

VR1 ABDOMINAL

13090-01

Parts Manual

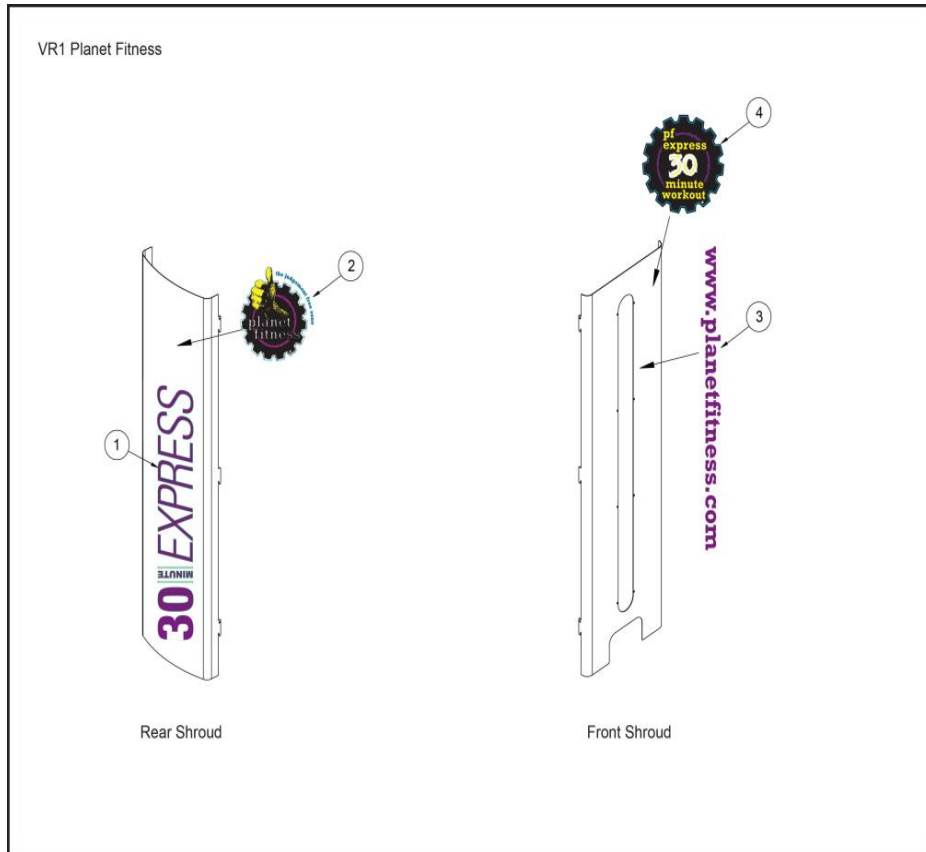
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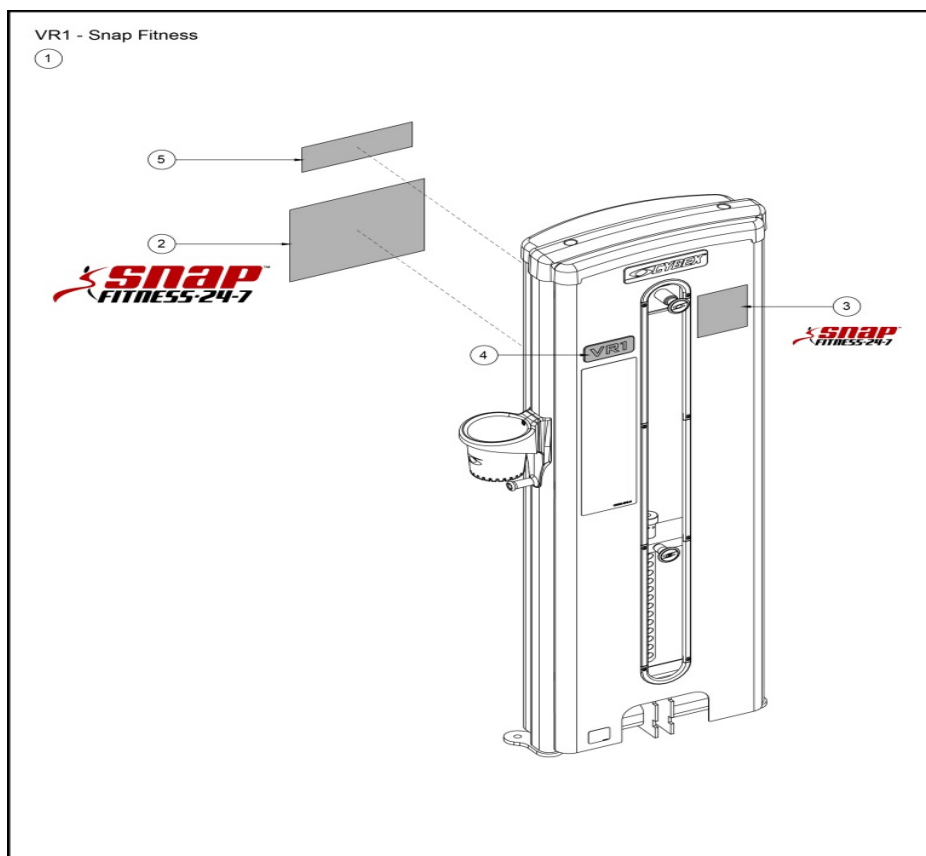
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VR1_Planet_Fitness



