

VR3 HIP ADDUCTION

12810-01

Parts Manual

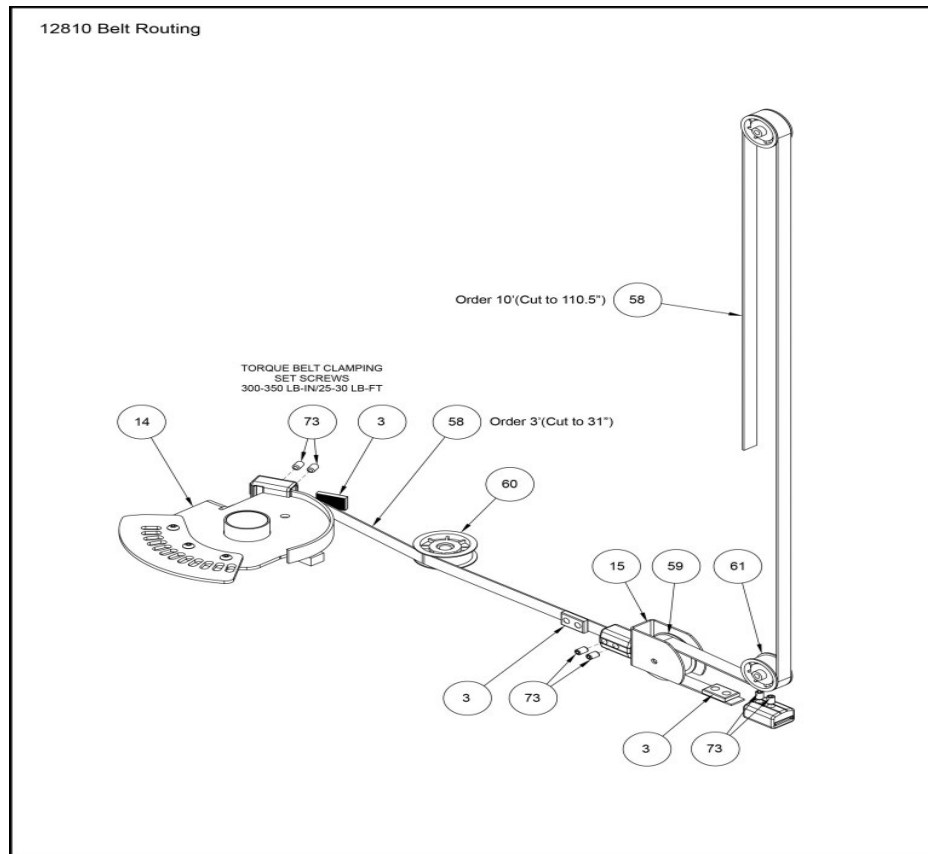
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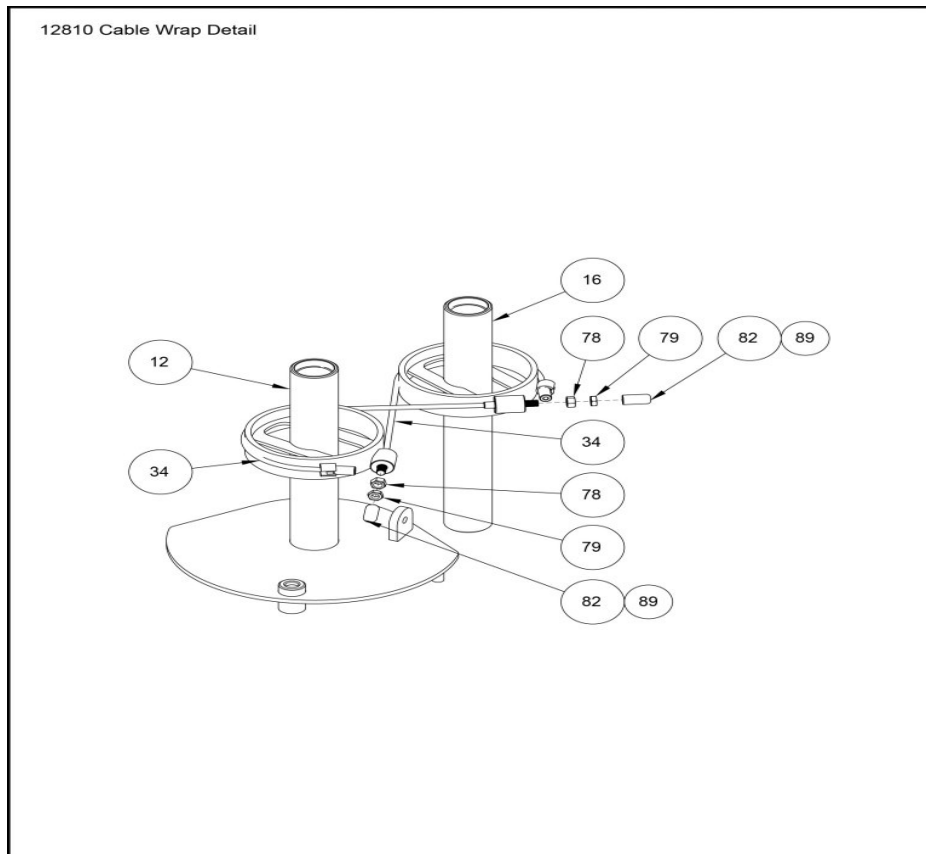
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12810 Belt Routing



