

VR1 ARM CURL - FIXED ARM

13076-01

Parts Manual

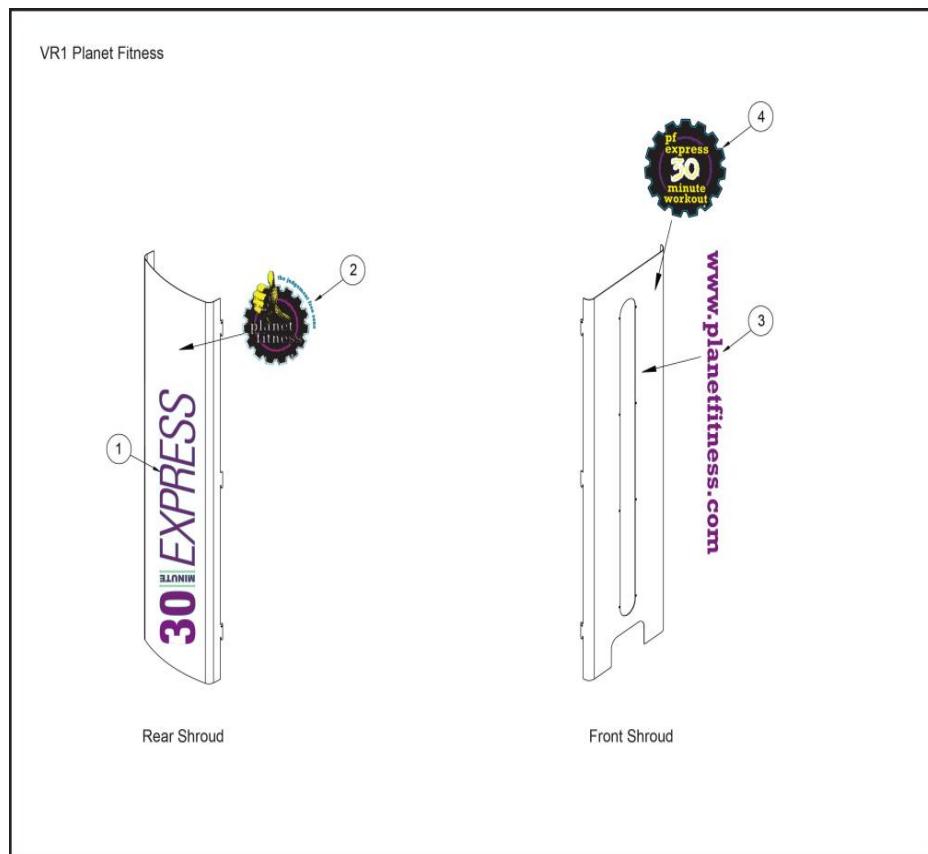
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Table of Contents