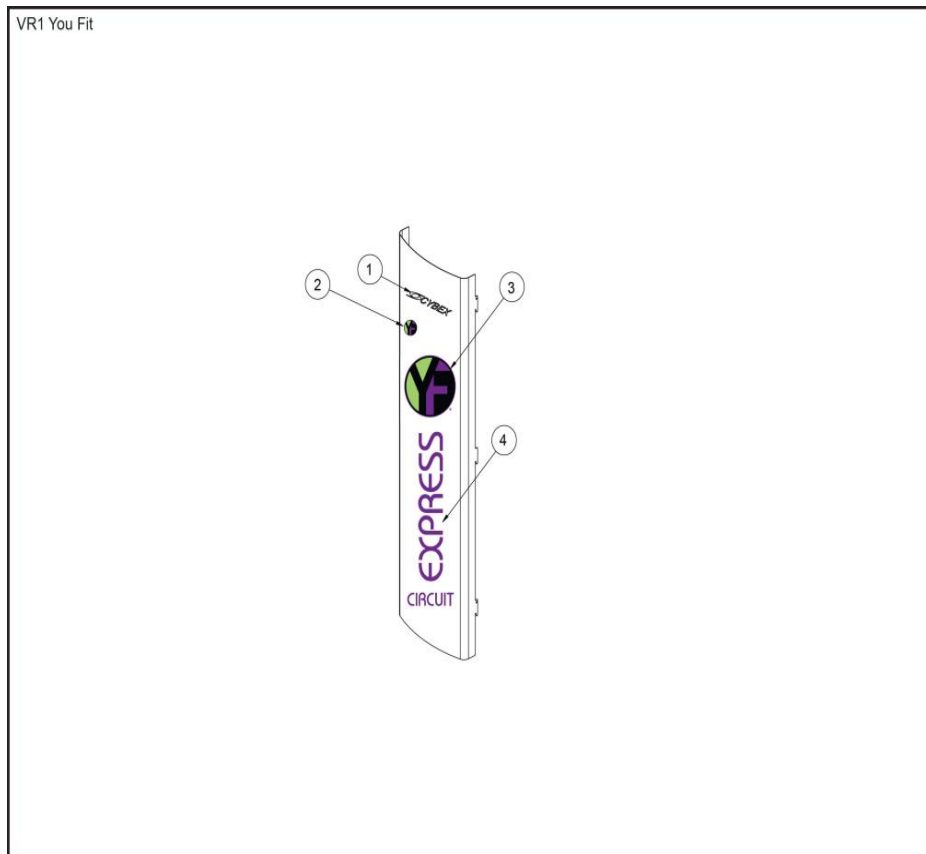
Ref #	Part Number	Qty	Description
1	DE-60250	1	PLANET FITNESS 30 MIN. EXPRESS DECAL (LARGE WORDS)
2	DE-60248	1	Planet Fitness Thumb Decal
3	DE-60253	1	WWW.PLANETFITNESS.COM (PURPLE) DECAL
4	DE-60249	1	PLANET FITNESS 30 MIN. EXPRESS GEAR DECAL