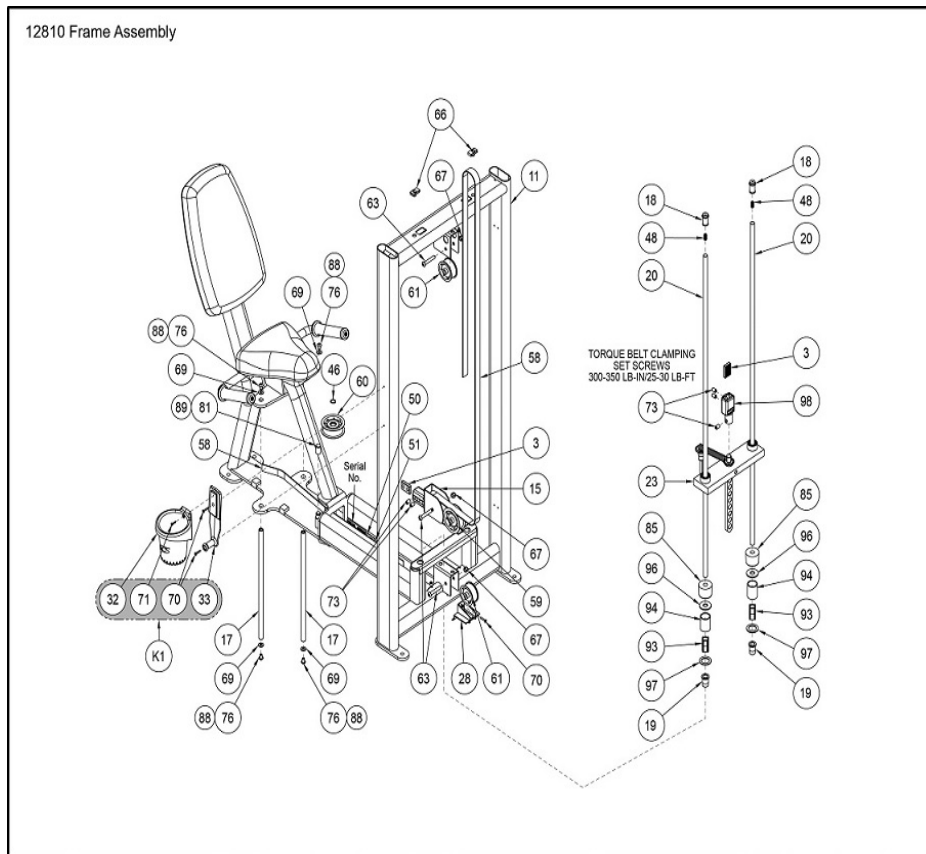
Ref #	Part Number	Qty	Description
3	11040-301	3	INSERT CLAMP BLOCK
14	12210-205	1	W CAM Custom
15	12210-206	1	W PULLEY TRAVELER
58	GB000202	2	BELT .95 WIDE
59	GP000209	1	PULLEY ASSEMBLY-3.50
60	GP000212	1	PULLEY ASSEMBLY-3.50
61	GP000214	1	PULLEY ASSEMBLY-2.75
73	HY740000	4	SET SCREW

