

VR3 HIP ABDUCTION

12800-01

Parts Manual

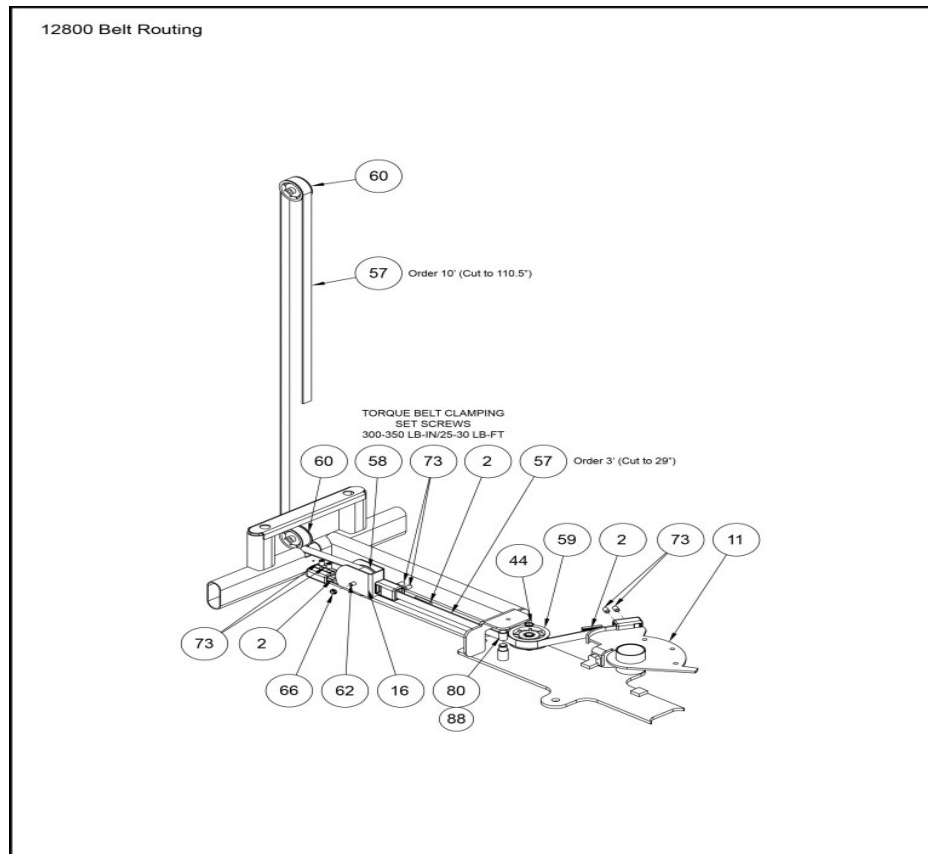
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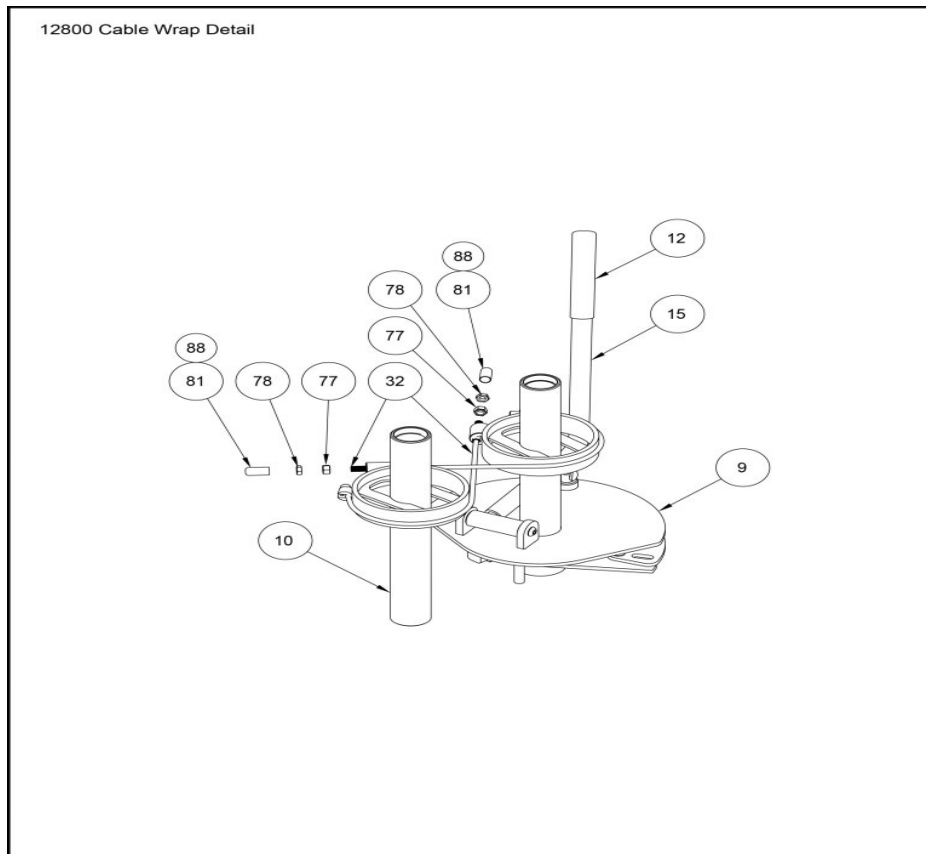
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12800 Belt Routing