VR1_Snap_Fitness



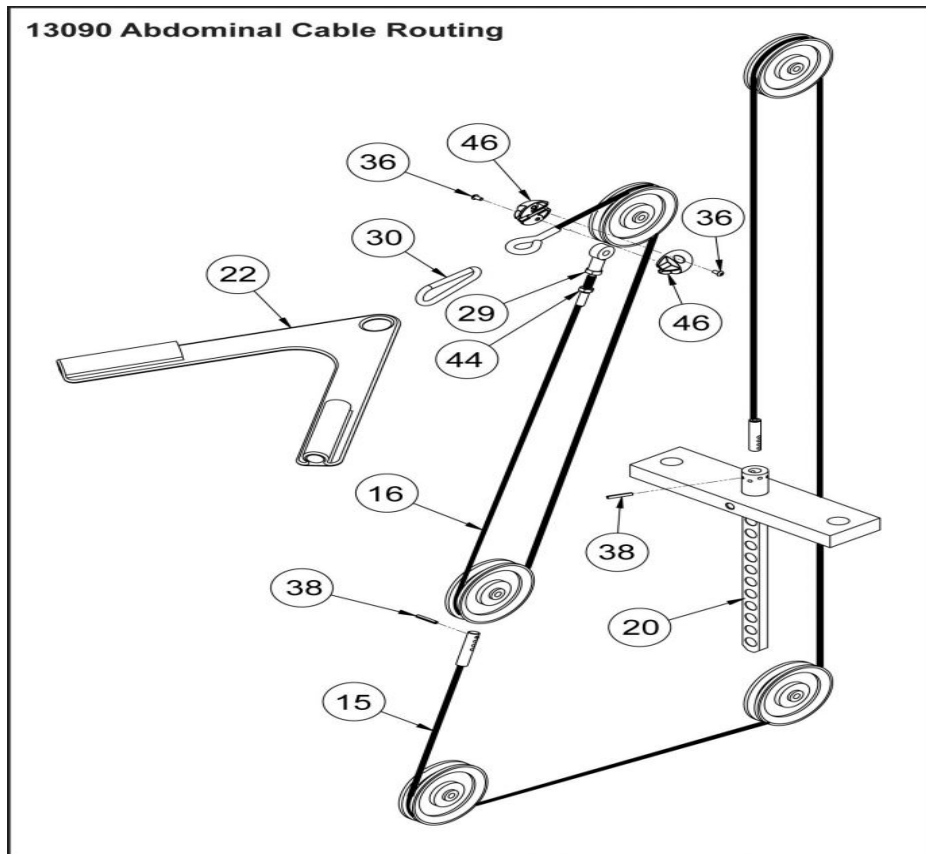
Ref #	Part Number	Qty	Description
1	13000-025S	1	SNAP FITNESS DECALS, VR1
2	21000-409	1	DECAL, SNAP FITNESS 14.00
3	21000-408	1	DECAL, SNAP FITNESS 6.00
4	13000-399	1	Decal VR1
5	3900-447	1	DECAL CYBEX 1.94 HOR BLACK

