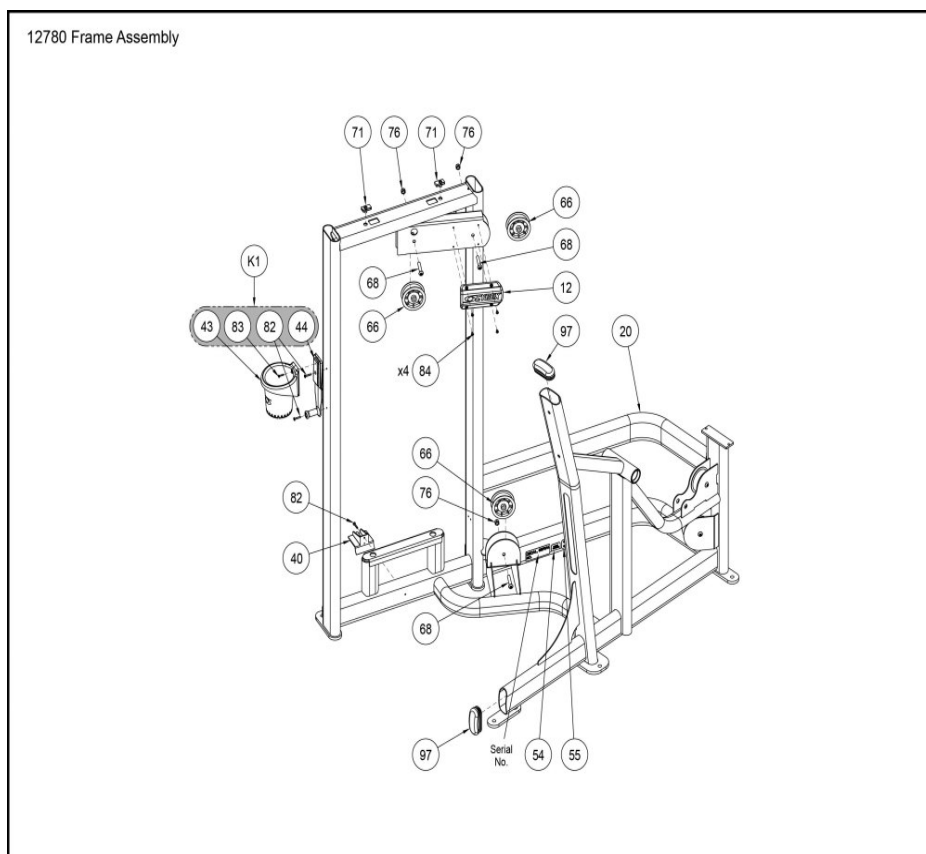
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12780 Belt Routing



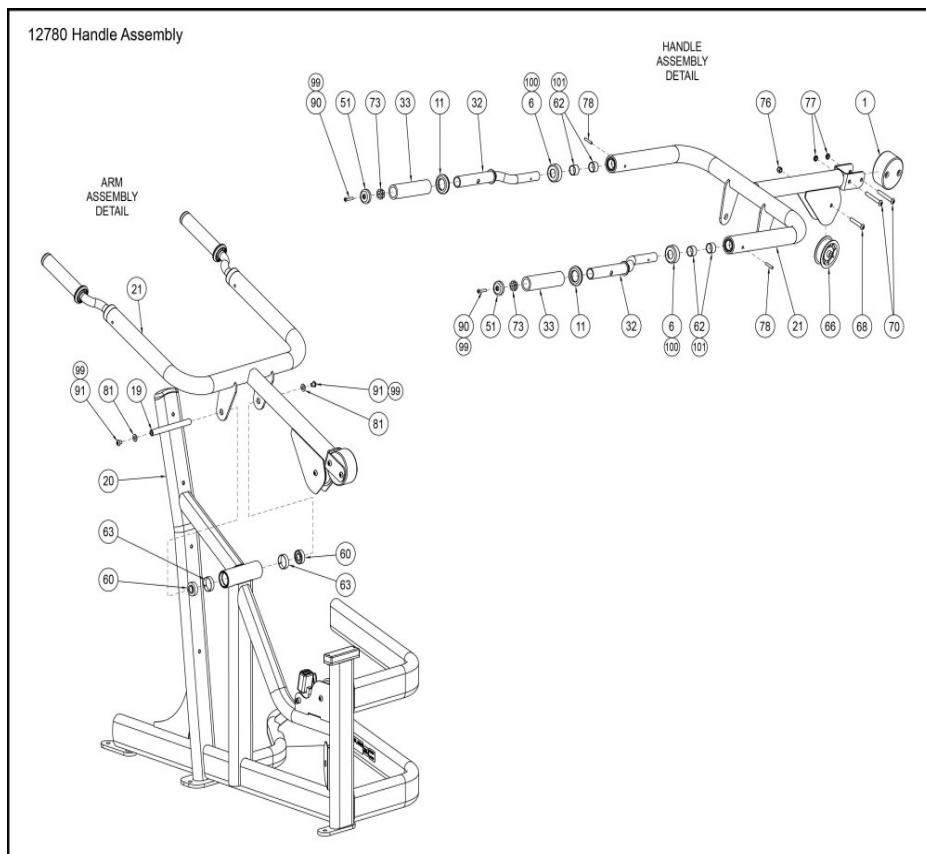
Ref #	Part Number	Qty	Description
29	12210-347	2	CAP GUIDE ROD
30	12210-348	2	CAP GUIDE ROD
31	12210-350	2	WT ROD .625 DIA X 49.53
34	12301-006	1	Top Weight Assy 10
50	11040-301	1	INSERT CLAMP BLOCK
52	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
65	GB000202	1	BELT .95 WIDE
88	HY740000	3	SET SCREW
98	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