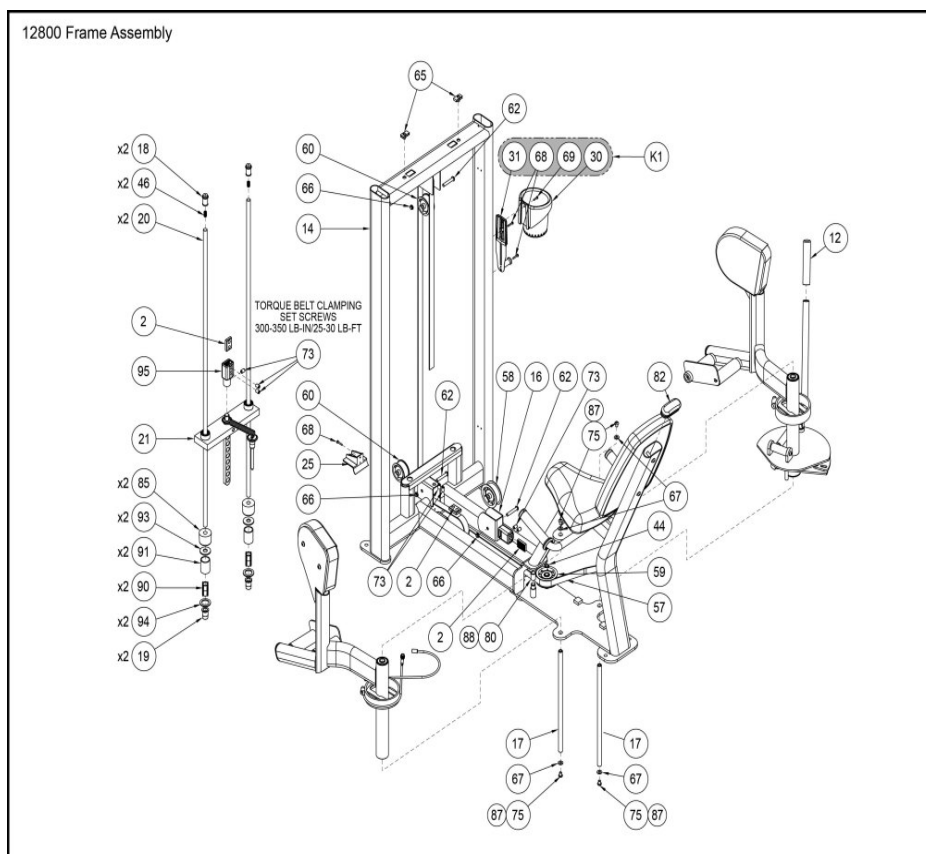
Ref #	Part Number	Qty	Description
2	11040-301	3	INSERT CLAMP BLOCK
11	12200-203	1	W CAM Custom
16	12210-206	1	W PULLEY TRAVELER
44	BR030210	1	RETAINING RING 17 MM
57	GB000202	1	BELT .95 WIDE
58	GP000209	1	PULLEY ASSEMBLY-3.50
59	GP000212	1	PULLEY ASSEMBLY-3.50
60	GP000214	2	PULLEY ASSEMBLY-2.75
62	HC700428	1	BHSCS .375-16 X 2.25
66	HN704902	1	LOCKNUT NYLON .375-16
73	HY740000	3	SET SCREW
80	PP080205	1	CAP
88	YA000222	1	ADH BNDG CYANOACRYLATE

