

VR1 ARM CURL

13070-01

Parts Manual

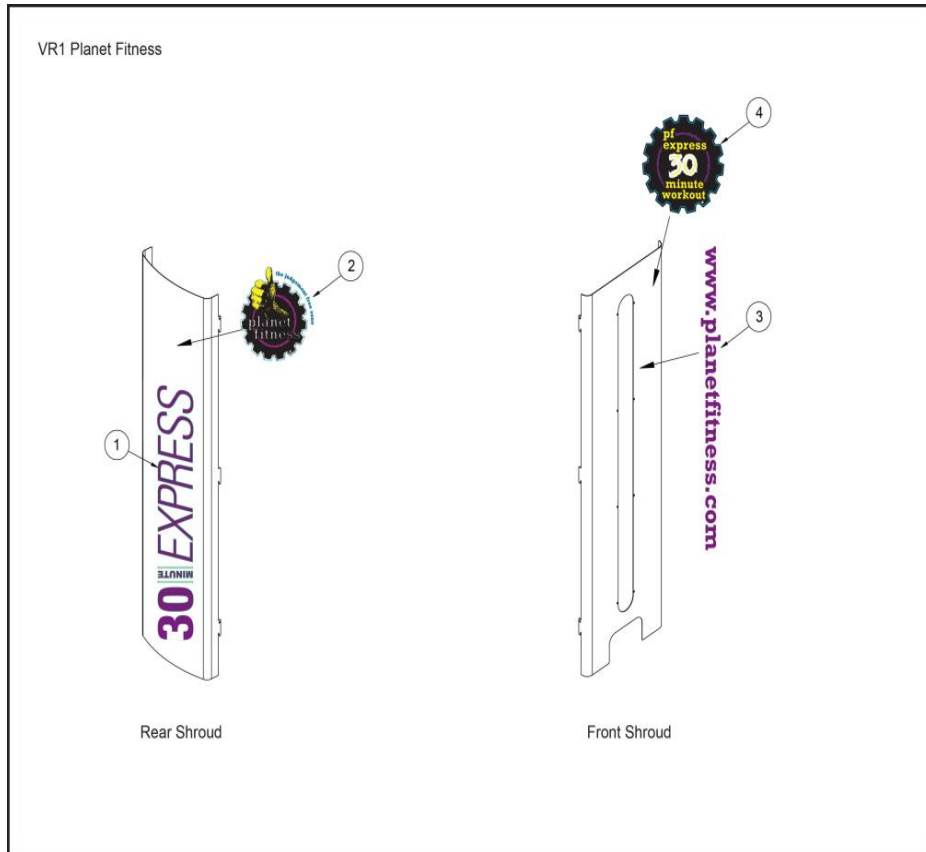
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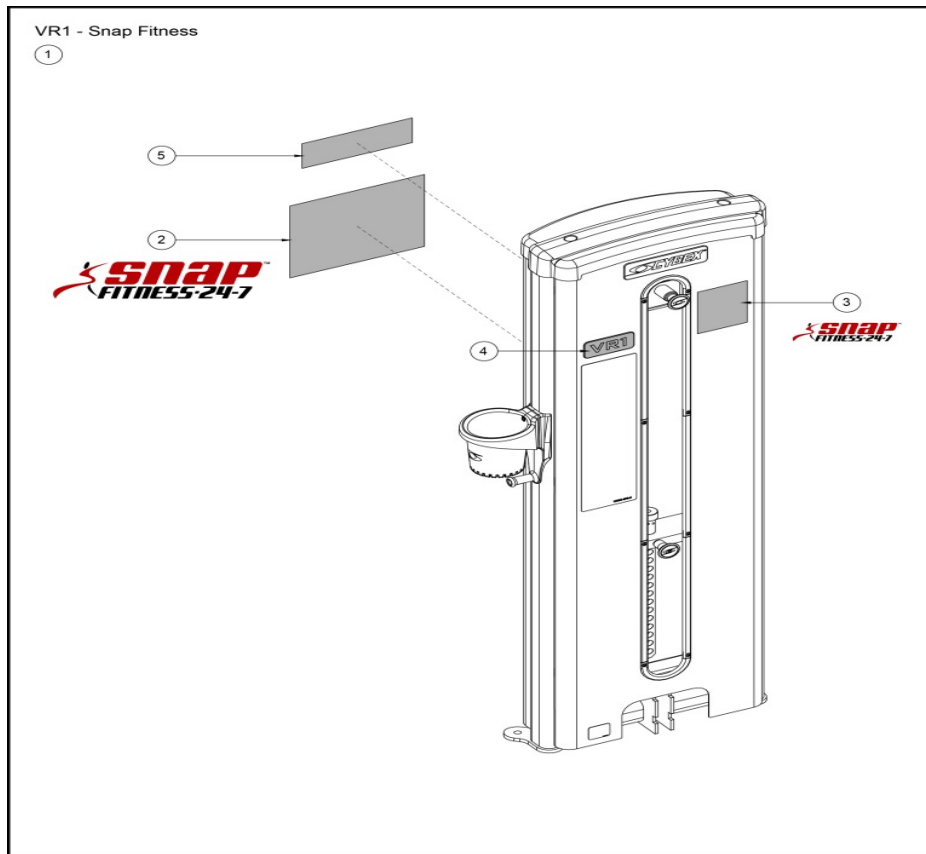
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VR1_Planet_Fitness



