

VR1 ROW

13030-01

Parts Manual

1/5/2019 2:40:16 AM

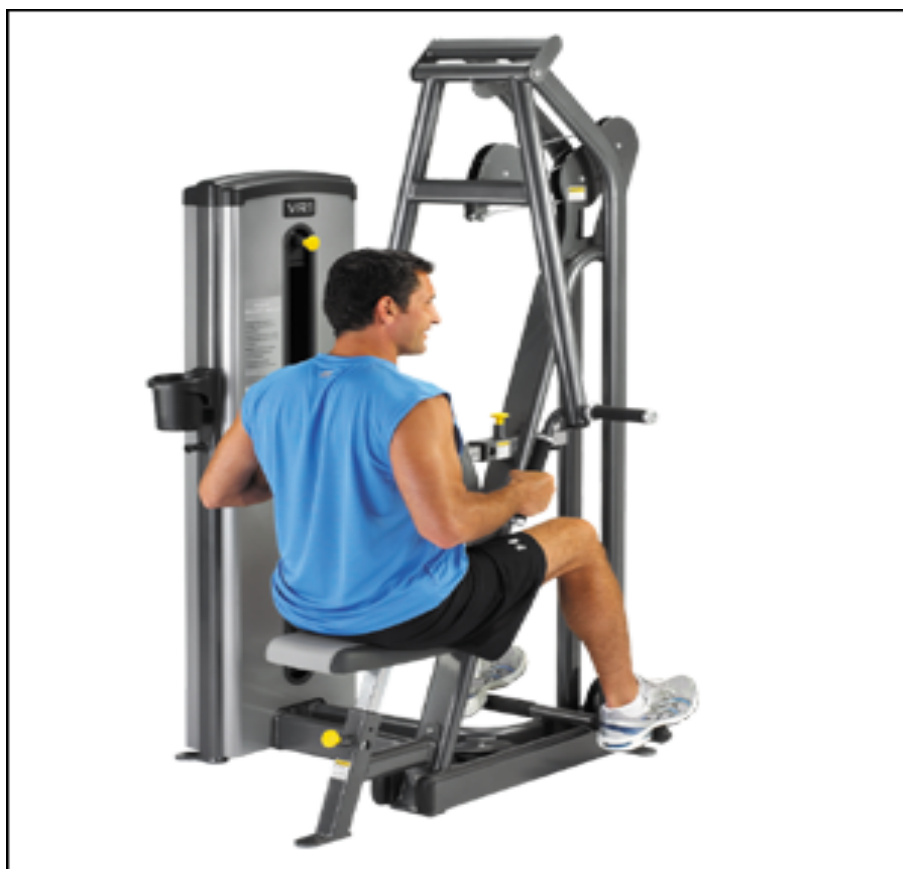
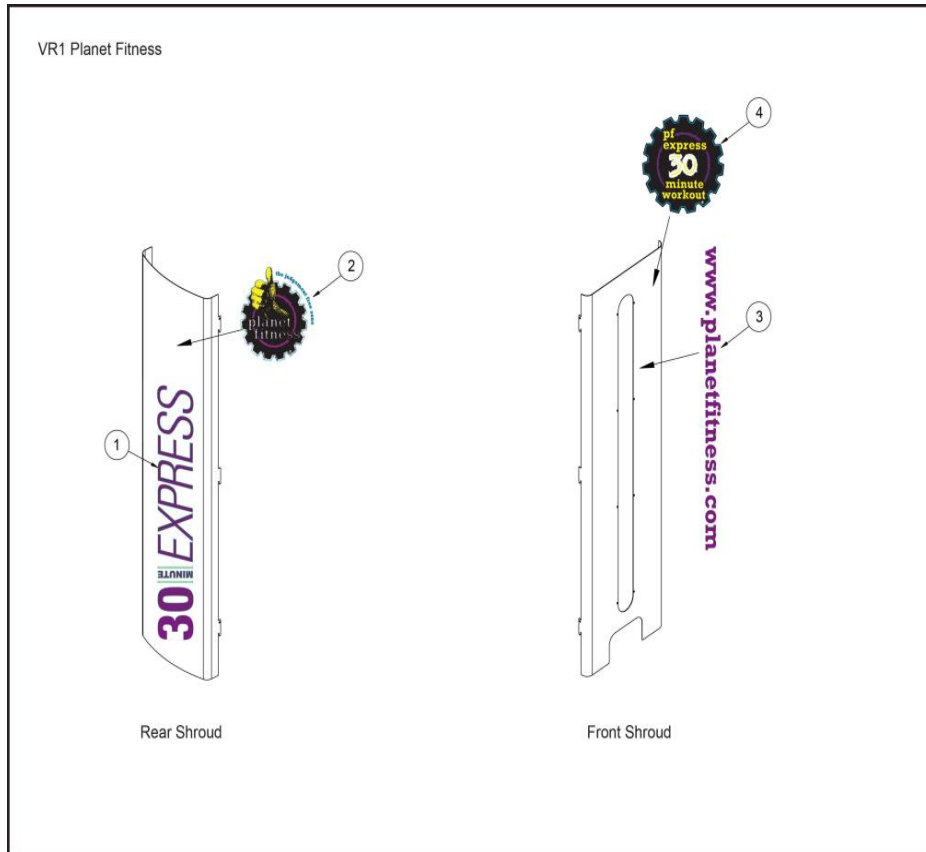


