

# PF VR1 Arm Curl - Fixed Arm

13075-10

## Parts Manual

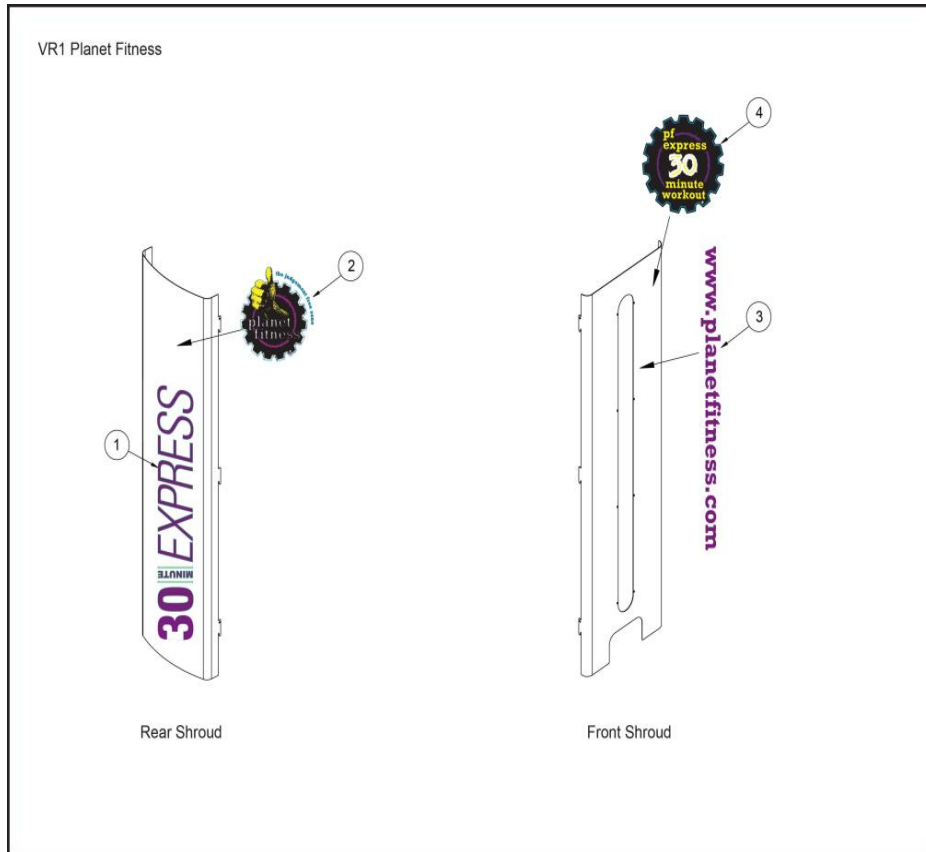
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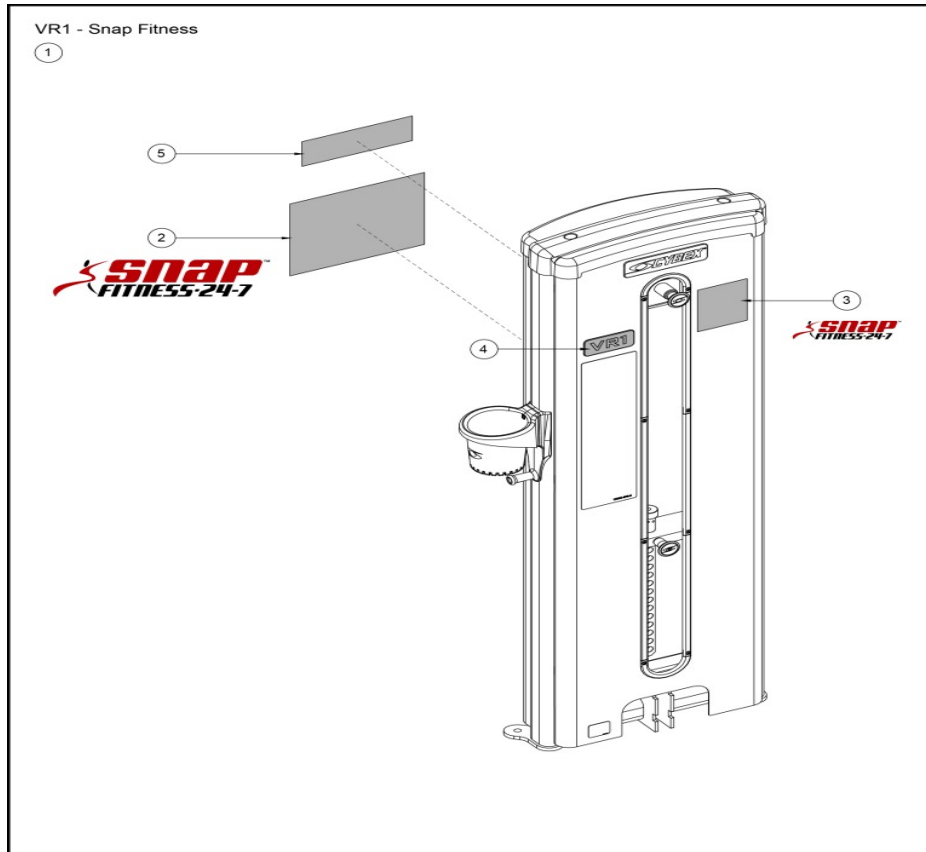
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VR1\_Planet\_Fitness