12810 Cable Wrap Detail



Ref #	Part Number	Qty	Description
12	12210-203	1	W INPUT RH Custom
16	12210-207	1	W INPUT LH Custom
34	4140-004	1	CABLE SA
78	JN714200	2	HEX NUT .375-24
79	JN714400	2	JAM NUT .375-24
82	PP080227	3	CAP VINYL .50 X 1.00
89	YA000222	1	ADH BNDG CYANOACRYLATE

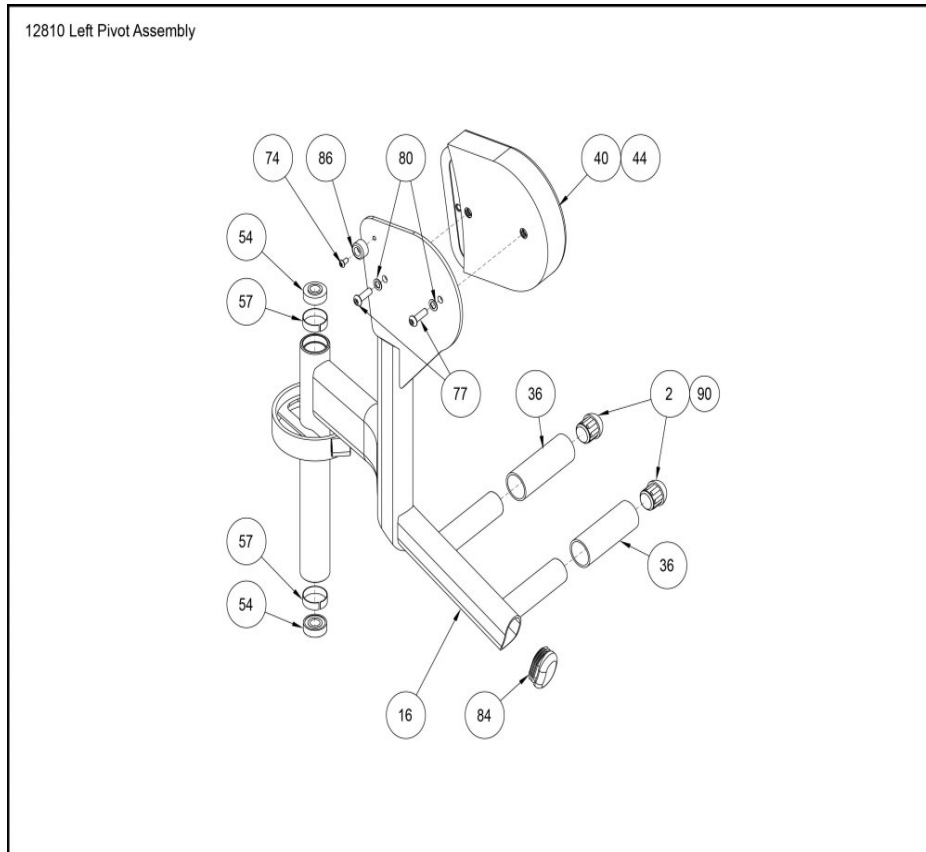
12810 Frame Assembly



Ref #	Part Number	Qty	Description
K1	12000K017	1	Kit Water Bottle Holder
3	11040-301	2	INSERT CLAMP BLOCK
11	12210-200	1	W FRAME Custom
15	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
23	12301-006	1	Top Weight Assy 10
28	12600-394	1	PANEL SUPPORT BRACKET
32	13000-400	1	Holder Water Bottle
33	13000-402	1	Mount Water Bottle Holder
46	BR030210	1	RETAINING RING 17 MM
48	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
50	CM000211	1	DECAL PATENT
51	CM000260	1	DECAL, CAPACITY
58	GB000202	2	BELT .95 WIDE
59	GP000209	1	PULLEY ASSEMBLY-3.50
60	GP000212	1	PULLEY ASSEMBLY-3.50
61	GP000214	2	PULLEY ASSEMBLY-2.75
63	HC700428	3	BHSCS .375-16 X 2.25
66	HF700000	2	PANEL FASTNER .375-16 U TYPE