12780 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
12	12000-467	1	PULLEY COVER
20	12180-200	1	W MAIN FRAME Custom
40	12600-394	1	PANEL SUPPORT BRACKET
43	13000-400	1	Holder Water Bottle
44	13000-402	1	Mount Water Bottle Holder
54	CM000211	1	DECAL PATENT
55	CM000260	1	DECAL, CAPACITY
66	GP000209	3	PULLEY ASSEMBLY-3.50
68	HC700428	3	BHSCS .375-16 X 2.25
71	HF700000	2	PANEL FASTNER .375-16 U TYPE
76	HN704901	3	LOCKNUT .375-16 NYLON
82	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
97	PP130002	2	INSERT DOMED PLASTIC

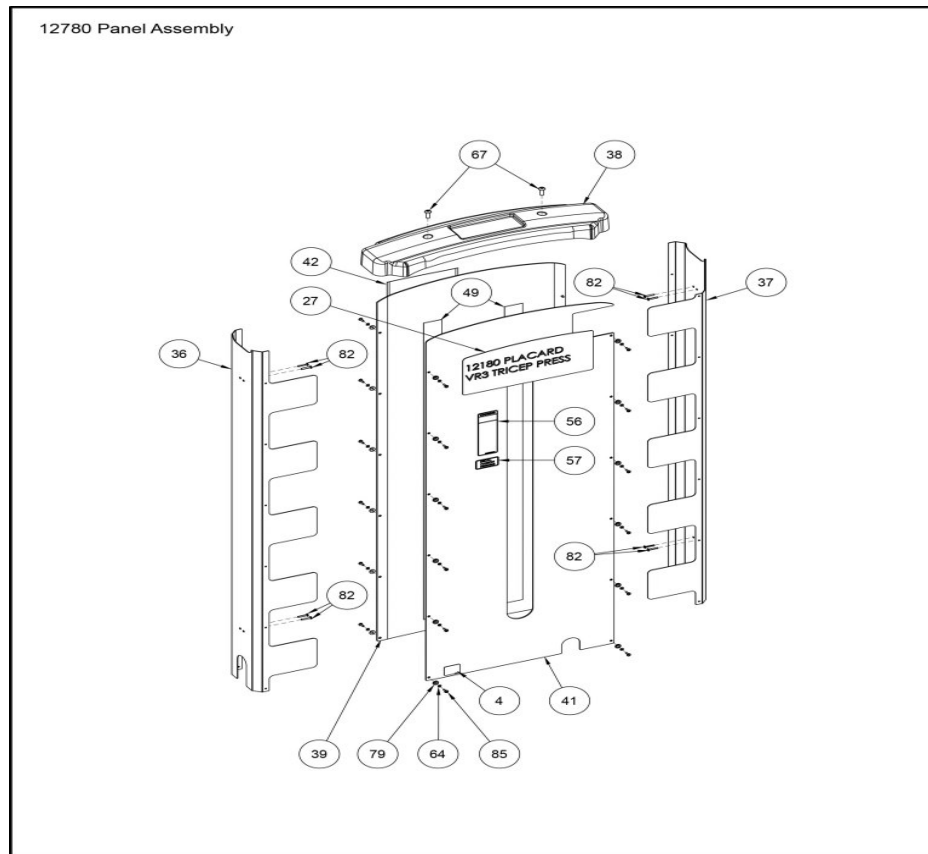
12780 Handle Assembly



Ref #	Part Number	Qty	Description
1	11010-334	1	COUNTERWEIGHT
6	11100-360	2	END CAP
11	12000-369	2	RING HANDLE GRIP
19	12120-328	1	SHAFT PIVOT
20	12180-200	1	W MAIN FRAME Custom