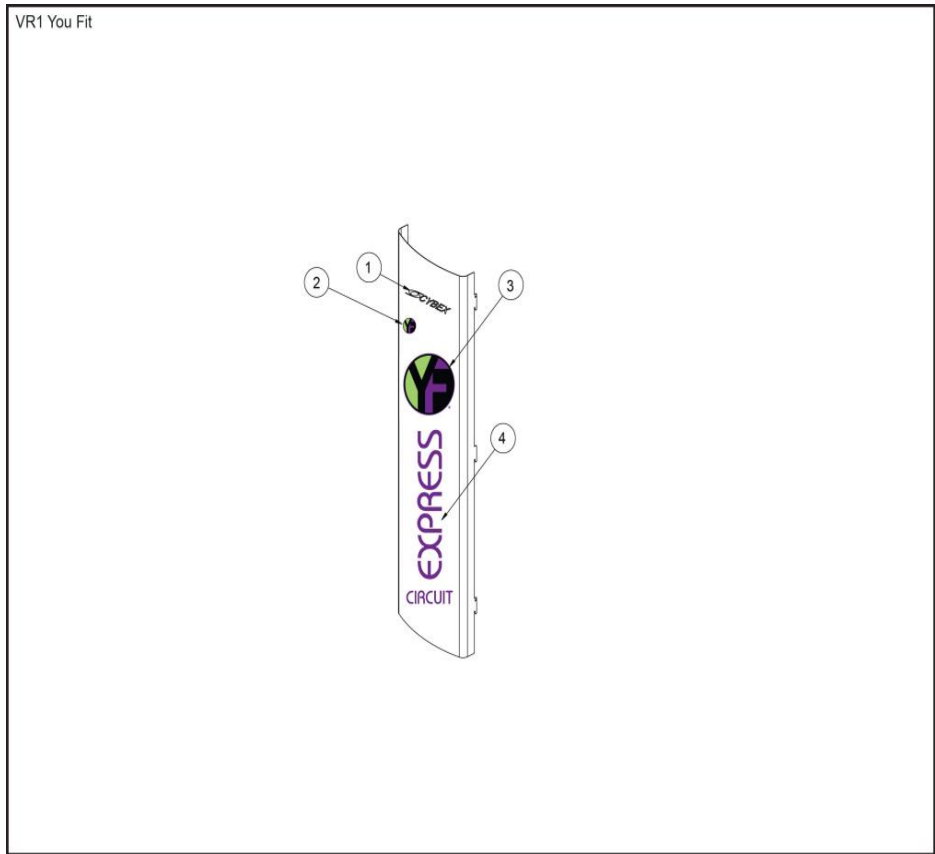
Ref #	Part Number	Qty	Description
1	DE-60250	1	PLANET FITNESS 30 MIN. EXPRESS DECAL (LARGE WORDS)
2	DE-60248	1	Planet Fitness Thumb Decal
3	DE-60253	1	WWW.PLANETFITNESS.COM (PURPLE) DECAL
4	DE-60249	1	PLANET FITNESS 30 MIN. EXPRESS GEAR DECAL