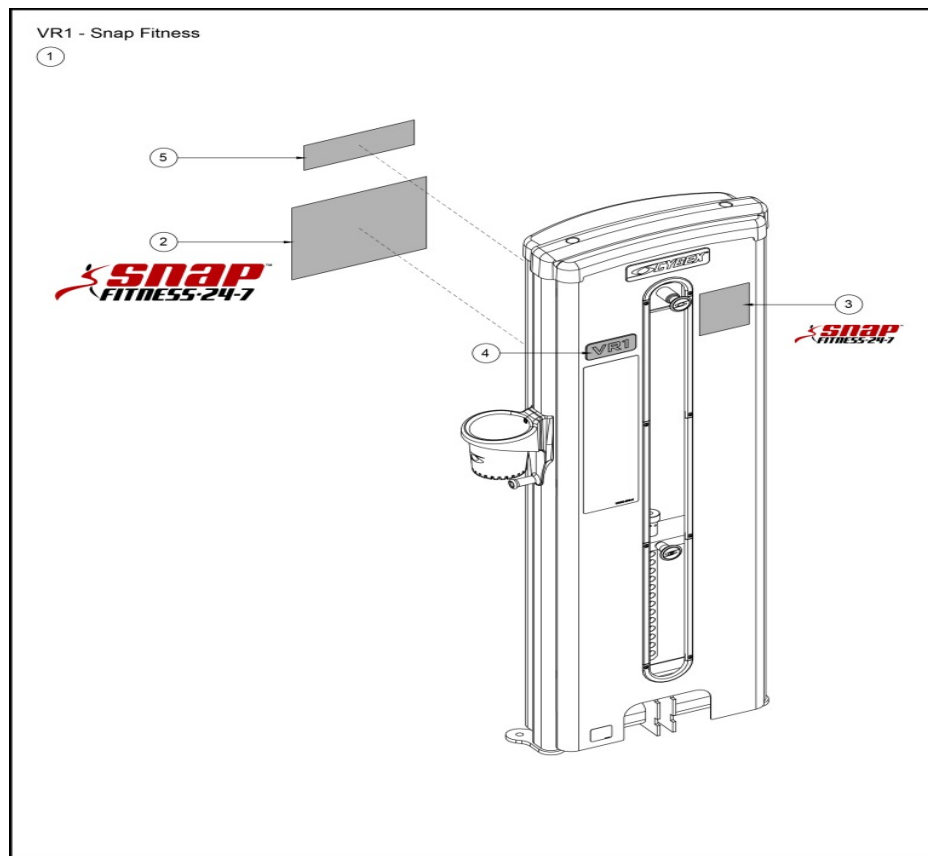
VR1 Planet Fitness.....	3
VR1 Snap Fitness.....	4
VR1 YouFit.....	5
13076 Arm Assembly.....	6
13076 Cable Routing.....	8
13076 Half Weight Assembly.....	9
13076 Main Assembly.....	10
13076 Panel Assembly.....	12
13076 Weight Assembly.....	14

VR1_Planet_Fitness



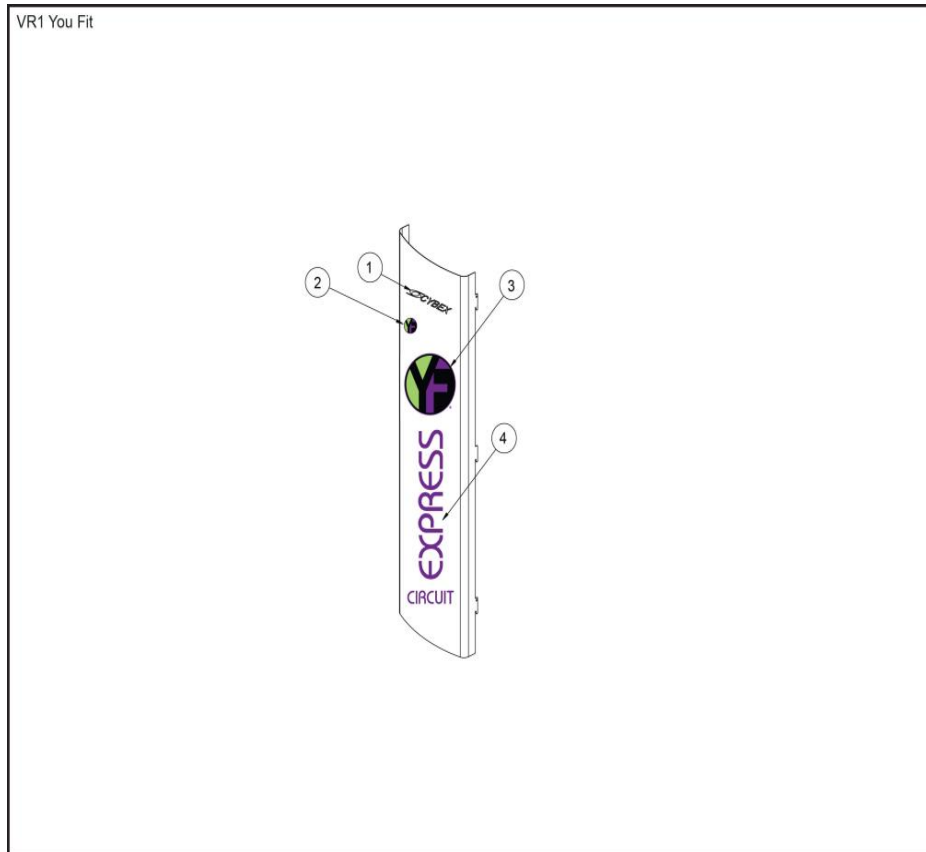
Ref #	Part Number	Qty	Description
1	DE-60250	1	PLANET FITNESS 30 MIN. EXPRESS DECAL (LARGE WORDS)
2	DE-60248	1	Planet Fitness Thumb Decal
3	DE-60253	1	WWW.PLANETFITNESS.COM (PURPLE) DECAL
4	DE-60249	1	PLANET FITNESS 30 MIN. EXPRESS GEAR DECAL