21	21180-201	1	W INPUT ARM Custom
32	12230-207	2	W HANDLE Custom
33	12230-353	2	GRIP 7.00
51	610A-350	2	END CAP
60	FB030232	2	BRG RADIAL 17MM ID EXT RACE
62	FB130214	4	BRG SLV 1.00 X 1.12 .75 LG
63	FC030006	2	TOLERANCE RING 1.575 ID
66	GP000209	1	PULLEY ASSEMBLY-3.50
68	HC700428	1	BHSCS .375-16 X 2.25
70	HC700432	2	BHSCS .375-16 X 2.75
73	HF449064	2	INSERT 1.12 X .250-20 UNC
76	HN704901	1	LOCKNUT .375-16 NYLON
77	HN704902	2	LOCKNUT NYLON .375-16
78	HP306720	2	PIN COILED .25 X 1.25
81	HS347600	2	WASHER SAE .375
90	JC620422	2	BHSCS .250-20 X 1.50
91	JC700412	2	BHSCS .375-16 X .50

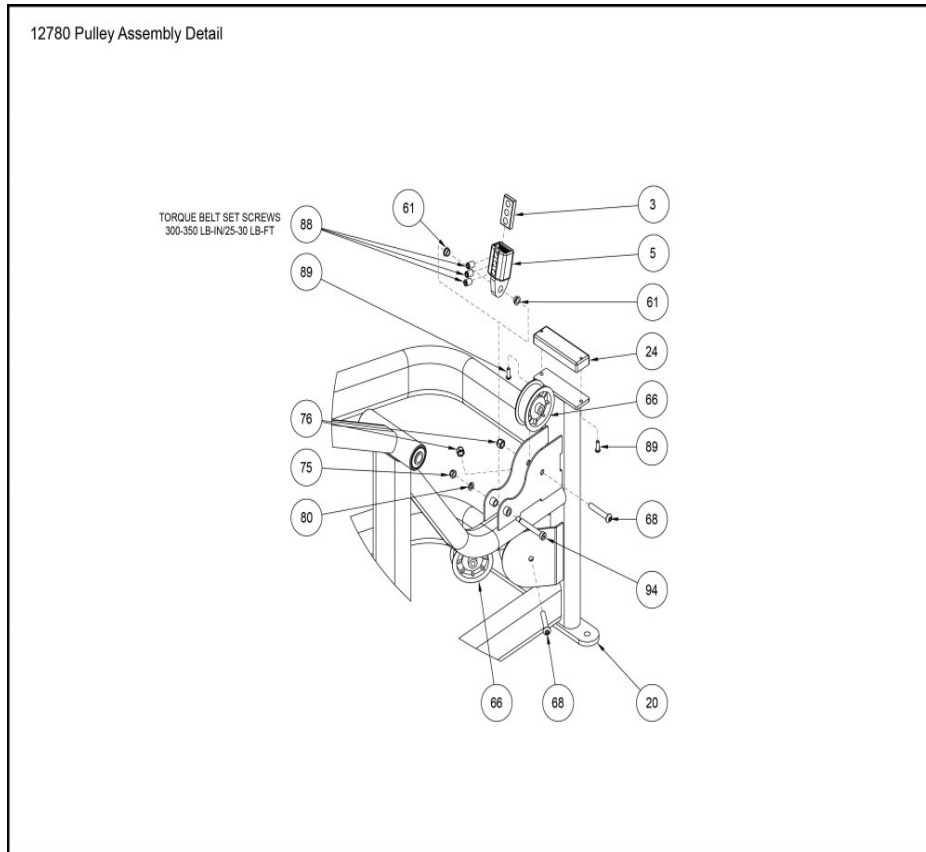
Ref #	Part Number	Qty	Description
99	YA000201	1	ADH THRD LKR REM .02 OZ 242
100	YA000209	1	NLA: ADH BNDG CYANDACRYLATE GEL 45440
101	YG000002	1	NLA: Please use Lithium Grease