VR1\_Snap\_Fitness



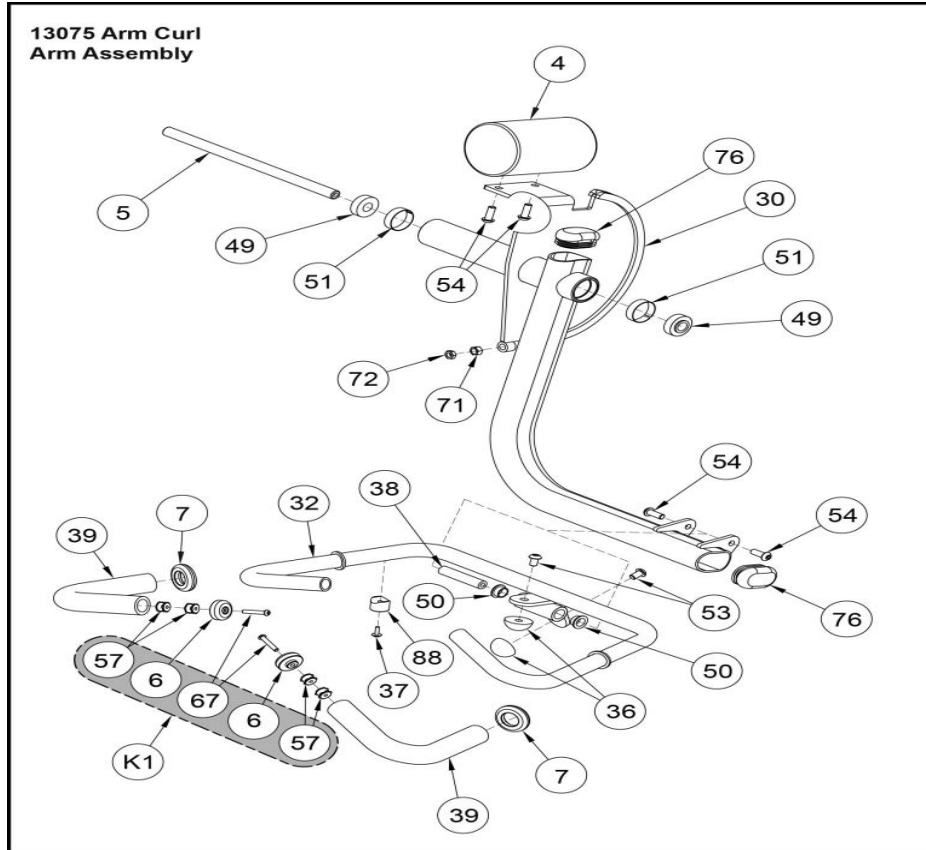
Ref #	Part Number	Qty	Description
1	13000-025S	1	SNAP FITNESS DECALS, VR1
2	21000-409	1	DECAL, SNAP FITNESS 14.00
3	21000-408	1	DECAL, SNAP FITNESS 6.00
4	13000-399	1	Decal VR1
5	3900-447	1	DECAL CYBEX 1.94 HOR BLACK