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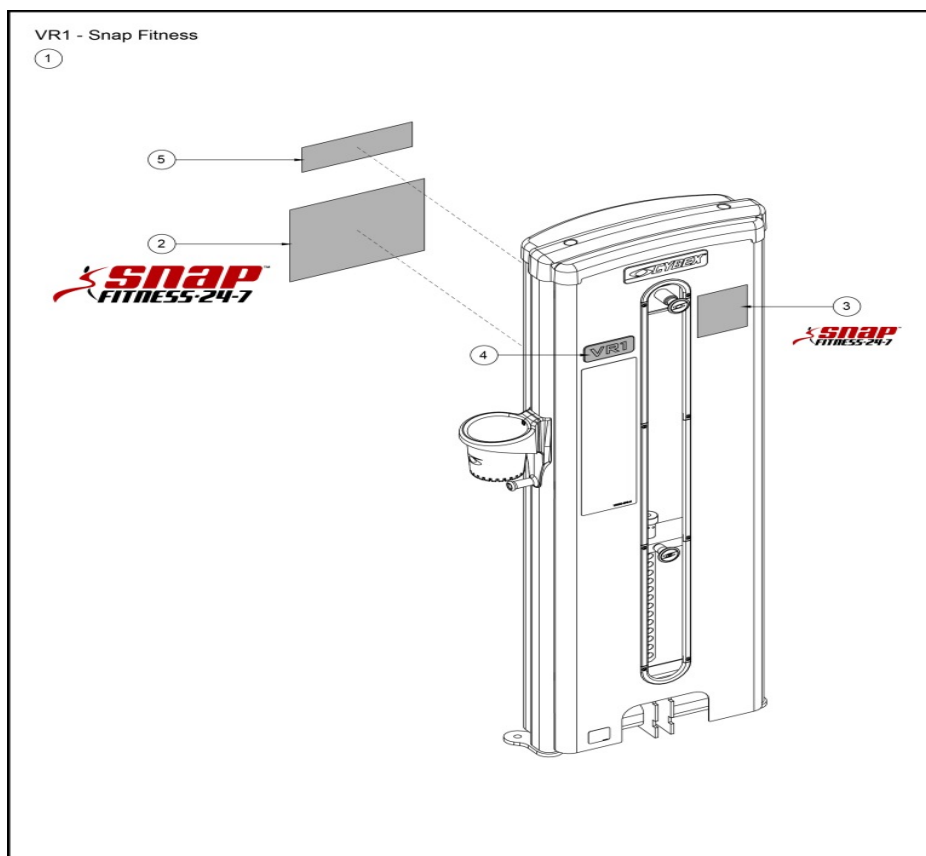
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VR1_Planet_Fitness



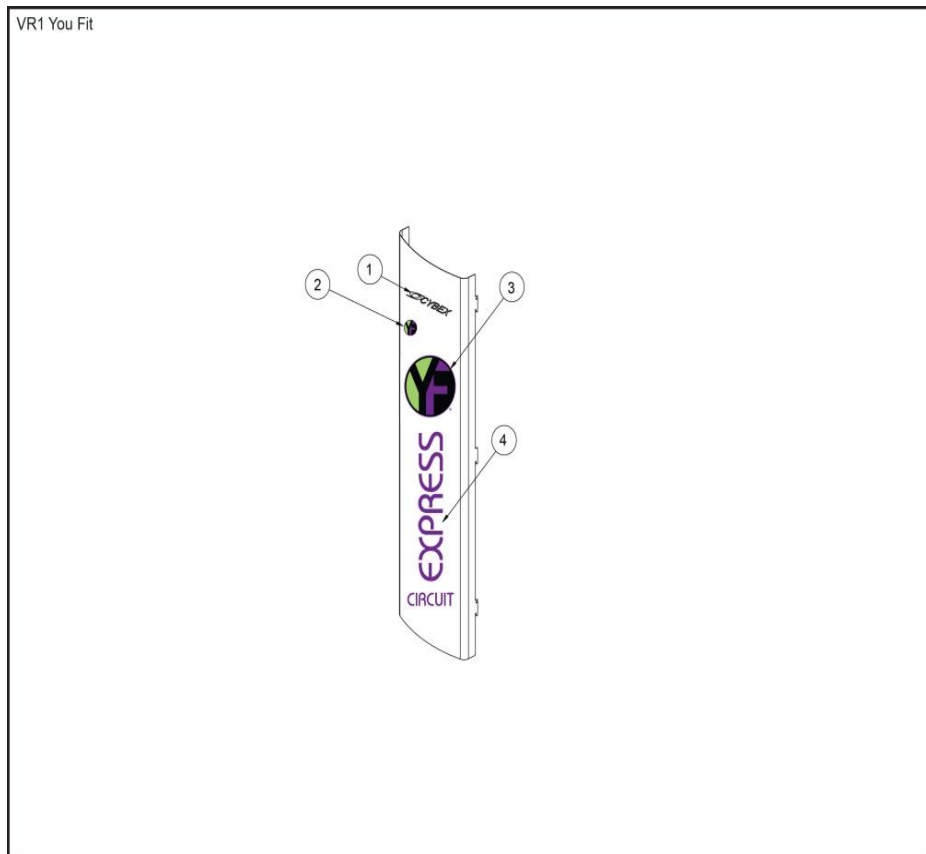
Ref #	Part Number	Qty	Description
1	DE-60250	1	PLANET FITNESS 30 MIN. EXPRESS DECAL (LARGE WORDS)
2	DE-60248	1	Planet Fitness Thumb Decal
3	DE-60253	1	WWW.PLANETFITNESS.COM (PURPLE) DECAL
4	DE-60249	1	PLANET FITNESS 30 MIN. EXPRESS GEAR DECAL