VR1_YouFit



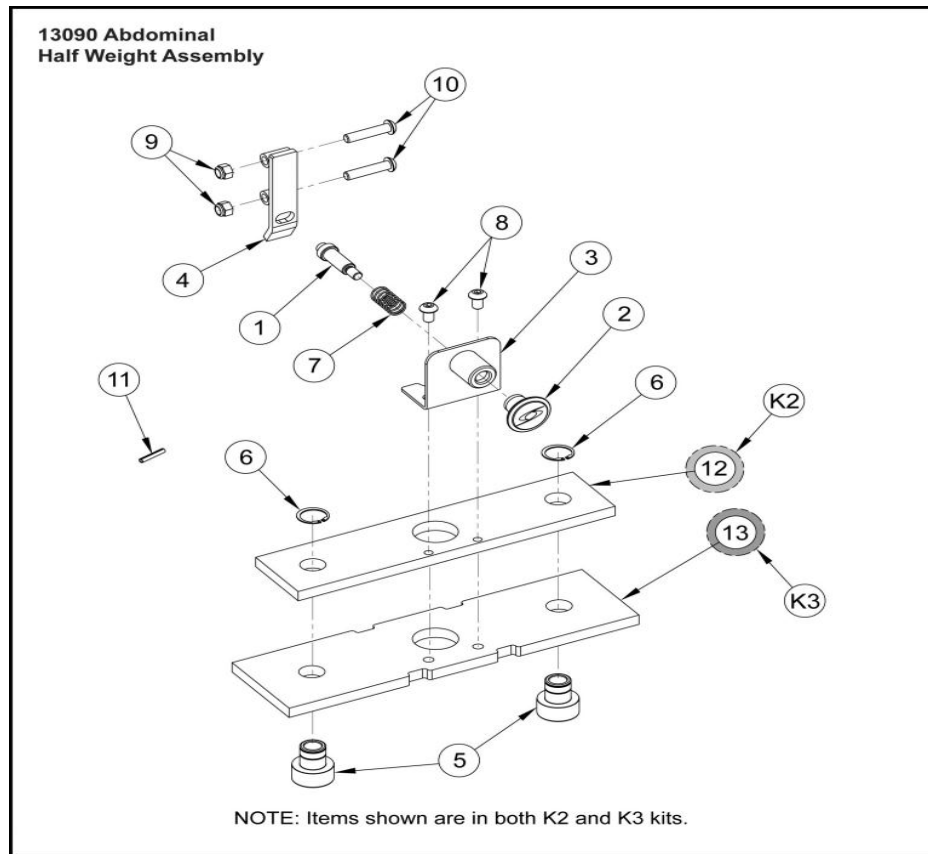
Ref #	Part Number	Qty	Description
1	3900-443	1	DECAL CYBEX BLACK
2	DE-60270	1	DECAL, YF CIRCLE SMALL
3	DE-60271	1	DECAL, YF CIRCLE LARGE
4	DE-60273	1	DECAL, EXPRESS CIRCUIT LARGE