VR1\_YouFit



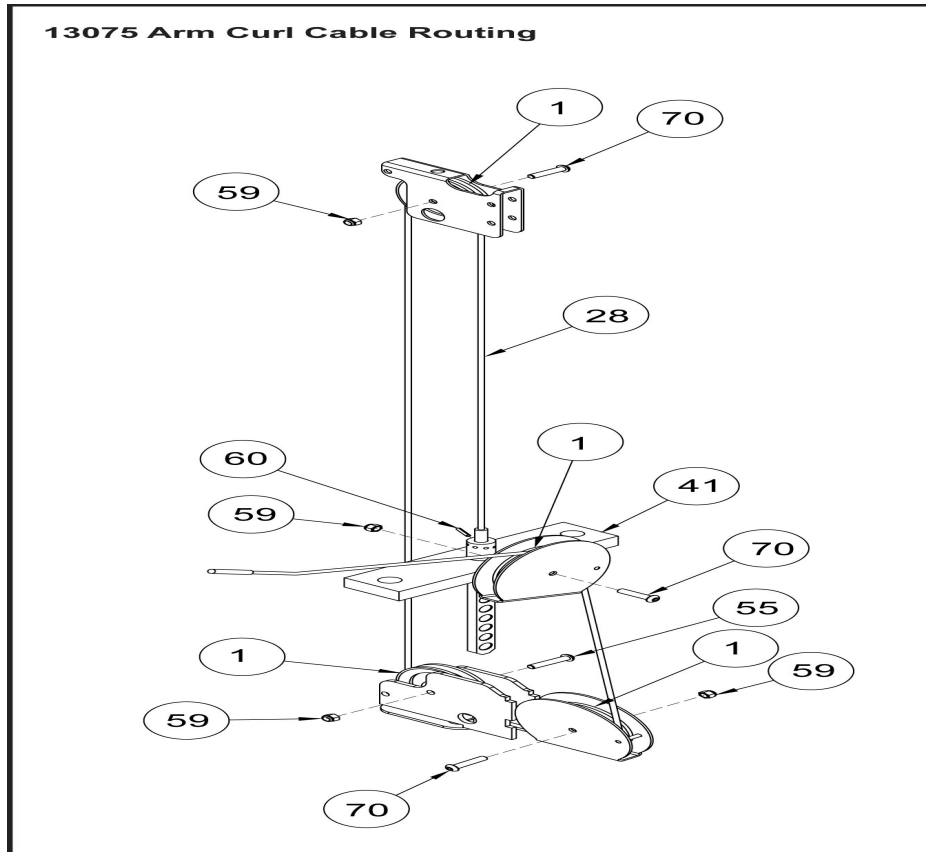
Ref #	Part Number	Qty	Description
1	3900-443	1	DECAL CYBEX BLACK
2	DE-60270	1	DECAL, YF CIRCLE SMALL
3	DE-60271	1	DECAL, YF CIRCLE LARGE
4	DE-60273	1	DECAL, EXPRESS CIRCUIT LARGE