VR1_Snap_Fitness



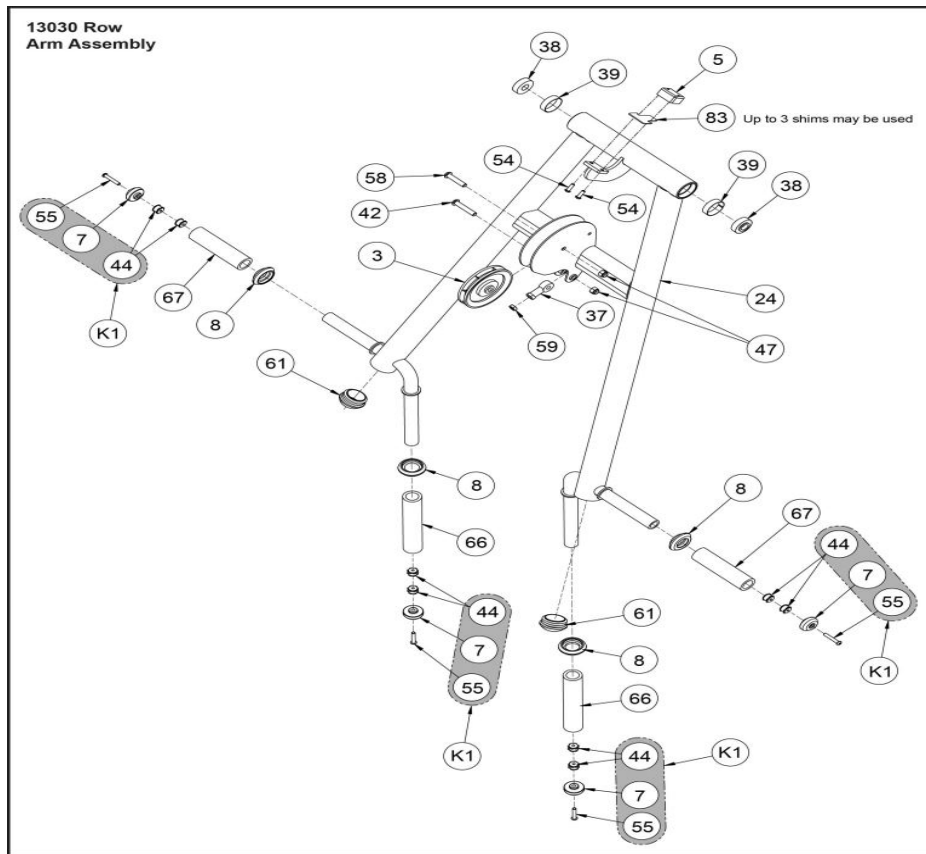
Ref #	Part Number	Qty	Description
1	13000-025S	1	SNAP FITNESS DECALS, VR1
2	21000-409	1	DECAL, SNAP FITNESS 14.00
3	21000-408	1	DECAL, SNAP FITNESS 6.00
4	13000-399	1	Decal VR1
5	3900-447	1	DECAL CYBEX 1.94 HOR BLACK

VR1_YouFit



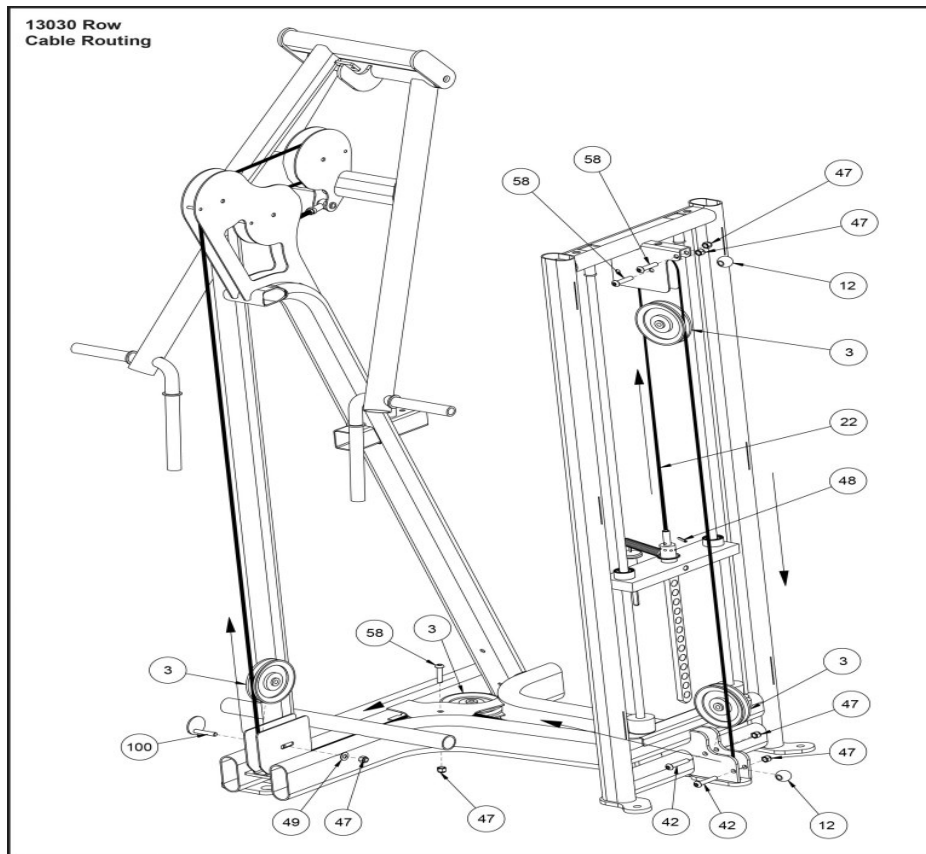
Ref #	Part Number	Qty	Description
1	3900-443	1	DECAL CYBEX BLACK
2	DE-60270	1	DECAL, YF CIRCLE SMALL
3	DE-60271	1	DECAL, YF CIRCLE LARGE
4	DE-60273	1	DECAL, EXPRESS CIRCUIT LARGE