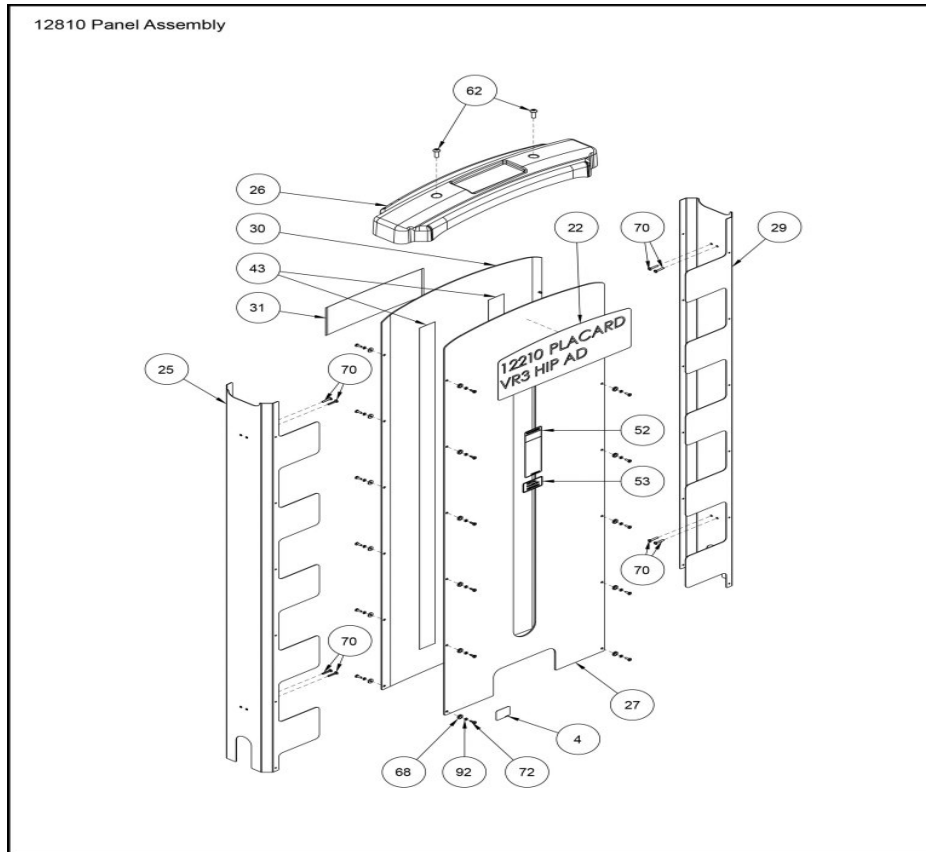
Ref #	Part Number	Qty	Description
67	HN704901	3	LOCKNUT .375-16 NYLON
69	HS347600	4	WASHER SAE .375
70	HT512517	3	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
71	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
73	HY740000	5	SET SCREW
76	JC700412	4	BHSCS .375-16 X .50
81	PP080205	1	CAP
85	PR060005	2	BUMPER WEIGHT
88	YA000201	1	ADH THRD LKR REM .02 OZ 242
89	YA000222	1	ADH BNDG CYANOACRYLATE
93	12210-352	2	INSERT PLASTIC
94	12210-358	2	TUBE SPACER
96	HS760106	2	WASH FLAT 1.750 .688 .140 T
97	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
98	11040-216	1	P BELT CLAMP