13075\_Arm\_assembly



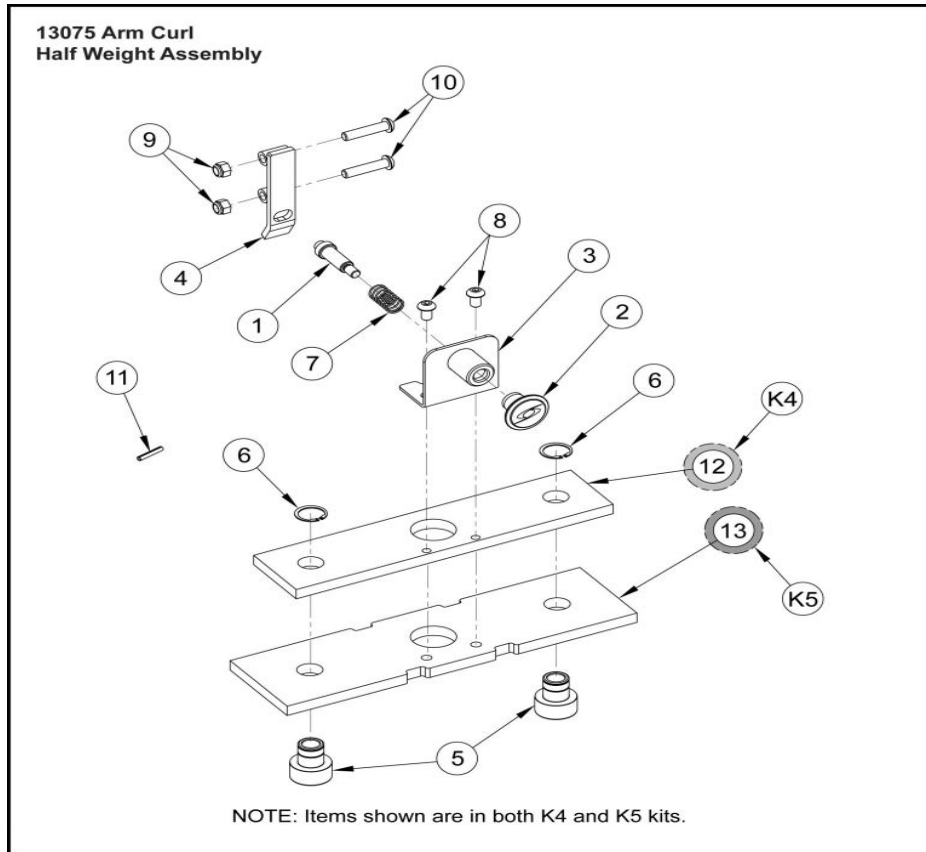
Ref #	Part Number	Qty	Description
K1	11090K006	1	KIT HANDLE TRIM RING
4	11070-332	1	C COUNTERWEIGHT
5	11090-369	1	SHAFT PIVOT
6	11090-374	2	END CAP
7	11090-376	2	RING HANDLE GRIP
30	13075-201	1	W INPUT ARM Custom
32	13075-204	1	W ARM CURL HANDLE Custom
36	4505-331	2	BUMPER 1.50 DIA
37	4520-362	1	DECAL SEAT CAUTION Custom
38	4535-328	1	PIN PIVOT-SHORT
39	4605-503	2	GRAB GRIP 12.25
49	FB030232	2	BRG RADIAL 17MM ID EXT RACE
50	FB130205	2	BRG FLG .62 X .75 .38 LG
51	FC030006	2	TOLERANCE RING 1.575 ID
53	HC700414	2	BHSCS .375-16 X .62
54	HC700417	2	BHSCS .375-16 X 1.00
57	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
67	JC620422	2	BHSCS .250-20 X 1.50
71	JN714200	1	HEX NUT .375-24
72	JN714400	1	JAM NUT .375-24
76	PP130003	2	INSERT PLASTIC
88	13075-325	1	BUMPER