13030_Arm_Assembly



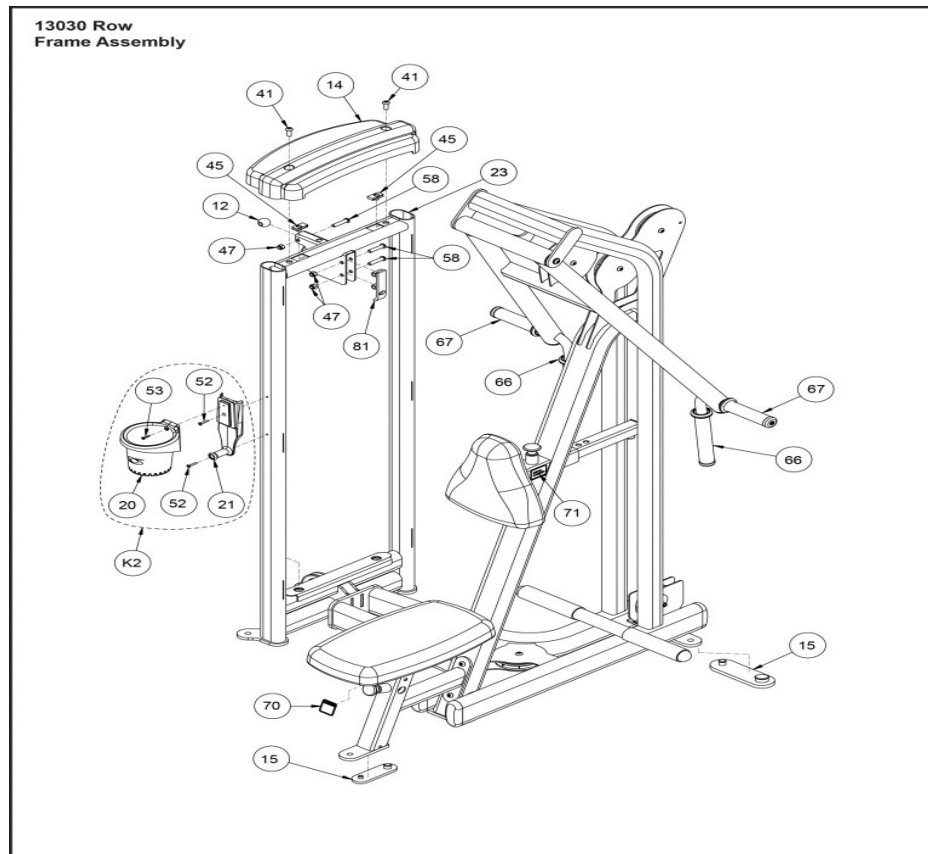
Ref #	Part Number	Qty	Description
K1	11090K006	1	KIT HANDLE TRIM RING
3	08014	1	PULLEY ASSEMBLY-4.50
5	11000-384	1	BLOCK STOP
7	11090-374	4	END CAP
8	11090-376	4	RING HANDLE GRIP
24	13030-201	1	W INPUT ARM Custom
37	FB030213	1	BRG ROD END FEMALE .375-24
38	FB030232	2	BRG RADIAL 17MM ID EXT RACE
39	FC030006	2	TOLERANCE RING 1.575 ID
42	HC700426	1	BHSCS .375-16 X 2.00
44	HF449063	8	INSERT 3-4X1-4-20 CONNECTOR
47	HN704901	2	LOCKNUT .375-16 NYLON
54	JC620415	2	BHSCS .250-20 X .75
55	JC620422	4	BHSCS .250-20 X 1.50
58	JC700424	1	BHSCS .375-16 X 1.75
59	JN714400	1	JAM NUT .375-24
61	PP080226	2	INSERT PLASTIC 2.00 DIA-RIB
66	4605-506	2	GRAB GRIP 8.00
67	4605-504	2	GRAB GRIP 5.19
83	11020-334	3	SHIM STOP BLOCK