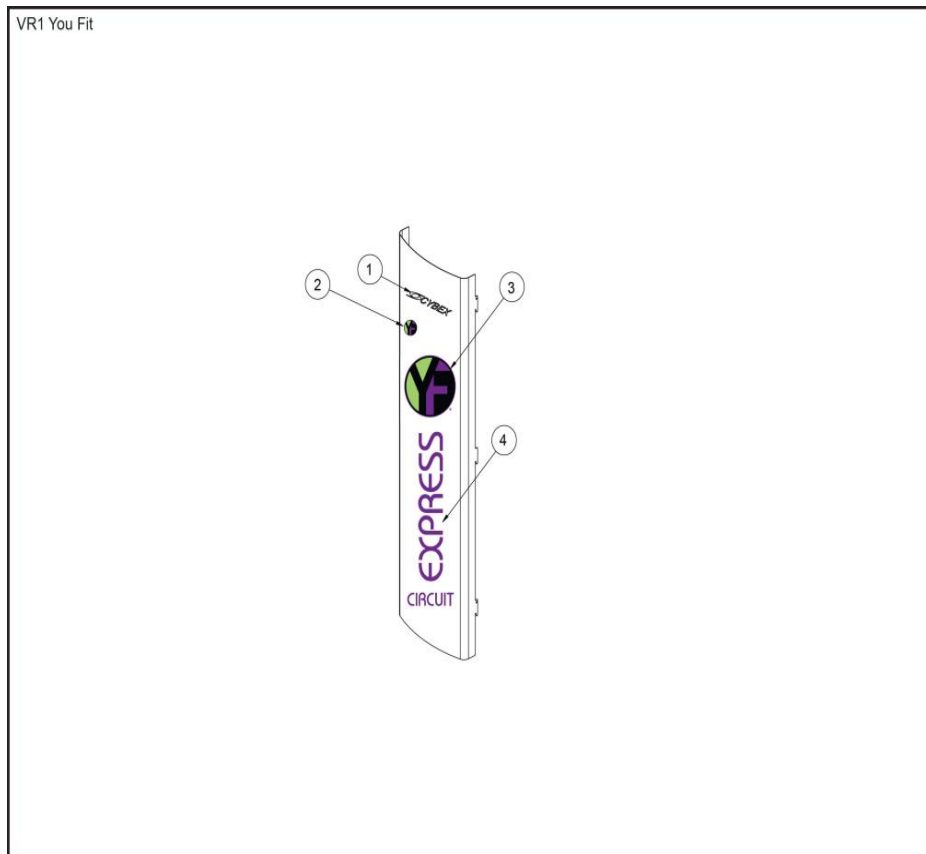
Ref #	Part Number	Qty	Description
1	DE-60250	1	PLANET FITNESS 30 MIN. EXPRESS DECAL (LARGE WORDS)
2	DE-60248	1	Planet Fitness Thumb Decal
3	DE-60253	1	WWW.PLANETFITNESS.COM (PURPLE) DECAL
4	DE-60249	1	PLANET FITNESS 30 MIN. EXPRESS GEAR DECAL