13075\_Cable\_routing



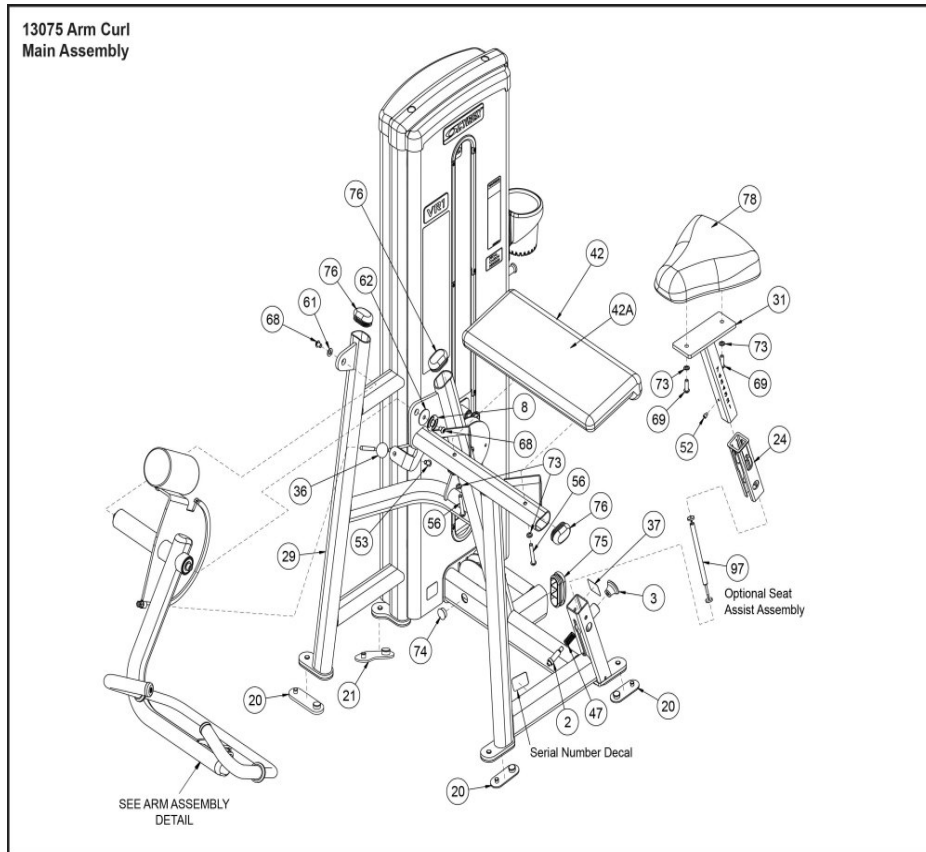
Ref #	Part Number	Qty	Description
1	08014	2	PULLEY ASSEMBLY-4.50
28	13075-002	1	CABLE S/A
41	4700C073	1	C TOP WT 10-3X12
55	HC700426	1	BHSCS .375-16 X 2.00
59	HN704901	3	LOCKNUT .375-16 NYLON
60	HP286819	1	SPIRAL PIN .188 X 1.12
70	JC700424	2	BHSCS .375-16 X 1.75

# 13075\_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
5	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
K5	13000K005	1	Kit Half Weight 7.5 lb
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