13030_Cable_Routing



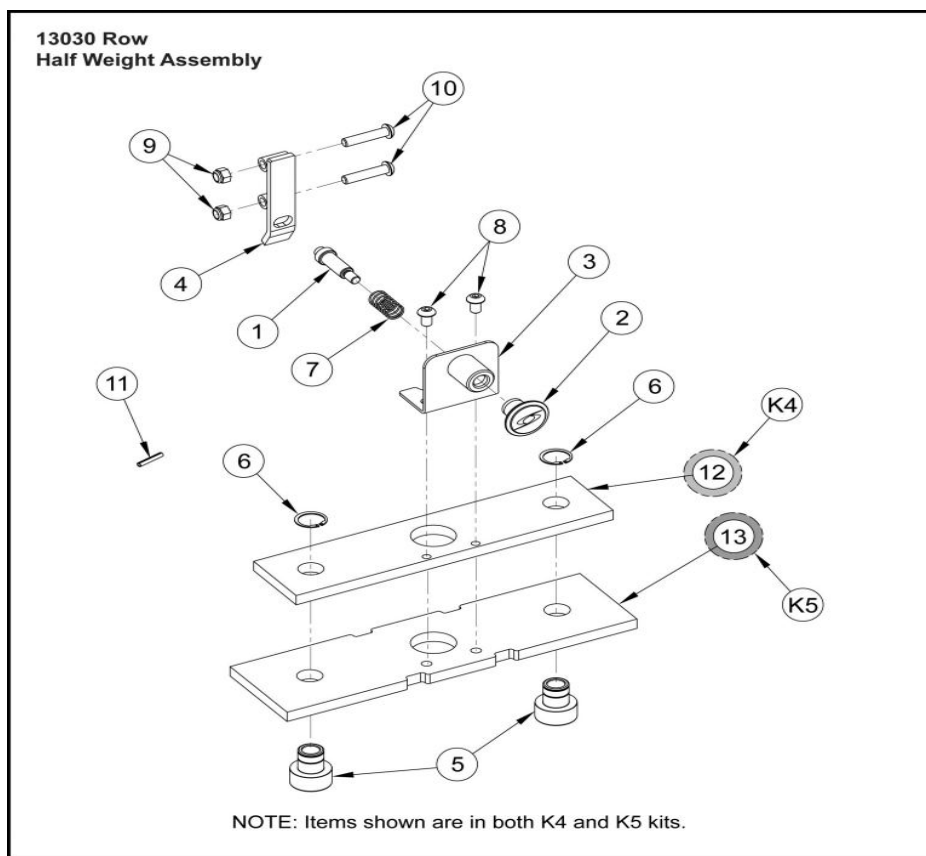
Ref #	Part Number	Qty	Description
3	08014	3	PULLEY ASSEMBLY-4.50
12	13000-322	2	Roller
22	13030-002	1	CABLE S/A
42	HC700426	2	BHSCS .375-16 X 2.00
47	HN704901	4	LOCKNUT .375-16 NYLON
48	HP286819	1	SPIRAL PIN .188 X 1.12
49	HS347600	1	WASHER SAE .375
58	JC700424	3	BHSCS .375-16 X 1.75
100	8800-218	1	P Cam Bolt

13030_Frame_Assembly



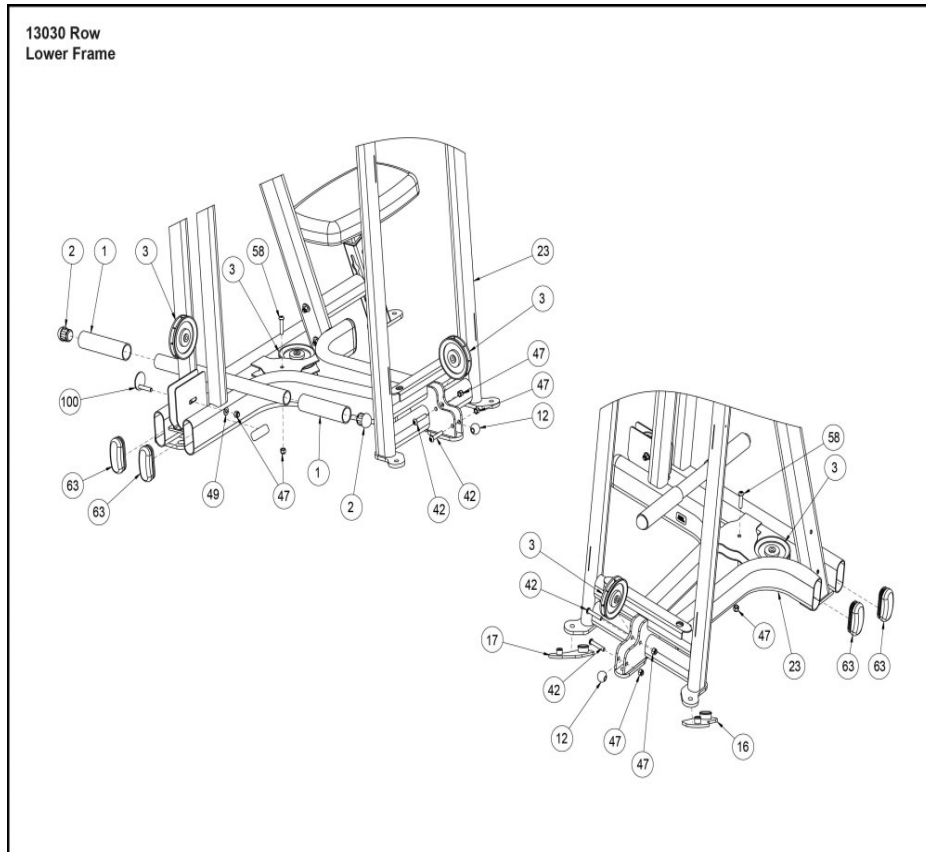
Ref #	Part Number	Qty	Description
K2	13000K003	1	Kit Water Bottle Holder
12	13000-322	1	Roller
14	13000-342	1	Molded Top Cap
15	13000-353	2	Foot Pad
20	13000-400	1	Holder Water Bottle
21	13000-403	1	Mount Water Bottle Holder
23	13030-200	1	W Main Frame Custom
41	HC700417	2	BHSCS .375-16 X 1.00
45	HF700000	2	PANEL FASTNER .375-16 U TYPE
47	HN704901	3	LOCKNUT .375-16 NYLON
52	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
53	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
58	JC700424	3	BHSCS .375-16 X 1.75
66	4605-506	2	GRAB GRIP 8.00
67	4605-504	2	GRAB GRIP 5.19
70	4520-362	1	DECAL SEAT CAUTION Custom
71	8500-025	1	DECAL CAUTION Custom
81	13000-208	1	P Latch