VR1_Snap_Fitness



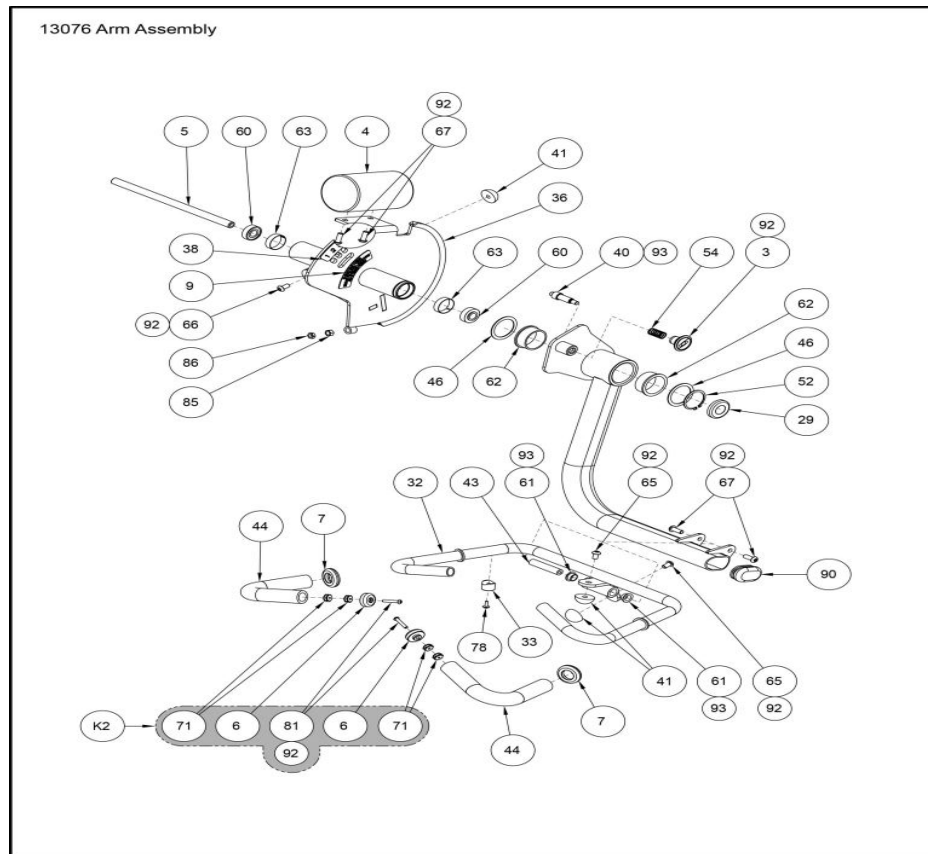
Ref #	Part Number	Qty	Description
1	13000-025S	1	SNAP FITNESS DECALS, VR1
2	21000-409	1	DECAL, SNAP FITNESS 14.00
3	21000-408	1	DECAL, SNAP FITNESS 6.00
4	13000-399	1	Decal VR1
5	3900-447	1	DECAL CYBEX 1.94 HOR BLACK