12800 Cable Wrap Detail



Ref #	Part Number	Qty	Description
9	12200-201	1	W INPUT RH Custom
10	12200-202	1	W INPUT LH Custom
12	12200-302	1	GRIP
15	12210-204	1	W HANDLE Custom
32	4140-004	1	CABLE SA
77	JN714200	2	HEX NUT .375-24
78	JN714400	2	JAM NUT .375-24
81	PP080227	2	CAP VINYL .50 X 1.00
88	YA000222	1	ADH BNDG CYANOACRYLATE

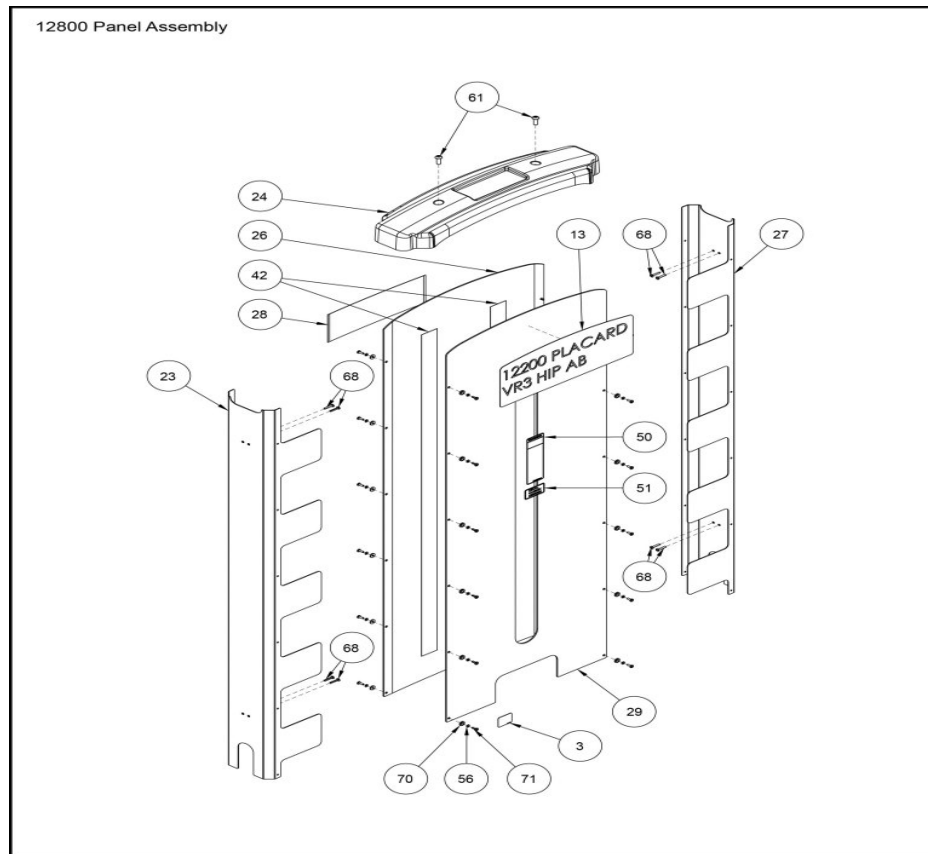
12800 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
2	11040-301	3	INSERT CLAMP BLOCK
12	12200-302	1	GRIP
14	12210-200	1	W FRAME Custom
16	12210-206	1	W PULLEY TRAVELER
17	12210-331	2	SHAFT PIVOT
18	12210-347	2	CAP GUIDE ROD
19	12210-348	2	CAP GUIDE ROD
20	12210-350	2	WT ROD .625 DIA X 49.53
21	12301-006	1	Top Weight Assy 10
25	12600-394	1	PANEL SUPPORT BRACKET
30	13000-400	1	Holder Water Bottle
31	13000-402	1	Mount Water Bottle Holder
44	BR030210	1	RETAINING RING 17 MM
46	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
57	GB000202	1	BELT .95 WIDE
58	GP000209	1	PULLEY ASSEMBLY-3.50
59	GP000212	1	PULLEY ASSEMBLY-3.50
60	GP000214	2	PULLEY ASSEMBLY-2.75
62	HC700428	3	BHSCS .375-16 X 2.25
65	HF700000	2	PANEL FASTNER .375-16 U TYPE
66	HN704902	3	LOCKNUT NYLON .375-16