12810 Left Pivot Assembly



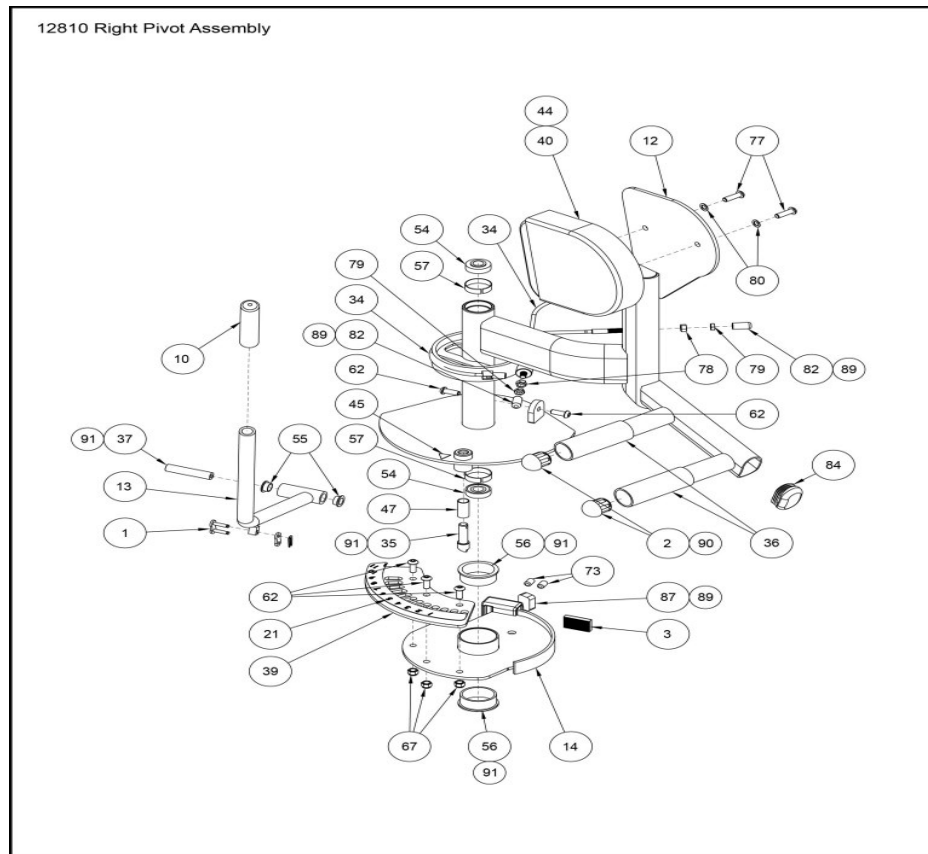
Ref #	Part Number	Qty	Description
2	08001	2	PLUG 1.50
16	12210-207	1	W INPUT LH Custom
36	4140-329	2	GRIP RUBBER 5.00
40	4800-018	1	COVERED CUSHION SA 8 X 9 RAD Custom
44	4800-090	1	WEAR COVER SA 8 X 9 RADIUS Custom
54	FB030232	2	BRG RADIAL 17MM ID EXT RACE
57	FC030006	2	TOLERANCE RING 1.575 ID
74	JC620412	1	BHSCS .250-20 X .50
77	JC700420	1	BHSCS .375-16 X 1.25
80	JS347400	2	LOCKWASHER INT TOOTH .375
84	PP130003	1	INSERT PLASTIC
86	PR069400	1	BUMPER RECESS
90	YA000209	1	NLA: ADH BNDG CYANDACRYLATE GEL 45440

12810 Panel Assembly



Ref #	Part Number	Qty	Description
4	11040-790	1	NLA: DECAL, MADE IN THE USA
22	12210-598	1	Placard VR3 Hip Ad
25	12600-350	1	FORMED PLATE
26	12600-390	1	MOLDED TOP CAP
27	12800-391	1	PANEL INSERT, PLANET FITNESS
29	12630-351	1	FORMED PLATE
30	12600-392	1	PANEL INSERT, PLANET FITNESS
31	12810-370	1	DECAL, HIP ADDUCTION
43	510-1108	2	TAPE BOX SEALING CLEAR
52	DE000001	1	Decal Warning Custom
53	DE000005	1	Decal Caution Custom
62	HC700417	2	BHSCS .375-16 X 1.00
68	HS100000	24	WASHER NYLON FINISHING
70	HT512517	8	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
72	HT572512	24	TAP SC NO. 10 - 24 X .50 PN HD PHIL
92	FO100007	24	O RING .156 ID X .344 OD