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

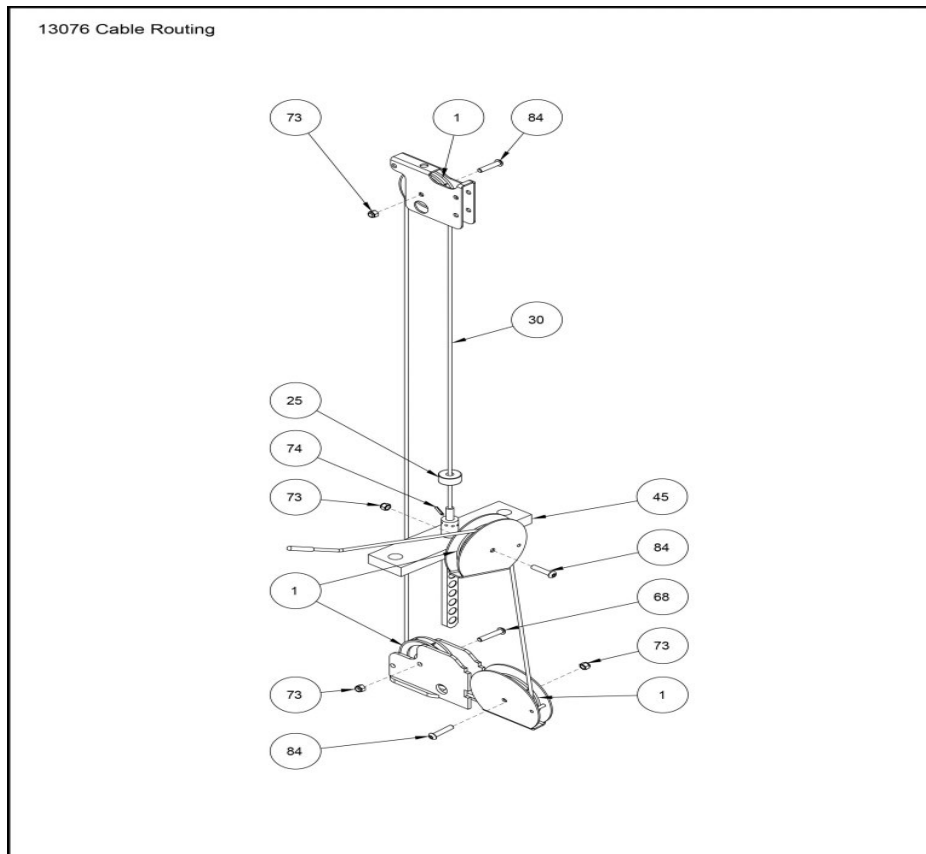
13076_Arm_Assembly



Ref #	Part Number	Qty	Description
K2	11090K006	1	KIT HANDLE TRIM RING
3	11040-440	1	KNOB
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
9	12050-377	1	DECAL START RLD Custom
29	13050-300	1	End Cap
32	13075-204	1	W ARM CURL HANDLE Custom
33	13075-325	1	BUMPER
36	13076-202	1	W PIVOT CAM
38	13076-310	1	DECAL, ADJUSTING
40	4505-329	1	PIN DETENT
41	4505-331	3	BUMPER 1.50 DIA
43	4535-328	1	PIN PIVOT-SHORT
44	4605-503	2	GRAB GRIP 12.25
46	4715-336	2	P WASHER
52	BR030213	1	RETAINING RING 2.00 EXTERNAL
54	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
60	FB030232	2	BRG RADIAL 17MM ID EXT RACE
61	FB130205	2	BRG FLG .62 X .75 .38 LG
62	FB130206	2	BRG FLG 2.00 X 2.25 1.00 LG