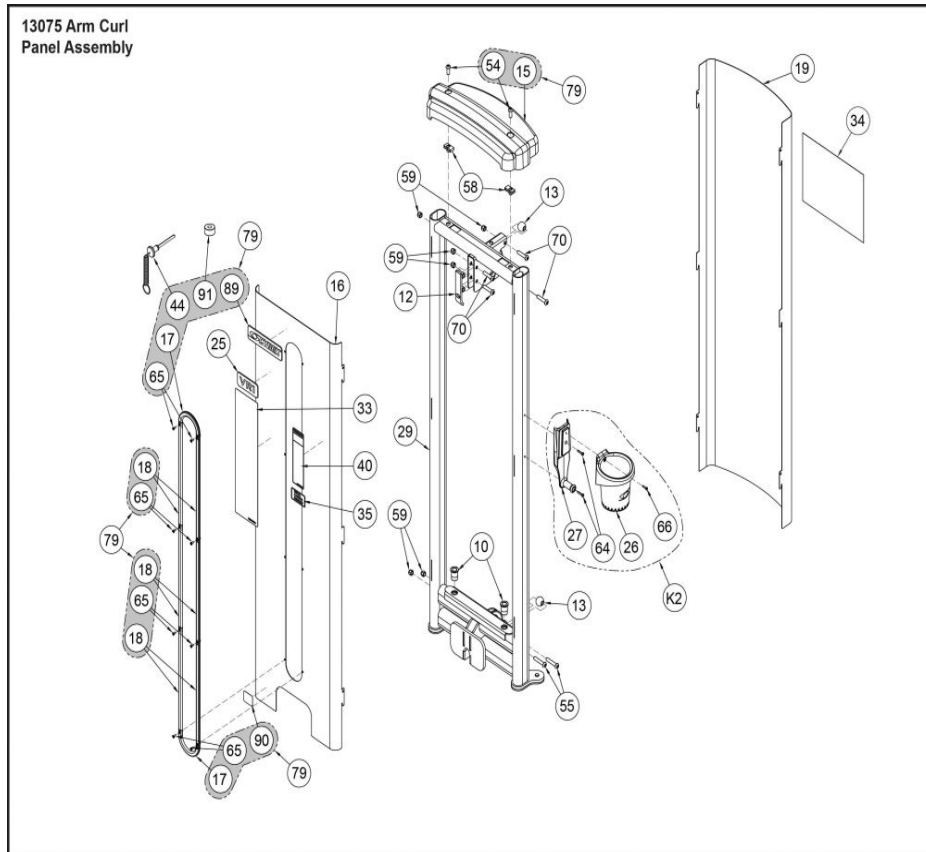
13075\_Main\_assembly



Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
3	11040-440	1	KNOB
8	11100-400	1	DECAL ROTATION
20	13000-353	3	Foot Pad
21	13000-354	1	Foot Pad
22	13000-355	1	Foot Pad
24	13000-365	1	Insert Plastic 7.94 Modified
29	13075-200	1	W/ VR1 MAIN FRAME Custom
31	13075-202	1	P CUSHION TUBE
36	4505-331	1	BUMPER 1.50 DIA
37	4520-362	1	DECAL SEAT CAUTION Custom
42A	4800-091	1	WEAR COVER SA 9 X 12 Custom
42	4800-008	1	COVERED CUSHION SA 9 X 22 Custom
47	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
52	HC622808	10	SHCS .250 x 20 x .250
53	HC700414	10	BHSCS .375-16 X .62
56	HC700430	10	BHSCS .375-16 X 2.50
61	HS347600	1	WASHER SAE .375
62	HS347702	1	WASHER FLAT .387 ID X 1.753 OD X .06 T
68	JC700412	10	BHSCS .375-16 X .50
69	JC700420	10	BHSCS .375-16 X 1.25
73	JS347400	4	LOCKWASHER INT TOOTH .375

<b>Ref #</b>	<b>Part Number</b>	<b>Qty</b>	<b>Description</b>
74	PN660200	1	INSERT PLASTIC 1.00 DIA-11 GA
75	PP130002	1	INSERT DOMED PLASTIC
76	PP130003	3	INSERT PLASTIC
78	4800-168	1	CUSHION SA BIKE SEAT 12IN MOLDED Custom
97	13000-103	1	

13075\_Panel\_assembly



Ref #	Part Number	Qty	Description
K2	13000K003	1	Kit Water Bottle Holder
10	12210-348	2	CAP GUIDE ROD
12	13000-208	1	P Latch
13	13000-322	2	Roller
15	13000-342	1	Molded Top Cap
16	13000-343	3	Guard Slotted Weight Formed
17	13000-344	2	Edge Trim
18	13000-345	6	Edge Trim
19	13000-346	3	Guard Formed Custom
25	13000-399	1	Decal VR1
26	13000-400	1	Holder Water Bottle
27	13000-403	1	Mount Water Bottle Holder
29	13075-200	1	W/ VR1 MAIN FRAME Custom
33	13075-598	1	Placard VR1 Arm Curl Custom
34	3900-442	1	DECAL CYBEX VER SILVER
34	3900-441	1	DECAL CYBEX VER BLACK
35	DE000005	1	Decal Caution Custom
40	DE000001	1	Decal Warning Custom
44	BH030207	1	PIN WEIGHT SELECTOR
54	HC700417	2	BHSCS .375-16 X 1.00
55	HC700426	2	BHSCS .375-16 X 2.00
58	HF700000	2	PANEL FASTNER .375-16 U TYPE

Ref #	Part Number	Qty	Description
59	HN704901	2	LOCKNUT .375-16 NYLON
64	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK
65	HT552511	10	TAP SC #8-16 X .38 TAP BLACK PLASTITE
66	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
70	JC700424	4	BHSCS .375-16 X 1.75
79	13000-100	1	Edge Trim Assembly
89	13000-398	1	DECAL, CYBEX
90	11040-790	1	NLA: DECAL, MADE IN THE USA
91	13000-385	1	STOP