12780 Panel Assembly



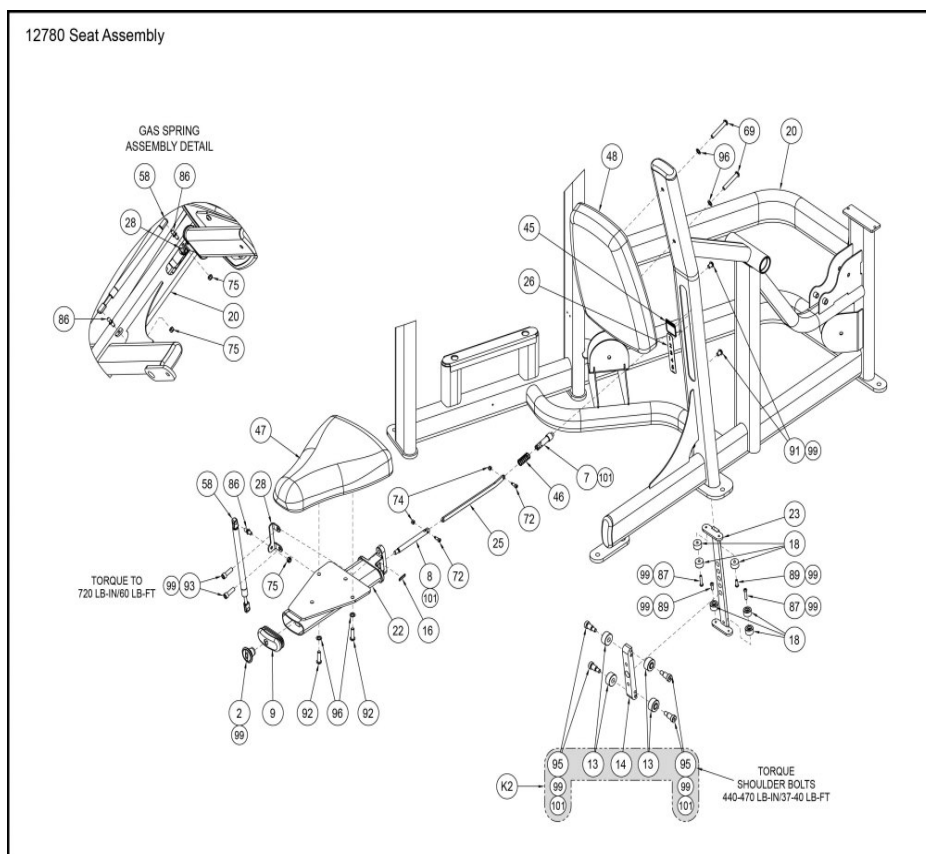
Ref #	Part Number	Qty	Description
4	11040-790	1	NLA: DECAL, MADE IN THE USA
27	12180-598	1	Placard VR3 Tricep Press
36	12600-350	1	FORMED PLATE
37	12600-351	1	FORMED PLATE
38	12600-390	1	MOLDED TOP CAP
39	12600-392	1	PANEL INSERT, PLANET FITNESS
41	12610-391	1	PANEL INSERT, PLANET FITNESS
42	12780-370	1	DECAL, TRICEP PRESS
49	510-1108	2	TAPE BOX SEALING CLEAR
56	DE000001	1	Decal Warning Custom
57	DE000005	1	Decal Caution Custom
64	FO100007	24	O RING .156 ID X .344 OD
67	HC700417	2	BHSCS .375-16 X 1.00
79	HS100000	24	WASHER NYLON FINISHING
82	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
85	HT572512	24	TAP SC NO. 10 - 24 X .50 PN HD PHIL