VR1_Snap_Fitness



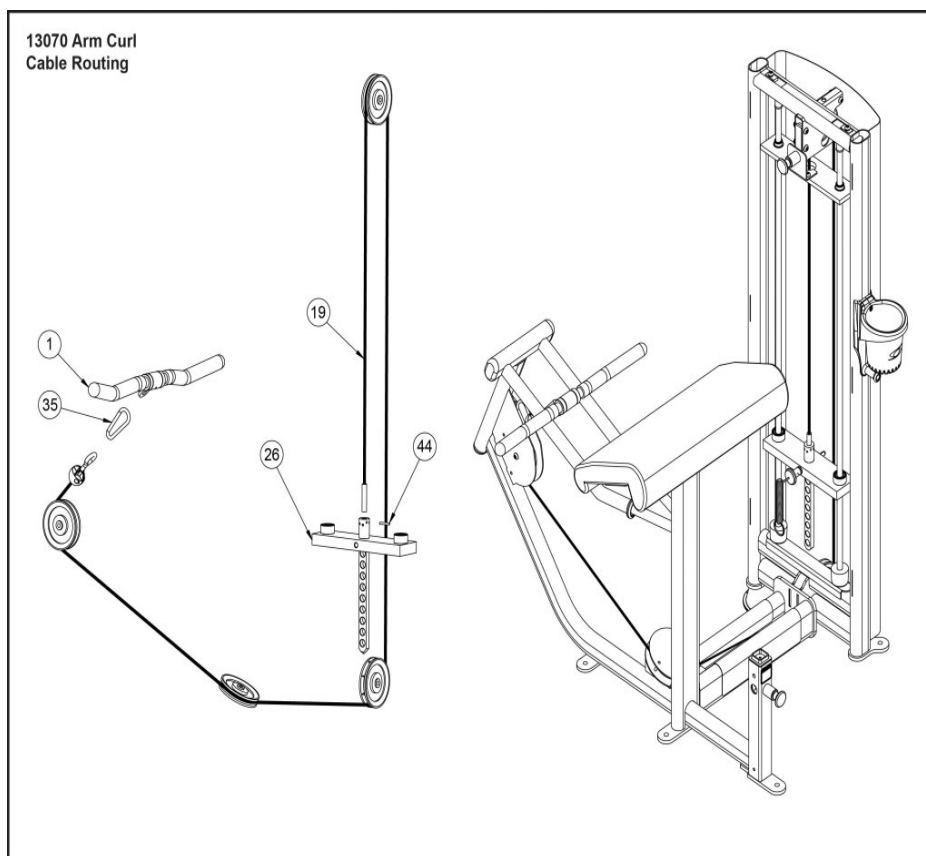
Ref #	Part Number	Qty	Description
1	13000-025S	1	SNAP FITNESS DECALS, VR1
2	21000-409	1	DECAL, SNAP FITNESS 14.00
3	21000-408	1	DECAL, SNAP FITNESS 6.00
4	13000-399	1	Decal VR1
5	3900-447	1	DECAL CYBEX 1.94 HOR BLACK