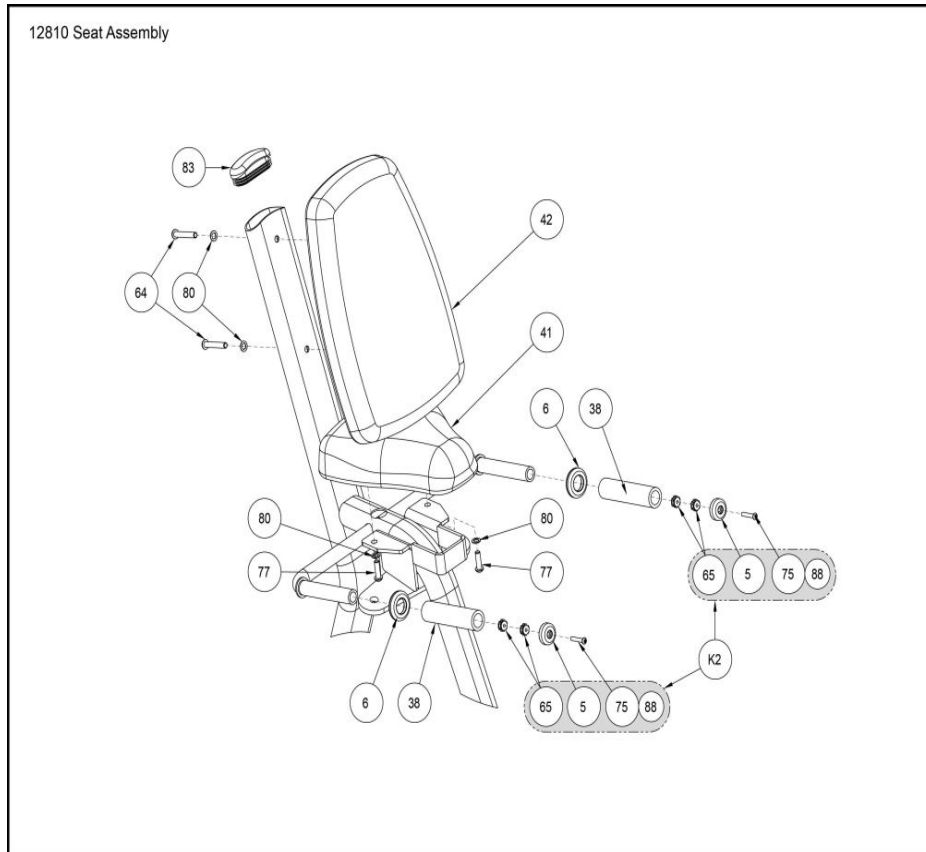
12810 Right Pivot Assembly



Ref #	Part Number	Qty	Description
1	01989	1	CONNECTING LINK SINGLE
2	08001	2	PLUG 1.50
3	11040-301	1	INSERT CLAMP BLOCK
10	12200-302	1	GRIP
12	12210-203	1	W INPUT RH Custom
13	12210-204	1	W HANDLE Custom
14	12210-205	1	W CAM Custom
21	12210-354	1	DECAL INPUT CAM
34	4140-004	2	CABLE SA
35	4140-324	1	PIN DETENT
36	4140-329	2	GRIP RUBBER 5.00
37	4535-328	1	PIN PIVOT-SHORT
39	4640-301	1	C CAM PLATE
40	4800-018	1	COVERED CUSHION SA 8 X 9 RAD Custom
44	4800-090	1	WEAR COVER SA 8 X 9 RADIUS Custom
45	5340Y045	1	DECAL ARROW
47	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
54	FB030232	2	BRG RADIAL 17MM ID EXT RACE
55	FB130205	2	BRG FLG .62 X .75 .38 LG
56	FB130206	2	BRG FLG 2.00 X 2.25 1.00 LG
57	FC030006	2	TOLERANCE RING 1.575 ID
62	HC700417	5	BHSCS .375-16 X 1.00