13030_Half_weight_assembly



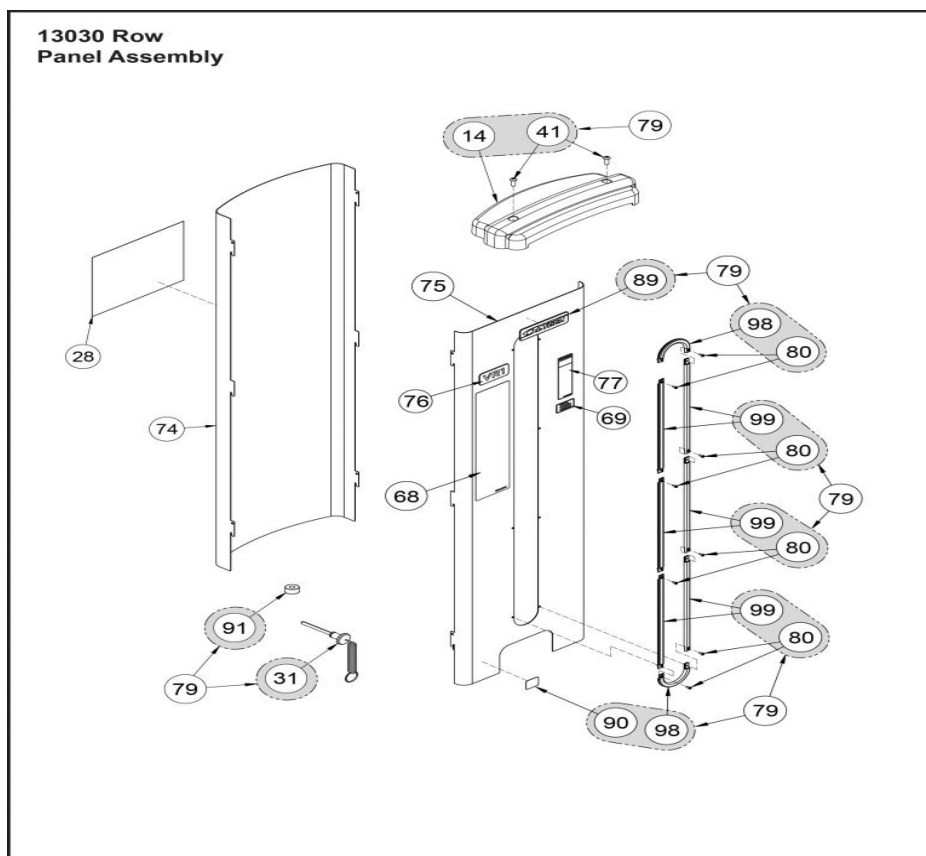
Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
2	11040-440	1	KNOB
3	13000-206	1	C Half Weight Latch
4	13000-208	1	P Latch
K4	13000K004	1	Kit Half Weight 5 lb
K5	13000K005	1	Kit Half Weight 7.5 lb
5	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
6	BR030206	2	RETAINING RING
7	BS070201	1	COM 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

13030_Lower_Frame



Ref #	Part Number	Qty	Description
1	11190-350	2	Grip 7.00
2	08001	2	PLUG 1.50
3	08014	4	PULLEY ASSEMBLY-4.50
12	13000-322	2	Roller
16	13000-354	1	Foot Pad
17	13000-355	1	Foot Pad
23	13030-200	1	W Main Frame Custom
42	HC700426	4	BHSCS .375-16 X 2.00
47	HN704901	3	LOCKNUT .375-16 NYLON
49	HS347600	1	WASHER SAE .375
58	JC700424	1	BHSCS .375-16 X 1.75
63	PP130004	2	Insert Domed Plastic
100	8800-218	1	P Cam Bolt