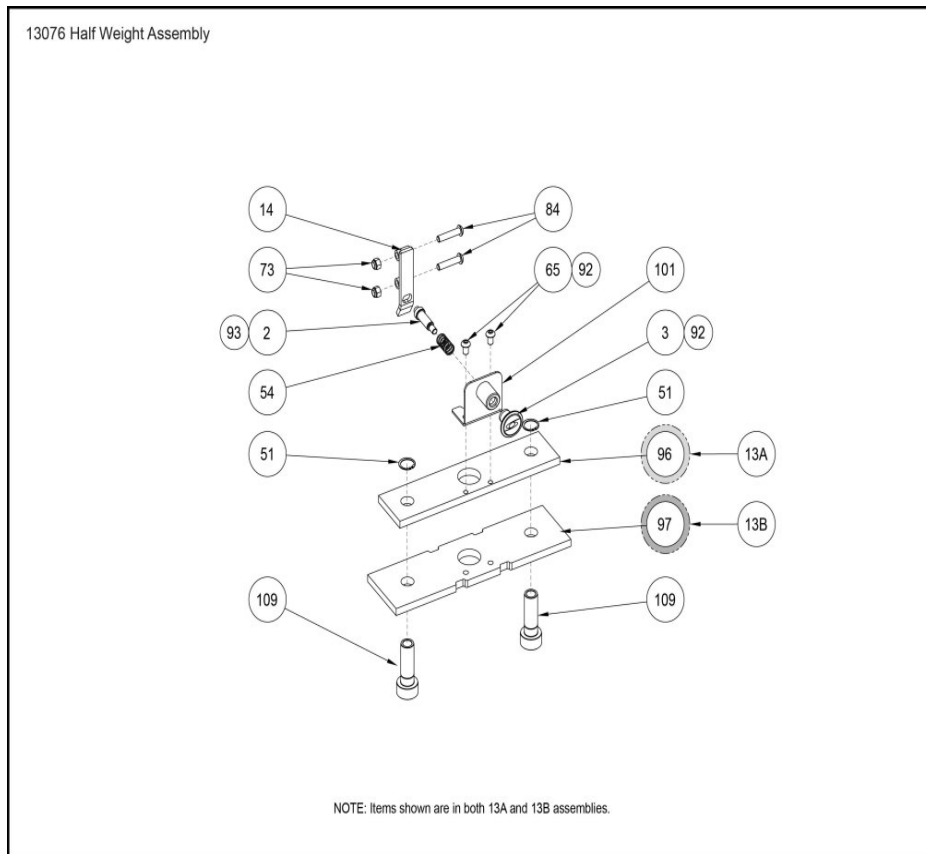
Ref #	Part Number	Qty	Description
63	FC030006	2	TOLERANCE RING 1.575 ID
65	HC700414	2	BHSCS .375-16 X .62
66	HC700415	3	BHSCS .375-16 X .75
67	HC700417	4	BHSCS .375-16 X 1.00
71	HF449063	4	INSERT 3-4X1-4-20 CONNECTOR
78	HT102214	1	SCREW,10-24,HXHD WSHR PHIL,TYP 23
81	JC620422	2	BHSCS .250-20 X 1.50
85	JN714200	1	HEX NUT .375-24
86	JN714400	1	JAM NUT .375-24
90	PP130003	1	INSERT PLASTIC
92	YA000201	1	ADH THRD LKR REM .02 OZ 242
93	YG000002	1	NLA: Please use Lithium Grease