13090_Cable_Routing



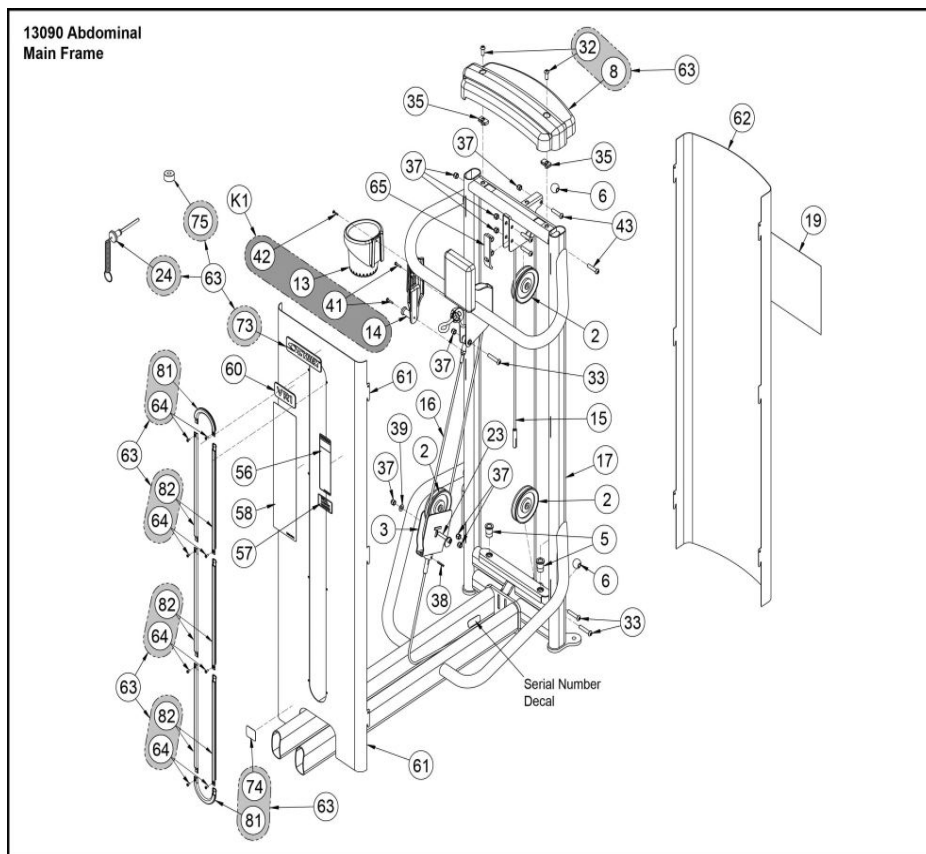
Ref #	Part Number	Qty	Description
15	13090-002	1	Cable SA
16	13090-003	1	Cable SA
20	4800-262	1	C Top Wt 13 - 3c12
22	8620-338	1	AB CRUNCH TRICEP STRAP
29	FB030213	1	BRG ROD END FEMALE .375-24
30	3250201	1	Snap Link 3/8" D
36	HM580410	2	BHSCS .190-10-32 X .375
38	HP286819	1	SPIRAL PIN .188 X 1.12
44	JN714400	1	JAM NUT .375-24
46	PP040004	2	BALL STOP

13090_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
3	13000-206	1	C Half Weight Latch
K3	13000K005	1	Kit Half Weight 7.5 lb
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

13090_Main_Frame



Ref #	Part Number	Qty	Description
K1	13000K003	1	Kit Water Bottle Holder
2	08014	2	PULLEY ASSEMBLY-4.50
3	11000-212	1	W FLOATING PULLEY Custom
5	12210-348	2	CAP GUIDE ROD
6	13000-322	2	Roller
8	13000-342	1	Molded Top Cap
13	13000-400	1	Holder Water Bottle
14	13000-403	1	Mount Water Bottle Holder
15	13090-002	1	Cable SA
16	13090-003	1	Cable SA
17	13090-200	1	W Main Frame
19	3900-441	1	DECAL CYBEX VER BLACK
19	3900-442	1	DECAL CYBEX VER SILVER
23	8650-204	1	P CAM BOLT
24	BH030207	1	PIN WEIGHT SELECTOR
32	HC700417	2	BHSCS .375-16 X 1.00
33	HC700426	2	BHSCS .375-16 X 2.00
35	HF700000	2	PANEL FASTNER .375-16 U TYPE
37	HN704901	4	LOCKNUT .375-16 NYLON
38	HP286819	1	SPIRAL PIN .188 X 1.12
39	HS347600	1	WASHER SAE .375
41	HT512517	2	TAP SC 10-24 X 1.00 TYPE WB PN HD PHIL BLK