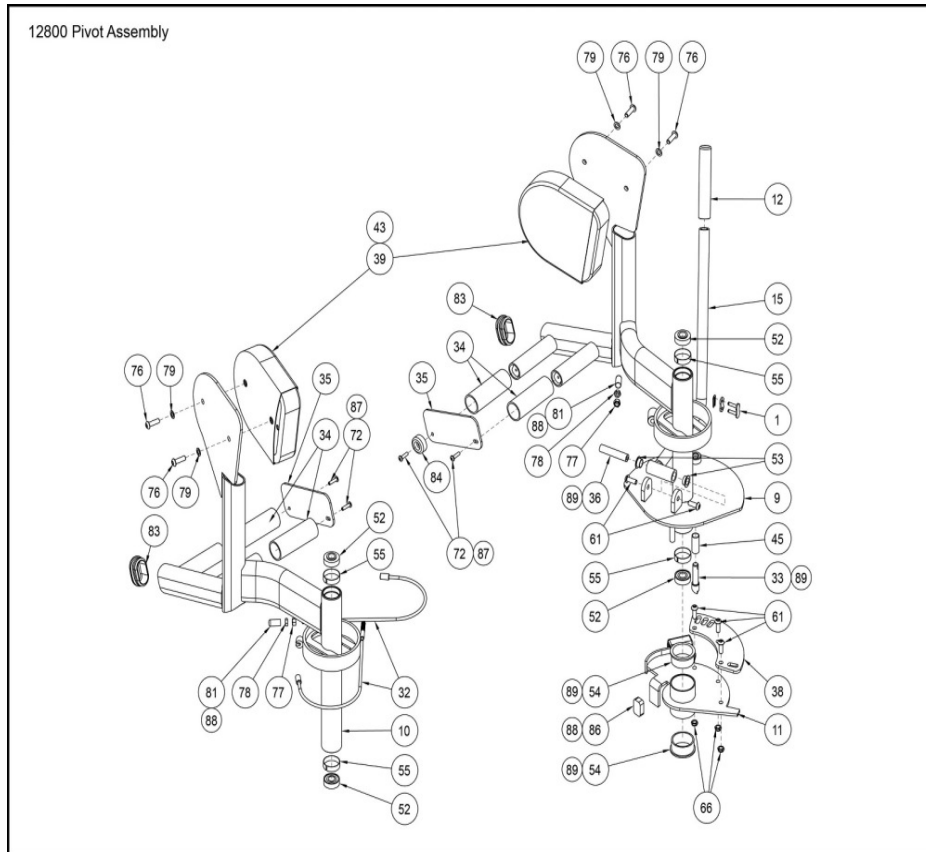
Ref #	Part Number	Qty	Description
67	HS347600	4	WASHER SAE .375
68	HT512517	3	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
69	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
73	HY740000	7	SET SCREW
75	JC700412	4	BHSCS .375-16 X .50
80	PP080205	1	CAP
82	PP130002	1	INSERT DOMED PLASTIC
85	PR060005	2	BUMPER WEIGHT
87	YA000201	1	ADH THRD LKR REM .02 OZ 242
88	YA000222	1	ADH BNDG CYANOACRYLATE
90	12210-352	2	INSERT PLASTIC
91	12210-358	2	TUBE SPACER
93	HS760106	2	WASH FLAT 1.750 .688 .140 T
94	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
95	11040-216	1	P BELT CLAMP

