

# VR1 Overhead Press

13010-10

## Parts Manual

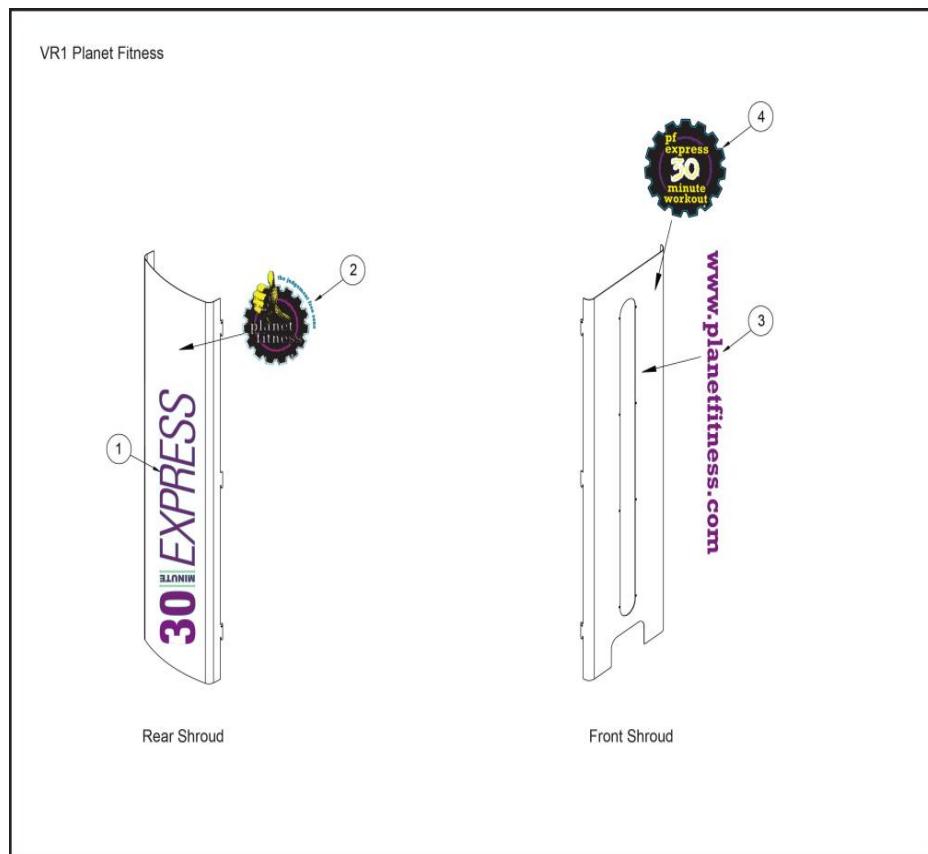
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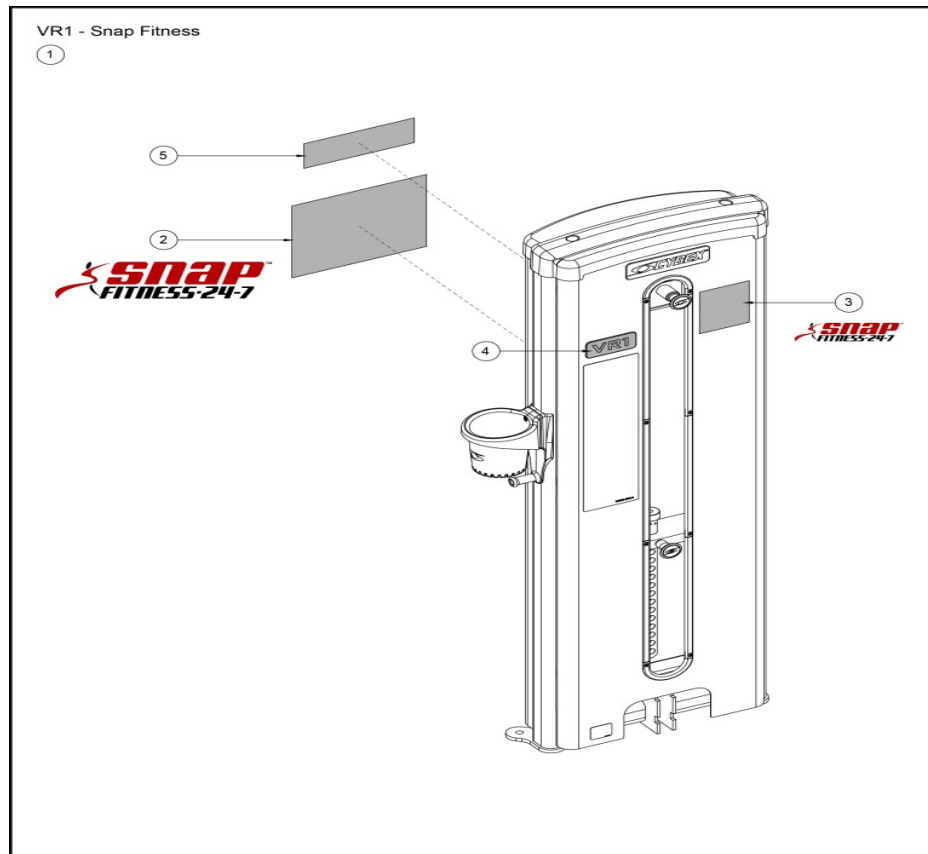
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## VR1\_Planet\_Fitness