13076_Cable_Routing



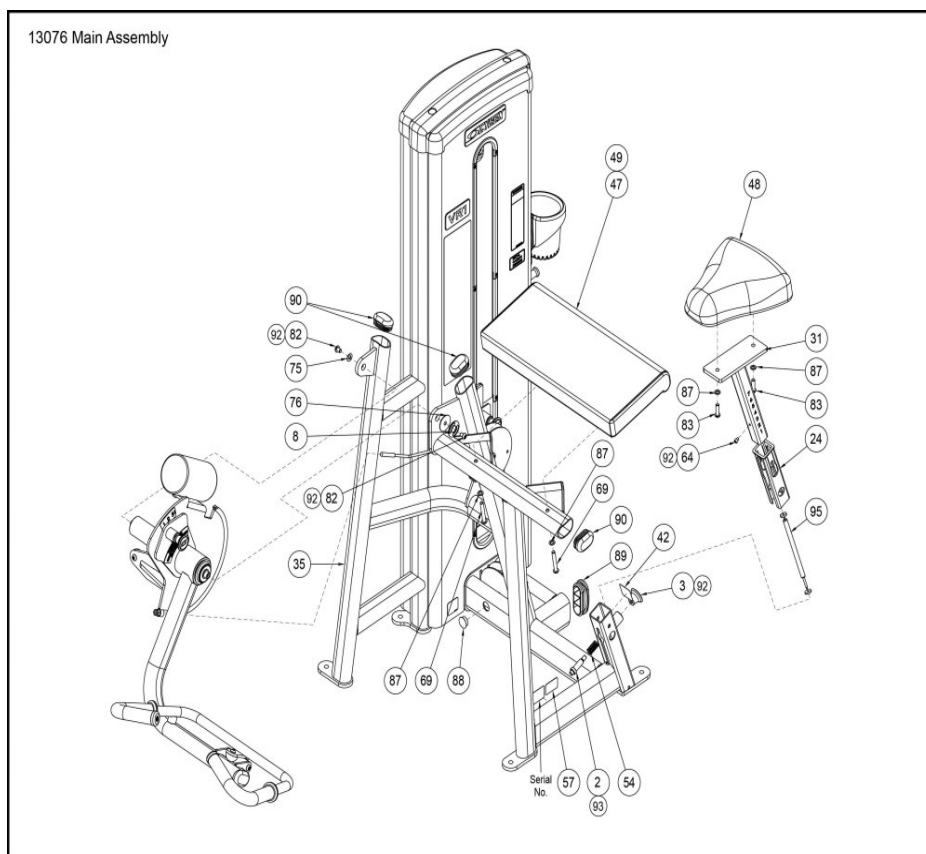
Ref #	Part Number	Qty	Description
1	08014	4	PULLEY ASSEMBLY-4.50
25	13000-385	1	STOP
30	13075-002	1	CABLE S/A
45	4700C073	1	C TOP WT 10-3X12
68	HC700426	1	BHSCS .375-16 X 2.00
73	HN704901	4	LOCKNUT .375-16 NYLON
74	HP286819	1	SPIRAL PIN .188 X 1.12
84	JC700424	3	BHSCS .375-16 X 1.75

13076_Half_Weight_Assembly



Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
3	11040-440	1	KNOB
13B	13000-102	1	Half Weight Assembly 7.5 lb
13A	13000-101	1	NLA: Half Weight Assembly 5 lb
14	13000-208	1	P Latch
51	BR030206	2	RETAINING RING
54	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
65	HC700414	2	BHSCS .375-16 X .62
73	HN704901	2	LOCKNUT .375-16 NYLON
84	JC700424	2	BHSCS .375-16 X 1.75
92	YA000201	1	ADH THRD LKR REM .02 OZ 242
93	YG000002	1	NLA: Please use Lithium Grease
96	13000-352	1	C Half Weight 5 lbs
97	13000-363	1	C Half Weight 7.5 lbs
101	13000-206	1	C Half Weight Latch
109	13000-380	2	BUSHING, HALF WEIGHT