VR1_YouFit



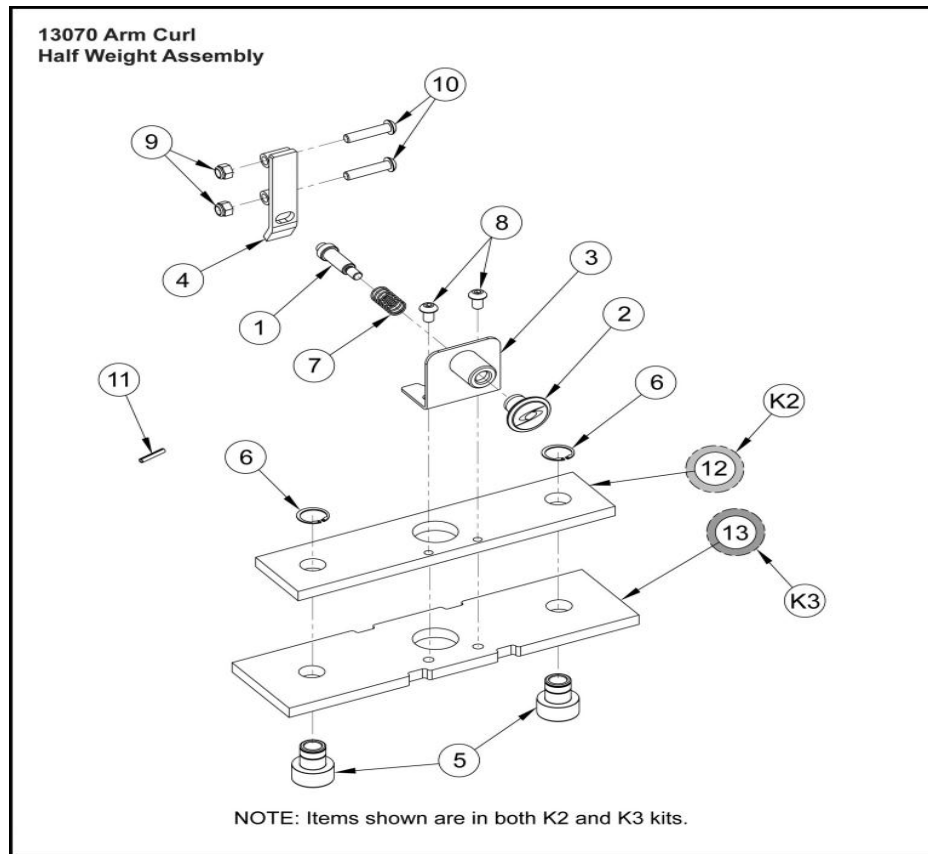
Ref #	Part Number	Qty	Description
1	3900-443	1	DECAL CYBEX BLACK
2	DE-60270	1	DECAL, YF CIRCLE SMALL
3	DE-60271	1	DECAL, YF CIRCLE LARGE
4	DE-60273	1	DECAL, EXPRESS CIRCUIT LARGE