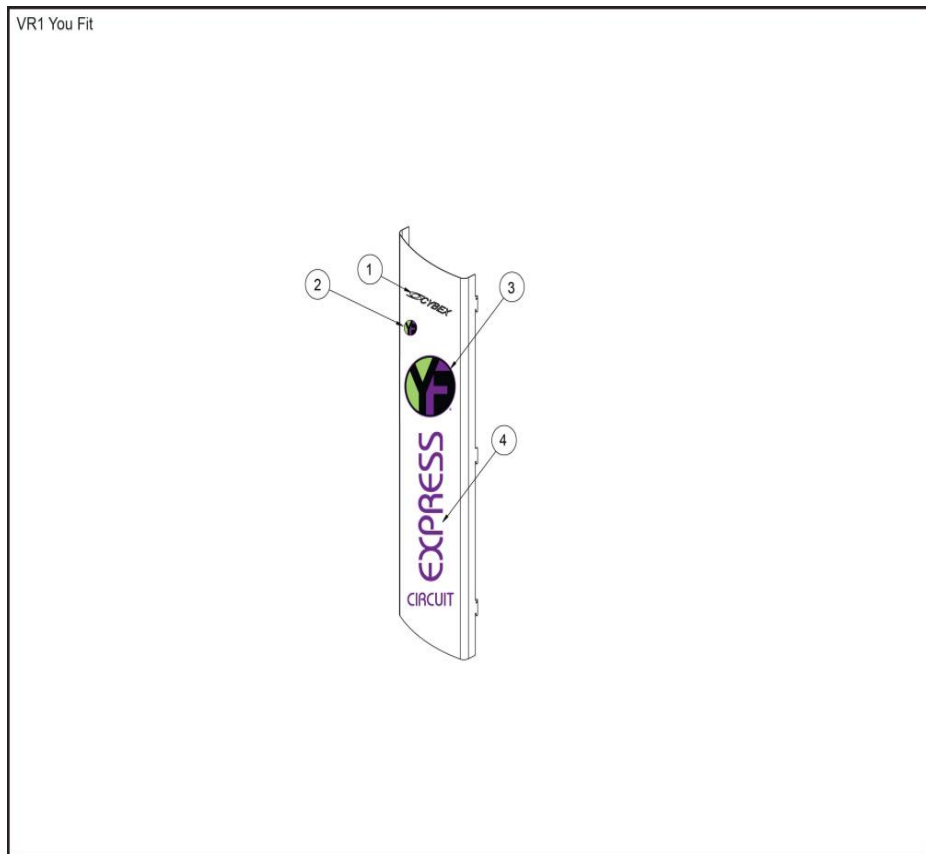
| Ref # | Part Number | Qty | Description                                        |
|-------|-------------|-----|----------------------------------------------------|
| 1     | DE-60250    | 1   | PLANET FITNESS 30 MIN. EXPRESS DECAL (LARGE WORDS) |
| 2     | DE-60248    | 1   | Planet Fitness Thumb Decal                         |
| 3     | DE-60253    | 1   | WWW.PLANETFITNESS.COM (PURPLE) DECAL               |
| 4     | DE-60249    | 1   | PLANET FITNESS 30 MIN. EXPRESS GEAR DECAL          |