12780 Pulley Assembly Detail



Ref #	Part Number	Qty	Description
3	11040-568	1	CLAMP BLOCK INSERT
5	11090-210	1	W CLAMP
20	12180-200	1	W MAIN FRAME Custom
24	12180-324	1	BLOCK STOP
61	FB050211	2	BRG FLG .38 X .50 .25 LG
66	GP000209	2	PULLEY ASSEMBLY-3.50
68	HC700428	2	BHSCS .375-16 X 2.25
75	HN664900	1	LOCKNUT .312-18 NYLON INSERT
76	HN704901	2	LOCKNUT .375-16 NYLON
80	HS328300	1	LOCKWASHER SPLIT .312
88	HY740000	3	SET SCREW
89	JC620415	2	BHSCS .250-20 X .75
94	JD343330	1	S BOLT .375 X 2.50 .312-18

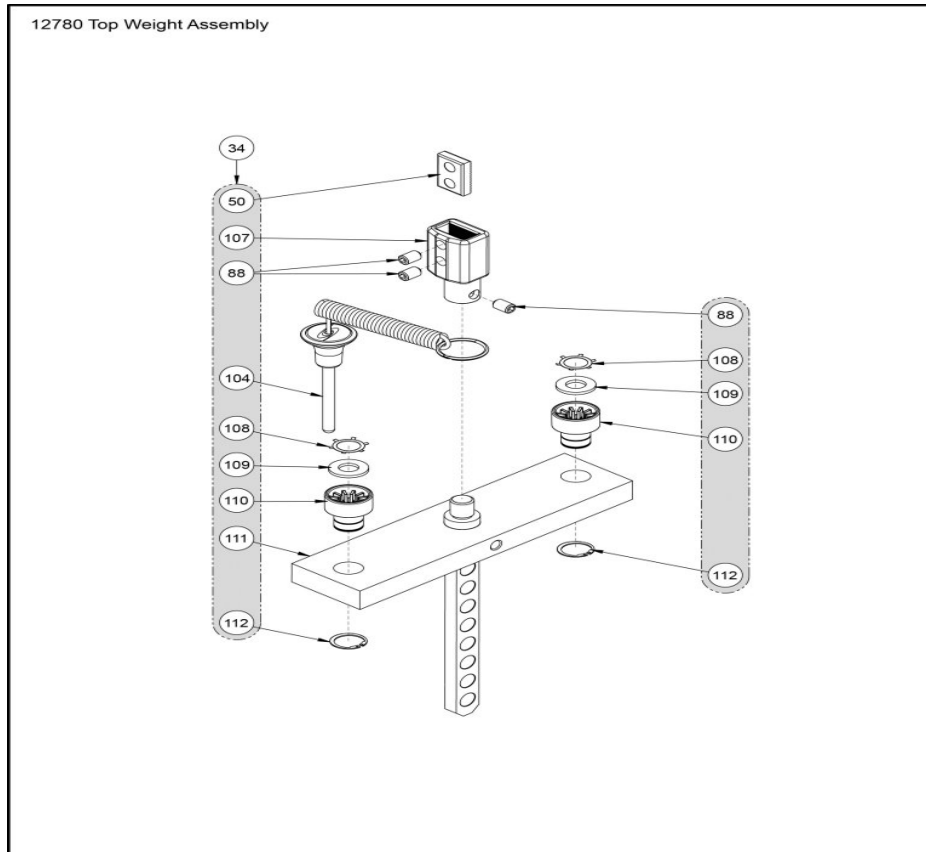
12780 Seat Assembly



Ref #	Part Number	Qty	Description
2	11040-440	1	KNOB
K2	12000K012	1	KIT. ROLLER ASSEMBLY
7	12000-339	1	PIN DETENT
8	12000-342	1	PIN DETENT
9	12000-346	1	INSERT, PLASTIC
13	12050-346	4	WHEEL ROLLER
14	12050-348	1	GUIDE ROLLER
16	12070-394	1	DECAL INDICATOR
18	12100-303	6	BUMPER
20	12180-200	1	W MAIN FRAME Custom
22	12180-203	1	W SEAT BOTTOM Custom
23	12180-204	1	P DETENT BAR
25	12180-332	1	LINK
26	12180-335	1	DECAL ADJUSTING
28	12190-354	1	MOUNT GAS SPRING
45	4520-362	1	DECAL SEAT CAUTION Custom
46	4715-346	1	COM SPRING .72 X 1.50 LG
47	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
48	4800-176	1	CUSHION SA BACK 18 MOLDED Custom
58	EZ000008	1	GAS SPRING 100N
69	HC700430	2	BHSCS .375-16 X 2.50
72	HD303312	2	S BOLT .250 X .500 .190-10-24