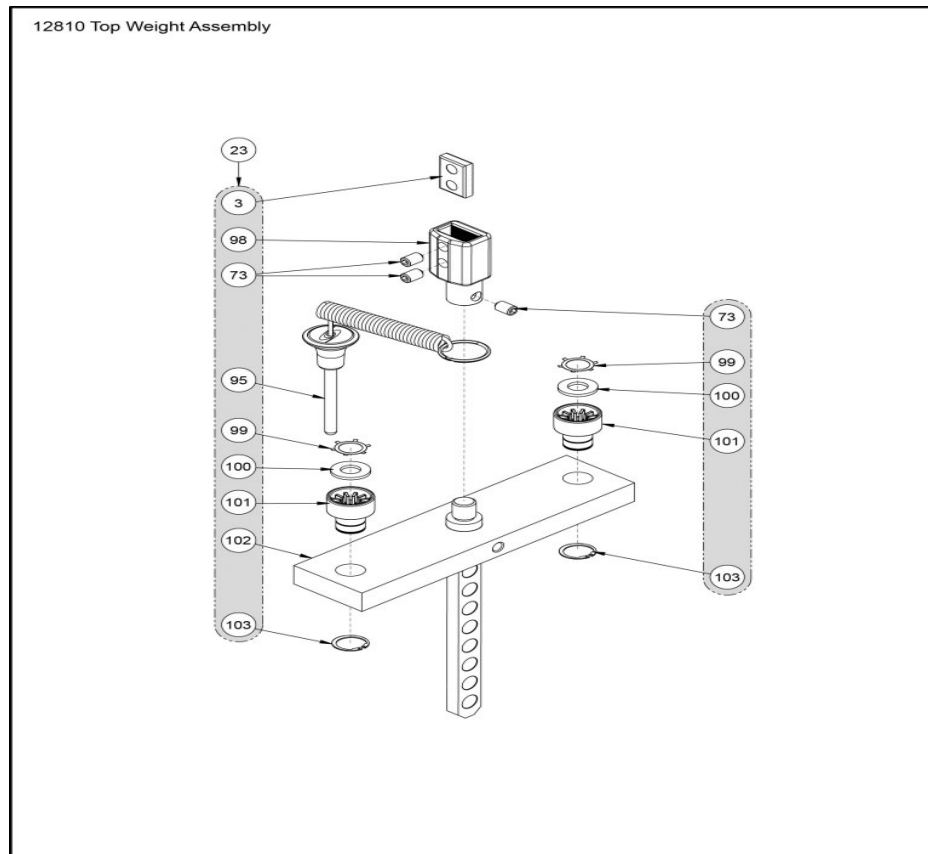
Ref #	Part Number	Qty	Description
67	HN704901	3	LOCKNUT .375-16 NYLON
73	HY740000	2	SET SCREW
77	JC700420	2	BHSCS .375-16 X 1.25
78	JN714200	2	HEX NUT .375-24
79	JN714400	2	JAM NUT .375-24
80	JS347400	2	LOCKWASHER INT TOOTH .375
82	PP080227	2	CAP VINYL .50 X 1.00
84	PP130003	1	INSERT PLASTIC
87	PU060201	1	BUMPER
89	YA000222	1	ADH BNDG CYANOACRYLATE
90	YA000209	1	NLA: ADH BNDG CYANDACRYLATE GEL 45440
91	YG000002	1	NLA: Please use Lithium Grease