13030_Panel_Assembly



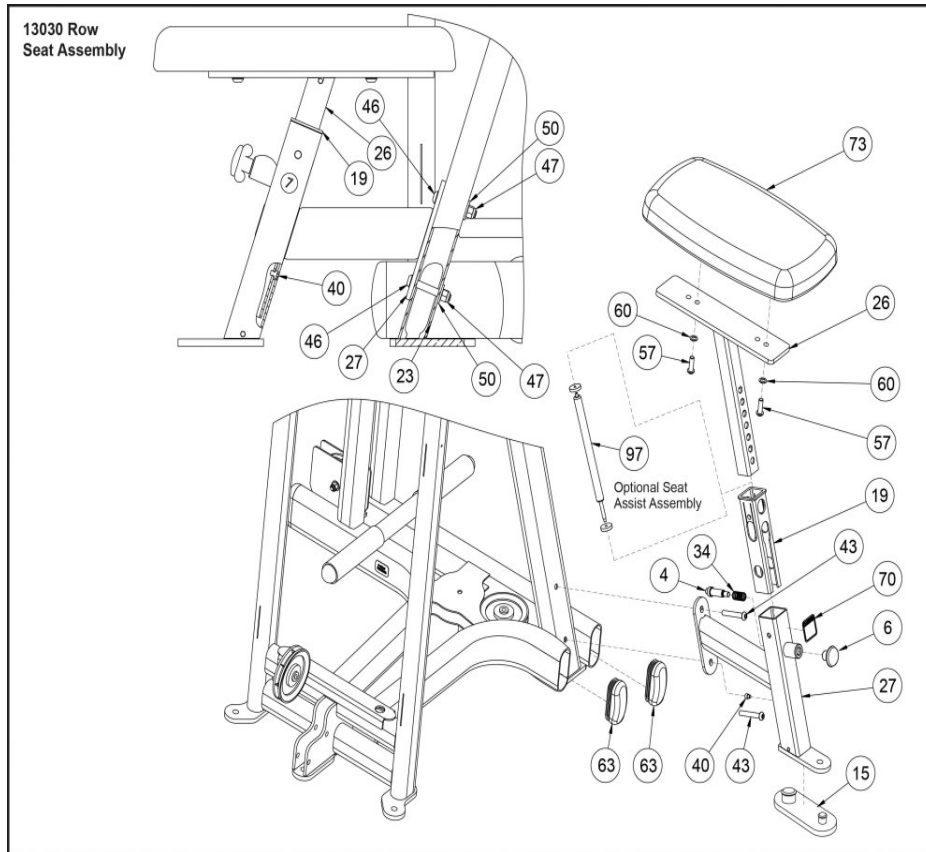
Ref #	Part Number	Qty	Description
14	13000-342	1	Molded Top Cap
28	3900-442	1	DECAL CYBEX VER SILVER
28	3900-441	1	DECAL CYBEX VER BLACK
31	BH030207	1	PIN WEIGHT SELECTOR
41	HC700417	2	BHSCS .375-16 X 1.00
68	13030-598	1	Placard VR1 Row Custom
69	DE000005	1	Decal Caution Custom
74	13000-346-9	1	
74	13000-346-7	1	
74	13000-346-8	1	
75	13000-343-9	1	
75	13000-343-8	1	
75	13000-343-7	1	
76	13000-399	1	Decal VR1
77	DE000001	1	Decal Warning Custom
79	13000-100	1	Edge Trim Assembly
80	HT552511	10	TAP SC #8-16 X .38 TAP BLACK PLASTITE
89	13000-398	1	DECAL, CYBEX
90	11040-790	1	NLA: DECAL, MADE IN THE USA
91	13000-385	1	STOP
98	13000-344	2	Edge Trim
99	13000-345	6	Edge Trim

13030_Parts_not_shown

Other Parts Not Shown

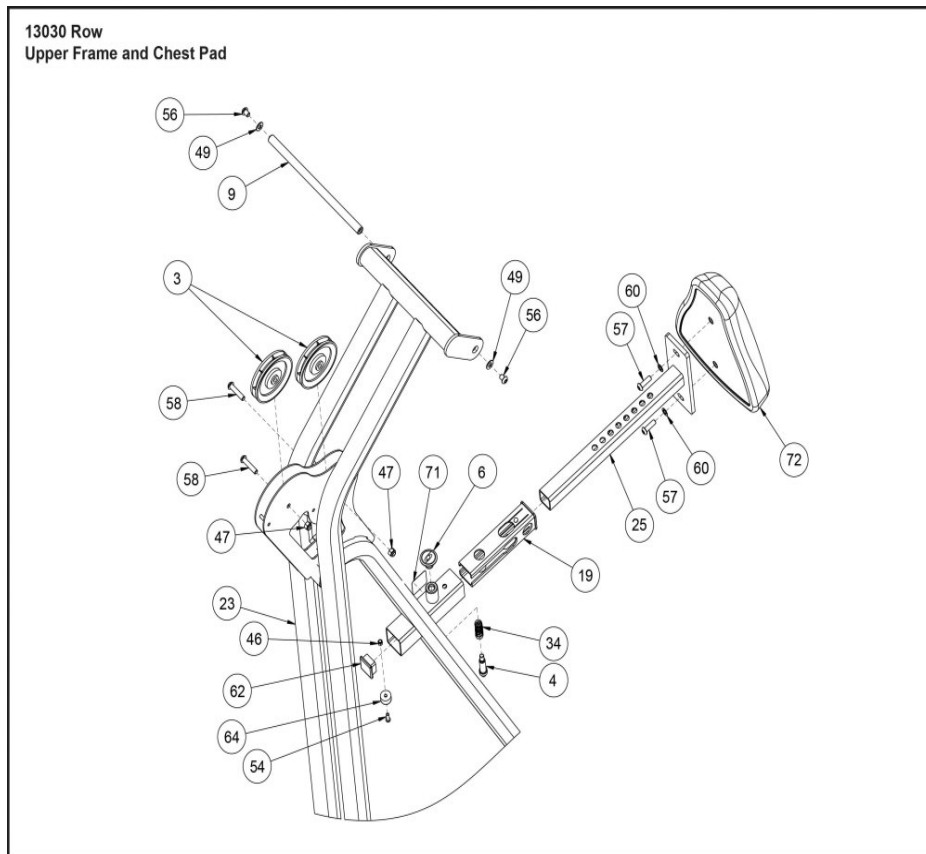
Ref #	Part Number	Qty	Description
K3	13000K007	1	Kit Hardware VR1