## VR1\_Snap\_Fitness



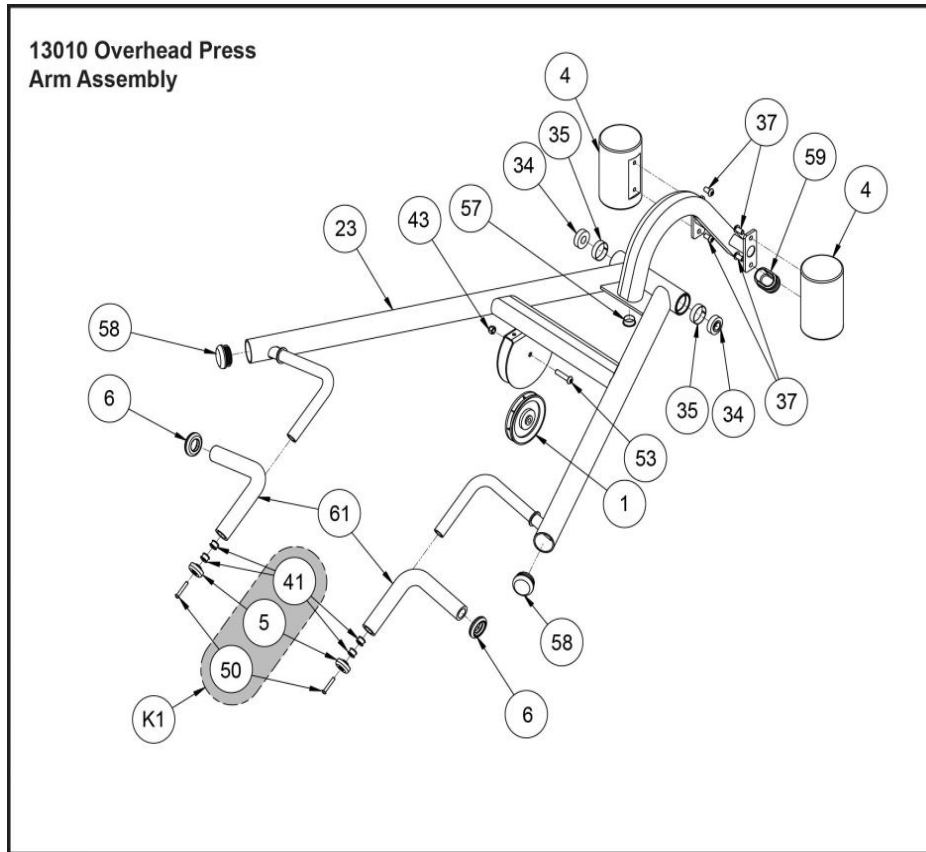
| Ref # | Part Number | Qty | Description                |
|-------|-------------|-----|----------------------------|
| 1     | 13000-025S  | 1   | SNAP FITNESS DECALS, VR1   |
| 2     | 21000-409   | 1   | DECAL, SNAP FITNESS 14.00  |
| 3     | 21000-408   | 1   | DECAL, SNAP FITNESS 6.00   |
| 4     | 13000-399   | 1   | Decal VR1                  |
| 5     | 3900-447    | 1   | DECAL CYBEX 1.94 HOR BLACK |

## VR1\_YouFit



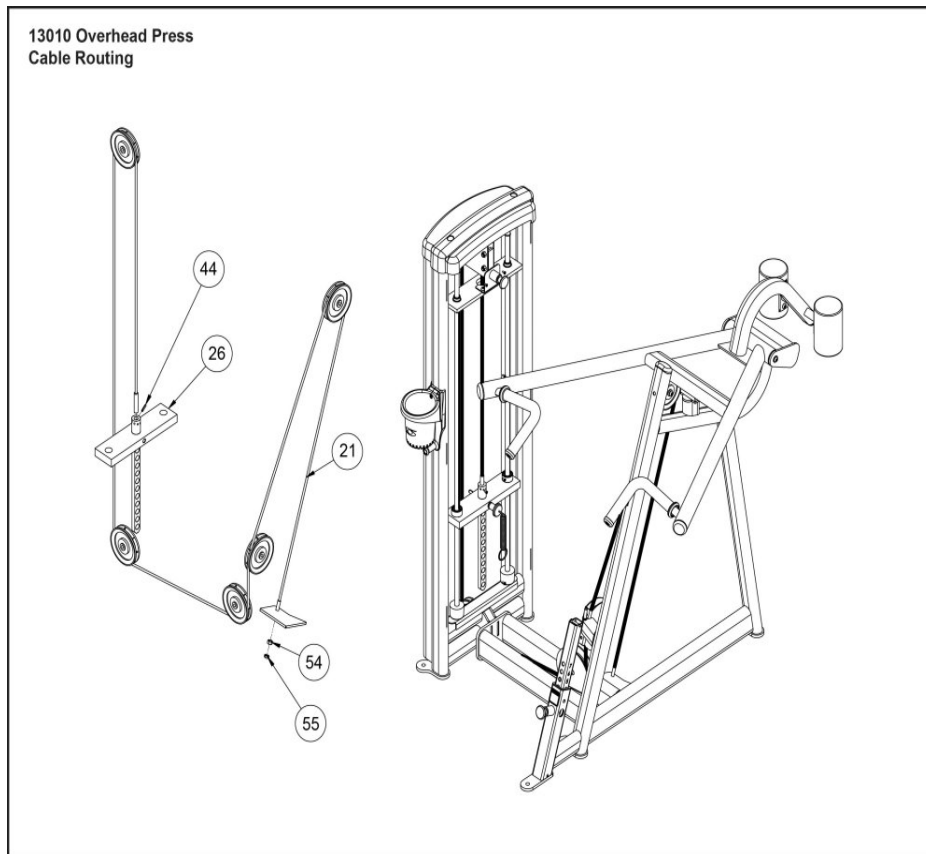
| Ref # | Part Number | Qty | Description                  |
|-------|-------------|-----|------------------------------|
| 1     | 3900-443    | 1   | DECAL CYBEX BLACK            |
| 2     | DE-60270    | 1   | DECAL, YF CIRCLE SMALL       |
| 3     | DE-60271    | 1   | DECAL, YF CIRCLE LARGE       |
| 4     | DE-60273    | 1   | DECAL, EXPRESS CIRCUIT LARGE |