13070_Cable_Routing



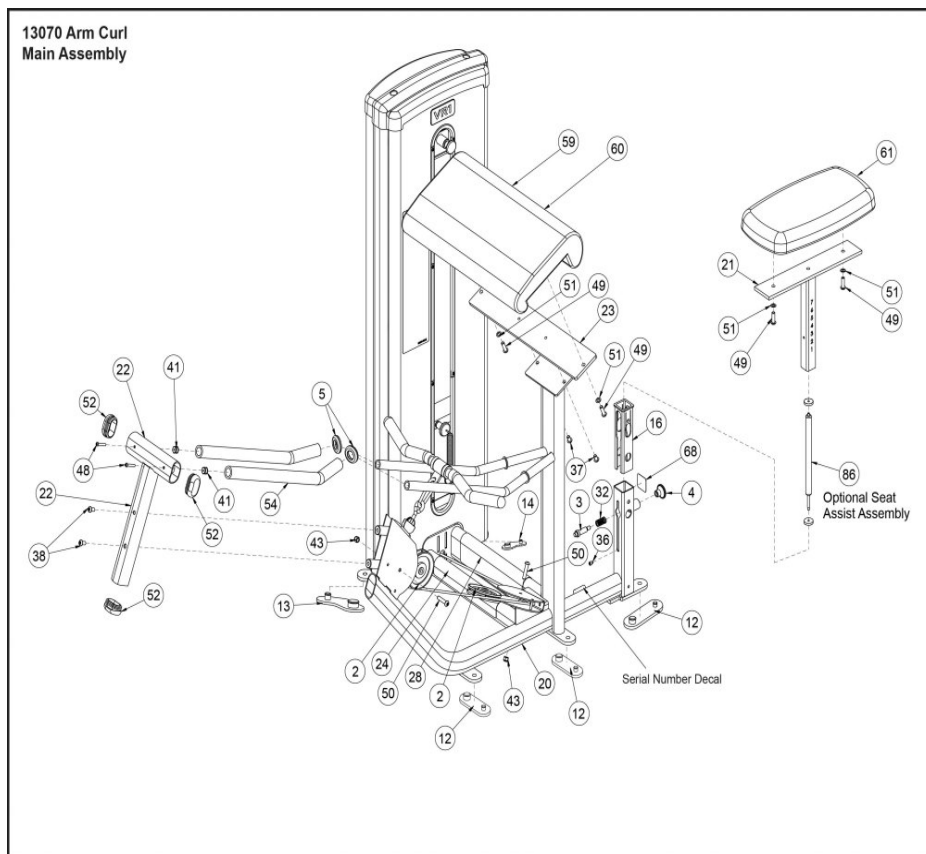
Ref #	Part Number	Qty	Description
1	02204	1	HANDLE SA
19	13070-002	1	Cable SA
26	4700C073	1	C TOP WT 10-3X12
35	3250201	1	Snap Link 3/8" D
44	HP286819	1	SPIRAL PIN .188 X 1.12

13070_Half_weight_assembly



Ref #	Part Number	Qty	Description
1	08229	1	P PIN DETENT
2	11040-440	1	KNOB
K2	13000K004	1	Kit Half Weight 5 lb
K3	13000K005	1	Kit Half Weight 7.5 lb
3	13000-206	1	C Half Weight Latch
4	13000-208	1	P Latch
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