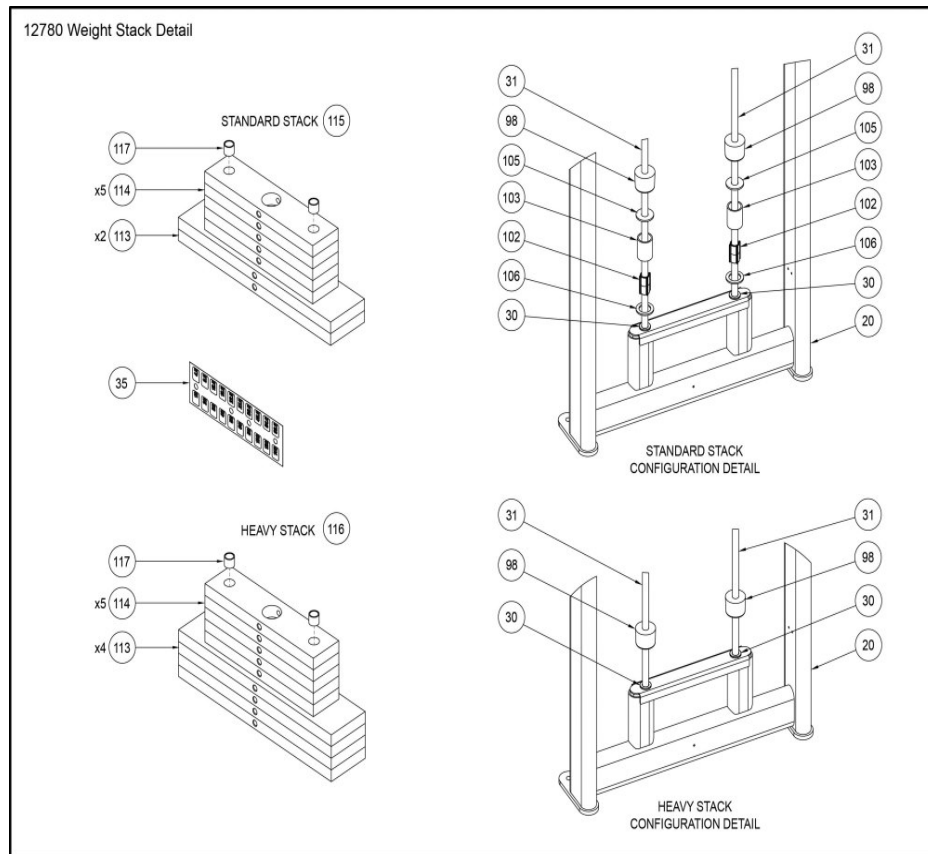
Ref #	Part Number	Qty	Description
74	HN575100	2	LOCKNUT .190-NO 10-24
75	HN664900	1	LOCKNUT .312-18 NYLON INSERT
86	HX-60184	1	BALL,STUD,5/16 -18X10MM
87	HX620420	1	BHSCS .250-20 X 1.250
89	JC620415	2	BHSCS .250-20 X .75
91	JC700412	2	BHSCS .375-16 X .50
92	JC700420	2	BHSCS .375-16 X 1.25
93	JC702820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

12780 Top Weight Assembly



Ref #	Part Number	Qty	Description
34	12301-006	1	Top Weight Assy 10
50	11040-301	1	INSERT CLAMP BLOCK
88	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

12780 Weight Stack Detail



Ref #	Part Number	Qty	Description
20	12180-200	1	W MAIN FRAME Custom
30	12210-348	2	CAP GUIDE ROD
31	12210-350	2	WT ROD .625 DIA X 49.53
35	12301-551	1	DECAL, WT PLATE GRADUATED (10-140)
98	PR060005	2	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	4	C STACK WT 4X18
114	4700-337	5	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