## 13010\_Arm\_Assembly



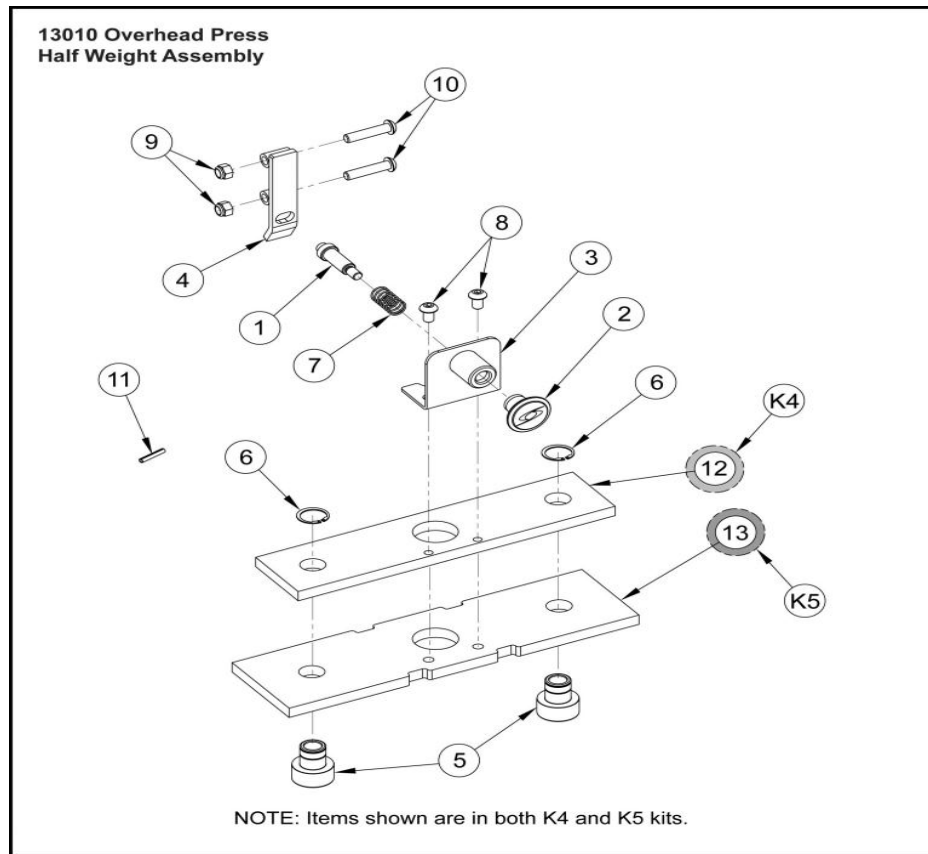
| Ref # | Part Number | Qty | Description                   |
|-------|-------------|-----|-------------------------------|
| K1    | 11090K006   | 1   | KIT HANDLE TRIM RING          |
| 1     | 08014       | 1   | PULLEY ASSEMBLY-4.50          |
| 4     | 11070-332   | 2   | C COUNTERWEIGHT               |
| 5     | 11090-374   | 2   | END CAP                       |
| 6     | 11090-376   | 2   | RING HANDLE GRIP              |
| 23    | 13010-201   | 1   | W Arm Custom                  |
| 34    | FB030232    | 2   | BRG RADIAL 17MM ID EXT RACE   |
| 35    | FC030006    | 2   | TOLERANCE RING 1.575 ID       |
| 37    | HC700415    | 2   | BHSCS .375-16 X .75           |
| 41    | HF449063    | 4   | INSERT 3-4X1-4-20 CONNECTOR   |
| 43    | HN704901    | 1   | LOCKNUT .375-16 NYLON         |
| 50    | JC620422    | 2   | BHSCS .250-20 X 1.50          |
| 53    | JC700424    | 1   | BHSCS .375-16 X 1.75          |
| 57    | PN660200    | 1   | INSERT PLASTIC 1.00 DIA-11 GA |
| 58    | PP080226    | 2   | INSERT PLASTIC 2.00 DIA-RIB   |
| 59    | PP130003    | 1   | INSERT PLASTIC                |
| 61    | 13000-373   | 2   | Grip 13.00                    |