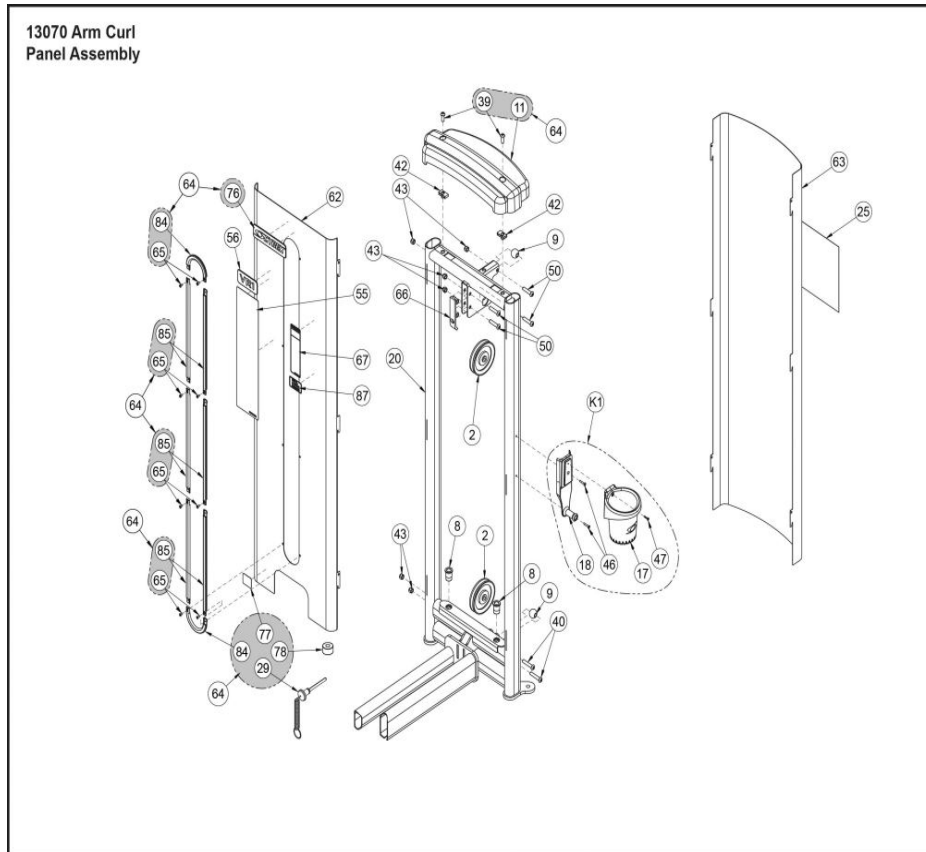
13070_Main_Assembly



Ref #	Part Number	Qty	Description
2	08014	1	PULLEY ASSEMBLY-4.50
3	08229	1	P PIN DETENT
4	11040-440	1	KNOB
5	11090-376	2	RING HANDLE GRIP
12	13000-353	3	Foot Pad
13	13000-354	1	Foot Pad
14	13000-355	1	Foot Pad
16	13000-365	1	Insert Plastic 7.94 Modified
20	13070-200	1	W Frame Custom
21	13070-201	1	P Cushion Post
22	13070-202	1	W Brace Custom
23	13070-318	1	Plate Cushion Custom
24	13070-320	1	Non-Slip
28	8630-321	1	NON SLIP
32	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
36	HC622808	1	SHCS .250 x 20 x .250
37	HC700414	2	BHSCS .375-16 X .62
38	HC700415	2	BHSCS .375-16 X .75
41	HF449063	2	INSERT 3-4X1-4-20 CONNECTOR
43	HN704901	2	LOCKNUT .375-16 NYLON
48	JC620422	2	BHSCS .250-20 X 1.50
49	JC700420	4	BHSCS .375-16 X 1.25

Ref #	Part Number	Qty	Description
50	JC700424	2	BHSCS .375-16 X 1.75
51	JS347400	4	LOCKWASHER INT TOOTH .375
52	PP130003	2	INSERT PLASTIC
54	13070-324	2	Grip 22.00
59	01216	1	COVERED CUSHION SA Custom
60	5460S013-0	1	WEAR COVER Custom
61	4800-188	1	CUSHION SA 10 X 18 NS Custom
68	4520-362	1	DECAL SEAT CAUTION Custom
86	13000-103	1	

13070_Panel_Assembly



Ref #	Part Number	Qty	Description
2	08014	2	PULLEY ASSEMBLY-4.50
8	12210-348	2	CAP GUIDE ROD
9	13000-322	2	Roller
11	13000-342	1	Molded Top Cap
17	13000-400	1	Holder Water Bottle
18	13000-403	1	Mount Water Bottle Holder
20	13070-200	1	W Frame Custom
25	3900-441	1	DECAL CYBEX VER BLACK
25	3900-442	1	DECAL CYBEX VER SILVER
29	BH030207	1	PIN WEIGHT SELECTOR
39	HC700417	2	BHSCS .375-16 X 1.00
40	HC700426	2	BHSCS .375-16 X 2.00
42	HF700000	2	PANEL FASTNER .375-16 U TYPE
43	HN704901	6	LOCKNUT .375-16 NYLON
46	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
47	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
50	JC700424	4	BHSCS .375-16 X 1.75
55	13070-598	1	Placard VR1 Arm Curl Custom
56	13000-399	1	Decal VR1
62	13000-343	3	Guard Slotted Weight Formed
63	13000-346	3	Guard Formed Custom
64	13000-100	1	Edge Trim Assembly