12810 Seat Assembly



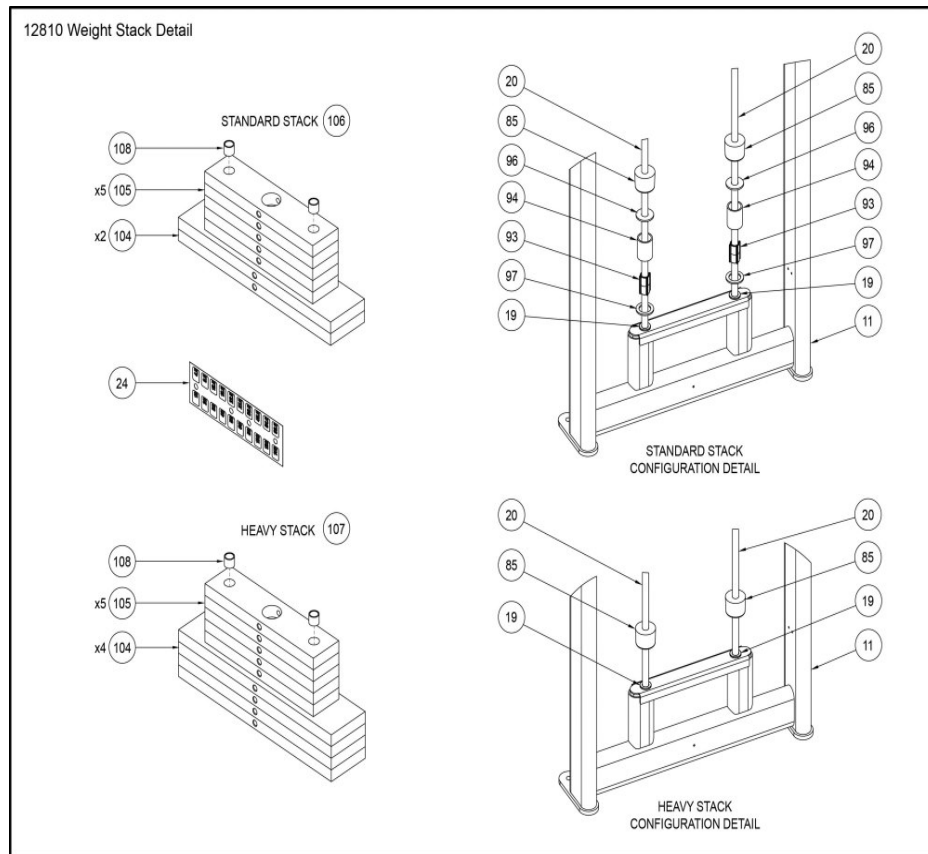
Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
5	11090-374	2	END CAP
6	11090-376	2	RING HANDLE GRIP
38	4605-500	2	GRAB GRIP 6.00
41	4800-164	1	CUSHION SA BIKE SEAT 12in MOLD Custom
42	4800-176	1	CUSHION SA BACK 18 MOLDED Custom
64	HC700430	2	BHSCS .375-16 X 2.50
65	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
75	JC620422	2	BHSCS .250-20 X 1.50
77	JC700420	2	BHSCS .375-16 X 1.25
80	JS347400	4	LOCKWASHER INT TOOTH .375
83	PP130002	1	INSERT DOMED PLASTIC
88	YA000201	1	ADH THRD LKR REM .02 OZ 242

12810 Top Weight Assembly



Ref #	Part Number	Qty	Description
3	11040-301	1	INSERT CLAMP BLOCK
23	12301-006	1	Top Weight Assy 10
73	HY740000	3	SET SCREW
95	BH030207	1	PIN WEIGHT SELECTOR
98	11040-216	1	P BELT CLAMP
99	BR030220	2	RETAINING RING 1.250 INTERNAL
100	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
101	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
102	4700-265	1	C Top WT 10-3X12
103	BR030206	2	RETAINING RING

12810 Weight Stack Detail



Ref #	Part Number	Qty	Description
11	12210-200	1	W FRAME Custom
19	12210-348	2	CAP GUIDE ROD
20	12210-350	2	WT ROD .625 DIA X 49.53
24	12301-551	1	DECAL, WT PLATE GRADUATED (10-140)
85	PR060005	2	BUMPER WEIGHT
93	12210-352	2	INSERT PLASTIC
94	12210-358	2	TUBE SPACER
96	HS760106	2	WASH FLAT 1.750 .688 .140 T
97	JS497600	2	WASHER 1.19 ID X 1.75 OD X .12 THK
104	4000C101	4	C STACK WT 4X18
105	4700-337	5	C Stack Weight 10 lbs exact
106	12301-034	1	WT PAC 7 GRADUATED
107	12301-030	1	WT Pac 9 Graduated
108	FB130216	2	Bushing Weight Stack