12800 Panel Assembly



Ref #	Part Number	Qty	Description
3	11040-790	1	NLA: DECAL, MADE IN THE USA
13	12200-598	1	Placard VR3 Hip Abd
23	12600-350	1	FORMED PLATE
24	12600-390	1	MOLDED TOP CAP
26	12600-392	1	PANEL INSERT, PLANET FITNESS
27	12630-351	1	FORMED PLATE
28	12800-370	1	DECAL, HIP ABDUCTION
29	12800-391	1	PANEL INSERT, PLANET FITNESS
42	510-1108	2	TAPE BOX SEALING CLEAR
50	DE000001	1	Decal Warning Custom
51	DE000005	1	Decal Caution Custom
56	FO100007	24	O RING .156 ID X .344 OD
61	HC700417	2	BHSCS .375-16 X 1.00
68	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
70	HS100000	24	WASHER NYLON FINISHING
71	HT572512	24	TAP SC NO. 10 - 24 X .50 PN HD PHIL

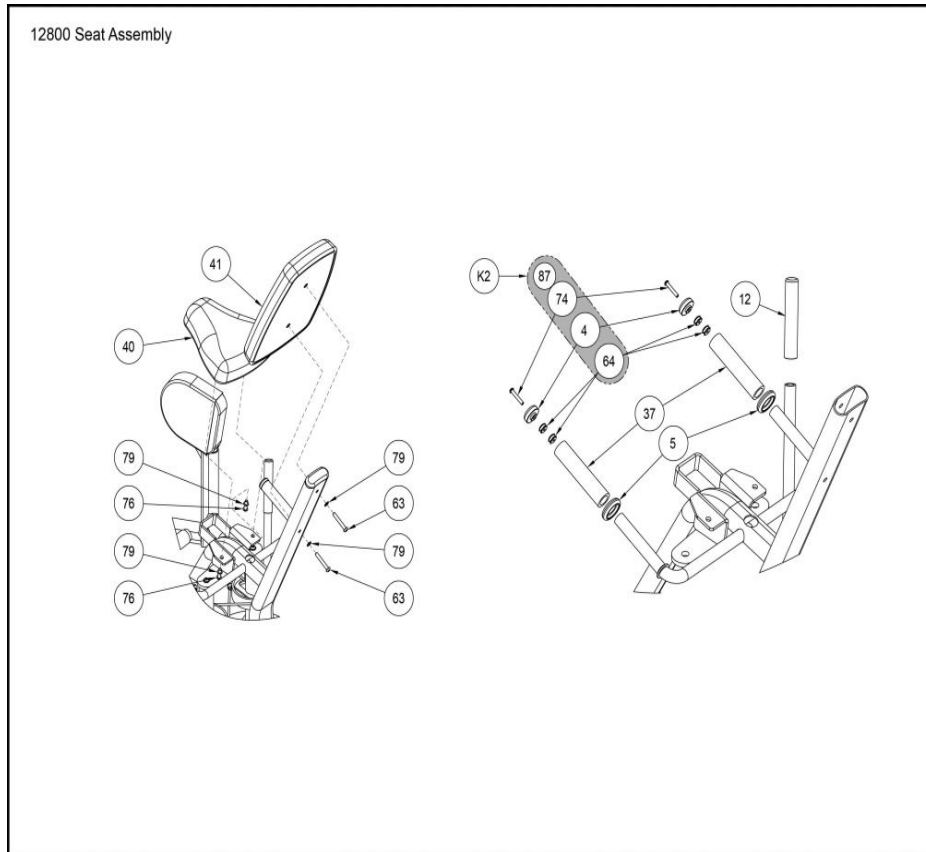
12800 Pivot Assembly



Ref #	Part Number	Qty	Description
1	01989	1	CONNECTING LINK SINGLE
9	12200-201	1	W INPUT RH Custom
11	12200-203	1	W CAM Custom
12	12200-302	1	GRIP
15	12210-204	1	W HANDLE Custom
32	4140-004	1	CABLE SA
33	4140-324	1	PIN DETENT
34	4140-329	4	GRIP RUBBER 5.00
35	4145-300	2	GUARD FOOT
36	4535-328	1	PIN PIVOT-SHORT
38	4645-305	1	CAM PLATE
39	4800-018	2	COVERED CUSHION SA 8 X 9 RAD Custom
43	4800-090	2	WEAR COVER SA 8 X 9 RADIUS Custom
45	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
52	FB030232	4	BRG RADIAL 17MM ID EXT RACE
53	FB130205	2	BRG FLG .62 X .75 .38 LG
54	FB130206	2	BRG FLG 2.00 X 2.25 1.00 LG
55	FC030006	4	TOLERANCE RING 1.575 ID
61	HC700417	2	BHSCS .375-16 X 1.00
66	HN704902	3	LOCKNUT NYLON .375-16
72	HT622517	4	TAP SC .250-20 X 1.000 F PHIL
76	JC700420	4	BHSCS .375-16 X 1.25