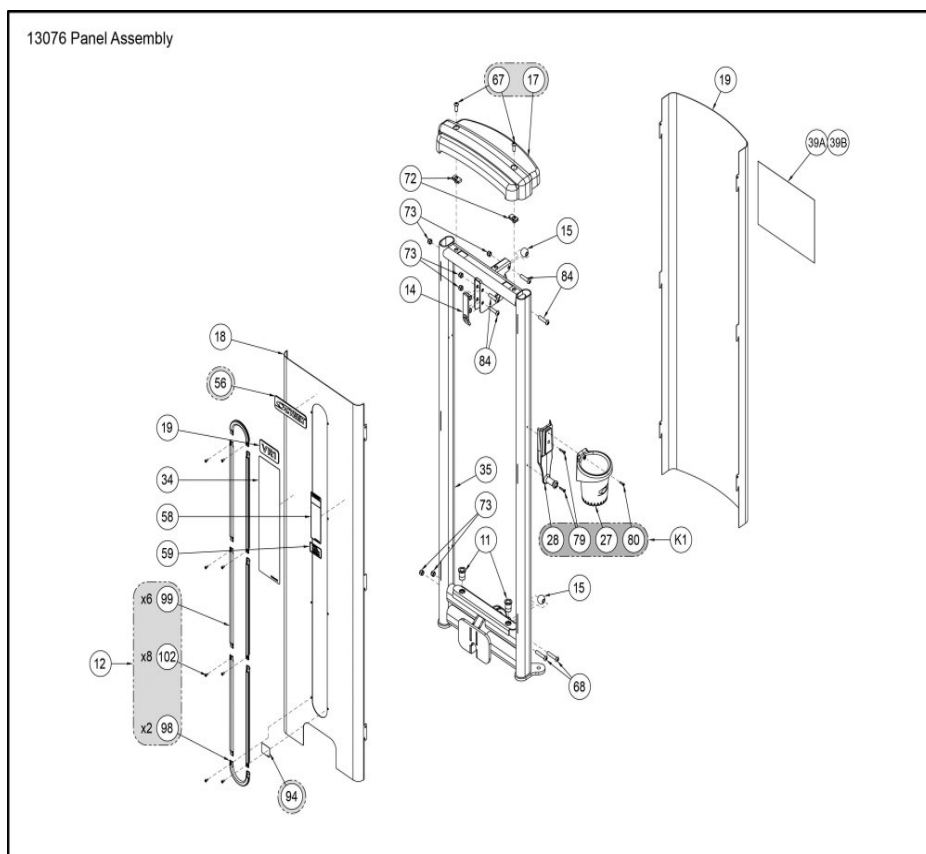
13076_Main_Assembly



Ref #	Part Number	Qty	Description
2	08229	1	P PIN DETENT
3	11040-440	1	KNOB
8	11100-400	1	DECAL ROTATION
24	13000-365	1	Insert Plastic 7.94 Modified
31	13075-202	1	P CUSHION TUBE
35	13076-200	1	W MAIN FRAME Custom
42	4520-362	1	DECAL SEAT CAUTION Custom
47	4800-008	1	COVERED CUSHION SA 9 X 22 Custom
48	4800-168	1	CUSHION SA BIKE SEAT 12IN MOLDED Custom
49	4800-091	1	WEAR COVER SA 9 X 12 Custom
54	BS070201	1	COM SPRING .56 ID X .66 OD X 1.50 LG
57	CM000256	1	DECAL, CAPACITY
64	HC622808	1	SHCS .250 x 20 x .250
69	HC700430	2	BHSCS .375-16 X 2.50
75	HS347600	1	WASHER SAE .375
76	HS347702	1	WASHER FLAT .387 ID X 1.753 OD X .06 T
82	JC700412	2	BHSCS .375-16 X .50
83	JC700420	2	BHSCS .375-16 X 1.25
87	JS347400	4	LOCKWASHER INT TOOTH .375
88	PN660200	1	INSERT PLASTIC 1.00 DIA-11 GA
89	PP130002	1	INSERT DOMED PLASTIC
90	PP130003	3	INSERT PLASTIC

Ref #	Part Number	Qty	Description
92	YA000201	1	ADH THRD LKR REM .02 OZ 242
93	YG000002	1	NLA: Please use Lithium Grease
95	13000-103	1	