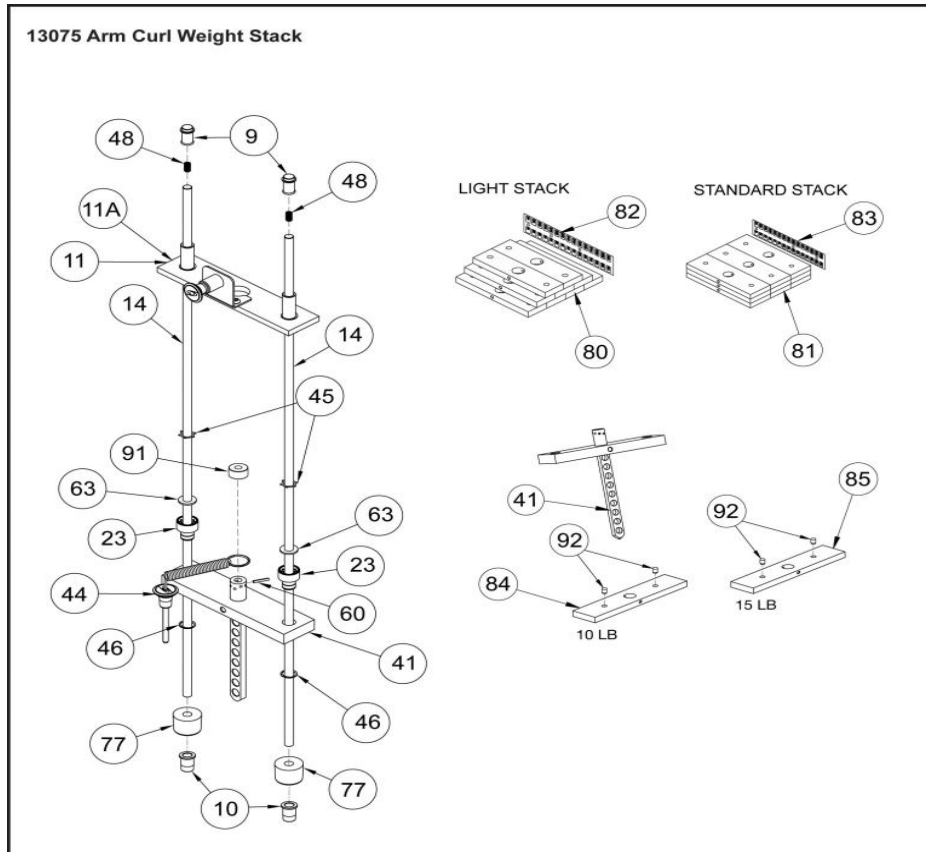
13075\_Parts\_not\_shown

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

# 13075\_Weight\_stack



Ref #	Part Number	Qty	Description
9	12210-347	2	CAP GUIDE ROD
10	12210-348	2	CAP GUIDE ROD
11	13000K004	1	Kit Half Weight 5 lb
11A	13000-102	1	Half Weight Assembly 7.5 lb
14	13000-326	2	Wt Rod .625 Dia x 51.51
23	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
41	4700C073	1	C TOP WT 10-3X12
44	BH030207	1	PIN WEIGHT SELECTOR
45	BR030220	2	RETAINING RING 1.250 INTERNAL
46	BR030206	2	RETAINING RING
48	BS070208	1	COMP SPRING .396 ID X .480 OD X 1.50 LG
60	HP286819	1	SPIRAL PIN .188 X 1.12
63	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
77	PR060005	2	BUMPER WEIGHT
80	13000-030	1	Wt Pac 10# Black (9)
81	13000-034	1	Wt Pac 15# Black (9)
82	4800-557	1	DECAL WEIGHT PLATE 10-150
83	13000-552	1	Decal Weight Plate (10-220)
84	4700-337	1	C Stack Weight 10 lbs exact
85	4700-338	1	C Stack Weight 15 lbs exact
91	13000-385	1	STOP
92	FB130216	2	Bushing Weight Stack