13030_Seat_Assembly



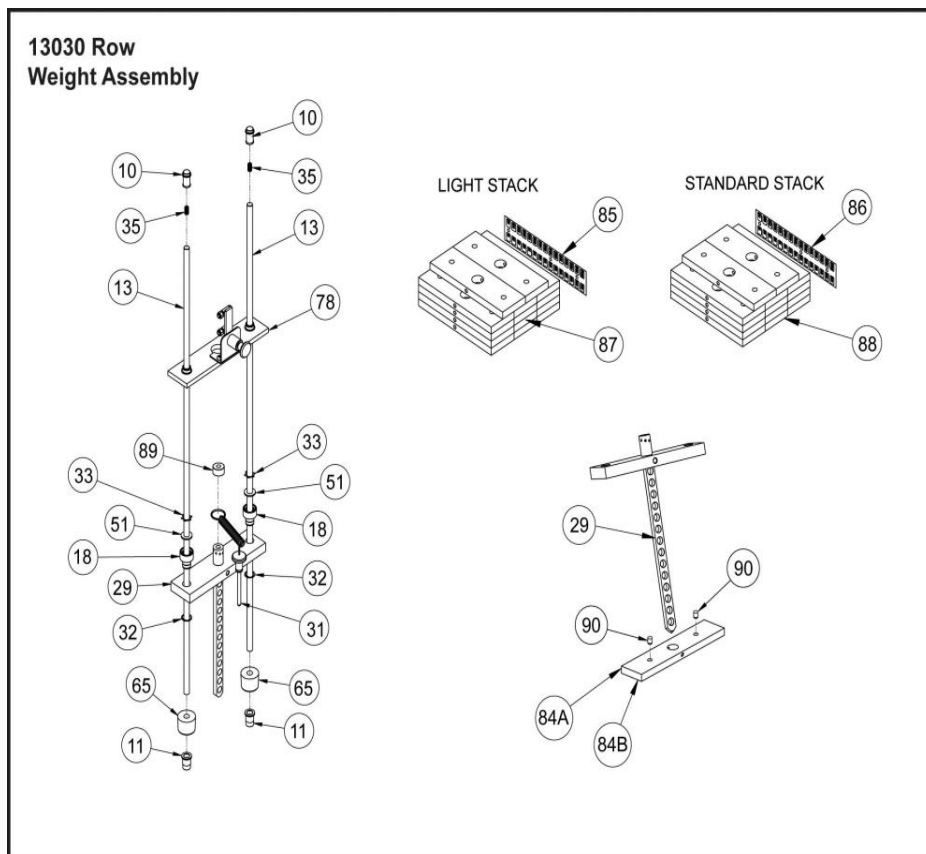
Ref #	Part Number	Qty	Description
4	08229	1	P PIN DETENT
6	11040-440	1	KNOB
15	13000-353	1	Foot Pad
19	13000-365	1	Insert Plastic 7.94 Modified
23	13030-200	1	W Main Frame Custom
26	13030-203	1	P SEAT POST
27	13030-204	1	W SEAT MOUNT
40	HC622808	1	SHCS .250 x 20 x .250
43	HC700430	2	BHSCS .375-16 X 2.50
46	HN625200	250	LOCKNUT .250-20 NYLON HVY
47	HN704901	2	LOCKNUT .375-16 NYLON
50	HS347700	2	WASHER USS .375
57	JC700420	2	BHSCS .375-16 X 1.25
60	JS347400	2	LOCKWASHER INT TOOTH .375
63	PP130004	2	Insert Domed Plastic
70	4520-362	1	DECAL SEAT CAUTION Custom
73	4800-188	1	CUSHION SA 10 X 18 NS Custom
97	13000-103	1	

13030_Upper_Frame_and_Chest_Pad



Ref #	Part Number	Qty	Description
3	08014	2	PULLEY ASSEMBLY-4.50
4	08229	1	P PIN DETENT
6	11040-440	1	KNOB
9	12000-337	1	SHAFT PIVOT
19	13000-365	1	Insert Plastic 7.94 Modified
23	13030-200	1	W Main Frame Custom
25	13030-202	1	P CUSHION TUBE
34	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
46	HN625200	1	LOCKNUT .250-20 NYLON HVY
47	HN704901	2	LOCKNUT .375-16 NYLON
49	HS347600	2	WASHER SAE .375
54	JC620415	1	BHSCS .250-20 X .75
56	JC700412	2	BHSCS .375-16 X .50
57	JC700420	2	BHSCS .375-16 X 1.25
58	JC700424	2	BHSCS .375-16 X 1.75
60	JS347400	2	LOCKWASHER INT TOOTH .375
62	PP090211	1	INSERT PL 1.50 SQ X 10-14 GA
64	PR069400	1	BUMPER RECESS
71	8500-025	1	DECAL CAUTION Custom
72	4800-168	1	CUSHION SA BIKE SEAT 12IN MOLDED Custom

13030_Weight_Assembly



Ref #	Part Number	Qty	Description
10	12210-347	2	CAP GUIDE ROD
11	12210-348	2	CAP GUIDE ROD
13	13000-326	2	Wt Rod .625 Dia x 51.51
18	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
29	4700C070	1	C TOP WT 15-3X12
31	BH030207	1	PIN WEIGHT SELECTOR
32	BR030206	2	RETAINING RING
33	BR030220	2	RETAINING RING 1.250 INTERNAL
35	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
51	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
65	PR060005	2	BUMPER WEIGHT
78	13000-102	1	Half Weight Assembly 7.5 lb
78	13000-101	1	NLA: Half Weight Assembly 5 lb
84A	4700-337	11	C Stack Weight 10 lbs exact
84B	4700-338	1	C Stack Weight 15 lbs exact
85	4800-557	1	DECAL WEIGHT PLATE 10-150
86	13000-552	1	Decal Weight Plate (10-220)
87	13000-032	1	Wt Pac 10# Black (14)
88	13000-036	1	Wt Pac 15# Black (14)
89	13000-385	1	STOP
90	FB130216	2	Bushing Weight Stack