## 13010\_Cable\_Routing



| Ref # | Part Number | Qty | Description            |
|-------|-------------|-----|------------------------|
| 21    | 13010-002   | 1   | Cable SA               |
| 26    | 4800-262    | 1   | C Top Wt 13 - 3c12     |
| 44    | HP286819    | 1   | SPIRAL PIN .188 X 1.12 |
| 54    | JN714200    | 1   | HEX NUT .375-24        |
| 55    | JN714400    | 1   | JAM NUT .375-24        |

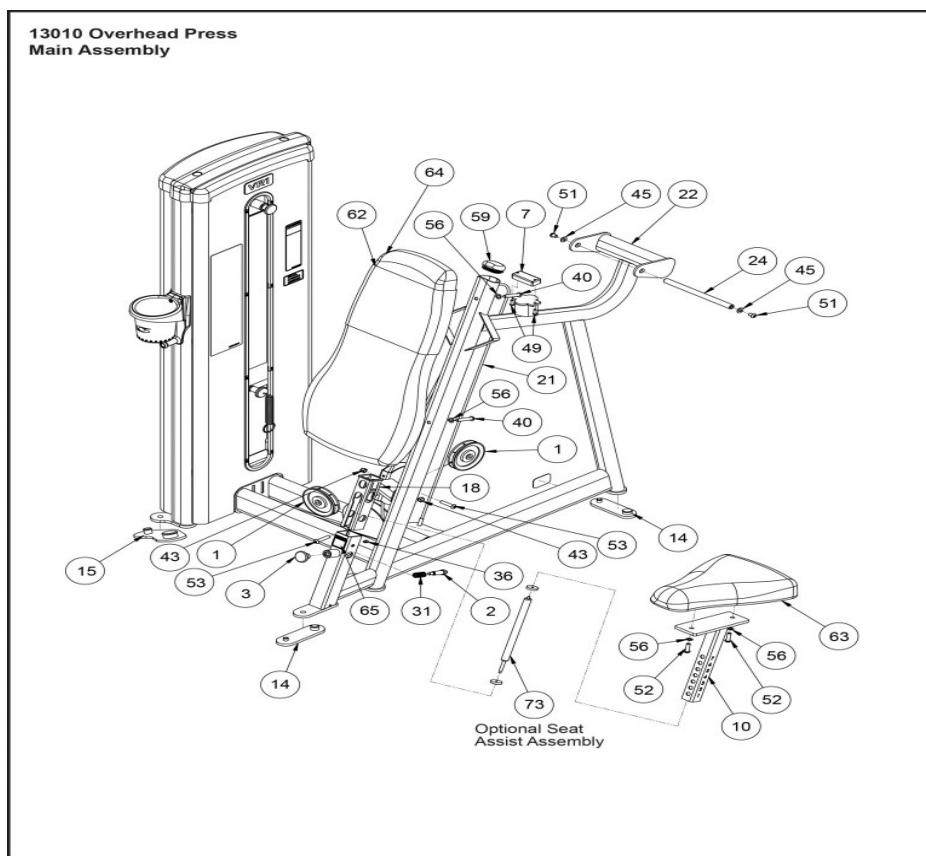
## 13010\_Half\_weight\_assembly



| Ref # | Part Number | Qty | Description                            |
|-------|-------------|-----|----------------------------------------|
| 1     | 08229       | 1   | P PIN DETENT                           |
| 2     | 11040-440   | 1   | KNOB                                   |
| 3     | 13000-206   | 1   | C Half Weight Latch                    |
| K4    | 13000K004   | 1   | Kit Half Weight 5 lb                   |
| 4     | 13000-208   | 1   | P Latch                                |
| K5    | 13000K005   | 1   | Kit Half Weight 7.5 lb                 |
| 5     | 13000-364   | 2   | BEARING FLNG .62 ID X .92 OD X 1.75 LG |
| 6     | BR030206    | 2   | RETAINING RING                         |
| 7     | BS070201    | 1   | COM SPRING .56 ID X .66 OD X 1.50 LG   |
| 8     | HC700414    | 2   | BHSCS .375-16 X .62                    |
| 9     | HN704901    | 2   | LOCKNUT .375-16 NYLON                  |
| 10    | JC700424    | 2   | BHSCS .375-16 X 1.75                   |
| 11    | HP286819    | 1   | SPIRAL PIN .188 X 1.12                 |
| 12    | 13000-352   | 1   | C Half Weight 5 lbs                    |
| 13    | 13000-363   | 1   | C Half Weight 7.5 lbs                  |