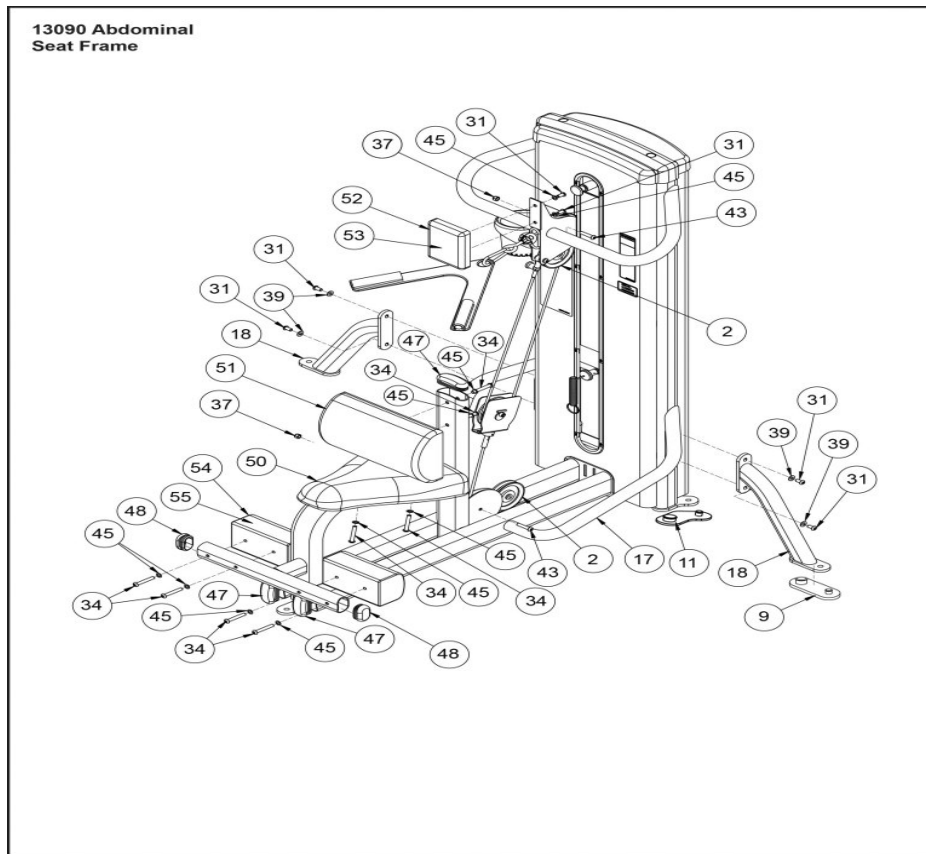
Ref #	Part Number	Qty	Description
42	HT552515	1	TAP SC NO. 8-16 X .75 PLASTITE PN HD PHIL BLK
43	JC700424	2	BHSCS .375-16 X 1.75
56	4605-381	1	DECAL WARNING
58	13090-598	1	Placard VR1 Abdominal Custom
60	13000-399	1	Decal VR1
61	13000-343	1	Guard Slotted Weight Formed
62	13000-346	1	Guard Formed Custom
63	13000-100	1	Edge Trim Assembly
64	HT552511	10	TAP SC #8-16 X .38 TAP BLACK PLASTITE
65	13000-208	1	P Latch
73	13000-398	1	DECAL, CYBEX
74	11040-790	1	NLA: DECAL, MADE IN THE USA
75	13000-385	1	STOP
81	13000-344	2	Edge Trim
82	13000-345	6	Edge Trim

13090_Parts_not_shown

Other Parts Not Shown

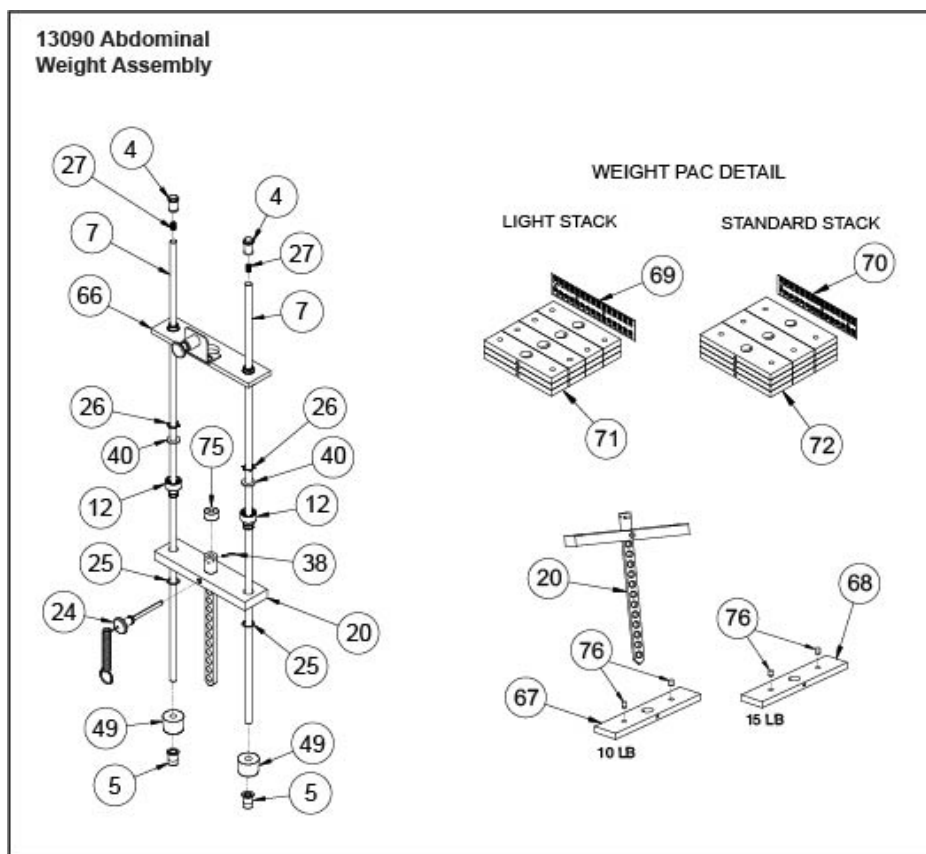
Ref #	Part Number	Qty	Description
K4	13000K007	1	Kit Hardware VR1