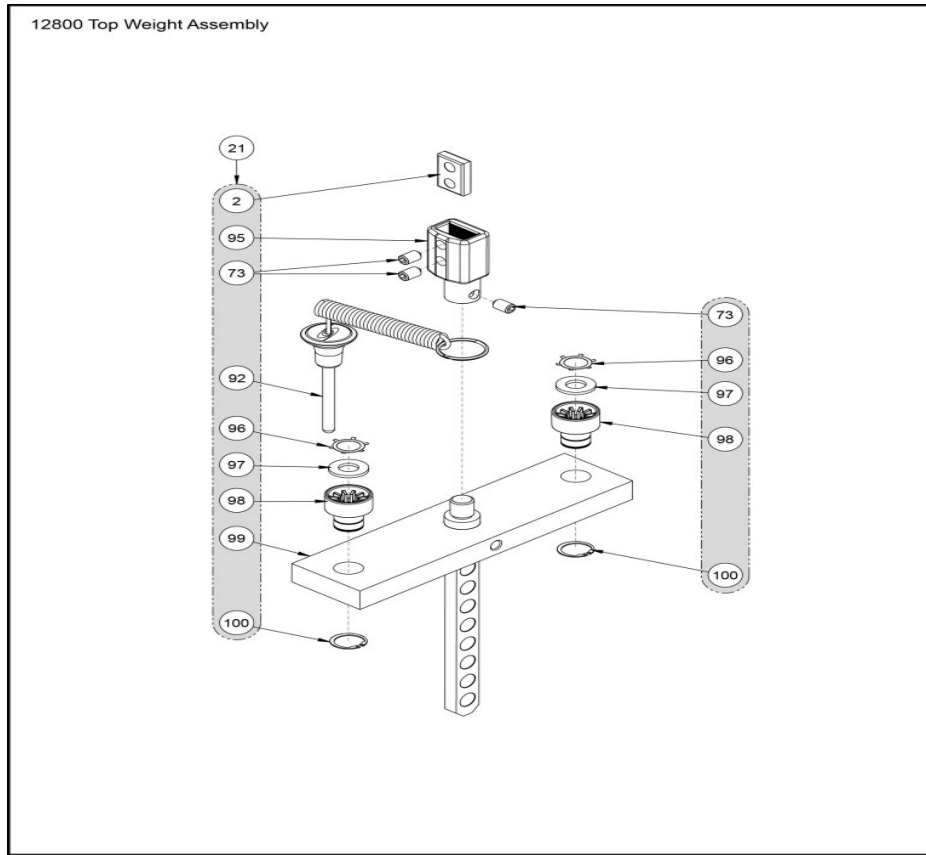
Ref #	Part Number	Qty	Description
77	JN714200	2	HEX NUT .375-24
78	JN714400	2	JAM NUT .375-24
79	JS347400	4	LOCKWASHER INT TOOTH .375
81	PP080227	2	CAP VINYL .50 X 1.00
83	PP130003	2	INSERT PLASTIC
84	PR060003	1	BUMPER RECESS
86	PU060201	1	BUMPER
87	YA000201	1	ADH THRD LKR REM .02 OZ 242
88	YA000222	1	ADH BNDG CYANOACRYLATE
89	YG000002	1	NLA: Please use Lithium Grease