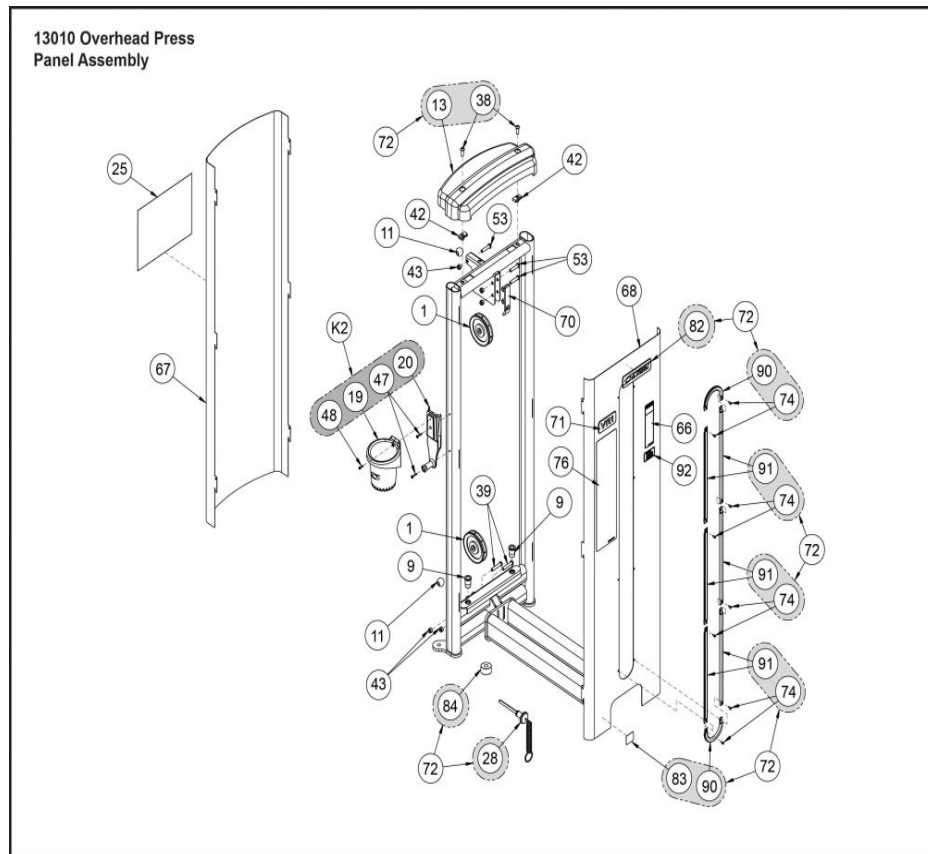
## 13010\_Main\_Assembly



| Ref # | Part Number | Qty | Description                          |
|-------|-------------|-----|--------------------------------------|
| 1     | 08014       | 2   | PULLEY ASSEMBLY-4.50                 |
| 2     | 08229       | 1   | P PIN DETENT                         |
| 3     | 11040-440   | 1   | KNOB                                 |
| 7     | 12030-353   | 1   | BLOCK STOP                           |
| 10    | 13000-207   | 1   | P Seat Post                          |
| 14    | 13000-353   | 2   | Foot Pad                             |
| 15    | 13000-354   | 1   | Foot Pad                             |
| 18    | 13000-365   | 1   | Insert Plastic 7.94 Modified         |
| 21    | 13010-002   | 1   | Cable SA                             |
| 22    | 13010-200   | 1   | W Frame Custom                       |
| 24    | 13010-316   | 1   | Shaft Pivot                          |
| 31    | BS070201    | 1   | COM SPRING .56 ID X .66 OD X 1.50 LG |
| 36    | HC622808    | 1   | SHCS .250 x 20 x .250                |
| 40    | HC700428    | 2   | BHSCS .375-16 X 2.25                 |
| 43    | HN704901    | 2   | LOCKNUT .375-16 NYLON                |
| 45    | HS347600    | 2   | WASHER SAE .375                      |
| 49    | JC620415    | 2   | BHSCS .250-20 X .75                  |
| 51    | JC700412    | 2   | BHSCS .375-16 X .50                  |
| 52    | JC700420    | 2   | BHSCS .375-16 X 1.25                 |
| 53    | JC700424    | 2   | BHSCS .375-16 X 1.75                 |
| 56    | JS347400    | 4   | LOCKWASHER INT TOOTH .375            |
| 59    | PP130003    | 1   | INSERT PLASTIC                       |