13090_Seat_Frame



Ref #	Part Number	Qty	Description
2	08014	2	PULLEY ASSEMBLY-4.50
9	13000-353	3	Foot Pad
11	13000-355	2	Foot Pad
17	13090-200	1	W Main Frame
18	13110-204	2	W Support Leg Custom
31	HC700415	4	BHSCS .375-16 X .75
34	HC700430	4	BHSCS .375-16 X 2.50
37	HN704901	2	LOCKNUT .375-16 NYLON
39	HS347600	4	WASHER SAE .375
43	JC700424	2	BHSCS .375-16 X 1.75
45	JS347400	6	LOCKWASHER INT TOOTH .375
47	PP130002	2	INSERT DOMED PLASTIC
48	PP130003	2	INSERT PLASTIC
50	4800-172	1	CUSHION SA BIKE 15in MOLDED Custom
51	4800-127	1	COVERED CUSHION SA CONTOUR 9 X 14 Custom
52	4800-148	1	COVERED CUSHION 5.00 X 6.50 Custom
53	4800-151	1	WEAR COVER 5.00 X 6.50 Custom
54	4800-071	1	COVERED CUSHION Custom
55	4800-101	1	WEAR COVER SA 8 CONTOUR DBL Custom

13090_Weight_Assembly



Ref #	Part Number	Qty	Description
4	12210-347	2	CAP GUIDE ROD
5	12210-348	2	CAP GUIDE ROD
7	13000-326	2	Wt Rod .625 Dia x 51.51
12	13000-364	2	BEARING FLNG .62 ID X .92 OD X 1.75 LG
20	4800-262	1	C Top Wt 13 - 3c12
24	BH030207	1	PIN WEIGHT SELECTOR
25	BR030206	2	RETAINING RING
26	BR030220	2	RETAINING RING 1.250 INTERNAL
27	BS070208	2	COMP SPRING .396 ID X .480 OD X 1.50 LG
38	HP286819	1	SPIRAL PIN .188 X 1.12
40	HS720004	2	WASHER FELT .641 ID X 1.250 OD X .125 T
49	PR060005	2	BUMPER WEIGHT
66	13000K004	1	Kit Half Weight 5 lb
66	13000-102	1	Half Weight Assembly 7.5 lb
67	4700-337	1	C Stack Weight 10 lbs exact
68	4700-338	1	C Stack Weight 15 lbs exact
69	4800-557	1	DECAL WEIGHT PLATE 10-150
70	13000-552	1	Decal Weight Plate (10-220)
71	13000-031	1	Wt Pac 10# Black (12)
72	13000-035	1	Wt Pac 15# Black (12)
75	13000-385	1	STOP
76	FB130216	2	Bushing Weight Stack