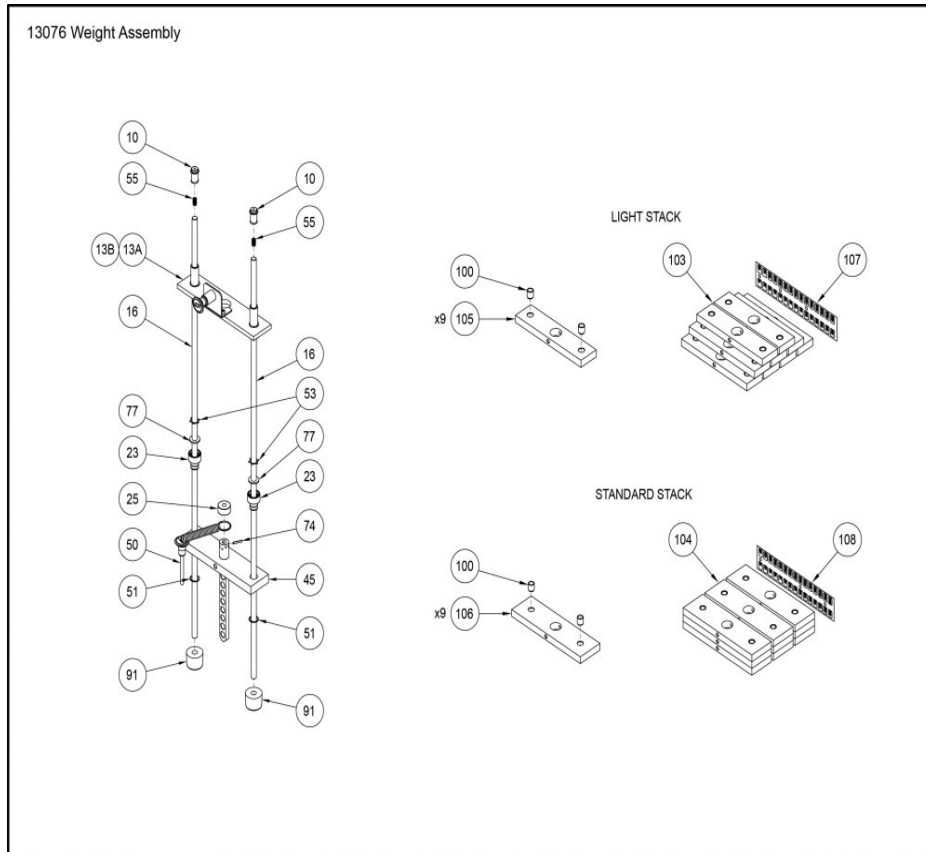
13076_Panel_Assembly



Ref #	Part Number	Qty	Description
K1	13000K003	1	Kit Water Bottle Holder
11	12210-348	2	CAP GUIDE ROD
12	13000-100	1	Edge Trim Assembly
14	13000-208	1	P Latch
15	13000-322	2	Roller
17	13000-342	1	Molded Top Cap
18	13000-343	1	Guard Slotted Weight Formed
19	13000-346	1	Guard Formed Custom
27	13000-400	1	Holder Water Bottle
28	13000-403	1	Mount Water Bottle Holder
34	13075-598	1	Placard VR1 Arm Curl Custom
35	13076-200	1	W MAIN FRAME Custom
39A	3900-441	1	DECAL CYBEX VER BLACK
39B	3900-442	1	DECAL CYBEX VER SILVER
56	13000-398	1	DECAL, CYBEX
58	DE000001	1	Decal Warning Custom
59	DE000005	1	Decal Caution Custom
67	HC700417	2	BHSCS .375-16 X 1.00
68	HC700426	2	BHSCS .375-16 X 2.00
72	HF700000	2	PANEL FASTNER .375-16 U TYPE
73	HN704901	6	LOCKNUT .375-16 NYLON
79	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK

Ref #	Part Number	Qty	Description
80	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
84	JC700424	4	BHSCS .375-16 X 1.75
94	11040-790	1	NLA: DECAL, MADE IN THE USA
98	13000-344	2	Edge Trim
99	13000-345	6	Edge Trim
102	HT552511	10	TAP SC #8-16 X .38 TAP BLACK PLASTITE

13076_Weight_Assembly



Ref #	Part Number	Qty	Description
10	12210-347	2	CAP GUIDE ROD
13B	13000-102	1	Half Weight Assembly 7.5 lb
13A	13000-101	1	NLA: Half Weight Assembly 5 lb
16	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
25	13000-385	1	STOP
45	4700C073	1	C TOP WT 10-3X12
50	BH030207	1	PIN WEIGHT SELECTOR
51	BR030206	2	RETAINING RING
53	BR030220	2	RETAINING RING 1.250 INTERNAL
55	BS070208	1	COMP SPRING .396 ID X .480 OD X 1.50 LG
74	HP286819	1	SPIRAL PIN .188 X 1.12
77	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
91	PR060005	2	BUMPER WEIGHT
100	FB130216	2	Bushing Weight Stack
103	13000-030	1	Wt Pac 10# Black (9)
104	13000-034	1	Wt Pac 15# Black (9)
105	4700-337	1	C Stack Weight 10 lbs exact
106	4700-338	1	C Stack Weight 15 lbs exact
107	4800-557	1	DECAL WEIGHT PLATE 10-150
108	13000-552	1	Decal Weight Plate (10-220)