| Ref # | Part Number | Qty | Description                              |
|-------|-------------|-----|------------------------------------------|
| 62    | 4800-183    | 1   | WEAR COVER SA 32in MOLDED Custom         |
| 63    | 4800-172    | 1   | CUSHION SA BIKE 15in MOLDED Custom       |
| 64    | 4800-180    | 1   | COVERED CUSHION SA BACK 32 MOLDED Custom |
| 65    | 4520-362    | 1   | DECAL SEAT CAUTION Custom                |
| 73    | 13000-103   | 1   |                                          |

# 13010\_Panel\_Assembly



| Ref # | Part Number | Qty | Description                                   |
|-------|-------------|-----|-----------------------------------------------|
| 1     | 08014       | 2   | PULLEY ASSEMBLY-4.50                          |
| K2    | 13000K003   | 1   | Kit Water Bottle Holder                       |
| 9     | 12210-348   | 2   | CAP GUIDE ROD                                 |
| 11    | 13000-322   | 2   | Roller                                        |
| 13    | 13000-342   | 1   | Molded Top Cap                                |
| 19    | 13000-400   | 1   | Holder Water Bottle                           |
| 20    | 13000-403   | 1   | Mount Water Bottle Holder                     |
| 25    | 3900-441    | 1   | DECAL CYBEX VER BLACK                         |
| 25    | 3900-442    | 1   | DECAL CYBEX VER SILVER                        |
| 28    | BH030207    | 1   | PIN WEIGHT SELECTOR                           |
| 38    | HC700417    | 2   | BHSCS .375-16 X 1.00                          |
| 39    | HC700426    | 2   | BHSCS .375-16 X 2.00                          |
| 42    | HF700000    | 2   | PANEL FASTNER .375-16 U TYPE                  |
| 43    | HN704901    | 1   | LOCKNUT .375-16 NYLON                         |
| 47    | HT512517    | 2   | TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK    |
| 48    | HT552515    | 1   | TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK |
| 53    | JC700424    | 3   | BHSCS .375-16 X 1.75                          |
| 66    | DE000001    | 1   | Decal Warning Custom                          |
| 67    | 13000-346-9 | 1   |                                               |
| 67    | 13000-346-7 | 1   |                                               |
| 67    | 13000-346-8 | 1   |                                               |
| 68    | 13000-343-9 | 1   |                                               |

| Ref # | Part Number | Qty | Description                           |
|-------|-------------|-----|---------------------------------------|
| 68    | 13000-343-8 | 1   |                                       |
| 68    | 13000-343-7 | 1   |                                       |
| 69    | 13000K004   | 1   | Kit Half Weight 5 lb                  |
| 70    | 13000-208   | 1   | P Latch                               |
| 71    | 13000-399   | 1   | Decal VR1                             |
| 72    | 13000-100   | 1   | Edge Trim Assembly                    |
| 74    | HT552511    | 10  | TAP SC #8-16 X .38 TAP BLACK PLASTITE |
| 76    | 13010-598   | 1   | Placard VR1 Ovhd Press Custom         |
| 82    | 13000-398   | 1   | DECAL, CYBEX                          |
| 83    | 11040-790   | 1   | NLA: DECAL, MADE IN THE USA           |
| 84    | 13000-385   | 1   | STOP                                  |
| 90    | 13000-344   | 2   | Edge Trim                             |
| 91    | 13000-345   | 6   | Edge Trim                             |
| 92    | DE000005    | 1   | Decal Caution Custom                  |