12800 Seat Assembly



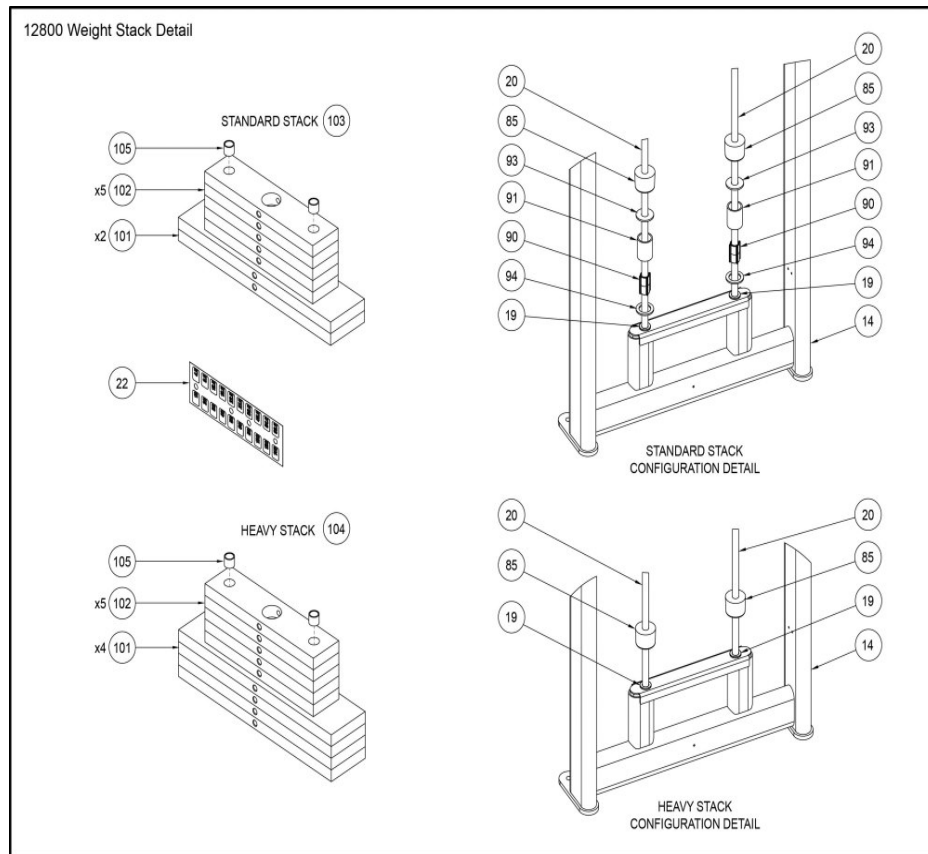
Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
4	11090-374	2	END CAP
5	11090-376	2	RING HANDLE GRIP
12	12200-302	1	GRIP
37	4605-500	2	GRAB GRIP 6.00
40	4800-164	1	CUSHION SA BIKE SEAT 12in MOLD Custom
41	4800-176	1	CUSHION SA BACK 18 MOLDED Custom
63	HC700430	2	BHSCS .375-16 X 2.50
64	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
74	JC620422	2	BHSCS .250-20 X 1.50
76	JC700420	2	BHSCS .375-16 X 1.25
79	JS347400	4	LOCKWASHER INT TOOTH .375
87	YA000201	1	ADH THRD LKR REM .02 OZ 242

12800 Top Weight Assembly



Ref #	Part Number	Qty	Description
2	11040-301	1	INSERT CLAMP BLOCK
21	12301-006	1	Top Weight Assy 10
73	HY740000	3	SET SCREW
92	BH030207	1	PIN WEIGHT SELECTOR
95	11040-216	1	P BELT CLAMP
96	BR030220	2	RETAINING RING 1.250 INTERNAL
97	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
98	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
99	4700-265	1	C Top WT 10-3X12
100	BR030206	2	RETAINING RING

12800 Weight Stack Detail



Ref #	Part Number	Qty	Description
14	12210-200	1	W FRAME Custom
19	12210-348	2	CAP GUIDE ROD
20	12210-350	2	WT ROD .625 DIA X 49.53
22	12301-551	1	DECAL, WT PLATE GRADUATED (10-140)
85	PR060005	2	BUMPER WEIGHT
90	12210-352	2	INSERT PLASTIC
91	12210-358	2	TUBE SPACER
93	HS760106	2	WASH FLAT 1.750 .688 .140 T
94	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
101	4000C101	2	C STACK WT 4X18
102	4700-337	5	C Stack Weight 10 lbs exact
103	12301-034	1	WT PAC 7 GRADUATED
104	12301-030	1	WT Pac 9 Graduated
105	FB130216	2	Bushing Weight Stack