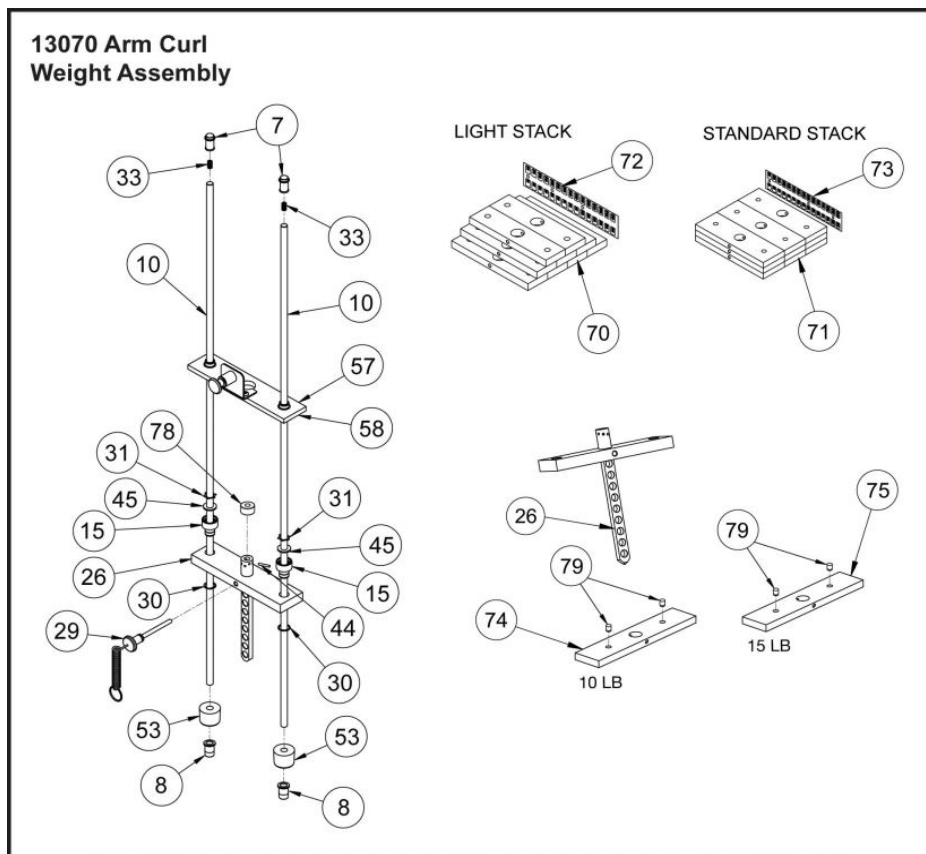
Ref #	Part Number	Qty	Description
65	HT552511	10	TAP SC #8-16 X .38 TAP BLACK PLASTITE
66	13000-208	1	P Latch
67	DE000001	1	Decal Warning Custom
76	13000-398	1	DECAL, CYBEX
77	11040-790	1	NLA: DECAL, MADE IN THE USA
78	13000-385	1	STOP
84	13000-344	2	Edge Trim
85	13000-345	6	Edge Trim
87	DE000005	1	Decal Caution Custom

13070_Parts_not_shown

Other Parts Not Shown

Ref #	Part Number	Qty	Description
K4	13000K007	1	Kit Hardware VR1

13070_Weight_Assembly



Ref #	Part Number	Qty	Description
7	12210-347	2	CAP GUIDE ROD
8	12210-348	2	CAP GUIDE ROD
10	13000-326	2	Wt Rod .625 Dia x 51.51
15	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
26	4700C073	1	C TOP WT 10-3X12
29	BH030207	1	PIN WEIGHT SELECTOR
30	BR030206	2	RETAINING RING
31	BR030220	2	RETAINING RING 1.250 INTERNAL
33	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
44	HP286819	1	SPIRAL PIN .188 X 1.12
45	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
53	PR060005	1	BUMPER WEIGHT
57	13000K004	1	Kit Half Weight 5 lb
58	13000-102	1	Half Weight Assembly 7.5 lb
70	13000-030	1	Wt Pac 10# Black (9)
71	13000-034	1	Wt Pac 15# Black (9)
72	4800-557	1	DECAL WEIGHT PLATE 10-150
73	13000-552	1	Decal Weight Plate (10-220)
74	4700-337	1	C Stack Weight 10 lbs exact
75	4700-338	1	C Stack Weight 15 lbs exact
78	13000-385	1	STOP
79	FB130216	2	Bushing Weight Stack