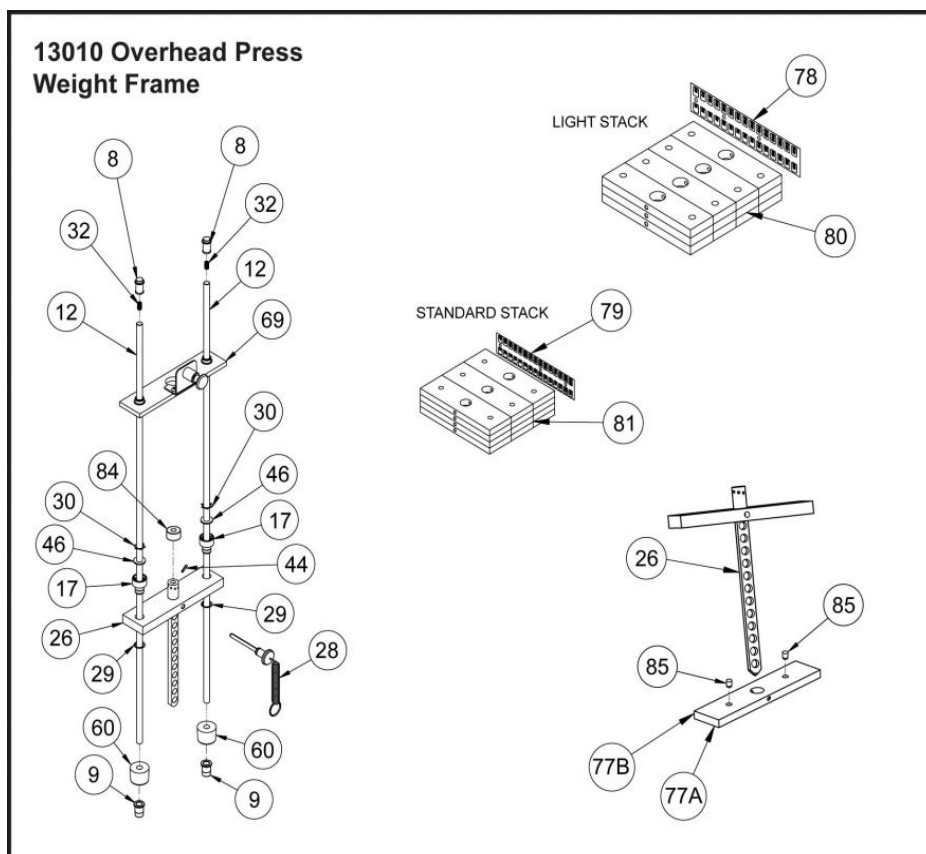
**13010\_Parts\_not\_shown**

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Other Parts Not Shown

| Ref # | Part Number | Qty | Description      |
|-------|-------------|-----|------------------|
| K3    | 13000K007   | 1   | Kit Hardware VR1 |

# 13010\_Weight\_Assembly



| Ref # | Part Number | Qty | Description                             |
|-------|-------------|-----|-----------------------------------------|
| 8     | 12210-347   | 2   | CAP GUIDE ROD                           |
| 9     | 12210-348   | 2   | CAP GUIDE ROD                           |
| 12    | 13000-326   | 2   | Wt Rod .625 Dia x 51.51                 |
| 17    | 13000-364   | 2   | BEARING FLNG .62 ID X .92 OD X 1.75 LG  |
| 26    | 4800-262    | 1   | C Top Wt 13 - 3c12                      |
| 28    | BH030207    | 1   | PIN WEIGHT SELECTOR                     |
| 29    | BR030206    | 2   | RETAINING RING                          |
| 30    | BR030220    | 2   | RETAINING RING 1.250 INTERNAL           |
| 32    | BS070208    | 2   | COMP SPRING .396 ID X .480 OD X 1.50 LG |
| 44    | HP286819    | 1   | SPIRAL PIN .188 X 1.12                  |
| 46    | HS720004    | 2   | WASHER FELT .641 ID X 1.250 OD X .125 T |
| 60    | PR060005    | 2   | BUMPER WEIGHT                           |
| 69    | 13000-102   | 1   | Half Weight Assembly 7.5 lb             |
| 77A   | 4700-337    | 1   | C Stack Weight 10 lbs exact             |
| 77B   | 4700-338    | 1   | C Stack Weight 15 lbs exact             |
| 78    | 4800-557    | 1   | DECAL WEIGHT PLATE 10-150               |
| 79    | 13000-552   | 1   | Decal Weight Plate (10-220)             |
| 80    | 13000-031   | 1   | Wt Pac 10# Black (12)                   |
| 81    | 13000-035   | 1   | Wt Pac 15# Black (12)                   |
| 84    | 13000-385   | 1   | STOP                                    |
| 85    | FB130216    | 2   | Bushing Weight Stack                    |

